



# Northwest Zone Chatter

DECEMBER 2003

## Northwest Zone Shines at Annual US Aquatic Sports Convention

SAN DIEGO, CA- The Northwest Zone was shining brightly at the annual United States Aquatic Sports Convention held September 10-14, 2003. Delegates from the Northwest Zone swept all of the major awards, including the Ransom Arthur Award (Sandi Rousseau, Oregon), the Speedo / USMS Coach of the Year Award (Bob Bruce, Oregon), the TYR / USMS Newsletter of the Year Award (The Splashmaster, Inland Northwest LMSC, Doug Garcia, Editor), the USMS Fitness Award (Pam Himstreet, Oregon), and the USMS Dorothy Donnelly Service Award (Dave Radcliff, Oregon, and Pam Himstreet, Oregon).

Sandi Rousseau has been active in the Oregon LMSC and USMS for more than two decades, and she led the USMS Championship Committee for



Sandi Rousseau, Oregon

many of those years. During her tenure as Championship Chair, she coordinated groundbreaking developments such as the online entry system for Nationals. Sandi is also one of the founding members of the Tualatin Hills Barracudas, and has recently started a Masters swimming group in her new home, Hood River. Recently, Sandi was appointed Chair of the USMS International Committee.

Bob Bruce has been active in the Oregon LMSC for more than five years. He has capably served as Coaches Chair and Long Distance Chair for the Oregon LMSC, and has served



Coach Bob Bruce, Oregon

as Oregon's on-deck coach at Nationals. Recently, Bob has coordinated Oregon's tremendous success in national long distance postal swimming events. Recently, Bob has been appointed Chair of the USMS Coaches Committee.

Pam Himstreet has served in many roles with the Oregon LMSC, including Vice Chair. During the last two years, she has revitalized the USMS Fitness Committee, developing new postal events and coordinating web resources including the Fitness Article of the Month.



Pam Himstreet, Oregon

Dave Radcliff has been a cornerstone for the Northwest Zone since he moved here from Southern California. He has served as Northwest Zone Rep-



Dave Radcliff, Oregon

resentative, Zone Newsletter Editor, Zone Meet Director, and he created and maintains the Northwest Zone web site. Dave is also editor of the Aqua-Master.

Doug Garcia has spent several years editing and designing the Splashmaster for the Inland Northwest LMSC. This year, Doug brilliantly resolved his small LMSC's budget dilemma by combining print distribution with more frequent online distribution.

**INLAND NORTHWEST MASTERS SWIMMING ONLINE ISSUE**  
**SPLASHMASTER**  
 VOLUME 8 NUMBER 2 JUNE 2003

**Stress Matters**  
 BY JENNIFER PERKINS

**Age 30**  
 I've been swimming competitively for several years, and I've found that swimming is a great way to stay fit and healthy. I've also found that swimming is a great way to relax and de-stress. I've been swimming for several years, and I've found that swimming is a great way to stay fit and healthy. I've also found that swimming is a great way to relax and de-stress.

**Managing Stress**  
 There are other aspects of fitness that can help you handle different types of stress, including stress and high stress. When an individual is stressed, muscles tighten up, and the heart rate increases. This can lead to a variety of health problems, including high blood pressure, heart disease, and other health problems.

**Flow and Fitness**  
 The single most important thing you can do to improve your swimming performance is to focus on your technique. This means paying attention to your stroke, your breathing, and your body position in the water. By focusing on your technique, you can improve your swimming performance and reduce your risk of injury.

**Take a Deep Breath**  
 Deep breathing is a simple but important technique that can help individuals offset the effects of stress. Deep breathing can help you relax and de-stress, and it can also help you improve your swimming performance.

**Inland Northwest Masters C LEND R**  
 The June, July and August Splashmaster will be online only. Visit [www.InlandMasters.org](http://www.InlandMasters.org) to download your free copy!

**June 14** - Inland NW Masters Special  
 Lake Oswego, Oregon 6:30 pm  
 June 15 - Masters, Spokane Club 6:30 pm  
 July 20 - Inland NW Masters Special  
 Lake Oswego, Oregon 6:30 pm  
 Aug. 16 - Long Hills, Lake Park  
 Clatsop, Oregon 6:30 pm  
 Master Entry form on page 8

www.SPLASHMASTER.org/page.2

Splashmaster, Inland Northwest LMSC

## From the NW Zone Rep

Thanks to all who attended this year's USMS Convention, lots of work was accomplished in a short period of time. I must say the highlight of the convention was seeing the number of awards being presented to members from the NW Zone.



Doug Garcia, NW Zone Representative

No other group was honored as much as the NW Zone, and in particular Oregon Masters. Congratulations to Sandi Rousseau of Oregon Masters for standing up to a public roasting at the banquet in receiving the Ransom Arthur Award. Sandi is an excellent example of service to the organization and in promoting the mission of USMS.

Congratulations to Bob Bruce in receiving Coach of the Year honors. Though I have never swam with his group in Bend, Oregon, his swimmers always say good things about the work he does. Having roomed with Bob this year, and working with him on the Coaches Committee, I know he prides himself in working with adult swimmers and promoting the mission of USMS and a lifetime of swimming. .

Oregon Swimmers Pam Himstreet and Dave Radcliff were also honored with the Dorothy Donnelly Service Award. Both Dave and Pam have served Oregon Masters and USMS in a variety of ways and are truly deserving of this honor.

Finally, I was humbled with the Newsletter of the Year award for the work I do compiling, editing and designing the Inland NW Masters Splashmaster. There are many excellent newsletters in USMS, and I am honored to be considered the best for this year.

This was my first convention serving as NW Zone rep, and in particular attending the Zone Committee meeting. I've always assumed the other zones function the same as we do here in the NW—selecting locations and running three meets a year, every year, this year adding an open water competition to our list of events—were things I expected other zones to do. While attending the zone committee meeting and listening to the other zone reps talk about the activity in their zones, it was apparent that we are truly unique here in the NW. Our volunteerism is outstanding, and we serve our fellow swimmers well. Many of the other zones only have one zone meet a year, if any. In addition, many of the other zones do not have regular communication and coordination. So congratulations for being involved and serving your fellow swimmers.

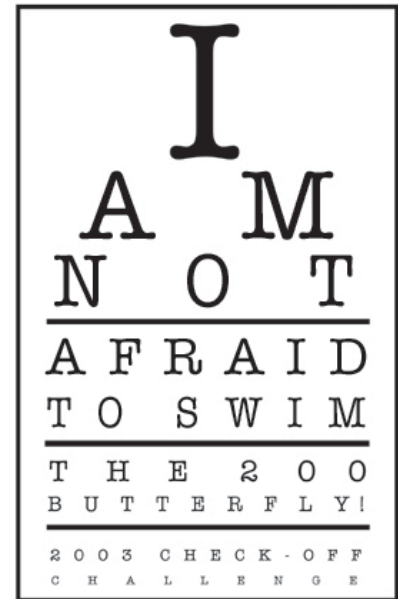
Another bright spot from this year's convention was the approval of a measure directing the USMS Executive Committee to proceed with the bidding process for hosting the 2006 FINA World Masters Championships. Should we be successful in our efforts, the current plan is to host at Stanford University.

As I am writing this, we are just a few weeks away from meeting in Port Orchard Washington for the SCM Champs. We also have a SCY Champs scheduled for Oregon once again this year, which right now is being planned for after nationals. Stay tuned details on all these meets.

I look forward in seeing you in November!

Swimmingly,  
Doug Garcia

## Oregon Masters Hosts the 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](http://www.usms.org).



# RESULTS

## NW Zone SC Meters Championships - 11/8/2003 to 11/9/2003 Results

### Women 25-29

#### **50 SC Meter Freestyle**

MSABC 27 Naess, Victoria 27.82

#### **100 SC Meter Freestyle**

MSABC 27 Naess, Victoria 1:01.01

#### **1500 SC Meter Freestyle**

PNA-PN 27 McAmmond, Jordan 19:35.45

#### **50 SC Meter Backstroke**

MSABC 27 Naess, Victoria 34.31

### Women 30-34

#### **50 SC Meter Freestyle**

PNA-PN 34 Simsak, Tara 29.38

#### **100 SC Meter Freestyle**

PNA-PN 34 Simsak, Tara 1:04.15

#### **200 SC Meter Freestyle**

PNA-PN 33 Bussart, Megan 2:31.22

PNA-PN 33 Mesler, Jennifer 2:35.32



Megan Bussart, PNA

#### **400 SC Meter Freestyle**

PNA-PN 33 Bussart, Megan 5:22.19

PNA-PN 33 Mesler, Jennifer 5:23.05

#### **800 SC Meter Freestyle**

PNA-PN 33 Bussart, Megan 10:56.40

#### **1500 SC Meter Freestyle**

PNA-PN 33 Bussart, Megan 21:22.41

#### **100 SC Meter Backstroke**

PNA-PN 33 Mesler, Jennifer 1:19.92

PNA-PN 33 Bussart, Megan 1:27.12

#### **200 SC Meter Backstroke**

PNA-PN 33 Hegeberg, Linda 2:44.80

PNA-PN 33 Mesler, Jennifer 2:52.75

### **50 SC Meter Breaststroke**

PNA-PN 33 Hegeberg, Linda 38.36

### **100 SC Meter Breaststroke**

PNA-PN 33 Hegeberg, Linda 1:23.51

### **50 SC Meter Butterfly**

PNA-PN 34 Simsak, Tara 31.65

### **100 SC Meter Butterfly**

PNA-PN 34 Simsak, Tara 1:12.86

### **100 SC Meter IM**

PNA-PN 34 Simsak, Tara 1:14.62

PNA-PN 33 Hegeberg, Linda 1:15.79

PNA-PN 33 Mesler, Jennifer 1:22.41

### **200 SC Meter IM**

PNA-PN 34 Simsak, Tara 2:44.39

PNA-PN 33 Mesler, Jennifer 2:57.00

### **400 SC Meter IM**

PNA-PN 33 Hegeberg, Linda 5:39.43

### Women 35-39

#### **50 SC Meter Freestyle**

MSABC 35 Harmer, Annelle 33.43

PNA-PN 36 Moore, Kathy 35.49

PNA-PN 35 Stebbins, Jodi 36.10

#### **100 SC Meter Freestyle**

PNA-PN 35 Stebbins, Jodi 1:31.34

#### **200 SC Meter Freestyle**

PNA-PN 35 Hoisington, Sarah 2:19.84

PNA-PN 39 Whitney, Jamie 2:44.95

PNA-PN 39 Way, Suzanne 2:57.78

#### **400 SC Meter Freestyle**

MSABC 35 Harmer, Annelle 5:26.93

PNA-PN 35 Stebbins, Jodi 6:54.92

#### **800 SC Meter Freestyle**

MSABC 35 Harmer, Annelle 11:14.75

#### **50 SC Meter Backstroke**

SNAKE-SR 39 Reynolds, Ellen 35.48

PNA-PN 36 Moore, Kathy 43.64

PNA-PN 35 Stebbins, Jodi 47.94

#### **100 SC Meter Backstroke**

SNAKE-SR 39 Reynolds, Ellen 1:15.56

#### **200 SC Meter Backstroke**

SNAKE-SR 39 Reynolds, Ellen 2:37.65

#### **50 SC Meter Breaststroke**

PNA-PN 39 Whitney, Jamie 43.20

PNA-PN 36 Moore, Kathy 48.39

#### **100 SC Meter Breaststroke**

PNA-PN 39 Whitney, Jamie 1:34.62

PNA-PN 39 Way, Suzanne 2:01.01

#### **50 SC Meter Butterfly**

PNA-PN 35 Hoisington, Sarah 32.59

MSABC 35 Harmer, Annelle 35.65

PNA-PN 36 Moore, Kathy 41.47

#### **100 SC Meter Butterfly**

PNA-PN 35 Hoisington, Sarah 1:10.55

MSABC 35 Harmer, Annelle 1:21.30

#### **100 SC Meter IM**

SNAKE-SR 39 Reynolds, Ellen 1:15.37

PNA-PN 39 Way, Suzanne 1:37.86

#### **200 SC Meter IM**

SNAKE-SR 39 Reynolds, Ellen 2:44.14

PNA-PN 35 Stebbins, Jodi 3:51.56

#### **400 SC Meter IM**

SNAKE-SR 39 Reynolds, Ellen 5:50.29

### Women 40-44

#### **50 SC Meter Freestyle**

UNAT 42 Dahl, Lisa 29.29

#### **100 SC Meter Freestyle**

PNA-PN 41 Burgman, Erin 1:05.98

### **200 SC Meter Freestyle**

PNA-PN 41 Burgman, Erin 2:27.94

### **400 SC Meter Freestyle**

PNA-PN 41 Burgman, Erin 5:14.26

PNA-PN 42 Bates, Penny 5:19.16

### **800 SC Meter Freestyle**

PNA-PN 42 Bates, Penny 10:46.89

PNA-PN 41 Burgman, Erin 10:58.01

### **1500 SC Meter Freestyle**

PNA-PN 41 Burgman, Erin 21:03.23

### **50 SC Meter Backstroke**

UNAT 42 Dahl, Lisa 36.73

### **100 SC Meter Backstroke**

PNA-PN 41 Burgman, Erin 1:22.34

### **200 SC Meter Backstroke**

PNA-PN 42 Bates, Penny 2:54.49

PNA-PN 41 Burgman, Erin 2:55.18

### **50 SC Meter Breaststroke**

PNA-PN 44 Hawksworth, Judy 41.31

PNA-PN 41 Haller, Patty 59.50

### **100 SC Meter Breaststroke**

PNA-PN 44 Hawksworth, Judy 1:29.72

PNA-PN 41 Haller, Patty 2:06.01

### **200 SC Meter Breaststroke**

PNA-PN 44 Hawksworth, Judy 3:14.89

### **50 SC Meter Butterfly**

UNAT 42 Dahl, Lisa 31.81

PNA-PN 41 Haller, Patty 1:10.19

### **200 SC Meter Butterfly**

PNA-PN 42 Bates, Penny 2:54.15

### **100 SC Meter IM**

UNAT 42 Dahl, Lisa 1:15.64

### **200 SC Meter IM**

PNA-PN 42 Bates, Penny 2:49.78

### **400 SC Meter IM**

PNA-PN 42 Bates, Penny 5:54.16



Jody Welborn and Joy Ward, OREG

### Women 45-49

#### **50 SC Meter Freestyle**

PNA-PN 49 Logsdon, Rebecca 52.98

#### **100 SC Meter Freestyle**

INW-IE 45 Tomlinson-Macias, Melinda 1:27.89

PNA-PN 49 Logsdon, Rebecca 2:03.69

#### **200 SC Meter Freestyle**

PNA-PN 49 Logsdon, Rebecca 4:26.15

#### **400 SC Meter Freestyle**

OREG-OR 48 Welborn, Jody 6:18.86

#### **1500 SC Meter Freestyle**

INW-IE 45 Tomlinson-Macias, Melinda 29:44.02

#### **50 SC Meter Breaststroke**

PNA-PN 49 Logsdon, Rebecca 1:05.01

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**100 SC Meter Breaststroke**

PNA-PN 49 Logsdon, Rebecca 2:22.65

**200 SC Meter Breaststroke**

PNA-PN 49 Logsdon, Rebecca 5:03.43

**100 SC Meter IM**

OREG-OR 48 Welborn, Jody 1:38.45

**200 SC Meter IM**

OREG-OR 48 Welborn, Jody 3:35.49

INW-IE 45 Tomlinson-Macias, Melinda 3:45.22

**400 SC Meter IM**

OREG-OR 48 Welborn, Jody 7:35.65

**Women 50-54**

**50 SC Meter Freestyle**

UNAT 50 Williams, Dona 35.06

**100 SC Meter Freestyle**

UNAT 50 Williams, Dona 1:22.10

**200 SC Meter Freestyle**

PNA-PN 53 Moore, Jane A 3:26.36

**400 SC Meter Freestyle**

PNA-PN 53 Moore, Jane A 7:14.61

**800 SC Meter Freestyle**

PNA-PN 53 Moore, Jane A 14:53.14

**1500 SC Meter Freestyle**

PNA-PN 53 Moore, Jane A 28:43.66



Young swimmers counted for the Masters

**100 SC Meter Backstroke**

PNA-PN 53 Moore, Jane A 2:03.97

**200 SC Meter Backstroke**

PNA-PN 53 Moore, Jane A 4:25.63

**100 SC Meter Breaststroke**

UNAT 50 Williams, Dona 1:41.91

**100 SC Meter IM**

UNAT 50 Williams, Dona 1:32.56

**200 SC Meter IM**

UNAT 50 Williams, Dona 3:26.18

**Women 55-59**

**50 SC Meter Freestyle**

MACO-OR 57 Pierson, Ginger 37.54

UNAT 55 Smith, Sally Ann 39.21

**100 SC Meter Freestyle**

PNA-PN 57 Litt, Arni 1:31.37

**200 SC Meter Freestyle**

UNAT 55 Smith, Sally Ann 3:18.13

PNA-PN 57 Litt, Arni 3:27.33

**400 SC Meter Freestyle**

PNA-PN 57 Litt, Arni 6:46.80

PNA-PN 57 Ensign, Jeanne 7:40.42

**800 SC Meter Freestyle**

PNA-PN 57 Ensign, Jeanne 14:54.21

**1500 SC Meter Freestyle**

PNA-PN 57 Ensign, Jeanne 28:24.82

**50 SC Meter Backstroke**

MACO-OR 57 Pierson, Ginger 43.82

UNAT 55 Smith, Sally Ann 48.21

**100 SC Meter Backstroke**

UNAT 55 Smith, Sally Ann 1:46.82

**200 SC Meter Backstroke**

MACO-OR 57 Pierson, Ginger 3:25.83

PNA-PN 56 Miller, Kaetche 3:40.16

**50 SC Meter Breaststroke**

MACO-OR 57 Pierson, Ginger 41.51

PNA-PN 56 Miller, Kaetche 47.48

PNA-PN 57 Litt, Arni 50.07

**100 SC Meter Breaststroke**

PNA-PN 57 Litt, Arni 1:49.31

**200 SC Meter Breaststroke**

PNA-PN 57 Litt, Arni 3:52.03

**50 SC Meter Butterfly**

UNAT 55 Smith, Sally Ann 43.82

**100 SC Meter IM**

MACO-OR 57 Pierson, Ginger 1:30.21

PNA-PN 56 Miller, Kaetche 1:39.70

UNAT 55 Smith, Sally Ann 1:43.06

**Women 60-64**

**100 SC Meter Freestyle**

PNA-PN 62 Drum, Francesca 1:33.08

**200 SC Meter Freestyle**

MSABC 61 Pronk, Bonnie 2:51.17

**1500 SC Meter Freestyle**

MSABC 61 Pronk, Bonnie 22:59.19

**50 SC Meter Backstroke**

MSABC 61 Pronk, Bonnie 41.32

OREG-OR 61 Ward, Joy 42.97

**100 SC Meter Backstroke**

MSABC 61 Pronk, Bonnie 1:28.13

OREG-OR 61 Ward, Joy 1:32.58

PNA-PN 62 Drum, Francesca 1:44.91

**200 SC Meter Backstroke**

PNA-PN 62 Drum, Francesca 3:45.33

**50 SC Meter Breaststroke**

PNA-PN 62 Drum, Francesca 48.32

**100 SC Meter Breaststroke**

MSABC 61 Pronk, Bonnie 1:30.51

PNA-PN 62 Drum, Francesca 1:45.23

**200 SC Meter Breaststroke**

PNA-PN 62 Drum, Francesca 3:46.88

**50 SC Meter Butterfly**

MSABC 61 Pronk, Bonnie 39.05

**100 SC Meter IM**

OREG-OR 61 Ward, Joy 1:34.01

**200 SC Meter IM**

OREG-OR 61 Ward, Joy 3:30.22

**400 SC Meter IM**

OREG-OR 61 Ward, Joy 7:22.28

**Women 75-79**

**50 SC Meter Freestyle**

PNA-PN 76 Phillips, Bernice 57.71

**100 SC Meter Freestyle**

PNA-PN 76 Phillips, Bernice 2:10.84

**200 SC Meter Freestyle**

PNA-PN 76 Phillips, Bernice 5:06.29

**50 SC Meter Backstroke**

PNA-PN 76 Phillips, Bernice 1:04.41

**Women 80-84**

**200 SC Meter Freestyle**

PNA-PN 82 Chadwick, Marion 6:03.37

**800 SC Meter Freestyle**

PNA-PN 82 Chadwick, Marion 26:43.91

**200 SC Meter Backstroke**

PNA-PN 82 Chadwick, Marion 6:52.81

**50 SC Meter Breaststroke**

PNA-PN 82 Chadwick, Marion 2:05.18

**Men 19-24**

**50 SC Meter Freestyle**

PNA-PN 22 Speer, Jasen 26.37

**800 SC Meter Freestyle**

PNA-PN 22 Speer, Jasen 10:24.34

**1500 SC Meter Freestyle**

PNA-PN 22 Speer, Jasen 21:02.33

**100 SC Meter Butterfly**

PNA-PN 22 Speer, Jasen 1:09.30



Jasen Speer, PNA

**Men 30-34**

**50 SC Meter Freestyle**

PNA-PN 34 Ness, Kerry 33.78

**100 SC Meter Freestyle**

PNA-PN 34 Ness, Kerry 1:21.10

**200 SC Meter Freestyle**

PNA-PN 32 Schulz, Tom 2:31.31

**800 SC Meter Freestyle**

PNA-PN 32 Schulz, Tom 11:33.19

**50 SC Meter Breaststroke**

PNA-PN 32 Schulz, Tom 39.26

PNA-PN 34 Ness, Kerry 42.49

MSABC 34 Harmer, John 43.99

**100 SC Meter Breaststroke**

PNA-PN 32 Schulz, Tom 1:27.18

PNA-PN 34 Ness, Kerry 1:34.20

MSABC 34 Harmer, John 1:40.87

**200 SC Meter Breaststroke**

MSABC 34 Harmer, John 3:38.96

**50 SC Meter Butterfly**

PNA-PN 32 Schulz, Tom 35.18

PNA-PN 34 Ness, Kerry 39.59

**100 SC Meter IM**

PNA-PN 32 Schulz, Tom 1:21.07

PNA-PN 34 Ness, Kerry 1:32.26

**Men 35-39**

**100 SC Meter Freestyle**

OREG-OR 38 Gaarder, Chris 1:02.76

**200 SC Meter Freestyle**

OREG-OR 38 Gaarder, Chris 2:19.39

**1500 SC Meter Freestyle**

NEM-NE 37 Volckening, Bill 18:33.54

**50 SC Meter Breaststroke**

OREG-OR 38 Gaarder, Chris 34.76

**100 SC Meter Breaststroke**

OREG-OR 38 Gaarder, Chris 1:16.94

**200 SC Meter Breaststroke**

OREG-OR 38 Gaarder, Chris 2:52.68

**50 SC Meter Butterfly**

OREG-OR 38 Gaarder, Chris 31.58

**400 SC Meter IM**

NEM-NE 37 Volckening, Bill 5:10.67

**Men 40-44**

**50 SC Meter Freestyle**

UNAT 40 Lang, Joseph 29.54

INW-IE 42 Garcia, Doug 32.82

**100 SC Meter Freestyle**

UNAT 40 Lang, Joseph 1:02.69

PNA-PN 44 Schlemmer, Bob 1:05.25

**200 SC Meter Freestyle**

PNA-PN 44 Schlemmer, Bob 2:25.77

PNA-PN 44 Oren, Ron 2:47.13

INW-IE 42 Garcia, Doug 2:49.47

**400 SC Meter Freestyle**

UNAT 40 Lang, Joseph 4:46.25

PNA-PN 43 Dybdahl, Eric 4:50.33

PNA-PN 44 Schlemmer, Bob 5:19.97

INW-IE 42 Garcia, Doug 6:01.39

**800 SC Meter Freestyle**

PNA-PN 43 Dybdahl, Eric 10:15.26

PNA-PN 44 Schlemmer, Bob 11:19.86

**1500 SC Meter Freestyle**

PNA-PN 44 Schlemmer, Bob 21:31.49

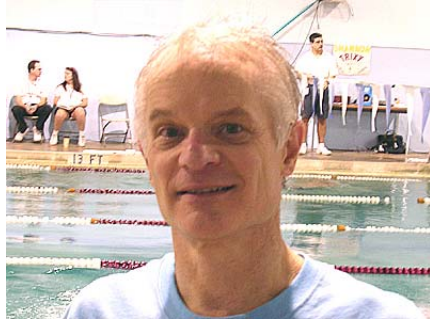
**100 SC Meter Backstroke**

PNA-PN 43 Dybdahl, Eric 1:18.39

**50 SC Meter Breaststroke**

PNA-PN 41 Smith, Dan 35.69

PNA-PN 44 Oren, Ron 46.99



Meet Director Steve Peterson, PNA

**100 SC Meter Breaststroke**

PNA-PN 41 Smith, Dan 1:19.59

PNA-PN 44 Oren, Ron 1:45.96

**50 SC Meter Butterfly**

PNA-PN 44 Schlemmer, Bob 33.66

**100 SC Meter Butterfly**

PNA-PN 42 Glezen, Paul 1:07.11

PNA-PN 43 Dybdahl, Eric 1:10.38

**200 SC Meter Butterfly**

PNA-PN 43 Dybdahl, Eric 2:37.56

35.75 39.51 41.28 41.02

**100 SC Meter IM**

PNA-PN 41 Smith, Dan 1:13.80

INW-IE 42 Garcia, Doug 1:30.02

PNA-PN 44 Oren, Ron 1:32.60

**400 SC Meter IM**

PNA-PN 42 Glezen, Paul 5:31.65

PNA-PN 41 Smith, Dan 5:36.75

PNA-PN 43 Dybdahl, Eric 5:51.59

**Men 45-49**

**50 SC Meter Freestyle**

PNA-PN 45 Wade, Steven G 34.98

**100 SC Meter Freestyle**

PNA-PN 45 Wade, Steven G 1:19.69

INW-IE 45 Macias, Jesse 2:18.87

**400 SC Meter Freestyle**

PNA-PN 45 Wade, Steven G 6:12.59

**1500 SC Meter Freestyle**

PNA-PN 45 Wade, Steven G 24:24.74

INW-IE 45 Macias, Jesse 53:20.40

**50 SC Meter Backstroke**

PNA-PN 46 Ames, Kevin 37.79

**50 SC Meter Breaststroke**

PNA-PN 46 Ames, Kevin 37.51

**100 SC Meter Breaststroke**

OREG-OR 45 Allender, Pat 1:12.18

PNA-PN 46 Ames, Kevin 1:24.29

**200 SC Meter Breaststroke**

OREG-OR 45 Allender, Pat 2:36.99

PNA-PN 46 Ames, Kevin 3:01.25

**100 SC Meter Butterfly**

OREG-OR 45 Allender, Pat 1:06.32

**100 SC Meter IM**

OREG-OR 45 Allender, Pat 1:06.56

PNA-PN 46 Ames, Kevin 1:13.90

**200 SC Meter IM**

OREG-OR 45 Allender, Pat 2:23.32

**400 SC Meter IM**

OREG-OR 45 Allender, Pat 5:11.11

**Men 50-54**

**50 SC Meter Freestyle**

OREG-OR 50 Tennant, Mike 26.65

**200 SC Meter Freestyle**

INW-IE 50 Krauser, Larry 2:03.10

OREG-OR 50 Tennant, Mike 2:13.72

PNA-PN 50 Gilmore, Mike 2:33.93

**400 SC Meter Freestyle**

OREG-OR 50 Tennant, Mike 4:49.96

**100 SC Meter Backstroke**

INW-IE 50 Krauser, Larry 1:09.32

PNA-PN 50 Gilmore, Mike 1:20.52

**200 SC Meter Backstroke**

INW-IE 50 Krauser, Larry 2:31.09

**50 SC Meter Breaststroke**

OREG-OR 54 Stark, Allen L 33.64

OREG-OR 50 Tennant, Mike 38.39

PNA-PN 54 Reese, Gene 41.86

**100 SC Meter Breaststroke**

OREG-OR 54 Stark, Allen L 1:15.70

OREG-OR 50 Tennant, Mike 1:25.07

PNA-PN 54 Reese, Gene 1:33.28

**200 SC Meter Breaststroke**

OREG-OR 54 Stark, Allen L 2:47.15

**50 SC Meter Butterfly**

PNA-PN 50 Gilmore, Mike 32.48

**200 SC Meter Butterfly**

INW-IE 50 Krauser, Larry 2:41.07

**100 SC Meter IM**

INW-IE 50 Krauser, Larry 1:06.80

PNA-PN 54 Reese, Gene 1:42.76

**200 SC Meter IM**

INW-IE 50 Krauser, Larry 2:30.88

**Men 55-59**

**50 SC Meter Freestyle**

PNA-PN 58 Leet, John 31.99

PNA-PN 59 Sawyer, Dennis 33.49

**100 SC Meter Freestyle**

PNA-PN 57 McCleery, James T 1:04.07

PNA-PN 57 Peterson, Steven 1:10.95

PNA-PN 58 Leet, John 1:12.43

PNA-PN 59 Sawyer, Dennis 1:16.11

**200 SC Meter Freestyle**

PNA-PN 57 McCleery, James T 2:17.80

PNA-PN 56 Norris, Jim 2:41.80

PNA-PN 58 Leet, John 2:44.68

UNAT 56 Walker, Thomas 3:25.49



Jim McCleery, PNA

**400 SC Meter Freestyle**

PNA-PN 57 McCleery, James T 4:50.79

PNA-PN 56 Norris, Jim 5:27.17

**800 SC Meter Freestyle**

PNA-PN 57 McCleery, James T 9:58.47

PNA-PN 56 Norris, Jim 11:18.42

**1500 SC Meter Freestyle**

PNA-PN 56 Norris, Jim 21:38.72

**200 SC Meter Backstroke**

UNAT 56 Walker, Thomas 4:01.84

**50 SC Meter Breaststroke**

PNA-PN 57 Peterson, Steven 37.99

PNA-PN 59 Sawyer, Dennis 41.07

PNA-PN 58 Leet, John 41.33

UNAT 56 Walker, Thomas 53.44

**100 SC Meter Breaststroke**

PNA-PN 57 Peterson, Steven 1:25.50

PNA-PN 58 Leet, John 1:29.54

PNA-PN 59 Sawyer, Dennis 1:31.88

UNAT 56 Walker, Thomas 1:58.79

**200 SC Meter Breaststroke**

PNA-PN 57 Peterson, Steven 3:00.71

PNA-PN 58 Leet, John 3:16.33

**100 SC Meter IM**

PNA-PN 59 Sawyer, Dennis 1:35.57

**200 SC Meter IM**

PNA-PN 57 McCleery, James T 2:39.81

**400 SC Meter IM**

UNAT 56 Walker, Thomas 8:17.03

**Men 60-64**

**50 SC Meter Freestyle**

PNA-PN 60 Pilger, Robert 28.89

**100 SC Meter Freestyle**

PNA-PN 60 Pilger, Robert 1:06.64

**200 SC Meter Freestyle**

PNA-PN 60 Pilger, Robert 2:39.48

**800 SC Meter Freestyle**

PNA-PN 60 Pilger, Robert 12:06.56

**50 SC Meter Breaststroke**

PNA-PN 60 Freeman, Paul 45.96

**100 SC Meter Breaststroke**

PNA-PN 60 Freeman, Paul 1:41.88

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### **Men 65-69**

#### **100 SC Meter Freestyle**

PNA-PN 68 Drum, Dave 1:19.96

#### **200 SC Meter Freestyle**

PNA-PN 68 Drum, Dave 3:03.80

#### **400 SC Meter Freestyle**

OREG-OR 65 Lake, Brent 6:05.24

PNA-PN 68 Drum, Dave 6:45.28

#### **800 SC Meter Freestyle**

OREG-OR 65 Lake, Brent 12:18.44

#### **1500 SC Meter Freestyle**

OREG-OR 65 Lake, Brent 23:55.77

#### **50 SC Meter Backstroke**

OREG-OR 65 Lake, Brent 39.48

#### **100 SC Meter Backstroke**

OREG-OR 65 Lake, Brent 1:26.43

PNA-PN 69 Foley, Tom 1:59.63

#### **200 SC Meter Backstroke**

OREG-OR 65 Lake, Brent 3:09.21

PNA-PN 69 Foley, Tom 4:15.93

#### **50 SC Meter Breaststroke**

PNA-PN 69 Rehfeldt, Don 48.92

PNA-PN 69 Rehfeldt, Don 1:51.17

#### **200 SC Meter Breaststroke**

PNA-PN 69 Rehfeldt, Don 3:59.31

#### **100 SC Meter Butterfly**

PNA-PN 69 Foley, Tom 2:27.39

#### **200 SC Meter Butterfly**

PNA-PN 69 Foley, Tom 5:25.00

#### **100 SC Meter IM**

PNA-PN 69 Rehfeldt, Don 1:54.56

#### **200 SC Meter IM**

PNA-PN 69 Rehfeldt, Don 4:10.85

PNA-PN 69 Foley, Tom 4:32.31

#### **400 SC Meter IM**

PNA-PN 69 Foley, Tom 9:31.62

### **Men 75-79**

#### **200 SC Meter Freestyle**

PNA-PN 75 Prosser, Harvey 3:26.69

#### **800 SC Meter Freestyle**

PNA-PN 75 Prosser, Harvey 13:49.21

### **Men 80-84**

#### **50 SC Meter Butterfly**

OREG-OR 84 Holden, Andrew 44.70

#### **100 SC Meter Butterfly**

OREG-OR 84 Holden, Andrew 2:01.64

#### **100 SC Meter IM**

OREG-OR 84 Holden, Andrew 1:47.95

### **Men 90-94**

#### **50 SC Meter Freestyle**

PNA-PN 90 Crossett, Gene 57.88

#### **100 SC Meter Freestyle**

PNA-PN 90 Crossett, Gene 2:16.06

#### **200 SC Meter Freestyle**

PNA-PN 90 Crossett, Gene 4:59.62

#### **400 SC Meter Freestyle**

PNA-PN 90 Crossett, Gene 11:00.33

### **Women 120-159 200 SC Meter Freestyle Relay**

A PNA-PN 1 2:47.32 40


1) Haller, Patty 41 2) Logsdon, Rebecca 49

3) Burgman, Erin 41 4) Mesler, Jennifer 33

# It's not too late!!



....to complete a USMS Fitness Event for 2003. Choose any of the 10 Virtual Swims. Use your fall practice yardage and swim these terrific bodies of water. Do the 30-Minute Swim Challenge. A great warm-up for the Hour Swim in January, and a wonderful accomplishment on its own. Order your T-Shirt for the Check-Off Challenge for 2004. Information about this event is in the september/October SWIM Magazine and will soon be available online. For more information about USMS Fitness Events, go to: <http://www.usms.org/fitness/fitnesssevents.shtml>



## 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](http://www.northwestzone.org)

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](http://www.northwestzone.org)) for more details.

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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](mailto:USMS@usms.org).

# Upcoming Events in the NW Zone:

### Postal

1/1/2003-12/31/2003	<b>30-Minute Fitness Swim Challenge</b> ( <a href="http://www.usms.org/fitness">www.usms.org/fitness</a> )
1/1/2003-12/31/2003	<b>Virtual Geographic Swim Series</b> ( <a href="http://www.usms.org/fitness">www.usms.org/fitness</a> )
1/1/2004-1/31/2004	<b>2004 USMS One Hour Swim Postal Championship</b> ( <a href="http://www.usms.org/longdistance">www.usms.org/longdistance</a> )

### Pool

12/6-7/2003	<b>Oregon Masters SCM Meet</b> , Grass Valley Aquatic Center, Camas, WA, Bert Petersen, <a href="mailto:petersen@exchangenet.net">petersen@exchangenet.net</a> ( <a href="http://www.swimoregon.org">www.swimoregon.org</a> )
12/13/2003	<b>Alaska Masters SCM Meet</b> , Joanne Wainwright, <a href="mailto:jowain@ptialaska.net">jowain@ptialaska.net</a> , ( <a href="http://www.akswim.org">www.akswim.org</a> )
1/10/2004	<b>Emerald Aquatics SCY Meet</b> , Echo Hollow Pool, Eugene, OR, Ginny Hoke, <a href="mailto:virginiawildberry@yahoo.com">virginiawildberry@yahoo.com</a> ( <a href="http://www.swimoregon.org">www.swimoregon.org</a> )
1/18/2004	<b>PNA SCY Meet</b> , Anacortes, WA TBA ( <a href="http://www.swimpna.org">www.swimpna.org</a> )
2/7/2004	<b>SCY Pentathlon</b> , Beaverton, OR Kennedy Price <a href="mailto:kprice70@yahoo.com">kprice70@yahoo.com</a> Chyle Edic <a href="mailto:c.edic@verizon.net">c.edic@verizon.net</a> ( <a href="http://www.swimoregon.org">www.swimoregon.org</a> )
2/15/2004	<b>Bellevue Club SCM Meet</b> , Bellevue Club, Bellevue, WA ( <a href="http://www.swimpna.org">www.swimpna.org</a> )
3/7/2004	<b>Oregon SCY Meet</b> , Mt. Hood CC - Gresham, OR, Phil King, <a href="mailto:kingp@mhcc.cc.or.us">kingp@mhcc.cc.or.us</a> ( <a href="http://www.swimoregon.org">www.swimoregon.org</a> )
3/14/2004	<b>PNA SCY Sprint Meet</b> , Mercer Island, WA ( <a href="http://www.swimpna.org">www.swimpna.org</a> )

**Event Directors:** Please remember to list your event in the USMS Web Site Calendar of Events at [www.usms.org](http://www.usms.org)