



# AQUA-MASTER

MARCH '86 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Vol. 13 No. 3

Sandi Rousseau, Chairperson  
Oregon Masters Swimming  
23995 SW Drake Lane  
Hillsboro, OR 97123  
(503) 642-3679

Andree Devine, Aqua-Master  
7800 SW Sagert, #23  
Tualatin, OR 97062  
(503) 692-3109

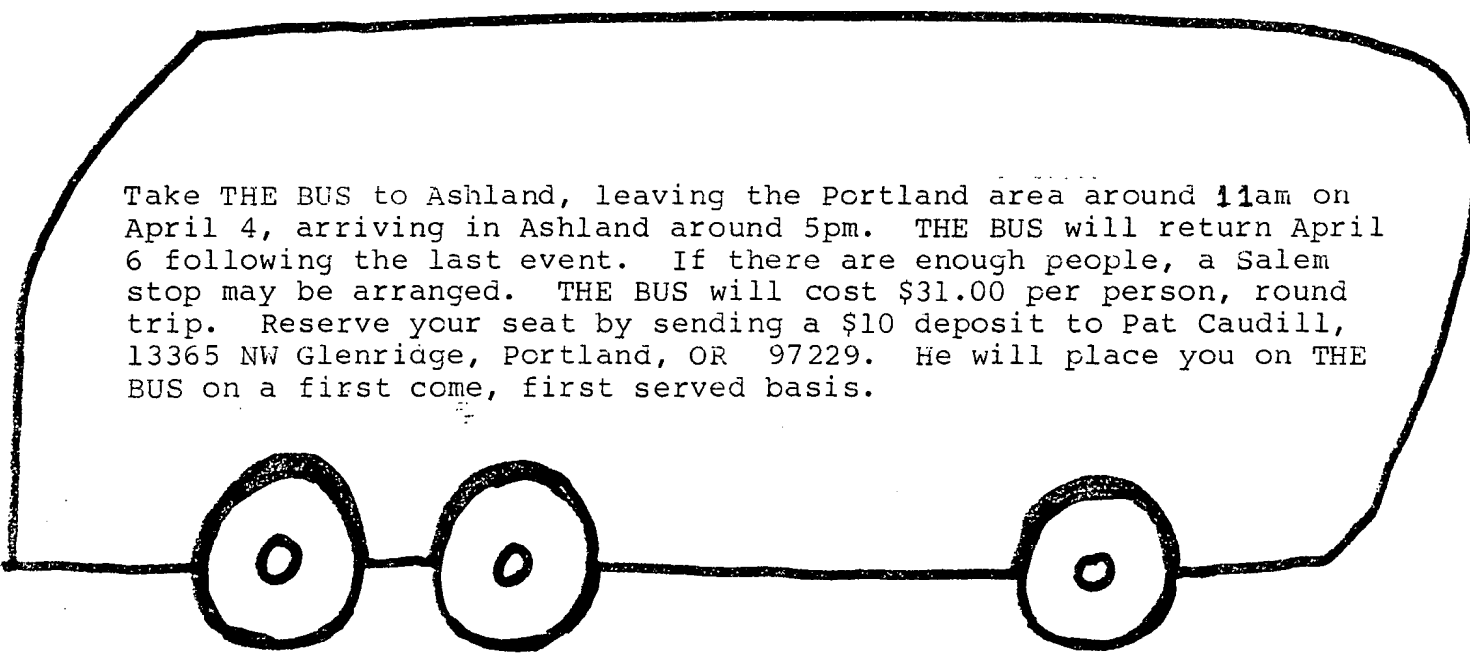
Vice Chairman - Susan Albright  
Secretary - Brian Langlais  
Treasurer - Roy Abramowitz  
Registration - Pat Caudill  
Aqua Master - Andree Devine  
Membership - Barbara Frid  
Records - Earl Walter  
Social Chrmn. - Mary Ellen Hunsicker  
H.O.S.T. - Ginger Pierson

Susan Albright, Vice Chairman  
Oregon Masters Swimming  
16240 SW Westwind Dr.  
Aloha, OR 97007  
(503) 642-7560

Barbara Frid, Membership  
Swim Cellar  
10230 SW Parkway  
Portland, OR 97225  
(503) 292-3379 (Tues - Sat)

"THE WHO" WANTED YOU ABOARD THEIR  
"MAGIC BUS" IN 1971...

Now, Oregon Masters Swimming wants you  
aboard their Association Meet bus.



Take THE BUS to Ashland, leaving the Portland area around 11am on April 4, arriving in Ashland around 5pm. THE BUS will return April 6 following the last event. If there are enough people, a Salem stop may be arranged. THE BUS will cost \$31.00 per person, round trip. Reserve your seat by sending a \$10 deposit to Pat Caudill, 13365 NW Glenridge, Portland, OR 97229. He will place you on THE BUS on a first come, first served basis.

OMS ASSOCIATION CHAMPIONSHIPS - APRIL 4,5&6 - Entry Deadline: March 25, 1986

Bret DeForest and the Rogue Valley Masters have taken on the job of hosting the Association Championships for 1986. A bus is being organized from the Portland area and we are checking into housing (either on-campus dorms or hotels within walking distance to the pool). The bus information is in this issue of the *Aquamaster*. The March issue will have more details on housing (where and how much). A buffet banquet is being held in the Student Union at Southern Oregon State College on Saturday evening. Bret promises that it will be a fun-filled evening (and yes, they can serve wine on campus). The cost is \$10.00 per person and should be included with your meet entry fees. Start organizing your group now - some of you have titles to defend!

# MEET SCHEDULE 1985-1986

## SHORT COURSE

DATE =====	HOST =====	FORMAT =====	ENTRY MUST BE POSTMARKED BY =====
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 May15,16,17,18	Nationals/Ft. Pierce, Florida	Four day format	

## LONG COURSE

Sat, Sun June 7, 8	Corvallis	Two days 400IM/1000/1500	5/27/86
Sat, Sun July 26, 27	Beaver State Games. (Portland Area - Tentative)	Two days/No Distance	7/15/86
Fri, Sat, Sun August 1,2,3	Regionals/Spokane, WA	Three day format	
Thur,Fri,Sat,Sun August 21,22,23,24	NATIONALS/OREGON MHCC	Four day format	Received by 7/21/86

## ATTENTION: MEDICAL PERSONNEL & LIFESAVERS

United States Masters Swimming has initiated a policy that requires some basic medical and certified lifesaving personnel to be present at each meet in order for the meet to be sanctioned. We must adhere to this policy for our insurance policy to be effective. The requirements are that one individual from each of the following two categories must be present at a meet:

1. Physician, Paramedic, Emergency Medical Technician, or Registered Nurse
2. A person with Advanced Lifesaving or Lifeguard certification, Water Safety Instructor certification, or YMCA Aquatic Director certification

OMS is trying to compile a list of persons within our association with any of the above qualifications. If you meet any of the above criteria, please notify Sandi Rousseau (address is on the letterhead). This information will be very much appreciated by our future meet directors.

## APRIL BIRTHDAYS

Fred Sprenger	3	Barbara Frid	20
Chris Hiatt	4	Don Devlin	21
Nicolai Shur	4	Beverly Dirksen	22
Roy Watters	7	Hazel Scholl	22
Joe Tennant	7	Dennis Olson	23
Gilbert Young	12	Liz Vandervalk	23
Susan Albright	12	Brian Larcey	24
Patricia Killgore	15	Eric Cooley	25
Susan Braun	16	Syd Hendy	26
Gerald Thomas	17	Edith McMasters	29
Mike Popovich	18	Mary Edwards	30

# HAPPY BIRTHDAY

# USMS - 1987 WALL CALENDAR

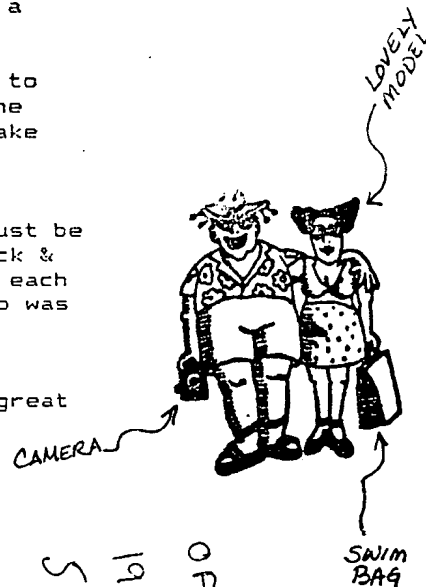
United States Masters Swimming, Inc. has funded a marketing / fund raising project for 1987. A Masters calendar shall be made and shall feature the "best body" male and female swimmer from each age group. The age group 25-29 shall be January, and this shall continue through 80+ for December.

The purposes of this project are: (1) to promote Masters swimming for fitness by showing the anti-aging effects of swimming and best examples of fitness, and (2) to serve as a fund raiser via sponsors and direct sales.

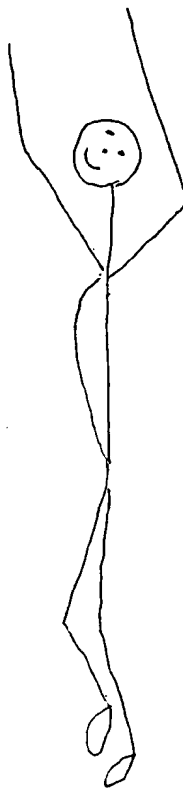
Each LMSC, e.g. Oregon Masters Swimming, has been requested to submit its potential "photographic aspirants". So now is the time for all of you stifled "playboys" and "playgirls" to make your debut!

PHOTOS MUST BE SUBMITTED BY MARCH 15, 1986, to the OMS Board. (They may be sent to Sandi Rousseau.) All photos must be recent (within six months), 4x6 or 5x7 prints, color or black & white, and contain the following information on the back of each photo: name, address, phone, age, date of birth, date photo was taken, and USMS registration number.

OMS has some great possibilities for being chosen for this calendar, and the Board would like to see you "hulks" and "great bods" submit your photos. Don't be timid!! REMEMBER, THE DEADLINE IS MARCH 15, 1986!



U.S.M.S. WANTS YOU! OUR NATIONAL  
OFFICE HAS REQUESTED PHOTOS FOR THE  
1987 CALENDAR - SEND YOUR BEST  
5X7 SMILEY FACE TO SANDI  
ROUSSEAU.



PICTURED ABOVE IS A "GENERIC SWIMMER",  
PROBABLY FROM OREGON. NOTE THE LACK  
OF HAIR, FUNNY BODY POSITION AND THE  
SMILE, ALSO, CHECK OUT THE WAFF-WAIST,  
PADDLE-FEET AND LACK OF HANDS. (Give me  
a hand, will you? I can't; I don't have any.)  
The eyes reflect our local CHLORINE levels.  
Please send something better to SANDI!  
So she will not have to use this!

The FANTUM

ASSOCIATION CHAMPIONSHIPS APRIL 4, 5 & 6, 1986. INFORMATION YOU JUST MIGHT WANT TO KNOW

THE POOL - Rumor has it that the pool at Southern Oregon State College (AKA "Speed City") is very fast! Here's your chance to swim your best times ever. Bret and his group have been working on the organization of this meet since last fall and we hope you all plan on attending.

TRANSPORTATION - A bus has been chartered from the Portland area with a possible stop in Salem (down and back) if there is enough interest. See the enclosed info sheet on "The Bus" for more details. Those taking the bus should consider staying at either a motel within walking distance to the pool or in the on-campus dorms.

THE BANQUET - A buffet banquet will be held in the Stevenson Union on campus on Saturday night starting at 7:00pm. The cost is a mere \$10.00 for dinner, wine and dancing. Please include your banquet ticket payment(s) with your meet entry.

OREGON SHAKESPEAREAN PLAYS - There are two indoor theatres that will have plays during this time. For information and reservations contact: Oregon Shakespearean Festival, 15 S. Pioneer, Ashland, OR 97520 482-4331. There are also package deals available for room accomodations and play tickets. For this information contact: Southern Oregon Reservation Center, P.O. Box 477, Ashland, OR 97520 488-1011.

HOUSING - Listed below are several options. For more information on motels/hotels contact: June Mather, Explorer Travel Service, 521 E. Main, Ashland, OR 97520 488-0333 or Ashland Chamber of Commerce, 110 E. Main, Ashland, OR 97520 482-3486.

Motels Within Walking Distance of Pool

Timbers Motel*	Ashland Motel	Palm Motel
1450 Hwy 66, 482-4242	1145 Siskiyou Blvd, 482-2561	1065 Siskiyou Blvd, 482-2636
\$26.50-46.50	\$24.50-32.50	\$24-32.50 w/kitchen

\*We're reserving a block of rooms here. If interested, contact Joyce Wydrzynski, 12790 SE Lani Lane, Boring, OR 97009 663-5669. First night's deposit required in advance.

On-campus Dorms

Rooms are fully furnished with beds and linens (bathrooms on each floor for men & women). Both single rooms (\$16.75) and double rooms (\$12.50) are available. If interested, fill out the form below and mail to: Val Wyckoff, c/o Southern Oregon State College, 1250 Siskiyou Blvd, Ashland, OR 97520. Please indicate if you have a roommate preference (coed housing allowed). Pay upon check-in, no deposit is required but reservations must be made by March 13, 1986.

Staying With a Rogue Valley Master

Limited space is available in the homes of some RVers so call now if you want to take advantage of this kind offer (they say Bert Petersen called way back in November). For more info contact: Sue Girard, 730 Palmer, Ashland, OR 97520 488-2486.

ADDITIONAL INFO - A more complete list of motels in the area, maps of Ashland, etc. will be available at the Pentathlon, Newberg and Newport meets. You may also contact Bret DeForest at 721 N. Main #3, Ashland, OR 97520 488-2474, if you have any questions.

-----  
DORM ROOM RESERVATION

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ SEX \_\_\_\_\_  
WOULD YOU LIKE: \_\_\_Single occupancy(\$16.75) \_\_\_Double Occupancy(\$12.75)  
If double occupancy, do you have a roommate? \_\_\_yes \_\_\_no  
If yes, name of roommate \_\_\_\_\_  
NEED ROOM FOR(check all that apply): \_\_\_Friday night \_\_\_Saturday night

RETURN BY MARCH 13, 1986 TO: Val Wyckoff, c/o So. Oregon State College, 1250 Siskiyou Blvd, Ashland, OR 97520

# **ASSO-CHAMPS** **OMS SHORT COURSE YARDS ASSOCIATION CHAMPIONSHIPS MEET ENTRY FORM** **SANCTIONED (NO. 86D) 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:** OMS Association Championships  
**PLACE:** So. Oregon State College, Ashland  
 6 lane, no additional warm up area  
**HOST:** Rogue Valley Masters  
 Bret DeForest-Meet Director 488-2474

**DATES:** APRIL 4, 5 & 6, 1986

Events	Warm up	Meet Starts
<u>Fri</u> 1-2	5:30PM	6:30PM
<u>Sat</u> 3-13	8:00AM	9:00AM
<u>Sun</u> 14-22	8:00AM	9:00AM

## **DIRECTIONS TO POOL:**

I-5 to So. Ashland Exit, right on Hwy 66. Right at Walker St (first stop light). Left on Webster (first left). Right on Stadium St (dirt road, first right). Pool is down ramp.  
**BANQUET:** Buffet banquet, Sat. night, SOSA Student Union. \$10.00/person includes food, a carafe of wine, live entertainment and a chance to meet your fellow swimmers.

**SCORING & AWARDS:** Placing and scoring will be limited to OMS Association members only.  
 1st & 2nd places will be awarded to LOGs in the following categories (numbers refer to swimmers in the meet): 1-9 10-19 20 or more

**ENTRY DEADLINE:** Postmarked no later than 3-25-86. 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 \_\_\_\_\_ LOG \_\_\_\_\_

### IF YOU HAVE NOT REGISTERED WITH OMS FOR 1986

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
 1986 USMS # \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ LOG \_\_\_\_\_

**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 6 individual events, plus 4 relays. Enter relays at the meet. The 1650 and 1000 Free will be deck-seeded. All other events will be pre-seeded fastest heats first. 1650 entrants should check-in no later than 6pm on Friday. 1000 entrants should check-in before event 7 on Sat.

### ENTRY TIME

**FRIDAY**  
 400 IM 1 \_\_\_\_\_:\_\_\_\_\_.  
 1650 Free 2 \_\_\_\_\_:\_\_\_\_\_.  
**SATURDAY**  
 100 Free 3 \_\_\_\_\_:\_\_\_\_\_.  
 200 Back 4 \_\_\_\_\_:\_\_\_\_\_.  
 50 Fly 5 \_\_\_\_\_:\_\_\_\_\_.  
 Mxd Fr Relay 6 XXXXXX  
 10 MIN BREAK  
 100 Breast 7 \_\_\_\_\_:\_\_\_\_\_.  
 100 Fly 8 \_\_\_\_\_:\_\_\_\_\_.  
 200 Free 9 \_\_\_\_\_:\_\_\_\_\_.  
 50 Breast 10 \_\_\_\_\_:\_\_\_\_\_.  
 200 IM 11 \_\_\_\_\_:\_\_\_\_\_.  
 Medley Relay 12 XXXXXX  
 1000 Free 13 \_\_\_\_\_:\_\_\_\_\_.  
 10 MIN BREAK

### ENTRY TIME

**SUNDAY**  
 500 Free 14 \_\_\_\_\_:\_\_\_\_\_.  
 10 MIN BREAK  
 Mxd Med Relay 15 XXXXXX  
 100 Back 16 \_\_\_\_\_:\_\_\_\_\_.  
 50 Free 17 \_\_\_\_\_:\_\_\_\_\_.  
 200 Fly 18 \_\_\_\_\_:\_\_\_\_\_.  
 200 Breast 19 \_\_\_\_\_:\_\_\_\_\_.  
 50 Back 20 \_\_\_\_\_:\_\_\_\_\_.  
 100 IM 21 \_\_\_\_\_:\_\_\_\_\_.  
 Free Relay 22 XXXXXX

Meet Entry Fee = 6.00

-- Banquet Tickets @ 10.00 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 \_\_\_\_\_

## HOW TO AVOID WORKOUTS, or THE CONTINUOUS TAPER

Writing with one's tongue-in-cheek is tough enough. Swimming that way is downright impossible. However, be that as it may, we do have to maintain a sense of humor through all of this, lest it become drudgery. What follows is an imperfect, yet workable plan to avoid even the slightest hint of drudgery!

The master plan for workout avoidance came slowly to me at first. Over several seasons, I noticed one or two individuals showing up at meets and just blasting the suits off their competition. Now, these same "rockets" happen to be people that I knew for certain had not worked out on a daily basis prior to the meet. The questions began to formulate in my mind: "Why am I busting my draw-string every day? Why drag this poor old torso through the chlorine over and over, just to come in second?" Slowly, the light dawned. These people were properly tapered. They were exactly and precisely honed to a razor-sharp edge, while I, on the other hand, was merely tired.

Now, let's talk tapering. First thing is: what is it? Tapering is slowly reducing the amount of pain and destruction done to the body so as to allow some semblance of re-building to occur. You know, muscles forming again, bones aligning properly...in short, normalcy for your body. Next question is: how do I taper? The steps are easy. After achieving the desired level of fitness (see my next article entitled, "Gain Without Pain"), you begin to modify your workouts about two weeks before the big event. By modify I mean that you do less and less and do it less frequently and with less intensity. This way, when it comes time for the "big one", you are well-rested and refreshed. You are strong, relaxed, confident, etc...etc...ad nauseum. Got it?

All right! Now, here is the revelation! In your association or swimming area, there is probably one meet per month. Hold on to your flippers; this is heavy stuff! Believe it or not, there are other areas in which to swim in a meet, probably close or adjacent to your own. Chances are only one in four that their monthly meets are on the same weekend as yours. VOILA! You have two meets per month to attend. Now, nowhere is it written that you can only taper once a year or three times per lifetime, so why not taper for every meet? BINGO! A continuous tapering process has been created. No more workouts; just stay on the razor's edge of pre-competitive readiness!

Does it work? Pseudo-scientific tests are under way at this very moment to determine the effectiveness of continuous tapering. My best bet is that you already know the answer. Just look around at the next meet. There will be one or two "rockets" every time. They will be relaxed, tanned and too cool, too cool. They will also be faster than lightning whether it be during the swim, getting first place awards or being first in line at the post-meet pizza party. My guess is that they were properly "tapered".

THE FANTOM

# NATIONALS UPDATE

by Sandi Rousseau

Well, 1986 is here and as the Ol' Barnacle would say .... we really are into the countdown for our Nationals in August. I think we are fairly well organized so far, but there are endless details which your OMS Board and Nationals Committee Chairpersons are discussing every month. We are currently ruminating about some "fun" touches during the four days of the meet. If you have any ideas to contribute, please feel free to attend a meeting (announced monthly in the Aquamaster) or call one of the board members. We're hoping to make this Nationals the smoothest run and most memorable Nationals ever held in Masters competition!

## RELAYS = RELAYS = RELAYS

You need to be thinking about your 50 yard &/or 50 meter times for all four strokes in the next few months. We are currently working on developing a computer program for selecting the best relay combinations. This in itself is no small task with the change in the relay age groups! In June and July we will be asking you to submit your best 50 times (swam in the recent past), so that we may begin to formulate Oregon relays. Please try to have some recent 50 times to decrease the guess-work from our job!

## LOG REGISTRATION FORM

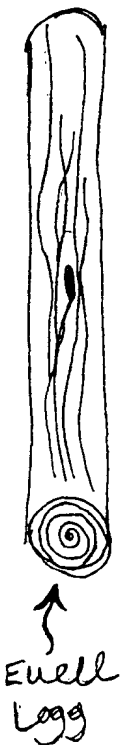
LOG NAME \_\_\_\_\_  
NUMBER OF PERSONS IN LOG \_\_\_\_\_  
NUMBER REGISTERED WITH OMS IN 1985 \_\_\_\_\_  
FACILITY PROVIDING POOL TIME FOR MEMBERS \_\_\_\_\_  
CONTACT PERSON FOR LOG: Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

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

BE SURE TO REGISTER YOUR L.O.G.  
(LOCAL OPERATING GROUP) BEFORE THE  
ASSOCIATION MEET!



## BETWEEN THE LANE LINES

What do Good Friday and the Aqua Master deadline have in common? They both fall on March 28. Any material you would like to have appear in the April issue needs to be in my hot little hands by this date.

\*\*\*\*\*

If you swim in a meet outside of Oregon and you want your times to be considered for Oregon's Top Five, send them to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034.

\*\*\*\*\*

There is the possibility of having a meet in Vancouver, B.C., on June 14 and 15 (all events but the 800m and 1500m free). If you are interested in participating in this meet, contact Roy Abramowitz (home phone - 503/641-3994).

\*\*\*\*\*

The next OMS board meeting will be on March 18 at 7p.m. at the THPRD meeting room.

\*\*\*\*\*

When you plan to attend a meet far away from your home and you will need a place to stay, take advantage of the H.O.S.T. system (info below). These contacts have the names of people who are willing to put up a fellow Masters swimmer overnight. Don't spend the money on a motel when you can stay with another swimmer.

\*\*\*\*\*

Anyone interested in hosting a foreign athlete during the week of Oregon Nationals in August, please contact Ginger Pierson (206/254-2536 or 14218 NE 14th St., Vancouver, WA 98664). Requests for home stays are now coming in so please help accommodate our guests. Thank you for your generosity.

\*\*\*\*\*

Thank you to Hazel Bressie for her contribution to OMS, and thank you to Carl Bressie for being such a great supporter of OMS.

\*\*\*\*\*

Also, thank you to Ginger Pierson for hosting the breaststroke clinic. Eighteen people attended and I hear it was well worth the time.

\*\*\*\*\*

Oh, one other thing. At several meets where there has been a warm up area, there have been people's children swimming. This is not permitted, as the hosts of the meet are only responsible for the swim meet, not lifeguarding for swimmer's children. Please make our host's job easier by not allowing your children to swim in the warm up area. Thank you.

### 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) 365-3766  
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



# SWIM LEGALLY 7

FREE !

## START, STROKE & TURN CLINIC

SATURDAY. APRIL 19 - 10AM TO 1PM

TUALATIN HILLS REC CENTER  
15707 SW WALKER ROAD, BEAVERTON

FROG KICK COMES  
EASY TO ME. NOW YOU  
CAN DO IT CORRECTLY TOO!



Learn all about legal starts, strokes, and turns in competitive swimming - more important than ever with the approach of 1986 Regionals and Nationals! T.D. and Ruth Hughes, certified Oregon Swimming officials, have generously donated their time and expertise to run this clinic.

The first hour will be the viewing of video tapes showing proper starts, strokes and turns and will be held in the main meeting room of the Rec Center (just west of the outdoor tennis courts). The remainder will be actual practice in the pool with review by the officials.

This clinic is open to all Oregon Masters swimmers. For those interested in attending, please reserve a spot by calling Susan Albright at 642-7560 no later than April 15.

### LIKE A SPECIAL LONG-SLEEVE T-SHIRT FOR REGIONALS?

We're arranging for 100% cotton (Hanes Beefy-T), long-sleeve T-shirts with the design shown below to commemorate the Regional Championships. Price is \$10.00 per shirt. Shirts must be preordered and prepaid by April 15. Pick them up at the Regionals meet. No assurance can be given that extra shirts will be available for purchase at the meet.

NOTE: These shirts are all-cotton, but are cut to allow for shrinkage. So, if you normally buy a medium shirt, that is the size you should order here.



REGIONALS T-SHIRT

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

SIZE(S): XL \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ S \_\_\_\_\_

\_\_\_\_ SHIRTS @ \$10.00 EACH = \_\_\_\_\_

MAKE CHECKS PAYABLE TO BARRACUDA SWIM CLUB

MAIL ORDER FORM & CHECK TO: Ginger Pierson  
14218 NE 14th Street  
Vancouver, WA 98664

**1986 REGION XII SHORT COURSE SWIMMING CHAMPIONSHIPS**  
**SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**  
Sanction No. 86E

<b>MEET:</b> REGION XII CHAMPIONSHIPS <b>PLACE:</b> Tualatin Hills Rec Center Pool 15707 SW Walker Rd. Beaverton, OR 8 lanes, continuous warm-up area <b>HOST:</b> Tualatin Hills Barracudas Dan Johnson, Meet Director (244-2086)	<b>DATES:</b> MAY 2, 3, & 4, 1986 <table border="0" style="width: 100%;"><tr><td style="text-align: center;"><u>Events</u></td><td style="text-align: center;"><u>Warm up</u></td><td style="text-align: center;"><u>Meet Starts</u></td></tr><tr><td><u>Fri</u> 1- 2</td><td>6:00PM</td><td>7:00PM</td></tr><tr><td><u>Sat</u> 3-13</td><td>8:00AM</td><td>9:00AM</td></tr><tr><td><u>Sun</u> 14-22</td><td>8:00AM</td><td>9:00AM</td></tr></table>	<u>Events</u>	<u>Warm up</u>	<u>Meet Starts</u>	<u>Fri</u> 1- 2	6:00PM	7:00PM	<u>Sat</u> 3-13	8:00AM	9:00AM	<u>Sun</u> 14-22	8:00AM	9:00AM
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<u>Sun</u> 14-22	8:00AM	9:00AM											

**DIRECTIONS TO POOL:**

From Portland: 6 miles west on Hwy 26 (Sunset Hwy) to Murray Rd Exit. Turn left (south) on Murray to Walker Rd. (2nd light). Right on Walker (west) to 158th. Pool is on Northeast corner of 158th & Walker.

**ELIGIBILITY:** Open to all USMS registered swimmers, 20 years of age or older, as of last day of meet.

**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+

**RELAY AGE GROUPS:** 119 years and under, 120+, 160+, 200+, 240+ and 280+

**SEEDING:** Relays will be deck-seeded. The 1650 and 1000 Free will be deck-seeded. 1650 entrants should check-in no later than 6:15pm on Friday. 1000 entrants should check-in before event # 7 on Saturday. All other events will be pre-seeded, fastest heats first.

**AWARDS:** Awards may be purchased at the meet for \$1.50 each.

**ENTRY FEE:** \$7.00 per swimmer. Make check payable to OMS. Mail entries to:  
OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034

**ENTRY DEADLINE:** Postmarked no later than 4-22-86. No late entries will be accepted.

**BANQUET:** A buffet banquet featuring "Baron of Beast" will be held on Saturday at the Rock Creek Country Club. Come join in the festivities. Maps will be available at the meet. Cost is \$11.45 per person. Please include your banquet money with your entry form and fees.

**HOUSING:** For those of you who would like to add a personal touch to your visit or are interested in keeping your budget in tact here is a deal for you. Contact Ginger Pierson (H.O.S.T. Chairperson for OMS) at H-(206) 254-2536 or W-(206) 256-6065. Ginger will get you in touch with one of our local swimmers who would be happy to provide you with lodging for a couple of nights. Available hosts are limited so call early.

Alternative lodging includes the following:

Pepper Tree, 10720 SW Allen Blvd, 641-7477 (7 min. from pool)  
\$44 for a room with 2 queen beds

Nendels Motor Inn, 13455 SW T-V Hwy, 643-9100 (5 min. from pool)  
\$32.24 for a room with 2 double beds

Lamplighter, 10207 SW Park Way, 297-2211 (5 min. from pool)  
\$24.61/one bed; \$28.89/two beds; extra people are \$2.00 each

**T-SHIRTS:** We are selling long sleeve 100% cotton t-shirts on a pre-order basis for \$10.00 each. Please see the order form enclosed in this newsletter for more details on design, sizing, etc. NOTE: These orders must be received by April 15, 1986 (sound familiar?).

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



PROGRAM ADVERTISING

PROGRAM ADVERTISING

PROGRAM ADVERTISING

Your old sales manager has only heard from a handful of you....

Elfie Stevenin is in with the first paid in full ad

Eric Guest and Gil Young are selling up a storm in the Gresham area

Warren Elliot has lined up Barracuda Goggles, and is working with OB on Janzten, plus a couple of more

Doctor Bob, the Bend comet, is working on a couple of goodies

Even yours truly has sold a few, already yet

We really need to know what is going on out there, please let me know at once, who you have lined up for sure, and any and all prospects, time's a wasting.

The deadline for copy, money et al is :

Am sure that you are all working out there,

Where is the Southern part of the State ????

What about the Vancouver stalwarts ????

McMinnville, Newberg, Corvallis, et al ????

Come on.....

It is not that hard....have you asked anyone yet ????

*May 2nd*

NEED SOME ACTION, NOW !!!!!



GOOD SELLING!!

Let's get to work. I can assure you of one thing - it doesn't hurt to ask people to support our program - and while you are about it, make \$15 for every \$100 sold!!

Attached you will find a sample letter to the business community. This does not preclude people buying a 1/4 or 1/2 page, to wish the participants good luck and good swimming. Also, you will find a contract which gives the rates and the basics for "taking out" an ad or a "good will" message.

There is no reason we cannot shoot for a higher goal! Talk to, write and phone, people and businesses in your area. Sell them on the idea of supporting Masters Swimming. For every \$100 ad, bought and paid for, you will receive \$15.....Take it from an old salesman, a commission of 15% is nothing to be sneezed at....You will be helping Masters Swimming in the Northwest, and you will be helping yourself and your team to greater enjoyment of a great program!

Our goal is to sell at least \$10,000 worth of advertising space. OMS will be rewarding those who assist in achieving this goal with a 15% commission.

With this in mind, I would like to bring to your attention an opportunity to make money for your local organized swimming group, or on an individual basis. This added income could be used for the promotion of Masters Swimming in your area, the procurement of equipment, swim togs, uniforms, etc.

Your Board and Nationals Committee have decided to offer an incentive for the selling of advertising space in the program to be used at the Long Course Nationals Swimming Championships.

As you know, we - the Oregon Association - are hosts in 1986 to the Long Course Nationals, to be held at Mt. Hood Community College, in Gresham, August 21-24, 1986.

TO: Oregon Association Masters Swimmers  
FR: Earl Walter, Advertising Chairman, OMS  
RE: Program Advertisement, 1986 L/C Nationals, Mt. Hood Community College



November 6, 1985

Day/654-3141 Eve/292-1661

Earl Walter, Chairman  
904 S.W. 57th Ave.  
Portland, OR 97221

"I count him braver who overcomes his desires, than him who overcomes his enemies:  
For the hardest victory is victory over self"  
— Aristotle



TO: Business Community of Oregon and Washington

FR: Earl Walter, Advertising Chairman

RE: Program Advertisement

---

On behalf of our competitive Master's swimmers, both locally and nationally, we are inviting the Business Community to take part in the upcoming National Masters Swimming Championships, August 21-24, 1986, to be held at Mt. Hood Community College.

To help make this swim meet a success, we ask that you consider the enclosed ad form or contribute in some other way as you so desire.


It is estimated that the 1,000 to 1,200 competitors, along with relatives, friends, officials, and coaches in attendance, could conceivably boost our economy by approximately \$400,000 to \$500,000 over a five-day period.

The interest is high, as reservation inquiries are being made. No doubt many will vacation in Oregon or other parts of the Northwest, thus providing additional revenue.

In closing, the success of this meet can certainly determine the procurement of future national and international aquatic activities. It is estimated approximately 200-250 volunteers will provide their time and aid in this most important activity for our area.

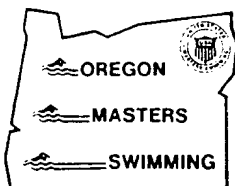
Thank you for your time and consideration.

Sincerely,



Earl Walter  
Advertising Chairman

Enclosure: Advertising Rates



"I count him braver who overcomes his desires, than him who overcomes his enemies:  
For the hardest victory is victory over self" — Aristotle



PROGRAM ADVERTISING RATES

FOR

1986 MASTERS NATIONAL LONG COURSE SWIMMING CHAMPIONSHIPS

*Full page.....\$200.00	1/4 page.....\$50.00
1/2 page.....\$100.00	1/8 page.....\$25.00
*Full page measures 8-1/2 x 11	

INSTRUCTIONS

At above rates, material MUST be camera-ready, i.e., set-up and ready for printing, as submitted.

(Typesetting and layout can be provided and, if needed, will be charged at cost - in addition to the rates listed below)

AD COPY MUST BE RECEIVED BY FRIDAY, MAY 2, 1986.

\*\*\*\*\*

YES, I would like to advertise in the 1986 MASTERS NATIONAL LONG COURSE SWIMMING CHAMPIONSHIPS' Program.

☐ Enclosed is my camera-ready ad copy.

☐ Enclosed is my rough draft - please bill me for charges.

☐ Full page      ☐ 1/2 page      ☐ 1/4 page      ☐ 1/8 page

Enclosed is my check (or money order) payable to:  
"1986 MASTERS NATIONALS"

Name \_\_\_\_\_ Telephone( ) \_\_\_\_\_

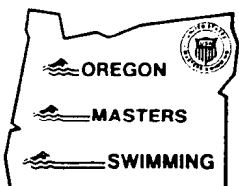
Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Masters Swimming Representative: \_\_\_\_\_

PLEASE MAIL TO: Earl Walter  
3904 S.W. 57th Ave.  
Portland, OR 97221

Day/654-3141 Night/292-1611



THANK YOU FOR YOUR SUPPORT OF THE 1986  
MASTERS NATIONAL LONG COURSE  
SWIMMING CHAMPIONSHIPS

"I count him braver who overcomes his desires, than him who overcomes his enemies;  
For the hardest victory is victory over self" — Aristotle

## OLD BARN'S MEANDERINGS....

In what has become a model for all swimming meets, the FIFTH ANNUAL PENTATHLON, courtesy of Barbara and Brian Frid, has become history, and what history.

Biggest and best ever, 150 plus swimmers, 9 overall records, plus many Oregon and Regional Records as well.

Under the watchful eyes of ; Dick Parker (referee), Bernie Hayden & Larry Snead (starters), Ron Davis & Mike Graves (Stroke & Turn), Roy Watters (Announcer) and the Hathaway Family on Electronic Timing. The meet went like clockwork and was enjoyed by all.

The party, at the beautiful home of Chuck and Jan Richards, was a smash hit, we can say again and again thank you Jan and Thanks Chuck for having us.

In the computerized world of Robert Smith - 155 entrants and 646 splashes, "Bob" is responsible for entries, heat sheets, and final results; and is doing just a SUPER JOB, thanks Robert.

WHEN SOMEONE GOES SIX FOR SIX IN THE RECORDS DEPARTMENT, they should get their name in lights, here's the next best thing.....

# **LOUISE HEPNER-**

Oregon's new star in the 60-64 Age Group.

First, an overall MEET RECORD of 244.20, which is 3 seconds faster than her 55-59 record, Regional Records : 50 Fly at 39.05 (3-TT), 50 Brst at 43.40 (3-TT), 50 Free in 32.17 (2-TT), and 100 IM in 1:26.30 (2-TT), plus an Oregon record in the 50 Back at 43.28 (9-TT). Also, how about 5 for 5 TT in early February.

## BRIGHT STARS OF THE SWIM CELLAR PENTATHALON....

DENISE STUNTZNER (20-24) New SC record at 194.70, plus a 29.28 50 Fly, OR record

MAROLYN BROWN (20-24) New OR records : 50 Back-31.10 & 100 IM-1:07.38  
please register

KIKO KIMURA (30-34) from PNA, came so close to SC record at 203.34 vs 202.12

GINGER PIERSON (35-39) broke her own SC record with a fine 197.74

In the 40-44 group we saw a great race for 3rd between Karen Roach at 244.04 and Pam Himstreet with a 244.17.

LAVELLE STOINOFF rewrote her SC record with a great 240.65, topped off with a regional best in the 50 Brst at (43.20) 3rd in TT (50-54)

HAZEL BRESSIE (75-79) Broke her own SC record with a 583.20 plus two regionals 2:03.58 (50 Fly) and 3:26.99 (100 IM), both TT

ROY ABRAMOWITZ (30-34) Rewrote his own SC record with a great 162.29, plus a regional best 50 Fly of 24.80, and OR records of 29.18 and 57.16 for the 50 brst and 100 IM

In the 35-39 group for men we had a barn burner for the GOLD, Doug Prentice won with a 174.78, Tom Coffey picked up the SILVER in 175.83

Robert Smith, came 0-so close to his SC record of 165.67 at 167.26 (40-44)

BERT PETERSEN rewrote the SC (45-49) at 185.08, plus 3 shiny new OR records, 50 Brst (33.26), 50 Free (25.58) and 100 IM (1:06.32)

In the 55-59 men for the GOLD we had a great race marred by a DQ, Mickey Marks came in at 227.75 vs Eric Guest's fine 216.31, take away 10 & Mickey was right there. Our 55-59 age group is looking better and better

ROBERT MORRISON (60-64) was not satisfied with his previous best, so came through with a great 36.90, 50 brst, new Regional record, 9th TT

FORBES MACK (65-69) set up a new SC record at 247.47, erasing one of the originals

DAVID ADDLEMAN (50-54) from PNA, last year he set the 45-49 overall, lost that to Bert Petersen this year, BUT, David came through with a great new overall SC record at 190.19 in his new age group.

## PENTATHLON

25 YARD

02/01/86 PG 1

X=DQ (+10 SECS)

\*FROM OUTSIDE OREGON

O=NEW OREGON RECORD (PENDING REVIEW BY E.WALTER)

by R. Smith

50 FLY

50BACK

50BRST

50FREE

100 IM

TOTAL

## 20-24 WOMEN

DENISE STUNTZNER	23	29.280	33.52	36.17	27.41	1:08.32	194.70
CAROLYN A. BROWN	24	39.06X	31.100	36.23	27.43	1:07.380	201.20
ANDREE-MARIE DEVINE	24	31.43	35.55	38.99	29.13	1:12.35	207.45
JEANNIE SULLIVAN	24	33.57	42.05	39.77	30.30	1:20.73	226.42
MELODY MCMASTER	22	44.36X	38.50	36.03	40.63X	1:15.68	235.20
ROBYN SHARP	22	35.18	39.26	42.75	31.26	1:29.64X	238.09
LAURIE L. KLENKE	20	46.79	45.67	48.00	36.80	1:34.76	272.02

## 25-29 WOMEN

VICKI L. GORDON	29	32.04	34.76	38.28	28.73	1:11.09	204.90
SANDE M. BROWN	28	33.62	36.69	36.55	29.16	1:14.60	210.62
NANCY JEAN DUNTON	27	32.81	35.40	39.43	30.11	1:14.10	211.85
MARTY BILLINGSLEY	26	34.45	38.87	37.39	28.90	1:15.27	214.88
DORCAS L. PHELAN	29	36.46	37.87	39.59	32.31	1:17.15	223.38
BETH M. BURCZAK	25	34.88	41.51	37.55	31.04	1:21.86	226.84
JANET L. CUNNINGHAM	27	34.34	38.33	45.03	30.99	1:19.50	228.19
PATRICIA KILLGORE	29	39.37	36.64	42.48	30.72	1:20.24	229.45
DEBBY RUTKAI	25	36.49	38.54	43.57	31.55	1:23.69	233.84
GAYLE DIANE MILLER	29	36.57	40.58	43.45	31.55	1:24.59	236.74
NANCY P. MONNIE	28	36.63	40.97	46.87	35.20	1:28.99	248.66
MARY A. YUSE	25	37.20	48.30	39.85	31.65	1:34.37X	251.37
SARA KRISTI RUNNING	25	45.98	45.55	44.14	34.14	1:31.32	261.13

## 30-34 WOMEN

D. KIKO KIMURA	30*	31.14	33.27	38.97	29.14	1:10.82	203.34
RUTH A. MORELAND	33	31.40	37.30	36.14	28.12	1:12.72	205.68
DEBBIE J. GREGOIRE	31	32.44	34.07	38.70	28.69	1:13.73	207.63
NANCY L. MCKENZIE	34	33.00	37.49	38.18	29.27	1:14.65	212.59
SUSAN A. ALBRIGHT	30	34.80	37.81	38.34	31.14	1:19.25	221.34
REBECCA SWEETLAND	32	38.61	36.55	41.41	29.39	1:20.39	226.35
FLO DELANEY	34	41.03	38.32	42.66	30.24	1:23.69	235.94
NANCY J. MILNER	34	34.79	42.41	42.84	33.05	1:24.24	237.33
KARIN A. CLANCEY	31	38.78	44.50	45.24	32.18	1:25.56	246.26
MARLA J. MCGEORGE	34	40.50	46.66	41.50	35.71	1:29.05	253.42
LESLIE B. WINTON	31	43.73	43.61	47.09	35.88	1:32.48	262.79
JENNIE G. WATT	31	47.60	48.71	44.73	35.66	1:33.95	270.65
THERESA J. FLAMING	34	51.72	41.54	53.01	37.92	1:40.13	284.32
SHERYL KIRKENDALL	30	55.26X	43.56	51.05	39.02	1:37.49	286.38
JEAN L. MCFARLANE	32	42.60	. 0	39.39	32.24	1:29.78	999.99

## 35-39 WOMEN

GINGER L. PIERSON	39	30.56	34.60	33.94	28.65	1:09.99	197.74
SANDI ROUSSEAU	38	30.06	35.94	38.74	28.48	1:14.13	207.35
KATHRINE CASEY	37*	35.18	37.84	36.33	29.49	1:14.08	212.92
KATHLEEN P. BUCK	35	32.85	39.08	38.34	28.72	1:15.24	214.23
SUSAN J. CASE	36	34.66	35.07	38.69	31.27	1:17.43	217.12
CINDY A. COOK	38	35.81	38.24	41.77	30.58	1:20.29	226.69
MONIKA HUNSCHER	37	34.83	41.51	42.48	31.98	1:25.73	236.53
SANDY L. CROSIER	39	1:01.18	52.12	1:03.31	47.56	2:02.84	347.01

## 40-44 WOMEN

BARBARA FRID	43	31.63	35.04	39.40	30.09	1:15.12	211.28
JEAN H. SCOTT	42	39.30	40.32	44.16	32.69	1:24.86	241.33
KAREN R. ROACH	44	37.01	39.00	50.11	30.65	1:27.27	244.04
PAMELA HIMSTREET	42	39.14	44.55	41.64	33.49	1:25.35	244.17
LINDA G. HOPE	44	50.91	50.99	48.08	39.02	1:45.13	294.13
PATLYN KNAPP	42	49.78	46.88	56.55	38.42	1:44.60	296.23



## PENTATHLON

25 YARD

02/01/86 PG 2

(+00 (+10 SECS))

\*FROM OUTSIDE OREGON

0=NEW OREGON RECORD (PENDING REVIEW BY E.WALTER)

by R.Smith

		50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
<b>45-49 WOMEN</b>							
JOAN MARIE WHISMAN	49	37.77	43.82	44.21	32.89	1:29.29	247.98
JUDY M. MCCURDY	46	1:05.04	51.77	55.25	44.85	2:01.30	338.21
LUCY OLIVE MCIVER	47	54.25	55.90	1:02.52	44.04	2:02.72	339.43
<b>50-54 WOMEN</b>							
LAVELLE M. STOINOFF	53	42.96	39.83	43.200	31.66	1:23.00	240.65
LIVIAN J STARBUCK	50	54.50	55.14	58.14	40.44	1:55.93	324.15
BEVERLY UNDERWOOD	51	1:08.55	1:00.24	1:06.07	58.56	2:16.46	389.88
<b>55-59 WOMEN</b>							
MARGARET A. WELLS	59	43.95	46.53	48.35	38.10	1:37.29	274.22
<b>60-64 WOMEN</b>							
LOUISE A. HEFNER	60	39.050	43.280	43.440	32.170	1:26.300	244.24
ELFIE J. STEVENIN	64	1:25.91	1:09.67	1:30.93	1:04.10	2:54.10	484.71
<b>65-69 WOMEN</b>							
BARBARA HAVERCAMP	69	1:57.60	1:31.16	1:45.13	1:12.33	3:14.79	581.01
<b>75-79 WOMEN</b>							
HAZEL B. BRESSIE	77	2:03.580	1:20.24	1:34.70	1:17.69	3:26.990	583.20
<b>80-84 WOMEN</b>							
MARTHA KELLER	84	2:54.02	1:29.69	1:53.39	1:21.39	3:53.85	692.34
<b>20-24 MEN</b>							
SEAN J. BRODERICK	21	26.59	29.75	33.55	23.82	1:04.28	177.99
JON C. ANDERSON	24	28.18	29.95	34.44	24.63	1:04.15	181.35
DAVID S. FRID	23	28.03	31.12	34.32	26.66	1:05.91	186.04
LEON WOLF	24	29.84	37.70	42.20	27.85	1:18.75	216.34
<b>25-29 MEN</b>							
ANDY SCHRAG	29	26.45	29.27	30.71	23.73	1:00.63	170.79
CHIP BURCZAK	27	27.73	30.92	31.98	25.33	1:03.94	179.90
JOHN ZELL	29	29.01	30.08	36.77	26.00	1:06.96	188.82
JOHN JANSSENS	25	30.72	33.20	34.84	24.99	1:08.46	192.21
JAMES K. MILLER	26	32.37	30.75	33.78	26.35	1:10.73	193.98
JEFF L. STORIE	29	31.33	36.36	33.76	28.97	1:09.74	200.16
JOSEPH MCLENNAN	29	32.02	37.29	37.72	26.62	1:15.48	209.13
DAN BLOYER	28	31.80	38.26	37.15	28.58	1:17.11	212.90
MICHAEL BETTANCOURT	28	34.44	37.45	34.75	30.22	1:17.78	214.64
RICHARD RIESS	28	48.90	43.96	. 0	34.78	. 0	999.99
<b>30-34 MEN</b>							
ROY ABRAMOWITZ	31	24.880	27.73	29.180	23.34	57.160	162.29
CHRIS L. HUGHES	33	25.79	29.09	31.21	23.35	59.92	169.36
HOWARD RONKIN	30	28.27	31.87	30.21	25.05	1:03.36	178.76
JAMES MCMASTER	30	27.84	30.20	34.49	25.05	1:05.20	182.78
PHILIP D. MILLER	32	28.82	31.65	32.77	26.12	1:04.68	184.04
JESS W. HICKERSON	33	27.94	32.51	33.91	25.28	1:05.44	185.08
DANIEL P. JOHNSON	32	29.66	34.49	32.60	26.54	1:05.89	189.18
BRUCE W. CHENEY	34	29.15	34.43	34.79	25.53	1:05.47	189.37
TOM H. HERBER	33	29.23	34.56	35.30	27.03	1:08.29	194.41
MARK L. BECKER	31	27.87	32.63	36.57	26.25	1:17.25X	200.57
JAMES M. ELLIOT	33	31.66	35.56	39.33	28.31	1:14.08	208.94
JIM CUTTING	30	36.93	38.98	35.23	28.18	1:13.32	212.64
LEE E. SPIKER	34	38.85	38.41	37.52	28.37	1:21.11	224.26
GARY N. BECKLEY	34	. 0	. 0	. 0	28.19	1:11.63	999.99
MICHAEL MCCALL	32	. 0	. 0	. 0	28.94	. 0	999.99

## PENTATHLON

25 YARD

02/01/86 PG 3

X=DQ (+10 SECS)

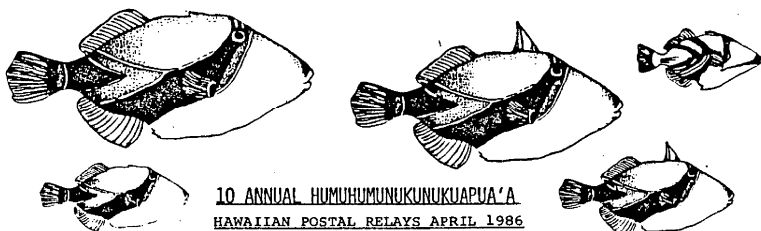
1=FROM OUTSIDE OREGON

0=NEW OREGON RECORD (PENDING REVIEW BY E.WALTER)

by R.Smith

		50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
<b>35-39 MEN</b>							
DOUGLAS C. PRENTICE	37	26.75	31.01	32.27	23.67	1:01.08	174.78
TOM K. COFFEY	35	26.95	29.43	32.53	24.30	1:02.62	175.83
JOHN P. WESTON	35	27.65	29.19	32.16	25.76	1:03.29	178.05
JON STOUT	39	27.88	29.18	34.29	24.88	1:04.05	180.28
JOHN D. DEJARNATT	36	28.45	34.91	33.14	26.55	1:07.39	190.44
STEPHEN H. WARNER	37	27.05	30.88	35.95	24.74	1:13.72X	192.34
DOUGLAS D HUNSICKER	38	28.85	34.59	35.80	26.59	1:08.07	193.90
JED CRONIN	37	28.36	33.91	39.22	26.50	1:09.46	197.45
DON A. MERRITT	38	27.71	32.02	34.75	26.35	1:20.27X	201.10
ROY D. LAMBERT	39	31.08	38.05	35.85	27.92	1:12.06	204.96
BUZ CARRIKER	38	38.32	42.63	35.97	28.08	1:15.99	220.99
ROBERT B. BOADWAY	36	34.12	39.71	50.43X	29.50	1:20.29	234.05
<b>40-44 MEN</b>							
ROBERT S. SMITH	42	25.84	26.74	31.33	23.07	1:00.28	167.26
DALE G. VAUGHAN	41	29.71	32.57	32.13	24.89	1:05.40	184.70
RICHARD D. BOYD	42	28.12	32.27	36.63	25.47	1:06.72	189.21
ROBERT B. MOSS	41	33.68	30.43	36.76	26.05	1:11.78	198.70
JAMES V. ANDERSON	43	29.97	35.26	36.52	27.49	1:11.67	200.91
BRIAN M. LANGLAIS	40	30.92	33.93	41.94	27.24	1:12.98	207.01
KEITH A. FINZER	41	31.94	39.07	37.81	28.13	1:14.35	211.30
ROY L. WATTERS	41	32.95	36.51	40.04	28.34	1:17.21	215.05
D.WAYNE BAKER	42	35.18	39.65	36.02	31.58	1:23.80	226.23
PAT J. CAUDILL	40	35.98	40.28	42.09	31.66	1:20.85	230.86
DAVID A. CLARKE	43	33.87	. 0	. 0	. 0	. 0	999.99
<b>45-49 MEN</b>							
BERT L. PETERSEN	47	26.43	33.49	33.260	25.580	1:06.320	185.08
WALT E. REID	45*	31.93	33.35	33.27	28.71	1:11.77	199.03
ED J. URBANSKI	45	35.17	36.55	41.08	29.22	1:17.14	219.16
PAUL GUNDLACH	45	38.19	45.00	46.77	30.72	1:26.18	246.86
<b>50-54 MEN</b>							
DAVID R. ADDLEMAN	50*	29.36	31.34	34.76	26.31	1:08.42	190.19
JIM BIGLER	50	32.50	36.55	36.47	28.94	1:17.32	211.78
<b>55-59 MEN</b>							
ERIC G.P. GUEST	56	31.93	41.97	37.41	28.34	1:16.66	216.31
MILTON R. MARKS	55	46.92X	38.99	35.95	28.82	1:17.07	227.75
LEE J. MIESEN	58	40.91	40.85	38.84	36.13	1:25.81	242.54
TERRY C. MCCURDY	56	45.31	46.92	51.42	33.71	1:37.65	275.01
<b>60-64 MEN</b>							
EARL WALTER	64	35.98	36.09	40.10	31.21	1:19.66	223.04
GILBERT N. YOUNG	63	47.46	40.04	44.33	32.34	1:28.34	252.51
BOB A. MORRISON	64	36.62	54.69X	36.920	34.35	1:30.87	253.45
KHOSROW SHADBEH	64	47.55	49.97	46.36	40.12	1:40.18	284.18
<b>65-69 MEN</b>							
FORBES J. MACK	67	43.70	44.41	40.50	31.99	1:26.87	247.47
ARTHUR T. HANLON	69	1:09.73	54.90	58.38	55.50	2:10.43	368.94
<b>70-74 MEN</b>							
JOE D. RUDDLEY	71	1:29.48	1:04.58	56.62	41.81	2:22.76	395.25
<b>75-79 MEN</b>							
HERB EISENSCHMIDT	79	49.00	44.36	50.84	37.44	1:41.24	282.88
JACK HOEY	76	1:01.59	45.91	1:07.29	39.95	2:07.99	342.73

----- EXCLUDING ANY RELAYS : 155 ENTRANTS, 646 SPLASHES, 129 NOSPLASHES -----



**10 ANNUAL HUMUHUMUNUKUJAPUA'A**  
**HAWAIIAN POSTAL RELAYS APRIL 1986**  
**THE FIRST MASTERS POSTAL EVENT**

Do you ever feel lonely swimming your laps, or starting off on a race--you in your lane against all these strangers? Try the fun of the 10th Annual Hawaiian Postal Relays!

Swimming is such an individual sport that we sometimes miss the fun of Team effort--the esprit de corps. Relays give us a chance to work together to accomplish jointly what a single swimmer cannot do. These fun relays give everyone a choice of short sprints, long swims, or favorite strokes. It's fun to be needed in a relay.

The Postal Relays have events for men and women in every Masters age group in seven different and unusual relays. The idea for a Masters Postal Relay Meet came from old college swimmers Richard Merritt and Gary Niemeyer. Inventing Relays that were not swum in the Nationals was a fun idea, and noncompetitive with the National meet. It's a good event since all those not in shape from the winter months can still compete on a national level without leaving ones home town.

All in all it is a wonderful chance to enhance any clubs swim program and to even get national recognition. It is an opportunity to be a national record holder. The event is getting into the mature stage (aren't we all) and if you haven't participated now is the time to enjoy an April's day of swimming with your friends but also against the nation's best teams. Some teams have made a Hawaii day out of their relay day, with Hawaiian food, pictures, posters, leis and flowers, and even an award to any member relay team that sets a national record! The possibilities are endless. It's more fun than a picnic--infact, combined with a picnic it's a whole day of FUN.

ALOHA AND GOOD LUCK ON THE HUMU RELAYS!

RELAY EVENTS: Men's 25+, 35+, 45+, 55+, 65+, 75+  
 Women's 25+, 35+, 45+, 55+, 65+, 75+

- 1) 4 x 50 yd. butterfly
- 2) 4 x 50 yd. backstroke
- 3) 4 x 50 yd. breaststroke
- 4) 4 x 100 yd. freestyle
- 5) 4 x 200 yd. freestyle
- 6) 4 x 100 yd. I.M.
- 7) 500 yd. Free-LOCO  
 (one leg each of 50, 100, 150, & 200)

**RULES**

A. Open to all clubs registered with the U.S. Masters Swimming (or equivalent in other countries). Multiclub or Association entries are excluded from this event as of 1981, although records set prior to this date are still valid. Clubs may enter any number of relay teams in each event as long as rule B/C is not violated. If a club enters more than one relay in one event, please denote each relay with a postscript A, B, C, etc.

B. Each team consists of four individuals

C. EACH INDIVIDUAL can swim in all seven relays in any age group equal to or younger than their own. HOWEVER, a swimmer may enter each relay only once. FOR EXAMPLE, a 40 year old may choose to swim in the 25+ back relay therefore the swimmer can not enter the 35+ back relay. Relays which have both men and women should be entered as a men's relay.

D. Events are to be held in a 25 yard pool, events in meters will be converted to "yard time".

E. USMS rules apply for the timing of each event. (Please note: this event has not been recognized by USMS)

**SCORING:**

1st (9 pts.), 2nd (7 pt.), 3rd (6 pts), 4th (5 pts.)  
 5th (4 pts.), 6th (3 pts.) 7th (2 pts), 8th (1 pt.)

DATE: Relays may be swum any time during the month of April

DEADLINE: May 15.

ENTRY FEE: \$3.00 per relay. Make checks payable to Humuhumunukunua'pua'a

MAIL TO: Meet Directors -- Terri Frank & Kay Harrison  
 98-487 Koa'uka Loop #81003  
 Aiea, Hawaii 96701  
 ph. (808) 487-7893

ENTRY FORM: Use a 3 x 5 inch card for each relay, as in this example:

Men 25+	200 yd. Fly Relay	Time 1:50.61
	Sam Splasher	26
	Willie Water	28
	Flip Turn	31
	False Start	33
	San Mateo Marlins "A"	

AWARDS: Hawaiian awards will be given to the Club with the highest point total (the sum of men and women's scores). 2nd and 3rd place teams will receive appropriate awards similar but smaller than the prestigious first place. All relays count toward the point total, so any club can sweep the entire meet. Each member of a winning relay will receive a beautiful Hawaiian pen (one per person).

RESULTS: Meet results will be sent to Swim-Master, Swim Magazine Master Swimming International, and each club entered.



# HAWAIIAN POSTAL RELAYS NATIONAL CLUB RECORDS



	200 FLY	200 BACK	200 BREAST	400 FREE	800 FREE	400 I.M.	500 LOCO
25*	2:01.74 SDM '83	2:04.61 NEM '85	2:23.89 NDM '80	4:01.32 SDM '83	8:42.43 SDM '83	4:42.03 NDM '80	5:11.18 SDM '83
35*	2:14.49 OCM '85	2:19.60 NEM '85	2:38.31 DCM '84	4:29.81 DCM '85	10:23.37 NEM '85	5:13.21 DCM '85	5:56.43 DCM '85
45*	2:30.44 DCM '85	2:36.33 SDM '83	2:51.19 DCM '85	5:00.00 NEM '82	11:23.16 SDM '83	5:51.29 NEM '84	6:37.14 NEM '82
55*	3:17.94 NEM '82	2:52.63 NEM '84	2:59.07 CLM '84	5:34.79 SPA '80	12:27.03 NEM '84	7:01.22 DCM '91	7:44.22 DCM '82
65*	4:14.09 DCM '85	3:37.52 DCM '85	4:50.3 CLM '84	6:58.44 DCM '85	15:16.38 DCM '85	8:48.71 DCM '85	8:31.06 DCM '85
75*		5:56.19 HUMU '85		10:54.44 HUMU '85			12:46.70 HUMU '85
MEN	200 FLY	200 BACK	200 BREAST	400 FREE	800 FREE	400 I.M.	500 LOCO
25*	1:40.8 NJM '77	1:48.5 NJM '77	1:58.11 SDM '83	3:23.12 NEM '85	7:52.5 NJM '78	3:53.81 DCM '85	4:31.16 DCM '79
35*	1:43.9 OM '81	1:51.94 NEM '83	2:04.24 NJM '85	3:30.9 OM '85	8:05.1 OM '85	4:11.7 OM '85	4:40.4 OM '85
45*	1:56.30 DCM '85	1:59.75 DCM '85	2:19.1 NJM '82	3:53.86 NEM	9:13.40 SPA '79	4:43.46 SPA '79	5:04.16 SPA '79
55*	2:11.28 IM '79	2:22.1 NEM '85	2:28.99 NEM '84	4:17.51 IM '78	9:44.96 IM '78	5:04.41 IM '79	5:40.76 HUMU '82
65*	2:37.94 SPA '79	2:38.02 SPA '79	2:43.56 SPA '79	49.39 DCM '84	11:12.83 DCM '84	5:44.18 SPA '79	6:07.4 DCM '84
75*							10:56.44 HUMU '85

## Team Abbreviations:

DCM D.C. Masters  
OM Ohio Masters  
IM Illinois Masters  
MDM Maryland Masters  
SDM San Diego Masters  
NJM New Jersey Masters  
NEM New England Masters  
SPM St. Petersburg Masters  
CLM Clearwater Largo Masters  
SPA South Pacific Association  
MSM Marlins San Mateo Masters  
HUMU Humuhumunukunukuapua'a

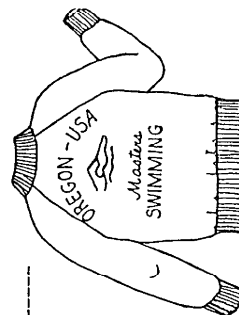
## YEARLY WINNERS

77 Suncoast Masters  
78 New Jersey Masters  
79 Suncoast Masters  
80 S. Pacific Assoc.  
81 New England Masters  
82 New England Masters  
83 New England Masters  
84 New England Masters  
85 New England Masters

## 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 \$42.50  
Name & Logo Embroidery (Jacket & pants) 18.10  
TOTAL \$60.60

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

# Blaine County Recreation District

Post Office Box 297, Hailey, Idaho 83333 (208) 788-2117

## A SPECIAL INVITATION TO ALL USMS CLUB MEMBERS

---

Dear USMS Club Member,

The Blaine County Aquatic Center, Hailey, ID. would like to extend a special invitation to all the Northwest USMS members to attend the 1986 Sun Valley Masters Swim Meet.

The new Center opened May 15, 1985, and is located on the edge of Hailey, just South of world famous Sun Valley, ID.

Come join us, July 26th and 27th for our second annual Sun Valley Masters Swim Meet, Held under the sanction of USMS, Sawtooth Masters Swim Club.

While you are here, plan to take advantage of the many opportunities and celebrations in Sun Valley, as they observe their 50th anniversary.

After entries are recieved, we will be glad to help you make special arrangements for travel and accomodations if necessary.

Hope to see you here in July!

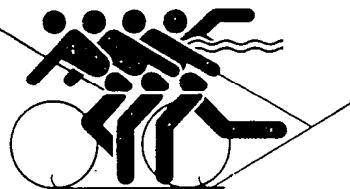


Mary Austin, Director  
Blaine County Aquatic Center

/jc

OREGON SWIMMERS !

THIS IS ENCLOSED NOW SO  
YOU CAN PLAN IN ADVANCE  
TO ATTEND THIS MEET.  
ENTRY FORM ON BACK.



SWIM MEET ENTRY FORM, SAWTOOTH MASTERS SWIM CLUB  
HELD UNDER THE SANCTION OF USMS INC. 25 YARD SHORT COURSE

DATE: JULY 26, & 27, 1986  
PLACE: BLAINE COUNTY AQUATIC CENTER  
FOX ACRES DRIVE  
HAILEY, ID 83333  
ENTRY DEADLINE: JULY 19, 1986  
LATE ENTRIES WILL NOT BE SEEDED.

WARMUP: SAT, 5:00 PM, MEET: 6:00  
WARMUP: SUN, 1:00 PM, MEET: 2:00  
MEET DIRECTOR: MARY AUSTIN  
BLAINE COUNTY RECREATION DIST.  
P.O. BOX 297  
HAILEY, ID 83333  
PHONE: (208)788-2117 or 788-2144

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ USMS # \_\_\_\_\_ Team \_\_\_\_\_ Unattached \_\_\_\_\_  
Age Group: 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-89 90 and over.

ENTRIES LIMITED TO FIVE EVENTS PLUS RELAYS. CIRCLE THE EVENTS YOU WISH TO ENTER  
AND FILL IN THE BEST TIME OR AN ESTIMATED TIME. MEET WILL BE SEEDED SLOW HEAT FIRST  
EXCEPT THE 1650 FREESTYLE. \*\*\* ENTER RELAYS AT THE MEET \*\*\*

SATURDAY, JULY 26, 1986:

1. 400 I.M. \_\_\_\_\_  
2. 1650 Freestyle \_\_\_\_\_  
3. 200 Mixed Medley Relay \_\_\_\_\_

TIME

9. 200 Freestyle Relay \_\_\_\_\_

10. 200 Freestyle \_\_\_\_\_

11. 100 I.M. \_\_\_\_\_

12. 100 Butterfly \_\_\_\_\_

13. 200 Breaststroke \_\_\_\_\_

14. 100 Backstroke \_\_\_\_\_

15. 20 Freestyle \_\_\_\_\_

16. 200 I.M. \_\_\_\_\_

17. 50 Butterfly \_\_\_\_\_

18. 100 Breaststroke \_\_\_\_\_

19. 200 Freestyle Relay \_\_\_\_\_

20. 500 Freestyle \_\_\_\_\_

TIME

SUNDAY, JULY 27, 1986:

4. 200 Medley Relay \_\_\_\_\_  
5. 200 Backstroke \_\_\_\_\_  
6. 50 Breaststroke \_\_\_\_\_  
7. 100 Freestyle \_\_\_\_\_  
8. 200 Butterfly \_\_\_\_\_

ENTRY FEE: Surcharge Per Swimmer \$5.00

SEND ENTRY AND PAYMENT TO: Blaine County Recreation District  
c/o Mary Austin  
P.O. Box 297  
Hailey, ID 83333

ELIGIBILITY: Open to all USMS registered swimmers, 20 years or older as of the first day  
of the meet.

RULES: Current USMS rules will govern.

STATEMENT OF RELEASE: In consideration of your accepting this entry, I for myself, my  
heirs, executors and administrators, waive and release all rights and claims for damages I  
may have against the Sawtooth Masters Swim Club, The Blaine County Aquatic Center,  
Blaine County Recreation District, and any other sponsors, for all claims of damages,  
demands, action whatsoever in any manner as a result of my participation in said Sawtooth  
Masters Swim Meet. I attest and verify that I am physically fit and have sufficiently  
trained for the swimming of these events.

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

# 1986 OREGON MASTERS

## YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

By registering with Oregon Masters, you are joining an elite organization!

- Oregon has more Masters swimmers per capita than any other association in the world, and we're a friendly bunch too.
- Oregon has one of the highest renewal rates of any of the 50 associations - once a member, you'll love it.
- In 1985 we grew over 15% (one of the fastest growing associations). We have even greater plans for 1986!
- This year the Long Course National Championships will be held in Oregon (at Mt Hood Community College in August). Don't miss it.

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution.

Our monthly publication, AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. AQUAMASTER is the ONLY source of meet entry forms. For 50¢ a month your copy is delivered via first class mail.

Your registration fee enables OMS to provide you with:

1. Local meet support.
2. National representation of all Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

\$3.25 of your \$10.00 registration is sent to the US Masters Swimming, Inc. (USMS) They provide insurance for you:

Personal accident when competing in OMS approved/sanctioned meet or practice session (\$50.00 deductible.)

Accidental death	\$10,000.00
Dismemberment	10,000.00
Accidental Medical Expenses	2,000.00

Liability for individual/organization/sponsor (\$250.00 deductible).

\$500,000.00	per combined single incident
50,000.00	property damage

Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**  
We must have your last years' registration number for the national office.

This is a New registration: _____ Renewal: my 1985 # _____		<b>Oregon 1986</b>	Office Use Only
Name _____ Last First M.I.			
Address _____		Reg. Fee (\$10.00) _____ Aqua Master(6.00) _____ Total _____	
City _____ St _____ ZIP _____			
( ) _____ Phone # Birth MM/DD/YY Age Sex			
Local Operating Group (if any) _____			
I hereby agree to abide by and be governed by the rules and regulations of USMS and the Oregon Masters Swim Committee.			
⇒ _____ Signature		Mail to: Pat Caudill 13365 NW Glenridge Portland, Or 97229 OR: include with meet entry	

Remember to sign your registration form.

# first class mail

Andree Devine  
7800 S.W. Sager, #23  
Tualatin, OR 97062



This issue of your AQUAMASTER was donated through  
the courtesy of sometime swimmer Jim Snow and  
STEVENS-NESS LAW PUBLISHING CO.

For your PRINTING and OFFICE SUPPLY needs call  
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STEVENS-NESS  
916 S.W. Fourth Avenue  
Portland, Oregon 97204

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

