



AQUA-MASTER

VOL. 10 No. 3 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Dec. 1983

Arthur H. Smith, Chairman
Oregon Masters Swimming
6225 S.W. Canyon Ct.
Portland, Oregon 97221
Bus. - 297-8065

Vice Chairman - Jim Bigler
Secretary - Sandi Rousseau
Treasurer - Roy Abramowitz
Past Chairman - Earl Walter
Records - Pat Caudill
Aqua-Master - Ginger Pierson
Social Chrmn. - Jayne Chastain
Membership - Nancy McKenzie

Connie Wilson, Admin. Chrmn.
Oregon Masters Swimming
8383 S.E. Battin Road #1
Portland, Oregon 97226
Home - 771-1663

MASTERS SWIMMING CHAMPIONSHIPS

COUNTDOWN TO NEW ZEALAND

Several items of importance relative to this exciting trip. Reserved space is going fast!!! Heather Egan, our travel agent, tells me there are only 10 seats left of the block she has reserved. IF YOU ARE INTERESTED, CALL HER AND GET YOUR DEPOSIT IN NOW. If more than 10 respond, she will try to book more seats. REMEMBER, this flight originates in Los Angeles and the southern Californians will be booking all the seats. Plus, everyone going from the East will be connecting to the same flight.

PASSPORTS - Don't wait until the last minute because they take time to process. Do it now. For New Zealand and Fiji, a passport is all you need. For Australia and many of the other South Pacific countries you will need a visa. Check with Heather on how to get this done. (Post offices have applications too.)

FIJI - Due to low interest thus far, this option will be cancelled unless those of you with interest step forward quickly. December 15 is the DEADLINE. Heather will have to cancel this option at that time if there is not enough interest.

RELAYS - If you want to swim on a relay, contact Sandi Rousseau or Ginger Pierson. Relay entries will go on one form, so let them know if you are available. We must register before February so hurry (no deck entries).

QUESTIONS??? Call Heather Egan at Imperial Travel, 224-8300 or Connie Wilson at 771-1663. If out of Oregon, call Heather at (800) 547-6310.

From Connie

QUEEN ELIZABETH II POOL
CHRISTCHURCH, NEW ZEALAND
24-28 APRIL 1984

-RESULTS
V.O.T. "Hold a World Record Meet"

In spite of all the efforts of the U.S.M.s. to impede the holding of this meet, good won out over evil, and early on the morning of 11-6-83 the hard core; looking for a good time; not too interested in swimming participants, successfully shattered and or bettered all of the then known world records.

Suprisingly enough, the meet went very smoothly: all of the things you would expect and some you couldn't imagine took place. Dale and Vern couldn't leave each other alone, so we separated them - made them go stand in their respective corners. Greg Tyree filled in for an absent participant who's initials are L.J., and proceeded to swim one lap butterfly - which I still find hard to believe. I never realized if you drank all of the water in front of you, it makes stroke recovery much easier - nice technique Greg! Little Bobby Moss set a record for the most relays swum - 26. Having entered his wife(a non competitor)without her knowledge - he was forced to fill in, swimming all of his and her events and then some.

We had one relay which could only have been classified as exhibitionist. A world record was set for the most laps completed with a swim suit down around the ankles. Louise Hepner was busy taking derrier inventory, while Brett Arvidson was busy exposing his inventory. We're still not certain if he's out of inventory. If you've never been mooned, you should have been the turn judge. It was so heart warming to see Barbara and Brian Frid stuffed into a swim cap(they won the event). The problem was we couldn't get them out; isn't that sweet folks.

The next to the final event of the day was the infamous carbo relay. There were 4 teams of eight participants each(do you know how many pancakes that is?) The race was thrilling: some people are pretty good swimmers but not very good carbo loaders, others can't swim worth a darn but sure can load those carbos. Needless to say, the event was climaxed by the #1 and #2 teams going "stubby" to "stubby" to the last members - to set the scene - There I was, on the blocks preparing to anchor our relay; we have a slight lead. I look to my left and fear strikes at my gut, for who is my opponent but that carbo loading expert(and not too bad a swimmer) Vern Dasch. My teammate touches first; I sprint for the end of the pool, knowing V.D.

is gaining. I reach the end and grab frantically for my carbos. At this time it becomes apparent that training for a carbo relay doesn't involve swimming. I consumed my carbos with gusto - since you only go around once - and made ready my departure for the other end of the pool. I had him (guess Vern hasn't been training hard enough)! V.D. was still sucking on his carbos, as I triumphantly pushed off and made for the other end finishing a finger tip ahead of a hard charging Dasch. Some question was raised as to the number of participants on the winning relay, but gosh, we couldn't cheat!

Needless to say, after the meet everyone split for the party, then split for the hot tub, then split for "Who Song and Larry's", then split for who knows where?

There may never be another meet like this since the certification committee in Humptulips, Washington has said we went too far - everything was o.k. until Smith flip turned - apparently that broke all the rules - come on Art, get your act together.

I would like to thank everyone for being such good sports and hope fun was had by all..

Anonymous meet director,

Guess Who?



LONG DISTANCE Short Course MASTERS Meet
at Lake Oswego
(New Wave)

DATE: Saturday Jan 7, 1984 Warmups 12:00 noon Starts 12:30PM

ENTRY DUE: Postmarked no later than Dec 29, 1983 (remember Xmas mail rush!), or in the hot hands of Bob Smith before Jan 5.
Absolutely no deck entries allowed.

EVENTS/SEEDING: 400 IM first then 1650 freestyle. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST, without regard to age or sex. The 400 IM will be automatically seeded. The 1650 free will be deck seeded so please check in as soon as you arrive. After your heat is seeded, please claim your event card when announced. Meet director reserves the right to seed a swimmer in a last special heat if necessary.

TIMING AND LAP COUNTING: Each swimmer must provide someone to count their laps for the 1650. Split times will be recorded. Timing will also be electronic.

POOL: Lake Oswego High School Pool, 2400 SW Hazel Rd, Lake Oswego: 8 lanes, fast pool. Pool phone 636-4617. Take 217 to Boones Ferry, left, then 1 mile north take right onto Country Club Road, 1/4 mile then school is located on north side of Country Club Road.

SANCTION BY: USMS, Inc. and LMSC for Oregon Association

AWARDS: 1st-3rd, Pay for them as you win them (\$1.50).

PARTY: Afterward let's go to Susan's house! (maps at meet) FEE \$2.50
Rittenhouse

ENTRY FEE: Fee for all events will be = \$4.00
Make checks payable to OREGON MASTERS SWIMMING total = _____
Mail to: Bob Smith, 18476 Timbergrove Ct, Lake Oswego, OR 97034

QUESTIONS: Jayne Chastain 639-4034 Bob Smith 639-4505

Name _____ Age (on 1-7-84) _____ M or F

Address _____ phone _____

USMS # (1983 or 1984 number or explain) _____ - _____ Assn _____

Time = _____ 400 Yard Individual Medley

10 minute break

Time = _____ 1650 Yard Freestyle

RELEASE: As a condition on my entry, I, the undersigned, hereby absolve any sponsoring body and/or any officiating individual from any claim for loss or injury incurred by me at this meet.
signed: _____ date _____

HOW TO SWIM YOUR BEST 400 IM & 1650 FREE EVENTS
by Bob Smith

These events are the best and purest forms of evaluating your aerobic conditioning. A swimmer in an aerobic event gains their energy from the air breathed, blood pumped and delivered to the local muscles during the event. The 400 IM requires about 75% energy from aerobic/cardiovascular abilities. The other 25% comes from energy stored in your body before the event and repaying the energy debt after you finish. The 1650 freestyle requires 95% aerobic energy.

Measuring yourself aerobically is important since life and therefore health is mostly an aerobic event. Even sprinters should enter these events. I have optimized my body and training regime to hold national records in the 50 free and 100 IM sprint events but this helps me little in aerobic events. Evidently conditioning and not technique is more important since I've been trying vainly for 10 years to get in the top 10 in the 400 IM. Nevertheless I'll keep trying for a personal record and I'll record my times in my diary for comparison in later life.

In general, aerobic training involves multiple swim sets of at least 10 minutes duration, each repeat should be 1/4 to 1/2 the race distance with rest periods never exceeding 60 seconds, heart rates and swim speeds of at least 80 % of maximum or race time for the distance with major emphasis on the average time for the repeat set. This usually means longer yardage with swim times perhaps 5 to 10 times longer than rest times.

400 IM TECHNIQUES- The best IM swimmers will consider it a stroke in itself with their total workout yardage fairly evenly divided among the 4 strokes. Your training should be 75 % aerobic with many stroke changes. In a race never totally exhaust yourself in one stroke but always push your weak strokes and ease off in your best strokes. In general start slow and build up throughout the race until the final 50 all out sprint. Warmup very well emphasizing the breaststroke rhythm since this is a key stroke. Always concentrate on your stroke transitions and establish yourself quickly in the new stroke.

1650 FREE TECHNIQUES- The best distance swimmers are masters of pacing themselves. They can judge pace to within .5 seconds per 100 split. World records are broken by pacing workouts and planning splits well in advance. Your training should be 95% aerobic with emphasis on pacing. Slowdown/speedup splits are very energy wasteful, always stay at your maximum constant velocity throughout the race til the final sprint. Stroke emphasis is on the pull with a rather long circuitous pattern with de-emphasis on leg kick using perhaps 1 kick per arm stroke.

The best time to swim these events will be at Lake Oswego on Jan 7, 1984 since its a fast pool and a quick meet without the distraction of swimming other events later.

DECEMBER HAPPY BIRTHDAYS

Linda Hope	Dec. 3	Mark Worden	13	Steven Barrett	22
Riley King	4	Rosamond Cheney	14	Robin Durant	22
Steven Simpson	4	Linda Kammerman	17	Carol Manning	23
Bert Petersen	6	John Ratliff	17	Connie Correia	24
Keith Finzer	8	Charles Swanson	17	Perry Sloop	25
Jim Hutcheson	10	Dale Vaughn	18	Robert Brown	28
Debra Kuehne	11	Carolyn Wood	18	Arthur Larsen	29
Even Evensen	12	Art Hanlon	21	Bruce Thompson	29
				Tom Kelly	31

Happy

Birthday

Never in the Right Place at the Right Time - UNTIL NOW !!!

In 1954 a young man asked the coach of a Canadian Age Group Swim team if he could try out for the team. He was turned down. The coach was George Gates, later to be Canada's Olympic Coach and the swimmer was Bert Petersen, now age 45 and swimming for Mt. Hood Masters. With perserverance and the help of another Master, Jerry MacNamee(45-49 Trojan Masters in Los Angeles), Bert was able to try-out; gasping through a 100 yard freestyle, the farthest he had ever swum until then.

Seven months later the young Canadian from Ocean Falls, B.C. broke his first of many Canadian records in butterfly - the 40 yard. Four months later he became the first Canadian to ever break a minute in 100 yards butterfly. In 1956, he went to Long Beach City College and established national J.C. records in the 100 and 200 butterfly as well as breaking Joe Verdeur's long held 200 butterfly A.A.U - U.S.A. record.

1957-58 found Bert at Ohio State where he swam for Coach Mike Peppe - in the shadow of world record holder Al Wiggins. Coming back to Canada in 1959, Bert never really swam seriously again - a short "out of shape" season in 1960 for University of British Columbia and then . . . oblivion, for 23 years.

Now - to explain our title. In 1954, the British Empire Games were unknown to the young non-swimmer and in 1955 the Pan American Games required a 200 meter man - not 40 yards. By 1956, the Olympic team from Canada would have welcomed the 6th fastest butterflyer in the world but he was surfen' U.S.A. and did not attend the finals. Finally ready for international competition, Bert saw 1957 come and go with no major meets abroad. In 1958, he attended the Canadian British Empire Games trials - as a winner. Unfortunately, the team could only afford one swimmer per event and once again the boat was missed.

1984 could be the year of the comeback for Bert. He is only 1.6 seconds away from the National Record in the 50 fly and 4.4 seconds away in the 100. He should be ranked in the top 3 in the U.S.A. in these events this year.

Isn't it great that in Masters Swimming, one never has to say "it's now or never!"

QUIPS AND QUOTES

Anyone swimming in a meet out of the Oregon Association needs to send Earl the results for update on any records and best times.

Come on Folks! Send those PR's (your own personal short course and long course best) to Earl Walter: 3904 S.W. 57th. Ave., Portland, Oregon 97221. It will sure make his job a lot easier.

NEW ZEALAND - Now is the time to get your \$100.00 deposit in for air reservation. Also, if you'd like to swim on a relay, contact Sandi Rousseau(642-3679) or Ginger Pierson(206 254-2536 H or 206 256-6065 B) NOW!

Oregon Masters Swimming has a downhill/crosscountry ski weekend planned for February 18-19-20 in Sun River. Keep your eyes and ears open for more details.

Keep sendin in STORIES and PICTURES - we're interested. (Send to Ginger Pierson 14218 N.E. 14th. St., Vancouver, Wa. 98664)

NATIONAL CONVENTION UPDATE - 1. The 20-25 age group will be officially recognized at the national meets beginning in 1985. Come on kids, start trainin' again.
2. Bert Petersen - responsible for National top 20 relays listings. Earl Walter - responsible for National Championship results. Connie Wilson - Registration committee and others. Arthur Smith - Marketing Committee chairperson.

202 Swimmers! Only 1 from Oregon - On November 19 and 20, Bert Petersen swam in Seattle(Rainier Valley) in the 40-44 age group for the second to last time. And he his going out with a lot of steam! 50 Breast- 33.3 personal record; 400 I.M.- 5:31.96 Oregon Association Record; 200 Breast- 2:52.37 Oregon Association Record; 100 Breast- 1:16.66 Nothin'! Way to go B E R T ! (Just keep goin')

We enjoyed you on P.M. Magazine(T.V.) Collie Wheeler. You were great. Send us a story - autographed even.

SOME ADVANTAGES TO SWIMMING by Bert Petersen

1. The athletes' foot on my left foot now has company - my right!
2. If my hands get dirty, I don't have to wash - goin' swimmin' later, anyway.
3. The house hot water bill has decreased for some reason.
4. Pimples do not thrive on chlorinated skin.
5. Hair messy? Hey, I was just swimming - what do you expect?!
6. Sorry Honey - can't cut the lawn right now - you know I always workout at this time!
7. Ear infections are easier to treat than sedentary heart attacks - so they say.
8. Now, if I say I'm too tired or have a headache - IT'S TRUE!



LEWIS AND CLARK MEET

This will be the first full meet of the 1984 season and IT WILL BE SPECIAL!! Every event - A great pool we have not used before. This pool has 8 lanes and was the site of one of the NAIA National Championships. The meet will be staffed by the L & C swim team and students from a swimming officiation class. It should be excellent. SPECIAL AWARDS!!! INDIVIDUAL TROPHIES FOR 1st, 2nd and 3rd place in each age group. Same cost as usual.

This will be the first meet that I have promoted in several years and I hope that it will be tops. BE THERE!!!

Connie Wilson

AQUA IRONPERSON TRIATHLON - National postal entry, sponsored by Raleigh Masters

Oregon Masters Participatin:

Women: Age 45-49:	Nadine Whitehall	1st
	Nona Hanan	4th
55-59:	Margaret Wells	7th
60-64:	Elfie Stevenin	3rd
70-74:	Hazel Bressie	4th
Men : Age 40-44:	Ralph Mohr	4th

At the October 15 Oregon Swimming Meeting, Elfie Stevenin was elected Columbia Basin Swim League Secretary-Treasurer besides already holding the job of Record Chairwoman. The CBSL serves 45 Oregon Age Group Swim Teams. Congratulations!



The Oregon Masters Swimming has a member by the name of Joe Bilbao. Joe is 57 years young, has lived in Portland since 1960 and joined Masters Swimming the Spring of 1983. He has participated in the Master's Region CII S/C Championship Meet in April in Portland, the Masters L/C meet in June in Corvallis, the First Annual Multisport Senior Sports Festival in June, Eugene and the Vancouver Old Timers Meet in November in Vancouver, WA. Joe is looking forward to the coming '83 - '84 Masters Short Course season.

With even greater anticipation, Joe is also looking forward to the 1984 N.W.A.A. (National Wheelchair Athletic Association). The N.W.A.A., established in 1959, is dedicated to the organization and development of all wheelchair sports in the U.S. to serve the interest of the physically disabled in competitive athletics. You see, Joe is a paraplegic from polio when he was 17 years old in Tarrytown, N.Y.

The N.W.A.A. hosts annual games regionally (each May), nationally (each June) and internationally (each July). In 1983, they were held at Mt. Hood Community College in Gresham, Oregon; Honolulu, Hawaii and Stokes, Manville, England. The 1984 sites are to be announced. Sports other than swimming sanctioned by the N.W.A.A. include weight lifting, table tennis, fencing, track and field, archery and air weapons.

Some of you may know Joe from the meets or from THPRD pool on Walker Road in Beaverton where he strives to supercede the form that put him in the group that has swum the TappanZee e.g., the widest part of the Hudson River. Joe says he swims for fun, fitness, recreation as well as for personal growth and that Masters Swimming helps bring this about. To which Aqua-Master says, "Ah-Men".



1984 UNITED STATES MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS
(postal)

SANCTIONED BY: Masters Long Distance Swimming Committee and Potomac Valley Masters Swimming Committee, Sanction Number PV84-1.

SPONSORED BY: The D.C Masters Swim Team (Washington, DC)

LOCATION and TIME: Any pool 25 yards in length or longer and anytime during January 1984.

ELIGIBILITY: Any registered U.S. Master athlete or Master athlete registered with a similar body in his/her own country.

AGE GROUPS: Individual: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 and above, for both men and women.

Team: A team is composed of three swimmers in the following age groups: 19+, 25+, 35+, 45+, 55+ 65+ and 75+ for men and women. The youngest member determines the age of the team. No unattached or mixed sex teams allowed. All team members must be members of the same registered Club or Swimming Team. Swimmers in the younger age groups should note that if you register as a Master and swim in a Masters meet you are not eligible for U.S. Swimming (amateur) competition.

AWARDS: Individual: US Masters Championship Medals will be awarded to the first ten place winners in each age group and sex. Team: Each member of the first three teams in each age group and sex will be awarded US Masters Championship medals.

EVENT: The object of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner, the person swimming second farthest will be awarded second place, etc. If two or more swimmers complete the same distance, a tie will be declared. Long Distance Swim Committee rules require a starter/referee be present and you have a verifier to count your lengths, record your splits and time the event with a stop watch. He/she must sign the Official Entry Form. Round all distances to the nearest completed five yard increment (i.e. if you swim 2763 yards, round down to 2760 and enter 2760 on the form).

The team entry is composed of three swimmers; the team with the highest combined total of yardage for the three swimmers distances shall be declared the winner.

ENTRY FEES: Individual event \$4.00 per swimmer. Team Entry, \$6.00 per team. Entry fee includes mailing a copy of the results to you. Foreign entrants: submit U.S. funds via international money order or a bank check drawn on a bank with a US affiliate. Foreign personal checks cannot be accepted because we are now charged \$4 for each overseas or Canadian check we deposit. U.S. cash accepted, but mail it at your own risk. Make checks payable to DC Masters.

ENTRY: Complete Official Entry Form and mail form and fees (payable to DC Masters) to
Arthur Smith Phone: (703) 759-2211
337 Chesapeake Drive
Great Falls, Va 22066

ENTRY DUE DATE IS FEBRUARY 15, 1984.

TEAM ENTRIES: Submit a 3X5 card for each team entered, containing information as shown, and in the format as shown below. PLEASE PRINT!!!

Note: For teams, please print first and last names of swimmers because of similarities of names.

Team Name	Total Yardage
Age group of Team (19+, 25+ etc)	Sex (M or F)
1. Swimmer # 1, age	distance
2. Swimmer # 2, age	distance
3. Swimmer # 3, age	distance

Note: For team entries, your MUST use the same name for your team as the swimmers use on their individual entries.

No mixed sex teams.

You MUST enter the individual swim if you want to swim on a team. Team cards listing unattached swimmers or swimmers who did not enter the individual competition will be disqualified. You may only swim on one team, i.e. your name and distance may only be used once. Multiple team entries from a single Club (i.e "A", "B", "C", "D" etc.) in a given age group is permitted.

1984 U.S. MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS OFFICIAL ENTRY FORM

LAST NAME, FIRST NAME PLEASE PRINT! AGE _____

STREET ADDRESS

CITY AND STATE (AND COUNTRY IF NON-USA) ZIP CODE _____

AGE GROUP CODES:

SEX	AGE GROUP	A 25-29	D 40-44	G 55-59	J 70-74	M 85-89
M or F	CODE	B 30-34	E 45-49	H 60-64	K 75-79	N 90 & up
		C 35-39	F 50-54	I 65-69	L 80-84	X 19-24

DISTANCE SWUM IN YARDS
(If pool was in meters, multiply meters swum by 1.0936, round down to nearest 5 yard increment, and enter yards)

PRINT the name of your team or print "unattached". If left blank you will be entered unattached.

()
telephone number in case we have questions about your entry.

team code- leave blank

Country Code (leave blank)

Entry fee \$4.00; includes results. No foreign personal checks accepted. Use bank checks from a bank with a US affiliate or bank money order.

Masters registration number. Use 1983 number if 1984 number is not yet issued.

All swims must be done during January 1984. Entries must be postmarked by February 2, 1984 and received by February 15, 1984. If you want a receipt for your entry, enclose a self-addressed postcard. Mail form and fees to Arthur Smith, 337 Chesapeake Dr., Great Falls, Va 22066. Foreign receipts: add 50 cents for postage. We urge all foreign swimmers to send their entries AIR MAIL. Surface from Europe, the UK etc. takes 14-21 days. Don't send lap counts or splits; just send this Entry Form.

CERTIFICATION: I CERTIFY THAT ON _____ I SWAM _____ YARDS
date of your swim distance swum
(round distance down to nearest 5 yard increment)

IN ONE HOUR.

signature of swimmer
(required)

signature of verifier
(required)

NO ENTRIES ACCEPTED WITHOUT THIS FORM. Photocopies are acceptable. Verifier and swimmer must sign above certification. Currently, National Masters does not permit distance adjustment for swims at altitude. Enter only what you swim.

Dual Entries: You may enter twice if you change age groups during the month. To enter twice, you must swim it twice, once at your younger age, once at your older age. Otherwise only one entry per person.

Results take 45 days to compile, print and mail. Please be patient. Thank you.

*****YOU MUST SUBMIT THIS OFFICIAL FORM OR A PHOTOCOPY*****

1983 - 1984 MEET SCHEDULE

SHORT COURSE

January 7	Lake Oswego 1650 Free/ 400 I.M. Meet	Jayne Chastain
January 22	Lewis and Clark College, Portland Regular Meet	Connie Wilson
January 27,28 (Fri., Sat.)	Sawtooth Masters, Boise, Idaho (snow skiin- after meet)	Richard Cooke
March 3,4	Newberg, Oregon 1650, 400 I.M. and Regular Meet	Jim McMaster
March 30, 31 April 1	Association Championships Corvallis, Oregon	Mark Worden
April 24-28	1st International Masters Swimming Championships Christchurch, New Zealand	
May 4,5,6	Regional Championships R.N.A. Washington	Kiko Kimura
May 26-29	National Short Course Championships Industry Hills, California	

LONG COURSE

June	Mountain Park, Portland, Oregon 1500, 400 I.M. a.m., Regular meet p.m.
July	P.N.A. Washington
August	Regional Championships, Mt. Hood C.C., Gresham, Oregon 1500, 400 I.M. Fri., Balance on Sat. & Sun.
August 10-11-12	National Long Course Championships Raleigh, North Carolina

IT is time to register for 1984!

UNITED STATES MASTERS SWIMMING, INC.
MEMBERSHIP APPLICATION FORM FOR 1984

*This is the last Aqua Master until
you re-register*



PLEASE PRINT OR TYPE INFORMATION — THANK YOU

last name	first name	middle	date mo. day yr. / /
street address		phone ()	sex age birth date mo. day yr / /
city	state	zip	club name — Oregon Masters Swimming

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters swim Committee listed below.

signature:

Name of
Local Group

MAKE CHECK PAYABLE TO: OREGON MASTERS SWIMMING

FEES:

Send to Local Masters
Sports Committee:
Connie Wilson, Reg. Chrm.
OREGON MASTERS SWIMMING
8383 S.E. Battin Rd. #1
Portland, OR 97266

Registration (\$8.00) _____
Newsletter (\$5.00) _____
TOTAL \$ _____

Special recognition and thanks goes to Jean Kinsey-Lee
for typing the meet results.

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

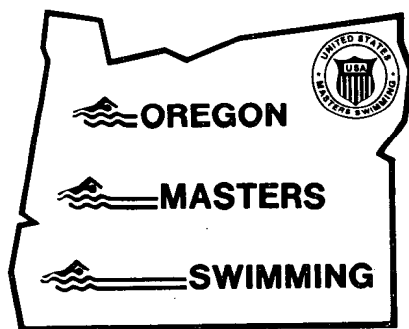
223-3137

For your PRINTING and OFFICE SUPPLY needs call

STEVENS-NESS LAW PUBLISHING CO.

the courtesy of sometime swimmer Jim Snow and

This issue of your AQUAMASTER was donated through



Connie Wilson
8383 S.E. Battin Road #1
Portland, Oregon 97226

first class mail