



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

*“Swimming for Life”*

Volume 41, Number 1

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January 2014

## T-Hills Hosts First Meet of New Season

Charlie Helm

Saturday November 9th saw the first meet of the new season begin at the T-Hills pool in Beaverton. Hosted well, as usual, by the Barracudas with Julie Andrade as the Meet Director and Dave Radcliff doing the play by play as the P.A. announcer, the swimmers were pumped up after several months without any pool meets and were eager to get back into race mode. Around 85 swimmers signed up for the meet.

Many of us were curious to see what our early season speed and fitness would be like as we start the new swim year. Some were focusing on technique as they build their fitness and speed after taking some time off from swimming. Others were trying new events, and for many it was business as usual-just go for it in every event! A few people sadly showed a little bit of rust as a few DQ



*Swimmers on the deck behind the blocks*

slips were handed out by Head Referee Jacki Allender. Not even tears or promises not to do it again could get the dreaded yellow slips removed by the Officials. Several swimmers did report some good results and were happy with their efforts. Our 90 year old wonder, Wink Lamb, continued his hot streak of good swims and times. Robert van Andel made a rare meet appearance and had a good effort in the 1650 free. Many of our other hard core regulars also had mixed efforts in their races, some good events, some not as expected. A good number of swimmers from our neighboring LMSC to the north, PSM, also came down to give us some added competition for the day. I even had better than expected times in some of my events while in others I chose to be a little slower so my regular rivals could get a motivating early season ego boost by beating me in our heats together.

On December 7th COMA hosted their fall pentathlon meet. I was unable to attend due to weather concerns and the snow that hit the mountains that prior week. I haven't seen the results for that meet, but we all know COMA always hosts a good event and hopefully everyone had fun. We end the 2013 year with the Canby Animal meet, then the annual Chehalem meet in Newberg in January to start off the New Year. See you all at the pool!

### What's Inside

Chair's Corner.....	2
Off the Block.....	3
Fit to Swim.....	4
Shake and Swim with "Bake".....	5
Long Distance Swimming.....	6
Results	
Tualatin Hills SCY.....	7
COMA All-Around + Pentathlon.....	10
Articles	
Swim Bits.....	13
And The Award Goes To.....	14
Benefits of Swimming.....	15
Forms	
2014 Membership Application.....	18
Chehalem SCY Meet.....	19
Schedule of Events.....	Back Page

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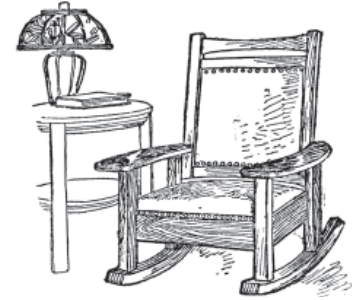
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Connie Wilson



# Chair's Corner

## Jeanne Teisher

## THANK YOU TO THE BOARD

In the past 11 or so years I have been honored to be the Chair of the OMS board for over 7 of those years. I have been so blessed to have had such a dedicated board all these years committed to the Masters swimmers of Oregon and SW Washington as well as around the country. You, the membership, may not realize how fortunate you/we are to have such a strong, involved, and committed group of volunteers to lead our organization. I would like to take this opportunity to personally thank each of these board members for all they do for OMS.

**Wes Edwards (Vice Chair)** for being so committed to making sure we have quality meet competitions throughout the year. I also appreciate him filling in for me when I am not available to preside over a board meeting. And, if it weren't for Wes, we wouldn't have OMS Policies and Procedures and By-Laws. I sure do appreciate how he makes sure they keep current.

**Michelle Jacobs-Brown (Secretary)** for taking board meeting minutes, typing them up, and getting them out to the board each month.

**Kermit Yensen (Treasurer)**, who has only been in the position about 6 months, for taking on the position and getting up to speed in record time.

**Susie Young (Registrar)** for the hours of work she dedicates in registering all of us each year and answering the many, many membership-related questions.

### Committee Chairs:

**Alice Zabudsky (Aqua Master)** for putting together first class newsletters month after month year after year (and being so patient with me when I don't get my articles to her by the deadline).

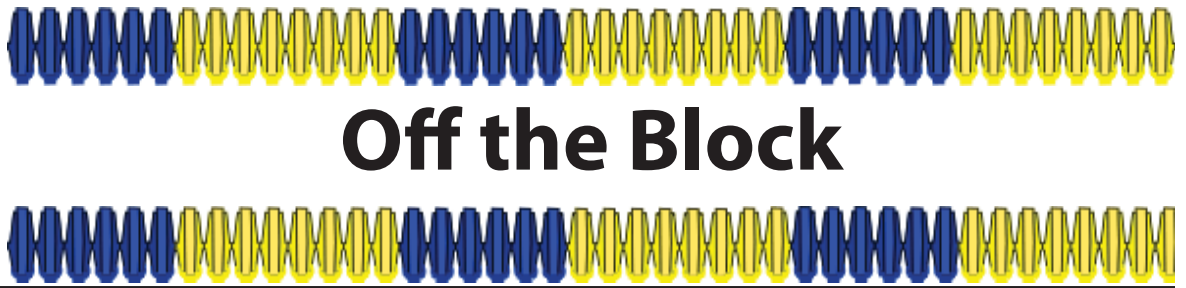
Continued on page 16

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

Send address changes to [Susie Young](mailto:Susie Young) all other questions to [Jackie Parker](mailto:Jackie Parker)

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# Off the Block

Last month *Off the Block* was written by Dr. Paul Hutinger, called "I Don't Have A Pool!" This month highlights Dr. Hutinger's career with USMS.

## USMS Veteran Helped Ensure Success

by Bill Edwards  
Adapted from Swimmer magazine

Back during the infancy of Masters swimming, when no one knew whether the idea would even last another year, there were a few whose contributions ensured the success of this ambitious new program for adult swimmers, shaping its future in ways that are still being felt today. Not the least of whom was Paul Hutinger.

Hutinger, now 89, lives in St. Petersburg, Florida and swims with the Florida Mavericks. Hutinger is a dauntless advocate of swimming for health.

"It is unbelievable what I have seen happen to those people who have stayed with an exercise program like Masters swimming," says Hutinger, who, as a professor of exercise physiology at Western Illinois University for 28 years, conducted research on swimming and longevity.

In Masters swimming, Hutinger is perhaps best known for his understanding of the challenges facing adults making the transition from age group or collegiate swimming, to swimming seriously as an adult. Hutinger says he knew these post-collegiate swimmers "were going to have a different kind of workout. As a coach, ... I could see that most Masters swimmers were going to need help. They were going to have to get by with 45 minutes to an hour's worth of training a day ... or something like fifteen hundred yards."

This realization led Hutinger to create workouts that were the precursors for many Masters workouts today. He also conducted national Masters swimming clinics in the 1970s that incorporated techniques and technology that were revolutionary for the time, and which became models for clinics that later would be conducted locally and regionally. The program for the clinic included oxygen consumption and lung volume tests (an early version

of  $VO_2$  max testing), stroke analyses using sequenced (Polaroid) photographs, EKG stress testing, and tests for percentage of body fat, flexibility, and blood pressure under athletic stress.

### AN ILLUSTRIOUS CAREER

Paul Hutinger's Florida Mavericks swim club offers stroke coaching free to all members. The club also waives membership fees for any swimmer over 90. Currently, three Mavericks take advantage of this offer.

Hutinger was a collegiate swimmer at the University of Iowa during the 1940s, when the team's assistant coach was James E. "Doc" Counsilman.

From 1953 to 1963, Hutinger coached age group swimmers in Kansas City, Mo., where he had a number of nationally ranked individual swimmers and relay teams.

Hutinger missed the first-ever Masters Nationals event in Amarillo, Texas in 1970 because he was at Indiana University working on his doctorate degree in exercise physiology. One of his professors at IU was Doc Counsilman.

Hutinger's research study on swimming and longevity actually lived to a ripe old age itself, lasting more than 30 years, from the time he joined the faculty at Western Illinois University in 1972 until roughly 2000, when he delivered a presentation on his findings to the USMS Convention in Orlando.

Paul and Margie Hutinger were married in 1992 in their bathing suits in the North Shore Pool in St. Petersburg. Presiding over the aquatic marriage ceremony was Florida Judge Robert Beach, also an accomplished Masters swimmer.

Hutinger won the USMS Ransom Arthur Award in 1976.

Ranked 10th nationally for his age group in triathlon, Hutinger qualified for the Hawaii Ironman competition in 1987.

Hutinger was inducted in the World Masters Hall of Fame in 2004.

# Fit to Swim

## Signs

**Coach Aubree Gustafson**



It could happen anywhere and at anytime, during or after exertion, or while at rest. According to the American Heart Association, approximately every 34 seconds someone in the United States has a heart attack, and approximately every 40 seconds, someone will suffer from a stroke. Awareness of the signs and symptoms of these sometimes sudden and unexpected events can help you or someone you know get the medical attention needed in an emergency. The following is by no means a complete list of signs and symptoms, but it is always better to be safe than sorry, and you might even help save someone's life.

A heart attack is usually caused by a blood clot blocking the flow of blood through the coronary artery; a major blood vessel that supplies blood to the heart. This interruption in blood flow can cause major damage or destroy part of the heart muscle. Heart attack symptoms may include pressure, pain, tightness, squeezing or an aching sensation in the chest or arms that may spread to the neck, jaw or back. An individual may report a feeling of fullness, nausea, indigestion, heartburn or abdominal pain. Shortness of breath, profuse sweating or a cold sweat as well as feelings of anxiety or an impending sense of doom have been reported by individuals experiencing symptoms of a heart attack. Fatigue, trouble sleeping, light-headedness and dizziness are also reported symptoms. It is very important to recognize that heart attack symptoms, and the severity of symptoms vary greatly. If you suspect yourself or someone you know may be experiencing symptoms of a heart attack, seek medical attention immediately.

A stroke occurs when the blood supply to the brain is interrupted or severely reduced. This deprives brain tissue of oxygen and food and within minutes brain cells begin to die. Prompt action in an emergency is critical to minimize damage to the brain and other complications. Symptoms may include the following. An individual may have trouble with walking, sudden dizziness or a loss of

coordination. They may have trouble speaking or understanding and experience confusion. A person may experience sudden paralysis, weakness or numbness of the face, arm or leg. One side of their mouth may droop, or if asked to raise both arms above their head at the same time, one arm may begin to fall. An individual might have trouble with their vision; blurred or blackened vision in one eye or both eyes, or a person may report seeing double. A sudden severe headache may also be a sign of a stroke, especially when accompanied by vomiting, dizziness or altered consciousness. Again, symptoms of a stroke may vary. A handy way to remember the warning signs is with the acronym F.A.S.T. which stands for Face drooping, Arm weakness, Speech difficulty and Time to call 9-1-1. Seek medical attention as soon as possible if you suspect you or someone you know may be experiencing symptoms of a stroke.

There are some basic lifestyle choices that can help lower your risk for a heart attack or stroke. First and foremost, stop smoking and try to avoid secondhand smoke. Have regular medical checkups so your physician can keep track of your blood pressure and cholesterol levels. Exercising regularly to help maintain a healthy weight and eating a healthy diet are also important. Foods including fish, lean meats, beans and low-fat dairy items, along with plenty of fruits and vegetables, are all part of a balanced diet. Managing stress levels, drinking alcohol in moderation and managing diabetes also help to keep your heart and brain healthy as well as the rest of your body.

On a lighter note, one more "Thank You" to share from Alice Zabudsky, our Aqua Master editor. She writes "Thank you to all who regularly write articles for the Aqua Master, to those who have sent articles to be included in the Aqua Master, and to those who send pictures, and tips on articles that are of interest. The readers make the Aqua Master. A huge 'Thank You!'" Thank you, to Alice, for sharing. — Information adapted from [www.heart.org](http://www.heart.org) and [MayoClinic.com](http://MayoClinic.com)

# Shake and Swim with “Bake”

*Butterfly and Breaststroke: Be a Hippie!*

*Coach Dennis Baker*



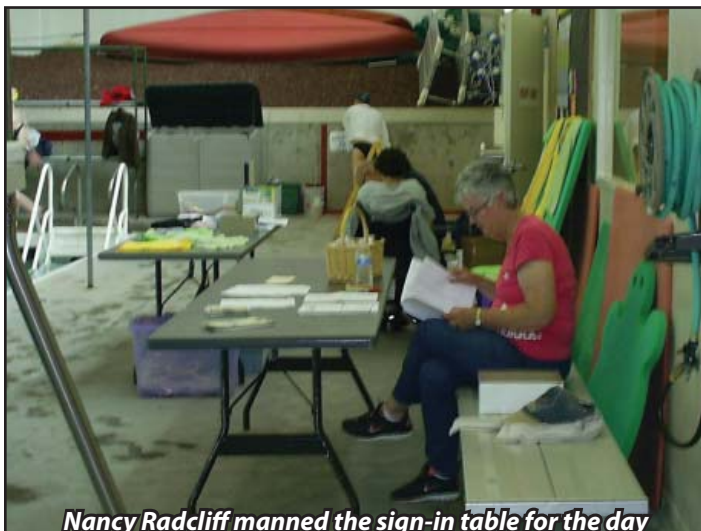
Butterfly and Breaststroke are what we call “Short Axis” strokes. These two strokes have a much different mode of propulsion than Freestyle and Backstroke.

I often describe Fly and Breast as trying to smoothly get yourself over a high jump bar that is placed right in front of you in the water. Let’s look at how the two different strokes use hip action to make you go!

**Butterfly**—When doing the Butterfly the one main thing to think about is, when your hands enter the water out in front of the body, your rear end must pop out of the water. This will ensure the chain reaction of proper hip action. As you pull down with your arms and hands thrust the hips forward.

**Breaststroke**—The thought here is not getting the hips or rear end too much out of the water but rather thrusting the hips forward as you start your pull. As the hips come up when you shoot your hands through, use your core to come to a tight streamline position to move forward. The hips may pop up a little but don’t overdo it as not to create resistance.

Both of these “short axis” strokes are very body driven. This means you need to think about undulation all the time. If you think about arms and legs you will find yourself in trouble and tire out much faster. So as I say to my swimmers “don’t arm it and leg it, body it.” Most of us remember the 70s, so come be a hippie again and you will find yourself swimming Butterfly and Breaststroke much better.



*Nancy Radcliff manned the sign-in table for the day*



*Tualatin Hills Meet*

# Long Distance Swimming

*Coach Bob Bruce*



## 400 Hundred Swimmers! 1.25 Million Yards!

**This is what I think it will take for the Oregon Club to win the USMS National Club Championship in the One-Hour Swim, the only postal in which we have never won the overall club title. Are we ready to put it on the line this January to win the granddaddy of all of the postal championships? Are we ready to challenge for the big one?**

**What is the One-Hour Swim?** The basic premise—how far can you swim in one hour? It's the first USMS postal swim each year, done during the month of January only. It's the largest stand-alone participation event on the USMS calendar, as more than 3000 swimmers across the nation swam it last year. It's the oldest of the USMS postal swims, started in 1977. It's not only a spirited competition, but also an excellent early-in-the-year fitness event suitable for EVERYONE. I repeat: EVERYONE!

**How has the Oregon Club fared in the past?** This is one of the few Overall (Extra-Large Team) club championships that we have never won before! But our club history shows good involvement and good placement in previous years, including a win in the Large Team category last year

**What will it take to win the Club Championship?** COMMITMENT & MASSIVE PARTICIPATION. There are several other huge clubs in the nation whose single main goal each year is to win the One-Hour Swim, so winning this event will never be easy. Despite improved participation last year, we fell a little short. To beat these other clubs and pull this off, we will need...

- A commitment from EVERYONE to join OMS/USMS, a prerequisite for entering the event. Don't wait—do it now. You MUST be a member BEFORE

you do the swim! And I invite those swimmers who have previously joined OMS/USMS as "unattached" to consider joining the Oregon Club. Participate in this group effort.

- A commitment from EVERYONE to prepare for the swim. Spend time at practice during December and January to prepare for your swim and to improve your distance. Incidentally, swimming during the holidays is good for you.
- A commitment from EVERYONE to seize the opportunity and do it when the time comes. Club score is determined by adding everyone's total yardage in the swim. EVERYONE COUNTS! Even a 1500-yard performance will help. 4000 & 5000-yard performances will really help—never let your teammates who are capable of big yardage duck this swim!
- A commitment from EACH LOCAL TEAM to schedule opportunities for swimmers to swim it. Schedule several group or even individual sessions if possible so that nobody is excluded due to personal schedule conflicts.
- A commitment from EACH LOCAL COACH & CAPTAIN to encourage and motivate teammates to swim it. This is the key! Plan and do the swim as a group effort, and you may be surprised at the symbiotic power of such an effort.
- A commitment from EVERYONE to ENTER THE NATIONAL EVENT when you finish. Every January, we have several dozen swimmers who do the swim (Yay!) but fail to enter (Boo!). Now I love the aesthetic of doing the One-Hour Swim for its own sake, yet I'd also love to see everyone who did it pitch in for the larger team effort by entering the event. If the Oregon Club is to have any chance of winning the club championship, we cannot afford to leave uncounted swims on the table.

Continued on page 17

# Tualatin Hills SCY

November 9, 2013; Tualatin Hills, Oregon

**O** = Oregon Record

**Z** = Zone Record (includes Oregon)

**\*** = Splits

**N** = National Record (includes Oregon & Zone)

**W** = World Record (includes Oregon, Zone, National)

## Women 18-24

50 Yard Freestyle			
1 Stacy, Jessica	24 OREG	26.52	
2 Wanzenried, A.	20 OREG	30.26	
3 Storlie, Kristiana	21 OREG	36.67	
4 Powell, Valerie	20 PSM	49.00	
100 Yard Freestyle			
1 Stacy, Jessica	24 OREG	57.96	
2 Powell, Valerie	20 PSM	1:47.44	
200 Yard Freestyle			
1 Benefield, Gloria	24 OREG	2:01.81	
1650 Yard Freestyle			
1 Storlie, Kristiana	21 OREG	31:11.62	
50 Yard Backstroke			
1 Powell, Valerie	20 PSM	1:06.11	
100 Yard Backstroke			
1 Benefield, Gloria	24 OREG	59.80	<b>Z</b>
200 Yard Backstroke			
1 Benefield, Gloria	24 OREG	2:11.93	
50 Yard Breaststroke			
1 Storlie, Kristiana	21 OREG	45.48	
2 Powell, Valerie	20 PSM	1:39.08	
100 Yard Breaststroke			
1 Stacy, Jessica	24 OREG	1:13.48	
2 Wanzenried, A.	20 OREG	1:30.20	
50 Yard Butterfly			
1 Stacy, Jessica	24 OREG	28.50	
100 Yard IM			
1 Stacy, Jessica	24 OREG	1:04.09	
2 Wanzenried, A.	20 OREG	1:17.36	

## Women 25-29

50 Yard Freestyle			
1 Bearden, Amy	28 OREG	29.59	
100 Yard Freestyle			
1 Bearden, Amy	28 OREG	1:03.68	
2 Dorko, Allison	26 MESC	1:10.80	
200 Yard Freestyle			
1 Dorko, Allison	26 MESC	2:25.14	
2 Scheafer, Kayla	27 OREG	2:32.76	
1650 Yard Freestyle			
1 Dorko, Allison	26 MESC	20:14.60	
50 Yard Backstroke			
1 Bearden, Amy	28 OREG	35.24	
100 Yard Breaststroke			
1 Dorko, Allison	26 MESC	1:32.94	
200 Yard Breaststroke			
1 Dorko, Allison	26 MESC	3:15.21	
50 Yard Butterfly			
1 Bearden, Amy	28 OREG	32.74	
2 Scheafer, Kayla	27 OREG	34.36	

100 Yard IM			
1 Bearden, Amy	28 OREG	1:16.79	
2 Scheafer, Kayla	27 OREG	1:22.75	

## Women 30-34

50 Yard Freestyle			
1 Jackson, Maresa	34 OREG	28.86	
100 Yard Freestyle			
1 Nelson, Amy	32 OREG	1:14.61	
100 Yard Backstroke			
1 Jackson, Maresa	34 OREG	1:11.73	
2 Nelson, Amy	32 OREG	1:29.48	
50 Yard Breaststroke			
1 McMullen, Kate	34 PSM	39.39	
100 Yard Breaststroke			
1 McMullen, Kate	34 PSM	1:26.19	
50 Yard Butterfly			
1 Nelson, Amy	32 OREG	37.70	
100 Yard IM			
1 Jackson, Maresa	34 OREG	1:13.62	
2 McMullen, Kate	34 PSM	1:21.59	

## Women 35-39

50 Yard Freestyle			
1 Johnson, Serena	36 OREG	27.60	
100 Yard Freestyle			
1 Harrison, Elizabeth	39 OREG	1:28.39	
1650 Yard Freestyle			
1 Skinner, Sonja	36 OREG	20:38.48	
50 Yard Backstroke			
1 Johnson, Serena	36 OREG	31.52	
100 Yard Backstroke			
1 Johnson, Serena	36 OREG	1:06.73	
200 Yard Backstroke			
1 Johnson, Serena	36 OREG	2:23.77	
100 Yard Breaststroke			
1 Tucker, Shayna	39 OREG	1:24.69	
200 Yard Breaststroke			
1 Tucker, Shayna	39 OREG	2:58.84	
50 Yard Butterfly			
1 Skinner, Sonja	36 OREG	28.93	
2 Tucker, Shayna	39 OREG	36.26	
3 Harrison, Elizabeth	39 OREG	49.35	
100 Yard Butterfly			
1 Skinner, Sonja	36 OREG	1:05.42	
2 Harrison, Elizabeth	39 OREG	1:48.96	
100 Yard IM			
1 Skinner, Sonja	36 OREG	1:08.37	
2 Tucker, Shayna	39 OREG	1:15.53	
200 Yard IM			
1 Skinner, Sonja	36 OREG	2:30.51	
2 Tucker, Shayna	39 OREG	2:46.80	

3 Harrison, Elizabeth	39 OREG	4:04.86	
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## Women 40-44

100 Yard Freestyle			
1 Nelson, Sheila	44 SRM	1:03.63	
2 Winter, Neva	40 OREG	1:28.39	
50 Yard Breaststroke			
1 Winter, Neva	40 OREG	53.44	
50 Yard Butterfly			
1 Winter, Neva	40 OREG	44.58	
100 Yard Butterfly			
1 Nelson, Sheila	44 SRM	1:11.00	
100 Yard IM			
1 Nelson, Sheila	44 SRM	1:11.42	
2 Winter, Neva	40 OREG	1:34.75	

## Women 45-49

50 Yard Freestyle			
1 Asch, Jill Marie	47 OREG	26.57	
100 Yard Freestyle			
1 Moss Fuller, Susan	47 OREG	1:00.83	
200 Yard Freestyle			
1 Moss Fuller, Susan	47 OREG	2:18.15	
50 Yard Backstroke			
1 Asch, Jill Marie	47 OREG	32.01	
100 Yard Backstroke			
1 Daubersmith, Britta	48 OREG	1:16.64	
50 Yard Breaststroke			
1 Asch, Jill Marie	47 OREG	35.27	
2 Moss Fuller, Susan	47 OREG	36.14	
100 Yard Breaststroke			
1 Asch, Jill Marie	47 OREG	1:18.66	
50 Yard Butterfly			
1 Moss Fuller, Susan	47 OREG	30.90	
2 Daubersmith, Britta	48 OREG	34.40	
100 Yard IM			
1 Moss Fuller, Susan	47 OREG	1:09.78	
2 Daubersmith, Britta	48 OREG	1:16.57	
200 Yard IM			
1 Daubersmith, Britta	48 OREG	2:48.79	

## Women 50-54

50 Yard Freestyle			
1 Andrade, Julie	52 OREG	33.34	
2 Squier, Rennie	52 OREG	35.91	
3 Fox, Christina	52 OREG	36.02	
100 Yard Freestyle			
1 Fox, Christina	52 OREG	1:16.83	
200 Yard Freestyle			
1 Malloy, Janie	51 OREG	2:51.99	
1650 Yard Freestyle			
1 Malloy, Janie	51 OREG	26:18.89	
50 Yard Backstroke			

1 Fox, Christina	52	OREG	42.27
50 Yard Breaststroke			
1 Andrade, Julie	52	OREG	41.67
2 Fox, Christina	52	OREG	43.68
3 Malloy, Janie	51	OREG	44.95
100 Yard Breaststroke			
1 Andrade, Julie	52	OREG	1:31.18
2 Fox, Christina	52	OREG	1:33.57
50 Yard Butterfly			
1 Andrade, Julie	52	OREG	40.12
2 Malloy, Janie	51	OREG	45.34
100 Yard IM			
1 Andrade, Julie	52	OREG	1:27.28
2 Malloy, Janie	51	OREG	1:30.93
<b>Women 55-59</b>			
100 Yard Freestyle			
1 Morris, Kathy	58	PSM	1:49.44
100 Yard Backstroke			
1 Morris, Kathy	58	PSM	2:05.47
<b>Women 60-64</b>			
100 Yard Freestyle			
1 Kassen, Elizabeth	61	PSM	1:14.15
1650 Yard Freestyle			
1 Kassen, Elizabeth	61	PSM	23:07.45
100 Yard Breaststroke			
1 Kassen, Elizabeth	61	PSM	1:35.29
<b>Women 65-69</b>			
50 Yard Freestyle			
1 Rousseau, Sandi	66	OREG	34.91
100 Yard Freestyle			
1 Rousseau, Sandi	66	OREG	1:21.19
1650 Yard Freestyle			
1 Plesner, Jan	67	OREG	29:34.26
50 Yard Backstroke			
1 Rousseau, Sandi	66	OREG	43.54
100 Yard Backstroke			
1 Rousseau, Sandi	66	OREG	1:32.16
<b>Women 70-74</b>			
100 Yard Butterfly			
1 Ward, Joy	70	OREG	1:38.52
100 Yard IM			
1 Ward, Joy	70	OREG	1:31.03
200 Yard IM			
1 Ward, Joy	70	OREG	3:20.24
<b>Men 18-24</b>			
50 Yard Freestyle			
1 Denegri, Andre	18	OREG	23.56
2 Yelin, Matt	24	OREG	25.89
3 Ramirez, Kevin	19	OREG	26.93
4 Haslebacher, Joseph	22	OREG	27.02
100 Yard Freestyle			
1 Yelin, Matt	24	OREG	58.01
2 Haslebacher, Joseph	22	OREG	58.37
3 Ramirez, Kevin	19	OREG	1:02.62
200 Yard Freestyle			
1 Haslebacher, Joseph	22	OREG	2:13.46
1650 Yard Freestyle			
1 Haslebacher, Joseph	22	OREG	21:51.60
100 Yard Backstroke			
1 Denegri, Andre	18	OREG	56.19
200 Yard Backstroke			
1 Denegri, Andre	18	OREG	2:09.45
50 Yard Breaststroke			
1 Yelin, Matt	24	OREG	31.48

50 Yard Butterfly			
1 Ramirez, Kevin	19	OREG	33.56
100 Yard Butterfly			
1 Haslebacher, Joseph	22	OREG	1:09.61
200 Yard IM			
1 Ramirez, Kevin	19	OREG	2:55.44
<b>Men 25-29</b>			
100 Yard Freestyle			
1 Henning, Drew	28	OREG	1:16.15
1650 Yard Freestyle			
1 Bruschi, Richard	28	UNAT	23:01.58
50 Yard Breaststroke			
1 Wood, Nick	25	OREG	32.36
100 Yard Breaststroke			
1 Wood, Nick	25	OREG	1:10.18
200 Yard Breaststroke			
1 Wood, Nick	25	OREG	2:37.20
200 Yard Butterfly			
1 Wood, Nick	25	OREG	2:23.73
100 Yard IM			
1 Wood, Nick	25	OREG	1:04.17
<b>Men 30-34</b>			
50 Yard Freestyle			
1 Pearson, Kevin	31	OREG	24.44
2 Walters, Scott	33	OREG	25.58
3 Faville, Jeffrey	30	OREG	26.44
100 Yard Freestyle			
1 Matthews, Jonathan	34	OREG	54.37
2 Faville, Jeffrey	30	OREG	57.43
3 Walters, Scott	33	OREG	58.42
200 Yard Freestyle			
1 Matthews, Jonathan	34	OREG	1:59.44
2 Faville, Jeffrey	30	OREG	2:07.71
50 Yard Backstroke			
1 Pearson, Kevin	31	OREG	30.63
50 Yard Breaststroke			
1 Walters, Scott	33	OREG	32.27
2 Pearson, Kevin	31	OREG	34.10
3 Faville, Jeffrey	30	OREG	37.96
100 Yard Breaststroke			
1 Walters, Scott	33	OREG	1:12.58
50 Yard Butterfly			
1 Pearson, Kevin	31	OREG	28.22
100 Yard Butterfly			
1 Matthews, Jonathan	34	OREG	1:00.20
100 Yard IM			
1 Pearson, Kevin	31	OREG	1:03.73
2 Matthews, Jonathan	34	OREG	1:05.55
<b>Men 35-39</b>			
50 Yard Freestyle			
1 Slotemaker, Paul	39	OREG	23.76
2 Dean, Casey	36	OREG	26.01
100 Yard Freestyle			
1 Dean, Casey	36	OREG	57.61
2 Johnson, Aaron	39	OREG	1:03.39
3 McLaugherty, Nick	39	OREG	1:13.10
200 Yard Freestyle			
1 Johnson, Aaron	39	OREG	2:34.95
2 McLaugherty, Nick	39	OREG	2:44.58
1650 Yard Freestyle			
1 Van Andel, Robbert	38	OREG	18:52.10
2 Miller, Matt	36	OREG	19:04.84
100 Yard Backstroke			
1 Johnson, Aaron	39	OREG	1:28.08

200 Yard Backstroke			
1 Slotemaker, Paul	39	OREG	2:15.55
100 Yard Breaststroke			
1 McLaugherty, Nick	39	OREG	1:24.40
2 Johnson, Aaron	39	OREG	1:30.74
200 Yard Breaststroke			
1 Johnson, Aaron	39	OREG	3:19.17
50 Yard Butterfly			
1 Dean, Casey	36	OREG	26.20
100 Yard Butterfly			
1 Dean, Casey	36	OREG	1:01.25
2 Slotemaker, Paul	39	OREG	1:02.54
100 Yard IM			
1 Slotemaker, Paul	39	OREG	1:02.86
2 Dean, Casey	36	OREG	1:05.72
200 Yard IM			
1 McLaugherty, Nick	39	OREG	3:08.08
<b>Men 40-44</b>			
50 Yard Freestyle			
1 Self, Mike	43	OREG	22.15
2 Simpson, Jim	43	OREG	27.17
3 Hatler, Neil	43	OREG	37.46
100 Yard Freestyle			
1 Self, Mike	43	OREG	48.18
2 Simpson, Jim	43	OREG	1:00.41
200 Yard Freestyle			
1 Simpson, Jim	43	OREG	2:15.38
2 Hatler, Neil	43	OREG	2:21.56
1650 Yard Freestyle			
1 Tujo, Christian	42	OREG	21:08.42
50 Yard Backstroke			
1 Self, Mike	43	OREG	25.18
100 Yard Backstroke			
1 Self, Mike	43	OREG	54.33
2 Boles, Matthew	40	OREG	1:02.41
3 Silva, Marcelo	44	OREG	1:13.09
200 Yard Backstroke			
1 Boles, Matthew	40	OREG	2:17.04
50 Yard Butterfly			
1 Simpson, Jim	43	OREG	28.57
2 Hatler, Neil	43	OREG	29.33
100 Yard IM			
1 Simpson, Jim	43	OREG	1:08.74
2 Silva, Marcelo	44	OREG	1:13.56



Mike Self

Set 4 Oregon records in age group 40-44



**Men 45-49**

50 Yard Freestyle			
1 Baele, Michael	49	OREG	23.48
2 Anastas, Daemon	49	OREG	27.33
3 Scott, Andrew	48	OREG	27.68
4 Karyukin, Andrei	48	OREG	28.28
5 Crowson, Todd	48	OREG	28.34
6 Thessin, Tyler	48	OREG	28.39
100 Yard Freestyle			
1 Karyukin, Andrei	48	OREG	1:02.21
2 Crowson, Todd	48	OREG	1:02.76
3 Thessin, Tyler	48	OREG	1:06.24
4 Donahue, Matthew	46	OREG	1:13.14
200 Yard Freestyle			
1 Waud, Timothy	46	OREG	2:11.05
2 Crowson, Todd	48	OREG	2:25.28
3 Thessin, Tyler	48	OREG	2:55.26
* Sullivan, Scot	47	OREG	1:56.77
1650 Yard Freestyle			
1 Waud, Timothy	46	OREG	22:25.96
50 Yard Backstroke			
1 Scott, Andrew	48	OREG	32.77
2 Anastas, Daemon	49	OREG	35.26
3 Karyukin, Andrei	48	OREG	36.36
100 Yard Backstroke			
1 Sullivan, Scot	47	OREG	59.62
200 Yard Backstroke			
1 Baele, Michael	49	OREG	2:25.37
50 Yard Breaststroke			
1 Thessin, Tyler	48	OREG	34.41
2 Donahue, Matthew	46	OREG	40.76
100 Yard Breaststroke			
1 Sullivan, Scot	47	OREG	1:06.43
2 Baele, Michael	49	OREG	1:11.26
3 Thessin, Tyler	48	OREG	1:18.31
200 Yard Breaststroke			
1 Sullivan, Scot	47	OREG	2:26.76
50 Yard Butterfly			
1 Karyukin, Andrei	48	OREG	29.97
2 Waud, Timothy	46	OREG	30.00
3 Anastas, Daemon	49	OREG	32.88
4 Donahue, Matthew	46	OREG	35.76
100 Yard Butterfly			
1 Waud, Timothy	46	OREG	1:16.02
200 Yard Butterfly			
1 Baele, Michael	49	OREG	2:10.47
100 Yard IM			
1 Waud, Timothy	46	OREG	1:05.94
2 Scott, Andrew	48	OREG	1:09.87
3 Anastas, Daemon	49	OREG	1:12.13
4 Donahue, Matthew	46	OREG	1:27.02
<b>Men 50-54</b>			
50 Yard Freestyle			
1 Macdonald, Kenneth	52	OREG	26.07
2 Powell, Frank	53	PSM	26.86
3 Livengood, David	50	OREG	29.01
4 Roberts, Steve	54	OREG	29.64
100 Yard Freestyle			
1 Roberts, Steve	54	OREG	1:05.77
200 Yard Freestyle			
1 Roberts, Steve	54	OREG	2:22.65
2 Livengood, David	50	OREG	2:31.62
1650 Yard Freestyle			
1 Roberts, Steve	54	OREG	22:50.83

2 Livengood, David	50	OREG	23:48.00
50 Yard Backstroke			
1 Powell, Frank	53	PSM	32.14
2 Livengood, David	50	OREG	35.53
200 Yard Backstroke			
1 Rogers, Randy	54	PSM	2:25.27
2 Powell, Frank	53	PSM	2:45.78
50 Yard Breaststroke			
1 Powell, Frank	53	PSM	37.23
200 Yard Butterfly			
1 Rogers, Randy	54	PSM	2:27.81
100 Yard IM			
1 Livengood, David	50	OREG	1:15.35
200 Yard IM			
1 Rogers, Randy	54	PSM	2:27.21
<b>Men 55-59</b>			
50 Yard Freestyle			
1 Dwight, Cb	58	OREG	28.13
2 White, James	55	OREG	28.60
3 Wanzenried, Roland	55	UNAT	28.95
4 Helm, Charlie	57	OREG	38.45
100 Yard Freestyle			
1 Allender, Patrick	55	OREG	56.40
2 White, James	55	OREG	1:03.48
3 Wanzenried, Roland	55	UNAT	1:05.23
4 Darnell, Stephen	59	OREG	1:20.09
5 Helm, Charlie	57	OREG	1:26.87
200 Yard Freestyle			
1 Hamry, Carl	59	PSM	2:01.95
1650 Yard Freestyle			
1 White, James	55	OREG	22:51.73
50 Yard Backstroke			
1 Helm, Charlie	57	OREG	53.52
100 Yard Backstroke			
1 Darnell, Stephen	59	OREG	1:27.85
200 Yard Backstroke			
1 Darnell, Stephen	59	OREG	3:29.26
50 Yard Breaststroke			
1 Allender, Patrick	55	OREG	31.76
2 Heinemann, Bill	55	OREG	32.91
3 Dwight, Cb	58	OREG	35.13
4 Helm, Charlie	57	OREG	55.81
100 Yard Breaststroke			
1 Allender, Patrick	55	OREG	1:07.53
2 Heinemann, Bill	55	OREG	1:14.43
200 Yard Breaststroke			
1 Allender, Patrick	55	OREG	2:26.50
2 Heinemann, Bill	55	OREG	2:53.67
50 Yard Butterfly			
1 Hamry, Carl	59	PSM	26.62
2 Dwight, Cb	58	OREG	30.58
3 Wanzenried, Roland	55	UNAT	36.55
100 Yard Butterfly			
1 Hamry, Carl	59	PSM	59.93
100 Yard IM			
1 Hamry, Carl	59	PSM	1:07.39
2 Wanzenried, Roland	55	UNAT	1:20.73
3 Darnell, Stephen	59	OREG	1:28.36
200 Yard IM			
1 Allender, Patrick	55	OREG	2:22.45
<b>Men 60-64</b>			
50 Yard Freestyle			
1 Edwards, Wes	60	OREG	24.31
50 Yard Backstroke			

1 Edwards, Wes	60	OREG	28.85
50 Yard Butterfly			
1 Edwards, Wes	60	OREG	27.36
2 Bannan, Charles	61	OREG	29.84
100 Yard Butterfly			
1 Bannan, Charles	61	OREG	1:08.51
200 Yard Butterfly			
1 Bannan, Charles	61	OREG	3:06.37
100 Yard IM			
1 Edwards, Wes	60	OREG	1:03.45
<b>Men 65-69</b>			
50 Yard Freestyle			
1 Campen, Gary	69	PSM	38.51
100 Yard Freestyle			
1 Campen, Gary	69	PSM	1:28.88
200 Yard Freestyle			
1 Lambert, Roy	66	OREG	2:50.65
1650 Yard Freestyle			
1 Cronin, Jed	65	OREG	21:58.63
2 Walker, Thomas	66	PSM	31:53.72
100 Yard Backstroke			
1 Campen, Gary	69	PSM	1:41.32
2 Walker, Thomas	66	PSM	1:46.67
200 Yard Backstroke			
1 Walker, Thomas	66	PSM	3:46.73
2 Campen, Gary	69	PSM	3:53.71
50 Yard Breaststroke			
1 Lambert, Roy	66	OREG	39.10
100 Yard Breaststroke			
1 Walker, Thomas	66	PSM	2:10.13
200 Yard IM			
1 Walker, Thomas	66	PSM	4:07.20
<b>Men 70-74</b>			
50 Yard Freestyle			
1 Smith, Robert	70	OREG	29.03
2 Shibue, Charlie	73	OREG	51.47
100 Yard Freestyle			
1 Shibue, Charlie	73	OREG	2:02.56
50 Yard Backstroke			
1 Smith, Robert	70	OREG	32.66
2 Shibue, Charlie	73	OREG	1:04.34
100 Yard Backstroke			
1 Smith, Robert	70	OREG	1:14.42
<b>Men 90-94</b>			
50 Yard Freestyle			
1 Lamb, Willard	90	OREG	38.54
1000 Yard Freestyle			
* Lamb, Willard	90	OREG	18:13.07
1650 Yard Freestyle			
1 Lamb, Willard	90	OREG	30:23.70
100 Yard Backstroke			
1 Lamb, Willard	90	OREG	1:48.89
200 Yard Backstroke			
1 Lamb, Willard	90	OREG	4:06.12
<b>Relays</b>			
<b>Men 35+ 800 Yard Free Relay</b>			
1 OREG	7:54.74		<b>Z</b>
1) Sullivan, S. 47	2) Miller, M. 36		
3) Van Andel, R. 38	4) Baele, M. 49		
<b>Mixed 18+ 200 Yard Medley Relay</b>			
1 OREG	2:21.13		
1) Ramirez, K. 19	2) Malloy, J. 51		
3) Bearden, A. 28	4) Macdonald, K. 52		

# 5th Annual All-Around Challenge & Pentathlon

December 7, 2013; Bend, Oregon

**O** = Oregon Record  
**Z** = Zone Record (includes Oregon)  
**\*** = Splits  
**N** = National Record (includes Oregon & Zone)  
**W** = World Record (includes Oregon, Zone, National)

## Women 18-24

50 SC Meter Backstroke  
 X Schlueter, Alison 24 OREG 49.87  
 50 SC Meter Breaststroke  
 1 Schlueter, Alison 24 OREG 46.91  
 50 SC Meter Butterfly  
 1 Schlueter, Alison 24 OREG 43.23  
 100 SC Meter IM  
 1 Schlueter, Alison 24 OREG 1:43.44

## Women 25-29

50 SC Meter Freestyle  
 1 Christensen, Sara 25 UNAT 28.75  
 50 SC Meter Backstroke  
 1 Christensen, Sara 25 UNAT 35.79  
 50 SC Meter Breaststroke  
 1 Christensen, Sara 25 UNAT 41.24  
 50 SC Meter Butterfly  
 1 Christensen, Sara 25 UNAT 32.60  
 100 SC Meter IM  
 1 Christensen, Sara 25 UNAT 1:18.32

## Women 30-34

800 SC Meter Freestyle  
 \*1 Johnson, Amy 34 OREG 10:42.24  
 1500 SC Meter Freestyle  
 1 Johnson, Amy 34 OREG 20:21.46  
 200 SC Meter Butterfly  
 1 Johnson, Amy 34 OREG 2:46.35  
 400 SC Meter IM  
 1 Johnson, Amy 34 OREG 6:01.03

## Women 35-39

100 SC Meter Freestyle  
 1 Strausbaugh, E. 37 OREG 1:17.78  
 200 SC Meter Freestyle  
 1 Mcgrane, Wendy 37 OREG 2:37.97  
 800 SC Meter Freestyle  
 \*1 Mcgrane, Wendy 37 OREG 11:41.74  
 1500 SC Meter Freestyle  
 1 Mcgrane, Wendy 37 OREG 21:49.63  
 100 SC Meter Backstroke  
 1 Mcgrane, Wendy 37 OREG 1:29.11  
 2 Strausbaugh, E. 37 OREG 1:32.58  
 200 SC Meter Backstroke  
 1 Mcgrane, Wendy 37 OREG 3:00.09  
 100 SC Meter Breaststroke  
 1 Strausbaugh, E. 37 OREG 1:38.06  
 100 SC Meter Butterfly  
 1 Strausbaugh, E. 37 OREG 1:33.18  
 200 SC Meter IM  
 1 Mcgrane, Wendy 37 OREG 3:05.26  
 2 Strausbaugh, E. 37 OREG 3:11.37

## Women 40-44

50 SC Meter Freestyle  
 1 Jackson, Irene 40 OREG 58.34  
 100 SC Meter Freestyle  
 1 Wildbill, Tania 43 OREG 1:27.11

2 Martyn-Jones, Debra44 OREG 1:51.06  
 200 SC Meter Freestyle  
 1 Criscione, Anicia 40 OREG 2:54.73  
 800 SC Meter Freestyle  
 \*1 Martyn-Jones, Debra44 OREG 18:37.53  
 1500 SC Meter Freestyle  
 1 Martyn-Jones, Debra44 OREG 34:44.79  
 50 SC Meter Backstroke  
 1 Jackson, Irene 40 OREG 1:07.40  
 100 SC Meter Backstroke  
 X Wildbill, Tania 43 OREG 1:38.76  
 200 SC Meter Backstroke  
 1 Criscione, Anicia 40 OREG 3:07.78  
 2 Martyn-Jones, Debra44 OREG 5:07.09  
 50 SC Meter Breaststroke  
 1 Jackson, Irene 40 OREG 1:21.03  
 100 SC Meter Breaststroke  
 1 Wildbill, Tania 43 OREG 1:57.65  
 200 SC Meter Breaststroke  
 1 Criscione, Anicia 40 OREG 3:26.24  
 50 SC Meter Butterfly  
 1 Jackson, Irene 40 OREG 1:07.26  
 100 SC Meter Butterfly  
 1 Wildbill, Tania 43 OREG 1:42.53  
 200 SC Meter Butterfly  
 1 Criscione, Anicia 40 OREG 3:37.68  
 100 SC Meter IM  
 1 Jackson, Irene 40 OREG 2:33.12  
 200 SC Meter IM  
 X Wildbill, Tania 43 OREG 3:38.01  
 400 SC Meter IM  
 1 Criscione, Anicia 40 OREG 6:39.93

## Women 45-49

50 SC Meter Freestyle  
 1 Salton, Gillian 45 OREG 32.21  
 50 SC Meter Backstroke  
 1 Salton, Gillian 45 OREG 37.30  
 50 SC Meter Breaststroke  
 X Salton, Gillian 45 OREG 44.87  
 100 SC Meter Breaststroke  
 1 Gorman, Susan 47 OREG 1:45.92  
 50 SC Meter Butterfly  
 1 Salton, Gillian 45 OREG 37.33  
 100 SC Meter Butterfly  
 1 Gorman, Susan 47 OREG 1:43.77  
 100 SC Meter IM  
 1 Salton, Gillian 45 OREG 1:23.50  
 2 Gorman, Susan 47 OREG 1:37.69

## Women 50-54

50 SC Meter Freestyle  
 1 Fox, Christina 53 OREG 41.19  
 200 SC Meter Freestyle  
 1 Harris, Barb 53 OREG 2:41.40  
 1500 SC Meter Freestyle  
 1 Harris, Barb 53 OREG 22:22.93

2 Touchette, Cherie 50 OREG 22:35.27  
 50 SC Meter Backstroke  
 1 Fox, Christina 53 OREG 47.79  
 200 SC Meter Backstroke  
 1 Touchette, Cherie 50 OREG 3:09.90  
 50 SC Meter Breaststroke  
 1 Fox, Christina 53 OREG 49.16  
 200 SC Meter Breaststroke  
 1 Touchette, Cherie 50 OREG 3:37.31  
 50 SC Meter Butterfly  
 1 Fox, Christina 53 OREG 47.94  
 200 SC Meter Butterfly  
 1 Touchette, Cherie 50 OREG 3:13.93  
 100 SC Meter IM  
 1 Fox, Christina 53 OREG 1:40.01  
 400 SC Meter IM  
 1 Touchette, Cherie 50 OREG 6:45.62

## Women 55-59

50 SC Meter Freestyle  
 1 Mangan, Martina 55 OREG 42.63  
 2 Shuman, Connie 58 OREG 53.43  
 50 SC Meter Backstroke  
 1 Mangan, Martina 55 OREG 52.60  
 2 Shuman, Connie 58 OREG 1:07.23  
 50 SC Meter Breaststroke  
 1 Mangan, Martina 55 OREG 52.42  
 2 Shuman, Connie 58 OREG 1:07.55  
 50 SC Meter Butterfly  
 1 Mangan, Martina 55 OREG 52.95  
 2 Shuman, Connie 58 OREG 1:04.81  
 100 SC Meter IM  
 1 Mangan, Martina 55 OREG 1:50.92  
 2 Shuman, Connie 58 OREG 2:12.18

## Women 60-64

50 SC Meter Freestyle  
 1 Carstens, Linda 61 NEM 38.66  
 100 SC Meter Freestyle  
 1 Holmberg, Madeleine 61 OREG 1:22.77  
 100 SC Meter Backstroke  
 1 Holmberg, Madeleine 61 OREG 1:34.51  
 50 SC Meter Breaststroke  
 1 Carstens, Linda 61 NEM 48.70  
 100 SC Meter Breaststroke  
 1 Holmberg, Madeleine 61 OREG 1:43.57  
 2 Carstens, Linda 61 NEM 1:47.41  
 200 SC Meter Breaststroke  
 1 Carstens, Linda 61 NEM 3:47.28  
 100 SC Meter Butterfly  
 1 Holmberg, Madeleine 61 OREG 1:42.23  
 200 SC Meter IM  
 1 Holmberg, Madeleine 61 OREG

3:23.72  
**Women 65-69**  
800 SC Meter Freestyle  
\*1 Gettling, Janet 65 OREG 14:06.90  
1500 SC Meter Freestyle  
1 Gettling, Janet 65 OREG 26:33.05  
50 SC Meter Backstroke  
1 Gettling, Janet 65 OREG 45.35  
100 SC Meter Backstroke  
\*1 Gettling, Janet 65 OREG 1:50.05  
200 SC Meter Backstroke  
1 Gettling, Janet 65 OREG 3:45.28  
**Women 70-74**  
50 SC Meter Freestyle  
1 Whiter, Peggy 70 OREG 47.57  
400 SC Meter Freestyle  
\*1 Whiter, Peggy 70 OREG 8:19.72  
800 SC Meter Freestyle  
\*1 Whiter, Peggy 70 OREG 16:59.46  
1500 SC Meter Freestyle  
1 Whiter, Peggy 70 OREG 32:11.65  
50 SC Meter Backstroke  
1 Whiter, Peggy 70 OREG 1:00.63  
50 SC Meter Breaststroke  
1 Whiter, Peggy 70 OREG 1:01.24  
**Men 18-24**  
50 SC Meter Freestyle  
1 Yelin, Matt 24 OREG 29.97  
50 SC Meter Backstroke  
1 Yelin, Matt 24 OREG 39.28  
100 SC Meter Backstroke  
1 Brenda, Connor 18 OREG 1:00.96 Z  
50 SC Meter Breaststroke  
1 Brenda, Connor 18 OREG 32.19 O  
2 Yelin, Matt 24 OREG 36.71  
50 SC Meter Butterfly  
1 Yelin, Matt 24 OREG 33.43  
100 SC Meter IM  
1 Brenda, Connor 18 OREG 1:03.70 O  
2 Yelin, Matt 24 OREG 1:21.64  
**Men 35-39**  
200 SC Meter Freestyle  
1 Nason, Jeff 38 OREG 2:11.03  
200 SC Meter Backstroke  
1 Nason, Jeff 38 OREG 2:29.23  
200 SC Meter Breaststroke  
1 Nason, Jeff 38 OREG 2:49.69  
200 SC Meter Butterfly  
1 Nason, Jeff 38 OREG 2:32.67  
400 SC Meter IM  
1 Nason, Jeff 38 OREG 5:17.71  
**Men 40-44**  
50 SC Meter Freestyle  
1 Kropp, Erik 44 OREG 30.88  
100 SC Meter Freestyle  
1 Defrang, Gary 43 OREG 1:09.64  
50 SC Meter Backstroke  
1 Kropp, Erik 44 OREG 40.71  
100 SC Meter Backstroke  
1 Defrang, Gary 43 OREG 1:10.62  
100 SC Meter Breaststroke  
1 Defrang, Gary 43 OREG 1:33.37  
100 SC Meter Butterfly  
1 Defrang, Gary 43 OREG 1:16.72

200 SC Meter IM  
1 Defrang, Gary 43 OREG 2:44.32  
2 Kropp, Erik 44 OREG 3:02.49  
**Men 45-49**  
200 SC Meter Freestyle  
1 Wursta, Steve 48 OREG 2:38.31  
200 SC Meter Backstroke  
1 Wursta, Steve 48 OREG 3:10.42  
200 SC Meter Breaststroke  
1 Wursta, Steve 48 OREG 3:26.01  
200 SC Meter Butterfly  
1 Wursta, Steve 48 OREG 3:27.81  
400 SC Meter IM  
1 Wursta, Steve 48 OREG 6:30.74  
**Men 50-54**  
100 SC Meter Freestyle  
1 Voeller, Jan 52 OREG 1:17.57  
50 SC Meter Backstroke  
1 Voeller, Jan 52 OREG 48.43  
100 SC Meter Breaststroke  
1 Voeller, Jan 52 OREG 1:40.68  
50 SC Meter Butterfly  
1 Voeller, Jan 52 OREG 42.88  
100 SC Meter IM  
1 Voeller, Jan 52 OREG 1:32.33  
**Men 55-59**  
50 SC Meter Freestyle  
1 Lane, Mark 56 OREG 41.42  
2 Carter, Walter 58 OREG 46.30  
200 SC Meter Freestyle  
1 Allender, Patrick 55 OREG 2:18.53  
50 SC Meter Backstroke  
1 Carter, Walter 58 OREG 58.48  
2 Lane, Mark 56 OREG 1:02.40  
200 SC Meter Backstroke  
1 Allender, Patrick 55 OREG 2:42.55  
50 SC Meter Breaststroke  
1 Carter, Walter 58 OREG 1:07.33  
X Lane, Mark 56 OREG 1:06.71  
200 SC Meter Breaststroke  
1 Allender, Patrick 55 OREG 2:43.05  
50 SC Meter Butterfly  
1 Carter, Walter 58 OREG 54.87  
200 SC Meter Butterfly  
1 Allender, Patrick 55 OREG 2:43.38 O  
100 SC Meter IM  
1 Carter, Walter 58 OREG 2:03.43  
2 Lane, Mark 56 OREG 2:09.55  
400 SC Meter IM  
1 Allender, Patrick 55 OREG 5:32.15 Z  
**Men 60-64**  
50 SC Meter Freestyle  
1 Tennant, Mike 60 OREG 27.60  
2 Brockbank, Doug 60 OREG 28.60  
3 Richardson, Robert 61 OREG 35.56  
100 SC Meter Freestyle  
1 Richardson, Robert 61 OREG 1:18.66  
200 SC Meter Freestyle  
1 Richardson, Robert 61 OREG 2:40.02  
1500 SC Meter Freestyle  
1 Henderson, Matt 64 OREG 24:40.29  
50 SC Meter Backstroke  
1 Brockbank, Doug 60 OREG 33.67  
2 Tennant, Mike 60 OREG 35.80

50 SC Meter Breaststroke  
1 Tennant, Mike 60 OREG 37.80  
2 Brockbank, Doug 60 OREG 39.35  
100 SC Meter Breaststroke  
1 Richardson, Robert 61 OREG 1:37.49  
50 SC Meter Butterfly  
1 Tennant, Mike 60 OREG 31.30  
2 Brockbank, Doug 60 OREG 32.58  
100 SC Meter IM  
1 Tennant, Mike 60 OREG 1:14.75  
**Men 65-69**  
50 SC Meter Freestyle  
1 Campen, Gary 69 PSM 41.58  
2 Harris, Mike 68 OREG 46.36  
50 SC Meter Backstroke  
1 Campen, Gary 69 PSM 50.76  
2 Harris, Mike 68 OREG 59.84  
50 SC Meter Breaststroke  
1 Campen, Gary 69 PSM 1:00.97  
X Harris, Mike 68 OREG 1:24.20  
50 SC Meter Butterfly  
1 Campen, Gary 69 PSM 1:01.10  
X Harris, Mike 68 OREG 1:06.16  
100 SC Meter IM  
1 Campen, Gary 69 PSM 2:00.21  
X Harris, Mike 68 OREG 2:14.34  
**Men 70-74**  
50 SC Meter Freestyle  
1 Rudolph, Roger 70 OREG 42.01  
800 SC Meter Freestyle  
\*1 Landis, Tom 71 OREG 11:33.33  
1500 SC Meter Freestyle  
1 Landis, Tom 71 OREG 21:40.77  
50 SC Meter Backstroke  
1 Rudolph, Roger 70 OREG 54.64  
50 SC Meter Breaststroke  
1 Rudolph, Roger 70 OREG 1:05.68  
50 SC Meter Butterfly  
1 Rudolph, Roger 70 OREG 47.18  
200 SC Meter Butterfly  
1 Landis, Tom 71 OREG 3:20.93 Z  
100 SC Meter IM  
1 Rudolph, Roger 70 OREG 1:59.25  
**Relays**  
Women 120-159 400 SC Meter Medley Relay  
1 OREG 5:40.01  
1) Salton, G. 45 2) Strausbaugh, E. 37  
3) Johnson, A. 34 4) Mcgrane, W. 37  
Women 240-279 800 SC Meter Free Relay  
1 OREG 13:16.08 Z  
1) Harris, B. 53 2) Holmberg, M. 61  
3) Gettling, J. 65 4) Whiter, P. 70  
Men 120-159 400 SC Meter Free Relay  
1 OREG 4:37.40  
1) Brenda, C. 18 2) Wursta, S. 48  
3) Kropp, E. 44 4) Defrang, G. 43  
Men 240-279 400 SC Meter Free Relay  
1 OREG 6:25.49  
1) Henderson, M. 64 2) Rudolph, R. 70  
3) Lane, M. 56 4) Carter, W. 58  
Mixed 160-199 400 SC Meter Medley Relay  
1 OREG 5:21.98  
1) Criscione, A. 40 2) Allender, P. 55  
3) Nason, J. 38 4) Fox, C. 53

## 5th Annual All-Around Challenge

### Short Course Meters Pentathlon & Brute Squad Meet

#### Short Pentathlon

Place	Name	Age	Team	Total	50FLY	50BK	50BR	50FR	100IM
Women 25-29 Pentathlon									
1	Christensen, Sara	25	UNAT	3:36.70	32.60	35.79	41.24	28.75	1:18.32
Women 40-44 Pentathlon									
1	Jackson, Irene	40	OREG	7:07.15	1:07.26	1:07.40	1:21.03	58.34	2:33.12
Women 50-54 Pentathlon									
1	Fox, Christina	53	OREG	4:46.09	47.94	47.79	49.16	41.19	1:40.01
Women 55-59 Pentathlon									
1	Mangan, Martina	55	OREG	5:11.52	52.95	52.60	52.42	42.63	1:50.92
2	Shuman, Connie	58	OREG	6:25.20	1:04.81	1:07.23	1:07.55	53.43	2:12.18
Men 18-24 Pentathlon									
1	Yelin, Matt	24	OREG	3:41.03	33.43	39.28	36.71	29.97	1:21.64
Men 55-59 Pentathlon									
1	Carter, Walter	58	OREG	5:50.41	54.87	58.48	1:07.33	46.30	2:03.43
Men 60-64 Pentathlon									
1	Tennant, Mike	60	OREG	3:27.25	31.30	35.80	37.80	27.60	1:14.75
Men 65-69 Pentathlon									
1	Campen, Gary	69	PSM	5:34.62	1:01.10	50.76	1:00.97	41.58	2:00.21
Men 70-74 Pentathlon									
1	Rudolph, Roger	70	OREG	5:28.76	47.18	54.64	1:05.68	42.01	1:59.255th

#### Medium Pentathlon

Place	Name	Age	Team	Total	100FLY	100BK	100BR	100FR	200IM
Women 35-39 Pentathlon									
1	Strausbaugh, Elizabeth	37	OREG	9:12.97	1:33.18	1:32.58	1:38.06	1:17.78	3:11.37
Women 60-64 Pentathlon									
1	Holmberg, Madeleine	61	OREG	9:46.80	1:42.23	1:34.51	1:43.57	1:22.77	3:23.72
Men 40-44 Pentathlon									
1	Defrang, Gary	43	OREG	7:54.67	1:16.72	1:10.62	1:33.37	1:09.64	2:44.32

#### Long Pentathlon

Place	Name	Age	Team	Total	200FLY	200BK	200BR	200FR	400IM
Women 40-44 Pentathlon									
1	Criscione, Anicia	40	OREG	19:46.36	3:37.68	3:07.78	3:26.24	2:54.73	6:39.93
Men 35-39 Pentathlon									
1	Nason, Jeff A	38	OREG	15:20.33	2:32.67	2:29.23	2:49.69	2:11.03	5:17.71
Men 45-49 Pentathlon									
1	Wursta, Steve	48	OREG	19:13.29	3:27.81	3:10.42	3:26.01	2:38.31	6:30.74
Men 55-59 Pentathlon									
1	Allender, Patrick P	55	OREG	15:59.66	2:43.38	2:42.55	2:43.05	2:18.53	5:32.15

# Swim Bits — Motivation

by Ralph Mohr

Dwindling motivation can be your workout's nemesis during the Oregon winter. Luckily, there are easy ways to thwart it. Training with an exercise partner or group can increase the amount of time someone works out.

Researchers at the Michigan State University's Department of Kinesiology found that participants exercised twice as long when they biked against a simulated partner on a screen than the participants who biked alone (20 minutes compared to 11 minutes). Even better, participants who cycled as part of a team alongside virtual partners exercised two minutes longer than their counterparts who rode independently with a partner.

"Humans are highly social by nature," says study author Brandon Irwin, Ph.D. "A workout partner gives us someone to compare ourselves to and someone to stay accountable to. This increases when a group setting is involved, because you don't want to be the 'weak link,'" he says.

"Hit the gym or pool with a real-life workout partner," says Irwin. "However, to get the biggest motivation boost, the partner must be only slightly more fit than you." Why? If his or her fitness levels are far superior to yours, then you might find yourself frustrated as you try to keep up. On the flip side, if your fitness partner is well below your fitness ability, then you may find yourself getting bored and unmotivated.

Who you surround yourself with can play a major

role in whether you put on your swim suit or do nothing, and the range of people who can influence your desire to workout is quite large, says another research study. Many of these people may subconsciously motivate you, and you don't even realize it. For example, if you see a coworker or swimmer taking the stairs rather than the elevator or doing dolphin kicks on every turn, you will start to copy them.



The best move: join a Masters swim group. "Some people thrive off constant competition," says a researcher. If a Masters group is not available to you, find a buddy or gal friend in the pool and workout together. Share workouts. Use the same "go" times. Compare notes and have coffee together afterwards.

A daily reminder may be all it takes to get you moving. Researchers from Clayton State University have found that a daily or weekly reminder helps people get to the pool or gym. People need constant reinforcement to keep moving.

Set up your phone or computer calendar to remind you of your daily workouts. Set goals in the little boxes. Keep an exercise journal also. Having to put a daily entry in the journal helps get you to the pool.

Whatever you do, your goals work best when they're short-term and specific. So map out your fitness for the week and schedule your workout as daily reminders in your cell to keep you on track.

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## More on the 1-Hour Postal!

Are you ready to test your mettle for an hour? Better get training, because the 1-Hour Postal National Championship is here!

Whether you're completing the 1-Hour Postal for competition, fun, or fitness, all who wish to participate are welcome. The event runs from January 1 to January 31, 2014, and the objective is to swim as far as possible in 1 hour, in any pool 25 yards or longer. Record your splits

and submit your results, just for fun, or so you can compare yourself to other swimmers around the country.

This year's 1-Hour is hosted by Indy Aquatic Masters and is a USMS-sanctioned event. All participants must be registered for 2014 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. A copy of your current 2014 registration card must accompany your entry.

# And The Award Goes To...

OMS members prepare annually for the Association Championships where, not only is a team crowned #1, but a VOTE BY YOU selects individuals for various awards. The following are the annual awards for which you should nominate someone you feel worthy.



### CONNIE WILSON MEMORIAL AWARD

This award is given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters Swimming.



### OL'BARN AWARD

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the year, to OMS and to Masters Swimming.

### HAZEL BRESSIE SPIRIT — FEMALE AWARD

This award is given to the female who has shown enthusiasm and spirit to her team or other Masters swimmers during the past year.



### GIL YOUNG SPIRIT — MALE AWARD

This award is given to the male who has shown enthusiasm and spirit to his team or other Masters swimmers during the past year.

### SPECIAL SERVICE AWARD

This award is given to an individual, organization, 'extra mile' by contributing outstanding service to a



business, or group that has gone the team or to OMS.

The time is NOW to submit your vote for any of the worthy (be sure to tell WHY the individual is worthy). Chair), gingerlp@centurylink.net or 8417 NE 16th 253-5712. Please respond by March 8, and submit a

awards listed for an individual you feel Send votes to Ginger Pierson (Awards Street, Vancouver, WA 98664 or call 360- picture with your nomination.

# Masters Swimming IS the Magic Pill

The physical, mental, and social benefits of swimming

Laura Jones

Swimming might be the single best thing you can do to avoid the diseases that plague our sedentary society and to vastly improve the function of both your body and mind.

In 1968 Dr. Ransom Arthur published "Swimming and Cardiovascular Fitness in the Older Age Group." Arthur, one of the founders of U.S. Masters Swimming, was obsessed with the belief that all adults should swim for fun, fitness, and fellowship. Decades later, nearly 60,000 USMS members from age 18 to 100 follow his dream. And Arthur is not the only cheerleader for swimming. Scientists, researchers and physicians may not agree on everything, but they do agree on this: exercise is mandatory for good health. Some even go further and state that exercise is the best medicine in the world. One of the best forms of exercise is swimming.

Clearly Michael Phelps, Ryan Lochte and Missy Franklin are each the picture of health. But, you ask, can swimming do that for me? Absolutely. Well, it probably won't give you the smooth skin or rippled muscles of a teenager, but the health benefits of swimming—at any speed and any age—are enormous. If you spend enough time with swimmers, you will meet many whose appearance belies their age and whose energy and zest for life matches that of any Olympic athlete. Swimming is simply the best form of exercise available. Read on to understand all the ways swimming can improve your physical and mental health.

Swimming can be done at any intensity and is the "ultimate all-in-one fitness package," Olympian and Masters swimmer Janet Evans has said. What's in the package? USMS has compiled this list the many physical, mental and emotional benefits of swimming:

## The Physical Benefits of Swimming

- Lowers blood pressure
- Reduces bad cholesterol and raises good cholesterol
- Aids in weight loss and weight maintenance
- Is easier on the joints than impact sports
- Benefits your immune system
- Preserves and improves functional capacity
- Strengthens muscles thanks to the greater resis-

tance of water

- Makes your heart a better and more efficient pump
- Improves flexibility
- Slows down the aging process
- Reduces your risk for heart disease and diabetes
- Reduces chronic pain, particularly from arthritis
- Improves muscle imbalances
- Develops lung capacity and helps COPD and asthma
- Exercises nearly every muscle in the body, especially if you swim all four strokes
- Lowers cortisol
- Improves sleep
- Allows you to exercise when pregnant
- Eliminates the risk of falling or being hit by a car

## The Mental Benefits of Swimming

- Enhances the connections between left and right hemispheres
- Prevents brain shrinkage
- Can help you make new brain cells
- Improves problem solving skills and memory
- Reduces stress
- Allows you to be disconnected in an increasingly over-connected world
- Reduces depression and anxiety
- Improves self-control and willpower which can translate to the rest of life
- Offers relaxation through the repetitive nature of movement
- Improves self esteem
- Improves mental toughness

## The Emotional and Social Benefits of Swimming

- All different levels can exercise in the same pool at the same time
- There are toys such as kickboards and pull buoys and snorkels and fins to make a workout different and exciting and easier or harder as need be
- It's just plain fun!
- You get used to seeing yourself in a swimsuit
- You can do it when it is dark and cold outside

continued on page 16

**CHAIRS CORNER**

Continued from page 2

**Bob Bruce (Long Distance)** for creating one of the most successful open water programs in the country and getting so many swimmers involved in postal swims year after year.

**Dennis Baker (Coaches)** for keeping coaches informed through email communication, well trained by scheduling stroke clinics, and writing informative monthly articles for the Aqua Master.

**Gary Whitman (Data Manager)** for his many hours every year of registering swimmers for meets, preparing heat sheets and other documentation for the meets, compiling and publishing meet results, and frequently being the data manager at meets around the state.

**Jacki Allender (Officials)** for ensuring that Oregon officials officiating at Masters meets are knowledgeable regarding USMS Swimming Rules, assisting, if necessary, in obtaining officials for Masters meets, and frequently serves as the Head Ref at many of the OMS meets.

**Steve Darnell (Records)** for updating swim records within 24 hours of each meet. He also maintains and disseminates a current list of LMSC records for each course as well as prepares and submits the necessary forms for swims in events sanctioned or recognized by OMS.

**Joy Ward (Safety)** for always making sure safety is a priority at each meet.

**Tim Waud (Souvenirs and Zone Chair)** for resurrecting the OMS souvenir program by offering items that people appreciate which also help promote Masters swimming.

**Christina Fox and Jackie Parker (Registration/Membership Co-Chairs)** tracks the list of clubs within the LMSC, maintains a list of teams, and responds to queries regarding membership in OMS.

**Ginger Pierson (Annual Awards)** for soliciting nominations for annual recognition awards then purchasing and arranging to present the awards to the winners.

**MJ Caswell (Top Ten)** for spending numerous hours preparing the Top Ten Report for each course and submitting each report to USMS in a timely manner.

**Bonnie Edwards (Webmaster)** for her expertise in developing a new OMS website. It has taken her many hours to create a new website, and I'm looking forward to its launch.

**Aubree Gustafson (Fitness)** for writing very informative articles for the Aqua Master.

**Sandi Rousseau (USMS Rep)** for keeping the board abreast of the latest USMS developments. If we have any questions or concerns, Sandi will work with USMS to get clarification.

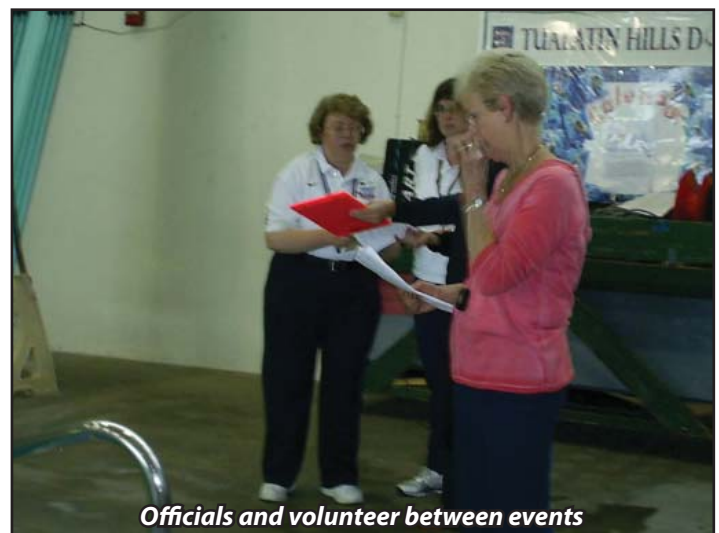
**BENEFITS OF SWIMMING**

continued from page 15

- It's uniting, not dividing—we all rest at the same wall
- It's adaptable, and you can do different workouts depending on how you feel
- It's a lifetime sport

There is a Masters workout group in or near every locality in America. Masters swimmers love to welcome new members.

Physician and past-president of USMS Jim Miller says it best: Swimming offers the "unique qualities of total body aerobic and anaerobic exercise that has no risk of falls, is low-impact ... there you have a winner."



*Officials and volunteer between events*



**LONG DISTANCE SWIMMING**

Continued from page 6

**Is a championship run feasible?** In 2009-2012, the Oregon Club won the National Club Title in the 5-km, 10-km, 3000-yd, and 6000-yd Postal Championships. And we dominated these four events again in 2013, except for the 10-km event in which we placed a close second! What about the One-Hour Swim? We have the pools. We have the swimmers. We have the experience. Do we have the will?

**Can we do it?** Of course...if we want! We rallied like crazy to crush the rest of the nation when we hosted the Long Course Pool Championships in 2008, and we have dominated the other postal championships in the past five years. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but that's still less than half of our club membership. Together, we can do it...if we choose to do it!

As OMS Long Distance Chair, I will put together information packets for each team and distribute them. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

Ideally, I would like to see a swimmer from each local team with eight swimmers or more, to step forward to be Team Captain for this event and help your coach coordinate this effort and rally the troops. After all, the most powerful motivation and group effort is local. Please work it out within your team structure, then tell me who you are (contact me at [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)). This would be an enormous help!

**But a one hour swim is so long...:** C'mon. No flimsy excuses! Your typical practice lasts for one hour, often longer. Just consider that single continuous swim lasting one hour as your practice for that day.

**Note to DUCK swimmers:** If swimmers representing the U of O Duck Masters—the other Club in our Oregon LMSC—are feeling a bit left out in this effort, please don't be! Commit to the strategies listed above, and go for it this year!

Good luck and good swimming in your One-Hour Swim!

## Top 10 Reasons To Do The One-Hour Swim

10. *Start your fitness year right.*
9. *Feel confidently smug.*
8. *Groove your beautiful stroke.*
7. *Earn bragging rights with your sorry lane-mates.*
6. *Enjoy a big dessert afterwards (or before, if you're so inclined).*
5. *Improve your aerobic capacity.*
4. *Feel great when you're done.*
3. *Qualify for the Oregon & USMS Series & Awards.*
2. *Help win the USMS Club Title.*
1. *Because it's there.*

# 2014 MEMBERSHIP APPLICATION

ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2014



Renewal – my last USMS number was \_\_\_\_\_

New registration

I do not have access to a computer/email.

You can register online at:  
<http://www.usms.org/reg/>

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

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	

**RELATED MEMBERSHIPS & CERTIFICATIONS**

I am a:  Masters Coach  
 Certified Official

Today's Date (required): \_\_\_\_\_

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

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>Oregon Masters (OREG) \$5:</b><br><input type="checkbox"/> AQDK Aquaducks Masters<br><input type="checkbox"/> BASS: Baker Area Seasoned Swimmers<br><input type="checkbox"/> BRSC: Bearcat Swim Club<br><input type="checkbox"/> CMG: Canby Master Gators<br><input type="checkbox"/> COMA: Central Oregon Masters Aquatics<br><input type="checkbox"/> CSTM: Chehalem Swim Team Masters<br><input type="checkbox"/> CBAT: Circumnavigating Beavers Aquatic Team<br><input type="checkbox"/> CGM: Columbia Gorge Masters<br><input type="checkbox"/> CAT: Corvallis Aquatic Team Masters<br><input type="checkbox"/> EA: Emerald Aquatics<br><input type="checkbox"/> KAM: Salem Kroc Masters | <input type="checkbox"/> KBM: Klamath Basin Masters<br><input type="checkbox"/> LHST: LaCamas HeadHunters<br><input type="checkbox"/> LOM: Lake Oswego Masters<br><input type="checkbox"/> LSC: Lebanon Community Swim Club<br><input type="checkbox"/> MAC: Multnomah Athletic Club<br><input type="checkbox"/> MJCC: Mittleman Jewish Community Center<br><input type="checkbox"/> NCMS: North Clackamas Masters Swimming<br><input type="checkbox"/> NCSC: North Coast Swim Club<br><input type="checkbox"/> OPEN: OPEN Narwals<br><input type="checkbox"/> OACM: Oregon Athletic Club Masters<br><input type="checkbox"/> OCT: Oregon City Tankers | <input type="checkbox"/> OMVM: Oregon Mid-Valley Masters<br><input type="checkbox"/> ORM: Oregon Reign Masters<br><input type="checkbox"/> PEND: Pendleton Masters Swim Club<br><input type="checkbox"/> PCCM: Portland Community College Masters<br><input type="checkbox"/> PSM: Portland State Masters<br><input type="checkbox"/> RVM: Rogue Valley Masters<br><input type="checkbox"/> SHRC: SHARC_MASTERS<br><input type="checkbox"/> SYD: Sherwood YMCA Dragons<br><input type="checkbox"/> TCSO: Team Club Sport Oregon<br><input type="checkbox"/> TOR: Tornadoes Swim Team<br><input type="checkbox"/> THB Tualatin Hills Barracudas<br><input type="checkbox"/> VSC: Vancouver Swim Club<br><input type="checkbox"/> WVAC: Willamette Valley Aquatic Club |
|---|--|--|
- University of Oregon Swim Club (DUCK) \$0**
- I am not joining a Club and will be swimming **Unattached \$0** (I realize I cannot swim on Relays)

Full Year Registration Nov. 1, 2013 – Dec. 31, 2014:	Age 25–69 Years Old	Age 18–24 and 70+ Years Old
USMS full-year fee ( <b>\$35</b> ):	<b>\$35</b>	<b>\$35</b>
plus OMS LMSC (local governing body) fee ( <b>\$10</b> ):	<b>\$10</b>	<b>\$0</b>
plus OREG Club fee ( <b>\$5</b> ) (if applicable):	<b>\$5</b>	<b>\$5</b>
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:		
<b>Total:</b>	<b>\$50</b>	<b>\$40</b>

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 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 ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**Signature (required):** \_\_\_\_\_ **Date** \_\_\_\_\_



Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming  
 Mail check and completed form to: Susie Young, OMS Registrar, 3035 NW Rio Vista Terrace, Portland, OR 97210  
 Questions? Contact Susie at [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)

# Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-S001  
 Eligibility: Currently registered USMS swimmers, 18 years and older.  
 Unregistered swimmers must submit a 2014 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday January 25, 2014

Location: Chehalem Aquatic Center  
 1802 Haworth  
 Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing  
 separate warm-up/down area

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**WARM-UPS: 8AM**  
**MEET STARTS: 9AM**

Meet Director: Christina Jentges • (503) 554-8050 • jentges@msn.com

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2014 USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN WEDNESDAY JANUARY 15, 2014**

FILL IN LOWER PORTION COMPLETELY      RETURN LOWER PORTION      FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2014 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, SWMS, DUCK, PNA, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 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 OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**SATURDAY, January 25**

- 400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FLY** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- FREE RELAYS (5-10)**
- 50 BACK** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 IM** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- MIXED MEDLEY RELAYS (15-16)**
- 500 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

- 50 FLY** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- MIXED FREE RELAYS (21-23)**
- 50 BREAST** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 IM** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- MEDLEY RELAYS (28-31)**
- 1000 FREE** (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**

# Aqua Master

January 2014

**Results**  
**Tualatin Hills SCY Meet**  
**COMA All-Around Challenge & Pentathlon SCM**

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
January 25, 2014	SCY	Chehalem Meet	Newberg, OR
April 4-6, 2014	SCY	Mt Hood Community College	Gresham, OR
May 1-4, 2014	SCY	USMS Nationals	Santa Clara, CA
May 17, 2014	LCM	COMA Pentathlon+ Meet	Bend, OR
May 18, 2014	OW	Lake Juniper Pool Swim	Bend, OR
June 21-22, 2014	SCY	Oregon Senior Games	Bend, OR
August 3-9, 2014	LCM	FINA World Masters Championships	Montreal, Canada
August 10, 2014	OW	FINA World Masters Open Water	Montreal, Canada
August 13-17, 2014	LCM	USMS Nationals	College Park, MD



## OMS Board Meetings

January 13, 2014	June 9, 2014
February 10, 2014	July 14, 2014
March 10, 2014	August 11, 2014
April 5— Association Meet	September 27, 2014 — Retreat
May 12, 2014	

