



AQUA-MASTER

VOL. 11 No. 7 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE April 1984

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

Vice Chairman - Roy Watters
Secretary - Sandi Rousseau
Treasurer - Roy Abramowitz
Records - Earl Walter
Top Ten - Pat Caudill
Aqua-Master - Ginger Pierson
Social Chrmn. - Jayne Chastain
Membership - Barbara Frid

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

Regionals

THE GRAND FINALE

Entry Enclosed

1984 MEET SCHEDULE

SHORT COURSE

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

Barbara Frid

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., Balrace on Sat. & Sun.

August 23-26

National Long Course Championships
Raleigh, North Carolina

1984 REGION XII MASTERS SHORT COURSE SWIMMING CHAMPIONSHIPS

HAZEN HIGH SCHOOL, RENTON, WA.

MAY 4, 5, 6

DATE: Fri, Sat, Sun. May 4, 5, 6, 1984 WARMUP: Fri. 5:00pm MEET: 6:00pm
PLACE: Hazen High School WARMUP: Sat. 9:00am MEET: 10:00pm
1101 Hoquiam Ave. NE WARMUP: Sun. 9:00am MEET: 10:00pm
(also 142nd Ave. SE) SENT ENTRIES TO: Rudy Von Jouanne
Renton, Wa. 98056 10310 - 129th Ave. SE
Phone: 235-2227 Renton, Wa. 98056
Phone: 255-8497

HOSTED BY: Orca Aquatics

ENTRY DEADLINE: APRIL 27, 1984 NO DECK ENTRIES

NAME.....M..or F..BIRTHDATE.....AGE.....

ADDRESS.....CITY.....STATE.....ZIP.....

TELEPHONE.....USMS #.....IEA...ORE...PNA...SRA...OTHER...

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 6 events (a maximum of 5 per day) plus relays. Circle the events you wish to enter and fill in your best time or an estimated time. Meet will be seeded slow heat first except 1650 free.

ENTER RELAYS AT THE MEET

Friday, May 4, 1984 Warmup 5:00pm Meet starts 6:00pm

		<u>BEST TIME</u>			<u>BEST TIME</u>
1	1650 Freestyle				
<u>Saturday, May 5, 1984 Warmup 9:00am Meet starts 10:00am</u>					
2	500 Freestyle		7	200 Medley Relay	XXXXXXX
--WARMUP BREAK--			8	200 Freestyle	
3	200 Free Relay	XXXXXXX	9	100 Butterfly	
4	100 Breaststroke		10	50 Breaststroke	
5	200 Backstroke		--BREAK--		
6	50 Butterfly		11	200 I.M.	

Sunday, May 6, 1984 Warmup 9:00am Meet starts 10:00am

12	400 I.M.		17	100 I.M.	
13	200 Mxd Free Relay	XXXXXX	18	200 Mxd Med Relay	XXXXXXX
14	100 Backstroke		19	50 Backstroke	
15	50 Freestyle		20	200 Butterfly	
16	200 Breaststroke		21	100 Freestyle	
--BREAK--					

MAXIMUM--6 EVENTS (5 PER DAY) LESS RELAYS

ENTRY FEE: Surcharge per swimmer \$7.00

Amount enclosed \$7.00

Payable to: PNA MASTERS SWIMMERS

Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are \$1.75 each. Senior Citizens awards: First medal free, \$1.75 for additional awards.

SEND ENTRY & PAYMENT TO:

Rudy Von Jouanne
10310 - 129th Ave. S.E.

(checks payable to PNA MASTERS SWIMMERS)

Renton, Wa. 98056
Phone: 255-8497

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) Registered swimmers, 20 yrs. 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 any and all rights and claims for damages I may have against the Hazen High School Pool, Orca Aquatics, Rudy Von Jouanne, PNA Masters Swimmers and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED _____

MAY 4,5,6, 1984 REGION XII MASTERS SHORT COURSE SWIMMING CHAMPIONSHIPS

DATE: Fri, Sat, Sun, May 4,5,6, 1984

WARMUP: Fri. 5:00pm MEET: 6:00pm

PLACE: Hazen High School

WARMUP: Sat. 9:00am MEET: 10:00am

1101 - 142nd Ave. S.E.

WARMUP: Sun. 9:00am MEET: 10:00am

(also Hoquiam Ave. N.E.)

Renton, Wa. 98056

PHONE: 235-2227

AWARDS: \$1.75

ORDER OF EVENTS

Friday, May 4, 1984 WARMUP 5:00pm MEET starts 6:00pm

1 - 1650 Freestyle

Saturday, May 5, 1984 WARMUP 9:00am MEET starts 10:00am

2 - 500 Freestyle

7 - 200 Medley Relay

--Warmup Break--

8 - 200 Freestyle

3 - 200 Free Relay

9 - 100 Butterfly

4 - 100 Breaststroke

10 - 50 Breaststroke

5 - 200 Backstroke

--Break--

6 - 50 Butterfly

11 - 200 I.M.

Sunday, May 6, 1984 WARMUP 9:00am MEET starts 10:00am

12 - 400 I.M.

17 - 100 I.M.

13 - 200 Mxd Free Relay

18 - 200 Mxd Medley Relay

14 - 100 Backstroke

19 - 50 Backstroke

15 - 50 Freestyle

20 - 200 Butterfly

16 - 200 Breaststroke

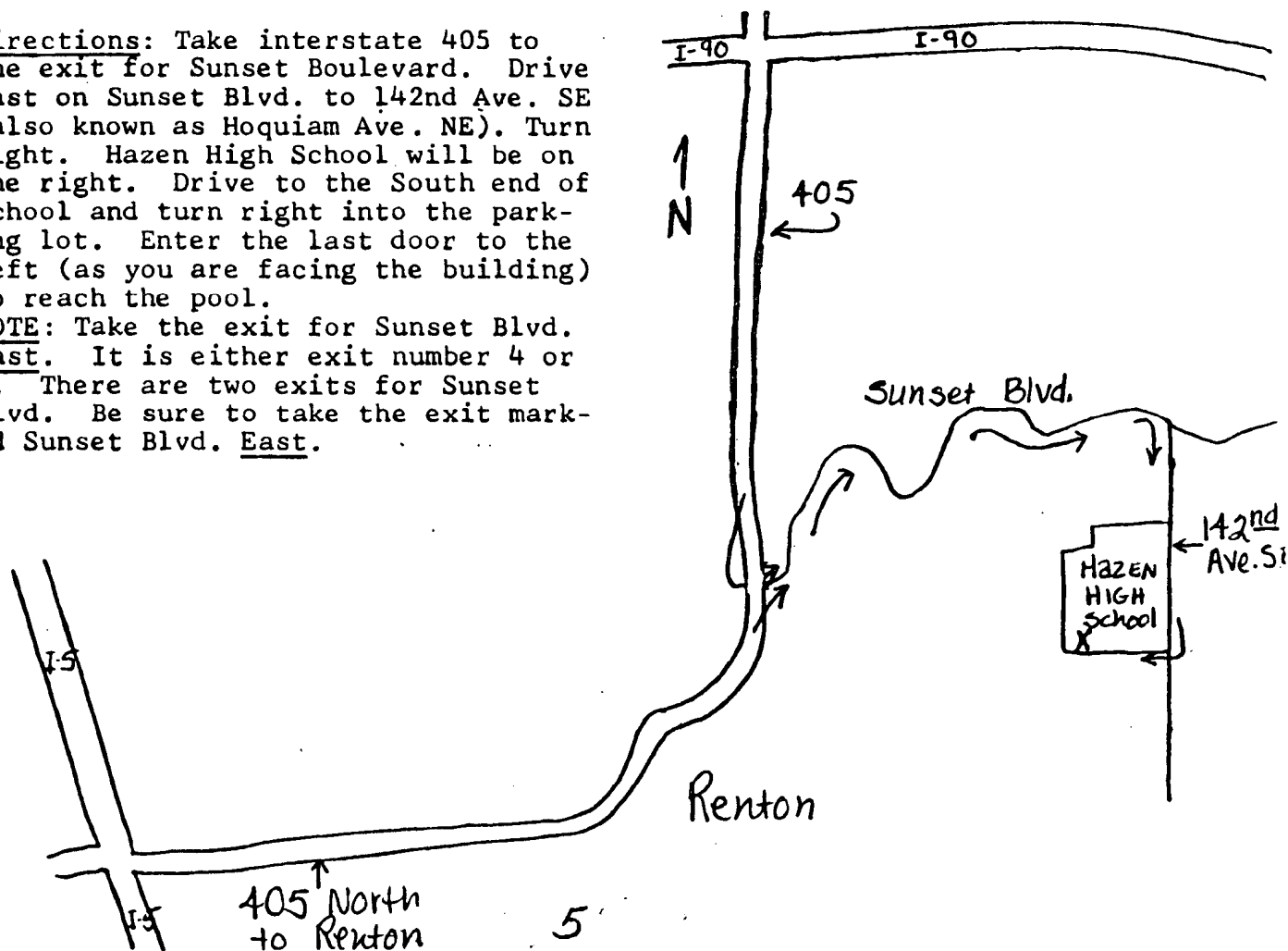
21 - 100 Freestyle

--Break--

Facility: 6 lane, 25 yard nonturbulent pool, double lane lines between lanes, Colorado Data electronic timing system, seating for 300 plus, "L" shaped pool with diving tank for warmups and warmdowns, 25¢ for a key for lockers, concessions available (coffee, juices, fruit, sandwiches, etc).

Directions: Take interstate 405 to the exit for Sunset Boulevard. Drive east on Sunset Blvd. to 142nd Ave. SE (also known as Hoquiam Ave. NE). Turn right. Hazen High School will be on the right. Drive to the South end of school and turn right into the parking lot. Enter the last door to the left (as you are facing the building) to reach the pool.

NOTE: Take the exit for Sunset Blvd. East. It is either exit number 4 or 5. There are two exits for Sunset Blvd. Be sure to take the exit marked Sunset Blvd. East.



QUIPS AND QUOTES

Anyone interested in purchasing a New Zealand T-shirt(\$5), contact Sandi Rousseau. (642-3679)

We recently had another Masters Association Championship. For the record: this was the 10th Championship meet for James Kesselring, Donlan Jones, Earl Walter, William Weaver, Susan Case (Snyder), Elfie Stevenin, Hazel Bressie and the 11th for Connie Wilson, and Karl Von Tagen. By the way, in 1974 when the first Assn. Meet was held, age groups were in 10 years increments, not 5(Not enough swimmers)

Lavelle Stoinoff and Bob Needham have been named 1983 All Americans in Masters Long Distance Swimming by United States Swimming. They both were named for having been national champions in the ONE HOUR SWIM. (The one hour swim is a postal event held in January. The person who swims the furthest in one hour wins.

Call Barbara Frid for a National S.C. entry. Deadline for entry is April 26. Relays are being formed NOW. Call soon! (292-3379)

REGION XII TALENT SHOW

IF YOU ARE A MEMBER OF USMS, ARE GIFTED AND ARE GOING TO THE REGION XII SHORT COURSE CHAMPIONSHIPS BANQUET, WE ARE LOOKING FOR YOU!! ANYONE WHO SINGS, DANCES, JUGGLES, PLAYS AN INSTRUMENT, TELLS JOKES OR DOES ANY OTHER FORM OF ENTERTAINMENT PLEASE SEND A CASSETTE

TAPE OR LETTER OF EXPLANATION TO: Rick Ingraham
5909 Reid Dr. N.W.
Gig Harbor, Wa. 98335
(206) 851-7130

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 Column : Composed, Written and Edited(??), by a very grumpy old man, who still claims that "there's still fire in the furnace, BUT, no one asks him

Wonder if I can fool anyone in NZ ??? (with Sally along ?????)

THE NEWBERG MEET

On March 3rd and 4th we were the guests of the very fine people at the Chehalem Aquatic Center for a really GREAT meet. Under the guidance of Jim McMaster, our Meet Director, approximately 150 Masters churned up the water and did a bang up job for ; speed, style, and just plain fun. Jim was ably assisted by the young men and women , plus some parents, of the Newberg Aquatic Club. The timing was right on, 3 watches per lane !!!!!, the snack bar was delicious, and Bert Petersen didn't leave very much for anyone else. Our thanks again to Jim and his most able staff for a good time and GREAT meet. Roy Watters, as Vice Chair for OMS was responsible for the entire meet, and our thanks to Roy for a terrific job !!!!!

NEW OREGON ASSOCIATION RECORDS : (* Regional, ** National, if applicable)

	<u>Age Group</u>	<u>Swimmer</u>	<u>Event</u>	<u>Time</u>	<u>Top Ten</u>
<u>WOMEN</u> :	20 - 24	Andree Devine	200 Fly	2:44.22	NA
	25 - 29	Laura Baumhofer	200 Fly	2:34.71	--
	30 - 34	Ruth Moreland	50 Brst	:36.21	--
	35 - 39	Sandi Rousseau	200 Free	2:19.65	--
	40 - 44	Barbara Frid	50 Fly	:31.21 *	4
			100 I.M.	1:12.34 *	5
			200 I.M.	2:38.63 *	4
		Patricia Giordano	100 Fly	1:16.72 *	8
			200 Fly	2:54.19 *	6
	50 - 54	Lavelle Stoinoff	200 Free	2:22.64 *	2
			1650 Free	21:44.48 **	1
	55 - 59	Louise Hepner	100 Free	1:13.22 *	6
	60 - 64	Besse Ross	200 Free	4:27.41	--
		Elfie Stevenin	200 Back	4:53.94	--
	75 - 79	Hazel Bressie	200 Brst	7:25.32 *	7
			100 Fly	4:41.24 *	5
<u>MEN</u> :	25 - 29	Roy Abramowitz	200 Fly	2:00.04	7
	30 - 34	Steve Mann	100 Back	1:01.53	--
	40 - 44	Karl Von Tagen	200 Free	2:00.42 *	9
		Robert Smith	200 I.M.	2:16.92 *	6
	45 - 49	Bert Petersen	500 Free	6:10.70	--
			50 Fly	:26.76 *	4
			200 Fly	2:33.50 *	6
	60 - 64	Jim Holland	100 Free	1:09.58	--

LAVELLE STOINOFF : Just Tremendous !!!!! , a new NATIONAL RECORD,

at 21:44.48, "almost 5 FULL seconds faster than

National Record →

01 Barn (cont)

Lavelle

her previous national record of 21:49.47 , and to top this off this is a PR for Lavelle in Masters Swimming. Her previous best was 21:45.28 swum May 3, 1980 and was the national record for the 45-49 age group until last year, 1983. How about that, for GROWING OLD IN STYLE !!!!

SOME GREAT SWIMS.....

Laura Baumhofer in the 50 and 100 yard fly, 31.25 and 1:08.88

Ginger Pierson's fine 1:10.17 for the 100 I.M.

Kathy Crandell with Cathy Brooks, 200 IM, 2:37.66 and 2:38.96, then Cathy with a fine 5:39.68 for the 400 IM

Jean Kinzey-Lee with a PR of 27:34.53 for the 1650, that's moving right along.

Barbara Frid's time in the 200 IM was a PR by 10 seconds !!!!!

Lavelle Stoinoff within 2 secs of her national record in the 500

Nona Hanan turned in a 7:00.86 in the 400 IM, for a PR, great swim

Louise Hepner had times of 43.40 and 1:34.17 for the 50 and 100 breast

Elfie Stevenin turned in a PR in the 200 Free, way to go

Martha Keller's 5:22.53 for the 200 free, looks great

Roy Abramowitz was close in the 100 fly at 54.40, however, Roy's pursuit of UNDER 2:00 for the 200 fly continues, 4/100ths to go

Steve Rosenberg, gone for so long, we missed you Steve, fine 18:52.01 for the 1650 free, Steve has been doing the Triathalon.

Michael Anthony with a 20:49.17 for the 1650, shows us he is a comer

Roy Lambert's 2:52.25 in the 200 breast, great for first ever swim

Doug Hunsicker turned in a 2:42.25, excellent for the 200 fly and a first ever

Ron Nakata, our friendly dentist is swimming well and looking great

Ed Urbanski turned through a 21:50.18 which is a PR for him

David Clarke may have swum second to Karl in the 200 free, but his 2:08 was a PR by 3 seconds

Robert Smith gave it a good try in the 50 fly at a national record, but missed at 25.75

David Clarke gets a second line for a great 5:47.48 in the 400 IM

David Addleman, our good friend from PNA, just found out why "L" shaped pools are not all that good, Dave was in the outside lane, came up out of his lane on the turn, ran into the wall at FULL speed, and gets DQ'd to boot

Sam Ierulli had a PR of 24:08.73 in the 1650, way to go Sam

Robert Cutter, welcome to OMS, fine time of 32.58 in the 50 free

Don Stevenson, looking fine in the 200 breast at 3:34.20

Last but far from least a TIP OF THE HAT to a great bunch of swimmers from BEND,

they are showing great spirit, and great times keep up the good work !!!
OL BARN, says - THERE ARE NO LOSERS IN MASTERS, JUST SLOW WINNERS, everyone you are looking great, and younger by the minute, KEEP SWIMMING !!!

OREGON MASTERS S/C
CHEHALEM AQUATIC CENTER
MARCH 3, 4, 1984
NEWBERG, OREGON

WOMEN - 20-24

50 FREE
Janet Baumhofer 23 :29.10
Joan Cameron 24 :32.01
Tammy Barga 24 :35.99
100 FREE
Janet Baumhofer 23 1:02.83
Andree Devine 22 1:04.90
Joan Cameron 24 1:13.33
200 FREE
Janet Baumhofer 23 2:26.02
Joan Cameron 24 2:44.88
1650 FREE
Joan Cameron 24 26:15.42
Janice Lucas 24 28:27.52
50 BACK
Janet Baumhofer 23 :37.32
50 BREAST
Beth Burczak 23 :39.09
Tammy Barga 24 :40.09
Sharon Howe 24 :41.35
100 BREAST
Beth Burczak 23 1:24.66
Tammy Barga 24 1:30.58
Sharon Howe 24 1:32.32
200 BREAST
Sharon Howe 24 3:19.96
50 FLY
Andree Devine 22 :32.90
100 FLY
Andree Devine 22 1:15.44
200 FLY
Andree Devine 22 2:44.22
WOMEN 25-29
50 FREE
Janet Schroer 27 :28.78
Vicki Gordon 27 :29.40
100 FREE
Janet Schroer 27 1:02.94
Kim Horenstein 25 1:08.49
D. Kiko Kimura 28 1:09.96
200 FREE
D. Kiko Kimura 28 2:16.50
Joyce Ditlevson 25 2:35.00
500 FREE
Vicki Gordon 27 6:24.64
Laura Baumhofer 26 6:25.98
Marilee Eaton 28 7:24.52
1650 FREE
D. Kiko Kimura 28 20:55.89
Vicki Gordon 27 22:14.31
Robin Durant 28 23:50.47
Marilee Eaton 28 24:34.95

WOMEN - 25-29 - continued

50 BACK
Kim Horenstein 25 :36.26
100 BACK
Kim Horenstein 25 1:20.25
200 BACK
Robin Durant 28 3:03.68
50 BREAST
Janet Schroer 27 :35.84
Kim Horenstein 25 :40.80
200 BREAST
D. Kiko Kimura 28 2:58.37
Laura Baumhofer 26 :31.25
Vicki Gordon 27 :32.41
Marilee Eaton 28 :39.30
100 FLY
Laura Baumhofer 26 1:08.88
Joyce Ditlevson 25 1:31.66
200 FLY
Laura Baumhofer 26 2:34.71
Robin Durant 28 3:32.87
100 IM
Vicki Gordon 27 1:12.53
Laura Baumhofer 26 1:12.97
Kim Horenstein 25 1:19.07
Joyce Ditlevson 25 1:21.90
Marilee Eaton 28 1:28.17
200 IM
Robin Durant 28 DQ
400 IM
D. Kiko Kimura 28 5:18.98
Robin Durant 28 6:39.41
WOMEN 30-34
50 FREE
JoAn Mann 32 :30.97
Jo Anne Dean 33 :35.39
Debra Timmins 30 :48.98
100 FREE
Ruth Moreland 31 1:05.10
JoAn Mann 32 1:12.63
Jo Anne Dean 33 1:18.66
1650 FREE
Susan O'Brien 34 30:22.72
50 BACK
Jo Anne Dean 33 :38.59
Debra Timmins 30 :59.29
100 BACK
Jo Anne Dean 33 1:23.65
50 BREAST
Ruth Moreland 31 :36.21
JoAn Mann 32 :41.47
100 BREAST
Ruth Moreland 31 1:20.32
JoAn Mann 32 1:33.84
100 IM
Ruth Moreland 31 1:13.30
JoAn Mann 32 1:21.68

WOMEN - 35-39

50 FREE
Julie Corman 35 :28.07
Susan Case 35 :30.21
Linda Clarke 37 :38.02
100 FREE
Sandi Rousseau 36 1:02.63
200 FREE
Cookie Justesen 36 2:19.62
Sandi Rousseau 36 2:19.65
50 BACK
Julie Corman 35 :31.62
Susan Case 35 :35.05
Ginger Pierson 37 :36.72
Linda Clarke 37 :49.60
100 BACK
Julie Corman 35 1:09.57
200 BACK
Cathy Brooks 35 2:45.90
50 BREAST
Ginger Pierson 37 :34.77
Kathrine Crandell 35 :35.80
100 BREAST
Ginger Pierson 37 1:15.21
Kathrine Crandell 35 1:21.07
Cookie Justesen 36 1:24.32
200 BREAST
Kathrine Crandell 35 2:55.42
Susan Case 35 3:02.37
Ginger Pierson 37 DQ
50 FLY
Julie Corman 35 :32.71
Susan Case 35 :33.40
100 FLY
Sandi Rousseau 36 1:08.97
200 FLY
Cookie Justesen 36 2:55.16
100 IM
Ginger Pierson 37 1:10.17
Kathrine Crandell 35 1:12.38
Sandi Rousseau 36 1:12.63
Cathy Brooks 35 1:13.57
Cookie Justesen 36 1:15.88
200 IM
Kathrine Crandell 35 2:37.66
Cathy Brooks 35 2:38.96
400 IM
Cathy Brooks 35 5:39.68
WOMEN - 40-44
50 FREE
Barbara Frid 41 :28.91
100 FREE
Jean Kinzey-Lee 43 1:17.78
200 FREE
Jean Scott 40 2:46.65
Jean Kinzey-Lee 43 2:57.74
500 FREE
Jean Kinzey-Lee 43 7:56.64
1650 FREE
Jean Kinzey-Lee 43 27:34.53
Carolyn Forbes 43 28:42.08

WOMEN - 40-44 - continued

50 BACK
Barbara Frid 41 :34.09
100 BACK
Jean Scott 40 1:24.26
200 BACK
Jean Scott 40 3:04.35
50 BREAST
Jean Kinzey-Lee 43 :49.12
50 FLY
Barbara Frid 41 :31.21
Patricia Giordano 41 :33.29
100 FLY
Patricia Giordano 41 1:16.72
200 FLY
Patricia Giordano 41 2:54.19
100 IM
Barbara Frid 41 1:12.34
Patricia Giordano 41 1:16.19
Jean Scott 40 1:22.42
200 IM
Barbara Frid 41 2:38.63
400 IM
Jean Scott 40 6:21.76
WOMEN - 45-49
50 FREE
Kaleo Schroder 47 :37.66
Georgia Ryan 49 :59.75
100 FREE
Joan Whisman 47 1:15.46
Georgia Ryan 49 2:18.29
200 FREE
Joan Whisman 47 2:58.11
500 FREE
Lavelle Stoinoff 51 6:17.51
50 BACK
Kaleo Schroder 47 :47.55
Vivian Starbuck 49 :55.71
Georgia Ryan 49 1:29.45
100 BACK
Kaleo Schroder 47 1:50.01
50 BREAST
Kaleo Schroder 47 :55.04
100 BREAST
Joan Whisman 47 1:36.90
Vivian Starbuck 49 2:15.62
50 FLY
Joan Whisman 47 :36.63
Vivian Starbuck 49 :58.11
100 IM
Kaleo Schroder 47 1:49.07
Vivian Starbuck 47 DQ
200 IM
Vivian Starbuck 47 4:20.49
400 IM
Wona Hanan 45 7:00.86

WOMEN - 50-54

50 FREE
Lavelle Stoinoff 51 :31.27
100 FREE
Lavelle Stoinoff 51 1:07.69
200 FREE
Lavelle Stoinoff 51 2:22.64
1650 FREE
Lavelle Stoinoff 51 21:44.48
Deverly Dirksen 52 32:15.40
WOMEN 55-59
50 FREE
Louise Hepner 58 :33.76
100 FREE
Louise Hepner 58 1:13.22
1650 FREE
Margaret Wells 57 28:33.24
50 BREAST
Louise Hepner 58 :43.40
100 BREAST
Louise Hepner 58 1:34.17
WOMEN 60-64
50 FREE
Besse Ross 60 :50.29
100 FREE
Besse Ross 60 1:57.93
200 FREE
Besse Ross 60 4:27.41
Elfie Stevenin 4:38.88
500 FREE
Elfie Stevenin 62 12:47.44
50 BACK
Besse Ross 60 1:16.71
100 BACK
Elfie Stevenin 62 2:24.10
200 BACK
Elfie Stevenin 62 4:53.94
100 BREAST
Elfie Stevenin 62 2:53.78
WOMEN - 70-74
50 BACK
Dorothy Hunter 71 1:21.69
100 BACK
Dorothy Hunter 71 3:00.49
50 BREAST
Dorothy Hunter 71 1:47.26
200 BREAST
Dorothy Hunter 71 7:47.71
WOMEN - 75-79
200 FREE
Hazel Bressie 75 6:14.76
500 FREE
Hazel Bressie 75 15:42.13
200 BREAST
Hazel Bressie 75 7:25.32
100 FLY
Hazel Bressie 75 4:41.24
400 IM
Hazel Bressie 75 DQ

WOMEN - 80-84

100 FREE
Martha Keller 83 2:32.31
200 FREE
Martha Keller 83 5:22.53
100 FLY
Martha Keller 83 5:41.85
200 IM
Martha Keller 83 7:13.81

MEN 20-24

50 BACK
Rod Lundgren 20 :32.22*
100 BACK
Rod Lundgren 20 1:10.06*
200 BACK
Rod Lundgren 20 2:32.65*
100 BREAST
Rod Lundgren 20 1:19.01*
200 IM
Rod Lundgren 20 2:31.21*

MEN 25-29

50 FREE
Jerald Zimmerman 25 :22.88
Mark Sutton 29 :26.43
Robert Kaires 29 :31.14
Shane Jackson 27 :39.71
200 FREE
Jim Hammond 27 1:57.83
Chip Burczak 25 2:11.31
Robert Kaires 29 2:20.53
1650 FREE
Neil Bullier 27 19:01.64
Jeff Storie 27 21:04.99
50 BACK
Mark Sutton 29 :34.21
Shane Jackson 27 :48.70
100 BACK
Jim Hammond 27 :59.92
Shane Jackson 27 DQ
200 BACK
Jim Hammond 27 2:12.83
50 BREAST
Shane Jackson 27 :52.36
100 BREAST
Jim Hammond 27 1:11.22
Chip Burczak 25 1:11.50
200 BREAST
Robert Kaires 29 2:56.25
50 FLY
Roy Abramowitz 29 :25.43
Tom Whaley 26 :25.65
Chip Burczak 25 :28.10
100 FLY
Roy Abramowitz 29 :54.40
Tom Whaley 26 :56.81
Robert Kaires 29 1:15.15
200 FLY
Roy Abramowitz 29 2:00.04

MEN 25-29 - continued

100 IM
Tom Whaley 26 1:01.77
Chip Burczak 25 1:05.75
Robert Kaires 29 1:15.89
200 IM
Roy Abramowitz 29 2:16.56
400 IM
Tom Whaley 26 4:59.43
MEN 30-34
50 FREE
Chris Hughes 32 :23.98
William Morrow 31 :24.79
Steve Williams 33 :25.52
Adrian Kalil 30 :25.77
Mike Warren 34 :26.22
John DeJarnatt 34 :26.59
William Dean 34 :30.16
100 FREE
Chris Hughes 32 :51.66
Steve Mann 31 :52.33
William Morrow 31 :55.14
Steve Williams 33 :55.34
Adrian Kalil 30 :57.18
Michael Carew 34 1:03.77
William Dean 34 1:07.03
200 FREE
Chris Hughes 32 1:56.03
Steve Williams 33 2:11.80
500 FREE
John DeJarnatt 34 6:09.05
Michael Carew 34 6:39.77
1650 FREE
Steve Rosenberg 30 18:52.01
Ken Eagon 31 21:26.00
John DeJarnatt 34 21:39.64
Ted Gilbert 32 23:15.38
Michael Carew 34 23:16.78
Jim Elliot 31 23:46.90
50 BACK
Steve Mann 31 :27.67
Mike Warren 34 :33.56
Jim Elliott 31 :36.00
100 BACK
Steve Mann 31 1:01.53
Adrian Kalil 30 1:10.61
Jim Elliott 31 1:18.45
200 BACK
Jim Elliott 31 2:45.52
50 BREAST
Mike Warren 34 :33.0
William Dean 34 :42.24
100 BREAST
Michael Carew 34 1:21.87
50 FLY
William Morrow 31 :27.26
Tom Herber 31 :29.23
John DeJarnatt 34 :29.48

100 FLY

Chris Hughes 32 :57.45
William Morrow 31 1:02.84
Tom Herber 31 1:07.06
200 FLY
Tom Herber 31 2:42.36
100 IM
Steve Mann 31 :59.65
Chris Hughes 32 1:02.34
William Morrow 31 1:04.87
Adrian Kalil 30 1:05.31
Tom Herber 31 1:06.93
Mike Warren 34 1:08.16
Jim Elliott 31 1:16.54
Michael Carew 34 DQ
200 IM
Steve Mann 31 2:13.33
Adrian Kalil 30 2:25.97
Tom Herber 31 2:31.51
MEN 35-39
50 FREE
Chuck Johnson 35 :25.14
Michael Anthony 36 :27.84
Roy Lambert 37 :27.88
Robert Davidson 36 :28.18
Keith Finzer 39 :28.64
100 FREE
Chuck Johnson 35 :55.31
Doug Hunsicker 36 :59.27
Michael Anthony 36 1:00.12
Roy Lambert 37 1:02.36
Robert Davidson 36 1:04.11
Keith Finzer 39 1:04.73
200 FREE
Chuck Johnson 35 2:06.05
Michael Anthony 36 2:10.26
Brian Langlois 38 2:20.81
Pat Caudill 38 2:23.45
Keith Finzer 39 2:23.56
Robert Davidson 36 2:31.42
500 FREE
Brian Langlois 38 6:23.69
Pat Caudill 38 6:41.09
Roy Lambert 37 6:41.78
Robert Davidson 36 6:59.31
1650 FREE
Michael Anthony 36 20:49.17
Robert Davidson 36 25:03.70
50 BACK
Chuck Johnson 35 :30.94
100 BACK
Brian Langlois 38 1:16.25
Pat Caudill 38 1:25.25
200 BACK
Brian Langlois 38 2:43.57
100 BREAST
Keith Finzer 39 1:28.98
200 BREAST
Roy Lambert 37 2:52.25

MEN 35-39 - continued

100 FLY
Doug Hunsicker 36 1:09.01
200 FLY
Doug Hunsicker 36 2:42.25
100 IM
Doug Hunsicker 36 1:08.75
100 IM
Pat Caudill 38 1:18.34
MEN 40-44
50 FREE
Karl Von Tagen 40 :23.96
Don Kuyper 40 :33.0
100 FREE
Karl Von Tagen 40 :53.11
David Clarke 41 :57.32
Ron Nakata 44 :57.94
200 FREE
Karl Von Tagen 40 2:00.42
David Clarke 41 2:08.57
Ron Nakata 44 2:15.34
500 FREE
Karl Von Tagen 40 5:41.59
David Clarke 41 5:57.54
Don Kuyper 40 7:52.65
1650 FREE
Ed Urbanski 43 21:50.18
Don Kuyper 40 27:43.92
50 BACK
Walt Reid 43 :34.32
100 BACK
Robert S. Smith 40 1:03.59
50 BREAST
Walt Reid 43 :32.48
100 BREAST
Walt Reid 43 1:12.41
200 BREAST
Walt Reid 43 2:43.79
50 FLY
Robert S. Smith 40 :25.75
Ron Nakata 44 :29.41
Don Kuyper 40 :35.55
100 FLY
David Clarke 41 1:11.49
100 IM
Ron Nakata 44 1:07.77
Don Kuyper 40 1:25.83
200 IM
Robert S. Smith 40 2:16.92
Ron Nakata 44 2:35.57
400 IM
David Clarke 41 5:47.48
MEN 45-49
50 FREE
Joe Gamblin 48 :30.53
100 FREE
David Addleman 48 1:01.04
Joe Gamblin 48 1:14.29

500 FREE

Bert Petersen 45 6:10.70
50 BACK
David Addleman 48 DQ
50 BREAST
Joe Gamblin 48 :41.41
50 FLY
Bert Petersen 45 :26.76
David Addleman 48 :29.73
200 FLY
Bert Petersen 45 2:33.50
100 IM
David Addleman 48 1:09.58
Joe Gamblin 48 1:26.57
MEN 50-54
100 FREE
Eric Guest 54 1:03.16
200 FREE
Fred Sprenger 52 2:21.90
Eric Guest 54 2:34.19
500 FREE
Fred Sprenger 52 6:16.78
1650 FREE
Sam Terulli 54 24:08.73
50 BACK
Fred Sprenger 52 :39.95
100 BACK
Fred Sprenger 52 1:28.70
200 BACK
Fred Sprenger 52 3:05.01
100 BREAST
Eric Guest 54 1:22.94
MEN 55-59
1650 FREE
Joseph Bilbao 58 45:11.41
50 BREAST
Lee Miesen 56 :38.13
100 BREAST
Lee Miesen 56 1:27.03
200 BREAST
Lee Miesen 56 3:13.06
100 IM
Lee Miesen 56 1:23.66
200 IM
Lee Miesen 56 3:14.35
400 IM
Joseph Bilbao 58 13:43.54
MEN 60-64
50 FREE
Jim Holland 60 :30.63
Khosrow-Shadbeh 63 :38.52
100 FREE
Jim Holland 60 1:09.58
50 BACK
Earl Walter 62 :35.70
Khosrow-Shadbeh 63 :49.77
100 BACK
Earl Walter 62 1:20.48

MEN 60-64 - continued200 BACK

Earl Walter 62 3:00.97

100 BREAST

Khosrow-Shadbeh 63 1:41.63

50 FLY

Jim Holland 60 :37.23

Khosrow-Shadbeh 63 :47.66

100 IM

Khosrow-Shadbeh 63 1:36.01

200 IM

Earl Walter 62 3:04.54

400 IM

Earl Walter 62 6:24.56

MEN 65-6950 FREE

Robert Cutter 66 :32.58

50 BACK

Robert Cutter 66 :39.86

Joseph Ruddley 69 :54.01

100 BACK

Joseph Ruddley 69 2:06.71

200 BACK

Robert Cutter 66 3:45.50

Joseph Ruddley 69 4:33.71

50 BREAST

Bob Schmidt 68 :44.27

200 IM

Joseph Ruddley 69 DQ

MEN 70-7450 BACK

Bob Hunter 72 1:05.07

100 BACK

Don Stevenson 71 1:36.08

Bob Hunter 72 2:13.04

200 BACK

Don Stevenson 71 3:24.09

50 BREAST

Earl Buelenum 72 DQ

100 BREAST

Don Stevenson 71 1:39.45

200 BREAST

Don Stevenson 71 3:34.20

200 IM

Don Stevenson 71 3:28.03

MEN 75-79200 FREE

Herb Eisenschmidt 77 3:12.20

500 FREE

Herb Eisenschmidt 77 8:40.58

50 BACK

Herb Eisenschmidt 77 :42.40

100 BACK

Herb Eisenschmidt 77 1:34.02

200 BACK

Herb Eisenschmidt 77 3:22.19

RELAYSMENS - FREE

25+

1:46.75 Bend

Anthony Warren Carew Mann

MENS - MEDLEY

25+

1:56.14 Mt. Hood

Zimmerman Whaley Herber Sutton

2:04.25 Bend

Warren Mann Carew Anthony

MIXED - FREE

20+

1:56.65 Bend

Burczak Warren Carew Mann

25+

1:49.49 Unat.

Smith Langlois Schroer Ditlevson

35+

1:53.96 PNA

Brooks Reid Crandell Addleman

Happy Birthday

APRIL HAPPY BIRTHDAYS

Fred Sprenger	3	Pat Kilgore	15
Chris Hiatt	4	Barbara Frid	20
Alice Perrine	4	Phil Margolin	20
Joe Tennant	7	Bev Dirksen	22
Roy Watters	7	Eric Cooley	25
Lynn Troxel	10	Brian Frid	26
Susan Albright	12	Syd Hendy	26
Tom Landis	12	Chuck Norgaard	26
Gil Young	12	Jan Bergren	28
Sharon Hoew	13	Peggy Thomson	28
Ardis Ross	14	Edith McMasters	29

OREGON ASSOCIATION MASTERS LONG COURSE SWIMMING MEET - JUNE 15, 16, 1984

Sanctioned by USMS, Inc. and LMSC for Oregon Association

Host: Piranha Swim Team, Mt. Park Pool, #2 Jefferson Terrace, Lake Oswego, OR 97034

Mail Entry Form and Fees to: Chuck Kunde, Meet Director
13 Scarborough Drive
Lake Oswego, OR 97034

DEADLINE: June 11, 1984

Make Checks Payable to: Piranha Swim Team (\$5 entry fee) (Awards \$1.50 each - as earned)

Please Circle Your Age Group: (20-24) (35-39) (50-54) (65-69) (80-84)
(25-29) (40-44) (55-59) (70-74) (85-90)
(30-34) (45-49) (60-64) (75-79) (91 +)

Name _____ M _____ F _____ Birthday _____ Age as of June 15 _____

Address _____ City _____ State _____ Zip _____

Association: OR _____ Other _____ Unattached _____

Registration No. _____ (Please fill in this number.)

You must be registered to swim!

Important Times to Remember: 4 p.m.-June 15, Warm-ups Approx. 3:15 p.m. June 16, Warm-ups
5 p.m.-June 15, Meet Begins 4 p.m., June 16, Meet Begins

EVENTS ENTERED AND BEST TIMES (LONG COURSE) - ENTER RELAYS AT THE MEET

Circle event number and enter best time. Please remember that excluding relays, you may enter five (5) individual events and swim a maximum of five (5) individual events.

Schedule of Events

Friday, June 15, 1984

Warm-Up - 4 p.m.

Timed Finals - 5 p.m.

<u>W</u>	<u>M</u>	<u>Event</u>	<u>Best Time</u>	<u>W</u>	<u>M</u>	<u>Event</u>	<u>Best Time</u>
1	2	400m I.M.	_____				
3	4	1500m Free	_____				

Saturday, June 16, 1984

Warm-Up - Approx. 3:15 p.m.

Timed Finals - 4 p.m.

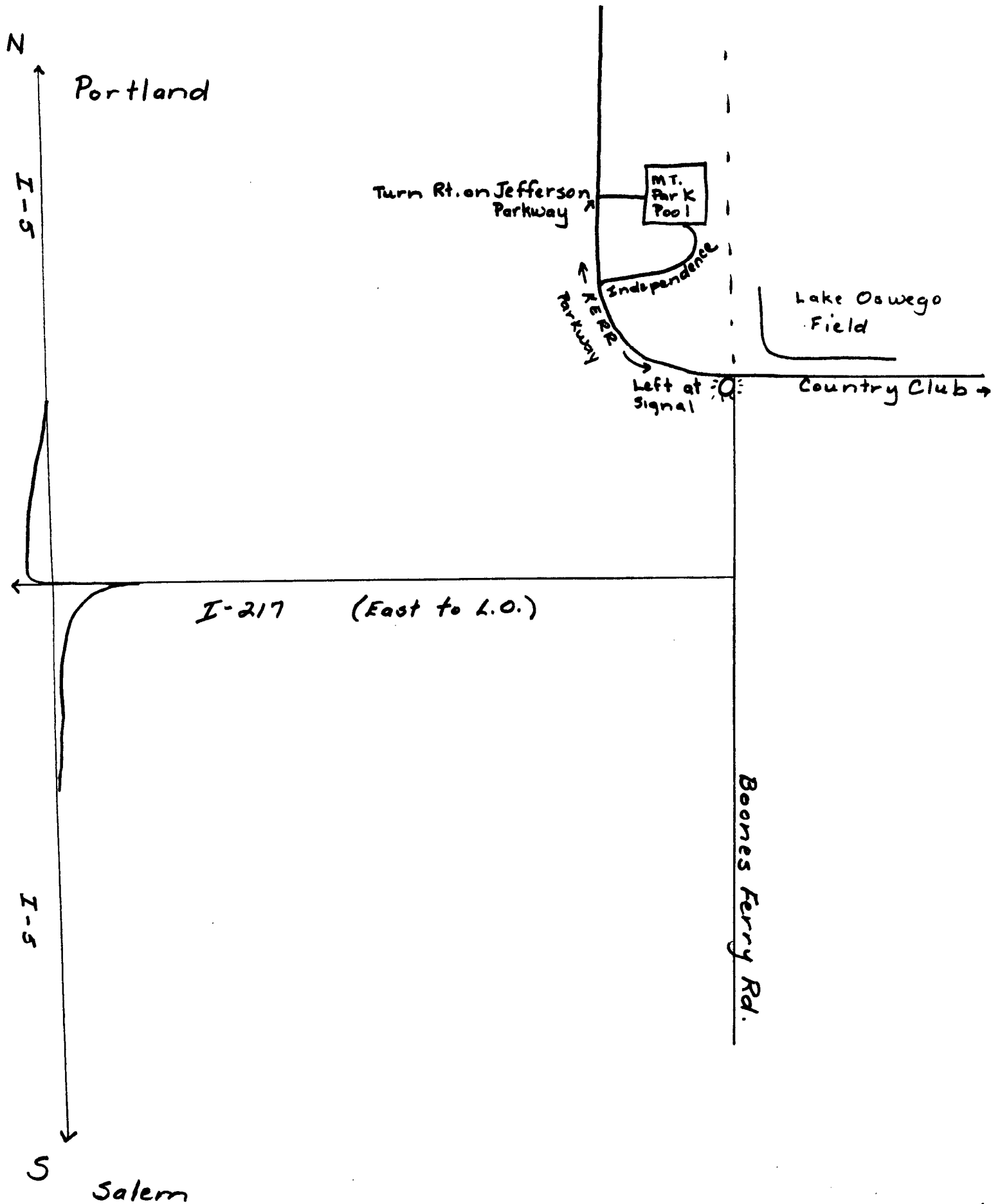
<u>W</u>	<u>M</u>	<u>Event</u>	<u>Best Time</u>	<u>W</u>	<u>M</u>	<u>Event</u>	<u>Best Time</u>
5	6	200m Back	_____	23	24	50m Fly	_____
7	8	100m Breast	_____	25	26	200m I.M.	_____
9	10	50m Free	_____	27	28	100m Free	_____
11	12	200m Medley Relay	_____	29	30	200m Mixed Med. Rly	_____
13	14	200m Fly	_____	31	32	50m Breast	_____
15	16	200m Breast	_____	33	34	100m Back	_____
17	18	400m Free	_____	35	36	100m Fly	_____
19	20	200m Mixed Free Relay	_____	37	38	200m Free Relay	_____
21	22	50m Back	_____	39	40	200m Free	_____

After each relay event there will be a 5-minute break. Quick warm--ups may be taken at this time, but please be quick! **POOL MUST BE VACATED BY 7:30 P.M. SATURDAY!!**

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.

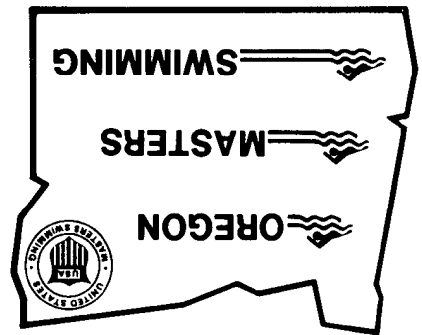
Signed _____

DIRECTIONS TO MT. PARK POOL



first class mail

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



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