



Northwest Zone Chatter

SEPTEMBER 2003

Swimmers Enjoy First-Ever NW Zone Open Water Championship

ELK LAKE, OR- The Central Oregon Masters (COMA) recently hosted the first-ever Northwest Zone Open water Championship 1500 Meter Swim, which was part of the Cascade lakes Swim Festival. With 134 participating swimmers, the swim was the largest USMS sanctioned open water swim ever held in Oregon. The weather was perfect, and the water was refreshing for the 1500 meter swim, which was won by Jeff Erwin, 39, from the Sawtooth Masters of Boise, Idaho in 18 minutes, 15 seconds. Erwin was almost two full minutes ahead of second-place finisher, David Brancamp, 41, of Sierra Nevada Masters (20:02), and top women's finisher, Sara Quan, 30, of Oregon Masters (20:03) who took third overall.

Masters age group champions in the women's division were: Kelsey Holmberg, OREG, W19-24 (20:58, 10th overall), Gina Dhom, OREG, W25-29 (22:21, 24th overall), Laura Tyrell, MACO, W35-39 (21:39, 17th overall), Joni Young, OREG, W40-44 (23:16, 40th overall), Mary Sweat, OREG, W45-49 (20:27, 8th overall), Anne Thomas, OREG, W50-54 (27:15, 81st overall), Sally Dillon, PNA, W55-59 (26:46, 75th overall), Peggie Hodge, OREG, W60-64 (36:40, 127th overall), Betsy Jordan, SDSM, W65-69 (29:29, 100th overall), and Joyce Bahler, MACO, W70-74 (41:03, 131st overall). Masters age group champions in the men's division were: Andrew Brookman, OREG, M25-29 (27:05, 80th overall), Matt Purdy, SAWS, M30-34 (22:50, 30th overall), Mike Ryder, SNM, M45-49 (21:00, 11th overall), Mike Tennant, OREG, M50-54 (21:40, 18th overall), Steve Johnson, OREG,



Ray Allen (OREG) - Oldest Participant (77)



Jeff Erwin (SAWS) - Overall Event Champion



Sara Quan (OREG) - Women's Champion

Photos courtesy of Dave Radcliff, NW Zone webmaster, www.northwestzone.org

M55-59 (20:05, 4th overall), Tom Landis, OREG, M60-64 (21:29, 13th overall), Dave Radcliff, OREG, M65-69 (23:34, 43rd overall), Robert Beach, SPM, M70-74 (27:30, 84th overall), and Raymond Allen, OREG, M75-79 (43:33, 132nd overall).

The final swimmer to finish was Shauna Simpson of the Multnomah Athletic Club, who ordinarily would've finished well into the top half. In a display of good sportsmanship, Simpson accompanied another swimmer, Alison Kastner, 41, who was about to turn back at the start. The two swimmers finished the swim together in 55:26.

Yahoo! Group for NW Zone Masters



The Northwest Zone masters have recently started a Yahoo! group to better facilitate communication within our zone. To join the group, please go to:

<http://groups.yahoo.com>

and sign up for the "NWZoneMasters" group -- or check the NW Zone Masters web site (www.northwestzone.org) for more details.

From the NW Zone Rep

With the long course and open water seasons drawing to a close, we now turn our attention to our annual convention and the start of the short course season.

We will be discussing many issues at convention this year, in particular issues that effect the operation of the NW Zone. If you are a delegate at the convention this year, I encourage you to become fully aware of those issues so that you are able to represent your LMSC and zone during the critical votes that will be brought before the House of Delegates. If you haven't received your convention packet with all the measures, contact Tracy Grilli ASAP.

Two of the issues are the elimination of the Zone Committee and the election of national officers—currently a Zone Committee function. As you can see just be combining the those two issues, many questions need to be answered. In addition, at last year's convention, a new funding structure for the zones was implemented. This new structure has brought up many issues regarding how we in the NW fund our small LMSC delegates as well as how we collect money for the zone to operate. So I encourage you to be aware of the issues, and how your LMSC stands on the issues so that you can vote appropriately.

Other items for discussion at convention will be a review of our zone policies, the selection of the zone SCY champs to be held in the Spring of 2004 and the continuation of a Zone Open Water Championship.

In this issue of the Chatter is a copy of the 2003 SCM Champs entry form. This meet will be held on November 8-9 on the beautiful Kitsap Peninsula near Seattle and Tacoma. The group hosting is experienced and will no doubt host a great meet. I encourage you all to mark those dates on your calendar now.

Thanks to the folks at PNA for hosting a great LCM Zone champs and for the Open Water experts in Bend, Oregon to hosting the first Zone Open Water Champs. Most importantly, thanks to you for your volunteerism in making United States Masters Swimming a great organization. I hope to see you in San Diego!

-Doug Garcia

Spokane Masters Swimmer Mike Veith Dies During Triathlon -- August 7, 2003



SPOKANE, Wash., July 7. TWO years ago, Michael Veith helped his relay team set a national swimming record at age 55. On Sunday, August 3rd, Veith didn't finish his last race. He died about 125 yards short of the Medical Lake shoreline in the swimming leg of the Troika Triathlon.

"He was in the best shape of his life," said Larry Krauser, Veith's friend and swimming partner. "He went fast. He died doing something he loved to do." The Spokane County medical examiner's office had an autopsy planned Monday, but those results were not available.

Veith, a Vietnam combat veteran, had founded his company, H2 Power Systems, which sought fuel-efficient and economical ways to provide power to homes through the use of hydrogen fuel cells. He and his wife of 36 years, Cristi, had lived in Spokane for the past three

years, Krauser said. They had two sons. "She's taking it very hard," Krauser said of Cristi Veith. "They were very much in love and very much best friends."

Krauser and others don't believe that the 57-year-old Veith could have drowned. Every work day, he swam much farther with his Spokane Club Masters teammates than the 1.2-mile swim for the Troika.

He was a veteran of several open-water races. "The distance was not a problem," Krauser said. "Something else happened." Veith, who agreed to take a friend's place in the Troika race, finished seventh overall in the July 20 Steve Omi Race in Coeur d'Alene.

On Sunday, more than 280 racers competed in the Troika Triathlon. Veith's team was among about 30 that split the swimming, biking and running race into a relay. Race spokesman Von Klohe said race officials were constantly scanning the water, especially as the racers neared the end of the 1.2-mile swim. Then someone spotted an "object" in the water about 125 yards from the shoreline. "We couldn't tell what it was with binoculars; we sent a swimmer to investigate." Once that swimmer reached the object, he quickly waved for help. "One of the support kayaks came to him, and headed into shore with Michael", Klohe said. Firefighters and water rescue crews were on hand and immediately began CPR.

"They spent several minutes with him on the beach." While that was going on, his family was contacted and requested that he be transported to Deaconess Medical Center" Klohe said.

Cory Yost swam with Veith in the race. He also competed in the biking and running portions of the Troika. "When I crossed the finish line, I was told there had been an incident in the swim and someone had drowned," Yost said. He gathered his gear and learned from a fellow swimmer that the victim was Veith.

"Mike was a fabulous athlete, one of the top Masters swimmers in the country. It totally shocked me," Yost said. Veith is the only fatality in the 23-year history of the Troika. Some of his fellow swimmers gathered Sunday night and shared memories of Veith. On Monday, the swimmers suspended their normal workouts at Witter Pool in Mission Park and swam eight, 300-meter intervals in honor of the date, 8-3, that Veith died.

"It was pretty tough," Yost said. "It was somewhat ironic that it was a workout that he really wouldn't have liked. He was a very good sprinter."

Veith hadn't signed up for the race Sunday. He stood in for a friend, Barclay Klingel, who was sick. Klingel first asked Krauser, but he declined because he is taking aim at a Masters world record in an upcoming meet. Veith was happy to oblige Klingel's request, said Krauser, who now feels bad that he didn't take the race. "But if it didn't happen this weekend, it might have happened in the next one," he said. "Mike was such a great guy. He always had a smile," Krauser said. "He certainly leaves part of himself with all of us."

-courtesy of www.swiminfo.com



RESULTS

NW Zone Open Water Championships
 Cascade Lakes Swim Series 1500 Meter Swim
 Elk Lake, Bend, Oregon
 July 26, 2003

Name	Age	Club	Time	Overall Place
<u>GIRLS 17-18 (USA SWIMMING - NON-USMS)</u>				
Megan Allender	18	USA	0:25:23	60/134
<u>WOMEN 19-24</u>				
Kelsey G Holmberg	21	OREG	0:20:58	10/134
Danielle Ebnother	21	OREG	0:23:14	38/134
Hailey S Foster	22	OREG	0:24:17	47/134
Hillary Madson	19	OREG	0:24:42	52/134
Janet McIntosh	24	OREG	0:31:16	109/134
<u>WOMEN 25-29</u>				
Gina Dhom	25	OREG	0:22:21	24/134
Monica LaBarge	27	OREG	0:24:20	48/134
Garen L Mattioda	25	OREG	0:24:30	50/134
Anicia Criscione	29	OREG	0:25:39	66/134
Gina Patterson	29	OREG	0:27:17	82/134
Heather Law	29	OREG	0:28:20	91/134
Julia Lyon	29	UNAT	0:28:34	94/134
Erika L Gabbard	28	OREG	0:29:03	97/134
Lisa Rosetta	26	UNAT	0:34:29	123/134
<u>WOMEN 30-34</u>				
Sara Quan	30	OREG	0:20:03	3/134
Elizabeth Henderson	32	OREG	0:22:23	25/134
Tara E Simsak	33	PNA	0:22:24	26/134
Julie Himstreet	32	OREG	0:22:44	31/134
Kristine F Lewis	33	OREG	0:24:54	55/134
Cynthia M Smidt	33	OREG	0:26:50	77/134
Dorothy Miller	30	UNAT	0:31:18	110/134
Ann Story	33	UNAT	0:32:13	116/134
Shauna M Simpson	31	MACO	0:55:26	134/134
<u>WOMEN 35-39</u>				
Laura Tyrrell	36	MACO	0:21:39	17/134
Toni S Hecksel	37	OREG	0:21:54	20/134
Suzanne Topp	35	OREG	0:22:38	30/134
Andrea R Milano	35	OREG	0:24:57	56/134
Vicki S Hedrick	38	VCM	0:25:01	58/134
Karla Goplen	39	RATZ	0:32:29	117/134
<u>WOMEN 40-44</u>				
Joni D Young	42	OREG	0:23:16	40/134
Dorothy R Thomas	43	UNAT	0:25:35	64/134
Ginny Ross	43	OREG	0:30:24	106/134
Helen M Moss	44	OREG	0:35:58	124/134
Alison Kastner	41	UNAT	0:55:26	133/134

Name	Age	Club	Time	Overall Place
<u>WOMEN 45-49</u>				
Mary Sweat	46	OREG	0:20:27	8/134
Deb J Douglas	48	OREG	0:25:38	65/134
Marlys Cappaert	45	OREG	0:26:09	70/134
Elisa R Newman	47	RATZ	0:26:48	76/134
Connie L Peterson	48	OREG	0:30:36	108/134
Calli Roberts	48	OREG	0:32:10	114/134
<u>WOMEN 50-54</u>				
Anne Thomas	52	OREG	0:27:15	81/134
Jill M Wright	52	SAWS	0:27:53	87/134
Madeleine Holmberg	50	OREG	0:27:59	88/134
Jani Sutherland	54	OREG	0:29:02	96/134
Kristi P Riddle	54	OREG	0:33:07	118/134
Jane A Moore	52	PNA	0:33:20	120/134
<u>WOMEN 55-59</u>				
Sally A Dillon	56	PNA	0:26:46	75/134
Pam J Himstreet	59	OREG	0:29:30	101/134
Peggy S Whiter	59	OREG	0:33:24	121/134
Alexis Hlavacek	56	OREG	0:33:47	122/134
<u>WOMEN 60-64</u>				
Peggie Hodge	63	OREG	0:36:40	127/134
<u>WOMEN 65-69</u>				
Betsy T Jordan	66	SDSM	0:29:29	100/134
Adrienne SPipes	69	SDSM	0:29:42	102/134
Beverley J Tucker	68	SPM	0:39:46	130/134
<u>WOMEN 70-74</u>				
Joyce E Bahler	73	MACO	0:41:03	131/134
<u>BOYS 11-12 (USA SWIMMING - NON-USMS)</u>				
Andrew Bragg	11	USA	0:39:00	128/134
<u>BOYS 17-18 (USA SWIMMING - NON-USMS)</u>				
Carl Hickerson	17	USA	0:20:09	6/134
<u>MEN 25-29</u>				
Andrew Brookman	26	OREG	0:27:05	80/134
Adam Cox	25	UNAT	0:27:47	86/134
Liam Schenk	25	UNAT	0:33:08	119/134
<u>MEN 30-34</u>				
Matt Purdy	34	SAWS	0:22:50	32/134
Phil Reget	34	OREG	0:23:30	42/134
<u>MEN 35-39</u>				
Jeff T Erwin	39	SAWS	0:18:15	1/134
Hardy Lussier	38	OREG	0:20:28	9/134
Robert E Higley	38	OREG	0:21:45	19/134
Scott R Tyler	38	OREG	0:23:09	34/134
Roland Giller	39	UNAT	0:23:26	41/134
Marco Morescalchi	36	OREG	0:25:47	68/134
Tom Hickmann	39	UNAT	0:27:26	83/134
Mike Hoffmann	36	OREG	0:28:08	89/134
Steve Sloop	38	UNAT	0:29:50	103/134
Matthew Criscione	38	OREG	0:29:56	104/134
Eric Schneider	36	UNAT	0:32:00	112/134
<u>MEN 40-44</u>				
David J Brancamp	41	SNM	0:20:02	2/134
Douglas A Asbury	43	NCMS	0:20:08	5/134
Tim K Hedrick	40	VCM	0:20:10	7/134
Pat Allender	44	OREG	0:21:03	12/134
Bill Ireland	43	SCAQ	0:21:32	14/134
Eric Steinhauff	44	UNAT	0:21:55	21/134
David Van Der Zwan	40	OREG	0:23:10	35/134
Mike Marshall	42	OREG	0:23:56	44/134
Steve Hanson	40	OREG	0:24:14	46/134
Mike Riley	42	OREG	0:24:24	49/134
Ron Thompson	43	OREG	0:24:34	51/134

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Kevin M	Colleran	40	SAWS	0:24:53	54/134
Woody	Carrick	42	OREG	0:25:40	67/134
Kevin L	Sligar	42	SAWS	0:26:53	79/134
Bruce	Abernethy	40	UNAT	0:29:13	98/134
Robin	Bragg III	43	OREG	0:39:02	129/134

MEN 45-49

Mike J	Ryder	48	SNM	0:21:00	11/134
Peter L	Schouweiler	48	SNM	0:21:38	16/134
Mark	Fairlee	45	OREG	0:22:04	22/134
Michael J	Douglas	45	OREG	0:23:07	33/134
Keith C	Dow	47	OREG	0:24:58	57/134
Hugh C	Moore	48	PNA	0:25:26	61/134
Scot	Miller	46	UNAT	0:25:33	63/134
Mark	Becker	48	OREG	0:26:02	69/134
Mickey D	Moneta	47	UNAT	0:26:23	72/134
Daniel S	Greenblatt	48	OREG	0:26:32	74/134
Jim	Bunker	46	OREG	0:28:18	90/134
John P	Ridenour	47	OREG	0:28:22	93/134
Keith M	Friedman	47	OREG	0:36:30	125/134
Jerry	Sellers	45	OREG	0:36:31	126/134

MEN 50-54

Mike J	Tennant	50	OREG	0:21:40	18/134
Michael D	Horwath	53	RATZ	0:22:18	23/134
Jess W	Hickerson	50	OREG	0:22:32	29/134
Jim L	Teisher	53	OREG	0:23:13	37/134
Charlie	Swanson	51	OREG	0:23:15	39/134
Byron J	Oberst	54	OREG	0:25:29	62/134
Michael P	Carew	53	OREG	0:28:41	95/134
Taylor	Douglas	50	OREG	0:29:14	99/134
Pete	O'Neill	54	RAD	0:30:27	107/134
Michael	Schubert	50	OREG	0:31:37	111/134
Dennis	Gallagher	53	OREG	0:32:01	113/134

MEN 55-59

Steve	Johnson	55	OREG	0:20:05	4/134
Bob	Bruce	55	OREG	0:21:37	15/134
William	Cerny	55	UTAH	0:22:28	27/134
Willis C	Braswell Jr	58	DCM	0:22:31	28/134
Daniel R	Gray	58	OREG	0:27:33	85/134

MEN 60-64

Tom	Landis	61	OREG	0:21:29	13/134
Dan	Willert	60	GOST	0:23:12	36/134
Ralph	Mohr	61	OREG	0:26:17	71/134
Richard H	Juhala	60	OREG	0:32:11	115/134

MEN 65-69

David A	Radcliff	69	OREG	0:23:34	43/134
Brent L	Lake	65	OREG	0:26:28	73/134

MEN 70-74

Robert E	Beach	73	SPM	0:27:30	84/134
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MEN 75-79

Raymond	Allen	77	OREG	0:43:33	132/134
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WETSUIT DIVISION (Non-Scoring)

WETSUIT WOMEN 35-39

Gina	Lee	36	UNAT	0:28:21	92/134
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WETSUIT BOYS 13-14 (USA SWIMMING - NON-USMS)

Joshua H	Friedman	14	USA	0:24:43	53/134
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WETSUIT MEN 35-39

Matthew	Lasala	36	UNAT	0:30:20	105/134
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WETSUIT MEN 45-49

Patrick	Erwert	49	UNAT	0:24:13	45/134
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WETSUIT MEN 50-54

Curt D	Simkins	52	OREG	0:26:51	78/134
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WETSUIT MEN 55-59

Kenneth M	Zell	55	UNAT	0:25:15	59/134
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RESULTS

USMS Open Water Championships
Cascade Lakes Swim Series 5000 Meter Swim
Elk Lake, Bend, Oregon
July 27, 2003

Time	Place	Name	Age	Club	
1:13:05	4	Robert E Higley	38	OREG	
1:21:54	5	Walter McKnight	36	UNAT	
1:23:42	6	Marco Morescalchi	36	OREG	
1:25:12	7	Timur Kiykioglu	36	OREG	
1:32:44	8	Tom Hickmann	39	UNAT	
1:58:15	9	Steve Sloop	38	UNAT	

W19-24

1:12:14	1	Kelsey G Holmberg	21	OREG
1:24:23	2	Hailey S Foster	22	OREG
1:40:53	3	Christina Y Wilkinson	19	OREG

W25-29

1:14:23	1	Gina Dhom	25	OREG
1:19:12	2	Jennifer L Korfiatis	29	INWM
1:27:52	3	Garen L Mattioda	25	OREG
1:36:39	4	Heather Law	29	OREG

W30-34

1:09:54	1	Sara Quan	30	OREG
1:20:48	2	Elizabeth Henderson	32	OREG
1:22:52	3	Tara E Simsak	33	PNA
1:26:47	4	Amber Fitzsimmons	33	OREG
1:27:01	5	Kristine F Lewis	33	OREG
1:27:08	6	Cheryl Morgen	33	OREG
1:27:43	7	Shauna M Simpson	31	MACO
1:37:12	8	Cynthia M Smidt	33	OREG

W35-39

1:10:42	1	Cyrise R Sanders	39	LJCS
1:13:08	2	Laura Tyrrell	36	MACO
1:14:08	3	Toni S Hecksel	37	OREG
1:23:06	4	Vicki S Hedrick	38	VCM
1:27:42	5	Andrea R Milano	35	OREG
1:39:50	6	Sharon S Glaeser	38	OREG

W40-44

1:22:00	1	Joni D Young	42	OREG
1:26:37	2	Dorothy R Thomas	43	UNAT

W45-49

1:10:23	1	Mary Sweat	46	OREG
1:26:58	2	Holly Sherwin	45	MCMS
1:30:43	3	Deb J Douglas	48	OREG
1:39:18	4	Elisa R Newman	47	RATZ
1:47:49	5	Connie L Peterson	48	OREG

W50-54

1:38:47	1	Jill M Wright	52	SAWS
2:04:35	2	Jane A Moore	52	PNA

W55-59

1:33:56	1	Sally A Dillon	56	PNA
1:47:49	2	Pam J Himstreet	59	OREG

W60-64

1:39:22	1	Susan L Munn	64	DAM
2:16:50	2	Peggie Hodge	63	OREG

W65-69

1:38:59	1	Betsy T Jordan	66	SDSM
1:39:01	2	Adrienne S Pipes	69	SDSM
2:08:32	3	Beverley J Tucker	68	SPM

W70-74

2:31:56	1	Joyce E Bahler	73	MACO
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M25-29

1:12:05	1	Christopher J Krenz	29	OREG
1:16:43	2	Ryan Pingree	29	OREG
1:17:51	3	Josh Knight	26	OREG

M30-34

1:20:06	1	Matt Purdy	34	SAWS
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M35-39

1:01:00	1	Jeff T Erwin	39	SAWS
1:10:17	2	Hardy Lussier	38	OREG
1:10:29	3	Bill Volckening	37	NEM

M40-44

1:07:13	1	David J Brancamp	41	SNM
1:07:38	2	Tim K Hedrick	40	VCM
1:08:43	3	Douglas A Asbury	43	NCMS
1:13:02	4	Eric Steinhauft	44	UNAT
1:13:51	5	Bill Ireland	43	SCAQ
1:23:02	6	David Van Der Zwan	40	OREG
1:23:03	7	Mark B Wren	44	OREG
1:23:14	8	Mike Marshall	42	OREG
1:24:49	9	Kevin M Colleran	40	SAWS
1:32:37	10	Mike Dowd	44	MACO
1:32:38	11	Woody Carrick	42	OREG
1:33:00	12	Kevin L Sligar	42	SAWS

M45-49

1:10:26	1	Mike J Ryder	48	SNM
1:14:06	2	Peter L Schouweiler	48	SNM
1:14:20	3	Mark Fairlee	45	OREG
1:19:07	4	Michael J Douglas	45	OREG
1:26:53	5	Keith C Dow	47	OREG
1:27:03	6	Hugh C Moore	48	PNA
1:35:37	7	Daniel S Greenblatt	48	OREG
1:36:20	8	Mickey D Moneta	47	UNAT
1:39:18	9	John P Ridenour	47	OREG

M50-54

1:05:15	1	Jim McConica	52	VCM
1:13:22	2	Mike J Tennant	50	OREG
1:19:00	3	Charlie Swanson	51	OREG
1:22:07	4	Michael D Horwath	53	RATZ
1:23:37	5	Jim L Teisher	53	OREG
1:27:48	6	Byron J Oberst	54	OREG
1:40:43	7	Michael P Carew	53	OREG

M55-59

1:09:57	1	Steve Johnson	55	OREG
1:13:26	2	William Cerny	55	UTAH
1:14:11	3	Bob Bruce	55	OREG
1:18:55	4	Willis C Braswell Jr	58	DCM
1:19:13	5	Doug Hellerson	57	MCMS
1:30:29	6	Daniel R Gray	58	OREG
1:44:32	7	Brian J Bartlett	55	INWM
1:58:46	8	Barry H Dayton	57	IM

M60-64

1:12:58	1	Tom Landis	61	OREG
1:21:14	2	CW Muter	60	SDSM
1:22:18	3	Dan Willert	60	GOST
1:32:39	4	Ralph Mohr	61	OREG
2:00:44	5	Richard H Juhala	60	OREG

M65-69

1:23:28	1	David A Radcliff	69	OREG
1:25:13	2	George Brunstad	68	CONN
1:32:58	3	Earl N Ellis	67	INWM
1:35:27	4	Brent L Lake	65	OREG
1:45:07	5	Jim P O'Donnell	65	CHIC

M70-74

1:31:44	1	Robert E Beach	73	SPM
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M75-79

2:42:28	1	Raymond G Allen	77	OREG
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This race was hosted by Central Oregon Masters Aquatics (www.comaswim.org)



RESULTS

NW Zone LCM Championships
Federal Way, WA
August 9-10, 2003

N = National Record
Z = Zone Record
O = Oregon Record
W = World Record

ZONE
FEDERAL WAY
08-10-03
LONG COURSE METERS

WOMEN 19-24

50 M. FREE
MARY LASSITER 21 PNA 31.34
100 M. FREE
KELLY CRANDELL 23 PNA 1:08.96
200 M. FREE
KELLY CRANDELL 23 PNA 2:35.29
800 M. FREE
MARY LASSITER 21 PNA 10:19.14 Z
1500 M. FREE
MARY LASSITER 21 PNA 19:59.62 Z
KELLY CRANDELL 23 PNA 22:47.35
100 M. BACK
MARY LASSITER 21 PNA 1:19.26
200 M. BACK
MARY LASSITER 21 PNA 2:44.13 P
100 M. BRST
KELLY CRANDELL 23 PNA 1:35.23
200 M. I.M.
MARY LASSITER 21 PNA 2:52.26

WOMEN 25-29

50 M. FREE
WENDI RUEF 26 PNA 45.80
100 M. FREE
REBEKAH CELVER 26 PNA 1:11.22
WENDI RUEF 26 PNA 1:43.10
200 M. FREE
WENDI RUEF 26 PNA 3:46.04
400 M. FREE
WENDI RUEF 26 PNA 7:56.56
50 M. BACK
REBEKAH CELVER 26 PNA 37.39
100 M. BACK
REBEKAH CELVER 26 PNA 1:23.39
50 M. FLY
REBEKAH CELVER 26 PNA 32.92
100 M. FLY
REBEKAH CELVER 26 PNA 1:18.42
200 M. I.M.
REBEKAH CELVER 26 PNA 3:04.03

WOMEN 30-34

50 M. FREE
TARA SIMSAK 34 PNA 30.66
JULIE BARASHKOFF 32 PNA 31.26
ANNETTE HARRIS 31 PNA 31.85
KRISTINA COGLON 31 PNA 39.09
LINDA WONG 31 OREG 39.83
A.CULLOM 33 PNA 45.22
100 M. FREE
ANNETTE HARRIS 31 PNA 1:10.60
JULIE BARASHKOFF 32 PNA 1:12.23
200 M. FREE
TARA SIMSAK 34 PNA 2:30.80
JULIE BARASHKOFF 32 PNA 2:37.42
JENNIFER MESLER 33 PNA 2:37.49
LINDA WONG 31 OREG 3:18.94
A.CULLOM 33 PNA 4:11.35
400 M. FREE
TARA SIMSAK 34 PNA 5:27.97
ALISON MOORE 33 OREG 5:49.19
800 M. FREE
TARA SIMSAK 34 PNA 11:29.58
JENNIFER MESLER 33 PNA 11:39.23
ALISON MOORE 33 OREG 11:47.66
LINDA WONG 31 OREG 14:15.32
1500 M. FREE
ALISON MOORE 33 OREG 22:31.50

50 M. BACK
JULIE BARASHKOFF 32 PNA 41.00
ANNETTE HARRIS 31 PNA 42.05
A.CULLOM 33 PNA 1:04.76
200 M. BACK
JENNIFER MESLER 33 PNA 2:57.32
50 M. BRST
TARA SIMSAK 34 PNA 44.27
A.CULLOM 33 PNA 55.92
200 M. BRST
ALISON MOORE 33 OREG 3:23.41
TARA SIMSAK 34 PNA 3:26.55
A.CULLOM 33 PNA 4:27.93
50 M. FLY
ANNETTE HARRIS 31 PNA 33.22
JULIE BARASHKOFF 32 PNA 35.10
KRISTINA COGLON 31 PNA 48.06
LINDA WONG 31 OREG 52.18
100 M. FLY
ANNETTE HARRIS 31 PNA 1:15.86
200 M. FLY
ANNETTE HARRIS 31 PNA 2:53.32

WOMEN 35-39

50 M. FREE
A.COLLSON 36 OREG 32.34
ANNE SCHOLZ 37 OREG 37.21
100 M. FREE
A.COLLSON 36 OREG 1:11.75
STACEY SUNDE 36 PNA 1:44.65
200 M. FREE
ANNE SCHOLZ 37 OREG 3:12.75
400 M. FREE
ANNE SCHOLZ 37 OREG 6:40.27
50 M. BACK
ANNE SCHOLZ 37 OREG 42.62
100 M. BACK
JULIE CRISP 37 OREG 1:37.54
ANNE SCHOLZ 37 OREG 1:39.44
50 M. FLY
A.COLLSON 36 OREG 35.56

WOMEN 40-44

50 M. FREE
LISA DAHL 42 PNA 29.58 P
TATYANA MISHEL 40 PNA 36.22
100 M. FREE
ERIN BURGMAN 41 PNA 1:07.96
CHRISTINA FOX 43 OREG 1:25.62
MARCIA SMITH 43 PNA 1:28.27

200 M. FREE
VALERIE JENKINS 40 OREG 2:27.38
ERIN BURGMAN 41 PNA 2:36.52
PENNY BATES 42 ANCM 2:36.96
CHRISTINA FOX 43 OREG 3:10.37
400 M. FREE
VALERIE JENKINS 40 OREG 5:10.08
TATYANA MISHEL 40 PNA 6:32.02
MARCIA SMITH 43 PNA 6:57.19
50 M. BACK
VALERIE JENKINS 40 OREG 33.89
TATYANA MISHEL 40 PNA 44.77



Val Jenkins and Karen Andrus-Hughes, Oregon

100 M. BACK
VALERIE JENKINS 40 OREG 1:13.43
ERIN BURGMAN 41 PNA 1:23.36
CHRISTINA FOX 43 OREG 1:30.70
200 M. BACK
VALERIE JENKINS 40 OREG 2:45.08
ERIN BURGMAN 41 PNA 2:58.78
PENNY BATES 42 ANCM 3:09.37
CHRISTINA FOX 43 OREG 3:13.83
50 M. BRST
JUDY HAWKSWORTH 44 PNA 43.88
200 M. BRST
JUDY HAWKSWORTH 44 PNA 3:33.79
50 M. FLY
LISA DAHL 42 PNA 32.32
TATYANA MISHEL 40 PNA 37.95
100 M. FLY
PENNY BATES 42 ANCM 1:22.76
TATYANA MISHEL 40 PNA 1:39.84
200 M. FLY
MARCIA SMITH 43 PNA 3:52.06
200 M. I.M.
TATYANA MISHEL 40 PNA 3:25.68
400 M. I.M.
PENNY BATES 42 ANCM 6:19.08

WOMEN 45-49

50 M. FREE
K.ANDRUS-HUGHES 46 OREG 29.27
DEBORAH LODISH 48 PNA 44.70
100 M. FREE
KATHLEEN ABRAMS 47 PNA 1:16.94
REBECCA LOGSDON 49 PNA 2:08.65
200 M. FREE
K.ANDRUS-HUGHES 46 OREG 2:23.62 Z
BRENDA KNUTSON 45 PNA 3:05.21
CAROL DEMING 46 LSGR 3:24.59
DEBORAH LODISH 48 PNA 3:53.66
400 M. FREE
COLETTE CRABBE 47 OREG 5:06.80 Z
K.ANDRUS-HUGHES 46 OREG 5:41.29
KATHLEEN ABRAMS 47 PNA 5:46.04
BRENDA KNUTSON 45 PNA 6:22.56
800 M. FREE
COLETTE CRABBE 47 OREG 10:39.02 Z
BRENDA KNUTSON 45 PNA 12:42.71
1500 M. FREE
BRENDA KNUTSON 45 PNA 24:25.08
50 M. BACK
K.ANDRUS-HUGHES 46 OREG 33.89
100 M. BACK
K.ANDRUS-HUGHES 46 OREG 1:13.88 Z

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RESULTS

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200 M. BACK
 K.ANDRUS-HUGHES 46 OREG 2:48.34
 50 M. BRST
 REBECCA LOGSDON 49 PNA 1:09.58
 100 M. BRST
 ROBIN DURANT 48 INWM 1:55.59
 200 M. BRST
 COLETTE CRABBE 47 OREG 3:03.39



Colette Crabbe, Oregon

BRENDA KNUTSON 45 PNA 3:50.22
 50 M. FLY
 DEBORAH LODISH 48 PNA 56.37
 400 M. I.M.
 COLETTE CRABBE 47 OREG 5:40.52 W
 BRENDA KNUTSON 45 PNA 7:13.58

WOMEN 50-54

50 M. FREE
 DEBRA DRAGOVICH 52 PNA 42.50
 200 M. FREE
 JANE MOORE 53 PNA 3:33.79
 DEBRA DRAGOVICH 52 PNA 3:43.52
 400 M. FREE
 JANE MOORE 53 PNA 7:23.05
 800 M. FREE
 JANE MOORE 53 PNA 15:38.90
 1500 M. FREE
 JANE MOORE 53 PNA 30:15.98
 200 M. BACK
 JANE MOORE 53 PNA 4:36.34
 200 M. BRST
 JANE MOORE 53 PNA 4:48.90

WOMEN 55-59

50 M. FREE
 JACKIE QUATTRO 56 OREG 35.65
 ARNI LITT 57 PNA 42.53
 100 M. FREE
 JANET GETTLING 55 OREG 1:19.51
 SARAH WELCH 56 PNA 1:22.38
 SANDI ROUSSEAU 56 OREG 1:22.78
 200 M. FREE
 JACKIE QUATTRO 56 OREG 2:54.68
 JANET GETTLING 55 OREG 2:57.76
 SARAH WELCH 56 PNA 3:10.50
 ARNI LITT 57 PNA 3:33.79
 400 M. FREE
 KATHRINE CASEY 55 PNA 6:32.11
 ARNI LITT 57 PNA 7:12.82
 800 M. FREE
 JACKIE QUATTRO 56 OREG 12:47.09
 JEANNE ENSIGN 57 PNA 15:54.04
 1500 M. FREE

JANET GETTLING 55 OREG 24:54.67
 50 M. BACK
 KATHRINE CASEY 55 PNA 45.54
 SANDI ROUSSEAU 56 OREG 46.67
 50 M. BRST
 KATHRINE CASEY 55 PNA 48.62
 ARNI LITT 57 PNA 50.14
 SANDI ROUSSEAU 56 OREG 52.79
 100 M. BRST
 ARNI LITT 57 PNA 1:51.98
 200 M. BRST
 KATHRINE CASEY 55 PNA 3:58.93
 ARNI LITT 57 PNA 3:59.81
 50 M. FLY
 JANET GETTLING 55 OREG 37.97
 SANDI ROUSSEAU 56 OREG 38.04
 SARAH WELCH 56 PNA 43.60
 100 M. FLY
 JANET GETTLING 55 OREG 1:31.78
 SARAH WELCH 56 PNA 1:46.36
 200 M. FLY
 JANET GETTLING 55 OREG 3:40.24
 KATHRINE CASEY 55 PNA 3:49.82
 200 M. I.M.
 SARAH WELCH 56 PNA 3:33.99 P
 400 M. I.M.
 SARAH WELCH 56 PNA 7:36.12 P

WOMEN 60-64

50 M. FREE
 JOY WARD 61 OREG 35.97
 CAROLYN BEHSE 60 PNA 44.56
 100 M. FREE
 JOY WARD 61 OREG 1:24.13
 400 M. FREE
 CAROLYN BEHSE 60 PNA 7:33.14
 50 M. BACK
 JOY WARD 61 OREG 43.91
 100 M. BACK
 JOY WARD 61 OREG 1:34.87
 50 M. BRST
 CHARLOTTE SNOW 64 PNA 1:03.51
 100 M. BRST
 CHARLOTTE SNOW 64 PNA 2:16.08
 200 M. BRST
 CHARLOTTE SNOW 64 PNA 4:50.58
 50 M. FLY
 JOY WARD 61 OREG 37.97
 CAROLYN BEHSE 60 PNA 53.87

WOMEN 65-69

50 M. FREE
 PEG CLOUTIER 68 PNA 44.60
 800 M. FREE
 EULAH VARTY 69 MSBC 17:22.79
 200 M. BACK
 EULAH VARTY 69 MSBC 4:31.08
 100 M. FLY
 EULAH VARTY 69 MSBC 2:16.83
 200 M. I.M.
 EULAH VARTY 69 MSBC 4:21.43



Barbara Jackson, Montana

WOMEN 70-74

50 M. FREE
 BARBARA JACKSON 74 MTM 41.91
 KAREN BRYCE 70 PNA 54.64
 100 M. FREE
 KAREN BRYCE 70 PNA 2:07.30
 50 M. BACK
 BARBARA JACKSON 74 MTM 49.48
 KAREN BRYCE 70 PNA 1:11.03
 100 M. BACK
 BARBARA JACKSON 74 MTM 1:49.31
 50 M. BRST
 KAREN BRYCE 70 PNA 1:13.00

WOMEN 75-79

50 M. FREE
 ELSA DE LEEUW 79 MSBC 46.90
 100 M. FREE
 ELSA DE LEEUW 79 MSBC 1:44.82
 200 M. FREE
 ELSA DE LEEUW 79 MSBC 3:53.01
 50 M. BACK
 ELSA DE LEEUW 79 MSBC 1:04.17

WOMEN 80-84

200 M. FREE
 MARION CHADWICK 82 PNA 6:19.00
 800 M. FREE
 MARION CHADWICK 82 PNA 27:28.48
 200 M. BACK
 MARION CHADWICK 82 PNA 7:09.12
 100 M. BRST
 MARION CHADWICK 82 PNA 4:46.66

MEN 19-24

50 M. FREE
 JASEN SPEER 22 PNA 27.15
 A.CHEMELIOVAS 21 PNA 28.42
 100 M. FREE
 JASEN SPEER 22 PNA 1:01.25
 200 M. FREE
 JASEN SPEER 22 PNA 2:13.92
 200 M. BACK
 JASEN SPEER 22 PNA 2:46.98
 200 M. BRST
 JASEN SPEER 22 PNA 3:14.06
 200 M. I.M.
 JASEN SPEER 22 PNA 2:41.61

MEN 25-29

50 M. FREE
 DMITRI PARAMONOV 25 PNA 27.06
 ROSS LINDERMAN 26 PNA 27.65
 KYLE LAWRENCE 28 MSBC 27.84
 STEVEN ROSARIA 29 PNA 28.08
 100 M. FREE
 ROSS LINDERMAN 26 PNA 1:02.11
 STEVEN ROSARIA 29 PNA 1:02.99
 200 M. FREE
 ROSS LINDERMAN 26 PNA 2:23.23
 MATT LUSK 29 PNA 2:25.81
 400 M. FREE
 TRAVIS EVERETT 27 SAWA 5:03.47
 ROSS LINDERMAN 26 PNA 6:02.09
 800 M. FREE
 TRAVIS EVERETT 27 SAWA 10:21.31
 MATT LUSK 29 PNA 11:12.25
 1500 M. FREE
 TRAVIS EVERETT 27 SAWA 19:30.71
 50 M. BACK
 DAVID CRETIN 28 PNA 35.84
 ROSS LINDERMAN 26 PNA 36.66
 STEVEN ROSARIA 29 PNA 37.65
 100 M. BACK

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STEVEN ROSARIA 29 PNA 1:20.33
 200 M. BACK
 MATT LUSK 29 PNA 2:46.28
 DAVID CRETIN 28 PNA 2:53.28
 50 M. BRST
 STEVEN ROSARIA 29 PNA 36.38
 DAVID CRETIN 28 PNA 41.38
 100 M. BRST
 STEVEN ROSARIA 29 PNA 1:23.53
 50 M. FLY
 KYLE LAWRENCE 28 MSBC 29.02
 ROSS LINDERMAN 26 PNA 29.67
 DMITRI PARAMONOV 25 PNA 30.34
 100 M. FLY
 TRAVIS EVERETT 27 SAWA 1:08.71
 200 M. FLY
 TRAVIS EVERETT 27 SAWA 2:39.53
 400 M. I.M.
 TRAVIS EVERETT 27 SAWA 5:37.25

M E N 30-34

50 M. FREE
 KEVAN BATES 32 MSBC 27.49
 RADEK POSPISIL 34 OREG 29.22
 CHRISTIAN BRUHN 31 PNA 29.87
 100 M. FREE
 TOM SCHULTZ 32 PNA 1:08.05
 CHRISTIAN BRUHN 31 PNA 1:09.16
 WILLIAM GARBER 34 PNA 1:12.50
 200 M. FREE
 KEVAN BATES 32 MSBC 2:11.74
 KIRK NELSON 33 PNA 2:15.10
 TOM SCHULTZ 32 PNA 2:36.79
 400 M. FREE
 TOM SCHULTZ 32 PNA 5:50.12
 800 M. FREE
 KIRK NELSON 33 PNA 10:19.23 P
 TOM SCHULTZ 32 PNA 12:09.21
 1500 M. FREE
 MARK OLDHAM 34 MSBC 18:53.31
 50 M. BACK
 SEAN HILBERT 34 PNA 35.20
 100 M. BACK
 SEAN HILBERT 34 PNA 1:15.87
 200 M. BACK
 KEVAN BATES 32 MSBC 2:33.48
 SEAN HILBERT 34 PNA 2:39.88
 50 M. BRST
 RADEK POSPISIL 34 OREG 36.02
 WILLIAM GARBER 34 PNA 40.24
 100 M. BRST
 RADEK POSPISIL 34 OREG 1:19.70
 TOM SCHULTZ 32 PNA 1:35.11
 200 M. BRST
 RADEK POSPISIL 34 OREG 2:54.87
 50 M. FLY
 KEVAN BATES 32 MSBC 28.29
 100 M. FLY
 MARK OLDHAM 34 MSBC 1:04.82
 200 M. FLY
 MARK OLDHAM 34 MSBC 2:29.57
 200 M. I.M.
 WILLIAM GARBER 34 PNA 3:10.75

M E N 35-39

50 M. FREE
 PETER HEUSEL 35 MSBC 27.31
 GREG MARGHARITIS 37 MSBC 27.40
 GARVIN MORLAN 39 PNA 30.26
 CHYLE EDIC 36 OREG 31.27
 100 M. FREE
 CHYLE EDIC 36 OREG 1:09.93
 GARVIN MORLAN 39 PNA 1:10.01
 200 M. FREE
 AMON EMEKA 35 PNA 2:12.53
 PETER HEUSEL 35 MSBC 2:13.23
 BILL VOLCKENING 37 NEM 2:15.88

50 M. BACK
 C.AUGUSTINE 36 PNA 30.33
 GARVIN MORLAN 39 PNA 40.13
 100 M. BACK
 C.AUGUSTINE 36 PNA 1:06.55
 CHYLE EDIC 36 OREG 1:30.16



Chyle Edic, Oregon

100 M. BRST
 CHYLE EDIC 36 OREG 1:25.04
 MIKE GRIMM 35 PNA 1:29.70
 50 M. FLY
 C.AUGUSTINE 36 PNA 27.40 P
 AMON EMEKA 35 PNA 27.46
 PETER HEUSEL 35 MSBC 29.17
 GREG MARGHARITIS 37 MSBC 29.44
 GARVIN MORLAN 39 PNA 32.00
 CHYLE EDIC 36 OREG 40.73
 100 M. FLY
 GARVIN MORLAN 39 PNA 1:19.97
 200 M. I.M.
 C.AUGUSTINE 36 PNA 2:30.80
 BILL VOLCKENING 37 NEM 2:36.13
 CHYLE EDIC 36 OREG 3:01.57
 GARVIN MORLAN 39 PNA 3:07.78

M E N 40-44

50 M. FREE
 JAMES LITTLEFIELD 43 PNA 29.66
 PAUL IKEDA 44 PNA 33.70
 100 M. FREE
 JAMES LITTLEFIELD 43 PNA 1:02.79
 ERIC DYBDAHL 43 PNA 1:05.17
 RON OREN 44 PNA 1:14.65
 200 M. FREE
 JAMES DEMING 44 LSGR 2:19.90
 DANIEL SMITH 41 PNA 2:24.50
 JAMES LITTLEFIELD 43 PNA 2:29.02
 400 M. FREE
 JAMES DEMING 44 LSGR 4:56.67
 ERIC DYBDAHL 43 PNA 5:04.48
 DANIEL SMITH 41 PNA 5:21.41
 RON OREN 44 PNA 6:13.40
 800 M. FREE
 JAMES DEMING 44 LSGR 10:15.47
 PAUL IKEDA 44 PNA 13:26.25
 DOUG GARCIA 42 INWM 14:03.79
 100 M. BACK
 JAMES LITTLEFIELD 43 PNA 1:13.82
 ERIC DYBDAHL 43 PNA 1:20.28
 RON OREN 44 PNA 1:36.69
 50 M. BRST
 DANIEL SMITH 41 PNA 37.12
 RON OREN 44 PNA 49.06
 100 M. BRST
 DANIEL SMITH 41 PNA 1:24.11
 PAUL IKEDA 44 PNA 1:31.42
 ERIC DYBDAHL 43 PNA 1:37.21
 200 M. BRST
 DANIEL SMITH 41 PNA 3:05.46
 50 M. FLY
 JAMES LITTLEFIELD 43 PNA 31.16
 100 M. FLY
 ERIC DYBDAHL 43 PNA 1:12.65
 DANIEL SMITH 41 PNA 1:13.90
 JAMES LITTLEFIELD 43 PNA 1:24.90
 400 M. I.M.

PAUL IKEDA 44 PNA 7:08.57

M E N 45-49

50 M. FREE
 PERRY MORIN 45 PNA 29.40
 TED HACKETT 49 OREG 30.46
 RICHARD BLAIS 47 PNA 34.83
 100 M. FREE
 DOUG PORTELANCE 45 PNA 1:03.78
 RICHARD BLAIS 47 PNA 1:21.31
 200 M. FREE
 DOUG PORTELANCE 45 PNA 2:22.62
 PERRY MORIN 45 PNA 2:29.43
 ROBERT LIDDELL 47 PNA 2:55.21
 RICHARD BLAIS 47 PNA 3:02.39
 THOMAS JOWETT 45 PNA 3:20.59
 400 M. FREE
 STEPHEN FREEBORN 48 PNA 5:34.97
 800 M. FREE
 DOUG PORTELANCE 45 PNA 10:20.29
 TED HACKETT 49 OREG 11:21.26
 RAYMOND MILES 46 PNA 13:22.05
 1500 M. FREE
 DOUG PORTELANCE 45 PNA 19:29.64
 MIKE DOWD 45 MACO 24:06.56
 JOHN BLACKMER 45 MSBC 24:18.46
 50 M. BACK
 STEPHEN FREEBORN 48 PNA 37.56
 THOMAS JOWETT 45 PNA 49.68
 100 M. BACK
 DOUG PORTELANCE 45 PNA 1:08.39 P
 RICHARD BLAIS 47 PNA 1:51.92
 THOMAS JOWETT 45 PNA 1:52.10
 200 M. BACK
 DOUG PORTELANCE 45 PNA 2:29.82 Z
 50 M. BRST
 MIKE DOWD 45 MACO 40.56
 THOMAS JOWETT 45 PNA 50.18
 100 M. BRST
 PERRY MORIN 45 PNA 1:30.15
 RAYMOND MILES 46 PNA 1:41.83
 RICHARD BLAIS 47 PNA 1:49.11
 THOMAS JOWETT 45 PNA 1:52.83
 200 M. BRST
 MIKE DOWD 45 MACO 3:20.55
 50 M. FLY
 STEPHEN FREEBORN 48 PNA 31.12
 TED HACKETT 49 OREG 32.51
 PERRY MORIN 45 PNA 36.30
 100 M. FLY
 STEPHEN FREEBORN 48 PNA 1:17.81
 RAYMOND MILES 46 PNA 1:47.34
 200 M. FLY
 DAN ROBINSON 46 PNA 2:34.92
 MIKE DOWD 45 MACO 3:40.72
 200 M. I.M.
 STEPHEN FREEBORN 48 PNA 2:53.03
 MIKE DOWD 45 MACO 3:10.19
 RAYMOND MILES 46 PNA 3:36.90
 400 M. I.M.
 DAN ROBINSON 46 PNA 5:37.28
 RAYMOND MILES 46 PNA 7:46.78

M E N 50-54

50 M. FREE
 LARRY KRAUSER 50 INWM 25.79 Z
 MIKE TENNANT 50 OREG 26.20
 BILL REEDER 51 PNA 32.44
 100 M. FREE
 LARRY KRAUSER 50 INWM 57.37 Z
 MIKE TENNANT 50 OREG 58.35
 200 M. FREE
 LARRY KRAUSER 50 INWM 2:06.21 Z
 MIKE TENNANT 50 OREG 2:12.73

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Larry Krauser (INWM) and Mike Tennant (OREG)

400 M. FREE
 MIKE TENNANT 50 OREG 4:57.51
 LARRY KRAUSER 50 INWM 6:26.51
 800 M. FREE
 LARRY KRAUSER 50 INWM 11:15.55
 1500 M. FREE
 LARRY KRAUSER 50 INWM 18:37.22 Z
 SCOTT LAUTMAN 51 PNA 18:59.31
 50 M. BRST
 GREGORY HARRISON 51 PNA 38.86
 JEFFREY ANDERSON 53 PNA 39.47
 100 M. BRST
 GREGORY HARRISON 51 PNA 1:21.26
 JEFFREY ANDERSON 53 PNA 1:28.88
 200 M. BRST
 GREGORY HARRISON 51 PNA 2:53.55
 50 M. FLY
 BILL REEDER 51 PNA 35.45
 100 M. FLY
 SCOTT LAUTMAN 51 PNA 1:02.91 Z
 200 M. FLY
 SCOTT LAUTMAN 51 PNA 2:26.04 Z
 200 M. I.M.
 BILL REEDER 51 PNA 3:01.12

MEN 55-59

50 M. FREE
 RICHARD KITTEL 55 UTAH 28.52
 SONNY GARRETT 59 PNA 31.27
 JIM NORRIS 56 PNA 33.05
 AART LOOYE 59 MSBC 35.36



Richard Kittel, UTAH

100 M. FREE
 RICHARD KITTEL 55 UTAH 1:03.99
 JIM NORRIS 56 PNA 1:15.81
 JOHN LEET 58 PNA 1:17.16
 HUGH KIMBALL 57 PNA 1:26.03
 200 M. FREE
 RICHARD KITTEL 55 UTAH 2:21.63 Z
 JIM NORRIS 56 PNA 2:42.00
 400 M. FREE
 RICHARD KITTEL 55 UTAH 5:13.91 Z
 JIM NORRIS 56 PNA 5:41.44
 HUGH KIMBALL 57 PNA 6:48.17
 THOMAS WALKER 56 PNA 7:43.05
 800 M. FREE

JIM NORRIS 56 PNA 11:45.51
 1500 M. FREE
 JIM NORRIS 56 PNA 22:18.23
 100 M. BACK
 RICHARD KITTEL 55 UTAH 1:22.42
 THOMAS WALKER 56 PNA 1:53.09
 200 M. BACK
 RICHARD KITTEL 55 UTAH 2:59.72
 AART LOOYE 59 MSBC 3:29.25
 THOMAS WALKER 56 PNA 4:10.46
 50 M. BRST
 GARY STAMPER 58 PNA 40.27
 100 M. BRST
 STEVEN PETERSON 57 PNA 1:23.95 P
 GARY STAMPER 58 PNA 1:36.12
 JOHN LEET 58 PNA 1:36.95
 THOMAS WALKER 56 PNA 2:01.78
 200 M. BRST
 GARY STAMPER 58 PNA 3:36.64
 THOMAS WALKER 56 PNA 4:17.67
 50 M. FLY
 SONNY GARRETT 59 PNA 33.09
 AART LOOYE 59 MSBC 40.47
 200 M. I.M.
 JOHN LEET 58 PNA 3:33.70
 400 M. I.M.
 JOHN LEET 58 PNA 7:36.20
 THOMAS WALKER 56 PNA 8:43.35

MEN 60-64

50 M. FREE
 ROBERT SMITH 60 OREG 28.60 Z
 MICHAEL MCKINLAY 60 PNA 35.50
 LEON POLITANO 60 MSBC 36.20
 RICHARD JUHALA 60 OREG 39.56
 100 M. FREE
 PAUL FREEMAN 60 PNA 1:20.45
 LEON POLITANO 60 MSBC 1:25.06
 RICHARD JUHALA 60 OREG 1:33.20
 200 M. FREE
 MICHAEL MCKINLAY 60 PNA 2:56.64
 ROBERT SMITH 60 OREG 3:02.96
 LEON POLITANO 60 MSBC 3:21.71
 400 M. FREE
 RICHARD JUHALA 60 OREG 7:41.26
 50 M. BACK
 ROBERT SMITH 60 OREG 33.31 Z
 MICHAEL MCKINLAY 60 PNA 38.64
 WALT REID 63 PNA 39.77
 DAVID KEUDELL 63 OREG 51.92
 100 M. BACK
 ROBERT SMITH 60 OREG 1:17.22
 MICHAEL MCKINLAY 60 PNA 1:29.42
 RICHARD JUHALA 60 OREG 1:54.43
 200 M. BACK
 ROBERT SMITH 60 OREG 2:55.66
 MICHAEL MCKINLAY 60 PNA 3:19.49

50 M. BRST
 WALT REID 63 PNA 42.02
 DAVID KEUDELL 63 OREG 42.99
 PAUL FREEMAN 60 PNA 46.31
 MICHAEL MCKINLAY 60 PNA 47.37
 LEON POLITANO 60 MSBC 50.52
 100 M. BRST
 DAVID KEUDELL 63 OREG 1:37.95
 RICHARD JUHALA 60 OREG 1:48.16
 200 M. BRST
 DAVID KEUDELL 63 OREG 3:35.89
 PAUL FREEMAN 60 PNA 3:52.25
 50 M. FLY
 LEON POLITANO 60 MSBC 42.80
 200 M. I.M.
 ROBERT SMITH 60 OREG 2:57.81 Z
 400 M. I.M.
 RICHARD JUHALA 60 OREG 8:11.17

MEN 65-69

50 M. FREE
 ALAN PHILLIPS 67 UNAT 42.33

100 M. FREE
 ALAN PHILLIPS 67 UNAT 1:43.97
 200 M. FREE
 DAVID RADCLIFF 69 OREG 2:34.88
 ALAN PHILLIPS 67 UNAT 4:13.00
 400 M. FREE
 DAVID RADCLIFF 69 OREG 5:33.84
 BRENT LAKE 65 OREG 6:09.83
 DON REHFELDT 69 PNA 7:43.29



Brent Lake, Oregon

800 M. FREE
 DAVID RADCLIFF 69 OREG 11:28.28 Z
 BRENT LAKE 65 OREG 12:17.59
 DON REHFELDT 69 PNA 16:15.58
 1500 M. FREE
 DAVID RADCLIFF 69 OREG 22:09.37
 BRENT LAKE 65 OREG 24:30.48
 50 M. BACK
 BRENT LAKE 65 OREG 39.95
 100 M. BACK
 BRENT LAKE 65 OREG 1:28.29
 TOM FOLEY 69 PNA 2:04.16
 200 M. BACK
 BRENT LAKE 65 OREG 3:08.93 Z
 TOM FOLEY 69 PNA 4:21.84
 50 M. BRST
 ALAN PHILLIPS 67 UNAT 58.47
 100 M. BRST
 DON REHFELDT 69 PNA 1:55.97
 200 M. BRST
 DON REHFELDT 69 PNA 4:16.53
 50 M. FLY
 TOM FOLEY 69 PNA 1:03.64
 100 M. FLY
 TOM FOLEY 69 PNA 2:37.27
 200 M. I.M.
 TOM FOLEY 69 PNA 4:38.49

MEN 70-74

50 M. FREE
 DICKSON LEE 71 PNA 39.54
 HERB LARSON 73 PNA 53.95
 100 M. FREE
 BILL KING 70 RMM 1:17.41
 200 M. FREE
 BILL KING 70 RMM 2:59.45
 400 M. FREE
 BILL KING 70 RMM 6:31.99
 800 M. FREE
 BILL KING 70 RMM 13:47.31
 50 M. BACK
 HERB LARSON 73 PNA 1:11.76
 50 M. FLY
 HERB LARSON 73 PNA 1:10.02
 200 M. I.M.
 HERB LARSON 73 PNA 6:37.86

MEN 80-84

100 M. FREE
 ANDREW HOLDEN 84 OREG 1:30.98
 800 M. FREE
 HAL YOUNG II 82 PNA 22:32.57 P
 1500 M. FREE



Lee Carlson and Gene Crossett, PNA

HAL YOUNG II 82 PNA 44:50.05
50 M. FLY
ANDREW HOLDEN 84 OREG 45.57
100 M. FLY
ANDREW HOLDEN 84 OREG 2:03.80
200 M. FLY
ANDREW HOLDEN 84 OREG 4:57.38 Z

M E N 90-94

50 M. FREE
L.CROSSETT 90 PNA 57.87 Z
100 M. FREE
L.CROSSETT 90 PNA 2:19.86 P
200 M. FREE
L.CROSSETT 90 PNA 5:06.92 Z
400 M. FREE
L.CROSSETT 90 PNA 11:14.94 Z

RELAYS-WOMEN 200 M. FREE

120-159
KRISTINA COGLON 31 PNA 2:52.30
DEBORAH LODISH 48
REBECCA LOGSDON 49
MARY LASSITER 21

160-199
LISA DAHL 42 PNA 2:13.03
SARAH WELCH 56
TARA SIMSAK 34
TATYANA MISHEL 40

A.CULLOM 33 PNA 2:35.63
BRENDA KNUTSON 45
ERIN BURGMAN 41
JANE MOORE 53

RELAYS-WOMEN 200 M. MEDLEY

120-159
REBEKAH CELVER 26 PNA 2:48.62
JANE MOORE 53
TATYANA MISHEL 40
KELLY CRANDELL 23

A.CULLOM 33 PNA 3:35.32
REBECCA LOGSDON 49
MARY LASSITER 21
WENDI RUEF 26

RELAYS-M E N 200 M. FREE

120-159
KEVAN BATES 32 MSBC 1:46.34
KYLE LAWRENCE 28
PETER HEUSEL 35
GREG MARGHARITIS 37

JASEN SPEER 22 PNA 2:02.32
TOM SCHULTZ 32
PERRY MORIN 45
GREGORY HARRISON 51

160-199

DANIEL SMITH 41 PNA 2:00.78
RAYMOND MILES 46
ERIC DYBDAHL 43
STEPHEN FREEBORN 48

RELAYS-M E N 200 M. MEDLEY

160-199
ERIC DYBDAHL 43 PNA 2:20.41
DANIEL SMITH 41
STEPHEN FREEBORN 48
BILL REEDER 51

RELAYS-M E N 400 M. FREE

160-199
BILL REEDER 51 PNA 4:48.63 Z
ERIC DYBDAHL 43
STEPHEN FREEBORN 48
GARVIN MORLAN 39

RELAYS-MIXED 200 M. FREE

120-159
CHRISTIAN BRUHN 31 PNA 2:30.15
DEBRA DRAGOVICH 52
STACEY SUNDE 36
C.AUGUSTINE 36

WENDI RUEF 26 PNA 2:40.03
A.CULLOM 33
JAMES LITTLEFIELD 43
RAYMOND MILES 46

160-199
ERIN BURGMAN 41 PNA 2:12.76
STEPHEN FREEBORN 48
BRENDA KNUTSON 45
PAUL FREEMAN 60

SANDI ROUSSEAU 56 OREG 2:15.59
CHYLE EDIC 36
ALISON MOORE 33
DAVID RADCLIFF 69

200-239
TARA SIMSAK 34 PNA 2:15.12
ARNI LITT 57
BILL REEDER 51
SONNY GARRETT 59

240-279
EULAH VARTY 69 MSBC 2:45.45
LEON POLITANO 60
ELSA DE LEEUW 79
JOHN BLACKMER 45

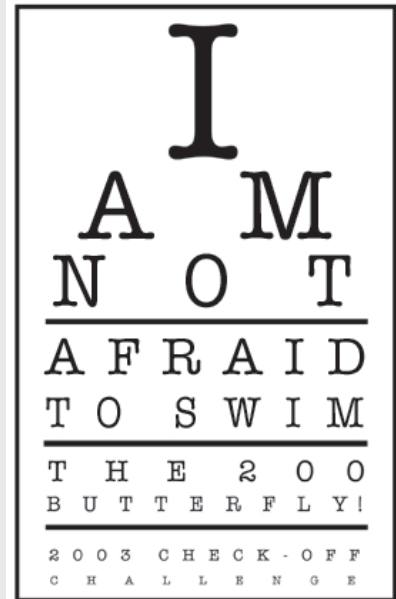
RELAYS-MIXED 200 M. MEDLEY

120-159
REBEKAH CELVER 26 PNA 2:19.95
TATYANA MISHEL 40
STEVEN PETERSON 57
KIRK NELSON 33

160-199
C.AUGUSTINE 36 PNA 2:49.33
DEBORAH LODISH 48
KRISTINA COGLON 31
ROBERT LIDDELL 47

240-279
ELSA DE LEEUW 79 MSBC 3:04.73
EULAH VARTY 69
AART LOOYE 59
LEON POLITANO 60

Oregon Masters Hosts 2004 Check-Off Challenge!



Back by popular demand! The 2004 Check-Off Challenge will be hosted by Oregon Masters and the USMS Fitness Committee. The objective of this event is to challenge yourself by making a check list and swimming each of 18 swimming events found in pool competition. The participating swimmer will get a T-shirt in advance, which will list the 18 swimming events on the back. These events will include: 50 free, 100 free, 200 free, 400 or 500 free, 800 or 1000 free, 1500 or 1650 free, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast, 50 fly, 100 fly, 200 fly, 100 IM, 200 IM, 400 IM. As you swim the events, simply check them off on the back of the T-shirt using an indelible marker. You can swim them during practice, or during a swim meet -- any time, any place, at your own pace! The 2004 Check-Off Challenge features a fun T-shirt with a special swimming eye exam. This clever little chart challenges swimmers to "take a closer look" at one of the most dreaded events -- the 200 butterfly! Stay tuned for more information about the 2004 Check-Off Challenge! Details about the 2004 event should be available in the September/October, 2003 issue of SWIM Magazine. Information will also be available online at www.usms.org.

Photos courtesy of Dave Radcliff,
www.northwestzone.org



30-Minute Fitness Swim Challenge

Presented by the Pacific Northwest Association of Masters Swimmers

Sanctioned by the Pacific Northwest LMSC for USMS, inc. #0336P1

What is the 30- minute fitness challenge?

The 30-minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness level and may motivate you to compete in longer distance swims such as the one hour postal swim. See how far you can swim. You can do this on your own or you can do it as a team during practice. If you want to see the yardage by your name in the results, send in your yardage. There will be a commemorative certificate and/or T-Shirt available for those who enter.

When and where can I take the challenge?

You can take the challenge anytime in 2003. You can enter once in the first six months (January –June) and once again in the second six months (July-December) or for the entire year. Your whole team can take the challenge. Swims must take place in 2003. Your coach or other verifier can certify your entire team, if you do the swim during a practice.

You can swim in any pool 20 yards or longer. (If you swim in a meter pool and submit your distance, multiply the distance swum by 1.0926 and round down to the nearest five-yard increment. Submit the distance in yards.)

What are the rules for the challenge?

Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator or a lifeguard.

Floating and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Two or more swimmers may share a lane.

Measure your progress by submitting your distance. Count your distance while you swim, or ask a friend to help. An optional split sheet form is available to make it easier for anyone who may count for you. If you would like your swim to be even more accurate, a counter can time the event with a stopwatch and record your distance.

What are the fees and what do I receive for completing the challenge?

Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All fees are non-refundable. Make checks payable to PNA (Pacific Northwest Association of Masters Swimmers) and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. All entries must be received by January 10, 2004.

You will receive an 8 ½” x 11” commemorative certificate of completion sometime before February 10, 2004. Results will be posted on the USMS website under the fitness section. These results will show the names alphabetically of those that accepted the challenge, completed the 30-minute swim, and submitted an entry form. If you submit the distance you completed this will also be posted.

T-shirts are available at a cost of \$15 each. (International orders US \$20.)

Who may enter the 30-minute challenge and how can I enter?

The event is open to registered Masters swimmers. Enter by filling out the entry form on the next page.



2003 USMS 30-Minute Fitness Challenge Entry Form
 Sanctioned by the Pacific Northwest LMSC for USMS, inc. #0336P1

NAME _____ REG. NUMBER _____
(Print--As it appears on registration card) (Include COPY of 2003 USMS Reg.)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(MM/DD/YY)

CLUB _____ CLUB ABBR. _____

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL 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.

I certify that I have read the rules of this competition. On _____ I swam continuously for 30 minutes at _____
(Date) (Pool name/City)

Swimmer's Signature _____ Date _____ Verifier's Signature _____ Date _____

I swam approximately _____ yards

I swam as part of a team practice _____

I swam this on my own _____

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) \$ _____
 T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt \$ _____
 Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ \$ _____
 International @ \$20/shirt: (includes shipping) \$ _____
 Total (US \$) \$ _____

Include: PHOTOCOPY of Masters 2003 Registration Card, and this Official Entry form
 Check Payable To: PNA - Pacific Northwest Aquatics
 Send Entries to Lee Carlson - PNA 30 Minute Fitness Challenge, 1000 Cabin Creek LN SW, D301 Issaquah, WA 98027



Optional Split/Distance Form for 30-Minute Swim Challenge

This form is available if you want to use it but it is not required. If you use the form and want to record your distance please estimate it to the nearest five yards.

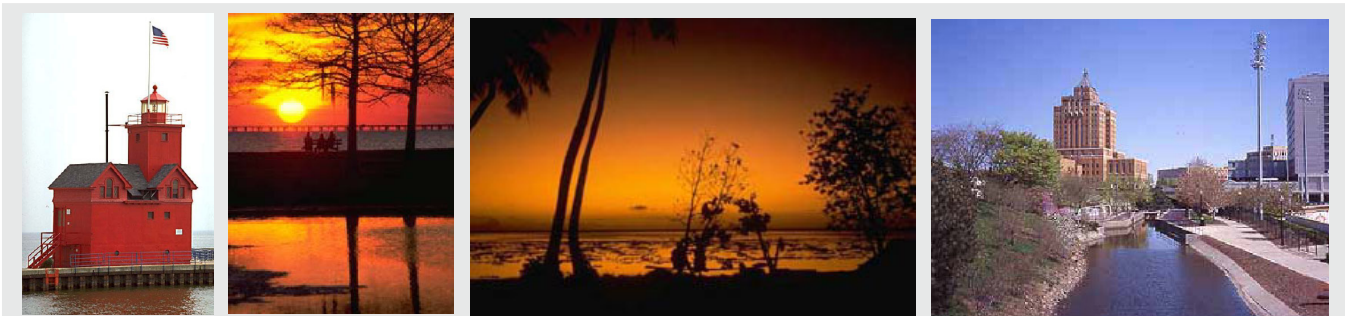
50	650		1250		1850		2450	
100	700		1300		1900		2500	
150	750		1350		1950		2550	
200	800		1400		2000		2600	
250	850		1450		2050		2650	
300	900		1500		2100		2700	
350	950		1550		2150		2750	
400	1000		1600		2200		2800	
450	1050		1650		2250		2850	
500	1100		1700		2300		2900	
550	1150		1750		2350		2950	
600	1200		1800		2400		3000	

Total yards _____

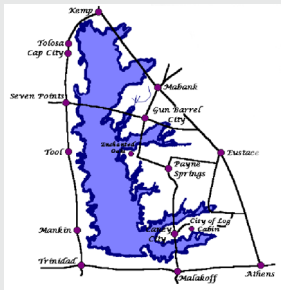
Virtual Geographic Swim Series

Virtual Swim Series - Starts now! This event is a new USMS Fitness challenge designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

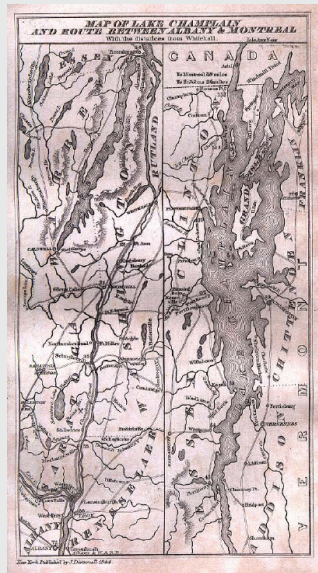
Start by picking a swim from the list. Go to the Fitness section of the USMS web site (www.usms.org/fitness) for a complete list of swims, plus details and entry forms. Read and print the swim document, and record your yards (or meters) as miles on the chart provided in the swim. Record one log per swim. We have a generic log for you to use if a swim does not have one. At the end of 2003, you will be able to send in your logs for a personalized certificate, and possibly even recognition on the web. T-shirts with the design (shown above) will also be available. Start today! This event lasts all year, but the sooner you start, the more waterways you will travel.



Top row (left to right): Great lakes Lighthouse Swim, Michigan; Lake Pontchartrain, Louisiana; Key West, Florida; Erie Canal, Ohio



Middle row (left to right): Cedar Creek Lake, Texas; Lake Winnepesaukee, New Hampshire; Crater Lake, Oregon



Bottom row (left to right): Lake Erie Islands, Ohio; Lake Champlain, Vermont; Lake Washington, Washington.



Virtual Swim Series Registration Form
January 1, 2003 - December 31, 2003
 Hosted by Central Oregon Masters Aquatics, Bend, Oregon
 Sanctioned by Oregon Masters Swimming Sanction #373-PO-01

Collect swims throughout the year using the Swim Logs or Charts available with each swim. You may also use the "Generic Recording Chart", using one sheet for each swim. Send in your competed swims and this form by

January 20, 2004. Certificates, awards and t-shirts will be mailed by March 1, 2004.

Name _____ Age _____
 Address _____
 Home Phone _____ USMS Number _____
 E Mail _____ Local Team: _____

Name of Pool where you swim _____

Are you using coached practice yardage? _____ If so, approximately what percentage of your virtual swim yardage is from coached practices? _____ Your Birthdate _____

List the swims you have competed below. Be sure to send in a chart for each swim. Include the start and finish date of each swim.

<u>Name of Swim</u>	Miles	Dates:
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____

Entry fee: \$5.00 (\$8.00 for International entrants). Fee includes personalized certificate, and awards to the male and female swimmer who completed the most swims. Results will be posted on the USMS Website.

I would like a t-shirt. Size: XXL XL L M S (Circle size) Cost: \$15.00 (\$17.00 for XXL) Add \$5.00 for International postage. Total enclosed: _____

Make checks payable to: "Central Oregon Masters Aquatics" (C.O.M.A.)

Send form and fees to: Pam Himstreet, 3339 N.W. Windwood Way, Bend, Oregon 97701

"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."

I certify that I swam the above yardage and kept as accurate a record as possible of my swims.

Signed:

Date:

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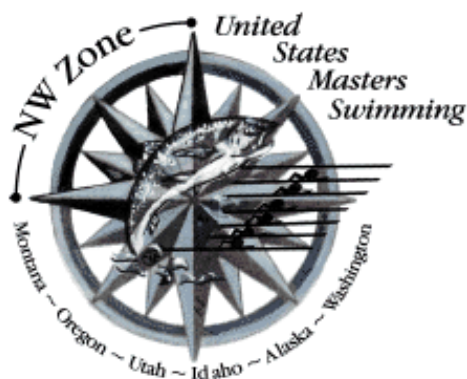
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Northwest Zone Long Course Meters Championships!

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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ZONE LIAISON	TRUMAN SANDS, PO BOX 581132, SALT LAKE CITY, UT, 84158	801-466-3185	UtahZoneLiaison@usms.org

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...



Oregon Relay Breaks World Record!

The Oregon relay team of Tom Landis, Dave Radcliff, Bob Bruce and Steve Johnson broke the world record in the men's 240-279 age group 800 meter freestyle relay with a time of . The foursome smashed the old time (10:45.96) set in 1999 by the Florida Gold Coast Masters.



NW ZONE MEETING!

The next Northwest Zone meeting will be held during the Northwest Zone Short Course Meters Championships, November 8th-9th, at the South Kitsap High School in Port Orchard, Washington.

Details To Be Announced...

Colette Crabbe is on Fire!

Colette Crabbe (far right, pictured with Karen Einsidler, left, and Shane Gould, center) broke two world records at the recent USMS Long Course National Swimming Championships at Rutgers University, New Jersey. Crabbe broke her own records in the 200 IM (2:38.84 from 2001, with a new time of 2:35.74), and the 400 IM (5:40.52 from August 10th, 2003, with a new time of 5:38.12). In the 200 II, Crabbe defeated Australian Olympic legend Shane Gould, and former 400 IM record holder Karen Einsidler of Metro Masters. Congratulations Colette!!



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

9/27/2003

10/18/2003

11/8-9/2003

11/29/2003

12/6-7/2003

12/13/2003

1/10/2004

6th Annual Short Course Meters Pentathlon Meet, Oak Harbor, WA

Sally Dillon, salswimr@earthlink.net (www.swimpna.org)

2nd Annual BAMFEST SCY Swim Meet, Bainbridge Island Aquatic Center, WA

Brian Russell, brian_a_russell@urscorp.com, (www.swimpna.org)

Northwest Zone SCM Championships, South Kitsap High School, Port Orchard, WA; Steve Peterson, speterson@bandwagon.net (www.swimpna.org)

Fall ClassicSCM Swim Meet, Sandpoint Wes Athletic Club Masters, WA, (www.inlandnorthwestmasters.org)

Oregon Masters SCM Meet, Grass Valley Aquatic Center, Camas, WA, Bert Petersen, petersen@exchangenet.net (www.swimoregon.org)

Alaska Masters SCM Meet, Joanne Wainwright, jowain@ptialaska.net, (www.akswim.org)

Emerald Aquatics SCY Meet, Echo Hollow Pool, Eugene, OR, Ginny Hoke, virginiawildberry@yahoo.com (www.swimoregon.org)

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