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Aqua-Master is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for subscription information. OMS is a part of United States Masters Swimming.

VOLUME 16 - NUMBER 1

MEET SCHEDULE 1988-89

SHORT COURSE YARDS/METERS

*February 4-5, 1989
*March 11-12, 1989
March 23-25, 1989
Mar. 31, Apr. 1-2, 1989

April 21-23, 1989

May 4-7, 1989

NEWPORT YMCA/25 yards
LINCOLN CITY/25 meters
KAH-NEE-TA/Swim Camp
NEWBERG, Chehalem Aquatic Center
Association Championships
BEAVERTON, Tualatin Hills Pool
Region XII SC Championships
MISSION BAY, BOCA RATON, FLORIDA
USMS Short Course Nationals

LONG COURSE

June 2,3,4, 1989
June 31, July 1,2, 1989
July 8 & 9, 1989
Late July/Early August

July 23-Aug 5, 1989

August 17-20, 1989

October 7-16, 1989

Unscheduled
Unscheduled
STATE GAMES OF OREGON
Region XII LC Championships
Hosted by IEA
ARHUS, DENMARK
1989 Masters Games
GRAND FORKS, NORTH DAKOTA
University of North Dakota
USMS Long Course Nationals
INDIANAPOLIS, INDIANA
Pan Pacific Masters Games

* Meet entry enclosed in this issue.

From the Editor...

Sorry for the late issue. We had to hold the presses for the Newport entry - and it's here. Because of the delay we have extended the deadline - we'll accept any entries that are postmarked by Jan. 27, 1989. Hope to see you there.

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NEWPORT SWIM MEET

* * * * *

(Entry form on next page)

MEET: Newport Short Course Meet DATE: February 4 & 5, 1989
PLACE: Newport YMCA-City Pool - 6 lanes WARM UP MEET STARTS
HOST: Bob Wienert, Newport YMCA Swim Team 9:00am 10:00am
265-9441(w) or 265-9670(h) 9:00am 10:00am

DIRECTIONS TO POOL: 1212 N. E. Fogarty. From the North via Lincoln City:
Hwy 101 South to Newport, Turn left (East) onto N. E. 12th St.
(near McDonald's & McIvar's). Go to end of 12th. From South:
On Hwy 101, go 1/2 mile North of Hwy 20 intersection, turn right
(East) onto N. E. 12th St. Pool is at corner of 12th & Fogarty.
Pool phone is 265-7770.

The following is a list of most of the motels and their rates for a queen bed, double occupancy. All of the motels are located within a mile of the pool. There will be a list of restaurants with price ranges available the day of the meet.

THE FOLLOWING MOTELS ARE LOCATED ON HIGHWAY 101 (Coast Highway)

Sands	265-5321	\$28
Seven Seas	265-2277	\$28
City Center	265-7381	\$26
Jolly Knight	265-7723	\$30
Newport Mtr Inn	265-8516	\$25
Newport Mtr Ldg	265-5433	\$23
Penny Saver	265-6631	\$28

THE FOLLOWING MOTELS ARE LOCATED NEAR THE BEACH

Whaler	265-9261	\$45	Ocean View
Waves	265-4661	\$39	Ocean View

CONDOMINIUMS

Whaler Beach House	265-9261	\$95	Furnished 3 bdrm. Sleeps up to 8. Kitchen, fireplace. Beach access.
Windjammer	265-8853	\$45- \$85	2-6 people. Best Western. Private spas, fireplace. Beach access.
Embarcadero	265-8521	\$54- \$130	2-8 people. Complete resort pool, jacuzzi, sauna. Kitchen fireplaces avail. Bay front location, great view.
Vikings	265-2477	\$50- \$135	2-6 people. Ocean front, beach access. Pool, jacuzzi Private decks.

PLEASE NOTE: All above prices may differ as these are quotes from last year.

OREGON MASTERS SHORT COURSE SWIMMING MEET ENTRY FORM
SANCTION NO. 89C BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 20 years and older.

MEET: Newport Short Course Meet, Newport YMCA/City Pool.

ENTRY DEADLINE: Postmarked no later than 1-23-89. No late entries will be accepted.

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

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

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, plus 4 relays. Enter relays at the meet. The 1650 Free will be deck seeded. All other events will be pre-seeded fastest heats first.

ENTRY TIME

400 IM 1 _____:_____:_____
1650 Free 2 _____:_____:_____

ENTRY TIME

Free Relay 3 XXXXXX
200 Fly 4 _____:_____:_____
200 Back 5 _____:_____:_____
50 Breast 6 _____:_____:_____
100 Free 7 _____:_____:_____
Mxd Fr Relay 8 XXXXXX

B R E A K

200 IM 9 _____:_____:_____
50 Fly 10 _____:_____:_____

ENTRY TIME

100 Back 11 _____:_____:_____
200 Breast 12 _____:_____:_____
50 Free 13 _____:_____:_____
Medley Relay 14 XXXXXX

B R E A K

100 Fly 15 _____:_____:_____
50 Back 16 _____:_____:_____
100 Breast 17 _____:_____:_____
200 Free 18 _____:_____:_____
100 IM 19 _____:_____:_____
Mx Med Relay 20 _____:_____:_____
500 Free 21 _____:_____:_____

All relays will be 200 yards. There will be no 400 yard relays.

MEET ENTRY FEE: \$6.00 SEND FORM & FEE(S) PAYABLE TO OMS TO: OMS,
P.O. BOX 1033, TUALATIN, OR 97062

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 _____

Congratulations!

Oregon
Masters
Swimming

The Connie Wilson Memorial trophy was presented at the Pentathlon on December 3, 1988. Connie Wilson was a fantastic person who gave a tremendous amount of her energy and time in the original organization of Oregon Masters Swimming. She, and a handful of others, including Earl Walter, laid the foundations of our great organization. Three years ago, Connie succumbed to cancer, and a memorial award was created in her honor. The recipient of this award receives a traveling trophy, and an engraved plaque which she retains. The

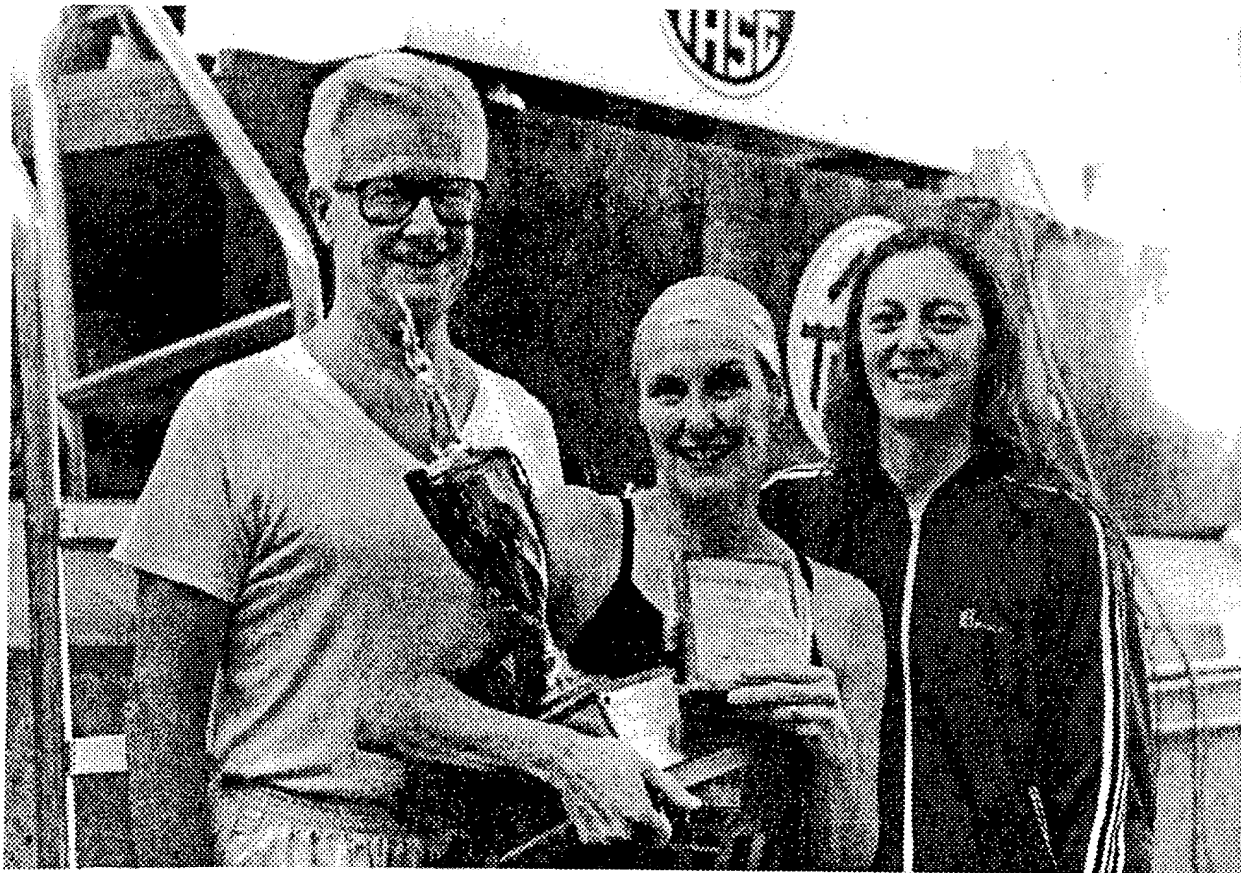
winner must be a person who has contributed time and effort to OMS for several years.

Barbara Frid is this year's deserving winner. Barbara is currently our membership chairman, and has been for several years. Oregon has hosted National Championship meets twice, and both times Barbara spent many hours making sure that these meets ran well, and were a credit to Oregon. Furthermore, as the one hundred plus people who swam in this year's Pentathlon know, she and her husband Brian

put on a fun and smoothly run meet every year. For sprinters, the Pentathlon is a time to truly shine. For those of us distance folks who do not possess any fast twitch muscles, it is a time to try for PR's in those strokes which we generally avoid.

Thanks Barbara for a great meet, and congratulations on winning an award which you truly deserve.

Kathleen Buck,
Chairman OMS



Earl Walter (left) and Kathleen Buck (right) present the ConnieWilson Memorial Trophy to Barbara Frid (center) at the Swim Cellar Pentathlon Dec. 03, 1988. Photo by Allan deLay

OL' BARNACLE DOES SOME CATCHING UP ...

RECEIVED THE OFFICIAL RESULTS OF THE 1988 REGION XII SCM CHAMPIONSHIPS. OMS HAD 3 SWIMMERS AND THEY ALL DID WELL.

NANCY MILNER :

OMS RECORD IN THE 100 FLY WITH A FINE 1:30.54.

NANCY ALSO WON THE GOLD IN THE 200 FLY IN 3:17.57, FOLLOWED THIS UP WITH 3 SILVERS IN THE 200, 400 AND 1500 FREE, WITH TIMES OF 2:53.49, 6:10.76 AND 24:00.43. WAY TO GO NANCY !!!!!

JOHN ZELL :

REGIONAL RECORD IN THE 200M BACK AT 2:35.03, THAT'S A # 7 TOP WORLD, AS WELL AS A 5 SECOND PR FOR JOHN.

JOHN ALSO PICKED UP THE GOLDS IN THE 50 BACK AND 100 BACK WITH FINE TIMES OF 32.64 AND 1:10.65. GREAT SWIMS JOHN !!!!!

ALLEN STARK : NEWCOMER TO OMS FROM HOUSTON. DR ALLEN STARK IS A GRADUATE OF RICE. IN 1987 WHILE SWIMMING MASTERS OUT OF HOUSTON HE SET THE NATIONAL RECORD FOR THE 50M BRST (SCM), WAS RANKED # 1 AND MADE ALL AMERICAN. THOSE CREDENTIALS ARE CERTAINLY WELCOME NEWS TO OMS, AND THE BEST PART IS YET TO COME, AS ALLEN TURNS 40 IN FEBRUARY.

ALLEN STARK :

NATIONAL RECORD - 50 M BREAST - 33.00 - A # 1 TOP WORLD TIME.

REGIONAL RECORD - 100 M BRST - 1:12.35 - ALSO # 1 TOP WORLD.

OMS RECORD - 200 BRST - 2:40.97 - # 2 TOP WORLD.

A BIG OMS AND OL' BARN WELL DONE TO THESE 3 SWIMMERS !!!!!

EIGHTH ANNUAL SWIM CELLAR PENTATHLON

HOSTED BY BRIAN AND BARBARA FRID, THEY ALSO SERVED AS MEET DIRECTORS. THIS CONTINUES TO BE SHOWCASE MEET FOR ALL OF MASTERS SWIMMING !!!!!

THE OFFICIALS WERE JUST TOP DRAWER :

REFEREE:BOB BROWN, STARTERS:HELEN BROWN AND LARRY SNEAD, STROKE AND TURN :JUDY AND PAUL HICKS PLUS RUTH AND TD HUGHES, ANNOUNCER : ROY WATTERS, ELECTRONIC TIMING:JUDY AND BOB HATHAWAY PLUS DAVE LINDSEY, TIMING-HEAD TIMER- BRETT ARVIDSON, HANDLING THE LANES WERE MEMBERS AND FAMILY OF THE TUALATIN HILLS DIVE CLUB, SCORING : NANCY DOBBS AND SANDI ROUSSEAU,

A REALLY BIG THANK YOU AND WELL DONE TO ALL OF THOSE FINE PEOPLE !!!!!

HIGHLIGHTS AND RECORDS

AGE GROUP OVERALL RECORD (45-49) ROBERT SMITH, ALIAS "DR SPRINT", WITH AN OUTSTANDING OVERALL TIME OF 165.82, SHATTERING THE OLD RECORD OF 185.08, THAT'S 20 SECONDS FOLKS, THAT'S SWIMMING !!!!! SHOULD WE REALLY BOTHER ROBERT BY ASKING HIM HOW COME LAST YEAR HE HAD A TOTAL OF 165.37, HE'S SLOWING DOWN FOLKS, YES, ALL OF .45 SECONDS, THAT'S ALMOST A HALF SECOND DR. SPRINT ?????

OL' BARN ... cont ...

NEW REGIONAL RECORDS :

MEN 60-64 - LLOYD MIESEN - 50 YD BRST - 36.46 (HIS OLD TIME - 36.85)

MEN 70-74 - FORBES MACK - 50 YD BRST - 41.06 (OLD RECORD WAS 41.84)

NEW OMS RECORDS :

WOMEN 65-69 - ELFIE STEVENIN - 50 FLY - 1:12.39 (WAS 1:19.26)
100 I M - 2:33.40 (WAS 2:36.70)

OB NOTE : ELFIE TOTALLED 516.60 LAST YEAR, THIS YEAR SHE COMES IN WITH
A TOTAL OF 443.62, NOW THAT'S GROWING OLD IN STYLE !!!!!

WOMEN 70-74 - LEONA BAUMGARTNER - 50 FLY - 1:00.00 (WAS 1:27.39)

A BIG OMS WELCOME FOR LEONA !!

MEN 70-74 - FORBES MACK - 50 FREE - 31.75 (WAS 32.37)

FORBES SAYS HE IS GOING TO ENJOY HIS NEW AGE GROUP FOR AS LONG AS
HE CAN !!

KATHY CASEY FROM PNA SWAM A FINE T OF 204.93, VS LAST YEARS 201.56

WALT REID ALSO FROM PNA, IS GETTING BETTER WITH AGE, JUST LIKE FINE WINE, WALT
HAD A T OF 196.03 VS LAST YEARS T OF 199.74.

CLOSE ONES, GOOD RACES AND GOOD TIMES

SUSAN YOUNCE HAD TO PULL OUT ALL THE STOPS IN THE 30-34 GROUP TO NOSE OUT
KRISTI GUSTAFSON, 221.70 AGAINST 2:23.68.

CHRISTY HARTMANN IS BACK !!!!! NOW KNOWN AS C.S. HARTMANN-CANNAR. CHRISTY WAS
ALL AMERICAN IN THE 50 YD BRST IN 1980 AND STILL HOLDS THE REGIONAL RECORD AT
33.10 AND THE OMS 100 IN 1:14.31. OB IS GUESSING THAT THE 44.83 FOR THE 50 BRST
INCLUDED AN ADD ON 10 SEC, WE DID SEE A CLOSE IN THE 50 FREE AT 33.39 VS
32.55, WELCOME BACK CHRISTY.

IN THE 40-44 GROUP GINGER PIERSON FOUND HER HANDS FULL WITH KATHY CASEY FROM
PNA, BOTH OF THIS GALS CAME IN AT 204.93 OVERALL.

BARBARA FRID SHOWED THE WAY IN THE 45-49 WITH NEAR MISSES IN THE 50 BRST 39.23
VS 38.50 AND THE 50 FREE AT 30.27 VS 29.92. HER OVERALL TOTAL WAS 212.60 VS HER
RECORD SET LAST YEAR OF 210.98.

LAVELLE STOINOFF (55-59) LAST YEAR 234.45 , THIS YEAR 237.39, VERY CONSISTENT
WITH NEAR MISSES IN 4 EVENTS, 50 FLY(41.97-41.33), 50 BACK(39.08-39.01), 50
BRST(42.26-41.68), AND THE 50 FREE(31.99-31.72)

PETEY SMITH WON THE 60-64 AND TURNED IN A FINE 50 FREE MISSING THE RECORD AT
32.93 VS 32.17.

A BARN BURNER IN THE 65-69 - ELFIE STEVENIN NEEDED THOSE 2 RECORDS AS SHE NOSED
OUT JUDY MELCHER (443.62 VS 444.10) CAN'T GET MUCH CLOSER THAN THAT !!!

LEOLA BAUMGARTNER (70-74) ADDED A VERY FINE 100 IM OF 2:14.63 VS THE RECORD OF
2:12.61, WHILE PICKING UP THE GOLD IN HER AGE GROUP.

STEVE HARGER WON THE 25-29 AND HAD A NEAR MISS AT THE 50 FLY WITH A 26.07 VS
25.35, STEVE TOOK THE BLUE RIBBON WHILE DAVE COBB AND HUNTER GRAHAM BATTLED FOR
THE RED AT 182.27 VS 182.89. WOW !!

OL' BARN ... cont ...

ROY ABRAMOWITZ IS BACK !!!!! WINNING THE 30-34 WITH A 166.62, NOT TOO SHABBY FOR FIRST TIME OUT OF THE BARN. DAVE BURLESON NOSED OUT ANDY SCHRAG FOR THE SILVER (170.53 VS 170.70) WITH JOHN ZELL TOUCHING OUT BART VIERS FOR 4TH AT 178.29 VS 179.23.

GARY HAFFER (35-39) CLOCKED GOOD TIMES IN THE 50 FLY AND 100 IM TO BEAT TOM COFFEY AT 173.01 WITH A 171.31, WHILE VERN DASCH AND MIKE DIRKSEN WENT TO THE MAT FOR 3RD PLACE , 175.46 VS 175.51, AND ALLEN STARK ALMOST BRUISED THE OMS 50 BRST RECORD 29.90 VS 29.61.

STEVE WARNER WON 4 OF 5 EVENTS IN THE 40-44, WAS CLOSE IN THE 50 FLY 26.07 VS 25.35. HIS OVERALL SCORE OF 177.84 SHADED CRAIG JORGENSEN WITH A 180.76.

AS MENTIONED EARLIER ROBERT SMITH ... TOOK THE 45-49 IN 165.82, SWIMMING GREAT RACES IN THE 50 FLY AT 25.38 AND THE 50 FREE IN 23.29. RICHARD BOYD ALSO BROKE THE OLD AGE GROUP RECORD WITH A FINE TOTAL TIME OF 180.68.

JIM BIGLER WON THE 50-54 WITH WINNING SWIMS IN 4 EVENTS, WHILE ROBERT KIM , WHO PLACED SECOND TURNED A FINE 50 FLY IN 32.61.

ART WELCH(55-59) SWAM A GREAT 50 FLY IN 32.25, TO AMASS 222.53, BEATING ERIC GUEST AT 231.30 , WHO DQ'ED THE 50 BREAST.

LEE MIESEN WON ALL 5 EVENTS TO WIN HIS AGE GROUP THE 60-64.

HUGH RICHARDS (65-69) SHOWED WHAT A CLASSY SWIMMER HE IS, WITH GERRY HUESTIS AND EARL WALTER COPPING OUT ON HIM, HUGH STILL WON THE OVERALL IN 220.32 VS HIS LAST YEARS RECORD OF 218.10. BOB MORRISON SHOWED TRUE GRIT WITH A 4 SECOND PR IN HIS OVERALL TOTAL.

GERALD HUESTIS WILL BE LOST TO OMS FOR THIS YEAR. GERRY AND HIS WIFE ALICE HAVE TAKEN A MEDICAL MISSIONARY TRIP INTO THE WEST INDIES. IF YOU WISH TO DROP THEM A CARD THE ADDRESS IS : ST JUDE HOSPITAL, P O BOX 331, VIEUX FORT-ST. LUCIA, WEST INDIES. OB THINKS THAT GERALD WILL PLAY TAG WITH THE CUDAS TO KEEP IN SHAPE.

FORBES MACK WON ALL 5 EVENTS IN THE 70-74, AS THE EXPECTED BATTLE BETWEEN HE AND BOB CUTTER DID NOT MATERIALIZE, WITH CUTTER A NO SHOW, OB'S GUESSING ANOTHER FLU VICTIM. FORBES 254.50 WOULD HAVE BEEN TOUGH TO BEAT THOUGH.

WE HAD A TOTAL OF 115 ENTRANTS, BUT THE 17 NO SHOWS , MORE THAN LIKELY MOST DUE TO THE RAMPAGING FLU BUG HURT, BUT LET'S COUNT OUR BLESSINGS WITH 20 NEWCOMERS.

THESE NEWCOMERS ARE : SANDI HYDE, JULIE KIEBURTZ, BECKY MECKLEM, KELLY CRYSTAL, CHRISTY HARTMANN, CONNIE SIGGINS, LEOLA BAUMGARTNER, MATT WHITTEMORE, HUNTER GRAHAM, DAVID HARGER, DAVID BURLESON, KELLY THORNTON, MATTHEW HADA, ALLEN STARK, GORDON HALE AND CLARK AUSTEN. SOME 4 OF OUR NEWCOMERS FAILED TO SHOW.

IT WAS A GREAT MEET , THOSE OF US WHO DID NOT MAKE IT, HAVE ONLY OURSELVES TO BLAME. IT IS A TRADITION FOR OREGON MASTERS.

THANKS AND THANKS AGAIN TO BARBARA AND BRIAN FRID. OLD BARNACLE SAYS HOW ABOUT DROPPING INTO THE SWIM CELLAR AND SAYING HELLO TO BARBARA !!!!!

CONNIE WILSON MEMORIAL TROPHY

THIS AWARD, NAMED FOR THE FOUNDER OF OREGON MASTERS SWIMMING, IS PRESENTED EACH YEAR TO THAT PERSON DEEMED BY HIS/HER PEERS, TO HAVE MADE LONG STANDING AND CONTINUOUS CONTRIBUTIONS TO OMS OVER A PERIOD OF NOT JUST ONE YEAR BUT MANY YEARS. HONOREES HAVE BEEN - EARL WALTER (1986) AND SANDI ROUSSEAU (1987).

THE HONOREE FOR 1988 IS MOST DESERVING AND FILLS OUT THE CRITERIA IN EVERYWAY.
1988 CONNIE WILSON HONOREE IS - BARBARA FRID.

BARBARA CAME TO OMS FROM FLORIDA IN 1978, WHERE SHE HAD BEEN AN ALL AMERICAN IN THE BACKSTROKE. BARBARA IMMEDIATELY MADE HERSELF AVAILABLE TO HELP IN THE GROWTH AND WORK OF OMS. OL BARN REMEMBERS SO WELL HOW HAPPY CONNIE WILSON AND WERE TO HAVE HER ON BOARD.

BARBARA AND HER HUSBAND BRIAN GAVE US THE ANNUAL SWIM CELLAR PENTATHLON , WHICH HAS NOW JUST COMPLETED ITS 8TH SWIMMING. CONSIDERED TO BE ONE OF THE FINEST MEETS IN MASTERS SWIMMING ANYWHERE.

IN 1982 , BARBARA TOOK ON THE TOUGH JOB OF MEET REGISTRAR FOR THE LONG COURSE NATIONALS. THEN AGAIN IN 1986, SHE AGAIN RAISED HER HAND AND HELP MAKE THE MEE THE GREAT SUCCESS THAT IT WAS, AS MEET REGISTRATIONS CHAIR AGAIN.

BARBARA HAS BEEN MEMBERSHIP CHAIR FOR OREGON MASTERS SINCE 1984, AND IS STILL GOING STRONG. THIS JOB REQUIRES SOMEONES ATTENTION ALMOST EVERYDAY OF THE WEEK, ,ANSWERING MAIL, AND FILLING REQUESTS FOR INFORMATION, ETC.

LASTLY BARBARA HAS BEEN AN ACTIVE BOARD MEMBER, CONTRIBUTING AT MEETING AFTER MEETING FOR SO MANY YEARS, IT IS SERVICE ABOVE AND BEYOND

WE COULD ALSO MENTION THE FACT THAT SHE HAS BEEN ALL AMERICAN FOR OMS IN 1982, AND IN 1987. IN TOP TEN HONORS, SHE IS ALWAYS IN THE TOP FIVE IN MOST OF HER EVENTS, EACH AND EVERY YEAR. A SWIMMER SHE IS !!!!!

OREGON MASTERS CAN BE VERY PROUD OF BARBARA FRID, AND WE ALL CONGRATULATE HER ON THIS WELL DESERVED HONOR.

A COUPLE OF EXTRAS

LETTER FROM NADINE WHITEHALL, SAYS SHE WILL BE STAYING IN THE USA THIS WINTER AND WILL BE SWIMMING IN AS MANY MEETS AS SHE CAN. OB IS PARTICULARLY GLAD AS I NEED SOME HELP WITH MY BUTTERFLY, I SUPPOSE PLUS SOME OTHER THINGS.

ALSO A NOTE FROM NANCY ROSS...SHE HAS STARTED SWIMMING AGAIN, AND ACTUALLY IS IN THE WATER 3 TIMES A WEEK...SHE CAUTIONS...NOT TO GET TOO EXCITED...HER FIRS LOVE IS STILL TENNIS...MAYBE A LONG "COURTSE" MEET THIS SUMMER NANCY ???

I CERTAINLY HOPE THAT 88-89 IS NOT TURNING INTO A YEAR LIKE 87-88...WAS REALLY READY FOR THE PENTATHLON...THEN COMES THE FLU BUG...GOT RID OF THAT MOSTLY ??? AND NOW THE BAD BACK, JUST BEGINNING TO FEEL GOOD AGAIN AND GUESS WHAT...JUST RECEIVED NEWS THAT THE OLD SWIMMIN' HOLE WILL BE CLOSED FOR A WEEK...IT DOES NOT RAIN IN OREGON, IT POURS !!!!!

ENOUGH OF THAT ... STAY WITH IT ... AND STAY FIT ... THERE'S ALWAYS STRETCHING AND WEIGHTS ... THOSE OF YOU WITH A POOL, I EXPECT GREAT THINGS OF YOU ... SEE YOU ALL AT THE MAC MEET JAN 14TH AND 15TH.

A POST SCRIPT...DON'T KNOW WHY SO MANY GREAT WRITERS ARE TURNING UP...MUST BE THAT THEY ARE REALLY GETTING TIRED OF OLD BARN OUT THERE...HOPE NOT ???

MARK FLINT...FIRST IMPRESSIONS...IF THEY DON'T PICK THIS UP AT THE NATIONAL LEVEL, I WILL BE VERY SURPRISED. JUST ABOUT THE MOST FUN THING I HAVE HAD THE PLEASURE TO READ IN A LONG TIME. PLEASE STAY WITH IT MARK, AND PLEASE GIVE US ANOTHER STORY SOON...THANKS A HEAP !!!!!

PENTATHLON

25 YARD 12/03/88 PG 1

U=DQ (+10 SECS)

*FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

19-24 WOMEN

✓ LISA K DAVIS	24	OREG	:30.81	:35.21	:39.19	:27.32	1:11.41	203.94
SANDI BAHLER	21	OREG	:32.51	:35.89	:37.36	:28.77	1:11.87	206.40
W SANDI L HYDE	20	OREG	:34.91	:38.38	:43.11	:29.03	1:18.53	223.96
W JULIE KIEBURTZ	23	OREG	:37.50	:41.16	:41.33	:32.52	1:20.55	233.06

25-29 WOMEN

ANDREE DEVINE	27	OREG	:31.22	:34.26	:38.28	:29.03	1:12.88	205.67
✓ MARY A YUSE	28	OREG	:34.68	:41.86	:38.41	:30.10	1:17.15	222.20
W BECKY S MECKLEM	25	MACO	:34.44	:40.05	:42.40	:31.96	1:21.32	230.17
SUSAN C KENNEDY	29	OREG	:35.68	:41.12	:45.18	:31.35	1:25.11	238.44
W KELLY CRYSTAL	26	OREG	:40.23	:40.77	:43.15	:33.20	1:24.32	241.67

30-34 WOMEN

✓ SUSAN YOUNCE	32	OREG	:43.20 U	:33.83	:40.84	:29.06	1:14.77	221.70
KRISTI K GUSTAFSON	33	OREG	:35.73	:34.15	:45.50	:31.27	1:17.03	223.68
KATY A ADAMS	31	OREG	:35.98	:40.22	:39.56	:29.59	1:20.18	225.53
✓ AMY C W EMMETT	33	OREG	:35.34	:40.37	:42.56	:31.32	1:21.00	230.59
KIM J BOGUS	30	OREG	:39.37	:38.78	:45.21	:29.32	1:20.90	233.58
LESLIE B WINTON	34	OREG	:39.12	:43.77	:44.80	:33.87	1:29.14	250.70
GAIL M KIMBERLING	32	OREG	:48.89	:48.26	:48.06	:36.04	1:38.10	279.35

35-39 WOMEN

MARJORIE MEEK	36	MACO	:32.72	:33.72	:40.03	:29.86	1:14.10	210.43
W C S HARTMANN-CANNAR	35	OREG	:34.30	:33.39	:44.83	:29.52	1:13.72	215.76
KATHLEEN P BUCK	38	OREG	:33.36	:37.94	:38.33	:29.40	1:16.77	215.80
SUSAN J CASE	39	OREG	:34.21	:35.97	:39.55	:30.95	1:16.81	217.49
NANCY J MILNER	37	OREG	:34.01	:42.63	:41.19	:31.59	1:22.18	231.60
CYNTHIA A DUNLAP	36	OREG	:38.89	:40.89	:41.43	:35.52	1:23.31	240.04
LISSA B PARKER	36	OREG	:55.06	:54.15	:50.93	:40.28	1:49.59	310.01
W CAROLYN S BAILEY	37	OREG						999.99
W ANN D NEWTON	35	OREG						999.99

40-44 WOMEN

KATHRINE CASEY	40	*PNA	:32.88	:35.17	:35.97	:28.32 +	1:12.59	204.93
GINGER L PIERSON	42	OREG	:31.75	:35.22	:35.57	:29.84	1:12.55	204.93
MONIKA HUNSCHER	40	OREG	:34.26	:37.75	:41.62	:31.55	1:20.15	225.33
W CONNIE SIGGINS	42	OREG	:37.62	:41.75	:42.83	:33.37	1:28.27	243.84

45-49 WOMEN

BARBARA FRID	46	OREG	:32.14	:35.28	:39.23	:30.27	1:15.68	212.60
PAMELA HIMSTREET	45	OREG	:39.26	:45.56	:42.25	:33.33	1:26.27	246.67
LINDA L JONES	46	MACO	:42.08	:42.39	:49.50	:36.57	1:32.70	263.24
JOANN DENNIS	47	MACO						999.99
W SYLVIA FIREMAN-GRAY	47	OREG						999.99

50-54 WOMEN

JOAN MARIE WHISMAN	52	OREG	:39.69	:45.82	:45.55	:34.29	1:35.91	261.26
HELEN JENSEN	53	OREG	1:02.87	:53.62	:55.00	:39.65	1:52.62	323.76
CAROL A DICKINSON	54	OREG	1:03.39	:46.51	1:07.93	:40.26	2:08.92	347.01

55-59 WOMEN

LAVELLE M STOINOFF	55	MACO	:41.97	:39.08	:42.26	:31.99	1:22.09	237.39
JOYCE BAHLER	58	MACO	:45.91	:47.92	:45.51	:39.27	1:34.19	272.80

60-64 WOMEN

PETEEY MH. SMITH	64	OREG	:42.79	:45.29	:52.55	:32.93	1:36.28	269.84
KATHLEEN A HUGHES	61	OREG	:56.14	1:01.64	1:00.32	:44.75	2:05.11	347.96

65-69 WOMEN

ELFIE J STEVENIN	67	OREG	1:12.39 +	1:09.53	1:24.63	1:03.67	2:33.40 +	443.62
JUDY M MELCHER	68	OREG	1:19.00 +	1:15.84	1:06.28	1:02.52	2:40.46 U	444.10

70-74 WOMEN

W LEOLA E BAUMGARTNER	71	OREG	1:00.00 +	1:24.20 U	1:07.88 +	:53.70 +	2:14.63 +	400.41
HELENA W HOFFMAN	72	OREG	1:27.12 +	1:30.83	1:33.49 U	1:00.15 +	2:57.40 +	508.99
BARBARA T HAVERCAMP	72	OREG	2:06.92	1:31.57	1:49.48	1:20.24	3:26.16	614.37

PENTATHLON

25 YARD

12/03/88 PG 2

U=D0 (+10 SECS)

1=FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
75-79 WOMEN								
	HAZEL B BRESSIE	79 MACO	2:19.93	1:20.96	1:40.18	1:25.31	3:35.14	621.52
19-24 MEN								
W	MATT WHITTEMORE	20 OREG	:27.25	:31.16	:34.44	:24.86	1:05.56	183.27
25-29 MEN								
	STEPHEN F HARGER	29 OREG	:26.54	:31.58	:30.92	:24.16	1:00.88	174.08
	DAVID M COBB	29 OREG	:29.23	:30.61	:31.84	:26.10	1:04.49	182.27
W	HUNTER S GRAHAM	26 OREG	:26.43	:28.23	:32.33	:34.90	1:01.00	182.89
	MICHAEL E JOHNSON	29 OREG	:30.60	:33.19	:34.51	:25.81	1:07.16	191.27
W	DAVID R HARGER	26 OREG	:42.04	:34.15	:33.65	:26.69	1:08.31	204.84
	ROGER P MARTIN	29 OREG						999.99
30-34 MEN								
	ROY ABRAMOWITZ	34 OREG	:25.39	:28.58	:29.96	:24.05	:58.64	166.62
	DAVID O BURLESON	31 OREG	:26.21	:27.42	:32.11	:24.04	1:00.75	170.53
	ANDY SCHRAG	31 OREG	:26.43	:28.70	:31.34	:23.94	1:00.29	170.70
	JOHN F ZELL	31 OREG	:27.68	:28.90	:34.16	:25.50	1:02.05	178.29
	BART VIERS	30 OREG	:27.79	:30.53	:31.82	:25.61	1:03.48	179.23
W	KELLY THORNTON	31 OREG	:28.00	:28.98	:35.23	:25.01	1:04.65	181.87
	GREG P ROMPEL	32 OREG	:28.75	:31.76	:34.38	:25.89	1:06.20	186.98
W	MATTHEW HADA	34 OREG	:31.98	:33.84	:31.47	:25.96	1:08.83	192.08
	DENNIS S OLSON	34 OREG	:30.88	:34.94	:35.11	:26.81	1:11.31	199.05
	TRYG STRATTE	32 OREG						999.99
35-39 MEN								
	GARY HAFER	37 OREG	:26.10	:27.30	:32.62	:23.73	1:01.56	171.31
	TOM K COFFEY	37 OREG	:26.22	:29.57	:32.29	:23.98	1:00.95	173.01
	VERNON DASCH	39 OREG	:27.21	:31.84	:31.27	:23.56	1:01.58	175.46
	MIKE T DIRKSEN	39 OREG	:25.91	:32.52	:31.02	:24.55	1:01.51	175.51
W	ALLEN L STARK	39 OREG	:27.89	:33.85	:29.90 +	:25.66	1:05.46	182.76
	JOHN E WALKKY	35 OREG	:28.84	:31.85	:32.37	:26.29	1:04.57	183.92
	BRUCE W CHENEY	37 OREG	:28.55	:31.28	:34.86	:25.32	1:05.37	185.38
	DANIEL P JOHNSON	35 OREG	:29.50	:33.38	:32.11	:25.99	1:05.01	185.99
	ROBERT A MAESTRE	38 OREG	:27.95	:32.33	:35.42	:27.96	1:02.76	186.42
W	GORDON P HALE	35 UNAT	:29.04	:33.24	:34.66	:26.30	1:08.33	191.57
	ADRIAN L KALIL	35 OREG	:30.98	:32.81	:34.71	:25.86	1:07.43	191.79
	JAMES M ELLIOTT	36 OREG	:29.09	:32.77	:36.81	:26.89	1:08.34	193.90
	GARY N BECKLEY	37 OREG	:29.75	:33.89	:37.29	:26.88	1:10.19	198.00
	LEE E SPIKER	37 OREG	:35.45	:39.12	:36.54	:27.35	1:19.19	217.65
	TREVOR G CHARLTON	39 OREG						999.99
	DAN J MARKEY	37 OREG						999.99
W	JOHN JESSUP	38 OREG						999.99
40-44 MEN								
	STEPHEN H WARNER	40 OREG	:26.07	:29.96	:34.55	:24.60	1:02.66	177.84
	CRAIG JORGENSEN	41 OREG	:28.04	:28.47	:34.80	:24.98	1:04.47	180.76
	JED P CRONIN	40 OREG	:26.74	:31.74	:34.85	:25.26	1:07.33	185.92
	GREG FROWNFELTER	40 OREG	:29.79	:32.70	:34.57	:25.54	1:07.18	189.78
	BILL C DORR	42 OREG	:31.03	:36.75	:34.92	:27.22	1:11.30	201.22
	KEITH A FINZER	43 OREG	:33.21	:41.01	:36.34	:29.14	1:14.36	214.06
	FRED A POUJADE	41 OREG	:43.74	:46.99	:38.37	:34.67	1:36.70	260.47
	L BUZ CARRIKER	41 OREG						999.99
45-49 MEN								
	ROBERT S SMITH	45 OREG	:25.38 +	:27.10 +	:30.74 +	:23.29 +	:59.31 +	165.82
	RICHARD D BOYD	45 OREG	:28.06	:31.23 +	:31.57 +	:25.48 +	1:04.34 +	180.68
	WALT E REID	48 #PNA	:30.91	:33.60	:33.63	:27.97	1:09.92	196.03
	JOHN M WIGHT	45 MACO	:31.19	:35.92	:36.10	:27.46	1:11.05	201.72
	BILL H MILLS	49 OREG						999.99

PENTATHLON

25 YARD

12/03/88 PG 3

U=DQ (+10 SECS)

*FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL	
50-54 MEN									
	JIM BIGLER	53	MACO	:33.41	:36.71	:36.98	:28.69	1:15.77	211.56
	ROBERT R KIM	54	MACO	:32.61	:42.44	:45.68 U	:29.93	1:19.17	229.83
	DAVID R ADDLEMAN	53	*PNA						999.99
55-59 MEN									
	ARTHUR C WELCH	56	OREG	:32.25	:38.76	:44.00	:29.56	1:17.96	222.53
	ERIC GP. GUEST	59	OREG	:32.81	:42.01	:48.09	:28.57	1:19.82	231.30
	DONALD F CAMERON	58	OREG						999.99
	TERRY C MCCURDY	58	OREG						999.99
60-64 MEN									
	LEE J MIESEN	61	MACO	:38.75	:40.08	:36.46 +	:37.23	1:24.50	237.02
	FRED ECKHARDT	62	OREG	:39.77	:44.95	:43.47	:38.72	1:33.83	260.74
	W CLARK AUSTEN	61	MACO	1:23.13 U	:54.89	1:10.46	:37.81	2:10.35	376.64
65-69 MEN									
	HUGH S RICHARDS	67	OREG	:33.71	:41.18	:38.22	:28.42	1:18.79	220.32
	ROBERT A MORRISON	67	OREG	:36.08	:40.30	:36.56	:34.16	1:25.63	232.73
	KHOSROW SHADBEH	67	OREG	:49.89	:48.44	:47.00	:43.45	1:56.90 U	305.68
	EARL WALTER	67	OREG						999.99
	GERALD A HUESTIS	68	OREG						999.99
70-74 MEN									
	FORBES J MACK	70	OREG	:43.33	:45.73	:41.06 +	:31.75 +	1:32.63	254.50
	MEL W ANDERSON	70	OREG	1:00.09	1:00.86	1:00.19	:40.59	2:05.02	346.75
	ARTHUR T HANLON	71	OREG	1:04.14	1:01.45	1:01.52	:51.85	2:15.45	374.41
	JOE D RUDDLEY	74	OREG						999.99
75-79 MEN									
	JACK HOEY	79	OREG	1:01.47	:45.95	1:05.26	:42.43	2:23.87 U	358.98
	LEE 'KIP' KING	76	OREG	1:03.17	1:00.78	1:13.59 U	:44.87	2:12.24	374.65
80-84 MEN									
	HERB EISENSCHMIDT	82	OREG	:56.58	:49.14	:54.24	:39.88	1:50.86	310.70

PENTATHLON -----

116 ENTRANTS -----

DR. SPRINT'S ANALYSIS 12/03/88 PG 1

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
19-24 WOMEN									
	LISA K DAVIS	24 OREG	972	877	875	1000	942	4666	.7003
	SANDI BAHLER	21 OREG	970	906	966	1000	986	4828	.6964
W	SANDI L HYDE	20 OREG	911	855	845	1000	910	4521	.7013
W	JULIE KIEBURTZ	23 OREG	950	893	987	1000	994	4824	.6912
25-29 WOMEN									
	ANDREE DEVINE	27 OREG	1000	939	934	981	962	4816	.7087
	MARY A YUSE	28 OREG	951	812	983	1000	961	4707	.6944
W	BECKY S MECKLEM	25 MACO	1000	887	930	983	951	4751	.7066
	SUSAN C KENNEDY	29 OREG	963	861	871	1000	907	4602	.7139
W	KELLY CRYSTAL	26 OREG	904	920	965	1000	969	4758	.6978
30-34 WOMEN									
	SUSAN YOUNCE	32 OREG	959	971	893	1000	957	4780	.7064
	KRISTI K GUSTAFSON	33 OREG	927	1000	833	967	966	4693	.6888
	KATY A ADAMS	31 OREG	901	831	938	1000	909	4579	.7110
	AMY C W EMMETT	33 OREG	971	877	923	1000	952	4723	.7025
	KIM J BOGUS	30 OREG	816	854	814	1000	892	4376	.6927
	LESLIE B WINTON	34 OREG	949	874	948	1000	936	4707	.7111
	GAIL M KIMBERLING	32 OREG	808	844	941	1000	905	4498	.7023
35-39 WOMEN									
	MARJORIE MEEK	36 MACO	1000	1000	935	999	992	4926	.7043
W	C S HARTMANN-CANNAR	35 OREG	943	999	826	1000	986	4754	.6834
	KATHLEEN P BUCK	38 OREG	966	876	962	1000	943	4747	.7115
	SUSAN J CASE	39 OREG	992	972	982	1000	992	4938	.7063
	NANCY J MILNER	37 OREG	1000	822	945	982	930	4679	.7097
	CYNTHIA A DUNLAP	36 OREG	931	913	1000	930	976	4750	.6941
	LISSA B PARKER	36 OREG	802	841	992	1000	905	4540	.7070
40-44 WOMEN									
	KATHRINE CASEY	40 PNA	944	910	988	1000	961	4803	.7084
	GINGER L PIERSON	42 OREG	979	910	1000	950	962	4801	.7080
	MONIKA HUNSCHER	40 OREG	1000	936	942	991	960	4829	.7114
W	CONNIE SIGGINS	42 OREG	972	903	977	1000	931	4783	.7240
45-49 WOMEN									
	BARBARA FRID	46 OREG	1000	939	938	969	954	4800	.7119
	PAMELA HINSTREET	45 OREG	930	827	990	1000	951	4698	.6995
	LINDA L JONES	46 MACO	952	975	927	1000	971	4825	.7043
50-54 WOMEN									
	JOAN MARIE WHISMAN	52 OREG	947	846	944	1000	880	4617	.7342
	HELEN JENSEN	53 OREG	691	836	904	1000	867	4298	.6957
	CAROL A DICKINSON	54 OREG	696	978	744	1000	769	4187	.7430
55-59 WOMEN									
	LAVELLE M STOINOFF	55 MACO	835	925	950	1000	959	4669	.6916
	JOYCE BAHLER	58 MACO	866	855	1000	924	948	4593	.6905
60-64 WOMEN									
	PETEEY MH. SMITH	64 OREG	843	822	786	1000	842	4293	.7136
	KATHLEEN A HUGHES	61 OREG	874	820	931	1000	881	4506	.7191
65-69 WOMEN									
	ELFIE J STEVENIN	67 OREG	932	1000	912	966	988	4798	.6916
	JUDY M MELCHER	68 OREG	733	787	1000	845	865	4230	.6932
70-74 WOMEN									
W	LEOLA E BAUMGARTNER	71 OREG	981	818	992	1000	982	4773	.6897
	HELENA W HOFFMAN	72 OREG	757	748	904	1000	835	4244	.7110
	BARBARA T HAVERCAMP	72 OREG	693	990	919	1000	958	4560	.6711
75-79 WOMEN									
	HAZEL B BRESSIE	79 MACO	561	1000	897	840	820	4118	.6923
19-24 MEN									
W	MATT WHITTEMORE	20 OREG	1000	901	906	1000	934	4741	.7154

DR. SPRINT'S ANALYSIS 12/03/88 PG 2

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

50FLY 50BACK 50BRST 50FREE 100IM TOT SF

25-29 MEN

	STEPHEN F HARGER	29	OREG	998	864	980	1000	977	4819	.6994
	DAVID M COBB	29	OREG	952	937	1000	972	969	4830	.7076
W	HUNTER S GRAHAM	26	OREG	1000	965	936	691	973	4565	.6671
	MICHAEL E JOHNSON	29	OREG	924	879	938	1000	946	4687	.7023
W	DAVID R HARGER	26	OREG	696	883	995	1000	962	4536	.6670

30-34 MEN

	ROY ABRAMOWITZ	34	OREG	1000	916	970	963	973	4822	.7039
	DAVID O BURLESON	31	OREG	1000	985	934	995	969	4883	.7125
	ANDY SCHRAG	31	OREG	993	943	958	1000	978	4872	.7064
	JOHN F ZELL	31	OREG	998	985	926	988	1000	4897	.6961
	BART VIERS	30	OREG	1000	938	1000	990	983	4911	.7084
W	KELLY THORNTON	31	OREG	979	975	891	1000	952	4797	.7109
	GREG P ROMPEL	32	OREG	987	921	945	1000	963	4816	.7081
W	MATTHEW HADA	34	OREG	860	838	1000	966	897	4561	.7167
	DENNIS S OLSON	34	OREG	952	867	958	1000	926	4703	.7165

35-39 MEN

	GARY HAER	37	OREG	996	982	913	1000	949	4840	.7187
	TOM K COFFEY	37	OREG	1000	914	929	998	966	4807	.7046
	VERNON DASCH	39	OREG	949	836	945	1000	942	4672	.7019
	MIKE T DIRKSEN	39	OREG	1000	821	956	963	946	4686	.7009
W	ALLEN L STARK	39	OREG	937	796	1000	929	896	4558	.7163
	JOHN E WALKKY	35	OREG	981	915	1000	981	984	4861	.7022
	BRUCE W CHENEY	37	OREG	972	915	911	1000	954	4752	.7053
	DANIEL P JOHNSON	35	OREG	951	866	1000	985	969	4771	.6991
	ROBERT A MAESTRE	38	OREG	1000	891	903	912	1000	4706	.6733
W	GORDON P HALE	35	UNAT	993	894	952	1000	948	4787	.7134
	ADRIAN L KALIL	35	OREG	915	891	935	1000	944	4685	.7032
	JAMES M ELLIOTT	36	OREG	1000	915	905	987	956	4763	.7049
	GARY N BECKLEY	37	OREG	990	896	904	1000	943	4733	.7090
	LEE E SPIKER	37	OREG	846	790	939	1000	850	4425	.7277

40-44 MEN

	STEPHEN H WARNER	40	OREG	1000	897	864	967	935	4663	.7047
	CRAIG JORGENSEN	41	OREG	976	991	901	1000	954	4822	.7133
	JED P CRONIN	40	OREG	1000	869	878	966	892	4605	.7243
	GREG FROMNFELTER	40	OREG	940	883	927	1000	936	4686	.7080
	BILL C DORR	42	OREG	961	837	978	1000	940	4716	.7087
	KEITH A FINZER	43	OREG	956	798	1000	994	959	4707	.6948
	FRED A POUJADE	41	OREG	766	735	1000	882	779	4162	.7425

45-49 MEN

	ROBERT S SMITH	45	OREG	1000	966	945	994	961	4866	.7154
	RICHARD D BOYD	45	OREG	983	910	1000	988	963	4844	.7122
	WALT E REID	48	*PNA	951	901	1000	958	944	4754	.7134
	JOHN M WIGHT	45	MACO	965	864	954	1000	952	4735	.7044

50-54 MEN

	JIM BIGLER	53	MACO	941	883	973	1000	932	4729	.7163
	ROBERT R KIM	54	MACO	956	757	1000	950	884	4547	.7203

55-59 MEN

	ARTHUR C WELCH	56	OREG	1000	858	839	995	929	4621	.7007
	ERIC GP. GUEST	59	OREG	954	768	745	1000	881	4348	.6902

60-64 MEN

	LEE J MIESEN	61	MACO	822	819	1000	781	847	4269	.7130
	FRED ECKHARDT	62	OREG	955	871	1000	895	909	4630	.7197
W	CLARK AUSTEN	61	MACO	567	778	673	1000	714	3732	.7111

DR. SPRINT'S ANALYSIS 12/03/88 PG 3

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
65-69 MEN									
	HUGH S RICHARDS	67 OREG	924	780	933	1000	888	4525	.7152
	ROBERT A MORRISON	67 OREG	885	817	1000	853	838	4393	.7359
	KHOSROW SHADBEH	67 OREG	823	874	1000	862	863	4422	.7231
70-74 MEN									
	FORBES J MACK	70 OREG	803	785	970	1000	844	4402	.7279
	MEL W ANDERSON	70 OREG	740	754	846	1000	799	4139	.7211
	ARTHUR T HANLON	71 OREG	838	902	1000	946	891	4577	.7235
75-79 MEN									
	JACK HOEY	79 OREG	725	1000	782	958	748	4213	.7672
	LEE 'KIP' KING	76 OREG	779	834	885	1000	835	4333	.7253
80-84 MEN									
	HERB EISENSCHMIDT	82 OREG	773	917	922	1000	886	4498	.7136



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) 753-5726
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

PENTATHLON ANALYSIS

In this analysis we will:

- ‡ Identify your best and worst strokes.
- ‡ See how well rounded an IM'er you are.
- ‡ Sermonize about the rest periods at the pentathlon.
- ‡ See whether you are best at sprint, middle, or long races.
- ‡ Sermonize about how to run your swimming life.

BEST AND POOR STROKES

See the "Dr Sprint's Analysis" computer printout with the wierd numbers after your name? Again, this year I have analyzed your swims against the best (young) human swims in each stroke and arrived at a relative number which represents how good you are in each stroke compared to them. Everyone has a best stroke and your best stroke at this meet is shown by a 1000 in that column. Your worst stroke is indicated by the lowest valued number. These numbers can guide you towards areas needing improvement. Just like last year's analysis, let's examine Barbara Frid, our meet host:

	fly	back	brst	free	im	total
Barbara Frid F 45-49	1000	939	938	969	954	4800

Barbara's best stroke (1000) in this meet is the butterfly. Her time in this event is closer in percentage to the worlds best in fly than any of her other times. Next comes freestyle (969) and her poorest stroke (by a hair) is breaststroke (938). It's interesting to compare this year's numbers against last years analysis. She swam very similarly. Her total score last year was 4768 so she has improved her IM balance. She clearly has a signature of abilities and probably hasn't changed her workout priorities to change this pattern. A score of 4800 is very impressive and probably puts her in the top 25% of balanced IM'ers.

SUSAN CASE WINS \$ 10.00 IN BEST BALANCED IM CONTEST

This year, SWIM CELLAR swimming store located in Cedar Hills Mall has donated a \$10.00 gift certificate to the best balanced IM'er at the meet. Susan Case (chosen by pure computer analysis) gets the prize. She led everyone in balanced abilities among the 5 events with a total score of 4938 points. You don't have to be fast to win this award, just well balanced. This year's top ten list includes:

Susan Case	F 35-39	4938
Marjorie Meek	F 35-39	4926
Bart Viers	M 30-34	4911
John Zell	M 30-34	4897
Dave Burleson	M 30-34	4883
Andy Schrag	M 30-34	4872
Robert Smith	M 45-49	4866
John Walkky	M 35-39	4861
Dick Boyd	M 45-49	4844
Gary Hafer	M 35-39	4840

BEST STROKES	FLY	BACK	BRST	FREE	IM
People with best stroke	19	5	20	57	2

Again this year, most people's best stroke (number of 1000's) is freestyle. Breaststroke lead fly this year due to the short break after the backstroke. Backstroke was poorly done again this year due to the devastation wrought on your body of finishing the fly and going into the backstroke without a break in the meet. The IM can't be taken seriously since everyone should be tired by that time. This years meet can best be described as:

50 FLY Heat 1 started at 8:59:30 (ahead of schedule !!)
 34 minutes rest until heat 1 of
 50 BACKSTROKE
 35 minutes rest (with a thankful small break) until heat 1 of
 50 BREASTROKE
 36 minutes rest until heat 1 of
 50 FREE
 45 minute rest (with break) until heat 1 of
 100 IM

USE CARL LEWIS AS A MODEL

Within minutes after each event you will quickly catch your breath. For an endurance trained athlete they will then be mostly ready for the next event. To a sprint trained swimmer the rest must be much longer - not to catch his breath but to vent out of his body the waste products near the muscles used in that event. Otherwise, the muscles ability to contract will degrade and your performance in the next event will be poorer. Sprint training yields much faster times because your muscles are taught to expend themselves quicker. The price of this speed is a debt that the body must pay over a longer period of time. This debt payment is longer for Masters and the older you are (poorer circulation) the longer it takes.

Remember the Olympic track & field events on TV this summer? Sprinters like Carl Lewis "worlds fastest human" strongly complained to the officials when he only received 40 minutes rest after his 100 meter race before he must start his first attempt in the broad jump. Carl Lewis is a perfectly conditioned human in the prime of his life who is backed up by a team of the world's best coaches and trainers. Yet he must have long rests between events that last only 10 seconds and 6 seconds (broad jump). Some people call me a wimp because I'm asking for a minimum of 45 minutes rest between events which last 3 times longer than many track & field events. Myself and other imperfectly conditioned, older, non-prime people bravely sign up for 5 events. We don't expect to win but we would like to have a chance at doing a personal best.

February Birthdays

SPRINT FACTOR

This year I instructed my computer to also print in far right column a number which I call sprint factor (SF). This number is an indication of whether you are better suited/trained in sprint, middle distance, or long distance events. I compared your times in the four 50 yard races against your time in the 100 IM. Thus this factor is exclusive to you and how you alone swam your 5 races. Generally speaking, a sprinter would have better times in the short 50 yard races and "die" more in the 100 IM. An endurance swimmer doesn't know how to get tired during the 50's and would perform better relatively in the 100 IM race. They would also be less tired by the end of the meet and be fresher for the final 100. Although this is a new formula and my interpretation is theoretical, my opinion is:

Sprint factor number

.6900 or less	extreme endurance (or had a great 100IM)
.6900+	long distance athlete
.7000+	middle distance swimmer
.7100+	sprinters
.7200+ or more	out of shape sprinters (or very poor IM)

If you scored a higher SF (more sprint oriented) than expected, perhaps you had a relatively poor 100 IM race and/or good 50's. If a lower SF than expected perhaps you had a good 100 IM race relative to your 50's and/or several very bad 50's.

WHAT IS THE BEST WAY TO RUN YOUR LIFE ?

One formula for a successful life is to take advantage of your best abilities. If you're large boned and overweight, don't try to be a jockey. If you're a good bookkeeper, don't quit and try to sell used cars. If you're 7 foot tall, don't aspire to be an olympic gymnast. If you have sprinter abilities, don't train for long distance events.

The purpose of determining your sprint factor number is to best fit you to the way you should be training. If your number is high, think about changing the way you train.

MATHEMATICAL BOREDOM

If you enjoyed this article and even have questions about how I derived best/worst stroke numbers or sprint factor, talk to your editor. Tell them you want to see boring mathematical formulas and sequences in future exciting Aquamaster editions.

	Beckley, Gary N.	2/28/51
	Bernstein, David	2/26/22
20	Borthel, Jennifer E.	2/23/68
	Branson, William L.	2/ 1/26
	Brown, Carolyn A.	2/ 1/62
	Case, Susan J.	2/20/49
	Clancey, Karin A.	2/15/54
	Core, Robert J.	2/16/47
	Cowan, Jackie G.	2/17/67
	Cronin, Kathryn L.	2/ 2/61
	Deardorff, Laila J.	2/ 6/61
	Dunlap, Cynthia A.	2/23/52
	Granger, Chuck D.	2/ 2/34
	Hafer, Gary L.	2/19/51
	Hankins, Cynthia A.	2/ 4/66
	Hebert, Ada A.	2/ 4/16
	Henke, Kelly L.	2/22/66
	Hodges, William R.	2/22/55
40	Holden, Ted	2/14/48
	Holland, James L.	2/28/24
	Hughes, Chris L.	2/18/52
	Jessup, John R.	2/10/50
30	Jones, Cynthia M.	2/25/58
	Jones, Donlan F.	2/ 5/30
	Keith, Stephanie G.	2/20/65
	Keller, Martha	2/10/01
	Kiebertz, Julie A.	2/17/65
	Kimberling, Gail M.	2/18/56
65	King, Elizabeth C.	2/24/23
	Kralovec, Charles L.	2/ 3/52
	Kribs, Cecil S.	2/21/42
35	Krolicki, Gregory T.	2/10/53
40	Looney, Krish L.	2/ 7/48
	Loosley, Steve	2/12/54
35	Mather, June	2/ 3/53
	McCurdy, Judy M.	2/ 4/39
25	McMaster, Melody G.	2/21/63
	McTeague, Ken L	2/ 5/32
35	Merten, Carolyn A.	2/27/53
	Miner, Janice K.	2/ 8/55
	Nelson, James C.	2/ 8/52
	Phillips, Mike D.	2/12/61
	Powell, David D.	2/26/52
	Putnam, David F.	2/ 8/32
35	Runkle, Skip G.	2/10/53
	Ryan, Julie A.	2/18/69
	Schmertzler, Les E.	2/18/50
	Seacat, Dennis J.	2/18/49
	Soldevilla, Fransisco	2/27/57
	Staley, Darlene J.	2/21/50
	Stark, Allen L.	2/ 3/49
	Starbuck, Vivian J.	2/ 6/35
	Stevenson, Harry M.	2/14/09
55	Van Dijk, Leo J.	2/ 7/33
	Van Rossen, M. Charles	2/29/56
55	Van Dijk, Marianne O.	2/17/33
	Walker, Toni	2/25/66

* Age is shown for persons moving up an age group.

OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM
SANCTION NO. 89C BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION

ELIGIBILITY : Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee with this entry.

MEET : Lincoln City SC Meters Meet DATES: Mar 11th and 12th, 1989
PLACE : Lincoln City Municipal Pool - 6 Lanes
HOST : Lincoln City Clippers Swim Team Warm Up Meet Starts
James Kulla, Meet Director 11th 6:00 PM 7:00 PM
Ph - 996 2195 (W) 12th 9:30 AM 10:30 AM

Directions to Pool : 2150 NE Oar Pl, Lincoln City. From North : Hwy 101 to Lincoln City. Turn left on NE 22nd (Dairy Queen on left), Go 1/2 block, turn right on Oar Place. From South : Hwy 101 to Lincoln City. Turn right on NE 22nd (Dairy Queen on right) Go 1/2 block, turn right on Oar Place.

ENTRY DEADLINE : Postmarked no later than 2-28-89. No late entries accepted.

RETURN THIS LOWER PORTION

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

1989 USMS # _____ BIRTHDATE _____ SEX _____ AGE _____ TEAM _____

REMINDER : IF YOU HAVE NOT REGISTERED WITH USMS FOR 1989. YOU MUST SUBMIT A USMS REGISTRATION AND FEE WITH THIS COMPLETED MEET ENTRY.

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95 +

RELAY AGE GROUPS : 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 400 IM, the 1500 free, and 400 free, will be deckseeded. All other events will be pre-seeded, fastest heats first.

SATURDAY, MAR 11th	ENTRY TIME	SUNDAY(cont)	ENTRY TIME
400 IM (1)	____:____.____	100 Back (11)	____:____.____
1500 Free (2)	____:____.____	200 Breast (12)	____:____.____
SUNDAY, MAR 12th		50 Free (13)	____:____.____
Free Relay (3)	XXXXXX	Medley Relay (14)	XXXXXX
200 Fly (4)	____:____.____	BREAK	
200 Back (5)	____:____.____	100 Fly (15)	____:____.____
50 Brst (6)	____:____.____	50 Back (16)	____:____.____
100 Free (7)	____:____.____	100 Brst (17)	____:____.____
MXD FR RELAY (8)	XXXXXX	200 Free (18)	____:____.____
BREAK		100 IM (19)	____:____.____
200 IM (9)	____:____.____	MXD MED RELAY (20)	XXXXXXX
50 Fly (10)	____:____.____	400 Free (21)	____:____.____

MEET ENTRY FEE: \$ 6.00, 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 of age are advised that they may jeopardize their amateur standing under FINA Rule GR1, if they compete in Masters.
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 during the conduct of the event, including all attorney fees and court costs.

Signature _____ Date _____

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1989 UMS registratin 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 SW Cedarcrest St., Portland, OR 97223 (244-8152), so that your team may be properly registered.

		1989 OMS TEAMS			
City	Team Name	Abrv.	Contact	Phone	
Albany	Albany Masters	ALB	Gus Arzner	??-??-??	
Ashland	Rogue Vally Masters	RVM	Greg Frownfelter	488-1149	
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661	
Beaverton	Griffith Park Ath. 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	
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624	
Creswell	Bohemia Swim Association	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 P.	Grants Pass Family YMCA	GPY	Pat Walsh	474-0001	
Gresham	Mt. Hood Masters	MHM	Eric Guest	695-5500	
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093	
Lk Oswego	Lake Oswego Swim Club	LOSC	Mike Berger	636-1041	
Lincoln C.	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	
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915	
Portland	Columbia Park	CP	Arthur Welch	288-2474	
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111	
Portland	Multnomah Athletic Club	MAC	L. Niedermeyer	223-7029	
Portland	Multnomah Metro YMCA	MY	Sheila Henderson	227-2590	
Portland	Portland Comm College	PCC	Karl 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 _____

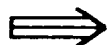
City _____ St _____ ZIP _____

() 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:

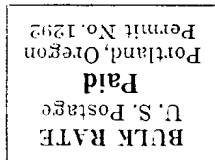
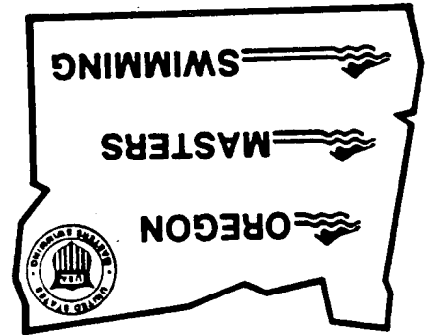
DAN JOHNSON/OMS
7655 SW CEDARCREST ST
PORTLAND, OR 97227

Or enclose with meet registration

Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

Susan Albright
10750 SW Wedgewood St.
Portland, OR 97225



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the courtesy of sometime swimmer Jim Snow and

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

