



# Oregon Swimming News

*Oregon Swimming is organized for the purpose of fostering swimming competition for the benefit of swimmers of all ages and abilities, in accordance with the standards and rules prescribed by USA Swimming.*

*Visit our web site: [www.oregonswim.org](http://www.oregonswim.org)*

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Oregon Swimming newsletter is an open forum. Oregon Swimming encourages contributions to the newsletter. All content of these letters reflect the views and opinions of the author and may not reflect those of Oregon Swimming

**PLEASE MAKE SURE YOU SEND MAIL TO THE NEW ADDRESS.**

1750 SW Skyline Blvd #103, Portland OR 97221

## ***COMMENTS FROM THE CHAIR*** ***JEFF GUDMAN***

The long course and summer season of swimming is almost over. The championship meets have been held and the improvement of the swimmers undeniable. Congratulations to all the accomplishments of the swimmers this past summer and good luck on your goals for the upcoming year. In addition, thanks to all the coaches who devote countless hours to helping each swimmer to achieve their goals, whatever those goals may be.

Thanks also to all the officials, meet directors and volunteers who put on meets this summer. It is appreciated. In particular I would like to acknowledge terrific work on the part of the following championship meet officials

Sectional Meet Referee: Bruce Stratton  
Sectional Administrative Referee: Tim Stevenson  
LSC 11 & Over Championship Meet Referee  
Michael O'Neill  
LSC 11 & Over Championship Administrative Referee  
Bruce Ludwig  
LSC 10 & Under Championship Meet Referee  
Bob McMillan  
LSC 10 & Under Championship Administrative Referee  
Mark Rienets

The FINA World Championships were recently held in Fukuoka, Japan. Besides the outstanding swims at the meet (Grant Hackett 14:34 in the 1500 is unbelievable) one of the notable features was the fact the pool was portable one, installed in an arena specifically for the competition. What does the fact of portability have to do with Oregon Swimming? Simple. It appears the portable pool can be constructed for the same cost as an in ground pool but it can be installed from start (pouring of a concrete pad) to finish (available for swimming) in 70 days. The swim office has some technical information about the pool. In addition the manufacturer can be contacted at the following address.

Maki Kagaya  
Supervisor  
Pool Marketing Department  
Yamaha Motor Corporation, Ltd.  
Pool Operations  
3380-67 Mukoujima, Arai, Hamana, Shizouka 431-0302  
JAPAN

053-594-6512 Phone/053-594-1965 Fax

<http://www.yamaha-motor.co.jp/pool1>

If your team or community is looking at building a pool I strongly suggest you explore this option. Again, let me make the offer of going to any community board, city council, parks and recreation district, chamber of commerce to talk about the value of pools in general and swimming in particular.

Recently I had a good conversation with some coaches about swimmers development. In particular, the

conversation was about some statistical research U.S.A. Swimming has conducted about why swimmers leave the sport and why they stay in the sport. The results follow.

The top four reasons swimmers leave the sport are:

- 1) The sport takes too much time (both during the week and on weekends)
- 2) A negative attitude on the part of the coach
- 3) A desire to do other activities
- 4) The sport is boring

The top four reasons swimmers stay with the sport are:

- 1) It is fun
- 2) The benefits from exercise and fitness
- 3) Friends in the program
- 4) The competition

What are the implications the above reasons for leaving or staying with swimming. There are several. First, the multifaceted impact of a coach. Perception of care by a coach is a huge factor in staying in the sport. Also important in the character of the coach since the swimmers in program will model some of their behavior after the coach. Second, emphasis on skill improvement (the process) and doing ones best is as important as the result of achieving a best time. The key is a balance between the process of improving and of achieving a goal. Third, understanding what motivates each swimmer. Having fun is not the be all and the end all although it is a part. Incorporating social activities so the program is a well rounded one. Swimming is boring by nature but with thought there can be fun. Fourth, the importance of the program being clear on goals and purpose and following through on those goals. For example, if the goal is improvement in technique over a period of time then swimming significant yardage over that time is not consistent with the goal. Goals are not just achieving a best time. Fifth, swimmers who choose other activities are influenced by personal and specific situations. Sixth, and perhaps most importantly, make the experience a positive one.

Elsewhere in the newsletter and on the web site is information concerning the mini-Expo. It is a great program for coaches, parents, swimmers and officials as well as the annual House of Delegates meeting. ASCA will have a table of information as well as putting on a Level 2 course, the stroke school. High school coaches are also being invited to attend.

See you at the next meet.

## **SEPTEMBER NOTICES**

**New OSI Records.** Congratulations to all new record holders and their coaches.

### **Long Course 2001**

**11-12 boys** 400 m freestyle: **Garth Summers** 12 THSC 4:30.41 Western Zones

**11-12 boys** 50 m backstroke: **Garth Summers** 12 THSC 31.39 OSI 11 & o Champs

**11-12 boys** 100 m backstroke: **Garth Summers** 12 THSC 1:07.06 Western Zones

**Open Men** 200 m backstroke **Trent Staley** 2:01.12 Canadian Nationals.

**11-12 girls** 200 m freestyle relay: **Lake Oswego Swim Club** 1:59.87 OSI 11 & o Champs (Kayley Oka, Alyson Hamilton, Alesha Trattner, Morgan Scroggy)

**11-12 girls** 400 m freestyle relay: **Lake Oswego Swim Club** 4:22.42 OSI 11 & o Champs (Amber Wahlstrom, Alesha Trattner, Kayley Oka, Morgan Scroggy)

**11-12 boys** 400 m freestyle relay: **Tualatin Hills Swim Club** 4:23.98 OSI 11 & o Champs (Garth Summers, Andy Viglione, Gary Roberson, Matthew Blasa)

**11-12 boys** 400 m medley relay: **Tualatin Hills Swim Club** 4:55.82 OSI 11 & o Champs (Andy Viglione, Gary Roberson, Garth Summers, Matthew Blasa)

**13-14 girls** 200 m freestyle relay: **Tualatin Hills Swim Club** 1:56.88 OSI 11 & o Champs (Kara Nelson, Caitlin Summers, Sarah Fausel, Morgen Hersberger)

**13-14 girls** 400 m freestyle relay: **Tualatin Hills Swim Club** 4:09.58 OSI 11 & o Champs (Caitlin Summers, Sarah Fausel, Morgen Hersberger, Kara Nelson)

**15-16 girls** 200 m medley relay: **Tualatin Hills Swim Club** 2:00.09 OSI 11 & o Champs (Mary Patterson, Genna Patterson, Kristen Kilroy, Anne Liggett)

**Open Women** 200 m medley relay; **Tualatin Hills Swim Club** 2:00.09 OSI 11 & o Champs (Mary Patterson, Genna Patterson, Kristen Kilroy, Anne Liggett)

**Open Women** 400 m freestyle relay: **Tualatin Hills Swim Club** 3:56.79 Canadian Nationals (Majanke Miller, Anne Liggett, Danielle Erickson, Kristen Kilroy)

**Open Women** 800 m freestyle relay **Mount Hood Swim Team** 8:30.01 Nationals (Liya Liu, Danielle Kinney, Christina Kinney, Caitlyn Shortt)

**Open Women** 400m medley relay **Tualatin Hills Swim Team** 4:19.21 Canadian Nationals (Danielle Erickson, Genna Patterson, Kristen Kilroy, Majanke Miller)

**Open Men** 200 m freestyle relay: **Mount Hood Swim Team** 1:36.40 NW Sr Sectionals (Whitney Woolard, Tim Collins, Seth Dawson, John Rasmussen)

### **New OSI Short Course Records**

**8 & under girls** 50 yd backstroke: **Kaila Lee**, EY 36.34 Y regionals

**Open Women 200 yd medley relay: Mount Hood Swim Team** 1:47.11 NW Sr Sectionals (Caitlyn Shortt, Felicia Castaneda, Liya Liu, Christina Kinney)

**Parents Meeting.** Swimmers have a swim clinic, officials have updates and meetings on the latest information, coaches have outside speakers come in and talk about the latest. Parents it's your turn to have a meeting. A Parents informational meeting Saturday October 6, 2001, in the Lake Oswego High School Cafeteria.

Session 1: 12 and Under swimming parents 8:30-12

What is USA Swimming  
Basic 12 and Under development  
Easy way to be a swim parent  
Swim parent survival guide

Session 2: 13 and Over Swimming Parents 1-4:30

What is USA Swimming  
13 and older issues  
Parent tips  
Parent Involvement  
College

**2001 House of Delegates Meeting.** The meeting will be held in the Lake Oswego Crowne Plaza Hotel, October 6-7. Hotels that offer discounts that weekend are: Crowne Plaza Hotel, 503-624-8400, Fairfield, 503-670-7557 and the Hilton, 503-684-8900. Please indicate you are attending the OSI mini expo. A packet will be mailed to all the clubs with more information.

**2002 West Coast All Star Meet.** Oregon Swimming is the host for the 2002 West Coast All Star meet on January 26 and 27, 2002. We are in need of a pool! If your club is interested in helping with this meet contact the office.

**Race is in your Heart Video.** If your club has not received the free video contact the Oregon Swimming office at 503-297-6027.

**Club Toolbox.** USA Swimming offers a free club toolbox to every registered team. This box contains valuable information for becoming a successful organization. For more information and/or a copy of the application form contact the Oregon Swimming office at 503-297-6027.

**Oregon Swimming Pins** are available again this year for \$2.00 each. If you are interested please send \$2.00 to the Oregon Swimming Office.

**SPLASH TV** could be viewed on the Outdoor Life Network in June-August. A video of the episodes is available for check out through the Oregon Swimming Office. Call the office for more information.

**2001 Mini rule books (\$3.00) and Officials Shirts (\$15.00)** are available through the Oregon Swimming office. Send payment to 1750 W Skyline Blvd, #103, Portland OR 97221 to order.

**Athlete Membership Requirements.** According to Oregon Swimming Standing Rules the Membership Requirements are:

All athletes competing in an OSI sanctioned or approved competition are to be athlete members in good standing of USA Swimming or FINA affiliated organization. Athletes competing in OSI Championships must be USA Swimming athlete members registered in OSI.

**Registration forms and fees must arrive in the OSI office prior to an athlete's participation in an OSI Sanctioned or Approved meet.**

Athletes competing in Region XII Senior Championships, Western Zone Championships, or any USA Swimming Championship level competition shall be full year athlete members. (i.e., not Seasonal) **Enforcement** - The person signing the entry form will be required to verify that all athletes entered are members (in the appropriate category) of USA Swimming.

**Penalties** - per Article 302.4, USA Swimming Rules and Regulations, OSI may impose a fine of up to \$100.00 per event against the person signing the entry form.

**OSI Website Results** – We have had a tremendous response for posting meet results to the website. For future submissions, OSI is requesting that results be created in a flat html format. This makes a smaller file thus making it easier to download. To create the file, open Meet Manager, click on Reports menu and select Reports. Select the events you are creating the report for and then select Flat HTML under in the Export File section. Click Create Report. Hy-Tek will ask you to save the file. You can then send the file to [robbertv@oregonswim.org](mailto:robbertv@oregonswim.org).

## **COACHES CORNER**

### **BETH WINKOWSKI**

Dear Coaches, Congratulations to all of you on the conclusion of a successful long course season! I saw so many outstanding swims during championships! Great job Oregon Swimming! Since I am attempting some vacation time – like most of you – I want to keep this brief.

There is one important issue looming that I want all coaches to be aware of and provide me with some feedback. At the USAS Convention in September, a committee of the Western Zone will present proposed

legislation regarding the type of swimmer who will be eligible to compete at the Western Zone Championships each August. This legislation is necessary if the Western Zone wishes to preserve the current philosophy of the Zone Championship meet as an age group meet that is not appropriate for swimmers competing in Senior swimming. Personally, I believe the goal is appropriate. However, I believe that the legislation in its current format falls short of its goal and attempts to accommodate current short falls at the Senior swimming level – namely, the gaps left with the removal of the Junior National Championship meet. That being said, here is the proposed legislation:

- An eligible swimmer may not have participated in an individual event at the US Open or USA Swimming National Championships
- Any female swimmer 13 and over or male 15 and over may not have achieved two (2) or more US Open Championship times in an individual event within the 18 months prior to the entry deadline of the current year.
- Any female 13 and over swimmer or male 15 and over swimmer may not participate in any event including a relay leg in which a US Open Championship time has been achieved within the 18 months prior to the entry deadline of the current year.
- Proof of time shall be the responsibility of the LSC. Violations of this section shall carry a fine of \$250.00 assessed to the LSC, the swimmer will be dismissed from the meet, and all points earned by that swimmer will be removed (including all relays in which the swimmer participated).

As I said, I am interested in any feedback you provide prior to the USAS Convention September 11-15, 2001. The best way to reach me is e-mail at [beth@ppst.org](mailto:beth@ppst.org).

I also want everyone to take the time to consider one more idea. Once again, Oregon Swimming and coaches are looking at a scheduling problem – despite our best efforts to solidify things at the April scheduling meeting. A tentative competition schedule is published on our web site and we have had it in our hands since late April. Yet, there is a proposal to switch the tentative championship schedule leaving coaches, athletes and parents in limbo through the first few weeks of the season. Like many of you, I am planning the upcoming season and year for athletes. Like many of you, my athletes return to practice in mid September. Like many of you, I have parents with multiple layers of issues: needing to schedule time off from work for meets far in

advance and being confused by the many changes to name a few of those issues. I have heard the question before and I am putting it forward again, “Why are we setting our competition and championship schedule AFTER we start our seasonal training? How can we have a seasonal plan if we don’t know the schedule until one month into the season?” With all these issues and the overall idea being that change (constant and continuous) is difficult for everyone – coaches, parents, and athletes – I propose that Oregon Swimming consider the following two solutions and adopt one.

1. Move the House of Delegates meeting to April – the current date of the scheduling meeting. Eliminate the October House of Delegates meeting.
2. Or, empower the April scheduling meeting to set the schedule by calling it a second House of Delegates for the purposes of scheduling only.

I know both of these proposals feel drastic. Creating a second House of Delegates meeting feels burdensome to many hardworking coaches and volunteers. However, the reality is we meet at this time already to set a tentative schedule. Personally, I would feel like my time was better spent setting a firm schedule than a tentative schedule. Moving the date also feels difficult because folks become accustomed to a certain way of doing things and change is difficult (as I noted earlier). However, I believe that the elimination of sudden changes and uncertainties faced by the parents and athletes far outweighs the discomfort of moving the meeting date experienced by those involved in the House of Delegates.

A quick reminder to coaches and clubs that the OSCA business meeting on Saturday, October 6 is a required event. Each club must send at least one coach representative to the OSCA business meeting. A penalty of \$50 is assessed to each club that does not have a coach representative present. Aside from the fine, I strongly urge all Oregon coaches to attend this meeting. OSCA is a coaches organization - it is an organization of coaches for coaches. Therefore, your presence is important.

While I didn’t succeed with my goal of keeping things brief, I hope I inspired some thought and discussion. I also hope that everyone will take the time to consider all the proposed legislation in this newsletter carefully so Oregon Swimming can be proud of the long-term decisions it makes at the House of Delegates meeting in October 2001. See you at the pool! Beth

***AGE GROUP COACHES REPORT***  
***AMY EMMETT***

The Western Zone Championship meet in Kehei, Maui, Hawaii, was a grand finale to a great Long Course season for Age Group Swimmers in Oregon. Oregon finished solidly in third place, winning many events and setting numerous Western Zone Records. This years meet was very fast. At least 85 event records were broken overall! Our Oregon swimmers represented Oregon Swimming very well, not only with fast swimming, but with great sportsmanship and spirit. Congratulations and a huge thank you to all who participated and to everyone who helped prepare our swimmers to race so well. Be proud! Check out the Oregon Swimming Web Page for a link to results and pictures from the meet.

## **WESTERN ZONES REPORT**

### **BERT GOTTSCHALK**

Aloha from Hawaii! The 2001 Western Zone Championship in Maui was a big success and this was a memorable meet for several reasons. We had another great staff and a wonderful group of athletes that represented Oregon Swimming well.

Big thanks needs to go out to our staff. It's a long week for the adults as well as the swimmers and everyone pitched in to do their part. Lissa Parker did an outstanding job as Team Manager. She was tireless in planning and preparing the logistics of our trip. She put in countless hours planning for a great experience for our Oregon swimmers. Rene Kirkland also was a tremendous help in organizing our team uniforms and helping to prepare our day to day schedule. Our chaperones this year were Rene Kirkland, Mary Wood, Debbie Jasmer, Ross Summers, and James Resare. They wore many hats and were a big reason why we were so successful. There isn't enough room to list all the things they helped with. Thanks again to all of you.

Our coaching staff this year consisted of Amy Emmett (Corvallis), Shane Bennett (Bend), Beth Winkowski (Portland Parks), Tony Magden (Hillsboro), and Toni Johnson. They did an outstanding job of helping swimmers prepare for their races and give positive feedback that will hopefully translate to better training and better swimming next season. I thought this staff was very professional and energetic and this usually translates into a good meet for our athletes.

There were 90 Zone records set by swimmers during the course of the week. This was a very fast pool and the meet attracted some of the top age group swimmers from around the country. Oregon Swimming finished a very strong third place behind Southern California and Pacific Swimming. This was a best points finish (in relation to the other 16 LSC's participating) in Oregon Zone history! For the second year in a row we captured 2nd place for the Spirit Award behind Inland Empire. Our swimmers showed great support, enthusiasm, and sportsmanship during the entire meet. They are to all be commended for their representation.

We had too many great swims from individuals and relays to mention them all here, but these are some highlights.

--Emily Wilson (15-16 girls)--(1st--1500 free, 2nd--200 back: Zone record time, 1st--400 free: Zone record time).

--Chris Spriggs (13-14 boys)--(4th--1500 free: Top 16 time)

--Signe Larson (13-14 girls)--(2nd--200 breast: Zone record time)

--Mason Amick (15-16 boys)--(2nd--100 fly: Zone record, 1st--200 fly: Zone record)

--Garth Summers (11-12 boys)--(2nd--100 back, 400 free, 100 free, 3rd--100 fly)

--Connor McCarroll (9-10 boys)--(1st-- 50 fly, 2nd--100 fly, 100 back)

--Kathryn Thompson (13-14 girls)--1st--200 back: Zone record, 1st--200 fly, 2nd--200 IM, 400 IM)

--17-18 boys 200 and 400 Medley Relay--(Kyle Tannehill, Ethan McCoy, Matt Schmidt, Jeff Dixon) 1st Place: Zone record

--15-16 girls 200 Free Relay--(Sarah Nicholson, Casey Bradshaw, Mary Sherman, Heather Jones) 1st Place

Now a couple of related topics to discuss and ponder before our House of Delegates meeting this fall.

Beth Winkowski and I attended a Western Zone planning meeting during the week. Part of this meeting was to discuss the future scope of our Zone meet and which level of swimmers we would like to see attend this meet. Here's a basic outline of what was discussed and what recommendations will be passed on at the National Convention in the fall from our Zone.

It was determined that a US Open time should be used as a dequalifying time standard for the Zone meet. Oregon Swimming (and a majority of those present) voted that a swimmer with any US Open time standard should not be allowed in the meet. A very vocal minority wanted to allow swimmers with US Open standards to participate. Beth and I felt this was not in the best interests for our Zone and age group swimming. We felt that swimmers at a US Open level of swimming (just a bit faster than the old Junior National standards) would be best served competing at Sectionals instead of Zones. My personal feeling is that swimmers should always be aiming for their highest level of competition. Having a dequalifying time standard for the Zone meet challenges swimmers to reach for a higher goal and the next level of competition.

There was discussion about the location of the Zone meet next year. It will be held in Southern California at the USC campus. The cost of this meet should be substantially less to Oregon Swimming and this should be taken into consideration as we work out our budget for the next year. If you have any questions or concerns regarding the things discussed at our Zone meeting, please contact me at your convenience.

This will have been my last meet as the Head Zone and All-Star Coach. Having served the past four years as a chaperone, coach, and Head Coach, I can understand everything that goes into these positions. I have felt honored to have helped my fellow members of Oregon Swimming in this regard. I hope that I have

helped Oregon Swimming continue to move forward in a positive direction. These meets are what they are....a chance for our future swimming stars to learn what it means to train and compete at that "next level". I hope that I have helped reinforce what all of you preach on a daily basis: positive motivation and determination to reach your goals can only mean one thing.....success!  
Mahalo (Thank You), Bert Gottschalk

## ***JOB OPPORTUNITIES***

**McMinnville Swim Club** has an immediate opening for our Head Coaching position. Our swim club has 114 active members. We are looking for someone with a strong background in competitive swimming and team leadership and communication skills.

All resume's may be mailed to:

The McMinnville Swim Club  
PO Box 314

McMinnville, Oregon 97128

Attn: John Palacios

Or e-mailed to [cstanley64@msn.com](mailto:cstanley64@msn.com)

**Salem Aquatic Club** has an immediate opening for it's Head Age Group Coach position. Job duties entail working directly with all of our age group programs at both our YWCA and Willamette University sites. 12+ hours of on deck time in the evening, as well as 1 to 2 meets per month. Candidates must have a background in competitive swimming and good communication skills. Salary will be based on experience. For more questions please contact: Andy Pym, Head Coach (503) 589-4606 or [ajpym@qwest.net](mailto:ajpym@qwest.net). Or send resume with a list of 3 references to:

Salem Aquatic Club  
P.O. Box 187  
Salem OR, 97308

An aquatics person excited about building a swim team should join the **Mittleman JCC** staff as an Assistant Coach!

You should bring:

\*current Red Cross CPR, and First Aid, Coaches' Safety Training (ASCA 1 a bonus)

\*an urge to work primarily with younger and novice swimmers, but the flexibility to teach all levels.

\*a desire to be part of the team for a long time.

We'll provide:

\*salary based on experience

\*life guarding and teaching opportunities, if desired

If you can be as excited about the potential for our community as we are, please send a cover letter, resume, and references to:

Tina Paul, Aquatics Director

Mittleman Jewish Community Center  
6651 SW Capitol Highway  
Portland, OR 97219

**The Woodburn Barracuda Swim Team** is seeking to fill the position of Head Coach. Over the past year the Barracuda's have experienced steady growth. Currently the team has over 60 active members from Woodburn and five neighboring communities. The Barracuda's practice at The Woodburn Memorial Aquatic Center, a ten-lane indoor facility located 30 minutes south of Portland and 25 minutes north of Salem off I-5.

Position Requirements:

Current USA Coaching Certificates

Extensive competitive swimming background

10 to 15 hours Deck coaching per week, 1-3 weekend

swim meets per month. Off-deck Time: Paperwork,

training schedules, meet entries, team building. Ability

to communicate well with children, adults, and coaching

staff. Ability to work well with others. Participate in

monthly board meetings. Strong organizational skills.

Ability to grow with the club. The position offers a

competitive salary, and travel expenses for swim meets.

The projected starting date is late August/early

September 2001.

For more information or to submit a resume, please contact:

Dave Armstrong

Woodburn Barracuda Swim Team

10174 Wiseacre Lane

Aurora, OR 97002

(503) 678-2765

E-mail: [hermarm@aol.com](mailto:hermarm@aol.com) or [dave@cudacub.com](mailto:dave@cudacub.com)

**Tigard Tualatin Swim Club** is seeking a part time year round assistant coach for their team of 130+ swimmers. TTSC practices at two pools - the Tigard Swim Center and Tualatin Swim Center. Both pools are part of the Tigard-Tualatin School District. This position would be primarily at the Tigard location.

Job Responsibilities:

Coaching the beginning and intermediate level age

group swimmers (practices are about 1 1/2 hours in

length. Coach one invitational or dual meet

approximately every 3 weeks Attending staff meeting

once a month.

Job Requirements:

The successful candidate must possess current USA

swimming certifications (First Aid, CPR and Safety

Training for Swim Coaches)

Candidates must possess a strong knowledge of

competitive swimming and excellent teaching skills

The candidate must be available early evenings and

some weekend days.

The salary is competitive and based upon experience and certifications. Please submit a resume and cover letter stating your experience as coach and swimmer to:

Jeanine Serrano, Head Age Group Coach  
Tigard Tualatin Swim Club  
PO Box 230583  
Tigard OR 97281

**Chehalem Valley Aquatics Club**, a fast growing club, seeks to fill the position of assistant swim coach. The successful candidate should possess CPR, First Aid and Safety Training for Swim Coaches. Strong communication skills a must.

Responsibilities include the training and development of intermediate level competitive swimmers ranging in age from 7 – 16 (12-15 hours of instruction per week and two weekends per month) and basic team-related administrative duties.

For more information or to submit a resume please contact

Rich Tobergte, Head Coach (503) 757-7424  
Chehalem Valley Aquatics Club  
PO Box 1173  
Newberg OR 97132

**Dallas Blue Dolphins** are looking for an age group coach for a small but growing team of approximately 50 swimmers. Not salaried stipend offered. Other opportunities possible in area. Beautiful new pool. For more information please call Vickie Edmonds, Team Coordinator @ 503- 831-0561 or vic1013kid@aol.com

**River Place Athletic Club** is seeking an enthusiastic reliable assistant coach to help coach a growing team of about 20-25 swimmers. The position entails 7-10 hours on deck a week and about two weekends a month.

Certification requirements are current CPR, First Aid, Safety Training for Swim Coaches, and first year coaches certification. LFT and WSI would be great. Other job opportunities at the RAC include teaching swimming, life guarding, and personal training. This year-round position is available now. Pay scale \$9-12 D.O.E. Please send resume and references to:

River Place Athletic Club  
Jeremy Hyatt - Aquatics Director  
0150 SW Montgomery  
Portland, OR 97201  
Ph. (503) 221-1212 ext. 318

## **OFFICIALS CORNER**

### **STAN BENSON**

As we close out another long course season, I look back with both pride and disappointment. Pride in the job that was done by all of you who did so well in helping officiate our swim meets. Disappointment that a heavy work load that kept me from working very many meets this summer.

Elsewhere in this newsletter you should find a column by Bruce Stratton, meet referee for the Sectional Meet at Mt. Hood.

One of the major complaints voiced at the Sectional Meet concerned the renewal process for those with National Championship Certification for the stroke and turn position. It is different than most of us had understood from earlier communications. Under the current policy, National Championship stroke and turn certification can be renewed *only* if working in an assigned position. This means that no one working as a stroke and turn judge can renew their NC certification. This will certainly be a topic of discussion at the official chairs' meeting late in August. If you are one of the disappointed ones, hang in there. I do not have a feel for what might eventually emerge from these discussions but I do believe (eventually?) that something will change. It is important to recognize that the NC certification does mean something special and there is a strong desire to maintain the integrity of this certification. Changes from the current situation may very well mean that any individual wanting to renew their NC certification will be under fairly close scrutiny- who knows which, if any, of the many possibilities may be adopted.

A note from Pat Lunsford, National Officials' Chair, indicates that there was a typo in the July issue of our newsletter. Officiating at sectionals will be *revisited*-not *revised*- after the first year. A revision may come about but only after much thought.

## **AWARD NOMINATIONS**

Nominations will be accepted for the following Awards. The awards will be presented at the 2001 Oregon Swimming Awards Ceremony on November 18 at The LaSells Stewart Center in Corvallis.

Nomination can be mailed to Oregon Swimming, 1750 SW Skyline Blvd. #103, Portland OR 97221, or e-mail to [swim@oregonswim.org](mailto:swim@oregonswim.org).

**James J Richardson Award** awarded to outstanding long term contributor to the sport of swimming in Oregon Swimming.

**United States Swimming Outstanding Service Award**

**John Arlin Adaptive Swimming Award**

**Media Award** for Outstanding Support to Oregon Competitive Swimming

**Proposal** for House of Delegates meeting  
Submitted by Tom Weltchek

The following has grown out of various conversations by various Coaches throughout the State. I have taken the liberty of combining those ideas into one article. Please note that what I have to say is not the only possibility or way to solve "things". It is merely an attempt to get the ball rolling in terms of discussion. I'm sure with more Coaches thinking and talking about our ABC Long Course issues, we can come up with even better ideas. Thus, this is not the end all, but rather a beginning.

There are some very important facts about anyone of the below proposals.

Regardless of which proposal you support:|

You are not changing Meet Dates or Meet Sites.

You are not asking Host Teams to move their Schedules around.

You are not dictating which format a Host Club must run.

You are merely giving the Host Club parameters to choose from. The key being they are allowed to choose.

Another possibility would be to pick specific Meet Formats and dates for the Host Club. While this is a possibility, the chances of all the logistics being worked out before the Octobers OSI Meeting are very unlikely. Indeed, in all probability this "project" would be deferred to our Spring organizational meeting. This would mean, in all likelihood, nothing would end up getting done until the summer of 2003. I believe that would be unjust to both our swimmers and swim parents to wait that long to fix a problem that needs to be fixed now. If we approve one of the below formats this October, we can take a stab at solving the problem in the summer of 2002. If we wait till the Spring Meeting, the best case scenario is a lot of Host Clubs will be running around in the twilight hour to change formats or meet dates.

Frankly some of you may choose to leave things as they are. The choice is up to you. Please read on:

**TOPIC:** OREGON ABC LONG COURSE MEETS

**DISCUSSION:** Oregon Teams have found themselves knocked out of various ABC Long Course Meets. The results have been stressful at best. In short there are not enough Swim Meets to satisfy **all** the Long Course needs of **all** our Oregon Clubs. If that is not bad enough, we have a time problem for those Teams that are lucky enough to get into a Meet. A perfect example was the Mt. Hood Meet, June 16-17. Both afternoon sessions went from roughly 12 pm to 7:30 pm. One could and should argue that 7 and 1/2 hours is way too long for any age-group meet.

**PROBLEMS of which we have no control:**

Not enough pools.

Season is too short to fit in enough Meets that suit everyone's needs.

**SOLUTIONS / OPTIONS / POSSIBILITIES:**

DUEL AFTERNOON SESSION FORMAT.

Leave the 12 & Under Format as is.

1<sup>st</sup> Afternoon Session / 13 & Over A time standard

2<sup>nd</sup> Afternoon Session / 13 & Over B/C time standard

**-OR-**

Leave the 12 & under format as is.

Saturday Session is 13 & Over A time standards **only**

Sunday Session is 13 & Over B/C time standards **only**

NOTE: All Session are limited to a " 3 or 4 hour rule ".

By splitting the afternoon session either way, you are creating a better and healthier environment for our Teams, our Families and our Sport.

Here is why.

Senior level swimmers nor B/C swimmers, have to stick around all day to race.

B/C swimmers can now compete on a level field of competition. This allows them to win more often during the Summer. It has to be healthier and more fun to have a chance to win, by not having to race "A" swimmers all the time.

Another possibility is by having different formats for different weekends, you could generate a point system for both A and B/C Swimmers. At the end of the season "x" amount of points could account for a cap or towel.

The swimmer with the most points would receive a State Trophy Bowl.

CHANGE ALL ABC MEETS TO AB MEETS

The "B" Standard would be a 13 & Over time.

The Host Team would enforce the Time Standards.

The fine would be \$25 per event, to be kept by the Host Team.

Oregon Swimming would act as support by not allowing any Team to compete in any State Championship unless all fines are paid.

DO THE RESEARCH

Have we looked into all possibilities of Pool rental? We understand facility managers cannot run United States Swim Meets every weekend at the expense of the public

**But** ... Have we looked into every facility to see if there are weekends available should more than one Club wish to rent a pool for a meet? Are absolutely all weekends taken?

Could we ask TPC to ask people from all the different geographical areas to look into this and report? Certainly

if we don't ask, the answer is already no. It is just that we have a real problem and certainly for the good of our sport we should work together on this.

**Proposal** to change the 13-14 year old 200 backstroke, 200 breaststroke, 200 butterfly, 400 individual medley, 1000/800 freestyle and the 1650/1500 freestyle events to 11-14 year old events, using the 13-14 year old time standards, at Oregon Swimming championship meets. (Or to 11-13 year old events using the 13 year old time standard, and 14 year old events, if Oregon Swimming returns to single age groups for the Short Course championship meet.) These events would be placed in the current championship format without changing the order of events.

This is in accordance with USA Swimming's recommendation to add longer events for the younger age groups, and provides a progression to the Age Group Sectional meet.

Please note the following time standards from the 2000-2001 short course season:

Girls		Event	Boys	
13-14 OSI 'A'	11-13 Sectional		11-13 Sectional	13-14 OSI 'A'
2:30.59	2:24.49	200 back	2:23.29	2:28.59
2:54.99	2:43.19	200 breast	2:48.59	2:43.59
2:42.59	2:34.19	200 fly	2:43.99	2:32.29
12:18.99	-----	1000 free	-----	12:14.39
23:02.59	20:02.59	1650 free	20:00.09	21:09.19

Submitted by: Amy Emmett, Corvallis Aquatic Team, Head Age Group Coach and OSI Age Group Chair and Beth Winkowski, Portland Parks Swim Team, Head Coach and Coaches Representative to the OSI Board

**Proposal for assisting Oregon Swimming teams PLAN their meet schedules.** Each team would review the meet schedule each season and decide which meets would best suit their team's training schedule, and then contact the hosting team requesting an invitation by October 15<sup>th</sup> for short course meets in December thru March, and April 1<sup>st</sup> for the long course season and the remaining SC meets (September thru November). The hosting team would then estimate how many teams/swimmers that they can accommodate, and which teams they would like to invite to their meet. The hosting team would notify all interested teams, either positively or negatively, by October 31 (SC) and April 15<sup>th</sup> (LC), so that they could plan their season accordingly.

The hosting team would know, in advance, if their meet was too small and would have time to invite additional teams. They could advertise in the OSI Newsletter or invite teams from outside Oregon Swimming. This seems a more friendly way to do business. It does require that all parties participate and communicate. Teams may not get an invitation to their first choice meet, but they would also not waste a lot of time and energy trying to get swimmers into meets that are already full, because some teams currently send their invitations out to their preferred teams prior to sending invitations to teams that are not.

Please note the following: meets are either **Invitational Competitions**, meaning "for those swimmers, organizations and clubs *invited by the host*", or **Open Competition**, meaning "competition which *any qualified club, organization or individual may enter*". Most of the meets scheduled and sanctioned by Oregon Swimming are, in fact, invitational competitions. However, most of Oregon Swimming treats all meets as if they were Open Competitions and assumes that all teams should have an equal opportunity to enter scheduled meets. Additionally, Oregon Swimming teams "invite" most of the teams in Oregon Swimming to their invitational meets, but they are *already not required* to do so.

Submitted by Amy Emmett

**Proposal** submitted by Tom Weltchek

The Following calendar was generated from many Coaches and many meetings. That being said, this calendar is not meant to be the final word. Rather I put all the various discussions into Calendar form, so that you may better see the check and balances of the schedule and possibly come up with some great ideas yourself! If you are like me, I need a calendar so I can take my index finger, point and count days. Hopefully at the October OSI Meeting we can use this Calendar as a tool to come up with the best possibilities.

February 2002		March 2002	
2-3	BC Champs	1-3	NW Sectional
8-9	HS District	1-3	10&U Champs
15-16	HS State	8-10	OSI Sr Champs – 13-14 "A" Times
22-24	11-14 Champs	9-10	CBSL
		19-23	Nationals
		22-24	Age Group Sectionals

**Proposal from Ad Hoc Committee**

As many of you are aware, two petitions were circulated among OSI officials this past short course season, asking the board to explore the possibility of changing to an election process for selection of our Officials Chairman. Jeff Gudman asked if I would be willing to serve as chair of this ad hoc committee. Others on the committee were Andy Carlisle, Tim Stevenson, Al Smith and Stan Benson.

We decided it would be appropriate to explore the question from a wider context and not only decide which of the two options might be better, but rather decide what elements would be important in whatever process we might choose to select our chair. We felt that first and foremost the process must choose a person who is qualified for the position and has the support of both the board and the officials within the LSC. The process must avoid the appearance of bias or favoritism. We should strive to choose a person based on appropriate criteria and not just popularity. We should have a system in place which allows for the steady advancement of officials within our LSC, if they are interested, because this leads to more experience among a greater number of individuals. We also felt it would be important to have a system which would be self correcting, if necessary, i.e., a process in place for handling problems, should they arise, which does not require us to go beyond our bylaws.

I had the opportunity to speak with many of you over the past several months and am thankful for the input I received from everyone. As a committee, we also conducted an informal poll of approximately 40 other LSC's to find out what sort of processes are being used across the country for chair selection. We were also interested in what kind of problems might have arisen and how they were handled and how their current process was received by those in their LSC. The committee has met together several times in person and by phone over the course of the past few months and has now finalized a bylaws revision to be presented, discussed and voted upon at the

House of Delegates meeting in October:

607.2.2 B The Officials Chairman shall chair the Officials Committee which is responsible for recruiting,

training, certifying and supervising officials for OSI. The Officials Chairman shall be a referee with a minimum of two years of experience, certified by OSI and each member of the Officials Committee shall be a certified official of OSI. A candidate for Officials Chairman shall be elected by all certified officials within the LSC. The candidate shall be appointed by the General Chairman at his/her discretion and shall serve for three years and, if re-elected, may be appointed for a maximum of one additional consecutive three year term. There shall be no limit on nonconsecutive terms served. A nominating committee, comprised of the Officials Committee and the General Chairman shall select up to three interested and qualified candidates to run for election. The election process shall be conducted by mail with

sufficient time allowed for dissemination of information and collection of ballots.

In essence we envision a process where interested individuals are interviewed by the Officials Committee and up to three are placed on the ballot. We feel this allows for appropriate limits placed on the number of individuals who run without having that decision made by just one person. We felt it was important to give all officials an opportunity to be involved in the voting process. Their were questions as to whether it would be better to limit the electorate to officials with a certain minimum of experience (perhaps certification for at least a year) but we felt everyone needed a voice. We felt it was important to put a limit on the time any one individual serves in order to allow opportunity for other equally qualified individuals the opportunity to serve. This would also allow us to benefit as an organization from new perspectives on issues and would allow the individual to benefit from the additional experience and exposure. There are probably several different avenues we might have tried that would have accomplished the same thing but we feel good about the final recommendation of the committee and think that the process, as outlined above, will meet our needs and provide us with the best possible chairman.

Respectfully submitted, Jess W Hickerson, Chairman, Ad Hoc committee.

## PRELIMINARY SHORT COURSE TOP 5 LIST

Listed below are athletes achieving short course (25 yards) TOP 5 times from September 2000 thru August 2001. Please review the list carefully. Report corrections to the Oregon Swimming Office, phone 503-297-6027, FAX 503-297-8498, or email [swim@oregonswim.org](mailto:swim@oregonswim.org). Please be prepared to provide the location and date of the meet, the event and the official time. Times from meets outside of Oregon Swimming must be verified by copies of official meet results. At the time of printing not all meet results have been received. Corrections must be received by October 25, 2001. Athletes achieving TOP 5 times will be invited to attend the Awards Ceremony to be held at the LaSells Steward Center in Corvallis on November 18, 2001. \* = New OSI Record, ! = Top 16 reportable time.

### 8 & under girls 25 yd free OSI Record 13.51 \*

Kaila Lee	8	EY	13.50*
Michelle Gornbein	8	LOSC	15.42
Jordan Iverson	8	CAT	15.46
Christina Turner	8	LOSC	15.55
Christy Rogers	8	BEND	15.70

### 8 & under girls 50yd free OSI Record 29.51 \*

Kaila Lee	8	EY	32.06
Michelle Gornbein	8	LOSC	33.95
Sharon Rooker	8	FGSC	34.01
Brandi Beko	8	CB	34.83
Jessica Elder	8	SLST	34.86

### 8 & under girls 100yd free OSI Record 1:07.34 \*

Michelle Gornbein	8	LOSC	1:17.34
Crystal Neubig	8	MSC	1:17.44
Carina Lei	8	LOSC	1:17.54
Kaila Lee	8	EY	1:17.60
Christina Turner	8	LOSC	1:18.02

### 8 & under girls 25 yd back OSI Record 16.91 \*

Kaila Lee	8	EY	17.96
Victoria De Negri	8	MAC	18.27
Erin Nobach	8	TDPS	18.50
Leilani Penner	8	CAT	19.03
Jessica Elder	8	SLST	19.05
Carina Lei	8	LOSC	19.05

### 8 & under girls 50yd back OSI Record 37.14 \*

Kaila Lee	8	EY	36.34
Brandi Beko	8	CB	40.04
Victoria De Negri	8	MAC	40.05
Jessica Elder	8	SLST	42.52
Erin Nobach	8	TDPS	42.75

### 8 & under girls 25 yd breast OSI Record 18.22 \*

Victoria De Negri	8	MAC	20.36
Rachel Rafferty	8	SLST	20.37
Yuca Kosugi	8	MHST	20.53
Michelle Gornbein	8	LOSC	20.96
Christy Rogers	8	BEND	21.05

### 8 & under girls 50yd breast OSI Record 39.88 \*

Yuca Kosugi	8	MHST	44.55
Victoria De Negri	8	MAC	45.14
Lexi Hartman	8	SAC	45.54
Jessica Elder	8	SLST	46.68
Rachel Rafferty	8	SLST	46.85

### 8 & under girls 25 yd fly OSI Record 15.38 \*

Kaila Lee	8	EY	16.85
Victoria De Negri	8	MAC	17.09
Jessica Elder	8	SLST	17.25
Kaila Lee	8	EY	17.48
Jordan Iverson	8	CAT	17.60

### 8 & under girls 50yd fly OSI Record 34.28 \*

Jessica Elder	8	SLST	38.09
Victoria De Negri	8	MAC	39.14
Brandi Beko	8	CB	41.68
Crystal Kibby	8	SAC	41.85
A Gugliemini	8	SCAT	42.33

### 8 & under girls 100yd IM OSI Record 1:16.65 \*

Kaila Lee	8	EY	1:23.72
Victoria De Negri	8	MAC	1:25.67
Jessica Elder	8	SLST	1:27.03
Brandi Beko	8	CB	1:28.88
Crystal Kibby	8	SAC	1:29.24

### 9-10 girls 50yd free OSI Record 26.85\* NRT 27.59!

Jordan King	10	THSC	28.53
Stephanie North	10	BASN	28.62
Elica Sharifnia	10	THSC	28.96
Maggie Alexander	10	TTSC	29.07
Michelle Needham	10	THSC	29.25

### 9-10 girls 100yd free OSI Record 57.96 \* NRT 59.99 !

Maggie Alexander	10	TTSC	1:01.06
Stephanie North	10	BASN	1:01.35
Jordan King	10	THSC	1:02.72
Anna Heller	10	SLST	1:04.20
Michelle Needham	10	THSC	1:04.77

### 9-10 girls 200yd free OSI Record 2:06.86\* NRT 2:10.29 !

Maggie Alexander	10	TTSC	2:11.74
Hannah Points	10	SAC	2:17.39
Jordan King	10	THSC	2:18.50
Nycole Klauder	10	UN	2:20.08
Stephanie North	10	BASN	2:21.43

### 9-10 girls 50yd back OSI Record 31.74\* NRT 31.69!

Jordan King	10	THSC	31.94
Michelle Needham	10	THSC	33.25
Jenni Dole	10	CB	33.56
Rebecca Rafferty	10	SLST	33.84
Sue Lee	9	THSC	34.13

### 9-10 girls 100yd back OSI Record 1:07.80\* NRT 1:08.09!

Jordan King	10	THSC	1:09.10
Michelle Needham	10	THSC	1:11.75
Jenni Dole	10	CB	1:13.32
Hannah Braun	10	SAC	1:13.65
Hillary Frey	10	MAC	1:13.81

### 9-10 girls 50yd breast OSI Record 34.6 \* NRT 35.39 !

Elica Sharifnia	10	THSC	35.95
Rebecca Rafferty	10	SLST	36.71
Hannah Points	10	SAC	37.66
Jordan King	10	THSC	38.04
Anna Gornbein	10	LOSC	38.08

### 9-10 girls 100yd. Breast OSI Record 1:14.48\* NRT 1:17.69!

Elica Sharifnia	10	THSC	1:21.64
A McGuirk	10	MAC	1:22.23
Jordan King	10	THSC	1:22.44
Hillary Frey	10	MAC	1:23.08
Hannah Points	10	SAC	1:23.11

### 9-10 girls 50yd fly OSI Record 28.90\* NRT 30.29!

Jordan King	10	THSC	29.80!
Anna Heller	10	SLST	31.87
Jenni Dole	10	CB	32.76
Sue Lee	9	THSC	32.79
Falissa Smith	10	TTSC	32.83

### 9-10 girls 100yd. Fly OSI Record 1:04.20\* NRT 1:08.19!

Jordan King	10	THSC	1:05.85!
Maggie Alexander	10	TTSC	1:13.11
Anna Heller	10	SLST	1:13.53
Erin Ebert	10	SA	1:14.15
Kath Liggett	10	THSC	1:14.43

### 9-10 girls 100yd IM OSI Record 1:07.86 \* NRT 1:09.09!

Jordan King	10	THSC	1:09.07!
Anna Heller	10	SLST	1:12.01
Nycole Klauder	10	UN	1:12.67
Maggie Alexander	10	TTSC	1:12.87
Michelle Needham	10	THSC	1:13.65

### 9-10 girls 200yd IM OSI Record 2:22.91\* NRT 2:27.69 !

Maggie Alexander	10	TTSC	2:27.45!
Jordan King	10	THSC	2:29.55
Stephanie North	10	BASN	2:35.55
Hannah Points	10	SAC	2:37.65
Anna Heller	10	SLST	2:38.93

### 11-12 girls 50yd free OSI Record 25.00\* NRT 25.39 !

Morgan Scroggy	12	LOSC	24.96*!
M Hersberger	12	THSC	26.14
Rachel Polack	12	CB	26.47
Krystle Haugen	11	SA	26.48
Dairian Wallis	12	SA	26.50

### 11-12 girls 100yd free OSI Record 53.65\* NRT 55.09!

Morgan Scroggy	12	LOSC	54.03
Dairian Wallis	12	SA	56.36
M Hersberger	12	THSC	57.24
Krystle Haugen	11	SA	57.73
Ellen Bradley	11	TTSC	57.92

### 11-12 girls 200yd free OSI Record 1:55.26\* NRT 1:58.79 !

Morgan Scroggy	12	LOSC	1:58.74
Dairian Wallis	12	SA	2:02.27
M Hersberger	12	THSC	2:03.15
Beth Gunderson	12	MAC	2:06.59
Kayla Haugen	12	SA	2:06.83

**11-12 girls 500yd free****OSI Record 5:04.90\* NRT 5:15.89!**

Morgan Scroggy 12 LOSC 5:11.87!  
 M Hersberger 12 THSC 5:25.53  
 Amber Wahlstrom11 LOSC 5:27.77  
 Beth Gunderson 12 MAC 5:33.34  
 Krystle Haugen 11 SA 5:34.89

**11-12 girls 50yd back****OSI Record 28.55\* NRT 28.99!**

Lindsey King 12 THSC 29.11  
 Beth Gunderson 12 MAC 29.17  
 M Hersberger 12 THSC 29.81  
 Kayla Haugen 12 SA 30.42  
 Amber Wahlstrom12 LOSC 30.54

**11-12 girls 100yd back****OSI Record 1:00.53\* NRT 1:01.69!**

Lindsey King 12 THSC 1:01.94  
 M Hersberger 12 THSC 1:02.53  
 Beth Gunderson 12 MAC 1:03.38  
 Kayla Haugen 12 SA 1:04.42  
 Neticia Enesi 12 HRST 1:04.93

**11-12 girls 50yd breast****OSI Record 31.67\* NRT 32.29!**

Jessica Wafer 12 RST 33.41  
 Ellen Bradley 11 TTSC 33.51  
 Erin Kilroy 11 THSC 33.78  
 Parissa Andideh 12 THSC 33.81  
 Morgan Scroggy 12 LOSC 34.34

**11-12 girls 100yd breast****OSI Record 1:07.36\* NRT 1:09.29!**

Parissa Andideh 12 THSC 1:11.17  
 Jessica Wafer 12 RST 1:11.50  
 Ellen Bradley 11 TTSC 1:12.05  
 Rachel Lee 11 CAT 1:14.30  
 Marra Erwin 12 TTSC 1:14.66

**11-12 girls 50yd fly****OSI Record 27.35 \* NRT 27.69!**

Morgan Scroggy 12 LOSC 27.64!  
 Falissa Smith 11 TTSC 29.24  
 Beth Gunderson 12 MAC 29.35  
 Lindsey King 12 THSC 29.40  
 Kelsey Lindstrom12 PPST 29.51

**11-12 girls 100yd fly****OSI Record 1:00.21\* NRT 1:01.19!**

Morgan Scroggy 12 LOSC 1:04.35  
 Kristy Adams 11 DDSC 1:04.70  
 Beth Gunderson 12 MAC 1:05.33  
 Kayley Oka 11 LOSC 1:05.55  
 Morgen Hersberger12 THSC 1:05.56

**11-12 girls 100yd IM****OSI Record 1:01.75 \* NRT 1:02.89!**

Ellen Bradley 11 TTSC 1:05.37  
 Marra Erwin 12 TTSC 1:05.60  
 Morgan Scroggy 12 LOSC 1:05.69  
 Lindsey King 12 THSC 1:06.01  
 Jesse Klauder 12 UN 1:06.02

**11-12 girls 200yd IM****OSI Record 2:11.99 \* NRT 2:14.19!**

Morgan Scroggy 12 LOSC 2:13.82!  
 Beth Gunderson 12 MAC 2:18.60  
 Ellen Bradley 11 TTSC 2:20.79  
 Lindsey King 12 THSC 2:22.46  
 Morgen Hersberger12 THSC 2:23.29

**13-14 girls 50yd free****OSI Record 24.05 \* NRT 24.39!**

Anne Liggett 14 THSC 24.20!  
 Mary Patterson 14 THSC 24.86  
 Kim Jasmer 14 SCAT 25.10  
 Sarah Fausel 13 THSC 25.15  
 Amanda Neubig 13 MSC 25.22

**13-14 girls 100yd free****OSI Record 50.72 \* NRT 52.79!**

Anne Liggett 14 THSC 52.20!  
 Caitlin Summers 14 THSC 52.77!  
 Amanda Neubig 13 MSC 54.14  
 Mary Patterson 14 THSC 54.21  
 Kimberly Jasmer13 SCAT 54.32

**13-14 girls 200yd free****OSI Record 1:49.71 \* NRT 1:53.89!**

Caitlin Summers 14 THSC 1:52.46!  
 Sarah Fausel 13 THSC 1:55.52  
 Anne Liggett 14 THSC 1:55.99  
 Mary Patterson 14 THSC 1:56.31  
 Genna Patterson 14 THSC 1:56.64

**13-14 girls 500yd free****OSI Record 4:50.02\* NRT 5:00.59!**

Caitlin Summers 14 THSC 5:02.97  
 Sarah Fausel 13 THSC 5:04.63  
 Katie Weeks 14 BEND 5:07.21  
 Anne Liggett 14 THSC 5:11:11  
 Ginny Connell 13 MAC 5:11.60

**13-14 girls 1000yd free****OSI Record 10:06.19\***

**NRT 10:15.49!**  
 Sarah Fausel 13 THSC 10:18.68  
 Ginny Connell 14 MAC 10:31.90  
 Rozie Janik 14 THSC 10:34.29  
 Katie Weeks 14 BEND 10:36.60  
 Caitlin Summers 14 THSC 10:37.96

**13-14 girls 1650yd free****OSI Record 16:47.88\* NRT 17:14.19!**

Sarah Fausel 13 THSC 17:26.14  
 Rozie Janik 14 THSC 17:38.73  
 Katie Weeks 14 BEND 17:40.92  
 Katie Peterson 13 MHST 17:49.41  
 Kathryn Thompson13 RST 17:54.30

**13-14 girls 100yd back****OSI Record 57.44 NRT 58.99!**

Mary Patterson 14 THSC 57.46!  
 Kathryn Thompson14 RST 1:00.11  
 Katie Weeks 14 BEND 1:00.70  
 Malia Storie 14 CAT 1:00.76  
 Leesa Cotton 13 SAC 1:01.01

**13-14 girls 200yd back****OSI Record 2:02.32 \* NRT 2:06.89!**

Mary Patterson 14 THSC 2:04.82!  
 Caitlin Summers 14 THSC 2:06.70!  
 Kathryn Thompson13rst 2:07.75  
 Genna Patterson 14 THSC 2:07.81  
 Leesa Cotton 13 SAC 2:08.50

**13-14 girls 100yd breast****OSI Record 1:02.43\* NRT 1:06.09!**

Genna Patterson 14 THSC 1:03.48!  
 Felicia Castaneda14 UN 1:03.50!  
 Caitlyn Shortt 14 MHST 1:07.00  
 Whitney Akers 13 EA 1:07.35  
 Signe Larson 13 MAC 1:07.71

**13-14 girls 200yd breast****OSI Record 2:16.16 \* NRT 2:22.39!**

Genna Patterson 14 THSC 2:17.88!  
 Felicia Castaneda14 UN 2:21.72!  
 Caitlyn Shortt 14 MHST 2:22.57  
 Caitlin Summers 14 THSC 2:24.12  
 Signe Larson 13 MAC 2:28.51

**13-14 girls 100yd fly****OSI Record 56.28 \* NRT 58.39!**

Kara Nelson 13 THSC 56.77!  
 Caitlin Summers 14 THSC 57.63!  
 K Thompson 14 RST 59.96  
 Anne Liggett 14 THSC 1:00.12  
 Felicia Castaneda14 MHST 1:00.38

**13-14 girls 200yd fly****OSI Record 2:05.16 \* NRT 2:07.39!**

Caitlin Summers 14 THSC 2:05.47!  
 Kara Nelson 13 THSC 2:09.40  
 K Thompson 13 RST 2:09.97  
 Paige Lee 14 MAC 2:11.74  
 Sarah Fausel 13 THSC 2:13.09

**13-14 girls 200yd IM****OSI Record 2:04.06\* NRT 2:08.59!**

Caitlin Summers 14 THSC 2:05.01!  
 Genna Patterson 14 THSC 2:06.79!  
 Whitney Akers 13 EA 2:09.12  
 Mary Patterson 14 THSC 2:10.34  
 Caitlyn Shortt 14 MHST 2:12.09

**13-14 girls 400yd IM****OSI Record 4:24.93\* NRT 4:30.19!**

Caitlin Summers 14 THSC 4:23.80\*!  
 K Thompson 13 RST 4:34.13  
 Genna Patterson 14 THSC 4:38.63  
 Maegen Wood 14 BEND 4:44.42  
 Katie Peterson 13 MHST 4:47.84

**15-16 girls 50yd free****OSI Record 23.50\* NRT 24.09!**

Majanke Miller 15 THSC 23.89!  
 Anna Grant 16 VSC 24.28  
 Adriana Quirke 15 ECSC 24.33  
 Hayley Koss 15 LOSC 24.48  
 Katie Klein 16 MSC 24.49

**15-16 girls 100yd free****OSI Record 51.05\* NRT 51.89!**

Anna Grant 16 VSC 51.82!  
 Majanke Miller 16 THSC 52.07  
 Kristen Kilroy 16 THSC 52.28  
 Adriana Quirke 15 ECSC 52.48  
 Haley Koss 15 LOSC 52.66

**15-16 girls 200yd free****OSI Record 1:49.26 \* NRT 1:51.59**

Kristen Kilroy 16 THSC 1:51.13!  
 Anna Grant 16 VSC 1:51.69  
 Julie McCauley 15 LOSC 1:52.47  
 Jenni Stratton 15 DDSC 1:52.65  
 Majanke Miller 16 THSC 1:52.76

**15-16 girls 500yd free****OSI Record 4:49.07 \* NRT 4:56.89**

Jenni Stratton 15 DDSC 4:57.96  
 Majanke Miller 16 THSC 5:00.93  
 Emily Wilson 15 LOSC 5:01.41  
 Lauren Clark 16 CAT 5:05.75  
 Julie McCauley 15 LOSC 5:06.43

**15-16 girls 1000yd free****OSI Record 9:53.24\***

**NRT 10:09.99!**  
 Lauren Clark 16 CAT 10:21.09  
 Emily Wilson 15 LOSC 10:22.90  
 Danielle Kinney 16 MHST 10:27.60  
 Nan Janik 16 THSC 10:28.56  
 Julie McCauley 15 LOSC 10:35.40

**15-16 girls 1650yd free****OSI Record 16:42.66 \***

**NRT 16:59.19!**  
 Lauren Clark 16 CAT 17:14.30  
 Nan Janik 16 THSC 17:19.42  
 Emily Wilson 15 LOSC 17:30.45  
 Majanke Miller 15 THSC 17:36.38  
 Mary Sherman 15 UN 17:38.86

**15-16 girls 100yd back****OSI Record 55.81\* NRT 57.59!**

Danielle Erickson16 THSC 57.71  
 Jennifer Saylor 15 RST 59.20  
 Anna Grant 16 VSC 59.27  
 Liya Liu 16 MHST 59.42  
 Adriana Quirke 15 ECSC 1:00.08

**15-16 girls 200yd back****OSI Record 1:59.83\* NRT 2:03.89!**

Danielle Erickson16 THSC 2:03.14!  
 Emily Wilson 16 LOSC 2:07.55  
 Anna Grant 16 VSC 2:08.71  
 Angela Kora 16 THSC 2:09.03  
 Danielle Kinney 16 MHST 2:09.06

**15-16 girls 100yd breast****OSI Record 1:03.23\* NRT 1:05.39!**

Caitlyn Shortt 15 MHST 1:03.93!  
 Sierra Lewis 16 BEND 1:04.49!  
 Jenni Stratton 15 DDSC 1:05.38  
 Heather Madison15 MHST 1:07.35  
 Chelsea Hahn 15 THSC 1:07.81

**15-16 girls 200yd breast****OSI Record 2:17.13 \* NRT 2:21.19!**

Caitlyn Shortt 15 MHST 2:18.26!  
 Chelsea Hahn 15 THSC 2:21.13!  
 Sierra Lewis 16 BEND 2:21.55  
 Heather Madison15 MHST 2:24.53  
 Jenni Stratton 15 DDSC 2:24.87

**15-16 girls 100yd fly****OSI Record 55.77 \* NRT 57.29!**

Kristen Kilroy 16 THSC 54.56!\*
 Julie McCauley 15 LOSC 57.76  
 Sierra Lewis 16 BEND 57.84  
 Anna Grant 16 VSC 57.92  
 Christina Kinney16 MHST 57.93

**15-16 girls 200yd fly****OSI Record 2:01.83 \* NRT 2:04.79**

Kristen Kilroy 16 THSC 2:02.84!  
 Majanke Miller 16 THSC 2:07.27  
 Paige Lee 15 MAC 2:07.43  
 Julie McCauley 15 LOSC 2:07.62  
 Chelsea Hahn 15 THSC 2:11.04

**15-16 girls 200yd IM****OSI Record 2:04.07 \* NRT 2:06.19!**

Caitlyn Shortt 15 MHST 2:07.04  
 Anna Grant 16 VSC 2:07.18  
 Lauren Clark 16 CAT 2:07.42  
 Sierra Lewis 16 BEND 2:07.52  
 Christina Kinney16 MHST 2:08.04

**15-16 girls 400yd IM****OSI Record 4:20.05 \* NRT 4:25.69!**

Lauren Clark	16	CAT	4:27.77
Sierra Lewis	16	BEND	4:32.53
Christina Kinney	16	MHST	4:33.59
Majanke Miller	16	THSC	4:35.01
Katie Chapman	15	NST	4:38.90

**17-18 girls 50yd free****OSI Record 23.15\* NRT 23.99!**

Jamie Trapp	17	DDSC	24.32
Lisa Champ	17	CB	24.48
Erika Wirth	17	EY	24.59
Jessica Weeks	17	BEND	24.70
Michelle Mosier	17	BEND	25.20

**17-18 girls 100yd free****OSI Record 50.13\* NRT 51.29!**

Marisa Kozak	17	BEND	51.66
Lisa Champ	17	CB	52.40
Michelle Mosier	17	BEND	53.00
Jamie Trapp	17	DDSC	53.34
Melissa Young	17	DDSC	53.36

**17-18 girls 200yd free****OSI Record 1:47.96 \* NRT 1:51.09!**

Lisa Champ	17	CB	1:52.48
Claire Oester	17	LOSC	1:52.90
Michelle Mosier	17	BEND	1:53.41
Heather Wilcox	18	THSC	1:55.69
Lara Styles	17	UN-LO	1:55.76

**17-18 girls 500yd free****OSI Record 4:46.53 \*****NRT 4:56.59**

Claire Oester	17	LOSC	4:56.47!
Heather Wilcox	18	THSC	5:01.62
Lara Styles	17	LOSC	5:07.69
Katie Haney	17	BEND	5:09.35
Jolene Valley	17	BEND	5:12.15

**17-18 girls 1000yd free****OSI Record 10:00.04 \*****NRT 10:08.89 !**

Heather Wilcox	18	THSC	10:14.53
Claire Oester	17	LOSC	10:22.97
Nancy Wilce	18	MAC	10:35.62
Katie Haney	17	BEND	10:48.41
Michelle Mosier	17	CAT	10:54.15

**17-18 girls 1650yd free****OSI Record 16:31.82 \*****NRT 16:55.99 !**

Heather Wilcox	18	THSC	17:04.88
Claire Oester	17	LOSC	17:15.94
Nancy Wilce	18	MAC	17:38.35
Katie Haney	17	BEND	17:49.64
Marya Hall	18	CAT	17:58.77

**17-18 girls 100yd back****OSI Record 55.18\* NRT 56.99!**

Tara Berringer	17	ECSC	57.93
Marisa Kozak	17	BEND	58.18
Jamie Trapp	17	DDSC	59.04
Lisa Champ	17	CB	59.21
Claire Oester	17	LOSC	1:00.30

**17-18 girls 200yd back****OSI Record 1:58.14 \* NRT 2:03.09**

Marisa Kozak	17	BEND	2:03.32
Tara Berringer	17	ECSC	2:03.97
Alisa Schuknecht	17	BEND	2:04.53
Claire Oester	18	LOSC	2:05.74
Jamie Trapp	17	DDSC	2:07.86

**17-18 girls 100yd breast****OSI Record 1:03.45 \* NRT 1:04.99!**

Capi Adams	17	BEND	1:05.15
Alisa Schuknecht	17	BEND	1:05.27
Mari Embertson	17	RST	1:05.76
Elsa Larson	17	MAC	1:05.92
Nicole Reynolds	17	MAC	1:06.99

**17-18 girls 200yd breast****OSI Record 2:15.94 \* NRT 2:20.99!**

Elsa Larson	17	MAC	2:18.45!
Mari Embertson	17	RST	2:20.28!
Alisa Schuknecht	18	BEND	2:21.62
Capi Adams	17	BEND	2:21.98
Kelsey Wilcox	17	DDSC	2:23.42

**17-18 girls 100yd fly****OSI Record 56.18\* NRT 56.99!**

Melissa Greene	17	THSC	55.271*
Alisa Schuknecht	18	BEND	57.72
Lara Frees	17	UN-LO	57.93
Jolene Valley	17	BEND	58.92
Lisa Champ	17	CB	59.09

**17-18 girls 200yd fly****OSI Record 2:03.07 \* NRT 2:03.89!**

Melissa Greene	17	THSC	2:00.621*
Alisa Schuknecht	18	BEND	2:07.38
Jolene Valley	17	BEND	2:07.83
Lara Frees	17	UN-LO	2:08.70
Ashley Johnson	17	SA	2:09.09

**17-18 girls 200yd IM****OSI Record 2:02.14\* NRT 2:05.29 !**

Alisa Schuknecht	18	BEND	2:04.74!
Mari Embertson	17	RST	2:06.21
Melissa Greene	17	THSC	2:06.87
Marisa Kozak	17	BEND	2:07.23
Capi Adams	17	BEND	2:07.67

**17-18 girls 400yd IM****OSI Record 4:16.20\* NRT 4:24.59 !**

Alisa Schuknecht	18	BEND	4:24.76
Mari Embertson	17	RST	4:27.66
Melissa Greene	17	THSC	4:28.32
Heather Wilcox	18	THSC	4:30.16
Capi Adams	17	BEND	4:32.28

**8 & under boys 25 yd free****OSI Record 13.16 \***

Austin Ringquist	8	HEAT	14.88
Craig Cheney	8	CST	15.18
Luke Tylukti	8	SA	15.77
James McQuade	8	VSC	15.89
Ryken Robbins	8	SA	15.93

**8 & under boys 50yd free****OSI Record 29.81 \***

Austin Ringquist	8	HEAT	31.65
Corey Williams	8	RST	32.84
Craig Cheney	8	CST	34.06
Brian Cheney	8	CST	34.32
Corbin Brindle	8	CWY	34.74

**8 & under boys 100yd free****OSI Record 1:05.21 \***

Austin Ringquist	8	HEAT	1:13.52
Doug North	7	BASN	1:17.73
Craig Cheney	8	CST	1:18.21
James McQuade	8	VSC	1:18.60
Luke Tylukti	8	SA	1:19.04

**8 & under boys 25 yd back****OSI Record 16.08 \***

Craig Cheney	8	CST	18.55
Brian Stocks	8	THSC	18.92
Corey Williams	8	RST	18.93
Corbin Brindle	8	CWY	18.99
Connor McDonald	7	THSC	19.00

**8 & under boys 50yd back****OSI Record 34.20 \***

Austin Ringquist	8	HEAT	40.59
Corbin Brindle	8	CWY	40.62
Craig Cheney	8	CST	40.90
Will Gunderson	8	MAC	40.97
Mark Guylar	8	LOSC	41.28

**8 & under boys 25 yd breast****OSI Record 17.95 \***

Brian Cheney	8	CST	20.63
Austin Lepley	8	HEAT	20.65
Austin Ringquist	8	HEAT	21.03
Corey Williams	8	RST	21.04
Kyle Wicks	8	WBST	21.50

**8 & under boys 50yd breast****OSI Record 38.81 \***

Brian Cheney	8	CST	44.69
Austin Ringquist	8	HEAT	44.82
Steven Ung	8	THSC	45.20
Will Gunderson	8	MAC	45.91
Austin Lepley	8	HEAT	46.45

**8 & under boys 25 yd fly****OSI Record 14.72 \***

Will Gunderson	8	MAC	17.09
Ian Elliott Engles	8	MAC	17.15
Austin Lepley	8	HEAT	17.75
Austin Ringquist	8	HEAT	17.75
Belieu Vaughn	8	GPAC	17.75

**8 & under boys 50yd fly****OSI Record 32.96 \***

Will Gunderson	8	MAC	38.35
Belieu Vaughn	8	GPAC	42.17
Austin Ringquist	8	HEAT	42.88
Chase Kelley	8	SCAT	45.00
Kai Stufflebean	8	SCAT	46.00

**8 & under boys 100yd IM****OSI Record 1:17.24 \***

Corey Williams	8	RST	1:23.80
Austin Ringquist	8	HEAT	1:25.32
Brian Cheney	8	CST	1:27.57
Craig Cheney	8	CST	1:28.79
James McQuade	8	VSC	1:29.13

**9-10 boys 50yd free****OSI Record 26.29\* NRT 27.49!**

Jason Lou	10	LOSC	26.69!
Daniel Rooker	10	FGSC	27.25!
Connor McCarroll	9	THSC	28.15
Jesse Thomison	10	MSC	29.10
Benjamin Hewitt	10	MHST	29.12

**9-10 boys 100yd free****OSI Record 57.01\* NRT 59.89!**

Jason Lou	10	LOSC	59.80!
Daniel Rooker	10	FGSC	1:00.86
Brett Nagle	10	PRSC	1:01.77
Benjamin Hewitt	10	MHST	1:04.00
David Scherer	10	SCAT	1:05.02

**9-10 boys 200yd free****OSI Record 2:02.04 \* NRT 2:10.19!**

Daniel Rooker	10	FGSC	2:12.12
Brett Nagle	10	PRSC	2:12.33
Jason Lou	10	LOSC	2:13.92
Connor McCarroll	9	THSC	2:17.13
James Gilmore	10	PPST	2:20.74

**9-10 boys 50yd back****OSI Record 29.65\* NRT 31.99!**

Connor McCarroll	9	THSC	31.14!
Jason Lou	10	LOSC	32.56
Brett Nagle	10	PRSC	32.78
Benjamin Hewitt	10	MHST	33.75
Daniel Rooker	10	FGSC	33.96

**9-10 boys 100yd back****OSI Record 1:05.45\* NRT 1:08.29 !**

Connor McCarroll	9	THSC	1:07.40!
Brett Nagle	10	PRSC	1:08.18!
Jason Lou	10	LOSC	1:09.15
Benjamin Hewitt	10	MHST	1:12.45
Tristan Briggs	10	THSC	1:13.96

**9-10 boys 50yd breast****OSI Record 33.01\* NRT 35.59!**

Jeremy Wasser	10	RAC	38.76
Brett Nagle	10	PRSC	39.71
Logan Grossman	10	CAT	39.94
Corey Williams	9	RST	40.22
Tristan Briggs	10	THSC	40.40

**9-10 boys 100yd breast****OSI Record 1:13.61 \* NRT 1:17.99!**

Corey Williams	9	RST	1:23.89
Jeremy Wasser	10	RAC	1:23.90
Tristan Briggs	10	THSC	1:24.65
Brett Nagle	10	PRSC	1:25.23
Andy Ottolia	10	WBST	1:25.39

**9-10 boys 50yd fly****OSI Record 29.07\* NRT 30.39!**

Jason Lou	10	LOSC	30.06!
Daniel Rooker	10	FGSC	30.29!
Connor McCarroll	9	THSC	30.97
Keith Andrews	10	HEAT	31.23
Brett Nagle	10	PRSC	31.28

**9-10 boys 100yd fly****OSI Record 1:04.20 \* NRT 1:07.68!**

Brett Nagle	10	PRSC	1:07.23!
Peter Parisi	9	MAC	1:10.30
Daniel Rooker	10	FGSC	1:10.48
David Scherer	10	SCAT	1:11.04
Connor McCarroll	9	THSC	1:11.69

**9-10 boys 100yd IM****OSI Record 1:05.90 \* NRT 1:09.09!**

Brett Nagle	10	PRSC	1:10.07
Jason Lou	10	LOSC	1:10.98
Daniel Rooker	10	FGSC	1:11.76
Benjamin Hewitt	10	MHST	1:13.95
Tristan Briggs	10	THSC	1:14.65

**9-10 boys 200yd IM****OSI Record 2:21.50 \* NRT 2:27.69!**

Brett Nagle	10	PRSC	2:25.94!
Daniel Rooker	10	FGSC	2:36.42
Connor McCarroll	9	THSC	2:37.74
Jayce Calhoun	9	CAT	2:38.13
Corey Williams	9	RST	2:38.65

**11-12 boys 50yd free****OSI Record 23.92\* NRT 24.49!**

Theo Wilson	12	HEAT	25.19
Garth Summers	12	THSC	25.35
Kyle Maese	12	MHST	25.43
Jake Webb	12	TTSC	25.52
Garrett Shields	12	RST	25.57
Ricky Rogers	12	CST	25.57

**11-12 boys 100yd free****OSI Record 51.88\* NRT 53.29!**

Theo Wilson	12	HEAT	53.79
Garth Summers	12	THSC	54.05
Ricky Rogers	12	CST	56.39
Jared Maricle	11	MHST	56.46
Logan Storie	12	CAT	56.51

**11-12 boys 200yd free****OSI Record 1:51.59 \* NRT 1:55.99!**

Garth Summers	12	THSC	1:57.04
Kyle Maese	12	MHST	1:59.28
Logan Storie	12	CAT	2:00.49
Jared Maricle	12	MHST	2:01.38
Jackson Kowalski	12	SAC	2:04.11

**11-12 boys 500yd free****OSI Record 4:55.25 \* NRT 5:10.49!**

Garth Summers	12	THSC	5:10.47!
Kyle Maese	12	MHST	5:14.27
Theo Wilson	12	HEAT	5:14.54
Logan Storie	12	CAT	5:21.43
Jared Maricle	12	MHST	5:22.88

**11-12 boys 50yd back****OSI Record 27.15 \* NRT 28.39**

Jacob Keil	12	CB	29.19
Kyle Maese	12	MHST	29.74
Jackson Kowalski	12	SAC	29.79
Jake Webb	12	TTSC	29.83
Garth Summers	12	THSC	30.06

**11-12 boys 100yd back****OSI Record 57.43\* NRT 1:00.69!**

Garth Summers	12	THSC	1:00.07!
Jacob Keil	12	CB	1:02.59
Kyle Maese	12	MHST	1:03.46
Jackson Kowalski	12	SAC	1:03.74
Logan Storie	12	CAT	1:04.47

**11-12 boys 50yd breast****OSI Record 29.79\* NRT 31.19!**

Ricky Rogers	12	CST	31.22
Seth Davies	12	BEND	31.70
David Reynolds	12	MAC	32.94
Bobby Martini	12	OCST	33.32
Kris Asleson	12	UN	33.32

**11-12 boys 100yd breast****OSI Record 1:03.92 \* NRT 1:08.09!**

Seth Davies	12	BEND	1:08.61
Ricky Rogers	12	CST	1:08.96
Theo Wilson	12	HEAT	1:11.50
David Reynolds	12	MAC	1:12.27
Bobby Martini	12	OCST	1:12.56

**11-12 boys 50yd fly****OSI Record 26.05 \* NRT 26.99 !**

Garth Summers	12	THSC	27.08
Theo Wilson	12	HEAT	27.17
Kyle Maese	12	MHST	27.75
Quincy Lee	12	MAC	28.09
Michael Mpitos	12	NST	29.34

**11-12 boys 100yd fly****OSI Record 57.11\* NRT 59.79!**

Garth Summers	12	THSC	58.67!
Theo Wilson	12	HEAT	1:00.00
Quincy Lee	12	MAC	1:01.38
Kyle Maese	12	MHST	1:01.57
Jared Maricle	12	MHST	1:03.50

**11-12 boys 100yd IM****OSI Record 58.53\* NRT 1:01.09!**

Garth Summers	12	THSC	1:01.90
Ricky Rogers	12	CST	1:03.20
Seth Davies	12	BEND	1:03.84
Quincy Lee	12	MAC	1:04.98
Jacob Keil	12	CB	1:05.02

**11-12 boys 200yd IM****OSI Record 2:05.55 \* NRT 2:11.59!**

Garth Summers	12	THSC	2:10.94!
Theo Wilson	12	HEAT	2:13.05
Seth Davies	12	BEND	2:16.78
Ricky Rogers	12	CST	2:17.24
Quincy Lee	12	MAC	2:19.79

**13-14 boys 50yd free****OSI Record 22.05\* NRT 22.69!**

Theo Wilson	13	HEAT	23.05
Matt Hibbert	13	LGSC	23.43
Jake Kinne	14	YSC	23.60
Austan Mason	13	BMAC	23.85
Dima Maevski	13	THSC	23.97

**13-14 boys 100yd free****OSI Record 48.07\* NRT 48.99!**

Logan Madson	14	BEND	49.52
Theo Wilson	13	HEAT	50.37
Patrick Fausel	14	THSC	50.43
Chris Spriggs	14	OCST	50.84
Joe Andrews	14	LAC	51.24

**13-14 boys 200yd free****OSI Record 1:44.27\* NRT 1:46.89!**

Chris Spriggs	14	OCST	1:47.83
Patrick Fausel	14	THSC	1:48.14
Logan Madson	14	BEND	1:48.38
Theo Wilson	13	HEAT	1:48.74
Joey Nannini	14	TTSC	1:50.55

**13-14 boys 500yd free****OSI Record 4:38.25\* NRT 4:46.99!**

Patrick Fausel	14	THSC	4:46.57!
Chris Spriggs	14	OCST	4:48.23
Joey Nannini	14	TTSC	4:49.79
Logan Madson	14	BEND	4:50.20
Matt Morton	14	THSC	4:51.98

**13-14 boys 1000yd free****OSI Record 9:33.05 \* NRT 9:55.39!**

Chris Spriggs	14	OCST	10:02.82
Sam Busby	14	THSC	10:17.23
Andrew Rothrock	14	THSC	10:24.12
Sam Peterson	13	MHST	10:27.90
Bobby Martini	13	OCST	10:43.24

**13-14 boys 1650yd free****OSI Record 15:47.71\*****NRT 16:36.39!**

Patrick Fausel	14	THSC	16:27.69!
Joey Nannini	14	TTSC	16:27.80!
Matt Morton	14	THSC	16:36.76
Logan Madson	14	BEND	16:39.94
Chris Spriggs	14	OCST	16:46.23

**13-14 boys 100yd back****OSI Record 53.34\* NRT 55.09!**

Blaine Kisler	13	CAT	55.62
Matt Hibbert	13	LGSC	56.21
Brian Wolfe	14	HEAT	58.59
Jake Kinne	14	YSC	58.80
Andrew Rothrock	13	THSC	58.95

**13-14 boys 200yd back****OSI Record 1:54.81 \* NRT 1:58.81!**

Blaine Kisler	13	CAT	2:00.17
Logan Madson	14	BEND	2:01.66
Matt Hibbert	13	LGSC	2:03.81
Andrew Rothrock	13	THSC	2:04.33
Brian Wolfe	14	HEAT	2:04.42

**13-14 boys 100yd breast****OSI Record 59.30 \* NRT 1:01.19 !**

Matt Viglione	14	THSC	1:03.04
Matt Oka	14	LOSC	1:04.08
Alex Knapp	14	EA	1:06.09
Austan Mason	14	BMAC	1:06.43
Ryan Myers	14	HEAT	1:07.97

**13-14 boys 200yd breast****OSI Record 2:07.49\* NRT 2:12.99 !**

Matt Viglione	14	THSC	2:16.33
Matt Oka	14	LOSC	2:24.28
Ryan Myers	14	HEAT	2:26.17
Alex Knapp	14	EA	2:26.97
Sam Busby	13	THSC	2:27.75

**13-14 boys 100yd fly****OSI Record 52.34\* NRT 54.09!**

Blaine Kisler	13	CAT	54.88
Logan Madson	14	BEND	55.19
Theo Wilson	13	HEAT	55.92
Chris Spriggs	14	OCST	55.94
Patrick Fausel	14	THSC	56.33

**13-14 boys 200yd fly****OSI Record 1:53.12\* NRT 2:00.29 !**

Theo Wilson	13	HEAT	2:01.61
Logan Madson	14	BEND	2:02.32
Blaine Kisler	13	CAT	2:02.93
Chris Spriggs	14	OCST	2:04.33
Albert Cho	14	HEAT	2:05.24

**13-14 boys 200yd IM****OSI Record 1:54.65 \* NRT 2:00.29!**

Logan Madson	14	BEND	2:01.39
Theo Wilson	13	HEAT	2:03.52
Patrick Fausel	14	THSC	2:04.04
Chris Spriggs	14	OCST	2:04.88
Matt Viglione	14	THSC	2:05.12

**13-14 boys 400yd IM****OSI Record 4:03.18 \* NRT 4:16.49**

Chris Spriggs	14	OCST	4:19.99
Patrick Fausel	14	THSC	4:20.39
Logan Madson	14	BEND	4:20.83
Joey Nannini	14	TTSC	4:23.05
Blaine Kisler	13	CAT	4:25.23

**15-16 boys 50yd free****OSI Record 21.06\* NRT 21.49!**

Matt Schmidt	16	HEAT	22.31
Rhys Birky	16	SHSC	22.43
Mason Amick	15	VSC	22.44
Sean Wells	16	GPAS	22.48
Eric Swinn	16	RST	22.79

**15-16 boys 100yd free****OSI Record 46.24 \* NRT 46.79 !**

Ethan McCoy	16	MSC	47.35
Patrick Fausel	15	THSC	48.74
Matt Schmidt	16	HEAT	48.81
Mason Amick	15	VSC	49.10
Jeffery Hainsworth	16	MSC	49.16

**15-16 boys 200yd free****OSI Record 1:40.92 \* NRT 1:42.09!**

Mason Amick	15	VSC	1:43.01
Matt Morton	15	THSC	1:43.54
Ethan McCoy	16	MSC	1:43.91
Henry Holmberg	15	BEND	1:44.53
Patrick Fausel	15	THSC	1:44.92

**15-16 boys 500yd free****OSI Record 4:26.27 \* NRT 4:35.19**

Tyler Storie	16	CAT	4:32.20!
Matt Morton	15	THSC	4:38.27
Henry Holmberg	15	BEND	4:40.17
Patrick Fausel	15	THSC	4:41.20
Mason Amick	15	VSC	4:43.31

**15-16 boys 1000yd free****OSI Record 9:10.20 \* NRT 9:30.79!**

Matt Morton	15	THSC	9:39.73
Henry Holmberg	15	BEND	9:43.50
Patrick Fausel	15	THSC	9:46.91
Joey Nannini	15	TTSC	9:50.50
Jon Wisniewski	16	LOSC	9:56.93

**15-16 boys 1650yd free****OSI Record 15:22.90 \*****NRT 15:57.99 !**

Tyler Storie	16	CAT	15:53.59!
Matt Morton	15	THSC	16:07.31
Henry Holmberg	15	BEND	16:11.60
Joey Nannini	15	TTSC	16:17.56
Patrick Fausel	15	THSC	16:20.89

**15-16 boys 100yd back****OSI Record 51.16\* NRT 52.29!**

Tyler Storie	16	CAT	54.58
Kyle Tannehill	16	YSC	54.78
Joe Peterson	16	MHST	55.42
Mason Amick	15	VSC	55.42
Elijah Dickson	16	CST	55.51

**15-16 boys 200yd back****OSI Record 1:50.25 \* NRT 1:53.39!**

Joe Peterson	16	MHST	1:53.75
Connor Hall	15	CAT	1:58.42
Elijah Dickson	16	CST	1:58.89
Jeremy Dam	16	LOSC	1:59.03
Henry Holmberg	15	BEND	1:59.33

**15-16 boys 100yd breast****OSI Record 57.47\* NRT 58.89!**

Nick Davies	16	BEND	58.39!
Ethan McCoy	16	MSC	58.79!
Colin O'Brady	16	PPST	59.73
Justin Morin	15	HEAT	59.91
Nicholas Wolfe	16	CAT	1:01.72

**15-16 boys 200yd breast****OSI Record 2:03.53 \* NRT 2:08.39!**

Andrew Reynolds	15	MAC	2:07.38!
Justin Morin	15	HEAT	2:07.56!
Colin O'Brady	16	PPST	2:08.96
Nicholas Wolfe	16	CAT	2:11.61
Nick Davies	16	BEND	2:11.91

**15-16 boys 100yd fly**  
**OSI Record 50.15\* NRT 51.39!**

Mason Amick	15	VSC	51.42
Joe Peterson	16	MHST	51.48
Matt Schmidt	16	HEAT	52.15
Patrick Fausel	15	THSC	53.36
Bret Greene	15	THSC	53.68

**17-18 boys 100yd free**  
**OSI Record 45.29\* NRT 45.99!**

Marc Maier	17	THSC	45.99!
Derek Rose	18	UN	46.52
Jacob Burton	17	BEND	46.61
Josh Parkin	17	LOSC	46.67
Dreason Barry	18	RRSC	47.53

**17-18 boys 100yd back**  
**OSI Record 49.63\* NRT 51.49!**

T Cunningham	17	PPST	51.63
Derek Rose	17	UN	51.75
Evan Mueller	17	LOSC	53.24
Jim Wolfe	17	HEAT	53.57
Matt Bisson	17	GPAC	53.59

**17-18 boys 100yd fly**  
**OSI Record 49.67\* NRT 50.49!**

Devin Saez	17	LOSC	50.15!
Derek Rose	18	UN	50.31!
Josh Parkin	17	LOSC	51.13
John Madden	17	LOSC	51.52
Bryan Baird	18	MHST	51.55

**15-16 boys 200yd fly**  
**OSI Record 1:47.52\* NRT 1:53.89!**

Mason Amick	15	VSC	1:54.69
Tyler Storie	16	CAT	1:55.32
Bret Greene	15	THSC	1:56.35
Patrick O'Neil	16	RST	1:56.99
Matt Schmidt	16	HEAT	1:57.90

**17-18 boys 200yd free**  
**OSI Record 1:38.60\* NRT 1:40.49**

Marc Maier	17	THSC	1:40.69
Jim Wolfe	17	HEAT	1:41.31
Matt Schmelzer	18	MAC	1:42.10
Tucker Cunningham	17	PPST	
Devin Saez	17	LOSC	1:43.77

**17-18 boys 200yd back**  
**OSI Record 1:45.92\* NRT 1:51.09**

T Cunningham	17	PPST	1:52.61
Jim Wolfe	17	HEAT	1:53.52
Evan Mueller	17	LOSC	1:54.60
Matt Marceau	18	BEND	1:56.42
Marc Maier	17	THSC	1:57.53

**17-18 boys 200yd fly**  
**OSI Record 1:47.09\* NRT 1:52.99!**

Devin Saez	17	LOSC	1:50.53!
Jon Madden	17	LOSC	1:56.60
Patrick O'Neil	17	RST	1:56.99
Oliver Burton	17	HRST	1:59.72
Loren Killgore	17	MHST	2:01.13

**15-16 boys 200yd IM**  
**OSI Record 1:52.31\* NRT 1:53.89**

Ethan McCoy	16	MSC	1:53.36
Tyler Storie	16	CAT	1:53.71
Mason Amick	15	VSC	1:55.72
Nick Davies	16	BEND	1:56.58
Patrick Fausel	15	THSC	1:59.37

**17-18 boys 500yd free**  
**OSI Record 4:21.16\* NRT 4:32.19!**

MSchmelzer	18	MAC	4:30.61!
Jim Wolfe	17	HEAT	4:33.15
Tyler Storie	17	CAT	4:34.39
Marc Maier	17	THSC	4:37.49
Loren Killgore	17	MHST	4:38.83

**17-18 boys 100yd breast**  
**OSI Record 55.35\* NRT 57.69!**

Luke Ekhooff	18	UN	57.05!
Ben Metcalfe	17	WSC	57.48!
Nicholas Wolfe	17	CAT	58.14
Jacob Burton	17	BEND	58.48
Evan Mueller	17	LOSC	58.73

**17-18 boys 200yd IM**  
**OSI Record 1:48.39\* NRT 1:53.29**

Evan Mueller	17	LOSC	1:54.16
Josh Parkin	17	LOSC	1:55.25
Jacob Burton	17	BEND	1:55.78
Dreason Barry	17	RRSC	1:56.71
Nicholas Wolfe	17	CAT	1:57.94

**15-16 boys 400yd IM**  
**OSI Record 3:58.93\* NRT 4:04.19**

Tyler Storie	16	CAT	3:59.34!
Andrew Reynolds	15	MAC	4:09.38
Mason Amick	15	VSC	4:09.49
Patrick Fausel	15	THSC	4:13.73
Jon Wisniewski	16	LOSC	4:14.07

**17-18 boys 1000yd free**  
**OSI Record 9:02.69! NRT 9:24.99!**

Tyler Storie	17	CAT	9:17.98!
Matt Schmelzer	18	MAC	9:18.20!
Jim Wolfe	17	HEAT	9:33.72
Colin Douglas	17	MAC	9:44.96
Loren Killgore	17	MHST	9:45.52

**17-18 boys 200yd breast**  
**OSI Record 1:59.99\* NRT 2:05.19!**

Luke Ekhooff	18	MAC	2:02.16!
Nicholas Wolfe	17	CAT	2:03.00!
Dreason Barry	17	RRSC	2:08.68
Andy Hintz	17	TTSC	2:13.88
Evan Mueller	17	LOSC	2:14.78

**17-18 boys 400yd IM**  
**OSI Record 3:49.14\* NRT 4:01.39**

Tyler Storie	17	CAT	3:59.71!
Loren Killgore	17	MHST	4:05.97
Jim Wolfe	17	HEAT	4:08.19
Matt Schmelzer	18	MAC	4:11.84
Colin Douglas	17	MAC	4:13.31

**17-18 boys 50yd free**  
**OSI Record 20.38\* NRT 21.09!**

Derek Rose	18	UN	20.89!
Jacob Burton	18	BEND	21.25
Matt Stowers	18	UN	21.62
Marc Maier	17	THSC	21.63
Kevin Hoyle	17	BEND	21.75

**17-18 boys 1650yd free**  
**OSI Record 14:59.30\* NRT 15:49.99!**

M Schmelzer	18	MAC	15:37.07!
Jim Wolfe	17	HEAT	15:52.87
Loren Killgore	17	MHST	16:08.65
Colin Douglas	17	MAC	16:24.86
Kyle Anderson	17	MHST	16:29.70

**Proposed 2002 Short Course Time Standards The Time standards for the other age groups are not changed**

GIRLS		11-12		BOYS		WOMEN		13-14		MEN	
SCY-A	SCY-B	Events	SCY-A	SCY-B	SCY-A	SCY-B	EVENTS	SCY-A	SCY-B	SCY-A	SCY-B
29.09	31.99	50 Free	29.59	32.49	27.59	30.39	50 Free	26.99	29.69		
1:03.29	1:09.69	100 Free	1:04.89	1:11.29	59.99	1:05.99	100 Free	57.99	1:03.79		
2:20.99	2:34.99	200Free	2:27.99	2:42.69	2:08.59	2:21.49	200 Free	2:09.99	2:22.99		
6:10.59	6:47.59	500 Free*	6:33.69	7:13.09	5:58.19	6:19.79	500 Free*	5:50.69	6:25.79		
34.59	37.99	50 Back	35.49	39.09	12:18.99	13:22.89	1000 Free*	12:14.39	13:27.79		
1:12.39	1:19.59	100 Back	1:16.09	1:23.69	20:26.89	22:29.59	1650 Free*	21:09.99	23:16.99		
38.19	41.99	50 Breast	39.59	43.59	1:09.39	1:16.39	100 Back	1:08.59	1:15.49		
1:22.09	1:30.29	100 Breast	1:24.89	1:33.39	2:30.59	2:45.69	200 Back	2:28.59	2:43.49		
33.95	36.89	50 Fly	34.69	38.19	1:18.39	1:26.19	100 Breast	1:16.89	1:24.59		
1:15.09	1:22.59	100 Fly	1:19.99	1:27.99	2:49.59	3:06.59	200 Breast	2:48.59	3:05.49		
1:13.09	1:20.89	100 IM	1:16.59	1:24.29	1:08.29	1:15.19	100 Fly	1:10.39	1:07.49		
2:38.09	2:53.89	200 IM	2:47.09	3:03.79	2:39.89	2:55.89	200 Fly	2:43.99	3:00.39		
2:05.49	2:18.09	200 F.R.	2:07.79	2:20.59	2:27.39	2:42.19	200 IM	2:25.99	2:40.59		
4:43.49	5:00.89	400 F.R.	4:32.39	4:59.69	5:24.19	5:56.69	400 IM	5:19.99	5:51.99		
2:26.49	2:41.19	200 M.R.	2:21.69	2:35.89	2:00.19	2:32.19	200 F.R.	1:49.89	2:00.89		
5:23.49	5:55.79	400 M.R.	5:08.49	5:39.29	4:18.49	4:44.39	400 F.R.	3:59.89	4:23.59		
					9:27.19	10:23.89	800 F.R.	9:02.99	9:57.29		
					2:17.79	2:31.59	200 M.R.	2:10.89	2:23.99		
					4:54.29	5:23.69	400 M.R.	4:46.79	5:15.49		

## 2001 OREGON SWIMMING MINI-EXPO OCTOBER 5-7, 2001 LAKE OSWEGO, OR

Crowne Plaza Hotel, 14811 Kruse Oaks Blvd, Lake Oswego

### Friday, October 5

**5:00pm - 9:00PM** Safety Training for Swim Coaches  
Crowne Plaza Hotel pool

### Saturday, October 6

#### **Coaches Clinics –Tentative line-up**

Featuring

8:00AM - 8:30 AM - Check in & late registration

8:30AM - 10:00 AM – Eddie Reese - Seasonal planning and set design

10:00AM - 10:15 AM - break

10:15AM - 11:30 PM – Eddie Reese - Taper

11:30AM - 1:30 PM - lunch break

1:30PM - 3:00 PM – Paul Stafford

3:00PM - 7:00 PM - break

7:00PM - 9:00 PM - OSCA meeting

#### **Officials Clinics**

Schedule

**12:45PM -1:30PM** General meeting for all clinic attendees  
Ron van Pool Program Operations Vice President of USA Swimming will be attending

**1:30PM - 4:00PM** Breakout to Separate Clinics

- Stroke & Turn - for the beginning deck official
- Starter – for officials who have been certified as S & T for one year or more
- Referee – for officials who have been certified as Starter for one year or more
- Meet Director – no prerequisites
- Electronic Timing – no prerequisites

**Note:** There is no charge or membership requirement for the clinics. Attendees not already members of USA Swimming must join prior to beginning on-deck training. Clinics run concurrently, therefore you may attend only one clinic.

#### **Parents Meeting**

8:30AM - 12:00PM Session 1 - 12 and Under swimming parents

1:00PM – 4:30PM Session 2 - 13 and Over swimming Parents

#### **Athlete Swim Camp**

9:00 – 2:00PM – Lake Oswego High School Pool  
**Amanda Beard** will be attending. (tentative) Cost is \$20.00 per athlete. Camp is open to the first 50 athletes. Athletes have to be registered with Oregon Swimming.

### Sunday, October 7

#### **ASCA level II clinic CANCELLED**

#### **Oregon Swimming House of Delegates meeting**

**8:30-9:00AM:** House of Delegates check-in

**9:00AM-3:00PM:** Oregon Swimming House of Delegates meeting

Each member club of OSI is required to send a representative to this meeting. Eastern Oregon District and Cascade East League may elect one delegate to represent their respective clubs. The Chair will determine the timing of a lunch break, if needed.

If you have legislation items for this meeting, please submit them to the OSI office 30 days prior to the meeting.

#### **3:00PM- CBSL Meeting**

Each CBSL member club must be represented

**REGISTRATION FORM**  
**2001 Oregon Swimming Mini-Expo**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Athlete Registration number** \_\_\_\_\_

I wish to attend the Safety Training for Swim Coaches, \$25.00 fee is included

I am a coach member of Oregon Swimming and will be attending the clinics on Saturday, October 5, 2001. I have enclosed a check for \$25.00 to cover the pre-registration fee.

I am not a coach member of Oregon Swimming and will be attending the Coaches clinics on Saturday, October 6, 2001. I have enclosed a check for \$30.00 to cover the pre-registration fee.

**NOTE: Pre-registrations must be received at the OSI office by Thursday, October 4, 2001. Registrations at the door are \$30.00 for OSCA Members and \$35.00 for non-members**

Athlete Swim Camp – \$20.00 fee is included.

Parent Session 1 – no fee

Parent Session 2 – no fee

As an official or prospective official I wish to attend the clinic checked below. No fee

Stroke & Turn

Starter

Referee

Meet Director

Electronic Timing

**Send this form to: Oregon Swimming, 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221**

**\*Officials may FAX the form to 503-297-8498**

**Oregon Swimming, Inc. 1750 SW Skyline Blvd. Suite 103, Portland, OR 97221-2545**

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