



# Aqua Master

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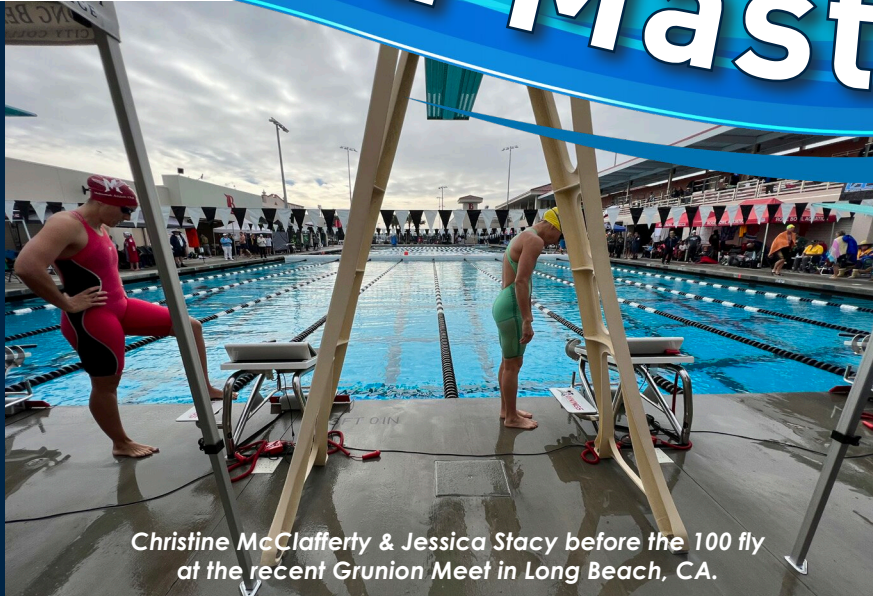
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Christine McClafferty & Jessica Stacy before the 100 fly at the recent Grunion Meet in Long Beach, CA.

## Upcoming Events

January 7 & 14  
stroke clinics with Colette

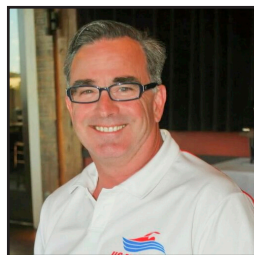
March 11-12  
Oregon City Spring Ahead Meet

March 26  
Team (Eugene) Swim Meet

## Chair's Corner

**Tim Waud**

*OMS Board Chairman*



Jacki Allender, OMS Officials Chairperson, was recently awarded the 2022 Kenneth Pettigrew Award. This award was created to honor

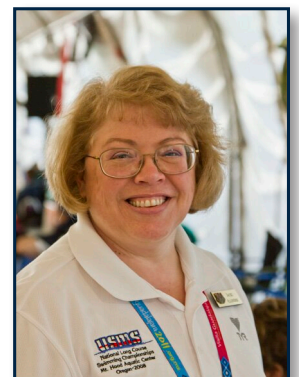
Ken Pettigrew, a swimming official who devoted over 30 years to swimming. Each year the recipient is chosen by the USA-Swimming Officials' Committee and the award is presented at the annual convention.

The following text is a testament to Jacki and her professionalism on and off the deck. Several of her colleagues have submitted personal stories about their interaction and experiences with Jacki over the years.

“When one thinks of leadership styles,

rarely is the phrase “humble servant” used. But this is exactly the role taken by this year’s recipient of the Pettigrew Award for outstanding official. As information was solicited about this official, the same words were used to describe her.

- **Concern for others** - do the officials on deck need more water or to get out of the sun? Are our athletes and deck staff safe from any harm? She is always concerned for the safety of others, often ahead of her own, for both athletes and volunteers. Once aware of a Safe Sport issue, she sought advice and input promptly to ensure that everyone was protected. During the pandemic, she took on the role of Meet Referee for someone whose



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# Fitness Center

## Stroke Development Clinics with Olympian Colette Crabbe

### Clinic #1: [Freestyle and Backstroke Clinic](#)

Saturday January 7th, 2023, 1:00 to 4:00 PM **SOLD OUT**

### Clinic #2: [Breaststroke and Butterfly](#)

Saturday January 14th, 2023, 1:00 to 4:00 PM

Both clinics will start with one hour in a classroom reviewing the key points of the strokes, followed by 2 hours in the pool. Colette Crabbe, USMS coach and fitness chair of OMS will lead the clinic with the help of other experienced local swimmers and coaches. Please bring an electronic device for video analysis and feedback.

**Location:** Vancouver-Clark County YMCA 11324 NE 51st Circle, Vancouver, WA 98682

**Cost:** \$20 per clinic for 2023 registered USMS members and it is limited to 20 participants.

**Details and registration:** Visit [www.swimoregon.org/events](http://www.swimoregon.org/events).

*This is a USMS sponsored event, every swimmer needs to be registered with USMS to be able to register. USMS One Event Registration is available for non-registered swimmers.*

## The Best Resolutions for 2023

Coach Colette Crabbe  
OMS Fitness Chair



As 2022 is coming to an end, the hoopla of the holidays are almost behind us, I want to wish you a very healthy

2023. Your health and fitness are your most precious assets, so make sure to preserve them and focus your resolutions towards them.

Fitness encompasses many components, and it can be difficult to carve enough time for adequate cardio conditioning, strength training, postural exercises, balance training, mobility, and flexibility. The key is to find exercises that combine all that in. Swimming is a prime example of a sport that will work your lower body, upper body, trunk musculature, balance training, lengthening, and strengthening all at once. Therefore, swimming can accomplish significantly more training in the same amount of time.

Multitasking your workouts is effective both from a time-efficiency and a functional perspective. However, it may take a while before you can work up to this type of training. First and foremost, you have to learn how to execute each individual movement correctly to be

efficient and to avoid injuries.

**First resolution:** Tune up your stroke. I am organizing two stroke development clinics at the Clark County YMCA in Vancouver. The first one will focus on freestyle and backstroke and will take place Saturday January 7th and the second one will focus on breaststroke and butterfly on Saturday January 14th. The cost will be \$20 per clinic for any 2023 USMS registered swimmers.

Both clinics will be from 1 to 4 PM with one hour in the classroom to review the basic technical points of each stroke followed by two hours in the pool with drills and tips. Those clinics are specifically targeted to the fitness and lap pool swimmers who can swim back and forth but are motivated to improve their strokes. For details and registration, go to the OMS website: [www.swimoregon.org/events](http://www.swimoregon.org/events). Each clinic is limited to the first 20 registered participants to be able to give personal attention and feedback.

**Second resolution:** Register or renew your USMS membership for 2023. This will give you access to the clinics without having to pay for the \$20 one day membership for each clinic. Renew before December 31 for \$65 or it will be

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## Notice Changes?

Hello! My name is Bonnie Edwards Myers and I'm your new Aqua Master editor. After 13 years in this role, Alice Zabudsky is retiring (read more about Alice on [page 6](#)).

A little about me... I've been a part of Oregon Masters Swimming since 2009 when I started swimming with Dennis Baker and the Oregon Reign Masters near Portland, OR. I met and married my teammate, Ken, and together we enjoy competing in the Oregon Open Water Series, as well as many additional activities on and under the water. I am hopeful that my background in graphic design will come in handy for this role, although I certainly have big shoes to fill! I look forward to receiving your articles, photos, meet/open water event reports and any other news tidbits you send my way! Feedback about the new layout and design are welcome as well.



Email me at: [pdxbon@gmail.com](mailto:pdxbon@gmail.com)



# Off the Block

## Swimming in Scandinavia

by Joe Oakes

*Aqua Master Contributor*

When we think of places to enjoy swimming in Europe our minds tend to drift to the Greek islands, Spain, the French Riviera or the warm beaches in Italy. Think of beautiful and inviting warm places like Nice, Barcelona, Capri or Santorini. Sunny, sandy beaches, warm water and beautiful people.

But would you suspect that the Scandinavian countries also harbor great places to swim? Cold Sweden, Norway, Denmark and Finland? Really? Yes, really! The Swedes, Norwegians, Danes and Finns love swimming in the sea, at least in the summer. Bear in mind that there are thousands of miles of Baltic shoreline in Scandinavia, including several thousand islands. The national capitols of Denmark and Sweden are both located on islands. I have had the pleasure of traveling to Scandinavia several times, most recently in October 2022.

In the summer, the waters of the Baltic Sea are on the cool side, sometimes in the high 50s, usually in the 60s, occasionally in the low 70s depending on the weather and where you are. The City of Copenhagen has developed a few large, enclosed, free salt-water bathing areas right in town. There is no shortage of swimmers, none of them sporting wetsuits. Relatively moderate water temperatures. The Danish government says that the water is quite clean for swimming



*Joe's ladder down to the Baltic Sea*

everywhere in Denmark. Not long ago I swam just a few hundred meters from the Little Mermaid statue. Sadly, "free swimming" in open water has been recently discouraged for safety reasons in the City of Copenhagen. From personal experience I can assure you that it may be discouraged, but it is not enforced. Far from Copenhagen, on the Danish mainland, you will find good beaches surrounding Jutland, in cities like Aarhus. That is also true for most of the outlying Danish islands.

The Stockholm Archipelago consists of well over a thousand islands, some tiny, others large and well populated. They say that if you swam at a different island every day it would take decades to experience all of them. So many places to swim! However, avoid swimming near the busy downtown Stockholm area (near the Royal Palace and Old Town), and be wary of the many fishing boats and ferries: no roads connect the islands, so a large fleet of ferries carries a lot of interisland traffic. Swedes seem to gravitate to the sea. During a recent swim off a

*Continued on [page 9](#)*



# Swimmer Spotlight

*Submitted by Karen Andrus-Hughes*

**Name:** Tanya Baxter  
**Age:** 43  
**Occupation:** Judicial Services Specialist, State of Oregon's 15th Judicial District  
**Team:** SOMA

Passionate about swimming since I was a small child, I rarely missed an opportunity to go with friends or family to the nearest lake, river, or pool – it was one of my favorite things to do. At the age of nine I began swimming competitively for North Whidbey Aquatic Club in Puget Sound, qualifying for and attending several international meets. Several years later my family moved to Naples, Italy where I joined an Italian team at a pool in Lago D’averno, where I eventually lost interest and opted to try other sports due to the lengthy commute. My summers were spent as a lifeguard and swim instructor at the US Navy’s outdoor Olympic-sized pool in ‘Carney Park’ located in a 96-acre extinct volcano crater known as the caldera of Campiglione. If you ever happen to go there, I highly recommend visiting it with its stunning hiking trails and monasteries along the volcano’s rim overlooking the Bay of Naples, the Mediterranean and Mount Vesuvius. While I was no longer swimming competitively, I continued to lap swim in the summers until my senior year in high school when we moved to Fidalgo Island. It was there that I swam for Thunderbird Aquatic Club and Anacortes High School, participating in

High School State Championships at King County Aquatics Center before taking a twenty-year swimming hiatus from competitive swimming.



Shortly after high school I moved to Hawaii and found work in the hotel industry, taking tourists’ children snorkeling and swimming. This lasted a short time before moving to Eugene where I met my husband Eric - a biologist / ecologist whose work took us on adventures throughout Oregon, Nevada, and Wyoming while we raised our two children. I picked up distance running because it was something I could do anywhere, anytime, allowing me to retreat into my own mind, free of social pressures and societal burdens, while providing a safe and healthful way to declutter my thoughts and process daily life. Over the years I realized that those were the same qualities that drew me to swimming. I spent a couple years as an AmeriCorps member and Supervisor while living in Northern Nevada. Passionate about

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## Award Nominations

Every year we ask our members for nominees for the five OMS Awards described below. This is your opportunity to give recognition to a worthy individual, organization, business or group that has contributed outstanding service to a team or to OMS during 2022.

Please note, when you are thinking about nominations (especially for the Hazel Bressie Spirit Award (female) and Gil Young Spirit Award (male), they are not required to be competition related. Nominate yourself or a teammate that has shown enthusiasm and dedication to the sport in some way in the past year! Be creative!

Awardees are announced and celebrated at the annual meeting held during the Association Championship meet in May. The due date for submitting nominations is January 25, 2023.

For more information on how to submit your nominations as well as a list of awards, please see [page 6](#).



## Reporters Needed!

If you love to compete and attend swim meets and open water events around the world, please consider sharing your experiences with your fellow Oregon Masters Swimmers via the Aqua Master! We would love to receive meet and event reports no matter how long or short, as well as accompanying photos of the city you visited, people who attended, the venue, and anything else you'd care to share! Submit your stories to the AM editor at [pdxbon@gmail.com](mailto:pdxbon@gmail.com). We look forward to reading about your swim adventures.



### **Grunion Meet 2022 Long Beach College**

*by Arlene Delmage  
Aqua Master Contributor*

The Southern Pacific Masters Swimming Short Course Championships returned after a three year hiatus. Perennial hosts Long Beach Grunion Masters debuted this meet in a new venue, the Long Beach City College Pool. The facility is an outdoor 65 meter by 25 yard pool with a bulkhead. Eight OMS members made the trek southward in hopes of finding warmer weather and fast swimming. As you may recall, the first weekend in December brought snow to the Portland metro area. Temperatures all along the west coast were cooler on that particular weekend but everyone agreed that they liked this new venue. For the past decade this meet has been held in Commerce and anyone who has ever attended can attest to the lack of warm up space at this location.

OMS members in attendance were Arlene Delmage, David Hathaway, Alexis (Lex) Higlett, Rick Howell, Christine McClafferty, Christian Sellers, Jessica Stacy and Scott Sullivan. There were 415 swimmers in attendance making it one of the larger SCM meets in the US. California swim meets tend to bring out some very fast swimmers. 55 teams entered and OMS came in 10th place



*Christine McClafferty, Lex Higlett,  
Arlene Delmage, Jessica Stacy*

with only 8 swimmers and no relays! High point award winners were: Lex Higlett (35-39), Christine McClafferty (45-49), Arlene Delmage (60-64), and David Hathaway (60-64).

There was a lot of really fast swimming and Oregon masters definitely cheered on their teammates. Everyone agreed that the bonding was great and our team dinner on Saturday night (more Mexican food than you could ever eat) was super fun. If this meet fits your schedule you should definitely check it out. It is very well run and a lot of fun. This meet is always held the first weekend in December. If you are not in the holiday mood, this meet will put you in it.

Congratulations to all the swimmers for a really fast meet and a great time.

## Thanks to Our Retiring Aqua Master Editor

by Sandi Rousseau

Aqua Master Contributor



We can never say enough to thank Alice Zabudsky for her untiring efforts in putting together and editing our Aqua Master for the last 13 years since November 2009 when she took over the position from Dave Radcliff! She cajoled us to submit articles and photos, she came to events just to take photos, and she offered articles from other sources to keep our interest.

Alice was creative and tried a variety of new columns, and she was always thinking ahead as to what might be of interest to our members. She would continually reach out to members about how it would be a good article to cover specific events ... hoping it would result in a submitted article. She has been active in Oregon Masters since the 1970s, so she has seen history in the making over the years. She has also been the recipient of the Ol' Barn and Connie Wilson Service awards as recognition of her dedication.

In a recent survey by the USMS History and Archives Committee, the Aqua Master was recognized as one of the best Masters swimming newsletters in the nation with its consistency, coverage of our events, and communication with our members. The number of photos she hunts down is impressive!

We will miss Alice's talent and spirit in the editing world, but we hope to see her on the pool deck more!

Thank you, Alice!



### Continued from page 4, Award Nominations

How to submit your nomination(s):

- Read through the award descriptions
- Look through the list of past OMS Award Recipients to assure that the awards go to different nominees each year.
- Submit the name of the award, the nominee's name and a brief explanation of why you think your nominee is deserving of the award. If you can, we would appreciate a photograph of the nominee for publication later
- Email your nomination information by Wednesday, January 25, 2023 to:  
Sara Shepherd (OMS Awards Chair)  
ssobx5@yahoo.com

### Annual OMS Awards Descriptions

#### CONNIE WILSON MEMORIAL AWARD

Given to an individual who has made an outstanding, long-term leadership contribution to OMS and to Masters swimming.

#### OL' BARN AWARD

Given to the individual who has shown outstanding leadership, dedication, and devotion throughout the year, to OMS and Masters swimming.

#### HAZEL BRESSIE SPIRIT - FEMALE AWARD

Given to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.

#### GIL YOUNG SPIRIT - MALE AWARD

Given to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.

#### SPECIAL SERVICES AWARD

Given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or to OMS.



## Celebrating a Century!

by Valerie Jenkins

Aqua Master Contributor

Over the past month we have hosted several celebrations for Wink Lamb's 100th birthday. Wink shared with me earlier this year that he did not want a large party so several of the Vancouver area swimmers coordinated our efforts and planned different smaller events.

Over 100 Masters swimmers sang Happy Birthday to Wink at the Hood River meet on November 12th. Then of course we all had a wonderful cake! Wink was excited as different family members and friends were able to see him swim for the first time. Thank you to Sandi Rousseau and Tim Waud for sponsoring this event.

On December 9th, the Clark County YMCA hosted a gathering at their facility in Vancouver. Wink has been swimming at the Y for almost a year now and he has really enjoyed meeting the staff, seeing fellow swimmers, and usually having his own lane three times a week for his mile swim workout. Son Doug Lamb also joins Wink at the Y and walks the indoor track while his dad swims.

At the YMCA party I coordinated with the Patriot Guard Riders for a recognition ride for Wink. The Patriot Guard Riders are a non-profit organization that supports and recognizes Veterans throughout the country. Even though it was a cold rainy day, a small group of 4 motorcycles showed up with an even larger contingent of supporters in vehicles. They presented him with a Patriot Guard Riders flag which they all had signed. Many thanks to Arlene Delmage, Jayette Pettit, and Doug Brockbank for their assistance for this party.

Recently we have hosted some in home events for Wink where he has shared his war time stories and memorabilia. Whenever he is asked the "secret" to a long life he humbly shares "just keep swimming!" Close to 100 people from across the United States have sent him birthday cards! He was overwhelmed with all the good wishes. Thank you to our fellow swimmers and Masters teams who participated.

We wish you the happiest of birthdays Wink. You are an inspiration to all of us and we look forward to seeing you at the pool in 2023!



Arlene Delmage, Willard Lamb,  
and author Valerie Jenkins



**Continued from Page 1, Chair's Corner**

*(Jacki Allender's award)*

family situation made them more vulnerable to serious complications. You could always count on her to be honorable.

- **Committed** – even after her daughter finished swimming, her officiating at the local, zone, national, and international level has continued for many years.
- **Kind and welcoming** - There are stories that would fill a book about Jacki's willingness to mentor, be a sound ear for officiating and those with personal needs, and inclusivity to the new ones, either on the deck or at conventions.
- **Competent** – her skills and knowledge are matched by few, and she has spent hours teaching others while having the highest of expectations. She is known to often go over the administrative paperwork so as to ensure accuracy.
- **Unpretentious, unassuming, egoless** - She never expected her appointments, or felt as though she was somehow deserving, which made it all the sweeter to witness the emotion and sincere surprise on her face when she learned of her assignment at the last Olympic Trials.
- **Not a push-over** - We all know that she will give you the truth and an answer you might not want to hear. It's just that the message is coated by her delivery. It has been said that she can tell you where to go in a way that you believe you will enjoy the trip.
- **Nobody's fool and a heck of a whit** - Ask Vandelay about her quick responses to his steady stream of jokes as he drove her around Omaha!
- **Team player and steadfast collaborator** - There is really nothing more we can say, except congratulations to Jacki Allender, our 2022 Pettigrew Award winner.”

Congratulations to Jacki on receiving this high honor from USA-Swimming. Earlier this year, she was awarded the 2022 Officials Excellence award from U. S. Masters Swimming.



**Continued from page 2, Fitness Center**

*(The Best Resolutions for 2023)*

\$70 thereafter. The yearly membership will give you access to any USMS events, such as clinics, swim meets, fitness or virtual events but mostly it will give you access to the website, newsletters, workout library and a multitude of technical tips and articles. If it is your first time registering, please register as club OREGON and secondly your workout group if you are training with a local team. This is the only way you will be able to swim relays with other swimmers from Oregon at swim meets.

**Third resolution:** Take it progressively. The world was not made in one day. Drastic changes are usually not sustainable. Eat healthy and a variety of food in moderation but do not try to follow the latest fad diet. Set achievable goals and celebrate each and every one of them. Work on your technique before increasing your mileage and getting injured. Take care of yourself and your family. Enjoy life and be thankful for what you have.

Have a happy and healthy 2023. See you at the pool.



**Continued from Page 3, Off the Block**  
(Swimming in Scandinavia)

small island not far from downtown, the water temperature was in the high sixties. At the southern terminus of the border between Sweden and Norway is a national park shared by both countries, with access to the water on each side of the border. Centuries ago, a proud Swedish king had a massive wooden warship built. The Vasa was the biggest warship in the world. It was so big and cumbersome that it sank immediately upon launching. A few years ago, its well-preserved and highly-decorated remains were raised and are now located in its own museum. It is a beautiful and extravagant display of a misspent fortune on an unneeded, expensive and useless war machine. As the song goes, "When will we ever learn?"

Right in the middle of Helsinki, Finland is a cordoned off salt water pool, a swimming area with one end open to the sea, about 50 meters square. Some people swim laps, others just lounge and float in the cold Nordic sun, enjoying immersion in this protected finger of the sea. But here is the coolest (doh!) part: Once you have had enough of the cold pool it is a very short walk to a huge, quite hot unisex sauna where you can sit cheek-to-cheek (cold water cheeks against hot sauna cheeks?) with dozens of your Finnish cousins until you have had enough roasting in the sauna heat. Then you rush back to the cold pool and leap in for another round. Stimulating, to say the least. Do your cold-to-hot-to-cold alternations as many times as you can bear it. I loved it but cautiously limited myself to two sessions in the pool and two in the sauna. Hardy Finns enjoy their saunas year-round. In winter they exit the sauna for a roll-around in the snow, maybe even in icy water. (Finland, once a part of the Soviet Union, has a long, cold border with Russia. The Russian version of sauna is called banya, and you will find a banya in every little village in the country. Men and women must use the banya at different times.)

In early October 2022 our cruise ship docked in Oslo, Norway. I had scheduled visits to the Viking Ship Museum, another museum housing Amundsen's Fram, and Thor Heyerdahl's Kon Tiki Museum, all of which I highly recommend. The museum visits filled up most of my day. The city of Oslo has miles of beach access, along with warming huts. After the museums there was no time remaining for my beach visit. But close to the ship I spotted a chain-link ladder dropping ten feet

down to the water. Mel, a brave Canadian friend and I looked at each other, quickly ran to the ship to change into our swim suits, and in no time we were swimming in our element, with another friend watching our progress from above us. We swam parallel to the shore for about ten minutes, then turned back to the chain ladder. Unfortunately, not watching where I was going, I swam right into a floating log and gave my scalp a bloody owie. The ship's doctor fixed it with antibiotic ointment and a big bandaid. But it was worth it.

What to wear when swimming in the Baltic? In October I did not see any locals wearing wetsuits. Besides, are bulky and heavy, and difficult to carry around the world, especially when wet and smelly. But an insulated cap will help a lot with comfort and heat loss. When travelling in the north I keep the contents of my swim bag light and simple: two swimsuits, two pairs of goggles (one with tinted lenses), two swim caps (one insulated), a pair of light-weight fins, a small container of Swim Ear, a pair of silicone ear plugs and a container of Spit goggles cleaner. The entire contents of my bag weighs less than a couple of pounds. (I borrow a towel from the ship.)

Here is the bottom line: If you love swimming in cold water, you will be pleased with the possibilities all over Scandinavia. But if the Baltic's cold water is not your cup of tea, no problem. There are plenty of fine places to swim down south in the Mediterranean. Perhaps I will join you. Finally, a word of caution. When swimming anywhere in the sea it is best to ask local swimmers about currents and possible hazardous conditions. You will find that very few places are patrolled by lifeguards, not only in Scandinavia, but in most of the world. Swim with a buddy. Swim smart, swim long.



*The author after being patched up by the ship's doctor.*

**Continued from Page 2, Swimmer Spotlight**  
(Tanya Baxter, SOMA)

outdoor education, I joined the Nevada Outdoor School Board of Directors in 2013 and was honored to be a part of this organization when the school received National recognition after the Executive Director received the Presidential Award 'Champions of Change' in 2014. It was during this time that I completed my Bachelor of Science which focused on accounting and business management.

Running, unfortunately, took a toll on my body and I opted to return to swimming after we moved to Klamath Falls in 2015. It was there that I fell in love with competitive swimming all over again, utilizing their outdoor geothermal pool and eventually becoming the President for Friends of Ella Redkey Pool. This mostly involved grant writing and organizing volunteer events to support the municipal pool's operations. In 2016 I competed at USMS long-course Summer Nationals in Portland (unaffiliated) in several events and later joined Southern Oregon Masters Aquatics (SOMA), a regional team led by close friends Mike Servant and Matt Miller of Ashland. In 2018 our family moved to Coos Bay where I continued swimming for SOMA at Mingus Park Pool and met several dear friends. I joined the Mingus Park Pool Management Board which oversaw the pool's management and employees. We attended a couple Oregon State swim meets before Covid led to the closing of one of our community's pools, thus increasing demand at a time when space was more limited than ever. This, in turn, caused the masters swimmers to go their separate ways with only a few of us continuing to swim at Mingus Pool or nearby Eel and Saunders lakes for open-water adventures.

The health issues I've had over the years have made it so swimming is not just exercise, but the best physical and mental health therapy available. For the past 1 ½ years I've worked for Oregon Judicial Department as a Judicial Services Specialist and hope to grow my own career with them. The mission to provide fair and accessible justice services for all Oregonians, regardless of

socioeconomic status, is something that I can really get on board with. I find joy helping people navigate the complex nature of our judicial system and while it can be fun and interesting, it can be challenging and at times, incredibly sad. My early morning swims are essential in managing the physical and mental demands of my job as it frees my mind and soul to start fresh each day with an open mind and a smile. I encourage anyone to join Masters Swimming, regardless of age, skill level, or whether there's a desire to compete - there are no limits to what can be accomplished and the only expectations are self-imposed. This new stage in life involves having older (almost adult-aged) children and more than ever I enjoy swimming, hiking, gardening, botanizing, and spending time with my family. While I may not be the most accomplished masters swimmer, I hope to still be swimming into my old age and sharing it with anyone who wishes to join.



*Tanya with her two children, Gillian and Miles*



*Tanya and fellow swimmers at the Mingus Park Pool in Coos Bay. Left to Right: Candy Lydick Chatt, Tanya, Chris Cook and Jayna Tomac.*



# Meet Records

## Hood River SCM meet - Hood River, Oregon - 11-12-2022

26 Oregon records

14 NW Zone records – 3 for Colette Crabbe, 3 for Jane Nichols, 2 for Nicolas Morrell

3 USMS National records – Colette Crabbe, Joy Ward, Women's Relay

Several records that have stood since the last century (more than 23 years) were broken.

Ilsa Feierabend – 200 SCM backstroke – Oregon record since November 1992

Ilsa Feierabend – 200 SCM backstroke – Zone record since December 1991

Nicolas Morrell – 50 SCM backstroke – Oregon record since December 1998

Nicolas Morrell – 100 SCM backstroke – Oregon record since December 1999

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### Women 25-29

#### 100 SC Meter Backstroke

1 Wetzal, Maria 27 OREG 1:10.38 Oregon

#### 200 SC Meter Breaststroke

1 Veith, Madelyn 26 OREG 2:49.96 Oregon

### Women 30-34

#### 100 SC Meter Backstroke

1 Feierabend, Ilsa 30 OREG 1:09.81 Oregon

#### 200 SC Meter Backstroke

1 Feierabend, Ilsa 30 OREG 2:29.14 Oregon, Zone

#### 50 SC Meter Breaststroke

1 Kosciusko, Caroline 32 OREG 36.33 Oregon

#### 200 SC Meter Breaststroke

1 Stacy, Jessica 33 OREG 2:56.05 Oregon

#### 400 SC Meter IM

1 Stacy, Jessica 33 OREG 5:35.11 Oregon

### Women 40-44

#### 100 SC Meter Backstroke

1 Shepherd, Sara 40 OREG 1:08.79 Oregon

### Women 60-64

#### 400 SC Meter Freestyle

1 Vaughn Edmonds, H. 60 OREG 5:07.33 Oregon, Zone

### Women 65-69

#### 100 SC Meter Freestyle

1 Andrus-Hughes, Karen 65 OREG 1:12.52 Oregon

#### 100 SC Meter Backstroke

1 Andrus-Hughes, Karen 65 OREG 1:21.43 Oregon, Zone

#### 50 SC Meter Breaststroke

1 Crabbe, Colette 66 OREG 41.55 Oregon, Zone

## Meet Records

### Hood River SCM meet - Hood River, Oregon - 11-12-2022, cont.

#### 100 SC Meter Breaststroke

1 Crabbe, Colette 66 OREG 1:28.94 Oregon, Zone, National

#### 100 SC Meter IM

1 Crabbe, Colette 66 OREG 1:19.29 Oregon

#### 400 SC Meter IM

1 Crabbe, Colette 66 OREG 6:10.58 Oregon, Zone

#### Women 80-84

##### 100 SC Meter Freestyle

1 Nichols, A Jane 81 OREG 1:42.11 Oregon, Zone

##### 200 SC Meter Freestyle

1 Nichols, A Jane 81 OREG 3:56.26 Oregon, Zone

##### 400 SC Meter Freestyle

1 Nichols, A Jane 81 OREG 8:18.65 Oregon, Zone

##### 100 SC Meter Backstroke

1 Ward, Joy 80 OREG 1:46.73 Oregon, Zone, National

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#### Men 18-24

##### 800 SC Meter Freestyle

1 Edwards, Evan 24 OREG 9:15.95 Oregon

#### Men 30-34

##### 50 SC Meter Backstroke

1 Morrell, Nicolas 30 OREG 27.55 Oregon, Zone

##### 100 SC Meter Backstroke

1 Morrell, Nicolas 30 OREG 1:00.35 Oregon, Zone

#### Men 40-44

##### 200 SC Meter Freestyle

1 Weston, Benjamin 41 OREG 2:01.88 Oregon

#### Men 55-59

##### 100 SC Meter Butterfly

1 Mccomish, John 56 OREG 1:06.22 Oregon

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#### Women 120-159 400 SC Meter Free Relay

1 OREG 4:08.59 Oregon, Zone, National

1) Higlett, Alexis 39 2) Stacy, Jessica 33  
3) Feierabend, Ilsa 30 4) Veith, Madelyn 26

#### Women 120-159 200 SC Meter Medley Relay

1 OREG 2:07.89 Oregon, Zone

1) Feierabend, Ilsa 30 2) Stacy, Jessica 33  
3) Veith, Madelyn 26 4) Higlett, Alexis 39



## Meet Records

### 2022 SPMS SCM Championships - 12-04-2022

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#### Women 60-64 50 Meter Butterfly Finals

1 Delmage, Arlene          60 OREG    34.16    33.59    Oregon

#### Men 60-64 400 Meter Freestyle Finals

2 Hathaway, David          62 OREG    4:58.70    4:53.76    Oregon

#### Men 60-64 800 Meter Freestyle Finals

1 Hathaway, David          62 OREG    10:27.00    10:11.21    Oregon

#### Men 60-64 1500 Meter Freestyle Finals

1 Hathaway, David          62 OREG    22:37.00    19:22.16    Oregon

#### Men 60-64 200 Meter Individual Medley Finals

1 Hathaway, David          62 OREG    2:47.00    2:41.98    Oregon

#### Men 60-64 400 Meter Individual Medley Finals

3 Hathaway, David          62 OREG    6:01.67    5:55.15    Oregon

### San Diego Swim Masters 2022 North County San Diego SCM Meet - 11-06-2022

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#### Women 45-49 1500 SC Meter Freestyle

1 Mcclafferty, Christine          49 OREG    19:45.02    Oregon, Zone

# Meet Records

## COMA Pentathlon SCM meet - Bend, Oregon - 12-10-2022

8 Oregon records

5 Zone records

And most impressive of all: 2 National records!

Joy Ward - 50m backstroke

Women 200m Free Relay - Alexis Higlett, Jessica Stacy, Ilsa Feierabend, Madelyn Veith

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### Women 25-29

#### 50 SC Meter Breaststroke

1 Balsbough, Briana 26 OREG 35.08 Oregon

### Women 30-34

#### 50 SC Meter Breaststroke

1 Kosciusko, Caroline 32 OREG 36.27 Oregon

### Women 80-84

#### 50 SC Meter Backstroke

1 Ward, Joy 80 OREG 48.91 Oregon, Zone, National

#### 50 SC Meter Breaststroke

1 Ward, Joy 80 OREG 59.93 Oregon, Zone

#### 50 SC Meter Butterfly

1 Ward, Joy 80 OREG 52.55 Oregon, Zone

### Men 55-59

#### 100 SC Meter IM

1 Sullivan, Scot 56 OREG 1:07.88 Oregon

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### Women 120-159 200 SC Meter Free Relay

1 OREG :51.23 Oregon, Zone, National

1) Higlett, Alexis 39 2) Stacy, Jessica 33  
3) Feierabend, Ilsa 30 4) Veith, Madelyn 26

### Women 120-159 800 SC Meter Free Relay

1 OREG 9:07.22 Oregon, Zone

1) Stacy, Jessica 33 2) Higlett, Alexis 39  
3) Feierabend, Ilsa 30 4) Veith, Madelyn 26



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