



# AQUA-MASTER

JAN 88 \*\* OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE \*\*\* VOL 15, #1

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## 1988 MASTERS SHORT COURSE MEET SCHEDULE

### OREGON ASSOCIATION (OMS)

- Jan 9-10 Newport - yards, order #1 with 1650
- \* Feb 6 Beaverton - yards, Swim Cellar Pentathlon
- March 11-12 Newberg - yards, order #4 with 1000
- April 8-10 Corvallis - Oreg Association Championships

### INLAND EMPIRE ASSOCIATION (IEA)

- Jan 23-24 Walla Walla, WA - yards
- Feb 13-14 Fairchild, WA - meters
- Mar 5-6 Wenatchee, WA - yards
- Mar 25-27 Spokane, WA - IEA Championships
- April 22-24 Spokane, WA - Region XII Championships

### PACIFIC NW ASSOCIATION (PNA)

- \* Feb 7 Seattle, WA - yards, Sprint Meet
- \* Feb 20 Tacoma, WA - yards, Animal Meet
- Mar 4or11 Burien, WA - yards
- April 8-10 Seattle, WA - PNA Championships

### SNAKE RIVER ASSOCIATION (SRA)

- 3rd Sat. Boise YMCA - yards, Time Trials every month

### ADDITIONAL MEET INFO

- \* Jan 1-31 1988 US Masters One Hour Swim Nat'l Champs (postal)
- May 13-16 Vancouver, B.C. - Canadian Masters SC Meters Championships
- May 19-22 Austin, TX - 1988 USMS Short Course Nationals
- Aug 25-28 Amherst, NY - 1988 USMS Long Course Nationals
- Oct 9-16 Brisbane, Australia - 2nd FINA/MSI World Champs(long course)

\*Entries enclosed in this issue

For more info on the above meets, contact the following:

OMS - Judy McCurdy (503)679-8144

IEA - Elin Zander, E. 1922 - 15th, Spokane, WA 99203 (509)534-7509

PNA - Rondi-Beth White, 7001 Topaz Dr. SW, Tacoma, WA 98498 (206)582-0532

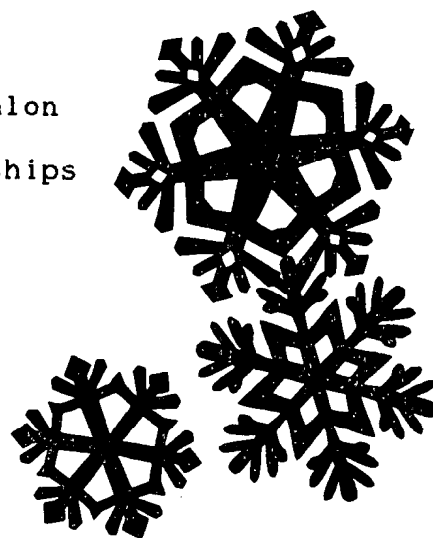
SRA - Richard Cooke, 1915 SW State St., Boise, ID 83702 (604)736-7645

B.C. - Denis Crockett, 1531 W. 4th Ave, Vancouver, BC V6J 1L6

SC Nat'ls - send self-addressed, #10 business size envelope, stamped with

.44 cents to: Huddy Murray, 1988 Masters Nationals,

% Texas Swim Center, 1900 E. Campus Dr, Austin, TX 78705



# PENTATHLON SPRINTING

By Robert Smith

At the pentathlon, the best times are done by the older experienced sprinter. Just as the more experienced marathon runner knows the proper pace to win, the sprinter knows how to prepare for & pace themselves through the 4 hour 5 event swim meet. As a past pentathlon winner I offer the following tips:

## WEEKS & MONTHS BEFORE

Always swim at high speeds and rest longer than you swim. If you're swimming 50 yard repeats in 30 seconds you should rest at least 30 seconds. I try to keep my rest to swim ratio at about 2 to 1. An "ideal" pentathlon workout is:

- \* 400 yards or 10-15 minutes technique warmups (1 arm stroke drills, etc.)
- \* 24 times 25 yards sprint with turn (foot touch) @ 1:15 in groups of 3 or 6 of each stroke as hard as possible! I have a self timing device to get exact times, but you might team up with someone & share stopwatch timings. Notice that the rest to swim ratio is perhaps 4 to 1, so swim all out!
- \* 50-200 yards cool down. Always leave the water feeling good and positive about your swimming technique progress.

Many masters are too busy getting into shape to work on technique. Conditioning is transitory, good technique sticks with you and challenges your brain too!

## 2 TO 5 DAYS BEFORE PENTATHLON

Your all out sprinting is over. Do not swim fast until the first event. Rest assured, your body will remember how to sprint. Its now time to repair. In your workouts you must hold your horses and only think how good and fast you'll be. Think of yourself as a nuclear weapon waiting for the first events gun. Relax, the die is cast, the pie is in the oven.

## 1 DAY BEFORE

If you're still sore, don't swim. Otherwise just warmup as if at the meet.

## DAY OF MEET

Do not have any sugar, honey or sweet. I'll bring a banana and a half a chocolate bar to the meet. Remember the purpose of a warmup:

- \* Warmup muscles. They perform better when they are very warm.
  - \* Get loose. If you can't get loose after 1000 yards. Get out, think positive.
  - \* Get the pool wired. Learn the walls & flags. Rehearse your race slooowly.
  - \* Don't do anything stupid like sprint in the sprint lanes or showoff how fast you are. Don't practice starts until you are thoroughly warm & loose.
- Put on warm clothes and rest for at least 15 minutes. Don't stand around and talk half naked. At the meet, over 80% of your energy is spent keeping warm. Nothing is as slow as a chilled sprinter.

## AFTER EACH EVENT

Immediately after you swim each race, go over to the unused section of the pool and cool down with a few lengths thinking about what went right. Visualize your next race as being perfect.

Get out, put on warm clothes, drink water, you'll have 1/2 hour to rest. About 10-20 minutes before the 100 IM eat your 1/2 candy bar. It may not make you swim faster but will sure brighten your outlook, which can't hurt.

## CHANNEL YOUR ENERGY

I have discovered that when the guys in the lanes next to me have good times, I have good times. We are all trying as hard as possible and if I touch the wall first I thank them because they have inspired me to do my best. I go to meets not for awards or to defeat others, but to be inspired. There is always someone faster than you. The winners are those who channel their energy to challenge themselves, to produce the best time possible.

# SEVENTH ANNUAL SWIM CELLAR PENTATHLON

Sanction No.88B by USMS, Inc. and LMSC for Oregon Association

DATE: Saturday, February 6, 1988  
PLACE: Tualatin Hills Rec. Center Pool; 15707 Walker Rd, Beaverton.  
TIME: Warmups: 9:00 AM Meet Starts: 10:00 AM  
RULES: Open to currently registered USMS swimmers, 19 yr and older.  
Current USMS rules will apply, except: 10 second penalty added to score for stroke/turn & false start infractions. Swimmers must swim all five events to be eligible for an award.  
AWARDS: Special custom pins will be presented to the top 6 places in each age group, based upon total accumulated times.  
ENTRY: Fee: \$6.00, includes awards. Deadline: postmarked no later than 1-27-88. NO DECK ENTRIES. NO LATE ENTRIES. Detach and mail entry form and fee(s) to: OMS, P.O. Box 1033, Tualatin, OR 97062. Make check payable to OMS.  
PARTY: A party will be held following the pentathlon. Come celebrate with good spirits, good food, and good friends. Details will be available at the meet. Cost: \$4.00 per person.  
HOST: Swim Cellar: 292-3379 Barbara/Brian Frid 645-4641

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

NAME\_\_\_\_\_PHONE\_\_\_\_\_

ADDRESS\_\_\_\_\_CITY\_\_\_\_\_ST\_\_\_\_\_ZIP\_\_\_\_\_

1988 USMS# \_ \_ 8 \_ \_ \_ BIRTHDATE\_\_\_\_\_SEX\_\_\_\_\_AGE\_\_\_\_\_

CLUB/TEAM\_\_\_\_\_/\_\_\_\_\_  
AGE GROUP 19-24 25-29 30-34 35-39 40-44  
(CIRCLE) 45-49 50-54 55-59 60-64 65-69  
70-74 75-79 80-84 85-89 90+

EVENT #	EVENT	TIME*
W M		
1 2	50-Fly	____:____.____
3 4	50-Back	____:____.____
5 6	50-Breast	____:____.____
7 8	50-Free	____:____.____
9 10	100-IM	____:____.____

\*Enter best, or estimated time.  
DO NOT ENTER "NT"

FEES: Entry fee - - - - - 6.00  
Party \$4/person - - - - -  
TOTAL \$\_\_\_\_\_

PLEASE NOTE: Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters competition.

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

SIGNATURE\_\_\_\_\_DATE\_\_\_\_\_



## BETWEEN THE LANE LINES

\* \* \* \* \*

### ATTENTION POTENTIAL LONG AND SHORT COURSE METERS RECORD HOLDERS!

If you think you might be setting a national record in either long or short course meters, please send a xerox copy of your birth certificate to Earl Walter, 3904 SW 57th Ave, Portland, OR 97221. Earl will keep your certificate on file in the event that you should set an international record. The international record keepers now require this info in addition to the usual official time card.

\* \* \* \* \*

If you have moved or changed your mailing address, please mail the new info to: Kathy Buck, 111 Canter Lane, Sherwood, OR 97140. The Aqua-Master is not automatically forwarded since it is mailed bulk rate so if you aren't receiving your OMS newsletter this may be why.

\* \* \* \* \*

Just so you know, if you have a question about. . .

- ...joining OMS? Call Barbara Frid, 292-3379 (Mon-Sat)
- ...registering for a meet? Call the meet director whose name is listed on each meet entry.
- ...not receiving your newsletter and/or USMS card? If you signed up for the Aqua-Master when you registered for OMS you should be receiving the most recent edition within two to three weeks after mailing the registration. The USMS cards take about 6 weeks to process. If you don't hear from us after this time, contact Kathy Buck at 625-5747.
- ...signing up for a meet without a USMS number? If you have sent in your registration for OMS and have not received your USMS number by the time the meet entry is due, simply put "applied for" or "pending" in the slot where your USMS number should be.
- ...submitting an article, letter or other info for the newsletter? Please send a typed copy to Susan Albright, 10750 SW Wedgewood St, Portland, OR 97225. Our highly trained but grossly underpaid editorial staff will be happy to review any and all submittals (submissions?).
- ...anything else pertaining to Oregon Masters Swimming? Call the answer man, Bert Petersen, at 252-6081.

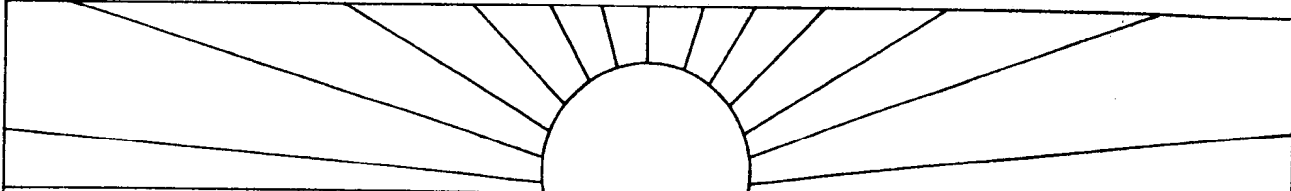
\* \* \* \* \*

The Cowichan Aquannis Masters are hosting a meet in Duncan, B.C. on Sunday, January 31, 1988. This is a short course meters meet. The mail-in entry deadline is Jan. 22 and the phone-in entry deadline is Jan. 29. If you wish more information, contact Susan Albright at 644-9668.

\* \* \* \* \*

The next OMS board meeting will be in Newport, Jan. 9, at the end of Saturday's events. Hope to see you there. Have a safe and happy New Year.

\* \* \* \* \*



Sam Ierulli suffered a cerebral hemorrhage shortly after Christmas and is now recuperating in the Intensive Care Unit at Adventist Hospital in Portland. We hope to see Sam back at poolside soon.

Martha Keller has been moved from the convalescent home to Emmanuel Hospital in Portland. Hurry back Martha.

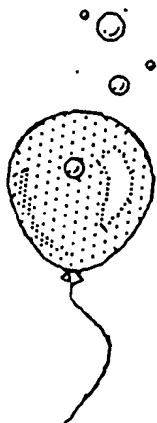
John and Jean DeJarnatt (of WHOM fame) are the proud parents of a baby girl. Bethany Michelle arrived on December 2 - 20 and 1/4 inches long and weighing 8 pounds, 13 ounces. Congratulations to you!

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

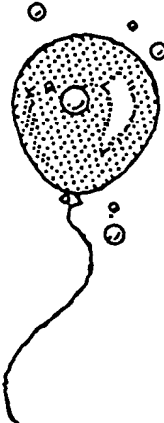
- Sunshine -

# happy birthday

## OMS February Birthdays



William L.	Branson	02/01/26	Karin A.	Clancey	02/15/54
Carolyn A.	Brown	02/01/62	Marianne O.	Van Dijk	02/17/33*
Chuck D.	Granger	02/02/34	Jackie G.	Cowan	02/17/67
Kathryn L.	Cronin	02/02/61	Dennis J.	Seacat	02/18/49
Charles L.	Kralovec	02/03/52	Les E.	Schmertzler	02/18/50
June	Mather	02/03/53*	Chris L.	Hughes	02/18/52
Ada A.	Herbert	02/04/16	Gail M.	Kimberlind	02/18/56
Judy M.	McCurdy	02/04/39	Gary L.	Hafer	02/19/51
Donlan F.	Jones	02/05/30	Susan J.	Case	02/20/49
Ken L.	McTeague	02/05/32	Cecil S.	Kribs	02/21/42
Vivian J.	Starbuck	02/06/35	Darlene J.	Staley	02/21/50
Leo J.	Van Dijk	02/07/33*	William R.	Hodges	02/22/55
Krish L.	Looney	02/07/48*	Cynthia A.	Dunlap	02/23/52
David F.	Putnam	02/08/32	Elizabeth C.	King	02/24/23*
James C.	Nelson	02/08/52	Toni	Walker	02/25/66
Martha	Keller	02/10/01	David	Bernstein	02/26/22
Skip G.	Runkle	02/10/53*	Carolyn A.	Merten	02/27/53*
Steve	Loosley	02/12/54	James L.	Holland	02/28/24
Mike D.	Phillips	02/12/61	Gary N.	Beckley	02/28/51
Harry M.	Stevenson	02/14/09	M. Charles	Van Rossen	02/29/56
Ted	Holden	02/14/48*			



\* = Moving up !

Thanks to Bruce Cheney and his Mac Plus !

# 1988 UNITED STATES MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS

(postal)

Sanctioned by  
Masters Long Distance Swimming Committee and Potomac Valley Masters Swimming Committee  
Sanction Number PV88-1

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

Location and Time  
Any pool 25 yards in length or longer and anytime during January 1988

Eligibility  
Any registered U.S. Masters athlete or Masters athlete registered with a similar body in his/her own country. Minimum age is 19 as of the date of your swim.

Age Groups – Individual  
(M & F) 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 & above

Age Groups – Team  
A team is composed of three swimmers in the following age groups: 19 + , 25 + , 35 + , 45 + , 55 + , 65 + and 75 + for men and women. The youngest member determines the age of the team. No unattached or mixed sex teams allowed. All team members must be members of the same registered Club or Swimming Team. No swimmer who enters (or is entered) unattached may be listed on a team entry.

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

Event  
The object of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner, the person swimming second farthest will be awarded second place, etc. If two or more swimmers complete the same distance a tie will be declared. Long Distance Swim Committee rules require a starter/referee be present and you have a verifier to count your lengths, record your splits and time the event with a stop watch. He/she must sign the Official Entry Form. Round down all distances to the nearest completed five yard increment (i.e. if you swim 2764 yards, round down to 2760 and enter 2760 yards on the form).

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

Entry Fees  
Individual event, \$5.00 per swimmer. Team Entry, \$6.00 per team. Effective 1/1/88, Long Distance Swimming imposes a \$1 per swimmer sanction fee to support Long Distance Swimming. Your entry fee includes this sanction fee and also includes mailing a copy of the results to you. **Foreign entrants** submit U.S. funds via international money order or a blank check drawn on a bank with a U.S. affiliate. Foreign personal checks **cannot** be accepted because we are now charged \$4 for each overseas or Canadian check we deposit. U.S. cash accepted, but mail it at your own risk. Please make checks payable to **DC Masters**.

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

Hour Swim, 337 Chesapeake Drive, Great Falls, VA 22066

**ENTRY DUE DATE IS FEBRUARY 15, 1988**

Meet Manager: Arthur Smith, Telephone 703/759-2211 (before 9 pm please)

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

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

**PLEASE PRINT!!!**

Team Name	Total Yardage
Age group of Team (19 + , 25 + etc)	Sex (M or F)
1. Swimmer #1, age	distance
2. Swimmer #2, age	distance
3. Swimmer #3, age	distance

# 1988 UNITED STATES MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS

## OFFICIAL ENTRY FORM

PLEASE PRINT!!!

\_\_\_\_\_  
Last Name, First Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City and State (and Country if Non-USA)

\_\_\_\_\_  
ZIP Code

\_\_\_\_\_  
Sex (M or F)

### Age Group Codes :

A 25-29	D 40-44	G 55-59	J 70-74	M 85-89
B 30-34	E 45-49	H 60-64	K 75-79	N 90 & up
C 35-39	F 50-54	I 65-69	L 80-84	X 19-24

Did you enter in  
1987?

☐ Yes ☐ No

If yes, has your  
address changed?

☐ Yes ☐ No

\_\_\_\_\_  
Age Group  
Code

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

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

\_\_\_\_\_  
Country Code -  
leave blank

( )  
\_\_\_\_\_  
telephone number in case  
we have questions about  
your entry.

\_\_\_\_\_  
Masters registration number.

### U.S. Masters:

1987 Numbers Expired 10/31/87.

1988 Numbers Required!

All swims must be done during January 1988. Entries must be received by **February 15, 1988**. If you want a receipt for your entry, enclose a self-addressed stamped postcard. Mail form and fees to **Hour Swim, 337 Chesapeake Drive, Great Falls, VA 22066**. Foreign receipts: add 50 cents for postage. We urge all foreign swimmers to send their entries **Air Mail**. Surface from Europe, the U.K. etc. takes 14-21 days. Don't send lap counts or splits; just send this entry form.

### Entry Fee \$5.00, U.S. Funds Only.

No foreign personal checks accepted.

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

Entry Fee includes mailing results to you.

### Please Make All Checks Payable to DC Masters.

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

\_\_\_\_\_  
signature of swimmer (required)

\_\_\_\_\_  
signature of verifier (required)

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

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

**YOU MUST SUBMIT THIS OFFICIAL FORM OR A PHOTOCOPY**

OL BARNACLE - via remote - GRANTS PASS MEET ...

Close to 50 Oregon Masters got together at Grants Pass for a fine meet under the guidance of Pat Walsh, meet director.

Dr Dan Moline headed a fine group of officials, Kathy Wright was head timer, Judy McCurdy was indispensable, the timing was handled by a great group of volunteers from the YMCA.

The entry list included a host of new swimmers, and for early in the season some very fine times were posted. When it was all over for the first time in Oregon Masters history, we had a meet without one new record - this is indeed an oddity and coincidence of the highest order.

There were all kinds of near misses and great swims.

Hugh Richards swam 50 free in 28.62 (28.46), also the 50 fly in 33.37 (32.74), and the 100 fly in 1:22.66 (1:21.20)

Personal bests were logged by ...

Terry McCurdy in the 200 free at 2:53.85 ... and ... Robert Curtis swam the 100 breast in 1:37.54, along with a fine 200 in 3:31.77

Had some great races :

100 free - John Bertani at 56.19 edged John Zell with a 56.57 (30-34)

50 back - Again John vs John , Zell in at 30.51 vs Bertani with a 31.23

50 back - Greg Frownfelter prevailed at 34.79 vs Dick Smith in 35.63 (35-39)

50 breast - Sue Mandell shaded Lynn Jones 47.20 vs 48.16 (30-34)

50 breast - Steve Mott in 34.67 bested Bob Bonner at 35.31 and Frownfelter with a 35.75 (35-39)

50 fly - Bob Bonner picked up the gold outswimming Chris Mecca - 28.49 vs 29.20

50 fly - Tom Pattee (40-44) flew home in 30.02 opposing Dan Gray at 30.95

100 I.M. - Steve Albright with a 1:08.34 outlasted Bonner in 1:08.86 (35-39)

Bob Bonner looked good in the 50 free at 24.65

Ed Tavscher (40-44) turned in a fine 200 back (2:45.23) welcome to OMS

David Yeakel (30-34) swam a fine 100 IM in 1:02.19

HOW ABOUT A TIE ??? - A dandy race in the 50 breast (30-34), John Bertani and David Yeakel in 32.31

Geri Ann Hanson a great 50 free at 29.72, plus the 200 in 2:26.95

Charlotte Cowan toured the 100 free in 1:20.28, add the 200 in 2:56.25

Jan Plesner with a PR for 500 free, great time of 7:11.17

Paula Pattee, early candidate for the Sandbagger Award, entered the 1000 free at 24:00.00, swam it in 17:44.81

Bev L'Esperance with a PR for 50 back at 47.45

Petey Smith, looking like a backstroker in the 100, with a fine 1:47.78

Deb Gregorie, flying the 50 in 35.50, looking great early on

WELCOME TO OREGON MASTERS :

DIANE GISHEL	PAULA PATTEE
REX BIXBY	ED TAVSCHER
DIANE PLANTE	JOHN BERTANI
ELIZABETH LAURENSEN	TOM PATTEE
and TOM HOAK	

Thanks again to Pat Walsh and his fine crew for a great meet, the Southern part of the state is looking better all the time.

STAY WITH IT and STAY FIT



# GRANTS PASS YMCA 25 YARD 11/07/87 PG 1

\* = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter N = NATIONAL R = REGIONAL + = OREGON Software by R.Smith

----- 25-29 WOMEN -----			100BAK PETEY MH. SMITH	63 NEWP	1:47.78+	200BRS J STEVEN MOTT	37 GPY	2:58.29
50FREE DIANE J GISCHL	25 GPY	:34.67	Oregon was- CLARE CAREY		1:56.90	50 FLY BOB BONNER	37 GPY	:28.49
100FRE DIANE J GISCHL	25 GPY	1:21.50	50BRST PETEY MH. SMITH	63 NEWP	:57.77	CHRISTOPHER MECCA	36 GPY	:29.20
50BRST ELIZABETH LAURENSEN	29 CA	:38.60	100 IM PETEY MH. SMITH	63 NEWP	1:46.50	GREG FROWNFEITER	39 RVM	:31.61
100BRS ELIZABETH LAURENSEN	29 CA	1:25.21	----- 25-29 MEN -----			100FLY CHRISTOPHER MECCA	36 GPY	1:06.88
----- 30-34 WOMEN -----			100FRE MICHAEL E JOHNSON	27 CA	:56.32	100 IM STEPHEN L ALBRIGHT	35 CA	1:08.34
50FREE SUE MANDELL	33 GPY	:33.80	200FRE MICHAEL E JOHNSON	27 CA	2:08.74	BOB BONNER	37 GPY	1:08.86
50BACK DEBBIE J GREGOIRE	33 RVM	:35.89	500FRE MICHAEL E JOHNSON	27 CA	5:41.70	GREG FROWNFEITER	39 RVM	1:10.05
LYNN A JONES	33 RVM	:45.23	1000FR MICHAEL E JOHNSON	27 CA	11:50.34	CHRISTOPHER MECCA	36 GPY	1:14.91
50BRST SUE MANDELL	33 GPY	:47.20	100 IM MICHAEL E JOHNSON	27 CA	1:05.74	----- 40-44 MEN -----		
LYNN A JONES	33 RVM	:48.16	----- 30-34 MEN -----			50FREE DANIEL R GRAY	42 RVM	:27.43
50 FLY DEBBIE J GREGOIRE	33 RVM	:35.50	50FREE DAVID W YEAKEL	33 SHNC	:24.85	REX BIXBY	42 GPY	:30.51
SUE MANDELL	33 GPY	:43.19	JOHN A BERTANI	32 CA	:24.96	D WAYNE BAKER	44 WHOM	:32.04
LYNN A JONES	33 RVM	:47.31	JOHN F ZELL	30 PPM	:26.31	MICHAEL T KOLLN	42	:36.90
100 IM SUE MANDELL	33 GPY	1:28.13	100FRE JOHN A BERTANI	32 CA	:56.19	100FRE MICHAEL T KOLLN	42	1:24.23
LYNN A JONES	33 RVM	1:41.05	JOHN F ZELL	30 PPM	:56.57	200FRE MICHAEL T KOLLN	42	3:10.00
----- 35-39 WOMEN -----			E DOUG WHITE	30 CM	:58.17	500FRE TOM PATTEE	40 GPY	6:46.25
50FREE GERI ANN HANSON	39 RVM	:29.72	MICHAEL J BAIRD	31 CA	:59.20	D WAYNE BAKER	44 WHOM	7:22.52
PAULA PATTEE	37 GPY	:39.54	500FRE MICHAEL J BAIRD	31 CA	5:41.95	ED TAVSCHER	41 GPY	8:00.15
DIANE F PLANTE	37 GPY	:41.87	E DOUG WHITE	30 CM	5:59.25	MICHAEL T KOLLN	42	8:41.73
100FRE GERI ANN HANSON	39 RVM	1:06.49	1000FR MICHAEL J BAIRD	31 CA	11:57.42	1000FR TOM PATTEE	40 GPY	14:17.02
200FRE GERI ANN HANSON	39 RVM	2:26.95	E DOUG WHITE	30 CM	12:35.16	D WAYNE BAKER	44 WHOM	15:40.20
SUSAN M GIRARD	39 RVM	3:32.59	50BACK JOHN F ZELL	30 PPM	:30.51	ED TAVSCHER	41 GPY	17:09.91
500FRE SUSAN M GIRARD	39 RVM	9:08.26	JOHN A BERTANI	32 CA	:31.23	MICHAEL T KOLLN	42	18:28.70
1000FR PAULA PATTEE	37 GPY	17:44.81	100BAK JOHN F ZELL	30 PPM	1:06.39	50BACK ED TAVSCHER	41 GPY	:34.15
50BACK PAULA PATTEE	37 GPY	:50.99	50BRST DAVID W YEAKEL	33 SHNC	:32.13	100BAK ED TAVSCHER	41 GPY	1:18.26
50BRST DIANE F PLANTE	37 GPY	:54.52	JOHN A BERTANI	32 CA	:32.13	200BAK ED TAVSCHER	41 GPY	2:45.23
100 IM GERI ANN HANSON	39 RVM	1:19.08	50 FLY DAVID W YEAKEL	33 SHNC	:27.27	50BRST D WAYNE BAKER	44 WHOM	:35.52
----- 40-44 WOMEN -----			100 IM DAVID W YEAKEL	33 SHNC	1:02.19	100BRS D WAYNE BAKER	44 WHOM	1:17.50
50FREE JAN M PLESNER	41 UVM	:32.71	JOHN F ZELL	30 PPM	1:05.38	50 FLY TOM PATTEE	40 GPY	:30.02
100FRE JAN M PLESNER	41 UVM	1:12.10	----- 35-39 MEN -----			DANIEL R GRAY	42 RVM	:30.95
500FRE JAN M PLESNER	41 UVM	7:11.17	50FREE BOB BONNER	37 GPY	:24.65	100FLY DANIEL R GRAY	42 RVM	1:12.24
50BACK JAN M PLESNER	41 UVM	:38.24	GREG FROWNFEITER	39 RVM	:26.32	----- 50-54 MEN -----		
----- 45-49 WOMEN -----			STEPHEN L ALBRIGHT	35 CA	:26.49	50FREE JAMES S MARTIN	50 RVM	:40.31
50FREE CHARLOTTE E COWAN	47	:36.12	RICHARD J SMITH	38 GPY	:26.53	50BACK JAMES S MARTIN	50 RVM	:49.19
100FRE CHARLOTTE E COWAN	47	1:20.28	PAUL W RUNQUIST	38 RVM	:27.06	50BRST JAMES S MARTIN	50 RVM	:45.87
200FRE CHARLOTTE E COWAN	47	2:56.25	100FRE STEPHEN L ALBRIGHT	35 CA	:57.40	100BRS JAMES S MARTIN	50 RVM	1:45.12
500FRE CHARLOTTE E COWAN	47	7:41.76	RICHARD J SMITH	38 GPY	1:00.71	200BRS JAMES S MARTIN	50 RVM	3:47.34
1000FR CHARLOTTE E COWAN	47	16:07.70+	PAUL W RUNQUIST	38 RVM	1:01.34	----- 55-59 MEN -----		
Oregon was- CAROLYN A. FORBES 16:39.60			CHRISTOPHER MECCA	36 GPY	1:01.70	100FRE TERRY C MCCURDY	57 UVM	1:19.66
----- 50-54 WOMEN -----			RON E JERSEY	39 GPY	1:08.91	200FRE TERRY C MCCURDY	57 UVM	2:53.85
200FRE BEVERLY UNDERWOOD	53 UVM	4:15.06	200FRE RICHARD J SMITH	38 GPY	2:20.38	100BAK TERRY C MCCURDY	57 UVM	1:45.50
500FRE BEVERLY UNDERWOOD	53 UVM	10:46.58	RON E JERSEY	39 GPY	2:37.61	100 IM TERRY C MCCURDY	57 UVM	1:50.09
50BRST BEVERLY UNDERWOOD	53 UVM	1:09.38	500FRE STEPHEN L ALBRIGHT	35 CA	6:03.38	----- 65-69 MEN -----		
100 IM BEVERLY UNDERWOOD	53 UVM	2:15.16	PAUL W RUNQUIST	38 RVM	6:07.52	50FREE HUGH S RICHARDS	66 MMH	:28.62+
----- 55-59 WOMEN -----			RICHARD J SMITH	38 GPY	6:43.63	Oregon was- HUGH S RICHARDS :29.23		
50FREE BEVERLY L'ESPERANCE	55 KFLS	:40.00	1000FR PAUL W RUNQUIST	38 RVM	13:29.49	100BRS ROBERT D CURTIS	67	1:37.54
500FRE BEVERLY L'ESPERANCE	55 KFLS	8:53.38	50BACK GREG FROWNFEITER	39 RVM	:34.79	200BRS ROBERT D CURTIS	67	3:31.77
50BACK BEVERLY L'ESPERANCE	55 KFLS	:47.45	RICHARD J SMITH	38 GPY	:35.63	50 FLY HUGH S RICHARDS	66 MMH	:33.37+
100BAK BEVERLY L'ESPERANCE	55 KFLS	1:46.13	50BRST J STEVEN MOTT	37 GPY	:34.67	Oregon was- HUGH S RICHARDS :33.61		
200BAK BEVERLY L'ESPERANCE	55 KFLS	3:43.62	BOB BONNER	37 GPY	:35.31	100FLY HUGH S RICHARDS	66 MMH	1:22.66+
----- 60-64 WOMEN -----			GREG FROWNFEITER	39 RVM	:35.75	Oregon was- HUGH S RICHARDS 1:26.08		
1000FR PETEY MH. SMITH	63 NEWP	16:44.80	100BRS J STEVEN MOTT	37 GPY	1:17.62	100 IM HUGH S RICHARDS	66 MMH	1:21.65

## GRANTS PASS - RELAYS

## 25+ WOMEN

DEBBIE J GREGOIRE, 33 \*\*\* LYNN A JONES, 33 \*\*\*  
PAULA PATTEE, 37 \*\*\* DIANE F PLANTE, 37 \*\*\*

13

## 200 MEDLEY RELAY

GERI ANN HANSON, 39 \*\*\* SUSAN M GIRARD, 39 \*\*\* OREG 2:48.32  
SUE MANDELL, 33 \*\*\* DIANE J GISCHER, 25 \*\*\* OREG 3:02.94

## 35+ MEN

BOB BONNER, 37 \*\*\* J STEVEN MOTT, 37 \*\*\*  
RICHARD J SMITH, 38 \*\*\* TERRY C MCCURDY, 57 \*\*\*

13

## 200 MEDLEY RELAY

TOM PATTEE, 40 \*\*\* CHRISTOPHER MECCA, 36 \*\*\* OREG 2:09.01  
ED TAVSCHER, 41 \*\*\* TOM HOAK, 44 \*\*\* OREG 2:41.47

## 25+ MIXED

DEBBIE J GREGOIRE, 33 \*\*\* PAUL W RUNQUIST, 38 \*\*\*  
RICHARD J SMITH, 38 \*\*\* PAULA PATTEE, 37 \*\*\*  
TOM HOAK, 44 \*\*\* DIANE F PLANTE, 37 \*\*\*

19

## 200 MEDLEY RELAY

GREG FROWNELTER, 39 \*\*\* GERI ANN HANSON, 39 \*\*\* OREG 2:13.44  
TOM PATTEE, 40 \*\*\* SUE MANDELL, 33 \*\*\* OREG 2:34.28  
ED TAVSCHER, 41 \*\*\* DIANE J GISCHER, 25 \*\*\* OREG 2:52.74

## 35+ MEN

ED TAVSCHER, 41 \*\*\* TOM HOAK, 44 \*\*\*  
PAUL W RUNQUIST, 38 \*\*\* JAMES S MARTIN, 50 \*\*\*

2

## 200 FREE RELAY

RON E JERSEY, 39 \*\*\* REX BIXBY, 42 \*\*\* OREG 2:03.56  
DANIEL R GRAY, 42 \*\*\* GREG FROWNELTER, 39 \*\*\* OREG 2:03.72

## 25+ MIXED

GREG FROWNELTER, 39 \*\*\* GERI ANN HANSON, 39 \*\*\*  
TOM PATTEE, 40 \*\*\* PAULA PATTEE, 37 \*\*\*  
ED TAVSCHER, 41 \*\*\* DIANE F PLANTE, 37 \*\*\*

8

## 200 FREE RELAY

DEBBIE J GREGOIRE, 33 \*\*\* PAUL W RUNQUIST, 38 \*\*\* OREG 1:54.06  
SUE MANDELL, 33 \*\*\* RON E JERSEY, 39 \*\*\* OREG 2:11.58  
DIANE J GISCHER, 25 \*\*\* REX BIXBY, 42 \*\*\* OREG 2:14.47

----- 48 ENTRANTS -----

an OL BARN extra ... thanks to the Oregonian and writer Chuck Russell, one of our favorite people received some publicity on Nov 19th.

CHUCK RICHARDS of Beaverton ... former Olympian, former All American swimmer at Indiana University, and great swimmer for Oregon Masters, has been doing great things for sports for a number of years and continues to be a real "shaker and mover".

Chuck and his wife Jan both have swum and earned honors for OMS, this fine couple has also hosted at least three of the finest parties we of OMS have ever had the pleasure to attend.

Chuck started out with the Beaverton Bicycle Club about ten years ago and is now sending out national team riders year after year. One of his prodigies, Darroll Batke, is the current national champion and is a solid contender for the 1988 U S Olympic team.

He is now proudly pointing to the Oregon Sports Academy, started in May of 1985. Operating as Sunset Bingo, 5 nights a week in a shopping center off Sunset Highway. This organization raised \$ 22,000 in 1985 and this year is expecting to pass \$ 200,000 for the benefit of ; The Beaverton Bicycle Club, Tualatin Hills Swim Club, Tualatin Hills Dive Club, Newberg Babe Ruth Baseball, Oregon division of U S Fencing, Oregon Gymnastics Academy, Oregon Rhythmic Gymnastics Academy, and the Newberg American Legion Baseball organization. Lately the academy has been working with boosters from Glencoe and Hillsboro High School to offset the shortfall of funds for their athletic programs.

Chuck remembers when he was 15 and qualified for the nationals swimming championships, neither his family or his swim club could afford to send him. A community fund raising drive collected enough money to send him to Los Angeles. There contacts helped him get to Indiana, in short the money changed his life.

We of Oregon Masters have missed Chuck and Jan, but there is no question that they have been contributing to amateur sports in a big way and are very much involved in athletics.

A big high "tip 'o the hat" to the Richards, keep up the good work !!!!

\*\*\*\*\*

OL BARNACLE ... stroking at P.S.U. ---

120 plus swimmers, including a fine contingent from PNA were present.

FAMILY AFFAIR - Bob Morrison, with big assists from wife Peggy, daughter Margie Leebelt, granddaughter Heather Ross, and grandson Brian Ross, did just a superlative job.

Meet Director was Jeff Jacob of PSU, Head Timers were Rupert Fixott and Cindy Goudy, plenty of fine timers, and the always indispensable assistance from T.D. and Ruth Hughes.

RECORDS ... ye gads people, look at these numbers ;

11 National
54 Regional
67 Association

plus 5 Top Ten # 1 times

our NATIONAL trust busters ...

Lavelle Stoinoff

100 m free	1:16.70	
200 m back	3:16.39	) 50-54
200 m brst	3:33.35	
100 m I.M.	1:32.88	

Susan Younce

100 m back	1:19.25	30-34
200 m back	2:49.20	

Herb Eisenschmidt

200 m I.M.	4:36.38	80-84
400 m I.M.	9:52.82	

Hugh Richards

50 m free :31.71 65-69

Hugh's AA time in '86 was 33.59 !!!

Bob Smith

100 m back 1:06.09 40-44

just a super super swim !!!

Men's 200 m Free Relay (280+) 2:27.94

Herb Eisenschmidt
Forbes Mack
Hugh Richards
Earl Walter

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REGIONAL dynamiters ...

Women	(25-29)	SHELLY RAWDING	200 back	2:43.86	TT-3
		ANDREE DEVINE	400 I.M.	5:58.44	TT-3
	(35-39)	DARLENE STALEY	200 fly	3:10.70	TT-2
		MARJORIE MEEK	400 I.M.	6:22.34	TT-3
	(40-44)	JAN PLESNER	100 free	1:17.24	TT-3
			1500 free	24:52.35	TT-4
		GINGER PIERSON	200 back	3:06.81	TT-2
			100 I.M.	1:22.89	TT-1 zoom !
	(45-49)	BARBARA FRID	50 free	:35.58	TT-5
			100 free	1:15.79	TT-3
	(50-54)	LAVELLE STOINOFF	50 back	:43.50	TT-3
	(60-64)	PETHEY SMITH	100 free	1:26.33	TT-2
			200 free	3:19.67	TT-2
			200 back	4:08.91	TT-3
	(65-69)	ELFIE STEVENIN	400 I.M.	15:09.37	TT-2
	(70-74)	BARBARA HAVERCAMP	200 free	5:47.30	
			400 free	11:55.34	TT-5
			200 brst	8:54.52	TT-3
			200 I.M.	7:51.09	TT-5
			400 I.M.	16:40.99	TT-2

OL BARNACLE ... strokes and folks ... PSU (cont)

REGIONAL dynamiters ... cont ...

Men	(25-29)	ROD COOK	50 brst	:33.47	TT-4
	(30-34)	MIKE BAIRD	1500 free	20:02.67	TT-5
		JOHN ZELL	200 back	2:40.21	TT-4
		DAN JOHNSON	200 brst	2:47.06	TT-3
			400 I.M.	5:36.53	TT-3
		ROY ABRAMOWITZ	100 fly	1:03.10	TT-2
			200 fly	2:21.93	TT-1 zoom ▼
	(35-39)	DOUG PRENTICE	50 free	:26.66	TT-3
			100 free	:59.95	TT-4
		GARY HAFFER (pna)	50 back	:30.49	TT-2
			50 fly	:28.88	TT-1 zoom ▼
			100 I.M.	1:10.34	TT-4
		TOM COFFEY	100 fly	1:06.45	TT-3
			200 I.M.	2:32.01	TT-2
	(40-44)	BOB SMITH	100 I.M.	1:08.48	TT-2
		DICK BOYD	200 I.M.	2:38.78	TT-3
	(45-49)	BERT PETERSEN	1500 free	22:37.68	TT-2
	(50-54)	LOWELL JOHNSON (pna)	50 free	:27.78	TT-2
		TOM FOLEY (pna)	200 fly	4:08.39	TT-4 PR
		JIM BIGLER	400 I.M.	7:09.57	TT-5 PR
	(55-59)	ERIC GUEST	50 free	:30.75	TT-9 PR
	(60-64)	FLOYD ELIOTT	50 back	:36.89	TT-2
			100 back	1:21.45	TT-2
			200 back	3:00.74	TT-2
	(65-69)	EARL WALTER	50 back	:40.04	TT-1 zoom ▼
			100 back	1:31.54	TT-3
			200 back	3:24.16	TT-2
			400 I.M.	7:22.91	TT-4
		mixed emotions - when in prep school, Al Vandeweghe was AA at Princeton, and OB's idol, the 40.04 nudges Al's AA time in 1986.			
	(70-74)	SYD HENDY	200 back	4:19.66	TT-6
		BOB SCHMIDT	50 brst	:53.41	TT-4
	(75-79)	JACK HOEY	100 back	1:56.42	TT-2

just so great to see Jack back with us, missed you last year, Jack !

Men's 200 Medley Relay (280+) 2:51.34

Herb Eisenschmidt, Bob Morrison, Hugh Richards, Forbes Mack

ASSOCIATION eclipsers ...

Women	(25-29)	Andree Devine	100 fly	1:16.71(R 1:16.06)	TT-6
			200 free	2:33.17	TT-10
			200 I.M.	2:51.12(R 2:50.84)	TT-5
		Mary Yuse	100 brst	1:35.07	TT-8
			200 brst	3:28.68	TT-6
	(30-34)	Laurie Gould	50 free	:30.67(R :30.62)	TT-4
			1500 free	22:16.61	TT-5
		Dorcas Phelan	200 fly	3:15.91	TT-3
			200 I.M.	3:06.49	TT-10
			400 I.M.	6:34.51	TT-6

ASSOCIATION eclipsers ... cont ;

Women	(25-29)	Nancy Dunton	400 free	5:35.32	
	oops, back up	Kathy Cronin	50 back	:39.12	TT-8
Women	(30-34)	Kristi Gustafson	200 free	2:39.03	TT-10
		Susan Younce	400 free	5:27.20	TT-4
	(35-39)	Darlene Staley	1500 free	22:30.70	TT-3
		Marjorie Meek	50 back	:37.45	TT-3
		Kathy Buck	50 brst	:41.70	TT-5
	(40-44)	Jan Plesner	50 free	:34.16(R :33.66)	TT-6
	(45-49)	Sandy Hug	100 I.M.	1:51.67	TT-10
	(65-69)	Elfie Stevenin	100 back	3:07.16	
			100 I.M.	3:26.18	
	(70-74)	Helena Hoffman	50 free	1:19.60	
			100 free	2:54.22	
			50 back	1:43.02	TT-6
			100 back	3:45.26	TT-9
		Barbara Haverkamp	200 back	7:12.29	TT-3
Men	(25-29)	David Cobb	100 brst	1:19.31	
		Jeffrey Down	100 free	:59.59	TT-8
			50 fly	:28.72	TT-10
Records were originally set in April of 1975					
		Rodney Cook	50 back	:31.20	TT-3
			100 I.M.	1:05.91	TT-8
100 I.M. stood since April 1975					
		Jeroen Kok	200 free	2:13.15	TT-10
			400 free	4:45.17	TT-5
			200 I.M.	2:37.58 (-2 sec PR)	TT-9
		Mike Johnson	1500 free	19:47.25	TT-4
	(30-34)	Roy Abramowitz	200 free	2:16.15	TT-7
			200 I.M.	2:27.92	TT-3
		Mike Baird	400 free	5:00.88	TT-8
		Andy Schrag	50 fly	:29.52	TT-7
	(35-39)	Jim Elliott	200 back	2:51.21	TT-6
		Bruce Cheney	100 I.M.	1:14.35	
	(40-44)	Dick Boyd	200 brst	2:56.14	TT-1 zoom
		Don Kuyper	100 fly	1:52.36	
	(45-49)	Bert Petersen	100 free	1:08.03	TT-4
			200 free	2:40.61	TT-4
	(50-54)	Jim Bigler	200 free	2:40.87	TT-8
		Joe Gamblin	100 brst	1:47.54	
			50 fly	:40.50	
	(55-59)	Micky Marks	50 brst	:41.12	TT-4
			100 brst	1:34.50	TT-6
		Eric Guest	100 I.M.	1:28.02	TT-7
	(60-64)	Clarence Courter	100 free	1:20.28	TT-8

OL BARNACLE ... strokes and folks ... PSU (cont)

ASSOCIATION eclipsers ... cont ;

Men	(60-64)	Floyd Elliott	200 free	2:59.27	TT-7
			400 free	6:18.40	TT-3
	(65-69)	Hugh Richards	100 free	1:18.22	TT-2
		Gil Young	200 free	3:13.87	TT-6
	(70-74)	Syd Hendy	50 back	:52.40	TT-10
			100 back	1:57.66	
		Bob Schmidt	100 brst	2:07.48	TT-2
			200 brst	4:58.79	TT-4
	(75-79)	Lee King	100 free	1:54.83	TT-4

200 free relay-Women (120+) 2:27.92 (ORE)

Kim Bogus, Mancy Lynn, Monika Hunscher, Mary Yuse

200 free relay - Men (120 + ) 1:54.13 (ORE)

Dave Yeakel, Steve Slover, Doug White, Mike Johnson

Mixed Free Relay (100 + ) ( 2:03.49 ) (ORE) 200 m

Dave Yeakel, Mancy Dunton, Mary Yuse, Mike Johnson

Mixed Free Relay (120 + ) 2:05.78 (MHM) 200 m

Rick Hodges, Nancy Milner, Susan Younce, Dick Boyd

Mixed Free Relay (160+) 2:23.05 (ORE) 200 m

Don Kuyper, Kristi Gustafson, Petey Smith, Tom Herber

200 m Men Medley Relay (120+) 2:16.90 (ORE)

Mike Johnson, David, Yeakel, Mike Baird, Doug White

A BIG OMS WELCOME TO THE FOLLOWING ...

Steve Slover	Roger Phillips	Jed Driggers
Rod Cook	Dave Cobb	Bob Pringle
Steve Hinrichsen	Jeroen Kok	Dan Markey
Walter Palmer	Cheri Juergens	Kim Bogus
Libby Niedermeyer	Nancy Lynn	Joanna Olson
Mike Phillips	Rick Hodges	

Once again all of us owe a great deal to the fine people at PSU for putting on an outstanding meet, thanks to Bob Morrison & family and all those wonderful people who made it just a fun time, and a fast time !!!!

REMEMBER - STAY WITH IT - and STAY FIT - the only way to go !!!

you have all heard one of my favorite comments - now that's growing old in style, well one of the people who really are is NADINE WHITEHALL ...

Nadine is probably the finest in the world in the 10 K swim, that's 10,000 meters for those of you who don't know ... had a great little note from Nadine just before she went back to Australia last month ... she is promoting the 10 K event and am sure some of you folks could be interested ...

Look at these times :	group 45-49	group 50-54
<u>NADINE WHITEHALL</u>	1982- 3:14.55.80	1984- 3:12.10.10.00
	1983- 3:14.54.78	1985- 3:13.68
		1987- 3:11.53.05

1985 took 1st place, all of the other years were a new record ...

She also swam over 3 minutes faster in 1987 than she did in 1982, now folks that is growing old in style !!!

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We are now on our way to Newport and the start of the short course YARDS season, everyone seems to be swimming well, almost everyone is improving, PR's are what counts !!! STAY WITH AND STAY FIT ... only way to go ....

# PORTLAND STATE U 25 METER 12/06/87 PG 1

! = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter N = NATIONAL R = REGIONAL + = OREGON Software by R.Smith

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

50FREE KIM J BOGUS 29 OREG :33.20  
 NANCY J DUNTON 29 OREG :33.57  
 ROBIN M MYERS 28 OREG :34.10  
 100FRE KATHRYN L CRONIN 26 MAC 1:12.82  
 KIM J BOGUS 29 OREG 1:14.45  
 ROBIN M MYERS 28 OREG 1:16.17  
 200FRE ANDREE DEVINE 26 OREG 2:33.17+  
 Oregon was- ANDREE-MARIE DEVINE 2:33.42  
 400FRE NANCY J DUNTON 29 OREG 5:35.32+  
 Oregon was- OPEN 99:99.99  
 1500FR NANCY J DUNTON 29 OREG21:33.812  
 MARY A YUSE 27 OREG23:23.27  
 50BACK KATHRYN L CRONIN 26 MAC :39.12+  
 Oregon was- NANCY JEAN DUNTON :40.58  
 NANCY J DUNTON 29 OREG :40.29  
 ROBIN M MYERS 28 OREG :45.38  
 200BAK SHELLEY L RAWDING 25 OREG 2:43.86R  
 Oregon was- NANCY JEAN DUNTON 3:11.61  
 ANDREE DEVINE 26 OREG 3:04.50  
 100BRS MARY A YUSE 27 OREG 1:35.07+  
 Oregon was- SUSAN ALBRIGHT 1:35.96  
 200BRS MARY A YUSE 27 OREG 3:28.68+  
 Oregon was- SUSAN SNYDER 3:30.90  
 50 FLY KATHRYN L CRONIN 26 MAC :36.38  
 ROBIN M MYERS 28 OREG :39.21  
 100FLY ANDREE DEVINE 26 OREG 1:16.71+  
 Oregon was- OPEN 99:99.99  
 100 IM NANCY J DUNTON 29 OREG 1:22.41  
 KATHRYN L CRONIN 26 MAC 1:27.00  
 ROBIN M MYERS 28 OREG 1:31.02  
 200 IM ANDREE DEVINE 26 OREG 2:51.63+  
 Oregon was- NANCY JEAN DUNTON 3:02.47  
 SHELLEY L RAWDING 25 OREG 2:54.12  
 MARY A YUSE 27 OREG 3:16.20  
 400 IM ANDREE DEVINE 26 OREG 5:58.44R  
 Oregon was- ANDREE-MARIE DEVINE 6:02.18  
 ---- 30-34 WOMEN ----  
 50FREE LAURIE GOULD 31 OREG :30.67+  
 Oregon was- LAURIE GOULD :30.86  
 NANCY E LYNN 30 OREG :37.47  
 SHARON A BRICKER 33 OREG :38.97  
 MARILYNN BLACKETER 30 OREG :42.41  
 100FRE LAURIE GOULD 31 OREG 1:10.51  
 NANCY E LYNN 30 OREG 1:27.40  
 MARILYNN BLACKETER 30 OREG 1:37.13  
 200FRE KRISTI K GUSTAFSON 32 OREG 2:39.03+  
 Oregon was- FLO DELANEY 2:56.98  
 400FRE SUSAN YOUNCE 31 OREG 5:27.20+  
 Oregon was- CATHY IMWALLE 5:36.31  
 1500FR LAURIE GOULD 31 OREG22:16.61+  
 Oregon was- OPEN 99:99.99  
 50BACK LAURIE GOULD 31 OREG :35.84R  
 SUSAN YOUNCE 31 OREG :36.83  
 KRISTI K GUSTAFSON 32 OREG :38.25  
 100BAK SUSAN YOUNCE 31 OREG 1:19.25N  
 Oregon was- SHERYL KIRKENDALL 1:45.21  
 KRISTI K GUSTAFSON 32 OREG 1:23.66

200BAK SUSAN YOUNCE 31 OREG 2:49.20N  
 Oregon was- OPEN 99:99.99  
 50BRST SHARON A BRICKER 33 OREG :48.27  
 100BRS DORCAS L PHELAN 31 OREG 1:33.81  
 SHARON A BRICKER 33 OREG 1:50.22  
 200BRS DORCAS L PHELAN 31 OREG 3:19.00  
 50 FLY KRISTI K GUSTAFSON 32 OREG :38.01  
 SHARON A BRICKER 33 OREG :47.61  
 200FLY DORCAS L PHELAN 31 OREG 3:15.91+  
 Oregon was- OPEN 99:99.99  
 100 IM LAURIE GOULD 31 OREG 1:22.16  
 200 IM DORCAS L PHELAN 31 OREG 3:06.49+  
 Oregon was- OPEN 99:99.99  
 400 IM DORCAS L PHELAN 31 OREG 6:34.51+  
 Oregon was- OPEN 99:99.99  
 ---- 35-39 WOMEN ----  
 50FREE KATHLEEN P BUCK 37 OREG :32.80  
 100FRE KATHLEEN P BUCK 37 OREG 1:11.56  
 CYNTHIA A DUNLAP 35 OREG 1:26.55  
 200FRE KATHLEEN P BUCK 37 OREG 2:37.52  
 400FRE KATHLEEN P BUCK 37 OREG 5:36.12  
 MARJORIE MEEK 35 MAC 5:41.36  
 NANCY J MILNER 36 OREG 6:07.45  
 1500FR DARLENE J STALEY 37 OREG22:30.70+  
 Oregon was- OPEN 99:99.99  
 NANCY J MILNER 36 OREG23:19.78  
 50BACK MARJORIE MEEK 35 MAC :37.45+  
 Oregon was- SUSAN J. CASE :40.06  
 100BAK MONIKA HUNSCHER 39 OREG 1:32.20  
 200BAK MONIKA HUNSCHER 39 OREG 3:16.66  
 JANE A MOORE 37PNA 3:39.70  
 50BRST KATHLEEN P BUCK 37 OREG :41.70+  
 Oregon was- KATHLEEN P BUCK :43.72  
 100BRS MONIKA HUNSCHER 39 OREG 1:45.41  
 CYNTHIA A DUNLAP 35 OREG 1:50.59  
 200BRS KATHLEEN P BUCK 37 OREG 3:20.29  
 DARLENE J STALEY 37 OREG 3:29.27  
 JANE A MOORE 37PNA 4:01.01  
 50 FLY MARJORIE MEEK 35 MAC :36.36  
 DARLENE J STALEY 37 OREG :39.09  
 NANCY J MILNER 36 OREG :39.35  
 MONIKA HUNSCHER 39 OREG 1:16.16  
 200FLY DARLENE J STALEY 37 OREG 3:10.70R  
 Oregon was- SANDI ROUSSEAU 3:13.45  
 100 IM MARJORIE MEEK 35 MAC 1:22.44  
 NANCY J MILNER 36 OREG 1:31.82  
 MONIKA HUNSCHER 39 OREG 1:32.06  
 JANE A MOORE 37PNA 1:47.39  
 200 IM MARJORIE MEEK 35 MAC 3:00.47  
 DARLENE J STALEY 37 OREG 3:07.95  
 NANCY J MILNER 36 OREG 3:17.02  
 JANE A MOORE 37PNA 3:48.43  
 400 IM MARJORIE MEEK 35 MAC 6:22.34R  
 Oregon was- SUSAN J CASE 7:01.45  
 MONIKA HUNSCHER 39 OREG 7:04.95  
 ---- 40-44 WOMEN ----  
 50FREE JAN M PLESNER 41 OREG :34.16+  
 Oregon was- KAREN R. ROACH :34.82

100FRE JAN M PLESNER 41 OREG 1:17.24R  
 Oregon was- JAN M PLESNER 1:20.62  
 LINDA M CAZIN 41PNA 1:27.74  
 KAREN E DRISCOLL 43 OREG 1:33.77  
 400FRE KAREN E DRISCOLL 43 OREG 7:45.62  
 1500FR JAN M PLESNER 41 OREG24:52.35R  
 Oregon was- OPEN 99:99.99  
 50BACK GINGER L PIERSON 41 OREG :40.31  
 200BAK GINGER L PIERSON 41 OREG 3:06.81R  
 Oregon was- OPEN 99:99.99  
 JAN M PLESNER 41 OREG 3:22.27  
 50BRST GINGER L PIERSON 41 OREG :39.71+  
 Oregon was- PAMELA HIMSTREET :46.60  
 PAMELA HIMSTREET 44 OREG :48.03  
 BARBARA A WENDLICK 42 OREG :48.55  
 100BRS PAMELA HIMSTREET 44 OREG 1:44.79  
 BARBARA A WENDLICK 42 OREG 1:45.74  
 KAREN E DRISCOLL 43 OREG 1:48.76  
 200BRS PAMELA HIMSTREET 44 OREG 3:43.61+  
 Oregon was- OPEN 99:99.99  
 KAREN E DRISCOLL 43 OREG 3:54.67  
 50 FLY GINGER L PIERSON 41 OREG :35.99  
 PAMELA HIMSTREET 44 OREG :44.52  
 100FLY PAMELA HIMSTREET 44 OREG 1:43.45+  
 Oregon was- OPEN 99:99.99  
 200FLY LINDA M CAZIN 41PNA 3:45.89  
 100 IM GINGER L PIERSON 41 OREG 1:22.89R  
 Oregon was- LINDA L JONES 1:41.13  
 ---- 45-49 WOMEN ----  
 50FREE BARBARA FRID 45 OREG :35.58R  
 Oregon was- CHARLOTTE E COWAN :41.88  
 CHARLOTTE E COWAN 47 OREG :40.45  
 SANDY P HUG 47 OREG :41.02  
 100FRE BARBARA FRID 45 OREG 1:15.79R  
 Oregon was- CHARLOTTE E COWAN 1:30.25  
 CHARLOTTE E COWAN 47 OREG 1:31.26  
 SANDY P HUG 47 OREG 1:39.12  
 200FRE BARBARA FRID 45 OREG 2:49.50+  
 Oregon was- CHARLOTTE E COWAN 3:19.09  
 CHARLOTTE E COWAN 47 OREG 3:18.94  
 400FRE CHARLOTTE E COWAN 47 OREG 7:01.98  
 1500FR CHARLOTTE E COWAN 47 OREG27:17.58  
 50BACK BARBARA FRID 45 OREG :40.04+  
 Oregon was- KALEO B. SCHRODER :56.53  
 SANDY P HUG 47 OREG :49.99  
 100BAK BARBARA FRID 45 OREG 1:28.90+  
 Oregon was- PHYLLIS N DAVIS 2:00.01  
 100 IM SANDY P HUG 47 OREG 1:51.67+  
 Oregon was- KALEO B. SCHRODER 2:09.16  
 ---- 50-54 WOMEN ----  
 50FREE JOANNA L OLSON 52 OREG :48.64  
 100FRE LAVELLE M STOINOFF 54 MAC 1:16.70N  
 Oregon was- PATRICIA E LANIER 2:11.35  
 JOANNA L OLSON 52 OREG 1:49.20  
 200FRE JOANNA L OLSON 52 OREG 3:54.81  
 400FRE JOANNA L OLSON 52 OREG 8:18.02  
 50BACK LAVELLE M STOINOFF 54 MAC :43.50R  
 Oregon was- BEVERLY L'ESPERANCE :53.76

# PORTLAND STATE U 25 METER 12/06/87 PG 2

# = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter N = NATIONAL R = REGIONAL + = OREGON Software by R.Smith

200BAK LAVELLE M STOINOFF 54 MAC 3:16.39N  
Oregon was- BEVERLY L'ESPERANCE 4:16.30  
200BRS LAVELLE M STOINOFF 54 MAC 3:33.35N  
Oregon was- ALICE GRETH 5:08.88  
100 IM LAVELLE M STOINOFF 54 MAC 1:32.88N  
Oregon was- OPEN 99:99.99

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

100FRE PETEY MH. SMITH 63 OREG 1:26.33R  
Oregon was- PETEY MH. SMITH 1:27.38  
200FRE PETEY MH. SMITH 63 OREG 3:19.67R  
Oregon was- OPEN 99:99.99  
200BAK PETEY MH. SMITH 63 OREG 4:08.91R  
Oregon was- ELFIE J. STEVENIN 6:28.27  
50 FLY PETEY MH. SMITH 63 OREG :55.63

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

100BAK ELFIE J STEVENIN 66 OREG 3:07.16+  
Oregon was- OPEN 99:99.99  
100 IM ELFIE J STEVENIN 66 OREG 3:26.18+  
Oregon was- JUDY M MELCHER 5:34.02  
200 IM ELFIE J STEVENIN 66 OREG 7:15.74  
400 IM ELFIE J STEVENIN 66 OREG 15:09.37R  
Oregon was- OPEN 99:99.99

## ----- 70-74 WOMEN -----

50FREE HELENA W HOFFMAN 71 OREG 1:19.60+  
Oregon was- OPEN 99:99.99  
100FRE HELENA W HOFFMAN 71 OREG 2:54.22+  
Oregon was- OPEN 99:99.99  
200FRE BARBARA T HAVERCAMP 71 OREG 5:47.30R  
Oregon was- OPEN 99:99.99  
HELENA W HOFFMAN 71 OREG 5:58.27  
400FRE BARBARA T HAVERCAMP 71 OREG 11:55.34R  
Oregon was- OPEN 99:99.99

50BACK HELENA W HOFFMAN 71 OREG 1:43.02+  
Oregon was- OPEN 99:99.99

100BAK HELENA W HOFFMAN 71 OREG 3:45.26+  
Oregon was- OPEN 99:99.99

200BAK BARBARA T HAVERCAMP 71 OREG 7:12.29+  
Oregon was- OPEN 99:99.99

200BRS BARBARA T HAVERCAMP 71 OREG 8:54.52R  
Oregon was- OPEN 99:99.99

200 IM BARBARA T HAVERCAMP 71 OREG 7:51.09R  
Oregon was- OPEN 99:99.99

400 IM BARBARA T HAVERCAMP 71 OREG 16:40.99R  
Oregon was- OPEN 99:99.99

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

50FREE STEVEN HINRICHSEN 23#PNA :29.53  
100FRE STEVEN HINRICHSEN 23#PNA 1:04.41  
50 FLY STEVEN HINRICHSEN 23#PNA :33.68  
100 IM STEVEN HINRICHSEN 23#PNA 1:15.05

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

50FREE RODNEY G COOK 29 OREG :26.93  
JEFFREY M DOWN 27 OREG :27.24  
DAVID M COBB 28 OREG :28.14  
MICHAEL E JOHNSON 28 OREG :28.94  
MIKE D PHILLIPS 26 OREG :30.01

100FRE JEFFREY M DOWN 27 OREG :59.59+  
Oregon was- TROND WILLIAMS 1:00.50  
JEROEN J KOK 28 OREG 1:00.25  
MICHAEL E JOHNSON 28 OREG 1:03.32  
MIKE D PHILLIPS 26 OREG 1:07.06

200FRE JEROEN J KOK 28 OREG 2:13.15+  
Oregon was- MICHAEL E JOHNSON 2:20.97

MICHAEL E JOHNSON 28 OREG 2:22.74

MIKE D PHILLIPS 26 OREG 2:26.76

400FRE JEROEN J KOK 28 OREG 4:45.17+  
Oregon was- MICHAEL E JOHNSON 4:55.32

MICHAEL E JOHNSON 28 OREG 5:01.77

1500FR MICHAEL E JOHNSON 28 OREG 19:47.25+  
Oregon was- RICHARD RIESS 26:51.38

50BACK RODNEY G COOK 29 OREG :31.20+  
Oregon was- MICHAEL E JOHNSON :37.27

50BRST RODNEY G COOK 29 OREG :33.47R  
Oregon was- PHIL TAYLOR :35.40

DAVID M COBB 28 OREG :35.46

100BRS DAVID M COBB 28 OREG 1:19.31+  
Oregon was- PHIL TAYLOR 1:20.50

50 FLY JEFFREY M DOWN 27 OREG :28.72+  
Oregon was- TED CRONIN :29.10

RODNEY G COOK 29 OREG :30.16

MIKE D PHILLIPS 26 OREG :33.99

100 IM RODNEY G COOK 29 OREG 1:05.91+  
Oregon was- JON STOUT 1:11.70

DAVID M COBB 28 OREG 1:14.49

200 IM JEROEN J KOK 28 OREG 2:37.58+  
Oregon was- MICHAEL E JOHNSON 2:38.97

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

50FREE ANDY SCHRAG 30 OREG :27.08  
CHRIS J ROBBINS 30 OREG :28.51  
E DOUG WHITE 30 OREG :29.41  
JED E DRIGGERS 32 OREG :29.49  
W RICK HODGES 32 OREG :30.16  
BOB FITZGERALD 31 OREG :32.99  
100FRE DAVID W YEAKEL 33 OREG 1:00.24  
E DOUG WHITE 30 OREG 1:03.05  
MICHAEL J BAIRD 31 OREG 1:07.45  
BOB FITZGERALD 31 OREG 1:11.87

200FRE ROY ABRAMOWITZ 33 OREG 2:16.15+  
Oregon was- STEVE MANN 2:19.25

BOB FITZGERALD 31 OREG 2:41.73

400FRE MICHAEL J BAIRD 31 OREG 5:00.88+  
Oregon was- MARK B. SCHWYHART 5:12.65

E DOUG WHITE 30 OREG 5:06.50

CHRIS J ROBBINS 30 OREG 5:08.59

1500FR MICHAEL J BAIRD 31 OREG 20:02.67R  
Oregon was- JAMES M ELLIOTT 21:36.36

E DOUG WHITE 30 OREG 20:23.65

CHRIS J ROBBINS 30 OREG 21:08.12

MARK L BECKER 33 OREG 21:42.68

RICHARD RIESS 30 OREG 28:59.61

50BACK JOHN F ZELL 30 OREG :32.97  
ANDY SCHRAG 30 OREG :33.62  
DAVID W YEAKEL 33 OREG :34.89  
W RICK HODGES 32 OREG :36.20  
JED E DRIGGERS 32 OREG :37.02  
SCOTT H KORNBERG 32 OREG :40.02

100BAK JOHN F ZELL 30 OREG 1:11.74  
SCOTT H KORNBERG 32 OREG 1:25.56

200BAK JOHN F ZELL 30 OREG 2:40.21R  
Oregon was- MARK B. SCHWYHART 2:46.14

DANIEL P JOHNSON 34 OREG 2:54.27

50BRST ANDY SCHRAG 30 OREG :34.88  
DANIEL P JOHNSON 34 OREG :35.84

JED E DRIGGERS 32 OREG :37.43

100BRS DANIEL P JOHNSON 34 OREG 1:17.84

200BRS DANIEL P JOHNSON 34 OREG 2:47.06R  
Oregon was- DANIEL P JOHNSON 2:53.25

50 FLY ANDY SCHRAG 30 OREG :29.52+  
Oregon was- STEPHEN A. MANN :29.72

CHRIS J ROBBINS 30 OREG :30.17

DAVID W YEAKEL 33 OREG :30.20

W RICK HODGES 32 OREG :32.93

SCOTT H KORNBERG 32 OREG :35.48

BOB FITZGERALD 31 OREG :37.93

100FLY ROY ABRAMOWITZ 33 OREG 1:03.10R  
Oregon was- MARK L. BECKER 1:09.97

HUGH C MOORE 33#PNA 1:10.35

200FLY ROY ABRAMOWITZ 33 OREG 2:21.93R  
Oregon was- MARK L. BECKER 2:43.79

HUGH C MOORE 33#PNA 2:35.68

MARK L BECKER 33 OREG 2:45.43

100 IM JOHN F ZELL 30 OREG 1:11.31

W RICK HODGES 32 OREG 1:13.48

200 IM ROY ABRAMOWITZ 33 OREG 2:27.92+  
Oregon was- MARK L. BECKER 2:47.44

DANIEL P JOHNSON 34 OREG 2:38.53

HUGH C MOORE 33#PNA 2:41.16

W RICK HODGES 32 OREG 2:45.55

400 IM DANIEL P JOHNSON 34 OREG 5:36.53R  
Oregon was- DANIEL P JOHNSON 5:51.13

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

50FREE DOUGLAS C PRENTICE 39 OREG :26.66R  
Oregon was- DON SMITH :26.72

GARY HAER 36 OREG :26.81

TOM H HERBER 35 OREG :29.09

MIKE H WARREN 37 OREG :29.96

GARY N BECKLEY 36 OREG :31.30

DAN J MARKEY 36 OREG :32.41

WALTER R PALMER 37 OREG :33.34

ROGER B PHILLIPS 35 OREG :36.88

100FRE DOUGLAS C PRENTICE 39 OREG :59.95R  
Oregon was- BRUCE W CHENEY 1:02.34

STEPHEN H WARNER 39 OREG 1:01.83

BRUCE W CHENEY 36 OREG 1:02.97

GARY N BECKLEY 36 OREG 1:08.27

DAN J MARKEY 36 OREG 1:11.02

WALTER R PALMER 37 OREG 1:14.61

ROGER B PHILLIPS 35 OREG 1:23.85



200FRE JAMES M ELLIOTT	35 OREG 2:28.89+	400FRE RICHARD D BOYD	44 OREG 4:57.62	200BAK TOM FOLEY	53*PNA 3:43.94
Oregon was- PAT CAUDILL	2:44.26	KEITH A FINZER	42 OREG 5:45.91	50BRST JIM BIGLER	52 MAC :42.93
GARY HAHER	36 OREG 2:48.89	D WAYNE BAKER	44 OREG 6:18.28	JOE L GAMBLIN	52 OREG :45.63
400FRE STEVEN E SLOVER	37 OREG 5:03.55	MICHAEL T KOLLN	42 OREG 7:51.45	100BRS JOE L GAMBLIN	52 OREG 1:47.54+
BRUCE W CHENEY	36 OREG 5:08.34	1500FR RICHARD D BOYD	44 OREG19:40.84	Oregon was- OPEN 99:99.99	
JAMES M ELLIOTT	35 OREG 5:19.05	D WAYNE BAKER	44 OREG25:41.39	200BRS TOM FOLEY	53*PNA 3:48.97
GARY N BECKLEY	36 OREG 5:57.95	LEE R BORGAE	41 OREG26:03.24	50 FLY LOWELL JOHNSON	50*PNA :34.34
1500FR JAMES M ELLIOTT	35 OREG21:13.26	MICHAEL T KOLLN	42 OREG29:41.89	JOE L GAMBLIN	52 OREG :40.50+
ROGER B PHILLIPS	35 OREG29:20.79	DONALD J KUYPER	44 OREG36:21.30	Oregon was- OPEN 99:99.99	
50BACK GARY HAHER	36 OREG :30.49R	50BACK ROBERT S SMITH	44 OREG :30.08	100FLY TOM FOLEY	53*PNA 1:49.08
Oregon was- DON SMITH	:33.22	100BAK ROBERT S SMITH	44 OREG 1:06.09R	200FLY TOM FOLEY	53*PNA 4:08.39R
MIKE H WARREN	37 OREG :36.19	Oregon was- ROBERT S SMITH	1:11.12	200 IM TOM FOLEY	53*PNA 3:32.70
WALTER R PALMER	37 OREG :41.88	50BRST STEVEN J SIMPSON	42 OREG :39.52	400 IM JIM BIGLER	52 MAC 7:09.57R
100BAK JAMES M ELLIOTT	35 OREG 1:19.68	ROY D LAMBERT	41 OREG :39.53	Oregon was- OPEN 99:99.99	
TOM H HERBER	35 OREG 1:23.34	D WAYNE BAKER	44 OREG :40.15	----- 55-59 MEN -----	
200BAK JAMES M ELLIOTT	35 OREG 2:51.21+	100BRS RICHARD D BOYD	44 OREG 1:21.12	50FREE ERIC GP. GUEST	58 OREG :30.75R
Oregon was- JAMES M ELLIOTT	2:56.16	STEVEN J SIMPSON	42 OREG 1:27.42	Oregon was- ERIC G.P. GUEST	:31.91
50BRST GARY HAHER	36 OREG :36.86	KEITH A FINZER	42 OREG 1:33.20	TERRY C MCCURDY	57 OREG :39.24
100BRS DOUGLAS C PRENTICE	39 OREG 1:20.58+	200BRS RICHARD D BOYD	44 OREG 2:56.14+	100FRE TERRY C MCCURDY	57 OREG 1:26.51
Oregon was- PAUL CONVERSE	1:24.24	Oregon was- BRUCE B PRATOR	2:57.09	200FRE TERRY C MCCURDY	57 OREG 3:33.57
TOM H HERBER	35 OREG 1:26.99	ROY D LAMBERT	41 OREG 3:08.30	100BAK TERRY C MCCURDY	57 OREG 2:03.01
BRUCE W CHENEY	36 OREG 1:32.20	STEVEN J SIMPSON	42 OREG 3:13.60	50BRST MILTON R MARKS	57 OREG :41.12+
GARY N BECKLEY	36 OREG 1:33.19	50 FLY KEITH A FINZER	42 OREG :34.86	Oregon was- ERIC GP. GUEST	:43.10
MIKE H WARREN	37 OREG 1:34.32	ROY D LAMBERT	41 OREG :36.49	100BRS MILTON R MARKS	57 OREG 1:34.50+
50 FLY GARY HAHER	36 OREG :28.88R	100FLY DONALD J KUYPER	44 OREG 1:52.36+	Oregon was- ERIC GP. GUEST	1:34.59
Oregon was- DON SMITH	:30.09	Oregon was- OPEN 99:99.99		200BRS MILTON R MARKS	57 OREG 3:31.48
STEPHEN H WARNER	39 OREG :29.75	200FLY DONALD J KUYPER	44 OREG 4:04.82	100 IM ERIC GP. GUEST	58 OREG 1:28.02+
BRUCE W CHENEY	36 OREG :32.06	100 IM ROBERT S SMITH	44 OREG 1:08.48R	Oregon was- ERIC G.P. GUEST	1:28.61
STEVEN E SLOVER	37 OREG :32.27	Oregon was- ROBERT S SMITH	1:08.71	200 IM ERIC GP. GUEST	58 OREG 3:15.90
GARY N BECKLEY	36 OREG :33.99	DONALD J KUYPER	44 OREG 1:41.40	----- 60-64 MEN -----	
DAN J MARKEY	36 OREG :34.25	200 IM RICHARD D BOYD	44 OREG 2:38.78R	50FREE CLARENCE C COURTER	64 OREG :34.57+
WALTER R PALMER	37 OREG :39.20	Oregon was- ROBERT S SMITH	2:47.20	Oregon was- CLARENCE C COURTER	:34.85
100FLY TOM K COFFEY	36 OREG 1:06.45R	400 IM RICHARD D BOYD	44 OREG 5:39.35	100FRE CLARENCE C COURTER	64 OREG 1:20.28+
Oregon was- JOHN D DEJARNATT	1:13.52	----- 45-49 MEN -----		Oregon was- JOSEPH A. MALLON	1:51.54
STEPHEN H WARNER	39 OREG 1:08.15	50FREE BERT L PETERSEN	49 OREG :30.52	200FRE F AGLIETTE ELIOTT	61 OREG 2:59.27+
TOM H HERBER	35 OREG 1:17.91	ROBERT O BOUCHER	46 OREG :34.39	Oregon was- GILBERT N. YOUNG	3:07.56
100 IM GARY HAHER	36 OREG 1:10.34R	100FRE BERT L PETERSEN	49 OREG 1:08.03+	400FRE F AGLIETTE ELIOTT	61 OREG 6:18.43+
Oregon was- JOHN D DEJARNATT	1:14.57	Oregon was- JIM BIGLER	1:12.62	Oregon was- GILBERT N. YOUNG	6:45.32
BRUCE W CHENEY	36 OREG 1:14.35	ROBERT O BOUCHER	46 OREG 1:17.39	50BACK F AGLIETTE ELIOTT	61 OREG :36.89R
STEVEN E SLOVER	37 OREG 1:14.88	200FRE BERT L PETERSEN	49 OREG 2:40.61+	Oregon was- CLARENCE C COURTER	:44.07
MIKE H WARREN	37 OREG 1:19.77	Oregon was- JIM BIGLER	2:45.72	CLARENCE C COURTER	64 OREG :43.62
GARY N BECKLEY	36 OREG 1:19.91	1500FR BERT L PETERSEN	49 OREG22:37.68R	100BAK F AGLIETTE ELIOTT	61 OREG 1:21.45R
DAN J MARKEY	36 OREG 1:23.74	Oregon was- TOM W GIESEN	24:57.51	Oregon was- EARL WALTER	1:33.39
WALTER R PALMER	37 OREG 1:29.98	DAVID FILER	45 OREG23:06.21	200BAK F AGLIETTE ELIOTT	61 OREG 3:00.74R
200 IM TOM K COFFEY	36 OREG 2:32.01R	50BACK ROBERT O BOUCHER	46 OREG :48.37	Oregon was- GILBERT N. YOUNG	3:49.22
Oregon was- JOHN D DEJARNATT	2:47.87	50 FLY ROBERT O BOUCHER	46 OREG :43.15	50 FLY CLARENCE C COURTER	64 OREG :39.25
STEVEN E SLOVER	37 OREG 2:44.96	100 IM ROBERT O BOUCHER	46 OREG 1:38.88	----- 65-69 MEN -----	
TOM H HERBER	35 OREG 2:48.90	----- 50-54 MEN -----		50FREE HUGH S RICHARDS	66 OREG :31.71A
JAMES M ELLIOTT	35 OREG 2:49.34	50FREE LOWELL JOHNSON	50*PNA :27.78R	Oregon was- HUGH S RICHARDS	:32.50
----- 40-44 MEN -----		JOE L GAMBLIN	52 OREG :35.56	GILBERT N YOUNG	65 OREG :36.50
50FREE KEITH A FINZER	42 OREG :32.40	GEORGE J COWELL	50 OREG :38.69	JOSEPH A MALLON	66 OREG :48.12
STEVEN J SIMPSON	42 OREG :32.68	100FRE GEORGE J COWELL	50 OREG 1:24.39	MEL W ANDERSON	69 OREG :49.99
D WAYNE BAKER	44 OREG :35.36	200FRE JIM BIGLER	52 MAC 2:40.87+	BOB E PRINGLE	67 OREG :57.19
MICHAEL T KOLLN	42 OREG :40.38	Oregon was- JIM BIGLER	2:42.66	100FRE HUGH S RICHARDS	66 OREG 1:18.22+
100FRE ROY D LAMBERT	41 OREG 1:10.64	GEORGE J COWELL	50 OREG 3:10.27	Oregon was- HUGH S RICHARDS	1:18.27
KEITH A FINZER	42 OREG 1:11.63	400FRE GEORGE J COWELL	50 OREG 6:41.48U	JOSEPH A MALLON	66 OREG 1:51.52
STEVEN J SIMPSON	42 OREG 1:15.92	1500FR GEORGE J COWELL	50 OREG26:13.38+	DAVID BERNSTEIN	65 OREG 1:54.78
MICHAEL T KOLLN	42 OREG 1:35.41	Oregon was- ABRAHAM B STANTON	32:43.46	MEL W ANDERSON	69 OREG 2:00.72
200FRE MICHAEL T KOLLN	42 OREG 3:35.56	100BAK JIM BIGLER	52 MAC 1:36.66	BOB E PRINGLE	67 OREG 2:06.36

200FRE GILBERT N YOUNG 65 OREG 3:13.87+	50BRST ROBERT A MORRISON 66 OREG :42.79	100BRS ROBERT H SCHMIDT 72 OREG 2:07.48+
Oregon was- KHOSROW SHADBEH 3:54.93	100BRS KHOSROW SHADBEH 66 OREG 2:00.34	Oregon was- ROBERT H SCHMIDT 2:07.98
JOSEPH A MALLON 66 OREG 4:10.21	200BRS ROBERT A MORRISON 66 OREG 4:00.88	200BRS ROBERT H SCHMIDT 72 OREG 4:58.79+
DAVID BERNSTEIN 65 OREG 4:20.88	KHOSROW SHADBEH 66 OREG 4:22.59	Oregon was- JOE D RUDDLEY 5:36.37
400FRE KHOSROW SHADBEH 66 OREG 8:09.33	50 FLY HUGH S RICHARDS 66 OREG :37.96+	----- 75-79 MEN -----
JOSEPH A MALLON 66 OREG 8:46.12	Oregon was- HUGH S RICHARDS :38.56	50FREE LEE 'KIP' KING 75 OREG :49.16
1500FR JOSEPH A MALLON 66 OREG 34:16.00	100 IM HUGH S RICHARDS 66 OREG 1:30.53R	100FRE LEE 'KIP' KING 75 OREG 1:54.83+
MEL W ANDERSON 69 OREG 37:04.03	400 IM EARL WALTER 66 OREG 7:22.91R	Oregon was- ALFRED SAWLEY 2:01.02
50BACK EARL WALTER 66 OREG :40.04R	Oregon was- EARL WALTER 7:25.83	100BAK JACK HOEY 78 OREG 1:56.42R
Oregon was- ROBERT L. CUTTER :44.35	----- 70-74 MEN -----	Oregon was- ALFRED SAWLEY 2:39.59
ROBERT A MORRISON 66 OREG :46.46	100FRE SYD C HENDY 74 OREG 1:49.15	200BAK JACK HOEY 78 OREG 4:11.88+
MEL W ANDERSON 69 OREG 1:06.20	50BACK SYD C HENDY 74 OREG :52.40+	Oregon was- OPEN 99:99.99
100BAK EARL WALTER 66 OREG 1:31.54R	Oregon was- SYD C HENDY :52.97	50 FLY LEE 'KIP' KING 75 OREG 1:47.00U
Oregon was- EARL WALTER 1:32.18	100BAK SYD C HENDY 74 OREG 1:57.66+	----- 80-84 MEN -----
DAVID BERNSTEIN 65 OREG 2:08.83	Oregon was- SYD C HENDY 2:03.58	200 IM HERB EISENSCHMIDT 81 OREG 4:36.38V
MEL W ANDERSON 69 OREG 2:24.25	200BAK SYD C HENDY 74 OREG 4:19.66R	Oregon was- OPEN 99:99.99
200BAK EARL WALTER 66 OREG 3:24.16R	Oregon was- SYD C HENDY 4:26.68	400 IM HERB EISENSCHMIDT 81 OREG 9:52.82+
Oregon was- GILBERT N YOUNG 3:51.65	50BRST ROBERT H SCHMIDT 72 OREG :53.41R	Oregon was- OPEN 99:99.99
GILBERT N YOUNG 65 OREG 3:44.86	Oregon was- ROBERT H SCHMIDT :54.15	

## 120+ MEN

MICHAEL E JOHNSON,28 \*\*\* DAVID W YEAKEL,33 \*\*\*

## 14 200 MEDLEY RELAY

MICHAEL J BAIRD,31 \*\*\* E DOUG WHITE,30 \*\*\* OREG 2:16.90

## 160+ MEN

DAVID BERNSTEIN,65 \*\*\* DONALD J KUYPER,44 \*\*\*

## 14 200 MEDLEY RELAY

STEVEN HINRICHSSEN,23 \*\*\* TOM H HERBER,35 \*\*\* OREG 2:55.66

## 160+ MEN

F AGLIETTE ELIOTT,61 \*\*\* DOUGLAS C PRENTICE,39 \*\*\* RICHARD D BOYD,44 \*\*\* ROBERT S SMITH,44 \*\*\* OREG 6:05.10

## 280+ MEN

HERB EISENSCHMIDT,81 \*\*\* ROBERT A MORRISON,66 \*\*\* HUGH S RICHARDS,66 \*\*\* FORBES J MACK,69 \*\*\* OREG 2:51.34 R

## 120+ MIXED

JOHN F ZELL,30 \*\*\* MARY A YUSE,27 \*\*\*  
LAURIE GOULD,31 \*\*\* DONALD J KUYPER,44 \*\*\*  
JAMES M ELLIOTT,35 \*\*\* KATHLEEN P BUCK,37 \*\*\*  
SANDY P HUG,47 \*\*\* STEVEN J SIMPSON,42 \*\*\*

## 20 200 MEDLEY RELAY

DAN J MARKEY,36 \*\*\* NANCY E LYNN,30 \*\*\* OREG 2:32.00  
ANDREE DEVINE,26 \*\*\* BOB FITZGERALD,31 \*\*\* OREG 2:33.72  
ROBIN M MYERS,28 \*\*\* WALTER R PALMER,37 \*\*\* OREG 2:34.49  
RODNEY G COOK,29 \*\*\* SHARON A BRICKER,33 \*\*\* OREG 2:37.70

## 160+ MIXED

JANE A MOORE,37 \*\*\* LINDA M CAZIN,41 \*\*\*

## 20 400 MEDLEY RELAY

HUGH C MOORE,33 \*\*\* TOM FOLEY,53 \*\*\* PNA 6:13.31

## 120+ WOMEN

KIM J BOGUS,29 \*\*\* NANCY E LYNN,30 \*\*\*

## 5 200 FREE RELAY

MONIKA HUNSCHER,39 \*\*\* MARY A YUSE,27 \*\*\* OREG 2:27.92

## 120+ MEN

DAVID W YEAKEL,33 \*\*\* STEVEN E SLOVER,37 \*\*\*  
KEITH A FINZER,42 \*\*\* DAN J MARKEY,36 \*\*\*

## 5 200 FREE RELAY

E DOUG WHITE,30 \*\*\* MICHAEL E JOHNSON,28 \*\*\* OREG 1:54.13  
GARY N BECKLEY,36 \*\*\* JOHN F ZELL,30 \*\*\* OREG 2:03.58

## 280+ MEN

HERB EISENSCHMIDT,81 \*\*\* HUGH S RICHARDS,66 \*\*\*

## 5 200 FREE RELAY

FORBES J MACK,69 \*\*\* EARL WALTER,66 \*\*\* OREG 2:27.94 N

## 100+ MIXED

DAVID W YEAKEL,33 \*\*\* NANCY J DUNTON,29 \*\*\*  
KIM J BOGUS,29 \*\*\* DAVID M COBB,28 \*\*\*

## 9 200 FREE RELAY

MARY A YUSE,27 \*\*\* MICHAEL E JOHNSON,28 \*\*\* OREG 2:03.49  
NANCY E LYNN,30 \*\*\* JOHN F ZELL,30 \*\*\* OREG 2:08.57

## 120+ MIXED

W RICK HODGES,32 \*\*\* NANCY J MILNER,36 \*\*\*  
MIKE H WARREN,37 \*\*\* BOB FITZGERALD,31 \*\*\*

## 9 200 FREE RELAY

SUSAN YOUNCE,31 \*\*\* RICHARD D BOYD,44 \*\*\* OREG 2:05.78  
LAURIE GOULD,31 \*\*\* CYNTHIA A DUNLAP,35 \*\*\* OREG 2:10.19

## 160+ MIXED

JANE A MOORE,37 \*\*\* TOM FOLEY,53 \*\*\*  
DONALD J KUYPER,44 \*\*\* KRISTI K GUSTAFSON,32 \*\*\*

## 9 200 FREE RELAY

LINDA M CAZIN,41 \*\*\* HUGH C MOORE,33 \*\*\* PNA 2:22.51  
PETEY MH. SMITH,63 \*\*\* TOM H HERBER,35 \*\*\* OREG 2:23.05

OL BARN SPECIAL ....

35-39

\* MEN \*

65-69

	OR 1977	NA 1977	OR 1987	NA 1987	OR 1977	NA 1977	OR 1987	NA 1987
50 free	26.10	23.69	22.73	22.60	32.50	30.76	28.46	27.72
100 free	58.50	52.97	50.46	49.84	1:16.20	1:10.58	1:06.08	1:04.04
200 free	2:20.70	1:58.32	1:53.62	1:50.35	3:00.30	2:44.49	2:44.46	2:28.53
500 free	6:32.80	5:28.49	5:06.56	5:02.19	9:17.40	7:45.76	7:26.54	6:52.89
1000 free								
1650 free	22:16.00	20:00.47	18:30.83	17:56.06	36:39.50	27:44.51	25:40.91	24:14.14
50 back	33.80	29.93	25.97	27.06	43.30	40.67	35.10	35.00
100 back	1:13.00	1:03.87	58.88	58.00	1:36.80	1:31.43	1:22.57	1:19.11
200 back	2:41.50	2:22.47	2:10.56	2:10.12	3:31.30	3:27.39	2:57.73	2:56.84
50 brst	33.90	31.18	29.61	28.84	45.40	41.34	35.89	37.24
100 brst	1:15.20	1:08.35	1:04.68	1:03.22	1:39.00	1:32.89	1:24.78	1:23.65
200 brst	2:48.90	2:32.60	2:19.57	2:20.55	3:37.22	3:30.41	3:17.97	3:08.01
50 fly	29.70	26.02	25.19	24.84	40.60	38.89	32.74	33.07
100 fly	1:10.20	59.00	55.56	56.07	None	1:43.91	1:21.20	1:23.21
200 fly	2:37.30	2:25.55	2:07.75	2:05.42	3:58.60	3:55.98	3:12.75	3:16.79
100 I.M.	1:07.10	1:01.53	57.77	57.45	1:55.50	1:27.19	1:18.20	1:14.49
200 I.M.	2:30.60	2:18.96	2:06.56	2:05.43	3:22.00	3:29.79	2:58.42	2:54.81
400 I.M.	5:40.00	5:05.52	4:36.48	4:33.95	7:17.84	7:57.09	6:24.17	6:27.16

Legend :

OR:  
Oregon Record  
NA: (top ten)  
Nat'l Average

\*\*\*  
CHART OF COMPARATIVE TIMES :  
Oregon records vs Nat'l TT Average  
Improvement in age groups nationally  
Improvement in the quality of Oregon swimming.  
Years used - 1977 and 1987

This whole project began with the curiosity on my part regarding the improvement of Masters Swimming in my current age group. Then when Bruce Cheney came through with his great chart showing the distribution by age groups in Oregon Masters, decided to use the two groups (35-39) and (65-69).

To see the improvement nationally, look at columns 2 & 4 and 6 & 8 (Averages of National Top Ten SCY). Then to see the improvement in Oregon, over the same ten year span, check columns 1 and 3 and 5 & 7. My main purpose in doing this was to show the overall improvement in these two age groups at our level as opposed to the improvement of like age groups at the national level. It is a real eye opener to see what has happened to swimming times over the past ten years. It is also most gratifying to see how Oregon has done much better than keep pace, we have closed the gap of the earlier years considerably.

NOW THAT'S WHAT I CALL - REALLY GROWING OLD IN STYLE - WAY TO GO - OREGONS

# 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 \_\_\_\_\_

# ANIMAL MEET

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

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 \_\_\_\_\_

## "ANIMAL" MEET INFORMATION

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: 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

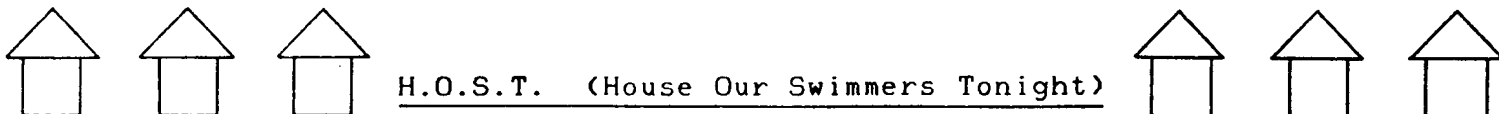
POOL: 25 yard, 6 lane pool, diving tank available for warmups, lockers available (bring your own lock), smooth deck surface, concessions available.

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	Entrants may swim one, two, or all three events.
2	400 IM	Those swimming all three events will be the
3	1650 Freestyle	"Trianimals".

\* \* \* \* \*



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

TEAM SEATTLE ORCA SWIM CLUB  
25 YARD SHORT COURSE SPRINT MEET  
USMS AND PNA SANCTION #873613

DATE: Sun., Feb. 7, 1988

WARMUP 8:30 am MEET 9:30am

PLACE: Medgar Evers Pool  
500 23rd  
Seattle, WA

MAIL ENTRIES TO:

Team Seattle

600 E. Pine Street #515  
Seattle, WA 98122

PHONE: 206-324-2560

HOSTED BY: Team Seattle Orca Swim Club

ENTRY DEADLINE: entries must be received by January 27, 1988

INFO: Bruce Erickson, Meet Director 206-526-0877 (not after 9 pm)

NAME: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ USMS# \_\_\_\_\_ TEAM \_\_\_\_\_ OR UNATTACHED \_\_\_\_\_

AGE GROUP: (circle one) 19-24 24-29 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 IS DETERMINED BY YOUR AGE ON THE LAST DAY OF THE MEET

Entries are limited to five events plus relays. Circle the events you wish to enter and fill in your best or estimated times. NOTE: Deduct 10% to convert meter times to yard times.

EVENT	BEST TIME	EVENT	BEST TIME
1. 200 Medley Relay	_____	7. 100 I.M.	_____
2. 50 Breast	_____	8. 50 Free	_____
3. 100 Free	_____	9. 100 Breast	_____
4. 50 Back	_____	10. 50 Fly	_____
5. 100 Fly	_____	11. 100 Back	_____
6. 200 "Fun" Relay	_____	12. 200 Free Relay	_____

RULES: Current USMS rules will govern. No false starts.

ELIGIBILITY: Open to all 1988 USMS registered swimmers 19 years or older as of date of 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.

ENTRY FEES: \_\_\_\_\_ PNA Surcharge = \$ 2.00

Number of individual events entered x \$1 = \$ \_\_\_\_\_

TOTAL (Surcharge plus \$1 fee per individual event) = \$ \_\_\_\_\_

Make checks for TOTAL amount payable to: PNA MASTERS SWIMMERS

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, Inc., all Local Masters Swimming Committees, Medgar Evers Pool, Team Seattle Orca Swim Club, all Team Seattle Orca Swim Club members, Team Seattle and the Seattle Department of Parks and Recreation free and harmless from any and all damages, claims, demands and legal actions arising by reason of injury to anyone during the conduct of this event, including all attorney fees and court costs.

SIGNED \_\_\_\_\_ Date \_\_\_\_\_

# 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 \_\_\_\_\_

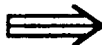
City \_\_\_\_\_ St \_\_\_\_\_ ZIP \_\_\_\_\_

( ) 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

Reg. Fee (\$10.00) \_\_\_\_\_

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.

Susan Albright  
10750 SW Wedgewood St.  
Portland, OR 97225



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Portland, Oregon 97204

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

