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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

- \*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
- \*MARCH 30-31 & APR 1 PNA ASSOCIATION CHAMPIONSHIPS SEATTLE, WA
- \*APRIL 6, 7, & 8 OREGON MASTERS ASSOCIATION CHAMPIONSHIPS  
EUGENE, OR ECHO HOLLOW POOL
- \*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 14 SOUTHERN OREGON APPLGATE LAKE SWIM
- 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

\*MEET ENTRY ENCLOSED IN THIS ISSUE

# Z-Man says---

Greetings my friends...Z-Man with you once again...February means I must say Happy Valentine's and President's Day to you all. Our season is really hoppin' now as you can see by the upcoming schedule of events. This issue contains 6 meet entry forms for your use and I hope to see many of you at most all of them.

As you have discovered, our Association Championships will be held in Eugene this year and from all the information I'm getting it should prove to be one of the best OMS Championships ever. (See the entry form for details) The Eugene area Masters Teams are showing a very high level of enthusiasm for this meet so we all need to do our part by attending. I will probably have some more details about this meet next issue so stay tuned.

Also you will find an entry form and info about both Regionals and Nationals. I highly recommend that you seriously consider attending one or both of these meets as well. Both will be big meets from a number of entrants standpoint and the level of competition will be high and well rounded.

Ol' Barn and Dr. Sprint review the results from the Swim Cellar Pentathlon held last month. Dr. Sprint's analysis of that meet is especially interesting. It was great to see this meet so well attended. I know I had fun and so did everyone else who entered.

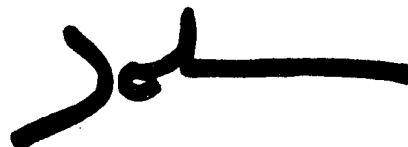
Sorry, but had so many entry forms and related meet info this month that I had to scratch "My Favorite Workouts". But it should return next month with at least two workouts I received recently...always can use some more...hint..hint.

Yours truly is planning for an upcoming issue a "NEW PRODUCTS REVIEW" column. Some of my teammates and I are currently training with some of the latest equipment items in the competitive swimming circles. Two of those items I will review (probably after S.C. Nationals) are Zoomers Swim Fins and Fulcrum Hand Paddles and the training techniques and theories behind these items. Stay tuned

CORRECTION...CORRECTION...CORRECTION. Last month I published the very first subscription form for the Aquamaster. And wouldn't you know but I made a mistake in the mailing address. So check it out and if you used it or gave one to a friend make sure you set them straight or the mailman will probably return it to you.

Well not much more to say but stay in the water and break out your calendar because the real meat of the swim season is upon us. It's time to begin your final planning for the rest of the Short Course season cause before you know it it will be here and time to perform.

See you at P.S.U. Go Viks,



At the Association Meet in Eugene the OMS Board will be making the annual presentation of special awards. As in the past, you the members of OMS have the opportunity to nominate people who you think are worthy of receiving one of these awards.

TO NOMINATE SOMEONE FOR A SPECIAL AWARD SIMPLY WRITE A PARAGRAPH OR TWO

EXPLAINING WHY YOU THINK THIS PERSON IS WORTHY OF RECEIVING THAT AWARD ANDD

SEND IT TO: KATHY BUCK OMS CHAIRMAN 31925 NE CANTER LANE SHERWOOD, OR 97140

KATHY MUST RECEIVE ALL NOMINATIONS BY ---- MARCH 10TH, 1990 !!!!!

Below is a listing and a description of the awards up for nomination.

1. The "Ol Barn Award" --- Named in honor of Earl "Ol Barn" Walter, one of the original founders of OMS.

Given to a person who has contributed outstanding service to OMS over the last year or two.

2. "Special Service Award" -- An award along the lines of the "Ol Barn Award" but given to a person who has contributed in a special way. Not necessarily given each year, but used on occasion to recognize a particularly deserving person who has contributed something worthy of the recognition.

3. "Spirit of OMS Award" -- This award goes to a person who is not necessarily an outstanding swimmer but is trying all the time. A person who exhibits the spirit of our organization This award was started by Terry and Judy McCurdy from Roseburg.

↓↓↓ CORRECTION! ↓↓↓

# Aqua-Master

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIBE TODAY !!!!!!!!!!!!!!!

*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 \_\_\_\_\_

☐ 1 YEAR \$7.00  
(Nov. 1989 to Oct. 1990)

☐ 1/2 YEAR \$4.00  
(May 1990 to Oct. 1990)

▷ SEND TO: REGISTRAR

7655 S.W. CEDARCREST ST.  
PORTLAND, OR 97223

☐ ADDRESS CHANGE ☐ NEW SUBSCRIPTION ☐ RENEWAL

Use this form for change of address notification

▷ SEND CHECK OR MONEY ORDER PAYABLE TO: OMS

PLEASE NOTE CORRECTED MAILING ADDRESS

ADDRESS PRINTED IN JANUARY ISSUE IS WRONG

**"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 6 individual events, not to exceed 5 per day, and 4 relays. Enter relays at the meet. The 400 I.M., 800 and 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 acknowledge 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.

MEET ENTRY FORM: March 11, 1990  
Hosted by South Kitsap Masters  
at South Kitsap H. S. Pool  
Sanction # 903606

MEET INFORMATION: March 11, 1990  
Hosted by South Kitsap Masters

ORDER OF EVENTS  
EVENT # EVENT

- 1 500 FREE
- 2 200 FREE RELAY
- 3 100 BACK
- 4 200 FREE
- 5 50 FLY
- 6 200 BREAST
- 5 MINUTE BREAK
- 7 100 IM
- 8 200 BACK
- 9 50 FREE
- 10 100 FLY
- 11 50 BREAST
- 5 MINUTE BREAK
- 12 200 MEDLEY RELAY
- 13 50 BACK
- 14 100 FREE
- 15 200 FLY
- 16 100 BREAST
- 17 200 IM

DATE: Sunday, March 11, 1990  
TIME: Warmup: 8:30 A.M.  
Meet: 9:30 A.M.

PLACE: South Kitsap H.S. Pool  
Port Orchard  
(206) 876-7385

MEET DIRECTOR: BOBBIE GALLEGOS  
(206) 876-0960  
(Leave message)

FACILITY: 6-lane, 50M pool;  
6 25-YD lanes for meet  
Warm-up area available through out

RULES: Current USMS rules will  
govern the meet  
ELIGIBILITY: Open to all USMS registered  
1990 swimmers 19 and over as of  
the day of the meet  
TIMING: Electronic  
SEEDING: Slow to fast all events  
CONCESSIONS: Available during the meet.

This meet features electronic timing.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: FROM SOUTHWORTH FERRY: Take a left onto Sedgwick and follow around to Jackson. Take a right on Jackson and follow downhill to stoplight. Turn left; approx. 1/2 mile to H.S.  
FROM NARROWS BRIDGE: Take Highway 16, take Sedgwick exit. Turn right on Sedgwick. Go to stoplight on Bethel. Left on Bethel to Y in road. Bear right at Y onto Mitchell. Approximately 1 mile to high school.

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 \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 19-24 25-2930-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90+  
Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER \_\_\_\_\_ EVENT \_\_\_\_\_ EVENT TIME \_\_\_\_\_

ENTRY FEES

SURCHARGE: \$3.00 \$4.00 (Includes LMSC surcharge \$1  
and electronic timing \$1)  
Individual Events @ \$1.00 (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to South Kitsap Masters

Mail fees and this entry form to: Bobbie Gallegos  
340 Tremont Street West  
ENTRIES DUE: February 27, 1990 Port Orchard, WA 98366

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 \_\_\_\_\_

The Eugene Masters would like to welcome all Oregon Masters to the Association Championships to be held at Echo Hollow Pool in Eugene, OR. We are planning a well run, fast, and fun meet. Saturday evening the Eugene Masters will also be hosting a social (details to come). Those who would like to stay at the pool during the meet are welcome to camp-out at the pool in your motor home or tent. The restroom facilities will be open all night for your convenience. During the meet we will have a snack bar and souvenirs available to purchase. Also during your stay in Eugene you may also want to take advantage of our new ice skating rink at the Lane County Fairgrounds, visit the Kerns Art Center or Lane County Historical Museum, walk around the University of Oregon, attend a performance at the Hult Center, or go shopping in our many malls. The Eugene Masters are excited about hosting the Association Championships and look forward to seeing all Oregon Masters at the best meet you will attend this year!

Eugene Housing Representative- Gayle Orre 687-5525 (W) 8 -5 p.m.

#### Hotels-

Best Western New Oregon 683-3669

Best Western Greentree 485-2727

(Best Western will be the Host Hotel with a Discount for Masters Swimmers. There will be a Courtesy Room available with swim meet programs and information pamphlets of current events in Eugene and places to eat and visit).

Eugene Hilton 342-2000

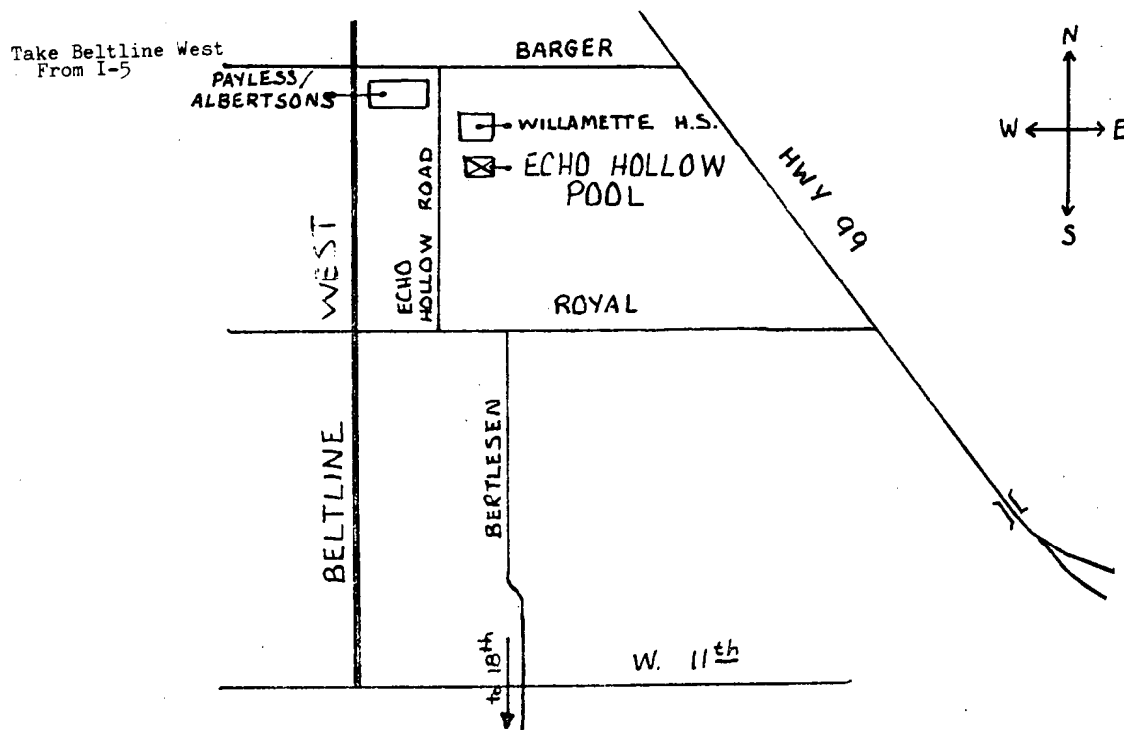
Holiday Inn of Eugene 342-5181

Nendel's Motor Inn 726-1212

Red Lion Inn 726-8181

The Valley River Inn 687-0123

Motel 6 741-1105



# "1990 OREGON MASTERS SWIMMING ASSOCIATION CHAMPIONSHIPS"

## OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

APPROVED (#90-F) 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: OREGON ASSOCIATION CHAMPIONSHIPS      DATE: APRIL 6, 7, & 8, 1990  
PLACE: Echo Hollow Pool Eugene, OR  
6 lanes indoor pool, manual timing      WARM-UPS: FRIDAY 5:00 p.m.  
6 lane warm-up/down pool outdoors      SATURDAY & SUNDAY 8:00 a.m.  
HOST: Echo Hollow/Eugene City Masters  
Meet Director: Dick Moody      MEET STARTS: FRIDAY 6:00 p.m.  
503-485-1275 Home 503-687-5525 Work      SATURDAY & SUNDAY 9:00 a.m.

DIRECTIONS TO POOL: Take Beltline West from I-5, approx. 8 miles from I-5 turn left on to Barger (first stoplight on Beltline), turn right at the next stoplight on to Echo Hollow Road, Echo Hollow Pool will be to your left just past Willamette High School. (See map)

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.

NOTE: All relays at the Association Championships will be a distance of 200 yds.

SEEDING: Enter relays at the meet. The 400 I.M., 1650, 1000, and 500 Free will be deckseeded. 400 I.M. and 1650 entrants should check-in no later than 5:30 pm on Friday. 1000 Free entrants should check-in before event #7 on Saturday and 500 Free entrants should check-in before event #17 on Sunday. All other events will be pre-seeded, one heat fast men, on heat fast women, then mixed heats fast to slow.

AWARDS AND TEAM SCORING: Individual awards may be purchased at the meet for \$1.50 each. Team awards for 1st, 2nd, and 3rd places will be awarded in three team categories. As per a OMS Board vote in 1989, the team category breakdown will be based on total individual entries per team at the closing date of receipt of entries. The OMS Board members and all Team Representatives attending the meet will vote Saturday April 7th on the MOST EQUITABLE team category breakdowns. A guideline for the team category vote will be the old team categories of 1 - 9, 10 - 19, and 20 + members.

The Eugene area masters are planning a couple of special events on Saturday April 7th. The first will be a media event where Jeff Miller, the Mayor of Eugene, will compete in a "Mayors Challenge Race". Jeff challenges any Mayor from anywhere to a 50 yard Freestyle.

SO TELL THE MAYOR OF YOUR CITY ABOUT THIS UNIQUE CHALLENGE AND GET THEM  
TO EUGENE TO ATTEND THIS YEARS OREGON ASSOCIATION CHAMPIONSHIPS !!!!!

The other event is the Championships Social Party to be held at the Hult Center Saturday night. The Hult Center is Eugene's Center for the Performing Arts and a beautiful facility. There will be a band performing for your entertainment at what should be an excellent get together. YOU WILL NOT WANT TO MISS THIS !!!

"1990 OREGON MASTERS SWIMMING ASSOCIATION CHAMPIONSHIPS"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET  
APPROVED (#90-F) 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 3-26-90 NO LATE ENTRIES ACCEPTED

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

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

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

1990 USMS # \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

CLUB: (Check one) \_\_\_\_\_ OREGON \_\_\_\_\_ MAC \_\_\_\_\_ PNA \_\_\_\_\_ OTHER (please specify)

TEAM: \_\_\_\_\_ (i.e. THB, MHM, PPM) (USE OFFICIAL TEAM ABBREVIATION)

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 6 individual events, not to exceed 5 per day,  
and 4 relays. Enter relays at the meet. The 400 I.M., 500, 1000 & 1650 Free  
will be deckseeded and all events will be seeded fast to slow.

FRIDAY APRIL 6TH (OMS CHAMPS)

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

1650 FREE (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

1000 FREE (12) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

SATURDAY APRIL 7TH

FREE RELAY (3) XXXXXXXXXXXXXXXX

200 FLY (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BREAST (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FREE (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

MIXED FR RELAY (8) XXXXXXXXXXXXXXXX

200 I.M. (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FLY (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

SUNDAY APRIL 8TH

200 BREAST (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FREE (14) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MEDLEY RELAY (15) XXXXXXXXXXXXXXXX

100 FLY (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BACK (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

100 BREAST (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 FREE (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 I.M. (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MIXED MED RELAY (21) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK BREAK

500 FREE (22) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

The undersigned participant intending to be legally bound hereby certify that I am physically fit & have not been otherwise informed by a physician. I acknowledge 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 ENTRY FEE: \$7.00 Send form(s) and fee(s) payable to OMS to:

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



PACIFIC NORTHWEST MASTERS SWIMMING  
CHAMPIONSHIP MEET INFORMATION

**DATE:** Friday, Saturday, and Sunday: March 30, 31, and April 1, 1990

**MEET TIMES:** Friday: warm-up 6 pm; meet start time 7 pm  
Saturday: warm-up 8 am; meet start 9 am  
Sunday: warm-up 8 am; meet start 9 am

**LOCATION:** Foster Pool 6 lane 25-yard pool with small warm-up  
and 4414 S. 144th area available throughout the meet.  
**FACILITY:** Seattle, WA Average pool temperature: 82°  
(206) 296-4487 Concessions available

- ENTRIES:**
1. This meet is open to all 1990 USMS registered swimmers.
  2. Entry must be made on the entry form found in this newsletter. No phone entries. Forms may be copied.
  3. Entries must be signed and include a current USMS number. Any new members to USMS must submit membership application postmarked no later than March 15.
  4. A swimmer is limited to 6 individual events with no more than 5 on one day.
  5. Team affiliation must be clear on the entry form. Swimmers will be affiliated with the team so marked on the entry form--no team changes will be accepted.
  6. All relays will be deck entered. There is no charge for relays. All relay swimmers must be entered in the meet. Entered swimmers may swim in each of the four relay events, on one team only.
  7. Team registrations must be postmarked by March 15.
  8. Entries must be postmarked by March 15, 1990. Entries postmarked after that date will be returned. Any swimmer receiving a returned entry may re-enter the meet at the discretion of the meet director, and swim exhibition only.
  9. No individual deck entries will be accepted.

- SEEDING:**
1. This is a deck-seeded meet. (See information below) Each swimmer is responsible for checking on for each event in which he or she is entered. Any competitor not checked in by the deadline will be scratched. Swimmers missing the check-in deadline may be allowed to swim in available lanes at the discretion of the meet director.
  2. All events will be seeded slow to fast, except the 1650, which will be seeded fast to slow.
  3. The 1650 will be swum one to a lane.

- PSYCH SHEETS:**
1. Psych sheets listing all the entrance in each event will be available for purchase. Heat and lane designations will be posted as soon as possible for each event.

**SCORING:** 12 place scoring in each age group: 16-13-12-11-10-9-7-5-4-3-2-1. Double for relays.

- AWARDS:**
1. Individual: Ribbons for top 6 in each age group in each event at no charge to competitors. No awards for relays.
  2. Team: Suitable awards for top three teams in each of three size-determined divisions. Teams in each division will be announced at the meet.

**RULES:** Current USMS rules will govern the meet. Any protests should be directed to the meet protest committee.

- WARM-UP:**
1. Note warm-up times.
  2. During pre-meet warm-up, lanes 2 and 3 will be open the last 25 minutes for one-way sprinting from the blocks.
  3. No hand paddles allowed in warm-up.
  4. NO DIVING EXCEPT IN DESIGNATED SPRINT LANES.

**POOL DIRECTIONS:** From I-5 or 405, get on to 518 West. Follow signs to 99 North. Go north on 99 to S. 144th. Turn RIGHT on to S. 144th. Foster Pool is on you left approximately 2 blocks. Coming South on 99, turn LEFT on to S. 144th.

**FOR MORE INFORMATION:** Ray Brishell, Meet Director,  
(206) 244-7986. No calls after 9 p.m., please.

**MEET HOSTS:** HUSKY SWIM CLUB

**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.

**DECK-SEEDING**

"A deck-seeded meet" means that no heat sheet is prepared prior to the Meet. The swimmers are listed in order by time and a "Psych sheet" prepared. You must check-in for each event that you will swim by the check-in deadline. Then the a heat sheet is prepared. The heat sheet will be posted; check the posting for your heat and lane and report promptly. This procedure prevents swimming additional heats which have empty lanes and allows the meet to go faster.

PLEASE  
NOTE!

DEADLINE: Entries due: March 15, 1990

ORDER OF EVENTS  
and  
CHECK-IN TIMES

EVENT	EVENT	CHECK-IN TIME
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Friday, March 30	1	1650 FREE	6:35 p.m.
Saturday, March 31	2	400 IM	8:30 a.m.
	3	200 FREE	8:30 a.m.
	4	100 BREAST	8:30 a.m.
	5	50 FLY	8:30 a.m.
	6	200 FREE RELAY	Completion of Event 3
	-----	5 minute break-----	
	7	100 IM	Completion of Event 3
	8	200 BACK	Completion of Event 4
	9	50 FREE	Completion of Event 4
	10	100 FLY	Completion of Event 6
	-----	5 minute break-----	
	11	200 MIXED MEDLEY RELAY	Completion of Event 6
Sunday, April 1	12	200 MEDLEY RELAY	8:45 a.m.
	13	200 BREAST	8:30 a.m.
	14	100 FREE	8:30 a.m.
	15	50 BACK	8:30 a.m.
	16	200 MIXED FREE RELAY	Completion of Event 14
	-----	5 minute break-----	
	17	200 IM	Completion of Event 14
	18	200 FLY	Completion of Event 14
	19	100 BACK	Completion of Event 14
	20	50 BREAST	Completion of Event 16
	-----	5 minute break-----	
	21	500 FREE	Completion of Event 17

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 or 405, get on to 518 West. Follow signs to 99 North. Go north on 99 to S. 144th. Turn RIGHT on to S. 144th. Foster Pool is on you left approximately 2 blocks. Coming South on 99, turn LEFT on to S. 144th.

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.

MEET ENTRY FORM: March 30-31, April 1  
Hosted by Husky Swim Club  
at Foster Pool  
Sanction # 903607

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ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USNS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90+

Age is determined by your age on the last day of the meet.

**ENTRY LIMIT: 6 EVENTS plus relays**

EVENT NUMBER	EVENT	EVENT TIME
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### ENTRY FEES

SURCHARGE: 94.00      94.00      (Includes LMSC surcharge 91)  
Individual Events @ 91.00      \_\_\_\_\_      (No charge for relays)

**TOTAL**

Checks payable to Husky Swim Club

Mail fees and this entry form to: Ray Brimhall

ENTRIES DUE: March 15, 1990

STATEMENT OF RELEASE

I, the undersigned participant, STATEMENT OF RELEASE  
 that I am physically fit and have not been otherwise informed by my  
 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  
 in the Masters Swimming, or any activities incident thereto against United  
 States Masters Swimming, Inc., the Local Masters Swimming Committee, the  
 clubs, host facilities, meet sponsor, 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 RELATES SIGHTSEEING AT THE PENTATHLON ...

WHEN YOUR DOCTOR TELLS YOU , YOU ARE BEACHED , YOU EITHER LISTEN AND DO AS HE SAYS, OR YOU TRY DESPERATELY TO PROVE HIM WRONG. OB TRIED FOR TWO MONTHS TO PROVE THAT HIS DOCTOR WAS WRONG AND HE HAS FINALLY ACCEPTED THE FACT THAT HE CANNOT SWIM FOR A WHILE. JUST AS THE DOCTOR SAID, THINGS ARE LOOKING BETTER !!!

ENOUGH OF THAT DRIVEL. ON WITH THE SHOW ...

BRIAN AND BARBARA FRID HAVE NOW GIVEN US 9 EDITIONS OF ONE OF THE FINEST SWIMMING MEETS IN THE GOOD OL' USA. IT WAS A GREAT ONE, THIS 9TH EDITION HAD 120 EAGER COMPETITORS, WHOSE SKILL LEVELS RANGED FROM WORLD RECORD HOLDERS TO BRAND NEW MASTERS, IN THEIR FIRST MEET. THAT IS WHAT OUR SPORT IS ALL ABOUT.

DICK PARKER, LARRY SNEAD AND TOM LOUN SHARED STARTING HONORS. BARBARA AND BOB BODYFELT ALONG WITH BERND GERKENS HANDLED THE STROKE AND TURN RESPONSIBILITY, ELECTRONIC TIMING WAS UNDER THE WATCHFUL EYES OF JUDY AND BOB HATHAWAY, AND STEVE BRENNER, HEAD TIMER WAS MARK IMHOFF, TIMERS WERE FROM THE TUALATIN HILLS WATER POLO TEAM, THE ANNOUNCING WAS BY KEVIN KIOUS, AND THE SCORING WAS IN THE VERY CAPABLE HANDS OF NANCY DOBBS. THE FRIDS ALWAYS HAVE THE VERY BEST PEOPLE AND THAT IS WHY THIS MEET IS SUCH A FUN FILLED EVENT.

TALKING ABOUT FUN FILLED...I ALWAYS THINK OF THOSE MANY COMPETITORS, WHO AFTER PUTTING IN 4 - 50'S IN THE BEST TIME POSSIBLE ARE FACED WITH THE FINAL EVENT, THE 100 YARDS INDIVIDUAL MEDLEY. THE LAST 25 YARDS IN THE "KILLER".

OL' BARN IS PROUD TO PUT THE SPOTLIGHT ON THE OVERALL RECORD SETTERS ...

LEISSA MILLS (25-29) THIS GREAT COMPETITOR ERASED ONE OF THE ONLY THREE REMAINING "ORIGINAL" RECORDS. ON THE WAY TO THIS ACHIEVEMENT, LEISSA BROKE A REGIONAL RECORD AND TWO ASSOCIATION RECORDS.

THE OLD RECORD WAS SET BY PEGGY LUBCHENCO IN 1981, THE SC INAUGURAL YEAR, WITH A TOTAL TIME OF 196.41.

LEISSA NEGOTIATED THE 5 EVENTS WITH A GREAT TOTAL OF 136.12.

THE NEW REGIONAL RECORD WAS IN THE 50 FREE AT :25.83, TWO ASSOCIATION RECORDS WERE THE 50 FLY IN :28.35, AND THE 100 IM IN 1:04.75. WAY TO GO LEISSA !!!!!

DEBORAH LADD (30-34) FROM PNA, PUT TOGETHER FIVE SOLID EVENTS FOR A TOTAL ELAPSED TIME OF 196.31, ERASING CLAUDIA COKE'S 1988 RECORD OF 201.93. ALL OF CLAUDIA'S TIMES WERE "QUALITY", THAT'S WHAT GIVES YOU THE BEST OVERALL TIME, THANKS FOR JOINING US DEBORAH , CONGRATULATIONS !!!!!

PETHEY SMITH (65-69) PUT TOGETHER FIVE GREAT TIMES TO SAIL PAST DAWN MUSSELMAN'S 1982 SCORE OF 284.28 , WITH A FINE NEW MARK OF 279.16, WHICH WOULD HAVE BEEN A 269.16 WITHOUT THE OVEREAGER START IN THE 50 FREE, WHICH COST HER 10 SECONDS.

ON THE WAY, PETHEY HAD A NEW REGIONAL IN THE 50 FLY AT :42.75, PLUS TWO ASSOCIATION RECORDS ; 50 BACK IN :44.16 AND 100 IM IN 1:36.61.

AN ASIDE - DAWN MUSSELMAN, THAT GREAT LADY WHO SWAM OUT OF PNA, LOST HER BATTLE WITH CANCER A FEW YEARS AGO, STILL HOLDS REGIONAL MARKS IN THREE AGE GROUPS AND NATIONAL MARKS IN TWO AGE GROUPS, PLUS A COUPLE OF WORLDS.

WAY TO GO PETHEY, YOU ARE JUST GETTING BETTER AND BETTER !!!!!

01' Barn ... Sightseeing at the Pentathlon ... cont ...

RON NAKATA (50-54) OUR SMILING DENTIST - PUT TOGETHER SOME GREAT SWIMS AND KNOCKED OVER DAVE ADDLEMAN'S 1986 RECORD OF 190.19 WITH AN AGGREGATE TIME OF 189.52.

ON THE WAY RON TURNED IN ASSOCIATION RECORDS FOR THE 50 BREAST AND 50 FREE AT 33.91 AND 26.18, ALSO WAS UNDER THE STANDARD ON THE 100 IM. IN 1:07.03...

TOM FANNING GAVE RON JUST ABOUT ALL HE COULD HANDLE, WITH A TOTAL TIME OF 190.87, BARELY ABOVE THE SC RECORD.

TOM BROKE A REGIONAL RECORD IN THE 100 IM AT 1:06.19, AND SET AN ASSOCIATION FOR THE 50 BACK IN 31.36.

THIS WAS PROBABLY THE BEST RACE OF THE MEET, AND BOTH RON AND TOM NEED TO BE CONGRATULATED ON THEIR GREAT SWIMS !!!!!

ERIC GUEST (60-64) THIS YOUNG WHIPPERSNAPPER CONTINUES TO DEMOLISH OLD RECORDS, TO WIT , THE 100 IM TIME SET IN 1981, WITH A GREAT 1:15.89. THEN HE ADDED A SECOND REGIONAL RECORD FOR THE 50 FLY AT 32.23. WONDERFUL, KEEP IT UP !!!!!

TOM WICKHAM (19-24) WELCOME THIS NEWCOMER !!! TOM HAD A GREAT DAY, AND THE CROWD TALKING ABOUT HIM WITH AN ASSOCIATION RECORD IN THE 50 FLY AT :24.94. TOM ALSO CAME CLOSE TO THE SC RECORD WITH A FINE OVER ALL OF 164.72, JUST MISSING 162.42. WAY TO GO TOM !!!

CLOSE TO AND CLOSE RACES ... PLUS GREAT SWIMS ...

LINDA FINLEY PUT TOGETHER FIVE QUALITY EVENTS FOR THE SILVER IN THE 25-29.

ANDREE DEVINE AND ANN DAGGETT WENT HEAD TO HEAD FOR THE BRONZE, WITH ANDREE WINNING 200.88 VS 201.60.

LORLEE ENGLER LOOKED GREAT IN THE 19-24 WITH AN AGGREGATE TIME OF 202.53.

MARY GRILLO WON THE 35-39 IN 214.68, WITH KATHY BUCK NUDGING CHRISTINA WONG FOR THE SILVER, 227.12 VS 228.56.

GINGER PIERSON AND KATHY CASEY (PNA) HAD ALMOST A BARN BURNER IN THE 40-44, WITH GINGER PREVAILING 204.66 VS 209.55.

BARBARA FRID HAD SOME GREAT SWIMS TOPPED BY AN ALMOST ALMOST IN THE 50 BRST , HER TIME WAS 38.51 AGAINST HER RECORD OF 38.50.

JOAN WHISMAN AND ANN GINDROZ (PNA) STAGED A REALLY CLOSE AND TENSE BATTLE, IN THE 50-54, WITH JOAN WINNING THE GOLD AT 262.06 OVER ANN'S 262.75. YOU CANNOT GET MUCH CLOSER THAN THAT FOLKS !!!

RICK RODRIGUEZ AND HUNTER GRAHAM STAGED A KNOCK DOWN DRAG OUT IN THE 25-29, WITH RICK PULLING OUT THE GOLD IN 169.83 VS HUNTER'S 171.18.

PHIL CLARK, ANOTHER NEW COMER, HAD PEOPLE TALKING BY WINNING THE 30-34 IN THE FINE TIME OF 170.80, FIGHTING OFF THE CHALLENGES OF STEVE HARGER AT 172.61, AND ANDY SCHRAG IN 171.62. 1/100THS OF A SECOND SEPARATED THE SILVER AND BRONZE. PHIL BARELY MISSED THE RECORD IN THE 50 FREE, 22.95 VS 22.36.

GARY HAFER HAD A GOOD DAY WINNING THE 35-39 IN 171.54.

"RIGHT ON AWARD" GOES TO BRUCE CHENEY, ENTERED 50 BACK AT 31.20, SWAM A 31.20 !

JON STOUT WON THE GOLD IN THE 40-44 WITH 176.95. THE RACE FOR THE BRONZE WAS HOT AND HEAVY BETWEEN STEVE WARNER AND JED CRONIN - 187.60 VS 187.64. STEVE WOULD HAVE CHALLENGED FOR THE GOLD WITHOUT A 10 SECOND RAP IN THE IM.

01" Barn ... The Pentathlon ... cont ...

"RAPID ROBERT" SHOWED UP ON TIME AND SWAM A GREAT PENTATHLON, FINISHING JUST BARELY OFF HIS '88 TIME OF 165.82 VS 166.57 IN THE 45-49.

MILTON "MICKEY" MARKS, IS GOING TO HAVE A GOOD YEAR !!! MICKEY PUT TOGETHER FIVE FINE EVENTS AND WON THE 55-59 OVER ART WELCH IN 214.23 VS 217.75.

MICKEY ALMOST PICKED OFF THE SC RECORD - 214.23 VS 213.41 (1984)

ART WELCH , ANOTHER ALMOST, IN THE 100 IM - 1:15.97 OVER 1:14.99.

OL' BARN WANTS TO THANK ALL THE VISITORS FROM PNA, AND HUSKY : LINDA NELSON, DEBORAH LADD, KIKO KIMURA, KATHERINE CASEY, ANN GINDROZ, MIKE JONES, JOE FERONG, WALT INGRAM AND WALT REID ... COME SEE US AGAIN PLEASE !!!

MANY MANY THANKS AGAIN TO THE FRIDS AND TO ALL OF THOSE FINE PEOPLE WHO CONTRIBUTED THEIR TIME AND EFFORTS TO MAKING THIS A GREAT GREAT SWIM MEET !!!

THOUGHTS OF DR. BOB .....

\*\*\*\*\*

OREGON MASTERS LOST A MOST WONDERFUL MAN, AND A TOP NOTCH SWIMMER ON TUESDAY, JANUARY 2ND OF THIS YEAR, IN BEND, OREGON - HIS HOME SINCE 1949, HE WAS 71.

DR ROBERT L CUTTER WAS BORN IN PEORIA, ILLINOIS, GRADUATED FROM THE UNIVERSITY OF ILLINOIS IN 1939 AND NORTHWESTERN MEDICAL SCHOOL IN 1943 - THEN SERVED HIS INTERNSHIP IN CHICAGO. HE JOINED THE BEND MEMORIAL CLINIC IN 1949 FOLLOWING 3 YEARS IN THE U.S. MARINE CORPS DURING WORLD WAR II. DR. BOB IS SURVIVED BY HIS WIFE DAGMAR, 10 CHILDREN, AND 13 GRANDCHILDREN. MEMORIALS TO THE OREGON HEART ASSOCIATION, 1500 S W 12TH, PORTLAND, OR 97201, WOULD BE APPRECIATED.

BOB CUTTER BEGAN HIS SWIMMING CAREER AT AGE 12, SWAM IN HIGH SCHOOL AND COLLEGE, HE WAS ON THE VERGE OF GREATNESS WHEN AN INJURY FORCED HIM OUT OF THE POOL, THWARTING AT LEAST A TRY AT THE US OLYMPIC TEAM.

45 YEARS LATER IN THE EARLY 80'S HE STARTED SWIMMING AGAIN, AND AS THE OLD SKILLS AND NATURAL TALENTS RETURNED HE BECAME AN ASSOCIATION AND REGIONAL RECORD HOLDER, PLUS MAKING THE U S MASTERS TOP TEN IN FREESTYLE AND BACKSTROKE.

IN 1985, DR BOB SUFFERED A VERY SEVERE HEART ATTACK AND SWIMMING HAD TO BE PUT ON THE BACK BURNER. HE, AS WELL AS HIS DOCTOR AND FAMILY CREDITED SWIMMING WITH HIS SURVIVAL OF THIS MASSIVE ATTACK. YOU CAN'T KEEP A GOOD MAN DOWN, IN A FEW MONTHS HE WAS BACK IN THE WATER SWIMMING HIS WAY TO EVEN GREATER GLORY.

ALTHOUGH HE HELD MANY RECORDS DURING HIS LIFETIME OF SWIMMING, THE ONE HE WAS MOST PROUD OF, AND JUSTLY SO, WAS HIS NATIONAL AAU 150 YARD BACKSTROKE RECORD SET IN 1936.

MY FAVORITE QUOTE FROM THIS GREAT GUY IS, "IT DOESN'T BOTHER ME NOT TO WIN, BUT I DON'T GO OUT THERE TO FINISH SECOND" - YOU WILL HEAR THIS FROM OL' BARN FOR A LONG TIME TO COME.

BOB CUTTER, THE MAN AND THE COMPETITOR HAS ALWAYS SET STANDARDS BY WHICH WE SWIM - WE WILL MISS HIM SORELY - ALWAYS HAPPY - ALWAYS SMILING - ALWAYS TRYING TO DO BETTER, NEVER SATISFIED WITH WHAT HAPPENED TODAY OR YESTERDAY.

GOODBY GOOD FRIEND ... WE WILL REMEMBER THAT WONDERFUL SMILE, AND GREAT SENSE OF HUMOR, ALWAYS AWARE OF OTHERS, BOB WAS MOST SUPPORTIVE OF HIS FELLOW SWIMMERS AND ALL OF HIS FRIENDS.

OUR CONDOLENCES TO DAGMAR, THE CHILDREN AND GRANDCHILDREN - WE WILL NOT FORGET, ONE OF THE BEST, DR BOB CUTTER.

# OREGON MASTER'S SWIMMING DEVELOPMENTAL SWIM MEET SCHEDULE

In cooperation with Eugene Parks, Lively Swim Center of Springfield, Downtown Athletic Club, River Road Parks, Eugene YMCA, and the University of Oregon.

## SWIM COMPETITION

This is a program of informal racing/timed swims for registered and non-registered Master Swimmers. Events are designed to compliment training routines to include all strokes and race distances.

No entry fees or limit to number of events for participants. Entries will be deck seeded and mixed to offer some degree of comfortableness. The goal is development.

## SCHEDULE OF EVENTS

Dec 9 Echo Hollow 9:30 a.m. 1655 Echo Hollow Road Eugene, Oregon 50-100-200 Freestyle 25-100 stroke (your choice)	Jan 9 <sup>6</sup> <del>William Lane Pool</del> <i>Lively Pool</i> 9:00 a.m. 6100 Thurston Road Springfield, Oregon 100-200-500 Freestyle 25-100 stroke (your choice)
Jan 20 <sup>20</sup> Pool YMCA Time 8:30 am 25-50-100 Breaststroke 100-1000 stroke (your choice)	Feb 10 Pool Echo Hollow Time 9:30 am 25-100-200 Breaststroke 25-200 stroke (your choice)
Feb 17 Pool DTAC Time 8:30 am 25-50-100 Backstroke 100 stroke (your choice)	Mar 10 Pool YMCA Time 8:30 am 25-100-200 Backstroke 200 stroke (your choice)
Mar 24 Pool U of O Time 9:00 am 25-50-100 Butterfly 100 stroke (your choice)	Apr 14 Pool <i>Y.M.C.A.</i> Time <i>8:30 a.m.</i> 25-100-200 Butterfly 200 stroke (your choice)
May 12 Pool _____ Time _____ 100-200 IM 100 stroke (your choice)	May 19 Pool _____ Time _____ 200-400 IM 200 stroke (your choice)

## FORMAL MASTER COMPETITION (registered swimmers)

Feb 10-11 - Newport, Oregon  
Mar 2-4 - Portland State University  
Apr 6-8 - Eugene, Association Championships  
Apr 27-29 - Goodwill Games Pool, Seattle Region XII

*Join in the fun!*

## PENTATHLON

25 YARD

01/13/90 PG 1

U=DQ (+10 SECS)

\*FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

## 19-24 WOMEN

W	LORLEE D ENGLER	21	OREG	:32.51	:33.56	:36.96	:27.88	1:11.62	202.53
	SANDI L HYDE	21	OREG	:35.39	:38.67	:44.27	:28.00	1:16.17	222.50

## 25-29 WOMEN

W	LEISSA MILLS	29	OREG	:28.35 +	:31.69	:35.50	:25.83 +	1:04.75 +	186.12
W	LINDA FINLEY	25	OREG	:30.79	:33.38	:36.31	:26.77	1:06.85	194.10
	ANDREE DEVINE	28	OREG	:30.82	:33.50	:37.27	:28.79	1:10.50	200.88
	ANN DAGGETT	27	OREG	:29.95	:33.00	:39.23	:28.73	1:10.69	201.60
	KAREN E ORTH	27	OREG	:29.90	:34.28	:38.36	:27.07	1:12.44	202.05
	JUDY G. REX	27	OREG	:31.51	:34.78	:38.22	:27.88	1:11.94	204.33
W	LINDA NELSON	29	*PNA	:32.50	:35.38	:38.06	:27.20	1:12.01	205.15
	LISA K DAVIS	25	OREG	:31.24	:37.05	:37.96	:28.69	1:13.88	208.82
W	ANNE OCONNELL	29	OREG	:36.63	:35.08	:37.67	:28.01	1:13.08	210.47
W	NAOMI STEINBERG	28	OREG	:32.99	:39.85	:38.14	:29.15	1:14.98	215.11
W	HEATHER MCLAUCHLAN	27	MACO	:34.72	:34.56	:40.25	:29.67	1:16.36	215.56
W	SUZANNE M ZIEGLER	27	OREG	:35.94	:40.20	:42.12	:30.71	1:20.25	229.22

## 30-34 WOMEN

W	DEBORAH LADD	30	*PNA	:29.54	:35.28	:35.82	:26.98 +	1:08.69 +	196.31
	LINDA G ANDRUS	32	OREG	:32.57	:35.83	:40.50	:29.60	1:15.75	214.25
	D KIKO KIMURA	34	*HUSK	:32.03	:34.92	:38.90	:29.61	1:23.39 U	218.85
	AMY C W EMMETT	34	OREG	:34.63	:38.73	:41.89	:31.08	1:19.30	225.63
	KIM J BOGUS	31	OREG	:38.90	:38.29	:44.66	:29.85	1:20.80	232.50

## 35-39 WOMEN

	MARY GRILLO	35	OREG	:32.21	:40.73	:36.73	:29.29	1:15.72	214.68
	KATHLEEN P BUCK	39	OREG	:35.82	:40.21	:40.20	:30.95	1:19.94	227.12
W	CHRISTINA WONG	38	OREG	:39.80	:37.82	:41.40	:31.14	1:18.40	228.56
	SUE M. SMITH	37	OREG	:35.99	:38.86	:42.18	:31.31	1:21.02	229.36
	LESLIE B WINTON	35	OREG	:38.26	:42.50	:43.57	:33.74	1:26.92	244.99
	BARBARA LUTSOCK	39	OREG						999.99

## 40-44 WOMEN

	GINGER L PIERSON	43	OREG	:31.60	:35.41	:35.62	:29.64	1:12.39	204.66
	KATHRINE CASEY	41	*PNA	:33.14	:36.24	:36.36	:28.85	1:14.96	209.55
	JAN M PLESNER	43	OREG	:34.73	:38.83	:42.74	:30.72	1:19.76	226.78
	MONIKA HUNSCHER	41	OREG	:34.81	:38.65	:42.26	:32.11	1:20.64	228.47
	LYNN C COX	44	OREG	:38.39	:38.41	:42.46	:31.16	1:20.27	230.69
	MARGARET LENTELL	43	MACO	:42.57	:45.18	:46.86	:35.75	1:33.12	263.48
W	YONG-SUN CHOE	42	OREG	1:00.04	:58.98	:53.90	:52.72	2:11.15	356.79
	MARY E WATERS	43	MACO	1:48.49	1:20.90	1:23.40	1:07.33	3:05.49 U	525.61
	SUSAN J CASE	40	OREG						999.99

## 45-49 WOMEN

	BARBARA FRID	47	OREG	:32.55	:35.59	:38.51	:30.57	1:17.04	214.26
	PAMELA HIMSTREET	46	OREG	:38.40	:44.02	:41.76	:32.81	1:25.60	242.59

## 50-54 WOMEN

	JOAN MARIE WHISMAN	53	OREG	:38.66	:46.01	:46.88	:35.81	1:34.70	262.06
	ANN GINDROZ	51	*PNA	:44.40	:44.06	:46.68	:35.30	1:32.31	262.75

## 55-59 WOMEN

	BEVERLY UNDERWOOD	55	OREG	1:06.59	:57.87	1:06.95	:58.46	2:18.30	388.17
	LAVELLE M STOINOFF	57	MACO						999.99

## 65-69 WOMEN

	PETEV MH. SMITH	65	OREG	:42.75 +	:44.16 +	:52.47 +	:43.17 U	1:36.61 +	279.16
	JUDY M MELCHER	69	OREG	1:22.80	1:12.04	1:04.57	1:04.31	2:33.32 +	437.04
	ELFIE J STEVENIN	68	OREG	1:13.36	1:09.68	1:25.93	1:03.88	2:37.73	450.58

## 70-74 WOMEN

	HELENA W HOFFMAN	74	OREG	1:20.97	1:25.15	1:27.16	1:02.55	2:42.82	478.65
	BARBARA T HAVERCAMP	73	OREG	2:06.63	1:35.65	1:51.76	1:17.46	3:30.64	622.14

## 80-84 WOMEN

	HAZEL B BRESSIE	80	MACO	2:25.34	1:25.12	1:45.56	1:26.48	3:53.77	656.27
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## PENTATHLON

25 YARD 01/13/90 PG 2

U=DQ (+10 SECS)

\*=FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
<b>19-24 MEN</b>								
W	JOHN WICKHAM	22 OREG	:24.94 +	:28.41	:30.41	:22.98	:57.98	164.72
W	KEVIN S FOREMAN	23 OREG	:30.03	:34.23	:34.96	:25.61	1:11.42	196.25
<b>25-29 MEN</b>								
	RICK A. RODRIGUEZ	27 OREG	:26.47	:28.13	:32.38	:23.50	:59.35	169.83
	HUNTER S GRAHAM	27 OREG	:26.56	:27.71	:32.33	:24.36	1:00.22	171.18
	MIKE P JONES	29 *PNA	:27.38	:32.69	:32.39	:24.26	1:01.87	178.59
	MIKE MCDONNELL	27 OREG	:28.12	:34.62	:34.84	:25.09	1:08.38	191.05
	JOHN L NAGEL	28 OREG	:30.54	:33.73	:36.13	:25.20	1:07.19	192.79
W	TYLER COLE	29 OREG	:29.86	:36.89	:35.85	:26.00	1:10.17	198.77
W	KEVIN MCCLUSKEY	28 OREG	:32.23	:37.12	:39.04	:28.94	1:14.56	211.89
<b>30-34 MEN</b>								
	PHILIP E CLARK	31 OREG	:26.36	:28.12	:32.85	:22.95	1:00.52	170.80
	STEPHEN F HARGER	30 OREG	:26.94	:30.40	:31.38	:23.51	1:00.38	172.61
	ANDY SCHRAG	33 OREG	:26.94	:28.77	:31.47	:24.21	1:01.23	172.62
	JOHN F ZELL	33 OREG	:27.46	:28.45	:33.72	:25.37	1:01.77	176.77
	TRYG STRATTE	33 OREG	:28.05	:31.00	:30.69	:24.17	1:04.68	178.59
W	JEFF MICHEL	34 OREG	:28.06	:29.52	:34.32	:25.74	1:03.41	181.05
	JOHN A BERTANI	34 OREG	:27.81	:31.58	:32.36	:24.79	1:04.58	181.12
	DAVID M COBB	30 OREG	:29.98	:31.75	:31.97	:25.87	1:05.82	185.39
	RONALD E COBB	33 OREG	:29.23	:31.35	:34.01	:24.95	1:06.56	186.10
	MICHAEL E JOHNSON	30 OREG	:30.90	:32.88	:34.49	:25.84	1:10.70	194.81
	DAVID P JOHNSON	32	:29.89	:36.58	:33.57	:27.10	1:08.86	196.00
W	EDWARD R MANN	32 OREG	:32.04	:35.91	:35.34	:25.68	1:10.55	199.52
W	JONATHAN D ISTOK	34 OREG	:32.93	:37.73	:35.06	:27.37	1:12.68	205.77
	DAVID R DOTTER	30 OREG	:30.13	:37.58	:38.84	:27.22	1:13.92	207.69
	MITCHELL GOLDSTEIN	30 OREG						999.99
<b>35-39 MEN</b>								
	GARY HAER	38 OREG	:26.38	:27.12	:33.06	:23.89	1:01.09	171.54
	DAVID W YEAKEL	36 OREG	:27.36	:31.76	:32.87	:24.57	1:03.67	180.23
	GORDON P HALE	36 UNAT	:29.00	:32.05	:32.82	:26.00	1:04.67	184.54
	BRUCE W CHENEY	38 OREG	:28.68	:31.20	:34.83	:25.30	1:05.65	185.66
	DANIEL P JOHNSON	36 OREG	:29.69	:33.73	:32.35	:26.77	1:06.78	189.32
	ADRIAN L KALIL	36 OREG	:30.20	:33.00	:34.07	:25.52	1:07.34	190.13
	JAMES M ELLIOTT	37 OREG	:29.35	:33.72	:37.34	:26.89	1:08.86	196.16
	DENNIS S OLSON	35 OREG	:31.08	:35.18	:35.05	:36.32 U	1:11.60	209.23
W	RICH MILLER	39 OREG	:32.75	:39.91	:40.83	:29.97	1:17.32	220.78
W	MICHAEL A GRANT	38 OREG	:32.69	:40.78	:40.04	:28.96	1:21.06	223.53
	DAN F PERZ	37 OREG						999.99
	JOHN E WALKKY	36 OREG						999.99
	GARY N BECKLEY	38 OREG						999.99
<b>40-44 MEN</b>								
	JON D STOUT	43 OREG	:27.60	:28.92	:33.18	:24.60	1:02.65	176.95
	KEITH MARSHALL	42 OREG	:29.19	:32.28	:32.58	:24.43	1:03.94	182.42
	STEPHEN H WARNER	41 OREG	:26.38	:29.67	:34.45	:24.46	1:12.64 U	187.60
	JED P CRONIN	41 OREG	:26.97	:33.05	:35.88	:25.09	1:06.85	187.84
	L BUZ CARRIKER	42 OREG	:32.94	:40.59	:36.06	:27.42	1:15.43	212.44
	RON E JERSEY	41 OREG	:38.39	:43.00	:43.04	:29.28	1:24.34	238.05
	ROY D LAMBERT	43 OREG						999.99
	JOE FERONG	40 *PNA						999.99
	ROBERT B MOSS	44 OREG						999.99
	ALLEN L STARK	40 OREG						999.99



## PENTATHLON

25 YARD 01/13/90 PG 3

U=DQ (+10 SECS)

\*=FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
<b>45-49 MEN</b>								
	ROBERT S SMITH	46 OREG	:25.80	:27.02 +	:30.52 +	:23.57	:59.66	166.57
	RICHARD D BOYD	46 OREG	:28.46	:30.83	:32.57	:25.53	1:04.18	181.57
	DALE G VAUGHAN	45 OREG	:29.82	:33.12	:32.60	:24.97	1:05.77	186.28
W	WALT INGRAM	46 *PNA	:28.96	:34.01	:39.43	:27.22	1:11.19	200.81
	WALT E REID	49 *PNA	:31.91	:34.19	:34.00	:28.73	1:12.07	200.90
	JOHN M WIGHT	46 MACO	:32.41	:36.77	:36.56	:28.07	1:13.39	207.20
	KEITH A FINZER	45 OREG	:31.76	:41.30	:36.43	:28.93	1:14.13	212.55
	ROY L WATTERS	45 OREG	:33.25	:38.05	:40.76	:28.60	1:18.04	218.70
<b>50-54 MEN</b>								
	RONALD K NAKATA	50 OREG	:28.27	:34.13	:33.91 +	:26.18 +	1:07.03 +	189.52
	TOM FANNING	50 OREG	:31.28	:31.36 +	:35.06	:26.98	1:06.19 +	190.87
	JIM BIGLER	54 MACO	:33.65	:36.82	:37.13	:28.74	1:16.62	212.96
	BERT L PETERSEN	51 OREG						999.99
<b>55-59 MEN</b>								
	MILTON R MARKS	59 OREG	:34.61	:38.70	:35.48	:28.01	1:17.43	214.23
	ARTHUR C WELCH	57 OREG	:31.43 +	:37.67	:43.43	:29.25	1:15.97	217.75
	ROBERT R KIM	56 MACO	:33.80	:43.46	:36.30	:30.21	1:20.18	223.95
<b>60-64 MEN</b>								
	ERIC GP. GUEST	60 OREG	:32.23 +	:42.37	:37.16	:28.06 +	1:15.89 +	215.71
	SAMUEL M IERULLI	60 OREG	:57.69	:54.09	:54.00	:37.14	1:46.08	309.00
	CLARK AUSTEN	62 MACO	1:02.66	:53.50	1:08.81	:37.51	2:16.29 U	358.77
<b>65-69 MEN</b>								
	HUGH S RICHARDS	69 OREG	:34.24	:41.91	:38.67	:28.88	1:19.91	223.61
	ROBERT A MORRISON	68 OREG	:36.63	:40.83	:37.73	:34.55	1:28.15	237.89
	KHOSROW SHADBEH	68 OREG	:49.99	:51.77	:45.84	:44.41	1:45.72	297.73
<b>70-74 MEN</b>								
	FORBES J MACK	71 OREG	:42.03	:44.14	:41.46	:32.76	1:35.35	255.74
	MEL W ANDERSON	71 OREG	1:00.00	:58.01	1:08.31	:41.20	2:03.94	351.46
<b>75-79 MEN</b>								
	LEE 'KIP' KING	77 OREG	1:04.75	1:01.84	1:11.44	:47.08	2:18.43	383.54
	SYD C HENDY	76 OREG		:46.85		:38.50		999.99
<b>80-84 MEN</b>								
	JACK HOEY	80 OREG	1:11.60 U	:46.71	1:09.48	:42.54	2:07.28	357.61
	HERB EISENSCHMIDT	83 OREG	1:07.14 U	:50.19	:57.55	:40.94		999.99

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				50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
<b>19-24 WOMEN</b>										
W	LORLEE D ENGLER	21	OREG	940	939	946	1000	958	4783	.7073
	SANDI L HYDE	21	OREG	867	818	793	1000	905	4383	.6847
<b>25-29 WOMEN</b>										
W	LEISSA MILLS	29	OREG	999	921	913	1000	982	4815	.6958
W	LINDA FINLEY	25	OREG	953	906	925	1000	986	4770	.6888
	ANDREE DEVINE	28	OREG	1000	948	947	977	982	4854	.7019
	ANN DAGGETT	27	OREG	1000	936	874	951	952	4713	.7013
	KAREN E ORTH	27	OREG	992	892	885	1000	920	4689	.7171
	JUDY G. REX	27	OREG	970	906	915	1000	954	4745	.7042
W	LINDA NELSON	29	*PNA	917	869	897	1000	930	4613	.7020
	LISA K DAVIS	25	OREG	1000	869	942	993	950	4754	.7076
W	ANNE O'CONNELL	29	OREG	838	902	933	1000	944	4617	.6944
W	NADMI STEINBERG	28	OREG	968	827	959	1000	957	4711	.6971
W	HEATHER MCLAUCHLAN	27	MACO	937	970	925	1000	957	4789	.7085
W	SUZANNE M ZIEGLER	27	OREG	937	863	915	1000	942	4657	.7002
<b>30-34 WOMEN</b>										
W	DEBORAH LADD	30	*PNA	1000	863	944	999	966	4772	.6998
	LINDA G ANDRUS	32	OREG	996	933	917	1000	962	4808	.7071
	D KIKO KIMURA	34	*HUSK	1000	946	942	987	980	4855	.7028
	AMY C W EMMETT	34	OREG	984	907	931	1000	965	4787	.7029
	KIM J BOGUS	31	OREG	841	881	839	1000	910	4471	.6951
<b>35-39 WOMEN</b>										
	MARY GRILLO	35	OREG	996	812	1000	1000	952	4760	.7054
	KATHLEEN P BUCK	39	OREG	947	870	966	1000	953	4736	.7039
W	CHRISTINA WONG	38	OREG	858	930	944	1000	978	4710	.6860
	SUE M. SMITH	37	OREG	953	910	931	1000	951	4745	.7065
	LESLIE B WINTON	35	OREG	967	897	972	1000	956	4792	.7096
<b>40-44 WOMEN</b>										
	GINGER L PIERSON	43	OREG	985	906	1000	958	966	4815	.7074
	KATHRINE CASEY	41	*PNA	954	900	995	1000	948	4797	.7154
	JAN M PLESNER	43	OREG	969	894	902	1000	948	4713	.7034
	MONIKA HUNSCHER	41	OREG	1000	929	943	989	970	4831	.7059
	LYNN C COX	44	OREG	890	917	921	1000	956	4684	.6959
	MARGARET LENTELL	43	MACO	920	894	957	1000	945	4716	.7068
W	YONG-SUN CHOE	42	OREG	784	823	1000	815	807	4229	.7352
	MARY E WATERS	43	MACO	672	929	1000	987	933	4521	.6807
<b>45-49 WOMEN</b>										
	BARBARA FRID	47	OREG	1000	943	967	971	949	4830	.7191
	PAMELA HIMSTREET	46	OREG	936	842	986	1000	944	4708	.7057
<b>50-54 WOMEN</b>										
	JOAN MARIE WHISMAN	53	OREG	1000	866	944	985	917	4712	.7227
	ANN GINDROZ	51	*PNA	871	905	949	1000	942	4667	.7026
<b>55-59 WOMEN</b>										
	BEVERLY UNDERWOOD	55	OREG	843	1000	960	876	912	4591	.7126
<b>65-69 WOMEN</b>										
	PETEEY MH. SMITH	65	OREG	850	849	793	1000	845	4337	.7179
	JUDY M MELCHER	69	OREG	681	807	1000	800	827	4115	.7016
	ELFIE J STEVENIN	68	OREG	921	1000	900	965	963	4749	.7001
<b>70-74 WOMEN</b>										
	HELENA W HOFFMAN	74	OREG	847	830	900	1000	946	4523	.6803
	BARBARA T HAVERCAMP	73	OREG	670	915	870	1000	905	4360	.6771
<b>80-84 WOMEN</b>										
	HAZEL B BRESSIE	80	MACO	568	1000	895	871	793	4127	.7124
<b>19-24 MEN</b>										
W	JOHN WICKHAM	22	OREG	1000	905	939	990	966	4800	.7040
W	KEVIN S FOREMAN	23	OREG	935	845	919	1000	883	4582	.7278

## DR. SPRINT'S ANALYSIS

01/13/90 PG 2

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
<b>25-29 MEN</b>									
	RICK A. RODRIGUEZ	27	OREG	973	944	910	1000	975	4802 .6989
	HUNTER S GRAHAM	27	OREG	1000	988	940	995	991	4914 .7036
	MIKE P JONES	29	*PNA	971	839	940	1000	965	4715 .6929
	MIKE McDONNELL	27	OREG	978	819	903	1000	903	4603 .7158
	JOHN L NAGEL	28	OREG	904	844	875	1000	923	4546 .6970
W	TYLER COLE	29	OREG	954	796	910	1000	912	4572 .7060
W	KEVIN McCLUSKEY	28	OREG	984	881	930	1000	956	4751 .7038
<b>30-34 MEN</b>									
	PHILIP E CLARK	31	OREG	954	922	876	1000	934	4686 .7087
	STEPHEN F HARGER	30	OREG	956	874	940	1000	959	4729 .6996
	ANDY SCHRAS	33	OREG	985	951	965	1000	973	4874 .7094
	JOHN F ZELL	33	OREG	1000	995	932	988	999	4914 .6989
	TRYG STRATTE	33	OREG	944	881	988	1000	920	4733 .7243
W	JEFF MICHEL	34	OREG	1000	980	936	995	994	4905 .7005
	JOHN A BERTANI	34	OREG	977	887	961	1000	945	4770 .7131
	DAVID M COBB	30	OREG	932	907	1000	985	953	4777 .7101
	RONALD E COBB	33	OREG	936	899	920	1000	923	4678 .7153
	MICHAEL E JOHNSON	30	OREG	917	888	940	1000	900	4645 .7258
	DAVID P JOHNSON	32		981	827	1000	987	957	4752 .7027
W	EDWARD R MANN	32	OREG	878	808	912	1000	896	4494 .7072
W	JONATHAN D ISTOK	34	OREG	911	820	979	1000	927	4637 .7064
	DAVID R DOTTER	30	OREG	990	818	879	1000	907	4594 .7118
<b>35-39 MEN</b>									
	GARY HAER	38	OREG	993	995	907	1000	963	4858 .7123
	DAVID W YEAKEL	36	OREG	984	874	938	1000	950	4746 .7065
	GORDON P HALE	36	UNAT	983	917	994	1000	990	4884 .7009
	BRUCE W CHENEY	38	OREG	967	916	911	1000	949	4743 .7072
	DANIEL P JOHNSON	36	OREG	952	864	1000	963	951	4730 .7055
	ADRIAN L KALIL	36	OREG	926	874	940	1000	933	4673 .7084
	JAMES M ELLIOTT	37	OREG	1000	897	900	996	957	4750 .7021
	DENNIS S OLSON	35	OREG	928	845	942	1000	905	4620 .7188
W	RICH MILLER	39	OREG	1000	846	918	997	951	4712 .7004
W	MICHAEL A GRANT	38	OREG	971	802	907	1000	880	4560 .7253
<b>40-44 MEN</b>									
	JON D STOUT	43	OREG	977	961	930	1000	967	4835 .7081
	KEITH MARSHALL	42	OREG	917	855	941	1000	941	4654 .7010
	STEPHEN H WARNER	41	OREG	1000	917	877	984	946	4724 .7054
	JED P CRONIN	41	OREG	1000	841	860	981	906	4588 .7118
	L BUZ CARRIKER	42	OREG	912	763	954	1000	895	4524 .7101
	RON E JERSEY	41	OREG	836	769	853	1000	855	4313 .7086
<b>45-49 MEN</b>									
	ROBERT S SMITH	46	OREG	1000	984	968	999	971	4922 .7163
	RICHARD D BOYD	46	OREG	983	936	983	1000	979	4881 .7069
	DALE G VAUGHAN	45	OREG	918	852	961	1000	935	4666 .7061
W	WALT INGRAM	46	*PNA	1000	878	841	971	914	4604 .7090
	WALT E REID	49	*PNA	931	896	1000	943	926	4696 .7175
	JOHN M WIGHT	46	MACD	949	863	963	1000	942	4717 .7084
	KEITH A FINZER	45	OREG	998	792	996	1000	961	4747 .6975
	ROY L WATTERS	45	OREG	943	849	880	1000	902	4574 .7137
<b>50-54 MEN</b>									
	RONALD K NAKATA	50	OREG	1000	854	954	985	947	4740 .7074
	TOM FANNING	50	OREG	942	969	962	996	1000	4869 .6936
	JIM BIGLER	54	MACD	936	882	971	1000	924	4713 .7196

# DR. SPRINT'S ANALYSIS

01/13/90 PG 3

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
<b>55-59 MEN</b>									
	MILTON R MARKS	59 OREG	887	818	990	1000	891	4586	.7229
	ARTHUR C WELCH	57 OREG	1000	860	828	980	929	4597	.6978
	ROBERT R KIM	56 MACO	938	752	1000	958	888	4536	.7161
<b>60-64 MEN</b>									
	ERIC GP. GUEST	60 OREG	954	748	947	1000	910	4559	.7036
	SAMUEL M IERULLI	60 OREG	706	776	863	1000	862	4207	.6866
	CLARK AUSTEN	62 MACO	656	792	684	1000	731	3863	.7242
<b>65-69 MEN</b>									
	HUGH S RICHARDS	69 OREG	924	779	937	1000	890	4530	.7147
	ROBERT A MORRISON	68 OREG	900	832	1000	870	840	4442	.7411
	KHOSROW SHADBEH	68 OREG	801	798	1000	823	851	4273	.7102
<b>70-74 MEN</b>									
	FORBES J MACK	71 OREG	854	839	991	1000	846	4530	.7457
	MEL W ANDERSON	71 OREG	753	803	757	1000	818	4131	.7053
<b>75-79 MEN</b>									
	LEE 'KIP' KING	77 OREG	797	860	827	1000	837	4321	.7219
	SYD C HENDY	76 OREG		929		1000			
<b>80-84 MEN</b>									
	JACK HOEY	80 OREG	736	1000	746	972	800	4254	.7323
	HERB EISENSCHMIDT	83 OREG	785	922	892	1000			

## 1990 PENTATHLON ANALYSIS

Study the attached "Dr Sprint's Analysis" and find your name. The wierd numbers after your name in the events you swam will reveal your relative performance in each of the five events. Everyone has a best stroke and your best stroke at this meet is shown by a 1000 in that column. Your worst stroke is indicated by the lowest number. These low numbers can guide you towards strokes needing improvement.

BEST STROKES	FLY	BACK	BRST	FREE	IM
People with best stroke	21	4	13	70	1

The above count shows that 70 people swam freestyle as their best stroke (number of 1000's). This isn't surprising. The relatively large number listed with Butterfly as best stroke can again this year be explained by the overall exhaustion after the fly race. The small number of 1000's in backstroke confirm that people were fresh for the first event and too tired to do well in the second event. There was a 10 minute break before the third event which rested the breaststrokes and improved their score. The 14 minute break after the 50 free helped improve everyones performance in the 100 IM. But after 4 hard races it is obvious we were all very tired (except for Tom Fanning who picked up steam and scored the only 1000 in the 100 IM).

Along with your performance, this years meet had the following characteristics:

- 50 Fly Heat 1 started at 9:03
- 29 minutes rest until heat 1 of
- 50 Back
- 44 minutes rest (including 10 min break)
- 50 Breast
- 32 minutes rest until heat 1 of
- 50 Free
- 42 minutes rest (including 14 min break)
- 100 IM

The 29 minutes rest between the Fly and Back is a new record low. If you had a poor backstroke time, blame it on backstroker prejudice. The officials were just too efficient. The meet ran like clockwork which is bad if you were looking for a good performance. The list of officials looked like Who's Who of Oregon Swimming. These officials can't be blamed since they are often evaluated based upon how fast they can run a meet.



I had a nightmare before the meet. I dreamed that only 50 people entered the pentathlon and I would have to swim my 5 events in 1 hour since there were no official breaks listed in the entry form. I woke up sweating.

It seems like a guaranteed minimum rest approach would work well for swimmer performance. How about in next years entry form we see something like:

9:00 AM (not later) 50 fly

9:45 (not earlier) 50 Back

10:30 (not earlier than 45 min from back start) 50 breast

11:15 (not earlier than 45 min from brst start) 50 free

12:00 (not earlier than 45 min from free start) 100 IM

With this approach we could run 8 or 9 lanes with less wear and tear on officials. We'd have adequate rest, we could socialize and have time between events to serve donuts to the timers and alcohol to the officials. The pizza party could start at 1 PM.

Another idea would be to have a PENTATHLON PLUS meet. This meet would also have a 1650 yard freestyle event. One heat of the 1650 could be run between each pentathlon event. What a wonderful way to satisfy both the distance swimmers and rest the pentathletes! Using 8 or 9 lanes with 4 heats of the 1650 averaging 25 minutes each, we'd be eating pizza at 1:30 PM with a bunch of fast swims under our belts. Write your congressperson!

#### ROBERT SMITH WINS BEST BALANCED PENTATHLETE CONTEST

Again, this year, SWIM CELLAR swimming store located in Cedar Hills Mall has donated a \$10.00 gift certificate to the best balanced pentathlete at the meet. Last year Susan Case won with 4938 points. This year I won (ahem). To those of you who smell graft and corruption in the judging all I can say is the computer used exactly the same criteria and formulas as last year. I am not a crook.

You don't have to be fast to win this award, just well balanced. This years top ten list includes:

Robert Smith	M 45-49	4922	(last year rank=7)
John Zell	M 30-34	4914	(last year rank=4)
Hunter Graham	M 25-29	4914	
Jeff Michel	M 30-34	4905	(first OREG meet!)
Gorden Hale	M 35-39	4884	
Richard Boyd	M 45-49	4881	(last year rank=9)
Andy Schrag	M 30-34	4874	(last year rank=6)
Tom Fanning	M 50-54	4869	
Gary Hafer	M 35-39	4858	(last year rank=10)
Kiko Kimura	F 30-34	4855	

My formula for success? I practiced what I preached. I looked at my scores last year and worked extra hard on my weakest stroke. Also, throughout the year, I more evenly balanced my yardage and workout effort among all 4 strokes.

I salute everyone who scored over 4800 points. It shows good consistent swimming. The women almost got shut out of the top 10 this year. Are they swimming too much freestyle in workouts?

#### SPRINT FACTOR

My favorite experimental number for you is printed in the far right column. I call it sprint factor (SF). This number is an indication of whether you are better suited/trained in sprint, middle distance (200's), or long distance events. I compared your times in your four 50 yard races against your time in the 100 IM. This factor is exclusive to you and how you swam your 5 races. Generally speaking, a sprinter would have better times in the short 50 yard races and "die" more in the 100 IM. An endurance swimmer doesn't know how to get tired during the 50's and would perform better relatively in the 100 IM race. They would also be less tired by the end of the meet and be fresher for the final 100. My opinion of these numbers is:

##### SF number

.6900 or less	extreme endurance (or had a great 100 IM) (these swimmers need more strength)
.6900+	long distance athlete
.7000+	middle distance (200's) swimmer
.7100+	sprinters (or out-of-shape or too tired)
.7200+	out of shape sprinters (or poor 100 IM) (these swimmers need more conditioning)

Your sprint factor number will not be valid if you royally screwed up in 1 or more races. The purpose of showing your sprint factor is to help guide your training regimen. You can be a more outstanding swimmer, in less time, if you match your training to your inherit abilities.

If you competed in last years Pentathlon, read your January 1989 Aquamaster and compare times and analysis numbers.

## 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?

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Official Entry Blank for Individuals Events  
 1990 U.S.M.S. National Short Course Championships Sanction# 330-9007  
 USC Mc Donalds Olympic Swim Stadium May 18-21, 1990

Name _____	Sex _____
Address _____	
Phone _____	
Age _____	Birthdate _____ USMS# _____
Club _____ LMSC _____	

Event No.	Women: Entry Time	Event	Men: Entry Time	Event No.
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Friday,, May 18, 1990 8:00am

1		200 Yard Backstroke		2
3		100 Yard Breaststroke		4
5		50 Yard Freestyle		6
7		200 Yard Butterfly		8
9		100 Yard Ind. Medley		10
11 *	See Relay Form	200 Yard Medley Relay	See Relay Form	12
13		500 Yard Freestyle		14

Saturday, May 19, 1990 8:00am

15		200 Yard Breaststroke		16
17		100 Yard Butterfly		18
19		50 Yard Backstroke		20
21		100 Yard Freestyle		22
23		200 Yard Ind. Medley		24
25 *	See Relay Form	200 Yard Free Relay	See Relay Form	26 *
27 *	See Relay Form	200 Yard Mixed Med. Relay	See Relay Form	

Sunday, May 20, 1990 8:00am

29		200 yard Freestyle		30
31		50 Yard Breaststroke		32
33		100 Yard Backstroke		34
35		50 Yard Butterfly		36
37 *	See Relay Form	200 Yard Mixed Free Relay	See Relay Form	
39		400 Yard Ind. Medley		40

Monday, May 21, 1990 8:00am

41 * #		1000 Yard Freestyle		42 * #
43 * #		1650 Yard Freestyle		44 * #

\* Deck seeded events. See note on check-in times in meet info booklet. # You may swim only one of these events. TO COMPLETE THIS FORM: There are no qualifying standards for this meet. Enter your best time or a reasonable estimate in the space next to the event(s) you wish to swim. DO NOT ENTER "no time". You may enter five (5) events, with no more than three events per day, of the first three days of the meet not including relays. On Monday May the 21 you may enter either the 1000 yard or 1650 yard free. NOT BOTH. PLEASE REFER TO THE MEET INFORMATION BOOKLET FOR COMPLETE DETAILS OF THIS MEET. PLEASE READ IT THOROUGHLY.

# 1990 USMS NATIONAL SHORT COURSE CHAMPIONSHIP

**Dates:** May 18-21, 1990

**Location:** USC McDonalds Olympic Swim Stadium Los Angeles CA.

**Sanctioned by:** Sanctioned #3309007. This event is open to all registered USMS swimmers 25 years of age and older as of May 21, 1990. Enclose a copy of your USMS registration card with your entry. If a swimmer wishes to affiliate with a Masters club, then the swimmer and club must be registered in the same LMSC. If there are any questions about a swimmer's affiliation, he or she will be entered "unattached". Foreign swimmers must submit their International Travel Permit with entry form and fees.

**Entry Blank:** There are no qualifying standards for this meet. Write your best times or a reasonable estimate in the space next to the event(s) you wish to enter. Do not enter with "no time." You can enter a total of (5) events, no more than three (3) a day (not including relays). On the last day you may enter one event, either the 1000 Free or the 1650 Free.

**Conduct of meet:** All individual events will be pre-seeded, with the exception of the 1000 Free and 1650 Free, oldest to youngest, slowest to fastest within age groups. All Relays will be deck seeded. The 1000 Free and 1650 Free will be deck seeded, by sex, slowest to fastest regardless of age.

**Age Groups:** 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+. Age as of the last day of the meet determines the age for the entire meet.

**Awards:** National Masters awards will be given for first through eighth place.

**Scoring:** will be 9-7-6-5-4-3-2-1 for individual events.

**Fees:** \$3.00 per individual event entered plus a \$13.00 Surcharge per swimmer. This surcharge includes those who only swim relays. See relay entry form for additional information about relays. An entry will not be considered complete until the check clears the bank. If there is any questions about an entrants check, full cash payment will be required before being allowed to swim. Note: Requests for refunds must be made in writing and received by the meet Director no later than April 7, 1990.

**Banquet:** A Mexican Fiesta buffet will be held at the Hertige Hall on the USC campus Saturday, May 19, 1990. Cocktails at 6:30; dinner begins at 7:00 pm. Entertainment will be provided from 8:30 to 11:30 pm. The cost is \$25.00 per person. Reservations must be included on the form below. There is a limited number of seats available.

## CHECK LIST

For complete individual entry, send the following:

1. Completed, signed entry form:
  - A) only 5 events total, 3 per day (excluding relays)
  - B) do not enter "No Time"

- |                                                                                   |                           |         |
|-----------------------------------------------------------------------------------|---------------------------|---------|
| 2. Fees in US Dollars:                                                            | REGISTRATION              | \$13.00 |
| A) \$13.00 surcharge for all swimmers including "relay only" swimmers             |                           |         |
| B) \$3.00 per individual event                                                    | ENTRY FEE: (# x \$3.00)   | _____   |
| C) Mexican Fiesta Buffet (optional) \$ 25.00 per person                           | BANQUET: (# x \$25.00)    | _____   |
| D) Final results (optional) \$5.00                                                | FINAL RESULTS (#x \$5.00) | _____   |
| 3. Copy of the USMS registration card or travel permit                            |                           |         |
| 4. Self-addressed stamped envelope or post card for verification of entry receipt | TOTAL (US) \$             | _____   |
| 5. Do not send cash, make checks payable to: Masters National Championship.       |                           |         |

Everything must be received by April 14, 1990. Late entries will be returned to sender. Mail to:

1990 Masters SC Nationals, Ed Bartsch, Kennedy Athletic Center USC, Los Angeles CA 90089-2511 (213) 743-7173 Any return call will be collect.

**Release from Liability:** 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 of 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 the 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, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

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



# Happy Birthday

## March Birthdays

Andrus, Linda G.	3/20/57	Leavitt, Corey A.	3/31/57
Barrett, Robin L.	3/21/51	40 Lutsock, Barbara L.	3/12/50
40 Bilsland, Gayle D.	3/21/50	Mac Donald, William G.	3/15/42
Birkeland, Erik K.	3/ 9/64	Mandeville, Debra L.	3/31/54
Blacketer, Marilyn J.	3/23/57	Martin, Maureen A.	3/ 9/51
Burleson, David O.	3/22/57	35 Michel, Jeff	3/29/55
Cason, Dan	3/10/21	30 Mick, Maxwell M.	3/ 4/60
Choe, Yong-Sun	3/ 5/47	30 Mills, Leissa K.	3/10/60
Connolly, Mari W.	3/ 2/53	Mills, Bill H.	3/ 8/39
Crichton, Doug	3/23/47	Pierson, Ginger L.	3/ 9/46
DeJarnatt, Jean L.	3/22/53	Shelton, William D.	3/ 2/41
Fisher, Emerson G.	3/28/49	Smoker, Chuck E.	3/ 2/41
Ford, Grace I.	3/22/43	30 Vechazone, Lori A.	3/30/60
Gage, Lynda E.	3/ 9/48	Viles, Carolyn A.	3/11/56
Garrett, Ann S.	3/ 6/52	Wells, Margaret A.	3/20/26
Gates, Giff J.	3/10/52	Wilson, Richard A.	3/12/49
Havercamp, Barbara T.	3/ 6/16	30 Yuse, M'Adonna	3/ 3/60
Healey, John P.	3/30/51		
Hildum, Robert M.	3/10/59		
Hughes, Kathleen A.	3/23/27		
Kok, Laura S.	3/21/58		

\* 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



#### Awards:

All participants will receive a commemorative plaque which will feature the meet logo shown above. Swimmers placing in the top eight places in each event will receive metallic bars that can be placed on their plaques. These are similar to the awards presented at 1988 Canadian Nationals that were held in Vancouver. All awards are included in the meet entry fee.

#### T- Shirts:

T- shirts featuring the meet logo are available for \$8.00 if ordered with meet entry (\$10.00 at meet). They will be white short sleeve 50 % cotton - 50 % polyester. Please order them with your meet entry to guarantee that you get one. Remember to indicate size (S M L XL) on the entry form.

#### Banquet:

Federal Way Masters will host a banquet Saturday night at the Best Western Federal Way Executel 31611 20th Ave S. (take exit 143, 320th St, from I-5 and proceed west approximately 1/3 mile. The motel is one block north of 320th on 20th Ave S). Social Hour with no host bar will be from 6 to 7 with dinner served at 7. We have tentatively scheduled Dick Hannula to speak at the banquet. Dick is recognized as one of the top swim coaches in the U.S and has been appointed as manager for the U.S. team for the Goodwill Games. He will provide an overview of the swimmers who have been selected for the U.S. team for the Goodwill Games. The banquet fee is \$13.50 and includes tax and gratuity. The entree will be lemon chicken. If you cannot eat chicken, please indicate on you entry form. Unfortunately, the banquet is limited to the first 150 reservations.

#### Hospitality Suite

A hospitality suite will be available at the meet headquarters hotel beginning at 5 PM Friday through Saturday evening.

#### Accommodations for Short Course Regionals

##### Meet Headquarters:

We have made arrangements with the Best Western Federal Way Executel for special rates of \$49/single \$55/double. The Executel will serve as meet headquarters and will also be the location of our banquet scheduled for Saturday night. It is located approximately 4 miles from the pool. To obtain the special rate, tell them that you are attending the Masters swimming meet when you make your reservations. We have requested 20 rooms for Friday night and 50 rooms for Saturday night. The Executel is located at 31611 20th Ave S, Federal Way, WA 98003. Take exit 143, 320th St, from I-5 and proceed west approximately 1/3 mile. The motel is one block north of 320th on 20th Ave S.

##### Other Motels in the area:

Following is a list of other Motels in the area. The rates listed are approximate.

Name/Address	Phone (206)	Rates	Restaurant	Approx. distance to pool
Super 8 Motel 1688 S 348th St, Federal Way	838-8808	\$36 S \$40 D	no	2 miles
Best Western 5700 Pacific Hwy E, Fife	922-0080	\$48 S \$53 D	yes	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	\$43 S \$54 D	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	\$20.95 S \$26.95 D	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	\$25.95 S \$27.95 D	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	\$34 S \$38 D	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea-Tac airport. Both areas are located approximately 10 miles from the pool.

##### HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)564-9517

MEET INFORMATION: REGION XII SHORT COURSE CHAMPIONSHIPS  
APRIL 27-29, 1990

REGION 12 SHORT COURSE CHAMPIONSHIPS: APRIL 27TH-29TH, 1990  
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.  
SANCTION # 903608 HOSTED BY FEDERAL WAY MASTERS

The Facility is the newly opened King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023. This facility will be used for aquatic events for the 1990 Goodwill Games. It features an 8 lane 55 meter pool with two movable bulkheads. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses will be used for distance events. For other events the second pool will be available for warm-up. A 5 lane 25 yard diving pool will be available for warm-up during distance events. Concessions will also be available. Seating is available for the first 2400 people in the doors.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

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

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

ELIGIBILITY: OPEN TO ALL 1990 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 29TH, 1990.

SEEDING: SLOW TO FAST EXCEPT 400 IM, 1650 FREE, 1000 FREE, AND 500 FREE.

MEET DIRECTOR: HUGH MOORE TIMES: Friday April 27:  
29920 2ND PL SW warm-up: 5:30-6:20 PM meet: 6:30 PM  
FEDERAL WAY, WA 98023 Saturday April 28 & Sunday April 29:  
(206)941-3100 before 9 PM warm-up: 8:00-8:50 AM meet: 9:00 AM

FRIDAY APRIL 27  
1 400 IM (6:00 CHECK-IN)  
2 1650 FREE (6:00 CHECK-IN)

SATURDAY APRIL 28

3 100 IM  
4 50 BACK  
5 200 FLY  
6 100 FREE  
5 MIN BREAK  
7 200 FREE RELAY  
(ENTRIES DUE AT 9 AM)  
8 100 BACK  
9 50 FREE  
10 200 BREAST  
5 MIN BREAK  
11 200 MIXED MEDLEY RELAY  
(ENTRIES DUE AT 12 NOON)  
12 500 FREE (12 NOON CHECK-IN)

SUNDAY APRIL 29

13 100 BREAST  
14 50 FLY  
15 200 FREE  
5 MIN BREAK  
16 200 MIXED FREE RELAY  
(ENTRIES DUE AT 9 AM)  
17 200 IM  
18 50 BREAST  
19 200 BACK  
20 100 FLY  
5 MIN BREAK  
21 200 MEDLEY RELAY  
(ENTRIES DUE AT 12 NOON)  
22 1000 FREE (12 NOON CHECK-IN)

NAME \_\_\_\_\_ M F AGE as of 4/29/90 \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_  
CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

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: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event #	EVENT	ESTIMATED TIME

ENTRY FEES

Surcharge: \$9.00 (includes commemorative plaque) \$9.00  
Individual events @ \$1.00 each \_\_\_\_\_  
T-SHIRTS size(s) \_\_\_\_\_ @ \$8.00 each (\$10.00 at meet) \_\_\_\_\_  
Banquet @ \$13.50 each \_\_\_\_\_  
TOTAL \_\_\_\_\_

CHECKLIST

Checks payable to Federal Way Masters  
Mail fees and this entry form to Hugh Moore  
29920 2ND PL SW  
Phone (206)941-3100 before 9 PM Federal Way, WA 98023

ENTRIES MUST BE POSTMARKED BY APRIL 14, 1990  
NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS  
SWIMMERS MUST BE REGISTERED WITH USMS (CANADIANS WITH CASA)  
THE FOLLOWING WAIVER MUST BE SIGNED

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 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, meet sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNED \_\_\_\_\_ 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

**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>____ This is a New registration.      ____ 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 style="text-align: center;"><b>Oregon</b></p> <p style="text-align: center;"><b>1990</b></p> <p>Reg. Fee    (\$18.00) _____</p> <p>Aqua Master (\$7.00) _____</p> <p>Total _____</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"><p>Office use only</p></div> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"><p><b>MAIL TO:</b></p><p><b>DAN JOHNSON</b></p><p><b>7655 SW CEDARCREST ST.</b></p><p><b>PORTLAND, OR 97223</b></p><p>Or enclose with meet registration</p></div>
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**Remember to sign your registration form.**

## Make checks to Oregon Masters Swimming

DETAILS INSIDE...

# 1990 ASSOCIATION MEET EUGENE TO HOST

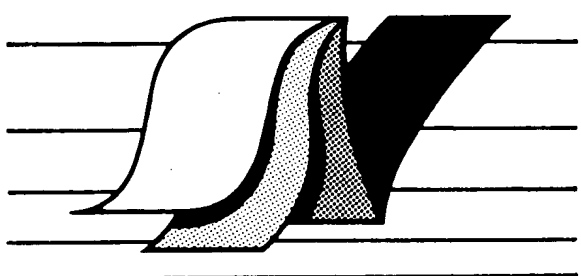
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- \* Meet Entry Forms

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John F. Zell  
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