



# AQUA-MASTER

VOL. 11 No. 9 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE July 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  
Treasurer - Roy Abramowitz  
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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 Rd. #1  
Portland, Oregon 97226  
Home - 771 - 1663

## 1984 MEET SCHEDULE

### LONG COURSE

July 21,22	Coleman Pool, Seattle, Wa.	Don Helling
July 27,28,29	Mission Park, Spokane, Wa. (I.E.A.)	Harry Lewis
August 10,11,12	Regional Championships, Mt. Hood C.C., Gresham, Oregon 1500, 400 I.M. Fri., Balance on Sat. & Sun.	Mike Popovich
August 23-26	National Long Course Championships Raleigh, North Carolina	
September 29	Inter-Oceana Zone Meet Walnut Creek, Ca.	

## SECOND ANNUAL

# O.M.S. PICNIC

Sunday, July 22  
11:00 a.m.

Details Inside

# JULY HAPPY BIRTHDAYS

Lester Esparza 4  
Pat O'Malley 5  
Karl Von Tagen 5  
Lynn Cox 6  
James Ryan 6  
Vivian Goble 7  
Sam Ieruli 7  
Khosrow Shadbeh 7  
Mike Tennant 7  
William Sims 11  
Deborah Wright 11  
Nona Hanan 13  
William Weaver 14  
Doug Prentice 15

Penny Eckles 16  
Jeff Niedermeyer 16  
Beth Holloway 18  
Joe Gamblin 19  
Peter Higgins 20  
Steve Rosenberg 20  
Charles Hanan 21  
Gayle Miller 21  
Nancy Milner 21  
John Weston 21  
Joan Whisman 24  
Doreen Morris 28  
Charles Johnson 30

# Happy Birthday

## AUGUST HAPPY BIRTHDAYS

Pat Campbell-Schmitt 1  
Teresa Forncrook 1  
Laurie Harpool 1  
Dorothy Hunter 1  
Helen Jensen 1  
James Henry 2  
Tyler Walthers 3  
Martha Hopkins 4  
Beth Ruml 7  
Judy Belford 8  
Louise Hepner 8  
Ken Norton 8  
Sheri Smith 8  
James Nicolaisen 10  
Richard Mealy 12  
Vern Dasch 14  
Beth Burczak 15

Karyn Hale 15  
Wendy Sims 16  
Don Van Rossen 19  
Nancy McKenzie 20  
Ralph Mohr 20  
Elfie Stevenin 20  
Dan Grancois 21  
Meredith Schaffer 22  
Stephen Kessler 23  
Joanne Ross 24  
Don Merritt 25  
Robert Boadway 27  
Mark Becker 28  
Ian Gordon 28  
Ruth Moreland 30  
Mark Sutton 30



### 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 \$ \_\_\_\_\_

MASTERS SWIM MEET ENTRY FORM

USMS & PNA MASTERS SANCTIONED 50 METER LONG COURSE POOL

DATE: Sat. & Sun. July 21,22 1984  
PLACE: Coleman Pool  
8033 Fauntleroy Way SW  
Seattle, Washington  
HOSTED BY: Rainier Valley Swim Club  
& Seattle Parks Dept.

SAT. WARMUP 7.30am, MEET 8.30-11.30am  
SUN. WARMUP 7.30am, MEET 8.30-11.30am  
MEET DIRECTOR: Don Helling  
P.O. Box 78407  
Seattle, Wa. 98178  
206-723-5919

DIRECTIONS TO: Coleman Pool

DEADLINE: July 13, 1984

From I-5 North or South take the Spokane Street exit (West Seattle Freeway). Continue several miles, take Fauntleroy Way S.W. (left fork), go South several miles until you reach Lincoln Park. Park your car North of Fauntleroy Ferry Terminal and follow the foot path to the beach and pool.

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 fast heat first.

<u>EVENTS</u>		<u>BEST TIME</u>	<u>SUNDAY:</u>		<u>BEST TIME</u>
<u>SATURDAY:</u>			<u>SUNDAY:</u>		
1	50 Freestyle	_____	12	50 Backstroke	_____
2	100 Breaststroke	_____	13	100 Butterfly	_____
3	200 Backstroke	_____	14	200 Freestyle	_____
4	50 Butterfly	_____	15	50 Breaststroke	_____
5	200 I.M.	_____	16	100 Backstroke	_____
6	100 Freestyle	_____	17	200 Butterfly	_____
7	200 Breaststroke	_____	18	400 Freestyle	_____
8	XX Free Relay	XXXXX	XX	LEFT OVER RELAYS	XXXXX
9	XX Medley Relay	XXXXX			
10	XX Mixed Free Relay	XXXXX			
11	XX Mixed Medley Relay	XXXXX			

RELAYS ARE BACK TO BACK FIRST DAY TILL OUT OF TIME, FINISH RELAYS ON SUNDAY

ENTRY FEE: Surcharge per swimmer \$3.50

Amount enclosed \$3.50

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 \$1.50 each. Senior Citizens - first award free, \$1.50 for additional awards.

SEND ENTRY & PAYMENT TO:

Don Helling

(Checks payable to PNA MASTERS SWIMMERS)

P.O. Box 78407 (206-723-5919)  
Seattle, Wa. 98178

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 (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors & administrators, waive and release any and all rights and claims for damages I may have against the Coleman Pool, Rainier Valley Swim Club, Seattle Parks Dept. and 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 \_\_\_\_\_

# SENIOR MASTERS SPORTS FESTIVAL

JULY 19-29, 1984

## ENTRY FORM

Please read the general information page carefully, listing chairperson of your sport/event, place, time, dates, and entry fees. Please select your sport(s) and check off on this page your age and your choice of sport/event. Add to your entry fees the \$10 Festival Fee and submit the total amount with this form to:

The Eugene Senior Sports Group, Inc.  
c/o Eugene Parks & Recreation Department  
858 Pearl, 4th Floor  
Eugene OR 97401

ENTRY FEES SUBTOTAL	\$
FESTIVAL FEE	\$10.00
TOTAL AMOUNT	\$

( ) Male ( ) Female

All events will be offered in five-year age categories and/or handicaps. (PLACE AN "X" NEXT TO YOUR AGE CATEGORY.) ( )45-49 ( )50-54 ( )55-59 ( )60-64 ( )65-69 ( )70-74 ( )75-79 ( )80-84 ( )85-89 ( )90+

PLACE AN "X" NEXT TO THE EVENT/S YOU WISH TO ENTER:

( )Tennis--Singles()	Doubles()	( )Golf--Fiddlers' Green()	Shadow Hills()
( )Racquetball--Singles()	Doubles()	( )Bowling 55 years & up	
( )Handball--Singles()	Doubles()	( )Horseshoe Pitching	
( )Badminton--Singles()	Doubles()	( )Road Bike Stage Race	
( )Swimming--Listed in order events will be held:			

W	M		W	M	
( ) 1	2	500 Free	( )23	24	100 Relay
( ) 3	4	200 Back	( )25	26	200 Free
( ) 5	6	100 Breast	( )27	28	100 Fly
( ) 7	8	50 Fly	( )29	30	50 Breast
( ) 9	10	25 Free	( )31	32	25 Back
( )11	12	100 Med. Relay Mixed	( )33	34	100 Medley Relay
( )13	14	200 Fly	( )35	36	200 Breast
( )15	16	100 Back	( )37	38	100 Free
( )17	18	50 Free	( )39	40	50 Back
( )19	20	25 Breast	( )41	42	25 Fly
( )21	22	100 Medley	( )43	44	100 Free Relay Mix

( )Track & Field--All Comers

### TRACK

( )110 Meter Hurdles  
( )1500 Meter Run  
( )100 Meter Dash  
( )1 Mile Fun Walk  
( )400 Meter Dash  
( )800 Meter Run  
( )200 Meter Dash  
( )3000 Meter Run

### FIELD

( )Long Jump  
( )Triple Jump  
( )High Jump  
( )Pole Vault

### THROWING

( )Shot Put  
( )Discus  
( )Javelin

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
Street City, State Zip  
PARTNER'S NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_  
Street City, State Zip

## W A I V E R

In consideration of the right to participate in the 1984 Northwest Open Senior Sports Festival, I do hereby for myself, my heirs, executors, or administrators release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said events to be held on July 19-29, 1984, or which may hereafter occur to me as a result of my participation, against the Eugene Senior Sports Group, Inc., the sanctioning bodies, the City of Eugene, the University of Oregon, Firs Bowl, Court Sports II Fitness Center, Lane Community College, Fiddlers' Green Golf Course, Shadow Hills Golf Course, Willow Creek Racquet Club, Oregon Track Club, YMCA, and/or any officers or agents of said groups, officials, and any and all other sponsors and their officers and agents thereof.

I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above.

I certify that I have read and understand the above.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Witnessed by:

Name \_\_\_\_\_

Address \_\_\_\_\_

NORTHWEST OPEN  
2nd Annual

1984 REGION XII MASTERS LONG-COURSE SWIMMING CHAMPIONSHIPS

DATE: August 10, 11 and 12

MEET DIRECTOR: Mike Popovich  
(503) 667 - 7243

PLACE: Mt. Hood Community College Pool

HOSTED BY: Mt. Hood Masters

OREGON MASTERS SWIMMING MEET - ENTRY FORM  
Sanctioned by USMS, Inc. and LMSC for Oregon Assn.

ENTRY DEADLINE: August 4, 1984

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 6 events plus relays, limit 5 events per day. Circle the events you wish to enter and fill in the best or estimated time. Meet will be seeded fast heat first, one heat each (men and women) then mixed by time. Enter relays at the meet. Filled out entry cards are required with entry form.

<u>EVENTS</u>		<u>BEST TIME</u>	<u>EVENTS</u>		<u>BEST TIME</u>
<u>CO-ED:</u>			<u>SUNDAY</u>		
<u>FRIDAY</u> Warm up at 6:00 p.m.			Warm up at 8:00 a.m.		
Meet at 7:00 p.m.			Meet at 9:00 a.m.		
1-2	400 I.M.	_____	25-26	100 Backstroke	_____
3-4	1500 Freestyle	_____	27-28	50 Freestyle	_____
<u>SATURDAY</u> Warm up at 8:00 a.m.			29-30	200 Breastroke	_____
Meet at 9:00 a.m.			BREAK		
5-6	100 Freestyle	_____	31-32 XXXX	200 Mixed Medley Relay	XXXXXXXXXX
7-8	200 Backstroke	_____	BREAK		
9-10	50 Butterfly	_____	33-34	50 Backstroke	_____
11-12	100 Breastroke	_____	35-36	100 Butterfly	_____
BREAK			37-38	400 Freestyle	_____
13-14 XXXX	200 Medley Relay	XXXXXXXXXX	BREAK		
BREAK			39-40 XXXX	200 Free Relay	_____
15-16	200 Butterfly	_____			
17-18	200 Freestyle	_____			
19-20	50 Breastroke	_____			
21-22	200 I.M.	_____			
BREAK					
23-24 XXXX	200 Mixed Free Relay	XXXXXXXXXX			

ENTRY FEE: Surcharge per swimmer \$7.00 Payable to: OREGON MASTERS SWIMMERS

SEND ENTRY & PAYMENT TO:

(Checks payable to Oregon Masters Swimmers )

Mike Popovich  
Mt. Hood Aquatic Center  
26000 S.E. Stark St.  
Gresham, Oregon 97030

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 available at a nominal fee as earned.

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. ENTRIES MUST BE POSTMARKED BY AUGUST 4 OR THEY WILL BE RETURNED.

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 Mt. Hood C.C. Pool, Mt. Hood Masters Swim Team, Oregon Masters Swimmers and any other sponsors, for all claims for damages, demands, action whatsoever in any manner as a result of my participation in said OREGON MASTERS SWIM MEET. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED \_\_\_\_\_

## QUIPS AND QUOTES

### FILL OUT YOUR OWN ENTRY CARDS!

To help in the time consuming task of filling out entry cards, YOU will need to pick up cards(at a meet prior to the one you're entering) fill them out properly and then return them with your entry. This issue of Aqua Master, and future issues, will have intructions on how to fill out cards. Pick up your first set of cards(one for each event you enter) at any meet(or the Swim Cellar -292-3379) and turn them in with the entry form for Regionals August 10-12(Mt. Hood.) Pick up cards at Regionals for the first meet this fall. (Have someone pick up cards for you if you do not plan to attend a meet or keep one set of extra cards on hand).

\*\*\*\*\*

To have any OUT OF STATE swims considered for Oregon's Top 5 times, YOU must submit your OUT OF STATE times in writing to Pat Caudill 13365 N.W. Glenridge Drive, Portland, Oregon 97225. Long course OUT OF STATE times must be submitted by September 30.

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### SECOND ANNUAL MASTERS SWIM PICNIC

July 22, Sunday 11:00a.m. - 'till you last! Champoeg Park, St. Paul. \$1.00 per vehicle, park entry. Any questions, call Jayne Chastain 639-4034.

\*\*\*\*\*

An article from P.N.A.'s "Wet Set"

Roy Abramowitz, from the Oregon Association, was swimming his last meet in the 25-29 age group. It was also his last opportunity at a two year goal. The 1975 Region XII 200 Fly record had been alluding him. Because it was a tough record Roy had set a goal for himself to break it.

As I watched the start of the 200 Fly, I felt whether Roy broke the record was not nearly so important as the fact he had been "willing to push his horizons". Roy's friends were at poolside to cheer him on at each lap. The look of determination remained etched on Roy's face despite the grueling toll of each lap. At the final touch, the electronic board read 1:58.28 -- the record had been 1:58.30.

\*\*\*\*\*

Anyone going to L.C. Nationals in Raleigh, North Carolina should call Barbara Frid at the Swim Cellar (292-3379) immediately so relays can be formed.

\*\*\*\*\*

Anyone interested in a Long Distance and Rough Water swim in Seal Beach, Ca. and Huntington, In. or a 10K Postal Swim or a 10,000Meter Postal Meet should contact Ginger Pierson for entries. (14218 N.E. 14th. St. Vancouver, Wa. 98686 206 254-2536)

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### DIRECTIONS TO MT. HOOD COMMUNITY COLLEGE POOL

From I-5 southbound, take I-205 freeway (exits right about 8 mi. north of Vancouver). Sign promises "SALEM". Once over new bridges and into Oregon, take #84 freeway(East, goes to the Dalles). Stay on 84 to Wood Village exit. (#16A). Turn right, becomes 238th. which zig-zags and becomes S.E. 242nd. Turn left on S.E. Stark St. (3rd. light). Turn right on S.E. 257th. Turn left on S.E. Cochrane. Turn left into college pool.

From I-5 northbound, take I-205 freeway (exits right about 2 mi. north of Wilsonville). Then take freeway 84 and follow the above instructions.

MOTELS within 15 min. of pool

Motel 6 - 1610 Frontage (Troutdale) 661-5450  
Shilo Inn - (Wood Village) 667-1414  
Coachman Inn (Gresham) 666-9545  
Nendels (Troutdale) 667-6212

There will be a "Function" Saturday night.

# INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to pick up time cards at any meet prior to the meet you intend to swim. Fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

EVENT NUMBER	<u>22</u>	Best Time	<u>32.2</u>	← 1. ENTER EVENT NUMBER & BEST TIME
EVENT	<u>50 METER FLY</u>			← 2. EVENT NAME
MEET	<u>MT. Park</u>	DATE	<u>6-16</u>	← 3. ENTER MEET NAME & DATE
FULL NAME(S)			AGE(S)	
1.	<u>Sandi Rousseau</u>		<u>36</u>	← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!
2.				
3.				
4.				
CLUB/ASSOC:	<u>Barracuda</u>			← 5. PRINT CLUB NAME
AGE GROUP:	20-24	25-29	30-34	← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.
<u>35-39</u>	40-44	45-49	50-54	
60-64	65-69	70-74	75-79	
RELAYS ONLY	20 & Up	25 & Up	35 & Up	
	45 & Up	55 & Up		
	MEN	WOMEN	COED	
HEAT	Timers Initials	Time Minutes	Seconds	Tenths/Hundredth
LANE				
OFFICIAL TIME			FINAL PLACE	

DO NOT FILL OUT ANYTHING BELOW THIS LINE

1. Pick up cards prior to any meet you intend to swim
2. Send them in with entry form
3. Use one card for each entry

EVENT  
NUMBER 5 Best  
Time 1:55.2

EVENT 200 MEDLEY RELAY

MEET MT. Park DATE 6-16

FULL NAME(S) \_\_\_\_\_ AGE(S) \_\_\_\_\_

1. Chuck Richards 39

2. Arthur Smith 39

3. Doug Hunsicker 36

4. Roy Lambert 38

CLUB/ASSOC: BARRACUDA

AGE GROUP: 20-24 25-29 30-34

35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79

RELAYS  
ONLY 20 & Up 25 & Up 35 & Up  
45 & Up 55 & Up

MEN WOMEN COED

HEAT Timers Initials Time Minutes Seconds Tenths/Hundredth

LANE

OFFICIAL  
TIME FINAL  
PLACE

## RELAYS - HOW TO FILL OUT RELAY CARDS

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie., "Guppie"). The O.M.S. membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

1. Use registered name
2. Pink cards for women's relays
3. Blue cards for men's relays



## REPORT OF MASTERS SWIMMER QUESTIONNAIRE

This is a preliminary report of the findings from the Heart Disease Risk survey that was sent to every registered masters swim club. Some clubs responded en mass; some not at all, and some with smaller numbers. Nevertheless, the response was quite good. A majority of the states and the District of Columbia were well represented. The data presented in this handout represents the preliminary results of the first 1144 swimmers to respond. We would appreciate receiving any questionnaires that have not been returned after they are completed. We will continue to analyze the data and provide you with a final report in the near future. We hope to present our most updated data at the Long Course National Championship in Raleigh.

### PRELIMINARY RESULTS

All of these data pertain to the first 1144 masters swimmers to respond. There were 670 male, 470 female and 4 reporting no gender. Male masters swimmers started a little later in life, but beyond that, median and older swimmers were comparable in age for both sexes. Male swimmers were slightly taller than the average man. Women ranged from slightly under five feet to six feet in height. Of the women, one quarter were 5 feet 4 inches or shorter; the median was 5 feet 6 inches and one quarter of the women swimmers were 5 feet 8 inches or taller. The male counterparts were 5 feet 9 inches, 5 feet 11 inches and 6 feet 1 inches respectively. The women weighed 120-129, 130-139, and 140-149 for the first quartile, median and last quartile. Men were 150-159, 170-179 and 180-189, respectively. 78 male swimmers weighed over 200 pounds and only one under 120 pounds. Four women swimmers weighed over 200, 66 over 150 and only one weighed under 100 pounds.

How are the masters swimmers different from other people? At this time it is difficult to cite many differences. We also seem to be homogenous in many ways as swimmers.

Fifty percent of the female swimmers drank approximately 2-3 ounces (the equivalent of 5 glasses of wine) of alcohol a week (usually wine); 109 did not drink and 193 did not respond to that question. We would assume that most of that group were nondrinkers. The upper quartile of women drank 3-4 ounces of alcohol a week. The first quartile of men reported 1-2 ounces a week of alcohol consumption (usually beer; less likely wine or hard liquor). The median male drinker consumed 2-3 ounces a week and the upper quartile 6-7 ounces a week. There were 131 men who reported as nondrinkers and 213 who did not respond to that question. Thus, more than 1/3 of the women were nondrinkers and less than 1/3 of the men were nondrinkers. In the top quartile men drank twice as much as women. Perhaps this relates to size?

Men swimmers smoked more than women swimmers with a median of 1½-1½ ppd (packs per day) compared to 1-1½ ppd for women. The total number of swimmers who smoked was higher than one might expect in 1984. Nevertheless, there were 328 non-responders among the women and 491 among the men. Only 1 woman and 4 men reported as nonsmokers. Of the 142 women who smoked: one quarter smoked about half a pack a day; the median smoked 1 ppd and the upper quartile smoked 1½ ppd. This number was only slightly greater for men.

Caffeine consumption was also of interest. Swimmers were not great users of caffeine in any form. The first quartile of both men and women only drank the equivalent of 1 cup of coffee a day. The median only 2 cups a day for both and only in the upper quartile did men consume more caffeine - 4 cups compared to 3 for women. Of the women, there were 33 non-caffeine users and 8 non-responders. For men, 50 reported non-use and 8 did not answer the question.

Many swimmers swam under 10,000 yards a week. Personality type did not correlate well with yards swum in either male or female, but more compulsive people swam over 10,000 yards per week in nearly every 1,000 yard division. Of the 59 Type A men who swam greater than 10,000 yards a week, 11 swam greater than 19,000 yards a week. Of the 46 Type A women who swam greater than 10,000 yards a week, 4 swam greater than 19,000 yards a week. There was no association between hours slept and personality type. Most swimmers were quite homogenous in this way and ate regular meals and slept about 7-8 hours a night. Personality in no way related to disease. The only statistically significant comparison revealed that females were more compulsive.

The major concern of this questionnaire related to disease prevalence and the effect of swimming and habits of such conditions. There was no difference in disease frequency in general between men and women. Furthermore, there was no difference in disease prevalence in terms of alcohol consumption. In general, swimmers who were sick tended to be older.

In this preliminary stage the very important set of findings from this questionnaire related to smoking. Of the men who smoked the association to disease was not so striking but for women it was very highly significant. Of the 141 women who reported smoking 52 reported illness. If they did not smoke we expected 22% rate of illness in all age groups. Thus, we would expect 31 of this 141 to be ill. But 52 women reported illness. We might assume that 21 of them would not be ill if they did not smoke. There were 180 male smokers. Men had the same rate of illness among non-smokers as did women (21%). We would expect 38 men from the smoking group to be ill but we observed 51 male smokers who were ill. Thus 13 of this group might not be ill if they did not smoke. The rate of illness of nonsmoking women and men is the same but there is a difference for smoking men and women. What this means will be the basis for more extensive evaluation in the near future.

Several other correlations are noted in this preliminary analysis. There was an increased association of heart attacks with increased caffeine usage. Swimmers who actively lifted weights had a higher incidence of smoking and slept less regularly. Heavier swimmers were noted to smoke more and drink more coffee.

In summary, masters swimmers would appear to be quite healthy and homogenous. The number of yards swum would not appear to incur less risk for any of the diseases we surveyed. Only smoking, among the recreational drugs would appear to relate as a health hazard. Furthermore, smoking would appear to be a greater risk factor in women master swimmers than in men.

A final report will be sent to the clubs as soon as it is available. I thank you for your cooperation and interest.

*Bill Weir*

1984 SCHEDULE OF EVENTS  
Pacific Masters Swimming  
(Revised May 14, 1984)

- NO MEETING --- NEXT MEETING JUNE 11th
- \*\*\* May 21= ~~PM Swim Committee: 7:30 pm, Walnut Creek Civic Center, Civic & Broadway, Walnut Creek.~~
- May 26-29 USMS SC National Championships, Industry Hills, CA: Tina Martin, 3320 Primavera, Pasadena, CA 91107, (213) 793-5862.
- June 3 Davis, 2 mi Lake Berryessa Open Water: Margaret Jorgenson-Turano, PO Box 921, Davis, CA 95616, (916) 756-7139.
- \*\*\* June 11 ----- PMS Meeting
- June 16-17 Walnut Creek LC--Heather Farms Park: Kerry O'Brien, 5517 Nebraska, Concord, CA 94521 (415) 672-3385 W (415) 943-5856.
- \*\*\* June 18 PM Swim Committee: ~~7:30 pm, Walnut Creek Recreation Dept., Civic & Broadway, Walnut Creek.~~
- changed to June 11 ---
- July 14 Sierra Nevada, Idylwild Pool, Reno, LC: Sally Peterson, PO Box 9122, Truckee, CA 95737, H (916) 587-7649 or W (702) 747-7206.
- July 14 \* San Francisco Cove Swim: South End Rowing Club: Dick Frenzel, 2521 Van Ness Ave., #3, San Francisco, CA 94109, (415) 873-1660.
- July NO PM Swim Committee Meeting.
- July 21 Olympic Club, Trans-Tahoe Relay: Ron Bull, The Olympic Club, 524 Post St., San Francisco, CA 94102, (415) 775-4400.
- July 28 San Jose, LC--Gunderson High School, San Jose: Chris Carriere, 410 Castro Ct., Campbell, CA 95008, (408) 379-2879.
- August 4 Sacramento, 2 mi Folsom Lake Open Water: Dot Werry, PO Box 8205, Sacramento, CA 95818, (916) 452-2416.
- August 10, PMS LC Championships--Solano, Solano Comm. College, Fairfield:  
& 11, 12 Patti Leiferman, 1717 Hemlock St., Fairfield, CA 94533,  
(707) 427-3280.
- August 18 Sierra-Nevada, 2.7 mi Donner Lake Open Water: Sally Peterson, P.O. Box 9122 Truckee, CA 95737 H (916) 587-7649 or W (702) 747-7206.
- August 20 PM Swim Committee: 7:30 pm, Walnut Creek Recreation Dept., Civic & Broadway, Walnut Creek.
- August 23-26 USMS LC National Championships, Raleigh, NC: Hill Carrow, Optimist Park Pool, Raleigh, NC, H (919) 787-7134 or W (919) 836-6839.

\*\*\*September 29 North/South meet at Walnut Creek

- September 8 Redding, 2 mi. Whiskey Town Reservoir Open Water: Kurt Lasher, 2591 Avala, Redding, CA 96002, (916) 222-0518.
- September 16 San Mateo, Coyote Point 1.5 mi Open Water: Dave Gray, 1744 Palm Ave., San Mateo, CA 94403, (415) 574-0706.
- September 22 \* Davis Triathlon: John Bracchi, P.O. Box 921, Davis, CA 95616, (916) 753-7273.
- September 24 PM Swim Committee: 7:30 pm, Walnut Creek Recreation Dept., Civic & Broadway, Walnut Creek.
- October 6 Walnut Creek, SC--Heather Farms Park: Kerry O'Brien, 5517 Nebraska, Concord, CA 94521, (415) 672-3385 W (415) 943-5856.
- October 13 Ladera Oaks, USS/USMS Redwood Shores Open Water: Diane Campbell, P.O. Box 620247, Woodside, CA 94026, (415) 854-6031.
- October 22 PM Swim Committee: 7:30 pm, Walnut Creek Recreation Dept., Civic & Broadway, Walnut Creek.
- November 4 Sacramento, SC Pentathlon--Sacramento YMCA Pool: Dot Werry, P.O. Box 8205, Sacramento, CA 95818, (916) 452-2416.
- November 10-11 San Francisco State Univ., SC/Indoors: Bob Madrigal, 506 Baden #3, So. San Francisco, CA 94080, H (415) 952-9158 or W (415) 877-8572.
- November 19 PM Swim Committee: 7:30 pm, Walnut Creek Recreation Dept., Civic & Broadway, Walnut Creek.
- December 1 Sierra-Nevada, SC/Indoors--Truckee High School: Sally Peterson, P.O. Box 1880, Truckee, CA 95734, H (916) 587-7549, or W (702) 747-7206.
- December NO PM Swim Committee Meeting.

\* Not PMS/USMS Sanctioned Event

Note: Schedule subject to change

Ol' Barn is back....Hope you missed me....The trip to NZ was fantastic, we will go into that at a later date, nuf said, you can be very proud of your Oregon Association contingent, they did a JOB.

As is our custom, we make awards at the annual Association Championships, 1984 was no exception, we honored our record holders, our TOP TENNERS, and then we honored our ALL-AMERICANS.

Ol' Barn wants to call attention to what ~~mayxto~~ some of you may pass over, I honestly hope not.....

We have a person in the Oregon Association who accomplished what no other of our stalwarts has been able to do, this person made ALL-AMERICAN in two age groups, YES...2 age groups.

I am writing about Robert Smith of Lake Oswego, who made All-America in 50 Yard Back, (1) 35-39 and (2) 40-44, not only did Robert rank # 1 in both of these age groups, but he set National Records in both. In addition to this, Robert set new national records in the ; 50 Yard Free, 100 Yard Back, and the 100 Yard I.M.

We have some truly great swimmers, but I can tell you one thing, we have never had anyone set FIVE (5) national records in one year, in 3 different strokes.

Ol' Barn's TIP O' the HAT goes to Robert Smith, quite possibly the finest TRUE sprinter in U.S.Masters today !:::

\*\*\*\*\*

In a great Association Championships meet, the Barracudas prevailed over an inspired Mt Hood Club led by Bert Petersen. It was close and Ol' Barn wants to TIP the HAT to Mt Hood for making the going really tough for the Barracudas. Thanks to Mark Worden for a great meet, swum in a truly excellent facility. We had our share of records, here we go ;

Chere Benson, Corvallis, 200 Free-2:10.40, 500 Free-5:41.25, 100 Fly-1:07.96, and the 200 Fly at 2:29.25 (20-24)

Debra Kuehne, Eugene, (25-29) 200 Breast in 3:00.60

Cathy Imwalle, Bend, (30-34) 50 Breast-34.41, 100 Breast-1:15.43, and the 200 Breast in 2:43.17

Sandi Rousseau, Barracudas (35-39) 50 Free-:27.58, 50 Fly-:29.78, 100 Fly-1:08.62, 200 Fly-2:44.08

Tanya Mansigh, Vancouver(35-39) 200 Back - 2:34.64

Ginger Pierson, Barracudas (35-39) 200 I.M. - 2:36.93

Barbara Frid, Barracudas (40-44) 500 Free-6:19.61, 200 Back-2:41.98

Mirjana Callahan, Salem (40-44) 50 Brst-:38.21, 100 Brst-1:21.65, 100 IM-1:11.97

Patricia Giordano, Mt Hood (40-44) 200 Fly - 2:53.15

Susi Fogelson, Eugene (45-49) 50 Brst-:41.40, 100 Brst-1:30.43, 200 Brst-3:19.63

Sue Rittenhouse, New Wave (45-49) 200 I M - 2:54.37

Lavelle Stoinoff, MAC (50-54) 200 Brst-3:18.43, 400 IM-6:16.33

Louise Hepner, Barracudas (55-59) 50 Free-:32.22, 100 Free-1:12.30, 200 Free-2:40.28, 500 Free- 7:20.97, 100 IM - 1:27.99

Roberta Amott, Umpqua (60-64) 200 Free- 4:08.67, 200 IM - 4:49.92

Hazel Bressie, MAC (75-79) 100 Back-3:09.77, 400 IM-17:13.20

Steve George, Corvallis (20-24) 50 Free-22.42, 100 Free-49.60, 200 Free-1:52.60, 100 Fly-56.75

Jason Hafner, Corvallis (20-24) 50 Back-26.32, 100 Back-58.81, 50 Fly-25.34

Justin Gordon, Corvallis (20-24) 200 Back - 2:16.40

Ol' Barn - (cont) Corvallis, Assn Champs :

Steve Mann, Bend (30-34) 50 Back-27.38, 100 Back-59.73

Karl Von Tagen, New Wave (40-44) 200 Free-1:58.58, 500 Free-5:30.60

Jerry Willie, Corvallis, (40-44) 100 Brst-1:11.29

Robert Smith, New Wave, (40-44) 200 IM - 2:15.29

Don Stevenson, MAC, (70-74) 400 IM - 7:20.89

RELAYS - RELAYS - RELAYS :

Men's 200 Free (20+) Corvallis - 1:33.44

Hafner, Johnson, Gordon, and George

Men's 200 Medley (20+) Corvallis - 1:47.84

Hafner, Johnson, Gordon, George

Men's 200 Medley (45+) Mt Hood - 2:27.61

Guest, Petersen, Sprenger, Amicarella

Mixed Medley (20+) Corvallis - 1:53.36

Hafner, George, Benson, George

Mixed Medley (65+) MAC - 4:41.19

Hunter, Bressie, Stevenson, Hunter

Men's Medley (35+) OREGON - 1:44.57

R. Smith, A. Smith, D. Smith and K. Von Tagen

\*\*\*\*\*

NATIONAL NATIONAL NATIONAL NATIONAL - RECORDS .....

Collie Wheeler, MAC - 100 Free - 2:06.77

Peter Powlison, HUMU - 400 I M - 5:43.40

\*\*\*\*\*

An Ol' Barn Special News Bulletin - Our friend, Peter Powlison, in his last short course meet of the year turned in a :

100 Free - 56 plus

200 Free - 2:09 plus

\*\*\*\*\*

SHORT COURSE REGIONALS - SEATTLE, WA - WE DID WELL !!!!!

The meet was highlighted by the culmination of one man's pursuit of excellence, two years ago Roy Abramowitz said that he would break 2:00 for the 200 Fly, there were so many close ones, BUT...

Roy Abramowitz swam a 1:59.28 , for a new Association record as well as a new Regional record. That my friends is what is known as TRUE GRIT !!!

RECORDS, others who did well !!!!

Laura Baumhofer, 25-29, 100 Fly-1:06.83, 200 Fly-2:29.59, 200 IM - 2:33.55

Lavelle Stoinoff, 50-54, 100 Brst - 1:33.85, 200 IM - 2:56.87 (both reg records)

Elfie Stevenin, 60-64, 200 Fly - 7:05.17

Robert Smith, 40-44, 100 Free - 51.58, Regional record also

Bert Petersen, 45-49, 50 Fly - 26.70, also regional record

\*\*\*\*\*

It was a great short course season, we had some great swims, some very very fine PR's,

QUESTION ???? - How Come - our attrition in membership from '83 to '84, is 45 %, without this loss we would stand at 550 plus ???????

## New and Improved

## SECOND ANNUAL

## NATIONAL POSTAL

# AQUA IRONPERSON TRIATHLON

- DEADLINE:** Postmarked by Monday, September 17, 1984.
- SPONSORED BY:** Raleigh Area Masters Swim Team, Raleigh, North Carolina.
- SANCTIONED BY:** LMSC for North Carolina and U.S.M.S.
- LOCATION:** Any pool 50 meters in length or any pool 25 meters in length.\*
- TIME:** Any time during July or August, 1984. You do not have to swim the three events on the same day. For example, you could swim the 200 meter butterfly at the first of July, the 400 I.M. at the first of August, and the 1500 free at the end of August if you desire (or any other order or time).
- ELIGIBILITY:** Any properly registered masters athlete in any country.
- OBJECT:** Complete the 3 most grueling events in masters competition!
- EVENTS:** 200 meter butterfly; 400 meter individual medley; and 1500 meter freestyle.
- HANDICAP:** A slight but measured increment will be added to your total time for each event you swim in a 25 meter pool.
- AWARDS:** Beautiful championship wall certificates for first eight places in each age group and sex. These will be forwarded to winners as soon as possible. Please allow 30 days from September 17.
- SPECIAL AWARD:** Will go to those persons who swim all three of the events on the same day (24 hour period from 12 midnight to 12 midnight).
- ENTRIES:** \$4.00 per swimmer. Include \$.50 additional if you desire a copy of the results.
- SPECIAL RULES:**
- (1) All three events must be completed while you are in the same age group.
  - (2) Only one entry per person — EXCEPT: you may enter twice if you change age groups during the two month period. However, to enter twice, you must swim all three events twice — all three once at the younger age and all three once at the older age.
  - (3) You must have someone verify your accomplishment. Remember, this is on the honor system.
- RESULTS:** Will be sent to SWIM SWIM and SWIM MASTER with request for their publication.

\*If you do not have access to a meters pool, you may swim the distances in yards and we will use a conversion factor and present you with a separate award recognizing your achievement.

## ENTRY FORM

### ENTRY DEADLINE: POSTMARKED BY SEPTEMBER 17, 1984

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_

Sex (circle one):      male      female

Age Group (circle one):      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 +

### EVENTS

### TIMES

200 meter butterfly \_\_\_\_\_ seconds

400 meter individual medley \_\_\_\_\_ seconds

1500 meter freestyle \_\_\_\_\_ seconds

Total Time (in seconds) \_\_\_\_\_ seconds

I swam the ☐ 200 fly, ☐ 400 IM, ☐ 1500 free in a 25 meter pool.  
(Check the appropriate event, if any)

☐ I did not have access to a meters pool so I swam the three distances in yards.

☐ I swam all three events on the same day!

\_\_\_\_\_  
Signature of witness, verifier, or meet director

In consideration of the acceptance of this entry, I for myself, my heirs, my executors and administrators, and my assignees do hereby release and discharge any and all rights and claims for damages which I or any of us may hereafter have against Raleigh Area Masters Swim Team or the Local Masters Swim Committee for North Carolina, for damages, demands, or actions arising in any manner whatsoever or in any way growing out of my participation in this athletic event.

\_\_\_\_\_  
Signature of Swimmer

\_\_\_\_\_  
Date Signed

NOTE: No unsigned entries will be accepted.

Enclose check or money order with entry and mail by Monday, September 17, 1984, to

### RALEIGH AREA MASTERS

Post Office Box 19845  
Raleigh, North Carolina 27619

All proceeds go toward meet expenses of the 1984 National Long Course Championships to be held in Raleigh.

For further information, please contact:

Bob Kohmescher  
(919) 829-0131 (home)

Reg. 12 Championship Meet  
 Seattle, Wa.  
 May 4-6, 1984 OREGON swimmers ONLY

WOMEN 20-24

50 FREE

Janet Baumhofer 23	:28.95
Andree Devine 22	:29.91
Beth Burczak 23	:32.26

100 FREE

Janet Baumhofer 23	1:03.65
Andree Devine 22	1:06.55

200 FREE

Janet Baumhofer 23	2:22.17
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500 FREE

Andree Devine 22	6:15.36
Ginny Ross 24	6:59.68

1650 FREE

Andree Devine 22	21:54.57
Ginny Ross 24	24:07.16

50 BACK

Beth Burczak 23	43.14
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200 BACK

Ginny Ross 24	3:18.65
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50 BREAST

Beth Burczak 23	:38.77
-----------------	--------

100 BREAST

Beth Burczak 23	1:28.61
-----------------	---------

Ginny Ross 24	1:43.59
---------------	---------

50 FLY

Janet Baumhofer 23	:34.3
--------------------	-------

Beth Burczak 23	:36.91
-----------------	--------

Ginny Ross 24	:37.26
---------------	--------

100 FLY

Andree Devine 22	1:11.35
------------------	---------

200 FLY

Andree Devine 22	2:35.38
------------------	---------

100 IM

Janet Baumhofer 23	1:17.38
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Beth Burczak 23	1:22.38
-----------------	---------

WOMEN 25-29

50 FREE

Vicki Gordon 27	:28.76
-----------------	--------

200 Free

Vicki Gordon 27	2:22.71
-----------------	---------

500 FREE

Vicki Gordon 27	6:35.92
-----------------	---------

Robin Durant 28	7:03.66
-----------------	---------

Marilee Eaton 28	7:14.94
------------------	---------

1650 FREE

Robin Durant 28	24:04.13
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Marilee Eaton 28	24:19.55
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200 BACK

Robin Durant 28	3:00.93
-----------------	---------

50 FLY

Laura Baumhofer 26	:30.61
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Vicki Gordon 27	:31.57
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Marilee Eaton 28	:37.02
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100 FLY

Laura Baumhofer 26	1:06.83
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Marilee Eaton 28	1:23.28
------------------	---------

Robin Durant 28	1:33.43
-----------------	---------

200 FLY

Laura Baumhofer 26	2:29.59
--------------------	---------

Marilee Eaton 28	3:04.59
------------------	---------

100 IM

Laura Baumhofer 26	1:11.06
--------------------	---------

Vicki Gordon 27	1:11.64
-----------------	---------

Marilee Eaton 28	1:22.94
------------------	---------

200 IM

Laura Baumhofer 26	2:33.55
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400 IM

Laura Baumhofer 26	5:23.8
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WOMEN 30-34

50 FREE

Jean McFarlane 31	:32.28
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100 FREE

Darlene Pohl 34	1:08.14
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Jean McFarlane 31	1:16.51
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50 BACK

Judy Belford 34	:34.92
-----------------	--------

100 BACK

Judy Belford 34	1:16.37
-----------------	---------

50 BREAST

Jean McFarlane 31	:40.95
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100 BREAST

Jean McFarlane 31	1:31.6
-------------------	--------

200 BREAST

Jean McFarlane 31	3:18.22
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50 FLY

Jean McFarlane 31	:44.81
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200 FLY

Darlene Pohl 34	2:46.49
-----------------	---------

100 IM

Judy Belford 34	1:14.83
-----------------	---------

Darlene Pohl 34	1:17.19
-----------------	---------

400 IM

Darlene Pohl 34	5:51.35
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WOMEN 35-39

50 BACK

Jayne Chastain 38	:35.84
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100 BACK

Jayne Chastain 38	1:19.07
-------------------	---------

200 BACK

Jayne Chastain 38	2:53.23
-------------------	---------

50 BREAST

Jayne Chastain 38	:42.49
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WOMEN 40-44

50 BACK

Barbara Frid 42	:34.33
-----------------	--------

100 BACK

Barbara Frid 42	1:13.57
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100 IM

Barbara Frid 42	1:13.34
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WOMEN 45-49

100 BREAST

Susanne Fogelson 46	1:30.89
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50 FLY

Susanne Fogelson 46	:41.08
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WOMEN 50-54

200 FREE	
Lavelle Stoinoff 51	2:22.88
500 FREE	
Lavelle Stoinoff 51	6:21.22
100 BREAST	
Lavelle Stoinoff 51	1:33.85 (R)
200 IM	
Lavelle Stoinoff 51	2:56.87 (R)

WOMEN 55-59

200 FREE	
Maggie Wells 58	3:24.89
500 FREE	
Maggie Wells 58	8:41.42
1650 FREE	
Maggie Wells 58	29:22.97
200 BACK	
Maggie Wells 58	3:45.3

WOMEN 60-64

500 FREE	
Elfie Stevenin 62	13:19.28
200 BACK	
Elfie Stevenin 62	5:01.59
100 FLY	
Elfie Stevenin 62	3:14.54
200 FLY	
Elfie Stevenin 62	7:05.17
200 IM	
Elfie Stevenin 62	5:41.48
400 IM	
Elfie Stevenin 62	11:58.9

MEN 25-29

50 FREE	
Chip Burczak 25	:25.59
50 BREAST	
Chip Burczak 25	:33.0
100 BREAST	
Chip Burczak 25	1:12.74
200 BREAST	
Chip Burczak 25	2:43.04
200 FLY	
Roy Abramowitz 29	1:59.28 (R)
100 IM	
Roy Abramowitz 29	:57.98
200 IM	
Chip Burczak 25	2:29.15

MEN 30-34

50 FREE	
Steve Kramer 34	:25.75
John DeJarnatt 34	:26.4
100 FREE	
John DeJarnatt 34	:57.67
200 FREE	
John DeJarnatt 34	2:12.79
500 FREE	
John DeJarnatt 34	6:02.1
1650 FREE	
Tom Herber 31	23:10.8

50 BACK

Steve Kramer 34 :28.93

100 BACK

Steve Kramer 34 1:02.71

50 BREAST

Tom Herber 31 :35.63

100 BREAST

Tom Herber 31 1:15.6

50 FLY

John DeJarnatt 34 :29.06

100 FLY

Tom Herber 31 1:08.77

MEN 35-3950 FREE

Charles Johnson 35 :25.25

Roy Lambert 37 :27.58

100 FREE

Roy Lambert 37 1:00.31

Pat Caudill 38 1:05.65

200 FREE

Pat Caudill 38 2:25.43

Mike Martini 37 3:05.11

500 FREE

Charles Johnson 35 5:47.32

Brian Langlais 38 6:21.07

Pat Caudill 38 6:21.45

Mike Martini 37 8:26.41

1650 FREE

Michael Anthony 36 20:38.69

Mike Martini 37 29:53.25

50 BACK

Charles Johnson 35 :30.09

Rio Dickie 35 :31.07

100 BACK

Charles Johnson 35 1:07.84

Rio Dickie 35 1:09.72

Brian Langlais 38 1:13.61

200 BACK

Brian Langlais 38 2:39.37

50 BREAST

Rio Dickie 35 :34.51

200 BREAST

Roy Lambert 37 2:49.41

50 FLY

Rio Dickie 35 :27.21

Pat Caudill 38 :34.87

100 FLY

Rio Dickie 35 1:02.29

Brian Langlais 38 1:11.82

200 FLY

Doug Hunsicker 36 2:40.29

Brian Langlais 38 3:00.61

100 IM

Pat Caudill 38 1:15.78

200 IM

Pat Caudill 38 2:47.7

400 IM

Brian Langlais 38 5:53.2

MEN 40-4450 FREE

Robert Smith 40 :23.69

<u>100 FREE</u>	
Robert Smith 40	:51.58 (R)
<u>100 BACK</u>	
Robert Smith 40	:59.04
<u>50 BREAST</u>	
Robert Smith 40	:30.82
<u>50 FLY</u>	
Robert Smith 40	:25.85
<u>100 IM</u>	
Robert Smith 40	:58.29

#### MEN 45-49

<u>50 FLY</u>	
Bert Petersen 45	:26.7
<u>100 FLY</u>	
Bert Petersen 45	1:01.72
<u>200 FLY</u>	
Bert Petersen 45	2:44.41

#### MEN 55-59

<u>100 FREE</u>	
Lee Miesen 57	1:27.12
<u>100 BACK</u>	
Lee Miesen 57	1:28.3
<u>50 BREAST</u>	
Lee Miesen 57	:37.54
<u>100 BREAST</u>	
Lee Miesen 57	1:25.0
<u>200 BREAST</u>	
Lee Miesen 57	3:12.37
<u>50 FLY</u>	
Lee Miesen 57	:40.4

#### MEN 60-64

<u>200 FREE</u>	
Khosrow Shadbeh 63	3:08.04
Dave Bernstein 62	3:51.61
<u>1650 FREE</u>	
Gil Young 62	26:13.69
Dave Bernstein 62	36:01.6
<u>50 BACK</u>	
Dave Bernstein 62	:49.17
<u>100 BACK</u>	
Gil Young 62	1:26.97
Dave Bernstein 62	1:49.3
<u>200 BACK</u>	
Gil Young 62	3:16.82
Dave Bernstein 62	4:01.66
<u>50 BREAST</u>	
Khosrow Shadbeh 63	:45.08
<u>100 BREAST</u>	
Khosrow Shadbeh 63	1:38.32
<u>50 FLY</u>	
Khosrow Shadbeh 63	:44.19
<u>100 IM</u>	
Gil Young 62	1:31.03

#### MEN 65-69

<u>50 FREE</u>	
Bob Cutter 66	:31.42
<u>50 BACK</u>	
Bob Cutter 66	:39.91

<u>100 BACK</u>	
Bob Cutter 66	1:31.7
<u>200 BACK</u>	
Bob Cutter 66	3:23.51
<u>50 BREAST</u>	
Bob Cutter 66	:44.0
<u>100 IM</u>	
Bob Cutter 66	1:31.77

#### MEN 75-79

<u>50 FREE</u>	
Herb Eisenschmidt 77	:35.8
<u>200 FREE</u>	
Herb Eisenschmidt 77	3:12.8
<u>100 BACK</u>	
Herb Eisenschmidt 77	1:31.92
<u>200 BACK</u>	
Herb Eisenschmidt 77	3:25.26

#### RELAYS

##### 200 FREE RELAY

##### WOMEN 20+

Andree Devine	
Janet Baumhofer	1:58.81
Laura Baumhofer	
Vicki Gordon	

##### MEN 35+

Rio Dickie	
Brian Langlais	1:41.59
Bert Petersen	
Robert Smith	

##### MEN 55+

Khosrow Shadbeh	
Lee Miesen	2:18.83
Gil Young	
Bob Cutter	

##### 200 MEDLEY RELAY

##### WOMEN 20+

Jayne Chastain	
Beth Burczak	2:20.45
Andree Devine	
Jean McFarlane	

##### MEN 25+

John DeJarnatt	
Mike Martini	2:13.24
Tom Herber	
Pat Caudill	

##### MEN 35+

Rio Dickie	
Robert Smith	1:58.81
Brian Langlais	
Bert Petersen	

##### MEN 55+

Bob Cutter	
Khosrow Shadbeh	2:39.61
Lee Miesen	
Gil Young	

## 200 MIXED MEDLEY RELAY

20+

Beth Burczak  
Chip Burczak 2:12.16  
Jean McFarlane  
John DeJarnatt

Vicki Gorgon  
Brian Langlais 2:14.98  
Janet Baumhofer  
Pat Caudill

35+

Jayne Chastain  
Barbara Frid 2:05.33  
Robert Smith  
Rio Dickie

### **On Being Lycra-Clad**

Age group swimmers—young and old—have to be able to handle the exposures inherent in being lycra-clad. For a developing adolescent, it can be tough. Comparisons are anything but subtle to a self-conscious teenager. Think back to that age, remember how everyone clamored to be photographed for the team picture in sweatshirts, or better yet, *in the water* to blur the focus on physical pluses and minuses?

Adult Masters swimmers invite the same uneasiness with initial exposures. With the older aquatic folk, excesses in anatomy are more often the case than the temporary deficiencies of adolescence. Time heals most of the teenage inhibitions, but that same passage of years adds new dimensions to self-conscious senior athletes. Adults must slim down, or put up a bold front and buy swimsuits with patterns that

## **Masters Swimming**

*continued*

deceive the perception of the ample contents!

As youngsters, such swimsuit exposures can help one's appreciation of his/her developing sexuality. (Try to figure out what goes on under a sweatshirt!) Adults would do well to minimize comparisons and keep a good sense of humor during these times. Perhaps the selection of team suits with an eye toward judicious positioning of stripes might help! Let's face it—the streamlined body, as opposed to the media-glorified, voluptuous curves, takes on positive values for these swimmers. "Big boobs do not a speedster make" when it comes to swimming competition! So enjoy a temporary advantage while nature takes a breather.

Among Masters swimmers, squeezing into a lycra suit may have beneficial effects toward greater efforts in trimming the bulges without hardening the arteries. It has been this writer's observation that most Masters swimmers have a positive attitude toward their bodies. They are discovering they *can do* with their bodies what tradition has said age takes away! Feeling good about the way they look comes as a benefit of participation. If they initially aren't satisfied with their appearance, workouts and "starting block exposure" are steps toward either slimming down or developing a sense of humor. They are saying, "Bear with my bulges and sags; I'm working on them."

With Masters, coming to grips with one's appearance goes hand in hand with adjusting to one's aging. For novice Masters, particularly women, it is likely to bowl them over to be asked (even before their name), "How old are you?" One quickly gets used to the significance of age—it determines your competition. Those in your age group are very interested in knowing the 'new kid' on the starting block! One also learns, with a certain gleam in his/her eye, that one's competitive chances improve with age. Where else but in Masters swimming can the same be said? Even baldness becomes an advantage—the need to shave down is eliminated (though I've seen one bald 80 year old from

Connecticut shave down the his body for national meets)

Out in the dry, more so in the world, the decade milestones (40, 50, etc.) can be real psychological hassles. In contrast, it is not uncommon for such events among swimmers to be cause for celebration. In Oklahoma, the tradition to have "aging up" parties, but Masters are always finding a way for parties! Moving into a new group where one is the youngest gives a competitive edge to the process. Age groupers on the end of the age-line are not so sure. There, moving up means giving over and losing the comfort bonus of age. The contrast of youngsters look longingly at enthusiasm with which swimmers parents view birthdays. So it is not surprised to see Masters swimmers parading sensually in their colored lycra suits while counting the days to their next birthday. Youngsters may cringe, but one day they'll learn!

Masters swimmers feel good about themselves, and have a healthy attitude that old bugaboo—age! / come to grips with their aging. They take on an ageless quality by guessing the ages of seasoned swimmers, and get ready for a few surprises. We all need to feel good about ourselves. Swimmers in lycra-clad is a means to that end, whether we are young, or old age groupers.

The YMCA Masters Swimming and Diving Championships, scheduled for May 1984, has an early entry deadline of April 11th, so all those interested in competing should get their entries in soon. The Y Nationals have been getting tougher and tougher each year, as more and better swimmers find out and enter. This is a "quality" meet that is getting more so with each year. This year's host is the Bowling Green State University, Bowling Green, Ohio, which has a 16 lane pool—25 yards deep. The diving will be on Friday, along with the 1650 ft. information, contact: YMCA National Masters Meet, Pat M. Meet Coordinator, Ket YMC, 4545 Marshall Rd., Bowling, OH 45429.

OREGON MASTERS L/C  
THE PIRANHA MASTERS OPEN  
MOUNTAIN PARK POOL  
LAKE OSWEGO, OREGON  
JUNE 15-16, 1984

WOMEN 20-24

50 FREE

Andree Devine 22 :33.16  
Donna Ryan 21 :34.16

100 FREE

Andree Devine 22 1:15.16

400 FREE

Andree Devine 22 5:44.89  
Ginny Ross 24 6:14.64

1500 FREE

Ginny Ross 24 24:54.37

50 BACK

Donna Ryan 21 :39.75  
Ginny Ross 24 :45.14

50 FLY

Andree Devine 22 :36.55  
Donna Ryan 21 :38.90  
Ginny Ross 24 :47.02

WOMEN 25-29

50 FREE

Robin Durant 28 :40.13

100 FREE

Robin Durant 28 1:26.21

200 FREE

D. Kiko Kimura 28 2:40.33

400 FREE

D. Kiko Kimura 28 5:35.91  
Robin Durant 28 6:25.02

1500 FREE

D. Kiko Kimura 28 21:57.62  
Laura Sherar 28 26:15.48

50 BACK

Robin Durant 28 :45.13

200 BACK

D. Kiko Kimura 28 2:54.84  
Debra Houser 25 3:15.06

200 IM

Debra Houser 25 3:19.95  
Robin Durant 28 3:25.04

400 IM

D. Kiko Kimura 28 6:07.04

WOMEN 30-34

50 FREE

Ruth Moreland 31 :31.02  
Norma Hwerlocker 32 :34.06  
Flo Delaney 32 :34.37  
Darlene Pohl 34 :34.92  
JoAn Mann 32 :35.46  
Marni Johnson 33 :38.16

100 FREE

Norma Hwerlocker 32 1:13.78  
JoAn Mann 32 1:19.25  
Flo Delaney 32 1:19.64  
Marni Johnson 33 1:27.59  
Cynthia Stockwell 33 1:31.33

200 FREE

Norma Hwerlocker 32 2:52.33  
JoAn Mann 32 3:15.33

400 FREE

Darlene Pohl 34 5:46.61  
Cynthia Stockwell 33 7:03.89

1500 FREE

Vickie Carper 32 27:07.00

50 BACK

Norma Hwerlocker 32 :40.18  
Marni Johnson 33 :43.29  
Flo DeLaney 32 :46.92  
JoAn Mann 32 :48.70

200 BACK

Norma Hwerlocker 32 3:23.01

50 BREAST

Ruth Moreland 31 :40.95  
JoAn Mann 32 :48.20  
Marni Johnson 33 :53.9  
Patricia Campbell-Schmitt :54.83  
34

100 BREAST

Pat Campbell-Schmitt 34 2:03.40  
Cynthia Stockwell 33 2:22.09

200 BREAST

Pat Campbell-Schmitt 34 4:22.27

50 FLY

Darlene Pohl 34 :38.22

200 FLY

Darlene Pohl 34 3:04.48

200 IM

Darlene Pohl 34 3:09.56

WOMEN 35-39

100 FREE

Julie Corman 35 1:11.04

200 FREE

Susan Girard 36 3:59.79

400 FREE

Susan Girard 36 8:53.09

1500 FREE

Kathrine Crandell 35 22:50.22  
Susan Case 35 24.40.8  
Jan Plesner 37 27:17.8  
Susan Girard 36 33:02.81

50 BACK

Julie Corman 35 :35.74  
Susan Case 35 :41.27

100 BACK

Julie Corman 35 1:21.21

200 BACK

Cathy Brooks 35 3:07.51

50 BREAST

Cathy Brooks 35 :45.34  
Susan Case 35 :46.61

100 BREAST

Ginger Pierson 38 1:28.19  
Susan Case 35 1:40.03

200 BREAST

Ginger Pierson 38 3:12.87

50 FLY

Ginger Pierson 38 :37.55

Cathy Brooks 35 :38.15

200 FLY

Cathy Brooks 35 3:25.12

400 IM

Kathrine Crandell 35 6:43.90

WOMEN 40-4450 FREE

Barbara Frid 42 :34.16

Peggie Hodge 44 :40.14

100 FREE

Barbara Frid 42 1:14.63

1500 FREE

Barbara Frid 42 22:03.44

50 BACK

Peggie Hodge 44 :59.73

200 BACK

Barbara Frid 42 3:06.9

50 BREAST

Peggie Hodge 44 :49.70

100 BREAST

Patricia Giordano 41 1:37.19

Peggie Hodge 44 1:52.12

50 FLY

Barbara Frid 42 :35.29

Peggie Hodge 44 :52.85

100 FLY

Patricia Giordano 41 1:32.18

200 FLY

Patricia Giordano 41 3:26.27

200 IM

Patricia Giordano 41 3:14.35

400 IM

Patricia Giordano 41 6:58.58

WOMEN 45-4950 FREE

Susan Rittenhouse 45 :35.67

Joan Whisman 47 :37.43

Nona Hanan 45 :38.04

Georgia Ryan 49 1:10.98

400 FREE

Vivian Starbuck 49 8:46.92

50 BACK

Nona Hanan 45 :46.27

Vivian Starbuck 49 1:08.76

100 BACK

Nona Hanan 45 1:44.72

Vivian Starbuck 49 2:29.61

50 BREAST

Joan Whisman 47 :52.28

50 FLY

Susan Rittenhouse 45 :40.75

Joan Whisman 47 :41.24

Vivian Starbuck 49 1:15.45

400 IM

Nona Hanan 45 8:10.02

WOMEN 50-541500 FREE

Lavelle Stoinoff 51 23:23.98

WOMEN 60-6450 FREE

Elfie Stevenin 62 1:11.10

100 FREE

Elfie Stevenin 62 2:49.44

400 FREE

Elfie Stevenin 62 11:55.99

50 BACK

Vivian Goble 60 1:07.92

100 BACK

Vivian Goble 60 2:42.15

50 BREAST

Vivian Goble 60 1:09.05

100 BREAST

Vivian Goble 60 2:22.79

50 FLY

Elfie Stevenin 62 1:51.48

WOMEN 70-7450 FREE

Doreen Morris 71 1:21.37

50 BACK

Doreen Morris 71 1:25.35

WOMEN 75-7950 BACK

Hazel Bressie 75 1:37.33

200 BACK

Hazel Bressie 75 7:31.07

200 FLY

Hazel Bressie 75 12:54.14

200 IM

Hazel Bressie 75 9:14.98

400 IM

Hazel Bressie 75 18:12.1

WOMEN 80-84100 BACK

Martha Keller 83 3:25.88

200 BACK

Martha Keller 83 6:52.2

200 BREAST

Martha Keller 83 9:08.74

200 FLY

Martha Keller 83 13:36.34

400 IM

Martha Keller 83 18:13.9

MEN 20-2450 FREE

Mike Chambeau 23 :26.93

100 FREE

Mike Chambeau 23 1:03.75

50 BACK

Mike Chambeau 23 :33.71

50 BREAST

Mike Chambeau 23 :38.63

MEN 25-29100 FREE

Chip Barczak 25 1:03.41

Timothy Rumsey 28 1:05.52

200 FREE

Timothy Rumsey 28 2:16.27

Bill BowBel 27 2:19.97

400 FREE

Tomothy Rumsey 28 4:42.19

Bill BowBel 27 5:01.29

1500 FREE

Timothy Rumsey 28 18:32.0

Bill BowBel 27 19:58.8

Neil Bullier 27 20:13.32

50 BREAST

Chip Burczak 25 :39.88

100 BREAST

Chip Burczak 25 1:25.52

200 BREAST

Chip Burczak 25 3:25.49

100 FLY

Chip Burczak 25 1:26.12

200 IM

Timothy Rumsey 28 2:41.72

MEN 30-3450 FREE

Steve Mann 32 :27.44

John DeJarnatt 34 :30.36

Jeff Briggs 34 :37.32

100 FREE

John DeJarnatt 34 1:09.90

Tom Coffey 33 1:09.97

50 BACK

Steve Mann 32 :31.39

100 BACK

Steve Mann 32 1:11.58

50 BREAST

Jeff Briggs 34 :44.77

100 BREAST

Jeff Briggs 34 1:40.75

50 FLY

Tom Coffey 33 :30.25

John DeJarnatt 34 :33.20

100 FLY

John DeJarnatt 34 1:18.18

200 IM

Steve Mann 32 2:38.31

Tom Coffey 33 2:53.03

MEN 35-3950 FREE

Don Smith 38 :28.41

Chuck Johnson 35 :29.58

Bob Wienert 36 :29.88

Steve Briggs 35 :31.01

Buz Carriker 36 :31.51

Dick Hodge 39 :34.17

100 FREE

Chuck Johnson 35 1:02.48

Don Smith 38 1:03.11

Bob Wienert 36 1:09.02

200 FREE

Don Smith 38 2:27.12

Bob Wienert 36 2:48.03

400 FREE

Brian Langlais 38 5:48.35

Bob Wienert 36 5:54.37

Riley King 39 6:29.97

1500 FREE

Riley King 39 25:05.33

Don Gallagher 36 25:43.77

50 BACK

Chuck Johnson 35 :35.40

Dick Hodge 39 :43.05

100 BACK

Brian Langlais 38 1:26.56

200 BACK

Brian Langlais 38 3:03.8

50 BREAST

Buz Carriker 36 :42.70

Dick Hodge 39 :46.72

100 BREAST

Roy Lambert 37 1:28.78

Riley King 39 1:43.75

Steve Briggs 35 1:46.33

Dick Hodge 39 1:46.38

200 BREAST

Roy Lambert 37 3:12.51

Buz Carriker 36 3:31.46

50 FLY

Don Smith 38 :31.96

Roy Lambert 37 :33.31

Steve Briggs 35 :34.69

Brian Langlais 38 :35.32

Buz Carriker 36 :42.02

100 FLY

Riley King 39 1:44.05

200 IM

Dick Hodge 39 3:28.13

Riley King 39 3:35.12

400 IM

Brian Langlais 38 7:03.77

MEN 40-4450 FREE

Robert Smith 41	:27.78
Karl Von Tagen 40	:27.90

200 FREE

Jim Stonebridge 44	2:59.71
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400 FREE

Karl Von Tagen 40	5:14.34
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Jim Stonebridge 44	6:16.21
--------------------	---------

1500 FREE

Robert Smith 41	23:38.43
-----------------	----------

100 BACK

Robert Smith 41	1:13.41
-----------------	---------

50 FLY

Robert Smith 41	:30.62
-----------------	--------

200 IM

Karl Von Tagen 40	2:48.55
-------------------	---------

MEN 45-4950 FREE

Bert Petersen 45	:29.48
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Thomas Levak 45	:32.65
-----------------	--------

200 FREE

Bert Petersen 45	2:43.32
------------------	---------

50 BREAST

Bert Petersen 45	:41.15
------------------	--------

50 FLY

Bert Petersen 45	:30.29
------------------	--------

400 IM

Bert Petersen 45	6:31.50
------------------	---------

MEN 50-5450 FREE

Eric Guest 54	:30.93
---------------	--------

1500 FREE

Sam Ierulli 54	26:15.79
----------------	----------

50 BREAST

Eric Guest 54	:42.80
---------------	--------

50 FLY

Eric Guest 54	:36.67
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MEN 55-5950 BREAST

Lee Miesen 57	:46.61
---------------	--------

MEN 60-6450 FREE

Joe Mallon 63	:50.42
---------------	--------

100 FREE

Joe Mallon 63	1:53.99
---------------	---------

200 FREE

Joe Mallon 63	4:18.00
---------------	---------

400 FREE

Joe Mallon 63	8:48.31
---------------	---------

1500 FREE

Joe Mallon 63	35:13.2
---------------	---------

RELAYS200 MIXED FREE

45+

2:12.49 Oregon

Rittenhouse, Whisman, Guest, Petersen

MEN 65-6950 FREE

Bob Cutter 66	:35.04
---------------	--------

Arthur Hanlon 67	1:00.00
------------------	---------

400 FREE

Warren Elliot 66	14:13.87
------------------	----------

50 BACK

Bob Cutter 66	:43.20
---------------	--------

Arthur Hanlon 67	1:01.44
------------------	---------

100 BACK

Bob Cutter 66	1:46.55
---------------	---------

200 BACK

Bob Cutter 66	4:06.55
---------------	---------

50 BREAST

Arthur Hanlon 67	1:05.89
------------------	---------

100 BREAST

Arthur Hanlon 67	2:34.42
------------------	---------

50 FLY

Arthur Hanlon 67	1:14.84
------------------	---------

400 IM

Arthur Hanlon 67	11:31.5
------------------	---------

MEN 70-7450 FREE

Syd Hendy 71	:40.38
--------------	--------

100 FREE

Don Stevenson 72	1:36.05
------------------	---------

50 BACK

Don Stevenson 72	:49.31
------------------	--------

Syd Hendy 71	:50.55
--------------	--------

100 BACK

Don Stevenson 72	1:57.00
------------------	---------

Syd Hendy 71	1:57.38
--------------	---------

200 BACK

Syd Hendy 71	4:16.29
--------------	---------

50 BREAST

Don Stevenson 72	:54.70
------------------	--------

50 FLY

Don Stevenson 72	:51.76
------------------	--------

MEN 80-8450 FREE

Roy Webster 83	1:20.73
----------------	---------

50 BACK

Roy Webster 83	1:54.35
----------------	---------

50 BREAST

Roy Webster 83	1:31.62
----------------	---------

Roy Webster 83	3:33.71
----------------	---------

Roy Webster 83	7:43.84
----------------	---------





UNITED STATES MASTERS SWIMMING

Championship Meet Survey

TO: All MASTERS SWIMMERS  
FROM: MIKE LAUX, U.S.M.S. President  
RE: The future of National meets

This meet at Industry Hills could have been much larger than it is. The meet organizers anticipated about 1500 swimmers. In reality, the count is closer to 1250. There is no question that the recent International Meet in New Zealand had a large impact on this Nationals. I would very much appreciate your thoughtful suggestions about this meet and any other Nationals.

I. How many Nationals have you attended?\_\_\_\_\_

II. Does it bother you that they are so large?\_\_\_\_\_

Why, or why not?\_\_\_\_\_

III. What suggestions might you have to limit the size of the meet and make the paperwork and administration possible.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

a. What about time standards?\_\_\_\_\_

b. How would U.S.M.S. enforce any standards?\_\_\_\_\_

c. Who would set the standards?\_\_\_\_\_

d. What penalties would there be for violating the time standard proof?\_\_\_\_\_

IV. Recognizing that communicating with you about Nationals has always been far from effective, what suggestions do you have (affordable ones) that would improve the circulation of the important information and entry forms for Nationals.\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V. What Rule changes might you suggest?\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

VI. Other comments and creative ideas:\_\_\_\_\_

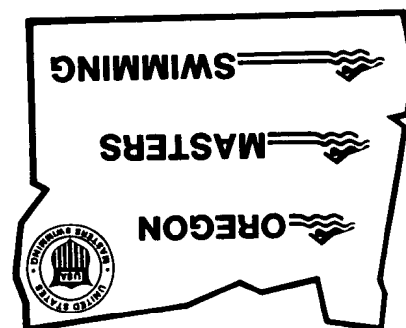
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your Name (if you wish)\_\_\_\_\_ Age\_\_\_\_\_

RETURN TO: Tina Martin  
3320 Primavera St.  
Pasadena, CA 91107

# first class mail

Ginger Pierson, Editor  
14218 N.E. 14th. St.  
Vancouver, Wa. 98664



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