

Editor

John F. Zell
4640 NE 36th Avenue
Portland, OR 97211
(503) 282-9347

Chairman

Kathleen Buck
31925 NE Canter Lane
Sherwood, OR 97140
(503) 625-5747

Vice Chairman

Pam Himstreet
14744 NW Bonneville Pl
Beaverton, OR 97006
(503) 645-4051

Registrar

Dan Johnson
(503) 244-8152

Membership

Barbara Frid
(503) 292-3379
(Mon-Sat)

Secretary/HOST

Andy Schrag
(206) 254-9661

Treasurer

Roy Abramowitz
(503) 221-0336

Data Manager & Records

Earl Walter
(503) 292-1611

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

- *APRIL 6, 7, & 8 OREGON MASTERS ASSOCIATION CHAMPIONSHIPS
EUGENE, OR ECHO HOLLOW POOL
(ENTRIES POSTMARKED BY 3-26-90)
- *APRIL 27-29 REGION 12 SC REGIONALS FEDERAL WAY, WA
GOOD WILL GAMES POOL KING COUNTY AQUATIC CENTER
(ENTRIES POSTMARKED BY 4-14-90)
- *MAY 18-21 USMS SHORT COURSE NATIONALS McDONALDS POOL
UNIVERSITY OF SOUTHERN CALIFORNIA
(ENTRIES MUST BE RECEIVED BY 4-14-90)
- *MAY 1990 SPRINT WORKOUT POSTAL CHAMPIONSHIPS

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 FORM ENCLOSED IN THIS ISSUE

Z-Man says---

Hey there fellow water types....Z here...the month of March is upon us and that means that Spring is just around the corner. Wow, February was an unusual month weather-wise. First the snow early on and then the unseasonably warm temperatures at the end of the month. But enough about the weather outside...let's talk about what's going on indoors at the ol' pool.

The weekend of February 10th and 11th saw some 70 competitors venture to the beautiful Oregon coast for a weekend of fun at the Newport meet. Naturally, ol' Barn will fill you in on all of the meets details. The weather cooperated and I saw a number of OMSers around town taking in the tourist spots following the meet. The Hatfield Marine Science Center was a popular spot with the swimmers. So, I was not surprised to see our old friend Bob "Dr. Sprint" Smith deeply entranced while he studied all the various fish species in action at the Aquarium. It was like he was trying to get some pointers or come up with a new idea or concept to make him swim faster. This guy goes to great lengths.

Due to the inclement weather early on in February, the monthly OMS board meeting was cancelled. So stay tuned to next month for news following the March meeting.

This month's issue of Aquamaster has some interesting reading as per usual. Ol' Barn reviews Newport and more and Dr. Sprint talks about everyone's favorite topic...Hurt, Pain and Agony. Please reread the entry form for the Association Championships for some updated information. Also you will find the entry forms for both Regionals and Nationals.

THIS WILL BE THE LAST PUBLISHING OF THE ENTRY FORMS FOR REGIONALS AND NATIONALS DUE TO THE ENTRY DEADLINES. SO THIS IS IT FOLKS, A VALUABLE ISSUE FOR ALL OF US WHO PLAN TO GO ON TO SEATTLE AND LOS ANGELES. AND TAKE NOTE OF THE DEADLINES!!

You will also find an interesting and fun entry form for "Dr. Sprints" new and maybe first Annual "Sprint Workout Postal Championships". This is a month-long non-sanctioned meet that I think you will be very interested in trying. Check it out.

As many of you Portland area people are aware, the voters of Portland passed a Parks Improvement Levy this last year for 7 million dollars worth of improvement city-wide. The largest project will benefit our organization. Over 2 million dollars will go to the rebuilding and covering of the pool at Matt Dishman Community Center on Northeast Knott Street. I sat in on a recent planning committee meeting for this facility and it looks very possible that the center will have brand new 8 lane 25 yard pool with a separate warm water therapy and teaching pool. The old pool will be completely removed to make way for the new ones. Construction will begin in the fall of this year and will take the better part of a year to complete. So east side Portland will have a brand new aquatics facility for all kind of uses including High School, Age Group, and Masters swim meets. More info to come as it develops.

Well, the end of the page is approaching and so it is time for Z to say that I hope to see you all in Eugene at Association Champs. I can't tell you enough how pumped the Eugene Masters are about hosting this meet. There is no question that it will be a great one for everyone. Time to make those last minute plans. The team competition will be very interesting this year...I can just feel it.

That's all for now.....Eugene...here we come,



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?

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

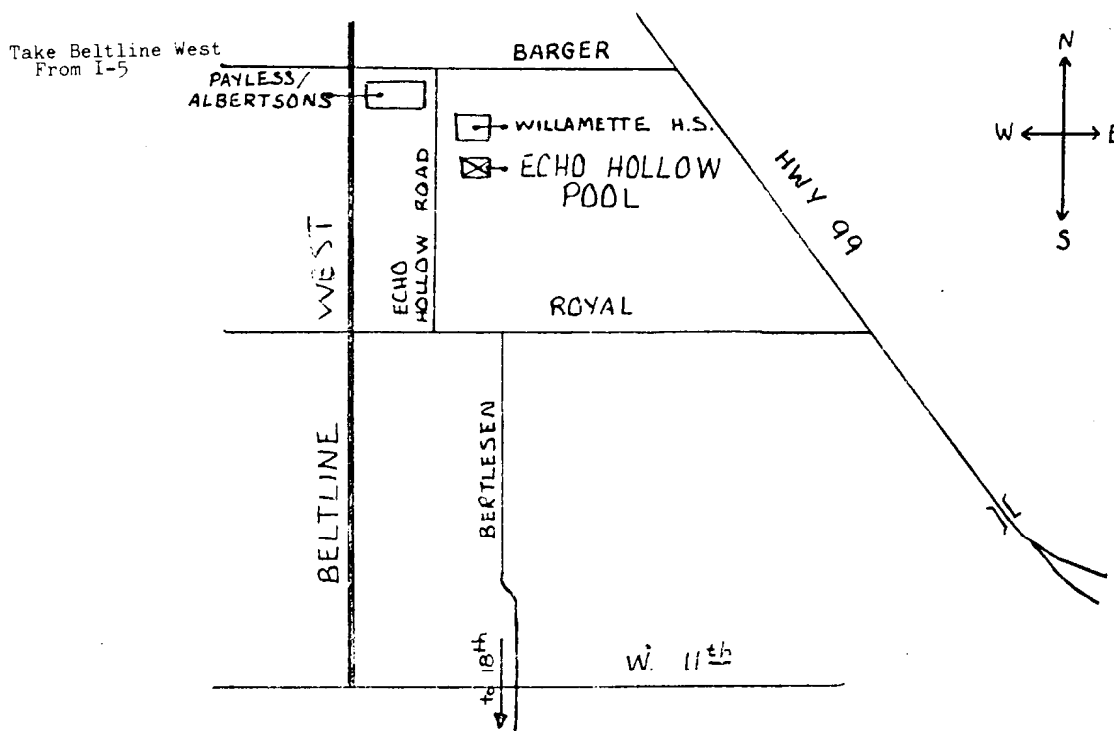
Holiday Inn of Eugene 342-5181

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

SANCTIONED (#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
6 lane warm-up/down pool outdoors

WARM-UPS: FRIDAY 5:00 p.m.
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, one 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 25 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 Dinner Party to be held at the Eugene Conference Center. The Conference Center is part of the Hilton Hotel which is next door to the Hult Center for the Performing Arts in downtown Eugene. The dinner served will be Chicken Teriyaki Stirfry, tossed green salad, beverage and desert for a cost of \$9.30 per person. You can pay for your dinner in advance with this form or at the door.

There will be commemorative T-shirts available for those attending. The cost is \$8.00 in advance or \$10.00 at the meet. Please specify your size on the attached entry form.

"1990 OREGON MASTERS SWIMMING ASSOCIATION CHAMPIONSHIPS"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (#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)	BREAK	BREAK	BREAK	BREAK
400 I.M. (1) _____:_____._____	1000 FREE	(12) _____:_____._____		
1650 FREE (2) _____:_____._____				

SATURDAY APRIL 7TH	200 BREAST (13) _____:_____._____
FREE RELAY (3) XXXXXXXXXXXXXXXX	50 FREE (14) _____:_____._____
200 FLY (4) _____:_____._____	MEDLEY RELAY (15) XXXXXXXXXXXXXXXX
200 BACK (5) _____:_____._____	100 FLY (16) _____:_____._____
50 BREAST (6) _____:_____._____	50 BACK (17) _____:_____._____
100 FREE (7) _____:_____._____	BREAK BREAK BREAK BREAK
BREAK BREAK BREAK BREAK	100 BREAST (18) _____:_____._____
MIXED FR RELAY (8) XXXXXXXXXXXXXXXX	200 FREE (19) _____:_____._____
200 I.M. (9) _____:_____._____	100 I.M. (20) _____:_____._____
50 FLY (10) _____:_____._____	MIXED MED RELAY (21) XXXXXXXXXXXXXXXX
100 BACK (11) _____:_____._____	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 _____

ENTRY FEES--Send form(s) & fee(s) to: OMS 3904 S.W. 57th Av. Portland, OR 97221

- | | | |
|------------------------|---|--------|
| 1. MEET ENTRY FEE | @ \$7.00 | \$7.00 |
| 2. DINNER PARTY/SOCIAL | _____ @ \$9.30 per person | _____ |
| 3. T-SHIRT | SIZE: _____ @ \$8.00 each (10.00 at meet) | _____ |

MAKE CHECKS PAYABLE TO O.M.S. ----- TOTAL _____



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
Mendel'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

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.

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

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
7 5 MIN BREAK
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) 22

SUNDAY APRIL 29

13 100 BREAST
14 50 FLY
15 200 FREE
16 5 MIN BREAK
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)
1000 FREE (12 NOON CHECK-IN)

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

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, meets 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 _____

"ol' Barnacle"

UNDER THE FINE LEADERSHIP OF BOB WIENERT, AQUATICS DIRECTOR, NEWPORT HOSTED A REALLY FINE SC YARDS SWIM MEET FEBRUARY 10TH AND 11TH.

73 OF OREGON MASTERS VERY FINEST SHOWED UP TO MATCH STROKES WITH EACH OTHER AND THE EVER PRESENT TIME CLOCK.

LET'S GET RIGHT INTO IT, RECORDS, YES AND THEN SOME !!!!!

NATIONAL RECORD - PETEY SMITH - NEWPORTS OWN, CAME THROUGH WITH A SCINTILLATING
PERFORMANCE IN THE 1000 FREE - PETEY LOGGED A
TIME OF 15:24.34, WHICH JUST BLEW AWAY THE OLD NATIONAL RECORD OF 16:18.49.
SORRY TO MY BUDDIES IN THE 65-69 MEN'S AGE GROUP, THIS TIME OF PETEY'S WOULD BE
PLACED # 8TH IN THE TOP TEN FOR MEN. MY MONEY IS ON PETEY TO GO UNDER 15:20 BY
AT LEAST 10 SECONDS !!!!!

REGIONAL RECORDS ...

TOM FANNING (50-54) 200 FREE - 2:15.06, 400 IM - 5:36.03 (#9 TT)
TOM IS MAKING HIS MOVE IN A BIG WAY THIS YEAR !!!

KATHY CASEY (40-44) NOW MRS WALT REID, FROM PNA, SWAM THE 1000 IN 12:40.29,
THIS WOULD BE GOOD FOR A # 3 TT !!!

STEVE DURAPAU (40-44) SWAM THE 1000 IN 11:09.76, A # 10 TT TIME !!!

ERIC GUEST (60-64) OB IS GOING TO PUT AN ANCHOR ON THIS GUY, SWAM A FINE
2:53.93, A # 10 TT TIME !!!

HELENA HOFFMAN (70-74) THE 400 IM IN 11:26.37 !!!

REGIONAL RELAY RECORD - 800 FREE - MEN 35 + - 8:38.22 (#5 TT)
STEVE DURAPAU, JIM ELLIOTT, CHRIS MECCA, VERN DASCH

OMS RECORDS ...

BARBARA FRID (45-49) 1000 FREE - 13:24.83, (#3 TT) REGIONAL IS 13:21.61

OMS RELAY RECORD - 400 MEDLEY - MEN 19 + - 4:22.70 (# 5 TT)
MARK KIRK, DARREN SHAVER, JOHN FISCHER, CRAIG HENNEFORD

OMS RELAY RECORD - 400 MEDLEY - MEN - 25 + - 4:14.21 (# 10 TT)
STEVE HARGER, DAVE COBB, JOHN ZELL, RICK RODRIGUEZ

* please read this , our knowledge of what is correct ages , etc., for relays ,
is still sadly lacking...

yards meets - 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+

the youngest person on your relay team establishes the age group that relay
team must swim in !!!

meters meets - total years of all 4 relay swimmers, to cumulate ...

76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

one more thing - you must enter the full names and ages of each and every
swimmer in your relay !!!

FOLKS, PLEASE LET'S GET THIS STRAIGHT FOR THE ASSOCIATION CHAMPIONSHIPS !!!!!

OL' BARN ... Newport Meet ... Great Success ...

CLOSE TO RECORDS ...

VERN DASCH (40-44) 200 FREE - 1:58.05 VS 1:56.18 - REGIONAL

STEVE JOHNSON (40-44) 500 FREE - 5:19.77 VS 5:17.86 - REGIONAL
100 FLY - 1:00.60 VS 59.75 - OMS

JIM BIGLER (50-54) 1000 FREE - 13:04.74 VS 12:55.38 - REGIONAL

MIKE MOREHOUSE (60-64) 1000 FREE - 15:23.75 VS 15:14.84 - OMS

JILL BLACK (25-29) 200 BACK - 2:27.88 VS 2:25.03 - OMS
100 I M - 1:07.08 VS 1:06.32 - OMS

HELENA HOFFMAN (70-74) 100 FLY - 3:14.03 VS 3:13.01 - OMS

GREAT RACES AND TIMES ...

PENELOPE SPIRO (35-39) 50 FREE, AND 100 FREE - 28.57 & 1:04.07

GREAT RACE - MEN - 25-29 - 100 FREE, RICK RODRIGUEZ EDGED CRAIG HENNEFORD,
52.31 VS 53.67 - HEAD TO HEAD , ADJACENT LANES !!!

VERN DASCH (40-44) 100 FREE - 52.91, GETTING THERE !!!

KATHY CASEY (40-44) PNA - 200 FREE - 2:17.21

RICK RODRIGUEZ (25-29) 200 FREE - 1:56.38

SUE SMITH (35-39) PR IN THE 1000 FREE - 14:17.06

GIL YOUNG (65-69) PR IN THE 200 BACK - 3:27.71

JILL BLACK (25-29) 100 FLY IN 1:06.59

JOHN FISCHER (30-34) 100 FLY IN 57.57

THIS N' THAT

CORRESPONDENT, FORBES MACK DROPPED A NEWS ARTICLE IN THE MAIL ...

"WORLD CLASS POOL BEGINS FILLING FOR GOODWILL GAMES"

\$ 16.3 MILLION COMPLEX SCHEDULED FOR COMPLETION IN MARCH. 50 m 8 LANE
COMPETITION POOL, 17 FT DEEP DIVING TANK, + A SEPERATE 50M REC POOL ...

REGION XII SHORT COURSE CHAMPIONSHIPS, HOSTED BY PNA, WILL BE HELD THERE APRIL
27TH THRU 29TH.

IF YOU FOLKS OUT THERE MISS THIS ONE, YOU ARE "POCO LOCO" ...

JANET EVANS - AMERICA'S SWEETHEART, NOW A FROSH AT STANFORD, HAS BEEN SELECTED
1989 USOC SPORTS WOMAN OF THE YEAR.

JANET RACKED UP 27 STRAIGHT WINS DURING THE SEASON, JANET HOLDS
THREE WORLD RECORDS AND WON 3 GOLDS AT SEOUL IN 1988 !!!

SUZANNE SCHUMAN - USED TO BE SUZANNE FOGELSON - IS IN THE SWIM AGAIN !!!
OB RECEIVED A MOST WELCOME PHONE CALL FROM SUZANNE, SHE IS
BACK IN THE SWIM, AGE GROUP (50-54). THIS IS GREAT NEWS FOR OMS, SUZANNE HAS
ALWAYS BEEN A TOP TEN PERFORMER IN THE BREASTROKE : WELCOME BACK !!!

OL! BARN ... continues with Newport meet ...

LAST BUT FAR FROM LEAST ... A BIG BIG OMS WELCOME TO NEW SWIMMERS ...

HARLAN HAYNIE	TERRI ANNE WARD	GEORGE UNRUH
BRAULIO ESCOBAR	BILL MACDONALD	JOHN FISCHER
BOB BUSK	JILL BLACK	PEGGY LOVELLFORD
DARREN SHAVER	ROBERT WALLACE	CRAIG HENNEFORD

YOU ALL COME BACK SOON ... YOU HEAR !!!!!

WILL SEE YOU ALL AT PSU, THEN ON TO EUGENE FOR THE ASSOCIATION CHAMPIONSHIPS, FOLLOWED BY REGION SHORT COURSE CHAMPS AT FEDERAL WAY IN THE NEW GOODWILL GAMES POOL.

IN THE WORDS OF ONE "OLD" MAN - STAY WITH IT .. AND .. STAY FIT !!!!!

NEWPORT 25 YARD 02/11/90

19+ MEN DAN F PERZ, 37= 31.26	DARREN SHAVER, 24= 32.02	15 200 MEDLEY RELAY JOHN FISCHER, 33= 25.53	CRAIG HENNEFORD, 28= 24.77	OREG 1:53.58
19+ MEN MARK KIRK, 30=1:13.35	DARREN SHAVER, 24=1:14.17	21 400 MEDLEY RELAY JOHN FISCHER, 33= 59.23	CRAIG HENNEFORD, 28= 55.95	OREG 4:22.70
25+ MEN RICK A. RODRIGUEZ, 27= 30.22	BILL H MUSSER, 40= 30.17	15 200 MEDLEY RELAY ANTHONY J BAUCUM, 40= 30.38	STEVE M JOHNSON, 41= 24.49	OREG 1:55.26
25+ MEN STEPHEN F HARGER, 30=1:05.07	DAVID M COBB, 30=1:10.23	21 400 MEDLEY RELAY JOHN F ZELL, 33=1:05.32	RICK A. RODRIGUEZ, 27= 53.59	OREG 4:14.21
35+ MEN RON E JERSEY, 41 ***	MICHAEL L MOREHOUSE, 63 ***	15 200 MEDLEY RELAY CHRISTOPHER MECCA, 38 ***	MICHAEL A GRANT, 38 ***	OREG 2:25.65
35+ MEN DAN F PERZ, 37=1:05.04	ROBERT S SMITH, 46=1:08.89	21 400 MEDLEY RELAY BILL H MUSSER, 40= 59.87	MICHAEL A GRANT, 38=1:06.74	OREG 4:20.54
25+ MIXED GEORGE N UNRUH, 31 ***	TERRI ANNE WARD, 34 ***	21 200 MEDLEY RELAY BOB BUSK, 36 ***	PEGGY LOVELLFORD, 35 ***	PNA 2:20.78
35+ MIXED SUE M. SMITH, 37= 37.38	MARY GRILLO, 35= 38.83	21 200 MEDLEY RELAY CHRISTOPHER MECCA, 38= 37.55	MICHAEL A GRANT, 38= 29.66	OREG 2:23.42
19+ MEN JOHN FISCHER, 33 ***	MARK KIRK, 30 ***	4 200 FREE RELAY DARREN SHAVER, 24 ***	CRAIG HENNEFORD, 28 ***	OREG 1:38.00
35+ MEN CHRISTOPHER MECCA, 38 ***	RON E JERSEY, 41 ***	4 200 FREE RELAY MICHAEL A GRANT, 38 ***	DANIEL R GRAY, 44 ***	OREG 1:54.59
LARRY G HOOVER, 56 ***	BRAULIO ESCOBAR, 40 ***	BARNEY M CRAIG, 44 ***	BOB G WIENERT, 42 ***	OREG 2:09.89
35+ MEN STEVEN L DURAPAU, 40=2:02.83	JAMES M ELLIOTT, 37=2:14.56	4 800 FREE RELAY CHRISTOPHER MECCA, 38=2:14.63	VERNON DASCH, 40=2:06.39	OREG 8:38.41
35+ MIXED RON E JERSEY, 41= 31.93	SUE M. SMITH, 37= 30.75	4 200 FREE RELAY MARY GRILLO, 35= 37.12	MICHAEL A GRANT, 38= 30.13	OREG 2:09.93

----- 25-29 WOMEN -----		
50FREE DIANE E HARGER	28	:34.48
100FRE DIANE E HARGER	28	1:16.69
500FRE DIANE E HARGER	28	7:54.61
1000FR DIANE E HARGER	28	16:56.77
50BACK JILL BLACK	27	:32.18
DIANE E HARGER	28	:45.09
200BAK JILL BLACK	27	2:27.88+
Oregon was- CATHY ZAGUNIS 2:33.77		
100FLY JILL BLACK	27	1:06.59
100 IM JILL BLACK	27	1:07.08
----- 30-34 WOMEN -----		
200FRE CATHERINE CHAY	34	2:11.81+
Oregon was- TANYA MANSIGH 2:14.20		
ROBIN L DURANT	34*1EM	2:39.30
500FRE CATHERINE CHAY	34	5:46.89
ROBIN L DURANT	34*1EM	6:57.90
TERRI ANNE WARD	34*EDSC	7:07.59
1000FR CATHERINE CHAY	34	11:41.65+
Oregon was- SUSAN YOUNCE 12:50.16		
D KIKO KIMURA	34*HUSK13	42.23
ROBIN L DURANT	34*1EM	14:40.11
50BRST CATHERINE CHAY	34	:40.48
200BRS TERRI ANNE WARD	34*EDSC	3:12.04
ROBIN L DURANT	34*1EM	3:32.47
100 IM TERRI ANNE WARD	34*EDSC	1:27.58
ROBIN L DURANT	34*1EM	1:28.42
400 IM CATHERINE CHAY	34	5:15.92+
Oregon was- TANYA MANSIGH 5:27.33		
D KIKO KIMURA	34*HUSK	5:39.51
----- 35-39 WOMEN -----		
50FREE PENELOPE O SPIRO	35 NEWP	:28.57
MARY GRILLO	35 GPY	:30.08
PEGGY LOVELLFORD	35*EDSC	:32.35
100FRE PENELOPE O SPIRO	35 NEWP	1:04.07
SUE M. SMITH	37 GPY	1:10.44
PEGGY LOVELLFORD	35*EDSC	1:16.79
200FRE SUE M. SMITH	37 GPY	2:36.51
500FRE SUE M. SMITH	37 GPY	7:10.73
1000FR SUE M. SMITH	37 GPY	14:17.06
50BRST MARY GRILLO	35 GPY	:37.30
100BRS MARY GRILLO	35 GPY	1:21.27
200BRS MARY GRILLO	35 GPY	2:59.46
50 FLY PEGGY LOVELLFORD	35*EDSC	:38.00
100FLY PEGGY LOVELLFORD	35*EDSC	1:29.46
100 IM MARY GRILLO	35 GPY	1:16.94
----- 40-44 WOMEN -----		
200FRE KATHRINE CASEY	41*PNA	2:17.21+
Oregon was- BARBARA FRID 2:20.70		
1000FR KATHRINE CASEY	41*PNA	12:40.29+
Oregon was- BARBARA FRID 13:04.65		
100BAK SUSAN J CASE	40 THB	1:22.39
200BAK SUSAN J CASE	40 THB	2:56.56
50BRST GINGER L PIERSON	43 THB	:36.08
KATHRINE CASEY	41*PNA	:36.90
SUSAN J CASE	40 THB	:40.21
100BRS GINGER L PIERSON	43 THB	1:17.68
KATHRINE CASEY	41*PNA	1:22.32

200BRS GINGER L PIERSON	43 THB	2:48.27
KATHRINE CASEY	41*PNA	3:00.17
SUSAN J CASE	40 THB	3:10.34
50 FLY SUSAN J CASE	40 THB	:35.38
100 IM GINGER L PIERSON	43 THB	1:13.65
200 IM GINGER L PIERSON	43 THB	2:47.74
----- 45-49 WOMEN -----		
200FRE PAMELA HIMSTREET	46 THB	2:42.05
1000FR BARBARA FRID	47 THB	13:24.83+
Oregon was- BARBARA FRID 13:33.18		
PAMELA HIMSTREET	46 THB	14:58.88
100BRS PAMELA HIMSTREET	46 THB	1:31.37
200BRS PAMELA HIMSTREET	46 THB	3:15.98+
Oregon was- SUSAN S. FOGELSON 3:16.55		
----- 65-69 WOMEN -----		
1000FR PETEY MH. SMITH	65 NEWP15	24.34+
Oregon was- JUDY M. MELCHER 25:06.81		
100BAK ELFIE J STEVENIN	68 THB	2:33.99
200BAK ELFIE J STEVENIN	68 THB	5:22.04
100FLY ELFIE J STEVENIN	68 THB	2:52.53+
Oregon was- ELFIE J. STEVENIN 3:01.48		
200FLY ELFIE J STEVENIN	68 THB	6:18.11+
Oregon was- ELFIE J STEVENIN 6:42.34		
----- 70-74 WOMEN -----		
50FREE HELENA W HOFFMAN	74 THB	1:02.36
100FRE HELENA W HOFFMAN	74 THB	2:14.41
100FLY HELENA W HOFFMAN	74 THB	3:14.03+
Oregon was- HAZEL BRESSIE 3:28.83		
100 IM HELENA W HOFFMAN	74 THB	2:49.24
400 IM HELENA W HOFFMAN	74 THB	11:26.37+
Oregon was- HAZEL BRESSIE 13:34.10		
----- 19-24 MEN -----		
50FREE DARREN SHAVER	24 LB	:26.00
200FRE DARREN SHAVER	24 LB	2:10.20
100BRS DARREN SHAVER	24 LB	1:14.26
----- 25-29 MEN -----		
50FREE CRAIG HENNEFORD	28 LB	:24.48
100FRE RICK A. RODRIGUEZ	27 EY	:52.31
CRAIG HENNEFORD	28 LB	:53.67
KEVIN MCCLUSKEY	28	1:02.22
200FRE RICK A. RODRIGUEZ	27 EY	1:56.38
500FRE RICK A. RODRIGUEZ	27 EY	5:29.49
KEVIN MCCLUSKEY	28	6:48.51
50BACK KEVIN MCCLUSKEY	28	:30.42
100BAK RICK A. RODRIGUEZ	27 EY	1:06.36
100 IM RICK A. RODRIGUEZ	27 EY	1:22.32
----- 30-34 MEN -----		
50FREE STEPHEN F HARGER	30 PPM	:24.63
ROBERT WALLACE	31*EDSC	:27.15
100FRE MARK KIRK	30 OREG	:56.95
JONATHAN D ISTOK	34	:59.51
500FRE MICHAEL E JOHNSON	30 CA	5:40.66
MICHAEL J BAIRD	33 CAM	5:44.78
JONATHAN D ISTOK	34	5:57.48
RICHARD RIESS	32 WHOM	7:23.92
1000FR MICHAEL J BAIRD	33 CAM	11:50.27
RICHARD RIESS	32 WHOM15	25.78

50BACK JOHN F ZELL	33 PPM	:29.73
STEPHEN F HARGER	30 PPM	:30.49
GEORGE N UNRUH	31*EDSC	:32.61
100BAK JOHN F ZELL	33 PPM	1:03.51
GEORGE N UNRUH	31*EDSC	1:10.59
MARK KIRK	30 OREG	1:11.20
200BAK JOHN F ZELL	33 PPM	2:15.96
GEORGE N UNRUH	31*EDSC	2:29.88
50BRST DAVID M COBB	30 PPM	:32.46
STEPHEN F HARGER	30 PPM	:32.70
GEORGE N UNRUH	31*EDSC	:33.49
MARK KIRK	30 OREG	:35.41
100BRS DAVID M COBB	30 PPM	1:10.53
GEORGE N UNRUH	31*EDSC	1:13.36
200BRS DAVID M COBB	30 PPM	2:36.03
50 FLY JOHN FISCHER	33	:26.30
STEPHEN F HARGER	30 PPM	:28.34
100FLY JOHN FISCHER	33	:57.57
100 IM JOHN FISCHER	33	1:03.06
MARK KIRK	30 OREG	1:06.44
JONATHAN D ISTOK	34	1:14.68
ROBERT WALLACE	31*EDSC	1:16.69
200 IM STEPHEN F HARGER	30 PPM	2:30.44
400 IM JOHN F ZELL	33 PPM	4:57.29
DAVID M COBB	30 PPM	5:15.87
----- 35-39 MEN -----		
50FREE BOB BUSK	36*ED	:26.07
GARY N BECKLEY	38 PPM	:27.96
100FRE MICHAEL A GRANT	38 GPY	1:04.56
200FRE JAMES M ELLIOTT	37 CHM	2:15.40
MICHAEL A GRANT	38 GPY	2:27.54
500FRE CHRISTOPHER MECCA	38 GPY	5:59.49
JAMES M ELLIOTT	37 CHM	6:01.49
GARY N BECKLEY	38 PPM	6:18.25
MICHAEL A GRANT	38 GPY	6:46.89
1000FR CHRISTOPHER MECCA	38 GPY	12:26.48
JAMES M ELLIOTT	37 CHM	12:41.65
MICHAEL A GRANT	38 GPY	14:09.76
50BACK GARY N BECKLEY	38 PPM	:36.58
100BAK DAN F PERZ	37 OREG	1:04.93
200BAK DAN F PERZ	37 OREG	2:21.14
JAMES M ELLIOTT	37 CHM	2:40.51
50 FLY BOB BUSK	36*ED	:28.45
CHRISTOPHER MECCA	38 GPY	:29.95
GARY N BECKLEY	38 PPM	:30.79
100FLY CHRISTOPHER MECCA	38 GPY	1:06.48
BOB BUSK	36*ED	1:08.03
200FLY CHRISTOPHER MECCA	38 GPY	2:44.61
100 IM BOB BUSK	36*ED	1:09.84
GARY N BECKLEY	38 PPM	1:10.10
200 IM JAMES M ELLIOTT	37 CHM	2:35.51
MICHAEL A GRANT	38 GPY	2:54.43
----- 40-44 MEN -----		
50FREE VERNON DASCH	40 THB	:24.38
DANIEL R GRAY	44 RYM	:27.92
RON E JERSEY	41 GPY	:30.76
BRAULIO ESCOBAR	40 NEWP	:32.42
100FRE VERNON DASCH	40 THB	:52.91
RON E JERSEY	41 GPY	1:05.82

200FRE VERNON DASCH	40 THB	1:58.05	----	45-49	MEN	----	65-69	MEN	----
STEVE M JOHNSON	41 UOM	2:03.37	500FRE ROBERT S SMITH	46 LAKE	6:57.13	50FREE HUGH S RICHARDS	69 MHM	:29.43	
RON E JERSEY	41 GPY	2:28.06	50BACK ROBERT S SMITH	46 LAKE	:27.68	GILBERT N YOUNG	67 MHM	:34.06	
500FRE STEVE M JOHNSON	41 UOM	5:19.77+	100BAK ROBERT S SMITH	46 LAKE	1:01.83+	JOSEPH A MALLON	68 MHM	:45.34	
Oregon was- KARL VON TAGEN	5:30.60		Oregon was- DONLON JONES	1:14.40		100FRE JOSEPH A MALLON	68 MHM	1:43.02	
STEVEN L DURAPAU	40 CHM	5:21.98	100FLY ROBERT S SMITH	46 LAKE	1:01.65	200FRE JOSEPH A MALLON	68 MHM	3:44.12	
VERNON DASCH	40 THB	5:37.17	400 IM ROBERT S SMITH	46 LAKE	6:04.04	500FRE JOSEPH A MALLON	68 MHM	10:05.58	
BOB G WIENERT	42 NEWP	6:04.61	----	50-54	MEN	----	1000FR GILBERT N YOUNG	67 MHM	15:59.46+
BARNEY M CRAIG	44 NEWP	6:42.06	200FRE TOM FANNING	50 PKRS	2:15.06+	Oregon was- GILBERT N YOUNG	16:06.25		
RON E JERSEY	41 GPY	6:58.79	Oregon was- FRED SPRENGER	2:19.31		JOSEPH A MALLON	68 MHM	20:46.96	
HARLAN B HAYNIE	41 PRKR	7:30.02	JIM BIGLER	54 MACO	2:20.91	50BACK ROBERT A MORRISON	68 VMS	:40.71	
1000FR STEVEN L DURAPAU	40 CHM	11:09.76+	500FRE JIM BIGLER	54 MACO	6:22.71	GILBERT N YOUNG	67 MHM	:41.81	
Oregon was- RICHARD D BOYD	11:35.91		1000FR JIM BIGLER	54 MACO	13:04.74	200BAK GILBERT N YOUNG	67 MHM	3:27.71	
BOB G WIENERT	42 NEWP	12:57.45	400 IM TOM FANNING	50 PKRS	5:36.03+	50BRST ROBERT A MORRISON	68 VMS	:37.57	
DANIEL R GRAY	44 RVM	13:07.74	Oregon was- BOB MILLER	5:36.95		HUGH S RICHARDS	69 MHM	:40.19	
BARNEY M CRAIG	44 NEWP	14:15.40	----	55-59	MEN	----	100BRS ROBERT A MORRISON	68 VMS	1:29.09
RON E JERSEY	41 GPY	14:24.68	50FREE MILTON R MARKS	59 MHM	:29.28	200BRS ROBERT A MORRISON	68 VMS	3:28.29	
HARLAN B HAYNIE	41 PRKR	15:32.98	50BRST MILTON R MARKS	59 MHM	:36.83	50 FLY HUGH S RICHARDS	69 MHM	:35.03	
50BRST BILL H MUSSEY	40 EY	:30.33	100BRS MILTON R MARKS	59 MHM	1:43.86	100 IM HUGH S RICHARDS	69 MHM	1:20.13	
50 FLY BILL H MUSSEY	40 EY	:26.83	100 IM MILTON R MARKS	59 MHM	1:18.62	----	75-79	MEN	----
DANIEL R GRAY	44 RVM	:30.60	400 IM MILTON R MARKS	59 MHM	6:52.58	50BACK SYD C HENDY	76 THB	:46.81	
ANTHONY J BAUCUM	40 EM	:31.12	----	60-64	MEN	----	100BAK SYD C HENDY	76 THB	1:43.57
100FLY STEVE M JOHNSON	41 UOM	1:00.60+	500FRE MICHAEL L MOREHOUSE	63 RVM	7:41.46	200BAK SYD C HENDY	76 THB	3:52.31	
Oregon was- ARTHUR H. SMITH	1:00.89		1000FR MICHAEL L MOREHOUSE	63 RVM	15:23.75	----	80-84	MEN	----
DANIEL R GRAY	44 RVM	1:12.71	50BACK ERIC GP. GUEST	60 MHM	:42.43	200BAK HERB EISENSCHMIDT	83 THB	4:04.60	
ANTHONY J BAUCUM	40 EM	1:16.52	50BRST ERIC GP. GUEST	60 MHM	:38.66	100 IM HERB EISENSCHMIDT	83 THB	1:56.56	
200FLY STEVE M JOHNSON	41 UOM	2:26.07	MICHAEL L MOREHOUSE	63 RVM	:41.46	200 IM HERB EISENSCHMIDT	83 THB	4:17.60	
200 IM VERNON DASCH	40 THB	2:32.87	100BRS MICHAEL L MOREHOUSE	63 RVM	1:32.79	400 IM HERB EISENSCHMIDT	83 THB	8:53.50+	
400 IM STEVEN L DURAPAU	40 CHM	5:04.14	200 IM ERIC GP. GUEST	60 MHM	2:53.93+	Oregon was- HERB EISENSCHMIDT	8:54.17		
ANTHONY J BAUCUM	40 EM	6:50.92	Oregon was- EARL WALTER	2:54.40					

NEWPORT

74 ENTRANTS

Aqua-Master

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 _____

☐ ADDRESS CHANGE

☐ NEW SUBSCRIPTION

☐ RENEWAL

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIPTION FORM

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

☐ 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

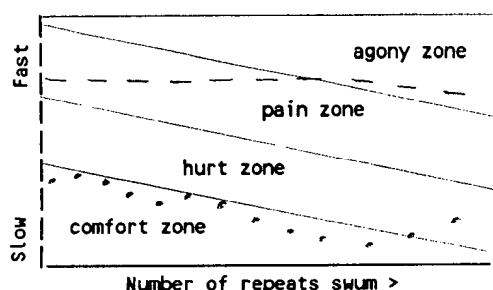
Use this form for change of address notification

▷ SEND CHECK OR MONEY ORDER PAYABLE TO: OMS



HURT - PAIN - AGONY

During the late part of the season, many coaches lecture their swimmers on the famous Dr. Counsilman "Hurt-Pain-Agony" concept. Invented in the 1960's for high pressure workouts, this concept helps the athlete squeeze more out of a workout. The chart below shows two swimmers doing a series of 50 repeats. Swimmer A (— — —) is a hard worker who feels hurt and pain but continues swimming fast despite the discomfort. Swimmer B (• • • •) is a "comfort" swimmer who backs off or slows down when hurt is felt. To salvage his self-respect he speeds up the last 1 or 2X50's and briefly feels some hurt.



SEARCH FOR MEANING

To understand how these zones are used by Masters swimmers, I discussed the concept with some experienced Masters. Karl Von Tagen (one of the best conditioned 45+ sprint/middle distance swimmers in the world) says he is only in the comfort zone during his warmup and cooldown phases. He very rarely visits agony and defines it as "Writhing all encompassing pain". Doug Adams (hard working, 40+ top ten breastroker) thinks of the zones in nice logical objective terms like "Local muscle pain"(hurt), "maximum breathing + muscle pain"(pain), and agony as indescribable pain. Doug frequents hurt & pain but rarely visits agony. Strange as it seems the more we Masters talked about the zones, the easier it became to enter them in a workout. With this in mind, I offer some definition of each zone hoping you can enter into dialogue with your workout partners.

HURT ZONE

- * Pain may be sharp and high but localized in a muscle group
- * More than just "Discomfort"
- * This zone should be visited in every workout.
- * Well conditioned muscle will be harder to hurt.
- * Wimpy people can visit this zone only briefly. Wimps need more swimming specific muscle to better enjoy this zone.
- * If heavily visited, muscle tenderness, soreness, weakness or slowness will be felt the next day.
- * HOW TO VISIT - Feel the limitations of your muscles with high intensity, no breather sprints like 15 X 25's on 1 min or a longer, muscle isolating series like 10 X 75 breastroke pull (Can't you feel the pain in your hands and arms?).

PAIN ZONE

- * Maximum breathing rate and multiple area high muscle pain
- * Short of wanting to die - but more than "IT HURTS"
- * You can't get enough air, you ache all over, you want to quit, but you can't. Your teammates are watching.
- * Only highly motivated people visit this zone.
- * The more swimming muscle you have, the potentially greater pain you can enjoy here.
- * Technique drills in this zone are a big challenge.
- * HOW TO VISIT - Do 20 X 50 @ 1 min - You think you've been in the "Pain" zone during the previous 10 repetitions and then someone yells out "Only 1 more to go! Lets make it the best one!". After that one, you'll know pain unless you throw up - which will automatically move you up to AGONY.

AGONY ZONE

- * Death defying (death welcome ?)
- * Throwing up. Indescribable pain - very personal
- * Writhing, all encompassing pain (unable to think clearly).
- * Only for the insanely motivated
- * Very brief in duration, you quickly move into pain zone.
- * Technique is out the window. It's every man for himself.
- * HOW TO VISIT - Its the last 25 of a 200 fly after you have done the first 100 all out.

THERE IS HOPE

Amidst this uncomfortable concept I offer a ray of hope. One day last week I trained with two experienced swimmers, Don Schollander and Dale Vaughn. We three 45+ comrades attacked our mutually agreed upon series with gusto. I felt rivalry, enthusiasm, and did great times while feeling little overt pain. Later that day I was exhausted. Looking back, my workout surely lived in the hurt/pain zones and yet I felt little discomfort at the time. During the series, there was no moaning or groaning, only quiet determination and positive uplifting comments like "Good time!", "Only 2 more!", and "That was fun!". When it was over, we thanked each other for the great workout. What a team sport!

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.
-----------	-------------------	-------	-----------------	-----------

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:

A) \$13.00 surcharge for all swimmers including "relay only" swimmers	REGISTRATION	\$13.00
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: _____

1990 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS: RELAYS

Dates: May 18-21, 1990

Location: USC McDONALD OLYMPIC SWIM STADIUM LOS ANGELS CA

SANCTIONED BY: US Masters Swimming, Southern Pacific Masters Sanction #330-9007

Relay Eligibility: Each relay swimmer must be a USMS registered swimmer. All four (4) members of a relay must be properly affiliated with the same USMS club. The club and the swimmers must all be registered in the same Local Masters Swimming Committee (LMSC). "Unattached" swimmers may not swim on relay teams. Relay entries are in addition to individual events; you can swim a maximum of (4) relays, and can swim only once in each relay.

Proof of Registration: A copy of your USMS registration card or travel permit is required.

Team Representative: Designate on the reverse side of this form the person who will be responsible for picking up, filling out, and returning your club's relay cards each day and claiming any awards for your club.

Age Groups: 25+, 35+, 45+, 55+, 65+, 75+, 85+. The age of the youngest swimmer determines the age of the relay.

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

Relay Scoring: Men/women/mixed) 18, 14, 12, 10, 8, 6, 4, 2. Point from mixed relays shall count under combined team score only.

Fees: 8.00 per relay entered prior to April 14, 1990, plus \$13.00 surcharge for each swimmer.

Entry Deadline: Entries must be received by April 14, 1990; late entries will be returned to the sender. Mail early!!!

Late Entries: Clubs may deck-enter teams on Thursday, April 17, 1990 at the Relay Registration Desk, for a fee of \$12.00 per relay. All relay swimmers (pre-entered or deck-entered) must have entered the meet and paid the \$13.00 surcharge by April 14, 1990. If you wish to swim relays and are not entered in any individual events, you must include your name on the list below, pay the surcharge, and sign the release at the bottom of this page.

Complete for any relay swimmer who is not entered in an individual event.

Name (Last)	(first)	Sex	Age on 5/7/90	USMS Reg#
-------------	---------	-----	---------------	-----------

Number of Relays entered:	_____	x \$8.00	_____	
Meet Surcharge (Relay only Swimmers):	_____	x \$13.00	_____	
Mexican Fiesta Buffet (Relay only Swimmers):	_____	x \$25.00	_____	Optional
Final Results (Relay only Swimmers):	_____	x \$5.00	_____	Optional

TOTAL AMOUNT DUE (CHECK NO. _____) US\$ _____

Checks Payable to: **Masters National Championship**

Send a copy of your Masters Registration card or travel permit and Entry fees to:

1990 Masters SC Nationals, Ed Bartsch, Kennedy Athletic Center, USC, Los Angeles CA 90089-2511 (213) 743-7173 Any return calls 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 risk. 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, meet or supervising such activities, as a condition of my participation in Masters Swimming.

Official Entry Blank for Relay Events

1990 U.S.M.S NATIONAL SHORT COURSE CHAMPIONSHIPS SANCTION 330-9007
USC McDONALD OLYMPIC SWIM STADIUM LOS ANGELES, CA MAY 18-21, 1990

Name of club or team		LMSC (Local Association)	
Name of team representative at meet		Club USMS Registration number	
Name of contact for relay information	Home Phone	Work Phone	
Street Address	City	State	Zip Code

Instructions: Please enter an achieved time or a reasonable aggregate time for your relay teams under the correct event and opposite the correct age group and letter designation. Do not enter with "No Time" or your entry will be rejected. The age of the youngest swimmer is the age of the relay. If you enter more than three teams for any age group, please photocopy the form below and write "D", "E", "F" and so on.

Entry Deadline: All entries must be received by Saturday, April 14, 1990 or deck entered Thursday, May 17, 1990 by 5:00p.m. April 14 entries are \$8.00 per relay; May 17 entries are \$12.00 per relay. All relay swimmers must enter the meet by April 14. If you enter only relays, and not individual events you must fill out the reverse side of this form completely.

Age Group + Relay Letter	WOMEN'S RELAYS		MEN'S RELAYS		MIXED RELAYS	
	Event 11 200Yd. Medley Relay	Event 25 200Yd. Medley Relay	Event 12 200Yd. Medley Relay	Event 26 200Yd. Medley Relay	Event 27 200Yd. Medley Relay	Event 39 200Yd. Medley Relay
25 + A						
25 + B						
25 + C						
35 + A						
35 + B						
35 + C						
45 + A						
45 + B						
45 + C						
55 + A						
55 + B						
55 + C						
65 + A						
65 + B						
65 + C						
75 + A						
75 + B						
75 + C						
85 +						

Photocopies of this form are acceptable; make sure you read and complete both sides.

SPRINT WORKOUT

POSTAL CHAMPIONSHIPS

May is sprint month! You are invited to compete in your pool, at your time, against others in a sprint workout. You need not be a currently registered Master and the cost is only one dollar. You get a prize for entering, and could win the grand prize!

COMPETITION

The Masters age groups are 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+.

There are 5 events to choose from:

1. 20 X 50 Butterfly @ 1:30
2. 20 X 50 Backstroke @ 1:30
3. 20 X 50 Breaststroke @ 1:30
4. 20 X 50 Freestyle @ 1:30
5. 5 X 50 Fly, 5 X 50 Back, 5 X 50 Breast, 5 X 50 Free @ 1:30 (IM)

You should choose an event and swim 20 separate 50 yard sprints. Each 50 yard swim must start 1 minute 30 seconds after the previous one. In other words you will swim exactly 1000 yards and the event will last 30 minutes. You may enter all 5 events if you wish.

The objective of this competition is a standard of self measurement over your swimming years and to see how you compare with others at the workout level.

AWARDS

Each entrant's average time will be ranked by sex, age group and event. Each person will receive a special award if they supply a stamped, self addressed, business size (approx 4" X 9") envelope.

Beyond the individual rankings there will be one grand prize winner.

This winner could be either sex, from any age group, swimming any event. To equalize the competition among everyone, each person's workout time will be compared against existing National Records for that person's sex, age, and event swum. An impartial computer analysis will mathematically determine the winner.

The winner will therefore be the hardest working sprint workout swimmer. of any age or sex. The winner may chose one of the following awards:

- * 1 Year subscription to the venerable national "SWIM MASTER" magazine.
- * 1 Year subscription to "AQUA-MASTER" newsletter (fat and informative)
- * Another publication of comparable value.

Some swimmers are hard workout performers. Perhaps, others can produce National Record performances at meets without knowing hard work. Now, all types of performances will be compared. How hard can you workout?

RULES

The pool length must be 25 yards.

Each swimmer must have a timer/verifier with an accurate stopwatch. The dedicated timer starts the watch when they see the swimmer's hand leave the edge of the pool. The timer stops the watch when they see the swimmer

touch the end after 50 yards. The timer records the time to the one hundredth of a second (.01). In other words, the swimmer can have the responsibility of starting himself approximately on the 1:30 interval. The swimmer must communicate with the timer via his hand on the pool edge at least a few seconds prior to pushoff. The timer must be alert to the tricks some swimmers play to get a fast time.

All current USMS rules for all strokes and turns must be observed. For any rule infraction, such as 1 hand turn for breast or fly, the timer should add 1 second to the time. A major rule violation will invalidate the swims and it must be totally restarted. The timer can also act as judge.

You must start in the water with no above water pushoffs. The swimmer must be totally underwater at a point 6 feet from the starting edge. Otherwise, a 1 second penalty will be added.

The Swim must be done during "Sprint Month" - May 1990.

Your age will be computed based upon a meet date of May 31, 1990

The average time for all 20 swims must be calculated. This is easy to do if you have a calculator. Add up the 20 times in seconds and fractions and divide the total by 20. Please double check your math.

National Records existing on May 1, 1990 will be used for comparison.

Result will be mailed to you in July, if you send a self addressed, stamped, business size envelope.

----- Mail entries before June 15, 1990 -----

First Name	MI	Last name	sex	birth date
Address				
Phone number		USMS club name (or past/future club name)		

I have abided by the rules.

My average time for the 20 X 50

fly
back
breast (circle one) @ 1:30 is
free
IM

Signature of swimmer	Signature of timer
----------------------	--------------------

Mail completed entries along with \$1.00 and a stamped, self addressed, business size (approx 4" x 9") envelope to:

Dr. Sprint
18476 Timbergrove Ct
Lake Grove, Oregon 97035

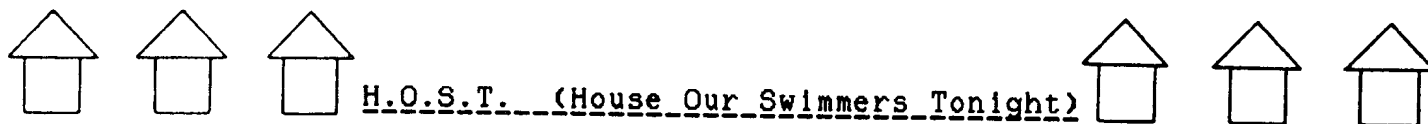
P.S. If you send a check, make it payable to Robert Smith. Throw in an extra dollar or two, if you can't send a self addressed, stamped, business size envelope or if the same person swims multiple events.

Happy Birthday

April Birthdays

35 Albright, Susan A.	4/12/55	Killgore, Patricia L.	4/15/56
60 Bahler, Joyce E.	4/ 7/30	Lehman, Ross A.	4/ 7/57
Baumgartner, Leola E.	4/20/17	Lumbard, Doug N.	4/ 2/57
35 Bertani, John A.	4/16/55	Lund, Stacey J.	4/ 1/62
35 Chay, Catherine F.	4/ 7/55	Marshall, Keith L.	4/23/47
45 Colton, Graham L.	4/ 2/45	Mick, Kimberly L.	4/24/54
50 Cowan, Charlotte	4/20/40	Nelson, Carol J.	4/12/54
Davis, Lisa K.	4/21/64	Niedermeyer, Libby M.	4/ 4/64
Dirksen, Beverly A.	4/22/31	Olson, Dennis S.	4/23/54
English, John C.	4/28/33	Reinhard, Michael S.	4/25/59
Frid, Barbara C.	4/20/42	Roggasch, Julia C.	4/ 6/64
Gladstein, Jay E.	4/ 2/64	Roth, Steven G.	4/16/56
Grant, Michael A.	4/15/51	Southwell, Greg A.	4/17/52
Hartman-Cannard, Christy	4/ 1/53	Sprenger, Fred W.	4/ 3/31
Hendy, Syd	4/26/13	Tucker, Claudia	4/17/51
Herbison, David	4/10/62	Watters, Roy L.	4/ 7/44
50 Hiatt, Chris L.	4/ 4/40	Wells, J. D.	4/14/49
Hofer, David P.	4/21/62	55 Wixon, Patty A.	4/10/35
70 Huestis, Gerald A.	4/ 7/20	Young, Gilbert N.	4/12/22
Johnson, Steve M.	4/ 2/48		
Jones, Sheridan D.	4/ 3/27		
Kennedy, Susan C.	4/ 2/59		

* 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

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.

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	Dorcas Phelan	826-3864
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	Princeton Piranahs	PP	Dana Reck	222-2639
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	Tigard Sharks	TS	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 _____</p> <p style="text-align: center;">LAST FIRST M.I.</p> <p>Address _____</p> <p>City _____ St _____ ZIP _____</p> <p>() _____ - _____ / ____ / ____</p> <p style="text-align: center;">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;">Oregon</p> <p style="text-align: center;">1990</p> <p>Reg. Fee (\$18.00) _____</p> <p>Aqua Master (\$7.00) _____</p> <p>Total _____</p>	<p style="text-align: center;">Office use only</p> <hr/> <p>MAIL TO:</p> <p style="text-align: center;">DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223</p> <p style="text-align: center;">Or enclose with meet registration</p>
---	---	--

Remember to sign your registration form.

Make checks to Oregon Masters Swimming

NEWPORT RESULTS

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

* Meet Entry Forms

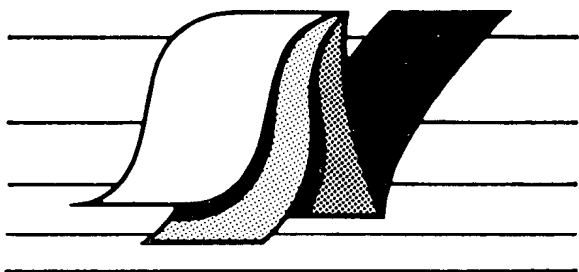
* Of Barnacle

* Z-Man Says

IN THIS ISSUE

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

Aqua-Master



- LEGAL BLANKS •
- PRINTING •
- OFFICE SUPPLIES •
- CORPORATE SUPPLIES •

STEVENS-NESS
Law Publishing Co.

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



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