



Aqua-Master

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“Swimming - A Life’s Passion”

IN MEMORY OF SEPTEMBER 11, 2001

This
Aqua-Master
is dedicated to the
Victims of September
11th, 2001.
May our Life’s Passion
always be
for our Freedom
and our
Way of Life.



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Return to the Coast

It’s been many years since OMS has been able to offer you a meet at the coast. I’ve heard that February can be the clearest, most beautiful time there. So mark your calendars and fill your gas tanks for Saturday, February 23 and make the trip to North Bend. Under the direction of their new coach, Guy Marchione, the North Bend Aquatic Masters will be hosting this meet. The entry form will be available in next month’s Aquamaster or on line.

Guy has recommended two hotels. First is the Ramada Inn, 5 minutes from the pool. Cost \$53, plus tax. Their number is 541-756-3191. However, I’m inclined to try his second recommendation, The Mill Casino-Hotel, 15 Minutes from the pool and \$65 plus tax. Their number is 541-756-8800. Let’s support this meet so we can return to the coast more regularly for both pool and open water events. See you there!

Pam Himstreet, Vice Chair

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Chair's Corner by Jeanne Teisher

It's time again (already) to renew our membership to OMS and USMS. Some of you have already sent in your registration form and money but, like me, most of you have not quite gotten around to paying that bill yet. For those of you who have not completed your form and written your check, you have probably not noticed the change. After 11 years, the OMS board of directors has had to increase the membership dues. For years, we've been routinely operating at a deficit but have fortunately been able to do so because of thousands of dollars OMS has made hosting a National Championship meet and the Nike World Masters Games and the receipt of a sizable donation about a year ago. The increased dues this year will now bring us to just break-even in 2002.

So, why the increase? Well, 11 years of inflation itself is going to require a significant increase. In recent years OMS purchased a computer and related equipment to support pool and open water meets, which has greatly improved meet operations. The biggest financial hit to the OMS budget, though, occurred a couple of months ago. For many years Steven Ness Printing has printed our newsletter, the Aquamaster, at about a third of the cost. It was their contribution to OMS. We were informed in early August that they were no longer going to be in the printing business. The unfortunate result of this action is an increase in the cost of printing the newsletter.

Unless you have been involved at the board level, you probably are not aware of how OMS operates financially. Of our total revenue last year, 53% came from membership fees, 33% meet and clinic fees, 7% Long Course Zone meet fees, and 7% souvenirs and miscellaneous sources. Of the OMS expenses last year, 28% went for USMS membership registration, 22% OMS meets and clinics, 8% administrative, 10% Aqua Master, 11% awards and souvenirs, 4% Open Water, 6% Zone meet, 8% for delegates going to National convention, and 5% miscellaneous (e.g., relays at National meets, member communication, depreciation/amortization, etc.). Last year, we were \$1,604.40 in the red. Though we have a money market account to use in emergency situations, we would prefer to use that money to enhance our existing program and subsidize new programs.

The OMS board continually strives to offer the membership a variety of quality events and the newsletter to meet the needs and interests of our diversified group. The board wants to continue introducing new events and improving existing events (e.g., swim meets, stroke clinics, postal swims, etc.) and communicating to you through the Aqua Master and Yahoo egroups. For over a decade we have been able to do so without increasing the membership fees even with the increase of inflation. Unfortunately, inflation has finally caught up with us. If you have any questions regarding our financial situation, please feel free to contact any of the OMS board members. The decision to increase the membership fees was not an easy one, but we all felt it was necessary to seek assistance from the membership to balance our budget. On behalf of the board, thank you for your understanding.

Happy swimming.

Jeanne

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(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, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

It's Official by Gary Wallis, Officials Chair

Butterfly and World Records

This issue is a special alert to both swimmers and officials. In July, FINA, the rule making body for world records, made a rules change that affects USMS butterfly swimmers. The rule applies to that stroke whether it's an individual event, or part of an individual medley or medley relay. But, it only affects races swum in meters (short or long course) and only if a world record attempt is sought.

As was covered in an earlier article, USMS rules permit a breaststroke or whip kick. The kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each breaststroke or whip kick, except after the last such kick before the turn or finish. Further, after the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface. (USMS 101.3.2 and 101.3.3)

Until July 2001, masters world records could be set following the above rule. Now, only a dolphin type kick is

allowed. To reiterate, the breaststroke or whip kick may NOT be used in competition in which FINARules apply. USMS has issued new instructions to swimmers and officials who intend to set world records in butterfly, IM or medley relays. The swimmer must complete a form BEFORE the swim and turn it in to the meet referee. The referee then instructs the officials to observe the race under FINARules, i.e. no breaststroke or whip kick. If a record is achieved the form serves as documentation that the swim was observed under the proper rules. Where do you get the form? Meet management should have a copy, or you may obtain your own at

<http://www.usms.org/rules/WRObservationForm.pdf> or use the form which is included below this article.

Butterfly swimmers not seeking a world record time may continue to use the breaststroke or whip kick during the swim. National records may be set using the current USMS rules. If you have questions about this rule, or other rules, please feel free to contact an official at a swim meet or you may address them directly to me at wallis@ci.wilsonville.or.us.

Request for Observed Swim for Potential World Record Swim in IM or Butterfly Swims

Until such time that the Masters organization within FINA can definitively act on changes recently enacted by the greater FINA organization with respect to the use of the breaststroke kick in butterfly events or the butterfly portions of the IM or medley relay, those who might break a world record in one of these events must request in advance that the swim be observed for compliance with the current FINA rule to insure acceptance of the record application. The changes in the FINA rule no longer permit the use of the breaststroke kick in the butterfly. This form is to be used by the swimmer and meet officials to request the observation and certify the swim. This form is required only for Long Course or Short Course Meter events only.

Portion to be filled out by swimmer and presented to the meet referee PRIOR to the swim:

Please observe the following swim:

Name _____ Event Number/Name _____

Heat _____ Lane _____

Meet name and Date _____

Portion to be filled out by meet officials:

I observed the above swimmer compete in the specified event and certify that the butterfly portion of the swim was completed (check one)

_____ without using the breaststroke kick (in compliance with the FINA butterfly rules).

_____ using the breaststroke kick.

Signature _____

Date _____

Printed name _____

Note to officials: Starting September 20, 2001 and until further notice the FINA rules prohibit the use of the breaststroke kick during butterfly swims. USMS rules at this time have not been changed and therefore still permit the breaststroke kick in the butterfly. Please observe the listed swim and if appropriate, certify that the breaststroke kick was not used during the swim. This certification should not be provided if this form is not provided in advance of the swim.

Note to meet committee: Please attach this form with application for world records. World record applications with swims certified to be in compliance will be considered. Those which indicated the use of the breaststroke kick or which were not observed may be considered if FINA chooses to do so. USMS will hold these forms until a decision has been made.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

The OMS Long Distance Committee met last month to review the past summer and to establish a preliminary schedule for next summer. Although we believe that we have wonderful venues and races and a challenging season series, we have a problem--only three teams have submitted open water bids for next summer! PMS will host 2 swims at Hagg Lake, COMA will host the 3-swim Cascades Lake Series at Elk Lake, and EA will host 2 swims at Dorena Lake, one of which will be the National One-mile Open Water Championship. We need another venue or two; if you and your team are interested in hosting an open water swim next summer, please contact me right away.

The 2001 open water season is now just a memory, but Oregon long distance swimmers are still at it in the pool, and postal swims are a part of their preparation and competition. Postal swims were invented and designed to encourage endurance participation from the whole spectrum of fitness swimmers in local pools, eliminating the need to travel far to participate. The USMS long distance postal swim series began in 1977 when the One-hour Swim was first contested. It proved to be popular immediately, and has grown to where nearly 2000 masters swimmers participate each year, the largest postal event by far. A group of dedicated distance swimmers established the 10-kilometer swim in the early 1980's, to have a true postal distance swim using 50-meter pools. The 3000-yard, 6000-yard, and 5-kilometer swims were added to the national postal roster in the early 1990's to meet the demand for more of these fitness swims and to use the 25-yard course for more long distance events.

Postal swims can be highly competitive events, and many postal races are tightly contested. But aside from the competitive aspect, coaches love the postal swims for their fitness and training benefits. Indeed, many swimmers treat them simply as training events. They provide an opportunity for long aerobic swimming, a chance to practice pacing, and a measurement of conditioning. Participation is easy, cheap, and fun!

All masters swimmers can benefit from doing the One-Hour and the 3000-yard postal swims! You don't have to be fast. The distances are within everyone's physical capabilities, they can usually be done in your home pool, and they can be completed within the time frame of a typical practice session. The 5K and 6000-yard swims are a bit longer, but are essential training aids for aspiring distance

swimmers; some wise distance swimmers swim these events several times during the season as training exercises. The 10K swim is a true long distance swim, being the metabolic equivalent of the marathon event in running. It is a unique challenge and learning experience in your swimming career. The 5K & 10K swims require a 50-meter pool (another challenge for some of us), and the Oregon Long Distance Committee provides a unique Away-From-Home program to meet this need.

Recent Oregon results in long distance postal competition have been impressive. Oregon swimmers have placed well in each swim. In 2000, 9 Oregon swimmers won National Long Distance Individual Championships in the postal swims, and 34 Oregon swimmers won postal national relay titles. Furthermore, Oregon has dominated recent national team scoring. In 2000, Oregon placed 3rd in the One-Hour Swim (medium teams), 2nd in the 5-kilometer Swim, 2nd in the 10-kilometer swim, 1st in the 3000-yard Swim, and 1st in the 6000-yard swim! We also won the One-Hour Swim for medium teams in 2001.

The streak has continued in the recently completed 5K and 10K swims! Please join me in congratulating Steve Johnson for winning a 5K title, and Sara Quan, Darlene Staley, Pam Himstreet, & Dave Radcliff for taking 10K titles. Sara smashed the national record by nearly 5 minutes! Nine Oregon relays won, two in national record time. And a record number of Oregonians swam, 27 in the 5K and 15 in the 10K. The team races were outstanding. In the 5K-team races, Oregon won the Women's title (by 1 point!) and was second in the Men's. In the Combined team standings, Oregon was one good swim away from winning the team title; perennial champion DOC Indiana University Masters edged Oregon by only 3 points (If you were thinking about swimming the 5K this year, but blew it off in the end, we missed you!). In the 10K-team standings, Oregon swept the Women's, Men's, and Combined Team Championships, ending Crawfish Aquatics four-year stranglehold on the titles. Well done! Look for the complete Oregon results in this Aqua-Master.

As always in Masters swimming, the quest is never over. The annual cycle of postal swims will begin again in January with the One-Hour Swim. I expect all of Oregon's aspiring distance swimmers to join me, and I invite everyone to participate. Prepare well. Good luck and good swimming!

Oregon LMSC

Postal 5K Swim Results 2001

Place numbers are national places

* = Oregon Record; ! = National Record

Women 25-29

2 Sara Quan 28 COMA 1:06:16.4*

Women 30-34

3 Julie Himstreet 31 EA 1:13:32.63*

Women 35-39

7 Joni Young 39 SSC 1:21:48.03*

11 Kristin Brooks 36 COMA 1:27:17.01

14 Ellen Broido 35 THB 1:35:34.33

Women 40-44

5 Laura Schob 42 COMA 1:21:59.53*

Women 45-49

12 Margaret Toole 48 THB 1:31:45.25

13 Connie Peterson 45 COMA 1:49:10.03

Women 50-54

8 Jani Sutherland 52 COMA 1:39:26.03

Women 55-59

2 Pam Himstreet 57 COMA 1:37:19.34*

5 Peggy Whiter 57 COMA 1:51:26.50

Women 60-64

3 Peggie Hodge 61 COMA 2:02:15.00*

Men 19-24

3 John Collins II 22 THB 1:33:57.55

Men 25-29

2 Christopher Scheller 26 THB 1:21:25.41*

Men 35-39

4 Rob Higley 36 COMA 1:15:13.01

Men 45-49

9 Charlie Swanson 49 EA 1:15:08.81

13 Jimmy Unger 47 EA 1:30:35.98

14 Dallas Figley 49 unat 1:37:05.06

15 Duc Van Tran 46 unat 1:44:59.19

Men 50-54

1 Steve Johnson 53 EA 1:11:45.70*

5 Bob Bruce 53 COMA 1:14:10.78

6 Jed Cronin 53 THB 1:18:00.45

13 Vic Tremblay 50 CBAT 1:32:54.12

18 Chris Toole 50 THB 1:40:10.88

Men 55-59

8 Rich Juhala 57 NCMS 1:52:02.03

Men 60-64

3 Brent Lake 63 COMA 1:28:12.87*

6 Jon Schieltz 62 THB 2:07:51.27

Men 65-69

1 Dave Radcliff 67 THB 1:21:21.16*

Women 25+: 3 x 5K

1 OREG (Young, Himstreet, Quan) 3:41:37.08*

Women 35+: 3 x 5K

4 OREG (Broido, Brooks, Schob) 4:24:40.87*

Women 45+: 3 x 5K

4 OREG (Peterson, Sutherland, Toole) 5:00:21.31

Women 55+: 3 x 5K

2 OREG (Hodge, Whiter, Himstreet) 5:31:00.84*

Men 19+: 3 x 5K

2 OREG (Collins, Unger, Tremblay) 4:37:27.65

Men 25+: 3 x 5K

4 OREG (Scheller, Cronin, Higley) 3:54:38.87*

Men 45+: 3 x 5K

1 OREG (Swanson, Bruce, Johnson) 3:41:05.29*

Men 55+: 3 x 5K

2 OREG (Juhala, Lake, Radcliff) 4:41:36.06*

Mixed 19+: 4 x 5K

2 OREG (Broido, Collins, Unger, Brooks) 6:07:24.87*

Mixed 25+: 4 x 5K

3 OREG (Scheller, Higley, JHimstreet, Quan) 4:56:27.47*

Mixed 35+: 4 x 5K

1 OREG (Schob, Young, Cronin, Swanson) 5:16:56.82*

Mixed 45+: 4 x 5K

4 OREG (Sutherland, Toole, Bruce, Johnson) 5:37:07.76*

Mixed 55+: 4 x 5K

2 OREG (Whiter, PHimstreet, Lake, Radcliff) 6:18:19.77*

Women's National Team Scores:

1 OREGON 53 pts

2 St Pete Masters 52

3 Doc Indiana Univ Masters 44

Men's National Team Scores:

1 Doc Indiana Univ Masters 87 pts

2 OREGON 75

3 St Pete Masters 47

Combined National Team Scores:

1 Doc Indiana Univ Masters 131 pts

2 OREGON 128

3 St Pete Masters 99

Postal 10K Swim Results 2001

Women 25-29

1 Sara Quan 28 COMA 2:14:58.59*!

Women 40-44

5 Janet Sanders 43 THB 3:25:26.55*

Women 45-49

4 Peggy Toole 48 THB 3:16:19.77

5 Connie Peterson 45 COMA 3:39:08.21

6 Shela Perrin 49 THB 3:54:36.07

Women 50-54

1 Darlene Staley 51 THB 3:01:28.32*

4 Jani Sutherland 52 COMA 3:32:38.15

Women 55-59

1 Pam Himstreet 57 COMA 3:34:15.52*

Men 25-29

2 Tomaz Sousa 25 THB 2:53:58.04*

Men 35-39

5 Rob Higley 36 COMA 2:43:25.06

Men 45-49

3 Charlie Swanson 49 EA 2:35:10.31

8 Dallas Figley 49 unat 3:18:43.12

Men 50-54

3 Steve Johnson 53 EA 2:31:39.98*

4 Bob Bruce 53 COMA 2:47:58.47

Men 60-64

2 Brent Lake 63 COMA 3:19:59.99

Women 25+: 3 x 10K

1 OREG (PHimstreet, Sanders, Quan) 9:14:40.66*

Women 45+: 3 x 10K

1 OREG (Sutherland, Toole, Staley) 9:50:26.24*!

Men 25+: 3 x 10K

1 OREG (Figley, Souza, Higley) 8:56:06.22

Men 45+: 3 x 10K

1 OREG (Bruce, Swanson, Johnson) 7:54:48.76*!

Mixed 25+: 4 x 10K

1 OREG (Sanders, Bruce, Higley, Quan) 11:11:48.67*!

Mixed 45+: 4 x 10K

1 OREG (Toole, Staley, Swanson, Johnson) 11:24:38.38*

Women's National Team Scores:

1 OREGON 64 pts

2 Crawfish Masters 43

3 Michigan Masters 27

Men's National Team Scores:

1 OREGON 50 pts

2 Crawfish Masters 41

3 Ventura County Masters 27

Combined National Team Scores:

1 OREGON 50 pts

2 Crawfish Masters 41

3t Heart of Texas Swim Masters 38

3t Stanford Masters 38

Warm-up Etiquette, or a Rant by a double-checking reluctant backstroker

By Laurie J. Kilbourn

I have a modest proposal: let's make warm-ups more safe, more fun and more useful, in just a few steps.

Lane selection

The first step happens before you even enter the water. While you're standing at the edge of the pool, dipping your toe in, take a look at the folks already in the lane. If you hear the Sesame Street song "one of these things is not like the others" and you are the swimmer who's not like the others, see if there's another lane with swimmers suited more to your speed. Another fun thing to do while tucking your hair into a cap is figuring out which way the established swimmers are circling, and seeing how you can mesh into the lane without causing an uprising of more than just water. Don't we have enough holes in our head and bruises on our bodies without adding more?

Safe entry

"Safe entry" shouldn't sound like the title of a Tom Clancy novel. This means either enter the pool with one hand on the wall, or using the ladder or stairs to get in the pool. During daily practice warm-ups, safe entry can mean jumping in when the zone near the end of the pool is clear, but it would be nice to check with the coach or lifeguard before trying it. With my young swimmers, the entire area from the wall to the flags should be clear before jumping or diving in, but masters swimmers are supposed to be adults, and adults should be able to decide when it's safe and when they are playing with other people's necks.



Safe Entry: 1. Feet first 2. No Diving

Outta my way

Third is my favorite rant: the "outta my way" principle. A swimmer always has the right of way over folks who are resting, socializing, staring at the pace clock, or scanning the crowds for familiar faces. Please, just get out of the way.

This is especially important when you're trying to count backstroke cycles from the flags to the wall. Speaking personally, I don't feel comfortable swimming in a new facility without checking to see how many strokes it takes from the flags to the wall. I don't know how many extra lengths of backstroke I've done to get an accurate count, but as backstroke isn't my favorite stroke, rest assured it was way too many. I find if I'm in danger of bonking my head on the wall, I swim more tentatively, and tentative warm-ups yield tentative races.

But back to my point. If you are done, please move to the side of the lane. If the wall is full, start stacking up on the outgoing side of the lane. I'd much rather start another length of the pool as if I was in open water, warming up my body from a stand-still, than do another length of backstroke in a choppy lane, as they inevitably are. Ewww.

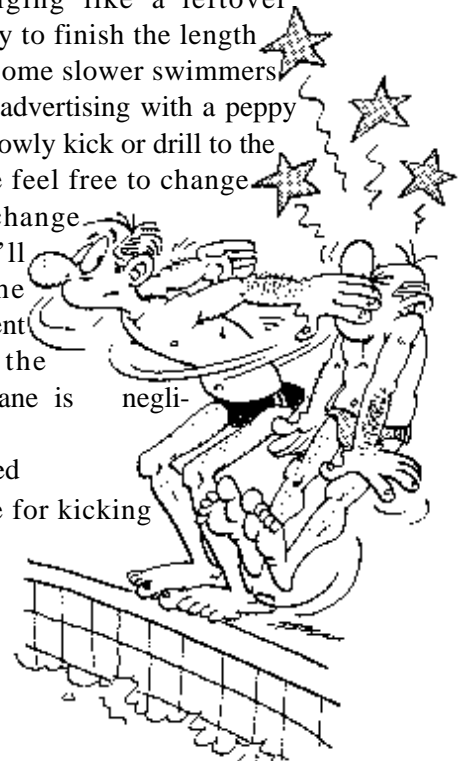
Push off and stop in the middle of the lane

I know it's fun to push off the wall with great gusto and chase the unsuspecting person ahead of you, but c'mon, if you're moving faster than I am, give me a chance to get out of the way, rather than leaving the wall less than two seconds after I do. I have seen too many swimmers take a few strokes and stop in the middle of a lane. Adjusting your goggles is a good thing to do before a race, but unless your eyeballs are bulging like a leftover Halloween gag, try to finish the length before stopping. Some slower swimmers are guilty of false advertising with a peppy push off, only to slowly kick or drill to the other wall. Please feel free to change

lanes when you change techniques, and I'll feel free to do the same. The time spent getting to know the details of another lane is negligible compared with the time wasted apologizing to me for kicking me in the stomach.

Respect

Pretty much sums it all up right there, doesn't it?
See you in the pool!



Respect - Look out for and be aware of your fellow swimmer

SCM Zone Meet • Tualatin Hills • October 27 - 28



A fun Halloween Relay set the tone for a great SCM Zone Meet. Robert Smith, Adrian Kalil, Suzanne Topp, Pat Allender swam away with the wine, candy corn and pumpkins and a new World Record!

Women 19-24

50 SC Meter Freestyle				
1 Kuehnast, Amber	20	MACO	29.94	
2 Richter, Katie	24	PNA	41.39	
100 SC Meter Freestyle				
1 Kuehnast, Amber	20	MACO	1:06.02	
50 SC Meter Backstroke				
1 Kuehnast, Amber	20	MACO	38.21	
100 SC Meter Backstroke				
1 Richter, Katie	24	PNA	1:40.97	
50 SC Meter Breaststroke				
1 Richter, Katie	24	PNA	48.36	
100 SC Meter Breaststroke				
1 Richter, Katie	24	PNA	1:48.48	
50 SC Meter Butterfly				
1 Kuehnast, Amber	20	MACO	33.88	
100 SC Meter IM				
1 Kuehnast, Amber	20	MACO	1:20.90	
Women 25-29				
50 SC Meter Freestyle				
1 Heim, Theresa	29	OREG	35.71	
200 SC Meter Freestyle				
1 Criscione, Anicia	28	OREG	2:47.45	
50 SC Meter Backstroke				
1 Heim, Theresa	29	OREG	38.61	
100 SC Meter Backstroke				
1 Heim, Theresa	29	OREG	1:23.91	
200 SC Meter Backstroke				
1 Heim, Theresa	29	OREG	2:58.64	
2 Criscione, Anicia	28	OREG	3:07.09	
50 SC Meter Breaststroke				
1 Haber-Lehigh, D.	28	OREG	46.41	

100 SC Meter Breaststroke				
1 Haber-Lehigh, D.	28	OREG	1:41.54	
200 SC Meter Breaststroke				
1 Criscione, Anicia	28	OREG	3:27.55	
2 Haber-Lehigh, D.	28	OREG	3:41.01	
50 SC Meter Butterfly				
1 Haber-Lehigh, D.	28	OREG	43.79	
200 SC Meter Butterfly				
1 Criscione, Anicia	28	OREG	3:28.87	
100 SC Meter IM				
1 Heim, Theresa	29	OREG	1:28.26	
200 SC Meter IM				
1 Criscione, Anicia	28	OREG	3:08.13	
2 Haber-Lehigh, D.	28	OREG	3:28.20	
400 SC Meter IM				
1 Criscione, Anicia	28	OREG	6:37.33	

Women 30-34

50 SC Meter Freestyle				
1 Tyrrell, Laura	34	OREG	31.34	
2 Simpson, Shauna	30	OREG	32.32	
3 Moss, Missy	33	OREG	33.53	
4 Favre-Bonvin, V.	33	OREG	37.72	
100 SC Meter Freestyle				
1 Bussart, Megan	31	PNA	1:10.39	
200 SC Meter Freestyle				
1 Bussart, Megan	31	PNA	2:35.71	
400 SC Meter Freestyle				
1 Bussart, Megan	31	PNA	5:31.49	
2 Topp, Suzanne	34	OREG	5:38.84	
800 SC Meter Freestyle				
1 Simpson, Shauna	30	OREG	10:52.81	
2 Bussart, Megan	31	PNA	11:27.89	

50 SC Meter Breaststroke				
1 Tyrrell, Laura	34	OREG	40.94	
2 Bussart, Megan	31	PNA	43.39	
3 Favre-Bonvin, V.	33	OREG	46.95	
100 SC Meter Breaststroke				
1 Bussart, Megan	31	PNA	1:30.50	
2 Tyrrell, Laura	34	OREG	1:31.73	
3 Moore, Alison	31	OREG	1:33.95	
200 SC Meter Breaststroke				
1 Moore, Alison	31	OREG	3:25.33	
50 SC Meter Butterfly				
1 Moss, Missy	33	OREG	36.18	
2 Topp, Suzanne	34	OREG	36.41	
3 Moore, Alison	31	OREG	36.97	
100 SC Meter IM				
1 Simpson, Shauna	30	OREG	1:18.68	
2 Tyrrell, Laura	34	OREG	1:19.86	
3 Moss, Missy	33	OREG	1:22.63	

Women 35-39

50 SC Meter Freestyle				
1 Nakagawa, Anne	36	OREG	32.07	
2 Thimm, Jeanne	38	MACO	32.51	
3 Thornton, Susan	36	OREG	40.18	
100 SC Meter Freestyle				
1 Nakagawa, Anne	36	OREG	1:10.22	
2 Thimm, Jeanne	38	MACO	1:14.02	
200 SC Meter Freestyle				
1 Hoagland, Sarah	39	MACO	2:31.75	
2 Nakagawa, Anne	36	OREG	2:34.15	
400 SC Meter Freestyle				
1 Nakagawa, Anne	36	OREG	5:30.69	
2 Follett, Sarah	35	OREG	5:51.78	

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800 SC Meter Freestyle				
1 Hoagland, Sarah	39	MACO	10:42.97	
50 SC Meter Backstroke				
1 Thimm, Jeanne	38	MACO	37.97	
2 Nakagawa, Anne	36	OREG	38.97	
100 SC Meter Backstroke				
1 Ralle, Martina	36	OREG	1:18.38	
2 Follett, Sarah	35	OREG	1:23.63	
3 Crisp, Julie	35	OREG	1:36.92	
4 Thornton, Susan	36	OREG	1:49.11	
50 SC Meter Breaststroke				
1 Moss, Susan	35	OREG	38.56	
2 Thimm, Jeanne	38	MACO	43.03	
3 Crisp, Julie	35	OREG	56.10	
100 SC Meter Breaststroke				
1 Thornton, Susan	36	OREG	1:41.29	
50 SC Meter Butterfly				
1 Thimm, Jeanne	38	MACO	33.81	
2 Follett, Sarah	35	OREG	36.03	
3 Crisp, Julie	35	OREG	51.73	
100 SC Meter Butterfly				
1 Moss, Susan	35	OREG	1:09.52	
200 SC Meter Butterfly				
1 Moss, Susan	35	OREG	2:36.34	
2 Ralle, Martina	36	OREG	3:05.48	
100 SC Meter IM				
1 Moss, Susan	35	OREG	1:12.89	
2 Ralle, Martina	36	OREG	1:21.08	
3 Thimm, Jeanne	38	MACO	1:21.99	
4 Follett, Sarah	35	OREG	1:23.61	
5 Thornton, Susan	36	OREG	1:41.52	
200 SC Meter IM				
1 Moss, Susan	35	OREG	2:38.51	
2 Follett, Sarah	35	OREG	3:02.74	
3 Crisp, Julie	35	OREG	3:39.45	
Women 40-44				
50 SC Meter Freestyle				
1 Andrus-Hughes, K.44		OREG	28.90	
2 Foley, Sharon	41	MACO	30.13	
3 Rookstool, Laura	40	PNA	35.54	
100 SC Meter Freestyle				
1 Andrus-Hughes, K.44		OREG	1:02.91	
2 Foley, Sharon	41	MACO	1:08.16	
3 Rookstool, Laura	40	PNA	1:20.29	
200 SC Meter Freestyle				
1 Andrus-Hughes, K.44		OREG	2:21.33	
50 SC Meter Backstroke				
1 Andrus-Hughes, K.44		OREG	32.48	
2 Rookstool, Laura	40	PNA	47.75	
100 SC Meter Backstroke				
1 Andrus-Hughes, K.44		OREG	1:11.00	
200 SC Meter Backstroke				
1 Andrus-Hughes, K.44		OREG	2:36.52	
50 SC Meter Breaststroke				
1 Rookstool, Laura	40	PNA	46.69	
50 SC Meter Butterfly				
1 Foley, Sharon	41	MACO	34.23	
Women 45-49				
50 SC Meter Freestyle				
1 Parisi, Robin	47	MACO	30.00	
2 Crabbe, Colette	45	OREG	31.12	
3 Snyder, Lynn	45	OREG	36.67	
200 SC Meter Freestyle				
1 Parisi, Robin	47	MACO	2:26.74	
2 Toole, Margaret	49	OREG	3:17.96	
3 Mcneel, Sandy	49	PNA	3:23.32	
400 SC Meter Freestyle				
1 Crabbe, Colette	45	OREG	5:03.36	

2 Durant, Robin	46	INWM	6:29.88	
800 SC Meter Freestyle				
1 Toole, Margaret	49	OREG	13:47.28	
2 Mcneel, Sandy	49	PNA	14:33.84	
100 SC Meter Backstroke				
1 Crabbe, Colette	45	OREG	1:16.46	
2 Snyder, Lynn	45	OREG	1:34.13	
100 SC Meter Breaststroke				
1 Parisi, Robin	47	MACO	1:27.50	
2 Snyder, Lynn	45	OREG	1:42.57	
3 Durant, Robin	46	INWM	1:49.65	
4 Mcneel, Sandy	49	PNA	2:07.01	
200 SC Meter Breaststroke				
1 Durant, Robin	46	INWM	4:02.26	
50 SC Meter Butterfly				
1 Asleson, Elke	49	OREG	41.39	
100 SC Meter Butterfly				
1 Crabbe, Colette	45	OREG	1:12.56	
2 Asleson, Elke	49	OREG	1:33.76	
200 SC Meter Butterfly				
1 Asleson, Elke	49	OREG	3:30.92	
100 SC Meter IM				
1 Crabbe, Colette	45	OREG	1:12.69	
2 Parisi, Robin	47	MACO	1:15.75	
3 Snyder, Lynn	45	OREG	1:34.43	
4 Asleson, Elke	49	OREG	1:35.02	
5 Durant, Robin	46	INWM	1:39.06	
200 SC Meter IM				
1 Crabbe, Colette	45	OREG	2:37.18	
2 Asleson, Elke	49	OREG	3:23.52	
3 Durant, Robin	46	INWM	3:33.39	
400 SC Meter IM				
1 Asleson, Elke	49	OREG	7:10.75	
Women 50-54				
50 SC Meter Freestyle				
1 Rousseau, Sandi	54	OREG	35.69	
2 Sutherland, Jani	52	OREG	36.43	
3 Lantz, Georgette	50	OREG	39.82	
4 Elliott, Susan	51	PNA	43.17	
100 SC Meter Freestyle				
1 Rousseau, Sandi	54	OREG	1:19.17	
2 Elliott, Susan	51	PNA	1:38.13	
200 SC Meter Freestyle				
1 Lantz, Georgette	50	OREG	3:26.37	
400 SC Meter Freestyle				
1 Sutherland, Jani	52	OREG	6:31.75	
2 Riddle, Kristi	53	OREG	7:38.63	
800 SC Meter Freestyle				
1 Sutherland, Jani	52	OREG	13:27.60	
2 Lantz, Georgette	50	OREG	14:55.61	
1500 SC Meter Freestyle				
1 Sutherland, Jani	52	OREG	25:35.74	
2 Lee, Peggy	51	OREG	29:51.53	
50 SC Meter Backstroke				
1 Elliott, Susan	51	PNA	53.36	
100 SC Meter Backstroke				
1 Elliott, Susan	51	PNA	1:58.89	
50 SC Meter Breaststroke				
1 Riddle, Kristi	53	OREG	51.83	
2 Elliott, Susan	51	PNA	56.44	
100 SC Meter Breaststroke				
1 Riddle, Kristi	53	OREG	1:52.56	
200 SC Meter Breaststroke				
1 Riddle, Kristi	53	OREG	4:04.20	
50 SC Meter Butterfly				
1 Rousseau, Sandi	54	OREG	37.21	
2 Sutherland, Jani	52	OREG	45.60	
3 Riddle, Kristi	53	OREG	47.41	
4 Elliott, Susan	51	PNA	52.89	

100 SC Meter Butterfly				
1 Rousseau, Sandi	54	OREG	1:34.21	
100 SC Meter IM				
1 Rousseau, Sandi	54	OREG	1:32.90	
2 Sutherland, Jani	52	OREG	1:39.88	
3 Riddle, Kristi	53	OREG	1:44.36	
Women 55-59				
50 SC Meter Freestyle				
1 Ward, Joy	59	OREG	34.22	
2 Frid, Barbara	59	OREG	35.66	
100 SC Meter Freestyle				
1 Frid, Barbara	59	OREG	1:19.26	
2 Ward, Joy	59	OREG	1:19.50	
3 Mahedy, Sally	55	OREG	1:53.68	
4 Sitter, Darby	58	OREG	2:08.93	
400 SC Meter Freestyle				
1 Pronk, Bonnie	59	MSABC	5:57.66	
2 Frid, Barbara	59	OREG	6:19.79	
3 Sitter, Darby	58	OREG	10:05.31	
1500 SC Meter Freestyle				
1 Himstreet, Pam	58	OREG	26:43.09	
50 SC Meter Backstroke				
1 Ward, Joy	59	OREG	39.86	
2 Frid, Barbara	59	OREG	41.64	
3 Mahedy, Sally	55	OREG	1:04.81	
4 Sitter, Darby	58	OREG	1:15.22	
100 SC Meter Backstroke				
1 Pronk, Bonnie	59	MSABC	1:23.80	
2 Ward, Joy	59	OREG	1:27.75	
3 Frid, Barbara	59	OREG	1:33.20	
200 SC Meter Backstroke				
1 Pronk, Bonnie	59	MSABC	3:01.29	
2 Pierson, Ginger	55	MACO	3:18.28	
50 SC Meter Breaststroke				
1 Pierson, Ginger	55	MACO	41.35	
2 Himstreet, Pam	58	OREG	49.34	
100 SC Meter Breaststroke				
1 Pronk, Bonnie	59	MSABC	1:26.78	
2 Pierson, Ginger	55	MACO	1:29.29	
200 SC Meter Breaststroke				
1 Pierson, Ginger	55	MACO	3:17.42	
2 Himstreet, Pam	58	OREG	3:49.68	
3 Sitter, Darby	58	OREG	5:26.46	
50 SC Meter Butterfly				
1 Ward, Joy	59	OREG	36.57	
2 Sitter, Darby	58	OREG	1:13.45	
100 SC Meter Butterfly				
1 Pronk, Bonnie	59	MSABC	1:31.29	
100 SC Meter IM				
1 Pronk, Bonnie	59	MSABC	1:23.32	
2 Ward, Joy	59	OREG	1:31.24	
3 Frid, Barbara	59	OREG	1:31.45	
200 SC Meter IM				
1 Pierson, Ginger	55	MACO	3:11.46	
2 Himstreet, Pam	58	OREG	3:42.25	
400 SC Meter IM				
1 Pierson, Ginger	55	MACO	6:49.85	
2 Himstreet, Pam	58	OREG	7:54.46	
Women 60-64				
400 SC Meter Freestyle				
1 Hodge, Peggy	61	OREG	7:51.00	
1500 SC Meter Freestyle				
1 Hodge, Peggy	61	OREG	30:41.05	
50 SC Meter Backstroke				
1 Amiad, Chaya	63	PNA	1:03.62	
100 SC Meter Backstroke				
1 Amiad, Chaya	63	PNA	2:15.09	
200 SC Meter Backstroke				
1 Amiad, Chaya	63	PNA	4:46.86	

50 SC Meter Butterfly				100 SC Meter Breaststroke				50 SC Meter Breaststroke			
1 Hodge, Peggy	61	OREG	53.50	1 Speer, Jasen	20	PNA	1:26.52	1 Hudson, John	35	OREG	32.12
100 SC Meter Butterfly				400 SC Meter IM				2 Esko, Kevin	35	PNA	33.11
1 Amiad, Chaya	63	PNA	2:54.90	1 Speer, Jasen	20	PNA	5:57.07	3 Margharitis, Greg	35	MSABC	33.95
200 SC Meter Butterfly				Men 25-29				4 Gaarder, Chris	36	OREG	35.02
1 Amiad, Chaya	63	PNA	6:18.27	200 SC Meter Freestyle				100 SC Meter Breaststroke			
200 SC Meter IM				1 O'Hara, Thomas	26	OREG	2:18.35	1 Hudson, John	35	OREG	1:11.52
1 Hodge, Peggy	61	OREG	4:07.20	800 SC Meter Freestyle				2 Esko, Kevin	35	PNA	1:12.84
400 SC Meter IM				1 O'Hara, Thomas	26	OREG	10:13.02	3 Gaarder, Chris	36	OREG	1:18.00
1 Amiad, Chaya	63	PNA	10:28.08	Men 30-34				4 Burkhart, Jim	38	OREG	1:28.23
Women 65-69				50 SC Meter Freestyle				5 Redfield, Douglas	38	PNA	1:30.00
200 SC Meter Freestyle				1 Rice, David	34	OREG	26.72	50 SC Meter Butterfly			
1 Stoinoff, Lavelle	68	MACO	2:54.22	2 Frost, Daniel	33	SEA	27.13	1 Esko, Kevin	35	PNA	29.13
800 SC Meter Freestyle				3 Rand, Roger	31	OREG	27.88	2 Margharitis, Greg	35	MSABC	29.14
1 Stoinoff, Lavelle	68	MACO	12:08.44	4 Holm, John	34	OREG	29.82	3 Gaarder, Chris	36	OREG	30.56
2 Varty, Eulah	67	MSABC	17:05.86	5 Ness, Kerry	32	PNA	31.64	100 SC Meter Butterfly			
1500 SC Meter Freestyle				100 SC Meter Freestyle				1 Burkhart, Jim	38	OREG	1:21.77
1 Varty, Eulah	67	MSABC	32:03.98	1 Keppeler, John	34	TOC	52.93	200 SC Meter Butterfly			
200 SC Meter Backstroke				2 Rand, Roger	31	OREG	1:02.62	1 Esko, Kevin	35	PNA	3:01.97
1 Varty, Eulah	67	MSABC	4:14.08	3 Ness, Kerry	32	PNA	1:12.79	2 Burkhart, Jim	38	OREG	3:26.79
200 SC Meter Breaststroke				200 SC Meter Freestyle				200 SC Meter IM			
1 Varty, Eulah	67	MSABC	4:15.89	1 Keppeler, John	34	TOC	1:58.14	1 Burkhart, Jim	38	OREG	3:01.09
200 SC Meter Butterfly				2 Rice, David	34	OREG	2:18.27	400 SC Meter IM			
1 Varty, Eulah	67	MSABC	4:51.96	1500 SC Meter Freestyle				1 Esko, Kevin	35	PNA	5:41.36
400 SC Meter IM				1 Frost, Daniel	33	SEA	19:04.76	2 Burkhart, Jim	38	OREG	6:30.35
1 Varty, Eulah	67	MSABC	8:56.62	50 SC Meter Backstroke				Men 40-44			
Women 75-79				1 Frost, Daniel	33	SEA	30.78	50 SC Meter Freestyle			
1500 SC Meter Freestyle				100 SC Meter Backstroke				1 Kochanowski, M.	40	OREG	26.78
1 Wells, Margaret	75	OREG	38:37.66	1 Keppeler, John	34	TOC	59.77	2 Chin, Loren	40	OREG	26.79
100 SC Meter Backstroke				2 Frost, Daniel	33	SEA	1:08.44	3 Otto, Douglas	42	MACO	27.12
1 Wells, Margaret	75	OREG	2:26.11	3 Holm, John	34	OREG	1:19.41	4 Rumble, Gary	42	OREG	27.22
100 SC Meter Butterfly				200 SC Meter Backstroke				5 Chombeau, Mike	40	OREG	28.38
1 Wells, Margaret	75	OREG	2:38.04	1 Keppeler, John	34	TOC	2:12.04	6 Kopp, Kurt	42	OREG	29.22
200 SC Meter Butterfly				2 Frost, Daniel	33	SEA	2:34.53	7 Dowd, Mike	43	MACO	30.82
1 Wells, Margaret	75	OREG	6:05.26	50 SC Meter Breaststroke				100 SC Meter Freestyle			
200 SC Meter IM				1 Rand, Roger	31	OREG	35.20	1 Kochanowski, M.	40	OREG	58.58
1 Wells, Margaret	75	OREG	5:06.96	2 Coyle, Thomas	34	OREG	36.76	2 Chin, Loren	40	OREG	1:02.00
400 SC Meter IM				3 Rice, David	34	OREG	37.11	3 Kopp, Kurt	42	OREG	1:03.99
1 Wells, Margaret	75	OREG	10:59.49	4 Ness, Kerry	32	PNA	39.79	4 Chombeau, Mike	40	OREG	1:05.90
Women 80-84				100 SC Meter Breaststroke				5 Dowd, Mike	43	MACO	1:07.73
400 SC Meter Freestyle				1 Rand, Roger	31	OREG	1:16.54	200 SC Meter Freestyle			
1 Stevenin, Elfie	80	OREG	13:16.78	2 Coyle, Thomas	34	OREG	1:22.30	1 Baker, Dennis	40	OREG	1:57.43
800 SC Meter Freestyle				3 Ness, Kerry	32	PNA	1:29.17	2 Kochanowski, M.	40	OREG	2:10.98
1 Stevenin, Elfie	80	OREG	27:02.04	200 SC Meter Breaststroke				400 SC Meter Freestyle			
100 SC Meter Butterfly				1 Rand, Roger	31	OREG	2:48.35	1 Allender, Pat	43	OREG	4:27.19
1 Stevenin, Elfie	80	OREG	4:16.81	2 Ness, Kerry	32	PNA	3:18.33	2 Baker, Dennis	40	OREG	4:28.30
200 SC Meter Butterfly				50 SC Meter Butterfly				3 Dybdahl, Eric	41	PNA	4:53.34
1 Stevenin, Elfie	80	OREG	9:24.23	1 Ness, Kerry	32	PNA	36.46	800 SC Meter Freestyle			
200 SC Meter IM				100 SC Meter IM				1 Dybdahl, Eric	41	PNA	10:09.99
1 Stevenin, Elfie	80	OREG	7:42.54	1 Frost, Daniel	33	SEA	1:08.64	1500 SC Meter Freestyle			
400 SC Meter IM				2 Holm, John	34	OREG	1:19.80	1 Dybdahl, Eric	41	PNA	20:12.42
1 Stevenin, Elfie	80	OREG	16:28.97	Men 35-39				50 SC Meter Backstroke			
Women 85-89				50 SC Meter Freestyle				1 Otto, Douglas	42	MACO	31.51
800 SC Meter Freestyle				1 Margharitis, Greg	35	MSABC	25.78	2 Chombeau, Mike	40	OREG	37.51
1 Muller, Eva	89	OREG	23:07.37	2 Gaarder, Chris	36	OREG	27.96	100 SC Meter Backstroke			
100 SC Meter Backstroke				100 SC Meter Freestyle				1 Otto, Douglas	42	MACO	1:09.58
1 Muller, Eva	89	OREG	2:41.06	1 Margharitis, Greg	35	MSABC	59.78	2 Chombeau, Mike	40	OREG	1:18.58
100 SC Meter Breaststroke				2 Gaarder, Chris	36	OREG	1:01.71	200 SC Meter Backstroke			
1 Muller, Eva	89	OREG	3:18.65	3 Burkhart, Jim	38	OREG	1:08.77	1 Dybdahl, Eric	41	PNA	2:40.37
100 SC Meter IM				4 Hanson, Steve	39	OREG	1:10.16	50 SC Meter Breaststroke			
1 Muller, Eva	89	OREG	2:59.89	200 SC Meter Freestyle				1 Allender, Pat	43	OREG	32.67
Men 19-24				1 Gaarder, Chris	36	OREG	2:20.50	2 Rumble, Gary	42	OREG	35.89
50 SC Meter Freestyle				2 Redfield, Douglas	38	PNA	2:28.90	3 Kopp, Kurt	42	OREG	36.87
1 Speer, Jasen	20	PNA	26.35	400 SC Meter Freestyle				4 Dowd, Mike	43	MACO	39.04
200 SC Meter Freestyle				1 Hanson, Steve	39	OREG	5:27.32	5 Munro, Stuart	44	MACO	40.59
1 Speer, Jasen	20	PNA	2:14.19	800 SC Meter Freestyle				100 SC Meter Breaststroke			
50 SC Meter Breaststroke				1 Redfield, Douglas	38	PNA	10:42.39	1 Dowd, Mike	43	MACO	1:24.51
1 Speer, Jasen	20	PNA	38.20	1500 SC Meter Freestyle				2 Kopp, Kurt	42	OREG	1:25.50
				1 Redfield, Douglas	38	PNA	20:58.29				

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Results continued from page 9

200 SC Meter Breaststroke			
1	Allender, Pat	43 OREG	2:37.66
2	Dowd, Mike	43 MACO	3:08.50
3	Munro, Stuart	44 MACO	3:10.00
50 SC Meter Butterfly			
1	Chin, Loren	40 OREG	29.59
2	Kochanowski, M.	40 OREG	30.05
3	Rumble, Gary	42 OREG	30.36
4	Otto, Douglas	42 MACO	31.17
5	Kopp, Kurt	42 OREG	32.37
6	Chombeau, Mike	40 OREG	33.85
7	Dowd, Mike	43 MACO	34.01
100 SC Meter Butterfly			
1	Rumble, Gary	42 OREG	1:07.92
2	Kochanowski, M.	40 OREG	1:10.60
3	Munro, Stuart	44 MACO	1:20.38
200 SC Meter Butterfly			
1	Baker, Dennis	40 OREG	2:09.27
2	Allender, Pat	43 OREG	2:30.47
3	Dybdahl, Eric	41 PNA	2:35.98
4	Munro, Stuart	44 MACO	2:59.38
100 SC Meter IM			
1	Otto, Douglas	42 MACO	1:08.26
2	Rumble, Gary	42 OREG	1:10.51
3	Kopp, Kurt	42 OREG	1:15.50
200 SC Meter IM			
1	Allender, Pat	43 OREG	2:23.25
2	Otto, Douglas	42 MACO	2:31.75
3	Rumble, Gary	42 OREG	2:35.57
4	Munro, Stuart	44 MACO	3:01.53
400 SC Meter IM			
1	Allender, Pat	43 OREG	5:09.84
2	Dybdahl, Eric	41 PNA	5:57.01
3	Munro, Stuart	44 MACO	6:36.20
Men 45-49			
50 SC Meter Freestyle			
1	Graham, Donald	47 PNA	26.22
2	Metzger, Peter	46 OREG	27.38
3	Kalil, Adrian	48 OREG	28.33
4	Hackett, Ted	47 UNAT	28.88
5	Brown, Brian	46 OREG	31.77
6	Van Tran, Duc	46 UNAT	34.03
100 SC Meter Freestyle			
1	Kalil, Adrian	48 OREG	1:02.42
2	Hackett, Ted	47 UNAT	1:05.97
3	Ramsey, Ed	45 OREG	1:06.27
4	Brown, Brian	46 OREG	1:14.83
200 SC Meter Freestyle			
1	Hackett, Ted	47 UNAT	2:25.34
2	Van Tran, Duc	46 UNAT	2:58.40
400 SC Meter Freestyle			
1	Walkky, John	48 OREG	4:57.09
2	Ramsey, Ed	45 OREG	5:14.42
3	Hackett, Ted	47 UNAT	5:16.84
800 SC Meter Freestyle			
1	Walkky, John	48 OREG	10:10.84
1500 SC Meter Freestyle			
1	Ramsey, Ed	45 OREG	21:01.14
50 SC Meter Backstroke			
1	Graham, Donald	47 PNA	31.80
2	Ward, Clifton	45 OREG	34.98
3	Kalil, Adrian	48 OREG	35.56
4	Darnell, Stephen	47 OREG	41.53
100 SC Meter Backstroke			
1	Metzger, Peter	46 OREG	1:06.49
2	Ward, Clifton	45 OREG	1:18.85
3	Kalil, Adrian	48 OREG	1:22.99

50 SC Meter Breaststroke			
1	Walkky, John	48 OREG	36.36
2	Brown, Brian	46 OREG	38.34
3	Darnell, Stephen	47 OREG	43.09
100 SC Meter Breaststroke			
1	Brown, Brian	46 OREG	1:27.39
2	Darnell, Stephen	47 OREG	1:42.09
50 SC Meter Butterfly			
1	Graham, Donald	47 PNA	28.32
2	Ward, Clifton	45 OREG	31.40
3	Hackett, Ted	47 UNAT	31.63
4	Ramsey, Ed	45 OREG	32.97
5	Brown, Brian	46 OREG	37.28
6	Darnell, Stephen	47 OREG	39.32
7	Van Tran, Duc	46 UNAT	44.45
100 SC Meter Butterfly			
1	Graham, Donald	47 PNA	1:04.74
100 SC Meter IM			
1	Metzger, Peter	46 OREG	1:08.94
2	Ward, Clifton	45 OREG	1:13.72
3	Walkky, John	48 OREG	1:14.09
4	Darnell, Stephen	47 OREG	1:28.00
5	Brown, Brian	46 OREG	1:30.21
200 SC Meter IM			
1	Ward, Clifton	45 OREG	2:47.31
2	Darnell, Stephen	47 OREG	3:25.87
400 SC Meter IM			
1	Walkky, John	48 OREG	5:48.72
2	Ward, Clifton	45 OREG	6:43.32
Men 50-54			
50 SC Meter Freestyle			
1	Maestre, Robert	51 MACO	28.57
2	Parisi, Frank	53 MACO	33.75
100 SC Meter Freestyle			
1	Cronin, Jed	53 OREG	1:07.34
2	Beckley, Gary	50 OREG	1:11.96
200 SC Meter Freestyle			
1	Maestre, Robert	51 MACO	2:21.25
2	Andersen, Tom	50 OREG	2:30.28
3	Parisi, Frank	53 MACO	3:14.16
400 SC Meter Freestyle			
1	Maestre, Robert	51 MACO	5:12.25
2	Macaulay, Thomas	52 OREG	5:13.32
800 SC Meter Freestyle			
1	Andersen, Tom	50 OREG	10:47.05
2	Toole, Christopher	50 OREG	13:22.18
1500 SC Meter Freestyle			
1	Andersen, Tom	50 OREG	20:40.79
2	Cronin, Jed	53 OREG	22:00.34
50 SC Meter Backstroke			
1	Andersen, Tom	50 OREG	36.41
100 SC Meter Backstroke			
1	Andersen, Tom	50 OREG	1:18.64
200 SC Meter Backstroke			
1	Maestre, Robert	51 MACO	2:44.47
2	Andersen, Tom	50 OREG	2:45.50
50 SC Meter Breaststroke			
1	Stark, Allen	52 OREG	33.84
2	Parisi, Frank	53 MACO	41.62
100 SC Meter Breaststroke			
1	Stark, Allen	52 OREG	1:15.71
2	Parisi, Frank	53 MACO	1:34.93
3	Toole, Christopher	50 OREG	1:36.65
200 SC Meter Breaststroke			
1	Stark, Allen	52 OREG	2:46.62
50 SC Meter Butterfly			
1	Cronin, Jed	53 OREG	32.89
100 SC Meter Butterfly			
1	Cronin, Jed	53 OREG	1:20.28

200 SC Meter IM			
1	Beckley, Gary	50 OREG	3:04.36
Men 55-59			
50 SC Meter Freestyle			
1	Silvey, Michael	56 OREG	30.17
100 SC Meter Freestyle			
1	Silvey, Michael	56 OREG	1:10.43
200 SC Meter Freestyle			
1	Silvey, Michael	56 OREG	2:35.64
400 SC Meter Freestyle			
1	Mccleery, James	55 PNA	4:49.43
2	Mccolly, Michael	56 PNA	5:01.96
3	Silvey, Michael	56 OREG	5:51.45
800 SC Meter Freestyle			
1	Mccleery, James	55 PNA	9:56.60
2	Mccolly, Michael	56 PNA	10:28.60
1500 SC Meter Freestyle			
1	Mccleery, James	55 PNA	19:09.94
50 SC Meter Backstroke			
1	Smith, Robert	58 OREG	30.99
100 SC Meter Backstroke			
1	Smith, Robert	58 OREG	1:10.42
200 SC Meter Backstroke			
1	Mccolly, Michael	56 PNA	2:46.61
50 SC Meter Butterfly			
1	Smith, Robert	58 OREG	30.93
2	Silvey, Michael	56 OREG	34.39
100 SC Meter IM			
1	Smith, Robert	58 OREG	1:12.82
200 SC Meter IM			
1	Mccolly, Michael	56 PNA	2:46.74
400 SC Meter IM			
1	Mccleery, James	55 PNA	5:36.47
2	Mccolly, Michael	56 PNA	5:59.05
Men 60-64			
50 SC Meter Freestyle			
1	Petersen, Bert	63 OREG	29.89
2	Love, Bill	60 UTAH	37.60
100 SC Meter Freestyle			
1	Love, Bill	60 UTAH	1:29.25
400 SC Meter Freestyle			
1	Lake, Brent	63 OREG	5:56.52
2	Love, Bill	60 UTAH	7:29.46
800 SC Meter Freestyle			
1	Lake, Brent	63 OREG	12:11.76
1500 SC Meter Freestyle			
1	Lake, Brent	63 OREG	23:36.86
50 SC Meter Backstroke			
1	Chase, Gary	61 UNAT	33.73
2	Lake, Brent	63 OREG	38.57
3	Love, Bill	60 UTAH	47.23
100 SC Meter Backstroke			
1	Chase, Gary	61 UNAT	1:13.44
2	Lake, Brent	63 OREG	1:26.84
3	Love, Bill	60 UTAH	1:37.87
200 SC Meter Backstroke			
1	Chase, Gary	61 UNAT	2:45.79
2	Lake, Brent	63 OREG	3:07.25
50 SC Meter Butterfly			
1	Petersen, Bert	63 OREG	30.59
2	Nakata, Ronald	62 OREG	33.62
100 SC Meter Butterfly			
1	Petersen, Bert	63 OREG	1:12.54
100 SC Meter IM			
1	Chase, Gary	61 UNAT	1:16.78
2	Petersen, Bert	63 OREG	1:18.36
200 SC Meter IM			
1	Chase, Gary	61 UNAT	2:50.39
2	Nakata, Ronald	62 OREG	3:03.82

400 SC Meter IM
1 Chase, Gary 61 UNAT 6:24.72

Men 65-69

50 SC Meter Freestyle
1 Thayer, George 65 OREG 32.47
2 Rigdon, John 65 UNAT 33.78

100 SC Meter Freestyle
1 Rigdon, John 65 UNAT 1:19.65

800 SC Meter Freestyle
1 Radcliff, David 67 OREG 11:30.58

1500 SC Meter Freestyle
1 Radcliff, David 67 OREG 22:23.98

50 SC Meter Backstroke
1 Thayer, George 65 OREG 41.82

100 SC Meter Backstroke
1 Thayer, George 65 OREG 1:29.47

200 SC Meter Backstroke
1 Thayer, George 65 OREG 3:19.53

100 SC Meter IM
1 Thayer, George 65 OREG 1:29.95

Men 70-74

50 SC Meter Freestyle
1 Marks, Milton 71 OREG 33.76
2 Guest, Eric 72 OREG 38.46

100 SC Meter Freestyle
1 Guest, Eric 72 OREG 1:33.52

800 SC Meter Freestyle
1 Taylor, Thomas 70 PNA 12:35.96

1500 SC Meter Freestyle
1 Taylor, Thomas 70 PNA 24:15.59

50 SC Meter Breaststroke
1 Marks, Milton 71 OREG 42.64
2 Taylor, Thomas 70 PNA 43.27

100 SC Meter Breaststroke
1 Taylor, Thomas 70 PNA 1:38.69
2 Marks, Milton 71 OREG 1:39.58

200 SC Meter Breaststroke
1 Taylor, Thomas 70 PNA 3:40.93

50 SC Meter Butterfly
1 Guest, Eric 72 OREG 48.98

100 SC Meter IM
1 Guest, Eric 72 OREG 1:45.38

Men 75-79

50 SC Meter Freestyle
1 Elliott, Floyd 75 OREG 39.87

100 SC Meter Freestyle
1 Elliott, Floyd 75 OREG 1:29.92

200 SC Meter Freestyle
1 Elliott, Floyd 75 OREG 3:24.85

800 SC Meter Freestyle
1 Young, Gilbert 79 OREG 14:33.06

1500 SC Meter Freestyle
1 Young, Gilbert 79 OREG 28:06.05

50 SC Meter Backstroke
1 Elliott, Floyd 75 OREG 41.28

100 SC Meter Backstroke
1 Elliott, Floyd 75 OREG 1:31.71

200 SC Meter Backstroke
1 Elliott, Floyd 75 OREG 3:24.52

Men 80-84

50 SC Meter Freestyle
1 Fixott, Rupert 80 OREG 50.94
2 Bushey, Charles 80 UNAT 52.65
3 Mallon, Joseph 80 OREG 1:01.99

100 SC Meter Freestyle
1 Fixott, Rupert 80 OREG 2:02.47
2 Shadbeh, Khosrow 80 OREG 2:11.04
3 Mallon, Joseph 80 OREG 2:18.68

200 SC Meter Freestyle
1 Bushey, Charles 80 UNAT 4:41.27
2 Mallon, Joseph 80 OREG 4:54.24

400 SC Meter Freestyle
1 Mallon, Joseph 80 OREG 10:26.07

800 SC Meter Freestyle
1 Mallon, Joseph 80 OREG 20:40.50



Joseph Mallon - winner of the 400, 800 and 1500 Free.

1500 SC Meter Freestyle
1 Mallon, Joseph 80 OREG 39:23.70

50 SC Meter Backstroke
1 Fixott, Rupert 80 OREG 1:00.99
2 Shadbeh, Khosrow 80 OREG 1:12.33

50 SC Meter Breaststroke
1 Fixott, Rupert 80 OREG 1:01.47
2 Shadbeh, Khosrow 80 OREG 1:06.59

100 SC Meter Breaststroke
1 Shadbeh, Khosrow 80 OREG 2:35.12

50 SC Meter Butterfly
1 Shadbeh, Khosrow 80 OREG 1:33.09

100 SC Meter IM
1 Shadbeh, Khosrow 80 OREG 2:40.52

Relays

Women 120-159 200 SC Meter Free Relay
1 OREG 2:06.79

1) Moss, M. 33 2) Nakagawa, A. 36
3) Ralle, M. 36 4) Moss, S. 35

Women 160-199 200 SC Meter Free Relay
1 OREG 2:12.28

1) Frid, B. 59 2) Rousseau, S. 54
3) Simpson, S. 30 4) Tyrrell, L. 34

Men 120-159 200 SC Meter Free Relay
1 OREG 1:50.27

1) O'Hara, T. 26 2) Gaarder, C. 36
3) Holm, J. 34 4) Rice, D. 34

Men 160-199 200 SC Meter Free Relay
1 OREG 1:54.62

1) Smith, R. 58 2) Kopp, K. 42
3) Kalil, A. 48 4) Metzger, P. 46

2 OREG 1:59.26
1) Walky, J. 48 2) Ward, C. 45
3) Burkhart, J. 38 4) Rand, R. 31

Men 160-199 200 SC Meter Medley Relay
1 OREG 2:07.67

1) Ward, C. 45 2) Walky, J. 48
3) Chin, L. 40 4) Kochanowski, M. 40

2 OREG 2:16.69
1) Chombeau, M. 40 2) Burkhart, J. 38
3) Rumble, G. 42 4) Ramsey, E. 45

Mixed 120-159 200 SC Meter Free Relay
1 OREG 1:58.17

1) Chin, L. 40 2) Moss, M. 33
3) Nakagawa, A. 36 4) Kochanowski, M. 40

2 OREG 2:04.72
1) Hanson, S. 39 2) Topp, S. 34
3) Criscione, A. 28 4) Allender, P. 43

Mixed 120-159 200 SC Meter Medley Relay
1 OREG 2:19.28

1) Ward, C. 45 2) Moss, M. 33
3) Kochanowski, M. 40 4) Nakagawa, A. 36

2 PNA 2:42.28
1) Ness, K. 32 2) Rookstool, L. 40
3) Bussart, M. 31 4) Redfield, D. 38

Mixed 160-199 200 SC Meter Medley Relay
1 OREG 2:13.06

1) Ralle, M. 36 2) Walky, J. 48
3) Moss, S. 35 4) Rumble, G. 42

2 MACO 2:18.54
1) Maestre, R. 51 2) Dowd, M. 43
3) Thimm, J. 38 4) Foley, S. 41

Mixed 200-239 200 SC Meter Free Relay
1 OREG 2:47.12

1) Ramsey, E. 45 2) Sitter, D. 58
3) Darnell, S. 47 4) Riddle, K. 53

Mixed 200-239 200 SC Meter Medley Relay
1 OREG 2:13.19

1) Smith, R. 58 2) Crabbe, C. 45
3) Rousseau, S. 54 4) Metzger, P. 46



New Oregon Record - Mixed 200 Free (120-159) Loren Chin, Missy Moss, Anne Nakaganwa and Mike Kochanowski

Multnomah Athletic Club Short Course Meters Meet

"Back to the Old Days" A high school format meet with local team scoring.

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

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2001 or 2002 registration form and fee with this form.

Place: Multnomah Athletic Club

West Pool (25 meters)

1849 SW Salmon, Portland

7-8 lanes competition, all 9 1/2 ft. deep, electronic timing

6 lanes separate continuous 25 yard warm-up/down pool

DATE: Saturday, DECEMBER 8, 2001

Warm-ups: Saturday 8:00 AM

Meet Starts: Saturday 9:00 AM

Meet Director: Frank Parisi Phone: 503-417-114

Email: frank@parisi-parisi.co

Directions to Multnomah Athletic Club

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

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 23, 2001

FILL IN COMPLETELY ----- RETURN THIS LOWER PORTION----- FILL IN COMPLETELY

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

*YOUR LOCAL TEAM (THB, COMA, PMS, etc.) _____ BIRTHDATE _____ AGE _____

SEX _____ 2001 or 2002 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Your EMAIL ADDRESS _____ . This is a special format meet. It will use team scoring.

Each swimmer will represent his/her local team. If a team has less than 15 swimmers, teams will be combined, at the discretion of the meet director, to form regional teams. (Example, EA, CAT and SOM might be the "Middle Earth Grass Burners" team for this meet.) Any team bringing 15 or more swimmers will be a unit, as is. Scoring will be 9-7-6-5-4-3-2-1 for individual swims and 18-14-12-10-8-6-4-2 for relays. Age Groups: 19-44 and 45+ for events, relay formation and scoring. Results will be posted at the meet and also re-formatted into the usual USMS age groups and meters relay age groups after the meet has been scored. **You may enter a maximum of 3 individual events plus 2 relays.** Enter relays at the meet. The 400 Freestyle will be deck seeded. The check-in for this event and for the relays will close 30 min. before the events are to be swum. All events will be seeded SLOW TO FAST. Breaks after 50 free & before the relays.

Women's Events

- W 19-44 or 45+ 200 Med. Relay (1-2)XXXX
- W 19-44 200 Free (5) _____ : _____ . _____
- W 45+ 200 Free (6) _____ : _____ . _____
- W 19-44 200 IM (9) _____ : _____ . _____
- W 45+ 200 IM (10) _____ : _____ . _____
- W 19-44 50 Free (13) _____ : _____ . _____
- W 45+ 50 Free (14) _____ : _____ . _____
- W 19-44 100 Fly (17) _____ : _____ . _____
- W 45+ 100 Fly (18) _____ : _____ . _____
- W 19-44 100 Free (21) _____ : _____ . _____
- W 45+ 100 Free (22) _____ : _____ . _____
- W 19-44 400 Free (25) _____ : _____ . _____
- W 45+ 400 Free (26) _____ : _____ . _____
- W 19-44 or 45+ 200 Free Relay (29-30)XXXX
- W 19-44 100 Back (33) _____ : _____ . _____
- W 45+ 100 Back (34) _____ : _____ . _____
- W 19-44 100 Breast (37) _____ : _____ . _____
- W 45+ 100 Breast (38) _____ : _____ . _____
- W 19-44 or 45+ 400 Free Relay (41-42)XXXX

Men's Events

- M 19-44 or 45+ 200 Med. Relay (3-4)XXXX
- M 19-44 200 Free (7) _____ : _____ . _____
- M 45+ 200 Free (8) _____ : _____ . _____
- M 19-44 200 IM (11) _____ : _____ . _____
- M 45+ 200 IM (12) _____ : _____ . _____
- M 19-44 50 Free (15) _____ : _____ . _____
- M 45+ 50 Free (16) _____ : _____ . _____
- M 19-44 100 Fly (19) _____ : _____ . _____
- M 45+ 100 Fly (20) _____ : _____ . _____
- M 19-44 100 Free (23) _____ : _____ . _____
- M 45+ 100 Free (24) _____ : _____ . _____
- M 19-44 400 Free (27) _____ : _____ . _____
- M 45+ 400 Free (28) _____ : _____ . _____
- M 19-44 or 45+ 200 Free Relay (31-32)XXXX
- M 19-44 100 Back (35) _____ : _____ . _____
- M 45+ 100 Back (36) _____ : _____ . _____
- M 19-44 100 Breast (39) _____ : _____ . _____
- M 45+ 100 Breast (40) _____ : _____ . _____
- M 19-44 or 45+ 400 Free Relay (43-44)XXXX

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

SIGNATURE _____

DATE _____

MEET ENTRY FREE: \$15.00 Make checks payable to Oregon Masters Swimming. Mail form(s) and fee(s) to: Gary Whitman, 11015 NE Mason Street, Portland, OR 97220

**Emerald Aquatics "100's Challenge" Short Course YARDS Meet
Sanctioned by Oregon LMSC for USMS, Inc. Sanction #372-01
Eligibility: Currently registered USMS swimmers, 19 years and older.**

Unregistered swimmers must submit a 2002 registration form and fee with this form.

"100's Challenge" plus regular format MEET

Date: January 26, 2002

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.
Eugene, Oregon

Warm-ups: Sat. 9:30-10:30 AM
Meet Starts: Sat. 10:45 AM

6 lanes competition - electronic timing;
Heated outdoor pool available for
continuous warm-up/down.

Meet Director: Lynda Christiansen
Phone: 541-687-8379 E-mail: ericandynda@netzero

Directions to pool: From I-5 north or south take Exit 195B (Santa Clara, Florence). Follow Beltline Freeway seven miles. Exit Beltline at Exit 5, Barger Rd. Take a left at Barger. Go one block. Turn right on Echo Hollow Rd. The pool is two blocks down on your left.

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARKED NO LATER THAN – JAN. 11, 2002

Fill in completely-----return lower portion-----fill in completely

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL _____ BIRTHDATE _____ AGE _____ SEX _____

2002 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc.)

Is this your first Oregon Masters Meet? Yes _____ No _____

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: Relay age groups: 19+, 25+, 35+ 45+, 55+, 65+, 75+ etc. **You may enter a maximum of 5 individual events plus unlimited relays.** Enter relays at the meet. In each relay event, relay teams may swim distances of 200y, 400y, and 800y, (800y for Free relays only). The 400y and 800y relays will be seeded in heats following the 200y relays of the same type. The 500 Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the 500 Free is to be swum. All events will be seeded SLOW TO FAST. "Wines from Eugene Vineyards" raffle at the meet.

SATURDAY, JANUARY 26

- | | |
|--|--------------------------------------|
| 200 I.M. (1) _____ : _____ . _____ | 200 FREE (15) _____ : _____ . _____ |
| *100 BACK (2) _____ : _____ . _____ | 50 BACK (16) _____ : _____ . _____ |
| 200 FLY (3) _____ : _____ . _____ | 400 IM (17) _____ : _____ . _____ |
| 50 BREAST (4) _____ : _____ . _____ | 5 MINUTE BREAK XXXXX |
| 5 MINUTE BREAK XXXXX | FREE RELAYS (18-23) XXXXXX |
| MEDLEY RELAYS (5-8) XXXXXX | *100 FLY (24) _____ : _____ . _____ |
| *100 FREE (9) _____ : _____ . _____ | 200 BACK (25) _____ : _____ . _____ |
| 200 BREAST (10) _____ : _____ . _____ | 50 FREE (26) _____ : _____ . _____ |
| 50 FLY (11) _____ : _____ . _____ | 5 MINUTE BREAK XXXXX |
| 5 MINUTE BREAK XXXXX | MIXED FREE RELAYS (27-29) XXXXXX |
| MIXED MEDLEY RELAYS (12-13) XXXXXX | *100 I.M. (30) _____ : _____ . _____ |
| *100 BREAST (14) _____ : _____ . _____ | 500 FREE (31) _____ : _____ . _____ |

100's Challenge Enter four of the five 100 yd. events marked with an *. Add up your seed times for the four 100 yd. events and write your total cumulative time in the blank below. You may enter a 5th event but please do not add the 5th event time into the total. The male and female swimming closest to their projected total time will win a hand made pottery trophy, created by a renowned local artist.

Yes, I am entering this exciting event. My FOUR event choices are CHECKED listed below:
 _____ 100 BACK _____ 100 FREE _____ 100 BREAST _____ 100 FLY _____ 100 I.M.

My projected time is _____ :

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 Make checks payable to **Oregon Masters Swimming**
 Send form(s) and fee (s) to Gary Whitman, 11015 NE Mason Street, Portland OR 97220
Just joining OMS or renewing for 2002? Send OMS form and fee to Gary with your entry.



OREGON MASTERS SWIMMING
LOCAL TEAM REGISTRATION
YEAR 2002



This form must be postmarked by the entry deadlines to compete as a "local team" at the 2002 OMS Association Championships in April and the 2002 OMS Open Water Championships. Local team members must list the official "local team abbreviation" on their Association Championship entry blanks. (*Current names and abbreviations are listed at the bottom of page 15* →)

Team name _____

Abbreviation _____

Team Representative information (Must be OMS member)

Rep. name _____

Address _____

Phone _____

Email _____

Coach information

Coach name _____

Address _____

Phone _____

Email _____

Pool Address _____

Practice days/times _____

Mail to: Jeanne Thimm, 5685 SE Gaitgill Ct., Milwaukie OR 97267 **or**

email to: jeanneswims@msn.com

This information may be published in the OMS informational brochure, the Aquamaster and on the OMS Website unless you indicate otherwise.



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2002 REGISTRATION

 Renewal - 2001 USMS # 371-_____

 New Member

Last Name: <small>(Please register with the name you will use for competition.)</small>	First Name:	M.I.:
---	--------------------	--------------

Address:

City:	State:	Zip:
--------------	---------------	-------------

Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
---------------	-----------------------	-------------	---

Email Address:

<input type="checkbox"/> Please check if in the future you would like to receive the Aqua Master electronically rather than by postal mail.	Do you coach a Masters Team? Yes <input type="checkbox"/> No <input type="checkbox"/>
---	--

Club: OMS is comprised of two clubs or you may register unattached.	<input type="checkbox"/> OREG <input type="checkbox"/> MACO <input type="checkbox"/> UNATTACHED <small>(Unattached members cannot swim in relays)</small>
Local Team: Choose abbreviation from list below. _____	

\$35.00 Single Registration: Valid November 1, 2001 to December 31, 2002. Make checks payable to OMS, Inc.

\$60.00 Joint registration: Two members at one address/One Aqua-Master. One form per member please

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

I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

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

Signature: _____ **Date:** _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Masters-ALB Beaver Aquatic Masters-BAM Central Oregon Master - COMA Chehalem Masters-CMST Circumnavigating Beavers - CBAT Corvallis Aquatic Masters - CAT Downtown Athletic Club-DAC Emerald Aquatics-EA Fish Stick Masters-FISH Grants Pass YMCA - GPY Health Experience Ath. Club-HEAC Klamath Basin Aquatic Sports-BASN Klamath Falls Masters - KLF	Lincoln City Masters-LCM McMinnville Masters-MCM Metro YMCA - MY Mittleman Jewish Comm. Ctr - MJCC Mt. Hood Masters - MHM Mountain Park Masters - MPM Multnomah Athletic Club - MACO No. Clackamas Masters Swimming - NCMS North Bend Aqua Masters - NBAM Oregon City Swim Team-OCST Oregon Wetmasters-OWET Parkrose Masters - PMSC Pendleton Masters-PEND	Portland Masters Swimming - PMS Riverplace Athletic Club - RAC Rogue Valley Masters - RVM Salem Courthouse Crew-SCC Southern Oregon Masters-SOM Steelheads - STHD Tigard-Tualatin Swim Club - TTSC Tualatin Hills Barracudas - THB Umpqua Valley Masters-UVM Willamette Athletic Club - WAC No Local Team-NLT
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MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DR., ASHLAND, OR 97520

This form is available on the OMS website: www.swimoregon.org

2001/2002 Calendar and Meet Schedule

Pool Meets

Date	Event	Location	Contact
Nov. 17	SCY	Tigard-Tualatin	George Johnson george.johnson@philips.com
*Dec. 8	SCM	MAC Club	Frank Parisi frank@parisi-parisi.com
*Jan. 26	SCY	Eugene	Lynda Christiansen ericandlynda@netzero.net
Feb. 23	SCY	North Bend	Guy Marchione guy.marchione@worldnet.att.net
March 9	SCY	Penthalon - Tualatin Hills	Sandi Rousseau tsrousse@ix.netcom.com
April 5-7	SCY	Association Championships Corvallis	Mark Worden marklauraworden@home.com
April 13-14	SCY Zone	Federal Way	TBA
May 4	SCM	Freestyle Pentathlon Bend	Pam Himstreet himstreet@bendcable.com
June 2	LCM	Albany	Gary Arne Jr. Arne_1@juno.com
July 6-7	LCM	State Games Mt. Hood C. C. - Gresham	Kristi Gustafson kristigus@aol.com
July 20	LCM	Eugene	TBA

Postal Championships 2001

Sept. 1-Oct. 31 3000/6000 Postal Doug Brogan FitTogether@aol.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

Dec. 7	**Burkhart Dental Supply	6:00 PM	May 5	Bend - Pam's House	9:00 AM
Jan. 25	Eugene	7:00 PM	June 5	**Burkhart Dental Supply	7:00 PM
Feb. 27	*Nike Campus	7:00 PM	July 7	Mt. Hood C. C.	10:00 AM
April 6	Corvallis - Annual Meeting	Before Banquet	Aug. 28	*Nike Campus	7:00 PM

* Meetings will be held in the Lance Armstrong Building on the Nike Campus

** Meetings will be held in the Burkhart Dental Supply Office in NE Portland

Aqua-Master
November - December 2001

Aqua-Master
Attn. Roy Lambert
1211 SW Fifth Avenue
Portland, OR 97204-3795

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Inside: Results - SCM Zone Meet & 5/10 K Postal