



AQUA-MASTER

VOL. 12 No. 12 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE DECEMBER '85

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(503) 292-3379 (Tues - Sat)

To the tune of "The Twelve Days of Christmas"...

A Swimmer's Christmas Carol

On the first day of Christmas, my swim coach gave to me...
a pull buoy and a swim tube

On the second day of Christmas, my swim coach gave to me...
two hand paddles...

On the third day of Christmas, my swim coach gave to me...
three decent swim suits...

On the fourth day of Christmas, my swim coach gave to me...
four kick boards...

On the fifth day of Christmas, my swim coach gave to me...
five thousand yards...

On the sixth day of Christmas, my swim coach gave to me...
six meets to enter...

On the seventh day of Christmas, my swim coach gave to me...
seven award medals...

On the eighth day of Christmas, my swim coach gave to me...
eight sets of repeats...

On the ninth day of Christmas, my swim coach gave to me...
nine to a lane...

On the tenth day of Christmas, my swim coach gave to me...
ten hundreds fly...

On the eleventh day of Christmas, my swim coach gave to me...
eleven books on swimming...

On the twelfth day of Christmas, my swim coach gave to me...
twelve skill drills...

MEET SCHEDULE 1985-1986

SHORT COURSE

DATE =====	HOST =====	FORMAT =====	ENTRY MUST BE POSTMARKED BY =====
Sat, January 11 ** <i>entry enclosed</i>	Bend (25 meter pool)	One day/No distance Order #1	12/31/85
Sat, February 1	Tualatin Hills Rec. Center	Pentathlon	1/21/86
Sat, March 1	Newberg	One day/400 IM/1000 Order #3	2/18/86
Fri, Sat, Sun April 4,5,6	Association Championships Southern Oregon College	Three day format	3/25/86
Fri, Sat, Sun May 2,3,4	Regionals/Oregon-Tualatin Hills Rec. Center	Three day format	4/22/86
Thur, Fri, Sat, Sun May 15,16,17,18	Nationals/Ft. Pierce, Florida	Four day format	

** ALSO ON JAN 11, A MEET IN ISSAQUAH, IF YOU'LL BE IN THAT NEIGHBORHOOD & NOT BEND
ENTRY ENC.

	ORDER #1	ORDER #2	ORDER #3	ORDER #4
	400 IM	400 IM	400 IM	400 IM
<u>Optional</u>	1650 or	1650 or	1650 or	1650 or
<u>Distance</u>	1000 yd Fr	1000 yd Fr	1000 yd Fr	1000 yd Fr
<u>Events</u>	1500 or	1500 or	1500 or	1500 or
	800 m Fr	800 m Fr	800 m Fr	800 m Fr
* 400 Free for long course meet				
Free Relay	500 Free*	Free Relay	500 Free*	Free Relay
50 Free	Free Relay	200 Fly	Free Relay	50 Breast
100 Breast	100 Back	200 Back	50 Breast	200 Free
200 Back	200 Free	50 Breast	100 Fly	50 Back
50 Fly	50 Fly	100 Free	200 Free	100 IM"
200 IM	200 Breast	Mxd Fr Relay	50 Back	Mxd Fr Relay
Mxd Fr Relay	100 IM"	BREAK	100 IM"	BREAK
BREAK	Mxd Fr Relay	200 IM	Mxd Fr Relay	BREAK
100 Free	BREAK	50 Fly	BREAK	100 Breast
200 Breast	200 Back	100 Back	100 Breast	50 Fly
50 Back	50 Free	200 Breast	50 Free	200 Back
100 Fly	100 Fly	50 Free	100 Free	Medley Relay
Medley Relay	50 Breast	Medley Relay	200 Back	BREAK
BREAK	Medley Relay	BREAK	Medley Relay	200 Breast
200 Free	BREAK	100 Fly	BREAK	200 Fly
50 Breast	50 Back	50 Back	50 Free	100 Back
100 Back	100 Free	100 Breast	100 IM"	200 IM
200 Fly	200 Fly	200 Free	Mxd Med Relay	Mxd Med Relay
100 IM"	100 Breast	100 IM"	500 Free*	
Mxd Med Relay	200 IM	Mxd Med Relay		
500 Free*	Mxd Med Relay			

H.O.S.T. (House Our Swimmers Tonight)

Contact the following individuals to arrange for lodging when you are participating in an out-of-town meet:

Oregon Masters - Ginger Pierson: H-(206)254-2536
W-(206)256-6065

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

IEA Masters - Mariah Clarke: H-(509)926-2597

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

↓ IMPORTANT NOTE ↓

REMINDER!! This is the last issue of the Aqua Master for the 1984/85 season. If you have not yet re-registered (a 375 beginning to your OMS number means that as of the end of November, we do not have you as being re-registered), this issue will be the last until you re-register and re-subscribe. There is a registration form on the last page of this issue.

OREGON - USA SWEATS

Sharp looking sweats with embroidered letters are now available for any interested swimmers. The sweats are navy blue with four thin white trim stripes running down the arms and pant legs and with white zippers for the jacket and pockets. The material is 100% brushed polyester and machine washable and dryable. The embroidery is white, machine generated, and looks very nice. Your name (embroidered in script) is available for both the jacket and pants.

Judy McCurdy (who did all of the footwork for these Oregon sweats) has agreed to serve as the order headquarters. Allow three weeks for finishing, and then they will be delivered to the next swim meet. Please do not ask Judy to send them to you.

The OMS board would like to encourage all Oregon swimmers to consider the purchase of these sweats prior to the Nationals at Mt. Hood Community College in August, 1986. We think they will add a "team" look for our Oregon swimmers.

NAME: _____

ADDRESS: _____

PHONE: _____

Make check payable to: Put-On Sports

Send order form
& check to: Judy McCurdy
315 Wapiti Lane, Box 34
Umpqua, OR 97486
459-5022 (evenings)

Name to be embroidered on jacket & pants:
(one name only) PLEASE PRINT



Jacket & Pants \$48.10
(embroidered)

Name Embroidery 2.50
(jacket & pants)

TOTAL \$50.60

SIZE: (Please circle)
Sm Med Lge X-Lge

BETWEEN THE LANE LINES

The deadline for submitting material for the January Aqua-Master, which will go to the printer during the first week of January, will be December 22.

For any out-of-state swims to be considered for Oregon's Top Five, you need to send your times to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034.

Since our State meet is down in Ashland this year, we on the OMS board have decided it might be a good idea to charter a bus from the Portland area to go to Ashland. We know of about 35 people who are interested (these people signed a sheet of paper at the recent Barracuda meet) and we wish to know who else might be interested. Contact Sandi Rousseau or me if you want to register your interest in chartering a bus.

Help us assemble a list of pools in Oregon which have lap swim times available so that people who travel in Oregon won't have to miss their workout. Send this information to Connie Wilson, 8383 SE Battin Rd., #1, Portland, OR 97226; (503)771-1663. The list will be published in a future issue of the Aqua-Master.

I just looked out my window (I have a wonderful view of the Tualatin K-Mart and Fred Meyer stores) and it is snowing. The temperature is 35° according to my outside thermometer. I don't own a barometer so I can't give you that info. That's the weather. Next up...sports.

In sports, Oregon Masters Swimming has continued to enforce the "No False Start" ruling of 1984. Remember, if you are charged with a false start, you will not be allowed to swim in that event, exhibition included.

The famous "blue brochures" about Oregon Masters Swimming are now available. If your group would like to acquire some, contact Barbara Frid (address on front cover).

The Tualatin Hills Swim Club is willing to do a mini instruction session for 5 people or so who are interested in learning how to operate the electronic timing system. No computer background is necessary and perhaps there might be a few swimmer spouses out there who would be interested in learning to use the equipment.

Congratulations to Janet Baumhofer from the MAC club. Janet entered the state of matrimony on November 2nd. Watch for her on heat sheets now as Janet Buskuhl.

Thank you to Dorcas Phelan for helping with the entry of 1986 registrations into the computer. In the words of Pat Caudill, "She was a life saver."



HERE'S YOUR CHANCE TO SET NEW OREGON SHORT COURSE METERS RECORDS

**OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM
SANCTIONED BY USMS, INC AND LMSC 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: Bend Short Course Meters Meet
PLACE: Juniper Aquatic Center, Bend
HOST: Central Oregon Masters Aquatics
JoAn Mann, Meet Director (389-3228)

DATE: January 11, 1986

WARM UP MEET STARTS
8:30 AM 9:30 AM

DIRECTIONS TO POOL:

6th & Hawthorne. From Hwy 97 turn east on Greenwood (Hwy 20). Go 3 blocks to 6th, turn south (left at "pool" sign). Go 1.5 blocks to pool parking lot.

PARTY: Steve & JoAn Mann's - immediately following meet. Food and drink provided for only \$3.00 (include with meet entry fee). Directions at meet.

ENTRY DEADLINE: Postmarked by 12-31-85. No late entries will be accepted.

RETURN THIS LOWER PORTION

IF YOU HAVE REGISTERED WITH OMS FOR 1986

NAME _____ BIRTHDATE _____
1986 USMS # 376 _____ SEX _____ AGE _____

IF YOU HAVE NOT REGISTERED WITH OMS FOR 1986

NAME _____ BIRTHDATE _____
ADDRESS _____ CITY _____ ST _____ ZIP _____
1986 USMS # _____ SEX _____ AGE _____

AGE GROUPS: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. Meet is seeded fastest heats first. REMEMBER THIS IS A SHORT COURSE METERS POOL.

ENTRY TIME

Free Relay	1	XXXXXX
50 Free	2	____:____.____
100 Breast	3	____:____.____
200 Back	4	____:____.____
50 Fly	5	____:____.____
200 IM	6	____:____.____
Mxd Fr Relay	7	XXXXXX
10 MIN BREAK		
100 Free	8	____:____.____
200 Breast	9	____:____.____
50 Back	10	____:____.____

ENTRY TIME

100 Fly	11	____:____.____
Medley Relay	12	XXXXXX
10 MIN BREAK		
200 Free	13	____:____.____
50 Breast	14	____:____.____
100 Back	15	____:____.____
200 Fly	16	____:____.____
100 IM	17	____:____.____
Mxd Md Relay	18	XXXXXX
400 Free	19	____:____.____

Meet Entry Fee = 5.00
____ Party Tickets @ \$3.00 ea = _____
TOTAL FEE(S) = _____

SEND FORM & FEE(S) PAYABLE TO OMS TO:
OMS
18476 TIMBERGROVE COURT
LAKE OSWEGO, OR 97034

STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC for Oregon free and harmless for any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Signature _____ Date _____

November, 1985

Dear LOGs (Local Operating Groups):

With the new OMS and USMS registration year having begun on November 1, 1985, it is time to register each LOG officially with OMS. To refresh you about the criteria to become a LOG, the following was approved at a February 28, 1983, board meeting:

1. A LOG is a collection of association members who swim together and compete as a team at meets.
2. Each LOG must apply annually for approval by the Board of Directors.
3. Criteria for Approval: (a) Members of each LOG shall be identified by name and address, (b) A contact person shall be identified, (c) All members shall be registered with OMS for the current year, and (d) A minimum of six persons shall comprise a LOG.
4. Each LOG gets one vote at each general meeting.

As you may remember from 1983, there was much discussion regarding 3 (c) and (d) when these changes were made. The basic rationale for these points was that it seemed reasonable that all LOG members who have input toward a LOG's vote should be expected to support our organization financially. The minimum number of persons required to comprise a LOG is to help equalize the voting powers. It was felt that there was too much discrepancy for a LOG comprised of 1 or 2 persons to have the same vote as a LOG comprised of 15 to 35 persons.

Attached is a registration form that should be filled out and returned to the OMS secretary. Please attach a list of your LOG members and check to be certain that each member is registered with OMS. Any unregistered persons will not be allowed to swim and consequently will not accumulate points for your LOG in our Association championships. If you have any questions, call me (642-3679) or Brian in the evenings.

Hope to see you all at the meets!

Send the information to: Brian Langlais
10328 SW Siletz
Tualatin, Oregon 97062
Phone: 692-6088

Thank you,

Sandi

Sandi Rousseau, Chairperson

LOG REGISTRATION FORM

=====

LOG NAME _____

NUMBER OF PERSONS IN LOG _____

NUMBER REGISTERED WITH OMS IN 1985 _____

FACILITY PROVIDING POOL TIME FOR MEMBERS _____

CONTACT PERSON FOR LOG: Name _____

Address _____

Phone _____

PLEASE ATTACH A COPY OF ALL MEMBERS AFFILIATED WITH YOUR LOG.

The contact person will be the individual who receives notification of all board meetings. Any other individuals who wish to be notified, please send their name, address, etc. to:

Brian Langlais
10328 SW Siletz
Tualatin, Oregon 97062
Phone: 692-6088

CONTINUE TO...

CONTRIBUTE TO YOUR NEWSLETTER



Mail to Andree Devine, address on the cover

My contribution is short, straight forward + honest! Thanks Andree for doing such an excellent job of putting out the Aqua-Master - it is obvious it takes a lot of time and effort, plus a good sense of humour! I'm certain I'm not the only one who feels you are doing a very special-type job - so thanks Andree - & also to those who help you in any way!

Louise Hepner

Thank you, Louise. If you don't mind me filling in your space, there are a few people who have been tremendously helpful this year and I would like to thank them, too.

Barbara Frid & Frid Family - Thanks for getting the A-M to the printer and back, thanks for helping with the stamps and address labels, and thanks for dinner. What's to eat this issue?

Susan Albright & Mark Becker - Thanks to you two also for getting the A-M to and from the printer when Barbara couldn't do it.

To Christopher & Tara - Thanks for helping with the labels and getting most of them right side up (Readers: Did you ever notice a couple of issues when it looked like a ~~xxx~~ 5 and 6 year old had put on the address labels?)

And thanks to our regular contributors - Earl Walter, Robert Smith, Brian Langlais, and the Fantum, plus all of the people who sent something that they thought would be of interest to the others in the association.

JANUARY BIRTHDAYS

Stanley Benner	1
Walter Hess	1
Mirjana Prather	1
Milton Russell	1
Lavelle Stoinoff	2
Paula Avery	3
Raymond Broderick	3
Susan Isaacs	3
LaVonda Oliver	3
Flo Delaney	4
Robert Kim	4
Robert Cutter	5
Tom Coffey	6
Suzanne Dean	6
Beverly Steidle	6
John Zell	7
Jeanne Kernett	8
Marla McGeorge	8
Hazel Bressie	9
Thomas Taylor	9
Patlyn Knapp	10
Tom Boardman	11
Mary Matson	11
Richard Randol	11
Frank Warner	11
Terry McCurdy	15
Miguel Montero	15
Boo Moore	15
Brett Arvidson	16
Richard Baker	18
Nancy Birch	19
Art Brugger	19
John DeJarnatt	20
Fred Koudele	21
Robert Morgan	22
Chad Rudolph	22
Mary O'Neil	23
Dennis Moore	24
Vicki Moore	25
Tim Rumsey	25
Carla Greenbaum	28
Lucy McIver	28
Robert Osip	28
S. Spence Meigham	30
Robert Moss	30
John Paul Weston	30
Carl Erickson	31
David Frid	31
Michael Unsworth	31

Stupid Swimming Jokes

(a.k.a. an attempt to fill the empty space)

WHY DON'T ELEPHANTS NEED BATHING SUITS?

(Because they already have swim trunks.)

WHAT DID ONE LANE SAY TO THE NEXT?

(You're just giving me the same old line.)

WHY DO SWIMMERS TURN THE RADIO ON AT PRACTICE?

(So they don't have to kick bored.)

WHY DIDN'T THE FARMER TAKE HIS RABBIT TO THE POOL?

(He didn't want to get his hare wet.)

WHY DID THE COACH GO TO THE HARDWARE STORE?

(So he could have drills during practice.)

Have you heard enough?

I thought so.

Happy Holidays!!!

Happy Birthday

A WINNER AGAIN !

For once winning was not a matter of speed or awards. While in the Masters Games in Toronto, Canada, I participated, along with 2000 other athletes from all sports, in fitness testing.

My team, the Barracudas, emphasizes fitness training and occasionally tests us for progress. Because of these tests I knew I was in good shape. As expected, I did well in all phases of the fitness testing in Toronto, however, the degree to which I achieved in the Max VO_2 consumption test exceeded my expectations.

We were told that the Max VO_2 (capacity for heavy prolonged work) test would be the benchmark. For example, in the 17 - 19 year age group a score of 43 ml/kg/min. would be excellent; in the 20 - 29 a score of 41 ml/kg/min. would be tops. In my age group, 30 - 39 (I'm 39), I was told that a score of 38 would be about the highest I could expect. We were all surprised when I scored along with the "kids" with a 42.7.

Accomplishing a lifetime goal of being physically fit REALLY made me feel like a winner.

Ginger Pierson

Analysis of expired air shows that your maximum oxygen consumption was 42.7 ml/kg/min.

To compare yourself with normals in the same age group, please see below:

NORMS BY AGE GROUPS FOR PREDICTED MAXIMAL OXYGEN CONSUMPTION (ml/kg/min)

MALES

Age (yr)	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	≥ 62	≥ 57	≥ 49	≥ 43	≥ 40	≥ 36
Good	55-61	51-56	45-48	40-42	36-39	32-35
Minimum	49-54	45-50	40-44	36-39	32-35	28-31
Below Minimum	43-48	39-44	35-39	32-35	28-31	24-27
Poor	≤ 42	≤ 38	≤ 34	≤ 31	≤ 27	≤ 23

FEMALES

Age (yr.)	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	≥ 43	≥ 41	≥ 38	≥ 35	≥ 32	≥ 28
Good	40-42	38-40	35-37	31-34	27-31	25-27
Minimum	37-39	34-37	31-34	28-30	23-26	21-24
Below Minimum	34-36	31-33	28-30	24-27	18-22	17-20
Poor	≤ 33	≤ 30	≤ 27	≤ 23	≤ 17	≤ 16

Thank you for your co-operation, and we hope you enjoyed the Games. Keep up the good work and stay fit and healthy.

T. Kavanagh, M.D.
Medical Director

Fin Swimming

FIN SWIMMING - A NEW SPORT

Imagine being able to swim as fast as a fish or swimming hard and staying stationary in the rapids of a river or breaking one minute for a hundred yard swim. All these are definite possibilities if you take up a new sport - "Fin Swimming."

What is fin swimming? The World Underwater Federation (CMAS) definition of fin swimming is "progress on the surface solely by the muscle power of athletes wearing fins..." using crawl or butterfly strokes. Mask or goggles, fins and snorkel are allowed. "The use of wet suits, other auxiliary equipment or buoyancy devices is not permitted in the pool competitions." (1)

Competitive swims are sanctioned for both pools and open water. Pool competitions begin on the starting blocks with a racing dive. "Flip" turns are used as the rules state only that the competitors must make physical contact with a part of the body or equipment with the extreme end of the pool. Competitive distances range from 100 to 800 meters. World records have been recorded in pool competitions (the world record for 100 meters as of 1978 was 41.51 seconds). No world records are established for open water competitions where the distances of 300-800 meters (1.86 to 5 miles) for women and 300-2500 (1.86 to 15.5 miles) for men are sanctioned.

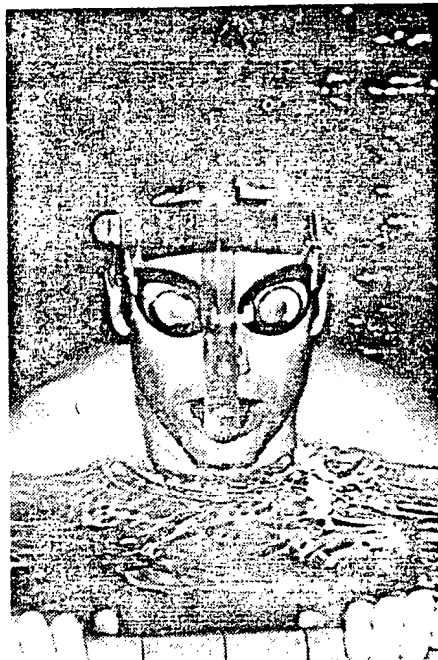
But what does fin swimming offer the average diver? First, it can be an excellent conditioning exercise. A person who fin swims the crawl stroke for 1/2 to one hour three times a week will stay in excellent shape for diving. In addition, the use of fins make the 'perfect' cardiovascular exercise of swimming even better by involving the leg muscles to a higher degree; this also relieves the arm muscles of the heavy load normal swimming requires and can prevent arm muscle strains.

To fin swim comfortably, wear a 'competition' style full foot fin without booties. The long, flexible blades deliver extremely good thrust, are less stressful to the ankle and less fatiguing on long swims. Some swimmers design their own fins. Mono-fins (one fin for both feet) have also been used in

competition. (2)

Masks and snorkels have special requirements. Low volume masks present little resistance to swimming and goggles even less. Large diameter contour snorkels with the curvature set to the rear for streamlining seem best. Cut the snorkel off at the top of the head to reduce dead air space. The front-mounted 'racing' snorkel is used for pool competitions; it can only be cleared during the 'flip' turn.

The most fun in fin swimming is in open water. Each swim is different; fish may be seen; routes can be varied and various sites can be used. The freedom of motion and speed experienced is exhilarating.



There are some safety considerations in fin swimming. Swimmers and boats don't mix. If boaters are a problem in your area, consider forming a club, informing boaters and marking off a measured course. Wear reflective material and use high contrast suits. Pulling a diver's flag isn't practical because of entanglement.

Hypothermia can also be a problem. A 3/16" hooded vest can keep one comfortably fin swimming for one hour in 65 degree water, but beware of excessive exposure. A better solution is a light (1/8") wet suit.

Before swimming in open water,

it is best to condition one's self in the pool. Jane Katz's book, *Swimming for Total Fitness*, is a good guide. In the open water, swim against the current. Then, when tired or if a cramp occurs, simply use the current to get back.

Fin swimming is safer than regular swimming. If a stomach cramp occurs, the fin swimmers mouth doesn't have to kept out of the water. Simply continue snorkel breathing. A wet suit provides positive buoyancy. Even if a leg cramp incapacitates one leg, it's possible to make considerable progress. However, stay on the safe side; swim close to shore and with a buddy.

The potential range of fin swimmers' interest is great. Diving instructors can use fin swimming as a pool activity for increasing the watermanship of students. Since it doesn't depend upon water visibility, it can be an alternate activity for diving trips. In colder areas, clubs could organize year-around competitions; open water in summer and pool in winter. National and international competitions could also be sanctioned.

American rules, based upon the ones used now by CMAS are being written and will be available soon. Changes would incorporate our different pool lengths and some minor wording changes (CMAS rules would be used for all international competitions.) Also under consideration is the inclusion of an age grouping system for American records, and the possibility of maintaining national records for handicapped fin swimmers based upon the type of handicap. Any input from USA clubs, councils an individuals would be appreciated.

One thing is certain. This aspect of aquatics cannot be kept secret in North America much longer!

- 1) International Yearbook of the Underwater World, World Underwater Federation, AQUATICA, 45 rue de Cossonay, CH-1008 Prilly, Lausanne 1978
- 2) Marcante, Duilio, This is Diving, United Nautical Publishers, S.A. Basel, Switzerland 1976, pg 43, 134-6

For more information or input concerning Fin Swimming, contact John Ratliff, PO Box 399, Winchester OR 97495

ENTRY FORM - 25 YARD SHORT COURSE PENTATHLON SWIM MEET

USMS AND PNA SANCTIONED #863601

DATE: Friday, January 10, 1986 WARMUP: 5:00 p.m. MEET: 6:00 p.m.
Saturday, January 11, 1986 WARMUP: 8:00 a.m. MEET: 9:00 a.m.

HOSTED BY: Issaquah Swim Team

PLACE: Julius Boehm Forward Thrust Pool 840 MEET DIRECTORS:

50 SE Clark

Jerry Johnston 392-1650

Issaquah, Wa. 98027 (206)392-1650

Ken White 641-5425

DIRECTIONS: From I 90 East take Exit 17 Front Street. Follow Front Street south through town through two stop lights. At the second light (Sunset Ave.) continue through light and go two blocks further on Front Street to Clark. Pool is on the left.

DEADLINE: ENTRY MUST BE POSTMARKED BY DECEMBER 30, 1985.

Handicap facilities and lockers available. Warmup pool space available during the meet. I.S.T. will host a concession stand during the meet.

NAME _____ M or F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ USMS # _____ TEAM _____ or unattached _____

AGE GROUP: (Circle one) 20-24 25-29 30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Non Pentathlon swimmers may enter individual events. Awards and scoring will be limited to Pentathlon entrants only. Each Pentathlon contestant must enter ALL five free style(A) events; or ALL five mixed (B) events. Meet will be seeded slow heat first; except for the 1650 and 500 frees which will be deck seeded fast heat first. Entrants swimming these events must check in 30 minutes before the meet start time. Circle the events you wish to enter and fill in the best or estimated time. Your age is determined by your age on the last day of the meet.

	EVENTS	BEST TIME
FRIDAY	1A 1650 Free	: .
SATURDAY	1B 100 IM	: .
	2A 200 Free	: .
	2B 50 Free	: .
	3A 50 Free	: .
	3B 50 Fly	: .
	4A 100 Free	: .
	4B 50 Back	: .
	5A 500 Free	: . (1st heat)
	5B 50 Breast	: .
	5A 500 Free	: . (2nd heat)

SCORING: All five event times will be added together for a cumulative total score. Male and female awards given in each age group.

ENTRY FEE: Surcharge per swimmer \$5.00.

Check payable to:

SEND ENTRY, TIME CARDS AND PAYMENT TO:

PNA MASTERS SWIMMING

Issaquah Swim Team

P.O. Box 157

Issaquah, Wa. 98027 POSTMARKED BY DEC. 30, 1985

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older; as of last day of the meet.

NOTE: Age group 20-24 may permanently jeopardize their options to swim USS open by competing at a Masters Meet!

RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, Inc., all local Masters Swimming Committees, Issaquah Swim Team and Julius Boehm Forward Thrust Pool free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

SIGNED _____

NOTE: TIME CARDS MUST ACCOMPANY ENTRY FORMS!

INTERESTED IN TRAVEL INFO -- CONTACT BERT PETERSEN (503)252-6081
2051 NE 137TH
PORTLAND, OR 97230

1st FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS

11-16 JULY 1986 TOKYO JAPAN

EVENTS

Freestyle 50m 100m 200m
400m 800m
Backstroke . . . 50m 100m 200m
Breaststroke . . 50m 100m 200m
Butterfly 50m 100m 200m
Individual Medley 200m
Medley Relay 200m
Freestyle Relay 200m
Mixed Medley Relay 200m
Mixed Freestyle Relay 200m

- 1) A competitor may enter a maximum of 5 events, but not more than 2 events per day (excluding relay events.)
- 2) A club cannot have more than one relay team per event in the same age group.

OUTLINES OF COMPETITION

Eligibility for entry:

- (1) Any swimmer of 25 and over who is a registered member of a national Masters swimming organization which is affiliated with MSI or FINA.
- (2) No qualifying times are fixed for entry.
- (3) A swimmer shall represent his/her team (club) and shall not represent his/her country nor a group of teams (clubs).

Age groups:

(ages on the last day of the Championships: July 16, 1986)

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 and over.

Relays are conducted on the total age of team members. Age groups of relay events are as follows:

119 years and under
120 years and over
160 "
200 "
240 "
280 "

Competition Rule:

FINA Technical Rules modified with MSI Rules shall apply.

YOYOGI NATIONAL STADIUM

Yoyogi National Stadium was the venue for the swimming competitions of the 18th Olympic Games in Tokyo 1964.

● Swimming Pool	
Seating capacity	11,561
Competition pool	50 x 22 m (8 lanes)
Diving pool	22 x 22 m
Warm-up pool	50 x 16 m (6 lanes)

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Details of the Meet and Entry forms will be sent out after October 1st, 1985.

TO JAPAN MASTERS SWIMMING ASSOCIATION

SHOWA BLDG. 3F, 2-7-12 KANDA JINBO-CHO, CHIYODA-KU, TOKYO 101 TEL: 03-262-1932 TLX: J27697 JAAA

Please send me copies of entry form of 1ST FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS.

NAME:

ADDRESS:

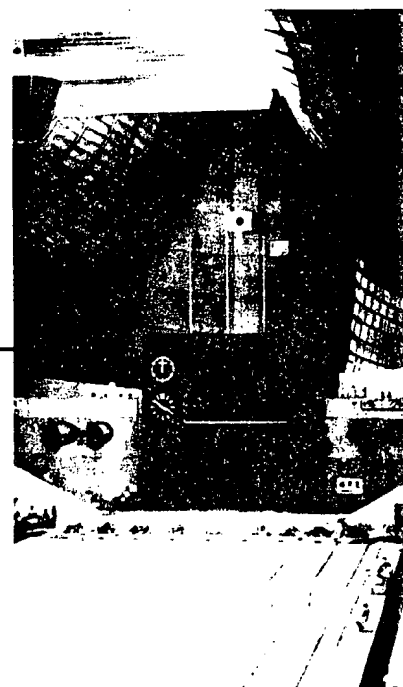
TEL:

CITY:

COUNTRY:

SWIMMING CLUB:

TEL:





M.S.I. NEWS

the official newsletter of M.S.I.

Publicity Officer—

MARGARET G SAMSON
49 NORTH ALTADENA DRIVE
PASADENA CA 91107 USA

CONVENTION - 1985

WHAT IS M.S.I.? - Masters Swimming-International

ARE MASTERS SWIMMERS IN THE U.S.A. PART OF M.S.I.? - Yes, the United States Masters Swimming Inc is affiliated with M.S.I.

WHAT OTHER NATIONS ARE AFFILIATED WITH M.S.I.? - Australia, Canada, Chinese Taipei, Czechoslovakia, Italy, Japan, New Zealand, Switzerland.

NOW THAT M.S.I. HAS AN AGREEMENT WITH FINA, WHAT IS THE ROLE OF M.S.I.? - M.S.I. is recognized by FINA as the only organization outside FINA representing Masters Swimming.

HOW DOES THIS AFFECT COUNTRIES THAT HAVE NOT AFFILIATED WITH M.S.I.? - There are 123 countries affiliated with FINA, and FINA will recommend that M.S.I. be recognized by the Swimming Federation in each country.

WHAT IS FINA? - Federation Internationale de Natation Amateur.

HOW MANY NATIONS PARTICIPATED IN THE MASTERS GAMES IN TORONTO? - 29 countries were listed in the program.

IS MASTERS GAMES PART OF M.S.I.? - No - Masters Games is a private business venture.

HOW IS M.S.I. FINANCED? - By the annual affiliation fee of ONE HUNDRED DOLLARS payable in United States currency by its Members; and by donations comprising the work of volunteers and office materials.

ARE THE DIRECTORS OF M.S.I. PAID? - No

DO THEY RECEIVE AN EXPENSE ALLOWANCE? - No

COULD MASTERS HAVE HAD WORLD CHAMPIONSHIPS WITHOUT M.S.I.? - No

WHY NOT? - M.S.I. provided the Constitution and By-Laws, and Championship Meet Procedures necessary for a World governing body; and organization capable of holding International M.S.I. Championships - New Zealand in 1984, where there were over 1100 competitors.

WILL FINA BE THE FUTURE SPONSOR OF WORLD CHAMPIONSHIPS? - No

HOW DOES A COUNTRY HAVE WORLD CHAMPIONSHIPS? - By making a bid to FINA. In 1986 and following years, FINA NEWS will carry an announcement calling for bids for World Masters Swimming Championships.

A subscription to M.S.I. NEWS will bring you up-to-date information on International matters, an International Calendar comprising meets worldwide and contact persons names and addresses, Global Postal Events, World Records for 50 meter and 25 meter pools, and M.S.I. Top Ten Times.

The subscription rate is \$4.50 per year for 4 issues.

To receive a COMPLIMENTARY COPY, please complete the lower portion and mail to: Margaret Samson, 49 North Altadena Drive, Pasadena, CA, 91107.

Your name _____

Your address _____

OL' BARN's ruminations.....

The Tualatin Hills meet, or better known as Darlene's Hot Tub, was a great success, but....

Let us give credit where credit is due.....

Our heartfelt thanks to the bunch from Tualatin Hills Dive Club, they did a bang up job, on timing and what all,

"Meat" Director (I knew he had great buns) Art Smith

Announcer "I love this talk,talk and talk" Roy Watters

Head Timer - Mary Ellen Hunsicker

Data Manager - Robert Smith, Results - Nancy Dobbs

Electronic Timing : Steve Brenner, Mark Hokkanen, and Tom Himstreet

Referee : Bernd Gerkens Starter/Stroke & Turn Judges ;
Bernie Hayden, Mike Graves, Pam Himstreet

National Record ???

what this should be really

known as , is the return of Louise Hepner to competitive masters swimming.....

50 yard Free ; New Assn Record - :34.17	4th Top Ten
200 yard Free ; Regional Record - 2:43.89	2nd Top Ten
500 yard Free ; Regional Record - 7:12.76	NATIONAL RECORD !!!!
200 yard Brst ; Regional Record - 3:25.79	# 1
100 yard I.M. ; Regional Record - 1:32.71	7th Top Ten

Ol' Barn don't know about the rest of you, BUT, that is some swimming for anyone, and this is only November folks, THIS WILL BE LOUISE's YEAR !!!!!

We have a new face in the 20-24 group for gals, Melody McMasters, great swims !!
SUSAN BRAUN really did a fine job in the 25-29 area, in the 50,100 and 200 free she came so close to the records, BUT...in the 500 she turned a 5:56.71, and in the 50 Fly, a great :29.34, the old record, circa 4/79 was 29.41.

LAURA BAUMHOFER, new records for the 200 I.M. at 2:30.63, and the 400 I.M. at 5:14.99, the 400 record goes back to 4/78.

Also in the 25-29 we want to welcome Virginia Ross, glad to have you with us.

Kathleen Buck came so close, 200 free (35-39) a 2:20.89 vs 2:19.65

We want to welcome also Linda Cazin and Cheryll Mayer, Great Swims !!!

Linda Hope got talked into the water, and look at those times, Excellent Job !!

Another Linda, Linda Jones, back in the water, so good to see you

We all missed Judy and Terry McCurdy, Terry tells me they won't miss many

Ol' Barn kids some of you about sand baggin', well Vivian Starbuck and Beverly Underwood bettered ALL of their entry times, now that's the way !!!!

In the 55-59 arena we saw some fine swimming by Kathleen Hughes

HAZEL BRESSIE ... a new Regional record for the 100 Back at 2:47.02 (vs 2:50.15)

In the Men's 20-24 corral we have a new swimmer, welcome...Leon Wolf

Some more new faces ; Andy Schrag and Michael Johnson , both 25-29

Welcome home to Steve Hamilton, he shows 34, should be 35 at Nationals !!!!

Also look who is back Howard Ronkin, the Salem Kid

Mark Worden and Roy Abramowitz had themselves a great race at 200 free, 1:53.28 for Roy, with Mark at 1:53.52

ol' barn...ruminates on and on....

A BIG hi to Jim Cutting, and to Phil Miller, some fine breaststroking

Look at Roy A. , with a close one in the 100 fly... 55.01 vs 54.87

ROY ABRAMOWITZ...new Regional Record at 200 Fly, 2:00.66 against 2:00.69

Brian Langlais got himself tangled up in 2 great races, the 200 free with Roy Lambert, and the 200 Back with Doug Hunsicker

Then how about Doug H. in the 400 IM a PR at 5:13.66

ROBERT SMITH swam to a new regional record for the 200 back : 2:31.20

Another new swimmer John Murnen, great to see you on deck

BERT PETERSEN came through with an association record in the 50 breast, a 33.54 against 33.63, then barely missed the 200 free record at 2:13.75(2:13.00)

Frank Newquist is swimming very well for early season

David Addleman, from PNA, just gets better, a new Regional Record for the 50 fly at 28.68 against 29.31, also so close in the 50 free 25.68/25.64 and the 50 back 31.50/31.30

Now fellow swimmers, we have two new 55-59 age groupers, these guys are real comers :

Floyd Eliot, a fine fine backstroker, first Masters meet after 45 years, 50, 100 and 200 back - 33.86, 1:15.93, & 2:52.66

Mickey Marks, a fine fine breaststroker, 50, 100 and 200 - 36.46, 1:21.41 & 3:08.35. Mickey was a TOP TENNER in Connecticut.

both are from Connecticut, our gain and TOC's loss !!!!! Love It !!!!!

Tom Boardman just keeps coming on strong, way to go Tom, great swims

GILBERT YOUNG, gil for short, new Association record for 500 yards, 7:20.25 vs the old of 7:24.27

ROBERT "bob" MORRISON, young kid, he turns 65 on May 19th, OB on May 18th, anyhoo, Bob turned in a 50 Breast in 37.15 which did away with one of those ties in the record books (Walter/Frederick) at 37.70. REGIONAL !!!!!

Forbes Mack looks good early on in the season, says he is going to quit playing around with the IM ... Art Hanlon had some great swims !!!!!

Don Stevenson, another great looker early on with 200 brst at 3:35.62/3:33.09 and with that folks, it's on to the ANIMAL MEET at Mt Hood Community College.

PROGRAM ADVERTISING SELLING ;

as announced we now have plenty of contracts for all of you sales people out there, let Ol' Barn know how many you want and he will fire same off to you.. these will also be mailed to every active OMS'r within the next couple of weeks, don't forget the labels Pat...

District Sales Managers : Judy and Terry McCurdy, Umpqua, etc.

Nashberg?

Eric Guest, Mt Hood Masters

Send?

Vancouver? - etc.??? Mike Popovich , "high roller" MHCC

what we are doing is selling advertising in the programs that will be used at Long Course Nationals, you get 15 % commission on every ad you sell and is paid for ; Full Page - \$ 200.00, 1/2 Page - \$ 100.00, 1/4 Page - \$ 50.00 and 1/8 Page - \$ 25.00.

CALL EARL WALTER for further information :
Day - 654 3141
Eve - 292 1611

we are now 9 months away for N-Day, and counting....

GET TO YOUR SWIMMING....and....GET TO YOUR SELLING.....OKAY !!!!!!!

---- 20-24 WOMEN --

50YF MELODY MCMASTER,22 28.42
 100YF MELODY MCMASTER,22 1:04.61
 200YF ANDREE-MARIE DEVINE,24 2:16.73
 200YBK ANDREE-MARIE DEVINE,24 2:43.43
 50YBR MELODY MCMASTER,22 37.53
 ANDREE-MARIE DEVINE,24 38.59
 100YBR MELODY MCMASTER,22 1:22.98
 50YBF MELODY MCMASTER,22 35.48
 200YBF ANDREE-MARIE DEVINE,24 2:41.93

---- 25-29 WOMEN --

50YF SUSAN D. BRAUN,27 26.27
 VICKI L. GORDON,29 28.49
 JOAN N. CAMERON,25 29.96
 100YF SUSAN D. BRAUN,27 58.55
 JOAN N. CAMERON,25 1:05.91
 JANET L. CUNNINGHAM,27 1:08.17
 DORCAS L. PHELAN,29 1:11.82
 200YF SUSAN D. BRAUN,27 2:09.87
 KIKO D. KIMURA,29* 2:15.47
 JANET L. CUNNINGHAM,27 2:22.11
 VICKI L. GORDON,29 2:24.69
 JOAN N. CAMERON,25 2:25.93
 500YF SUSAN D. BRAUN,27 5:56.71 0
 OLD=MOREY,MARCIA 01/18/81 5:57.30
 JOAN N. CAMERON,25 6:47.08
 VIRGINIA L. ROSS,26 6:54.35
 100YBK VIRGINIA L. ROSS,26 1:25.16
 200YBK KIKO D. KIMURA,29* 2:35.38
 50YBR DORCAS L. PHELAN,29 39.37
 50YBF SUSAN D. BRAUN,27 29.34 0
 OLD=WITTLIFF,CHRISTY 04/08/79 :29.41
 VICKI L. GORDON,29 32.38
 DORCAS L. PHELAN,29 35.86
 VIRGINIA L. ROSS,26 36.40
 100YBF LAURA A. BAUMHOFFER,27 1:07.12
 JANET L. CUNNINGHAM,27 1:19.36
 100YIM LAURA A. BAUMHOFFER,27 1:11.26
 VICKI L. GORDON,29 1:16.51
 DORCAS L. PHELAN,29 1:17.98
 JANET L. CUNNINGHAM,27 1:18.77
 VIRGINIA L. ROSS,26 1:21.91
 200YIM LAURA A. BAUMHOFFER,27 2:30.63 0
 OLD=BAUMHOFFER,LAURA A. 03/31/85 2:32.06
 KIKO D. KIMURA,29* 2:34.89
 400YIM LAURA A. BAUMHOFFER,27 5:14.99 0
 OLD=WITTLIFF,CHRISTY 04/29/78 5:22.50
 KIKO D. KIMURA,29* 5:24.96

---- 30-34 WOMEN --

50YF NANCY L. MCKENZIE,34 29.18
 NANCY J. MILNER,34 32.08
 KARIN A. CLANCEY,31 32.40
 JEAN L. MCFARLANE,32 32.58
 100YF NANCY L. MCKENZIE,34 1:03.93
 SUSAN A. ALBRIGHT,30 1:07.67
 NANCY J. MILNER,34 1:11.86
 KARIN A. CLANCEY,31 1:12.34
 JEAN L. MCFARLANE,32 1:16.25
 MARLA J. MCGEORGE,33 1:18.88

500YF RUTH A. MORELAND,33 6:25.29
 SUSAN A. ALBRIGHT,30 6:38.50
 NANCY J. MILNER,34 6:51.81
 50YBR SUSAN A. ALBRIGHT,30 38.84
 NANCY L. MCKENZIE,34 39.27
 JEAN L. MCFARLANE,32 40.02
 100YBR SUSAN A. ALBRIGHT,30 1:23.81
 JEAN L. MCFARLANE,32 1:31.03
 200YBR SUSAN A. ALBRIGHT,30 3:01.24
 50YBF RUTH A. MORELAND,33 32.22
 NANCY L. MCKENZIE,34 33.98
 MARLA J. MCGEORGE,33 39.75
 JEAN L. MCFARLANE,32 41.04
 100YIM RUTH A. MORELAND,33 1:13.93
 NANCY J. MILNER,34 1:21.87
 KARIN A. CLANCEY,31 1:24.36
 MARLA J. MCGEORGE,33 1:28.69

---- 35-39 WOMEN --

50YF CHERYLL A. MAYER,36 34.75
 100YF KATHLEEN P. BUCK,35 1:04.36
 SANDI ROUSSEAU,38 1:04.39
 MONIKA HUNSCHER,37 1:12.29
 GINGER L. PIERSON,39 1:15.10
 CHERYLL A. MAYER,36 1:24.69
 200YF KATHLEEN P. BUCK,35 2:20.89
 MONIKA HUNSCHER,37 2:37.63
 500YF KATHLEEN P. BUCK,35 6:21.76
 DARLENE POHL,35 6:24.57
 50YBK SUSAN J. CASE,36 35.76
 100YBK SUSAN J. CASE,36 1:16.96
 LINDA CAZIN,39* 1:37.85
 200YBK GINGER L. PIERSON,39 2:46.95
 SUSAN J. CASE,36 2:50.94
 50YBR SUSAN J. CASE,36 38.61
 KATHLEEN P. BUCK,35 38.73
 CHERYLL A. MAYER,36 44.91
 100YBR SANDI ROUSSEAU,38 1:28.21
 CHERYLL A. MAYER,36 1:45.98
 200YBR GINGER L. PIERSON,39 2:42.60
 SUSAN J. CASE,36 3:01.80
 LINDA CAZIN,39* 3:20.85
 50YBF SANDI ROUSSEAU,38 30.61
 LINDA CAZIN,39* 39.79
 100YBF SANDI ROUSSEAU,38 1:12.55
 DARLENE POHL,35 1:15.69
 200YBF DARLENE POHL,35 2:52.09
 100YIM KATHLEEN P. BUCK,35 1:18.88
 MONIKA HUNSCHER,37 1:23.70
 CHERYLL A. MAYER,36 1:29.02
 LINDA CAZIN,39* 1:32.88
 200YIM GINGER L. PIERSON,39 2:38.93
 400YIM GINGER L. PIERSON,39 5:44.42
 DARLENE POHL,35 5:49.70
 LINDA CAZIN,39* 7:12.62

---- 40-44 WOMEN --

50YF LINDA G. HOPE,43 41.35
 100YF PAMELA HIMSTREET,42 1:15.68
 200YF LINDA G. HOPE,43 3:20.02
 500YF LINDA L. JONES,43 7:50.19

50YBK BARBARA FRID,43 35.01
 100YBK BARBARA FRID,43 1:16.25
 200YBK BARBARA FRID,43 2:48.28
 LINDA L. JONES,43 3:15.34
 100YBR BARBARA FRID,43 1:24.49
 50YBF BARBARA FRID,43 31.97
 PAMELA HIMSTREET,42 39.76
 100YIM PAMELA HIMSTREET,42 1:26.80
 200YIM PAMELA HIMSTREET,42 3:09.90

---- 45-49 WOMEN --

50YF JOAN MARIE WHISMAN,49 32.19
 100YF JOAN MARIE WHISMAN,49 1:15.54
 CAROLYN A. FORBES,45 1:26.59
 200YF CAROLYN A. FORBES,45 3:07.97
 500YF CAROLYN A. FORBES,45 8:16.06
 50YBR JOAN MARIE WHISMAN,49 44.25
 50YBF JOAN MARIE WHISMAN,49 36.88

---- 50-54 WOMEN --

50YF VIVIAN J STARBUCK,50 41.35
 BEVERLY UNDERWOOD,51 56.73
 100YF LAVELLE M. STOINOFF,52 1:09.52
 BEVERLY UNDERWOOD,51 2:13.34
 500YF LAVELLE M. STOINOFF,52 6:24.93
 VIVIAN J STARBUCK,50 9:06.51
 50YBK VIVIAN J STARBUCK,50 55.44
 BEVERLY UNDERWOOD,51 1:01.78
 50YBR BEVERLY UNDERWOOD,51 1:04.15
 100YBR BEVERLY UNDERWOOD,51 2:23.59
 200YBR LAVELLE M. STOINOFF,52 3:20.15
 50YBF VIVIAN J STARBUCK,50 51.38
 100YIM VIVIAN J STARBUCK,50 1:53.04
 200YIM LAVELLE M. STOINOFF,52 3:03.19

---- 55-59 WOMEN --

50YF KATHLEEN A. HUGHES,58 43.24
 100YF KATHLEEN A. HUGHES,58 1:45.67
 200YF KATHLEEN A. HUGHES,58 3:46.57

---- 60-64 WOMEN --

50YF LOUISE A. HEPNER,60 34.17 0
 OLD=AMOTT,ROBERTA 12/05/82 :43.86
 200YF LOUISE A. HEPNER,60 2:43.89 0
 OLD=AMOTT,ROBERTA 04/01/84 4:08.67
 500YF LOUISE A. HEPNER,60 7:12.76 0
 OLD=COOMBS,ELVA 04/01/78 11:03.30
 100YBK ELFIE J. STEVENIN,64 2:29.41
 100YBR ELFIE J. STEVENIN,64 3:14.32
 200YBR LOUISE A. HEPNER,60 3:25.79 0
 OLD=COOMBS,ELVA 04/01/78 4:42.81
 50YBF ELFIE J. STEVENIN,64 1:26.57
 100YBF ELFIE J. STEVENIN,64 3:16.24
 100YIM LOUISE A. HEPNER,60 1:32.71 0
 OLD=AMOTT,ROBERTA 12/03/83 2:09.09
 200YIM ELFIE J. STEVENIN,64 6:03.68

---- 65-69 WOMEN --

50YF JUDY M. MELCHER,65 1:04.63
 50YBK JUDY M. MELCHER,65 1:20.89

---- 75-79 WOMEN --

500YF HAZEL B. BRESSIE,76 15:05.81
 100YBK HAZEL B. BRESSIE,76 2:47.02 0
 OLD=BRESSIE,HAZEL B. 04/28/85 2:50.15

200YBR HAZEL B. BRESSIE,76	7:18.64	500YF MARK B. SCHWYHART,32	5:52.36	200YIM BRIAN M. LANGLAIS,39	2:53.43
200YIM HAZEL B. BRESSIE,76	7:18.57	MARK L. BECKER,31	5:59.17	400YIM DOUGLAS D. HUNSICKER,37	5:13.66
---- 20-24 MEN	--	ROBERT G. KAIRES,31	6:01.28	---- 40-44 MEN	--
50YF LEON WOLF,23	28.10	BRUCE W. CHENEY,34	6:05.66	50YF ROBERT B. MOSS,40	28.17
IAN PAUL KENNEDY,21	28.77	JAMES M. ELLIOT,33	6:26.45	JOHN MURNEN,40	28.18
100YF LEON WOLF,23	1:01.89	JIM CUTTING,30	6:38.08	100YF ROBERT S. SMITH,42	53.66
IAN PAUL KENNEDY,21	1:07.83	CHARLES L. KRALOVEC,33	8:02.80	JOHN MURNEN,40	1:13.15
500YF LEON WOLF,23	6:39.77	100YBK JAMES M. ELLIOT,33	1:15.96	100YBK ROBERT S. SMITH,42	1:02.58
50YBR IAN PAUL KENNEDY,21	36.23	200YBK MARK B. SCHWYHART,32	2:26.23	ROBERT B. MOSS,40	1:11.82
100YBR IAN PAUL KENNEDY,21	1:21.20	JAMES M. ELLIOT,33	2:41.51	200YBK ROBERT S. SMITH,42	2:31.20 O
---- 25-29 MEN	--	50YBR HOWARD RONKIN,30	30.70	OLD=SMITH,ROBERT S. 01/05/85	2:31.48
50YF ANDY SCHRAG,28	24.56	PHILIP D. MILLER,32	33.47	ROBERT B. MOSS,40	2:32.78
MICHAEL E. JOHNSON,25	25.17	JIM CUTTING,30	36.56	50YBR JOHN MURNEN,40	35.79
MICHAEL J. BAIRD,29	28.49	100YBR PHILIP D. MILLER,32	1:12.28	D.WAYNE BAKER,42	37.61
RICHARD P. RIESS,27	34.25	ROBERT G. KAIRES,31	1:16.05	100YBR JOHN MURNEN,40	1:26.26
100YF STEVE HAMILTON,29	51.85	JIM CUTTING,30	1:20.05	D.WAYNE BAKER,42	1:26.68
MICHAEL E. JOHNSON,25	58.54	200YBR PHILIP D. MILLER,32	2:42.03	200YBR D.WAYNE BAKER,42	3:24.25
MICHAEL J. BAIRD,29	1:01.75	ROBERT G. KAIRES,31	2:45.79	100YIM ROBERT B. MOSS,40	1:10.70
RICHARD P. RIESS,27	1:24.82	JIM CUTTING,30	2:59.70	200YIM JOHN MURNEN,40	2:55.92
200YF STEVE HAMILTON,29	1:53.98	50YBF STEPHEN L. ALBRIGHT,33	30.88	---- 45-49 MEN	--
RICHARD P. RIESS,27	3:03.17	100YBF ROY ABRAMOWITZ,31	55.01	200YF BERT L. PETERSEN,46	2:13.75
500YF STEVE HAMILTON,29	5:30.22	MARK L. BECKER,31	1:02.36	FRANK NEWQUIST,47†	2:21.08
MICHAEL J. BAIRD,29	6:27.43	MARK B. SCHWYHART,32	1:04.86	500YF FRANK NEWQUIST,47†	6:17.81
50YBK ANDY SCHRAG,28	29.97	BRUCE W. CHENEY,34	1:13.19	50YBR BERT L. PETERSEN,46	33.54 O
200YBK STEVE HAMILTON,29	2:18.28	200YBF ROY ABRAMOWITZ,31	2:00.66 O	OLD=VAN ROSSEN,DON 04/08/79	:33.63
50YBR MICHAEL E. JOHNSON,25	33.16	OLD=ABRAMOWITZ,ROY 02/02/85	2:00.69	200YBR FRANK NEWQUIST,47†	3:18.51
200YBR CHARLES VANROSSEN,29	2:40.01	100YIM HOWARD RONKIN,30	1:02.73	50YBF FRANK NEWQUIST,47†	32.31
50YBF MICHAEL J. BAIRD,29	33.30	BRUCE W. CHENEY,34	1:07.89	100YIM FRANK NEWQUIST,47†	1:19.28
100YBF CHARLES VANROSSEN,29	1:01.49	STEPHEN L. ALBRIGHT,33	1:08.58	200YIM BERT L. PETERSEN,46	2:35.53
100YIM ANDY SCHRAG,28	1:02.40	JAMES M. ELLIOT,33	1:13.72	---- 50-54 MEN	--
MICHAEL E. JOHNSON,25	1:04.55	200YIM MARK F. WORDEN,33	2:11.40	50YF DAVID R. ADDLEMAN,50†	25.68
200YIM STEVE HAMILTON,29	2:16.97	HOWARD RONKIN,30	2:29.53	JIM BIGLER,50	28.86
400YIM CHARLES VANROSSEN,29	5:08.31	BRUCE W. CHENEY,34	2:34.97	JOE L. GAMBLIN,50	31.37
---- 30-34 MEN	--	JAMES M. ELLIOT,33	2:42.37	ABRAHAM B. STANTON,51	40.30
50YF STEPHEN L. ALBRIGHT,33	26.29	400YIM MARK F. WORDEN,33	4:40.88	100YF JIM BIGLER,50	1:04.13
PHILIP D. MILLER,32	26.34	---- 35-39 MEN	--	ABRAHAM B. STANTON,51	1:29.25
JIM ROBBINS,34	26.56	50YF DOUGLAS C. PRENTICE,37	24.43	PHIL F. ROOD,51	2:01.68
CHARLES L. KRALOVEC,33	36.37	JOHN D. DEJARNATT,35	26.17	200YF JIM BIGLER,50	2:22.13
100YF MARK F. WORDEN,33	51.54	ROY D. LAMBERT,38	27.69	ABRAHAM B. STANTON,51	3:25.21
MARK B. SCHWYHART,32	54.74	100YF ROBERT A. MAESTRE,35	53.66	PHIL F. ROOD,51	4:19.00
STEPHEN L. ALBRIGHT,33	57.36	DOUGLAS C. PRENTICE,37	55.01	500YF ABRAHAM B. STANTON,51	9:14.24
BRUCE W. CHENEY,34	57.90	DOUGLAS D. HUNSICKER,37	59.25	50YBK DAVID R. ADDLEMAN,50†	31.50
HOWARD RONKIN,30	58.17	BRIAN M. LANGLAIS,39	1:01.19	50YBR DAVID R. ADDLEMAN,50†	36.19
JIM ROBBINS,34	1:00.43	ROY D. LAMBERT,38	1:01.35	JOE L. GAMBLIN,50	41.84
ROBERT G. KAIRES,31	1:00.58	NICOLAI SHUR,38	1:26.41	ABRAHAM B. STANTON,51	57.18
CHARLES L. KRALOVEC,33	1:19.52	200YF ROY D. LAMBERT,38	2:18.11	100YBR JOE L. GAMBLIN,50	1:33.38
200YF ROY ABRAMOWITZ,31	1:53.28	BRIAN M. LANGLAIS,39	2:18.67	50YBF DAVID R. ADDLEMAN,50†	28.68
MARK F. WORDEN,33	1:53.52	500YF ROBERT A. MAESTRE,35	5:45.36	JOE L. GAMBLIN,50	36.18
MARK B. SCHWYHART,32	2:06.43	JOHN D. DEJARNATT,35	6:18.06	100YIM JIM BIGLER,50	1:17.60
MARK L. BECKER,31	2:11.00	50YBK NICOLAI SHUR,38	44.58	200YIM JIM BIGLER,50	3:01.71
STEPHEN L. ALBRIGHT,33	2:11.47	100YBK BRIAN M. LANGLAIS,39	1:16.54	---- 55-59 MEN	--
ROBERT G. KAIRES,31	2:14.32	200YBK DOUGLAS D. HUNSICKER,37	2:40.07	50YF ERIC G.P. GUEST,56	28.52
JIM ROBBINS,34	2:20.14	BRIAN M. LANGLAIS,39	2:41.01	MILTON R. MARKS,55	29.23
CHARLES L. KRALOVEC,33	2:58.20	50YBR ROY D. LAMBERT,38	36.31	SAMUEL M. IERULLI,56	34.75
		100YBR ROY D. LAMBERT,38	1:17.14	100YF ERIC G.P. GUEST,56	1:05.45
		50YBF DOUGLAS C. PRENTICE,37	27.32	500YF SAMUEL M. IERULLI,56	7:08.68
		DOUGLAS D. HUNSICKER,37	28.75	50YBK AGLIETTE F. ELIOTT,58	33.86
		JOHN D. DEJARNATT,35	29.02	TOM B. BOARDMAN,58	41.64
		100YIM DOUGLAS C. PRENTICE,37	1:04.24		

100YBK AGLIETTE F. ELIOTT,58	1:15.93	500YF GILBERT N. YOUNG,63	7:20.25 0	100YF FORBES J. MACK,67	1:19.78
SAMUEL M. IERULLI,56	1:49.26	OLD=YOUNG,61L	07/01/84 7:24.27	500YF WARREN T. ELLIOTT,67	13:08.41
200YBK AGLIETTE F. ELIOTT,58	2:52.66	KHOSROW SHADBEH,64	9:14.84	50YBR FORBES J. MACK,67	41.27
TOM B. BOARDMAN,58	3:29.12	JOSEPH A. MALLON,64	9:24.95	ARTHUR THOMAS HANLON,68	58.38
50YBR MILTON R. MARKS,55	36.46	DAVID BERNSTEIN,63	9:54.36	100YBR FORBES J. MACK,67	1:39.72
ERIC G.P. GUEST,56	38.09	50YBK GILBERT N. YOUNG,63	39.62	50YBF ARTHUR THOMAS HANLON,68	1:05.37
100YBR MILTON R. MARKS,55	1:21.41	KHOSROW SHADBEH,64	49.79	100YIM FORBES J. MACK,67	1:29.69
SAMUEL M. IERULLI,56	1:44.27	DAVID BERNSTEIN,63	50.05	400YIM ARTHUR THOMAS HANLON,68	10:00.39
200YBR MILTON R. MARKS,55	3:08.35	100YBK EARL WALTER,64	1:20.53	---- 70-74 MEN	--
50YBF ERIC G.P. GUEST,56	32.84	200YBK DAVID BERNSTEIN,63	3:57.82	100YBK DONALD W. STEVENSON,73	1:37.41
TOM B. BOARDMAN,58	43.15	50YBR BOB A. MORRISON,64	37.15 0	200YBK DONALD W. STEVENSON,73	3:27.19
100YIM SAMUEL M. IERULLI,56	1:37.39	OLD=WALTER,EARL	12/06/81 :37.70	200YBR DONALD W. STEVENSON,73	3:35.62
200YIM TOM B. BOARDMAN,58	3:29.24	KHOSROW SHADBEH,64	47.70	200YIM DONALD W. STEVENSON,73	3:35.80
400YIM TOM B. BOARDMAN,58	7:25.37	DAVID BERNSTEIN,63	57.47	400YIM DONALD W. STEVENSON,73	7:45.45
---- 60-64 MEN	--	100YBR BOB A. MORRISON,64	1:29.69	---- 75-79 MEN	--
50YF GILBERT N. YOUNG,63	31.53	KHOSROW SHADBEH,64	1:44.63	50YF HERBERT EISENSCHMIDT,78	39.00
WILLIAM T. CLAYSON,64	41.87	50YBF BOB A. MORRISON,64	37.48	100YF HERBERT EISENSCHMIDT,78	1:30.09
JOSEPH A. MALLON,64	46.03	100YBF EARL WALTER,64	1:32.82	50YBK HERBERT EISENSCHMIDT,78	44.56
100YF WILLIAM T. CLAYSON,64	1:29.21	200YBF EARL WALTER,64	3:31.43	JACK HOEY,76	46.20
JOSEPH A. MALLON,64	1:35.20	400YIM EARL WALTER,64	7:05.58	100YBK HERBERT EISENSCHMIDT,78	1:39.60
200YF JOSEPH A. MALLON,64	3:29.25	---- 65-69 MEN	--	JACK HOEY,76	1:44.79
		50YF FORBES J. MACK,67	31.75	200YBK HERBERT EISENSCHMIDT,78	3:31.78
		ARTHUR THOMAS HANLON,68	49.66	JACK HOEY,76	3:57.32

20-UP 200 Y FREE RELAY MEN
 RICH RIESS,27 IAN KENNEDY,21 JIM CUTTING,30 JOHN DEJARNATT,35
 20-UP 200 Y MED RELAY MEN
 RICH RIESS,27 JIM CUTTING,30 BRIAN LANGLOIS,39 IAN KENNEDY,21
 25-UP 200 Y FREE RELAY MEN
 ROBERT MAESTRE,35 ANDY SCHRAG,28 ROBERT MOSS,40 HOWARD RONKIN,30
 25-UP 200 Y MED RELAY MEN
 PHIL MILLER,32 D.WAYNE BAKER,42 HOWARD RONKIN,30 JOHN DEJARNATT,35
 20-UP 200 Y FREE RELAY MIXED
 JEAN MCFARLANE,32 IAN KENNEDY,21 SUZIE BRAUN,27 HOWARD RONKIN,30
 20-UP 200 Y MED RELAY MIXED
 BRUCE CHENEY,34 JIM ELLIOTT,33 MELODY MCMASTER,22 KATHLEEN BUCK,35
 25-UP 200 Y MED RELAY MIXED
 PHIL MILLER,32 HOWARD RONKIN,32 SUZI BRAUN,27 JEAN MCFARLANE,32
 ROBERT MOSS,40 NANCY MCKENZIE,34 JANET CUNNINGHAM,27 BOB MAESTRE,35

WHOM ORE 1:56.42
 WHOM ORE 2:25.82
 VOT ORE 1:36.86
 WHOM ORE 2:08.21
 WHOM ORE 1:50.89
 CHEN ORE 2:11.87
 WHOM OREG 2:06.07
 VOT OREG 2:12.44

EXCLUDING RELAYS:

111 ENTRANTS, 377 SPLASHES, 90 NOSPLASHES



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#2 Swimming for Health and Fitness	Examines the basic components of physical fitness and how exercise can affect your life	Dec '84	15 ¢		
#3 Training Considerations for the Female Athlete	Reviews physiological differences between females and males and discusses training program differences	Jan '85	15 ¢		
#4 Training Concepts for the Age Group Swimmer	Examines why the child athlete should be trained differently from the post-adolescent	Feb '85	15 ¢		
#5 Travel and Competition	Discusses the important concepts of jet lag and travel fatigue and how to best adapt for competition	Mar '85	15 ¢		
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#11 Catastrophic Injuries	Discusses major causes of catastrophic swimming-related injuries and considerations for avoiding them	Sep '85	15 ¢		
Sports Medicine Programs	Overview and description of the various Sports Medicine programs available within USS	Oct '84	15 ¢		
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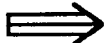
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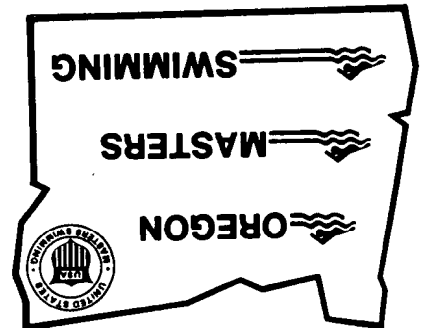
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() _____ Phone # _____ Birth MM/DD/YY _____ Age _____ Sex _____		Reg. Fee (\$10.00) _____	
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