



AQUA-MASTER

VOL. 11 No.10 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE

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1984-85 MEET SHCHEDULE

SHORT COURSE

October 7 Sunday	Juniper Aquatic Center - 25 meter Bend, Oregon	JoAnn Mann
November 2,3 Friday, Saturday	Eugene, Oregon Distance P.M., Balance on Saturday	Don Van Rossen
December 1	Swim Cellar Pentathlon - THPRD Pool Portland, Oregon	Barb/Brian Frid
January 5	Newberg, Oregon	Jim McMaster
February 2	"Animal Meet"(one day - 200 fly, 400 IM, 1650 Fr) Lake Oswego, Oregon	Robert Smith
March 2,3	Tigard, Oregon Distance P.M., Balance on Sunday	Brian Langlais
March 29,30,31	Association Championships THPRD Pool, Portland, Oregon	Sandi Rousseau
April 26,27,28	Regionals Inland Empire Associaton(Spokane, Wa.)	Harry Lewis
May 9-12	S.C. Nationals Brown Deer, Wisconsin	

LONG COURSE

June		
July 13,14	Albany, Oregon Distance P.M., Balance on Sunday	Gus Azner
August	Regionals P.N.A.(Seattle, Wa.)	
August 17-20	L.C. Nationals Providence, R.I.	

SEPTEMBER HAPPY BIRTHDAYS

Reynold Morin	1	Tom Whaley	16
Chere' Benson	2	Steve Briggs	18
Georgia Ryan	4	Mike Greene	18
Donna Algie	8	Eric Guest	18
Jean Kinzey-Lee	8	John Hoey	19
Phillip Miller	8	Don McCrea	19
Mike Stockton	9	Jayne Chastain	22
Cathy Zagunis	9	David Myers	24
Pat Alderin	10	Ted Gilbert	27
Ali Lien	11	Cathy Homenyk	27
Janke Lucas	11	Bev Underwood	27
Jason Hafner	12	Jerry Wille	28
Laura Sherar	12	Kay Bartholomew	29
Mike Bettancourt	14	Karin Carlson	29
Jim McMaster	14	Nancy Ross	29
Scott Steingraber	15		

Happy Birthday

BETWEEN THE LANE LINES. . .

The following Oregon Masters participated in the 2nd annual Northwest Open Senior Masters Sports Festival on Saturday, July 21 at Sheldon Pool in Eugene:

Gals: Catherine Homenyk, Harriet Lynch, Joanne Ross, Elfie Stevenin, Margaret Wells, Connie Wilson

Guys: Joe Bilbao, Eric Guest, Joe Mallon, Robert Rhodes, Gil Young

May Oregon Masters Swimmers participated in the July 15th Hague Lake Triathlon: Mark Becker, Vern Dasch, Brian Frid, Patty Giordano, Sue/Les Hedquist, Bob Kaires, Tom Rapp, John Rippey, Ginny Ross, Abe Stanton, Carol Starpoli, Dale Vaughn, Rusty Vaughn, John Weston.

Congratulations to Mirjana Callahan and David and to Vern Dasch and Kay Taketa on their recent marriages.

Association Championships NEW SCORING PLAN UNVEILED

To encourage formation and development of smaller teams, our Association will begin scoring the Championship Meet on a 3 - tiered level (starting next March at Tualatin Hills Association Championships). Here's how it works: Teams will be classified by size; that is to say, by number of registered swimmers on each local team as reported for the team registration just prior to the meet. Three trophies in each division will be awarded. The team categories are: 21 plus members, 10-20, 9 and under. It should make for a lot of fun and more excitement than ever!

The first short course meet of the 1984-85 season will be held in Bend, Oregon in a 25 METER pool. Since no standards have been set for 25 meter pools, ALL winning times will establish world records. This is your chance (maybe your one and only) to establish a WORLD RECORD. Be there and go for it!

Contributions to Oregon Masters Swimming are very welcome and encouraged. Your help, large or small, can go a long way towards attaining the goals of your organization. Please make your tax deductible contributions payable to Oregon Masters Swimming, Inc. and mail to: 448 S.W. 121st Place, Portland, Oregon 97225.

SHORT COURSE NATIONALS - INDUSTRY HILLS, CALIFORNIA

With only 14 participants, Oregon Association walked away with 78 individual medals, 13 firsts, 15 sunburns and an unforgettable reputation. (The unforgettable reputation was severely edited.)

The habitual high performance swims of Ginger Pierson, Louise Hepner, Robert Smith, Hazel Bressie, and Tanya Mansigh came away with their expected firsts and an amazing 42 medals. Also placing were Barbara Frid, Gil Young, Frank Warner, Maggie Wells, and Bob Cutter.

Roy Lambert had a vintage meet with 6 personal bests. We are not talking masters bests, but all time bests.

Another great feat was by the Fantom Bert Petersen. In his FIRST national meet he won the gold in the 45-49 100 yd. fly with a time of 59.3. Modestly he put his medal away in his bag and strutted around the pool deck 47 times with his new Speedo hat. (Thanks to Speedo, all gold medalists were given a stylish straw hat.) A job well done swimming and strutting.

Not placing but gaining valuable National swimming experience were Brian Langlais, Rio Dickie, and Roy Lambert.

The combination of these swimmers made for fine placings in all relays. As expected, Oregon's beer relay fared extremely well too! (Coaches Darlene Pohl and Bob Needham got into this event)

Rio Dickie 35-39

25th - 50 Free 24.78
26th - 100 IM 1:03.65
13th - 100 Fly 1:00.83
18th - 50 Bk 31.41
20th - 50 Br 33.37
20th - 50 Fly 27.11
11th - 200 FrR. 1:36.66
DQ 200 MR

Roy Lambert 35-39

23rd - 100 Br 1:15.28
39th - 50 Fr 26.63
39th - 100 Fr 58.14
31st - 200 Fr 2:10.63
25th - 500 Fr 6:10.28
21st - 200 Br 2:45.7
11th - 200 FrR. 1:36.66

Brian Langlais 35-39

19th - 100 Bk 1:12.28
14th - 200 Bk 2:38.85
26th - 100 Fly 1:11.8
17th - 400 IM 5:50.0

Tanya Mansigh 35-39

2nd - 50 Bk 32.81
3rd - 100 Bk 1:09.88
1st - 200 Bk 2:32.27
4th - 500 Free 6:03.73
2nd - 200 IM 2:33.01
2nd - 400 IM 5:28.55
3rd - 200 MR 2:12.47
3rd - 200 FrR 1:56.84
3rd - 200 MXMR 1:53.15
4th - 200 MXFR 1:43.57

Ginger Pierson 35-39

1st - 50 Br 33.52
1st - 100 Br 1:13.4
1st - 200 Br 2:40.98
5th - 200 IM 2:36.47
6th - 50 Fly 30.85
3rd - 200 MR 2:12.47
3rd - 200 FRR1:56.84
3rd - 200 MXMR 1:53.15
4th - 200 MXFR 1:43.57

Frank Warner 35-39

2nd - 50 Bk 27.13
4th - 100 Bk 59.76
5th - 200 Bk 2:13.09
10th - 100 Fr 52.19
8th - 200 Fr 1:56.2
7th - 500 Fr 5:16.0
11th - 200 FrR 1:36.66
3rd - 200 MXM 1:53.15
4th - 200 MXFR 1:43.57
DQ 200 MR

Barbara Frid 40-44

2nd - 50 Bk 34.22
2nd - 100 Bk 1:14.27
3rd - 200 Bk 2:44.69
2nd - 50 Fly 30.93
3rd - 100 IM 1:13.72
3rd - 200 IM 2:44.69
3rd - 200 MR 2:12.47
3rd - 200 FrR 1:56.84

Bert Petersen 45-49

1st - 100 Fly 59.3
3rd - 50 Fly 26.77
DQ - 200 MR

Robert Smith 40-44

1st - 50 Bk 26.12
1st - 100 Bk 58.0
1st - 100 IM 57.87
2nd - 50 Fr 22.87
2nd - 50 Fly 25.35
3rd - 50 Br 30.57
11th - 200 FrR 1:36.66
3rd - 200 MXMR 1:53.15
4th - 200 MXFR 1:43.57
DQ - 200 MR

Louise Hepner 55-59

1st - 50 Fr 32.75
1st - 100 Fr 1:12.66
2nd - 50 Br 42.47
3rd - 100 Br 1:34.71
1st - 200 Br 3:24.52
2nd - 200 Fr 2:43.92
3rd - 200 MR 2:12.47
3rd - 200 FrR 1:56.84
4th - 200 MXMR 2:36.53
2nd - 200 MXFR 2:10.56

Maggie Wells 55-59

5th - 200 Fly 3:52.21
5th - 200 IM 3:37.55
7th - 100 Bk 1:38.29
6th - 400 IM 7:29.83
4th - 200 MXMR 2:36.53
2nd - 200 MXFR 2:10.56

Gil Young 60-64

6th - 200 Bk 3:18.36
11th - 100 IM 1:29.96
9th - 50 Bk 38.93
11th - 200 Fr 2:44.56
5th - 100 Bk 1:30.11
9th - 1650 Fr 25:28.55
4th - 200 MXMR 2:36.53
2nd - 200 MXFR 2:10.56

Bob Cutter 65-69

5th - 200 Bk	3:23.82
12th - 50 Fr	31.58
9th - 100 IM	1:30.99
4th - 50 Bk	38.09
8th - 50 Br	42.9
6th - 100 Bk	1:28.82
4th - 200 MXMR	2:36.53
2nd - 200 MXFR	2:10.56

Hazel Bressie 75-79

1st - 200 IM	8:03.6
2nd - 200 Bk	6:40.75
2nd - 400 IM	17:10.83
3rd - 200 Br	7:27.75
DQ - 200 Fly	
DQ - 1650 Fr	

OREGON MASTERS ANNUAL GENERAL MEETING

The annual general meeting of Oregon Masters Swimming will immediately follow the Swim Cellar Pentathlon at the Tualatin Hills Swim Center. Everyone is welcome to attend.

All Local Operating Groups(those registered with O.M.S.) will get one vote at this general meeting. Make sure a representative from your group is present to cast its vote. Contact your L.O.G. for the agenda.

Your Board will post a slate for two offices which come up for reelection this year - Chairperson and Secretary. We have been inquiring throughout the state for interested persons to fill these positions, but we may have missed you. If you are interested or know of someone who has expressed interest contact Arthur Smith 297-8065(work) or 282-1172(home)immediately.

Duties of Officers include:

The Chairperson shall: (1)be the chief executive officer of the corporation (2)preside at all meetings of the Board of Directors(3)be the inspector of all elections of principal officers (4)see to the general and active management of the business affairs (5)see that all orders and resolutions of the Board of Directors are carried into effect.

The Secretary shall: (1)attend all sessions of the Board of Directors (2)record all minutes of all proceedings (3)give notice of all meetings of the Board of Directors and committees (4)perform such other duties as may be prescribed by the Board of Directors or the chairperson.

Also, any person interested in chairing a committee(such as Aquamaster, Historian, etc.)should contact Arthur Smith. O.M.S. encourages new ideas, fresh blood and you - so get involved!

LONG COURSE NATIONALS - RALEIGH, NORTH CAROLINA

Oregon's previous performances were not to be outdone at this meet. Lavelle Stoinoff lead the group with 5 firsts and 2 national records(200 Back and 400 Free). Frank Warner made his debut into the limelight winning 4 events(broke a national meet record - 50 back). This was his FIRST national championship win. At the meet, he was nicknamed "Super Golden Boy." Ginger Pierson picked up 2 Breastroke firsts and Barbara Frid took an unsuspecting win in the 50 Fly.

A recent addition to O.M.S. is Larry Chase from New York. Larry was just edged out for first in 3 of his events by well-known Fred Schlicher. He was a welcome addition to the relays.

Oregon's Masters earned medals in all 6 of their events. A quality group of swimmers made their mark in Raleigh.

Judy Belford 35-39

3rd - 50 Bk 38.63
2nd - 100 Bk 1:25.13
2nd - 200 Bk 3:00.77
8th - 50 Br 46.00
6th - 100 Br 1:38.47
2nd - 200 MR 2:26.42
3rd - 200 FrR 2:12.75

Ginger Pierson 35-39

1st - 50 Br 38.13
2nd - 100 Br 1:25.09
1st - 200 Br 3:07.73
2nd - 50 Fly 35.18
4th - 50 Bk 39.51
6th - 200 IM 3:02.08
2nd - 200 MR 2:26.42
3rd - 200 FrR 2:12.75
2nd - 200 MXMR 2:09.3
5th - 200 MXFR 1:58.96

Frank Warner 35-39

1st - 50 Bk 29.99(NMR)
1st - 100 Bk 1:06.84
1st - 200 Bk 2:26.27
3rd - 50 Fr 26.57
1st - 100 Fr 58.26
3rd - 200 Fr 2:12.49
2nd - 200 MXMR 2:09.3
5th - 200 MXFR 1:58.96

Larry Chase 35-39

2nd - 50 Fly 28.05
2nd - 100 Fly 1:04.19
2nd - 200 IM 2:28.3
6th - 50 Bk 32.09
4th - 100 Bk 1:10.23
? - 400 IM 5:23.51
2nd - 200 MXMR 2:09.3
5th - 200 MXFR 1:58.96

Barbara Frid 40-44

1st - 50 Fly 34.55
3rd - 50 Bk 38.09
4th - 100 Bk 1:24.91
4th - 200 Bk 3:07.42
2nd - 50 Fr 32.68
2nd - 400 Fr 5:36.94
2nd - 200 MR 2:26.42
3rd - 200 FrR 2:12.75
2nd - 200 MXMR 2:09.3
5th - 200 MXFR 1:58.96

Lavelle Stoinoff 50-54

3rd - 100 Fr 1:18.64
1st - 200 Fr 2:43.86
1st - 400 Fr 5:37.91(NR)
1st - 1500 Fr ?
1st - 400 IM 6:54.48
1st - 200 Bk 3:14.57(NR)
2nd - 200 MR 2:26.42
3rd - 200 FrR 2:12.75

Jim Ryan 30-34

13th - 50 Fly 33.13
9th - 100 Fly 1:12.0
6th - 200 Fly 2:49.96
9th - 400 Fr 5:09.0
? - 400 IM 6:04.46

OREGON MASTERS SHORT COURSE SWIMMING MEET (METERS) -ENTRY FORM
SANCTIONED BY USMS, INC. AND LSMC FOR OREGON ASSOCIATION

Eligibility: Open to all registered USMS swimmers, 20 years of age or older.
 Rules: Current USMS rule govern the conduct of this meet.

MEET: OKTOBERFEST Meet

PLACE: Juniper Park Pool, Bend, OR

DATE: Sunday, October 7, 1984

HOSTED BY: Central Oregon Master Aquatics

ENTRY DEADLINE: **OCTOBER 1, 1984**

Send entry form with \$5.00 entry fee & \$3 for lunch after
 payable to Oregon Masters Swimming to: Meet Director

Address:

Warm Ups Meet Starts

9 am 10 am

Party starts: 2 pm at
 Don Smith's home (maps at
 pool)

Don Smith

P.O. Box 510

Bend, OR 97709

Comments/Directions to Pool:

Juniper Park Recreation Center is East of 3rd (Hwy 97); Greenwood Avenue to 6th,
 south (right) two blocks (6th dead-ends at the pool) 389-pool (phone)
 Awards for places earned may be purchased for \$1.50 each at the meet.

Tear off and return this section, by October **1**, 1984.

Name _____ M _____ F _____ Birthdate _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Telephone _____ USMS # _____ Team _____ Unat _____

**Would you like host housing? (Please respond by Oct. 1) _____ (Y/N) (bring own
 AGE GROUP (Circle One) 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 food)
 60-64 70-74 75-79 80-84 85-89 90-Plus

**Are you planning to come to the party after? _____ (# of people) Add \$3/person to ck
 You are limited to a maximum of 5 individual events, plus 4 relays. Check the
 events you wish to enter and enter your best or estimated time. Meet is
 seeded fast heat first.

NOTE: 25 meter pool ... this is your EVENTS chance for setting a WORLD record

CO-ED		Best Time			Best Time
1	400 Free		11	100 Back	XXXXX
2	200 Back		12	200 Free Relay	
3	200 Mixed	XXXX	13	50 Free	
	Med. Relay			5 MINUTE BREAK	
4	50 Breast		14	200 Fly	
5	100 Free		15	50 Back	
6	50 Fly		16	100 I.M.	
7	100 Breast			5 MINUTE BREAK	
8	200 I.M.		17	200 Med Relay	XXXXX
9	200 Free		18	100 Fly	
	5 MINUTE BREAK				
10	200 Mixed		19	200 Breast	
	Free Relay				
			20	Oktoberfest Party at Don Smith's home!	
				ENTER RELAYS AT THE MEET	

Statement of Release: In consideration of your accepting this entry, I
 release all rights and claims for damages that I may have against the hosts
 and sponsors and Oregon Masters Swimming as a result of my participation in
 this OMS swimming meet. I am physically fit and have sufficiently trained for
 the swimming of these events.

Signature: _____

Date: _____

MASTERS GAMES JUEGOS VETERANOS JEUX DES MAÎTRES

The world's first MASTERS GAMES will be held in Toronto, Canada, August 7-25, 1985. Thereafter they will be held every four years in great cities around the world.

Independent of race and religion, the MASTERS GAMES are for men and women who compete in sport throughout their lives. They combine excellence of performance with quality of participation to provide fine competition in a world-wide multi-sports festival.

The MASTERS GAMES have been created to provide long-term goals in sport and to promote the ideal of sport for life. They offer the inspirational message to athletes of all ages that continuing sports competition at the highest levels can be a lifelong pleasure.

These games encourage participation in an international, multi-sports festival. They are not restricted to narrowly-chosen, elite competitors. Their aim is health, fitness and pleasure through the joy of participation and competition. Their spirit is sport for the wonderful fun of it. They will bring to mature sportsmen and women the world over the delight of lifelong athletic achievement.

The MASTERS GAMES, Toronto, Canada, 1985.

MAIL THIS FORM TO OR CONTACT:

Nancy McKenzie

FIRST MASTERS GAMES
INFORMATION REQUEST

I am interested in participating in the First Masters Games and would like to receive further information.

Snow's Worldwide Travel
1508 BROADWAY
VANCOUVER, WASHINGTON 98663
(206) 694-8318 (503) 224-2605

NAME _____

ADDRESS _____

PHONE () _____

SPORT _____

The First Masters Games Early Registration

Last Name _____

First Name _____

Address _____

Phone Number(s) _____

Sport(s) _____

Member Association _____

Sex (m) _____ (f) _____

Date of Birth _____

I am enclosing my Registration Fee in the amount of \$50 (Canadian), and would like to be registered as a participant in the First Masters Games.

I understand that there will be a nominal ENTRY FEE for each sport entered.

An ENTRY FORM for your sport or sports will be forwarded to you.

Withdrawals prior to June 1, 1985 will receive a refund of the registration fee less an administration fee of \$10 (Canadian). Withdrawals after June 1, 1985 will receive no refund.

Please enclose a BANK DRAFT in the amount of \$50 (Canadian) as registration for the First Masters Games and mail to:

Los Primeros Juegos Veteranos Inscripción Anticipada

Apellido _____

Nombre _____

Dirección _____

Número(s) de Teléfono _____

Deporte(s) _____

Asociación Afiliada _____

Sexo (m) _____ (f) _____

Fecha de Nacimiento _____

Adjunto mi cuota de inscripción por la cantidad de \$50 (dól. canadienses) y desearía inscribirme como participante en los Primeros Juegos Veteranos.

Entiendo que habrá una CUOTA DE ENTRADA nominal por cada deporte en que se participe.

Se le enviará un FORMULARIO DE ENTRADA para su deporte o deportes.

Si se retira antes del 1° de Junio de 1985 recibirá un reembolso de la cuota de inscripción menos una cuota de administración de \$10 (dól. canadienses). Si retira su inscripción después del 1° de Junio de 1985 no recibirá reembolso.

Por favor adjunte un GIRO BANCARIO por la cantidad de \$50 (Dól. canadienses) como cuota de inscripción para los Primeros Juegos Veteranos y envíe por correo a:

Les Premiers Jeux des Maîtres Inscription anticipée

Nom: _____

Prénom: _____

Adresse: _____

N°(s) de téléphone: _____

Sport(s): _____

Association membre: _____

Sexe (m) _____ (f) _____

Date de naissance: _____

Je joins à la présente mes frais d'inscription de 50 \$ (canadiens). Veuillez m'inscrire comme participant aux Premiers Jeux des Maîtres.

Je comprends que des FRAIS D'ENREGISTREMENT minimes seront prélevés pour chaque sport.

J'attends de votre part une FORMULE D'ENREGISTREMENT pour mon (mes) sport(s).

Les personnes qui annulent leur inscription avant le 1^{er} juin 1985 se verront rembourser leur frais d'inscription moins des frais administratifs de 10 \$ (canadiens). Les personnes annulant leur inscription après le 1^{er} juin 1985 ne recevront aucun remboursement.

Veuillez joindre un CHÈQUE BANCAIRE de 50 \$ (canadiens) pour votre inscription aux Premiers Jeux des Maîtres, et l'envoyer à:

Masters Games, World Headquarters, Box 1985, Postal Station P, Toronto, Canada M5S 2Y7

First Masters Games Information Request

I am interested in participating in the First Masters Games and would like to receive further information.

Name _____

Address _____

Phone Number _____

Sport(s) _____

Event(s) _____

Send my information to me in: English ☐
 French ☐
 Spanish ☐

Mail this form to:

Primeros Juegos Veteranos Solicitud de Información

Estoy interesado en participar en los Primeros Juegos Veteranos y desearía recibir mayor información.

Nombre _____

Dirección _____

Número de Teléfono _____

Deporte(s) _____

Evento(s) _____

Sírvase enviarme mi información en: Inglés ☐
 Francés ☐
 Español ☐

Envíe este formulario por correo a:

Premiers Jeux des Maîtres Demande d'information

Je suis intéressé(e) à participer aux Premiers Jeux des Maîtres, et je désire recevoir de plus amples renseignements.

Nom: _____

Adresse: _____

N° de téléphone: _____

Sport(s): _____

Épreuve(s): _____

Veuillez m'envoyer des renseignements en: anglais ☐
 français ☐
 espagnol ☐

Envoyez cette formule à:

Masters Games, World Headquarters, Box 1985, Postal Station P, Toronto, Canada M5S 2Y7

WORLD
HEADQUARTERS:
BOX 1985
POSTAL
STATION P,
TORONTO,
CANADA,
M5S 2Y7.
TELEPHONE
416 927 1985.



MASTERS GAMES
JUEGOS VETERANOS
JEUX DES MAÎTRES

SWIMMING IN THE MASTERS GAMES

Masters Swimmers from all over the world are invited to be part of the first MASTERS GAMES, to be held in Toronto, Canada, August 7-25, 1985. Swimming is one of the 22 sports included in the Games schedule.

EVENTS

August 7	Registration and warm-up
August 8	200 m Mixed Medley Relay 200 m Backstroke 200 m Breaststroke 50 m Freestyle
August 9	200 m Fly 50 m Backstroke 400 m Freestyle
August 10	200 m Freestyle 100 m Breaststroke 100 m Butterfly 200 m Medley Relay
August 11	200 m Mixed Free Relay 50 m Breaststroke 50 m Butterfly 400 m Individual Medley
August 12	200 m Individual Medley 100 m Backstroke 100 m Freestyle 200 m Free Relay
August 13	1500 m Freestyle
August 14	5 kilometre Distance Swim

AGE GROUPS

Individual 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+

Relays 25+, 35+, 45+, 55+, 65+, 75+

All events are long course metres.

Since a maximum of **2,000 entries** will be accepted, we suggest you mail your early registration form or your information request form as soon as possible.

ELIGIBILITY You must be 25 years or older on August 8, 1985, the first day of swimming events in the MASTERS GAMES. This date determines your age group for the meet.

You must be a registered member of a Masters Swimming Organization in your own country. Where no such organization exists, a \$5 (Cdn) masters swimming affiliation fee must be paid at time of entry.

No qualifying times are required.

FEES

Masters Games Registration Fee

\$50 (Cdn) - prior to March 1st, 1985

\$60 (Cdn) - March 2nd - June 1st, 1985

The payment of the \$50 (Cdn) **Masters Games Registration Fee** automatically qualifies Swimmers to participate in other sports on the MASTERS GAMES schedule, subject, of course, to the entry requirements of those sports.

Swimming Entry Fee

\$5 per individual event entered

\$10 per relay team

Deadline for registration and entry is **June 1st, 1985.**

VENUE

Etobicoke Olympium - This pool will be the site of the Canadian Olympic Trials in 1984, as it was in 1980 and 1976. Several world records have been broken here during international competitions.

The Olympium is a 50 metre pool with 8 lanes divided by Keiffer lane dividers, and Omega OSM3 electronic timing. There is a 25 yard warm-up pool adjacent to the main pool.

The 5 kilometre Swim is to be held at the Claireville Conservation Centre, which is a short distance northwest of the Olympium.

MEET HOTEL HEADQUARTERS Holiday Inn, Toronto West

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)				
1. <u>Sandi Rousseau</u>	<u>36</u>			← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. <u>PRINT</u> LEGIBLY!!
2.				
3.				
4.				
CLUB/ASSOC:	<u>Barracuda</u>			← 5. <u>PRINT</u> 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 & Un. 35 & Up
45 & Up 55 & Up

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

SWIMTM

.....The **NEW** Masters Swimming Magazine, premiering October 1, 1984 will feature an unprecedented amount of fascinating information on the sport of swimming as an adult.

We invite you, the Masters swimmer to send us your ideas, articles, photos, and success stories on how swimming changed your adult life.

Swim will be published bimonthly (Oct/Nov, Dec/Jan, etc.) and will present articles ranging in topic from: How to become a more efficient and faster swimmer; How to lose weight through swimming; Masters swimming personalities from across the nation; Monitoring your cardiovascular system; Where to workout and compete across the U.S.; Swim meets and up-to-date meet results; United States Masters Swimming news; Swimming vacations and fashions (including a special "Swim Suit Edition"); Classified Ads; National Advertisers; plus Much, Much, More!

Why wait? Send us your stories about how you became involved with Masters Swimming -- whether to lose weight, recover from an illness, or for the physical and social rewards of swimming as an adult. Just think, you might be one of our upcoming feature personalities!

Write to us at R. Magnus Enterprises, Inc., 523 South 26th Road, Arlington, Virginia 22202 or call 703-549-6388. Don't forget, the Premier Issue is just around the corner.....

SWIM, the NEW National Masters Swimming Magazine published bi-monthly, will premier this Fall with its October/November issue, featuring an unprecedented amount of fascinating information on the sport of swimming as an adult.

SWIM will present articles ranging in topic from: How to become a more efficient and faster swimmer; How to lose weight through swimming; Masters swimming personalities from across the nation; Monitoring your cardiovascular system; Where to workout and compete across the U.S.; Swim meets and up-to-date meet results; United States Masters Swimming news; Swimming vacations and fashions (including a special "Swim Suit Edition"); Classified Ads; National Advertisers; plus Much, Much More!

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Ol' Barn - Where were you at the REGIONALS ????

Mike Popovich , his fine crew, the wonderful pool, HEY - This is one of the best facilities in the country, maybe the world !!! , any hoo Mike along with the finest of the fine from Oregon Swimming ; Dick Parker, Jack Dawes, Don Meador, Earlene Dawes, Bob Hathaway, Sue Wadd, Bernie Hayden, T.D. Hughes, and Ruth Hughes.....

WHAT A GREAT GROUP OF PEOPLE, OUR THANKS AND THANKS, AGAIN AND AGAIN !!!!

Getting back to entry line, yes, where were you ??? , to make a long story short , this was probably the worst attended L/C meet in so many years , yours truly cannot recall, to sum it all up, we do not keep ASSOCIATION scores at L/C Regionals , it is a good thing, because if we had, PNA would have won the team championship !!!

Let's get on with it.....

LAVELLE STOINOFF : How about a new NATIONAL/WORLD record in the 1500, Lavelle turned in a sparkling 22:46.28, her old time was 22:50.18, it is interesting to note that she did this 2 to a lane !!!

GREG HARRISON : Yes, Ol' Barn knows he swims for PNA, --- BUT --- when you break a Regional Record that has stood for 10 years, you deserve some "printer's ink". Greg turned in a 2:37.93 for the 200 breast, setting aside Tony Canlis' time of 2:40.80.

RECORDS.....Oregon Association, Regional• :

	<u>Age Group</u>	<u>Swimmer</u>	<u>Event</u>	<u>Time</u>	<u>Top Ten</u>
Women :	50 - 54	Lavelle Stoinoff	100 Back	1:32.41 •	1
	55 - 59	Louise Hepner	200 I.M.	3:41.98	6
	60 - 64	Bessie Ross	200 Free	5:18.41	-
	65 - 69	Barbara Havercamp	100 Free	2:54.05	-
			200 Free	6:03.60	-
	75 - 79	Hazel Bressie	100 Breast	4:11.88 •	4
			100 Fly	5:58.13 •	3
Men :	35 - 39	Bob Moss	1500 Free	21:37.03	-
	40 - 44	Robert Smith	50 Breast	:37.23	-
	45 - 49	Ron Nakata	100 Free	1:07.82	-
			50 Fly	:30.15 •	5
			100 Fly	1:09.49 •	3
			200 Fly	3:02.53 •	-
			200 I.M.	3:00.69 •	-
	50 - 54	Fred Sprenger	200 Back	3:16.72	-
	60 - 64	Gil Young	1500 Free	25:38.27	9

Now , a little credit, where credit is due ;

Julie Corman, 5 Golds, 100 Free, 200 Free, 50 Back, 100 Back and 200 Back , all of which were turned in Top Ten time.

Kathy Crandell with a fine 400 Free, Maxine Carlson great 50 Back, Greg Harrison's top ten 100 breast, Walt Reid-excellent 50 breast, plus the 100 and 200, Dave Addelman ; 100 free, 50 and 100 back, Hap Clarke at 2:54.54 in the 200 Back, Sam Ierulli's 26:25.66 in the 1500, Warren Kleist with great times in the 50, 100 and 200 free, Carter Morgan's zippy :43.98 for 50 Back, Herb Eisenschmidt's 200 free at 3:35.83, Hugh Moore's 200 Fly at 2:28.48

HAT'S OFF DEPARTMENT : at Raleigh, L/C Nationals

Ol' Barn reports on the Lake Oswego meet, early in the long course season, it is great fun to see the startled looks on everyone's face as they approach the starting blocks and look way, way, way down to the other end ... yes ... fellow paddlers it is 50 meters with no turns !!! Ol' Barn still feels that long course really separates the "men" from the "boys".

Most fun of all is watching the people who start looking for the turn at 30 meters, and when they realize where they are, watch those old buns drop in the water.

Enough is enough...

Thanks and many many thanks to Jayne Chastain and Robert Smith for a fine fine meet, in one of the finest pools anywhere, the meet was well organized. well run, and had it's share of top performances, to wit

RECORDS..... Oregon Association, Regional* :

	<u>Age Group</u>	<u>Swimmer</u>	<u>Event</u>	<u>Time</u>	<u>Top Ten</u>
Women :	40 - 44	Barbara Frid	1500 Free	22:03.44*	2
		Patricia Giordano	100 Brst	1:37.19	5
	75 - 79	Hazel Bressie	200 Fly	3:26.27*	6
			200 Fly	12:54.14*	4
			400 I.M.	18:12.10*	4
Men :	30 - 34	Steve Mann	50 Back	:31.39	-
			100 Back	1:11.58	-
	40 - 44	Karl Von Tagen	400 Free	5:14.34*	-
			200 I.M.	2:48.55*	-
	45 - 49	Robert Smith	100 Back	1:13.41*	9
		Bert Petersen	50 Free	:29.48	-
			50 Fly	:30.29*	5
			400 I.M.	6:31.50*	5
	65 - 69	Bob Cutter	50 Free	:35.04	-
			50 Back	:43.20*	7
	70 - 74	Don Stevenson	50 Fly	:51.76*	9

In addition to the above records, let's look at some ..almost..almost..

Ruth Moreland with a fine 50 Brst in 40.95

Patricia Giordano with a great 6:58.58 in the 400 I.M.

Doreen Morris' 1:21.37 in the 50 free

Tim Rumsey, new to Oregon Masters, tuned up with a 4:42.19 in the 400 free, and then came back with a 18:32.00 in the 1500

Eric Guest, spun off a quick 30.93 in the 50 free, plus, a 36.67 in the 50 fly

Then a relay of Sue Rittenhouse, Joan Whisman, Eric Guest, and Petersen with a 2:12.49 in the 200 Mixed Free maybe a 5th nationally.

That's it for a great get together and fine swims and swimming at it's best.

Ol' Barn, continues.....

HAT'S OFF DEPARTMENT ;

a small but unbelievably strong contingent did themselves proud at Raleigh,N.C.

Lavelle Stoinoff - 4 Golds, 2 World Records
swimming faster and faster!!!!

Ginger Pierson - 2 Golds, and both against the gal that beat her in N.Z., now
I don't care what you say, Ol' Barn is really proud of Ginger,
when you go up against someone who just a couple of months ago,
beat you, and you come back and beat that person in 2 out of 3
races, then GINGER you have "true grit" !!!

Barbara Frid - A gold in the 50 Fly, plus 2 silvers, a bronze, etc.

Judy Belford - A silver and 2 bronze, great swimming !!!

Frank Warner - FOUR GOLDS, yes folks, 4 BIG ONES !!!!
50, 100 and 200 back, plus the 100 free, and then throw in 2
Bronze in the 50 and 200 Free.

Larry Case - How about 3 Silvers ??? Great, Great swims Larry !!!!

Jim Ryan , turned in 3 P.R.'s, and that folks is what Masters is all about!!!!

Relay wise - How about two silvers , a bronze and a fourth, all in WORLD CLASS
times.

YES, thanks to the above people the Oregon Association was WELL represented....

A parting shot from Ol' Silver Sides....don't let yourself down, get in that
pool and swim, each one of us knows what we are doing, how about some New Year's
resolutions, like, "I will swim at least one PR in 84-85", and DO IT !!!!!

In all honesty, quite a few of us let ourselves down in the past season, the
word is complacency (LAZY), the only one you are hurting is yourself, active
participation in Masters Swimming will always be the panacea for our woes, OK,
we know that, then no more dinkin' around, get in the old pool and swim.

FIRST MEET OF THE NEW YEAR - 1984-1985

Bend, Oregon - October 7th, see entry in this news letter, see you there !!!!

Region XII Masters L/C
Mt Hood Community College
Gresham, OR Aug 10,11,12

WOMEN 20-24

50 Freestyle

Donna Ryan 21 :33.28
Cindy Van Dijk 24 :34.80
Andree Devine 23 :35.29

100 Free style

Donna Ryan 21 1:12.61
Andree Devine 23 1:14.19
Cindy Van Dijk 24 1:14.72

400 Freestyle

Andree Devine 23 5:31.44

1500 Freestyle

Joan Cameron 24 28:28.75
Janice Blucas 24 29:12.69

50 Back

Donna Ryan 21 :39.69

100 Back

Cindy Van Dijk 24 1:27.81

200 Back

Cindy Van Dijk 24 3:32.07

50 Fly

Donna Ryan 21 :37.27
Andree Devine 23 :37.43
Cindy Van Dijk 24 :39.75

200 I.M.

Andree Devine 23 2:57.06

WOMEN 25 - 29

50 Free Style

Bonnie Moore 26 :43.58

100 Free

Kiko Kimura 28 1:13.33
Patti Kilgore 28 1:24.37

200 Free

Debra Pohlman 28 2:53.60
Robin Durant 28 3:10.28

400 Free

Debra Pohlman 29 6:11.16
Janet Cunningham 26 6:11.76

1500 Free

Kiko Kimura 28 22:13.47
Robin Durant 28 25:06.38

50 Back

Bonnie Moore 26 :52.48

200 Back

Kiko Kimura 29 3:01.57

50 Fly

Debra Pohlman 28 :40.17
Robin Durant 28 :43.32
Patti Kilgore 28 :50.87

100 Fly

Janet Cunningham 26 1:31.07
Debra Pohlman 28 1:31.44

200 I.M.

Debra Pohlman 28 3:15.23
Robin Durant 28 3:27.36

Women 30-34

50 Free

Nancy McKenzie 32 :33.53
Debra Lewis 31 :39.38

100 Free

Nancy McKenzie 32 1:14.79
Becky Pearson 30 1:30.82
Debra Lewis 31 1:34.99
Joyce Wydrzynski 31 1:35.99

200 Free

Nancy McKenzie 32 2:46.82
Becky Pearson 30 3:12.97

400 Free

Nancy McKenzie 32 6:04.93

1500 Free

Vickie Carper 32 25:19.81
Becky Pearson 30 27:12.40
Jane Moore 33 27:31.20

200 Back

Jane Moore 33 3:50.09

50 Breast

Ruth Moreland 31 :41.03
Becky Pearson 30 :48.34
Debra Lewis 31 :48.73

100 Breast

Ruth Moreland 31 1:33.91
Debra Lewis 31 1:44.86
Becky Pearson 30 1:46.88

200 Breast

Debra Lewis 31 3:33.16

50 Fly

Nancy McKenzie 32 :38.47
Joyce Wydrzynski :54.32

200 I.M.

Nancy Mckenzie 32 3:11.87
Ruth Moreland 31 3:18.16

Region XII Masters L/C
Mt Hood Community College
Gresham, OR Aug 10,11,12

Women 35 - 39

50 Free

Julie Corman	35	:32.09
Kathy Crandell	35	:32.55
Cookie Justesen	37	:33.74
Rondi White	38	:34.72

100 Free

Julie Corman	35	1:09.84
Kathy Crandell	35	1:11.16
Cookie Justesen	37	1:14.96

200 Free

Julie Corman	35	2:36.77
Rondi White	38	3:05.60

400 Free

Kathy Crandell	35	5:41.99
Cookie Justesen	37	5:43.32

50 Back

Julie Corman	35	:36.57
Jayne Chastain	38	:40.41
Rondi White	38	:40.43
Ginger Pierson	38	:40.97

100 Back

Julie Corman	35	1:21.14
Jayne Chastain	38	1:30.16
Rondie White	38	1:31.09

200 Back

Julie Corman	35	3:01.71
Susan Case	35	3:12.09
Jayne Chastain	38	3:14.32
Rondi White	38	3:23.23
Cookie Justesen	37	3:27.79

50 Breast

Ginger Pierson	38	:40.05
Kathy Crandell	35	:40.40
Jayne Chastain	38	:49.11

100 Breast

Ginger Pierson	38	1:28.46
Kathy Crandell	35	1:31.24
Pat Campbell-Schmidt		2:00.67

200 Breast

Ginger Pierson	38	3:11.08
Kathy Crandell	35	3:23.75
Susan Case	35	3:26.06

50 Fly

Ginger Pierson	38	:37.07
----------------	----	--------

100 Fly

Susan Case	35	1:32.91
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200 Fly

Cookie Justesen	37	3:15.25
Susan Case	35	3:30.63

200 I.M.

Ginger Pierson	38	3:08.41
Susan Case	35	3:09.55

400 I.M.

Susan Case	35	6:31.68
Cookie Justesen	37	6:33.04
Rondi White	38	7:29.28

200 Fly (Exhibition)

Cookie Justesen	37	3:16.86
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Women 40-44

100 Free

Barbara Frid	40	1:18.32
--------------	----	---------

200 Free

Barbara Frid	40	2:44.50
--------------	----	---------

400 Free

Barbara Frid	40	5:50.43
--------------	----	---------

50 Back

Barbara Frid	40	:39.37
--------------	----	--------

100 Back

Barbara Frid	40	1:27.52
Patricia Giordano	41	1:32.99

50 Breast

Pat Giordano	41	:44.71
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100 Breast

Pat Giordano	41	1:38.02
--------------	----	---------

50 Fly

Barbara Frid	40	:36.14
--------------	----	--------

100 Fly

Pat Giordano	41	1:28.33
--------------	----	---------

Women 45-49

50 Free

Sue Rittenhouse	46	:35.27
Ann Gindroz	46	:38.23
Susan Dearborn	49	:39.43
Carol Anning	46	:48.27
Joanne Ross	47	:48.51

100 Free

Joan Whisman	48	1:25.71
Ann Gindroz	46	1:26.53
Susan Dearborn	47	1:27.52
Carol Anning	46	1:48.49
Bev Underwood	49	2:50.51

200 Free

Ann Gindroz	46	3:07.89
Susan Dearborn	47	3:16.56
Carol Anning	46	4:01.89

400 Free

Ann Gindroz	46	6:51.33
Carol Anning	46	8:30.59

1500 Free

Ann Gindrof	46	27:12.04
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Region XII Masters L/C
Mt Hood Community College
Gresham, OR Aug 10,11,12

Women 45-49

50 Back
Connie Wilson 49 :45.33
Joanne Ross 47 1:02.91

50 Breast
Joan Whisman 48 :52.77
Sue Dearborn 47 :53.26
Carol Anning 46 1:08.91
Bev Underwood 49 1:34.05

100 Breast
Joan Whisman 48 2:01.96
Bev Underwood 49 3:21.71

200 Breast
Sue Dearborn 47 4:03.00

50 Fly
Sue Rittenhouse 46 :38.47
Joan Whisman 48 :41.45

100 Fly
Sue Rittenhouse 46 1:32.02

200 Fly
Sue Rittenhouse 46 3:26.46

200 I.M.
Sue Rittenhouse 46 3:22.03
Ann Gindroz 46 3:48.26

400 I.M.
Sue Rittenhouse 46 7:01.62
Sue Dearborn 47 8:13.71

Women 50-54

50 Free
Dorothy Kleist 53 1:12.57

100 Free
Lavelle Stoinoff 51 1:18.32
Cynthia Rosik 51 1:45.06
Beverly Steidle 52 1:46.97
Dorothy Kleist 53 2:34.16

200 Free
Lavelle Stoinoff 51 2:43.33
Beverly Steidle 52 3:51.87

400 Free
Lavelle Stoinoff 51 5:42.72
Cynthia Rosik 51 8:21.10

1500 Free
Lavelle Stoinoff 51 22:46.28
Beverly Steidle 52 32:37.20

50 Back
Dorothy Kleist 53 1:25.96

100 Back
Lavelle Stoinoff 51 1:32.41

200 Back
Beverly Steidle 52 4:21.45

50 Breast
Cynthia Rosik 51 :56.08
Dorothy Kleist 53 1:20.31

100 Breast
Cynthia Rosik 51 2:02.60
Dorothy Kleist 53 2:46.63

200 Breast
Cynthia Rosik 51 4:24.30

200 I.M.
Lavelle Stoinoff 51 3:21.34

Women 55-59

50 Free
Louise Hepner 58 :37.72
Pat Dotson 57 :39.74

100 Free
Louise Hepner 58 1:24.82
Pat Dotson 57 1:26.57
Margaret Wells 58 1:44.11

400 Free
Louise Hepner 58 7:41.89

1500 Free
Margaret Wells 58 31:14.45

50 Breast
Pat Dotson 57 :52.63

100 Breast
Louise Hepner 58 1:51.33
Pat Dotson 57 2:03.00

200 Breast
Louise Hepner 58 3:56.99
Pat Dotson 57 4:15.37

50 Fly
Pat Dotson 57 :44.73

200 Fly
Margaret Wells 58 4:32.53

200 I.M.
Louise Hepner 58 3:41.98
Margaret Wells 58 4:19.03

400 I.M.
Margaret Wells 58 8:53.59

Women 60-64

50 Free
Maxine Carlson 64 :54.14
Elizabeth King 61 1:09.54
Elfie Stevenin 62 1:09.75

100 Free
Bessie Ross 60 2:26.36

200 Free
Bessie Ross 60 5:18.41

Region XII Masters L/C
Mt Hood Community College
Gresham, OR Aug 10,11,12

Women 60-64

1500 Free			
Elfie Stevenin	62	47:00.51	
50 Back			
Maxine Carlson	64	1:01.59	
100 Back			
Maxine Carlson	64	2:12.77	
50 Breast			
Elizabeth King	61	1:32.52	
Bessie Ross	61	1:41.70	
100 Fly			
Elfie Stevenin	62	4:04.27	
200 Fly			
Elfie Stevenin	62	8:48.14	
200 I.M.			
Elfie Stevenin	62	7:00.93	
400 I.M.			
Elfie Stevenin	62	13:48.60	

Women 65-69

100 Free			
Barbara Haverkamp	68	2:54.05	
200 Free			
Barbara Haverkamp	68	6:03.60	
200 Back			
Barbara Haverkamp	68	7:23.86	
100 Breast			
Barbara Haverkamp	68	4:00.63	
200 I.M.			
Barbara Haverkamp	68	7:54.22	
400 I.M.			
Barbara Haverkamp	68	17:46.53	

Women 75-79

400 Free			
Hazel Bressie	75	15:52.76	
1550 Free			
Hazel Bressie	75	70:16.43	
50 Breast			
Hazel Bressie	75	1:58.59	
100 Breast			
Hazel Bressie	75	4:11.88	
50 Fly			
Hazel Bressie	75	2:38.46	
100 Fly			
Hazel Bressie	75	5:58.13	

Women 80-84

100 Free			
Martha Keller	83	2:47.75	

400 Free			
Martha Keller	83	12:08.70	
1500 Free			
Martha Keller	83	47:08.85	
50 Back			
Martha Keller	83	1:30.05	
100 Breast			
Martha Keller	83	4:14.60	
100 Fly			
Martha Keller	83	6:21.49	

Men 20-24

50 Back			
David Frid	21	:37.26	
100 Back			
David Frid	21	1:22.46	
200 Back			
David Frid	21	3:00.52	
200 Breast			
David Frid	21	3:10.41	

Men 25-29

50 Free			
Mark Sutton	29	:31.35	
100 Free			
Mark Sutton	29	1:07.41	
400 Free			
Tim Rumsey	28	4:48.01	
Jay Palmer	28	5:33.18	
50 Back			
Mark Sutton	29	:38.23	
100 Back			
Tim Rumsey	28	1:19.42	
Mark Sutton	29	1:25.31	

200 Back			
Jay Palmer	28	2:58.61	
50 Breast			
Jon Kathman	29	:45.94	
200 Fly			
Jay Palmer	28	2:55.88	
200 I.M.			
Jay Palmer	28	2:49.67	
400 I.M.			
Tim Rumsey	28	5:38.24	

Men 30-34

50 Free			
Robert Boadway	34	:32.51	
100 Free			
Robert Boadway	34	1:13.79	

Region XII Masters L/C
Mt Hood Community College
Gresham, OR Aug 10,11,12

Men 30-34

200 Free

David Tempest	33	2:18.27
Robert Roadway	34	2:54.32
Tom Herber	32	2:58.80

400 Free

Hugh Moore	30	5:18.13
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1500 Free

Tom Herber	32	25:08.66
------------	----	----------

100 Back

Greg Harrison	32	1:20.72
---------------	----	---------

200 Back

David Tempest	33	2:36.15
Tom Herber	32	3:20.24

50 Breast

Greg Harrison	32	:34.74
Doug Adams	34	:35.14
Robert Roadway	34	:49.51

100 Breast

Greg Harrison	32	1:14.05
Doug Adams	34	1:19.05
Tom Herber	32	1:32.75

200 Breast

Greg Harrison	32	2:37.93
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50 Fly

Hugh Moore	30	:29.97
Tom Herber	32	:36.19

100 Fly

Hugh Moore	30	1:07.27
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200 Fly

Hugh Moore	30	2:28.48
------------	----	---------

200 I.M.

Greg Harrison	32	2:31.47
Hugh Moore	30	2:36.33
David Tempest	33	2:38.12
Doug Adams	34	2:38.81
Tom Herber	32	3:06.23

400 I.M.

Hugh Moore	30	5:25.97
Greg Harrison	32	5:26.86

Men 35-39

50 Free

Frank Warner	35	:28.28
Bob Moss	39	:30.30

100 Free

Frank Warner	35	1:04.68
Buz Carriker	36	1:12.27
Dick Hodge	39	1:18.20
Richard Klein	35	1:25.79

200 Free

Frank Warner	35	2:15.21
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Brian Langlais	38	2:43.66
Pat Caudill	39	2:48.18
Richard Klein	35	3:55.30

400 Free

Brian Laglais	38	5:57.92
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1500 Free

Bob Moss	39	21:37.03
Richard Klein	35	35:39.95

50 Back

Frank Warner	35	:31.36
Bob Moss	39	:36.00
Brian Langlais	38	:39.39

100 Back

Frank Warner	35	1:08.75
Bob Moss	39	1:19.94
Brian Langlais	38	1:23.78

200 Back

Frank Warner	35	2:30.52
Brian Langlais	38	3:07.29

50 Breast

Buz Carriker	36	:43.56
Dick Hodge	39	:47.14
Richard Klein	35	:48.99

100 Breast

Buz Carriker	36	1:35.35
Richard Klein	35	1:53.30

50 Fly

Dick Hodge	39	:39.74
Pat Caudill	39	:39.85
Richard Klein	35	:47.41

200 I.M.

Pat Caudill	39	3:14.73
Dick Hodge	39	3:24.91

400 I.M.

Brian Langlais	38	7:08.47
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Men 40-44

100 Free

Walt Reid	44	1:10.46
Don Wallace	42	1:14.83

200 Free

Don Wallace	42	2:45.04
Ed Urbanski	43	2:48.64

400 Free

Don Wallace	42	5:55.42
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1500 Free

Hap Clarke	40	23:23.15
Don Wallace	42	23:23.15
Nelson Zumont	40	24:46.50

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Men 40-44

50 Back		
Z W Nelson	40	:35.91
Walt Reid	44	:38.99
Lee Carlson	44	:40.00

100 Back		
Z W Nelson	40	1:19.09
Walt Reid	44	1:23.27
Lee Carlson	44	1:27.75
Don Wallace	42	1:33.92

200 Back		
Hap Clarke	40	2:54.54
Don Wallace	42	3:15.90
Ed Urbanski	43	3:29.88

50 Breast		
Walt Reid	44	:37.08
Robert Smith	41	:37.23

100 Breast		
Walt Reid	44	1:22.64

200 Breast		
Walt Reid	44	3:08.84

50 Fly		
Robert Smith	41	:30.76

Men 45-49

50 Free		
Bert Petersen	45	:29.78
David Addelman	49	:30.11
Tom Levak	45	:32.15
Kirk Adams	49	:32.88

100 Free		
David Addelman	49	1:07.33
Ron Nakata	45	1:07.82
Kirk Adams	49	1:13.68
Tom Levak	45	1:15.91
Philip Jensen	48	1:25.75

200 Free		
Kirk Adams	49	2:45.91
Philip Jensen	48	3:15.85

400 Free		
Kirk Adams	49	5:49.72
Bud Miller	49	8:00.39

1500 Free		
Philip Jensen	48	28:33.30

50 Back		
David Addelman	49	:36.24

100 Back		
David Addelman	49	1:23.47

50 Breast		
David Addelman	49	:42.06
Robert Miles	48	:42.52

100 Breast		
Robert Miles	48	1:36.28

50 Fly		
Bert Petersen	45	:30.15
David Addelman	49	:33.08
Ron Nakata	45	:34.42
Robert Miles	48	:36.51

100 Fly		
Bert Petersen	45	1:09.49
Robert Miles	48	1:32.39

200 Fly		
Bert Petersen	45	3:02.53

200 I.M.		
Bert Petersen	45	3:00.69
Robert Miles	48	3:30.69

Men 50-54

50 Free		
Eric Guest	54	:31.81
Abraham Stanton	50	:47.35

100 Free		
Eric Guest	54	1:13.84

200 Free		
Fred Sprenger	53	2:41.52
Abraham Stanton	50	4:06.65

400 Free		
Fred Sprenger	53	5:40.03
Abraham Stanton	50	9:10.14

1500 Free		
Fred Sprenger	53	22:55.01
Abraham Stanton	50	35:41.56

50 Back		
Fred Sprenger	53	:43.26
Abraham Stanton	50	:57.69

100 Back		
Fred Sprenger	53	1:34.03
Abraham Stanton	50	2:16.00

200 Back		
Fred Sprenger	53	3:16.72
Tom Foley	50	3:49.99

50 Breast		
Eric Guest	54	:44.04

100 Breast		
Eric Guest	54	1:37.45

200 Breast		
Tom Foley	50	4:01.57

50 Fly		
Eric Guest	54	:36.95

100 Fly		
Eric Guest	54	1:44.39
Tom Foley	50	1:55.93

200 Fly		
Tom Foley	50	4:22.15

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Men 50-54

200 I.M.
Tom Foley 50 3:41.25

400 I.M.
Tom Foley 50 7:55.30

Men 55-59

50 Free
John Koruga 57 :37.85
Ben Dotson 56 :41.22

100 Free
John Koruga 57 1:24.96
Ben Dotson 56 1:37.51

200 Free
Ben Dotson 56 3:44.55

400 Free
Wilford Dolphin 58 7:46.70

1500 Free
Sam Ierulli 55 26:25.66

50 Back
Wil Dolphin 58 :43.82
John Koruga 57 :53.44

100 Back
Wil Dolphin 58 1:34.66

200 Back
Wil Dolphin 58 3:30.29

50 Breast
Ben Dotson 56 :49.13

100 Breast
Ben Dotson 56 1:54.48

50 Fly
John Koruga 57 :45.77

100 Fly
John Koruga 57 1:58.51

200 I.M.
Wil Dolphin 58 3:53.48

Men 60-64

50 Free
Warren Kleist 62 :32.50
Gil Young 62 :36.60
Hal Young 62 :41.77
Khosrow Shadbeh 64 :44.52
Joe Mallon 63 :46.52

100 Free
Warren Kleist 62 1:15.21
Hal Young 62 1:36.07
Joe Mallon 63 1:47.88

200 Free
Warren Kleist 62 2:54.64
Gil Young 62 3:10.27

Hal Young 62 3:50.78
Joe Mallon 63 4:00.02

400 Free
Hal Young 62 8:08.03
Joe Mallon 63 8:25.37
Dave Bernstein 62 9:15.50

1500 Free
Gil Young 62 25:38.27
Joe Mallon 63 33:58.45
Dave Bernstein 62 37:22.73

50 Back
Earl Walter 63 :40.39
Gil Young 62 :43.85
Warren Kleist 62 :45.15
Khosrow Shadbeh 64 :55.52
Dave Bernstein 62 :57.57

100 Back
Earl Walter 63 1:35.96
Khosrow Shadbeh 64 2:05.64
Dave Bernstein 62 2:06.33

200 Back
Earl Walter 63 3:27.92
Gil Young 62 3:43.21
Dave Bernstein 62 4:38.40

50 Breast
Khosrow Shadbeh 64 :51.63

100 Breast
Khosrow Shadbeh 64 1:59.09

200 Breast
Khosrow Shadbeh 64 4:08.04

50 Fly
Warren Kleist 62 :44.72
Khosrow Shadbeh 64 :55.80

100 Fly
Earl Walter 63 1:47.30

200 Fly
Earl Walter 63 4:02.23

200 I.M.
Warren Kleist 62 3:31.73

400 I.M.
Earl Walter 63 7:30.37

Men 65-69

50 Free
Bob Cutter 66 :37.88
Joe Ruddley 69 :44.25

100 Free
Joe Ruddley 69 1:54.73
Art Hanlon 67 2:14.20

200 Free
Joe Ruddley 69 4:12.94

400 Free
Warren Elliott 66 13:51.45

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Men 65-69

1500 Free
Art Hanlon 67 40:01.27

50 Back
Bob Cutter 66 :45.43

100 Back
Bob Cutter 66 1:42.91
Joe Ruddley 69 2:35.09

200 Back
Bob Cutter 66 4:10.05
Joe Ruddley 69 5:33.54

50 Breast
Bob Cutter 66 :52.92
Art Hanlon 67 1:10.18

100 Breast
Art Hanlon 67 2:41.50

50 Fly
Art Hanlon 67 1:20.79

200 I.M.
Joe Ruddley 69 6:06.98

Men 70-74

50 Free
Syd Hendy 71 :43.45

200 Free
Syd Hendy 71 3:38.89

50 Back
Carter Morgan 74 :43.98
Syd Hendy 71 :50.70

100 Back
Syd Hendy 71 1:57.72
John Hoey 74 1:59.02

200 Back
Donald Stevenson 72 3:51.54
Syd Hendy 71 4:16.79
John Hoey 74 4:30.77

100 Breast
Don Stevenson 72 1:57.79

200 Fly
Don Stevenson 72 4:50.92

200 I.M.
Don Stevenson 72 4:01.43

400 I.M.
Don Stevenson 72 8:30.17

Men 75-79

50 Free
Herb Eisenschmidt 77 :41.78

200 Free
Herb Eisenschmidt 77 3:35.83

400 Free
Herb Eisenschmidt 77 7:42.88

50 Back
Herb Eisenschmidt 77 :48.56

100 Back
Herb Eisenschmidt 77 1:48.42

200 Back
Herb Eisenschmidt 77 3:55.14

Men 80-84

100 Free
Leroy Webster 83 3:12.11

200 Free
Leroy Webster 83 7:27.51

1500 Free
Leroy Webster 83 66:02.00

200 Back
Leroy Webster 83 7:32.11

50 Breast
Leroy Webster 83 1:26.62

100 Breast
Leroy Webster 83 3:28.86

Region XII Masters L/C
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RELAYS

Women - 200 Medley

Patti Kilgore (20 Plus)
Pat Campbell-Schmidt
Donna Ryan
Joyce Wydrzynski 3:01.26

Jane Moore (25 Plus)
Debra Lewis
Debra Pohlman
Kiko Kimura 2:52.91

Barbara Frid (35 plus)
Ginger Pierson
Patti Giordano
Sue Case 2:38.29

Sue Dearborn (45 plus)
Ann Gindroz
Cynthia Rosik
Pat Dotson 3:08.15

Men - 200 Medley

Jay Palmer (25 Plus)
Greg Harrison
Hugh Moore
David Tempest 2:09.70

Frank Warner (35 plus)
Pat Caudill
Brian Langlais
Robert Smith 2:29.78

Warren Kleist (55 Plus)
John Koruga
Ben Dotson
Hal Young 2:58.85

Men - 200 Free

John Koruga (55 Plus)
Pat Rosik
Hal Young
Warren Kleist 2:36.64

200 MIXED Medley

~~Tim Ramsey (25 Plus)~~
~~Nancy McKenzie~~
~~Patti Giordano~~
~~Brian Langlais 1:39.83~~

Jay Palmer (25 Plus)
Greg Harrison
Debra Pohlman
Debra Lewis 2:32.10

Frank Warner (35 Plus)
Ginger Pierson
Barbara Frid
Bob Moss 2:21.97

Lee Carlson (35 Plus)
Walt Reid

Cookie Justesen

Rondi White 2:40.25

Sue Rittenhouse (45 Plus)

Eric Guest

Bert Petersen

Lavaelle Stoinoff 2:34.38

Tom Foley (45 Plus)

Cynthia Rosik

Dave Addleman

Sue Dearborn 3:02.34

Maxine Carlson (55 Plus)

Warren Kleist

Pat Dotson

John Koruga 3:13.36

200 MIXED Free

Debra Lewis (25 Plus)

Debra Pohlman

Hugh Moore

David Tempest 2:12.21

Barbara Frid (35 Plus)

Ginger Pierson

Frank Warner

Robert Smith 2:02.64

Julie Corman (35 Plus)

Kathy Crandell

Walt Reid

Tom Foley 2:14.87

Brian Langlais (35 Plus)

Pat Caudill

Louise Hepner

Jayne Chastain 2:19.02

Bert Petersen (45 Plus)

Joan Whisman

Sue Rittenhouse

Eric Guest 2:12.14

David Addleman (45 Plus)

Kirk Adams

Sue Dearborn

Ann Gindroz 2:17.79

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

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

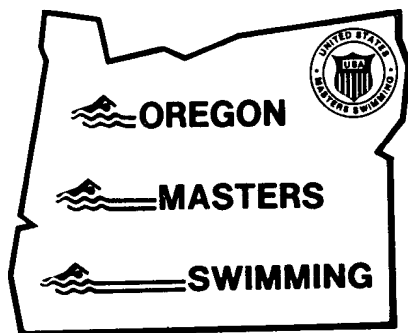
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