



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

Volume 41, Number 3

Published 10 Times Yearly by OMS, Inc.

March 2014

'Father of OMS' Swims His Last Lap

Ginger Pierson & Sandi Rousseau

We are sad to announce that Earl Walter, the 'Father of Oregon Masters Swimming', died peacefully mid February in Florence, Oregon with his family at his side.

Earl Walter, along with Connie Wilson, was the founder of Oregon Masters Swimming, hence, the name "Father of OMS." In this day and age of computers, where an individual can organize and tabulate OMS records, OMS and USMS top ten times, the Aqua Master, registration, meet heat sheets, meet results, etc. with the click of a button, Earl and Connie did it all 'by hand'. Earl used 3" x 5" cards to record every swim by every OMS member for compiling an Oregon top ten list. Then, when a USMS Top Ten was published, he extracted the OMS names/results for publication in the Aqua Master. He would write articles about swim meets, highlighting outstanding swimmers, individuals who attended nationals/world competitions, and any interesting personal information he could gather. He typed, edited, retyped, and delivered his non-computerized material to the printer.

When the printing was complete, he and Connie would hand address the mailing address, stamp, and then take some 400+ newsletters to the post office for mailing. This occurred month after month, year after year. They did all of this to lead Oregon Masters in our formative years. After Earl passed the "torch", i.e. formed a Board of Directors, he began compiling the huge OMS history books that told the story of OMS since its inception. These include stories, photos, and records, and were presented at the 30 year Oregon Masters Swimming Celebration for all to inspect in 2002 – such an accomplishment!

Earl was the meet director for Oregon's first USMS National Championship in 1982 and he attended national conventions long before we had a Board. He also helped to organize and guide our first OMS Board of Directors in 1982.



Earl at his 90th birthday party — May, 2011

Earl's background in swimming started in the late 1930s in the Portland area. He swam for the University of Oregon for one year before World War II called him to duty as an Army Paratrooper stationed in the Pacific. After the war he returned to the U of O and swam for three more years as a Duck.

Earl was quite an accomplished swimmer and was forever an Oregon Duck at heart as a backstroker. But as a Masters swimmer, he was quite accomplished in the fly (USMS national record) and IM/Fly (USMS All-American) – all in the 65-69 and 70-74 age groups. Earl was quite a relay organizer too. With teammates Gerald Huestis, Robert Morrison, Gil Young, Andrew Holden, Floyd Elliott, Forbes Mack, Eric Guest, and Allan DeLay, the relays Earl put together amassed Oregon, Zone, National, and World records beginning in 1988 (65+, 75+, 280-319, and 320-359 age groups). Most of the records still stand (1988-1999) and all of the OMS records remain.

Earl Walter was quite the man ... historian, record keeper, writer, inspiration, motivator, and swimmer – and he did it all for the love of swimming.

Earl had such an impact on Oregon Masters that in 1982, he was honored with an award named after him. If you have ever received the Ol' Barn(acle) award, you know how special it is. The award states: 'The Ol' Barn Award honors Earl Walter (a.k.a. the Old Barnacle), a founding member of Oregon Masters Swimming and longtime participant and contributor

continued on page 11

Oregon Masters Swimming, Inc. Board Members

Chairman of the Board
Jeanne Teisher
jeanne.teisher@gmail.com 503-574-4557

Vice Chairman - Sanctions
Wes Edwards
wesnad@comcast.net 360-896-8806

Secretary
Mechelle Jacobs-Brown
Goblin34.mjb@gmail.com 360-601-8132

Treasurer
Kermit Yensen
kermit.yensen@gmail.com 503-704-1382

Registrar
Susie Young
swim.pdx@gmail.com 503-475-8004

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

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

Coaches Dennis Baker
bakeswim@yahoo.com 503-679-4601

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

Fitness Chair Aubree Gustafson
aubree.gustafson@gmail.com 971-404-6968

HOST/Social Ginger Pierson
gingerp@qwest.net 360-253-5712

Long Distance Bob Bruce
coachbob@bendbroadband.com 541-317-4851

Membership
Database Christina Fox
foxkohnert@peak.org 541-929-5991
Promotion Jackie Parker
parkerjacqueline@yahoo.com 503-774-3592

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance Susie Young
swim.pdx@gmail.com 503-475-8004

Records Stephen Darnell
financialwizard2@comcast.net 360-834-6020

Safety Joy Ward
silenteclipse1210@hotmail.com 503-777-5514

Souvenirs Tim Waud
twaud@aol.com 503-341-3152

Sunshine Lynn Thompson
lthompsonata@yahoo.com 503-667-5094

Team Reps
OREG Bruce Andrus-Hughes
blueheron83@comcast.net
DUCK Tyler Jessop
uoswim@uoregon.edu
NW Zone Tim Waud
northwest@usms.org 503-341-3152
USMS Sandi Rousseau
swim@gorge.net 541-354-2580

Top Ten MJ Caswell
mjcaswell@earthlink.net 541-478-0437

Web Master Bonnie Edwards
pdxbon@comcast.net 503-288-5140

Founders of OMS:
Earl Walter
Connie Wilson

Chair's Corner

Jeanne Teisher



As you know, a few weeks ago we announced the new and improved OMS website. Bonnie Edwards, the website architect, spent many, many hours designing and developing what you now see. It was by no means an easy task. She viewed other swimming websites for ideas, queried numerous people on what they want or would like, how they would like to view the information, how the website should look and feel, and listened to advice from other web designers. When Bonnie felt she had enough information, she then began designing the new website. This task was by no means done overnight. During this process she asked more questions regarding the format and had the board review the content of the website for accuracy, consistency, user friendliness, inclusiveness, etc. That was only one part of the process. Another part was making sure the site met all the technical requirements to be on the web. To be honest, this was beyond my understanding and I was very glad Bonnie understood what needed to be completed before we went live with the website. There were a number of issues Bonnie faced throughout the website development but her commitment, perseverance, experience, and knowledge played a key role in getting the site to where it is today. There is still more work to be done along with updates that will need to be made on a continual basis but we, the OMS membership, should be very proud of our new website. I know we all appreciate Bonnie for what she has developed.

I also would like to mention another person who recently began assisting Bonnie with the website. Matt Miller has provided Bonnie some technical guidance and assistance on issues that she has had difficulty with. He has been a big help in providing a different viewpoint and alternative direction for some challenging issues. A big 'thank you' to Matt.

There are more changes coming. One change that has been discussed is the discontinuation of the **Aqua Master** newsletter in the current format. We will continue to post the informative and fun articles we have come to enjoy reading each month but they will be posted in different sections of the website. Meet details, entry forms, results will be posted in one section of the website. Long distance and open water information will be posted separately. What this will look like and when this will occur is not yet known but we'll keep you posted. With the new website we are taking the opportunity to evolve the way we communicate with our membership as well as the swimming community at large.

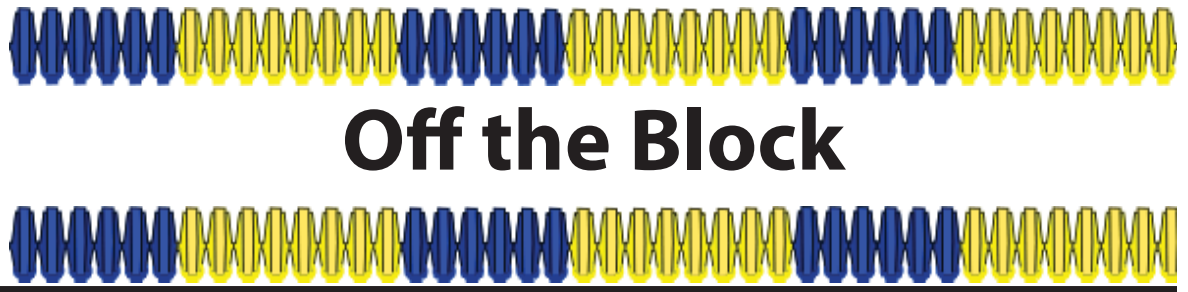
Change is happening and more will be coming! The first phase is the new website. Stay tuned for future changes. As always, your feedback and suggestions are always welcome. Either share them directly with Bonnie or with one of the board members. This is YOUR website and we want it to be a useful tool for you.

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

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

Send address changes to Susie Young all other questions to Jackie Parker

Volume 41, Number 3, March 2014



Off the Block

Mighty Monofin

Training with a monofin can propel you to greater strength and speed

The Professionals at FINIS, Inc

When most people think of a monofin, they probably visualize a mermaid gracefully undulating through a fictional underwater paradise. Not just the stuff of fairytales, this large, single-blade fin can be found on pool decks around the country and has contributed to many Olympic gold medals.

The popularity of the monofin has grown immensely because the user experiences several unique physical benefits. Competitive swimmers at all levels have learned that the monofin is a great tool for increasing muscular endurance in the legs. It's also a great tool for strengthening the core muscles of the abdomen and back. This fin demands some serious attention from those who swim to be fit, as well as those who have visions of standing atop the podium.

Novice swimmers seldom have difficulty using a monofin because the motion is intuitive. Foot pockets or adjustable straps hold your feet alongside one another at the top of the fin. Much as a dolphin uses equal force on both sides of its body to kick, a symmetrical and rhythmic kick generated from the core can help swimmers using a monofin to achieve otherwise unattainable speeds. Conventional fins or flippers can't match the propulsive speed of a monofin.

Continued use of the monofin will make you a more confident kicker, both below the water and on the surface. The stabilizing muscles in the abdomen and the lower back are critical for using your monofin. They're also the keys to holding a rigid bodyline at more turbulent racing speeds. Training with a monofin can make you a better kicker, and it

will make you fitter and faster on top of the water.

John Mix, FINIS Founder and CEO, had been a professional water polo player and he'd first encountered the monofin in Europe. Upon his return to the U.S., he launched FINIS and made the monofin its first product.

This extremely durable rubber training aid is easy to use and adds resistance to both underwater and surface swimming. The foot pockets keep the fin in place at high speeds, and the single form design makes the fin durable enough to handle years of abuse in your swim bag.





Fit to Swim

Mental Fitness

Coach Aubree Gustafson

As athletes, we are all aware of the importance of keeping our heads in the game, both in and out of the pool. Being able to stay strong mentally during training, racing and generally in life, helps us to stay focused and strive towards our goals no matter what life has in store for us. Amy Morin, a licensed clinical social worker and psychotherapist, created a list entitled *"Mentally Strong People: The 13 Things They Avoid"*. I've shared the list below along with my own thoughts on each item. How many of these things do you try to avoid already? Maybe you'll find a few new things to strive for; ideas that will help increase your own mental fitness.

1. **Waste time feeling sorry for themselves.** Mentally strong people avoid dwelling on what could or might have been. If you have a bad race, think about what you could have done better, and work on those things to improve the next race. A lot of good things can come from a bad race. This is no failure. There is always something to be learned from a race that was not your best.
2. **Give away their power.** You are an amazing person. Most people can't work a full week, help the kids with homework, make dinners, play fetch with the dog, etc. and still make it to workouts 4-7 days a week with a smile on their face. Don't let anyone tell you that you cannot achieve your goals. It doesn't matter what they think or say. You are in control. The only person whose opinion matters is yours, and if you don't think you can do it, you're right.
3. **Shy away from change.** Change is not easy. Change takes work, and change takes time. However, change can be a good thing, and you'll never know unless you try.
4. **Waste energy on things they can't control.** So "Snow-pocalypse 2014" messed up your training schedule for a week. So what? You got so much done around the house you have time for an extra work out next week. February Fitness Challenge still on track; take that Mother Nature!
5. **Worry about pleasing others.** Sometimes it's hard to say no, and often times even harder to ask for help. Striving to be fair to others means you should also be fair to yourself. You don't have to do it all.
6. **Fear taking calculated risks.** Mentally strong people are able to see both sides of the coin; the good and the bad in situations. When you can see both sides, you can make an educated decision about how to handle the situation, and take the risk if the pros outweigh the cons.
7. **Dwell on the past.** It doesn't matter if you were a champion athlete in your youth or didn't compete at all. Your best times now may not be anywhere near what they were when you were 16, but you aren't 16 anymore. Your goals and aspirations should fit the athlete you are now; stronger, smarter, and wiser.
8. **Make the same mistakes over and over.** With age comes wisdom, and the knowledge that you cannot keep doing the same things and expect a different outcome. You've may have been here before, but this time you are wise enough not to make the same mistake again.
9. **Resent other people's success.** Mentally strong people feel good about celebrating another person's success. Jealousy and negative self-talk are a thing of the past. You know that your time will come.
10. **Give up after failure.** As I said before, just because a goal is not met, or not fully achieved, does not make it a total failure. There is much to be learned from not succeeding, often more than can be learned from a successful event.
11. **Fear alone time.** Alone time is a beautiful, fleeting thing; time to think, plan and encourage oneself. Taking time to set your goals and really figure out how to get there is imperative.
12. **Feel the world owes them anything.** Being able to work, train and succeed on your own merit is the key to being a mentally strong person.
13. **Expect immediate results.** It may take extra time and preparation to achieve your goals, but you are in for the long haul. You have a plan and will strive to stick to it. There may be bumps along the way, but you will get back on that horse. Success does not come overnight, but in time you will reach your goals, and that is worth the wait.

Shake and Swim with “Bake”

The Water is Your Friend

Coach Dennis Baker



Many times I kid around with my swimmers when I hear them slap the water. I say “the water is your friend you don’t slap your friends do you?” Let’s look at the reasons why this is true and with strokes and turns put into the mix.

1. In Freestyle and Backstroke when you slap the water it creates a cushion of air for a split second and prohibits you catching the water like you should for an effective pull in your front quadrant. Many times bubbles will form and leave a trail, this isn’t good. You can be aggressive for sure on your hand entries, just make sure you are knifing your hand rather than slapping.
2. In Butterfly you must stay away from crashing your hands in. Think of entering softly like a feather falling to the floor. This will ensure a proper catch. The only thing a coach should hear is your kick in Butterfly not your hands.
3. In Breaststroke and Butterfly the head is very important. Don’t force it down too strongly. This will only create bad
4. This principle goes for the kick as well in Fly, Back and Free. A big huge kick does nothing for you. If your feet and ankles are coming too far out of the water then you’re just kicking air. Keep the kick lower with a little less splash. In Backstroke your knees shouldn’t be coming too far out of the water.
5. Lastly, the turns. On flip turns if you’re slapping the water too hard with your feet you won’t get an effective push off. Slow down just a bit so you can plant your feet and push off stronger and deeper. On open turns, when the arm whips around, knife that hand in no slapping. It will only slow you down and create resistance.

Try these tips and still be aggressive but don’t force it and don’t slap the water it’s your friend.

Members of Oregon Reign, this mother-daughter combo of Heather Blair and Laraine Elsten are shown just prior to their one-hour postal swim. This is the first time they have ever done it, and they both swam without stopping even once. Heather has recently returned to our team after a two year stint in Beijing.

Before the 1-hour postal — smiling



After the 1-hour postal — still smiling



Long Distance Swimming

Coach Bob Bruce



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team. Four Oregonians—Matt Miller, Bob Bruce, Ralph Mohr, and Dave Radcliff—join 14 other outstanding swimmers in the nation in earning that honor in 2013!

Matt Miller (Rogue Valley Masters, Men's 35-39 age group) has been named to the All Star team for the second consecutive year. Matt is one of Oregon's rising stars, and he won the national 2.4-mile open water, 10-km postal, and 6000-yard postal championships. Bet you didn't know these three things about Matt. First, he does not have much of a swimming background until recently, but he's certainly making up for lost time! Second, Matt provided OMS Webmaster Bonnie some significant help to get our recently-retooled (and beautiful) website up and functioning. And third, he makes his living selling carnivorous plants. Flytraps anyone!

Bob Bruce (Central Oregon Masters Aquatics, Men's 65-69 age group) joins the All-Star team for the fourth time, having also been honored in 2007, 2009, and 2010. Everyone knows Bob. He has led Oregon long distance swimming as OMS Long Distance Chair since 2001. He has served as Meet Director for open water swims at Eel Lake, Foster Lake, and Elk Lake. He has been Head Coach of Central Oregon Masters since 1996. And, of course, he swims a bit. Bob swam in six of the ten championship races in 2010; he won the 10-km postal and placed second in four other championship events.

Ralph Mohr (Central Oregon Masters, Men's 70-74 age group) has been named to the All-Star team for the second time, having also been honored in 2011. Ralph won the national one-mile title and scored lots of points by placing very high in all five postal championships. Of course, Ralph has been around the masters swim scene for many years, having been involved in OMS since the very early days. You may have read his periodic "Swim Bits" column in the Aqua Master. Ralph is the very active leader of the COMA coastal training group, and his swimmers are among the most active postal participants in the nation.

Dave Radcliff (Tualatin Hills Barracudas, Men's 75-79 age group) joins the All-Star team for the third time, having also been honored in 2009 and 2011. Dave hardly needs any introduction; if you don't know him from his long-time OMS involvement and international-level excellence (and this modest description is a gross understatement), you haven't been paying attention. Dave won every USMS national championship event that he entered in 2013, including the 2.4-mile open water, 5-km open water, 1-hour postal, 3000-yd postal, and 6000-yd Postal. We can't wait to see what damage he does in his new age group this year!

These four swimmers are listed among a distinguished group of sixteen Oregonians who have been named to the USMS Long Distance All-Star Team, an elite list of swimmers that includes Steve Johnson (2001, 2004, 2005, & 2008), Mary Sweat (2003, 2005, 2006, & 2008), Tom Landis (2008 & 2012), Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), Ray Allen (2004), Doug Asbury (2007), Jackie Parker (2008), Arlene Delmage (2010), and Hardy Lussier (2012). Congratulations to Matt, Bob, Ralph, and Dave for their outstanding achievement!

Good luck and good swimming!

Chehalem Meet — SCY

January 25, 2014; Newberg, 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 Miller, Lindsay | 21 | DUCK | 26.67 |
| 2 Carey, Hannah | 18 | DUCK | 28.31 |
| 3 Martin, Acacia | 18 | DUCK | 29.31 |
| 4 Bowers, Charlotte | 21 | UC37 | 29.52 |
| 5 Yoder, Amanda | 24 | OREG | 29.69 |
| 6 Sinclair, Katelyn | 19 | DUCK | 29.72 |
| 7 Asbury, Jennica | 18 | DUCK | 33.61 |
| 8 McCormick, Cassidy | 20 | DUCK | 34.02 |
| 100 Yard Freestyle | | | |
| 1 Watling, Carolyn | 21 | DUCK | 1:03.42 |
| 2 Carey, Hannah | 18 | DUCK | 1:03.52 |
| 3 Yoder, Amanda | 24 | OREG | 1:03.86 |
| 4 Shepherd, Bridget | 19 | DUCK | 1:07.31 |
| 200 Yard Freestyle | | | |
| 1 Bowers, Charlotte | 21 | UC37 | 2:22.24 |
| 500 Yard Freestyle | | | |
| 1 Shepherd, Bridget | 19 | DUCK | 6:11.20 |
| 2 Watling, Carolyn | 21 | DUCK | 6:15.69 |
| 50 Yard Backstroke | | | |
| 1 Miller, Lindsay | 21 | DUCK | 32.03 |
| 100 Yard Backstroke | | | |
| 1 Bowers, Charlotte | 21 | UC37 | 1:16.13 |
| 50 Yard Breaststroke | | | |
| 1 Carey, Hannah | 18 | DUCK | 38.84 |
| 2 Sinclair, Katelyn | 19 | DUCK | 39.06 |
| 3 Shepherd, Bridget | 19 | DUCK | 40.33 |
| 100 Yard Breaststroke | | | |
| 1 Shepherd, Bridget | 19 | DUCK | 1:20.62 |
| 2 Sinclair, Katelyn | 19 | DUCK | 1:23.64 |
| 50 Yard Butterfly | | | |
| 1 Miller, Lindsay | 21 | DUCK | 29.53 |
| 2 Bowers, Charlotte | 21 | UC37 | 32.94 |
| 100 Yard IM | | | |
| 1 Miller, Lindsay | 21 | DUCK | 1:08.12 |
| 2 Yoder, Amanda | 24 | OREG | 1:13.86 |
| 3 Sinclair, Katelyn | 19 | DUCK | 1:26.37 |
| Women 25-29 | | | |
| 50 Yard Freestyle | | | |
| 1 Christensen, Sara | 25 | UC37 | 26.17 |
| 2 Scheafer, Kayla | 28 | OREG | 31.77 |
| 200 Yard Freestyle | | | |
| 1 Scheafer, Kayla | 28 | OREG | 2:36.01 |
| 2 Coates, Shannon | 28 | OREG | 2:39.19 |
| 500 Yard Freestyle | | | |
| 1 Coates, Shannon | 28 | OREG | 7:15.18 |
| 1000 Yard Freestyle | | | |
| 1 Christensen, Sara | 25 | UC37 | 13:52.17 |
| 2 Coates, Shannon | 28 | OREG | 15:17.70 |
| 50 Yard Butterfly | | | |
| 1 Christensen, Sara | 25 | UC37 | 29.31 |
| 2 Scheafer, Kayla | 28 | OREG | 35.24 |

| | | | |
|-----------------------|----|------|---------|
| 100 Yard Butterfly | | | |
| 1 Scheafer, Kayla | 28 | OREG | 1:30.61 |
| 100 Yard IM | | | |
| 1 Christensen, Sara | 25 | UC37 | 1:08.63 |
| 200 Yard IM | | | |
| 1 Christensen, Sara | 25 | UC37 | 2:37.42 |
| Women 30-34 | | | |
| 50 Yard Freestyle | | | |
| 1 Harris, Summir | 34 | OREG | 26.64 |
| 100 Yard Freestyle | | | |
| 1 Harris, Summir | 34 | OREG | 1:00.09 |
| 500 Yard Freestyle | | | |
| 1 Nelson, Amy | 32 | OREG | 7:15.49 |
| 50 Yard Backstroke | | | |
| 1 Harris, Summir | 34 | OREG | 29.43 |
| 100 Yard Backstroke | | | |
| 1 Nelson, Amy | 32 | OREG | 1:29.17 |
| 100 Yard Breaststroke | | | |
| 1 Metz, Amanda | 33 | OREG | 1:15.83 |
| 200 Yard Breaststroke | | | |
| 1 Metz, Amanda | 33 | OREG | 2:47.22 |
| 50 Yard Butterfly | | | |
| 1 Nelson, Amy | 32 | OREG | 38.82 |
| 100 Yard IM | | | |
| 1 Harris, Summir | 34 | OREG | 1:07.28 |
| 2 Metz, Amanda | 33 | OREG | 1:13.71 |
| Women 35-39 | | | |
| 50 Yard Freestyle | | | |
| 1 Reeves, Tessa | 35 | OREG | 27.76 |
| 2 Harrison, Elizabeth | 39 | OREG | 42.94 |
| 100 Yard Freestyle | | | |
| 1 Reeves, Tessa | 35 | OREG | 1:01.46 |
| 200 Yard Freestyle | | | |
| 1 Reeves, Tessa | 35 | OREG | 2:14.45 |
| 500 Yard Freestyle | | | |
| 1 Harrison, Elizabeth | 39 | OREG | 8:23.18 |
| 50 Yard Backstroke | | | |
| 1 Arata, Melissa | 37 | OREG | 34.06 |
| 100 Yard Backstroke | | | |
| 1 Arata, Melissa | 37 | OREG | 1:16.48 |
| 200 Yard Backstroke | | | |
| 1 Arata, Melissa | 37 | OREG | 2:42.86 |
| 50 Yard Breaststroke | | | |
| 1 Reeves, Tessa | 35 | OREG | 37.90 |
| 50 Yard Butterfly | | | |
| 1 Reeves, Tessa | 35 | OREG | 31.29 |
| 2 Arata, Melissa | 37 | OREG | 34.95 |
| 100 Yard Butterfly | | | |
| 1 Harrison, Elizabeth | 39 | OREG | 1:52.02 |
| 200 Yard Butterfly | | | |
| 1 Harrison, Elizabeth | 39 | OREG | 4:02.62 |
| 100 Yard IM | | | |
| 1 Arata, Melissa | 37 | OREG | 1:16.54 |

| | | | |
|-----------------------|----|------|----------|
| 2 Harrison, Elizabeth | 39 | OREG | 2:00.52 |
| Women 40-44 | | | |
| 50 Yard Freestyle | | | |
| 1 Pettit, Susan | 42 | UC37 | 27.88 |
| 100 Yard Freestyle | | | |
| 1 Tomac, Jayna | 41 | OREG | 59.76 |
| 2 Pettit, Susan | 42 | UC37 | 1:00.49 |
| 100 Yard Backstroke | | | |
| 1 Pettit, Susan | 42 | UC37 | 1:11.39 |
| 50 Yard Breaststroke | | | |
| 1 Tomac, Jayna | 41 | OREG | 33.61 |
| 100 Yard Breaststroke | | | |
| 1 Tomac, Jayna | 41 | OREG | 1:14.11 |
| 200 Yard Breaststroke | | | |
| 1 Tomac, Jayna | 41 | OREG | 2:41.53 |
| 100 Yard IM | | | |
| 1 Pettit, Susan | 42 | UC37 | 1:10.64 |
| Women 45-49 | | | |
| 100 Yard Freestyle | | | |
| 1 Frewing, Louise | 46 | OREG | 1:14.73 |
| 200 Yard Freestyle | | | |
| 1 Frewing, Louise | 46 | OREG | 2:39.93 |
| 500 Yard Freestyle | | | |
| 1 Beard, Leslie | 48 | OREG | 7:14.89 |
| 1000 Yard Freestyle | | | |
| 1 Beard, Leslie | 48 | OREG | 15:02.39 |
| 100 Yard Backstroke | | | |
| 1 Frewing, Louise | 46 | OREG | 1:20.58 |
| 100 Yard IM | | | |
| 1 Frewing, Louise | 46 | OREG | 1:25.39 |
| Women 50-54 | | | |
| 50 Yard Freestyle | | | |
| 1 Stuntzner, Denise | 51 | OREG | 29.49 |
| 2 Lamoureux, Lori | 54 | OREG | 29.68 |
| 3 Fox, Linda | 50 | OREG | 32.44 |
| 100 Yard Freestyle | | | |
| 1 Vincent, Nancy | 54 | OREG | 1:08.27 |
| 2 Fox, Christina | 53 | OREG | 1:17.51 |
| 200 Yard Freestyle | | | |
| 1 Fox, Linda | 50 | OREG | 2:36.01 |
| 2 Bowman, Marcie | 50 | OREG | 3:24.93 |
| 100 Yard Backstroke | | | |
| 1 Fox, Christina | 53 | OREG | 1:28.53 |
| 200 Yard Backstroke | | | |
| 1 Fox, Linda | 50 | OREG | 2:53.46 |
| 50 Yard Breaststroke | | | |
| 1 Vincent, Nancy | 54 | OREG | 39.39 |
| 2 Lamoureux, Lori | 54 | OREG | 40.07 |
| 3 Andrade, Julie | 52 | OREG | 42.97 |
| 100 Yard Breaststroke | | | |
| 1 Vincent, Nancy | 54 | OREG | 1:24.68 |
| 2 Andrade, Julie | 52 | OREG | 1:33.18 |
| 3 Fox, Christina | 53 | OREG | 1:34.55 |

| | | | | | |
|------------------------|---------|----------|--|---------|---------|
| 200 Yard Breaststroke | | | | | |
| 1 Vincent, Nancy | 54 OREG | 3:02.38 | | | |
| 2 Fox, Christina | 53 OREG | 3:22.34 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Stuntzner, Denise | 51 OREG | 31.20 | | | |
| 2 Lamoureux, Lori | 54 OREG | 35.81 | | | |
| 3 Andrade, Julie | 52 OREG | 40.03 | | | |
| 100 Yard Butterfly | | | | | |
| 1 Stuntzner, Denise | 51 OREG | 1:12.55 | | | |
| 200 Yard Butterfly | | | | | |
| 1 Stuntzner, Denise | 51 OREG | 2:52.92 | | | |
| 100 Yard IM | | | | | |
| 1 Lamoureux, Lori | 54 OREG | 1:20.54 | | | |
| 2 Andrade, Julie | 52 OREG | 1:25.32 | | | |
| 3 Bowman, Marcie | 50 OREG | 1:52.34 | | | |
| 400 Yard IM | | | | | |
| 1 Bowman, Marcie | 50 OREG | 8:28.39 | | | |
| Women 55-59 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Summers, Jeanna | 59 OREG | 32.96 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Andrus-Hughes, Karen | 56 OREG | 1:00.33 | | | |
| 2 Gannon, Laura | 57 OREG | 1:08.55 | | | |
| 200 Yard Freestyle | | | | | |
| 1 Gannon, Laura | 57 OREG | 2:29.48 | | | |
| 500 Yard Freestyle | | | | | |
| 1 Summers, Jeanna | 59 OREG | 7:01.03 | | | |
| 1000 Yard Freestyle | | | | | |
| 1 Summers, Jeanna | 59 OREG | 14:45.68 | | | |
| 50 Yard Backstroke | | | | | |
| 1 Summers, Jeanna | 59 OREG | 39.48 | | | |
| 100 Yard Backstroke | | | | | |
| 1 Andrus-Hughes, Karen | 56 OREG | 1:07.34 | | | |
| 2 Worden, Laura | 56 OREG | 1:18.92 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Worden, Laura | 56 OREG | 32.31 | | | |
| 100 Yard Butterfly | | | | | |
| 1 Worden, Laura | 56 OREG | 1:13.14 | | | |
| 100 Yard IM | | | | | |
| 1 Worden, Laura | 56 OREG | 1:20.13 | | | |
| 400 Yard IM | | | | | |
| 1 Worden, Laura | 56 OREG | 6:02.78 | | | |
| Women 60-64 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Daly, Claudia | 60 OREG | 38.33 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Daly, Claudia | 60 OREG | 1:27.46 | | | |
| 200 Yard Freestyle | | | | | |
| 1 Asleson, Elke | 61 OREG | 3:15.78 | | | |
| 200 Yard Backstroke | | | | | |
| 1 Asleson, Elke | 61 OREG | 3:26.17 | | | |
| 50 Yard Breaststroke | | | | | |
| 1 Daly, Claudia | 60 OREG | 46.94 | | | |
| 100 Yard Breaststroke | | | | | |
| 1 Daly, Claudia | 60 OREG | 1:45.97 | | | |
| 200 Yard Butterfly | | | | | |
| 1 Asleson, Elke | 61 OREG | 3:38.39 | | | |
| 100 Yard IM | | | | | |
| 1 Daly, Claudia | 60 OREG | 1:40.54 | | | |
| 200 Yard IM | | | | | |
| 1 Asleson, Elke | 61 OREG | 3:30.04 | | | |
| 400 Yard IM | | | | | |
| 1 Asleson, Elke | 61 OREG | 7:25.74 | | | |
| Women 65-69 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Gettling, Janet | 65 OREG | 32.01 | | | |
| 1000 Yard Freestyle | | | | | |
| 1 Pierson, Ginger | 67 OREG | 19:01.28 | | | |
| 50 Yard Breaststroke | | | | | |
| 1 Gettling, Janet | 65 OREG | 40.59 | | | |
| 2 Pierson, Ginger | 67 OREG | 42.52 | | | |
| 100 Yard Breaststroke | | | | | |
| 1 Pierson, Ginger | 67 OREG | 1:32.03 | | | |
| 200 Yard Breaststroke | | | | | |
| 1 Pierson, Ginger | 67 OREG | 3:16.13 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Gettling, Janet | 65 OREG | 38.95 | | | |
| 100 Yard IM | | | | | |
| 1 Gettling, Janet | 65 OREG | 1:23.80 | | | |
| 200 Yard IM | | | | | |
| 1 Gettling, Janet | 65 OREG | 3:09.32 | | | |
| 2 Pierson, Ginger | 67 OREG | 3:20.06 | | | |
| Women 70-74 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Ward, Joy | 71 OREG | 35.92 | | | |
| 50 Yard Backstroke | | | | | |
| 1 Ward, Joy | 71 OREG | 38.95 | | | |
| 100 Yard Backstroke | | | | | |
| 1 Ward, Joy | 71 OREG | 1:24.80 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Ward, Joy | 71 OREG | 40.86 | | | |
| Men 18-24 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Oreizi, Justin | 24 DUCK | 25.36 | | | |
| 2 Yelin, Matt | 24 OREG | 26.04 | | | |
| 3 Hudak, Brenton | 18 DUCK | 28.11 | | | |
| 4 Delaney, Joseph | 24 UC37 | 29.50 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Jessop, Tyler | 21 DUCK | 53.56 | | | |
| 2 Hudak, Brenton | 18 DUCK | 56.65 | | | |
| 3 Oreizi, Justin | 24 DUCK | 57.67 | | | |
| 4 Delaney, Joseph | 24 UC37 | 1:05.38 | | | |
| 200 Yard Freestyle | | | | | |
| 1 Jessop, Tyler | 21 DUCK | 2:02.33 | | | |
| 500 Yard Freestyle | | | | | |
| 1 Yelin, Matt | 24 OREG | 6:39.87 | | | |
| 50 Yard Breaststroke | | | | | |
| 1 Yelin, Matt | 24 OREG | 32.71 | | | |
| 100 Yard Breaststroke | | | | | |
| 1 Yelin, Matt | 24 OREG | 1:12.16 | | | |
| 2 Aldred, Grant | 20 OREG | 1:26.05 | | | |
| 100 Yard Butterfly | | | | | |
| 1 Jessop, Tyler | 21 DUCK | 1:00.67 | | | |
| 2 Aldred, Grant | 20 OREG | 1:05.64 | | | |
| 200 Yard Butterfly | | | | | |
| 1 Aldred, Grant | 20 OREG | 2:22.61 | | | |
| 100 Yard IM | | | | | |
| 1 Oreizi, Justin | 24 DUCK | 1:08.55 | | | |
| 200 Yard IM | | | | | |
| 1 Aldred, Grant | 20 OREG | 2:34.53 | | | |
| 400 Yard IM | | | | | |
| 1 Aldred, Grant | 20 OREG | 5:12.49 | | | |
| Men 25-29 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Arzner, Adam | 27 UC37 | 23.23 | | | |
| 2 Henning, Drew | 28 OREG | 32.39 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Arzner, Adam | 27 UC37 | 50.98 | | | |
| 2 Henning, Drew | | | | 28 OREG | 1:20.59 |
| 500 Yard Freestyle | | | | | |
| 1 Hardrath, Jason | 25 UC37 | 7:32.98 | | | |
| 1000 Yard Freestyle | | | | | |
| 1 Hardrath, Jason | 25 UC37 | 16:17.26 | | | |
| 50 Yard Backstroke | | | | | |
| 1 Henning, Drew | 28 OREG | 41.99 | | | |
| 50 Yard Breaststroke | | | | | |
| 1 Arzner, Adam | 27 UC37 | 29.24 | | | |
| 2 Wood, Nick | 25 OREG | 32.78 | | | |
| 100 Yard Breaststroke | | | | | |
| 1 Wood, Nick | 25 OREG | 1:11.85 | | | |
| 200 Yard Breaststroke | | | | | |
| 1 Wood, Nick | 25 OREG | 2:37.70 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Wood, Nick | 25 OREG | 28.92 | | | |
| 200 Yard Butterfly | | | | | |
| 1 Wood, Nick | 25 OREG | 2:34.00 | | | |
| 100 Yard IM | | | | | |
| 1 Arzner, Adam | 27 UC37 | 57.42 | | | |
| Men 30-34 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Walters, Scott | 34 OREG | 26.02 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Matthews, Jonathan | 34 OREG | 55.63 | | | |
| 200 Yard Freestyle | | | | | |
| 1 Matthews, Jonathan | 34 OREG | 2:08.87 | | | |
| 500 Yard Freestyle | | | | | |
| 1 Matthews, Jonathan | 34 OREG | 5:38.57 | | | |
| 50 Yard Breaststroke | | | | | |
| 1 Walters, Scott | 34 OREG | 33.05 | | | |
| 50 Yard Butterfly | | | | | |
| 1 Walters, Scott | 34 OREG | 28.97 | | | |
| 100 Yard Butterfly | | | | | |
| 1 Matthews, Jonathan | 34 OREG | 1:02.48 | | | |
| 100 Yard IM | | | | | |
| 1 Walters, Scott | 34 OREG | 1:04.94 | | | |
| Men 35-39 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Crooks, Alex | 38 OREG | 26.44 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Crooks, Alex | 38 OREG | 58.06 | | | |
| 100 Yard IM | | | | | |
| 1 Crooks, Alex | 38 OREG | 1:07.99 | | | |
| 200 Yard IM | | | | | |
| 1 Crooks, Alex | 38 OREG | 2:30.86 | | | |
| Men 40-44 | | | | | |
| 50 Yard Freestyle | | | | | |
| 1 Muessig, Dirk | 43 OREG | 26.55 | | | |
| 2 Lynott, Matthew | 44 OREG | 30.82 | | | |
| 100 Yard Freestyle | | | | | |
| 1 Muessig, Dirk | 43 OREG | 59.38 | | | |
| 2 Lynott, Matthew | 44 OREG | 1:11.09 | | | |
| 200 Yard Freestyle | | | | | |
| 1 Self, Michael | 43 OREG | 1:51.11 | | | |
| 2 Lynott, Matthew | 44 OREG | 2:56.72 | | | |
| 500 Yard Freestyle | | | | | |
| * Self, Michael | 43 OREG | 5:13.39 | | | |
| 1000 Yard Freestyle | | | | | |
| 1 Self, Michael | 43 OREG | 10:42.27 | | | |
| 50 Yard Backstroke | | | | | |
| 1 Muessig, Dirk | 43 OREG | 31.48 | | | |
| 200 Yard Backstroke | | | | | |
| 1 Self, Michael | 43 OREG | 2:03.18 | | | |

| | | | |
|----------------------|----|------|---------|
| 50 Yard Breaststroke | | | |
| 1 Lynott, Matthew | 44 | OREG | 45.74 |
| 50 Yard Butterfly | | | |
| 1 Blum, Ryan | 43 | OREG | 27.95 |
| 100 Yard IM | | | |
| 1 Lynott, Matthew | 44 | OREG | 1:36.38 |
| 200 Yard IM | | | |
| 1 Muessig, Dirk | 43 | OREG | 2:33.23 |

Men 45-49

| | | | |
|--------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Thessin, Tyler | 48 | OREG | 29.35 |
| 2 Donahue, Matthew | 47 | OREG | 31.74 |
| 100 Yard Freestyle | | | |
| 1 Scott, Andrew | 48 | OREG | 1:00.22 |
| 2 Thessin, Tyler | 48 | OREG | 1:07.94 |
| 3 Donahue, Matthew | 47 | OREG | 1:14.64 |
| 200 Yard Freestyle | | | |
| 1 Sullivan, Scot | 47 | OREG | 1:56.84 |
| 2 Scott, Andrew | 48 | OREG | 2:13.23 |
| 3 Thessin, Tyler | 48 | OREG | 2:44.25 |
| 500 Yard Freestyle | | | |
| * Burns, Daniel | 48 | UC37 | 7:04.88 |

| | | | |
|---------------------|----|------|----------|
| 1000 Yard Freestyle | | | |
| 1 Burns, Daniel | 48 | UC37 | 14:06.66 |

| | | | |
|-----------------------|----|------|---------|
| 50 Yard Breaststroke | | | |
| 1 Waud, Timothy | 46 | OREG | 32.86 |
| 2 Thessin, Tyler | 48 | OREG | 34.68 |
| 3 Burns, Daniel | 48 | UC37 | 38.20 |
| 4 Donahue, Matthew | 47 | OREG | 42.95 |
| 100 Yard Breaststroke | | | |
| 1 Waud, Timothy | 46 | OREG | 1:12.95 |
| 2 Burns, Daniel | 48 | UC37 | 1:23.86 |

| | | | |
|-----------------------|----|------|---------|
| 200 Yard Breaststroke | | | |
| 1 Sullivan, Scot | 47 | OREG | 2:26.25 |
| 2 Thessin, Tyler | 48 | OREG | 2:59.28 |

| | | | |
|--------------------|----|------|-------|
| 50 Yard Butterfly | | | |
| 1 Baele, Michael | 49 | OREG | 25.61 |
| 2 Waud, Timothy | 46 | OREG | 29.50 |
| 3 Donahue, Matthew | 47 | OREG | 35.38 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard Butterfly | | | |
| 1 Baele, Michael | 49 | OREG | 56.81 |
| 2 Scott, Andrew | 48 | OREG | 1:11.41 |

| | | | |
|------------------|----|------|---------|
| 200 Yard IM | | | |
| 1 Sullivan, Scot | 47 | OREG | 2:14.87 |
| 2 Waud, Timothy | 46 | OREG | 2:28.97 |
| 3 Scott, Andrew | 48 | OREG | 2:31.77 |

| | | | |
|-----------------|----|------|---------|
| 400 Yard IM | | | |
| 1 Waud, Timothy | 46 | OREG | 5:20.27 |

Men 50-54

| | | | |
|--------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Washburne, Brent | 52 | OREG | 24.94 |
| 2 Hancock, Douglas | 51 | OREG | 26.82 |
| 100 Yard Freestyle | | | |
| 1 Hancock, Douglas | 51 | OREG | 59.88 |
| 2 Howell, Richard | 54 | OREG | 1:00.60 |
| 200 Yard Freestyle | | | |
| 1 Washburne, Brent | 52 | OREG | 2:06.37 |
| 2 Hancock, Douglas | 51 | OREG | 2:16.89 |
| 3 Gipe, Dan | 54 | OREG | 2:35.62 |

| | | | |
|---------------------|----|------|----------|
| 500 Yard Freestyle | | | |
| 1 Hancock, Douglas | 51 | OREG | 6:21.57 |
| 2 Gipe, Dan | 54 | OREG | 6:52.84 |
| 1000 Yard Freestyle | | | |
| 1 Gipe, Dan | 54 | OREG | 14:08.25 |

| | | | |
|-----------------------|----|------|---------|
| 50 Yard Backstroke | | | |
| 1 Boone, Lou | 52 | OREG | 32.74 |
| 200 Yard Backstroke | | | |
| 1 Washburne, Brent | 52 | OREG | 2:29.18 |
| 100 Yard Breaststroke | | | |
| 1 Howell, Richard | 54 | OREG | 1:11.06 |
| 50 Yard Butterfly | | | |
| 1 Boone, Lou | 52 | OREG | 29.17 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard Butterfly | | | |
| 1 Howell, Richard | 54 | OREG | 1:09.29 |
| 200 Yard Butterfly | | | |
| 1 Washburne, Brent | 52 | OREG | 2:45.91 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard IM | | | |
| 1 Boone, Lou | 52 | OREG | 1:06.55 |
| 2 Hancock, Douglas | 51 | OREG | 1:20.29 |

| | | | |
|-------------------|----|------|---------|
| 200 Yard IM | | | |
| 1 Boone, Lou | 52 | OREG | 2:31.49 |
| 2 Howell, Richard | 54 | OREG | 2:34.19 |

| | | | |
|--------------|----|------|---------|
| 400 Yard IM | | | |
| 1 Boone, Lou | 52 | OREG | 5:31.73 |

Men 55-59

| | | | |
|-------------------|----|------|-------|
| 50 Yard Freestyle | | | |
| 1 Dwight, Cb | 59 | OREG | 28.04 |
| 2 Mcvay, Bert | 56 | OREG | 28.11 |
| 3 Piette, Jeff | 58 | OREG | 28.27 |
| 4 Helm, Charlie | 57 | OREG | 36.57 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard Freestyle | | | |
| 1 Lacount, Curt | 55 | OREG | 56.70 |
| 2 Piette, Jeff | 58 | OREG | 1:03.34 |
| 3 Helm, Charlie | 57 | OREG | 1:25.45 |

| | | | |
|--------------------|----|------|---------|
| 200 Yard Freestyle | | | |
| 1 Mcvay, Bert | 56 | OREG | 2:18.11 |
| 2 Piette, Jeff | 58 | OREG | 2:20.32 |
| 3 Helm, Charlie | 57 | OREG | 3:19.49 |

| | | | |
|---------------------|----|------|----------|
| 1000 Yard Freestyle | | | |
| 1 Helm, Charlie | 57 | OREG | 19:50.61 |

| | | | |
|--------------------|----|------|-------|
| 50 Yard Backstroke | | | |
| 1 Dwight, Cb | 59 | OREG | 35.85 |

| | | | |
|----------------------|----|------|-------|
| 50 Yard Breaststroke | | | |
| 1 Lacount, Curt | 55 | OREG | 36.00 |
| 2 Dwight, Cb | 59 | OREG | 37.75 |
| 3 Helm, Charlie | 57 | OREG | 59.93 |

| | | | |
|-------------------|----|------|-------|
| 50 Yard Butterfly | | | |
| 1 Hamry, Carl | 59 | PSM | 27.07 |
| 2 Lacount, Curt | 55 | OREG | 27.35 |
| 3 Dwight, Cb | 59 | OREG | 31.36 |
| 4 Mcvay, Bert | 56 | OREG | 31.54 |
| 5 Piette, Jeff | 58 | OREG | 32.14 |

| | | | |
|-----------------|----|------|---------|
| 100 Yard IM | | | |
| 1 Hamry, Carl | 59 | PSM | 1:00.65 |
| 2 Lacount, Curt | 55 | OREG | 1:02.91 |

| | | | |
|-----------------|----|------|---------|
| 200 Yard IM | | | |
| 1 Hamry, Carl | 59 | PSM | 2:24.27 |
| 1 Lacount, Curt | 55 | OREG | 1:04.61 |
| 2 Piette, Jeff | 58 | OREG | 1:12.99 |

| | | | |
|---------------|----|------|---------|
| 200 Yard IM | | | |
| 1 Mcvay, Bert | 56 | OREG | 2:42.75 |

| | | | |
|-----------------------|----|------|-------|
| 50 Yard Freestyle | | | |
| 1 Larson, Allen | 60 | OREG | 29.58 |
| 2 Kralovec, Charles | 61 | OREG | 36.07 |
| 3 Czerwinski, Charles | 63 | UC37 | 40.56 |

| | | | |
|-----------------------|----|------|-------|
| 100 Yard Freestyle | | | |
| 1 Larson, Allen | 60 | OREG | 29.58 |
| 2 Kralovec, Charles | 61 | OREG | 36.07 |
| 3 Czerwinski, Charles | 63 | UC37 | 40.56 |

| | | | |
|--------------------|----|------|---------|
| 200 Yard Freestyle | | | |
| 1 Hamry, Carl | 59 | PSM | 2:24.27 |
| 1 Lacount, Curt | 55 | OREG | 1:04.61 |
| 2 Piette, Jeff | 58 | OREG | 1:12.99 |

| | | | |
|-----------------------|----|------|-------|
| 500 Yard Freestyle | | | |
| 1 Larson, Allen | 60 | OREG | 29.58 |
| 2 Kralovec, Charles | 61 | OREG | 36.07 |
| 3 Czerwinski, Charles | 63 | UC37 | 40.56 |

| | | | |
|-----------------------|----|------|-------|
| 1000 Yard Freestyle | | | |
| 1 Larson, Allen | 60 | OREG | 29.58 |
| 2 Kralovec, Charles | 61 | OREG | 36.07 |
| 3 Czerwinski, Charles | 63 | UC37 | 40.56 |

| | | | |
|---------------------|----|------|---------|
| 1 Larson, Allen | 60 | OREG | 1:04.41 |
| 2 Kralovec, Charles | 61 | OREG | 1:25.11 |

| | | | |
|---------------------|----|------|---------|
| 200 Yard Freestyle | | | |
| 1 Yensen, Kermit | 60 | OREG | 2:22.11 |
| 2 Kralovec, Charles | 61 | OREG | 3:14.04 |

| | | | |
|---------------------|----|------|---------|
| 100 Yard Backstroke | | | |
| 1 Kralovec, Charles | 61 | OREG | 1:40.37 |

| | | | |
|-----------------------|----|------|---------|
| 50 Yard Breaststroke | | | |
| 1 Czerwinski, Charles | 63 | UC37 | 40.39 |
| 100 Yard Breaststroke | | | |
| 1 Czerwinski, Charles | 63 | UC37 | 1:32.75 |
| 2 Larson, Allen | 60 | OREG | 1:38.28 |

| | | | |
|---------------------|----|------|-------|
| 50 Yard Butterfly | | | |
| 1 Yensen, Kermit | 60 | OREG | 32.47 |
| 2 Kralovec, Charles | 61 | OREG | 46.10 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard Butterfly | | | |
| 1 Larson, Allen | 60 | OREG | 1:28.31 |

| | | | |
|-----------------|----|------|---------|
| 200 Yard IM | | | |
| 1 Larson, Allen | 60 | OREG | 3:06.36 |

| | | | |
|------------------|----|------|---------|
| 400 Yard IM | | | |
| 1 Yensen, Kermit | 60 | OREG | 6:05.05 |

Men 65-69

| | | | |
|--------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Foges, John | 69 | OREG | 33.04 |
| 100 Yard Freestyle | | | |
| 1 Foges, John | 69 | OREG | 1:25.44 |

| | | | |
|--------------------|----|------|---------|
| 200 Yard Freestyle | | | |
| 1 Kirkland, Dan | 65 | OREG | 2:08.91 |

| | | | |
|--------------------|----|------|---------|
| 500 Yard Freestyle | | | |
| 1 Kirkland, Dan | 65 | OREG | 5:47.73 |
| 2 Foges, John | 69 | OREG | 8:46.68 |

| | | | |
|---------------------|----|------|----------|
| 1000 Yard Freestyle | | | |
| 1 Kirkland, Dan | 65 | OREG | 11:46.12 |

| | | | |
|---------------------|----|------|---------|
| 200 Yard Backstroke | | | |
| 1 Kirkland, Dan | 65 | OREG | 2:30.62 |

| | | | |
|----------------------|----|------|-------|
| 50 Yard Breaststroke | | | |
| 1 Foges, John | 69 | OREG | 47.68 |

| | | | |
|--------------------|----|------|---------|
| Men 70-74 | | | |
| 200 Yard Freestyle | | | |
| 1 Mohr, Ralph | 72 | OREG | 2:48.43 |

| | | | |
|-------------------|----|------|-------|
| 50 Yard Butterfly | | | |
| 1 Mohr, Ralph | 72 | OREG | 37.75 |

| | | | |
|--------------------|----|------|---------|
| 100 Yard Butterfly | | | |
| 1 Mohr, Ralph | 72 | OREG | 1:28.00 |

| | | | |
|---------------|----|------|---------|
| 400 Yard IM | | | |
| 1 Mohr, Ralph | 72 | OREG | 6:53.40 |

| | | | |
|--------------------|----|------|-------|
| Men 75-79 | | | |
| 50 Yard Backstroke | | | |
| 1 Thayer, George | 77 | OREG | 40.39 |

| | | | |
|---------------------|----|------|---------|
| 200 Yard Backstroke | | | |
| 1 Thayer, George | 77 | OREG | 3:23.43 |

| | | | |
|----------------------|----|------|-------|
| 50 Yard Breaststroke | | | |
| 1 Thayer, George | 77 | OREG | 45.17 |

| | | | |
|--------------------|----|------|---------|
| Men 90-94 | | | |
| 50 Yard Freestyle | | | |
| 1 Lamb, Willard | 91 | OREG | 38.87 |
| 500 Yard Freestyle | | | |
| 1 Lamb, Willard | 91 | OREG | 8:58.10 |

| | | | |
|---------------------|----|------|---------|
| 100 Yard Backstroke | | | |
| 1 Lamb, Willard | 91 | OREG | 1:50.01 |
| 200 Yard Backstroke | | | |
| 1 Lamb, Willard | 91 | OREG | 3:58.89 |

Relays

Women 25+ 200 Yard Free Relay

| | | |
|-------------------|--------------------|----------------|
| 1 | OREG | 2:19.53 |
| 1) Coates, S. 28 | 2) Harrison, E. 39 | |
| 3) Frewing, L. 46 | 4) Andrade, J. 52 | |

Women 45+ 200 Yard Free Relay

| | | |
|------------------|------------------|----------------|
| 1 | OREG | 2:19.28 |
| 1) Worden, L. 56 | 2) Daly, C. 60 | |
| 3) Fox, C. 53 | 4) Gannon, L. 57 | |

Women 45+ 200 Yard Medley Relay

| | | |
|------------------|------------------|----------------|
| 1 | OREG | 2:27.89 |
| 1) Fox, L. 50 | 2) Fox, C. 53 | |
| 3) Worden, L. 56 | 4) Gannon, L. 57 | |

Danny Burns is showing his ribbon for the 100 yard breaststroke. He has completed more than a dozen Ironman competitions, but this was his first Masters meet. He swam 50 & 100 breast and 1000 freestyle



Swim Bits

by Ralph Mohr

Swimming in practice should never be at the same pace throughout the whole practice. People who have coaches don't have any problems doing this, but there are many Masters swimmers who workout alone. They have to vary their swimming pace on their own, and this is hard to do. To help on this, let's get some terminology straight.

"Tempo" pace is only moderately faster than your natural warm-up pace. To find it, start out easy as if you are warming up and imagine shifting one gear up, pushing yourself just a little but remaining comfortable. There are times it is very profitable to go a series of long intervals, such as 3 x 300/400/500, 20" rest, and swim them at a comfortable tempo pace.

"Threshold pace" is the fastest pace at which you can remain fully in control of your breathing. For highly trained swimmers, threshold pace can be sustained for about one hour in fast pace conditions. For beginners, it's closer to a 30-minute maximum pace. Threshold pace is what you most likely used in the Hour Swim if you pushed it.

Try the same long intervals above at threshold pace when you are in better shape, or go a very long series of 100s or 200s that lasts more than 30 minutes. Bob Bruce likes 30 minutes of 100s, 10 seconds rest, at threshold pace.

Faster still is "VO2 max pace." This is the pace at which you breathe as hard as you can. For most of us, it corresponds to the fastest speed we can sustain for 6 to 10 minutes or a fast 500. It's uncomfortable, but you can get used to it.

VO2 max swimming is almost always done in interval format as you can get very exhausted swimming 3 x 500s plus with,

say, a 20" break. 15 x 100 with 15 seconds rest is much better. The trick here is to keep the speed up.

I have found that if I divide my intervals in 600 to 1000 yard segments, 6 x 100, 12 x 50, 5 x 200 or even 3 x 300, I can handle the speed required for VO2 Max. I usually need a kicking set in between the segments to recover, but then I can do another VO2 Max set afterwards.

Your next gear is just "speed." This usually means 50s or 100s with more than 15 seconds rest between. Swimmers seem to fall into two categories regarding speed workouts. Some people do nothing else. Others never do speed workouts. I'm close to the second group, and if I do such a workout, I'll do 100s, not 50s or 25s, except in fly.

The fastest training pace is a full sprint — the fastest speed you can sustain, which is usually no more than 20 seconds or a 25. Most people, I suspect, cannot hold a full sprint for 50 meters in a long course pool. We probably don't do these much, except the week before a meet.

Full sprints should be held for meet prep, but I remember when I coached high school, the kids loved ending practice with relays. Imagine ending a masters practice with 4 x 25 relays with the teams organized by age group with the added total ages of the teams within five years of one another and of mixed gender.

The coach can figure these out ahead of time or just count off and make some adjustments in preliminary races before the winning team gets to leave practice early. Full sprints are guaranteed as a member of a relay.



FATHER OF OMS

continued from page 1

to Oregon Masters Swimming in many capacities. This award is presented annually to the individual who, in the opinion of the OMS Board of Directors, has shown outstanding leadership, dedication, and devotion throughout the year to this organization and to Masters swimming. It is called Ol' Barn because Earl represented the older generation and was a kind and sort of 'rough on the edges' gentleman at times. An actual barnacle was affixed to the original award plaque and presented to him ... all in good humor.

Oregon Masters Swimming would not be the strong organization it is today if we had not had Earl at its helm in our early days. Those of us who knew Earl well will never forget his passion for Masters swimming and his dedication to our sport. We thank him for that and will miss him greatly.

For the past several years, Earl had been living in Florence, Oregon, near some of his children, and was unable to swim due to health problems. He passed away at the age of 92.

A memorial service is planned for Earl on Saturday, April 26, at 10:00 AM at St. Rose of Lima Catholic Church; NE 54th and Alameda, Portland, Oregon. It is both Earl's and his children's wish to have contributions made to Oregon Masters Swimming. They may be sent to Oregon Masters Swimming, 20412 Birdsong Lane, Bend, OR 97701-7092.

OMS Sponsors

We...



Newberg Meet a Big Hit

by Charlie Helm



University of Oregon DUCK team at the Chehalem Meet

Saturday, January 25th saw the annual Chehalem swim meet in Newberg host another popular event for our swimmers. This is always a popular winter meet regularly attracting from 80 to 100+ swimmers. A lot of the local teams showed up in force so there was a bit of inter-team rivalries going on. With a full menu of events to choose from, many swimmers had a full day and a lot of good efforts were seen, which led to a few tired swimmers after the meet was over.

The U of O Duck team made an appearance like they usually do for the Chehalem meet and it was good to see how our younger Masters were doing as we haven't seen them for a while. The T-Hills Barracudas had a good number of swimmers attend, as did the Oregon City Tankers. There were also our hard core regulars from the Reign and our other smaller teams from all parts of Oregon. Willard "Wink" Lamb also swam a full schedule of events to continue to show you that he can still swim fast at 91 and whoop on a few youngsters. There were several relays that had some good results, so in a way this was almost like a warm up for the Association championships for many swimmers. Many of us enjoy it when we have the full age range of our Masters swim together, as we can compare the differences in technique, and it motivates some of the older swimmers to stay close or not get beat too bad by the youngsters. I also did my usual job of making sure there was no unnecessary trash-talk happening on the deck. As usual, the officials, hosts, and volunteers did a good job in making this a fun day for the swimmers. See you next time in Oregon City!

Fun and Healthy at the Same Time

The benefits of USMS

Linda Shoenberger

My brother gave me a book one Christmas called Younger Next Year. Ho hum, I thought. Looks like another boring self-help book. It sat on the shelf for about a year until I had run out of books to read. I didn't have my Kindle at the time and I needed a good afternoon reading session after my 2-1/2 hour swim workout. So I cracked it open. And I read it practically straight through. Co-written by Manhattan internist Dr. Henry S. Lodge, who is on the faculty of Columbia University's College of Physicians and Surgeons, and his 70-year-old patient, ex-lawyer Chris Crowley, the book is based on medical research about health.

Lodge got a brainstorm one day that doctors spend their lives studying disease. They don't focus on health. They learn how to treat disease once people become unhealthy. So he decided to expand his horizons and he began to pay attention to studies about health and aging and disease prevention. Chris Crowley became his subject. Crowley had come into the office one day complaining of general malaise. Basically he was complaining about growing old, getting weak and feeling lethargic.

The book is interesting in a way that rarely comes through in standard "let's-get-healthy" books. It talks about cell regeneration and how it is stimulated by vigorous exercise. Crowley and Lodge discovered that really hard exercise (like tough swim practices) regenerates cells so that they don't die and cause disease. Lodge put Crowley on a regimen of hard, fun exercise

six days a week—four days of aerobic exercise and two days of weight lifting. Crowley chose to ski, run and hike—hard.

Swimmers have been doing this for years. We swim hard four, five and sometimes seven days a week. We go to competitions where we put our heart and soul into every race. And the key ingredient is we LOVE it. It is so easy for us simply because we love to swim. Lodge and Crowley discovered that working hard at an exercise you love not only makes your body healthy, it makes you feel happy. Cells are regenerated while engaged in a vigorous sport and happy feelings come from being with people who enjoy exercising together. Swimming makes me happy and I read articles all the time in SWIMMER and on usms.org about how much swimming makes other people happy and healthy.

On May 2, 1970, USMS was founded and today we have coaches standing on pool decks all over the country giving us the opportunity to get and stay healthy. We have over 60,000 members across the United States. We are welcomed with open arms at swim practices daily throughout the U.S. What fun! In fact what more fun can we have than going to swim practice, getting healthy and happy with exercise and camaraderie?

The opportunities for health through swim fitness are vast because of USMS. Pool competitions, open water swims, workouts, clinics and swim camps abound because swimmers got together and said, "We love this sport. We want to do more of it. We want to swim hard for the rest of our lives." And USMS has made it possible for us to do so. Whenever someone complains that they are "getting old," we swimmers know they are really missing out. Ask them to join us! Tell them our doors are open all across the country at the pools. We'll help them feel good and healthy just like we do.

Thank you OMS Sponsors!

DIAMOND SPONSORS

Stephen Darnell
Charles Dwight
Willard Lamb
Allen & Carol Stark

Jeanne Teisher
Mike Tennant
Nancy Vincent

SILVER SPONSORS

Elke Asleson
Leslie Beard
Sherry Bender
Lou Boone
Michael Brinster
Martha Cannon
Doug Carmean
James Coakley

GOLD SPONSORS

Randy Boehm
Christina Fox
Michelle Macy
Milton Marks
Keith Peters
Sandi Rousseau

Colette Crabbe
Arlene Delmage
Earl Ellis
Rupert Fixott
John Foges
Dan Gipe
Kristi Gustafson
John Hammarley
Shirley(Missy) Haney
David Harrington
Sue Harrington
Charlie Helm
Gary Hingley

Herb Hoeptner
David Jamieson
Valerie Jenkins
Rebecca Kay
Stephen Kevan
Timur Kiykioglu
Katy Krupp
Lori Lamoureux
Allen Larson
Craig Limoges
Steve Mann
Edwin Morgan
William Motter

Bob Needham
Phuong Parker
Frank Philipps
James Proffitt
Cynthia Rosik
Jon Schieltz
Scot Sullivan
Tyler Thessin
Nick Thorpe
Dick Weick
Caitlin White

Bob Unger

Trimmer, faster, better, swimmer

Suzi Green

New York resident Bob Unger, 56, swims with the Seawolves Masters in the Metropolitan LMSC. He started as a middle distance runner in high school and college, but an injury and life got in the way of his keeping up with running. About 20 years ago, he suffered a vertebral fracture, which went undiagnosed until relatively recently. As he got older, the pain worsened and his middle thickened. He tried to get back into running, but the pain was too great. He decided to try swimming instead. He had swum as a kid, but had never really developed a strong interest in it.

He did some research and discovered the USMS website, which led him to find the Seawolves. His new teammates were accepting and supportive, and they made the workouts fun. He slowly worked his way up to a more advanced level. As he improved, he lost weight and began to get in shape.

Married 33 years, Unger has two grown children, and they and his wife marveled at his newfound activity and the fact that he was exercising consistently, two mornings a week at a

shockingly early 5:30 a.m. As he began to feel better and the weight came off, he finally opted to have the spinal fusion surgery he'd been putting off. He says his only regret was waiting so long to have the surgery.

Swimming and his new friends opened up new worlds for Unger. He started doing more and more open water swims, some of which they called "eco-adventure" swims. They'd pick points of interest for starting and ending, and then just swim. The distances went from a couple of miles to 5K and 10K. These events got him interested in marathon swimming. His longest solo swim to date was a 10-mile swim he completed two years ago in Newport, Vt. He has come close to finishing other, longer solo swims, too. Though he enjoys the long events, he enters them primarily to keep up his interest in training and thusly stay in shape.

Unger tries to swim three times—covering about 10 miles total—per week, and his flexible career as a pension consultant allows him to do so most weeks. He gets some coaching from teammates and a coach, but he admits he swims primarily for fun and camaraderie and to prepare for upcoming events. Unger credits GTD and his FLOG with giving him the tools he needs to set goals and keep track of his swimming. He hopes to swim 600 miles in 2014.

THE TIME IS NOW...

...to keep your eyes and ears open for nominations for our annual awards to be presented at the Association Meet. When you see or hear of someone that would fit into the following categories, send their name and reason for nomination to Ginger Pierson: gingerlp@centurylink.net or 8417 NE 16th St Vancouver, WA 98664 or (360) 253-5712.

Ol' Barn Award: has shown leadership, dedication, and devotion throughout the year to this organization and to Masters Swimming.

Connie Wilson Award: has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

Hazel Bressie Spirit Award: has shown enthusiasm and spirit to his/her team and/or other Masters swimmers during the past year (two awards given – male and female)

Special Service Award: contributes outstanding service to a team or OMS

These nominations should be received by **Sunday March 9**. Thank you for your help with this.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2014 (as of 10 Nov 2013)

| Date(s) | Days | Event/Venue | OR Location | Host | Event Director | Swims | Category | Sanction |
|------------|------|--|--------------|------|-----------------------------|---|--|----------|
| Sun 18 May | 1 | Lake Juniper (pool) | Bend | COMA | Bob Bruce | 1200-meter | Featured | Pool |
| Sun 15 Jun | 1 | Hagg Lake | Forest Grove | THB | Mike Healey/ Jim Teisher | 800-meter 2000-meter 4000-meter | ? ? ? | No |
| Sat 28 Jun | 1 | Foster Lake Cable Swims | Sweet Home | COMA | Bob Bruce | 2-mile cable 1-mile cable | Featured Featured | Yes |
| Sun 13 Jul | 1 | Willamette River | Portland | THB | Marisa Frieder | 17-km downriver | Featured | No |
| Sat 19 Jul | 2 | Southern Oregon Swims at Applegate Lake | Ruch | RVM | Andy Gramley | 2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter | Qualifying Qualifying Featured | Yes |
| Sun 20 Jul | | | | | | 1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay | Featured Participation | |
| Fri 1 Aug | 3 | Cascade Lakes Swim Series & Festival at Elk Lake | Bend | COMA | Bob Bruce | 3000-meter 500-meter 1500-meter 5000-meter (National Champs) 1000-meter | Qualifying Qualifying Featured Featured Qualifying | Yes |
| Sun 3 Aug | | | | | | | | |

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Oregon Association Championship — SCY

April 4-6, 2014

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 4: **400 IM** – 2:30 PM / **1650 Free** – 3:00 PM

Saturday, April 5: **1000 Free** – Start of the 50 Breast

Sunday, April 6: **500 Free** – 8:30 AM

RELAYS: CHECK-IN DEADLINES

(The 400 and 800 distances of relays will only be offered as time permits, as determined by the Meet Director.)

Saturday, April 5: **Medley Relays** – 9:15 AM / **Mixed Free Relays** - Start of the 50 Breast.

Sunday, April 6: **Free Relays** – Start of the 50 Free / **Mixed Medley Relays** - Start of the 200 Free.

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

WORKOUT GROUP SCORING: Only workout groups registered by March 25, 2014, will be able to score points. There will be three workout group categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each workout group. There will be a meeting of all the workout group representatives on Saturday, April 5, 2014 at 8:45 a.m. to vote on the breakdown of the groups into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the group competition. Full workout group names and their abbreviations are listed below and in the current issue of the Aqua Master. Someone from your workout group must register your team for 2014.

The workout group registration form is on the OMS and USMS websites and in the current Aqua Master issue. Please make sure your group is registered.

As of January 28, the following 37 Workout Groups were registered for 2014:

| Code | Name | Club | | | |
|------|---------------------------------------|------|------|------------------------------------|------|
| AQDK | Aquaducks Masters | OREG | NCMS | North Clackamas Masters Swimming | OREG |
| BRSC | Bearcat Swim Club | OREG | NCSC | North Coast Swim Club | OREG |
| CAT | Corvallis Aquatic Team Masters | OREG | OACM | Oregon Athletic Club Masters | OREG |
| CBAT | Circumnavigating Beavers Aquatic Team | OREG | OCT | Oregon City Tankers | OREG |
| CGM | Columbia Gorge Masters | OREG | OMVM | Oregon Mid-Valley Masters | OREG |
| CMG | Canby Masters Gators | OREG | OPEN | OPEN Narwhals | OREG |
| COMA | Central Oregon Masters Aquatics | OREG | ORM | Oregon Reign Masters | OREG |
| CSTM | Chehalem Swim Team Masters | OREG | PCCM | Portland Community College Masters | OREG |
| DUCK | University of Oregon Swim Club | DUCK | PEND | Pendleton Masters Swim Club | OREG |
| EA | Emerald Aquatics | OREG | PSA | Pendleton Swim Association | OREG |
| FAST | Portland Fast | OREG | PSM | Portland State Masters | OREG |
| KAM | Salem Kroc Masters | OREG | RVM | Rogue Valley Masters | OREG |
| KBM | Klamath Basin Masters | OREG | SHRC | SHARC Masters | OREG |
| LHST | LaCamas Headhunter Swim Team | OREG | SYD | Sherwood YMCA Dragons | OREG |
| LOM | Lake Oswego Masters | OREG | TCSO | Team Club Sport Oregon | OREG |
| LSC | Lebannon Community Swim Club | OREG | THB | Tualatin Hills Barracudas | OREG |
| MAC | Multnomah Athletic Club Masters | OREG | TOR | Tornadoes Swim Club | OREG |
| MJCC | Mittleman Jewish Community Center | OREG | VSC | Vancouver Swim Club | OREG |
| | | | WVAC | Willamette Valley Aquatic Club | OREG |

What you write down on your entry form is your group designation for the meet and no exceptions will be allowed. If you leave this workout group space blank you will be entered as representing the group listed on your 2014 USMS Registration for scoring purposes.

GROUP AWARDS: Awards for First, Second, and Third Place will be awarded for each workout group category.

GROUP SPIRIT AWARD: Awarded to the workout group that demonstrates the most enthusiasm, encouragement, and unity at the OMS Association Championship Meet. All OMS registered workout groups entered in the OMS Association Championships are eligible. Each group represented at the OMS Association Championship Meet shall be afforded one vote. Ballots shall be provided to each group representative on Saturday and must be returned to the Awards Chair no later than Noon on Sunday for tabulation.

IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET,

PLEASE CONTACT: Wes Edwards wesedwards.backstroker@comcast.net (503)460-7989

OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-S003

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2014 registration form and fee with this form.

Hosted by: Mt. Hood Community College
26000 SE Stark
Gresham, Oregon
8 lanes competition, elec. timing.
Separate area for warm-up/down.

DATE: Fri., Sat. & Sun. April 4-6, 2014

FRIDAY: WARM-UPS: 2PM • MEET STARTS: 3PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet directors: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com & Aubree Gustafson • 971-404-6968

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark

St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY MARCH 25, 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 # _____
IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____
USMS CLUB (OREG, PSM DUCK, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2014 IN ORDER TO SCORE POINTS.

Friday, April 4, 2014

400 IM (1) _____ : _____ . _____
1650 FREE (2) _____ : _____ . _____

Saturday, April 5, 2014

200 IM (3) _____ : _____ . _____
50 BACK (4) _____ : _____ . _____
200 BREAST (5) _____ : _____ . _____
100 FREE (6) _____ : _____ . _____
* break*
MEDLEY RELAYS (7-10)
50 BREAST (11) _____ : _____ . _____
200 BACK (12) _____ : _____ . _____
100 FLY (13) _____ : _____ . _____

* break*

MIXED FREE RELAYS (14-16)

1000 FREE (17) _____ : _____ . _____

**ASSOCIATION AWARDS BANQUET - 6PM,
MT. HOOD COMM. COLLEGE**

Sunday, April 6, 2014

500 FREE (18) _____ : _____ . _____
Break- 20 minute warm-up, event 20 will not start before 10 am

50 FREE (19) _____ : _____ . _____
200 FLY (20) _____ : _____ . _____
100 BACK (21) _____ : _____ . _____

* break*

FREE RELAYS (22-27)

50 FLY (28) _____ : _____ . _____
200 FREE (29) _____ : _____ . _____
100 BREAST (30) _____ : _____ . _____
100 IM (31) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (32-33)

Please plan to attend the OMS Annual Meeting on Saturday at 5pm - Mt. Hood Comm. College - and be a part of this great organization!

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

SIGNATURE _____ DATE _____

Assoc. Awards Banquet • Saturday Evening \$25.00 (all ages) _____ each @ \$25.00

Vegetarian dinner needed? circle here

Association long sleeve t-shirts S _____ M _____ L _____ XL _____ XXL _____ \$18.00 each

AWARDS BANQUET _____

T-SHIRT _____

MEET ENTRY FEE **28.00**

TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

**2014 PNA Championship and
Northwest Zone Championship Meet**
Saturday April 12th and Sunday April 13th, 2014
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. #364-xx

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank.

TIMES: Saturday, Apr 12: Warm-up 9:00-9:50am, meet starts 10 am
Sunday, Apr 13: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442.

pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 04/13/2014. Age groups based on the swimmer's age as of 04/13/2014.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Friday, April 4, 2014 11:59 PM (Pacific Time).

No entries will be accepted after April 4th deadline.

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 9:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

AWARDS: Ribbons for individual places 1 – 6 for both PNA Champs and NW Zones. Medals may be purchased at meet. Plaques for PNA team awards. The top 8 finishers in each event will score team points.

ORDER OF EVENTS:

| Saturday, April 12th | | Sunday, April 13th | |
|--------------------------|--------------------------|------------------------------------|------------------------|
| 1 | 400 Individual Medley | 13 | 500 Free * |
| 2 | 50 Back | 14 | 100 Breast |
| 3 | 200 Fly | 15 | 50 Fly |
| 4 | 100 Free | 16 | 200 Free |
| Break (10 Minute) | | Special Awards Presentation | |
| 5 | 100 Back | 17 | 50 Breast |
| 6 | 50 Free | 18 | 200 Back |
| 7 | 200 Breast | 19 | 100 Fly |
| 8 | 100 Individual Medley | 20 | 200 Individual Medley |
| 9 | Women's 200 Medley Relay | 21 | Women's 200 Free Relay |
| 10 | Men's 200 Medley Relay | 22 | Men's 200 Free Relay |
| 11 | 200 Mixed Free Relay | 23 | Mixed 200 Medley Relay |
| 12 | 1000 Free * | 24 | 1650 Free * |
| | | PNA Team Awards | |

ENTRY FEES: \$34.00 (US or Canadian). includes LMSC and NW Zone surcharges. **PLUS** \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=5142

PAPER ENTRIES: Use the Entry Form of the right side of this page.

NOTES: This meet is the NW Zone Championship Meet, as well as the PNA Championship. Individual awards will be presented for both events.

NW Zone Forum Sunday 8:30 am.



DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

NAME: _____ M F AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE _____ Email _____

BIRTHDATE: ____/____/____ USMS #: _____ - _____

Include a copy of your USMS Registration if not a PNA member

| | |
|--|-----------------------------------|
| LMSC: (PNA, Oregon, Inland NW, etc.) | PNA Club: (PSM or BWAQ) |
| PSM Team: | |

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

| Event # | Event Name | Entry Time |
|---------|------------|------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

ENTRY FEE: Fees include WA State Sales Tax

| | | | | | | |
|-------------------------------------|----------------|--|-----|----|----|-----|
| SURCHARGE | \$34.00 | | | | | |
| INDIVIDUAL EVENTS | + | \$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis | | | | |
| T-SHIRTS@ \$20 UNISEX SIZING | + | Small | Med | Lg | XL | XXL |
| WOMEN'S FIT | + | Small | Med | Lg | XL | XXL |
| | + | + \$2 for XXL shirt | | | | |
| TOTAL | \$ | Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093 | | | | |

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
Paper entries must be **received** by Friday, April 4, 2014. Online entries are due by Midnight (PDT) Friday, April 4, 2014. All swimmers must have a valid 2014 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry. **NO LATE ENTRIES ACCEPTED.**

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 | Date |
| _____ | _____ |
| <input type="checkbox"/> This is my first Masters meet | |

2014 MEMBERSHIP APPLICATION

ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2014



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

___ Renewal – my last USMS number was _____

___ New registration

I do not have access to a computer/email.

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:

- Oregon Masters (OREG) \$5:**
- AQDK Aquaducks Masters
 - BASS: Baker Area Seasoned Swimmers
 - BRSC: Bearcat Swim Club
 - CMG: Canby Master Gators
 - COMA: Central Oregon Masters Aquatics
 - CSTM: Chehalem Swim Team Masters
 - CBAT: Circumnavigating Beavers Aquatic Team
 - CGM: Columbia Gorge Masters
 - CAT: Corvallis Aquatic Team Masters
 - EA: Emerald Aquatics
 - FAST: Portland Fast
 - KAM: Salem Kroc Masters
 - KBM: Klamath Basin Masters
 - LHST: LaCamas HeadHunters
 - LOM: Lake Oswego Masters
 - LSC: Lebanon Community Swim Club
 - MAC: Multnomah Athletic Club
 - MJCC: Mittleman Jewish Community Center
 - NCMS: North Clackamas Masters Swimming
 - NCSC: North Coast Swim Club
 - OPEN: OPEN Narwals
 - OACM: Oregon Athletic Club Masters
 - OCT: Oregon City Tankers
 - OMVM: Oregon Mid-Valley Masters
 - ORM: Oregon Reign Masters
 - PEND: Pendleton Masters Swim Club
 - PCCM: Portland Community College Masters
 - PSM: Portland State Masters
 - RVM: Rogue Valley Masters
 - SHRC: SHARC_MASTERS
 - SYD: Sherwood YMCA Dragons
 - TCSO: Team Club Sport Oregon
 - TOR: Tornadoes Swim Team
 - THB Tualatin Hills Barracudas
 - VSC: Vancouver Swim Club
 - 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 (\$35): | \$35 | \$35 |
| plus OMS LMSC (local governing body) fee (\$10): | \$10 | \$0 |
| plus OREG Club fee (\$5) (if applicable): | \$5 | \$5 |
| I wish to contribute this amount to the International Swimming Hall of Fame Foundation: | | |
| I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund: | | |
| I wish to contribute this amount to Oregon Masters Swimming: | | |
| Total: | \$50 | \$40 |

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

Oregon Masters Swimming

2014 Workout Group (Local Team) Registration

This form must be received by the entry deadlines of 2014 OMS Association Championship and 2014 OMS Open Water Championships for a team to compete as a "Local Team" at those events.

Team Name _____ **Abbreviation** _____
(up to 4 letters)

Club _____

Website _____

Team Representative Information (must be an OMS member)

Rep. Name _____

Address _____

Phone #1 _____ **Phone #2** _____

E-mail _____

Team Information

Approximate number of swimmers _____

Drop-in/pool entry fees (if any) _____

Practice schedule (attach additional sheet, if necessary)

Mon _____ **Tues** _____

Wed _____ **Thurs** _____

Fri _____

Sat _____ **Sun** _____

Coaches Information

Head Coach _____

Address _____

Phone #1 _____ **Phone #2** _____

E-mail _____

Assist. Coach _____

Phone #1 _____ **Phone #2** _____

E-mail _____

Pool Information

Pool Name _____ **Phone** _____

Address _____

Aqua Master

March 2014

Results Chehalem Meet SCY

Looking Ahead . . .



| DATE | COURSE | MEET LOCATION |
|--------------|--|--|
| March 8-9 | SCM https://www.clubassistant.com/club/meet_information.cfm?c=2199&smid=5260 | Oregon City Dual Meet Oregon City, OR |
| April 4-6 | SCY https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5158 | OMS Association Meet Gresham, OR |
| April 12-13 | SCY | NW Zone Championship Meet Federal Way, WA |
| May 1-4 | SCY | USMS Nationals Santa Clara, CA |
| May 18 | OW | Lake Juniper (pool) Bend, OR |
| May 31 | LCM | Barracudas (includes 1500 m) Tualitin Hills, OR |
| June 21-22 | SCY | Oregon Senior Games Bend, OR |
| August 3-9 | LCM | FINA World Masters Championships Montreal, Canada |
| August 10 | OW | FINA World Masters Open Water Montreal, Canada |
| August 13-17 | LCM | USMS Nationals College Park, MD |



OMS Board Meetings

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

