



AQUA-MASTER

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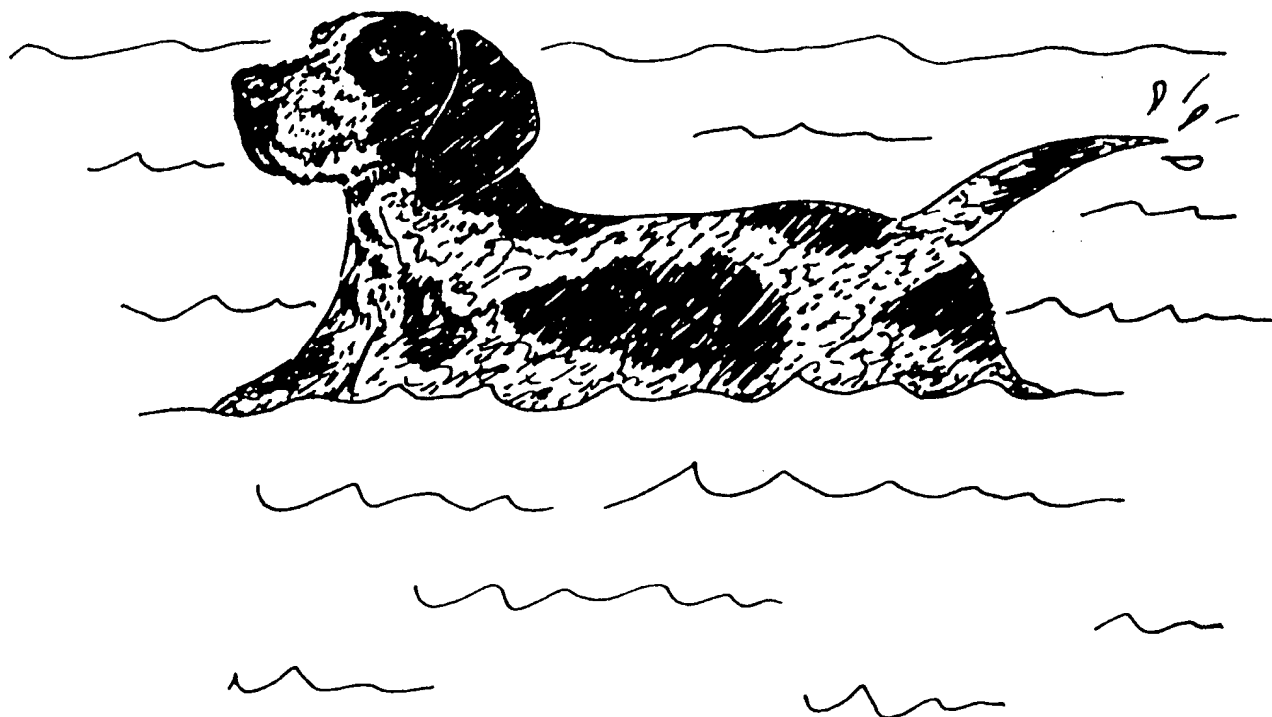
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Dog brings fame to swimming



DOG OUTSWIMS HUMANS AND ALLIGATORS ACROSS COLUMBIA RIVER

The annual Columbia-River-Cross-Channel-Swim held each labor day had a new swim star this year with Hundo Smith. Hundo is the first dog to ever swim across the Columbia river. This news was so powerful that all 3 major networks showed footage in their local afternoon, evening, and nightly newscasts. On NBC it was a lead story. Coach Robert Smith also got interviewed on TV but he didn't look good because his face was warped from goggles, his voice contorted by cold water and his body scratched from Hundo clawing him.

This years event was marred by bad weather. About 300 swimmers were entered the swim but after about 150 were started (in groups of 10) the swim was cancelled. The high winds and large waves necessitated a boat rescue of about 40 of the 150 started. Hundo, along with a strong contingent of Oregon Masters Swimmers were unfazed by the rough conditions. Hundo's entourage consisted of:

Pat Caudill as lead scout in pointing the way to the far shore (over 1 mile away). Pat's experience with this swim was valuable and he scored a dubious first by swimming the channel in reverse IM order. He horned in on some of Hundo's publicity pictures with a sprint of butterfly in the end. He did make it on TV but his butterfly form was only so-so.

Robert Smith as dog motivator and human skin protector. I would warn people like Pat that Hundo had spotted him and was closing in fast. Dogs don't know that their outstretched paws can scratch. Dogs and humans don't mix well in the water so I wore fins to guide and manhandle Hundo if necessary. One man made a mistake and cut in front of Hundo. He underestimated Hundo's speed. He'll never ever do that again.

Terry and Judy McCurdy as lead alligator. In the middle of the river Hundo was doing poorly when she suddenly started speeding up. She had zeroed in on the alligator (inflatable) that was following Terry about 100 yards ahead. She wanted that alligator and nothing could turn her away. Contrary to some reports, she did not bite the gator and get a free ride. It was nice just floating in the current and talking to the McCurdy's. This was not a race. It was just a happening that we could accomplish at our leisure. While we talked, Hundo was climbing to the top of waves and looking around for more varmints to chase. She found one.

John De Jarnatt as fast shark. John was pulling the WHOM shark (inflatable). Boy was he slow. That shark was really slowing him down. Hundo again took chase and nearly caught the shark when John noticed her coming up fast. Heaven knows what Hundo would have done to that shark. She may have made the front page of The Oregonian with "DOG CHASES AND KILLS SHARK IN COLUMBIA RIVER". Alas, when John saw Hundo, he muttered something like "I'm not going to let a dog beat me." I never saw John take off like that. He would have set a Oregon record over the next 200 yards.

Hundo saw shore but it was the wrong place to get out. Pat and I could see the TV cameras 100 yards away but Hundo wanted land now. She hates TV (except for bird shows). After battling with her for 95 yards she finally gets her way and heads for what she thinks is shore. It is, of course, the thickest, greenest, seaweed patch you can imagine. It completely stopped her forward progress. She was dead in the water and the TV cameras were rolling. Have you ever swam in seaweed so thick that it twists around your legs and arms and pulls you down to meet King Neptune? It seemed like it's a living beast with tentacles that wants to get you tired and scared and then pulls you underwater for a 100 yards and then eats you alive. It's a good thing I had fins to help Hundo or else we would have been fish bait after the seaweed monster finished with us.

BETWEEN THE LANE LINES

* * * * *

MASTERS SWIM & TRIATHLON TRAINING CAMPS

The Mission Bay Aquatic Training Center in Boca Raton, Florida will again be holding training camps for swimmers and triathletes. Camps vary in length from three days to one week. This year's sessions are held from September through March of 1989. For further information write to: Judy Meyer, Head Masters Coach, c/o Mission Bay Aquatic Training Center, 10333 Diego Drive South, Boca Raton, FL 33429.

* * * * *

1989 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS

The Mission Bay Aquatic Training Center will be the host for this event which will be held on May 4-7, 1989. For information regarding hotel rates, car rental and ground transportation call Kathy Grant, Mission Bay's Event Coordinator at 1-800-GO2-SWIM or 1-407-362-4890. Meet information will be available November 1988 by contacting Fred McInturff, Masters National Meet Director, c/o Mission Bay Aquatic Center, 10333 Diego Drive South, Boca Raton, FL 33428 (407) 488-2001.

* * * * *

The October board meeting will be held immediately following the Parkrose meet on Oct. 2. The November meeting will be held on Nov. 15 at Bert Petersen's home at 7:30pm.

* * * * *

MOUNTAIN GETAWAY - SISTERS, OREGON

2 bedroom, fully furnished, immobile home, sleeps six comfortably. Wood burning stove, decks, great view of the Three Sisters and quiet. \$25/night. Call Susan Albright, 644-9663 (Portland).

* * * * *

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.

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SHORT COURSE METERS

SPEEDO World Masters Top 10

Compiled by M.S.I.

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	
25-29	Andree Devine					8	6									3			4	
	Nancy Dutton						7													
	Mary Yuse						10													
	Shelly Rawding								4	2										
30-34	Laurie Gould	7	4				7	3												
	Penelope Spiro		10																	
	Susan Younce				10			7	5	2										
	Debbie Gregoire					10														
35-39	Dorcas Phelan												8			4			6	
	Kathleen Buck		7	8	8						6		5							
	Nancy Milner					7	7													
	Darlene Staley						5						8			3		10		
40-44	Marjorie Meek							6						8			9	6	5	
	Susan Case								10	9			10							
	Jan Mesner					9	6			9										
	Ginger Pierson								6	4	1	1	1	4	3	1	2	2	2	
45-49	Barbara Frid	9	4	3	3			1	1	2				1						
	Carolyn Forbes						7													
	Charlotte Cowan						9													
	Lavelle Stoinoff		2	1	1	1	1	8		2			1				1			
50-54	Bar Dirksen					10														
55-59	Pete Smith	2	2	4	7	4				8										
60-64	Margaret Wells						6							8	7	4			5	
65-69	Ellie Stenin														10	6				
70-74	Barb Haverkamp									10								7	7	
25-29	Jeroen Kok				10															
	Mike Johnson					6	6												8	
	Red Cook										10						10			
30-34	Mike Baird						9													
	Howard Rankin										6	7								
	Don Johnson													3					7	
	Roy Abramowitz														5	4		3		
	Mark Becker															9				

HIGHLIGHTS :

OMS is very proud of 63 men and women who swam into fame for the 1987 season, the people listed above as well as the ones on the next page have been selected for the SPEEDO WORLD MASTERS TOP TEN.

Leading the women were ; GINGER PIERSON with 11 placings, 4 of which were # 1's, followed by LAVELLE STOINOFF with 9 events, 6 of which were for # UNO, then BARBARA FRID in 8 events, 3 of which were # 1's.

Other leaders were PETEY SMITH with 6 placings, 2 of which were # 2's, with 5 placings were ; MARGARET WELLS, KATHLEEN BUCK, and MARJORIE MEEK.

SHELLEY RAWDING landed a 2nd in the 200 back, SUSAN YOUNCE also with a 2nd in the 200 back, DARLENE STALEY picked up a 3rd in the 200 fly, as did ANDREE DEVINE.

CONGRATULATIONS TO YOU ONE AND ALL - !!!!!



SHORT COURSE METERS

SPEEDO World Masters Top 10

Compiled by M.S.I.

Age	Swimmer	free						back			brst			fly			IM		
		50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
55-59	Doug Prentice	6																	
	Steve Warner				8		8												
	Bruce Cheney					7													
	Gary Hafer							3						5			9		
	Tom Coffey														5			8	
	John LeBarnett															8			
40-44	Robert Smith	2						1	1		1	3					4		
	Richard Boyd			6	6		3						6					9	3
	Bruce Proctor				9		6						9						
45-49	Bert Petersen						9							3	3				6
50-54	Jim Bigler																		8
55-59	Fred Sprenger				6		3		6	1									
	Sam Terulli						7												
	Mickey Marks										10		9		9				7
	Eric Quest												8						
60-64	Floyd Elliott			9	4			1	1	1									
	Dave Bernstein						7												
	Clarence Coulter										10			8			4		
65-69	Hugh Richards	3	5											1	5		6		6
	Gil Young				8	7	3			9									
	Joe Wallon						8												
	Khosrow Shadbeh						9						8						
	Earl Walter							5	3	3				6	3	3			3
	Bob Morrison										3	5	3						
	Forbes Mack												5						
70-74	Syd Hendy									9									
75-79	Jack Hoey								5	6									
	Don Stevenson									1			2						3
	Lee "Kip" King													8					
80-84	Herb Eisenschmidt	1	2	2	2	1		1	1	1	2						1	1	1

HIGHLIGHTS :

HERB EISENSCHMIDT picked off an incredible 12 placings all of which were either 1sts or 2nds(8 numero unos), ROBERT SMITH garnered 5 places topped with 3 # 1's, FLOYD ELIOTT also had 5 placings with a sweep in the backstroke for 3 # 1's. DON STEVENSON was # 1 in the 200 back, as was FRED SPRENGER, and HUGH RICHARDS topped 6 events with a # 1 in the 50 fly.

RICHARD BOYD landed in six events with 2 # 3's, EARL WALTER placed in 7 with 5 of those in 3rd position, also picking up 3rds were ; BOB MORRISON with 2, GARY HAFAER 3rd in the 50 back, BERT PETERSEN found 3rds in the 50 & 100 fly, GIL YOUNG swam for a 3rd in the 1500 free.

OMS was represented by 11 relay teams, leading the way were :

MXD 200 + MEDLEY - # 1 with a world record time of 2:19.57

Barbara Frid, Ginger Pierson, Bert Petersen, Hugh Richards

MENS 280 + FREE - # 1 also a world record time of 2:27.94

Herb Eisenschmidt, Hugh Richards, Earl Walter, Forbes Mack

MENS 280 + MEDLEY - # 1 in 2:51.34

Herb Eisenschmidt, Bob Morrison, Hugh Richards, Forbes Mack

Roseburg !

Oregon
Masters
Swimming

Roseburg, OR - Sept 10, 1988

Judy and Terry McCurdy, and the rest of the Roseburg group put on another great meet. They ordered up some perfect sunny, warm weather, so that everyone enjoyed swimming in the fast outdoor pool at Umpqua Community College. As you can see from the Old Barn column, several new records were set.

Allan deLay, Oregon Masters Swimming competitor, and a professional photographer, was at Roseburg with his camera. During times when he wasn't swimming, he took black and white photographs of several of the competi-

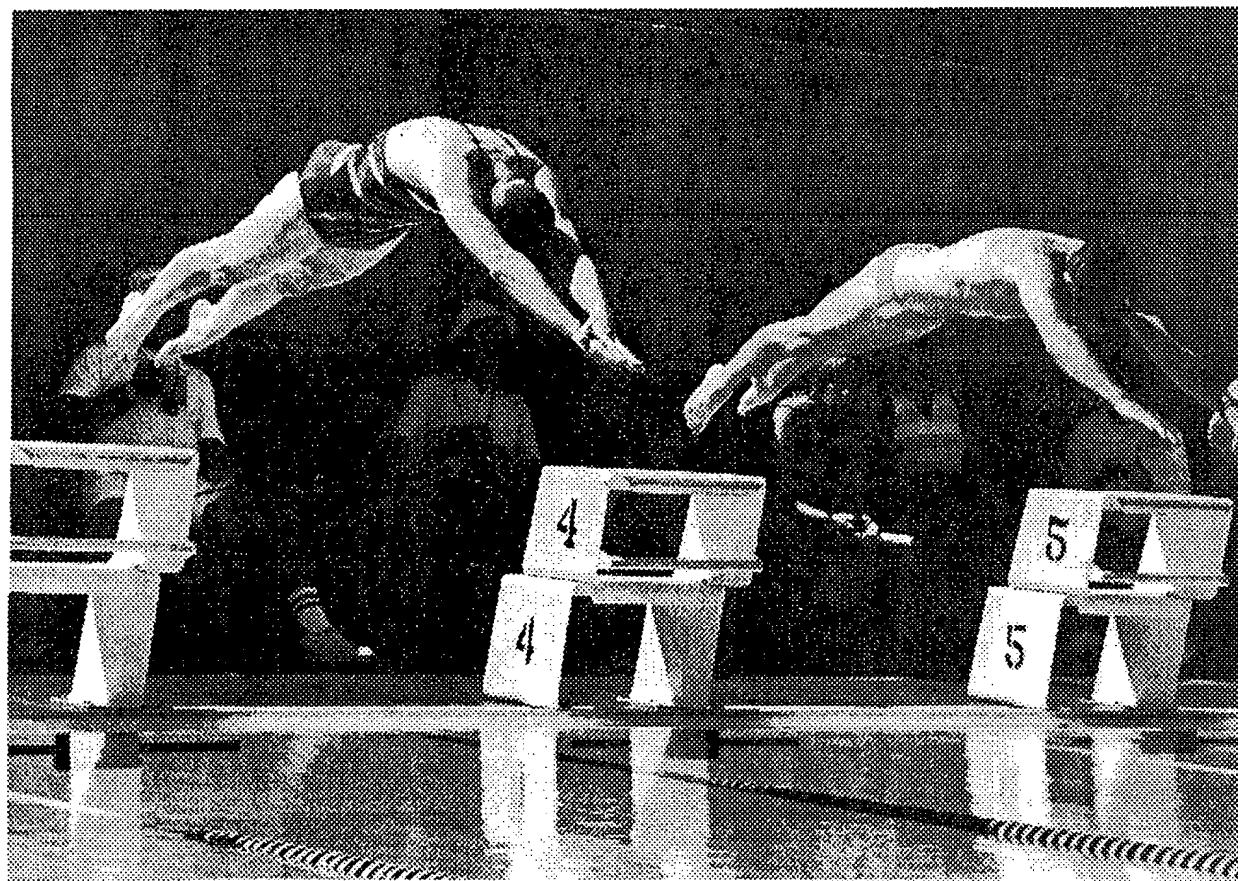
tors. If you appeared in one of his photos, you should now have your free copy. What a great souvenir of a fun meet. Thanks Allan!

Allan has graciously offered to take pictures at other meets which he attends, and send copies to those he captures in immortality. The lighting will be trickier at indoor meets, but a new film which is faster and less grainy than Tri-X may solve the problem. If this works out, perhaps our newsletter can become even better with the addition of photos. The one below is of Jim Elliott and me at the start of the 400 M Free. What great form!

Kathleen Buck

Notes on Desktop Publishing by Bruce Cheney

Photographs in a newsletter can be expensive ! They usually require the printer to use a multi-step process called half-tones. To get around this, I "scanned" Allan's photograph to create a computer image of the picture at a resolution of 300 dots per inch. During the scanning process, I requested a "dithered" format, which is similar to "half-tones." I assembled all the text and the scanned photo in a desktop publishing software package and printed it on a 300 dpi laser printer. The output can than be copied normally. It won't look as good as Allan's original, nor as good as a true "half-tone." But it is significantly better than a straight xerox of a photo ! Ω



Chehalem Masters swimmers Kathleen Buck and Jim Elliott start the 400 Mtr Freestyle at Roseburg

OL BARN REPORTS ON ROSEBURG SHORT COURSE METERS SWIM MEET

A total of 53 eager paddlers swam at Roseburg in a first class meet directed by Terry McCurdy. They had raffles with door prizes, fun and games, plus a great clinic "la Butterfly" conducted by none other than Bert "world famous swimmer" Petersen. The administrative load was handled by Judy McCurdy in her great and inimitable fashion. Competitors reported a fine pool in warm and fast surroundings. A giant plus was the fine timing with a minimum of 3 per lane at all times plus back up watches.

There were a total of 5 world, 30 regional and 19 association records set in the two day meet, again a testimony to the quality of Oregon Masters.

WORLD RECORDS

ROBERT SMITH.....45-49.....50 M BACK - 30.63 (this breaks the old record of 31.07 held by G Sykes of England and also one of the oldest OMS records set in April '75 by Donlon Jones. 100 M Ind Medley in 1:08.09 (this breaks the old record of 1:08.97 by J Geohegan of the USA.

GINGER PIERSON.....40-44.....100 M BRST - 1:23.81 (breaking her old record of 1:24.23).....200 M FLY - 3:03.49 (also setting aside her old record of 3:11.29) Ginger's special trip from Iowa proved well worth the outing.

HERB EISENSCHMIDT.....80-84.....400 M IND MEDLEY in 9:25.63, really blistering Herb's old world of 9:52.82.....the St Helens flash called OB to tell him and the happiness of our grand old man was most evident.....another lesson in STAYING WITH IT !!!!!

REGIONAL RECORDS

Petey Smith (60-64) PETEY HAD FIVE REGIONAL RECORDS IN THIS ONE MEET.....50 m Free - 37.00.....100 m Free - 1:23.70.....200 Free - 3:04.74 (note-the world record is 3:03.95).....400 Free - 6:36.20.....800 m Free - 13:35.09...WOW !!!!!

Robert Smith (45-49) In addition to his 2 WORLD records , ROBERT turned in 3 regional bests.....50 m free - 26.86.....50 brst - 35.23.....50 fly - 29.46 all of these will probably hgold up for # 1 or # 2 in the world.

Geri Mathewson (40-44) swam the 400 m Free in 5:41.33, way to go Geri !!!!!

Joe Ruddley (70-74) set 2 regionals with the 400 m free in 9:13.32 and the 200 Ind Medley in 5:17.82.....JOE is another one who stays with it and stays fit !!

Jan Plesner (40-44) swam the 800 m free in 12:40.11 , great swim JAN !!!!

Charlotte Cowan (45-49) negotiated the 800 m free in 13:52.62, wunderbar CHARLOTTE.

Bev Dirksen (55-59) spun off the 800 m free at 15:47.43, good job - BEV !!!

Mike Morehouse (60-64) is swimming very well turning in 2 regional bests for the 800 m free at 13:41.17 and the 200 brst in 3:46.66, MIKE is a mover!!!

Margaret Wells (60-64) it is really great to see MARGARET back in the swim, she is back in style with the 100 m back in 1:59.97 and the 100 brst at 2:28.52 !!

Elfie Stevenin (65-69) ELFIE is definitely swimming better than ever, in this meet she set 4 new regional records.....200 m back - 5:48.94.....100 m fly - 3:10.45.....200 fly - 6:49.38 and the 400 Ind Medley in 13:02.89 WOW & WOW !!

Hazel Bressie (75-79) at 79 HAZEL just could not leave the age group for SCM with no records. So she hied herself down to Roseburg and set 5 bright and shiny new regional records.....200 brst - 8:49.26.....50 fly - 2:34.82.....200 fly - 11:23.25.....200 I M - 8:50.10.....400 I M - 18:37.20.

Ginger Pierson (40-44) GINGER added the 100 m Ind Medley with a fine 1:19.78.

RELAYS RELAYS RELAYS.....

Mxd Medley (240+) 4:01.07 (200m) UVM
Pat Lanier, Bev Dirksen, Terry McCurdy, Joe Ruddley

Mxd Free (240+) 3:23.16 (200m) UVM
Pat Lanier, Joe Ruddley, Bev Dirksen, Dave Putnam

ASSOCIATION RECORDS.....

Bev L'Esperance (55-59) 50 m free at 43.49

Ada Hebert (70-74) 50 m free in 1:08.75, and the 50 back at 1:14.31...not too bad for a new comer, WELCOME ADA !!!!!

Allan DeLay (70-74) swam the 50 m free in a fine 40.10

Bev Dirksen (55-59) added 3 new ones 100 m free - 1:38.50.....200 m free - 3:37.40.....50 brst - 1:01.49, now that's swimmin' up a storm !!!

Kathy Buck (35-39) adding two great swims.....400 free in 5:34.77 and the 800 m free at 11:29.67

NOTE - Kathy finished out her tenure as registrar for OMS logging in a total of 535 swimmers, wonderful job KATHY, thanks a million from all of us!!

Elfie Stevenin (65-69) added an association for the 800 free in 22:33.35

Dan Gray (40-44) into the books with a fine 800 free in 11:28.56

Gil Young (65-69) broke his own record in the 800 free with a 13:43.84

Leo Van Dijk (55-59) got in an excellent 50 m back for :47.78

Susan Case (35-39) a good job in the 100 back at 1:29.29

Mike O'Neil (35-39) paddled the 200 back in 2:50.82

Larry Dobson (19-24) OB can't find out whether this man is registered or not, if he is, then he has 2 new association records.....100 brst - 1:46.99 and the 100 Ind Medley at 1:34.78.

Susan Lee (19-24) swam a fine 200 brst in 3:23.24,

Margaret Wells (60-64) added to her totals with a 4:43.36 in the 200 brst

CLOSE TO RECORDS.....

Geri Mathewson in the 50 free - 32.39 vs 31.98 and the 100 free - 1:12.19 vs 1:11.21 plus a GT for the 200 free at 2:42.55

Bev L'Esperance in the 200 back - 4:10.83 vs 4:09.76

NIP AND TUCK.....

Mens 200 back (35-39) Mike O'Neil broke the old record of 2:51.21 with a 2:50.82 against Jim Elliott(who held the old record) in 2:52.31

Womens 200 brst (35-39) Susan Case in at 3:24.20 barely nudged Kathy Buck who turned in a 3:24.81

RIGHT ON AWARD

This has to go to Marianne Van Dijk, entered the 50 back with a 1:05.00 and swam a 1:05.00.....now that is RIGHT ON !!!!!

SANDBAGGERS (we are watching)

Mike Kolln , 100 free, entered 1:32.72 swam a 1:14.17

Mike Morehouse, 400 free, entered 7:50.00 swam 6:57.62...ouch

Elfie Stevenin, 800 free entered 25:23.19, swam a 22:33.35, that's almost 3 minutes Elfie

Margaret Wells, 200 brst , entered 6:00.00 swam it in 4:43.36

WELCOME TO OUR NEWCOMERS

Geri Mathewson, just a new name, used to be Geri Hanson, congratulations-OB wishes you lots of happiness !!!!!

Ada Hebert comes on board with records et al

Larry Dobson, ditto, and we hope that he is registered

John Ratliff a newcomer with lots of potential

It was great to see SUE GIRARD back in the swim we have missed you SUE

For those of you who may not have noticed this is the first OB Column on OB and Sally's new Leading Edge , our tutor Robert Smith told OB he had to write the next column on the "machine" well here it is, cut and pasted by hand as we don't know how to do it on the "machine".

OL BARN EXTRAS ...

All the hoop de do over David Berkoff swimming to a # 1 on the USA Olympic team, using the underwater dolphin kick in the 100 back, brought comments from quite a few Oregons - how come they have never heard of ROBERT SMITH, our Robert started swimming this a way in 1979 folks, that is a long time ago.

From USA TODAY, 9/2/88, NIKE Fitness Special Advertising Section. An article on "Cross Training" had a graph showing the comparable aerobic values of Running, Walking, Cycling, and Swimming. They compare a runner covering 1 mile in 8 minutes with a swimmer covering a 1/2 mile in 17:25. That my friends speaks very highly for the value of our sport, for a 1/2 mile swimming in 17:25 would be a kicking exercise for our younger swimmers, and our men through age 70 are at that pace for swimming, our women are the same through age 65. Those are mighty fine numbers to use when someone asks what do I get from swimming.

For you copy of the SPEEDO TOP TEN, please send \$ 10.00 to - Earl Walter, 3904 S W 57th, Portland, Oregon 97221.

FOR FUN , HEALTH, AND FITNESS-there is nothing to compare to Masters Swimming, let's share our fun with others, get your friends and neighbors in the swim, they will thank you for the rest of their LONG LONG lives !!!!!

ROSEBURG

25 METER 09/11/88 PG 1

! = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

N = NATIONAL

R = REGIONAL

+ = OREGON

Software by R.Smith

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

50BRST SUSAN E LEE 20 UVM :45.58
 100BRS SUSAN E LEE 20 UVM 1:33.16
 200BRS SUSAN E LEE 20 UVM 3:23.24+
 Oregon was- OPEN 99:99.99

100 IM SUSAN E LEE 20 UVM 1:31.08

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

200FRE STACEY LUND 26 UVM 2:42.48
 400FRE STACEY LUND 26 UVM 5:52.31
 200BAK STACEY LUND 26 UVM 3:09.45
 200 IM STACEY LUND 26 UVM 3:12.25
 400 IM STACEY LUND 26 UVM 6:44.21

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

50FREE LINDA G ANDRUS 31 UVM :32.90
 MARY GRILLO 33 GPY :33.35
 SUE MANDELL 34 GPY :36.01
 100FRE SUE MANDELL 34 GPY 1:24.79
 50BACK LINDA G ANDRUS 31 UVM :42.88
 SUE MANDELL 34 GPY :47.65
 LYNN A JONES 34 RVM :54.55
 100BAK LYNN A JONES 34 RVM 2:05.28
 50BRST MARY GRILLO 33 GPY :41.39
 LYNN A JONES 34 RVM :56.70
 100BRS MARY GRILLO 33 GPY 1:31.42
 200BRS MARY GRILLO 33 GPY 3:24.47
 50 FLY LINDA G ANDRUS 31 UVM :38.47
 SUE MANDELL 34 GPY :40.82
 LYNN A JONES 34 RVM :54.49
 100 IM MARY GRILLO 33 GPY 1:31.28

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

50FREE CYNTHIA A DUNLAP 36 COMA :37.32
 DIANE F PLANTE 37 GPY :43.24
 100FRE KATHLEEN P BUCK 37 CHM 1:12.21
 CYNTHIA A DUNLAP 36 COMA 1:26.75
 400FRE KATHLEEN P BUCK 37 CHM 5:34.77+
 Oregon was- KATHLEEN P BUCK 5:35.88
 800FRE KATHLEEN P BUCK 37 CHM 11:29.67+
 Oregon was- NANCY J MILNER 11:35.81
 50BACK SUSAN J CASE 39 THB :40.41
 100BAK SUSAN J CASE 39 THB 1:29.29+
 Oregon was- SUSAN J CASE 1:29.69
 200BAK SUSAN J CASE 39 THB 3:13.10
 50BRST CYNTHIA A DUNLAP 36 COMA :47.45
 DIANE F PLANTE 37 GPY :52.59
 100BRS KATHLEEN P BUCK 37 CHM 1:35.89
 200BRS SUSAN J CASE 39 THB 3:24.20
 KATHLEEN P BUCK 37 CHM 3:24.81
 100 IM SUSAN J CASE 39 THB 1:27.82
 CYNTHIA A DUNLAP 36 COMA 1:35.44

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

50FREE GERI MATHEWSON 40 RVM :32.39+
 Oregon was- JAN M PLESNER :34.16
 JAN M PLESNER 42 UVM :34.85
 100FRE GERI MATHEWSON 40 RVM 1:12.19+
 Oregon was- JAN M PLESNER 1:17.24
 JAN M PLESNER 42 UVM 1:17.32
 SUSAN M GIRARD 40 PIR 1:46.71

200FRE GERI MATHEWSON 40 RVM 2:42.55+
 Oregon was- BARBARA FRID 2:44.85

JAN M PLESNER 42 UVM 2:53.30
 SUSAN M GIRARD 40 PIR 3:48.77

400FRE GERI MATHEWSON 40 RVM 5:41.33+
 Oregon was- BARBARA FRID 5:44.93

SUSAN M GIRARD 40 PIR 7:58.91
 SANDY L CROSIER 42 UVM 9:24.07

800FRE JAN M PLESNER 42 UVM 12:40.11+
 Oregon was- JAN M PLESNER 13:03.88

SUSAN M GIRARD 40 PIR 16:11.56
 50BACK GERI MATHEWSON 40 RVM :43.99

100BAK SANDY L CROSIER 42 UVM 2:27.51
 200BAK SANDY L CROSIER 42 UVM 5:24.08

50BRST GINGER L PIERSON 42 THB :39.56+
 Oregon was- GINGER L PIERSON :39.71

100BRS GINGER L PIERSON 42 THB 1:23.81+
 Oregon was- PAMELA HIMSTREET 1:40.60

200BRS GINGER L PIERSON 42 THB 3:06.28+
 Oregon was- PAMELA HIMSTREET 3:43.61

50 FLY JAN M PLESNER 42 UVM :40.02
 200FLY GINGER L PIERSON 42 THB 3:03.49+
 Oregon was- OPEN 99:99.99

100 IM GINGER L PIERSON 42 THB 1:19.79+
 Oregon was- GINGER L PIERSON 1:22.89

---- 45-49 WOMEN ----

50FREE CHARLOTTE E COWAN 48 :40.17
 100FRE CHARLOTTE E COWAN 48 1:29.02
 200FRE CHARLOTTE E COWAN 48 3:15.67
 400FRE CHARLOTTE E COWAN 48 6:42.38+
 Oregon was- CAROLYN A FORBES 6:53.06
 800FRE CHARLOTTE E COWAN 48 13:52.62+
 Oregon was- CHARLOTTE E COWAN 14:12.54

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

50FREE PATRICIA E LANIER 54 UVM 1:02.95
 100FRE PATRICIA E LANIER 54 UVM 2:24.66
 50BACK PATRICIA E LANIER 54 UVM 1:05.43
 100BAK PATRICIA E LANIER 54 UVM 2:31.31
 200BAK PATRICIA E LANIER 54 UVM 5:25.93
 400 IM BEVERLY UNDERWOOD 53 UVM 11:12.15

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

50FREE BEVERLY L'ESPERANCE 56 KLF :43.49+
 Oregon was- BEVERLY A DIRKSEN :46.17
 MARIANNE VANDIJK 55 RVM 1:01.47
 100FRE BEVERLY A DIRKSEN 57 UVM 1:38.50+
 Oregon was- BEVERLY A DIRKSEN 1:41.15
 200FRE BEVERLY A DIRKSEN 57 UVM 3:37.40+
 Oregon was- BEVERLY L'ESPERANCE 3:45.99
 BEVERLY L'ESPERANCE 56 KLF 3:49.51
 400FRE BEVERLY A DIRKSEN 57 UVM 7:39.95+
 Oregon was- BEVERLY L'ESPERANCE 7:51.52
 800FRE BEVERLY A DIRKSEN 57 UVM 15:47.43+
 Oregon was- BEVERLY A DIRKSEN 15:53.61

50BACK BEVERLY L'ESPERANCE 56 KLF :53.43
 MARIANNE VANDIJK 55 RVM 1:05.00

100BAK BEVERLY L'ESPERANCE 56 KLF 1:59.79
 MARIANNE VANDIJK 55 RVM 2:22.31

200BAK BEVERLY L'ESPERANCE 56 KLF 4:10.83
 MARIANNE VANDIJK 55 RVM 5:04.70

50BRST BEVERLY A DIRKSEN 57 UVM 1:01.49+
 Oregon was- TAEKA MURRAY 1:14.47

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

50FREE PETEY MH. SMITH 64 NEWP :37.00+
 Oregon was- PETEY MH. SMITH :38.45
 100FRE PETEY MH. SMITH 64 NEWP 1:23.70+
 Oregon was- PETEY MH. SMITH 1:26.33
 200FRE PETEY MH. SMITH 64 NEWP 3:04.74+
 Oregon was- PETEY MH. SMITH 3:19.67
 400FRE PETEY MH. SMITH 64 NEWP 6:36.20+
 Oregon was- PETEY MH. SMITH 7:03.42
 800FRE PETEY MH. SMITH 64 NEWP 13:35.09+
 Oregon was- PETEY MH. SMITH 14:19.18

MARGARET A WELLS 62 WHOM 16:36.84
 100BAK MARGARET A WELLS 62 WHOM 1:59.97+
 Oregon was- OPEN 99:99.99

200BAK MARGARET A WELLS 62 WHOM 4:19.05
 100BRS MARGARET A WELLS 62 WHOM 2:28.52+
 Oregon was- OPEN 99:99.99

200BRS MARGARET A WELLS 62 WHOM 4:43.36+
 Oregon was- ELFIE J. STEVENIN 8:14.66

---- 65-69 WOMEN ----
 800FRE ELFIE J STEVENIN 67 THB 22:33.35+
 Oregon was- OPEN 99:99.99

200BAK ELFIE J STEVENIN 67 THB 5:48.94
 100FLY ELFIE J STEVENIN 67 THB 3:10.45+
 Oregon was- ELFIE J STEVENIN 3:24.00

200FLY ELFIE J STEVENIN 67 THB 6:49.38
 400 IM ELFIE J STEVENIN 67 THB 13:02.89+
 Oregon was- ELFIE J STEVENIN 15:09.37

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

50FREE ADA A HEBERT 72 CAM 1:08.75+
 Oregon was- HELENA W HOFFMAN 1:19.60
 50BACK ADA A HEBERT 72 CAM 1:14.31+
 Oregon was- HELENA W HOFFMAN 1:43.02

---- 75-79 WOMEN ----

200BRS HAZEL B BRESSIE 79 MACO 8:49.26+
 Oregon was- OPEN 99:99.99
 50 FLY HAZEL B BRESSIE 79 MACO 2:34.82+
 Oregon was- OPEN 99:99.99

200FLY HAZEL B BRESSIE 79 MACO 11:23.25+
 Oregon was- OPEN 99:99.99

200 IM HAZEL B BRESSIE 79 MACO 8:50.10+
 Oregon was- OPEN 99:99.99

400 IM HAZEL B BRESSIE 79 MACO 18:37.20+
 Oregon was- OPEN 99:99.99

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

50FREE LARRY DOBSON 22 OREG :33.50
 100FRE LARRY DOBSON 22 OREG 1:17.35
 100BRS LARRY DOBSON 22 OREG 1:46.99+
 Oregon was- OPEN 99:99.99

100 IM LARRY DOBSON 22 OREG 1:34.78+
 Oregon was- OPEN 99:99.99

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

50FREE BRAD G LONG 25 OREG :27.95
 100FRE BRAD G LONG 25 OREG 1:02.74
 800FRE BRAD G LONG 25 OREG 11:41.82
 50 FLY BRAD G LONG 25 OREG :36.46
 100 IM BRAD G LONG 25 OREG 1:18.20

ROSEBURG

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

N = NATIONAL

R = REGIONAL

+ = OREGON

Software by R.Smith

25 METER 09/11/88 PG 2

35-39 MEN

50FREE MICHAEL O'NEIL 38 UVM :27.86
400FREE JAMES M ELLIOTT 36 CHM 5:17.88
50BACK MICHAEL O'NEIL 38 UVM :35.57
100BAK JAMES M ELLIOTT 36 CHM 1:22.70
200BAK MICHAEL O'NEIL 38 UVM 2:50.82+

Oregon was- JAMES M ELLIOTT 2:51.21

JAMES M ELLIOTT 36 CHM 2:52.31
50BRST J STEVEN MOTT 38 GPY :39.31
100BRS J STEVEN MOTT 38 GPY 1:26.56
200BRS J STEVEN MOTT 38 GPY 3:12.73+

Oregon was- DONALD K BRIGHTBILL 3:13.48

50 FLY MICHAEL O'NEIL 38 UVM :30.01
200 IM JAMES M ELLIOTT 36 CHM 2:49.16
400 IM JAMES M ELLIOTT 36 CHM 6:05.73

40-44 MEN

50FREE STEVEN J SIMPSON 42 GPY :33.38
100FREE DANIEL R GRAY 43 RVM 1:08.01
MICHAEL T KOLLN 43 OREG 1:14.17
TED HOLDEN 40 RVM 1:18.06
200FREE DANIEL R GRAY 43 RVM 2:39.99
400FREE DANIEL R GRAY 43 RVM 5:32.21
TED HOLDEN 40 RVM 6:25.27
800FREE DANIEL R GRAY 43 RVM 11:28.56+

Oregon was- DANIEL R GRAY 11:40.67

50BRST STEVEN J SIMPSON 42 GPY :38.84
100BRS STEVEN J SIMPSON 42 GPY 1:27.56
TED HOLDEN 40 RVM 1:39.15
200BRS STEVEN J SIMPSON 42 GPY 3:10.54
TED HOLDEN 40 RVM 3:35.76
50 FLY DANIEL R GRAY 43 RVM :34.85
400 IM JOHN C RATLIFF 42 OREG 7:45.45

45-49 MEN

50FREE ROBERT S SMITH 45 PIR :26.86+
Oregon was- BERT L. PETERSEN :29.32
JAMES S EDWARDS 45 UVM :29.28+

Oregon was- BERT L. PETERSEN :29.32

100FREE JAMES S EDWARDS 45 UVM 1:07.88+

Oregon was- BERT L. PETERSEN 1:08.03

800FREE DONALD J KUYPER 45 OREG18:17.72

50BACK ROBERT S SMITH 45 PIR :30.63+

Oregon was- DONLAN JONES :37.80

50BRST ROBERT S SMITH 45 PIR :35.23+

Oregon was- BERT L. PETERSEN :38.63

BERT L. PETERSEN 49 PKRS :39.98

200BRS DONALD J KUYPER 45 OREG 4:04.78+

Oregon was- OPEN 99:99.99

50 FLY ROBERT S SMITH 45 PIR :29.46+

Oregon was- BERT L. PETERSEN :29.75

JAMES S EDWARDS 45 UVM :34.94

100FLY BERT L. PETERSEN 49 PKRS 1:10.50

200FLY DONALD J KUYPER 45 OREG 4:07.88+

Oregon was- OPEN 99:99.99

100 IM ROBERT S SMITH 45 PIR 1:08.09+

Oregon was- BERT L. PETERSEN 1:17.88

JAMES S EDWARDS 45 UVM 1:25.44

200 IM DONALD J KUYPER 45 OREG 3:40.76+

Oregon was- OPEN 99:99.99

400 IM DONALD J KUYPER 45 OREG 7:45.45

55-59 MEN

50FREE LEO J VANDIJK 55 RVM :34.90

DAVID F PUTNAM 56 UVM :35.25

100FREE LEO J VANDIJK 55 RVM 1:17.50

DAVID F PUTNAM 56 UVM 1:18.88

200FREE DAVID F PUTNAM 56 UVM 3:02.72

400FREE DAVID F PUTNAM 56 UVM 6:22.80

LEO J VANDIJK 55 RVM 6:32.60

50BACK LEO J VANDIJK 55 RVM :47.78+

Oregon was- TERRY C MCCURDY :51.26

100BAK LEO J VANDIJK 55 RVM 1:46.97

60-64 MEN

400FREE MICHAEL L MOREHOUSE 62 RVM 6:57.62

800FREE MICHAEL L MOREHOUSE 62 RVM 13:41.17+

Oregon was- OPEN 99:99.99

50BRST MICHAEL L MOREHOUSE 62 RVM :45.32

100BRS MICHAEL L MOREHOUSE 62 RVM 1:47.01

200BRS MICHAEL L MOREHOUSE 62 RVM 3:46.66+

Oregon was- GEORGE BAILEY 4:43.60

65-69 MEN

50FREE HUGH S RICHARDS 67 MHM :32.66

800FREE GILBERT N YOUNG 66 MHM 13:43.84+

Oregon was- GILBERT N YOUNG 13:57.24

50BRST HUGH S RICHARDS 67 MHM :45.24

50 FLY HUGH S RICHARDS 67 MHM :39.20

100 IM HUGH S RICHARDS 67 MHM 1:30.87

70-74 MEN

50FREE ALLAN DELAY 73 OREG :40.10+

Oregon was- DON E. DEVLIN :41.27

400FREE JOE D RUDDLEY 73 UVM 9:13.32+

Oregon was- JOE D RUDDLEY 9:23.85

800FREE JOE D RUDDLEY 73 UVM 19:06.38

50BACK ALLAN DELAY 73 OREG 1:00.75

200BAK JOE D RUDDLEY 73 UVM 5:25.77

200BRS JOE D RUDDLEY 73 UVM 5:46.70

200 IM JOE D RUDDLEY 73 UVM 5:17.82+

Oregon was- OPEN 99:99.99

80-84 MEN

50BACK HERB EISENSCHMIDT 81 THB :58.86

100BAK HERB EISENSCHMIDT 81 THB 2:03.03

200BAK HERB EISENSCHMIDT 81 THB 4:19.17

100 IM HERB EISENSCHMIDT 81 THB 2:05.24

400 IM HERB EISENSCHMIDT 81 THB 9:25.63+

Oregon was- HERB EISENSCHMIDT 9:52.82

100+ WOMEN

STACEY LUND, 26 *** SUSAN E LEE, 20 ***

15

LINDA G ANDRUS, 31 ***

200 MEDLEY RELAY

JAN M PLESNER, 42 *** UVM 2:37.97

160+ MEN

MICHAEL O'NEIL, 38 *** JAMES S EDWARDS, 45 ***

15

BRAD G LONG, 25 ***

200 MEDLEY RELAY

DAVID F PUTNAM, 56 *** OREG 2:46.38

100+ MIXED

MICHAEL O'NEIL, 38 *** SUSAN E LEE, 20 ***

20

STACEY LUND, 26 ***

200 MEDLEY RELAY

BRAD G LONG, 25 *** UVM 2:27.34

120+ MIXED

J STEVEN MOTT, 38 *** STEVEN J SIMPSON, 42 ***

20

MARY GRILLO, 33 ***

200 MEDLEY RELAY

DIANE F PLANTE, 37 *** GPY 2:45.38

160+ MIXED

JAN M PLESNER, 42 *** LINDA G ANDRUS, 31 ***

20

JAMES S EDWARDS, 45 ***

200 MEDLEY RELAY

DAVID F PUTNAM, 56 *** UVM 2:42.31

240+ MIXED

PATRICIA E LANIER, 54 *** BEVERLY A DIRKSEN, 57 ***

20

TERRY MCCURDY, 58 ***

200 MEDLEY RELAY

JOE D RUDDLEY, 73 *** UVM 4:01.07

ROSEBURG RELAYS (cont'd.)

100+ WOMEN

STACEY LUND, 26 *** JAN M PLESNER, 42 ***

120+ MEN

MICHAEL O'NEIL, 38 *** LARRY DOBSON, 22 ***

200+ MEN

MICHAEL L MOREHOUSE, 62 *** LEO J VANDIJK, 55 ***

100+ MIXED

MICHAEL O'NEIL, 38 *** SUSAN E LEE, 20 ***

120+ MIXED

LARRY DOBSON, 22 *** JAN M PLESNER, 42 ***
STEVEN J SIMPSON, 42 *** DIANE F PLANTE, 37 ***

240+ MIXED

PATRICIA E LANIER, 54 *** JOE D RUDDLEY, 73 ***

11

SUSAN E LEE, 20 ***

11

JAMES S EDWARDS, 45 ***

11

TED HOLDEN, 40 ***

7

STACEY LUND, 26 ***

7

LINDA G ANDRUS, 31 ***
J STEVEN MOTT, 38 ***

7

BEVERLY A DIRKSEN, 57 ***

200 FREE RELAY

LINDA G ANDRUS, 31 *** UVM 2:18.12

200 FREE RELAY

BRAD G LONG, 25 *** UVM 2:09.66

200 FREE RELAY

DANIEL R GRAY, 43 *** RVM 2:22.77

200 FREE RELAY

BRAD G LONG, 25 *** UVM 2:10.91

200 FREE RELAY

JAMES S EDWARDS, 45 *** UVM 2:19.41

MARY GRILLO, 33 *** GPY 2:22.69

200 FREE RELAY

DAVID F PUTNAM, 56 *** UVM 3:23.16

happy birthday

OMS November Birthdays

Stephen E. Arndt	11/03/48*	James S. Martin	11/05/37
Sandi Bahler	11/06/67	John M. McFadden	11/28/67
Allyn E. Brown	11/01/44	Michael D. McRae	11/10/48*
Lawrence L. Carriker	11/17/47	Bill S. Morrow	11/01/52
Teri J. Cottingham	11/16/59	J. Steven Mott	11/16/49
George J. Cowell	11/18/37	C. William Muter	11/15/42
Robert E. Davidson	11/29/47	Bonnie J. Nay	11/25/46
Nancy J. Dunton	11/01/58*	Roger B. Phillips	11/28/52
Herbert Eisenschmidt	11/16/06	Diane F. Plante	11/06/50
F. Agliette Elliott	11/24/26	Richard P. Riess	11/12/57
Amy C.W. Emmett	11/21/55	Joseph D. Ruddley	11/07/14
Joe M. Fassio	11/28/57	Steven E. Slover	11/29/50
Diane M. Flaherty	11/16/64	Lee E. Spiker	11/14/51
Martin L. Flogerzi	11/02/51	Judy M. Storie	11/19/54
Susanne S. Fogelson	11/08/37	Judith E. Taccogna	11/24/42
Brian T. Haliski	11/05/53*	Steve F. Tognoli	11/26/47
Pamela J. Himstreet	11/11/43*	Edward J. Urbanski	11/29/40
Robert H. Huizenga	11/05/49	Ketti F. Walker	11/15/44
Douglas P. Hunsicker	11/13/47	Kenneth E. Webb-Bowen	11/18/46
Michael E. Johnson	11/26/59	Tucker Whitson	11/22/44
Lynn A. Jones	11/25/53*	Laura A. Worden	11/13/57
Roy D. Lambert	11/12/46	Valeria C. Wyckoff	11/15/52
Forbes J. Mack	11/01/18*		

* = Moving up !

Thanks to Bruce Cheney and his Mac II !

OREGON MASTERS SWIMMING
MEET SCHEDULE 1988-89

DATE

PLACE/FORMAT

SHORT COURSE YARDS/METERS

Oct. 2, 1988	PARKROSE H.S., Portland/25 yards
* Oct. 29 & 30, 1988	ELLENSBURG, WA Region XII SC Meters Championships
* 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 10,11,12, 1989	To be scheduled
March 31, April 1 & 2, 1989	CHEHALEM AQUATIC CENTER, Newberg Association Championships
April 28,29,30, 1989 (tentative)	BEAVERTON, Tualatin Hills Pool Region XII SC Championships
May 4-7, 1989	MISSION BAY, BOCA RATON, FLORIDA USMS Short Course Nationals

LONG COURSE

June 2,3,4, 1989	To be scheduled
June 31, July 1,2, 1989	To be scheduled
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

AND . . .

* November 19 & 20, 1988	N. KITSAP HIGH SCHOOL, WA/25 yards
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* Meet entry enclosed in this issue.

*Good luck to our swimmers headed
to Australia this month!*

REGION XII SHORT COURSE METER CHAMPIONSHIPS
ELLENSBURG, WASHINGTON
OCTOBER 29 AND 30, 1988

SANCTIONED BY: IELMSC for USMS #3591029

PLACE: Kittitas Valley Memorial Pool, 815 East 6th Avenue, Ellensburg, WA 98926,
Phone: (509) 962-9863, ext. 210. Six lane pool, 25 meters long, with electronic
timing.

DIRECTIONS: Take Exit 109 off I-90, make a right onto Canyon Road. At first light,
Canyon Road becomes Main Street, continue north along Main Street past three lights,
stop at fourth light (8th Avenue). Take a right at 8th Avenue, go past two lights
stopping at the 3rd light (Chestnut Street). Take a right onto Chestnut Street for
two blocks, a left on 6th Avenue, and go one block.

ELIGIBILITY: All swimmers must be currently USMS registered. Competitors 19-24
years of age may jeopardize their amateur standing under FINA rule GK-1 by competing
at a Master's Meet.

AWARDS: First through sixth place ribbons will be available free of charge. Medals
may be purchased.

RULES: All current USMS rules will govern. All swimmers must be registered with
their association at the time of this meet. NOTE: Certified Stroke and Turn Judges
will be present.

RELAYS: Enter these during the warmups. Individuals must be signed up with the
association they represent in order to swim a relay for that association.

MOTELS: Best Western Inn
(509) 925-9801

Rainbow Motel
(509) 925-3544

Harold's Motel
(509) 925-4141

Regalodge Motel
(509) 925-3116

I-90 Inn Motel
(509) 925-9844

Spur Motel
(509) 925-2213

Lighthouse Motel
(509) 925-9744

Super 8 Motel
(509) 925-6888

Nites Inn Motel
(509) 962-9600

Thunderbird Inn
(509) 962-9856

Ponderose Motel
(509) 925-9388

Waits Motel
(509) 962-9801

REGION XII SHORT COURSE METER CHAMPIONSHIPS
ENTRY FORM

NAME _____ M _____ F _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____ USMS# _____

DATE OF BIRTH ____/____/____ AGE _____ (Your age at the meet is determined by your age on the last day of the meet.)

ASSOCIATION/CLUB: PNA HUSKY IEM MAC SRA CANADA OREGON UNATTACHED OTHER _____

Entries are limited to six events plus relays (no more than five in one day). Check the events you wish to enter and fill in your estimated time for short course meters. (For example, use your short course yard time and add 10%.) You may swim the 800 or the 1500 meter free, but not both.

Meet will be seeded slow heats first, except the 400 IM, and the 400, 800, and 1500 free which will be deck seeded fast heat first. Entrants swimming these events must check in 30 minutes before the meet start time.

EVENT	BEST TIME	EVENT	BEST TIME
Saturday 29, Warmup 8:00 am Start 9:00 am		Sunday 30, Warmup 7:00 am Start 8:00 am	
1 _____ 800 Free	_____	13 _____ 400 I.M.	_____
2 _____ 1500 Free	_____	14 _____ 200 Mix Free Relay	_____
Warmup 11:30 am Start Noon		Break	
3 _____ 50 Back	_____	15 _____ 100 Breast	_____
4 _____ 200 Fly	_____	16 _____ 50 Fly	_____
5 _____ 100 Free	_____	17 _____ 200 Free	_____
6 _____ 200 Free Relay	_____	18 _____ 200 Medley Relay	_____
Break		Break	
7 _____ 100 Back	_____	19 _____ 50 Breast	_____
8 _____ 50 Free	_____	20 _____ 200 Back	_____
9 _____ 200 Breast	_____	21 _____ 100 Fly	_____
10 _____ 200 I.M.	_____	22 _____ 100 I.M.	_____
11 _____ 200 Mixed Med Relay	_____		
Break and 15 minute warmup			
12 _____ 400 Free	_____		

DECK ENTRIES: No deck entries will be allowed.

ENTRY DEADLINE: Postmarked October 15, 1988. Send entries and make checks payable to: IELMSC, c/o Dave Zander, E 1922 15th Avenue, Spokane, WA 99203

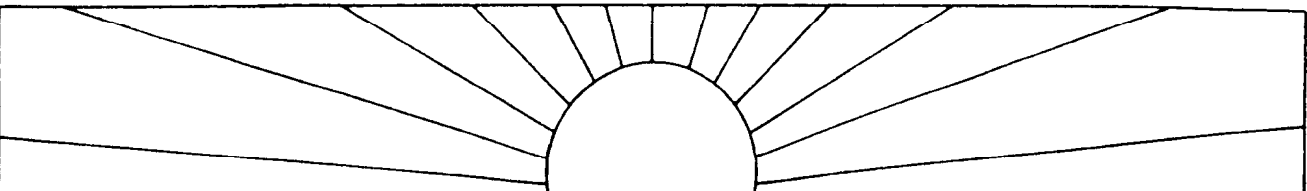
ENTRY FEE: \$10.00

USMS Registration - 1988-1989: \$19 (IEM swimmers only)
\$16.50 if over 60
\$33 Married Couples

STATEMENT OF RELEASE

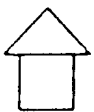
The undersigned agrees to hold United States Masters Swimming, Inc., all Local Masters Swimming Committees, the City of Ellensburg, Ellensburg Masters Swim Club, and Central Washington University Swim Team free and harmless from any and all damages, claims, demands, and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

SIGNED: _____



Many of you may remember that Martha Keller broke her hip several months ago. We have learned from our Mount Hood Masters group that Martha has now broken her other hip. The cards and letters that have been sent to her have been most appreciated. If you would like to send a greeting write to Martha Keller, c/o Otto Keller, 6350 SE Brownlee Road, Milwaukie, OR 97267.

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



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	(206) 254-9400 W
		(206) 254-9661 H
Corvallis	Mark & Laura Worden	(503) 753-9352
So. Oregon	Terry & Judy McCurdy	(503) 679-8144
IEA MASTERS	Mariah Clarke	(509) 926-2597
PNA MASTERS	Marietta Hunziker	(206) 564-9517
	Ann Gindroz	(206) 272-1854
SNAKE RIVER	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W

OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM

GRANTS PASS FAMILY YMCA SWIMMING MEET

SANCTION # 881 BY U.S.M.S. INC. AND L.M.S.C. FOR OREGON ASSOCIATION

ELIGIBILITY:
CURRENTLY REGISTERED USMS SWIMMERS, 19 YRS. + OLDER. UNREGISTERED SWIMMERS MUST SUBMIT A REGISTRATION FORM & FEE WITH THIS ENTRY. SEE LAST SHEET OF 'AQUAMASTER'.

SWIMMERS UNDER 25 YRS. MAY JEOPARDIZE THEIR AMATEUR STANDING UNDER FINA RULE GRI IF THEY COMPLETE IN MASTERS COMPETITION.

MEET: GRANTS PASS FAMILY YMCA SHORT COURSE MEET

DATES: NOV. 4 & 5, 1988

PLACE: GRANTS PASS FAMILY YMCA
GRANTS PASS, OREGON
6 LANES • INDOOR • MANUAL TIMING

* **FRI-NOV. 4**

WARM UP • 7:00-7:30 P.M.
MEET STARTS • 7:30 P.M.

HOST: GRANTS PASS FAMILY YMCA MASTERS SWIM TEAM & PAT WALSH OUR MEET DIRECTOR • 474-0001 (POOL)
476-3329 (HOME)

* CONFLICT WITH FOOTBALL SCHEDULE
LOCKER ROOMS UNAVAILABLE... (FRI. NIGHT ONLY)

SAT. NOV 5

WARM UP 8:00 AM - MEET STARTS 9:00 AM.

DIRECTIONS TO POOL AND MAP ARE ON REVERSE SIDE.

ENTRY DEADLINE - POSTMARKED NO LATER THAN 10-24-88. LATE ENTRIES CONSIDERED - CALL PAT.

KEEP UPPER PORTION RETURN LOWER PORTION

IF YOU'VE NOT YET REGISTERED WITH USMS FOR 1988-89, YOU MUST SUBMIT A USMS FORM AND FEE WITH THIS COMPLETED MEET ENTRY.

NAME: _____ **PHONE:** _____
ADDRESS: _____ **CITY:** _____ **ST:** _____ **ZIP:** _____
1988 USMS # ____ **8** ____ **BIRTHDATE:** _____ **SEX:** _____ **AGE:** _____ **CLUB:** _____

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: 19+, 25+, 35+, 45+, 55+, 65+, 75+ ... YOU ARE LIMITED TO A MAXIMUM OF 5 INDIVIDUAL EVENTS + 4 RELAYS. ENTER RELAYS AT THE MEET. 1000 FREE WILL BE DECK SEDED. ALL OTHER EVENTS WILL BE PRE-SEDED, FASTEST HEATS FIRST.

EVENT	ENTRY TIME	EVENT	ENTRY TIME	EVENT	ENTRY TIME
FRIDAY NOV. 4		MXD FR. RLY... 8 xx	xx xx	100 FLY... 15	_____
400 I.M... 1	_____	BREAK		50 BACK... 16	_____
1000 FREE... 2	_____	200 I.M... 9	_____	100 BREAST... 17	_____
SATURDAY NOV. 5		50 FLY... 10	_____	200 FREE... 18	_____
FREE RELAY... 3 xx xx xx		100 BACK... 11	_____	100 I.M... 19	_____
200 FLY... 4	_____	200 BREAST... 12	_____	MXD. MD. RLY... 20 xx xx xx	
200 BACK... 5	_____	50 FREE... 13	_____	500 FREE... 21	_____
50 BREAST... 6	_____	MED. RELAY... 14 xx xx xx			
100 FREE... 7	_____	BREAK			

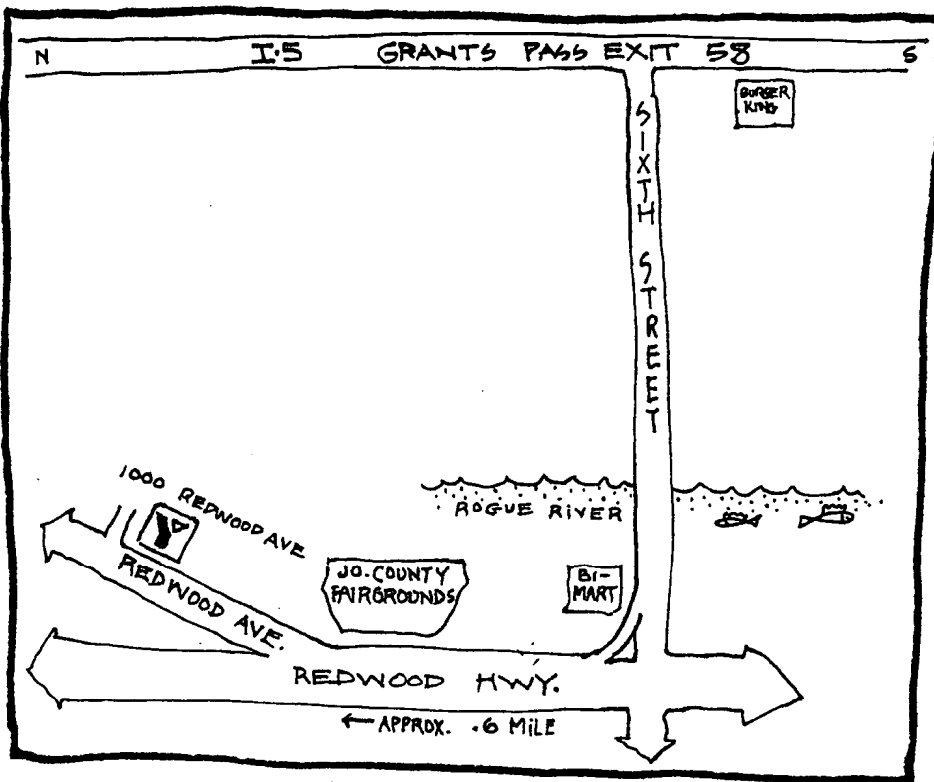
ENTRY FEE \$6.00 - SEND FORM(S) & FEE(S) PAYABLE TO O.M.S. TO:

O.M.S., 2051 N.E. 137 TH
PORTLAND, OR 97230

STATEMENT OF RELEASE: THE UNDERSIGNED AGREES TO HOLD USMS, INC & 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: _____



FROM I-5, EXIT 58. FOLLOW
6TH STREET THROUGH TOWN
FOR ABOUT 3 MILES.

AFTER YOU CROSS OVER THE
ROGUE RIVER WATCH FOR
REDWOOD HWY. TURN RIGHT.
RIGHT AGAIN ON REDWOOD
AVE.

.... HOST FAMILIES
AVAILABLE!

CONTACT PAT WALSH
AT 474-0001.

EIGHTH ANNUAL SWIM CELLAR PENTATHLON

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

DATE: Saturday, December 3, 1988
PLACE: Tualatin Hills Rec Center Pool - 15707 Walker Rd, Beaverton
TIME: Warmups: 8:00 AM Meet Starts: 9:00 AM
RULES: Open to currently registered USMS swimmers, 19 yr and older.
Current USMS rules will apply, except: 10 second penalty added to score for stroke/turn & false start infractions. Swimmers must swim all five events to be eligible for an award.
AWARDS: Special custom pins will be presented to the top 6 places in each age group, based upon total accumulated times.
ENTRY: Fee: \$6.00, includes awards. Deadline: postmarked no later than 11-22-88. NO DECK ENTRIES. NO LATE ENTRIES. Detach and mail entry form and fee(s) to: OMS, P.O. Box 1033, Tualatin, OR 97062. Make check payable to OMS.
PARTY: A party will be held immediately following the meet at Smokey's Pizza located at 12890 NW Cornell Rd. Maps will be available at the meet. Cost: \$5.00 per person.
HOST: Swim Cellar: 292-3379 Barbara/Brian Frid 645-6950

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

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

1989 USMS# _ _ 9 _ _ _ BIRTHDATE _____ SEX _____ AGE _____

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

<u>EVENT</u>	<u>TIME*</u>
50 - Fly	1 _____:_____._____
50 - Back	2 _____:_____._____
50 - Breast	3 _____:_____._____
50 - Free	4 _____:_____._____
100 - IM	5 _____:_____._____

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

FEES: Entry fee - - - - - 6.00
Party \$5/person - - - - -
TOTAL \$ _____

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

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

SIGNATURE _____ DATE _____



TEACHINGS FROM "HUNDO"

Hundo Smith is the first dog to swim across the mighty Columbia River. How did a small German Shorthaired Pointer brave over a mile of cold, choppy, treacherous water?

If the world's dogs ever organized an Olympics, humans would be second class athletes. Dogs are faster and more aerobic than humans, they can see and hear things humans can't imagine and they can smell far better and faster than a human with a room full of sophisticated equipment. While the human developed his brain power (and lost his senses) the dog became a more adaptable animal.

For many thousands of years dogs could outswim humans. It's only recently that the human started to use his brain and became a better swimmer. Are we now so advanced we still can't take a lesson or two from Hundo?

EAT TO LIVE

If you read the instructions on the dog food bag, Hundo should eat 3 to 5 cups of food each day. She gets about 1/2 that amount. If she ate 4 cups she would now be a lazy middle aged fat dog and the dog food companies would be richer.

Too many humans eat too much bad food because it looks pretty, or is well marketed or it's perceived as a symbol of success. To be a champion you should think independent of the masses and identify what is good for you. If Hundo could market her philosophy she would have sayings like:

You deserve a break today - eat raw food

If you love me don't over feed me.

Your friends don't deserve a dessert.

Hide the beef, give me the whole wheat bun

ENTHUSIASM MAKES THE DIFFERENCE

Hundo's chronological age is equivalent to a human 40 years. She gets so enthusiastic about her everyday experiences it's hard for someone to guess her age. Her enthusiasm powered her over the barriers of the cold and treacherous swim. Isn't this the way life should be lived? When is the last time you got turned on and really excited about an activity? When is the last time you laughed out loud, danced, sang with abandon, jumped as high as possible or moved like an internally motivated human should?

Picture yourself at age 80. Do you see a beaten person in a rocking chair, with a negative attitude focusing only on the barriers of old age. Or do you visualize a thin enthusiastic older person on a starting block with a ready smile and an ability to listen and learn from others.

In 6 years Hundo will be the equivalent of a human 80 year old. Come on by and meet her, she'll be excited about seeing you.

LOVE OF WATER

When Hundo goes for a walk near water, she can't resist it. She can smell it a long ways off and she runs to get in. She'd rather play "fetch" in the water than on land. When she swims after a stick she sprints towards it. She and I don't just like the water we love it. I look forward to every workout. Even before I get to the pool I've devised objectives and experiments that I will do in the workout. There is no distasteful work or drudgery in my workouts because I'm too busy discovering a new technique, learning a new fact or achieving a new time in the strange and exotic medium of water.

If you really love something and your passion is revealed by a strong wag of a tail or a proclamation from a housetop you will, in time, bubble to the top and be a champion.

FEARLESS CONFIDENCE IN ABILITY

When Hundo runs full speed through a forest and jumps over logs and leaps blackberry bushes she knows she'll regain her footing on the other side. She doesn't think of slipping or falling. When she jumped off the boat and started swimming she didn't think about how deep the water is or whether she'll cramp. It made no difference who passed her or who she passed. She was just swimming as fast as she could. She knew that if she continued her dog paddle everything would be OK. The concept of tripping, failure or egotism are foreign to her. I'm convinced she doesn't acknowledge or remember any tripping or falling. In the middle of a challenge she has supreme confidence in her abilities. She just keeps her eyes on the prize and any other happening is trivial.

GOOD STROKE - RELATIVELY

The "dog paddle" stroke is inefficient. Polar bears, otters and some other 4 legged water oriented creatures have better strokes. However, they all lack certain key anatomical gifts of the human.

There is one very important movement that Hundo and only elite Master swimmers perform. It is the concept of accelerating hand speed during the under water stroke. Many Master swimmers have seen the correct stroke pattern which involves sideways and up/down movements of the hand. What is difficult to explain on paper or from a coaches perspective is the speedup of the hand as it performs the pattern. Most swimmers just pull their hand through the water at a constant speed. They don't understand that the underwater hand travels a much greater distance than it does above the water or during the recovery.

Hundo practices one of the major laws of high speed swimming: "When your arms or legs are in a streamlined position you do not have to move them quickly but as they stick out at greater angles from the streamline position you must move them quicker until they are back in the streamline".

SPRINT WORKOUTS

With each advancing year Hundo swims faster. The reason is obvious to me. She never swims slow. She always swims at high speed. During her training sessions of fetching a thrown stick she only cares about how fast she can get to the stick. She never counts yardage. Her sprinting has enabled her to uncover techniques to get to the stick faster.

ALL SWIMMERS MUST BE REGISTERED FOR 1989

MEET ENTRY FORM: NOVEMBER 19, 20, 1988
Hosted by North Kitsap High School Swim Team
at North Kitsap High School Pool
Sanction# 883621

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____

USMS NUMBER _____

TEAM _____ or UNNATTACHED _____ ASSOCIATION _____
AGE GROUP: 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+

Age is determined by your age on the last day of the meet.
ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ EVENT _____ ENTRY TIME _____

ENTRY FEES

Surcharge @ \$2.00 \$2.00

Individual Events @ \$1.00 _____

Total _____

Checks to North Kitsap High School _____

Mail fees and this entry form to: Gordon Gray TEL: 697-1532
postmarked P.O. Box 84

ENTRIES ☒ NOVEMBER 8, 1988 Keyport, WA 98345

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, all local Masters Swimming Committees, North Kitsap High School Swim Team and North Kitsap High School Pool free and harmless from any and all damages, claims, demands, and legal action arising by reason of injury during the conduct of the event including all attorney fees and court costs.

NOTE: ENTER YOUR BEST ESTIMATE
OF YOUR TIMES...PLEASE NO "NTM".
(There will be prizes for those
who swim closest to their est-
mated times in events 4 thru 8.)

MEET INFORMATION: November 19, 20, 1988
Hosted by N. Kitsap H.S. Swim Team

ORDER OF EVENTS

EVENT # EVENT

SATURDAY NOV. 19

(check-seeded events,
check in by 3:30)

1 400IM

2 1650 FREE

SUNDAY, NOV. 20

3 500 FREE (9am check-in)

4 10 minute break

5 100 BACK

6 200 FREE

7 50 FLY

8 200 BREAST

9 100 IM

10 5 minute break

11 200 Free Relay

12 200 BACK

13 50 FREE

14 100 FLY

15 50 BREAST

16 5 minute break

17 200 Medley Relay

18 50 BACK

19 100 FREE

20 200 FLY

21 100 BREAST

22 200 IM

DATE: November 19, 20, 1988

TIME: Sat. Nov. 19:

Warm-up 4pm; meet 5pm

Sun. Nov. 20:

Warm-up: 8:30 am

Meet: 9:30 am

PLACE: N. Kitsap H.S. Pool

1881 Hostmark ST

Poulsbo, WA

(206) 779-3790

MEET DIRECTOR: Marilyn Grindrod

(on site)

Entries: Gordon Gray

(206) 697-1332

FACILITY: 6-lane 25 yd. pool,

diving area for warm-up

available throughout

the meet.

Water Temp: 82degrees

Concession stand

RULES: Current USMS rules will

govern the meet

ELIGIBILITY: Open to all USMS

1989 registered

swimmers 19 and older

as of the last day of

the meet.

SEEDING: Slow to fast except

400IM, 500 and 1650 FREE.

Note check-in times.

DIRECTIONS: From Bainbridge Island Ferry: Follow 305 to

Poulsbo. Turn RIGHT onto Hostmark (first light in

Poulsbo) Pool is .6mile up the hill, across from the

high school.

From Tacoma: Take Rt. 16 over Tacoma Narrows Bridge

to Hwy 3 North to Poulsbo. At the first light, Hwy 3

and 305 intersect. Continue straight on 305. Go

approximately 2 miles, turn left onto Hostmark. Pool

is .6mile up the hill across from the high school.

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

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANE.

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Each team name is followed by its official abbreviation. Use this abbreviation when filling out your 1989 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list contact the registrar, Dan Johnson, 7655 Cedarcrest, Portland, OR 97223 so your team may be properly registered.

1988 OMS Teams

<u>Location</u>	<u>Team Name</u>	<u>Abry.</u>	<u>Contact Person</u>	<u>Phone</u>
Albany	Albany Masters	ALB	Rod Cook	967-4521
Ashland	Rogue Valley Masters	RVM	Greg Frownfelter	488-1149
Astoria-Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Athletic Club	GPA	Julia Jamison	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Dan Johnson	244-8152
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Bend	North Bend Masters	NBM	Alice Parsons	267-7860
Coos Bay	Southern Oregon	SOR	Ralph Mohr	269-1565
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Crewell	Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Nancy Steele	484-4011
Eugene	Eugene Family YMCA	EY	Jerry Andrus	686-9622
Eugene	Univ. Of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Sean Broderick	687-5314
Grants Pass	Grants Pass Family YMCA	GPY	Pat Walsh	474-0001
Gresham	Mt. Hood Masters	MHM	Eric Guest	695-5500
Klamath Falls	Klamath Falls Masters	KLF	B. L'Esperance	884-9093
Lake Oswego	Piranhas	PIR	Bob Pratt	234-6058
Lincoln City	Lincoln City Masters	LCM	Brad Thomas	994-5208
Medford	Southern Oregon Swimmers	SOS	T.J. Murphy	772-6295
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Masters	NEWP	Petey Smith	265-3885
Portland	Columbia Park	CP	Arthur Welch	288-2474
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland	Multnomah Athletic Club	MACO	Libby Niedermeyer	223-7029
Portland	Multnomah Metro YMCA	MY	Sheila Henderson	227-2590
Portland	Portland Comm College	PCC	K. Von Tagen	244-6111x4201
Portland	Viking Masters Swimming	VMS	Bob Morrison	227-4984
Portland	Portland Parks Masters	PPM	John Zell	286-6103
Portland	Willamette Athletic Club	WAC	Brad Thomas	295-2255
Redmond	Cascade Aquatic Masters	CAM	Sean Taylor	548-6066
Roseburg	Umpqua Valley masters	UVM	Judy McCurdy	673-3673
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060
SweetHome	Sweet Home OR Masters	SHOM	Maureen Martin	367-3361
Vancouver, WA	Vancouver Old Timers	VOT	Andy Shrag	(206)254-9661

1989 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, 1988 through October 31, 1989.
Registrations for 1989 are accepted beginning October 1, 1988.

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.

\$9.00 of your \$14.00 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 (\$250.00 deductible.)

Accidental death & dismemberment	\$40,000.00
Accidental Medical Expenses	10,000.00

There are two clubs within Oregon Masters: OREG and MACO. Club designation affect eligibility to swim on relays. Regardless of your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO swimmers can swim relays with those registered with MACO. If you register "unattached," you are ineligible to swim on relays. You shall be registered for OREG unless you otherwise specify.

1. Don't forget to check the appropriate club.
2. This refers to the team you work out with. See preceeding page for the proper abbreviation.

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

☐ This is a New registration. ☐ I was registered in 1988.

Name _____
Last First M.I.

Address _____

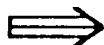
City _____ St _____ ZIP _____

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

Oregon Club: () OREG () MACO () unattached

Local Team (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

Office Use Only

1989

Reg. Fee (\$14.00) _____

Aqua Master(6.00) _____

Total _____

Mail to:

Dan Johnson
7655 Cedarcrest
Portland, OR 97223

Or enclose with meet registration

Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

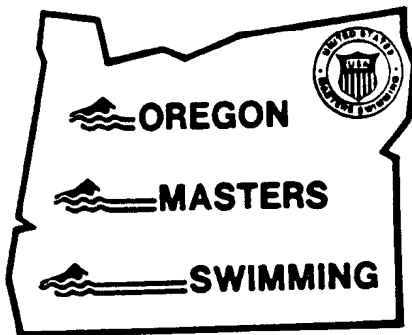
223-3137

For your PRINTING and OFFICE SUPPLY needs call

STEVENS-NESS LAW PUBLISHING CO.

the courtesy of sometime swimmer Jim Snow and

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