



# AQUA-MASTER

NOVEMBER 1986 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE VOL. 13 #10

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Oregon Masters Swimming  
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(503)642-3679

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(503)638-3147

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

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16240 SW Westwind Dr.  
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(503)642-7560

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

## "DECK THE POOL" MEET

You better watch out,  
You better not cry;  
You better come swim,  
We're telling you why ....

There will be presents to be given,  
and a visit from St. Nick himself.

Proceeds will be donated to Dogs for the Deaf in memory of  
Connie Wilson.

Hosted by FRAP  
(Frid, Rousseau, Albright, & Pierson)

*See next page for entry*

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)525-9687  
W-(206)526-2183

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

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

**OREGON MASTERS "DECK THE POOL" S.C. SWIMMING MEET ENTRY FORM**  
**SANCTION NO. 86N BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

**MEET:** "Deck the Pool" S.C. Meet

**DATE:** December 7, 1986

**PLACE:** Tualatin Hills Rec Center Pool, Beaverton

8 lanes, indoor, warm up area available

WARM UP

MEET STARTS

**HOST:** Frid, Rousseau, Albright & Pierson

8:00 AM

9:00 AM

Barbara Frid & Susan Albright, Co-Directors

292-3379 644-9668

**DIRECTIONS TO POOL:** 15707 Walker Rd. Beaverton. From Portland: Go 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 NE corner of Walker and 158th.

**ENTRY DEADLINE:** Postmarked no later than 11-25-86. No late entries will be accepted.

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

NAME ----- PHONE -----

ADDRESS ----- CITY ----- ST ----- ZIP -----

1987 USMS#   7   BIRTHDATE ----- SEX ----- AGE ----- ASSOC -----

**REMINDER:** IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT  
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

**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:** 19+, 25+, 35+, 45+, 55+, 65+, 75+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 500 Free will be deck seeded, fast to slow. All other events will be pre-seeded fastest heats first.

**ENTRY TIME**

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

**ENTRY TIME**

50 Free	11	-----
Medley Relay	12	XXXXXX
10 MIN BREAK		
100 Fly	13	-----
50 Back	14	-----
100 Breast	15	-----
200 Free	16	-----
100 IM	17	-----
Mxd Med Relay	18	XXXXXX
5 MIN BREAK		
500 Free	19	-----

**MEET ENTRY FEE:** \$5.00      Send form(s) & fee(s) payable to OMS to:  
OMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034

**PLEASE NOTE:** Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GRI if they compete in Masters competition.

**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 -----

OREGON MASTERS SWIMMING  
MEET SCHEDULE 1986-87

<u>DATE</u>	<u>LOCATION</u>	<u>FORMAT</u>
<u>SHORT COURSE YARDS/METERS</u>		
October 4&5, 1986	Newport	Two day - Order #4 with 1650
November 1&2, 1986	Corvallis	Two day - Order #2, 1000 or 1650
<del>November 22&amp;23, 1986</del>	<del>Tualatin Hills</del>	<del>Two day - Coach/Swimmer Clinic</del>
December 7, 1986	Tualatin Hills	One day - Order #3, no distance
December 13, 1986	Ashland	Animal Meet
January 10, 1987	Newberg	One day - Order #1, no distance
Jan 31 & Feb 1, 1987	Lincoln City	Two day - Order #2 with 1500 <u>Short course meters</u>
February 7, 1987	Tualatin Hills	Swim Cellar Pentathlon
February 14, 1987	Ashland	One day - Order #4, no distance
March 1, 1987		Proposed Stroke Clinic
March 28&29, 1987	Salem	Two day - Order #3 with 1000
April 10, 11, 12, 1987	Tualatin Hills	Assoc. Championships
April 24, 25, 26		Regionals hosted by PNA
May 9 or 10, 1987	Lake Oswego	Relay Meet/Clinic
May 16, 17, 18, 19, 1987	Palo Alto, CA	Short Course Nationals: Los Altos/Stanford University
<u>LONG COURSE</u>		
June 5, 6, 7, 1987	unscheduled	One or two days
July 10, 11, 12, 1987	unscheduled	One or two days
August 7, 8, 9, 1987	unscheduled	Three days: Regionals Hosted by Oregon
August 21, 22, 23, 24, 1987	Woodlands, TX	Long Course Nationals

## BETWEEN THE LANE LINES

CONGRATULATIONS!!! When this year's Ironman Triathlon was held in Hawaii, two Oregon Masters Swimmers participated. Jeff Storie of Corvallis finished 2nd in the 30-34 year old men's division (34th overall), and Dale Vaughn of Hillsboro finished 9th in the 40-44 year old men's division (164th overall). Congratulations to the guys! We'll look for you on Wide World of Sports.

\*\*\*\*\*

CLINIC: The Masters Coaches/Swimmers clinic scheduled for November 22 & 23 has been postponed until a later date. Watch for re-scheduling information in a future issue.

\*\*\*\*\*

The Newport meet results are not yet available for the newsletter, but Ol' Barnacle's commentary on the meet is in this issue. Hopefully, I will have the results for the next issue.

\*\*\*\*\*

The deadline for submitting material for the next Aqua Master is November 19 (early because of the holiday).

\*\*\*\*\*

Oregon Top 5 - If you swim in a meet outside of Oregon and you want your times to be considered for Oregon Top 5, send a copy of the official results to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034. Be sure to highlight your times for him.

\*\*\*\*\*

Well, Orangie the cat and Pedro the boa constrictor say "Hi" to everyone in Oregon Masters Swimming, and they want everyone to swim well this year!

\*\*\*\*\*

1987 USMS WALL CALENDARS ARE AVAILABLE - HURRY ON THIS ONE!

The 1987 USMS Calendar, featuring the "best bodies" in each of our age groups, are ready .... and it's a real winner, like all Masters swimmers. Besides visual proof that aging is sometimes only a state of mind, it includes important national and international dates and space for personal workouts, notes, and what-have-you. These will be available for you to see at our local meets; but the quantities are limited and you may prefer to order.

To order one or more of this "soon to be a collector's item", send your check or money order for \$6.00 to: Barbara Frid  
Swim Cellar  
10214 SW Parkway  
Portland, OR 97225

\*\*\*\* Make check payable to: Oregon Masters Swimming \*\*\*\*

This issue of the A/M has 5 entry forms...one for the "Deck the Pool" meet, the Animal Meet, Newberg, Lincoln City and one for PNA's Anacortes meet.

★  
★  
★  
★  
★

Did you understand all of the rule changes in the last issue? Well this month we have the simplified version (next page).

## OFFICIAL INTERPRETATION OF NEW USS STROKE RULES

In accordance with Section 514.1.1 A of the USS Code, the attached breaststroke and butterfly rules were approved by the USS House of Delegates meeting in Fort Worth, Texas, to become effective November 1, 1986. These rule changes will conform USS rules to those adopted by FINA at its quadrennial Technical Swimming Congress in Madrid. While the FINA rules do not take effect until February 15, 1987, it was felt that USS swimmers should begin to practice under these new rules as soon as possible.

What are the differences?

1. In both butterfly and breaststroke, swimmers will no longer be required to touch with both hands on the same level at turns or the finish. The hands still must touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but the hands may now touch at different levels.

2. In breaststroke, the hands no longer must stay in the water on the recovery. They may be recovered over the water, as long as they move forward together from the breast.

3. The most significant change is in the breaststroke, where the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and kick, the head need only come above the water once during each stroke cycle. The head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to "dive" under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.

It is unclear, as the FINA rule is presently written, whether the swimmer can take up to two full strokes underwater at the start and each turn (one with the hands coming all the way to the legs, and a second where the hands may not go beyond the hip line). It was determined in Fort Worth that USS ought not to draft its own rules in a way which may be at odds with the eventual FINA interpretation. Therefore, until a clearer definition is forthcoming from FINA, USS will interpret its rules to require that the head must break the surface of the water during the propulsive portion of the second arm stroke after the start and each turn, and thereafter the head need come above the surface of the water only at some point during the stroke cycle. It is hoped that FINA will issue an interpretation in the spring of 1987, at which time the USS Rules Committee will further consider this USS interpretation.

USS Rules Committee  
William A. Lippman, Jr., Chairman  
September 25, 1986

OL' BARNACLE ... new season ... same grammar ...

NEWPORT MEET - Oct 4 and 5 .....

Opening shot for the new season was probably not heard around the world BUT it was a fun meet for 61 eager entrants, who saw fit to get things going right away and not rest on their "laurels".

Jean Crawford our meet director did a fine job , and she and all of the people who helped, plus officials deserve a great big - THANK YOU !

There were a lot of new names and a few records, BUT - most importantly, for an early season meet there were some very fine swims !!!

RECORDS :

SUSAN BRAUN (25-29) 200 free in 2:05.65 (Reg is 2:05.09)  
500 free in 5:36.27

MARGARET WELLS (60-64) 100 fly at 1:46.97 (OMS & REG)- 9TT

MARGARET YADON (65-69) 1650 free in 41:35.21

ELFIE STEVENIN (65-69) 100 fly in 3:01.48     )  
200 fly in 6:49.57     ) all are OMS & REG Bests  
400 IM in 12:14.62     ) way to go Elfie !!!

HUGH RICHARDS (65-69) 50 fly in :37.23  
100 fly in 1:38.76

MARTHA KELLER (85-89) 100 Back at 3:11.88     )  
1650 free in 58:16.43     ) both are OMS & REG bests !!

\*\*\*\*\*

while in Newport, comebacks, new faces and good swims !!!!

Susan Braun had a close one in the 50 free - :26.30 vs :26.21, also in the 50 fly - :29.26 vs :28.67

Karen Roach getting an early start was close at 50 free - :30.57 vs :30.43  
fine 100 free at 1:08.15 (10TT), 50 back - :37.10 vs :37.07 (8TT)

Andy Schrag came in with a 50 free at :22.95 vs the record of :22.54

welcome to Bob Wienert, good swims, keep it moving

Hugh Richards was close in the 50 free - :31.19 vs :31.16, and another close one - 100 IM at 1:27.87 vs 1:26.17

welcome to Penelope Spiro with a fine 100 free in 1:03.72

also a welcome to Steve Fletcher, a free styler with potential

Kathleen Buck had a couple of close ones ; 200 free - 2:19.76 vs 2:18.18, and a 500 of 6:12.96 vs 6:03.73

Bob Maestre had a good time in the 1650, Bob Smith actually swam a 1650, and our wandering Jim McGregor came in with a 1650 plus Delbert Scott swam a fine 1650 at 21:36.08

a big OMS welcome to Margaret Fahlstom and Zohra Campbell, keep swimming !!!

it was great to see Jim Bigler "back in the water again"

OMS welcomes Edward Murray (70-74) a new breaststroker

another OMS welcome to James Millegan, Jim had a fine 100 breast in 1:10.25

Bert Petersen had good swims in the 50 fly and the 200 IM

the relay must have been fun : 200 free mixed ;

J Wienert, J Crawford, R. Wienert and B Thompson at 1:58.74     versus  
K. Buck, J Elliot, K. Driscoll and B. Cheney at 1:58.84     WOW !!!

Margaret Yadon was close in the 50 back 60.18 vs 59.60

That's it, see you all at Corvallis .....

OL' Barn reports on TOP TEN short course RELAYS ....

A couple of years ago, in masters, you put together a fair to meddlin' group of 4 swimmers and you came up with a high place in the National TOP TEN , not anymore....

The proof of the pudding each and every year is not where you place in Nationals BUT, how did you place in the TOP TEN, if your times hold up, you can really be proud as the TOP TEN is the BEST !!!!

Here they are, the OREGONS that made it, congratulations to each and everyone ;  
WOMEN'S 200 Free Relay ... (160 +)

10th place (G.Pierson, C.Wilson, J.Belford, S.Rousseau) 2:04.17

WOMEN'S 200 Medley Relay ... (160+)

\* FIRST PLACE (B.Frid, G.Pierson, S.Rousseau, J.Plesner) 2:08.78

MEN'S 200 Free Relay ... (240+)

6th Place (F.Mack, G.Young, E.Guest, E.Walter) 2:02.50

MEN'S 200 Medley Relay ....

160 + 4th Place (R.Smith, B.Prator, F.Warner, D.Vaughan) 1:49.27

200 + 8th Place (F.Elliott, E.Guest, B.Petersen, R.Boyd) 2:01.90

240 + 8th Place (H.Eisenschmidt, F.Mack, R.Lambert, E.Walter) 2:28.24

280 + 2nd Place (H.Eisenschmidt, D.Stevenson, E.Walter, F.Mack) 2:31.56

MIXED 200 Free Relay ...

160 + 7th Place (R.Smith, G.Pierson, S.Rousseau, D.Vaughan) 1:45.96

200 + 6th Place (L.Stoinoff, S.Rittenhouse, E.Guest, B.Petersen) 1:55.36

240 + 7th Place (M.Wells, E.Walter, L.Hepner, R.Cutter) 2:15.34

MIXED 200 Medley Relay ...

\* 160 + FIRST PLACE (R.Smith, G.Pierson, S.Rousseau, D.Vaughan) 1:54.49

200 + 8th Place (G.Young, P.Giordano, B.Petersen, J.Whisman) 2:17.74

240 + 4th Place (M.Wells, R.Morrison, E.Walter, L.Hepner) 2:32.57

OB tip o the hat to Roy Lambert, Roy is swimming well, and this gets him in the TOP TEN, also might add that Roy had PR's at L/C Nationals in the 100 and 200 breast at 1:23.85, and 3:04.54, both good for 8th place medals and points.

\*\*\*\*\*

TOP PRODUCERS IN ADVERTISING SALES.... GREAT PEOPLE, GREAT JOB !!!

As you know, the program and heat sheets are strictly an expense unless we get out and sell advertising, well a lot of you did, and it helped to make a little profit on an otherwise expense item, the leaders :

	Total Sales	Total Dollars
Eric Guest/Gil Young	16	1,075
Mike Popovich	9	1,250
Tom Boardman	6	250
Warren Elliott	3	800
Terry/Judy McCurdy	4	125

Honorable Mention to : Jim Holland, Elfie Stevenin and Bert Petersen

The total dollars sold was \$ 5,200.00 , program costs approx \$ 3,400.00, of which we will also pick up \$ 360.00 on extra billings for extra work done.

So we should then ~~show~~ a net of approx \$ 2,160.00 - NOT TOO SHABBY - THANKS !!!!  
~~Show~~

an OL' BARN extra ....

Special Sports Release from Bothell, Washington -

on September 20th, a very sturdy group of OMS swimmers took in the first short course meet of the season and came away with some great swims ;

Pamela Caltabiano - took 1st place in 5 events in the 25-29 group. no records, but great times for this early in the season, this gal will bear some watching.

Janet Cunningham - also 25-29, came through with 2nds in the 200 & 500 free

Andy Schrag - 25-29, swimming well with a 1st in the 50 free, and good times in the 50 brst, 50 fly and 100 IM

John Zell - 25-29, continues to improve, John swam off with 1sts in the 200 free and the 100 back, excellent times John

Robert Maestre - picked up 1sts in the 200 and 500 free plus the 100 back

Steven Barrett - took home the first place for the 50 fly, plus other good swims

Donlan Jones - picked up 3 firsts ; 50 back, 50 fly and 100 IM

HUGH RICHARDS - set 2 regional records (65-69) 50 free at 30.22 and the 50 fly in 35.46, plus an OMS best for the 100 fly at 1:31.89

BOB MORRISON - swam to 2 regional records (65-69) 50 brst-37.82, 100 brst - 1:28.72 and OMS best for 200 brst at 3:22.07

Mixed Free Relay team (25+) Bob Maestre, Pam Caltabiano, Janet Cunningham and Andy Schrag won in 1:49.11...good swimming !!!

Great going gang, keep up the great swimming, team effort by Vancouver people did not go unnoticed, we will be seeing you in the future am sure.

\*\*\*\*\*

# happy birthday

## DECEMBER BIRTHDAYS

Cheryll Mayer	2	John Ratliff	17
Linda Hope	3	Kenneth Hartung	18
James Teisher	3	Dale Vaughn	18
Cindy Van Dijk	3	Kevin Watkins	18
Riley King, Jr.	4	Stuart Goossen	19
Dawn Hartman	5	Nick Glazener	19
Bert Petersen	6	Jim Stonebridge	20
Paul Runquist	6	Shelly Briggs	20
Warren Elliott	7	Lori Hollingsworth	20
Elizabeth Dewson	7	Arthur Hanlon	21
Keith Finzer	8	Bruce Prator	22
Jeffrey Strater	8	Carol Krueger	22
Laury Lee	8	Steven Barrett	22
Jill Doel	9	Roy Boldue	24
Carolyn Layton	10	Constance Correia	24
Philip Jensen	11	Steve Eldredge	25
Debra Kuehne	11	Hugh Richards	26
Mark Worden	13	Kevin Keegan	26
David Yeakel	13	Alice Greth	27
Donna Maze	14	Jean Scott	27
Dan Callahan	14	James Robbins	27
Jeannie Sullivan	14	David Austen	28
Michael Duffy	15	Bruce Thomson	29
Andy Schrag	15	Corrine Soder	29
Kimberly Phillips	15	Jim McGregor	30



### THIRD ANNUAL "ANIMAL MEET"

DATE: Saturday, December 13, 1986 Warmups: 9:00 AM Starts: 10:00 AM  
Sanctioned by USMS, Inc. and LMSC for Oregon Association **SANC. #860**

ENTRY DUE: Postmarked no later than December 5, 1986.  
**ABSOLUTELY NO DECK ENTRIES ALLOWED.**

COMPETITION: 1) For those swimming 1 or 2 events.  
2) For "TRIANIMALS" who choose to swim all three events.

EVENTS: 200 yards Butterfly, 400 yards Ind. Medley, 1650 yards Freestyle

Seeding will be fastest to slowest without regard to sex or age. The meet will be quite short for single or double event people (regardless of their speed) since their event may be early in order to rest the TRIANIMALS. TRIANIMALS should expect a longer meet. Some 1650 heats will be deckseeded. In the interest of time, expect to swim two to a lane.

TIMING & LAP COUNTING: Each 1650 swimmer must provide someone to count their laps. Timing will be manual.

DIRECTIONS TO POOL: I5 South to Exit 14, right on Ashland St. (Highway 66) to Walker St. (1st stop light), right on Walker, take the 1st left one block to the Southern Oregon State College pool.

AWARDS: "TRIANIMALS" will be eligible for a special t-shirt at minimal cost for completing all three events.

FEE: First event \$5.00, each additional event \$1.00. Make checks out to Oregon Masters Swimming (for \$5 or \$6 or \$7) and send entries to: ANIMAL MEET c/o Greg Frownfelter, 2001 Siskiyou Blvd., Ashland, OR 97520.

- - - - - MAIL THIS FORM, CHECK AND COMPLETE CARDS - - - - -

1987 USMS # \_\_\_\_\_ -- \_\_\_\_\_ Name \_\_\_\_\_

AGE \_\_\_\_\_ M or F Address \_\_\_\_\_ Phone \_\_\_\_\_

1. 200 yard Butterfly time = _____	TOTAL ENTRY FEE _____
	(\$5.00 First Event
2. 400 yard Ind Medley time = _____	\$1.00 Second Event
	\$1.00 Third Event)
3. 1650 yard Free time = _____	
(Please DO NOT enter "NO TIME.")	

PLEASE NOTE: Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule 6B1 if they compete in Masters competition.

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 \_\_\_\_\_

## DO YOU KNOW TO WHAT CLUB YOU BELONG?

There has been some recent confusion regarding "clubs" within the association of swimmers in Oregon. A brief and hopefully non-confusing explanation follows:

USMS is our parent/national organizational body. USMS is divided into 7 zones, of which we are in the Oceana Zone. The Oceana Zone is comprised of several regions, of which we are Region XII. NOW PAY ATTENTION .... Region XII is comprised of 4 LMSCs (Local Masters Swimming Committee), of which OREGON MASTERS SWIMMING, INC. is one. (The others are Pacific Northwest Association, Inland Empire Association, & Snake River Association.)

An LMSC may have one or more clubs as well as unattached swimmers. Every swimmer must register with USMS through his/her LMSC, but one does not need to affiliate with any particular club.

If one chooses to affiliate with a club, one must designate this affiliation on his/her USMS registration form, AND be sure that the club has registered as a club with USMS via our LMSC registrar. (This only costs \$10.00 to register a club.)

Historically, our LMSC has only had one registered club .... Oregon. Therefore, unless a swimmer designated him/herself as unattached, he/she swam for Oregon and could accumulate points for Oregon at large meets and could swim on relays together. This has been a large club .... essentially everyone in our LMSC.

If anyone chooses to register a second, third, or more clubs within our LMSC of Oregon Masters Swimming, Inc., he/she may do so. In essence, the only changes it will make for a swimmer is that one may swim in relays with only their club members.

Remember, the purpose for swimming is for physical fitness and health. The camaraderie between swimmers will exist whether we have one, two, or several clubs within our LMSC. The club decision remains with each individual, and there should be no pressure on anyone to choose a certain club. It is a personal and free choice.

If anyone has any questions regarding this information, please feel free to contact either Sandi Rousseau (642-3679) or Bert Petersen (252-6081).

P.S. We will continue to have LOGs (Local Operating Groups) within our club of Oregon. This is usually the group with whom you work out or affiliate with in your town.

**OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM**  
**SANCTION NO. 87A BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

**MEET:** Newberg Short Course Meet

**DATE:** January 10, 1987

**PLACE:** Chehalem Aquatic Center, Newberg  
6 lanes, indoor, small warm up area

WARM UP

MEET STARTS

**HOST:** Chehalem Faster Masters  
Jim McMaster, Meet Director  
538-4813(W) 538-5003(H)

8:00 AM

9:00 AM

**DIRECTIONS TO POOL:** 1802 Haworth Ave. Traveling west from Portland to Newberg on 99W, turn right at the second Newberg stop light (Villa Rs.). Pool is 3 blocks down, on the corner of Haworth & Villa.

**ENTRY DEADLINE:** Postmarked no later than 12-30-86. No late entries will be accepted.

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

**NAME** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **ST** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**1987 USMS#**   7   **BIRTHDATE** \_\_\_\_\_ **SEX** \_\_\_\_\_ **AGE** \_\_\_\_\_ **ASSOC** \_\_\_\_\_

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**RELAY AGE GROUPS:** 19+, 25+, 35+, 45+, 55+, 65+, 75+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 500 Free will be deck seeded. All other events will be pre-seeded fastest heats first.

ENTRY TIME			ENTRY TIME		
Free Relay	1	XXXXXX	100 Fly	11	_____:
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100 Breast	3	_____:	10 MIN BREAK		
200 Back	4	_____:	200 Free	13	_____:
50 Fly	5	_____:	50 Breast	14	_____:
200 IM	6	_____:	100 Back	15	_____:
Mxd Fr Relay	7	XXXXXX	200 Fly	16	_____:
10 MIN BREAK			100 IM	17	_____:
100 Free	8	_____:	Mxd Fr Relay	18	XXXXXX
200 Breast	9	_____:	5 MIN BREAK		
50 Back	10	_____:	500 Free	19	_____:

**MEET ENTRY FEE:** \$5.00      Send form(s) & fee(s) payable to OMS to:  
OMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034

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

# ORDERS OF EVENTS

Listed below are four orders of events. Please select one Order # and indicate your choice in the appropriate space on the Meet Bid form. By offering various orders of events, we hope that the 1986-87 schedule will give all swimmers an opportunity to plan their season. The Association Championships will be a different order of events in a three-day format.

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

-----  
\* 400 Free for long course meet

\* Short course meet only

## U.S. NATIONAL SENIOR OLYMPICS

On the next few pages, I have printed information about the Senior Olympics. I have only included the swimming information, but those of you who are multi-talented might be interested to know that other Senior Olympics events are Archery, Bowling, Cycling, Golf, Horseshoes, Table Tennis, Tennis, Track, Field, 10K Road Run, Volleyball, Javelin, Diving (3 meter board), Pole Vault, and High Jump. Age divisions are 55-59, 60-64, 65-69, 70-74, 75-79, 80. If you would like to receive more information on the Senior Olympics, contact the U.S. National Senior Olympics, 321 West Port Plaza Dr., Suite 202, St. Louis, Missouri, 63146.



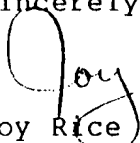
Dear Local Masters Swimming Committee Chairman:

We thought we should introduce ourselves to you. Enclosed please find information on the U.S. National Senior Olympics which we hope you will share with members of your Masters Swim Club.

We hope that we can stimulate Masters swimmers from all over the U.S. to compete in what we think will be a very exciting event - the first U.S. National Senior Olympics June 27-July 2, 1987 in St. Louis.

If you have any questions or need more information, please do not hesitate to contact us.

Sincerely,



Joy Rice  
Administrative Director

Enc.



### USNSO GENERAL RULES FOR QUALIFICATION

Note: General information which includes a list of USNSO specific events and age divisions is available in the Rules & Regulations pamphlet.

1. USNSO participants will be assigned to the age division at which he/she qualifies. (In tennis doubles, age division will be based on the age of the younger partner.)
2. Senior athletes who have achieved national recognition in their chosen sport may be invited to participate in the USNSO and as such will be exempt from qualification.

### **QUALIFYING DATA - SWIMMING**

There are three ways to qualify:

1. All first, second and third place winners in sanctioned regional qualifying meets are eligible to compete at the 1987 USNSO. Additional athletes may qualify by equaling or bettering minimum measurable performance established for each event (see attached charts).
2. All former U.S. Olympian, National Amateur or Collegiate Champion, National Recordholders are exempt from qualification.
3. For diving, athletes may qualify by meeting minimum standards in USNSO regional meets and the Masters.

Verification of the performance must accompany his/her entry.

Examples of verification: signed statement by meet officials, news clippings, copy of meet results, etc.

SWIMMING - QUALIFYING TIMES - WOMEN'S EVENTS

	55 - 59		60 - 64		65 - 69		70 - 74		75 - 79		80 -	
EVENT	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
50 FREE	56.04	1:01.64	58.56	1:04.41	1:03.00	1:13.30	1:16.32	1:27.95	1:40.73	1:54.80	1:48.66	2:03.52
100 FREE	1:47.50	2:02.25	1:54.15	2:09.51	2:20.09	2:42.09	2:39.21	3:03.13	3:39.41	4:13.35	4:06.43	4:47.07
200 FREE	3:59.54	4:35.49	4:13.87	4:55.25	4:24.90	5:07.39	4:58.60	5:28.46	5:19.00	6:10.90	6:10.20	7:11.22
400 FREE*	10:50.13	9:27.61	11:42.29	10:13.15	12:21.34	10:47.25	16:55.52	14:46.63	18:17.63	15:58.31	20:14.75	17:40.57
50 BACKSTROKE	57.19	1:02.90	1:08.57	1:19.42	1:24.01	1:36.41	1:45.79	2:00.36	2:06.36	2:27.42	2:26.75	2:49.42
100 BACKSTROKE	2:04.43	2:24.87	2:30.30	2:53.33	3:06.03	3:36.63	3:09.57	3:40.52	3:21.35	3:53.48	3:23.47	3:55.81
200 BACKSTROKE	3:29.16	4:02.07	3:34.31	4:07.74	3:56.88	4:32.56	4:37.62	5:21.38	6:04.25	7:04.67	6:12.96	7:14.25
50 BREASTSTROKE	1:00.15	1:10.16	1:05.61	1:16.17	1:08.46	1:19.30	1:26.91	1:39.60	2:01.68	2:21.84	2:08.07	2:28.87
100 BREASTSTROKE	2:20.12	2:42.13	2:27.27	2:49.99	2:33.96	2:57.35	3:35.50	4:09.05	3:40.65	4:14.71	6:34.78	6:50.47
50 BUTTERFLY	48.51	53.36	55.22	1:00.74	1:19.65	1:31.61	1:25.17	1:37.68	2:15.91	2:37.53	6:30.46	6:53.70
100 BUTTERFLY	2:02.00	2:22.20	2:22.00	2:44.20	2:29.45	2:52.39	2:52.91	2:78.09	4:13.81	4:55.19	6:43.10	7:07.41
200 IM	3:17.78	3:49.55	3:46.61	4:21.27	4:15.89	4:57.47	5:58.33	6:14.16	7:06.12	8:16.73	7:52.47	8:27.71

\*NOTE: Since a 400 yard is not used, the qualifying times in yards is for a 500 yard event.

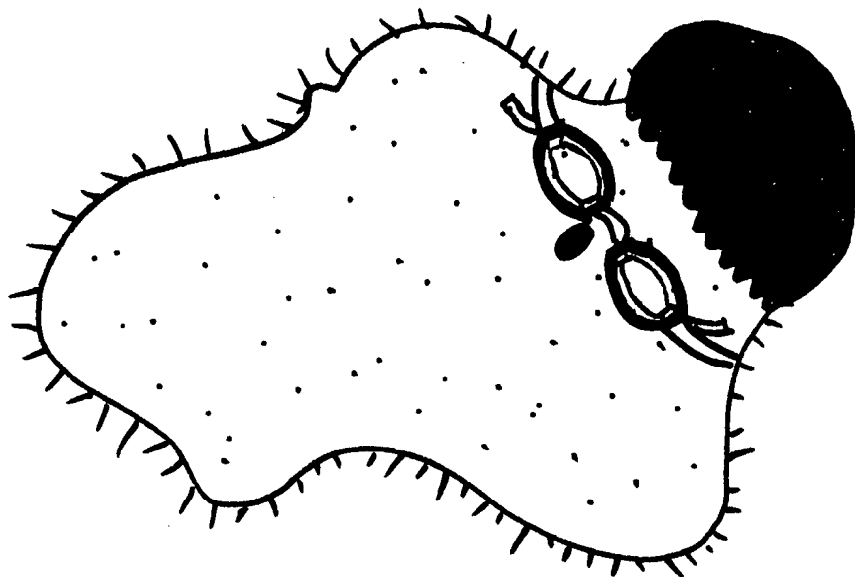
SWIMMING - QUALIFYING TIMES - MEN'S EVENTS

EVENT	55 - 59		60 - 64		65 - 69		70 - 74		75 - 79		80+	
	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
50 FREE	36.81	40.11	39.78	43.36	44.91	48.95	45.61	50.17	53.07	58.37	1:05.31	1:15.41
100 FREE	1:21.07	1:33.18	1:33.74	1:47.11	1:39.44	1:53.38	1:47.04	1:61.44	1:53.95	2:09.34	3:03.97	3:23.37
200 FREE	2:26.04	3:58.64	3:32.30	4:05.53	3:49.60	4:24.56	3:54.46	4:29.51	4:04.06	4:44.46	4:41.50	5:25.65
400 FREE*	9:34.47	8:21.56	9:45.05	8:30.75	13:00.00	11:21.00	14:18.00	12:29.10	15:36.00	13:37.20	16:15.52	14:11.70
50 BACKSTROKE	44.70	49.17	52.27	57.49	56.54	1:02.19	58.86	1:04.74	1:03.13	1:13.44	1:09.63	1:20.59
100 BACKSTROKE	1:45.90	2:00.49	1:48.90	2:03.79	1:53.50	2:08.85	1:57.50	2:13.25	2:47.20	3:11.92	4:01.40	4:41.50
200 BACKSTROKE	3:37.50	4:11.25	3:47.90	4:22.40	4:02.00	4:42.20	4:43.30	5:07.63	5:46.40	6:01.04	8:43.30	9:27.63
50 BREASTSTROKE	44.99	49.48	53.96	59.35	55.07	1:00.57	56.83	1:02.51	1:02.49	1:12.73	1:08.95	1:19.84
100 BREASTSTROKE	1:48.60	1:57.38	1:57.38	1:73.11	2:05.68	2:26.24	2:06.92	2:27.61	2:10.60	2:31.66	3:16.52	3:48.17
50 BUTTERFLY	41.98	46.17	42.49	46.73	47.57	52.32	57.06	1:02.76	1:07.41	1:18.15	1:22.63	1:34.89
100 BUTTERFLY	1:44.50	1:58.95	1:46.50	1:60.05	1:47.00	1:61.70	2:36.37	3:00.00	3:19.62	3:51.58	3:48.76	4:23.63
200 IM	3:14.82	3:46.02	3:17.20	3:48.92	4:02.60	4:42.86	5:02.32	5:49.35	6:10.88	7:01.96	6:45.57	7:10.12

\*NOTE: Since a 400 yard is not used, the qualifying times in yards is for a 500 yard event.

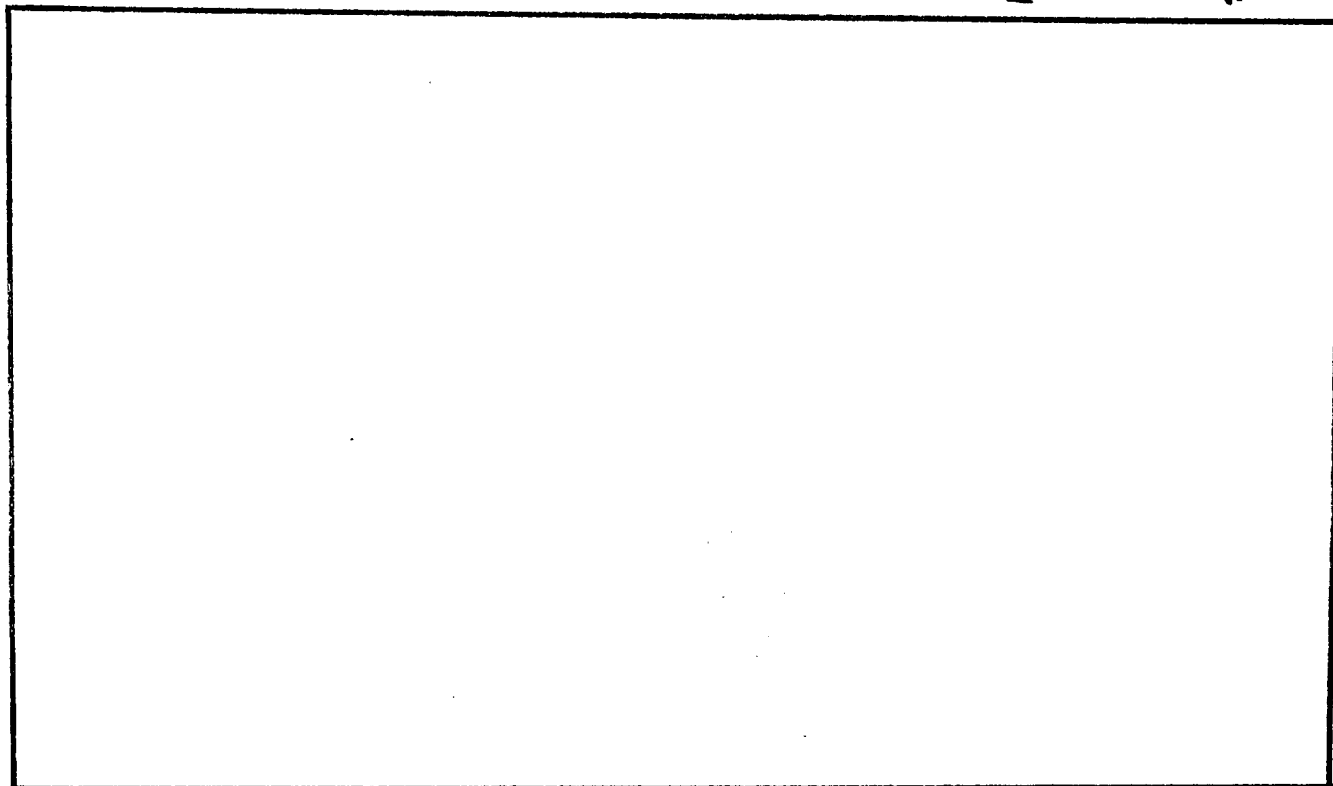


# CAN YOU DRAW ME ?



I'm Spiffy the back-stroking amoeba. Draw me and see if you have the talent to become a famous artist.

← Draw Spiffy here



SHORT COURSE METERSSHORT COURSE METERSSHORT COURSE METERS

**OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM**  
**SANCTION NO. 87B BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

MEET: Lincoln City S.C. Meters Meet  
PLACE: Lincoln City Municipal Pool- 6 lanes  
HOST: City of Lincoln City/  
Lincoln City Clippers Swim Team  
George Frasier, Meet Director  
994-5208(W) 994-4253(H)

DATE: Jan. 31 & Feb. 1, 1987

	<u>WARM UP</u>	<u>MEET STARTS</u>
31st	9:00 AM	10:00 AM
1st	9:00 AM	10:00 AM

DIRECTIONS TO POOL: 2150 NE Dar Place, Lincoln City. From North: Hwy 101 to Lincoln City. Turn left on NE 22nd(Dairy Queen on left). Go 1/2 block, turn right on Dar Place. From South: Hwy 101 to Lincoln City. Turn right on NE 22nd(Dairy Queen on right). Go 1/2 block, turn right on Dar Place.

ENTRY DEADLINE: Postmarked no later than 1-20-87. No late entries will be accepted.

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

NAME ----- PHONE -----

ADDRESS ----- CITY ----- ST ----- ZIP -----

1987 USMS#   7   BIRTHDATE ----- SEX ----- AGE ----- ASSOC -----

**REMINDER: IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT  
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.**

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: 76+, 100+, 120+, 160+, 200+, 240+, and 280+.  
You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 1500, and 400 Free and the 400 IM will be deck-seeded. All other events will be pre-seeded fastest heats first.

SATURDAY, JAN. 31ENTRY TIMESUNDAY FEB. 1ENTRY TIME

**SHORT COURSE METERS**

400 IM	1	-----:-----
400 Free	2	-----:-----
Free Relay	3	XXXXXX
5 MIN BREAK		
100 Back	4	-----:-----
200 Free	5	-----:-----
50 Fly	6	-----:-----
200 Breast	7	-----:-----
100 IM	8	-----:-----
Mxd Fr. Relay	9	XXXXXX
10 MIN BREAK		
1500 Free	10	-----:-----

200 Back	11	-----:-----
50 Free	12	-----:-----
100 Fly	13	-----:-----
50 Breast	14	-----:-----
Medley Relay	15	XXXXXX
5 MIN BREAK		
50 Back	16	-----:-----
100 Free	17	-----:-----
200 Fly	18	-----:-----
100 Breast	19	-----:-----
200 IM	20	-----:-----
Mxd Med Relay	21	XXXXXX

MEET ENTRY FEE: \$5.00      Send form(s) & fee(s) payable to OMS to:  
OMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034

PLEASE NOTE: Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GRI if they compete in Masters competition.

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 -----

LINCOLN CITY - 1/31 + 2/1



# AQUA-MASTER

NOVEMBER 86 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE VOL. 13 #10

Sandi Rousseau, Chairperson  
Oregon Masters Swimming  
2399 SW Drake Lane  
Hillsboro, OR 97123  
(503)642-3679

Andree Devine, Aqua-Master  
P.O. Box 1033  
Tualatin, OR 97062  
(503)638-3147

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)

## "DECK THE POOL" MEET

You better watch out,  
You better not cry;  
You better come swim,  
We're telling you why ....

There will be presents to be given,  
and a visit from St. Nick himself.

Proceeds will be donated to Dogs for the Deaf in memory of  
Connie Wilson.

Hosted by FRAP  
(Frid, Rousseau, Albright, & Pierson)

*See next page for entry*

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)525-9687  
W-(206)526-2183

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

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

**OREGON MASTERS "DECK THE POOL" S.C. SWIMMING MEET ENTRY FORM  
SANCTION NO. 86N BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

**MEET:** "Deck the Pool" S.C. Meet

**DATE:** December 7, 1986

**PLACE:** Tualatin Hills Rec Center Pool, Beaverton

8 lanes, indoor, warm up area available

WARM UP

MEET STARTS

**HOST:** Frid, Rousseau, Albright & Pierson

8:00 AM

9:00 AM

Barbara Frid & Susan Albright, Co-Directors

292-3379

644-9668

**DIRECTIONS TO POOL:** 15707 Walker Rd. Beaverton. From Portland: Go 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 NE corner of Walker and 158th.

**ENTRY DEADLINE:** Postmarked no later than 11-25-86. No late entries will be accepted.

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

NAME ----- PHONE -----

ADDRESS ----- CITY ----- ST ----- ZIP -----

1987 USMS#   Z   BIRTHDATE ----- SEX ----- AGE ----- ASSOC -----

**REMINDER:** IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT  
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

**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:** 19+, 25+, 35+, 45+, 55+, 65+, 75+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 500 Free will be deck seeded, fast to slow. All other events will be pre-seeded fastest heats first.

**ENTRY TIME**

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

**ENTRY TIME**

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

**MEET ENTRY FEE:** \$5.00      Send form(s) & fee(s) payable to OMS to:  
OMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034

**PLEASE NOTE:** Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GRI if they compete in Masters competition.

**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 -----

OREGON MASTERS SWIMMING  
MEET SCHEDULE 1986-87

<u>DATE</u>	<u>LOCATION</u>	<u>FORMAT</u>
<u>SHORT COURSE YARDS/METERS</u>		
October 4&5, 1986	Newport	Two day - Order #4 with 1650
November 1&2, 1986	Corvallis	Two day - Order #2, 1000 or 1650
<del>November 22&amp;23, 1986</del>	<del>Tualatin Hills</del>	<del>Two day - Coach/Swimmer Clinic</del>
	<del>POSTPONED</del>	
December 7, 1986	Tualatin Hills	One day - Order #3, no distance
December 13, 1986	Ashland	Animal Meet
January 10, 1987	Newberg	One day - Order #1, no distance
Jan 31 & Feb 1, 1987	Lincoln City	Two day - Order #2 with 1500 <u>Short course meters</u>
February 7, 1987	Tualatin Hills	Swim Cellar Pentathlon
February 14, 1987	Ashland	One day - Order #4, no distance
March 1, 1987		Proposed Stroke Clinic
March 28&29, 1987	Salem	Two day - Order #3 with 1000
April 10, 11, 12, 1987	Tualatin Hills	Assoc. Championships
April 24, 25, 26		Regionals hosted by PNA
May 9 or 10, 1987	Lake Oswego	Relay Meet/Clinic
May 16, 17, 18, 19, 1987	Palo Alto, CA	Short Course Nationals: Los Altos/Stanford University
<u>LONG COURSE</u>		
June 5, 6, 7, 1987	unscheduled	One or two days
July 10, 11, 12, 1987	unscheduled	One or two days
August 7, 8, 9, 1987	unscheduled	Three days: Regionals Hosted by Oregon
August 21, 22, 23, 24, 1987	Woodlands, TX	Long Course Nationals

## BETWEEN THE LANE LINES

CONGRATULATIONS!!! When this year's Ironman Triathlon was held in Hawaii, two Oregon Masters Swimmers participated. Jeff Storie of Corvallis finished 2nd in the 30-34 year old men's division (34th overall), and Dale Vaughn of Hillsboro finished 9th in the 40-44 year old men's division (164th overall). Congratulations to the guys! We'll look for you on Wide World of Sports.

\*\*\*\*\*

CLINIC: The Masters Coaches/Swimmers clinic scheduled for November 22 & 23 has been postponed until a later date. Watch for re-scheduling information in a future issue.

\*\*\*\*\*

The Newport meet results are not yet available for the newsletter, but Ol' Barnacle's commentary on the meet is in this issue. Hopefully, I will have the results for the next issue.

\*\*\*\*\*

The deadline for submitting material for the next Aqua Master is November 19 (early because of the holiday).

\*\*\*\*\*

Oregon Top 5 - If you swim in a meet outside of Oregon and you want your times to be considered for Oregon Top 5, send a copy of the official results to Robert Smith, 18476 Timbergrove Ct., Lake Oswego, OR 97034. Be sure to highlight your times for him.

\*\*\*\*\*

Well, Orangie the cat and Pedro the boa constrictor say "Hi" to everyone in Oregon Masters Swimming, and they want everyone to swim well this year!

\*\*\*\*\*

1987 USMS WALL CALENDARS ARE AVAILABLE - HURRY ON THIS ONE!

The 1987 USMS Calendar, featuring the "best bodies" in each of our age groups, are ready .... and it's a real winner, like all Masters swimmers. Besides visual proof that aging is sometimes only a state of mind, it includes important national and international dates and space for personal workouts, notes, and what-have-you. These will be available for you to see at our local meets; but the quantities are limited and you may prefer to order.

To order one or more of this "soon to be a collector's item", send your check or money order for \$6.00 to:

Barbara Frid  
Swim Cellar  
10214 SW Parkway  
Portland, OR 97225

\*\*\*\* Make check payable to: Oregon Masters Swimming \*\*\*\*

This issue of the A/M has 5 entry forms...one for the "Deck the Pool" meet, the Animal Meet, Newberg, Lincoln City and one for PNA's Anacortes meet.

★  
★  
★  
★  
★

Did you understand all of the rule changes in the last issue? Well this month we have the simplified version (next page).

## OFFICIAL INTERPRETATION OF NEW USS STROKE RULES

In accordance with Section 514.1.1 A of the USS Code, the attached breaststroke and butterfly rules were approved by the USS House of Delegates meeting in Fort Worth, Texas, to become effective November 1, 1986. These rule changes will conform USS rules to those adopted by FINA at its quadrennial Technical Swimming Congress in Madrid. While the FINA rules do not take effect until February 15, 1987, it was felt that USS swimmers should begin to practice under these new rules as soon as possible.

What are the differences?

1. In both butterfly and breaststroke, swimmers will no longer be required to touch with both hands on the same level at turns or the finish. The hands still must touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but the hands may now touch at different levels.

2. In breaststroke, the hands no longer must stay in the water on the recovery. They may be recovered over the water, as long as they move forward together from the breast.

3. The most significant change is in the breaststroke, where the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and kick, the head need only come above the water once during each stroke cycle. The head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to "dive" under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.

It is unclear, as the FINA rule is presently written, whether the swimmer can take up to two full strokes underwater at the start and each turn (one with the hands coming all the way to the legs, and a second where the hands may not go beyond the hip line). It was determined in Fort Worth that USS ought not to draft its own rules in a way which may be at odds with the eventual FINA interpretation. Therefore, until a clearer definition is forthcoming from FINA, USS will interpret its rules to require that the head must break the surface of the water during the propulsive portion of the second arm stroke after the start and each turn, and thereafter the head need come above the surface of the water only at some point during the stroke cycle. It is hoped that FINA will issue an interpretation in the spring of 1987, at which time the USS Rules Committee will further consider this USS interpretation.

USS Rules Committee  
William A. Lippman, Jr., Chairman  
September 25, 1986

OL' BARNACLE ... new season ... same grammar ...

NEWPORT MEET - Oct 4 and 5 .....

Opening shot for the new season was probably not heard around the world BUT it was a fun meet for 61 eager entrants, who saw fit to get things going right away and not rest on their "laurels".

Jean Crawford our meet director did a fine job , and she and all of the people who helped, plus officials deserve a great big - THANK YOU !

There were a lot of new names and a few records, BUT - most importantly, for an early season meet there were some very fine swims !!!

RECORDS :

SUSAN BRAUN (25-29) 200 free in 2:05.65 (Reg is 2:05.09)  
500 free in 5:36.27

MARGARET WELLS (60-64) 100 fly at 1:46.97 (OMS & REG)- 9TT

MARGARET YADON (65-69) 1650 free in 41:35.21

ELFIE STEVENIN (65-69) 100 fly in 3:01.48     )  
200 fly in 6:49.57     ) all are OMS & REG Bests  
400 IM in 12:14.62     ) way to go Elfie !!!

HUGH RICHARDS (65-69) 50 fly in :37.23  
100 fly in 1:38.76

MARTHA KELLER (85-89) 100 Back at 3:11.88     )  
1650 free in 58:16.43     ) both are OMS & REG bests !!

\*\*\*\*\*

while in Newport, comebacks, new faces and good swims !!!!

Susan Braun had a close one in the 50 free - :26.30 vs :26.21, also in the  
50 fly - :29.26 vs :28.67

Karen Roach getting an early start was close at 50 free - :30.57 vs :30.43  
fine 100 free at 1:08.15 (10TT), 50 back - :37.10 vs :37.07 (8TT)

Andy Schrag came in with a 50 free at :22.95 vs the record of :22.54

welcome to Bob Wienert, good swims, keep it moving

Hugh Richards was close in the 50 free - :31.19 vs :31.16, and another close  
one - 100 IM at 1:27.87 vs 1:26.17

welcome to Penelope Spiro with a fine 100 free in 1:03.72

also a welcome to Steve Fletcher, a free styler with potential

Kathleen Buck had a couple of close ones ; 200 free - 2:19.76 vs 2:18.18, and  
a 500 of 6:12.96 vs 6:03.73

Bob Maestre had a good time in the 1650, Bob Smith actually swam a 1650, and  
our wandering Jim McGregor came in with a 1650 plus Delbert Scott swam a fine  
1650 at 21:36.08

a big OMS welcome to Margaret Fahlstom and Zohra Campbell, keep swimming !!!

it was great to see Jim Bigler "back in the water again"

OMS welcomes Edward Murray (70-74) a new breaststroker

another OMS welcome to James Millegan, Jim had a fine 100 breast in 1:10.25

Bert Petersen had good swims in the 50 fly and the 200 IM

the relay must have been fun : 200 free mixed ;

J Wienert, J Crawford, R. Wienert and B Thompson at 1:58.74     versus  
K. Buck, J Elliot, K. Driscoll and B. Cheney at 1:58.84     WOW !!!

Margaret Yadon was close in the 50 back 60.18 vs 59.60

That's it, see you all at Corvallis .....



OL' Barn reports on TOP TEN short course RELAYS ....

A couple of years ago, in masters, you put together a fair to meddlin' group of 4 swimmers and you came up with a high place in the National TOP TEN , not anymore.....

The proof of the pudding each and every year is not where you place in Nationals BUT, how did you place in the TOP TEN, if your times hold up, you can really be proud as the TOP TEN is the BEST !!!!

Here they are, the OREGONS that made it, congratulations to each and everyone ;

WOMEN'S 200 Free Relay ... (160 +)

10th place (G.Pierson,C.Wilson,J.Belford,S.Rousseau) 2:04.17

WOMEN'S 200 Medley Relay ... (160+)

\* FIRST PLACE (B.Frid, G.Pierson, S.Rousseau, J.Plesner) 2:08.78

MEN'S 200 Free Relay ... (240+)

6th Place (F.Mack, G.Young, E.Guest, E.Walter) 2:02.50

MEN'S 200 Medley Relay .....

160 + 4th Place (R.Smith, B.Prator, F.Warner, D.Vaughan) 1:49.27

200 + 8th Place (F.Elliott, E.Guest, B.Petersen, R.Boyd) 2:01.90

240 + 8th Place (H.Eisenschmidt, F.Mack, R.Lambert, E.Walter) 2:28.24

280 + 2nd Place (H.Eisenschmidt, D.Stevenson, E.Walter, F.Mack) 2:31.56

MIXED 200 Free Relay ...

160 + 7th Place (R.Smith, G.Pierson, S.Rousseau, D.Vaughan) 1:45.96

200 + 6th Place (L.Stoinoff, S.Rittenhouse, E.Guest, B.Petersen) 1:55.36

240 + 7th Place (M.Wells, E.Walter, L.Hepner, R.Cutter) 2:15.34

MIXED 200 Medley Relay ...

\* 160 + FIRST PLACE (R.Smith, G.Pierson, S.Rousseau, D.Vaughan) 1:54.49

200 + 8th Place (G.Young, P.Giordano, B.Petersen, J.Whisman) 2:17.74

240 + 4th Place (M.Wells, R.Morrison, E.Walter, L.Hepner) 2:32.57

OB tip o the hat to Roy Lambert, Roy is swimming well, and this gets him in the TOP TEN, also might add that Roy had PR's at L/C Nationals in the 100 and 200 breast at 1:23.85, and 3:04.54, both good for 8th place medals and points.

\*\*\*\*\*

TOP PRODUCERS IN ADVERTISING SALES.... GREAT PEOPLE, GREAT JOB !!!

As you know, the program and heat sheets are strictly an expense unless we get out and sell advertising, well a lot of you did, and it helped to make a little profit on an otherwise expense item, the leaders :

	Total Sales	Total Dollars
Eric Guest/Gil Young	16	1,075
Mike Popovich	9	1,250
Tom Boardman	6	250
Warren Elliott	3	800
Terry/Judy McCurdy	4	125

Honorable Mention to : Jim Holland, Elfie Stevenin and Bert Petersen

The total dollars sold was \$ 5,200.00 , program costs approx \$ 3,400.00, of which we will also pick up \$ 360.00 on extra billings for extra work done.

So we should then ~~show~~ a net of approx \$ 2,160.00 - NOT TOO SHABBY - THANKS !!!!  
*Show*

an OL' BARN extra ....

Special Sports Release from Bothell, Washington -

on September 20th, a very sturdy group of OMS swimmers took in the first short course meet of the season and came away with some great swims ;

Pamela Caltabiano - took 1st place in 5 events in the 25-29 group. no records, but great times for this early in the season, this gal will bear some watching.

Janet Cunningham - also 25-29, came through with 2nds in the 200 & 500 free

Andy Schrag - 25-29, swimming well with a 1st in the 50 free, and good times in the 50 brst, 50 fly and 100 IM

John Zell - 25-29, continues to improve, John swam off with 1sts in the 200 free and the 100 back, excellent times John

Robert Maestre - picked up 1sts in the 200 and 500 free plus the 100 back

Steven Barrett - took home the first place for the 50 fly, plus other good swims

Donlan Jones - picked up 3 firsts ; 50 back, 50 fly and 100 IM

HUGH RICHARDS - set 2 regional records (65-69) 50 free at 30.22 and the 50 fly in 35.46, plus an OMS best for the 100 fly at 1:31.89

BOB MORRISON - swam to 2 regional records (65-69) 50 brst-37.82, 100 brst - 1:28.72 and OMS best for 200 brst at 3:22.07

Mixed Free Relay team (25+) Bob Maestre, Pam Caltabiano, Janet Cunningham and Andy Schrag won in 1:49.11...good swimming !!!

Great going gang, keep up the great swimming, team effort by Vancouver people did not go unnoticed, we will be seeing you in the future am sure.

\*\*\*\*\*

# happy birthday

## DECEMBER BIRTHDAYS

Cheryll Mayer	2	John Ratliff	17
Linda Hope	3	Kenneth Hartung	18
James Teisher	3	Dale Vaughn	18
Cindy Van Dijk	3	Kevin Watkins	18
Riley King, Jr.	4	Stuart Goossen	19
Dawn Hartman	5	Nick Glazener	19
Bert Petersen	6	Jim Stonebridge	20
Paul Runquist	6	Shelly Briggs	20
Warren Elliott	7	Lori Hollingsworth	20
Elizabeth Dewson	7	Arthur Hanlon	21
Keith Finzer	8	Bruce Prator	22
Jeffrey Strater	8	Carol Krueger	22
Laury Lee	8	Steven Barrett	22
Jill Doel	9	Roy Boldue	24
Carolyn Layton	10	Constance Correia	24
Philip Jensen	11	Steve Eldredge	25
Debra Kuehne	11	Hugh Richards	26
Mark Worden	13	Kevin Keegan	26
David Yeakel	13	Alice Greth	27
Donna Maze	14	Jean Scott	27
Dan Callahan	14	James Robbins	27
Jeannie Sullivan	14	David Austen	28
Michael Duffy	15	Bruce Thomson	29
Andy Schrag	15	Corrine Soder	29
Kimberly Phillips	15	Jim McGregor	30

THIRD ANNUAL "ANIMAL MEET"

DATE: Saturday, December 13, 1986 Warmups: 9:00 AM Starts: 10:00 AM  
Sanctioned by USMS, Inc. and LMSC for Oregon Association **SANC.#860**

ENTRY DUE: Postmarked no later than December 5, 1986.  
ABSOLUTELY NO DECK ENTRIES ALLOWED.

COMPETITION: 1) For those swimming 1 or 2 events.  
2) For "TRIANIMALS" who choose to swim all three events.

EVENTS: 200 yards Butterfly, 400 yards Ind. Medley, 1650 yards Freestyle

Seeding will be fastest to slowest without regard to sex or age. The meet will be quite short for single or double event people (regardless of their speed) since their event may be early in order to rest the TRIANIMALS. TRIANIMALS should expect a longer meet. Some 1650 heats will be deckseeded. In the interest of time, expect to swim two to a lane.

TIMING & LAP COUNTING: Each 1650 swimmer must provide someone to count their laps. Timing will be manual.

DIRECTIONS TO POOL: I5 South to Exit 14, right on Ashland St. (Highway 60) to Walker St. (1st stop light), right on Walker, take the 1st left one block to the Southern Oregon State College pool.

AWARDS: "TRIANIMALS" will be eligible for a special t-shirt at minimal cost for completing all three events.

FEE: First event \$5.00, each additional event \$1.00. Make checks out to Oregon Masters Swimming (for \$5 or \$6 or \$7) and send entries to: ANIMAL MEET c/o Greg Frownfelter, 2001 Siskiyou Blvd., Ashland, OR 97520.

- - - - - MAIL THIS FORM, CHECK AND COMPLETE CARDS - - - - -

1987 USMS # \_\_\_\_\_ -- \_\_\_\_\_ Name \_\_\_\_\_

AGE \_\_\_\_\_ M or F Address \_\_\_\_\_ Phone \_\_\_\_\_

1. 200 yard Butterfly time = \_\_\_\_\_ TOTAL ENTRY FEE \_\_\_\_\_  
(\$5.00 First Event  
2. 400 yard Ind Medly time = \_\_\_\_\_ \$1.00 Second Event  
\$1.00 Third Event)  
3. 1650 yard Free time = \_\_\_\_\_  
(Please DO NOT enter "NO TIME.")

PLEASE NOTE: Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule 6R1 if they compete in Masters competition.

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 \_\_\_\_\_

## DO YOU KNOW TO WHAT CLUB YOU BELONG?

There has been some recent confusion regarding "clubs" within the association of swimmers in Oregon. A brief and hopefully non-confusing explanation follows:

USMS is our parent/national organizational body. USMS is divided into 7 zones, of which we are in the Oceana Zone. The Oceana Zone is comprised of several regions, of which we are Region XII. NOW PAY ATTENTION .... Region XII is comprised of 4 LMSCs (Local Masters Swimming Committee), of which OREGON MASTERS SWIMMING, INC. is one. (The others are Pacific Northwest Association, Inland Empire Association, & Snake River Association.)

An LMSC may have one or more clubs as well as unattached swimmers. Every swimmer must register with USMS through his/her LMSC, but one does not need to affiliate with any particular club.

If one chooses to affiliate with a club, one must designate this affiliation on his/her USMS registration form, AND be sure that the club has registered as a club with USMS via our LMSC registrar. (This only costs \$10.00 to register a club.)

Historically, our LMSC has only had one registered club .... Oregon. Therefore, unless a swimmer designated him/herself as unattached, he/she swam for Oregon and could accumulate points for Oregon at large meets and could swim on relays together. This has been a large club .... essentially everyone in our LMSC.

If anyone chooses to register a second, third, or more clubs within our LMSC of Oregon Masters Swimming. Inc., he/she may do so. In essence, the only changes it will make for a swimmer is that one may swim in relays with only their club members.

Remember, the purpose for swimming is for physical fitness and health. The camaraderie between swimmers will exist whether we have one, two, or several clubs within our LMSC. The club decision remains with each individual, and there should be no pressure on anyone to choose a certain club. It is a personal and free choice.

If anyone has any questions regarding this information, please feel free to contact either Sandi Rousseau (642-3679) or Bert Petersen (252-6081).

P.S. We will continue to have LOGs (Local Operating Groups) within our club of Oregon. This is usually the group with whom you work out or affiliate with in your town.

**OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM**  
**SANCTION NO. 87A BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

**MEET:** Newberg Short Course Meet  
**PLACE:** Chehalem Aquatic Center, Newberg  
6 lanes, indoor, small warm up area  
**HOST:** Chehalem Faster Masters  
Jim McMaster, Meet Director  
538-4813(W) 538-5003(H)

**DATE:** January 10, 1987

WARM UP                      MEET STARTS  
8:00 AM                      9:00 AM

**DIRECTIONS TO POOL:** 1802 Haworth Ave. Traveling west from Portland to Newberg on 99W, turn right at the second Newberg stop light (Villa Rs.). Pool is 3 blocks down, on the corner of Haworth & Villa.

**ENTRY DEADLINE:** Postmarked no later than 12-30-86. No late entries will be accepted.

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

**NAME** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **ST** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**1987 USMS#** \_ \_ Z \_ \_ \_ **BIRTHDATE** \_\_\_\_\_ **SEX** \_\_\_\_\_ **AGE** \_\_\_\_\_ **ASSOC** \_\_\_\_\_

**REMINDER:** IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT  
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

**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:** 19+, 25+, 35+, 45+, 55+, 65+, 75+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 500 Free will be deck seeded. All other events will be pre-seeded fastest heats first.

ENTRY TIME			ENTRY TIME		
Free Relay	1	XXXXXX	100 Fly	11	____:____.____
50 Free	2	____:____.____	Medley Relay	12	XXXXXX
100 Breast	3	____:____.____	10 MIN BREAK		
200 Back	4	____:____.____	200 Free	13	____:____.____
50 Fly	5	____:____.____	50 Breast	14	____:____.____
200 IM	6	____:____.____	100 Back	15	____:____.____
Mxd Fr Relay	7	XXXXXX	200 Fly	16	____:____.____
10 MIN BREAK			100 IM	17	____:____.____
100 Free	8	____:____.____	Mxd Fr Relay	18	XXXXXX
200 Breast	9	____:____.____	5 MIN BREAK		
50 Back	10	____:____.____	500 Free	19	____:____.____

**MEET ENTRY FEE: \$5.00**      Send form(s) & fee(s) payable to **DMS to:**  
**DMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034**

**PLEASE NOTE:** Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GRI if they compete in Masters competition.

**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** \_\_\_\_\_

# ORDERS OF EVENTS

Listed below are four orders of events. Please select one Order # and indicate your choice in the appropriate space on the Meet Bid form. By offering various orders of events, we hope that the 1986-87 schedule will give all swimmers an opportunity to plan their season. The Association Championships will be a different order of events in a three-day format.

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

\* 400 Free for long course meet

\* Short course meet only

## U.S. NATIONAL SENIOR OLYMPICS

On the next few pages, I have printed information about the Senior Olympics. I have only included the swimming information, but those of you who are multi-talented might be interested to know that other Senior Olympics events are Archery, Bowling, Cycling, Golf, Horseshoes, Table Tennis, Tennis, Track, Field, 10K Road Run, Volleyball, Javelin, Diving (3 meter board), Pole Vault, and High Jump. Age divisions are 55-59, 60-64, 65-69, 70-74, 75-79, 80. If you would like to receive more information on the Senior Olympics, contact the U.S. National Senior Olympics, 321 West Port Plaza Dr., Suite 202, St. Louis, Missouri, 63146.



Dear Local Masters Swimming Committee Chairman:

We thought we should introduce ourselves to you. Enclosed please find information on the U.S. National Senior Olympics which we hope you will share with members of your Masters Swim Club.

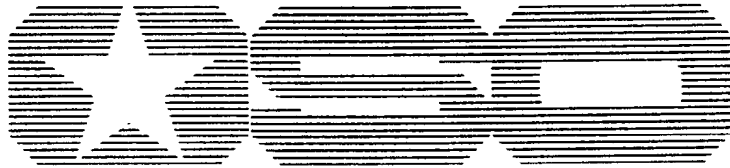
We hope that we can stimulate Masters swimmers from all over the U.S. to compete in what we think will be a very exciting event - the first U.S. National Senior Olympics June 27-July 2, 1987 in St. Louis.

If you have any questions or need more information, please do not hesitate to contact us.

Sincerely,

  
Joy Rice  
Administrative Director

Enc.



## U.S. NATIONAL SENIOR OLYMPICS

### USNSO GENERAL RULES FOR QUALIFICATION

Note: General information which includes a list of USNSO specific events and age divisions is available in the Rules & Regulations pamphlet.

1. USNSO participants will be assigned to the age division at which he/she qualifies. (In tennis doubles, age division will be based on the age of the younger partner.)
2. Senior athletes who have achieved national recognition in their chosen sport may be invited to participate in the USNSO and as such will be exempt from qualification.

### **QUALIFYING DATA - SWIMMING**

There are three ways to qualify:

1. All first, second and third place winners in sanctioned regional qualifying meets are eligible to compete at the 1987 USNSO. Additional athletes may qualify by equaling or bettering minimum measurable performance established for each event (see attached charts).
2. All former U.S. Olympian, National Amateur or Collegiate Champion, National Recordholders are exempt from qualification.
3. For diving, athletes may qualify by meeting minimum standards in USNSO regional meets and the Masters.

Verification of the performance must accompany his/her entry.

Examples of verification: signed statement by meet officials, news clippings, copy of meet results, etc.



SWIMMING - QUALIFYING TIMES - WOMEN'S EVENTS												
	55 - 59		60 - 64		65 - 69		70 - 74		75 - 79		80+	
EVENT	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
50 FREE	56.04	1:01.64	58.56	1:04.41	1:03.00	1:13.30	1:16.32	1:27.95	1:40.73	1:54.80	1:48.66	2:03.52
100 FREE	1:47.50	2:02.25	1:54.15	2:09.51	2:20.09	2:42.09	2:39.21	3:03.13	3:39.41	4:13.35	4:06.43	4:47.07
200 FREE	3:59.54	4:35.49	4:13.87	4:55.25	4:24.90	5:07.39	4:58.60	5:28.46	5:19.00	6:10.90	6:10.20	7:11.22
400 FREE*	10:50.13	9:27.61	11:42.29	10:13.15	12:21.34	10:47.25	16:55.52	14:46.63	18:17.63	15:58.31	20:14.75	17:40.57
50 BACKSTROKE	57.19	1:02.90	1:08.57	1:19.42	1:24.01	1:36.41	1:45.79	2:00.36	2:06.36	2:27.42	2:26.75	2:49.42
100 BACKSTROKE	2:04.43	2:24.87	2:30.30	2:53.33	3:06.03	3:36.63	3:09.57	3:40.52	3:21.35	3:53.48	3:23.47	3:55.81
200 BACKSTROKE	3:29.16	4:02.07	3:34.31	4:07.74	3:56.88	4:32.56	4:37.62	5:21.38	6:04.25	7:04.67	6:12.96	7:14.25
50 BREASTSTROKE	1:00.15	1:10.16	1:05.61	1:16.17	1:08.46	1:19.30	1:26.91	1:39.60	2:01.68	2:21.84	2:08.07	2:28.87
100 BREASTSTROKE	2:20.12	2:42.13	2:27.27	2:49.99	2:33.96	2:57.35	3:35.50	4:09.05	3:40.65	4:14.71	6:34.78	6:50.47
50 BUTTERFLY	48.51	53.36	55.22	1:00.74	1:19.65	1:31.61	1:25.17	1:37.68	2:15.91	2:37.53	6:30.46	6:53.70
100 BUTTERFLY	2:02.00	2:22.20	2:22.00	2:44.20	2:29.45	2:52.39	2:52.91	2:78.09	4:13.81	4:55.19	6:43.10	7:07.41
200 IM	3:17.78	3:49.55	3:46.61	4:21.27	4:15.89	4:57.47	5:58.33	6:14.16	7:06.12	8:16.73	7:52.47	8:27.71

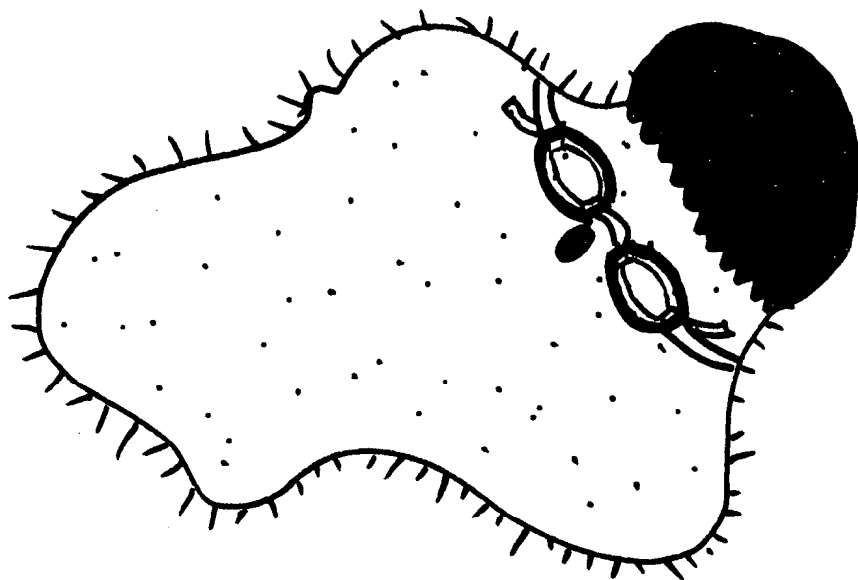
\*NOTE: Since a 400 yard is not used, the qualifying times in yards is for a 500 yard event.

SWIMMING - QUALIFYING TIMES - MEN'S EVENTS

	55 - 59		60 - 64		65 - 69		70 - 74		75 - 79		80+	
EVENT	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS	YARDS	METERS
50 FREE	36.81	40.11	39.78	43.36	44.91	48.95	45.61	50.17	53.07	58.37	1:05.31	1:15.41
100 FREE	1:21.07	1:33.18	1:33.74	1:47.11	1:39.44	1:53.38	1:47.04	1:61.44	1:53.95	2:09.34	3:03.97	3:23.37
200 FREE	3:26.04	3:58.64	3:32.30	4:05.53	3:49.60	4:24.56	3:54.46	4:29.51	4:04.06	4:44.46	4:41.50	5:25.65
400 FREE*	9:34.47	8:21.56	9:45.05	8:30.75	13:00.00	11:21.00	14:18.00	12:29.10	15:36.00	13:37.20	16:15.52	14:11.70
50 BACKSTROKE	44.70	49.17	52.27	57.49	56.54	1:02.19	58.86	1:04.74	1:03.13	1:13.44	1:09.63	1:20.59
100 BACKSTROKE	1:45.90	2:00.49	1:48.90	2:03.79	1:53.50	2:08.85	1:57.50	2:13.25	2:47.20	3:11.92	4:01.40	4:41.50
200 BACKSTROKE	3:37.50	4:11.25	3:47.90	4:22.40	4:02.00	4:42.20	4:43.30	5:07.63	5:46.40	6:01.04	8:43.30	9:27.63
50 BREASTSTROKE	44.99	49.48	53.96	59.35	55.07	1:00.57	56.83	1:02.51	1:02.49	1:12.73	1:08.95	1:19.84
100 BREASTSTROKE	1:48.60	1:63.46	1:57.38	1:73.11	2:05.68	2:26.24	2:06.92	2:27.61	2:10.60	2:31.66	3:16.52	3:48.17
50 BUTTERFLY	41.98	46.17	42.49	46.73	47.57	52.32	57.06	1:02.76	1:07.41	1:18.15	1:22.63	1:34.89
100 BUTTERFLY	1:44.50	1:58.95	1:46.50	1:60.05	1:47.00	1:61.70	2:36.37	3:00.00	3:19.62	3:51.58	3:48.76	4:23.63
200 IM	3:14.82	3:46.02	3:17.20	3:48.92	4:02.60	4:42.86	5:02.32	5:49.35	6:10.88	7:01.96	6:45.57	7:10.12

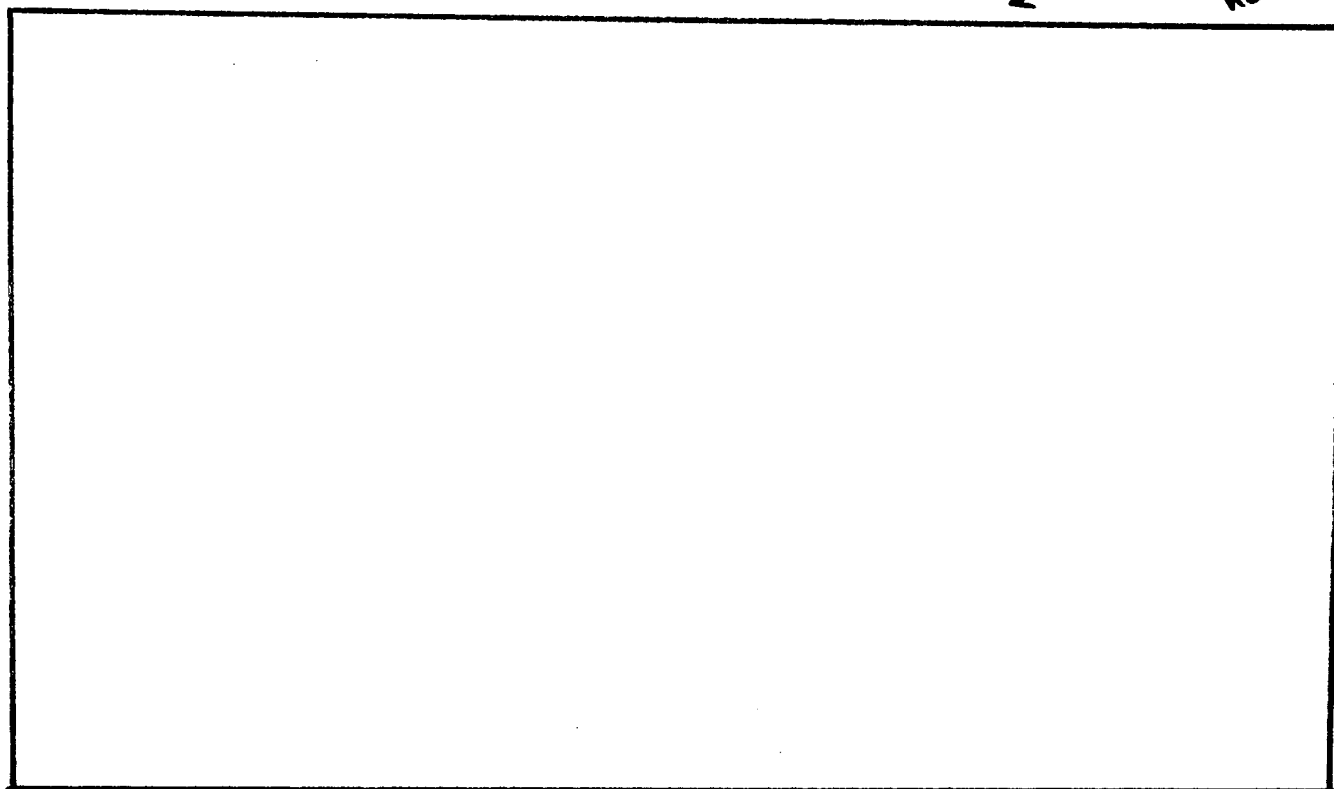
\*NOTE: Since a 400 yard is not used, the qualifying times in yards is for a 500 yard event.

CAN YOU DRAW ME ?



I'm Spiffy the back-stroking amoeba. Draw me and see if you have the talent to become a famous artist.

← Draw Spiffy here



**OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM**  
**SANCTION NO. 87B BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

**MEET:** Lincoln City S.C. Meters Meet  
**PLACE:** Lincoln City Municipal Pool- 6 lanes  
**HOST:** City of Lincoln City/  
 Lincoln City Clippers Swim Team  
 George Frasier, Meet Director  
 994-5208(W) 994-4253(H)

**DATE:** Jan. 31 & Feb. 1, 1987

	<u>WARM UP</u>	<u>MEET STARTS</u>
31st	9:00 AM	10:00 AM
1st	9:00 AM	10:00 AM

**DIRECTIONS TO POOL:** 2150 NE Dar Place, Lincoln City. From North: Hwy 101 to Lincoln City. Turn left on NE 22nd(Dairy Queen on left). Go 1/2 block, turn right on Dar Place. From South: Hwy 101 to Lincoln City. Turn right on NE 22nd(Dairy Queen on right). Go 1/2 block, turn right on Dar Place.

**ENTRY DEADLINE:** Postmarked no later than 1-20-87. No late entries will be accepted.

RETURN THIS LOWER PORTION

**NAME** \_\_\_\_\_ **PHONE** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **ST** \_\_\_\_\_ **ZIP** \_\_\_\_\_  
**1987 USMS#** 7 **BIRTHDATE** \_\_\_\_\_ **SEX** \_\_\_\_\_ **AGE** \_\_\_\_\_ **ASSOC** \_\_\_\_\_

**REMINDER:** IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT  
 A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

**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:** 76+, 100+, 120+, 160+, 200+, 240+, and 280+.

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 1500, and 400 Free and the 400 IM will be deck-seeded. All other events will be pre-seeded fastest heats first.

SATURDAY, JAN. 31

ENTRY TIME

SUNDAY FEB. 1

ENTRY TIME

400 IM 1 \_\_\_\_\_  
 400 Free 2 \_\_\_\_\_  
 Free Relay 3 XXXXXX  
 5 MIN BREAK  
 100 Back 4 \_\_\_\_\_  
 200 Free 5 \_\_\_\_\_  
 50 Fly 6 \_\_\_\_\_  
 200 Breast 7 \_\_\_\_\_  
 100 IM 8 \_\_\_\_\_  
 Mxd Fr Relay 9 XXXXXX  
 10 MIN BREAK  
 1500 Free 10 \_\_\_\_\_

200 Back 11 \_\_\_\_\_  
 50 Free 12 \_\_\_\_\_  
 100 Fly 13 \_\_\_\_\_  
 50 Breast 14 \_\_\_\_\_  
 Medley Relay 15 XXXXXX  
 5 MIN BREAK  
 50 Back 16 \_\_\_\_\_  
 100 Free 17 \_\_\_\_\_  
 200 Fly 18 \_\_\_\_\_  
 100 Breast 19 \_\_\_\_\_  
 200 IM 20 \_\_\_\_\_  
 Mxd Med Relay 21 XXXXXX

**MEET ENTRY FEE:** \$5.00 Send form(s) & fee(s) payable to DMS to:  
 DMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034

**PLEASE NOTE:** Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GRI if they compete in Masters competition.

**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** \_\_\_\_\_

**SHORT  
COURSE  
METERS**

LINCOLN CITY - 1/31 + 2/1

# 25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTIONED #863611

DATE: Saturday, December 13, 1986 WARMUP: 8:30 am MEET: 9:00 am  
 PLACE: Fidalgo Pool WARMUP: 10:00-10:30 am (after 500)  
 1603 - 22nd St. Rest of meet starts after 2nd warmup.  
 Anacortes, WA 98221 MEET DIRECTOR: Dan Meyer, FIDALGO POOL  
 PHONE: 206-293-0673 1603 - 22nd St.  
 HOSTED BY: Fidalgo Islanders Seahawks Masters Anacortes, WA 98221  
 Swim Club 206-293-0673 (pool)  
 DEADLINE: ENTRY MUST BE POSTMARKED BY DECEMBER 2, 1986

NAME \_\_\_\_\_ M or F BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

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

TELEPHONE \_\_\_\_\_ USMS # \_\_\_\_\_ TEAM \_\_\_\_\_ OR UN ASSOC \_\_\_\_\_

AGE GROUP: (Circle one) 19-24 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+

YOUR AGE AT THE MEET IS DETERMINED BY YOUR AGE ON THE LAST DAY OF THE MEET!  
 Entries limited to 5 events plus relays. Circle the events you wish to enter  
 and fill in the best or estimated time. Meet will be seeded slow heats first  
 except 500 Free which will be seeded fast heat first. Entrants swimming this  
 event must check in 30 minutes before the meet start time.

<u>EVENTS</u>		<u>BEST TIME</u>	<u>EVENTS</u>		<u>BEST TIME</u>
<u>Saturday</u>			<u>Saturday cont.</u>		
1	500 Freestyle		11	100 Butterfly	
	30 Minute Warmup		12	50 Breaststroke	
2	XX Free Relay	XXX	13	XX Medley Relay	XXX
3	100 Backstroke		14	50 Backstroke	
4	200 Freestyle		15	100 Freestyle	
5	50 Butterfly		16	200 Butterfly	
6	200 Breaststroke		17	100 Breaststroke	
7	100 I.M.		18	200 I.M.	
8	XX Mxd. Free Relay	XXX	19	XX Mxd. Medley Relay	XXX
9	200 Backstroke				
10	50 Freestyle				

ENTRY FEE: \$5.00 with cards, \$5.50 without cards.

SEND ENTRY, TIME CARDS AND PAYMENT TO: MAKE CHECK PAYABLE TO:  
 Dan Meyer, Fidalgo Island Swim Pool PNA MASTERS SWIMMERS  
 1603 - 22nd St.  
 Anacortes, WA 98221

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) Registered swimmers 19 years of age or older, as of last day of the meet.

NOTE: Swimmers under the age of 25 years are advised they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

RULES: Current USMS rules will govern.

## STATEMENT OF RELEASE

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

SIGNED \_\_\_\_\_

# OREGON TOP FIVE CERTIFICATES

In previous years, the Oregon Top Five Certificates (certificates indicating event, place, time) were available during the Association meet. This year the procedure has changed. You must SEND IN A REQUEST for your Top Five Certificate by February 7. (The Pentathlon is February 7, so you may hand deliver your request). It will be mailed to you no later than April 13.

To determine whether you made the 1986 Oregon Top Five, a list of all Oregon Top Five Swimmers in each event will be posted at our swim meets (by the awards table).

The process for extracting names for all events and putting them on certificates and hand printing the calligraphy is time consuming. PLEASE MAIL in your request EARLY!

To: Ginger Pierson

14218 N.E. 14th St.

Vancouver, WA 98466

-----  
NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

Please mail my Oregon Top Five Certificate to the above address.

Signature \_\_\_\_\_

# 1987 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 very friendly bunch.
- Oregon has one of the highest renewal rates of any of the 50 associations - once a member, you'll love it.
- In 1986 we grew over 10% (one of the fastest growing associations). We have great plans for 1987!

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

We have non-swimming get-togethers too. We have had hikes, picnics, ski trips, parties and wine tastings. There are other activities planned for this year.

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 for all of Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

\$5.00 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

You shall be registered for Oregon Masters Swimming, unless you otherwise specify.

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: <input type="checkbox"/> Renewal: my 1986 # _____		<b>Oregon</b> <b>1987</b>	Office Use Only
Name _____ Last First M.I.			
Address _____		Reg. Fee (\$10.00) _____ Aqua Master(6.00) _____ Total _____	
City _____ St _____ ZIP _____			
( ) _____ Phone # Born (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.		Mail to: Kathleen Buck 31925 NE Canter Lane Sherwood, OR 97140 Or enclose with meet registration	
⇒ Signature _____			

Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

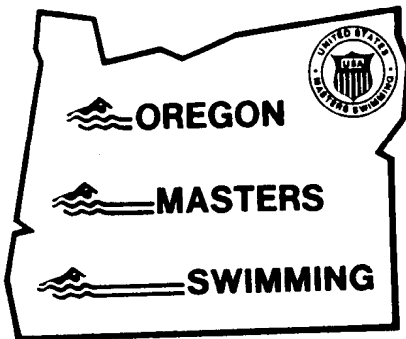
223-3137

For your PRINTING and OFFICE SUPPLY needs call

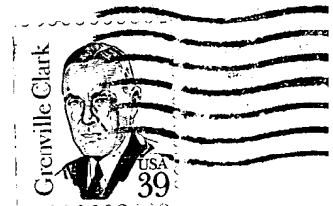
STEVENS-NESS LAW PUBLISHING CO.

the courtesy of sometime swimmer Jim Snow and

This issue of your AQUAMASTER was donated through



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P.O. Box 1033  
Tualatin, OR 97062



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