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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 1990

SHORT COURSE YARDS/METERS

- *JANUARY 13, 1990 BEAVERTON, OR SWIM CELLAR PENTATHLON
- *JANUARY 20 ANACORTES, WA FIDALGO POOL SC METERS (#4)
- *FEBRUARY 10-11 NEWPORT, OR NEWPORT YMCA SC YARDS (#4)
- FEBRUARY 10-11 SPOKANE, WA FAIRCHILD AIR FORCE BASE POOL
- *FEBRUARY 17 MERCER ISLAND, WA TEAM ORCA SC YARDS (#1)
- MARCH 2, 3, & 4 PORTLAND, OR P.S.U. POOL SC METERS (#1)
- MARCH 9-10 PT. ORCHARD, WA S. KITSAP H.S. SC YDS. (#2)
- MARCH 10-11 YAKIMA, WA CENTRAL WASHINGTON MASTERS
- APRIL 6, 7, & 8 OREGON MASTERS ASSOCIATION CHAMPIONSHIPS
SITE TO BE DETERMINED OPEN FOR BIDDING
- APRIL 27-29 REGION 12 SC REGIONALS FEDERAL WAY, WA
GOOD WILLS GAMES POOL KING COUNTY AQUATIC CENTER
- 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 12 LONG COURSE REGIONALS
- AUGUST 24-27 USMS LONG COURSE NATIONALS THE WOODLANDS, TX

*MEET ENTRY ENCLOSED IN THIS ISSUE

Z-Man says---

Merry Christmas fellow Oregon Masters!!!! Ho Ho Ho...Z-Man here once again...

Got your X-Mas shopping done yet? Even started it? Me neither. So what's new?

THE LATEST NEWS HERE IS THAT GRANTS PASS IS UNABLE TO HOST THE OMS ASSOCIATION MEET IN APRIL AS WAS SCHEDULED. The G.P. YMCA lost their Aquatic Director and their Masters Team coach and they feel they would not be able to put on a real good quality meet at this time.

So.....

O.M.S. IS ACCEPTING BIDS AT THIS TIME TO HOST THE 1990 OREGON ASSOCIATION CHAMPIONSHIPS TO BE HELD APRIL 6th THRU 8th. INTERESTED GROUPS MUST CONTACT PAM HIMSTREET FOR BID FORMS. YOU MAY CONTACT EITHER PAM HIMSTREET OR KATHY BUCK FOR ANY INFORMATION REGARDING BIDDING ON AND/OR HOSTING THIS MEET.

PAM HIMSTREET 14744 N.W. BONNEVILLE PL. BEAVERTON, OR 97006 503-645-4051
KATHY BUCK 31925 N.E. CANTER LANE SHERWOOD, OR 97140 503-625-5747

*****DEADLINE FOR BID ENTRIES IS JANUARY 15th, 1990 !!!*****

NO LATE BIDS ACCEPTED !!!!!!!

I spoke to some people at the Newberg meet from the Eugene area who told me that Masters programs are picking up steam there and they are planning some "FUN" meets to be held in the next few months. These meets would be "non-sanctioned" (by OMS or USMS) and open to anyone in OMS to generate interest in Masters swimming in the Eugene area and in Oregon. It's the opinion of this editor, who has traveled to Eugene on business once a month for the last 9 years, that the Masters programs there could be alot stronger than they have been over the years. I have worked out at most all of the pools in the Eugene/Springfield area and have seen many excellent age group swimming programs, and it has always made me wonder why the Masters teams weren't top notch as well. SO...WAY-TA-GO EUGENE...IT'S GOOD TO SEE THE INTEREST IN MASTERS IS ON THE UPSWING !!! KEEP IT UP !!!! OMS IS BEHIND YOU 100% !!! ANYTHING WE CAN DO TO HELP...JUST GIVE US A CALL...AND PLEASE SEND ME ANY INFORMATION AS SOON AS YOU HAVE IT ABOUT ANY OF YOUR UPCOMING MEETS.

FOR FURTHER INFO ABOUT MASTERS SWIMMING IN EUGENE CONTACT ANY OF THE FOLLOWING;
DICK MOODY (ECHO HOLLOW POOL) 485-1275 DON VAN ROSSEN (U OF O POOL) 746-2286
KAREN ORTH (DOWNTOWN ATH CLUB) 484-4011 KATHY THOMAS (EUGENE YMCA) 686-9622
MIKE DIRKSEN (CRESWELL POOL) 895-3594 SEAN BRODERICK (SHELDON POOL) 687-5314

As of December 1 OMS has a total of 251 registered member and 243 of those are renewals. With the Pentathlon around the corner and the folks in Eugene making a push, it would stand to reason that many more old and new faces will be coming out of the woodwork and joining our fine organization.

Lots more good reading to be had in this issue.....Ol Barn reviews the Columbia Park swim meet held in November along with Short Course Meters Regionals held in Ellensburg, Washington in October. And I called our old friend Dr. Sprint to get his favorite workout for preparing for the Pentathlon. I also included a little something for you breaststrokers and you who need help with your breast-stroke.

That's all for 1989...Merry Christmas & Happy New Year everyone....
yes bartender I'd like a few drinks....I mean SPRINTS please....

See ya at the Pentathlon

"NINTH ANNUAL SWIM CELLAR PENTATHLON"

"One of the most fun, highly competitive, and best attended meets in the OMS schedule year." -- Z-Man

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

APPROVED (#90-C) 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

ENTRY DEADLINE: POSTMARKED NO LATER THAN **1-2-90** NO LATE ENTRIES ACCEPTED!

MEET: Swim Cellar Pentathlon

DATE: SATURDAY JANUARY 13, 1990

PLACE: Tualatin Hills Rec. Center Pool

6 lanes, all deep, electronic timing,

WARM-UPS: 8:00 A.M.

continuous warm-up/down area

HOST: Swim Cellar 292-3379 day 645-6950 home

MEET STARTS: 9:00 A.M.

Barbara/Brian Frid Meet Directors

DIRECTIONS TO POOL: Take Hwy 26 West to Cornell Rd, Exit-turn left-cross Hwy 26 and turn left at 1st. stop light (SW 158th) Pool is on left, approx 1/2 mile.

-----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+

EVENT	TIME *
50 - FLY	1. ____:____.____
50 - BACK	2. ____:____.____
50 - BREAST	3. ____:____.____
50 - FREE	4. ____:____.____
100 - I.M.	5. ____:____.____

* ENTER BEST TIME OR ESTIMATED TIME.

DO NOT ENTER "NT"
("NT"= NO TIME)

PLEASE ENTER BEST OR ESTIMATED TIMES. ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. BE FAIR TO ALL...THANKS

RULES: 10 Second penalty will be added to your time any stroke/turn & false start infraction. Swimmers must swim all five events to receive award.

AWARDS: Special custom pins will be presented to the top six places in each age group based upon total accumulated times. Awards are FREE !!!!!

PARTY: A party following the pentathlon is being planned. Maps and details will be available at the meet.

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.

...From the Pacific Northwest "WET SET"

Health and Fitness Aspects of Swim Meets

We are right in the thick of swim season. Lots of meets are scheduled, so it may be helpful to make a few comments on some health and fitness aspects of swim meets.

First, be assured that although you may figuratively drop dead from a vigorous swim race, it is exceedingly unlikely - almost never - to do so literally. Even though a famous fitness guru runner died in a race a few years ago, the likelihood is so rare as to be nonexistent if you are in good aerobic shape beforehand. So the first advice for health at a swim meet is to get in shape!

Nutrition - A good balanced diet is important especially before a meet. We know that nutritionists recommend a high carbohydrate, low-fat diet for athletes. Unless you are doing the Musselman Swim or a multimile lake swim, carbohydrate loading (eating enormous amounts of carbohydrate the week before an event) is unnecessary. If you tend to spend a lot of time at meets in the bathroom, you might cut down on bulk and fiber the day before and the day of the meet.

On the day of the meet, have a good carbohydrate breakfast. Your blood glucose is at its lowest in the morning before eating, and if you don't eat you'll feel weak and probably light headed. Carbohydrates will empty out of the stomach in a half to one hour, whereas fats and protein empty slower and with strenuous exercise will probably just sit there like a heavy lump in the gut. During exercise, the blood in the stomach and intestines is significantly reduced and is redirected to the muscles.

During the meet, you probably won't deplete your muscle glycogen, but you probably will drop your blood glucose. So complex carbohydrates during the meet will keep the blood sugar steady. Simple carbohydrates (sugar!) can create wild swings in blood glucose so are best avoided. Remember, "junk food" is high in fat and will sit like a lump. Fruits, vegetables, and grains are good choices in small amounts throughout the meet.

FLUIDS - Muscles work best fully hydrated. Blood and hence oxygen circulates best when you have plenty of fluids. So drink plenty at a meet. Water and carbohydrates are rapidly absorbed so don't avoid them. Swim meets are usually in hot, humid environments and involve strenuous activity so it's quite easy to get dehydrated (Our team has had a swimmer pass out and one with kidney stones when they didn't drink at a particularly warm pool). One of the best choices for both nutrition and fluids is dilute fruit juices. Again, as in eating, drink in small amounts frequently throughout the meet.

STRETCHING - Stretching is very important and increases in

importance as one gets older. Muscles lighten up and tendons and ligaments can get brittle. Gentle, steady stretches prevent injury from sudden physical activity. In fact, your best stroke technique may be impossible until you are loosened up. Stretch - passively - not swinging your arms and legs around - constantly during a meet.

WARMUPS AND WARMDOWNS - Warmups are a complete form of specific stretching. They also help you establish your stroke and get used to the pool. Kids and adults with youthful muscles, tendons, and ligaments may not need warmups or can wait hours between warmup and the competition, but for us stiff old bodies, warming up before our events reduces injury and helps performance. Do some good stretching-type swimming, stroke drill before seeing if you can sprint your stiff old body.

Assuming you put out a good effort in your race, you will end up with a fair amount of lactic acid in your muscles. A slow stretching-type swimming has been shown to clear lactic acid out of muscles much faster than just lying collapsed on the floor. It also helps reduce stiffness.

The USMS recognizes the health and performance benefits of timely warmups and warmdowns, so meets usually have warmup areas or times during the competition. Take advantage of them.

ATTITUDE - Before a meet, set realistic goals for your performance. If you are slogging out the yardage or haven't been working out at all, don't expect to go your fully in shape, fully peaked times. On the other hand, set goals that you can grow into - a new event or a specific time. Just be realistic. Before a meet, consider visualizing your race - how your stroke would feel, what exploding off the blocks is like, how your turns are. Practice it in your imagination.

At the meet, have fun. Keep in perspective why you are swimming, hopefully for fun and to be fit rather than to go a specific time or to win a race. Your time in the race may reflect your fitness, but may also have nothing to do with your fitness. So if you do well, enjoy it, have fun, and celebrate it, but if you don't, it is either an incentive for training or of no significance.

SUMMARY - Before a meet - get in shape - eat higher carbohydrate meals - stretch regularly - set goals, - and visualize. At the meet - get complex carbohydrates and drink plenty of fluids - warm up carefully - stretch constantly - warm down - and have FUN!

"ol' Barnacle"

OL' BARN - RELATES OMS SWIMMING AT 1989 REGION XII SCM CHAMPIONSHIPS ...

THE "FABULOUS FIVE" , LED BY THE "DYNAMIC DUO" OF PETEY SMITH AND PAM HIMSTREET PERFORMED VERY WELL INDEED AT ELLENSBURG ...

PETEY SMITH (65-69)

LET'S TRY ON FOR SIZE - 4 WORLD RECORDS AND 1 NATIONAL , PLUS A REGIONAL, WOW

50 METER FREE - NEW NATIONAL RECORD - :36.26 (WR - 35.77)
100 METER FREE - NEW WORLD RECORD - 1:21.44 (WAS 1:26.53)
200 METER FREE - NEW WORLD RECORD - 3:06.11 (WAS 3:21.80)
400 METER FREE - NEW WORLD RECORD - 6:31.09 (WAS 7:06.04)
800 METER FREE - NEW WORLD RECORD - 13:35.92 (WAS 14:43.29)
100 METER I M - NEW REGIONAL RECORD - 1:50.04

PAM HIMSTREET (45-49)

FOUR, YES 4 BRIGHT AND SHINY NEW REGIONAL RECORDS

800 METER FREE - NEW REGIONAL RECORD - 13:05.53
200 METER BRST - NEW REGIONAL RECORD - 3:32.86
200 METER I M - NEW REGIONAL RECORD - 3:25.02
400 METER I M - NEW REGIONAL RECORD - 7:20.49

PLUS - EXCELLENT - 50 AND 100 BRST IN 45.87, AND 1:40.54

CHARLOTTE COWAN (45-49) 2 TOP TEN SWIMS : 200 FREE IN 3:12.92 AND THE 1500 FREE IN 26:45.94.

PLUS FINE ; 50,100 AND 400 FREE IN - 40.66, 1:31.48, 6:57.06

MICHAEL KOLLN (40-44) MIKE IS MY KIND OF MASTERS SWIMMER , HE JUST GOES ABOUT HIS DAILY TRAINING, SHOWS UP AT MOST OF THE MEETS, AND MORE OFTEN THAN NOT TURNS IN PRS, THIS IS WHAT IT'S ALL ABOUT ... FIVE VERY FINE EFFORTS IN THE FREESTYLE ...50 - 40.99, 100 - 1:36.00, 200 - 3:32.47, 400 - 7:41.30, AND THE 1500 IN 28:32.93. WAY TO GO MICHAEL !!!!!

EARL WALTER (65-69) WANTED SOME TIMES FOR SCM TOP TEN CONSIDERATION ...

PICKED UP 4 : 50 BACK - 40.69, 100 BACK - 1:33.52, 200 BACK - 3:27.08, AND THE 100 BRST IN 1:43.57.

TOO BAD THAT SO MANY OF YOU MISSED THIS FINE MEET IN A SUPER POOL. THE KITTITAS MEMORIAL POOL IN ELLENSBURG MAKES YOU WANT TO SWIM GOOD TIMES. KEEP THIS MEET ON YOUR MIND FOR OCTOBER 1990.

THIS N' THAT

DR RANSOM J ARTHUR, THE FOUNDER OF MASTERS SWIMMING, DIED WHILE VACATIONING IN LISBON, PORTUGAL, OCTOBER 28TH. CAUSE OF DEATH WAS A VIRAL INFECTION, HE WAS 63.

DR ARTHUR WAS BORN IN NEW YORK CITY, GRADUATED FROM CAL-BERKELEY, AND EARNED HIS MEDICAL DEGREE AT HARVARD MEDICAL SCHOOL.

MANY OF YOU WILL REMEMBER WHEN DR ARTHUR WAS HERE IN PORTLAND AS HEAD OF THE SCHOOL OF MEDICINE AT OHSU.

WE WERE FORTUNATE TO HAVE THIS WONDERFUL MAN IN OUR MIDST FOR 3 YEARS, DURING WHICH TIME, HE CONTINUED TO INSPIRE ALL OF US IN THE MEANINGS OF MASTERS SWIMMING FROM 1979 THRU 1982.

DR ARTHUR WAS OUR KEYNOTE SPEAKER AT THE BANQUET FOLLOWING THE LONG COURSE NATIONALS IN 1982.

THE WORLD AND MASTERS SWIMMING HAVE LOST A LEADER AND TRULY FINE PERSON.

OL BARN ... SCM Regionals ... this n' that ...cont ...

BILL DENDURANT - WORD REACHED OL BARN AT THE COLUMBIA PARK MEET THAT BILL HAD TAKEN HIS OWN LIFE. WHAT A TRAGEDY ... BILL WILL ALWAYS BE REMEMBERED BY THE PEOPLE IN OREGON SWIMMING AND OREGON MASTERS FOR HIS YEAR AFTER YEAR OF OUTSTANDING CONTRIBUTIONS TO SWIMMING AND WATER POLO. MOST OF THE YEARS WHEN WE GOT TO KNOW BILL, HE WAS IN CHARGE OF THE AQUATICS PROGRAM AT TIGARD HIGH. HIS WATER POLO AND SWIM TEAMS WERE ALWAYS AMONG THE BEST IN THE STATE , UNDER BILL'S GREAT LEADERSHIP, TIGARD PICKED OFF THEIR SHARE OF CHAMPIONSHIPS. WE ARE ALL POORER FOR HAVING LOST BILL DENDURANT, BUT WE ARE RICHER FOR HAVING KNOWN HIM.

KRISTIN OTTO - EAST GERMAN WHO WON 6 GOLDS AT SEOUL IN SWIMMING. SEES NOTHING WRONG FROM USING HER BONUSES FOR WINNING TO BUY A PEUGOT AND A THREE ROOM APARTMENT. OB REMEMBERS WATCHING THIS GAL SWIM UP A STORM AND PROCEED TO MAKE ALMOST EVERYONE LOOK BAD IN AND AROUND THE POOL. OB HAS TO AGREE WITH KRISTIN, PARTICULARLY IN THE LIGHT OF THE HUGE MONETARY REWARDS GOING DAILY TO TRACK AND FIELD ATHLETES. IT IS KIND OF TOO BAD THOUGH TO READ IN THE PAPERS EACH AND EVERYDAY ABOUT THE SQUABBLES OF THIS ATHLETE OR THAT ATHLETE.

MARK SPITZ - BUTTERFLYING TO BARCELONA - THE QUEST FOR THE "IMPROBABLE" DREAM CONTINUES WITH MARK STATING IN A RECENT SI MAG - THERE ARE 3 REASONS WHY I FEEL THAT I CAN MAKE THE TEAM AND GO FOR THE GOLD - (1) HE FEELS HE HAS MAINTAINED HIS SPEED, JUST BEFORE THE '84 GAMES HE BESTED ROWDY GAINES IN 3 OF 5 PRACTICE 50 FREES. HE FEELS THAT HE IS JUST NATURALLY STRONGER THAN HE WAS AT 22. THOSE OF US IN MASTERS HAVE SEEN THIS HAPPEN TO MANY SWIMMERS. (2) HE FEELS THAT IN TRAINING ONLY FOR THE 100 FLY, HE WILL ONLY HAVE TO TRAIN ABOUT ONE HALF AS MUCH AS HE DID FOR HIS SLATE OF 7 EVENTS IN 1972. (3) HE ALSO FEELS THAT HE HAS AN ANATOMICAL ADVANTAGE BECAUSE HIS KNEES HYPEREXTEND GIVING HIM BETTER DEPTH AND LEVERAGE IN THE DOLPHIN. IN A 500 KICKING SET AT THE END OF 300 KICKING FREE HE WAS FAR BEHIND, BUT THEY SWITCHED TO FLY KICK, AND HE CAUGHT UP AND FINISHED WITH THE GROUP. ALL I CAN SAY TO ALL OF THIS, IS THAT IT APPEARS THAT SPITZ HAS A SHOT, AND I FOR ONE WILL BE CHEERING FOR HIM. PARTICULARLY IN THE LIGHT OF WHAT HE SAYS NOW, THAT HE WOULD NEVER HAD SAID WHEN HE WAS 18. "THREE YEARS FROM NOW, IT WILL HAVE BEEN WORTH IT. EVEN IF I LOSE. BECAUSE I WILL HAVE MADE THE ATTEMPT".

ED ELIASON , AGE 51, DEFINITELY ONE OF THE WORLD'S TOP ARCHERS. AFTER 29 YEARS OF COMPETING AT THE NATIONAL AND INTERNATIONAL LEVEL, ELIASON FINALLY FOUND THE WINNING COMBINATION, AND CAPTURED THE 1988 U S INDOOR AND OUTDOOR CHAMPIONSHIPS, AND THE GOLD MEDAL AT THE 1989 U S OLYMPIC FESTIVAL. IN WINNING HIS TITLE HE DEFEATED THE 1976 AND 1984 OLYMPIC CHAMPION DARRELL PACE, 1988 OLYMPIC GOLD MEDALIST JAY BARRS AND THREE TIME WORLD CHAMPION RICK MCKINNEY. EXCERPTS FROM RICK MCKINNEY'S COMMENTS - THINK ABOUT IT, HE'S OUTLASTED THEM ALL. ALL THE WORLD CHAMPIONS. IT'S INCREDIBLE. IT SEEMS, FOR SOME REASON, THAT AFTER 50 YEARS, HE'S REACHED THE PINNACLE AND ANOTHER STAGE IN HIS LIFE. HE IS MORE RELAXED AND SHOOTING HIS BEST. A VETERAN OF VIETNAM, ELIASON SAYS : "IN ARCHERY, LIKE IN LIFE, YOU'VE GOT TO CONCENTRATE ON WHAT IT TAKES TO OVERCOME A CHALLENGE, WHEN IT'S FALLING APART, YOU HAVE TO PULL IT BACK TOGETHER". (FROM THE NOVEMBER ISSUE OF THE OLYMPIAN)

OL' BARN WANTS TO END ON THOSE WORDS, THINK ABOUT WHAT HE SAID, IT APPLIES TO US IN OUR SWIMMING AND IN OUR LIVES.

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

MEET INFORMATION: January 20, 1990
Hosted by Fidalgo Islander Sea Hawks

SHORT COURSE METERS

ORDER OF EVENTS
EVENT # EVENT

DATE: January 20, 1990
TIME: Warmup 8:30 A.M.
Meet 9:30 A.M.

1 400 M FREE

30 MINUTE WARM-UP

Event 2 will not start before 11:30 A.M.

2 200 M FREE RELAY
3 50 M BREAST
4 100 M FLY
5 200 M FREE

PLACE: Fidalgo Pool
1603 22nd
Anacortes, WA
(206) 293-0673

6 50 M BACK

5 MINUTE BREAK

MEET DIRECTOR: Mike Bemis
(206) 293-0673

7 100 M I.M.
8 100 M BREAST
9 50 M FLY
10 100 M FREE
11 200 M BACK

FACILITY: 6-lane, 25 meter pool
warm-up area available
Water temp: 82°
FREE coffee and donuts!

5 MINUTE BREAK

RULES: Current USMS rules will
govern the meet

12 200 M MEDLEY RELAY
13 200 M BREAST
14 200 M FLY
15 50 M FREE
16 100 M BACK
17 200 M I.M.

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

SEEDING: Slow to fast

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

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

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

MEET ENTRY FORM: January 20, 1990

Hosted by Fidalgo Islander Sea Hawks at Fidalgo Pool, Anacortes
Sanction # 903604

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 75-59 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
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ENTRY FEES

SURCHARGE: \$3.00 \$3.00 (Includes LMSC surcharge \$1)
Individual Events @ \$1.00 _____ (No charge for relays)

TOTAL _____

Checks payable to Fidalgo Islander Sea Hawks

Mail fees and this entry form to: Mike Bemis
P.O. Box 604
Anacortes, WA 98221

ENTRIES DUE: January 9, 1990

STATEMENT OF RELEASE

I, 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 the risks inherent in Masters Swimming (training and 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, meets sponsors or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED _____ DATE _____

"ol' Barnacle"

OL' BARN ... COLUMBIA PARK MEET ...

UNDER THE EVER WATCHFUL EYES OF MEET DIRECTOR JOHN ZELL, 78 SWIMMERS WERE IN THE SWIM AND ALL SEEMED TO BE HAVING A GREAT TIME.

THE ADMINISTRATIVE DUTIES WERE HANDLED BY CHRISTY ZELL, THE TIMING , WITH THREE WATCHES PER LANE, MEMBERS OF THE COLUMBIA PARK SWIM TEAM. OUR OFFICIALS WERE DON STELL, ROGER LOVEN, SHARON CHAPMAN AND CAROL SANDBERG.

A VERY GRATEFUL BUNCH OF MASTERS WANT TO THANK ALL OF THE FINE PEOPLE WHO DID SO MUCH TO MAKE THIS MEET THE SUCCESS IT WAS. PARTICULARLY WITH SUCH SHORT NOTICE. JOHN ZELL AND HIS CREW ARE DEFINITELY "TOP DRAWER".

RECORDS

LEISSA MILLS (25-29)

THIS GAL JUST GETS FASTER AND FASTER . HER CREDENTIALS ARE CERTAINLY THE BEST, FOR THOSE OF YOU WHO MAY NOT KNOW, LEISSA MISSED THE OLYMPIC TEAM BY BEING EDGED OUT OF A SPOT BY THE LIKES OF SHIRLEY BABASHOFF. OREGON MASTERS HAS A WORLD CLASS SWIMMER IN THIS MOST COMPETITIVE AGE AREA. LEISSA WILL TURN 30 THIS COMING MARCH 10TH. PLENTY OF TIME TO SWIM IN THE BIG MEETS FOR THIS COMPETITIVE YEAR.

REGIONAL	-	500 YARD FREE	-	5:20.23
OMS	-	50 YARD FREE	-	:26.09
OMS	-	100 YARD I M	-	1:05.58
OMS	-	200 YARD FREE	-	2:22.26

OB NOTE : THE OLD 100 IM WAS HELD BY CHRISTY WITLIFF, AND SET APR 29,1978

WAY TO GO LEISSA , THINGS CAN ONLY GET FASTER AND BETTER

BERT PETERSEN (50-54)

IN HIS OWN WORDS , "WORLD FAMOUS" IS BACK ...

REGIONAL	-	50 YARD FLY	-	:26.88
OMS	-	200 YARD FLY	-	2:46.58

OB NOTE : THE OLD 200 FLY RECORD WAS HELD BY FRED ECKHARDT, THE 2ND OLDEST RECORD IN THE BOOKS, AND IT LASTED SINCE DEC 18, 1976.

BERT WAS ALSO CLOSE IN THE 50 FREE - 26.77 VS 26.34.

HOW ABOUT SOME P.R'S AND GOOD TIMES

LOLLY SKILLMAN WILL BE 55 ON JULY 28TH - 50 FREE (33.22) 50 BACK (42.12) AND THE 100 BACK IN 1:34.34.

ART WELCH : 50 FREE IN 29.63, 200 FREE AT 2:24.12

ALLAN DELAY : BROKE THRU THE 34 SEC BARRIER WITH A 33.52 IN THE 50 FREE

SYD HENDY : GETTING BETTER - 50 FREE - 40.28, 100 FREE - 1:33.45

RON COBB : FINE 100 FREE AT 56.80

RICHARD RIESS : 200 FREE IN 2:41.56

TOM FANNING : 50 BACK - 34.38, 50 BRST - 35.78, 100 IM - 1:08.44 (REC-1:07.11)

OL' BARN ... Columbia Park Meet ... PR'S and Quick Times ... cont ...

ANDY SCHRAG : 100 BRST IN 1:09.94, AND THE 100 IM IN 1:00.70

KHOSROW SHADBEH : 100 BRST AT 1:40.63, 200 - 3:34.99 (NEEDS A NICE LONG PULLOUT UNDERWATER, COMING OUT OF THE TURNS)

FRED ECKHARDT : VERY PLEASED WITH HIS 3:36.12 FOR THE 200 BRST

ANN DAGGETT : 100 FLY AT 1:08.30 AND THE 200 IN 2:28.52

KIKO KIMURA : FROM PNA TO THE NORTH, GREAT TO SEE KIKO, SHE WAS CHEERING ON HER FATHER GEORGE, WHO WAS IN HIS FIRST MASTERS MEET. KIKO DID THE 100 FLY IN 1:15.52.

BARBARA HAVERCAMP - FINE 100 IM IN 3:20.35

IMPROVING ... IMPROVING ...

CHUCK AUSTEN IN THE FREESTYLE

FLOYD GELLER IN THE BREASTSTROKE

NEWCOMERS TO WATCH ...

BETSY AUSTEN IN THE FREESTYLE AND BACKSTROKE

JONATHAN ISTOK IN THE FREESTYLE AND INDIVIDUAL MEDLEY

CLOSE RACES ... BARN BURNERS ...

VICKI FALTEN VS MARG LENTELL IN THE 200 FREE. VICKI IN AT 2:57.08 WITH MARG IN 2:57.19. HEAD TO HEAD ALL THE WAY - (40-44)

ANDY SCHRAG, MITCH GOLDSTEIN, AND DAVID COBB - HEAT 1 - 50 BRST - 30-34, LANES 3,4,2 , 31.83, 32.32, 32.51. NOW THAT'S A RACE !!!

KEITH MARSHALL AND DALE VAUGHAN (40-44) , 50 BRST : DALE-33.66, KEITH-33.76

ART WELCH HELD OFF BOB KIM IN THE 50 FLY (55-59) 32.22 OVER 32.38, 3RD HEAT LANES 3 & 4 - THAT'S NECK AND NECK !!!

HOW'S ABOUT A BIG OMS WELCOME TO -

GEORGE KIMURA - LOOKS LIKE AN IM'ER TO OB - PORTLAND PARKS MASTERS

LINDA FINLEY - FROM NORTH COAST MASTERS - FREESTYLE ALL THE WAY

ED MANN - AN ALL AROUND PROSPECT FROM PORTLAND PARKS

KVIN FOREMAN - LOTS OF POTENTIAL HERE, UNATTACHED NUGGET

JUDITH RIZZIO - FREESTYLER WITH CLASS, Z MAN'S PPM

HEATHER MCLAUCHLAN - BACKSTROKER FROM MACO WITH PROMISE

KEVIN MCCLUSKEY - FREESTYLER TO WATCH, UNATTACHED

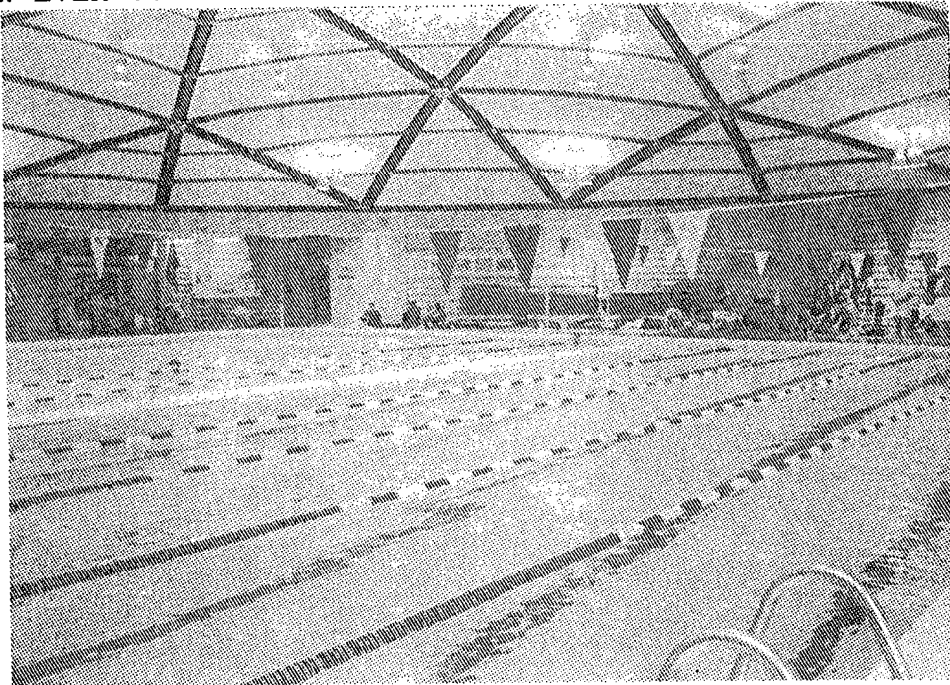
TYLER COLE - ANOTHER IM'ER TO WATCH, ALSO UNATTACHED

OL' BARN ... Columbia Park Meet ... cont ...

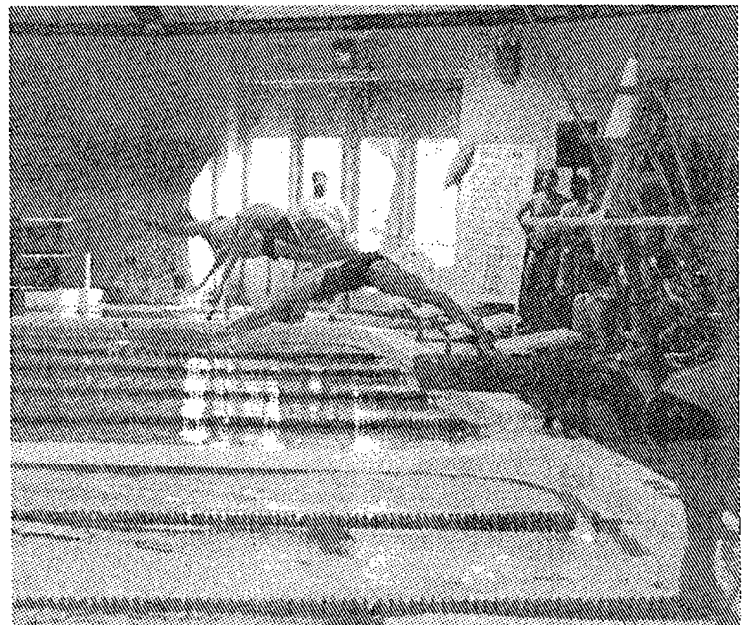
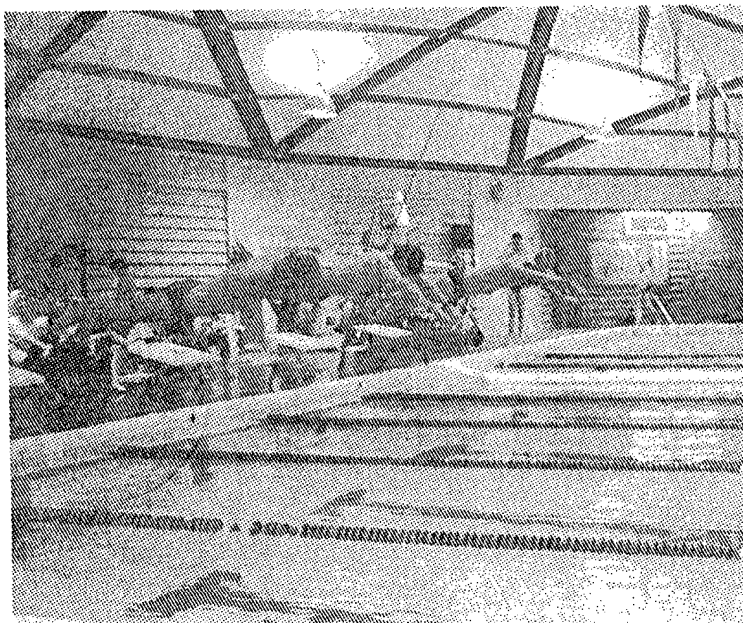
IT WAS A FUN MEET, AND WE ALL MET SOME WONDERFUL PEOPLE. FOR THOSE OF YOU WHO LIVE IN PORTLAND, THE COLUMBIA PARK POOL IS THE YOUNGEST (PUSHING 60 YEARS) OF THE ONLY 3 INDOOR POOLS IN THE CITY OF PORTLAND. PLEASE WRITE TO COMMISSIONER LINDBERG, TELL HIM PORTLAND NEEDS SOME NEW POOLS AT LEAST ONE LONG COURSE FACILITY AND 2 SHORT COURSE, COMBINATION, SHORT COURSE YARDS AND METERS. OL' BARN IS NOT "KNOCKING" PPM'S HOME POOL, IT IS JUST THAT WE ALL NEED TO GET ON THE BANDWAGON AND BRING PORTLAND INTO THE 21ST CENTURY WITH MORE POOLS !!!!!

BY THE WAY, THE WORD IS OUT, JOHN ZELL IS SIGNING (WITH BONUSES) ANY AND ALL PADDLERS HE CAN GET HIS HANDS ON, PPM IS ON THE MOVE !!! ONE OF OB'S OLD TIME FRIENDS IS WORRIED, PPM BY GETTING BIGGER AND BETTER-WILL BE FACING OFF WITH THE BARRACUDAS IN THE ASSOCIATION MEET. SOUNDS LIKE FUN !!!!!

THAT'S IT FOR NOW ... TAKE CARE OF YOURSELVES ... HAVE THE MOST WONDERFUL HOLIDAY SEASON EVER ... MERRY CHRISTMAS AND A HAPPY HAPPY NEW YEAR !!!!!



Columbia Park Pool in north Portland was the site of one day of fun in November



A couple of heats exciting starts frozen in mid-air.

"NEWPORT CURMUDGEONS SHORT COURSE YARDS MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

APPROVED (#90-D) 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: Newport Masters SC Yards Meet

DATE: FEBRUARY 10-11, 1990

PLACE: Newport YMCA Pool Newport, OR
6 lanes, electronic timing

WARM-UPS: SATURDAY 4:00 p.m.

HOST: Newport YMCA Swim Team

SUNDAY 9:00 a.m.

Meet Director: Mr. Bob Wienert

MEET STARTS: SATURDAY 5:00 p.m.

503-265-9441 Work, 503-265-9670 Home

SUNDAY 10:00 a.m.

DIRECTIONS TO POOL: 1212 N.E. Fogarty. From the North via Lincoln City - Hwy 101 South to Newport, turn left (east) onto N.E. 12th St. (near McDonalds and McIvars). Go to the end of 12th St. Pool is at corner of 12th and Fogarty.

ENTRY DEADLINE: POSTMARKED NO LATER THAN **1-30-90** NO LATE ENTRIES ACCEPTED

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

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

1990 USMS # _____ BIRTHDATE _____ AGE _____ SEX _____ TEAM _____ ASSOC _____

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 400 IM, 1000 Free, & 500 Free will be deckseeded and all events will be seeded fast to slow.

SATURDAY FEBRUARY 10th

BREAK BREAK BREAK BREAK

400 I.M. (1) ____:____.____

100 BREAST (11) ____:____.____

1000 FREE (2) ____:____.____

50 FLY (12) ____:____.____

100 FREE (13) ____:____.____

SUNDAY FEBRUARY 11th

200 BACK (14) ____:____.____

500 FREE (3) ____:____.____

MEDLEY RELAY (15) XXXXXXXXXXXX

BREAK BREAK BREAK BREAK

BREAK BREAK BREAK BREAK

FREE RELAY (4) XXXXXXXXXXXX

200 BREAST (16) ____:____.____

50 BREAST (5) ____:____.____

200 FLY (17) ____:____.____

100 FLY (6) ____:____.____

50 FREE (18) ____:____.____

200 FREE (7) ____:____.____

100 BACK (19) ____:____.____

50 BACK (8) ____:____.____

200 I.M. (20) ____:____.____

100 I.M. (9) ____:____.____

MIXED MED RELAY (21) XXXXXXXXXXXX

MIXED FR RELAY (10) XXXXXXXXXXXX

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.

----- 19-24 WOMEN -----			100BRS GINGER L PIERSON 43 OREG 1:20.65			----- 30-34 MEN -----		
50FREE LINDA M FINLEY	24*	:27.34	SUSAN J CASE	40 OREG	1:28.50	50FREE ANDY SCHRAG	32 OREG	:24.34
100FRE LINDA M FINLEY	24*	:59.26	200BRS GINGER L PIERSON	43 OREG	2:52.26	STEVE ROTH	33 MACO	:25.02
200FRE LINDA M FINLEY	24*	2:09.66	50 FLY SUSAN J CASE	40 OREG	:36.04	DAVID M COBB	30 OREG	:26.25
500FRE LINDA M FINLEY	24*	5:55.60	200 IM GINGER L PIERSON	43 OREG	2:51.01	EDWARD R MANN	32*PPM	:26.88
----- 25-29 WOMEN -----			----- 45-49 WOMEN -----			RICHARD RIESS	32 OREG	:32.74
50FREE LEISSA K MILLS	29*VOT	:26.09+	200FRE BARBARA FRID	47 OREG	2:28.98	RONALD E COBB	33 OREG	2:51.89
Oregon was- SUSAN D. BRAUN		:26.21	500FRE BARBARA FRID	47 OREG	6:40.74	100PRE RONALD E COBB	33 OREG	:56.80
BECKY S MECKLEM	26 MACO	:33.17	200BAK BARBARA FRID	47 OREG	3:05.13	STEVE ROTH	33 MACO	:57.56
100FRE HEATHER MCLAUCHLAN	27*MACO	1:07.31	100BRS BARBARA FRID	47 OREG	1:26.36+	JONATHUN D ISTOK	34*	1:00.10
BECKY S MECKLEM	26 MACO	1:20.02	Oregon was- SUSI FOGELSON		1:30.43	MICHAEL J BAIRD	33 OREG	1:00.65
500FRE LEISSA K MILLS	29*VOT	5:20.23+	----- 50-54 WOMEN -----			RICHARD RIESS	32 OREG	1:12.77
Oregon was- SUSAN D BRAUN		5:33.01	50FREE LOLLY SKILLMAN	54 OREG	:33.22	200PRE RICHARD RIESS	32 OREG	2:41.56
ANN DAGGETT	27 OREG	6:01.26	50BACK LOLLY SKILLMAN	54 OREG	:42.12	500PRE MICHAEL J BAIRD	33 OREG	5:47.31
BECKY S MECKLEM	26 MACO	7:46.45	100BAK LOLLY SKILLMAN	54 OREG	1:34.34	JONATHUN D ISTOK	34*	5:58.55
100BAK HEATHER MCLAUCHLAN	27*MACO	1:18.57	----- 55-59 WOMEN -----			EDWARD R MANN	32*PPM	6:20.09
200BAK HEATHER MCLAUCHLAN	27*MACO	2:48.84	50BRST JOYCE BAHLER	59 MACO	:47.88	50BACK JOHN F ZELL	32 OREG	:29.61
50 FLY BECKY S MECKLEM	26 MACO	:35.26	100BRS JOYCE BAHLER	59 MACO	1:45.61	100BAK JOHN F ZELL	32 OREG	1:02.06
100FLY ANN DAGGETT	27 OREG	1:08.30	200BRS JOYCE BAHLER	59 MACO	3:39.42	200BAK JOHN F ZELL	32 OREG	2:18.27
200FLY ANN DAGGETT	27 OREG	2:28.52+	100 IM JOYCE BAHLER	59 MACO	1:40.01	50BRST ANDY SCHRAG	32 OREG	:31.83
Oregon was- LAURA A BAUMHOFER		2:28.94	----- 60-64 WOMEN -----			MITCHELL GOLDSTEIN	30 OREG	:32.32
100 IM LEISSA K MILLS	29*VOT	1:05.58+	100PRE BETSY AUSTEN	62*MACO	1:43.63	DAVID M COBB	30 OREG	:32.51
Oregon was- CHRISTY WITTLIFF		1:07.30	500PRE BETSY AUSTEN	62*MACO	9:30.54	EDWARD R MANN	32*PPM	:37.34
200 IM LEISSA K MILLS	29*VOT	2:22.26+	100BAK BETSY AUSTEN	62*MACO	1:57.56	100BRS ANDY SCHRAG	32 OREG	1:09.94
Oregon was- LAILA J DEARDORFF		2:28.98	200BAK BETSY AUSTEN	62*MACO	4:18.35	MITCHELL GOLDSTEIN	30 OREG	1:11.13
ANN DAGGETT	27 OREG	2:33.36	----- 65-69 WOMEN -----			STEVE ROTH	33 MACO	1:17.40
----- 30-34 WOMEN -----			100BAK ELFIE J STEVENIN	68 OREG	2:33.20	JONATHUN D ISTOK	34*	1:19.20
50FREE DEBBIE BARNES	33 MACO	:28.95	200BAK ELFIE J STEVENIN	68 OREG	5:41.12	50 FLY ANDY SCHRAG	32 OREG	:26.70
KIM J BOGUS	31 OREG	:29.78	100FLY ELFIE J STEVENIN	68 OREG	2:52.57+	STEVE ROTH	33 MACO	:27.32
NANCY E LYNN	31 OREG	:33.86	Oregon was- ELFIE J. STEVENIN		3:01.48	RONALD E COBB	33 OREG	:29.24
100FRE DEBBIE BARNES	33 MACO	1:05.78	----- 70-74 WOMEN -----			MITCHELL GOLDSTEIN	30 OREG	:30.27
KIM J BOGUS	31 OREG	1:08.34	100FRE BARBARA T HAVERCAMP	73 OREG	2:43.09	JONATHUN D ISTOK	34*	:32.99
NANCY E LYNN	31 OREG	1:21.07	200FRE BARBARA T HAVERCAMP	73 OREG	5:55.57	EDWARD R MANN	32*PPM	:36.03
200FRE DEBBIE BARNES	33 MACO	2:21.76	100FLY BARBARA T HAVERCAMP	73 OREG	4:33.14	100 IM ANDY SCHRAG	32 OREG	1:00.70
NANCY E LYNN	31 OREG	3:03.48	100 IM BARBARA T HAVERCAMP	73 OREG	3:20.35	STEVE ROTH	33 MACO	1:05.84
500FRE DEBBIE BARNES	33 MACO	6:15.45	200 IM BARBARA T HAVERCAMP	73 OREG	7:40.68	DAVID M COBB	30 OREG	1:06.05
KIM J BOGUS	31 OREG	6:43.27	----- 19-24 MEN -----			RONALD E COBB	33 OREG	1:06.27
NANCY E LYNN	31 OREG	8:19.83	50FREE KEVIN FOREMAN	22*	:25.24	MITCHELL GOLDSTEIN	30 OREG	1:06.85
100BAK D KIKO KIMURA	33*HUSK	1:16.47	100FRE KEVIN FOREMAN	22*	:58.38	JONATHUN D ISTOK	34*	1:12.34
200BRS D KIKO KIMURA	33*HUSK	3:01.95	500FRE KEVIN FOREMAN	22*	6:20.19	----- 35-39 MEN -----		
100FLY D KIKO KIMURA	33*HUSK	1:15.52	100BAK KEVIN FOREMAN	22*	1:17.86	50FREE ADRIAN L KALIL	36 OREG	:26.27
200 IM D KIKO KIMURA	33*HUSK	2:38.98	50 FLY KEVIN FOREMAN	22*	:30.81	GARY N BECKLEY	38 OREG	:27.69
DEBBIE BARNES	33 MACO	2:47.66	----- 25-29 MEN -----			100FRE ADRIAN L KALIL	36 OREG	:58.79
----- 35-39 WOMEN -----			50FREE ANDY R MOREHOUSE	29 OREG	:24.65	500FRE ROY ABRAWOWITZ	35 OREG	5:17.96
500FRE JUDITH RIZZIO	35*PPM	7:15.92	MICHAEL E JOHNSON	29 OREG	:25.99	GARY N BECKLEY	38 OREG	6:08.88
100 IM ANN GARRETT	37*PPM	1:16.90	R TYLER COLE	28*	:26.39	DANIEL P JOHNSON	36 OREG	7:12.41
----- 40-44 WOMEN -----			KEVIN MCCLUSKEY	28*	:28.93	200BAK DANIEL P JOHNSON	36 OREG	2:40.69
100FRE VICTORIA L FALTEN	40 OREG	1:15.88	100FRE ANDY R MOREHOUSE	29 OREG	:55.56	200BRS DANIEL P JOHNSON	36 OREG	2:38.24
MARGARET LENTELL	43 MACO	1:21.21	MICHAEL E JOHNSON	29 OREG	:58.39	50 FLY GARY N BECKLEY	38 OREG	:30.24
200FRE VICTORIA L FALTEN	40 OREG	2:57.08	R TYLER COLE	28*	1:00.72	100 IM ADRIAN L KALIL	36 OREG	1:08.27
MARGARET LENTELL	43 MACO	2:57.19	KEVIN MCCLUSKEY	28*	1:04.37	200 IM GARY N BECKLEY	38 OREG	2:39.98
500FRE MARGARET LENTELL	43 MACO	7:47.76	200FRE ANDY R MOREHOUSE	29 OREG	2:09.27	----- 40-44 MEN -----		
VICTORIA L FALTEN	40 OREG	8:11.91	KEVIN MCCLUSKEY	28*	2:19.75	50FREE VERNON DASCH	40 OREG	:24.21
100BAK SUSAN J CASE	40 OREG	1:21.21	500FRE MICHAEL E JOHNSON	29 OREG	5:47.33	KEITH MARSHALL	42 OREG	:25.52
GINGER L PIERSON	43 OREG	1:21.24	ANDY R MOREHOUSE	29 OREG	6:10.63	DALE G VAUGHAN	44 OREG	:25.54
200BAK SUSAN J CASE	40 OREG	2:57.83	50BRST R TYLER COLE	28*	:37.30	100FRE VERNON DASCH	40 OREG	:54.33
50BRST GINGER L PIERSON	43 OREG	:36.37	50 FLY ANDY R MOREHOUSE	29 OREG	:28.57	STEVEN L BARRETT	42 OREG	:56.02
SUSAN J CASE	40 OREG	:40.28	100 IM R TYLER COLE	28*	1:10.99	DALE G VAUGHAN	44 OREG	1:00.26
						KEITH A FINZER	44 OREG	1:04.01

COLUMBIA

25 YARD

11/12/89

25+ MEN

JOHN F ZELL, 32 *** DAVID M COBB, 30 ***
JOHN F ZELL, 32 *** DAVID M COBB, 30 ***

13

200 MEDLEY RELAY

GARY N BECKLEY, 38 *** ADRIAN L KALIL, 36 *** OREG 1:59.10
GARY N BECKLEY, 38 *** ADRIAN L KALIL, 36 *** OREG 1:59.10

25+ WOMEN

MARGARET LENTELL, 43 *** BECKY S NECKLEN, 26 ***
MARGARET LENTELL, 43 *** BECKY S NECKLEN, 26 ***

2

200 FREE RELAY

HEATHER MCLAUCHLAN, 27 *** DEBBIE BARNES, 33 *** MACO 2:06.59
HEATHER MCLAUCHLAN, 27 *** DEBBIE BARNES, 33 *** MACO 2:06.59

25+ MEN

EDWARD R MANN, 32=1:49.27 KEITH A FINZER, 44 ***
EDWARD R MANN, 32 *** KEITH A FINZER, 44 ***
ROBERT R KIM, 55 *** CLARK AUSTEN, 62 ***
ROBERT R KIM, 55 *** CLARK AUSTEN, 62 ***

2

200 FREE RELAY

DAVID M COBB, 30 *** ADRIAN L KALIL, 36 *** OREG 1:49.27
RONALD E COBB, 33 *** ADRIAN L KALIL, 36 *** OREG 1:49.27
ANDY R MOREHOUSE, 29 *** STEVE ROTH, 33 *** MACO 1:58.16
ANDY R MOREHOUSE, 29 *** STEVE ROTH, 33 *** MACO 1:58.16

COLUMBIA

25 YARD

11/12/89 PG 2

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

200FRE VERNON DASCH	40 OREG 2:01.37	200FLY BERT L PETERSEN	50 OREG 2:46.58+	500FRE EARL WALTER	68 OREG 8:55.84
STEVEN L BARRETT	42 OREG 2:05.52	Oregon was- FRED ECKHARDT	3:05.30	DAVID BERNSTEIN	67 OREG 10:12.06
DALE G VAUGHAN	44 OREG 2:13.63	100 IM TOM FANNING	50 OREG 1:08.44+	50BACK DAVID BERNSTEIN	67 OREG :52.95
500FRE VERNON DASCH	40 OREG 5:38.63	Oregon was- TOM FANNING	1:11.75	GEORGE KIMURA	69*PPM 1:14.11
STEVEN L BARRETT	42 OREG 5:42.59	----- 55-59 MEN -----		100BAK KHOSROW SHADBEH	68 OREG 2:01.09
KEITH A FINZER	44 OREG 6:20.06	50FREE ARTHUR C WELCH	57 OREG :29.63	50BRST ROBERT A MORRISON	68 OREG :38.52
50BRST DALE G VAUGHAN	44 OREG :33.66	ROBERT R KIM	55 MACO :29.92	KHOSROW SHADBEH	68 OREG :45.40
KEITH MARSHALL	42 OREG :33.79	200FRE ARTHUR C WELCH	57 OREG 2:24.12	DAVID BERNSTEIN	67 OREG :55.44
KEITH A FINZER	44 OREG :37.24	500FRE ARTHUR C WELCH	57 OREG 6:25.44	GEORGE KIMURA	69*PPM :57.01
50 FLY STEVEN L BARRETT	42 OREG :29.84	ROBERT R KIM	55 MACO 7:08.09	100BRS ROBERT A MORRISON	68 OREG 1:29.73
KEITH MARSHALL	42 OREG :29.88	50BRST ROBERT R KIM	55 MACO :37.12	KHOSROW SHADBEH	68 OREG 1:40.63
100 IM KEITH MARSHALL	42 OREG 1:05.03	FLOYD S GELLER	56 PKPS :45.49	200BRS KHOSROW SHADBEH	68 OREG 3:34.99
DALE G VAUGHAN	44 OREG 1:37.70	100BRS ROBERT R KIM	55 MACO 1:22.36	50 FLY ROBERT A MORRISON	68 OREG :37.43
KEITH A FINZER	44 OREG 1:15.86	FLOYD S GELLER	56 PKRS 1:48.94	EARL WALTER	68 OREG :38.84
----- 45-49 MEN -----		200BRS FLOYD S GELLER	56 PKRS 4:07.56	100FLY EARL WALTER	68 OREG 1:34.66
500FRE ALAN R LYONS	45 MACO 6:46.91	50 FLY ARTHUR C WELCH	57 OREG :32.22	200FLY EARL WALTER	68 OREG 3:31.76+
----- 50-54 MEN -----		ROBERT R KIM	55 MACO :32.38	Oregon was- DON STEVENSON	3:58.60
50FREE BERT L PETERSEN	50 OREG :26.77+	100FLY ARTHUR C WELCH	57 OREG 1:14.91	----- 70-74 MEN -----	
Oregon was- ERIC GUEST	:26.79	----- 60-64 MEN -----		50FREE ALLAN DELAY	74 OREG :33.52
JOE L GAMBLIN	54 OREG :32.37	50FREE CLARK AUSTEN	62 MACO :38.86	50BACK ALLAN DELAY	74 OREG :54.07
200FRE JIM BIGLER	54*MACO 2:23.02	100FRE CLARK AUSTEN	62 MACO 1:33.95	----- 75-79 MEN -----	
JOE L GAMBLIN	54 OREG 2:51.99	200FRE CLARK AUSTEN	62 MACO 3:26.34	50FREE SYD C HENDY	76 OREG :40.28
500FRE JIM BIGLER	54*MACO 6:23.96	500FRE CLARK AUSTEN	62 MACO 8:57.02	100PRE SYD C HENDY	76 OREG 1:33.45
50BACK TOM FANNING	50 OREG :34.38	FRED ECKHARDT	63 OREG 9:04.73	50BACK SYD C HENDY	76 OREG :50.45
50BRST TOM FANNING	50 OREG :35.76	200BRS FRED ECKHARDT	63 OREG 3:36.12	100BAK SYD C HENDY	76 OREG 1:49.60
JOE L GAMBLIN	54 OREG :40.81	200FLY FRED ECKHARDT	63 OREG 3:37.57	200BAR SYD C HENDY	76 OREG 3:58.44
100BRS JOE L GAMBLIN	54 OREG 1:35.72	----- 65-69 MEN -----		----- 80-84 MEN -----	
50 FLY BERT L PETERSEN	50 OREG :26.88+	50FREE GEORGE KIMURA	69*PPM :41.01	500FRE JACK HOEY	80 OREG 11:06.34
Oregon was- ERIC GUEST	:31.90	DAVID BERNSTEIN	67 OREG :44.92	100BAK JACK HOEY	80 OREG 1:52.13
				200BAK JACK HOEY	80 OREG 4:13.23
				50 FLY JACK HOEY	80 OREG 1:09.34
				100 IM JACK HOEY	80 OREG 2:14.66

IMPROVING YOUR BREASTSTROKE

by Meredith Smith and Joann Leilich

Knowledgeable coaches and better breaststroke swimmers will tell you that most of the stroke's drive or power is in the kick. Percentages vary, but I've heard some say that as much as 80% of the competitive breaststroke is from the waist down.

I know for a fact that I can kick faster than I pull, but... that's not, until recently, where my head has been in a race. Like a lot of men, I am upper-body oriented and have always timed my stroke according to the turn over and strength of the pull. This year, however, coming back after an 11 year lay-off, I've begun to realize that, if I am to get anywhere near my old times, I've got to develop a stronger, more efficient kick. Why? I just don't have the ability to "turn it over" as well as I once could. Besides, current thinking in breaststroke speed is more power per stroke cycle; i.e., fewer strokes per length.

To learn more about kick mechanics, last year I purchased Don Gambrell's videocassette featuring Olympic champions Tracy Caulkins and Steve Lundquist. Now that I've watched it forward and backwards, at least 100 times, and kicked for what seems the width of the Atlantic, I've arrived at a couple of key points that I have confidence are correct:

1. **Start the kick with the small of your back.** I know that sounds strange, but I've found that by arching my back slightly an instant before my heels come up, several important stroke mechanics are promoted:
 - ✂ Timing improves by virtue of the split second arch/delay of the classic breaststroke kick recovery;
 - ✂ By initiating the kick with a small-of-the-back-arch, you are less likely to drop your knees at the beginning of that recovery. This, of course, promotes better streamlining and provides a smoother pull-to-kick transition; and
 - ✂ You can focus on getting your heels in the "draft" or eddy created by the upper body "lift" at the end of each pull. (I realize this sounds a bit complicated to thrash and splash freestylers, but those of the breaststroke persuasion will understand and appreciate such finesse concepts. (Smile).
2. **On the second half or drive cycle of the kick, lead with the heels.** Again, this may sound unorthodox, but by concentrating on my heels at the start of the classic "wedge" or "vee" shaped backward thrust rather than the soles or insteps of my feet, I find my finish is much crisper. Frankly, this is something I've just begun doing. Before conceiving of this kick key, I was finishing the real drive phase too soon leaving my feet a foot or so apart rather than bringing them sharply together at the end of the kick. Of course, it goes without saying that the toes on each foot have to point out or at the sides of the pool as the heel first thrust begins and stay pointed out as long as possible as the thrust continues to conclusion.

Another benefit of this concept is that by focusing on just the heels rather than on a whole foot drive, you'll automatically think a heels-together finish rather than the classic "big toes click finish." Of course, you won't be able to get your heels to out-race your big toes, but you'll be surprised at the desired propeller-like whip action this concept will promote. Important Note: Although the concept is heels-first, the elite breaststroke swimmer knows that the real purchase or pushing surface comes from instep or inside arch area of the foot.

WAVEMAKER - FEBRUARY 1989

D C MASTERS NEWSLETTER

Hoping this helps you as much as it has helped me to better understand proper breaststroke kick mechanics, I turn the balance of this article over to another breaststroker of considerably more talent... World Record Holder Joann Leilich, who has written about pacing the race.

Now that your kick has improved, you should think about pacing your races. Following is a condensation of my experiences and tips given to me over the years by coaches and Masters swimmers about pacing breaststroke races. In general, I find *swimming my own race* more successful than *pacing off someone else*. I also find "goal setting" and my "log book (of meet times and splits)" most helpful. The splits help me set goals; the goals keep swimming interesting for the next 25-30 years, I hope - twice that long for some of you.

I pace my breaststroke races by the 50s (easy to remember both SC and LC).

200 BREASTSTROKE

- ✂ First 50 - moderate pace (achieved with a LONG glide);
- ✂ Second 50 - pick up the pace (by shortening glide);
- ✂ Third 50 - concentrate on a strong stroke;
- ✂ Fourth 50 - combine 2 & 3 above, using all remaining energy

I find it helpful when doing dive starts during "taper" to practice the first 50 of the 200 breast. That is, swim your anticipated time for the first 50 split to feel the correct pacing.

100 BREASTSTROKE

- ✂ First 50 - same pace as second 50 of the 200, although the watch split will be faster.
- ✂ Second 50 - ALL OUT, shorten the glide, use a strong pull and kick.

I finally learned how to swim the 100 breast in a relay race last spring. After 50 yards, I noticed our opponent out in front and said to myself, "I wonder if I can catch her." Really "pushing" the second 50 resulted in a personal best time and a revelation about swimming 100 breaststroke.

50 BREASTSTROKE

- ✂ First 50 - GO FOR IT! ALL OUT! In order to increase my turnover, I breath every other stroke, probably a big no-no for those who use modern breaststroke techniques.

It sounds so easy on paper, doesn't it? The real tip is called practice!

MY FAVORITE WORKOUTS

DR. SPRINT'S FAVORITE PENTATHLON WORKOUT

1. WARM-UP VERY WELL 500 TO 1000 YDS CHOICE

THEN.....

2. SWIM THE FOLLOWING SPRINTS

A. 6 TO 10 x 25 yd + 25 EASY BUTTERFLY

B. 6 TO 10 x 25 yd + 25 EASY BACK

C. 6 TO 10 x 25 yd + 25 EASY BREAST

D. 6 TO 10 x 25 yd + 25 EASY FREE

DO EACH 25 yd SPRINT + 25 EASY ON 1:15 OR 1:30

DO FIRST 3 TO 5 SPRINTS OF EACH STROKE FINISHING WITH HAND TOUCH ON WALL. THEN DO LAST 3 TO 5 SPRINTS OF EACH STROKE WITH FAST TURN AT THE WALL.

REST A FEW MINUTES BETWEEN CHANGE OF STROKE

TOTAL YARDAGE 1700 TO 3000 YARDS

HEY ALL YOU AQUA HEADS...Z-MAN HERE ONCE AGAIN WITH ANOTHER REQUEST FOR YOUR FAVORITE WORKOUTS.

I HAVEN'T BEEN HEARING FROM MANY OF YOU WITH YOUR FAVORITES. SO PLEASE WRITE ME AT MY NEW ADDRESS....

"MY FAVORITE WORKOUTS"

c/o Z-MAN

4640 N.E. 36th AVENUE

PORTLAND, OR 97211

DO IT TODAY!!!!!!



8233 Salmon River Hwy.
Otis, OR 97368
October 10, 1989

"Dr. Sprint"
Aqua-Master
1625 N. Jantzen Ave. B6
Portland, OR 97217

Dear Dr. Sprint,

I enjoyed your article in the recent edition of Aqua-Master! You certainly gave all of us average swimmers some excellent advice and much needed encouragement. I do have one question, however: just how does a swimmer accomplish technique improvement without a coach??

At the Lincoln City pool, there are several of us who started swimming Masters about three years ago. All of us were novices, with no high school or college swim team experience. We read everything we can get our hands on, work out at least three times a week, and attend as many meets as we can. We LOVE it!! But without someone on deck looking on, it's hard to tell what we need to be working on in order to become better swimmers (the pool staff helps us occasionally, sporadically at best... and I am a Red Cross WSI teacher, but I teach "pretty" swimming, not speed).

So what can ^{we} do? We keep plugging away at it, turning in mediocre times, and hoping we'll age faster so our times will look better! Ha, ha! Any advice from the doctor (with the nice buns!) would be much appreciated!!

Thanks!

Sincerely,
Gail Kimberling
Gail Kimberling

Z-Man says....Remember this letter Dr. Sprint????

You need to write a response for future publishing.

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	967-4521	
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	Gabe Dries	644-3900	
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051	
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	Karen Orth	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	Dick Moody	485-1275	
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	Robert Smith	639-4505	
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423	
Medford	Southern Oregon Swimmers	SOS	Janice O'Neil	772-6295	
McMinnvil.	McMinnville Masters	MM	Judy Rex	472-0765	
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	Steve Roth	223-6251 x226	
Portland	Multnomah Metro YMCA	MY	Rob Romancier	294-3366	
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	282-9347	
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	679-8144	
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060	
SweetHome	Sweet Home OR Masters	SHOM	Kim Church	367-3191	
Tigard			Steve Dunne	692-2766	
Vancouver, WA	Vancouver Old Timers	VOT	Andy Schrag	(206)254-9661	

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

Happy Birthday

January Birthdays

Anderson, Mel W.	1/17/18	60 McCurdy, Terry C.	1/15/30
Billet, Sue	1/ 5/57	McGeorge, Marla J.	1/ 8/52
Boardman, Tom B.	1/11/27	45 Moss, Robert B.	1/30/45
Bressie, Hazel B.	1/15/09	Nagel, Rose F.	1/17/64
Coffey, Tom K.	1/ 6/51	Osip, Robert A.	1/28/56
Cutter, Robert L.	1/ 5/18	Ostovar, Terry A.	1/27/47
40 DeJarnatt, John D.	1/20/50	Parks, Carl T.	1/12/47
35 Diedrich, Jackie	1/ 3/55	40 Pfeifer, Robert L.	1/ 9/50
25 Finley, Linda M.	1/ 7/65	Porter, Andy	1/ 7/56
Goldstein, Mitchell A.	1/24/59	Stoinoff, Lavelle M.	1/ 2/33
40 Harris, G. Ed	1/22/50	Tribe, Deborah L.	1/ 7/58
Hoey, James F.	1/11/19	Van Rookhuijzen, Erik	1/14/66
Hoffman, Helena W.	1/ 5/16	Wagner, Jody L.	1/ 5/52
35 Holbrook, Stephen J.	1/ 5/55	Warner, Frank	1/11/49
Hyland, Brenda L.	1/13/56	White, Deborah A.M.	1/ 4/59
Imhof, Mark A.	1/ 6/52	Willemin, Gus J.	1/14/46
Kelly, Kevin	1/22/43	50 Wright, Dianne	1/10/40
Kim, Robert	1/ 1/34	Wright, Julie L.	1/ 4/69
Knapp, Patlyn	1/10/44	Yadon, Margaret R.	1/26/18
45 Kolln, Michael T.	1/11/45	Zell, John F.	1/ 7/57
35 Kornberg, Scott H.	1/28/55		
L'Esperance, Beverly	1/ 6/32		
Markey, Daniel J.	1/14/51		

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



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



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

OREGON MASTERS

Corvallis
So. Oregon

Andy Schrag

Mark & Laura Worden
Terry & Judy McCurdy

(206) 254-9400 W
(206) 254-9661 H
(503) 753-5726
(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

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

SNAKE RIVER

Janet Wood

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

MEET INFORMATION:
Sunday, February 18, 1990
DEADLINE: Entries due Feb. 6, 1990
 Hosted by the
Team Seattle Orca Swim Club

MEET ENTRY FORM:
Sunday, February 18, 1990
Mercer Island Pool
Sanction # 903605

ORDER OF EVENTS
Event # Event
 1 200 Free Relay
 2 50 Free
 3 100 Breast
 4 200 Back
 5 50 Fly
 6 200 I.M.
 (5 minute intermission)
 7 100 Free
 8 200 Breast
 9 50 Back
 10 100 Fly
 (5 minute intermission)
 11 200 Medley Relay
 12 200 Free
 13 50 Breast
 14 100 Back
 15 200 Fly
 16 100 I.M.
 (5 minute intermission)
 17 1000 Free

DATE: Feb. 18, 1989
WARMUP: 8 a.m.
MEET: 9 a.m.
PLACE: Mercer Island
 Pool, 8815 SE 40th
 Mercer Island
 206-296-4370
MEET DIRECTOR:
 Bruce Erickson
 284-8684
 Before 9 p.m.
FACILITY: 6-lane
 Forward Thrust
 25-yard pool
 with warm-up
 area. 84' F.
CONCESSIONS: None.
 Stores nearby.

RULES: Current USMS rules will govern.
ELIGIBILITY: Open to all USMS registered 1990 swimmers 19 years of age and over as of February 18, 1990.

SEEDING: Slow to fast, except 1000 Free.

DIRECTIONS: Take I-90 to Mercer Island, exit at E. Mercer Way extn #8. Go south on E. Mercer Way for 0.4 miles. Turn right at E. Mercerwood Drive. Wind on E. Mercerwood Drive for 1 mile until it becomes S.E. 40th. Look for pool on the left side of the street.

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

Name _____ **M** **F** **AGE** _____
ADDRESS _____
CITY _____ **STATE** _____ **ZIP** _____
PHONE _____ **DATE OF BIRTH** _____
1990 USMS NUMBER _____ **ASSOCIATION** _____
TEAM _____ **or UNATTACHED** _____
CIRCLE YOUR 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+
ENTRY LIMIT: 5 individual events plus relays.

EVENT #	NAME OF EVENT	SEED TIME

ENTRY FEES:
Surcharge (includes \$1 for LMSC): \$3.00 \$ _____
Individual Events: \$1.00 each \$ _____
TOTAL \$ _____

Check Payable To: Team Seattle Orca Swim Club
Mail fees & entry form to: Team Seattle Orca
 2224 11th E.
ENTRIES DUE Feb. 6, 1990. Seattle, WA 98102

STATEMENT OF RELEASE
 I, 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 the risks inherent in Masters Swimming (training and 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 Local Masters Swimming Committees, the clubs, host facilities, meet sponsors or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

Signed _____ **Date** _____

1990 OREGON MASTERS

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 the following for you:

- Personal accident insurance when competing in OMS or USMS approved meet or practice session.
- USMS newsletter (two per year).
- Two national championships held each May and August.

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 you name will appear on heat sheets and results.

PLEASE PRINT

<p> <input type="checkbox"/> This is a New registration. <input type="checkbox"/> I was registered in 1989 </p> <p> Name _____ LAST FIRST M.I. </p> <p> Address _____ </p> <p> City _____ St _____ ZIP _____ </p> <p> () _____ - _____ / ____ / ____ Phone # Born (MM/DD/YY) Age Sex </p> <p> Oregon Club: () OREG () MACO () UNATTACHED </p> <p> Local Team (if any) _____ </p> <p> I hereby agree to abide by and be governed by the rules and regulations of USMS and the Oregon Masters Swim Committee. _____ </p> <p style="text-align: center;"> Signature </p>	<p>Oregon</p> <p>1990</p> <p> Reg. Fee (\$18.00) _____ Aqua Master (\$7.00) _____ Total _____ </p>	<p>Office use only</p> <hr/>
		<p>MAIL TO:</p> <p> DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223 </p> <p>Or enclose with meet registration</p>

Remember to sign your registration form.

Make checks to Oregon Masters Swimming

DETAILS INSIDE...

97211

JOHN F. ZELL
4640 NE 36TH AVE.
PORTLAND, OR

ASSOCIATION MEET UP FOR BID AGAIN

1990

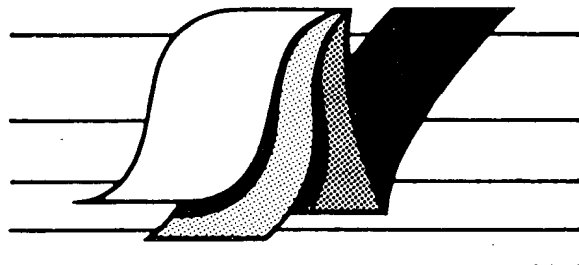
IN THIS ISSUE

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

Editor
John F. Zell
4640 NE 36th Avenue
Portland, OR 97211

BULK RATE
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

Aqua-Master



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STEVENS-NESS
Law Publishing Co.

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



Printing of AQUAMASTER was donated through the courtesy of sometime swimmer Jim Snow and STEVENS-NESS LAW PUBLISHING CO.