



# AQUA-MASTER

OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE

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10230 SW Parkway  
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(503) 292-3379

## MOTIVATIONAL STUFF

DIDJA ever notice all those lists of ideas in running and swimming magazines that start with one letter and are designed to motivate you? DIDJA get motivated? That's what I thought. Here is a more timely list: The 10 Dismal "D's".

1. DIE: What you do at length 7 1/2 of a 200 Fly, or almost anywhere in a 400 I.M.
2. DUCK: What you do when swimming 5 to a lane in a circle of Flyers.
3. DISTANCE: Anything over 76 feet.
4. DASH: A leisurely stroll to the restroom between swimming sets.
5. DREAM: That younger "opposite sex" hardbody over in lane 6. Messes up your pulse rate.
6. DETERMINATION: Saying to yourself "I will make a workout this month; I will make..."
7. DIVISION: Something happening between knee-cap, muscles and ligaments in a 200 Breast.
8. DEDICATION: A song you call in to the radic station.
9. DESIGN: The game plan for meeting the person from #5 in this list. (Also known as a "scheme".)
10. DELIGHT: "It's over, I made it, I'm still alive!"

## SHORT COURSE

April 26, 27, 28      Regionals, Univ. of Idaho, Moscow, Idaho      *Note: Entry form was in last issue. Deadline to enter - April 10.*

May 9-12              Short Course Nationals  
Brown Deer, Wisconsin

## LONG COURSE

June 14, 15              MAC Club, 400 IM & 1500 FR  
Friday, PM. Balance on Saturday.

★ July <sup>19</sup> 20, 21              Regionals, hosted by PNA Asso. ★ *New Dates!!*

August 2                  Albany, OR (No 1500 Free)

August 7-14              Toronto, Canada  
MASTERS GAMES  
Contact Nancy McKenzie for travel  
arrangements: (503)224-2605, (206)694-8318

August 17-20              Long Course Nationals  
Providence, R.I.

## HOSTING AVAILABLE

Occasionally, out of town swimmers have needed a place to stay when participating in swim meets. In an attempt to alleviate such needs (including high motel costs) Oregon Masters, P.N.A. Masters, Inland Empire Masters, and Snake River Masters are encouraging this "good will." Feel free to make your own contacts for a place to stay. However, if you don't know such a person, feel shy, or just need questions answered, please contact a H.O.S.T. (House Our Swimmers Tonight) chairperson:

Oregon Masters - Ginger Pierson

H - (206) 254 - 2536

B - (206) 256 - 6065

P.N.A. Masters - Kiko Kimura

H - (206) 525 - 9687

B - (206) 526 - 2183

Inland Empire Masters -

Snake River Masters - Janet Wood

H - (208) 345 - 8843

B - (208) 338 - 7229

# APRIL BIRTHDAYS and other milestones

	Peggy Hodge 1 APRIL FOOLS DAY	2	Ined Spranger 3	Chris Hiatt Nicola Shaw 4	5 Bette Davis' Birthday	6 MERLE HAGGARD'S BIRTHDAY
7 Roy Watters WORLD HEALTH DAY	8	9 HUGH HEFNER'S BIRTHDAY	10 ARBOR DAY (First observed April 10, 1872)	11	12 Gilbert Young Herald Thomas Robert Dyer Sam Landis	13
14 Ardis Ross	15 Patricia Kilgore	16	17	18 Michael Winters Mike Popovich	19	20 Barbara Fria Michelle McEligott
21 Don Devlin	22 Sueley Dinkon Hazel Edelstein Charles Walborn	23 SANDRA DEE'S BIRTHDAY	24	25 Eric Cooley	26 Brian Fria Charles Fiedigard Sgt. Hendry	27
28 Margaret Shorson John Nagel	29 Edith McManis	30 Mury Edwards				

THE NEXT OMS BOARD MEETING WILL BE APRIL 23  
AT 7:30 PM IN THE TUALITIN HILL'S POOL MEETING ROOM.

## NATIONALS UPDATE

The following is a listing of the committees, major responsibilities, and chairpersons for the Nationals that Oregon is hosting in 1986. Now is not too early for us to be thinking about the many details involved with the meet. We have already established our meet headquarters at the Jantzen Beach Thunderbird, and plans for our special events and banquet are underway. Every committee will need volunteers and ideas. Please look over the committees and contact any committee chairperson or myself as chairperson if you would like to assist in any way. We will need your help to host a successful meet!

# 1986 MASTERS LONG COURSE NATIONALS

August 21-24, 1986

MEET CHAIRPERSON: Sandi Rousseau (642-3679)

MEET DIRECTOR - ADMINISTRATIVE: Dick Parker (657-9543)

MEET DIRECTOR - FACILITIES/OPERATIONS: Mike Popovich (667-7246)

## COMMITTEE CHAIRPERSONS

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### 1. OFFICIALS - ON DECK: Don Meador (259-3246)

Auto Timing  
Referee  
Starter  
Runners

Stroke & Turn  
Manual Timers  
Announcements

### 2. OFFICE ADMINISTRATION: Robert Smith (639-4505)

Typing  
Computers  
Meet Results

Scoring  
1500/800 Seeding  
Records

### 3. SUPPORT SERVICES: Mark Hokkanen (667-7244)

Security  
Parking  
Traffic Control

Emergency Services  
Pool Maintenance  
Communications

### 4. PROGRAMS: Earl Walter (292-1611)

Advertising  
Printing/Publication

Heat Sheets  
Sales

### 5. REGISTRATION - ENTRY: Barbara Frid (644-9645)

Entry Forms  
Meet Brochure

### 6. REGISTRATION - MEET: Art Smith (282-1172)

Meet Check-In  
Participant Info

Meet Packet  
1500/800 Check-In

### 7. AWARDS/SOUVENIRS: Connie Wilson (771-1663)

Meet Awards  
Meet Logo Design

Meet Logo Patches/Pins

**8. HOUSING: Brian Langlais (692-6088)**

Meet Headquarters  
Hotel/Motel Accommodations

Hotel/Motel Directories  
Maps

**9. TRANSPORTATION: Pat Caudill (644-6204)**

Shuttle Service/Route Maps  
Schedule

Special Events' Shuttle

**10. BUDGET/FINANCE: Roy Abramowitz (641-3994)**

Entry Fees  
Accounts Payable/Receivable

**11. HOSPITALITY/FOREIGN VISITORS: Ginger Pierson (206-254-2536)**

Housing  
Souvenirs

Special Events

**12. PUBLICITY: Bert Petersen (252-6081) - Eastside  
Roy Lambert (228-6789) - Westside**

News Media (State/Local)  
Radio (State/Local)  
TV Media (State/Local)

Chamber of Commerce  
Speakers Bureau  
Convention Bureau

**13. SPECIAL EVENTS: Jayne Chastain (626-7015)**

Lunches - Officials  
Banquet

Hospitality Suite  
Brunches/Breakfasts

**14. CONCESSIONS: Mike Popovich (667-7246)**

T-Shirts  
Other Shirts  
Sales

Caps  
Visors  
Other Vendors

**15. CONCESSIONS - FOOD: MHCC/Mike Popovich (667-7246)**

Public Refreshments  
Officials' Refreshments

EXCITING --- INFORMATION FILLED --- FELLOWSHIP

PNA SWIM CLINIC

MAY 4th, 1985

FOSS HIGH SCHOOL - TACOMA, WA.

This clinic will give us all a special opportunity to learn from and use the inspiration of coach Dick Hannula. Dick's credits and contributions to swimming are numerous. He has consistently coached and produced championship swimmers at the local, national and international levels and it all happens because he firmly believes that everyone who tries is already a winner. We as master swimmers embrace this concept wholeheartedly because, no matter what level we are competing at, there is always excitement as we watch ourselves improve and progress. This is a unique opportunity to gain new insight and information so come join us and see how to better yourself in the world of swimming.



DICK HANNULA

32 YEARS HIGH SCHOOL COACHING (RETIRED H.S. COACH)  
26 WASHINGTON STATE H.S. CHAMPIONSHIP TITLES - 324 CONSEC-  
UTIVE UNDEFEATED H.S. MEETS - TACOMA SWIM CLUB COACH  
U.S. INTERNATIONAL TEAM COACH - PAN AM TEAM COACH 1975, HEAD  
MANAGER 1979 - OLYMPIC TEAM MANAGER 1984 - PAN PACIFIC TEAM  
COACH 1985 - U.S. SWIMMING TECHNICAL PLANNING COMMITTEE

TO BE FEATURED:

- \* Inspiration from world class coach Dick Hannula
- \* Stroke Technique films
- \* Water time with coach Hannula and his staff to practice drills and techniques
- \* Fitness testing by Dr. Jane Moore
- \* Demonstration of starts, turns & techniques by Olympic champion Robin Leamy, National record holder 50 Yd. freestyle, world's fastest recorded 50 meter free-style, 1984 Olympic Team
- \* Free packet of information from coach Hannula and a T-shirt
- \* Catered lunch

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ADDITIONAL INFORMATION:

The fitness testing portion of the clinic will give you a chance to see just where you stand in over all fitness. If there is enough interest we could offer future opportunities to periodically test your progress. Information included in the test will show you your percentage of body fat, overall flexibility, muscular endurance, muscular strength and resting pulse rate.

Registration must be limited to the first 75 so sign up early.

Because we are offering a catered lunch to provide more opportunity for information exchange and fellowship, the fee was raised to \$20 to cover the additional cost.

There will be a representative of Finals swim wear with merchandise available.

Due to a conflict in scheduling we were forced to cancel our 25 meter meet at U.P.S. scheduled for May 5th.

Send your registration to Donna Phelan, Registration Chairperson, P.O. Box 356, Sumner, Wa. 98390. Cost is \$20.00 for the day.

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SWIM CLINC REGISTRATION

SATURDAY MAY 4, 1985

8:00 to 5:00

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

COST: \$20.00  
Lunch included

PHONE: \_\_\_\_\_

Everyone will have water time but for dry land information please choose two of these categories:

Crawl/Fly Lecture ☐ Breast/Back Lecture ☐ Fitness Test ☐

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Directions to Foss High School will be provided in your registration confirmation. Hope to see you there!

## BETWEEN THE LANE LINES

Toronto, Canada - The following people have indicated that they are planning to go to the Masters Games: Warren Elliott, Mark Worden, Nancy McKenzie, Susan Rittenhouse, Doug Adams, Eric Guest, Gil Young, Debbie Gregoire, Robert Schmit. Anyone who is going to Toronto who wants to be on a relay should contact Ginger Pierson at 14218 NE 14th St., Vancouver, WA 98664, (206)256-6065.

\*\*\*\*\*

After all of this talk about entry cards, guess what? We don't need to fill them out and send them with our entry forms anymore because of computerization of the entries. Oh well, that's life.

\*\*\*\*\*

In order for any out of state swims to be considered for Oregon's Top 5, your times must be sent to Robert Smith. Simply write them on a piece of paper and either mail or give them to him. Robert's address is 18476 Timbergrove Ct., Lake Oswego, OR 97034.

\*\*\*\*\*

The deadline for submitting material to the Aqua Master issue which will go to print during the first week of May will be April 26th. Anyone who has anything that they think might be of interest to other Masters swimmers are urged to contribute. Send your material to me, Andree Devine.

\*\*\*\*\*

Those of you who are planning to go to Toronto for the Masters Games should contact Nancy McKenzie about your travel arrangements. Her phone number is on the meet schedule.

\*\*\*\*\*

Certainly we all remember the "No False Start" rule in effect. Well, it has been decided that anyone who is charged with a false start will not be allowed to swim exhibiton for a time.

\*\*\*\*\*

Japan Meet - Right now, there is a tentative indication that the meet will be scheduled for Mid-July of 1986 (one month before Long Course Nationals in Portland). Those who are going to this meet should begin thinking about their travel arrangements. Contact Bert Petersen, 252-6081.

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Mt Hood Masters will host a "Novice (Just for fun) Swim Meet" on Sunday, May 12th at 9:00am. It will last probably only 3 hours. No entry fees, no awards, no pressure. Strictly for FUN and FELLOWSHIP. Events will be : 50 Free, 100 Free, 50 Back, 50 Breast, 50 Fly. The events will be interspersed with a handicapped-persons meet held concurrently. Here's a chance for new Masters to compete for personal best pressure of a regular championship meet. For more details call Bert Peterson at 252-6081.

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Charitable contributions to Oregon Masters Swimming are encouraged and welcomed. Please support your organization by mailing your tax-deductable contributions to: Oregon Masters Swimming c/o 448 S.W. 121st Place, Portland, OR 97225.

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Let us all send our best wishes to fellow swimmer Bob Cutter. We all hope that you are feeling better soon and we hope to be seeing you up on those blocks before too long.



S=UNREGISTERED

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S=FROM OUTSIDE OREGON

O=NEW OREGON RECORD

by R.Smith

## 20-24 WOMEN

50YF	LIZ VANDERVALK, 22	26.210
	BETH M. BURCZAK, 24	30.40
100YF	LIZ VANDERVALK, 22	59.920
	ANDREE-MARIE DEVINE, 23	1:04.83
	BETH M. BURCZAK, 24	1:10.76
200YF	LIZ VANDERVALK, 22	2:10.93
	ANDREE-MARIE DEVINE, 23	2:22.75
500YF	CHERE R. BENSON, 22	5:50.41
1000YF	ANDREE-MARIE DEVINE, 23	12:49.590
50YBR	BETH M. BURCZAK, 24	40.04
50YBF	LIZ VANDERVALK, 22	30.19
100YBF	CHERE R. BENSON, 22	1:09.00
	ANDREE-MARIE DEVINE, 23	1:12.47
200YBF	CHERE R. BENSON, 22	2:26.560
400YIM	CHERE R. BENSON, 22	5:19.16U

## 25-29 WOMEN

50YF	DAWN CAROL HARTMANN, 26	30.02
	JOAN N. CAMERON, 25	30.40
	LAURA S. STUCHINSKY, 27	35.17
100YF	JOAN N. CAMERON, 25	1:07.98
	LAURA S. STUCHINSKY, 27	1:21.26
200YF	JOAN N. CAMERON, 25	2:30.13
1000YF	SUSAN A. ALBRIGHT, 29	14:05.280
50YBK	JOAN N. CAMERON, 25	36.68
200YBK	KIKO KIMURA, 29*	2:39.84
50YBR	SUSAN A. ALBRIGHT, 29	38.82
	LAURA S. STUCHINSKY, 27	47.70
100YBR	SUSAN A. ALBRIGHT, 29	1:23.97
200YBR	SUSAN A. ALBRIGHT, 29	2:59.32
50YBF	DAWN CAROL HARTMANN, 26	32.45
	LAURA S. STUCHINSKY, 27	38.92
100YBF	KIKO KIMURA, 29*	1:13.30
200YBF	KIKO KIMURA, 29*	2:39.33
100YIM	DAWN CAROL HARTMANN, 26	1:16.79
	LAURA S. STUCHINSKY, 27	1:34.44
200YIM	SUSAN A. ALBRIGHT, 29	2:57.220
400YIM	KIKO KIMURA, 29*	5:24.49U

## 30-34 WOMEN

50YF	VICKI L. MOORE, 30	28.60
	NANCY L. MCKENZIE, 33	29.17
	ARONDA MARIE MENZIES, 31	32.19
	JEAN L. MCFARLANE, 31	32.83
	JOANNE H. DEAN, 34	34.54
	DEBRA D. TIMMINS, 31	48.40
100YF	VICKI L. MOORE, 30	1:03.29
	KATHLEEN P. BUCK, 34	1:08.02
	ARONDA MARIE MENZIES, 31	1:12.51
	JOANNE H. DEAN, 34	1:15.68
200YF	ALICE R. BERNTSON, 32	3:11.95
500YF	VICKI L. MOORE, 30	6:23.44
	KATHLEEN P. BUCK, 34	7:10.93
	ALICE R. BERNTSON, 32	8:28.19
1000YF	KATHLEEN P. BUCK, 34	14:57.700
50YBK	JOANNE H. DEAN, 34	37.80
	DEBRA D. TIMMINS, 31	56.66

100YBK	JOANNE H. DEAN, 34	1:21.82
50YBR	NANCY L. MCKENZIE, 33	39.01
	KATHLEEN P. BUCK, 34	40.41
	JEAN L. MCFARLANE, 31	41.78
	ARONDA MARIE MENZIES, 31	44.02
100YBR	KATHLEEN P. BUCK, 34	1:30.53
	JEAN L. MCFARLANE, 31	1:33.31
50YBF	VICKI L. MOORE, 30	33.31
	NANCY L. MCKENZIE, 33	33.95
	JEAN L. MCFARLANE, 31	43.68
100YIM	NANCY L. MCKENZIE, 33	1:14.96

## 35-39 WOMEN

50YF	JULIE CORMAN, 36*	28.25
100YF	JULIE CORMAN, 36*	1:02.99
	SANDI ROUSSEAU, 37	1:04.90
50YBK	JULIE CORMAN, 36*	32.57
100YBK	JULIE CORMAN, 36*	1:11.82
200YBK	MONIKA HUNSCHER, 36	3:27.85
200YBR	MONIKA HUNSCHER, 36	3:23.55
100YBF	SANDI ROUSSEAU, 37	1:10.97
	MONIKA HUNSCHER, 36	1:28.05
200YIM	SANDI ROUSSEAU, 37	2:51.23
	MONIKA HUNSCHER, 36	3:16.94
400YIM	MONIKA HUNSCHER, 36	6:42.90X

## 40-44 WOMEN

50YF	BARBARA FRID, 42	29.41
	CAROLYN FORBES, 44	39.18
	PATLYN KNAPP, 41	41.95
100YF	BARBARA FRID, 42	1:05.25
	PATLYN KNAPP, 41	1:32.43
500YF	CAROLYN FORBES, 44	8:12.79
1000YF	BARBARA FRID, 42	13:04.650
	CAROLYN FORBES, 44	16:53.30
50YBK	BARBARA FRID, 42	34.61
	PATLYN KNAPP, 41	48.40
100YBK	BARBARA FRID, 42	1:16.13U
	PATLYN KNAPP, 41	1:48.92
50YBR	CAROLYN FORBES, 44	46.85
200YBR	PAMELA HIMSTREET, 41	3:24.51
100YBF	PAMELA HIMSTREET, 41	1:38.21
200YIM	PAMELA HIMSTREET, 41	3:17.37

## 45-49 WOMEN

50YBR	JUDY M. MCCURDY, 46	1:00.68
400YIM	NONA L. HANAN, 46	6:56.11U

## 50-54 WOMEN

50YF	LAVELLE M. STOINOFF, 52	31.31
	ALICE F. GRETH, 54	43.56
200YF	LAVELLE M. STOINOFF, 52	2:22.88
500YF	LAVELLE M. STOINOFF, 52	6:18.03
50YBK	ALICE F. GRETH, 54	48.37
200YBK	LAVELLE M. STOINOFF, 52	2:56.500
50YBR	ALICE F. GRETH, 54	54.67
100YBR	ALICE F. GRETH, 54	2:07.48
200YBR	ALICE F. GRETH, 54	4:30.56

## 55-59 WOMEN

100YF	MARGARET A. WELLS, 58	1:31.41
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by R.Smith

50YBR MARGARET A. WELLS,58 52.83  
 200YBF MARGARET A. WELLS,58 4:02.84  
 100YIM MARGARET A. WELLS,58 1:42.17U

**60-64 WOMEN**

200YF ELFIE J. STEVENIN,63 5:06.86  
 1000YF ELFIE J. STEVENIN,63 27:27.270  
 200YBK ELFIE J. STEVENIN,63 5:14.70  
 200YBR ELFIE J. STEVENIN,63 7:02.17  
 400YIM ELFIE J. STEVENIN,63 12:27.70U

**65-69 WOMEN**

50YF TAKAKO KIMURA,66 1:08.00

**75-79 WOMEN**

100YF HAZEL B. BRESSIE,76 2:46.85  
 500YF HAZEL B. BRESSIE,76 14:56.28  
 1000YF HAZEL B. BRESSIE,76 31:03.980  
 100YBR HAZEL B. BRESSIE,76 3:30.980  
 100YBF HAZEL B. BRESSIE,76 4:13.810

**20-24 MEN**

500YF ERIC MILLER,22 5:48.49  
 1000YF ERIC MILLER,22 12:08.900  
 100YBK ERIC MILLER,22 1:06.28  
 200YBK ERIC MILLER,22 2:30.16  
 50YBF JUSTIN GORDON,23 28.29  
 100YBF ERIC MILLER,22 1:05.14  
 100YIM JUSTIN GORDON,23 1:06.20  
 200YIM JUSTIN GORDON,23 2:21.91

**25-29 MEN**

50YF CHIP BURCZAK,26 25.81  
 100YF DENNIS R. MOORE,29 54.62  
 CHIP BURCZAK,26 55.58  
 JOHN ZELL,28 57.18  
 200YF CHIP BURCZAK,26 2:04.01  
 SCOTT R. STEINGRABER,25 2:04.38  
 500YF M. CHARLES VANROSSEN,29 5:50.07  
 1000YF JOE PINZ,29 15:17.870  
 50YBK JOHN FULLEN,26 29.42  
 100YBK SCOTT R. STEINGRABER,25 1:02.18  
 JOHN ZELL,28 1:06.87  
 200YBK SCOTT R. STEINGRABER,25 2:27.19  
 50YBR DENNIS R. MOORE,29 33.35  
 JOHN FULLEN,26 36.07  
 200YBR M. CHARLES VANROSSEN,29 2:39.83  
 50YBF DENNIS R. MOORE,29 26.70  
 JOHN FULLEN,26 27.27  
 100YBF M. CHARLES VANROSSEN,29 1:01.06  
 DENNIS R. MOORE,29 1:01.47  
 100YIM DENNIS R. MOORE,29 1:01.34  
 JOHN FULLEN,26 1:04.41  
 200YIM M. CHARLES VANROSSEN,29 2:20.21

**30-34 MEN**

50YF MIKE WARREN,34 25.00  
 BRUCE W. CHENEY,33 25.94  
 KEVIN M WATKINS,34 29.67  
 RANDELL R. BAUMAN,31 29.71  
 100YF MARK L. BECKER,30 57.40  
 BRUCE W. CHENEY,33 59.30  
 KEVIN M WATKINS,34 1:06.12  
 RANDELL R. BAUMAN,31 1:07.64

200YF MARK L. BECKER,30 2:09.02  
 BRUCE W. CHENEY,33 2:15.84  
 ROBERT G. KAIRES,30 2:16.64  
 MARK SCHWYHART,31 2:20.13  
 500YF MARK FRANCIS WORDEN,33 5:13.75  
 MARK SCHWYHART,31 6:10.64  
 BRUCE W. CHENEY,33 6:21.17  
 ROBERT G. KAIRES,30 6:23.16  
 JAMES M. ELLIOT,32 6:48.20  
 1000YF BRUCE W. CHENEY,33 13:28.800  
 MARK L. BECKER,30 13:33.36  
 JAMES M. ELLIOT,32 13:51.50  
 50YBK MIKE WARREN,34 31.37  
 100YBK MARK L. BECKER,30 1:15.71  
 JAMES M. ELLIOT,32 1:16.94  
 RANDELL R. BAUMAN,31 1:30.07  
 200YBK MARK FRANCIS WORDEN,33 2:24.77  
 MARK SCHWYHART,31 2:34.99  
 JAMES M. ELLIOT,32 2:43.95  
 50YBR MIKE WARREN,34 34.79  
 RANDELL R. BAUMAN,31 37.07  
 100YBR MIKE WARREN,34 1:17.35  
 ROBERT G. KAIRES,30 1:19.49  
 RANDELL R. BAUMAN,31 1:23.45  
 200YBR ROBERT G. KAIRES,30 2:51.56U  
 50YBF KEVIN M WATKINS,34 33.05  
 ROBERT G. KAIRES,30 33.07  
 100YBF MARK FRANCIS WORDEN,33 57.49  
 MARK L. BECKER,30 1:02.88  
 MARK SCHWYHART,31 1:08.30  
 200YBF MARK FRANCIS WORDEN,33 2:11.45  
 100YIM MIKE WARREN,34 1:06.53  
 JAMES M. ELLIOT,32 1:15.08  
 400YIM MARK FRANCIS WORDEN,33 4:42.74U

**35-39 MEN**

50YF CHUCK S. JOHNSON,36 25.41  
 MICHAEL P. CAREW,35 28.45  
 WILLIAM B. DEAN,35 31.22  
 THOMAS Y. ABREGO,35 32.58  
 100YF CHUCK S. JOHNSON,36 55.11  
 STEVEN L. BARRETT,38 57.20  
 WILLIAM B. DEAN,35 1:07.74  
 THOMAS Y. ABREGO,35 1:17.32  
 ROBERT ALAN BARNHART,38 1:20.25  
 200YF CHUCK S. JOHNSON,36 2:05.14  
 STEVEN L. BARRETT,38 2:06.63  
 MICHAEL P. CAREW,35 2:23.32  
 PAT J. CAUDILL,39 2:29.76  
 ROBERT ALAN BARNHART,38 3:02.49  
 500YF STEVEN L. BARRETT,38 5:57.47  
 EVEN D. EVENSEN,37 6:11.91  
 PAT J. CAUDILL,39 6:51.10  
 1000YF STEVEN L. BARRETT,38 12:08.170  
 CHUCK S. JOHNSON,36 12:14.47  
 TYLER N. WALTHERS,36 12:40.75  
 MICHAEL P. CAREW,35 13:43.13

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O=NEW OREGON RECORD

by R.Smith

50YBK CHUCK S. JOHNSON,36 30.74  
 100YBK TYLER N. WALTHERS,36 1:05.95  
 PAT J. CAUDILL,39 1:26.56  
 200YBK TYLER N. WALTHERS,36 2:23.31  
 50YBR CHUCK HOWARD,35 31.82  
 THOMAS Y. ABREGO,35 41.66  
 100YBR CHUCK HOWARD,35 1:10.85  
 TYLER N. WALTHERS,36 1:13.19  
 THOMAS Y. ABREGO,35 1:31.95  
 200YBR EVEN D. EVENSEN,37 2:36.75  
 CHUCK HOWARD,35 2:45.82  
 50YBF EVEN D. EVENSEN,37 28.79  
 PAT J. CAUDILL,39 35.03  
 100YBF EVEN D. EVENSEN,37 1:06.16  
 200YBF EVEN D. EVENSEN,37 2:18.730  
 100YIM TYLER N. WALTHERS,36 1:06.67  
 PAT J. CAUDILL,39 1:16.66  
 MICHAEL P. CAREW,35 1:17.85  
 400YIM MICHAEL P. CAREW,35 6:21.59U

**40-44 MEN**

50YF KARL E. VON TAGEN,41 23.11  
 ED J. URBANSKI,44 28.38U  
 100YF KARL E. VON TAGEN,41 52.90  
 ED J. URBANSKI,44 1:02.23  
 200YF ED J. URBANSKI,44 2:19.25  
 500YF ROBERT S. SMITH,41 6:20.88  
 1000YF KARL E. VON TAGEN,41 12:01.250  
 50YBK ROBERT S. SMITH,41 31.10  
 KARL E. VON TAGEN,41 31.78  
 100YBK ROBERT S. SMITH,41 1:00.24  
 50YBR ROBERT S. SMITH,41 31.85  
 100YBR ROBERT S. SMITH,41 1:10.930

**45-49 MEN**

50YF FRED C. KOUDELE,48 28.50  
 JOE L. GAMBLIN,49 32.11  
 100YF FRED C. KOUDELE,48 1:08.83  
 50YBR BERT L. PETERSEN,46 34.40  
 FRED C. KOUDELE,48 38.58  
 JOE L. GAMBLIN,49 41.30  
 50YBF BERT L. PETERSEN,46 26.86  
 JOE L. GAMBLIN,49 35.93  
 100YBF BERT L. PETERSEN,46 59.89  
 100YIM JOE L. GAMBLIN,49 1:29.11

**50-54 MEN**

100YF FRED W. SPRENGER,53 1:06.06  
 200YF FRED W. SPRENGER,53 2:22.96  
 500YF FRED W. SPRENGER,53 6:17.00  
 DONALD E. DIMOCK,54 9:48.48  
 1000YF DONALD E. DIMOCK,54 19:52.090  
 100YBK FRED W. SPRENGER,53 1:24.25  
 50YBR DONALD E. DIMOCK,54 57.56  
 100YIM DONALD E. DIMOCK,54 2:04.10  
 200YIM DONALD E. DIMOCK,54 5:01.40

**55-59 MEN**

50YF ERIC G.P. GUEST,55 27.81  
 TERRY C. MCCURDY,55 32.79

200YF ERIC G.P. GUEST,55 2:28.860  
 500YF TERRY C. MCCURDY,55 8:07.50  
 50YBF ERIC G.P. GUEST,55 31.920  
 TERRY C. MCCURDY,55 46.00  
 100YIM ERIC G.P. GUEST,55 1:16.44

**60-64 MEN**

50YF JAMES L. HOLLAND,61 30.49  
 GILBERT N. YOUNG,62 32.51  
 JOSEPH A. MALLON,63 41.91  
 100YF JAMES L. HOLLAND,61 1:12.31  
 KHOSROW SHADBEH,63 1:28.94  
 JOSEPH A. MALLON,63 1:36.08  
 200YF GILBERT N. YOUNG,62 2:43.68  
 JOSEPH A. MALLON,63 3:29.06  
 500YF JOSEPH A. MALLON,63 9:37.01  
 DAVID BERNSTEIN,63 10:14.63  
 1000YF JOSEPH A. MALLON,63 20:10.950  
 50YBK GILBERT N. YOUNG,62 39.19  
 DAVID BERNSTEIN,63 49.72  
 KHOSROW SHADBEH,63 51.00  
 100YBK DAVID BERNSTEIN,63 1:52.80  
 200YBK DAVID BERNSTEIN,63 3:56.55  
 50YBR JAMES L. HOLLAND,61 40.83  
 KHOSROW SHADBEH,63 45.85  
 100YBR JAMES L. HOLLAND,61 1:38.70  
 KHOSROW SHADBEH,63 1:42.26  
 50YBF EARL WALTER,63 37.52  
 KHOSROW SHADBEH,63 45.98  
 GILBERT N. YOUNG,62 48.35  
 100YBF EARL WALTER,63 1:27.17  
 200YBF EARL WALTER,63 3:27.35  
 400YIM EARL WALTER,63 6:51.90U

**65-69 MEN**

1000YF WARREN T. ELLIOTT,67 27:52.040  
 50YBR ROBERT H. SCHMIDT,69 45.63  
 100YBR ROBERT H. SCHMIDT,69 1:46.73

**70-74 MEN**

50YF SYD C. HENDY,71 37.53  
 50YBK SYD C. HENDY,71 45.74  
 100YBK SYD C. HENDY,71 1:39.88  
 200YBK DONALD W. STEVENSON,72 3:24.63  
 SYD C. HENDY,71 3:41.71  
 100YBR DONALD W. STEVENSON,72 1:39.41  
 200YBR DONALD W. STEVENSON,72 3:36.06  
 200YIM DONALD W. STEVENSON,72 3:29.03  
 400YIM DONALD W. STEVENSON,72 7:26.09U

**75-79 MEN**

50YF HERBERT EISENSCHMIDT,78 36.89  
 JACK HOEY,75 38.47  
 200YF HERBERT EISENSCHMIDT,78 3:18.00  
 JACK HOEY,75 3:27.92  
 50YBK HERBERT EISENSCHMIDT,78 44.06  
 JACK HOEY,75 45.97  
 100YBK HERBERT EISENSCHMIDT,78 1:35.24  
 JACK HOEY,75 1:40.48  
 200YBK HERBERT EISENSCHMIDT,78 3:32.78  
 JACK HOEY,75 3:44.71

EXCLUDING RELAYS: 90 ENTRANTS, 316 SPLASHES, 59 NOSPLASHES

25-34 200 Y MED RELAY MEN  
JOHN FULLEN, 26 R. BAUMAN, 31 C. VANROSSEN, 29 K. WATKINS, 34 MY OR 2:02.89  
20-24 200 Y MED RELAY MIXED  
MIKE WARREN, 34 BETH BURCZAK, 24 A. DEVINE, 23 M. CUREW, 35 OR 2:14.57  
25-34 200 Y FREE RELAY MIXED  
DEBBIE TIMMINS, 31 R. BAUMAN, 31 C. FORBES, 44 W. DEAN, 35 MY OR 2:29.66

## Results from Ashland Meet held February 23, 1985

### Swimming

#### Rogue Valley Masters meet at SOSC pool

Women's 200 freestyle — 20-24: Mary Yuse, Medford, 2:59.54. 25-29: Gloria Kleebe, Ashland, 2:38.08. 35-39: Geri Hanson, Ashland, 2:37.30; 2, Mary Haire, Ashland, 2:45.10; 3, Kathi Randol, Roseburg, 2:49.31; 4, Susan Girard, Ashland, 3:07.61. 45-49: Nancy Ross, Medford, 2:32.37.

Men's 200 free — 20-24: 1, Tim Nelson, Ashland, 1:52.34. 30-34: Greg Aakhus, Ashland, 2:04.28. 35-39: Paul Runquist, Ashland, 2:14.20; 2, Marc Heller, Ashland, 2:19.29. 50-54: 1, Abraham Stanton, Scappoose, 3:29.91.

Women's 100 backstroke — 30-34: Debbie Gregoire, Medford, 1:17.9. 35-39: Kathi Randol, Roseburg, 1:41.06. 50-54: Marianne vanDijk, Ashland, 2:01.23.

Men's 100 backstroke — 20-24: 1, Chuck Knapp, Ashland, 1:07.50. 35-39: 1, Dan Gray, Ashland, 1:16.30; 2, Richard Randol, Roseburg, 1:22.20.

Women's 100 breaststroke — 20-24: Mary Yuse, Medford, 1:29.15. 25-29: 1, Gloria Kleebe, Ashland, 1:27.33. 30-34: 1, Val Wyckoff, Talent, 1:42.09; 2, June Mather, Ashland, 1:45.25. 35-39: 1, Nancy Haire, Ashland, 1:31.84; 2, Kathi Randol, Roseburg, 1:48.41.

Men's 100 breaststroke — 20-24: 1, Jeff Vallie, Ashland, 1:15.75.

Women's 100 freestyle — 20-24: 1, Mary Yuse, Medford, 1:20.15. 30-34: 1, Debbie Gregoire, Medford, 1:05.54; 2, June Mather, Ashland, 1:11.95. 35-39: 1, Geri Hanson, Ashland, 1:09.06; 2, Susan Girard, Ashland, 1:29.15.

Men's 100 freestyle — 20-24: Jack Gilbert, Ashland, 51.25. 30-34: 1, John Weston, Ashland, 59.40; 2, David Petry, Medford, 59.53. 35-39: 1, Richard Randall, Roseburg, 59.80; 2, Marc Heller, Ashland, 1:01.12; 3, Carlyle Stout, Ashland, 1:01.69. 50-54: 1, Leo van Dijk, Ashland, 1:08.32; 2, Abraham Stanton, Scappoose, 1:31.1.

200 mixed relay — 1, Rogue Valley Masters "A" (Gregoire, Martina, Aakhus, Frownfelter), 1:53.23; 2, Rogue Valley Masters "B" (Duffy, Heller, Mather, Kleebe), 1:59.64; 3, Rogue Valley Masters "C" (Weston, Runquist, Haire, Hanson), 2:00.17; 4, Rogue Valley Masters "D" (Randall, van Dijk, Wyckoff, Yuse), 2:13.41.

Women's 100 individual medley — 30-34: 1, Val Wyckoff, Talent, 1:33.90. 35-39: 1, Nancy Haire, Ashland, 1:22.61; 2, Kathi Randol, Roseburg, 1:34.03. 45-49: 1, Nancy Ross, Medford, 1:21.38.

Men's 100 individual medley — 20-24: 1, Chuck Knapp, Ashland, 1:02.94; 2, Jeff Vallie, Ashland, 1:07.85. 30-34: 1, David Petry, Medford, 1:07.79. 35-39: 1, Greg Frownfelter, Ashland, 1:10.19; 2, Marc Heller, Ashland, 1:19.77.

Women's 50 freestyle — 30-34: 1, John Weston, Ashland, 1:10.99; 2, David Petry, Medford, 1:11.14. 35-39: 1, Michael Duffy, Ashland, 1:21.84.

Women's 200 medley relay — 1, Rogue Valley Masters "A" (Martinez, Kleebe, Gregoire, Mather), 2:21.5; 2, Rogue Valley Masters "B" (Hanson, Yuse, Haire, Wyckoff), 2:32.60.

Men's 200 medley relay — 1, SOSC (Vallie, Gilbert, Knapp, Nelson), 1:56.0; 2, Rogue Valley Masters "S" (Runquist, Duffy, Frownfelter, Heller), 2:05.48; 3, Rogue Valley Masters "B" (Gray, Weston, Aakhus, van Dijk), 2:05.56.

Women's 50 butterfly — 30-34: 1, Val Wyckoff, 41.20. 35-39: 1, Nancy Haire, Ashland, 35.1. 45-49: 1, Nancy Ross, Medford, 34.36.

Men's 50 butterfly — 20-24: 1, Jack Gilbert, Ashland, 26.20; 2, Tim Nelson, Ashland, 27.11; 3, Chuck Knapp, 28.25; 4, Jeff Vallie, Ashland, 29.32. 30-34: 1, David Petry, Medford, 28.48. 35-39: 1, Greg Frownfelter, Ashland, 29.16; 2, Marc Heller, Ashland, 31.57; 2, Dan Gray, Ashland, 33.49; 3, Michael Duffy, Ashland, 34.81. 50-54: 1, Abraham Stanton, Scappoose, 54.41.

Women's 500 freestyle — 25-29: 1, Gloria Kleebe, Ashland, 7:23.36. 35-39: 1, Susan Girard, Ashland, 8:23.36; 2, Kathi Randol, Roseburg, 8:36.50.

Men's 500 freestyle — 20-24: 1, Tim Nelson, Ashland, 5:13.67; 2, Chuck Knapp, Ashland, 5:23.79. 35-39: 1, Paul Runquist, Ashland, 6:24.35; 2, Carlyle Stout, Ashland, 6:45.87.

Men's 100 butterfly — 30-34: 1, Greg Aakhus, Ashland, 1:07.20. 35-39: 1, Greg Frownfelter, Ashland, 1:07.97.

1, Debby Gregoire, Medford, 2:29.61; 2, June Mather, Ashland, 32.38. 35-39: 1, Geri Hanson, Ashland, 30.75; 2, Kathi Randol, Roseburg, 34.44. 45-49: 1, Nancy Ross, Medford, 30.80. 50-54: 1, Marianne van Dijk, Ashland, 48.68.

Men's 50 freestyle — 20-24: 1, Jack Gilbert, 22.80; 2, Chuck Knapp, Ashland, 25.05; 3, Jeff Vallie, Ashland, 25.75. 30-34: 1, Greg Aakhus, Ashland, 24.84; 2, John Weston, Ashland, 26.09; 3, David Petry, Medford, 27.17. 35-39: 1, Michael Duffy, Ashland, 26.20; 2, Paul Runquist, Ashland, 27.15; 3, Greg Frownfelter, Ashland, 27.32; 4, Marc Heller, Ashland, 27.79; 5, Dan Gray, Ashland, 28.41. 50-54: 1, Leo van Dijk, Ashland, 30.53; 2, Abraham Stanton, Scappoose, 39.02.

Women's 200 freestyle relay — 1, Rogue Valley Masters "A" (Martinez, Kleebe, Gregoire, Mather), 2:04.33; 2, Rogue Valley Masters "B" (Hanson, Girard, Haire, Wyckoff), 2:24.40.

Men's 200 freestyle relay — 1, SOSC (Gilbert, Vallie, Nelson, Knapp), 1:42.21; 2, Rogue Valley Masters "A" (Aakhus, Frownfelter, Duffy, Runquist), 1:45.66; 3, Rogue Valley Masters "B" (Heller, Gray, van Dijk, Weston), 1:48.1.

# 01' Barnacle's Chronicles

\*\*\*

In basket ball they call it make up calls, what do you call it when the old "expert" forgets some very nice people and they don't even notice, or at least they don't say anything.

Let's go way back to Short Course Nationals last May,

Joan Mann, from Bend, came through with a sparkling 2:11.60 in the 200 free for a new association record in the 30-34 age group.

Ginger Pierson, Tanya Mansigh, Robert Smith and Frank Warner turned in a great 1:43.57 in the 200 Mixed Free Relay, for a new association record, 35 Plus.

Now let's say a word of thanks to my East County correspondent, Bert Petersen, Pat Giordano, in the 40-44 group came through with a fine 1:16.06 at Kent, WA., for the 100 yard fly.

In the same meet, Frank Warner, really blistered, with a 2:10.95 in the 200 yard Back.

Great Swimming Everyone, thanks for your ignoring an old man's shortcomings.

\*\*\*

TIGARD MEET - March 3rd, 1985, 90 Entrants, neat pool, neat people, but lack timers spoiled what otherwise would have been a very fine meet.

To make things even worse we have some excellent times in the 400 IM, but with only one watch per lane these times went for naught, however, 01' Barn is going to mention some of them:

Chere Benson(22) had a fine 5:19.16

Kiko Kimura(29) with a 5:24.49

Mark Worden(33) put in a great 4:42.74

Don Stevenson(7:26.09) which would qualify normally for 4th in the TOP TEN

Your correspondent sincerely hopes that this can be corrected in the future.

RECORD BREAKERS: Yes, we had a few, I say a few, because, many of you have probably not noticed, but it is getting harder and harder to set an Oregon Association Record, yes, we have put up some good ones:

	Age Group	Swimmer	Event	Time	Top Ten
<u>WOMEN</u> :	20-24	Liz Vandervalk	50 Free	:26.10	N/A
			100 Free	:59.20	N/A
		Andree Devine	1000 Free	12:49.59	New
		Chere Benson	200 Fly	2:26.56	N/A
	25-29	Susan Albright	1000 Free	14:05.28	New
	30-34	Kathleen Buck	1000 Free	14:57.70	New
	40-44	Barbara Frid	1000 Free	13:04.65	Maybe ?
	60-64	Elfie Stevenin	1000 Free	27:27.27	New
	75-79	Hazel Bressie	1000 Free	31:03.98	Probable
			100 Brst	3:30.98	4th
			100 Fly	4:13.81	5th
<u>MEN</u> :	25-29	Joe Pinz	1000 Free	15:17.87	New
	30-34	Bruce Cheney	1000 Free	13.28.80	New
	35-39	Steven Barrett	1000 Free	12:08.17	New
		Even Evensen	200 Fly	2:18.73	--

01' Barn, rambles on, Page Two....

	<u>Age Group</u>	<u>Swimmer</u>	<u>Event</u>	<u>Time</u>	<u>Top Ten</u>
<u>Men :</u>	40-44	Karl Von Tagen	1000 Free	12:01.25	New
		Robert Smith	100 Brst	1:10.93	Close
	50-54	Don Dimock	1000 Free	19:52.09	New
	55-59	Eric Guest	200 Free	2:28.86	--
			50 Fly	:31.92	Close
	60-64	Joe Mallon	1000 Free	20:10.95	New
	65-69	Warren Elliot	1000 Free	27:52.04	New
<u>WOMEN :</u>	50-54	Lavelle Stoinoff	200 Back	2:56.50	4th

GREAT SWIMS GANG, KEEP UP THE GOOD WORK, WE WILL DO IT AGAIN AT TUALATIN !!!

\*\*\*\*\*

#### OPEN LETTERS :

# 1 - We in the Oregon Association must get back to basics in the running of our meets, the days of one watch per lane are long gone, we cannot allow any of our meets to be spoiled by the failure on the part of anyone due the simple lack of timers.  
There is nothing more disheartening than to go to a meet and the first announcement you hear is "we need help in timing".  
Basically it is coming down to this, we must have our meets only at facilities that can provide electronic timing.  
Even with electronic, you still need two manual timers per lane, to be sure that the swimmer is credited with the correct time (or any time at all) through the back up button and the two hand held watches.  
Electronic timing is not "fail safe", no matter what anyone tells you.  
I am writing this during the running of the Association Championships, already I have heard of at least one person, who had not just one time fouled up but two, and in the case of one of his events, one of the timers in his lane was actually sitting in his chair when he timed the finish.  
Please ..... !!!!!

# 2 - For some reason the four associations who make up Region XII, Snake River, Inland Empire, Pacific Nowrthwest, and Oregon, have gotten away from working together, This year we have a very bad conflict in the Long Course season, where Oregon is trying to run a meet (too late in June) and PNA hosting Region XII Long Course Championships, too early. The ramifications of this could be deadly, in this instance we find ourselves with both meets scheduled on the same weekend.  
01' Barn knows that Long Course to some of you may not seem important, however, we are hosting Long Course Nationals in 1986, it would be nice to have at least three non conflicting meets prior to Nationals in '86.  
One further point that many of us do not realize, the only National Championships facility in Region XII, either Short Course or Long Course, is located at Mt Hood Community College. So Long Course is fairly important to all of us in the Region.

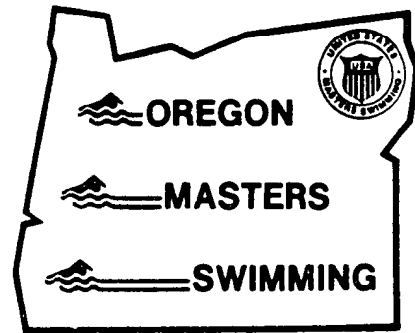
Some noteworthy comments :

Jack Hoey swam second to Herb E. in all 3 back events at Tigard, all of his swims were TOP TENNERS ; 50-5th, 100-4th, 200-4th, WAY TO GO !!!

One final confession , please take it from old silver sides, do not ever, ever try to keep splits for two swimmers, and count for them at the same time, my humble apologies to Fred Sprenger and Lavelle for really botching things up for them in the 1000 at Tigard. If you are counting for someone, count for them, don't try to do too many things at once, and if people come to visit with you, tell them we'll talk about it later, I am busy, okay.

That's it folks, sorry to be so sober sides , but felt it was needed this time.

PAT CAUDILL  
13365 N.W Glenridge  
PORTLAND, OR 97229



## 1985 MASTERS SWIMMING

Another swimming year is about to begin. We have a bunch of good meets and other events planned. But to participate you must re-register. U.S.A. Swimming has changed their calendar year so registration more closely follows the swimming year. Your registration will now run from Nov-1 to Oct-31. I am holding some registrations which have come in in the last several months. YOU MUST SEND IN YOUR REGISTRATION NOW IN ORDER TO SWIM IN THE EARLY MEETS OF THE SEASON.

The registration fee is now \$9.00. This includes the National Fee, Insurance, and Oregon Masters fee. The newsletter, the "Aqua Master", is now \$6.00. With the 23 cent stamp coming up we had to raise the charge. You should take the newsletter as it is the only way to learn about all of our activities. It will contain a copy of the entry form for every meet.


Please note the new mailing address for your registration. Also remember to sign your registration. Your signature is required by the insurance company.

If there are any questions call me at (503)644-6204.

### UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION -

⇒ **"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"**

PLEASE PRINT OR TYPE INFORMATION

Last Name		First Name		Initial		Office Use Only	
Street Address						Area	Telephone No.
City		State	Zip Code	Date of Birth		Age	Sex
Name of Local Swim Team you Represent				Name of USMS Club you Represent			
				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

MAIL TO →

OREGON MASTERS SWIMMING  
Pat Caudill  
13365 N.W Glenridge Dr.  
Portland, OR 97229

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TOTAL FEE	\$

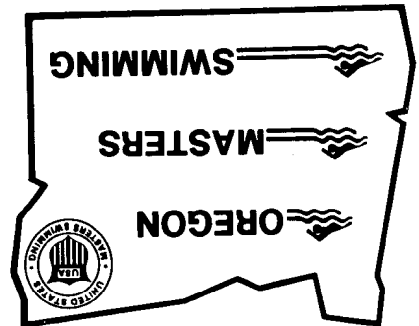
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A special thanks to Robert Smith and  
his computer for giving us the meet results.

