



AQUA-MASTER

APR 88 *** OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE *** VOL 15, #4

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1988 REGION XII MASTERS MEET SCHEDULE

OREGON ASSOCIATION (OMS)

- April 8-10 Corvallis - OMS Championships
June 11-12 Albany - long course meters with distance
* July 9 Beaverton - State Games of Oregon, long course meters

INLAND EMPIRE ASSOCIATION (IEA)

- April 22-24 Spokane, WA - Region XII SC Championships

PACIFIC NW ASSOCIATION (PNA)

- April 8-10 Seattle, WA - PNA Championships
June 26 Port Orchard, WA - long course meters
Aug 13-14 Port Orchard, WA - Region XII LC Championships

SNAKE RIVER ASSOCIATION (SRA)

- April 16-17 Pocatello, ID - yards
May 13-15 Boise, ID - yards, Boise YMCA Spring Fling
(NOTE: these meets will be held in conjunction
with age group events)



ADDITIONAL MEET INFO

- * April 1988 12th Annual Humuhumunukunukuapua'a Hawaiian Postal Relays
May 5-6 Missoula, MT - Montana S.C. Championships
(see "Between the Lane Lines" for more info)
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. WS, Tacoma, WA 98498 (206)582-0532
SRA - Richard Cooke, 1915 SW State St, Boise, ID 83702 (208)939-8289
B.C. - Denis Crockett, 1531 W 4th Ave, Vancouver, BC V6J 1L6

BETWEEN THE LANE LINES

* * * * *

NEW TEAM FORMING - PARKROSE MASTERS

When: Monday through Friday (year 'round)
5:30AM to 7:00AM
Where: Parkrose High School Pool
Cost: No charge to registered masters swimmers
Contact: Bert Petersen, 252-6081

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There's been a change on the OMS Board. Mary Ellen Hunsicker, who has been the Social Chair for the past year and one-half, is resigning due to her recent return to school. The board has now combined the positions of HOST and Social Chair. Andy Schragg, current HOST, will now be OMS's new HOST/Social Chair. Good luck to Mary Ellen as she hits the books and thanks to Andy for so graciously accepting this additional responsibility.

* * * * *

MONTANA SC CHAMPIONSHIPS AND INVITATIONAL SWIM MEET MISSOULA, MT - MAY 5th & 6th, 1988

The first ever!! Open to all Montana and Northwest area masters swimmers. Awards given in all age groups. This event will be held at the University of Montana pool with distance freestyle Friday night and a full range of individual and relay events on Saturday. For more information contact Jeanne Ensign (406)721-1157/549-7286 or Steven Holloway (406)542-0535.

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WORLD CHAMPIONSHIPS - BRISBANE, AUSTRALIA

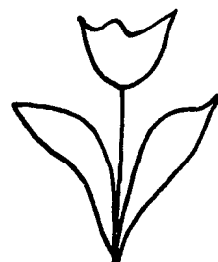
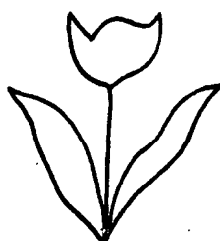
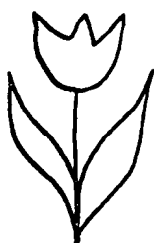
If you still need an entry form for the meet contact Susan Albright (644-9668) or Barbara Frid (292-3379). Remember, the entry deadline is July 1, 1988.

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The next OMS board meeting will be held in Corvallis during the Association Championships. We will meet at Papa's Pizza immediately following Saturday's events.

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If you have anything you would like published in the Aqua-Master please submit it in writing to Susan Albright, 10750 SW Wedgewood St., Portland, OR 97225. The 20th of each month is the deadline for submitting material for the following monthly issue.



AIR FROM THE CHAIR

How proud I am to belong to an association where two widely divergent views (such as penned by Robert Smith and Ginger Pierson in the Aqua-Master) can be aired, debated and dealt with - yet with all parties remaining friends after the fact,

Your board has heard the arguments regarding out-of-state record holders and after due consideration, Robert has withdrawn his motion. Seems that the solution to the "problem" is really unenforceable since:

1. By rule we must accept any new registrants application, and
2. We must also keep records for all our registrants,

Let us all agree not to recruit out-of-staters and guarantee that the "problem" will subside - like ripples in the pool!

- Bert

OREGON SWIM CAMP

UNIVERSITY OF OREGON, EUGENE, OREGON

1608 Harbor Drive, Springfield, OR 97477 (503) 746-2286

June 26 - July 1

A special 5½ day Water and Land Training Program will be available to Master Swimmers on the University of Oregon Campus. Don and Virginia Van Rossen, with a combined 70 plus years of coaching and teaching of aquatics, will offer this unique live-in or off-campus living program for the first time.

Charles Van Rossen, Swim Coach and Tri-Athlete, will assist in directing the training which will include a personalized program for each registrant. Faculty scheduling will permit 2-3 water workouts, Willamette River and Hayward Track Stadium runs, cycling and land stretching and strength programs. Lectures and video analysis will be structured around the use of a Personal Training Log.

The program will be conducted simultaneously with Oregon Swim Camp for competitive swimmers. Water programs will be together but in separate lanes. The program presents an interesting opportunity for the entire family to "Go to Camp."

Cost

On Campus Living	\$250.00
Off Campus Living	\$135.00

OZGOOD'S GOGGLE GOSSIP

Whatsamatta you!

Ozgood, not to be confused with Eddie the Eagle, has finally figured out the change at the Aqua Master helm. Come on, you guys. It's bad enough having one Ed. to deal with. Masters swimming is all about coming last and feeling good about it. After all, it's not whether you win or lose but how you avoid smashed heels from bungled flip turns. Rumors of the month abound. Andy S. is getting married. Laurie G. is pregnant. What the hell does all this have to do with swimming? Can someone please tell Ozgood what Bob the Sandman does for a living? Ozgood heard Roy A. has given up a fine swimming career for a new one in trick skiing. Heal thy shoulder, big kl..er guy. Speaking of careers, Ginger P. is about to give up her Barracuda career to follow her fortunes, and Valentine, to Iowa. People only go there once every four years. Maybe it's because she didn't want to get beamed by any more lights falling from the roof of the Barracuda pool. By the sea, by the sea, by the beautiful sea; you and me, you and me, at the Newport masters. Yucky day, great meet, fine new timing system. Guess what? Vern D. and Karl von T. didn't false start at the Pentathlon. T.D. and Ruth H. - where were you? Do you notice the baby future OMSsters cropping up at meets these days? They're beginning to command more attention which at some meets isn't a bad idea. The Newberg meet was another splashy success. All those fab relays breaking records. You just wanted to finish fast so you could try out the new hot tub.

Enjoy the blossoms!

OL' BARNACLE ... splishing and splashing at Newberg ...

Jim McMaster and the many folks of Newberg did a great job for over 140 eager Masters swimmers.

A fine facility has been made finer by the addition of electronic timing. It takes work and more work for these small communities to come up with the money for electronic, great job ...

On Friday night Don Stell and Bobby Yambasu from Portland did a fine job of helping T.D. and Ruth Hughes in the officiating, then Saturday, Don Erskine stepped in and carried on assisting Ruth and T.D.

The head timer was Anna Jones, with a big assist behind the blocks from most of the Newberg swimming team.

Electronic timing was handled by Ruth Hughes with assists from Nancy Dobbs and Luella Petersen.

Awards and a bit of almost anything you needed was furnished by Judy McCurdy, hospitality and refreshments under the guidance of Barbara Buchholz.

Thanks to all of you, from all of us, who are lucky enough to have your help.

NATIONAL RECORDS...NATIONAL RECORDS...NATIONAL RECORDS...NATIONAL RECORDS...

35 + MXD 400 yd Medley Relay 4:27.87

BOB SMITH, GINGER PIERSON, BERT PETERSEN, SANDI ROUSSEAU

65 + Men's 400 yd Medley Relay 5:31.68

GERALD HUESTIS, BOB MORRISON, EARL WALTER, GIL YOUNG

65 + Men's 800 yd Freestyle Relay 11:47.75

GERALD HUESTIS, EARL WALTER, BOB MORRISON, GIL YOUNG

Regional Records ...

Women 40-44 - Ginger Pierson - 100 yd Fly - 1:11.94 (#4 TT)

65-69 - Elfie Stevenin - 200 yd Fly - 6:42.34

Men 45-49 - Kevin Kelly - 1000 yd Freestyle - 11:59.15 (#6 TT)

55-59 - Art Welch - 100 yd Fly - 1:14.37 (#10 TT)

200 yd Fly - 2:48.60 (#5 TT)

Welcome home Art, great swims, Art is a graduate of Jefferson High, was working in Southern California, now retired in Portland.

65-69 - Hugh Richards - 50 yd Free :27.96 (#6 TT)

Gerald Huestis - 100 yd Back 1:20.21 (#6 TT)

55 + Men's 800 yd Freestyle Relay 10:32.66

Eric Guest, Terry McCurdy, Fred Sprenger, Art Welch

Association Records ...

Women 30-34 Susan Younce 1000 yd Free 12:50.27

45-49 Barbara Frid 1000 yd Free 13:33.15 (#5 TT)

65-69 Pauline Stangel 100 yd Free 1:33.62

50 yd Brst :54.27

Welcome to OMS, Pauline ::

Elfie Stevenin 200 yd I.M. 5:47.54

70-74 Margaret Yadon 500 yd Free 12:05.88

1000 yd Free 24:31.86

100 yd Back 2:15.42

200 yd Back 4:46.00

Men 45-49 Kevin Kelly 500 yd Free 5:49.46

01' Barn ... Newberg ... cont ...

Association Records (cont)

Men	60-64	Floyd Elliott	500 yd Free	7:06.20
	65-69	Gerald Huestis	200 yd Free	2:38.36

Flips and Turns ...

A BIG OMS WELCOME to our new comers ...

Kevin Kelly	John Coffey
Nanette Weinhold	Barbara Lutsock
Fred Russell	Darla Morris
Art Welch	Steve Harger
Lisa Davis	Pauline Stangel
William Minus	Joe Ferong
Jeff Turay	Bill Rowan
Andy Thomas	John Wight

Brad Rinkin

STAY WITH IT AND STAY FIT !!!

Association Relay Record, almost missed it, and would have been shot at sunrise by the participants ...

35 + Men's 400 yd Freestyle Relay 3:57.07

Bob Smith, Jon Stout, Jim Elliott, Trevor Charlton

Laila Deardorff, 27, looked sharp with a 59.52 - 100 free

Kathy Buck, 37, swam the 100 free in 1:03.35

Sandi Rousseau is moving well with a 1:05.32 for the 100 free (40-44)

Rod Cook, 29, keeps improving, look at 52.17 for the 100 free

Vern Dasch, 38, comeback looking fine at 52.78

Leo Van Dijk and wife Marianne, both 55, and growing old in style, swimming well

Kathy Buck, 37, came close in the 200 free, 2:19.32 vs 2:17.68

SOME GREAT RACES ...

Men 35-39 200 yd Free ; Vern Dasch in 1:57.05, Steve Durapau at 1:57.72 and Trevor Charlton with a 1:57.88 - wow and wow

same verse ; 500 free Durapau over Charlton at 5:19.85 vs 5:20.02

play it again ; 100 fly, Tom Coffey prevailed in 58.60, followed by Gary Hafer (58.64) and Steve Warner (59.68)

again and again ; Steve Warner in 2:19.42 out reached Gary Hafer (2:19.48) in the 200 IM

Art Welch, 55, was record close in the 200 free, 2:22.90 vs 2:20.16

Elizabeth King, 65, was just shy in the 500 w/a 12:13.28 against 10:40.53

Nancy Milner, 36, had a 13:34.93 for the 500 against the record of 12:52.94

Charlotte Cowan, 47, had a PR in the 1000 with a fine 16:05.35

Steve Durapau, 38, turned the 1000 in 11:10.36 vs the record of 11:05.66

Steve Barrett, 41, also in the 1000 was close at 11:51.98 to 11:29.70

Jim McMaster, 32, got a lot of cheers from the home crowd with a 1:00.26 (100 back

Jim Elliott, 35, was very pleased with his 1:12.96 for the 100 back

John Zell, 31, this guy is something else - a 5 sec PR in the 200 back at 2:15.56, John is going for the record, don't bet against him

Craig Jorgensen, 40, looking great in the 200 back at 2:26.90

Ol' Barn ... Newberg ... cont ...

Rod Cook, 29, very close in the 50 brst at 28.91 vs 28.06

Bob Curtis, 68, had a PR in the 200 brst at 3:26.32, 2 secs faster than '87

Brad Rinkin, 19, great 50 fly in 26.41, welcome

Tom Coffey, 37, is going to get that 50 fly record - 25.62 vs 25.19

Kathy Cronin, 27, is a comer in the 100 fly with a fine 1:15.35

Even Evensen, 40, came close in the 100 fly at 1:01.22 vs 1:00.49, and also in the 200 - 2:24.02 against 2:23.86, put your money on Even !!!

Laila Deardorff, 27, a whisker away in the 200 I.M. at 2:28.98 vs 2:28.21

Mickey Marks, 57, had a fine PR in the 400 IM going 6:31.69, way to go !!!

Barbara Lutsock may be a new comer, but keep your eyes on this swimmer (38)

Darla Morris, 50, in the eyes of OB, another one to watch.

STAY WITH IT and STAY FIT

1987 SHORT COURSE METERS TOP TEN - USMS - from Walt Reid

* ALL AMERICAN *

JANINE AMODEO (19-24) Set the national record for the 800 m Free, added a 2nd in the 400 m IM, plus 3-6ths, a 5th and a 7th, great year.

GINGER PIERSON (40-44) Really did a number - 3 national records in the 50 - 100 and 200 m Breast, plus 1sts in the 200 fly and 100 IM, for a total of 5 firsts. She followed these with 4 second places in the 50 and 100 fly and the 200 and 400 IM. Ginger was not through, adding a 3rd, 4th and 5th in the 200-100 and 50 back.

BARBARA FRID (45-49) Picked up her AA with firsts in the 50 and 100 back, plus the 50 fly, then added a second in the 200 back, plus 3-thirds in the 100/200 & 400 free, plus a 6th in the 50 free.

LAVELLE STOINOFF (50-54) How about 6 yes 6 firsts - 200/400/800/1500 free plus the 200 breast and 100 I.M. Not only firsts but each of these swims established a new national record. Lavelle followed with seconds in the 100 free and 200 back and a 3rd in the 50 back. Lavelle now moves up to the 55-59, nothing but smoke folks !!!

PETEE SMITH (60-64) Newports own came through for her AA in the 50 m free, adding a 2nd in the 100, 4ths - 200/800, a 6th in the 400, then a 6th in the 200 back plus 10ths for the 50 fly and 100 IM. She will show even better in '88.

BOB SMITH (40-44) Swam for 3 - 1sts ; a new national record in the 100 back, plus 1sts in the 50 back and 50 breast. Add two 2nds in the 50 free and the 100 breast plus a 4th in the 100 IM. May 22nd Robert turns 45 just perfect for SC Nationals.

FRED SPRENGER (55-59) Earned his AA in the 200 back with a 3:10.75, the NR is 3:10.50, add 3rds in the 1500 and 100 back plus a 6th for the 400 free. The ol' cougar is looking mighty fine.

FLOYD ELIOTT (60-64) No longer in the wings, Floyd made AA with 3-1sts in the 50/100 and 200 back, all great swims and excellent times. Add to this a 4th in the 400 free and 7th in the 200 free.

HUGH RICHARDS (65-69) For AA a new national record in the 50 fly, add to this 1st, a 3rd-50 free, 5ths/100 free and 100 fly, with 6ths in the 100 IM and the 400 IM

DON STEVENSON (75-79) A new national record in the 200 back for AA, plus a 2nd in the 200 breast and a 3rd in the 400 I.M. Way to go, Donald !!!

Ol' Barn , carries on with the 1987 Short Course Meters TOP TEN

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HERB EISENSCHMIDT (80-84) Not only made AA in 8 yes 8 events, he set national records in 7 of these ; 50 free, 50/100/200 back, plus the 100/200 and 400 IM, cap this off with 4 seconds ; 100/200 and 400 free and the 50 breast, and you have the VERY FINEST swimmer in the 80-84 age group in U S Masters swimming, if not the very finest in the world. Connecticut is justly proud of Gus Langner, but our Herb pushed with Gus in LCM, then went past him "flying" in SCY and SCM. There is no question but that our Herb is TOPS in the 80-84 age group. Just such an outstanding year for ALL courses !!!!

Age	Swimmer	Free					back			breast			fly			IM			
		50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
19-24	Jaime Amodeo (AA)		6	6	7	1						5						6	2
25-29	Andree Devine			10		5	4							10	2			8	3
	Nancy Sutton						5												
	Mary A. Yuse						8						10						
	Shelly Rawding								3	2									
30-34	Laurie Gould	7	4				6	3											
	Penelope Spiro		9																
	Susan Younce				8			7	5	2									
	Nobbie Gregoire					7													
	Dorcas Phelan												8			4			5
35-39	Kathy Buck		7	7	7					6		5							
	Marjorie Week				10			4					8				7	6	4
	Nancy Wilner					6	4												
	Darlene Staley						3						7			3		9	
	Susan Case							9	7	7			9						9
	Monika Hunscher								10	8									10
40-44	Jan Pesner	7	6			4	5			7									
	Ginger Pierson (AA)							5	4	3	1	1	1	2	2	1	1	2	2
	Pam Himstreet												10		10				

Andree Devine - Garnered a total of 7 spots on the TT, highlighted by a second in the 200 fly and a 3rd in the 400 IM

Shelly Rawding - Picked up a 2nd in the 200 back and a 3rd in the 100 back

Laurie Gould - A total of 4 picks was highlighted by a 3rd in the 50 back

Susan Younce - Nominated in four events with a high of 2nd in the 200 back

Darlene Staley - Gained 4 spots with fine 3rds in the 1500 and 200 fly

Al Frakes - Swam to a third in the 1500 free

01' Barn ... SCM TOP TEN ... cont ...

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Mike Johnson - made it in 3 events with a high of a 3rd in the 800 free

Dan Johnson - Swam to 2 places with a 3rd in the 200 breast as tops

Roy Abramowitz - 3 places, all quality - 2nd-200 IM, 3rds - 100 and 200 fly

Gary Hafer - also 3 places, highlighted by a 2nd in the 50 back

Dick Boyd - selected in 7 events with a 2nd in the 400 IM and a 3rd for the 1500

Bert Petersen - Topped 5 events with 3rds 50/100 fly & the 400 IM

Age	Swimmer		free					back			birt			fly			I.M.			
			50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
45-49	Barbara Frid	(AA)	6	3	3	3			1	1	2				1					
	Charlotte Cowan						8	8												
	Carolyn Forbes							6												
	Sandy Hug								10											
50-54	Lavelle Steinoff	(AA)		2	1	1	1	1	3		2			1				1		
	Bev Underwood																			8
55-59	Bev Dirksen						7													
	Bev L'Esperance						8				10									
60-64	Petey Smith	(AA)	1	2	4	6	4				6				10			10		
	Marjoret Wells							5							7	7	4			4
65-69	Ellie Stevenin															8	4			5
70-74	Barb Haverkamp										9								7	7
19-24	Al Frakes							3												
25-29	Teroen Kok					7													10	
	Mike Johnson						3	4												6
	Rod Cook								9			6						5		
	Jeff Dunn														9					
30-34	Mike Baird							8												
	John Zell										10									
	Howard Rankin											6	6							

Gil Young - A great year with 5 spots in TT, best was a fine 3rd in the 1500

Earl Walter - Seven places in all, with 5 - 3rds for a fine showing

Bob Morrison - 3 places in the breast topped by 3rds in the 50 and the 200

Showing up well were ...

Kathy Buck - with 5 places looking great in the freestyle and breast

Marjorie Meek - had 6 places with special strength in the individual medleys

Susan Case - picked off 5 spots showing strength in the backstroke

Jan Plesner - also 5 spots with emphasis on the freestyle, Jan's getting better

Margaret Wells - with 5 spots was very strong in the butterfly events

Jim Bigler - picked off 4 spots and continues to swim faster and faster

Eric Guest - was hot with 7 places highlighted by breast, fly and I.M.

Clarence Courter - swam his way into 4 nominations, HANG IN THERE CLARENCE !!!

Age	Swimmer	free					back			brst			fly			I.M.			
		50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
30-34	Dan Johnson												3						6
	Roy Abramowitz													3	3			2	
	Mark Becker															8			
35-39	Doug Dentice	6																	
	Steve Warner				6		7							10					
	Bruce Cheney					4													
	Jim Elliott						10												
	Gary Hafer							2						4				6	
	Tom Coffey														4			7	
	John DeTurkett															7			10
40-44	Bob Smith (AA)	2						1	1		1	2						4	
	Dick Boyd			4	6		3					9	5					5	2
	Bruce Prator				9		5						8						
	Dan Gray					10													
	Brian Langlais									9									
45-49	Best Peterson					6	5						3	3					3
	David Filer					7	7												
50-52	Jim Bigler		9	8					8										5
55-59	Eric Guest	10									10		8	10	7			8	7
	Fred Springer (AA)				6		3		3	1									

Names to 3 places in the Top Ten were : Dorcas Phelan, Monika Hunscher, Elfie Stevenin, Barb Haverkamp, Rod Cook, Steve Warner and Bruce Prator

That does it for all Top Tens for 1987, OMS can be justly proud - we had 105 swimmers selected in three courses with many repeating in all 3 and many more making it in at least two course.

We had a total of 14 swimmers make ALL AMERICAN with 5 of these repeating in both SCY and LCM, and another 5 repeating in SCY and SCM.

3 of these All Americans made it all the way ; SCY - SCM and LCM :!!!

Age	Swimmer	free					back			bust			fly			IM.			
		50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
55-59	Sam Tennili						6												
	Mickey Marks									6		9							
60-64	Clarence Carter		10							6			6				4		
	Floyd Elliott (AA)			7	4			1	1	1									
	Dave Bernstein						5												
65-69	Hugh Richards (AA)	3	5										1	5		6		6	
	Gill Young			9	8	6	3			8									
	Joe Mallon						7												
	Khosrow Shadbeh						8					8							
	Earl Walter							5	3	3			6	3	3			3	
	Bob Morrison									3	5	3							
	Forbes Mack											5							
70-74	Joe Ruddley					8				10									
	Syd Hendy									8									
75-79	Jack Hoey								4	5									
	Al Gawley								10										
	Don Stevenson (AA)									1			2					3	
	Lee King												6						
80-84	Herb Eichenschmidt (AA)	1	2	2	2	1		1	1	1	2						1	1	1

01' Barn ... extras ...

February issue of "The Olympian" named David Wharton and Janet Evans as the top swimmers for 1987 for U.S. Swimming. Janet Evans from Placentia, CA is 16 years old, scoffed at history and broke the two oldest world swimming marks, the 800 and 1500 m free. The 800 mark stood since 1978 at 8:24.62, Janet did a 8:22.44. The 1500 at 16:04.49 was set in 1979, Janet negotiated this in 16:00.73. Janet has won 15 of 19 major races during the year, and is threatening many of Tracy Caulkins records.

David Wharton is the epitomy of the IM er, he has answered all of the challenges of Alex Baumann with near world record performances, getting a 4:16.12 in the 400 for the record, and nipping Bauman in the 200 - 2:02.49 vs 2:02.50. Hungary's Tamas Darnyi nipped his record at the European Championships in France, setting up a real 400 m IM showdown at Seoul in the Olympics.

The U.S. is looking strong in swimming and should do well this year.

Tracie Ruiz-Conforto making a great comeback, set the nation on its ear with a stellar performance in all meets and is the synch swimmer of the year. Tracie is aiming at the Gold in Seoul, which would be a repeat for her of '84.

Diving saw Greg Louganis and Michele Mitchell take top honors. Michele will be shooting for the Gold at Seoul as will Greg, both of these divers scored well in 1987 against all comers in world competition.

19-24 WOMEN			35-39 WOMEN			45-49 WOMEN		
50FREE LISA DAVIS	23 THB	1:27.89	50FREE KATHLEEN P BUCK	37 CHM	1:28.64	50FREE SANDY P HUG	47 AM	1:34.33
100FRE LISA DAVIS	23 THB	1:02.87	BARBARA LUTSOCK	38 OREG	1:33.45	CHARLOTTE E COWAN	47	1:37.94
LIBBY NIEDERMEYER	23 MAC	1:16.48	CYNTHIA A DUNLAP	36 OREG	1:33.48	100FRE CHARLOTTE E COWAN	47	1:21.43
200FRE AMY YOUmans	21 AM	2:38.49	LISSA B PARKER	36 LC	1:41.79	SANDY P HUG	47 AM	1:22.13
500FRE AMY YOUmans	21 AM	7:07.23	100FRE KATHLEEN P BUCK	37 CHM	1:03.35	JOANN DENNIS	46 MAC	1:32.23
LIBBY NIEDERMEYER	23 MAC	7:24.18	NANCY J MILNER	36 OREG	1:11.11	200FRE BARBARA FRID	45 THB	2:28.37
50BRST LISA DAVIS	23 THB	1:38.63	CYNTHIA A DUNLAP	36 OREG	1:15.67	CHARLOTTE E COWAN	47	3:00.34
100BRS LIBBY NIEDERMEYER	23 MAC	1:37.36	BARBARA LUTSOCK	38 OREG	1:15.77	500FRE CHARLOTTE E COWAN	47	8:01.27
50 FLY LISA DAVIS	23 THB	1:30.92	LISSA B PARKER	36 LC	1:29.36	JOANN DENNIS	46 MAC	8:48.43
100 IM LISA DAVIS	23 THB	1:12.29	200FRE KATHRINE CASEY	39*PNA	2:14.52	1000FR BARBARA FRID	45 THB	13:33.18+
AMY YOUmans	21 AM	1:24.96	KATHLEEN P BUCK	37 CHM	2:19.32	Oregon was- CAROLYN A. FORBES	16:39.60	
LIBBY NIEDERMEYER	23 MAC	1:28.35	MARJORIE MEEK	35 MAC	2:20.69	CHARLOTTE E COWAN	47	16:05.35
25-29 WOMEN			NANCY J MILNER	36 OREG	2:30.43	50BACK BARBARA FRID	45 THB	1:35.21+
50FREE LAILA J DEARDORFF	27 OREG	1:27.39	500FRE BARBARA LUTSOCK	38 OREG	7:36.02	Oregon was- BARBARA FRID	1:35.31	
MELODY MCMASTER	25 OREG	1:28.68	1000FR NANCY J MILNER	36 OREG13:34.78		SANDY P HUG	47 AM	1:44.27
KIM J BOGUS	29 PPM	1:30.60	BARBARA LUTSOCK	38 OREG15:08.97		JOANN DENNIS	46 MAC	1:59.00
JO-HANNA WIENERT	29 OREG	1:33.36	50BACK BARBARA LUTSOCK	38 OREG	1:41.45	100BAK BARBARA FRID	45 THB	1:18.77+
100FRE LAILA J DEARDORFF	27 OREG	1:59.52	LISSA B PARKER	36 LC	1:51.37	Oregon was- CONNIE WILSON	1:21.37	
MELODY MCMASTER	25 OREG	1:04.30	100BAK KATHRINE CASEY	39*PNA	1:20.14	50 FLY BARBARA FRID	45 THB	1:32.88
KIM J BOGUS	29 PPM	1:05.75	200BAK MARJORIE MEEK	35 MAC	2:40.11	100 IM SANDY P HUG	47 AM	1:36.41
KATHRYN L CRONIN	27 MAC	1:07.07	50BRST CYNTHIA A DUNLAP	36 OREG	1:42.15	JOANN DENNIS	46 MAC	2:01.20
200FRE KIM J BOGUS	29 PPM	2:23.14	LISSA B PARKER	36 LC	1:49.88	50-54 WOMEN		
500FRE ANDREE DEVINE	26 THB	6:07.62	100BRS KATHRINE CASEY	39*PNA	1:19.75	100FRE DARLA MORRIS	50 MY	1:29.74
NANNETTE WEINHOLD	25 PCC	7:58.68	KATHLEEN P BUCK	37 CHM	1:23.04	200FRE DARLA MORRIS	50 MY	3:27.07
1000FR NANNETTE WEINHOLD	25 PCC	16:09.84	200BRS KATHRINE CASEY	39*PNA	2:54.89	500FRE BEVERLY UNDERWOOD	53 UVM	11:29.26
50BACK LAILA J DEARDORFF	27 OREG	1:32.60	KATHLEEN P BUCK	37 CHM	2:57.49	1000FR DARLA MORRIS	50 MY	20:40.37
KATHRYN L CRONIN	27 MAC	1:35.97	100 IM NANCY J MILNER	36 OREG	1:19.25	50BRST DARLA MORRIS	50 MY	1:49.57
50BRST MELODY MCMASTER	25 OREG	1:36.47	CYNTHIA A DUNLAP	36 OREG	1:26.17	BEVERLY UNDERWOOD	53 UVM	1:05.66
JO-HANNA WIENERT	29 OREG	1:42.48	200 IM MARJORIE MEEK	35 MAC	2:41.09	55-59 WOMEN		
100BRS LAILA J DEARDORFF	27 OREG	1:20.85	NANCY J MILNER	36 OREG	2:55.31	50FREE MARIANNE VANDIJK	55 RVM	1:56.18
200BRS MELODY MCMASTER	25 OREG	2:58.74	400 IM MARJORIE MEEK	35 MAC	5:37.04	100FRE MARIANNE VANDIJK	55 RVM	2:13.78
50 FLY MELODY MCMASTER	25 OREG	1:31.51	40-44 WOMEN			200FRE BEVERLY L'ESPERANCE	56 KFLS	3:32.77
100FLY KATHRYN L CRONIN	27 MAC	1:15.35	100FRE SANDI ROUSSEAU	40 THB	1:05.32	500FRE BEVERLY L'ESPERANCE	56 KFLS	9:12.15
100 IM JO-HANNA WIENERT	29 OREG	1:25.21	JAN M PLESNER	41 UVM	1:09.57	50BACK BEVERLY L'ESPERANCE	56 KFLS	1:51.57
200 IM LAILA J DEARDORFF	27 OREG	2:28.98+	200FRE SANDI ROUSSEAU	40 THB	2:26.06	MARIANNE VANDIJK	55 RVM	1:52.41
Oregon was- LAURA A BAUMHOFFER	2:30.63		JAN M PLESNER	41 UVM	2:38.66	200BAK BEVERLY L'ESPERANCE	56 KFLS	3:46.57
400 IM ANDREE DEVINE	26 THB	5:26.25	KAREN E DRISCOLL	43 CHM	3:08.16	60-64 WOMEN		
30-34 WOMEN			SANDY L CROSIER	41 UVM	4:02.57	50FREE PETEY MH. SMITH	63 NEWP	1:32.96
50FREE JEAN DEJARNATT	34 WHOM	1:34.09	500FRE JAN M PLESNER	41 UVM	7:07.64	BESSE E ROSS	64 OREG	1:54.08
MARILYNN BLACKETER	30 NCSC	1:39.79	MARGARET LENTELL	41 MAC	7:45.85	100FRE PETEY MH. SMITH	63 NEWP	1:15.03
100FRE GAIL M KIMBERLING	32 LINC	1:18.87	KAREN E DRISCOLL	43 CHM	8:38.59	BESSE E ROSS	64 OREG	2:08.94
MARILYNN BLACKETER	30 NCSC	1:23.69	SANDY L CROSIER	41 UVM	10:16.12	200FRE BESSE E ROSS	64 OREG	4:45.70
500FRE SUSAN YOUNCE	31 OREG	6:06.49	1000FR MARGARET LENTELL	41 MAC	16:18.86	1000FR PETEY MH. SMITH	63 NEWP16:03.06	
1000FR SUSAN YOUNCE	31 OREG12:50.16+		KAREN E DRISCOLL	43 CHM	17:48.07	50BACK BESSE E ROSS	64 OREG	1:19.59
Oregon was- VICKI L. MOORE	13:21.01		50BACK SANDY L CROSIER	41 UVM	1:54.66	100 IM PETEY MH. SMITH	63 NEWP	1:39.48
JEAN DEJARNATT	34 WHOM16:13.27		50BRST SANDY L CROSIER	41 UVM	1:04.88	200 IM PETEY MH. SMITH	63 NEWP	3:42.73
50BACK SUSAN YOUNCE	31 OREG	1:34.03	100BRS GINGER L PIERSON	42 THB	1:16.75	65-69 WOMEN		
GAIL M KIMBERLING	32 LINC	1:46.82	KAREN E DRISCOLL	43 CHM	1:36.72	50FREE PAULINE B STANGEL	66 AM	1:43.05
200BAK SUSAN YOUNCE	31 OREG	2:40.68	200BRS GINGER L PIERSON	42 THB	2:45.95	100FRE PAULINE B STANGEL	66 AM	1:33.62+
50BRST JEAN DEJARNATT	34 WHOM	1:41.65	50 FLY SANDI ROUSSEAU	40 THB	1:31.21	Oregon was- ELVA COOMBS	2:10.00	
GAIL M KIMBERLING	32 LINC	1:45.88	100FLY GINGER L PIERSON	42 THB	1:11.94+	ELIZABETH C KING	65 MMH	2:14.54
MARILYNN BLACKETER	30 NCSC	1:58.10	Oregon was- PATRICI GIORDIANO	1:14.52		500FRE ELIZABETH C KING	65 MMH	12:13.28
100BRS JEAN DEJARNATT	34 WHOM	1:33.50	200FLY SANDI ROUSSEAU	40 THB	2:51.10+	50BRST PAULINE B STANGEL	66 AM	1:54.27+
100 IM GAIL M KIMBERLING	32 LINC	1:36.71	Oregon was- PATRICIA GIORDANO	2:53.15		Oregon was- ELVA COOMBS	1:04.62	
			200 IM GINGER L PIERSON	42 THB	2:41.38	ELIZABETH C KING	65 MMH	1:30.08
			400 IM GINGER L PIERSON	42 THB	5:44.31	100FLY ELFIE J STEVENIN	66 THB	3:03.64
						200FLY ELFIE J STEVENIN	66 THB	6:42.34+
						Oregon was- ELFIE J. STEVENIN	6:49.57	

200 IM ELFIE J STEVENIN 66 THB 5:47.54+	500FRE MICHAEL J BAIRD 31 CA 5:50.61	50 FLY TOM K COFFEY 37 PIR :25.62
Oregon was- ELFIE J. STEVENIN 6:01.47	JEFF L STORIE 31 CA 6:05.76	DAN J MARKEY 37 PPM :31.33
400 IM ELFIE J STEVENIN 66 THB 12:16.21	COREY A LEAVITT 30 MHM 6:26.34	WALTER R PALMER 38 CHM :33.92
----- 70-74 WOMEN -----	1000FR PATRICK V BOHNERT 33HUSK11:27.23	JOE FERONG 38PNA :39.46
50FREE HELENA W HOFFMAN 72 THB 1:05.00	MICHAEL J BAIRD 31 CA 12:05.02	100FLY TOM K COFFEY 37 PIR :58.60
100FRE HELENA W HOFFMAN 72 THB 2:26.84	JIM E CUTTING 32 WHOM13:13.37	GARY HAHER 37 VOT :58.64
500FRE MARGARET R YADON 70 OREG12:05.88+	JOHN COFFEY 32 MAC 13:37.87	STEPHEN H WARNER 39 NCSC :59.68
Oregon was- HAZEL BRESSIE 14:37.29	50BACK ANDREW THOMAS 30 CA :29.10	JOHN D DEJARNATT 38 WHOM 1:07.82
1000FR MARGARET R YADON 70 OREG24:31.86+	JOHN F ZELL 31 PPM :29.19	JOE FERONG 38PNA 1:28.70
Oregon was- OPEN 99:99.99	JAMES MCMASTER 32 OREG :30.88	200FLY JOHN D DEJARNATT 38 WHOM 2:49.41
50BACK MARGARET R YADON 70 OREG 1:02.61+	100BAK JAMES MCMASTER 32 OREG 1:00.26	100 IM TREVOR G CHARLTON 38 PIR 1:03.69
Oregon was- DOREEN MORRIS 1:12.87	JOHN F ZELL 31 PPM 1:02.71	DAN J MARKEY 37 PPM 1:15.42
HELENA W HOFFMAN 72 THB 1:31.35	ANDREW THOMAS 30 CA 1:05.76	WALTER R PALMER 38 CHM 1:17.50
100BAK MARGARET R YADON 70 OREG 2:15.42+	COREY A LEAVITT 30 MHM 1:12.02	JOE FERONG 38PNA 1:34.66
Oregon was- HAZEL BRESSIE 2:44.78	200BAK JOHN F ZELL 31 PPM 2:15.56	200 IM STEPHEN H WARNER 39 NCSC 2:19.42
HELENA W HOFFMAN 72 THB 3:32.28	JAMES MCMASTER 32 OREG 2:28.05	GARY HAHER 37 VOT 2:19.48
200BAK MARGARET R YADON 70 OREG 4:46.00+	COREY A LEAVITT 30 MHM 2:46.00	JOHN D DEJARNATT 38 WHOM 2:49.97
Oregon was- DOREEN MORRIS 5:31.86	50BRST DENNIS S OLSON 33 PIR :35.57	400 IM TOM K COFFEY 37 PIR 4:58.39
50 FLY HELENA W HOFFMAN 72 THB 1:38.79	100BRS TRYG STRATTE 31 OREG 1:08.53	JOHN D DEJARNATT 38 WHOM 5:48.31
----- 75-79 WOMEN -----	DENNIS S OLSON 33 PIR 1:14.45	----- 40-44 MEN -----
200FRE HAZEL B BRESSIE 79 MAC 6:13.54	50 FLY ANDREW THOMAS 30 CA :27.50	50FREE JON D STOUT 41 CHM :24.91
1000FR HAZEL B BRESSIE 79 MAC 33:31.13	100 IM JAMES MCMASTER 32 OREG 1:06.94	BOB G WIENERT 40 NEWP :25.85
100BRS HAZEL B BRESSIE 79 MAC 3:41.37	DENNIS S OLSON 33 PIR 1:10.18	LEE R BORGAE 41 CHM :32.36
200FLY HAZEL B BRESSIE 79 MAC 9:56.20	400 IM JEFF L STORIE 31 CA 5:09.42	MICHAEL T KOLLN 43 OREG :36.04
200 IM HAZEL B BRESSIE 79 MAC 7:46.46	----- 35-39 MEN -----	100FRE ROBERT S SMITH 44 OREG :54.04
----- 19-24 MEN -----	50FREE WALTER R PALMER 38 CHM :30.69	JON D STOUT 41 CHM :55.32
50 FLY BRADLEY RINKEN 19 AM :26.41	JOE FERONG 38PNA :34.43	BOB G WIENERT 40 NEWP :58.93
100FLY BRADLEY RINKEN 19 AM 1:00.68	100FRE VERNON DASCH 38 THB :52.78	L BUZ CARRIKER 40 MHM 1:04.43
200 IM BRADLEY RINKEN 19 AM 2:21.82	ROBERT A MAESTRE 37 VOT :53.20	LEE R BORGAE 41 CHM 1:11.38
----- 25-29 MEN -----	STEPHEN H WARNER 39 NCSC :54.42	MICHAEL T KOLLN 43 OREG 1:20.21
50FREE STEPHEN F HARGER 28 PPM :24.52	TREVOR G CHARLTON 38 PIR :54.66	200FRE STEVEN L BARRETT 41 OREG 2:02.79
100FRE RODNEY G COOK 29 :52.17	WALTER R PALMER 38 CHM 1:06.39	BOB G WIENERT 40 NEWP 2:13.58
JEFFREY M DOWN 27 OREG :54.16	JOE FERONG 38PNA 1:18.78	KEITH A FINZER 43 PPM 2:20.24
STEPHEN F HARGER 28 PPM :56.14	200FRE VERNON DASCH 38 THB 1:57.05	LEE R BORGAE 41 CHM 2:39.25
200FRE MICHAEL E JOHNSON 28 CA 2:08.35	STEVEN L DURAPAU 38 OREG 1:57.72	MICHAEL T KOLLN 43 OREG 3:05.29
500FRE MICHAEL E JOHNSON 28 CA 5:38.20	TREVOR G CHARLTON 38 PIR 1:57.88	500FRE STEVEN L BARRETT 41 OREG 5:40.73
50BACK STEPHEN F HARGER 28 PPM :31.51	ROBERT A MAESTRE 37 VOT 2:02.02	BOB G WIENERT 40 NEWP 6:11.50
50BRST RODNEY G COOK 29 :28.91	JAMES M ELLIOTT 35 CHM 2:13.37	KEITH A FINZER 43 PPM 6:21.18
BRAD THOMAS 26 LINC :31.47	GARY HAHER 37 VOT 2:19.79	L BUZ CARRIKER 40 MHM 6:50.95
STEPHEN F HARGER 28 PPM :34.54	500FRE STEVEN L DURAPAU 38 OREG 5:19.85	LEE R BORGAE 41 CHM 7:11.05
100BRS DAVID M COBB 28 PPM 1:09.44	TREVOR G CHARLTON 38 PIR 5:20.02	MICHAEL T KOLLN 43 OREG 8:35.99
200BRS DAVID M COBB 28 PPM 2:34.05	VERNON DASCH 38 THB 5:26.02	1000FR STEVEN L BARRETT 41 OREG11:52.00+
50 FLY BRAD THOMAS 26 LINC :25.86	ROBERT A MAESTRE 37 VOT 5:43.24	Oregon was- KARL E. VON TAGEN 12:01.25
100FLY JEFFREY M DOWN 27 OREG :59.40	JAMES M ELLIOTT 35 CHM 6:01.87	D WAYNE BAKER 44 WHOM14:38.00
100 IM RODNEY G COOK 29 :58.29	WALTER R PALMER 38 CHM 6:54.65	LEE R BORGAE 41 CHM 14:59.41
BRAD THOMAS 26 LINC 1:00.65	1000FR STEVEN L DURAPAU 38 OREG11:10.39+	MICHAEL T KOLLN 43 OREG17:25.65
STEPHEN F HARGER 28 PPM 1:06.33	Oregon was- MIKE DIRKSEN 11:48.66	50BACK ROBERT S SMITH 44 OREG :26.49
----- 30-34 MEN -----	STEPHEN H WARNER 39 NCSC11:31.99	JON D STOUT 41 CHM :28.41
50FREE ANDREW THOMAS 30 CA :24.46	ROBERT A MAESTRE 37 VOT 12:02.64	CRAIG JORGENSEN 40 OREG :30.07
TRYG STRATTE 31 OREG :24.59	JAMES M ELLIOTT 35 CHM 12:15.63	100BAK ROBERT S SMITH 44 OREG 1:00.51
DENNIS S OLSON 33 PIR :26.87	FRED RUSSELL 35 OREG18:21.59	200BAK CRAIG JORGENSEN 40 OREG 2:26.90+
100FRE PATRICK V BOHNERT 33HUSK :55.62	50BACK DAN J MARKEY 37 PPM :36.41	Oregon was- ROBERT S. SMITH 2:31.20
TRYG STRATTE 31 OREG :55.65	100BAK JAMES M ELLIOTT 35 CHM 1:12.96	50BRST D WAYNE BAKER 44 WHOM :36.82
COREY A LEAVITT 30 MHM :59.01	GARY HAHER 37 VOT 1:16.55	100BRS EVEN D EVENSEN 40 OREG 1:17.07
DENNIS S OLSON 33 PIR :59.51	200BAK GARY HAHER 37 VOT 2:24.02	D WAYNE BAKER 44 WHOM 1:20.88
200FRE PATRICK V BOHNERT 33HUSK 2:01.24	JAMES M ELLIOTT 35 CHM 2:33.83	JOHN M WIGHT 44 MAC 1:21.97
COREY A LEAVITT 30 MHM 2:12.44	100BRS JOHN D DEJARNATT 38 WHOM 1:17.33	50 FLY CRAIG JORGENSEN 40 OREG :28.93
		KEITH A FINZER 43 PPM :33.56

NEWBERG

25 YARD

03/13/88 PG 3

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

100FLY EVEN D EVENSEN	40 OREG	1:01.22	100BAK FRED W SPRENGER	56 MHM	1:21.09	50BRST ROBERT A MORRISON	66 VMS	1:37.59
CRAIG JORGENSEN	40 OREG	1:07.54	200BAK FRED W SPRENGER	56 MHM	2:53.70	DAVID BERNSTEIN	66 MHM	1:53.84
200FLY EVEN D EVENSEN	40 OREG	2:24.02	50BRST ERIC GP. GUEST	58 MHM	1:38.73	100BRS ROBERT A MORRISON	66 VMS	1:28.18
100 IM JOHN M WIGHT	44 MAC	1:12.81	TERRY C MCCURDY	58 UVM	1:52.52	EARL WALTER	66 THB	1:29.80
L BUZ CARRIKER	40 MHM	1:15.70	50 FLY ARTHUR C WELCH	55 OREG	1:32.60	ROBERT D CURTIS	68 SHNC	1:36.73
200 IM KEITH A FINZER	43 PPM	2:44.41	ERIC GP. GUEST	58 MHM	1:36.47	KHOSROW SHADBEH	66 OREG	1:52.55
----- 45-49 MEN -----			100FLY ARTHUR C WELCH	55 OREG	1:14.37+	200BRS ROBERT D CURTIS	68 SHNC	3:26.32
50FREE ROBERT O BOUCHER	46	1:31.02	Oregon was- ERIC GP. GUEST	1:22.22		KHOSROW SHADBEH	66 OREG	3:59.53
100FRE JEFF TURAY	46 SHNC	1:06.38	MILTON R MARKS	57 MY	1:26.65	50 FLY HUGH S RICHARDS	67 MHM	1:33.10
JIM H STONEBRIDGE	48 OREG	1:06.46	200FLY ARTHUR C WELCH	55 OREG	2:48.60+	100FLY HUGH S RICHARDS	67 MHM	1:22.96+
ROBERT O BOUCHER	46	1:09.40	Oregon was- DONALD VANROSSEN	3:06.62		Oregon was- HUGH S RICHARDS	1:26.08	
200FRE JIM H STONEBRIDGE	48 OREG	2:29.46	100 IM MILTON R MARKS	57 MY	1:19.23	400 IM EARL WALTER	66 THB	6:40.07
JEFF TURAY	46 SHNC	2:31.84	400 IM MILTON R MARKS	57 MY	6:31.69	----- 70-74 MEN -----		
ROBERT O BOUCHER	46	2:38.50	----- 60-64 MEN -----			50FREE ROBERT H SCHMIDT	72 CHM	1:39.05
500FRE E KEVIN KELLY	45 OREG	5:49.46+	50FREE BILL ROWAN	63 CHM	1:45.28	50BACK SYD C HENDY	74 THB	1:46.93
Oregon was- BERT PETERSEN	6:10.70		100FRE BILL ROWAN	63 CHM	1:47.36	ARTHUR T HANLON	71 VMS	1:00.70
JIM H STONEBRIDGE	48 OREG	6:41.26	200FRE BILL ROWAN	63 CHM	3:58.93	100BAK SYD C HENDY	74 THB	1:45.36
1000FR E KEVIN KELLY	45 OREG	11:59.24+	500FRE F AGLIETTE ELIOTT	61 OREG	7:06.20+	200BAK SYD C HENDY	74 THB	3:51.37
Oregon was- BERT L. PETERSEN	12:57.31		Oregon was- GILBERT N. YOUNG	7:20.25		ARTHUR T HANLON	71 VMS	4:37.09
JIM H STONEBRIDGE	48 OREG	13:37.61	50BACK F AGLIETTE ELIOTT	61 OREG	1:33.55+	50BRST ROBERT H SCHMIDT	72 CHM	1:48.24
50BACK ROBERT O BOUCHER	46	1:43.07	Oregon was- EARL WALTER	1:33.95		MEL W ANDERSON	70 VIK	1:02.82
200BRS JEFF TURAY	46 SHNC	3:06.46	BILL ROWAN	63 CHM	1:59.41	ARTHUR T HANLON	71 VMS	1:03.10
50 FLY BERT L PETERSEN	49 MHM	1:27.18	100BAK F AGLIETTE ELIOTT	61 OREG	1:14.11+	SYD C HENDY	74 THB	1:08.69
ROBERT O BOUCHER	46	1:38.62	Oregon was- EARL WALTER	1:17.90		100BRS ROBERT H SCHMIDT	72 CHM	2:00.42
100FLY BERT L PETERSEN	49 MHM	1:01.13	BILL ROWAN	63 CHM	2:09.97	50 FLY MEL W ANDERSON	70 VIK	1:06.63
100 IM E KEVIN KELLY	45 OREG	1:14.05	200BAK F AGLIETTE ELIOTT	61 OREG	2:45.58+	100FLY ARTHUR T HANLON	71 VMS	2:36.28
200 IM BERT L PETERSEN	49 MHM	2:34.89	Oregon was- EARL WALTER	2:52.94		100 IM ROBERT H SCHMIDT	72 CHM	1:55.85
E KEVIN KELLY	45 OREG	2:40.84	----- 65-69 MEN -----			MEL W ANDERSON	70 VIK	2:03.25
----- 50-54 MEN -----			50FREE HUGH S RICHARDS	67 MHM	1:27.96+	ARTHUR T HANLON	71 VMS	2:15.01
200FRE JIM BIGLER	52 MAC	2:23.03	Oregon was- HUGH S RICHARDS	1:28.29		----- 75-79 MEN -----		
100BAK JIM BIGLER	52 MAC	1:22.03	ROBERT A MORRISON	66 VMS	1:34.35	50FREE HARRY M STEVENSON	79 UVM	1:59.28
200BAK JIM BIGLER	52 MAC	3:16.55	JOSEPH A MALLON	66 MHM	1:42.60	100FRE HARRY M STEVENSON	79 UVM	2:08.73
100BRS JIM BIGLER	52 MAC	1:25.64	100FRE JOSEPH A MALLON	66 MHM	1:36.63	200FRE JACK HOEY	78 OREG	3:46.89
----- 55-59 MEN -----			200FRE KHOSROW SHADBEH	66 OREG	3:33.90	HARRY M STEVENSON	79 UVM	4:36.72
50FREE ERIC GP. GUEST	58 MHM	1:29.13	JOSEPH A MALLON	66 MHM	3:41.05	500FRE JACK HOEY	78 OREG	11:35.86
LED J VANDIJK	55 RVH	1:30.39	500FRE JOSEPH A MALLON	66 MHM	9:46.01	HARRY M STEVENSON	79 UVM	12:20.87
100FRE LED J VANDIJK	55 RVH	1:08.33	1000FR KHOSROW SHADBEH	66 OREG	20:04.37	1000FR HARRY M STEVENSON	79 UVM	24:43.32
FRED W SPRENGER	56 MHM	1:08.52	JOSEPH A MALLON	66 MHM	20:04.50	50BACK JACK HOEY	78 OREG	1:47.62
TERRY C MCCURDY	58 UVM	1:18.25	DAVID BERNSTEIN	66 MHM	21:30.54	100BAK JACK HOEY	78 OREG	1:48.18
200FRE ARTHUR C WELCH	55 OREG	2:22.90	50BACK GERALD A HUESTIS	67 THB	1:35.97	200BAK JACK HOEY	78 OREG	3:56.19
FRED W SPRENGER	56 MHM	2:28.00	EARL WALTER	66 THB	1:36.39	----- 80-84 MEN -----		
500FRE ARTHUR C WELCH	55 OREG	6:20.86+	GILBERT N YOUNG	65 MHM	1:40.04	500FRE HERB EISENSCHMIDT	81 THB	9:25.49+
Oregon was- FRED W. SPRENGER	6:23.58		DAVID BERNSTEIN	66 MHM	1:50.91	Oregon was- COLLISTER WHEELER	10:54.00	
50BACK FRED W SPRENGER	56 MHM	1:38.40	100BAK EARL WALTER	66 THB	1:24.97	50BACK HERB EISENSCHMIDT	81 THB	1:48.14
LEO J VANDIJK	55 RVH	1:41.35	DAVID BERNSTEIN	66 MHM	1:57.55	100BAK HERB EISENSCHMIDT	81 THB	1:46.50
ERIC GP. GUEST	58 MHM	1:41.50	200BAK DAVID BERNSTEIN	66 MHM	4:03.56	200BAK HERB EISENSCHMIDT	81 THB	3:47.50
TERRY C MCCURDY	58 UVM	1:47.63						

NEWBERG

141 ENTRANTS

NEWBERG

25 YARD

03/13/88

65+	MEN	15	400	MEDLEY RELAY	
GERALD A HUESTIS,67=1:20.21	ROBERT A MORRISON,66=1:31.57	EARL WALTER,66=1:24.50	GILBERT N YOUNG,65=1:15.40	OREG	5:31.68
35+	MIXED	21	400	MEDLEY RELAY	
ROBERT S SMITH,44= 59.98	GINGER L PIERSON,42=1:17.23	BERT L PETERSEN,49=1:05.17	SANDI ROUSSEAU,40=1:05.49	OREG	4:27.87
35+	MEN	4	400	FREE RELAY	
ROBERT S SMITH,44=1:00.43	JON D STOUT,41= 59.21	JAMES M ELLIOTT,35=1:01.67	TREVOR G CHARLTON,38= 55.76	OREG	3:57.07
55+	MEN	4	800	FREE RELAY	
ERIC GP. GUEST,58=2:36.35	TERRY C MCCURDY,58=2:58.37	FRED SPRINGER,56=2:28.83	ARTHUR C WELCH,55=2:29.11	OREG	10:32.66
65+	MEN	4	800	FREE RELAY	
GERALD A HUESTIS,67=2:38.36	EARL WALTER,66=2:49.85	ROBERT A MORRISON,66=3:27.13	GILBERT N YOUNG,65=2:52.41	OREG	11:47.75
19+	MIXED	10	200	FREE RELAY	
JOHN M WIGHT,44= 43.95	JIM BIGLER,52= 29.14	LIBBY NIEDERMEYER,23= 36.06	MARGARET LENTELL,41= 27.12	MAC	2:16.27
25+	MIXED	10	200	FREE RELAY	
GAIL M KIMBERLING,32= 37.34	WALTER R PALMER,38= 38.91	DAN J MARKEY,37= 28.06	BRAD THOMAS,26= 24.67	OREG	2:08.98

1988 STATE GAMES OF OREGON MASTERS CHAMPIONSHIP SWIMMING MEET

MEET: State Games of Oregon Long Course Meet

DATES: JULY 9, 1988

PLACE: Tualatin Hills Rec Center Pool
15707 SW Walker Rd, Beaverton, OR

<u>WARM UPS</u>	<u>MEET STARTS</u>
8:30AM	9:30PM

HOST: State Games of Oregon

ELIGIBILITY: Oregon State Resident

DIRECTIONS TO POOL: From Portland, West on Hwy 26, take Cornell Exit, South. From 217, go West on Walker Road to 158th.

AWARDS: T-shirts will be given to all entrants. Please specify T-shirt size on entry form. First, second, and third place awards will be given to all winners in their respective age groups.

ENTRY FEE: \$10.00 includes the first two events entered. Additional events may be entered at a cost of \$3.00 per event. Make checks payable to: State Games of Oregon.

MAIL ENTRY FEE & FORM TO:

State Games of Oregon, P.O. Box 400, Lake Oswego, Oregon 97034

ENTRY DEADLINE: Entries must be received by 6-29-88. NO LATE ENTRIES WILL BE ACCEPTED.

NOTE: The State Games of Oregon will soon be mailing out their brochure on the 1988 Games. In that brochure there will be an entry form for the swimming events. **PLEASE DO NOT USE THEIR ENTRY FORM - USE THE ENTRY FORM ON THE FOLLOWING PAGE.** This entry will also be published in the May and June issue of the *Aqua-Master*. By using this form you will greatly assist the OMS data entry person in entering your meet data into the computer. Thanks for your cooperation.

1988 STATE GAMES OF OREGON -- LONG COURSE SWIMMING CHAMPIONSHIPS ENTRY FORM
APPROVED (NO. 88F) BY USMS, INC AND LMSC FOR OREGON ASSOCIATION

NAME _____ BIRTHDATE _____
 ADDRESS _____ CITY _____ COUNTY _____ ZIP _____
 PHONE _____ SEX _____ AGE _____

IF YOU ARE A REGISTERED MASTERS SWIMMER, PLEASE ENTER YOUR 1988 USMS # _ _ 8 _ _ _

T-SHIRT SIZE: (check one) ___ Small ___ Medium ___ Large ___ Extra Large

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+

RELAYS: Team Total Age - 76+, 100+, 120+, 160+, 200+, 240+, 280+

NOTE: ENTER RELAYS AT THE MEET

SATURDAY, JULY 9

ENTRY TIME

ENTRY TIME

200 Free Relay 1 XXXXXX

200 Medley Relay 10 XXXXXX

10 MIN BREAK

10 MIN BREAK

400 Meter Free 2 ____:____.____

100 Meter Fly 11 ____:____.____

100 Meter Back 3 ____:____.____

50 Meter Breast 12 ____:____.____

200 Meter Free 4 ____:____.____

50 Meter Back 13 ____:____.____

50 Meter Fly 5 ____:____.____

100 Meter Free 14 ____:____.____

200 Meter Breast 6 ____:____.____

200 Meter Fly 15 ____:____.____

200 Meter Back 7 ____:____.____

100 Meter Breast 16 ____:____.____

50 Meter Free 8 ____:____.____

200 Meter IM 17 ____:____.____

10 MIN BREAK

10 MIN BREAK

200 Mxd Fr Relay 9 XXXXXX

200 Mxd Med Relay 18 XXXXXX

10 MIN BREAK

WAIVER: In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the State of Oregon, the Oregon Governor's Council on Health, Fitness & Sports, the Oregon Council for Health, Fitness & Sports, Inc., Southland Corporation/7-Eleven Stores, Nike, Inc., all municipalities and facilities where competition might take place, all State Games officials, staff members, volunteers, and any and all other sponsors, suppliers, agents, independent contractors, employees, and other personnel in any way assisting or connected with these events from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of my participation in the 1988 State Games of Oregon.

This release and waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, whether known or unknown, and I expressly waive any benefits I may have under any statute or law relating to the release of unknown claims. I also understand and agree that any sponsor may subsequently use for publicity or promotional purposes my name or photographs regarding my participation in the State Games or Oregon without obligation to me.

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 _____

TO: My Fellow Oregon Masters Swimmers

From: John Zell Portland, OR Portland Parks Masters Swim Team

On February 21st thru February 27th, 1988 I attended a Masters Swimming Training Camp at the Mission Bay Aquatic Training Center in Boca Raton, Florida. The camp was conducted by Judy Meyer, who is Mission Bay's Masters coach in residence and the president of the Masters Swim Coaches Association. Judy comes to the 2 year old Mission Bay Center from the University of Alabama where she was an assistant coach for Don Gambril (U of A Womens coach and 1984 head Olympic coach). At Alabama, Judy finished her work on a Masters Degree in Exercise Physiology and coached the Crimson Tide Masters. Previous to her work in Alabama, Judy was the coach at the Santa Barbara Swim Club and led her team to over 9 Southern Pacific Regional Masters Championship titles. To say the least, Judy Meyer is a very qualified, well known, and respected individual who has an excellent coaching background in Masters Swimming.

I left Portland early Saturday morning Feb. 20th and arrived in Ft. Lauderdale early that evening. Boca Raton is an easy 30 to 40 minute drive to the north. Sunday morning I worked out with the Mission Bay Masters Team and participated in a short intrasquad mini-meet/time trial, followed by a nice potluck brunch at Judys home. That afternoon I rented a car for the week and went down to Ft Lauderdale to check out the International Swimming Hall of Fame.

The camp began Sunday evening from 7 to 9 p.m. with an introduction and preview of the weeks agenda. Judy restricts her week to just 20 campers, so a real individualized program is achieved. The following is the weeks schedule.

Monday:	6:00 - 7:30 am	Masters Team workout (optional)
	8:00 - 9:30	Freestyle stroke film and lecture
	9:30 - 12:00	In water Freestyle drills, videotaping & critiquing
	12:00 - 1:30 pm	Masters Team workout (optional)
	12:00 - 2:00	Lunch Break
	2:00 - 3:00	Swimmers stretching exercises & sit-ups review
	3:00 - 4:15	Nutrition
	4:15 - 5:30	Weight Training (Chuck Fields MB's weight trainer)
	5:30 - 6:30	Break
	6:30 - 8:00	Masters Team workout (optional)
	8:00 -	Group dinner out Chinese resturant
Tuesday:	6:00 - 7:30 am	Masters Team workout (optional)
	8:00 - 9:30	Backstroke stroke film and lecture
	9:30 - 12:00	In water Backstroke drills and individualized strokes instruction w/Judys 2 assistant coaches.
	12:00 - 1:30 pm	Masters Team workout (optional)
	12:00 - 2:00	Lunch break
	2:00 - 3:00	Dryland training Swim Benches & stretch cords
	3:00 - 4:15	Blood Lactate tape and training lecture
	4:15 - 5:30	Watch Mission Bays Senior Swim Team workout
	5:30 - 6:30	Break
	6:30 - 8:00	Masters Team workout (optional)
	8:00 -	Group dinner out Italian resturant
Wednesday:	6:00 - 7:30 am	Masters Team workout (optional)
	8:00 - 9:30	Breaststroke film and lecture

	9:30 - 12:00	In water Breaststroke drills, more videotaping
	12:00 - 1:30 pm	Masters Team workout (optional)
	12:00 - 2:00	Lunch break
	2:00 - 3:30	Butterfly stroke film and lecture
	3:30 - 4:30	Nutrition tape
	4:30 - 5:30	Weight training - Chuck Fields
	5:30 - 6:30	Break
	6:30 - 8:00	Masters Team workout (optional)
Thursday:	6:00 - 7:30 am	Masters Team workout (optional)
		Morning off To site see, go to the beach, sleep in, or whatever.
	12:00 - 1:30 pm	Masters Team workout (optional)
	2:00 - 3:00	Senior Swimmer demonstration - Scott Brackett
	3:00 - 4:30	Sports Psychology lecture
	4:30 - 5:30	Dryland training
	5:30 - 6:30	Break
	6:30 - 9:00	Masters Team workout, Massage lecture & group work
Friday:	6:00 - 7:30 am	Masters Team workout (optional)
	8:00 - 9:30	Stroke films, review butterfly, starts & turns, individual medley lecture
	9:30 - 12:00	In water Butterfly drills, videotaping & critiquing
	12:00 - 1:30 pm	Masters Team workout (optional)
	12:00 - 2:00	Lunch break
	2:00 - 3:30	Weight training, stretching, etc. - Chuck Fields
	3:30 - 4:30	Goal setting lecture
	4:30 - 5:30	Relaxation tape and lecture
	5:30 - 6:30	Break
	6:30 - 8:00	Masters Team Workout (optional)
Saturday:	8:00 - 11:00 am	Make up session - classroom
		Blood lactate testing
	11:00 - 12:30 pm	Masters Team Workout
	12:30 - 1:30	Lunch break
	1:30 - 3:00	Open discussion and evaluation of camp

As you can see, this camp was very detailed and well organized. I got a tremendous amount of good and information from attending. The entire Mission Bay facility is first cabin with top-notch coaching and the whole atmosphere there is very positive. You can't help but want to learn, swim and train well in a place like this.

I feel this is the best camp in the nation at this time for Masters swimmers of any ability and age. The costs to attend are as follows.

Tuition: \$225 Air Fare: \$370 (United) Lodging \$50 & up (Roommates available)

Plus your own meals. I rented a car from Hertz for \$130 for the week.

Once again I cannot tell you enough that this camp is fantastic and anyone in Masters will benefit tremendously from attending. If you are interested in attending one in the future, read any upcoming issues of Swim Magazine for advertisements or contact Judy Meyer at Mission Bay at 305-488-2001. Also if you have any questions feel free to contact me at home in the evenings after 7 pm at 503-286-6103.

The Mission Bay Aquatic Training Center in Boca Raton, Florida, site of the 1989 Masters Short Course National Championship and bidder for the 1992 Masters World Championships.

The facility includes:

1. Competition pool - 50 meter x 25 yard with 2 moveable bulkheads capable of being setup as 50 meter course, two 25 yard, or two 25 meter short courses.
2. Training/Warm-up pool 50 meter x 25 meter
3. Teaching/Training pool - 25 yard x 8 lanes wide
4. Diving pool - 25 meter x 25 yard 10 spring boards and 1, 3, 5, 7½, & 10 meter platforms.
5. Complete weight training room, dryland diving room with trampolines, dryland training area for swimmers with 15 swim benches, team rooms and locker rooms.
6. Spectator gallery with 2750 seats and ability to provide an additional 2000 temporary seats.

Mission Bay is the home (and dream) of Mark Shubert and Dr. Ron O'Brien who are the head swimming and diving coaches respectively. Shubert served as U.S. Olympic coach in 1980 & 1984, and has been a four-time U.S. National Team head Coach. His world-class swimmers include 7 Olympic Gold Medalists. Mark Shubert and Ron O'Brien come to Mission Bay from long-time very successful programs at Mission Viejo in southern California.





WAIKIKI SWIM CLUB

Founded 1971

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT, AND HEALTH

12th ANNUAL HUMUHUMUNUKUNUA PUA'A

HAWAIIAN POSTAL RELAYS...APRIL 1988

It's time again to start getting your teams together for the HUMU's National postal competition. This is a chance for you to compare yourselves with other MASTERS teams around the country and see if you can set some new records. For those who have not participated before, the postal relays have events for men and women in every masters age group and include seven different and unusual relays. The original idea for the relays was devised by Gary Niemeier and Richard Merritt way back in 1977. The point was to have fun, get back into shape and compete on a national level without having to leave your home area.

All in all it's a chance to enhance any clubs swim program, make acquaintances with fellow clubs around the country and even get national recognition for record times. It's a great opportunity to get all the team out for a relay day in April and have a good time. Some teams have even made it into a special Hawaii swim day with food, flowers and posters of Hawaii.

Over the past years, more than 40 different teams have entered this event. Last year the Washington DC masters were the overall winners, and several new records were set by various clubs. The current national club records are enclosed for your information. Let's see what your team can do this year.....

ALOHA AND GOOD LUCK.....NOW HERE ARE THE EVENTS!

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

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

RULES

A. Open to all clubs registered with the U.S. Masters Swimming (or equivalent in other countries). Multiclub or Association entries are excluded from this event as of 1981, although records set prior to this date are still valid. Clubs may enter any number of relay teams in each event as long as rule B/C is not violated. If a club enters more than one relay in one event, please denote each relay with a postscript A, B, C, etc.

B. Each team consists of four individuals

C. EACH INDIVIDUAL can swim in all seven relays in any age group equal to or younger than their own. HOWEVER, a swimmer may enter each relay only once. FOR EXAMPLE, a 40 year old may choose to swim in the 25+ back relay therefore the swimmer can not enter the 35+ back relay. Relays which have both men and women should be entered as a men's relay.

D. Events are to be held in a 25 yard pool, events in meters will be converted to "yard time".

E. USMS rules apply for the timing of each event. (Please note: this event has not been recognized by USMS)

SCORING:

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

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

DEADLINE: May 15.

ENTRY FEE: \$3.00 per relay.

Make check payable to WAIKIKI SWIM CLUB.

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

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

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

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

RESULTS: A complete copy of all the postal meet results will be sent to each entering team. Please give us the correct mailing address for your club, if it differs from this mailing.

SPECIAL SWIMMING RULES FOR MASTERS - 1988

All the USS Technical Rules apply to Masters except as noted in Part 7 of the USS rules book, section V.E. Those commonly encountered by meet officials are:

1. FINA rules for swimming the strokes will replace the existing USS rules effective September 1, 1988. Masters swimming will retain the following;
 - a. The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip is used, each kick must be followed immediately by either a butterfly arm pull or a legal butterfly touch on a wall.
 - b. USS short course starting rules will be followed in long course events.
 - c. The forward start may be taken from the starting block, the pool deck, or a push from the wall. The no false start rule does apply.
2. Competitors shall be allowed to swim only once per meet in each of the following relay events: men's or women's 200 and 400 medley, 200, 400 and 800 freestyle; and 400 mixed medley; 200, 400 and 800 mixed freestyle.
3. All masters events shall be conducted on a timed final basis.
4. Relay leadoff times and individual split times will be considered for records and top-10 times if recorded by fully automatic officiating equipment and provided these splits are brought to the attention of the LMSC top-10 recorder in writing.
5. Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
6. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast.
7. Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
8. Willing competitors may be swum two (2) in a lane in freestyle events over 200 yards/meters. Such heats will be seeded by time, fastest or slowest first, and these heats completed before the heats with a single competitor per lane. Separate timing is required for each swimmer.
9. When swimming two-to-a-lane in a distance event, a swimmer may be disqualified for obstructing or interfering with another swimmer. The offender shall be removed from the lane immediately.
10. The minimum number of officials at USMS sanctioned meets shall include the following. One referee, one starter, two stroke and turn judges, two timers per lane (if automatic timing not being used). The referee and starter may double as stroke and turn judges, but the referee and starter may NOT be the same person.
11. Masters meets (and masters events in sanctioned USS meets) require a separate USMS sanction. USMS swimmers may register with both USS and USMS. Masters may not swim in USS meets/events without a USS registration. Times achieved by USS registered masters in USS events do not count for any USMS records or rankings.

DR. SPRINT



CHOLESTEROL

You are going to die someday. Statistically, the cause will be heart disease, cancer, or an accident. It will probably be heart disease since it causes more deaths than cancer and accidents combined.

The good news is you have some control over the quality and perhaps quantity of your life. As a Masters swimmer you are a pioneer in the concept of exercise throughout life. Long after the runner, skier, or football player uses up their body, you can be a viable athlete. More importantly, you can be experimenters in the Dr. Sprint theory of "Wagging-your-tail-on-the-day-you-die."

I felt very mortal recently when I got my blood cholesterol checked. My total blood fats count was 257 ! I was classified as a high-risk person ! How can a top ranked, National record holder be classified as a heart disease high-risk individual? It was no mistake. I should have seen it coming years ago. Last year my cholesterol level was 227. Ten years ago my tests averaged 180. Ten years ago I was a semi-vegetarian health nut. In the last five years I've swam increasingly slower as my blood fat count increased.

For most people, heart disease is simply blood pressure damaging arteries and the damage causes blood fats to accumulate in the walls of your blood vessels. If you have high blood pressure & high blood fats, you get thick artery walls and a smaller diameter opening for blood to flow through. It's a gradual process, you'll hardly notice it. Don't be fooled, it is a major reason why you swim slower as you age. The best situation is to have low blood pressure and low cholesterol.

MY DOG ATE BETTER THAN ME

My dog "Hundo" eats the simplest dog food I can buy. It's just ground up corn, wheat, and soybeans without sweeteners, chickens or cows added. One pound of food a day keeps this 47 pound lean athletic German Shorthair as the best example of how to live a life. When I give her a cob of corn (without butter) she promptly strips off every kernel (and sometimes eats the cob for roughage), she devours potatoes (without butter or sour cream) and when I'm cutting up broccoli & cauliflower (her favorite) she drools after the stems. I, of course, only ate the broccoli with cheese on top. I now realize my dog ate better than me. While I succumbed to the taste sensations of fatty foods and the convenience of fast foods "Hundo" merely ate to live. While I swam slower over the last 5 years, my 5 year old dog swam faster!

I know how Hundo will die. She will not slow down before her time. She will want to walk the day before and maybe even chase a thrown ball or point at a bird. Hundo will wag her tail on her last day.

WHAT IS YOUR SCORE ?

Do you know your cholesterol count? Most Masters watch their diet but few know their count. Don't let your doctor just say "Your cholesterol is OK", get the actual number. You should take control of your health. It cost me \$5.00 for my test through a mass American Heart Association cholesterol screening. Next time you see one advertised, get your score. Ignorance of your count is like swimming a race and not getting your time.

You don't deserve to die by the heart disease slow strangulation method. Your swimming will naturally slow with age. Heart disease accelerates this natural slowing. Based upon my studies your swimming should't slow by more than about .3% per year. If you are slowing down at closer to a 1% rate you should be alarmed. Remember also that swimming technique changes and workout methods can play a big role in any measured slowdown/speedup. In Masters swimming, winning or losing isn't important, few care how fast you are. Everyone is looking at their own time. A good lifetime goal might be to get slower at a slow rate (once you have mastered perfect technique - which takes about half a lifetime).

If your cholesterol count is too high, don't despair. Nathan Pritikin, a leading advocate of low-fat, high-complex-carbohydrate diet reduced his cholesterol level from 280 to 94 in about 30 years. An autopsy in 1985 showed he had almost a complete absence of atherosclerosis - no raised plaques, soft and pliable arteries just like a young man. Doctors were amazed that a man of about 70 could achieve this. What a master athlete he would have made!

Hundo, like you, has a stretching and exercising program, she prefers the taste of steak and cheese but lives on grains and vegetables. As the years progress she'll start having some poor days but she'll always snap back. The day will come when she fails to wake up and people will remark that just yesterday she played like a puppy. Now thats the way to live!

Will Hundo live a better life than you?

Think of it as a competition.

Robert Smith

happy birthday



OMS May Birthdays

Delbert V.	Abbott	05/28/52	Donald J.	Kuyper	05/01/43*
Roy	Abramowitz	05/24/54	Margaret M.	Lentell	05/10/46
Jackie L.	Anderson	05/03/52	Robert A.	Maestre	05/20/50
Elaine K.	Boothby	05/06/56	Stephen A.	Mann	05/18/52
Robert O.	Boucher	05/05/41	Evelyn	McKeon	05/28/14
Roger	Coles	05/13/48*	Brooke	McQueen	05/22/61
Janet L.	Cunningham	05/17/58*	Judy M.	Melcher	05/17/20
Michael R.	Datz	05/17/49	Lee J.	Miesen	05/03/27
Allan J.	deLay	05/04/15	Michael L.	Morehouse	05/28/26
Bill C.	Dorr	05/24/46	Bob	Morrison	05/19/21
Steve L.	Durapau	05/07/49	Ronald K.	Nakata	05/15/39
Fred	Eckhardt	05/10/26	L. Nick	Norton	05/14/34
James M.	Elliott	05/13/52	William D.	Prows	05/21/51
Erin P.	Fassio	05/16/60	Kaleo B.	Schroder	05/16/36
Susan M.	Girard	05/17/48*	Nancy C.	Smith	05/31/59
Diane J.	Gischel	05/03/62	Richard J.	Smith	05/29/49
Daniel R.	Gray	05/05/45	Robert S.	Smith	05/22/43*
Marcy L.	Hamby	05/16/62	Donald W.	Stevenson	05/27/12
Stephen F.	Harger	05/14/59	Jeff L.	Storie	05/21/56
Tom H.	Herber	05/08/52	Brad J.	Thomas	05/27/61
William B.	Hershman	05/07/47	Bart	Viers	05/06/58*
William E.	Hogsett	05/31/44	John E.	Walkky	05/12/53*
Sandy P.	Hug	05/23/40	Earl	Walter	05/18/21
Monika	Hunscher	05/25/48*	Thomas E.	Webb	05/06/44
Daniel P.	Johnson	05/12/53*	Nadine K.	Whitehall	05/16/34
Linda L.	Jones	05/10/42	Mary Anne	Wolfe	05/02/26
Takako O.	Kimura	05/30/18*	Susan J.	Younce	05/08/56

* = Moving up !

Thanks to Bruce Cheney and his Mac Plus !



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



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