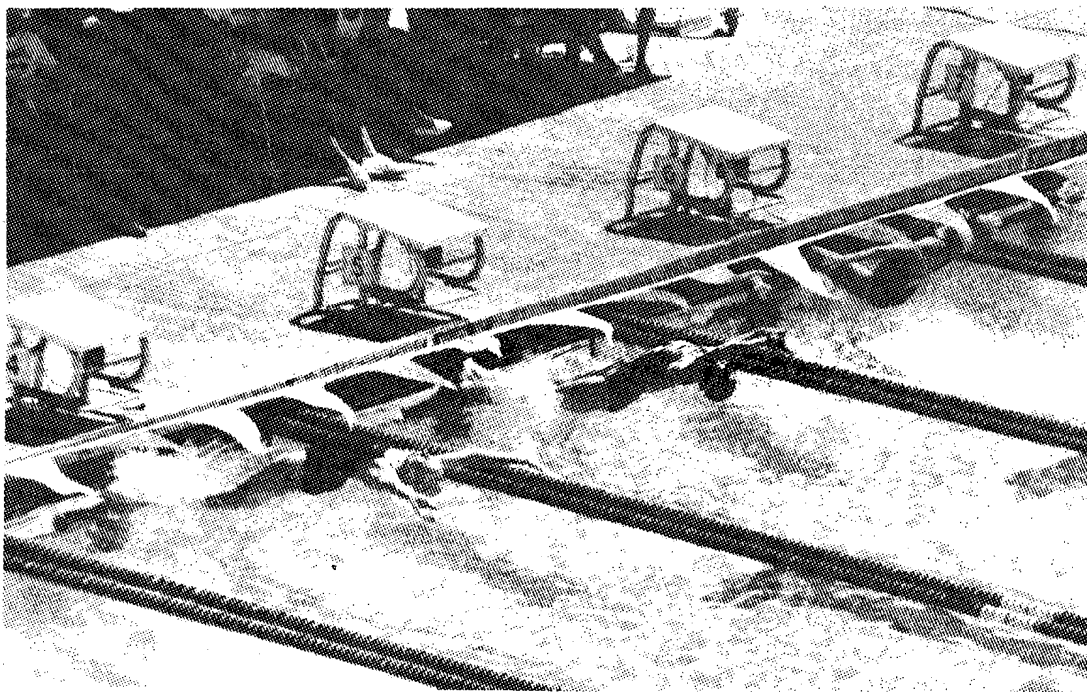


CALENDAR & MEET SCHEDULE 1989

LONG COURSE/SHORT COURSE METERS

JUNE 20, 1989	OMS BOARD MEETING 7:30 PM BARB FRIDS
*JUNE 25, 1989	PORT ORCHARD, WA S. KITSAP POOL 50M (#3)
*JULY 8-9, 1989	STATE GAMES OF OREGON MAC CLUB 50M (#?)
*JULY 15, 1989	OMS DESCHUTES RIVER RAFT TRIP
*JULY 15, 1989	SO. OREGON LAKE SWIM APPEGATE LAKE, OR
JULY 23-AUG 5, 1989	1989 MASTERS GAMES ARHUS, DENMARK
LATE JULY/EARLY AUG	REGION 12 LC CHAMPIONSHIPS HOST: IEA
*AUGUST 17-20, 1989	USMS LC NATIONALS GRAND FORKS, ND UNIVERSITY OF NORTH DAKOTA
SEP. 16-17, 1989	ROSEBURG, OR UMPQUA C.C. POOL SC METERS
OCTOBER 1989	PROPOSED OCEANA ZONE SCM CHAMPIONSHIPS
OCTOBER 7-16, 1989	PAN PACIFIC MASTERS GAMES INDIANAPOLIS, INDIANA

*MEET ENTRY ENCLOSED IN THIS ISSUE



BARD FRID'S GREAT START IN THE 100 YARD BACK AT NATIONALS (LANE 5)

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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---

The 1989 Short Course season is history now and I hope that it was a healthy and enjoyable one for all of you. By the time you will be reading this issue, we will be into the Long Course season by one (Corvallis) meet. Ah.....Long Course.....more on that later.

Results from SC Regionals, Nationals and the Newport meet are here for your reading. See ol' Barn for Regionals and Newport. I'll fill you in on my trip to Boca Raton, Florida and Nationals.

My wife and I left for Boca May 1st so that we'd have a few days before the meet to get adjusted to the time change, do some site seeing, and get plenty of rest. Wednesday May 3rd we drove north to the Kennedy Space Center, took the Space Port USA tour and saw the Space Shuttle Atlantis on the launch pad the day before it blasted off on its most recent mission to deploy the Magellan space probe for Venus. The Space Center is an incredible place and if any of you are in Florida, I highly recommend visiting Space Port and taking the tour. The meet started Thursday the 4th with the 1000 and 1650 free under beautiful blue skies with light winds and temp in the mid 80s. 1753 swimmers made the trip to Boca which made this the second largest Masters Nationals in our history. Stanford in 1987 was the largest with over 2400 entrants. And naturally there were a number of swimmers from foreign contries like Brazil, Canada, The Netherlands, Mexico, Puerto Rico, Switzerland, United Kingdom, The Virgin Islands and West Germany that left their mark at Mission Bay. Some very interesting statistics from Nationals is the age group entry breakdown.

AGE	FEMALE	MALE	COMBINED
25-29	137	152	289
30-34	141	204	345
35-39	100	159	259
40-44	56	139	195
45-49	46	88	134
50-54	41	74	115
55-59	41	56	97
60-64	37	51	88
65-69	36	57	93
70-74	28	46	74
75-79	20	23	43
80-84	2	13	15
85-89	0	6	6

Our great state of Oregon sent nine swimmers to Boca and our neighbors to north - Washington sent a total of 31. Florida had the most entrants with 425 while California had 228 and Texas 133.

The meet was run very smoothly and the only delay was on Saturday afternoon when a couple of lightning and thunder-showers cleared the pools and decks for an hour or two. But all in all the weather was fantastic...not too hot with those nice breezes blowing thru...and the competition was very exciting.

As you can see from the results on the next page, our swimmers from Oregon did themselves proud.

LAVELLE STOINOFF...6 Gold Medals and one new National record in the 400 I.M.
What more can you say but...LAVELLE...YOU'RE AWESOME!!!

BARBARA FRID...2 Silvers, 2 Bronze, 2 Sixths, and a new Assoc. record in the 100 Breast. Way-ta-go BARB!!!

LEE KING...3 Top Ten finishes in the 50 Free, 200 Free, and 50 Fly..GOOD JOB!!!

HUGH RICHARDS...2 Bronze, 2 Fourths, 2 Sixths, and a good swim in the 100 I.M.
that had Earl shakin' in his suit. KEEP UP THE GOOD WORK HUGH!!

NAME	EVENT	TIME	PLACE / # OF ENTRANTS	RECORD
LAVELLE STOINOFF 56	200 FREE	2:25.42	1st / 20	Her Nat Rec is 2:22.66
	500 FREE	6:16.00	1st / 16	Her Nat Rec is 6:09.83
	1000 FREE	12:49.14	1st / 9	Her Nat Rec is 12:45.02
	200 BACK	2:49.66	1st / 11	Her Nat Rec is 2:48.92
	400 I.M.	5:55.35	1st / 5	NEW NAT REC OLD=5:56
BARBARA FRID 47	50 FLY	:32.15	6th / 14	
	50 BACK	:35.17	2nd / 18	
	100 BACK	1:17.97	2nd / 14	
	200 BACK	2:50.10	3rd / 10	
	100 I.M.	1:15.34	6th / 21	
	100 BRST	1:22.16	3RD / ?	NEW ASSOC REC(1:23.20)
LEE KING 76	50 FREE	:44.18	10th / 13	
	100 FREE	1:39.18	11th / 17	
	200 FREE	3:59.13	9th / 11	
	50 FLY	1:04.28	6th / 6	
HUGH RICHARDS 68	50 FREE	:28.32	4th / 18	
	100 FREE	1:08.85	6th / 23	
	50 FLY	:33.34	3rd / 10	
	100 FLY	1:28.20	3rd / 9	
	50 BRST	:39.04	6th / 14	
	100 I.M.	1:17.97	4th / 14	Assoc. Rec is 1:17.56
ART WELCH 56	50 FLY	:31.63	7th / 18	Assoc. Rec is :31.34
	100 FLY	1:11.97	6th / 10	NEW ASSOC REC(1:12.61)
	200 FLY	2:45.27	4th / 7	NEW ASSOC REC(2:48.60)
	500 FREE	6:25.01	3rd / 8	
	1000 FREE	12:58.11	2nd / 8	
	400 I.M.	5:56.33	7th / 11	NEW ASSOC REC(5:57.31)
ROBERT SMITH 45	50 FLY	:25.39	3rd / 34	
	50 BACK	:25.89	1st / 15	
	50 BRST	:29.63	2nd / 18	
	100 BRST	1:04.21	2nd / 22	NEW ASSOC REC(1:08.35)
	50 FREE	:22.86	1st / 40	
	100 I.M.	:57.12	1st / 29	
FRANK WARNER 40	50 BACK	:28.45	9th / 29	
	100 BACK	1:03.53	10th / 21	
	200 BACK	2:16.61	7th / 21	
	200 FREE	2:00.72	13th / 42	
	500 FREE	5:30.17	12th / 32	Assoc. Rec is 5:29.18
	400 I.M.	5:06.02	15th / 20	
JOHN ZELL 32				PREVIOUS BEST
	50 BACK	:28.18	14th / 36	:28.57
Z-Man goes 6 for 6	100 BACK	1:00.36	14th / 29	1:01.25
	200 BACK	2:12.61	12th / 22	2:13.95
6 new lifetime PRs	100 I.M.	1:00.36	36th / 78	1:01.52
	200 I.M.	2:12.14	36th / 63	2:15.85
	400 I.M.	4:42.25	21st / 31	4:49.48

ART WELCH...1 Silver, 1 Bronze, and all the rest Top 10 Finishes. Art's times set 3 new Assoc. records. GREAT SWIMS ART...CONGRATULATIONS!!!

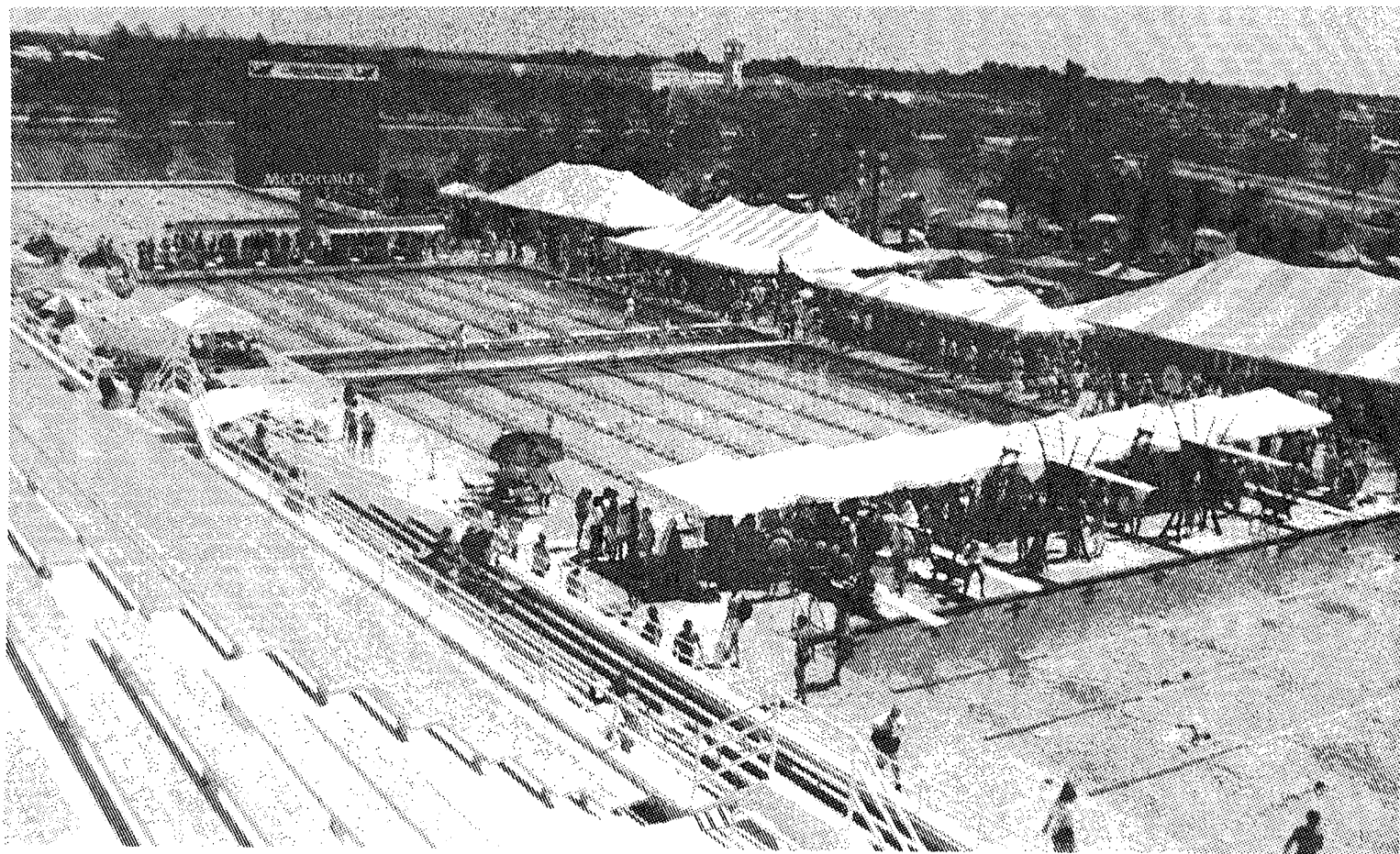
ROBERT SMITH...3 Golds, 2 Silvers, 1 Bronze, and a new Assoc. record in the 100 Breast. His 50 Back time would have placed him in the top 10 in every age group and his 50 Breast and 100 I.M. times would have put him in the top 10 from 35-39 on up...GREAT SWIMMING BOB!!!!

FRANK WARNER...3 Top 10 finishes and a good swim in the 500 free that was just off the Assoc. record by a second...GET UM NEXT YEAR FRANK!!!!

JOHN ZELL...Yes indead folks..yours truly had the meet of my life with 6 new lifetime personal best times. Finally...third times a charm they say...after peaking at either Assoc. Champs or Regionals for the last two years and having only fair swims at Nationals (Stanford 87 and Austin 88') I put together the meet of my life.
SO LOOK OUT LONG COURSE AND NEXT YEAR AT U.S.C. WILL BE AWESOME!!!

And one for the record books and the bad news department...Leslie Osborne age 35 from Michigan Masters smashes all the Breaststroke records in her age group. 50 Breast :30.85 (:32.87)...100 1:07.58 (1:12.38)...200 2:33.38 (2:37.33) The 100 Breast National record was held by our own Ginger Pierson set in 1983.

Farewell Boca, we all had fun and now its on to Long Course and then to next years short course season. Next years Short Course Nationals are at U.S.C.'s McDonalds Olympic Swim Stadium so OMS should have lots of representation.



Mission Bay's outstanding facility was the site of this years SC Nationals.

From left to right: The warm-up pool, competition pool and diving pool.

News from the May 16 OMS Board Meeting.....

We have 468 members

Due to an increase from United States Masters Swimming, our annual Association fees will be going up from \$14.00 to \$18.00 and Aquamaster subscription cost will be \$7.00. More on this in next months issue.

In regard to the upcoming United States Aquatic Sports Convention to be held in Portland September 17-23, 1989....

"The OMS Board is willing to donate partial or all costs for registration to any OMS members interested in attending the convention. The only requirement is that the member must make a commitment to attend board meetings for a year following the convention."

Next Board meeting is June 20th at Barbara Frids house 7:30 p.m.

The May issue of Swimming World Magazine reports....."U.S. Swimming and Turner Broadcasting (TBS) have signed a 4 year television agreement that will put U.S. Swimming's championship events and other notable meets on the air 8 times a year. The meets will be televised on TBS Sports' weekly series, "U.S. Olympic Gold: A TBS Sports Exclusive," which airs Saturdays at 3:05 pm (PST) on cables Superstation TBS. This year TBS Sports already has shown the Phillips 66/USS Short Course Nationals from Chapel Hill, N.C., and is considering airing the Senior Long Course Nationals this summer (Aug 1-5, 1989), the Pan Pacific Championships from Tokyo, Japan (Aug 17-20, 1989), the USA vs. USSR dual meet in Atlanta (Aug 26-29, 1989), and the U.S. Open this winter."
I WILL DO SOME FURTHER RESEARCH AND TRY TO GET YOU AIRING DATES OF THESE MEETS.

TYPE-O TYPE-O TYPE-O Last months issue had a type-o on the entry form for the South Kitsap LC meet...Did you catch it???...The entry postmark deadline was a month early. It should have read 6-14-89..(not 5-14-89)...well there has been so much talk about entries coming in late or just in time that I guess I.... well you get it....anyway the entry form for S. Kitsap in this issue stands corrected.

In this issue I have included subscription forms for Swim Magazine, Swimming World Magazine, and Swimming Technique Magazine for your use.
I CAN'T BEGIN TO TELL YOU HOW MUCH I HAVE BENEFITTED FROM THESE PUBLICATIONS!!!

SO SUBSCRIBE TODAY AND READ AWAY !!!!!

SWIM
Magazine
P.O. Box 45497
LOS ANGELES, CA 90045

If you haven't subscribed to
SWIM Magazine ...
why not do it today?

Name _____

Address _____

City/State/Zip _____

MasterCard/VISA _____ Exp. Date _____

I feel that Swim Magazine is the best publication for masters swimmers if you were to subscribe to just one. Following a close second is Swimming Technique and then last would be Swimming World.

SWIM Magazine (bi-monthly)
(For Adult Fitness & Competitive Swimmers)

- ☐ 6 issues (one year) \$12.00
☐ 12 issues (two years) \$22.00
☐ 18 issues (three years) \$32.00

Enclose Check ☐ Money Order ☐

Outside U.S.A. add \$5.00 per year all countries.
Remit by international money order or foreign
draft in U.S. dollars.

No COD's. No invoicing unless on institutional
purchase order. All subscriptions start with
current issue. 2CP50M

When you receive this issue the Corvallis meet will be history and as of this writing I was told that 53 members entered that meet. The data manager informed me that 60 some swimmers entered last years Albany Long Course meet which took place about this time. The Newport meet had only 60 some entrants as well.....

SO Z-MAN, WHAT IS THE POINT???

The point is that life doesn't end after the Association or Regional Championships and begin again in the fall or winter!! Long Course is good for you too and we all need to do our part and attend as many meets a year as possible. I'm amazed that our Association is over 450 members strong and yet less than half of these members regularly attend most of the meets.

SO GET OFF THE COUCH AND INTO THE POOL AND TELL YOUR FRIENDS THAT MASTERS SWIMMING IN THE STATE OF OREGON IS ALIVE AND WELL BUT NEEDS ALL OF YOU TO WORK!

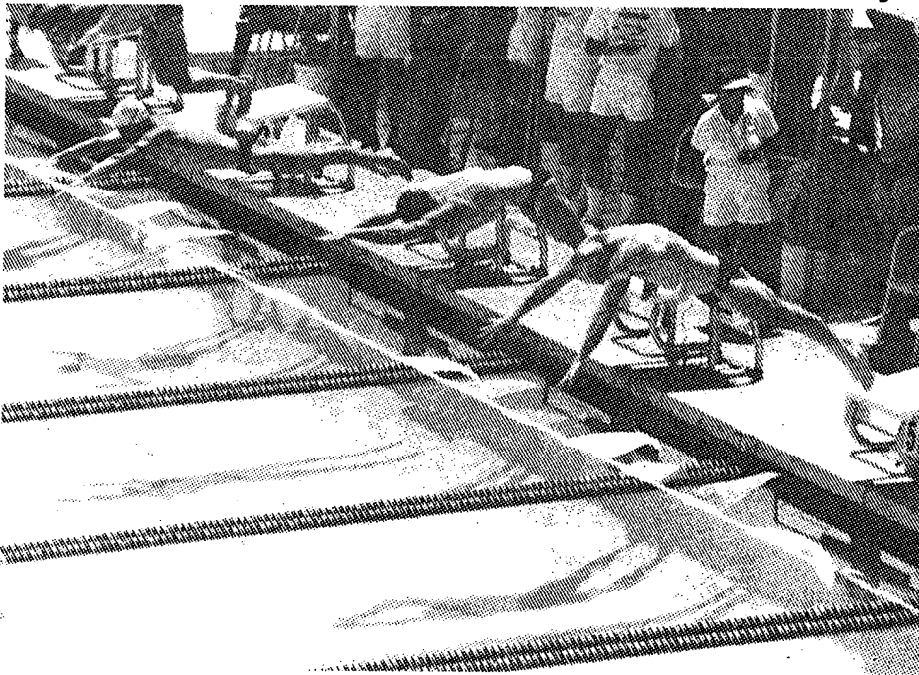
As promised last issue there is a NEW column debuting this month. It's titled FITNESS and comes to you from PNAS Dr. Jane Moore. Jane and some fellow Masters have been writing articles for PNAS "Wet Set" newsletter for sometime now....so with Jane's permission we will be sharing them with you and I know you will enjoy and benefit from these fine writings.

My Favorite Workouts returns this month as well, but unfortunately due the lack of some real good quality photos Swim Files must take another month off and should return next month...maybe with four profiles instead of just two.

Some of you may have caught the May 23rd (Tuesday) "Today Show" which was tape recorded in Portland and covered various stories about our great state. One of our members, Fred Eckhardt (Age 62) was part of a story about the micro-brewery industry in Portland. As some of you know, Fred is a beer expert and writes a column in the Oregonians "Food Day" along with being a fine masters swimmer. Fred and Bryant Gumbel discussed the local beer industry and sampled four different brews. Fred's quite a witty guy at times and did himself proud on national TV...especially his answer to Bryants question of what Fred thought of the big name beers like Bud and Miller..."I think they're industrial beer"... RIGHT ON FRED!!!!.....I'LL DRINK TO THAT!!!!

Once again it's time to sign off for another month.....

See you all at State Games of Oregon July 8th & 9th,



- John

Robert Smith (lane 5) takes the dive to start his heat in the 50 yard Breast at Nationals. Bob finished 2nd in :29.63 to Marty Hull, who (lane 4) broke his own Nat. record in :28.53 (was :28.58).

Marty Hull is good competition for Bob...winning both the 50 and 100 Breast and the 50 Fly. Marty is just one of many reasons why Dr. Sprint has to stay in such top form.

1989 STATE GAMES OF OREGON - MASTERS CHAMPIONSHIP SWIMMING MEET

Meet : State Games of Oregon, Long Course Meet

Dates : July 8-9, 1989

Place : Multnomah Athletic Club
1849 S.W. Salmon St.
Portland, Oregon

Saturday
Sunday

Warm Ups	Meet Starts
1:00 P.M.	2:00 P.M.
1:00 P.M.	2:00 P.M.

Host - STATE GAMES OF OREGON

Eligibility - STATE OF OREGON RESIDENT

AWARDS : T-Shirts will be given to all entrants. Please specify T-Shirt size on entry form. First, Second, and Third place awards will be given to all winners in their respective age groups.

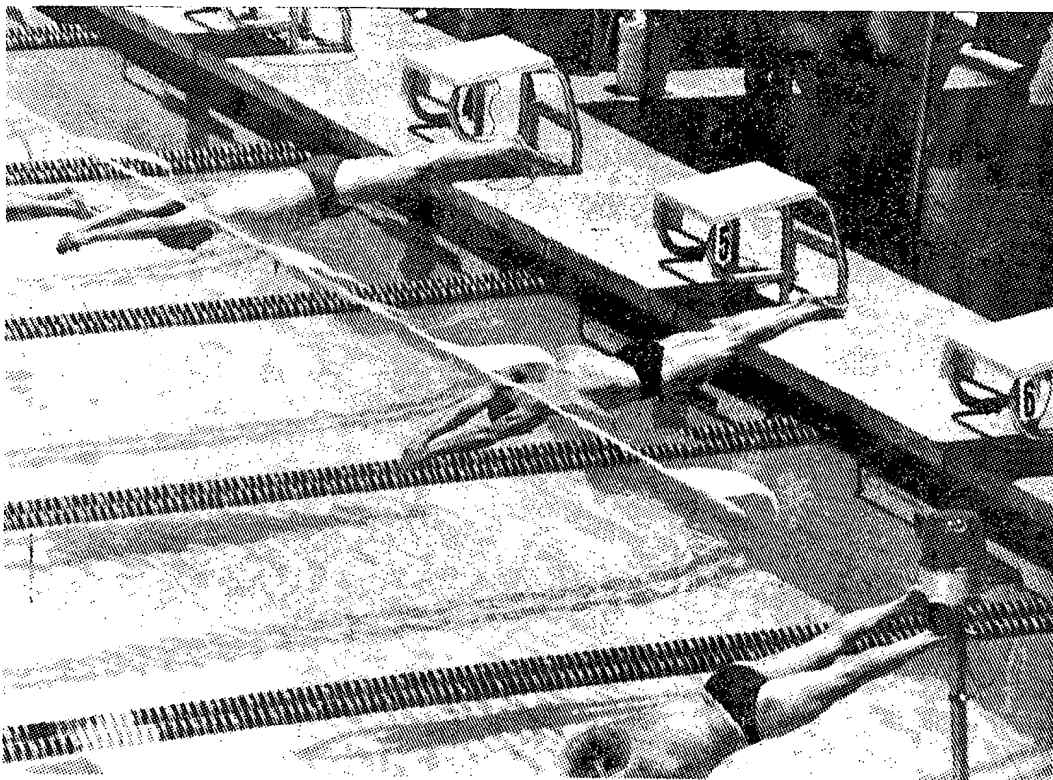
ENTRY FEE ; \$ 10.00 includes the first two events entered. Additional events may be entered at a cost of \$ 3.00 per event. Make checks payable to : STATE GAMES OF OREGON.

MAIL ENTRY FEE & FORM TO : STATE GAMES OF OREGON
700 N.E. Multnomah (# 455)
Portland, Oregon 97232

ENTRY DEADLINE : Entries must be received by 6-23-89. NO LATE ENTRIES WILL BE ACCEPTED.

- 6-23-89 -

NOTE : The State Games of Oregon will soon be mailing out their brochure for the 1989 Games. In that brochure there will be an entry form for the swimming events. PLEASE DO NOT USE THEIR ENTRY FORM - USE THE ENTRY FORM ON THE BACK OF THIS PAGE. This entry will be published in the May and June issue of Aqua Master. By using this form you will greatly assist the OMS data entry person in entering your meet data into the computer. Thanks for your cooperation !!!



Art Welch (lane 6) dives in at the start of his heat of the 50 yd Fly.

Art had a 6 fine performances at Boca Raton with finishes in the top 10 in all his races.

1989 STATE GAMES OF OREGON-LONG COURSE SWIMMING CHAMPIONSHIPS
APPROVED (NO.89H) BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION
ENTRY FORM

NAME _____ BIRTHDATE _____
ADDRESS _____ CITY _____ COUNTY _____ ZIP _____
PHONE _____ SEX _____ AGE _____
IF YOU ARE A REGISTERED MASTERS SWIMMER, PLEASE ENTER YOUR 1989 USMS# 379 _____
T-SHIRT SIZE : (CHECK ONE) ☐ Small ☐ Medium ☐ Large ☐ Extra Large

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

Relays - Team Total Age : 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

NOTE - ENTER RELAYS AT THE MEET, NOT ON THIS FORM !!!

SATURDAY - JULY 8		ENTRY TIME	SUNDAY - JULY 9		ENTRY TIME
400 M Free	(1)	____:____.____	200 M Medley Relay	(10)	XXXXXXXXXXXX
20 Min Break			15 Min Break		
200 M Free Relay	(2)	XXXXXXXXXXXX	50 M Free (Phy Disabled)	(11)	____:____.____
15 Min Break			100 M Fly	(12)	____:____.____
100 M Back	(3)	____:____.____	50 M Breast	(13)	____:____.____
100 M Free	(4)	____:____.____	200 M Back	(14)	____:____.____
200 M Fly	(5)	____:____.____	200 M Free	(15)	____:____.____
200 M Breast	(6)	____:____.____	50 M Fly	(16)	____:____.____
50 M Back	(7)	____:____.____	100 M Breast	(17)	____:____.____
50 M Free	(8)	____:____.____	200 M I.M.	(18)	____:____.____
10 Min Break			15 Min Break		
200 M MXD Free Relay	(9)	XXXXXXXXXXXX	100 M Free (Phy Disabled)	(19)	____:____.____
			200 M MXD Medley Relay	(20)	XXXXXXXXXXXX

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in State Games of Oregon athletic/sports program, and related events and activities, the undersigned :

Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injuries, permanent disability or death. Releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of the premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liabilities to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. (In the event of injury, the athlete will pay all medical costs.)

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Signature of Athlete

: _____ Date _____

ENTRY FORM

PNA MASTERS SWIMMING LONG COURSE METERS MEET

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a registration form and fee with this form.

MEET: South Kitsap LC Meters Date: June 25, 1989
 PLACE: South Kitsap High School Pool
 HOST: South Kitsap Masters WARM-UP MEET STARTS
 Bob Gallegos, Meet Director
 Phone: 206-876-0960 (Bob) 9:00 a.m. 10:00 a.m.
 206-876-7385 (Pool)

Directions to pool: From Narrows bridge - Hwy 16 - Sedgewich exit turn right on sedgewich - go to stop light - Bethel - turn left on Bethel and go to Y in road - bare right on Y on Mitchell - pool is 1 mile on right.

South Kitsap High School Pool 1297 Mitchell Road S.E. Port Orchard, WA

ENTRY DEADLINE: POSTMARKED NO LATER THAN **6-14-89** NO LATE ENTRIES ACCEPTED

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

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

1989 USMS # ____ 9 ____ BIRTHDATE _____ SEX ____ AGE ____ TEAM _____

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 and 400 Free will be deckseeded. All events will be seeded slow to fast.

400 IM (1) ____:____.____ 200 Breast (10) ____:____.____

200 Fr. Relay (2) XXXXXXXXXXXX 50 Free (11) ____:____.____

200 Fly (3) ____:____.____ BREAK BREAK BREAK

200 Back (4) ____:____.____ 200 Med. Relay (12) ____:____.____

50 Breast (5) ____:____.____ 100 Fly (13) ____:____.____

100 Free (6) ____:____.____ 50 Back (14) ____:____.____

BREAK BREAK BREAK 100 Breast (15) ____:____.____

200 IM (7) ____:____.____ 200 Free (16) ____:____.____

50 Fly (8) ____:____.____ BREAK BREAK BREAK

100 Back (9) ____:____.____ 400 Free (17) ____:____.____

ENTRY FEE: \$2.00 + \$1.00 per event. Make checks payable: South Kitsap Masters
 Mail to: Bob Gallegos 1315 Garrison Ave. Port Orchard, WA 98366

Statement of Release: The undersigned agrees to to hold USMS, Inc., PNA, South Kitsap County, South Kitsap School District, and South Kitsap Masters 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: _____

**United States
Masters
Swimming**

USMS Inc. National Office
Dorothy Donnelly, Executive Secretary
2 Peters Avenue
Rutland, Massachusetts 01543
1 (508) 886 6631



April 21, 1989

To: All Local Masters Swimming Committees
From: Tom Boak, President
Subject: The backstroke start

It has been called to my attention that some confusion exists regarding the significance of the differences in USMS and FINA rules applying to the backstroke start.

This is important to USMS members competing in short or long course meter events. In order to be considered for a world record performance, the competitor must follow the FINA rules.

USMS rules allow the swimmer to place both hands on the gutter or on the starting grips (remember, the stand-up start is no longer allowed). The feet may be placed in any desired starting position which does not remove either foot completely from the water (at least some part of the heels must be under the surface; the toes may be curled over the gutter). There is no legal limitation on the distance travelled underwater.

FINA rules differ in four respects:

1. The hands must be placed only on the starting grips.
2. The whole foot (including the toes) must be under the surface of the water.
3. The toes may not be curled on the gutter.
4. After the start and each turn, the swimmer must surface within 10 meters of the wall.

FINA rules are enforced at all international competitions.

Please spread the word about this clarification to your swimmers in meter courses who are potential world record breakers, and to all who intend to compete internationally.

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The Woodlands, TX 77380
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Westport, CT 06880

Zone Chairman
Edie Gruender
3329 N. Valencia Lane
Phoenix, AZ 85018
(602) 946-5805

You asked for it, now here it is!
Certain to be more fun than any Zoo fly or 1650.

The OMS Deschutes River Raft Trip!
Saturday, July 15
For OMSTERS, friends and family

This is a real opportunity to show just what an Aquamaniac
you really are.

Cost: \$45 per person (assumes in excess of 10 participants)

Includes a terrific lunch which will be waiting for us on the
banks of the river at noon. Non-alcoholic beverages included
although you're welcome to bring something with a little more
"character" if you choose as the rafts have coolers in them.
Bring swimsuit, sunglasses and sunblock!

Send \$10 non-refundable deposit per person by the sign up
deadline which is June 25. Even though we're giving you 'til
June 25 to sign up, if you'd like to go please sign up much
earlier than that so we might actually be organized about it,
it's a big help!

Make checks payable to Ewings White Water, the balance (\$35
per person) is due on the day of the trip.

Travel instructions, directions etc., in next ~~Aquamaniac~~.

PAGE

Contact person for OMS: Andy Schrag
(503) 255-4900 - days
(206) 254-9661 - eves

People _____ Amount Enclosed \$ _____

Send to: Andy Schrag
15810 SE Evergreen Hwy.
Vancouver, Washington 98684

In consideration for its agreement to allow me to participate
in this raft trip, I hereby waive, release and discharge
Oregon Masters Swimming, Inc., its directors, officers,
employees, agents and representatives from any and all claim,
loss or damage arising or resulting from my participation in
this raft trip and in travel to and from such trip, including
specifically, any and all negligence of Oregon Masters
Swimming Inc., its directors, officers, employees, agents or
representatives, in planning or conducting any aspect of this
raft trip and travel to and from it.

Signature _____ Date _____

Directions and Additional Information
For
The OMS Deschutes river Raft Trip July 15

This is a fully guided raft trip, you need to know nothing about rafting, all we need to do is enjoy the scenery, (and hang on occasionally!)

We meet the guides at "The Oasis" in Maupin, Oregon at 10:00 a.m. on Saturday, July 15. Driving time from Portland is about 2 1/2 hours so plan to leave about 7:00 a.m. if you live in the Portland area. After the June 25 sign up deadline I will send each of you a list of who else is going so we can car pool. There is a map of how to get to "The Oasis" somewhere in this Aquamaster.

The weather can be variable, usually quite nice in Central Oregon this time of year but bring something warm just in case it is cooler.

The rafting outfit we have hired provides all equipment, we just show up and enjoy!

Any additional questions call Andy Schrag at (206) 892-6782. This is my wife Barbara's answering machine so don't be alarmed, she can be pretty scary!

See you there.

From the Data Manager:

Postmarks - Well, we haven't had nearly the late entries for the last few meets and for that I thank you; however, a situation that has come up with the rescheduled Newport meet needs to be addressed. One club sent 4 entries together that arrived late. Why? Well, the postage meter date said May 7, but the postmark on the envelope read May 12, and the entries didn't arrive until the 15th. The postmark determines whether or not an entry is late, not the postage meter date since the date on the meter can be changed. The date on which the item of mail is run through a postage meter is totally meaningless if the item is in fact mailed later than that date. After a discussion with the meet director, we agreed to allow the late entrants in the meet, even though the heat sheet was already printed and on it's way to Newport for duplication. These people will be placed in empty lanes in the events that they entered, IF there is an empty lane. If this happens again, the entries that are late will not be entered in the meet.

Newport Credit - Because of the Newport meet from February being cancelled, we allowed the \$6 to be credited to another meet. There is some confusion about who still has a credit, so following is a list of those individuals:

David Cobb	Barney Craig	Jim Elliott
Even Evenson	Sylvia Fireman-Gray	Barbara Frid
Ben F. Gerry	Tom W. Giesen	Mitch Goldstein
David Harger	Syd Hendy	Helena Hoffman
Ted Holden	Larry G. Hoover	John Jessup
Linda Jones	Suzanne Jones	Ben McKillop
Lee Miesen	Bill Mills	Robert Pfeifer
Delbert Scott	Steven Simpson	Lolly Skillman
Paul R. Smith	Bev Underwood	Stephen Warner
Bob Wienert	Jo-Hanna Wienert	John Wight
Brad Willis		

After the Corvallis meet, the credit period will be over. You cannot use the \$6 credit on the State Games meet because that is not an Oregon Masters meet.

If you would like your \$6 refunded, please send a self addressed stamped envelope to OMS, PO Box 1033, Tualatin, OR 97062; otherwise, your \$6 will be considered a charitable deduction to OMS. And if you do go the charitable donation route, OMS thanks you.

"ol' Barnacle"

OL' BARNACLE REVIEWS THE 1989 SCY REGIONALS.

THE MEET THAT ALMOST WASN'T.....OMS CHAIR, KATHY BUCK, HAS HAD MORE THAN HER SHARE OF CRISIS, AND SHE IS BARELY INTO THE FIRST YEAR OF HER OFFICE.

THINGS GOT STICKY WHEN IT WAS LEARNED THAT THE TUALATIN HILLS POOL HAD TO BE SHUT DOWN FOR MASSIVE REPAIRS, AND WOULD NOT BE AVAILABLE FOR AT LEAST 4 WEEKS. THANKS TO YOUR MEET COMMITTEE AND THE GUIDANCE OF KATHY WITH A BIG ASSIST FROM PAM HIMSTREET AND HER CREW, OMS WAS ABLE TO HOST THE MEET.

CLOSE TO 250 SWIMMERS FROM OREGON, WASHINGTON AND IDAHO SHOWED UP TO DO BATTLE FOR REGION XII CHAMPIONSHIPS. OB HAS LEARNED FROM TALKING TO PARTICIPANTS THAT IT WAS A GREAT MEET-THE OFFICIALS DID A GREAT JOB, THE WATER WAS FAST, AND THE TIMERS WERE CHEERING FOR THEIR LANES ALL THE TIME, THESE GUYS AND GALS WERE FROM THE TUALATIN HILLS SENIOR TEAM AND ACCORDING TO MANY MANY RECORD SETTERS THEIR CHEERS WERE MORE THAN A LITTLE HELP.

MEET MANAGEMENT DID A SUPERB JOB

MEET REFEREE-HELEN BROWN, CHIEF STARTER-LARRY SNEAD, MEET DIRECTOR-PAM HIMSTREET, ANNOUNCING WAS HANDLED BY THAT DYNAMIC TRIO OF ROY WATTERS, FRED POUJADE AND BEN DAVIS, ELECTRONIC TIMING WAS UNDER THE SUPER DIRECTION OF BOB AND JUDY HATHAWAY PLUS T D HUGHES AND RUTH HUGHES. RESULTS WAS STAFFED BY TOM HIMSTREET, KAY DASCH, AND SUSAN ALBRIGHT PLUS OTHERS, CLERK OF COURSE BY LISA DAVIS AND CAROLINE BIGLER. T-SHIRT DESIGN BY JODY WAGNER, WITH SALES AND AWARDS UNDER THE GUIDANCE OF LESLIE WINTON, SANDI DOTTER, AND KELLY CRYSTAL.

AGAIN WE OWE A GREAT DEAL TO OREGON SWIMMING FOR THEIR FINE OFFICIATING, WITH ;BOB AND BARBARA BODYFELT, BOB AND HELEN BROWN, DAVE LINDSEY, STEVE BRENNER, LARRY POTTER, MIKE DEMBROW, ANALYNN RUSSO, JOHN SCHIELTZ, TIM BRITTLE AND BOB GODLEY.

AND LAST BUT FAR FROM LEAST-THANKS TO THE TUALATIN HILLS PARK AND RECREATION DISTRICT FOR THE USE OF THEIR VERY FINE FACILITY.

RECORDS AND MEET HONORS

AS HAS BEEN MY CUSTOM FOR MANY YEARS NOW, I ATTEMPT TO PICK THE OUTSTANDING SWIMMERS OF THE MEET, WE HAVE TWO WHO REALLY STOOD OUT

LAVELLE STOINOFF (MULTNOMAH ATHLETIC CLUB) 55-59

NEW NATIONAL RECORD - 1650 FREE - 21:22.63 (LAVELLE'S OLD RECORD WAS 21:35.69 , IT IS ALSO INTERESTING TO NOTE THAT THIS IS LAVELLE'S FASTEST 1650 SINCE EARLY 1985)

NEW REGIONAL RECORDS : 50 FREE - :31.63 (# 3 TT)
100 FREE - 1:07.46 (# 1 TT)
200 IM - 2:52.18 (# 1 TT)

RICHARD BOYD (MT HOOD MASTERS) 45-49

NEW REGIONAL RECORDS : 500 FREE - 5:21.05 (# 3 TT)
1000 FREE - 11:03.46 (# 2 TT)
1650 FREE - 18:32.91 (# 1 TT)
200 I M - 2:16.13 (# 3 TT)

NEW ASSN RECORD : 100 BREAST - 1:08.35 (#4 TT)

DICK WENT 5 FOR 5 AND THAT IS REALLY PADDLIN' AND KICKING !!!!!

TIP O' OB'S HAT GOES TO

BRAD WILLIAMS , FROM PNA, SWIMMING IN THE 30-34 GROUP

3 REGIONAL RECORDS : 1000 FREE - 10:14.57 (#4 TT)
1650 FREE - 17:38.02 (#8 TT)
400 I M - 4:17.68 (#5 TT)

FORBES MACK , TUALATIN HILLS BARRACUDAS(70-74)

3 REGIONAL RECORDS : 50 BRST - :40.94 (#9 TT)
100 BRST - 1:35.86 (#10 TT)
200 BRST - 3:29.39 (#7 TT)

BERT PETERSEN , MT HOOD MASTERS(50-54)

2 REGIONAL RECORDS : 50 FLY - :26.96 (#4 TT)
100 I M - 1:07.11
ASSOCIATION RECORD : 50 FREE - :26.34

GARY HAFFER , VANCOUVER OLD TIMERS(35-39)

REGIONAL RECORD : 200 BACK - 2:09.04
ASSOCIATION RECORD : 100 BACK - :58.27 (#9 TT)

IT IS INTERESTING TO NOTE THAT GARY HOLDS THE REGIONAL 100 RECORD AT :58.12, WHICH HE SET MAY 14TH 1986, WAY TO GO GARY !!!!!

MORE REGIONAL RECORDS BREAKERS :

PETEE SMITH (60-64) 100 FREE 1:12.73 (#3 TT)
ELFIE STEVENIN (65-69) 400 IM 10:49.60
HELENA HOFFMAN (70-74) 100 FLY 3:13.01
HAZEL BRESSIE (MAC) (80-84) 200 FLY 10:34.17
GREG HARRISON (PNA) (35-39) 200 BRST 2:14.11 (#3 TT)
DAVE DABOLL (IEA) (50-54) 200 I M 2:34.98
JIM BIGLER (MAC) (50-54) 200 FREE 2:17.02
65 + MXD MEDLEY RELAY - PNA - 3:16.87 (#5 TT)

ALLAN SACHS, MAXINE CARLSON, WARREN KLEIST, AND MARION CHADWICK)

OREGON ASSOCIATION RECORD SETTERS

19-24 JULIE WRIGHT 100 I M 1:06.32
200 I M 2:25.53
25-29 LAILA DEARDORFF 200 I M 2:25.05
45-49 BARBARA FRID 100 BRST 1:23.20 (#4 TT)
65-69 ELFIE STEVENIN 50 FLY 1:12.24
65-69 PAULINE STANGEL 1000 FREE 19:08.66
100 BRST 1:51.01 (#7 TT)
200 BRST 3:54.76 (#6 TT)

01'. Barnacle ... 1989 SCY Regionals ... cont ...

30-34	JEFF STRATER	1000 FREE	10:28.94	(#7 TT)
35-39	STEVE DURAPAU	1000 FREE	10:49.10	(#6 TT)
		1650 FREE	18:23.69	
40-44	STEVE ARNDT	1000 FREE	11:23.74	(#6 TT)
45-49	TOM FANNING	200 BACK	2:46.80	
65-69	GIL YOUNG	500 FREE	7:25.95	(#10 TT)

NOTE, WHEN YOU BREAK YOUR OWN RECORD, THAT'S A GOOD FEELING !!!

GREAT SWIMS AND GREAT RACES

JULIE WRIGHT CAME SO CLOSE IN THE 50 FREE-26.26 VS THE RECORD OF 26.21

CAROLYN CRAVEN FROM SNAKE RIVER TURNED THE 50 FREE IN 28.42

PETEE SMITH ALMOST HAD THE 50 FREE RECORD, 32.35 VS 32.17

BERNIE KINGSLEY WENT TO THE WIRE IN THE 50 FREE OVER STEVE FREEBORN (30-34), BERNIE PULLED IT OUT 23.48 OVER STEVE AT 23.49 AND ANDY SCHRAG-23.89.

JOHN KAFENTZIS (35-39) FROM IEA HAD A 22.80 IN THE 50 FREE, THAT'S MOVIN' !!!

HUGH RICHARDS (65-69) SWAM THE 50 FREE IN 28.28, BARELY OVER THE RECORD-27.96.

FORBES MACK MISSED HIS 50 FREE RECORD (70-74) 31.78 VS 31.75, OUCH.

JULIE WRIGHT(19-24) SWAM THE 100 FREE IN 57.56 VS THE RECORD OF 57.03.

JANINE AMODEO, RETURNED TO THE WARS, WON A SQUEEKER IN THE 100 FREE - 58.96 OVER KAREN ORTH (59.23) AND LAILA DEARDORFF (59.48) - IN THE SAME 100 (25-29), LISA DAVIS HAD A 1:00.80, JUDY REX-1:01.03 AND ANDREE DEVINE-1:01.55.

KATHY CASEY FROM PNA TURNED A FINE 100 FREE IN 1:03.42.

MARK WAGGONER (19-24) SWAM THE 100 FREE IN 52.15, NOT TOO SHABBY.

STEVE HARGER (ORE) AND MIKE JONES (PNA) 25-29, 54.45 VS 54.91.

BEST RACE OF THE MEET - MENS 100 FREE (35-39) - JOHN KAFENTZIS AT 50.73, OVER GARY HAFER WITH A 51.55 AND VERN DASCH IN 51.83. GERRY SCHEIBNER, NEW CHAIR FOR IEA WAS FOURTH AT 52.57....VERN WILL BE 40 IN AUGUST.

DALE VAUGHAN (ORE) AND IAN THOMPSON (PNA) TIED FOR 2ND PLACE IN THE 40-44 100 FREE AT 57.93, WON BY KIETH MARSHALL IN 55.28.

DICK BOYD ALMOST HAD 6 FOR 6, 100 FREE 57.40 VS RECORD OF 56.96

HUGH RICHARDS EDGED WARREN KLEIST IN THE 65-69-100 FREE, 1:08.11 VS 1:08.59.

ALLAN SACHS-PNA (75-79) FINE 100 FREE IN 1:21.28.

JANINE AMODEO IN THE 25-29 - 200 FREE , GREAT TIME OF 2:09.70, ANDREE DEVINE WITH A PR OF 2:12.96.

PAM HIMSTREET, OUR MEET DIRECTOR, WITH A PR IN THE 200 FREE AT 2:40.01.

01' Barnacle ... 1989 ... SCY Regionals ... cont ...

LAVELLE STOINOFF ANOTHER CLOSE ONE, 200 FREE IN 2:23.09 VS 2:22.66 (NR).

MARK WAGGONER (19-24) (ORE) NEW SWIMMER FROM RAC (RIVERPLACE ATHLETIC CLUB) HAD A FINE 200 FREE IN 1:55.91.

ROY ABRAMOWITZ (30-34) WHO WILL BE 35 MAY 24TH, CHURNED THE 200 FREE IN 1:54.74

VERN DASCH, ALMOST 40, SWAM THE 200 IN 1:55.35 VS THE RECORD OF 1:53.62. OB TIPS THE HAT TO VERN, HE IS MAKING A COMEBACK THAT IS REALLY BECOMING A COMEBACK.

STEVE ARNDT (40-44) JUST MISSED THE 200 FREE RECORD, 1:56.36 VS 1:56.18, OH MY

ANDREE DEVINE (25-29) DATA WOMAN : PR IN THE 500 AT 5:57.90, FIRST TIME UNDER 6:00, THOSE EARLY MORNING WORKOUTS DO PAY DIVIDENDS.

KATHY CASEY (PNA) ANOTHER FINE SWIM, 500 IN 6:28.12.

JAN PLESNER, WITH A PR IN THE 500 FREE AT 7:03.63.

STEVE DURAPAU, ENTERED THE 500 AT 6:30.69, SWAM A 5:18.17, VERN DASCH, SAME AGE GROUP, ENTERED AT 5:26 SWAM A 5:19.12.

STEVE DURAPAU IS OB'S SANDBAGGER OF THE YEAR, WITHOUT QUESTION, WITHOUT PEER !

ALAN LYONS, SWIMMING FOR MAC, IS A NEWCOMER WITH A FINE 6:29.35 FOR THE 500.

PETEE SMITH WAS CLOSE IN THE 1000 , 15:20.91 VS 15:18.47.

HELENA HOFFMAN, DITTO, SWIMS IN 24:53.09 VS 24:31.86, PRETTY CLOSE OVER 1000 YDS.

IAN THOMPSON FROM PNA (40-44) HAD A FINE 11:26.52 IN THE 1000

JOE RUDDLEY SWAM UNDER HIS ENTRY TIME IN 21:13.86, CLOSE TO THE RECORD-21:09.24, WAY TO GO JOE !!! (1000 FREE)

KIKO KIMURA FROM HUSKY, SWAM A FINE 1650 IN 22:18.20.

I SINCERELY HOPE THAT THE ENTRY TIME IN THE 1650 FOR CHARLOTTE COWAN WAS A MISTAKE--52:37.00, SWAM A 26:13.62.

JEFF STORIE OUTLASTED CHRIS ROBBINS IN THE 1650 - 20:04.32 VS 20:05.31. THEY BOTH ENTERED WITH 20:00.00, NOW THAT WAS SOME RACE !!!!! - FOR THE SILVER.

JIM BIGLER FROM MAC, 50-54, CONTINUES TO AMAZE - 21:59.93 FOR THE 1650- JIM POSTED A 23:31.52 IN 1987.

PATRICIA GILMORE FROM CANADA - SHOWED US WHAT FOR : 50 BACK-30.34(#2), 100 BACK-1:04.26(#1), 200 BACK-2:20.16, WOULD BE AN AMERICAN RECORD. SHE ALSO SWAM THE 100 FLY IN 1:03.98(#6), AND THE 200 IM AT 2:22.45(#3). THE NUMBERS ARE WHERE SHE WOULD FIT IN USMS TOP TEN FOR '88.

YES FOLKS, PATRICIA DESERVES "OUTSTANDING SWIMMER OF THE MEET" MENTION !!!!! IF NOT THE WHOLE BALL OF WAX, COME SEE US AGAIN PAT !!!!!

MAXINE CARLSON, PNA, SHOWING SOME OF HER OLD FORM, WON ALL 3 BACKSTROKE RACES, IN TIMES WHICH WERE FAR FASTER THAN HER ENTRY TIMES, GREAT SWIMS-MAXINE !!!

ROY WATTERS, OUR ESTEEMED ANNOUNCER, DID THE 50 BACK IN 38.00, NOW THAT'S NOT TOO BAD FOR A FREESTYLER !!!

.01' Barnacle ... 1989 SCY Regionals ... cont ...

VICKI GORDON (30-34) HAD A GOOD MEET WITH THE 100 BACK AMONG OTHER EVENTS AT 1:12.97.

MARJORIE MEEK SWAM A PR IN THE 100 BACK WITH A 1:12.68.

SUSAN CASE IS ALSO SWIMMING WELL, TO WIT, 100 BACK IN 1:17.21.

JOHN WIGHT (MAC) A BARN BURNER, 100 BACK(45-49), JOHN A PR AT 1:19.37 OVER CORT GIFFORD (SWA) IN 1:19.44, CAN'T GET MUCH CLOSER THAN THAT !!!

JOHN ENGLISH (MAC) ALSO CONTINUES TO IMPROVE, 100 BACK (55-59) 1:18.86

SYD HENDY HAD ALL HE COULD HANDLE IN THE 100 BACK, WINNING THE GOLD IN 1:43.92, OVER JACK HOEY AT 1:45.33, AND ALLAN SACHS IN 1:46.25. ALL 3 TIMES WOULD MAKE '88 TOP TEN IN THE 75-79 CLASS.

SUSAN CASE (40-44) MAY BE IN THE 200 BACK TOP TEN WITH A FINE 2:47.55

PR'S FOR : GIL YOUNG IN THE 200 BACK AT 3:19.54
SYD HENDY , DITTO, WITH A 3:48.47

GINGER PIERSON AND KATHY CASEY, WENT HEAD TO HEAD IN THE 50 BRST, WITH GINGER WINNING OUT OVER KATHY, 35.38 TO 35.46. A BIG PR FOR KATHY !!!

PETER CRUISE, ANOTHER VISITOR FROM CANADA, AND GREG HARRISON, HAD A GOOD ONE GOING IN THE 50 BRST WITH PETER IN AT 29:52 OVER GREG IN 29.80.

DAVID DABOLL (IEA) 50-54, SWAM SOME GREAT BREASTSTROKE--50 IN 32.32, 100 IN AT 1:11.19.

ROBERT KIM EDGED MICKEY MARKS IN THE 50 BRST(55-59) 36.07 OVER 36.21.

JANINE AMODEO WAS THE CLASS OF THE 25-29 100 BRST WITH A FINE 1:16.19.

KIM PHILLIPS AND MARY GRILLO, HEAD TO HEAD IN THE 100 BRST(30-34) KIM WINNING IN 1:18.49 OVER MARY AT 1:18.95.

DAVE COBB WON THE 100 BRST(25-29) OVER STEVE HARGER - 1:09.20 VS 1:09.24

ROY ABRAMOWITZ, ALMOST 34, STILL NOT TRUSTING THE OLD SHOULDER, SWAM THE 100 AND 200 BRST IN 1:05.49 & 2:23.97, BOTH SOLID TT TIMES IN THE 35-39 AGE GROUP.

100 BRST (35-39) SHOWED US 5 STROKERS UNDER 1:10 - GREG HARRISON(1:03.45), PETER CRUISE(1:04.96), MIKE DIRKSEN(1:06.45), VERN DASCH(1:08.62), AND DAN JOHNSON(1:09.25). THAT IS CLASS PERSONIFIED !!!

KIM PHILLIPS HAD A FINE 200 BRST AT 2:49.71, AS DID PAM HIMSTREET-3:14.52

FRED ECKHARDT(60-64) WAS COMPLAINING ABOUT LACK OF POOL TIME AT NEWBERG, THEN HE SWIMS A 3:35.81 200 BRST AT REGIONALS, WAY TO GO FRED !!!

BOB MORRISON CONTINUES TO LIVE DANGEROUSLY IN THE 200 BRST - BOB WENT A 3:27.77 OVER ROBERT CURTIS IN 3:28.96. BOB CURTIS WILL BE MOVING UP TO THE 70-74 CLASS AND WILL FACE OFF WITH FORBES MACK SHORTLY.

25-29 GROUP - LISA DAVIS, KAREN ORTH, AND LAILA DEARDORFF - 1,2,3 IN THE 50 FLY AT 29.42, 29.53, 29.83 - WOW AND WOW !!!

STEVE FREEBORN(PNA) EDGED BERNIE KINGSLEY IN THE 50 FLY(30-34) 25.65 OVER 25.92.

MIKE DIRKSEN, 40 IN AUGUST, HAS THE MAKINGS OF A FLYER, 25.74 IN THE 50.

01' Barnacle ... 1989 SCY Regionals ... cont ...

DORCAS PHELAN (IEA) USED TO WAS - OMS , A FINE 100 BRST IN 1:21.19, DITTO FOR NANCY MILNER, A PR AT 1:16.33.

BERNIE KINGSLEY HAD A FINE 100 FLY, COMING IN AT 56.93 (30-34)

ART HANLON (70-74) COMING BACK IN GREAT STYLE WITH A 2:32.15 FOR THE 100 FLY.

PAUL BORG (IEA) BY A FINGERNAIL, IN THE 200 FLY (55-59) OVER FRANK NEWQUIST(PNA), 3:02.97 AGAINST 3:03.63. AFTER THE PIANO FELL YET !!!!

LAILA DEARDORFF AND JANINE AMODEO IN THE 100 IM SHOWED US "CLOSE THAT WAS CLOSE". LAILA WINNING IN 1:08.82, WITH JANINE FOR THE SILVER IN 1:08.90 !!!

VICKI GORDON (30-34) 100 IM IN 1:09.40, THE RECORD IS 1:09.27 - YIKES !!!

NONA WALLACE-HANON NOW IEA, USED TO WAS OMS, LOOKING GOOD AT 100 IM IN 1:28.60.

30-34 - 100 IM : BERNIE KINGSLEY (PNA) WINS WITH A 59.05 OVER STEVE FREEBORN AT 1:00.15 AND DAVE BURLESON IN 1:00.40.

55-59 - 100 IM : 3 PR'S IN ONE RACE - ERIC GUEST CLOSE TO HIS RECORD, 1:15.65 VS 1:14.99, ROBERT KIM IN AT 1:16.05, AND MICKEY MARKS AT 1:16.10. IT APPEARS THAT ERIC IS READY FOR THE 60-64 CLASS.

WIL DOLPHIN (IEA) HAD A PR IN THE 100 IM, WINNING IN 1:30.24.

KIM PHILLIPS HAD A LITTLE EXTRA OVER VICKI GORDON IN THE 30-34-100 IM, KIM WAS AT 2:35.67 AND VICKI SWAM 2:36.45.

KIKO KIMURA (HUSKY) WENT FOR THE GOLD IN THE 30-34 400 IM WITH KIM PHILLIPS RIGHT THERE FOR THE SILVER - 5:30.19 VS 5:32.19. ONLY 2 SECS AFTER 400 YARDS.

MEET DIRECTOR - PAM HIMSTREET LOOKING GOOD AT 400 IM IN 6:39.81

CAROLYN KENT (CAC) SHOWED US REAL CLASS IN THE 400 IM (40-44) IN AT 5:42.52.

Z-MAN , JOHN ZELL A PR IN THE 400 IM AT 4:49.48

DAN JOHNSON LOST TO GERRY SCHEIBNER IN THE 400 IM. GERRY HAD A 4:53.46, WHILE DAN GOT A PR AT 4:59.03.

MILTON (MICKEY) MARKS SHOULD BE HAPPY NOW, HIS 6:29.41 IN THE 400 IM WAS A VERY FINE PR, WAY TO GO MICKEY !!!

I KNOW VERY WELL THAT I MISSED SOME OF YOU OUT THERE IN LAP LAP COUNTRY, PLEASE FORGIVE AN OLD MAN, LET ME HEAR FROM YOU

MOST IMPORTANT OF ALL STAY WITH IT AND STY FIT !!!!!

THIS N' THAT FROM OB'S FILES

SHORT COURSE NATIONALS, FROM BOCA RATON, WILL BE COVERED ELSEWHERE IN THIS TABLOID BY YOU TRAVELING EDITOR, JOHN ZELL - ONE RACE I WOULD LIKE TO PUT IN PERSPECTIVE WAS LAVELLE'S NEW NATIONAL RECORD IN THE 400 IM. STOINOFF SWAM A 4:55.35, THIS FOLKS IS AN AVERAGE OF 1:28.75 FOR EACH 100 YARDS. SOME ANALYSIS IS IN ORDER ; A 1:28 FLY WOULD BE # 3 IN THE 55-59 USMS TOP TEN, A 1:28 BACK GIVES A # 5 IN TT LAND, A 1:28 FOR THE BREAST WOULD CALL FOR A # 2 TT RATING, WITH ONLY THE 100 FREE FALLING OUT, HOWEVER I WOULD BET MY BOTTOM DOLLAR THAT IT WOULD BE IN THE TOP 20. YOU PUT THIS ALL TOGETHER AND YOU GET SOME IDEA OF WHAT IT TAKES TO SWIM THE TIMES THAT LAVELLE HAS BEEN SWIMMING.

Ol' Barnacle ... this n' that ... cont....

ANOTHER EXAMPLE WOULD BE SPLITTING LAVELLE'S 1650 AT REGIONALS, A NEW NATIONAL RECORD OF 21:22.63 ; GOES LIKE THIS - 50 IN 36.46, 100 - 1:15.65, 200 - 2:34.98, 500 - 6:30.82, 1000 - 12:57.44 (AGAIN IN PERSPECTIVE - GAIL ROPER WAS # 2 IN THE 1000 (55-59) TOP TEN WITH A 14:15.63 - STAINOFF WAS # 1 WITH A RECORD TIME OF 12:45.07) THIS PUTS LAVELLE ONLY 12 SECONDS OFF HER NATIONAL RECORD ON THE WAY TO THE NR IN THE 1650. AN OVERALL AVERAGE OF 1:27 PER 100, HER LAST 100 WAS IN 1:15 PLUS, HER LAST 500 WAS AT 6:46, A FALL OFF OF ONLY 16 SECONDS, EVEN MORE AMAZING, THIS LAST 500 OF LAVELLE'S WOULD PLACE # 2 IN THE USMS TOP TEN FOR 55-59 - 500 FREE. WOW AND WOW !!!!!

JANET EVANS - USA'S PRIDE AND JOY AT SEOUL - "SOME PEOPLE SAY SWIMMING IS AN INDIVIDUAL SPORT. I KNOW BETTER" - EVERY U.S. OLYMPIC ATHLETE WILL TELL YOU THAT WINNING IS A TEAM EFFORT, EVEN IN THE SO CALLED INDIVIDUAL SPORTS LIKE SWIMMING. THE TEAM INCLUDES THE ATHLETE, COACHES, TRAINERS - AND THE WONDERFUL PEOPLE WHO SUPPORT THE U.S. OLYMPIC EFFORT.

ON THE FRONT PAGE OF THE OREGONIAN THE OTHER DAY :

A COLOR PHOTO OF CANADIAN MARATHON SWIMMER, VICKI KEITH, PASSING UNDER THE HARBOUR BRIDGE DURING HER 19 K BUTTERFLY SWIM AROUND SYDNEY HARBOUR. OL' BARN'S CONCERN NOW IS THAT I CERTAINLY HOPE THIS DOESN'T GIVE OUR DON KUYPER ANY NEW IDEAS FOR NEW CHALLENGES.

FLOYD ELIOTT - YES, MANY OF US HAVE MISSED THIS GREAT GUY !!!

A SUPER SUPER BACKSTROKER, ALL AMERICAN IN THE 50, 100 AND 200 IN 1987. FLOYD IS ALIVE AND WELL, SWIMMING 800-1000 3/4 TIMES A WEEK. WE HAVE BEEN SWIMMING TOGETHER AND HIS FANTASTIC KICK STILL AMAZES ME. COME BACK FOR REAL, SOON FLOYD !!!

MARGARET YADON - THAT GREAT GAL FROM LOGSDEN, ON MOONSHINE PARK ROAD.....

WROTE A VERY FINE LETTER TO KATHY BUCK, WHICH SHE PASSED ON TO ME. SHE WAS CHECKING THE RESULTS OF THE LINCOLN CITY MEET, THEY LISTED HER AS A RECORD SETTER IN THE 50 BACK. MARGARET STATES THAT SHE WAS A "NO SHOW" AT THE MEET. OB WANTS TO THANK MARGARET FOR BRINGING THIS TO OUR ATTENTION - PLEASE DO NOT JUMP INTO AN ASSIGNED LANE AT ANY MEET, IT REALLY SCREWS UP THE RECORD KEEPING AND THE LOAD ON ADMINISTRATIVE PEOPLE. YOU WILL NOT GET AN OFFICIAL TIME, SO WHAT IS THE USE OF THIS ACTION.

THE ONLY WAY YOU CAN DO THIS, IS SPEAK WITH THE MEET DIRECTOR - IF THERE IS AN OPEN LANE - OPEN - MEANS - NO ONE'S NAME APPEARS IN THE LANE , IN THAT HEAT , ON THE HEAT SHEETS - IF THE MEET DIRECTOR AGREES TO SWIM YOU IN AN OPEN LANE, THEN IT IS FINE, YOU WILL GET TO SWIM, AND YOU WILL GET AN OFFICIAL TIME, AND MOST IMPORTANT YOU WILL NOT CAUSE HEADACHES FOR A LOT OF PEOPLE.

MARGARET GOES ON IN HER LETTER, "SORRY I'VE BEEN OUT. MY HUSBAND DEVELOPED PANCREATIC CANCER WHICH TOOK HIM VERY QUICKLY AFTER IT WAS DIAGNOSED. I AM TRYING TO SWIM AGAIN BUT MOVE LIKE A SLOW TRUCK - MY LIFE IS REALLY IN LIMBO - DON'T YET KNOW WHAT I'M GOING TO BE DOING - STAY HERE IN THE WOODS OR MOVE CLOSER TO A POOL - HOPE TO GET OUT FOR SOME LC THIS SUMMER" SINCERELY - MARGARET R. YADON.

ALL OF OUR THOUGHTS ARE WITH YOU MARGARET, WE ARE SO SORRY TO HEAR ABOUT YOUR HUSBAND. PLEASE HANG IN THERE, THE SWIMMING WILL HELP, IT KEPT OL' BARN SANE IN HIS LAST FIVE OR SO YEARS IN THE MARKET PLACE. THE THERAPY ADVANTAGES OF REGULAR SWIMMING ARE LEGENDARY - HANG IN THERE - STAY WITH IT - GOD BLESS YOU AND KEEP YOU WELL !!!!!

THAT'S IT FOR NOW FOLKS...SEE YOU NEXT MONTH.

NW REGIONAL MEET 25 YARD

04/23/89 PG 1

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

Software by R.Smith

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

50FREE JULIE L WRIGHT 20 OREG :26.26
SANDI L HYDE 20 OREG :28.85
JULIE RYAN 20 OREG :30.21
100FRE JULIE L WRIGHT 20 OREG :57.56+
Oregon was- JULIE L WRIGHT :57.65
SANDI L HYDE 20 OREG 1:03.26
CHRISTY L TRUE 24 OREG 1:13.99
200FRE SANDI L HYDE 20 OREG 2:20.57
BARBARA J MANN 19*1EM 2:45.83
500FRE JULIE L WRIGHT 20 OREG 5:43.81
CHRISTY L TRUE 24 OREG 7:05.10
1650FR JULIE KIEBURTZ 24 OREG22:03.94
50BACK JULIE RYAN 20 OREG :35.72
CHRISTY L TRUE 24 OREG :39.71
DARCY MUELLHAUPT 22 OREG :40.21
100BAK JULIE RYAN 20 OREG 1:21.53
SANDI L HYDE 20 OREG 1:24.36
CHRISTY L TRUE 24 OREG 1:24.57
50BRST BARBARA J MANN 19*1EM :38.42
100BRS BARBARA J MANN 19*1EM 1:26.33
200BRS BARBARA J MANN 19*1EM 3:10.70
50 FLY JULIE L WRIGHT 20 OREG :29.94
BARBARA J MANN 19*1EM :35.61
JULIE RYAN 20 OREG :36.23
DARCY MUELLHAUPT 22 OREG :37.37
100FLY SANDI L HYDE 20 OREG 1:22.06
100 IM JULIE L WRIGHT 20 OREG 1:06.32+
Oregon was- DENISE STUNTZNER 1:06.98
BARBARA J MANN 19*1EM 1:20.93
JULIE RYAN 20 OREG 1:24.01
DARCY MUELLHAUPT 22 OREG 1:24.65
200 IM JULIE L WRIGHT 20 OREG 2:25.53+
Oregon was- ADELE PIERCE 2:27.48
DARCY MUELLHAUPT 22 OREG 3:10.63

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

50FREE KAREN E ORTH 26 OREG :26.82
LISA K DAVIS 25 OREG :27.12
LAILA J DEARDORFF 28 OREG :27.51
KELLY CRYSTAL 26 OREG :30.76
SUZANNE M JONES 26 OREG :32.83
DEBRA STOLT-KRICHKO 28 OREG :33.58
100FRE JANINE AMODEO 26 OREG :58.96
KAREN E ORTH 26 OREG :59.23
LAILA J DEARDORFF 28 OREG :59.48
LISA K DAVIS 25 OREG 1:00.80
JUDY G. REX 26 OREG 1:01.03
ANDREE DEVINE 27 OREG 1:01.55
SHARON SCHNEIDER 27*1EM 1:05.78
SUZANNE M JONES 26 OREG 1:09.19
KELLY CRYSTAL 26 OREG 1:10.41
200FRE JANINE AMODEO 26 OREG 2:09.70
ANDREE DEVINE 27 OREG 2:12.96
LISA K DAVIS 25 OREG 2:16.50
KAREN E ORTH 26 OREG 2:18.14
SHARON SCHNEIDER 27*1EM 2:23.79
DEBRA STOLT-KRICHKO 28 OREG 2:35.77
SUZANNE M JONES 26 OREG 2:36.63

500FRE JANINE AMODEO 26 OREG 5:56.61
ANDREE DEVINE 27 OREG 5:57.90
JUDY G. REX 26 OREG 6:19.45
SHARON SCHNEIDER 27*1EM 6:25.24
DEBRA STOLT-KRICHKO 28 OREG 6:52.92
LIBBY NIEDERMEYER 25 MACO 6:54.78
SUZANNE M JONES 26 OREG 7:13.35
1000FR DEBRA STOLT-KRICHKO 28 OREG14:18.11
1650FR SHARON SCHNEIDER 27*1EM 22:11.91
LIBBY NIEDERMEYER 25 MACO23:54.61
SHARON LYDA-RENZ 26*PNA 27:08.24
50BACK JUDY G. REX 26 OREG :35.17
KAREN E ORTH 26 OREG :35.54
SUZANNE M JONES 26 OREG :39.69
100BAK SHARON LYDA-RENZ 26*PNA 1:39.00
50BRST MARIANNE M. DECHER 27 OREG :38.73
100BRS JANINE AMODEO 26 OREG 1:16.19
SHARON SCHNEIDER 27*1EM 1:22.11
MARIANNE M. DECHER 27 OREG 1:28.43
SHARON LYDA-RENZ 26*PNA 1:43.40
50 FLY LISA K DAVIS 25 OREG :29.42
KAREN E ORTH 26 OREG :29.53
LAILA J DEARDORFF 28 OREG :29.83
KELLY CRYSTAL 26 OREG :38.24
100FLY ANDREE DEVINE 27 OREG 1:08.38
KAREN E ORTH 26 OREG 1:12.50
200FLY SHARON LYDA-RENZ 26*PNA 3:47.93
100 IM LAILA J DEARDORFF 28 OREG 1:08.82
JANINE AMODEO 26 OREG 1:08.90
JUDY G. REX 26 OREG 1:10.95
LISA K DAVIS 25 OREG 1:11.22
KELLY CRYSTAL 26 OREG 1:23.21
SHARON LYDA-RENZ 26*PNA 1:30.23
200 IM LAILA J DEARDORFF 28 OREG 2:25.05+
Oregon was- KIM PHILLIPS 2:28.21
JANINE AMODEO 26 OREG 2:29.62
ANDREE DEVINE 27 OREG 2:29.77
SHARON SCHNEIDER 27*1EM 2:40.56
SHARON LYDA-RENZ 26*PNA 3:13.21
400 IM ANDREE DEVINE 27 OREG 5:16.82

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

50FREE VICKI L GORDON 32 OREG :28.38
KIM J BOGUS 30 OREG :29.45
JANNA M. HEWITT 32*SRA :29.67
JO SHEPARD 33*SRA :29.94
LORI HOLLINGSWORTH 33 OREG :31.31
JANET L CUNNINGHAM 30 OREG :32.85
ROBIN L DURANT 33*1EM :34.35
JACKIE WOLDRIDGE 34 OREG :35.25
100FRE VICKI L GORDON 32 OREG 1:01.40
KRISTI K GUSTAFSON 33 OREG 1:06.71
JO SHEPARD 33*SRA 1:06.76
LISA S FARIN 31*PNA 1:06.80
AMY C W EMMETT 33 OREG 1:07.71
PATRICIA KILLGORE 33 OREG 1:09.58
LORI HOLLINGSWORTH 33 OREG 1:10.71
GAIL M KIMBERLING 33 OREG 1:18.32
JACKIE WOLDRIDGE 34 OREG 1:22.13

200FRE KIM J BOGUS 30 OREG 2:25.41
AMY C W EMMETT 33 OREG 2:29.99
JANET L CUNNINGHAM 30 OREG 2:34.36
JO SHEPARD 33*SRA 2:34.84
500FRE KIM A PHILLIPS 31 OREG 6:32.38
LISA S FARIN 31*PNA 6:33.24
AMY C W EMMETT 33 OREG 6:46.75
LORI HOLLINGSWORTH 33 OREG 7:31.09
GAIL M KIMBERLING 33 OREG 7:35.95
1000FR KIM A PHILLIPS 31 OREG13:17.72
ROBIN L DURANT 33*1EM 14:25.95
1650FR D KIKO KIMURA 33*HUSK22:18.20
JANNA M. HEWITT 32*SRA 24:00.34
50BACK KRISTI K GUSTAFSON 33 OREG :34.51
JO SHEPARD 33*SRA :38.75
LISA S FARIN 31*PNA :38.78
PATRICIA KILLGORE 33 OREG :39.60
LORI HOLLINGSWORTH 33 OREG :46.20
GAIL M KIMBERLING 33 OREG :47.45
100BAK VICKI L GORDON 32 OREG 1:12.97
KRISTI K GUSTAFSON 33 OREG 1:13.34
200BAK KRISTI K GUSTAFSON 33 OREG 2:37.82
50BRST MARY GRILLO 34 OREG :36.59
GAIL M KIMBERLING 33 OREG :46.83
100BRS KIM A PHILLIPS 31 OREG 1:18.49
MARY GRILLO 34 OREG 1:18.95
DORCAS L PHELAN 32*SRA 1:23.45
200BRS KIM A PHILLIPS 31 OREG 2:49.71
DORCAS L PHELAN 32*SRA 3:04.18
ROBIN L DURANT 33*1EM 3:31.36
50 FLY VICKI L GORDON 32 OREG :31.65
JANNA M. HEWITT 32*SRA :31.72
JACKIE WOLDRIDGE 34 OREG :34.67
AMY C W EMMETT 33 OREG :35.46
KRISTI K GUSTAFSON 33 OREG :35.65
JANET L CUNNINGHAM 30 OREG :37.42
KIM J BOGUS 30 OREG :41.28
100FLY DORCAS L PHELAN 32*SRA 1:21.19
JACKIE WOLDRIDGE 34 OREG 1:24.49
200FLY ROBIN L DURANT 33*1EM 3:27.08
100 IM VICKI L GORDON 32 OREG 1:09.40
KRISTI K GUSTAFSON 33 OREG 1:16.82
DORCAS L PHELAN 32*SRA 1:16.89
LISA S FARIN 31*PNA 1:18.27
AMY C W EMMETT 33 OREG 1:19.39
PATRICIA KILLGORE 33 OREG 1:20.50
JACKIE WOLDRIDGE 34 OREG 1:27.48
GAIL M KIMBERLING 33 OREG 1:33.44
200 IM KIM A PHILLIPS 31 OREG 2:35.67
VICKI L GORDON 32 OREG 2:36.45
DORCAS L PHELAN 32*SRA 2:48.35
AMY C W EMMETT 33 OREG 2:51.85
JANET L CUNNINGHAM 30 OREG 2:58.64
ROBIN L DURANT 33*1EM 2:58.65
JACKIE WOLDRIDGE 34 OREG 3:13.90
400 IM D KIKO KIMURA 33*HUSK 5:30.19
KIM A PHILLIPS 31 OREG 5:32.19
DORCAS L PHELAN 32*SRA 6:02.05
ROBIN L DURANT 33*1EM 6:21.24

----- 35-39 WOMEN -----
 50FREE CAROLYN M CRAVEN 38*SRA :28.42
 100FREE CAROLYN M CRAVEN 38*SRA 1:03.14
 BARBARA LUTSOCK 39 OREG 1:12.02
 JANE A MOORE 38*PNA 1:13.58
 VICTORIA L FALTEN 39 OREG 1:13.79
 LISSA B PARKER 37 OREG 1:25.23
 200FREE CAROLYN M CRAVEN 38*SRA 2:22.77
 KARIN A CLANCEY 35 OREG 2:36.27
 VICTORIA L FALTEN 39 OREG 2:46.53
 500FREE KARIN A CLANCEY 35 OREG 6:52.65
 NANCY J MILNER 37 OREG 7:00.75
 JANE A MOORE 38*PNA 7:03.28
 BARBARA LUTSOCK 39 OREG 7:21.70
 VICTORIA L FALTEN 39 OREG 7:40.03
 LISSA B PARKER 37 OREG 8:57.42
 1000FR JANE A MOORE 38*PNA 14:24.22
 VICTORIA L FALTEN 39 OREG15:30.12
 1650FR NANCY J MILNER 37 OREG23:49.51
 JANE A MOORE 38*PNA 24:44.66
 50BACK PATRICIA GILMORE 36*SRAP :30.34+
 Oregon was- CAROLYN WOOD :32.55
 MARJORIE MEEK 36 MACO :33.51
 JUDY BELFORD 39 OREG :34.03
 CAROLYN M CRAVEN 38*SRA :38.46
 BARBARA LUTSOCK 39 OREG :39.81
 LISSA B PARKER 37 OREG :43.99
 100BAK PATRICIA GILMORE 36*SRAP 1:04.26+
 Oregon was- TANYA MANSIGH 1:09.88
 MARJORIE MEEK 36 MACO 1:12.68
 JUDY BELFORD 39 OREG 1:13.93
 200BAK PATRICIA GILMORE 36*SRAP 2:20.16+
 Oregon was- TANYA MANSIGH 2:32.27
 JUDY BELFORD 39 OREG 2:35.25
 JANE A MOORE 38*PNA 3:18.22
 50BRST JOANNE KNAPP-FISHER 36*SRAP :36.61
 LISSA B PARKER 37 OREG :51.32
 100BRS JOANNE KNAPP-FISHER 36*SRAP 1:21.34
 50 FLY JUDY BELFORD 39 OREG :32.78
 CAROLYN M CRAVEN 38*SRA :33.02
 NANCY J MILNER 37 OREG :33.90
 100FLY PATRICIA GILMORE 36*SRAP 1:03.98+
 Oregon was- SANDY ROUSSEAU 1:08.62
 NANCY J MILNER 37 OREG 1:16.33
 200FLY DARLENE J STALEY 39 OREG 2:42.88
 NANCY J MILNER 37 OREG 2:56.38
 100 IM MARJORIE MEEK 36 MACO 1:12.51
 JUDY BELFORD 39 OREG 1:15.76
 CAROLYN M CRAVEN 38*SRA 1:16.01
 NANCY J MILNER 37 OREG 1:21.57
 KARIN A CLANCEY 35 OREG 1:24.91
 BARBARA LUTSOCK 39 OREG 1:31.66
 JANE A MOORE 38*PNA 1:32.28
 LISSA B PARKER 37 OREG 1:38.95
 200 IM PATRICIA GILMORE 36*SRAP 2:22.45+
 Oregon was- CATHY J. INWALLE 2:29.74
 MARJORIE MEEK 36 MACO 2:41.36
 400 IM MARJORIE MEEK 36 MACO 5:33.38

----- 40-44 WOMEN -----
 50FREE MONIKA HUNSCHER 40 OREG :31.71
 MARY E WATERS 42 MACO :59.82
 100FREE KATHRINE CASEY 40*PNA 1:03.42+
 Oregon was- SANDI ROUSSEAU 1:03.53
 SUSAN M GIRARD 40 OREG 1:29.91
 MARY E WATERS 42 MACO 2:15.81
 200FREE KATHRINE CASEY 40*PNA 2:25.41
 MONIKA HUNSCHER 40 OREG 2:35.81
 SUSAN M GIRARD 40 OREG 3:17.36
 MARY E WATERS 42 MACO 5:06.63
 500FREE KATHRINE CASEY 40*PNA 6:28.12
 JAN M PLESNER 42 OREG 7:03.63
 SUSAN M GIRARD 40 OREG 8:41.34
 NANCY C. ANDERSON 40*PNA 9:36.53
 1000FR SUSAN M GIRARD 40 OREG17:42.80
 1650FR MONIKA HUNSCHER 40 OREG23:26.91
 JAN M PLESNER 42 OREG24:08.37
 NANCY C. ANDERSON 40*PNA 30:16.50
 50BACK NANCY C. ANDERSON 40*PNA :46.56
 100BAK SUSAN J CASE 40 OREG 1:17.21
 CATHERINE BROOKS 40*DAM 1:21.31
 NANCY C. ANDERSON 40*PNA 1:38.26
 200BAK SUSAN J CASE 40 OREG 2:47.55
 NANCY C. ANDERSON 40*PNA 3:39.19
 50BRST GINGER L PIERSON 43 OREG :35.38
 KATHRINE CASEY 40*PNA :35.46
 100BRS GINGER L PIERSON 43 OREG 1:18.12
 KATHRINE CASEY 40*PNA 1:21.37
 SUSAN J CASE 40 OREG 1:25.33
 CATHERINE BROOKS 40*DAM 1:25.86
 MARY E WATERS 42 MACO 3:09.87
 200BRS GINGER L PIERSON 43 OREG 2:49.97
 CATHERINE BROOKS 40*DAM 3:03.27
 50 FLY CAROLYN KENT 43*CAC :31.01
 100FLY CAROLYN KENT 43*CAC 1:12.33
 MONIKA HUNSCHER 40 OREG 1:26.38
 200FLY CAROLYN KENT 43*CAC 2:45.34
 MONIKA HUNSCHER 40 OREG 3:22.12
 100 IM GINGER L PIERSON 43 OREG 1:13.70
 CAROLYN KENT 43*CAC 1:14.68
 NANCY C. ANDERSON 40*PNA 1:47.26
 200 IM CAROLYN KENT 43*CAC 2:41.99
 KATHRINE CASEY 40*PNA 2:42.17
 GINGER L PIERSON 43 OREG 2:45.83
 MONIKA HUNSCHER 40 OREG 2:57.55
 400 IM CAROLYN KENT 43*CAC 5:42.52
 GINGER L PIERSON 43 OREG 5:53.36
 SUSAN J CASE 40 OREG 5:55.85
 CATHERINE BROOKS 40*DAM 6:00.49
 ----- 45-49 WOMEN -----
 50FREE SHARON L BANDUCCI 45*TEM :30.86
 NANCY JEAN BROOKS 46 OREG :31.60
 CHARLOTTE E COWAN 49 OREG :35.16
 LINDA L JONES 46 MACO :35.70
 100FREE SHARON L BANDUCCI 45*TEM 1:08.79
 CHARLOTTE E COWAN 49 OREG 1:19.03
 SANDY P HUG 48 OREG 1:22.48
 VICKI S. PARRY 49*PNA 1:40.47

200FRE PAMELA HIMSTREET 45 OREG 2:40.01
 CHARLOTTE E COWAN 49 OREG 2:54.27
 LINDA L JONES 46 MACO 3:02.12
 VICKI S. PARRY 49*PNA 3:45.71
 500FREE BARBARA FRID 47 OREG 6:37.12
 CHARLOTTE E COWAN 49 OREG 7:44.34
 1000FR PAMELA HIMSTREET 45 OREG14:55.14
 NANCY JEAN BROOKS 46 OREG15:30.42
 CHARLOTTE E COWAN 49 OREG15:35.63
 1650FR CHARLOTTE E COWAN 49 OREG26:13.62
 50BACK BARBARA FRID 47 OREG :35.61
 SANDRA BUNCH 45*TEM :36.41
 SHARON L BANDUCCI 45*TEM :37.90
 LINDA L JONES 46 MACO :42.03
 SANDY P HUG 48 OREG :46.37
 100BAK BARBARA FRID 47 OREG 1:18.66
 SANDRA BUNCH 45*TEM 1:22.69
 LINDA L JONES 46 MACO 1:37.70
 PHYLLIS N DAVIS 49 OREG 1:54.05
 200BAK SANDRA BUNCH 45*TEM 3:01.55
 LINDA L JONES 46 MACO 3:24.29
 PHYLLIS N DAVIS 49 OREG 3:58.05
 50BRST NANCY JEAN BROOKS 46 OREG :39.77
 PAMELA HIMSTREET 45 OREG :41.97
 SANDY P HUG 48 OREG :46.99
 100BRS BARBARA FRID 47 OREG 1:23.20+
 Oregon was- BARBARA FRID 1:26.79
 NANCY JEAN BROOKS 46 OREG 1:27.35
 200BRS PAMELA HIMSTREET 45 OREG 3:14.52
 NANCY JEAN BROOKS 46 OREG 3:16.71
 50 FLY BARBARA FRID 47 OREG :31.92
 SHARON L BANDUCCI 45*TEM :37.76
 100 IM BARBARA FRID 47 OREG 1:15.26
 SHARON L BANDUCCI 45*TEM 1:21.17
 NANCY JEAN BROOKS 46 OREG 1:22.83
 VICKI S. PARRY 49*PNA 1:51.18
 200 IM PAMELA HIMSTREET 45 OREG 3:04.16
 400 IM PAMELA HIMSTREET 45 OREG 6:39.81
 ----- 50-54 WOMEN -----
 50FREE ANN GINDROZ 51*PNA :33.63
 NONA WALLACE-HANAN 50*TEA :34.56
 KALEO B SCHRODER 52 OREG :38.51
 HELEN JENSEN 53 OREG :40.16
 CAROL A DICKINSON 54 OREG :41.50
 MARILYN BASHORE 53*TEM :53.37
 GEORGIA R RYAN 54 OREG :57.08
 100FREE CAROL A DICKINSON 54 OREG 1:36.92
 MARILYN BASHORE 53*TEM 1:46.39
 URSULA B. LANG 51 OREG 1:54.68
 GEORGIA R RYAN 54 OREG 2:19.53
 200FREE ANN GINDROZ 51*PNA 2:52.19
 MARILYN BASHORE 53*TEM 4:02.82
 GEORGIA R RYAN 54 OREG 5:11.78
 500FREE MARILYN BASHORE 53*TEM 10:06.97
 1000FR ANN GINDROZ 51*PNA 15:35.02
 HELEN JENSEN 53 OREG18:11.21
 MARILYN BASHORE 53*TEM 21:17.78
 1650FR ANN GINDROZ 51*PNA 26:33.11

NW REGIONAL MEET 25 YARD

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* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

50BACK NONA WALLACE-HANAN 50*IEA :42.50
CAROL A DICKINSON 54 OREG :48.26
KALEO B SCHRODER 52 OREG :48.85
URSULA B. LANG 51 OREG :57.77
100BAK CAROL A DICKINSON 54 OREG 1:48.07
KALEO B SCHRODER 52 OREG 1:53.80
50BRST NONA WALLACE-HANAN 50*IEA :48.75
URSULA B. LANG 51 OREG :49.33
KALEO B SCHRODER 52 OREG :53.27
MARILYN BASHORE 53*IEM 1:04.22
100BRS URSULA B. LANG 51 OREG 1:50.47
HELEN JENSEN 53 OREG 1:56.80
KALEO B SCHRODER 52 OREG 1:58.04
200BRS URSULA B. LANG 51 OREG 4:17.71
50 FLY NONA WALLACE-HANAN 50*IEA :39.56
100 IM NONA WALLACE-HANAN 50*IEA 1:28.60
KALEO B SCHRODER 52 OREG 1:51.85
400 IM ANN GINDROZ 51*PNA 7:07.38
----- 55-59 WOMEN -----
50FREE LAVELLE M STOINOFF 56 MACO :31.63+
Oregon was- LAVELLE M STOINOFF :31.72
DOROTHY J KLEIST 57*PNA :56.34
100FRE LAVELLE M STOINOFF 56 MACO 1:07.46+
Oregon was- LAVELLE M STOINOFF 1:07.99
200FRE LAVELLE M STOINOFF 56 MACO 2:23.09
500FRE LAVELLE M STOINOFF 56 MACO 6:15.10
1650FR LAVELLE M STOINOFF 56 MACO21:22.63+
Oregon was- LAVELLE M STOINOFF 21:35.69
50BACK DOROTHY J KLEIST 57*PNA 1:15.61
50BRST JOYCE BAHLER 59 MACO :48.07
DOROTHY J KLEIST 57*PNA 1:06.53
100BRS JOYCE BAHLER 59 MACO 1:42.10
200BRS JOYCE BAHLER 59 MACO 3:40.71
50 FLY DOROTHY J KLEIST 57*PNA 1:16.47
100 IM JOYCE BAHLER 59 MACO 1:35.90
DOROTHY J KLEIST 57*PNA 2:28.14
200 IM LAVELLE M STOINOFF 56 MACO 2:52.18+
Oregon was- LAVELLE M STOINOFF 2:56.50
JOYCE BAHLER 59 MACO 3:29.82
400 IM JOYCE BAHLER 59 MACO 7:12.43
----- 60-64 WOMEN -----
50FREE PETEY MH. SMITH 64 OREG :32.35
KATHLEEN A HUGHES 62 OREG :45.45
100FRE PETEY MH. SMITH 64 OREG 1:12.73+
Oregon was- LOUISE A HEPNER 1:12.86
MARYAN N BURKE 63*PNA 1:56.11
200FRE MARGARET A WELLS 63 OREG 3:35.45
KATHLEEN A HUGHES 62 OREG 3:57.76
MARYAN N BURKE 63*PNA 4:16.33
1000FR PETEY MH. SMITH 64 OREG15:20.91
50BACK PETEY MH. SMITH 64 OREG :45.01
MARGARET P. JUECKE 60 OREG :47.91
MARYAN N BURKE 63*PNA :55.61
100BAK MARGARET P. JUECKE 60 OREG 1:44.76
200BAK MARGARET A WELLS 63 OREG 4:00.77
50BRST MARGARET P. JUECKE 60 OREG :51.42
100BRS MARGARET P. JUECKE 60 OREG 1:55.73
50 FLY PETEY MH. SMITH 64 OREG :43.87

100 IM PETEY MH. SMITH 64 OREG 1:35.68
MARYAN N BURKE 63*PNA 2:03.22
200 IM MARGARET A WELLS 63 OREG 3:52.92
MARYAN N BURKE 63*PNA 4:32.75
400 IM MARGARET A WELLS 63 OREG 8:10.28
----- 65-69 WOMEN -----
50FREE MAXINE M CARLSON 69*PNA :49.00
JUDY M MELCHER 68 OREG :55.64
100FRE MAXINE M CARLSON 69*PNA 1:52.23
BESSE E ROSS 65 OREG 2:07.13
200FRE MARION CHADWICK 67*PNA 4:06.42
500FRE MARION CHADWICK 67*PNA 10:21.05
JUDY M MELCHER 68 OREG12:13.63
ELIZABETH C KING 66 OREG12:22.35
BESSE E ROSS 65 OREG12:48.26
1000FR PAULINE B STANGEL 67 OREG19:08.66+
Oregon was- ELFIE STEVENIN 24:59.82
MARION CHADWICK 67*PNA 20:53.30+
Oregon was- ELFIE STEVENIN 24:59.82
1650FR MARION CHADWICK 67*PNA 35:09.84+
Oregon was- MARGARET YADON 41:35.21
50BACK MAXINE M CARLSON 69*PNA :55.28+
Oregon was- ELVA COOMBS :59.60
JUDY M MELCHER 68 OREG 1:14.26
BESSE E ROSS 65 OREG 1:16.06
100BAK MAXINE M CARLSON 69*PNA 2:00.49+
Oregon was- MARGARET R YADON 2:14.73
ELFIE J STEVENIN 67 OREG 2:26.34
200BAK MAXINE M CARLSON 69*PNA 4:08.89+
Oregon was- MARGARET R YADON 4:36.81
50BRST PAULINE B STANGEL 67 OREG :52.28
JUDY M MELCHER 68 OREG 1:07.64
100BRS PAULINE B STANGEL 67 OREG 1:51.01+
Oregon was- PAULINE B STANGEL 1:53.10
JUDY M MELCHER 68 OREG 2:22.01
200BRS PAULINE B STANGEL 67 OREG 3:54.76+
Oregon was- PAULINE B STANGEL 3:59.09
50 FLY ELFIE J STEVENIN 67 OREG 1:12.24+
Oregon was- ELFIE J STEVENIN 1:12.39
100 IM MAXINE M CARLSON 69*PNA 2:09.03+
Oregon was- ELFIE J STEVENIN 2:33.40
JUDY M MELCHER 68 OREG 2:29.88+
Oregon was- ELFIE J STEVENIN 2:33.40
BESSE E ROSS 65 OREG 2:42.94
200 IM ELFIE J STEVENIN 67 OREG 5:16.50+
Oregon was- ELFIE J STEVENIN 5:35.14
400 IM ELFIE J STEVENIN 67 OREG10:49.60+
Oregon was- ELFIE J. STEVENIN 11:23.79
----- 70-74 WOMEN -----
50FREE EVELYN MCKEON 74 OREG :46.32
HELENA W HOFFMAN 73 OREG 1:03.32
BARBARA T HAVERCAMP 73 OREG 1:14.62
100FRE EVELYN MCKEON 74 OREG 1:46.81
200FRE EVELYN MCKEON 74 OREG 4:06.10
500FRE HELENA W HOFFMAN 73 OREG12:13.58
1000FR HELENA W HOFFMAN 73 OREG24:53.39
50BACK EVELYN MCKEON 74 OREG :57.78
50BRST EVELYN MCKEON 74 OREG 1:07.08
100BRS BARBARA T HAVERCAMP 73 OREG 3:56.44

50 FLY HELENA W HOFFMAN 73 OREG 1:23.79
BARBARA T HAVERCAMP 73 OREG 1:59.61
100FLY HELENA W HOFFMAN 73 OREG 3:13.01+
Oregon was- HELENA W HOFFMAN 3:25.14
100 IM HELENA W HOFFMAN 73 OREG 2:48.55
200 IM BARBARA T HAVERCAMP 73 OREG 7:12.78
400 IM BARBARA T HAVERCAMP 73 OREG14:59.59
----- 80-84 WOMEN -----
200FRE HAZEL B BRESSIE 80 MACO 6:25.10
1000FR HAZEL B BRESSIE 80 MACO35:43.95
1650FR HAZEL B BRESSIE 80 MACO59:38.03
100BRS HAZEL B BRESSIE 80 MACO 3:37.98
200FLY HAZEL B BRESSIE 80 MACO10:34.17+
Oregon was- MARTHA KELLER 10:37.90
100 IM HAZEL B BRESSIE 80 MACO 3:51.16
----- 19-24 MEN -----
50FREE MARK WAGGONER 24 OREG :23.87+
Oregon was- OPEN 99:99.99
DOUGLAS JENKINS 21*SRA :26.11+
Oregon was- OPEN 99:99.99
100FRE MARK WAGGONER 24 OREG :52.15+
Oregon was- OPEN 99:99.99
DOUGLAS JENKINS 21*SRA :58.94+
Oregon was- OPEN 99:99.99
DON GIBBS 20*IEM 1:01.11+
Oregon was- OPEN 99:99.99
200FRE MARK WAGGONER 24 OREG 1:55.91+
Oregon was- OPEN 99:99.99
DON GIBBS 20*IEM 2:13.11+
Oregon was- OPEN 99:99.99
DOUGLAS JENKINS 21*SRA 2:20.55+
Oregon was- OPEN 99:99.99
500FRE DON GIBBS 20*IEM 5:32.86
200BAK DON GIBBS 20*IEM 2:36.65+
Oregon was- OPEN 99:99.99
50BRST DOUGLAS JENKINS 21*SRA :34.33+
Oregon was- OPEN 99:99.99
50 FLY MARK WAGGONER 24 OREG :25.96+
Oregon was- OPEN 99:99.99
100PLY MARK WAGGONER 24 OREG :59.74+
Oregon was- OPEN 99:99.99
100 IM DON GIBBS 20*IEM 1:09.54+
Oregon was- OPEN 99:99.99
200 IM DON GIBBS 20*IEM 2:34.53+
Oregon was- OPEN 99:99.99
----- 25-29 MEN -----
50FREE BRAD G LONG 26 OREG :25.77
DAVID R HARGER 27 OREG :26.58
DAVID R DOTTER 29 OREG :27.10
MIKE P JONES 28*PNA :27.14
100FRE STEPHEN F HARGER 29 OREG :54.45
MIKE P JONES 28*PNA :54.91
JAY GLADSTEIN 25 MACO :56.12
BRAD G LONG 26 OREG :59.58
DAVID R DOTTER 29 OREG :59.63
200FRE MIKE P JONES 28*PNA 2:00.73
JAY GLADSTEIN 25 MACO 2:03.17
DAVID R DOTTER 29 OREG 2:13.64

500PRE MIKE P JONES	28*PNA 5:37.26	200BAK DAVID O BURLESON	32 OREG 2:11.03	200PRE VERNON DASCH	39 OREG 1:55.35
JAY GLADSTEIN	25 MACO 5:42.25	MARTIN A KEHRLI	32 OREG 2:14.50	DAVID P TEMPEST	38*PNA 1:56.95
MICHAEL E JOHNSON	29 OREG 5:54.20	JOHN F ZELL	32 OREG 2:15.22	PETER CRUISE	36*SRAP 2:00.03
DAVID R DOTTER	29 OREG 6:14.55	50BRST BERNIE KINGSLEY	30*PNA :31.32	ADRIAN L KALIL	35 OREG 2:03.17
DAVID R HARGER	27 OREG 6:27.32	MITCHELL GOLDSTEIN	30 OREG :31.37	DAVID FLETCHER	37*SRAP 2:04.97
1000FR MICHAEL E JOHNSON	29 OREG12:15.68	ANDY SCHRAG	32 OREG :31.75	DENNIS S OLSON	35 OREG 2:15.83
DAVID R HARGER	27 OREG13:19.79	100BRS ROY ABRAMOWITZ	34 OREG 1:05.49	GREGORY HARRISON	37*PNA 2:21.43
1650FR JAY GLADSTEIN	25 MACO19:32.28	ANDY SCHRAG	32 OREG 1:09.24	GARY HAFER	38 OREG 2:31.78
MICHAEL E JOHNSON	29 OREG19:57.40	MITCHELL GOLDSTEIN	30 OREG 1:09.26	MARK IMHOF	37 OREG 2:44.56
50BACK BRAD G LONG	26 OREG :32.08	WILLIAM VONTAGEN	33*PNA 1:12.58	500PRE STEVEN L DURAPAU	39 OREG 5:18.17
50BRST STEPHEN F HARGER	29 OREG :31.69	PATRICK V BOHNERT	34*HUSK 1:14.09	VERNON DASCH	39 OREG 5:19.12
100BRS DAVID M COBB	29 OREG 1:09.20	200BRS ROY ABRAMOWITZ	34 OREG 2:23.97	GERALD SCHEIBNER	36*ITEM 5:23.61
STEPHEN F HARGER	29 OREG 1:09.64	MITCHELL GOLDSTEIN	30 OREG 2:33.01	JAMES M ELLIOTT	36 OREG 5:55.10
50 FLY STEPHEN F HARGER	29 OREG :27.48	50 FLY STEPHEN L FREEBORN	33*PNA :25.65	DAN J MARKEY	38 OREG 6:31.37
DAVID R DOTTER	29 OREG :29.71	BERNIE KINGSLEY	30*PNA :25.92	1000FR STEVEN L DURAPAU	39 OREG10:49.10+
BRAD G LONG	26 OREG :31.17	ANDY SCHRAG	32 OREG :26.60	Oregon was- MARK WORDEN	11:01.83
100FLY STEVEN F HILL	28 MACO :57.46	MARTIN A KEHRLI	32 OREG :27.11	DAVID P TEMPEST	38*PNA 11:15.32
MIKE P JONES	28*PNA :59.69	HUGH C MOORE	34*PNA :27.19	DAVID FLETCHER	37*SRAP11:34.48
JAY GLADSTEIN	25 MACO 1:03.27	MITCHELL GOLDSTEIN	30 OREG :29.60	GERALD SCHEIBNER	36*ITEM 11:35.61
200FLY STEVEN F HILL	28 MACO 2:11.93+	100FLY BERNIE KINGSLEY	30*PNA :56.93	DANIEL P JOHNSON	35 OREG11:46.57
Oregon was- BRADLEY RINKIN	2:19.72	STEPHEN L FREEBORN	33*PNA :57.69	MIKE T DIRKSEN	39 OREG11:54.37
100 IM STEPHEN F HARGER	29 OREG 1:01.68	HUGH C MOORE	34*PNA :59.72	JAMES M ELLIOTT	36 OREG12:02.77
BRAD G LONG	26 OREG 1:11.93	JOHN F ZELL	32 OREG 1:01.54	DAN J MARKEY	38 OREG13:20.97
DAVID R HARGER	27 OREG 1:12.09	200FLY HUGH C MOORE	34*PNA 2:12.57	1650FR STEVEN L DURAPAU	39 OREG18:23.69
200 IM JAY GLADSTEIN	25 MACO 2:27.59	100 IM BERNIE KINGSLEY	30*PNA :59.05	STEVEN E SLOVER	38 OREG19:57.47
DAVID R HARGER	27 OREG 2:34.40	STEPHEN L FREEBORN	33*PNA 1:00.15	JAMES M ELLIOTT	36 OREG20:35.53
BRAD G LONG	26 OREG 2:53.54	DAVID O BURLESON	32 OREG 1:00.40	DAVID S BOGDEN	38 OREG25:07.69
----- 30-34 MEN -----		ANDY SCHRAG	32 OREG 1:01.21	MARK IMHOF	37 OREG25:33.68
50FREE BERNIE KINGSLEY	30*PNA :23.48	JOHN F ZELL	32 OREG 1:01.52	50BACK GARY HAFER	38 OREG :26.34
STEPHEN L FREEBORN	33*PNA :23.49	MARTIN A KEHRLI	32 OREG 1:04.18	JOHN KAFENTZIS	35*ITEM :30.19
ANDY SCHRAG	32 OREG :23.89	RONALD E COBB	32 OREG 1:06.70	100BAK GARY HAFER	38 OREG :58.27
RONALD E COBB	32 OREG :25.43	200 IM BRAD WILLIAMS	30*PNA 2:01.80+	DAVID P TEMPEST	38*PNA 1:01.69
100PRE DAVID O BURLESON	32 OREG :52.83	Oregon was- ROY ABRAMOWITZ	2:03.29	200BAK GARY HAFER	38 OREG 2:09.04
ANDY SCHRAG	32 OREG :54.63	HUGH C MOORE	34*PNA 2:16.84	DAVID P TEMPEST	38*PNA 2:11.78
RONALD E COBB	32 OREG :59.00	STEPHEN L FREEBORN	33*PNA 2:16.87	ADRIAN L KALIL	35 OREG 2:28.61
200PRE ROY ABRAMOWITZ	34 OREG 1:54.74	400 IM BRAD WILLIAMS	30*PNA 4:17.68+	JAMES M ELLIOTT	36 OREG 2:32.19
PATRICK V BOHNERT	34*HUSK 2:03.40	Oregon was- MARK WORDEN	4:29.35	DANIEL P JOHNSON	35 OREG 2:32.79
500PRE ROY ABRAMOWITZ	34 OREG 5:16.63	JOHN F ZELL	32 OREG 4:49.48	50BRST PETER CRUISE	36*SRAP :29.52
BERNIE KINGSLEY	30*PNA 5:32.86	HUGH C MOORE	34*PNA 4:53.68	GREGORY HARRISON	37*PNA :29.80
HUGH C MOORE	34*PNA 5:34.88	----- 35-39 MEN -----		DANIEL P JOHNSON	35 OREG :32.75
MICHAEL J BAIRD	32 OREG 5:38.70	50FREE JOHN KAFENTZIS	35*ITEM :22.80	BRAD J WILLIS	36 OREG :36.25
1000FR BRAD WILLIAMS	30*PNA 10:14.57+	VERNON DASCH	39 OREG :23.33	MARK IMHOF	37 OREG :37.07
Oregon was- TIM J. RUMSEY	10:29.67	DENNIS S OLSON	35 OREG :26.54	100BRS GREGORY HARRISON	37*PNA 1:03.45
JEFFREY T STRATER	30 OREG10:28.94+	DAN J MARKEY	38 OREG :29.02	PETER CRUISE	36*SRAP 1:04.96
Oregon was- TIM J. RUMSEY	10:29.67	MARK IMHOF	37 OREG :33.60	MIKE T DIRKSEN	39 OREG 1:06.45
MICHAEL J BAIRD	32 OREG11:36.28	100PRE JOHN KAFENTZIS	35*ITEM :50.73	VERNON DASCH	39 OREG 1:08.62
1650FR BRAD WILLIAMS	30*PNA 17:38.02+	GARY HAFER	38 OREG :51.55	DANIEL P JOHNSON	35 OREG 1:09.25
Oregon was- JEFF STRATER	17:38.06	VERNON DASCH	39 OREG :51.83	BRAD J WILLIS	36 OREG 1:18.88
JEFF L STORIE	32 OREG20:04.32	GERALD SCHEIBNER	36*ITEM :52.57	MARK IMHOF	37 OREG 1:21.56
CHRIS J ROBBINS	31 OREG20:05.31	ADRIAN L KALIL	35 OREG :54.51	200BRS GREGORY HARRISON	37*PNA 2:14.11+
RICHARD RIESS	31 OREG27:33.81	DAVID FLETCHER	37*SRAP :57.40	Oregon was- ART SMITH	2:20.80
50BACK DAVID O BURLESON	32 OREG :27.50	DENNIS S OLSON	35 OREG :57.79	PETER CRUISE	36*SRAP 2:29.89
MARTIN A KEHRLI	32 OREG :28.11	JAMES M ELLIOTT	36 OREG :59.82	BRAD J WILLIS	36 OREG 2:53.78
JOHN F ZELL	32 OREG :29.71	DAN J MARKEY	38 OREG 1:04.26	50 FLY MIKE T DIRKSEN	39 OREG :25.74
RONALD E COBB	32 OREG :31.57	DAVID S BOGDEN	38 OREG 1:09.60	JOHN KAFENTZIS	35*ITEM :27.77
100BAK DAVID O BURLESON	32 OREG :59.64	MARK IMHOF	37 OREG 1:15.47	DAN J MARKEY	38 OREG :31.87
MARTIN A KEHRLI	32 OREG 1:01.91			100FLY DAVID FLETCHER	37*SRAP 1:02.08
JOHN F ZELL	32 OREG 1:02.76				

NW REGIONAL MEET 25 YARD

04/23/89 PG 5

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

Software by R.Smith

100 IM PETER CRUISE	36*SRAP 1:00.38	200BAK BRIAN M LANGLAIS	43*PNAG 2:41.54	200BAK TOM FANNING	49 OREG 2:46.80
JOHN KAFENTZIS	35*IBM 1:01.29	GORDON R GRAY	43*PNA 2:43.47	CORT GIFFORD	46*SWA 3:05.18
VERNON DASCH	39 OREG 1:02.09	FOREST BROOKS	41*PNA 5:08.99	50BRST D WAYNE BAKER	45 OREG :35.77
ADRIAN L KALIL	35 OREG 1:05.82	50BRST KEITH MARSHALL	42 OREG :32.58	TOM FANNING	49 OREG :36.22
GARY HAER	38 OREG 1:06.63	ROY D LAMBERT	42 OREG :34.24	100BRS RICHARD D BOYD	45 OREG 1:08.35
200 IM MIKE T DIRKSEN	39 OREG 2:13.81	FRED A POUJADE	41 OREG :39.32	TOM FANNING	49 OREG 1:19.14
GERALD SCHEIDNER	36*IBM 2:15.30	100BRS IAN L THOMPSON	40*PNA 1:09.18	D WAYNE BAKER	45 OREG 1:19.56
ADRIAN L KALIL	35 OREG 2:23.73	KEITH MARSHALL	42 OREG 1:11.69	JOHN M WIGHT	45 MACO 1:20.04
DAVID FLETCHER	37*SRAP 2:26.18	ROY D LAMBERT	42 OREG 1:14.28	200BRS TOM FANNING	49 OREG 2:52.71
400 IM GERALD SCHEIDNER	36*IBM 4:53.46	JERRY GOSPODNETICH	44*IBM 1:19.41	D WAYNE BAKER	45 OREG 2:59.35
DANIEL P JOHNSON	35 OREG 4:59.03	DOUGLAS P HUNSICKER	41 OREG 1:20.00	100FLY JOHN M WIGHT	45 MACO 1:21.01
----- 40-44 MEN -----		GORDON R GRAY	43*PNA 1:26.71	DONALD J KUYPER	45 OREG 1:39.43
50FREE KEITH MARSHALL	42 OREG :24.93	FRED A POUJADE	41 OREG 1:26.77	200FLY DONALD J KUYPER	45 OREG 3:36.39
DALE G VAUGHAN	44 OREG :25.13	200BRS IAN L THOMPSON	40*PNA 2:30.86	100 IM TOM FANNING	49 OREG 1:09.82
JED P CRONIN	40 OREG :25.16	ROY D LAMBERT	42 OREG 2:41.76	DONALD J KUYPER	45 OREG 1:28.15
ROY D LAMBERT	42 OREG :27.72	50 FLY JED P CRONIN	40 OREG :27.16	200 IM RICHARD D BOYD	45 OREG 2:16.13
ALAN R LYONS	44 MACO :29.49	DANIEL R GRAY	43 OREG :30.69	ROY L WATTERS	45 OREG 3:02.11
JOE FERONG	40*PNA :31.69	BRIAN M LANGLAIS	43*PNAG :32.10	DONALD J KUYPER	45 OREG 3:09.76
MICHAEL T KOLLN	44 OREG :36.18	100FLY JED P CRONIN	40 OREG 1:03.27	400 IM TOM FANNING	49 OREG 6:21.61
100FRE KEITH MARSHALL	42 OREG :55.28	JOE FERONG	40*PNA 1:29.70	----- 50-54 MEN -----	
IAN L THOMPSON	40*PNA :57.93	100 IM KEITH MARSHALL	42 OREG 1:04.27	50FREE BERT L PETERSEN	50 OREG :26.34
DALE G VAUGHAN	44 OREG :57.93	DANIEL R GRAY	43 OREG 1:17.90	THOMAS F LEVAK	50 MACO :28.34
BRIAN M LANGLAIS	43*PNAG 1:00.76	BRIAN M LANGLAIS	43*PNAG 1:19.05	PAUL E BORG	52*IBM :28.74
ROY D LAMBERT	42 OREG 1:00.95	FRED A POUJADE	41 OREG 1:29.43	GEORGE SABIN	53 MACO :31.57
DANIEL R GRAY	43 OREG 1:01.07	JOE FERONG	40*PNA 1:34.45	RICHARD E COOKE	52*SRA :32.45
ALAN R LYONS	44 MACO 1:03.93	200 IM KEITH MARSHALL	42 OREG 2:26.31	100FRE JIM BIGLER	53 MACO 1:03.02
JOE FERONG	40*PNA 1:11.09	DOUGLAS P HUNSICKER	41 OREG 2:29.02	RICHARD E COOKE	52*SRA 1:11.89
FRED A POUJADE	41 OREG 1:22.48	GORDON R GRAY	43*PNA 2:47.33	GEORGE SABIN	53 MACO 1:14.39
MICHAEL T KOLLN	44 OREG 1:36.38	----- 45-49 MEN -----		200FRE JIM BIGLER	53 MACO 2:17.02
FOREST BROOKS	41*PNA 1:58.80	50FREE JOHN M WIGHT	45 MACO :27.93	DAVID C DABOLL	52*IBM 2:20.88
200FRE STEVE E ARNDT	40 OREG 1:56.36	ROY L WATTERS	45 OREG :28.58	RICHARD E COOKE	52*SRA 2:38.82
JED P CRONIN	40 OREG 2:07.95	CORT GIFFORD	46*SWA :30.88	GEORGE SABIN	53 MACO 2:59.86
DOUGLAS P HUNSICKER	41 OREG 2:09.44	WILLIAM D SHELTON	48 OREG :34.43	500FRE JIM BIGLER	53 MACO 6:21.92
DALE G VAUGHAN	44 OREG 2:12.86	100FRE RICHARD D BOYD	45 OREG :57.40	RICHARD E COOKE	52*SRA 7:05.50
ROY D LAMBERT	42 OREG 2:17.01	JEFF TURAY	47 OREG 1:02.75	1000FR PAUL E BORG	52*IBM 13:54.76
DANIEL R GRAY	43 OREG 2:17.38	ROY L WATTERS	45 OREG 1:07.63	RICHARD E COOKE	52*SRA 14:22.98
ALAN R LYONS	44 MACO 2:21.15	WILLIAM D SHELTON	48 OREG 1:20.51	RALPH BRANUCCI	50 OREG17:39.06
GORDON R GRAY	43*PNA 2:26.98	200FRE JEFF TURAY	47 OREG 2:20.17	1650FR JIM BIGLER	53 MACO21:59.93
JOE FERONG	40*PNA 2:40.52	ROY L WATTERS	45 OREG 2:35.54	FRANK M NEWQUIST	51*PNA 23:30.92
FRED A POUJADE	41 OREG 3:03.64	WILLIAM D SHELTON	48 OREG 3:12.51	RICHARD E COOKE	52*SRA 24:14.48
MICHAEL T KOLLN	44 OREG 3:15.00	500FRE RICHARD D BOYD	45 OREG 5:21.05+	200BAK TOM FOLEY	54*PNA 3:28.71
500FRE ALAN R LYONS	44 MACO 6:29.35	Oregon was- RICHARD D BOYD	5:29.18	50BRST DAVID C DABOLL	52*IBM :32.32
FRED A POUJADE	41 OREG 8:25.11	JEFF TURAY	47 OREG 6:20.93	BERT L PETERSEN	50 OREG :34.90
MICHAEL T KOLLN	44 OREG 8:38.87	D WAYNE BAKER	45 OREG 7:09.17	100BRS DAVID C DABOLL	52*IBM 1:11.19+
FOREST BROOKS	41*PNA 12:43.48	ROY L WATTERS	45 OREG 7:09.67	Oregon was- DON VAN ROSSEN	1:15.19
1000FR STEVE E ARNDT	40 OREG11:23.74	WILLIAM D SHELTON	48 OREG 9:06.62	JIM BIGLER	53 MACO 1:19.73
IAN L THOMPSON	40*PNA 11:26.52	DONALD J KUYPER	45 OREG 9:57.14	200BRS TOM FOLEY	54*PNA 3:26.93
DANIEL R GRAY	43 OREG13:16.57	1000FR RICHARD D BOYD	45 OREG11:03.46+	50 FLY BERT L PETERSEN	50 OREG :26.96
GORDON R GRAY	43*PNA 13:20.43	Oregon was- RICHARD D BOYD	11:29.70	100FLY PAUL E BORG	52*IBM 1:19.77
MICHAEL T KOLLN	44 OREG17:53.67	JEFF TURAY	47 OREG13:19.29	TOM FOLEY	54*PNA 1:34.59
1650FR GORDON R GRAY	43*PNA 22:14.51	D WAYNE BAKER	45 OREG14:20.96	200FLY PAUL E BORG	52*IBM 3:02.97
ALAN R LYONS	44 MACO23:23.46	DONALD J KUYPER	45 OREG20:27.69	FRANK M NEWQUIST	51*PNA 3:03.63
MICHAEL T KOLLN	44 OREG29:31.13	1650FR RICHARD D BOYD	45 OREG18:32.91	TOM FOLEY	54*PNA 3:54.42
FOREST BROOKS	41*PNA 44:45.21	D WAYNE BAKER	45 OREG23:44.66	100 IM BERT L PETERSEN	50 OREG 1:07.11
50BACK BRIAN M LANGLAIS	43*PNAG :33.35	50BACK ROY L WATTERS	45 OREG :38.00	DAVID C DABOLL	52*IBM 1:09.91
FOREST BROOKS	41*PNA 1:07.66	WILLIAM D SHELTON	48 OREG :51.01	JIM BIGLER	53 MACO 1:14.11
100BAK BRIAN M LANGLAIS	43*PNAG 1:13.43	100BAK JOHN M WIGHT	45 MACO 1:19.37	200 IM DAVID C DABOLL	52*IBM 2:34.98
FOREST BROOKS	41*PNA 2:23.43	CORT GIFFORD	46*SWA 1:19.44	PAUL E BORG	52*IBM 2:52.68
				TOM FOLEY	54*PNA 3:14.97

NW REGIONAL MEET 25 YARD

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

04/23/89 PG 6

Software by R.Smith

400 IM TOM FOLEY	54*PNA 7:00.95	400 IM FRED ECKHARDT	62 OREG 7:30.67	200 IM WARREN O KLEIST	67*PNA 3:07.09
----- 55-59 MEN -----		----- 65-69 MEN -----		JAY P BEELER	67*ITEM 4:08.99
50FREE ERIC GP. GUEST	59 OREG :28.08	50FREE HUGH S RICHARDS	68 OREG :28.28+	----- 70-74 MEN -----	
ROBERT R KIM	55 MACO :29.40	Oregon was- EARL WALTER	:29.05	50FREE FORBES J MACK	70 OREG :31.78
ROGER L DICKINSON	55 OREG :35.26	WARREN O KLEIST	67*PNA :30.58	MEL W ANDERSON	71 OREG :41.74
100FRE ERIC GP. GUEST	59 OREG 1:06.41	WILLIAM C HARRISON	66*ITEM :40.96	100FRE ARTHUR T HANLON	72 OREG 2:02.37
ROGER L DICKINSON	55 OREG 1:22.20	JOSEPH A MALLON	67 OREG :43.22	200FRE FORBES J MACK	70 OREG 3:07.14
200FRE ROBERT R KIM	55 MACO 2:32.93	100FRE HUGH S RICHARDS	68 OREG 1:08.11+	500FRE JOE D RUDDLEY	74 OREG10:04.21
1000FR RICHARD MEALY	56 OREG14:55.01	Oregon was- JIM HOLLAND	1:09.58	1000FR JOE D RUDDLEY	74 OREG21:13.86
SAMUEL M IERULLI	59 OREG15:52.82	WARREN O KLEIST	67*PNA 1:08.59+	50BACK ALLAN DELAY	73 OREG :49.23
1650FR RICHARD MEALY	56 OREG25:01.61	Oregon was- JIM HOLLAND	1:09.58	ARTHUR T HANLON	72 OREG 1:02.02
SAMUEL M IERULLI	59 OREG26:41.41	WILLIAM C HARRISON	66*ITEM 1:39.43	200BAK JOE D RUDDLEY	74 OREG 4:58.79
50BACK JOHN ENGLISH	55 MACO :35.15	200FRE WARREN O KLEIST	67*PNA 2:37.90	50BRST FORBES J MACK	70 OREG :40.94
RICHARD MEALY	56 OREG :40.14	GILBERT N YOUNG	67 OREG 2:45.52	JAMES HOEY	70 OREG :43.71
ERIC GP. GUEST	59 OREG :42.33	WILLIAM C HARRISON	66*ITEM 3:40.11	ARTHUR T HANLON	72 OREG 1:02.15
ROGER L DICKINSON	55 OREG :49.10	JOSEPH A MALLON	67 OREG 3:53.39	MEL W ANDERSON	71 OREG 1:09.90
100BAK JOHN ENGLISH	55 MACO 1:18.86	500FRE GILBERT N YOUNG	67 OREG 7:25.95	100BRS FORBES J MACK	70 OREG 1:35.86
ROGER L DICKINSON	55 OREG 1:50.16	WILLIAM C HARRISON	66*ITEM 9:25.74	JAMES HOEY	70 OREG 1:43.29
200BAK JOHN ENGLISH	55 MACO 3:05.40	DAVID BERNSTEIN	67 OREG 9:52.56	MEL W ANDERSON	71 OREG 2:33.24
RICHARD MEALY	56 OREG 3:10.01	KHOSROW SHADBEH	67 OREG 9:55.65	200BRS FORBES J MACK	70 OREG 3:29.39
50BRST ROBERT R KIM	55 MACO :36.07	1000FR WARREN O KLEIST	67*PNA 15:33.39	50 FLY MEL W ANDERSON	71 OREG 1:01.36
MILTON R MARKS	58 OREG :36.21	JAY P BEELER	67*ITEM 18:20.97	100FLY ARTHUR T HANLON	72 OREG 2:32.15
RICHARD MEALY	56 OREG :44.60	WILLIAM C HARRISON	66*ITEM 19:37.75	100 IM MEL W ANDERSON	71 OREG 2:03.99
100BRS MILTON R MARKS	58 OREG 1:21.93	JOSEPH A MALLON	67 OREG21:02.98	JOE D RUDDLEY	74 OREG 2:14.86
200BRS ROBERT R KIM	55 MACO 3:03.85	1650FR JOSEPH A MALLON	67 OREG35:48.32	ARTHUR T HANLON	72 OREG 2:16.55
MILTON R MARKS	58 OREG 3:11.06	50BACK GILBERT N YOUNG	67 OREG :40.89	200 IM JOE D RUDDLEY	74 OREG 4:58.74
50 FLY ERIC GP. GUEST	59 OREG :33.10	DAVID BERNSTEIN	67 OREG :52.10	400 IM JOE D RUDDLEY	74 OREG10:29.45
MILTON R MARKS	58 OREG :35.49	JAY P BEELER	67*ITEM :53.95	ARTHUR T HANLON	72 OREG10:34.46
100 IM ERIC GP. GUEST	59 OREG 1:15.65	100BAK KHOSROW SHADBEH	67 OREG 1:49.58	----- 75-79 MEN -----	
ROBERT R KIM	55 MACO 1:16.05	DAVID BERNSTEIN	67 OREG 1:49.82	50FREE ALLAN E SACHS	76*PNA :36.36
MILTON R MARKS	58 OREG 1:16.10	200BAK GILBERT N YOUNG	67 OREG 3:19.54	SYD C HENDY	75 OREG :37.62
RICHARD MEALY	56 OREG 1:26.67	DAVID BERNSTEIN	67 OREG 3:57.17	100FRE ALLAN E SACHS	76*PNA 1:21.28
400 IM MILTON R MARKS	58 OREG 6:29.41	50BRST ROBERT A MORRISON	67 OREG :36.80	SYD C HENDY	75 OREG 1:28.97
----- 60-64 MEN -----		KHOSROW SHADBEH	67 OREG :44.95	200FRE ALLAN E SACHS	76*PNA 3:21.42
50FREE CLARK AUSTEN	61 MACO :36.72	JAY P BEELER	67*ITEM :53.71	50BACK ALLAN E SACHS	76*PNA :43.52
100FRE WILFORD A DOLPHIN	63*ITEM 1:22.06	DAVID BERNSTEIN	67 OREG :53.75	SYD C HENDY	75 OREG :45.47
CLARK AUSTEN	61 MACO 1:28.14	WILLIAM C HARRISON	66*ITEM 1:01.35	100BAK SYD C HENDY	75 OREG 1:43.92
200FRE CLARK AUSTEN	61 MACO 3:20.50	100BRS ROBERT A MORRISON	67 OREG 1:27.38	JACK HOEY	79 OREG 1:45.33
500FRE CLARK AUSTEN	61 MACO 8:56.91	KHOSROW SHADBEH	67 OREG 1:43.48	ALLAN E SACHS	76*PNA 1:46.25
1000FR CLARK AUSTEN	61 MACO18:37.78	JAY P BEELER	67*ITEM 2:00.92	200BAK SYD C HENDY	75 OREG 3:48.47
50BACK CLARK AUSTEN	61 MACO :55.47	200BRS ROBERT A MORRISON	67 OREG 3:27.77	JACK HOEY	79 OREG 3:59.25
100BAK WILFORD A DOLPHIN	63*ITEM 1:24.97	ROBERT D CURTIS	69 OREG 3:28.96	ALLAN E SACHS	76*PNA 4:15.28
200BAK WILFORD A DOLPHIN	63*ITEM 3:05.23	KHOSROW SHADBEH	67 OREG 3:40.02	50 FLY JACK HOEY	79 OREG 1:02.39
100BRS WILFORD A DOLPHIN	63*ITEM 1:37.07	50 FLY HUGH S RICHARDS	68 OREG :33.27+	----- 80-84 MEN -----	
FRED ECKHARDT	62 OREG 1:38.34	Oregon was- HUGH S RICHARDS	:33.58	100FRE HERB EISENSCHMIDT	82 OREG 1:36.52
200BRS FRED ECKHARDT	62 OREG 3:35.81	ROBERT A MORRISON	67 OREG :36.09	1000FR HERB EISENSCHMIDT	82 OREG19:25.14
100FLY FRED ECKHARDT	62 OREG 1:34.71	100FLY HUGH S RICHARDS	68 OREG 1:27.00	50BACK HERB EISENSCHMIDT	82 OREG :50.49
200FLY FRED ECKHARDT	62 OREG 3:35.99	100 IM HUGH S RICHARDS	68 OREG 1:19.10	100BAK HERB EISENSCHMIDT	82 OREG 1:48.59
100 IM WILFORD A DOLPHIN	63*ITEM 1:30.24	WARREN O KLEIST	67*PNA 1:23.50	200BAK HERB EISENSCHMIDT	82 OREG 3:50.55
200 IM FRED ECKHARDT	62 OREG 3:26.51	JAY P BEELER	67*ITEM 1:54.13		

NW REGIONAL MEET 25 YARD 04/23/89

19+ WOMEN		18	200 MEDLEY RELAY	
KIM A PHILLIPS,31 **	MARY GRILLO,34 **	VICKI L GORDON,32 **	JULIE L WRIGHT,20 **	ORBG 2:07.89
25+ WOMEN		18	200 MEDLEY RELAY	
KRISTI K GUSTAFSON,33 **	JANINE AMODEO,26 **	NANCY J MILNER,37 **	PATRICIA KILLGORE,33 **	ORBG 2:15.46
NANCY C. ANDERSON,40 **	JANE A MOORE,38 **	LISA S FARIN,31 **	KATHRINE CASEY,40 **	PNA 2:36.88
MARGARET P. JUBNER,60 **	LISSA B PARKER,37 **	GAIL M KIMBERLING,33 **	LORI HOLLINGSWORTH,33 **	ORBG 2:59.25
JUDY G. REX,26 **	URSULA B. LANG,51 **	KAREN B ORTH,26 **	JUDY M MBLCHER,68 **	ORBG 3:01.52
25+ MEN		18	200 MEDLEY RELAY	
BRIAN M LANGLAIS,43 **	IAN L THOMPSON,40 **	HUGH C MOORE,34 **	STEPHEN L FREEBORN,33 **	PNA 1:57.17
DAVID R DOTTER,29 **	ADRIAN L KALIL,35 **	DENNIS S OLSON,35 **	RONALD B COBB,32 **	ORBG 2:03.20
JAY GLADSTEIN,25 **	JOHN M WIGHT,45 **	STEVEN F HILL,28 **	ALAN R LYONS,44 **	MACO 2:06.89
45+ MEN		18	200 MEDLEY RELAY	
JOHN ENGLISH,55 **	JIM BIGLER,53 **	ROBERT R KIM,55 **	GEORGE SABIN,53 **	MACO 2:15.89
25+ MIXED		8	200 MEDLEY RELAY	
KRISTI K GUSTAFSON,33 **	MIKE T DIRKSEN,39 **	RICHARD D BOYD,45 **	JANINE AMODEO,26 **	ORBG 2:02.41
JOB D RUDDLEY,74 **	URSULA B. LANG,51 **	DONALD J KUYPER,45 **	LORI HOLLINGSWORTH,33 **	ORBG 2:59.00
35+ MIXED		8	200 MEDLEY RELAY	
BRIAN M LANGLAIS,43 **	GREGORY HARRISON,37 **	KATHRINE CASEY,40 **	JANE A MOORE,38 **	PNA 2:12.83
45+ MIXED		8	200 MEDLEY RELAY	
THOMAS F LEVAK,50 **	JOYCE BAHLER,59 **	ROBERT R KIM,55 **	LAVELLE M STONOFF,56 **	MACO 2:28.49
65+ MIXED		8	200 MEDLEY RELAY	
ALLAN B SACHS,76 **	MAXINE M CARLSON,69 **	WARREN O KLEIST,67 **	MARION CHADWICK,67 **	PNA 3:16.87
19+ WOMEN		4	200 FREE RELAY	
VICKI L GORDON,32 **	JANET L CUNNINGHAM,30 **	DEBRA STOLT-KRICHKO,28 **	JULIE L WRIGHT,20 **	ORBG 2:01.28
25+ MEN		4	200 FREE RELAY	
STEPHEN L FREEBORN,33 **	STEWART DELAHUNT,36 **	MIKE P JONES,28 **	BERNIE KINGSLEY,30 **	PNA 1:36.74
DAVID R DOTTER,29 **	JEFFREY T STRATER,30 **	ROY D LAMBERT,42 **	JED P CRONIN,40 **	ORBG 1:44.80
MITCHELL GOLDSTEIN,30 **	RONALD B COBB,32 **	ROY L WATTERS,45 **	DENNIS S OLSON,35 **	ORBG 1:47.39
25+ MIXED		14	200 FREE RELAY	
DAVID R DOTTER,29 **	LAILA J DEARDORFF,28 **	GINGER L PIERSON,43 **	DANIEL P JOHNSON,35 **	ORBG 1:50.85
MITCHELL GOLDSTEIN,30 **	DENNIS S OLSON,35 **	JUDY M MBLCHER,68 **	VICTORIA L PALTEN,39 **	ORBG 2:29.93
35+ MIXED		14	200 FREE RELAY	
BRIAN M LANGLAIS,43 **	NANCY C. ANDERSON,40 **	JANE A MOORE,38 **	IAN L THOMPSON,40 **	PNA 2:13.23
55+ MIXED		14	200 FREE RELAY	
ROBERT R KIM,55 **	JOYCE BAHLER,59 **	CLARK AUSTEN,61 **	LAVELLE M STONOFF,56 **	MACO 2:18.04

OL" BARNACLE ILLUCIDATES ON THE 1988 'SCM TOP TEN RELAYS.

THANKS TO OUR PARTICIPATION IN THE CANADIAN NATIONALS OMS DID HAVE SOME FINE RATINGS IN THE FINAL TOP TEN FOR 1988.

WOMENS 200 M FREE RELAY (100+)

5 - 2:18.12 (STACEY LUND, JAN PLESNER, SUSAN LEE, LINDA ANDRUS) THE SOUTH WILL RISE AGAIN.

WOMENS 200 M MEDLEY RELAY (100+)

6 - 2:37.87 (STACEY LUND, SUSAN LEE, LINDA ANDRUS, JAN PLESNER) AND AGAIN !!

MENS 200 M FREE RELAY (160+)

1 - 1:46.10 (ROBERT SMITH, RON NAKATA, RICHARD BOYD, VERN DASCH)
THIS IS ALSO THE WORLD RECORD, SET AT CANADIAN NATIONALS.

200 + # 6 - 2:22.77 - (MIKE MOREHOUSE, TED HOLDEN, LEO VAN DIJK, DAN GRAY)

240 + # 2 - 2:13.80 - (GERALD HUESTIS, EARL WALTER, GIL YOUNG, HUGH RICHARDS)
IN MAY '88 THIS WAS A NEW WORLD RECORD !!!

280 + (HERB EISENSCHMIDT, HUGH RICHARDS, FORBES MACK, EARL WALTER) 2:27.94
1 - SWUM AT PSU, AND IS THE NATIONAL RECORD !!!

MENS 200 M MEDLEY RELAY (160)

1 - 2:00.60 (ROBERT SMITH, DAN JOHNSON, BERT PETERSEN, VERN DASCH)
THIS IS THE WORLD RECORD !!!

240 # - # 1 - 2:31.33 (EARL WALTER, ROBERT MORRISON, HUGH RICHARDS, GERALD HUESTIS)
WAS WORLD RECORD IN MAY '88, LOST TO MAINICHI (TOKYO) REGAINED BY
FIRST 3 PLUS STEVE WARNER AT LINCOLN CITY (2:24.09) WORLD & NATIONAL RECORD

100 + MXD 200 M FREE RELAY - # 9 - 2:10.91
(MICHAEL O'NEIL, SUSAN LEE, STACEY LUND, BRAD LONG)

200 + MXD 200 M FREE RELAY - # 1 - 2:04.38 - WORLD RECORD & NATIONAL RECORD
(SANDI ROUSSEAU, BARBARA FRID, BERT PETERSEN, HUGH RICHARDS)

240 + MXD 200 M FREE RELAY - # 5 - 3:23.16
(PATRICIA LANIER, JOE RUDDLEY, BEVERLY DIRKSEN, DAVID PUTNAM)

100 + MXD 200 M MEDLEY RELAY - # 6 - 2:27.34
(MICHAEL O'NEIL, SUSAN LEE, STACEY LUND, BRAD LONG)

120 + MXD 200 M MEDLEY RELAY - # 4 - 2:15.49
(ROBERT SMITH, ROY LAMBERT, ANDREE DEVINE, DORCAS PHELAN)

160 + MXD 200 M MEDLEY RELAY - 2:13.41 - SWUM IN '86 (STILL THE NATIONAL
RECORD) - (ROBERT SMITH, CATHY IMWALLE, BERT PETERSEN, SANDI ROUSSEAU)

160 + MXD 200 M MEDLEY RELAY - # 6 - 2:42.31
(JAN PLESNER, LINDA ANDRUS, JAMES EDWARDS, DAVID PUTNAM)

200 + MXD 200 M MEDLEY RELAY - # 2 - 2:22.16 (#1-SAN DIEGO- 2:22.13)
(BARBARA FRID, BOB MORRISON, BERT PETERSEN, SANDI ROUSSEAU)

NOTE : CURRENT WORLD AND NATIONAL RECORD IS HELD BY OMS AT 2:19.57
(BARBARA FRID, GINGER PIERSON, BERT PETERSEN, HUGH RICHARDS)

Ol Barn ... illucidates ... SCM TT Relays ... cont ...

240 + MXD 200 M MEDLEY RELAY - # 8 - 4:01.07

(PAT LANIER,BEV DIRKSEN,TERRY MCCURDY,JOE RUDDLEY)

THERE IT IS AVID READERS - OMS CAN BE PROUD OF THESE FINE SWIMMERS, AND OF PARTICULAR NOTE, WE HAD ONLY ONE SCM MEET IN STATE IN 1988 !!!

OLD BARNACLE REMINDS AGAIN - STAY WITH IT - AND - STAY FIT !!!

HOW ARE THE ANNUAL OUTSTANDING SWIMMER AWARDS DETERMINED-OL' BARNACLE

AT THE REQUEST OF OUR CHAIR, KATHY BUCK, HERewith IS A BRIEF AND HOPEFULLY UNDERSTANDABLE EXPLANATION OF THE PROCESS WE HAVE BEEN USING FOR MANY YEARS TO DETERMINE WHO REALLY ARE THE OMS OUTSTANDING SWIMMERS FOR A GIVEN YEAR.

DEFINITION - OUTSTANDING SWIMMER : A PERSON WHO PLACES IN MULTIPLE EVENTS, AND MULTIPLE STROKES, IN THE USMS NATIONAL TOP TEN FOR SCY, LCM, AND SCM.

SCORING - TOP TEN SELECTIONS ARE MADE IN EACH EVENT IN EACH STROKE AND IN EACH AGE GROUP. SELECTEES ARE RANKED FROM # 1 THRU # 10.

CANDIDATES FOR OUTSTANDING SWIMMER ARE GIVEN A NUMERICAL VALUE FOR EACH OF THEIR TOP TEN SELECTIONS. IE - 10 POINTS FOR A # 1 RANKING, SCALING DOWN TO 1 POINT FOR A # 10 RANKING. THESE ARE THEN TOTALLED AND THE WINNERS ARE THE PEOPLE WITH THE MOST POINTS.

IF THE NUMERICAL SCORES INDICATE CLEAR CUT WINNERS THEN THAT IS IT, HOWEVER IF BY CHANCE THE NUMERICAL TOTALS ARE CLOSE FOR TWO CANDIDATES, THEN IT IS VOTED ON BY MEMBERS OF YOUR BOARD, AND A WINNER IS SELECTED. WE HAVE HAD TIES IN THE PAST AND WILL HAVE TIES IN THE FUTURE, THESE USUALLY OCCUR WHEN THE TWO OR THREE CANDIDATES ARE SO CLOSE THAT IT WOULD BE UNFAIR TO CHOOSE ONE OVER THE OTHER.

A QUICK SUMMARY OF THE FINAL SCORING FOR 1988 OUTSTANDING SWIMMER AWARDS :

WOMEN 49 AND UNDER ; BARBARA FRID - SCM 68,SCY 66,LCM 79 - TOTAL 213
GINGER PIERSON - SCM 45,SCY 57,LCM 51 - TOTAL 153
SANDI ROUSSEAU - SCM 49,SCY 16,LCM 19 - TOTAL 84
MEN 49 AND UNDER ; ROBERT SMITH - SCM 47,SCM 48,SCY 20,SCY 58,LCM 26
TOTAL - 199 - ROBERT WAS IN TWO AGE CATEGORIES IN 1988.
DICK BOYD - SCM 41,SCY 5,LCM 38 - TOTAL 84
BERT PETERSEN - SCM 28,SCY 3,LCM 3 - TOTAL 34
WOMEN 50 AND OVER ; LAVELLE STOINOFF - SCM 0,SCY 133,LCM 123-TOTAL 253
HAZEL BRESSIE - SCM 37,SCY 32, LCM 46 - TOTAL 115
PETEY SMITH - SCM 41,SCY 30,LCM 21 - TOTAL 92
MEN 50 AND OVER ; HERB EISENSCHMIDT - SCM 50,SCY 92,LCM 51 - TOTAL 193
EARL WALTER - SCM 48,SCY 29,LCM 42 - TOTAL 119
HUGH RICHARDS - SCM 41,SCY 25,LCM 23 - TOTAL 89
BOB MORRISON - SCM 30, SCY 10, LCM 8 - TOTAL 48

IF YOU HAVE SOME SUGGESTIONS REGARDING THIS, WE WOULD CERTAINLY LIKE TO HEAR FROM YOU - SEND TO OL' BARN,3904 SW 57TH AVE,PORTLAND,OR 97221.

Southern Oregon Lake Swim

Applegate Lake

July 15, 1989 — 11:30 a.m.

- REGISTRATION:** Swimmers who want a T-shirt or sweatshirt should register before July 2 to avoid an additional \$5 handling and re-ordering fee. Registration on race day will open 9 a.m.
- FEES:** Early Entry July 2 **\$15 with shirt, \$7 without shirt**
After July 2: **\$20 with shirt, \$9 without shirt**
- COURSE:** It's a 1500-meter out-and-back course (750 meters each leg) that will be navigated twice by those who want something more challenging: a 3000-meter swim. The average high temperature for July is 80 degrees; the average low is 46. Water temperature should be comfortable for all swimmers, barring unusually cold weather.
- SAFETY:** Lifeguards will patrol in boats to aid swimmers in the event of an emergency. **ALL SWIMMERS MUST WEAR SWIM CAPS**, which will be provided, so that they may easily be seen by lifeguards.
- RESULTS:** Swimmers who want results mailed to them must enclose a No. 10 (business) envelope, stamped and self-addressed. Results will be mailed the week after the race.
- AWARDS:** Medals for first, ribbons for second and third to all age groups, male and female. Age groups are: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and older.
- ACCOMMODATIONS:** Visitors may choose from campgrounds at the lake, from bed-and-breakfast inns in nearby (about 25 minutes) historic Jacksonville, or motels in Medford and Ashland. Campsites may be reserved on your registration form. The campsite fee is \$????? For information on bed and breakfast inns and motels in Medford, call The Chamber of Medford/Jackson County, (503) 772-6293, or write them at 304 South Central, Medford OR 97501. The Ashland Chamber of Commerce phone number is (503) 482-3486, and can be reached by mail at 110 E. Main, Ashland OR 97520.
- TO ENTER:** Send entry forms to: Dan Gray, Southern Oregon Lake Swim, 8975 Highway 66, Ashland, OR 97520. For more information, the telephone contact person is Greg Frownfelter, (503) 488-1149.

See reverse side for map and directions to Applegate Lake.

ENTRY REGISTRATION FORM

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 _____

Name _____

Address _____

City _____

State _____

Zip _____

Age _____

Sex _____

Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ X-Large (Check One) ☐ T-Shirt ☐ Sweatshirt

USMS Number: _____ ☐ 1500 Meter (Est. Time: _____) ☐ 3000 Meter (Est. Time: _____)

Signature _____

Date _____

☐ Please reserve a campsite for _____ persons. (Fee will be paid to Park Ranger on arrival.)

You must be a registered Masters Swimmer, or registered USS for age group swimmers, to participate in this meet.

SOUTHERN OREGON LAKE SWIM

JULY 15, 11:30 A.M.

The ROGUE VALLEY MASTERS will be hosting the 5th annual lake swim to be held in southern Oregon. Most of the details have been worked out with the U.S. Forest Service and the plan is to hold the event at Applegate Lake as announced in the last Aqua-Master. The staging area will be at beach-side at the Hart-tish Park day-use area (1\$ per carload), which is located approx. one mile beyond the entrance at the dam. The day use area has picnic tables & BBQ facilities---The Forest Service will be reserving an area for the swimmers & families to congregate for a POT-Luck lunch while the results are being tabulated.

There are numerous camping areas around the lake. One that seems the most accessible is the Watkins Camp, located another 3 miles beyond the entrance to Hart-tish Park. I do believe that is where I would recommend; however, if you would like to be more remote, there are some short-walk in camps. These can be found by taking a LEFT at the dam and proceeding just over one mile.

The Entertainment Guide: JACKSONVILLE

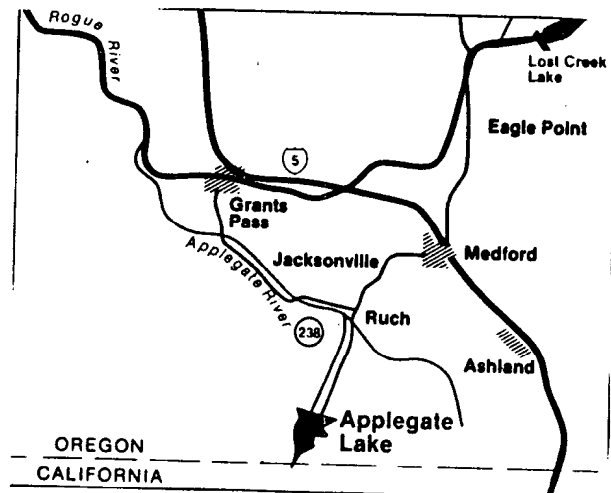
THE BRITT FOLK/COUNTRY FESTIVAL
FRI: HOLLY NEAR & RONNIE GILBERT
SAT: DON McLEAN & JESSIE WINCHESTER
SUN: LEO KOTTKE & MICHAEL HEDGES

CALL (505) 773-6077
or
(800) 88-BRITT

ASHLAND'S OREGON SHAKESPEARE FESTIVAL CALL (505) 482-4331
FRI: ALL MY SONS: NOT ABOUT HEROS: PERICLES, PRINCE OF TYRE:
THE TWO GENTLEMEN OF VERONA:
SAT: MUCH ADO ABOUT NOTHING: CYRANO de BERGERAC: PERICLES:
HEROS:
SUN: HENRY IV part 2: THE ROAD TO MECCA: CYRNO

ONCE again, we want to invite you and your families to come on down to the southern portion of Oregon. Take the day off!!! Pack a lunch, take a SWIM, lay back on the grass and take in the new scenery.

PLEASE HAVE ENTRIES IN BY JULY 2nd., Entries will open until one hour prior to the race.



"ol' Barnacle"

OL' BARNACLE REPORTS ON NEWPORT MEET

67 SWIMMERS ANSWERED THE HORN AT NEWPORT IN OUR LAST SHORT COURSE YARDS MEET OF THE YEAR. THIS WAS A MAKE UP MEET FOR THE ONE WE LOST TO THE FEBRUARY STORM.

OUR GENIAL MEET DIRECTOR WAS BOB WIENERT, DOING A SUPERLATIVE JOB AS USUAL. HE WAS ABLY ASSISTED BY FAITH COLE ON THE TIMING CONSOLE, WITH HELP FROM CASEY LITRELL. THE LANE TIMING WAS HANDLED BY THE MEMBERS OF THE NEWPORT YMCA SWIM TEAM. OUR OFFICIAL WAS GREG ESTEP. THANKS AGAIN TO THESE FINE PEOPLE.

RECORDS - YES , WE HAD SOME VERY FINE PERFORMANCES

NEW REGIONAL RECORDS :

60-64 - PETEY SMITH - 1650 FREE - 25:12.62 - # 5 TT

70-74 - HELENA HOFFMAN - 200 FLY - 7:00.58 - # 9 TT

40-44 - STEVE DURAPAU - 500 FREE - 5:17.86 - # 7 TT

45-49 - RICHARD BOYD - 400 IM - 4:49.46 - # 2 TT

SPLITS : 1:08,1:11,1:21,1:09, THINKING OF MYSELF AS A FAIR IM'ER, WATCHED DICK ON VIDEO 3 TIMES, HOW COME HE MAKES IT LOOK SO EASY ?? AHEAD OF DICK IN THE USA IS TIM GARTON, BEHIND HIM ARE DRURY GALLAGHER AND SANDY GALLETT, PLUS A FEW MORE "NAMES".

50-54 - BERT PETERSEN - 100 FLY - 1:03.69 - # 4 TT (BERT WILL HIT 1:02 IN 1990

70-74 - FORBES MACK - 100 BREAST - 1:34.86 - # 10 TT

CREDIT AN ASSIST TO BOB CURTIS, RIGHT ON HIS HEELS.

NEW ASSOCIATION RECORDS :

45-49 - BARBARA FRID - 200 BRST - 3:03.91 - # 5 TT (BEST WAS 3:10 - WOW & WOW)
200 I M - 2:51.78 - # 5 TT

60-64 - PETEY SMITH - 100 BACK - 1:39.88 (ROLLS OVER AND AWAY SHE GOES)

65-69 - PAULINE STANGEL - 50 FREE - 40.88
1650 FREE - 31:43.57 # 9 TT (BETTER & BETTER)

40-44 - STEVE DURAPAU - 200 FLY - 2:18.80 (SMOOTH ALL THE WAY)

GREAT SWIMS AND GREAT RACES

JULIE WRIGHT (19-24) 50 FREE - 26.38, THE RECORD IS 26.21

ANN NEWTON (35-39) HAD A PR IN THE 100 FREE AT 1:17.71

MENS 35-39 - 100 FREE - BOB BUSK FROM PNA (57.48) OVER DENNIS OLSON (57.91)

MENS 40-44 - 100 FREE - CRAIG JORGENSEN (57.40) EDGED KEITH MARSHALL (57.46)

JUDY BELFORD (35-39) WAS PLEASED WITH HER PR IN THE 200 FREE - 2:28.48

DENNIS OLSON (35-39) DITTO WITH A 2:12.98, THAT'S ALL THOSE PAINFULS DENNIS.

JANINE AMADEO - SNEAKS IN A SANDBAGGER AWARD(500 FREE) 6:02.01 VS 8:10.05

GAIL KIMBERLING AND LORI HOLLINGSWORTH, THE LINCOLN CITY TWINS LOOKED GREAT IN THE 1650.

OL' BARN ... checks in from Newport ... cont~ ...

DAVID PUTNAM (55-59) CONTINUES TO IMPROVE, 1650 PR, 25:53.57

JUDY MELCHER (65-69) HAD 2 PR'S - 50 BACK-1:15.67, PLUS ALMOST GETTING THE RECORD IN THE 100 IM - 2:34.46 VS 2:33.40 - WAY TO GO JUDY !!!

TOM FANNING (45-49) 200 BACK 2:46.93 VS THE RECORD OF 2:46.80 , AGING UP IN SEPTEMBER.

BARBARA FRID (45-49) 50 BRST IN 38.87 CLOSE TO RECORD OF 38.50

BEST RACE OF THE DAY

MENS 200 BRST - BART VIERS (OMS) LN 2, BARELY TOUCHED OUT GEORGE UNRUH (PNA) LN 4, 2:40.73 VS 2:40.75 (30-34) THANKS AGAIN FOR TOUCHPADS.

IN THE LEAD OFF HEAT OF THE 50 FLY, CRAIG JORGENSEN WAS GOING AFTER BERT PETERSEN , SEEN SOME PEEKS IN MY DAY, BUT CRAIG'S WAS A DOOZER.

IT WAS GREAT TO SEE "MAGGIE" WELLS BACK IN THE SWIM AGAIN, LOOKING GREAT IN ALL HER EVENTS, PARTICULARLY SMOOTH IN THE 200 FLY.

ELFIE STEVENIN WAS CLOSE IN THE 100 FLY - 2:44.37 VS HER RECORD OF 2:43.59

THIS N' THAT

GINGER PIERSON - FAMOUS LAST WORDS - "DON'T WORRY SANDI, I'LL GET YOU THERE ON TIME" - PRESTO - ONE OF OREGON'S FINEST WITH RED LIGHTS FLASHING - SMILES AND EYES DIDN'T HELP - TICKET ANYWAY - THAT MERCEDES WILL DO IT EVERYTIME !!!

.....A STAR IS BORN.....BRYANT GUMBEL'S - TODAY SHOW ...

FEATURED OUR OWN FRED ECKHARDT ... POURING AND TASTING BEER ON NATIONAL TELLY ...BEST WAS ... FROM FRED ... "I'D LIKE SOME OF THAT TOO", WHEN IT APPEARED THAT GUMBEL WASN'T GOING TO SHARE ... ALSO OB IS PROUD OF FRED ... HE SAID WHAT HE WANTED TO SAY, AND WAS NOT THE LEAST BIT INTIMIDATED ... GOOD SHOW - FELLOW FLYER !!!

THE WELCOME MAT IS OUT FOR THESE FINE NEW SWIMMERS

DIANNE WRIGHT...BRIAN ROUTH...BRUCE CATTER...BRAULIO ESCOBAR ...DO IT AGAIN !!!

THAT'S IT FOR THIS TIME...STAY WITH IT AND STAY FIT...YOU WON'T REGRET IT !!!!!

Official Entry Blank for Individuals Events
1989 U.S.M.S. NATIONAL LONG COURSE CHAMPIONSHIPS SANCTION #52-89-1
UNIVERSITY OF NORTH DAKOTA, GRAND FORKS, ND, AUGUST 17-20, 1989

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____			
Street	City	State	Zip
Phone _____			
Days	Evenings		
Age _____	Birthdate _____	USMS# _____	
on 8/20/89	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, August 17, 1989 8:00 a.m.

1 *#		800 Meter Freestyle		2 *#
3 *#		1500 Meter Freestyle		4 *#

Friday, August 18, 1989 8:00 a.m.

5		200 Meter Breaststroke		6
7		100 Meter Butterfly		8
9		50 Meter Backstroke		10
11		100 Meter Freestyle		12
13		200 Meter Ind. Medley		14
15 *	See Relay Form	200 Meter Free Relay	See Relay Form	16 *
17 *	See Relay Form	200 Meter Mixed Med. Relay	See Relay Form	18 *

Saturday, August 19, 1989 8:00 a.m.

19		200 Meter Backstroke		20
21		100 Meter Breaststroke		22
23		50 Meter Freestyle		24
25		200 Meter Butterfly		26
27 *	See Relay Form	200 Meter Medley Relay	See Relay Form	28 *
29		400 Meter Freestyle		30

Sunday, August 20, 1989 8:00 a.m.

31		200 Meter Freestyle		32
33		50 Meter Breaststroke		34
35		100 Meter Backstroke		36
37		50 Meter Butterfly		38
39 *	See Relay Form	200 Meter Mixed Free Relay	See Relay Form	40 *
41		400 Meter Ind. Medley		42

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, August 17, you may swim EITHER the 800 M. Free or the 1500 M. Free. NOT BOTH. PLEASE REFER TO THE MEET INFORMATION BOOKLET FOR COMPLETE DETAILS OF THIS MEET. PLEASE READ IT THOROUGHLY.

1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

Dates: August 17-20, 1989

Location: University of North Dakota, Grand Forks, ND

Sanctioned by: This event is held under sanction of North Dakota LMSC and USMS #52-89-1

Relay Eligibility: This event is open to all registered USMS swimmers 25 years of age and older as of August 20, 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 asterisk (*). 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 800 Free or the 1500 Free.

Conduct of Meet: All individual events less than 400 meters will be pre-seeded. Seedings will be by age group and sex, oldest to youngest, slowest to fastest within age groups. 400, 800/1500 Free, and 4001M 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 July 21, 1989.

Special Events: BUFFALO BURGER WELCOME PICNIC will be held at University Park on Wednesday, August 16 at 5:30 p.m. WALLEYE FESTIVAL will be held at the Westward Ho on Friday, August 18 at 6:30 to 11:30 p.m. Walleye fish fry will be served with entertainment and dancing to follow with the WURST BAND.

CHECKLIST

For complete individual entry, send the following:

1. Completed, signed entry form:
 - A only 6 events total, 3 per day (excluding relays, 800 or 1500 freestyle).
 - B. do not enter "NO TIME"
 - C. mark your sixth(6) event choice with an asterisk "***"
2. Fees in US Dollars:

A. \$13.00 surcharge for all swimmers including "relay only" swimmers	REGISTRATION	\$13.00
B. \$3.00 per individual event	ENTRY FEE: (# x \$3.00)	_____
C. \$10.00 per person Welcome Buffalo Burger Picnic (optional)	BUFFALO BURGER (# x \$10.00)	_____
D. \$16.00 per person WALLEYE FESTIVAL (optional)	WALLEYE FESTIVAL (\$16.00)	_____
E. Final results (optional) \$10.00	FINAL RESULTS (# X \$10.00)	_____
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. Lodging _____
6. Ground transportation: Circle one of the following: shuttle car rental personal car
7. Airline _____
8. Do not send cash make Checks Payable to: UNIVERSITY OF NORTH DAKOTA ATHLETICS

Everything must be received by July 21, 1989. Late entries will be returned to sender. Mail to:
Mike Stromberg, UND Athletics, Box 8175, University Station, Grand Forks, ND 58202, (701) 777-2766/777-2236.

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., University of North Dakota, Dakota Masters and all North Dakota LMSC 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 Long Course National Championships to be held in Grand Forks, ND., August 17-20, 1989.

Date: _____ Signed: _____

1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS: RELAYS

Dates: August 17-20, 1989

Location: University of North Dakota, Grand Forks, ND 58202

Sanctioned by: US Masters Swimming, University of North Dakota, Dakota Masters Sanction #52-89-1

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: 100 +, 120 +, 160 +, 200 +, 240 +, 280 +. (with the cumulative ages of the relay members determining the age group of the relay. Ages are determined in whole years as of the last day of the meet (8-20-89).

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 July 21, 1989) plus \$13.00 surcharge for each swimmer.

Entry Deadline: Entries must be received by July 21, 1989; late entries will be returned to the sender. Mail early!!!

Late Entries: Clubs may deck-enter teams on Wednesday, August 16, 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 July 21, 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	_____
Buffalo Burger Picnic (Relay only Swimmers):	_____	x	\$10.00	_____ Optional
Walleye Festival (Relay only Swimmers):	_____	x	\$16.00	_____ Optional
Final Results (Relay only Swimmers):	_____	x	\$10.00	_____ Optional

TOTAL AMOUNT DUE (Check No. _____) U.S.\$ _____

Checks Payable to: UND Athletics

Send a copy of your Masters Registration card or travel permit and Entry fees to: Mike Stromberg, UND Athletics, Box 8175, University Station, Grand Forks, ND 58202, (701) 777-2766/777-2236.

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., University of North Dakota, Dakota Masters and all North Dakota LMSC 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 Long Course National Championships to be held in Grand Forks, ND., August 17-20, 1989.

Official Entry Blank for Relay Events
1989 U.S.M.S. NATIONAL LONG COURSE CHAMPIONSHIPS SANCTION #52-89-1
UNIVERSITY OF NORTH DAKOTA, GRAND FORKS, ND, AUGUST 17-20, 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 "No Time" or your entry will be rejected. (The cumulative ages of the relay members determine the age of the group. Ages are determined in whole years as of the last day of the meet (8-20-89). 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 Friday, July 21, 1989 or deck entered Wednesday, August 16, 1989 by 5:00 p.m. July 21 entries are \$8.00 per relay; August 16 entries are \$12.00 per relay. All relay swimmers must enter the meet by July 21. 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 Relay		Mixed Relays	
	Event 15 200 M. Free Relay	Event 27 200 M. Medley Relay	Event 14 200 M. Free Relay	Event 30 200 M. Medley Relay	Event 17 200 M. Medley Relay	Event 41 200 M. Free Relay
100 + A						
100 + B						
100 + C						
120 + A						
120 + B						
120 + C						
160 + A						
160 + B						
160 + C						
200 + A						
200 + B						
200 + C						
240 + A						
240 + B						
240 + C						
280 + A						

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

Swimming and Breathing: The Physiology of Hypoxic Sets

Competitive swimming is a unique form of exercise from the respiratory standpoint because it involves heavy exercise coupled with restrictions in the total breathing capacity. The gains in mechanical efficiency obtained from not turning or raising the head have to be balanced against the adverse physiological effects of insufficient ventilation. This article will describe our preliminary studies of the changes which can occur in oxygen and carbon dioxide levels during competitive swimming. This information provides a better understanding of individual differences in hypoxic tolerance and suggests some of the risks which might be involved in misapplication of current training practices.

The Physiology of Oxygen Delivery to Muscle

A primary guideline of exercise physiology is that maximal exercise capacity is determined by the ability of the heart, lungs, and blood to deliver oxygen to exercising muscle. Oxygen is carried in the blood by the protein hemoglobin. This protein has the important property of maintaining its oxygen carrying capacity at 90% of normal even when the lung oxygen content is reduced by 40%. Below that point, which corresponds to a partial pressure of oxygen of 60 millimeters of mercury (mm Hg), the oxygen carrying capacity of blood drops rapidly. If the low oxygen level in the lungs is associated with an increased level of carbon dioxide, as always happens during restricted breathing, the oxygen carrying capacity drops even faster.

The concentration of oxygen attained in our lungs is a balance between the amount of breathing and the rate of oxygen consumption by the body. At rest, a 160 pound person will consume about 300 cubic centimeters of oxygen and produce about 240 cc's of carbon dioxide per minute. To maintain a normal arterial oxygen level of 100 mm Hg, a normal person will need to breathe about 8 liters of air per minute. A fit individual at the highest swimming speeds would consume about 10 times as much oxygen and produce 12 to 14 times more carbon dioxide. If this person were running or cycling at this level of exertion, he/she would ordinarily breathe 100 to 130 liters per minute, increasing the breathing rate to 40 to 50 breaths per minute. This rate is nearly twice that ordinarily used by freestyle swimmers, so that the swimmer must either take deeper breaths or breathe less.

How Hypoxic are Hypoxic Sets?

If a swimmer does breathe less, the overall oxygen consumption will remain unchanged, but the concentration of oxygen in the lungs and the arterial blood will decrease. The lowered oxygen concentration together with the increase in carbon dioxide produce the familiar sensation of suffocation during "hypoxic sets". As there were no published studies of the degree of hypoxemia produced by this training activity, Dr. Bill Clark and I did some preliminary work. We had three masters swimmers exhale into a balloon immediately on completing a 90% effort 200 yard freestyle swim breathing every fourth stroke with no breathing during the final 10 yards. The three swimmers had an lung concentration of oxygen of between 57 and 70 mm Hg, which corresponded to a 15 to 20% loss in oxygen carrying capacity for the blood., given the elevation in carbon dioxide which was also observed. All three swimmers felt lightheaded after the swim.

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Why Can Some Swimmers Breathe Less?

While breath-holding times can be modestly increased with practice, the main determinant of the ability to not breathe during exercise is inherited. Some individuals can hold their breath to very dangerous levels of hypoxia, where there is a risk of loss of consciousness. Breath holding times are not a marker of fitness or good health.

Is there Benefit to Hypoxic Sets?

Because deliberate underbreathing will encourage swimmers to swim with the highest possible volume of air in their lungs, there may be some benefit from the buoyancy, and there probably is an improvement in stroke mechanics when the head is held steady. From the data we gathered, it appears that breathing every other stroke did not cause hypoxemia as serious as that we noted in our first study. While many successful swimmers are able to breathe less than every other stroke in races over 50 yards, it appears possible that they are compromising their maximal oxygen transport capacity, and in the worst case, may be risking loss of consciousness during the swim. The risk of loss of consciousness is increased by marked overbreathing before starting the hypoxic swim. Any swimmer who notes headache, dim vision, or confusion after deliberately underbreathing has probably experienced potentially dangerous hypoxia.

NEWPORT

25 YARD

05/22/89 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

----- 19-24	WOMEN	----- 45-49	WOMEN	----- 200 IM HELENA W HOFFMAN	73 OREG 6:11.43
50FREE JULIE L WRIGHT	20 OREG :26.38	50FREE DIANNE WRIGHT	49 OREG 1:15.10	----- 25-29	MEN
100FREE JULIE L WRIGHT	20 OREG :58.90	200FREE BARBARA FRID	47 OREG 2:28.12	50FREE MICHAEL E JOHNSON	29 OREG :26.03
500FREE JULIE L WRIGHT	20 OREG 5:59.68	CHARLOTTE E COWAN	49 OREG 2:57.70	500FREE MICHAEL E JOHNSON	29 OREG 5:51.23
100 IM JULIE L WRIGHT	20 OREG 1:07.95	500FREE CHARLOTTE E COWAN	49 OREG 7:52.24	1650FR MICHAEL E JOHNSON	29 OREG19:43.27
200 IM JULIE L WRIGHT	20 OREG 2:27.59	1650FR CHARLOTTE E COWAN	49 OREG26:41.52	----- 30-34	MEN
----- 25-29	WOMEN	50BACK DIANNE WRIGHT	49 OREG 1:40.24	100FREE GEORGE N UNRUH	31*PNA :59.95
100FREE JANINE AMODEO	26 OREG 1:00.27	50BRST BARBARA FRID	47 OREG :38.87	500FREE GEORGE N UNRUH	31*PNA 5:51.44
500FREE JANINE AMODEO	26 OREG 6:02.01	200BRS BARBARA FRID	47 OREG 3:03.91+	1650FR GEORGE N UNRUH	31*PNA 20:20.92
100BRS JANINE AMODEO	26 OREG 1:17.67	Oregon was- BARBARA FRID	3:10.99	50BACK BART VIERS	31 OREG :31.98
100FLY CHRIS MOFFITT	29 OREG 1:15.16	200 IM BARBARA FRID	47 OREG 2:51.78+	50BRST BART VIERS	31 OREG :32.65
200FLY CHRIS MOFFITT	29 OREG 3:01.37	Oregon was- SUE RITTENHOUSE	2:54.37	100BRS GEORGE N UNRUH	31*PNA 1:14.41
200 IM JANINE AMODEO	26 OREG 2:33.60	----- 50-54	WOMEN	200BRS BART VIERS	31 OREG 2:40.73
400 IM CHRIS MOFFITT	29 OREG 6:00.24	50BACK URSULA B. LANG	51 OREG 1:03.54	GEORGE N UNRUH	31*PNA 2:40.75
----- 30-34	WOMEN	50BRST URSULA B. LANG	51 OREG :50.54	50 FLY BART VIERS	31 OREG :28.71
50FREE LORI HOLLINGSWORTH	33 OREG :31.48	100BRS URSULA B. LANG	51 OREG 2:03.01	100 IM BART VIERS	31 OREG 1:05.38
JACKIE WOLDRIDGE	34 OREG :34.87	200BRS URSULA B. LANG	51 OREG 5:19.80	200 IM BRUCE CATTER	34*OREG 2:46.20
100FREE LORI HOLLINGSWORTH	33 OREG 1:09.78	100 IM URSULA B. LANG	51 OREG 2:16.26	----- 35-39	MEN
JACKIE WOLDRIDGE	34 OREG 1:18.93	----- 60-64	WOMEN	50FREE BOB BUSK	35*PNA :25.67
1650FR LORI HOLLINGSWORTH	33 OREG25:13.68	50FREE PETEY MH. SMITH	64 OREG :32.98	BRAULIO ESCOBAR	39 OREG :31.51
GAIL M KIMBERLING	33 OREG26:33.19	100FREE MARGARET A WELLS	63 OREG 1:38.41	100FREE BOB BUSK	35*PNA :57.48
50BACK LORI HOLLINGSWORTH	33 OREG :44.86	200FREE PETEY MH. SMITH	64 OREG 2:46.33	DENNIS S OLSON	35 OREG :57.91
50BRST MARY GRILLO	34 OREG :36.79	1650FR PETEY MH. SMITH	64 OREG25:12.62+	200FREE DENNIS S OLSON	35 OREG 2:12.98
LORI HOLLINGSWORTH	33 OREG :48.08	Oregon was- LOUISE A. HEPNER	25:32.67	100BRS BRAULIO ESCOBAR	39 OREG 1:39.11
100BRS MARY GRILLO	34 OREG 1:21.56	100BAK PETEY MH. SMITH	64 OREG 1:39.88+	100 IM BOB BUSK	35*PNA 1:09.15
200BRS MARY GRILLO	34 OREG 3:05.71	Oregon was- MARGARET WELLS	1:41.38	----- 40-44	MEN
50 FLY JACKIE WOLDRIDGE	34 OREG :35.01	MARGARET A WELLS	63 OREG 1:50.82	50FREE KEITH MARSHALL	42 OREG :25.28
100FLY JACKIE WOLDRIDGE	34 OREG 1:23.80	100FLY MARGARET A WELLS	63 OREG 1:57.21	BOB G WIENERT	41 OREG :26.71
100 IM JACKIE WOLDRIDGE	34 OREG 1:28.38	200FLY MARGARET A WELLS	63 OREG 4:16.21	RON E JERSEY	40 OREG :29.50
----- 35-39	WOMEN	----- 65-69	WOMEN	GUS WILLEMIN	43 OREG :29.86
50FREE ANN D NEWTON	35 OREG :32.75	50FREE PAULINE B STANGEL	67 OREG :40.88+	BARNEY M CRAIG	43 OREG :30.16
100FREE ANN D NEWTON	35 OREG 1:17.71	Oregon was- PAULINE B STANGEL	:40.91	100FREE CRAIG JORGENSEN	41 OREG :57.40
200FREE JUDY BELFORD	39 OREG 2:28.48	ELIZABETH C KING	66 OREG 1:04.14	KEITH MARSHALL	42 OREG :57.46
1650FR LISSA B PARKER	37 OREG28:57.58	500FREE ELFIE J STEVENIN	67 OREG12:29.35	BARNEY M CRAIG	43 OREG 1:05.52
50BACK ANN D NEWTON	35 OREG :44.99	1650FR PAULINE B STANGEL	67 OREG31:43.57+	RON E JERSEY	40 OREG 1:05.98
100BAK JUDY BELFORD	39 OREG 1:15.69	Oregon was- MARGARET YADON	41:35.21	GUS WILLEMIN	43 OREG 1:10.34
200BAK JUDY BELFORD	39 OREG 2:38.85	50BACK JUDY M MELCHER	69 OREG 1:15.67	200FREE BARNEY M CRAIG	43 OREG 2:27.32
50 FLY JUDY BELFORD	39 OREG :33.26	100BAK ELFIE J STEVENIN	67 OREG 2:28.97	RON E JERSEY	40 OREG 2:31.98
ANN D NEWTON	35 OREG :44.63	50BRST PAULINE B STANGEL	67 OREG :53.28	MICHAEL T KOLLN	44 OREG 3:07.85
100 IM ANN D NEWTON	35 OREG 1:36.50	JUDY M MELCHER	69 OREG 1:06.55	500FREE STEVEN L DURAPAU	40 OREG 5:17.86
----- 40-44	WOMEN	100BRS PAULINE B STANGEL	67 OREG 1:52.66+	BOB G WIENERT	41 OREG 6:30.47
50FREE YVONNE T STEWART	42 OREG :35.02	Oregon was- PAULINE B STANGEL	1:53.10	GUS WILLEMIN	43 OREG 8:18.54
100FREE YVONNE T STEWART	42 OREG 1:19.30	JUDY M MELCHER	69 OREG 2:26.14	MICHAEL T KOLLN	44 OREG 8:21.83
SUSAN M GIRARD	41 OREG 1:31.95	100FLY ELFIE J STEVENIN	67 OREG 2:44.37+	1650FR STEVEN L DURAPAU	40 OREG18:46.48
200FREE YVONNE T STEWART	42 OREG 3:14.24	Oregon was- ELFIE J. STEVENIN	2:57.41	RON E JERSEY	40 OREG24:51.21
SUSAN M GIRARD	41 OREG 3:22.52	200FLY ELFIE J STEVENIN	67 OREG 5:53.73+	MICHAEL T KOLLN	44 OREG30:14.73
500FREE SUSAN M GIRARD	41 OREG 8:54.28	Oregon was- ELFIE J STEVENIN	5:59.41	50BRST KEITH MARSHALL	42 OREG :33.15
1650FR YVONNE T STEWART	42 OREG30:44.36	100 IM JUDY M MELCHER	69 OREG 2:34.46	50 FLY CRAIG JORGENSEN	41 OREG :28.44
50BRST GINGER L PIERSON	43 OREG :36.77	200 IM ELFIE J STEVENIN	67 OREG 5:19.54+	GUS WILLEMIN	43 OREG :33.99
YVONNE T STEWART	42 OREG :46.30	Oregon was- ELFIE J STEVENIN	5:35.14	200FLY STEVEN L DURAPAU	40 OREG 2:18.80
100BRS GINGER L PIERSON	43 OREG 1:19.33	----- 70-74	WOMEN	100 IM KEITH MARSHALL	42 OREG 1:05.24
200BRS GINGER L PIERSON	43 OREG 2:49.22	50BACK VIOLA O FRASER	72 OREG 1:26.83	----- 45-49	MEN
50 FLY SANDI ROUSSEAU	41 OREG :31.73	100BAK HELENA W HOFFMAN	73 OREG 3:23.91	50FREE BRIAN ROUTH	46*OREG :31.35
100FLY SANDI ROUSSEAU	41 OREG 1:14.79	50BRST VIOLA O FRASER	72 OREG 1:14.32	100FREE BRIAN ROUTH	46*OREG 1:12.00
200FLY SANDI ROUSSEAU	41 OREG 2:59.63	100FLY HELENA W HOFFMAN	73 OREG 3:24.75+	200FREE BRIAN ROUTH	46*OREG 2:40.02
100 IM GINGER L PIERSON	43 OREG 1:14.98	Oregon was- HELENA W HOFFMAN	3:25.14	500FREE DONALD J KUYPER	46 OREG 9:23.79
SANDI ROUSSEAU	41 OREG 1:20.18	200FLY HELENA W HOFFMAN	73 OREG 7:00.58+	1650FR DONALD J KUYPER	46 OREG34:29.19
400 IM SANDI ROUSSEAU	41 OREG 6:45.58	Oregon was- HAZEL BRESSIE	7:53.50	50BACK TOM FANNING	49 OREG :33.09
		100 IM HELENA W HOFFMAN	73 OREG 2:50.56	200BAK TOM FANNING	49 OREG 2:46.93

NEWPORT

25 YARD

05/22/89 PG 2

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E. Walter

+ = OREGON

Software by R. Smith

100FLY DONALD J KUYPER	46 OREG 1:37.92	50 FLY BERT L PETERSEN	50 OREG :27.04	----- 65-69 MEN -----	
200FLY DONALD J KUYPER	46 OREG 3:35.52	JIM BIGLER	53 MACO :35.28	500FRE KHOSROW SHADBEH	67 OREG10:39.77
100 IM TOM FANNING	49 OREG 1:11.33	100FLY BERT L PETERSEN	50 OREG 1:03.69	1650FR GILBERT N YOUNG	67 OREG26:01.44
200 IM TOM FANNING	49 OREG 2:40.37	----- 55-59 MEN -----		50BACK EARL WALTER	68 OREG :36.47
DONALD J KUYPER	46 OREG 3:24.52	50FREE DAVID F PUTNAM	57 OREG :32.09	100BAK EARL WALTER	68 OREG 1:22.63
400 IM RICHARD D BOYD	45 OREG 4:49.46	100FRE DAVID F PUTNAM	57 OREG 1:12.02	KHOSROW SHADBEH	67 OREG 1:56.83
----- 50-54 MEN -----		200FRE DAVID F PUTNAM	57 OREG 2:44.94	200BAK EARL WALTER	68 OREG 3:01.60
100FRE JIM BIGLER	53 MACO 1:03.88	500FRE DAVID F PUTNAM	57 OREG 7:31.60	50BRST KHOSROW SHADBEH	67 OREG :45.75
200FRE JIM BIGLER	53 MACO 2:21.40	1650FR DAVID F PUTNAM	57 OREG25:53.57	100BRS ROBERT D CURTIS	69 OREG 1:36.49
500FRE BERT L PETERSEN	50 OREG 6:47.58	50BACK TERRY C MCCURDY	59 OREG :49.40	KHOSROW SHADBEH	67 OREG 1:43.98
200BAK JIM BIGLER	53 MACO 3:16.45	100BAK TERRY C MCCURDY	59 OREG 1:47.95	200BRS ROBERT D CURTIS	69 OREG 3:30.30
200BRS JIM BIGLER	53 MACO 3:02.90	50BRST TERRY C MCCURDY	59 OREG :54.52	100 IM KHOSROW SHADBEH	67 OREG 1:48.50
				----- 70-74 MEN -----	
				100FRE FORBES J MACK	70 OREG 1:17.06
				100BRS FORBES J MACK	70 OREG 1:34.86

35+ MIXED

MICHAEL T KOLLN,44 *** URSULA B. LANG,51 ***

20

200 MEDLEY RELAY

DONALD J KUYPER,46 *** ANN D NEWTON,35 *** OREG 2:57.93

25+ WOMEN

URSULA B. LANG,51 *** VIOLA O FRASER,72 ***

3

200 FREE RELAY

ANN D NEWTON,35 *** LORI HOLLINGSWORTH,33 *** OREG 2:59.01

35+ MEN

STEVEN L DURAPAU,40 *** CRAIG JORGENSEN,41 ***

3

200 FREE RELAY

DENNIS S OLSON,35 *** BRIAN ROUTH,46 *** OREG 1:53.39

35+ MIXED

PAULINE B STANGEL,67 *** GUS WILLEMIN,43 ***
URSULA B. LANG,51 *** TERRY C MCCURDY,59 ***

8

200 FREE RELAY

BARNEY M CRAIG,43 *** BOB G WIENERT,41 *** OREG 2:12.22
DONALD J KUYPER,46 *** YVONNE T STEWART,42 *** OREG 2:44.94

5/29/89

**TO EVERYONE WHO BOUGHT
REGIONAL MEDALS
IN SPOKANE IN APRIL, 1988**

If you bought Regional medals at the Regional XII Short Course yards meet at Whitworth College in Spokane in April, 1988, they are now available. If you have not yet received those that you have paid for, please contact Ginger Pierson, at 23995 SW Drake Lane, Hillsboro, OR 97123. Please list your event, age group and place for each medal that you are claiming. Ginger will then send you the missing medals immediately.

If anyone wants to buy a regional medal(s), extras are now available for \$2.75 each.

Oregon Masters Swimming is sorry for the delay in producing these medals - and thanks you for your patience and cooperation.

MY FAVORITE WORKOUTS

A Long Course I.M. workout for a Short Course Pool

Warm-up

600 I.M. Backwards or Forwards

50 Swim, 50 Pull, 50 Swim of each stroke

Kick 400 I.M.

Then..

Swim 2 x 300 I.M. on 4:00 or 4:30

Pull 2 x 200 I.M. on 3:30

Swim 8 x 125 I.M. on 2:30

#1 & #5 50 Fly, 25 Back, 25 Brst, 25 Free
#2 & #6 25 Fly, 50 Back, 25 Brst, 25 Free
#3 & #7 25 Fly, 25 Back, 50 Brst, 25 Free
#4 & #8 25 Fly, 25 Back, 25 Brst, 50 Free

Warm down 200 easy

Total= 3200

YES FOLKS YOU GUESSED IT

I HAVE STILL NOT HEARD FROM ANY OF YOU OUT THERE

WITH YOU FAVORITE WORKOUTS....

THEY MUST BE SECRETS I GUESS

SO GET WITH AND SEND THEM ON IN!!!!!!!!!!

Happy Birthday

July Birthdays

Bamford, Dick	7/12/35	Nelfs, Jeanette D.	7/22/63
Bogden, David S.	7/20/50	O'Neil, Michael C.	7/28/50
Boyd, Richard D.	7/ 6/43	35 Parsons, Alice D.	7/22/54
Carlson, David M.	7/27/66	Pattee, Tom	7/ 5/47
Coffey, John W.	7/23/55	Prentice, Douglas C.	7/15/48
Cox, Lynn C.	7/ 6/45	30 Reid, Ann-Marie	7/ 9/59
Fitz, Sinde A.	7/ 4/58	Rex, Judy G.	7/21/62
Flanagan, Leslie S.	7/12/68	Rodewald, Dirk	7/12/50
Gamblin, Joe L.	7/19/35	Running, Sara K.	7/ 3/60
Goble, Vivian O.	7/ 7/23	Scott, Delbert L.	7/24/46
Gossack, Daniel E.	7/26/61	Shadbeh, Khosrow	7/ 7/21
Hafer, Christopher C.	7/15/57	Skillman, Lolly A.	7/28/35
Hess, Susan	7/10/58	65 Smith, Petey M. H.	7/ 1/24
Hill, Steven F.	7/11/60	Tighe, Thomas S.	7/14/55
60 Ierulli, Sam M.	7/ 7/29	25 True, Christy L.	7/28/64
Juenke, Margaret P.	7/28/28	Wall, Kathy D.	7/12/60
Marks, Milton R.	7/ 3/30	Walsh, Patrick A.	7/20/48
Mathias, Gary E.	7/27/61	Warner, Stephen H.	7/11/48
Miller, Gayle	7/21/56	Weaver, William E.	7/14/36
Milner, Nancy J.	7/21/51	Whisman, Joan M.	7/24/36
Morris, Doreen	7/28/12	35 Winton, Leslie B.	7/29/54
Murdoch, George D.	7/ 8/25		

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



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

Corvallis
So. Oregon

Andy Schrag

Mark & Laura Worden
Terry & Judy McCurdy

(206) 254-9400 W
(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

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 or 1990 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE REGISTRAR: DAN JOHNSON, 7655 SW Cedarcrest St., Portland, OR 97223 (244-8152)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE people for each registered team. Any changes in team contact/ reps should be made with Dan.

TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.

1989 OMS TEAMS					
City	Team Name	Abrv.	Contact/Rep	Phone	
Albany	Albany Masters	ALB	Gus Arzner	???-????	
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610	
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661	
Beaverton	Griffith Park Ath. Club	GPA	Marty Boozer	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	Kathy Thomas	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	
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971	
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093	
Lk Oswego	Lake Oswego Swim Club	LOSC	Steve DuRapau	697-7911	
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423	
Medford	Southern Oregon Swimmers	SOS	Janice O'Neil	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	234-3733	
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	Kim Church	367-3191	
Vancouver,WA	Vancouver Old Timers	VOT	Andy Schrag	(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 _____

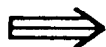
City _____ St _____ ZIP _____

() 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.

* Meet Entry Forms

* Of Barnacle

* Z-Man Says

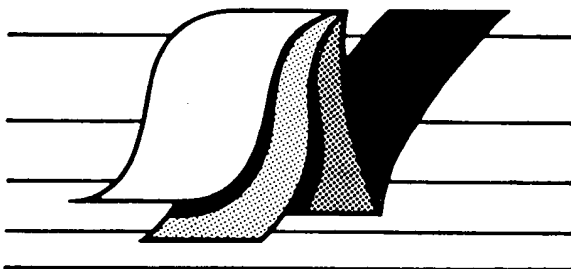
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REGISTRATION
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John F. Zell
1625 N. Janzen Ave. B6
Portland, OR 97217

Aqua-Master

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