



AQUA-MASTER

DEC 87 *** OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE *** VOL 14, #12

Bert Petersen, Chairman
2051 NE 137th
Portland, OR 97230
(503) 252-6081


Kathleen Buck, Registration
(503) 625-5747

Judy McCurdy, Vice Chairperson
(503) 679-8144

Peggy Thomson, Secretary
Roy Abramowitz, Treasurer
Earl Walter, Records
Andy Schragg, H.O.S.T.

Susan Albright, Editor
10750 SW Wedgewood St.
Portland, OR 97225
(503) 644-9668

Barbara Frid, Membership
(503) 292-3379 (Mon-Sat)



There will be no December OMS board meeting. The January board meeting will be held in Newport following Saturday's events. (Jan. 9)

IMPORTANT: SCHEDULE CHANGES

Please make note of the following changes underlined in the schedule below. The January meet location (previously MAC) has been changed to Newport. The format is the same as before. The March meet in Newberg will now be held on the 11th & 12th. We apologize for any inconvenience this may cause you.

SHORT COURSE YARDS/METERS

December 5 & 6, 1987



January 9 & 10, 1988

February 6, 1988



March 11 & 12, 1988

April 8,9,10, 1988

Late April/early May

May 13 - 16, 1988

May 19,20,21,22, 1988

Portland (PSU) s.c. meters w/1500 (#3)

Newport - yards with 1650 (#1)

Pentathlon - Tualatin Hills Pool

Newberg - yards with 1000 (#4)

Three days: Assoc. Championships
Corvallis

Three days: Regionals
Hosted by IEA

Canadian Masters SC Meters Champs.
Vancouver, B.C.

Short Course Nationals:
University of Texas
Austin, Texas

LONG COURSE

June 4 & 5, 1988

July 9 & 10, 1988

Late July/early August

August 25,26,27,28, 1988

October 10 - 15, 1988

Portland (MAC) - meters with 1500 (#1)

State Games of Oregon
Tualatin Hills Rec Center Pool

Three days: Regionals
Hosted by PNA

Long Course Nationals:
University of Buffalo
Amherst, New York

2nd FINA/MSI World Championships
Brisbane, Australia



Season's Greetings



"ANIMAL" MEET INFORMATION

DATE: Sat., February 20, 1988 WARMUP: 8:30am MEET: 9:30am
PLACE: Pierce College Pool
9401 Far West Dr. S.W.
Tacoma, WA 98498 MEET DIRECTOR: Dave Feigert
(206)584-8378
PHONE: (206)964-8673
HOSTED BY: Clover Creek Aquatic Club
DEADLINE: Entry must be postmarked by February 9, 1988

Meet will be seeded fast heats first. Entrants swimming the 1650 must check in 30 minutes before meet start time. You must register for 1988 in order to swim this meet.

ENTRY FEE: \$2.00 surcharge plus \$1.00 per event

POOL: 25 yard, 6 lane pool, diving tank available for warmups, lockers available (bring your own lock), smooth deck surface, concessions available.

DIRECTIONS: Take I-5 to Gravelly Lake Drive Exit (about 10 miles south of Tacoma). From the north turn right onto Gravelly Lake Drive. From the south turn left onto Gravelly Lake Drive. After the ARCO station (on your right) Gravelly Lake Drive bears to the left. Stay on Gravelly Lake Drive. Do not take Nyanza Road which appears to go straight. Take Gravelly Lake Drive to Washington Blvd. (the next light, about a mile). Turn left onto Washington Blvd. Go straight through the first light (about a mile down the road). Thereafter the road begins to curve and is renamed Old Military Road. Go to the next light and turn right onto 112 Street S.W. Immediately turn left (this is a free left turn) onto Far West Drive. Continue to Pierce College (about a mile on the right). Turn right into the main entrance to the campus (second entrance on your right). The pool is the last building on the left and is easy to spot due to its many windows. Turn left and then right into the parking lot. Enter the pool building from the back. (Allow about 20 minutes from the Gravelly Lake Drive Exit to the pool.)

EVENTS:

- 1 200 Butterfly
- 2 400 IM
- 3 1650 Freestyle

Entrants may swim one, two, or all three events.
Those swimming all three events will be the
"Trianimals".

HOUSING: For information on housing call Kathy Casey (206) 588-4879(H) or (206) 756-8410(W).

happy
birthday

OMS January Birthdays

Walter M.	Hess	01/01/30	Sheryl L.	Kirkendall	01/13/56
Lavelle M.	Stoinoff	01/02/33*	Hazel B.	Bressie	01/15/09
Jackie	Diedrich	01/03/55	Terry C.	McCurdy	01/15/30
Flo	DeLaney	01/04/52	Boo H.	Moore	01/15/54
Helena W.	Hoffman	01/05/16	Mel W.	Anderson	01/17/18*
Robert L.	Cutter	01/05/18*	Ron	LeCornu	01/19/45
Sue	Billiet	01/05/47	Bob R.	Timm	01/20/47
Beverly	L'Esperance	01/06/32	John D.	De Jarnatt	01/20/50
Clarence C.	Courter	01/07/23*	Kevin K.	Kelly	01/22/43*
Andy	Porter	01/07/56	Joel	Gooing	01/24/46
John F.	Zell	01/07/57	Craig A.	Faiman	01/24/58*
Jeanne N.	Kennett	01/08/35	Larkin	Kaliher	01/25/47
Walter	Palmer	01/08/50	Margaret R.	Yadon	01/26/18*
Maria J.	McGeorge	01/08/52	Scott H.	Kornberg	01/28/55
Marcie E.	Morton	01/08/64	Robert A.	Osip	01/28/56
Patlyn	Knapp	01/10/44	Robert B.	Moss	01/30/45
Tom B.	Boardman	01/11/27	John P.	Weston	01/30/51
Michael T.	Kolla	01/11/45	Carol F.	Peterson	01/31/45
Frank	Warner	01/11/49			

* - Moving up!

Thanks to Bruce Chesey and his Mac Plus!



25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTION # 873613

DATE: Sat., February 20, 1988 WARMUP: 8:30am Meet: 9:30am
PLACE: Pierce College Pool
9401 Far West Dr. S.W. MEET DIRECTOR: Dave Feigert
Tacoma, WA 98498 (206)584-8376
PHONE: (206)964-6678
HOSTED BY: Clover Creek Aquatic Club
DEADLINE: POSTMARKED BY FEBRUARY 9, 1988

NAME _____ M_or F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # _____ 8 _____ 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
Entrants may swim one, two, or all three events. Circle the events you wish
to enter and fill in the best or estimated time, NOT "no time". Meet will
be seeded fast heats first. ALL ENTRANTS SWIMMING THE 1650 MUST CHECK IN
30 MINUTES BEFORE MEET START TIME. You must register for 1988 in order to
swim this meet.

DIRECTIONS: See meet information page.

EVENTS

BEST TIME

1 _____ 200 Butterfly _____

2 _____ 400 IM _____

3 _____ 1650 Freestyle _____

Will you swim the 1650 two to a lane? YES ☐ NO ☐

ENTRY FEE: \$2.00 surcharge plus \$1.00 per event

SEND ENTRY FORM AND PAYMENT TO:

Gordon Gray

P. O. Box 84

Keyport, WA 98345

206-697-1532 (before 9:00 pm)

MAKE CHECK PAYABLE TO:

PNA MASTERS SWIMMERS

ANIMAL MEET

MEET SURCHARGE = \$2.00

NO. OF EVENTS X \$1.00 = _____

TOTAL = _____

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, Pierce College Pool, and Clover Creek Aquatic
Club free and harmless from any and all damages, claims, demands, and legal
action arising by reason of injury to anyone during the conduct of the
event including all attorney fees and court costs.

SIGNED _____

BETWEEN THE LANE LINES

OMS has newly elected officers! Back (due to popular demand) is Roy Abramowitz as Treasurer. Keep track of those funds big guy. Judy McCurdy (from Umpqua Valley Masters) resoundly defeated all opponents and won the office of Vice Chairperson. Congratulations to you both.

* * * * *

OMS extends a hearty thanks to Linda Hope who served as editor of the Aqua-Master for the past year. Linda had expressed an interest in having someone take over her position SO... in a moment of extreme weakness, Susan Albright (yes that's me) has volunteered to step in for at least one year. Any complaints, compliments or suggestions regarding the newsletter should now be sent to me (see the front page for address & phone). Thanks again to Linda.

* * * * *

I hear tell that the Corvallis Aquatic Masters team is an up and coming force in Oregon Masters Swimming. Woah - watch out!

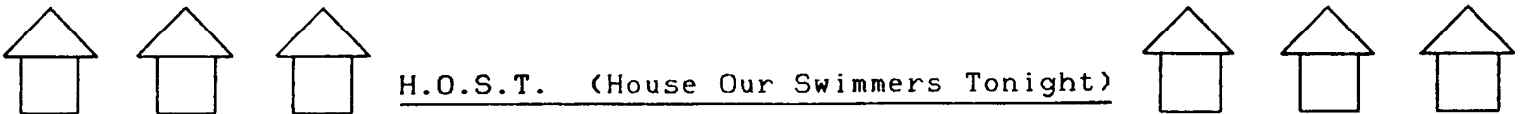
* * * * *

WORLD CORPORATE GAMES 1988 - From October 22 - November 5, 1988, the World Corporate Games will be held in San Francisco. The Games involve twenty sports and are open to anyone 30 years or older. Most of the swimming events will be held at the International Swim Center in Santa Clara. There will also be a Golden Gate Bridge swim for expert open water swimmers. Registration fees vary depending upon when you enter. The earliest registration is Dec. 31, 1987 for \$100. For a brochure and/or more information contact Hal Fox, Director of Sport, World Corporate Games - 1988, Shaklee Terraces, 444 Market Street, San Francisco, CA 94111 (phone: 415-781-1988).

* * * * *

Ozgood where are you? We miss you. We need you! Please respond.

* * * * *



Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out-of-town meet.

Oregon Masters	Andy Schragg	W (206)254-9400 H (206)254-9661
PNA Masters	David Addleman	(206)852-7002
IEA Masters	Mariah Clarke	(509)926-2597
Snake River	Janet Wood	W (208)339-7229 H (208)345-8843
Corvallis	Mark & Laura Worden	(503)753-9352
Southern Oregon	Judy McCurdy	(503)679-8144

OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM
SANCTION NO. 88A BY USMS, INC AND LMSC FOR OREGON ASSOCIATION

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

MEET: Newport Short Course Meet

DATE: January 9 & 10, 1988

PLACE: Newport Swimming Pool

HOST: Newport YMCA Swim Team

Jim Windell, Meet Director

265-2261(W) 265-5686(H)

WARM UP

MEET STARTS

Jan. 9 2:00 PM

3:00PM

Jan. 10 9:00 AM

10:00AM

DIRECTIONS TO POOL: From Hwy 101, turn east (inland) on NE 12th. Go straight (through one stop sign) and turn left at the end of NE 12th. Park car and start swimming.

PARTY: If there are enough interested swimmers, we will organize a pizza party to follow Saturday's events. Let us know at the meet.

ENTRY DEADLINE: Postmarked no later than 12-30-87. No late entries will be accepted.

RETURN THIS LOWER PORTION

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

1988 USMS# 8 BIRTHDATE _____ SEX _____ AGE _____ CLUB/TEAM _____/_____

REMINDER: IF YOU HAVE NOT REGISTERED WITH USMS FOR 1988, YOU MUST SUBMIT
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET 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 6 individual events, plus 4 relays. Enter relays at the meet. The 400 IM, 500 and 1650 Free will be deck seeded. All other events will be pre-seeded fastest heats first.

ENTRY TIME

ENTRY TIME

SATURDAY, JAN. 9

SUNDAY (CONT'D.)

400 IM 1 ____:____.____
1650 Free 2 ____:____.____

100 Free 10 ____:____.____
200 Breast 11 ____:____.____
50 Back 12 ____:____.____
100 Fly 13 ____:____.____
Medley Relay 14 XXXXXX

SUNDAY, JAN. 10

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

BREAK
200 Free 15 ____:____.____
50 Breast 16 ____:____.____
100 Back 17 ____:____.____
200 Fly 18 ____:____.____
100 IM 19 ____:____.____
Mxd Med Relay 20 XXXXXX
BREAK
500 Free 21 ____:____.____

MEET ENTRY FEE: \$6.00 Send form(s) & fee(s) payable to OMS to:
OMS, P.O. BOX 1033, TUALATIN, OR 97062

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

STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC for Oregon free and harmless for any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Signature _____ Date _____



Don Stevenson is mending nicely after suffering a heart attack at the Ellensberg meet.

Our Secretary, Peggy Thomson, had a fine baby boy on October 18. Jeffrey Robert was 6 pounds, 8 ounces. Mom and son are doing fine.

If anyone knows of a Masters Swimmer who needs a little "sunshine" please call our Sunshine person, Luella Petersen, at 252-6081.

- Sunshine -

MARTHA KELLER
ALL AMERICA - ALL WORLD

Fellow Master Swimmers,

It is with great concern that I inform you of a mishap that has sidelined one of Oregon's better master swimmers and a long time member of our club. Several weeks ago, Martha Keller, age 86, fell and broke her hip. She lay unconscious for a period of three days before being discovered by her son when he stopped by to see her upon his return from a camping trip. As you know, our little friend is very independent and tried not to be a bother nor burden to anyone.

She is now out of the hospital and in a convalescent center just outside Gresham. Should you wish to send her a card or drop in to see her, she is in room 36 at the Village Convalescent Center, 3955 S.E. 182nd Gresham 97030. I am sure she would appreciate it and it would cheer her up.

TO MARTHA

We hope and pray that you will heal quickly and rejoin us at our meets. Speaking for our club and all those who know you, we wish you the very best of luck, a fast recovery and continued good health. Hurry back, we miss you.

Eric G. P. Guest
Mt. Hood Masters

25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTION # 873612

DATE: Sun. January 17, 1988 WARMUP: 8:30am Meet: 9:30am
PLACE: Fidalgo Pool
1603 - 22nd St.
Anacortes, WA 98221 MEET DIRECTOR: Dan Meyer
206-293-0673
PHONE: 206-293-0673
HOSTED BY: Fidalgo Islanders Seahawks Masters

DEADLINE: POSTMARKED BY JANUARY 5, 1988

NAME _____ M _____ or F _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # 8 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 five events plus relays. Circle the events you wish to enter and fill in the best or estimated time, NOT "no time". Meet will be seeded slow heats first including the 400 IM. ENTRANTS SWIMMING 400 IM MUST CHECK IN 30 MINUTES BEFORE MEET START TIME. You must register for 1988 in order to swim this meet.

DIRECTIONS: See meet information page.

	<u>EVENTS</u>	<u>BEST TIME</u>		<u>EVENTS</u>	<u>BEST TIME</u>
1	400 IM		7	100 IM	
	----5 min break-----			----5 min break-----	
2	50 Freestyle		8	50 Breaststroke	
3	100 Breaststroke		9	200 Freestyle	
4	<u>XX</u> 200 FREE RELAY	<u>XXX</u>	10	<u>XX</u> 400 MEDLEY RELAY	<u>XXX</u>
	----5 min break-----			----5 min break-----	
5	50 Backstroke		11	50 Butterfly	
6	100 Butterfly		12	200 Backstroke	
	----5 min break-----			----5 min break-----	
			13	<u>XX</u> 800 FREE RELAY	<u>XXX</u>

RELAYS may be swum Men's, Women's, or Mixed. NOT OFFERED: 200 Breaststroke 200 Butterfly, 200 IM, 100 Freestyle, 100 Backstroke, & 500 Freestyle.
ENTRY FEE: \$2.00 surcharge plus \$1.00 per event (relays are free)

SEND ENTRY FORM AND PAYMENT TO:

Gordon Gray
P. O. Box 84
Keyport, WA 98345
206-697-1532 (before 9:00 pm)

MAKE CHECK PAYABLE TO:
PNA MASTERS SWIMMERS

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

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

RULES: Current USMS rules will govern.

STATEMENT OF RELEASE

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

SIGNED _____

OL BARN ... Redmond Meet ...

When you don't worry, it means you don't care ...

Cynthia Dunlap, meet director at Redmond, started worrying when she heard they were awarded the meet.

Rumor has it, that one night she woke up in a cold sweat, she had just dreamt that on meet day, she went to the pool and guess what - No Water ...

Well there was plenty of water, and fast water, plus anytime Cynthia wants to run a meet it is A-OK with everyone that was there.

Laurie Gould was head timer, Vicky Thomas handled results, Wally Zimmerman was the announcer, Bob Brown the meet referee, Jim Larsen the starter, Trish Durfre in charge of stroke and turns.

As Cynthia mentioned the entire Redmond team contributed, and the results were fantastic, well done, and thanks so much to everyone.

An aside - Carol Petersen (42) celebrated her First Anniversary of learning to swim at the Roseburg meet, then at Redmond made her first "out of the water" start - goin' for the blocks at P.S.U. - Carol shows once again what really makes Masters Swimming great, congratulations !!!

That dynamic duo did it again ... National Records and Regional Records ...

Janine Amodeo

Herb Eisenschmidt

National	100 m brst	1:26.41	
	400 I.M.	6:02.42	
Regional	100 I.M.	1:21.91	
	200 I.M.	2:51.10	
National	200 free	3:55.31	
	50 brst	1:00.61	
Regional	100 free	1:44.47	(#2 TT)
	400 free	8:13.12	(#2 TT)
	800 free	16:47.16	(#2 TT)

New Regional Records ...

25-29

MIKE JOHNSON	400 I.M.	5:39.79	(#2 TT)
SHELLY RAWDING	100 free	1:07.11	(#7 TT)
	100 back	1:16.32	(#3 TT)
	100 I.M.	1:18.16	(#7 TT)

30-34

LAURIE GOULD	50 back	:35.55	(#2 TT)
DAN JOHNSON	200 brst	2:53.25	(#4 TT)

35-39

KATHY BUCK	400 free	5:35.88	(#3 TT)
BRUCE CHENEY	100 back	1:17.86	(#9 TT)

40-44

BOB SMITH	50 back	:29.72	(#2 TT)NR:29.58
	100 I.M.	1:08.71	(#2 TT)NR 1:08.25

OB Note - Bob's IM was a 2 sec PR, not bad for top of his age group

BERT PETERSEN (45-49)	800 free	11:58.28	(#2 TT)
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"our leader will swim anything to get a record"

55-59

BEV L'ESPERANCE	50 back	:52.75	(# 10 TT)
	100 back		
ERIC GUEST	200 free	2:56.33	(#5 TT)
	800 free	13:37.40	(#3 TT)

OL BARN ... strokin' on at Redmond ...

(2)

Regional Records (cont) ...

ERIC GUEST	200m I.M.	3:14.57	(#2 TT)
60-64)			
CLARENCE COURTER	50 brst	:43.80	(#7 TT)
	50 fly	:38.16	(#5 TT)
65-69			
GIL YOUNG	800 free	13:57.24	(#2 TT)
70-74			
SYD HENDY	50 back	:52.97	(#10 TT)
	200 back	4:26.68	(#7 TT)
75-79			
AL GAWLEY	100 free	2:01.02	(#4 TT)
	100 back	2:39.59	(#5 TT)

ASSOCIATION RECORDS ...

Mike Johnson(25-29)	400 free	4:55.32	(#9 TT)
	50 back	:37.27	
	200 I.M.	2:38.97	(#9 TT)
Laurie Gould (30-34)	50 free	:30.86	(#4 TT)
	100 free	1:08.77	(#3 TT)
Dan Johnson (30-34)	800 free	11:09.88	(#6 TT)
	400 I.M.	5:51.13	(#6 TT)
Vicki Gordon (30-34)	50 fly	:36.19	(#5 TT)
Kathy Buck (35-39)	100 free	1:11.33	(#2 TT)
	200 free (Reg-2:37.31)	2:37.50	(#4 TT)
	50 free	:32.41	(#5 TT)
	50 brst	:43.72	(#7 TT)
Monica Hunscher (35-39)	800 free	12:56.12	(#5 TT)
Bruce Cheney (35-39)	100 free	1:02.34	(#10 TT)
	800 free	10:44.52	(#4 TT)
Jim Elliott (35-39)	200 back	2:56.16	(#7 TT)
Paul Converse (35-39)	100 brst	1:24.24	
Bob Smith (40-44)	200 I.M. (reg-2:46.46)	2:47.20	(#4 TT)
Jim Bigler (50-54)	200 free	2:42.66	(#8 TT)
	200 brst	3:32.31	(#9 TT)
	200 I.M.	3:34.71	
Bev L'Esperance (55-59)	400 free	7:51.82	(#7 TT)
Terry McCurdy (55-59)	50 back	:51.26	
Gil Young (65-69)	200 back	3:51.65	(#6 TT)
Syd Hendy (70-74)	100 back	2:03.58	
Al Gawley (75-79)	50 free	:47.77	(#6 TT)
Lee King (75-79)	50 back	1:08.86	(#5 TT)
	50 fly	1:20.28	(#2 TT)

200 m Mixed Medley Relay - 100 + ORE 2:26.02

(Shari Morris, Mike Johnson, Dan Johnson, Janine Amodeo)

200 m Women's Free Relay - 120 + CAM 2:28.19

(Vicki Iverson, Shari Morris, Cindy Dunlap, Laurie Gould)

OL BARN ... strokin' on at Redmond ...

(3)

Noteworthy Splishes and Splashes ;

David Filer (welcome to OMS), turned in a fine 800 free(11:59.36) #3-TT

Gil Young within a whisker of the 50 back record - 44.43 vs 44.35

David Filer and Bert Petersen had the best race of the meet over the 800 free,
Dave in at 11:59.36 vs Bert at 11:58.28

Bev L'Esperance was close to record time for the 200 back, 4:10.08 vs 4:09.76

Bev Underwood, likewise in the 50 breast with a 1:10.94 vs 1:10.63

Laurie Gould close in the 100 I.M. swam in 1:19.75 , the record - 1:18.95

NEWCOMERS WELCOME GOES TO :

John McFadden
Paul Converse
Jerry White
Vicki Iverson

Dirk Rodewald
Gary Mathias
Mel Anderson
Carol Petersen

Thanks again to Cynthia Dunlap and all the people from Redmond, well done !!!

STAY WITH IT AND STAY FIT ... STAY WITH IT AND STAY FIT ... ONLY WAY TO GO ...

OB catches up with GINGER PIERSON ...

Oak Harbor, Washington, June 27th , better late than ever , look at these !!!

Ginger Pierson

	World Record	100 brst	1:24.33
		200 brst	3:01.86
National	"	50 brst	:38.36
		100 fly	1:23.39
Regional	"	200 fly	3:11.29

STAY WITH IT AND STAY FIT ... STAY WITH IT AND STAY FIT ... ONLY WAY TO GO !!!

an OL BARN extra ...

The October issue of Swim Master from June Krauser has an article we all need to read.

"Competitive Masters and their Fears" by George E. Bole. Will not put the whole story here, but please beg, borrow or steal this issue and read this article.

the final paragraph ... Finally, there are other little personal fears that harm some of our more sensitive members. There is the obvious one -- fear of being the slowest -- of being last. To this I would say that one may be last in a race, but try and remember there are hundreds of thousands of people your age who would be far behind you. Chin up -- no fear.

a comment please from OB - THAT IS WHAT IT IS ALL ABOUT - in fitness, in well being, and speed, you are way ahead of literally hundreds of thousands of people your age.

VETERANS DAY IN ST HELENS becomes HERB EISENSCHMIDT DAY ...

The St Helens City Council decided to honor the 81 year old world record holder by declaring Nov 11 to be "Herb Eisenschmidt Day". A couple of excerpts ... Eisenschmidt learned to swim by watching others at Portland Clubs, his eyesight must have been good as he almost made the 1928 Olympic team, and as the song says "look at him now" ... He arrived in St Helens in time for the opening of the then cold water pool on Aug. 29, 1939. Herb left for two years to serve in the medical corps during WW II, then returned in 1945 to launch still another swimming program, this team won every event. During his 33 years as pool manager, Herb taught more than 20,000 local youngsters how to swim ... to the youngsters, and now grownups, who learned to swim and then became winners on his winning teams, he has always been known as "Mr E".

REDMOND

*=FROM OUTSIDE OREGON ASSOC

25 METER 10/04/87 PG 1

+OREGON RECORD (pending review by E.WALTER)

by R.Smith

----- 19-24 WOMEN -----

50FREE SHARI L MORRIS 23 OREG :37.53
50BACK SHARI L MORRIS 23 OREG :45.12
100BRS JANINE AMODEO 24 OREG 1:26.41+

Oregon was- ANDREE DEVINE 1:32.80

100 IM JANINE AMODEO 24 OREG 1:21.91+

Oregon was- OPEN 99:99.99

200 IM JANINE AMODEO 24 OREG 2:51.10+

Oregon was- ANDREE DEVINE 2:55.10

400 IM JANINE AMODEO 24 OREG 6:02.42+

Oregon was- OPEN 99:99.99

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

50FREE ROBIN M MYERS 28 OREG :34.61

100FRE SHELLY L RAWDING 25 OREG 1:07.11+

Oregon was- ANDREE DEVINE 1:10.84

50BACK ROBIN M MYERS 28 OREG :44.43

100BAK SHELLY L RAWDING 25 OREG 1:16.32+

Oregon was- OPEN 99:99.99

50 FLY ROBIN M MYERS 28 OREG :38.95

100 IM SHELLY L RAWDING 25 OREG 1:18.16+

Oregon was- VICKI GORDON 1:22.54

200 IM ROBIN M MYERS 28 OREG 3:22.80

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

50FREE LAURIE GOULD 31 OREG :30.86+

Oregon was- PENELOPE O SPIRO :31.82

VICKI L GORDON 30 OREG :31.95

100FRE LAURIE GOULD 31 OREG 1:08.77+

Oregon was- PENELOPE O SPIRO 1:12.03

VICKI L GORDON 30 OREG 1:12.92

50BACK LAURIE GOULD 31 OREG :35.55+

Oregon was- SUSAN A. ALBRIGHT :42.91

50 FLY VICKI L GORDON 30 OREG :36.19+

Oregon was- ALICE ZABUDSKY :37.50

100 IM LAURIE GOULD 31 OREG 1:19.75

VICKI L GORDON 30 OREG 1:22.11

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

50FREE KATHLEEN P BUCK 37 OREG :32.41+

Oregon was- SANDI ROUSSEAU :32.68

CYNTHIA A DUNLAP 35 OREG :37.28

100FRE KATHLEEN P BUCK 37 OREG 1:11.33+

Oregon was- JEAN CRAWFORD 1:17.51

CYNTHIA A DUNLAP 35 OREG 1:28.26

VICKIE IVERSON 35 OREG 1:31.30

200FRE KATHLEEN P BUCK 37 OREG 2:37.50+

Oregon was- CATHY J. IMMALLE 2:40.52

VICKIE IVERSON 35 OREG 3:13.82

400FRE KATHLEEN P BUCK 37 OREG 5:35.88+

Oregon was- NANCY J MILNER 6:09.77

VICKIE IVERSON 35 OREG 6:39.24

800FRE MONIKA HUNSCHER 39 OREG12:56.12

VICKIE IVERSON 35 OREG13:29.74

100BAK MONIKA HUNSCHER 39 OREG 1:35.12

200BAK MONIKA HUNSCHER 39 OREG 3:24.31

50BRST KATHLEEN P BUCK 37 OREG :43.72+

Oregon was- SANDI ROUSSEAU :47.04

CYNTHIA A DUNLAP 35 OREG :49.31

100BRS CYNTHIA A DUNLAP 35 OREG 1:53.19

50 FLY MONIKA HUNSCHER 39 OREG :43.01

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

100FRE CAROL F PETERSEN 42 OREG 1:54.04

200FRE CAROL F PETERSEN 42 OREG 4:19.64

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

50FREE BEVERLY UNDERWOOD 53 OREG :59.78

400FRE BEVERLY UNDERWOOD 53 OREG 9:40.58

50BACK BEVERLY UNDERWOOD 53 OREG 1:05.27

50BRST BEVERLY UNDERWOOD 53 OREG 1:10.94

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

400FRE BEVERLY L'ESPERANCE 55 OREG 7:51.82+

Oregon was- BEVERLY A DIRKSEN 8:03.09

800FRE BEVERLY L'ESPERANCE 55 OREG16:04.02

50BACK BEVERLY L'ESPERANCE 55 OREG :52.75+

Oregon was- BEVERLY L'ESPERANCE :54.42

100BAK BEVERLY L'ESPERANCE 55 OREG 1:56.42+

Oregon was- BEVERLY L'ESPERANCE 1:58.46

200BAK BEVERLY L'ESPERANCE 55 OREG 4:10.08

----- 19-24 MEN -----

50FREE JOHN M MCFADDEN 19 OREG :28.66

100FRE JOHN M MCFADDEN 19 OREG 1:05.22

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

50FREE GARY E MATHIAS 26 OREG :31.47

400FRE MICHAEL E JOHNSON 27 OREG 4:55.32+

Oregon was- MICHAEL E JOHNSON 5:00.79

50BACK MICHAEL E JOHNSON 27 OREG :37.27+

Oregon was- MICHAEL DOUGLAS :44.07

GARY E MATHIAS 26 OREG :46.63

100 IM MICHAEL E JOHNSON 27 OREG 1:12.82

GARY E MATHIAS 26 OREG 1:27.34

200 IM MICHAEL E JOHNSON 27 OREG 2:38.97+

Oregon was- DANIEL GOSSACK 2:51.20

400 IM MICHAEL E JOHNSON 27 OREG 5:39.79+

Oregon was- OPEN 99:99.99

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

800FRE DANIEL P JOHNSON 34 OREG11:09.98+

Oregon was- OPEN 99:99.99

100BRS DANIEL P JOHNSON 34 OREG 1:20.39

200BRS DANIEL P JOHNSON 34 OREG 2:53.25+

Oregon was- JIM CUTTING 3:20.16

100FLY DANIEL P JOHNSON 34 OREG 1:16.72

400 IM DANIEL P JOHNSON 34 OREG 5:51.13+

Oregon was- OPEN 99:99.99

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

50FREE PAUL CONVERSE 35 OREG :29.07

100FRE BRUCE W CHENEY 35 OREG 1:02.34+

Oregon was- DENNIS SEACAT 1:05.48

JAMES M ELLIOTT 35 OREG 1:06.99

200FRE L BUZ CARRIKER 39 OREG 2:48.87

400FRE JAMES M ELLIOTT 35 OREG 5:17.14

DIRK RODEWALD 37 UNAT 5:32.96

800FRE BRUCE W CHENEY 35 OREG10:44.52+

Oregon was- OPEN 99:99.99

DIRK RODEWALD 37 UNAT12:45.03

100BAK BRUCE W CHENEY 35 OREG 1:17.86+

Oregon was- PAT CAUDILL 1:40.74

JAMES M ELLIOTT 35 OREG 1:21.70

200BAK JAMES M ELLIOTT 35 OREG 2:56.16+

Oregon was- OPEN 99:99.99

50BRST PAUL CONVERSE 35 OREG :39.78

L BUZ CARRIKER 39 OREG :41.88

100BRS PAUL CONVERSE 35 OREG 1:24.24+

Oregon was- DONALD K BRIGHTBILL 1:27.73

100 IM PAUL CONVERSE 35 OREG 1:18.09

200 IM BRUCE W CHENEY 35 OREG 2:56.08

L BUZ CARRIKER 39 OREG 3:19.70

400 IM PAUL CONVERSE 35 OREG 6:24.31

L BUZ CARRIKER 39 OREG 7:05.36

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

100FRE ROBERT S SMITH 44 OREG 1:10.81

400FRE D WAYNE BAKER 44 OREG 6:37.35

800FRE D WAYNE BAKER 44 OREG13:36.27

50BACK ROBERT S SMITH 44 OREG :29.72+

Oregon was- ROBERT S. SMITH :29.91

50BRST D WAYNE BAKER 44 OREG :39.01

100BRS D WAYNE BAKER 44 OREG 1:32.56

100 IM ROBERT S SMITH 44 OREG 1:08.71+

Oregon was- ROBERT S. SMITH 1:11.02

200 IM ROBERT S SMITH 44 OREG 2:47.20+

Oregon was- OPEN 99:99.99

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

800FRE BERT L PETERSEN 48 OREG11:58.28+

Oregon was- OPEN 99:99.99

DAVID FILER 45 OREG11:59.36

100FLY BERT L PETERSEN 48 OREG 1:09.99

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

50FREE JIM BIGLER 51 MAC :32.88

100FRE JIM BIGLER 51 MAC 1:14.18

200FRE JIM BIGLER 51 MAC 2:42.66+

Oregon was- JIM BIGLER 2:43.95

200BRS JIM BIGLER 51 MAC 3:23.31+

Oregon was- OPEN 99:99.99

200 IM JIM BIGLER 51 MAC 3:34.71+

Oregon was- OPEN 99:99.99

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

50FREE JERRY R WHITE 57 OREG :37.45

200FRE ERIC GP. GUEST 58 OREG 2:56.33+

Oregon was- TERRY C. MCCURDY 3:06.90

TERRY C MCCURDY 57 OREG 3:23.23

800FRE ERIC GP. GUEST 58 OREG13:37.40+

Oregon was- OPEN 99:99.99

50BACK TERRY C MCCURDY 57 OREG :51.26+

Oregon was- OPEN 99:99.99

200BAK TERRY C MCCURDY 57 OREG 4:09.81

50BRST JERRY R WHITE 57 OREG :47.78

100BRS JERRY R WHITE 57 OREG 1:47.14

50 FLY JERRY R WHITE 57 OREG :50.06

200 IM ERIC GP. GUEST 58 OREG 3:14.57+

Oregon was- ERIC GP. GUEST 3:16.66

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

50FREE CLARENCE C COURTER 64 OREG :35.24

50BACK CLARENCE C COURTER 64 OREG :46.07

50BRST CLARENCE C COURTER 64 OREG :43.80+

Oregon was- CLARENCE C COURTER :43.90

50 FLY CLARENCE C COURTER 64 OREG :38.16+

Oregon was- CLARENCE C COURTER :38.91

100 IM CLARENCE C COURTER 64 OREG 1:30.84

----- 65-69 MEN -----
 50FREE MEL W ANDERSON 69 OREG :49.77
 200FRE MEL W ANDERSON 69 OREG 4:24.94
 800FRE GILBERT N YOUNG 65 OREG13:57.24+
 Oregon was- GILBERT N YOUNG 14:03.36
 MEL W ANDERSON 69 OREG20:36.81
 50BACK GILBERT N YOUNG 65 OREG :44.43
 100BAK GILBERT N YOUNG 65 OREG 1:40.70
 200BAK GILBERT N YOUNG 65 OREG 3:51.65+
 Oregon was- OPEN 99:99.99
 ----- 70-74 MEN -----
 50BACK SYD C HENDY 74 OREG :52.97+
 Oregon was- LEE 'KIP' KING 1:10.08

100BAK SYD C HENDY 74 OREG 2:03.58+
 Oregon was- OPEN 99:99.99
 200BAK SYD C HENDY 74 OREG 4:26.68+
 Oregon was- JOE D RUDDLEY 5:39.07
 ----- 75-79 MEN -----
 50FREE ALFRED GAWLEY 75 OREG :47.77+
 Oregon was- OPEN 99:99.99
 LEE 'KIP' KING 75 OREG :53.17
 100FRE ALFRED GAWLEY 75 OREG 2:01.02+
 Oregon was- OPEN 99:99.99
 50BACK LEE 'KIP' KING 75 OREG 1:08.86+
 Oregon was- OPEN 99:99.99
 100BAK ALFRED GAWLEY 75 OREG 2:39.59+
 Oregon was- OPEN 99:99.99

50 FLY LEE 'KIP' KING 75 OREG 1:20.28+
 Oregon was- OPEN 99:99.99
 ----- 80-84 MEN -----
 100FRE HERB EISENSCHMIDT 80 OREG 1:44.47+
 Oregon was- OPEN 99:99.99
 200FRE HERB EISENSCHMIDT 80 OREG 3:55.31+
 Oregon was- OPEN 99:99.99
 400FRE HERB EISENSCHMIDT 80 OREG 8:13.12+
 Oregon was- OPEN 99:99.99
 800FRE HERB EISENSCHMIDT 80 OREG16:47.16+
 Oregon was- OPEN 99:99.99
 50BRST HERB EISENSCHMIDT 80 OREG 1:00.61+
 Oregon was- OPEN 99:99.99

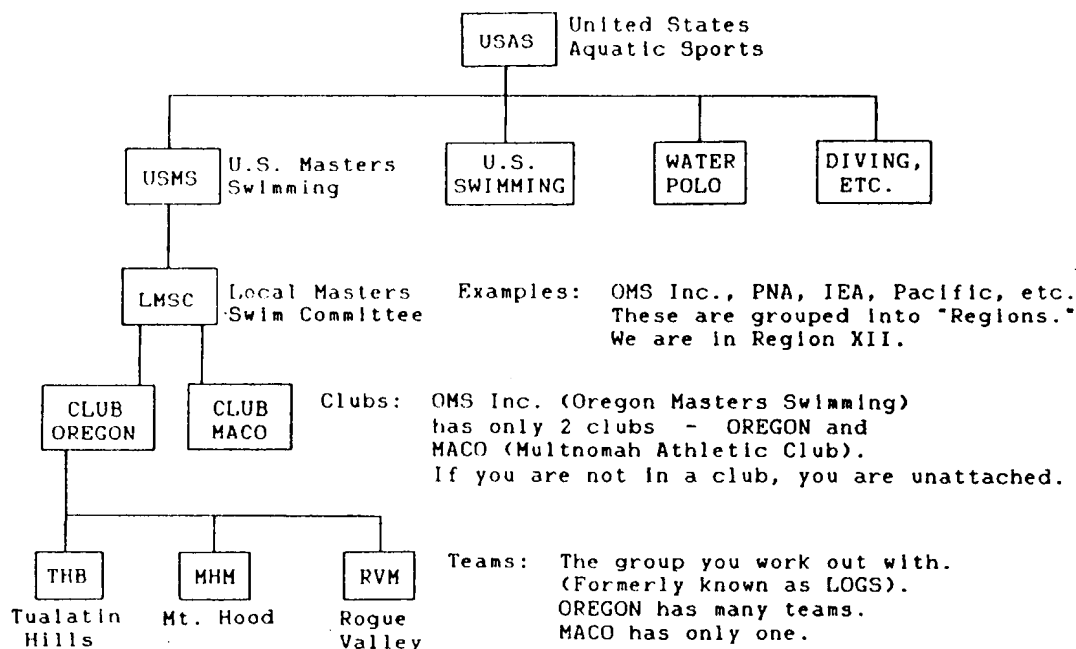
100+ MIXED 20 200 MEDLEY RELAY
 SHARI L MORRIS,23 *** MICHAEL E JOHNSON,27 *** DANIEL P JOHNSON,34 *** JANINE AMODEO,24 *** OREG 2:26.02

120+ MIXED 20 200 MEDLEY RELAY
 LAURIE GOULD,31 *** CYNTHIA A DUNLAP,35 *** PAUL CONVERSE,35 *** JOHN M MCFADDEN,19 *** OREG 2:24.62
 JAMES M ELLIOTT,35 *** KATHLEEN P BUCK,37 *** ROBIN M MYERS,28 *** BRUCE W CHENEY,35 *** OREG 2:34.28

120+ WOMEN 4 200 FREE RELAY
 VICKIE IVERSON,35 *** SHARI L MORRIS,23 *** CYNTHIA A DUNLAP,35 *** LAURIE GOULD,31 *** OREG 2:28.19

48 ENTRANTS

It's time once again to explain how masters swimming is structured. Please see how you fit in and remember this on meet entries and registration.



OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (Yards)

10/05/87

MEN

19 - 24 Years Old

Dareld Artman	1/5/85	22.19	50 Free	Liz Vandervalk	3/3/85	26.21
Steve George	4/1/84	49.60	100 Free	Denise Stuntzner	4/06/86	58.00
Steve George	4/1/84	1:52.60	200 Free	Denise Stuntzner	5/4/86	2:00.47
Tom Patapoff	4/7/81	5:22.73	500 Free	Chere Benson	4/1/84	5:41.25
Charles Knapp	3/31/85	11:06.36	1000 Free	Andree Devine	3/1/86	12:10.24
Charles Knapp	3/31/85	18:46.14	1650 Free	Marcia Morey	3/1/80	19:21.02
Jason Hafner	4/1/84	26.32	50 Back	Carolyn Brown	1/10/87	30.67
Jason Hafner	4/1/84	58.81	100 Back	Carolyn Brown	1/10/87	1:05.52
Justin Gordon	4/1/84	2:16.40	200 Back	Carolyn Brown	1/10/87	2:24.43
Tom Kelly	12/3/83	29.43	50 Brst	Lori Willamont	3/31/85	33.82
Mat McCudden	5/1/77	1:03.30	100 Brst	Adele Pierce	4/9/83	1:14.00
Mat McCudden	5/1/77	2:21.90	200 Brst	Adele Pierce	4/9/83	2:41.16
Jason Hafner	4/1/84	25.34	50 Fly	Denise Stuntzner	2/7/87	28.20
Steve George	4/1/84	56.75	100 Fly	Denise Stuntzner	4/06/86	1:01.92
Charles Knapp	3/31/85	2:21.35	200 Fly	Denise Stuntzner	4/06/86	2:14.81
Tom Kelly	12/3/83	56.75	100 I.M.	Denise Stuntzner	2/7/87	1:06.98
Tom Kelly	4/9/83	2:07.34	200 I.M.	Adele Pierce	4/9/83	2:27.48
Tom Patapoff	4/11/81	4:41.99	400 I.M.	Jane Miller	4/7/79	5:07.60

WOMEN

25 - 29 Years Old

Rick Abbott	5/1/83	22.54	50 Free	Susan Braun	4/06/86	26.21
John Weston	1/19/83	48.98	100 Free	Susan Braun	3/01/86	57.48
John Weston	1/22/84	1:48.44	200 Free	Susan Braun	10/5/86	2:05.65
Alan Cardwell	12/9/79	4:53.00	500 Free	Susan Braun	11/2/86	5:33.01
Tim Rumsey	3/31/85	10:29.67	1000 Free	Susan Braun	3/29/87	11:32.30
Jeff Strater	4/12/87	17:38.06	1650 Free	Marcia Morey	4/7/81	18:55.88
Steve Hamilton	5/1/82	26.81	50 Back	Carolyn Brown	5/18/87	30.11
Steve Hamilton	3/6/82	56.19	100 Back	Christy Wittliff	4/29/78	1:07.30
Steve Hamilton	5/1/82	2:06.31	200 Back	Carolyn Brown	5/18/87	2:25.03
Roy Clark	5/3/80	28.06	50 Brst	Christy Hartman	3/16/80	33.10
Roy Clark	5/3/80	1:01.60	100 Brst	Christy Hartman	5/3/80	1:14.31
Roy Clark	5/3/80	2:18.12	200 Brst	Kim Phillips	4/12/87	2:40.59
Rick Abbott	5/1/83	23.36	50 Fly	Susan Braun	5/4/86	28.67
Roy Abramowitz	5/1/83	54.22	100 Fly	Laura Baumhofer	3/31/85	1:05.93
Roy Abramowitz	5/6/84	1:59.28	200 Fly	Laura Baumhofer	5/4/86	2:23.81
Roy Abramowitz	12/3/83	56.83	100 I.M.	Christy Wittliff	4/29/78	1:07.30
Roy Abramowitz	5/1/83	2:03.29	200 I.M.	Kim Phillips	5/18/87	2:28.21
Mark Worden	5/23/81	4:29.35	400 I.M.	Laura Worden	5/18/87	5:12.72

30 - 34 Years Old

Vern Dasch	12/9/79	22.36	50 Free	Ann Brown	5/5/79	27.36
Vern Dasch	1/26/80	50.01	100 Free	Ann Brown	5/5/79	1:00.05
Alan Cardwell	4/9/83	1:51.19	200 Free	Tanya Mansigh	1/16/83	2:14.20
Mark Worden	5/12/85	5:01.15	500 Free	Tanya Mansigh	3/6/83	5:29.23
Mark Worden	5/4/86	11:01.83	1000 Free	Vicki Moore	3/31/85	13:21.01
Roy Abramowitz	2/3/85	18:03.76	1650 Free	Darlene Pohl	5/3/80	21:07.28
David Marlin	5/4/86	26.25	50 Back	Tanya Mansigh	5/1/83	31.72
David Marlin	5/4/86	57.67	100 Back	Tanya Mansigh	5/1/83	1:07.87
David Marlin	5/4/86	2:08.76	200 Back	Tanya Mansigh	5/1/83	2:27.11
Roy Clark	5/4/86	27.80	50 Brst	Cathy Imwalle	4/1/84	34.41
Roy Clark	5/4/86	1:01.43	100 Brst	Cathy Imwalle	4/1/84	1:15.43
Art Smith	5/20/78	2:20.80	200 Brst	Cathy Imwalle	4/1/84	2:43.17
Martin Edwards	5/4/86	24.51	50 Fly	Ann Whitmyer	3/16/80	29.50
Martin Edwards	5/4/86	54.17	100 Fly	Ann Whitmyer	1/26/80	1:06.66
Roy Abramowitz	5/18/87	1:58.86	200 Fly	Ann Whitmyer	12/9/79	2:32.90
Roy Clark	5/4/86	57.16				
Roy Abramowitz	2/1/86	57.16	100 I.M.	Tanya Mansigh	5/1/83	1:09.27
Roy Abramowitz	5/18/87	2:04.18	200 I.M.	Tanya Mansigh	2/6/83	2:32.30
Roy Abramowitz	5/4/86	4:30.44	400 I.M.	Tanya Mansigh	3/6/83	5:27.33

OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (YARDS)

10/05/87

35 - 39 Years Old

Robert Smith	2/6/83	22.73	50 Free	Sandi Rousseau	4/1/84	27.58
Karl Von Tagen	5/23/81	50.46	100 Free	Carolyn Wood	4/9/83	1:01.26
Mark Worden	5/18/87	1:53.62	200 Free	Kathleen Buck	4/12/87	2:17.68
Mark Worden	5/18/87	5:06.56	500 Free	Tanya Mansigh	5/29/84	6:03.73
Mark Worden	3/29/87	11:05.66	1000 Free	Darlene Staley	5/4/86	12:52.94
Trevor Charlton	4/12/87	18:30.83	1650 Free	Darlene Pohl	3/31/85	21:33.43
Robert Smith	2/6/83	25.97	50 Back	Carolyn Wood	4/9/83	32.55
Robert Smith	5/1/83	58.88	100 Back	Tanya Mansigh	5/29/84	1:09.88
Frank Warner	5/12/85	2:10.56	200 Back	Tanya Mansigh	5/29/84	2:32.27
Mike Dirksen	4/12/87	29.61	50 Brst	Ginger Pierson	5/1/83	33.16
Mike Dirksen	5/4/86	1:04.68	100 Brst	Ginger Pierson	5/1/83	1:12.38
Mike Dirksen	4/12/87	2:19.57	200 Brst	Cathy Imwalle	3/31/85	2:37.73
Larry Chase	5/18/86	25.19	50 Fly	Sandi Rousseau	5/12/85	29.61
Ralph Wright	4/12/87	55.56	100 Fly	Sandi Rousseau	4/1/84	1:08.62
Mark Worden	5/18/87	2:07.75	200 Fly	Darlene Pohl	3/31/85	2:43.41
Larry Chase	5/12/85	57.77	100 I.M.	Cathy Imwalle	3/31/85	1:07.44
Larry Chase	5/12/85	2:06.56	200 I.M.	Cathy Imwalle	3/31/85	2:29.74
Mark Worden	5/18/87	4:36.48	400 I.M.	Tanya Mansigh	5/29/84	5:28.55

40 - 44 Years Old

Robert Smith	5/30/83	22.55	50 Free	Ginger Pierson	5/18/86	28.58
Robert Smith	5/6/84	51.58	100 Free	Nancy Ross	5/23/81	1:03.59
Karl Von Tagen	4/1/84	1:58.58	200 Free	Barbara Frid	4/12/87	2:20.30
Dick Boyd	5/18/87	5:29.18	500 Free	Barbara Frid	3/31/85	6:13.96
Dick Boyd	4/12/87	11:29.70	1000 Free	Barbara Frid	3/8/87	12:55.18
Dick Boyd	5/18/87	18:46.87	1650 Free	Barbara Frid	3/31/85	21:29.92
Robert Smith	5/30/83	25.93	50 Back	Barbara Frid	5/1/83	33.26
Robert Smith	5/30/83	57.86	100 Back	Barbara Frid	5/1/83	1:13.11
Jon Stout	4/12/87	2:23.26	200 Back	Barbara Frid	4/1/84	2:41.98
Art Smith	5/12/85	29.96	50 Brst	Ginger Pierson	5/4/86	33.31
Art Smith	5/12/85	1:05.68	100 Brst	Ginger Pierson	5/4/86	1:12.49
Art Smith	3/31/85	2:22.46	200 Brst	Ginger Pierson	5/4/86	2:38.86
Robert Smith	5/29/84	25.35	50 Fly	Ginger Pierson	2/7/87	30.09
Robert Smith	1/10/87	1:00.49	100 Fly	Ginger Pierson	3/14/87	1:12.88
Art Smith	2/3/85	2:23.86	200 Fly	Ginger Pierson	1/10/87	2:46.62
Robert Smith	5/30/83	56.72	100 I.M.	Ginger Pierson	5/4/86	1:09.18
Art Smith	3/31/85	2:12.37	200 I.M.	Ginger Pierson	5/4/86	2:34.87
Art Smith	5/12/85	4:47.96	400 I.M.	Ginger Pierson	4/12/87	5:42.92

45 - 49 Years Old

Bert Petersen	2/01/86	25.58	50 Free	Karen Roach	11/2/86	29.92
Ron Nakata	4/12/87	56.96	100 Free	Lavelle Stoinoff	4/8/79	1:05.85
Ron Nakata	4/12/87	2:12.54	200 Free	Lavelle Stoinoff	4/8/79	2:20.47
Bert Petersen	3/15/86	6:08.56	500 Free	Lavelle Stoinoff	5/3/80	6:14.31
Bert Petersen	3/16/86	12:38.66	1000 Free	Carolyn Forbes	4/12/87	15:56.45
Bert Petersen	10/21/84	21:35.36	1650 Free	Lavelle Stoinoff	5/3/80	21:45.28
Donlon Jones	3/16/75	32.80	50 Back	Barbara Frid	5/18/87	34.26
Lowell Neil	2/27/77	32.80				
Chris Hiatt	5/4/86	1:10.42	100 Back	Barbara Frid	5/18/87	1:14.72
Bert Petersen	11/2/86	2:50.00	200 Back	Barbara Frid	5/18/87	2:46.41
Bert Petersen	2/01/86	33.26	50 Brst	Susi Fogelson	4/1/84	41.40
Don Van Rossen	4/8/79	1:15.19	100 Brst	Susi Fogelson	4/1/84	1:30.43
Don Van Rossen	1/7/79	2:47.47	200 Brst	Susi Fogelson	11/3/84	3:16.55
Bert Petersen	1/5/85	26.16	50 Fly	Barbara Frid	5/18/87	30.64
Bert Petersen	3/1/86	58.72	100 Fly	Sue Rittenhouse	5/1/83	1:15.97
Bert Petersen	5/4/86	2:24.21	200 Fly	Sue Rittenhouse	5/1/83	2:54.48
Bert Petersen	2/01/86	1:06.32	100 I.M.	Barbara Frid	5/18/87	1:12.42
Ron Nakata	4/12/87	2:30.30	200 I.M.	Sue Rittenhouse	4/1/84	2:54.37
Bert Petersen	11/16/85	5:29.69	400 I.M.	Sue Rittenhouse	5/1/83	6:00.59

OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (YARDS)

10/05/87

50 - 54 Years Old

Eric Guest	5/1/83	26.79	50 Free	Lavelle Stoinoff	5/1/83	30.81
Eric Guest	5/1/83	1:01.04	100 Free	Lavelle Stoinoff	4/9/83	1:06.45
Fred Sprenger	4/11/81	2:19.31	200 Free	Lavelle Stoinoff	5/12/85	2:22.04
Fred Sprenger	4/4/82	6:09.12	500 Free	Lavelle Stoinoff	5/12/85	6:11.76
Fred Sprenger	3/31/85	12:55.38	1000 Free	Lavelle Stoinoff	5/18/87	12:44.88
Fred Sprenger	5/1/83	21:37.71	1650 Free	Lavelle Stoinoff	5/12/85	21:32.25
Bob Miller	5/1/83	32.03	50 Back	Connie Wilson	5/18/86	38.25
Earl Walter	3/16/75	1:13.40	100 Back	Lavelle Stoinoff	3/31/85	1:21.18
Bob Miller	5/1/83	2:34.05	200 Back	Lavelle Stoinoff	5/12/85	2:49.67
Don Van Rossen	5/3/80	33.98	50 Brst	Lavelle Stoinoff	2/7/87	43.01
Don Van Rossen	5/3/80	1:14.75	100 Brst	Lavelle Stoinoff	5/4/86	1:28.65
Don Van Rossen	1/10/82	2:54.40	200 Brst	Lavelle Stoinoff	5/18/87	3:07.73
Eric Guest	3/6/83	31.90	50 Fly	Nadine Whitehall	11/17/85	35.28
Robert Kim	4/12/87	1:14.42	100 Fly	Nadine Whitehall	11/17/85	1:33.47
Fred Eckhardt	12/18/76	3:05.30	200 Fly	Nadine Whitehall	4/26/87	3:19.42
Earl Walter	5/3/75	1:13.60	100 I.M.	Lavelle Stoinoff	12/1/84	1:20.29
Bob Miller	5/1/83	2:37.41	200 I.M.	Lavelle Stoinoff	5/12/85	2:50.11
Bob Miller	5/1/83	5:36.95	400 I.M.	Lavelle Stoinoff	5/18/87	5:57.07

55 - 59 Years Old

Eric Guest	1/5/85	27.21	50 Free	Louise Hepner	12/1/84	32.12
Don Cameron	12/7/86	1:01.49	100 Free	Louise Hepner	4/1/84	1:12.30
Fred Sprenger	5/4/86	2:20.16	200 Free	Louise Hepner	4/1/84	2:40.28
Fred Sprenger	5/4/86	6:15.22	500 Free	Louise Hepner	4/1/84	7:20.97
Fred Sprenger	5/4/86	12:47.45	1000 Free	Beverly Dirksen	5/4/86	17:02.62
Fred Sprenger	5/4/86	22:26.16	1650 Free	Mary Anne Wolfe	2/7/82	26:59.60
Floyd Elliott	5/4/86	32.37	50 Back	Mary Anne Wolfe	3/7/82	42.50
Floyd Elliott	5/4/86	1:11.21	100 Back	Mary Anne Wolfe	5/1/83	1:36.74
Floyd Elliott	11/2/86	2:41.68	200 Back	Mary Anne Wolfe	5/1/83	3:30.68
Don Van Rossen	11/2/86	33.91	50 Brst	Louise Hepner	5/29/84	42.47
Don Van Rossen	11/2/86	1:17.93	100 Brst	Louise Hepner	2/6/83	1:33.75
Don Van Rossen	11/3/84	2:51.80	200 Brst	Louise Hepner	5/29/84	3:24.52
Eric Guest	5/4/86	31.34	50 Fly	Louise Hepner	12/3/83	41.33
Eric Guest	11/2/86	1:22.22	100 Fly	Maggie Wells	3/6/83	1:44.67
Don Van Rossen	11/3/84	3:06.62	200 Fly	Maggie Wells	5/29/84	3:52.21
Eric Guest	4/12/87	1:14.99	100 I.M.	Louise Hepner	12/1/84	1:25.95
Eric Guest	4/12/87	2:47.60	200 I.M.	Joyce Bahler	4/12/87	3:22.40
Earl Walter	5/3/80	6:11.38	400 I.M.	Margaret Wells	5/29/84	7:29.83

60 - 64 Years Old

Earl Walter	12/6/81	29.05	50 Free	Louise Hepner	2/1/86	32.17
Jim Holland	3/4/84	1:09.58	100 Free	Louise Hepner	12/7/86	1:12.86
Floyd Elliott	3/29/87	2:33.67	200 Free	Louise Hepner	12/7/86	2:43.00
Floyd Elliott	1/10/87	7:18.27	500 Free	Louise Hepner	11/10/85	7:12.76
Gil Young	3/31/85	15:18.45	1000 Free	Louise Hepner	3/1/86	15:18.47
Gil Young	3/31/85	25:15.32	1650 Free	Louise Hepner	12/8/85	25:32.67
Floyd Elliott	4/12/87	31.95	50 Back	Louise Hepner	2/1/86	43.28
Floyd Elliott	4/12/87	1:11.04	100 Back	Margaret Wells	5/4/86	1:41.38
Floyd Elliott	4/12/87	2:42.23	200 Back	Louise Hepner	3/16/86	3:26.71
Bob Morrison	3/16/86	36.85	50 Brst	Louise Hepner	3/16/86	43.05
Earl Walter	3/6/82	1:25.63	100 Brst	Louise Hepner	3/1/86	1:33.42
Earl Walter	3/6/83	3:11.70	200 Brst	Louise Hepner	4/6/86	3:23.47
Earl Walter	12/6/81	33.58	50 Fly	Louise Hepner	2/1/86	39.05
Earl Walter	4/4/82	1:21.07	100 Fly	Margaret Wells	10/5/86	1:46.97
Earl Walter	4/4/82	3:13.58	200 Fly	Margaret Wells	5/4/86	3:58.07
Earl Walter	12/6/81	1:16.02	100 I.M.	Louise Hepner	2/01/86	1:26.30
Earl Walter	1/9/83	2:54.40	200 I.M.	Louise Hepner	3/16/86	3:14.94
Earl Walter	5/1/83	6:17.88	400 I.M.	Louise Hepner	12/8/86	6:46.40

OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (YARDS)

10/05/87

65 - 69 Years Old

Hugh Richards	4/12/87	28.46	50 Free	Ruth Swan	10/28/79	41.05
Hugh Richards	4/12/87	1:06.08	100 Free	Elva Cooms	12/9/79	2:10.00
Gil Young	4/12/87	2:44.46	200 Free	Judy Melcher	3/16/86	4:49.52
Gil Young	5/18/87	7:26.54	500 Free	Ruth Swan	10/28/79	10:40.53
Gil Young	4/12/87	15:32.50	1000 Free	Judy Melcher	4/6/86	25:06.81
Gil Young	4/26/87	25:40.91	1650 Free	Margaret Yadon	10/5/86	41:35.21
Bob Cutter	7/84	35.10	50 Back	Elva Coombs	12/9/79	59.60
Earl Walter	5/18/87	1:22.57	100 Back	Margaret Yadon	5/4/86	2:14.73
Earl Walter	5/18/87	2:57.73	200 Back	Margaret Yadon	10/5/86	4:42.38
Bob Morrison	5/18/87	35.89	50 Brst	Elva Coombs	12/9/79	1:04.62
Bob Morrison	4/12/87	1:24.78	100 Brst	Elva Coombs	10/28/79	2:17.49
Bob Morrison	4/26/87	3:17.97	200 Brst	Elva Coombs	10/28/79	4:56.23
Hugh Richards	5/18/87	32.74	50 Fly	Elfie Stevenin	10/5/86	1:20.63
Hugh Richards	5/18/87	1:21.20	100 Fly	Elfie Stevenin	10/5/86	3:01.48
Earl Walter	5/18/87	3:12.75	200 Fly	Elfie Stevenin	4/12/87	6:44.01
Hugh Richards	5/18/87	1:18.20	100 I.M.	Judy Melcher	5/4/86	2:36.70
Earl Walter	5/18/87	2:58.42	200 I.M.	Elfie Stevenin	10/5/86	6:01.47
Earl Walter	3/29/87	6:24.17	400 I.M.	Elfie Stevenin	10/5/86	12:14.62

70 - 74 Years Old

Herb Eisenschmidt	5/3/80	33.07	50 Free	Evelyn McKeon	5/18/87	45.27
Don Stevenson	11/7/82	1:18.08	100 Free	Evelyn McKeon	5/18/87	1:41.53
Herb Eisenschmidt	4/8/79	3:00.01	200 Free	Evelyn McKeon	5/18/87	3:57.03
Herb Eisenschmidt	5/2/81	8:19.46	500 Free	Barbara Havercamp	5/4/86	13:27.69
Joe Ruddley	4/12/87	21:09.24	1000 Free	Doreen Morris	4/12/87	28:57.57
Herb Eisenschmidt	2/10/79	28:57.17	1650 Free	Doreen Morris	5/4/86	47:24.83
Herb Eisenschmidt	4/29/78	39.40	50 Back	Evelyn McKeon	5/18/87	55.22
Herb Eisenschmidt	4/8/79	1:26.60	100 Back	Doreen Morris	5/4/86	2:26.27
Herb Eisenschmidt	5/3/80	3:07.80	200 Back	Doreen Morris	5/4/86	5:12.47
Tift Kampmann	4/7/81	42.57	50 Brst	Evelyn McKeon	5/18/87	1:03.43
Don Stevenson	1/9/83	1:35.94	100 Brst	Hazel Bressie	4/8/79	3:04.88
Don Stevenson	5/30/83	3:33.09	200 Brst	Hazel Bressie	1/26/80	6:33.35
Don Stevenson	12/5/82	40.35	50 Fly	Helena Hoffman	4/12/87	1:46.18
Don Stevenson	4/9/83	1:43.55	100 Fly	Hazel Bressie	4/7/81	3:28.83
Don Stevenson	1/9/83	3:51.20	200 Fly	Hazel Bressie	3/18/79	7:53.50
Don Stevenson	12/5/82	1:28.14	100 I.M.	Evelyn McKeon	5/18/87	2:12.61
Don Stevenson	3/6/83	3:22.49	200 I.M.	Barbara Havercamp	4/12/87	6:43.52
Don Stevenson	4/1/84	7:20.89	400 I.M.	Hazel Bressie	1/26/80	13:34.10

75 - 79 Years Old

Herb Eisenschmidt	5/1/82	33.78	50 Free	Martha Keller	1/26/80	59.93
Herb Eisenschmidt	3/6/82	1:20.13	100 Free	Hazel Bressie	4/28/85	2:54.23
Herb Eisenschmidt	5/1/82	3:04.73	200 Free	Martha Keller	3/16/80	4:47.20
Herb Eisenschmidt	5/1/82	8:32.32	500 Free	Martha Keller	3/16/80	12:28.05
Herb Eisenschmidt	3/1/86	18:05.97	1000 Free	Hazel Bressie	3/3/85	31:03.98
Herb Eisenschmidt	1/5/85	29:49.57	1650 Free	Martha Keller	5/3/80	43:08.81
Herb Eisenschmidt	3/6/82	40.82	50 Back	Martha Keller	5/3/80	1:07.32
Herb Eisenschmidt	3/6/82	1:30.68	100 Back	Hazel Bressie	11/10/85	2:47.02
Herb Eisenschmidt	4/4/82	3:20.71	200 Back	Hazel Bressie	10/12/85	5:43.25
Herb Eisenschmidt	4/9/83	49.19	50 Brst	Martha Keller	1/26/80	1:23.83
Harry Wedler	3/6/82	2:16.82	100 Brst	Hazel Bressie	12/7/86	3:20.61
Tift Kampmann	5/4/86	4:22.27	200 Brst	Hazel Bressie	5/18/87	7:08.36
Herb Eisenschmidt	5/1/83	44.30	50 Fly	Hazel Bressie	2/1/86	2:03.58
			100 Fly	Hazel Bressie	3/3/85	4:13.81
			200 Fly	Hazel Bressie	2/15/87	9:06.52
Herb Eisenschmidt	5/1/83	1:33.08	100 I.M.	Hazel Bressie	2/7/87	3:23.02
			200 I.M.	Hazel Bressie	3/31/85	7:06.12
			400 I.M.	Hazel Bressie	4/06/86	15:01.42

OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (YARDS)

10/05/87

80 - 84 Years Old						
Herb Eisenschmidt	2/7/87	37.60	50 Free	Martha Keller	4/7/81	1:02.29
Herb Eisenschmidt	1/10/87	1:30.08	100 Free	Martha Keller	5/23/81	2:13.23
Herb Eisenschmidt	12/7/86	3:23.80	200 Free	Martha Keller	4/9/83	5:21.82
Herb Eisenschmidt	1/10/87	8:58.57	500 Free	Martha Keller	11/8/81	12:27.49
Herb Eisenschmidt	3/29/87	18:42.63	1000 Free	Martha Keller	3/31/85	31:09.69
Herb Eisenschmidt	3/13/87	31:19.59	1650 Free	Martha Keller	3/6/82	41:44.60
Herb Eisenschmidt	3/29/87	44.18	50 Back	Martha Keller	3/6/82	1:04.40
Herb Eisenschmidt	12/7/86	1:39.79	100 Back	Martha Keller	4/11/81	2:24.91
Herb Eisenschmidt	4/12/87	3:35.47	200 Back	Martha Keller	2/7/82	5:17.51
Herb Eisenschmidt	2/7/87	52.51	50 Brst	Martha Keller	'81	1:20.95
Roy Webster	4/9/83	2:41.49	100 Brst	Martha Keller	4/4/82	3:08.95
			200 Brst	Martha Keller	2/7/82	6:36.42
Herb Eisenschmidt	2/7/87	:50.02	50 Fly	Martha Keller	11/7/82	2:20.35
			100 Fly	Martha Keller	3/6/82	5:03.66
			200 Fly	Martha Keller	2/7/82	10:37.90
Herb Eisenschmidt	4/12/87	1:43.23	100 I.M.	Martha Keller	4/7/81	3:04.19
Herb Eisenschmidt	4/12/87	3:48.22	200 I.M.	Martha Keller	4/4/82	6:53.40
			400 I.M.	Martha Keller	11/8/81	13:59.80

85 - 89 Years Old						
Roy Webster	4/12/87	1:12.65	50 Free	Martha Keller	5/4/86	1:23.05
Collister Wheeler	4/9/83	1:56.94	100 Free	Martha Keller	4/6/86	2:49.93
Collister Wheeler	4/9/83	4:20.00	200 Free	Martha Keller	5/4/86	5:43.80
			500 Free	Martha Keller	11/2/86	16:51.60
Roy Webster	4/12/87	40:51.54	1000 Free	Martha Keller	3/1/86	32:19.92
Roy Webster	4/12/87	62:35.62	1650 Free	Martha Keller	10/5/86	58:16.43
			50 Back	Martha Keller	2/7/87	1:45.10
			100 Back	Martha Keller	10/5/86	3:11.88
Roy Webster	5/18/87	6:56.89	200 Back	Martha Keller	4/6/86	6:23.92
			50 Brst	Martha Keller	12/7/86	2:07.83
Roy Webster	5/18/87	3:01.75	100 Brst	Martha Keller	4/6/86	3:57.04
Roy Webster	5/18/87	6:59.01	200 Brst	Martha Keller	3/1/86	8:14.13
			50 Fly	Martha Keller	4/6/86	2:46.78
			100 Fly	Martha Keller	4/6/86	6:06.57
			200 Fly	Martha Keller	5/4/86	12:24.17
			100 I.M.	Martha Keller	2/7/87	4:20.56
			200 I.M.	Martha Keller	12/7/86	9:30.04
			400 I.M.	Martha Keller	3/1/86	17:13.92

90 Plus			
Collister Wheeler	4/1/84	2:06.77	100 Free

RELAYS

WOMEN FREESTYLE

T9+ WHOM	(Phillips, Seesz, Gordon, Braun)	3/29/87	1:49.98
25+ ORE	(S. Rousseau, B. O'Brien, A. Whitmyer, C. Hartman)	5/3/80	1:52.82
35+ ORE	(G. Pierson, B. Frid, S. Rousseau, K. Buck)	5/18/87	1:54.01
45+ ORE	(N. Whitehall, L. Hepner, C. Wilson, L. Stoinoff)	5/3/80	2:14.63
55+ THB	(L. Hepner, H. Hoffman, J. Melcher, K. Hughes)	4/12/87	3:39.03
65+	NONE		

MEDLEY

T9+ OMSC	(K. Redfern, J. Miller, C. Bode, M. Hudson)	4/8/79	2:04.97
25+ ORE	(S. Snyder, C. Hartman, D. Pohl, S. Rousseau)	5/3/80	2:05.36
35+ ORE	(B. Frid, G. Pierson, A. Whitmyer, S. Rousseau)	5/1/83	2:03.66
45+ ORE	(C. Wilson, J. Whisman, S. Rittenhouse, N. Whitehall)	5/1/83	2:24.33
55+ THB	(E. Stevenin, L. Hepner, H. Hoffman, J. Melcher)	4/12/87	4:28.23
65+	NONE		

OREGON MASTERS SWIMMING RECORDS - SHORT COURSE (YARDS)

10/05/87

RELAYS (cont'd)

<u>MEN</u>			
<u>FREESTYLE</u>			
19+ CA	(J. Hafner, M. Johnson, J. Gordon, S. George)	4/1/84	1:33.44
25+ ORE	(V. Dasch, C. Hughes, R. Maestre, D. Vaughan)	5/3/80	1:30.90
35+ ORE	(R. Smith, K. Von Tagen, B. Peterson, D. Vaughn)	4/28/85	1:35.97
45+ MHM	(F. Sprenger, E. Guest, R. Nakata, B. Petersen)	4/12/87	1:50.93
55+ ORE	(G. Young, E. Guest, J. Holland, F. Mack)	4/28/85	1:59.75
65+ ORE	(E. Walter, F. Mack, G. Young, H. Richards)	5/18/87	2:01.43
<u>MEDLEY</u>			
19+ CA	(J. Hafner, M. Johnson, J. Gordon, S. George)	4/1/84	1:47.84
25+ ORE	(M. Boerner, A. Smith, L. Chase, M. Worden)	5/12/85	1:43.09
35+ ORE	(R. Smith, A. Smith, D. Smith, K. Von Tagen)	4/1/84	1:44.57
45+ ORE	(F. Elliot, M. Marks, B. Peterson, E. Guest)	3/29/87	2:04.54
55+ ORE	(G. Young, E. Walter, L. Miesen, J. Holland)	5/1/83	2:18.69
65+ ORE	(E. Walter, B. Morrison, H. Richards, G. Young)	5/18/87	2:17.89
<u>MIXED FREE</u>			
19+ OMSC	(C. Bode, J. Miller, H. Ronkin, R. Loverin)	4/8/79	1:44.89
25+ WHOM	(C. Hughes, S. Braun, R. Maestre, V. Gordon)	3/29/87	1:41.13
35+ ORE	(F. Warner, L. Chase, S. Rousseau, G. Pierson)	5/12/85	1:43.09
45+ ORE	(R. Miller, L. Stoinoff, J. Whisman, E. Guest)	5/1/83	1:56.10
55+ ORE	(L. Hepner, M. Wolfe, J. Holland, E. Walter)	5/1/83	2:06.80
65+ THB	(E. Walter, J. Melcher, H. Hoffman, F. Mack)	4/12/87	3:26.82
<u>MIXED MEDLEY</u>			
19+ CA	(J. Hafner, A. George, C. Benson, S. George)	4/1/84	1:53.36
25+ WHOM	(K. Phillips, H. Ronkin, C. Hughes, V. Gordon)	4/12/87	1:56.97
35+ ORE	(R. Smith, G. Pierson, S. Rousseau, R. Wright)	5/1/83	1:50.69
45+ ORE	(K. Roach, B. Petersen, M. Langsdorf, J. Whisman)	11/2/86	2:14.43
55+ ORE	(G. Young, E. Walter, L. Hepner, M. Wolfe)	5/1/83	2:34.18
65+ THB	(J. Melcher, F. Mack, E. Walter, H. Hoffman)	4/12/87	3:50.31

SUBLIMINAL PROMPTING

Don't you just hate being told what to do? I personally despise following orders, especially if the so-called justification for the directive is "It's good for you." YUK!

Do any of these ring a bell? "Eat your spinach," "Take your vitamins," "O.K., ten hundreds on the one-fifteen, descend every other one."

See what I mean? Now, I'm sure there's a little bit of rebellion harbored in each of you - some more than others. Let me share with you how Masters Swimming has been directing my life; giving me hidden yet fairly obvious messages over the last two years. Behold the table of effort and results below:

1. Ignored instruction cautioning reasonable use of a new drag suit.
Result: tendonitis, both shoulders.
2. Trained, worked hard, watched diet, got intense.
Result: won awards, became better known, got a work promotion!
3. Took 2 months off to bask in the above glory.
Result: got sick (twice), gained 20 pounds, felt lousy.

Now I'm not a great brain or anything like that, but I'm beginning to get the message: Sensible, regular training at Masters Swimming is good for you! DARN! Guess I'd better go get my suit on. (GRUMBLE, GRUMBLE)
See you at the pool!

The Fantum

1988 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 one of the highest renewal rates of any of the 50 associations.

* Our registration year runs from November 1, 1987 through October 31, 1988. Registrations for 1988 are accepted beginning October 1, 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. 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 bulk mail. If you move, let the registrar know so that you continue to receive this valuable publication. 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

There are currently two clubs within Oregon Masters : OMS and MAC club. Club designations affect eligibility to swim on relays. If you register "unattached", you are ineligible to swim on relays. Club designations are distinct from local operating groups (ie your "team").

You shall be registered for OMS 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 1987 # _____

Name _____
Last First M.I.

Address _____

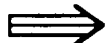
City _____ St _____ ZIP _____

() Phone # _____ Born (MM/DD/YY) _____ Age _____ Sex _____

--Oregon Club: () OMS () MAC () unattached

--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.



Signature _____

Oregon

1988

Office Use Only

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Aqua Master (6.00) _____

Total _____

Mail to:

Kathleen Buck
31925 NE Canter Lane
Sherwood, OR 97140

Or enclose with meet registration

Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

THIS REFERS TO THE TEAM YOU WORKOUT WITH.
DON'T FORGET TO CHECK THE APPROPRIATE CLUB.

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

Portland, Oregon 97204

916 S.W. Fourth Avenue

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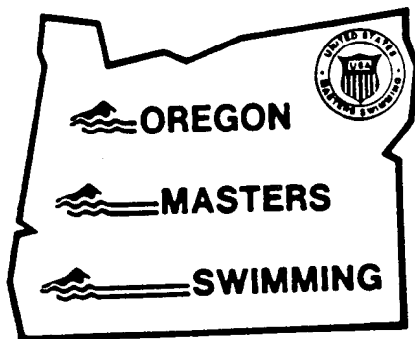
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