



# AQUA-MASTER

VOL. 13 #7 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE JULY '86

Sandi Rousseau, Chairperson  
Oregon Masters Swimming  
2399 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)

HEY OREGON! THIS IS  
YOUR LAST AQUA-MASTER BEFORE  
NATIONALS - YOUR LAST  
CHANCE TO ENTER!



DON'T MONKEY AROUND!  
YOUR ENTRY HAS TO BE IN  
BARBARA FRID'S HANDS  
BY JULY 21st!



I SENT MY ENTRY  
AND SIGNED UP FOR THE  
BANQUET. WHAT  
ABOUT YOU?

OF COURSE - I  
LOVE SALMON.  
AND THE WHOLE  
EVENING WILL BE GREAT!



SO HOP TO IT!  
GET THAT ENTRY  
IN TODAY!



1986 REGION XII L/C (50M) MASTERS SWIM MEET  
USMS & IEA SANCTIONED.#3560803

LONG COURSE  
REGIONALS!

DATES: Friday- Aug. 1st, W/U @9pm Start @ 9:30pm.  
Saturday-Aug. 2nd, W/U @7am Start @ 8:00am.  
Sunday- Aug. 3rd, W/U @7am Start @ 8:00am.

PLACE: Mission Park "Witter" Pool. E.1400 Mission. From I-90 East and West take division Street exit. Proceed north on Division to Mission. Go east on Mission to 1400 block. Pool is on the south side of the street. FACILITY: (9) lane by (50M) L/C "L" pool. This pool has been remodeled with a new gutter system and extra large surge tank to keep waves to a minimum.

ENTRY FEE: Surcharge per swimmer is \$7.00. Make checks payable and send no later than July 20th, 1986 to: IEA Masters Swimmers, c/o Harry J. Lewis, E. 944-39th Ave., Spokane Wa 99203. For more info call (509)747-3421 or if no answer (509)328-9128 after 6pm.

ELIGIBILITY: Open to all currently USMS(1986) registered swimmers, 20 years of age or older, as of the last day of the meet. NEW IEA SWIMMERS may include \$15.00 for 1987 card that will be available by Aug. 1st, 1986.

800/1500 M FREESTYLE: There will be a (2)/lane option on these two events. If you choose to swim (2)/lane, you will be seeded in the first heats. Single entries will then follow fastest to slowest seed times.

RULES: Current USMS rules will govern. NOTE: Starting commands and Starts for L/C will be the same as S/C starts.

ACCOMMODATIONS: Cavanaugh's River Inn is within easy walking distance of the pool and adjacent to Riverfront Park. Other hotels are also available in downtown Spokane.

GUEST HOUSING: Please call Mariah Clarke @ (509)926-2597 if you wish to stay with some of the Spokane area Master swimmers.

-----  
(Please send in this portion with your payment no later than July 20th, 1986)

NAME: \_\_\_\_\_ M/F?: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ 1986 USMS #: \_\_\_\_\_ IEA CLUB: \_\_\_\_\_ OTHER: \_\_\_\_\_  
(IEA Applied)

Circle the events you wish to enter and fill in best or estimated time. If you do not have any recent L/C times add 10% to comparable S/C distance times. You may enter and swim in no more than (6) individual events with a maximum of (5) events on one day. You may also swim in (4) relays.

Friday: Aug. 1st, W/U 9:00pm Start @ 9:30pm.

1 1500 M FREESTYLE \_\_\_\_\_

(2)/lane? Y \_\_\_\_\_ N \_\_\_\_\_

Saturday: Aug. 2nd, W/U 7am Start @ 8:00am.

2 400 M IND. MEDLEY \_\_\_\_\_

Sunday: Aug. 3rd, W/U 7am Start @ 8am.

3 200 M FREE. RELAY \_\_\_\_\_

12 200 M FREESTYLE \_\_\_\_\_

-----> 10' Break<-----

13 200 M MEDLEY RELAY \_\_\_\_\_

4 50 M FREESTYLE \_\_\_\_\_

-----> 10' Break<-----

5 200 M BUTTERFLY \_\_\_\_\_

14 50 M BACKSTROKE \_\_\_\_\_

6 100 M BACKSTROKE \_\_\_\_\_

15 200 M BREASTSTROKE \_\_\_\_\_

7 200 M MX. FREE. RELAY \_\_\_\_\_

16 200 M IND. MEDLEY \_\_\_\_\_

-----> 10" Break<-----

17 200 M MX. MEDLEY RELAY \_\_\_\_\_

8 100 M FREESTYLE \_\_\_\_\_

-----> 10' Break<-----

9 100 M BREASTSTROKE \_\_\_\_\_

18 200 M BACKSTROKE \_\_\_\_\_

10 50 M BUTTERFLY \_\_\_\_\_

19 100 M BREASTSTROKE \_\_\_\_\_

11 400 M FREESTYLE \_\_\_\_\_

20 100 M BUTTERFLY \_\_\_\_\_

21 800 M FREESTYLE \_\_\_\_\_

(2)/lane? Y \_\_\_\_\_ N \_\_\_\_\_

Surcharge required of all swimmers \$7.00

New IEA swimmers only registration(\$15.00) \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_



Official Entry Form for Individual Events  
1986 UNITED STATES MASTERS SWIMMING  
NATIONAL LONG COURSE CHAMPIONSHIPS  
Gresham, Oregon  
August 21-24, 1986  
Sanction No. 86H



NAME  Last  First  MI  SEX

ADDRESS  No  Street  City  State  Zip  Country

AGE  on 8/24/86 BIRTHDATE  Mo  Day  Yr  USMS REG#  1986 No. Required

Club Name or Unattached  Club Abbrev  LMSC (Assoc)   
OREGON MASTERS SWIMMING OREG OREGON MASTERS SWIMMING

TELEPHONE  ( ) days  ( ) eves

ENTRY DUE DATE: Entry must be received no later than Monday, July 21, 1986.

Event No.	WOMEN	TIME and EVENT	Event No.	MEN
		THURSDAY, August 21, 1986 @ 8:00 am		
1		200 Meter backstroke	2	
3		100 Meter breaststroke	4	
5		50 Meter freestyle	6	
7		200 Meter butterfly	8	
9	See relay form	200 Meter medley relay	10	See relay form
11		400 Meter freestyle	12	

FRIDAY, August 22, 1986 @ 8:00 am

13		200 Meter breaststroke	14	
15		100 Meter butterfly	16	
17		50 Meter backstroke	18	
19		100 Meter freestyle	20	
21		200 Meter individual medley	22	
23	See relay form	200 Meter freestyle relay	24	See relay form
25	See relay form	200 Meter mixed medley relay	26	See relay form

SATURDAY, August 23, 1986 @ 8:00 am

27		200 Meter freestyle	28	
29		50 Meter breaststroke	30	
31		100 Meter backstroke	32	
33		50 Meter butterfly	34	
35		400 Meter individual medley	36	
37	See relay form	200 Meter mixed freestyle relay	38	See relay form

SUNDAY, August 24, 1986 @ 8:00 am

39		1500 Meter freestyle	40	
I am willing to swim the 1500 meter freestyle with two persons per lane. <input type="checkbox"/> yes <input type="checkbox"/> no				

LEGIBLE XEROX COPIES OF THIS ENTRY FORM ARE ACCEPTABLE. YOU MUST COMPLETE THE REVERSE SIDE OF THIS FORM

1986 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

**Dates:** August 21-24, 1986

**Location:** Mt. Hood Community College Aquatic Center, Gresham, Oregon

**Sanctioned by:** US Masters Swimming, Inc. & the LMSC/Oregon Masters Swimming

**Filling Out Entry Blank:** There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. DO NOT ENTER WITH "NO TIME." You may enter six events but swim no more than three on any one day (not including relays).

**Eligibility:** National Championships are open to USMS registered swimmers 25 years of age and older (as of August 24, 1986). If you wish to represent a club, then you and the club must be registered in the LMSC; if any question about your affiliation, you will swim "unattached." Foreign swimmers require a travel permit with entry.

**Conduct of the Meet:** Meet Brochure has all details of the meet conduct. All events will be pre-seeded with the exception of the 1500m free which will be deck seeded.

**Age Groups:** 25-29, 30-34, etc. to 80-84, 85-89, and 90 and over. Your age is determined as of the last day of the meet (8-24-86).

**Awards:** National Masters Medals to first through ninth places.

**Scoring:** Individual Events (men/women): 10-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

**Fees:** \$3.00 per individual event plus \$10.00 surcharge per swimmer. Fees must accompany this entry form; an entry is not considered complete until the check clears the bank; if any question about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than July 21, 1986; no refunds are given for events not swum.

**Banquet:** A Pacific Northwest Salmon Bake and Buffet will be held on Saturday evening, August 23. Dinner will be preceded by a social hour with free beer and cash bar, and followed by live music for dancing. Dress will be casual. Details about transportation to and from the banquet will be provided in your meet packet. Shuttle service shall be provided from all shuttle-stop hotels/motels.

Number of individual events entered _____	x \$3.00 = _____
Meet Surcharge (required of all swimmers)	= <u>\$10.00</u>
Number of NW Salmon Bake tickets _____	x \$16.00 = _____
TOTAL AMOUNT OF FEES DUE (do not send cash) = US \$ _____	

**Checks Payable To:** 1986 LC Nationals

**Mail Entry & Fees To:** 1986 LC Nationals, 10214 SW Parkway, Portland, OR 97225  
For proof of receipt enclose self-addressed, stamped envelope or postcard.

**ENTRY DEADLINE:** Entry must be in the hands of entry chairman no later than July 21, 1986; late entries will be returned to sender. **MAIL EARLY.**

**Release from Liability:** The undersigned agrees to hold United States Masters Swimming, Inc. and all Local Masters Swimming Committee 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.

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

OREGON RELAYS for NATIONALS

=====

The Oregon Association would like to organize the best possible relays for Long Course Nationals in August, 1986. In order to find out who plans to swim and would be willing to swim in a relay, we are asking that each individual submit his/her best 50 times from the 1985-86 season. When all of this information is gathered, we will plan all of the relays and notify you as to which relay(s) you will be swimming.

Please complete the information below for each stroke (whether you like to swim a particular stroke or not). If you do not know meter times, just fill in the yard times, and we will convert them to meter times. If you filled out this form at the Regional meet, you do not need to do it again.

-----

NAME: \_\_\_\_\_ AGE (as of 8/24/86): \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_

	YARDS =====	METERS =====
50 FLY	-----	-----
50 BACK	-----	-----
50 BREAST	-----	-----
50 FREE	-----	-----

\*\*\*\*\* PLEASE MAIL THIS FORM TO: \*\*\*\*\*

GINGER PIERSON  
14218 NE 14th Street  
Vancouver, WA 98664

OR

SANDI ROUSSEAU  
23995 SW Drake Lane  
Hillsboro, OR 97123

\* \* \* \* \*

# NATIONALS \*\*\*\*\* NATIONALS

## MHCC CHAMPIONSHIP POOL WORKOUT HOURS

If you are interested in working out in the long course championship pool at MHCC prior to the Nationals, it will be available for Masters swimmers during the following hours from now through August:

Monday-Friday	5:45 - 7:00 AM 5:30 - 7:00 PM	Open regardless of weather
Saturday	12:00 - 1:00 PM	Weather permitting

Admission charge is \$1.25 per person; however, there are coupon books available that can be shared among any number of persons. Cost is \$18.00 for 20 coupons.

If there is enough interest, we can plan to open the pool for Masters swimmers only. This involves hiring a guard, so there has to be more than two or three interested persons. The possible hours are as follows:

Sunday, August 10	11:00 - 12:00 Noon
Saturday, August 16	5:00 - 7:00 PM
Sunday, August 17	11:00 - 12:00 Noon

Contact Sandi Rousseau @ 642-3679 if you would like to pursue any of these times.

happy birthday

### AUGUST BIRTHDAY'S

Dorthy Hunter	1	Vern Dasch	14
Patricia Campbell-Schmidt	1	David Marlin	14
Jennifer Gorman	2	Elizabeth Laurenson	15
Lee Borgaes	3	Beth Burczak	15
Tyler Walthers	3	Laura Hildebrandt	17
Jill Schuldt	3	Donald Van Rossen	19
Karen Ennis	4	Marc Heller	19
R. Karen Roach	5	Karen Burlison	19
Kristi Kay Gustafson	5	Elfie Stevenin	20
Michael Dirksen	6	Ralph Mohr	20
David Wash	6	Nancy McKenzie	20
Louise Hepner	8	Steven Cutshall	21
Judith Belford	8	Craig Sprain	21
Kenneth Norton	8	Daniel Bloyer	22
Gloria Califf	8	C. Carol Sprenger	23
Debbie Gregoire	8	Stephen Kessler	23
Jim Bendis	8	Marjorie Sidman	24
Mike Warren	9	Joanne Ross	24
Timothy Muldowney	10	Michael Douglas	24
Patricia Lanier	11	Robert Rhodes	25
Janet Meyer	11	Don Merritt	25
Richard Mealy	12	Carlyle F. Stout, III	27
Patrick Aldrich	12	Robert Boadway	27
Candy Murphy	12	Linda Mahn	28
		Mark Becker	28
		Kay Bleak	29
		Ruth Moreland	30
		James Krippaehne	30

## BETWEEN THE LANE LINES

NATIONALS - Any Masters swimmer who was or still is in the armed forces and would like to participate in the opening ceremonies at the National Championships in August, please contact Eric Guest, 39132 SE Loudon Rd., Corbett, OR 97019, or call 503/695-5500.

\*\*\*\*\*

NEWS FROM THE NORTH - Masters swimming in British Columbia is alive and growing! There is no formal HOST program up there yet, but contact Dave Fletcher, 986 Beachview Drive, North Vancouver, B.C., Canada V7G-1R1, if you expect to be up there for a meet and need a place to stay. Give Dave enough time. Meanwhile, here is some meet information for "marathon" swim nuts who need distance training before Nationals:

August 3, 1986 - 7.38 miles (ultra swim!) in Lake Skana near Penticton, B.C., just across the Washington border on Hwy. 97).

August 10, 1986 - 5+ miles across Vancouver Harbor.  
Contact Roy Abramowitz for more information (503/227-8600, daytime only).

\*\*\*\*\*

ANOTHER JUNE WEDDING! - Mark Worden and Laura Baumhofer of Corvallis are currently honeymooning in Japan at the World Championships in Tokyo. They were married on June 28. Congratulations Mark and Laura!

\*\*\*\*\*

The deadline for submissions for the August Aqua Master will be July 30. Those of you who normally hand deliver material to me should probably just stick it in the mail, as I am planning to be in hiding. By the way, the boa constrictor didn't have to eat anyone.

\*\*\*\*\*

OREGON TOP 5 - If your fastest times are swum at a meet held outside of our association, and you want them to be considered for Oregon Top 5 times for 1986, get a photocopy of the official results with your time and send it to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034.

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

Contact the following H.O.S.T. Chairperson when you wish to stay in another swimmer's home during 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

**HERE IS A QUICK RUNDOWN OF WHAT ENTRIES ARE IN THIS ISSUE:**

**JULY 26 - HOWARD PRAIRIE LAKE SWIM ASHLAND, OR**

**AUGUST 1,2,3 - LONG COURSE REGIONALS SPOKANE, WA**

**AUGUST 21-24 - LONG COURSE NATIONALS GRESHAM, OR**

## Different Strokes

### The "Crawl" and Others

Recently a foursome of self-proclaimed experts met to discuss the "crawl" and other swimming strokes. National champion Mary Ann Wolfe of the early 1940s, be-medalled Olympian Don Schollander, of 1964 and 1968 -- both could qualify as experts. The other two, Charles Foster of the 1930s and Collister Wheeler of the early teens, also thought they could contribute something.

Almost all swimming authorities of the past acknowledge that the crawl was used by natives of North and South America, West Africa, and the Pacific islands. That form, alternate windmill action of the arms and uncoordinated leg motion, resulted in a fairly efficient stroke -- but no wonder it was often called the "splashy" stroke.

In August of 1875 Captain Mathew Webb swam the English Channel in 21 hours, 45 minutes, using the breast stroke. In 1911 Thomas Burgess swam it in 22 hours, 35 minutes.

Now, our modern swimmers are swimming it both ways; the first was Edward Temme in 30 hours, 23 minutes. Florence Chadwick of San Diego was the first woman to swim the channel both ways, as well as conquering the 21-mile Catalina channel.

Let's not forget the splendid effort of Gertrude Ederle in 1926. Her record of 14 hours, 31 minutes, bettered the men's time as well as establishing her as the first woman to make the crossing.



A great contributor to swimming was J. Arthur Trudgen of England in the early 1890's. He has the honor of having a stroke named for him -- the "Trudgen" (or Trudgeon), often called the "Trudgen crawl."

This was a powerful scissors kick with the lower pulling arm -- or a kick with each. The double kick was a killer and few swam it very far.

J.H. Derbyshire, a pupil coached by Trudgen, swam the 100 yards in 60 seconds in 1897 -- some swimming in those years, it equalled the 1892 record of T. Needham of Australia. But Needham swam in a pool requiring seven turns approximately 13 yards long, therefore faster. We wonder if it was ever measured accurately.

The perfected Trudgen was a fast stroke and for some years was at least on a par with the then-imperfect crawl. George Hodgson, of Canada, swam the 1500 meters at the Olympics of 1912 in 22 minutes -- compared to Norman Ross' crawl time of 22 minutes, 23 seconds, in 1920. Hodgson was perhaps the last of the great Trudgen swimmers.

In the early days the American records were behind those made in England and Australia. In 1888 Herbert Brown swam the 100 in 76.2. Slowly, this speed improved. Coached by Sidney Cavill, J. Scott Leary swam the 100 in 60 seconds at the Lewis and Clark fair in Portland in 1905. Also competing at this fair was H.J. Handy from Chicago. He won the quarter- and half-mile swims with what was described as a "legless" crawl -- just sort of dragged his legs. Handy competed in the 1904 Olympics as a breaststroke swimmer. He was still living in 1980 -- aged 95.

Claims were made that George Whittaker developed the crawl. He swam at the 1893 Fair in Chicago and in 1896 swam the 100 yards

in 69 seconds. Another claimant was Alwx Wickham who swam 50 yards in 24 seconds. Richard Cavill swam the 100 in 58.6 in 1902. All these were Australians -- swimming the crawl, maybe.

American swimmer Charles Daniels, with ideas from Leary, was developing his version of the crawl: probably a 15-inch beat of the feet with the arms and legs working independently. With this he won the 100 meters Olympic title in 1908 in 1:05.6. Daniels in 1910 swam 100 yards in 54.8 seconds. Daniels was "the" American swimmer of his time, setting 33 national records and four Olympic Games titles.

And in Hawaii the famous Duke Kahanamoku and his brothers were experimenting. The Hawaiians swam high and with lots of roll. Duke swam the 100 meters in 1:03.4 in 1912 and 1:00.4 in the 1920 Olympics. Sam Kahanamoku was third in the 1924 Olympics -- one-half second behind Duke.

Then along came Johnny "Tarzan" Weismuller, whose time was 58.6 in 1928. So it improved to Schollander in 53.4. Spitz in 51.22, and now just under 50 seconds -- faster and faster.

As you can see, the crawl was being perfected. From a two-beat kick to four, six, and eight -- whater was most suited to the times and the individual -- to its present state.

Kids now grow up with this -- most can hardly swim any other stroke. They are getting the benefits of its evolution for the past 85 years, all this by intense training, experimentation, and expert coaching.

Now, who invented what, and when. From the time some Aborigine fell of the log, first came the dog paddle, breaststroke, sidestroke, single overarm, Trudgen crawl, and now the crawl.

This group of swimmers think that its beginning popularity should be credited to the famous Cavill family of Sydney, Australia.

Frederick Cavill was a swimming instructor in England. In the Channel swim he swam within 50 yards of the French coast in 1877. He should have been credited with a crossing but boatmen refused to guide him through the shallow, rock-strewn beach. His time was 12 hours, 15.2 minutes, a time much faster than Webb or Burgess.

Cavill moved to Australia in 1878 and established a swimming pool. He fathered six sons and eight daughters, quite a notable feat in itself. All were swimmers and the Cavill boys began to blast the records with their crawl, often called the "splash" stroke.

In 1902 Richard Cavill swam the 100 in 58.6 in England. He became the instructor at Pittsburg and later was on the stage in a swimming act.

Sydney Cavill was with the Olympic Club from 1902 to 1927, He was the coach of J. Scott Leary who soon was a crawl swimmer.

Arthur Cavill was instructor at the Multnomah Club in Portland from 1909 to 1913. He was supposed to be the first man to swim the Golden Gate. He popularized the Christmas swim of 1909 to 1913 in the Willamette River, temperature 34-40 degrees.

After all that cold water Cavill died in an attempt to swim across Elliott Bay in Seattle. The temperature of the water was 46 degrees. After an hour or more in the water his skin was like ice and his circulation stopped -- now they call that hypothermia.

After Trudgen, Handy, Leary, Daniels, the Kahanamokus and others improved their crawl stroke, it would appear that the Cavills did the most to introduce it. Regardless of who invented it, they spread its use, at least over the U. S. They were a "tribe," while the rest were individuals.

In 1911 W. A. Corbett, a noted Australian sports authority, states that Arthur Cavill is the individual who should be credited with "at least" the early perfection of the stroke. He even calls Cavill the "inventor" of the stroke.

The swimmers of today are trained to perfection; they represent years of hard effort and expert coaching. The time of 22 minutes for 1500 meters in 1920 is now down to below 15 minutes -- in other words, keeping up Duke Kahanamoku's time of 1920 for 100 meters for 1500 meters.

Now we present our findings from printed articles and memory. If you have anything to add or change, please do so; we don't know it all and facts are lost and distorted in time.

Don Schollander

Mary Ann Wolfe

Charles Foster

Collister Wheeler

*THIS ARTICLE CONTINUES...*

---

## *OMS OFFICERS: 1986 - 1988*

*The terms of office for your current chairperson and secretary end on October 31, 1986. If you or anyone you know is interested in running for one of these offices, contact Sandi Rousseau. Our election will be in the Fall.*

*There will also be an opening for Aqua-Master editor. Here's your chance to be creative! Again, contact Sandi Rousseau if you are interested in volunteering.*

Some suggestions:

Refer to coaches -- Bachrach IAC (Weissmuller)

Alan Ford:

John Miller (Mercersburg Academy) First with  
Strength training.  
Bob Kiphuth (Yale)  
Matt Mann (Michigan)

Mark Spitz:

Jim Councilman (Indiana)

Weissmuller - 100 yards record of 51 flat stood for over twenty  
years - finally broken by Alan Ford in February, 1943.

Be sure distances are either meters or yards. Do not confuse the two.

Stroke Techniques have done much to improve swimming times,  
but in my opinion the greatest single factor has been strength training  
(initiated by John Miller of Mercersburg Academy, Pa.) in the late 30s.

Closely following strength training:

1) Better and faster pools. Many pools in the 30s and early 40s  
had gutters only on the sides - in some cases none at all. Also depth  
of water -- best pools are now a constant 7 to 9 feet deep.

2) "No wave" lane lines. Remember the old cork floats, hung every  
4 to 6 feet on a piece of clothesline. (No backwash on turns; almost a  
mirror surface for the entire race now.)

3) 3-feet-plus starting blocks. In the Duke's and Weissmuller days  
they started from the water's edge -- sometimes literally 2 inches  
above the water's surface.

The above comments were submitted by Earl Walter, past  
perennial chairman of Oregon Master Swimming and a competitor  
for many years.

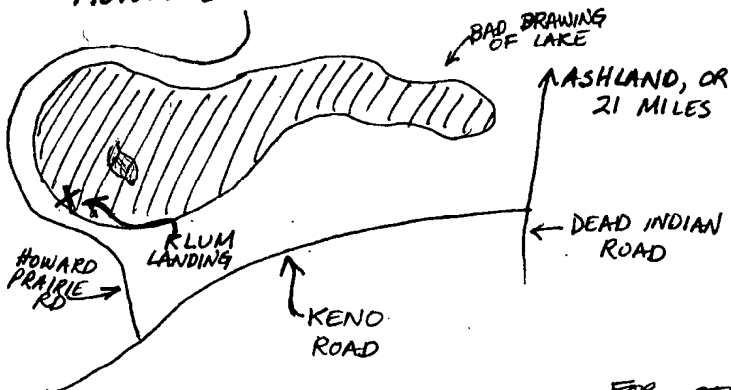
		<u>Meters</u>			
		<u>100</u>	<u>200</u>	<u>400</u>	<u>1500</u>
1904	Daniels	2-1		1	
1908	Beaurepaire			2	3-3-3
1912	Hodgson			1	1
1912	Kahanamoku	2-1-1		1	
1920	Ross			1	1
1924	Weismuller	1-1		1	
1924	Charlton			3-2	1-2
1928	Borg			2	2-1
1932	Crabbe			1	3-3
1956	Rose			1-1	1-2
1964	Schollander	1-1	-2	/	
1968	Wenden	2	1		

George Hodgson's "Trudgen crawl" was faster than Ross's crawl.

Beaurepaire swam in 1908, 1920 and 1924. Was he changing from

Trudgen to crawl in improving from 23.04 to 20.484 from 1920 to 1924?

## HOWARD PRAIRIE LAKE SWIM - ADDITIONAL INFO:



RACE DIRECTOR: GREG FROWN FELTER → 488-1149

The lake is 21 miles east of Ashland via Dead Indian Road and Hyatt Prairie Rd. The swim will be held at Klum landing, near the dam, on the south end of the lake. Follow the signs-- come early. Overnight camping is available at the lake.

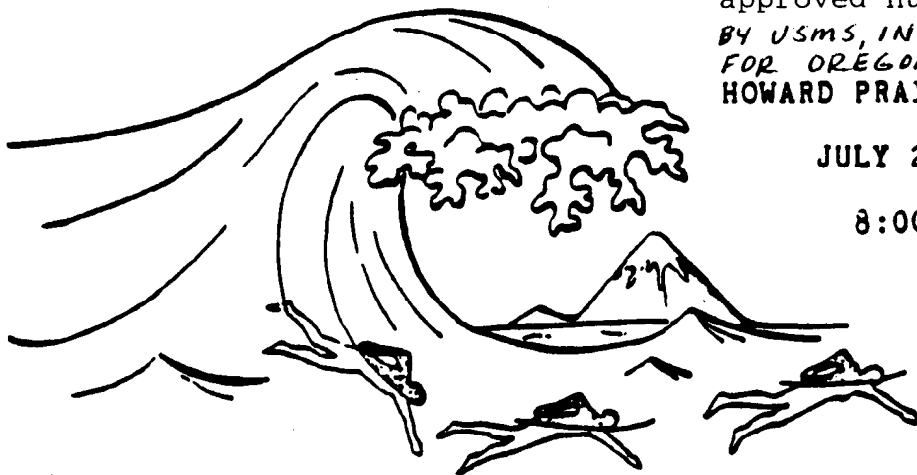
FOR OTHER FACILITIES CALL:

ASHLAND CHAMBER OF COMMERCE → 503/482-3486

ALSO : ASHLAND SHAKESPEARE FESTIVAL BOX OFFICE : 503/482-4331

AS YOU LIKE IT → 7/25 TITUS ANDRONICUS → 7/26

MEASURE FOR MEASURE → 7/27



approved number 86K  
BY USMS, INC AND LMSC  
FOR OREGON ASSOCIATION  
HOWARD PRAIRIE LAKE SWIM

JULY 26, 1986

8:00 A.M.

REGISTRATION Swimmers who desire a T-shirt should register prior to July 12.  
& FEES: Registration on race day will be open at 7:00am.

	<u>with shirt</u>	<u>without shirt</u>
Early entry (before 7/12)	\$10.00	\$7.00
Late entry (after 7/12)		\$9.00

ENTRY: Send completed entry registration form to:

HOWARD PRAIRIE LAKE SWIM  
2001 Siskiyou Blvd.  
Ashland, OR 97520

Make check payable to: HOWARD PRAIRIE LAKE SWIM

COURSE: A 1500 meter open water out-back course. The average high for July 27 is 80°; the average low is 46°. The average water temperature is 74°. Occasionally there are windy conditions causing some waves on the lake.

RESULTS: If you would like a copy of the race results, enclose a self-addressed stamped envelope (4" x 9") with your entry. Results will be mailed the week after the race.

AWARDS: First place medals, second and third place ribbons to all divisions, male and female: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over.

\*\*\*\*\*

#### ENTRY REGISTRATION FORM

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 \_\_\_\_\_

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ T-SHIRT SIZE: Small Medium Large X-Large

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

USMS # \_\_\_\_\_

(You must be a registered Masters Swimmer in order to participate in this event.)

01 Barn Flys with the Corvallis Meet...June 8, 1986

First long course of the year for OMS was at the Osborn Aquatic Center in Corvallis.

Great meet with all kinds of people, excellent turnout and some really fine swims  
Total entries were 107, many many excellent swims, and some really great records, highlighted by 5, yes 5, WORLD RECORDS

Our meet director was Judy Storie, and this great lady did a really GREAT job, it takes so much these days to put on a really good swim meet and this was one of the best...THANKS JUDY!!!!

Our meet officials were ; Don Studier and Les Ishikawa, who alternated as Meet Referees and starter, great officiating was rendered by Mike Hafner and Jerry Willie, the timers were superb from Corvallis Hi, and the Corvallis Aquatic Center.

Special mention must go to Mary Kittleson, who acted as Clerk of Course, and just about anything anybody wanted her to do, to help keep the administrative end going.

We had some great news items ....

Mt Hood Masters has nominated their CLUB LECHER - you only get one guess as to who this lucky person is...yes...Bert Petersen

SANDBAGGER OF THE YEAR....Terry and Judy McCurdy, originators of this award are eagerly awaiting your nominations for the successor to Eric Guest.....  
At Corvallis we did come up with a candidate, Denise Stuntzner had an entry time of 1:08.00 for the 50 fly, Denise came home with a :32.61 for a new OMS record, not too shabby, so far, our front runner!!!

records.....let's go with WORLD RECORDS, LIKE 5 ----

GINGER PIERSON...warming up for Tokyo : 100 Breast 1:27.12  
200 Breast 3:08.58

MARTHA KELLER...wondrous at 85 : 800 free - 29:14.16

MIKE WORDEN...OB missed this one for the papers, and his face is RED....  
Mark toured the 800 free in 10:10.03, a new WR !!!!

RELAY - 280 Plus, Gil Young(Back), Don Stevenson(Breast), Earl Walter(Fly) and Herb Eisenschmidt(79)....  
New world record for the Medley at 3:02.05

yes , we are getting ready for NATIONALS, now less then 60 days away !!!

\*\*\*\*\*

Petey Smith (60-64)	OMS	50 free	:40.70	8 TT
	OMS	100 free	1:35.01	
	REG	400 free	7:25.15	7 TT
Judy Melcher (65-69)	OMS	50 Free	1:12.49	
	OMS	100 Free	2:41.70	
	OMS	400 Free	10:52.54	
	OMS	800 Free	22:34.68	
Martha Keller (85-89)	REG	200 free	6:53.20	
	REG	400 free	13:58.79	
	REG	100 fly	7:16.87	
	REG	400 I.M.	19:48.28	
Denise Stuntzner (20-24)	REG	400 Free	5:03.07	
	OMS	50 fly	:32.61	(Old record from July '76)
	REG	100 fly	1:12.37	
	REG	200 fly	2:46.04	



Records at Corvallis, cont.-----

Laura Baumhofer (25-29)	REG	800 free	11:19.23	
Alice Parsons (30-34)	OMS	800 free	12:59.67	
Kathleen Buck (35-39)	OMS	800 free	12:11.83	
Beverly L'Esperance (50-54)	OMS	800 Free	17:57.16	8 - TT
Beverly Dirksen (55-59)	OMS	800 free	15:03.10	8 - TT
Elfie Stevenin (60-64)	OMS	800 free	28:22.72	
Andree Devine (20-24)	OMS	200 Back	3:01.98	
Hazel Bressie (75-79)	REG	200 Back	6:37.42	
	REG	100 Brst	4:01.77	
Ginger Pierson (40-44)	REG	50 Brst	:40.70	2-TT
	REG	400 I.M.	6:36.80	4-TT
Margaret Wells (60-64)	OMS	100 Brst	2:06.04	9 - TT
	REG	100 Fly	2:06.10	4 - TT
Susan Braun (25-29)	OMS	50 Fly	:32.36	
David Addleman (50-54)	REG	200 IM	3:09.03	(good swim from PNA)
Bert Petersen (45-49)	OMS	50 Free	:29.15	10 - TT
Fred Sprenger (55-59)	REG	400 Free	6:01.24	10-TT (under wraps yet !!!)
Earl Walter (65-69)	REG	50 Fly	:41.02	9 TT
	REG	100 Fly	1:47.51	10 TT
	REG	200 Fly	4:08.81	8 TT
	OMS	200 I.M.	3:40.66	
	OMS	400 I.M.	7:52.25	8 TT
Mike Johnson (25-29)	REG	800 free	10:42.74	
D. Wayne Baker (40-44)	OMS	800 free	14:55.35	
Floyd Elliott (55-59)	REG	50 Back	:36.60	6-TT
(July/Aug-'76)...from)	REG	100 Back	1:22.65	3-TT
	REG	200 Back	3:05.94	5-TT
Howard Ronkin (30-34)	OMS	50 Brst	:34.88	8-TT

plus some really great swims....

Kathleen Buck in the 200 free, came close , 2:42.99 vs 2:42.72  
again in the 400, 5:45.86 vs 5:44.59

Susan Braun put in a fine 400 free at 5:19.03 vs 5:17.32

Nancy Dunton swam a great 1500 at 21:37.94 vs 21:34.50

Bert Petersen at :40.37 for 50 brst vs :39.63

Howard Ronkin with a 100 brst in 1:18.68 vs 1:18.04

Eric Guest swam 100 brst in 1:38.89 vs 1:37.24

Elfie Stevenin put in a 1:41.57 for 50 Fly vs 1:41.38

A BIG welcome back to Oregon Masters to John DeRoest, fine swims John !!!

Pamela Himstreet almost made the TOP TEN (TT) with 400 IM in 7:42.01 (10-7:41.08)

GREAT , GREAT MEET ....THANKS AGAIN JUDY STORIE, et al ....

AN ASIDE...from the May issue of The Olympian...Richard Shoulberg, Erika Hansen's coach>Erika, whom many call perhaps the finest swimmer in the world today, Coach Richard, -- Erika, today let's do 16 - 1000 IM's descending, and when we descend, we start fast, we don't start easy!!!!

Please don't anyone pass this work out on to "Gentle Ben"

## ---- 20-24 WOMEN --

50FREE PEGGY SUE COOPER	24	40.53
200FRE ANDREE-MARIE DEVINE	24	2:39.04
400FRE DENISE STUNTZNER	23	5:03.070
WAS=PHYLLIS HORMANN	6/78	5:20.20
ANDREE-MARIE DEVINE	24	5:30.70
200BAK ANDREE-MARIE DEVINE	24	3:01.980
WAS=KEMBER REDFERN	7/78	3:06.47
50BRST PEGGY SUE COOPER	24	46.75
100BRS PEGGY SUE COOPER	24	1:41.69
50 FLY DENISE STUNTZNER	23	32.610
WAS=SANDI BAKER	7/76	:33.40
PEGGY SUE COOPER	24	45.11
100FLY DENISE STUNTZNER	23	1:12.370
WAS=MICHELLE MENKENS	6/79	1:13.08
200FLY DENISE STUNTZNER	23	2:46.040
WAS=OPEN	1/00	99:99.99

## ---- 25-29 WOMEN --

50FREE SUSAN D. BRAUN	28	30.30
NANCY C. SMITH	27	32.18
ELIZABETH DEWSON	27	34.32
BETH M. BURCZAK	25	35.55
DAWN CAROL HARTMANN	27	38.66
KATHY MILLARD	29	39.00
100FRE SUSAN D. BRAUN	28	1:06.56
NANCY C. SMITH	27	1:10.73
200FRE SUSAN D. BRAUN	28	2:29.24
NANCY C. SMITH	27	2:39.78
NANCY J. DUNTON	27	2:40.48
KATHY MILLARD	29	3:12.34X
400FRE SUSAN D. BRAUN	28	5:19.03
NANCY J. DUNTON	27	5:36.93
LAURA A. BAUMHOFFER	28	5:40.83
MARY A. YUSE	26	6:22.60
800FRE LAURA A. BAUMHOFFER	28	11:19.230
WAS=OPEN	1/00	99:99.99
1500FR NANCY J. DUNTON	27	21:37.94
50BACK ELIZABETH DEWSON	27	39.41
50BRST KIM A. PHILLIPS	28	41.72
BETH M. BURCZAK	25	44.05
NANCY C. SMITH	27	44.39
ELIZABETH DEWSON	27	44.85
100BRS KIM A. PHILLIPS	28	1:29.78
NANCY C. SMITH	27	1:36.01
200BRS KIM A. PHILLIPS	28	3:12.65
50 FLY SUSAN D. BRAUN	28	32.360
WAS=DARLENE POHL	8/79	:33.80
NANCY J. DUNTON	27	37.67
BETH M. BURCZAK	25	39.44
ELIZABETH DEWSON	27	40.07
DAWN CAROL HARTMANN	27	40.20
KATHY MILLARD	29	43.08
100FLY LAURA A. BAUMHOFFER	28	1:18.76
200 IM KIM A. PHILLIPS	28	2:57.98
LAURA A. BAUMHOFFER	28	3:00.42
NANCY J. DUNTON	27	3:01.35
DAWN CAROL HARTMANN	27	3:31.51
400 IM KIM A. PHILLIPS	28	6:16.48

## ---- 30-34 WOMEN --

50FREE JEAN L. MCFARLANE	33	37.03
JENNIE G. WATT	31	39.51
100FRE ALICE D. PARSONS	31	1:24.31
JEAN L. MCFARLANE	33	1:25.68
JENNIE G. WATT	31	1:30.06
200FRE ALICE D. PARSONS	31	3:05.64
JENNIE G. WATT	31	3:22.68
400FRE ALICE D. PARSONS	31	6:24.07
JEAN L. MCFARLANE	33	6:50.44
JENNIE G. WATT	31	7:01.30
800FRE ALICE D. PARSONS	31	12:29.670
WAS=OPEN	1/00	99:99.99
50BRST JEAN L. MCFARLANE	33	45.65
JENNIE G. WATT	31	52.53
100BRS JEAN L. MCFARLANE	33	1:44.58
200BRS ALICE D. PARSONS	31	3:58.11

## ---- 35-39 WOMEN --

50FREE SANDI ROUSSEAU	38	33.43
CYNTHIA STOCKWELL	35	42.58
REBECCA L. SWEATT	37	42.85
100FRE CYNTHIA STOCKWELL	35	1:37.68
SUSAN M. GIRARD	38	1:48.95
200FRE KATHLEEN P. BUCK	35	2:42.99
CYNTHIA STOCKWELL	35	3:29.00
SUSAN M. GIRARD	38	3:56.43
400FRE KATHLEEN P. BUCK	35	5:45.86
MONIKA HUNSCHER	38	6:26.87
CYNTHIA STOCKWELL	35	7:15.30
SUSAN M. GIRARD	38	8:06.68
800FRE KATHLEEN P. BUCK	35	12:11.830
WAS=OPEN	1/00	99:99.99
MONIKA HUNSCHER	38	13:26.55
SUSAN M. GIRARD	38	16:24.95
50BACK SUSAN J. CASE	37	42.46
GERI A. JOHNSON	37	44.74
REBECCA L. SWEATT	37	55.84
50BRST SUSAN J. CASE	37	45.25
GERI A. JOHNSON	37	51.69
REBECCA L. SWEATT	37	59.06
100BRS REBECCA L. SWEATT	37	1:24.33
KATHLEEN P. BUCK	35	1:42.88
200BRS KATHLEEN P. BUCK	35	3:46.01
MONIKA HUNSCHER	38	3:54.90
50 FLY SANDI ROUSSEAU	38	36.16
SUSAN J. CASE	37	41.19
MONIKA HUNSCHER	38	43.35
100FLY SANDI ROUSSEAU	38	1:24.12
200 IM SANDI ROUSSEAU	38	3:17.50
MONIKA HUNSCHER	38	3:32.79

## ---- 40-44 WOMEN --

50FREE KAREN R. ROACH	44	35.16
JAN CURRY	40	41.84
PATLYN KNAPP	42	54.61
100FRE KAREN R. ROACH	44	1:19.18
JAN CURRY	40	1:39.48
50BACK KAREN R. ROACH	44	41.69
JAN CURRY	40	1:00.41

100BAK KAREN R. ROACH	44	1:45.71
JAN CURRY	40	2:36.22
50BRST GINGER L. PIERSON	40	40.700
WAS=MIRJANA CALLAHAN	4/84	:42.58
PAMELA HIMSTREET	42	47.82
100BRS GINGER L. PIERSON	40	1:27.120
WAS=PATRICIA GIORDANO	6/84	1:37.19
PAMELA HIMSTREET	42	1:44.67
200BRS GINGER L. PIERSON	40	3:08.580
WAS=PATRICIA GIORDANO	7/84	3:30.63
PAMELA HIMSTREET	42	3:44.77
50 FLY KAREN R. ROACH	44	43.20
200 IM GINGER L. PIERSON	40	3:04.90
PAMELA HIMSTREET	42	3:32.93
400 IM GINGER L. PIERSON	40	6:36.800
WAS=SUE RITTENHOUSE	6/84	6:52.84
PAMELA HIMSTREET	42	7:42.01

## ---- 45-49 WOMEN --

50FREE JUDY M. MCCURDY	47	51.74X
50BACK JUDY M. MCCURDY	47	59.50
50BRST JUDY M. MCCURDY	47	1:03.97

## ---- 50-54 WOMEN --

50FREE BEVERLY L'ESPERANCE	54	47.72
BEVERLY UNDERWOOD	51	1:07.87
400FRE BEVERLY L'ESPERANCE	54	8:43.58
800FRE BEVERLY L'ESPERANCE	54	17:57.160
WAS=OPEN	1/00	99:99.99

50BACK BEVERLY L'ESPERANCE	54	57.31
BEVERLY UNDERWOOD	51	1:07.12
50BRST BEVERLY UNDERWOOD	51	1:16.55
50 FLY BEVERLY UNDERWOOD	51	1:21.67

## ---- 55-59 WOMEN --

400FRE BEVERLY A. DIRKSEN	55	7:31.70
800FRE BEVERLY A. DIRKSEN	55	15:03.100
WAS=OPEN	1/00	99:99.99

## ---- 60-64 WOMEN --

50FREE PETEY M.H. SMITH	61	40.700
WAS=EILEEN BIGLIN	8/78	:50.60
100FRE PETEY M.H. SMITH	61	1:35.010
WAS=EILEEN BIGLIN	8/78	1:57.30
400FRE PETEY M.H. SMITH	61	7:25.150
WAS=JANE BROWN	6/83	10:14.48
ELFIE J. STEVENIN	64	12:48.36
800FRE ELFIE J. STEVENIN	64	28:22.720
WAS=OPEN	1/00	99:99.99
50BACK ELFIE J. STEVENIN	64	1:23.53
100BRS MARGARET A. WELLS	60	2:06.040
WAS=EILEEN BIGLIN	8/78	2:16.60
50 FLY ELFIE J. STEVENIN	64	1:41.57
100FLY MARGARET A. WELLS	60	2:06.100
WAS=ELFIE STEVENIN	8/82	3:27.50
400 IM ELFIE J. STEVENIN	64	14:45.11

## ---- 65-69 WOMEN --

50FREE JUDY M. MELCHER	66	1:12.490
WAS=TAKAKO KIMURA	6/85	1:21.87
100FRE JUDY M. MELCHER	66	2:41.700
WAS=BARBARA HAVERCAMP	8/81	2:54.05
400FRE JUDY M. MELCHER	66	10:52.540
WAS=BARBARA HAVERCAMP	8/82	12:46.86

800FRE JUDY M. MELCHER 66 22:34.68D  
 WAS=OPEN 1/00 99:99.99  
 MARGARET R. YADON 68 22:56.09  
 50BACK JUDY M. MELCHER 66 1:29.78  
 ----- 75-79 WOMEN -----  
 400FRE HAZEL B. BRESSIE 77 13:33.80  
 800FRE HAZEL B. BRESSIE 77 28:14.43D  
 WAS=OPEN 1/00 99:99.99  
 200BAK HAZEL B. BRESSIE 77 6:37.42D  
 WAS=HAZEL B. BRESSIE 6/85 6:38.04  
 100BRS HAZEL B. BRESSIE 77 4:01.77D  
 WAS=HAZEL BRESSIE 8/84 4:11.88  
 100FLY HAZEL B. BRESSIE 77 5:17.33  
 ----- 85-89 WOMEN -----  
 200FRE MARTHA KELLER 85 6:53.20D  
 WAS=OPEN 1/00 99:99.99  
 400FRE MARTHA KELLER 85 13:58.79D  
 WAS=OPEN 1/00 99:99.99  
 800FRE MARTHA KELLER 85 29:14.16D  
 WAS=OPEN 1/00 99:99.99  
 100FLY MARTHA KELLER 85 7:16.89D  
 WAS=OPEN 1/00 99:99.99  
 400 IM MARTHA KELLER 85 19:48.28D  
 WAS=OPEN 1/00 99:99.99  
 ----- 20-24 MEN -----  
 50FREE LEON O. WOLF 24 30.57  
 400FRE LEON O. WOLF 24 5:36.90  
 1500FR LEON O. WOLF 24 22:49.67D  
 WAS=OPEN 1/00 99:99.99  
 50BACK DANIEL GOSSACK 24 40.40  
 100BAK DANIEL GOSSACK 24 1:28.33  
 50 FLY LEON O. WOLF 24 33.52  
 DANIEL GOSSACK 24 35.45  
 100FLY LEON O. WOLF 24 1:15.63  
 ----- 25-29 MEN -----  
 50FREE CHIP BURCZAK 27 29.31  
 MICHAEL E. JOHNSON 26 29.40  
 RICHARD RIESS 28 37.80  
 100FRE ANDY SCHRAG 29 1:01.91  
 CHIP BURCZAK 27 1:04.33  
 PAUL R. SMITH 29 1:08.12  
 RICHARD RIESS 28 1:27.76  
 200FRE MICHAEL E. JOHNSON 26 2:23.43  
 RICHARD RIESS 28 3:27.56  
 400FRE MICHAEL E. JOHNSON 26 5:07.53  
 RICHARD RIESS 28 7:23.84  
 800FRE MICHAEL E. JOHNSON 26 10:42.74D  
 WAS=OPEN 1/00 99:99.99  
 RICHARD RIESS 28 15:48.02  
 1500FR CRAIG A. FAIMAN 28 20:47.71  
 50BACK ANDY SCHRAG 29 34.31  
 50BRST CHIP BURCZAK 27 36.64  
 ANDY SCHRAG 29 37.54  
 100BRS CHIP BURCZAK 27 1:22.30  
 MICHAEL E. JOHNSON 26 1:26.42  
 50 FLY PAUL R. SMITH 29 32.09  
 100FLY PAUL R. SMITH 29 1:18.38  
 200 IM ANDY SCHRAG 29 2:45.08

----- 30-34 MEN -----  
 50FREE JESS W. HICKERSON 33 28.71X  
 JOHN A. BERTANI 31 29.55  
 STEPHEN L. ALBRIGHT33 30.55  
 100FRE STEPHEN L. ALBRIGHT33 1:06.14  
 HOWARD E RONKIN 31 1:06.72  
 BRUCE W. CHENEY 34 1:06.94  
 200FRE MARK F. WORDEN 34 2:19.82  
 STEPHEN L. ALBRIGHT33 2:30.02  
 BRUCE W. CHENEY 34 2:32.58  
 400FRE MARK F. WORDEN 34 4:55.50  
 BRUCE W. CHENEY 34 5:23.66  
 JIM E. CUTTING 31 5:45.76  
 800FRE MARK F. WORDEN 34 10:10.03D  
 WAS=OPEN 1/00 99:99.99  
 DANIEL P. JOHNSON 33 11:07.75  
 BRUCE W. CHENEY 34 11:13.52  
 STEPHEN L. ALBRIGHT33 11:22.64  
 50BACK JOHN DEROST 34 33.38  
 50BRST HOWARD E RONKIN 31 34.88D  
 WAS=CHARLIE SWANSON 8/82 :35.12  
 DANIEL P. JOHNSON 33 38.00  
 JOHN A. BERTANI 31 38.15  
 JIM E. CUTTING 31 41.36  
 100BRS HOWARD E RONKIN 31 1:18.68  
 DANIEL P. JOHNSON 33 1:23.34  
 JOHN A. BERTANI 31 1:24.52  
 JIM E. CUTTING 31 1:32.48  
 200BRS DANIEL P. JOHNSON 33 2:59.65  
 JIM E. CUTTING 31 3:25.44  
 50 FLY JOHN DEROST 34 29.84  
 100FLY JOHN DEROST 34 1:11.58  
 200 IM JOHN DEROST 34 2:38.67  
 DANIEL P. JOHNSON 33 2:52.87  
 JESS W. HICKERSON 33 2:54.10X  
 400 IM JOHN DEROST 34 5:56.87  
 ----- 35-39 MEN -----  
 50FREE JON D. STOUT 39 28.20  
 JOHN C. LOOS III 35 29.13  
 STEVE SWEATT 36 29.45  
 CHARLES NORDGAARD 37 33.94  
 ROY J. BOLDUC 36 34.40  
 100FRE CHARLES NORDGAARD 37 1:13.52  
 ROY J. BOLDUC 36 1:21.80  
 200FRE CHARLES NORDGAARD 37 2:47.88  
 400FRE CHARLES NORDGAARD 37 6:03.78  
 ROY J. BOLDUC 36 7:00.50  
 1500FR ROY J. BOLDUC 36 28:06.99  
 50BACK JON D. STOUT 39 32.24  
 JOHN C. LOOS III 35 33.90  
 STEVE SWEATT 36 35.37  
 CHARLES NORDGAARD 37 46.87  
 50BRST STEVE SWEATT 36 40.91  
 ROY J. BOLDUC 36 54.64  
 50 FLY JON D. STOUT 39 30.65  
 JOHN D. DEJARNATT 36 33.13  
 JOHN C. LOOS III 35 33.70  
 100FLY JOHN D. DEJARNATT 36 1:20.61  
 200 IM JOHN D. DEJARNATT 36 2:52.92

400 IM JOHN D. DEJARNATT 36 6:35.40  
 ----- 40-44 MEN -----  
 50FREE D.WAYNE BAKER 43 35.96  
 R. JOHN STEBBINS 43 36.96  
 200FRE BRIAN M. LANGLAIS 40 2:40.31  
 BILL HOGSETT 42 2:59.55  
 RILEY S. KING 41 3:13.31  
 400FRE BRIAN M. LANGLAIS 40 5:43.00  
 BILL HOGSETT 42 6:25.33X  
 800FRE D.WAYNE BAKER 43 14:55.35D  
 WAS=OPEN 1/00 99:99.99  
 1500FR BILL HOGSETT 42 25:20.86  
 DONALD J.KUYPER 43 33:21.00  
 50BACK BRIAN M. LANGLAIS 40 40.19  
 100BAK BRIAN M. LANGLAIS 40 1:25.46  
 200BAK BRIAN M. LANGLAIS 40 3:01.24  
 50BRST D.WAYNE BAKER 43 40.70  
 R. JOHN STEBBINS 43 42.62  
 BILL HOGSETT 42 47.10  
 100BRS D.WAYNE BAKER 43 1:35.59  
 R. JOHN STEBBINS 43 1:37.46  
 RICHARD A. GORDON 44 1:55.23  
 200BRS D.WAYNE BAKER 43 3:37.75  
 R. JOHN STEBBINS 43 3:43.70  
 RICHARD A. GORDON 44 4:15.08  
 50 FLY DONALD J.KUYPER 43 35.45  
 200 IM RILEY S. KING 41 3:51.44  
 RICHARD A. GORDON 44 4:12.96  
 400 IM DONALD J.KUYPER 43 8:02.65  
 RICHARD A. GORDON 44 9:08.28  
 ----- 45-49 MEN -----  
 50FREE BERT L. PETERSEN 47 29.15D  
 WAS=BERT PETERSEN 6/84 :29.48  
 RONALD K. NAKATA 47 29.70  
 CHRIS L. HIATT 46 30.39  
 GEORGE J. COWELL 48 41.45  
 100FRE RONALD K. NAKATA 47 1:09.21  
 CHRIS L. HIATT 46 1:10.42  
 GEORGE J. COWELL 48 1:36.83  
 200FRE RONALD K. NAKATA 47 2:41.65  
 GEORGE J. COWELL 48 3:37.40  
 400FRE GEORGE J. COWELL 48 7:38.89  
 1500FR GEORGE J. COWELL 48 30:17.63  
 50BACK CHRIS L. HIATT 46 37.52  
 50BRST BERT L. PETERSEN 47 40.37  
 50 FLY BERT L. PETERSEN 47 30.28  
 200 IM RONALD K. NAKATA 47 3:05.46  
 ----- 50-54 MEN -----  
 50FREE DAVID R. ADDLEMAN 51# 30.49  
 JOE L. GAMBLIN 50 36.44  
 50BACK DAVID R. ADDLEMAN 51# 36.89  
 50BRST DAVID R. ADDLEMAN 51# 42.66  
 JOE L. GAMBLIN 50 47.55  
 100BRS JOE L. GAMBLIN 50 1:51.39  
 50 FLY DAVID R. ADDLEMAN 51# 33.65  
 200 IM DAVID R. ADDLEMAN 51# 3:09.03  
 JOE L. GAMBLIN 50 4:06.69

## CORVALLIS

\*FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

50 METER 06/08/86 PG 3

O=OREGON RECORD (pending review by E.WALTER)

by R.Smith

----- 55-59 MEN --

50FREE ERIC G.P. GUEST 56 32.78  
TERRY C. MCCURDY 56 37.75  
100FREE TERRY C. MCCURDY 56 1:23.90  
TOM B. BOARDMAN 59 1:25.65  
200FREE TERRY C. MCCURDY 56 3:17.47  
400FREE FRED W. SPRENGER 55 6:01.240  
WAS=GIL YOUNG 6/80 6:42.49  
F. AGLIETTE ELIOTT 59 6:20.470  
WAS=GIL YOUNG 6/80 6:42.49  
TOM B. BOARDMAN 59 7:27.46  
50BACK F. AGLIETTE ELIOTT 59 36.600  
WAS=EARL WALTER 8/76 :37.30  
TERRY C. MCCURDY 56 52.96  
100BAK F. AGLIETTE ELIOTT 59 1:22.650  
WAS=EARL WALTER 8/76 1:25.34  
200BAK F. AGLIETTE ELIOTT 59 3:05.940  
WAS=EARL WALTER 7/77 3:09.40  
50BRST ERIC G.P. GUEST 56 44.07  
100BRS ERIC G.P. GUEST 56 1:38.89  
200FLY TOM B. BOARDMAN 59 4:30.78  
200 IM TOM B. BOARDMAN 59 4:05.43  
400 IM TOM B. BOARDMAN 59 8:37.05

----- 60-64 MEN --

50FREE GILBERT N. YOUNG 64 36.96  
LEON ROBISON 62 46.75  
JOSEPH A. MALLON 64 47.42

100FRE JOSEPH A. MALLON 64 1:49.07  
200FRE JOSEPH A. MALLON 64 4:04.98  
400FRE KHOSROW SHADBEH 64 8:10.94  
JOSEPH A. MALLON 64 8:49.42  
DAVID BERNSTEIN 64 9:05.39  
800FRE GILBERT N. YOUNG 64 13:37.740  
WAS=OPEN 1/00 99:99.99  
JOSEPH A. MALLON 64 18:46.50  
1500FR JIM MCGREGOR 64 33:34.67  
50BACK GILBERT N. YOUNG 64 45.43  
KHOSROW SHADBEH 64 53.65  
DAVID BERNSTEIN 64 59.22  
LEON ROBISON 62 1:04.82  
100BAK DAVID BERNSTEIN 64 2:08.58  
LEON ROBISON 62 2:37.52  
200BAK DAVID BERNSTEIN 64 4:32.05  
LEON ROBISON 62 5:27.47  
50BRST LEON ROBISON 62 1:03.89  
100BRS KHOSROW SHADBEH 64 1:57.93  
200BRS KHOSROW SHADBEH 64 4:16.33

----- 65-69 MEN --

50FREE HUGH S. RICHARDS 65 37.07  
1500FR WARREN T. ELLIOTT 68 47:11.87  
50 FLY EARL WALTER 65 41.020  
WAS=DON STEVENSON 6/77 :47.77  
HUGH S. RICHARDS 65 44.490  
WAS=DON STEVENSON 6/77 :47.77

100FLY EARL WALTER 65 1:47.510  
WAS=DON STEVENSON 6/80 1:59.56  
200FLY EARL WALTER 65 4:08.810  
WAS=DON STEVENSON 7/81 4:43.12  
200 IM EARL WALTER 65 3:40.660  
WAS=DON STEVENSON 6/80 3:53.38  
400 IM EARL WALTER 65 7:52.250  
WAS=DON STEVENSON 8/80 8:26.37

----- 70-74 MEN --

50FREE ROBERT H. SCHMIDT 70 47.46  
EDWARD S. MURRAY 74 1:10.95  
100FREE EDWARD S. MURRAY 74 3:06.54  
50BACK DONALD W. STEVENSON 74 50.79  
EDWARD S. MURRAY 74 1:27.29  
50BRST ROBERT H. SCHMIDT 70 53.82  
DONALD W. STEVENSON 74 56.62  
EDWARD S. MURRAY 74 1:25.50  
100BRS ROBERT H. SCHMIDT 70 2:15.17  
200BRS DONALD W. STEVENSON 74 4:26.00  
200 IM DONALD W. STEVENSON 74 4:13.83  
400 IM DONALD W. STEVENSON 74 8:52.12

----- 75-79 MEN --

50FREE HARRY M. STEVENSON 77 52.31  
200FREE HERB EISENSCHMIDT 79 3:53.16  
50BACK HERB EISENSCHMIDT 79 50.45  
100BAK HERB EISENSCHMIDT 79 1:54.98  
200BAK HERB EISENSCHMIDT 79 4:06.20

119- 200 FREE RELAY MEN  
MARK F. WORDEN,34 - LEON D. WOLF,24 - MICHAEL E. JOHNSON,26 - STEPHEN L. ALBRIGHT,33 - 117 CA 1:55.98

120+ 200 MED RELAY MEN  
STEPHEN L. ALBRIGHT,33 - JOHN A. BERTANI,31 - JESS W. HICKERSON,33 - MICHAEL E. JOHNSON,26 - 123 CA 2:18.00

160+ 200 FREE RELAY MEN  
RILEY S. KING,41 - ANDY SCHRAG,29 - TERRY C. MCCURDY,56 - BRIAN M. LANGLAIS,40 - 166 2:12.58

160+ 200 MED RELAY MEN  
RILEY S. KING,41 - ANDY SCHRAG,29 - TERRY C. MCCURDY,56 - BRIAN M. LANGLAIS,40 - 166 2:37.99

240+ 200 FREE RELAY MEN  
FRED W. SPRENGER,55 - GILBERT N. YOUNG,64 - HUGH S. RICHARDS,65 - ERIC G.P. GUEST,56 - 240 NHM 2:19.81

280+ 200 MED RELAY MEN  
GILBERT N. YOUNG,64 - DONALD W. STEVENSON,74 - EARL WALTER,65 - HERB EISENSCHMIDT,79 - 282 3:02.05

119- 200 MED RELAY MIXED  
DANIEL GOSSACK,24 - KIM A. PHILLIPS,28 - HOWARD E RONKIN,31 - JEAN L. MCFARLANE,33 - 116 WHO 2:29.96

120+ 200 FREE RELAY MIXED  
SUSAN D. BRAUN,28 - DANIEL GOSSACK,24 - KAREN R. ROACH,44 - HOWARD E RONKIN,31 - 127 WHOM 2:05.01

160+ 200 MED RELAY MIXED  
KAREN R. ROACH,44 - D.WAYNE BAKER,43 - SUSAN D. BRAUN,28 - GEORGE J. COWELL,48 - 163 WHOM 2:39.81

----- EXCLUDING ANY RELAYS : 106 ENTRANTS, 355 SPLASHES -----

# 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

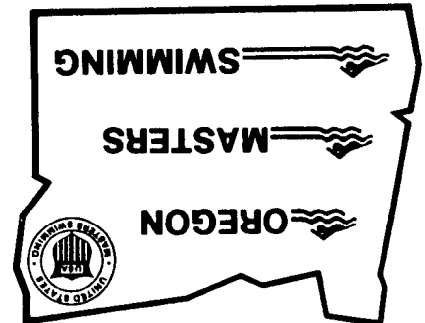
Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**  
We must have your last years' registration number for the national office.

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

223-3137

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.

