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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

- APRIL 27-29 REGION 12 SC REGIONALS FEDERAL WAY, WA
GOOD WILL GAMES POOL KING COUNTY AQUATIC CENTER
- MAY 18-21 USMS SHORT COURSE NATIONALS McDONALDS POOL
UNIVERSITY OF SOUTHERN CALIFORNIA
- *MAY 1990 SPRINT WORKOUT POSTAL CHAMPIONSHIPS

LONG COURSE/SHORT COURSE METERS

- JUNE ??, 1990 ALBANY, OR
- *JUNE 23 2nd ANNUAL OMS DESCHUTES RIVER RAFT TRIP
- JULY 7-8 PORTLAND, OR MAC CLUB STATE GAMES OF OREGON
- JULY 14 SOUTHERN OREGON APPELEGATE 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 17-20 USMS LONG COURSE NATIONALS THE WOODLANDS, TX

* MEET ENTRY FORM ENCLOSED IN THIS ISSUE

Z-Man says---

Hello again to all my friends in the water....Z-Man here with all the newz.

It's April and Spring is here in all it's beauty. Lots of plants and trees blooming and our thoughts begin to turn to outdoor activities. Yard work beckons us. Also walks, jogging and biking to our favorite places. Basketball and skiing are winding down for another year and baseball is around the corner. But this also means it's that time of year for many of us to be tapering and peaking for our favorite Short Course Championship meet. Whether it's the Association Meet, Regionals, or Nationals....or all three...the big question is will you be ready?

As you read this the Association meet will be history and many of us will be making final preparations to head north to Federal Way and SC Regionals and the first meet ever held in the brand new King County Aquatic Center. As of this writing I was told by Hugh Moore from PNA that 150 entries have come in with a little over a week before the postmark deadline. They are looking to get close to 400 entries for this meet based on these early numbers. I have also read in the latest issue of "Swimming World Magazine" that this pool will be equipped with the most current "State of the Art" total timing and scoring system available from Omega Electronics of Switzerland. "This will be the most sophisticated timing and scoring system in North America," says Adolph Kiefer of Kiefer Sports Timing Systems. Enough said there folks I'll see you in Seattle.

Going back in time a bit...March saw the only Short Course Meters meet of this year at Portland state. 105 swimmers enjoyed three days of fun and competition and many came away with new OMS, Regional, and National records. Ol' Barn will fill you in with all the details and more. He also reports on the 1988 (yes that's right 1988) Speedo World Top 10. Ol' Motormouth...er um..Ol' Barn does himself proud this month with lots-o-info.

Barbara Walters interviews Dr. Sprint about the upcoming Sprint Workout Postal Championships. I didn't believe it either but it makes for great reading.

You will also find a entry form for the 2nd Annual OMS Deschutes River Raft Trip to be held June 23rd. I didn't attend last year but heard from a good friend and fellow teammate that it was a fantastic trip last summer. Last years trip was in July and this year it's in late June. I plan on going and we hope to see a lot more people who didn't make it the first time. This is the annual OMS social outing of the year and following a survey taken last year the most popular event was river rafting. See the form for more details.

"My Favorite Workouts" is a good one from Eric Guest of Mt. Hood fame and check out the record setting list of names in the May "Happy Birthdays" section. This is easily the largest list of birthdays I've seen yet.

No word yet on any June Long Course meets...stay tuned til next month for more info on our summer season.

That's all for now...time to taper and shave. Hope you all will be ready.

Heard a good one at last years Nationals at a clinic on tapering....regarding trying to catch up on a lack of proper training during the course of the season and trying to cram a lot of swimming in a short period of time before Nationals.

..... "Too little...Too late...Too bad."

See ya in Seattle,



"ol' Barnacle"

OL' BARN ... 105 SWIMMERS FIND PSU A GREAT PLACE TO MEET ...

UNDER THE GUIDANCE OF BOB MORRISON, WITH A BIG ASSIST FROM WIFE PEGGY, OREGON MASTERS AGAIN SHOWED THE WORLD IT CAN DO THE JOB, ANYWHERE AND ANYTIME, AND DO IT WELL !!!

MEET DIRECTOR WAS ELISE WHITING, REF WAS RUTH HUGHES, STARTERS WERE ; TD HUGHES,
DON STELL, MIKE DEMBRO, STROKE AND TURN WAS HANDLED BY BILL HYDE, TERRY STELL, LISE THOM, CAROL SANDBERG, SHARON CHAPMAN, RESULTS WERE GREAT WITH DAVE MORRISON, MINDY WHITTAKER, LINDA WEST, PAM HIMSTREET, HEAD TIMERS WERE BRIAN ROUTH AND KEN HAMMOND. THESE PEOPLE DESERVE OUR THANKS AND WHEN YOU SEE THEM PLEASE DO SAY - "THANK YOU" .

SHORT COURSE METERS BRINGS THE RECORDS OUT AND THEN SOME ...

NATIONAL RECORDS ... TWO BIG ONES ...

ROBERT SMITH (45-49) 100 IM IN 1:06.13, OLD WAS 1:07.07

MXD 400 FREE RELAY - 200 + - 4:50.94 - OLD WAS 5:46.60

BARBARA FRID, HUGH RICHARDS, GINGER PIERSON, AND ROBERT SMITH

REGIONAL , NEW STANDARDS ...

25-29 -	LINDA FINLEY	100 IM	1:15.68	
		200 IM	2:43.02	(#8-TT)
	LEISSA MILLS	100 FREE	1:01.53	(#2-TT)
		200 FREE	2:11.38	(#2 TT)
		400 FREE	4:39.24	(#2 TT)
		100 FLY	1:10.10	(#6 TT)

OB NOTE : LEISSA TURNED 30 JUST 2 WEEKS AFTER PSU, HER TIMES IN THE 30-34 CATEGORY WOULD BE 3 # 1'S AND A # 3. SAY HELLO TO OMS' NEXT ALL AMERICAN.

30-34	GRACIE GODDARD	50 FREE	:29.18	(#2-TT)
		100 FREE	1:04.88	(#3 TT)
		50 FLY	:32.54	(#4 TT)
40-44	SUSAN CASE	200 BACK	3:03.66	(#4 TT)
	GINGER PIERSON	400 I M	6:25.03	(#4 TT)
45-49	BARBARA FRID	800 FREE	11:48.66	(NUMERO UNO !!)
55-59	BEV UNDERWOOD	400 I M	10:49.55	
65-69	PETHEY SMITH	50 FLY	:51.32	(#2 TT)
	ELFIE STEVENIN	200 FLY	6:14.27	(#3 TT)
70-74	HELENA HOFFMAN	800 FREE	21:40:75	(#10 TT)
		100 BRST	3:20.91	
		200 BRST	6:53.91	
		100 I M	3:03.39	
75-79	DOREEN MORRIS	100 FREE	3:34.04	
		50 BACK	1:29.95	
		200 BACK	6:36.76	

80-84	HAZEL BRESSIE	400 FREE	15:25.24	(#2 TT)
		100 BACK	3:35.80	(#2 TT)
		50 FLY	2:43.38	(#4 TT)
		100 FLY	5:50.37	(#4 TT)

RELAYS ... NEW REGIONAL RECORDS ...

MEN 200 + MEDLEY 2:04.86 (#2 TT)
 ROBERT SMITH, ALLEN STARK, BERT PETERSEN, HUGH RICHARDS

MXD 200 + MEDLEY 2:15.87 (#2 TT) NATIONAL RECORD IS 2:15.20
 ROBERT SMITH, GINGER PIERSON, BERT PETERSEN, PETEY SMITH.

19-24	BOB SELTZER	200 I M	2:28.13	(#3 TT)
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	JOHN WICKHAM	400 I M	5:44.94	(#3 TT)
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30-34	DAVE BURLESON	100 BACK	1:05.07	(#4 TT)
		100 I M	1:05.00	(#9 TT)

	MIKE JOHNSON	400 FREE	4:54.71	
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35-39	ROY ABRAMOWITZ	200 FLY	2:33.41	(#9 TT)
		100 I M	1:08.07	

OB NOTE : GARY HAFFER WAS 2ND, ALSO BROKE REGIONAL WITH A 1:08.54

40-44	VERN DASCH	200 FREE	2:11.17	(#8 TT)
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	STEVE DURAPAU	400 FREE	4:41.83	(#8 TT)
		800 FREE	9:45.12	(#5 TT)

OB NOTE : STEVE BARRETT, 2ND, ALSO BROKE REGIONAL WITH A 10:37.11)

45-49	DALE VAUGHAN	100 FREE	1:04.71	
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50-54	TOM FANNING	200 FREE	2:29.50	(#8 TT)
		200 BACK	2:55.74	(#5 TT) OLD SET 4/6/75)
		400 I M	6:06.22	(#5 TT)

OB NOTE : IN 200 FREE, JIM BIGLER, ALSO BROKE REGIONAL WITH 2:36.56

	JIM BIGLER	800 FREE	11:41.90	(#7 TT)
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	BERT PETERSEN	200 FLY	3:06.10	(#7 TT) PIANO N' ALL !!
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55-59	JOHN ENGLISH	50 BACK	:39.42	
		100 BACK	1:29.63	

	ART WELCH	100 FLY	1:22.49	(#3 TT)
		200 I M	3:08.90	

	MICKEY MARKS	100 I M	1:26.42	
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60-64	ERIC GUEST	200 I M	3:16.45	(#6 TT)
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70-74	FORBES MACK	100 BRST	1:47.56	(#8 TT)
		100 I M	1:44.05	

	MEL ANDERSON	100 FLY	2:54.47	
		200 I M	5:10.52	

01' Barn ... PSU Meet ... Records n' Things ... (3)

75-79	SYD HENDY	100 FREE	1:38.06	
		400 FREE	8:06.92	(#6 TT)

OB THINKIN' OUT LOUD ... SYD TURNS OVER AND LOOK AT HIM GO !!!

OMS RECORDS ...

19-24	SANDI HYDE	50 FREE	:31.15	(#9 TT)
		100 FLY	1:32.89	
25-29	LINDA FINLEY	50 FREE	:30.07	
	LISA DAVIS	50 FLY	:34.02	(OLD SET 4/6/75)
30-34	GRACIE GODDARD	200 FREE	2:24.91	(#7 TT)
		100 FLY	1:14.15	(#5 TT)

OB NOTE : WHAT A GREAT ASSN & REGIONAL MEET, TO SAY NOTHING OF LCM SEASON WE ARE GOING TO HAVE WITH THE DYNAMIC DUO OF LEISSA MILLS AND GRACIE GODDARD GOING AT IT FLIP AND KICK.

25-29	HEATHER MCLAUCHLAN	50 BACK	:38.61	
40-44	SUSAN CASE	50 BACK	:40.17	(#9 TT)
		100 BACK	1:26.48	(#7 TT)

OB NOTE : HAVE IT ON GOOD AUTHORITY THAT SUSAN WAS GETTING DISCOURAGED, SHE STAYED WITH IT FOLKS, KEPT WORKING, AND SHE IS RIGHT BACK IN THE THICK OF NATIONAL TOP TEN COMPETITION. THAT'S THE MARK OF A TRUE CHAMPION !!!!!

65-69	PETEE SMITH	50 BACK	:49.87	(#6 TT) (OLD SET 4/6/75)
	ELFIE STEVENIN	200 BACK	5:41.48	
70-74	HELENA HOFFMAN	100 BACK	3:27.91	
19-24	JOHN WICKHAM	50 FREE	:25.97	(#6 TT)
		100 FREE	:58.46	(#5 TT)
		100 FLY	1:03.36	(#3 TT)
	BOB SELTZER	100 BRST	1:19.15	(#5 TT)
25-29)	HUNTER GRAHAM	400 I M	5:17.66	(#6 TT)
30-34	JOHN FISCHER	50 FLY	:28.17	(#8 TT)
	DAVE BURLESON	100 FREE	:58.06	(#8 TT)
50-54	TOM FANNING	200 BRST	3:07.33	(#4 TT)
55-59	LEO VAN DIJK	200 FREE	2:54.19	

OB NOTE : WHAT EVER LEO IS DOING HE IS DOING IT RIGHT, HE HAD JUST A GREAT GREAT MEET AT PSU, CONGRATULATIONS LEO !!!!!

MICKEY MARKS	50 BRST	:39.67	(#6 TT)
	100 BRST	1:32.41	(#8 TT)

OB NOTE : IF YOU WANT PR'S AND/OR RECORDS, IT TAKES HARD WORK AND MORE HARD WORK. MICKEY PAID THE PRICE AND REAPED THE DIVIDENDS.

Ol' Barn ... PSU Meet ... Records n' Things ... (4)

60-64	ERIC GUEST	200 FREE	2:54.71	(#9 TT)
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OL' BARN RELATES SOME CLASSY PERFORMANCES ...

HUGH RICHARDS IN THE 50 FREE, A FINE :32.23

MIKE PENDLETON ALSO IN THE 50 FREE, A SOLID :26.85

ART WELCH IN THE 100 FREE, WITH A FINE 1:13.09

BARBARA HAVERCAMP ALSO THE 100, CAME CLOSE AT 2:55.48

CRAIG HANNEFORD STROKED TO A CLASSY 1:00.04

VERN DASCH UNDER A MINUTRE FOR THE 100 FREE AT 59.89

MARIANNE VAN DIJK WITH A PR IN THE 200 FREE, 4:43.60

ROY ABRAMOWITZ, OH SO CLOSE IN THE 200 FREE , 2:10.48

GARY HAER WAS WITHIN A WHISKER OF THE RECORD IN THE 100 BACK AT 1:07.15

ALLEN STARK, DITTO IN THE 50 BRST WITH A GREAT :33.02

FORBES MACK WAS ALSO CLOSE IN THE 50 BRST AT :46.91

BERT PETERSEN LOOKED GREAT IN THE 100 BRST AT 1:30.44

IT WAS A GREAT MEET , THANKS AGAIN TO BOB MORRISON AND HIS WORTHY CREW !!!!!

OLD MOTOR MOUTH ... MORE COMMONLY CALLED OL' BARN, FOUND OUT AGAIN, IT IS HARDER TO WORK A MEET THAN SWIM IN IT. MY LOVE AND ADMIRATION GOES OUT TO THOSE WONDERFUL PEOPLE WHO HELP US MONTH AFTER MONTH.

THIS N' THAT ...

QUESTION - WHERE IS LAVELLE STOINOFF ??? VERY UNHAPPILY TAKING CARE OF TWO VERY SORE SHOULDERS. WE ALL WISH HER WELL AND HOPE TO SEE HER AROUND THE TILES BEFORE TOO LONG !!!!!

IN THE MACCABIAH GAMES THIS PAST YEAR. THEY HAD THE FINEST COMPETITION AND THE MOST COMPETITORS IN THE HISTORY OF THE GAMES. MORE THAN 4000 JEWISH ATHLETES FROM 41 COUNTRIES PARTICIPATED IN 30 DIFFERENT SPORTS. U.S. SWIMMERS WERE THE BIG STORY ... WINNING 65 MEDALS (33 GOLD), AND ESTABLISHING 16 NEW MACCABIAH GAMES RECORDS. ADAM VANN, A 15 YEAR OLD FROM POTOMAC, MARYLAND GARNERED 8 MEDALS IN 8 EVENTS.

NAMES FOR THE FUTURE ??? DURING THE 1989 OLYMPIC FESTIVAL SWIMMING MEET A COUPLE OF NAMES 'POPPED OUT OF THE CROWD ... LET'S WATCH FOR THEM ON THE ROAD TO BARCELONA ... PAIGE WILSON OF ATHENS, GEORGIA WON 3 GOLDS AND 3 BRONZE, WITH SARAH PERRONI OF BRISTOL, RHODE ISLAND TAKING 2 GOLDS, 3 SILVERS AND ONE BRONZE. BRAD BACHULIS OF LAKE OSWEGO WON THE 100 M BRST. GEOFF CRONIN FROM SUNNYVALE, CALIFORNIA WENT HOME WITH 3 GOLDS, ONE SILVER AND 2 BRONZE. JOHN KENNEDY FROM MIDDLESEX, NEW JERSEY TOOK 4 MEDALS AND SET ONE MEET RECORD.

DIVER MARK LENZI BECAME THE FIRST PERSON TO COMPLETE A 4 1/2 SOMERSAULT FROM A SPRINGBOARD AS HE TOOK THE GOLD IN THE EVENT AT OKLAHOMA CITY COMMUNITY COLLEGE DURING THE OLYMPIC FESTIVAL COMPETITION.

01' Barn ... winds up ... this n' that ... (5)

GLEN HOUSMAN, AUCKLAND, AUSTRALIA, IS BEING CALLED THE FINEST 1500 PROSPECT IN THE WORLD, AND FOR GOOD REASON. THE 18 YEAR OLD HAS GROWN 3 INCHES IN THE PAST 16 MONTHS, UPPED HIS WEIGHT TO 154 POUNDS AND LOOKS TO BE GETTING STRONGER ALL THE TIME. AT THE COMMONWEALTH GAMES IN ADELAIDE BROKE VLADIMIR SALNIKOV'S WORLD RECORD OF 14:54.76 (1983) BY 1.17 SECONDS. THE TIME WAS HAND HELD THOUGH AND CANNOT BE RECOGNIZED AS A WORLD MARK. HOWEVER SINCE THAT TIME HE HAS COME WITHIN 49/100S OF THE RECORD. HIS COACH PREDICTS THAT HE WILL LOWER THE RECORD BY CLOSE TO 25 SECONDS BY BARCELONA ... THAT'S GOING TO BE 14:30 PLUS .. WOW !!

DQ ... DQ ... DQ ... FELLOW SWIMMERS, I KNOW EXACTLY WHAT IT IS LIKE TO BE DQ'ED, YES OB HAS BEEN THERE.

IF YOU ARE DQ'ED PLEASE DO NOT ASK THE OFFICIALS TO LET YOU SWIM EXHIBITION, THIS IS A NO NO... ONCE YOU ARE DQ'ED YOU ARE OUT OF THAT EVENT ... NO SWIMMING FOR FUNSY OR ANYTHING ELSE ... SORRY THOSE ARE THE RULES !!!

THAT'S IT FOR THIS TIME. HANG IN THERE. STAY WITH IT AND STAY FIT !!!

Aqua-Master

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PSU

25 METER 03/04/90

240+ WOMEN
MAXINE M CARLSON, 70 *** MARYAN BURRE, 64 ***

14 200 MEDLEY RELAY
CAROLYN BALDWIN, 55 *** LEE HOLM, 75 *** PNAG 4:14.84

200+ MEN
ROBERT S SMITH, 46 *** ALLEN L STARR, 41 ***

20 200 MEDLEY RELAY
BERT L PETERSEN, 51 *** HUGH S RICHARDS, 69 *** OREG 2:04.86

200+ MIXED
ROBERT S SMITH, 46 *** GINGER L PIERSON, 43 ***

14 200 MEDLEY RELAY
BERT L PETERSEN, 51 *** PETEY MH. SMITH, 65 *** OREG 2:15.87

240+ WOMEN
MAXINE M CARLSON, 70 *** MARYAN N BURKE, 64 ***

3 200 FREE RELAY
CAROLYN BALDWIN, 55 *** LEE HOLM, 75 *** PNAG 3:55.78

100+ MEN
JOHN FISCHER, 33 *** DARREN SHAVER, 24 ***

3 200 FREE RELAY
MARK KIRK, 30 *** CRAIG HENNEFORD, 28 *** GREG 1:58.91

200+ MIXED
BARBARA FRID, 47 *** HUGH S RICHARDS, 69 ***

9 400 FREE RELAY
GINGER L PIERSON, 43 *** ROBERT S SMITH, 46 *** OREG 4:50.94

----- 19-24 WOMEN -----
 50FREE SANDI L HYDE 21 OREG :31.15+
 Oregon was- BETH BURCZAK :35.93
 100FREE SANDI L HYDE 21 OREG 1:09.31
 200FREE SANDI L HYDE 21 OREG 2:34.52
 100FLY SANDI L HYDE 21 OREG 1:32.89+
 Oregon was- OPEN 99:99.99

----- 25-29 WOMEN -----
 50FREE LINDA FINLEY 25 OREG :30.07+
 Oregon was- ANDREE DEVINE :32.93
 LISA K DAVIS 25 OREG :31.09
 HEATHER MCLAUCHLAN 27 MACO :33.42
 100FREE LEISSA MILLS 29 OREG 1:01.53+
 Oregon was- SHELLEY L RAWDING 1:07.11
 LINDA FINLEY 25 OREG 1:04.90
 LISA K DAVIS 25 OREG 1:12.46
 200FREE LEISSA MILLS 29 OREG 2:11.38+
 Oregon was- ANDREE DEVINE 2:30.62
 LINDA FINLEY 25 OREG 2:23.17
 LISA K DAVIS 25 OREG 2:38.63
 400FREE LEISSA MILLS 29 OREG 4:39.24+
 Oregon was- NANCY J DUNTON 5:35.32
 50BACK HEATHER MCLAUCHLAN 27 MACO :38.61+
 Oregon was- KATHRYN L CROWIN :39.12
 100BAK HEATHER MCLAUCHLAN 27 MACO 1:22.91
 200BAK HEATHER MCLAUCHLAN 27 MACO 3:02.75
 50 FLY LISA K DAVIS 25 OREG :34.02+
 Oregon was- DARLENE POHL :36.30
 100FLY LEISSA MILLS 29 OREG 1:10.10+
 Oregon was- ANDREE DEVINE 1:16.61
 100 IM LINDA FINLEY 25 OREG 1:15.68+
 Oregon was- SHELLEY L RAWDING 1:18.15
 LISA K DAVIS 25 OREG 1:21.37
 HEATHER MCLAUCHLAN 27 MACO 1:24.01
 200 IM LINDA FINLEY 25 OREG 2:43.02+
 Oregon was- ANDREE DEVINE 2:51.63

----- 30-34 WOMEN -----
 50FREE GRACIE GODDARD 30 ORE :29.18+
 Oregon was- LAURIE GOULD :30.67
 CAROLE MILES 34 OREG :40.93
 100FREE GRACIE GODDARD 30 ORE 1:04.88+
 Oregon was- LAURIE GOULD 1:08.77
 KRISTI K GUSTAFSON 34 OREG 1:16.52
 CAROLE MILES 34 OREG 1:34.24
 200FREE GRACIE GODDARD 30 ORE 2:24.91+
 Oregon was- KRISTI K GUSTAFSON 2:39.03
 KRISTI K GUSTAFSON 34 OREG 2:43.17
 CAROLE MILES 34 OREG 3:20.32
 50BACK KRISTI K GUSTAFSON 34 OREG :39.24
 100BAK KRISTI K GUSTAFSON 34 OREG 1:23.13
 200BAK KRISTI K GUSTAFSON 34 OREG 2:55.91
 50 FLY GRACIE GODDARD 30 ORE :32.54+
 Oregon was- VICKI L GORDON :36.19
 100FLY GRACIE GODDARD 30 ORE 1:14.15+
 Oregon was- NANCY MILNER 1:30.54

----- 35-39 WOMEN -----
 100FREE KATHLEEN P BUCK 39 OREG 1:15.80
 NANCY J MILNER 38 OREG 1:25.39
 200FREE NANCY J MILNER 38 OREG 3:01.17

400FREE NANCY J MILNER 38 OREG 6:29.67
 800FREE NANCY J MILNER 38 OREG13:03.30
 50 FLY NANCY J MILNER 38 OREG :40.34
 400 IM KATHLEEN P BUCK 39 OREG 6:58.89
 ----- 40-44 WOMEN -----
 50FREE MARY E WATERS 43 MACO 1:22.47
 800FREE MARY E WATERS 43 MACO30:49.28
 50BACK SUSAN J CASE 41 OREG :40.17+
 Oregon was- BARBARA FRID :40.22
 100BAK SUSAN J CASE 41 OREG 1:26.48+
 Oregon was- GINGER PIERSON 1:27.75
 200BAK SUSAN J CASE 41 OREG 3:03.66+
 Oregon was- GINGER L PIERSON 3:06.81
 50BRST GINGER L PIERSON 43 OREG :40.30
 100BRS GINGER L PIERSON 43 OREG 1:27.30
 MARY E WATERS 43 MACO 3:24.44
 200BRS GINGER L PIERSON 43 OREG 3:11.07
 SUSAN J CASE 41 OREG 3:26.41
 100 IM GINGER L PIERSON 43 OREG 1:22.89
 200 IM GINGER L PIERSON 43 OREG 3:02.66
 400 IM GINGER L PIERSON 43 OREG 6:25.03+
 Oregon was- GINGER PIERSON 6:36.76
 SUSAN J CASE 41 OREG 6:47.69

----- 45-49 WOMEN -----
 200FREE BARBARA FRID 47 OREG 2:48.71
 400FREE BARBARA FRID 47 OREG 5:48.99
 800FREE BARBARA FRID 47 OREG11:48.66+
 Oregon was- CHARLOTTE E COWAN 13:52.62
 50BACK BARBARA FRID 47 OREG :40.99
 100BAK BARBARA FRID 47 OREG 1:32.08
 100BRS BARBARA FRID 47 OREG 1:34.16+
 Oregon was- KALEO S. SCHRODER 2:18.65

----- 50-54 WOMEN -----
 50FREE KALEO B SCHRODER 53 OREG :44.88
 50BACK KALEO B SCHRODER 53 OREG :55.03
 100BAK KALEO B SCHRODER 53 OREG 2:08.15+
 Oregon was- PATRICIA E LANIER 2:27.06
 50BRST KALEO B SCHRODER 53 OREG 1:00.84+
 Oregon was- BEVERLY UNDERWOOD 1:10.63
 100BRS KALEO B SCHRODER 53 OREG 2:15.33+
 Oregon was- ALICE GRETH 2:18.77
 100 IM KALEO B SCHRODER 53 OREG 2:01.28

----- 55-59 WOMEN -----
 50FREE GEORGIA R RYAN 55 OREG 1:01.39
 BEVERLY UNDERWOOD 55 OREG 1:02.22
 100FREE GEORGIA R RYAN 55 OREG 2:21.43
 200FREE CAROLYN BALDWIN 55*PNA 3:47.66
 MARIANNE VANDIJK 57 OREG 4:43.60
 50BACK MARIANNE VANDIJK 57 OREG :58.49
 GEORGIA R RYAN 55 OREG 1:35.73
 100BAK MARIANNE VANDIJK 57 OREG 2:10.17
 200BAK MARIANNE VANDIJK 57 OREG 4:24.23
 100BRS CAROLYN BALDWIN 55*PNA 2:02.53+
 Oregon was- MARGARET A. WELLS 2:07.64
 50 FLY CAROLYN BALDWIN 55*PNA :57.99
 200FLY CAROLYN BALDWIN 55*PNA 4:28.71+
 Oregon was- MARGARET WELLS 4:46.13
 200 IM BEVERLY UNDERWOOD 55 OREG 8:06.52

400 IM CAROLYN BALDWIN 55*PNA 8:51.49+
 Oregon was- OPEN 99:99.99
 BEVERLY UNDERWOOD 55 OREG10:49.55

----- 60-64 WOMEN -----
 200FREE MARYAN N BURKE 64*PNA 4:42.66
 50BACK MARYAN N BURKE 64*PNA 1:03.95
 100BAK MARYAN N BURKE 64*PNA 2:16.17
 100BRS MARYAN N BURKE 64*PNA 2:24.08+
 Oregon was- MARGARET WELLS 2:28.52

----- 65-69 WOMEN -----
 50FREE PETEY MH. SMITH 65 OREG :36.96+
 Oregon was- JUDY M MELCHER 1:12.40
 ELIZABETH C KING 67 OREG 1:16.52
 100FREE ELIZABETH C KING 67 OREG 2:38.20
 50BACK PETEY MH. SMITH 65 OREG :49.87+
 Oregon was- HAZEL BRESSIE 1:55.00
 200BAK ELFIE J STEVENIN 68 OREG 5:41.48+
 Oregon was- ELFIE J. STEVENIN 5:48.94
 50 FLY PETEY MH. SMITH 65 OREG :51.32+
 Oregon was- JUDY M MELCHER 1:28.18
 100FLY ELFIE J STEVENIN 68 OREG 3:01.09+
 Oregon was- ELFIE J STEVENIN 3:10.45
 200FLY ELFIE J STEVENIN 68 OREG 6:14.27+
 Oregon was- ELFIE J STEVENIN 6:49.38
 200 IM ELFIE J STEVENIN 68 OREG 5:54.42+
 Oregon was- ELFIE J STEVENIN 6:38.35
 400 IM ELFIE J STEVENIN 68 OREG12:43.10+
 Oregon was- ELFIE J STEVENIN 13:02.89

----- 70-74 WOMEN -----
 50FREE BARBARA T HAVERCAMP 73 OREG 1:21.71
 100FREE MAXINE M CARLSON 70*PNA 2:05.62+
 Oregon was- HELENA W HOFFMAN 2:54.22
 BARBARA T HAVERCAMP 73 OREG 2:55.48
 800FREE MAXINE M CARLSON 70*PNA 19:08.00+
 Oregon was- OPEN 99:99.99

HELENA W HOFFMAN 74 OREG21:40.75
 100BAK MAXINE M CARLSON 70*PNA 2:15.45+
 Oregon was- HELENA W HOFFMAN 3:45.26
 HELENA W HOFFMAN 74 OREG 3:27.91
 200BAK MAXINE M CARLSON 70*PNA 4:52.63+
 Oregon was- BARBARA T HAVERCAMP 7:12.29
 BARBARA T HAVERCAMP 73 OREG 7:31.40
 100BRS HELENA W HOFFMAN 74 OREG 3:20.91+
 Oregon was- OPEN 99:99.99
 BARBARA T HAVERCAMP 73 OREG 4:30.70
 200BRS HELENA W HOFFMAN 74 OREG 6:53.91+
 Oregon was- BARBARA T HAVERCAMP 8:54.52
 100 IM MAXINE M CARLSON 70*PNA 2:29.26+
 Oregon was- OPEN 99:99.99

HELENA W HOFFMAN 74 OREG 3:03.39
 200 IM BARBARA T HAVERCAMP 73 OREG 8:06.52
 ----- 75-79 WOMEN -----
 100FREE LEE HOLM 75*PNA 2:26.55+
 Oregon was- OPEN 99:99.99
 DOREEN MORRIS 77 MACO 3:34.04
 200FREE LEE HOLM 75*PNA 5:09.01+
 Oregon was- OPEN 99:99.99
 800FREE LEE HOLM 75*PNA 20:35.09+
 Oregon was- OPEN 99:99.99

50BACK DOREEN MORRIS 77 MACO 1:29.95+
Oregon was- OPEN 99:99.99
100BAR LEE HOLM 75*PNA 2:37.93+
Oregon was- OPEN 99:99.99
200BAR LEE HOLM 75*PNA 5:32.85+
Oregon was- OPEN 99:99.99
DOREEN MORRIS 77 MACO 6:36.76

----- 80-84 WOMEN -----

400PRE HAZEL B BRESSIE 81 MACO15:24.24+
Oregon was- OPEN 99:99.99
100BAR HAZEL B BRESSIE 81 MACO 3:35.80+
Oregon was- OPEN 99:99.99
50 FLY HAZEL B BRESSIE 81 MACO 2:43.38+
Oregon was- OPEN 99:99.99
100FLY HAZEL B BRESSIE 81 MACO 5:50.37+
Oregon was- OPEN 99:99.99
400 IM HAZEL B BRESSIE 81 MACO20:11.14+
Oregon was- OPEN 99:99.99

----- 19-24 MEN -----

50FREE JOHN WICKHAM 22 OREG :25.97+
Oregon was- ALFRED FRANKS :28.46
100FREE JOHN WICKHAM 22 OREG :58.46+
Oregon was- ALFRED FRANKS 1:03.88
BOB SELTZER 23 ORE 1:00.46
DARREN SHAVER 24 OREG 1:03.57
100BRS BOB SELTZER 23 ORE 1:19.15+
Oregon was- LARRY DOBSON 1:46.99
100FLY JOHN WICKHAM 22 OREG 1:03.36+
Oregon was- OPEN 99:99.99
BOB SELTZER 23 ORE 1:05.45
200 IM BOB SELTZER 23 ORE 2:28.13+
Oregon was- OPEN 99:99.99
400 IM JOHN WICKHAM 22 OREG 5:44.94+
Oregon was- OPEN 99:99.99

----- 25-29 MEN -----

50FREE CRAIG HENNEFORD 28 OREG :26.95
100FREE CRAIG HENNEFORD 28 OREG 1:00.04
50BACK CRAIG HENNEFORD 28 OREG :34.67
400 IM HUNTER S GRAHAM 27 OREG 5:17.66+
Oregon was- MICHAEL E JOHNSON 5:39.79

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

50FREE MARK KIRK 30 OREG :28.14
ERIC NEIMAN 34 MACO :28.64
RONALD E COBB 33 OREG :30.14
100FREE DAVID O BURLESON 32 OREG :58.06+
Oregon was- KARL VONTAGEN :58.80
ANDY SCHRAG 33 OREG 1:00.74
MARK KIRK 30 OREG 1:01.99
200FREE RONALD E COBB 33 OREG 2:23.86
400FREE MICHAEL E JOHNSON 30 OREG 4:54.71+
Oregon was- MICHAEL J BAIRD 5:00.88
800FREE RICHARD RIESS 32 OREG13:52.19
50BACK JEFF MICHEL 34 OREG :31.59
JOHN F ZELL 33 OREG :32.30
MARK KIRK 30 OREG :35.44
100BAR DAVID O BURLESON 32 OREG 1:05.07+
Oregon was- ANDREW THOMAS 1:09.58
JEFF MICHEL 34 OREG 1:09.77
JOHN F ZELL 33 OREG 1:09.83

200BAK JOHN F ZELL 33 OREG 2:31.77+
Oregon was- JOHN F ZELL 2:35.03
JEFF MICHEL 34 OREG 2:36.59
MARK KIRK 30 OREG 2:52.17
50BRST MITCHELL GOLDSTEIN 31 OREG :35.60
ERIC NEIMAN 34 MACO :38.81
100BRS ANDY SCHRAG 33 OREG 1:18.70
MITCHELL GOLDSTEIN 31 OREG 1:19.64
ERIC NEIMAN 34 MACO 1:27.93
50 FLY JOHN FISCHER 33 OREG :28.17+
Oregon was- ANDREW THOMAS :29.24
DAVID O BURLESON 32 OREG :28.95
ANDY SCHRAG 33 OREG :29.94
RONALD E COBB 33 OREG :32.63
MITCHELL GOLDSTEIN 31 OREG :33.60
100FLY JOHN FISCHER 33 OREG 1:03.88
DAVID O BURLESON 32 OREG 1:06.51
100 IM DAVID O BURLESON 32 OREG 1:05.00+
Oregon was- ANDREW THOMAS 1:09.02
JOHN F ZELL 33 OREG 1:11.02
JEFF MICHEL 34 OREG 1:11.78
200 IM JOHN FISCHER 33 OREG 2:38.20
400 IM JOHN F ZELL 33 OREG 5:29.79+
Oregon was- DANIEL P JOHNSON 5:36.53

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

50FREE MIKE PENDLETON 38 ORE :26.85
ADRIAN L KALIL 36*OREG :28.89
GREG SOUTHWELL 37 ORE :30.27
100FREE MIKE PENDLETON 38 ORE 1:00.27
BRUCE W CHENEY 38 OREG 1:05.13
ADRIAN L KALIL 36*OREG 1:05.44
JAMES M ELLIOTT 37 OREG 1:07.86
GREG SOUTHWELL 37 ORE 1:10.70
RICH MILLER 39 OREG 1:13.63
200FREE ROY ABRAMOWITZ 35 OREG 2:10.48
ADRIAN L KALIL 36*OREG 2:21.74
400FREE JAMES M ELLIOTT 37 OREG 5:19.38
800FREE JAMES M ELLIOTT 37 OREG10:47.07
50BACK GARY HAER 39 OREG :31.07
100BAR GARY HAER 39 OREG 1:07.15+
Oregon was- BRUCE W CHENEY 1:17.86
ADRIAN L KALIL 36*OREG 1:19.17
JAMES M ELLIOTT 37 OREG 1:20.60
RICH MILLER 39 OREG 1:38.11
200BAK JAMES M ELLIOTT 37 OREG 2:53.01
SCOTT H KORNBERG 35 OREG 3:10.24
50BRST GREG SOUTHWELL 37 ORE :38.92
100BRS MIKE PENDLETON 38 ORE 1:20.97
GREG SOUTHWELL 37 ORE 1:30.56
50 FLY RICH MILLER 39 OREG :34.68
SCOTT H KORNBERG 35 OREG :36.30
200FLY ROY ABRAMOWITZ 35 OREG 2:33.41+
Oregon was- JOHN D DEJARNATT 2:52.39
100 IM ROY ABRAMOWITZ 35 OREG 1:08.07+
Oregon was- VERN DASCH 1:08.90
GARY HAER 39 OREG 1:08.54
MIKE PENDLETON 38 ORE 1:09.92
GREG SOUTHWELL 37 ORE 1:22.11
RICH MILLER 39 OREG 1:25.69

200 IM GARY HAER 39 OREG 2:32.31
ADRIAN L KALIL 36*OREG 2:42.45
JAMES M ELLIOTT 37 OREG 2:46.95
RICH MILLER 39 OREG 3:03.52
400 IM GARY HAER 39 OREG 5:34.50+
Oregon was- JOHN D DEJARNATT 5:57.41
RICH MILLER 39 OREG 6:37.29

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

50FREE VERNON DASCH 40 OREG :26.82
L BUZ CARRIKER 42 OREG :29.84
100FREE VERNON DASCH 40 OREG :59.89+
Oregon was- KARL VONTAGEN 1:00.69
STEVEN L BARRETT 43 OREG 1:00.98
JOE FERONG 40*PNA 1:22.57
200FREE VERNON DASCH 40 OREG 2:11.17+
Oregon was- RICHARD D BOYD 2:14.44
STEVEN L DURAPAU 40 OREG 2:11.70
STEVEN L BARRETT 43 OREG 2:16.12
PAUL STEGER 42 ORE 2:41.30
STEVE DUNNE 41 ORE 3:03.16
400FREE STEVEN L DURAPAU 40 OREG 4:41.83+
Oregon was- RICHARD D BOYD 4:43.36
VERNON DASCH 40 OREG 4:48.99
STEVEN L BARRETT 43 OREG 5:03.13
PAUL STEGER 42 ORE 5:44.35
STEVE DUNNE 41 ORE 6:22.31
800FREE STEVEN L DURAPAU 40 OREG 9:45.12+
Oregon was- DANIEL R GRAY 11:28.56
STEVEN L BARRETT 43 OREG10:37.11
L BUZ CARRIKER 42 OREG11:42.48
PAUL STEGER 42 ORE 11:51.14
STEVE DUNNE 41 ORE 13:23.43
200BAK PAUL STEGER 42 ORE 3:10.09
50BRST ALLEN L STARR 41 OREG :33.02
100BRS ALLEN L STARR 41 OREG 1:13.31+
Oregon was- ROBERT S SMITH 1:16.07
200BRS ALLEN L STARR 41 OREG 2:42.63+
Oregon was- EVEN EVENSON 2:50.37
50 FLY STEVEN L BARRETT 43 OREG :32.66
PAUL STEGER 42 ORE :34.49
JOE FERONG 40*PNA :41.33
100FLY JOE FERONG 40*PNA 1:45.72+
Oregon was- DONALD J KUYPER 1:52.36
100 IM ALLEN L STARR 41 OREG 1:12.78
STEVE DUNNE 41 ORE 1:43.88
200 IM VERNON DASCH 40 OREG 2:37.24
L BUZ CARRIKER 42 OREG 3:08.34

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

50FREE DALE G VAUGHAN 45 OREG :28.72
MILAN STOBODA 46* :29.49
WILLIAM A SHELTON 49 ORE :38.22
100FREE DALE G VAUGHAN 45 OREG 1:04.71+
Oregon was- RONALD K. NAKATA 1:04.83
MILAN STOBODA 46* 1:05.07
WILLIAM A SHELTON 49 ORE 1:30.75
200FREE ROBERT S SMITH 46 OREG 3:00.28
WILLIAM A SHELTON 49 ORE 3:25.59
400FREE WILLIAM A SHELTON 49 ORE 7:25.09

800FRE RICHARD D BOYD 46 OREG10:08.62+
 Oregon was- BERT L PETERSEN 11:58.28
 DAVID FILER 47*ORE 11:48.79
 WILLIAM A SHELTON 49 ORE 16:12.76
 200BRS ROBERT S SMITH 46 OREG 2:50.53+
 Oregon was- BERT L. PETERSON 3:24.56
 100 IM ROBERT S SMITH 46 OREG 1:06.13+
 Oregon was- ROBERT S. SMITH 1:08.09
 200 IM DALE G VAUGHAN 45 OREG 2:55.24
 400 IM RICHARD D BOYD 46 OREG 5:30.53+
 Oregon was- BERT L PETERSEN 6:29.85
 ROBERT S SMITH 46 OREG 6:41.27

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

100FRE JIM BIGLER 54 MACO 1:10.22+
 Oregon was- JIM BIGLER 1:11.30
 200FRE TOM FANNING 50 OREG 2:29.50+
 Oregon was- JIM BIGLER 2:40.87
 JIM BIGLER 54 MACO 2:36.56
 400FRE BERT L PETERSEN 51 OREG 6:15.68
 800FRE JIM BIGLER 54 MACO11:41.90+
 Oregon was- OPEN 99:99.99
 200BAK TOM FANNING 50 OREG 2:55.74+
 Oregon was- EARL WALTER 3:18.50
 100BRS BERT L PETERSEN 51 OREG 1:30.44
 JIM BIGLER 54 MACO 1:31.16
 200BRS TOM FANNING 50 OREG 3:07.33+
 Oregon was- JIM BIGLER 3:23.31
 200FLY BERT L PETERSEN 51 OREG 3:06.10+
 Oregon was- OPEN 99:99.99
 100 IM TOM FANNING 50 OREG 1:15.01+
 Oregon was- EARL WALTER 1:24.50
 200 IM BERT L PETERSEN 51 OREG 2:56.24+
 Oregon was- JIM BIGLER 3:34.71
 400 IM TOM FANNING 50 OREG 6:06.22+
 Oregon was- JIM BIGLER 7:09.57
 ----- 55-59 MEN -----
 50FREE ARTHUR C WELCH 57 OREG :33.28
 LEO J VANDIJK 57 OREG :33.76
 100FRE ARTHUR C WELCH 57 OREG 1:13.09+
 Oregon was- ERIC GP. GUEST 1:14.08
 ROBERT R KIM 56 MACO 1:17.09
 200FRE LEO J VANDIJK 57 OREG 2:54.19+
 Oregon was- ERIC GP. GUEST 2:56.33
 50BACK JOHN ENGLISH 56 OREG :39.42+
 Oregon was- LEO VANDIJK :47.78
 LEO J VANDIJK 57 OREG :43.64

100BAK JOHN ENGLISH 56 OREG 1:29.63+
 Oregon was- FRED W SPRENGER 1:31.44
 200BAK JOHN ENGLISH 56 OREG 3:19.46
 50BRST MILTON R MARKS 59 OREG :39.67+
 Oregon was- MILTON R MARKS :41.12
 100BRS MILTON R MARKS 59 OREG 1:32.41+
 Oregon was- MILTON R MARKS 1:34.50
 200BRS MILTON R MARKS 59 OREG 3:34.45
 50 FLY ARTHUR C WELCH 57 OREG :35.92+
 Oregon was- ERIC GP. GUEST :36.57
 ROBERT R KIM 56 MACO :37.28
 100FLY ARTHUR C WELCH 57 OREG 1:22.49+
 Oregon was- ERIC GP. GUEST 1:30.00
 100 IM MILTON R MARKS 59 OREG 1:26.42+
 Oregon was- ERIC GP. GUEST 1:28.02
 LEO J VANDIJK 57 OREG 1:31.50
 200 IM ARTHUR C WELCH 57 OREG 3:08.90+
 Oregon was- ERIC GP. GUEST 3:14.57

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

50FREE ERIC GP. GUEST 60 OREG :31.80
 200FRE ERIC GP. GUEST 60 OREG 2:54.71+
 Oregon was- F AGLIETTE ELIOTT 2:59.27
 400FRE ERIC GP. GUEST 60 OREG 6:20.88
 SAMUEL M IERULLI 60 OREG 6:59.84
 50BACK ERIC GP. GUEST 60 OREG :46.30
 100BAK SAMUEL M IERULLI 60 OREG 2:17.01
 100BRS SAMUEL M IERULLI 60 OREG 2:07.71
 100 IM SAMUEL M IERULLI 60 OREG 1:57.49
 200 IM ERIC GP. GUEST 60 OREG 3:16.45+
 Oregon was- OPEN 99:99.99

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

50FREE HUGH S RICHARDS 69 OREG :32.23
 JOSEPH A MALLON 68 OREG :48.48
 DAVID BERNSTEIN 68 OREG :50.68
 100FRE JOSEPH A MALLON 68 OREG 1:54.01
 200FRE JOSEPH A MALLON 68 OREG 4:12.58
 KHOSROW SHADBEH 68 OREG 4:14.68
 400FRE JOSEPH A MALLON 68 OREG 8:55.07
 800FRE DAVID BERNSTEIN 68 OREG18:23.36
 JOSEPH A MALLON 68 OREG18:23.89
 50BACK HUGH S RICHARDS 69 OREG :45.32
 KHOSROW SHADBEH 68 OREG :54.89
 DAVID BERNSTEIN 68 OREG :59.47
 100BAK KHOSROW SHADBEH 68 OREG 2:07.31
 200BAK DAVID BERNSTEIN 68 OREG 4:29.10

50BRST ROBERT A MORRISON 68 OREG :42.43
 HUGH S RICHARDS 69 OREG :44.21
 DAVID BERNSTEIN 68 OREG 1:01.56
 100BRS ROBERT A MORRISON 68 OREG 1:38.75
 KHOSROW SHADBEH 68 OREG 1:55.45
 200BRS ROBERT A MORRISON 68 OREG 3:51.74
 50 FLY HUGH S RICHARDS 69 OREG :37.47
 ROBERT A MORRISON 68 OREG :40.44
 100 IM ROBERT A MORRISON 68 OREG 1:37.79
 ----- 70-74 MEN -----

50FREE ALLAN DELAY 74 OREG :38.74+
 Oregon was- ALLAN DELAY :40.10
 MEL W ANDERSON 72 OREG :46.13
 100FRE MEL W ANDERSON 72 OREG 1:53.54
 50BACK ALLAN DELAY 74 OREG :55.30
 50BRST FORBES J MACK 71 OREG :46.91+
 Oregon was- ROBERT H SCHMIDT :53.41
 100BRS FORBES J MACK 71 OREG 1:47.56+
 Oregon was- ROBERT H SCHMIDT 2:07.48
 200BRS FORBES J MACK 71 OREG 4:14.34+
 Oregon was- ROBERT H SCHMIDT 4:58.79
 100FLY MEL W ANDERSON 72 OREG 2:54.47+
 Oregon was- OPEN 99:99.99
 100 IM FORBES J MACK 71 OREG 1:44.05+
 Oregon was- OPEN 99:99.99
 200 IM MEL W ANDERSON 72 OREG 5:10.52+
 Oregon was- JOE D RUDDLEY 5:17.82

----- 75-79 MEN -----

50FREE LEE 'KIP' KING 77 OREG :52.00
 100FRE SYD C HENDY 76 OREG 1:38.06+
 Oregon was- LEE 'KIP' KING 1:54.83
 100FRE SYD C HENDY 76 OREG 3:06.92+
 Oregon was- OPEN 99:99.99
 50BACK SYD C HENDY 76 OREG :52.81+
 Oregon was- LEE 'KIP' KING 1:08.86
 100BAK SYD C HENDY 76 OREG 1:58.07
 200BAK SYD C HENDY 76 OREG 4:22.66
 50 FLY LEE 'KIP' KING 77 OREG 1:17.02+
 Oregon was- LEE 'KIP' KING 1:20.28

----- 80-84 MEN -----

50FREE JACK HOEY 80 OREG :48.86
 100FRE JACK HOEY 80 OREG 1:53.18
 50BACK JACK HOEY 80 OREG :51.99
 100BAK JACK HOEY 80 OREG 1:53.61
 HERB EISENSCHMIDT 83 OREG 2:07.21
 200BAK JACK HOEY 80 OREG 4:12.31
 HERB EISENSCHMIDT 83 OREG 4:29.31
 100 IM HERB EISENSCHMIDT 83 OREG 2:11.19
 200 IM HERB EISENSCHMIDT 83 OREG 4:41.01
 400 IM HERB EISENSCHMIDT 83 OREG 9:47.43

1989 OREGON MASTERS OUTSTANDING SWIMMERS

WITH THE OFFICIAL USMS NATIONAL SCM TOP TEN PUBLISHED WE HAVE BEEN ABLE TO SELECT THE WINNERS OF OREGON MASTERS ANNUAL AWARDS FOR OUTSTANDING SWIMMERS. THESE AWARDS WILL BE PRESENTED IN EUGENE AT THE ASSOCIATION CHAMPIONSHIPS.

IN BRIEF OUR CRITERIA FOR THESE AWARDS HAS BEEN STRICTLY ON A POINT BASIS, WE USE THE SWIMMERS PLACINGS IN THE TOP TEN, AWARD 10 PTS FOR A # 1 AND 9 FOR A # 2 AND SO ON.

THE AWARD IS ACTUALLY A YEAR LATE, AS WE ARE ALWAYS WORKING ON THE PREVIOUS SEASONS TOP TEN SELECTIONS. THAT IS WHY THIS YEARS AWARDS ARE DATED 1989, THEY ARE BASED ON 1989 PERFORMANCES. WE ARE WINDING DOWN SCY FOR 1990.

AND THE WINNERS ARE ...

WOMAN UNDER 50 -	BARBARA FRID	189 PTS
	GINGER PIERSON	108 PTS
	PAM HIMSTREET	34

MAN UNDER 50 -	RICHARD BOYD	128 PTS
	ROBERT SMITH	97 PTS
	FRANK WARNER	50 PTS
	STEVE DURAPAU	48 PTS

WOMAN 50 AND OVER -	LAVELLE STOINOFF	283 PTS
	HAZEL BRESSIE	264 PTS
	PETEE SMITH	214 PTS

ED NOTE : WHEN ANYONE GETS THAT MANY POINTS IT IS TOO BAD WE HAVE TO PICK A FINAL WINNER. ALL THREE OF THESE GREAT SWIMMERS DESERVE CONGRATULATIONS FOR THEIR GREAT PERFORMANCES OF 1989.

MAN 50 AND OVER -	HERB EISENSCHMIDT	164 PTS
	EARL WALTER	102 PTS
	ARTHUR WELCH	75 PTS
	HUGH RICHARDS	53 PTS

THERE ARE THE 1989 OREGON MASTERS OUTSTANDING SWIMMERS. CONGRATULATIONS TO THE WINNERS AND TO ALL OF YOU. WE HAVE A TREMENDOUS GROUP OF PEOPLE, WE CAN ONLY GET BETTER.

SELL MASTERS SWIMMING TO ALL YOUR FRIENDS !!!!!

"ol' Barnacle"

OL' BARN REPORTS ON SPEEDO WORLD TOP TEN FOR 1988 ...

RIGHT OFF THE BAT YOU WANT TO KNOW WHY '88 , WELL FOLKS IT TAKES A WHILE TO GET THESE THINGS TOGETHER, AND WHAT YOU WILL BE READING IS WHAT YOU GET.

SOME NEWS RIGHT OFF THE TOP. STARTING IMMEDIATELY UNDER THE DIRECTION OF WALT REID, GINGER PIERSON WILL BE PICKING TOP TEN WORLD FOR SCM (SHE IS NOW RESPONSIBLE FOR U S TOP TEN), AND EARL WALTER WILL BE RESPONSIBLE FOR TOP TEN WORLD FOR LCM. WALT'S DEADLINE IS APRIL OF THIS YEAR, SO WE WILL BE PLAYING CATCH UP AND BE ON SCHEDULE WITH THE 1989 SELECTIONS.

FIRST ... LET'S LOOK AT OMS MEMBERS OF LCM WORLD TOP TEN ...

WE HAD 4 PEOPLE MAKE # 1, AND 6 MORE WHO PLACED EITHER 2ND OR 3RD, WE HAD TWO RELAYS PLACING # 1, AND A TOTAL OF 8 WOMEN AND 20 MEN.

40-44 : GINGER PIERSON LEADS OUR ELITE GROUP WITH A # 1 IN THE 50 BRST, PLUS # 2'S IN THE 100 AND 200, THEN A # 3 IN THE 200 FLY FOLLOWED BY A 6TH AND 7TH IN THE 200 AND 400 IM

55-59 : LAVELLE STOINOFF LITERALLY BLEW AWAY THE WORLD WITH 10, YES TEN, FIRST PLACE NOMINATIONS, COMPLETELY DOMINATED THE FREESTYLE WITH 1STS IN THE 50 THROUGH 1500. PICKED OFF # 1'S IN THE 100 AND 200 BACK, ADD TO THIS # 1'S IN THE 200 BRST AND 400 IM, FOLLOWED BY A # 3 IN THE 50 BACK, THEN A 7TH AND 2ND IN THE 50 AND 100 BRST.

LAVELLE IS TOP WORLD IN EVERYTHING, WHAT A REMARKABLE SHOWING !!!!!

80-84 : HERB EISENSCHMIDT WAS SELECTED AS # 1 IN THE 100 AND 200 BACK PLUS THE 200 IM, FOLLOWED BY # 2'S IN THE 200 FREE, AND 50 BACK. GREAT SHOWING BY A TRULY FINE SWIMMER AND GREAT GUY.

90-94 : COLLISTER WHEELER SWAM IN ONLY ONE MEET, OUR STATE GAMES, AND MADE THE LIST WITH A # 1 IN THE 50 FREE.

240 + MEN 200 M FREESTYLE RELAY - FIRST PLACE - GERALD HUESTIS, EARL WALTER, ERIC GUEST, AND HUGH RICHARDS.

240 + MXD MEDLEY RELAY - FIRST PLACE - GERALD HUESTIS, PETEY SMITH, BARBARA FRID, AND HUGH RICHARDS.

45-49 : BARBARA FRID SWAM TO 3 # 3'S IN THE 800 FREE, 50 AND 200 BACK, PLUS 5THS FOR THE 400 FREE, 100 BACK, AND 50 FLY. FOLLOWED BY A 6TH IN THE 200 IM, AND 7THS FOR THE 200 FREE, AND 100 BRST.

45-49 : PAT GIORDANO PICKED OFF A # 3 IN THE 200 FLY, PLUS A 7TH FOR THE 400 IM

75-79 : HAZEL BRESSIE SPLASHED TO 3RDS IN THE 1500 FREE AND 400 IM, PLUS 5TH FOR THE 200 FLY, 6TH-100 FLY, 8TH IN THE 200 IM AND 9'S FOR THE 400 FREE, AND 50 FLY.

45-49 : ROBERT SMITH CAME THROUGH WITH # 2'S IN THE 50 FREE AND 50 BACK, PLUS A # 3 FOR THE 100 BACK

45-49 : RICHARD BOYD SWAM TO # 3'S IN THE 1500 FREE AND 200 BRST. PICKED OFF A 4TH IN THE 100 BRST, 6TH IN THE 200 IM, FOLLOWED BY 7THS IN THE 400 FREE, AND 50 BRST.

65-69 : EARL WALTER MANAGED A 3RD IN THE 200 FLY, WITH A 5TH FOR THE 100 FLY,
SIXES FOR THE 200 BACK AND 400 IM, 8THS FOR THE 50 BACK AND
200 IM.

35-39 : MARJORIE MEEK GARNERED A 10TH IN THE 200 BACKSTROKE.

40-44 : SANDI ROUSSEAU LED WITH A 4TH IN 200 FLY, PLUS A 5TH IN THE 50 AND A
7TH IN THE 100 FLY

60-64 : PETEY SMITH HAD A 4TH IN THE 100 FREE, 7THS IN THE 50 AND 800 FREE,
PLUS 10TH IN THE 200 AND 400 FREE.

35-39 : FRANK WARNER CAME THROUGH WITH 8THS IN THE 50 AND 200 BACK.

35-39 : DAN JOHNSON STROKED TO AN 8TH IN THE 200 BRST.

40-44 : STEVE JOHNSON PICKED OFF A 5TH IN THE 800 FREE.

40-44 : CRAIG JORGENSEN DORSALLED TO A 10TH IN THE 50 BACK.

40-44 : STEVE WARNER FLEW TO A 7TH IN THE 50 AND 8TH IN THE 100 FLY.

45-49 : KEVIN KELLY HAD A 10TH, 9TH, 8TH, AND 7TH FOR THE 200, 400, 800 AND 1500.

45-49 : BERT PETERSEN BUTTERED TO A 10TH IN THE 50 FLY.

65-69 : HUGH RICHARDS STROKED TO A 6TH FOR THE 50 FLY, 9TH IN THE 50 FREE
AND 200 IM, PLUS A 10TH IN THE 50 BRST.

65-69 : GERALD HUESTIS A 9TH IN THE 100 AND A 10TH IN THE 400 FREE.

65-69 : GIL YOUNG MADE THE TEAM WITH 10THS IN THE 800 AND 1500 FREE

65-69 : BOB MORRISON IN THERE WITH A 5TH IN THE 50 BREAST.

70-74 : ART HANLON A 9TH IN THE 200 BUTTERFLY.

75-79 : JACK HOEY A 4TH IN THE 50 BACK, PLUS A 6TH FOR THE 200 AND 7TH - 100.

75-79 : SYD HENDY AN 8TH IN THE 50 BACK PLUS A 10TH IN THE 200.

75-79 : DON STEVENSON WITH A 9TH IN THE 50 AND A 10TH IN THE 100 BACK.

ADDITIONAL RELAYS :

2 - 280 + MEDLEY RELAY - MEN - EARL WALTER, BOB MORRISON, HUGH RICHARDS, AND
HERB EISENSCHMIDT.

3 - 280 + FREE RELAY - MEN - HERB EISENSCHMIDT, FORBES MACK, GIL YOUNG, AND
HUGH RICHARDS.

2 - 200 + MXD MEDLEY RELAY - BARBARA FRID, RICHARD BOYD, ROBERT SMITH, AND
PETEY SMITH.

5 - 160 + MXD MEDLEY RELAY - FRANK WARNER, GINGER PIERSON, SANDI ROUSSEAU,
AND KEVIN KELLY.

01' Barn ... Speedo World Top Ten ... cont ...

NOW LET US LOOK AT THE OMS SWIMMERS WHO MADE TOP TEN WORLD IN SCM ...

WE HAD 10 SWIMMERS NAMED NUMERO UNO IN THE WORLD, WE HAD ADDITIONAL 3 WHO WERE EITHER 2ND OR 3RD, ADD TO THAT 4 RELAY TEAMS WHO PICKED OFF THE # 1 SPOT !!!!!

40-44 SANDI ROUSSEAU PICKED OFF A # 1 SPOT IN THE 50 FLY, PLUS A 2ND IN THE 200, AND A 3RD IN THE 100. ADD TO THIS A 7TH IN THE 200 FREE, AN 8TH IN THE 100 AND FINALLY A 10TH IN THE 50 FREE. GREAT SANDI !!!

40-44 GINGER PIERSON WAS # 1 IN 3 EVENTS, 100 BREAST, THE 200, AND THE 200 FLY. SHE ADDED A # 2 IN THE 50 BREAST, AND A 5TH IN THE 100 IM. HOW ABOUT THAT FOLKS 3 NUMBER 1'S FOR OUR GINGER !!!

45-49 BARBARA FRID WAS TOPS IN THE 50 BACK AND THE 50 FLY. WITH RUNNER UP SPOTS IN THE 100 FREE, 400 FREE, AND 200 BACK. ROUND ALL OF THIS OFF WITH 3RDS IN THE 100 BACK, AND 100 IM, AS THEY SAY IN MARKETING, THAT IS VERY FINE PRODUCTION !!!

40-44 ROBERT SMITH RACED OFF WITH TOP BILLING IN THE 50 BACK AND 100 IM. ADD TO THIS SILVER SPOTS IN THE 50 FREE AND 50 FLY, PLUS A BRONZE DECORATION IN THE 50 BREAST. WAY TO GO, RAPID ROBERT !!!

40-44 RICHARD BOYD DOMINATED THE 400 IM FIELD, FOLLOWED BY 2NDS IN THE 1500 FREE, AND 200 IM, PLUS A 4TH IN THE 400 FREE AND A 9TH IN THE 200. PERKING RIGHT ALONG THERE !!!

45-49 ROBERT SMITH AGED UP DURING '88, AND CAPTURED THE GOLD IN THE 50 BACK, AND 50 FLY. PLUS A SILVER IN THE 100 IM AND BRONZES IN THE 50 FREE AND 50 BREAST.

45-49 BERT PETERSEN ROUNDED OUT HIS CAREER IN THIS AGE GROUP WITH A TOP SPOT IN 100 FLY, FOLLOWED BY A 2ND IN THE 50 AND A 5TH IN THE 200 (EDITORS NOTE-"WORLD FAMOUS" HAS ALWAYS HAD TROUBLE WITH THAT PIANO. HOWEVER, THOSE OF US IN THE "FLYING" FRATERNITY UNDERSTAND ALL TOO WELL)

65-69 HUGH RICHARDS CAME THROUGH WITH A FIRST PLACE RATING IN THE 100 FLY, A 2ND IN THE 50, ADD TO THIS SIXES IN THE 50 FREE, AND 100 IM, FOLLOWED BY 8THS IN THE 100 FREE AND 50 BREAST. WHO SAID WE HAVE TO SHAVE DOWN !!!

65-69 EARL WALTER (THANK GOODNESS FOR CANADA) WOUND UP '88 WITH # 1'S IN THE 200 FLY, 200 IM, AND THE 400 IM. PLUS A 3RD IN THE 200 BACK, 7TH IN THE 50 BACK AND 7TH IN THE 100 BACK.

80-84 HERB EISENSCHMIDT, OTHERWISE KNOWN AS THE ST HELENS EXPRESS, DIDN'T NEED CANADA, PULLED IN BIG GOLDS IN THE 50 BACK, 200 BACK, AND THE 400 IM, PLUS SILVER SPOTS IN THE 100 BACK AND 100 IM.

RELAYS THAT LED THE WORLD, YES, THE WHOLE BLOODY WORLD.

200 FREE 160 +, MEN (ROBERT SMITH, RON NAKATA, DICK BOYD, AND VERN DASCH

200 MEDLEY 160 +, MEN (ROBERT SMITH, DAN JOHNSON, BERT PETERSEN, VERN DASCH.

200 MEDLEY 240 +, MEN (EARL WALTER, BOB MORRISON, HUGH RICHARDS, GERRY HUESTIS.

200 MXD FREE 200 +, (SANDI ROUSSEAU, BARBARA FRID, BERT PETERSEN, HUGH RICHARDS.

Ol' Barn ... Speedo World Top Ten ... cont ...

NOW THOSE WHO PICKED UP 2ND AND 3RDS ...

60-64 PETEY SMITH, IN THE TWILIGHT YEARS, MANAGED THREE # 2'S - 50, 100 AND 200 FREE, PLUS # 4'S IN THE 400 AND 800 FREE. FOR ALL YOU NEOPHYTES OUT THERE, TWILIGHT YEARS ARE WHEN YOU ARE AT THE END OF YOUR AGE GROUP, IN THIS CASE 64, OKAY !!!

75-79 HAZEL BRESSIE, ANOTHER TWILIGHTER, (THAT MAY NOT BE A WORD ROY) CAME THROUGH WITH A BRONZE RATING IN THE 200 BRST, AND 4THS IN THE 50 FLY, 200 IM AND THE 400 IM

35-39 ALLEN STARK , PICKED OFF A 2ND IN THE 100 BREAST, PLUS 4THS IN THE 50 AND 200 - OMS' DENTISTS ARE THE BEST !!!

65-69 BOB MORRISON, SWAM TO A # 2 RATING IN THE 50 BREAST, PLUS A # 3 IN THE 200, FOLLOWED BY A 4TH IN THE 100 AND A 7TH IN THE 50 FLY.

OMS IS VERY PROUD OF THEIR 12 WOMEN AND 16 MEN WHO MADE TOP TEN WORLD, WE HAD 28 PEOPLE MAKE THE "BIG" LIST !!!

35-39 KATHLEEN BUCK, OUR ESTEEMED LEADER PICKED UP A 6TH IN THE 800 FREE

35-39 DARLENE STALEY, MADE IT AT 7TH IN THE 200 FLY

40-44 GERI MATHEWSON, WITH A 7TH IN THE 400 FREE AND A 10TH IN THE 200.

40-44 JAN PLESNER, CAME THROUGH IN 7TH PLACE IN THE 800 FREE

55-59 BEV L'ESPERANCE, FOUND THE 400 FREE GREAT WITH AN 8TH RANKING

60-64 MARGARET WELLS , PICKED OFF A 5TH IN THE 100 BACK, A 9TH IN THE 200, AND A 10TH FOR THE 800 FREE.

65-69 ELFIE STEVENIN, RALLIED TO A 5TH IN 200 FLY, A 9TH IN THE 100, AND A 9TH IN THE 400 IM.

35-39 VERN DASCH, SWAM TO A 4TH IN THE 200 FREE, PLUS A 7TH IN THE 400 AND A 10TH IN THE 100, TOPPED OFF WITH AN 8TH IN THE 200 IM.

40-44 EVEN EVENSON, CAME OUT OF RETIREMENT AND POSTED A 4TH IN THE 200 BREAST AND A 6TH IN THE 200 FLY.

35-39 DAN JOHNSON, OUR REGISTRAR STROKED TO A 9TH IN THE 200 BREAST.

65-69 GERALD HUESTIS, ON A SABBATICAL FROM MASTERS, AND INTO A MEDICAL MISSION IN ST LUCIA, FOUND A 7TH IN THE 50 FREE PLUS 10THS IN THE 50 BACK AND 100 BACK. WIFE ALICE IS TEACHING IN ST LUCIA, THEY WILL BE BACK WITH US IN JULY OF THIS YEAR.

65-69 GIL YOUNG, OL' GREAT CONNECTION, DIALED IN A 4TH IN THE 1500, CLICKED TO TO A 5TH IN THE 800, AND AN 8TH IN THE 400.

65-69 KHOSROW SHADBEH, THE COLONEL WAS GREAT WITH A 7TH IN THE 200 BREAST.

70-74 JOE RUDDLEY, THE PRIDE OF SOUTHERN OREGON WAS 10TH IN THE 800 FREE.

MORE GREAT RELAY TEAMS FROM THE OREGON ASSOCIATION.....

200 FREE 200 + MEN # 6 (MIKE MOREHOUSE, TED HOLDEN, LEO VAN DIJK, DAN GRAY

Ol' Barn ... Speedo World Top Ten ... cont ...

200 FREE 240 + MEN # 2 (GERALD HUESTIS, EARL WALTER, GIL YOUNG, HUGH RICHARDS, LIKE I SAID ALL ALONG YOU CAN'T GIVE AWAY ALL THOSE YEARS !!!

200 MXD FREE 120 - , # 9 (M. O'NEIL, SUE LEE, STACEY LUND, BRAD LONG.

200 MXD FREE 240 + , # 5 (PAT LANIER, JOE RUDDLEY, BEV DIRKSEN, & DAVE PUTNAM

200 MXD MEDLEY 120 - , # 6 (M.O'NEIL, SUE LEE, STACEY LUND, AND BRAD LONG

200 MXD MEDLEY 120 +, # 4 (BOB SMITH, ROY LAMBERT, ANDREE DEVINE, DORCAS PHELAN

200 MXD MEDLEY 160 +, # 6 (JAN PLESNER, LINDA ANDRUS, JIM EDWARDS, DAVE PUTNAM

200 MXD MEDLEY 240 +, # 8 (PAT LANIER, BEV DIRKSEN, TERRY MCCURDY, JOE RUDDLEY

OB SAVED THIS ONE TILL LAST, PLEASE DEAR READERS CHECK THE NUMBERS ...

200 MXD MEDLEY 200 +, # 2 (BARBARA FRID, BOB MORRISON, BERT PETERSEN, SANDI ROUSSEAU)

HEY GANG - # 1 WAS 2:22.13, OUR TEAM WAS IN AT 2:22.16 , NOW THAT'S AN OW WEE !!! (SPLG-ROY ???)

WELL BELOVED READERS, KEEP THOSE LETTERS COMING, OB WILL TRY TO INCLUDE ALL THE PERTINENT AND NOT SO PERTINENT FACTS IN HIS COLUMN AT ALL TIMES - YOUR THOUGHTS AND SUGGESTIONS ARE URGENTLY NEEDED, MAYBE THIS OL' GUY IS IN THE ECLIPSE OF HIS AGE GROUP ...

REMEMBER ... STAY WITH IT AND STAY FIT ... OKAY ... RIGHT NOW I AM NOT THE BEST EXAMPLE ... SOMEBODY SAID IT ALMOST 50 YEARS AGO, I SHALL RETURN !!!

SPECIAL NOTE ...

If you wish a patch signifying your selection to TOP WORLD ... write to ...

Margaret Samson, P.O. Box 70366, Pasadena, CA 91117

Individual Patches are \$ 3.00 each, stroke "flashes" are \$ 1.00 each

Be sure to give your name, and the event in which you qualified for Top Ten, PLUS , your age group !!!

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.

CERTAIN TO BE MORE FUN THAN ANY 200 FLY OR 1650!

"The 2nd Annual OMS Deschutes River Raft Trip!"

➡ SATURDAY JUNE 23

For OMSters, friends and family.

This is a real opportunity to show just what an Aquamaniac you really are.

Cost: \$45 per person (assumes in excess of 10 participants)

Includes a terrific lunch which will be waiting for us on the banks of the river at noon. Non-alcoholic beverages included although you're welcome to bring something with a little more "character" if you choose as the rafts have coolers in them. Bring swimsuit, sunglasses and sunblock!

This is a fully guided raft trip, you need to know nothing about rafting, all we need to do is enjoy the scenery, (and hang on occasionally!)

The weather can be variable, usually quite nice in Central Oregon this time of year but bring something warm just in case it is cooler.

The rafting outfit we have hired provides all equipment, we just show up and enjoy!

We meet the guides at EWINGS WHITE WATER in Maupin, Oregon at 10:00 a.m. on Saturday, JUNE 23rd. Driving time from Portland is about 2-1/2 hours so plan to leave about 7:00 a.m. if you live in the Portland area. After the June 1st sign up deadline I will send each of you a list of who else is going so we can car pool.

Send \$10 non-refundable deposit per person by the sign up deadline which is June 1st. Even though we're giving you 'til June 1st to sign up, if you'd like to go please sign up much earlier than that so we might actually be organized about it, it's a big help!

Make checks payable to Ewings White Water, the balance (\$35 per person) is due on the day of the trip.

Travel instructions, directions etc., in next Aquamaster.

Contact person for OMS: Andy Schrag
(503) 255-4900 - days
(206) 254-9661 - eves

People _____ Amount Enclosed \$ _____

Send to: Andy Schrag
15810 SE Evergreen Hwy.
Vancouver, Washington 98684

In consideration for its agreement to allow me to participate in this raft trip, I hereby waive, release and discharge Oregon Masters Swimming, Inc., its directors, officers, employees, agents and representatives from any and all claim, loss or damage arising or resulting from my participation in this raft trip and in travel to and from such trip, including specifically, any and all negligence of Oregon Masters Swimming Inc., its directors, officers, employees, agents or representatives, in planning or conducting any aspect of this raft trip and travel to and from it.

Signature _____ Date _____

SWIMMING QUESTIONNAIRE

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

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

A. General information age _____ sex _____

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

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

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

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

D. Masters swimming experience

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

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

E. Motivational factors (check all that are applicable)

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

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

MY FAVORITE WORKOUTS

This months workout comes from Eric Guest of Mt. Hood Masters.

```
Warm-up    Swim 500
           Pull 400
           Kick 300
           Pull 200
           Swim 100
```

Then Swim 6 x 100 on 2:00 --- Rest extra 1:00 between #3 & #4, #5 & #6.

Swim #1 & #2 in time of 1:30, #3 in best time + 15 secs., rest 1 min., #4 in time of 1:30, #5 in best time + 10 secs., rest 1 min., and #6 in best time + 5 secs.

Then Swim 16 x 25 on :45 4 each stroke

4 Times 1 x 25 Open -- 1st 12° yds fast
 1 x 25 Closed fist -- 2nd 12° yds fast
 1 x 25 D.P.S. -- Distance Per Stroke
 1 x 25 Tempo -- Fast

Rest 2 minutes

Then 4 x 125 on 2:30

#1	--	50	Fly,	25	Back,	25	Breast,	25	Free
#2	--	25	Fly,	50	Back,	25	Breast,	25	Free
#3	--	25	Fly,	25	Back,	50	Breast,	25	Free
#4	--	25	Fly,	25	Back,	25	Breast,	50	Free

Warm down 200 easy

Total 3200 yards

If time does not permit you may omit 16 x 25 for 2800 yards



BARBARA WALTERS INTERVIEW

Barbara Walters: Dr. Sprint, why did you start the SPRINT WORKOUT POSTAL CHAMPIONSHIPS?

Dr. Sprint: I got mad. I considered entering the famous 1 HOUR SWIM POSTAL MEET because it seemed so popular. I quickly got discouraged since it's biased towards endurance freestylers.

Barbara Walters: What's wrong with that?

Dr. Sprint: Nothing, except it's about 50 times longer than the average swimming event in Masters. A sprinter enjoying a 1 hour continuous swim is like sprint track star Carl Lewis enjoying a marathon run. Not likely. Furthermore, I asked some well conditioned swimmers how the 1 hour felt and they all said the last 1/2 hour was pure hell.

Baba Walters: Why 20 times 50 yards at 1:30?

Dr. Sprint: It's close to real life events, open to non-freestylers, and only takes 1/2 hour. Twenty 50's is as hard a workout as I ever do. Some people judge a workout by yardage swum. One measure of my workouts is the time spent in quality (fast) swimming and time spent in the hurt-pain-agony zones.

Barbara Wawa: What's the best way for a swimmer to swim these?

Doctor: If you can swim your 50's in 40 seconds or less, I recommend teaming up with a workout partner with similar speed. You both can share the lane at the same time and take turns timing each other. Expect to get your time sheet wet so use a thick, dark, soft lead pencil and stiff cardstock to write on. It's worth spending time and materials ironing out this system since it's a valuable training method. In almost every workout, I write down my times using an artist sketching pencil on 4" by 6" cardstock. Later, I can file the workout. If you can't find a workout partner, try the lifeguard. Most lifeguards are bored to tears and would be happy to time you.

Baba Walters: What will it take to win?

Doctor: Swimmers should think of this as a workout rather than a competition. It's a reason to log a good workout, to extend yourself. There is only 1 winner. The rankings are for your information only. I hope sprinters will have fun doing it. It seems very possible that the well conditioned long distance people will enjoy it, too.

Baba Walters: Should new or out-of-shape swimmers enter?

Doc: It's commitment and persistence that makes you a better swimmer. If you're out of shape, start today and decide to enter. With this decision done, the workouts will happen. After you've sent in your time, use it as a standard to

measure your future progress. It's amazing how a simple commitment, like measuring your time and making it public by sending it in, no matter what time it is, can free you. The worst disease an athlete can have is the "I'm too far out of shape" excuse.

Baba Wawa: But people have their pride!

Doc: But too much pride kills. By being too proud to submit a time that they don't like is like not accepting yourself now. Continued self denial leads to self destruction. There are too many fat, out of shape old athletes that talk big. They talk big because they live in the past. They can't accept their out-of-shapeness and yet they must live with it if they are ever to be "in shape" again. The old proverb "TODAY IS THE FIRST DAY OF THE REST OF MY LIFE" applies here.

Baba Wawa: Will you make the results public?

Doc: As of now only the people who entered will get the results. Should the results be public?

Baba Wawa: What's the reward for entering?

Doc: It depends upon how many people enter. As of now I'm planning upon a Certificate of Accomplishment with a computer projection of your time as if you were 20 years old. It's also possible to predict your best time pretending you are at age 20. This way, you can compare yourself against modern day Olympic swimmers.

Baba: Isn't that like recapturing your youth?

Doc: Yes, but with a big difference. It's also accepting the fact that you are aging and are imperfectly conditioned. It's kind of fun to imagine how you would compare against today's Matt Biondi and Janet Evans.

Baba: How will you personally swim it?

Doc Q: I'm going to swim all 5 ways of the 20 X 50's. I'll be completely rested. I'll take at least 1 day off between each set. I'm scared out of my skin about finishing the 20 Butterfly. There is a little voice that's saying "It can't be done" but a bigger voice says "It will only last 30 minutes". When it's done I'm going to hang my Certificates of Achievement on the wall and it will be a high water mark to compare against. Naturally, I won't be eligible for the grand prize.

Baba: What will be your strategy?

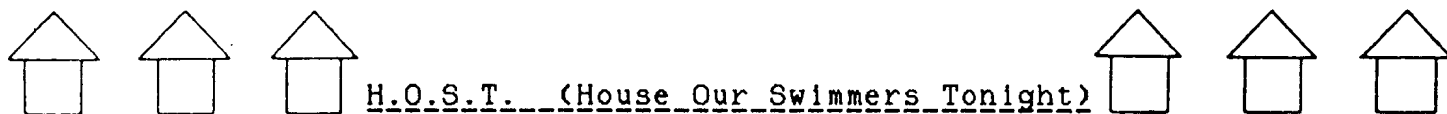
Doc Quack: My pace strategy will be similar to a long distance swimming race. My first 50 will be my fastest. My last 50 will be the second fastest. All the other 50's should be even pace. The real trick is to guess the speed. Too fast, and I'll die early and slow down. Too slow, and I'll realize too late that I should have gone faster earlier.

Happy Birthday

May Birthdays

Abbott, Delbert V.	5/28/52	40 Maestre, Robert A.	5/20/50
Abramowitz, Roy	5/24/54	Mann, Edward R.	5/28/57
Anderson, Jackie L.	5/ 3/52	Mann, Stephen A.	5/18/52
Boothby, Elaine K.	5/ 6/56	Marchbanks, Sharon K.	5/26/41
Boucher, Robert O.	5/ 5/41	McKeon, Evelyn	5/28/14
45 Brevoort, Bob H.	5/11/45	70 Melcher, Judy M.	5/17/20
Coles, Roger	5/13/48	Miesen, Lee J.	5/ 3/27
Crystal, Kelly A.	5/ 6/62	40 Miller, Richard M.	5/25/50
Cunningham, Janet L.	5/17/58	40 Miner, David L.	5/20/50
Datz, Michael R.	5/17/49	Morehouse, Michael L.	5/28/26
75 de Lay, Allan J.	5/ 4/15	Morrison, Bob A.	5/19/21
Dickinson, Carol A.	5/ 3/34	Muellhaupt, Darcy S.	5/ 9/66
Dinsmore, Chris M.	5/16/59	Nakata, Ronald K.	5/15/39
Dorr, Bill C.	5/24/46	Nicholson, Don E.	5/22/32
Durapau, Steve L.	5/ 7/49	Nichols-Strub, Patricia	5/29/58
Eckhardt, Fred	5/10/26	Perz, Dan F.	5/ 8/52
Elliott, James M.	5/13/52	Reilly, Paul H.	5/14/52
Gambrell, Jim	5/10/41	Routh, Brian R.	5/18/43
Girard, Susan M.	5/17/48	Schroder, Kaleo B.	5/16/36
45 Gray, Daniel R.	5/ 5/45	25 Seesz, Maria M.	5/30/65
Harger, Stephen F.	5/14/59	Smith, Nancy C.	5/31/59
Hershman, William B.	5/ 7/47	Smith, Richard J.	5/29/49
Horner, Rhonda K.	5/27/53	Smith, Robert S.	5/22/43
50 Hug, Sandy P.	5/23/40	Storie, Jeff L.	5/21/56
Hunscher, Monika	5/25/48	Viers, Bart E.	5/ 6/58
Ingram, Debbie B.	5/11/54	Walkky, John E.	5/12/53
Johnson, Daniel P.	5/12/53	Walter, Earl	5/18/21
Jones, Linda L.	5/10/42	Whittemore, Matt B.	5/ 2/68
Kalil, Adrian L.	5/12/53	Whitehall, Nadine K.	5/16/34
45 Kennedy, Frank H.	5/12/45	Williams, Michael D.	5/24/46
Kimura, Takako O.	5/30/18	Wilson, Sara F.	5/28/62
Kness, Debbie M.	5/13/51	Winer, Rose	5/13/56
Kuyper, Donald J.	5/ 1/43	Younce, Susan J.	5/ 8/56
Lentell, Margaret M.	5/10/46		
Mackay, Deborah L.	5/22/68		

* 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

(206) 254-9400 W

(206) 254-9661 H

Mark & Laura Worden

(503) 753-5726

Terry & Judy McCurdy

(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 your name will appear on heat sheets and results.

PLEASE PRINT

<p><input type="checkbox"/> This is a New registration. <input type="checkbox"/> I was registered in 1989</p> <p>Name _____</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>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;">Oregon</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">1990</div> <p>Reg. Fee (\$18.00) _____</p> <p>Aqua Master (\$7.00) _____</p> <p>Total _____</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;">Office use only</div> <div style="border: 1px solid black; padding: 5px;"><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></div>
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Remember to sign your registration form.

Make checks to Oregon Masters Swimming

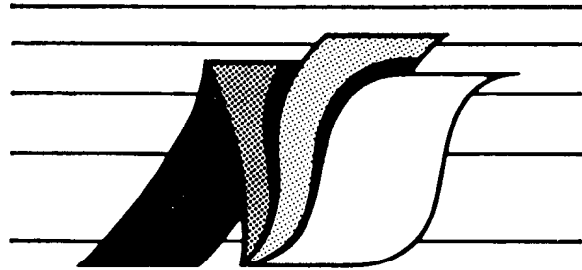
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Aqua-Master

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P.S.U. RESULTS