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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 1989/90

SHORT COURSE YARDS/METERS

SEPT. 20-24, 1989	U.S. AQUATIC SPORTS CONVENTION PORTLAND, OR
*OCTOBER 8	PORTLAND, OR PARKROSE H.S. SC YARDS (#1)
OCTOBER 10-15	PAN PACIFIC MASTERS GAMES INDIANAPOLIS, INDIANA
*OCTOBER 15	LYNNWOOD, WA LYNNWOOD POOL SC YARDS (#1)
*OCTOBER 18-20	HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES ST. GEORGE, UTAH
*NOVEMBER 11	ST. HELENS, OR EISENSCHMIDT POOL SC YARDS (#2)
*NOVEMBER 18-19	POULSBO, WA N. KITSAP H.S. SC YARDS (#2)
DECEMBER 2	NEWBERG, OR CHEHALEMA AQUATIC CENTER SCY (#3)
DECEMBER 9	ENUMCLAW, WA
JANUARY 13, 1990	BEAVERTON, OR SWIMCELLAR PENTATHLON
JANUARY 20	ANACORTES, WA
FEB. 10-11 OR 24-25	NEWPORT, OR NEWPORT YMCA SC YARDS (#4)
FEBRUARY 17	MERCER ISLAND, WA TEAM ORCA
MARCH 2, 3, & 4	PORTLAND, OR P.S.U. POOL SC METERS (#1)
MARCH 9-10	PT. ORCHARD, WA S. KITSAP H.S. SC YARDS
APRIL 6, 7, & 8	GRANTS PASS, OR YMCA POOL ASSOC. CHAMPIONSHIPS
APRIL ???	REGION XII SC REGIONALS HOST: PNA
MAY 18-21	USMS SHORT COURSE NATIONALS MACDONALDS POOL UNIVERSITY OF SOUTHERN CALIFORNIA

LONG COURSE/SHORT COURSE METERS

JUNE ??, 1990	ALBANY, OR
JULY 7-8	PORTLAND, OR MAC CLUB STATE GAMES OF OREGON
JULY 21-22	PORTLAND, OR MT. HOOD COMMUNITY COLLEGE POOL
AUGUST 3, 4, & 5	BEAVERTON, OR TUALATIN HILLS POOL REGION XII L.C. REGIONALS
AUGUST 24-27	USMS LONG COURSE NATIONALS THE WOODLANDS, TX

Z-Man says---

Welcome one and all to the annual registration renewal issue fellow OMSers...

Z-Man here bringing lots of info for your reading...So, let's get started!!!!

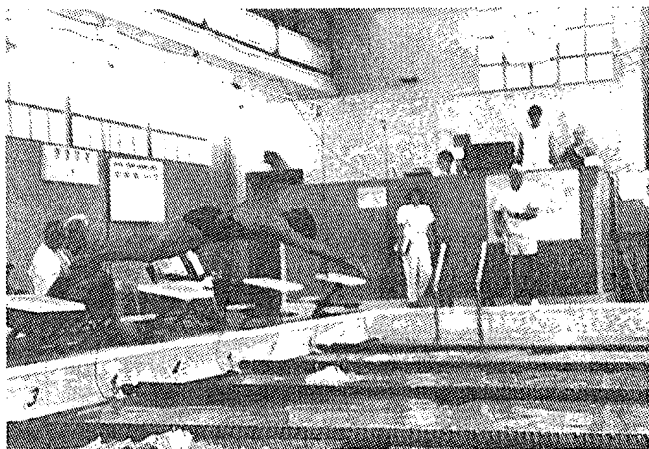
As you can see from page one that you have the upcoming meet schedule for the entire new year. Both Oregon and Washington meets are listed and I'll be updating this each month with the most current dates of events. Also I have included a special gift for all of you in the form of a new OMS decal. This was designed and produced entirely by yours truly for all my good friends in this great organization. It is printed on a vinyl material with a 2 year removable adhesive, which means it can be easily removed from whatever you apply it to for up to two years. So I must say....with pun intended....all of you, please, take this decal and stick it!!!

The September issue of Aquamaster goes out to all of our members who subscribed last year and also to those who didn't. This is because we include the new form to renew your membership in Masters Swimming. You will find this on the last page and we encourage all of you to renew right away. Please fill it out thoroughly. As I said this issue goes out to all of our members who didn't subscribe to the Aquamaster last year.....

CAN YOU IMAGINE THAT...THERE ARE MEMBERS OUT THERE WHO AREN'T PROPERLY INFORMED AS TO WHAT IS GOING ON IN OREGON MASTERS CAUSE THEY DIDN'T SUBSCRIBE TO THE AQUAMASTER....BUT YOU CAN CHANGE THAT BY RENEWING YOUR MEMBERSHIP AND SUBSCRIBING WITH OUR FORM!!!!!! DO IT TODAY!!!!!!

For you folks who didn't subscribe last year, you can see by this issue that it is full of worthwhile information and features and at \$7.00 per year is a bargain. THE AQUAMASTER IS YOUR ONLY SOURCE FOR MEET ENTRIES AND RESULTS OF OMS/USMS SANCTIONED SWIM MEETS IN OREGON. (WASHINGTON & NATIONALS, TOO)

As we look back to the recent past we find a fun meet at the MAC Club on August 5th and 6th in which 75 of us swam our hearts out. Ol Barnacle reviews this meet in detail in his column. August also meant Long Course nationals for a few of us at North Dakota. Stay tuned until next month for results of that meet and also the Roseburg meet along with a report from the annual United States Masters Swimming convention held this year in Portland as part of the United States Aquatic Sports Convention.



Petey Smith dives in to start one of her record setting swims at the MAC Club meet and the officials who did an excellent job take a time out for a photo.

Beyond this issue is October and the first short course yards meet of the year at Parkrose High School.....Craig Jorgensen and crew always put on a good one. Ah yes...the summers over and it's time to jump into your favorite 25 yard pool and burn up some laps again....can't wait...can't wait.

Did you know that swimming Masters helps keep you sexy....especially over age 40!!! According to a Harvard University survey of 160 swimmers training for Masters-level swimming events 97% of the 40-49 year old age group reported that they were sexually active, as did 92% of those over 60. The researchers call this level of activity "very high" compared with the behavior of the general population over 40. Reaseachers say 45 minutes of swimming, three days a week, appears to enhance sexuality for middle-age people, but swimming for more than 18 hours a week diminishes sexuality, they say.

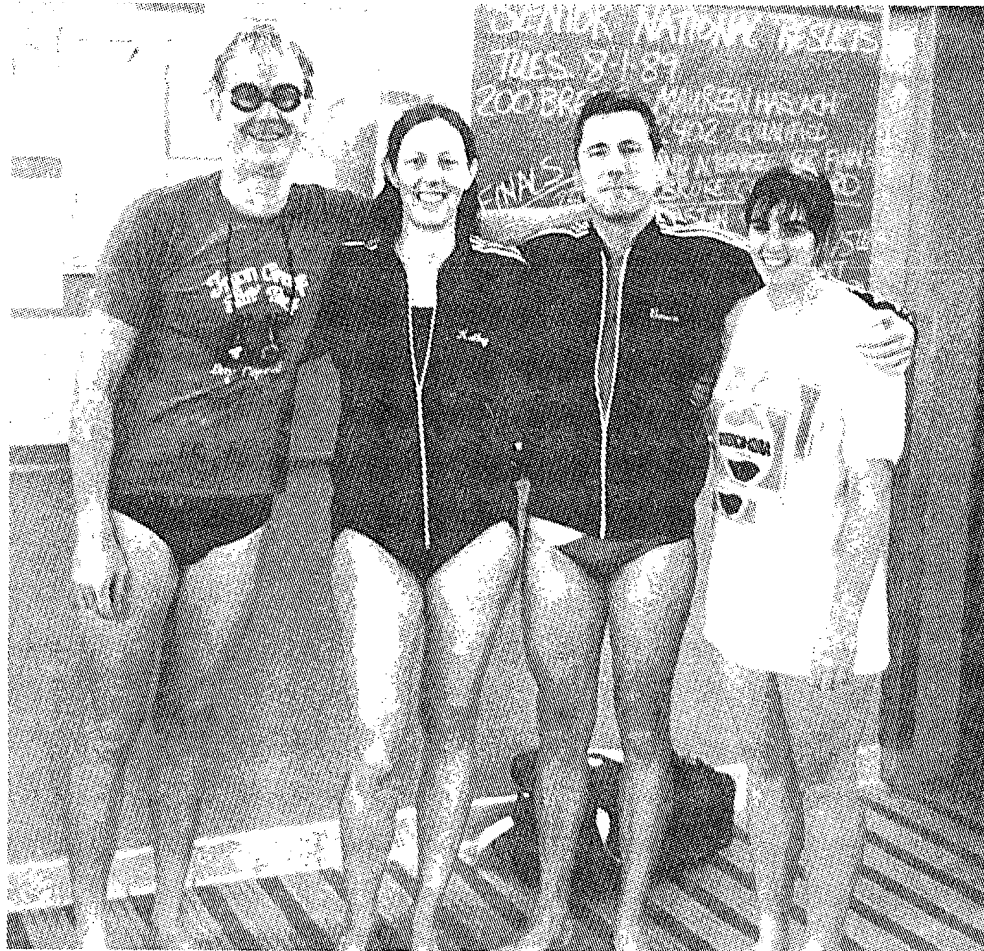
This months My Favorite Workout comes all the way from Michigan Masters own Gail Dummer who wrote me to say she enjoyed reading some resent issues and thought see would contribute some favorite IM sets. She reminded me that they are sets, not workouts. When I got Gail's letter I had to say WOW because I had no idea that she would show up all you members who have yet to submit any workouts for this column. HEY FOLKS, GET A PEN AND PAPER NOW AND SEND IN YOUR FAVORITE WORKOUT SOON BEFORE SOMEONE ELSE FROM OUT OF STATE WHO ENJOYS THE AQUAMASTER SHOWS YOU UP!!!!



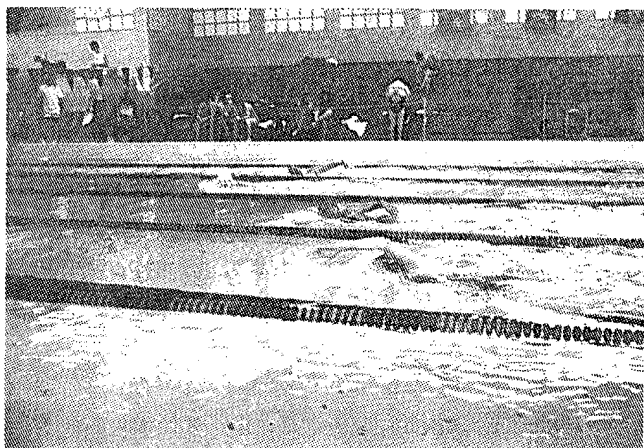
Can you name these four swimmers who set regional records at the MAC Club meet in two relay events? The mixed 400 Free and mixed 400 Medley for the 120+ age group records were broken by these four people. Also, can you find the fifth swimmer that participated with them on their relay? And who is the tall guy on the left with the nice buns?

Answers on next page.

Saturday November 11th is the Herb Eisenschmidt Pool 50th Anniversary Masters meet which will be held in St. Helens, Oregon. This is the 50th anniversary of their pool, renamed in honor of Herb a few years ago, and each Veterans Day the St. Helens pool have had a day honoring him. Their pool is 25 yards by 7 lanes wide and 4 feet deep to 9 feet with a small warm-up pool adjacent. The fibreglass roof allows for good lighting and an airy feeling so this should be an excellent site for our first Masters meet in St. Helens. Herb is quite a legend in the town because besides naming the pool after him they renamed the street it's on to Eisenschmidt Lane.



Answer: Left to right...Robert "Buns" Smith (a.k.a. Dr. Sprint), Kathy Buck, Bruce Cheney, and Dawn Morris. Fifth swimmer is inside Kathys warm-up top due to make an appearance in several months.



Left: A heat of the 800 Free at MAC with Kathy Buck and Petey Smith in the near lanes. Right: Art Welch, James Elliott, Robert Smith, and Bruce Cheney set a Regional record in the mens 400 Free relay for the 160+ age group.

Now I come to the part I wasn't looking forward to writing or telling you about....

As many of you may have heard, on Thursday August 30, 1989 we lost a near and dear friend to us, Sally Walter. Earl Walter and Sally have been married for 45 years and as you all know Earl is one of the founders and charter members of Oregon Masters Swimming. Mrs. Walter was born Sally Holden in Portland on October 29, 1924. She was age 64 and a graduate of Grant High School and the University of Oregon. She was a broker and branch manager in the real estate business for over 18 years. Surviving her are daughters Jane Walter of San Francisco and Lisa Sedlacek of Florence; sons Jeffery and Bruce, both of Portland; her mother, Dorothy Holden of Portland; a brother, John Holden of Portland; five grandchildren, and husband Earl.

Earl and his family have asked that in remembrance of Sally Walter that contributions be made to the Portland Chapter of Mothers Against Drunk Drivers. The entire Oregon Masters Swimming Board seconds that motion and has made a contribution and asks its members to contribute if they wish.

Mothers Against Drunk Drivers 4035 N.E. Sandy Blvd Portland 503-284-6233

Earl, all of our hearts and thoughts are with you. You are a pillar of strength through these hard times. We love you dearly and will help any way we can.

Well fellow swimmers I guess that wraps up another Z-Man says for this month...

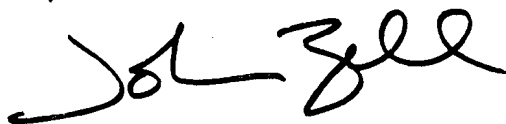
Just a few closing thoughts,

Study that schedule closely and start planning your year. I hope to see you at all of Oregon's meets and many of Washington's. Also, Short Course Nationals returns to the west coast this year and Oregon should send an excellent group.

Get that registration filled out soon and sent in and I hope you all subscribe to this excellent publication. You'll be glad you did!!

Until next month...Z-Man says...Hold your breath and reach for the wall!!

See ya at Parkrose,

A handwritten signature in black ink, appearing to read "John Zelle". The signature is fluid and cursive, with a long horizontal stroke at the beginning and a large, looped "Z" in the middle.

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
PLACE: Parkrose H.S., Portland, Oregon
6 lanes, indoor, manual timing
HOST: Parkrose Swim Team

DATE: OCTOBER 8, 1989

WARM-UP: 8:30 a.m.

Craig Jorgensen, Meet Director
252-9906 (H) 257-5219 (Pool)

MEET
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) _____:_____._____
50 FREE	(2) _____:_____._____	MEDLEY RELAY	(12) XXXXXXXXXXXXXXXX
100 BREAST	(3) _____:_____._____	BREAK BREAK BREAK	
200 BACK	(4) _____:_____._____	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) _____:_____._____
100 FREE	(8) _____:_____._____	MIXED MED RELAY	(18) XXXXXXXXXXXXXXXX
200 BREAST	(9) _____:_____._____	BREAK BREAK BREAK	
50 BACK	(10) _____:_____._____	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 _____

"ol' Barnacle"

OL' BARNACLE - WE COVER THE MAC MEET - LONG COURSE METERS

75 STRONG AND EAGER MASTERS SWIMMERS GATHERED AT THE MAC FOR THE LAST MEET OF THE YEAR. UNDER THE GUIDANCE OF STEVE ROTH, WITH A BIG ASSIST FROM CONNIE SCOTT SATURDAY EVENING, AND BECKY MECKLEM ON SUNDAY, WE HAD A REALLY GOOD ONE.

T D AND RUTH HUGHES, ALONG WITH LARRY SNEAD, LINDA AND ROGER LOVEN, ROBERTA YAMBASU, AND DON STELL PUT UP WITH US ONE MORE TIME. THEIR OFFICIATING AS USUAL WAS THE FINEST, THE MEET RAN LIKE CLOCK WORK AND WE MADE ALL TIME LINE PREDICTIONS. THANKS FROM ALL OF US TO THESE MARVELOUS FOLKS, WHO JUST KEEP GIVING US THE SUPPORT WE SO DEARLY NEED.

SWIMMER OF THE MEET - WITHOUT QUESTION -

PETEY SMITH

YOU MAY THINK YOUR READING LAST MONTHS COLUMN - YOU AREN'T - PETEY SMITH, OUR GAL FROM NEWPORT DID IT AGAIN...AND AS I WRITE THIS, AM SURE THAT THE WORLD NOW KNOWS ABOUT PETEY WITH THE NEWS OUT OF NORTH DAKOTA, LCM NATIONALS !!!

WORLD RECORD - 800 M FREESTYLE - 13:33.26 - THE OLD WAS - 14:05.13

REGIONAL RECORDS - 100 FREE - 1:24.59 - # 2 TOP TEN
50 FLY - :54.88 - # 7 TOP TEN

MORE REGIONAL RECORDS :

ROY CLARK (35-39) 50 BRST - :33.58 (#7 TT)

HAZEL BRESSIE (80-84) 800 FREE - 33:00.99 (#4 TT)

RICHARD BOYD (45-49) 400 IND MEDLEY - 5:45.32 (#6 TT)

RELAYS - RELAYS - RELAYS ...

NATIONAL RECORD - MXD 800 M FREE RELAY - MAC - 200 + - 11:10.75

LAVELLE STOINOFF - 1:21.34 - 2:46.93
MARJORIE MEEK - 4:04.83 - 5:26.83 - (2:39.90)
ROBERT KIM - 6:52.75 - 8:25.68 - (2:58.85)
JIM BIGLER - 9:46.26 - 11:10.75 - (2:45.07)

REGIONAL RECORDS ...

MXD 400 FREE RELAY - 120 + - 6:16.74 - (ACTUALLY 4 2/3 SWIMMERS !!)

KATHY BUCK (PLUS) , BRUCE CHENEY, ROBERT SMITH, DAWN MORRIS

MXD 400 MEDLEY RELAY - 120 + - 6:32.94 - (AGAIN REALLY 4 2/3 SWIMMERS !!)

DAWN MORRIS, BRUCE CHENEY, ROBERT SMITH, KATHY BUCK (PLUS)

MENS 400 MEDLEY RELAY - 120 + - 5:37.93

JAMES ELLIOTT, BRUCE CHENEY, JIM RABE, JOHN ZELL

MENS 400 FREE RELAY - 160 + - 5:06.71

BRUCE CHENEY, ROBERT SMITH, JAMES ELLIOTT, ART WELCH

01' Barn - MAC Meet - cont - with Assn Records ...

OB COMMENT - BRUCE CHENEY GETS THE "IRON MAN AWARD" - LOOK AT ALL THOSE RELAYS, PLUS INDIVIDUAL EVENTS, AND WARM UPS, BRUCE WAS IN THE WATER ALL DAY. HEY GANG !!!! - THIS MAN JUST RECOVERED FROM MAJOR SURGERY !!!!

OREGON ASSOCIATION RECORDS ...

JIM BIGLER (50-54) 800 FREE - 12:07.56 - 20 SEC PR !!! MISSED REG REC BY 1.47 SEC, AND WITHIN 9 SECS OF THE US TOP TEN, WAY TO GO JIM !!!

DOREEN MORRIS (75-79) 200 BACK - 6:27.74 - # 7 TOP TEN

ROY CLARK (35-39) 100 BRST - 1:16.42 - # 8 TOP TEN, GREAT TO SEE ROY AGAIN, DON'T STAY AWAY SO LONG THIS TIME - OKAY ROY ???

DON VAN ROSSEN (55-59) ONE LAST FLING AT THE AGE GROUP, "YOUNG COACH" WILL BE 60 ERR LONG. 100 BRST - 1:32.59 - # 10 TOP TEN

OB NOTE - THE MUCH LOOKED FORWARD TO MEETING OF COACH AND TWO PUPILS , WENT ON WITH ONLY 1 PUPIL VS THE COACH IN THE 200 BRST. DICK BOYD SCRATCHED, LEAVING ROY CLARK WITH THE DISTINCTION OF PERHAPS BEING IN THE FIRST TIME IN MASTERS THAT A COACH HAS FACED OFF WITH ONE OF HIS FORMER SWIMMERS. SLIGHT DIFFERENCE IN AGES DID NOT DETER OB FROM TRYING TO GET SOMETHING GOING THERE.

DON LIKE ERIC GUEST, IS AGING UP AND LOOKING FORWARD TO THE 60-64 AGE GROUP IN THE PAN PACIFIC SCM CHAMPIONSHIPS IN OCTOBER.

BERT PETERSEN (50-54) CONTINUES ON HIS RELENTLESS DRIVE TO SUPREMACY IN HIS NEW AGE GROUP WITH A FINE 1:12.58 IN THE 100 FLY - # 4 TOP TEN.

ELFIE STEVENIN (65-69) WILL NOT LET GO OF ANYTHING, AND HAD A GREAT PR AND NEW RECORD IN THE 400 IM AT 13:07.43.

PR'S , GOOD RACES, ET AL ...

JACK WONG AND GEORGE SABIN, BOTH OF MAC, FACED OFF IN THE 50 FREE (50-54) WITH JACK PREVAILING IN 36.06 VS 37.59

THE 100 FREE (55-59) FOUND ERIC GUEST HOLDING HIS OWN WITH THE "KIDS" - ART WELCH WON IN 1:16.64, ERIC WAS 2ND AT 1:17.79, WITH BOB KIM 3RD IN 1:18.51.

ROBERT (DR SPRINT) SMITH, WAS OUT OF HIS ELEMENT IN THE 400 FREE, BUT WAS NOT ABOUT TO LET TOM FANNING BEAT HIM. BOB EDGED TOM IN THE 45-49 VERSION WITH A 5:46.22 VS 5:50.01 IN THE LAST 25 METERS.

DICK MEALY FROM LONGVIEW, STROKED IN AHEAD OF BOB KIM IN THE 800 FREE (55-59), WITH A 13:17.14 VS 13:22.56. WE DON'T SEE DICK ENOUGH EITHER !!!

65-69 - 800 FREE - SAW A BACK AND FORTH BATTLE BETWEEN DAVE BERNSTEIN AND JOE MALLON. DAVE EDGED JOE IN 18:51.74 VS 18:54.13.

OUR ELFIE FROM SALEM CONTINUES WITH PR'S - 50 BACK : 1:15.99 VS 1:23.53 AND THE 200 BACK : 5:39.23 VS 5:49.62.

50 FLY (25-29) SAW A GREAT ONE BETWEEN JIM RABE AND STEVE HILL, WITH RABE WINNING OUT IN 29.96 OVER HILL IN 30.03.

50 FLY (55-59) STROKE FOR STROKE WITH BOB KIM FINISHING IN 36.79 VS ART WELCH AT 36.96.

01' Barn ... MAC Meet cont. ...

NEW FEATURE IN OB'S "MUCH READ" COLUMN ...

BLOW BY BLOW WE WELCOME OUR NEW SWIMMERS INTO THE WORLD OF MASTERS SWIMMERS ...

ANN DAGGETT (26) FROM CORVALLIS , SOME REALLY GREAT SWIMS ...

100 BACK - 1:24.80, 50 FLY - 34.29, 100 FLY - 1:17.91

200 FLY - 2:50.99 , 200 IM - 2:53.00

OB IS A BIT WORRIED ABOUT ANYONE WHO CAN SWIM THE 200 FLY FASTER THAN THE 200 IM, METHINKS WE HAD BEST KEEP AN EYE ON THIS GAL.

DAWN MORRIS (20) FROM NEWBERG : 50 BACK - 38.89, 100 BACK - 1:27.38, 200 BACK -

3:06.35, 200 IM - 3:20.85, 50 FREE - 38.02 , FINE SWIMS DAWN, KEEP HANGING IN THERE.

GLORIA MIGHELL (60) FROM PORTLAND : 50 BRST - 1:18.92, 100 BRST - 3:03.72, 200 BRST - 6:08.12, 100 FREE - 2:32.52, 400 FREE - 11:27.72. IT WOULD BE OB'S GUESS THAT AS THIS WAS GLORIA'S FIRST TIME OUT, WE WILL BE SEEING SOME PR'S RIGHT AWAY.

THANKS AGAIN AND WELCOME TO THESE NEOPHYTES - STAY WITH IT AND STAY FIT !!!

THANKS ALSO TO OUR VISITORS ; FROM PNA ; TOM FOLEY, KAREN JOST, JOHN KORUGA, AND HUGH AND JANE MOORE.

FROM IEM - ROBIN DURANT.

YOU ALL COME BACK YOU HERE !!!

MAC IS SHOWING STRENGTH AS OF OLD - THEY HAD 15 SWIMMERS IN THIS MEET !!!

THIS N' THAT ...

GREAT CALL FROM GIL YOUNG, FOLLOWED UP WITH COPY OF CLIPPING FROM STORY BY FLOYD SCHNEIDERMAN (OREGONIAN) EAST METRO SPORTS -

WORLD MASTERS GAMES - ARHUS, DENMARK...

GIL YOUNG

OUR GIL BROUGHT HOME THE GOLD IN THE 200 BACK WITH A PR OF 3:42.23. HIGH JUMPED TO A SILVER WITH A LEAP OF 4'4"

SILVER IN THE 50 BACK AT 44.98, A BRONZE IN THE 800 AT 13:54.6, DITTO THE 1500 IN 26:26.32. THE 800 TIME LOOKS LIKE A NEW REGIONAL RECORD.

GIL WAS AN ALL AROUND ATHLETE AT OLD SABIN HIGH, STARRING IN TRACK AND FIELD, AND MAKING ALL-STATE IN BASKETBALL. PLUS BEING A TOP SWIMMER FOR THE MAC UNDER JACK CODY.

CATCHING OLD SILVER SIDES' EYES OF LATE HAS BEEN THE DUEL BETWEEN : MIKE BARROWMAN OF ROCKVILLE, MARYLAND AND NICK GILLINGHAM FROM GREAT BRITAIN. YOU MAY RECALL THAT BARROWMAN BURST ON THE OLYMPIC SCENE DURING LAST YEARS TRIALS WITH AN AMERICAN RECORD OF 2:13 PLUS, A PERSONAL BEST BY 3 SECONDS, THEN IN HIS OWN WORDS BLEW IT AT SEOUL WITH A 4TH, AND NO MEDAL. ENTER 1989 - JULY 3RD - US NATIONALS - BARROWMAN - NEW WORLD 200 M BREAST RECORD IN 2:12.90, EUROPEAN CHAMPIONSHIPS - GILLINGHAM - TIES THAT RECORD , JUST ABOUT A MONTH LATER. LET'S SWITCH TO THE PAN PACIFIC CHAMPS AT TOKYO - AUGUST 20TH - MIKE BARROWMAN - NEW WORLD RECORD IN THE 200 M BREAST - 2:12.89, THAT WAS IN QUALIFYING, AT THIS WRITING WE DO NOT HAVE THE TIME FOR THE FINALS, BUT NO MATTER - MIKE BARROWMAN OF THE USA HAS REGAINED THE WORLD RECORD - MIKE BARROWMAN GETS OB'S NOD AS THE GUY WE MOST WANT TO EMULATE IN THE "STAY WITH IT" CATEGORY. TREMENDOUS COMEBACK FROM A MOST PERSONAL DEVASTATING FAILURE AT SEOUL, TO TOP OF THE WORLD !!!

Ol' Barn ... MAC Meet ... cont ... THIS N' THAT ...

JANET EVANS - ANOTHER EYE CATCHER - SWIMMING WELL ALL YEAR - OVERCOMING POSSIBLE LET DOWN FROM THE '88 GAMES, SWIMS THE 400 M FREE AT TOKYO IN 4:04.53, VS HER WR OF 4:03.85, 2ND PLACE WAS A LONG WAY BACK AT 4:11 PLUS !!!

STAY WITH IT...YOU CAN MAKE THOSE GOALS, BE THEY RECORDS, PR'S, OR WHAT HAVE YOU...

STAY WITH IT AND STAY FIT !!!

SWIMMING IN THE U S A IS ALIVE AND WELL - BETTER THAN EVER - OL BARNACLE ...

FULLY REALIZING THAT I SPENT SOME TIME ON PAN PACIFIC RESULTS ET AL IN "THIS N' THAT" ABOVE ... I FEEL WE NEED TO FULLY REALIZE THE IMPORTANCE OF AN AP STORY WHICH WAS CARRIED IN THE OREGONIAN, MONDAY, AUGUST 21...

RECORD DAY FOR U S SWIMMERS

IT WAS THE FIRST TIME IN MODERN SWIMMING HISTORY THAT AMERICAN SWIMMERS HAVE SET FOUR WORLD RECORDS IN ONE DAY. HOW ABOUT THAT SPORTS FANS !!!!!

JANET EVANS - IN THE 800 FREE, A NEW WORLD TIME OF 8:16.22, BREAKING HER OLD RECORD OF 8:17.12, SET AT SEOUL. THIS ON TOP OF HER ALMOST WORLD RECORD TIME IN THE 400 THE DAY BEFORE. AS IN 400, JANET HAD NO ONE PRESSING HER WITH 2ND PLACE AT 8:31 PLUS.

TOM JAGER CHALKED UP A NEW WORLD IN THE 50 FREE, WITH A TIME OF 22.12, BETTERING MATT BIONDI'S TIME OF 22.4. IT MAY BE INTERESTING TO KNOW THAT JAGER'S TIME RELATES TO A 19.24 FOR 50 YARDS, SHORT COURSE.

DAVE WHARTON IN THE 200 I M SWAM A 2:00.11, ERASING HUNGARIAN TAMAS DARNYI'S TIME OF 2:00.17. WHARTON AND DARNYI HAVE BEEN AT IT FOR QUITE A WHILE. THAT FOLKS IS A 1:44 PLUS FOR 200 YARDS SHORT COURSE. I CAN'T RUN THAT FAST !!!

THEN AS REPORTED ABOVE THE FOURTH RECORD WAS MIKE BARROWMAN'S 2:12.89 IN THE 200 BREAST. THAT MEANS TWO 100'S IN 1:06, WOW AND WOW !!!

THE ARTICLE ALSO QUOTED A JAPANESE SPECTATOR, "I CAN'T BELIEVE IT, THE AMERICANS ARE PRODUCING WORLD RECORDS ONE AFTER ANOTHER. I WONDER WHERE IT STOPS."

BRENT LANG, FROM SUNSET HIGH SCHOOL, AND THE UNIVERSITY OF MICHIGAN, SWAM ON BOTH THE 400 FREE AND 400 MEDLEY RELAYS FOR THE GOLD MEDAL. AS YET WE HAVE NO NEWS ON BRENT'S 100 FREE, AM SURE IT WAS GREAT.

YES SWIM FANS, SWIMMING IN THE US OF A IS BETTER THAN EVER. HAVE NO FEAR SWIMMING IN OUR USA IS ALIVE AND WELL AND GETTING BETTER ALL THE TIME.

IT IS INTERESTING TO READ OF THE IMPROVEMENT OF SWIMMING IN CHINA, TWO OF THEIR WOMEN TOOK 1ST AND 2ND IN THE 100 FLY, BOTH TIMES IN 1:00 PLUSES, AND IN THE 200 IM, LIN LI OF CHINA SWAM A 2:14.69 BEATING OUR SUMMER SANDERS AND MICHELLE GRIGLIONE. AS IN ALL SPORTS CHINA HAS STARTED TO SPEND THE BUCKS NECESSARY TO BE WORLD CLASS IN ATHLETICS AND THEY ARE COMING.

IF YOU HAVE SOME EXTRA BUCKS, SEND THEM TO THE U S OLYMPIC TEAM. THERE IS NO WAY WE CAN COMPETE AT THE WORLD LEVEL WITHOUT THE FULL SUPPORT OF ALL AMERICANS.

IN CLOSING I WISH TO ADD THAT THE COVERAGE BY THE OREGONIAN OF THIS SWIMMING EVENT WAS EXCELLENT, LET'S HOPE THAT THIS CONTINUES IN THE FUTURE.

OL' BARNACLE REMEMBERS ROBERT "DAVE" CURTIS ...

ON JULY 28TH WE LOST A VERY FINE MAN AND FINE MASTERS SWIMMER. AM AFRAID THAT MANY OF US DID NOT HAVE THE CHANCE TO REALLY GET TO KNOW DAVE, AS HE WAS IN OUR PROGRAM FOR ONLY A SHORT TWO YEARS.

OL' BARN REMEMBERS HIM ALL TOO WELL ... THE ALBANY LONG COURSE MEET LAST SUMMER, I TOLD FORBES MACK TO WATCH THIS GUY AND TELL ME BY HAND SIGNALS WHERE HE WAS...FORBES HANDS WERE NEVER MORE THAN A COUPLE OF FEET APART DURING THE ENTIRE 200 METERS OF BREAST STROKE...WE WOUND UP WITH DAVE AT 3:58 AND OB AT 3:56. THE BEST PART WAS THAT WE BOTH MADE TOP TEN OUT OF THAT RACE. YES, JUST EARLY THIS YEAR DAVE SWAM A GREAT 100 BREAST AGAINST FORBES MACK AT NEWPORT, PUSHING FORBES TO A NEW REGIONAL RECORD. DAVE WAS LOOKING FORWARD TO TURNING 70 HE WAS 69 AT THE TIME OF HIS DEATH.

DAVE DIED PERHAPS THE WAY THAT MANY OF US WOULD LIKE TO, DOING WHAT WE TRULY ENJOY, HE WAS WORKING OUT AT THE SHELDON POOL IN EUGENE.

OB HAS MET VERY FEW MEN IN HIS LIFE, WHO IMMEDIATELY WAS PART OF EVERYTHING, A MAN WHO LOVED WHAT HE WAS DOING, AND INFLUENCED ALL OF US !!!

DAVE HAD BEEN A RUNNER AND HAD FOUND THAT THIS WAS NOT HIS CUP OF TEA, SO HE SWITCHED TO MASTERS SWIMMING. IF ONLY HE HAD HAD A FEW MORE YEARS. DAVE WAS NOT THE EXPERIENCED SWIMMER FROM HIGH SCHOOL AND COLLEGE, WHO WE SEE SO MUCH OF THESE DAYS IN THE TOP TEN. HIS EXPERIENCE SUM TOTAL WAS COLLEGE INTRAMURALS AT OREGON...THESE ARE THE KIND OF PEOPLE IN MASTERS WHOM I TRULY LOVE AND ADMIRE, THESE ARE THE PEOPLE WHO REALLY HAVE TO WORK AT IT, IF THEY ARE INTERESTED IN NATIONAL RANKINGS.

DAVE CURTIS WAS A RETIRED AIRFORCE COLONEL. HE GRADUATED FROM EUGENE HIGH, AND THEN FROM THE UNIVERSITY OF OREGON. HE WAS BORN IN BRIGHTON, OREGON. FROM JUNE OF 1965 TO JANUARY OF 1970 HE SUPERVISED, PLANNED AND PROGRAMMED THE NATIONAL AIR FORCE FLIGHT AND NAVIGATOR SCHOOLS...DAVE WAS A MUCH DECORATED VETERAN OF THE REGULAR AIRFORCE.

AFTER RETIRING FROM THE AIRFORCE, DAVE CURTIS RETURNED TO EUGENE AND ENROLLED IN LITERATURE AND JOURNALISM CLASSES AT OREGON, THIS LED TO AN ENTIRE NEW CAREER AS A PUBLISHED AUTHOR, AND AWARD WINNING NATURE PHOTOGRAPHER.

WE WILL ALL MISS THIS TRULY GREAT GUY, WHO I LIKED LIKE "60" FROM DAY ONE !!!

OUR SYMPATHIES GO OUT TO JAMIE CURTIS AND THE FAMILY. THE FAMILY REQUESTS THAT REMEMBRANCES BE MADE TO WILLAMETTE WILDLIFE RESCUE AND REHABILITATION.

TAPS...COLONEL DAVE...YOUR COUNTRY AND MASTERS SWIMMING WILL MISS YOUR GREAT WARMTH AND WONDERFUL SMILE.

DAVE'S FAVORITE SAYING " MAY YOU LIVE ALL THE DAYS OF YOUR LIFE ", (J. SWIFT), SHOULD BE REMEMBERED AND THOUGHT OF BY ALL OF US.

WILL MISS YOU DAVE ... OL BARNACLE.

"Eisenschmidt Pool 50th Anniversary Meet"

**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
APPROVED (#90-A) BY USMS, INC. AND LMSC FOR OREGON ASSOCIATION**

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.
Unregistered swimmers must submit a 1990 registration form & fee with this form

MEET: St. Helens Short Course Meet **DATE:** NOVEMBER 11th, 1989
PLACE: Eisenschmidt Pool St. Helens, ORE
 7 lanes, indoor, manual timing **WARM-UPS:** 8:15 a.m.
HOST: St. Helens Swim Club
 Melanie Cooke, contact person **MEET STARTS:** 9:15 a.m.
 503-397-2283 w 503-235-1242 h

DIRECTIONS TO POOL: 1051 Columbia Blvd. St. Helens, Oregon. Take Hwy 30 North to St. Helens - turn right at 3rd stop light - Columbia Blvd. - turn right on 12th between the Fire Station and Thriftway - go 1/2 block to Eisenschmidt lane

ENTRY DEADLINE: POSTMARKED NO LATER THAN 10-31-89 NO LATE ENTRIES ACCEPTED

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

NAME _____ **PHONE** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

1990 USMS # _____ **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.

SATURDAY NOVEMBER 11th

500 FREE (1) _____:_____._____ 50 FREE (10) _____:_____._____

BREAK BREAK BREAK 100 FLY (11) _____:_____._____

FREE RELAY (2) XXXXXXXXXXXXXXXX 50 BREAST (12) _____:_____._____

100 BACK (3) _____:_____._____ MEDLEY RELAY (13) XXXXXXXXXXXXXXXX

200 FREE (4) _____:_____._____ BREAK BREAK BREAK

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

200 BREAST (6) _____:_____._____ 100 FREE (15) _____:_____._____

100 IM (7) _____:_____._____ 200 FLY (16) _____:_____._____

MIXED FR RELAY (8) XXXXXXXXXXXXXXXX 100 BREAST (17) _____:_____._____

BREAK BREAK BREAK 200 IM (18) _____:_____._____

200 BACK (9) _____:_____._____ MIXED MED RELAY (19) XXXXXXXXXXXXXXXX

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to: OMS, 3904 SW 57th Ave., Portland, OR 97221. **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** _____

MAC CLUB LC MEET 50 METER 08/06/89 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

----- 19-24	WOMEN	-----	400PRE GLORIA G MIGHELL	60 OREG11:27.72	200BAK JAMES M ELLIOTT	37 OREG 3:03.36	
50FREE SANDI L HYDE	20 OREG	:32.80	50BRST GLORIA G MIGHELL	60 OREG 1:18.92	50BRST ROY H CLARK	35 OREG :33.58+	
DAWN E. MORRIS	20 OREG	:38.02	100BRS GLORIA G MIGHELL	60 OREG 3:03.72	Oregon was- ART SMITH	:35.25	
100PRE SANDI L HYDE	20 OREG	1:12.73	200BRS GLORIA G MIGHELL	60 OREG 6:08.12	BRUCE W CHENEY	37 OREG :43.79	
200PRE SANDI L HYDE	20 OREG	2:43.24	----- 65-69	WOMEN	-----	100BRS ROY H CLARK	35 OREG 1:16.42+
50BACK DAWN E. MORRIS	20 OREG	:38.89	50FREE PETEY MH. SMITH	65 OREG :37.65	Oregon was- ART SMITH	1:17.45	
100BAK DAWN E. MORRIS	20 OREG	1:27.38	100PRE PETEY MH. SMITH	65 OREG 1:24.59+	200BRS ROY H CLARK	35 OREG 2:53.10	
200BAK DAWN E. MORRIS	20 OREG	3:05.35	Oregon was- PETEY MH. SMITH	1:25.12	100FLY HUGH C MOORE	35*PNA 1:10.45	
50 FLY SANDI L HYDE	20 OREG	:41.80	800PRE PETEY MH. SMITH	65 OREG13:33.26+	200FLY HUGH C MOORE	35*PNA 2:40.63	
100PLY SANDI L HYDE	20 OREG	1:41.60	Oregon was- JUDY M MELCHER	22:34.68	200 IM HUGH C MOORE	35*PNA 2:51.33	
200 IM DAWN E. MORRIS	20 OREG	3:20.85	ELFIE J STEVENIN	67 OREG22:55.88	400 IM HUGH C MOORE	35*PNA 5:49.46	
----- 25-29	WOMEN	-----	50BACK ELFIE J STEVENIN	67 OREG 1:15.99	----- 40-44	MEN	-----
800PRE MARY A YUSE	29 OREG12:41.70		100BAK ELFIE J STEVENIN	67 OREG 2:44.07	50FREE HARLAN B. HAYNIE	40 OREG :33.25	
100BAK ANN DAGGETT	26 OREG	1:24.80	200BAK ELFIE J STEVENIN	67 OREG 5:39.23	STEVE DUNNE	41 OREG :37.59	
200BAK KAREN JOST	27*PNA	3:00.40	50 FLY PETEY MH. SMITH	65 OREG :54.88+	100PRE HARLAN B. HAYNIE	40 OREG 1:19.97	
50 FLY ANN DAGGETT	26 OREG	:34.29	Oregon was- ELFIE J STEVENIN	1:28.07	200PRE HARLAN B. HAYNIE	40 OREG 3:03.75	
100PLY ANN DAGGETT	26 OREG	1:17.91	200 IM PETEY MH. SMITH	65 OREG 4:09.11	800PRE STEVEN L DURAPAU	40 OREG10:15.24	
KAREN JOST	27*PNA	1:23.18	400 IM ELFIE J STEVENIN	67 OREG13:07.43+	HARLAN B. HAYNIE	40 OREG13:48.98	
200PLY ANN DAGGETT	26 OREG	2:50.99	Oregon was- ELFIE J STEVENIN	13:19.96	50BACK STEVE DUNNE	41 OREG :48.78	
200 IM ANN DAGGETT	26 OREG	2:53.00	----- 70-74	WOMEN	-----	50BRST STEVE DUNNE	41 OREG :53.35
KAREN JOST	27*PNA	2:58.68	200PRE BARBARA T HAVERCAMP	73 OREG 6:39.12	50 FLY HARLAN B. HAYNIE	40 OREG :47.49	
400 IM KAREN JOST	27*PNA	6:18.89	200BAK BARBARA T HAVERCAMP	73 OREG 7:34.51	STEVE DUNNE	41 OREG :58.91	
MARY A YUSE	29 OREG	7:05.86	100BRS BARBARA T HAVERCAMP	73 OREG 4:44.00	----- 45-49	MEN	-----
----- 30-34	WOMEN	-----	200BRS BARBARA T HAVERCAMP	73 OREG10:00.01	50FREE BRIAN R ROUTH	46 OREG :34.94	
100PRE ROBIN L DURANT	33*1EM	1:24.48	400 IM BARBARA T HAVERCAMP	73 OREG18:17.92	100PRE TOM FANNING	49 OREG 1:10.84	
800PRE ROBIN L DURANT	33*1EM	12:28.90	----- 75-79	WOMEN	-----	BRIAN R ROUTH	46 OREG 1:19.59
200BRS ROBIN L DURANT	33*1EM	4:01.23	50FREE DOREEN MORRIS	77 MACO 1:45.63	200PRE BRIAN R ROUTH	46 OREG 3:01.89	
200 IM ROBIN L DURANT	33*1EM	3:29.68	100PRE DOREEN MORRIS	77 MACO 3:49.45	400PRE ROBERT S SMITH	46 OREG 5:46.22	
----- 35-39	WOMEN	-----	100BAK DOREEN MORRIS	77 MACO 3:07.12	TOM FANNING	49 OREG 5:50.01	
50FREE MARI CONNOLLY	36 MACO	:33.71	200BAK DOREEN MORRIS	77 MACO 6:27.74+	800PRE RICHARD D BOYD	46 OREG10:36.99	
100PRE MARI CONNOLLY	36 MACO	1:17.21	Oregon was- HAZEL B BRESSIE	6:37.42	50BACK ROBERT S SMITH	46 OREG :31.45	
JANE A MOORE	38*PNA	1:27.89	----- 80-84	WOMEN	-----	200BAK TOM FANNING	49 OREG 3:08.17
400PRE JANE A MOORE	38*PNA	6:45.47	100PRE HAZEL B BRESSIE	80 MACO 3:37.25	100PLY TOM FANNING	49 OREG 1:33.22	
800PRE MARJORIE MEEK	37 MACO11:44.30		200PRE HAZEL B BRESSIE	80 MACO 7:50.89	400 IM RICHARD D BOYD	46 OREG 5:45.32+	
JANE A MOORE	38*PNA	13:55.75	800PRE HAZEL B BRESSIE	80 MACO33:00.99+	Oregon was- BERT PETERSEN	6:31.50	
KATHLEEN P BUCK	38 OREG14:00.37		Oregon was- OPEN	99:99.99	----- 50-54	MEN	-----
50BACK MARI CONNOLLY	36 MACO	:39.77	100FLY HAZEL B BRESSIE	80 MACO 6:18.27	50FREE JACK C WONG	51 MACO :36.06	
100BAK MARJORIE MEEK	37 MACO	1:26.21	200 IM HAZEL B BRESSIE	80 MACO 9:29.85	GEORGE SABIN	54 MACO :37.59	
JANE A MOORE	38*PNA	1:50.25	----- 25-29	MEN	-----	100PRE JIM BIGLER	53 MACO 1:16.27
200BAK MARJORIE MEEK	37 MACO	3:05.17	50FREE JIM RABE	28 OREG :26.34	GEORGE SABIN	54 MACO 1:30.13	
KATHLEEN P BUCK	38 OREG	4:14.52	100PRE JIM RABE	28 OREG :59.04	200PRE JIM BIGLER	53 MACO 2:42.62	
100BRS JANE A MOORE	38*PNA	2:06.27	50BACK STEVEN F HILL	29 MACO :37.79	400PRE BERT L PETERSEN	50 OREG 5:46.76	
200 IM KATHLEEN P BUCK	38 OREG	4:05.23	100BAK STEVEN F HILL	29 MACO 1:19.71	800PRE JIM BIGLER	53 MACO12:07.56+	
----- 45-49	WOMEN	-----	50 FLY JIM RABE	28 OREG :29.96	Oregon was- JIM BIGLER	12:27.18	
100PRE LINDA L JONES	47 MACO	1:33.30	STEVEN F HILL	29 MACO :30.03	50BRST JACK C WONG	51 MACO :43.58	
200PRE LINDA L JONES	47 MACO	3:29.36	100FLY STEVEN F HILL	29 MACO 1:08.61	100BRS JACK C WONG	51 MACO 1:40.81	
800PRE PAMELA HINSTREET	45 OREG13:29.20		----- 30-34	MEN	-----	50 FLY BERT L PETERSEN	50 OREG :30.85
50BACK LINDA L JONES	47 MACO	:49.48	100BAK SCOTT H KORNBERG	34 OREG 1:36.95	100FLY BERT L PETERSEN	50 OREG 1:12.58+	
200BAK LINDA L JONES	47 MACO	4:01.62	200BAK JOHN F ZELL	32 OREG 2:37.48	Oregon was- BERT L PETERSEN	1:15.26	
50 FLY LINDA L JONES	47 MACO	:49.70	SCOTT H KORNBERG	34 OREG 3:22.50	----- 55-59	MEN	-----
----- 55-59	WOMEN	-----	50 FLY SCOTT H KORNBERG	34 OREG :41.35	100PRE ARTHUR C WELCH	56 OREG 1:16.64	
800PRE LAVELLE M STOINOFF	56 MACO11:47.48		200 IM JOHN F ZELL	32 OREG 2:40.01	ERIC GP. GUEST	59 OREG 1:17.79	
50BACK LAVELLE M STOINOFF	56 MACO	:43.62	400 IM JOHN F ZELL	32 OREG 5:40.75	ROBERT R KIM	55 MACO 1:18.51	
200BAK LAVELLE M STOINOFF	56 MACO	3:15.76	----- 35-39	MEN	-----	400PRE RICHARD MEALY	56 OREG 6:17.21
50BRST JOYCE BAHLER	59 MACO	:53.55	50FREE BRUCE W CHENEY	37 OREG :34.07	800PRE RICHARD MEALY	56 OREG13:17.14	
100BRS JOYCE BAHLER	59 MACO	2:00.61	400PRE HUGH C MOORE	35*PNA 5:21.71	ROBERT R KIM	55 MACO13:22.56	
200BRS JOYCE BAHLER	59 MACO	4:09.43	JAMES M ELLIOTT	37 OREG 5:50.09	LLOYD WEISENSE	56 MACO19:07.19	
----- 60-64	WOMEN	-----	800PRE BRUCE W CHENEY	37 OREG12:10.08	100BAK ARTHUR C WELCH	56 OREG 1:35.48	
100PRE GLORIA G MIGHELL	60 OREG	2:32.52	100BAK JAMES M ELLIOTT	37 OREG 1:26.16			

MAC CLUB LC MEET 50 METER 08/06/89 PG 2

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

200BAK ARTHUR C WELCH	56 OREG 3:23.65	50 FLY JOHN G KORUGA	62*PNA :54.97	400 IM EARL WALTER	68 OREG 8:00.74
RICHARD MEALY	56 OREG 3:37.49	----- 65-69	MEN -----	----- 70-74	MEN -----
TOM POLEY	55*PNA 4:00.59	50FREE HUGH S RICHARDS	68 OREG :33.71	100FRE MEL W ANDERSON	71 OREG 1:55.26
50BRST DONALD P VANROSSEN	59 OREG :40.81	100FRE DAVID BERNSTEIN	67 OREG 2:00.41	50BACK MEL W ANDERSON	71 OREG 1:02.06
100BRS DONALD P VANROSSEN	59 OREG 1:32.59+	800FRE DAVID BERNSTEIN	67 OREG18:51.74	50 FLY MEL W ANDERSON	71 OREG 1:16.34
Oregon was- ERIC G P GUEST	1:34.31	JOSEPH A WALLON	68 OREG18:54.13	100FLY MEL W ANDERSON	71 OREG 3:06.50
200BRS DONALD P VANROSSEN	59 OREG 3:26.23	50BACK EARL WALTER	68 OREG :41.32	200 IM MEL W ANDERSON	71 OREG 5:15.87
RICHARD MEALY	56 OREG 4:30.68	DAVID BERNSTEIN	67 OREG :59.79	----- 75-79	MEN -----
50 FLY ROBERT R KIM	55 MACO :36.79	100BAK EARL WALTER	68 OREG 1:34.78	50FREE JACK HOEY	79 OREG :49.56
ARTHUR C WELCH	56 OREG :36.96	KHOSROW SHADBEH	68 OREG 2:03.85	100FRE JACK HOEY	79 OREG 1:59.40
100FLY ROBERT R KIM	55 MACO 1:30.63	DAVID BERNSTEIN	67 OREG 2:07.39	50BACK JACK HOEY	79 OREG :53.50
TOM POLEY	55*PNA 1:59.53	200BAK EARL WALTER	68 OREG 3:31.72	100BAK JACK HOEY	79 OREG 1:59.77
200FLY TOM POLEY	55*PNA 4:41.60	50BRST ROBERT A MORRISON	68 OREG :43.86	200BAK JACK HOEY	79 OREG 4:23.58
200 IM ARTHUR C WELCH	56 OREG 3:15.66	HUGH S RICHARDS	68 OREG :46.46	----- 80-84	MEN -----
RICHARD MEALY	56 OREG 3:36.52	100BRS HUGH S RICHARDS	68 OREG 1:46.82	400FRE HERB EISENSCHMIDT	82 OREG 8:30.07
TOM POLEY	55*PNA 3:52.22	ROBERT A MORRISON	68 OREG 1:49.55	50BACK HERB EISENSCHMIDT	82 OREG :56.84
400 IM DONALD P VANROSSEN	59 OREG 7:07.54	KHOSROW SHADBEH	68 OREG 1:51.99	100BAK HERB EISENSCHMIDT	82 OREG 2:04.77
TOM POLEY	55*PNA 8:22.45	200BRS KHOSROW SHADBEH	68 OREG 4:02.64	200BAK HERB EISENSCHMIDT	82 OREG 4:33.82
----- 60-64	MEN -----	ROBERT A MORRISON	68 OREG 4:24.00	50BRST HERB EISENSCHMIDT	82 OREG 1:07.31
50FREE JOHN G KORUGA	62*PNA :42.80	50 FLY HUGH S RICHARDS	68 OREG :40.21		
100FRE JOHN G KORUGA	62*PNA 1:33.15	ROBERT A MORRISON	68 OREG :43.51		

MAC CLUB LC MEET 50 METER 08/06/89

120+ MEN

JAMES M ELLIOTT,37 *** BRUCE W CHENEY,37 ***

14

JIM RABE,28 ***

400 MEDLEY RELAY

JOHN F ZELL,32 *** OREG 5:37.93

240+ MEN

EARL WALTER,68 *** DONALD P VANROSSEN,59 ***

14

ARTHUR C WELCH,56 ***

200 MEDLEY RELAY

DONALD CAMERON,59 *** OREG 2:33.30

120+ MIXED

DAWN E. MORRIS,20 *** BRUCE W CHENEY,37 ***

19

ROBERT S SMITH,46 ***

400 MEDLEY RELAY

KATHLEEN P BUCK,38 *** OREG 6:32.94

160+ MEN

BRUCE W CHENEY,37 *** ROBERT S SMITH,46 ***

3

JAMES M ELLIOTT,37 ***

400 FREE RELAY

ARTHUR C WELCH,56 *** OREG 5:06.71

240+ MEN

ERIC GP. GUEST,59 *** DONALD P VANROSSEN,59 ***

3

HUGH S RICHARDS,68 ***

200 FREE RELAY

DONALD CAMERON,59 *** OREG 2:13.93

120+ MIXED

KATHLEEN P BUCK,38 *** BRUCE W CHENEY,37 ***

8

ROBERT S SMITH,46 ***

400 FREE RELAY

DAWN E. MORRIS,20 *** OREG 6:16.74

200+ MIXED

LAVELLE M STONOFF,56 *** MARJORIE WBEK,37 ***

8

ROBERT R KIM,55 ***

800 FREE RELAY

JIM BIGLER,53 *** MACO 11:10.75

RESULTS RESULTS THE SOUTHERN OREGON LAKE SWIM RESULTS RESULTS

The Southern Oregon Lake Swim was a very successful event in many ways. The fifty participants were treated to a beautiful Applegate Lake....clean water, wonderful water temperature and a nice sunny day. Many of the swimmers were accompanied by their families and friends. Everyone enjoyed the excellent camping facilities and the great potluck picnic after the swim. So all in all it was a great weekend in southern Oregon. Next years event will be held on July 14th, again at Applegate Lake.

See the results on the next page.....

* * * * * S O U T H E R N O R E G O N L A K E S W I M * * * * *

July 15, 1989

1500 Meter

Overall	Age	Place	Age Group	Time	Sex	Age	Name
1		1	30 - 34	0:20:36	M	33	MICHAEL BAIRD
2		1	25 - 29	0:20:56	M	29	MICHAEL JOHNSON
3		2	25 - 29	0:22:47	M	26	RICK RODRIQUEZ
4		2	30 - 34	0:22:48	M	31	MICHAEL DOUGLAS
5		1	40 - 44	0:23:18	M	44	DAN GRAY
6		1	35 - 39	0:23:57	F	36	BETH BRENNER
7		2	40 - 44	0:24:10	M	40	GREG FROWNELTER
8		1	30 - 34	0:25:00	F	34	DEBBIE GREGIORE
9		3	30 - 34	0:25:39	M	32	ROSS LEHMAN
10		2	35 - 39	0:25:00	F	36	SUE SMITH
11		1	45 - 49	0:25:01	M	49	TOM GIESON
12		1	35 - 39	0:26:02	M	38	TOM MEYERS
13		4	30 - 34	0:26:15	M	34	STEVE HOLBROOK
14		3	40 - 44	0:26:16	M	40	RON JERSEY
15		4	40 - 44	0:26:17	M	44	DENNIS COOPER
16		2	45 - 49	0:26:26	M	46	FRANK PHILLIPS
17		1	19 & UNDER	0:26:50	M	16	FINN NORRIS GRAY
18		2	35 - 39	0:27:10	M	38	PETE KRALICK
19		5	40 - 44	0:27:19	M	40	PAT WALSH
20		1	55 - 59	0:27:20	M	56	LEO VAN DIJK
21		2	30 - 34	0:27:21	F	30	SUSAN KENNEDY
22		3	35 - 39	0:27:22	F	38	JO COLUMBINE
23		6	40 - 44	0:27:33	M	40	CARLYLE STOUT
24		3	45 - 49	0:27:33	M	48	CHUCK SMOKER
25		4	35 - 39	0:27:40	F	35	KARIN CLANCEY
26		1	45 - 49	0:27:53	F	46	NANCY BROOKS
27		7	40 - 44	0:28:23	M	41	TED HOLDEN
28		1	60 - 64	0:28:40	M	63	MICHAEL MOREHOUSE
29		3	35 - 39	0:31:35	M	38	FRED HARSHMANN
30		3	30 - 34	0:31:55	F	33	EMILY PHELPS
31		5	35 - 39	0:31:56	F	38	ROBIN BARRETT
32		8	40 - 44	0:32:34	M	44	JIM SCOTT
33		2	55 - 59	0:34:45	M	59	TERRY MC CURDY
34		4	30 - 34	0:34:57	F	31	JOYCE VAN ANNE
35		9	40 - 44	0:36:40	M	41	NORMAN GREGIORE
36		1	19 & UNDER	0:37:23	F	12	CLAIRE BRENNER
37		1	70 & OVER	0:41:50	F	73	EVELYN MC KEON

* * * * * S O U T H E R N O R E G O N L A K E S W I M * * * * *

July 15, 1989

3000 Meter

Overall	Age	Place	Age Group	Time	Sex	Age	Name
1		1	35 - 39	0:46:55	M	39	MIKE DIRKSEN
2		1	40 - 44	0:49:43	M	40	PAUL RUNQUIST
3		2	40 - 44	0:51:46	M	40	RICHARD SMITH
4		1	30 - 34	0:53:42	M	34	DANIEL GREENBLATT
5		1	20 - 24	0:54:37	F	24	LUCY REPAR
6		2	35 - 39	0:56:40	M	38	DAVID BOGDEN
7		1	30 - 34	0:58:02	F	32	BECKIE ARD
8		1	35 - 39	0:59:10	F	37	NANCY MILNER
9		1	65 - 69	1:00:26	F	67	MARION CHADWICK
10		1	45 - 49	1:01:27	F	49	CHARLOTTE COWAN
11		1	55 - 59	1:01:57	M	55	HARRY HUTTON
12		3	40 - 44	1:07:00	M	42	WILL HERSHMAN
13		4	40 - 44	1:14:57	M	44	MICHAEL KOLLIN

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) _____
City, State, Country _____ St. George phone number _____
Date of Birth _____ Age _____ Male ☐ Female ☐ ZIP Code _____
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 for seniors.

• 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 _____
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 _____

FITNESS SWIMMING - TRAINING HEART RATE

Jane A. Moore, M.D.

To develop and maintain fitness in healthy adults, the American College of Sports Medicine recommends 15 to 60 minutes of continuous aerobic activity 3 to 5 days per week at an intensity of 60 to 90% of maximum heart rate. Workouts should be designed to keep the heart rate within this range. Those who are less fit should use the lower end of each range and gradually work up to the higher end of each range.

How can one determine maximum heart rate? The most accurate method is through a maximal exercise stress test. This test is performed by some physicians, usually on a treadmill. The individual being tested walks and/or runs on the treadmill at a gradually increasing speed and incline until his/her pulse rate levels off and no longer increases with increasing difficulty of exercise. This pulse rate is the maximum heart rate.

Maximum heart rate can be estimated from sub-maximal exercise tests on treadmills or bicycle ergometers. These tests are also done by some physicians as well as some health and fitness clubs. Maximum heart rate (MHR) can also be estimated using equations. The most common estimate is 220 minus age. Training heart rate (THR) is then determined by multiplying MHR by desired intensity (60 to 90%).

A more accurate estimate of MHR and THR can be done using the Karvonen equation. This method is used by Dr. Kenneth Cooper at The Institute for Aerobics Research. Using this formula first compute MHR:

Male MHR = $205 - 1/2 \text{ age}$

Female MHR = $220 - \text{age}$.

Then compute heart rate range (HRR): $\text{HRR} = \text{MHR} - \text{resting heart rate (RHR)}$. Resting heart rate is determined by taking one's pulse for one minute first thing in the morning before getting out of bed.

Next determine HRR%. $\text{HRR\%} = \text{HRR} \times \text{intensity (60 to 90\%)}$.

Training heart rate is $\text{HRR\%} + \text{RHR}$.

The pulse should be checked at various times during workouts to see if it is staying in the desired range. Stop, count the pulse for 6 seconds and multiply by 10 to determine pulse rate during exercise. Counting the pulse for longer periods of time, such as a full minute, gives a less accurate rate as recovery occurs and heartbeat slows while being counted.

EXAMPLES: 1. 24 year old man just starting exercise program. RHR 72.

$\text{MHR} = 205 - (1/2 \times 24) = 193$

$\text{HRR} = 193 - 72 = 121$

desired intensity 60%

$\text{HRR\%} = 121 \times .60 = 72.6$

$\text{THR} = 72.6 + 72 = 144.6$ (can round to 145).

2. 36 year old woman, exercises regularly. RHR 60.

$\text{MHR} = 220 - 36 = 184$

$\text{HRR} = 184 - 60 = 124$

desired intensity 80%

$\text{HRR\%} = 124 \times .80 = 99.2$

$\text{THR} = 99.2 + 60 = 159.2$ (can round to 160).

3. 48 year old man, excellent shape. RHR 46.

$\text{MHR} = 205 - (1/2 \times 48) = 181$

$\text{HRR} = 181 - 46 = 135$

desired intensity 90%

$\text{HRR\%} = 135 \times .90 = 121.5$

$\text{THR} = 121.5 + 46 = 167.5$ (can round to 170).

MEET INFORMATION: November 18, 19, 1989
Hosted by North Kitsap High School Swim Team

MEET ENTRY FORM: November 18, 19, 1989
Hosted by N. Kitsap High School Swim Team
at Kitsap High School Pool
Sanction # 903602

ORDER OF EVENTS

- EVENT # EVENT
- Saturday November 18
- 1 400 IM
- 2 1650 FREE
- Sunday November 19
- 3 500 FREE (9 am check-in)
- 4 10 minute break
- 4 100 BACK
- 5 200 FREE
- 6 50 FLY
- 7 200 BREAST
- 8 100 IM
- 9 5 minute break
- 10 200 Free Relay
- 11 200 BACK
- 12 50 FREE
- 13 100 FLY
- 14 50 BREAST
- 5 minute break
- 14 200 Medley Relay
- 15 50 BACK
- 16 100 FREE
- 17 200 FLY
- 18 100 BREAST

DATE: November 18, 19, 1989
TIME: Sat. Nov. 18
Warmup 4 p.m. Meet 5 p.m.
Sun. Nov. 19
Warmup: 8:30 a.m. Meet 9:30 a.m.

PLACE: Kitsap H.S. Pool
1881 Hostmark ST
Poulsbo WA
(206) 773-3790

MEET DIRECTOR: Marilyn Grindred
(on site)
Entries: Gordon Gray
(206) 697-1532 (Before 9 pm)

FACILITY: 6-lane 25 yd pool,
diving area for warm-up
available throughout
the meet. Water temp: 82 degrees
Concession stand

RULES: Current USMS rules will
govern the meet

ELIGIBILITY: Open to all USMS registered
1990 swimmers 19 and over as of
the last day of the meet

SEEDING: Slow to fast except 400 IM
1650 FREE, and 500 FREE

Directions: From Rainbridge Island ferry: Follow 305 to Poulsbo. Turn RIGHT
onto Hostmark (first light in Poulsbo). Pool is .6 mile up the hill,
across from the high school.
From Tacoma: Take Rt 16 over Tacoma Narrows Bridge to Hwy 3 North to
Poulsbo. At the first light, Hwy 3 and 305 intersect. Continue
straight on 305. Go approximately 2 miles, turn left onto Hostmark.
Pool is .6 mile up the hill across from the high school.

PLEASE NOTE: Swimmers under the age of 25 are advised they might jeopardize
their amateur status under FINA rule GR-1 if they participate in Masters
competition.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____

USMS NUMBER _____ Must have 1990 registration number

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 12-24 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+

Age is determined by your age on the last day of the meet.
ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES

SURCHARGE: \$63.00 \$3.00 (includes LMSC surcharge of \$1)
Individual Events @ \$1.00 (No charge for relays)

TOTAL

Checks payable to North Kitsap High School

Mail fees and this entry form to: Gordon Gray TEL: 697-1532
P.O. Box 84
Keyport, WA 98345

ENTRIES Postmarked November 7, 1989

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, all local
Masters Swimming Committees, North Kitsap High School Swim Team and North
Kitsap High School Pool free and harmless from 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.

SIGNED _____ DATE _____

ORDERS OF EVENTS

Listed below are the four orders of events. Please note which order is offered in the month on which you are bidding.

	ORDER #1	ORDER #2	ORDER #3	ORDER #4
<u>Optional</u> <u>Distance</u> <u>Events</u>	400 IM	400 IM	400 IM	400 IM
	1650 or	1650 or	1650 or	1650 or
	1000 yd Fr	1000 yd Fr	1000 yd Fr	1000 yd Fr
	1500 or	1500 or	1500 or	1500 or
	800 m Fr	800 m Fr	800 m Fr	800 m Fr
	Free Relay	500 Free*	Free Relay	500 Free*
	50 Free	Free Relay	200 Fly	Free Relay
	100 Breast	100 Back	200 Back	50 Breast
	200 Back	200 Free	50 Breast	100 Fly
	50 Fly	50 Fly	100 Free	200 Free
	200 IM	200 Breast	Mxd Fr Relay	50 Back
	Mxd Fr Relay	100 IM"	BREAK	100 IM"
	BREAK	Mxd Fr Relay	200 IM	Mxd Fr Relay
	100 Free	BREAK	50 Fly	BREAK
	200 Breast	200 Back	100 Back	100 Breast
	50 Back	50 Free	200 Breast	50 Fly
	100 Fly	100 Fly	50 Free	100 Free
	Medley Relay	50 Breast	Medley Relay	200 Back
	BREAK	Medley Relay	BREAK	Medley Relay
	200 Free	BREAK	100 Fly	BREAK
	50 Breast	50 Back	50 Back	200 Breast
	100 Back	100 Free	100 Breast	200 Fly
	200 Fly	200 Fly	200 Free	50 Free
	100 IM"	100 Breast	100 IM"	100 Back
	Mxd Med Relay	200 IM	Mxd Med Relay	200 IM
	500 Free*	Mxd Med Relay	500 Free*	Mxd Med Relay

* 400 Free for short or long course meters meet

" Short course yards or meters meet only

MEET ENTRY FORM: October 15, 1989
Hosted by Lynnwood Masters
at Lynnwood Pool
Sanction # 903601

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____

USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 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+
Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES
SURCHARGE: \$3.00
Individual Events \$ \$1.00
TOTAL _____
\$2.00 (Includes LMSC surcharge \$1)
(No charge for relays)

Checks payable to Lynnwood Masters

Mail fees and this entry form to: Brian Langlois
9321 45th Avenue West
Burkitt, WA 98275

ENTRIES Postmarked: October 3, 1989

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, all local Masters Swimming Committees, Lynnwood Masters and Lynnwood Pool free and harmless from 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.

SIGNED _____ DATE _____

MEET INFORMATION: October 15, 1989
Hosted by Lynnwood Masters

ORDER OF EVENTS
EVENT # EVENT

- 1 50 FREE
- 2 100 BREAST
- 3 200 BACK
- 4 50 FLY
- 5 200 IM

5 minute break

- 6 200 Free Relay
- 7 100 FREE
- 8 200 BREAST
- 9 50 BACK
- 10 100 FLY

5 minute break

- 11 200 Medley Relay
- 12 200 FREE
- 13 50 BREAST
- 14 100 BACK
- 15 200 FLY
- 16 100 IM

5 minute break

- 17 500 FREE

DATE: October 15, 1989
TIME: Warmup: 8-9 am
Meet: 9 am to 1 pm

PLACE: Lynnwood Pool
18500 44th Ave W
Lynnwood, WA
771-4030

MEET DIRECTOR: Brian Langlois

FACILITY: 6-lane, 25 yd pool
shallow area for warm-up
Water temp: approx 82°

Concession stand
RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS 1989
(or 1990) registered swimmers 19 and
of the last day of the meet

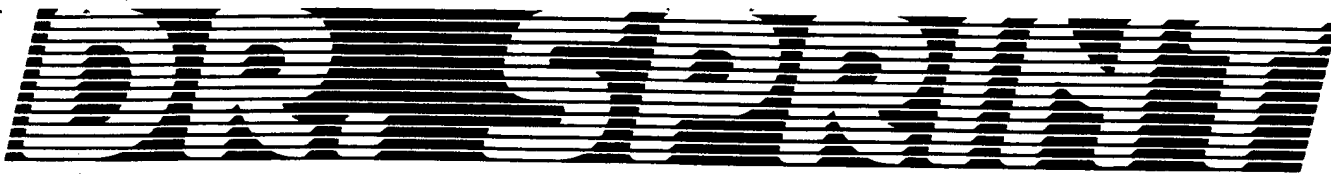
SEEDING: Slow to fast

NOTE: Spectators and participants may
be asked to time, if necessary.

Directions: From I-5 take exit 18f. Southbound turn RIGHT on 196th St. Go to 2nd light, turn RIGHT on 44th Avenue West. Go north through 1 traffic light and 1 block to pool on left. Northbound turn LEFT at light on 44th Avenue West. Continue north through 3 traffic lights and 1 block to pool on left.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule 6A-1 if they participate in Masters competition

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES



My Greatest Swimming Tip

Champions are made and not born. The following is my greatest swimming tip.

BEGINNINGS

I was an above average high school swimmer. But that wasn't good enough to be on the Michigan State University team.

For several years I worked as hard as anyone on the team to try to make it. Through all the double workouts with only xmas day off... I got exhausted alongside some great swimmers. But I was a 4th string nobody. My greatest accomplishment during those years was that the coaches allowed me to workout with the team and issued me a suit. I never went to any big meets, my face is not on any team photo, and I didn't get my varsity letter. I didn't swim my last year, the new talent on the team was just too strong. It broke my heart to quit trying for the team. I was convinced that there was something physically wrong with me or that good college athletes had some super special (genetic?) abilities.

MASTERS

In 1972 the Masters swimming program was just getting started. I joined in after about a 6 year layoff from swimming. Once again the superstars of swimming dominated the meets. I lost alot. I remember looking at the National records and seeing the ex-olympian names doing times at ages 30 & 35 which were faster than my best times in college. How could I possibly compete?

I love swimming so much. It seemed like a good habit and hobby to cultivate. The people in the sport were clean, healthy and uplifting even though they were also "competitive" (a dreaded word which usually means that I lose). I had a long talk with myself.

NEW PHILOSOPHY

I decided to not get too entangled in the competitiveness and just concentrate on swimming correctly and efficiently. I wanted to be the best I could be in terms of technique. Speed and performance would only be a measuring stick for technique. I always wondered what it would feel like to really swim correctly. There were many years in front of me to learn and experiment. I felt comfortable.

GOALS

Other masters around me seemed to have goals like; "To take 3rd place at Nationals" or "To break 1 minute in 100 yards". My goals reflected techniques like; "Flip with either hand equally", "Know exactly where the wall is and do perfect flips on every turn in the 200 yd back". I'd watch the top swimmers and emulate their strokes with goals like; "Breathe comfortably on both sides" and "Go deeper with my arm pattern such that I can reduce my strokes per length by 1 and still do the same time".

TECHNIQUE, TECHNIQUE, TECHNIQUE

Winning wasn't important. My ego just wasn't involved. Besides, winning depends upon other people and a goal like that is uncontrollable. Time was secondary. It depended upon conditioning, season, pool, and other physical/mental conditions. Besides, to be wrapped up in time and speed meant pressure to produce in each meet or season. I wanted the freedom to innovate and experiment with my swims. I had some "bad" years in terms of time and speed. This didn't discourage me since I was experimenting, changing and adapting my techniques. With technique goals, you may on the surface have a bad time but a great swim since you learned an important fact or achieved a technique milestone.

When you achieve a technique goal its hard to brag about it since it's highly personal. But the longer you live the less need you'll have to brag. Technique goals are highly portable and you can directly work on them in all workouts. Nowadays, I approach each workout with a sense of wonder. Workouts exist beyond mere conditioning. They exist to answer "What if?" questions.

OUTRAGEOUS RESULTS

At 45 years old I swam the 100 yard backstroke in 56.14 seconds. If I had done that time in college, I would have easily made the team! I'm now working on techniques that might yield a 55 second time. If I'm not faster at 50 years, that's ok, since I'll be a better swimmer.

My late success in swimming proves one thing to me... I'm normal. If you think you have a size, shape or genetic disadvantage in swimming, try "technique goals".

MY FAVORITE WORKOUTS

My Favorite IM Sets

Progressive 200 IM - rest :15 between each swim

- 1 X 25 fly
- 1 X 50 fly
- 1 X 75 (50 fly + 25 back)
- 1 X 100 (50 fly + 50 back)
- 1 X 125 (50 fly + 50 back + 25 brst)
- 1 X 150 (50 fly + 50 back + 50 brst)
- 1 X 175 (50 fly + 50 back + 50 brst + 25 free)
- 1 X 200 IM

900 yards (the fly will make this a Bert Petersen favorite!)

Ladder 400 IM - rest :20 between each swim

- 1 X 100 fly
- 1 X 200 (100 fly + 100 back)
- 1 X 300 (100 fly + 100 back + 100 brst)
- 1 X 400 IM
- 1 X 300 (100 back + 100 brst + 100 free)
- 1 X 200 (100 brst + 100 free)
- 1 X 100 free

1600 yards

Double worst/best stroke IMs - repeat entire set twice, the first time through increase the distance of your worst stroke, the second time through increase the distance of your best stroke.

- 1 X 100 IM @ 1:45
 - 2 X { 1 X 125 IM @ 2:15 double worst/best stroke
 - 1 X 150 IM @ 2:45 triple worst/best stroke
 - 1 X 200 IM @ 3:15 quadruple worst/best stroke
- 1150 yards

800 IM - rest :10 after each 25 fly, 50 back, 100 brst

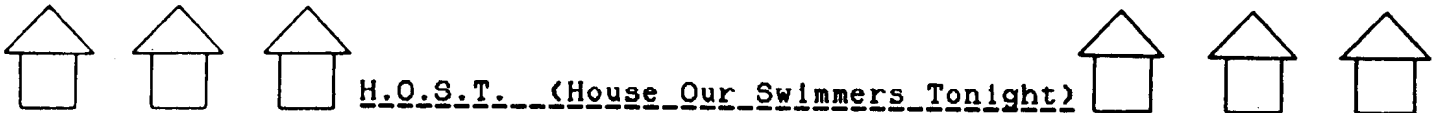
9 X broken 150 @ 3:00 - on repeats #1-3 the stroke is fly, on repeats #4-6 backstroke, and repeats #7-9 breaststroke. Each 150 consists of two 75s. The first 75 is a very fast 50 free plus an easy 25 stroke. Rest 10 seconds, then start the second 75, which is a very fast 25 stroke plus an easy 50 free. 1350 yards.

Happy Birthday

October Birthdays

Adams, Katy A.	10/22/57	Jorgensen, Craig R.	10/21/47
Ainslie, Randy D.	10/11/50	Kehrli, Martin A.	10/ 4/56
Ard, Beckie C.	10/ 3/56	Kennedy, Michael P.	10/ 2/57
Arthur, Bill	10/ 6/47	King, Lee K.	10/ 3/12
Bannister, Gregory J.	10/17/53	45 Lyons, Alan R.	10/26/44
Bigler, Jim	10/ 6/35	30 Martin, Roger P.	10/16/59
Bramucci, Ralph J.	10/24/38	Mather, Craig S.	10/25/51
Buskuhl, Janet L.	10/22/60	Mecca, Chris D.	10/17/51
30 Caltabiano, Pamela	10/26/59	Morris, Darla J.	10/ 4/37
Chambers, William J.	10/11/32	Newton, Ann D.	10/16/53
40 Charlton, Trevor G.	10/16/49	Quam, Caryn R.	10/21/68
Cheney, Bruce W.	10/ 9/51	Rabe, Jim D.	10/ 1/60
Clark, Philip E.	10/12/58	Robbins, Christopher J.	10/29/57
Clark, Roy H.	10/21/53	Rousseau, Sandi	10/ 5/47
30 Cobb, David M.	10/24/59	Southard, Jack W.	10/20/53
Converse, Paul R.	10/21/51	Stalford, Ernest D.	10/22/41
Cronin, Jed P.	10/16/48	Stout, Jon D.	10/17/46
50 Davis, Phyllis N.	10/16/39	Turay, Jeffrey B.	10/23/41
Dean, JoAnne H.	10/13/50	Von Tagen, Karl E.	10/28/43
Edwards, James S.	10/16/42	Wienert, Bob G.	10/ 6/47
Giordano, Patricia L.	10/ 9/42	Wienert, Jo-Hanna	10/13/58
Gordon, Vicki L.	10/22/56	Yarbrough, Lisa M.	10/ 9/61
Gregoire, Norman J.	10/22/47	Zehr, Wilson F.	10/25/61
Hutton, Harry E.	10/ 4/33		
Hyde, Sandra L.	10/18/68		

* 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

TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1989 or 1990 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE REGISTRAR: DAN JOHNSON, 7655 SW Cedarcrest St., Portland, OR 97223 (244-8152)

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

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

		1989 OMS TEAMS			
City	Team Name	Abrv.	Contact/Rep	Phone	
Albany	Albany Masters	ALB	Gus Arzner	???-????	
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610	
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661	
Beaverton	Griffith Park Ath. Club	GPA	Marty Boozer	644-3900	
Beaverton	Tualatin Hills Barracudas	THB	Dan Johnson	244-8152	
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228	
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624	
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594	
Eugene	Downtown Athletic Club	DAC	Nancy Steele	484-4011	
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622	
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286	
Eugene	Sheldon Night Crawlers	SHNC	Sean Broderick	687-5314	
Grants P.	Grants Pass Family YMCA	GPY	Pat Walsh	474-0001	
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465	
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971	
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093	
Lk Oswego	Lake Oswego Swim Club	LOSC	Steve DuRapau	697-7911	
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423	
Medford	Southern Oregon Swimmers	SOS	Janice O'Neil	772-6295	
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747	
Newport	Newport Masters	NEWP	Petey Smith	265-3885	
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915	
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111	
Portland	Multnomah Athletic Club	MAC	L. Niedermeyer	223-7029	
Portland	Multnomah Metro YMCA	MY	Sheila Henderson	227-2590	
Portland	Parkrose Masters	PKRS	Craig Jorgensen	252-9906	
Portland	Portland Comm College	PCC	Karl Von Tagen	244-6111x4201	
Portland	Portland Parks Masters	PPM	John Zell	286-6103	
Portland	RiverPlace Athletic Club	RAC	Steve Arndt	636-6760	
Portland	Viking Masters Swimming	VMS	Bob Morrison	234-3733	
Portland	Willamette Athletic Club	WAC	Brad Thomas	295-2255	
Redmond	Cascade Aquatic Masters	CAM	Sean Taylor	548-6066	
Roseburg	Umpqua Valley Masters	UVM	Judy McCurdy	673-3673	
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060	
SweetHome	Sweet Home OR Masters	SHOM	Kim Church	367-3191	
Vancouver,WA	Vancouver Old Timers	VOT	Andy Schrag	(206)254-9661	

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

1990 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, 1989 through October 31, 1990.

New registrations for 1990 are accepted beginning September 1, 1989, Renewals accepted after October 1, 1989.

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, the 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 \$7.00 a year 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.

\$12.00 of your \$18.00 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	\$5,000
	Accidental Medical Expenses	\$25,000

There are two clubs within Oregon Masters: OREG and MACO. Club designation affects eligibility to swim on relays. Regardless of your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "un-attached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

1. Don't forget to check the appropriate club.
2. Team refers to the team you work out with. See preceding page for proper abbreviation
3. Sign the form (all information must be filled in).
4. Make your check payable to Oregon Masters Swimming

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

<input type="checkbox"/> This is a New registration. <input type="checkbox"/> I was registered in 1989		Office use only
Name _____ <div style="display: flex; justify-content: space-between; width: 100%;"> LAST FIRST M.I. </div>		
Address _____ City _____ St _____ ZIP _____ () _____ - _____ / ____ / ____ <div style="display: flex; justify-content: space-between; width: 100%;"> Phone # Born (MM/DD/YY) Age Sex </div>		Oregon 1990 Reg. Fee (\$18.00) _____ Aqua Master (\$7.00) _____ Total _____
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. _____ <div style="text-align: right;">Signature _____</div>		<div style="border: 1px solid black; padding: 5px;"> MAIL TO: DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223 Or enclose with meet registration </div>

Remember to sign your registration form.

Make checks to Oregon Masters Swimming

COMPLETE SCHEDULE INSIDE

ANNUAL REGISTRATION ISSUE

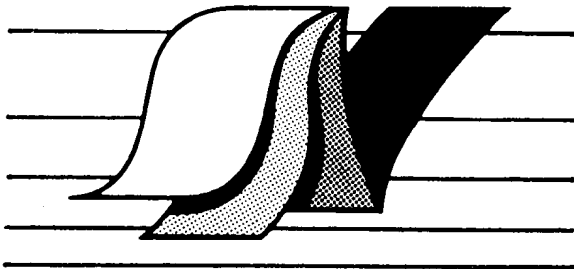
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