



# AQUA-MASTER

VOL. 11 No. 4 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Jan. 1984

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

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Secretary - Sandi Rousseau  
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Records - Earl Walter  
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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

The 1983 Swim Cellar Pentathlon hosted the first NEWCOMER addition to a meet. Sixteen(16) "wet hopefuls" dazzled us all with their splashing performance. For some, it was a real First into the competitive world. For others, it was a return to "an ol' familiar hole."

Congratulations on your fine performance and welcome to Oregon Masters Swimming: ~

Gary Beckley

Henry James

Pat Bieze

Sally McEwen

Robert Burns

Marcia Mueller

Dennis Fewell

Mary O'neil

John Gustafson

Wendy Sims

Gene Henschel

Debbie Timmins

David Hoffman

Kevin Watkins

Mary Ellen Hunsicker

Woody Woodwill

*Thanks to all who helped with  
this portion of the meet.*

# JANUARY HAPPY BIRTHDAYS

Mirjana Callahan	1	Bonnie Moore	16
Carol Dewel	1	Susan Rieborough	17
Walter Hess	1	Nancy Birch	19
Milton Russell	1	Art Brugger	19
Lavelle Stoinoff	2	David Mascal	19
Robert Loverin	3	Bev Vogt	19
Jim Kesselring	5	Robin Peck	20
Bev Steidle	6	Fred Koudele	21
Jeanne Kennett	8	Doug Kastner	23
James Thomas McCleery	10	Dennis Moore	24
Matt Rotter	11	Vickie Moore	25
Dennis Moore	14	Janet Moore	26
Hazel Bressie	15	Peggy Ensign	27
Boo Hartung	15	Wilson Brooks	27
Scott Othus	15	Bob Moss	30
Ralph Wright	15	Carol Erickson	31
Brett Arvidson	16	David Frid	31

# Happy

Quips and Quotes

# Birthday

Congratualtions to Roy and Linda Lambert on the birth of their new SON: born December 8; weighs 8' 4"; first words: wah wah(a potential swimmer?)

\*\*\*\*\*

At the O.M.S. annual meeting held December 3, two board positions were elected into office. Roy Watters of Vancouver will represent us as our Vice President and Roy Abramowitz will sere a second term as Treasurer. Welcome aboard!

\*\*\*\*\*

Congratualtions to Bob Neeham on the opening of his new law office. He is located in the Pacific Building in downtown Portland.

\*\*\*\*\*

Survival of the Fittest - a 'Dangered Species

# CRASH!

Dale Vaughn is recovering from a skiing accident with Vern Dasch. They're both fine now - best wishes. (Whatever made them think they could make that jump on skis - even Evil Knievel didn't make it in a jet!)

SWIM MEET ENTRY FORM, SAWTOOTH MASTERS SWIM MEET

HELD UNDER THE SANCTION OF USMS INC. - 25 YARD SHORT COURSE

DATE: Jan. 27/28, 1984 (Fri./Sat.)

WARMUP: Fri 5 P.M., MEET: 6 P.M.

PLACE: Boise YMCA

WARMUP: Sat 8 A.M., MEET: 9 A.M.

1050 State Street

MEET DIRECTOR: Ursula Fearon

Boise, ID 83702

6615 Holiday Drive

HOSTED BY: Sawtooth Masters

Boise, ID 83709

Phone: 208-375-7206

ENTRY DEADLINE: Jan. 18, 1983 (Late entries will not be seeded)

NAME \_\_\_\_\_ M \_\_\_\_\_ OR F \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ USMS# \_\_\_\_\_ TEAM \_\_\_\_\_ OR UNATTACHED \_\_\_\_\_

AGE GROUP: (Circle one) 20-24 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+

Entries limited to 5 events plus relays. Circle the events you wish to enter and fill in the best time or an estimated time. Meet will be seeded slow heat first except the 1650 Freestyle. \*\*\*ENTER RELAYS AT THE MEET\*\*\*

	TIME		TIME
FRIDAY, JAN. 27		10. 200 Freestyle Relay	
1. 400 I.M.	_____	11. 100 I.M.	_____
2. 1650 Freestyle	_____	12. 100 Butterfly	_____
SATURDAY, JAN. 28		13. 200 Breaststroke	_____
3. 200 Medley Relay	_____	14. 100 Backstroke	_____
4. 200 Backstroke	_____	15. 50 Freestyle	_____
5. 50 Breaststroke	_____	16. 200 I.M.	_____
6. 100 Freestyle	_____	17. 50 Butterfly	_____
7. 200 Butterfly	_____	18. 100 Breaststroke	_____
8. 50 Backstroke	_____	19. Mixed Medley Relay	_____
9. 200 Freestyle	_____	20. 500 Freestyle	_____

ENTRY FEE: Surcharge Per Swimmer \$3.50

Amount enclosed \$3.50

Payable to: Sawtooth Masters

SEND ENTRY & PAYMENT TO:

(checks payable to Sawtooth Masters)

Sawtooth Masters Swim Club

c/o Ursula Fearon

6615 Holiday Drive

Boise, Idaho 83709

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of first day of the meet.

RULES: Current USMS rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the Sawtooth Masters Swim Club, Boise YMCA, and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said Sawtooth Masters Swim Meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED \_\_\_\_\_

Nov. 17, 1983

TO: Region 12 Masters Swim Clubs

FROM: Richard E. Cooke, Chairman  
Sawtooth Masters Swimming  
1915 W. State Street  
Boise, Idaho 83702

Dear Swimmer,

Your are cordially invited to attend our first Masters Swim Meet in Boise, Idaho. The swim meet is designed to start on Friday evening and run through mid-day on Saturday. This will allow people to coordinate a Saturday evening and Sunday skiing weekend with the swim meet if they so desire. Brochures are being obtained from Bogus Basin Ski Association for distribution to all interested parties. If you want to know more about the ski information, please contact me at the above address or the meet director. We'll be happy to forward information to you.

If you have not been to the Boise YMCA pool, it is a 25 yard, 6 lane pool with good starting blocks, timers, etc. The spectator area, locker room, and other support facilities are of very good quality.

There are motel and hotel accommodations within walking distance of the YMCA. If anyone needs reservations or additional lodging information, feel free to contact us. We will forward information to you. Lodging should be no particular problem that weekend.

We are also sending an invitation to the Salt Lake Area swimmers. We may get some competition from swimmers in the other region. We'll be looking forward to having a good representation from region 12 to our first swim meet. Please let us know as soon as possible the approximate number of people coming so we can make the necessary logistic arrangements.

*Host lodging available  
(contact Ginger Pierson)*

OREGON MASTERS SWIMMING MEET - ENTRY FORM  
 SANCTIONED BY USMS, INC. and LMSC for Oregon Assn

**NO LATE  
 ENTRIES  
 ACCEPTED!**

DATE Sunday, Jan. 22, 1984  
 PLACE Lewis & Clark College  
 HOSTED BY Lewis & Clark College  
 ENTRY DEADLINE Tue., Jan. 17, 1984

WARM UPS : Events 1-2 7:30 AM Meets Starts 8:15 AM  
 WARM UPS : Events 3-21 12:15 PM Meets Starts 1:00 PM

MEET DIRECTOR- Gary Emblen  
 Address Lewis & Clark College  
 Athletic Dept.  
 Portland, OR 97219  
 (503) 244-6161, ext. 452

Directions to Pool : From the south: I-5, take Exit 297 to Terwilliger Blvd. Follow Terwilliger thru 2 lights. Just after 2nd light leave Terwilliger on Palater Rd. L&C is just around the bend on the left. Park in lot next to track & football stadium. Pool is on far side of Gym. Coming from the North, also take Exit 297, cross bridge over I-5 and follow directions above.

Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ USMS # \_\_\_\_\_ TEAM \_\_\_\_\_ Unat \_\_\_\_\_

AGE GROUP (Circle One) 20-24 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 Plus

You are limited to a maximum of 5 individual events, plus 4 relays. Circle the events you wish to enter, fill in your best time or estimated time. Meet will be seeded fast heat first.

Events

CO-ED : Best Time

1 \_\_\_\_\_ 400 Ind Med \_\_\_\_\_

BREAK 2 \_\_\_\_\_ 1650 Free \_\_\_\_\_

3 \_\_\_\_\_ 100 Ind Med \_\_\_\_\_

10 Minute Break

4 \_\_\_\_\_ 200 Mxd Med Rel XXXXXX

5 \_\_\_\_\_ 200 Breast \_\_\_\_\_

6 \_\_\_\_\_ 100 Free \_\_\_\_\_

7 \_\_\_\_\_ 200 Back \_\_\_\_\_

8 \_\_\_\_\_ 50 Fly \_\_\_\_\_

9 \_\_\_\_\_ 50 Breast \_\_\_\_\_

10 \_\_\_\_\_ 200 Free \_\_\_\_\_

11 \_\_\_\_\_ 200 Ind Med \_\_\_\_\_

Events

Best Time

12 \_\_\_\_\_ 200 Mixed Free Relay XXXXXX

13 \_\_\_\_\_ 200 Fly \_\_\_\_\_

14 \_\_\_\_\_ 100 Back \_\_\_\_\_

15 \_\_\_\_\_ 50 Free \_\_\_\_\_

16 \_\_\_\_\_ 100 Breast \_\_\_\_\_

17 \_\_\_\_\_ 100 Fly \_\_\_\_\_

18 \_\_\_\_\_ 50 Back \_\_\_\_\_

19 \_\_\_\_\_ 200 Medley Relay XXXXXX

20 \_\_\_\_\_ 500 Free \_\_\_\_\_

21 \_\_\_\_\_ 200 Free Relay XXXXXX

ENTER RELAYS AT THE MEET

ENTRY FEE : Surcharge per swimmer \$ 5.00

Payable to : OREGON MASTERS SWIMMING

Awards may be purchased at the meet for places earned after each event is posted, and the awards table has received those results. Awards are \$ 1.50 each.

**TROPHIES**

Send Entry and Payment to : Gary Emblen, Meet Director  
 Lewis & Clark College Athletic Dept.  
 (Checks Payable to O.M.S.) Portland, OR 97219

Eligibility : Open to all registered USMS swimmers, 20 years of age or older

Rules : Current USMS rules will govern the conduct of this meet.

Statement of Release: In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the hosts and sponsors and Oregon Masters Swimming, for all claims of damages, demands, actions whatsoever in any manner as a result of my participation in said OMS swimming meet. I attest and verify that I am physically fit and have sufficiently trained for the swim- of these events.

Signed \_\_\_\_\_



## LEWIS AND CLARK MEET

If you have any questions regarding this meet, please call Connie at 771-1663. She is the coordinator for this meet. Gary Emblen, the meet director, is hard to reach because of his class schedule.

THIS WILL BE A GREAT MEET WITH EVERY EVENT FROM THE 50 TO THE 1650 BEING HELD. TROPHIES FOR 1st, 2nd and 3rd IN ALL EVENTS AND AGES.

This is a beautiful facility with 8 lanes, electronic timing and plenty of deck and seating space. It will be staffed by the Lewis & Clark swim team and members of Gary's swimming officiating class. It is an ideal pool to do some fast times. See you there.

Connie

***Entries due :***

***Tuesday, January 17, 1984***

# 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

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

PLEASE PRINT OR TYPE INFORMATION — THANK YOU

last name	first name	middle	date mo. day yr. / /
street address	phone ( )	sex age	brith 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 \$ \_\_\_\_\_

Your 1984 Registration needs to be in by the end of January to prevent your name from being dropped from the mailing list. DON'T DELAY - GET IT IN NOW!!!!

REGISTRATION



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

Portland, Oregon 97204

916 S.W. Fourth Avenue

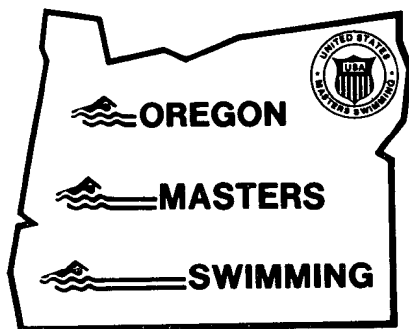
STEVENS-NESS

223-3137

For your PRINTING and OFFICE SUPPLY needs call

STEVENS-NESS LAW PUBLISHING CO.

This issue of your AQUAMASTER was donated through  
the courtesy of sometime swimmer Jim Snow and



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

# first class mail