



AQUA-MASTER

JAN 87 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE

Bert Petersen, Chairperson
Oregon Masters Swimming
2051 NE 137th
Portland, Or 97230
(503)252-6081

Linda Hope, Aqua-Master
448 SW 121st Place
Portland, Or 97225
(503)641-3994

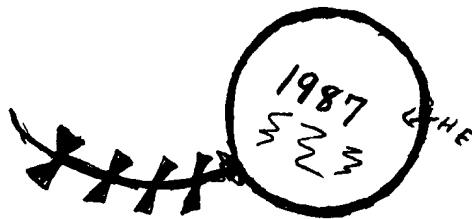
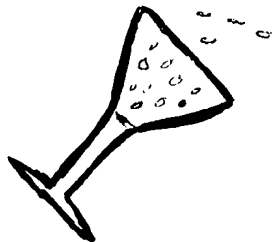
Vice Chairperson - Susan Albright
Secretary - Peggy Thompson
Treasurer - Roy Abramowitz
Registration - Kathleen Buck
Aqua-Master - Linda Hope
Membership - Barbara Frid
Records - Earl Walter
Social Chrpns - Mary Ellen Hunsicker
H.O.S.T. - Ginger Pierson

Susan Albright, Vice Chairperson
Oregon Masters Swimming
10750 SW Wedgewood Street
Portland, Or 97225
(503)644-9668

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

HAPPY NEW YEAR

WELCOME 1987 - AULD LANG SYNE - etc.



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

Corvallis - Mark & Laura Worden - (503) 753-9352
2020 NW 25th
Corvallis, Or 97330

Southern Oregon - Terry & Judy McCurdy - 315 Wapiti Lane, Box 34
Umpqua, Or 97486
(503) 459-5022

Between the Lane Lines.....

Thanks to Bert Peterson for a meeting well run, his first as our new OMS Pres. Not only was it his first meeting it was also his 15th wedding anniversary. Now that's a sacrifice. Thanks Bert.

All you hard working people who sold ads for Nationals please contact Earl Walters for any commissions due you. Thank you for your efforts. Earl can be contacted at (503) 292-1611 - 3904 SW 57th Ave, P/O 97221.

For those seeking information re Masters Short Course please contact our OMS membership person Barb Frid at (503) 644-9645 - 1440 SW Hilldale, P/O 97225.

OMS has stop watches available to anyone wishing to use them at their meets. Please contact Brian Langlais at (503) 692-6088 - 10328 SW Siletz, Tualatin, Or 97062.

Thank you Warren Elliott for your generous contribution of \$50 to Dogs for the Deaf in memory of Connie Wilson. It is very much appreciated.

We at OMS would like to express our sorrow to Jack Dawes, who lost his son James recently. The Multnomah County Special Olympics has set up a memorial fund for him. Anyone wishing to contribute, donations can be made to Multnomah County Special Olympics, 426 NE 12, Portland, Or 97232, c/o James Dawes Memorial Fund. Again, our sympathy.

The next OMS meeting will be 1/21 but at this point in time we do not know where. Any Volunteers?

The deadline for Aqua Master contributions will be 1/15, for the Feb issue. Your timeliness is very much appreciated, not to mention expected.

See you all next issue. No sandbagging out there now. Remember chlorine withdrawal is a very unpleasant experience and should be avoided. Take it from one who knows, at least lately.

happy birthday

FEBRUARY BIRTHDAYS

William L. Branson	1	Martha Keller	10	Joan N. Cameron	20
Carolyn A Brown	1	Robert J. Needham	10	Jeanette M. Pace	20
Kathryn L. Cronin	2	Jill Holbert	10	Cecil S. Kribs	21
Cynthia C. Ferguson	3	Steve Lodsley	12	Darlene J. Pohl	21
Jean K. Crawford	3	Laurie L. Klenke	13	Joseph A. Briggs	21
Charles L. Kralovec	3	Harry M. Stevenson	14	Melody G. McMaster	21
June Mather	3	Pat Dixon	15	Elizabeth C. King	24
Judy M. McCurdy	4	Cynthia B. Stockwell	15	Thomas H. Anderson	24
Larry A. Chase	4	Karin A. Clancey	15	David Bernstein	26
Michelle S. Addy	4	Steven E. Goldbeck	16	Henry R. Manahan	26
Donlan F. Jones	5	Debra A. Angello	16	John A. DeRoest	27
Kenneth L. McTeague	5	Marianne D. Van Dijk	17	Carolyn A. Merten	27
Denice E. Spencer	5	Dennis J. Seacat	18	James L. Holland	28
Vivian J. Starbuck	6	Chris L. Hughes	18	Gary N. Beckley	28
Leo J. Van Dijk	7	Susan J. Case	20	Mark C. VanRossen	29
Jo An A. Mann	7	Joe D. Pinz	20		

SIXTH ANNUAL SWIM CELLAR PENTATHLON

Sanction No. 87F by USMS, Inc. and LMSC for Oregon Assoc.

ELIGIBILITY: Currently registered USMS swimmers, 19yr and older. Unregistered swimmers must submit a registration form and fee with this entry.

MEET: Swim Cellar Pentathlon

DATE: February 7, 1987

PLACE: Tualatin Hills Rec. Center Pool
15707 SW Walker Rd, Beaverton

HOST: Swim Cellar: 292-3379
Barbara & Brian Frid, Meet Directors

WARM-UP

MEET STARTS

RULES: Current USMS rules apply, except:

8:00 AM

9:00 AM

10 sec penalty added to score for stroke/turn/false start infractions; swimmers must swim all five events to be eligible for an award.

AWARDS: Special custom pins will be presented to the top 6 places in each age group, based upon total accumulated times.

ENTRY: Fee: \$5.00, includes awards. Deadline: postmarked no later than Tues., January 27th. NO DECK ENTRIES. NO LATE ENTRIES. Detach and mail entry to : OMS, 18476 Timbergrove Court, Lake Oswego, OR 97034

PARTY: A party will be held following the pentathlon. Come celebrate with good spirits, good food, and good friends. Maps available at meet.
Cost: \$3.50 per person

RETURN LOWER PORTION

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

1987 USMS# _ _ 7 _ _ _ BIRTHDATE _____ SEX _____ AGE _____ ASSOC _____

EVENT # EVENT ENTRY TIME*

FEES:

1 50-Fly _____

2 50-Back _____

3 50-Breast _____

4 50-Free _____

5 100-I.M. _____

1. Entry fee \$5.00

2. Party
\$3.50/person _____

TOTAL \$ _____

*Enter best, or estimated time.

Do not enter 'NT'

(Payable to 'OMS')

PLEASE NOTE: SWIMMERS LESS THAN 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GR 1 if they compete in Masters competition.

STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc, and LSMC 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 _____

01' Barnacle.....

DECK THE POOL - SWIM MEET - TUALATIN HILLS - DEC 7th

What a great meet, opened with Santa's own anthem, sung by four of the finest plus the 127 stalwarts who signed up for this bash.

The meet was dedicated to the memory of Connie Wilson, and all proceeds will go to Connie's favorite charity "Dogs for the Deaf"

Everyone enjoyed fast water and mostly good swims considering it was so early in the season.

We owe much to those who made it all possible :

Meet Directors : Barbara Frid
Susan Albright

Announcer : Sherman Meyer

Head Timer : Sandi Rousseau

Heat Sheets : Robert Smith

Santa's Helper : Ginger Pierson

Results : Nancy Dobbs

Electronic Timing : Bob Hathaway

Judy Hathaway

Officials : Ruth and T D Hughes

Larry Snead

Timers : Tualatin Hills Dive Club

Special thanks to the TH Swim Club for the use of their timing system

Those of you who missed it, you missed a really fun and fine meet, the pool was decorated for Santa, even the starting blocks were tinselled.

01' Barn has a hunch a thank you is also owed to Pam Himstreet for decorations

Herb Eisenschmidt

Herb had his 80th birthday last month, and he is off and swimming in a new age group. How about 3 NATIONAL RECORDS and 1 Regional - First meet of the year !!!!

National Records : 50 yard Back in :45.82 (old was 46.01)
100 yard Back in 1:39.79 (old was 1:47.87)
200 yard back in 3:41.00 (old was 3:57.29)

OB note : these were held by Tom Cureton, one of the best in the game for years.

Herb's regional record was in the 200 free at 3:23.80 (# 3 TT)

MORE REGIONAL RECORDS

Women (60-64)	Louise Hepner	100 Free	1:12.86 (# 3 TT)
		200 Free	2:43.00 (# 2 TT)
(85-89)	Martha Keller	50 Breast	: 2:07.83
		200 I.M.	: 9:30.04
(65-69)	Bob Morrison	100 Breast	1:27.26 (#9 TT)
	Hugh Richards	50 Fly	:34.22 (# 8 TT)
		100 Fly	1:26.08 (#10 TT)
	Earl Walter	100 I.M.	1:19.54

New Oregon Records

Men (55-59)	Don Cameron	100 Free	1:01.49
(65-69)	Hugh Richards	50 Free	:29.23
		100 Free	1:09.74
	Earl Walter	100 Back	1:23.00 (# 10 TT)
		200 Back	3:05.65

RELAYS ... REGIONAL RECORDS :

65+ 200 Free (E.Walter, R.Morrison, Forbes Mack, Hugh Richards) 2:07.30

200 Medley (E.Walter, R.Morrison, Hugh Richards, Forbes Mack) 2:21.17

Top Ten - Last swum in 1985 , both of above would rank # 1 in the country.

Ol Barn.....continues with good times ;
 Susan Braun-50 f 27.19, 100 f 58.50, 500 f 5:35.56(movin'), 50 fly 28.98
 Flo Delaney - 500f 29.59, 500 f 7:06.62, 50 back 39.05
 Barbara Frid-50 f 29.72, 200 f 2:21.49, 200 back 2:47.50, 50 fly 31.86
 Andy Schrag & Chris Hughes- 23.97 vs 23.93 in the 50 free
 Jon Stout vs Dale Vaughan in the 50 free, 24.48 over 24.59
 Ron Nakata & Bert Petersen, 50 free, 26.19 over 26.65
 Andy Schrag with a 52.44 for the 100 free
 Steve Hamilton had a 51.80 for 100 free also happy with 58.36 for 100 back
 Don Cameron, Bob Smith's prodigy looking good at 50 f in 27.23-200 IM - 2:57.64
 Dale Vaughan and Dick Boyd, 100 free - 56.97 against 56.14
 Jeff Strater with a 200 f in 1:58.04
 Lavelle Stoinoff, early season 6:16 vs 6:14 in '86 (500 free)
 Dick Boyd, likewise, with a 5:33 for the 500
 Shelley Rawding came through with a 1:10.34 for the 100 back + 100 IM-1:12.46
 Sue Albright-38.77 50 brst, and a 1:19.50 for 100 IM
 Linda Cazin stroked a 40.69 (50 brst)
 Chris Hughes & Dan Johnson had at it in the 50 brst (32.23 over 32.56)
 As did Lee Miesen & Eric Guest 37.96 vs 37.76, a squeaker 50 brst
 Pamela Caltabiano had a 1:16.04 for the 100 brst + 100 IM in 1:10.13
 Alice Greth turned in a 2:06.11, appears to be a PR (100 brst)
 Dan Johnson put up a 1:08.55, a PR , great for early on, plus 2:27.91 (200)
 Alfred Frakes did a 1:15.19 for the 100 brst
 Steve Simpson came through with a 1:16.92, 100 brst (sandbagged at 1:28.50)
 Bruce Cheney & Buz Carriker, a barn burner 200 brst, 2:56.42 vs 2:56.25
 Mike Langsdorf coming back from injuries had a 200 brst in 3:04.68
 Alice Burke surprised with a fine 37.96 for the 50 fly
 Andy Schrag & Chris Hughes at it again in the 50 fly - 26.61 vs 26.45
 Ron Nakata was pleased with a 28.73 for the 50 fly, plus 100 in 1:09.03
 Andree Devine followed a 1:09 (100 IM) with a near record 200 in 2:31.26
 Steve Hamilton is aging up with a vengeance, great 100 fly in 59.74
 Charles Van Rossen had a fine 2:16.41 for the 200 fly & dodged the piano ???
 Terry McCurdy got an OB TIP O'the HAT for his 200 fly, finished in 4:09, congrats
 Kathleen Buck - 200 IM entered with 2:59 did a 2:48.47, good swim
 Don Swink, late of PNA, came in with a fine 2:17.73 for the 200 IM
 Eric Guest was close in the 200 IM - 2:50.69 vs 2:50.20 (reg record)
 WELCOME TO OUR NEW SWIMMERS : Gene Bunting, Pat Bohnert, Ron Cobb, John Stevko,
 Steve Simpson, Tom Webb, Jim Broderick, Bob Boucher, Don Cameron, Lee "Kip" King,
 Tamara Baughman, Betty Robb, Linda Cazin, Don Swink, Teri Cottingham, Bob Timm,
 Roger Robb, Roger Coles, Scott Kornberg, Art Olson, Jim Elliott, (who by the way
 was very pleased with a PR in the 500 free of 6:01.51.
 Alice Burke turned in a PR 100 IM in 1:20.61, great swim Alice

OB reports on TOP TEN Long Course Relays...

As mentioned previously, just wait for LC Top Ten, and high Potentate Bert just mailed out the selections and we did a number !!!!

Try these on for size : A grand total of 60 of our teams made the promised land, we garnered 6-1sts, 11-2nds, 4-3rds, 7-4ths, 5-5th plus.

FIRSTS :

Womens Free-160+-Giordano, Brown, Pierson, Rousseau	2:09.12
Womens Medley - 160+-Frid, Pierson, Rousseau, Brown	2:24.19
Mens Medley-160+Smith, Dasch, Von Tagen, Staples	2:02.33
Mixed Free-160+-Staples, Rousseau, Brown, Smith	1:55.75
Mixed Medley-160+-Smith, Pierson, Rousseau, Staples	2:10.50
Mixed Medley-240+-Walter, Morrison, Whisman, Hepner	2:42.41

SECONDS :

Womens Free - 240 + - Wells, Wolfe, Hughes, Smith	2:50.81
Womens Medley - 119 - Braun, Smith, Gregoire, Phillips	2:22.28
Womens Medley - 120 + Belford, Moreland, Worden, Buck	2:24.13
Womens Medley - 200 + Whisman, Stoinoff, Roach, Hepner	2:47.10
Mens Free - 160 + Dasch, Stout, Smith, Von Tagen	1:45.92
Mens Medley - 119 - Marlin, Ronkin, Schrag, Gordon	1:58.50
Mens Medley - 280 + Walter, Stevenson, Eisenschmidt, Morrison	2:53.12
Mixed Free - 119 - Schrag, Smith, Braun, Clark	1:51.61
Mixed Free - 200 + Roach, Stoinoff, Petersen, Guest	2:09.05
Mixed Free - 240 + Hepner, Van Rossen, Smith, Richards	2:24.40
Mixed Medley - 119 - Marlin, Schrag, Braun, Smith	2:07.33

THIRDS :

Womens Free - Phillips, Moreland, Braun, Smith (119-)	2:02.88
Womens Free - 200 + Stoinoff, Whisman, Roach, Hepner	2:22.29
Womens Free - 280 + Stevenin, Morris, Melcher, Bressie	5:17.03
Womens Medley - 280 + Morris, Melcher, Stevenin, Bressie	6:30.59

FOURTHS

Womens Medley - 240 + Wolfe, Wells, Smith, Hughes	3:30.31
Mens Free - 119 - Schrag, Ronkin, Mann, Gordon	1:45.34
Mens Free - 120 + Marlin, Hughes, Worden, Abramowitz	1:44.09
Mens Free - 200 + Guest, Sprenger, Nakata, Petersen	2:00.76
Mens Medley - 120 + Warner, Abramowitz, Edwards, Worden	1:58.63
Mixed Free - 120 + Belford, Abramowitz, Buck, Worden	1:56.53
Mixed Medley - 200 + Elliot, Frid, Petersen, Stoinoff	2:26.31

FIFTHS

Womens Free - 119 - Worden, Devine, Buskuhl, Cunningham	2:11.20
Womens Free - 120 + Buck, Belford, McKenzie, Gregoire	2:09.03
Womens Free - 160 + Frid, Case, Calpin, Himstreet	2:17.74
Mens Medley - 200 + Elliott, Marks, Petersen, Nakata	2:17.20
Mixed Medley - 160 + Calpin, Stout, Giordano, Vaughan	2:19.25

OB ... continues with TT LC Relays report ;

Womens Free

(7) 119 - Kuehne, Cooper, Andrus, Milner	2:17.84
(9) 120 + Albright, Mann, Correia, Caltabiano	2:12.45
(9) 200 + Bahler, Hanan, Schroder, L'Esperance	2:55.21

Womens Medley

(7) 120 + Gustafson, Albright, Phelan, McKenzie	2:35.09
(9) 119 - Devine, Cunningham, Buskuhl, Caltabiano	2:32.40
(10) " - Milner, Cooper, Andrus, Kuehne	2:36.25
(9) 160 + Cox, Himstreet, Hunscher, Hope	2:51.31
(6) 200 + Hanan, Schroder, Dirksen, Bahler	3:18.89

Mens Free

(8) 120 + Johnson, Maestre, Warner, Anderson	1:47.64
(6) 240 + Holland, Walter, Marks, Van Rossen	2:16.85
(10) " Sprenger, Young, Richards, Guest	2:19.81
(6) 280 + Stevenson, Richards, Young, Eisenschmidt	2:32.94
(10) " Hoey, Ruddley, Shadbeh, Kampmann	3:08.02

Mens Medley

(9) 119 - Gossack, DeJarnatt, Roth, Becker	2:15.29
(7) 160 + Stout, Vaughan, Boyd, Prentice	2:08.28
(9) 280 + Hoey, Shadbeh, Schmidt, Ruddley	3:56.56

Mixed Free

(6) 119 - Down, Ronkin, Phillips, Moreland	1:56.81
(7) 120 + Hughes, Gregoire, Correia, Warner	2:00.43
(8) 160 + Worden, Pierson, Hepner, Warner	2:03.89
(8) 200 + Nakata, Hanan, Whisman, Sprenger	2:16.55
(7) 280 + Morris, Kampmann, Stevenson, Stevenin	4:00.92
(8) " Bressie, Melcher, Walter, Eisenschmidt	4:01.94

Mixed Medley

(6) 120 + Belford, Ronkin, Buck, Abramowitz	2:10.91
(8) " Warner, Moreland, Hughes, Gregoire	2:12.62
(6) 160 + Brown, Dasch, Von Tagen, Roach	2:20.90
(7) 280 + Morris, Eisenschmidt, Melcher, Young	4:30.97
(8) " Yadon, Schmidt, Kampmann, Haverkamp	4:35.79
(9) " Hoey, Bressie, Stevenin, Stevenson	5:18.48

Still to come we have the individual Top Ten Long Course for 1986, suffice to say it is with this kind of participation and ability that OMS can be very proud of its accomplishments.

JEAN KINZEY LEE - for those of you who were wondering where this great gal was, OB had a phone call just yesterday, Jean is alive and well and ENJOYING her life of sailing in the San Juans, now that's the way to live !!! Jean wanted OB to be sure and pass on her very best wishes to all of her friends. Jean, by the way, REALLY helped OMS for a couple of years in the typing of meet results. THAT'S IT FOR NOW



OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM
SANCTION NO. 87E 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: Ashland Valentine's Day Meet
PLACE: SOSO Pool, Ashland, Oregon
 6 lanes, indoor
HOST: Rogue Valley Masters
 Sue Girard, Meet Director
 482-2041(W) 488-2486(H)

DATE: February 14, 1987

WARM UP MEET STARTS
 9:00 AM 10:00 AM

DIRECTIONS TO POOL: I-5 to So. Ashland Exit, right on Hwy 66. Right at Walker (first stop light). Left on Webster (first left). Right on Stadium St (dirt road, first right). Pool is down ramp.

ENTRY DEADLINE: Postmarked no later than 2-3-87. 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.

Special Valentine's Day Relays

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

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 _____

Ashland - 2-14-87

OREGON MASTERS SWIMMING
MEET SCHEDULE 1986-87

<u>DATE</u>	<u>LOCATION</u>	<u>FORMAT</u>
<u>SHORT COURSE YARDS/METERS</u>		
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, 1987	Renton, WA	Regionals hosted by PNA Three-day format
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

SHORT COURSE METERS SHORT COURSE METERS SHORT 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 Oar 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 Oar Place. From South: Hwy 101 to Lincoln City. Turn right on NE 22nd(Dairy Queen on right). Go 1/2 block, turn right on Oar 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: 75+, 100+, 120+, 150+, 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.

<u>SATURDAY, JAN. 31</u>			<u>ENTRY TIME</u>	<u>SUNDAY FEB. 1</u>			<u>ENTRY TIME</u>
400 IM	1	---	---	200 Back	11	---	---
400 Free	2	---	---	50 Free	12	---	---
Free Relay	3	XXXXXX		100 Fly	13	---	---
5 MIN BREAK				50 Breast	14	---	---
100 Back	4	---	---	Medley Relay	15	XXXXXX	
200 Free	5	---	---	5 MIN BREAK			
50 Fly	6	---	---	50 Back	16	---	---
200 Breast	7	---	---	100 Free	17	---	---
100 IM	8	---	---	200 Fly	18	---	---
Mxd Fr Relay	9	XXXXXX		100 Breast	19	---	---
10 MIN BREAK				200 IM	20	---	---
1500 Free	10	---	---	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

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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
4/31 x 2/1/87

Summary of OMS, Inc. Board Meeting

The OMS, Inc. board meeting was held December 10, 1986 with 12 people present. The following business was handled.

The treasurer reported that the Nationals financial report was completed with OMS, Inc. receiving approximately \$5,000 and MHCC about \$3,500.

The December 7th swim meet was a successful meet with 127 entrants. Proceeds are to go to Dogs for the Deaf in honor of Connie Wilson.

OMS, Inc. will co-sponsor the Swim Across with the Red Cross in July, 1987.

OMS, Inc. registration as of December 6, 1986 is 353 members.

Information on a computer for OMS, Inc. is currently being researched by a committee, since much of the organization's business is being done by private computers.

Now that OMS, Inc. has two member clubs (OMS and MAC), the by-laws need revision. This is being handled by a committee which will report back to the board.

Standardized relay cards have been developed by the national masters organization and will be used by OMS, Inc.

A pool location is still needed to host the Long Course Regionals this summer.

The next meeting will be held on January 21 at 7:00pm.

BETWEEN THE LANE LINES UPDATE.....

The Frid, Rousseau, Albright & Pearson meet aka FRAP or PARF backwards but anyway you spell it, they did one heck of a job. The meet donations amounted to a hefty \$170 for Dogs for the Deaf. Thanks guys.

1987 UNITED STATES MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS

(postal)

Sanctioned by

Masters Long Distance Swimming Committee and Potomac Valley Masters Swimming Committee
Sanction Number PV87-1

Sponsored By

The DC Masters Swim Team, Washington, D.C.

Location and Time

Any pool 25 yards in length or longer and anytime during January 1987

Eligibility

Any registered U.S. Masters athlete or Masters athlete registered with a similar body in his/her own country

Age Groups – Individual

(M & F) 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 & above

Age Groups – Team

A team is composed of three swimmers in the following age groups: 20 +, 25 +, 35 +, 45 +, 55 +, 65 + and 75 + for men and women. The youngest member determines the age of the team. No unattached or mixed sex teams allowed. All team members must be members of the same registered Club or Swimming Team. No swimmer who enters (or is entered) unattached may be listed on a team entry.

Awards

U.S. Masters Championship medals will be awarded to the first ten place individual winners in each age group and sex. Each team member of the first three teams in each group and sex will be awarded U.S. Masters Championship medals. Championship patches to the winners.

Event

The object of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner, the person swimming second farthest will be awarded second place, etc. If two or more swimmers complete the same distance a tie will be declared. Long Distance Swim Committee rules require a starter/referee be present and you have a verifier to count your lengths, record your splits and time the event with a stop watch. He/she must sign the Official Entry Form. Round all distances to the nearest completed five yard increment (i.e. if you swim 2763 yards, round down to 2760 and enter 2760 yards on the form).

The team entry is composed of three swimmers; the team with the highest combined total of yardage for the three swimmers' distances shall be declared the winner.

Entry Fees

Individual event, \$4.00 per swimmer. Team Entry, \$6.00 per team. Entry fee includes mailing a copy of the results to you. **Foreign entrants** submit U.S. funds via international money order or a bank check drawn on a bank with a U.S. affiliate. Foreign personal checks **cannot** be accepted because we are now charged \$4 for each overseas or Canadian check we deposit. U.S. cash accepted, but mail it at your own risk. Please make checks payable to **DC Masters**.

Complete official entry form and mail form and fees (payable to DC Masters) to:

Arthur Smith, 337 Chesapeake Drive, Great Falls, VA 22066, 703/759-2211

ENTRY DUE DATE IS FEBRUARY 15, 1987

Team Entries

Submit a 3 x 5 card for **each** team entered, containing information as shown, and in the format as shown below. (Teams: Please print first and last names of swimmers because of similarities of names. You **must** use the same name for your team as the swimmers use on their individual entries. No mixed sex teams.)

You must enter the individual swim if you want to swim on a team. Team cards listing unattached swimmers or swimmers who did not enter the individual competition will be **disqualified**. You may only swim on one team, i.e. your name and distance may only be used once. Multiple team entries from a single Club (i.e. "A", "B", "C", etc.) in a given age group is permitted.

PLEASE PRINT!!!

Team Name	Total Yardage
Age group of Team (20 +, 25 + etc)	Sex (M or F)
1. Swimmer #1, age	distance
2. Swimmer #2, age	distance
3. Swimmer #3, age	distance

1987 UNITED STATES MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS

OFFICIAL ENTRY FORM

PLEASE PRINT!!!

--	--

Last Name, First Name

Age

--

Street Address

--

City and State (and Country if Non-USA)

ZIP Code

--

Sex (M or F)

Age Group Codes:

A 25-29	D 40-44	G 55-59	J 70-74	M 85-89
B 30-34	E 45-49	H 60-64	K 75-79	N 90 & up
C 35-39	F 50-54	I 65-69	L 80-84	X 20-24

Did you enter in 1986?

☐ Yes ☐ No

If yes, has your address changed?

☐ Yes ☐ No

--

Age Group Code

--

Distance Swum in Yards
(If pool was in meters, multiply meters swum by 1.0936, round down to nearest 5 yard increment, and enter yards)

PRINT the name of your team or print "unattached". If left blank you will be entered unattached.

--

--

Country Code - leave blank

--

telephone number in case we have questions about your entry.

Masters registration number.

U.S. Masters:

1986 Numbers Expired 10/31/86.

1987 Numbers Required!

All swims must be done during January 1987. Entries must be received by **February 15, 1987**. If you want a receipt for your entry, enclose a self-addressed stamped postcard. Mail form and fees to: **Arthur Smith, 337 Chesapeake Drive, Great Falls, VA 22066**. Foreign receipts: add 50 cents for postage. We urge all foreign swimmers to send their entries **Air Mail**. Surface from Europe, the U.K. etc. takes 14-21 days. Don't send lap counts or splits; just send this entry form.

Entry Fee \$4.00, U.S. Funds Only.

No foreign personal checks accepted.

Please use bank checks from a bank with a U.S. affiliate or bank money order.

Entry Fee includes mailing results to you.

Please Make All Checks Payable to DC Masters.

CERTIFICATION: I certify that I have read the rules of this competition, particularly with respect to entry of my team name. I acknowledge that if I leave the team name blank, I will be entered as unattached and my name and distance may not be entered in a team entry. I further certify that on _____, I swam _____ yards in one hour.

date of your swim
distance swum

signature of swimmer (required)

signature of verifier (required)

NO ENTRIES ACCEPTED WITHOUT THIS FORM. Photocopies are acceptable. Verifier and swimmer must sign above certification. Currently U.S.M.S. does not permit distance adjustment for swims at altitude. Enter only what you swim. **Dual Entries:** You may enter twice if you change age groups during the month. To enter twice, you must swim it **twice**, once at your younger age, once at your older age. Otherwise only one entry per person.

Results take 45 days to compile, print and mail. Please be patient. Thank you.

YOU MUST SUBMIT THIS OFFICIAL FORM OR A PHOTOCOPY

25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTIONED #873602

DATE: Saturday, February 14, 1987 Saturday WARMUP: 9:00am
MEET: 10:00am
Sunday, February 15, 1987 Sunday WARMUP: 7:30am
MEET: 8-11am

PLACE: Helene Madison Pool MEET DIRECTOR: Tina Wolfe
13404 Meridian North Cascade Swim Club
Seattle P.O. Box 15388
PHONE: 206-362-5344 Seattle WA 98115
206-633-2430
HOSTED BY: Cascade Swim Club
DEADLINE: February 4, 1987
NOTE: You must be registered for 1987 in order to swim in this meet!

NAME: _____ M_F _____ BIRTHDATE: _____ AGE: _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ USMS# _____ TEAM _____ OR UNATTACHED _____

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 are limited to five events plus relays. Circle the events you wish to enter and fill in your best or estimated time. Meet will be seeded slow heats first except the 400 IM, 1000 Free, and 500 Free which will be deck seeded fast heat first. Entrants swimming these events must check in 30 minutes before the meet start time.

EVENTS		BEST TIME	EVENTS		BEST TIME
Saturday:			Saturday cont.:		
1	200 Fly		11	400 Med. Rel	XXX
2	200 Back		12	100 Fly	
3	50 Breast		13	50 Back	
4	100 Free		14	100 Breast	
5	XX 200 Fr. Rel.	XXX	15	200 Free	
6	200 I.M.		16	100 I.M.	
7	50 Fly		17	XX 800 Fr. Rel.	XXX
8	100 Back		18	500 Free	
9	200 Breast		Sunday:		
10	50 Free		19	400 I.M.	
			20	1000 Free	

ENTRY FEE: \$5.00 WITH CARDS, \$5.50 WITHOUT CARDS
SEND ENTRY, TIME CARDS, AND PAYMENT TO: MAKE CHECK PAYABLE TO:
Tina Wolfe PNA MASTERS SWIMMERS
Cascade Swim Club
P.O. Box 15388
Seattle WA 98115

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

STATEMENT OF RELEASE
The undersigned agrees to hold United States Masters Swimming, Inc., all Local Masters Swimming Committees, Helene Madison Pool, and Cascade 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



Newberg's Post Swim Meet Luncheon Party



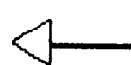
When: Saturday January 10, 1986 1:30 pm
(continuous seating 'til 4 pm)

Where: Eden's Gate
2805 99W
Newberg

What:

Egg Flower Soup
BBQ Pork & Egg Rolls
Veg. Fried Rice
Veg. Chow Mein
Sweet & Sour Pork
Fried Shrimp
Pork Chow Yuk
White Rice

←
*All that
for
\$5.60/person!!*



cash bar & beverages

What a deal ! Sure I want to go !! Sign me up !!

Name: _____

Phone #: _____

**Enclose the bottom of this form and a check for \$5.60
payable to Alfred Frakes**

Mail PARTY CHECKS ONLY (NO entry forms please) to:

Alfred Frakes
210 NW Alder Dr.
Dundee, OR 97115

Any questions: 625-5747 - Kathleen Buck

graphics by Wired Knight

HOW TO AVOID WORKOUTS, or THE CONTINUOUS TAPER

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

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

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

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

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

THE FANTOM

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 _____

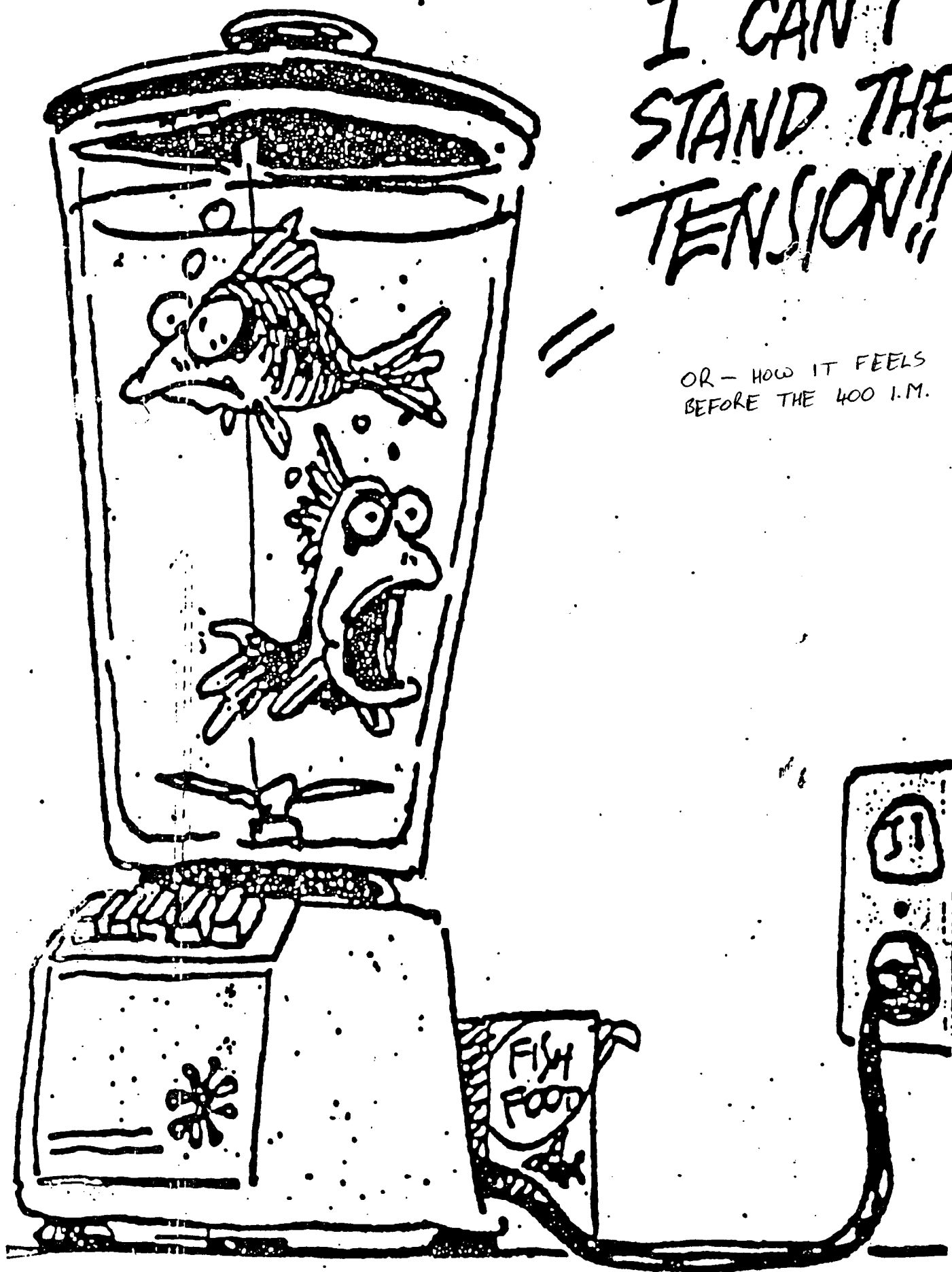
ADDRESS _____

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

Signature _____

I CAN'T
STAND THE
TENSION!!

OR - HOW IT FEELS
BEFORE THE 400 I.M.



CORVALLIS

*FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

25 YARD

11/02/86 PG 1

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

by R.Smith

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

50FREE KELLIE L HANLEY 22 :26.92
 ROCHELLE K FIMMEL 20 :29.45
 100FRE ROCHELLE K FIMMEL 20 1:05.48
 100BRS ROCHELLE K FIMMEL 20 1:26.57
 50 FLY ROCHELLE K FIMMEL 20 :32.66
 100 IM ROCHELLE K FIMMEL 20 1:14.86

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

50FREE SUSAN D BRAUN 28 :26.87
 PAMELA CALTABIANO 27 :27.97
 ANDREE-MARIE DEVINE 25 :28.92
 LINDA G ANDRUS 29 :30.59
 BETH M BURCIAK 26 :31.32
 100FRE SUSAN D BRAUN 28 :59.64
 PAMELA CALTABIANO 27 1:01.23
 LINDA G ANDRUS 29 1:09.67
 200FRE SUSAN D BRAUN 28 2:07.10
 500FRE SUSAN D BRAUN 28 5:33.010

Oregon was- SUSAN D. BRAUN 5:36.27
 1650FR NANCY J DUNTON 28 21:25.06
 50BACK KIM A PHILLIPS 28 :34.48
 100BAK LAURA A WORDEN 28 1:14.04
 KIM A PHILLIPS 28 1:14.60
 ANDREE-MARIE DEVINE 25 1:16.89
 50BRST LAURA A WORDEN 28 :39.83
 BETH M BURCIAK 26 :40.07
 100BRS KIM A PHILLIPS 28 1:19.13
 LAURA A WORDEN 28 1:28.34
 50 FLY SUSAN D BRAUN 28 :28.78
 LAURA A WORDEN 28 :31.50
 KIM A PHILLIPS 28 :31.90
 PAMELA CALTABIANO 27 :32.23
 LINDA G ANDRUS 29 :33.71
 BETH M BURCIAK 26 :35.16
 100 IM KIM A PHILLIPS 28 1:10.69
 PAMELA CALTABIANO 27 1:11.23
 ANDREE-MARIE DEVINE 25 1:11.45
 LAURA A WORDEN 28 1:12.19
 BETH M BURCIAK 26 1:20.54

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

50FREE FLO DELANEY 34 :30.50
 JEAN L MCFARLANE 33 :31.67
 DORCAS L PHELAN 30 :32.16
 ALICE E BURKE 32 :33.27
 100FRE FLO DELANEY 34 1:09.29
 ROBIN HAVENICK 33 1:09.67
 ALICE E BURKE 32 1:14.49
 200FRE JEAN L MCFARLANE 33 2:41.45
 500FRE SUSAN A ALBRIGHT 31 6:47.59
 1000FR SUSAN A ALBRIGHT 31 14:09.55
 100BAK FLO DELANEY 34 1:33.33
 50BRST JEAN L MCFARLANE 33 :40.42
 ALICE E BURKE 32 :43.20
 100BRS SUSAN A ALBRIGHT 31 1:24.73
 JEAN L MCFARLANE 33 1:30.49
 200FLY DORCAS L PHELAN 30 3:02.36
 100 IM DORCAS L PHELAN 30 1:17.92
 SUSAN A ALBRIGHT 31 1:20.00
 ALICE E BURKE 32 1:27.56

400 IM DORCAS L PHELAN 30 5:58.04

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

50FREE KATHLEEN P BUCK 36 :29.25
 CHERYLL A MAYER 37 :35.10
 BETTY A ROBB 38 :36.28
 SHARON M GERL 38 :38.39
 100FRE BETTY A ROBB 38 1:21.74
 200FRE KATHLEEN P BUCK 36 2:19.96
 500FRE KATHLEEN P BUCK 36 6:19.65
 50BACK CHERYLL A MAYER 37 :42.85
 SHARON M GERL 38 :50.77
 50BRST SHARON M GERL 38 :44.12
 CHERYLL A MAYER 37 :44.69
 100BRS KATHLEEN P BUCK 36 1:24.29
 SHARON M GERL 38 1:33.73
 100 IM KATHLEEN P BUCK 36 1:17.69
 SHARON M GERL 38 1:35.66

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

50FREE JAN CURRY 41 :37.49
 INGEBORG TARANTOLA 42 :45.48
 100FRE LYNN C COX 41 1:11.56
 JAN CURRY 41 1:26.88
 INGEBORG TARANTOLA 42 1:43.65
 200FRE KAREN E DRISCOLL 42 3:06.55
 500FRE LYNN C COX 41 7:04.65
 KAREN E DRISCOLL 42 7:40.63
 JAN CURRY 41 9:36.63
 1000FR BARBARA FRID 44 13:21.98
 50BACK BARBARA FRID 44 :35.42
 LYNN C COX 41 :37.74
 100BAK BARBARA FRID 44 1:17.72
 GINGER L PIERSON 40 1:20.71
 LYNN C COX 41 1:22.51
 50BRST KAREN E DRISCOLL 42 :45.34
 INGEBORG TARANTOLA 42 :49.64
 JAN CURRY 41 1:01.59
 100BRS KAREN E DRISCOLL 42 1:44.74
 INGEBORG TARANTOLA 42 1:49.17
 200BRS GINGER L PIERSON 40 2:53.27
 KAREN E DRISCOLL 42 3:37.23
 50 FLY BARBARA FRID 44 :32.68
 100FLY GINGER L PIERSON 40 1:24.64
 100 IM LYNN C COX 41 1:22.00
 200 IM GINGER L PIERSON 40 2:50.56
 400 IM GINGER L PIERSON 40 6:00.44

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

50FREE KAREN R ROACH 45 :29.920
 Oregon was- SUE RITTENHOUSE :30.43
 1650FR PHYLLIS N DAVIS 47 37:21.09
 50BACK KAREN R ROACH 45 :38.01
 50 FLY KAREN R ROACH 45 :36.71

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

50BRST JOAN MARIE WHISMAN 50 :44.54
 50 FLY JOAN MARIE WHISMAN 50 :37.480
 Oregon was- LAVELLE STOINOFF :40.48
 100 IM JOAN MARIE WHISMAN 50 1:30.98
 200 IM JOAN MARIE WHISMAN 50 3:26.21

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

50FREE ALICE F GRETH 55 :42.09
 TAEKA MURRAY 57 :54.84
 100FRE TAEKA MURRAY 57 2:00.76
 50BACK ALICE F GRETH 55 :52.18
 TAEKA MURRAY 57 1:04.91
 50BRST ALICE F GRETH 55 :57.25
 TAEKA MURRAY 57 1:03.86
 100BRS ALICE F GRETH 55 2:08.26

----- 75-79 WOMEN -----

500FRE HAZEL B BRESSIE 77 16:00.11
 1000FR HAZEL B BRESSIE 77 34:11.10
 200BRS HAZEL B BRESSIE 77 7:43.60
 200FLY HAZEL B BRESSIE 77 9:58.49
 100 IM HAZEL B BRESSIE 77 3:44.63

----- 85-89 WOMEN -----

200FRE MARTHA KELLER 85 6:30.820

Oregon was- OPEN 99:99.99

500FRE MARTHA KELLER 85 16:51.600

Oregon was- OPEN 99:99.99

1000FR MARTHA KELLER 85 33:28.91

200BRS MARTHA KELLER 85 9:37.58

----- 20-24 MEN -----

50FREE GENE BUNTING 23 :27.13
 ALFRED FRANKS 21 :27.25
 PAUL J BAUER 23 :36.87
 100FRE ALFRED FRANKS 21 :58.91
 GENE BUNTING 23 1:03.22
 500FRE ALFRED FRANKS 21 6:02.52
 GENE BUNTING 23 6:43.85
 50BRST ALFRED FRANKS 21 :34.47
 200BRS ALFRED FRANKS 21 2:48.28
 50 FLY PAUL J BAUER 23 :37.40
 100FLY PAUL J BAUER 23 1:36.30
 100 IM PAUL J BAUER 23 1:34.80

----- 25-29 MEN -----

50FREE ANDY SCHRAG 29 :23.93
 JOHN F ZELL 29 :26.50
 100FRE ANDY SCHRAG 29 :53.13
 MICHAEL E JOHNSON 26 :56.26
 JOHN F ZELL 29 :57.66
 200FRE JOHN F ZELL 29 2:06.49
 MICHAEL E JOHNSON 26 2:06.96
 500FRE MICHAEL E JOHNSON 26 5:39.28
 ANDY SCHRAG 29 5:50.62
 RICHARD RIESS 28 8:44.54
 1000FR MICHAEL E JOHNSON 26 11:40.45
 RICHARD RIESS 28 17:31.12
 50BRST CHIP BURCIAK 28 :32.30
 100BRS CHIP BURCIAK 28 1:10.23
 MICHAEL E JOHNSON 26 1:12.06
 50 FLY ANDY SCHRAG 29 :26.67
 CHIP BURCIAK 28 :27.94
 100 IM ANDY SCHRAG 29 1:02.05
 CHIP BURCIAK 28 1:04.84
 JOHN F ZELL 29 1:06.29
 200 IM JOHN F ZELL 29 2:26.15

----- 30-34 MEN -----

50FREE JOHN A BERTANI 31 :24.31

CORVALLIS

*FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

25 YARD

11/02/86 PG 2

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

by R.Smith

100FRE MARK F WORDEN 34 :52.50
STEPHEN L ALBRIGHT 34 :58.07
200FRE STEPHEN L ALBRIGHT 34 2:08.67
MARK L BECKER 32 2:11.10
500FRE JEFF L STORIE 30 5:51.66
MARK L BECKER 32 6:06.95
JIM E CUTTING 31 6:21.05
1000FR JEFF L STORIE 30 12:01.89
STEPHEN L ALBRIGHT 34 12:28.99
MARK L BECKER 32 13:03.10
JIM E CUTTING 31 13:08.61
100BAK MARTIN A KEHRLI 30 1:01.70
MARK F WORDEN 34 1:07.60
200BAK MARTIN A KEHRLI 30 2:18.62
50BRST JOHN A BERTANI 31 :32.65
JIM E CUTTING 31 :35.72
100BRS JOHN A BERTANI 31 1:11.22
MARK F WORDEN 34 1:11.28
JIM E CUTTING 31 1:19.11
200BRS JIM E CUTTING 31 2:53.61
50 FLY MARTIN A KEHRLI 30 :26.01
100FLY MARK F WORDEN 34 :59.64
MARTIN A KEHRLI 30 :59.80
MARK L BECKER 32 1:03.25
200FLY MARK L BECKER 32 2:31.56
100 IM MARTIN A KEHRLI 30 1:01.93
STEPHEN L ALBRIGHT 34 1:07.04
400 IM MARK F WORDEN 34 4:44.98
----- 35-39 MEN -----
50FREE BRUCE W CHENEY 35 :25.18
ROGER R ROBB 37 :37.55
100FRE ROGER R ROBB 37 1:27.46
200FRE STEVEN L BARRETT 39 2:03.03
JOHN D DEJARNATT 36 2:18.12
ROGER R ROBB 37 3:14.68
500FRE STEVEN L BARRETT 39 5:37.20
BRUCE W CHENEY 35 5:38.93
ROGER R ROBB 37 8:41.35
1650FR STEVEN L BARRETT 39 20:02.18
50 FLY BRUCE W CHENEY 35 :28.95
STEVEN L BARRETT 39 :29.76
100FLY JOHN D DEJARNATT 36 1:08.31
100 IM JOHN D DEJARNATT 36 1:08.68
200 IM BRUCE W CHENEY 35 2:29.91
JOHN D DEJARNATT 36 2:33.18
400 IM JOHN D DEJARNATT 36 5:35.69
----- 40-44 MEN -----
50FREE EDWARD W CUTLER 41 :36.31

100FRE ROBERT S SMITH 43 :54.04
EDWARD W CUTLER 41 1:01.07
BRIAN M LANGLAIS 40 1:02.19
200FRE EDWARD W CUTLER 41 2:24.57
1650FR DELBERT L SCOTT 40 21:44.93
D WAYNE BAKER 43 28:25.85
50BACK BRIAN M LANGLAIS 40 :34.64
100BAK BRIAN M LANGLAIS 40 1:11.45
200BAK ROBERT S SMITH 43 2:33.77
BRIAN M LANGLAIS 40 2:34.74
50BRST ROBERT S SMITH 43 :32.27
D WAYNE BAKER 43 :35.80
100BRS D WAYNE BAKER 43 1:19.66
200BRS D WAYNE BAKER 43 3:03.28
100 IM EDWARD W CUTLER 41 1:13.03
200 IM ROBERT S SMITH 43 2:33.18
----- 45-49 MEN -----
50FREE MICHAEL G LANGSDORF 45 :29.13
200FRE BERT L PETERSEN 47 2:19.17
200BAK BERT L PETERSEN 47 2:50.000
Oregon was- RICHARD MEALY 2:55.81
50BRST MICHAEL G LANGSDORF 45 :39.27
100BRS BERT L PETERSEN 47 1:17.48
MICHAEL G LANGSDORF 45 1:23.91
200BRS MICHAEL G LANGSDORF 45 3:06.91
400 IM BERT L PETERSEN 47 5:33.92
----- 50-54 MEN -----
50FREE JOE L GAMBLIN 51 :30.49
100FRE JOE L GAMBLIN 51 1:14.43
50BRST JOE L GAMBLIN 51 :41.42
100BRS JOE L GAMBLIN 51 1:37.12
50 FLY JOE L GAMBLIN 51 :35.29
----- 55-59 MEN -----
50FREE F AGLIETTE ELIOTT 59 :31.65
100FRE F AGLIETTE ELIOTT 59 1:11.47
TERRY C MCCURDY 56 1:16.86
200FRE TERRY C MCCURDY 56 2:47.90
500FRE TERRY C MCCURDY 56 7:48.38
50BACK F AGLIETTE ELIOTT 59 :32.52
TERRY C MCCURDY 56 :48.43
100BAK F AGLIETTE ELIOTT 59 1:12.810
Oregon was- F. AGLIETTE ELIOTT 1:13.70
200BAK F AGLIETTE ELIOTT 59 2:41.680
Oregon was- F. AGLIETTE ELIOTT 2:45.46
50BRST DONALD P VANROSSEN 57 :33.910
Oregon was- DONALD VANROSSEN :34.26
100BRS DONALD P VANROSSEN 57 1:17.930
Oregon was- DONALD VANROSSEN 1:18.80
200BRS DONALD P VANROSSEN 57 2:52.84

100FLY ERIC GP. GUEST 57 1:22.220
Oregon was- EARL WALTER 1:22.70
100 IM ERIC GP. GUEST 57 1:16.99
TERRY C MCCURDY 56 1:50.85
200 IM ERIC GP. GUEST 57 2:54.29
----- 60-64 MEN -----
50FREE GILBERT N YOUNG 64 :32.81
1000FR GILBERT N YOUNG 64 15:27.06
50BACK GILBERT N YOUNG 64 :40.09
LEON ROBISON 63 :59.00
100BAK GILBERT N YOUNG 64 1:29.44
LEON ROBISON 63 2:05.57
200BAK LEON ROBISON 63 4:24.92
50BRST LEON ROBISON 63 :54.86
100 IM GILBERT N YOUNG 64 1:28.88
----- 65-69 MEN -----
50FREE JOSEPH A MALLON 65 :44.57
100FRE HUGH S RICHARDS 65 1:10.980
Oregon was- DON STEVENSON 1:12.44
JOSEPH A MALLON 65 1:36.42
200FRE JOSEPH A MALLON 65 3:35.20
500FRE KHOSROW SHADBEH 65 8:24.29
JOSEPH A MALLON 65 9:35.93
1000FR JOSEPH A MALLON 65 19:41.160
Oregon was- WARREN T. ELLIOTT 24:39.23
ARTHUR T HANLON 69 23:24.80
50BACK KHOSROW SHADBEH 65 :52.31
50BRST ROBERT A MORRISON 65 :37.740
Oregon was- FORBES J. MACK :39.80
KHOSROW SHADBEH 65 :48.28
100BRS ROBERT A MORRISON 65 1:29.150
Oregon was- FORBES J. MACK 1:32.99
KHOSROW SHADBEH 65 1:47.33
200BRS ROBERT A MORRISON 65 3:32.22
KHOSROW SHADBEH 65 3:43.42
50 FLY HUGH S RICHARDS 65 :34.650
Oregon was- HUGH S. RICHARDS :37.23
ROBERT A MORRISON 65 :37.06
100FLY HUGH S RICHARDS 65 1:27.170
Oregon was- HUGH S. RICHARDS 1:38.76
100 IM HUGH S RICHARDS 65 1:22.800
Oregon was- FORBES J. MACK 1:26.17
400 IM ARTHUR T HANLON 69 9:55.86
----- 70-74 MEN -----
50FREE ROBERT H SCHMIDT 71 :39.54
EDWARD S MURRAY 74 :54.73
50BACK EDWARD S MURRAY 74 1:20.68
50BRST ROBERT H SCHMIDT 71 :48.82
EDWARD S MURRAY 74 1:24.79
100BRS ROBERT H SCHMIDT 71 1:54.67

35+ MIXED

ROBERT S SMITH, 43 *** D WAYNE BAKER, 43 ***

KATHLEEN P BUCK, 36 ***

LYNN C COX, 41 ***

OREG 2:06.66

45+ MIXED

KAREN R ROACH, 45 *** BERT L PETERSEN, 47 ***

MICHAEL G LANGSDORF, 45 ***

JOAN MARIE WHISMAN, 50 ***

OREG 2:14.43

NEWPORT

*FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

25 YARD

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

10/05/86 PG 1

by R.Smith

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

500FRE JEANNIE I SULLIVAN 24 2:37.11
 500FRE JEANNIE I SULLIVAN 24 7:19.33
 50BACK MARGARET FAHLSTROM 23 :36.90
 JEANNIE I SULLIVAN 24 :42.18
 50BRST JEANNIE I SULLIVAN 24 :40.93
 100 IM MARGARET FAHLSTROM 23 1:21.88

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

50FREE SUSAN D. BRAUN 28 :26.30
 ANDREE-MARIE DEVINE 25 :28.76
 LINDA G ANDRUS 29 :30.64
 JO-HANNA WIENERT 27 :31.95
 100FRE SUSAN D. BRAUN 28 :58.99
 LINDA G ANDRUS 29 1:09.21
 200FRE SUSAN D. BRAUN 28 2:05.650
 Oregon was- SUSAN D. BRAUN 2:08.06
 500FRE SUSAN D. BRAUN 28 5:36.270
 Oregon was- SUSAN D. BRAUN 5:47.35

ZOHRA M CAMPBELL 25 8:05.93
 50BACK ZOHRA M CAMPBELL 25 :40.45
 100BAK LINDA G ANDRUS 29 1:30.01
 200BAK ANDREE-MARIE DEVINE 25 2:46.57
 50BRST JO-HANNA WIENERT 27 :41.39
 50 FLY SUSAN D. BRAUN 28 :29.26
 ANDREE-MARIE DEVINE 25 :31.84
 LINDA G ANDRUS 29 :34.04U
 JO-HANNA WIENERT 27 :37.31
 100 IM JO-HANNA WIENERT 27 1:21.08

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

50FREE PENELOPE O SPIRO 31 :29.23
 ROBIN HAVENICK 33 :35.24
 100FRE PENELOPE O SPIRO 31 1:03.72
 ROBIN HAVENICK 33 1:21.85
 200FRE ROBIN HAVENICK 33 3:03.57
 500FRE SUSAN A. ALBRIGHT 31 6:50.80
 ROBIN HAVENICK 33 8:08.70
 100BRS SUSAN A. ALBRIGHT 31 1:25.25
 DORCAS L. PHELAN 30 1:25.45
 200BRS SUSAN A. ALBRIGHT 31 3:04.20
 100FLY DORCAS L. PHELAN 30 1:22.77
 100 IM DORCAS L. PHELAN 30 1:19.17
 SUSAN A. ALBRIGHT 31 1:20.40
 ROBIN HAVENICK 33 1:32.74
 200 IM DORCAS L. PHELAN 30 2:51.23

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

50FREE KATHLEEN P. BUCK 36 :28.95
 CHERYLL A. MAYER 37 :36.22
 100FRE CHERYLL A. MAYER 37 1:24.62
 200FRE KATHLEEN P. BUCK 36 2:19.76
 500FRE KATHLEEN P. BUCK 36 6:12.96
 50BACK CHERYLL A. MAYER 37 :42.88
 50BRST CHERYLL A. MAYER 37 :46.44
 100BRS KATHLEEN P. BUCK 36 1:24.66
 200BRS KATHLEEN P. BUCK 36 3:05.29

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

50FREE JAN CURRY 40 :38.24
 100FRE JAN CURRY 40 1:30.91
 200FRE KAREN E DRISCOLL 42 3:11.99
 JAN CURRY 40 3:25.25

500FRE KAREN E DRISCOLL 42 8:33.17

1650FR KAREN E DRISCOLL 42 30:25.66

50BACK JAN CURRY 40 :58.18

100BAK JAN CURRY 40 2:12.11

50BRST KAREN E DRISCOLL 42 :44.37

100BRS KAREN E DRISCOLL 42 1:36.10

200BRS KAREN E DRISCOLL 42 3:29.74

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

50FREE KAREN R. ROACH 45 :30.57

100FRE KAREN R. ROACH 45 1:08.15

1650FR PHYLLIS N DAVIS 46 37:16.73

50BACK KAREN R. ROACH 45 :37.10

100BAK KAREN R. ROACH 45 1:29.81

100 IM KAREN R. ROACH 45 1:25.70

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

50FREE TAEKA MURRAY 57 :53.81

50BACK TAEKA MURRAY 57 1:06.40

50BRST TAEKA MURRAY 57 1:03.62

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

50FREE PETEY M.H. SMITH 62 :35.01

100FRE PETEY M.H. SMITH 62 1:20.19

1650FR PETEY M.H. SMITH 62 28:39.92

MARGARET A. WELLS 60 30:16.85

50BACK PETEY M.H. SMITH 62 :50.90

100BRS MARGARET A. WELLS 60 1:52.42

200BRS MARGARET A. WELLS 60 4:09.62

100FLY MARGARET A. WELLS 60 1:46.970

Oregon was- MARGARET A. WELLS 1:51.61

200 IM MARGARET A. WELLS 60 3:48.80

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

500FRE MARGARET R. YADON 68 11:56.09

1650FR MARGARET R. YADON 68 41:35.21U

50BACK MARGARET R. YADON 68 1:00.18

100BAK MARGARET R. YADON 68 2:16.990

Oregon was- DOREEN MORRIS 2:39.50

200BAK MARGARET R. YADON 68 4:42.380

Oregon was- DOREEN MORRIS 5:43.45

50 FLY ELFIE J. STEVENIN 65 1:20.630

Oregon was- HAZEL BRESSIE 1:51.90

100FLY ELFIE J. STEVENIN 65 3:01.480

Oregon was- HAZEL BRESSIE 3:54.70

200FLY ELFIE J. STEVENIN 65 6:49.570

Oregon was- OPEN 99:99.99

200 IM ELFIE J. STEVENIN 65 6:01.470

Oregon was- HAZEL BRESSIE 6:33.30

400 IM ELFIE J. STEVENIN 65 12:14.620

Oregon was- HAZEL BRESSIE 14:30.40

---- 85-89 WOMEN ----

100FRE MARTHA KELLER 85 3:02.34

1650FR MARTHA KELLER 85 58:16.430

Oregon was- OPEN 99:99.99

100BAK MARTHA KELLER 85 3:11.880

Oregon was- OPEN 99:99.99

200FLY MARTHA KELLER 85 13:54.980

Oregon was- OPEN 99:99.99

---- 25-29 MEN ----

50FREE ANDY SCHRAG 29 :23.95

JAMES W MILLEGAN 29 :24.76

JOHN F. ZELL 29 :26.58

100FRE ANDY SCHRAG 29 :53.09

JOHN F. ZELL 29 :56.82

200FRE JOHN F. ZELL 29 2:04.71

MICHAEL E. JOHNSON 26 2:06.92

500FRE MICHAEL E. JOHNSON 26 5:38.16

1650FR MICHAEL E. JOHNSON 26 20:08.14

100BAK JOHN F. ZELL 29 1:06.72

50BRST ANDY SCHRAG 29 :31.70

100BRS JAMES W MILLEGAN 29 1:10.25

100 IM ANDY SCHRAG 29 1:00.20

JOHN F. ZELL 29 1:07.94

---- 30-34 MEN ----

100FRE STEVEN R. FLETCHER 34 1:04.42

200FRE JAMES M. ELLIOTT 34 2:19.42

STEVEN R. FLETCHER 34 2:25.83

500FRE BRUCE W. CHENEY 34 5:42.63

JAMES M. ELLIOTT 34 6:05.59

JIM E. CUTTING 31 6:05.83

STEVEN R. FLETCHER 34 6:46.75

1650FR BRUCE W. CHENEY 34 20:37.70

JAMES M. ELLIOTT 34 21:26.06

50BRST JIM E. CUTTING 31 :36.35

100BRS JIM E. CUTTING 31 1:18.47

STEVEN R. FLETCHER 34 1:18.93

200BRS JIM E. CUTTING 31 2:52.92

100FLY BRUCE W. CHENEY 34 1:09.00

100 IM STEVEN R. FLETCHER 34 1:15.10

---- 35-39 MEN ----

50FREE BOB G WIENERT 38 :26.79

100FRE BOB G WIENERT 38 1:00.82

200FRE BRUCE E. THOMSON 37 2:28.88

ROY J. BOLDUE 36 2:51.98

500FRE ROBERT A. MAESTRE 36 5:54.29

BOB G WIENERT 38 6:26.65

BRUCE E. THOMSON 37 7:03.44

ROY J. BOLDUE 36 7:45.07

1650FR ROBERT A. MAESTRE 36 20:30.63

BRUCE E. THOMSON 37 25:23.37

ROY J. BOLDUE 36 28:27.23

100FLY ROBERT A. MAESTRE 36 1:03.76

100 IM ROBERT A. MAESTRE 36 1:04.35

ROY J. BOLDUE 36 1:37.04

---- 40-44 MEN ----

50FREE ROBERT S. SMITH 43 :23.63

500FRE ROBERT S. SMITH 43 6:11.45

1650FR DELBERT SCOTT 40 21:36.08

ROBERT S. SMITH 43 22:34.27

D. WAYNE BAKER 43 28:26.40

50BACK ROBERT S. SMITH 43 :27.51

50BRST D. WAYNE BAKER 43 :34.44

100BRS ROBERT S. SMITH 43 1:10.96

D. WAYNE BAKER 43 1:22.43

200BRS D. WAYNE BAKER 43 3:09.12

100 IM D. WAYNE BAKER 43 1:19.95

200 IM ROBERT S. SMITH 43 2:33.12

---- 45-49 MEN ----

50FREE RONALD K. NAKATA 47 :26.70

100FRE RONALD K. NAKATA 47 1:00.00

50BRST BERT L. PETERSEN 47 :34.49

NEWPORT

*-FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

25 YARD 10/05/86 PG 2

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

by R.Smith

50 FLY BERT L. PETERSEN 47 :26.98
 RONALD K. NAKATA 47 :29.56
 100 IM BERT L. PETERSEN 47 1:08.68
 200 IM BERT L. PETERSEN 47 2:33.73
 RONALD K. NAKATA 47 2:37.15
 400 IM BERT L. PETERSEN 47 5:49.06

----- 50-54 MEN -----

50FREE JOE L. GAMBLIN 51 :31.72
 100FRE JIM BIGLER 50 1:06.52
 JOE L. GAMBLIN 51 1:14.92
 200FRE JIM BIGLER 50 2:29.47
 50BRST JIM BIGLER 50 :37.12
 JOE L. GAMBLIN 51 :40.05
 100BRS JIM BIGLER 50 1:25.00
 JOE L. GAMBLIN 51 1:32.69
 100 IM JIM BIGLER 50 1:26.32
 JOE L. GAMBLIN 51 1:29.05

----- 55-59 MEN -----

50FREE ERIC G.P. GUEST 57 :28.21
 50BRST ERIC G.P. GUEST 57 :38.21
 50 FLY ERIC G.P. GUEST 57 :32.75
 100 IM ERIC G.P. GUEST 57 1:19.42
 200 IM ERIC G.P. GUEST 57 2:54.35

----- 60-64 MEN -----

50FREE GILBERT N. YOUNG 64 :32.91
 500FRE GILBERT N. YOUNG 64 7:42.17
 1650FR JIM MCGREGOR 64 31:29.84
 50BACK GILBERT N. YOUNG 64 :41.19
 100BAK GILBERT N. YOUNG 64 1:36.79
 LEON ROBISON 63 2:12.09
 200BAK GILBERT N. YOUNG 64 3:26.03
 LEON ROBISON 63 4:36.50
 100 IM GILBERT N. YOUNG 64 1:31.44

----- 65-69 MEN -----

50FREE HUGH S. RICHARDS 65 :31.19
 ROBERT L. CUTTER 68 :34.38
 WILLIAM T. CLAYSON 65 :37.84
 KHOSROW SHADBEH 65 :40.76
 JOSEPH A. MALLON 65 :42.35
 100FRE HUGH S. RICHARDS 65 1:14.02
 WILLIAM T. CLAYSON 65 1:34.65
 JOSEPH A. MALLON 65 1:41.08
 200FRE JOSEPH A. MALLON 65 3:38.98
 500FRE KHOSROW SHADBEH 65 9:25.26
 JOSEPH A. MALLON 65 9:59.84
 1650FR JOSEPH A. MALLON 65 33:38.10
 ARTHUR T. HANLON 69 41:10.67

50BACK ROBERT L. CUTTER 68 :41.92
 KHOSROW SHADBEH 65 :49.87
 ARTHUR T. HANLON 69 :56.55
 100BAK ROBERT L. CUTTER 68 1:40.81
 200BAK ROBERT L. CUTTER 68 3:55.48U
 50BRST KHOSROW SHADBEH 65 :48.95
 ARTHUR T. HANLON 69 1:01.43
 100BRS KHOSROW SHADBEH 65 1:47.37
 200BRS KHOSROW SHADBEH 65 3:55.85
 50 FLY HUGH S. RICHARDS 65 :37.230

Oregon was- FORBES J. MACK :39.83

ROBERT L. CUTTER 68 :56.01

100FLY HUGH S. RICHARDS 65 1:38.760

Oregon was- OPEN 99:99.99

100 IM HUGH S. RICHARDS 65 1:27.87

ROBERT L. CUTTER 68 1:44.97

ARTHUR T. HANLON 69 2:09.36

----- 70-74 MEN -----

50FREE EDWARD S MURRAY 74 :53.80
 50BRST EDWARD S MURRAY 74 1:17.94

----- 75-79 MEN -----

50FREE HARRY M. STEVENSON 77 :54.76
 100FRE HARRY M. STEVENSON 77 2:06.13
 200FRE HARRY M. STEVENSON 77 4:38.69

25UP MIXED

JO-MANNA WIENERT, 27 *** JEAN CRAWFORD, 35 ***
 KATHLEEN P. BUCK, 36 *** JAMES M. ELLIOTT, 34 ***

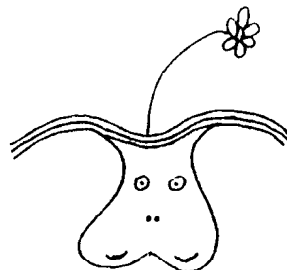
200 FREE RELAY

BOB WIENERT, 38 *** BRUCE E. THOMSON, 37 *** OREG 1:58.74
 KAREN E DRISCOLL, 42 *** BRUCE W. CHENEY, 34 *** OREG 1:58.84

----- 61 ENTRANTS -----

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"BLAST 'EM IN '87!"

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.

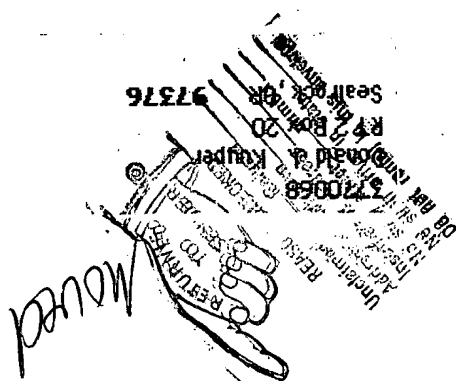
Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**
We must have your last years' registration number for the national office.

This is a New registration: _____ Renewal: my 1986 # _____		Oregon 1987	Office Use Only
Name _____ Last First M.I.			
Address _____			
City _____ St _____ ZIP _____			
() _____ Phone # Born (MM/DD/YY) Age Sex		Reg. Fee (\$10.00) _____	
		Aqua Master(6.00) _____	
		Total _____	
Local Operating Group (if any) _____		Mail to: Kathleen Buck 31925 NE Canter Lane Sherwood, OR 97140 Or enclose with meet registration	
I hereby agree to abide by and be governed by the rules and regulations of USMS and the Oregon Masters Swim Committee.			
 _____ Signature			

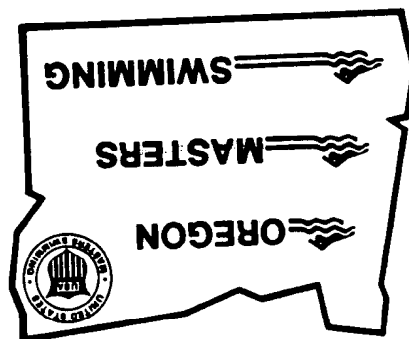
Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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

