



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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Water Boils in Corvallis!

by Charlie Helm

Corvallis Aquatic Team hosted our 2015 OMS Association Championships this year, that saw 242 swimmers sign up and make the pool boil from April 10th-12th with some very competitive swimming and the always hyper-competitive team relays. The swimmers had a fun time competing and hanging out with their respective teams.

Speaking of teams, the Oregon City Tankers, with Head Coach Tim Waud, again won the Team Spirit award (for the 4th or 5th year in a row). Tim knows how to fire up his Tankers! The OCT balloons and beads were also fun to see around the pool deck.

Winners of the team divisions this year were Oregon Reign for the Large Teams Division; Multnomah Athletic Club defended their title again in the Medium Teams Division; while the Small Team Division saw some very close competition with Rogue Valley Masters winning the title, just edging out the OPEN Narwhals who took 2nd and the new Sandy Triton Aquatic Team finishing a respectable 3rd. Sunday started out with the Narwhals in 1st, Sandy in 2nd, and RVM 3 points behind them in 3rd. Late in the day RVM made their move and overtook the other teams to take the top spot. Sandy made a darn good showing in their first Association Championships and we look forward to seeing their members in future OMS events.

There were many great individual swims as usual for the meet. Some of the highlights were Dave Radcliff breaking his National Record in the 200 Free and just missing another of his records by hundredths in the 500 Free. Not bad, as Dave & Nancy continue their 56th wedding anniversary tour around Oregon! Wink Lamb, our 92-year-old youngster, also had a few good swims and



Oregon Reign — First Place in the Large Team Division

I heard he may have broken another record or two, but have not confirmed as of this writing. Several swimmers were heard to have set personal records (PRs), which is what most of us aim to do at our Championships. I would like to also make a shout out to Robin Szmids who came over from Scotland to compete at our OMS Championships. He is a UK masters swimmer who happened to come to Portland for a business conference and saw we were having our big meet on the prior weekend. He signed up with USMS, OMS, and competed as a member of the OPEN Narwhals. He had a great time, earned a couple 3rd place ribbons, and thoroughly enjoyed our amazing Oregon hospitality as well as the high quality of our competition over here. But we already know we are the best Masters group in USMS-right! Thanks again to the host team and all the Corvallis volunteers and our Officials who make the meet possible!

NOTE: Photos of the other teams who won in their divisions are on page 8.

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CONTENTS

Committee Chairs Articles

- 3** Chair's Corner
- 4** Off the Block
- 5** Shake and Swim with "Bake"
- 6** Long Distance Swimming

Records

- 7** Oregon Association Championship

Articles/Announcements

- 10** Masters Swimming 101
- 11** Swimmer Spotlight
- 12** OMS Annual Award Winners
- 13** Swim Bits
- 14** Oregon Relay Records are Outstanding. Why?
- 15** Willard Lamb
- 16** LD/OW Swimming Notices
- 17** One-Hour Postal Swim Results
- 19** Open Water Details

Event Schedule — Back Page

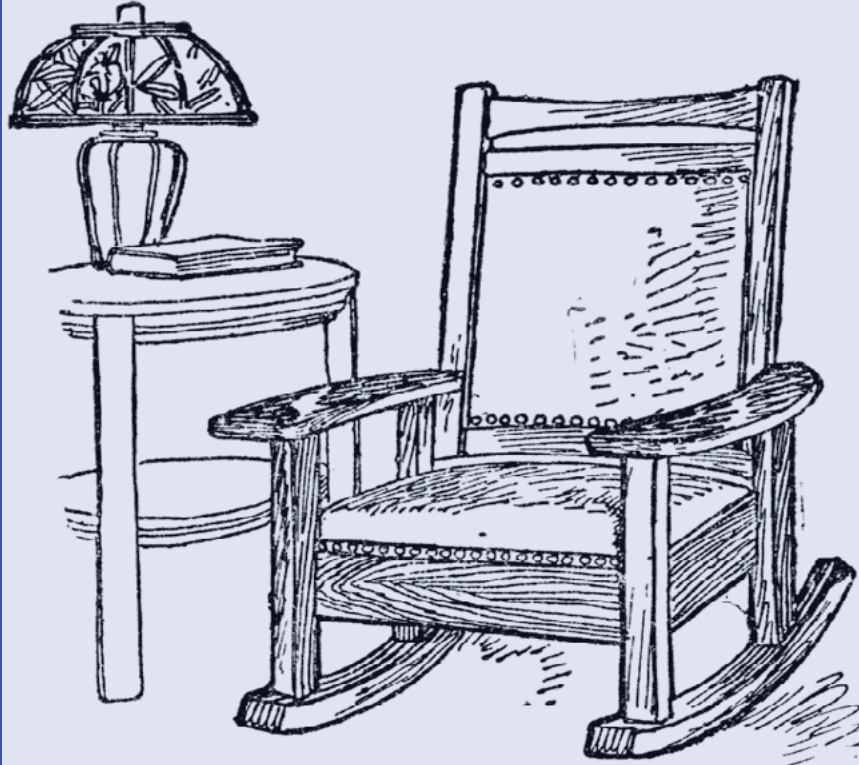
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Send address changes to Susie Young all other questions to Jackie Parker

Chair's Corner

OMS Board Chairman
Jeanne Teisher



Change is Good!!!!

In March the OMS treasurer, Kermit Yensen, attended a USMS leadership conference in Phoenix, AZ representing OMS. The objectives included:

- ◆ Opportunity to learn and exchange ideas
- ◆ Equip leaders to cultivate, motivate, recruit and recognize volunteers
- ◆ Provide info and tools to improve governance and programs
- ◆ Educate leaders on how they fit in

Kermit submitted a report to the board summarizing all he had learned and a list of possible goals for our LMSC. What I was particularly happy and proud to hear was how strong and progressive our LMSC is compared to other LMSCs. Many of us who have been involved in the leadership of OMS for any amount of time already felt this was true but to get it validated was encouraging.

I feel what makes OMS such a vibrant LMSC is not only the board and its membership but how we're always evolving to make us a more interactive and inclusive organization. Sometimes the changes we make may not always be met with agreement or enthusiasm from some of the swimming community but the board's goals are to reach out to as many adult swimmers (fitness, competitive, tri-athlete, open water) as possible using a variety of technology to get our message out. That is one of the primary reasons we decided to move the newsletter to the website, breaking out the articles into categories so they are easier to locate and read, both now and in the future.

Another change occurred during the recent Association Championship in Corvallis. For the past many years the Annual Awards Banquet included the annual LMSC meeting (this is required by USMS), dinner, award presentations, and frequently a guest speaker. The evening could last up to 4 hours, which is too long for swimmers who are exhausted from a long day of competition and want to get to bed. This year we tried something new. From the positive reviews we received the change was an overwhelming success. The cost of the event was cut by \$10+ from what a banquet meal has cost in the past (and was continually increasing). The appetizers this year were delicious and plentiful. The only awards that were presented were the volunteer awards (Spirit, Service, Ol Barn, and Connie Wilson). Those swimmers (pool, long distance, and open water) who reached major achievements during the year (i.e., Top Ten, All-American, All-Star, Most Splashes, Outstanding Swimmer, National and World record holders, etc.) were recognized via a slide show, as well as in the program and/or handout. What people enjoyed most about this new format was the opportunity to socialize with their fellow teammates and other swimmers. The event began around 3:00 and was over, including the meeting, by 5:30. There were some areas of the event of which we will be making some slight revisions, but it looks like this is an event we will continue to offer during future Association Championship weekends.

Thank to all of you for your support and patience with the changes we implement to make OMS such a fun, successful and progressive organization. Your smiles, laughter, stories, great swims, etc. tell us that you approve.



Off the Block



Avoid the Biggest Mental Mistake Swimmers Make

by Dr. Alan Goldberg

THE PROBLEM

The secret to swimming fast under BIG meet pressure is simple to understand, and yet so much harder to do: You have to learn to **stay physically loose and mentally composed behind the blocks before your races**. If you allow yourself to get too nervous pre-race, your muscles will get too tight for you to swim to your potential. What's the biggest cause of out-of-control, pre-race nervousness? **FOCUSING ON THINGS THAT YOU CAN'T DIRECTLY CONTROL!** Swimmers who go into their events thinking about and/or focusing on these "UCs" or **UNCONTROLLABLES** will always lose their confidence and get derailed by runaway nerves.

AN EXAMPLE

Sandy qualified for Nationals for the very first time in her life, a dream come true! Initially she was thrilled and so proud to be able to compete in this meet, being one of a select few from her club who was going. However, as the date of the meet crept closer, her excitement slowly began to morph into worry and then outright fear. No matter what she tried, she couldn't stop herself from thinking about the other "unbelievably fast" swimmers who would be there. As she entertained these thoughts, and shared them with teammates, her self-confidence started to crumble. By the time she got to the meet, she was filled with a sense of dread, looking like a deer caught in the headlights. She couldn't seem to stop focusing on



how good some of these athletes were. They were swimmers whom she had been reading about in the swim magazines over the years, and here she was going to race against them? I don't think so! What she really wanted to do was get their autographs and then get out of there!

She was a nervous wreck behind the blocks. She felt like she didn't belong in this heat or the meet and couldn't stop comparing herself to the racer in the next lane whose seed time was just a little faster than hers. When the starter called the swimmers up on the blocks she felt physically paralyzed and could barely catch a breath! Her race performance reflected exactly this. She swam terribly, adding a good 7 seconds from her qualifying time and recording the slowest time in this event.

WHAT ARE THE UNCONTROLLABLES

The UCs reflect all of the things both before and during the meet that you have no **DIRECT** control over, and

continued on page 5

Shake and Swim with "Bake"

Time for Long Course and Open Water!



Coach Dennis Baker

It's that time of year again and time for my tips for swimming and training long course and open water. Let's look at some tips and basics that you need to think about when approaching the summer season.

1. Always think about technique and try to reduce resistance in your stroke. Since there are fewer walls or no walls, the less resistance you have in your stroke, the less tired you will get.
2. Practice your open water sighting and make it part of your stroke. Lift the head as hand is coming out, look up, finish breath to the side like a normal breath.
3. Practice your 2-beat kick. Longer distances demand less kicking or your heartrate will be too high. Use your legs as rudders more than a propulsion type 6-beat kick.
4. Think about your core more. This will help with

technique and body position and keep you going in a straight line.

5. In Freestyle, make sure you're not rotating too much from side to side and keep shoulder high.
6. Let your shoulders lead your arms and hands in all the strokes. Swimming is all about the shoulders.
7. Find a buddy for open water.
8. Stay hydrated with the warmer weather.
9. Set a short term goal for the end of August or early September.
10. Set a long term goal for August of 2016 as we are hosting MASTERS NATIONALS!!!

Try these tips and you will be well on your way to a fun summer of long course and open water swimming.

OFF THE BLOCK

continued from page 4

"DIRECT" is the key word here. When you go into a meet or race, and either before or during your event, you are concentrating on things that are directly out of your control, you'll get nervous, lose your confidence and swim poorly. In Sandy's case, the huge UC she was concentrating on was the competition. As a swimmer you have no direct control over your competition and how big, strong or fast they are. No matter what you do, you can't directly control how fast another swimmer goes. You can only control what is going on in between your lane lines.

BEWARE OF THESE UNCONTROLLABLES

- The venue and whether the pool is "fast" or "slow"
- How your training and/or taper has gone up until this point, (the past)
- Your opponent's size, reputation and speed
- Your last event and anything else in the PAST
- How fast you'll swim, i.e. anything in the FUTURE
- Other's expectations of you/what they'll think or say about you
- Who is watching
- Your coach and how he/she acts before and after your events
- How big this meet or race is
- How you feel that day, both physically or emotionally
- How fast your teammates are swimming

continued on page 18



Long Distance Swimming

Coach Bob Bruce

The Oregon Club had a jump in participation and a strong performance in the 2014 USMS One-Hour Postal National Championships, held in January in your local pool. Our overall participation was short of our record, but there were many good swims. The Oregon Club was runner-up in the Large Club category to Indy Masters by 50 yards (out of 376,000) yards—in other words, we were ONE SWIMMER SHORT in winning a national club title!

Oregon Participation summary:

- ◆ 104 Oregon swimmers entered the event, way down from previous levels
- ◆ 54 women & 50 men swam and entered, relatively equal for a change (the gals have repeatedly out-paced in the past few years)
- ◆ 15 Oregon local teams were represented. Well done, teams, but we're still missing participation from a few of you, and we're still missing representative participation from many of you

Congratulations to...

- ◆ Our THREE individual National Champions (USMS Long Distance All-American) — Jayna Tomac, Dave Radcliff & Willard Lamb;
- ◆ Our THIRTEEN other individual swimmers who made the top ten (and thus received medals);
- ◆ Our TWO National Individual Record breakers — Dave Radcliff & Willard Lamb;
- ◆ Our FIVE relay team National Champions (USMS Long Distance Relay All-Americans);

- ◆ Our ELEVEN other relay teams who made the top six (and thus received medals);
- ◆ Our ONE USMS Relay Record breaking team — the Men's 75+ relay of Willard Lamb, Dick Weick, & Dave Radcliff, who broke the old record (also held by Oregon) by just thirty yards.
- ◆ Our THREE relay teams that smashed Oregon One-Hour Relay Records;
- ◆ Our TWO swimmers, Jayna Tomac (4865 yards) and Hardy Lussier (5455 yards), who topped the Oregon women's and men's categories respectively, Jayna for the second and Hardy for the fourth consecutive year;
- ◆ Our 24 swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim, a list becoming more challenging to make each year;
- ◆ Our Oregon Club, who placed second in the Large Club category behind Indy Masters (fourth overall also behind New England Masters and Davis Masters;

Everyone who participated!

There's a bonus: 104 Oregon-registered swimmers have completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter both the 5 or 10-km postal and the 3000 or 6000-yard postal later this year to snag this award. You've seen the patches, now you can earn your own. Of course, the truly compulsive swimmers, like me, plan to complete all four remaining postal swims this year to earn the national participation award.

continued on page 18

Records

Oregon Masters Association Championship — SCY

April 10-12, 2015; Corvallis, Oregon

USMS Sanction #375-S004

Results for this meet can be found at:

<http://swimoregon.org/results>

New records established: 33 Oregon, 12 Zone, 1 National

Age Group	Event	Name	Age	Club	Time	Record
Women 18-24	50 Yard Freestyle	Bambusch, Hailey	24	OREG	24.71	Oregon, Zone
	100 Yard Freestyle	Bambusch, Hailey	24	OREG	53.79	Oregon
Women 30-34	50 Yard Butterfly	Miller, Laura	23	OREG	27.40	Oregon
	200 Yard Backstroke	Kieras, Jessica	34	OREG	2:15.12	Oregon
	100 Yard Butterfly	Skinner, Sonja	38	OREG	1:00.69	Oregon
Women 35-39	100 Yard Butterfly	Crabbe, Colette	58	OREG	1:07.96	Oregon, Zone
Women 55-59	100 Yard IM	Crabbe, Colette	58	OREG	1:08.09	Oregon, Zone
	400 Yard IM1	Crabbe, Colette	58	OREG	5:09.72	Oregon, Zone
	50 Yard Freestyle	Rittenhouse, Susan	77	OREG	44.31	Oregon
Women 75-79	50 Yard Butterfly	Rittenhouse, Susan	77	OREG	55.36	Oregon
	100 Yard Freestyle	Kawabata, Geraldine	80	OREG	1:50.77	Oregon
Women 80-84	1000 Yard Freestyle	Kawabata, Geraldine	80	OREG	20:29.89	Oregon, Zone
	50 Yard Freestyle	Phipps, Virginia	90	OREG	1:11.16	Oregon
Women 90-94	100 Yard Freestyle	Phipps, Virginia	90	OREG	2:45.85	Oregon
	200 Yard Freestyle	Phipps, Virginia	90	OREG	5:28.54	Oregon, Zone
	1000 Yard Freestyle	Sullivan, Scot	48	OREG	10:52.45	Oregon
Men 45-49	100 Yard Freestyle	Baele, Michael	50	OREG	50.66	Oregon
Men 50-54	200 Yard Freestyle	Baele, Michael	50	OREG	1:53.42	Oregon
	1000 Yard Freestyle	Baker, Dennis	53	OREG	11:09.71	Oregon
	1650 Yard Freestyle	Baker, Dennis	53	OREG	18:32.78	Oregon
	100 Yard Butterfly	Baele, Michael	50	OREG	55.71	Oregon
	100 Yard IM	Baele, Michael	50	OREG	58.40	Oregon
	100 Yard Butterfly	Lacount, Curt	56	OREG	59.26	Oregon
	200 Yard IM	Kevan, Stephen	60	OREG	2:22.24	Oregon
Men 55-59	100 Yard Backstroke	Hiatt, Chris	75	OREG	1:19.79	Oregon, Zone
Men 60-64	50 Yard Freestyle	Radcliff, David	80	OREG	29.85	Oregon, Zone
Men 75-79	200 Yard Freestyle	Radcliff, David	80	OREG	2:23.60	Oregon, Zone, National
Men 80-84	50 Yard Freestyle	Lamb, Willard	92	OREG	37.93	Oregon, Zone
	100 Yard Freestyle	Lamb, Willard	92	OREG	1:27.46	Oregon, Zone
	200 Yard Backstroke	Lamb, Willard	92	OREG	3:55.51	Oregon, Zone

Women 18+ 200 Yard Free Relay

1) Asch, Jill 48 2) Bambusch, Hailey 24 3) Bowen, Kelsey 29 4) Stacy, Jessica 25 OREG 1:41.85 Oregon

Mixed 18+ 200 Yard Free Relay

1) Bambusch, Hailey 24 2) Bachulis, Brad 44 3) Stacy, Jessica 25 4) Ergenekan, Can 42 OREG 1:36.15 Oregon

Mixed 18+ 200 Yard Medley Relay

1) Stacy, Jessica 25 2) Bachulis, Brad 44 3) Bonus, Ted 26 4) Bambusch, Hailey 24 OREG 1:47.58 Oregon

Photos From Corvallis

by Charlie Helm and Facebook



Multnomah Athletic Club — Medium Team Division



Rogue Valley Masters — Small Team Division



Charlie Helm and Scottish swimmer, Robin Szmidi



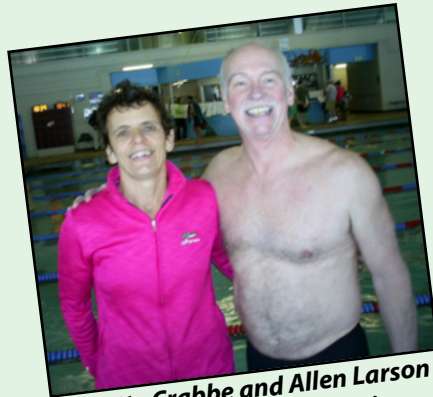
Starting blocks area at the Corvallis pool.



Oregon City Tankers relaxing in the warm water pool.



Coach Tim Waud with OCT star swimmer, 90-year-old Virginia Phipps



Colette Crabbe and Allen Larson in the Oregon Reign section



OPEN Narwhals



Coach Bryan Watt



Sonja Skinner and Amanda Metz



Backstroke start

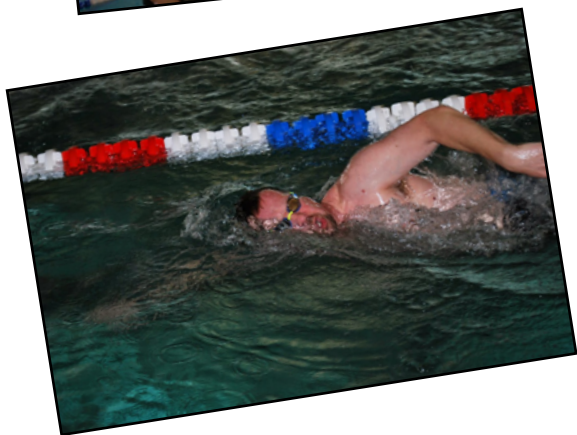
The Awards Social

by Brent Washburne



And Swimming

by Brent Washburne



Less than one-third of USMS swimmers identify themselves as “competitors” — but we all swim because we love swimming and want to be fit. Swimming is one of the most popular forms of aerobic exercise, and it is an excellent activity for anyone who wishes to get fit and stay fit. Below is the fifth of a series of articles to encourage fitness swimmers to try competition to see whether it “fits” you. You may be surprised!



Masters Swimming 101

What Equipment do I need?

Jim Harper*

Not much! The beauty of swimming is that the water provides all the resistance you need to work every part of your body. No machine can match it.

Swimsuits

Bulky suits weigh you down and make it harder to swim efficiently, so the best choice is a skin-tight material in one piece, designed specifically for swim training. Note: “real” swimmers *do* wear Speedos, among many other brands, but the women rarely wear bikinis unless they are designed for swim training. Wear a suit that will not move when you dive into the water or push off the wall. For men, surfer-style board shorts make completing a workout difficult. If you’re not ready to don a brief, try jammers, which resemble cycling shorts and extend to the knee.

Goggles and Caps

To protect eyes and hair from chlorine, two other critical equipment items are goggles and caps. Although swimmers with short hair may forego a cap, goggles are a must, or eyes will suffer. For both products, low-cost versions are more than adequate.

Toys

Don’t rush out and buy other equipment right away—your new coach and teammates can help you save time and money by letting you try out some of their stuff first. Some clubs have kick boards and pull buoys available for their swimmers. Pull buoys are sturdy flotation devices placed between the legs that allow for concentrated use of the arms only. Your coach may also recommend fins, paddles, or a snorkel.

Good swimming equipment can be hard to find. Your local sporting goods store may have the basics. We also encourage you to support our sponsors, who do a lot to support Masters swimming nationwide. Masters swimming geeks will love products with the USMS logo. Other good places to find equipment are at large pools and swim meets, where vendors often set up booths to sell equipment to the attending athletes.

*Jim Harper is an All-American Masters swimmer and coach in Miami who writes about health and nature.

Swimmer Spotlight

Name/Age: Jayna Tomac / 43
Lives in Coos Bay; swims for COMA
Occupation: Speech-Language Pathologist

Jayna grew up in Redmond, WA, where she began swimming competitively for Bellevue Eastside Swim Team when she was 6. During her very first swim meet, she jumped in the pool instead of using the blocks, swam half-way, stopped, climbed out of the pool and cried. Being an extremely shy, quiet kid, her mom & dad coaxed her into doing it again and again. She has been swimming ever since!

Jayna swam competitively attending all the regional meets and YMCA nationals. It wasn't until she qualified for Junior Nationals as a freshman in High School that she realized she may have some speed. She recalls her dad laying out all the options and what it would take to reach each level. At that point, it was her goal to attend a Division I school, and she attended Washington State University from 1990 to 1994.

What Jayna learned through her swimming career (and parents) about motivation, determination, dedication, drive, goals, and perseverance, she believes saved her life. After college, she hung up her goggles, started a family, and found herself fighting for her life while pregnant with her daughter. Following multiple surgeries and once being told her baby would not survive, she gave birth to Mareyna Karlin. She is the love of her life. Mareyna, now 20, attends University of Idaho studying Animal Science, and is a pole vaulter. Mareyna had open heart surgery this past December and competed in her first meet just three months after surgery. Jayna believes that swimming, sports, and faith, teach

fundamental skills for living a successful, happy, fulfilling life. She is so proud of her daughter.



At age 35, Jayna began swimming again at Mingus Pool in Coos Bay, where she met the most wonderful people and her closest friends (too many to name). The pool is a spiritual healing place, and a place to go to release all tension, while striving to reach new goals. When she heard that the 2008 spring nationals **the next** May were going to be at the University of Texas, it was meant to be. That was the same pool where she attended her first Junior Nationals. She traveled by herself and just happened to be taken under the wings of two of the greatest, huge-hearted people, Tom Landis and George Thayer.

Since that time, Jayna holds 18 Oregon records; 7 NW Zone; and, 4 Long Distance Records. Last year, she swam times leading to 15 spots on the Top 10 USMS lists in the 40-44 age group. In addition, she made the FINA World Top 10 lists in the following categories, respectively; 800 Free-7th, 50 Breast- 9th, 100 Breast- 6th, and 200 Breast- 6th.

One of Jayna's goals is to be an inspiration to others and to support others to reach their goals. That brings her the greatest joy. She hopes to swim the rest of her life. She also enjoys sewing and cycling. She believes she is never fast enough. After all, that is what keeps her going!

—submitted by Denise Stuntzner

OREGON MASTERS SWIMMING ANNUAL AWARDS

for the Year 2014

Connie Wilson Memorial Award
Alice Zabudsky



Ol' Barnacle Award
Christina Fox; Matt Miller



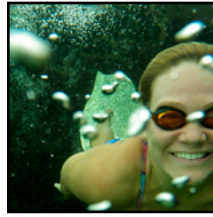
Outstanding Male Swimmer 50 and over
1st Willard Lamb; 2nd Tom Landis; 3rd Allen Stark



Gil Young Spirit Award
Clint Bogard; Willard Lamb; Ron Nakata



Outstanding Female Swimmer 49 and under
1st Natascha Mangan; 2nd Jill Asch; 3rd Jessica Stacy



Hazel Bressie Spirit Award
Jeanna Summers



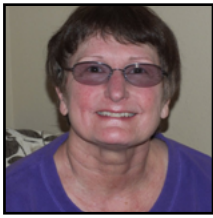
OMS Special Service Award
Tam Jenkins



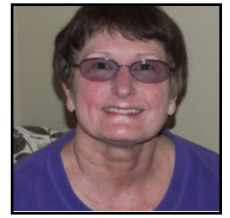
Outstanding Male Swimmer 49 and under
1st Mike Self; 2nd Matt Miller; 3rd Robbert Van Anandel



Outstanding Female Swimmer 50 and over
1st Janet Gettling; 2nd Sue Calnek-Morris; 3rd Colette Crabbe



Art Welch "Most Splashes" Award
1st Ginger Pierson/45; 2nd Sonja Skinner/36; 3rd Janet Gettling/35



Art Welch "Most Splashes" Award
1st Willard Lamb/46; TIE: 2nd Tyler Thessin/34; 2nd Timothy Waud/34



Team Spirit Award
Oregon City Tankers

Swim Bits

by Ralph Mohr
Central Oregon Masters Aquatics (COMA)

On the same Sunday as the OMS Championships a friend of mine was running the Corvallis Half Marathon. Karen Matson also happens to be a USMS member and is the only person I know who has run a full marathon and swum a 10K in the same year. You'll find her name in the Awards Social book for this year.

What is significant, however, is that we had 242 swimmers at our state championships, and the half marathon drew 1307 runners. I have to ask. Why the wide disparity in numbers?

It was noticed at the meet that almost all team numbers there, were down from previous years. We finished Saturday's heats before 4, and I was on the road back to Coos Bay Sunday before 2 PM. Why aren't people coming to the biggest and best pool meet of the year?

It was pointed out to me that OMS membership is still high, but most people are choosing not to attend meets. OMS is providing a great service, but competition is a minor part of it. Why? I ask, because I do not have a ready answer for the question.

I know in my neighborhood the same situation occurs. We have lots of lap swimmers on the southern Oregon coast, but only a small group of them attend pool meets or open water swims. I timed 10 people for the Hour Swim, but only five sent in their results. Only two of us signed up for the State Championships.

Some people told me in Corvallis that numbers were down at the championships due

to the travel involved; or, some people have simply backed off from competition; or they are doing something else; or, family, job, personal pressure has increased. Yet, a casual half marathon in the same place, the same weekend, drew 6 times the participants.

Is it the nature of the sport? Swimming is not easy, unless one grew up as a competitive swimmer. The learning curve is at least ten years. Running is natural. We are born to run. We are not born to swim.

Some beginning adult swimmers are intimidated by the prowess of USMS swimmers who have been swimming for over 30 years. I don't find the same reaction from beginning runners against veteran marathoners.

I know there are USMS programs, such as April's "Learn-to-Swim Month", where USMS has focused on this problem. I don't know what OMS has done for this USMS project, even though I did search the OMS website.

Perhaps we are victims of our own success. More people are swimming than ever before for exercise. There are a lot of ex-runners in our local pools who can no longer run. Their knees are gone. Others are there because swimming is warm, friendly, and soothing for muscles. People like the casual atmosphere of a pool.

The trick, though, for OMS and USMS is how do we get these regular swimmers into competition. Or, perhaps, we simply should not worry about that and be happy they're in the water.

Oregon Relay Records are Outstanding!

By Steve Darnell

Oregon Masters makes up about 2% of the swimmers in USMS, and we hold about 5.5% of the National relay records.

In trying to find some patterns in the data, I decided to slice the data in a number of different ways, to see where Oregon relays are strongest.

When you add together all relay events for SCY, SCM, and LCM courses, for Men, Women, and Mixed relays, there are a grand total of 366 relay events for possible records. Oregon swimmers hold the National record in 20 of those events, or 5.5%.

Here are a number of slices of that data (format: Oregon records / total records in that category):

Events	OR/USMS	% OR
SCY course:	6 / 109	5.5%
SCM course:	5 / 127	3.9%
LCM course:	9 / 130	6.9%
Men (all 3 courses):	5 / 126	4.0%
Women (all 3 courses):	6 / 115	5.2%
Mixed (all 3 courses):	9 / 125	7.2%
Men (freestyle relays):	4 / 76	5.3%
Women (freestyle relays):	0 / 69	0.0%
Mixed (freestyle relays):	4 / 75	5.3%
Men (medley relays):	1 / 50	2.0%
Women (medley relays):	6 / 46	13.0%
Mixed (medley relays):	5 / 50	10.0%

Tentative conclusions:

- ✓ Oregon is strongest in the LCM course. Not all US swimmers have access to 50-meter pools, but we Oregon swimmers are privileged to have the excellent Mount Hood Community College outdoor 50-meter pool, in which we have a major swim meet scheduled every August.
- ✓ Oregon Men's relays have been strongest in freestyle, while Women's relays and Mixed relays have been strongest in Medley relays. Not sure how to explain this difference.
- ✓ We are hoping that Aqua Master readers will offer some additional insights! Send your thoughts to our editor, Alice Zabudsky, to publish in a future issue. Thanks!

Why are Oregon Relay Records So Outstanding?

by Brent Washburne

In a previous article, I wrote about the complexities of finding relay teams at swim meets. I know, it shouldn't be that hard because all you need are four men or four women, or a mixed team of two men and two women, and you have a relay team. At every meet except for Associations, we are all one OREG team of 500 swimmers, so if you don't have enough swimmers on your team, you can always "borrow" someone from another team.

In reality, though, it's harder than it seems to get four swimmers for a relay team. One person may be focused on setting individual swim records at that meet, and not on relays. Another one may have been training for a particular race, which is right after a relay event, so that's not going to work. Still another may feel they aren't swimming well that day and decide to skip the relay. Even if people have agreed to swim a relay, one person's illness or injury right before a meet can scratch the entire relay team. So when a relay actually happens, I don't call it good planning, I call it luck.

I know these situations well because for the last five years, I have been recruiting Oregon swimmers for relays at meets. Not just for random relays to fill the day, but for teams that can break Oregon, Northwest Zone, National and World (FINA) relay records.

This all started when I wrote a computer program called Record Break'r. It finds the best relay teams based on their USMS times and all the relay records. With this tool, I can download all the swimmers at a meet, get their times, generate all possible relays, and then compare them with FINA, USMS, Zone and Oregon records. When I first wrote this program, I was amazed to see all the possible relay records that could be set from all the swimmers there are on deck at a swim meet.

However, I didn't know most of the people, so when I went to a meet with all of these awesome relay teams, I had to try to find them. I would walk around the deck asking people if they knew so-and-so. Because Oregon swimmers are a loosely-knit group of friends and know each other from meets, I would usually get an answer like "Doesn't she swim for that team over there?" and I would go over to that team and find them.

At larger meets, I would sometimes resort to asking the announcer to call them by name to come over and meet me. I'm sure they were a little nervous to hear their names being called over the loudspeakers. Those swimmers would come over, looking like they were wonder-

continued on page 15

RECORD-BREAKING RELAYS

continued from page 14

ing if they had done something wrong, only to have me recruit them for a relay team. I think they were relieved and a little bit impressed that they were summoned.

What also surprised me was that most people were more than willing to be on a relay team, even with other people they had never met before. I think that says a lot about our Northwestern friendliness and desire to bond with other swimmers. When I introduced the team members together, they would learn about each other. By the time the relay was over, all four were new friends who shared a real experience together, and maybe a record, too.

Sometimes I was so busy introducing swimmers to each other and writing up relay cards that I would nearly miss my own events. Nowadays I have built up my email contacts list so that I can usually notify people a week before the meet and let them know about relay opportunities, and to see if they are interested. Then I can write up the relay cards before the meet and just hand them out.

Last fall, I couldn't attend a meet but I checked the possible relay teams anyway. When I saw that four women could set a FINA record, I emailed them and they were ready to skip events just to focus on that relay. By the end of the meet, they had set a new world record in the 400 Medley relay and I wasn't even there to celebrate it with them!

So I guess the moral of this story is that we have tons of talent within team OREG just waiting for someone to ask them to swim in a relay. The real reward for me has been in making so many new friends and introducing people at meets, and I think we are a stronger team OREG. Instead of seeing co-competitors as rivals, we become partners and together we achieve so much more.

Even if you aren't going for a record, go ahead and form your own relay teams. The excitement and fun of racing as a group is, for me, way better than any individual swim. It's easy to fill out the card and hand it in. If you need assistance, just ask me or one of the referees. Invite someone new to join you, they would probably love to be asked. With a little luck, you might make a great relay team! You will definitely make a friend and a shared memory.



Willard Lamb

In 2014 there were 3 Oregon swimmers who, together, held 34 World and National Records in their age groups: Allen Stark (1); Dave Radcliff (20); Willard Lamb (13).

Willard Lamb, our own OMS 92-year-old champion, is pictured here. The young Wink is when he was 18. Wink was a WA State Champion in 1938 & 1940 and got 2nd place in 1939. The event was the 220 yard free with a time, in 1940, of 2:23.4. That time is still the high school record, because we now swim 200 yard events.

The other photo is Wink in 2010 at the SCY National Meet in Atlanta, GA, when he was 87. He got first place in all 6 of the events in which he swam. Notice all the gold medals around his neck! Way to go Wink; keep swimming, we are all cheering for you!



Attention — Open Water and Long Distance Swimmers

Below are a couple of opportunities for you to get in shape for the summer outdoor swim season. Swimming the ePostals that Ralph Mohr and Bob Bruce have so graciously made available, and that OMS is partially funding, is a great start to the season. Come swim and support Oregon on its quest to remain in first place in these ePostal events. Also, if you want these pools to be available on a regular annual, or biannual basis for swimming ePostals, please swim to show the OMS Board, Bob and Ralph, that you appreciate them arranging for the pools and for funding part of the cost of the pool rental.

Here is your big chance to swim the 5 & 10 km ePostals

This is for Oregon Swimmers in All Areas of the State

Your OMS dues at Work!

Prepare for summer open water success! Get your 10-km ePostal done early! On behalf of Oregon Masters Swimming, coach Ralph Mohr has rented the Amazon Pool (2600 Hilliard St. in Eugene) on Sunday, May 24, 2:00-6:00 pm, to swim your 10-km in a great pool. If you plan to do an open water 10-km or longer swim later this year, this is an excellent opportunity to prepare, as well as take your shot at the 10-km ePostal National Championships, sponsored by COMA this year.

There are 6 swim spots left, but they are going fast! Remember that you need to bring your own counter/timer. To get more information or to sign up, contact Ralph at rmohr1565@charter.net or 541-269-1565. Your pool fee will be \$10, with OMS funding the rest (your OMS dues at work!). First come, first served, so don't wait. Let's fill the pool with Oregon 10-km swimmers!

If this event succeeds, OMS would consider another date for the 5-km ePostals, late in the summer after the finish of the Oregon open water season. If you are interested in this, please contact Ralph so that he can add you to the swim list for May 24.

Please note that Bob Bruce will also offer a opportunity for 5 & 10-km ePostal swims at JSFC in Bend on Sunday, May 24, starting at 9:30am—looks like a popular date for ePostal swims! Contact Bob at coachbob@bendbroadband.com to reserve your spot.

Open water season is right around the corner--plan now!

Summer will be here before you know it and with it a chance to compete in open water. Registration for several USMS Open Water National Championship events is now open. Check out the list below and start planning your summer of open water racing!

June 13: 10K National Championship, Del Valle Open Water Festival, Livermore, Calif.

June 14: 1-Mile National Championship Del Valle Open Water Festival, Livermore, Calif.

June 20: 9+ Mile Open Water National Championship (9.3 miles), Morse Reservoir, Noblesville, Ind.

June 27: 2-Mile Cable National Championship, Foster Lake, Oregon

Aug. 29: 1-3 Mile National Championship (1.55 miles), Lake George, N.Y.

Sept. 12: 3-6 Mile National Championship (5K), Big Shoulders, Lake Michigan, Chicago, Ill.

Oregon LMSC Postal One-Hour Swim Results 2015

Place numbers are national places
 OR = Oregon Record; NR = National Record
 * = made the Oregon All-Time Top Twelve

Place	Name	Age	Club	Points					
Women 18-14					Women 70-74				
13	Phan, Alicia	19	KAM	4430*	10	Nichols, Jane	73	CGM	3075*
32	Stelzer, Sydney	24	CGM	3175	16	Ziemer, Judy	70	COMA	3005*
Women 25-29					22	Whiter, Peggy	71	COMA	2885
23	Bowen, Kelsey	29	MACO	3955	Women 75-79				
Women 30-34					14	Magmer, Jeanne	75	NCMS	2220*
30	Callahan, Amanda	32	NCMS	3650	Women 80-84				
32	Brewer, Aimee	33	CGM	3630	2	Hunt, Pat	83	COMA	2440
38	Scott, Erin	34	THB	3540	3	Speer, Bonnie	80	LHST	2255*
60	Carolyn DeMarco	34	UC37	3050	Men 35-39				
62	Dekle, Jessica	32	OR-un	3030	4	Miller, Matt	37	RVM	5000*
70	Arora, Sasha	33	CGM	2590	10	Donnermeyer, Chris	38	CGM	4715
Women 35-39					15	Lantry, Todd	39	RVM	4600
11	Jajewski, Suzy	39	ORM	4350	42	Hiller, Patrick	37	CGM	3875
45	Johnson, Serena	38	LHST	3800	Men 40-44				
77	Marokus, Celeste	38	RVM	3260	6	Van Anandel, Robbert	41	OCT	4905*
87	Hoomans, Bree	35	CGM	2895	36	Tujo, Chris	43	COMA	4245
96	Ayala Vela, Mariana	36	CGM	2390	57	Muessig, Dirk	44	OCT	3960
Women 40-44					71	Bednorz, Mark	43	COMA	3710
1	Tomac, Jayna	42	COMA	4865	Men 45-49				
15	Edwards, Bonnie	42	ORM	4350	2	Lussier, Hardy	49	COMA	5455
30	Sandoval, Lisa	42	CGM	3945	17	Frost, Mark	47	CGM	4940*
38	Sortor, Becky	42	COMA	3825	21	Lajoie, Darrin	49	AQDK	4790
44	Ready, Jody	43	CGM	3745	26	Sullivan, Scott	48	MACO	4645
70	Danner, Stacey	43	CGM	3305	64	Engbersen, Rutger	49	CGM	4110
Women 45-49					64	Parmenter, Rod	49	CGM	4110
53	Fadlovich, Angela	48	LHST	3790	91	Olson, Steve	45	CGM	3825
61	Murphy, Jeannette	48	LHST	3635	94	Wallenberg, Fredrik	47	LHST	3760
62	Gorman, Susan	48	COMA	3630	99	Bogard, Clint	47	CGM	3685
66	Mack, Jaime	47	CGM	3605	124	Shroufe, Rod	47	OCT	3390
69	Wardell, Jennifer	46	CGM	3575	141	Norris, William	49	CGM	3115
Women 50-54					Men 50-54				
11	Delmage, Arlene	51	ORM	4575*	28	Calvin, Kris	53	COMA	4610*
14	Wheeler, Kendra	51	KAM	4545	95	Anastas, Daemon	51	MACO	3800
20	Phillips, Sue	50	CAT	4460	155	David Jamieson	51	UC37	3195
23	Matson, Karen	51	COMA	4425	Men 55-59				
103	Pappa, Debbie	53	COMA	3560	45	Ramsey, Ed	57	THB	4150
119	Welty-Fick, Carolyn	50	CGM	3410	61	Palmer, Kevin	55	COMA	4000
142	Burkard, Anita	51	LHST	3215	68	Douglas, Mike	57	COMA	3980
186	Bowman, Marcie	51	OMVM	2900	110	Greenblatt, Daniel	59	RVM	3450
190	Beelman, Sandy	53	COMA	2895	133	Carter, Walt	59	COMA	3180
Women 55-59					153	Lane, Mark	57	COMA	2920
16	Harris, Barb	55	COMA	4145*	Men 60-64				
22	Cappaert, Marlys	56	CBAT	4100*	15	Phipps, Tom	61	OCT	4365
31	Worden, Laura	57	CAT	3980	16	Swanson, Charlie	63	EA	4335*
36	Goodman, Ann	55	CGM	3745	18	Philbrick, Larry	62	KAM	4305*
121	Shuman, Connie	59	COMA	3170	21	Richardson, Brooks	62	COMA	4195*
177	Eberhart, Katie	59	COMA	2575	22	Stephenson, Michael	62	CGM	4190
Women 60-64					36	Larson, Allen	61	ORM	4025
14	Holmberg, Madeleine	61	COMA	3905*	72	Easton, Doug	60	CAT	3440
41	Olson, Sarah	64	COMA	3305	94	Harfst, Michael	62	NCMS	3150
48	Mather, June	60	RVM	3290	106	Darnell, Steve	60	LHST	2900
82	Towne, Charris	62	CGM	2815	115	Hauty, Michael	64	CGM	2565
105	McNutt, Kathe	60	COMA	2425	Men 65-69				
Women 65-69					4	Johnson, Steve	66	EA	4345
10	Gettling, Janet	66	COMA	3745*	7	Bruce, Bob	66	COMA	4270
19	Mathewson, Geri	66	RVM	3390*	17	Henderson, Matt	65	COMA	3880*
43	Markwardt, Kristen	68	NCMS	2575	21	Carew, Mike	65	COMA	3735*

continued on page 18

OFF THE BLOCK

continued from page 5

- The time of your races
- The officiating.
- The kind of warm-up you have.
- Things going on in your life outside of swimming
- The unexpected, i.e. the touch pads fail and you have to wait.

HANDLING THE UNCONTROLLABLES

Understand that the UCs are mental traps and they are lying in wait for you and every other swimmer at the meet. How do you avoid a trap? **First, YOU HAVE TO SEE IT!** You have to be aware of what your uncontrollables are. That is, what are the things that happen out of your control that tend to get you upset and run away with your composure? Make your own list of these UCs and put it up in your bedroom so that you will be able to clearly see it every day. **Awareness is a key first step here!** You avoid the UCs by first knowing that what you're paying attention to right now is out of your control.

Second, you have to discipline yourself to quickly return your focus of concentration back to what you are doing right now that you CAN control.

For example, if you're behind the blocks and suddenly start thinking about how good the swimmer in the next lane is, then quickly bring your focus back to your set pre-race ritual, i.e. look down at the back of the blocks, focus on the feel of your stretch, slow and deepen your breathing, jump up and down, etc.

Remember that the uncontrollables usually happen unexpectedly, and because of this, they will temporarily capture your focus. However, as long as you immediately become aware that your concentration has drifted off, and then you quickly return it to things that you can control, you will avoid falling into this performance-disrupting trap!

LONG DISTANCE SWIMMING

continued from page 6

Where do we go from here? Keep on swimming—the essence of the postal events is to do them. Next up are the 5 & 10-km postal national championships, to be done between May 15 and September 15 in a long course pool. This postal event is hosted this year by Central Oregon Masters Aquatics, so your entry will go to help one of our own local teams!

Look for the full 2015 Oregon LMSC results in this *Aqua Master* (starting on page 13).

Good luck and good swimming!

ONE-HOUR POSTAL RESULTS

continued from page 17

Men 70-74

4	Landis, Tom	72	COMA	3945
7	Mohr, Ralph	73	COMA	3785
29	Foges, John	70	COMA	3035

Men 75-79

12	Lake, Brent	76	COMA	2730*
13	Thayer, George	78	COMA	2685

Men 80-84

1	Radcliff, Dave	80	THB	4300* NR
3	Weick, Dick	80	EA	3170*

Men 90-94

1	Lamb, Willard	92	ORM	2990* NR
3	Bushey, Charles	93	OR-un	1480

Women 18+: 3 x One-hour

3	OREG	Bowen, Matson, Phan	12,810
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Women 35+: 3 x One-hour

6	OREG	Edwards, Jajewski, Tomac	13,565
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Women 45+: 3 x One-hour

4	OREG	Phillips, Wheeler, Delmage	13,580
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Women 55+: 3 x One-hour

4	OREG	Worden, Cappaert, Harris	12,225
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Women 65+: 3 x One-hour

1	OREG	Nichols, Mathewson, Gettling	10,210 OR
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Women 75+: 3 x One-hour

3	OREG	Magmer, Speer, Hunt	6,915
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Men 35+: 3 x One-hour

4	OREG	Donnermeyer, Van Andel, Miller	14,620
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Men 45+: 3 x One-hour

1	OREG	Lajoie, Frost, Lussier	15,185
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Men 55+: 3 x One-hour

6	OREG	Philbrick, Swanson, Phipps	13,005
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Men 65+: 3 x One-hour

1	OREG	Landis, Bruce, Johnson	12,560
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Men 75+: 3 x One-hour

1	OREG	Lamb, Weick, Radcliff	10,460 NR
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Mixed 18+: 4 x One-hour

3	OREG	Matson, Phan, Donnermeyer, Lajoie	18,360
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Mixed 25+: 4 x One-hour

8	OREG	Bowen, Edwards, Calvin, Sullivan	17,560
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Mixed 35+: 4 x One-hour

4	OREG	Phillips, Tomac, Van Andel, Miller	19,230
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Mixed 45+: 4 x One-hour

2	OREG	Wheeler, Delmage, Frost, Lussier	19,515
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Mixed 55+: 4 x One-hour

3	OREG	Cappaert, Harris, Swanson, Phipps	16,945
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Mixed 65+: 4 x One-hour

2	OREG	Mathewson, Gettling, Bruce, Johnson	15,750 OR
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Mixed 75+: 4 x One-hour

1	OREG	Speer, Hunt, Weick, Radcliff	12,165
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2015 National Club Placement (Large Club Category):

Place	Club	Points	Yards
1	Indy Masters	104	376,965
2	OREGON	103	376,915
3	Swim Ft. Lauderdale	103	364,900

We were **ONE SWIMMER SHORT** of winning!

Oregon finished in fourth place overall, also behind New England Masters & Davis Masters who were in in the Extra-Large Club Category with a lot more swimmers and yards.

Oregon Masters Swimming: TENTATIVE Open Water Race Schedule for 2015 (as of 25 Jan 2015)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 16 May	1	JFSC OW Clinic	Bend	COMA	Bob Bruce	Basic Open Water Clinic	xx	Unaffiliated
Sun 17 May	1	Lake Juniper (pool)				1200-meter	Featured	Unaffiliated
Sun 31 May	1	Hagg Lake	Forest Grove	PTriClub	Joie Matteo	2000-meter 800-meter 4000-meter	Featured Qualifying Featured	Unaffiliated
Sat 27 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable (Nat'l Champs) 1-mile cable	Featured Featured	Sanctioned 375-W001
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS,LLC	Marisa Frieder	17-km downriver	Featured	Unaffiliated
Sat 18 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 1500-meter 3 x 500-meter Pursuit Relay	Qualifying Qualifying Featured Featured Participation	Sanctioned 375-W004
Fri 31 Jul	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter (Ass'n Champs) 5000-meter 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Sanctioned 375-W002
Sun 2 Aug								
Sat 15 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	COMA	Bob Bruce	3000-meter 500-meter Predicted Time 1500-meter	Featured Participation Featured	Sanctioned 375-W003

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary . . .

Records For:
Oregon Association Championships —SCY
Results For:
One-Hour Postal Swim

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
May 16-17	OW*	Lake Juniper (with OW Clinic)	Bend, OR
May 16	LCM	COMA meet	Bend, OR
May 31	OW*	Hagg Lake	Forest Grove, OR
June 6	LCM	THB Pentathlon	Beaverton, OR
June 27	OW*	Forest Lake Cable Swims	Sweet Home, OR
July 12	OW*	Portland Bridge Swim	Portland, OR
July 18-19	OW*	Applegate Lake Swims	Ruch, OR
July 31-Aug 2	OW*	Cascade Lakes Swim Series	Bend, OR
August 6-9	LCM	USMS Summer National Championship	Geneva, OH
Aug 15	OW*	Eel Lake Swims	Lakeside, OR
August 21-23	LCM	Gil Young LCM Zone Championship	Gresham, OR
November 21-22	SCM	SCM Zone Championship	Federal Way, WA

*Open Water details on page 19



OMS Board Meetings

(contact a Board member for location)

May 11, 2015
June 8, 2015
July 13, 2015
August 10, 2015

Let's Swim