



AQUA-MASTER

MARCH 87 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE VOL 13 #3

Bert Petersen, Chairman
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 Thomson
Treasurer - Roy Abramowitz
Registration - Kathleen Buck
Aqua-Master - Linda Hope
Membership - Barbara Frid
Records - Earl Walter
Social Chrsn - 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 birthday

April

Peggie Hodge	1	Susan A. Albright	12	Hazel J. Scholl	22
Steve M. Johnson	2	Donald A. Jacklin	14	Charles A. Wolsborn	22
Doug N. Lumbar	2	J.D. Wells	14	Michael McCall	23
Fred W. Sprenger	3	Estacia Su	15	Dennis S. Olson	23
Chris L. Hiatt	4	Patricia L. Killgore	15	Teresa Marie Allen	23
Nicolai Shur	4	John A. Bertani	16	Liz M. Vandervalk	23
Edward S. Murray	6	Suusan D. Braun	16	Brian P. Larcey	24
Zohra M. Campbell	6	Robyn L. Sharp	16	Sue Calnek Brandon	25
Joyce E. Bahler	7	Gerald E. Thomas	17	Eric J. Cooley	25
Roy L. Watters	7	Mike Popovich	18	Syd Hendy	26
Joe L. Tennant	7	Larry A. Poe	19	Charles V. Norgaard	26
Grant E. Noel	11	Anne P. Fanning	19	Sandy L. Minor	27
Randall L. Harris	11	Barbara C. Frid	20	Peggy A. Thomson	28
Gilbert N. Young	12	Don E. Devlin	21	John L. Nagel	28
Carol J. Nelson	12	Beverly A. Dirksen	22	Mary M. Edwards	30

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

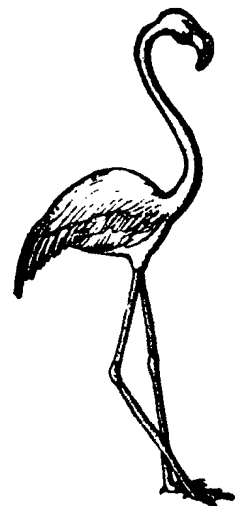
Corvallis, Or 97330

Southern Oregon - Terry & Judy McCurdy

P.O. Box 2357

Roseburg, Or 97570

(503) 673-3673



SWIM MEET ENTRY FORM

SNAKE RIVER MASTERS ASSOCIATION SWIM MEET

HELD UNDER THE SANCTION OF USMS INC. -- 25 YARD SHORT COURSE

DATE: March 14-15, 1987 (Sat/Sun)
 PLACE: Boise YMCA
 1050 State Street
 Boise, ID 83702
 HOSTED BY: Snake River Masters Assn.

WARMUP: Sat 5 PM, MEET: 6 PM
 WARMUP: Sun 8 AM, MEET: 9 AM
 MEET DIRECTOR: Carolyn Craven
 5570 Holl Drive
 Eagle, ID 83616
 Phone: (208) 939-9114

NAME _____ SEX _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS# _____ TEAM _____ OR UNATTACHED _____

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

Entries limited to 5 events plus relays. Circle the events you wish to enter and fill in the best time or an estimated time. Meet will be seeded slow heat first except the 1650 Freestyle. ***ENTER RELAYS AT THE MEET***

SATURDAY, March 14, 1987

1. 400 I.M. _____

2. 1650 Freestyle _____

SUNDAY, March 15, 1987

3. 200 Medley Relay _____

4. 200 Backstroke _____

5. 50 Breaststroke _____

6. 100 Freestyle _____

7. 200 Butterfly _____

8. 50 Backstroke _____

9. 200 Freestyle _____

10. 200 Freestyle Relay _____

11. 100 I.M. _____

12. 100 Butterfly _____

13. 200 Breaststroke _____

14. 100 Backstroke _____

15. 50 Freestyle _____

16. 200 I.M. _____

17. 50 Butterfly _____

18. 100 Breaststroke _____

19. Mixed Medley Relay _____

20. 500 Freestyle _____

ENTRY FEE: Surcharge Per Swimmer \$3.50

Amount enclosed -- \$3.50

Payable to: Snake River Masters Assn.

SEND ENTRY & PAYMENT TO:
 (checks payable to Snake River Association)

Snake River Association
 c/o Carolyn Craven
 5570 Holl Drive
 Eagle, ID 83616

ELIGIBILITY: Open to all USMA (United States Masters Swimming, Inc.) registered swimmers, 20 year of age or older, as of first day of the meet.

RULES: Current USMS rules will govern, including no false start

----- STATEMENT OF RELEASE -----

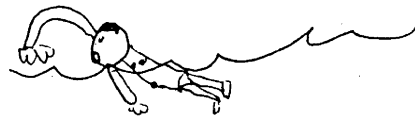
In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the Snake River Association, Boise YMCA and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said Snake River Masters Association Swim Meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED _____

A tribute to a dad from a proud daughter.

To: Bopa I'm so glad you came
in third place that was the best one Well, the
best one I ever saw anyways. I didn't think
it was boring I thought that it was wonderful
especially when you were in it. I hope your
next one is wonderful too,

Love, Heather



25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTIONED #873604

DATE: Fri. April 3, 1987 Fri. WARMUP 6:30pm MEET: 7:00pm
Sat. April 4, 1987 Sat. WARMUP 8:00am MEET: 9:00am
Sun. April 5, 1987 Sun. WARMUP 8:00am MEET: 9:00am
PLACE: So Central (Foster HS) Pool MEET DIRECTOR: Paul Lucien
4414 So. 144th P.O. Box 5401
Seattle, WA Kent, WA 98031
PHONE: 242-2287 PHONE: 206-854-7265
HOSTED BY: Kent Area Dolphins
DEADLINE: Postmarked by March 20, 1987

NAME _____ M_orF _____ 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, 400 IM and 1650 Free which will be seeded fast
heat first. ENTRANTS SWIMMING THIS EVENT MUST CHECK IN 30 MINUTES BEFORE
MEET START TIME. You must register for 1987 in order to swim this meet.
DIRECTIONS: Will be in March newsletter on meet information page.

EVENTS		BEST TIME	EVENTS		BEST TIME
Friday			Saturday	cont:	
1	500 Freestyle		11	100 I.M.	
Saturday			Sunday		
2	400 I.M.		12	1650 Free	
3	XX 200 FREE RELAY	XXX	13	XX 200 MXD MED REL	XXX
4	200 Freestyle		14	200 Breaststroke	
5	100 Breaststroke		15	200 Freestyle	
6	50 Butterfly		16	50 Backstroke	
7	XX 200 MEDLEY RELAY	XXX	17	XX 200 MXD FREE REL	XXX
8	200 Backstroke		18	200 Butterfly	
9	50 Freestyle		19	100 Backstroke	
10	100 Butterfly		20	50 Breaststroke	
-----BREAK-----			-----BREAK-----		
2ND WARMUP AFTER 1650 FREE. MEET WILL			21	200 I.M.	
START NO EARLIER THAN 12 O'CLOCK.					

Will you swim the 1650 two to a lane? Yes.....No.....

Pool deck surface is rough, 6 ln. 25 yds., warmup in shallow end. Few lock-
ers available, fee 25 cents. Concession.

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

SEND ENTRY, TIME CARDS AND PAYMENT TO:

Paul Lucien
P.O. Box 5401
Kent, WA 98031MAKE CHECK PAYABLE TO:
PNA MASTERS SWIMMERSELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) reg-
istered 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, all local
Masters Swimming Committees, Foster High School Pool and Kent Area Dolphins
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 in-
cluding all attorney fees and court costs.

SIGNED _____

ALBERTINA KERR CENTERS FOR CHILDREN
424 N.E. 22nd Avenue
Portland, OR 97232

TO: Oregon Masters Swim Club February 11, 1987
c/o Barbara Frid
10214 S.W. Parkway
Portland, OR 97225

FROM: Albertina Kerr Centers for Children

CONTACT: Carrie Thomas, Public Relations Coordinator - 239-8101

Canby Pool, Columbia Park Pool, Gresham District Pool, Harmon Pool, Hillsboro Aquatic Center, Lake Oswego District Pool, Oregon Athletic Club, Oregon City Pool, Princeton Athletic Club, Tigard Swim Center, and 50-Meter Pool are all sites for the 12th Annual Swim-A-Lap for the Handicapped to be held on Saturday, March 7, 1987.

Swim-A-Lap provides an opportunity for area swimmers to contribute to the care of Oregon's multiply handicapped children who reside at Kerr Center by gathering pledges to correspond with the number of laps they swim during the event. The money raised goes directly to the Center to provide special resources for the children that other funding sources don't cover.

Thirty handicapped children live at Kerr Center and are learning skills necessary for eventual independent living options. "The children we are dealing with at Kerr Center are severely handicapped," comments Mike Maley, administrator of Kerr Developmental Disabilities Services. "Often it's a case of teaching them the most basic skills: eating; dressing; simple communication. At the other end of the spectrum we deal with simple adolescent dilemmas of growing up. We're here to help each child develop the most of his or her individual potential for a quality life."

To: Oregon Masters Swim Club
Page 2

According to Maley, the yearly Swim-A-Lap event is an important part of the Kerr Center for Handicapped Children budget. "We couldn't get along without it," he commented. "This is really one of the primary ways that community members can get together and say, 'Hey! we really care about those kids!'"

The co-chairmen for the event are Olympic gold and silver medalist Don Schollander and former Trailblazer Larry Steele. They will swim at selected Swim-A-Lap sites throughout the day of the event. In addition, KOIN-TV's Newsroom 6 at Noon Phil Volker and Kim Sherwood have pledged their support.

Participants who sign up 10 or more sponsors will earn a free T-shirt. Prizes will be awarded at each pool for the most laps completed in one hour and for the most money raised.

Registration materials for interested swimmers will be available at all of the participating pools or by calling Albertina Kerr Centers for Children at 239-8101.

Albertina Kerr Centers for Children is one of Oregon's oldest human services agencies. Besides services to handicapped youth, the Agency provides services to handicapped adults; adoption, foster care and maternity services; and residential treatment and youth and family counseling.

OL'BARN' "reuters" dispatch from Lincoln City....

Under the outstanding leadership of George Frasier, 70 plus Oregon Masters along with Kathy Casey and Walt Reid from PNA thoroughly enjoyed swimming in the almost new 25M pool, it was a great meet, despite the weather, which Forbes Mack swears only happens once in a century.

George Frasier was our meet director, he was ably helped by T D and Ruth Hughes, along with Gus Westerlun and Jim Kulla on the officiating, the always painstaking and most important paperwork, was handled superbly by Becky Kulla and Cindy Garrison. A big tip o' the hat and many many thanks to the timers who are so important, even when you have electronic.

Records, ye gads, we really had some and then some :

NEW NATIONAL STANDARDS :(SC Meters)

Herb Eisenschmidt

Herb had a ball (wrecking) two days....

50 free	42.21
50 back	50.13
100 back	1:50.89
200 back	4:01.12
100 I.M.	1:53.59

Lavelle Stoinoff

200 free	2:38.25
400 free	5:32.67
800 free	11:35.78 (split)
1500 free	21:44.35

Lavelle, it's only early January !!!!

Richard Boyd

Dick just looked great, a clinic yet ...

1500 free	19:31.73
400 I.M.	5:31.95

Petey Smith

400 free	7:03.42
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Margaret Wells

1500 free	30:19.60
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Robert Smith

100 brst	1:16.07
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Eric Guest

400 I.M.	7:10.94
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Earl Walter

100 fly	1:36.83
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Regional Records :

Petey Smith (60-64)	50 free	:38.45
	100 I.M.	2:05.07

Eric Guest (55-59)	100 free	1:14.08
	50 fly	:36.57
	100 fly	1:30.00
	200 I.M.	3:16.66

Richard Boyd (40-44)	200 free	2:18.49
	400 free	4:55.59

Fred Sprenger (55-59)	400 free	5:39.23
	1500 free	23:12.61
	100 back	1:31.44
	200 back	3:10.75

Katherine Casey (35-39)	1500 free	21:25.62
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James Elliott (30-34)	1500 free	21:36.36
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Steve Warner (35-39)	1500 free	19:57.77
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Clarence Courter (60-64)	50 back	:44.07	Welcome to OMS !!!!
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OL' BARN..cont..Lincoln CityRegional Records)cont)

Clarence Courter (60-64)	50 Brst	:45.37	
Earl Walter (65-69)	100 Back	1:32.18	
	200 fly	3:46.06	
	400 I.M.	7:25.83	
Robert Smith (40-44)	50 brst	:33.99	
Bob Morrison (65-69)	50 brst	:41.93	(Natl is :40.99)
	100 brst	1:39.14	
	200 brst	3:46.95	
Robert Schmidt (7-74)	50 brst	:54.15	
Margaret Wells (60-64)	50 fly	:52.01	
	100 fly	1:59.89	
	200 fly	4:36.11	
	400 I.M.	8:48.60	
Elfie Stevenin (65-69)	50 fly	1:34.46	
	100 fly	3:24.00	
	200 fly	7:09.39	
	200 I.M.	6:38.35	
Hugh Richards (65-69)	100 I.M.	1:33.43	
Bert Petersen (45-49)	400 I.M.	6:41.31	

Oregon Records :

Penelope Spiro (30-34)	50 free	:31.82	
	100 free	1:12.03	
Alfred Frakes (20-24)	50 free	:28.46	
	100 free	1:03.88	
	1500 free	21:41.80	
	50 fly	:31.53	
Jim Bigler (50-54)	50 free	:32.10	
	100 free	1:11.75	(Reg - 1:10.86)
	200 free	2:43.95	
	50 brst	:42.12	
Clarence Courter (60-64)	50 free	:34.85	
Carole Sprenger (50-54)	100 free	2:33.23	
Jean Crawford (35-39)	100 free	1:17.51	
Hugh Richards (65-69)	100 free	1:20.79	
Andree Devine (25-29)	200 free	2:33.42	
	1500 free	21:13.93	
	400 I.M.	6:02.18	(reg - 6:01.04)
Carolyn Forbes (45-49)	400 free	6:53.06	
	1500 free	26:55.30	
Steve Warner (35-39)	400 free	4:56.05	(reg - 4:54.47)
Tom Cole (65-69)	400 free	8:00.47	Welcome to OMS !!!
	1500 free	32:31.25	
Tom Roberts (25-29)	1500 free	23:55.82	Welcome to OMS
Tom Giesen (45-49)	1500 free	24:57.51	Welcome to OMS
Taeka Murray (55-59)	50 back	1:17.28	
	50 brst	1:14.47	
Petey Smith (60-64)	50 Back	:58.70	

OL' BARN..cont (3) Lincoln City

Oregon Records (cont)

Petey Smith	(60-64)	50 brst	1:06.42	
Lee "Kip" King	(70-74)	50 back	1:10.08	Welcome to OMS
Susan Case	(35-39)	100 back	1:29.69	
		400 I.M.	7:01.45	
Phyllis Davis	(45-49)	100 back	2:00.01	
Howard Ronkin	(30-34)	50 brst	1:34.00	
		100 brst	1:16.25	
Don Brightbill	(35-39)	100 brst	1:27.73	Welcome to OMS
		200 brst	3:13.48	
Robert Schmidt	(70-74)	100 brst	2:07.98	
Bruce Prator	(40-44)	200 brst	2:57.09	(Natl - 2:56.64)
Brian Langlais	(40-44)	200 fly	3:42.43	
Terry McCurdy	(55-59)	200 fly	4:56.10	
Linda Jones	(40-44)	100 I.M.	1:41.13	
John DeJarnatt	(35-39)	100 I.M.	1:14.57	(Reg - 1:13.38)
		400 I.M.	6:00.86	(Reg - 5:55.41)
Daniel Gossack	(25-29)	200 I.M.	2:51.20	

Noteworthy

Kathy Casey from PNA, had a 31.71-50 free(31.32), also a 5 sec PR for 200 brst
Taeka Murray was close in the 50 f (57.87 vs 56.90)
Robert Smith swam a 26.24 close to his 25.98 50 free (50 bk-30.38 vs 29.58 Nat.)
Tom Giesen missed the regional mark of 24:00.45 by less than a minute
Susan Case came close in the 50 back - 40.24 vs 40.06
Walt Reid of PNA missed by a whisker in the 50 brst (36.58 vs 35.71)
Special good thoughts for Bruce Prator, that 200 brst was just superb !!!
Steve Warner was close in the 50 fly (30.40 vs 30.09)
Earl Walter and Hugh Richards are both within a couple of 10ths of the national
50 fly record.

Clarence Courter, new kid on the block, missed the 100 IM (1:36.03 vs 1:35.15)

Nadine Whitehall - Eric Guest shared his letter from Nadine with OB - she is just fine, swimming as much as possible, thinking very strongly of coming home in April right after the AUSSI nationals - will be great to see her. Nadine is an old timer with IEA, PNA and OMS, she set records in all, and still holds quite a few. Maybe we can talk her into swimming at Assn Champs or Regionals !!

Nancy Ross - OB was very happy to hear from Nancy in a recent letter - Nancy is no longer swimming, Masters' loss that's for sure. She has taken up tennis, says a 20 yard 4 lane pool with 89 degree water isn't appealing, can't really blame her. Nancy also "I really miss all the neat people I met through swimming, please say hi to them", Nancy still holds a couple of records going back to her great year in 1982, miss you Nancy !!!

RELAYS : Age Qualifications - 19 + 25 + 35 + , etc for Short Course Yards
For SC and LC Meters, it must be cum : 119 - 120 + 160 + etc.

OL' BARN looks at the SIXTH ANNUAL SWIM CELLAR PENTATHLON....

Some 120 plus swimmers had a great time and owe much much thanks to Brian and Barbara Frid for this fine meet. It is always organized so well, and the conduct of the meet is exemplary.

Officials were ; Bernd Gerkens(referee), Larry Snead(starter) Judy & Powell Hicks, Barbara and Bob Bodyfelt, with Kathy Yee(Stroke and Turn, great announcing by Sherman Meyer, Judy and Bob Hathaway (Electronic Timing), Mike Horodysky (Head Timer) Lane Timing - Tualatin Hills Dive Club, scoring from Susan Albright, Maryellen Hunsicker and Patlyn Knapp.

GAIL DUMMER...USMS Vice President came to visit from Michigan, swam and swam well. Gail was impressed with the fine manner in which the meet was run, and passed on kudos to the Frids and OMS, thanks for the kind ~~words~~ ^{words} and please come again !!!!

POOLSIDE COMMENTS....

Challenge for top score in mens category was settled by ROBERT SMITH overcoming a strong showing by RALPH WRIGHT ... 165.41 vs 165.47 ... with ROY ABRAMOWITZ tallying 166.19 ... WOW and WOW !!!

CHAIRMAN BERT had some fun with WALT REID (PNA), Bert was ill and not even swimming, but talked the score keeper to post about 3 good times, until Walt finally saw through the charade and called for "honest" posting of times.

("coach of the year")Herb Eisenschmidt was dressed and leaving, when Terry McCurdy was heard to loudly proclaim, "let me know when and I'll help you with your backstroke" - Herb had just reset the national 50 back record, way to go Terry !!!!

FIRST TIME IN HISTORY OF PENTATHLON ... a TIE !!! in final total score... challenging ROY all the way, CHRIS HUGHES and ANDY SCHRAG tied for overall 2nd in the 30-34 group at 170.42

OMS's "golden" 65ers can only get better, what with Gil Young turning 65 in April and Clarence Courter next January ... relays, relays, relays !!!!

Herb Eisenschmidt :

Chalk up two new NATIONAL records for Herb,
50 back in a quick :45.43 ... and ...
100 IM at 1:43.81
Way to go Herb !!!!!

DENISE STUNTZNER was the class of the 19-24 group, with a new SC record of 191.58, helped by a regional record at 50 fly in :28.20, an Oregon record for the IM in 1:06.98, and finally a near miss for the 50 free in :26.49.

PAMELA CALTABIANO won the 25-29 group with a near record of 199.97 vs 196.41

VICKI GORDON ran away with the 30-34 crown with a fine fine 202.78, a whisker away from the SC record of 202.12. Vicki missed individual records for the 50 free (:28.21) and the IM (1:10.20)

KATHY CASEY (PNA) nudged out Sue Case in the 35-39, 212.84 vs 215.09, this was with a 10 second penalty in the 50 free, WOW !!!

GINGER PIERSON (40-44) put together a string of near records in every event for a SC record of 196.85. Ginger's overall time was all the better for a PR, 1986 saw Ginger with a 197.74 !!!

KAREN ROACH (45-49) Won her age with a fine 236.81, and a near record :30.14 in the 50 yard free.

LAVELLE STOINOFF (50-54) was the class act at 237.33 for a new SC record, plus a regional best 50 brst in :43.01 and 2 near misses in the 50 back at :38.98 and the IM with a fine 1:21.13

MARGARET WELLS (60-64) won this group with a fine effort of 278.71 (a P.R.)

OL BARN...cont... Swim Cellar Pentathlon (2)

JUDY MELCHER (65-69) won in a total of 464.65, with a close 1:21.47 50 fly
BARBARA HAVERCAMP (70-74) had it all her way in 590.64 , with an Oregon best
for the IM , 3:15.97

HAZEL BRESSIE (75-79) Won, and set a new SC record of 579.30, on the way she
also set a regional best for the IM in 3:23.02

MARTHA KELLER (85-89) Established a new SC record of 791.54, showing lots of
class with a regional record of 1:45.10 for the 50 back, plus
another in the 100 IM at 4:20.56

DAVID FRID (19-24) won the overall with a fine 179.31, but was pushed all the
way by Alfred Frakes at 182.63

JOHN BERKOWITZ (25-29) welcome to OMS, won in an excellent 176.13, with Chris
Robbins a close second at 183.48

ROY ABRAMOWITZ (30-34) won the age group with a classy 166.19, helped along
by a near record in the 50 fly of :25.38. Chris Hughes had a
classic duel for the silver with Andy Schrag, result a tie
in 170.42

RALPH WRIGHT (35-39) swam to near records in the 50 fly(25.36) and the 50
free(23.38) on the way to an overall win in 165.47 - Trevor
Charlton picked off the silver in 171.84 over Doug Prentice at
173.64...WOW !!!

ROBERT SMITH (40-44) broke his own overall SC record with a classy 165.41,
helped along the way with close 50 fly, 50 back and 50 breast,
25.62 - 26.81 and 30.36.

RON NAKATA (45-49) swam a fine 50 free in 25.92 to an overall win in 193.20,
besting Walt Reid(PNA) at 196.12...they both bested the "fantum"
who was a "no show"

DAVID ADDLEMAN (50-54) swam excellent fly, back, free and IM for an overall win-
ning time of 194.60. Joe Gamblin registered a PR for the 50
fly in :33.64 over a 35 plus previous.

ERIC GUEST (55-59) needed two near misses in the 50 fly and IM to barely
beat Milton (Mickey) Marks. Eric had an overall of 214.88 while
Mickey posted a 215.03... a margin of 15/100ths... WOW and wow !!

CLARENCE COURTER (60-64) had it all his way in the meet, registering a win-
total of 231.78 , watch this "young man" in the future !!!

EARL WALTER (65-69) broke the SC record with a 222.81 and needed two good
times in the 50 back and the IM to just edge past Hugh Richards,
who swam a fine 225.91, with a regional record for the 50 fly at
33.61. Bob Morrison coming in 3rd also broke the SC record with
a 229.87, and regional record for the 50 breast in 36.37.

ART HANLON (70-74) won with an overall time of 386.87

HERB EISENSCHMIDT (80-84) established a new SC record of 289.37, setting two
national records, as mentioned previously, plus recording
a TT # 1 in the 50 fly, TT #2's in the 50 brst and 50 free

Barbara Frid had a near miss in the 50 fly at :31.59

Ardis Ross has returned to Masters, great to see her again !!!

Hugh Richards came close in the 50 free at 29.51

BIG OMS WELCOME TO : Cynthis Ellis, Julie Holmer, Gloria Califf, Karen Clancey,
Gayle Miller, Leslie Winton, Pat Bieze, John Berkowitz,
Corey Leavitt, Kelly Rennels, John Bertani, Bob Emahiser,
Kelsey Jackson, Jim Logan, Dennis Olson, John Walkky and
David Yeakel.

THANKS TO JANE MOORE AND HUGH FOR LENDING PNA ROYALTY TO OUR MIDST !!!!

OREGON MASTERS SHORT COURSE MEET ENTRY FORM
SANCTION NO. 870 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 with this entry. (See last page of Aquamaster.)

MEET: Willamette H2O Masters Short Course Meet **DATE:** March 28-29, 1987
PLACE: Willamette University, Sparks Center, Salem, Oregon
6 lanes, indoor, no warm-up area **WARM-UP** **MEET STARTS**
HOST: Willamette H2O Masters Sat.-5:00pm 6:00pm
John DeJarnatt, Meet Director Sun.-9:00am 10:00am
588-2060(h)

DIRECTIONS TO POOL: Willamette University, Sparks Center Pool. Market St. exit from I-5, west on Market to 17th Ave., left on 17th to Center St., right on Center to 12th Ave. (Center turns to one-way at 13th, so go either left or right at 13th to get over to 12th on Chemeketa or Marion), left on 12th Ave., right on Bellevue St., take first right onto driveway to parking lot. Pool is in Sparks Center, downstairs. From west, go over Center St. bridge on Hwy. 22. Follow Center St. to 12th Ave., right on 12th, follow direction above.

INFORMATION ABOUT WHAT TO DO IN SALEM WILL BE AVAILABLE AT THE MEET. LOCAL HOUSING FOR OUT-OF-TOWN SWIMMERS WILL BE AVAILABLE. CONTACT MEET DIRECTOR.

ENTRY DEADLINE: Postmarked no later than March 16, 1987. No late entries will be accepted.

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

NAME _____ **PHONE** _____

ADDRESS _____ **CITY** _____ **ST** _____ **ZIP** _____

1987 USMS# _____ 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 ENTRY.

AGE GROUPS: 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+

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 1000 Free and 500 Free will be deck seeded. All other events will be pre-seeded fastest heats first.

[Saturday] 400 IM	1	_____	200 Breast	12	_____
1000 Free	2	_____	50 Free	13	_____
			Medley Relay	14	XXXXXXXXXX
[Sunday] Free Relay	3	XXXXXXXXXX	BREAK		
200 Fly	4	_____	100 Fly	15	_____
200 Back	5	_____	50 Back	16	_____
50 Breast	6	_____	100 Breast	17	_____
100 Free	7	_____	200 Free	18	_____
Mxd Fr Relay	8	XXXXXXXXXX	100 IM	19	_____
BREAK			Mxd Med Relay	20	XXXXXXXXXX
200 IM	9	_____	500 Free	21	_____
50 Fly	10	_____			
100 Back	11	_____			

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 GR1 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** _____

ABOUT SALEM...

While you are in Salem for the meet, be sure to save time for sightseeing in and around Salem. Early pioneers left a rich historic legacy in Salem. As Oregon's capitol city, you can enjoy history in the making. There are art galleries, shopping, wineries, and parks to experience. Salem is centrally located in Oregon, less than an hours drive to the Cascade mountains, the Oregon coast, and Portland. We know that once you've discovered the beauty and history of Salem you will understand why we say "Oregon starts here!"

There are numerous excellent eateries and sleeperies available in Salem. For your convenience, a toll free number is available to make reservations at local motels - 1-800-874-7012. Two local motels are offering special group rates for Masters swimmers attending our meet:

The Chumaree Comfortel (just off I-5 on Market St., 1-800-248-6273)

Queen 1 bed/1 person	\$38.00
Queen 1 bed/2 people	\$42.00
Queen 2 beds/2people	\$47.00

The Executive Inn (200 Commercial St. SE, 3 blocks from Willamette University, offering a complimentary "European style" breakfast, 1-800-452-7879)

Single 1 bed/1 person	\$27.00
Double 1 bed/2 people	\$32.00
Double 2 beds/2 people	\$38.00
Each extra person	\$8.50

All rates are subject to a 6% city tax. Be sure to register early and tell them you are a Masters swimmer. Local housing with our swimmers is available as well. Call John DeJarnatt at 1-588-2060 for information

Additional information about things to do and where to eat will be available at the meet. Below is a list of the historic attractions provided by the Salem Visitors and Convention Association. WE HOPE TO SEE YOU IN SALEM!!

Mission Mill Village; historic homes, mill, shops, open Saturday. Marion Museum of History, open Saturday and Sunday. Both are across the street from the pool. Oregon State Capitol, Deepwood Estate, Bush House, and Bush Barn Art Center are all close to the pool.

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

200FRE ANDREE-MARIE DEVINE 25 2:33.420

Oregon was- OPEN 99:99.99

1500FR ANDREE-MARIE DEVINE 25 21:13.930

Oregon was- DARLENE POHL 23:34.10

400 IM ANDREE-MARIE DEVINE 25 6:02.180

Oregon was- OPEN 99:99.99

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

50FREE PENELOPE O SPIRO 32 :31.820

Oregon was- FLO DELANEY :33.96

100FRE PENELOPE O SPIRO 32 1:12.030

Oregon was- FLO DELANEY 1:17.82

200FRE JEAN L MCFARLANE 33 3:01.58

JILL DOEL 34 3:38.93

400FRE JEAN L MCFARLANE 33 6:25.72

JILL DOEL 34 8:03.50

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

50FREE KATHRINE CASEY 38# :31.71

100FRE KATHRINE CASEY 38# 1:10.98

JEAN CRAWFORD 35 1:17.510

Oregon was- B.JEANETTE SULLIVAN 1:35.94

1500FR KATHRINE CASEY 38#21:25.62

50BACK SUSAN J CASE 37 :40.24

JEAN CRAWFORD 35 :42.99

100BAK SUSAN J CASE 37 1:29.690

Oregon was- SUSAN J. CASE 1:29.93

JEAN CRAWFORD 35 1:36.18

200BAK SUSAN J CASE 37 3:11.29

50BRST KATHRINE CASEY 38# :40.10

200BRS KATHRINE CASEY 38# 3:09.93

SUSAN J CASE 37 3:30.28

400 IM SUSAN J CASE 37 7:01.450

Oregon was- OPEN 99:99.99

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

400FRE LINDA L JONES 44 6:50.61

50 FLY LINDA L JONES 44 :46.73

100 IM LINDA L JONES 44 1:41.130

Oregon was- CONNIE WILSON 1:47.90

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

400FRE CAROLYN A FORBES 46 6:53.060

Oregon was- OPEN 99:99.99

1500FR CAROLYN A FORBES 46 26:55.300

Oregon was- OPEN 99:99.99

PHYLLIS N DAVIS 47 39:10.64

100BAK PHYLLIS N DAVIS 47 2:00.010

Oregon was- OPEN 99:99.99

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

50FREE CAROLE SPRENGER 53 1:04.85

100FRE CAROLE SPRENGER 53 2:33.230

Oregon was- OPEN 99:99.99

200FRE LAVELLE M STOINOFF 54 2:38.250

Oregon was- NADINE WHITEHALL 3:01.30

CAROLE SPRENGER 53 5:28.97

400FRE LAVELLE M STOINOFF 54 5:32.670

Oregon was- NADINE WHITEHALL 6:34.50

1500FR LAVELLE M STOINOFF 54 21:44.350

Oregon was- OPEN 99:99.99

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

50FREE TAEKA MURRAY 57 :57.87

50BACK TAEKA MURRAY 57 1:17.280

Oregon was- EILEEN BIGLIN 1:53.40

50BRST TAEKA MURRAY 57 1:14.470

Oregon was- OPEN 99:99.99

100BRS TAEKA MURRAY 57 2:35.07

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

50FREE PETEY MH. SMITH 62 :38.450

Oregon was- OPEN 99:99.99

400FRE PETEY MH. SMITH 62 7:03.420

Oregon was- ELFIE STEVENIN 11:53.77

1500FR MARGARET A WELLS 60 30:19.600

Oregon was- OPEN 99:99.99

50BACK PETEY MH. SMITH 62 :58.700

Oregon was- OPEN 99:99.99

50BRST PETEY MH. SMITH 62 1:06.420

Oregon was- OPEN 99:99.99

50 FLY MARGARET A WELLS 60 :52.010

Oregon was- OPEN 99:99.99

100FLY MARGARET A WELLS 60 1:59.890

Oregon was- ELFIE J. STEVENIN 4:01.08

200FLY MARGARET A WELLS 60 4:36.110

Oregon was- ELFIE J. STEVENIN 8:22.80

100 IM PETEY MH. SMITH 62 2:05.070

Oregon was- OPEN 99:99.99

400 IM MARGARET A WELLS 60 8:48.600

Oregon was- OPEN 99:99.99

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

50 FLY ELFIE J STEVENIN 65 1:34.460

Oregon was- OPEN 99:99.99

100FLY ELFIE J STEVENIN 65 3:24.000

Oregon was- OPEN 99:99.99

200FLY ELFIE J STEVENIN 65 7:09.390

Oregon was- OPEN 99:99.99

200 IM ELFIE J STEVENIN 65 6:38.350

Oregon was- OPEN 99:99.99

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

50FREE ALFRED FRAKES 22 :28.460

Oregon was- OPEN 99:99.99

100FRE ALFRED FRAKES 22 1:03.880

Oregon was- OPEN 99:99.99

1500FR ALFRED FRAKES 22 21:41.800

Oregon was- OPEN 99:99.99

50 FLY ALFRED FRAKES 22 :31.530

Oregon was- OPEN 99:99.99

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

50FREE DANIEL GOSSACK 25 :29.01

RICHARD RIESS 29 :35.82

100FRE DANIEL GOSSACK 25 1:05.85

RICHARD RIESS 29 1:24.32

200FRE RICHARD RIESS 29 3:11.88

400FRE RICHARD RIESS 29 6:35.42

1500FR RICHARD RIESS 29 26:51.380

Oregon was- OPEN 99:99.99

100BAK DANIEL GOSSACK 25 1:24.46

100 IM DANIEL GOSSACK 25 1:17.50

200 IM DANIEL GOSSACK 25 2:51.200

Oregon was- TOM MACAULY 2:53.00

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

50FREE HOWARD E RONKIN 31 :28.03

SCOTT KORNBORG 32 :31.29

100FRE HOWARD E RONKIN 31 1:03.45

400FRE JAMES M ELLIOTT 34 5:26.22

1500FR JAMES M ELLIOTT 34 21:36.360

Oregon was- STUART MORRIS 25:46.00

50BACK SCOTT KORNBORG 32 :37.94

100BAK SCOTT KORNBORG 32 1:23.71

200BAK JAMES M ELLIOTT 34 2:56.29

50BRST HOWARD E RONKIN 31 :34.000

Oregon was- STEVE MANN :37.22

100BRS HOWARD E RONKIN 31 1:16.250

Oregon was- JIM CUTTING 1:27.23

50 FLY HOWARD E RONKIN 31 :31.48

JAMES M ELLIOTT 34 :34.83

SCOTT KORNBORG 32 :37.55

100 IM HOWARD E RONKIN 31 1:11.36

200 IM JAMES M ELLIOTT 34 2:51.87

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

200FRE ROY J BOLDOC 37 3:29.17

400FRE STEPHEN H WARNER 38 4:56.050

Oregon was- PAT CAUDILL 6:00.48

ROY J BOLDOC 37 6:49.98

1500FR STEPHEN H WARNER 38 19:57.770

Oregon was- OPEN 99:99.99

ROY J BOLDOC 37 27:44.32

100BAK ROY J BOLDOC 37 2:07.17

50BRST DONALD K BRIGHTBILL 37 :39.14

100BRS DONALD K BRIGHTBILL 37 1:27.730

Oregon was- DENNIS SEACAT 1:29.41

200BRS DONALD K BRIGHTBILL 37 3:13.480

Oregon was- OPEN 99:99.99

50 FLY STEPHEN H WARNER 38 :30.40

100 IM JOHN D DEJARNATT 37 1:14.570

Oregon was- MIKE H. WARREN 1:16.83

ROY J BOLDOC 37 1:53.47

400 IM JOHN D DEJARNATT 37 6:00.860

Oregon was- OPEN 99:99.99

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

50FREE ROBERT S SMITH 43 :26.24

DANIEL R GRAY 41 :30.93

ED A MARTIN 42 :34.13

D WAYNE BAKER 43 :35.41

BARNEY M CRAIG 41 :38.13

100FRE ED A MARTIN 42 1:15.49

BARNEY M CRAIG 41 1:16.35

200FRE RICHARD D BOYD 43 2:18.490

Oregon was- KARL VONTAGEN 2:18.94

BARNEY M CRAIG 41 2:44.60

400FRE RICHARD D BOYD 43 4:55.590

Oregon was- BRIAN M. LANGLAIS 5:37.37

BRUCE B PRATOR 42 5:07.48

DANIEL R GRAY 41 5:49.79

BARNEY M CRAIG 41 5:54.57

ROY L MATTERS 42 6:05.05

1500FR RICHARD D BOYD 43 19:31.730

Oregon was- FRED SPRENGER 23:13.70

BRUCE B PRATOR 42 20:58.26

LINCOLN CITY

t=FROM OUTSIDE OREGON

U=UNOFFICIAL TIME

25 METER 02/01/87 PG 2

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

by R.Smith

50BACK ROBERT S SMITH 43 :30.38
 BRIAN M LANGLAIS 41 :39.05
 DANIEL R GRAY 41 :39.95
 200BAK BRIAN M LANGLAIS 41 3:02.20
 50BRST ROBERT S SMITH 43 :33.990

Oregon was- D.WAYNE BAKER :42.06
 JAMES C KESSELRING 42 :38.76
 D WAYNE BAKER 43 :39.55
 BRIAN M LANGLAIS 41 :49.03

100BRS ROBERT S SMITH 43 1:16.070
 Oregon was- D.WAYNE BAKER 1:35.15
 JAMES C KESSELRING 42 1:25.40
 D WAYNE BAKER 43 1:32.41

200BRS BRUCE B PRATOR 42 2:57.090
 Oregon was- D.WAYNE BAKER 3:43.49

JAMES C KESSELRING 42 3:09.33
 50 FLY DANIEL R GRAY 41 :34.24
 JAMES C KESSELRING 42 :35.18
 ROY L WATTERS 42 :37.85

200FLY BRIAN M LANGLAIS 41 3:42.430
 Oregon was- OPEN 99:99.99

100 IM DANIEL R GRAY 41 1:26.06
 ROY L WATTERS 42 1:27.91

400 IM RICHARD D BOYD 43 5:31.950
 Oregon was- OPEN 99:99.99

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

1500FR TOM W GIESEN 46 24:57.510
 Oregon was- OPEN 99:99.99

50BACK WALT E REID 46 1:38.51
 100BAK WALT E REID 46 1:25.55
 BERT L PETERSEN 48 1:27.79

50BRST WALT E REID 46 1:36.58
 100BRS WALT E REID 46 1:25.03
 200BRS WALT E REID 46 3:11.37

400 IM BERT L PETERSEN 48 6:41.310
 Oregon was- OPEN 99:99.99

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

50FREE JIM BIGLER 51 :32.100
 Oregon was- L. NICK NORTON :35.80

ABRAHAM B STANTON 52 :49.30
 100FRE JIM BIGLER 51 1:11.750

Oregon was- L. NICK NORTON 1:21.86
 200FRE JIM BIGLER 51 2:43.950

Oregon was- L. NICK NORTON 3:09.54
 ABRAHAM B STANTON 52 3:58.63

400FRE ABRAHAM B STANTON 52 8:37.17
 1500FR ABRAHAM B STANTON 52 32:43.460

Oregon was- OPEN 99:99.99
 50BACK ABRAHAM B STANTON 52 :56.25

50BRST JIM BIGLER 51 :42.120
 Oregon was- OPEN 99:99.99

100 IM JIM BIGLER 51 1:27.54
 ----- 55-59 MEN -----

100FRE ERIC GP. GUEST 57 1:14.080
 Oregon was- TERRY C. MCCURDY 1:24.13

FRED W SPRENGER 55 1:14.79

400FRE FRED W SPRENGER 55 5:39.230
 Oregon was- JOE BILBAO 11:32.20

SAMUEL M IERULLI 57 6:24.64
 1500FR FRED W SPRENGER 55 23:12.610

Oregon was- OPEN 99:99.99
 SAMUEL M IERULLI 57 25:13.53

100BAK FRED W SPRENGER 55 1:31.440
 Oregon was- OPEN 99:99.99

TERRY C MCCURDY 57 1:50.46
 200BAK FRED W SPRENGER 55 3:10.750

Oregon was- OPEN 99:99.99
 50 FLY ERIC GP. GUEST 57 :36.570

Oregon was- TERRY C. MCCURDY :58.93
 100FLY ERIC GP. GUEST 57 1:30.000

Oregon was- OPEN 99:99.99
 TERRY C MCCURDY 57 2:07.82

200FLY TERRY C MCCURDY 57 4:56.100
 Oregon was- OPEN 99:99.99

100 IM TERRY C MCCURDY 57 1:50.66
 200 IM ERIC GP. GUEST 57 3:16.660

Oregon was- JOE BILBAO 7:28.21
 400 IM ERIC GP. GUEST 57 7:10.940

Oregon was- OPEN 99:99.99
 TERRY C MCCURDY 57 9:09.14

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

50FREE CLARENCE C COURTER 64 :34.850
 Oregon was- JOSEPH A. MALLON :48.68

GILBERT N YOUNG 64 :36.11
 200FRE GILBERT N YOUNG 64 3:09.80

1500FR DAVID BERNSTEIN 64 36:04.860
 Oregon was- OPEN 99:99.99

50BACK CLARENCE C COURTER 64 :44.070
 Oregon was- GILBERT N. YOUNG :44.68

GILBERT N YOUNG 64 :44.33
 DAVID BERNSTEIN 64 1:00.56

100BAK DAVID BERNSTEIN 64 2:07.68
 200BAK DAVID BERNSTEIN 64 4:34.31

50BRST CLARENCE C COURTER 64 :45.370
 Oregon was- KHOSROW SHADBEH :51.21

100BRS CLARENCE C COURTER 64 1:49.82
 100 IM CLARENCE C COURTER 64 1:36.03

GILBERT N YOUNG 64 1:39.51
 ----- 65-69 MEN -----

50FREE FORBES J MACK 68 :36.74
 JOSEPH A MALLON 65 :47.31

100FRE HUGH S RICHARDS 66 1:20.790
 Oregon was- OPEN 99:99.99

FORBES J MACK 68 1:25.16
 JOSEPH A MALLON 65 1:47.38

200FRE JOSEPH A MALLON 65 3:58.410
 Oregon was- OPEN 99:99.99

400FRE H TOM COLE 66 8:00.470
 Oregon was- WARREN ELLIOT 12:45.00

JOSEPH A MALLON 65 8:27.26

1500FR H TOM COLE 66 32:31.250
 Oregon was- OPEN 99:99.99

JOSEPH A MALLON 65 33:30.49
 KHOSROW SHADBEH 65 33:34.49

50BACK KHOSROW SHADBEH 65 :55.92
 100BAK EARL WALTER 65 1:32.180

Oregon was- ROBERT CUTTER 1:45.69
 50BRST ROBERT A MORRISON 65 :41.930

Oregon was- ROBERT CUTTER :51.52
 FORBES J MACK 68 :46.43

100BRS ROBERT A MORRISON 65 1:39.140
 Oregon was- OPEN 99:99.99

100BRS ROBERT A MORRISON 65 1:59.53
 200BRS ROBERT A MORRISON 65 3:46.950

Oregon was- OPEN 99:99.99
 FORBES J MACK 68 4:04.36

100BRS ROBERT A MORRISON 65 4:18.73
 50 FLY EARL WALTER 65 :40.570

Oregon was- OPEN 99:99.99
 100FLY EARL WALTER 65 1:36.830

Oregon was- OPEN 99:99.99
 HUGH S RICHARDS 66 1:41.14

200FLY EARL WALTER 65 3:46.060
 Oregon was- OPEN 99:99.99

100 IM HUGH S RICHARDS 66 1:33.430
 Oregon was- OPEN 99:99.99

100 IM HUGH S RICHARDS 66 1:33.430
 KHOSROW SHADBEH 65 1:58.11

400 IM EARL WALTER 65 7:25.830
 Oregon was- OPEN 99:99.99

HUGH S RICHARDS 66 8:03.46
 ----- 70-74 MEN -----

50FREE ROBERT H SCHMIDT 71 :45.71
 LEE 'KIP' KING 74 :54.40

EDWARD S MURRAY 74 :57.40
 100FRE LEE 'KIP' KING 74 2:06.20

EDWARD S MURRAY 74 2:51.44
 50BACK LEE 'KIP' KING 74 1:10.080

Oregon was- OPEN 99:99.99
 EDWARD S MURRAY 74 1:24.88

50BRST ROBERT H SCHMIDT 71 :54.150
 Oregon was- DON E. DEVLIN 1:00.40

EDWARD S MURRAY 74 1:33.50
 100BRS ROBERT H SCHMIDT 71 2:07.980

Oregon was- OPEN 99:99.99
 ----- 80-84 MEN -----

50FREE HERB EISENSCHMIDT 80 :42.210
 Oregon was- OPEN 99:99.99

50BACK HERB EISENSCHMIDT 80 :50.130
 Oregon was- OPEN 99:99.99

100BAK HERB EISENSCHMIDT 80 1:50.890
 Oregon was- OPEN 99:99.99

200BAK HERB EISENSCHMIDT 80 4:01.120
 Oregon was- OPEN 99:99.99

100 IM HERB EISENSCHMIDT 80 1:53.590
 Oregon was- OPEN 99:99.99

120+ MEN

DANIEL GOSSACK, 25=38.18 D WAYNE BAKER, 43=40.38

200 MEDLEY RELAY

HOWARD E RONKIN, 31=32.00 RICHARD RIESS, 29=36.23 OREG 2:26.79

160+ MIXED

ROBERT S SMITH, 43=29.91 HOWARD E RONKIN, 31=35.04

200 MEDLEY RELAY

MARGARET A WELLS, 60 ### JEAN CRAWFORD, 35 ### OREG 2:29.34

200+ MIXED

ELFIE J STEVENIN, 65=85.22 TAEKA MURRAY, 57=66.37

200 MEDLEY RELAY

BRIAN M LANGLAIS, 41=41.17 ROBERT A MORRISON, 65=32.07 OREG 3:44.83

120+ MEN

DANIEL GOSSACK, 25=29.21 ROY J BOLDUC, 37=40.81

200 FREE RELAY

HOWARD E RONKIN, 31=26.53 RICHARD RIESS, 29=34.72 OREG 2:11.27

120+ MIXED

JEAN L MCFARLANE, 33=35.83 HOWARD E RONKIN, 31=29.22

200 FREE RELAY

PHYLLIS N DAVIS, 47=50.38 DANIEL GOSSACK, 25=29.25 OREG 2:24.68

160+ MIXED

ROBERT A MORRISON, 65=37.37 JILL DOEL, 34=50.31

200 FREE RELAY

SCOTT KORNBERG, 32=29.40 JEAN CRAWFORD, 35=33.79 OREG 2:30.87

----- 71 ENTRANTS -----

PENTATHLON VIDEOS

by Robert Smith

While you were in the pool swimming the pentathlon, Nancy Dobbs was taking your picture on VHS video tape with a camera donated by the 2 pool teams. She was on the 3 meter platform taping every heat and event. If you have access to a VHS video tape player you can see yourself swim on your own TV set !

I spent a serious hour or so analyzing my races using this tape. I learned at least 10 techniques were I could improve my times so perhaps you could learn some tips also. Here are some areas you might look at with this tape.

- * Try to get a player that has stop action, or slow motion ability
- * Always study yourself compared with someone whose time you admire.
- * Count the number of strokes per length, all strokes should correlate among themselves ie in fly I took 7 strokes the first length and 9 the second this about doubles my backstroke count.
- * One of the most important things to do is to observe where your hand enters and leaves the water. In the best swimmers the hand actually leaves the water about even or ahead of where it enters. This shows good modern efficient stroking. Unfortunately about 95% of masters over the age of about 35 years have not learned these modern techniques.

This tape can be rented for \$1.00 for the first week. If you were always in lane 1 or maybe lane 2, forget it, you couldn't be fit in the picture. Lanes 3, 4, 5 & 6 looked ok. Even if you saw only 1 of your races it would be worth it. Call Nancy Dobbs at 639-4505 to get on the list to view the tape.

PENTATHLON

U=00 (+10 SECS)

*=FROM OUTSIDE OREGON ASSOC

25 YARD

02/07/87

PG 1

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

by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
20-24 WOMEN								
	DENISE STUNTZNER	24 OREG	:28.20 0	:34.33	:35.58	:26.49	1:06.98 0	191.58
25-29 WOMEN								
	PAMELA CALTABIANO	27 OREG	:32.08	:36.52	:34.42	:27.30	1:09.65	199.97
	NANCY J DUNTON	28 OREG	:32.02	:35.65	:38.37	:29.50	1:12.20	207.74
	KATHRYN L CRONIN	26 MAC	:31.75	:34.30	:40.56	:29.42	1:13.35	209.38
	ANDREE DEVINE	25 OREG	:32.74	:36.33	:39.23	:29.49	1:14.10	211.89
	SANDE M BROWN	29 OREG	:34.18	:36.70	:46.23 U	:29.01	1:15.20	221.32
	JULIE K HOLMER	27 *IEM	:35.89	:38.25	:39.86	:29.92	1:18.31	222.23
	NANCY P MONNIE	29 OREG	:34.12	:39.33	:43.77	:33.73	1:25.89	236.84
	CYNTHIA E ELLIS	25 OREG	:40.84	:42.20	:52.53	:33.26	1:31.38	260.21
30-34 WOMEN								
	VICKI L GORDON	30 OREG	:31.47	:35.06	:37.84	:28.21	1:10.20	202.78
	DORCAS L PHELAN	30 OREG	:35.25	:38.27	:38.38	:31.40	1:17.30	220.60
	AMY CW. EMMETT	31 OREG	:35.11	:40.12	:42.36	:31.39	1:21.33	230.31
	GAYLE DIANE MILLER	30 OREG	:35.45	:41.66	:41.58	:31.02	1:23.84	233.55
	KARIN A CLANCEY	32 OREG	:35.75	:44.63	:43.85	:31.53	1:23.23	238.99
	JEAN L MCFARLANE	33 OREG	:41.30	:46.87	:39.83	:31.54	1:26.05	245.59
	LESLIE B WINTON	32 OREG	:40.29	:43.88	:44.67	:33.99	1:29.60	252.43
	GLORIA E CALIFF	33 OREG	:41.02	:42.13	:49.10	:32.35	1:29.56	254.16
35-39 WOMEN								
	KATHRINE CASEY	38 *PNA	:32.12	:35.75	:34.86	:38.65 U	1:11.46	212.84
	SUSAN J CASE	37 OREG	:34.17	:35.98	:39.03	:30.29	1:15.62	215.09
	KATHLEEN P BUCK	36 OREG	:33.40	:40.57	:38.74	:29.11	1:18.32	220.14
	MONIKA HUNSCHER	38 OREG	:33.98	:40.65	:41.33	:31.59	1:20.04	227.59
	GAIL M DUMMER	36 *MICH	:39.28	:38.90	:40.71	:35.64	1:28.21	242.74
	JANE A MOORE	36 *PNA	:48.28	:42.49	:45.94	:34.60	1:32.91	264.22
40-44 WOMEN								
	GINGER L PIERSON	40 OREG	:30.09 0	:34.03	:33.77 0	:28.94	1:10.02 0	196.85
	BARBARA FRID	44 OREG	:31.59	:34.66	:38.53	:29.78	1:15.69	210.25
	PAMELA HIMSTREET	43 OREG	:39.18	:45.31	:42.31	:33.26	1:26.27	246.33
	LINDA L JONES	44 MAC	:40.27	:40.69	:48.43	:36.21	1:29.94	255.54
	PATRICIA D BIEZE	43 OREG	:49.49	:49.17	:48.23	:37.72	1:40.61	285.22
	JAN CURRY	41 OREG	1:03.48	:55.72	:56.46	:36.58	1:53.92	326.16
45-49 WOMEN								
	KAREN R ROACH	45 OREG	:36.29	:38.47	:48.35	:30.14	1:23.56	236.81
50-54 WOMEN								
	LAVELLE M STOINOFF	54 MAC	:42.20	:38.98	:43.01 0	:32.01	1:21.13	237.33
	JOAN MARIE WHISMAN	50 OREG	:38.37	:48.04	:45.32	:33.71	1:33.27	258.71
	ARDIS MAY ROSS	51 OREG	:42.94	:44.06	:52.17	:36.74	1:35.20	271.11
	VIVIAN J STARBUCK	52 OREG	:51.06	:57.16	:59.99	:40.59	1:55.42	324.22
60-64 WOMEN								
	MARGARET A WELLS	60 OREG	:44.39	:46.22	:50.26	:37.88	1:39.96	278.71
	PETEEY MH. SMITH	62 OREG	:50.11	:50.70	:56.85	:35.43	1:46.77	299.86
65-69 WOMEN								
	JUDY M MELCHER	66 OREG	1:21.47	1:19.59	1:11.49	1:08.24	2:43.86 0	464.65
	ELFIE J STEVENIN	65 OREG	1:23.65	1:17.58	1:29.51	1:03.93	2:48.87	483.54
70-74 WOMEN								
	BARBARA T HAVERCAMP	70 OREG	2:00.83	1:31.52	1:45.68	1:16.64	3:15.97 0	590.64
75-79 WOMEN								
	HAZEL B BRESSIE	78 MAC	2:04.24	1:19.47	1:31.88	1:20.69	3:23.02 0	579.30
85-89 WOMEN								
	MARTHA KELLER	85 OREG	3:20.16	1:45.10 0	2:15.65	1:30.07	4:20.56 0	791.54
20-24 MEN								
	DAVID S FRID	24 OREG	:26.86	:31.03	:33.02	:25.48	1:02.92	179.31
	ALFRED FRAKES	22 OREG	:28.05	:31.08	:32.89	:25.42	1:05.19	182.63
	GENE BUNTING	23 OREG	:28.95	:34.95	:36.85	:26.99	1:10.15	197.89

PENTATHLON

U=DN (+10 SECS)

*FROM OUTSIDE OREGON ASSOC

25 YARD 02/07/87 PG 2

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

by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
25-29 MEN								
JOHN BERKOWITZ	28	MAC	:27.74	:28.64	:33.03	:24.54	1:02.18	176.13
CHRIS J ROBBINS	29	OREG	:27.37	:30.37	:34.33	:25.14	1:06.27	183.48
COREY A LEAVITT	29	OREG	:29.30	:31.11	:38.62	:26.92	1:09.75	195.70
LEON O WOLF	25	OREG	:28.32	:36.51	:52.26 U	:26.90	1:15.05	219.04
KELLY D RENNELS	26	OREG	:33.40	:42.27	:39.73	:29.70	1:18.22	223.32
30-34 MEN								
ROY ABRAMOWITZ	32	OREG	:25.38	:28.79	:29.75	:24.02	:58.25	166.19
ANDY SCHRAG	30	OREG	:26.12	:29.49	:30.84	:23.71	1:00.26	170.42
CHRIS L HUGHES	34	OREG	:26.10	:29.56	:31.33	:23.69	:59.74	170.42
MARTIN EDWARDS	31	OREG	:34.69 U	:28.37	:32.71	:23.67	:58.51	177.95
DAVID W YEAKEL	33	OREG	:26.85	:31.32	:32.52	:24.71	1:04.52	179.92
ROBERT P ENAHISER	33	MAC	:27.86	:31.85	:31.21	:23.96	1:05.79	180.67
JOHN A BERTANI	31	OREG	:28.31	:31.09	:32.07	:24.48	1:05.06	181.01
PHILIP D MILLER	33	OREG	:28.44	:30.67	:31.94	:25.53	1:04.91	181.49
JOHN E WALKKY	33	OREG	:28.30	:30.99	:32.37	:25.96	1:04.37	181.99
JOHN F ZELL	30	OREG	:28.19	:29.58	:35.37	:25.89	1:04.26	183.29
JIM A LOGAN	32	OREG	:28.24	:32.67	:32.69	:25.35	1:05.41	184.36
DANIEL P JOHNSON	33	OREG	:29.19	:34.28	:32.18	:26.63	1:05.13	187.41
HUGH C MOORE	32	*PNA	:27.13	:31.19	:43.01 U	:25.15	1:02.32	188.80
STEPHEN L ALBRIGHT	34	OREG	:28.43	:35.26	:34.65	:26.21	1:07.19	191.74
KELSEY G JACKSON	34	OREG	:27.01	:28.80	:53.50 U	:23.47	1:00.39	193.17
TOM H HERBER	34	OREG	:28.76	:34.56	:35.10	:26.68	1:08.64	193.74
DENNIS S OLSON	32	OREG	:30.34	:35.55	:34.01	:27.01	1:09.55	196.46
MARK L BECKER	32	OREG	:38.14 U	:32.60	:36.90	:25.88	1:05.62	199.14
JAMES M ELLIOTT	34	OREG	:30.23	:34.17	:38.49	:27.33	1:10.48	200.70
35-39 MEN								
RALPH R WRIGHT	39	MAC	:25.36	:27.49	:31.36	:23.38	:57.88	165.47
TREVOR G CHARLTON	37	OREG	:26.33	:28.41	:32.45	:24.01	1:00.64	171.84
DOUGLAS C PRENTICE	38	OREG	:26.61	:30.13	:31.50	:23.86	1:01.54	173.64
VERNON DASCH	37	OREG	:27.74	:32.68	:31.64	:23.79	1:02.35	178.20
BRUCE W CHENEY	35	OREG	:29.08	:31.54	:34.83	:25.00	1:05.54	185.99
JOHN D DEJARNATT	37	OREG	:28.96	:33.62	:34.33	:27.56	1:07.09	191.56
JED P CRONIN	38	OREG	:27.05	:33.96	:36.53	:25.66	1:08.65	191.85
DOUGLAS P HUNSICKER	39	OREG	:29.21	:35.11	:36.48	:26.50	1:09.68	196.98
L BUZ CARRIKER	39	OREG	:33.59	:40.41	:36.15	:27.88	1:15.24	213.27
ROBERT B BROADWAY	37	OREG	:33.47	:36.97	:37.61	:29.12	1:16.80	213.97
LEE E SPIKER	35	OREG	:36.78	:38.60	:36.52	:27.82	1:17.74	217.46
ROBERT M DARNALL	35	*IEM	:36.54	:45.63	:35.53	:30.06	1:20.14	227.90
40-44 MEN								
ROBERT S SMITH	43	OREG	:25.62	:26.81	:30.36	:23.63	:58.99	165.41
JON D STOUT	40	OREG	:26.84	:27.82	:32.61	:24.28	1:02.40	173.95
RICHARD D BOYD	43	OREG	:28.10	:31.18	:32.34	:25.38	1:03.74	180.74
DALE G VAUGHAN	42	OREG	:30.01	:33.65	:31.53	:24.57	1:04.81	184.57
ROBERT B MOSS	42	OREG	:34.58	:30.78	:36.25	:27.35	1:10.14	199.10
BOB TIMM	40	OREG	:31.80	:33.21	:37.45	:27.23	1:09.67	199.36
ROY D LAMBERT	40	OREG	:31.00	:37.88	:35.34	:28.60	1:11.44	204.26
BILL C DORR	40	OREG	:32.01	:38.00	:35.65	:27.29	1:12.72	205.67
BRIAN M LANGLAIS	41	OREG	:31.04	:34.41	:40.42	:28.36	1:13.18	207.41
DANIEL R GRAY	41	OREG	:30.77	:35.38	:41.09	:27.88	1:12.91	208.03
KEITH A FINZER	42	OREG	:31.66	:40.17	:36.98	:29.19	1:14.15	212.15
D WAYNE BAKER	43	OREG	:34.92	:40.14	:34.98	:31.75	1:19.83	221.62
ROY L WATTERS	42	OREG	:34.24	:38.59	:41.31	:28.88	1:18.82	221.84
WILLIAM M BOSTIC	40	MAC	:37.07	:41.08	:40.67	:29.68	1:24.10	232.60
THOMAS E WEBB	42	OREG	:39.38	:41.62	:49.22	:40.57 U	1:34.25	265.04

PENTATHLON

25 YARD

02/07/87

PG 3

U=DB (+10 SECS)

8=FROM OUTSIDE OREGON ASSOC

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

by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
45-49 MEN								
	RONALD K NAKATA	47 OREG	:28.62	:35.03	:34.78	:25.92	1:08.85	193.20
	WALT E REID	46 #PNA	:31.39	:33.95	:32.68	:28.59	1:09.51	196.12
	ED J URBANSKI	46 OREG	:33.93	:34.65	:40.25	:29.30	1:17.27	215.40
50-54 MEN								
	DAVID R ADDLEMAN	52 #PNA	:29.51	:32.67	:36.01	:26.42	1:09.99	194.60
	JOE L GAMBLIN	51 OREG	:33.64	:45.86	:39.54	:30.51	1:25.42	234.97
55-59 MEN								
	ERIC GP. GUEST	57 OREG	:31.72	:41.73	:37.35	:28.24	1:15.84	214.88
	MILTON R MARKS	56 OREG	:35.03	:39.04	:35.54	:28.63	1:16.79	215.03
	DONLAN F JONES	57 OREG	:39.42	:35.44	:41.24	:32.17	1:22.99	231.26
	TERRY C MCCURDY	57 OREG	:48.48	:45.23	:51.72	:33.80	1:34.89	274.12
	SAMUEL M IERULLI	57 OREG	:51.04	:51.41	:47.87	:33.95	1:35.89	280.16
60-64 MEN								
	CLARENCE C COURTER	64	:38.06	:38.82	:40.12	:31.41	1:23.37	231.78
	GILBERT N YOUNG	64 OREG		1:01.77				999.99
65-69 MEN								
	EARL WALTER	65 OREG	:35.13	:35.63 0	:40.42	:31.63	1:20.00	222.81
	HUGH S RICHARDS	66 OREG	:33.61 0	:42.12	:39.45	:29.51	1:21.22	225.91
	ROBERT A MORRISON	65 OREG	:35.05	:41.58	:36.37 0	:32.96	1:23.91	229.87
	FORBES J MACK	68 OREG	:42.13	:49.01	:41.49	:32.26	1:29.80	254.69
	KHOSROW SHADBEH	65 OREG	:48.06	:50.42	:48.02	:42.47	1:43.11	292.08
70-74 MEN								
	ARTHUR T HANLON	70 OREG	1:08.15	1:01.70	1:03.38	:55.66	2:17.98	386.87
	LEE 'KIP' KING	74 OREG	1:22.12 U	1:04.98	1:13.85	:44.65	2:39.02	424.62
80-84 MEN								
	HERB EISENSCHMIDT	80 OREG	:50.02 0	:45.43 0	:52.51 0	:37.60 0	1:43.81 0	289.37

----- 122 ENTRANTS -----

PENTATHLON

02/07/87 PENDING RECORDS FOR EARL

80-84 M	50FREE	HERB EISENSCHMIDT	with	:37.60	broke record of COLLISTER WHEELER	:43.30
85-89 F	50BACK	MARTHA KELLER	with	1:45.10	broke record of OPEN	99:99.99
65-69 M	50BACK	EARL WALTER	with	:35.63	broke record of SYD HENDY	:36.10
80-84 M	50BACK	HERB EISENSCHMIDT	with	:45.43	broke record of HERB EISENSCHMIDT	:45.82
40-44 F	50BRST	GINGER L PIERSON	with	:33.77	broke record of GINGER L. PIERSON	:33.96
50-54 F	50BRST	LAVELLE M STOINOFF	with	:43.01	broke record of LAVELLE M. STOINOFF	:43.20
65-69 M	50BRST	ROBERT A MORRISON	with	:36.37	broke record of ROBERT A MORRISON	:37.74
80-84 M	50BRST	HERB EISENSCHMIDT	with	:52.51	broke record of COLLISTER WHEELER	:55.16
20-24 F	50 FLY	DENISE STUNTZNER	with	:28.20	broke record of DENISE STUNTZNER	:29.28
40-44 F	50 FLY	GINGER L PIERSON	with	:30.09	broke record of BARBARA FRID	:30.93
65-69 M	50 FLY	HUGH S RICHARDS	with	:33.61	broke record of HUGH S RICHARDS	:34.22
80-84 M	50 FLY	HERB EISENSCHMIDT	with	:50.02	broke record of OPEN	99:99.99
20-24 F	100 IM	DENISE STUNTZNER	with	1:06.98	broke record of CAROLYN A. BROWN	1:07.38
40-44 F	100 IM	GINGER L PIERSON	with	1:10.02	broke record of MIRJANA CALLAHAN	1:11.97
65-69 F	100 IM	JUDY M MELCHER	with	2:43.86	broke record of ELFIE J STEVENIN	2:54.55
70-74 F	100 IM	BARBARA T HAVERCAMP	with	3:15.97	broke record of HAZEL BRESSIE	3:22.62
75-79 F	100 IM	HAZEL B BRESSIE	with	3:23.02	broke record of HAZEL B. BRESSIE	3:26.99
85-89 F	100 IM	MARTHA KELLER	with	4:20.56	broke record of OPEN	99:99.99
80-84 M	100 IM	HERB EISENSCHMIDT	with	1:43.81	broke record of OPEN	99:99.99

1987 USMS National Short Course Championships

Dates: May 15-18, 1987

Location: DeGuerre Swimming Complex, Stanford University, Stanford, California

Sanctioned by: US Masters Swimming and Pacific Masters Swimming. Sanction number 80071.

Eligibility: National Championships are open to any USMS registered swimmer who is at least 25 years old as of May 18, 1987. If you wish to represent a club, you and the club must be registered in the same LMSC; if there are any questions about your affiliation, you will swim "unattached." Foreign swimmers must submit their International Travel Permit with the entry form and fees.

Entry blank: There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. Do not enter with "no time." You can enter a total of six events, no more than three on any of the first three days (not including relays). On the final day you may enter only one event, either the 1000 free or the 1650 free.

Meet conduct: The meet brochure contains the details of the administration of the meet. All events will be pre-seeded, with the exception of the 1650 free, 1000 free, 500 free, 400 I.M., and the relays, which will be deck seeded.

Age groups: 25-29, 30-34, and so on up to 85-89 and 90+. Your age on the last day of the meet (May 18, 1987) determines your age group for the entire meet. All events swim oldest to youngest, slowest to fastest.

Awards: National Masters medals to first through tenth places.

Scoring: Individual events: (men/women): 11, 9, 8, 7, 6, 5, 4, 3, 2, 1. See relay entry form for relay scoring.

Fees: \$3.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form; an entry is not complete until the check clears the bank. If there are problems with fees, full cash payment will be required before you can swim. Refund requests must be in writing and received by the meet director no later than April 15, 1987. Fees must be paid in U.S. dollars by check or money order. **Checks payable to Los Altos Masters National Meet.**

Banquet: An Italian pasta buffet will be held at Ricky's Hyatt Hotel Ballroom on Sunday, May 17, 1987. No host cocktails at 6:00 PM; dinner at 7:00 PM. Dancing from 7:00 PM until 11:00 PM. The cost is \$19 per person. Reservations must be included on the form below.

Number of individual events entered _____	X \$3.00 = _____
Meet surcharge (required for all swimmers)	\$13.00
Number of banquet tickets _____	X \$19.00 = _____
Total amount of fees due (Do not send cash.)	U.S. \$ _____

Mail entry and fees to:

Los Altos Masters National Meet
% Los Altos Masters Swim Club
P.O. Box 809
Los Altos, California 94023

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Entry deadline: Entries must be received by April 15, 1987; late entries will be returned to the sender. **Mail early!**

Release from liability: The undersigned agrees to hold United States Masters Swimming, Inc., and all Local Masters Swimming Committees, Los Altos Masters, Los Altos Aquatic and Stanford swimming free and harmless for any and all damages, claims, demands and legal action arising by reason of injury done to anyone during the conduct of the event, including all attorney fees and court costs. I have read the meet information and agree to abide by the championship rules of United States Masters Swimming.

Date _____ Signed _____

Official entry form for individual events 1987 US Masters National Short Course Championships
Stanford, California Sanction No. 87001 May 15-18, 1987

Name _____ Sex _____

 Last First Middle initial

Address				
No.	Street name	City	State	Country

Age _____ Birthdate _____ USMS Registration # _____
on 5-18-87 ("Pending" is **not** acceptable)

Club (or Unattached) _____ LMSC (Local Association) _____

Telephone (in case there are questions about your entry) _____

Event #	Women: Seed time	Event	Event #	Men: Seed time
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Friday, May 15 8:00 AM

1		200 Yard Backstroke	2	
3		100 Yard Breaststroke	4	
5		50 Yard Freestyle	6	
7		200 Yard Butterfly	8	
9		100 Yard Individual Medley	10	
11	See relay entry form	200 Yard Medley Relay	12	See relay entry form
13		500 Yard Freestyle	14	

Saturday, May 16 8:00 AM

15		200 Yard Breastroke	16	
17		100 Yard Butterfly	18	
19		50 Yard Backstroke	20	
21		100 Yard Freestyle	22	
23		200 Yard Individual Medley	24	
25	See relay entry form	200 Yard Freestyle Relay	26	See relay entry form
27	See relay entry form	200 Yard Mixed Medley relay	28	See relay entry form

Sunday, May 17 8:00 AM

29		200 Yard Freestyle	30	
31		50 Yard Breaststroke	32	
33		100 Yard Backstroke	34	
35		50 Yard Butterfly	36	
37		400 Yard Individual Medley	38	
39	See relay entry form	200 Yard Mixed Med Relay	40	See relay entry form

Monday, May 18 8:00 AM

41		1000 Yard Freestyle	42	
43		1650 Yard Freestyle	44	

Note: You cannot enter both the 1650 and the 1000.

Photocopies of this form are acceptable: be sure to read and complete both sides.

1987 USMS National Short Course Championships: Relays

Dates: May 15-18, 1987

Location: DeGuerre Swimming Complex, Stanford University, Stanford, California

Sanctioned by: US Masters Swimming and Pacific Masters Swimming. Sanction number 80071.

Relay eligibility: Each relay swimmer must be a USMS registered swimmer. All four members of a relay must be properly affiliated with the same USMS club. The club and the swimmers must all be registered in the same Local Master Swimming Committee (LMSC). "Unattached" swimmers may not swim on relay teams. Relay entries are in addition to individual events; you can swim a maximum of four relays, and can swim only once in each relay.

Team Representative: Designate on the reverse side of this form the person who will be responsible for picking up, filling out, and returning your club's relay cards each day and claiming any awards for your club.

Age groups: 25+, 35+, 45+, 55+, 65+, 75+. The age of the youngest member determines the age for the relay.

Awards: National Masters medals to first through tenth places.

Relay scoring: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2.

Fees: \$8.00 per relay, plus \$13.00 surcharge for each swimmer. Checks payable to: Los Altos Masters National Meet.

Entry deadline: Entries must be received by April 15, 1987; late entries will be returned to the sender. Mail early!

Late entries: Clubs may deck enter teams on Thursday, May 14, 1987 at the meet registration desk, for a fee of \$12.00 per relay. All relay swimmers (pre-entered or deck entered) must have entered the meet and paid the \$13.00 surcharge by April 15, 1987. If you wish to swim relays and are not entered in any individual events, you must include your name on the list below, pay the surcharge, and sign the release at the bottom of this page.

Complete the following for any relay swimmer who is not entered in any individual events; all potential relay swimmers must either be listed here or entered individually.

Name	(Last)	(First)	Sex	Age	Reg No.

Mail entry and fees to:

Los Altos Masters National Meet
% Los Altos Masters Swim Club
P.O. Box 809
Los Altos, California 94023

Number of relay events entered _____ X \$8.00 = _____

Meet surcharge (relay only swimmers) _____ X \$13.00 = _____

Number of banquet tickets (relay only swimmers) _____ X \$19.00 = _____

Total amount of fees due (Do not send cash.) U.S. \$ _____

Release from liability for relay swimmers who do not enter individual events: The undersigned agrees to hold United States Masters Swimming, Inc., and all Local Masters Swimming Committees, Los Altos Masters, Los Altos Aquatic and Stanford swimming free and harmless for any and all damages, claims, demands and legal action arising by reason of injury done to anyone during the conduct of the event, including all attorney fees and court costs. I have read the meet information and agree to abide by the championship rules of United States Masters Swimming.

Date _____ Signed _____

Official entry form for relay events 1987 US Masters National Short Course Championships
Stanford, California Sanction No. 87001 May 15-18, 1987

 Name of club or team

 LMSC (Local Association)

 Name of team representative at meet

 Club USMS Registration number

 Name of contact for relay information

 Home phone

 Work phone

 Street Address

 City

 State

 Zip Code

Instructions: Please enter an achieved time or a reasonable aggregate time for your relay teams under the correct event and opposite the correct age group and letter designation. Do not enter with "No time" or your entry will be rejected. The age of the youngest swimmer is the age group for the relay. If you enter more than three teams for any age group, please photocopy the form below and write "D," "E," "F," and so on.

Entry deadline: All entries must be received by Monday, April 15, 1987 or deck entered Thursday, May 14, 1987. April 15 entries are \$8.00 per relay; May 14 entries are \$12.00 per relay. All relay swimmers must enter the meet by April 15. If you enter only relays, and not individual events, you must fill out the reverse side of this form completely.

Age Group + Relay Letter	Women's Relays		Men's Relays		Mixed Relays	
	Event 11 200 yd. Medley Relay	Event 25 200 yd. Free Relay	Event 12 200 yd. Medley Relay	Event 26 200 yd. Free Relay	Event s 27 & 28 200 yd. Medley Relay	Event s 39 & 40 200 yd. Free Relay
25 + A						
25 + B						
25 + C						
35 + A						
35 + B						
35 + C						
45 + A						
45 + B						
45 + C						
55 + A						
55 + B						
55 + C						
65 + A						
65 + B						
65 + C						
75 + A						
75 + B						
75 + C						

Photocopies of this form are acceptable; make sure you read and complete both sides.

United States Masters Swimming National Short Course Championships Stanford, California May 15-18, 1987



February 1, 1987

IMPORTANT ACCOMODATIONS UPDATE:

REDUCED RATES--LATER DEADLINE--EXTENDED SHUTTLE SERVICE

The response to our initial mailing has allowed The Professional Planners, the designated travel agency of the US Masters National Short Course Championships, to negotiate lower hotel rates. A schedule of the new rates is enclosed.

To reserve at these lower rates, please use the enclosed form. (If you have already reserved through The Professional Planners, you will receive a credit or refund.)

The reservation deadline has been extended to April 15, 1987. Reminder: we are competing for hotel space with an electronics convention and with Stanford University's centennial celebration, and the hotels will not hold our space after that date. You must meet the deadline to assure rooms, and full payment for reservations made through Proffsional Planners are due April 15.

We are extending pool shuttle service to include the Hyatt Palo Alto and Holiday Inn Palo Alto. For the other hotels, you will need to arrange your own transportation. Discounted car rental rates for Masters swimmers are available through The Professional Planners.

The Professional Planners can help with all or any portion of your air/hotel/car rental arrangements, but there is no obligation to use their services. Please be aware, however, that the discounted rates for the above hotels are available only through The Professional Planners. We have included a list of other motels, which you can book directly.

We urge you to make your arrangements promptly. Feel free to call Cornelia Lovette (Hotel Chairman), 415-941-6058, or Carolyn Johnson (Meet Director), 415-962-9299, if we can help.

You can obtain additional meet information, entry forms, and brochures from: 1987 National Short Course Championships
c/o Los Altos Masters Swim Club
P.O. Box 809, Los Altos, CA 94023

Telephone: Kristy King (415)949-2726 (evenings)

Please send a self-addressed stamped (44 cents) standard (#10) envelope. Any return calls will be collect.

We look forward to seeing you at the 1987 Short Course Championships!

RICKEY'S HYATT - Palo Alto

4219 El Camino Real

Palo Alto, CA 94306

HEADQUARTERS HOTEL**SHUTTLE SERVICE**

Negotiated group rate: Single/Double \$64.90 per night
Triple \$72.60 per night
Quad \$80.30 per night

HYATT PALO ALTO

4290 El Camino Real

Palo Alto, CA 94306

SHUTTLE SERVICE

Negotiated group rate: Single/Double \$64.90 per night
Triple \$72.60 per night
Quad \$80.30 per night

STANFORD PARK HOTEL

100 El Camino Real

Palo Alto, CA 94025

Negotiated group rate: Single/Double \$105.02 per night

HOLIDAY INN PALO ALTO

625 El Camino Real

Palo Alto, CA 94301

SHUTTLE SERVICE

Negotiated group rate: Single \$60.00 per night
Double \$66.00 per night
Triple \$72.00 per night
Quad \$78.00 per night

SANTA CLARA MARRIOTT

Great America Parkway

Santa Clara, CA 95054

Negotiated group rate: Single/Double \$69.62 per night
Triple/Quad

THE DOUBLETREE HOTEL

5101 Great America Parkway

Santa Clara, CA 95054

Negotiated group rate: Single/Double \$70.62 per night
Triple \$80.62 per night
Quad \$90.62 per night

CAR RENTALS

The Professional Planners has negotiated group weekend rates. All car rentals may be paid in cash or by credit card when you return the rental. You can pick up cars at either San Francisco or San Jose airports or in Palo Alto. The rates quoted below are valid when cars are rented Thursday through Monday (weekend rate) and include 100 free miles per day and \$.20 per mile thereafter. Weekly rates available upon request. Rates higher for renters under 25. Insurance and taxes not included in rates. We recommend checking your personal auto insurance policy to see if you are covered when renting vehicles.

RATES:

Class A/Economy Car:	\$19.95 per day
Class B/Compact Car:	\$25.95 per day
Class C/Mid-size Car:	\$28.95 per day
Class D/Full-size Car:	\$29.95 per day
Class E/Full-size Car:	\$31.95 per day
Class I/Luxury Car:	\$44.95 per day
Class V/Luxury Car:	\$44.95 per day
Class Y/Mini-Van:	\$59.95 per day

CAR RENTAL

Name of Renter: _____ Birthdate: _____ Age: _____

Driver's License Number: _____ State of Issue: _____

Date of Arrival: _____ Time of Arrival: _____

Airline and Flight #: _____ City of Arrival: _____

Requested Pick-up At: San Jose Airport: _____ Palo Alto: _____

San Francisco Airport: _____ Oakland Airport: _____

Type of Car: Class A Class B Class C Class D Class E
(Please Circle One)
Class I Class V Class Y

Date of Departure: _____ Time of Departure: _____

Airline and Flight #: _____ Drop-Off City: _____

RATE: \$ _____ per day X _____ = \$ _____
(Listed previously) (# of Days) (Total)

METHOD OF PAYMENT: CASH: _____ CREDIT CARD: _____
(Please Check One)

Name on Credit Card: _____

CREDIT CARD: _____
(Card Type) (Card Number) (Exp Date)

*NOTE: Car rentals charges may be paid at time of drop-off.

AIRLINE RESERVATIONS

Name: _____ Name: _____

Name: _____ Name: _____

Date of Departure: _____ Departure City: _____

Time of Departure: Morning _____ Noon: _____ Afternoon: _____ Evening: _____
(Please Check One)

Arrival City: San Jose _____ San Francisco _____ Oakland: _____
(Please Check One)

Other: _____
(Please Specify)

Date of Return: _____ Departure City: _____

ALTERNATE ACCOMODATIONS

Participants wishing to stay in these motels should book their accomodations themselves, as Professional Planners, Inc., cannot make reservations in these motels. The rates given are those in effect as of October, 1986, for two persons/two beds, exclusive of tax. These rates are given for comparative purposes only; they are not guaranteed and are subject to change. The approximate driving times to Stanford's DeGuerre pool reflect best-case conditions.

5-10 minutes

MERMAID INN
727 El Camino Real
Menlo Park, CA 94025
(415) 323-9481 \$48

STANFORD ARMS MOTEL
115 El Camino Real
Menlo Park, CA 94025
(415) 325-1428 \$40

RIVIERA MOTOR LODGE
15 El Camino Real
Menlo Park, CA 94025
(415) 321-8772 \$48

10-15 minutes

STANFORD TERRACE INN
531 Stanford Avenue
Palo Alto, CA 94306
(415) 857-0333 \$73

CREEKSIDE INN
3400 El Camini Real
Palo Alto, CA 94306
(415) 493-2411 \$60

TOWNHOUSE MOTEL
4164 El Camino Real
Palo Alto, CA 94306
(415) 493-4492 \$45

SKY RANCH MOTEL
4234 El Camino Real
Palo Alto, CA 94306
(415) 493-7221 \$40

VIKING MOTEL
4238 El Camino Real
Palo Alto, CA 94306
(415) 493-4222 \$42

4 SEASONS MOTEL
4320 El Camino Real
Los Altos, CA 94022
(415) 941-0360 \$44

COUNTRY INN
4345 El Camino Real
Palo Alto, CA 94306
(415) 948-9154 \$36

PALO ALTO INN
4301 El Camino Real
Palo Alto, CA 94306
(415) 949-0833 \$36

PALO ALTO OAKS INN
4279 El Camino Real
Palo Alto, CA 94306
(415) 493-6644 \$38

GLASS SLIPPER INN
3941 El Camino Real
Palo Alto, CA 94306
(415) 493-6611 \$58

MAYFLOWER GARDEN
3981 El Camino Real
Palo Alto, CA 94306
(415) 493-4433 \$44

EL RANCHO PALO ALTO
3901 El Camino Real
Palo Alto, CA 94306
(415) 493-2760 \$30

CRYSTAL LODGE
3339 El Camino Real
Palo Alto, CA 94306
(415) 493-2521 \$40

STANFORD MOTOR INN
3305 El Camino Real
Palo Alto, CA 94306
(415) 493-3153 \$48

TRAVELODGE PALO ALTO
3255 El Camino Real
Palo Alto, CA 94306
(415) 493-6340 \$59

CORONET MOTEL
2455 El Camino Real
Palo Alto, CA 94306
(415) 326-1081 \$40

15-20 Minutes

AMBASSADOR INN
860 El Camino East
Mtn. View, CA 94040
(415) 940-1000 \$64

BROOKSIDE INN
200 El Camino East
Mtn. View, CA 94040
(415) 969-8200 \$70

TROPICANA LODGE
1720 El Camino West
Mtn. View, CA 94040
(415) 961-0220 \$58

CO-Z 8 MOTEL
64 El Camino West
Mtn. View, CA 94040
(415) 965-0585 \$52

M.V. BEST WESTERN
2300 El Camino West
Mtn. View, CA 94040
(415) 962-9912 \$61

LOS ALTOS INN MOTEL
2650 El Camino West
Mtn. View, CA 94040
(415) 948-1036 \$32

FINAL BOOKING INFORMATION

Please make all checks payable and return to: The Professional Planners, 2441 Park Boulevard, Palo Alto, CA 94306. (415)853-8615 (within California) or (800)228-2649 (outside California).

Upon receipt of your completed registration form and monies due, The Professional Planners will complete all requested reservations and forward to you a written confirmation with a full accounting of fares, rates and/or costs. Double check this written confirmation for correct dates and specific arrangements. Make any changes directly with The Professional Planners. Please note and remember to send final hotel payments which are due no later than April 14, 1987.

ADDITIONAL COMMENTS OR REQUESTS FOR INFORMATION: _____

Bulk Rate U.S. Postage PAID Novato, CA Permit No. 154

1987 National Short Course Championships
c/o Los Altos Masters Swim Club
P. O. Box 809
Los Altos, CA 94023

REGISTRATION FORM

Name(s): _____ Club: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Telephone: (____) _____ Work Telephone: (____) _____

ACCOMMODATIONS

HYATT RICKEY'S HYATT PALO ALTO HOLIDAY INN
STANFORD PARK HOTEL MARRIOTT'S DOUBLETREE

First Choice: _____ Single Double Triple Quad
(Name of Hotel) (Please Circle One)

Second Choice: _____ Single Double Triple Quad
(Name of Hotel) (Please Circle One)

Third Choice: _____ Single Double Triple Quad
(Name of Hotel) (Please Circle One)

Name(s) of Participants in the Room: 1. _____
2. _____
3. _____
4. _____

Day of Arrival: _____ Time of Arrival: _____

Day of Departure: _____ Time of Departure: _____

RATE: \$ _____ per night X _____ = _____
(Listed previously) (Number of nights) (Total)

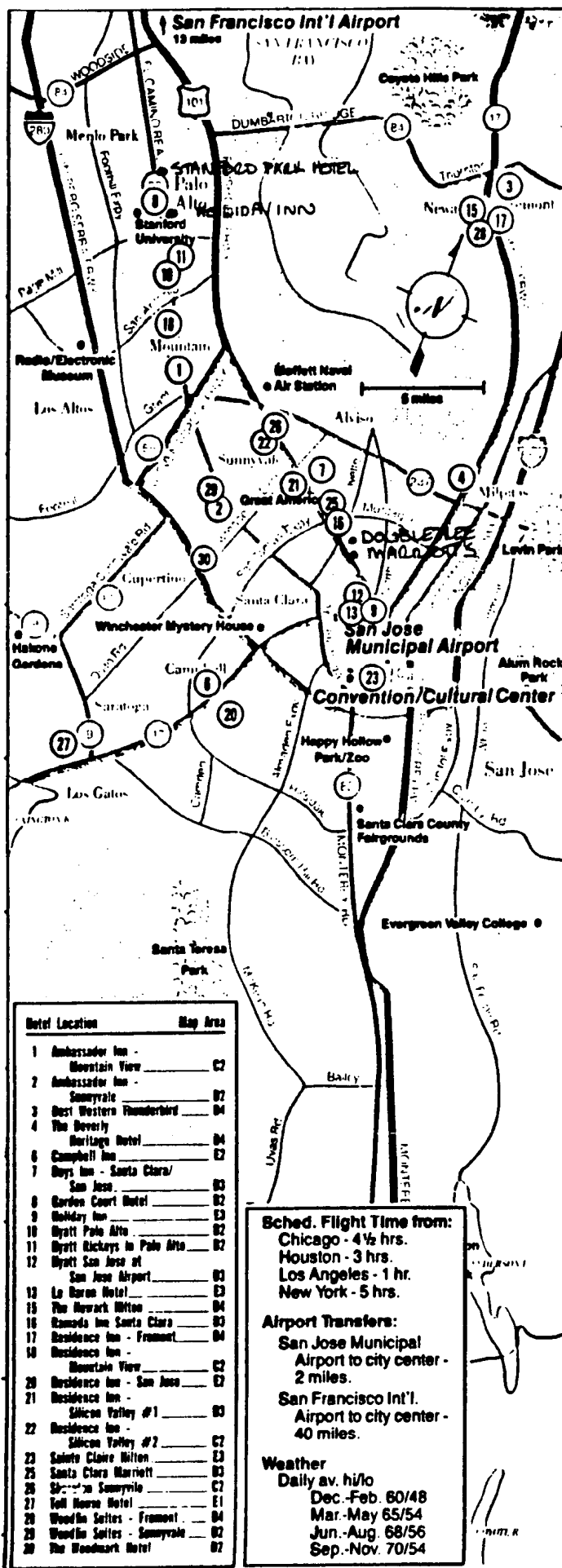
METHOD OF PAYMENT:
(Please Check One) MONEY ORDER: _____ CHECK: _____

* TO MAKE RESERVATION: Due and payable with the return of this registration form: One night's deposit. Balance due and payable no later than April 14, 1987.

CAR RENTAL

Name of Renter: _____ Birthdate: _____ Age: _____

Driver's License Number: _____ State of Issue: _____



AIR TRANSPORTATION

United Airlines has been designated the Official Air Carrier of the National Short Course Championships. As a participant you are eligible for a 30% discount off all "Y/YN" domestic fares and/or 5% discount off any published discount fare (excluding promotional fares). If you are departing from a city not serviced by United we are still able to quote the lowest fare available.

Certain rules, regulations and restrictions will apply to your tickets. Our skilled agents will advise you of any penalties or restrictions on your ticket at the time of booking. All fares quoted are subject to change without notice.

Please make your air reservations early to avoid higher fares. You may pay for your tickets by check, money order or credit card. Final payment on tickets is due at the time of ticketing. If you have any further questions or wish to include extended travel plans with your attendance at the meet, feel free to call our toll-free number; (800)228-2649 (outside California) or (415) 853-8615.

Between The Lane Lines.....

Good month of March to one and all.

Nationals is just around the corner so I'd like to remind everyone to make their reservations as soon as they can. The reduced rates deadline has been extended to April 15 but the sooner the better.

All those wishing to form relay teams for Nationals please contact Bert Petersen as soon as possible.

The position of Vice Chair for OMS will be available soon so anyone interested in filling the above please contact Susan Albright.

The next OMS meeting will be at Bert's house (address on front page) March 18, at 7 PM and he promises to supply great goodies. Thanks Bert.

See you all next month.

OZGOOD'S GOGGLE GOSSIP

Whatsamatta you!

The Pentathlon sure brought a lot of swimmers out of the woodwork. Saw a lot of faces haven't seen in a while. Whatever it takes. See you next year, Vern. Saw a lot of good swimming and personal bests for this time of year.

If your name happened to begin with Mar, as in Mark or Martin, you ran the risk of false starting. Those eagle-eyed officials will nab you.

Ginger and Lavelle keep churning to new records. Didn't know you could sprint, Lavelle. So did Denise from Roseburg. Not to mention Hazel and Martha. Now that's an age span. Also doing well was Kathy with coat and kid. Bob 99.99 and supreme sandbagger Ralph did a fine job. Showed up Roy. You can't blame it on work, Roy. Where in heck are Karl and buns lady Louise? Noticed lots of babies at the meet. These are our future OMSsters. On the way are Jayne and Susan. Speaking of personal events, our former prez, Art, got married in February.

A lot of OMSsters are planning to represent us at the Palo Alto Nationals. Hope you can too. OZB will be there keeping tabs.

Lap 'em up.

OZB

1987 ASSOCIATION SHORT COURSE SWIMMING CHAMPIONSHIPS
SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION
Sanction No. 87C

ENTRY FORM FOLLOWS

MEET: ASSOCIATION CHAMPIONSHIPS
PLACE: Tualatin Hills Rec Center Pool
15707 SW Walker Rd.
Beaverton, OR
8 lanes, continuous warm-up area
HOST: Tualatin Hills Barracudas
Mark Becker, Meet Director (644-9668)

DATES: APRIL 11, 12 & 13, 1987

	Events	Warm up	Meet Starts
Fri	1- 2	5:30PM	6:30PM
Sat	3-12	8:30AM	9:30AM
Sun	13-22	8:30AM	9:30AM

DIRECTIONS TO POOL:

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

ELIGIBILITY: Open to all USMS registered swimmers, 19 years of age or older, as of last day of meet.

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

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

SEEDING: Enter relays at meet. The 400 IM, 1650, 1000 and 500 Free will be deck-seeded. 400 IM and 1650 entrants should check-in no later than 6:00pm on Friday. 1000 entrants should check-in before event # 7 on Saturday. All other events will be pre-seeded, one heat fast men, one heat fast women, then mixed heats fast to slow.

SCORING AND AWARDS: Individual awards may be purchased at the meet for \$1.50 each. Team awards for 1st, 2nd and 3rd places will be awarded to LOGs in the following categories (numbers refer to swimmers in the meet):

1-9 10-19 20 or more

ENTRY FEE: \$6.00 per swimmer. Make check payable to OMS. Mail entries to:
OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034

ENTRY DEADLINE: Postmarked no later than 3-27-87. No late entries will be accepted.

BANQUET: Monte Carlo Italian Restaurant, 1016 SE Belmont, Portland. Featured will be a family style chicken and beef dinner with Italian side dishes. A no-host cocktail hour will begin at 5:00pm followed by dinner at 6:00pm. Cost is \$10.25 per person. Please include your banquet money with your entry form and fees. A map will be included in the heat sheet for the meet.

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

Alternative lodging includes the following (1986 prices):

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

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

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

OREGON MASTERS SWIMMING MEET SCHEDULE 1986-87

DATE

LOCATION

FORMAT

SHORT COURSE YARDS/METERS

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 15,16,17,18, 1987	Palo Alto, CA	Short Course Nationals: Los Altos/Stanford University

LONG COURSE

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

1/87 ms

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
<u>Optional</u>	400 IM	400 IM	400 IM	400 IM
<u>Distance</u>	1650 or	1650 or	1650 or	1650 or
<u>Events</u>	1000 yd Fr	1000 yd Fr	1000 yd Fr	1000 yd Fr
	1500 or	1500 or	1500 or	1500 or
	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

1987 ASSOCIATION SHORT COURSE CHAMPIONSHIPS ENTRY FORM
SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION
 Sanction No. 87C

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

USMS# 7 AGE _____ BIRTHDATE _____ SEX _____

CLUB (check one):

 OREGON MAC PNA OTHER (please specify)

LOG: _____ (i.e. RVM, THB)

You are limited to a maximum of 6 individual events (not to exceed 5 in one day) plus 4 relays. Enter relays at the meet. The 400 IM, 1650, 1000 and 500 Free will be deck-seeded. 400 IM and 1650 entrants should check-in no later than 6:00pm on Friday. 1000 entrants should check-in before event #7 on Saturday. All other events will be pre-seeded, one fast heat men, one fast heat women, then mixed heats fast to slow.

Please indicate if you are willing to swim two to a lane in the 1650 or the 1000 Free: Yes No

ENTRIES MUST BE POSTMARKED BY 3-27-87

		ENTRY TIME	
FRIDAY			
400 IM	1	_____	_____
1650 Free	2	_____	_____
SATURDAY			
Mxd Med. Relay	3	xxx : xxx . xxx	
200 Free	4	_____	_____
100 Breast	5	_____	_____
50 Fly	6	_____	_____
Free Relay	7	xxx : xxx . xxx	
10 MIN BREAK			
200 Back	8	_____	_____
50 Free	9	_____	_____
100 Fly	10	_____	_____
100 IM	11	_____	_____
10 MIN BREAK			
1000 Free	12	_____	_____

		ENTRY TIME	
SUNDAY			
500 Free	13	_____	_____
Mxd Fr Relay	14	xxx : xxx . xxx	
200 Breast	15	_____	_____
100 Free	16	_____	_____
50 Back	17	_____	_____
10 MIN BREAK			
200 Fly	18	_____	_____
100 Back	19	_____	_____
50 Breast	20	_____	_____
5 MIN BREAK			
200 IM	21	_____	_____
Med Relay	22	xxx : xxx . xxx	

Meet Entry Fee = 6.00
 Banquet Tickets @ 10.25 ea = _____

TOTAL FEE(S) = _____

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

PLEASE NOTE: Swimmers less than 25 years old 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 _____

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.)

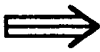
Accidental death	\$10,000.00
Dismemberment	10,000.00
Accidental Medical Expenses	2,000.00

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.

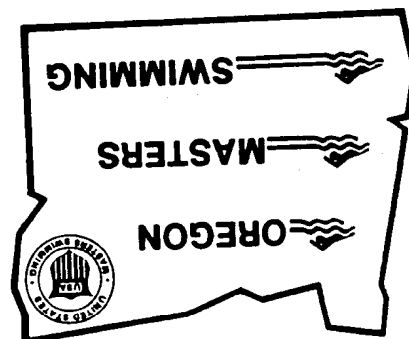
This is a New registration: _____ Renewal: my 1986 # _____		Oregon 1987	Office Use Only
Name _____ Last First M.I.			
Address _____		Reg. Fee (\$10.00) _____ Aqua Master(6.00) _____ Total _____	
City _____ St _____ ZIP _____			
() _____ Phone # Born (MM/DD/YY) Age Sex			
Local Operating Group (if any) _____ 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.

first class mail

Linda Hope
448 SW 121st Place
Portland, Or 97225



This issue of your AQUAMASTER was donated through
the courtesy of sometime swimmer Jim Snow and

STEVENS-NESS LAW PUBLISHING CO.

For your PRINTING and OFFICE SUPPLY needs call

223-3137.

STEVENS-NESS

916 S.W. Fourth Avenue

Portland, Oregon 97204

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

