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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

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- \*JANUARY USMS 1990 POSTAL ONE HOUR SWIM NATIONAL CHAMPS
- \*FEBRUARY 10-11 NEWPORT, OR NEWPORT YMCA SC YARDS (#4)
- \*FEBRUARY 10-11 SPOKANE, WA FAIRCHILD AIR FORCE BASE POOL
- \*FEBRUARY 18 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

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- 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 7-13 3rd FINA/MSA WORLD CHAMPIONSHIPS  
RIO de JANEIRO, BRAZIL
- AUGUST 24-27 USMS LONG COURSE NATIONALS THE WOODLANDS, TX

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\*MEET ENTRY ENCLOSED IN THIS ISSUE

# Z-Man says-----

Happy New Year and New Decade to all Masters Swimmers!!! Z-Man here and so are the 1990's. Naturally my first question for all of you is what New Years resolutions have you set for yourself? Swimming related resolutions of course! Attending more water workouts per week and/or per month. Increasing the yardage per workout or increasing the average yardage per workout. Doing more kicking and/or pulling along with more drill work in each water session. Getting back to that dry land exercising program. Adding walking, jogging, or running to your overall training regimen. Eating the right things and getting plenty of sleep. Doing all of this and handling the day to day work and family routine seems like a lot to do, but with a real conscious effort, it all can be done. A lot of it is time budgeting and effective use of that time. WE CAN DO IT!!!!

AND AFTER ALL THAT HARD WORK YOU AND I RESOLVE TO ATTEND ALL THE MEETS THAT WE CAN AND CONTINUE TO TELL NEW AND OLD SWIMMERS WE MEET ABOUT THE MASTERS PROGRAM AND HOW MUCH FUN IT IS!!!!!!!!!!

Yes, yes, the list goes on and on..you know what you have to do if you want it! So let's get started!!! Hey !!!! What's new out there?

As you recall last month we announced that the Oregon Association meet was open again to bid. The deadline is January 15th and shortly after that the OMS board will be making a decision...so stay tuned until next months issue for the results.

Following close behind the Association meet is Regionals and I MOST HIGHLY RECOMMEND that all of you consider attending that meet as well. If you did not know, Regionals will be held at the brand new King County Aquatic Center in Federal Way, Washington just south of Seattle. This pool is being built for the Good Will Games and is modelled after the Natatorium in Indianapolis which is considered to be one of the fastest pools in the world. This, I am told will be one of, if not the first, swim meet to be held in this facility. So start making your plans now to attend this meet. This should prove to be the biggest Regional Masters meet ever and the level of competition should be excellent.

This pool is 25 yards by 50 meters so two 25 yard 8 lane courses will be set up. The additional diving and recreation pool will combine to provide 10 additional 25 yard lanes for warm-up. There will be seating available for 2400 spectators, so you can bring your family and friends. More on Regionals as I receive the info.

As always, this issue is full of interesting and informative reading for all. Ol' Barn reviews the Newberg meet and Long Course Top Ten for 1989. There is a survey I got out of the PNA's Wet Set newsletter that I hope you all fill out and send in. You will find an article with warm-up stretching ideas and one from Dr. Sprint which should make us all think entitled "Cerebral Workout 101" And of course there is another "My Favorite Workout" along with this months meet entry forms.

You will find a new subscription form to the Aquamaster in this issue. Please feel free to give this to new swimmers or members who don't receive our newsletter. Yours truly and the entire OMS board DOES NOT LIKE to see teams PHOTOCOPING MEET ENTRY FORMS in mass to distribute at their pool but WOULD LIKE to see all the teams photocopy and distribute these NEW SUBSCRIPTION FORMS along with REGISTRATION FORMS to recruit new members.

That's all for now....get workin' on those resolutions...see ya at Newport,

# "ol' Barnacle"

## OL' BARN VIA REMOTE ON NEWBERG MEET ...

OVER 100 SWIMMERS CONVERGED ON NEWBERG'S FINE POOL FOR WHAT WAS THE FIRST BIG MEET OF THE NEW SEASON. OB WAS SUFFERING FROM THE BUG AND COULD NOT MAKE IT. THOSE WHO DID FOUND THE WATER TO THEIR SATISFACTION, AND ENJOYED A GREAT MEET UNDER THE WATCHFUL EYE OF MEET DIRECTOR JIM MCMASTERS.

A FINE OFFICIATING CREW HEADED UP BY RUTH AND T D HUGHES DID THEIR USUAL SUPERB JOB. THE ADMINISTRATIVE WORKLOAD WAS TAKEN CARE OF BY LINDA AND DOUG WATT. TIMING WAS HANDLED BY MEMBERS OF THE CHEHALEM SWIM TEAM AND THE NEWBERG WATER POLO GANG. THANKS TO ALL OF THESE FINE PEOPLE AND THE MANY OTHERS WHO CONTRIBUTED TO THE TOTAL SUCCESS OF THE SWIM MEET.

## LET'S TAKE A LOOK AT THE RECORDS ...

NATIONAL RECORD - PETHEY SMITH - THE GAL FROM NEWPORT.

PETHEY SWAM THE 200 FREE IN 2:42.72, BREAKING THE OLD RECORD OF 2:45.81 HELD BY DOT DONNELLY.

THE TELLING THING ABOUT PETHEY'S TIME IS THAT THERE ARE VERY FEW MEN IN MASTERS (65-69) WHO CAN SWIM THAT FAST.

REGIONAL RECORDS- LEISSA MILLS (YOUNG LADY FROM VANCOUVER CONTINUES TO IMPROVE)

100 YARD FREESTYLE - NEW REGIONAL TIME OF 55.42  
200 YARD FREESTYLE - NEW REGIONAL TIME OF 1:58.49

REGIONAL RECORDS - PETHEY SMITH - 50 FREE - :32.55  
100 FREE - 1:12.66  
50 FLY - :45.38

REGIONAL RECORD : HELENA HOFFMAN - 200 FLY - 6:57.70

REGIONAL RECORD : HAZEL BRESSIE - 100 FLY - 4:53.35

REGIONAL RECORD - ERIC GUEST - 50 FREE - 27.89 (OLD RECORD SET IN 1981)

OREGON ASSN RECORDS - LEISSA MILLS - 100 FLY - 1:03.21  
200 FLY - 2:21.95

OREGON ASSN RECORD - ERIC GUEST - 100 FREE - 1:06.07  
50 FLY - :33.33 (OLD RECORD SET IN 1981)

OB COMMENT - ERIC GUEST IS PROOF POSITIVE OF JUST HOW GREAT IT IS TO AGE UP IN MASTERS.

## GREAT SWIMS AND SOME PR'S ...

LEISSA MILLS JUST MISSED THE REGIONAL IN THE 200 FREE - 2:21.95 VS 2:21.39

DAWN MORRIS WITH A FINE PR IN THE 200 BACK - 2:39.83

ANN DAGGETT, DITTO, WITH A GREAT 2:30.89

BARBARA FRID HAS TO BE HAPPY WITH HER 2:53.49, LOOKING MORE LIKE BARB

DAN JOHNSON AND JIN ELLIOTT A GREAT RACE IN THE 200 BACK, WITH JIM EDGING DAN, 2:35.16 VS 2:36.38

OB ... Newberg Meet ... notables ... cont

JIM BIGLER IS ALWAYS COMPLAINING ABOUT HIS BACKSTROKE, 200 IN 3:06.84 BIG PR !!

JACK HOEY - LOOK AT OUR NEW 80 YEAR OLD - 3:44.61 IN THE 200 BACK

ALLEN STARK CAME CLOSE TO THE RECORD IN THE 50 BRST - :30.53 VS 29.96

DALE VAUGHAN LOOKED GOOD IN THE 50 BRST AT 33.14

BOB MORRISON BEGINNING TO LOOK MORE LIKE HIS OLD SELF WITH A FINE 50 BRST IN 37.30.

KEVIN FOREMAN WITH A FINE PR IN THE 100 FREE - :56.76

RICK RODRIGUEZ - TURNED A GREAT 100 FREE IN :52.55

RICHARD REISS STILL COMING UP WITH PRS - GREAT 100 FREE IN 1:10.07

BRUCE CHENEY ALSO HAD A PR IN THE 100 FREE WITH A :56.05

IN THE 40-44 RACE FOR THE GOLD IN THE 100 FREE - STEVE WARNER EDGED KEITH MARSHALL, 55.07 TO 55.50

LORLEE ENGLER SWAM A GREAT 200 IM, CLOCKING A PR AT 2:36.84

CATHERINE CHAY, VISITING FROM IEM, TOURED THE 200 IM IN 2:32.88

25-29 - 50 FLY - KAREN ORTH AND JULIE ALBERTS - KAREN PREVAILED - 30.09 VS 30.87.

MARGARET LENTELL, SHOWING CONTINUED IMPROVEMENT, 50 FLY IN 41.70

GARY HAER PICKE OFF A 1ST PL IN THE 50 FLY WITH A FINE 27.68

JOHN WIGHT SHOWED IMPROVEMENT WITH A :33.72 , FOR THE 50 FLY

ANDREE DEVINE HAD A PR IN THE 100 BACK WITH A 1:13.70

PHYLLIS DAVIS ALSO WITH A PR IN THE 100 BACK AT 1:53.65

JOHN ZELL AND JEFF MICHEL WENT HEAD TO HEAD IN THE 100 BACK WITH JOHN THE WINNER , 1:02.00 VS 1:03.06

ROY WATTERS IS SHOWING OFF SOME OF HIS CONDITIONING WITH A 1:27.21, 100 BACK

GIL YOUNG RACKED UP A PR IN THE SAME EVENT, SWIMMING A 1:31.34

IN THE 70-74 - 50 FREE - FORBES MACK EDGED ALLEN DELAY, 32.83 VS 33.06

ANN DAGGETT WAS SECOND IN THE 100, FLY BUT SHE TOO BROKE THE RECORD WITH A FINE SWIM OF 1:05.89.

ROY ABRAMOWITZ HAD AN EXCELLENT MEET - 100 FLY - 56.44, 200 IM - 2:11.79

GORDON HALE IS IMPROVING, RACKED UP THE 100 FLY IN 1:04.88

ANTHONY BAUCUM, DITTO, WITH A FINE 1:21.24

MONIKA HUNSCHER SWAM A 1:31.79 FOR THE 100 BRST , A BIG PR

RIGHT ON AWARD FOR THIS MEET GOES TO DR ALLEN STARK - ENTERED THE 100 BRST WITH A TIME OF 1:07.10, AND SWAM A 1:07.10, CAN'T GET ANY BETTER THAN THAT !!

UB :... Newberg Meet ... notables & this n that ... cont ...

VICKI FALTEN AND MARGARET LENTELL DUELLED THE FULL 200 FREE, NECK AND NECK,  
WITH VICKI THE WINNER AT 2:53.10 VS 2:53.66

BARBARA LUTSOCK WITH A PR FOR THE 100 IM - 1:29.12

SUE SMITH HAD A PR IN THE 500 AT 6:55.41.

WELCOME TO SOME NEW FACES ;

LORLEE ENGLER  
JOANN DENNIS  
RICK RODRIGUEZ  
MICHAEL GRANT

ANNE O'CONNELL  
STEVE REINMUTH  
LARRY BANNISTER

RED HOT NEWS FLASH ... MANY OF US WERE WONDERING WHERE IN THE WORLD WAS "RAPID  
ROBERT" OTHERWISE KNOWN AS DR. SPRINT - VERY VERY RELIABLE SOURCES HAVE  
INFORMED OL BARN - ROBERT DID SHOW UP - BUT - HE SHOWED ON SUNDAY - THAT IS  
JUST GREAT, MAYBE WE SHOULD HAVE AN AWARD FOR THIS FORGETFULNESS ???

GREAT MEET FOLKS, EVEN THOUGH WE DID NOT GET TO SEE DR SPRINT PERFORM, MAYBE  
NEXT TIME. OUR THANKS TO THE MANY MANY FINE PEOPLE WHO PUT TOGETHER A SUPER  
MEET.

THIS N THAT ...

SI RECENTLY HAD AN ARTICLE ON CHARLES KEATING JR., WHO IS BEHIND THE COLLAPSE  
OF LINCOLN SAVINGS AND LOAN, WITH A WHOPPING \$ 2 BILLION PRICE TAG. IT TURNS  
OUT THAT KEATING WAS AN NCAA CHAMP IN 1946 IN THE 200 YARD FLY. SWIMMING PEOPLE  
ARE HOLDING THEIR BREATHS, HOPING THAT THE MULTI MILLION DOLLAR SWIM AND DIVE  
COMPLEX IN PHOENIX, STARTED BY KEATING, CAN ESCAPE THE WRATH OF FEDERAL  
REGULATORS.

SANDY NEILSON-BELL, SO DOMINANT IN MASTERS, AND A '76 GOLD MEDAL WINNER ,  
PICKING OFF 3 OF THE SHINIES AT MUNICH. HAS ANNOUNCED SHE WILL TRY OUT FOR THE  
'92 GAMES. GOOD LUCK TO SANDY AND MARK SPITZ, NICKNAMED BY SI "THE BIONIC WOMAN  
AND THE BIONIC MAN.

ALSO FROM SI - "THEY SAID IT" - JASON CHAFFETZ, BYU PLACEKICKER, DESCRIBING HIS  
POSITION : "IT'S LIKE BEING A BALLET DANCER - TIGHT PANTS, A LITTLE CONTACT, AND  
A WHOLE LOT OF KICKING".

THERE WAS ALSO A VERY FINE STORY IN SI, ABOUT THE REACTION OF STAR ATHLETES IN  
EAST GERMANY TO THE OPENING OF THE BERLIN WALL. THEY ARE LOOKING FORWARD TO  
BEING ABLE TO TRAVEL, PERHAPS TRAIN IN THE U.S. TO IMPROVE THEIR TECHNIQUES,  
AND EVEN TO A POSSIBLE REUNIFICATION OF GERMANY. WHICH WOULD INDEED THEN FIELD  
A TEAM TO BE CERTAINLY RECKONED WITH IN ALL OLYMPIC SPORTS.

OL' BARN'S PET PEEVE OF THE MONTH - IN THE OREGONIAN, DECEMBER 24TH, THEY LIST  
THE MANY ATHLETES, TEAMS, AND COACHES, CONSIDERED TO BE THE BEST OF THE 80'S.  
GUESS WHAT ... YOU ONLY GET ONE ... SWIMMING AND DIVING ARE NOT EVEN INCLUDED  
IN ANY OF THE TALLIES ... NO SWIMMER OR DIVER IS EVEN MENTIONED !!!!!

THAT'S IT FOR NOW FOLKS, TALK TO YOU ALL AGAIN AFTER THE PENTATHLON ...

REMEMBER ... KEEP SWIMMING ... AND ... STAY FIT !!!!!



## 1990 UNITED STATES MASTERS POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP

Sanctioned by United States Masters Swimming  
and Potomac Valley Masters Swimming Committee  
Sanction Number PV - 90-01

Sponsor  
DC Masters Inc.



### Where and When

Any pool 25 yards in length or longer; any time during January 1990

### Eligibility

Any registered U.S. Masters swimmer or Masters athlete registered with a similar body in his/her own country. Swimmers under the age of 25 are advised that they may jeopardize their amateur standing under FINA rule GR1 if they participate in Masters competition.

### Individual Event

The age groups are (M&F) 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 & above. The object of the championship is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner, the person swimming second farthest will be awarded second place, etc. If two or more swimmers complete the same distance a tie will be declared. Drafting is not permitted. Masters Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record lap splits and time the event with a stop watch. He/she must sign the official entry form. Round down all distances to the nearest completed five yard increment (i.e., round 2764 yards to 2760). All swims must be done during January 1990. Any participant who submits an entry, which will potentially qualify for USMS All American or record consideration, may be required to submit verification. Therefore, these participants must retain their split times until at least April 30, 1990. Currently, USMS does not permit distance adjustments for swims at altitude. *Dual Entries:* Swimmers who *change age groups* during January may *enter* twice, but *must* swim *twice*.

### Relay Team Event

A relay team is composed of three swimmers in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+ for men and women. The age of the youngest member determines the age group of the team. No unattached or mixed sex teams allowed. All team members must be members of the same USMS registered club. No swimmer who enters (or is entered) unattached may be listed on a relay entry. Each member of the relay team must enter the individual event. Individual distances are then combined for the relay entry distance. The relay team with the highest combined total yardage shall be declared the winner.

### Awards

In the individual event U.S. Masters Championship medals will be awarded to the first ten places in each age group and sex. Each member of the top three relays in each age group and sex will be awarded U.S. Masters Championship medals. Championship patches to the winners. Awards and results will be mailed by the end of March.

### Entry Fees

Individual entry, \$5 per swimmer. Relay team entry, \$6 per team. *Foreign entrants* submit U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. Foreign personal checks *cannot* be accepted. U.S. cash is accepted, but at your own risk. For an entry receipt, enclose a self-addressed stamped postcard. Foreign receipts: add 50 cents for postage. Foreign entries should be sent *Air Mail*. Entries must be *received* by *February 15, 1990*. Please make checks payable to *DC Masters*.

### Relay Team Entry Procedure

Submit a 3x5 card for *each* relay entered containing the information as shown in the format below. Print first and last names of swimmers. Swimmers *must* use the same club name on both individual and relay entries. Relay cards listing unattached swimmers or swimmers who did not enter the individual competition will be *disqualified* without refund of entry fees. Swimmers may swim on only one relay. Multiple relay entries from a single club (i.e., "A," "B," "C," etc.) in a given age group are permitted.

### PLEASE PRINT!!!

Club Name	Total Yardage
Age group of team (19+, 25+, etc.)	Sex (M or F)
1. Swimmer #1, age	distance
2. Swimmer #2, age	distance
3. Swimmer #3, age (use first and last names)	distance

*Mail completed official entry form, relay cards, copy of USMS registration and entry fees (payable to DC Masters) to:*

Hour Swim  
5314 41st Street, NW  
Washington, DC 20015

**ENTRIES MUST BE RECEIVED BY FEBRUARY 15, 1990**  
Meet Director: Julie Billingsley, 202-537-0577 (*before 9:00 PM EST please*)

**1990 UNITED STATES MASTERS  
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP  
OFFICIAL ENTRY FORM**

**PLEASE PRINT!!!**

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First

\_\_\_\_\_  
Age

\_\_\_\_\_  
Address

\_\_\_\_\_  
Country (if not USA)

\_\_\_\_\_  
Telephone (Foreign entries include country and city codes)

**Sex:** Male Female (Circle One)

<b>Age Group:</b>	<b>B 25-29</b>	<b>E 40-44</b>	<b>H 55-59</b>	<b>K 70-74</b>	<b>N 85-89</b>
<b>(Circle One)</b>	<b>C 30-34</b>	<b>F 45-49</b>	<b>I 60-64</b>	<b>L 75-79</b>	<b>O 90-94</b>
<b>A 19-24</b>	<b>D 35-39</b>	<b>G 50-54</b>	<b>J 65-69</b>	<b>M 80-84</b>	<b>P 95 &amp; up</b>

\_\_\_\_\_  
**Distance**

(If pool was in meters, multiply distance swum by 1.0936, round down to nearest 5 yard increment and enter yards)

\_\_\_\_\_  
**USMS Club Name**

(Print the name of your club or print unattached. If left blank "unattached" will be entered.)

\_\_\_\_\_  
**1990 USMS registration no.  
or foreign equivalent.**

I certify that I have read the rules of this competition. I acknowledge that if I leave the club name blank, I will be entered as unattached and my name and distance may not be entered in a relay team entry. I further certify that on \_\_\_\_\_, I swam \_\_\_\_\_ yards in one hour.

\_\_\_\_\_  
Signature of swimmer (required)

\_\_\_\_\_  
Signature of verifier (required)

**YOU MUST SUBMIT THIS OFFICIAL FORM OR A PHOTOCOPY**

**YOU MUST SUBMIT A COPY OF USMS REGISTRATION CARD**

**Entry Fees: \$5 Individual, \$6 Relay Team, U.S. Funds Only**

**No foreign personal checks accepted.**

**Please use bank checks from a bank with a U.S. affiliate or bank money order.**

**Entry fee includes mailing results to you.**

**Please make all checks payable to DC Masters.**

**Results take 45 days to compile, print and mail. Please be patient. Thank you.**

**Mail Entry to: Hour Swim, 5314 41st Street, NW, Washington, DC 20015**



----- 19-24 WOMEN -----			100 IM KAREN E ORTH	27 OREG 1:13.93	200FRE BARBARA FRID	47 OREG 2:27.90	
50FREE LORLEE ENGLER	21*OMS	:28.44	JUDY G. REX	27 OREG 1:15.71	PAMELA HIMSTREET	46 OREG 2:40.46	
SANDI L HYDE	21 OREG	:28.57	NAOMI STEINBERG	28*EY 1:17.34	CHARLOTTE E COWAN	49 OREG 2:52.68	
DAWN E. MORRIS	21 OREG	:32.03	CHRISTINA FOX	28*EUGY 1:21.59	JOANN DENNIS	48 MACO 3:35.31	
100FRE LORLEE ENGLER	21*OMS	1:01.01	200 IM HEATHER MCLAUCHLAN	27 MACO 2:52.93	500FRE PAMELA HIMSTREET	46 OREG 7:12.40	
SANDI L HYDE	21 OREG	1:02.12	ANNE O'CONNELL	25* 3:02.41	CHARLOTTE E COWAN	49 OREG 7:44.61	
200FRE LORLEE ENGLER	21*OMS	2:18.31	----- 30-34 WOMEN -----			JOANN DENNIS	48 MACO 9:31.66
SANDI L HYDE	21 OREG	2:18.93	50FREE NANCY C SMITH	30 OREG :28.25	50BACK BARBARA FRID	47 OREG :35.79	
50BACK DAWN E. MORRIS	21 OREG	:33.47	100FRE NANCY C SMITH	30 OREG 1:01.76	200BAK BARBARA FRID	47 OREG 2:53.49	
100BAK DAWN E. MORRIS	21 OREG	1:11.30	200FRE CATHERINE CHAY	34*1EM 2:10.75+	50BRST PAMELA HIMSTREET	46 OREG :42.79	
LORLEE ENGLER	21*OMS	1:17.59	Oregon was- TANYA MANSIGH	2:14.20	200BRS BARBARA FRID	47 OREG 3:04.69+	
SANDI L HYDE	21 OREG	1:21.81	NANCY C SMITH	30 OREG 2:15.73	Oregon was- SUSAN S. FOGELSON	3:16.55	
200BAK DAWN E. MORRIS	21 OREG	2:39.83	500FRE CATHERINE CHAY	34*1EM 5:43.36	PAMELA HIMSTREET	46 OREG 3:11.64	
100FLY SANDI L HYDE	21 OREG	1:18.68	NANCY C SMITH	30 OREG 6:18.75	----- 50-54 WOMEN -----		
100 IM DAWN E. MORRIS	21 OREG	1:19.83	LAURA A WORDEN	32 OREG 6:26.30	50FREE JOAN MARIE WHISMAN	53 OREG :35.36	
200 IM LORLEE ENGLER	21*OMS	2:36.84	100FLY CATHERINE CHAY	34*1EM 1:10.03	500FRE PHYLLIS N DAVIS	50 OREG12:06.65	
----- 25-29 WOMEN -----			LAURA A WORDEN	32 OREG 1:10.48	50BACK PHYLLIS N DAVIS	50 OREG :51.62	
50FREE KAREN E ORTH	27 OREG	:27.44	200FLY LAURA A WORDEN	32 OREG 2:38.85	100BAK PHYLLIS N DAVIS	50 OREG 1:53.65	
JULIE E ALBERTS	25*YMCA	:27.60	200 IM CATHERINE CHAY	34*1EM 2:32.88	50BRST JOAN MARIE WHISMAN	53 OREG :45.83	
JUDY G. REX	27 OREG	:28.40	LAURA A WORDEN	32 OREG 2:42.74	50 FLY JOAN MARIE WHISMAN	53 OREG :38.93	
NAOMI STEINBERG	28*EY	:29.28	----- 35-39 WOMEN -----			100 IM JOAN MARIE WHISMAN	53 OREG 1:33.83
CHRISTINA FOX	28*EUGY	:34.83	50FREE MARY GRILLO	35 OREG :29.48	----- 55-59 WOMEN -----		
100FRE LEISSA MILLS	29 OMS	:55.42+	SUE M. SMITH	37 OREG :31.93	50BRST JOYCE BAHLER	59 MACO :46.16	
Oregon was- LEISSA MILLS		:57.42	BARBARA LUTSOCK	39 OREG :32.46	100BRS JOYCE BAHLER	59 MACO 1:43.65	
KAREN E ORTH	27 OREG	1:02.05	100FRE SUE M. SMITH	37 OREG 1:09.59	200BRS JOYCE BAHLER	59 MACO 3:38.96	
JUDY G. REX	27 OREG	1:02.16	200FRE SUE M. SMITH	37 OREG 2:32.26	100 IM JOYCE BAHLER	59 MACO 1:38.42	
ANNE O'CONNELL	25*	1:02.53	500FRE SUE M. SMITH	37 OREG 6:55.41	----- 60-64 WOMEN -----		
ANDREE DEVINE	28 OREG	1:02.74	MARY GRILLO	35 OREG 7:03.02	200FRE BETSY AUSTEN	62 MACO 3:44.43	
NAOMI STEINBERG	28*EY	1:04.93	50BACK BARBARA LUTSOCK	39 OREG :41.50	500FRE BETSY AUSTEN	62 MACO 9:38.19	
200FRE LEISSA MILLS	29 OMS	1:58.49+	50BRST MARY GRILLO	35 OREG :37.41	----- 65-69 WOMEN -----		
Oregon was- LEISSA MILLS		2:03.04	BARBARA LUTSOCK	39 OREG :50.82	50FREE PETEY MH. SMITH	65 OREG :32.55+	
JUDY G. REX	27 OREG	2:19.95	100BRS MARY GRILLO	35 OREG 1:21.50	Oregon was- PETEY MH. SMITH	:33.25	
HEATHER MCLAUCHLAN	27 MACO	2:28.64	50 FLY MARY GRILLO	35 OREG :32.62	BESSE E ROSS	66 OREG 1:00.45	
50BACK KAREN E ORTH	27 OREG	:35.38	100 IM BARBARA LUTSOCK	39 OREG 1:29.12	100FRE PETEY MH. SMITH	65 OREG 1:12.66+	
HEATHER MCLAUCHLAN	27 MACO	:36.07	----- 40-44 WOMEN -----			Oregon was- PETEY MH. SMITH	1:15.87
CHRISTINA FOX	28*EUGY	:39.49	50FREE MONIKA HUNSCHER	41 OREG :31.70	BESSE E ROSS	66 OREG 2:17.27	
100BAK ANN DAGGETT	27 OREG	1:10.37	VICTORIA L FALTEN	40 OREG :33.49	200FRE PETEY MH. SMITH	65 OREG 2:42.72+	
ANDREE DEVINE	28 OREG	1:13.70	100FRE SANDI ROUSSEAU	42 OREG 1:09.40	Oregon was- PETEY MH. SMITH	2:47.79	
HEATHER MCLAUCHLAN	27 MACO	1:17.94	MONIKA HUNSCHER	41 OREG 1:11.34	BESSE E ROSS	66 OREG 5:12.81	
CHRISTINA FOX	28*EUGY	1:25.32	VICTORIA L FALTEN	40 OREG 1:15.78	50BACK BESSE E ROSS	66 OREG 1:17.14	
200BAK ANN DAGGETT	27 OREG	2:30.89+	MARGARET LENTELL	43 MACO 1:19.35	50BRST BESSE E ROSS	66 OREG 1:32.00	
Oregon was- CATHY ZAGUNIS		2:33.77	200FRE VICTORIA L FALTEN	40 OREG 2:53.10	50 FLY PETEY MH. SMITH	65 OREG :45.38+	
ANDREE DEVINE	28 OREG	2:34.91	MARGARET LENTELL	43 MACO 2:53.66	Oregon was- ELFIE J STEVENIN	1:12.39	
HEATHER MCLAUCHLAN	27 MACO	2:45.07	500FRE MARGARET LENTELL	43 MACO 7:42.53	----- 70-74 WOMEN -----		
ANNE O'CONNELL	25*	2:56.51	100BAK SANDI ROUSSEAU	42 OREG 1:29.18	200FLY HELENA W HOFFMAN	73 OREG 6:57.70+	
50BRST ANNE O'CONNELL	25*	:38.27	100BRS GINGER L PIERSON	43 OREG 1:20.18	Oregon was- HAZEL BRESSIE	7:53.50	
NAOMI STEINBERG	28*EY	:38.81	MONIKA HUNSCHER	41 OREG 1:31.79	----- 80-84 WOMEN -----		
CHRISTINA FOX	28*EUGY	:43.46	200BRS GINGER L PIERSON	43 OREG 2:51.06	100FRE HAZEL B BRESSIE	80 MACO 3:09.66	
50 FLY KAREN E ORTH	27 OREG	:30.09	50 FLY MARGARET LENTELL	43 MACO :41.70	200FRE HAZEL B BRESSIE	80 MACO 6:43.01	
JULIE E ALBERTS	25*YMCA	:30.87	100FLY SANDI ROUSSEAU	42 OREG 1:20.66	500FRE HAZEL B BRESSIE	80 MACO17:18.12	
NAOMI STEINBERG	28*EY	:33.37	200FLY GINGER L PIERSON	43 OREG 2:48.18	100BAK HAZEL B BRESSIE	80 MACO 3:07.18	
100FLY LEISSA MILLS	29 OMS	1:03.21+	100 IM GINGER L PIERSON	43 OREG 1:15.40	100FLY HAZEL B BRESSIE	80 MACO 4:53.35+	
Oregon was- LAURA A BAUMHOFER		1:05.93	200 IM GINGER L PIERSON	43 OREG 2:45.73	Oregon was- MARTHA KELLER	5:03.66	
ANN DAGGETT	27 OREG	1:05.89	----- 45-49 WOMEN -----			----- 19-24 MEN -----	
200FLY LEISSA MILLS	29 OMS	2:21.95+	50FREE CHARLOTTE E COWAN	49 OREG :34.99	50FREE KEVIN S FOREMAN	23 VMS :25.13	
Oregon was- ANN DAGGETT		2:28.52	JOANN DENNIS	48 MACO :42.78	100FRE KEVIN S FOREMAN	23 VMS :56.76	
			100FRE CHARLOTTE E COWAN	49 OREG 1:18.46	STEVE REINMUTH	24* 1:01.36	
			JOANN DENNIS	48 MACO 1:39.52	500FRE STEVE REINMUTH	24* 6:27.13	
					50 FLY KEVIN S FOREMAN	23 VMS :29.91	

100 IM KEVIN S FOREMAN 23 VMS 1:09.17  
 ----- 25-29 MEN -----

50FREE RICK A. RODRIGUEZ 27 OREG :23.40  
 KEVIN MCCLUSKEY 28 :28.63  
 100FREE RICK A. RODRIGUEZ 27 OREG :52.55  
 KEVIN MCCLUSKEY 28 1:00.32  
 200FREE RICK A. RODRIGUEZ 27 OREG 1:58.55  
 KEVIN MCCLUSKEY 28 2:19.55  
 500FREE RICK A. RODRIGUEZ 27 OREG 5:41.00  
 KEVIN MCCLUSKEY 28 6:46.51  
 50BACK KEVIN MCCLUSKEY 28 :38.66

----- 30-34 MEN -----

50FREE RONALD E COBB 33 OREG :25.23  
 MICHAEL E JOHNSON 30 OREG :25.74  
 DAVID R DOTTER 30 OREG :27.66  
 RICHARD RIESS 32 OREG :32.77  
 100FREE MICHAEL E JOHNSON 30 OREG :57.98  
 DAVID R DOTTER 30 OREG 1:00.07  
 MICHAEL J BAIRD 33 OREG 1:01.82  
 JEFF MICHEL 34 1:02.38  
 RICHARD RIESS 32 OREG 1:10.07  
 200FREE DAVID R DOTTER 30 OREG 2:17.30  
 RICHARD RIESS 32 OREG 2:38.77  
 500FREE MICHAEL E JOHNSON 30 OREG 5:37.12  
 MICHAEL J BAIRD 33 OREG 5:43.27  
 JOHN F ZELL 32 OREG 6:21.62  
 RICHARD RIESS 32 OREG 7:18.82  
 50BACK JEFF MICHEL 34 :28.99  
 JOHN F ZELL 32 OREG :29.49  
 100BAR JOHN F ZELL 32 OREG 1:02.00  
 JEFF MICHEL 34 1:03.06  
 200BAR JOHN F ZELL 32 OREG 2:15.99  
 JEFF MICHEL 34 2:21.70  
 50BRST MITCHELL GOLDSTEIN 30 OREG :32.68  
 ANDY SCHRAG 32 OREG :33.64  
 RONALD E COBB 33 OREG :34.68  
 50 FLY ANDY SCHRAG 32 OREG :28.52  
 RONALD E COBB 33 OREG :29.24  
 DAVID R DOTTER 30 OREG :29.98  
 MITCHELL GOLDSTEIN 30 OREG :30.37  
 100FLY ANDY SCHRAG 32 OREG 1:04.11  
 100 IM ANDY SCHRAG 32 OREG 1:01.51

----- 35-39 MEN -----

50FREE DAVID W YEAKEL 35 OREG :25.03  
 GARY HAFER 38 OREG :25.24  
 STEVEN E SLOVER 39 OREG :27.06  
 MICHAEL A GRANT 38\*GPY :28.96  
 LARRY M BANNISTER 37\*CHN :33.87  
 100FREE DAVID W YEAKEL 35 OREG :54.26  
 BRUCE W CHENEY 38 OREG :56.05  
 DENNIS S OLSON 35 OREG :58.12  
 STEVEN E SLOVER 39 OREG 1:00.54  
 MICHAEL A GRANT 38\*GPY 1:03.43  
 LARRY M BANNISTER 37\*CHN 1:23.86  
 200FREE ROY ABRAMOWITZ 35 OREG 1:56.78  
 STEVEN E SLOVER 39 OREG 2:11.27  
 JAMES M ELLIOTT 37 OREG 2:12.17  
 DENNIS S OLSON 35 OREG 2:17.58  
 MICHAEL A GRANT 38\*GPY 2:23.72

500FREE STEVEN E SLOVER 39 OREG 5:41.78  
 JAMES M ELLIOTT 37 OREG 6:00.21

MICHAEL A GRANT 38\*GPY 6:41.71  
 50BACK GARY HAFER 38 OREG :28.43  
 100BAR JAMES M ELLIOTT 37 OREG 1:13.72  
 200BAR JAMES M ELLIOTT 37 OREG 2:35.16  
 DANIEL P JOHNSON 36 OREG 2:36.38  
 50BRST GORDON P HALE 36 UNAT :33.02  
 GARY HAFER 38 OREG :34.28  
 100BRS DANIEL P JOHNSON 36 OREG 1:11.64  
 200BRS DANIEL P JOHNSON 36 OREG 2:30.23  
 DENNIS S OLSON 35 OREG 2:47.35

50 FLY GARY HAFER 38 OREG :27.68  
 DAVID W YEAKEL 35 OREG :28.10  
 GORDON P HALE 36 UNAT :28.88  
 STEVEN E SLOVER 39 OREG :31.95

100FLY ROY ABRAMOWITZ 35 OREG :56.44  
 GORDON P HALE 36 UNAT 1:04.88  
 BRUCE W CHENEY 38 OREG 1:06.92

100 IM GARY HAFER 38 OREG 1:01.56  
 DAVID W YEAKEL 35 OREG 1:04.29  
 GORDON P HALE 36 UNAT 1:06.27  
 BRUCE W CHENEY 38 OREG 1:07.74

200 IM ROY ABRAMOWITZ 35 OREG 2:11.79  
 GORDON P HALE 36 UNAT 2:26.54  
 DANIEL P JOHNSON 36 OREG 2:27.25  
 JAMES M ELLIOTT 37 OREG 2:30.80

----- 40-44 MEN -----

50FREE JON D STOUT 43 OREG :24.60  
 KEITH MARSHALL 42 OREG :24.90  
 DALE G VAUGHAN 44 OREG :25.19  
 RON E JERSEY 41 OREG :30.13  
 MICHAEL T KOLLN 44 OREG :35.01

100FREE STEPHEN H WARNER 41 OREG :55.07  
 KEITH MARSHALL 42 OREG :55.50  
 STEVEN L BARRETT 42 OREG :56.75  
 DALE G VAUGHAN 44 OREG :57.40  
 ANTHONY J BAUCUM 40 OREG 1:02.55

RON E JERSEY 41 OREG 1:06.40  
 MICHAEL T KOLLN 44 OREG 1:21.39  
 200FREE STEVEN L BARRETT 42 OREG 2:03.53  
 DALE G VAUGHAN 44 OREG 2:10.81

RON E JERSEY 41 OREG 2:30.09  
 MICHAEL T KOLLN 44 OREG 3:07.53  
 500FREE STEVEN L BARRETT 42 OREG 5:44.31  
 RON E JERSEY 41 OREG 7:00.21

MICHAEL T KOLLN 44 OREG 8:26.19  
 50BACK JON D STOUT 43 OREG :28.95  
 50BRST ALLEN L STARK 40 OREG :30.53  
 DALE G VAUGHAN 44 OREG :33.14

100BRS ALLEN L STARK 40 OREG 1:07.10  
 L BUZ CARRIKER 42 OREG 1:22.26  
 200BRS ALLEN L STARK 40 OREG 2:29.06  
 50 FLY STEPHEN H WARNER 41 OREG :26.67

STEVEN L BARRETT 42 OREG :29.73  
 ANTHONY J BAUCUM 40 OREG :31.50  
 100FLY STEPHEN H WARNER 41 OREG 1:00.63+

Oregon was- ARTHUR H. SMITH 1:00.89  
 ANTHONY J BAUCUM 40 OREG 1:21.24

100 IM KEITH MARSHALL 42 OREG 1:04.74  
 ALLEN L STARK 40 OREG 1:06.57  
 L BUZ CARRIKER 42 OREG 1:17.39  
 ANTHONY J BAUCUM 40 OREG 1:17.63  
 200 IM L BUZ CARRIKER 42 OREG 2:50.64

----- 45-49 MEN -----

50FREE ROY L WATTERS 45 OREG :29.14  
 100FREE JOHN M WIGHT 46 MACO 1:03.20  
 ROY L WATTERS 45 OREG 1:07.38  
 500FREE JOHN M WIGHT 46 MACO 7:05.71  
 50BACK ROY L WATTERS 45 OREG :39.09

100BAR ROY L WATTERS 45 OREG 1:27.21  
 100BRS JOHN M WIGHT 46 MACO 1:23.83  
 50 FLY JOHN M WIGHT 46 MACO :33.72  
 100 IN ROY L WATTERS 45 OREG 1:19.11

----- 50-54 MEN -----

200FREE JIM BIGLER 54 MACO 2:19.49  
 500FREE JIM BIGLER 54 MACO 6:27.34  
 BERT L PETERSEN 50 OREG 6:40.21  
 200BAR JIM BIGLER 54 MACO 3:06.84  
 200BRS JIM BIGLER 54 MACO 2:59.35

50 FLY BERT L PETERSEN 50 OREG :27.09  
 100FLY BERT L PETERSEN 50 OREG 1:03.95+

Oregon was- FRED ECKHARDT 1:23.50

----- 55-59 MEN -----

500FREE ROBERT R KIM 55 MACO 7:02.64  
 50BRST ROBERT R KIM 55 MACO :35.65  
 200BRS ROBERT R KIM 55 MACO 3:05.90  
 100 IM ROBERT R KIM 55 MACO 1:18.21

----- 60-64 MEN -----

50FREE ERIC GP. GUEST 60 OREG :27.89+

Oregon was- EARL WALTER :29.05  
 CLARK AUSTEN 62 MACO :37.95  
 100FREE ERIC GP. GUEST 60 OREG 1:06.07+

Oregon was- JIM HOLLAND 1:09.58  
 CLARK AUSTEN 62 MACO 1:27.40  
 200FREE CLARK AUSTEN 62 MACO 3:15.78  
 500FREE CLARK AUSTEN 62 MACO 8:48.16  
 50 FLY ERIC GP. GUEST 60 OREG :33.33+

Oregon was- EARL WALTER :33.58

100 IM ERIC GP. GUEST 60 OREG 1:17.59

----- 65-69 MEN -----

50FREE GILBERT N YOUNG 67 OREG :32.73  
 JOSEPH A MALLON 68 OREG :44.56  
 100FREE JOSEPH A MALLON 68 OREG 1:40.56  
 500FREE JOSEPH A MALLON 68 OREG 10:10.05  
 50BACK GILBERT N YOUNG 67 OREG :41.20

100BAR GILBERT N YOUNG 67 OREG 1:31.34  
 200BAR GILBERT N YOUNG 67 OREG 3:20.43  
 50BRST ROBERT A MORRISON 68 OREG :37.30  
 100BRS ROBERT A MORRISON 68 OREG 1:29.40  
 50 FLY ROBERT A MORRISON 68 OREG :36.55

----- 70-74 MEN -----

50FREE FORBES J MACK 71 OREG :32.83  
 ALLAN DELAY 74 OREG :33.06  
 ROBERT H SCHMIDT 74 OREG :43.65  
 50BACK ALLAN DELAY 74 OREG :45.91  
 FORBES J MACK 71 OREG :47.62

## NEWBERG

25 YARD

12/02/89 PG 3

\* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

50BRST FORBES J MACK	71 OREG :41.82	50BACK SYD C HENDY	76 OREG :47.55	100FRE JACK HOEY	80 OREG 1:39.55
ROBERT H SCHMIDT	74 OREG :49.14	100BAK SYD C HENDY	76 OREG 1:48.01	100BAK JACK HOEY	80 OREG 1:49.62
50 FLY FORBES J MACK	71 OREG :40.92	200BAK SYD C HENDY	76 OREG 3:53.89	200BAK JACK HOEY	80 OREG 3:44.61
----- 75-79 MEN	-----	80-84 MEN	-----	50 FLY JACK HOEY	80 OREG 1:12.31
50FREE SYD C HENDY	76 OREG :39.25	50FREE JACK HOEY	80 OREG :44.72		

NEWBERG

----- 102 ENTRANTS -----

## NEWBERG

25 YARD

12/02/89

<b>25+ WOMEN</b>	<b>12</b>	<b>200 MEDLEY RELAY</b>
CHRISTINA FOX, 28 ***	NAOMI STEINBERG, 28 ***	JULIE E ALBERTS, 25 *** KAREN E ORTH, 27 *** OREG 2:17.12
<b>25+ MIXED</b>	<b>18</b>	<b>200 MEDLEY RELAY</b>
RICK A. RODRIGUEZ, 27 ***	NAOMI STEINBERG, 28 ***	ANTHONY BAUCUM, 40 *** JULIE E ALBERTS, 25 *** EUGY 2:10.36
<b>35+ MIXED</b>	<b>18</b>	<b>200 MEDLEY RELAY</b>
SUE M. SMITH, 37 ***	MARY GRILLO, 35 ***	MICHAEL A GRANT, 38 *** RON E JERSEY, 41 *** GPY 2:23.31
<b>25+ WOMEN</b>	<b>1</b>	<b>200 FREE RELAY</b>
NAOMI STEINBERG, 28 ***	CHRISTINA FOX, 28 ***	ANNE O'CONNELL, 25 *** JULIE E ALBERTS, 25 *** EUGY 2:01.33
<b>19+ MEN</b>	<b>1</b>	<b>200 FREE RELAY</b>
BRUCE W CHENEY, 38 ***	ANTHONY J BAUCUM, 40 ***	RICK A. RODRIGUEZ, 27 *** STEVE REINHUTH, 24 *** EYAC 1:49.75
<b>25+ MEN</b>	<b>1</b>	<b>200 FREE RELAY</b>
RONALD E COBB, 33 ***	MITCHELL GOLDSTEIN, 30 ***	GORDON P HALE, 36 *** DENNIS S OLSON, 35 *** MSCC 1:44.12
<b>19+ MIXED</b>	<b>6</b>	<b>200 FREE RELAY</b>
ANTHONY J BAUCUM, 40 ***	JULIE E ALBERTS, 25 ***	ANNE O'CONNELL, 25 *** STEVE REINHUTH, 24 *** EUGY 1:55.10
<b>35+ MIXED</b>	<b>6</b>	<b>200 FREE RELAY</b>
RON E JERSEY, 41 ***	SUE M. SMITH, 37 ***	MARY GRILLO, 35 *** MICHAEL A GRANT, 38 *** GPY 1:59.14

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# "ol' Barnacle"

OL'BARNACLE - OMS IS PROUD OF ITS LONG COURSE TOP TENNERS ...

IN 1987 WE HAD A TOTAL OF 27 MAKE THE LISTINGS, IN 1988 WE IMPROVED TO 38, AND NOW FOR 1989 WE CAN POINT WITH PRIDE TO 42 OF OUR FAMILY MAKING IT BIG !!!

LEADING THE WAY FOR THIS ALL STAR CAST WERE 3 ALL AMERICANS ...

LAVELLE STOINOFF (55-59)

LAVELLE HAD 8 # 1'S ; 200,400,800,& 1500 FREE, PLUS THE 100 & 200 BACK, AND THE ICING ON THE CAKE - THE 200 AND 400 IM.

SHE ALSO TALLIED 3 # 2'S ; 100 FREE, THE 50 BACK, AND THE 200 BRST PLUS A 7TH IN THE 50 FREE, FOR 12 SPOTS IN ALL - WOW !!!

PETHEY SMITH (65-69)

PETHEY COMPLETELY DOMINATED THE FREESTYLE IN HER AGE GROUP, WINDING UP WITH 6 # 1'S IN THE ; 50,100,200,400,800,AND 1500 FREE.

SHE ADDED TO THIS WITH A 9TH IN THE 50 FLY AND A 4TH IN THE 200 IM.

PETHEY ALSO TOOK 2 PLACES IN THE 60-64 LISTINGS ; # 2-50 FREE, AND #4 IN 1500.

HERB EISENSCHMIDT (80-84)

HERB CAME THROUGH WITH 2 NUMERO UNOS IN THE 100 AND 200 BACK.

A FINE # 2 IN THE 400 FREE, PLUS 2 # 3'S FOR THE 200 FREE AND 50 BACK

WINDING UP HIS TOTAL OF 8 PLACES ; 4TH IN THE 50 BRST, 7TH IN THE 100 FREE, AND AN 8TH IN THE 50 FREE.

19-24 : DAWN MORRIS BREAKS INTO THE TT WITH A 10TH IN THE 200 BACK

25-29 : ANN DAGGETT REGISTERED A 7TH IN THE 200 FLY, HER FIRST TT MENTION.

30-34 : LAURA WORDEN PULLED IN AN 8TH - 1500, AND A 5TH IN THE 200 FLY

40-44 : MONIKA HUNSCHER MADE THE TEAM WITH A 9TH 1500, AND 8TH FOR 200 BACK.

SUSAN CASE CAME IN WITH A 9TH & 8TH (50/100 BACK, PLUS A 10TH-200 BRST

JAYNE CHASTAIN RETURNED TO SWIMMING AND PULLED 10TH IN THE 200 BACK

GINGER PIERSON PICKED OFF ; 3RD-50,3RD-100 & A 4TH-200 BREAST

45-49 : BARBARA FRID TOTALLED 9 PLACES, HIGHLIGHTED BY 3RDS IN THE 50 BACK AND THE THE 100 BRST. FOLLOWED BY A 4TH IN THE 400 FREE, 5THS IN THE 100/200 BACK, AND 200 BRST, PLUS 7THS IN THE 200 FREE, 50 BRST AND 50 FLY. FINE ALL AROUND JOB !!

PAM HIMSTREET CAME ON STRONG FOR A NEWCOMER TO TOP TEN,GARNERING A 10TH AND 8TH IN THE 400 AND 800 FREE, PLUS AN 8TH AND 9TH IN THE 100/200 BRST.

NANCY BROOKS, ANOTHER NEW COMER, WITH A 3RD,6TH & 7TH IN THE BREAST

65-69 : ELFIE STEVENIN SWAM TO A 6TH - 200 FLY, AND 10TH - 400 IM

70-74 : HELENA HOFFMAN HAD AN 8TH-200 BRST AND AN 8TH-200 FLY

OB ... 1989 LCM USMS TOP TEN ... cont ...

75-79 : EVELYN MCKEON TURNED 75 AND LIT UP THE SKIES ... 4TH-50 BACK, 5TH-200 IM, # 6'S FOR THE 100/400 FREE AND 50 BRST, PLUS AN 8TH IN THE 50 FREE, AND A 9TH IN THE 200 FREE.

DOREEN MORRIS PICKED HERSELF UP A 9TH PLACE IN THE 200 BACK

80-84 : HAZEL BRESSIE ... OUR HAZEL HAD 15 PLACES FOLKS ... COUNT 'EM ... # 2'S -400/800 FREE, AND 200 BRST, # 3'S - 200 FREE, 50/100 BRST, 50/100/200 FLY, AND THE 200 AND 400 IM. FOLLOWED BY 4THS AT 100 FREE, AND 200 BACK AND A 5TH IN THE 50 FREE. HAZEL'S ONLY PROBLEM WAS THAT SHE COULDN'T FIND TIME TO SWIM THE 1500 OR 100 BACK.

30-34 : JOHN ZELL (RENOINED EDITOR) PICKED UP A 7TH IN THE 400 IM

35-39 : GARY HAFER GARNERED TWO SPOTS ; 10TH AND A 6TH IN THE 50/100 BACK

ROY CLARK RETURNED TO THE WARS AND A 5TH, 6TH AND 7TH IN THE BREAST

MARK WORDEN HAS A 10TH IN THE 800, & A 6TH IN THE 1500, PLUS A 6TH IN THE 200 FLY AND A 10TH IN THE 400 IM. FROM DENMARK WITH LOVE.

40-44 : FRANK WARNER WOUND UP MAKING THE TEAM IN 5 EVENTS ; 8TH AND 5TH IN THE 100 AND 200 FREE, PLUS AN 8-7-5 COMBO IN THE BACKSTROKE.

STEVE DURAPAU TOPPED A FINE YEAR WITH 5 PLACES ; HIGHLIGHTED BY A 2ND IN THE 1500 PLUS 4,6,7 IN THE 200,400,800. CAPPED WITH A 6TH IN THE 200 FLY.

ALLEN STARK PICKED UP A 10TH IN THE 100 BREAST

STEVE WARNER GAINED A 9TH IN THE 100 FLY

45-49 : RICHARD BOYD PULLED IN A BIG # 2 FOR THE 400 IM, PLUS A 5TH - 800 FREE

ROBERT SMITH ALSO AVOIDING LCM, MANAGED A BIG # 2 IN THE 50 BACK.

50-54 : BERT PETERSEN FLIED TO 3RD, 3RD AND 5TH , ON THE COMEBACK TRAIL.

55-59 : ART WELCH CONTINUES TO MOVE UP THE LADDER TOWARD AA. PICKED OFF A #2 IN THE 200 FREE, PLUS A 3RD IN THE 200 FLY AND 800 FREE. A 4TH IN THE 100 FLY, 5TH IN THE 400 FREE, AND A 10TH IN THE 50 FLY

DON VAN ROSSEN CAME IN WITH A 10TH IN THE 100 BRST, & DITTO THE 400 IM

ROBERT KIM MADE THE PROMISED LAND FOR THE FIRST TIME, # 7-100 FLY

60-64 : FRED ECKHARDT ALSO COMING BACK, GARNERED A 7TH IN THE 200 FLY

65-69 : GIL YOUNG HAS NOW ESTABLISHED HIMSELF IN THE TOP TEN, NAMED IN 4 SPOTS, 8-8-6 FOR 400/800/1500 FREE, PLUS A 10TH IN THE 200 BACK

EARL WALTER MANAGED 9 SPOTS, WITH A BEST OF # 2 IN THE 100 FLY, 4THS 200 FLY & 400 IM, 5THS - 100 BACK AND 200 IM, A 7TH IN THE 200 BACK, PLUS AN 8TH FOR THE 50, 9TH-50FLY, 10TH IN THE 200 BRST.

BOB MORRISON SWAM TO A # 4 RANKING IN THE 50 BRST

HUGH RICHARDS HAD A 4TH IN THE 50 FLY, PLUS 9-200 IM, 10-50 BRST

70-74 : BOB CUTTER, NOT AT HIS BEST, WAS 7TH IN THE 50 BACK.

JAMES HOEY, ANOTHER NEWCOMER, HAS A 9TH IN THE 100 BRST

75-79 : SYD HENDY WITH 10-6-5 COMBO IN THE BACK AND A 6TH IN THE 200 FREE.

JACK HOEY (79) HAD AN 8TH-100 AND 7TH-200 BACK, AGING UP !!!!!

THAT'S IT FOR LONG COURSE METERS FOR 1989, WE HAVE ONE MORE COURSE TO GO FOR 1989, SCM TOP TEN SHOULD BE OUT IN 2 TO 3 MONTHS.

\*\*\*\*\*

1989 CONNIE WILSON HONOREE ... ROY ABRAMOWITZ ...

OUR ESTEEMED TREASURER, WHOSE FAVORITE EXPRESSION IS, NO, I THINK THAT'S TOO MUCH, WAS DULY HONORED BY HIS PEERS AT NEWBERG WHEN HE RECEIVED THE CONNIE WILSON TROPHY FOR CONTINUED YEARS OF SERVICE TO OREGON MASTERS.

DON'T KNOW ABOUT HIS HIGH SCHOOL AND GRADE SCHOOL SWIMMING, BUT I DO KNOW HE WAS AN ALL AMERICAN FLYER AT PRINCETON. HE ALSO DID SOME STUDYING AT UCLA, HE HAS BEEN HAPPY WITH THE BRUINS EVERY YEAR BUT THIS LAST ONE.

ROY CAME ON THE OREGON SCENE IN THE LATE 70'S, OB CAN REMEMBER CLEARING THE MIDDLE LANES AT THE MJCC, WE WOULD SWIM TWO OR THREE 50 FLIES AND SUDDENLY WE HAD LOTS OF ROOM TO WORKOUT. ROY'S SWIMMING ACCOMPLISHMENTS ARE MANY BUT WHAT NEEDS TELLING HERE, IS THE STORY OF ROY'S CONTINUED AND STEADFAST SUPPORT OF OUR PROGRAM THROUGH HIS JOB AS TREASURER. ROY ORIGINALLY TOOK OFFICE IN THE EARLY 80'S, IT WAS EASY THEN, NOT MUCH MONEY TO PLAY WITH. BUT, HE GUIDED US THROUGH THE ROUGH WATERS OF OUR FIRST NATIONALS IN 1982, PICKING SOME MOOLA ALONG THE WAY, THEN WE ADDED TO THIS WITH OUR AGAIN HOSTING LONG COURSE NATIONALS IN 1986. SOMETIMES YOU MAY NOT UNDERSTAND THE NUMBERS, ROY IS A SUCCESSFUL CPA, BUT IF WE ARE LOSING MONEY ON ANYTHING, ROY WILL PIN POINT IT IN A MINUTE, AND RESET OUR COURSE.

OL' BARN CAN THINK OF NO ONE MORE DESERVING THAN ROY ABRAMOWITZ, FOR THE CONNIE WILSON AWARD.

WE ALL WANT TO THANK YOU ROY FOR YOUR MANY YEARS OF SERVICE AND CONTINUING CONTRIBUTIONS.

# Aqua-Master

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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.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE \_\_\_\_\_

ASSOC \_\_\_\_\_ TEAM \_\_\_\_\_ AGE \_\_\_\_\_

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"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.

...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!



## SWIMMING QUESTIONNAIRE

This questionnaire is designed to help understand what factors promote swimming as a life-long activity. It specifically addresses youth swimming experience as a promoter of masters swimming and as a source of initial and continuing motivational factors.

Thank you for your participation in this survey. Please return to: Ian Thompson, M.D.  
1514 Fairview  
Bellingham, WA 98226

A. General information                      age \_\_\_\_\_ sex \_\_\_\_\_

B. Youth swimming experience (check all that apply):

<i>Activity</i>	<i>Number of years participation</i>	<i>Level of achievement</i>
1. swim lessons		
2. summer league or other partial team		
3. USS/AAU year-round		
4. high school		
5. college		

C. Interim time (time between youth swimming and adult (masters) swimming)

1. Reasons for quitting youth swimming experience: \_\_\_\_\_
2. Number of years out of the water \_\_\_\_\_
3. Sports or fitness activities in the interim \_\_\_\_\_

D. Masters swimming experience

1. Number of years' participation in masters swimming \_\_\_\_\_
2. No. of days/week you swim \_\_\_\_\_ No. of weeks/year you swim \_\_\_\_\_ Average yardage on days you swim \_\_\_\_\_
3. Level of competition (please check)
 

<input type="checkbox"/> do not compete	<input type="checkbox"/> local meets	<input type="checkbox"/> regional meets
<input type="checkbox"/> national meets	<input type="checkbox"/> international meets	<input type="checkbox"/> national or world top ten

E. Motivational factors (check all that are applicable)

	<i>Keeps you swimming</i>	<i>Influenced return to swimming</i>	<i>Recognized while youth and influenced return</i>
health			
environmental (visual, smell, taste, feel, etc.)			
weight control			
friendship			
team membership and camaraderie			
stress control			
previous success			
expectation of continued success)			
exercise with low-injury risk			
aerobic benefit			
convenient time and location			
encouragement of friends and family			
exercise that can be done year 'round			
sense of well-being			
enjoy the feeling of hard workout			

F. What memory of youth swimming do you have that influenced you to continue or return to swimming as an adult?

---



---

# MY FAVORITE WORKOUTS

Warm-up	Swim 400	Choice
	Kick 400	I.M.
	Swim 200	I.M. backwards

```

Then
  Rest 1:30  Swim 4 x 50  Fly/Back  on 1:00
              Swim 200 I.M.  for time on 4:30
  Rest 1:30  Swim 4 x 50  Back/Breast on 1:00
              Swim 200 I.M.  for time on 4:30
  Rest 1:30  Swim 4 x 50  Breast/Free on 1:00
              Swim 200 I.M.  for time on 4:30

```

And then

Swim 6 x 125 I.M.	#1 & #2	on 2:10
	#3 & #4	on 2:00
	#5 & #6	on 1:50

Do 50 yards of your worst stroke

Warm down 250 easy

Total 3200 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!!!!!!

# "Portland State Viking Masters Short Course Meters Meet"

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET  
APPROVED (#90-E) 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 State Short Course Meters Meet DATE: MARCH 2, 3, & 4, 1990  
PLACE: Portland State Univ. Pool  
S.W. Park and College St. Portland, OR FRIDAY - WARM-UPS: 5:30 PM  
25 meter, 6 lane pool MEET STARTS: 6:30 PM  
manual timing

HOST: Portland State Viking Masters Team SATURDAY AND SUNDAY ---  
Bob Morrison Meet Director WARM-UPS: 8:30 AM  
Phone: 503-234-3733 home (evenings) MEET STARTS: 9:30 AM

DIRECTIONS TO POOL: I-5 Northbound - take exit 299B - (I-405 North) then take  
exit 1-C - 6th avenue - turn left on Harrison - turn left on Broadway - FREE  
PARKING IN PSU PARKING STRUCTURE #1 ON BROADWAY & HALL. I-5 Southbound - take  
Beaverton/City Center exit to I-405 - then take exit 1-C - 6th Avenue - turn  
left on Harrison - turn left on Broadway - FREE PARKING IN PSU PARKING  
STRUCTURE #1 ON BROADWAY & HALL. POOL IS ONE TO TWO BLOCKS WEST OF PARKING  
STRUCTURE --- CORNER OF COLLEGE AND PARK AVENUE.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 2-20-90 NO LATE ENTRIES ACCEPTED

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

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

1990 USMS# \_\_\_\_\_ 0 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ ASSOC \_\_\_\_\_ 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 400 IM, 800 & 400 Free will be deckseeded and all  
events will be seeded fast to slow.

FRIDAY MARCH 2, 1990 100 FREE (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 200 BREAST (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

800 FREE (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 50 BACK (12) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

SATURDAY MARCH 3, 1990 100 FLY (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

FREE RELAY (3) XXXXXXXXXXXXXXXX SUNDAY MARCH 4, 1990

50 FREE (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ MEDLEY RELAY (14) XXXXXXXXXXXXXXXX

100 BREAST (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 200 FREE (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 50 BREAST (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FLY (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 100 BACK (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_ 200 FLY (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MIXED FR RELAY (9) XXXXXXXXXXXXXXXX 100 IM (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK MIXED MED RELAY (20) XXXXXXXXXXXXXXXX

400 FREE (21) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

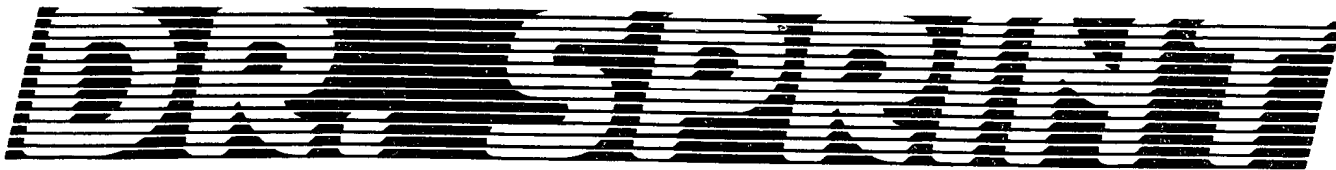
The undersigned participant intending to be legally bound hereby certify that I  
am physically fit & have not been otherwise informed by a physician. I acknow-  
ledge that I'm aware of all of the risks inherent in Masters Swimming (training  
& competition) including possible permanent disability or death, and agree to  
assume all of those risks. I hereby waive any & all rights to claims for loss  
or damages arising out of participation in the Masters Swimming 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 ENRTY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to:

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

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



## CEREBRAL WORKOUT 101

Oh-boy! Oh-boy! The local college swim coach asked me to conduct a workout next week. I agreed as long as I had complete dictatorial freedom. I love exposing new swimmers to one of my "CEREBRAL WORKOUTS". It's early season therefore technique training is important, and it's only an hour workout. How perfect!

College swimmers are flexible and open minded, so it will be fun to see if they can cope with one of my most favorite high concentration workouts.

### LOOK AT DAVE

As a background rule throughout the workout, the swimmers must only look at Dave's side of the pool when they breathe on their sides (ie freestyle). Dave is the lifeguard and he always sits on one side of the pool. Depending upon which direction they are going, the swimmers will have to breathe on both sides of their body.

Warmup : 400 yards at least 50 yards of each stroke  
Remember to "Look at Dave" (L.A.D)

Pre main: 5 X 50 Kick/swim @ 1:15 descend L.A.D.  
4 X 50 Kick/swim @ 1:30 descend non-free

The warmup is not enough to get swimmers "hot" for the main series. A pre-main series which is timed, with leg emphasis should warmup the whole body. The first length is kicking, done without a board, as follows:

freestyle: kick on your side, one arm extended in front  
backstroke: on back, both arms extended, hands touching  
breaststroke: on stomach, both arms extended, hands touch  
butterfly: dolphin kick on side, one arm at side

Main Series: do appropriate series, answer questions:

Sprinters: Pseudo 100's (s/b near current 100 yd time)  
5 X 75 1 arm swims @ 1:45 (first is left)  
count strokes/length, time, alternate arms  
repeat for 3 sets, last set @ 2:00

Distance: Pseudo 200's (s/b near current 200 yd time)  
5 X 150 1 arm swims @ 3:00 (first is left)  
count strokes/length, time, alternate arms  
repeat again, last set @ 3:15

Questions: Which side is more efficient? Left or Right?  
(Least strokes per length)

Which side is faster timewise? Why?

Between sets, ask the swimmers around you  
how they are doing? Get to know them.

Was your last set faster?

What's your end of season goal time?

I expect most swimmers when they first do the above series will fail badly. It's asking alot to count your strokes, get your precise time plus cope with the coordination of one arm swimming. Good kickers, in good shape, experienced in this series should equal or exceed their best times. If a swimmer is seriously slower than expected he is encouraged to do flip turns, kick harder, be more streamline and do anything (short of pulling with the resting arm which should always be stretched out in front) to get their time down. Don't get discouraged. This is the kind of workout that will take months and years to perfect. You'll never be too proficient.

I do a similar workout at least every 2 weeks. My strokes/length are exact and my times are often within .2 seconds between my left & right sides. But I do have problems at longer distances and off strokes. Butterfly and breaststroke should also be done with only 1 arm. The touches and pullouts must always be done with the unused arm always remaining stretched out.

It's great fun to have competitions with yourself between your left and right sides. Add to this, the desire to exceed your best time at the 100 or 200 mark and you hardly need a coach to pressure you. The coach exists to provide a question and occasionally help the swimmer with an answer.

Many teams swim 2500 to 3000 yard per hour workouts. "Dr Sprint CEREBRAL" workouts often progress at a 1000 to 2000 yards per hour rate. This lower rate allows more swimmer/self, swimmer/swimmer, and swimmer/coach communications and yields better quality swimming with much more thinking.

**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      DATE: Feb. 18, 1989

Event #	Event	WARMUP: 8 a.m.
1	200 Free Relay	MEET: 9 a.m.
2	50 Free	
3	100 Breast	PLACE: Mercer Island
4	200 Back	Pool, 8815 SE 40th
5	50 Fly	Mercer Island
6	200 I.M.	204-296-4370
(5 minute intermission)		
7	100 Free	MEET DIRECTOR:
8	200 Breast	Bruce Erickson
9	50 Back	284-6684
10	100 Fly	Before 9 p.m.
(5 minute intermission)		
11	200 Medley Relay	FACILITY: 6-lane
12	200 Free	Forward Thrust
13	50 Breast	25-yard pool
14	100 Back	with warm-up
15	200 Fly	area. 84' F.
16	100 I.M.	
(5 minute intermission)		
17	1000 Free	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 exit #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.

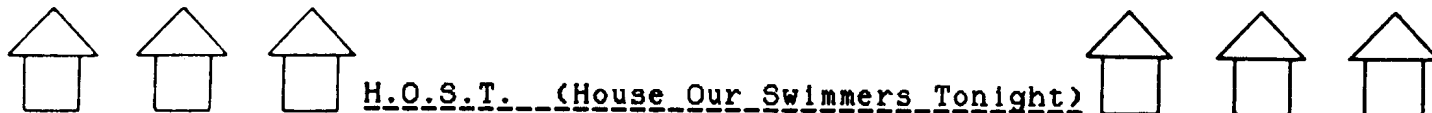
Signed \_\_\_\_\_ Date \_\_\_\_\_

# Happy Birthday

## February Birthdays

Baumgardner, Jean P.	2/16/37	Kribs, Cecil S.	2/21/42
Beckley, Gary N.	2/28/51	Mather, June	2/ 3/53
Bernstein, David	2/26/22	McCurdy, Judy M.	2/ 4/39
Bolieu, Don L.	2/11/44	McMaster, Melody G.	2/21/63
Case, Susan J.	2/20/49	35 Miner, Janice K.	2/ 8/55
Clancey, Karin A.	2/15/54	Neiman, Eric J.	2/24/56
Core, Robert J.	2/16/47	Proctor, Scott R.	2/22/52
Cowan, Jackie G.	2/17/67	Putnam, David F.	2/ 8/32
Deardorff, Laila J.	2/ 6/61	Ryan, Julie A.	2/18/69
Dunlap, Cindy A.	2/23/52	45 Scott, Jim K.	2/19/45
Erwin, Lincoln C.	2/10/29	25 Shepard, Julie A.	2/17/65
Flaming, Tyler P.	2/ 8/63	Soldevilla, Fransisco	2/27/57
Granger, Chuck D.	2/ 2/34	40 Staley, Darlene J.	2/21/50
Hafer, Gary L.	2/19/51	Stark, Allen L.	2/ 3/49
Hankins, Cynthia A.	2/ 4/66	55 Starbuck, Vivian J.	2/ 6/35
Hebert, Ada A.	2/ 4/16	Sugar, Skye G.	2/ 9/49
Holden, Ted	2/14/48	Van Dijk, Leo J.	2/ 7/33
Holland, James L.	2/28/24	Van Dijk, Marianne O.	2/17/33
Hughes, Chris L.	2/18/52	Walker, Jim	2/16/32
40 Jessup, John R.	2/10/50		
60 Jones, Donlan F.	2/ 5/30		
Kimberling, Gail M.	2/18/56		
King, Elizabeth C.	2/24/23		

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



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

### OREGON MASTERS

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

FAIRCHILD AIR FORCE BASE POOL (25 Meter pool)  
Feb. 10-11, 1990 - Sponsor - FAF - Sanction #3500210

**ENTRY:** Send entries and make entry fee (\$6) payable to; INLAND EMPIRE LMSC, c/o David Zander, E. 1922 - 15th Ave., Spokane, WA. 99203. **CASH NOT ACCEPTED.** Payment by check or money order only. Incomplete or late entries will be treated as deck entries and charged \$8 and limited to four (4) individual events. **Cash will not be accepted for deck entries at meet. DEADLINE: Jan. 27, 1990.**

**RELAYS:** Enter these during warmups. Individuals must be signed up with club they represent to have relay points count for that club.

**AWARDS:** First - fourth place ribbons available free of charge. High point team trophy award.

**RULES:** All current Masters rules will apply. NOTE: Certified Stroke and Turn judges will be present at all sanctioned IELMSC meets. Please consult the USS Handbook or a knowledgeable person about proper stroke and turn rules if you are in doubt. Events will be seeded slow to fast except for distance events.

**ELIGIBILITY:** All swimmers must be currently registered. New 1989-90 IELMSC registrations should be sent to Dori McTigue, registrar, as indicated on registration form which can be found in the SPLASHMASTER. Competitors 19-24 years of age may jeopardize their amateur standing under FINA rule GR-1 by competing at a Masters meet. 1989-90 IELMSC/USMS registration fee is \$22.00; persons 60 years of age or older; the fee is \$19.50; Husband/Wife fee is \$39.00.

**DIRECTIONS:** Fairchild AFB is 8 miles west of Spokane on HWY 2, west of Airway Heights. You must stop at entry gate. The guard will have a list of IELMSC registered swimmers. For information call Bob Panico (509)747-8463.



(Postmark no later than Jan. 27, 1990, Spokane, WA.)

Name: \_\_\_\_\_ M / F \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ 1989-90 USMS \* \_\_\_\_\_ Club: \_\_\_\_\_

Saturday Feb. 10: warmup at 5:00 p.m.; start at 6:00 p.m.

* - EVENT	EST. TIME	* - EVENT	EST. TIME	* - EVENT	EST. TIME
-----------	-----------	-----------	-----------	-----------	-----------

1--400 Ind. Med. \_\_\_\_\_

2--1500 Free \_\_\_\_\_

2 / lane ? Yes / No

Sunday Feb. 11: warmup at 8:00 a.m.; start at 9:00 a.m.

3--400 Free \_\_\_\_\_

<-----Break----->

15--800 Free Relay XXXXXXXXXXXXX

4--200 Med. Relay XXXXXXXXXXXXX

10--200 Mx. Med. Relay XXXXXXXX

16--50 Back \_\_\_\_\_

5--100 Back \_\_\_\_\_

11--200 Back \_\_\_\_\_

17--100 Free \_\_\_\_\_

6--200 Free \_\_\_\_\_

12--50 Free \_\_\_\_\_

18--200 Fly \_\_\_\_\_

7--50 Fly \_\_\_\_\_

13--100 Fly \_\_\_\_\_

19--100 Breast \_\_\_\_\_

8--200 Breast \_\_\_\_\_

14--50 Breast \_\_\_\_\_

20--200 Ind. Med. \_\_\_\_\_

9--100 Ind. Med. \_\_\_\_\_

<-----Break----->

NOTE: Maximum of 5 individual events and 3 relay events.

Meet Entry Fee: \$6.00



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 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.

Your Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

# 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	Ron Jersey	479-2263
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 Curmudgeons	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!!!



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

Remember to sign your registration form.

Make checks to Oregon Masters Swimming

# AND MORE RESULTS

\* Meet Entry Forms

\* Of Barnacle

\* Z-Man Says

IN THIS ISSUE

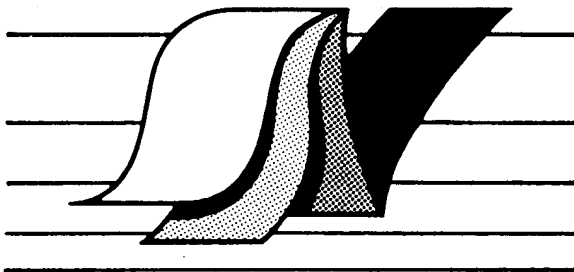
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## Aqua-Master

# HAPPY NEW YEAR !

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