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*Aqua-Master* is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for subscription information. OMS is a part of United States Masters Swimming.

## CALENDAR & MEET SCHEDULE 1990

### SHORT COURSE YARDS/METERS

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\*MAY 1990      SPRINT WORKOUT POSTAL CHAMPIONSHIPS

### LONG COURSE/SHORT COURSE METERS

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\*JUNE 23, 1990      2nd ANNUAL OMS DESCHUTES RIVER RAFT TRIP

\*JUNE 24      CORVALLIS, OR   OSBORN AQUATIC CENTER 50M (#2)

\*JULY 7-8      PORTLAND, OR   MAC CLUB STATE GAMES OF OREGON

\*JULY 14      SOUTHERN OREGON   APPLEGATE LAKE SWIM

\*JULY 21-22      PORTLAND, OR   MT. HOOD COMMUNITY COLLEGE (#3)

AUGUST 3,4, & 5      BEAVERTON, OR   TUALATIN HILLS POOL (#4)  
REGION 12   LONG COURSE REGIONALS

AUGUST 7-13      3rd FINA/MSA WORLD CHAMPIONSHIPS  
RIO de JANEIRO, BRAZIL

AUGUST 17-20      USMS LONG COURSE NATIONALS WOODSLAND, TEXAS

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\*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

# Z-Man says---

Hey there my friends....Man of Z here....with the chlorinated newz you can use.

Hats off to all the fine people of Eugene that put on a very memorable Association meet last month. Take another bow and pat on the back, you all did a super fine job. Ol' Barn will fill you in on a lot of the details. It is GREAT to see a real resurgence in Masters coming from the Eugene area...KEEP IT GOING!!!!

Next up was Regionals in Federal Way at the King County Aquatic Center, otherwise known as the Goodwill Games pool. What a excellent facility. If you did not attend this meet you missed a real treat. The only fault with the place that many people spoke about was the smallish locker rooms. But the pool is spectacular, very fast and produced lots of fast times. About 510 swimmers entered this meet so all in all Regionals was a big success. Stay tuned to our upcoming issue for more results and info about this meet.

By the time you read this issue chances are that the 1990 Short Course Nationals at U.S.C. will be history. Look for the June or July issue for results from the competition at the McDonalds Swim Center in Los Angeles.

CORVALLIS...CORVALLIS...CORVALLIS...CORVALLIS...CORVALLIS...CORVALLIS....

Yes you heard right, the first Long Course meet of the 1990 season is scheduled for June 24th in Corvallis. Albany was unable to put a meet on this year as was previously published and so Mark and Laura Worden have come thru and will put on a meet at the Osburn Center.

SO LET'S COME THRU FOR THEM BY ATTENDING.....TELL YOUR FRIENDS...CORVALLIS IS THE PLACE....JUNE 24th IS THE DATE!! SEE THE ENTRY FORM IN THIS ISSUE!!!!

As of April 16th of this year OMS has 442 members and 416 of those are renewals. If my math is correct that is a 90+ percent renewal rate and if you didn't know, the national average for renewal in Masters Swimming is 60%. So once again we have yet another thing to be very proud about our fine Association.

There's lots to read in this issue and lots of entry forms. Last chance at Dr. Sprints "Sprint Workout Postal Championships" along with the form for the 2nd Annual OMS Deschutes River Raft trip. You'll find both the entries for this years State Games of Oregon meet and Mt. Hood's LC meet. Because of all the results and entry forms we had to scratch "My Favorite Workouts" for this month and Dr. Sprint decided to take this month off to Sprint rather than write.

Well, that's all the Z-Man has to say for now.....

Start planning for Long Course season,

Let's Go Portland Trail Blazers,

and we'll see you in Corvallis.



# "CORVALLIS LONG COURSE MEET"

## OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED (#90-G) 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: CORVALLIS LONG COURSE MEET  
 PLACE: Osborn Aquatic Center  
 6 lanes indoor 50 meter pool  
 electronic timing  
 HOST: Corvallis Aquatic Masters  
 Meet Director: Laura & Mark Worden  
 503-753-5726 Home

DATE: JUNE 24, 1990 SUNDAY

WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.

DIRECTIONS TO POOL: From I-5, take Oregon State University exit. Go west to Corvallis. Continue to 9th Street in Corvallis. Turn north on 9th; follow 9th to Circle. Turn west on Circle, and go approximately 2 blocks. Pool is at corner of Circle and Highland.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 6-12-90 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: \_\_\_\_\_

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: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+  
 You are limited to a maximum of 5 individual events and 4 relays. Enter relays at the meet. The 400 free will be deckseeded and all events will be seeded fast to slow.

SUNDAY JUNE 24TH (CORVALLIS)

400 FREE	(1) _____:_____._____	100 FLY	(10) _____:_____._____
BREAK BREAK	BREAK BREAK	50 BREAST	(11) _____:_____._____
FREE RELAY	(2) XXXXXXXXXXXXXXXX	MEDLEY RELAY	(12) XXXXXXXXXXXXXXXX
100 BACK	(3) _____:_____._____	BREAK BREAK	BREAK BREAK
200 FREE	(4) _____:_____._____	50 BACK	(13) _____:_____._____
50 FLY	(5) _____:_____._____	100 FREE	(14) _____:_____._____
200 BREAST	(6) _____:_____._____	200 FLY	(15) _____:_____._____
MIXED FR RELAY	(7) XXXXXXXXXXXXXXXX	100 BREAST	(16) _____:_____._____
BREAK BREAK	BREAK BREAK	200 I.M.	(17) _____:_____._____
200 BACK	(8) _____:_____._____	MXD MEDLEY RELAY	(18) XXXXXXXXXXXXXXXX
50 FREE	(9) _____:_____._____		

The undersigned participant intending to be legally bound hereby certify that I am physically fit & have not been otherwise informed by a physician. I acknowledge that I'm aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any & all rights to claims for loss or damages arising out of participation in the Masters Swimming Program or any activities incident thereto against United States Masters Swimming Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENRTY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to:

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

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

# 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.

# "ol' Barnacle"

OL' BARN ... 1990 ASSOCIATION CHAMPIONSHIPS ...

ECHO HOLLOW POOL IN EUGENE WAS THE SITE OF THE LARGEST ASSOCIATION CHAMPIONSHIPS IN MANY A YEAR. IT WAS A FINE MEET HOSTED BY THE ENTIRE CITY OF EUGENE, INCLUDING THE MAYOR, JEFF MILLER.

209 MASTERS PARTICIPATED IN INDIVIDUAL MATCH UPS AS WELL AS SWIMMING FOR POINTS TO DETERMINE THE TEAM CHAMPIONS FOR 1990.

MEET DIRECTOR DICK MOODY WAS ASSISTED BY FRANK LACKEY, MIKE MORRIS, GREG ACKERMAN AND THE RESULTS AND SCORING WERE ABLY HANDLED BY KAREN ORTH AND HER MOTHER. THESE PEOPLE ALL DID A GREAT JOB AND WE ARE VERY GRATEFUL FOR A GREAT MEET AND SOME FUN TIMES, ET AL.

## TEAM CHAMPIONSHIPS :

OVERALL CHAMPION - TUALATIN HILLS BARRACUDAS

TEAMS WITH OVER 20 SWIMMERS :		TUALATIN HILLS BARRACUDAS	853
		EUGENE MASTERS	559
11 TO 20	:	PORTLAND PARKS MASTERS	441
		LAKE OSWEGO SWIM CLUB	402
		ROGUE VALLEY MASTERS	283
10 OR LESS	:	UMPQUA VALLEY MASTERS	234
		MT HOOD MASTERS	204
		GRANTS PASS FAMILY YMCA	200

## HIGHLIGHTS ;

PETEY SMITH OF NEWPORT LITERALLY BLOWING AWAY THE WORLD RECORD IN THE 1650 FREE, BESTING THE OLD MARK BY ALMOST TWO MINUTES.

MAYORS RACE - FEATURED EUGENE'S JEFF MILLER VS NORTH BEND'S TIMM SLATER. THEY STARTED OFF WITH THE BREASTSTROKE AND MILLER FOUND HIMSELF IN GREAT TROUBLE, SWITCHING TO FREE HALFWAY DOWN THE POOL HE TRIED VALIANTLY TO CATCH SLATER. TO NO AVAIL AS IT TURNS OUT THAT TIMM SLATER SHOULD BE SWIMMING IN MASTERS. RALPH MOHR IF YOU DON'T SIGN HIM UP I AM GOING TO HAUNT YOU.

## RECORDS :

NATIONAL - PETEY SMITH (65-69) 1650 FREE - 25:01.98

OLD - GRACE ALTUS (89) 26:57.88

(PETEY THAT IS SWIMMING FOR THE GODS, CONGRATULATIONS !!!!!)

## REGIONAL -

CATHERINE CHAY (35-39)	1650 FREE	19:30.43	(3)
	400 I M	5:18.69	(5)
	1000 FREE	11:49.92	(3)
ROY CLARK (35-39)	50 BRST	:28.38	(3)
	100 BRST	1:02.77	(2)
DON VAN ROSSEN (60-64)	50 BRST	:34.31	(3)
	100 BRST	1:18.79	(6)
	200 BRST	2:56.85	(4)
GRACIE GODDARD (30-34)	50 FREE	:25.75	(10)
	100 FREE	:56.32	(5)

ROBERT SMITH (45-49)	100 FREE	:51.96	(3)
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OB NOTE : IN MY DAY 51 PLUS WON THE NCAA'S YEAR AFTER YEAR, THIS TIME MIGHT BE AROUND FOR A FEW YEARS.

PETEY SMITH (65-69)	100 I M	1:35.96	(5)
	200 I M	3:33.50	(3)

TOM FANNING (50-54)	100 BACK	1:10.05	(OLDEST IN OMS LISTS)
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BARBARA FRID (45-49)	1000 FREE	13:13.00	(3) THIS RECORD WAS SET BY JUANITA CORREA, WHO IS SOME SCHUCKS AS A FREESTYLER !!!
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HELENA HOFFMAN (70-74)	200 BRST	6:09.09	
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STEVE JOHNSON (40-44)	500 FREE	5:15.96	(6)
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HERB EISENSCHMIDT (80-84)	200 FLY	4:55.56	(2)
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IF I AM STILL AROUND FOR THIS AGE GROUP, I WONDER IF I COULD SWIM A 200 FLY ?

#### ASSOCIATION RECORDS :

JOE RUDDLEY (75-79)	400 I M	10:28.32	(6)
	200 FLY	5:57.46	(5)
	200 I M	4:57.31	(10)

WAY TO GO JOE !!!

CATHERINE CHAY (35-39)	200 FLY	2:35.15	
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CATHY WAS HOPING TO SWIM ONE MORE TIME AS A 30-34, THE RULES WOULD NOT LET HER, PLEASE REMEMBER IF YOU AGE UP ON ANY DAY OF A MEET YOU ARE THAT NEW AGE FOR THE ENTIRE MEET !!!

STEVE JOHNSON (40-44)	200 FLY	2:18.09	(9)
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ERICK ROOKHUIJZEN (19-24)	200 BACK	2:14.74	
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SUSANNE SCHUMANN (50-54)	50 BRST	:42.81	
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CHRIS HIATT (50-54)	100 FREE	1:00.57	
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FORBES MACK (70-74)	100 FREE	1:14.89	(ALMOST A REGIONAL)
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GRACIE GODDARD (30-34)	50 FLY	:28.58	
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TOM FANNING (50-54)	200 BRST	2:46.37	(8)
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HERB EISENSCHMIDT (80-84)	200 BRST	4:50.49	(4)
	100 FLY	2:16.92	(2)

GRACIE GODDARD (30-34)	100 FLY	1:03.58	(10)
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HELENA HOFFMAN (70-74)	100 BRST	2:59.81	
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#### OMS RELAY RECORDS :

19 +	200 MXD MEDLEY	LOSC	1:53.26	(4)
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(B.SMITH, M. FREIDLEY, H. REILLY, SUE SALADEN)

25 + 200 MXD MEDLEY EM 1:51.68 (REGIONAL IS 1:51.52)  
(R.RODRIGUEZ, R.CLARK, J.BLACK, J.SHERIDAN)

RACES AND GOOD TIMES :

ERIK ROOKHUIJZEN CAME CLOSE IN THE 400 IM - 4:43.65 VS 4:41.99

TOM FANNING SWAM A GREAT 400 IM BUT WAS DEPRIVED OF A REGIONAL RECORD AS THERE WAS ONLY ONE WATCH, OB IS NOT MENTIONING THIS TO MAKE TOM FEEL BAD, HE IS MENTIONING IT SO THAT MAYBE MEET HOSTS WILL BE ULTRA CAREFUL IN THE FUTURE !!!

BARBARA FRID WAS CLOSE IN THE 1650 - 21:49.23 VS 21:45.28

DAVE TEMPEST HAD A GREAT TIME IN 1650 AT 19:38.71

DITTO STEVE JOHNSON, WITH A FINE 18:42.28 AND STEVE DURAPAU AT 18:48.63

DALE VAUGHN HAD CLOSE TO A 2 MIN PR IN THE 1650 AT 21:47.11, GREAT SWIM !!!

JOE RUDDLEY HAD ALMOST A 2 MINUTE PR IN THE 1650 !!!

ANN DAGGETT SWAM A TOP FLIGHT 200 FLY IN 2:24.19

"RIGHT ON" AWARD GOES TO ANNE O'CONNELL, 200 BACK, ENTERED 2:56, SWAM 2:56.08

BARBARA FRID WAS CLOSE IN 50 BRST - 38.71 VS 38.50

ALLEN STARK WAS CLOSE IN 50 BRST - 30.32 VS 29.96

AT THIS POINT, MUCH TO MY CHAGRIN I MISSED GETTING A CHANCE TO SAY HELLO TO JUANITA CORREA, FROM PNA, ONE OF THE PREMIER WOMEN SWIMMERS IN THE WORLD WAS WITH US, AGING UP SOON !!! SO GOOD TO FIND THAT SHE IS BACK IN THE SWIM !!!

ANNE DAGGETT WAS CLOSE IN THE 200 IM, 2:26.55 VS 2:25.05

CATHY CHAY WAS CLOSE IN THE 200 IM, 2:31.17 VS 2:29.74

CHRIS HIATT ALSO BROKE TO "VERY" OLD 50-54 - 100 BACK RECORD WITH A 1:11.13

JUDI SHERIDAN SWAM A GREAT 1000, CHURNING TO A 11:53.15

MARK FREIDLEY WAS CLOSE IN THE 200 BRST - 2:19.09 VS 2:18.12

ALTHOUGH NOT HEAD TO HEAD, KHOSROW SHADBEH, CONTINUING TO IMPROVE, ALMOST UNSEATED THE CHAMP IN HIS AGE GROUP IN THE 200 BRST (MORRISON - 3:38.34 , SHADBEH - 3:38.46)

ROBYN BRETT WAS CLOSE IN THE 50 FREE - 27.99 VS 27.58

STEVE WARNER WAS ALSO CLOSE IN THE 100 FLY - 1:00.69 VS 59.75

JILL BLACK WAS CLOSE IN THE 50 BACK - 30.45 VS 30.11

TOM FANNING WAS CLOSE IN THE 50 BACK - 31.76 VS 31.36

NANCY SMITH WAS CLOSE IN THE 200 FREE WITH A 2:15.27 VS 2:14.20

HEAD TO HEAD - GREAT RACE ...

200 FREE(25-29) RICK RODRIGUEZ 1:56.13, JIM RABE 1:56.95. LANES 3/2, HT 1



VERN DASCH CLOSE IN THE 200 FREE IN AT 1:57.14, VS 1:56.18, LANE 4 WITH THE ABOVE DUO !!

SAD NEWS FOR THE WEEKEND - ONE OF THE GREATEST - MT HOOD'S ERIC GUEST HAD THE 200 RECORD IN HIS GRASP AND STOPPED AT 6, YOU ARE ONLY SUPPOSED TO DO THAT IN THE 200 FLY ERIC !!! (CONTINUED ON TO SWIM A CREDITABLE 2:40.64)

JILL BLACK AGAIN CLOSE IN THE 100 IM, 1:05.57 VS 1:04.75

ROY CLARK IN THE 100 IM, IN AT 57.96 VS 57.77

HELENA HOFFMAN, EVER SO NEAR, 500 FREE AT 12:09.56 VS 12:05.88

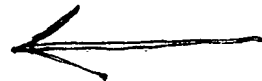
SORRY TO REPORT, WE HAD SOME SHENAGINS IN THE RELAYS - 3 TEAMS WERE DQ'D BY THE DATA MANAGER FOR USING EITHER NON REGISTERED SWIMMERS OR SWIMMERS NOT ENTERED IN THE MEET.

EVERYONE HAD A GOOD TIME, THE BANQUET WAS OUT OF THIS WORLD, WHEN YOU CAN PUT TOGETHER A REPAST LIKE THE ONE WE HAD FOR \$ 9.30, THE EUGENE FOLKS DESERVE A COLLECTIVE ACADEMY AWARD !!!

FOLLOWING DINNER, WE HAD OUR VERY OWN DJ, SPINNING THE "PLATTERS", AND MOST EVERYONE DANCED THE NIGHT AWAY, THAT'S CARRYING IT A BIT FAR WHEN YOU COUNT IN THE "OLD" FOLKS - ERIC GUEST, MAY NOT BE ABLE TO COUNT, BUT THESE TIRED OLD EYES HAVE NOT SEEN A FINER JITTERBUG FOR MANY A YEAR !!!



SPECIAL ANNOUNCEMENT !!!



THANKS TO THE VERY FINE PEOPLE IN CORVALLIS, WE HAVE A GREAT LONG COURSE MEET SET UP FOR YOU, IT WILL BE IN EARLY JUNE - ENTRY FORM IS IN THIS ISSUE OF AQUA MASTER.

THE CORVALLIS POOL IS A VERY FINE FACILITY, WE WILL USE 6 LANES ONLY WITH LANES 1 AND 8 ACTING AS BUFFER LANES, THIS WILL GIVE US SOME FAST TIMES AND SOME GREAT SWIMMING.

PLEASE, LET'S NOT LET MARK WORDEN AND HIS GREAT PEOPLE DOWN THIS YEAR, AS WE DID LAST YEAR, WE NEED TO HAVE AT LEAST 100 SWIMMERS AT CORVALLIS, IT WOULD BE GREAT TO SEE 150 !!!

SIGN UP AS A FAVOR TO OREGON MASTERS SWIMMING AND A FAVOR TO YOURSELF !!!

OL' BARN WILL BE LOOKING FOR YOU, SEE YOU IN CORVALLIS IN EARLY JUNE !!!

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THE TUALATIN HILLS LIFE GUARDS HAVE REPORTED TO BEN DAVIS THAT TWO OF HIS GREYING CHARGES WERE CAUGHT "LEERING", HE WAS ADMONISHED BY THESE FINE LADIES TO BE EVER ALERT TO THIS "HIDEOUS" PRACTICE, AND TO WATCH THESE TWO CHARACTERS IN PARTICULAR, ESPECIALLY DURING THE UPCOMING SHORT COURSE REGIONALS AT FEDERAL WAY, WITH 542 SWIMMERS SIGNED UP, THE "LEERING" SHOULD BE EXCELLENT !!! BY BOTH MALE AND FEMALE !!!

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THAT'S IT FOR THIS TIME - STAY WITH IT, AND STAY FIT !!!!!

----- 19-24 WOMEN -----

50FREE SUSETTE C SALADIN 23 LOSC :26.43  
 BARBARA MILLER 20\*EY :28.72  
 ELKE MARTI 24\*EM :29.55  
 100FRE LORLEE D ENGLER 21 VMS 1:03.38  
 BARBARA MILLER 20\*EY 1:03.72  
 HEATHER REILLY 22\*LOSC 1:04.11  
 LISA A WOODWORTH 23\*EM 1:04.30  
 200FRE SUSETTE C SALADIN 23 LOSC 2:06.82+  
 Oregon was- SUSETTE C SALADIN 2:06.82  
 LISA A WOODWORTH 23\*EM 2:25.86  
 CATHERINE MONCRIEFF 21\*EM 2:35.31  
 500FRE LISA A WOODWORTH 23\*EM 6:22.97  
 DEBORAH MACKAY 21\*GPY 8:22.69  
 1000FR DEBORAH MACKAY 21\*GPY 17:36.39  
 50BACK DEBORAH MACKAY 21\*GPY :44.64  
 200BAK DEBORAH MACKAY 21\*GPY 3:43.89  
 50BRST HEATHER REILLY 22\*LOSC :35.79  
 MARY ANNE PETERSEN 24 H2OD :40.45  
 100BRS HEATHER REILLY 22\*LOSC 1:17.80  
 200BRS HEATHER REILLY 22\*LOSC 2:49.71  
 50 FLY HEATHER REILLY 22\*LOSC :31.59  
 BARBARA MILLER 20\*EY :33.37  
 LORLEE D ENGLER 21 VMS :33.71  
 LISA A WOODWORTH 23\*EM :34.31  
 100FLY LORLEE D ENGLER 21 VMS 1:15.91  
 100 IM SUSETTE C SALADIN 23 LOSC 1:08.37  
 HEATHER REILLY 22\*LOSC 1:12.93  
 BARBARA MILLER 20\*EY 1:16.55  
 200 IM LORLEE D ENGLER 21 VMS 2:41.21

----- 25-29 WOMEN -----

50FREE KAREN E ORTH 27 DAC :26.86  
 LINDA FINLEY 25 NCSC :26.88  
 LISA K DAVIS 25 THB :27.87  
 LAILA J DEARDORFF 29 LOSC :28.29  
 ANNE F O'CONNELL 29 EY :28.75  
 HEATHER MCLAUCHLAN 27 MACO :29.75  
 SUZANNE M ZIEGLER 27 NCSC :31.23  
 MARIANNE M DECHER 28 THB :32.58  
 DIANE E HARGER 28 PPM :34.15  
 100FRE LINDA FINLEY 25 NCSC :58.63  
 KAREN E ORTH 27 DAC 1:01.67  
 LISA K DAVIS 25 THB 1:04.00  
 HEATHER MCLAUCHLAN 27 MACO 1:07.38  
 SUZANNE M ZIEGLER 27 NCSC 1:10.55  
 DIANE E HARGER 28 PPM 1:18.31  
 200FRE LINDA FINLEY 25 NCSC 2:06.88  
 JUDI SHERIDAN 27\*EM 2:10.16  
 HEATHER MCLAUCHLAN 27 MACO 2:28.35  
 SUZANNE M ZIEGLER 27 NCSC 2:38.04  
 DIANE E HARGER 28 PPM 2:59.84  
 500FRE JUDI SHERIDAN 27\*EM 5:52.44  
 LAILA J DEARDORFF 29 LOSC 6:06.01  
 DIANE E HARGER 28 PPM 8:16.87  
 1000FR JUDI SHERIDAN 27\*EM 11:53.15+  
 Oregon was- JUDI SHERIDAN 11:53.15  
 NAOMI STEINBERG 28 EY 13:23.10+  
 Oregon was- JUDI SHERIDAN 11:53.15  
 DIANE E HARGER 28 PPM 17:23.85

1650FR JUDI SHERIDAN 27\*EM 19:58.09  
 DIANE E HARGER 28 PPM 28:39.32  
 50BACK JILL BLACK 27 EM :30.45+  
 Oregon was- JILL BLACK :30.45  
 KAREN E ORTH 27 DAC :34.03  
 HEATHER MCLAUCHLAN 27 MACO :34.93  
 CHRISTINA FOX 29 EY :37.45  
 100BAK ANN DAGGETT 27 UN 1:12.30  
 HEATHER MCLAUCHLAN 27 MACO 1:17.83  
 CHRISTINA FOX 29 EY 1:21.46  
 200BAK ANN DAGGETT 27 UN 2:33.65  
 HEATHER MCLAUCHLAN 27 MACO 2:46.33  
 ANNE F O'CONNELL 29 EY 2:56.08  
 50BRST LISA K DAVIS 25 THB :37.46  
 NAOMI STEINBERG 28 EY :38.78  
 CHRISTINA FOX 29 EY :41.77  
 100BRS LAILA J DEARDORFF 29 LOSC 1:24.83  
 NAOMI STEINBERG 28 EY 1:26.49  
 MARIANNE M DECHER 28 THB 1:26.70  
 50 FLY KAREN E ORTH 27 DAC :29.70  
 LISA K DAVIS 25 THB :30.68  
 ANN DAGGETT 27 UN :30.81  
 LINDA FINLEY 25 NCSC :31.41  
 NAOMI STEINBERG 28 EY :32.94  
 SUZANNE M ZIEGLER 27 NCSC :36.26  
 100FLY LAILA J DEARDORFF 29 LOSC 1:08.46  
 200PLY ANN DAGGETT 27 UN 2:24.19+  
 Oregon was- ANN DAGGETT 2:24.19  
 ANDREE DEVINE 28 THB 2:33.46  
 100 IM JILL BLACK 27 EM 1:05.48  
 LINDA FINLEY 25 NCSC 1:07.57  
 LAILA J DEARDORFF 29 LOSC 1:09.73  
 KAREN E ORTH 27 DAC 1:11.03  
 LISA K DAVIS 25 THB 1:11.98  
 CHRISTINA FOX 29 EY 1:18.51  
 MARIANNE M DECHER 28 THB 1:20.79  
 200 IM ANN DAGGETT 27 UN 2:26.55+  
 Oregon was- ANN DAGGETT 2:26.55  
 LINDA FINLEY 25 NCSC 2:27.27+  
 Oregon was- ANN DAGGETT 2:26.55  
 ANDREE DEVINE 28 THB 2:31.59

----- 30-34 WOMEN -----

50FREE GRACIE GODDARD 30 PP :25.75+  
 Oregon was- GRACIE GODDARD :25.75  
 NANCY C SMITH 30 MM :28.16  
 KIM J BOGUS 31 PPM :30.15  
 EMILY L PHELPS 34 RVM :34.09  
 100FRE GRACIE GODDARD 30 PP :56.32+  
 Oregon was- GRACIE GODDARD :56.32  
 NANCY C SMITH 30 MM 1:01.92  
 KRIS STORY 30\*EM 1:06.91  
 KIM J BOGUS 31 PPM 1:07.17  
 CATHERINE HOELSCHER 34 LOSC 1:09.83  
 200FRE NANCY C SMITH 30 MM 2:15.27  
 CATHERINE HOELSCHER 34 LOSC 2:35.21  
 500FRE NANCY C SMITH 30 MM 6:04.03  
 CATHERINE HOELSCHER 34 LOSC 7:07.72

1000FR KIM J BOGUS 31 PPM 13:53.87  
 MARY A YUSE 30 PPM 14:37.85  
 EMILY L PHELPS 34 RVM 16:47.11  
 1650FR MARY A YUSE 30 PPM 24:00.83  
 50BACK KIM J BOGUS 31 PPM :40.22  
 100BAK KIM A PHILLIPS 32 KM 1:18.76  
 LINDA G ANDRUS 33 VOT 1:20.08  
 200BAK LINDA G ANDRUS 33 VOT 3:00.20  
 50BRST NANCY C SMITH 30 MM :38.41  
 KIM A PHILLIPS 32 KM :38.71  
 MARY A YUSE 30 PPM :39.09  
 DORCAS L PHELAN 33 RVM :39.18  
 BARBARA BUCHAN 33\*UN :55.45  
 100BRS NANCY C SMITH 30 MM 1:21.07  
 KIM A PHILLIPS 32 KM 1:23.78  
 MARY A YUSE 30 PPM 1:25.29  
 DORCAS L PHELAN 33 RVM 1:25.81  
 BARBARA BUCHAN 33\*UN 2:02.18  
 200BRS KIM A PHILLIPS 32 KM 2:52.72  
 MARY A YUSE 30 PPM 3:04.99  
 DORCAS L PHELAN 33 RVM 3:05.53  
 BARBARA BUCHAN 33\*UN 4:27.06  
 50 FLY GRACIE GODDARD 30 PP :28.58+  
 Oregon was- GRACIE GODDARD :28.58  
 LINDA G ANDRUS 33 VOT :33.24  
 KRIS STORY 30\*EM :34.62  
 CATHERINE HOELSCHER 34 LOSC :35.61  
 KIM J BOGUS 31 PPM :40.59  
 100FLY GRACIE GODDARD 30 PP 1:03.58+  
 Oregon was- GRACIE GODDARD 1:03.58  
 CATHERINE HOELSCHER 34 LOSC 1:23.63  
 100 IM KIM A PHILLIPS 32 KM 1:15.48  
 DORCAS L PHELAN 33 RVM 1:18.63  
 KIM J BOGUS 31 PPM 1:25.26  
 200 IM KIM A PHILLIPS 32 KM 2:42.49  
 MARY A YUSE 30 PPM 2:53.98  
 DORCAS L PHELAN 33 RVM 2:54.64  
 400 IM DORCAS L PHELAN 33 RVM 6:09.02

----- 35-39 WOMEN -----

50FREE ROBYN LOIS BRETT 35\*LOSC :27.99  
 BELINDA WHEELER 37 EM :29.10  
 KARIN A CLANCEY 36 LOSC :32.10  
 JACKIE DIEDRICH 35 LOSC :33.36  
 LESLIE B WINTON 35 THB :33.49  
 KRISTIN SANBURG 37\*EM :35.12  
 100FRE ROBYN LOIS BRETT 35\*LOSC 1:04.40  
 BELINDA WHEELER 37 EM 1:04.79  
 SUE M. SMITH 37 GPY 1:10.45  
 JACKIE DIEDRICH 35 LOSC 1:14.46  
 LESLIE B WINTON 35 THB 1:15.10  
 200FRE SUE M. SMITH 37 GPY 2:34.78  
 KARIN A CLANCEY 36 LOSC 2:36.46  
 ALICE D PARSONS 35 NBM 2:40.12  
 JACKIE DIEDRICH 35 LOSC 2:48.36  
 500FRE ALICE D PARSONS 35 NBM 6:58.75  
 SUE M. SMITH 37 GPY 7:07.09  
 KARIN A CLANCEY 36 LOSC 7:07.23  
 KRISTIN SANBURG 37\*EM 8:21.86

1000FR CATHERINE CHAY	35*UNM 11:49.92+	500FRE GERI MATHEWSON	41 RVM 6:52.69	1000FR BARBARA FRID	47 THB 13:13.00+
Oregon was- CATHERINE CHAY	11:49.92	SUSAN J CASE	41 THB 7:08.64	Oregon was- BARBARA FRID	13:13.00
SUE M. SMITH	37 GPY 14:24.39	JAN M PLESNER	43 UVM 7:17.07	CHARLOTTE E COWAN	49 KMS 16:15.49
ALICE D PARSONS	35 NBM 14:24.49	MARGARET LENTELL	43 MACO 7:44.84	CAROL F PETERSEN	45 CAM 20:05.96
1650FR CATHERINE CHAY	35*UNM 19:30.43+	VICTORIA FALTEN	40 MJCC 8:08.95	1650FR BARBARA FRID	47 THB 21:49.23
Oregon was- CATHERINE CHAY	19:30.43	CAROL STARK	41*PPM 8:21.96	PAMELA HIMSTREET	46 THB 24:50.53
SUE M. SMITH	37 GPY 23:48.87	SUSAN M GIRARD	41 LOSC 8:39.90	CHARLOTTE E COWAN	49 KMS 26:50.45
ALICE D PARSONS	35 NBM 24:07.79	SANDY L CROSIER	44 UVM 10:44.39	50BACK BARBARA FRID	47 THB :36.18
KRISTIN SANBURG	37*BM 28:18.36	1000FR MONIKA HUNSCHER	41 THB 14:40.79	100BAK BARBARA FRID	47 THB 1:20.09
50BACK BELINDA WHEELER	37 BM :35.61	MARGARET LENTELL	43 MACO15:54.31	50BRST BARBARA FRID	47 THB :38.71
ROBYN LOIS BRETT	35*LOSC :37.69	1650FR SUSAN J CASE	41 THB 24:40.14	200BRS PAMELA HIMSTREET	46 THB 3:15.22+
SUE M. SMITH	37 GPY :39.43	JAN M PLESNER	43 UVM 25:51.62	Oregon was- PAMELA HIMSTREET	3:15.22
LESLIE B WINTON	35 THB :42.28	MARGARET LENTELL	43 MACO26:26.01	100FLY PAMELA HIMSTREET	46 THB 1:33.55
100BAK MARJORIE MEEK	37 MACO 1:16.40	CAROL STARK	41*PPM 29:08.43	100 IM BARBARA FRID	47 THB 1:15.98
200BAK MARJORIE MEEK	37 MACO 2:43.87	50BACK SUSAN J CASE	41 THB :36.02	200 IM PAMELA HIMSTREET	46 THB 3:08.56
50BRST MARY GRILLO	35 GPY :37.03	JAN M PLESNER	43 UVM :37.94	----- 50-54 WOMEN -----	
ROBYN LOIS BRETT	35*LOSC :38.53	GERI MATHEWSON	41 RVM :40.21	50FREE SUSANNE SCHUMANN	52 EY :34.48
LESLIE B WINTON	35 THB :42.88	CAROL STARK	41*PPM :41.13	KALEO B SCHRODER	53 KLF :39.40
KARIN A CLANCEY	36 LOSC :44.25	PEGGY DAM	41 LOSC :50.09	100FRE JUANITA CORREA	54*PNA 1:05.79+
100BRS MARY GRILLO	35 GPY 1:21.48	SANDY L CROSIER	44 UVM :59.45	Oregon was- JUANITA CORREA	1:05.79
200BRS MARY GRILLO	35 GPY 2:57.44	100BAK MONIKA HUNSCHER	41 THB 1:24.85	50BACK KALEO B SCHRODER	53 KLF :49.87
50 FLY ROBYN LOIS BRETT	35*LOSC :31.45	SANDI ROUSSEAU	42 THB 1:27.10	100BAK KALEO B SCHRODER	53 KLF 1:50.00
BELINDA WHEELER	37 BM :32.72	CAROL STARK	41*PPM 1:35.71	50BRST SUSANNE SCHUMANN	52 EY :42.81+
MARY GRILLO	35 GPY :32.82	200BAK MONIKA HUNSCHER	41 THB 3:01.32	Oregon was- SUSANNE SCHUMANN	:42.81
KARIN A CLANCEY	36 LOSC :37.72	SANDI ROUSSEAU	42 THB 3:06.49	KALEO B SCHRODER	53 KLF :52.88
LESLIE B WINTON	35 THB :39.16	50BRST BARBARA HARGROVE	40 EM :40.39	100BRS SUSANNE SCHUMANN	52 EY 1:36.54
200FLY CATHERINE CHAY	35*UNM 2:35.15+	SANDI ROUSSEAU	42 THB :40.97	KALEO B SCHRODER	53 KLF 1:59.72
Oregon was- CATHERINE CHAY	2:35.15	MONIKA HUNSCHER	41 THB :43.05	200BRS SUSANNE SCHUMANN	52 EY 3:31.65
100 IM ROBYN LOIS BRETT	35*LOSC 1:13.94	PEGGY DAM	41 LOSC :44.95	50 FLY JUANITA CORREA	54*PNA :34.23+
BELINDA WHEELER	37 BM 1:14.99	YONG-SUN CHOE	43 THB :51.89	Oregon was- JUANITA CORREA	:34.23
MARY GRILLO	35 GPY 1:17.15	MARY E WATERS	43 MACO 1:22.29	100 IM SUSANNE SCHUMANN	52 EY 1:29.07
KARIN A CLANCEY	36 LOSC 1:26.52	100BRS GINGER L PIERSON	44 THB 1:18.64	KALEO B SCHRODER	53 KLF 1:48.72
LESLIE B WINTON	35 THB 1:27.33	PEGGY DAM	41 LOSC 1:43.95	200 IM SUSANNE SCHUMANN	52 EY 3:16.58
KRISTIN SANBURG	37*BM 1:34.16	MARY E WATERS	43 MACO 2:57.73	----- 55-59 WOMEN -----	
200 IM CATHERINE CHAY	35*UNM 2:31.17	200BRS GINGER L PIERSON	44 THB 2:54.93	50FREE BEVERLY A DIRKSEN	58 UVM :37.13
MARJORIE MEEK	37 MACO 2:44.03	YONG-SUN CHOE	43 THB 4:17.89	100FRE BEVERLY UNDERWOOD	55 UVM 1:59.38
400 IM CATHERINE CHAY	35*UNM 5:18.69+	50 FLY SANDI ROUSSEAU	42 THB :32.30	200FRE BEVERLY A DIRKSEN	58 UVM 3:14.49
Oregon was- CATHERINE CHAY	5:18.69	JAN M PLESNER	43 UVM :35.01	MARIANNE VANDIJK	57 RVM 4:20.10
----- 40-44 WOMEN -----		MARGARET LENTELL	43 MACO :42.03	500FRE BEVERLY A DIRKSEN	58 UVM 8:57.25
50FREE SUSAN J CASE	41 THB :30.15	YONG-SUN CHOE	43 THB 1:01.82	50BACK BEVERLY A DIRKSEN	58 UVM :50.97
GERI MATHEWSON	41 RVM :30.26	100FLY BARBARA HARGROVE	40 EM 1:16.88	MARIANNE VANDIJK	57 RVM :51.89
JAN M PLESNER	43 UVM :30.98	GINGER L PIERSON	44 THB 1:17.63	100BAK MARIANNE VANDIJK	57 RVM 1:56.42
PEGGY DAM	41 LOSC :35.22	200FLY GINGER L PIERSON	44 THB 2:52.49	BEVERLY UNDERWOOD	55 UVM 2:05.40
YONG-SUN CHOE	43 THB :49.02	100 IM BARBARA HARGROVE	40 EM 1:13.96	200BAK MARIANNE VANDIJK	57 RVM 4:05.03
SANDY L CROSIER	44 UVM :50.94	GINGER L PIERSON	44 THB 1:14.28	50BRST BEVERLY UNDERWOOD	55 UVM 1:03.92
100FRE SANDI ROUSSEAU	42 THB 1:08.79	YONG-SUN CHOE	43 THB 2:03.53	50 FLY MARIANNE VANDIJK	57 RVM 1:05.64
JAN M PLESNER	43 UVM 1:08.96	SANDY L CROSIER	44 UVM 2:13.10	BEVERLY UNDERWOOD	55 UVM 1:07.02
PEGGY DAM	41 LOSC 1:24.54	200 IM BARBARA HARGROVE	40 EM 2:48.39	200 IM BEVERLY UNDERWOOD	55 UVM 4:38.82
SUSAN M GIRARD	41 LOSC 1:28.68	GINGER L PIERSON	44 THB 2:49.57	400 IM BEVERLY UNDERWOOD	55 UVM 9:40.60
MARY E WATERS	43 MACO 2:32.58	MONIKA HUNSCHER	41 THB 2:58.16	----- 60-64 WOMEN -----	
200FRE GERI MATHEWSON	41 RVM 2:30.44	400 IM SUSAN J CASE	41 THB 6:10.79	50FREE KATHLEEN A HUGHES	63 THB :44.25
SUSAN J CASE	41 THB 2:39.68	SANDI ROUSSEAU	42 THB 6:32.37	100FRE KATHLEEN A HUGHES	63 THB 1:45.29
MARGARET LENTELL	43 MACO 2:55.76	----- 45-49 WOMEN -----		200FRE KATHLEEN A HUGHES	63 THB 3:57.46
VICTORIA FALTEN	40 MJCC 2:56.09	100FRE PAMELA HIMSTREET	46 THB 1:14.59	50BACK KATHLEEN A HUGHES	63 THB 1:02.87
SUSAN M GIRARD	41 LOSC 3:13.74	CHARLOTTE E COWAN	49 KMS 1:19.68	100BRS JOYCE BAHLER	60 MACO 1:45.53
SANDY L CROSIER	44 UVM 4:09.75	200FRE PAMELA HIMSTREET	46 THB 2:45.73	200BRS JOYCE BAHLER	60 MACO 3:42.73
		CHARLOTTE E COWAN	49 KMS 2:56.68	100 IM JOYCE BAHLER	60 MACO 1:40.22
		500FRE CHARLOTTE E COWAN	49 KMS 7:47.59		

65-69 WOMEN			25-29 MEN			100FRE STEPHEN F HARGER			30 PPM :54.29
50FREE PETEY MH. SMITH	65 NEWP	:33.16+	50FREE RICK A. RODRIGUEZ	27 EY	:23.40	MICHAEL REINHARD	30 RVM	:54.73	
Oregon was- PETEY MH. SMITH		:33.16	JIM RABE	29 LO SC	:23.49	ANDY SCHRAG	33 VOT	:55.45	
PAULINE B STANGEL	68 ALB	:40.68+	BILL KLINE	28*PAC	:24.84	MARK KIRK	30 LB	:55.77	
Oregon was- PETEY MH. SMITH		:33.16	BRAD G LONG	27 UVM	:25.23	ARLYN SCHAUFLE	30*EM	:57.45	
100FRE PETEY MH. SMITH	65 NEWP	1:13.47+	TYLER COLE	29 PPM	:26.47	JIM BUTLER	32*	:57.92	
Oregon was- PETEY MH. SMITH		1:13.47	BERNARDO TUNS	29*VMS	1:08.43	JONATHAN D ISTOK	34 UN	1:00.68	
500FRE PAULINE B STANGEL	68 ALB	9:12.86+	100FRE RICK A. RODRIGUEZ	27 EY	:52.20	MICHAEL J BAIRD	33 CAM	1:01.48	
Oregon was- PAULINE B STANGEL		9:12.86	BILL KLINE	28*PAC	:56.60	ANDY PORTER	34 LO SC	1:19.46	
1650FR PETEY MH. SMITH	65 NEWP	25:01.98+	BRAD G LONG	27 UVM	:58.56	200FRE STEPHEN F HARGER	30 PPM	2:02.38	
Oregon was- PETEY MH. SMITH		25:01.98	MIKE D PHILLIPS	29 ALB	:58.90	MICHAEL REINHARD	30 RVM	2:06.36	
ELFIE J STEVENIN	68 THB	44:34.50	BERNARDO TUNS	29*VMS	:59.25	ANDY PORTER	34 LO SC	2:52.05	
50BACK PETEY MH. SMITH	65 NEWP	:45.68	TYLER COLE	29 PPM	:59.49	500FRE MICHAEL E JOHNSON	30 CA	5:25.60	
ELFIE J. STEVENIN	68 THB	1:09.07	KEVIN MCCLUSKEY	28 UN	1:01.04	JOHN F ZELL	33 PPM	5:35.03	
100BRS PAULINE B STANGEL	68 ALB	1:55.99	CHRISTOPHER HULL	27*EY	1:03.59	MICHAEL J BAIRD	33 CAM	5:44.48	
200BRS ELFIE J STEVENIN	68 THB	6:51.26	200FRE RICK A. RODRIGUEZ	27 EY	1:56.13	STEPHEN F HARGER	30 PPM	5:57.41	
100FLY ELFIE J STEVENIN	68 THB	2:48.88+	JIM RABE	29 LO SC	1:56.95	MICHAEL REINHARD	30 RVM	6:07.53	
Oregon was- ELFIE J STEVENIN		2:48.88	JOHN L NAGEL	28 EM	2:07.80	1000FR JOHN F ZELL	33 PPM	11:31.40+	
100 IM PETEY MH. SMITH	65 NEWP	1:35.96+	MIKE D PHILLIPS	29 ALB	2:10.18	Oregon was- JOHN F ZELL		11:31.40	
Oregon was- PETEY MH. SMITH		1:35.96	BRAD G LONG	27 UVM	2:25.15	MICHAEL E JOHNSON	30 CA	11:45.14	
PAULINE B STANGEL	68 ALB	1:58.33	500FRE JIM RABE	29 LO SC	5:29.59	MICHAEL J BAIRD	33 CAM	11:53.30	
ELFIE J STEVENIN	68 THB	2:42.31	RICK A. RODRIGUEZ	27 EY	5:37.06	JIM BUTLER	32*	14:12.45	
200 IM PETEY MH. SMITH	65 NEWP	3:33.50+	MIKE D PHILLIPS	29 ALB	5:51.52	1650FR MICHAEL E JOHNSON	30 CA	19:21.40	
Oregon was- PETEY MH. SMITH		3:33.50	1000FR MIKE D PHILLIPS	29 ALB	12:12.62	MICHAEL J BAIRD	33 CAM	19:59.39	
400 IM ELFIE J STEVENIN	68 THB	11:32.14+	CHRISTOPHER HULL	27*EY	14:28.72	STEPHEN F HARGER	30 PPM	20:29.43	
Oregon was- ELFIE J STEVENIN		11:32.14	1650FR JOHN L NAGEL	28 EM	21:30.49	JIM BUTLER	32*	24:27.76	
70-74 WOMEN			50BACK JIM RABE	29 LO SC	:29.64	100BAK JOHN F ZELL	33 PPM	1:02.58	
50FREE ADA HEBERT	74 CAM	:55.68	BILL KLINE	28*PAC	:30.35	DAVID M COBB	30 PPM	1:06.78	
100FRE ADA HEBERT	74 CAM	2:05.61	BRAD G LONG	27 UVM	:32.45	MARK KIRK	30 LB	1:10.30	
500FRE HELENA W HOFFMAN	74 THB	12:09.56	100BAK RICK A. RODRIGUEZ	27 EY	1:02.31	200BAK JOHN F ZELL	33 PPM	2:18.61	
50BACK ADA HEBERT	74 CAM	1:07.30	BILL KLINE	28*PAC	1:07.81	50BRST DAVID M COBB	30 PPM	:31.39	
200BAK HELENA W HOFFMAN	74 THB	6:32.03	200BAK BILL KLINE	28*PAC	2:30.61	ARLYN SCHAUFLE	30*EM	:32.21	
100BRS HELENA W HOFFMAN	74 THB	2:59.81+	BRAD G LONG	27 UVM	2:51.20	ANDY SCHRAG	33 VOT	:33.14	
Oregon was- HELENA W HOFFMAN		2:59.81	50BRST TYLER COLE	29 PPM	:37.48	SCOTT CAMPBELL	33 EM	:39.86	
200BRS HELENA W HOFFMAN	74 THB	6:09.09+	100BRS MARK P FRIEDLEY	25 LO SC	1:03.85	100BRS DAVID M COBB	30 PPM	1:09.11	
Oregon was- HELENA W HOFFMAN		6:09.09	200BRS MARK P FRIEDLEY	25 LO SC	2:19.09	ARLYN SCHAUFLE	30*EM	1:12.23	
50 FLY HELENA W HOFFMAN	74 THB	1:24.11	JOHN L NAGEL	28 EM	2:57.46	SCOTT CAMPBELL	33 EM	1:22.38	
100 IM HELENA W HOFFMAN	74 THB	2:52.22	50 FLY MIKE D PHILLIPS	29 ALB	:30.99	200BRS DAVID M COBB	30 PPM	2:35.41	
19-24 MEN			BERNARDO TUNS	29*VMS	:31.80	ARLYN SCHAUFLE	30*EM	2:45.76	
50FREE KEVIN T SHIELDS	22 EM	:24.21	KEVIN MCCLUSKEY	28 UN	:32.66	SCOTT CAMPBELL	33 EM	2:56.84	
STEVE REINMUTH	24*EY	:28.88	100FLY MARK P FRIEDLEY	25 LO SC	:56.62	50 FLY MICHAEL REINHARD	30 RVM	:27.92	
100FRE KEVIN T SHIELDS	22 EM	:53.53	CHRISTOPHER HULL	27*EY	1:19.66	ANDY SCHRAG	33 VOT	:30.08	
STEVE REINMUTH	24*EY	1:09.98	100 IM MARK P FRIEDLEY	25 LO SC	:58.37	100FLY JOHN F ZELL	33 PPM	1:03.02	
500FRE STEVE REINMUTH	24*EY	6:20.00	RICK A. RODRIGUEZ	27 EY	:59.71	200FLY ANDY SCHRAG	33 VOT	2:36.30	
1000FR STEVE REINMUTH	24*EY	13:01.36	JIM RABE	29 LO SC	1:05.16	100 IM MICHAEL REINHARD	30 RVM	1:05.33	
1650FR STEVE REINMUTH	24*EY	21:32.14	MIKE D PHILLIPS	29 ALB	1:09.24	200 IM STEPHEN F HARGER	30 PPM	2:23.27	
100BAK ERIK ROOKHUIJZEN	24 VMS	1:03.52	TYLER COLE	29 PPM	1:13.23	DAVID M COBB	30 PPM	2:26.48	
200BAK ERIK ROOKHUIJZEN	24 VMS	2:14.74+	200 IM BRAD G LONG	27 UVM	2:49.80	400 IM JOHN F ZELL	33 PPM	4:59.32	
Oregon was- ERIK ROOKHUIJZEN		2:14.74	400 IM JOHN L NAGEL	28 EM	5:36.91	DAVID M COBB	30 PPM	5:14.35	
30-34 MEN			35-39 MEN						
50BRST KEVIN T SHIELDS	22 EM	:35.05	50FREE MICHAEL REINHARD	30 RVM	:24.19	50FREE DAVID W YEAKEL	36 CA	:24.42	
100BRS ERIK ROOKHUIJZEN	24 VMS	1:08.37	STEPHEN F HARGER	30 PPM	:24.21	MICHAEL L PENDLETON	38 UN	:24.94	
200BRS ERIK ROOKHUIJZEN	24 VMS	2:28.36	MARK KIRK	30 LB	:25.38	DOUGLAS R SMITH	39*EM	:25.14	
50 FLY KEVIN T SHIELDS	22 EM	:27.98	ARLYN SCHAUFLE	30*EM	:25.95	GARY HAFER	39 VOT	:25.58	
100 IM KEVIN T SHIELDS	22 EM	1:08.04				GARY N BECKLEY	39 PPM	:27.65	
200 IM ERIK ROOKHUIJZEN	24 VMS	2:13.99				BRUCE CATTER	35*UVM	:27.97	
400 IM ERIK ROOKHUIJZEN	24 VMS	4:43.65							

100FRE MICHAEL L PENDLETON 38 UN :53.40	200 IM ROY H CLARK 36 EM 2:09.37	500FRE STEVE M JOHNSON 42 UOM 5:15.96+
DAVID W YEAKEL 36 CA :54.90	DANIEL P JOHNSON 36 THB 2:26.67	Oregon was- STEVE M JOHNSON 5:15.96
DOUGLAS R SMITH 39*EM :55.28	PAUL CONVERSE 38 CAM 2:31.59	VERNON DASCH 40 THB 5:25.76
GREG SOUTHWELL 37 UN 1:02.21	SAT G S KHALSA 35 EUG 2:38.69	GORDON GALLIC 41 EY 5:39.16
GARY HAFER 39 VOT 1:03.31	GARY N BECKLEY 39 PPM 2:39.98	TERRY STEGNER 44*UN 6:25.40
MICHAEL A GRANT 38 GPY 1:03.38	MICHAEL A GRANT 38 GPY 2:47.94	DANIEL R GRAY 44 RVM 6:35.55
CHRIS ROBINSON 37*RVM 1:03.73	GREG SOUTHWELL 37 UN 2:48.93	RON E JERSEY 41 GPY 6:53.84
CRAIG S MATHER 38 RVM 1:06.41	400 IM DANIEL P JOHNSON 36 THB 5:10.45	EMERSON FISHER 41 LOSC 7:00.54
PAUL REILLY 37 EM 1:12.78	CHRISTOPHER MECCA 38 GPY 5:36.76	1000FR STEVEN L DURAPAU 40 LOSC11:21.86
200FRE GARY N BECKLEY 39 PPM 2:21.37	PAUL CONVERSE 38 CAM 5:48.32	STEPHEN H WARNER 41 NCSC11:48.27
PAUL REILLY 37 EM 2:48.96	GARY N BECKLEY 39 PPM 5:56.69	TERRY STEGNER 44*UN 13:12.28
500FRE CHRISTOPHER MECCA 38 GPY 6:03.25	MICHAEL A GRANT 38 GPY 6:12.32	L BUZ CARRIKER 42 MHM 13:25.69
MICHAEL A GRANT 38 GPY 6:31.25	----- 40-44 MEN -----	STEVEN J SIMPSON 44 EM 13:32.11
PAUL REILLY 37 EM 7:40.01	50FREE VERNON DASCH 40 THB :24.51	RON E JERSEY 41 GPY 14:05.18
1000FR CHRISTOPHER MECCA 38 GPY 12:25.16	JON D STOUT 43 CHM :25.07	FRANK KENNEDY 44*GPY 14:52.46
DANIEL P JOHNSON 36 THB 12:42.33	MIKE T DIRKSEN 40 BOH :25.45	HARLAN B HAYNIE 41 PRKR15:19.65
CRAIG S MATHER 38 RVM 13:36.62	JED P CRONIN 41 THB :25.59	TED HOLDEN 42 RVM 15:22.84
1650FR DAVID P TEMPEST 39 DAC 19:38.71	RICHARD J SMITH 40 GPY :25.73	1650FR STEVE M JOHNSON 42 UOM 18:42.28
CHRISTOPHER MECCA 38 GPY 21:13.55	GREG FROWNELTER 41 RVM :26.59	STEVEN L DURAPAU 40 LOSC18:48.63
SAT G S KHALSA 35 EUG 21:51.27	KENNETH D REEVE 42*EM :26.82	MIKE T DIRKSEN 40 BOH 20:01.61
CRAIG S MATHER 38 RVM 22:34.38	TERRY STEGNER 44*UN :28.19	TERRY STEGNER 44*UN 22:09.95
K C MCDOUGLE 36*EM 23:06.09	FRANK KENNEDY 44*GPY :28.55	DANIEL R GRAY 44 RVM 22:13.06
PAUL REILLY 37 EM 25:44.26	STEVEN J SIMPSON 44 EM :28.75	L BUZ CARRIKER 42 MHM 22:28.69
50BACK GARY HAFER 39 VOT :28.63	RON E JERSEY 41 GPY :29.72	STEVEN J SIMPSON 44 EM 22:56.36
DAVID W YEAKEL 36 CA :31.29	EMERSON FISHER 41 LOSC :30.79	RON E JERSEY 41 GPY 23:55.41
100BAK GARY HAFER 39 VOT 1:00.96	MARK FLINT 44 RVM :35.11	HARLAN B HAYNIE 41 PRKR25:55.53
DAVID P TEMPEST 39 DAC 1:05.91	100FRE STEPHEN H WARNER 41 NCSC :54.47	STEVE J EARP 42 EM 31:53.32
200BAK GARY HAFER 39 VOT 2:19.67	JON D STOUT 43 CHM :56.04	50BACK JON D STOUT 43 CHM :29.45
DAVID P TEMPEST 39 DAC 2:20.36	KEITH MARSHALL 42 MHM :57.04	RICHARD J SMITH 40 GPY :33.24
DANIEL P JOHNSON 36 THB 2:40.66	GORDON GALLIC 41 EY :57.78	MARK FLINT 44 RVM :45.63
GARY N BECKLEY 39 PPM 2:58.74	JED P CRONIN 41 THB :58.79	100BAK RICHARD J SMITH 40 GPY 1:13.58
50BRST ROY H CLARK 36 EM :28.38+	RICHARD J SMITH 40 GPY :59.17	MARK FLINT 44 RVM 1:36.76
Oregon was- ROY H CLARK :28.38	TODD WIRTZ 40* 1:00.57	200BAK GREG FROWNELTER 41 RVM 2:46.57
DANIEL P JOHNSON 36 THB :33.14	L BUZ CARRIKER 42 MHM 1:01.20	50BRST ALLEN L STARK 41 PPM :30.32
GREG SOUTHWELL 37 UN :34.92	TERRY STEGNER 44*UN 1:01.81	BILL H MUSSER 40 EM :30.50
CHRIS ROBINSON 37*RVM :40.83	ANTHONY J BAUCUM 40 EY 1:02.27	KEITH MARSHALL 42 MHM :33.38
100BRS ROY H CLARK 36 EM 1:02.77+	DANIEL R GRAY 44 RVM 1:02.43	STEVEN J SIMPSON 44 EM :34.55
Oregon was- ROY H CLARK 1:02.77	KENNETH D REEVE 42*EM 1:02.46	TED HOLDEN 42 RVM :36.99
MICHAEL A GRANT 38 GPY 1:23.12	RON E JERSEY 41 GPY 1:05.74	FRANK KENNEDY 44*GPY :38.94
50 FLY DOUGLAS R SMITH 39*EM :26.85	EMERSON FISHER 41 LOSC 1:08.14	100BRS ALLEN L STARK 41 PPM 1:06.86
MICHAEL L PENDLETON 38 UN :27.09	TED HOLDEN 42 RVM 1:08.91	STEVEN J SIMPSON 44 EM 1:13.41
DAVID W YEAKEL 36 CA :27.22	HARLAN B HAYNIE 41 PRKR 1:09.61	TED HOLDEN 42 RVM 1:23.32
PAUL CONVERSE 38 CAM :28.85	STEVE J EARP 42 EM 1:16.09	200BRS MIKE T DIRKSEN 40 BOH 2:26.71
BRUCE CATTER 35*UVM :31.65	200FRE VERNON DASCH 40 THB 1:57.14	ALLEN L STARK 41 PPM 2:29.13
GREG SOUTHWELL 37 UN :32.29	STEPHEN H WARNER 41 NCSC 2:03.53	STEVEN J SIMPSON 44 EM 2:43.76
CHRIS ROBINSON 37*RVM :34.50	GORDON GALLIC 41 EY 2:05.71	TED HOLDEN 42 RVM 3:06.45
100FLY DOUGLAS R SMITH 39*EM 1:02.07	JED P CRONIN 41 THB 2:12.52	50 FLY MIKE T DIRKSEN 40 BOH :26.17
CHRISTOPHER MECCA 38 GPY 1:05.33	RICHARD J SMITH 40 GPY 2:13.75	STEPHEN H WARNER 41 NCSC :26.93
GARY N BECKLEY 39 PPM 1:18.61	DANIEL R GRAY 44 RVM 2:21.54	BILL H MUSSER 40 EM :27.04
200FLY DANIEL P JOHNSON 36 THB 2:39.02	L BUZ CARRIKER 42 MHM 2:23.00	JED P CRONIN 41 THB :27.98
CHRISTOPHER MECCA 38 GPY 2:43.66	RON E JERSEY 41 GPY 2:26.68	GORDON GALLIC 41 EY :28.55
100 IM ROY H CLARK 36 EM :57.96	EMERSON FISHER 41 LOSC 2:30.91	FRANK KENNEDY 44*GPY :29.83
DAVID W YEAKEL 36 CA 1:02.89		DANIEL R GRAY 44 RVM :30.49
DOUGLAS R SMITH 39*EM 1:03.86		GREG FROWNELTER 41 RVM :30.80
SAT G S KHALSA 35 EUG 1:09.15		ANTHONY J BAUCUM 40 EY :31.70

100FLY STEPHEN H WARNER 41 NCSC 1:00.69  
 GORDON GALLIC 41 EY 1:02.82  
 JED P CROWIN 41 THB 1:05.26  
 DANIEL R GRAY 44 RVM 1:13.37  
 ANTHONY J BAUCUM 40 EY 1:20.83  
 200FLY STEVE M JOHNSON 42 UOM 2:18.09+  
 Oregon was- STEVE M JOHNSON 2:18.09  
 100 IM JON D STOUT 43 CHM 1:04.66  
 GREG FROWNELTER 41 RVM 1:08.53  
 KENNETH D REEVE 42\*EM 1:09.06  
 RICHARD J SMITH 40 GPY 1:16.03  
 ANTHONY J BAUCUM 40 EY 1:16.24  
 FRANK KENNEDY 44\*GPY 1:16.59  
 MARK FLINT 44 RVM 1:35.05  
 200 IM MIKE T DIRKSEN 40 BOH 2:14.74  
 ALLEN L STARK 41 PPM 2:28.77  
 GREG FROWNELTER 41 RVM 2:37.38  
 L BUZ CARRIKER 42 MNM 2:52.08  
 400 IM STEVEN L DURAPAU 40 LOSC 5:04.11  
 GREG FROWNELTER 41 RVM 5:34.07  
 L BUZ CARRIKER 42 MNM 6:05.74  
 ANTHONY J BAUCUM 40 EY 6:33.24

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

50FREE ROBERT S SMITH 46 LOSC :23.30  
 DICK MOODY 49\*EM :28.11  
 GLEN R SWEENEY 45 CA :28.72  
 JEFF TURAY 48 SHNC :28.97  
 TUCKER WHITSON 45 RVM :29.51  
 ROY L WATTERS 46 THB :29.88  
 100FRE ROBERT S SMITH 46 LOSC :51.96+  
 Oregon was- ROBERT S SMITH :51.96  
 DAVID FILER 47 PP 1:02.50  
 JEFF TURAY 48 SHNC 1:03.67  
 TUCKER WHITSON 45 RVM 1:07.69  
 DICK MOODY 49\*EM 1:07.94  
 200FRE JEFF TURAY 48 SHNC 2:24.89  
 RALPH MOHR 48 NBM 2:32.33  
 ROY L WATTERS 46 THB 2:33.77  
 500FRE ROBERT S SMITH 46 LOSC 6:03.43  
 KEITH A FINZER 45 PPM 6:29.76  
 JEFF TURAY 48 SHNC 6:30.86  
 RALPH MOHR 48 NBM 6:45.80  
 1000FR DALE G VAUGHAN 45 THB 12:57.77  
 JEFF TURAY 48 SHNC13:45.29  
 DONALD J KUYPER 46 UVM 22:38.68  
 1650FR DALE G VAUGHAN 45 THB 21:47.11  
 DONALD J KUYPER 46 UVM 39:15.25  
 50BACK ROBERT S SMITH 46 LOSC :26.31+  
 Oregon was- ROBERT S SMITH :26.31  
 TUCKER WHITSON 45 RVM :35.01  
 ROY L WATTERS 46 THB :37.49  
 100BAK ROBERT S SMITH 46 LOSC :59.40+  
 Oregon was- ROBERT S SMITH :59.40  
 TUCKER WHITSON 45 RVM 1:18.19  
 ROY L WATTERS 46 THB 1:23.89  
 200BAK ROY L WATTERS 46 THB 3:10.82  
 50BRST DALE G VAUGHAN 45 THB :33.34  
 DAVID FILER 47 PP :36.10  
 KEITH A FINZER 45 PPM :37.13

50 FLY KEITH A FINZER 45 PPM :32.93  
 DONALD J KUYPER 46 UVM :39.30  
 100FLY RALPH MOHR 48 NBM 1:13.91  
 KEITH A FINZER 45 PPM 1:18.30  
 200FLY DONALD J KUYPER 46 UVM 3:43.73  
 100 IM ROBERT S SMITH 46 LOSC :59.52  
 200 IM DALE G VAUGHAN 45 THB 2:39.87  
 KEITH A FINZER 45 PPM 2:45.24  
 DAVID FILER 47 PP 2:51.28  
 DONALD J KUYPER 46 UVM 3:22.06  
 400 IM KEITH A FINZER 45 PPM 5:52.86  
 DONALD J KUYPER 46 UVM 7:11.46

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

50FREE JOE L GAMBLIN 54 ALB :32.33  
 100FRE CHRIS L HIATT 50 EM 1:00.42+  
 Oregon was- CHRIS L HIATT 1:00.42  
 NICK STEFFANOFF 51 PPM 1:29.56  
 500FRE JOE L GAMBLIN 54 ALB 8:08.19  
 1000FR NICK STEFFANOFF 51 PPM 18:36.38  
 50BACK TOM FANNING 50 PKRS :31.76  
 CHRIS L HIATT 50 EM :32.18  
 100BAK TOM FANNING 50 PKRS 1:10.05+  
 Oregon was- TOM FANNING 1:10.05  
 CHRIS L HIATT 50 EM 1:11.13+  
 Oregon was- TOM FANNING 1:10.05  
 200BAK TOM FANNING 50 PKRS 2:39.25  
 100BRS TOM FANNING 50 PKRS 1:15.77  
 JOE L GAMBLIN 54 ALB 1:35.50  
 200BRS TOM FANNING 50 PKRS 2:46.37+  
 Oregon was- TOM FANNING 2:46.37  
 100PLY BERT L PETERSEN 51 PKRS 1:04.95+  
 Oregon was- BERT L PETERSEN 1:04.95  
 100 IM CHRIS L HIATT 50 EM 1:09.03  
 400 IM TOM FANNING 50 PKRS :52.84+  
 Oregon was- TOM FANNING :52.84

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

50FREE LEO J VANDIJK 57 RVM :29.58  
 DAVID F PUTNAM 58 UVM :32.47  
 100FRE LEO J VANDIJK 57 RVM 1:09.34  
 DAVID F PUTNAM 58 UVM 1:13.99  
 200FRE LEO J VANDIJK 57 RVM 2:37.70  
 DAVID F PUTNAM 58 UVM 2:41.46  
 500FRE LEO J VANDIJK 57 RVM 7:09.79  
 DAVID F PUTNAM 58 UVM 7:30.48  
 1000FR DAVID F PUTNAM 58 UVM 15:40.58  
 50BACK LEO J VANDIJK 57 RVM :40.15  
 50 FLY LEO J VANDIJK 57 RVM :36.53

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

50FREE ERIC GP. GUEST 60 MNM :28.84  
 100FRE ERIC GP. GUEST 60 MNM 1:07.24+  
 Oregon was- ERIC GP. GUEST 1:07.24  
 200FRE ERIC GP. GUEST 60 MNM 2:40.64  
 500FRE ERIC GP. GUEST 60 MNM 7:25.33  
 1650FR ERIC GP. GUEST 60 MNM 26:02.26  
 50BRST DONALD P VANROSSEN 60 UOM :34.31+  
 Oregon was- DONALD P VANROSSEN :34.31  
 100BRS DONALD P VANROSSEN 60 UOM 1:18.79+  
 Oregon was- DONALD P VANROSSEN 1:18.79

200BRS DONALD P VANROSSEN 60 UOM 2:56.85+  
 Oregon was- DONALD P VANROSSEN 2:56.85  
 50 FLY ERIC GP. GUEST 60 MNM :33.22

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

50FREE GILBERT N YOUNG 67 MNM :33.96  
 JOSEPH A MALLON 68 MNM :46.61  
 100FRE GILBERT N YOUNG 67 MNM 1:17.45  
 JOSEPH A MALLON 68 MNM 1:43.03  
 200FRE GILBERT N YOUNG 67 MNM 2:56.17  
 KHOSROW SHADBEH 68 MNM 3:48.12  
 JOSEPH A MALLON 68 MNM 3:53.78  
 500FRE JOSEPH A MALLON 68 MNM 10:26.29  
 1000FR GILBERT N YOUNG 67 MNM 16:16.27  
 JOSEPH A MALLON 68 MNM 20:54.72  
 DAVID BERNSTEIN 68 MNM 21:32.83  
 1650FR GILBERT N YOUNG 67 MNM 26:59.50  
 JOSEPH A MALLON 68 MNM 34:35.04  
 DAVID BERNSTEIN 68 MNM 35:49.64  
 50BACK EARL WALTER 68 THB :39.94  
 100BAK EARL WALTER 68 THB 1:28.55  
 GILBERT N YOUNG 67 MNM 1:34.41  
 KHOSROW SHADBEH 68 MNM 1:49.89  
 DAVID BERNSTEIN 68 MNM 1:56.56  
 200BAK EARL WALTER 68 THB 3:28.35  
 DAVID BERNSTEIN 68 MNM 4:06.87  
 50BRST ROBERT A MORRISON 68 VMS :37.84  
 KHOSROW SHADBEH 68 MNM :45.78  
 DAVID BERNSTEIN 68 MNM :55.40  
 100BRS ROBERT A MORRISON 68 VMS 1:31.48  
 200BRS ROBERT A MORRISON 68 VMS 3:38.34  
 KHOSROW SHADBEH 68 MNM 3:38.46  
 50 FLY ROBERT A MORRISON 68 VMS :36.48  
 100 IM EARL WALTER 68 THB 1:31.34  
 KHOSROW SHADBEH 68 MNM 1:45.26  
 200 IM EARL WALTER 68 THB 3:24.79  
 400 IM EARL WALTER 68 THB 7:23.29

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

50FREE ALLAN DELAY 74 PPM :34.32  
 GEORGE KIMURA 70 PPM :40.78  
 100FRE FORBES J MACK 71 THB 1:14.89+  
 Oregon was- FORBES J MACK 1:14.89  
 GEORGE KIMURA 70 PPM 1:40.50  
 MEL W ANDERSON 72 VMS 1:40.75  
 50BACK ALLAN DELAY 74 PPM :47.75  
 GEORGE KIMURA 70 PPM 1:10.73  
 50BRST FORBES J MACK 71 THB :42.13  
 GEORGE KIMURA 70 PPM :57.79  
 MEL W ANDERSON 72 VMS 1:03.21  
 100BRS FORBES J MACK 71 THB 1:36.85  
 200BRS FORBES J MACK 71 THB 3:43.13  
 50 FLY FORBES J MACK 71 THB :46.90  
 MEL W ANDERSON 72 VMS 1:05.65  
 100 IM FORBES J MACK 71 THB 1:31.11  
 200 IM MEL W ANDERSON 72 VMS 4:36.85

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

50FREE SYD C HENDY 76 THB :39.18  
 100FRE SYD C HENDY 76 THB 1:31.20  
 200FRE SYD C HENDY 76 THB 3:23.88  
 1000FR JOE D RUDDLEY 75 UVM 21:01.37

"MT. HOOD MASTERS LONG COURSE MEET"

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED (#90-H) 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: MT HOOD MASTERS LONG COURSE MEET

PLACE: Mt. Hood Community College Pool

Gresham, Oregon

8 lane outdoor 50 meter pool

electronic timing

indoor 25 yard warm-up pool

HOST: Mt. Hood Masters

Meet Director: Eric Guest

503-668-4465 Home

DATE: JULY 21-22, 1990

WARM-UPS: SATURDAY 21st 8:00 AM

SUNDAY 22nd 8:00 AM

MEET STARTS: SATURDAY 21st 9:00 AM

SUNDAY 22nd 9:00 AM

DIRECTIONS TO POOL: Travel west on I-84, take Wood Village exit. Go south on 238th Ave - you will go up a long steep hill - continue south on 242nd to Stark Street. Turn left on Stark and go east to 257th then turn right and go south on 257th and look for signs to Aquatic Center.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 7-10-90 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 \_\_\_\_\_ TEAM: \_\_\_\_\_

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

RELAY AGE GROUPS: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

You are limited to a maximum of 6 individual events and 4 relays. Enter relays at the meet. The 400 I.M. & 400 Free will be deckseeded and all events will be seeded fast to slow.

SATURDAY JULY 21 (MT. HOOD)

SUNDAY JULY 22

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

100 BACK (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

200 BREAST (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

FREE RELAY (2) XXXXXXXXXXXXXXXX

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

200 FLY (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MEDLEY RELAY (13) XXXXXXXXXXXXXXXX

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

BREAK BREAK BREAK BREAK

50 BREAST (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FLY (14) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FREE (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BACK (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BERAK BREAK BREAK BREAK

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

MIXED FR RELAY (7) XXXXXXXXXXXXXXXX

200 FREE (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

MXD MEDLEY RELAY (18) XXXXXXXXXXXXXXXX

50 FLY (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

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

The undersigned participant intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Program or any activities incident thereto against United States Masters Swimming Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$ .00 Send form(s) and fee(s) payable to OMS to:

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

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

1650PR JOE D RUDDLEY	75 UVM 34:40.10	400 IM JOE D RUDDLEY	75 UVM 10:28.32+	200BRS HERB EISENSCHMIDT	83 THB 4:50.49+
50BACK SYD C HENDY	76 THB :47.06	Oregon was- JOE D RUDDLEY	10:28.32	Oregon was- HERB EISENSCHMIDT	4:50.49
100BAK SYD C HENDY	76 THB 1:47.91	----- 80-84 MEN -----		50 FLY HERB EISENSCHMIDT	83 THB 1:01.17
200BAK SYD C HENDY	76 THB 3:55.17	100FRE JACK HOEY	80 PPM 1:44.10	JACK HOEY	80 PPM 1:07.40
JOE D RUDDLEY	75 UVM 5:01.14	100BAK JACK HOEY	80 PPM 1:53.00	100FLY HERB EISENSCHMIDT	83 THB 2:16.92+
200FLY JOE D RUDDLEY	75 UVM 5:57.46+	200BAK JACK HOEY	80 PPM 3:47.41	Oregon was- HERB EISENSCHMIDT	2:16.92
Oregon was- JOE D RUDDLEY	5:57.46	50BRST HERB EISENSCHMIDT	83 THB :58.43	200FLY HERB EISENSCHMIDT	83 THB 4:55.56+
200 IM JOE D RUDDLEY	75 UVM 4:57.31+	100BRS HERB EISENSCHMIDT	83 THB 2:15.52+	Oregon was- HERB EISENSCHMIDT	4:55.56
Oregon was- JOE D RUDDLEY	4:57.31	Oregon was- HERB EISENSCHMIDT	2:15.52		

### AWARDS PRESENTED AT EUGENE CHAMPIONSHIPS

IN ADDITION TO THE ALL AMERICA CERTIFICATES, TOP TEN PATCHES, AND OUTSTANDING SWIMMER AWARDS, THREE ADDITIONAL ANNUAL AWARDS WERE PRESENTED DURING CEREMONIES AT THE EUGENE MEET.

PAM HIMSTREET, VICE CHAIR, PRESENTED THE OL' BARN AWARD, AND THE SPIRIT OF OREGON MASTERS TO THREE VERY DESERVING PEOPLE ...

OL' BARN AWARD ... GOES TO ... BARBARA FRID ...

NO ONE IS MORE DESERVING OF THIS AWARD, THAN THIS LADY !

BARBARA AT 47 IS AN OLD HAND IN MASTERS SWIMMING IN MORE THAN ONE WAY. OREGON WAS VERY FORTUNATE WHEN THE FRID FAMIULY MOVED TO OREGON MANY MANY YEARS AGO. SINCE THAT TIME BARBARA HAS BEEN A CONSTANT CONTRIBUTOR TO OUR PROGRAM.

IN THE IMMEDIATE PAST YEAR, BARBARA WAS OUR MEMBERSHIP CHAIR, A POSITION WHICH SHE HAS HELD AND PERFORMED EXCEPTIONALLY IN FOR MANY YEARS. SHE WAS ALSO A VERY ACTIVE BOARD MEMBER. SHE AND BRIAN GIVE US THE PENTATHLON EACH YEAR, UNDOUBTEDLY ONE OF THE FINEST SWIMMING MEETS IN THE USA. VERY ACTIVE EACH AND EVERY YEAR IN ALL PHASES OF OREGON MASTERS OPERATIONS - IF YOU WANT THE JOB DONE RIGHT - CALL ON BARBARA ...

FOR HER LEADERSHIP, DEDICATION, AND DEVOTION TO OREGON MASTERS, WE HONOR BARBARA FRID WITH THE OL' BARN AWARD

### SPIRIT OF OREGON MASTERS ...

HELENA HOFFMAN, A VERY YOUNG AND ENERGETIC 74, HELENA IS PERHAPS ONE OF THE

OUTSTANDING ROLE MODELS IN MASTERS. SHE IS A "WORKAHOLIC"

CONSTANTLY TRYING TO IMPROVE ON HER SWIMMING, PUTTING IN EXTRA TIME AT THE POOL, 2 TO 3 TIMES A WEEK WITH A NAUTILUS MACHINE. BEFORE SHE TOOK UP SWIMMING, HELENA WAS AN OUTSTANDING GOLFER, AN ICE SKATER (OF ICE CAPADES CALIBER), AND A WINNING TRIATHLETE. ALL OF US WHO OBSERVE HELENA EACH AND EVERYDAY CAN ONLY SAY, "NO ONE TRIES HARDER" !!!

DAN GRAY, FROM ASHLAND, IS THE "BACKBONE OF THE ASHLAND GROUP".

ALWAYS IS ON DECK AT LEAST 20 MINUTES BEFORE THE 5:30 AM WORKOUT TIME, IF THE COACH IS NOT THERE, DAN WILL DO THAT TOO. THEY CALL HIM THE "OLD MAN OF THE MOUNTAINS", "MR MASTERS OF ASHLAND", EACH YEAR DAN ORGANIZES AND RUNS THE LAKE SWIM. HE IS ALSO A GREAT RECRUITER FOR MASTERS, PLUS BEING ACTIVE IN AGE GROUP SWIMMING, AND IN CHARGE OF SPECIAL OLYMPICS FOR SOUTHERN OREGON.

OREGON MASTERS SWIMMING CAN BE EVER SO PROUD OF THESE THREE FINE PEOPLE.

EARL WALTER



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 <sup>WATER</sup> in Maupin, Oregon at 10:00 a.m. on Saturday, JUNE 23<sup>rd</sup>. 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 1<sup>st</sup> 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 1<sup>st</sup>. Even though we're giving you 'til June 1<sup>st</sup> 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 \$ \_\_\_\_\_

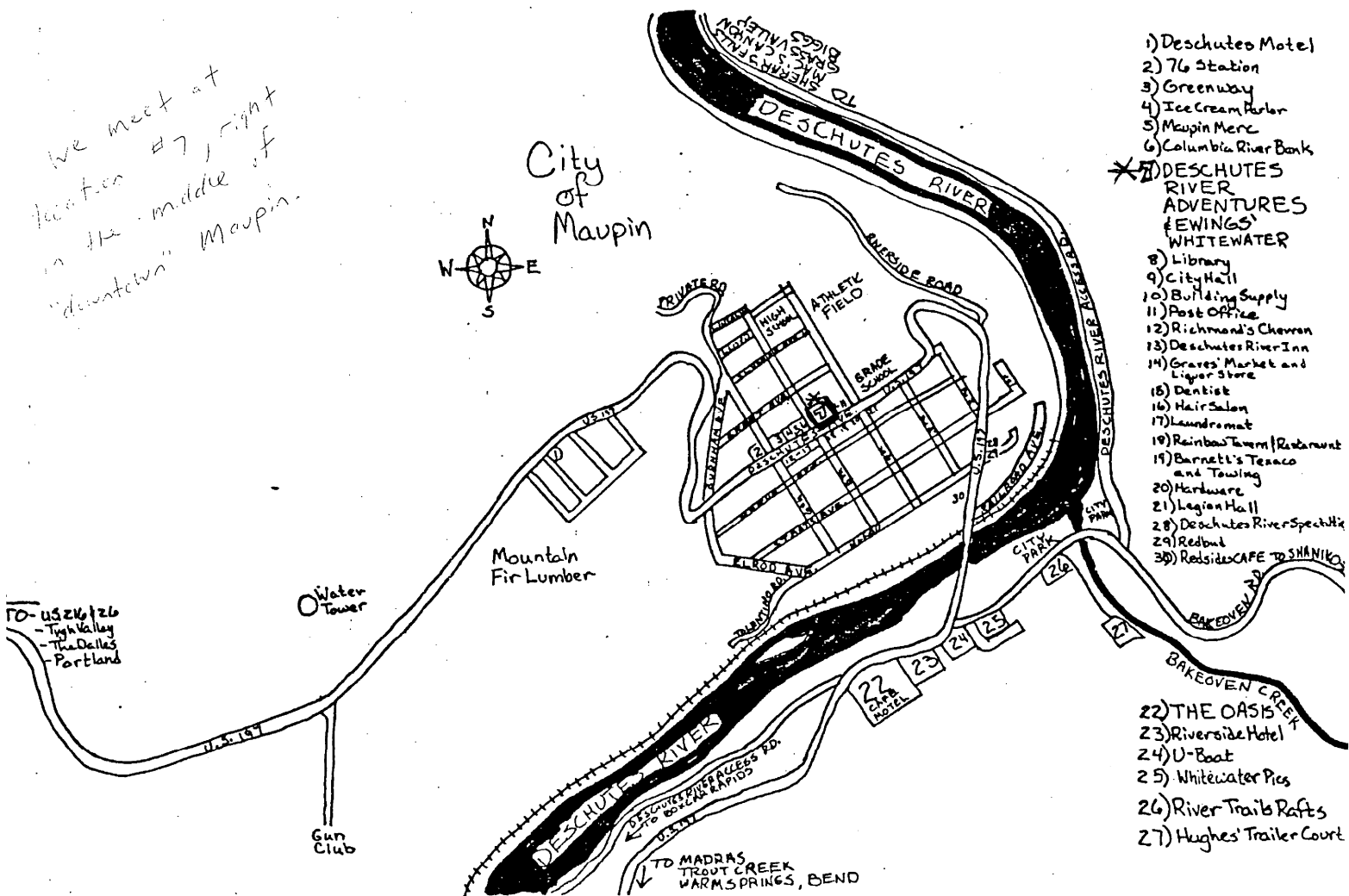
Send to: Andy Schrag  
15810 SE Evergreen Hwy.  
Vancouver, Washington 98684

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 \_\_\_\_\_

\* Meet here between  
9:30 & 10:00 A.M.

We meet at  
location #7, right  
in the middle of  
"downtown" Maupin.



1990 STATE GAMES OF OREGON-LONG COURSE SWIMMING CHAMPIONSHIPS  
APPROVED (NO. ) BY USMS, INC., AND LMSC FOR OREGON ASSOCIATION  
ENTRY FORM

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ COUNTY \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

IF YOU ARE A REGISTERED MASTERS SWIMMER, PLEASE ENTER YOUR 1990 USMS # 370 \_\_\_\_\_  
T-SHIRT SIZE : (CHECK ONE) \_\_\_\_\_ SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ EXTRA LARGE \_\_\_\_\_

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+ (CIRCLE ONE)

RELAYS-TOTAL TEAM AGE : 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

NOTE : ENTER RELAYS AT MEET, NOT ON THIS FORM !!!

DEADLINE: ENTRIES MUST BE RECEIVED NOT LATER THAN JUNE 22ND !!!

SATURDAY - JULY 7	ENTRY TIME	SUNDAY - JULY - 8	ENTRY TIME
400 M FREE (1) _____:____.____		200 M MEDLEY RELAY (12) XXXXXXXXXXXXX	
20 MIN BREAK		15 MIN BREAK	
200 M FREE RELAY (2) XXXXXXXXXXXXX		50 M FREE (PHY DIS) (13) _____:____.____	
15 MIN BREAK		100 M FLY (14) _____:____.____	
100 M BACK (PHY DIS) (3) _____:____.____		50 M BREAST (15) _____:____.____	
100 M BACK (4) _____:____.____		200 M BACK (16) _____:____.____	
100 M FREE (5) _____:____.____		200 M FREE (17) _____:____.____	
200 M FLY (6) _____:____.____		50 M FLY (18) _____:____.____	
200 M BREAST (7) _____:____.____		100 M BREAST (19) _____:____.____	
50 M BACK (8) _____:____.____		200 M I.M. (20) _____:____.____	
50 M BACK (PHY DIS) (9) _____:____.____		15 MIN BREAK	
50 M FREE (10) _____:____.____		100 M FREE (PHY DIS) (21) _____:____.____	
10 MIN BREAK		200 M MXD MEDLEY RELAY (22) XXXXXXXXXXXXX	
200 M MXD FREE RELAY (11) XXXXXXXXXXXXX			

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN STATE GAMES OF OREGON ATHLETIC/SPORTS PROGRAM, AND RELATED EVENTS/ACTIVITIES, THE UNDERSIGNED: ACKNOWLEDGES/FULLY UNDERSTANDS THAT EACH PARTICIPANT WILL BE ENGAGING IN ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND DEATH, AND SEVERE SOCIAL AND ECONOMIC LOSSES WHICH MIGHT RESULT NOT ONLY FROM THEIR OWN ACTIONS, IN ACTIONS, OR NEGLIGENCE BUT THE ACTION, IN ACTION OR NEGLIGENCE OF OTHERS, THE RULES OF PLAY, OR CONDITIONS OF THE PREMISES OR OF ANY EQUIPMENT USED. FURTHER, THAT THERE MAY BE OTHER RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME. ASSUME ALL THE FOREGOING RISKS AND ACCEPT PERSONAL RESPONSIBILITY FOR THE DAMAGES FOLLOWING SUCH INJURIES, PERMANENT DISABILITY OR DEATH. RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE STATE GAMES OF OREGON, ITS AFFILIATED CLUBS, THEIR RESPECTIVE ADMINISTRATORS, DIRECTORS, AGENTS, COACHES, AND OTHER EMPLOYEES OF THE ORGANIZATION OTHER PARTICIPANTS, SPONSORING AGENCIES, SPONSORS, ADVERTISERS, AND IF APPLICABLE, OWNERS AND LEASERS USED TO CONDUCT THE EVENT, ALL OF WHICH ARE HEREINAFTER REFERRED TO AS "RELEASEES", FROM ANY AND ALL LIABILITIES TO THE UNDERSIGNED, HIS OR HER HEIRS AND NEXT OF KIN FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES ON ACCOUNT OF INJURY, INCLUDING DEATH OR DAMAGE TO PROPERTY, CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. (IN THE EVENT OF INJURY, THE ATHLETE WILL PAY ALL MEDICAL COSTS.)

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

SIGNATURE OF ATHLETE: \_\_\_\_\_ DATE \_\_\_\_\_

# 1990 STATE GAMES OF OREGON - MASTERS SWIMMING CHAMPIONSHIPS

MEET : STATE GAMES OF OREGON, LONG COURSE

DATES : JULY 7-8 1990

PLACE : MULTNOMAH ATHLETIC CLUB  
1849 S.W. SALMON STREET  
PORTLAND, OREGON

SATURDAY  
SUNDAY

WARM UPS  
1:00 P.M.  
1:00 P.M.

MEET STARTS  
2:00 P.M.  
2:00 P.M.

HOST : STATE GAMES OF OREGON

ELIGIBILITY : STATE OF OREGON RESIDENT

AWARDS : T-SHIRTS WILL BE GIVEN TO ALL ENTRANTS. PLEASE SPECIFY T-SHIRT SIZE ON ENTRY FORM. FIRST, SECOND, AND THIRD PLACE AWARDS WILL BE GIVEN TO ALL WINNERS IN THEIR RESPECTIVE AGE GROUPS.

ENTRY FEE : \$ 10.00 INCLUDES THE FIRST TWO EVENTS ENTERED. ADDITIONAL EVENTS MAY BE ENTERED (UP TO A MAXIMUM OF SIX) AT A COST OF \$ 3.00 PER EVENT. MAKE CHECKS PAYABLE TO : STATE GAMES OF OREGON.

MAIL ENTRY FEE AND FORM TO : STATE GAMES OF OREGON  
700 N.E. MULTNOMAH (# 455)  
PORTLAND, OREGON 97232

ENTRY DEADLINE : ENTRIES MUST BE RECEIVED NOT LATER THAN 6-22-90. NO LATE ENTRIES WILL BE ACCEPTED. REPEAT - NO LATE ENTRIES WILL BE ACCEPTED !!!

NOTE : THE STATE GAMES OF OREGON WILL SOON BE MAILING OUT THEIR BROCHURE FOR THE 1990 GAMES. IN THAT BROCHURE THERE WILL BE AN ENTRY FORM FOR THE SWIMMING EVENTS. PLEASE DO NOT USE THEIR FORM !!! - USE THE ENTRY FORM ON THE BACK OF THIS PAGE. THIS ENTRY FORM WILL BE PUBLISHED IN THE MAY AND JUNE ISSUES OF AQUAMASTER. BY USING THIS FORM YOU WILL GREATLY ASSIST THE OMS DATE ENTRY PERSON IN ENTERING YOUR MEET DATA INTO THE COMPUTER. THANKS FOR YOUR COOPERATION !!!

OREGON MASTERS - PLEASE USE THIS FORM, FROM AQUAMASTER, IN ENTERING THIS MEET, IT WILL ASSIST IN THE ACCURACY OF HANDLING YOUR ENTRY - THANKS AGAIN !!!

# Aqua-Master

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIPTION FORM

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

*Aqua-Master* is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

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

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

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

▷ SEND TO: REGISTRAR

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

☐ ADDRESS CHANGE ☐ NEW SUBSCRIPTION ☐ RENEWAL

Use this form for change of address notification

▷ SEND CHECK OR MONEY ORDER PAYABLE TO: O M S

# Southern Oregon Lake Swim

**Applegate Lake, July 14, 1990 — 11:30 a.m.**

- REGISTRATION:** Swimmers who want a T-shirt or sweatshirt should register before July 2 to avoid an additional \$5 handling and re-ordering fee. Race day registration will open at 9 a.m. and close at 10:30 a.m.
- FEES:** Before July 2: **\$15 with shirt, \$7 without shirt** After July 2: **\$20 with shirt, \$9 without shirt**
- COURSE:** It's a 1,500-meter out-and-back course (750 meters each leg) that will be negotiated twice by those who want something more challenging: a 3,000-meter swim. The average high temperature in July is 80 degrees; the average low is 46. Water temperature should be comfortable for all swimmers, barring unusually cold weather. **If you wish to use a wetsuit**, that's fine, but in the interest of fairness to those who don't use a wetsuit, you will not be allowed to put it on until after the gun starts the race.
- RESULTS:** Swimmers who want results mailed to them just inclose a No. 10 (business) envelope, stamped and self-addressed. Results will be mailed the week after the race.
- AWARDS:** Medals for first, ribbons for second to all age groups, male and female. Age groups are: 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+.
- ACCOMMODATIONS:** Visitors may choose from campgrounds at the lake, from bed-and-breakfast inns at nearby Jacksonville, or from motels and B&Bs in Medford and Ashland. For information on lodging in Medford contact The Chamber of Medford/Jackson County, 304 South Central, Medford, OR 97501, (503) 772-6393, or, in Ashland, the Ashland Chamber of Commerce, 110 East Main, Ashland, OR 97520, (503) 482-3486.
- TO ENTER:** Send entry forms to: Dan Gray, Southern Oregon Lake Swim, 8975 Highway 66, Ashland, OR 97520. For more information, the telephone contact person is Greg Frownfelter, (503) 488-1149.

See reverse side for map and directions to Applegate Lake and information on camping and entertainment.

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STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC of Oregon free and harmless for any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

CHECK ONE: ☐ Sweatshirt ☐ T-Shirt ☐ Long-sleeve T-shirt ☐ No shirt SHIRT SIZE: ☐ S ☐ M ☐ L ☐ X-L

USMS Number: \_\_\_\_\_

I am entering (check ONE only) ☐ 1,500 meter. Est. time: \_\_\_\_\_ OR ☐ 3,000 meter. Est. time. \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

☐ Please reserve a campsite for \_\_\_\_\_ persons for (dates) \_\_\_\_\_ at Watkins Campground. (Fee will be paid to Ranger on arrival)

You must be a registered Masters Swimmer, or registered USS for age group swimmers, to participate in this meet.

# Southern Oregon Lake Swim

**July 14, 11:30 A.M.**

The Rogue Valley Masters will host the sixth annual Southern Oregon Lake swim at beautiful Applegate Lake, located on the Applegate River in the mountains near the Oregon-California border. The staging area will be at the beach at Hart-Tish Park. The Forest Service charges a parking fee of \$2 per car.

We will be swimming for our best times, of course, but this is designed to be a fun event for the whole family. An area will be reserved for swimmers and their families for a pot luck lunch. You bring drinks and side dishes (dessert, chips, salads) and Rogue Valley Masters will provide hamburgers and buns. If you would like to camp at the lake, you can choose between remote, walk-in campsites on the back side of the lake (cross the dam and look for a parking area on the right just before the road goes up a steep hill) and nearby Watkins campground. Camping fee at Watkins is \$2.

The Southern Oregon Association of Kayakers (SOAK) will put on a demonstration kayak race before the swim. Kayakers are welcome to bring their boats and participate. SOAK will keep the kayaks in the water during the swim and patrol the course for safety.

If you have wondered about rowing, you may want to stay and talk to Harry Hutton, local masters swimmer who plans to have a couple of shells in the water and put on a display of that sport.

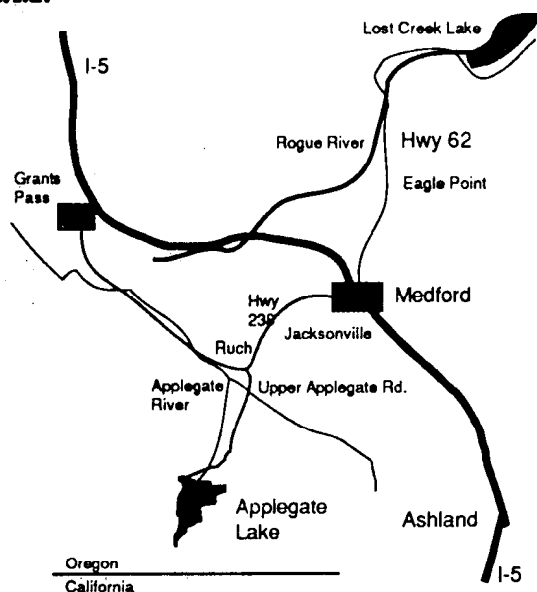
So plan to make a weekend of it. Bring the family, bikes (plenty of great mountain biking around the lake), sailboards, kayaks, frisbees, lawn darts and whatever other toys you enjoy. Or just bring a swimsuit and towel and lie back and enjoy the fantastic southern Oregon scenery.

And if you are interested in enjoying a concert under the stars, seeing a Shakespeare play on an Elizabethan stage, or enjoying fine drama, check out the local entertainment schedule below.

**Entertainment:** In addition to the usual diversions, the Oregon Shakespeare Festival in Ashland and the Peter Britt Folk/Country Music Festival in Jacksonville will be in full swing. Their schedules are

	Friday, July 13	Saturday, July 14	Sunday, July 15
<b>Britt Festival</b>	Tom Paxton, John McCutcheon & Moloney, Keane & O'Connell	Michael Martin Murphey & Bill Miller	Nashville Bluegrass Band Sawtooth Mountain Boys
<b>Shakespeare</b>			
Elizabethan Stage	Henry V (8:30 p.m.)	Winter's Tale (8:30 p.m.)	Comedy of Errors (8:30 p.m.)
Black Swan	At Long Last Leo (2 p.m.)	The Second Man (2 p.m.)	The Second Man (2 p.m.)
Bowmer Theater	Peer Gynt (2 p.m.) Merry Wives of Windsor (8:30 p.m.)	Merry Wives of Windsor (2 p.m.) God's Country (8:30 p.m.)	God's Country (2 p.m.)

For more information and reservations call the Britt Festivals at (503) 773-6077 or 1-800-BRITT, and the Oregon Shakespeare Festival in Ashland at (503) 482-4331. Most Shakespeare Festival plays sell out early, so call to reserve your tickets as soon as you can. Ashland also offers several good drama groups, so you may want to contact the Ashland Chamber to see what other plays are scheduled that weekend.



**Directions:** From Medford, take the Jacksonville Highway (Oregon 238) to Jacksonville and then another 8 miles to Ruch. At Ruch, turn left (just across from shopping center) on Upper Applegate Road. Follow Upper Applegate Road approximately 16 miles to the dam. Hart-Tish will be on your left about 1/2 mile past the dam. From Grants Pass, take Oregon 238 to Ruch and follow the same directions.

**PLEASE HAVE YOUR ENTRIES IN BY JULY 2**

Registration will be open until one hour before the race start

# Happy Birthday

## June Birthdays

Baird, Michael J.	6/13/56	35 Lanagan, Fran	6/ 3/55
Baker, D. Wayne	6/ 3/43	Lang, Ursula B.	6/28/37
Barnes, Debbie A.	6/13/56	Luber, Price C.	6/24/53
Baucum, Anthony J.	6/23/49	Mallon, Joseph A.	6/12/21
Bieze, Patricia E.	6/26/43	Mandell, Sue J.	6/ 9/54
Black, Jill	6/11/62	25 Marti, Elke C.	6/10/65
40 Blake, Mary E.	6/12/50	Mathewson, Geri H.	6/21/48
Bricker, Sharon A.	6/15/54	Meek, Marjorie A.	6/17/52
35 Bulletset, Dolores M.	6/ 1/55	Mehn, James A.	6/12/34
60 Cameron, Donald F.	6/20/30	Meyet, William H.	6/26/49
45 Caudill, Patrick J.	6/20/45	Mighell, Gloria G.	6/ 3/29
Clarke-Steffen, Laura	6/12/58	35 Miles, Carole A.	6/ 3/55
45 Craig, Barney M.	6/12/45	Mithen, John F.	6/13/56
Crowley, Frank J.	6/28/47	Musser, William H.	6/20/49
35 Cutting, Jim E.	6/ 9/55	Nystrom, Debra A.	6/28/52
Dean, William B.	6/14/49	Peterson, Lee R.	6/13/44
Devine, Andree	6/21/61	Plesner, Jan M.	6/19/46
Dotter, David R.	6/ 9/59	Rizzio, Judith M.	6/ 4/54
35 Doucette, Leslie B.	6/26/55	Robinson, Christopher	6/18/52
30 Down, Jeffrey M.	6/30/60	Ross, Besse E.	6/16/23
Dunne, Steve D.	6/14/48	75 Schmidt, Robert H.	6/18/15
East, Amanda S.	6/27/62	Shepard, Charles N.	6/26/48
Fanning, Penny L.	6/20/42	Siggins, Connie L.	6/22/46
Filer, David A.	6/ 8/42	Stage, Key H.	6/12/47
30 Fortune, Leanne J.	6/15/60	Steger, Paul A.	6/12/47
Fraser, Viola O.	6/27/16	Steinberg, Naomi	6/13/61
25 Friend, Patty K.	6/12/65	Stewart, Yvonne T.	6/12/46
Gawley, Alfred G.	6/13/12	Weisensee, Lloyd W.	6/29/33
50 Giesen, Tom W.	6/25/40	Wydrzynski, Joyce A.	6/23/53
Holstun, Beverly C.	6/30/49		
Hunt, Patricia A.	6/ 1/31		
80 Kampmann, Tift S.	6/19/10		

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



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



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

### OREGON MASTERS

Corvallis  
So. Oregon

Andy Schrag

Mark & Laura Worden  
Terry & Judy McCurdy

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

### IEA MASTERS

Mariah Clarke

(509) 926-2597

### PNA MASTERS

Marietta Hunziker  
Ann Gindroz

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

### SNAKE RIVER

Janet Wood

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

# 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**  
**YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS**

**By registering with Oregon Masters, you are joining an elite organization!**

- \* Oregon has more masters swimmers per capita than any other association in the world, and one of the highest renewal rates of any of the 50 associations.

- \* Our registration year runs from November 1, 1989 through October 31, 1990.

New registrations for 1990 are accepted beginning September 1, 1989. Renewals accepted after October 1, 1989.

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution. Our Monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. AQUAMASTER is the ONLY source of meet entry forms. For \$7.00 a year your copy is delivered via bulk mail. If you move, let the registrar know so that you continue to receive this valuable publication. Your registration fee enables OMS to provide you with:

1. Local meet support.
2. National representation for all of Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

**\$12.00 of your \$18.00 registration is sent to the US Masters Swimming, Inc. (USMS)**

They provide the following for you:

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

There are two clubs within Oregon Masters: OREG and MACO. Club designation affects eligibility to swim on relays. Regardless of your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "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; font-size: 2em; font-weight: bold;">Oregon</p> <p style="text-align: center; font-size: 3em; font-weight: bold;">1990</p> <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;">Office use only</div> <div style="border: 1px solid black; padding: 10px;">MAIL TO: <div style="text-align: center; margin-top: 10px;">DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223</div><p style="text-align: center; margin-top: 10px;">Or enclose with meet registration</p></div>
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Remember to sign your registration form.

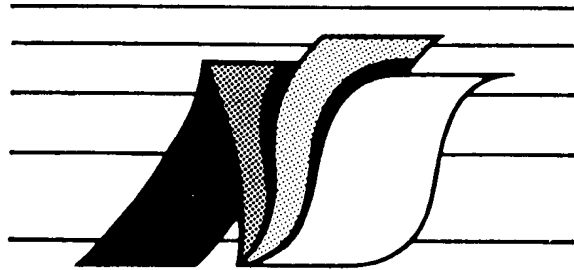
## Make checks to Oregon Masters Swimming



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ASSOCIATION MEET RESULTS