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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

ST. HELENS MEET MOVED

- *NOVEMBER 12 PORTLAND, OR COLUMBIA PARK POOL SC YARDS (#2)
- *NOVEMBER 18-19 POULSBO, WA N. KITSAP H.S. SC YARDS (#2)
- *DECEMBER 2 NEWBERG, OR CHEHALEM 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 McDONALDS 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

*MEET ENTRY ENCLOSED IN THIS ISSUE

Z-Man says---

Hello, hello there fellow Masters, Z-Man here with all the news good and bad...

First the bad news...As many of you already know, the Roseburg meet in September was cancelled due to a low number (37) of entrants. To say the least this editor is of the opinion that this was a very unfortunate situation for all parties concerned.

Also, the week of October 2nd it was learned that the heating system (air) at the Eisenschmidt Pool in St. Helens took a dive and will not be repaired in time for them to hold a meet in November as scheduled.

But fear not...Z-Man to the rescue...now the good news...

THE ST. HELENS MEET SCHEDULED FOR NOVEMBER 11 HAS BEEN MOVED TO COLUMBIA POOL IN NORTH PORTLAND AND WILL BE HOSTED BY THE PORTLAND PARKS SWIM AND MASTERS TEAMS ON SUNDAY NOVEMBER 12th.

I did some scrambling and arranged to host the meet and let St. Helens bow-out. Columbia pool is one of the City of Portland Parks pools and I think you'll find it an excellent facility. There are two pools...the competition pool is 25 yards, 5 lanes wide, and 4 to 8 feet deep. The teaching or shallow pool is one foot to 3-1/2 feet deep and will have three lanes set up for continuous warm-up and warm-down. The bleacher and bench space is limited so...FEEL FREE TO BRING A LAWN CHAIR TO SIT ON IN THE POOL AREA. The Portland Parks Swim Team and Portland Parks Masters are excited about hosting this meet and look forward to seeing you there.

YOU WILL FIND AN ENTRY FORM FOR THE NOVEMBER MEET IN THIS ISSUE....PLEASE NOTE THAT THE ORDER OF EVENTS IS THE SAME AS ST. HELENS. IF YOU FILLED OUT A FORM FOR ST. HELENS FROM LAST MONTHS NEWSLETTER IT WILL APPLY AND YOU WILL BE CONTACTED ABOUT THE CHANGE OF POOL SITE.

If you have any questions about the November meet please call me 503-282-9437. Some other important news is that I have moved. Please note my new address and phone number on the schedule page. Any items for the newsletter should be forwarded to my new address.

As you all know Portland hosted the United States Aquatic Sports Convention last month and it was a big success. Our Chairman Kathy Buck has written a report for your reading. I had the opportunity to attend parts of the convention and found it very informative and interesting. I understand the awards banquet includes such big name swim stars as Janet Evans, breaststroker Mike Barrowman, and the current world's fastest swimmer Tom Jager.

Ol Barn has a report for you on this years Long Course Nationals held this August along with 1989 Top Ten Short Course Yards records.

My Favorite Workout comes from Portland area Master Ron Cobb who has developed a program for designing workouts on an Apple MacIntosh computer. Ron also has a program for determining your cardiovascular training zone (heart rate range) that runs on a Mac too. If you want a copy of these programs call Ron Cobb at 503-231-7618 or look him up at the next meet.

Sorry folks, no Dr. Sprint, Swim Files, or Photos this month...maybe next time.

Thats all for now...read on...and I'll see you at Columbia Pool November 12th.

Stay loose & wet,



"Portland Parks Masters Short Course Yards 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: Portland Parks Short Course Yards Meet DATE: November 12, 1989
PLACE: Columbia Park Pool Portland, OR

25 yard 5 lane competition pool
3 lanes for continuous warm-up/down WARM-UPS: 8:00 a.m.
manual timing

HOST: Portland Parks Swim & Masters Team MEET STARTS: 9:00 a.m.
John Zell, Meet Director
Phone: 503-282-9347 home (evenings)

DIRECTIONS TO POOL: 7701 N. Chautaugua Blvd. Portland, OR. Travelling North on I-5 take exit 305-B Lombard West - take Lombard west 1.4 miles to Chautaugua - turn right and go 1-1/2 blocks north - pool on your left. I-5 Southbound take exit 306-B Interstate Avenue - follow Denver Ave. south to Lombard - turn right and go west 1 mile west on lombard to Chautaugua - turn right and go 1-1/2 blocks north - pool on your left.

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 # _____ O _____ 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 NOVEMBER 12th

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

The undersigned participant intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Program or any activities incident thereto against United States Masters Swimming Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to:

OMS 3904 S.W. 57th Ave. Portland, Oregon 97221

PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

"ol' Barnacle"

OL' BARNACLE WAXES ELOQUENTLY ON 1989 UNITED STATES MASTERS SWIMMING TOP TEN..

OB IS PROUD OF ALL OF YOU OUT THERE !!!

OREGON MASTERS CAME THROUGH WITH 12 WOMEN AND 21 MEN IN THE TOP TEN , THIS IS UP FROM OUR LAST YEARS PRODUCTION OF 30, A 10% IMPROVEMENT !!!

WE CAN ALSO REPORT THAT 6 OF OUR STALWARTS MADE ALL AMERICAN, AS OPPOSED TO 5 IN 1988.

MOST IMPORTANTLY I WANT TO MENTION THE NEWCOMERS : JULIE WRIGHT
STEVE DURAPAU
STEVE ARNDT

MICKEY MARKS ... HE JUST WORKED HARDER AND MADE IT BACK INTO THIS AUGUST BODY OF ELITE SWIMMERS ... CONGRATULATIONS MICKEY !!!

ONLY ONE BUMMER ... HOPEFULLY WE WILL MAKE AMENDS FOR OUR POOR SHOWING IN RELAYS ... WITH A SMASHING CRASHING TURNOUT IN THE UPCOMING SEASON.

ONE THING FOR SURE FOLKS ... IT TAKES A HEAP OF SWIMMING TO JUST KEEP UP WITH THE YEAR TO YEAR IMPROVEMENT IN TIMES AND PERFORMANCES ...

A CASE IN POINT, OB HAD A 6:39 PLUS FOR THE 400 IM TO NAB 3RD IN '88, SWAM A 6:26 PLUS IN '89, WHICH WOULD HAVE BEEN NUMERO UNO IN '88, WINDS UP AS A # 6 IN 1989 - WOW !!!

AM SURE THAT ALL OF YOU OUT THERE CAN MAKE COMPARISONS ALSO AND SEE THE REMARKABLE YEAR TO YEAR IMPROVEMENT IN EACH AND EVERY AGE GROUP.

OREGON MASTERS SWIMMING PRESENTS - 6 ALL AMERICANS ...

HAZEL BRESSIE (80-84)

OUR HAZEL IS AN ALL AMERICAN !!! IT HAS BEEN A LONG LONG HARD ROAD FOR HAZEL BUT SHE IS AT THE TOP OF HER AGE GROUP IN 5 EVENTS !!!

HAZEL'S # 1'S : 1000 FREE, 1650 FREE, 200 BRST, 100 FLY AND 200 FLY, FOLLOWED BY #2'-100 BRST, 200 AND 400 IM, #3'S - 100 FREE, 200 FREE, 200 BACK, 100 IM AND LASTLY A 4TH IN THE 500 FREE...13 NOMINATIONS ... WOW AND WOW !!!

LAVELLE STOINOFF (55-59)

LAVELLE PICKED OFF 7 # 1'S ... SHE IS WELL ON HER WAY TO BEING "TOP SWIMMER" IN THE NATION IN HER AGE GROUP AGAIN !!!

LUVEY'S # 1'S - 200 FREE, 500 FREE, 1000 FREE, 1650 FREE, 200 BACK, 200 IM AND THE 400 IM.

2 IN THE 200 BRST, # 3 IN THE 100 FREE, # 4 IN THE 100 IM, # 5 IN THE 50 BACK AND THE 100 BRST, WITH 6'S IN THE 50 FREE, 50 BRST, AND THE 100 FLY, WITH A # 9 IN THE 50 FLY.

EVERYONES ALL AROUND SWIMMER - LAVELLE STOINOFF ... CONGRATULATIONS !!!!!

GINGER PIERSON (40-44)

1988-89 WAS NOT A GOOD YEAR FOR GINGER, SHE WAS BOTHERED BY BAD SHOULDERS ALL YEAR, YET SHE MANAGED TO KEEP HER STREAK ALIVE...

1 IN THE 200 BREAST, A 2:45.33, CONSIDERABLY OFF HER NATIONAL RECORD OF 2:38.86, BUT FAST ENOUGH TO NUDGE CAROLYN BOAK FOR ALL AMERICA AT 2:45.34.

"TRUE GRIT" SHOWED ALSO WITH # 3'S IN THE 50 AND 100 BRST, PLUS A 5TH IN THE 200 FLY.

WAY TO GO GINGER !!!

ROBERT SMITH (45-49)

DR SPRINT - THEY ARE EVEN CALLING HIM THIS AT THE NATIONAL LEVEL -

JUST A SUGGESTION THOUGH, FOR GAWD'S SAKE PULL DOWN YOUR SUIT IN BACK THE NEXT TIME " Z MAN ", AIMS THE CAMERA IN YOUR DIRECTION. ART SMITH STILL HAS THE BEST BUNS THIS WRITER HAS EVER SEEN OR HEARD OF IN OREGON MASTERS, RIGHT ON - LOUISE, LOUISE WHERE ARE YOU...

BACK TO BUSINESS ...

RAPID ROBERT PICKED OFF 3 # 1'S, THE 50 FREE, 50-BACK AND 100 IM. ADD TO THESE WITH 3 # 2'S - 100 BACK, 50 BRST, AND 100 BRST, PLUS A # 3 FOR THE 50 FLY, A # 7 IN THE 200 BRST.

THERE WAS A SCANT .72 SEC SEPARATING # 4 IN THE 200 BRST FROM # 7 - OUCH !!!

RICHARD BOYD (45-49)

THE COFFEE MAN REALLY PERKED - MAKING ALL AMERICAN WITH A FINE 1650 FREE, ALMOST A FULL MINUTE AHEAD OF # 2 !!!

ADD TO THIS : # 2'S IN THE 500 FREE, THE 1000 FREE, AND THE 400 I M. A # 3 IN THE 200 IM, A # 4 IN THE 200 BRST, A # 5 IN THE 100 BRST, AND A # 9 IN THE 50 BRST.

GREAT SWIMS DICK, WAY TO GO !!!

HERB EISENSCHMIDT (80-84)

HERB LIT UP THE SKIES WITH 13 PLACES ON THE NATIONAL TOP TEN ...

LED OFF WITH # 1'S - 500 FREE, 200 BACK, 100 IM, 200 IM AND THE 400 IM. # 2'S 1000 FREE, 50 BACK, 100 BACK, AND 50 FLY, WITH A # 4 IN THE 50 BRST, A 5TH IN THE 100 BRST, AND # 8'S FOR THE 50 AND 100 FREE.

THE ST HELENS "KID" WILL HAVE A GREAT YEAR, YOU CAN COUNT ON THAT.

CONGRATULATIONS HERB ON A JOB WELL DONE !!!

NOW FOR OUR TOP TEN HONOREES ...

19-24 - JULIE WRIGHT - NEW TO THE TOP TEN WITH A 10TH IN THE 100 FREE

35-39 - JUDY BELFORD - PICKED UP A # 10 IN THE 200 BACK

40-44 - SUSAN CASE - SWAM TO A # 9 IN THE 100 BACK

45-49 - BARBARA FRID, ONE OF OUTSTANDING ALL AROUND SWIMMERS, BARBARA FINDS HERSELF WITH 12 SPOTS IN THE TOP TEN :

2ND, 3RD AND 4TH IN THE 50 BACK, 100 BACK AND 200 BACK

6TH, 4TH, AND 4TH IN THE 200 FREE, 500 FREE, AND THE 1000

10TH, 7TH, AND 6TH IN THE 50, 100 AND 200 BREAST

7TH IN THE 50 FLY, AND WINDS UP WITH 6TH IN THE 200 AND 400 IM - JUST FAB !!!

55-59 - JOYCE BAHLER WORKED HER WAY BACK WITH A # 9 IN THE 400 IM

60-64 - PETEY SMITH (AT 64 YET) ... 7 PLACES ... HEADED UP BY 3RDS IN THE 50 FREE, 100 FREE, AND 1650 FREE. # 4 IN THE 500 AND THE 1000. FOLLOWED BY A 5TH IN THE 200 FREE, AND A 10TH IN THE 100 IM.

60-64 - MARGARET WELLS - WORKING HARD ON THE COMEBACK TRAIL LANDED A 9TH IN THE 200 FLY.

65-69 - PAULINE STANGEL WAS NOT BE DENIED GETTING # 7'S IN THE 100 & 200 BRST

75-79 - DOREEN MORRIS - ALSO ON THE COMEBACK TRAIL WITH A 6TH IN THE 1000

35 -39 - STEVE DURAPAU AT 39 BAGGED A 10TH IN THE 1000 AND A 9TH IN THE 1650

35-39 - GARY HAFER, REALLY SHOWING HIS OLD FORM, CAME THROUGH WITH A 5TH, 8TH, AND A 9TH IN THE 50, 100 AND 200 BACK

40-44 - STEVE ARNDT, SWIMMING SOME GREAT SWIMS PICKED OFF A 9TH IN THE 200 FREE

40-44 - STEVE DURAPAU, MOVED UP AND SWAM TO A 6TH IN THE 400 FREE

40-44 - FRANK WARNER, ANOTHER BACKSTROKER BACK IN THE HUNT, GARNERED A 10TH, 9TH AND A 6TH IN THE 50, 100 AND 200 BACK.

45-49 - KEVIN KELLY, REALLY FINE FREESTYLER, NABBED A 5TH IN THE 1000

50-54 - BERT PETERSEN, AGED UP AND ALSO GETTING BACK IN THE GROOVE, WITH A 4TH AND A 3RD IN THE 50 & 100 FLY, TOPPED OFF BY A 9TH IN 100 IM

55-59 - ART WELCH - SWIMMING PR'S JUST ABOUT EVERY TIME HE HIT THE WATER, FINDS HIMSELF RATED 7TH IN THE 500 AND 4TH IN 1000, WITH AN 8TH IN THE 100 FLY AND A GREAT # 5 IN THE 200 FLY.

55-59 - MICKEY MARKS - JUST STAYED WITH IT ALL YEAR AND PICKED OFF A 9TH IN THE 50 BREAST.

60-64 - MIKE MOREHOUSE - SWIMMING WELL WAS RANKED # 9 IN THE 1000 FREE.

60-64 - LEE MIESEN - CAME BACK TO SWIMMING AND PICKED UP A # 9 IN THE 50 BREAST

65-69 - HUGH RICHARDS - RANKED IN 6 EVENTS, WITH 5THS IN THE 50 BRST AND 50 FLY, FOLLOWED BY A 6TH IN THE 50 FREE, AND # 9 IN THE 100 FLY, 100 IM, AND THE 200 IM.

65-69 - EARL WALTER - RATED 6 PLACES , WITH A 6TH IN THE 400 IM, A 7TH IN THE 200 BACK, # 8 FOR THE 100 BACK, 100 FLY, AND 200 FLY, AND A 9TH IN 50 BACK.

65-69 - GIL YOUNG - CONTINUES TO IMPROVE, LANDING A 10TH IN THE 500, AND # 9'S IN THE 1000 AND THE 1650.

65-69 - BOB MORRISON - BAGGED A BIG # 3 IN THE 50 BRST, AND A 7TH IN THE 100.

70-74 - FORBES MACK - PICKED OFF THE 8TH SPOT IN THE 50/100 BRST, & 7TH IN THE 200.

75-79 - SYD HENDY - REALLY BEGINNING TO LOOK LIKE HIS OLD SELF, CAME THROUGH WITH A # 3 IN THE 200 BACK, A 5TH FOR THE 100, AND 6TH IN THE 50.

75-79 - JACK HOEY - AT 79, JACK WAS RIGHT UP THERE, # 4 IN THE 200 BACK, FOLLOWED BY A 6TH AND 7TH FOR THE 100 AND 50. WAIT TILL NEXT YEAR !!!

RELAYS : 55+ MXD FREE MAC # 7
BOB KIM, JOYCE BAHLER, CLARK AUSTEN, LAVELLE STOINOFF.

THERE THEY ARE FOLKS 33 OF THE FINEST MASTERS SWIMMERS IN THE U S OF A !!!!!

IT MIGHT BE INTERESTING TO SEE WHAT NATIONAL RECORDS OMS SWIMMERS CURRENTLY HOLD , HERE THEY ARE :

GINGER PIERSON (40-44)	50 BREAST	:33.31	(86)
	100 BREAST	1:12.49	(86)
	200 BREAST	2:38.86	(86)

LAVELLE STOINOFF (50-54)	500 FREE	6:11.76	(85)
	1000 FREE	12:44.88	(87)
	1650 FREE	21:32.25	(85)

LAVELLE STOINOFF (55-59)	200 FREE	2:22.66	(88)
	500 FREE	6:09.83	(88)
	1000 FREE	12:45.02	(88)
	1650 FREE	21:22.63	(89)
	200 BACK	2:48.92	(88)
	400 I M	5:55.35	(89)

OB NOTE - LOOK AT THE 500 FREE AND THE 1650 - OLDER IS BETTER !!!!!

MARTHA KELLER (85-89)	1000 FREE	32:19.92	(86)
	100 BREAST	3:57.04	(86)
	400 I M	17:13.92	(86)

ROBERT SMITH (40-44)	50 BACK	:25.93	(83)	WOW !!!
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ROBERT SMITH (45-49)	50 FREE	:22.52	(88)	FASTER THAN '83
	50 BACK	:25.65	(88)	
	100 I M	:56.23	(88)	

HERB EISENSCHMIDT (80-84)	200 I M	3:48.22	(87)
	400 I M	8:27.54	(89)

RELAYS : 65 + MEN 400 FREE 4:44.39 (88)
GERALD HUESTIS, EARL WALTER, GIL YOUNG, HUGH RICHARDS

65 + MEN 400 MEDLEY 5:31.68 (88)
GERALD HUESTIS, ROBERT MORRISON, EARL WALTER, GIL YOUNG

65 + MEN 800 FREE 11:47.75 (88)
GERALD HUESTIS, EARL WALTER, ROBERT MORRISON, GIL YOUNG

THAT'S IT FOR THIS TIME FOLKS - SEE YOU AGAIN - STAY WITH IT AND STAY FIT !!!!!

"CHEHALEM MASTERS SHORT COURSE YARDS MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
APPROVED (#90-B) 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: Chehalem Masters SC Yards Meet **DATE:** DECEMBER 2nd, 1989
PLACE: Chehalem Aquatic Center, Newberg, OR
6 lanes, small warmup area, electronic timing **WARM-UPS:** 8:00 a.m.
HOST: Chehalem Masters Swim Team
Meet Director: Mr. Jim McMaster **MEET STARTS:** 9:00 a.m.
503-538-4813 Pool, 538-5003 Home

DIRECTIONS TO POOL: 1802 Haworth Ave. Travel West from Portland to Newberg on Hwy 99W, turn right at the 2nd Newberg stop light (Villa Rd.). Pool is 3 blocks north, on the corner of Haworth and Villa.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 11-21-89 NO LATE ENTRIES ACCEPTED

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

NAME _____ **PHONE** _____

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

1990 USMS # _____ **0** _____ **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 relay at the meet. The 500 free will be deck seeded and all events will be seeded fast to slow.

SATURDAY DECEMBER 2nd

FREE RELAY	(1) XXXXXXXXXXXX	50 FREE	(11) ____:____.____
200 FLY	(2) ____:____.____	MEDLEY RELAY	(12) XXXXXXXXXXXX
200 BACK	(3) ____:____.____	BREAK BREAK BREAK	
50 BREAST	(4) ____:____.____	100 FLY	(13) ____:____.____
100 FREE	(5) ____:____.____	50 BACK	(14) ____:____.____
MIXED FR RELAY	(6) XXXXXXXXXXXX	100 BREAST	(15) ____:____.____
BREAK BREAK BREAK		200 FREE	(16) ____:____.____
200 I.M.	(7) ____:____.____	100 I.M.	(17) ____:____.____
50 FLY	(8) ____:____.____	MIXED MED RELAY	(18) XXXXXXXXXXXX
100 BACK	(9) ____:____.____	BREAK BREAK BREAK	
200 BREAST	(10) ____:____.____	500 FREE	(19) ____:____.____

The undersigned participant intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Program or any activities incident thereto against United States Masters Swimming Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to:

OMS 3904 S.W. 57th Ave. Portland, Oregon 97221

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"ol' Barnacle"

OL' BARNACLE REPORTS ON LONG COURSE NATIONALS...

SOMEWHERE NORTH OF THE BADLANDS LIES THE TOWN OF GRAND FORKS, NORTH DAKOTA, WELL OVER 500 SEASONED MASTERS SWIMMING VETERANS VIED FOR THE NATIONAL LONG COURSE CHAMPIONSHIPS OF 1989.

THE "MAGNIFICENT EIGHT" FROM OMS NOT ONLY DID WELL THEY DID SUPERBLY, LEAVING NO DOUBT IN ANYONES MIND THAT EVEN THOUGH WHEN SMALL IN NUMBERS, OREGON MASTERS ARE A FORCE TO BE RECKONED WITH.

OUR DELEGATION CAME HOME WITH A TOTAL OF 13 GOLDS, 14 SILVERS, AND 2 BRONZES. 5 OF THE 8 ARE NATIONAL LONG COURSE CHAMPIONS.

MOST IMPORTANTLY THEIR SWIMMING WAS PR'S AND MORE PR'S !!!!!

LET'S TAKE A LOOK AT THE INDIVIDUAL ACCOMPLISHMENTS OF THE MEMBERS OF THIS FINE GROUP ...

ANDREE DEVINE : REALLY DID A NUMBER. IN EVERY EVENT SHE SWAM SHE RECORDED A PR, "PERSONAL RECORD" ... NOW WHEN YOU DO THIS FELLOW MASTERS, YOU ARE REALLY DOING SOMETHING. ANDREE PICKED UP THE GOLD IN THE 800 FREE WITH A REGIONAL RECORD TIME OF 10:48.10, THIS WAS ALMOST A MINUTE FASTER THAN THE OLD RECORD OF 11:05.79. SHE ADDED A SILVER IN THE 100 FLY WITH A FINE 1:16.23, GIVEN ANOTHER COUPLE OF METERS SHE WOULD HAVE HAD THE GOLD. ADDED TO THIS WITH FINE SWIMS IN THE 200 FREE (5TH), A 4TH IN THE 400 FREE, AND A 5TH IN THE 200 IM. WAY TO GO ANDREE !!!!!

PAM HIMSTREET : ALSO HAD A SUPER MEET, BROUGHT HOME THE GOLD IN THE 800 FREE WITH A PR OF 13:18.91, ADD TO THIS A 4TH IN THE 400 FREE, A 3RD IN THE 100 BREAST, A 4TH IN THE 200 BREAST AND A 7TH IN THE 200 IM, ANCHORED BY A WONDERFUL 7:35.73 IN THE 400 IM FOR A 4TH. CONGRATS TO PAM !!!

BARBARA FRID : OUR BARB PICKED OFF 3 SILVERS AND A BRONZE. THE # 2'S WERE IN THE 50 AND 100 BACK, AND THE 100 BREAST. SHE FOLLOWED THESE WITH A BRONZE IN THE 200 BACK. THEN A # 4 IN THE 50 FLY. WHEN YOU ARE SWIMMING AGAINST THE LIKES OF ARDETH MUELLER, BETTY BENNETT AND J. SHERMAN-MURPHY, THOSE SILVERS LOOK MIGHTY GOOD !!!

LAVELLE STOINOFF : POSTED A NEW WORLD RECORD IN THE 200 BACK, WITH A CLOCKING OF 3:10.89, BESTING CLARA WALKER'S OLD MARK OF 3:11.43, IT IS INTERESTING TO OB, TO RECALL THAT IN 1976 I WON THE 55-59 200 BACK AT ST LOUIS WITH A 3:10 PLUS, WHICH STOOD UP FOR # 1 IN THE COUNTRY THAT YEAR..WOW AND WOW !!! ... WE JUST SWIM FASTER AND FASTER FOLKS. LAVELLE HAD A TOTAL OF 5 GOLDS AND SILVER. GOLDS IN THE 200, 400, 1500, ALREADY MENTIONED 200 BACK AND THE 400 IM. THE SILVER WAS FOR A VERY FINE 200 BREAST WHERE SHE WAS PITTED AGAINST JAYNE BRUNER. WAY TO HUM LAVELLE !!!!!

PETHEY SMITH : OUR GREAT AND I DO MEAN GREAT SWIMMER FROM NEWPORT SHOWED THE WORLD OF MASTERS SWIMMING, HOW IT IS DONE, 5 GOLDS AND A SILVER, WITH WORLD RECORDS IN THE 200, 400 AND 1500 METER FREE. HOW ABOUT A 3:07.86, A 6:33.33 AND A 25:35.81. THE 1500 TIME WAS ALMOST 2 MINUTES FASTER THAN THE LISTED RECORD, AND WOULD RANK 3RD IN THE 65-69 MEN'S TOP TEN !!!!! PETHEY ALSO HAD A 36.86 AND A 1:24.23 IN THE 50 AND 100 FREE. HER GREATEST BOOSTER AT GRAND FORKS WAS NONE OTHER THAN OUR EXECUTIVE SECRETARY, DOT DONNELLY, WHO HAS BEEN TOPS IN THE 50, 100 AND 200 FREE FOR YEARS. PETHEY'S SILVER CAME IN THE 200 IM WITH A 4:02.96. A TIP OF OB'S HAT TO PETHEY !!!!!

KEVIN KELLY : PICKED OFF THE SILVER IN THE 1500 FREE, WITH A FINE TIME OF 20:08.41, ALSO HAD A 5TH IN THE 200 FREE, AND A 4TH IN THE 400. ALL GOOD SWIMS, WAY TO GO KEVIN.

ART WELCH : ART HAD JUST A SUPER MEET, PICKING OFF 6, YES SIX SILVERS, OB REMEMBERS GETTING 4 SILVERS AT CANTON, OHIO, SIX ??? - BEST PART WAS THAT ALL OF ART'S TIMES WERE CLOSE TO PR'S, WITH THE 3:16.05 FOR THE 200 FLY, A NEW REGIONAL RECORD, BETTERING HIS OLD STANDARD BY 8 SECONDS. ART'S OTHER SILVERS WERE IN THE 200, 400, AND 800 FREE, PLUS THE 50 AND 100 FLY, WAY TO GO ART !!!

HUGH RICHARDS : DR HUGH PUT IT ALL TOGETHER IN THE 50 FLY AND BROUGHT HOME THE GOLD WITH A TIME OF 38.13, NOSING OUT "TIGER" HOLMES OF FLORIDA AT 38.16. HUGH ALSO PICKED UP 6'S IN THE 50 AND 100 FREE, A SILVER IN THE 200 IM, AND A BRONZE IN THE 50 BREAST.

OB'S REPORTS FROM ARHUS, DENMARK REGARDING THE WORLD GAMES ARE STILL SKETCHY BUT WE CAN PASS ON TO YOU SOME NOTES ON A FINE LETTER FROM MARK WORDEN.

MIKE JOHNSON - (25-29) PICKED OFF THE SILVERS IN THE 800 AND 1500 FREE WITH TIMES OF 10:20.14 AND 19:34.37. FOLLOWED THESE WITH A FOURTH IN THE 400 FREE (4:55.42) AND A 6TH IN THE 200 FREE (2:18.20), AND A 12TH IN THE 100 AT 1:05.35.

LAURA WORDEN - (30-34) GAINED A SILVER IN THE 200 FLY WITH A FINE 2:50.66 THEN HAD 4THS IN THE 100 FLY, 800 FREE AND 1500 FREE AT 1:17.04, 11:19.29, AND 21:48.95. PLUS A 5TH IN THE 400 FREE AT 5:43.70, AND A 6TH IN THE 200 IM IN 2:57.60.

MARK WORDEN - (35-39) MARK PICKED OFF SILVERS IN THE 800 FREE (9:59.20) AND THE 1500 (19:09.12), PLUS BRONZES IN THE 400 FREE (4:47.36) AND 200 FLY (2:32.55). ADD TO THESE, A 5TH IN THE 100 FREE (59.63) AND A 14TH IN THE 200 FREE (2:13.14).

SOME OF MARK'S COMMENTS :

"LAURA'S 400 SPLIT ON HER 800 (5:34.9) AND HER FIRST 400 ON THE WAY TO 1500 (5:42.8), WERE BOTH FASTER THAN HER INDIVIDUAL 400, WHICH WAS ON THE FIRST DAY OF THE MEET. JUST SHOWS HOW JET LAG AND THE FATIGUE OF TRAVEL CAN AFFECT PERFORMANCES ! " - YES - OB REMEMBERS THE FIRST TWO DAYS AT CHRISTCHURCH IN 1984, HAPPILY WE GOT THERE EARLY ENOUGH TO GET OVER THE JET LAG EFFECTS TO SOME DEGREE BEFORE THE FIRST DAY OF COMPETITION.

"THE MEET WAS SEEDED SLOWEST TO FASTEST WITH ALL WOMEN SWIMMING AN ENTIRE EVENT PRIOR TO THE MEN. THE MEET WAS ALSO SEEDED SOLELY ON TIME - NO ONE HEAT OF A SINGLE AGE GROUP TO GIVE COMPETITORS A CHANCE TO SWIM HEAD-TO-HEAD. THE POOL USED A SALT FILTRATION SYSTEM WHICH DEFINITELY COULD BE TASTED WHILE SWIMMING.

APPROXIMATELY 750 SWIMMERS AT THE MEET - AROUND 50 TOTAL FROM THE U.S. AN OUTDOOR DIVING WELL WAS AVAILABLE FOR WARMUP/WARMDOWN THROUGHOUT THE MEET WITH THE EXCEPTION OF ONE DAY WHEN THE PLATFORM DIVING TOOK PLACE. ALL IN ALL, THE POOL WAS A NICE FACILITY BUT THE MEET WAS NOT WELL ORGANIZED AND OFFICIATING WAS RATHER LOOSE, (IE. NUMEROUS FALSE STARTS NOT CALLED BACK, SWIMMER WAS ALLOWED TO SWIM, DECK ENTRIES TAKEN , ETC.) THE DANES WERE A FRIENDLY GROUP, SPOKE ENGLISH WELL AND WERE HELPFUL WHEN ASSISTANCE WAS NEEDED. OUR TRAVELS AFTER THE MEET INCLUDED GERMANY, AUSTRIA, SWITZERLAND, LIECHTENSTEIN, FRANCE AND ENGLAND. THE MEMORIES FROM OUR EUROPEAN ADVENTURE WILL BE WITH US A LONG TIME".

OB wraps up ... Denmark ... et al ...

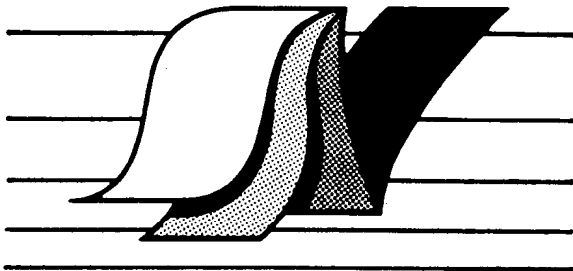
WHAT A WONDERFUL LETTER, THANKS SO MUCH TO MARK AND LAURA FOR SHARING. ONE THING FOR SURE, WITH THE EXCEPTION OF THE FIRST DAY, DUE TO JET LAG, OUR SWIMMERS WERE CERTAINLY READY TO SWIM AND DID THEMSELVES PROUD WITH EXCELLENT TIMES WHICH BROUGHT HOME MEDALS GALORE.

TOO BAD THAT THEY WOULD NOT SEED BY AGE GROUP, THAT IS WHAT MAKES OUR NATIONAL MEETS SO GREAT, IS THAT YOU DO GET THE CHANCE TO GO TO HEAD TO HEAD WITH YOUR PEERS IN EVERY EVENT.

NO NEWS FROM FRANK WARNER, DON KUYPER AND URSULA LANG, MAYBE THEY WILL GIVE US SOME INPUT ON THEIR TRAVELS AND SWIM RESULTS.

OLD BARNACLE WOULD LIKE AT THIS TIME, TO THANK ALL OF YOU WHO HAVE BEEN SO WONDERFUL IN LETTERS AND PHONE CALLS FOLLOWING THE LOSS OF "MY GAL SAL". WE HAD A WONDERFUL LIFE TOGETHER, I WILL NEVER FORGET HER, SHE WAS EVERYTHING, THE QUINTESSENCE OF A WIFE, MOTHER AND TRUE FRIEND. THANK YOU SAL, AND THANK YOU ALL AGAIN AND AGAIN..

THAT'S IT FOR THIS TIME, KEEP SWIMMING, STAY WITH IT AND STAY FIT !!!



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

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

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
5 100 BACK
6 200 FREE

7 50 FLY

8 200 BREAST

9 100 IM

5 minute break

10 200 Free Relay

11 200 BACK

12 50 FREE

13 100 FLY

14 50 BREAST

5 minute break

15 200 Medley Relay

16 50 BACK

17 100 FREE

18 200 FLY

19 100 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 9:30a.m.

PLACE: Kitsap H.S. Pool

1881 Hostmark ST

Poulsbo WA

(206) 773-3790

MEET DIRECTOR: Marilyn Grindrod

(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 Bainbridge 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: 13-24 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: \$13.00

\$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 _____

1989 USMS National Convention

by Kathleen Buck, Chairman OMS

The United States Aquatic Sports convention was held in Portland this year from Sept. 20- 24th, and was a great success. One of the five aquatic sports is United States Masters Swimming, so USMS held its National Convention at this time. OMS had four voting delegates: Kathleen Buck and Andy Schrag as the Oregon representatives, and Sandi Rousseau, at large member, and Bert Peterson as a member of the Rules committee. Several other OMS Board members attended as non-voting members to see what the National Organization does, and how it impacts Oregon Swimming. As you probably know, those involved in the OMS organization are all volunteers; likewise, those who work in the National organization volunteer their time and effort.

This was the first year that I attended the National Convention. I thought that I would share what I discovered about the workings and impact of the National organization with my fellow Oregon swimmers. There are 28,000 registered master swimmers nationwide (approximately 500 are OMS swimmers).

How does the Nationals impact us? First, the largest portion of our annual dues (\$12 of the \$18) goes to the National organization. The majority of this \$12 goes to buy the insurance policy which covers everyone registered at an approved meet, and at practices at which everyone is a registered Master swimmer. Why does insurance cost so much? Apparently because in policy terms, we are a relatively small organization; yet we have a history of large claims so relatively few companies are willing to bid on our policy. USMS also self-insures for the first \$10,000 of each claim, so they are currently carrying a \$40,000 reserve since there are 4 claims pending. There was a lot of discussion concerning the insurance and its cost,

but apparently we cannot find a cheaper or better policy.

Another issue that was extensively discussed at this convention was what to do about the unwieldy size of our National competitions. Especially when the Nationals are held in a popular place such as California (as will occur next year) the meet gets so large that many times people have to swim at 10 P.M. or later. The arguments seem to fall into three camps. 1) The meet size should be cut by instituting time standards, tailored to age groups, at Nationals, as USS (the kids) do. The main argument against this is that this would violate one of the main philosophies of masters swimming: fun and fitness for all, regardless of ability. 2) The alternative seems to be to limit the number of events each swimmer can enter from six to a lower number. The main argument against this solution is that in order to significantly affect the size of the meet, you might cut the number of entries to such a low number that no one would be interested in traveling across the country for so few entries. 3) There should be a combination of the two above. Thus everyone could enter three events without regard to speed, but if you wanted to enter more, you would have to meet some time standard, such as being in the top 25 times swum in your age group in the last comparable meet. The arguments against this one seem to involve the difficulty of enforcing such requirements, and the arguments of 1 & 2 above.

After much discussion, no consensus was reached. The short term solution that will be used in the Los Angeles Nationals next year was to limit entries to five per swimmer. If anyone has any ideas or innovative new approaches, let me know and I will forward them on to the USMS Championship committee.

As some of you backstrokers know, there has been some confusion as to what backstroke start is legal in short course meters and long course meter events. A new rule was passed, to make USMS starts conform to FINA (international) rules, so that USMS records would be recognized as legal throughout the world. The following is the new rule printed in its entirety- the underlined parts are the new ones.

The backstroke start: The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. For short course yards events, the feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either hand from the starting grips or the pool edge. For short course meters and long course meters events, prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including toes, shall be placed under the surface of the water. For backstroke events in any course, standing in or on the gutter is not permitted at any time either before or after the start. A backstroke starting block may not be used.

(Note: the FINA backstroke rules must be followed in all long course and short course meter events.)

The only other significant rule change states that in the National competitions, awards and scoring will be given through tenth place, regardless of the number of lanes that the meet is swum in.

If anyone wants to order the 1990 rule book, they are available for \$6.00 each. Contact me and I will send in your order with the other OMS orders; or order directly through the November issue of the USMS newsletter.

The Registration Committee's most noteworthy suggestion is that

swimmers should register using the name that they want to compete under. Thus if you swim under a nickname, please register under it too.

The Long Range Planning Committee found that there is a need/ interest in putting together a brochure which will support the attractiveness of developing properly sized pool facilities. (as vs an off size or leisure pool) Thus a committee was formed to gather statistics on cost, programming, participation numbers and other data which could then be made available to developers and community planners.

Bids were accepted for the 1991 National Championships. The 1991 Short course Nationals will be held in Nashville Tennessee, and the 1991 Long Course Nationals will be held in Elizabethtown, Kentucky. In 1992, the rotation for the Long Course Nationals moves back to the West Coast.

Other committees such as the coaches' committee, the long distance swim committee, the finance committee and the budget committee met and spent hours working on problems and issues in their various provinces. Everyone involved worked long and hard to insure that things run smoothly at the National level. Information is passed to the LMSC level through those who attend the meetings, and published information. Those of us on the OMS board then try to implement the various policies, and assure that our local organizations are running good meets, and responding to the needs of all the masters swimmers. Anyone who is interested in getting involved in any of the various levels of the Masters Swimming organization, please contact me, and we will be thrilled to welcome you aboard. Likewise, feel free to contact me if you want more information about what happened at the National convention, or have any suggestions that you would like passed on.



Kathleen Buck
Chairman, OMS
625-5747

MY FAVORITE WORKOUTS

SWIM STACK!

HyperCard Stackware Version 1.2.1

Developed By Ron Cobb Jan. 25, 1989

REPETITIONS	DISTANCE	STROKE	INTERVAL		
1	500	FREE	WARMUP		
1	200	IM KICK	WARMUP		
1	200	PULL	2:45		
4	100	FREE/BREAST/FREE/BACK	1:20/1:40/1:20/1:40		
4	50	FREE	0:40		
1	100	OPTIONAL	EASY		
3	100	KICK/L-ARM/R-ARM/FULL	2:00		
1	50	OPTIONAL	EASY		
3	50	FLY/BREAST/FREE	SPRINT		
1	200	OPTIONAL	EASY		

TOTAL YARDS..... 2300



SWIM STACK!

HyperCard Stackware Version 1.2.1

Developed By Ron Cobb Jan. 25, 1989

Name: Ron Cobb

Resting Heart Rate: 60

(After sitting quietly for 15 min. take your pulse for 6 seconds and multiply by 10)

Age: 33

Sex: M
(M or F)

(Calculation based on the Karvonen equation, developed by Dr. Kenneth Cooper at the Institute for Aerobics Research. Beginners should exercise in the lower part of this range. Those in excellent shape can test the upper limit.)

Your Cardiovascular Training Zone 137 to 175 Beats / Minute

DISCOVERING HOW TO HYDROPLANE - A Self Study in Sprinting

Below are some excerpts from an article written by N. Douglas Smith, Sacramento Masters swimmer and high school swim coach. An exciting experience in 1985 watching James Born break the 20-second barrier in the 50-yard freestyle led Smith to consider the effects of hydroplaning on swimmers. The article explains some of the reasoning behind hydroplaning:

"Propulsive strength demands high, horizontal body position, maximized buoyancy, and muscular power. Strength is vital for high head and body position, and high head and body position are vital in maximizing propulsion (strength = propulsion).

"High body position depends on buoyancy and propulsion: increasing buoyancy involves full deep breaths, relaxation, and body composition. Horizontal body position relies on power to maximize leg propulsion through a six beat flutter kick.

"Maximum leg propulsion balances lowered hips due to a high head and chest creating the entire body to hydroplane. Pulling with high bent elbows increases power by reducing frontal resistance requiring less strength to maintain momentum."

Also considered are methods of reaching the hydroplaning potential:

"TIPS TO TRAIN"

- " - Power kick with fins keeping head up and arms along sides of body, or 6-beat flutter on kickboard (fins optional); Kick on side, optional - continuous, shallow kick.
- Vertical kicking drills with hands held up (flutter, dolphin, breaststroke, or eggbeater.)
- Pulling drills with hand paddles and pull buoys maintaining high, bent elbows (inner-tube optional). Catch out, pull in to waist, push out past hips: Inverted S Curve.
- Stretch body swim accentuating streamline reach and minimizing stroke count.
- Catch-up crawl drill maintaining full extension and reach - one hand always extended forward, pull doesn't begin until hands touch (good for reach.)
- Scooter drill using kickboard for balance as one arm pulls.
- Bilateral breathing alternating sides. (Previous 4 drills improve streamline towards axis, stroke reach, and balance. Begin kicking in a streamline position. The swimmer gradually adds the stroke to the kick. Concentrate on proper head and body position. This will help swimmers to learn to stay in a streamlined position.)
- Breath control drills involving full, deep breaths maintaining stroke rhythm and output based on anaerobic energy. Limit number of breaths.

- Closed fist drills (slowly opening hand) to build a sense of resistance to hand in order to maximize propulsion potential - also develops kinesthetic awareness for arm pull efficiency: tension throughout pull.
- High elbow, finger drag - wide elbow with pull.
- Heads up crawl forcing high elbows and high head (look up and straight ahead - slowly lower eyebrows to surface, 6-beat flutter kick.)
- Stroke count: swim a 25 or 50 and count the number of strokes. Try to decrease the number of strokes each time a 25 or 50 is repeated. Swim an easy to moderate pace and do not exaggerate the stroke. This is a good drill to improve distance per stroke.
- Stroke count + time: Same as above except the swimmer adds his/her time to the number of strokes. The object is to swim a fast time with a low number of strokes. Work on maintaining distance per stroke with a fast stroke rate.
- Turn-over: Swim 25 yards as 12½ fast + 12½ easy. On the first half of the 25 try to move arms as far as possible. The emphasis is on rapid arm movement, not distance per stroke. Good for developing or enhancing speed.
- Timed turns: When the swimmer's head passes the backstroke flags start the watch. When the head returns to the flags stop the watch."

Also recommended is a good weight training program for conditioning and power. Pre-season and early season are good times to power train (fewer repetitions at a slower pace with heavier weights.) Sprinters in competition use lighter weights to increase repetitions and speed of repetitions.

In conclusion, Smith recommends: "Train to break pain barriers in order to create new comfort zones and thresholds of discomfort. New frontiers in pain pave the steps towards realizing potential. Sprinters must train with 100% output resting enough so that output can be maximum; concentration is never overlooked. 100% output intervals prepare sprinters physically and mentally for short, high intensity swims. Sprint drills improve endurance for short races...Explore the hydroplaning possibilities."

Happy Birthday

November Birthdays

Amodeo, Janine M.	11/16/62	OConnell, Anne F.	11/13/60
Arndt, Stephen E.	11/ 3/48	Orth, Karen E.	11/25/62
Bahler, Sandi	11/ 6/67	Plante, Diane F.	11/ 6/50
Carriker, Buz	11/17/47	Riess, Richard P.	11/12/57
Clark, Nancy C.	11/20/50	75 Ruddley, Joseph D.	11/ 7/14
Dunton, Nancy J.	11/ 1/58	Slover, Steven E.	11/29/50
Eisenschmidt, Herbert	11/16/06	Smith, Paul R.	11/18/56
Emmett, Amy C.W.	11/21/55	Smith, Sue M.	11/12/52
Forrest, Bruce K.	11/ 7/53	Spiker, Lee E.	11/14/51
Gill, Chuck H.	11/23/55	Stolt-Krichko, Debra J.	11/27/60
Graham, Hunter S.	11/30/62	Thornton, Kelly J.	11/15/57
Hale, Gordon P.	11/24/53	Urbanski, Edward J.	11/29/40
Himstreet, Pamela J.	11/11/43	45 Vallad, Roy E.	11/ 3/44
Hoover, Larry G.	11/ 6/33	Van Anne, Joyce	11/20/57
Hunsicker, Douglas P.	11/13/47	Waters, May E.	11/13/46
30 Johnson, Michael E.	11/26/59	45 Whitson, Tucker	11/22/44
Jones, Lynn A.	11/25/53	35 Wilke, Diane P.	11/21/54
Lambert, Roy D.	11/12/46	35 Woldridge, Jacqueline J.	11/13/54
Levak, Thomas F.	11/ 8/38	Wong, Christina K.	11/ 7/51
Lynn, Nancy E.	11/29/57	Worden, Laura A.	11/13/57
Lyons, Kerry M.	11/12/60		
Mack, Forbes J.	11/ 1/18		
40 Mott, J. Steven	11/16/49	* Age is shown for persons	
Nay, Bonnie J.	11/25/46	moving up an age group.	



H.O.S.T. (House Our Swimmers Tonight)



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

OREGON MASTERS

Corvallis
So. Oregon

Andy Schrag

Mark & Laura Worden
Terry & Judy McCurdy

(206) 254-9400 W

(206) 254-9661 H

(503) 753-5726

(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

(206) 564-9517

(206) 272-1854

SNAKE RIVER

Janet Wood

(208) 345-8843 H

(208) 339-7229 W

TEAMS TEAMS TEAMS

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

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

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

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

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

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 "unattached", 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 <input type="text"/> LAST <input type="text"/> FIRST <input type="text"/> M.I.		
Address <input type="text"/>		Oregon 1990 Reg. Fee (\$18.00) <input type="text"/> Aqua Master (\$7.00) <input type="text"/> Total <input type="text"/>
City <input type="text"/> St <input type="text"/> ZIP <input type="text"/>		
(<input type="text"/>) <input type="text"/> - <input type="text"/> / <input type="text"/> / <input type="text"/>		
Phone # <input type="text"/> Born (MM/DD/YY) <input type="text"/> Age <input type="text"/> Sex <input type="text"/>		
Oregon Club: () OREG () MACO () UNATTACHED		
Local Team (if any) <input type="text"/>		
I hereby agree to abide by and be governed by the rules and regulations of USMS and the Oregon Masters Swim Committee. <input type="text"/>		
Signature <input type="text"/>		
MAIL TO: DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223 Or enclose with meet registration		

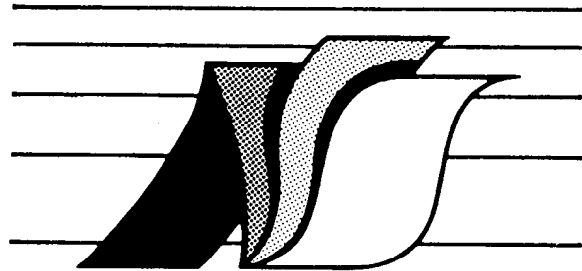
Remember to sign your registration form.

Make checks to Oregon Masters Swimming



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ST. HELENS MEET MOVED

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