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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

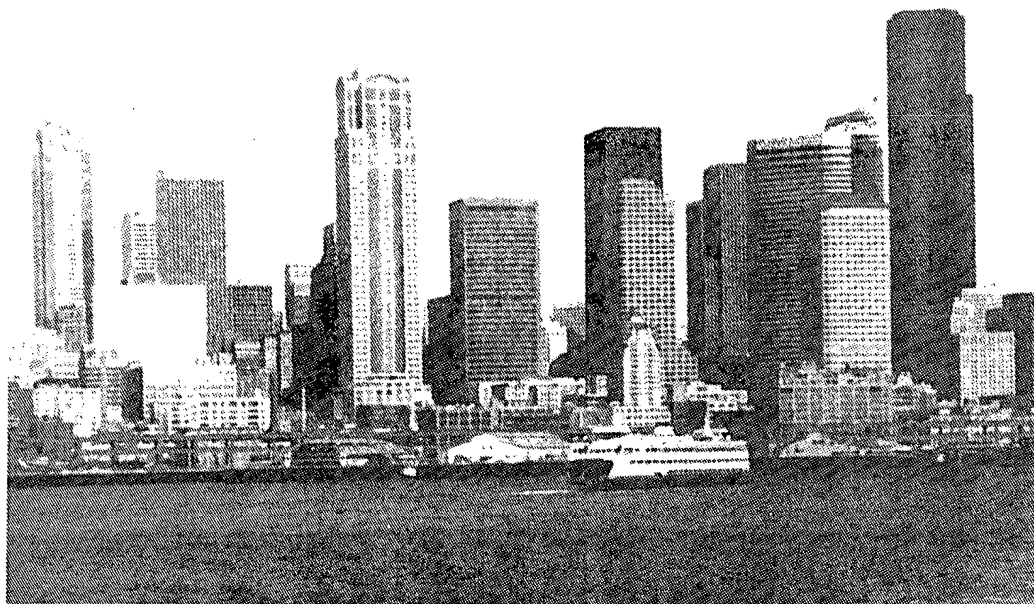
LONG COURSE/SHORT COURSE METERS

- AUGUST 15, 1989 OMS BOARD MEETING EARL WALTERS 7:30 PM
- 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

SHORT COURSE YARDS/METERS

- *OCTOBER 8, 1989 PORTLAND, OR PARKROSE HS POOL SC YARDS (#1)
- OCTOBER 10-15, 1989 PAN PACIFIC MASTERS GAMES
INDIANAPOLIS, INDIANA
- *OCTOBER 18-20, 1989 HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES
ST. GEORGE, UTAH

*MEET ENTRY ENCLOSED IN THIS ISSUE



Seattle from the ferry bound for Bremerton and Port Orchard

Z-Man says---

Hi there everyone and welcome again to another issue of Aquamaster.....

It's mid August and we're all asking ourselves that age old question....Where did our summer go? Well, hopefully it was a great one for all of you. By this time the MAC meet will be history and some of you will be taking off for North Dakota and Long Course Nationals....Good luck and have a fun time. Beyond LC Nationals in September is the beginning of the Short Course season in Roseburg with a SC meters meet hosted by the McCurdys. We don't have too many SC meters meets in our year so this is a good opportunity to work on some of those records.

SO COME ONE!!! COME ALL!!! TO ROSEBURG NEXT MONTH AND LET'S FIRE UP THAT POOL!!

Speaking of Roseburg...there will be two other events worth attending to add to your list of reasons to go to this fine meet. Number one is a Swim Clinic put on by Bert Peterson on Saturday at 2 p.m. (for one hour before warm-ups). Bert's topic for the day will be the Individual Medley with emphasis on Butterfly. The cost will be \$1.00 payable at the pool on Saturday. The second event is the annual Umpqua Valley Wine Festival which takes place Saturday evening in Roseburg. Judy McCurdy will have FREE tickets for all who want to attend. Sounds like a weekend of good fun to me. Roseburg being somewhat in the middle of our state, there should be good attendance from all regions.

So much for the near future, let's talk about the recent past. In late June, twelve Oregon Masters ventured north to Port Orchard Washington and competed at South Kitsap High School in a fine Long Course meet put on by PNA's own Bobby Gallegos and company. I was in attendance and very impressed by the Oregon showing which amounted to 20 to 25% of the total entrants. WAY-TA-GO YOU FOLKS WHO WENT AND SWAM...YOU KNOW WHO YOU ARE...A TIP-O-THE Z-MAN'S HAT TO YOU FOR MAKING US PROUD AND WE HAD OLE' PNA SITTING-UP AND TAKING NOTICE.



Team OMS takes a time out from the meet for a photo.

Left to right...

Kneeling:

Lavelle Stoinoff
John Zell
Eursula Lang
Helena Hoffman

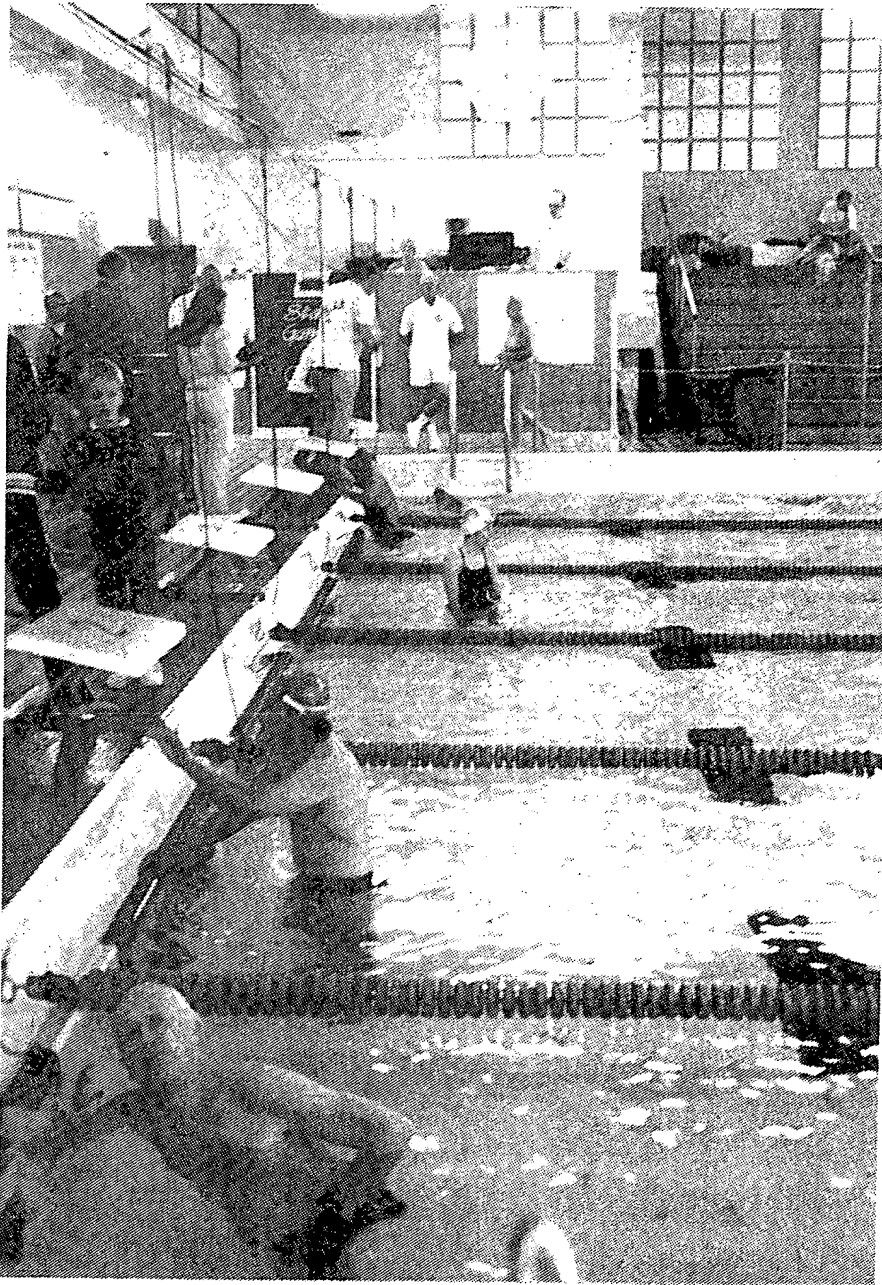
Standing:

Barbara Frid
Bert Peterson
Ginger Pierson
Pam Himstreet
Earl Walter
Donald Kuyper
Gary Hafer
Gil Young

YOU KNOW....FELLOW MASTERS, that our good friends up north in the Seattle area and throughout the great State of Washington put on some fine meets too..... and they have some excellent swimmers up there as well.

SO ONCE AGAIN...Z-MAN JUMPS UP ON THE OLD STARTING BLOCK AND HAS TO SCREAM OUT TO SAY THAT ATTENDING A MEET OR TWO OR MORE UP NORTH IN WASHINGTON WILL DO YOU GOOD AND SHOW OUR FRIENDS THAT OMS IS FOR REAL. IF WE DO OUR PART AND SHOW THE INTEREST IN THEIR MEETS THEN THEY WILL SHOW SOME IN OURS AS WELL. DO IT TODAY!!

Next up was the third annual State Games of Oregon held at the MAC Club in July. Pretty good attendance with 112 entrants. I would think (and hope) that OMS members should look at the State Games as an Association Championships of sorts for the the Long Course season. This meet has been an excellent one for three years now and attendance is growing, but we can definitely stand some improvment from 112 entrants. SO MARK YOU CALENDAR IN JULY 1990 FOR THE STATE GAMES OF OREGON. I'll let you in on a secret....Mt. Hood has bid on hosting a long course meet in July of 1990 and there will be some work done to see if we can move State Games outdoors to Mt. Hood....so stay tuned.



Heat 3 of the 200 IM at the State Games...MAC Club pool.

Lane 1 thru 6: Earl Walter checks the board for his time...Robert Kim catches his breath...Monika Hunscher looks down that long pool and is glad that her day is done...Lavelle Stoinoff climbs out of the pool and wants to swim it all over again...and Hugh Richards touches the pad.

Read ol' Barnacle for more on this years State Games.

And check out the meet results, too.

Also in July was the first annual OMS Deshutes River Raft trip in central Oregon. Andy Schrag has written a fine report on this outing for your reading.

News from the July OMS Board Meeting.....

OMS has 483 members (304 renewals) up from 476/303 in June.

The BIG BIG news is that meet bid packets have been sent out and returned and so far it looks like we will have a full schedule for the 89/90 season.

THE SCHEDULE HAS NOT BEEN OFFICIALLY VOTED ON AND APPROVED AS OF YET!!!!!!..... but if you'd like an unofficial sneak preview....here goes....

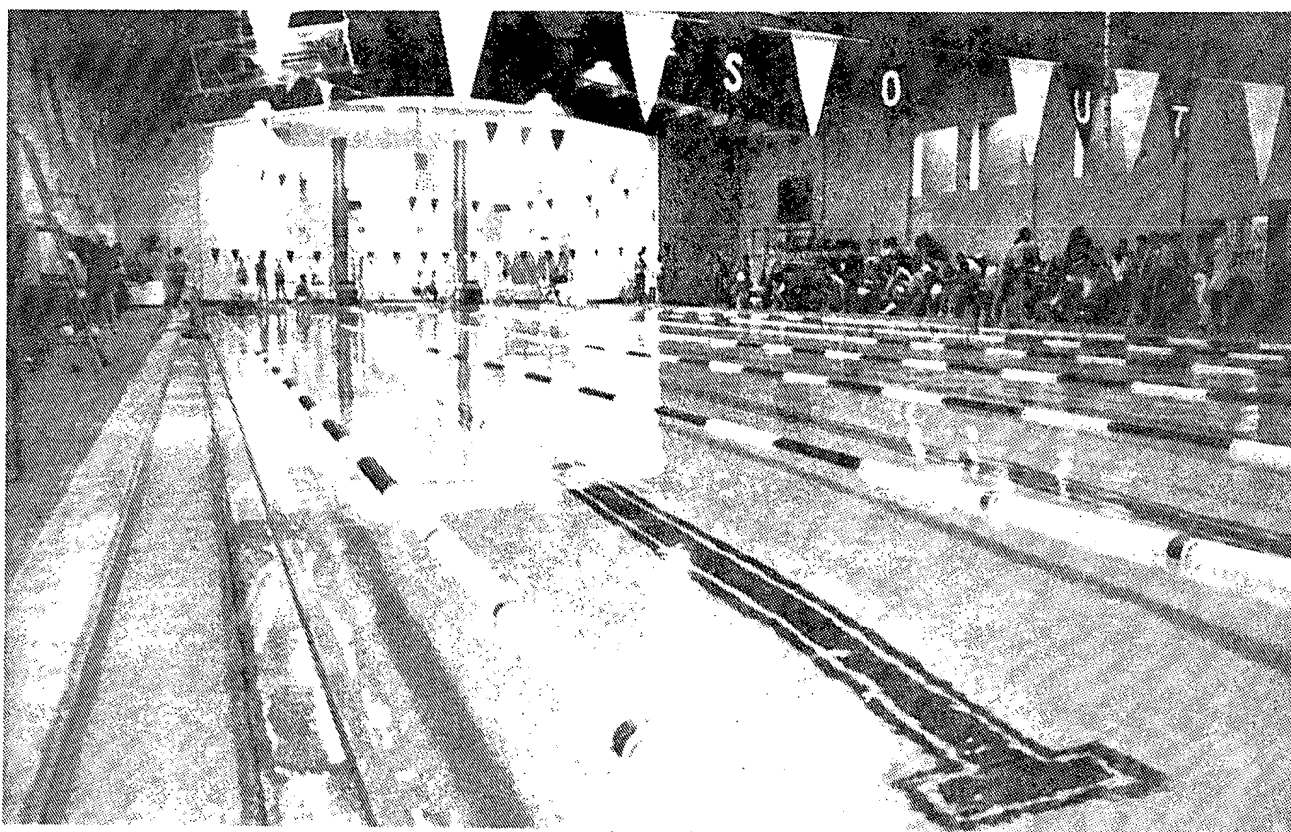
November..Ashland December..Newberg January..Beaverton (The Pentathlon)
February..Newport March..Portland State Univ. April..Grants Pass (OMS Assoc
Championships) May..Nationals at U.S.C. June..Albany July..Mt Hood
and August..Tualatin Hills hosts LC Regionals.

So there you have it...REMEMBER.....ITS UNOFFICIAL FOR NOW..TO BE VOTED ON SOON
More info on our schedule in next months issue...so stay tuned as per usual.

Yes yes, your right!! You noticed that the "Swim Files" column has taken a bit of a summer vacation. But fear not, it will be returning soon....But there is always lots of good reading in the Aquamaster and this month marks the return of Dr. Sprint. Yes, our good friend Dr. Sprint (a.k.a. Robert Smith) has come back from an extended trip to Florida and has some words for us. Also, you will find an excellent article from Seattle's own Dr.Jane Moore on cholesterol.

Well now, I guess all there is left to do is to READ ON.....& SWIM ON.....
& TELL YOUR FRIENDS & SOMEONE NEW THAT OMS REALLY WANTS YOU!!!!

ROSEBURG HERE WE COME,



South Kitsap High School 50 meter pool in Port Orchard, Washington

"ol' Barnacle"

OLD BARNACLE - "13" DANDIES MAKE SOUTH KITSAP LC MEET ...JUNE 25TH ...

BOBBY GALLEGOS, OUR JOVIAL MEET DIRECTOR, WAS MORE THAN GLAD TO SEE 13 SWIMMERS FROM OMS SHOW UP FOR HIS MEET. THIS AMOUNTED TO 25 % OF THE TURNOUT.

UNDER BOBBY'S EXCELLENT DIRECTORSHIP THE MEET WENT VERY WELL, WITHOUT THE SHALLOW END GOING DOWN TO 7'. MECHANICALLY THE HYDRAULICS FOR THE SHALLOW END OF THE POOL HAVE BEEN TOUCHY, TO SAY THE LEAST. BOBBY ASSURED OB, COME 1989-1990 SEASON ALL WILL BE IN SHIP SHAPE ORDER. COMPLETE NEW PARTS ET AL HAVE BEEN ORDERED AND WILL BE INSTALLED IN EARLY FALL.

BOBBY GALLEGOS BY THE WAY IS ALSO THE PRESIDENT OF PNA, NEWLY ELECTED. DID A GREAT JOB, AND THE OREGONS FOR THE MOST PART ACCOMPLISHED WHAT THEY JOURNEYED TO PORT ORCHARD FOR.

HELENA HOFFMAN - WAS THE "STAR" OF THIS MEET, ALL HELENA DID WAS SET 4 NEW REGIONAL RECORDS PLUS 1 NEW OMS RECORD. NOT BAD FOR A DAYS WORK.

(70-74) REGIONAL RECORDS - 400 I M - 14:12.87 - # 10 TT
200 FLY - 7:31.18 - # 10 TT
50 FLY - 1:34.80
200 BRST - 6:56.19
OMS RECORD - 100 FREE - 2:34.35

FRANK WARNER - ALSO SET A REGIONAL RECORD ... OUR NEW 40 YEAR OLD LOOKED GREAT - (40-44)

200 BACK - 2:37.29 - # 4 TT

BERT PETERSEN - HAD A BANNER DAY WITH 3 NEW OMS RECORDS ... (50-54)

400 I M - 7:05.13, 100 FREE - 1:11.40, 50 FREE - 30.06

BARBARA FRID - ALSO RACKED UP A NEW OMS RECORD ... (45-49)

200 BRST - 3:36.49 = # 5 TT ... BARB ALSO SWAM A FINE 200 BACK IN 3:21.70 (TT 6), 50 BACK IN 42.11 (TT 5)

LAVELLE STOINOFF - FROM MAC - HAD A QUALITY DAY, AND I MEAN QUALITY ... 100 FREE TT # 1 - 1:18.21, 100 BACK - TT # 1 - 1:32.95, AND IN THE 200 FREE JUST MISSED HER WORLD RECORD WITH A 2:42.95 VS 2:42.04

GINGER PIERSON - BAD SHOULDERS AND ALL, RECOVERING FROM OPERATION ON ONE... SWAM THE 50 BRST IN 41.44 (TT-4), 100 BRST - 1:29.91 (TT-5), 200 BRST - 3:25.02 (TT-8). THAT FOLKS IS "TRUE GRIT" !!!!!

PAM HIMSTREET, A NEW 45'ER, GETTING READY FOR GRAND FORKS AND LC NATIONALS IS LOOKING GREAT : 100 FREE - 1:24.13, 200 BRST - 3:47.04, 100 FLY - 1:46.82 AND THE 200 FREE IN 3:10.62

URSULA LANG, DON KUYPER'S PRODIGY IS SHOWING WHAT A LOT OF WORK CAN DO. THIS LADY IS SWIMMING FASTER AND FASTER. 50 BRST - 56.47, 200 IM - 5:15.00, 200 BRST - 4:31.04 AND THE 100 BRST - 2:04.88.

JOHN ZELL - EDITOR AND PUBLISHER OF AQUAMASTER - HAD HIMSELF A STROKE BY STROKE RACE WITH FRANK WARNER IN THE 200 BACK, JOHN LOSING BY A SECOND + AT 2:38.36, LOOKING GOOD IN THE 50 BACK (33.37) AND THE 100 BACK (1:14.23).

GARY HAFFER - REGISTERED A TT # 8 IN THE 100 BACK AT 1:07.94, GOOD SWIM GARY !!!

Ol' Barn ... Kitsap Meet ... cont ... AND - STATE GAMES...

DON KUYPER...DON ALWAYS DOES HIS BEST TO CREATE HIS OWN "ANIMAL MEET" - 400 IM, 200 FLY, 200 IM, AND THE 100 FLY, NOW THAT FOLKS OF LAP LAP LAND IS A DAY'S WORK AND A HALF.

YOUR COLUMNIST WAS VERY UNHAPPY WITH THE 200 FLY, BUT IMPROVED ON HIS '88 TIMES IN BOTH THE 50 FLY AND THE 100 FLY. NOT MUCH - 6/100THS IN THE 50, AND 3/100THS IN THE 100. 'TIS FUN TO TWEAK FATHER TIME'S NOSE, ONCE IN A WHILE.

GIL YOUNG IS ALSO HAVING FUN WITH THE OLD MAN WITH THE HOUR GLASS AND SCYTHE. GIL HAD A 3:50.35-200 BACK, AND A 46.91 FOR THE 50 BACK, PLUS A 3:12.25 FOR THE 200 FREE. THESE WERE NO PR'S, BUT GIL HAS HAD AT LEAST 3 PR'S THIS YEAR. WAY TO GO GIL !!!

THIS COMING YEAR MORE OF YOU SHOULD MAKE THE TREK TO PORT ORCHARD. FOR SOME REASON MANY OF US ARE ALWAYS HAVING GOOD TIMES THERE, IN THE POOL, AND AT THE FINE EATING ESTABLISHMENTS, AND JUST PLAIN ENJOYING THE SCENERY.

THAT'S IT FOR THIS MEET, THANKS AGAIN BOBBY GALLEGOS !!!

OL BARNACLE - STATE GAMES OF OREGON - 1989 VERSION

112 SWIMMERS SIGNED UP AND WE HAD VERY FEW NO-SHOWS. IT WAS A GREAT MEET, AND YOURS TRULY CANNOT FIGURE OUT WHY WE DON'T GET A BETTER TURNOUT. THIS WAS A QUALITY MEET ALL THE WAY. THE AWARDS ARE THE GREATEST. THE MEET ONLY RAN 3 1/2 HOURS ON SATURDAY, AND 2 1/2 HOURS ON SUNDAY. A SUGGESTION FROM OLD BARN, MARK YOUR CALENDAR FOR EARLY JULY, AND BE THERE !!! 1990 WILL BE A VERY GOOD YEAR.

SOME WORDS OF PRAISE AND THANKS...T.D. AND RUTH HUGHES FROM OREGON SWIMMING TOOK OVER THE OFFICIAL LOAD AND FROM THEN ON IT WAS NO WORRY FOR OB. WE HAD LARRY SNEAD, ROGER AND LINDA LOVEN, LISE TOM, MIKE DEMBROW, SHARON CHAPMAN, CAROL SANDBERG, AND MERRILL ZABLOUDIL.

ALSO WE NEED TO THANK THE MULTNOMAH ATHLETIC CLUB, FOR THE USE OF THEIR 50 M POOL. PLUS THE ASSISTANCE OF DEBBIE BARNES ON MEET RESULTS, AND THE CONSOLE FOR ELECTRONIC TIMES, PLUS GREAT WORK FROM BECKY MECKLEM. THESE TWO NOT ONLY WORKED OUR MEET BOTH AFTERNOONS, BUT WERE ON DECK AT 6 AM FOR THE JUNIORS MEET EACH MORNING OF STATE GAMES.

OREGON MASTERS MUST ALWAYS REMEMBER TO THANK THE PEOPLE WHO MAKE OUR MEETS SO SUCCESSFUL, WITHOUT THIS HELP IT WOULD BE MOST DIFFICULT AT BEST.

RECORDS - ANOTHER YEAR, SLIGHTLY LESS THAN LAST, WE HAD 101 STATE GAMES RECORDS, OF THESE :

2 WORLD RECORDS, 12 REGIONAL, AND 12 OREGON ASSOCIATION, WERE PUT IN THE BOOKS.

TIP O' OL BARN'S HAT MUST GO TO :

PETEY SMITH

OUR SWIMMER OF THE MEET, PETEY HAS COME SO FAR AND SO FAST IN THIS SPORT, THERE IS REALLY NOT MUCH SENSE IN EVEN TRYING TO PREDICT WHAT THIS GAL WILL DO NEXT.

WORLD RECORDS : 200 FREE 3:08.48

400 FREE 6:39.56

REGIONAL : 200 I M 4:03.64

ASSOCIATION : 50 FREE :37.53

100 FREE 1:25.12

4 TT

2 TT

2 TT

LEADOFF AT CORVALLIS-1:22+

WAS A REGIONAL RECORD.

REGIONAL RECORDS :

EVELYN MCKEON (75-79)	50 BRST	1:17.94	# 6 TT
	200 I M	5:59.48	# 4 TT
	50 BACK	1:04.68	# 3 TT
	100 FREE	2:03.17	# 2 TT
ASSN -	400 FREE	9:48.68	# 2 TT
HAZEL BRESSIE (80-84)	200 FLY	12:07.33	# 3 TT
	400 FREE	15:52.39	
	50 BACK	1:37.34	# 5 TT
	50 FREE	1:35.31	# 8 TT
	50 BRST	2:05.34	# 5 TT
	50 FLY	2:49.60	# 2 TT
ELFIE STEVENIN (65-69)	200 I M	9:23.41	# 2 TT
	100 FLY	3:16.53	
	200 FLY	6:52.47	
ASSN -	50 FLY	1:28.07	
LAVELLE STOINOFF (55-59)	200 I M	3:14.55	# 1 TT
	50 FREE	:36.63	# 4 TT
	400 FREE	5:41.62	# 1 TT
STEVE DURAPAU (40-44)	400 FREE	4:48.66	# 3 TT
	200 FREE	2:15.84	# 7 TT
HERB EISENSCHMIDT(80-84)	200 FREE	4:04.59	# 2 TT (4:05.52 IN '88 !!!)
ART WELCH (55-59)	200 FLY	3:15.15	# 3 TT (3:24.44 IN '88 !!!)
	50 FLY	:36.29	
	100 FLY	1:25.24	# 7 TT
	400 FREE	5:38.72	# 9 TT (5:46.50 IN '88 !!!)
	200 FREE	2:46.62	
<u>ASSOCIATION RECORDS :</u>			
BERT PETERSEN (50-54)	200 FLY	3:07.90	# 6 TT
	50 FLY	:30.63	# 3 TT
	100 FLY	1:15.26	# 4 TT
	200 I M	3:09.19	
ALLEN STARK (40-44)	200 BRST	2:59.30	# 10 TT
	50 BRST	:35.31	# 6 TT
	100 BRST	1:19.52	# 6 TT

STATE GAMES OF OREGON (SGR)

ANNETTE BRADACH (25-29)	50 BRST	:42.08	
LAILA DEARDORFF (25-29)	100 FLY	1:17.59	
MONIKA HUNSCHER (40-44)	200 BACK	3:21.63)	
	200 I M	3:19.70)	5 SOLID SWIMS IN 2 DAYS !!!
	400 FREE	6:01.56	
GINGER PIERSON (40-44)	50 BRST	:42.59	# 5 TT
	100 BRST	1:32.51	# 7 TT
	200 BRST	3:23.79	# 8 TT
PAM HIMSTREET (45-49)	200 FREE	3:08.05	

01' Barn ... 1989 State Games ... Games Records ... cont ...

NANCY BROOKS (45-49)	50 BRST	:44.79	# 6 TT
	200 BRST	3:39.09	# 6 TT
	50 FREE	:35.39	# 10 TT
BARBARA FRID (45-49)	100 BRST	1:39.39	# 5 TT
MARY ANNE WOLFE (60-64)	200 FREE	3:49.50	
BARBARA HAVERCAMP (70-74)	100 FLY	5:12.51	
	100 FREE	3:18.33	
RADEK POSPISIL (19-24)	100 BRST	1:23.74	(1:23.51 IS # 10 TT)
	100 FREE	1:05.26	
	200 BRST	3:03.17	# 5 TT
JOHN MAY (30-34)	200 FREE	2:21.49	
	400 FREE	5:02.21	
JOHN ZELL (30-34)	200 BACK	2:37.10	
STEVE WARNER (40-44)	50 FLY	:30.12	
	100 FLY	1:08.43	
JOHN WIGHT (45-49)	100 BRST	1:40.14	
JIM BIGLER (50-54)	200 FREE	2:41.50	
	400 FREE	5:40.67	
JOHN WONG (50-54)	50 BRST	:42.51	
ROBERT KIM (55-59)	50 BRST	:41.59	(41.14 IS # 10 TT)
LEE MIESEN (60-64)	100 BRST	1:44.99	
GIL YOUNG (65-69)	200 FREE	3:07.75	(FASTER THAN '88 !!!)
	400 FREE	6:48.74	
EARL WALTER (65-69)	200 I M	3:32.38	# 7 TT
	200 BRST	3:56.81	# 7 TT
KHOSROW SHABEH (65-69) SWIMMING IN THE 200 BRST HAD A 4 SEC PR AT 3:59.99			
JIM HOEY (70-74)	50 BRST	:50.05	(ASSN IS 49.97)
	100 BRST	1:57.56	
MEL ANDERSON (70-74)	100 FLY	2:52.15	
SYD HENDY (75-79)	200 FREE	3:39.47	# 5 TT (GREAT SWIM !!!)
	50 FREE	:41.41	
AL GAWLEY (75-79)	100 BRST	2:59.76	
SUZANNE JONES (25-29)	50 BACK	:44.53	
KRISTI GUSTAFSON (30-34)	400 FREE	6:01.27	
BARBARA LUTSOCK (35-39)	50 BACK	:46.03	
SUSAN CASE (40-44)	50 BACK	:40.85	
	100 BACK	1:29.86	# 9 TT

01' Barn ... State Games ... 1989 ... Records ... This n' That ...

CHARLOTTE COWAN (45-49)	100 FREE	1:29.77
LINDA JONES (45-49)	100 BACK	1:52.72
CAROL DICKINSON (55-59)	50 BACK	:53.96
JUDY MELCHER (65-69)	50 BACK	1:25.41
JIM RABE (25-29)	100 FREE	:59.60
MICHAEL JOHNSON (25-29)	400 FREE	5:04.92
THOMAS LEVAK (50-54)	50 FREE	:32.24
	100 FREE	1:13.84
FRED ECKHARDT (60-64)	50 BACK	:55.26

RELAYS - RELAYS - RELAYS ...

200 FREE RELAY

120 + MEN - COBB, OLSON, MAY, TEICHER - 1:59.71
200 + MEN - BIGLER, KIM, WIGHT, LEVAK - 2:12.72
240 + MEN - ERWIN, HILDRETH, CASON, SHATTUCK - 2:45.14
200 + WOMEN - BAHLER, JONES, WOLFE, STOINOFF - 2:51.25

200 MXD FREE RELAY

160 + - DORR, CHASTAIN, SMITH, ARVIDSON - 2:18.50

200 MEDLEY RELAY

160 + WOMEN - HUNSCHER, PIERSON, FRID, HIMSTREET - 2:42.63
200 + WOMEN - WOLFE, STOINOFF, BAHLER, CONNOLLY - 3:13.01
120 + MEN - ZELL, STARK, WALKKY, HARGER - 2:10.50
240 + MEN - YOUNG, GUEST, PETERSEN, RICHARDS - 2:37.80

OB NOTE : A FEW PEOPLE HAVE ASKED ABOUT THE OREGON RELAY RECORDS, WHY DON'T WE
BREAK THEM MORE OFTEN ???

THERE ARE 36 POSSIBLE 200 M RECORDS, OF THESE 36 WERE SET AT LONG COURSE
NATIONALS AT MT HOOD IN 1986.

OF THESE 28 STILL STAND, IT WILL TAKE A WHILE, RECORD BREAKING RELAY TEAMS ARE
HARD TO COME BY !!!

AGAIN IT WAS A FINE MEET, WE HAD SOME REALLY OUTSTANDING SWIMS, AGAIN WE SHOULD
THANK MAC AND THE OFFICIALS, AND STATE GAMES OF OREGON, FOR MAKING ALL THIS
POSSIBLE...SEE YOU IN 1990 !!!

THIS N' THAT ...

JUST RECEIVED MY LATEST ISSUE OF SWIM MAG, EXCELLENT ARTICLE ON MARY LEE WATSON
OF NASHVILLE. MENTIONS HER WORLD RECORD IN THE 400 M FREE. SET IN 1987 AT
7:06.65, THIS RECORD IS NOW THE PROPERTY OF OUR OWN PETEY SMITH. PETEY SWAM A
SENSATIONAL 6:39.56 AT STATE GAMES.

SOME ANALYSIS - LET'S LOOK AT PETEY'S SPLITS IN HER TWO WORLD RECORDS :

200 FREE - 3:08.48 - 100 ON THE WAY IN 1:30.64, ALMOST A # 3 IN US TT

400 FREE - 6:39.56 - FIRST 100 - 1:34.00 - # 4 US TT
AT 200 - 3:17.56 - # 2 US TT
3RD 100 - 1:42.12 - # 10 TT IS 1:39.83
4TH 100 - 1:39.88 - ALMOST A TT 100

THOSE ARE THE KIND OF NUMBERS IT TAKES TO SWIM WR TIMES !!!

HOW OFTEN WILL THIS HAPPEN - ROBERT SMITH AND OB JUST FINISHED COMPILING THE 1989 TT FOR SCY - BARBARA HAVERCAMP (72) SWAM THE 100 FLY ON OCT 2ND '88, IN 4:31.39 AT PARKROSE, THEN AT THE MAC ON JAN 15TH '89 SHE SWAM IT IN 4:31.39. THAT'S WHAT IS CALLED "HOLDING YOUR OWN !!!".

GREAT STORY FROM THE SOUTH KITSAP MEET - EVERYONE'S FAVORITE STORY TELLER BERT PETERSEN - QUOTE ?? - AS IS MY USUAL CUSTOM, I LOOK UP THE NEW SWIMMERS AT A MEET AND ASK THEM, HOW THEY LIKED IT ??, DID YOU LEARN ANYTHING ??, THIS ONE DUDE COMES BACK TO ME WITH - "LEARNED ONE THING, I CAN'T HOLD MY STOMACH IN FOR TWO HOURS" - THANKS BERT, I HAVE HAD A LOT OF FUN WITH THAT STORY !!!

JIM BIGLER, ONE OF A COUPLE OF ORIGINAL OMS SWIMMERS, GOES BACK TO 1972 !! SWIMS HIS EVENT AT MAC IN THE STATE GAMES, IN THE WRONG LANE. TO MAKE MATTERS WORSE, THE MAC POOL IS JIM'S HOME POOL.

JUST WITHIN EARSHOT OF THE ANNOUNCER'S BOOTH, A "FINE" MAC MEDLEY RELAY TEAM IN A SOMEWHAT HEATED ARGUMENT AS TO WHAT ORDER YOU SWIM THE STROKES IN - IN THE RELAY YOU HAVE TO START WITH THE BACKSTROKER...OH WELL...THIS KIND OF NEWS MAKES LIFE MORE BEARABLE FOR HERB E AND OB, WHO HAVE FORGOTTEN THE ORDER OF STROKES IN THE IM AT LEAST ONCE.

HEY OUT THERE !!!! READ THE MEET RESULTS IN AQUAMASTER ...

DICK BOYD HAD A GREAT MEET AT REGIONALS...TRUTH IS...HE EVEN HAD A BETTER MEET THAN OB TALKED ABOUT...DICK ALSO SET A NEW REGIONAL RECORD IN THE 100 FREE WITH AN OUTSTANDING TIME OF 54.74, NOT THE 57 PLUS THAT HAD BEEN REPORTED.

THAT'S IT FOR NOW FOLKS...HERE'S A REAL BIG...GOOD LUCK AND GOD SPEED...FOR THOSE OF YOU WHO ARE GOING TO LONG COURSE NATIONALS...!!!

STAY WITH IT...and STAY FIT !!!

"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 SUN. 17th 9:00 AM 10:00 AM
Terry McCurdy, Meet Director
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 _____



NEW TEAM FORMING ???

There seems to be a new team working out and you can work out with them. Masters in the Portland, Tigard, Lake Oswego areas are finding "lap swim" spots at various locations. These free spirited swimmers could be called MERCENARY MASTERS since they have no coach or boss to tell them what to do and no allegiance to an established swim club. If you are near any of these pools at adult lap swim time drop in for a workout. The cost averages about \$1.00 a swim.

Wilson High School SW Vermont Ave, Portland - TWO 25 yard outdoor pools
M-F 8:30-10:00 am & 5:15-6:15 pm + various weekend times, get schedule
Tom Coffey & other suntanned swimmers have been seen here.

Lake Oswego High School, Country Club Rd 25 yard pool indoor
M-F 6-7:45 am & 11:55-12:45 + 12-1pm on wkends
See Floyd Elliott in morn and Dr Sprint at noon here
Masters swim team works out M-F 6:30-7:30 (\$20.00 mo)

Tigard High School, 8680 SW Durham rd 25 yard pool indoor
5-7:30am & 12-1 & 8-9pm - generous lap swim times all week
See Steve Dunn in am, & plenty of masters at noon (middle lanes)

Rec Swim Center, 15707 SW Walker Rd, Tualatin Hills 25yd by 50 mtr indoor
M-F 5:30-8am & 11:30-1pm & 5-7pm + good wkend times
plenty of lap lanes or you may join the low stress master lanes
or high stress, coached, Barracuda Master morning workouts (extra \$)

These times will probably change after Sept 3.
Robert Smith

LAKE OSWEGO SWIM CLUB

It used to be named "Piranha" but with the new name, master swimmers are included. I was granted a guest workout with this team the other day from coach John Hartman and it was fun! John's philosophy of workouts emphasizes race preparation rather than a generalized workout just for conditioning. He has gotten good results.

The day I was there, the main series was 10 x 50 with 2 minute interval. John would use the 1 1/2 minutes of rest to give you tips, psych you up, and generally squeeze out a maximum performance in the next 50 yards. You knew he was watching so you couldn't sandbag any swims. Lane lines were in and backstroke flags were up so it was a beautiful setting for a maximum effort.

There aren't many harder ways to swim 50's (except on the 2 1/2 minutes?). To have done these right, you should be absolutely dying between 50's or at least sore the next day. John likes fast swimming in workouts so I like his style. Workouts are from 6:30-7:30 pm M-F at Lake Oswego High School. Cost is \$20.00 per month.

From the team in the last month, Laila Deardorff married a nonswimmer and Don Cameron married a potential swimmer. Don's new wife, Nancy, is reputed to have been a 1:04 butterflyer! The bets are on the table, will she get big and fat or start working out?

Dr Sprint

STATE GAMES

50 METER 07/09/89 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smitl

----- 19-24	WOMEN	-----	50 FLY MONIKA HUNSCHER	41 OREG	:42.55	100PLY ELPIE J STEVENIN	67 OREG	3:16.53+
50FREE SANDI L HYDE	20 OREG	:32.84	200 IM MONIKA HUNSCHER	41 OREG	3:19.70	Oregon was- ELPIE J STEVENIN	3:20.10	
100FREE SANDI L HYDE	20 OREG	1:11.42	----- 45-49	WOMEN	-----	200PLY ELPIE J STEVENIN	67 OREG	6:52.47+
200FREE SANDI L HYDE	20 OREG	2:42.15	50FREE CHARLOTTE E COWAN	49 OREG	:41.21	Oregon was- ELPIE J STEVENIN	7:09.27	
100FLY SANDI L HYDE	20 OREG	1:38.92	NANCY JEAN BROOKS	46 OREG	35:39.41	200 IM PETEY MH. SMITH	65 OREG	4:03.64+
----- 25-29	WOMEN	-----	100FREE CHARLOTTE E COWAN	49 OREG	1:29.77	Oregon was- ELPIE J STEVENIN	6:33.47	
50FREE JUDY G. REX	26 OREG	:31.91	LINDA L JONES	47 MACO	1:32.26	ELPIE J STEVENIN	67 OREG	6:10.99
SUZANNE M JONES	26 OREG	:35.36	200FREE PAMELA HINSTREET	45 OREG	3:08.06	----- 70-74	WOMEN	-----
100FREE JUDY G. REX	26 OREG	1:11.01	CHARLOTTE E COWAN	49 OREG	3:18.45	100FREE BARBARA T HAVERCAMP	73 OREG	3:18.33
SUZANNE M JONES	26 OREG	1:18.58	400FREE CHARLOTTE E COWAN	49 OREG	6:50.58	100BAK BARBARA T HAVERCAMP	73 OREG	3:30.23
200FREE LAILA J DEARDORFF	28 OREG	2:34.84	LINDA L JONES	47 MACO	7:18.72	100PLY BARBARA T HAVERCAMP	73 OREG	5:12.51
SUZANNE M JONES	28 OREG	3:01.91	100BAK LINDA L JONES	47 MACO	1:52.72	200 IM BARBARA T HAVERCAMP	73 OREG	8:30.09
50BACK SUZANNE M JONES	26 OREG	:44.53	50BRST NANCY JEAN BROOKS	46 OREG	:44.79	----- 75-79	WOMEN	-----
50BRST ANNETTE BRADACH	28*	:42.08	BARBARA FRID	47 OREG	:45.72	50FREE DOREEN MORRIS	76 MACO	1:33.56
100BRS ANNETTE BRADACH	28*	1:34.56	PAMELA HINSTREET	45 OREG	:48.25	100FREE EVELYN MCKEON	75 OREG	2:03.17+
100PLY LAILA J DEARDORFF	28 OREG	1:17.59	SANDY P HUG	49 OREG	:54.71	Oregon was- EVELYN MCKEON	2:07.08	
200 IM LAILA J DEARDORFF	28 OREG	2:52.28	100BRS BARBARA FRID	47 OREG	1:39.39	400FREE EVELYN MCKEON	75 OREG	9:48.68+
----- 30-34	WOMEN	-----	NANCY JEAN BROOKS	46 OREG	1:40.25	Oregon was- MARTHA KELLER	11:04.44	
50FREE JACKIE WOLDRIDGE	34 OREG	:41.37	200BRS NANCY JEAN BROOKS	46 OREG	3:39.09	50BACK EVELYN MCKEON	75 OREG	1:04.68+
100FREE ANY C W EMMETT	33 OREG	1:19.55	50 FLY SANDY P HUG	49 OREG	:52.51	Oregon was- EVELYN MCKEON	1:11.74	
JACKIE WOLDRIDGE	34 OREG	1:31.19	200 IM SANDY P HUG	49 OREG	4:10.27	DOREEN MORRIS	76 MACO	1:31.81
ANN WITKOWSKI	32*	1:39.04	----- 55-59	WOMEN	-----	100BAK DOREEN MORRIS	76 MACO	3:20.39
200FREE ANY C W EMMETT	33 OREG	2:55.87	50FREE LAVELLE M STOINOFF	56 MACO	:36.63	50BRST EVELYN MCKEON	75 OREG	1:17.94+
400FREE KRISTI K GUSTAFSON	33 OREG	6:01.27	JOYCE BAHLER	59 MACO	:49.61	Oregon was- EVELYN MCKEON	1:22.17	
50BACK KRISTI K GUSTAFSON	33 OREG	:40.31	100FREE LAVELLE M STOINOFF	56 MACO	1:18.62	200 IM EVELYN MCKEON	75 OREG	5:59.48+
ANN WITKOWSKI	32*	:47.44	400FREE LAVELLE M STOINOFF	56 MACO	5:41.62	Oregon was- MARTHA KELLER	6:43.38	
100BAK KRISTI K GUSTAFSON	33 OREG	1:26.55	50BACK CAROL A DICKINSON	55 OREG	:53.96	----- 80-84	WOMEN	-----
50 FLY JACKIE WOLDRIDGE	34 OREG	:40.34	200BAK LAVELLE M STOINOFF	56 MACO	3:13.06	50FREE HAZEL B BRESSIE	80 MACO	1:35.31
100PLY JACKIE WOLDRIDGE	34 OREG	1:40.11	50BRST JOYCE BAHLER	59 MACO	:55.04	400FREE HAZEL B BRESSIE	80 MACO	15:52.39
200 IM ANY C W EMMETT	33 OREG	3:18.78	100BRS JOYCE BAHLER	59 MACO	2:02.43	50BACK HAZEL B BRESSIE	80 MACO	1:37.34
JACKIE WOLDRIDGE	34 OREG	3:44.51	200BRS JOYCE BAHLER	59 MACO	4:13.17	50BRST HAZEL B BRESSIE	80 MACO	2:05.34
----- 35-39	WOMEN	-----	200 IM LAVELLE M STOINOFF	56 MACO	3:14.55+	50 FLY HAZEL B BRESSIE	80 MACO	2:49.60
50FREE MARI CONNOLLY	36 MACO	:34.45	Oregon was- LOUISE HEPNER	3:41.98		200PLY HAZEL B BRESSIE	80 MACO	12:07.33+
100FREE MARI CONNOLLY	36 MACO	1:16.26	----- 60-64	WOMEN	-----	Oregon was- MARTHA KELLER	12:57.46	
VICTORIA L FALTEN	39 OREG	1:28.37	100FREE MARY ANNE WOLFE	63 MACO	1:35.21	200 IM HAZEL BRESSIE	80 MACO	9:23.41
200FREE MARI CONNOLLY	36 MACO	2:54.40	200FREE MARY ANNE WOLFE	63 MACO	3:49.50	----- 19-24	MEN	-----
KARIN A CLANCEY	35 OREG	2:59.66	MARGARET A WELLS	63 OREG	4:02.44	50FREE RADEK POSPISIL	20*	:30.34
VICTORIA L FALTEN	39 OREG	3:14.88	400FREE MARY ANNE WOLFE	63 MACO	7:50.50	100FREE RADEK POSPISIL	20*	1:05.26
400FREE BARBARA LUTSOCK	39 OREG	6:49.72	200BAK MARY ANNE WOLFE	63 MACO	4:27.02	50BRST BRENT HEIMULLER	22*	:37.80
VICTORIA L FALTEN	39 OREG	6:54.72	100PLY MARGARET A WELLS	63 OREG	2:13.32	100BRS RADEK POSPISIL	20*	1:23.74
50BACK BARBARA LUTSOCK	39 OREG	:46.03	200 IM MARGARET A WELLS	63 OREG	4:25.03	BRENT HEIMULLER	22*	1:26.78
50BRST MARI CONNOLLY	36 MACO	:50.15	----- 65-69	WOMEN	-----	200BRS RADEK POSPISIL	20*	3:03.17
100BRS MARI CONNOLLY	36 MACO	1:53.02	50FREE PETEY MH. SMITH	65 OREG	:37.53+	----- 25-29	MEN	-----
----- 40-44	WOMEN	-----	Oregon was- ELIZABETH KING	1:05.68		50FREE JIM RABE	28	:26.69
50FREE SANDI ROUSSEAU	41 OREG	:35.18	JUDY M MELCHER	69 OREG	1:09.99	BRAD G LONG	26 OREG	:30.71
100FREE SANDI ROUSSEAU	41 OREG	1:19.87	100FREE PETEY MH. SMITH	65 OREG	1:25.12+	100FREE JIM RABE	28	:59.60
400FREE MONIKA HUNSCHER	41 OREG	6:01.56	Oregon was- MARGARET YADON	2:28.18		BRAD G LONG	26 OREG	1:07.27
50BACK SUSAN J CASE	40 OREG	:40.85	ELIZABETH C KING	66 OREG	3:20.44	MICHAEL E JOHNSON	29 OREG	1:08.11
MONIKA HUNSCHER	41 OREG	:43.66	200FREE PETEY MH. SMITH	65 OREG	3:08.48+	200FREE BRAD G LONG	26 OREG	2:55.61
JAYNE M CHASTAIN	43*OREG	:44.29	Oregon was- ELIZABETH KING	5:07.67		400FREE MICHAEL E JOHNSON	29 OREG	5:04.92
100BAK SUSAN J CASE	40 OREG	1:29.86	ELIZABETH C KING	66 OREG	5:44.60	BRAD G LONG	26 OREG	6:00.69
MONIKA HUNSCHER	41 OREG	1:33.89	400FREE PETEY MH. SMITH	65 OREG	6:39.56+	50BACK BRAD G LONG	26 OREG	:38.09
JAYNE M CHASTAIN	43*OREG	1:36.58	Oregon was- ELIZABETH KING	10:42.09		50 FLY BRAD LONG	26 OREG	:38.11
200BAK MONIKA HUNSCHER	41 OREG	3:21.63	ELIZABETH C KING	66 OREG	11:46.27	100PLY BRAD G LONG	26 OREG	1:41.15
JAYNE M CHASTAIN	43*OREG	3:26.46	50BACK JUDY M MELCHER	69 OREG	1:25.41	----- 30-34	MEN	-----
50BRST GINGER L PIERSON	43 OREG	:42.59	50BRST ELIZABETH C KING	66 OREG	1:49.39	50FREE STEPHEN F HARGER	30 OREG	:27.90
100BRS GINGER L PIERSON	43 OREG	1:32.51	50 FLY ELPIE J STEVENIN	67 OREG	1:28.07+	RONALD E COBB	32 OREG	:30.34
200BRS GINGER L PIERSON	43 OREG	3:23.79	Oregon was- JUDY MELCHER	1:31.10				
SUSAN J CASE	40 OREG	3:33.29						

STATE GAMES

50 METER

07/09/89 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by B.Walter

+ = OREGON

Software by R.Smitl

100PRE STEPHEN F HARGER	30 OREG	1:02.55	200PRE STEVEN L DURAPAU	40 OREG	2:15.84+	----- 55-59 MEN -----	
RONALD E COBB	32 OREG	1:06.45	Oregon was- KARL VON TAGEN	2:15.92		50FREE ERIC GP. GUEST	59 OREG :32.42
MICHAEL J BAIRD	33 OREG	1:10.71	HARLAN B. HAYNIE	40	2:56.01	ROBERT R KIM	55 MACO :34.53
200PRE JOHN MAY	34*	2:21.49	MICHAEL T KOLLN	44 OREG	3:35.28	100PRE ERIC GP. GUEST	59 OREG :1:16.67
400PRE JOHN MAY	34*	5:02.21	400PRE STEVEN L DURAPAU	40 OREG	4:48.66+	ROBERT R KIM	55 MACO 1:17.90
MICHAEL J BAIRD	33 OREG	5:18.64	Oregon was- STEVEN L DURAPAU	4:49.70		200PRE ARTHUR C WELCH	56 OREG 2:46.62
50BACK JOHN F ZELL	32 OREG	:33.22	DELBERT L SCOTT	42 OREG	5:34.04	ROBERT R KIM	55 MACO 2:57.59
BRETT K ARVIDSON	34 OREG	:36.89	L BUZ CARRIKER	41 OREG	6:02.51	400PRE ARTHUR C WELCH	56 OREG 5:38.72
100BAK JOHN F ZELL	32 OREG	1:12.56	HARLAN B. HAYNIE	40	6:34.13	ROBERT R KIM	55 MACO 6:18.45
BRETT K ARVIDSON	34 OREG	1:21.05	STEVE DUNNE	41 OREG	6:51.81	50BRST ROBERT R KIM	55 MACO :41.59
200BAK JOHN F ZELL	32 OREG	2:37.10	MICHAEL T KOLLN	44 OREG	7:38.62	ERIC GP. GUEST	59 OREG :44.02
BRETT K ARVIDSON	34 OREG	3:00.37	50BACK JON D STOUT	42 OREG	:33.62	50 FLY ARTHUR C WELCH	56 OREG :36.29
50BRST STEPHEN F HARGER	30 OREG	:36.59	CRAIG JORGENSEN	41 OREG	:33.63	ROBERT R KIM	55 MACO :38.40
DAVID P JOHNSON	32*	:38.29	STEVE DUNNE	41 OREG	:49.39	ERIC GP. GUEST	59 OREG :39.08
100BRS DAN DOLAN	33*	1:25.20	100BAK CRAIG JORGENSEN	41 OREG	1:16.09	100FLY ARTHUR C WELCH	56 OREG 1:25.24
DAVID P JOHNSON	32*	1:26.76	JON D STOUT	42 OREG	1:19.16	200FLY ARTHUR C WELCH	56 OREG 3:15.15+
200BRS DAN DOLAN	33*	3:13.54	50BRST ALLEN L STARK	40 OREG	:35.31+	Oregon was- ARTHUR WELCH	3:24.44
200 IM JOHN F ZELL	32 OREG	2:38.77	Oregon was- ROBERT S SMITH	:36.02		200 IM ROBERT KIM	55 MACO 3:28.27
STEPHEN F HARGER	30 OREG	2:39.23	KEITH MARSHALL	42 OREG	:38.92	----- 60-64 MEN -----	
BRETT K ARVIDSON	34 OREG	2:51.92	VLADIMIR F DROBNY	42*OREG	:41.92	50FREE LINK ERWIN	60* :36.39
----- 35-39 MEN -----			100BRS ALLEN L STARK	40 OREG	1:19.52+	50BACK FRED RCKHARDT	63 OREG :55.26
50FREE DAVID W YEAKEL	35 OREG	:28.60	Oregon was- BRUCE B PRATOR	1:22.73		50BRST LEE J MIESEN	62 MACO :45.46
DENNIS S OLSON	35 OREG	:30.52	KEITH MARSHALL	42 OREG	1:27.42	100BRS LEE J MIESEN	62 MACO 1:44.99
JIM TEISHER	39 OREG	:31.34	VLADIMIR F DROBNY	42*OREG	1:35.08	200BRS LEE J MIESEN	62 MACO 4:04.72
JOHN STEVKO	36 OREG	:31.41	200BRS ALLEN L STARK	40 OREG	2:59.30+	50 FLY FRED RCKHARDT	63 OREG :46.60
100PRE DAVID W YEAKEL	35 OREG	1:03.03	Oregon was- RICHARD D BOYD	2:59.69		100FLY FRED RCKHARDT	63 OREG 1:50.11
JIM TEISHER	39 OREG	1:07.17	MILT NELMS	40*	3:34.20	200FLY FRED RCKHARDT	63 OREG 4:04.63
DENNIS S OLSON	35 OREG	1:08.60	50 FLY STEPHEN H WARNER	40 OREG	:30.12	200 IM FRED RCKHARDT	63 OREG 3:57.65
JOHN E WALKKY	36 OREG	1:08.63	BILL C DORR	43 OREG	:35.38	----- 65-69 MEN -----	
200PRE TREVOR G CHARLTON	39 OREG	2:18.55	100FLY STEPHEN H WARNER	40 OREG	1:08.43	200PRE GILBERT N YOUNG	67 OREG 3:07.75
ALAN MALONE	37*	3:05.21	----- 45-49 MEN -----			400PRE GILBERT N YOUNG	67 OREG 6:48.74
400PRE TREVOR G CHARLTON	39 OREG	4:58.80	50FREE BRIAN R ROUTH	46 OREG	:34.58	DAVID BERNSTEIN	67 OREG 9:13.39
JOHN E WALKKY	36 OREG	5:16.12	100PRE JOHN M WIGHT	45 MACO	1:13.36	50BACK DAVID BERNSTEIN	67 OREG :57.87
JIM TEISHER	39 OREG	5:16.83	BRIAN R ROUTH	46 OREG	1:21.01	100BAK KHOSROW SHADBEH	68 OREG 2:00.78
DANIEL P JOHNSON	36 OREG	5:24.17	200PRE BRIAN R ROUTH	46 OREG	3:01.68	200BAK DAVID BERNSTEIN	67 OREG 4:32.12
DAVID S BOGDEN	38 OREG	6:36.56	400PRE JOHN M WIGHT	45 MACO	6:21.77	50BRST HUGH S RICHARDS	68 OREG :46.37
200BAK DANIEL P JOHNSON	36 OREG	3:02.24	TOM W GIESEN	49 OREG	6:27.98	100BRS KHOSROW SHADBEH	68 OREG 1:51.58
100BRS DANIEL P JOHNSON	36 OREG	1:23.95	50BACK JOHN M WIGHT	45 MACO	:40.81	DAVID BERNSTEIN	67 OREG 2:24.49
50 FLY JOHN STEVKO	36 OREG	:38.33	100BRS JOHN M WIGHT	45 MACO	1:40.14	200BRS EARL WALTER	68 OREG 3:56.81
100FLY JOHN E WALKKY	36 OREG	1:16.78	100FLY JOHN M WIGHT	45 MACO	1:40.22	KHOSROW SHADBEH	68 OREG 3:59.99
200 IM JOHN E WALKKY	36 OREG	2:48.48	200 IM JOHN M WIGHT	45 MACO	3:18.86	200 IM EARL WALTER	68 OREG 3:32.38
JOHN STEVKO	36 OREG	3:19.95	----- 50-54 MEN -----			HUGH S RICHARDS	68 OREG 3:46.07
----- 40-44 MEN -----			50FREE THOMAS F LEVAK	50 MACO	:32.24	KHOSROW SHADBEH	68 OREG 4:20.31
50FREE KEITH MARSHALL	42 OREG	:28.89	JACK C WONG	50*	:36.77	----- 70-74 MEN -----	
JON D STOUT	42 OREG	:30.64	GEORGE SABIN	53 MACO	:38.47	50FREE ROBERT L CUTTER	71 OREG :42.14
CRAIG JORGENSEN	41 OREG	:31.49	100PRE THOMAS F LEVAK	50 MACO	1:13.84	ARTHUR T HANLON	72 OREG :59.73
HARLAN B. HAYNIE	40	:33.60	JIM BIGLER	53 MACO	1:13.95	50BACK ROBERT L CUTTER	71 OREG :47.63
ROBERT DURST	44*	:35.31	GEORGE SABIN	53 MACO	1:29.05	ARTHUR T HANLON	72 OREG 1:10.94
STEVE DUNNE	41 OREG	:37.22	200PRE JIM BIGLER	53 MACO	2:41.50	100BAK ROBERT L CUTTER	71 OREG 1:52.89
MICHAEL T KOLLN	44 OREG	:41.84	400PRE JIM BIGLER	53 MACO	5:40.67	ARTHUR T HANLON	72 OREG 2:33.97
100PRE KEITH MARSHALL	42 OREG	1:05.18	50BRST JACK C WONG	50*	:42.51	50BRST JAMES HOBY	70 OREG :50.05
BILL C DORR	43 OREG	1:11.90	JIM BIGLER	53 MACO	:42.88	100BRS JAMES HOBY	70 OREG 1:57.66
JON D STOUT	42 OREG	1:15.35	50 FLY BERT L PETERSEN	50 OREG	:30.63+	50 FLY MEL W ANDERSON	71 OREG 1:09.99
HARLAN B. HAYNIE	40	1:18.43	Oregon was- BERT L PETERSEN	:30.78		100FLY MEL W ANDERSON	71 OREG 2:52.15
ROBERT DURST	44*	1:21.19	100FLY BERT L PETERSEN	50 OREG	1:15.26+	200 IM MEL W ANDERSON	71 OREG 5:23.50
STEVE DUNNE	41 OREG	1:25.23	Oregon was- DON VANROSSEN	1:30.36		----- 75-79 MEN -----	
MICHAEL T KOLLN	44 OREG	1:37.80	200FLY BERT L PETERSEN	50 OREG	3:07.90+	50FREE SYD C HENDY	76 OREG :41.41
			Oregon was- DON VANROSSEN	3:22.98		ALFRED GAWLEY	77 OREG :46.06
			200 IM BERT L PETERSEN	50 OREG	3:09.19	200PRE SYD C HENDY	76 OREG 3:39.47

STATE GAMES

50 METER 07/09/89 PG 3

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

Software by R.Smitl

50BACK SYD C HENDY	76 OREG :51.74	100BRS ALFRED GAWLEY	77 OREG 2:59.76	200PRE HERB EISENSCHMIDT	82 OREG 4:04.59
100BAK SYD C HENDY	76 OREG 1:56.84	200BRS ALFRED GAWLEY	77 OREG 6:33.82	50BACK HERB EISENSCHMIDT	82 OREG :57.91
ALFRED GAWLEY	77 OREG 2:30.67	----- 80-84 MEN -----		100BAK HERB EISENSCHMIDT	82 OREG 2:03.11
200BAK SYD C HENDY	76 OREG 4:16.58	50FREE HERB EISENSCHMIDT	82 OREG :48.15	200BAK HERB EISENSCHMIDT	82 OREG 4:34.83
ALFRED GAWLEY	77 OREG 6:21.10	100FRE HERB EISENSCHMIDT	82 OREG 1:51.30		

STATE GAMES

50 METER 07/09/89

160+ WOMEN	10	200 MEDLEY RELAY
MONIKA HUNSCHER,41 *** GINGER L PIERSON,43 ***	BARBARA FRID,47 ***	PAMELA HIMSTREET,45 *** OREG 2:42.63
200+ WOMEN	10	200 MEDLEY RELAY
MARY ANNE WOLFE,63 *** LAVELLE M STOINOFF,56 ***	JOYCE BAHLER,59 ***	MARI CONNOLLY,36 *** MACO 3:13.01
120+ MEN	10	200 MEDLEY RELAY
JOHN F ZELL,32 *** ALLEN L STARK,40 ***	JOHN E WALKKY,36 ***	STEPHEN F HARGER,30 *** OREG 2:10.50
BRETT K ARVIDSON,34 *** DAVID P JOHNSON,32 ***	JOHN STEVKO,36 ***	BILL C DORR,43 *** OREG 2:22.79
160+ MEN	10	200 MEDLEY RELAY
PETE STUBLER,22 *** JAMES HOBY,70 ***	VLADIMIR F DROBNY,42 ***	JIM TEISHER,39 *** OREG 2:42.52
240+ MEN	10	200 MEDLEY RELAY
GILBERT N YOUNG,67 *** ERIC GP. GUEST,59 ***	BERT L PETERSEN,50 ***	HUGH S RICHARDS,68 *** OREG 2:37.80
120+ MIXED	20	200 MEDLEY RELAY
SUZANNE M JONES,26 *** TREVOR G CHARLTON,39 ***	STEPHEN H WARNER,40 ***	AMY C W EMMETT,33 *** OREG 2:20.74
BRETT K ARVIDSON,34 *** ANNETTE BRADACH,28 ***	BILL C DORR,43 ***	JAYNE M CHASTAIN,43 *** OREG 2:29.34
160+ MIXED	20	200 MEDLEY RELAY
LAVELLE M STOINOFF,56 *** JOHN M WIGHT,45 ***	JIM BIGLER,53 ***	MARI CONNOLLY,36 *** MACO 2:42.11
ANN WITKOWSKI,32 *** JAMES HOBY,70 ***	VLADIMIR F DROBNY,42 ***	VICTORIA L FALTEN,39 *** OREG 2:55.56
200+ WOMEN	2	200 FREE RELAY
JOYCE BAHLER,59 *** LINDA L JONES,47 ***	MARY ANNE WOLFE,63 ***	LAVELLE M STOINOFF,56 *** MACO 2:51.25
120+ MEN	2	200 FREE RELAY
RONALD E COBB,32 *** DENNIS S OLSON,35 ***	JOHN MAY,34 ***	JIM TEISHER,39 *** OREG 1:59.71
BRETT K ARVIDSON,34 *** DAVID P JOHNSON,32 ***	JOHN STEVKO,36 ***	BILL C DORR,43 *** OREG 2:01.43
200+ MEN	2	200 FREE RELAY
JIM BIGLER,53 *** ROBERT R KIM,55 ***	JOHN M WIGHT,45 ***	THOMAS F LEVAK,50 *** MACO 2:12.72
240+ MEN	2	200 FREE RELAY
LINK ERWIN,60 *** RICHARD HILDRETH,67 ***	DAN CASON,68 ***	CHUCK SHATTUCK,65 *** OREG 2:45.14
120+ MIXED	9	200 FREE RELAY
DENNIS S OLSON,35 *** VICTORIA L FALTEN,39 ***	SANDI L HYDE,20 ***	RONALD E COBB,32 *** OREG 2:12.53
MONIKA HUNSCHER,41 *** VLADIMIR F DROBNY,42 ***	ANN WITKOWSKI,32 ***	JIM TEISHER,39 *** OREG 2:26.13
JUDY G. REX,26 *** BARBARA LUTSOCK,39 ***	WILT WELMS,40 ***	JON D STOUT,42 *** OREG 21:22.21
160+ MIXED	9	200 FREE RELAY
BILL C DORR,43 *** JAYNE M CHASTAIN,43 ***	PETEY MH. SMITH,65 ***	BRETT K ARVIDSON,34 *** OREG 2:18.50
AMY C W EMMETT,33 *** SYD C HENDY,76 ***	SUZANNE M JONES,26 ***	JOHN STEVKO,36 *** OREG 2:27.20

PARKROSE H.S. SHORT COURSE MEET

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

APPROVED (#89-K) 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: Parkrose H.S. Short Course Meet DATE: OCTOBER 8, 1989
PLACE: Parkrose H.S., Portland, Oregon
6 lanes, indoor, manual timing WARM-UP: 8:30 a.m.
HOST: Parkrose Swim Team
Craig Jorgensen, Meet Director MEET
252-9906 (H) 257-5219 (Pool) STARTS: 9:30 a.m.
DIRECTIONS TO POOL: N.E. 117th and Shaver. I-84 East to Gateway exit.
Continue up Halsey to 122nd. Turn left (north) on 122nd to N.E. Shaver (appx.
2 miles). Turn left on Shaver to 117th. Pool entrance is on 117th.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 9-26-89 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 19+, 25+, 35+, 45+, 55+, 65+, 75+
You are limited to a maximum of 5 individual events, plus 4 relays. Enter
relays at the meet. The 500 free will be deckseeded and all events will be
seeded fast to slow.

SUNDAY OCTOBER 8th

FREE RELAY (1) XXXXXXXXXXXXXXXX 100 FLY (11) _____:_____._____

X 50 FREE (2) _____:_____._____ MEDLEY RELAY (12) XXXXXXXXXXXXXXXX

100 BREAST (3) _____:_____._____ BREAK BREAK BREAK

200 BACK (4) _____:_____._____ X 200 FREE (13) _____:_____._____

50 FLY (5) _____:_____._____ 50 BREAST (14) _____:_____._____

200 IM (6) _____:_____._____ 100 BACK (15) _____:_____._____

MIXED FR RELAY (7) XXXXXXXXXXXXXXXX 200 FLY (16) _____:_____._____

BREAK BREAK BREAK 100 IM (17) _____:_____._____

X 100 FREE (8) _____:_____._____ MIXED MED RELAY (18) XXXXXXXXXXXXXXXX

200 BREAST (9) _____:_____._____ BREAK BREAK BREAK

50 BACK (10) _____:_____._____ X 500 FREE (19) _____:_____._____

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 _____

RULES AND INFORMATION

We urge all participants to prepare fully and carefully to condition themselves. It is recommended that each participant confer with his/her personal physician in regard to this competition.

All participants must be 50 years of age by December 31, 1989, as evidenced by a **copy of drivers license or birth certificate** enclosed with registration entry form.

All participants must check in at the World Senior Games headquarters and present proof of age (birth certificate, driver's license, etc.) to receive contestants badge, official packet and instructions.

CHECK IN AT THE ST. GEORGE HILTON INN
1450 South Hilton Drive • St. George, Utah 84770
(801) 628-0463

Monday, October 16.....	6 am to 5 pm
Tuesday, October 17.....	7 am to 5 pm
Wednesday, October 18.....	7 am to 7 pm
Thursday, October 19.....	7 am to 7 pm
Friday, October 20.....	7 am to 5 pm
Monday, October 23.....	1 pm to 6 pm
Tuesday, October 24.....	7 am to 5 pm
Wednesday, October 25.....	7 am to 7 pm
Thursday, October 26.....	7 am to 7 pm
Friday, October 27.....	7 am to 5 pm

World Senior Games officials reserve the right to cancel any event due to insufficient entries and reserve the right to combine age groups if fewer than four enter. Some events are scheduled simultaneously. Participants will only be able to participate in one event during a specific time period.

IT IS THE PARTICIPANT'S RESPONSIBILITY TO CHECK HIS/HER SPECIFIC SPORT TIMES. Times for all sports will be posted at the St. George Hilton Inn.

The World Senior Games are governed by these printed rules and the complete official rules at each event site.

THE REGISTRATION FEE is \$35.00. This includes all events in your first sport, (golf, bowling, swimming and cycling have an added fee) there is a \$10.00 charge for each additional sport; Identification badge (which must be shown at all social events); World Senior Games shirt; participant's pin; official program; a chance to win medals; social hour; BYU Health Lifestyle Seminars; three (3) dinners; one (1) luncheon; Opening Ceremonies or Welcoming Program; Awards Ceremonies; and Gold, Silver and Bronze medal winners' result booklet.

SPOUSE OR GUEST FEE is \$20.00 and includes: Identification badge (which must be shown at all social events); social hour; BYU Health Lifestyle Seminars; three (3) dinners; one (1) luncheon; Opening Ceremonies or Welcoming Program; Awards Ceremonies and entrance to sports events.

SOCIAL PARTICIPANT FEE is \$25.00, and includes same as spouse or guest fee. Must fill out own registration entry form.

ALL FEES (except for a \$5.00 service charge) are refundable up to October 1, 1989. **NO REFUNDS** after October 1, 1989.

Well, if you didn't go you probably remained a lot drier than we did but we probably had MUCH more fun on the OMS Deschutes River raft trip July 15. No, it wasn't raining, it was terrific weather, the cause of our wetness of course was the waters of the brisk Deschutes coming at us from all directions as we were tossed and thrashed about like the partially insane water rats we are. Eleven of us were treated to a splendid day by Ewings White Water of Maupin whom I would recommend if you ever want to do this sort of stuff on your own. The "Executive Lunch" they prepared for us was also something to see.

Roy Abramowitz, Linda Hope and their friend Rosemary, Steve and Diane Harger, Roger and Ada Hebert, Laura Kok, Andy Schrag, wife Barbara and daughter Stacy, were the lucky ones with the foresight to figure out that this would be a kick in the pants! Not to mention a whole bunch of fun too.

The trip took in all the usual hot spots on the river, Box car, Oak Springs, Wapanita and the roller coaster, where after going through in the raft our guides pulled over to the side of the river and let us walk a couple hundred yards back up river and come through again floating in our life jackets, no raft! What a ride.

When we stopped for lunch we were treated to crab cocktail for openers and went on to enjoy a barbecue feast of steak and chicken, wine and homemade pies for dessert. I know everyone enjoyed themselves tremendously and will look forward to the 2nd annual OMS raft trip. Might we make this an annual affair? Stay tuned.

Special thanks to our guides for putting on a wonderful event and to Roy Lambert for helping out with the authoring of the sing up forms.

Next year, be there or beware.

HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES October 16-27, 1989

ST. GEORGE, UTAH, U.S.A.
In the Heart of America's
Great Southwest

HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES

ST. GEORGE, UTAH, U.S.A.
October 16-27, 1989

OFFICIAL REGISTRATION ENTRY FORM

ENTRY DEADLINE: October 1, 1989

Name _____ Phone (work) _____
 Address _____ Phone (home) _____
 St. George phone number _____
 or location _____
 City, State, Country _____ ZIP Code _____
 Date of Birth _____ Age _____ Male ☐ Female ☐
 month/day/year as of 12/31/89
 First Sport _____ Additional Sport(s) _____
 Name of Spouse/Guest(s) _____

Please note that **SPORTS PARTICIPANTS MUST FILL IN SPORTS INFORMATION SECTION.** For **DOUBLES** and **TEAM SPORTS** all competitors must complete their **OWN REGISTRATION FORM.** **ALL PARTICIPANTS MUST SIGN THE LIABILITY WAIVER.**

Registration Entry Fee\$35.00 \$ _____
Spouse/Guest Fee20.00 \$ _____
Social Participant Fee25.00 \$ _____
BYU Seminar Materials10.00 \$ _____
Other Sport Fees:
 Additional Sport(s) Fee (each)10.00 \$ _____
 Golf Greens and Cart Fees (36 Hole Tournament)49.00 \$ _____
Social Golf for Prizes (18 holes & cart)25.00 \$ _____
 Bowling Fee (singles)11.50 \$ _____
 Bowling Fee (doubles each)11.50 \$ _____
 Cycling Fee5.00 \$ _____
 Swimming Fee5.00 \$ _____
 Tennis Social Mixed Doubles5.00 \$ _____

TOTAL ENCLOSED \$ _____

Please make checks payable to: **WORLD SENIOR GAMES** and enclose together with this completed and signed Registration Entry Form, copy of your drivers license or birth certificate and mail to:

WORLD SENIOR GAMES
1604 Walker Center • Salt Lake City, Utah 84111 • (801) 583-6231

Shirt Sizes Unisex

small ☐ medium ☐ large ☐
 X-large ☐ XX-large ☐

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the World Senior Games and all of its sponsors, their agents, employees, representatives, and assigns from any and all actions, causes of actions, or claims of whatever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the **World Senior Games.**

Date _____ Signature _____

All Participants must sign Liability Waiver

FIRST WEEK

GOLF

Dates: October 18 and 19, 1989

Event: 36 hole gross and net tournament
 Age Groups: 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐
 (Men/Women) 70-74 ☐ 75-79 ☐ 80+ ☐
 USGA Handicap _____ Card # _____
 Partner(s) _____

• Check age group, list handicap, card # and partners you wish to play with. If you do not have any they will be assigned according to age group and handicap.

Social Golf for Prizes ☐ **Friday October 20, 1989**
 Fee of \$25 includes 18 holes + golf cart

SOFTBALL

Snow Park
 Dates: October 18-20, 1989

Team Name _____
 Age Groups: 50-59 ☐ 60+ ☐
 Slow Pitch. ASA Rules apply modified by NASCS
 • List team name and check age group.

SWIMMING

Green Valley Tennis Center
 Dates: October 18-20, 1989

October 18 50Y backstroke ☐ Time _____
 Wed. 50Y breaststroke ☐ Time _____
 50Y butterfly ☐ Time _____
 50Y freestyle ☐ Time _____
 500Y freestyle ☐ Time _____
 October 19 100Y backstroke ☐ Time _____
 Thurs. 100Y freestyle ☐ Time _____
 200Y individual medley ☐ Time _____
 October 20 100Y breaststroke ☐ Time _____
 Fri. 200Y freestyle ☐ Time _____
 100Y individual medley ☐ Time _____
 Age Groups: 50-54 ☐ 55-59 ☐ 60-64 ☐
 65-69 ☐ 70-74 ☐ 75-79 ☐ 80+ ☐

Limit: Total of 5 swimming events. All USA participants must show current USMS membership card. USMS card may be purchased at tournament desk.

USMS Sanctioned USMS # _____
 • Check event(s), age group and write in your USMS number. It is essential that you list your best time or reasonable estimate by each event you enter.

TENNIS

Green Valley Tennis Center
 Dates: October 16-21, 1989

Age Groups	Women		Men	
	singles	doubles	singles	doubles
50+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70+			<input type="checkbox"/>	<input type="checkbox"/>
75+			<input type="checkbox"/>	<input type="checkbox"/>

Partner _____
 Limit: One singles and one doubles or two doubles. Singles consolation will be played. All USA participants must show current USTA membership card. USTA card may be purchased at tournament desk. **In order to be considered for seeding, include rankings & tournament records on back.**

USTA sanctioned USTA # _____
 • Check event, age group and list partner(s), and USTA number.

Social Mixed Doubles (combined ages) \$5.00 per person.

Partner _____

CHOLESTEROL: WHAT IS IT AND WHY IT IS IMPORTANT

by Jane Moore

Almost five million American adults have diagnosed coronary artery disease (CAD). Many others may have undiagnosed disease. CAD is responsible for more than 500,000 deaths in the United States each year. A major cause of CAD is elevated blood cholesterol. Lowering blood cholesterol will decrease the risk of CAD-related heart attack. In a recent large study, each 1% decrease in blood cholesterol led to a 2% decrease in CAD risk. The single best way to decrease this level is to decrease cholesterol and saturated fats in the diet.

Cholesterol is a waxy, fat-like substance produced by the liver and found in many animal products. Cholesterol is required for normal functioning of cell membranes. It insulates nerve and brain tissue and helps waterproof the skin. It is also used to make certain hormones. Because cholesterol is necessary to a healthy body, it is manufactured in the liver. The liver makes enough to meet the body's needs, so when a high dietary intake is added, excess levels result. This excess cholesterol is deposited in blood vessels, causing narrowing or blockage. This narrowing or blockage is called atherosclerosis. Atherosclerosis decreases the blood supply to the heart and other parts of the body and so increases the chances of a heart attack or stroke. Clogged vessels can also cause circulatory, vision and kidney problems.

Other major risk factors which increase the chances of heart attack or stroke are age, heredity, cigarette smoking, obesity, lack of exercise, high blood pressure and diabetes. Presence of more than one risk factor greatly increases the risk of disease, so it is very important to control those which can be changed easily if multiple risk factors are present. Even if you feel fine, you may have an elevated cholesterol level or other risk factors. A heart attack or sudden death may be the first sign of trouble in many people.

Cholesterol is carried through the body by two types of proteins. Low-density lipoproteins (LDL) seem to encourage or form the cholesterol deposits in blood vessels. High-density lipoproteins (HDL) are believed to coat the inside of artery walls and provide a protective layer that prevents build-up of fatty deposits. HDL also serve as scavengers to help remove the fatty deposits that do occur. Lowering the LDL and raising the HDL seems to protect from CAD.

Blood cholesterol measurements reflect the amount of cholesterol in the body. Those people with elevated levels can benefit from dietary changes. Some may need additional medication to lower the blood cholesterol. If you don't know your blood cholesterol level you should have it tested. To be most accurate, the test should be done when you have had nothing at all to eat or drink for twelve to fourteen hours. HDL as well as total cholesterol should be measured. The ratio of total cholesterol to HDL cholesterol is probably the best predictor of future CAD. For lowest risk, you should have a high amount of HDL as compared to the amount of total cholesterol. This ratio should always be less than 5.0 for men and 4.0 for women and preferably less than 4.5 in men and 3.5 in women. Women naturally have higher levels of HDL. People who exercise regularly also usually have higher HDL levels. HDL levels are decreased by certain medications, cigarette smoking and birth control pills.

	TOTAL CHOLESTEROL LEVEL	LDL LEVEL	HDL LEVEL MEN/WOMEN
DESIRABLE	<200 mg/dl	<130 mg/dl	>44/>57
BORDERLINE	200 - 240	130 - 160	40-44/50-57
ABNORMAL	>240	>160	<40/<50

If your levels are desirable, test should be repeated at least every five years. If levels are not desirable, dietary changes should be made and test repeated in six months and annually thereafter.

Many fats in the diet contribute to increased cholesterol levels. These are the saturated fats which are found in animal products (meat, eggs, butter, milk, cheese) as well as some plant sources (coconut oil, palm oil, cocoa butter). Saturated fats are usually solid at room temperature. Eating large amounts of cholesterol-rich food also increases blood cholesterol. These foods are egg yolks and organ meats (liver). In occasional cases, the excess blood cholesterol is due to an inherited defect in cholesterol production and breakdown.

Polyunsaturated fats (corn, sunflower, safflower, soybean or cottonseed oils) do not cause increased blood cholesterol levels. Monounsaturated fats (olive, peanut or canola oils) may actually lower blood cholesterol levels. Poly- and mono-unsaturated fats are usually liquid at room temperature.

Recently, a new type of polyunsaturated fat, omega-3 fatty acids, has been discovered in fish. Omega-3 fatty acids appear to offer additional protection against atherosclerosis. They are found especially in more fatty fish (salmon, tuna, mackerel, herring) and shellfish.

The average American diet contains 40% of all calories from fat and 17% from saturated fats. The American Heart Association recommends about 33% total and 10% saturated fats. A cholesterol intake of not more than 300 mg per day is also recommended. So, making changes in your diet can lower the cholesterol in your body.

Think "low-fat" in food selections and cooking methods. Eat more fish and skinless poultry and less red meat. Use less fried food, "fast food", and commercially baked products. Eat smaller portions of meat and more meatless main dishes. Use lowfat or skim dairy products. Avoid egg yolks: each contains 250 mg of cholesterol, nearly an entire day's allowance. Egg substitutes or egg whites can be used for baking.

When shopping, check the ingredient list on the label to identify products with saturated fat. Names to avoid are palm oil, palm kernel oil, coconut oil, lard, beef tallow, hydrogenated or partially hydrogenated vegetable shortening, butter, cream, and cocoa butter. Also avoid products that do not list exact ingredients ("contains vegetable oil"). These are likely to contain saturated fats. Check closely products which claim "no cholesterol". These are also likely to contain saturated fats.

Further information on low fat, low cholesterol diets is available from the American Heart Association (632-6881 in Seattle) and from several books including The New American Diet by Connors & Connors and The Don't Eat Your Heart Out Cookbook by Piscatella.

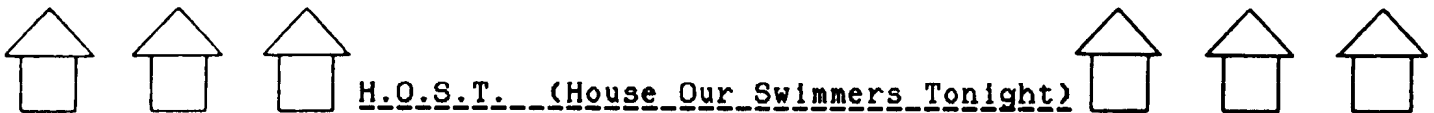
-Thanks to Jane Moore, M.D., and the Pacific Northwest Association Newsletter from which this article was reprinted.

Happy Birthday

September Birthdays

Baley, David C.	9/27/48	Miller, Philip D.	9/ 8/53
Bogus, Kim J	9/30/58	Moody, Richard M.	9/ 1/40
Buck, Kathleen P.	9/27/50	Morehouse, Andrew R.	9/13/60
Clayson, William T.	9/29/21	Myers, Thomas M	9/ 9/50
Daggett, Ann S.	9/24/62	25 Repar, Lucy L.	9/13/64
Decher, Marianne M.	9/30/61	Rodriguez, Rick A.	9/10/62
Dennis, Joan H.	9/21/41	Rogers, Russell L.	9/ 2/56
Dickinson, Roger L.	9/ 8/33	Rompel, Greg D.	9/23/56
50 Fanning, Tom L.	9/25/39	55 Ryan, Georgia R.	9/ 4/34
Frownfelter, Greg	9/17/48	55 Underwood, Beverly J.	9/27/34
35 Grillo, Mary A	9/23/54	Welch, Arthur C.	9/ 8/32
60 Guest, Eric G.P.	9/18/29	Wendlick, Barbara A.	9/27/45
80 Hoey, Jack	9/19/09	Wight, John M.	9/15/43
Jersey, Ronald E.	9/17/48		
Long, Bradley G.	9/15/62		
McMaster, James P.	9/14/55		

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



Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out-of-town meet.

OREGON MASTERS	Andy Schrag	(206) 254-9400 W
		(206) 254-9661 H
Corvallis	Mark & Laura Worden	(503) 753-5726
So. Oregon	Terry & Judy McCurdy	(503) 679-8144
IEA MASTERS	Mariah Clarke	(509) 926-2597
PNA MASTERS	Marietta Hunziker	(206) 564-9517
	Ann Gindroz	(206) 272-1854
SNAKE RIVER	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W

MY FAVORITE WORKOUTS

WARM-UP: 400 SWIM (ALTERNATE 50 FREE/50 BACK)
400 KICK (USE 2 DIFFERENT STROKES EACH 100)

THEN.... 1000 PULL (200 BREAST/300 FREE..REPEAT)

20 x 50 AS FOLLOWS....

- A. SWIM 50 EASY ON 60 SECONDS
- B. *VERTICAL KICK FOR 60 SECONDS
- C. REST 15 SECONDS
- D. SWIM 50 FAST ON 60 SECONDS

(REPEAT A THRU D 10 TIMES)

WARM-DOWN 400 SWIM

TOTAL: 3200

* VERTICAL KICKING WITH HANDS/ARMS ABOVE THE WATER (HEAD TOO, UNLESS YOU HAVE AN AQUALUNG). FOR THE INSANE, TRY HOLDING AN OBJECT IN YOUR HANDS SUCH AS A BRICK, LIGHT WEIGHTS OR A SMALL CHILD. THIS WORKOUT REQUIRES A POOL WITH A DEEP END.

A FAVORITE WORKOUT OF ROY ABRAMOWITZ & BENJAMIN DAVIS

WARM-UP 400 PULL

THEN.....SWIM SETS OF 3 x 100 WITH 1 MINUTE REST BETWEEN SETS AND DESCENDING SEND-OFF THAT DECREASES BY 5 SECONDS PER SET.....

FOR EXAMPLE: 3 x 100 ON 1:35, THEN ONE MINUTE REST, 3 x 100 ON 1:30, THEN ONE MINUTE REST, 3 x 100 ON 1:25.....ETC., ETC..... KEEP DESCENDING UNTIL YOU HAVE AN INTERVAL THAT YOU CAN NOT MAKE.

BEGIN WITH AN INTERVAL THAT ALLOWS YOU TO DO AT LEAST 5 SETS OF 3 x 100

THEN.....8 x 75 25 KICK, 25 PULL, 25 SWIM

TOTAL: 2500+

A FAVORITE WORKOUT OF ANDY SCHRAG & THE VANCOUVER OLD TIMERS

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

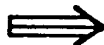
City St ZIP

()
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.



916 SW 4th Avenue / Portland, Oregon 97204 / (503) 223-3137

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Aqua-Master

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

IN THIS ISSUE

- * Z-Man Says
- * Ol' Barnacle
- * Meet Entry Forms

STATE GAMES RESULTS

BULK RATE
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