



Northwest Zone Chatter

JUNE 2003

NW ZONE MEETING!

The next Northwest Zone meeting will be held during the Northwest Zone Long Course Championships, August 9th-10th, at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington.

Details To Be Announced...

Rousseau Honored



Photo by Kathy Casey, Chairman, USMS Recognitions and Awards

Sandi Rousseau and USMS President Jim Miller

TEMPE, AZ- Sandi Rousseau of Hood River, Oregon, was recently presented with the Ransom Arthur Award. This prestigious award is United States Masters Swimming's highest honor. The Ransom Arthur Award is given annually in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The

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Oregon To Host First Zone Open Water Championship!



Photo by Barb Harris, Harris/Bruce Professional Services, www.harrisbruce.com

Picturesque Elk Lake will be the venue for the first Northwest Zone Open Water Swim Championship.

The Northwest Zone is planning the very first Zone Open Water Swim Championship, which will be part of the Cascade Lakes Swim Festival at Elk Lake in Central Oregon, July 26-27, 2003. The Cascade Lakes Swim Festival will feature three events over two days, including a 500 meter time trial and a 1500 meter swim on Saturday. The events will culminate with the USMS 5K Open Water Championship on Sunday. In addition to the 5K Championship, the 1500 meter swim will serve as the first-ever Northwest Zone Open Water Championship. The festival features series scoring, with Zone and USMS Awards, plus fine-art pottery awards for 3-event series scoring champions. Children's activities are scheduled for Saturday, and group camping will be available. The Central Or-

regon Masters, hosts of the festival, have become very well known for their superb organization, excellent hospitality, and legendary post-race feasts. Visit the scenic Cascade Lakes Region of Central Oregon for a weekend full of open water swimming, friendship, and fun.

If You Go...

Water temperature varies from 66-72 degrees farenheit. Bring a parka and extra towels

Reserve your camp site well in advance

Hotel lodging is available at the base of the Cascade loop in Bend

MORE DETAILS INSIDE -->-->

From the NW Zone Rep

After a successful short course meets in Oregon City and in Hood River, the short course season is now over and we turn our attention to long course and open water seasons.

The open water experts of Central Oregon will be hosting the first ever Zone Open Water championships. The concept here will be to have other LMSCs bidding to host for the 2004 edition of the Zone Open Water Championships. Bob Bruce and the Open Water/Long Distance Chairs from each of the LMSCs will be making a recommendation at our meeting in San Diego as to the specifics for this version of the Zone Championship. In addition to the zone championships, there are open water events all over the NW Zone. Even if you're not a open water expert, I encourage you all to try an open water event this summer-even if its just to get outside and to meet new swimmers.

You may have read or have heard the 800 Freestyle Relay for the Long Course Meters meet to be held in Federal Way on August 9-10, will probably be canceled (at this time the voting has not been finalized) The hosts of the meet are trying to grapple with the rising costs of using the King County Aquatic Center (KCAC). One heat of the 800 Freestyle Relay could cost as much as \$60 and that's the fast swimmers. In addition, the 800 and the 1500 Freestyle events will probably be seeded as two per lane. Because it costs so much to use KCAC, the hosts are sticking their financial success of this meet out on a limb. I encourage all of you the make sure this meet is well attended, so that the meet is a financial.

Finally, we are heading into the time of year where we are getting ready for convention. If you haven't been to convention, I encourage you to attend, even if you're not a delegate. Attending convention can provide you a great shot of enthusiasm for Masters Swimming. Among the topics we will be discussing at the zone meeting include: zone policies, in addition to getting details on the two zone short course championships.

I look forward in seeing you at the meet in August, as well as in San Diego in early September.

-Doug Garcia

Rousseau Honored

(continued...from previous page)

award is given annually to the person who has done the most to further the objectives of Masters swimming. This year's award was presented to Sandi Rousseau of Hood River, Oregon, during the USMS Short Course Nationals in Tempe, Arizona. Rousseau has been active on all levels, and served for many years as Chair of the USMS Championship Committee.

On May 17th, Jim Miller presented the following speech to recognize Sandi Rousseau:

"Once a year we pause to recognize the dedication of a single person within USMS who has worked tirelessly to promote our sport and the organization that makes this all possible. I wish that we took more time to recognize all of the volunteers who enhance our swimming experience. The Ransom J. Arthur Award is the highest honor that USMS can bestow at any level.

Captain Ransom J. Arthur, M.D. was the founder of United States Masters Swimming. He believed in the value of adult fitness. In the late 1960's this was a singular opinion. Medical science now has proven that this was visionary. It is now common knowledge that an athlete's fitness level predicts their health more accurately than any other single variable. Today's recipient has dedicated herself to the world of medicine and to USMS.

She has promoted both competitive and fitness participation in Masters swimming. She has maintained her involvement at the local and national level. Locally, she has served her team and LMSC at all levels from presidency to special assignments. She was a founding member of Tualatin Hills Barracudas and served as the team's president. When she relocated to Hood River, she began building yet another Masters team. The quiet little community of Hood River will never be quite the same.



Photo by Carl House, USMS History and Archives

Her leadership inspired the Oregon LMSC to host three championship events since 1986. She served as the meet director for the 1986 Long Course National Championship and Swimming Commissioner for the 1998 Nike World Masters Games, while serving as a member of the meet organizing committee for the 1995 USMS Long Course Nationals. She received the USMS National Championship Meets Award in 1997 for her performance in hosting national events. She chaired the USMS Championship Committee from 1993 to 2001 and continues to serve on multiple national and local committees.

Sandi Rousseau's enthusiasm and dedication are only matched by her leadership. The Oregon LMSC and USMS are grateful for her many contributions. She embodies the goals of United States Masters Swimming and the spirit of Captain Ransom J. Arthur. Please join me in applauding Sandi in this, her very special moment."

The Ransom Arthur Award has developed a strong connection to the Northwest Zone in the last two years. Last year's recipients, Jane and Hugh Moore, are from Pacific Northwest Aquatics (PNA), as well as Kathy Casey, her daughter Kelly Crandell and Kathy's husband, Walt Reid, who all serve on the Recognitions and Awards Committee for USMS. Way to go, Northwest!



RESULTS

NW Zone SCY Championships
Hood River, Oregon
April 26-27, 2002

N = National Record

Z = Zone Record

O = Oregon Record

Women 19-24

50 Yard Freestyle
1 Kuehnast, Amber 22 OREG 27.39
2 Wilkinson, Christina 19 OREG 29.10
100 Yard Freestyle
1 Wilkinson, Christina 19 OREG 1:07.55
200 Yard Freestyle
1 Kuehnast, Amber 22 OREG 2:16.51
500 Yard Freestyle
1 Kuehnast, Amber 22 OREG 6:15.41
1000 Yard Freestyle
1 Mattioda, Garen 24 OREG 13:22.68
50 Yard Backstroke
1 Wilkinson, Christina 19 OREG 34.65
100 Yard Backstroke
1 Wilkinson, Christina 19 OREG 1:13.24
2 Kuehnast, Amber 22 OREG 1:13.95
200 Yard Breaststroke
1 Mattioda, Garen 24 OREG 2:59.59
50 Yard Butterfly
1 Kuehnast, Amber 22 OREG 31.49
2 Mattioda, Garen 24 OREG 31.56
100 Yard IM
1 Wilkinson, Christina 19 OREG 1:17.02
200 Yard IM
1 Mattioda, Garen 24 OREG 2:37.72
400 Yard IM
1 Mattioda, Garen 24 OREG 5:37.20

Women 25-29

50 Yard Freestyle
1 Fredericks, Jennifer 26 OREG 28.31
2 Ogle, Tanya 29 OREG 29.13
200 Yard Freestyle
1 Ogle, Tanya 29 OREG 2:22.05
2 Fredericks, Jennifer 26 OREG 2:26.00
3 Gabbard, Erika 28 OREG 2:46.81
500 Yard Freestyle
1 Gabbard, Erika 28 OREG 7:37.57
100 Yard Backstroke
1 Ogle, Tanya 29 OREG 1:10.78
2 Fredericks, Jennifer 26 OREG 1:16.72
200 Yard Backstroke
1 Ogle, Tanya 29 OREG 2:34.47
50 Yard Breaststroke
1 Fredericks, Jennifer 26 OREG 40.03
100 Yard Breaststroke
1 Ogle, Tanya 29 OREG 1:24.91
2 Gabbard, Erika 28 OREG 1:43.52
200 Yard Breaststroke
1 Ogle, Tanya 29 OREG 3:02.67
2 Gabbard, Erika 28 OREG 3:44.78
50 Yard Butterfly
1 Gabbard, Erika 28 OREG 44.37
200 Yard IM
1 Ogle, Tanya 29 OREG 2:40.02

2 Gabbard, Erika 28 OREG 3:29.65
400 Yard IM

1 Gabbard, Erika 28 OREG 7:03.49

Women 30-34

50 Yard Freestyle
1 Cullom, Ellen 32 PNA 41.25
100 Yard Freestyle
1 Topp, Deborah 33 OREG 1:03.20
2 Cullom, Ellen 32 PNA 1:32.57
200 Yard Freestyle
1 Cullom, Ellen 32 PNA 3:36.13
50 Yard Breaststroke
1 Frieder, Marisa 33 OREG 38.84
2 Cullom, Ellen 32 PNA 47.76
100 Yard Breaststroke
1 Frieder, Marisa 33 OREG 1:23.28
2 Cullom, Ellen 32 PNA 1:47.17
200 Yard Breaststroke
1 Cullom, Ellen 32 PNA 3:44.66
50 Yard Butterfly
1 Topp, Deborah 33 OREG 31.95
100 Yard Butterfly
1 Topp, Deborah 33 OREG 1:11.26
100 Yard IM
1 Topp, Deborah 33 OREG 1:15.28

Women 35-39

50 Yard Freestyle
1 Law, Cathy 35 OREG 30.07



Cathy Law, Oregon, and her son, Sebastian

100 Yard Freestyle
1 Collson, Anne-Marie 35 OREG 1:00.66
2 Law, Cathy 35 OREG 1:07.25
3 Helfrich, Ayre 35 OREG 1:12.49
4 Scholz, Anne 37 OREG 1:14.79
5 Croucher, Denise 39 OREG 1:26.73
200 Yard Freestyle
1 Law, Cathy 35 OREG 2:32.84
500 Yard Freestyle
1 Scholz, Anne 37 OREG 7:14.12
2 Helfrich, Ayre 35 OREG 7:26.89
3 Croucher, Denise 39 OREG 8:59.75
50 Yard Backstroke
1 Seresun, Karen 37 UNAT 31.62
2 Scholz, Anne 37 OREG 36.33
3 Helfrich, Ayre 35 OREG 40.88
4 Raach, Bridget 39 OREG 44.22
5 Croucher, Denise 39 OREG 46.91
100 Yard Backstroke
1 Crisp, Julie 37 OREG 1:25.72
50 Yard Breaststroke
1 Law, Cathy 35 OREG 38.32
2 Crisp, Julie 37 OREG 51.37
100 Yard Breaststroke
1 Law, Cathy 35 OREG 1:26.76
200 Yard Breaststroke
1 Croucher, Denise 39 OREG 3:39.60
50 Yard Butterfly
1 Seresun, Karen 37 UNAT 29.01
2 Collson, Anne-Marie 35 OREG 31.43
100 Yard Butterfly
1 Seresun, Karen 37 UNAT 1:04.91
100 Yard IM
1 Seresun, Karen 37 UNAT 1:07.23
2 Law, Cathy 35 OREG 1:17.88
3 Helfrich, Ayre 35 OREG 1:26.30
400 Yard IM
1 Crisp, Julie 37 OREG 7:03.90

Women 40-44

50 Yard Freestyle
1 Carey, Caroline 41 MACO 27.89
2 Vincent, Nancy 43 OREG 30.16
3 Nill, Vicky 41 OREG 32.87
4 Macias, Melinda 44 INWM 33.32
100 Yard Freestyle
1 Carey, Caroline 41 MACO 1:01.59
2 Goodman, Ann 43 OREG 1:11.53
3 Macias, Melinda 44 INWM 1:20.35
200 Yard Freestyle
1 Vincent, Nancy 43 OREG 2:29.22
2 Fox, Christina 42 OREG 2:42.90
3 Macias, Melinda 44 INWM 3:21.31
500 Yard Freestyle
1 Goodman, Ann 43 OREG 6:58.61
1000 Yard Freestyle
1 Nill, Vicky 41 OREG 14:41.05
50 Yard Backstroke
1 Carey, Caroline 41 MACO 33.01
2 Goodman, Ann 43 OREG 35.78
3 Nill, Vicky 41 OREG 38.31
100 Yard Backstroke
1 Carey, Caroline 41 MACO 1:14.81
2 Fox, Christina 42 OREG 1:21.29
200 Yard Backstroke
1 Fox, Christina 42 OREG 2:52.35
50 Yard Breaststroke
1 Vincent, Nancy 43 OREG 38.66
2 Macias, Melinda 44 INWM 52.91
100 Yard Breaststroke
1 Vincent, Nancy 43 OREG 1:24.50
2 Fox, Christina 42 OREG 1:32.26
50 Yard Butterfly
1 Carey, Caroline 41 MACO 31.76
2 Nill, Vicky 41 OREG 36.78
3 Goodman, Ann 43 OREG 37.26
4 Macias, Melinda 44 INWM 40.77
100 Yard IM
1 Goodman, Ann 43 OREG 1:21.46
2 Macias, Melinda 44 INWM 1:29.05
200 Yard IM
1 Fox, Christina 42 OREG 3:02.69
2 Nill, Vicky 41 OREG 3:03.70

Women 45-49

50 Yard Freestyle
1 Murphy, Catherine 46 INWM 32.67
2 Johnson, Janet 48 UNAT 35.39
100 Yard Freestyle
1 Murphy, Catherine 46 INWM 1:13.15
200 Yard Freestyle
1 Murphy, Catherine 46 INWM 2:43.79
500 Yard Freestyle
1 Andrus-Hughes, Karen 45 OREG 5:52.94
2 Douglas, Deb 48 OREG 6:53.61
3 Murphy, Catherine 46 INWM 7:05.26
1000 Yard Freestyle
1 Douglas, Deb 48 OREG 14:15.05
2 Murphy, Catherine 46 INWM 14:31.40
50 Yard Backstroke
1 Roberts, Calli 48 OREG 44.41
100 Yard Backstroke
1 Douglas, Deb 48 OREG 1:22.80
2 Welborn, Jody 47 OREG 1:31.46
3 Roberts, Calli 48 OREG 1:34.18
50 Yard Breaststroke
1 Johnson, Janet 48 UNAT 44.44
100 Yard Breaststroke
1 Welborn, Jody 47 OREG 1:35.70
2 Douglas, Deb 48 OREG 1:36.84
3 Johnson, Janet 48 UNAT 1:38.22
50 Yard Butterfly
1 Roberts, Calli 48 OREG 43.15
100 Yard Butterfly
1 Murphy, Catherine 46 INWM 1:36.04
100 Yard IM
1 Andrus-Hughes, Karen 45 OREG 1:07.58
2 Roberts, Calli 48 OREG 1:33.72
200 Yard IM

1 Andrus-Hughes, Karen 45 OREG 2:26.27

Women 50-54

50 Yard Freestyle
1 Milner, Nancy 51 OREG 35.92
100 Yard Freestyle
1 Sutherland, Jani 54 OREG 1:15.36
200 Yard Freestyle
1 Teisher, Jeanne 51 OREG 2:27.43
2 Milner, Nancy 51 OREG 2:50.08
3 Sutherland, Jani 54 OREG 2:50.10
500 Yard Freestyle
1 Sutherland, Jani 54 OREG 7:29.40
2 Riddle, Kristi 54 OREG 8:47.58
1000 Yard Freestyle
1 Milner, Nancy 51 OREG 14:44.84
50 Yard Breaststroke
1 Milner, Nancy 51 OREG 46.94
100 Yard Breaststroke
1 Sutherland, Jani 54 OREG 1:40.03
200 Yard Breaststroke
1 Sutherland, Jani 54 OREG 3:32.90
2 Riddle, Kristi 54 OREG 3:47.58
50 Yard Butterfly
1 Riddle, Kristi 54 OREG 42.31
200 Yard Butterfly
1 Staley, Darlene 53 OREG 3:08.23
100 Yard IM
1 Riddle, Kristi 54 OREG 1:34.76
400 Yard IM
1 Staley, Darlene 53 OREG 6:26.20

Women 55-59

50 Yard Freestyle
1 Quattro, Jackie 55 OREG 31.02
2 Pierson, Ginger 57 MACO 31.55
3 Dillon, Sally 56 PNA 31.90
4 Rousseau, Sandi 55 OREG 32.08
5 Litt, Armi 56 PNA 37.76
6 Haynie, Sandra 58 OREG 59.32

Sally Dillon, Pacific Northwest

100 Yard Freestyle
1 Dillon, Sally 56 PNA 1:09.50
2 Rousseau, Sandi 55 OREG 1:10.92
3 Litt, Armi 56 PNA 1:22.65
200 Yard Freestyle
1 Dillon, Sally 56 PNA 2:28.50
2 Quattro, Jackie 55 OREG 2:31.27
3 Rousseau, Sandi 55 OREG 2:40.96
4 Litt, Armi 56 PNA 3:00.35
5 Ensign, Jeanne 56 PNA 3:09.69
6 Pierson, Ginger 57 MACO 3:30.55
500 Yard Freestyle
1 Litt, Armi 56 PNA 8:02.86
2 Ensign, Jeanne 56 PNA 8:25.29
1000 Yard Freestyle
1 Dillon, Sally 56 PNA 13:45.56
2 Quattro, Jackie 55 OREG 14:08.21
3 Himstreet, Pam 59 OREG 16:45.14
1650 Yard Freestyle
1 Ensign, Jeanne 56 PNA 28:12.44
50 Yard Backstroke
1 Rousseau, Sandi 55 OREG 40.09
100 Yard Backstroke
1 Himstreet, Pam 59 OREG 1:45.86
200 Yard Backstroke
1 Himstreet, Pam 59 OREG 3:46.57
50 Yard Breaststroke

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RESULTS

(continued...from previous page)

1 Litt, Arni 56 PNA 44.41
100 Yard Breaststroke
1 Dillon, Sally 56 PNA 1:29.95
2 Litt, Arni 56 PNA 1:38.91
200 Yard Breaststroke
1 Himstreet, Pam 59 OREG 3:29.76
2 Litt, Arni 56 PNA 3:33.08
50 Yard Butterfly
1 Rousseau, Sandi 55 OREG 34.47
100 Yard Butterfly
1 Rousseau, Sandi 55 OREG 1:22.68
100 Yard IM
1 Dillon, Sally 56 PNA 1:23.50
200 Yard IM
1 Litt, Arni 56 PNA 3:27.68
2 Himstreet, Pam 59 OREG 3:29.06
400 Yard IM
1 Himstreet, Pam 59 OREG 7:20.37
Women 60-64
50 Yard Freestyle
1 Ward, Joy 60 OREG 31.13
2 Frid, Barbara 61 OREG 32.00
3 Tatum, Joanne 63 OREG 47.56
100 Yard Freestyle
1 Tatum, Joanne 63 OREG 1:50.01
200 Yard Freestyle
1 Frid, Barbara 61 OREG 2:39.87
500 Yard Freestyle
1 Frid, Barbara 61 OREG 7:24.07
50 Yard Backstroke
1 Frid, Barbara 61 OREG 37.27
2 Ward, Joy 60 OREG 37.30
3 Tatum, Joanne 63 OREG 58.90
100 Yard Backstroke
1 Ward, Joy 60 OREG 1:20.01 Z
2 Frid, Barbara 61 OREG 1:21.15
50 Yard Breaststroke
1 Tatum, Joanne 63 OREG 59.09
50 Yard Butterfly
1 Ward, Joy 60 OREG 33.67
2 Frid, Barbara 61 OREG 33.80
200 Yard IM
1 Ward, Joy 60 OREG 3:00.71 Z
Women 65-69
50 Yard Freestyle
1 Kimball, Marvel 66 INWM 38.48
2 Lance, Sherin 67 OREG 45.58
3 Schroder, Kaleo 66 OREG 49.57
100 Yard Freestyle
1 Kimball, Marvel 66 INWM 1:26.51
2 Schroder, Kaleo 66 OREG 1:53.50
200 Yard Freestyle
1 Kimball, Marvel 66 INWM 3:07.97
500 Yard Freestyle
1 Kimball, Marvel 66 INWM 8:23.37
1000 Yard Freestyle
1 Kimball, Marvel 66 INWM 17:27.53
2 Lance, Sherin 67 OREG 20:42.80
50 Yard Backstroke
1 Schroder, Kaleo 66 OREG 56.09
100 Yard Backstroke
1 Schroder, Kaleo 66 OREG 2:08.65
2 Lance, Sherin 67 OREG 2:11.28
200 Yard Backstroke
1 Schroder, Kaleo 66 OREG 4:35.93
50 Yard Breaststroke
1 Schroder, Kaleo 66 OREG 1:04.83
2 Lance, Sherin 67 OREG 1:11.94
100 Yard Breaststroke
1 Schroder, Kaleo 66 OREG 2:19.71
200 Yard Breaststroke
1 Schroder, Kaleo 66 OREG 5:00.25
100 Yard IM
1 Kimball, Marvel 66 INWM 1:51.48
Women 70-74
50 Yard Freestyle
1 Rosik, Cynthia 70 OREG 49.81

2 Glancy, Barbara 71 OREG 56.36
100 Yard Freestyle
1 Glancy, Barbara 71 OREG 2:11.54
200 Yard Freestyle
1 Glancy, Barbara 71 OREG 4:32.32
500 Yard Freestyle
1 Glancy, Barbara 71 OREG 12:03.97
100 Yard Backstroke
1 Glancy, Barbara 71 OREG 2:22.17
200 Yard Backstroke
1 Glancy, Barbara 71 OREG 5:06.60
50 Yard Breaststroke
1 Bahler, Joyce 73 MACO 51.62 O
2 Rosik, Cynthia 70 OREG 57.28
3 Glancy, Barbara 71 OREG 1:16.63
100 Yard Breaststroke
1 Bahler, Joyce 73 MACO 1:54.87
2 Rosik, Cynthia 70 OREG 2:07.84
200 Yard Breaststroke
1 Bahler, Joyce 73 MACO 4:14.55
2 Rosik, Cynthia 70 OREG 4:42.89
50 Yard Butterfly
1 Rosik, Cynthia 70 OREG 1:02.44
100 Yard IM
1 Bahler, Joyce 73 MACO 1:53.16
200 Yard IM
1 Bahler, Joyce 73 MACO 4:03.27
Women 80-84
50 Yard Freestyle
1 Bernardi, Norma 83 OREG 56.70
100 Yard Freestyle
1 Bernardi, Norma 83 OREG 2:13.75
50 Yard Backstroke
1 Bernardi, Norma 83 OREG 1:01.50
100 Yard Backstroke
1 Bernardi, Norma 83 OREG 2:14.89
2 Stevenin, Elfie 81 OREG 2:56.87
200 Yard Backstroke
1 Bernardi, Norma 83 OREG 4:44.53
100 Yard Butterfly
1 Stevenin, Elfie 81 OREG 4:18.38
200 Yard Butterfly
1 Stevenin, Elfie 81 OREG 9:30.48
100 Yard IM
1 Stevenin, Elfie 81 OREG 3:37.06
400 Yard IM



Michael York, Utah

1 Stevenin, Elfie 81 OREG 16:01.77
Men 19-24
50 Yard Freestyle
1 York, Michael 24 UTAH 22.32
2 Wellman, David 20 OREG 25.75
3 Wills, Lucas 23 PNA 25.99
100 Yard Freestyle
1 York, Michael 24 UTAH 51.08
2 Wills, Lucas 23 PNA 59.81
200 Yard Freestyle
1 Wellman, David 20 OREG 2:07.15
50 Yard Backstroke
1 York, Michael 24 UTAH 26.44
100 Yard Backstroke
1 York, Michael 24 UTAH 57.19
2 Wellman, David 20 OREG 1:02.43
200 Yard Backstroke
1 Wellman, David 20 OREG 2:20.72
50 Yard Breaststroke
1 Wills, Lucas 23 PNA 32.80
100 Yard Breaststroke
1 Wills, Lucas 23 PNA 1:13.54

200 Yard Breaststroke
1 Wills, Lucas 23 PNA 2:42.08
50 Yard Butterfly
1 York, Michael 24 UTAH 25.71
2 Wills, Lucas 23 PNA 30.64
100 Yard IM
1 York, Michael 24 UTAH 1:01.71
2 Wellman, David 20 OREG 1:03.84
3 Wills, Lucas 23 PNA 1:06.25
200 Yard IM
1 Wellman, David 20 OREG 2:19.08
Men 25-29
50 Yard Freestyle
1 Boal, Nathan 25 OREG 24.18
2 Raskauskas, Jesse 27 OREG 26.66
100 Yard Freestyle
1 Boal, Nathan 25 OREG 53.38
200 Yard Freestyle
1 Boal, Nathan 25 OREG 1:57.08
500 Yard Freestyle
1 Boal, Nathan 25 OREG 5:18.95
100 Yard Breaststroke
1 Boal, Nathan 25 OREG 1:07.73
400 Yard IM
1 Raskauskas, Jesse 27 OREG 5:45.62
Men 30-34
50 Yard Freestyle
1 Pospisil, Radek 33 OREG 26.14
100 Yard Freestyle
1 Price, Kennedy 30 OREG 1:04.96
1650 Yard Freestyle
1 Price, Kennedy 30 OREG 21:35.86
50 Yard Backstroke
1 Price, Kennedy 30 OREG 35.23
50 Yard Breaststroke
1 Pospisil, Radek 33 OREG 31.79
100 Yard Breaststroke
1 Pospisil, Radek 33 OREG 1:09.08
100 Yard IM
1 Price, Kennedy 30 OREG 1:14.09
Men 35-39
50 Yard Freestyle
1 Rice, David 36 OREG 23.73
2 Butcher, Gano 39 OREG 24.13
3 Bornfleth, Eric 37 PNA 24.56
4 Gaarder, Chris 38 OREG 25.66
5 Pawchuk, Ken 36 OREG 26.23
6 Edic, Chyle 36 OREG 27.63
100 Yard Freestyle
1 Drawz, Troy 35 UNAT 51.36
2 Rice, David 36 OREG 51.49
3 Bornfleth, Eric 37 PNA 54.39
4 Gaarder, Chris 38 OREG 55.29
5 Edic, Chyle 36 OREG 1:02.35
6 Pawchuk, Ken 36 OREG 1:03.40
7 Williamson, Pete 39 OREG 1:04.84
200 Yard Freestyle
1 Rice, David 36 OREG 1:58.33
2 Lasersohn, Jim 38 PNA 2:15.24
50 Yard Backstroke
1 Butcher, Gano 39 OREG 29.26
2 Williamson, Pete 39 OREG 35.28
3 Edic, Chyle 36 OREG 37.66
4 Pawchuk, Ken 36 OREG 38.69
100 Yard Backstroke
1 Butcher, Gano 39 OREG 1:03.75
2 Edic, Chyle 36 OREG 1:16.59
3 Pawchuk, Ken 36 OREG 1:30.81
50 Yard Breaststroke
1 Hudson, John 37 OREG 28.70
2 Gaarder, Chris 38 OREG 31.25
3 Rice, David 36 OREG 31.76
4 Mirho, Charles 39 OREG 32.20
5 Edic, Chyle 36 OREG 33.63
6 Lasersohn, Jim 38 PNA 34.42
100 Yard Breaststroke
1 Hudson, John 37 OREG 1:02.57
2 Volckening, Bill 37 NEM 1:06.95
3 Butcher, Gano 39 OREG 1:07.56
4 Gaarder, Chris 38 OREG 1:08.05
5 Edic, Chyle 36 OREG 1:15.66

200 Yard Breaststroke
1 Gaarder, Chris 38 OREG 2:34.60
2 Edic, Chyle 36 OREG 2:43.99
50 Yard Butterfly
1 Butcher, Gano 39 OREG 25.91
2 Drawz, Troy 35 UNAT 26.15
3 Mirho, Charles 39 OREG 26.81
4 Bornfleth, Eric 37 PNA 27.05
5 Gaarder, Chris 38 OREG 28.09
6 Palmer, Jeffrey 35 OREG 30.20
100 Yard Butterfly
1 Butcher, Gano 39 OREG 59.57
2 Bornfleth, Eric 37 PNA 1:01.96
3 Palmer, Jeffrey 35 OREG 1:10.09
200 Yard Butterfly
1 Lasersohn, Jim 38 PNA 2:35.92



Ed Kosydar, Snake River

100 Yard IM
1 Rice, David 36 OREG 1:01.16
2 Edic, Chyle 36 OREG 1:10.34
3 Williamson, Pete 39 OREG 1:22.01
200 Yard IM
1 Volckening, Bill 37 NEM 2:11.73
Men 40-44
50 Yard Freestyle
1 George, Steve 43 OREG 23.39
2 Cleaver, Oliver 40 SAWS 24.22
3 Littlefield, James 42 PNA 24.63
4 Wren, Mark 44 OREG 25.15
5 Ackerman, Bob 41 UNAT 25.22
6 Kosydar, Edward 40 SAWS 27.13
7 Coons, David 44 UNAT 29.44
8 Garcia, Doug 41 INWM 30.79
9 Johnisee, Chuck 43 OREG 31.18
10 Rayle, Tim 42 OREG 31.58
11 Bragg III, Robin 43 OREG 35.51
100 Yard Freestyle
1 Allender, Pat 44 OREG 51.60
2 Cleaver, Oliver 40 SAWS 53.21
3 Littlefield, James 42 PNA 53.85
4 George, Steve 43 OREG 55.27
5 Ackerman, Bob 41 UNAT 57.76
6 Kosydar, Edward 40 SAWS 59.18
7 Dowd, Mike 44 MACO 1:01.21
8 Garcia, Doug 41 INWM 1:11.10
9 Bragg III, Robin 43 OREG 1:17.10
200 Yard Freestyle
1 Dybdahl, Eric 43 PNA 2:02.60
2 Littlefield, James 42 PNA 2:03.53
3 Wren, Mark 44 OREG 2:07.81
4 Kosydar, Edward 40 SAWS 2:16.28
5 Coons, David 44 UNAT 2:32.07
6 Garcia, Doug 41 INWM 2:42.45
7 Bragg III, Robin 43 OREG 2:48.83
500 Yard Freestyle
1 Dybdahl, Eric 43 PNA 5:38.90
2 Wren, Mark 44 OREG 6:03.59
3 Dowd, Mike 44 MACO 6:13.51
4 Kosydar, Edward 40 SAWS 6:20.50
5 Garcia, Doug 41 INWM 7:23.15
6 Bragg III, Robin 43 OREG 7:28.32
1000 Yard Freestyle
1 Coons, David 44 UNAT 14:30.72
2 Bragg III, Robin 43 OREG 15:39.67
1650 Yard Freestyle
1 Bragg III, Robin 43 OREG 26:31.23
50 Yard Backstroke
1 George, Steve 43 OREG 27.20
2 Cleaver, Oliver 40 SAWS 28.91

(continued...next page)

(continued...from previous page)

3 Littlefield, James 42 PNA 29.70
4 Ackerman, Bob 41 UNAT 32.10
100 Yard Backstroke
1 George, Steve 43 OREG 58.68
2 Littlefield, James 42 PNA 1:02.88
3 Bragg III, Robin 43 OREG 1:52.03
200 Yard Backstroke
1 George, Steve 43 OREG 2:10.99
2 Dybdahl, Eric 43 PNA 2:26.94
3 Bragg III, Robin 43 OREG 4:06.18
50 Yard Breaststroke
1 Allender, Pat 44 OREG 29.58
2 Kingsly, Bernard 44 INWM 32.29
3 Cleaver, Oliver 40 SAWS 32.52
4 Ackerman, Bob 41 UNAT 36.95
5 Johnisee, Chuck 43 OREG 38.96
6 Rayle, Tim 42 OREG 40.96
100 Yard Breaststroke
1 Allender, Pat 44 OREG 1:03.49
200 Yard Breaststroke
1 Allender, Pat 44 OREG 2:18.36
2 Dowd, Mike 44 MACO 2:44.25
50 Yard Butterfly
1 Christensen, Douglas 40 OREG 25.55
2 Cleaver, Oliver 40 SAWS 27.16
3 Wren, Mark 44 OREG 28.61
4 Dowd, Mike 44 MACO 30.35
100 Yard Butterfly
1 Christensen, Douglas 40 OREG 57.81
2 Cleaver, Oliver 40 SAWS 59.08
3 Dybdahl, Eric 43 PNA 1:04.81
200 Yard Butterfly
1 Dybdahl, Eric 43 PNA 2:23.05
100 Yard IM
1 George, Steve 43 OREG 1:00.81
2 Littlefield, James 42 PNA 1:06.25
200 Yard IM
1 Dowd, Mike 44 MACO 2:38.31
2 Garcia, Doug 41 INWM 3:05.62
400 Yard IM
1 Christensen, Douglas 40 OREG 4:59.99
Men 45-49
50 Yard Freestyle
1 Tennant, Mike 49 OREG 23.64
2 Morrison, Robert 49 INWM 25.77
3 Dolan, Dan 47 OREG 26.49
4 Ames, Kevin 45 UNAT 27.28
5 Jensen, Eric 49 OREG 28.95
6 Friedman, Keith 46 OREG 33.69
7 Macias, Jesse 45 INWM 52.29
100 Yard Freestyle
1 Tennant, Mike 49 OREG 51.78
2 Morrison, Robert 49 INWM 58.35
3 Munro, Stuart 45 MACO 1:02.95
4 Jensen, Eric 49 OREG 1:04.33
5 Macias, Jesse 45 INWM 1:19.57
200 Yard Freestyle
1 Burleson, David 46 MACO1:56.23 O
2 Tennant, Mike 49 OREG 1:59.83
3 Kevan, Stephen 48 OREG 2:01.14
4 Munro, Stuart 45 MACO 2:15.09
5 Scoville, Brent 45 OREG 2:18.97
6 Friedman, Keith 46 OREG 3:24.73
500 Yard Freestyle
1 Burleson, David 46 MACO 5:19.79
2 Kevan, Stephen 48 OREG 5:32.59
3 Tennant, Mike 49 OREG 5:43.17
4 Douglas, Michael 45 OREG 5:56.77
5 Ramsey, Ed 47 OREG 5:56.88
1000 Yard Freestyle
1 Kevan, Stephen 48 OREG 12:06.19
2 Douglas, Michael 45 OREG 12:21.41
3 Ramsey, Ed 47 OREG 12:25.96
4 Ward, Cliff 46 OREG 13:36.03
5 Friedman, Keith 46 OREG 20:03.83
1650 Yard Freestyle
1 Ramsey, Ed 47 OREG 21:06.94
100 Yard Backstroke
1 Ramsey, Ed 47 OREG 1:08.06

2 Scoville, Brent 45 OREG 1:12.60
200 Yard Backstroke
1 Ramsey, Ed 47 OREG 2:30.79
50 Yard Breaststroke
1 Morrison, Robert 49 INWM 31.49
2 Dolan, Dan 47 OREG 33.50
3 Ames, Kevin 45 UNAT 33.82
4 Douglas, Michael 45 OREG 37.91
5 Jensen, Eric 49 OREG 38.84
6 Friedman, Keith 46 OREG 44.78
7 Macias, Jesse 45 INWM 1:16.50
100 Yard Breaststroke
1 Morrison, Robert 49 INWM 1:10.15
2 Dolan, Dan 47 OREG 1:13.73
3 Ames, Kevin 45 UNAT 1:14.13
4 Walky, John 49 OREG 1:15.52
5 Munro, Stuart 45 MACO 1:21.08
6 Douglas, Michael 45 OREG 1:26.85
7 Friedman, Keith 46 OREG 1:49.20
200 Yard Breaststroke
1 Morrison, Robert 49 INWM 2:39.44
2 Munro, Stuart 45 MACO 2:56.87
50 Yard Butterfly
1 Macias, Jesse 45 INWM 1:16.26
100 Yard Butterfly
1 Burleson, David 46 MACO 57.95 O
2 Munro, Stuart 45 MACO 1:14.27
200 Yard Butterfly
1 Burleson, David 46 MACO 2:19.57
2 Munro, Stuart 45 MACO 2:51.63
3 Ward, Cliff 46 OREG 2:59.97
100 Yard IM
1 Brockbank, Doug 49 OREG 1:06.85
2 Morrison, Robert 49 INWM 1:07.23
3 Jensen, Eric 49 OREG 1:20.72
4 Macias, Jesse 45 INWM 2:46.56
200 Yard IM
1 Tennant, Mike 49 OREG 2:21.38
2 Munro, Stuart 45 MACO 2:47.05
400 Yard IM
1 Walky, John 49 OREG 5:20.51
2 Ward, Cliff 46 OREG 5:31.02
3 Scoville, Brent 45 OREG 5:47.46
4 Munro, Stuart 45 MACO 6:00.42
Men 50-54
50 Yard Freestyle
1 Philbrick, Larry 50 OREG 23.95
2 Prentice, Douglas 54 OREG 25.24
3 Dasch, Vern 53 OREG 26.34
4 Wikander, Carroll 51 OREG 27.47
100 Yard Freestyle
1 Dasch, Vern 53 OREG 58.19
200 Yard Freestyle
1 Teisher, Jim 53 OREG 2:07.45
2 Dasch, Vern 53 OREG 2:13.70
500 Yard Freestyle
1 Dasch, Vern 53 OREG 6:13.91
2 Toole, Chris 51 OREG 6:57.79
1000 Yard Freestyle
1 Teisher, Jim 53 OREG 12:12.20
1650 Yard Freestyle
1 Penn, Bill 51 PNA 18:34.98
100 Yard Backstroke
1 Philbrick, Larry 50 OREG 1:03.18
2 Wikander, Carroll 51 OREG 1:22.83
50 Yard Breaststroke
1 Philbrick, Larry 50 OREG 31.83
2 Prentice, Douglas 54 OREG 34.93
3 Wikander, Carroll 51 OREG 35.06
100 Yard Breaststroke
1 Philbrick, Larry 50 OREG 1:10.07
2 Prentice, Douglas 54 OREG 1:15.37
3 Dasch, Vern 53 OREG 1:17.07
4 Wikander, Carroll 51 OREG 1:19.77
200 Yard Breaststroke
1 Toole, Chris 51 OREG 3:09.75
50 Yard Butterfly
1 Toole, Chris 51 OREG 39.61
Men 55-59
50 Yard Freestyle
1 Smith, Robert 59 OREG 24.66

2 Bruce, Bob 55 OREG 26.32
3 Wolcott, Steve 57 INWM 27.39
4 Carriker, Buz 55 OREG 30.07
100 Yard Freestyle
1 Bruce, Bob 55 OREG 59.09
2 Wolcott, Steve 57 INWM 1:02.43
3 Carriker, Buz 55 OREG 1:06.54
4 Juhala, Richard 59 OREG 1:21.10
200 Yard Freestyle
1 Wolcott, Steve 57 INWM 2:19.67
2 Carriker, Buz 55 OREG 2:29.61
3 Juhala, Richard 59 OREG 3:14.96
500 Yard Freestyle
1 Juhala, Richard 59 OREG 8:16.77
1650 Yard Freestyle
1 Selles, Carl 56 RMM 19:22.41



Carl Selles, Colorado

50 Yard Backstroke
1 Bruce, Bob 55 OREG 31.72
100 Yard Backstroke
1 Smith, Robert 59 OREG 1:02.94
2 Juhala, Richard 59 OREG 1:38.48
50 Yard Breaststroke
1 Bruce, Bob 55 OREG 36.90
2 Juhala, Richard 59 OREG 41.02
100 Yard Breaststroke
1 Bruce, Bob 55 OREG 1:21.26
2 Carriker, Buz 55 OREG 1:29.83
50 Yard Butterfly
1 Wolcott, Steve 57 INWM 30.33
2 Juhala, Richard 59 OREG 40.35
100 Yard Butterfly
1 Wolcott, Steve 57 INWM 1:16.04
100 Yard IM
1 Smith, Robert 59 OREG 1:03.69
2 Bruce, Bob 55 OREG 1:09.27
3 Carriker, Buz 55 OREG 1:19.95
4 Juhala, Richard 59 OREG 1:28.84
200 Yard IM
1 Carriker, Buz 55 OREG 3:01.25
Men 60-64
50 Yard Freestyle
1 Mellow, Bill 61 OREG 31.00
100 Yard Freestyle
1 Mellow, Bill 61 OREG 1:11.30
200 Yard Freestyle
1 Lake, Brent 64 OREG 2:36.27
500 Yard Freestyle
1 Lake, Brent 64 OREG 6:58.38
1000 Yard Freestyle
1 Mellow, Bill 61 OREG 15:27.21
1650 Yard Freestyle
1 Mellow, Bill 61 OREG 26:32.81
50 Yard Backstroke
1 Lake, Brent 64 OREG 35.60
100 Yard Backstroke
1 Lake, Brent 64 OREG 1:19.36
200 Yard Backstroke
1 Lake, Brent 64 OREG 2:53.34
50 Yard Breaststroke
1 Mellow, Bill 61 OREG 38.80
100 Yard Breaststroke
1 Mellow, Bill 61 OREG 1:24.88
200 Yard Breaststroke
1 Mellow, Bill 61 OREG 3:13.47
50 Yard Butterfly
1 Petersen, Bert 64 OREG 27.92
100 Yard Butterfly
1 Petersen, Bert 64 OREG 1:08.02
100 Yard IM

1 Mellow, Bill 61 OREG 1:23.66
Men 65-69
50 Yard Freestyle
1 Slawson, Dick 67 OREG 29.09
2 Thayer, George 67 OREG 29.46
3 Bigler, Jim 67 MACO 31.39
100 Yard Freestyle
1 Bigler, Jim 67 MACO 1:10.78
200 Yard Freestyle
1 Bigler, Jim 67 MACO 2:36.85
2 Thayer, George 67 OREG 2:43.03
500 Yard Freestyle
1 Bigler, Jim 67 MACO 7:14.18
1000 Yard Freestyle
1 Radcliff, David 68 OREG 13:11.17
2 Bigler, Jim 67 MACO 14:47.63
1650 Yard Freestyle
1 Radcliff, David 68 OREG 22:19.91
50 Yard Backstroke
1 Thayer, George 67 OREG 36.91
2 Bigler, Jim 67 MACO 39.70
100 Yard Backstroke
1 Thayer, George 67 OREG 1:21.46
2 Radcliff, David 68 OREG 1:30.78
200 Yard Backstroke
1 Thayer, George 67 OREG 3:03.13
100 Yard IM
1 Slawson, Dick 67 OREG 1:15.93
2 Radcliff, David 68 OREG 1:18.13
200 Yard IM
1 Slawson, Dick 67 OREG 2:50.55
400 Yard IM
1 Slawson, Dick 67 OREG 6:14.17
Men 75-79
50 Yard Freestyle
1 Miesen, Lee 75 MACO 44.42
100 Yard Backstroke
1 Miesen, Lee 75 MACO 1:40.40
200 Yard Backstroke
1 Miesen, Lee 75 MACO 3:41.68
100 Yard Butterfly
1 Miesen, Lee 75 MACO 2:07.13
Men 80-84
100 Yard Freestyle
1 Young, Gilbert 81 OREG 1:18.78
Relays
Women 19+ 400 Yard Medley Relay
1 OREG 5:01.87 O
1) Wilkinson, C. 19 2) Gabbard, E. 28
3) Mattioda, G. 24 4) Kuehnast, A. 22
Men 25+ 200 Yard Free Relay
1 OREG 1:34.82
1) Allender, P. 44 2) Boal, N. 25
3) Hudson, J. 37 4) George, S. 43
Men 25+ 400 Yard Free Relay
1 OREG 3:54.14
1) Edic, C. 36 2) Ramsey, E. 47
3) Mirho, C. 39 4) Raskauskas, J. 27
Men 25+ 200 Yard Medley Relay
1 OREG 2:03.98
1) Price, K. 30 2) Edic, C. 36
3) Mirho, C. 39 4) Radcliff, D. 68
Men 35+ 200 Yard Free Relay
1 OREG 1:56.99
1) Pawchuk, K. 36 2) Johnisee, C. 43
3) Mellow, B. 61 4) Radcliff, D. 68
Mixed 25+ 200 Yard Medley Relay
1 OREG 2:08.12
1) Fox, C. 42 2) Law, C. 35
3) Boal, N. 25 4) George, S. 43
2) PNA 2:26.11
1) Dybdahl, E. 43 2) Litt, A. 56
3) Lasersohn, J. 38 4) Cullom, E. 32
Mixed 55+ 200 Yard Medley Relay
1 MACO 2:48.09
1) Pierson, G. 57 2) Miesen, L. 75
3) Bigler, J. 67 4) Bahler, J. 73

PHOTOS BY DAVE RADCLIFF



CASCADE LAKES SWIM FESTIVAL

Featuring the USMS NATIONAL 5000 METER OPEN WATER CHAMPIONSHIP
and the NORTHWEST ZONE 1500 METER OPEN WATER CHAMPIONSHIP

500, 1500 & 5000 Meter Open Water Swims at Elk Lake – July 26 & 27, 2003

Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District

Sanctioned by Oregon Masters Swimming Inc. for USMS #371-OW3, USA Sanction pending.

Operating under Special Permit from the U.S. Forest Service

EVENTS: The USMS National Championship is a 5000 Meter swim held on Sunday July 27. The Championship race will follow a diamond course for 2000 meters, then two 1500 meter triangles, marked by large buoys at least every 400 meters. The **Cascade Lakes Swim Series** is a total of three swims; the National Championship plus two more swims held on Saturday. Participants may enter in one, two or all three swims; however, only those who complete in all swims will be eligible for the Series awards. Saturday's swims began with a **500 Meter** swim. This unique "time-trial" style swim will have swimmers starting individually at intervals and following a straight out and back course marked by a continuous floating line. At noon, the **1500 Meter** event, also contested as the **NW Zone Championship**, will be swum on a triangular course, marked by large orange buoys every 300 meters.

LOCATION: All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

ELIGIBILITY: This event is open to all USMS registered swimmers 19 years or older as of July 26, 2003. USA swimmers, 13 years or older may enter the 1500 and the 5K. USA swimmers, 10 years and older, may enter the 500 Meter swim. A photocopy of your USMS or USA registration card or proof of membership in a foreign Masters organization must accompany your entry. A "day-of-race" USMS registration for the Saturday swims only will be available for adults 19 and over for \$15 at race day registration.

ENTRY FEES:

5000 Meter USMS Championship = \$30 (received by 7/15)*
All 3 open water events (Series) = \$40 (received by 7/15)
Saturday only open water events = \$30 (received by 7/15)
Saturday only, if received after deadline but before July 25 = \$35.
Saturday only, if entered at the lake = \$40

*Entries must be received by the host by July 15 if entering the USMS 5000 Championship. This includes USA swimmers.

Entry fee for the Series or each individual day includes a championship T-Shirt, swim cap, and the post race lunch. A donation of \$3.00 per person, per day, is requested for spectator lunches (pay at the lake).

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all three swims but wetsuit swimmers will not place in the USMS Championship swim. The three swim series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all three swims. A parent or guardian must sign the liability waiver for all swimmers under 18. The Forest Service does not allow dogs at the lake but they may be in the campground on a leash.

SAFETY: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap and their race number on their arms. Medical personnel will be at the site.

SEEDING: The 5000 and 1500 swims will use a mass start. Wetsuit swimmers will start later in a separate heat in both events. USA swimmers will start in a separate heat in the 5000.

The 500 Meter swim will be seeded slow-to-fast based on the swimmer's current 500 yard time. Late and day-of 500 entries will not be seeded and will swim last. No changes in 500 times at the race.

SCHEDULE: Saturday, July 26, 2003

8:00 – 9:00am Registration/Check-In for 500 & 1500
9:30–10:30am 500 Meter Time Trials – Interval Starts
10:30–11:30am Registration/Check-In for 1500 Meter
12:00 noon 1500 Meter Race begins
1:00 pm Children's activities, in and out of the water

Sunday, July 27, 2003

8:00 am- 9:00 am Check-In for 5000 Meter Championship
9:30 am 5000 Meter Race Start

Pre-race instructions will be given 15 minutes before the start time of each swim. **A picnic lunch and awards ceremony will follow the finish of races on both days.**

AWARDS: Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women. USMS National Championship medals will be awarded to the top 8 places in each age group and USMS Long Distance Championship patches will be awarded to the first place age group finishers in the 5K. Saturday's two swims will award ribbons to the top three finishers in each age group. Separate results will be compiled for wetsuit and non-wetsuit competitors for each individual event with separate awards for wetsuit swimmers. In the three-swim series calculation, points will be awarded based on the age group finish order in each race, with a deduction for wearing a wetsuit. Hand-made ceramic mugs will be awarded to the top finisher, and hand-made ceramic coasters will be awarded the 2nd and 3rd place finishers in each age group. A special platter will also be awarded to the top overall USMS male and female series finisher. Swimmers must complete all three swims to be eligible for overall series awards.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. The start/finish area for all swims is located at the Beach Picnic Area, the last Elk Lake exit, if coming from Bend. Parking will be limited to a large pullout off Cascades Lakes Hwy. or Little Fawn Group Campground. No parking at the race site (Beach Picnic Area) until after all event activities have concluded. A shuttle bus will run between the campground and the race site before and during registration. Signs will be posted for direction to parking and all important sites.

CAMPING/LODGING: Swimmers and spectators may camp at the lake at Little Fawn Group Campground, reserved for the swim. Dogs must be on a maximum 6 ft. leash. Small and medium size motor homes only. Camping fee is \$4.00 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure a spot. If you wish other days, purchase them at the lake from the Camp Host. For nice cabins on the lakeshore, stay at Elk Lake Resort. www.elklakeresort.com Book early! Host hotel in Bend is the Phoenix Inn. Phone: 541-317-9292. The Bend area offers numerous motels and resorts at all price levels.

RACE DIRECTOR: Pam Himstreet, Phone (541)-385-7770

E -mail: himstreet@bendcable.com



CASCADE LAKES SWIM FESTIVAL ENTRY FORM

Featuring the USMS NATIONAL 5000 METER OPEN WATER CHAMPIONSHIP and the NORTHWEST ZONE 1500 METER OPEN WATER CHAMPIONSHIP 500, 1500 & 5000 Meter Open Water Swims at Elk Lake, Bend, Oregon July 26 & 27, 2003

Name: _____ USMS Number _____

Address: _____

City _____ State: _____ Zip: _____

Date of Birth: _____ Age: (on race day) _____ Sex : _____ (Male) _____ (Female)

Phone (home): _____ Phone (work): _____

E-Mail address: _____

Emergency contact: _____

Name

Phone

CLUB: _____ Local Oregon Team _____

Current 500-Yard Time (for 500-Meter race seeding purposes) _____

1. Adult size T-shirt (please circle one): Small Medium Large Extra Large

2. Send me my results via _____ E-mail _____ Mailed hard copy (please check only one box)

3. Please tell us how many spectators you will be bringing for lunches. _____ Saturday _____ Sunday

4. FEES: MAKE CHECKS PAYABLE TO CENTRAL OREGON MASTERS AQUATICS (COMA)

5000 Meter USMS Championship Swim Entry Fee (received by July 15) \$30.00 _____

Cascade Lakes Swim Series, (Sat. and Sun., all 3 swims, received by July 15) \$40.00 _____

500 and 1500 Meter swims on Saturday (2 swims) (received by July 15) \$30.00 _____

* Saturday, only, Mailed entry after Deadline but received before July 25 \$35.00 _____

*Saturday only, Registration at the Lake on Day of Race. \$40.00 _____

* Group Camping (\$4.00 per adult per day) _____ people X _____ days = _____

_____ Camping Friday Night _____ Saturday Night Total Payment Enclosed: _____

Send entry and fees to:
Cascade Lakes Swim Festival
C/O BRENT LAKE
P.O. BOX 122
BEND, OR 97709

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Make checks payable to Central Oregon Masters Aquatics (COMA)

PLEASE INCLUDE A COPY OF YOUR USMS OR USA SWIMMING CARD.

"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 of 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." "Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature: Signed _____ **Date:** _____

(Parent signature required for swimmers under the age of 18)

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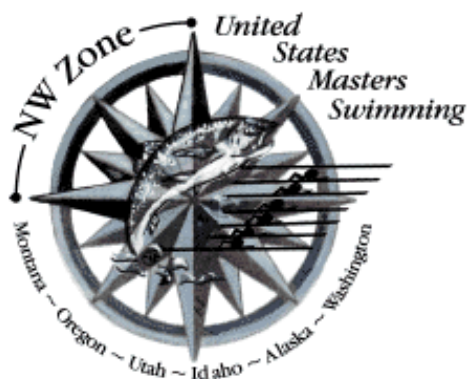
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Northwest Zone Long Course Meters Championships!

At press time, the entry information for the Northwest Zone Long Course Meters Championships was not yet available. Please check the following web sites for updates:

www.northwestzone.org
www.swimpna.org

Northwest Zone Web Site



For the latest up-to-date information about what's happening in the Northwest Zone, visit our web site at: www.northwestzone.org

You will find links to LMSC web sites, Zone meet results, and an archive of newsletters.

Northwest Zone Contacts (continued)

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CONTACT UPDATES: Attention LMSC Officers - If you would like to update your contact information, or if your LMSC has any officer changes, all updates must be reported to the USMS National Office. Call 1-800-550-SWIM, or e-mail USMS@usms.org.

More News...



Tom Landis

Landis Honored

Tom Landis of the Central Oregon Masters was recently honored in SWIM Magazine as one of the Top Masters Swimmers of 2002. Landis piled-up 13 number one rankings and six national records in 2002. It was noted in SWIM Magazine that Landis is anything but a typical Masters superstar. Not only does he raise Llamas, but he is a bonafide ordained minister, and he refuses to wear anything other than a traditional brief cut swimsuit when racing. Among Landis' most impressive accomplishments was his 1650 yard freestyle at the 2002 USMS Short Course nationals in Hawaii, where he broke two national records in one swim. In the 1650, he sped to a 19:18.93, breaking the previous record by Graham Johnston. In the 1000 he split an 11:34.34, erasing the previous record by Drury Gallagher.



Larry Krauser

Krauser Breaks World Record!

Larry Krauser, of Inland Northwest Masters shattered the 100-meter Freestyle World Record in the 50-54 age group with a time of 55.10 (bettering the mark of 55.49) at the Canadian Masters Swimming Championships held in Montreal, May 16-19. The new record was the 100-meter split of Krauser's 200-meter Freestyle race. He had missed the world mark by two-hundredths of a second the day before in winning the 100-meter race. Krauser just missed another world record by 37-hundredths of a second, winning the 50-meter Freestyle in 25.00. He also won the 400-meter Freestyle (4:26.37), 800-meter Freestyle (9:24.76), and 1500-meter Freestyle (17:48.71). In the 1500-meter Freestyle, he beat all competitors in the competition. Krauser was also second in the 400-meter Individual Medley (5:21.75).

Upcoming Events in the NW Zone:

Postal

1/1/2003-12/31/2003

1/1/2003-12/31/2003

9/1/2003-10/31/2003

30-Minute Fitness Swim Challenge (www.usms.org/fitness)

Virtual Geographic Swim Series (www.usms.org/fitness)

2003 USMS 3000/6000 Yard Postal Championship (www.usms.org/longdistance)

Pool

6/28/2003

7/12/2003

8/9-10-2003

Corvallis Long Course Meet - Corvallis, OR, LCM, Mark Worden,

(541) 753-5726, marklauraworden@attbi.com (www.swimoregon.org)

Long Course Meet, Desert Peak, Tooele, UT, LCM, (www.utahmasters.org)

Northwest Zone Long Course Championships - Federal Way, WA, LCM
Hugh Moore, weswim@mindspring.com, (www.swimpna.org)

Open Water

7/19/2003

7/19-20/2003

7/20/2003

7/27/2003

Fat Salmon Open Water Swim - Seattle, WA, OW, Jeanne Ensign,
(206) 324-1354 / 948-1354, jeanne@raincity.com, (www.swimpna.org)

Southern Oregon Open Water Carnival - Jacksonville, OR

OW; Dan Gray, (541) 890-5483, dangray45@hotmail.com; www.swimoregon.org

Steve Omi Memorial 1- Mi Swim - Coeur d'Alene, ID, OW;

Margaret Hair, (208) 667-3721(h), ramgolf@gocougs.wsu.edu

Cascade Lakes Swim Festival - 500, 1500, & 5K Swims - Elk Lake, Bend, OR
OW; Pam Himstreet, 3339 NW Windwood Way, Bend, OR 97701, 541-385-7770,
himstreet@bendcable.com; *Includes the USMS 5K Open Water Championship and the NW Zone 1500 Championship*

Event Directors: Please remember to list your event in the USMS Web Site Calendar of Events at www.usms.org