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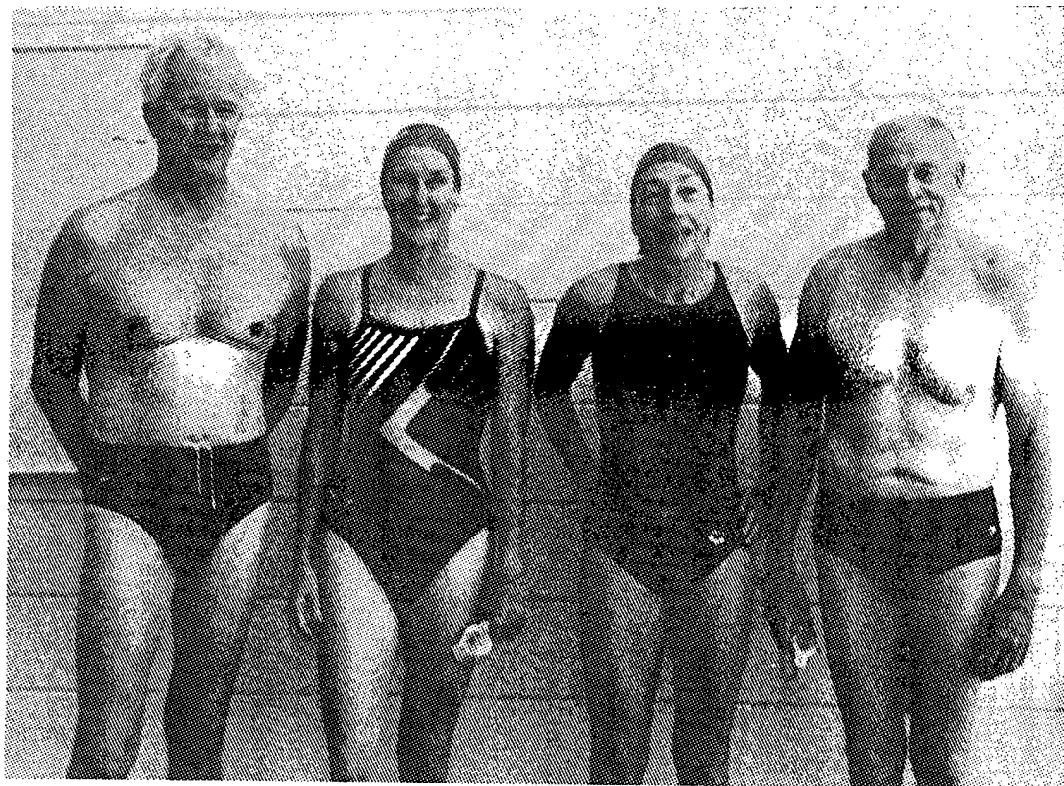
Aqua-Master is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for subscription information. OMS is a part of United States Masters Swimming.

CALENDAR & MEET SCHEDULE 1989

LONG COURSE/SHORT COURSE METERS

JULY 15, 1989	OMS DESCHUTES RIVER RAFT TRIP
JULY 15, 1989	SO. OREGON LAKE SWIM APPLGATE LAKE, OR
JULY 19, 1989	OMS BOARD MEETING 7:30 PM SANDI ROUSSEAU'S
JULY 23-AUG 5, 1989	1989 MASTERS GAMES ARHUS, DENMARK
*AUGUST 5-6, 1989	M.A.C. CLUB LC METERS PORTLAND, OR (#3)
*AUGUST 17-20, 1989	USMS LC NATIONALS GRAND FORKS, ND UNIVERSITY OF NORTH DAKOTA
*SEPT. 16-17, 1989	ROSEBURG, OR UMPQUA C.C. POOL SC METERS (#4)
SEPT. 20-24, 1989	U.S. AQUATIC SPORTS CONVENTION PORTLAND, OR
OCTOBER 10-15, 1989	PAN PACIFIC MASTERS GAMES INDIANAPOLIS, INDIANA

*MEET ENTRY ENCLOSED IN THIS ISSUE



Earl Walter, Barb Frid, Petey Smith, and Gil Young set a Nat. record in the 400 meter mixed free relay at Corvallis

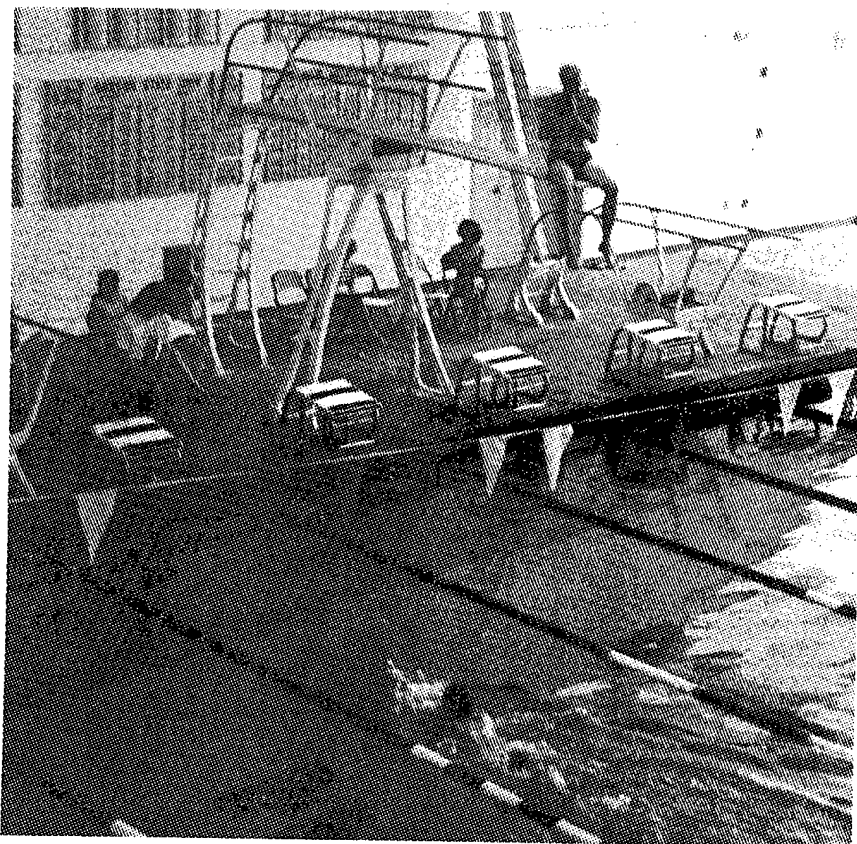
Z-Man says-----

Hello again fellow Masters....Z here....mid summer....Have you all been enjoying your summer so far and spending quality time at the old pool too????

I hope you have been because OMS is proud to announce a LC meet at the Multnomah Athletic Club on August 5th and 6th. The folks out of the Spokane Washington area, also known as the Inland Empire Association, dropped the ball big time this year and did not come thru on their turn to host the Long Course Regionals. Earl Walter has put in some good time and made two attempts to put together a meet here in Oregon in early August. His first attempt was to have OMS host LC Regionals at Corvallis but we came up short. Secondly he worked to get a regular LC meet at The MAC club and bingo...we got one. So, you can call this a pseudo-LC Regionals if you want or for you folks going to North Dakota for LC Nationals this is your last chance tune-up meet.

The Corvallis meet June 3 and 4 had a little over 50 entrants with 40 showing (19 Women & 21 Men) to compete. 56 total swimmers (13 from OMS) entered the South Kitasp meet in Port Orchard, Washington on June 25th. With our membership currently at 476 members, the turnout at Corvallis means just 10% of us are interested in swimming in any long course meets.

SO Z-MAN ISSUES A CHALLENGE TO ALL MEMBERS TO ENTER THE MAC MEET AND SHOW US YOUR STUFF IN THE WATER! THAT MEANS ALL OF YOU DOWN THERE IN SOUTHERN OREGON...ROSEBURG, GRANTS PASS, MEDFORD, AND ASHLAND....TAKE A GOOD WEEKEND TRIP TO PORTLAND!!! AND THE SAME GOES FOR YOU SWIMMERS IN THE CENTRAL PARTS OF OUR STATE....COME ON ALBANY, CORVALLIS, EUGENE, AND BEND PEOPLE!!!! WE NEED ALL OF YOUR SUPPORT!!! ALL YOU MASTERS IN THE PORTLAND METRO AREA AND NEARBY TOWNS HAVE THE SHORTEST DRIVE AND THE LEAST AMOUNT OF EXCUSES...ENTER TODAY!!!!



Dan Johnson swims his 200 meter Breast at Corvallis while Earl Walter sits high atop the 3 meter springboard and videotapes. Dan finished in a time of 2:57.56. Earl finished videotaping Dan without falling in.

Videotaping is a great way to improve yourself by viewing your swims and critiquing and correcting your strokes.

As I wrote last month, our annual fees for membership are going up effective October 1, 1989. This increase is due to an increase from United States Masters Swimming, our overall governing body. The increase is due to the rising costs of insurance. Our membership fee will be \$18.00 per year and subscription to Aquamaster will be \$7.00. \$25.00 per year to be part of the best Masters athletic program in the Region, Nation and World is a bargain!!!

Noteworthy items from the June 20th OMS Board meeting.....

As of mid June we have 476 members...303 of these are renewal memberships.

Meet packets for the 1989/1990 swim year have been sent out to all team representatives. If you are interested in hosting a meet, please contact Kathleen Buck or Judy McCurdy for a meet packet. Don't wait too long cause the schedule will be filling up fast and the OMS Board will be reviewing bids for meets in the next couple of months...so...he who hesitates is lost.

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

"The OMS Board is will to donate partial or all costs for registration to any OMS member 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."

Applications and fees to attend the convention are due at the July and August Board meetings.

Next Board meeting is July 19th at Sandi Rousseau's house at 7:30 PM.

Read ol' Barnacle for a review of the Corvallis meet and more....next month he will have info from the South Kitsap and State Games of Oregon meets. After the MAC meet is LC Nationals for some of you and then another Short Course season starts with Roseberg's SC meters meet in September.

Soooo...keep on reading and stay in the pool.....the waters fine.

See all of you at MAC,



Job Annoucement: Age Group Coach/Fitness Coordinator

The Chehalem Park and Recreation District is looking for a knowledgeable, enthusiastic individual who has experience in the following areas: 1) Age Group Coaching; 2) Masters Swim Coaching; 3) Physical Fitness/Exercise Programming; 4) Supervision of Aquatic Programs in the adsence of Aquatic Supervisor.

Salary range: \$15,900 to \$24,639. Excellent benefit package. ARC certification and ASCA level II or III recommended. Complete job description available on request.

Send resume and references to:

Jim McMaster, Aquatic Supervisor
1802 Haworth Avenue
Newberg, OR 97132

Application deadline August 23, 1989

For more information phone Jim McMaster at 503-538-4813

M.A.C. CLUB LC MEET AUG 5-6

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

APPROVED (#89-1) BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION

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

MEET: Multnomah Athletic Club LC Meters

Date: AUGUST 5 & 6, 1989

PLACE: Multnomah Athletic Club

DATE WARM-UP MEET STARTS

1849 S.W. Salmon Street

Portland, Oregon

HOST: Skip Runkle

SAT. 5th 5:00 PM 6:00 PM

SUN. 6th 8:30 AM 9:30 AM

Phone: 223-8370 Aquatics Office

Directions: I-5 SOUTH - Exit 302B Beaverton - over Fremont Bridge - I-405 South take exit 2A Couch/Burnside St - south on 15th Ave. to Salmon St. - turn left on Salmon - MAC Club is on 18th and Salmon. I-5 NORTH - Exit 299B City Center/Beaverton - I-405 north to exit 2A Salmon St. - follow 14th Ave to Taylor St. - left on Taylor - up to 18th Ave - left on 18th - MAC Club on 18th and Salmon.

ENTRY DEADLINE; POSTMARKED NO LATER THAN 7-25-89 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, 800 Free, and 400 Free will be deckseeded. All events will be seeded fast to slow.

SATURDAY AUG 5th

SUNDAY AUG 6th

400 IM (1) _____:_____._____

100 BACK (11) _____:_____._____

800 FREE (2) _____:_____._____

200 BREAST (12) _____:_____._____

SUNDAY AUG 6th

50 FREE (13) _____:_____._____

FREE RELAY (3) XXXXXXXXXXXXXXXX

MEDLEY RELAY (14) XXXXXXXXXXXXXXXX

200 FLY (4) _____:_____._____

BREAK BREAK BREAK

200 BACK (5) _____:_____._____

100 FLY (15) _____:_____._____

50 BREAST (6) _____:_____._____

50 BACK (16) _____:_____._____

100 FREE (7) _____:_____._____

100 BREAST (17) _____:_____._____

MXD FR RELAY (8) XXXXXXXXXXXXXXXX

200 FREE (18) _____:_____._____

BREAK BREAK BREAK

MIXED MED RELAY (19) XXXXXXXXXXXXXXXX

200 IM (9) _____:_____._____

BREAK BREAK BREAK

50 FLY (10) _____:_____._____

400 FREE (20) _____:_____._____

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to: OMS, P.O. Box 1033, Tualatin, OR 97062 PLEASE NOTE: Swimmers less than 25 years of age are advised that they may jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters. STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc., OMS, and the Multnomah Athletic Club 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 _____

"ol' Barnacle"

OL' BARN KICKS AND FLAILS HIS WAY THRU 1ST LCM MEET AT CORVALLIS...

THANKS TO JUDY STORIE AND MARK WORDEN, OMS WAS ABLE TO STAY ON SCHEDULE WITH A LONG COURSE MEET IN JUNE.

THE OSBORN AQUATIC CENTER LENDS WELL TO A MASTERS MEET. THE HOSTS WERE ABLE TO SET UP 6 LANES FOR RACING, WITH A BUFFER LANE, AND THEN WE USED LANE 8 FOR CONTINUOUS WARM UP AND WARM DOWN. GREAT !!!

JUDY AND MARK SERVED AS CO-MEET DIRECTORS, AND WERE ABLY ASSISTED BY JERRY WILLE, OFFICIAL ON DECK SATURDAY WITH LES ISHIKAWA DOING THE HONORS FOR SUNDAY. KATHY ISHIKAWA AND CANDY CHATT WERE STROKE AND TURN JUDGES WITH SALLY ANGARAN DOING JUST A SUPERB JOB ON THE TIMING CONSOLE. LANE MANUAL TIMING WAS HANDLED EFFICIENTLY BY FRIENDS AND RELATIVES OF THE OSBORN AQUATIC CENTER FAMILY.

SOME 60 SWIMMERS SHOWED TO TANGLE WITH LCM FOR THE FIRST TIME THIS YEAR, AND FOR MOST OF US IT WAS A LOSING CAUSE. WHAT IS IT ABOUT LOOKING DOWN THOSE 50 METERS ??? REALLY IT IS JUST ANOTHER SWIMMIN' HOLE, OR IS IT ???

THOSE WHO WERE ABLE TO OVERCOME THE "HYSTERIA" DID THEMSELVES PROUD AND SWAM WELL FOR NEW RECORDS ; NATIONAL, REGIONAL AND ASSOCIATION CLASS ...

NATIONAL RECORD : 400 M MXD FREE RELAY - 240 + - EXCELLENT 5:28.68

LEADING OFF WAS PETEY SMITH FROM NEWPORT, FOLLOWED BY GIL YOUNG OF PORTLAND, THEN EARL WALTER, ALSO PORTLAND, WITH THE ANCHOR LEG FROM BARBARA FRID OF BEAVERTON. BEST USMS TIME WAS A 5:49 PLUS TURNED IN BY A SANTA BARBARA TEAM IN 1988. IT WAS FUN AND OB WOULD HOPE THAT MORE OF YOU STEP UP AND SWIM THESE RELAYS.

REGIONAL RECORDS : MEET SWIMMING HONORS GO TO - EVELYN MCKEON , GRANTS PASS ...

EVELYN DID IT ALL ... REGIONALS :	50 FREE	55.17	#4 TT
(75-79)	100 FREE	2:07.08	#2 TT
	200 FREE	4:53.74	#6 TT
	50 BRST	1:22.17	#6 TT
ASSN :	50 BACK	1:11.74	#6 TT

STEVE DURAPAU (40-44) REGIONALS :	400 FREE	4:49.70	#7 TT
	1500 FREE	19:02.41	#3 TT
ASSN :	200 FLY	2:37.76	#7 TT

HELENA HOFFMAN (70-74) REGIONALS :	100 FLY	3:39.03	
	200 IM	6:53.52	
ASSN :	50 FREE	1:13.32	

PETHEY SMITH (60-64) REGIONAL :	100 FREE	1:22.79	#4 TT
ASSN :	50 FREE	:37.28	#4 TT

GIL YOUNG (65-69) REGIONAL :	1500 FREE	26:21.62	#6 TT
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OB NOTE : THIS WAS 35 SECOND PR FOR GIL OVER HIS OLD RECORD !!!

BERT PETERSEN (50-54) ASSN :	50 FREE	:30.61	
	50 FLY	:30.78	#5 TT
	200 IM	3:02.83	

ANDREE DEVINE (25-29) ASSN :	1500 FREE	21:17.27	
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OB NOTE : THIS IS A 12 SECOND PR FOR ANDREE, BETTERING HER OLD RECORD !!!

01' Barn ... Corvallis LCM Meet ... cont ... records, et al ...

MARK WORDEN (35-39) ASSN : 200 FLY 2:37.14

OB NOTE : BETTERS HIS OLD MARK BY 5 PLUS SECONDS !!!

ELFIE STEVENIN (65-69) ASSN : 400 I M 13:19.96

OB NOTE : ELFIE'S OLD MARK WAS A 13:52 PLUS, WOW, !!!

NIPS AND TUCKS - PLUS - SOME FASTIES ...

JIM RABE (25-29) FINE 50 AND 100 FREE - 27.07 AND 1:00.67 RESPECTIVELY.

DAVE YEAKEL (35-39) PRS IN THE 50 AND 100 FREE - 28.07 AND 1:02.61

MONIKA HUNSCHER (40-44) PRS IN THE 100 AND 400 FREE - 1:20.72 AND 6:11.94

KARL VON TAGEN (45-49) GREAT TO SEE KARL BACK IN THE SWIM !!! 100 FREE-63.61

LEO VANDIJK (55-59) PRS - 100 FREE-1:19.10 AND THE 50 BACK AT 46.57

TRUE GRIT - LEO AND WIFE MARIANNE, UP AT 4 AM TO MAKE THE MEET FROM ASHLAND !!!

MEETS BEST RACE - WOMENS 200 FREE - STROKE FOR STROKE - GERI MATHEWSON HOLDING OFF A DETERMINED MONIKA HUNSCHER - 2:56.03 VS 2:56.42.

GIL YOUNG PROVED THE 1500 NO FLUKE WITH A RELAXED 3:08.37 FOR THE 200

GREAT ALSO TO SEE MARK AND LAURA WORDEN BACK IN THE POOL. BOTH SWAM WELL AND ARE GETTING READY FOR DENMARK.

LAURA WORDEN GETS OB'S "RIGHT ON" AWARD : 1500 ENTERED 23:00 SWAM 23:01.86

PETHEY SMITH WAS HOT IN THE 1500, JUST MISSING THE RECORD OF 25:49.04 WITH A FINE 25:53.17.

MIKE BAIRD (30-34) HAD A PR IN THE 1500 AT 20:33.38 !!!

STEVE SLOVER (35-39) LOOKS LIKE A COMER WITH A 19:59.17 FOR THE 1500

SANDY HUG (45-49) LOOKED GREAT IN THE 50 BRST WITH A PR OF 55.36

KAREN ORTH (25-29) HAD A GREAT SWIM IN THE 50 FLY AT :34.89

ELFIE STEVENIN WAS CLOSE IN THE 50 FLY - 1:32.08 VS 1:1:31.10

HELENA HOFFMAN DITTO- 1:38.72 VS 1:38.30

HELEN BRESSIE - OUR "GRAND OLD GAL" SWAM 100 FLY IN 5:56.91 VS 5:52.89

HEAD TO HEAD COMPETITION IS REALLY BEST :

ALTHOUGH DIFFERENT AGE GROUPS, MARK WORDEN HAD TO HOLD ON TO EDGE STEVE DURAPAU IN THE 200 FLY (2:37.14 VS 2:37.76) STEVE TRIED AND ALMOST DID CATCH MARK IN THE LAST 50M-IMAGINE THAT- MOST OF US ARE JUST TRYING TO HOLD IT ALL TOGETHER AND FINISH THE "DUMB" THING , PIANO AND ALL !!!

A LITTLE ASIDE : DON KUYPER WAS COMPLAINING TO OB ABOUT HIS TIME IN THE 200 FLY, THEN ADMITTED TO OB, THAT HE AND URSULA HAD BEEN OUT TILL 2 AM DANCING. DON MOST PEOPLE HAVE TROUBLE WITH THE 200 FLY, PERIOD !!!

Ol' Barn ... Corvallis LCM Meet ... et al ...

"ONLY THE BRAVE" PREVAILED IN THIS 1989 OMS DEBUT INTO THE WORLD OF 50 M POOLS, LONG COURSE SWIMMING - GAD, IT'S A LONG LONG WAY, AT 25 MOST OF US WERE LOOKING FOR THE TURN.

MANY MANY THANKS TO THOSE FINE CORVALLIS FOLKS WHO PUT ON A FINE SWIM MEET !!!!

SPECIAL NOTE ... YOU ALL STILL HAVE TIME ...
GET THOSE ADS INTO EARL WALTER, NOW !!!
FOR THE U S AQUATICS CONVENTION PROGRAM...
LET'S DO IT - BEFORE JULY 15TH !!!

SO ON TO BELLEVUE, TO KITSAP, TO DENMARK, TO NORTH DAKOTA, AND MAYBE EVEN TO IEA FOR LONG COURSE REGIONALS... STAY WITH IT AND STAY FIT !!!

THIS N' THAT - FROM OL' BARN ...

JUST A LINE OR TWO OF RECOGNITION AND THANKS TO THE MANY OF YOU WHO HELPED IN OUR ABORTED ATTEMPT TO SALVAGE THE 1989 REGION XII LONG COURSE CHAMPIONSHIPS.

WE LEARNED ,FOR SURE, ON JUNE 13TH THAT IEA WOULD NOT BE ABLE TO HOST THIS MEET AS PLANNED. WITH QUITE A BIT OF MISPLACED OPTIMISM OB GOT BUSY AND WITH YOUR HELP WE TRIED TO SALVAGE THE CHAMPIONSHIPS. AFTER CONTACTING LOCAL PORTLAND AREA POOLS, WE FOUND A POSSIBLE BENEFACTOR IN MARK WORDEN.

MARK WAS WILLING TO RUN THE MEET FOR US, BUT THE ONLY AVAILABLE DATES WERE JULY 21, 22, AND 23, OKAY SO FAR. CALLED T D HUGHES, OUR CLOSE FRIEND AND ALLY FROM OREGON SWIMMING, T D SAID THAT HE AND RUTH WOULD BE AVAILABLE TO HELP AND GAVE US SOME NAMES OF OTHER OFFICIALS TO CONTACT. AT THIS JUNCTURE, FELT IT WOULD BE WISE TO SEE WHAT OUR FRIENDS FROM PNA MIGHT SAY TO A MEET AS FAR AWAY AS CORVALLIS, AN EXTRA HOUR AND 15 MINUTES DRIVING FOR THEM. WALT REID AND KATHY SAID THAT THEY WOULD FIND OUT HOW MANY FROM PNA WOULD ATTEND, AND WERE HOPEFUL WE COULD PULL IT OFF.

TO MAKE A LONG STORY SHORT, OB THEN PUT IN CALLS TO 10 OR 12 KEY PEOPLE AROUND THE STATE TO SEE WHAT OUR ATTENDANCE MIGHT ADD UP TO, SAD TO SAY WHEN THE VOTES CAME IN WE COULD ONLY LOOK AT 80 TO 85 "FOR SURES". IT WAS FELT BY ALL OF US THAT IF WE COULD NOT "GUARANTEE" MARK AT LEAST 100 SWIMMERS IT WAS NOT WORTH THE WORK AND EFFORT. SO REGRETABLY LATE IN THE DAY ON JUNE 15TH WE CANCELLED.

THANKS AGAIN TO ALL OF YOU WHO TRIED AND HELPED. OMS WILL BE THE HOST FOR THIS MEET IN OUR REGULAR TURN IN 1990. OB WILL REMEMBER AGAIN THAT WHEN THE CHIPS ARE DOWN, WE CAN FIND OUT THE BEST COURSE OF ACTION BY JUST GOING TO THE PEOPLE !!!

ENDING ON A FUN AND HIGH NOTE ...

ON OUR TRIP TO CALIFORNIA TO PARTICIPATE IN OUR GRAND DAUGHTER'S SCHOOL'S GRANDPARENTS DAY (SALLY AND OB), WE STOPPED OVERNIGHT IN ASHLAND. LIKE ANY GOOD MASTERS SWIMMER LOOKING FOR A POOL, OB CALLED LEO AND MARIANNE VAN DIJK. NOT ONLY COULD I SWIM WITH THEM BUT THEY PICKED ME UP AT THE HOTEL.

THE TIME WAS 5 A.M. ,WOW - IT IMMEDIATELY GOT BETTER, THE POOL WAS WARM, EVEN THOUGH OUT DOORS, UNDER THE SKIES. SOME 15 OF US WERE IN THE WATER AND SWIMMING WITHOUT A WASTE OF TIME. WE DID NOT GET A VISIBLE SUNRISE THAT MORNING, BUT MARIANNE SAYS THAT WHEN THEY DO, IT IS ABSOLUTELY AWE INSPIRING. HARDLY VISIBLE TRACES OF LIGHT PINK TURNING TO BRIGHT PINK AND THEN REDS, AS OLD SOL MAKES HIS WAY UP INTO THE SKIES. OB WILL GO BACK AGAIN FOR THE FRIENDSHIP AND THE SUNRISE.

OB Winds up ... this n' that ...

DURING MY CHECK OF POSSIBLE SWIMMERS FOR THE LCM MEET, TALKED TO MARIANNE, THAT VERY MORNING THEY HAD HAD 35 SWIMMERS IN THE WATER.

FOLKS, Z MAN TALKED ABOUT BUILDING YOUR OWN CLUB OR JUST ADDING MEMBERSHIP TO YOUR ESTABLISHED ONE, TAKE FOR EXAMPLE WHAT OUR ASHLAND FRIENDS HAVE BEEN ABLE TO DO...35 EAGER SWIMMERS IN THE WATER, EVEN BEFORE DAWN. WAY TO GO ASHLAND, A REALLY REALLY BIG TIP O' THE HAT TO ALL OF YOU.

THAT'S IT FOR NOW - STAY WITH IT AND STAY FIT !!!!!

SWIM CLINICS OFFERED

The requests for stroke clinics are increasing. If your group wants to participate in a concentrated stroke improvement session, on a one - time or regular basis, Oregon Master Swimmer Ginger Pierson is willing to accommodate your needs for a nominal fee.

Sessions may include drills, technique for one stroke or all four, starts, turns, workouts, etc.

A minimum of 10 swimmers at \$5.00 each or a guaranteed \$50, plus 15¢ per mile is requested. Based on 10 swimmers and your stroke needs, 1½ hours of donated pool time is needed. Twenty swimmers would require 2 - 2½ hours of pool time. If a mini workout is requested, more pool time is needed. (These pool time suggestions are approximate. If your pool time is limited, we'll work with it.)

Friday nights, Saturday and Sundays are available (provided we're not in a meet).

For more information write: Ginger Pierson
20886 N.W. Lapine Way
Portland, Oregon 97229

or call: (503) 629-9628

"CLARENCE COURTER MEMORIAL MEET"

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

APPROVED (#89-J) BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION

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

MEET: Umpqua Valley Masters SC Meters Meet Date: September 16-17, 1989
"Clarence Courter Memorial Meet"
PLACE: Umpqua Community College Pool
Outdoor pool - 6 lanes x 25 meters DATE WARM-UP MEET STARTS
with warm-up space available SAT. 16th 3:00 PM 4:00 PM
Roseburg, Oregon
HOST: Umpqua Valley 'Y' Masters SAT. 16th 3:00 PM 4:00 PM
Terry McCurdy, Meet Director SUN. 17th 9:00 AM 10:00 AM
Phone: 679-8144 (home)

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

Proceeds from the fees collected for this meet will be donated to The American Cancer Society in memory of Clarence Courter.
FURTHER INFO REGARDING THIS MEET WILL BE PUBLISHED IN THE AUGUST ISSUE.

ENTRY DEADLINE; POSTMARKED NO LATER THAN 9-5-89 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, 800 Free, and 400 Free will be deckseeded. All events will be seeded fast to slow.

SATURDAY SEPT 16th

400 IM (1) _____:_____._____

800 FREE (2) _____:_____._____

SUNDAY SEPT 17th

400 FREE (3) _____:_____._____

FREE RELAY (4) XXXXXXXXXXXXXXXX

50 BREAST (5) _____:_____._____

100 FLY (6) _____:_____._____

200 FREE (7) _____:_____._____

50 BACK (8) _____:_____._____

100 IM (9) _____:_____._____

MIXED FR RELAY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

SUNDAY SEPT 17TH cont'

100 BREAST (11) _____:_____._____

50 FLY (12) _____:_____._____

100 FREE (13) _____:_____._____

200 BACK (14) _____:_____._____

MEDLEY RELAY (15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (16) _____:_____._____

200 FLY (17) _____:_____._____

50 FREE (18) _____:_____._____

100 BACK (19) _____:_____._____

200 IM (20) _____:_____._____

MIXED MED RELAY (21) XXXXXXXXXXXXXXXX

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to: OMS, P.O. Box 1033, Tualatin, OR 97062 PLEASE NOTE: Swimmers less than 25 years of age are advised that they may jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters. STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC for Oregon free and harmless for any and all damages claims, demands and legal action arising by reason of injury during the conduct of the event, including all attorney fees and court costs.

SIGNATURE _____ DATE _____

----- 19-24	WOMEN	-----	200BAK MARGARET A WELLS	63 OREG	4:32.01	1500PR STEVEN B SLOVER	38 OREG	19:59.17
50FREE CARYN QUAM	20 OREG	:41.85	50BRST MARGARET A WELLS	63 OREG	1:05.02	50BACK GARY HAPER	38 OREG	:31.58
50BRST CARYN QUAM	20 OREG	:47.83	200FLY MARGARET A WELLS	63 OREG	4:52.94	100BAK GARY HAPER	38 OREG	1:11.67
100BRS CARYN QUAM	20 OREG	1:44.94	----- 65-69	WOMEN	-----	200BAK GARY HAPER	38 OREG	3:00.70
----- 25-29	WOMEN	-----	200FRE ELPIE J STEVENIN	67 OREG	5:39.98	DANIEL P JOHNSON	36 OREG	3:03.73
50FREE KAREN E ORTH	26 OREG	:30.89	400FRE ELPIE J STEVENIN	67 OREG	11:24.18	100BRS DANIEL P JOHNSON	36 OREG	1:20.69
100FRE KAREN E ORTH	26 OREG	1:14.50	50 FLY ELPIE J STEVENIN	67 OREG	1:32.72	200BRS DANIEL P JOHNSON	36 OREG	2:57.56
1500PR ANDREE DEVINE	27 OREG	21:17.27+	400 IM ELPIE J STEVENIN	67 OREG	13:19.96+	200FLY MARK F WORDEN	37 OREG	2:37.14+
Oregon was- ANDREE DEVINE	21:29.17		Oregon was- ELPIE J STEVENIN	13:52.72		Oregon was- MARK F WORDEN	2:42.51	
50BACK KAREN E ORTH	26 OREG	:38.27	----- 70-74	WOMEN	-----	400 IM MARK F WORDEN	37 OREG	5:37.49
50 FLY KAREN E ORTH	26 OREG	:34.89	50FREE HELENA W HOFFMAN	73 OREG	1:13.32+	DANIEL P JOHNSON	36 OREG	5:55.76
----- 30-34	WOMEN	-----	Oregon was- MARGARET YADON	1:15.33		----- 40-44	MEN	-----
400FRE LAURA A WORDEN	31 OREG	5:47.11	50BACK HELENA W HOFFMAN	73 OREG	1:40.37	50FREE KEITH MARSHALL	42 OREG	:28.33
1500PR LAURA A WORDEN	31 OREG	23:01.86	50 FLY HELENA W HOFFMAN	73 OREG	1:38.72	100FRE KEITH MARSHALL	42 OREG	1:04.51
100FLY LAURA A WORDEN	31 OREG	1:23.24	100FLY HELENA W HOFFMAN	73 OREG	3:39.03+	200FRE STEVEN L DURAPAU	40 OREG	2:19.71
200 IM LAURA A WORDEN	31 OREG	3:06.00	Oregon was- HAZEL BRESSIE	4:24.10		400FRE STEVEN L DURAPAU	40 OREG	4:49.70+
----- 35-39	WOMEN	-----	200 IM HELENA W HOFFMAN	73 OREG	6:53.52+	Oregon was- RICHARD D BOYD	4:56.93	
50BACK MARJORIE MEEK	36 MACO	:39.47	Oregon was- HELENA HOFFMAN	7:10.53		1500PR STEVEN L DURAPAU	40 OREG	19:02.41+
200BAK MARJORIE MEEK	36 MACO	3:04.79	----- 75-79	WOMEN	-----	Oregon was- RICHARD D BOYD	19:47.88	
200BRS MARJORIE MEEK	36 MACO	3:44.00	50FREE EVELYN MCKEON	75 OREG	:55.17+	50BRST KEITH MARSHALL	42 OREG	:38.77
400 IM MARJORIE MEEK	36 MACO	6:40.22	Oregon was- MARTHA KELLER	1:06.97		200FLY STEVEN L DURAPAU	40 OREG	2:37.76+
----- 40-44	WOMEN	-----	100FRE EVELYN MCKEON	75 OREG	2:07.08+	Oregon was- RALPH MOHR	2:57.94	
100FRE GERRI MATHWESON	40 OREG	1:17.22	Oregon was- MARTHA KELLER	2:26.01		----- 45-49	MEN	-----
MONIKA HUNSCHER	41 OREG	1:20.72	200FRE EVELYN MCKEON	75 OREG	4:53.74+	50FREE KARL VONTAGEN	45 MACO	:28.19
200FRE GERRI MATHWESON	40 OREG	2:56.03	Oregon was- MARTHA KELLER	5:12.19		100FRE KARL VONTAGEN	45 MACO	1:03.61
MONIKA HUNSCHER	41 OREG	2:56.42	50BACK EVELYN MCKEON	75 OREG	1:11.74+	400FRE KARL VONTAGEN	45 MACO	5:19.86
400FRE MONIKA HUNSCHER	41 OREG	6:11.94	Oregon was- MARTHA KELLER	1:20.58		1500PR DONALD J KUYPER	46 OREG	36:48.16
GERRI MATHWESON	40 OREG	6:17.10	50BRST EVELYN MCKEON	75 OREG	1:22.17+	50BACK TOM FANNING	49 OREG	:37.31
1500PR MONIKA HUNSCHER	41 OREG	24:36.21	Oregon was- HAZEL BRESSIE	1:49.23		200BAK TOM FANNING	49 OREG	3:07.87
50BRST GINGER L PIERSON	43 OREG	:42.94	----- 80-84	WOMEN	-----	50BRST TOM FANNING	49 OREG	:41.71
MONIKA HUNSCHER	41 OREG	:50.39	200BAK HAZEL B BRESSIE	80 MACO	7:42.96	100FLY DONALD J KUYPER	46 OREG	1:55.01
100BRS GINGER L PIERSON	43 OREG	1:32.68	100BRS HAZEL B BRESSIE	80 MACO	4:41.56	200FLY DONALD J KUYPER	46 OREG	4:19.00
200BRS GINGER L PIERSON	43 OREG	3:27.00	200BRS HAZEL B BRESSIE	80 MACO	9:42.35	200 IM TOM FANNING	49 OREG	2:58.63
200 IM GINGER L PIERSON	43 OREG	3:19.43	100FLY HAZEL B BRESSIE	80 MACO	5:56.51	DONALD J KUYPER	46 OREG	4:01.85
400 IM SUSAN J CASE	40 OREG	7:09.55	400 IM HAZEL B BRESSIE	80 MACO	19:29.05	400 IM DONALD J KUYPER	46 OREG	8:12.36
----- 45-49	WOMEN	-----	----- 25-29	MEN	-----	----- 50-54	MEN	-----
50FREE SANDY P HUG	49 OREG	:40.35	50FREE JIM RABE	28	:27.07	50FREE BERT L PETERSEN	50 OREG	:30.61+
200FRE BARBARA FRID	47 OREG	2:51.13	MICHAEL E JOHNSON	29 OREG	:30.89	Oregon was- ERIC GUEST	:30.81	
400FRE BARBARA FRID	47 OREG	5:57.56	100FRE JIM RABE	28	1:00.67	100FRE JIM BIGLER	53 MACO	1:13.08
PAMELA HINNSTREET	45 OREG	6:38.48	MICHAEL E JOHNSON	29 OREG	1:07.81	200FRE JIM BIGLER	53 MACO	2:41.60
50BACK SANDY P HUG	49 OREG	:52.06	400FRE MICHAEL E JOHNSON	29 OREG	5:10.00	400FRE JIM BIGLER	53 MACO	5:42.00
100BAK BARBARA FRID	47 OREG	1:32.87	1500PR MICHAEL E JOHNSON	29 OREG	20:22.60	100BAK JIM BIGLER	53 MACO	1:37.87
SANDY P HUG	49 OREG	2:01.29	50 FLY JIM RABE	28	:30.00	50BRST BERT L PETERSEN	50 OREG	:40.53
50BRST SANDY P HUG	49 OREG	:55.36	----- 30-34	MEN	-----	THOMAS F LEVAK	50 MACO	:44.64
100BRS PAMELA HINNSTREET	45 OREG	1:46.61	100FRE MICHAEL J BAIRD	32 OREG	1:09.62	50 FLY BERT L PETERSEN	50 OREG	:30.78+
50 FLY BARBARA FRID	47 OREG	:37.97	200FRE MICHAEL J BAIRD	32 OREG	2:30.10	Oregon was- ERIC GUEST	:36.59	
SANDY P HUG	49 OREG	:50.06	400FRE MICHAEL J BAIRD	32 OREG	5:11.44	200 IM BERT L PETERSEN	50 OREG	3:02.83+
200 IM PAMELA HINNSTREET	45 OREG	3:33.59	1500PR MICHAEL J BAIRD	32 OREG	20:33.38	Oregon was- DON VANROSSEN	3:18.03	
400 IM PAMELA HINNSTREET	45 OREG	7:36.08	50BACK JOHN F ZELL	32 OREG	:33.04	----- 55-59	MEN	-----
----- 50-54	WOMEN	-----	200BAK JOHN F ZELL	32 OREG	2:35.78	100FRE LEO J VANDIJK	56 OREG	1:19.10
400FRE URSULA B. LANG	51 OREG	9:29.83	200 IM JOHN F ZELL	32 OREG	2:35.14	50BACK LEO J VANDIJK	56 OREG	:46.57
50BRST URSULA B. LANG	51 OREG	1:01.27	400 IM JOHN F ZELL	32 OREG	5:30.82	----- 65-69	MEN	-----
100BRS URSULA B. LANG	51 OREG	2:10.23	----- 35-39	MEN	-----	50FREE JOSEPH A MALLON	67 OREG	:48.37
200BRS URSULA B. LANG	51 OREG	4:39.34	50FREE DAVID W YEAKEL	35 OREG	:28.07	100FRE JOSEPH A MALLON	67 OREG	1:53.95
----- 60-64	WOMEN	-----	100FRE DAVID W YEAKEL	35 OREG	1:02.61	200FRE GILBERT N YOUNG	67 OREG	3:08.37
50FREE PETEY M.H. SMITH	64 OREG	:37.28+	200FRE GARY HAPER	38 OREG	2:46.98	JOSEPH A MALLON	67 OREG	4:20.25
Oregon was- PETEY M H SMITH	:37.61		400FRE MARK F WORDEN	37 OREG	5:02.67	400FRE JOSEPH A MALLON	67 OREG	9:09.98
1500PR PETEY M.H. SMITH	64 OREG	25:53.17	GARY HAPER	38 OREG	5:32.50			
50BACK MARGARET A WELLS	63 OREG	:58.68	DAVID W YEAKEL	35 OREG	5:40.48			

FITNESS

THE BEGINNING OF A SWIM SEASON

BY: IAN THOMPSON, MD

DEDICATED TO MY STRAGGLING TEAMMATES, (they know who they are)

A lot of Master Swimmers, instead of relying on swimming for their only fitness activity, swim only during the "short course season." This is the time of year that many people begin swimming once again. Maybe your team has been slogging away the yards for two months now, but my team has its full share of procrastinators who are just not dipping their toes in the water. What advice can I give them this time of year?

1. INCREMENTAL INCREASES IN TRAINING - Even if you've been vigorously active all summer, you can still be out of shape for swimming. Swimming uses muscles differently than other activities. One stretches differently in swimming, and studies have shown that aerobic fitness is at least partially sports specific. So do not expect to be able to train as many yards, in optimum intervals, at top set speeds just yet.

First decide how long it usually takes you to "get in shape." For me it is taking 6 - 8 weeks to recover from the 2 1/2 weeks I was out of the water, (ridiculous, but that's the way I am). Other fortunate souls may need only 2 - 3 weeks to recover from a 6 month hiatus.

Second, set a target date for full training and plan incremental weekly yardage goals that increase to that goal. My full training goal is to train more than 20,000 yards per week with more than 60% interval swimming sets. Week one begins with 12,000 yards; week two = 16,000 yards; week three = 18,000 yards; and week four = 20,000 yards with about 30-40% interval swim sets. Now I'm adding more interval swimming each week to reach my 6 week goal.

2. VARY THE TRAINING IN INTENSITY AND IN TERMS OF WHAT YOU DO IN THE WATER. This allows for recovery of tired muscles as well as preventing boredom. Slow distance freestyle swims are not the best way to get in shape. The freestyle arm muscles will fatigue too soon for adequate aerobic training. Besides, there is more to life than distance freestyle (that may be a shocking statement to my teammates, coming from me). Do kicking and pulling sets, mixed up combinations and especially stoke drills. Make one day easy and the next day hard.

3. USE YOUR HEART AS A GUIDE. Your times probably won't be as good as your peaking times just before last year's PNA Champs, so rely on your pulse rate to measure your training. For aerobic benefit in early season, keep your pulse rate in the 60-70% of maximum range. (maximum is 220 minus your age). To get in the same training benefit later in the season as your body adapts you will need to get your pulse rate in the 70-85% of maximum range. Do the same set once a month, checking your pulse and your recovery pulse rate 1 - 2 minutes afterwards. As you get in shape, your interval set should be faster, your pulse rate the same, and your recovery pulse should be lower.

4. MAKE SURE YOU EAT ENOUGH. Swimming expends lots of calories. A recent study indicated that one of the causes of "overtraining" is a swimmer's failure to eat enough to keep up with energy demands. Eat lots of carbohydrates! Since I really enjoy eating, this study was enthusiastically endorsed by my appetite.

5. BE DISCIPLINED AND SET GOALS. Set yourself a realistic goal as to when you can swim and how long. Factor in the incremental increase; say from two days per week for 1/2 hour per day to five days per week for 1 1/2 hours per day. Train at a time that enhances your daily schedule rather than interferes with it, and then make a firm commitment to that time and keep it a priority.

6. FINALLY, HAVE FUN. As we get older, it probably takes more time and is harder to get back into shape. Without the fun and fellowship of Masters, it would be really easy to just not do it. Have funny sets, do silly drills, pull on the lane lines, talk back to the coach. Our workouts are a lot more fun, even if we go more yards, when our class clown shows up. (She will be nameless but she had a baby boy in April and is nationally ranked sprinter in the 30-35 age group.)

Having fun keeps everything in perspective. We swim for fitness not, I hope, just to be faster than someone else. If you can laugh during this time of the swim season because your butterfly arm recovery has taken a new form...an unusual under water flailing type of motion...you will more than likely be able to hang in there and do it correctly in March.

So GOOD LUCK - GET STARTED - SET GOALS..

Go about it carefully and with humor but GET GOING!!!

CORVALLIS

50 METER 06/04/89 PG 2

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

1500FR GILBERT N YOUNG	67 OREG26:21.62+	100BAK EARL WALTER	68 OREG 1:42.24	100BRS KHOSROW SHADBEH	67 OREG 1:52.39
Oregon was- GILBERT YOUNG	26:57.19	KHOSROW SHADBEH	67 OREG 2:08.85	200BRS KHOSROW SHADBEH	67 OREG 4:02.82
JOSEPH A MALLON	67 OREG35:52.25	200BAK EARL WALTER	68 OREG 3:48.54		
500BAK EARL WALTER	68 OREG :42.21	GILBERT N YOUNG	67 OREG 3:56.95		

CORVALLIS

50 METER 06/04/89

200+ MIXED

PAMELA HINSTRBT,45 *** DONALD J KUYPER,46 ***

20

200 MEDLEY RELAY

EVELYN MCKRON,75 *** TOM FANNING,49 *** OREG 3:11.67

240+ MIXED

EARL WALTER,68 *** PETEY WH. SMITH,64 ***

9

400 FREE RELAY

GILBERT N YOUNG,67 *** BARBARA FRID,47 *** OREG 5:28.68

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 _____		Country _____	
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: _____

MY FAVORITE WORKOUTS

1. Warm-up 500
2. Kick 200, 150, 100, 50 w/30 sec. rest between
3. Swim 10 x 100 Fly on 3:00

Descend each 100 and each set of 3

Example times 1. 1:30 4. 1:25 7. 1:20 10. All out
 2. 1:25 5. 1:20 8. 1:15
 3. 1:20 6. 1:15 9. 1:10

4. Swim down 200 easy

Total: 2200

This workout was submitted by Bert Peterson and this workout can obviously be done using any stroke. Thank you Bert, you are the first OMS member to submit a workout for M.F.W.

I'm still waiting for any of the rest of you to contribute.

What's it going to take but just a few minutes to jot down a workout or two and mail it on in to the following.....

MY FAVORITE WORKOUT

or Phone it

1625 N. Jantzen Ave.

John Zell

Portland, OR 97217

503-286-6103 evenings
after 7 PM

Hey...there's alot of swimmers out there standing at the edge of the pool with nothing to do...just waiting to find out what is the workout for today...

DO YOUR PART...COME ON IT'S EASY...DO IT TODAY!!!!!!!!!!

Happy Birthday

August Birthdays

Austen, Clark D.	8/28/27	55 Lanier, Patricia E.	8/11/34
Baley, Carolyn S.	8/17/51	MacGraw, Gary J.	8/26/50
35 Becker, Mark L.	8/28/54	Macomber, Connie L.	8/30/57
40 Belford, Judy D.	8/ 8/49	Martin, Jan P.	8/29/47
45 Bleak, Kay	8/ 9/44	Mealy, Richard	8/12/32
Borgaes, Lee R.	8/ 3/46	Mecklem, Becky S.	8/29/63
35 Catter, Bruce L.	8/ 3/54	Merritt, Don A.	8/25/48
Cobb, Ronald E.	8/ 1/56	Mohr, Ralph W.	8/20/41
Colvin, Penny C.	8/20/50	Muldowney, Timothy A.	8/10/55
40 Dasch, Vern E.	8/14/49	Olin, Helen N.	8/ 1/35
40 Dirksen, Michael T.	8/ 6/49	Poujade, Fred A.	8/14/47
Dobson, Larry W.	8/22/66	Sabin, George E.	8/ 3/35
40 Escobar, Braulio	8/29/49	Sarzynski, Bart J.	8/15/40
40 Falten, Victoria L.	8/ 8/49	Schuldt, Jill C.	8/ 3/58
Gerry, Ben F.	8/31/26	Stevenin, Elfie J.	8/20/21
35 Gregoire, Debbie J.	8/ 8/54	Stout, III, Carlyle F.	8/27/48
Gustafson, Kristi K.	8/ 5/55	Stratte, Tryg	8/18/56
35 Hada, Matthew S.	8/ 3/54	Tauscher, Ed L.	8/ 1/46
Harger, Diane E.	8/ 7/61	25 Waggoner, Mark R.	8/ 9/64
40 Heller, Marc D.	8/19/49	White, Gerald R.	8/28/30
Hepner, Louise A.	8/ 8/25		
Jones, Suzanne M.	8/ 8/62		
30 Kok, Jeroen J.	8/31/59		

* 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

Andy Schrag

(206) 254-9400 W

Corvallis
So. Oregon

Mark & Laura Worden
Terry & Judy McCurdy

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

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

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

SNAKE RIVER

Janet Wood

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

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

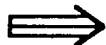
City St ZIP

()
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.

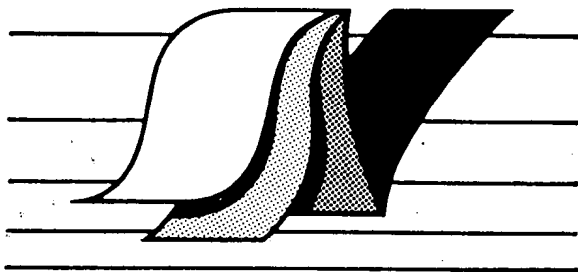
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