



# AQUA-MASTER

JULY 87 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE VOL 13 #7

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Secretary - Peggy Thomson  
Treasurer - Roy Abramowitz  
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Aqua-Master - Linda Hope  
Membership - Barbara Frid  
Records - Earl Walter  
Social Chrpns - Mary Ellen Hunsicker  
H.O.S.T. - Ginger Pierson

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

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

## happy birthday

### August

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

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

OREGON MASTERS SWIMMING  
SUMMER 1987  
LONG COURSE MEET SCHEDULE

<u>DATE</u>	<u>LOCATION</u>	<u>FORMAT</u>
July 11&12, 1987	Portland MAC Pool	State Games of Oregon Two days - no distance
July 18, 1987	Portland	Red Cross Swim Across (swim across the Willamette)
July 19, 1987	Ashland	Howard Prairie Lake Swim Open Water - 1500 meter or 3000 meter
August 7,8,9, 1987	Gresham Mt. Hood CC	Three Days: Regionals Hosted by Oregon
August 21,22,23,24, 1987	Woodlands,TX	Long Course Nationals

05/87 ms

## The Vancouver International Bay Swim

PLACE: The swim is located across Burrard Inlet in Vancouver, B.C.

COURSE DESCRIPTION: Start at Lighthouse Park, West Vancouver; finish at Kitsilano Beach, Vancouver; approximately 10 km. (6½ miles); average water temperature 14° celsius; surface conditions are highly variable.

DATE: SUNDAY, AUGUST 16th, 1987

TIME: Check-in: 7:00 a.m. - 7:30 a.m.

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## LONG COURSE REGIONALS PARTY INFO

Following Saturday's events at the long course regionals in August there will be a very informal hot dog roast at the home of Bert Petersen. OMS will provide hot dogs and appropriate condiments, salads and soft drinks. If you wish to attend please sign up at the meet on Saturday, August 9. Maps to Bert's house will be available at the meet. There is no charge, just bring some chips & dips, etc. and the rest is on us. If you wish to partake of an alcoholic beverage you must provide your own. This is a rain-or-shine affair. If the weather should be wet, Bert has graciously offered to run the videos he has of the 1986 Long Course Nationals PLUS a continuous loop of the famous swimmer himself swimming the 50 fly! Who could ask for anything more? Hope to see you there.

PS Could OMS participants please be kind enough to bring a lawn chair or two.  
Thank you.

Between the lane lines.....

A great time and times was had by all who attended Nationals at Stanford, despite the winter weather. You can repeat the fun and excitement by planning to attend the 1988 Canadian Masters in Vancouver, B.C. May 13-16. The city is gorgeous and I guarantee it won't be any colder. More on this throughout the year.

The Emerald City Open Water Swim of 1 mile on a triangular course will take place August 8 at Seward Beach, Seattle. Pre-reg with T shirt will cost \$10 and on the spot reg will cost \$15 possibly sans T shirt. For further info call 206-625-4671 or 935-6006 or for a pre-reg form by mail send a stamped envelope to Southwest Pool, 2801 SW Thistle, Seattle, Wa 98126,

By the way this swim coincides with our Regionals.

The National Open Golden Games Senior Masters for those of us 40 and up will be held in Eugene July 20-August 1. For more info call or write Louis Zasloff at 503-484-0240 or write him at PO Box 5002, Eugene, Or 97405.

Anyone wanting a copy of the LC world top 10 call Earl Walter at 503-292-1611 or mail \$5 to 3904 SW 57th, Portland Or 97221.

The positions for Treasurer and Vicechairperson will be voted on this fall, please contact Bert Petersen if interested.

Just a reminder you can reach Ozgood at c/o OMS, PO box 1263, P/O 97207.

# 1987 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

**Dates:** August 21-24, 1987

**Location:** The Woodlands Athletic Center, The Woodlands, Texas

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

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

**Eligibility:** National Championships are open to USMS registered swimmers 25 years of age and older (as of August 24, 1987). If you wish to represent a club, then you and the club must be registered in the same LMSC; if any question about your affiliation, you will swim "unattached." Foreign swimmers require a travel permit with entry.

**Conduct of the Meet:** Meet Brochure has all details of the meet conduct. All events 200 meters & under will be pre-seeded. The 400m freestyle, the 400m IM, and the 800/1500m freestyle will be deck seeded.

**Age Groups:** 25-29, 30-34, etc. to 80-84, 85-89, and 90 and over. Your age is determined as of the last day of the meet (8-24-87).

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

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

**Fees:** \$3.00 per individual event plus \$13.00 surcharge per swimmer. Fees must accompany this entry form; an entry is not considered complete until the check clears the bank; if any question about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than July 21, 1987; no refunds are given for events not swum.

**Banquet:** A Texas Barbeque will be held on Saturday evening, August 22, 1987 at The Woodlands Inn. Cash bar at 6:00 p.m. Buffet style Barbeque beginning at 7:00 p.m. Live Disc Jockey. 50's and 60's music, 8:00-12:00p.m. Dress-casual or western. Free Beer.

Number of individual events entered _____	x \$3.00 = _____
Meet Surcharge (required of all swimmers)	\$ 13.00 = _____
Number of Texas Barbeque tickets _____	x \$15.00 = _____

TOTAL AMOUNT OF FEES DUE (do not send cash) = _____	
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**Checks Payable To:** Woodlands Masters Swimming

**Mail Entry & Fees To:** 1987 LC Nationals, Woodlands Masters Swimming, P.O. Box 7148, The Woodlands, TX 77387 For proof of receipt enclose self-addressed, stamped envelope or postcard.

**Entry Deadline:** Entry must be in the hands of entry chairman no later than July 21, 1987; late entries will be returned to sender. **MAIL EARLY.**

**Release from Liability:** I, the undersigned, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the Gulf Masters Swimming Committee, The Woodlands Athletic Center, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet. I have read the meet information and agree to abide by the rules of USMS, Inc.

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

**Official Entry Form for Individual Events  
1987 UNITED STATES MASTERS SWIMMING  
NATIONAL LONG COURSE CHAMPIONSHIPS  
The Woodlands, Texas  
August 21-24, 1987**

NAME  Last  First  MI  SEX

ADDRESS  No.  Street  City  State  Zip  Country

AGE  on 8/24/87 BIRTHDATE  Mo  Day  Yr  1987 No. Required

USMS REG #

Club Name or Unattached  Club Abbrev  LMSC (Assoc)

TELEPHONE  day  eves

**ENTRY DUE DATE:** Entry must be received no later than Tuesday, July 21, 1987.

Event No.	WOMEN	TIME and EVENT	Event No.	MEN
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**FRIDAY, August 21, 1987 @ 8:00am**

1		200 Meter backstroke	2	
3		100 Meter breaststroke	4	
5		50 Meter freestyle	6	
7		200 Meter butterfly	8	
9	See relay form	200 Meter medley relay	10	See relay form
11		400 Meter freestyle	12	

**SATURDAY, August 22, 1987 @ 8:00am**

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

**SUNDAY, August 23, 1987 @ 8:00 am**

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

**MONDAY, August 24, 1987 @ 8:00 am**

39		800 Meter freestyle	40	
41		1500 Meter freestyle	42	

**NOTE: YOU CANNOT ENTER BOTH THE 800 AND 1500 METER FREESTYLE**

I am willing to swim the 800/1500 meter freestyle with two persons per lane. ☐ yes  
☐ no

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

**Official Entry Form for Relay Events**  
**1987 UNITED STATES MASTERS SWIMMING**  
**NATIONAL LONG COURSE CHAMPIONSHIPS**  
 The Woodlands, Texas  
 August 21-24, 1987

Club Name	Club Abbrev 	LMSC (Assoc)
Name of Team Representative at Meet		Club # 
Name of Person Entering Relays		Telephone
Address	City	State      Zip

**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 cumulative ages of the relay members determines the age of the group. Ages are determined in whole years as of the last day of the meet (8-24-87).

**Entry Deadline:** All entries must be received by Tuesday, July 21, 1987, or deck entered on Thursday, August 20, 1987. July 21st entries are \$8.00. August 20th entries are \$12.00. All relay swimmers must have entered the meet by July 21. If you enter relays only, and not individual events, you must fill out the reverse side of this form completely.

Age Group	WOMEN'S RELAYS		MEN'S RELAYS		MIXED RELAYS	
	Event #9 200 Meter Medley Relay	Event #23 200 Meter Free Relay	Event #10 200 Meter Medley Relay	Event #24 200 Meter Free Relay	Event #25&#26 200 Meter Medley Relay	Event #37&#38 200 Meter Free Relay
100+A						
100+B						
100+C						
120+A						
120+B						
120+C						
160+A						
160+B						
160+C						
200+A						
200+B						
200+C						
240+A						
240+B						
240+C						
280+A						
280+B						
280+C						

Legible Heron Copies of this entry blank are acceptable. You must complete the reverse side.

# 1987 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

**Dates:** August 21-24, 1987

**Location:** The Woodlands, Athletic Center, The Woodlands, Texas

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

**Relay Eligibility:** Each relay swimmer must be a USMS registered swimmer. Each of the four members of any relay team must be properly affiliated with the same USMS club as the other three. The club and the swimmers must all be registered in the same Local Masters Swimming Committee (LMSC). "Unattached" swimmers may not swim on relay teams. Relay entry is in addition to the individual events; however, a swimmer may swim each relay event only once (limit of 4 relay events).

**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.

**Relay Scoring (men/women/mixed):** 20-16-14-12-10-8-6-4-2. Points from mixed relays shall count under combined team scoring only.

**Awards:** National Masters Medals for first through ninth to each swimmer on the relay.

**Age Groups:** 100+, 120+, 160+, 200+, 240+, 280+ with the cumulative ages of the relay members determining the age group of the relay. Ages are determined in whole years as of the last day of the meet (8-24-87)

**Entry Deadline:** Entries must be received by Tuesday, July 21, 1987: late entries will be returned to the sender. **Mail Early.**

**Late Entries:** Clubs may deck enter teams on Thursday, August 20, 1987 at the Relay 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 July 21, 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 for any relay swimmer who is not entered in an individual event

Name (last)	(first)	Sex	Age on 8-24-87	USMS Reg. No.

Number of Relays entered	_____ x \$ 8.00 = _____
Meet surcharge (Relay only swimmers)	_____ x \$13.00 = _____
Banquet tickets (Relay only swimmers)	_____ x \$15.00 = _____
TOTAL FEES DUE (do not send cash)	US\$ _____

**Checks payable to:** Woodlands Masters Swimming

**Mail Entry and Fees to:** Woodlands Masters Swimming, P.O. Box 7148, The Woodlands, TX 77387

**Release from Liability:** I, the undersigned, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the Gulf Masters Swimming Committee, The Woodlands Athletic Center, The Meet Committee, or any officiating individual of the meet, as a condition of my participation in the meet. I have read the meet information and agree to abide by the rules of USMS, Inc.

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

OL' BARNACLE ... Long Course meet at Albany ...

When you want people to do a job right, let people want to do it. As fine a group of volunteers ever assembled put on an excellent meet.

Gene Bunting and Robert Boucher, were the prime organizers, but could not have done it without the help of many many willing and helping hands.

T.D. Hughes (meet referee), Ruth Hughes (stroke and turns), and Don Meador, official starter and assisting on stroke and turn, these three great people from Oregon Swimming, do so much to help make our Masters meet successful.

The timers were all volunteers from the Albany community, they were excellent, they were well briefed, and things went off like "clockwork".

Approximately 70 swimmers took to the water, and speaking about water, those of you who missed this meet, the water at Albany is fast, you will realize this when you see the records that were set.

We had some great new faces in the crowd ; Michael Kolln, Hunter Jameson, Robert Boucher, Marjorie Meek, Mark Kirk, Del Scott, Shari Morris, and Sharon Bricker.

PNA swimmers were present and did well ; Arlene and Bob Proebsting, David Addleman, Mark Kroll, Kathy Casey and Walt Reid.

Leon Wolf had something of a first, entered a 1:13.00 in the 100 fly, and swam a 1:13.00, no sandbagging here.

Sandbaggers also were present ; Brian Langlais (he likes to see his name in print) entered a 4:30 - 200 free and swam a 2:40, Charlotte Cowan put in a 16:03 for 800 free and came home with a 14:18, Herb Eisen-schmidt joins this august body with a 200 I.M. entered at 5:14 and brings home a 4:22 plus for a national record - ouch !!!

As expected the REVERSE sandbaggers were there too, 50 m is a long way anytime, but it is particularly long the first LC meet of the year.

Faces in the crowd, top performances ; Mike Johnson stroked 800 free in 10:27.35  
Tom Webb came in with a sparkling 34.72 for 50 back  
Susan Case turned a 1:24.99 for 100 back, just missing the record of 1:24.50  
Bob Proebsting just missed the regional best in the 50 fly, 29.91 vs 29.76  
Mark Worden had a great 400 I.M. in 5:23.88

Great Races - yes ; Andree Devine - Robin Myers, 50 free, 32.84 vs 33.56  
Charlotte Cowan - Sandy Hug, 100 free, 1:36.91 vs 1:38.15

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Records ... they are there to be broken and broken many were ...

## WORLD:

### HERB EISENSCHMIDT

(80-84)

Herb did not stop with short course, he is after them again;

50 m Back - 49.85  
200 m Back - 4:04.79  
200 m I.M. - 4:22.70

## REGIONAL:

35-39	Kathy Casey (PNA)	800 m free	11:18.47	(#7 TT)
40-44	Ginger Pierson	100 m fly	1:25.71	(#5 TT)
45-49	Barbara Frid	800 m free	12:09.86	(#3 TT)
		200 m I.M.	3:13.49	(#5 TT)
	Bob Proebsting(PNA)	200 m fly	2:52.49	(#3 TT)
60-64	Floyd Elliott	50 m back	1:36.97	(#3 TT)
		100		



NEW REGIONAL RECORDS :

60-64	Floyd Elliott	100 m back	1:23.92	(# 2 TT)
		200 m back	3:08.42	(# 3 TT)
65-69	Gil Young	800 m free	13:54.97	
	Hugh Richards	50 m free	:32.93	(# 6 TT)
		50 m fly	:38.79	(# 3 TT)
		100 m fly	1:41.43	(# 6 TT)
	Bob Morrison	100 m breast	1:41.28	(# 4 TT)
		200 m breast	3:55.35	(# 7 TT)
	Earl Walter	400 m I.M.	7:34.47	(# 3 TT)
75-79	Don Stevenson	50 m fly	:52.10	(# 5 TT)
	Harry Stevenson	800 m free	22:38.09	(# 7 TT)
80-84	Herb Eisenschmidt	50 m free	:41.59	(# 1 TT)
		200 m free	4:00.41	(# 2 TT)

NEW ASSOCIATION RECORDS ...

30-34	Debbie Barnes	800 m free	12:01.70	
35-39	Mark Worden	200 m fly	2:42.51	
	James Elliott	800 m free	11:22.20	
40-44	Del Scott	800 m free	11:37.39	
45-49	Barbara Frid	50 m free	:33.70	(# 5 TT)
		50 m brst	:44.07	(# 3 TT)
60-64	Floyd Elliott	200 m free	2:59.21	
		400 m free	6:18.61	(# 8 TT)
65-69	Margaret Yaden	50 m back	1:10.41	
		100 m back	2:28.50	
		200 m back	5:06.69	

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AN APOLOGY ... much to our dismay, officialdom of this years Oregon State Games have ruled out the participation of any and all Masters swimmers who are not Oregon residents. The rule is a good rule...BUT... when our friends from other associations wish to swim for time only , no medals, etc., they should be allowed to participate, long course meets are hard to come by, and we feel badly that this has happened.

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A little note regarding the longevity of records - our thanks to U S Swimming News for this little bit ...

In 1972 Mark Spitz set a new American record in the 100 yard butterfly, at 47.98. Today that time ranks him 22nd on the all time list in that event. Three more new faces would knock the former world record holder off the all time top 25 list, which now shows Mike Short in the 25th slot, with a time of 48.03.

Spitz is already off the all time list in the 200 yard butterfly. His best time of 1:49.01 was long ago eclipsed. The 25th fastest all time performer in that event is now Rick Carey with a 1:46.13.

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See you ALL at REGIONALS at Mt Hood Community College, August 7 thru 9 .....

1987 REGION XII LONG COURSE CHAMPIONSHIPS  
SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION  
Sanction No. 87J

MEET: REGION XII LC CHAMPIONSHIPS  
PLACE: Mt. Hood Community College  
Gresham, Oregon  
8 lanes, continuous warm-up area

	Events	Warm up	Meet Starts
Fri	1- 2	6:00PM	7:00PM
Sat	3-11	8:00AM	9:00AM
Sun	12-20	8:00AM	9:00AM

HOST: Mt. Hood Community College & OMS, Inc.  
Meet Contact: Susan Albright, 544-9668

**DIRECTIONS TO POOL:**

From Portland: Take I-84 East to Wood Village Exit. Head south to Stark. Left on Stark to 257th. Right on 257th to Cochran. Left on Cochran to pool.

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

**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:** (total team age) 76+, 100+, 120+, 160+, 200+, 240+, 280+

**SEEDING:** Enter relays at meet. The 400 IM, 1500, and 400 Free will be deck-seeded. 400 IM and 1500 entrants should check-in no later than 6:00pm on Friday. 400 entrants should check-in before event # 12 on Sunday. All other events will be pre-seeded, one heat fast men, one heat fast women, then mixed heats fast to slow.

**AWARDS:** Individual awards may be purchased at the meet for \$1.50 each.

**ENTRY FEE:** \$7.00 per swimmer. Make check payable to OMS. Mail entries to:  
OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034

**ENTRY DEADLINE:** Postmarked no later than 7-17-87. No late entries will be accepted.

**PARTY:** We have tentative plans for a potluck picnic following Saturday's events. Look for further details in the next issue of your newsletter.

**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 (1985 prices):

Shilo Inn, 2522 NE 238th Drive, (503) 667-1414 (8 min. from pool)  
\$38 S/ \$46 Db1

Coachman Inn, 1545 E. Burnside, (503) 666-9545 (5 min. from pool)  
\$36 S/ \$44 Db1

Wood Village Inn, 23705 NE Sandy Blvd, (503) 666-6623 (8 min. from pool)  
\$28 S/ \$36 Db1

**1987 REGION XII LONG COURSE CHAMPIONSHIPS ENTRY FORM**  
**SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**  
 Sanction No. 87J

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

USMS#   Z   AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION (check one):

OREGON: \_\_\_\_\_ Oregon    FNA: \_\_\_\_\_ FNA    IEA \_\_\_\_\_ SRA \_\_\_\_\_ OTHER \_\_\_\_\_  
          \_\_\_\_\_ MAC                \_\_\_\_\_ Huskies                                please specify

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, 1500 and 400 Free will be deck-seeded. 400 IM and 1500 entrants should check-in no later than 6:00pm on Friday. 400 Free entrants should check-in before event #12 on Sunday. 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 1500 Free:  
          Yes      No

**ENTRIES MUST BE POSTMARKED BY 7-17-87**

ENTRY TIME		ENTRY TIME	
<b>FRIDAY</b>		<b>SUNDAY</b>	
400 IM	1 _____:_____:_____	50 Fly	12 _____:_____:_____
1500 Free	2 _____:_____:_____	200 Back	13 _____:_____:_____
<b>SATURDAY</b>		100 Free	14 _____:_____:_____
100 Back	3 _____:_____:_____	5 MIN BREAK	
50 Breast	4 _____:_____:_____	Mxd Med Relay	15 XXXXXX
200 Free	5 _____:_____:_____	5 MIN BREAK	
5 MIN BREAK		100 Fly	16 _____:_____:_____
Medley Relay	6 XXXXXX	200 Breast	17 _____:_____:_____
5 MIN BREAK		50 Back	18 _____:_____:_____
100 Breast	7 _____:_____:_____	5 MIN BREAK	
200 Fly	8 _____:_____:_____	400 Free	19 _____:_____:_____
50 Free	9 _____:_____:_____	5 MIN BREAK	
5 MIN BREAK		Free Relay	20 XXXXXX
200 IM	10 _____:_____:_____		
5 MIN BREAK			
Mxd Fr Relay	11 XXXXXX		

Meet Entry Fee =   7.00  

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 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 \_\_\_\_\_

## OZGOOD'S GOSSIP

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Whatsamatta you!

Ozgood is still treading water way behind you swimmers out there in splash-splash land. As Ozgood promised many laps ago, here's more good stuff on Assocs recently held at THB pool (or, The Big pool). By the way, speaker-of-the-meet Watters mentioned something about door prizes. We all heard him. Where are they?

Ol' Barn must've remembered the IM order because he set a new record in one. Other excellent swims by the guys such as Gil Rowdy Young, Eric GP (what's that stand for?), Herb who forgot somewhere along the way you're supposed to slow down the older you get, Jon Stout and Jeff Strater. Now that's a fast one in the 500. Ralph's bad fingers didn't slow him down any with fine back-to-back swims. Of course, the ladies were also ready for this one. The old yellor reg'lars like Barb, Ginger and oh so close Lavelle were still kicking out fine consistent races. And likewise for the slightly younger set, including Kim and Tamara. Dorcas sure came alive this meet. Kiko took time off from skiing to show up. Our illustrious VP or VCP, as the case may be, now has her own built-in cheering section every time she swims. Come on, folks. You've taken this success thing too far. The awards ceremony took hours. If you've noticed anything wrong or different with the heat sheets and meet results recently, blame it on former Ed Andree who has temporarily taken over from Robert PC Smith. Only kidding. How's the back, Mr. Prez? Watters knows all about clum.. er, accidental falls, too.

Keep cool by the pool.

# 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.

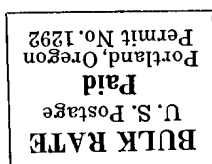
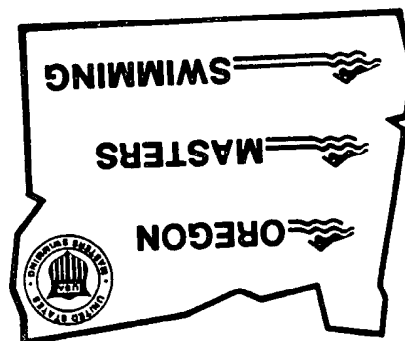
Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**  
We must have your last years' registration number for the national office.

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

Linda Hope  
448 SW 121st Place  
Portland, Or 97225



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

