



AQUA-MASTER

VOL. 11 No. 5 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Feb. 1984

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Oregon Masters Swimming
6225 S.W. Canyon Ct.
Portland, Oregon 97221
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Secretary - Sandi Rousseau
Treasurer - Roy Abramowitz
Records - Earl Walter
Top Ten - 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

1984 MEET SCHEDULE

SHORT COURSE

 **Early**
Early Season

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 P.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 10, 11, 12	Regional Championships, Mt. Hood C.C., Gresham, Oregon 1500, 400 I.M. Fri., Balance on Sat. & Sun.
August 23 - 26	National Long Course Championships Raleigh, North Carolina

Awards to be Given

Each year two special awards are given for outstanding swimming achievement and for service. Your help in the selection of these recipients is appreciated.

Outstanding Male and Female Swimmer: presented to a male and female Oregon Masters Swimmer whose swimming achievements for both the short and long course seasons have been outstanding

01' Barnacle Award: began in 1983 in honor of Earl Walter's service and dedication to Oregon Masters Swimming, and is presented each year to the individual whose enthusiasm, support and deeds to Masters Swimming stands out as an example

Please submit the name or names of anyone in the Oregon Association you feel should be considered. Support your nomination(s) with criteria so that your board can properly evaluate each nominee. We encourage your input and even suggest that you consider your own name.

Please submit your nominations to Arthur Smith, 6225 S.W. Canyon Ct., Portland, Oregon 97221, by February 22.

QUIPS AND QUOTES

1 - 7 - 84 - Query:

Do you know what it's like to swim a 1650 next to Karl Von Tagen? Every time I'd look to my left, I was being passed - coming or going. (It's almost like experiencing suspended animation - everything is moving EXCEPT you!) Thank goodness the sensation ceased after my 20th length. I did my personal best time at the meet, but it was certainly doubtful while swimming!

Maggie Wells

Howdy, You - All!

Official results from the Husky Meet(P.N.A.) at Burien, Washington December 9 and 10. There were 203 entrants but only ONE from the late, great state of Oregon - Bert Petersen.
Age 45 - 49

1st 400 I.M. - 5:31.8 - New Region XII Record and P.R.
1st 50 Fly - 27.53- New Region XII Record
1st 50 Free - 26.87- no cigar
1st 100 Fly - 1:02.86- New Region XII Record

LOST AND FOUND

Large multi colored(stained glass look)towel - contact Barbara Frid

ABC's - BACK TO BASICS - DEFINITIONS

We hope this will help newer Masters out of the "Initial Fog" of Masters Swimming.

- U.S.M.S. - United States Masters Swimming(everything in U.S.A.)
- M.S.I. - Masters Swimming International
- L.M.S.C. - Local Masters Swim Committee
- S.C. and L.C.- Short Course(25 yd.) and Long Course(50 meter)
- A.M. and P.M.- Morning and Night - Isn't this easy?
- I.M. - Individual Medley(Take notes, there will be a test)
- F.I.N.A. - Federation International de Nation Amateur(close enough, it's the A.A.U. of the world) (oops)
- A.A.U. - Amateur Athletic Union of the U.S.A.
- Association - a group of clubs, for example:
 - O.M.S.A. - Oregon Masters Association
 - P.N.A. - Pacific Northwest(Washington) Association
 - I.E.A. - Inland Empire Association
 - S.R.A. - Snake River Association
- Region - there are 15 nationally; All of the above are in Region XII
- L.O.G. - Local operating group(your club, for example)
some examples: V.O.T., B.S.C., H.S.C., etc.

O.K.! Now, let's give this thing a try and see if we were all paying attention. Here's how it works: J.R. Ewing, and R.N. in real life, belongs to a L.O.G. (M.H.M., to be specific), which is part of O.M.S.S.(one of Region XII's finest A's). The Region is part of U.S.M.S. - separate from the A.A.U. - and only in the U.S.A. (missing this is an automatic failure). U.S.M.S. is one of many National Organizations around the world . . . which is only one of nine planets in this solar system. Anyway, you get the idea. J.R. doesn't like to swim L.C. and especially not the longer I.M.'s, Drives a TR.

Any hoo . . . with this new-found knowledge, don't go around the meets spouting off with endless initials. Some of the old-timers won't understand!

The FANTUM

P.S. - Someone needs to tell the FANTUM that the A.A.U. does not exist any longer!
How old did you say you were?

They Even Named the Pool After HIM!

Before 1920, I learned to swim in the Columbia and Willamette Rivers. This was typical of most boys of my generation. I have always had a facinating interest in swimming for this was a sport I could do as an individual. My early swimming in a pool was at Peninsula Park for we lived in Northeast Portland. Then to Couch, Buckman and Shattuck(Portland City Pools).

The first competitive swimming was with the old Portland Natatorium in downtown Portland - about two blocks south of the old Broadway Theater on Broadway. I swam in many meets with the Natatorium team. While there, Jack Cody of the Multnomah Club asked me to join his team, which I did. We swam all over the Northwest and Jantzen Beach. Through the Multnomah Club, I met many young men and women who are now in Masters Swimming. The next stage of my swimming was an invitation from the Oregon State swim coach to come to Corvallis. Graduating in 1934, I then remained as a coach for two years. In my final year O.S.U. won the Northern Division Swim Championships. Next, I received a letter from the school superintendent of St. Helens, Oregon to head up the Physical Education Department in the Senior High and to be manager and aquatic director of the new outdoor swim pool.

This I did for the next 33 years, teaching and coaching several thousand boys and girls. Since leaving College, I continued swimming but no competition. Even during the almost 2 years of military service in World War II, I worked out in many pools when I could get leave.

I retired from teaching in 1972. I might add that during the last twelve years of my tenure, we covered our pool with and air blown supported cover. Then two years ago, we had the pool covered with a beautiful top.

In 1978, I heard about Masters Swimming and decided to compete again after 42 years of no competition. My first Masters competition was in the fall of 1978 at the Multnomah Club. This Masters swimming was like opening a new door to me to compete in an activity I enjoyed.

I have missed only 3 - 4 meets - this because of wather conditions. I have met many wonderful people and have developed many new friendships in Masters and met many swimmers I compted against many years ago. In March, 1981, the St. Helens Booster Club(at a dinner) presented me with a plaque for my years of service to our athletic and swimming program. The St. Helens' School Board stated that our swim pool would now be known as the Eisenschmidt Swim Pool. My wife, Alta, and I also received life-time passes to the pool.

Looking back over the years, swimming has shaped my life. It has been a stepping stone for me, first to competition with the old Natatorium - to Multnomah Club - to Oregon State - then to St. Helens and finally to Masters swimming. Thus a sport I enjoyed as a teenager led to a life long commitment to swimming.

I was honored, along with 13 other Oregon swimmers, in being chosen in the top

five in the world in six of my events in 1978.

Masters swimming is a tremendous activity for people who like to swim, regardless of age, but it does require dedication and practice; but the rewards in friendships and comraderie are priceless. The Masters swimming is now growing as more people are becoming interested in swimming and a desire for better personal physical fitness.

Be sure to meet Herb and his wife at any swim meet. They are one of the pleasures of being involved in Masters Swimming.

FEBRUARY HAPPY BIRTHDAYS

Roseanne McDougall	4	Warren Fullen	12
Ethella Cramblett	5	Karin Clancey	15
Barbara Lum	5	Debra Angello	16
Ken McTeague	5	Chris Hughes	18
Vivian Starbuck	6	Dennis Seacat	18
Joe Bilbao	7	Margaret Pieschl	19
Nancy Haire	7	Susan Case	20
Tom Peterson	8	Elizabeth King	24
Martha Keller	10	Jodi Farrara	26
		Jim Holland	28

Happy

Birthday

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. Charm.
OREGON MASTERS SWIMMING
8383 S.E. Battin Rd. #1
Portland, OR 97266

Registration (\$8.00) _____

Newsletter (\$5.00) _____

TOTAL \$ _____

OL' BARN'S RUMBLINGS AND RAMBLINGS....

Those who missed me, I love you all, those you didn't, well, you're just going to have to start reading again, and, develop a sense of appreciation for the better things in life !!!!!

1983 SWIM CELLAR PENTATHALON

Better than ever, more people, more fun, and what a party at Jan and Chuck Richards. Jan and Chuck thank you so much, again and again !!!!!

First let us have a big HURRAH for those fine people who make our meets so great, the officials ; Meet Directors : Barb and Brian Frid (drop by the store and visit with Barb), Referee - Dick Parker, Starter - Jack Dawes, Stroke and Turn - Jim Anderson, Bernd Gerkens, Steve Gustafson, and Bernard Hayden, Announcer - Bob Hathaway, Electronic Timing - Judy Hathaway and Ray Dickett, Chief of Manual Timers - Bill Fuegy, Scoring - Cathy Anderson, Erhline Dawes, Margie Fuegy, and Kay Taketa, New Swimmer Hostesses - Rudette Muzanna and Ginger Pierson, Photographer - Bob Needham, Awards - Barbara and Brian Frid.

Please take a moment whenever you can to thank these great people, do it !!!

We were more than pleased to have a fine delegation from PNA - heading this group was the one and only Dawn Musselman, accompanied by Coach Bob - well - Dawn did it again ;

<u>National Records :</u>	50 Back	was 48.08, now	:47.56
	50 Free	38.26 now	:35.40
	100 I.M.	1:41.85 now	1:40.52

Dawn swims out of the Tacoma Y.M.C.A. (in my day that was MEN, now we have integration -- HOORAY)

New overall records were registered by the following : (* Held old Record)

Ginger Pierson (35-39)	was	200.66	now	199.97	*
Barbara Frid (40-44)	was	210.71	now	206.89	*
Sue Rittenhouse (45-49)	was	238.02	now	226.60	
Lavelle Stoinoff (50-54)	None		now	243.48	
Louise Hepner (55-59)	was	251.20	now	249.40	*
Roberta Amott (60-64)	was	354.68	now	345.82	*
Dawn Musselman (70-74)	was	594.22	now	292.30	
Tom Kelly (20-24)	was	174.19	now	162.42	
Roy Abramowitz (25-29)	was	164.29	now	163.45	
Robert Smith (40-44)	was	192.41	now	165.57	

New Oregon Association Records :

	<u>Age Group</u>	<u>Swimmer</u>	<u>Event</u>	<u>Time</u>	<u>Top Ten</u>
<u>WOMEN :</u>	40-44	Barbara Frid	50 Fly	:31.33	4
			50 Brst	:38.50	8
			100 I.M.	1:13.96	5
	50-54	Lavelle Stoinoff	50 Fly	:42.69	-
			50 Back	:39.62	8
	55-59	Louise Hepner	50 Fly	:41.33	10
			50 Brst	:42.74	3
	60-64	Roberta Amott	50 Fly	:56.59	-
			100 I.M.	2:09.09	-
<u>MEN :</u>	20-24	Tom Kelly	50 Brst	:29.43	NA
			100 I.M.	:56.75	NA
	25-29	Roy Abramowitz	100 I.M.	:56.83	-
	40-44	Robert Smith	50 Fly	:25.69	5

The 3 way duel between ; Bob Smith, Roy Abramowitz and Tom Kelly was something to see - 3 plus seconds finally separated these warriors when the day was over - JUST REALLY GREAT SWIMS, ALL THE WAY !!!!!

SWIM CELLAR PENTATHALON (cont)

In the 35-39 age group, those old buddies ; Chuck Richards and Art Smith went at it heavy, Chuck wound with 175.23 to 176.03 for Art.

In the 40-44 bunch, we had a real knock down drag out battle for 2nd thru 6th; a total of 189.12 to 192.32, or 3 plus seconds found - Stoddart Smith, Bert Petersen, Karl Von Tagen, Walt Reid and Ron Nakata, in that order - WOW !!!!

In the 25-29 for Women - Vicki Gordon had a 211.25 to edge Lori Stanton with a 212.37, and let's not forget Kenna Jones in at 212.71. How about that ????

CONGRATULATIONS TO EVERYONE FOR SOME GREAT SWIMS - PR'S were evident everywhere, and please remember that in MASTERS, the BIG WIN goes to those who hang in there, with day to day improvement in their physical fitness.

A special tip o' the hat to Brian and Barbara Frid for their THIRD ANNUAL SWIM CELLAR PENTATHALON...in Oregon we are proud to be one of the few associations nationwide running a TRUE pentathlon - ALL events in one day, this meet can only get better, and it will. Next year let's try to get some of our neighbors from California to come up - OKAY !!!

LAKE OSWEGO HIGH SCHOOL - 1650 FREE and 400 IND MEDLEY

An excellent meet hosted by the NEW WAVE with Jayne Chastain and Robert Smith acting as meet directors, A GREAT JOB AND A GREAT MEET !!!!

The assistance of Jack/Earline Dawes was greatly appreciated, without their help in the conduct of the meet and the timing things could have been - well - just not the sort of meet that these two fine people put on for us, time after time. THANKS A BUNCH !!!!

YES - we had records AND some other swims that were very noteworthy :

New Oregon Association Records :

	Age Group	Swimmer	Event	Time	Top Ten
WOMEN	40 - 44	Barbara Frid	1650 Free	22:02.47	5
	50 - 54	Lavelle Stoinoff	400 I.M.	6:17.27	2
	55 - 59	Margaret Wells	400 I.M.	7:30.81	8
MEN	40 - 44	Robert Smith	400 I.M.	5:09.04	-
		Karl Von Tagen	1650 Free	20:36.94	-
	75 - 79	Herb Eisenschmidt	1650 Free	30:46.82	4

Ol' Barn has to give the Tip o' the Hat to Joe Bilbao, Joe swam both of these events and finished well in both, great swimming Joe !!!

Patricia Giordano swam a 5:58.71 in the 400 IM, these fellow swimmers makes the Top Ten somewhere around 4th, Congratulations Pat !!!

Jean Scott also new to our program swam a very fine 6:23.88 for 400 IM !!!

Scott Steingraber looked good at 20:09.00 in the 1650 !!!

and - How about Roy Abramowitz with a fine 18:16.89 and Mark Worden coming thru with an excellent 18:58.08.

Vicki Gordon at 22:37.93 certainly deserves some plaudits !!!

A great meet BUT, one last word it takes a certain something to be able to swim 66 lengths of that old pool and still look good when you finish, yours truly is certainly not one of those.

A TIP OF OL' BARN'S HAT TO ALL OF YOU - KEEP SWIMMING and KEEP WINNING !!!!

50 BACK
 Susan Rittenhouse 46 :37.39
 Ardis Ross 48 :40.49
 Nona Hanan 45 :41.07
 Joanne Ross 47 :52.42
 Vivian Starbuck 48 :54.38
50 BREAST
 Susan Rittenhouse 46 :44.52
 Nona Hanan 45 :47.26
 Joanne Ross 47 :51.02
 Ardis Ross 48 :53.26
 Vivian Starbuck 48 :54.31
50 FREE
 Susan Rittenhouse 46 :30.64
 Nona Hanan 45 :35.08
 Ardis Ross 47 :42.20
 Joanne Ross 48 :43.39
 Vivian Starbuck 48 :43.39
100 IM
 Susan Rittenhouse 46 :1:20.06
 Nona Hanan 45 :1:29.83
 Ardis Ross 48 :1:38.61
 Vivian Starbuck 48 :1:56.29
WOMEN 50-54
50 FLY
 Lavelle Stoinoff 50 :42.69
50 BACK
 Lavelle Stoinoff 50 :39.62
50 BREAST
 Lavelle Stoinoff 50 :44.96
50 FREE
 Lavelle Stoinoff 50 :31.45
100 IM
 Lavelle Stoinoff 50 :1:24.76
WOMEN 55-59
50 FLY
 Louise Hepner 58 :41.33
 Margaret Wells 57 :42.27
50 BACK
 Louise Hepner 58 :42.57
 Margaret Wells 57 :46.82
50 BREAST
 Louise Hepner 58 :42.74
 Margaret Wells 57 :47.78
50 FREE
 Louise Hepner 58 :33.74
 Margaret Wells 57 :37.73
100 IM
 Louise Hepner 58 :1:29.02
 Margaret Wells 57 :1:36.83
WOMEN 60-64
50 FLY
 Roberta Amott 61 :56.59
 Elfie Stevenin 62 :1:26.77
50 BACK
 Roberta Amott 61 :54.11
 Elfie Stevenin 62 :1:03.39
50 BREAST
 Roberta Amott 61 :1:01.79
 Elfie Stevenin 62 :1:20.71

OREGON MASTERS
 SWIM CELLAR
 PENTATHLON
 BEAVERTON, OR
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WOMEN 60-64 - continued
50 FREE
 Roberta Amott 61 :44.24
 Elfie Stevenin 62 :59.76
100 IM
 Roberta Amott 61 :2:09.09
 Elfie Stevenin 62 :2:36.44
WOMEN 65-69
50 FLY
 Barbara Haverkamp 67 :1:59.34
50 BREAST
 Barbara Haverkamp 67 :1:36.10
50 BACK
 Barbara Haverkamp 67 :1:30.98
50 FREE
 Barbara Haverkamp 67 :1:11.48
100 IM
 Barbara Haverkamp 67 :3:16.39
WOMEN 70-74
50 FLY
 Dawn Musselman 70 :55.42
 Hazel Bressie 74 :2:32.24
50 BACK
 Dawn Musselman 70 :47.56
 Hazel Bressie 74 :1:22.76
50 BREAST
 Dawn Musselman 70 :53.40
 Hazel Bressie 74 :1:40.96
50 FREE
 Dawn Musselman 70 :35.40
 Hazel Bressie 74 :1:23.22
100 IM
 Dawn Musselman 70 :1:40.52
 Hazel Bressie 74 :3:44.23
WOMEN 80-84
50 FLY
 Martha Keller 82 :2:31.35
50 BACK
 Martha Keller 82 :1:17.77
50 BREAST
 Martha Keller 82 :1:55.97
50 FREE
 Martha Keller 82 :1:17.22
100 IM
 Martha Keller 82 :3:25.12

OREGON MASTERS S/C
 SWIM CELLAR
 PENTATHLON
 BEAVERTON, OR
 DEC. 3, 1983
MEN 20-24
50 FLY
 Tom Kelly 22 :25.54
 Greg Zimmerman 24 :25.67
 David Frid 20 :26.75
 Scott Steingraber 24 :28.65
 Philip Gilmore 23 :29.98
50 BACK
 Tom Kelly 22 :27.50
 Greg Zimmerman 24 :28.83
 Scott Steingraber 24 :29.69
 David Frid 20 :30.24
 Philip Gilmore 23 :34.08
50 BREAST
 Tom Kelly 22 :29.43
 Greg Zimmerman 24 :32.28
 David Frid 20 :32.67
 Philip Gilmore 23 :34.58
 Scott Steingraber 24 :35.49
50 FREE
 Tom Kelly 22 :23.20
 Greg Zimmerman 24 :23.24
 Scott Steingraber 24 :24.15
 David Frid 20 :25.46
 Philip Gilmore 23 :26.65
100 IM
 Tom Kelly 22 :56.75
 Greg Zimmerman 24 :1:00.92
 David Frid 20 :1:01.89
 Scott Steingraber 24 :1:04.31
 Philip Gilmore 23 :1:11.74
MEN 25-29
50 FLY
 Roy Abramowitz 29 :25.34
 Brad Pickens 28 :25.44
 Mark Becker 29 :27.78
 Chip Burczak 25 :27.80
 Brett Arvidson 28 :28.31
 Robert Kaires 29 :31.73
 Mark Sutton 29 :32.41
 Mike Bettancourt 26 :33.88
 Andy Kyler 26 :39.98
50 BACK
 Roy Abramowitz 29 :27.78
 Brad Pickens 28 :28.56
 Brett Arvidson 28 :29.62
 Chip Burczak 25 :31.27
 Mark Becker 29 :33.91
 Mark Sutton 29 :34.41
 Mike Bettancourt 26 :36.88
 Andy Kyler 26 :38.94
 Robert Kaires 29 :41.68

50 BREAST
 Roy Abramowitz 29 :30.31
 Brad Pickens 28 :32.39
 Chip Burczak 25 :32.64
 Brett Arvidson 28 :33.35
 Robert Kaires 29 :35.13
 Mike Bettancourt 26 :36.82
 Mark Sutton 29 :36.93
 Mark Becker 29 :37.59
 Andy Kyler 26 :40.00
50 FREE
 Roy Abramowitz 29 :23.19
 Brad Pickens 28 :24.21
 Brett Arvidson 28 :25.21
 Robert Kaires 29 :25.78
 Chip Burczak 25 :26.14
 Mark Sutton 29 :26.97
 Robert Kaires 29 :28.41
 Mike Bettancourt 26 :29.76
 Andy Kyle 26 :30.80
100 IM
 Roy Abramowitz 29 :56.83
 Brad Pickens 28 :1:00.21
 Brett Arvidson 28 :1:03.10
 Chip Burczak 25 :1:03.57
 Mark Becker 29 :1:07.65
 Mark Sutton 29 :1:13.45
 Mike Bettancourt 26 :1:15.55
 Robert Kaires 29 :1:16.53
 Andy Kyler 26 :1:23.18
MEN 30-34
50 FLY
 Robert Maestre 33 :26.48
 Vern Dasch 34 :26.73
 Dennis Seacat 34 :29.13
 John Rippey 34 :29.29
 Tom Herber 31 :29.73
 Adrian Kalil 30 :29.87
 Joe Tennant 31 :30.05
 Dick Clarke 32 :32.00
 Michael McCall 30 :32.71
 Mike Tennant 30 :34.12
50 BACK
 Robert Maestre 33 :29.72
 Vern Dasch 34 :30.92
 Adrian Kalil 30 :31.30
 Dennis Seacat 34 :32.40
 John Rippey 34 :33.12
 Mike Tennant 30 :33.42
 Joe Tennant 31 :33.62
 Tom Herber 31 :34.06
 Michael McCall 30 :35.38
 Dick Clarke 32 :39.29

OREGON MASTERS S/C
 SWIM CELLAR
 PENTATHLON
 BEAVERTON, OR
 DEC. 3, 1983
MEN 30-34 - continued
50 BREAST
 Joe Tennant 31 :29.92
 Vern Dasch 34 :30.36
 Dennis Seacat 34 :32.25
 Robert Maestre 33 :32.36
 Michael McCall 30 :33.85
 Adrian Kalil 30 :34.41
 Tom Herber 31 :34.72
 John Rippey 34 :35.45
 Mike Tennant 30 :35.73
 Dick Clarke 32 :48.85
50 FREE
 Vern Dasch 34 :23.16
 Robert Maestre 33 :23.67
 Dennis Seacat 34 :25.16
 John Rippey 34 :25.26
 Adrian Kalil 30 :25.41
 Joe Tennant 31 :25.50
 Mike Tennant 30 :26.08
 Michael McCall 30 :26.90
 Dick Clarke 32 :27.12
 Tom Herber 31 :27.37
100 IM
 Vern Dasch 34 :1:00.43
 Dennis Seacat 34 :1:05.52
 Joe Tennant 31 :1:06.36
 Adrian Kalil 30 :1:06.86
 Tom Herber 31 :1:08.38
 John Rippey 34 :1:08.43
 Michael McCall 30 :1:12.52
 Dick Clarke 32 :1:22.81
MEN 35-39
50 FLY
 Even Evensen 35 :26.84
 Chuck Richards 38 :27.02
 Arthur Smith 39 :27.44
 Mike Greene 37 :27.96
 Dale Vaughan 38 :28.60
 Doug Hunsicker 36 :29.12
 Bob Heaton 38 :29.78
 Brian Langlais 38 :30.27
 Roy Lambert 37 :30.55
 Roy Watters 39 :31.09
 Robert Davidson 36 :31.57
 Roben Talvy 38 :31.71
 Keith Finzer 38 :34.21
 Pat Carriker 36 :34.97
 Bud Caudill 38 :35.39
 Wilson Brooks 36 :39.96
 Daniel Francois 38 :1:04.56

50 BACK
 Chuck Richards 38 :29.43
 Even Evensen 35 :30.64
 Dale Vaughan 38 :31.95
 Arthur Smith 39 :32.67
 Mike Greene 37 :33.22
 Doug Hunsicker 36 :34.56
 Brian Langlais 38 :34.63
 Robert Davidson 36 :34.76
 Roben Talvy 38 :35.09
 Roy Watters 39 :35.12
 Bob Heaton 38 :35.25
 Pat Caudill 38 :38.26
 Roy Lambert 37 :38.27
 Wilson Brooks 26 :42.80
 Keith Finzer 38 :43.16
 Buz Carriker 36 :43.32
 Daniel Francois 38 1:00.95
50 BREAST
 Arthur Smith 39 :30.23
 Dale Vaughan 38 :31.95
 Even Evensen 35 :32.55
 Chuck Richards 38 :33.11
 Bob Heaton 38 :33.40
 Doug Hunsicker 36 :35.12
 Mike Greene 37 :35.23
 Roy Lambert 37 :36.77
 Roben Talvy 38 :37.04
 Roy Watters 39 :38.26
 Buz Carriker 36 :38.46
 Keith Finzer 38 :38.84
 Robert Davidson 36 :39.19
 Pat Caudill 38 :40.31
 Brian Langlais 38 :41.77
 Wilson Brooks 36 :43.97
 Daniel Francois 38 :59.09
50 FREE
 Dale Vaughan 38 :23.96
 Arthur Smith 39 :24.87
 Chuck Richards 38 :24.99
 Even Evensen 35 :25.34
 Mike Greene 37 :25.50
 Doug Hunsicker 36 :26.14
 Roben Talvy 38 :26.46
 Roy Watters 39 :26.91
 Roy Lambert 37 :27.62
 Bob Heaton 38 :27.91
 Robert Davidson 36 :28.11
 Brian Langlais 38 :28.53
 Buz Carriker 36 :28.96
 Pat Caudill 38 :30.15
 Wilson Brooks 36 :30.15
 Keith Finzer 38 :32.85
 Daniel Francois 38 :37.93

OREGON MASTERS S/C
 SWIM CELLAR
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MEN 35-39 - continued

100 IM
 Arthur Smith 39 1:00.82
 Chuck Richards 38 1:01.68
 Dale Vaughan 38 1:03.75
 Even Evensen 35 1:04.32
 Doug Hunsicker 36 1:07.13
 Mike Greene 37 1:07.99
 Roben Talvy 38 1:19.95
 Robert Davidson 36 1:11.62
 Bob Heaton 38 1:11.72
 Roy Lambert 37 1:11.86
 Roy Watters 39 1:13.06
 Pat Caudill 38 1:17.21
 Keith Finzer 36 1:18.29
 Buz Carriker 36 1:19.46
 Wilson Brooks 36 1:25.97
 Daniel Francois 38 2:13.65
 Brian Langlais 38 DQ

MEN 40-44

50 FLY
 Robert Smith 40 :25.69
 Stoddard Smith 40 :27.06
 Bert Petersen 44 :27.25
 Karl Von Tagen 40 :27.60
 Ron Nakata 44 :29.16
 Walt Reid 43 :30.95
 David Clarke 41 :31.94
 Brian Frid 40 :32.14
 Ed Urbanski 42 :32.91
50 BACK
 Robert Smith 40 :26.56
 Karl Von Tagen 40 :31.55
 Stoddard Smith 40 :32.09
 Walt Reid 43 :32.46
 Bert Petersen 44 :33.32
 Ed Urbanski 42 :33.88
 Ron Nakata 44 :34.59
 Brian Frid 40 :36.20
 David Clarke 41 :36.61
50 BREAST
 Robert Smith 40 :30.73
 Walt Reid 43 :32.32
 Bert Petersen 44 :34.07
 Ron Nakata 44 :34.44
 Stoddard Smith 40 :36.37
 Brian Frid 40 :36.64
 David Clarke 41 :38.74
 Ed Urbanski 42 :42.01
 Karl Von Tagen DQ

50 FREE
 Robert Smith 40 :23.22
 Karl Von Tagen 40 :24.25
 Stoddard Smith 40 :25.84
 Ron Nakata 44 :25.88
 Bert Petersen 44 :26.27
 David Clarke 41 :26.90
 Walt Reid 43 :27.52
 Brian Frid 40 :27.71
 Ed Urbanski 42 :28.35
100 IM
 Robert Smith 40 :59.37
 Karl Von Tagen 40 1:03.71
 Stoddard Smith 40 1:07.76
 Ron Nakata 44 1:08.25
 Walt Reid 43 1:09.04
 Bert Petersen 1:09.38
 David Clarke 41 1:11.09
 Brian Frid 40 1:13.93
 Ed Urbanski 42 1:15.35

MEN 45-49

50 FLY
 Jim Bigler 48 :32.76
50 BACK
 Jim Bigler 48 :34.83
50 BREAST
 Jim Bigler 48 :36.46
50 FREE
 Jim Bigler 48 :28.39
100 IM
 Jim Bigler 48 1:14.29
MEN 50-54
50 FLY
 Eric Guest 54 :32.27
 Mitch Hanan 50 :50.82
50 BACK
 Eric Guest 54 :41.68
 Mitch Hanan 50 :56.84
50 BREAST
 Eric Guest 54 :36.95
 Mitch Hanan 50 :51.02
50 FREE
 Eric Guest 54 :27.49
 Mitch Hanan 50 :35.99
100 IM
 Eric Guest 54 1:17.17
 Mitch Hanan 50 1:46.69

OREGON MASTERS S/C
 SWIM CELLAR
 PENTATHLON
 BEAVERTON, OR
 DEC. 3, 1983

MEN 55-59

50 FLY
 Lee Miesen 56 :41.21
 Joe Bilbao 57 2:12.14
50 BACK
 Lee Miesen 56 :41.22
 Joe Bilbao 57 1:30.71
50 BREAST
 Lee Miesen 56 :37.10
 Joe Bilbao 57 1:31.22
50 FREE
 Lee Miesen 56 :39.52
 Joe Bilbao 57 1:10.58
100 IM
 Lee Miesen 56 1:26.36
 Joe Bilbao 57 3:26.56
MEN 60-64
50 FLY
 Earl Walter 62 :36.82
 Gil Young 61 :49.14
 Khosrow Shadbeh 63 :55.35
50 BACK
 Earl Walter 62 :35.90
 Gil Young 61 :39.00
 Khosrow Shadbeh 63 :48.27
50 BREAST
 Earl Walter 62 :39.71
 Khosrow Shadbeh 63 :43.23
 Gil Young 61 :44.81
50 FREE
 Earl Walter 62 :30.91
 Gil Young 61 :32.70
 Khosrow Shadbeh 63 :38.67
100 IM
 Earl Walter 62 1:20.32
 Gil Young 61 1:30.14
 Khosrow Shadbeh DQ
MEN 65-69
50 FLY
 Art Hanlon 66 1:04.87
50 BACK
 Art Hanlon 66 :59.09
50 BREAST
 Art Hanlon 66 :59.54
50 FREE
 Art Hanlon 66 :51.58
100 IM
 Art Hanlon 66 2:14.58

MEN 70-74

50 FLY
 Syd Hendy 70 :57.64
 John Hoey DQ
50 BACK
 Syd Hendy 70 :41.66
 John Hoey 74 :46.89
50 BREAST
 John Hoey 74 :59.88
 Syd Hendy 70 1:03.34
50 FREE
 Syd Hendy 70 :35.07
 John Hoey 74 :39.07
100 IM
 Syd Hendy 70 1:50.43
 John Hoey 74 2:02.06
MEN 75-79
50 FLY
 Herb Eisenschmidt 77 :49.06
50 BACK
 Herb Eisenschmidt 77 :42.98
50 BREAST
 Herb Eisenschmidt 77 :50.13
50 FREE
 Herb Eisenschmidt 77 :37.46
100 IM
 Herb Eisenschmidt 77 1:40.85

<u>LAKE OSWEGO HS - Jan 7, 1984 - FINAL RESULTS</u>				<u>(* shows new Oregon record)</u>		
<u>400 IM</u>				<u>1650 Freestyle</u>		
<u>20-24</u>	women			Joan Cameron	23	26:39.84
	men	David Frid	20 5:25.07	Scott Steingraber	24	20:09.00
				David Frid	20	23:52.99
<u>25-29</u>	women	Kim Horenstein	25 6:22.43	Vicki Gordon	27	22:37.93
				Joyce Ditlevson	25	26:23.38
	men			Roy Abramowitz	29	18:16.89
				Gene Heneschel	27	19:39.17
				Neil Bullier	27	20:04.78
<u>30-34</u>	men	Mark Worden	32 4:46.93	Mark Worden	32	18:58.08
		Brian Haliski	30 5:06.07	Vern Dasch	34	19:11.84
		Tom Herber	31 5:35.26	John DeJarnatt	33	23:22.85
				Eric Cooley	33	23:30.26
				Tom Herber	31	24:54.39
<u>35-39</u>	women			Kathy Crandell	35	20:53.87
				Jan Plesner	37	27:40.16
	men	Brian Langlais	38 6:15.49	Chuck Johnson	35	21:18.69
				Douglas Prentice	35	22:58.82
				Pat Caudill	38	23:12.50
				Roy Lambert	37	23:30.07
				Brian Langlais	38	23:31.93
				Riley King	39	23:44.61
				Don Gallagher	36	23:47.01
<u>40-44</u>	women	Patricia Giordano	41 5:58.71	Barbara Frid	41	22:02.47*
		Jean Scott	40 6:23.88	Jean Scott	40	25:07.92
				Carolyn Forbes	43	29:12.90
				Jean Kinzey-lee	43	30:35.31
	men	Robert Smith	40 5:09.04*	Karl VonTagen	40	20:36.94*
		Walt Reid	43 5:41.69	David Clarke	41	21:53.38
		David Clarke	41 6:10.14	Ed Urbanski	43	22:19.79
				Zomont Nelson	40	24:34.79
<u>45-49</u>	men	Bert Peterson	45 5:35.97*	Bert Peterson	45	22:19.19
		Jim Bigler	48 6:19.71	Jim Bigler	48	23:58.34
<u>50-54</u>	women	Lavelle Stoinoff	51 6:17.27*			
	men			Sam Ierulli	54	24:36.34
<u>55-59</u>	women	Margaret Wells	57 7:30.81	Margaret Wells	57	28:41.74
	men	Joseph Bilbao	57 14:48.53	Lee Miesen	56	30:43.25
				Joseph Bilbao	57	43:37.90
<u>60-64</u>	men			Earl Walter	62	28:05.03
				Joe Mallon	62	34:59.72
				Dave Bernstein	61	36:12.02
<u>65-69</u>	men	Arthur Hanlon	67 10:07.34			
<u>70-74</u>	women	Hazel Bressie	74 15:52.83	Hazel Bressie	74	54:52.04
	men			Don Stevenson	71	30:54.18
				John Hoey	74	34:39.88
<u>75-79</u>	men			Herb Eisenschmidt	77	30:46.82*
<u>80-84</u>	women			Martha Keller	82	46:10.61



Happy
Valentine's
Day

OREGON MASTERS SWIMMING MEET - ENTRY FORM

SANCTIONED BY USMS, INC. and IMSC for Oregon Assn.

DATE: March 3 and 4, 1984

WARM UPS March 3: Events 1-2 5:00pm Meet Starts 6:00pm

PLACE: Newberg, OR

WARM UPS March 4: Events 3-21 9:00am Meet Starts 9:45am

HOSTED BY: Chehalem Park & Rec. District

MEET DIRECTOR: Jim McMaster

ENTRY DEADLINE: Feb. 27, 1984

Address: 760 S.E. Edwards

No Deck Entries Will Be Accepted

Dundee, OR 97115

Directions to Pool:

Traveling west from Portland to Newberg on 99W, turn right at the second Newberg stop light (Villa Rd.) Swimming pool is 3 blocks on the corner of Haworth and Villa.

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

Events

CO-ED:	Best Time			Best Time
Saturday				
1 _____	400 Ind Med _____	12 _____	200 Mxd Free Relay	XXXXXXX
2 _____	1650 Free _____	13 _____	200 Fly _____	
Sunday				
3 _____	100 Ind Med _____	14 _____	100 Back _____	
	10 Minute Break	15 _____	50 Free _____	
4 _____	200 Mxd Med Rel XXXXXX	16 _____	100 Breast _____	
5 _____	200 Breast _____	17 _____	100 Fly _____	
6 _____	100 Free _____	18 _____	50 Back _____	
7 _____	200 Back _____	19 _____	200 Medley Relay	XXXXXXX
8 _____	50 Fly _____	20 _____	500 Free _____	
9 _____	50 Breast _____	21 _____	200 Free Relay	XXXXXXX
10 _____	200 Free _____	ENTER RELAYS AT THE MEET		
11 _____	200 Ind Med _____			

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.

Send Entry and Payment to: Chehalem Aquatic Center, 1802 Haworth Ave., Newberg, OR 97132
(Checks Payable to O.M.S.) Phone: 538-4813

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 swimming of these events.

Signed _____

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

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

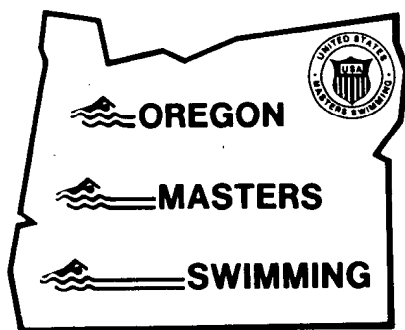
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STEVENS-NESS LAW PUBLISHING CO.

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