

**Oregon
Masters
Swimming**

Aqua-Master

**March
1989
Vol 16- Num 3**

CALENDAR & MEET SCHEDULE 1989

SHORT COURSE YARDS/METERS

| | |
|--------------------------|---|
| MARCH 15, 1989 | OMS BOARD MEETING 7:30 PM ANDY SCHRAGS |
| *MAR 31, APRIL 1-2, 1989 | OMS ASSOCIATION CHAMPIONSHIPS NEWBERG CHEHALEM AQUATIC CENTER |
| *APRIL 21-23, 1989 | REGION 12 SC CHAMPIONSHIPS BEAVERTON TUALATIN HILLS POOL |
| *MAY 4-7, 1989 | USMS SC NATIONALS BOCA RATON, FLORIDA MISSION BAY AQUATIC CENTER |
| MAY 7-7, 1989 | NEWPORT YMCA 25 YARD NEWPORT, OR |

LONG COURSE/SHORT COURSE METERS

| | |
|------------------------|---|
| JUNE 2-4, 1989 | UNSCHEDULED |
| JUNE 3-4, 1989 | BELLEVUE ATH. CLUB 50M BELLEVUE, WA |
| JUNE 25, 1989 | S. KITSAP POOL 50M SOUTH KITSAP, WA |
| JUNE 31-JULY 1-2, 1989 | UNSCHEDULED |
| LATE JULY/EARLY AUGUST | REGION 12 LC CHAMPIONSHIPS HOST: IEA |
| JULY 23-AUG 5, 1989 | 1989 MASTERS GAMES ARHUS, DENMARK |
| AUGUST 17-20, 1989 | USMS LC NATIONALS GRAND FORKS, ND UNIVERSITY OF NORTH DAKOTA |
| OCTOBER 1989 | PROPOSED OCEANA ZONE SCM CHAMPIONSHIPS |
| OCTOBER 7-16, 1989 | PAN PACIFIC MASTERS GAMES INDIANAPOLIS, INDIANA |

*MEET ENTRY ENCLOSED IN THIS ISSUE

ARE YOU READY FOR STATE, REGIONALS, AND NATIONALS ?!?!?



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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.

Z-Man says ---

Greetings fellow Oregon Masters,

John Zell here with my first issue and I hope you will share the excitement and will enjoy. Z-Man is a nickname some of my team members gave me at Columbia pool so hence the name of my column. You can see that alot of things have been changed and some new columns added. I hope to add more in time and will always be open to your input and suggestions to continue to make Aqua-Master great and something we all look forward to reading.

NEW COLUMNS ---

"Z-Man says" will replace "Between the Lane Lines" as this editors column to inform you of what's happening in our world of Masters Swimming and more. Any worthwhile information that you think I should pass along in this column PLEASE FEEL FREE TO CALL OR WRITE !!!!!!!! You folks are my sources for this info that I can pass on to everyone.

Earl Walters "ol' Barnacle" continues (with a new masthead) and I think with the new & improved Aqua-Master Earl will have to keep on his toes a bit.

Swim Files will profile two Masters swimmers per month. This will give you an opportunity to meet some of our fellow members and find out a little about them. This column may very well expand in the future and may profile teams as well.

My Favorite Workouts gives you a source for routines at the pool. This is your easiest way to contribute to Aqua-Master and get something of great value in return. Just jot down some of your favorite workouts and send them to me or give them to me at any swim meet. I hope that after a years time I can put these and other workouts together in a book form for all of our members to have and use.

"Extras" are additions to the regular columns that relate to that columns general subject matter and are "special".

Photos Photos Photos... As you can see this issue has photos as will every issue. I am renewing my love for photography and will be taking lots of pictures at meets and elsewhere. You too are encouraged to contribute any photos for publication. I prefer black and white because they yield the best half-tone PMTs for use as camera ready art for our printer. Color will work but the end result may not be as good. Any photos summited to Aqua-Master will be returned after review and/or use.

Writing contributions and any informative info will alway be welcome here at Aqua-Master, so don't be shy, send me anything you think our members would enjoy or benefit from reading. DR. SPRINT WHERE ARE YOU??? WE'D LIKE TO HEAR FROM YOU IN FUTURE ISSUES!!

S00000.....Without further adieu.....Z-Man says

Too bad the Newport meet was cancelled, but good news is that it has been rescheduled for May. The weather should be good and Newport is such a great place to go for the weekend.

Next up is the Kah-nee-ta Swim Camp in Warm Springs. I will not be attending, so I hope someone can write a nice report and maybe provide some photos as well.

Our State Championships are drawing closer all the time. Are you all training hard and getting ready for this meet??? Kathy Buck tells me that this years meet will feature computerized scoring, so we should have faster team score figures as the meet goes along and at the end of the contest. See this issues State meet entry form for an important team rule change.

Beyond State is Regionals, which OMS is hosting this year at Tualatin Hills in mid April. You best not peak at State cause there is bound to be some great competition at this meet as well. Lets show the rest of our region what kind of first class association we have by putting on an excellent meet. Good races...Good sportsmanship...Good friends!!!

And if State and Regionals aren't enough for you, (they aren't for me) Short Course Nationals are in May at Mission Bay in Boca Raton, Florida. Yours truly has his reservations for some fun in the sun and some heavy-duty competition at Nationals and I'll be bringing you a report and photos from Boca. If your going to Nationals, please let me know so that we can all get together for a Oregon team photo.

The March OMS board meeting will be held at Andy Schrags home the evening of March 15th at 7:30 p.m.

I don't know about you, but I can't read enough to further my knowledge about competitive swimming and so I wanted to take this opportunity to plug three fine magazines I subscribe to that would benefit you as well.

1. Swim Magazine A bi-monthly magazine specially for masters swimmers full of excellent articles on training, nutrition, technique and more.
2. Swimming Technique Magazine A quarterly magazine for swimmers and coaches interested in up-to-the-minute trends in stroke mechanics, swimming sports medicine and getting the most from their time in the water.
3. Swimming World Magazine "The Bible" of competitive aquatics. For over 26 years S.W. has provided the most complete coverage of all aquatic sports.

RATES

| SWIM Magazine (6 issues) | | Swimming Technique (4 issues) | | Swimming World (12 issues) | |
|-----------------------------|---------|----------------------------------|---------|-------------------------------|---------|
| 1 year | \$12.00 | 1 year | \$10.00 | 1 year | \$16.00 |
| 2 year | \$22.00 | 2 year | \$20.00 | 2 year | \$30.00 |
| 3 year | \$32.00 | 3 year | \$30.00 | 3 year | \$44.00 |

You can subscribe by phone toll free 1-800-538-9787
These are all excellent magazines that I have gotten lots and lots of worthwhile information from that have benefited my swimming.

Also.....

A bit of important info for your folks who know ADA HEBERT age 73 from Redmond. Ada recently suffered a seizure which will put her out of swimming for an indefinite period of time. At the time of this writing it is not known what Adas physical condition is, so we must encourage all of you to sent her a card. As we get more info we will pass it along.

Ada Herbert 622 N. 10th Redmond, OR 97756

Carolyn Ferris-Johnson, International Committee Chairperson of United States Masters Swimming wanted us to pass the following along to our readers.....

United States Masters Swimming will name one or more "official" travel agent for the 1990 Masters World Swimming Championships, to be held in Rio de Janeiro on August 6-12, 1990. United States Masters Swimming is an organization of over 28,000 members and sent approximately 600 of its members to the most recent World Championships, which were held in Australia in the fall of 1988. Any agency interested in pursuing a relationship with USMS should contact Carolyn Ferris-Johnson, 1685 Notre Dame Drive, Mountain View, California, 94040.

Well in closing I would like to say that putting this first issue out has been a real experience for me. Some things have gone well and other not so well. But now that I've got one under my belt, I think they will go smoother from here.

But, remember I need your help and input too so we can continue to make the old Aqua-Master better and better.

One final thought for you to remember at the pool during workouts....

From Dr. Keith Bell...A Masters All-American and well known swimming psychologist who asks you to ask yourself in workouts.....

"What can I do to get the most out of this set
and have fun while doing it"

See ya at the pool,



Newberg

Oregon
Masters
Swimming

Newberg has been selected as the site for the 1989 OMS Association Championships to be held March 31, April 1 & 2. It is a medium sized city of 12,000 people in the heart of the wine country of Yamhill County. Despite its modest size, the city has a strong aquatics orientation. (Newberg High Girls have won the State Water Polo Championships 3 years in a row !) This is due to the excellent swimming facility and enthusiastic staff and to the dedicated Masters swimmers that make up the Chehalem Masters (CHM). Meet Director is Robert Schmidt (538-9583).

The Town:

Newberg is between Salem and Portland, located west of the Interstate 5 corridor on 99W. The easiest route for those living in Portland and points North is to proceed south on I5 and take the 99W exit through Tigard. Proceed south through Sherwood/Six Corners about 8 miles to Newberg. For those approaching from the South, proceed north on I5 and take the Nyberg Road/Tualatin exit and head west. There are signs that will guide you to 99W at Six Corners. Turn south to get to Newberg.

The Pool :

If approaching Newberg from the North on 99W, turn right at the 2nd stoplight (Villa Rd). Proceed about 1/2 mile along Villa to Haworth and turn right. The Pool is on the corner of Haworth and Villa. If coming from South or West of Newberg on 99W, you will notice that 99W splits into two one-way branches through downtown Newberg. After these sections merge back into a two-way road, Villa is the first stoplight. Turn left on Villa and follow the above directions. If all else fails, the pool's phone number is: **538-4813**

Restaurants

Towards Portland from the pool on 99W:

Golden Corral Ye Old Pizza Abbey's Pizza The Noodle Eden's Gate
and most major fast-food chains

Towards McMinnville from the pool on 99W:

Horseless Carriage (on north bound branch of 99W one-way section)
Pasquale's (on north bound branch of 99W one-way section)

Lodging: Bed & Breakfast

Less than 4 miles to pool:

| | | | |
|--------------------------|---------|----------------|------|
| Owl's View B&B | Newberg | (503) 538-6498 | |
| Littlefield House | Newberg | (503) 538-9868 | \$40 |
| Secluded B&B | Newberg | (505) 538-2635 | \$40 |
| Spring Creek Llama Ranch | Newberg | (503) 538-5717 | |
| Smith House | Newberg | (503) 538-1995 | |

10 to 15 miles to pool

| | | | |
|-----------------------|-------------|----------------|--|
| Mattey House | McMinnville | (503) 434-5058 | |
| Steiger Houser | McMinnville | (505) 472-0165 | |
| Orchard View | McMinnville | (503) 472-0165 | |
| Oldsville Country Inn | McMinnville | (503) 843-3445 | |

Lodging: Motels

10 to 15 miles to pool

| | | | |
|---------------|-------------|----------------|------|
| Quality Inn | Tualatin | (503) 692-5800 | \$49 |
| Sherwood Inn | Lake Oswego | (503) 620-2980 | \$41 |
| Residence Inn | Lake Oswego | (503) 684-2603 | \$59 |
| Shilo Inn | Tigard | (503) 620-4320 | \$49 |
| Executive Inn | McMinnville | (503) 472-9493 | |
| Safari Motel | McMinnville | (503) 472-5187 | |

1989 ASSOCIATION SHORT COURSE CHMAPIONSHIPS
SANTIONED BY USMS, INC., AND LMSC FOR OREGON ASSOCIATION
Sanction No. 89E

ENTRY FORM ON NEXT PAGE

| | | | |
|--------|-------------------------------------|--------|-------------------------|
| MEET: | ASSOCIATION CHAMPIONSHIPS | DATE: | March 31st, |
| PLACE: | Chehalem Aquatic Center, Newberg | | April 1st and 2nd |
| | 6 lanes, indoor, small warm up area | | Warm Meet |
| HOST: | CHEHALEM MASTERS | Events | Up Starts |
| | Robert Schmidt, Meet Director | Fri | 1- 2 5:00p.m. 6:00p.m. |
| | 538-9583 | Sat | 3-12 8:00a.m. 9:00a.m. |
| | | Sun | 13-22 8:00a.m. 9:00a.m. |

DIRECTIONS TO POOL: 1802 Haworth Ave. Traveling West from Portland to Newberg on 99W, turn right at the second Newberg stop light (Villa Rd.). Pool is 3 blocks down, on the corner of Haworth & Villa.

ENTRY DEADLINE: Postmarked no later than 3-13-89. No late entries will be accepted.

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+

NOTE: All relays at the Association Championships will be a distance of 200 yards.

SEEDING: Enter relays at meet. The 400 IM, 1650, 1000 and 500 Free will be deck-seeded. 400 IM and 1650 entrants should check-in no later than 5:30pm on Friday. 1000 entrants should check-in before event #7 on Saturday. All other events will be pre-seeded, one heat fast men, one heat fast women, then mixed heats fast to slow.

SCORING AND AWARDS: Individual awards may be purchased at the meet for \$1.50 each. Team awards for 1st, 2nd and 3rd places will be awarded to Teams in the following categories:

THE PREVIOUSLY PUBLISHED TEAM CATAGORY BREAKDOWN HAS BEEN VOTED BY THE OMS BOARD TO BE CHANGED FROM 1-9, 10-19, AND 20+ TO A MORE EQUITABLE BREAKDOWN BASED ON TOTAL INDIVIDUAL ENTRIES PER TEAM AT THE CLOSING DATE OF RECIEPT OF ENTRIES FOR THE ASSOCIATION CHAMPIONSHIPS.

BE SURE TO USE THE OFFICIAL TEAM ABBREVIATION WHEN ENTERING.

THERE WILL STILL BE THREE CATAGORIES WITH THREE AWARDS.

The PARTY following Saturdays events will be held at ABBY'S PIZZA INN located at 1913 Portland Road (99W). From the pool turn right on Hayworth, go to stop at 99W and turn right. Abby's will be immediately on your right.

THIS WILL BE A NO HOST PIZZA PARTY.

1989 ASSOCIATION SHORT COURSE CHAMPIONSHIPS ENTRY FORM
SANCTIONED BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION
Sanction No. 89E

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

USMS # 9 AGE _____ BIRTHDATE _____ SEX _____

CLUB: (check one)

OREGON MAC PNA OTHER (please specify)

TEAM: _____ (i.e. THB, CHCM)

You are limited to a maximum of 6 individual events (not to exceed 5 in any one day) plus 4 relays. Enter relays at the meet. The 400 IM, 1650, 1000 and 500 Free will be deck-seeded. 400 IM and 1650 entrants should check-in no later than 5:30pm on Friday. 1000 entrants should check-in before event #7 on Saturday. All other events will be pre-seeded, one fast heat men, one fast heat women, then mixed heats fast to slow.

Please indicate if you are willing to swim two to a lane in the 1650 or the 1000 Free. Yes No

ENTRIES MUST BE POSTMARKED BY 3-13-89

| | ENTRY TIME |
|-----------------|----------------------|
| <u>FRIDAY</u> | |
| 400 IM | 1 _____:_____:_____ |
| 1650 Free | 2 _____:_____:_____ |
| <u>SATURDAY</u> | |
| 500 Free | 3 _____:_____:_____ |
| *Free Rly | 4 <u>X X X X</u> |
| 100 Back | 5 _____:_____:_____ |
| 200 Free | 6 _____:_____:_____ |
| 50 Fly | 7 _____:_____:_____ |
| 10 Minute Break | |
| 200 Breast | 8 _____:_____:_____ |
| 100 IM | 9 _____:_____:_____ |
| *Mxd Fr. Relay | 10 <u>X X X X</u> |
| 200 Back | 11 _____:_____:_____ |
| 10 Minute Break | |
| 1000 Free | 12 _____:_____:_____ |

| | ENTRY TIME |
|-----------------|----------------------|
| <u>SUNDAY</u> | |
| 50 Free | 13 _____:_____:_____ |
| 100 Fly | 14 _____:_____:_____ |
| 50 Breast | 15 _____:_____:_____ |
| *Medley Relay | <u>X X X X</u> |
| 50 Back | 16 _____:_____:_____ |
| 10 Minute Break | |
| 100 Free | 17 _____:_____:_____ |
| 200 Fly | 18 _____:_____:_____ |
| 100 Breast | 19 _____:_____:_____ |
| 200 IM | 20 _____:_____:_____ |
| *Mxd Mdly Relay | 22 <u>X X X X</u> |

*All relays will be a distance of 200 yards.

MEET ENTRY FEE: \$7.00 Send form and fees PAYABLE TO OMS TO: OMS,
P.O. Box 1033, Tualatin, OR 97062

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

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

SIGNATURE _____ DATE _____

"ol' Barnacle"

OL' BARN ... reports on U S Masters Long Course Relays, TOP TEN

OREGON MASTERS PLACE HIGH IN US MASTERS LONG COURSE RELAYS TOP TEN.

3 VERY FINE OREGON RELAY TEAMS PLACED NUMERO UNO IN THE NATION :

MENS 200 M FREE RELAY - 240 + - # 1 - 2:09.18

GERALD HUESTIS, EARL WALTER, ERIC GUEST, HUGH RICHARDS

MIXED 200 M FREE RELAY - 240 + - # 1 - 2:16.67

GERALD HUESTIS, PETEY SMITH, BARBARA FRID, HUGH RICHARDS

MIXED 400 M MEDLEY RELAY - 200 + - # 1 - 5:32.10 (NATIONAL RECORD)

BARBARA FRID, GINGER PIERSON, BERT PETERSEN, HUGH RICHARDS

3 GREAT TEAMS COME THROUGH FOR # 2 PLACINGS :

WOMEN 400 M MEDLEY RELAY - 160 + - # 2 - 5:45.53

BARBARA FRID, GINGER PIERSON, SANDI ROUSSEAU, KATHLEEN BUCH

MEN 200 M MEDLEY RELAY - 280 + - # 2 - 2:47.84 (WORLD RECORD AT THE TIME SWUM)

EARL WALTER, BOB MORRISON, HUGH RICHARDS, HERB EISENSCHMIDT

MIXED 200 M MEDLEY RELAY - 200 + - # 2 - 2:24.28

BARBARA FRID, RICHARD BOYD, ROBERT SMITH, PETEY SMITH

(NOTE : TEAM OF BARBARA FRID, GINGER PIERSON, BERT PETERSEN, AND HUGH RICHARDS
, STILL HOLD WORLD RECORD AT 2:20.00)

3 EXCELLENT TEAMS SWIM INTO # 3 SPOTS :

WOMEN 400 M MEDLEY RELAY - 120 + - # 3 - 6:50.55

KRISTIS GUSTAFSON, PAT KILLGORE, MANCY MILNER, VIVIAN STARBUCK

MEN 200 M FREE RELAY - 280 + - # 3 - 2:30.78

HERB EISENSCHMIDT, FORBES MACK, GIL YOUNG, HUGH RICHARDS

MIXED 400 M MEDLEY RELAY - 100 + - # 3 - 5:48.72

ROD COOK, SHARON BRICKER, BRADLEY RINKEN, AMY YOUMANS

PLUS A COUPLE OF # 5'S :

MIXED 200 M MEDLEY RELAY - 160 + - # 5 - 2:15.31

FRANK WERNER, GINGER PIERSON, SANDI ROUSSEAU, KEVIN KELLY

WOMEN 400 M MEDLEY RELAY - 160 + - # 5 - 7:36.03

SANDY HUG, ANGIE BALDASSANO, SHARON BRICKER, PAULINE STANGEL

OL' BARN OFFERS A TIP O' THE HAT TO THAT GREATEST RELAY SWIMMER OF THEM ALL,
THE PROLIFIC HUGH RICHARDS. WHEN YOU ARE A WORLD CLASS SPRINTER IN THE
FREESTYLE AND BUTTERFLY, YOUR SERVICES ARE CALLED UPON, OFTEN !!!

CONGRATULATIONS TO ALL OF THESE FINE SWIMMERS !!!!!

SUPER SET

10 X 100 YARDS FREESTYLE

--WOMEN--

| AGE GROUP | ORANGE | PURPLE | GREEN | RED | BLUE | GOLD |
|-----------|--------|--------|-------|------|------|------|
| 19-24 | 2:15 | 1:45 | 1:25 | 1:25 | 1:10 | 1:05 |
| 25-29 | 2:20 | 1:50 | 1:30 | 1:20 | 1:15 | 1:10 |
| 30-34 | 2:25 | 1:55 | 1:35 | 1:25 | 1:20 | 1:15 |
| 35-39 | 2:30 | 2:00 | 1:40 | 1:30 | 1:25 | 1:20 |
| 40-44 | 2:35 | 2:05 | 1:45 | 1:35 | 1:30 | 1:25 |
| 45-49 | 2:40 | 2:10 | 1:50 | 1:40 | 1:35 | 1:30 |
| 50-54 | 2:45 | 2:15 | 1:55 | 1:45 | 1:40 | 1:35 |
| 55-59 | 2:50 | 2:20 | 2:00 | 1:50 | 1:45 | 1:40 |
| 60-64 | 2:55 | 2:25 | 2:05 | 1:55 | 1:50 | 1:45 |
| 65-69 | 3:05 | 2:35 | 2:15 | 2:05 | 2:00 | 1:55 |
| 70-74 | 3:20 | 2:50 | 2:30 | 2:20 | 2:15 | 2:10 |
| 75-79 | 3:35 | 3:05 | 2:45 | 2:35 | 2:30 | 2:25 |
| 80+ | 3:50 | 3:20 | 3:00 | 2:50 | 2:45 | 2:40 |

--MEN--

| AGE GROUP | ORANGE | PURPLE | GREEN | RED | BLUE | GOLD |
|-----------|--------|--------|-------|------|------|------|
| 19-24 | 2:10 | 1:40 | 1:20 | 1:10 | 1:05 | 1:00 |
| 25-29 | 2:15 | 1:45 | 1:25 | 1:15 | 1:10 | 1:05 |
| 30-34 | 2:20 | 1:50 | 1:30 | 1:20 | 1:15 | 1:10 |
| 35-39 | 2:25 | 1:55 | 1:35 | 1:25 | 1:20 | 1:15 |
| 40-44 | 2:30 | 2:00 | 1:40 | 1:30 | 1:25 | 1:20 |
| 45-49 | 2:35 | 2:05 | 1:45 | 1:35 | 1:30 | 1:25 |
| 50-54 | 2:40 | 2:10 | 1:50 | 1:40 | 1:35 | 1:30 |
| 55-59 | 2:45 | 2:15 | 1:55 | 1:45 | 1:40 | 1:35 |
| 60-64 | 2:50 | 2:20 | 2:00 | 1:50 | 1:45 | 1:40 |
| 65-69 | 2:55 | 2:25 | 2:05 | 1:55 | 1:50 | 1:45 |
| 70-74 | 3:00 | 2:30 | 2:10 | 2:00 | 1:55 | 1:50 |
| 75-79 | 3:05 | 2:35 | 2:15 | 2:05 | 2:00 | 1:55 |
| 80+ | 3:10 | 2:40 | 2:20 | 2:10 | 2:05 | 2:00 |



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

Corvallis
So. Oregon

Mark & Laura Worden
Terry & Judy McCurdy

(206) 254-9661 H
(503) 753-5726
(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

(206) 564-9517
(206) 272-1854

SNAKE RIVER

Janet Wood

(208) 345-8843 H
(208) 339-7229 W

PROPOSED ALASKA MASTERS SWIM CAMP

Where: Anchorage, Alaska
Bartlett High School, 50 meter pool

When: June or July 1989

What: Long Course Training (a.m., 2 hours)
Short Course Training (p.m., 1 hour)
Video Taping and Analysis

Who: John Zell, Head Coach USMS & USS
ASCA Masters Certified & USS Level 3
7 years Masters/8 years USS

Why: To offer professional training in Alaska, an exciting
place to explore.

Possible Agenda: 5-7 days training
Halibut fishing/Salmon Fishing Charters - 2 days
Mount McKinley/Denali Park - 2 days

Housing: Budget to Elaborate

Restaurants: Budget to Elaborate

Transportation: Arrangements depend upon type of housing
selected (may be arranged by Alaska hosts).

JOHN ZELL & THE ALASKA HOSTS NEED YOUR INPUT:

1. What exactly would you like in this proposed clinic/tour package?
2. Is there enough interest for John and the city of Anchorage to pursue the clinic/tour package project?

Please notify John of your or anyone else's interest in the clinic/tour package and send suggestions and input to:

John Zell
P.O. Box 230125
Anchorage, Alaska 99523-0125
(907)345-7088

YES, I am interested. NAME _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ NUMBER IN MY PARTY _____

Please attach the names and addresses of others who are interested as well as your comments, suggestions, and questions and mail to John Zell at the above address.

Official Entry Blank for Individuals Events
1989 U.S.M.S. NATIONAL SHORT COURSE CHAMPIONSHIPS SANCTION #509-3
MISSION BAY AQUATIC CENTER, BOCA RATON, FL., MAY 4 - 7, 1989

| | | | |
|------------------------------|-----------------|--------------------------------------|------------------|
| Name _____ | | Sex _____ | |
| Last | First | Middle Initial | |
| Address _____ | | | |
| Street | City | State | Zip Country |
| Phone _____ | | | |
| Days | Evenings | | |
| Age _____ | Birthdate _____ | USMS# _____ | |
| on 5/7/89 | Month/Day/Year | Required Do Not Enter PENDING | |
| Club _____ | | LMSC _____ | |
| Abbreviation, if you know it | | | |

| Event No. | Women: Entry Time | Event | Men: Entry Time | Event No: |
|-----------|-------------------|-------|-----------------|-----------|
|-----------|-------------------|-------|-----------------|-----------|

Thursday, May 4, 1989 8:00am

| | | | | |
|-------------|--|---------------------|--|-------------|
| 1 ** | | 1000 Yard Freestyle | | 2 ** |
| 3 ** | | 1650 Yard Freestyle | | 4 ** |

Friday, May 5, 1989 8:00am

| | | | | |
|---------|----------------|---------------------------|----------------|---------|
| 5 | | 200 Yard Breaststroke | | 6 |
| 7 | | 100 Yard Butterfly | | 8 |
| 9 | | 50 Yard Backstroke | | 10 |
| 11 | | 100 Yard Freestyle | | 12 |
| 13 | | 200 Yard Ind. Medley | | 14 |
| 15 * | See Relay Form | 200 Yard Free Relay | See Relay Form | 16 * |
| 17 * | See Relay Form | 200 Yard Mixed Med. Relay | See Relay Form | 17 * |

Saturday, May 6, 1989 8:00am

| | | | | |
|---------|----------------|-----------------------|----------------|---------|
| 19 | | 200 Yard Backstroke | | 20 |
| 21 | | 100 Yard Breaststroke | | 22 |
| 23 | | 50 Yard Freestyle | | 24 |
| 25 | | 200 Yard Butterfly | | 26 |
| 27 | | 100 Yard Ind. Medley | | 28 |
| 29 * | See Relay Form | 200 Yard Medley Relay | See Relay Form | 30 * |
| 31 | | 500 Yard Freestyle | | 32 |

Sunday, May 7, 1989 8:00am

| | | | | |
|---------|----------------|---------------------------|----------------|---------|
| 33 | | 200 Yard Freestyle | | 34 |
| 35 | | 50 Yard Breaststroke | | 36 |
| 37 | | 100 Yard Backstroke | | 38 |
| 39 | | 50 Yard Butterfly | | 40 |
| 41 * | See Relay Form | 200 Yard Mixed Free Relay | See Relay Form | 41 * |
| 43 | | 400 Yard Ind. Medley | | 44 |

* Deck seeded events. See note on check-in times in meet info booklet. # You may swim only one of these events. TO COMPLETE THIS FORM: There are no qualifying standards for this meet. Enter your best time or a reasonable estimate in the space next to the event(s) you wish to swim, **DO NOT ENTER "no time"**. You may enter six (6) events, with no more than three (3) events per day the last three days of the meet, not including relays. Please mark your 6th entry with an asterisk (*). This event may be dropped if necessary. There will be no refunds for this event. Enter at your own risk. On Thursday, May 4, you may swim EITHER the 1000 yd. Free or the 1650 yd. Free. NOT BOTH. PLEASE REFER TO THE MEET INFORMATION BOOKLET FOR COMPLETE DETAILS OF THIS MEET. PLEASE READ IT THOROUGHLY.

1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS

Dates: May 4 - 7, 1989

Location: Mission Bay Aquatic Center, Boca Raton, FL

Sanctioned by: This event is held under sanction of Florida Gold Coast LMSC and USMS #509-3

Relay Eligibility: This event is open to all registered USMS swimmers 25 year of age and older as of May 7, 1989. Enclose a copy of your USMS registration card with your entry. If a swimmer wishes to affiliate with a Masters club, then the swimmer and club must be registered in the same LMSC. If there are any questions about a swimmer's affiliation, he or she will be entered "unattached". Foreign swimmers must submit their International Travel Permit with entry form and fees.

Entry Blank: There are no qualifying standards for this meet. However, guidelines have been provided in the meet brochure. Write your best times or a reasonable estimate in the space next to the event(s) you wish to enter. Do not enter with "no time". You can enter a total of six (6) events, no more than three (3) a day (not including relays). However, in the event of a large number of swimmer entries, there is a possibility of limiting each swimmer's event maximum to five (5). This will be determined by the championship committee prior to the printing of the heat sheets. Please mark your sixth (6) event with an asterick (*). This event will then be dropped if necessary. There will be no refunds for this dropped event. On the first day you may only enter one event, either the 1000 Free or the 1650 Free.

Conduct of Meet: All individual events less than 400 yards will be pre-seeded. Seedings will be by age group and sex, oldest to youngest, slowest to fastest within age groups. 500, 1000/1650Free, and 400IM events will be deck seeded, by sex, slowest to fastest, regardless of age.

Age Groups: 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+. Age as of the last day of the meet determines the age for the entire meet.

Awards: National Masters awards will be given for first through eighth place.

Scoring: Scoring will be 9-7-6-5-4-3-2-1 for individual events.

Fees: \$3.00 per individual event entered plus a \$13.00 surcharge per swimmer. This surcharge includes those who will only swim relays. See relay entry form for additional information about relays. An entry will not be considered complete until the check clears the bank. If there is any questions about an entrant's check, full cash payment will be required before being allowed to swim. Note: Requests for refunds must be made in writing and received by the Meet Director no later than April 1, 1989.

Banquet: A Viva Italia pasta buffet will be held at the Deerfield Beach/Boca Raton Hilton Ballroom on Saturday, May 6, 1989. Cocktails at 6:00pm; dinner begins at 7:00 pm. In keeping with the Florida spirit, there will be a Reggae band from 6:00 to 8:30pm and a dance band from 8:30 to 11:30pm. The cost is \$19.00 per person. Reservations must be included on the form below. There is a limited number of seats available and tickets will go to the first 1000 people.

CHECKLIST

For complete individual entry, send the following:

1. Completed, signed entry form:
 - A) only 6 events total, 3 per day (excluding relays, 1000 Free or 1650 Free)
 - B) do not enter "No Time"
 - C) mark your sixth (6) event choice with an asterick "***"

- | | | |
|--|----------------------------|---------|
| 2. Fees in US Dollars: | REGISTRATION | \$13.00 |
| A) \$13.00 surcharge for all swimmers including "relay only" swimmers | | |
| B) \$3.00 per individual event | ENTRY FEE: (# x \$3.00) | _____ |
| C) Viva Italia Buffet (optional) \$19.00 per person | BANQUET: (# x \$19.00) | _____ |
| D) One or three mile ocean swim (optional) \$5.00 (not a National Championship event) | OCEAN SWIM (\$5.00) | _____ |
| E) Final results (optional) \$5.00 | FINAL RESULTS (# x \$5.00) | _____ |

3. Copy of USMS registration card or travel permit

- | | | |
|--|------------|----------|
| 4. Self-addressed stamped envelope or post card for verification of entry receipt. | TOTAL (US) | \$ _____ |
|--|------------|----------|

5. Do not send cash make Checks Payable to: **Mission Bay Aquatic Center**

Everything must be received by April 1, 1989. Late entries will be returned to sender. Mail to:

1989 Masters SC National, Fred McInturff, Mission Bay Aquatic Center, 10333 Diego Dr. So Boca Raton, FL 33428 (407) 488-2001. Any return call will be collect.

Release from Liability: I, the undersign, intending to be legally bound, do hereby waive all rights to claims for loss damages against United States Masters Swimming, Inc., Mission Bay Masters Swimming, Mission Bay Aquatic Center and all Florida Gold Coast LMCS or any officiating individual of the meet, as a condition of my participation in the meet. I agree to abide by the rules of USMS, Inc. I have read and understand all information on this entry form and in the Meet Information Booklet for the 1989 USMS Short Course National Championships to be held in Boca Raton, FL., May 4-7, 1989.

Date: _____ Signed: _____

Official Entry Blank for Relay Events

1989 U.S.M.S. NATIONAL SHORT COURSE CHAMPIONSHIPS SANCTION #509-3
MISSION BAY AQUATIC CENTER, BOCA RATON, FL., MAY 4 - 7, 1989

| | | | |
|---------------------------------------|------------|-------------------------------|---------|
| Name of club or team | | LMSC (Local Association) | |
| Name of team representative at meet | | Club USMS Registration number | |
| Name of contact for relay information | Home phone | Work phone | |
| Street Address | City | State | ZipCode |

Instructions: Please enter an achieved time or a reasonable aggregate time for your relay teams under the correct event and opposite the correct age group and letter designation. Do not enter with "No Time" or your entry will be rejected. The age of the youngest swimmer is the age of the relay. If you enter more than three teams for any age group, please photocopy the form below and write "D", "E", "F" and so on.

Entry Deadline: All entries must be received by Saturday, April 1, 1989 or deck entered Wednesday, May 3, 1989 by 5:00 p.m. April 1 entries are \$8.00 per relay; May 3 entries are \$12.00 per relay. All relay swimmers must enter the meet by April 1. If you enter only relays, and not individual events you must fill out the reverse side of this form completely.

| Age Group + Relay Letter | Women's Relays | | Men's Relays | | Mixed Relays | |
|--------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|
| | Event 29 200 Yd. Medley Relay | Event 15 200 Yd. Free Relay | Event 30 200 Yd. Medley Relay | Event 16 200 Yd. Free Relay | Event 17 200 Yd. Medley Relay | Event 41 200 Yd. Free Relay |
| 25 + A | | | | | | |
| 25 + B | | | | | | |
| 25 + C | | | | | | |
| 35 + A | | | | | | |
| 35 + B | | | | | | |
| 35 + C | | | | | | |
| 45 + A | | | | | | |
| 45 + B | | | | | | |
| 45 + C | | | | | | |
| 55 + A | | | | | | |
| 55 + B | | | | | | |
| 55 + C | | | | | | |
| 65 + A | | | | | | |
| 65 + B | | | | | | |
| 65 + C | | | | | | |
| 75 + A | | | | | | |
| 75 + B | | | | | | |
| 75 + C | | | | | | |
| 85 + | | | | | | |

Photocopies of this form are acceptable; make sure you read and complete both sides.

1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS: RELAYS

Dates: May 4 - 7, 1989

Location: Mission Bay Aquatic Center, Boca Raton, FL

Sanctioned by: US Masters Swimming, Mission Bay Masters Sanction #509-3

Relay Eligibility: Each relay swimmer must be a USMS registered swimmer. All four (4) members of a relay must be properly affiliated with the same USMS club. The club and the swimmers must all be registered in the same Local Masters Swimming Committee (LMSC). "Unattached" swimmers may not swim on relay teams. Relay entries are in addition to individual events; you can swim a maximum of four (4) relays, and can swim only once in each relay.

Proof of Registration: A copy of your USMS registration card or travel permit is required.

Team Representative: Designate on the reverse side of this form the person who will be responsible for picking up, filling out, and returning your club's relay cards each day and claiming any awards for your club.

Age Groups: 25+, 35+, 45+, 55+, 65+, 75+, 85+. The age of the youngest swimmer determines the age of the relay.

Awards: National Masters medals will be given for first through eighth place.

Relay Scoring: (Men/women/mixed) 18, 14, 12, 10, 8, 6, 4, 2. Points from mixed relays shall count under combined team score only.

Fees: \$8.00 per relay (entered prior to April 1, 1989) plus \$13.00 surcharge for each swimmer.

Entry Deadline: Entries must be received by April 1, 1989; late entries will be returned to the sender. Mail early!!!

Late Entries: Clubs may deck-enter teams on Wednesday, April 3, 1989 at the Relay Registration Desk, for a fee of \$12.00 per relay. All relay swimmers (pre-entered or deck-entered) must have entered the meet and paid the \$13.00 surcharge by April 1, 1989. If you wish to swim relays and are not entered in any individual events, you must include your name on the list below, pay the surcharge, and sign the release at the bottom of this page.

Complete for any relay swimmer who is not entered in an individual event.

| Name (Last) | (First) | Sex | Age on 5/7/89 | USMS Reg # |
|-------------|---------|-----|---------------|------------|
|-------------|---------|-----|---------------|------------|

| | | | | | |
|---|-------|---|---------|-------|----------|
| Number of Relays entered: | _____ | x | \$8.00 | _____ | |
| Meet Surcharge (Relay only Swimmers): | _____ | x | \$13.00 | _____ | |
| Viva Italia Buffet (Relay only Swimmers): | _____ | x | \$19.00 | _____ | Optional |
| Ocean Swim (Relay only Swimmers): | _____ | x | \$5.00 | _____ | Optional |
| Final Results (Relay only Swimmers): | _____ | x | \$5.00 | _____ | Optional |

TOTAL AMOUNT DUE (Check No. _____) US\$ _____

Checks Payable to: **Mission Bay Aquatic Center**

Send a copy of your Masters Registration card or travel permit and Entry fees to:

1989 Masters SC National , Fred McInturff, Mission Bay Aquatic Center, 10333 Diego Dr. So., Boca Raton, FL 33428. (407) 488-2001

Release from Liability: I, the undersign, intending to be legally bound, do hereby waive all rights to claims for loss damages against United States Masters Swimming, Inc., Mission Bay Masters Swimming, Mission Bay Aquatic Center and all Florida Gold Coast LMCS or any officiating individual of the meet, as a condition of my participation in the meet. I agree to abide by the rules of USMS, Inc. I have read and understand all information on this entry form and in the Meet Information Booklet for the 1989 USMS Short Course National Championships to be held in Boca Raton, FL., May 4-7, 1989.

Date: _____ Signed: _____

Mission Bay's Staff will be happy to assist you with hotel accommodations, car rentals and ground transportation. Call **KATHY GRANT**, Event Coordinator at **1 800-GO-2-SWIM** or (407) 368-4290 for all reservations and information.

SHUTTLE SERVICE

Shuttle service will be provided free of charge from the participating hotels to the Aquatic Center. Also, a shuttle will be available for the banquet/social to be held at the Deerfield Beach Hilton. Shuttles will run from Wednesday, May 3 through Sunday, May 7. Specific schedule information will be provided at Registration as well as the hotels. Shuttle service will be adequate to allow for early pool arrivals and will be available until all events are completed.

HOTEL/MOTEL LIST

The following hotels have contracted to provide special rates for our Masters Nationals as well as transportation to the Aquatic Training Center. Please book as soon as possible -- however, be assured that there is an abundance of rooms available in the Boca Raton/Deerfield Beach area.



Radisson Suite Hotel
Boca Raton

HEADQUARTERS HOTEL

7920 Glades Road
Boca Raton, Fl. 33433
Rate: \$67.00 - 1-4 persons
Includes breakfast and complimentary cocktails
5 minutes to MBATC

Holiday Inn LAKESIDE

8144 Glades Road
Boca Raton, Fl. 33433
Rate: \$41.50
5 minutes to MBATC

Holiday Inn GLADES & I-95

1950 Glades Road
Boca Raton, Fl. 33431
Rate: \$51.50
Includes 2 breakfasts.
10 minutes to MBATC



2000 NW 19th Street
Boca Raton, Fl. 33431
Rate: \$49.00 - 1-2 people
Each add'l person \$5.00
10 minutes to MBATC



5150 Town Center Circle
Boca Raton, Fl. 33486
Rate: \$59.00 - 1-4 people
10 minutes to MBATC



1250 Hillsboro Blvd.
Deerfield Beach, Fl. 33442
Rate: \$39.00 - 1-4 people
Includes 2 "sports" breakfasts.
20 minutes to MBATC



100 Fairway Drive
Deerfield Beach, Fl. 33441
Rate: \$50.00 - 1-2 people
Each add'l person \$5.00
20 minutes to MBATC

for our Masters Nationals, however, they are NOT on the shuttle service line. If you plan on renting a car, they are easily assessable to the Aquatic Center.

PARK PLACE SUITES HOTEL

661 NW 53rd Street
Boca Raton, Fla. 33431
Rate: \$60.00 - 1-2 people
Each add'l person \$5.00
15 minutes to MBATC

DAYS INN - OCEANSIDE

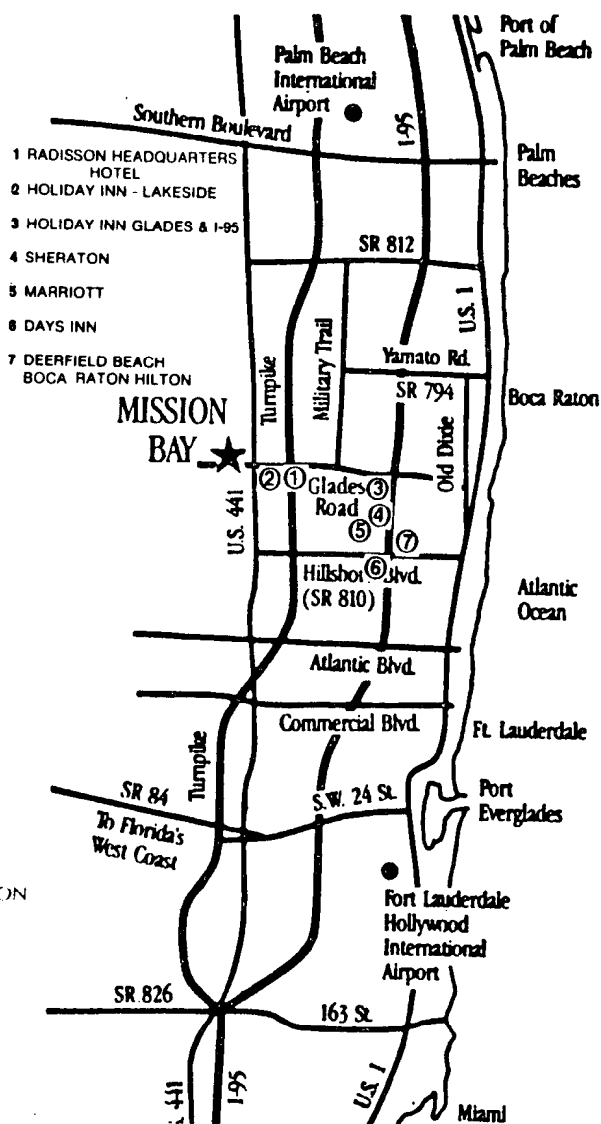
50 SE 20th Ave (A1A)
Deerfield Beach, Fla. 33441
Rate: \$45.00 - 1-4 people
Located 1 block to ocean
25 minutes to MBATC

HOWARD JOHNSON'S

2096 NE 2nd Street
Deerfield Beach, Fla. 33441
Rate: \$45.00 - 1-4 people
Located on the ocean
25 minutes to MBATC

SHERWOOD INN

1460 S. Ocean Blvd.
Pompano Beach, Fla. 33062
Rate: \$45-50 - 1-4 people
Efficiencies-on the ocean
35 minutes to MBATC



Swim Files

SUSAN YOUNCE



AGE: 32

BIRTH DATE: MAY 5th, 1956

HOME: BEAVERCREEK, OR MARITAL STATUS: SINGLE

OCCUPATION: LEGAL SECRETARY

HOME POOL: OREGON CITY YEARS IN MASTERS: 2

PREVIOUS SWIMMING EXPERIENCE: AGE 9 TO 18

AGE GROUP TEAM: DAVID DOUGLAS SWIM TEAM

MASTERS TEAM: PORTLAND PARKS MASTERS

FAVORITE STROKES: BACKSTROKE AND FREESTYLE

FAVORITE EVENTS: 200 BACK AND 1000 FREE

GOALS: TO KEEP SWIMMING, DO FAIRLY WELL, AND ENJOY IT.

LIKES ABOUT SWIMMING: BEING IN GOOD PHYSICAL SHAPE, EXERCISING AT SOMETHING I ENJOY, AND MEETING ALL THE GREAT PEOPLE IN MASTERS.

DISLIKES ABOUT SWIMMING: HOW OUT OF SHAPE I FEEL AFTER MISSING ONE WEEK OF WORKING OUT.

OTHER ACTIVITIES: WATERSKING, HIKING, CAMPING, BACKPACKING, BIKING

FAVORITE FOODS AND OTHER THINGS: LICORICE ICECREAM, POPCORN, CHICKEN BURRITOS, CINNAMON ROLLS, COOKIES, AND MUFFINS. LOVES TO SEW AND DANCE.

ROGER MARTIN



AGE: 29

BIRTH DATE: OCT. 15, 1959

HOME: S.W. PORTLAND OCCUPATION: SALES REP.

MARRIED, WIFE TAMMY, AND SON NICHOLAS

HOME POOL: COLUMBIA AND PSU YRS IN MASTERS: 1

PREVIOUS SWIMMING EXPERIENCE: AGE 12 TO 18

AGE GROUP TEAM: DAVID DOUGLAS SWIM TEAM

MASTERS TEAM: PORTLAND PARKS MASTERS

FAVORITE STROKES: BACKSTROKE AND I.M.

FAVORITE EVENTS: 50 AND 100 BACK / 100 IM

GOALS: TO STAY IN GOOD CONDITION AND ENJOY MY FRIENDS IN MASTERS
TO BREAK :59.0 IN 100 IM AND BREAK :58.0 IN 100 BACK

LIKES ABOUT SWIMMING: NO LEG INJURIES LIKE IN RUNNING

DISLIKES ABOUT SWIMMING: EARLY MORNING WORKOUTS AND CHLORINE

OTHER ACTIVITIES: BACKPACKING, RIVER RAFTING, LOVES TO TRAVEL AND WOULD LIKE TO LIVE IN MONGOLIA SOMEDAY

FAVORITE FOODS AND OTHER THINGS: PIZZA, CHOCOLATE, AND GOOD COFFEE....

FAVORITE OTHER THINGS...HIS WIFE AND SON

From the Friendly Neighborhood Data Manager:

Newport Meet: As you know, the Newport meet was cancelled because of the weather making travel to Newport hazardous. Many people are wondering about the entry fees that they sent for that meet. OMS is offering you the following choices for allocation of your \$6 entry fee:

1. As a few of you have already done, you may apply your entry fee toward the Association Meet in Newberg (a \$7 entry fee so you will need to send an additional dollar).
2. You may apply your Newport fees to the Regional meet at Tualatin Hills (an \$8 fee + a \$5.25 party).
3. If you prefer to have your Newport check returned to you, please send a self-addressed/stamped envelope to: OMS, PO Box 1033, Tualatin, OR 97062. We request that you do this prior to April 15.
4. You may keep what is behind door #1, or you may take what Jay has in the box.
5. If you decide against the above options, we will consider your check a donation to Oregon Masters Swimming (we are a non-profit charitable organization) and issue you a receipt. Your donation will go towards continuing to sponsor high quality swimming events (Did you realize that Oregon Masters Swimming is one of the best respected organizations in United States Masters Swimming?).

Other Notes from the Friendly Neighborhood Data Manager:

PLEASE do not staple your checks to your entry forms. As long as the envelope is sealed, the check will remain with the form. Having to remove the staples takes extra time (not to mention being a little hard on the fingernails).

BE CONSIDERATE OF THE POSTMARK DEADLINE. When the Aqua Master has come back late from the printer, we have tried to accomodate the entries that have been postmarked a little late. Also in the past, as long as the master copy of the heat sheet has not been generated, we have accepted the late entries, but it is becoming ridiculous when 75% of all meet entries are not postmarked by the deadline after the Aqua Master has been out for a week or more. When entries are late, it slows down the sending of the meet materials to the meet host. Following is the time line on which we try to operate:

10 days before meet (a Tuesday): All entries must be postmarked.

7 days before meet (a Saturday): All entries received are entered into computer. A heat sheet (to be duplicated), results sheet, lane timer cards, meet roster, etc... are generated. Depending on the size of the meet, this process can take anywhere

from 3 to 8 hours. All of these materials, plus the alphabetized entry forms are packaged up to be sent to the meet host.

5 days before the meet (a Monday): The meet materials are mailed to the meet host. Hopefully, they will arrive with enough time that the meet host can print the heat sheets for the meet.

As you can see, there is no room in this schedule to accomodate people who are sending in their entries late. ANY ENTRIES THAT ARE NOT RECEIVED BY THE SATURDAY BEFORE THE MEET WILL NOT BE ENTERED INTO THE MEET. It simply is not fair to the meet host to hold up the meet materials while we wait for the entries to come in. At the same time, it is not fair to the meet host to have a significantly reduced number of meet participants because entries are mailed late. PLEASE BE CERTAIN THAT YOU MAIL YOUR ENTRY WITH SUFFICIENT TIME FOR IT TO ARRIVE AT IT'S DESTINATION.

HEY FELLOW OREGON MASTERS LETS DO OUR PART AND MAKE THE JOB OF OUR DATA ENTRY AND MEET HOSTS AS EASY AS POSSIBLE BY GETTING OUR ENTRIES IN THE MAIL WELL BEFORE THOSE POSTMARK DEADLINES!!!
DON'T BE PART OF THAT 75% THAT COMES IN LATE OR UNDER THE WIRE!!!!

THANKS, editor

Happy Birthday

April Birthdays

| | | |
|----|--------------------------|---------|
| | Albright, Susan A. | 4/12/55 |
| | Bahler, Joyce E. | 4/ 7/30 |
| | Baumgartner, Leola E. | 4/20/17 |
| | Cowan, Charlotte | 4/20/40 |
| 25 | Davis, Lisa K. | 4/21/64 |
| | Dirksen, Beverly A. | 4/22/31 |
| | English, John C. | 4/28/33 |
| | Frid, Barbara C. | 4/20/42 |
| | Hartman-Cannard, Christy | 4/ 1/53 |
| | Hendy, Syd | 4/26/13 |
| | Huestis, Gerald A. | 4/ 7/20 |
| | Johnson, Steve M. | 4/ 2/48 |
| 30 | Kennedy, Susan C. | 4/ 2/59 |
| | Lund, Stacey J. | 4/ 1/62 |
| 35 | Nelson, Carol J. | 4/12/54 |
| 25 | Niedermeyer, Libby M. | 4/ 4/64 |
| 35 | Olson, Dennis S. | 4/23/54 |
| | Roth, Steven G. | 4/16/56 |
| | Sprenger, Fred W. | 4/ 3/31 |
| 45 | Watters, Roy L. | 4/ 7/44 |
| | Young, Gilbert N. | 4/12/22 |

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

MY FAVORITE WORKOUTS

WARM-UP: CHOICE OF STROKE(S)

SWIM 400

4 X 100 on 1:30
4 X 50 on 1:00

THEN: YOUR SPECIALTY STROKE

KICK 10 X 50 on 1:00

SWIM 6 X 200* ON 3:30

*BROKEN 4 X 50 w/:10 REST)

SWIM 300 WARM-DOWN

TOTAL: 3000

WARM-UP: CHOICE OF STROKE(S)

1. SWIM 500

2. KICK 200

3. PULL 300

THEN: YOUR SPECIALTY STROKE

4. KICK 10 X 50 on 1:00

-or-

10 X (:10 VERTICAL KICK +

50 PULL) on 1:00

5. SWIM 10 X (:100 + 50 + 50

w/:10 REST IN BETWEEN)

TOTAL: 3500

WARM-UP: CHOICE OF STROKE(S)

1. SWIM 400

2. " 4 X 100

3. " 4 X 50

THEN

4. KICK 400 IN BACKWARDS ORDER

5. SWIM 400 (:25 FLY/25 FREE)

4 X 50 FLY on 1:00

400 (:25 BRCK/25 FREE)

4 X 50 BRCK on 1:00

400 (:25 BRST/25 FREE)

4 X 50 BRST on 1:00

6. SWIM 200 WARM-DOWN

TOTAL: 3400

THESE ARE SOME WORKOUTS THAT I HAVE DONE WITH OUR TEAM AT COLUMBIA POOL AND YOU CAN SEE SOME SIMILARITIES. THE WARM-UP OF SWIM 400, 4 X 100, AND 4 X 50 IS A GOOD ONE THAT WE USE REGULARLY. IT ALSO WORKS WELL FOR A SWIM MEET WARM-UP. A KICKING SET IS VERY IMPORTANT AND I FEEL SHOULD BE AT LEAST 1/4 TO 1/3 OF YOUR TOTAL YARDAGE. MOST MASTERS I HAVE MET HAVE ANYWHERE FROM 45, 60, TO 90-MINUTES PER WORKOUT SO DEPENDING ON THE ABILITY AND CONDITION OF THE INDIVIDUAL THE WORKOUT WILL RANGE FROM 2000 TO 5000 YARDS OR METERS. SO NATURALLY YOU CAN TAKE YOUR SITUATION AND ALTER ANY WORKOUTS WE WILL PUBLISH AND MAKE IT FIT YOUR NEEDS. MORE ON THIS IN ISSUES TO COME

TEAMS TEAMS TEAMS

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 | 668-4465 | |
| 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 | 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 | Parkrose Masters | PKRS | Craig Jorgensen | 252-9906 | |
| Portland | Portland Comm College | PCC | Karl Von Tagen | 244-6111x4201 | |
| Portland | Portland Parks Masters | PPM | John Zell | 286-6103 | |
| Portland | RiverPlace Athletic Club | RAC | Steve Arndt | 636-6760 | |
| Portland | Viking Masters Swimming | VMS | Bob Morrison | 227-4984 | |
| 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 | Keizer Masters | KM | D. Wayne Baker | 390-1971 | |
| Salem | Willamette H2O Masters | WHOM | John DeJarnatt | 588-2060 | |
| SweetHome | Sweet Home OR Masters | SHOM | Kim Church | | |
| Vancouver,WA | Vancouver Old Timers | VOT | Andy Shrag | (206)254-9661 | |

JOIN A TEAM OR START ONE TODAY -- YOU'LL BE GLAD YOU DID !!!

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 _____

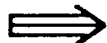
City _____ St _____ ZIP _____

() _____
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 97223

Or enclose with meet registration

Remember to sign your registration form.

Make checks to Oregon Masters Swimming.

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- Ol' Barnacle
- Swimmer Profiles
- My Favorite Workouts
- Meet Entry Forms & More

3

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