



AQUA-MASTER

AUG 88 *** OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE *** VOL 15, #8

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

Judy McCurdy, Vice Chairperson
(503) 679-8144

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

Kathleen Buck, Registration
(503) 625-5747

Peggy Thomson, Secretary
Roy Abramovitz, Treasurer
Earl Walter, Records
Andree Devine, Data Manager
Andy Schrag, H.O.S.T./Social Chair

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

R O S E B U R G I S W A I T I N G F O R Y O U

What is the name of the next major valley south of the famous Willamette valley?

Some clues are:

- * Its 1/10th the size of Willamette valley (a lot less flatter)
- * About 1/50th the population.
- * More temperate climate - some call it a "banana belt valley"
- * Home to some of the fastest aquatic human animals on the planet.
- * Future scene of a Masters swim meet Sept 10,11
- * Its a valley carved out by the Umpqua Rivers.

The Umpqua Valley Masters are again sponsoring the first and perhaps only short course meter (25 meter) meet of the current 25 meter season in Oregon. Again, this year, it will be at the Umpqua Community College Pool on the same weekend as the Umpqua Valley Food & Wine Festival. You'll be able to do the swim meet and then 'cool down' at the wine festival afterwards.

Plan to stay one night and get acquainted with this valley. The valley is warm and hospitable. The warmth originates from the lower coastal range mountains on the west side which lets in the warm south air. These coastal mountains are about 1/2 the height of the range to the west of the Willamette valley. The cascade range of mountains on the east side still reach to about 9,000 feet thereby trapping the warmth. Blackberry season over in the Willamette valley ?! Try the Umpqua valley with its longer season and fewer pickers. If you camp, carbo loading on berries is excellent.

The pool is fast. On Saturday, the "famous swimmer" Bert Petersen will conduct a clinic and perhaps you'll get a demonstration of "Fin Swimming" an up and coming sport complete with a set of world records. How about 41 seconds for 100 meters! Just in case, bring your fins.

BETWEEN THE LANE LINES

It might seem as though you just received a newsletter a couple of weeks ago --- and in fact you did. I know at least four of the 433 Aqua-Master subscribers were a bit concerned about the fact that they hadn't received their July issue by July 28. Well, what can I say. I could tell you that I had non-stop company from June 28th through August 2nd consisting of one mother-in-law, one father-in-law, one aunt, one brother-in-law, two sister-in-laws, two nephews and one niece. OR I could tell you about the two summer school classes that I was taking from June 21st to August 4th with nightly homework that could only be accomplished after my 10 month old son went to bed (that means 10 to midnight study time). OR I could tell you about the massive demolition work we are doing in our backyard which we are trying to finish before the rainy season sets in again. OR I could just forget all that and apologize for any inconveniences I might have caused anyone. Sorry.

- the Editor

* * * * *

On the following page you will find a schedule of OMS meets for the 1988-89 season. In addition there are some national and international meets listed. Please note that there are some "unscheduled" meets. If your club or pool or someone you know would be interested in hosting a meet any of those dates please contact our Vice-Chairperson, Judy McCurdy, P.O. Box 2357, Roseburg, OR 97470, 679-8144.

* * * * *

PAN PACIFIC AQUATIC GAMES, October 7-15, 1989, Indianapolis, Indiana-- Although the games are over a year away, the sponsors are periodically sending out newsletters (*Pan Pacific Specifics*) to interested persons to keep them abreast of the games. The competition will include swimming, diving, water polo, synchronized swimming and long distance open water swims. To receive your very own copy of the newsletter(s) send your name and address to: Pan Pacific Games, IU Natatorium Room 204, 901 W. New York St., Indianapolis, Indiana 46223. Be sure to ask for Volume 1 of the newsletter.

* * * * *

The next OMS board meeting will be held on Tuesday, August 16, 1988 at 7:30pm at Andree Devine's home. (If all goes as planned you might even get this information before the meeting - truly amazing!)

* * * * *

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. Thank you.

* * * * *

OREGON MASTERS SWIMMING
MEET SCHEDULE 1988-89

<u>DATE</u>	<u>PLACE/FORMAT</u>
<u>SHORT COURSE YARDS/METERS</u>	
* September 10 & 11, 1988	ROSEBURG/25 meter
Sept. 30, Oct. 1,2, 1988	Unscheduled
November 4 & 5, 1988	GRANTS PASS FAMILY YMCA/25 yards
December 3, 1988	BEAVERTON/Swim Cellar Pentathlon
January 7 & 8, 1989	MULTNOMAH ATHLETIC CLUB/25 yards
February 4 & 5, 1989	NEWPORT YMCA/25 yards
March 3,4,5, 1989	Unscheduled
March 31, April 1 & 2, 1989	CHEHALEM AQUATIC CENTER, Newberg Association Championships
April 29,30 , May 1, 1989	BEAVERTON, Tualatin Hills Pool Region XII SC Championships
May 12-15, 1989	MISSION BAY, BOCA RATON, FLORIDA USMS Short Course Nationals
<u>LONG COURSE</u>	
June 2,3,4, 1989	Unscheduled
June 31, July 1,2, 1989	Unscheduled
Late July/Early August	Region XII Long Course Championships Hosted by IEA
July 23-Aug 5, 1989	ARHUS, DENMARK 1989 Masters Games
August 17-20, 1989	GRAND FORKS, NORTH DAKOTA University of North Dakota USMS Long Course Nationals
October 7-16, 1989	INDIANAPOLIS, INDIANA Pan Pacific Masters Aquatic Games

* meet entry enclosed in this issue

01' Barnacle ... 1988 State Games of Oregon ...

Promised the Games people at least three World Records, and came away with **2**, missed the third by about a second. This was a fun meet, everyone seemed to enjoy, and the water had to be fast.

128 swimmers showed up at the Tualatin Hills 50 m pool, and when the waves had died down we had 2 world records, 15 regional records, 11 association, and 134 State Games Records (SGR) , now that is "production", WOW !!!

We have a lot of people to thank for their contributions of time, work, and yes money, for the success of this meet this year:

Meet Director - Bert Petersen, was busy, and even gave up swimming for the day

Meet Referee - Paul Hicks, did a great job, also helped in a myriad of duties

Starter - Larry Snead, and Don Hevener with an assist, might add that Larry even showed up Saturday night to help set up.

Stroke & Turn - under the watchful eyes of Ruth and T D Hughes with Judy Hicks lending a hand.

Electronic Timing - The best in the business, Judy and Bob Hathaway

Aquatics Sponsor - Boyd Coffee Co., thanks so much to these fine people

Administration - Luella Petersen, Judy McCurdy and Kris Petersen, how these people put up with all our yacking is something to behold.

Announcer - a great job by the best, thanks to Roy Watters

Equipment Set Up - Tom State, Tualatin Hills Swim Club, plus Tom and Pam Himstreet, also THSC, and the Tualatin Hills Barracudas.

Hand Timing - Various Masters clubs around the state.

Heat Sheets and Results - Dr Sprint himself - Robert Smith

It takes a lot of people and these people did a great job - THANK YOU !!!

Lavelle Stoinoff
(55-59)

WORLD RECORD - 400 m Free - 5:43.89 (was 5:51.20)
Regional Records - 100 free-1:17.22, 200 back-3:13.03
the 100 free and 200 back are # 1 US TT !!!

Robert Smith
(45-49)

WORLD RECORD - 100 back - 1:09.49 (was 1:10.12)
Regional Record - 50 back - 31.03 (# 1 TT US)
"rapid robert" is on his way in a new age group

Regional Records ...

PETEY SMITH (60-64) 100 m free in 1:22.91, # 3 in the world

DICK BOYD (45-49) how about this guy, 5 regionals in one meet !!!

200 m free - 2:24.54
400 m free - 5:01.75 , # 8 US TT
50 m brst - :35.84 , # 3 US TT
200 m brst - 2:55.86 , # 2 US TT
200 m I M - 2:42.82 , # 5 US TT

Dick has found out that he is a breaststroker, very close to WR - 200 m

ELFIE STEVENIN (65-69) 100 m fly in 3:20.10) Elfie just gets better
200 m fly - 7:09.27)

MARGARET YADON (70-74) 200 m back in 5:05.35, aged up with class

HELENA HOFFMAN (70-74) 50 fly at 1:38.30, a developer all the way

LEE MIESEN (60-64) 50 brst - 42.80, # 9 US TT, good to see Lee back in the swim

EARL WALTER (65-69) 100 m back - 1:34.18, moves up into the Top 5 US

Association Records ;

Petey Smith - (60-64) 50 free in 37.61; moves up to # 3 TT

Association Records (cont)

Elizabeth King (65-69) 50 f - 1:05.68
200 f - 5:07.67
400 f - 10:42.09

Margaret Yadon (70-74) 400 free - 10:42.71)
50 back - 1:08.74) - Logsdens pride & joy
100 back - 2:29.05)

Marjorie Meek (35-39) - 100 back - 1:24.30, moved up to 8th in TT

Barbara Frid (45-49) - 50 fly - 36.77, old record 36.86 set in '82

Helena Hoffman (70-74) - 200 IM - 7:10.53

Men's 280 + 200 m Free Relay - 2:30.57

Herb Eisenschmidt, Forbes Mack, Gil Young, Hugh Richards

New State Games Records ;

Lisa Davis (19-24) - 50 free - 30.74

Sandi Rousseau (40-44) 50 f - 33.89, 100 free - 1:18.31, 50 fly - 35.47
100 fly - 1:27.80(#6 TT), 50 fly is # 5 TT

Elizabeth King (65-69) 50 f, 200 f, and 400 f, same as listed for OREGON

Doreen Morris (70-74) 50 f - 1:25.90, 50 back - 1:24.77, 100 back - 3:09.46

Kevin Bradley (19-24) 50 f - 26.31, 50 brst - 34.63, 50 fly - 28.41
Somebody sign this young man up

Robert Wynkoop (25-29) 50f-26.06, 50 back-30.20, 100 back - 1:07.49, 100f-59.71
the 50 back is # 4 in the TT, great swims !!!

Hugh Richards (65-69) 50 free - 32.59, 100 free - 1:19.83

Al Gawley (75-79) 50 free - 46.29, 100 brst - 3:09.95

Collister Wheeler (90 +) Collie is the first person in Masters swimming in the
world competing at 95 years of age.

We need a new category (95-99) He swam the 50 m free in 1:06.06, this
should be a WORLD RECORD in more ways than one.

Tryg Stratte (30-34) 50 free - 27.45

Doug Prentice (35-39) 50 free - 27.25

Jim Bigler (50-54) - 50 free-32.92, 100 f-1:14.22, 200 f-2:47.42

Eric Guest (55-59) - 50 fly in 32.31, 50 fly in 37.91

Charlotte Cowan (45-49) 100 free-1:29.83, 200 free-3:13.72 , Charlotte had a
great day, all her swims were PR's - JUST GREAT !!!

Lavelle Stoinoff (55-59) 100 & 400 free, + 200 back, previously mentioned.

Petey Smith (60-64) 50 f-37.61, 100 f-1:22.91, 400 f-6:50.74, 200 IM - 4:08.33
this gal is really growing old in style !!!

David Burleson(30-34) Entered 8 events and set SGR's in 7 of them, now the best
part, all 7 were GOOD TIMES !! - you check these out and
see if you don't agree ; 100 f -1:02.44

50 b - :31.60	50 fly - 29.16
He was AA at Arkansas !! 100 b -1:09.00	100 fly - 1:09.13
200 b -2:37.69	200 IM - 2:37.80

This young man belongs in the Masters program, OB is after him

Vern Dasch (35-39) 100 free - 1:00.22, 200 free - 2:16.03

Robert Cutter(70-74) 50-100 & 200 back - 47.06, 1:51.04, 4:14.71 (50 is #9 TT)
50 fly - 1:00.66, 100 free - 1:38.91 (Way to go - BOB !!!)

New State Games Records (cont)

Doug Moshofsky (25-29) 200 free - 2:16.73, we need this young man in Masters
Dick Boyd (45-49) Will say it again, 5 Regional Records in 1 meet - AMAZING
Gil Young (65-69) 200 free - 3:13.30 and the 400 free - 6:54.04
Andree Devine (25-29) Got the age right this time, how could I have ever made
Andree 45-49, ouch ! anyway 2 SGR's, 400 free in 5:20.51
and the 100 fly in 1:18.68.
Barbara Frid (45-49) 400 f-5:50.73, 50 back-40.50, 50 fly-36.77, 200 IM-3:15.63
all 4 of these swims make the topten.
Vivian Starbuck (50-54) 400 free - 8:33.59, swimming better and better
Margaret Yadon - 4 games records, 3 already mentioned plus the 200 back-5:05.35
Hazel Bressie (75-79) 400 free-14:53.71, 50 brst-1:55.57, 200 IM - 9:02.06
Aging up to 80 in January, more to come from Hazel.
Mike Baird (30-34) 400 free - 5:11.85, faster than '87, way to go Mike !!!
Trevor Charlton (35-39) 400 free - 4:52.38, 5 secs faster than '87, right on !!!
Mel Anderson (70-74) 400 free - 9:17.68, good swim, welcome to OMS
Beverly L'Esperance (55-59) 50 back-54.02, 100 back-1:56.85 - OB wants to talk
about another member of this fine family - George (bev's husband) this
fine man has put in as many hours timing for Oregon Masters as anyone
I can think of, all day at the games, 3 days in a row at the Canadian
Nationals - thank you GEORGE you are the GREATEST !!!
Ken Kondo (19-24) 50 back in 33.08, goes to Pacific, sign him up Newberg !!
Robert Smith (45-49) 50 back and 100 back as mentioned earlier
Jack Hoey (75-79) 50 back - 50.45 (# 5-TT) , aging has not hurt our Jack !!!
Marjorie Meek (35-39) new games record in the 100 back)
Earl Walter (65-69) new games record in the 100 back } see Region & State
Monika Hunscher(40-49) 200 back - 3:25.48, 200 IM - 3:23.71
Lee Miesen (60-64) added the 200 brst - 3:37.59 to his 50 reported earlier
Susan Lee - Brand new to OMS (19-24) 50 brst in 45.49, welcome !!!
Mary Grillo (30-34) also new with a fine 50 brst in 41.40, stay with it !!!
Joyce Bahler (55-59) 50-100-200 brst (52.45, 1:55.42, 4:00.39) and the 200 IM,
trying the elementary back for a fine 3:50.99 - ALL PR's !!!!
Judy Melcher (65-69) 50 brst - 1:19.64, down from 1:28.65 in '87 - Way to go !!
Helena Hoffman (70-74) add the 50brst-1:43.48 & 50 fly-1:38.30 to the 200 IM
Rod Cook (30-34) 50 brst in 33.64, this is # 4 in the USA, great swim !!!
Buz Carriker (40-44) 50 brst in 41.06, that's hanging in there !!!
Dan Johnson (35-39) 100 brst - 1:20.24, 200 brst - 2:49.97 (# 8 TT)
John Wight (40-44) Newcomer to OMS swam the 100 brst in 1:31.89
Mike Morehouse (60-64) 200 brst - 3:50.96, improving is Mike's middle name !!!
Laila Deardorff (25-29) 50 fly in 33.78, 200 IM in 2:51.06
Dona Bowlsby (30-34) 50 fly in 36.13, let's sign this gal up for OMS
Brad Thomas (45-49) 50 fly in 28.82, our Lincoln City host is looking fine !!!
Bill Mills (45-49) 50 fly - 31.09, 100 fly - 1:31.11, a great newcomer, welcome !
Lee "Skip" King (75-79) 50 fly - 1:21.66, a 2 second PR for Skip, congrats !!

01' Barnacle ... State Games ... cont (4)

New State Games Records , cont ;

Elfie Stevenin (65-69) 100 and 200 fly, reported earlier

Jim Rabe (25-29) 100 fly in 1:08.00

Steve Warner (35-39) 100 fly in 1:07.16, looks like a PR for Steve

Fred Eckhardt (60-64) 100 fly(1:49.76), 200 fly(3:59.19), 200 IM (3:55.41)
200 fly is a # 9 Top Ten, Fred is getting back in shape

Art Hanlon (70-74) 100 fly - 2:54.73, Art just made wedding bells, much happiness to the newlyweds

Jed Cronin (35-39) 200 fly - 3:04.93, way to go Jed

Don Kuyper (45-49) 200 fly - 4:15.93, another crazy !!, you finished !!

Herb Eisenschmidt (80-84) 200 IM in 4:36.96, still # 1 in the TT

RELAYS RELAYS RELAYS RELAYS RELAYS RELAYS RELAYS RELAYS RELAYS

160 + MXD Medley 2:47.58 MAC
M Meek, J Wight, J Bigler, J Bahler

200 + MXD Medley 2:24.25 ORE
B Frid, D Boyd, R Smith, P Smith

100 + Womens Free 2:15.72
N Lynn, M Grillo, A Devine, L Deardorf

120 + Mens Free 2:00.64
D Olson, J Stevko, R Cobb, J Teishen

280 + Mens Free 2:30.57, also new assn record, see earlier mention

160 + MXD 200 Free 2:28.38 MAC
J Dennis, L Jones, J Wight, D Moshofsky

100 + Mens Medley 2:09.40
J Zell, S Harger, K Bradley, G Beckley

120 + Mens Medley 2:21.29
K Kondo, D Olson, R Cobb, J Stevko

120 + Womens Medley 2:47.05 MAC
M Meek, J Bahler, D Bowlsby, L Niedermeyer

160 + Womens Medley 3:15.62 MAC
M Jones, J Dennis, L Stoinoff, M Babler

Close but no cigar ; Lisa Davis - 50 free at 30.74 (30.40) Assn
Monika Hunscher - 100 back at 1:36.38 (1:36.33) SGR
Susan Case - 200 back at 3:16.75 (3:16.50) SGR
Steve Harger - 50 brst at 36.86 (36.78) SGR
Jed Cronin - 50 fly at 31.17 (30.93) SGR
Mens 280 + Medley at 2:50.54 (WR is 2:49.34) Still # 1 TT
Mike Morehouse - 400 free 6:53.79 (6:52.09) SGR - PR THO !!

Welcome Back, great to see : SUSAN GIRARD and DONALD STEVENSON !!!

John English said hello to OB, John swam in the first State High School champs,
OB was one of the founders in 1948, John swims a fine backstroke and
should be a PIR, lives in Lake Oswego, call him Robert.

Two great races ; 50 free (35-39) Doug Prentice - 27.25
Vern Dasch - 27.26
200 Brst (65-69) Forbes Mack - 4:00.68 (Both US TT Times !!)
Bob Curtis - 4:01.18

staying with it - CHARLOTTE COWAN - confided that she had been feeling discouraged with her swimming, hung in there, had four PR's and two were for SGR's ... thanks for sharing Charlotte !!!

STAY WITH IT and STAY FIT !!!

----- 19-24 WOMEN -----
 50FREE LISA DAVIS 24 THB :30.74
 100FREE LISA DAVIS 24 THB 1:11.67
 LIBBY NIEDERMEYER 24 MACO 1:27.59
 200FREE LIBBY NIEDERMEYER 24 MACO 3:08.66
 50BRST SUSAN E LEE 20 UVM :45.49
 LIBBY NIEDERMEYER 24 MACO :50.74
 100BRS SUSAN E LEE 20 UVM 1:37.91

----- 25-29 WOMEN -----
 50FREE LAILA J DEARDORFF 27 PIR :30.98
 DIANE E HARGER 26 :42.71
 100FREE LAILA J DEARDORFF 27 PIR 1:09.24
 MEGAN BABLER 28 MACO 1:15.72
 DIANE E HARGER 26 1:35.72
 CHRIS DINSMORE 29 1:41.49
 200FREE MEGAN BABLER 28 MACO 2:44.10
 400FREE ANDREE DEVINE 27 THB 5:20.51
 50 FLY LAILA J DEARDORFF 27 PIR :33.78
 100FLY ANDREE DEVINE 27 THB 1:18.68
 200 IM LAILA J DEARDORFF 27 PIR 2:51.06
 ANDREE DEVINE 27 THB 2:53.61

----- 30-34 WOMEN -----
 50FREE DONA R BOWLSBY 30 MACO :33.97
 CYNTHIA JONES 30 :34.50
 NANCY E LYNN 30 PPM :36.96
 DEBRA MANDEVILLE 34 :37.90
 SHARON A BRICKER 34 ALB :38.96
 100FREE PATRICIA KILLGORE 32 MHM 1:20.14
 NANCY E LYNN 30 PPM 1:32.67
 200FREE AMY C W EMMETT 32 NCSC 2:59.94
 50BACK CYNTHIA JONES 30 :42.24
 DEBRA MANDEVILLE 34 :47.46
 50BRST MARY GRILLO 33 GPY :41.40
 CYNTHIA JONES 30 :45.74
 DEBRA MANDEVILLE 34 :47.98
 SHARON A BRICKER 34 ALB :49.38
 50 FLY DONA R BOWLSBY 30 MACO :36.13
 MARY GRILLO 33 GPY :37.41
 CYNTHIA JONES 30 :40.37
 SHARON A BRICKER 34 ALB :44.93
 DEBRA MANDEVILLE 34 :46.49
 200 IM AMY C W EMMETT 32 NCSC 3:19.70
 PATRICIA KILLGORE 32 MHM 3:22.62

----- 35-39 WOMEN -----
 50FREE JODY WAGNER 36 :42.20
 200FREE NANCY J MILNER 36 OREG 3:03.68
 VICKIE IVERSON 36 CAM 3:26.81
 400FREE KATHLEEN P BUCK 37 CHM 6:00.56
 NANCY J MILNER 36 OREG 6:11.14
 BARBARA LUTSOCK 38 CHM 6:45.79
 VICKIE IVERSON 36 CAM 7:05.02
 50BACK BARBARA LUTSOCK 38 CHM :42.89
 100BAK MARJORIE MEEK 36 MACO 1:24.30+
 Oregon was- BARBARA FRID 1:24.50
 SUSAN J CASE 39 THB 1:31.55
 200BAK SUSAN J CASE 39 THB 3:16.75
 50BRST JODY WAGNER 36 :55.23
 100FLY MARJORIE MEEK 36 MACO 1:25.05
 NANCY J MILNER 36 OREG 1:28.93

200 IM NANCY J MILNER 36 OREG 3:24.89
 ----- 40-44 WOMEN -----
 50FREE SANDI ROUSSEAU 40 THB :33.89
 PAMELA HIMSTREET 44 THB :38.55
 PATLYN KNAPP 44 OREG :42.09
 100FREE SANDI ROUSSEAU 40 THB 1:18.31
 PATLYN KNAPP 44 OREG 1:39.92
 SUSAN M GIRARD 40 PIR 1:50.68
 200FREE SUSAN M GIRARD 40 PIR 4:01.17
 400FREE SUSAN M GIRARD 40 PIR 8:10.57
 50BACK MONIKA HUNSCHER 40 THB :43.10
 PATLYN KNAPP 44 OREG :52.13
 100BAK MONIKA HUNSCHER 40 THB 1:36.38
 PATLYN KNAPP 44 OREG 1:53.00
 200BAK MONIKA HUNSCHER 40 THB 3:25.48
 100BRS PAMELA HIMSTREET 44 THB 1:48.88
 200BRS PAMELA HIMSTREET 44 THB 3:48.22
 50 FLY SANDI ROUSSEAU 40 THB :35.47
 100FLY SANDI ROUSSEAU 40 THB 1:27.80
 PAMELA HIMSTREET 44 THB 1:48.01
 200 IM MONIKA HUNSCHER 40 THB 3:23.71

----- 45-49 WOMEN -----
 50FREE SANDY P HUG 48 ALB :39.13
 CHARLOTTE E COWAN 48 :40.10
 CAROLYN A FORBES 48 MY :43.63
 JOANN DENNIS 46 MACO :46.75
 100FREE CHARLOTTE E COWAN 48 1:29.83
 SANDY P HUG 48 ALB 1:31.80
 JOANN DENNIS 46 MACO 1:47.43
 200FREE CHARLOTTE E COWAN 48 3:13.72
 LINDA L JONES 46 MACO 3:26.00
 CAROLYN A FORBES 48 MY 3:34.90
 JOANN DENNIS 46 MACO 3:55.20
 400FREE BARBARA FRID 46 THB 5:50.73
 CHARLOTTE E COWAN 48 6:51.30
 50BACK BARBARA FRID 46 THB :40.50+
 Oregon was- KAREN R ROACH :41.48
 SANDY P HUG 48 ALB :50.54
 50 FLY BARBARA FRID 46 THB :36.77+
 Oregon was- NADINE WHITEHALL :36.86
 LINDA L JONES 46 MACO :47.95
 200 IM BARBARA FRID 46 THB 3:15.63

----- 50-54 WOMEN -----
 50FREE CAROL A DICKINSON 54 :46.95
 VIVIAN J STARBUCK 53 MHM :52.47
 BEVERLY UNDERWOOD 53 UVM 1:02.40
 GEORGIA R RYAN 53 OREG 1:02.72
 100FREE INGE LESKI 53 2:27.07
 400FREE VIVIAN J STARBUCK 53 MHM 8:33.59
 BEVERLY UNDERWOOD 53 UVM 10:10.23
 50BACK CAROL A DICKINSON 54 :54.24
 VIVIAN J STARBUCK 53 MHM 1:04.79
 BEVERLY UNDERWOOD 53 UVM 1:08.91
 INGE LESKI 53 1:15.05
 50BRST BEVERLY UNDERWOOD 53 UVM 1:18.13
 50 FLY VIVIAN J STARBUCK 53 MHM :57.75

----- 55-59 WOMEN -----
 100FREE LAVELLE M STONOFF 55 MACO 1:17.22+
 Oregon was- LOUISE HEPNER 1:22.87

400FREE LAVELLE M STONOFF 55 MACO 5:43.89+
 Oregon was- MARY-ANNE WOLFE 6:57.13
 50BACK BEVERLY L'ESPERANCE 56 KLF :54.02
 100BAK BEVERLY L'ESPERANCE 56 KLF 1:56.85
 200BAK LAVELLE M STONOFF 55 MACO 3:13.03+
 Oregon was- MARY-ANNE WOLFE 3:49.69
 BEVERLY L'ESPERANCE 56 KLF 4:13.23
 50BRST JOYCE BAHLER 58 MACO :52.45
 100BRS JOYCE BAHLER 58 MACO 1:55.42
 200BRS JOYCE BAHLER 58 MACO 4:00.39
 200 IM JOYCE BAHLER 58 MACO 3:50.99

----- 60-64 WOMEN -----
 50FREE PETEY MH. SMITH 64 NEWP :37.61+
 Oregon was- PETEY M H SMITH :38.58
 100FREE PETEY MH. SMITH 64 NEWP 1:22.91+
 Oregon was- LOUISE A HEPNER 1:23.16
 400FREE PETEY MH. SMITH 64 NEWP 6:50.74
 200 IM PETEY MH. SMITH 64 NEWP 4:08.33

----- 65-69 WOMEN -----
 50FREE ELIZABETH C KING 65 MHM 1:05.68+
 Oregon was- JUDY M MELCHER 1:07.66
 JUDY M MELCHER 68 THB 1:06.25
 200FREE ELIZABETH C KING 65 MHM 5:07.67+
 Oregon was- JUDY M MELCHER 5:18.94
 400FREE ELIZABETH C KING 65 MHM 10:42.09+
 Oregon was- JUDY M MELCHER 10:51.33
 50BRST JUDY M MELCHER 68 THB 1:19.64
 100FLY ELFIE J STEVENIN 66 THB 3:20.10+
 Oregon was- ELFIE J STEVENIN 3:35.55
 200FLY ELFIE J STEVENIN 66 THB 7:09.27+
 Oregon was- ELFIE J STEVENIN 7:28.28

----- 70-74 WOMEN -----
 400FREE MARGARET R YADON 70 NEWP 10:42.71+
 Oregon was- BARBARA T HAVERCAMP 12:08.24
 50BACK MARGARET R YADON 70 NEWP 1:08.74+
 Oregon was- DOREEN MORRIS 1:18.40
 100BAK MARGARET R YADON 70 NEWP 2:29.05+
 Oregon was- DOREEN MORRIS 2:54.72
 200BAK MARGARET R YADON 70 NEWP 5:05.35+
 Oregon was- DOREEN MORRIS 6:06.69
 50BRST HELENA W HOFFMAN 72 THB 1:43.48
 50 FLY HELENA W HOFFMAN 72 THB 1:38.30+
 Oregon was- HAZEL BRESSIE 2:15.95
 200 IM HELENA W HOFFMAN 72 THB 7:10.53+
 Oregon was- HAZEL BRESSIE 7:31.70

----- 75-79 WOMEN -----
 50FREE DOREEN MORRIS 75 MACO 1:25.90
 HAZEL B BRESSIE 79 MACO 1:33.86
 400FREE HAZEL B BRESSIE 79 MACO 14:53.71
 50BACK DOREEN MORRIS 75 MACO 1:24.77
 HAZEL B BRESSIE 79 MACO 1:33.45
 100BAK DOREEN MORRIS 75 MACO 3:09.46
 HAZEL B BRESSIE 79 MACO 3:34.55
 50BRST HAZEL B BRESSIE 79 MACO 1:55.57
 50 FLY HAZEL B BRESSIE 79 MACO 2:34.94
 200 IM HAZEL B BRESSIE 79 MACO 9:02.06

---- 19-24 MEN ----
 50FREE KEVIN H BRADLEY 21 :26.31+
 Oregon was- KENNETH KONDO :27.35
 KENNETH KONDO 22 OREG :27.48
 50BACK KENNETH KONDO 22 OREG :33.08+
 Oregon was- SCOTT STEINGRABER :34.19
 100BAK KENNETH KONDO 22 OREG 1:13.36
 50BRST KEVIN H BRADLEY 21 :34.63
 50 FLY KEVIN H BRADLEY 21 :28.41
 KENNETH KONDO 22 OREG :28.82

---- 25-29 MEN ----
 50FREE ROBERT WYNKOOP 26 :26.06
 JIM RABE 27*SR 26.13
 DOUG MOSHOFSKY 26 MACO :26.22
 STEPHEN F HARGER 29 PPM :27.32
 BRAD G LONG 25 OREG :28.51
 KEN R BROWNE 25 :28.85
 100FREE ROBERT WYNKOOP 26 :59.71
 DOUG MOSHOFSKY 26 MACO :59.74
 JIM RABE 27*SR 1:00.95
 STEPHEN F HARGER 29 PPM 1:02.94
 BRAD G LONG 25 OREG 1:08.19
 200FREE DOUG MOSHOFSKY 26 MACO 2:16.73
 50BACK ROBERT WYNKOOP 26 :30.20
 BRAD G LONG 25 OREG :33.35
 BRAD THOMAS 27 LCM :34.29
 100BAK ROBERT WYNKOOP 26 1:07.49
 BRAD G LONG 25 OREG 1:16.43
 50BRST STEPHEN F HARGER 29 PPM :36.86
 50 FLY BRAD THOMAS 27 LCM :28.82
 100FLY JIM RABE 27*SR 1:08.00

---- 30-34 MEN ----
 50FREE TRYG STRATTE 31 OREG :27.45
 DAVID O BURLESON 31 :27.65
 RONALD E COBB 31 MJCC :29.13
 DENNIS S OLSON 34 PIR :30.02
 WILLIAM MOE 33 OREG :30.64
 100FREE DAVID O BURLESON 31 1:02.44
 TRYG STRATTE 31 OREG 1:03.23
 MICHAEL J BAIRD 32 CAM 1:09.37
 200FREE RICHARD RIESS 30 WHOM 3:16.50
 400FREE MICHAEL J BAIRD 32 CAM 5:11.85
 GREG P ROMPEL 31 5:32.02
 RICHARD RIESS 30 WHOM 7:07.77
 50BACK DAVID O BURLESON 31 :31.60
 JOHN F ZELL 31 PPM :33.10
 100BAK DAVID O BURLESON 31 1:09.00
 RODNEY G COOK 30 ALB 1:09.62
 JOHN F ZELL 31 PPM 1:12.11
 200BAK DAVID O BURLESON 31 2:37.69
 JOHN F ZELL 31 PPM 2:39.54
 50BRST RODNEY G COOK 30 ALB :33.64
 TRYG STRATTE 31 OREG :35.24
 100BRS DENNIS S OLSON 34 PIR 1:29.67
 50 FLY DAVID O BURLESON 31 :29.16
 WILLIAM MOE 33 OREG :31.62
 GREG P ROMPEL 31 :32.51
 DENNIS S OLSON 34 PIR :35.28
 RONALD E COBB 31 MJCC :36.84

100FLY DAVID O BURLESON 31 1:09.13
 GREG P ROMPEL 31 1:16.25
 200 IM DAVID O BURLESON 31 2:37.80
 JOHN F ZELL 31 PPM 2:38.22

---- 35-39 MEN ----
 50FREE DOUGLAS C PRENTICE 39 PIR :27.25
 VERNON DASCH 38 THB :27.26
 JIM TEISHER 38 OREG :30.45
 GARY N BECKLEY 37 PPM :30.71
 JOHN STEVKO 35 OREG :30.75
 100FREE VERNON DASCH 38 THB 1:00.22
 DOUGLAS C PRENTICE 39 PIR 1:01.52
 DANIEL J MARKEY 37 1:11.76
 JOHN STEVKO 35 OREG 1:14.68
 200FREE VERNON DASCH 38 THB 2:16.03
 TREVOR G CHARLTON 38 PIR 2:16.19
 JIM TEISHER 38 OREG 2:34.39
 GARY N BECKLEY 37 PPM 2:36.69
 400FREE TREVOR G CHARLTON 38 PIR 4:52.38
 STEPHEN H WARNER 39 NCSC 4:57.26
 JOHN E WALKKY 35 PPM 5:10.37
 BRUCE W CHENEY 36 CHM 5:13.28
 JIM TEISHER 38 OREG 5:20.71
 50BRST VERNON DASCH 38 THB :36.19
 BRUCE W CHENEY 36 CHM :37.67
 DELBERT V ABBOTT 36 CAM :42.31
 100BRS DANIEL P JOHNSON 35 THB 1:20.24
 DOUGLAS C PRENTICE 39 PIR 1:23.06
 200BRS DANIEL P JOHNSON 35 THB 2:49.97
 BRUCE W CHENEY 36 CHM 3:18.18
 DELBERT V ABBOTT 36 CAM 3:34.79
 50 FLY JED P CRONIN 39 THB :31.17
 DANIEL J MARKEY 37 :34.05
 JOHN STEVKO 35 OREG :38.13
 100FLY STEPHEN H WARNER 39 NCSC 1:07.16
 JED P CRONIN 39 THB 1:14.80
 200FLY JED P CRONIN 39 THB 3:04.93
 200 IM BRUCE W CHENEY 36 CHM 2:49.39

---- 40-44 MEN ----
 50FREE CRAIG JORGENSEN 40 PKRS :28.51
 JOHN M WIGHT 44 MACO :31.06
 L BUZ CARRIKER 40 MHM :31.63
 JOHN C FORSE 40 :32.06
 MICHAEL T KOLLN 43 OREG :39.70
 100FREE JOHN M WIGHT 44 MACO 1:13.58
 MICHAEL T KOLLN 43 OREG 1:32.72
 200FREE MICHAEL T KOLLN 43 OREG 3:21.68
 400FREE L BUZ CARRIKER 40 MHM 6:14.38
 MICHAEL T KOLLN 43 OREG 7:12.72
 50BACK CRAIG JORGENSEN 40 PKRS :32.47
 JOHN C FORSE 40 :47.07
 50BRST L BUZ CARRIKER 40 MHM :41.06
 VLADIMIR F DROBNY 41 :42.47
 JOHN C FORSE 40 :50.63
 100BRS JOHN M WIGHT 44 MACO 1:31.89
 200BRS L BUZ CARRIKER 40 MHM 3:25.73
 50 FLY CRAIG JORGENSEN 40 PKRS :32.56
 VLADIMIR F DROBNY 41 :42.87

---- 45-49 MEN ----
 50FREE ROBERT S SMITH 45 PIR :26.91
 BILL H MILLS 49 :29.77
 100FREE RICHARD D BOYD 45 MHM 1:04.17
 BILL H MILLS 49 1:10.00
 200FREE RICHARD D BOYD 45 MHM 2:24.54+
 Oregon was- RONALD K NAKATA 2:32.21
 400FREE RICHARD D BOYD 45 MHM 5:01.75+
 Oregon was- FRED SPRENGER 5:31.10
 50BACK ROBERT S SMITH 45 PIR :31.03+
 Oregon was- CHRIS L HIATT :36.45
 100BAK ROBERT S SMITH 45 PIR 1:09.49+
 Oregon was- CHRIS L HIATT 1:21.85
 50BRST RICHARD D BOYD 45 MHM :35.84+
 Oregon was- DON VANROSSEN :39.63
 200BRS RICHARD D BOYD 45 MHM 2:55.86+
 Oregon was- DON VANROSSEN 3:08.44
 50 FLY BILL H MILLS 49 :31.09
 100FLY BILL H MILLS 49 1:31.11
 DONALD J KUYPER 45 OREG 1:53.79
 200FLY DONALD J KUYPER 45 OREG 4:15.93
 200 IM RICHARD D BOYD 45 MHM 2:42.82+
 Oregon was- RONALD K NAKATA 2:52.11
 DONALD J KUYPER 45 OREG 3:50.44

---- 50-54 MEN ----
 50FREE JIM BIGLER 52 MACO :32.92
 100FREE JIM BIGLER 52 MACO 1:14.22
 200FREE JIM BIGLER 52 MACO 2:47.42
 200 IM JIM BIGLER 52 MACO 3:33.07

---- 55-59 MEN ----
 50FREE ERIC GP. GUEST 58 MHM :32.31
 100FREE ERIC GP. GUEST 58 MHM 1:17.32
 TERRY C MCCURDY 58 UVM 1:31.96
 200FREE TERRY C MCCURDY 58 UVM 3:27.56
 50BACK JOHN ENGLISH 55 :39.04
 100BAK JOHN ENGLISH 55 1:32.34
 50 FLY ERIC GP. GUEST 58 MHM :37.91
 200 IM ERIC GP. GUEST 58 MHM 3:25.29

---- 60-64 MEN ----
 50FREE CAL HERSEY 61 OREG :51.38
 400FREE MICHAEL L MOREHOUSE 62 RVM 6:53.79
 100BAK LEE J MIESEN 61 MACO 1:39.13
 200BAK LEE J MIESEN 61 MACO 3:37.59
 50BRST LEE J MIESEN 61 MACO :42.80+
 Oregon was- BOB A. MORRISON :43.82
 MICHAEL L MOREHOUSE 62 RVM :45.13
 CAL HERSEY 61 OREG 1:03.28
 200BRS MICHAEL L MOREHOUSE 62 RVM 3:50.96
 100FLY FRED ECKHARDT 62 PPM 1:49.76
 200FLY FRED ECKHARDT 62 PPM 3:59.19
 200 IM FRED ECKHARDT 62 PPM 3:55.41

---- 65-69 MEN ----
 50FREE HUGH S RICHARDS 67 MHM :32.59+
 Oregon was- HUGH S RICHARDS :32.93
 100FREE HUGH S RICHARDS 67 MHM 1:19.83
 FORBES J MACK 69 THB 1:29.72
 200FREE GILBERT N YOUNG 66 MHM 3:13.30+
 Oregon was- ART BRUGGER 3:15.45

STATE GAMES

50 METER 07/09/88 PG 3

* = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter + = OREGON

Software by R.Smith

400FRE GILBERT N YOUNG 66 MHM 6:54.04+	---- 70-74 MEN ----	50BACK JACK HOEY 78 OREG :50.45
Oregon was- GILBERT N YOUNG 6:54.38	50FREE ROBERT L CUTTER 70 COMA :39.81	SYD C HENDY 75 THB :53.52
KHOSROW SHADBEH 67 MHM 8:52.80	MEL W ANDERSON 70 VMS :49.59	DONALD W STEVENSON 76 MACO :53.84
50BACK EARL WALTER 67 THB :49.05	100FRE ROBERT L CUTTER 70 COMA 1:38.91	ALFRED GAWLEY 76 OREG 1:01.56
DAVID BERNSTEIN 66 MHM :57.43	400FRE MEL W ANDERSON 70 VMS 9:17.68	100BAK JACK HOEY 78 OREG 1:57.10
100BAK EARL WALTER 67 THB 1:34.18+	WARREN T ELLIOTT 70 MACO 1:49.12	DONALD W STEVENSON 76 MACO 2:03.16
Oregon was- EARL WALTER 1:34.20	50BACK ROBERT L CUTTER 70 COMA :47.06	SYD C HENDY 75 THB 2:04.99
DAVID BERNSTEIN 66 MHM 2:05.82	MEL W ANDERSON 70 VMS :59.16	200BAK JACK HOEY 78 OREG 4:15.14
200BAK EARL WALTER 67 THB 4:02.79	100BAK ROBERT L CUTTER 70 COMA 1:51.04	SYD C HENDY 75 THB 4:28.34
DAVID BERNSTEIN 66 MHM 4:30.72	ARTHUR T HANLON 71 VMS 2:27.88	DONALD W STEVENSON 76 MACO 4:33.39
50BRST FORBES J MACK 69 THB :50.09	200BAK ROBERT L CUTTER 70 COMA 4:14.71	100BRS ALFRED GAWLEY 76 OREG 3:09.95
100BRS KHOSROW SHADBEH 67 MHM 1:54.33	50 FLY ROBERT L CUTTER 70 COMA 1:00.66	50 FLY LEE 'KIP' KING 75 MHM 1:21.26
DAVID BERNSTEIN 66 MHM 2:22.22	MEL W ANDERSON 70 VMS 1:12.62	---- 80-84 MEN ----
200BRS FORBES J MACK 69 THB 4:00.68	100FLY ARTHUR T HANLON 71 VMS 2:54.73	100FRE HERB EISENSCHMIDT 81 THB 1:59.05
ROBERT D CURTIS 68 SHNC 4:01.18	200 IM MEL W ANDERSON 70 VMS 5:26.39	50BACK HERB EISENSCHMIDT 81 THB :54.93
KHOSROW SHADBEH 67 MHM 4:13.94	---- 75-79 MEN ----	100BAK HERB EISENSCHMIDT 81 THB 2:02.70
50 FLY HUGH S RICHARDS 67 MHM :38.66	50FREE SYD C HENDY 75 THB :44.56	200BAK HERB EISENSCHMIDT 81 THB 4:18.93
200 IM HUGH S RICHARDS 67 MHM 3:33.63	ALFRED GAWLEY 76 OREG :46.29	200 IM HERB EISENSCHMIDT 81 THB 4:36.96
	LEE 'KIP' KING 75 MHM :47.17	---- 95-99 MEN ----
	100FRE SYD C HENDY 75 THB 1:45.32	50FREE COLLISTER WHEELER 95 MACO 1:06.06+
		Oregon was- OPEN 99:99.99

120+ WOMEN	10 200 MEDLEY RELAY
MARJORIE MECK,36 *** JOYCE BAHLER,58 ***	DONA R BOWLSBY,30 *** LIBBY NIEDERMEYER,24 *** MACO 2:47.13

160+ WOMEN	10 200 MEDLEY RELAY
LINDA L JONES,46 *** JOANN DENNIS,46 ***	LAVELLE M STOINOFF,55 *** MEGAN BABLER,28 *** MACO 3:15.70
VIVIAN J STARBUCK,53 *** PATRICIA KILLGORE,32 ***	NANCY J MILNER,36 *** GEORGIA R RYAN,53 *** OREG 3:41.06

100+ MEN	10 200 MEDLEY RELAY
JOHN F ZELL,31 *** STEPHEN F HARGER,29 ***	KEVIN H BRADLEY,21 *** GARY N BECKLEY,37 *** OREG 2:09.44

120+ MEN	10 200 MEDLEY RELAY
KENNETH KONDO,22 *** DENNIS S OLSON,34 ***	RONALD E CORB,31 *** JOHN STEVKO,35 *** OREG 2:21.32

280+ MEN	10 200 MEDLEY RELAY
EARL WALTER,67 *** FORBES J MACK,69 ***	HUGH S RICHARDS,67 *** HERB EISENSCHMIDT,81 *** OREG 2:50.50

120+ MIXED	18 200 MEDLEY RELAY
AMY C W EMMETT,32 *** STEPHEN H WARNER,39 ***	DOUGLAS C PRENTICE,39 *** LAILA J DEARDORFF,27 *** OREG 2:23.35
FRED ECKHARDT,62 *** DIANE E HARGER,26 ***	NANCY E LYNN,30 *** JOHN F ZELL,31 *** OREG 3:00.96
JODY WAGNER,36 *** PAMELA HIMSTREET,44 ***	VLADIMIR F DROBNY,41 *** JIM TEISHER,38 *** OREG 3:02.50

160+ MIXED	18 200 MEDLEY RELAY
MARJORIE MECK,36 *** JOHN M WIGHT,44 ***	JIM BIGLER,52 *** JOYCE BAHLER,58 *** MACO 2:47.57
CAROL A DICKINSON,54 *** DENNIS S OLSON,34 ***	JUDY M MELCHER,68 *** JOHN STEVKO,35 *** OREG 3:24.82

200+ MIXED	18 200 MEDLEY RELAY
BARBARA FRID,46 *** RICHARD D BOYD,45 ***	ROBERT S SMITH,45 *** PETEY MH. SMITH,64 *** OREG 2:24.28

100+ WOMEN	1 200 FREE RELAY
NANCY E LYNN,30 *** MARY GRILLO,33 ***	ANDREE DEVINE,27 *** LAILA J DEARDORFF,27 *** OREG 2:15.85

120+ WOMEN	1 200 FREE RELAY
DONA R BOWLSBY,30 *** LIBBY NIEDERMEYER,24 ***	MEGAN BABLER,28 *** JOANN DENNIS,46 *** MACO 2:32.25

STATE GAMES

50 METER 07/09/88

120+ MEN

DENNIS S OLSON, 34 *** JOHN STEVKO, 35 ***

280+ MEN

HERB EISENSCHMIDT, 81 *** FORBES J MACK, 69 ***

120+ MIXED

NANCY E LYNN, 30 *** GARY N BECKLEY, 37 ***
 PAMELA HIMSTREET, 44 *** JODY WAGNER, 36 ***
 BEVERLY UNDERWOOD, 53 *** BRAD G LONG, 25 ***

160+ MIXED

JOANN DENNIS, 46 *** LINDA L JONES, 46 ***
 CAROL A DICKINSON, 54 *** RONALD E COBB, 31 ***

1 200 FREE RELAY

RONALD E COBB, 31 *** JIM TEISHER, 38 *** OREG 2:00.88

1 200 FREE RELAY

GILBERT N YOUNG, 66 *** HUGH S RICHARDS, 67 *** OREG 2:30.78

9 200 FREE RELAY

DIANE E HARGER, 26 *** DANIEL J MARKEY, 37 *** OREG 2:26.47
 VLADIMIR F DROBNY, 41 *** JIM TEISHER, 38 *** OREG 2:32.69
 SUSAN E LEE, 20 *** TERRY C MCCURDY, 58 *** OREG 2:52.60

9 200 FREE RELAY

JOHN M WIGHT, 44 *** DOUG MOSHOFSKY, 26 *** MACO 2:28.34
 JUDY M MELCHER, 68 *** JOHN STEVKO, 35 *** OREG 2:55.11

STATE GAMES

----- 129 ENTRANTS -----



OMS September Birthdays

Robert C	Bedichek	09/06/58*	Ronald E.	Jersey	09/17/48*
Kim J	Bogus	09/30/58*	Vernon C.	Labsch	09/17/46
Evelyn L.	Boyl	09/11/18*	Bradley G.	Long	09/15/62
Kathleen P.	Buck	09/27/50	Jan P.	Martin	09/29/47
Dennis A.	Christensen	09/09/57	James P.	McMaster	09/14/55
William T.	Clayson	09/29/21	Philip D.	Miller	09/08/53*
Don D.	Cook	09/29/51	Robin M	Myers	09/15/59
Ryan E.	Cunningham	09/20/65	Thomas M	Myers	09/09/50
Joann	Dennis	09/21/41	John P.	O'Connor	09/16/41
Karen E.	Driscoll	09/23/44	Leon	Robison	09/02/23*
Shane S.	Dye	09/04/64	Nancy S.	Ross	09/29/37
Greg	Frownfelter	09/17/48*	Fred H.	Russell	09/23/52
Ted K.	Gilbert	09/27/51	Georgia R.	Ryan	09/04/34
Mary A	Grillo	09/23/54	Maria V.	Todd	09/24/44
Eric G.P.	Guest	09/18/29	Beverly J.	Underwood	09/27/34
Jack	Hoey	09/19/09	Arthur C.	Welch	09/08/32
Erica L.	Holen	09/05/64	Barbara A.	Wendlick	09/27/45
Catherine E.	Homenyk	09/27/22	John M.	Wight	09/15/43*

* = Moving up !

Thanks to Bruce Cheney and his Mac Plus !

SHORT COURSE METERS SHORT COURSE METERS SHORT COURSE METERS

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

MEET: Umpqua Valley Masters Short Course Meters Meet
(see Entry Form)

DATE: September 10 & 11

PLACE: Umpqua Community College, Roseburg, OR

DIRECTIONS TO POOL: From I-5, take exit #129. Go left at the stop light and follow the signs to Umpqua Community College. Look for signs to pool

PARTY: There will be a free ticket to the Wine Festival for each entrant. Additional tickets may be purchased for \$3.00 each.

SWIM CLINIC: On Saturday, September 10th, Bert Petersen will be giving a Butterfly Clinic at 12:00 Noon at the college. Cost of the clinic is \$1.00.

PRIZES: There will be drawings throughout the meet both Saturday and Sunday for prizes donated by local merchants.

SNACK BAR: There will be a snack bar available for those who need to quench their thirst or need a bit of quick energy for the next race.

Plus a demo of fin swimming on Sunday!



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

OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM
SANCTION NO. 388 BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 17 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

MEET: Umpqua Valley Masters SC Meters Meet DATE: Sept. 10 & 11, 1988
PLACE: Umpqua Community College Pool
Outdoor pool - 6 lanes, warm-up space available
HOST: Umpqua Valley 'Y' Masters WARM UP MEET STARTS
Terry McCurdy, Meet Director 10th 3:00 PM 4:00 PM
679-3144 (H) 11th 9:00 AM 10:00 AM

ENTRY DEADLINE: Postmarked no later than 9-1-88. No late entries will be accepted.

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

1988 USMS # 8 BIRTHDATE _____ SEX _____ AGE _____ ASSOC _____

REMINDER: IF YOU HAVE NOT REGISTERED WITH USMS FOR 1988, YOU MUST SUBMIT A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

AGE GROUPS: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

RELAY AGE GROUPS: 76+, 100+, 120+, 160+, 200+, 240+ and 280+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 800 and 400 Free and the 400 IM will be deck-seeded. All other events will be pre-seeded fastest heats first.

SATURDAY, SEPT. 10		ENTRY TIME	SUNDAY, SEPT. 11		ENTRY TIME
400 IM	1	____:____.____	Free Relay	11	X X X X X
800 Free	2	____:____.____	200 Breast	12	____:____.____
SUNDAY, SEPT 11			B R E A K		
200 Fly	3	____:____.____	50 Free	13	____:____.____
200 Back	4	____:____.____	100 Fly	14	____:____.____
50 Breast	5	____:____.____	Medley Relay	15	X X X X X
100 Free	6	____:____.____	50 Back	16	____:____.____
Mxd Free Relay	7	X X X X X	100 Breast	17	____:____.____
B R E A K			B R E A K		
200 IM	8	____:____.____	200 Free	18	____:____.____
50 Fly	9	____:____.____	100 IM	19	____:____.____
100 Back	10	____:____.____	Mxd Med Relay	20	X X X X X
			400 Free	21	____:____.____

MEET ENTRY FEES: \$6.00, Butterfly Clinic Fee: \$1.00. Send form(s) and fee(s) payable to OMS to: OMS, P.O. BOX 1033, TUALATIN, OR 97062

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

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

SIGNATURE _____ DATE _____

We had 14 swimmers represent us at Austin, a small group but a very potent one, they all did well as the following listings will attest.

Lavelle Stoinoff No greater thrill in Masters, AGING UP !!! How about 4 yes 4 National Records plus 2 Regional in 1 meet !!! 200 free 2:22.66 was 2:24.38, 500 free 6:09.83 was 6:21.48 (WOW), 1000 free now 12:45.02 was 12:54.80, 200 back now 2:48.92 was 2:50.99, then a fine 3:06.83, missed the NR of 3:05.29 (200 brst) and a 6:00.63-400 IM , NR is 5:56.00.

Robert Smith A greater thrill is being 45 almost on the day of the meet, again we have 4 yes 4 National records and 2 Regionals in one meet. 50 f in 22.52 was 22.78, 50 back at 25.65 was 27.09 (WOW), 100 back 56.14 was 1:00.64 (WOW & WOW), 100 IM 56.23 was 59.04, two regionals ; 50 brst 29.42 lost to Marty Hull(28.58), 50 fly 25.29 again lost to Marty Hull(24.35) Robert is still DR SPRINT, without question the finest pure sprinter in U S Masters, if not the world !!!

SUSAN YOUNCE (30-34) 12th in the 500 free at 6:04.23
5th in the 1000, New Oregon record in 12:27.11
13th in the 50 back with a PR of :32.81
11th in the 100 back, another PR in 1:11.14
13th in the 200 back in 2:27.64

VICTORIA FALTEN (35-39) Newcomer, and she had some fine swims ; 50 f - 31.95,
100 f - 1:13.94, 500 in 7:38.15, 1000 in 15:20.37.
Welcome Victoria, stay with it !!!

SANDI ROUSSEAU (40-44) 6th in the 50 f , new Oregon record in 28.44
7th in the 100 f , also a new Oregon record in 1:03.53,
old record, Nancy Ross '81 - 1:03.59
10th in the 200 f, fine time 2:25.10
4th in the 50 fly at :30.20
3rd in the 100 fly at 1:09.41, new Regional record !!!
4th in the 200 fly at 2:46.36, good swim

GINGER PIERSON (40-44) GOLD - 50 breast at 34.01
SILVER - 100 breast in 1:14.80
GOLD - 200 breast at 2:42.54
5th in the 100 IM with a 1:12.23
5th in the 200 at 2:38.34, BRONZE - 400 IM with a 5:47.34

BARBARA FRID (45-49) 7th in the 50 f at 30.33
SILVER in the 50 back at 34.81
SILVER for the 100 back in 1:17.20
SILVER in the 200 back at 2:53.21
BRONZE for the 50 fly in 31.60
4th in the 100 IM at 1:15.79

HELENA HOFFMAN (70-74) 200 free in 4:55.38, 500 free in 13:07.74
50 fly in 1:40.17, with the 100 3:29.18 for the SILVER
100 IM at 3:05.26, came through for the BRONZE and a new
regional record for the 200 IM at 6:42.63

MICHAEL JOHNSON (25-29) Swam a fine time in the 500 f at 5:26.32

JOHN ZELL (30-34) Had a 54.36 in the 100 f, a 28.57 for a PR in the 50 back,
a solid 1:01.91 in the 100 back, with a 2:16.34 for the 200,
finished off with a 1:02.91 for the 100 IM.

MARK WORDEN (35-39) A 52.26 for the 100 f, faster than '87 for 19th, a 23rd in
the 200 f at 1:57.31, 16th pl in the 500 f in 5:14.84, his
best for the year, 8th in the 200 fly at 2:16.78, a 13th
for the 200 IM in 2:13.18 and a 4:36.38 in the 400 IM

FRANK WARNER (35-39) Showing much intestinal fortitude at 39 + years in a very
wild age group, came through ; 100 f - 54.38, 200 free in
2:02.89, 500 f at 5:31.36, 50, 100 and 200 back were fine
swims at 29.08, 1:04.04, and 2:20.05

.OB -.Oregons at Austin (cont)2

KEVIN KELLY (45-49) 13th in the 200 f at 2:08.34 for a new Oregon record, 6th in the 500 f at 5:38.66 breaking his own Oregon of 5:49.46, a 5th in the 1000 at 11:38.74 for a new regional record.

ARTHUR WELCH (55-59) 7th in the 200 f at 2:22.30, 5th in the 500 at 6:24.10, BRONZE in the 1000 with 13:16.15, a 1:12.61 in the 100 fly breaks his own regional record, a 4th in the 200 fly with a fine 2:49.81, capped off with a new Oregon record in the 200 IM at 2:46.20.

Summary of Record Setters ; Lavelle and Robert get the headlines !!!

Susan Younce, Oregon record in the 1000 free

Sandi Rousseau , Oregon records in the 50 and 100 free

Regional record in the 100 fly

Helena Hoffman, a regional record in the 200 IM

Kevin Kelly, had two Oregon records and 10 Regional(200 & 500 f + 1000 f)

Art Welch, with an Oregon Record(200IM), Regional in the 100 fly

Long Course Meet at South Kitsap, Port Orchard, Washington , 6/26/88

A very small contingent of Oregons swam to get the feel of the water, this is the pool where regionals will be held August 13, and 14th.

Monika Hunscher ; had 4 excellent swims, highlighted by a 43.34 in the 50 back, which is faster than her '87 time. Her 200 was a solid 3:29.72 Swimming the 100 brst at 1:46.96, and the 200 IM in 3:20.20, gives rise to thoughts of bigger and better things to come.

Frank Warner ; swam the backstroke in fine times, 32.52, 1:12.91, and 2:36.53 Frank will be 40 in early January.

Dan Johnson ; Dan ran into Greg Harrison and Peter Cruise in the breast, but did well at 1:22.50 and 2:53.89, plus the 100 fly in 1:23.54. Dan should do well in his new age group.

Earl Walter ; left it all in the pool with a 1:41.74 for the 100 fly (fastest for OB since 1982) yes - he's - I'm happy. Barely finished the 200 fly in 3:59.33

Herb Eisenschmidt ; why this guy worries after YEAR 1987, is beyond me, my advice to our friend from St Helens is keep swimming BUT enjoy more. Herb's swims in the backstroke still would place him 2nd or 3rd in the world.

PNA Swimmers did well - Tammy Bennett(30-34) new Regional records in the 100 & 200 fly (1:09.09 and 2:41.06)

Hat's off to these fine swimmers and to PNA, managing 3 LCM meets in one year.

WAY TO GO !!!

- Ann Gindroz(50-54) new Regional 100 fly in 2:04.58
- Muriel Flynn(65-69) new Regional records for the 50 brst (56.06) and the 400 IM in 9:08.25 (# 4 world)
- Mary McMahon(70-74) new Regional for the 400 free-9:32.06
- Marion Mueller(75-79) 50 free - 1:03.55, 200 back - 5:30.17, both new Regional records, 200 back is # 4 World
- Gene Crosset(70-74) waiting on 75 for Brisbane, new 200 free regional in 3:17.94, # 3 in 75-79
- Jim Penfield, just aged up to 80, had two new regional records, one of which was a WORLD, the 50 fly in 53.20, 200 breast - 4:57.91 for a # 1 world.

EXTRA - EXTRA , from SWIM magazine ...

MIKE DOYLE swimming Masters out of Philadelphia, Mike is an above the knee amputee swimmer. At 32 in Adelaide, Australia he swam to three world records in the Amputee Championships. Check these times - 200 m IM 2:38.9, 100 breast (1:27.4) and the 400 m free (4:53.8) WOW & WOW !!!

DR. SPRINT PICKS ON WORLDS OLDEST MASTER SWIMMER

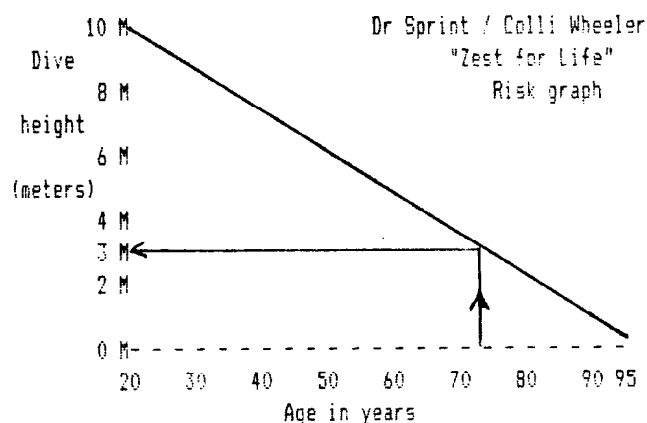
Collister Wheeler set a new World Record recently when he swam the 50 meter freestyle in 1:06.06. On the surface, this is great for for someone born in 1893 (95 years old), but he could have swam faster!

What lessons can we learn from studying how he looked in his race? Watching him was the high point for me at the Oregon State Games where I positioned myself in the warmup lanes about 10 feet from his lane and analyzed his underwater stroke during his record setting performance.

IMPRESSIVELY RISKY START

Colli took his mark at deck level (about 20 inches above the water) he didn't use the starting block (30 inches high). It seems like more and more older folks are starting in the water. Why not dive in when the water is deep? Perhaps you must take risks to put zest in your life so you too can be a 95 yr old swimmer.

When is the last time you dived off a diving board? How about jumping off a 3 meter board? Yes, we all know that when you were 20 years old you dove off the 10 meter platform. But what have you done lately? Scared? Have your fears taken over? Do you really think it will hurt you? Lets look closer at the risk Colli took on his start:



The above graph shows a healthy 20 year old man diving off the 10 meter platform. It also shows Colli's dive from the 1/2 meter height. The graph assumes a linear degradation of physical ability and that you will live to be at least 95 yrs. Intersect the line at your present age and see at what height a dive you should be able to risk. For example, a 3 meter (about 10 feet) high diving board should challenge a 70 year old man. Next time you have some free minutes in the pool, try jumping off the 1 meter board, then dive. If there is a 3 meter board, climb it, walk to the end and confront your fears. Understand how fears can grip your life and perhaps shorten or inhibit it. A 10 meter jump will not hurt you but you can be scared to death. If you jump, be proud, your on your way to a zestful 95 year age. Remember, Colli dove, I'm only asking you to think about jumping. After your successful jump, think about your other silly fears.



DR. SPRINT

INEFFICIENT JERKY STROKE

Colli uses a standard crawl stroke with a trudgeon kick. I reckon about 80 % of his forward speed comes from his legs. He has impressive legs. The trudgeon kick is a jerky way of swimming. Good modern swimmers apply power to the water with a smooth constant delivery. A lunging swimmer greatly increases water friction. This is why freestyle will probably always be faster than butterfly because flyers lurch forward after the double arm pull and then slow down. Double arm backstroke is even more inefficient compared to normal backstroke. Breaststroke is horribly inefficient due to its jerky pull and kick. The best a breastroker can do is to pull when the legs are streamline and visa-versa. Its all timing, and the goal of timing is to minimize the lunging.

WORK ON YOUR LEGS

Colli confirms the Dr Sprint theory that as you age, your leg power plays a more important role in everyday life. If you take your legs for granted and not treat and train them well, you could lose your mobility in later life. Colli is carrying a light body on some good looking legs. He popped out of the pool after his race and walked cleanly afterwards.

I've seen so many swimmers trash their shoulders with pull buoy and hand paddle workouts. They flirt with permanent injury to their upper bodies. The more I see people quitting the sport due to injuries caused by excessive pulling yardage the more I stick to my philosophy of no pulling and with 1/2 of my workout yardage as kicking. I've been doing it for 10 years and I'm not so slow.

NO ARNOLD SCHWARTZENEGGER ARMS

Colli, like most Masters over 50 years old, use the old straight arm pull stroke. Who does he think he is? Arnold Schwarzenegger? It takes tremendous power to quickly pull a straight outstretched arm through a semi-circular pattern. I don't think even Arnold has the power. The key word here is QUICK pull. If you cannot move your hand quickly when it is sticking out (at right angles) from your body, then it acts as a big sea anchor to slow you down.

Colli, like all good sprinters, has obviously taken the time to train his legs. With a fearless resolve, smooth flutter kick, a streamline bent arm stroke, Colli could easily break the minute barrier.

THE OFFICIAL ANDY SCHRAG SOCIAL EVENT SURVEY

OMS would like to get YOUR input on what YOU might like to see take place in the way of a social event, picnic, outing, pow-wow or IRS audit (just kidding on the last one).

This star-studded event could take place as early as THIS YEAR depending on what you tell us your preferences are, so check off your favorites and let yourself be known!

____RAFT TRIP

____Deschutes River

____Rogue River

____Amazon River

____SKIING TRIP

____downhill ____x-country

____Mt. Hood

____Bend

____Siberia

____SOFTBALL GAME

____BICYCLE TRIP

____ICE SKATING

____EVENING AT THE "LAST LAUGH" COMEDY CLUB

____PICNIC/BBQ

____COLUMBIA GORGE HIKE

____APPEARANCE ON JOHNNY CARSON

OTHER IDEAS/COMMENTS: _____

Please tell us what you might enjoy and return this with your meet entry or fold it and send it off directly if you're not planning on going to the meet. The address is already printed on the other side.

C'mon. spring for a stamp!

return address

place
stamp
here

Andy Schrag
OMS
15810 SE Evergreen Hwy
Vancouver, WA 98684

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 _____

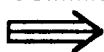
City _____ St _____ ZIP _____

() 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

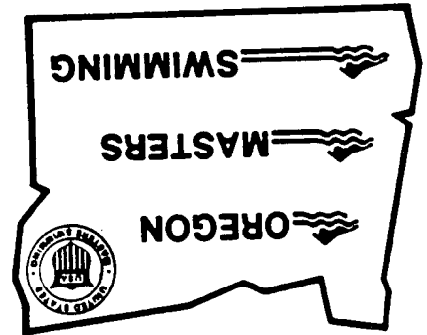
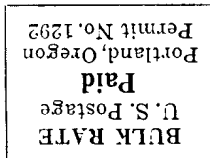
Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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

3780003
Susan A. Albright
10750 SW Wedgewood St.
Portland, OR 97225

Susan Albright
10750 SW Wedgewood St.
Portland, OR 97225



This issue of your AQUAMASTER was donated through
the courtesy of sometime swimmer Jim Snow and

STEVENS-NESS LAW PUBLISHING CO.

For your PRINTING and OFFICE SUPPLY needs call

223-3137

STEVENS-NESS

916 S.W. Fourth Avenue

Portland, Oregon 97204

A special thanks to Robert Smith and
Andrée Devine for giving us the meet results.

