



# AQUA-MASTER

JULY 1985 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE VOL. 12 NO. 7

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WHAT'S LEFT FOR 1984-1985 SEASON:

AUGUST 3 - ALBANY, OR (NO 1500 FREE)

ENTRY ENCLOSED  
DUE:

AUGUST 17 - 20 — LONG COURSE NATIONALS  
PROVIDENCE, R.I.

## JULY BIRTHDAYS & other significant events

	JEAN MARSH 1 Jack Herron	Justin Gordon 2 Robert Voltz	Sara Running 3	**** INDEPENDENCE DAY! & Lester Espinoza 4	Fritz Von Tagen 5	Lynn Cox 6 SYLVESTER STALLONE
Vivian Goble 7 Sam Ierulli Khosrow Shadbeh Michael Tennant	STEVE LAWRENCE 8 Mark Hokkanen Mark Lloyd	TUESDAY! 9	WEDNESDAY! 10	Deborah Wright 11 Stephen Warner YUL BRYNNER	CHERYL LADD 12 BILL COSBY	Nona Hanan 13 CHEECH MARIN (As in Cheech & Chong)
William Weaver 14	Douglas Prentice 15	GINGER ROGERS 16 Mark Williams	PHYLLIS DILLER 17 Jennie Watt ART LINKLEITER	HARriet NELSON 18 Michele Ruessi RED SKELTON	Joe Gamblin 19 Nancy Haack	Steve Rosenberg 20 DIANA RIGG
Gayle Miller 21 Nancy Milner	Alice Parsons 22	Nick Toole 23 GLORIA DE HAVEN	Joan Whisman 24	THURSDAY! 25	Doreas Phelan 26 MICK JAGGER	John Maguigan 27 KEENAN WYNN
Doreen Morris 28 SALLY STRUTHERS (and born in Portland, Ore. less)	Bruce Orloff 29	Thomas Abrego 30 Chuck Johnson Gloria Kleeb Laurie MacGraw David Zakarian	Space for a few of those people born July 30 31			

\*\*\* GINA LOLLOBRIGIDA was born July 4 --- but her name didn't fit

## College swim failure earns his 'Masters'

By CHUCK RUSSELL

Correspondent, The Oregonian

LAKE OSWEGO — Looking back, it's anyone's guess whether Robert Smith's failure to make the Michigan State University swim team more than 20 years ago was the best or worst thing that ever happened to him in swimming.

"I basically flunked out," said Smith, "so I turned my attention to academics."

He ended up with a degree in electrical engineering, and whatever else that swimming experience may have done, it certainly didn't keep him out of the water.

Today, the 42-year-old Lake Oswego is an All-America Masters swimmer who holds national records in four sprint events in the 40-44 age group.

"I didn't make the team in college so I didn't have any NCAA or Olympic accomplishments," said Smith. "But now Olympic champions are finding their way into Masters, and I'm beating them."

"Maybe that's the ultimate revenge," he said. "But I don't think of it as revenge. They're just not doing what I'm doing."

And what Smith has been doing for the past 15 years is taking a thinking man's approach to swimming. He's

been applying the scientific principles he came to know and appreciate in engineering to bodies in motion in water, and the results have been uniformly impressive.

For instance, he holds national rec-

ords in the 50-meter freestyle, 50 backstroke, 100 backstroke and 100 individual medley — and he missed a record in the 50 butterfly by six-hundredths of a second. That's not all.

**"There are only so many things a person can do . . . to stay in shape. Swimming is the thing I've found."**

ords in the 50-meter freestyle, 50 backstroke, 100 backstroke and 100 individual medley — and he missed a record in the 50 butterfly by six-hundredths of a second. That's not all.

"My goal is to be the world's fastest swimmer in all (four) strokes," said Smith. "I've got about 2½ of them down now."

"I'm in no hurry," he said. "Maybe it will take until I'm 50. But I suspect it might be when I'm 45."

Smith thought all this out years ago when he first entered Masters competition "as a nobody," and he has slowly progressed to a point where he definitely has identity. His game plan had several parts.

For one thing, he decided to concen-

trate on the shorter sprint events to minimize the training time necessary to be competitive. Today, he swims only about half as far as most swimmers at his level do in training, yet he emphasizes high-speed technique

workouts, using a stopwatch in the water to compare various strokes and techniques.

Smith also has turned swimming into an academic discipline. He studies the dynamics of objects moving through water and tries to eliminate the "drag forces" that hinder swim speed. This involves delving into mathematical formulas.

Finally, he's using all this to develop competitive strategies — such as how to conserve energy during races — and he's using these tactics in ways that can only be described as successful.

"As far as I know, I'm the only one doing this," said Smith. "The thing is that swimming is a hobby, and my other hobbies are electronics and mathematics. All I've done is combine my

hobbies."

Smith has learned that by swimming the first leg of races mostly underwater, using only a powerful leg kick for propulsion, a swimmer can save energy for the late stages when other swimmers are beginning to tire.

He believes that's a key to winning, but he's not going to argue the point. He prefers to let his times speak for themselves.

In Smith's quest to set world records in all strokes, only the breaststroke appears to be a problem. He says he has a way to go in that event but is working on it.

While all this may seem an overly cerebral and competitive approach to an activity as innocent as swimming, Smith said the bottom line for him really wasn't that different from the goals of the average recreational swimmer who is just trying to keep in shape.

"My ultimate goal is to live a good life. I'm 42 and I have all the physical abilities. I can do all sports, and I think that's because I'm in good shape. I can continue to play them as long as I keep managing the aging process."

"This sport is not only a physical conditioner," he said, "but a challenge mentally as well. The sport has a lot of depth. I've been in it a lot of years, and I'm still learning."

**LONG COURSE**  
**OREGON MASTERS SWIMMING MEET ENTRY FORM**  
**SANCTIONED BY USMS, INC AND LSMC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 20 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of *Aquamaster*) with this entry.

Meet: Albany Community Pool  
Place: 2150 - 36th Ave SE  
Date: August 3, 1985  
Host: Gus Arzner, ph# 967-4521  
Entry Deadline: Postmarked no later  
than July 25. No late entries.  
Directions to Pool:

Warm Up                      Meet Starts  
9:00 AM                      10:00 AM

SEND \$5.00 ENTRY FEE TO:  
OMS  
18476 TIMBERGROVE CT  
LAKE OSWEGO, OR 97034

From the south on I-5 - take  
Lebanon-Corvallis exit, west for 1 mile,  
turn right at So. Albany H.S. sign, then north on Columbus for 4 miles,  
turn right at 36th Ave., pool is behind H.S.  
From the north on I-5 - take 1st Albany exit to second light (Dairy  
Queen), turn left on Waverly, south to 36th Ave., turn right which puts  
you in front of the pool.

Awards for individual places may be purchased for \$1.50 each at the meet.

----- RETURN THIS LOWER PORTION -----

YOUR OREGON USMS#: # 375 \_ \_ \_ \_ NAME: \_ \_ \_ \_ \_

\*\*\*\*\* IF YOU DO NOT HAVE AN OREGON USMS#, COMPLETE THE FOLLOWING \*\*\*\*\*

NAME	-----	AGE	-----	M or F
ADDRESS	-----	CITY	-----	ST
PHONE	-----	AGE GROUP (CIRCLE)	20-24 25-29 30-34 35-39 40-44 45-49	ZIP
PNA/IEA USMS#	-----		50-54 55-59 60-64 65-69 70-74 75-79	
			80-84 85-89 90+	

\*\*\*\*\*  
You are limited to a maximum of 5 individual events, plus 4 relays.  
Circle the event number and enter your best or estimated time. Meet is  
seeded fastest heats first. Enter relays at the meet.

ENTRY TIME		ENTRY TIME	
1	400 Free	10	100 Fly
2	Free Relay	11	50 Breast
3	100 Back	12	Medley Relay
4	200 Free		BREAK
5	50 Fly	13	50 Back
6	200 Breast	14	100 Free
7	Mxd Fr Relay	15	200 Fly
	BREAK	16	100 Breast
8	200 Back	17	200 IM
9	50 Free	18	Mxd Med Relay

**STATEMENT OF RELEASE:** In consideration of OMS accepting this entry, I release all rights and claims for damages that I may have against the hosts and OMS as a result of my participation in this OMS swim meet. I am physically fit and have sufficiently trained for swimming these events.

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

## SECRETARY'S CORNER

The minutes of the last Board meeting were approved as read.

OMS now has \$12,740.61 as of May 31, 1985.

The Nationals Committee chairpersons were photographed for the inclusion of the picture in our meet brochure.

Brochure - The brochure was revised to add everyone's comments and the hotel information. The revised brochures were handed out and need to be reviewed by June 18.

Sponsors - Speedo and Finals were contacted about sponsoring the Nationals. Speedo wants to give us money and Finals wants to either put on a seminar for stroke or motivation, or give us money. We must decide which OMS wants to have.

Logo - The logo was finalized and stationary and envelopes are being printed.

A new meet contract was discussed and finalized. This new contract will be sent out with the invitation to bid meet packet to all pools, aquatic directors, and logs during the next week.

Old Business : National Convention - Sandi Rousseau and Bert Petersen will be attending the National Convention representing OMS. OMS will pay for the airline tickets, housing, and provide a small per diem amount for meals. If Connie Wilson is a member-at-large the same offer will be made to her.

New Business : Mark Schwyhart proposed that as an Association, Oregon only allow Association residents to swim for the Association. After some discussion the Board will review the USMS rules to see if it is within the authority of Associations to disallow anyone's application.

Data Manager - The OMS top ten list will be ready soon. OMS had 22 swimmers who did not register, swim in meets. After a lengthy discussion the Board decided not to contact the people involved, but to state that NO NON-REGISTERED SWIMMERS WILL BE ALLOWED TO SWIM IN A MEET FROM THIS DATE ON FOR ANY REASON.

Bob proposed that OMS buy a printer. The Board voted to buy the printer.

★ Aquamaster - The deadline for the Aquamaster is June 28, 1985.

The next Board meeting will be **Tuesday, July 16, 1985, 7:30 p.m.** in the Tualatin Hills Recreation Center Weight Room.

★ Aqua Master deadline for August is July 31

## BETWEEN THE LANE LINES

Don't forget to put your registration number on your entry form. This is very important because we need to verify that you are registered before you swim. You can't use the excuse that you don't know what your number is because it is printed above your name on the address label of this newsletter. Also, please send any changes of address or subscription inquiries to Pat because he keeps these records and prints the mailing labels.

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In order for any out of state swims to be considered for Oregon's Top Five, your times must be sent to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034.

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The deadline for submitting material for the August Aqua Master issue, which will go to print the first week of August will be July 31.

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Japan Meet - I understand that the final brochure about this trip will be available by early September. For those of you interested in participating in this International Masters Swim Meet scheduled for July of 1986, contact Bert Petersen at (503)252-6081 and get on the list of people who are going to receive info.

\*\*\*\*\*

Calling all OSU swim team alumni! Laura Baumhofer is attempting to locate you! Anyone who participated on the men's or women's swim team can send their name, address and class year to Laura at Oregon State University, 103 Gill Coliseum, Corvallis, OR 97331.

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Anyone interested in being elected to the positions of Vice Chairperson or Treasurer of Oregon Masters Swimming contact Sandi Rousseau. Also, if you are interested in helping with the Long Course Nationals which will be held here in August of 1986, contact Sandi.

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

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Need a place to stay when you are at an out-of-town Meet? Contact a H.O.S.T. (House Our Swimmers Tonight) Chairperson:

Oregon Masters - Ginger Pierson, (206)254-2536.

PNA Masters - Kiko Kimura, H-(206)525-9687, W-(206)526-2183.

IEA Masters - Mariah Clarke, (206)926-2597

Snake River Masters - Janet Wood, H-(208)345-8843, W-(208)338-7229

Sandi Rousseau has her nerve. I mean, who does she think she is... President of OMS or something? I get this all typed up and she calls me with more info. I mean really. Anyway... Our Meet contract packets have been sent out and anyone who has not yet received a meet packet, contact Mark Becker, faithful vice chairman. We are trying to organize our 1985-1986 meet schedule <sup>oh oh - a mistake</sup> ~~by August 1~~ by August 1. Also, anyone who has any issues they want to have presented at the National Convention on Sept. 11 should contact Bert Petersen or Sandi Rousseau.

Amaze  
your  
family!

# CONTRIBUTE TO YOUR NEWSLETTER!

Amaze  
your  
family!

FILL IN THE BLANK SPACE.

Utilizing the space below, draw or write something  
that you think would be of interest to your fellow  
swimmers, then return to AquaMaster Headquarters.

YOUR NAME:

YOUR TEAM OR CITY:

McDONALD'S  
UNITED STATES SWIMMING  
NATIONAL  
LONG COURSE  
JUNIOR  
OLYMPICS\*



To: Oregon Masters  
Re: National Junior Olympics  
Long Course

Aug. 13-17  
Mt. Hood Community College

TICKET INFORMATION:

All-Session Pass: (advance sales only)	
Preliminaries and Finals all 5 days	\$10.00
Individual Daily Session:	
Preliminaries and Tuesday Finals	\$2.00
Finals	\$2.00
Day Pass	\$2.50

Ticket requests received before Aug. 6 will be verified by mail. Tickets requested after Aug. 6 will be held at the door. Make checks payable to NJO-West. Submit to:

Oregon Swimming  
2035 S.W. 58th  
Portland, OR 97221 503/297-6027

For more information call Lillias Crane at: 503/668-6645

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

No. All-Session Passes \_\_\_\_\_ @ \$10.00 \$ \_\_\_\_\_

No. Daily Tickets \_\_\_\_\_ @ \$2.50 \$ \_\_\_\_\_

No. Prelim. Tickets \_\_\_\_\_ @ \$2.00 \$ \_\_\_\_\_

No. Finals Tickets \_\_\_\_\_ @ \$2.00 \$ \_\_\_\_\_

TOTAL (Enclosed) \$ \_\_\_\_\_

OREGON SWIMMING INC. 2035 S.W. 58th PORTLAND, OR 97221

Reprinted from The Illinois Coaches Association Newsletter Editor Michael Lawrence

## Think About It . . .

KEVIN DE FORREST

Two summers ago, I had the pleasure of swimming the third fastest 50 M freestyle ever swum. Competing at the USS Masters Nationals in Indianapolis (a tres fast pool) I swam the 50 three times— recording a 22.9, a 22.5, and a 22.6. I was as surprised as any one at the success I'd stumbled upon. Hoping to be a coach worth my salt, I set out to figure out how and why this happened. The answers that eventually revealed themselves to me have been discussed and implemented into our program. Indeed, they are the foundation for everything we do.

The immediate pleasure I felt in swimming these times was great—but it seemed there was something askew. I'd never won any sort of national championship and thought sure the day I did would be the greatest day of my life. As it turned out it was fun, but nothing to jump through the ceiling about. A local radio reporter asked me if it was the greatest moment of my life—No way, Jack!—not even close! All this seemed sort of strange to me. There was a time when I would have leapt out of my skin, the fastest time in the world that year, wow! It was fun, for sure, but nothing to wet my pants about.

For months I went over these events in my mind. How was this speedy swimming possible? (I'd retired three years earlier, that's a long taper!) Here I was, a coach who professes to know something about the science/sport/art of swimming, and yet I couldn't figure what had gone right. (Many of us spend hours dwelling on what goes wrong in our programs but we fail to figure out what goes right, I think this is a mistake). I talked about it with other swimmers and coaches, my wife, my long lost Uncle George, the mailman, and the guys down at the pool hall, but to no avail. Finally, after much turmoil, I came to see some light. One day, while sitting at the dentist office, I happened upon two unrelated articles which became the impetus for a great and exciting train of thought. Not only did this experience teach me a little about myself, it reminded me of the importance of what I do as an age group swimming coach.

First I was reading an article in *The Sporting News* about "Dr. J," my main man in the world of sports. The reporter asked him, upon winning his long sought after NBA Championship, "Is this the biggest moment of your life?" "No way," replied the Doc, "the biggest moment of my basketball life maybe . . .". He went on to describe some traumatic times and some very special times in his life off the court. It was apparent he was telling the truth. It seemed he was

speaking for me. I remembered that reporter in Indianapolis asking me the exact same question. It seemed the Doc really had things in their proper perspective. This was a key realization for me.

Later, I was reading something out of *American Health* magazine and I came across a rather bold, but I believe accurate, statement from the editor. I can't recall the exact quote, but speaking about sports, amateur sports specifically, he claimed that many of us believe, or want to believe, that if we make a better athlete, we've made a better person. According to a study his group of researchers had done this is plain FALSE. It doesn't hold water!

Meanwhile, I went on about my day (my mouth was numb from the novacaine). Thoughts mixed around in my head when suddenly FLASH!!!! it hit me. The proverbial bolt of lightning flashed into my head sending surges of electricity through my body and lighting the world around me. PERSPECTIVE! That was the key. At the ripe old age of 26 I'd finally acquired the proper perspective on swimming. My mind raced back to that day in Indianapolis—I knew what had happened.

During my swimming career, especially in college, my priorities were all out of whack. Because of that, I believe, I was unable to be truly vulnerable—incapable of stepping on the blocks and laying it all on the line. Afraid to take my very best shot for fear that my best might not be good enough. How had that changed? Quite simply, I came to see, first of all, that swimming was not the most important thing in my life, and secondly, that all I had to fear was not that my best wouldn't be good enough, but rather that I might not give my absolute best. All that work in college, all those swims when I thought I was doing everything that could be done, would never take me to my fullest potential. If only I'd concentrated a little less on being the best in the pool, and a little more on being the best me I could be in all situations, I might have really done some good. With this shift in perspective, I was able to make myself susceptible to failure, my Achilles heel was exposed. And, with this openness, this vulnerability, this vulnerability came the power to be strong. I felt at once relieved, to have finally figured some of those things out, and excited, about how I would apply these discoveries to our program. Since then, I believe, we have applied them, and next month I will try to explain how, when we delve into something we call, at Sheridan, Four Part Harmony.



Baffle  
your  
friends!

# CONTRIBUTE TO YOUR NEWSLETTER!

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your  
family!

FILL IN THE BLANK SPACE.

Utilizing the space below, draw or write something that you think would be of interest to your fellow swimmers, then return to AquaMaster Headquarters.

YOUR NAME:

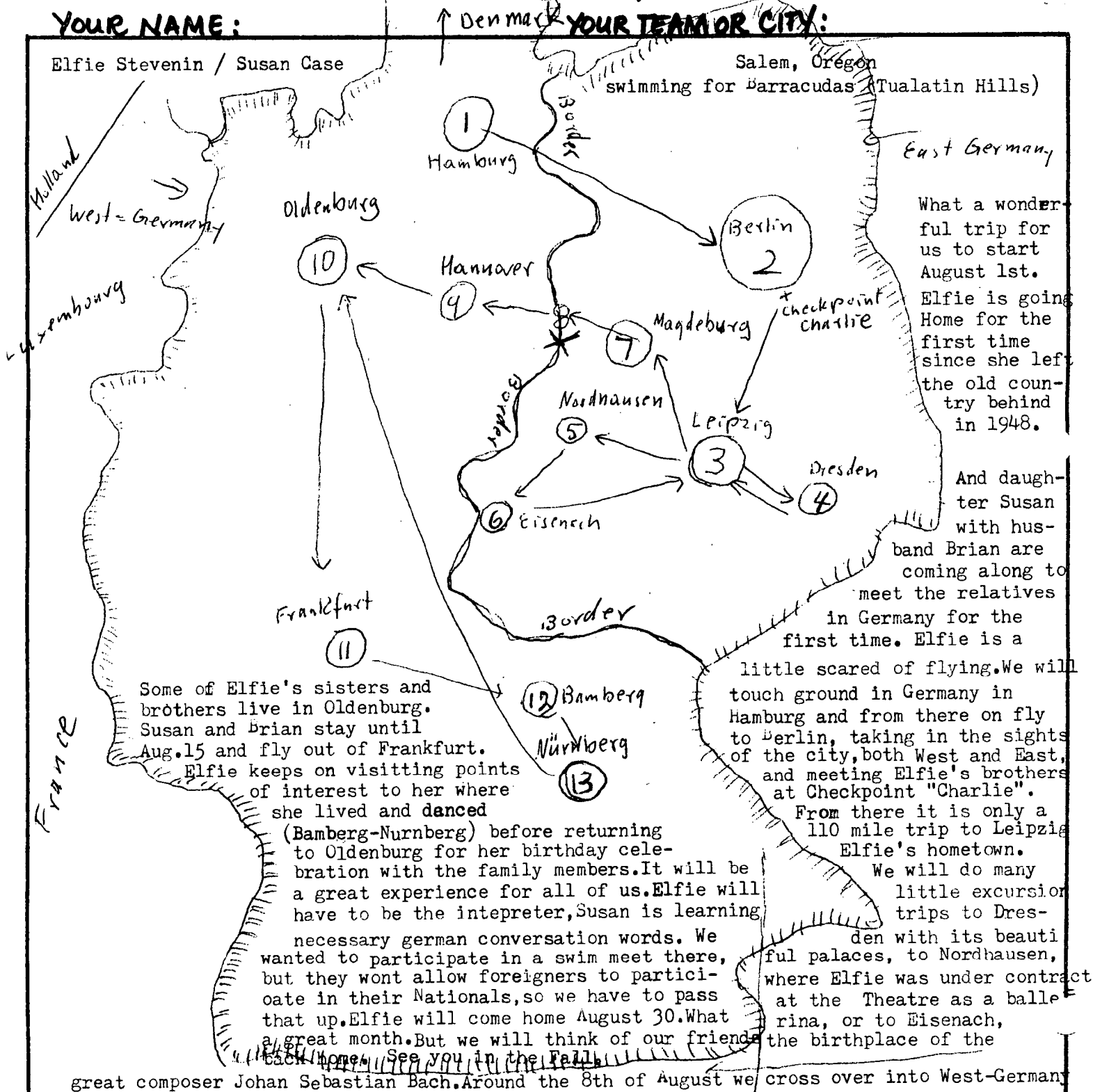
Elfie Stevenin / Susan Case

Denmark

YOUR TEAM OR CITY:

Salem, Oregon

swimming for Barracudas (Tualatin Hills)



## 01' Barn's Chronicles

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The first Long Course meet of the year was held at MAC, under the astute guidance of Skip Runkle, as meet director, with a great assist from MAC's age groupers, and last ditch stand for ; wives, mothers, sweethearts, et al, old silver sides has to put in a plug for old reliable - Carl Bressie, who keeps the old watch running for Hazel, and just about anyone that comes down the pool. What we didn't have in numbers, was made up in enthusiasm by the participants in the opening event ....

FINA, close your eyes, we had us a real barn burner, the first ever, 100 LONG COURSE INDIVIDUAL MEDLEY. Ye who doubt, and are of weak heart, should have seen this historic event...egged on by the cheering crowds ; Andree turned in a 1:26.26, Mary Blake swished thru with a 1:31.91, John Rippey was not to be out swum with a 1:22.88, and Brian Langlais came through with a 1:31.47, 01' Barn will petition US Masters for consideration, BUT, please let us not hold our breaths.

COACHES' CORNER - HOW ???? , you switch strokes in mid pool , it must be done between the SC markers, and at the turns. OMS thru the misdirection of an over zealous V/P may have started a trend, plus a NEW event but again, don't anyone hold their breath.

Now back to the light of day and grim reality, we had some VERY FINE SWIMS, 01 Barn is still complaining of the VIRUS, etc etc,

BUT the following people did a JOB, a GREAT JOB....

TAKAKO KIMURA (Kiko's mother, and a rapidly rising star in the 65-69 young group, came through with OMS record ; 1:21.87 in the 50 free.

ERIC (please no turns) GUEST (just 55 and bragging), negotiated the 100 Free in the fine OMS best of 1:14.36, and then showing absolutely no respect for age, polished off the 50 Fly in :38.67, a Regional record no less.

VIVIAN GOBLE, LOOKING JUST TREMENDOUS IN TREMENDOUS, came through with new records of 5:05.09 in the 200 Free, a 5:25.98 for 200 back, and topped it off at 5:13.50 for 200 breast. (60-64)

BARBARA HAVERCAMP, who is just beginning to show us what she can do, came along with a 6:00.50 for 200 free, an OMS record.

ANDREE DEVINE, our editor, put together a blistering 1500 free for a new OMS record at 21:53.53. (20-24)

TREVOR CHARLTON (35-39), turned a REGIONAL record for the 1500 free with a great 19:37.44, that's moving right along folks. Must admit that Tyler Walthers, at 21:01.96, and Steve Barrett at 21:03.87, helped make this the best 1500 in any age group for quite a while.

David Addleman, PNA, erased a record that was set in August of 1975, the 50 Back :37.5, Dave turned in a sparkling :36.58 for a new REGIONAL record, Dave continues to swim up a storm with Top Ten times over TT times.

DOREEN MORRIS (70-74), came through with a new OMS record for the 100 Back at 2:54.72, again at 6:06.68 for the 200.

HAZEL BRESSIE (75-79), continues to amaze with records - Regional 200 Back at 6:38.04, another Regional best of 10:49.26 for the 200 Fly.

LAURA BAUMHOFER (25-29) new OMS record for 100 Fly with a fine 1:16.64, plus another top OMS time for 200 fly at 2:53.68.

Does anyone know Bruce Prator ?????

Now let's look at the Relays.....

The oldest record in OMS set in July of '79, by K.Lathrop, L.Jones, D.Jones and  
Relays

## 01 Barn (cont)

Eric Guest at 2:06.13 for the 20 plus 200 Mixed Free Relay went down the drain, with a fine 2:04.11 by L. Baumhofer, A. Devine, M. Schwyhart and C. Burczak.

Also the Men's 200 Medley Relay for 55 plus succumbed to the onslaughts of E. Walter, L. Miesen, E. Guest and J. Holland at 2:37.86, this is also a best for Region XII.

Another relay mark was set, leave a blank and someone is going to fill it, the team of M. Schwyhart, B. Langlais, R. Watters, and B. Prator combined for a 2:06.88 in the Men's 200 Free Relay, 20 and up.

Late intelligence has brought word to 01' Silver Sides that Bruce Prator does exist and that he in fact registered at the meet- so o o o , let us travel back and pick up again in the records area ; Bruce turned in a 1:31.62 and a 3:19.88 for the 100 and 200 breast (40-44)

A great big THANK YOU is due our starter, BERNIE HAYDEN, for a job WELL DONE, even if he did DQ yours truly in the 400 IM, daw gawn it, us old folks do lose our balance you know, on these new fangled starting blocks. Then to make matters worse he made O B get back up and swim the d--- thing anyway.

All kidding aside, thanks again Bernie, a great job as always !!!!!

How about some trivia.... The oldest records in the OMS book....

On Aug 16th 1975, Donlon Jones and yours truly went at it for the 50 and 100 M back, Donlon registered a :37.40 and a 1:26.50 (still best for 45-49) 01 B in the next lane with a :37.50 and 1:25.60 (tops for 50-54)

On 7/11/66 for the women we have :

Sandi Baker (20-24) 50 f - :30.40, 50 fly - :33.40

Mary Anne Wolfe (50-54) 50 back :48.40

Elfie Stevenin (50-54) 200 Fly - 8:07.40

Hazel Bressie (65-69) 100 Brst - 3:38.60

Who is the youngest in OMS ?? - Jeff Vallie, Redmond, born 12/16/64

Who is the oldest ?? - if you need to guess - Collie is not going to like it

What's the oldest record for L/C in Region XII ???

Tony Canlis, in 1974 with a 1:11.80 - 100 Brst (30-34) , to give you some idea how fast that is, AA in 1984 was 1:12.31

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## Short contribution for the day....

Swimmers are known for efficiency, no waste motion, no unnecessary energy expended, no thought given, etc. How about some speaking efficiency when it comes to the usual post-meet dialogue ?

You know...How did you do ?, Get any PR's ? These could be answered with a minimal outlay of energy by numbering the typical response, and then just rhyming off the appropriate number....

For your consideration ; #1 The water was too warm

1a too cold

#2 It was a slow pool

#3 I'm not in shape yet, this was just a test meet

#4 I didn't taper 4a Tapered too soon

4b Tapered too late

#5 This meet didn't matter anyway, OR I don't understand the question

#6 The \_\_\_\_\_ (select one) officials, timing, goggles, blocks, lane lines, bus driver, weather, swim suit, starter, breakfast menu, swim cap, Gods, order of events, etc etc....DID ME IN

Perhaps there are other responses, but in the interest of efficiency, these are all we can list at this time. THE FANTUM (also known as World Famous Swimmer)

— 20-24 WOMEN —

100MF ANDREE-MARIE DEVINE,23 1:13.37  
BETH M. BURCZAK,24 1:24.48  
200MF ANDREE-MARIE DEVINE,23 2:39.30  
1500MF ANDREE-MARIE DEVINE,23 21:53.53  
50MBR BETH M. BURCZAK,24 46.36  
100MBF ANDREE-MARIE DEVINE,23 1:22.57  
200MIM BETH M. BURCZAK,24 3:34.92

— 25-29 WOMEN —

50MF ANN F. BARKSDALE,26\* 35.39  
100MF ANN F. BARKSDALE,26\* 1:17.72  
400MF LAURA A. BAUMHOFER,27 5:41.68  
1500MF KIKO KIMURA,29\* 23:30.60  
200MBK KIKO KIMURA,29\* 2:59.35  
50MBR DORCAS L. PHELAN,28 46.93  
100MBR DORCAS L. PHELAN,28 1:39.83  
50MBF LAURA A. BAUMHOFER,27 34.39  
ANN F. BARKSDALE,26\* 40.99  
100MBF LAURA A. BAUMHOFER,27 1:16.64  
200MBF LAURA A. BAUMHOFER,27 2:53.68  
200MIM DORCAS L. PHELAN,28 3:17.59  
ANN F. BARKSDALE,26\* 3:28.10

— 30-34 WOMEN —

50MF RUTH A. MORELAND,32 32.79  
REBECCA SWEETLAND,31\$ 34.70  
NANCY J. MILNER,33 38.77  
JENNIE G. WATT,30 39.33  
100MF JANE A. MOORE,34\* 1:27.25  
NANCY J. MILNER,33 1:28.01  
MARLA J. MCGEORGE,33 1:30.39  
JENNIE G. WATT,30 1:33.77  
CYNTHIA R. STOCKWELL,34 1:36.88  
200MF JANE A. MOORE,34\* 3:11.59  
400MF NANCY J. MILNER,33 6:52.37  
CYNTHIA R. STOCKWELL,34 7:10.64  
JENNIE G. WATT,30 7:14.29  
1500MF NANCY J. MILNER,33 25:44.35  
PAMELA POSPISIL,34 28:03.45  
50MBK REBECCA SWEETLAND,31\$ 42.99  
JANE A. MOORE,34\* 49.74  
100MBK CYNTHIA R. STOCKWELL,34 2:15.65  
50MBR RUTH A. MORELAND,32 42.10  
MARLA J. MCGEORGE,33 51.11  
JENNIE G. WATT,30 51.55  
100MBR RUTH A. MORELAND,32 1:35.64  
JANE A. MOORE,34\* 1:54.49  
50MBF MARLA J. MCGEORGE,33 48.71  
JANE A. MOORE,34\* 57.06

— 35-39 WOMEN —

50MF KATHRINE J. CRANDELL,36\* 33.16  
JULIE CORMAN,36\* 33.39  
MONIKA HUNSCHER,37 39.31  
MAJA MEYER,35\$ 42.11  
CAROLYN F. GILKEY,35 44.14  
100MF JULIE CORMAN,36\* 1:12.59  
MONIKA HUNSCHER,37 1:28.00  
200MF JULIE CORMAN,36\* 2:42.46  
MARY E. BLAKE,35 3:15.74

400MF JULIE CORMAN,36\* 5:39.98  
KATHRINE J. CRANDELL,36\* 5:41.78  
1500MF JULIE CORMAN,36\* 22:46.11  
MARY E. BLAKE,35 26:25.93  
50MBK SUSAN J. CASE,36 41.54  
CATHY BROOKS,36\* 43.01  
MAJA MEYER,35\$ 48.17  
MONIKA HUNSCHER,37 50.06

100MBK SUSAN J. CASE,36 1:32.05  
200MBK SUSAN J. CASE,36 3:19.82  
50MBR KATHRINE J. CRANDELL,36\* 41.35  
GINGER L. PIERSON,39 42.27  
SUSAN J. CASE,36 45.86  
CAROLYN F. GILKEY,35 52.36  
100MBR GINGER L. PIERSON,39 1:28.95  
KATHRINE J. CRANDELL,36\* 1:33.89  
CATHY BROOKS,36\* 1:40.65  
CAROLYN F. GILKEY,35 1:58.39  
200MBR GINGER L. PIERSON,39 3:16.34  
KATHRINE J. CRANDELL,36\* 3:23.46  
CATHY BROOKS,36\* 3:30.34  
CAROLYN F. GILKEY,35 4:25.33  
50MBF GINGER L. PIERSON,39 38.35  
200MIM CATHY BROOKS,36\* 3:12.12  
SUSAN J. CASE,36 3:14.74  
400MIM CATHY BROOKS,36\* 6:54.33

— 40-44 WOMEN —

1500MF BARBARA FRID,43 22:38.40  
50MBK BARBARA FRID,43 39.86  
100MBK BARBARA FRID,43 1:28.61  
200MBK BARBARA FRID,43 3:13.47

— 45-49 WOMEN —

50MF SUSAN DEARBORN,48\* 38.87  
JUDY M. MCCURDY,46 54.77  
100MF JOAN MARIE WHISMAN,48 1:27.04  
SUSAN DEARBORN,48\* 1:28.37  
50MBK SUSAN DEARBORN,48\* 49.23  
50MBR JUDY M. MCCURDY,46 1:11.68  
200MBR SUSAN DEARBORN,48\* 4:01.32  
50MBF FLORENCE MILLER,49\* 50.48  
100MBF FLORENCE MILLER,49\* 2:02.76  
200MIM FLORENCE MILLER,49\* 4:08.33

— 50-54 WOMEN —

200MF ARDIS MAY ROSS,50 3:26.77  
400MF ARDIS MAY ROSS,50 7:09.73  
CYNTHIA ROSIK,52\* 8:35.53  
50MBK CONNIE A. WILSON,50 49.62  
100MBK ARDIS MAY ROSS,50 1:49.61  
CONNIE A. WILSON,50 1:51.59  
200MBK ARDIS MAY ROSS,50 3:53.68  
100MBR CYNTHIA ROSIK,52\* 2:04.74  
200MBR CYNTHIA ROSIK,52\* 4:19.62  
50MBF CYNTHIA ROSIK,52\* 1:04.73

— 55-59 WOMEN —

200MF MARGARET A. WELLS,59 3:43.88  
200MBK MARGARET A. WELLS,59 4:10.53  
200MBR MARGARET A. WELLS,59 4:36.43

\$=UNREGISTERED U=UNOFFICIAL TIME !=FROM OUTSIDE OREGON

by R.Smith

## — 60-64 WOMEN —

50MF	ELIZABETH G. KING,62	1:13.57
	ELFIE J. STEVENIN,63	1:14.91
100MF	BESSE E. ROSS,62	2:19.51
	ELIZABETH G. KING,62	2:33.38
200MF	VIVIAN D. GOBLE,61	5:05.09
	ELIZABETH G. KING,62	5:22.76
	BESSE E. ROSS,62	5:34.98
	ELFIE J. STEVENIN,63	6:23.39
100MBK	VIVIAN D. GOBLE,61	2:35.97
	ELFIE J. STEVENIN,63	2:58.96
200MBK	VIVIAN D. GOBLE,61	5:25.98
	ELFIE J. STEVENIN,63	6:10.27
50MBR	ELIZABETH G. KING,62	1:39.44
	BESSE E. ROSS,62	1:40.06
100MBR	VIVIAN D. GOBLE,61	2:28.65
200MBR	VIVIAN D. GOBLE,61	5:13.50
	ELFIE J. STEVENIN,63	8:08.85

## — 65-69 WOMEN —

50MF	TAKAKO KIMURA,67	1:21.87
100MF	TAKAKO KIMURA,67	3:06.54
200MF	BARBARA T. HAVERCAMP,69	6:00.50
50MBK	TAKAKO KIMURA,67	1:31.24
200MBK	BARBARA T. HAVERCAMP,69	7:11.56
200MBR	BARBARA T. HAVERCAMP,69	8:52.44
200MIM	BARBARA T. HAVERCAMP,69	8:22.03
400MIM	BARBARA T. HAVERCAMP,69	17:22.85

## — 70-74 WOMEN —

50MF	DOREEN MORRIS,72	1:21.25
50MBK	DOREEN MORRIS,72	1:21.42
100MBK	DOREEN MORRIS,72	2:54.72
200MBK	DOREEN MORRIS,72	6:06.68

## — 75-79 WOMEN —

400MF	HAZEL B. BRESSIE,76	13:48.15
1500MF	HAZEL B. BRESSIE,76	55:46.82
200MBK	HAZEL B. BRESSIE,76	6:38.04
200MBF	HAZEL B. BRESSIE,76	10:49.26
200MIM	HAZEL B. BRESSIE,76	8:30.20

## — 80-84 WOMEN —

100MF	MARTHA KELLER,83	2:54.37
400MF	MARTHA KELLER,83	13:39.11
1500MF	MARTHA KELLER,83	50:11.47
200MBK	MARTHA KELLER,83	7:22.09
200MBR	MARTHA KELLER,83	10:09.97

## — 25-29 MEN —

50MF	JAY PALMER,29*	29.58
	CHIP BURCZAK,26	30.45
100MF	CHIP BURCZAK,26	1:03.71
400MF	JAY PALMER,29*	5:20.00
1500MF	TIM J. RUMSEY,29	18:33.51
	JAY PALMER,29*	21:17.75
50MBR	CHIP BURCZAK,26	38.47
200MBR	JAY PALMER,29*	3:11.93
200MIM	JAY PALMER,29*	2:46.93

## — 30-34 MEN —

50MF	HUGH C. MOORE,30*	29.12
100MF	MARK B. SCHWYHART,31	1:05.90
200MF	MARK B. SCHWYHART,31	2:28.74
	ROBERT G. KAIRES,30	2:43.15

400MF	MARK B. SCHWYHART,31	5:18.41
	ROBERT G. KAIRES,30	5:40.53
1500MF	MARK B. SCHWYHART,31	21:31.28
50MBK	HUGH C. MOORE,30*	35.61
100MBK	HUGH C. MOORE,30*	1:20.42
	DANIEL P. JOHNSON,32	1:26.88
50MBR	HUGH C. MOORE,30*	37.81
100MBR	DANIEL P. JOHNSON,32	1:26.58
	ROBERT G. KAIRES,30	1:31.96
200MBR	DANIEL P. JOHNSON,32	2:59.58
	HUGH C. MOORE,30*	3:00.63
	ROBERT G. KAIRES,30	3:15.69
50MBF	ROBERT G. KAIRES,30	42.08
100MBF	MARK B. SCHWYHART,31	1:15.58
200MIM	DANIEL P. JOHNSON,32	2:46.84
400MIM	DANIEL P. JOHNSON,32	5:51.88

## — 35-39 MEN —

50MF	DOUGLAS C. PRENTICE,36	27.76
	STEPHEN H. WARNER,36	29.30
	JIM CAIN,35*	30.67
	BRIAN P. LARCEY,35	30.70
	BOB G. WEINERT,37	30.84
	DARRYL SWENSON,39*	32.11
	LAWRENCE L. CARRIKER,37	33.11
100MF	DOUGLAS C. PRENTICE,36	1:01.39
	JIM CAIN,35*	1:03.07
	STEPHEN H. WARNER,36	1:03.13
	BOB G. WEINERT,37	1:09.06
	BRIAN M. LANGLAIS,39	1:13.84
200MF	TREVOR G. CHARLTON,35	2:18.16
	DARRYL SWENSON,39*	2:35.98
	BOB G. WEINERT,37	2:45.46
	ROY D. LAMBERT,38	2:46.86
	BRIAN M. LANGLAIS,39	2:50.14
400MF	TREVOR G. CHARLTON,35	4:56.24
1500MF	TREVOR G. CHARLTON,35	19:37.44
	TYLER N. WALTHERS,36	21:01.96
	STEVEN L. BARRETT,38	21:03.87
	DARRYL SWENSON,39*	23:12.73
	BOB G. WEINERT,37	24:18.44
	JOHN W. POSPISIL,36	29:50.00
50MBK	JIM CAIN,35*	36.11
	DARRYL SWENSON,39*	39.72
100MBK	TYLER N. WALTHERS,36	1:13.27
	BRIAN M. LANGLAIS,39	1:27.03
200MBK	TYLER N. WALTHERS,36	2:39.75
	BRIAN M. LANGLAIS,39	3:07.77
50MBR	TYLER N. WALTHERS,36	38.85
	DOUGLAS C. PRENTICE,36	40.52
	JIM CAIN,35*	43.02
	LAWRENCE L. CARRIKER,37	45.20
100MBR	TYLER N. WALTHERS,36	1:24.17
	ROY D. LAMBERT,38	1:31.50
200MBR	TREVOR G. CHARLTON,35	3:10.46
	ROY D. LAMBERT,38	3:16.55
	LAWRENCE L. CARRIKER,37	3:34.21
50MBF	STEPHEN H. WARNER,36	30.93
	DOUGLAS C. PRENTICE,36	31.18
	JIM CAIN,35*	34.38
	BRIAN M. LANGLAIS,39	38.61

100MBF STEPHEN H. WARNER, 36 1:10.85

200MIM TREVOR G. CHARLTON, 35 2:40.97

DOUGLAS C. PRENTICE, 36 2:45.26

LAWRENCE L. CARRIKER, 37 3:44.20

400MIM STEPHEN H. WARNER, 36 5:57.90

## — 40-44 MEN —

50MF ROY L. WATTERS, 41 33.92

100MF ROY L. WATTERS, 41 1:13.42

200MF BRUCE PRATOR, 40 2:38.58

ROY L. WATTERS, 41 2:51.33

400MF BRUCE PRATOR, 40 5:35.02

50MBK ROY L. WATTERS, 41 44.25

100MBK WALT REID, 44\* 1:26.38

ROY L. WATTERS, 41 1:35.00

50MBR WALT REID, 44\* 38.27

BRUCE PRATOR, 40 41.74

100MBR WALT REID, 44\* 1:28.57

BRUCE PRATOR, 40 1:31.62

200MBR WALT REID, 44\* 3:14.49

BRUCE PRATOR, 40 3:19.88

## — 45-49 MEN —

50MF BERT L. PETERSEN, 46 30.71

100MF BERT L. PETERSEN, 46 1:09.17

JIM BIGLER, 49 1:12.88

200MF JIM BIGLER, 49 2:50.46

400MF JIM BIGLER, 49 6:15.85

BERT L. PETERSEN, 46 8:00.58

1500MF BERT L. PETERSEN, 46 22:08.62

THOMAS F. LEVAK, 46 25:20.61

100MBR JIM BIGLER, 49 1:42.43

50MBF JIM BIGLER, 49 39.25

## — 50-54 MEN —

50MF DAVID ADDLEMAN, 50\* 29.99

100MF FRED W. SPRENGER, 54 1:16.00

200MF FRED W. SPRENGER, 54 2:44.27

1500MF FRED W. SPRENGER, 54 23:32.97

50MBK DAVID ADDLEMAN, 50\* 36.58

100MBK DAVID ADDLEMAN, 50\* 1:25.59

FRED W. SPRENGER, 54 1:36.26

50MBF DAVID ADDLEMAN, 50\* 34.16

## — 55-59 MEN —

50MF ERIC G.P. GUEST, 55 33.65

TERRY C. MCCURDY, 55 37.60

JOHN KORUGH, 58\* 38.77

DONALD E. DIMOCK, 55 50.40

100MF ERIC G.P. GUEST, 55 1:14.36

TERRY C. MCCURDY, 55 1:23.36

JOHN KORUGH, 58\* 1:26.42

200MF TERRY C. MCCURDY, 55 3:09.54

400MF DONALD E. DIMOCK, 55 8:40.97

1500MF SAMUEL M. IERULLI, 55 26:20.74

200MBK LEE J. MIESEN, 58 3:41.86

50MBR ERIC G.P. GUEST, 55 45.00

LEE J. MIESEN, 58 46.95

200MBR LEE J. MIESEN, 58 3:57.28

50MBF ERIC G.P. GUEST, 55 38.67

JOHN KORUGH, 58\* 49.98

100MBF JOHN KORUGH, 58\* 2:01.61

200MIM DONALD E. DIMOCK, 55 5:13.26

## — 60-64 MEN —

50MF JAMES L. HOLLAND, 61 35.74

WILLIAM T. CLAYSON, 63 43.67

JOSEPH A. MALLON, 64 49.07

100MF GILBERT N. YOUNG, 63 1:23.67

JAMES L. HOLLAND, 61 1:26.48

WILLIAM T. CLAYSON, 63 1:45.44

JOSEPH A. MALLON, 64 1:47.43

200MF GILBERT N. YOUNG, 63 3:09.36

JOSEPH A. MALLON, 64 4:05.74

400MF KHOSROW SHADBEH, 63 8:13.50

JOSEPH A. MALLON, 64 8:35.24

1500MF GILBERT N. YOUNG, 63 25:41.59

KHOSROW SHADBEH, 63 32:29.01

JOSEPH A. MALLON, 64 34:28.65

50MBK EARL WALTER, 64 41.34

KHOSROW SHADBEH, 63 57.25

100MBK EARL WALTER, 64 1:36.41

GILBERT N. YOUNG, 63 1:44.84

200MBK EARL WALTER, 64 3:30.04

50MBR BOB A. MORRISON, 64 45.63

JAMES L. HOLLAND, 61 49.07

KHOSROW SHADBEH, 63 53.94

100MBR BOB A. MORRISON, 64 1:50.31

KHOSROW SHADBEH, 63 2:00.57

50MBF BOB A. MORRISON, 64 46.35

JAMES L. HOLLAND, 61 48.07

## — 65-69 MEN —

1500MF WARREN T. ELLIOTT, 67 49:21.35

## — 70-74 MEN —

50MF SYD C. HENDY, 72 42.34

50MBK SYD C. HENDY, 72 52.40

100MBK SYD C. HENDY, 72 1:59.25

200MBK SYD C. HENDY, 72 4:17.06

200MBR DONALD W. STEVENSON, 73 4:21.49

## — 75-79 MEN —

200MF HERBERT EISENSCHMIDT, 78 3:45.08

JACK HOEY, 75 4:05.93

400MF JACK HOEY, 75 9:40.61

50MBK HERBERT EISENSCHMIDT, 78 50.08

JACK HOEY, 75 51.43

100MBK HERBERT EISENSCHMIDT, 78 1:51.75

JACK HOEY, 75 1:58.78

200MBK HERBERT EISENSCHMIDT, 78 4:00.31

JACK HOEY, 75 4:20.16

I did the  
1500 in 22:00.  
It was my  
best time.



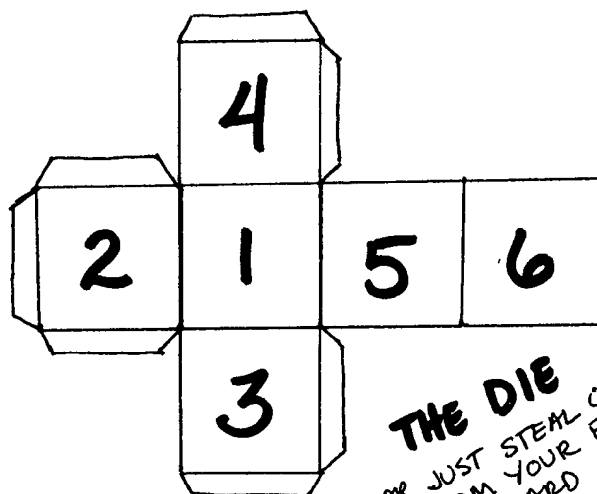
You. I'm happy for  
you. Now, let's go  
grab a pizza.

<b>20-UP 200 M FREE RELAY MEN</b>			
MARK SCHWYHART, 31	B. LANGLAIS, 39	ROY WATERS, 41	B. PRATOR, 40
		ORE	2:06.88
<b>25-UP 200 M FREE RELAY MEN</b>			
DOUG PRENTICE, 36	T. WALTERS, 36	TOM COFFEY, 34	STEVE WARNER, 36
		OW	ORE 1:54.80
<b>25-UP 200 M MED RELAY MEN</b>			
TYLER WALTERS, 36	S. WARNER, 36	TOM COFFEY, 34	DOUG PRENTICE, 36
		OW	ORE 2:13.72
<b>55-UP 200 M MED RELAY MEN</b>			
EARL WALTER, 64	LEE MIESEN, 58	ERIC GUEST, 55	JIM HOLLAND, 61
		ORE	2:37.86
<b>20-UP 200 M FREE RELAY MIXED</b>			
L. BAUMHOFER, 27	A. DEVINE, 23	M. SCHWYHART, 31	C. BURCZAK, 26
		ORE	2:04.11
<b>25-UP 200 M FREE RELAY MIXED</b>			
BRIAN LARCEY, 35	TREVOR CHARLTON, 35	M. MEYERS, 35	M. MCGEORGE, 33
		PIR	ORE 2:22.04
JOHN RIPPEY, 36	MARY BLAKE, 35	MARG. FRIMOTH, 31	BRUCE PRATOR, 40
		NC	ORE 2:25.49
<b>25-UP 200 M MED RELAY MIXED</b>			
BRIAN LARCEY, 35	T. CHARLTON, 35	M. MCGEORGE, 33	SUE BRANAM, 25
		PIR	ORE 2:27.98
DORCAS PHELAN, 28	M. HUNSCHER, 35	M. SCHWYHART, 31	B. LANGLAIS, 39
		FPS	ORE 2:39.20
MARY BLAKE, 35	BRUCE PRATOR, 40	JOHN RIPPEY, 36	MARG. FRIMOTH, 31
		NC	ORE 2:43.77

## THE OFFICIAL OREGON MASTERS GAME!

**OBJECT:** FIRST PERSON TO LAND IN THE FINISH SQUARE WINS!

**RULES:** NOT EVEN AS MANY AS IN SWIMMING COMPETITION.  
JUST ROLL THE DIE AND DO WHAT THE SQUARE SAYS IF YOU LAND ON ONE THAT SAYS SOMETHING. YOU MUST GET AN EXACT ROLL TO BE ABLE TO ENTER THE FINISH SQUARE. AND JUST LIKE REAL COMPETITION, DON'T FALSE START OR D.Q. OR YOU'LL BE OUT.



**THE DIE**  
OR JUST STEAL ONE  
FROM YOUR FAVORITE  
BOARD GAME.

[illegible]

40 000

Out

100

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1650  
advance

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you're out

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1.4. The main business

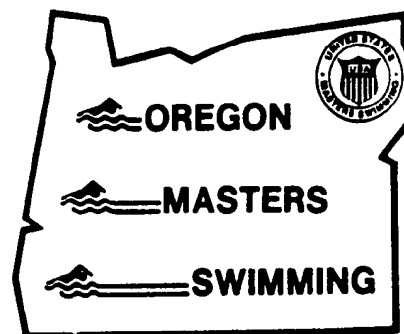
Advances  
in the  
2 spaces

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FINISH



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)644-6284.

### 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

Street Address

City	State	Zip Code

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



MAKE CHECK PAYABLE TO Oregon Masters Swimming

THANK YOU

**1985**

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Date of Birth	Age	Sex

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news fee (\$6)	\$
TOTAL FEE	\$

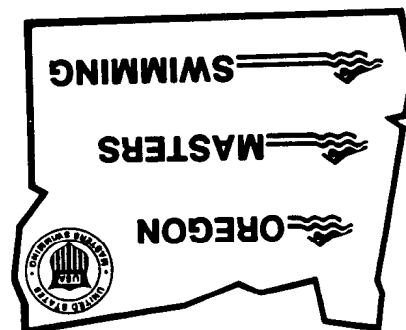
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⇒ **APPLICANT'S SIGNATURE**



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Andree Devine  
7800 SW Sager #23  
Tualatin, OR 97062



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

