



AQUA-MASTER

APRIL 87 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Vol 13 #4

happy birthday

MAY

Donald J. Kuyper	1	Sean J. Broderick	13	John C. Nosler	22
Mary Ann Wolfe	2	L. Nick Norton	14	Robert S. Smith	22
Lee J. Miesen	3	Ronald K. Nakata	15	Lisa Shaw	22
Daniel R. Gray	5	Nadine K. Whitehall	16	Nick R. Brown	22
Sidne L. Pierce	5	Kaleo B. Schroder	16	Shauna L. Briggs	23
Cindy A. Cook	6	Judy M. Melcher	17	Roy Abramowitz	24
Creighton J. Willis	6	Phi F. Rood	17	Alice L. Smith	25
Daniel R. Klawitter	8	Susan M. Girard	17	Monika Hunscher	25
Tom H. Herber	8	Janet L. Cunningham	17	Kim R. Horenstein	25
Dan F. Perz	8	Earl Walter	18	Russell G. Porter	26
Ed A. Dannewitz	8	Stephen A. Mann	18	Donald W. Stevenson	27
Bob Barnhart	9	Bob Morrison	19	Joanne M. Tatum	27
Jim Gambrell	10	Taeka Murry	19	Kevin L. Almon	28
Linda L. Jones	10	Robert C. Hunter	20	Teresa A. Lucchesi	28
Kellie L. Hanley	10	Michael A. Hardin	20	Howard E. Ronkin	29
Daniel R. Johnson	12	Robert A. Maestre	20	Takako O. Kimura	30
Debbie M. Kness	13	Robin Havenick	21	William E. Hogsett	31
James M. Elliott	13	Jeff L. Storie	21	Nancy C. Smith	31

perhaps an improvement in your freestyle time and begin to think ahead to some longer range ideas.

I know this sounds simplistic, but not considering in advance the consequences of meeting (or failing to meet) your goals, can be devastating to your whole program. You have to be thinking one step ahead all the time to be prepared and you must have more than one alternative available. The ones who have stuck with it through many years - some good, some not so good - have done it by avoiding the tunnel vision trap of having only one goal. When the great ones meet their objectives, they have already created new ones.

When the great ones fail to meet their goals they figure out new ways to try again. But always they have had varied and continually changing objectives.

The idea, "Go for it" is a good one. Just be sure you have other "its" to replace the one you're going for.

BERT PETERSEN

KAREN ENNIS

There is a great feeling of loss with the death of Karen Ennis on March 5, 1987. Karen was an Oregon Masters swimmer and a Tualatin Hills Barracuda for the past several years. She was also a wife, mother, and friend.

Karen was energetic, enthusiastic, and articulate in all that she did, and always had a kind word of encouragement for someone else in need. Since graduating from Stanford and obtaining her law degree, she had been active in the civil rights movement and a variety of other jurisprudence activities.

Karen was most recently employed at Tektronix when she started her battle with cancer. Surgery followed by 14 months of a combination of chemotherapy and radiation therapy sapped her energy and her spirit.

We will all miss Karen. We will think about her often as we have in this past year. Our thoughts and heartfelt sympathies will be with Ron, her husband, and Sara, her daughter.

The Barracudas have made a donation to a charity of Karen's choice. Please contact Sandi Rousseau (642-3679) if you would like information regarding a memorial donation.

PACIFIC MASTERS SWIMMING METRIC SHORT COURSE INVITATIONAL

Sponsored by Sonoma State University and the City of Rohnert Park
May 29, 30, and 31, 1987

Held under the sanction of USMS & Pacific Masters Swim Committee
87009

- LOCATION: Sonoma State University is located on Petaluma Hill Road and East Cotati Ave. in Rohnert Park, California. Accessibility from Highway 101 is onto the Rohnert Park Expressway-east to Petaluma Hill Road, right and right again onto the campus. The pool is directly ahead and parking is to the right, or north of the pool facility.
- POOL: Exceptionally fast 25 yard by 25 meter heated outdoor pool with 8' wide lanes, anti-wave lane lines and Colorado Electronic Timing System.
- TIME: On Friday, May 29 the meet will start at 3:00 p.m. with warm up available at 1:00 p.m. On Saturday and Sunday, the meet will begin at 9:00 a.m. with warm-up available at 8:00 a.m.
- RULES: The meet will be governed by the 1986 USMS and PMS Rules. A current PMS registration card is required for participation and must be shown upon demand. United States Masters Swimming (1987) registration is available at the meet (\$13.00).
- CHECK-IN: This meet will be deck seeded. All swimmers in events 1,2,3 and 4, the 800 meters and 1500 meters, must check in at least 30 minutes prior to the anticipated start of the heat. Swimmers in events on Saturday and Sunday, May 30 and 31st must check in by 8:30 a.m. for Events 5,6,7 and 8 and 21,22,23 and 24 respectively. All others should check in by 9:00 a.m.
- AGE GROUPS: Age groups will be swum in the usual five year increments and will include a 19-24 year age group. A competitor's age is determined by his/her age on the last day of the meet.
- SNACK BAR: A snack bar will be available on Saturday and Sunday from 10:00 a.m. until 4:00 p.m.
- PROGRAM: A program will be available at a nominal cost and will include a list of local restaurants.
- AWARDS: Rosettes and Ribbons will be awarded for the first six places. Team and individual points will not be kept.

ENTRIES: Swimmers are limited to five events per day. Men and women will forward a blue or a pink IBM card respectively for each event to be entered and one consolidated card completely filled out with associated fees. The entry fee for each event is \$1.75 and a \$2.00 per person surcharge will be levied to cover costs of computerization of the meet. All entries must be postmarked by May 15. Late entries and deck entries will be charged \$2.50 per event plus the surcharge; \$5.00 per relay. Make check payable to the City of Rohnert Park.

MEET

DIRECTORS: Anneliese and Walter Eggert.

MEET

MANAGERS: Lyle Collet and Ed Rudloff. (707) 664-2401

EVENTS: All heats will be swum from slower to faster. Odd numbered events are for women; Even numbered for men.

Friday, May 29 - 3:00 p.m.

1-2 800 M Freestyle

3-4 1500 M Freestyle

Please note that the above events will be run concurrently; a competitor can enter one or both events in the same race (two entry fees).

Saturday, May 30 - 9:00 a.m.

5-6 200 M Ind. Medley

7-8 100 M Backstroke

9-10 50 M Breaststroke

11-12 100 M Freestyle

13-14 100 M Breaststroke

15-16 200 M Medley Relay

17-18 200 M Backstroke

19-20 100 M Butterfly

21-22 400 M Freestyle

23-24 200 M Mixed Medley R.

Sunday, May 31 - 9:00 a.m.

25-26 200 M Freestyle

27-28 200 M Butterfly

29-30 50 M Freestyle

31-32 100 M Ind. Medley

33-34 200 M Breaststroke

35-36 200 M Freestyle R.

37-38 50 M Backstroke

39-40 400 M Ind. Medley

41-42 50 M Butterfly

43-44 200 M Mixed Free R.

HOTELS:

Golden Penny 584-1005

Sixpence Inn 585-8888

Best Western* (headquarters) 584-7435

*special rates for participants and families

1 Person, 1 Bed - normally \$36.00 - \$28.00

2 Persons, 1 Bed - normally \$38.00 - \$30.00

2 Persons, 2 Beds - normally \$50.00 - \$34.00

RV's AND
CAMPERS:

Will be allowed to remain on the University parking lot overnight. All units must be self contained as hookups are not available.

REGION XII BANQUET

Saturday, April 25, 1987
Golden Steer Restaurant, Kent

No Host Bar: 4:30 pm
Dinner: 5:30 pm
(Will be delayed if meet runs late)

Menu selection: Salad Bar only \$ 8.50
Light Meal (Small Portion) Select one for
Salmon \$10.50 each person in
Dijon Chicken (full Meal) \$12.00 your party
10oz. Sirloin Steak \$13.75

DEADLINE: APRIL 15, 1987 CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Send reservation form, Menu selection and fees to:

PAYABLE TO PNA MASTERS SWIMMERS Frank Newquist
By APRIL 15 P.O. Box 5876
Tacoma, WA 98405-0876
(206-572-8335)

Do not DARE send this to the meet director!! He does not take care of the Banquet!

REGION XII BANQUET RESERVATION FORM

NAME _____ PHONE _____

ADDRESS _____

MENU SELECTION:	Menu	Price	#	People	Total
	Salad Bar only	\$ 8.50	X	___	= \$ _____
	Light Meal (sm. portion)				
	Salmon	\$10.50	X	___	= \$ _____
	Dijon Chicken (Full Meal)	\$12.00	X	___	= \$ _____
	10 oz. Sirloin Steak	\$13.75	X	___	= \$ _____

CHECKS PAYABLE TO: PNA Masters Swimmers

TOTAL PRICE = \$ _____

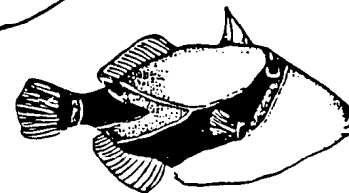
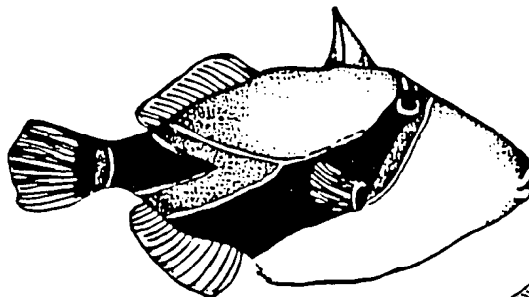
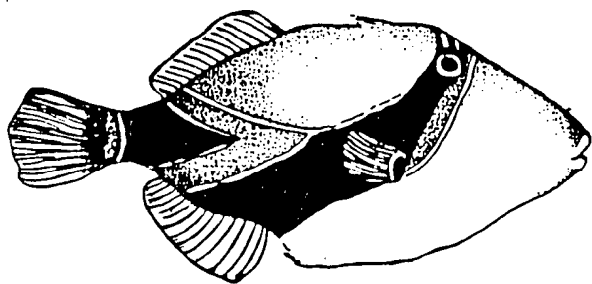
SEND TO FRANK NEWQUIST BY APRIL 15

HOSPITALITY - H.O.S.T. (Host Our Swimmers Tonight)

Anyone who is willing to have out-of-town swimmers stay in their home during Regionals, please contact:

David Addleman,
1812 Maple Lane #D-21
Kent, WA 98031
(206-852-7002)

Dave is the contact person for out-of-town swimmers requesting housing. All volunteers will be greatly appreciated!



11TH ANNUAL HUMUHUMUNUKUNUKUAPUA'A

HAWAIIAN POSTAL RELAYS APRIL 1986

THE FIRST MASTERS POSTAL EVENT

Do you ever feel lonely swimming your laps, or starting off on a race--you in your lane against all these strangers? Try the fun of the 11th Annual Hawaiian Postal Relays!

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

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

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

ALOHA AND GOOD LUCK ON THE HUMU RELAYS!

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

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

RULES

- A. Open to all clubs registered with the U.S. Masters Swimming (or equivalent in other countries). Multiclub or Association entries are excluded from this event as of 1981, although records set prior to this date are still valid. Clubs may enter any number of relay teams in each event as long as rule B/C is not violated. If a club enters more than one relay in one event, please denote each relay with a postscript A, B, C, etc.
- B. Each team consists of four individuals
- C. EACH INDIVIDUAL can swim in all seven relays in any age group equal to or younger than their own. HOWEVER, a swimmer may enter each relay only once. FOR EXAMPLE, a 40 year old may choose to swim in the 25+ back relay therefore the swimmer can not enter the 35+ back relay. Relays which have both men and women should be entered as a men's relay.
- D. Events are to be held in a 25 yard pool, events in meters will be converted to "yard time".
- E. USMS rules apply for the timing of each event. (Please note: this event has not been recognized by USMS)

SCORING:

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

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

DEADLINE: May 15.

ENTRY FEE: \$3.00 per relay. Make checks payable to WAIKIKI SWIM CLUB

MAIL TO: Meet Directors -- Terri Frank & Kay Harrison
98-487 Koauka Loop #B1003
Aiea, Hawaii 96701
ph. (808) 487-7893

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

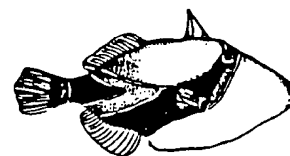
Men 25+	200 yd. Fly Relay	Time 1:50.61
	Sam Splasher	26
	Willie Water	28
	Flip Turn	31
	False Start	33
San Mateo Marlins "A"		

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

RESULTS: Computer meet results will be sent to Swim-Master, and each club entered.



HAWAIIAN POSTAL RELAYS NATIONAL CLUB RECORDS



WOMEN	200 FLY	200 BACK	200 BREAST	400 FREE	800 FREE	400 I.M.	500 LOCO
25+	1:58.49 SDM '86	2:04.61 NEM '85	2:23.89 MDM '80	4:01.32 SDM '83	8:42.43 SDM '83	4:33.13 NEM '86	5:06.24 SDM '86
35+	2:14.49 DCM '85	2:19.60 NEM '85	2:38.31 DCM '84	4:29.81 DCM '85	10:12.0 DCM '86	5:13.21 DCM '85	5:56.43 DCM '85
45+	2:30.44 DCM '85	2:36.31 SDM '83	2:51.19 DCM '85	5:00.80 NEM '82	11:23.16 SDM '83	5:51.29 NEM '84	6:29.90 SDM '86
55+	3:11.04 HUMU '86	2:52.61 NEM '84	2:59.07 CLM '85	5:34.79 SPA '80	12:27.03 NEM '84	6:46.06 HUMU '86	7:36.94 NEM '86
65+	3:45.83 NEM '86	3:22.0 DCM '86	3:47.33 NEM '86	6:15.23 DCM '86	14:15.25 DCM '86	7:33.91 DCM '86	8:02.78 DCM '86
75+		5:56.19 HUMU '85		10:54.44 HUMU '85			12:46.70 HUMU '85
MEN	200 FLY	200 BACK	200 BREAST	400 FREE	800 FREE	400 I.M.	500 LOCO
25+	1:40.8 NJM '77	1:48.5 NJM '77	1:53.83 HUMU '86	3:23.12 NEM '85	7:49.61 HUMU '86	3:53.81 DCM '85	4:31.16 MSM '79
35+	1:43.9 OM '81	1:51.94 NEM '83	2:03.77 NJM '86	3:30.9 OM '85	8:05.1 OM '85	4:11.7 OM '85	4:40.4 OM '85
45+	1:56.30 DCM '85	1:59.75 DCM '85	2:19.1 NJM '82	3:53.86 NEM '82	9:13.40 SPA '79	4:43.46 SPA '79	5:04.16 SPA '79
55+	2:11.28 IM '79	2:22.1 NEM '85	2:28.99 NEM '84	4:17.51 IM '78	9:44.96 IM '78	5:04.41 IM '79	5:40.76 HUMU '82
65+	2:37.94 SPA '79	2:38.02 SPA '79	2:43.56 SPA '79	4:49.39 DCM '84	11:12.83 DCM '84	5:44.18 SPA '79	6:07.4 DCM '84
75+							10:56.44 HUMU '85

Team Abbreviations:

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

YEARLY WINNERS

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

1987 REGION XII SHORT COURSE CHAMPIONSHIP ENTRY FORM
USMS AND PNA SANCTIONED #873805

DATE: Fri. April 24, 1987 Fri. WARMUP 5:30-6:15pm MEET 8:30pm
 Sat. April 25, 1987 Sat. WARMUP 8:00am MEET: 9:00am
 Sun. April 26, 1987 Sun. WARMUP 8:00am MEET: 9:00am
 PLACE: Hazen High School Pool MEET DIRECTOR: Larry Erickson
 1101 Hoquiam Ave. NE (142nd Ave. SE) 14645 205th SE
 Renton, WA 98056 Renton, WA 98056
 PHONE: 206-235-2227 PHONE: 206-235-1462
 HOSTED BY: Orca Aquatics
 DEADLINE: Received by April 15, 1987

NAME _____ M or F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # _____ TEAM _____ OR UN ASSOC _____
 AGE GROUP: (Circle one) 19-24 25-29 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

YOUR AGE AT THE MEET IS DETERMINED BY YOUR AGE ON THE LAST DAY OF THE MEET
Entries limited to 8 events (5 per day) 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 THESE EVENTS MUST CHECK IN 30 MINUTES**
BEFORE MEET START TIME. You must register for 1987 in order to swim this
 meet.

DIRECTIONS: In information section on previous page.

EVENTS		BEST TIME	EVENTS		BEST TIME
Friday			Sunday		
1	1650 Freestyle	_____	12	400 I.M.	_____
Saturday			13	XX 200 MXD MED REL	XXX
2	200 I.M.	_____	14	100 Breaststroke	_____
3	XX 200 FREE RELAY	XXX	15	50 Butterfly	_____
4	50 Backstroke	_____	16	200 Freestyle	_____
5	200 Butterfly	_____	17	XX 200 MXD FREE REL	XXX
6	100 Freestyle	_____	18	100 I.M.	_____
7	XX 200 MEDLEY RELAY	XXX	-----BREAK-----		
8	100 Backstroke	_____	19	50 Breaststroke	_____
9	50 Freestyle	_____	20	200 Backstroke	_____
10	200 Breaststroke	_____	21	100 Butterfly	_____
-----BREAK-----					
11	500 Freestyle	_____			

Will you swim the 1650 two to a lane? Yes ☐ No ☐
 The 1650 free may be swum two to a lane at the discretion of meet director.

ENTRY FEE: \$7.00 and no cards.

SEND ENTRY, AND PAYMENT TO:

Larry Erickson
 14645 205th SE
 Renton, WA 98056

MAKE CHECK PAYABLE TO:
PNA MASTERS SWIMMERS

ELIGIBILITY: 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, Hazen High School Pool, and Orca Aquatics 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.

13 SIGNED _____

20-24 WOMEN			
50FREE CLAUDIA BERTOLONE	21 OREG	:31.14	
SUSAN C BARS	20 OREG	:31.29	
SHEILA K MOON	22 OREG	:32.43	
TAMMY BAJUNE	20 OREG	:34.68	
100FRE CLAUDIA BERTOLONE	21 OREG	1:08.80	
SHEILA K MOON	22 OREG	1:09.15	
SUSAN C BARS	20 OREG	1:11.86	
200FRE TAMMY BAJUNE	20 OREG	2:56.25	
500FRE CLAUDIA BERTOLONE	21 OREG	6:41.66	
TAMMY BAJUNE	20 OREG	8:19.51	
50BACK SUSAN C BARS	20 OREG	:37.68	
SHEILA K MOON	22 OREG	:39.05	
100BAK SUSAN C BARS	20 OREG	1:24.82	
50BRST SUSAN C BARS	20 OREG	:47.68	
100BRS CLAUDIA BERTOLONE	21 OREG	1:30.84	
50 FLY TAMMY BAJUNE	20 OREG	:44.49	
100 IM CLAUDIA BERTOLONE	21 OREG	1:19.92	
TAMMY BAJUNE	20 OREG	1:35.90	
25-29 WOMEN			
50FREE AGUSTIN SUBANDI	27 OREG	:30.01	
DEBBY MACPHERSON	28 RINC	:30.08	
SUSAN RICKE	26	:31.72	
JANICE FOSTER	29 OREG	:35.93	
100FRE AGUSTIN SUBANDI	27 OREG	1:06.11	
SUSAN RICKE	26	1:10.35	
JANICE FOSTER	29 OREG	1:21.31	
200FRE AGUSTIN SUBANDI	27 OREG	2:26.12	
SUSAN RICKE	26	2:37.18	
500FRE ANDREE DEVINE	25 OREG	6:09.89	
AGUSTIN SUBANDI	27 OREG	6:31.80	
SUSAN RICKE	26	6:53.94	
50BACK SUSAN RICKE	26	:43.99	
50BRST DEBBY MACPHERSON	28 RINC	:37.79	
200BRS MARY A YUSE	26 OREG	3:08.47	
50 FLY DEBBY MACPHERSON	28 RINC	:31.89	
100 IM DEBBY MACPHERSON	28 RINC	1:12.61	
MARY A YUSE	26 OREG	1:24.16	
30-34 WOMEN			
50FREE KRISTA L BOYER	31 OREG	:32.78	
50BACK ALICE E BURKE	32 OREG	:41.08	
SUE MANDELL	32 OREG	:41.24	
100BAK LYNN A JONES	33 OREG	1:50.90	
200BAK LYNN A JONES	33 OREG	3:53.82	
50BRST ALICE E BURKE	32 OREG	:44.16	
KRISTA L BOYER	31 OREG	:45.30	
VAL C WYCKOFF	34 OREG	:46.48	
LYNN A JONES	33 OREG	:49.17	
50 FLY ALICE E BURKE	32 OREG	:38.78	
VAL C WYCKOFF	34 OREG	:42.15	
SUE MANDELL	32 OREG	:45.58	
100FLY ALICE E BURKE	32 OREG	1:29.29	
100 IM VAL C WYCKOFF	34 OREG	1:34.41	
LYNN A JONES	33 OREG	1:38.88	
200 IM ALICE E BURKE	32 OREG	3:05.14	
SUE MANDELL	32 OREG	3:33.10	
35-39 WOMEN			
50FREE GERI ANN HANSON	38 OREG	:30.31	

100FRE GERI ANN HANSON	38 OREG	1:10.48
BETTY A ROBB	38 OREG	1:20.63
SUSAN M GIRARD	38 OREG	1:36.27
200FRE GERI ANN HANSON	38 OREG	2:31.86
BETTY A ROBB	38 OREG	2:59.90
500FRE BETTY A ROBB	38 OREG	8:00.14
50 FLY GERI ANN HANSON	38 OREG	:37.80
SUSAN M GIRARD	38 OREG	:50.93
40-44 WOMEN		
100FRE SANDY L CROSIER	40 OREG	1:50.36
200FRE SANDY L CROSIER	40 OREG	3:45.52
500FRE SANDY L CROSIER	40 OREG	9:56.38
200BAK SANDY L CROSIER	40 OREG	4:14.37
100 IM SANDY L CROSIER	40 OREG	2:04.49
50-54 WOMEN		
50FREE KALEO B SCHRODER	50 OREG	:39.00
500FRE BEVERLY UNDERWOOD	52 OREG	1:10.29
50BACK KALEO B SCHRODER	50 OREG	:48.41
BEVERLY UNDERWOOD	52 OREG	:59.19
100BAK KALEO B SCHRODER	50 OREG	1:53.58
50BRST KALEO B SCHRODER	50 OREG	:51.95
BEVERLY UNDERWOOD	52 OREG	1:02.25
100BRS KALEO B SCHRODER	50 OREG	2:04.24
100 IM BEVERLY UNDERWOOD	52 OREG	2:13.22
55-59 WOMEN		
50FREE BEVERLY L'ESPERANCE	55 OREG	:39.68
100FRE BEVERLY A DIRKSEN	55 OREG	1:29.51
200FRE BEVERLY A DIRKSEN	55 OREG	3:15.83
BEVERLY L'ESPERANCE	55 OREG	3:28.16
500FRE BEVERLY A DIRKSEN	55 OREG	8:39.20
BEVERLY L'ESPERANCE	55 OREG	9:17.15
50BACK BEVERLY L'ESPERANCE	55 OREG	:49.24
200BAK BEVERLY L'ESPERANCE	55 OREG	3:50.91
100BRS BEVERLY A DIRKSEN	55 OREG	1:59.18
100 IM BEVERLY A DIRKSEN	55 OREG	1:48.43
70-74 WOMEN		
50FREE EVELYN MCKEON	72 OREG	:46.630
Oregon was- DOREEN MORRIS	1:09.54	
100FRE EVELYN MCKEON	72 OREG	1:45.700
Oregon was- HELEN JOSEPH	1:50.50	
50BACK EVELYN MCKEON	72 OREG	:56.520
Oregon was- DOREEN MORRIS	1:12.87	
50BRST EVELYN MCKEON	72 OREG	1:06.270
Oregon was- HAZEL BRESSIE	1:31.20	
75-79 WOMEN		
50FREE ELLEN TAIT	76 RINC	:49.29
100FRE ELLEN TAIT	76 RINC	1:49.55
50BACK ELLEN TAIT	76 RINC	1:03.72
30-34 MEN		
50FREE MICHAEL J BAIRD	30 OREG	:28.41
100FRE MICHAEL J BAIRD	30 OREG	1:02.10
500FRE MICHAEL J BAIRD	30 OREG	6:11.12
100 IM MICHAEL J BAIRD	30 OREG	1:14.39

35-39 MEN		
50FREE MICHAEL H BEACH	35 OREG	:26.28
TOM M MYERS	36 OREG	:28.75
J STEVEN MOTT	37 OREG	:30.81
RON E JERSEY	38 OREG	:31.96
PATRICK WALSH	38 OREG	:32.96
ROGER R ROBB	37 OREG	:35.83
100FRE MICHAEL H BEACH	35 OREG	:58.00
CARLYLE STOUT	38 OREG	1:01.44
TOM M MYERS	36 OREG	1:04.04
CRAIG S MATHER	35 OREG	1:06.54
RON E JERSEY	38 OREG	1:09.29
PATRICK WALSH	38 OREG	1:19.02
ROGER R ROBB	37 OREG	1:24.31
200FRE CRAIG S MATHER	35 OREG	2:23.36
CHRISTOPHER MECCA	35 OREG	2:24.67
TOM M MYERS	36 OREG	2:34.63
RON E JERSEY	38 OREG	2:38.51
ROGER R ROBB	37 OREG	3:11.61
500FRE CHRISTOPHER MECCA	35 OREG	6:10.14
CRAIG S MATHER	35 OREG	6:27.23
TOM M MYERS	36 OREG	6:50.19
CARLYLE STOUT	38 OREG	6:53.81
RON E JERSEY	38 OREG	7:25.95
ROGER R ROBB	37 OREG	8:36.08
50BACK BOB BONNER	37 OREG	:31.81
RON E JERSEY	38 OREG	:43.42
100BAK CRAIG S MATHER	35 OREG	1:24.63
50BRST BOB BONNER	37 OREG	:35.72
J STEVEN MOTT	37 OREG	:37.91
TOM M MYERS	36 OREG	:39.20
100BRS JOHN P WESTON	36 OREG	1:13.69
J STEVEN MOTT	37 OREG	1:21.11
200BRS JOHN P WESTON	36 OREG	2:40.73
J STEVEN MOTT	37 OREG	3:03.10
50 FLY BOB BONNER	37 OREG	:28.00
CRAIG S MATHER	35 OREG	:36.27
100FLY JOHN P WESTON	36 OREG	1:03.94
CHRISTOPHER MECCA	35 OREG	1:04.63
200FLY CHRISTOPHER MECCA	35 OREG	2:47.51
100 IM JOHN P WESTON	36 OREG	1:05.39
CHRISTOPHER MECCA	35 OREG	1:14.28
J STEVEN MOTT	37 OREG	1:16.50
200 IM JOHN P WESTON	36 OREG	2:28.50
40-44 MEN		
50FREE ED A MARTIN	42 OREG	:30.02
100FRE ED A MARTIN	42 OREG	1:06.78
DENNIS COOPER	42 OREG	1:08.06
200FRE DENNIS COOPER	42 OREG	2:32.77
ED A MARTIN	42 OREG	2:36.92
500FRE DENNIS COOPER	42 OREG	6:54.21
100BAK DANIEL R GRAY	41 OREG	1:19.78
50 FLY DANIEL R GRAY	41 OREG	:30.14
100FLY DANIEL R GRAY	41 OREG	1:11.23
50-54 MEN		
50FREE LEO J VANDIJK	54 OREG	:30.63
PHILIP L JENSEN	51 OREG	:32.06
100FRE LEO J VANDIJK	54 OREG	1:09.88
PHILIP L JENSEN	51 OREG	1:13.23

ASHLAND
#FROM OUTSIDE OREGON ASSOC

U=UNOFFICIAL TIME

25 YARD 02/14/87 PG 2
O=OREGON RECORD (pending review by E.WALTER)

by R.Smith

200FRE PHILIP L JENSEN	51 OREG 2:57.55	100BRS DONALD P VANROSSEN	57 OREG 1:21.24	----- 65-69 MEN -----	
500FRE PHILIP L JENSEN	51 OREG 8:08.80	200BRS DONALD P VANROSSEN	57 OREG 2:56.10	50BRST ROBERT D CURTIS	67 OREG :44.40
50BACK PHILIP L JENSEN	51 OREG :43.06	100FLY TERRY C MCCURDY	57 OREG 1:57.97	200BRS ROBERT D CURTIS	67 OREG 3:32.42
50BRST LEO J VANDIJK	54 OREG :44.76	100 IM TERRY C MCCURDY	57 OREG 1:38.06	----- 75-79 MEN -----	
100 IM LEO J VANDIJK	54 OREG 1:22.92	200 IM DONALD P VANROSSEN	57 OREG 2:53.34	50FREE HARRY M STEVENSON	78 OREG :54.50
----- 55-59 MEN -----		----- 60-64 MEN -----		100FRE HARRY M STEVENSON	78 OREG 2:06.57
100FRE TERRY C MCCURDY	57 OREG 1:15.67	50FREE CLARENCE C COURTER	64 :30.83	200FRE HARRY M STEVENSON	78 OREG 4:32.24
200FRE DONALD P VANROSSEN	57 OREG 2:41.40	50BACK CLARENCE C COURTER	64 :40.67	500FRE HARRY M STEVENSON	78 OREG11:56.58
500FRE TERRY C MCCURDY	57 OREG 7:57.03	50BRST CLARENCE C COURTER	64 :40.49		
100BAK TERRY C MCCURDY	57 OREG 1:43.91	50 FLY CLARENCE C COURTER	64 :37.07		

19+ WOMEN
SUSAN RICKE,26 *** ALICE E BURKE,32 ***

200 MEDLEY RELAY
CLAUDIA BERTOLONE,21 *** SHEILA K MOON,22 *** OREG 2:31.64

35+ MEN
BOB BONNER,37 *** J STEVEN MOTT,37 ***
DANIEL R GRAY,41 *** CRAIG S MATHER,35 ***
RON E JERSEY,38 *** CLARENCE C COURTER,64 ***

200 MEDLEY RELAY
CHRISTOPHER MECCA,35 *** MICHAEL H BEACH,35 *** OREG 2:00.32
JOHN P WESTON,36 *** TOM M MYERS,36 *** OREG 2:04.72
TERRY C MCCURDY,57 *** PATRICK WALSH,38 *** OREG 2:49.10

19+ MIXED
ED A MARTIN,42 *** DONALD P VANROSSEN,57 ***
SUSAN C BARS,20 *** CHRISTOPHER MECCA,35 ***

200 MEDLEY RELAY
SHEILA K MOON,22 *** AGUSTIN SUBANDI,27 *** OREG 2:26.54
RON E JERSEY,38 *** SUE MANDELL,32 *** OREG 2:33.22

25+ MIXED
JOHN P WESTON,36 *** LYNN A JONES,33 ***

200 MEDLEY RELAY
DANIEL R GRAY,41 *** MARY A YUSE,26 *** OREG 2:28.51

19+ WOMEN
ALICE E BURKE,32 *** CLAUDIA BERTOLONE,21 ***
KRISTA L BOYER,31 *** TAMMY BAJUNE,20 ***

200 FREE RELAY
SHEILA K MOON,22 *** AGUSTIN SUBANDI,27 *** OREG 2:04.13
SUSAN C BARS,20 *** SUE MANDELL,32 *** OREG 2:12.95

35+ MEN
CHRISTOPHER MECCA,35 *** J STEVEN MOTT,37 ***
TOM M MYERS,36 *** LEO J VANDIJK,54 ***

200 FREE RELAY
MICHAEL H BEACH,35 *** BOB BONNER,37 *** OREG 1:46.66
DENNIS COOPER,42 *** DANIEL R GRAY,41 *** OREG 1:58.48

19+ MIXED
SUSAN C BARS,20 *** J STEVEN MOTT,37 ***

200 FREE RELAY
SUE MANDELL,32 *** BOB BONNER,37 *** OREG 2:02.06

25+ MIXED
DONALD P VANROSSEN,57 *** SUSAN RICKE,26 ***
VAL C WYCKOFF,34 *** TOM M MYERS,36 ***

200 FREE RELAY
ED A MARTIN,42 *** ALICE E BURKE,32 *** OREG 2:03.92
GERI ANN HANSON,38 *** LEO J VANDIJK,54 *** OREG 2:09.92

35+ MIXED
PATRICK WALSH,38 *** BEVERLY L'ESPERANCE,55 ***

200 FREE RELAY
SUSAN M GIRARD,38 *** RON E JERSEY,38 *** OREG 2:27.39

45+ MIXED
CLARENCE C COURTER,64 *** TERRY C MCCURDY,57 ***

200 FREE RELAY
BEVERLY UNDERWOOD,52 *** BEVERLY A DIRKSEN,55 *** OREG 2:56.53

----- 54 ENTRANTS -----

OL' BARN - "tape delay" report on Ashland Meet

Rogue Valley Masters hosted a Valentine's Day swim meet and it was great, 54 Masters swam up a storm and from the times alone you can tell that Masters swimming is very much alive and well in the southern part of the state.

In fact the leadership of people like the Van Dijks, the McCurdys, Nancy Ross, Bret DeForest, Greg Frownfelter, Sue Girard, and many others has resulted in an active OMS membership of close to 80 swimmers. This is certainly a far cry from the 10 or 12 we had a few years ago.

Back to the meet

We have a new "sweetheart" for Valentines or any day ... Evelyn McKeon, just 72, and raring to go....

How about 4 OMS records in her first meet :

50 free	:46.63
100 free	1:45.70 (8th TT)
50 back	:56.52
50 brst	1:06.27

a tip of the hat and big OMS welcome
to EVELYN MCKEON !!!!

Caliber of swimming was just great take a peek at these performances :
special welcome to our visitors from Rinconada (San Jose)

Ellen Tait (76) 50 f -49.29, 100 f - 1:49.55, 50 back - 1:03.72

Debby MacPherson (28) 50 f-30.08, 50 brst-37.79, 50 fly-31.89, 100 I.M.
in 1:12.61

Augustin Subandi (27) welcome !!! what a day you had ; 50 f - 30.01, 100 f -
1:06.11, 200 f - 2:26.12, 500 f - 6:31.80

Geri Ann Hanson (38) 50 f - 30.31, 50 fly - 37.80

Beverly Dirksen (61) 100 f - 1:29.51, 500 f - 8:39.20, 100 IM - 1:48.43

Claudia Bertolone (20) 500 f - 6:41.66 (sandbagger?, entered at 9:30 ouch)

Susan Bars (20) 100 back - 1:24.82 , big HI to claudia and susan !!!

Mary Yuse (26) 200 brst - 3:08.47 , moving right along, welcome to Masters

Clarence Courter (64) 50 f - 30.83, 50 back - 40.67, 50 brst - 40.49, 50 fly
37.07 (need a coach in the IM, not McCurdy though)

Leo Van Dijk (54) 100 f - 1:09.88, 100 IM - 1:22.92

Terry McCurdy (57) 100 f - 1:15.67, 500 f - 7:57.03, 100 IM - 1:38.06, and
guess what-a 2:00 entry time, sandbagger ????

Craig Mather (35) 200 f - 2:23.36, great race in 200 f w/Mecca - welcome !!!

Chris Mecca (35) 200 f - 2:24.67, 500 f - 6:10.14, 100 fly - 1:04.63, 200 fly
2:47.51 - Great Day of swims, welcome to OMS

Bob Bonner (37) 50 back - 31.81, 50 brst - 35.72, 50 fly - 28.00 , hello BOB

John Weston(36) 100 brst - 1:13.69, 200 brst - 2:40.73, 100 fly - 1:03.94,
200 IM - 2:28.50 - excellent day !!!!

Robert Curtis (67) 200 brst - 3:32.42, now, here's a comer, great swimming!!!

Don Van Rossen (57) 200 IM - fine 2:53.34

Many many new people, great meet, "the South shall rise again"

JIM HOLLAND - ALL AMERICAN (masters track and field) 60-64 : shot put 8 lb-
45 feet 1 1/1 inches (1986)

congratulations JIM, miss you, let's get in the pool. Jim says
he's going to get wet by association champs.

DALE VAUGHAN - Hawaii Ironman competition, our Dale placed 9th in his age
group, and 165th overall in a field of 1250, just outstanding,
great effort, stamina, and just plain guts !!!!

OL' BARNACLE ... on the road again ...

PNA Cascade Meet, 2-15-87

Ginger Pierson, Hazel Bressie, John Zell and Bert Petersen journeyed north for this swim meet and all performed well ;

GINGER PIERSON - Won 4 events with 2 REGIONAL RECORDS ..

100 fly in 1:13.78 and the 400 IM in 5:44.08

HAZEL BRESSIE - Won 5 events with 1 REGIONAL record ..

200 fly in 9:06.52

John Zell - swam in 5 events, winning the 50 back with a fine :29.84

Bert Petersen - swam in 3 events, winning 2 (200 fly-2:44.11 and the 400 IM in 5:54.05

PNA Evergreen Meet , 3/13 and 14 - 1987

Sandi Rousseau, Barbara Frid, Ginger Pierson, John Zell, Bert Petersen, Earl Walter and Herb Eisenschmidt, all did a bang up job ;

Herb Eisenschmidt

new NATIONAL RECORD - 200 back - 3:38.22

new REGIONAL Record - 1650 free - 31:19.59

plus a near miss in the 50 back, and a strong show for the 100 back.

EARL WALTER (65) : 3 new REGIONAL records ; 200 brst - 3:20.76
100 fly - 1:25.38
400 I M - 6:35.15

GINGER PIERSON (41) New REGIONAL record for the 100 fly at 1:12.87

Barbara Frid - with nationals 2 months away, and a bright and shiny birthday coming along, Barbara is certainly zeroing in on some good performances at Stanford. All four of her swims were in the TT # 4 or better.

ALL AMERICAN

SHORT COURSE , METERS (1986)

SUSAN CASE (35-39) 200 meter Backstroke

CATHY IMWALLE (35-39) 200 meter Breast stroke

STEVE MANN (30-34) 50 meter Backstroke

ROBERT SMITH (40-44) 50 meter Freestyle

BRIAN LANGLAIS (40-44) 200 meter Backstroke

BERT PETERSEN (45-49) 50 meter Fly

HUGH RICHARDS (65-69) 50 meter Freestyle

congratulations to you, one and all, you have been recognized by U S Masters as the BEST OF THE BEST, keep up the good work !:::

OREGON MASTERS placed 27 stalwarts on the NATIONAL TOP TEN for Short Course meters, considering we only had one meet locally, this is a great achievement.

PLEASE NOTE : TOP TEN PATCHES AND ALL AMERICAN CERTIFICATES will be presented at our Association Championships

OL' BARNACLE SALUTES ... Short Course Meters ... nominees ...

Steve Mann from Bend swam well all year in '86, climaxed it all with a fine 50 m back for All American honors, Steve placed in 5 events in the TT

Robert Smith from Lake Oswego makes All American with a great 50 m free, and capped this off with a total of 4 places

Brian Langlais out Tualatin way, shows us what a lot of hard work and dedication can do, with All American honors for 200 m Back

Bert Petersen was our most prolific swimmer, placing in 8 events, capped off with All American for the 50 m fly

Hugh Richards(Corbett) placed in 5 events with All America in the 50 m Free

Top Ten - Short Course - Meters - 1986

Age	Swimmer		free						back			bust			fly			I.M.		
			50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
30-34	Mark Schwyhart				10					7										
	Steve Mann	AA	10					1	5					7			6			
	Mark Becker														6	6		8		
35-39	Steve Barrett				7	9		3												
	Mike Warren							10												
40-44	Robert Smith	AA	1					2						3			2			
	Don Smith		7																	
	Brian Langlais	AA							6	1										
45-49	Bert Petersen	AA	10					9			7			1	2	4	5	4		
55-59	Eric Guest		10								8			8			8			
	Terry McCurdy			10	8															
60-64	Gil Young					5	6	5		10	5									
65-69	Hugh Richards	AA	1	2	6									3			2			
	Bob Cutter		6					4												
70-74	Don Devlin										7									

Don Smith (Bend), swam only one event, one time and made TT in the 50 m free

Mark Becker did it the hard way with placings in the 100 & 200 fly plus the 200 Individual Medley.

Gil Young swam well and placed in the 400,800,1500 free & 100 & 200 back

Eric Guest (Corbett) has continued to improve over the past year, took honors 4 events.

Steve Barrett picked up a 3rd in the 1500, plus 2 other spots

Bob Cutter(Bend) swam to a 4th in the 50 back, plus a 6th for the 50 free

Terry McCurdy(Roseburg) keeps getting better and better-10th-100 & 8th-200 free

OL' BARNACLE ... Hats off to Short Course Meters Swimmers ...

Cathy Imwalle (Bend) is the star of our show, with AA honors in the 200 breast, 2nds-100 brst & 200 IM, plus a 3rd-100 IM and 4th-200 free

Susan Case (Salem) a top tenner for years, comes through with AA for the 200 back, plus 3 other spots.

Elfie Stevenin (Salem) garnered 5 spots in the Top Ten, highlighted by a 3rd in the 200 fly.

Margaret Wells (Salem) picked for 5 spots, had two 5ths, Margaret has been up there for many years.

Sandi Rousseau (Hillsboro) 4 places, with 3 seconds in the 50-100 & 200 fly, great swims Sandi.

Karen Roach (Silverton) picked up 3 spots, and continues to improve

Top Ten-Short Course-Meters-1986

Age	Swimmer	free							back			brst			fly			I.M.	
		50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
25-29	Dorcas Phelan											10							
	Nancy Dunton									10									
30-34	Sue Albright											7							
35-39	Sandi Rousseau	5												2	2	2			
	Cathy Imwalle	AA		4								2	1				3	2	
	Susan Case	AA						4	5	1							8		
40-44	Karen Roach		7	10				6											
	Pam Himstreet										6	4							
45-49	Kaleo Schroder		7																
50-54	B. L'Esperance		10					9		7									
55-59	Margaret Wells			10								5	7	6	5				
60-64	Elfie Stevenin									6			7		6	3		7	

Beverly L'Esperance (Klamath Falls) a newcomer to the top ten, garnered 3 spots with some fine swimming.

Pam Himstreet (Beaverton) a very steady performer picked 2 places, highlighted by a 4th in the 100 breast.

Kaleo Schroder (Klamath Falls) another newcomer with a 7th in the 50 free

Susan Albright (our Vice Chairman) swims well and is tabbed for a 7th - 100 brst

Dorcas Phelan(Cornelius) and Nancy Dunton(Corvallis) round out the honorees with 10ths in the 100 brst and 200 back respectively.

CONGRATULATIONS TO ALL OF THESE FINE SWIMMERS - STAY WITH IT - STAY HEALTHY !!!

for the 1987 season we should have more participation in short course meters events, so here's looking forward to more swimmers wherever we have short course meets.

REMEMBER IN MASTERS - STAY WITH IT - STAY HEALTHY

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)	<u> \$13.00 </u>
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 Breaststroke	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						

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			

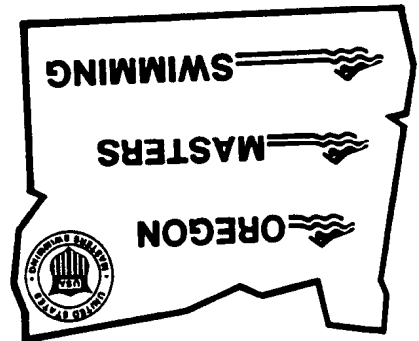
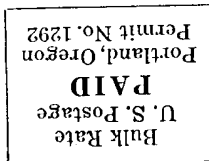
Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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and cannot be mailed under bulk rate.

400
Wayne McCoy
10764 Burbank Dr.
N. Delta BC, Can.
W4C4B9

Linda Hope
448 SW 121st Place
Portland, Or 97225



This issue of your AQUAMASTER was donated through
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A special thanks to Robert Smith and
his computer for giving us the meet results.

