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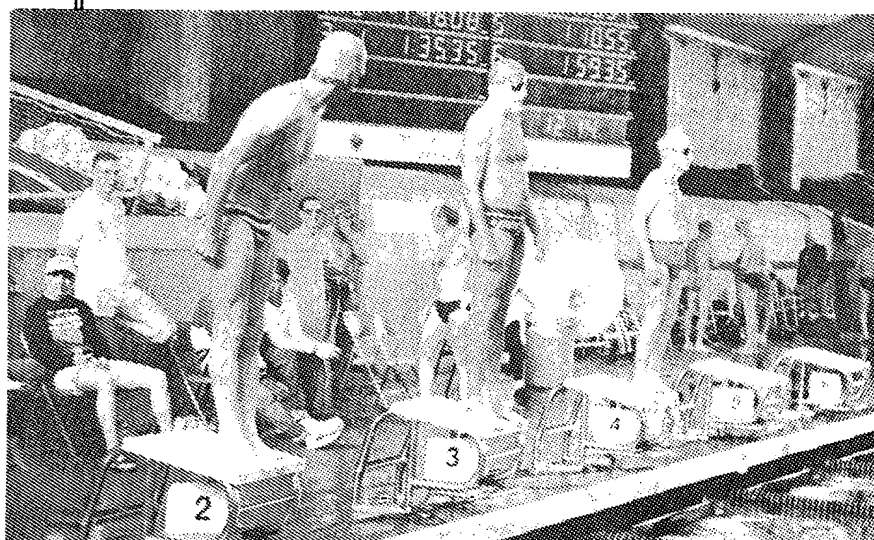
CALENDAR & MEET SCHEDULE 1990

LONG COURSE/SHORT COURSE METERS

JUNE 23, 1990	2nd ANNUAL OMS DESCHUTES RIVER RAFT TRIP
JUNE 24	CORVALLIS, OR OSBORN AQUATIC CENTER 50M (#2)
*JULY 1	PT. ORCHARD, WA S. KITSAP H.S. 50M (#3)
*JULY 7-8	PORTLAND, OR MAC CLUB STATE GAMES OF OREGON
*JULY 14	SOUTHERN OREGON APPLGATE LAKE SWIM
*JULY 21-22	PORTLAND, OR MT. HOOD COMMUNITY COLLEGE (#3)
*JULY 28	EUGENE, OR SENIOR MASTERS SPORTS FESTIVAL
*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
SEPT 1990 TO APRIL 1991	SHORT COURSE YARDS/METERS SEASON
MAY 1991	USMS SHORT COURSE NATIONALS NASHVILLE, TN
AUGUST 1991	USMS LONG COURSE NATIONALS ELIZABETHTOWN, KENTUCKY

*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

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.



Bob Smith (aka Dr. Sprint) wondering if he can beat the guys in lane 3 & 4.

Photo from the 1990 Pentathlon.

100 I.M. Heat 21

2 R Smith 99:99.99
3 C Austen 2:30.00
4 M Anderson 4:20.00

Z-Man says---

Greetings fellow Masters...the Z one here again...filling your lane with news.

It's June and who would have thought that our own Portland Trail Blazers would have gone all the way to the N.B.A. finals. As of this writing the team is in Detroit for game #1. Z-Man's prediction is Blazers in six. Will I be right? Hope so.

But hey Z-Man...Basketball's a dry sport...let's talk about something aquatic.

Looking back, Short Course Regionals and Nationals are history now and if you can wait we will bring you much of the results from those meets next month. Sorry it's taking so long but that's the way it is. Stay tuned.

As for long course, you will find all the entry forms for this summers meets in this issue. This is a very important issue for long course because of the entry deadlines this may be the only printing of some these entry forms. So read the fine print carefully and plan your schedule now. This is the last printing for all meets in June and July. Also the only issue with an entry for L.C. Nationals in The Woodlands, Texas. You will find the entry for L.C. Regionals at Tualatin Hills in this issue and next month.

Looking past Long Course season, the meet bid packets for the 1990/91 season are in the hands of all team representatives. The due date for bids to be back to the OMS Board is JULY 6th. The Board will review and vote on them and by the August issue we should have a good idea of the schedule for next year.

There is some very interesting reading in the Aquamaster this month. Ol' Barn reviews the 1989 World Top Ten from our membership. And Dr. Sprint has some very important news and recommendations for all of us. I agree most highly with what Bob Smith has to say....why do you think they call him "Doctor" anyway?

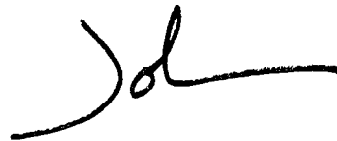
So read on and fill out those entry forms early and often.

This is definitely one of the more solid Long Course schedules in many a year.

Show your support and your stuff by entering and swimming as many of this summers meets as you can. You'll be glad you did!!

Next up....State Games and Mt. Hood.....

See ya on the blocks,



P.S. - TAKE THE ZMAN CHALLENGE... SWIM A LONG
COURSE 400 I.M. THIS SUMMER.

"ol' Barnacle"

OL' BARN PROUDLY PRESENTS OMS MEMBERS OF THE 1989 WORLD TOP TEN ...

18 COUNTRIES ARE REPRESENTED IN THE CURRENT EDITION OF THE FINEST MASTERS SWIMMERS IN THE WORLD ...

LONG COURSE METERS ...

OREGON MASTERS HAS 3 WHO ARE NUMERO UNO IN THE WORLD ...

LAVELLE STOINOFF (55-59)

HOW ABOUT # 1'S IN THE 200,400,800,1500 FREE, 200 BACK AND THE 200 IM. ALL THIS GLITTER FOLLOWED BY ; 9 IN THE 50 FREE, 3RD IN THE 100,A 5TH AND A 2ND IN THE 50 AND 100 BACK, A 3RD IN THE 200 BRST AND A 2ND IN THE 400 IM.

PETHEY SMITH (65-69)

LOOK AT THESE # 1'S ... 100,200,400,800, AND 1500 FREE, ANCHORED WITH A #2 IN THE 50 FREE, AND A # 10 IN THE 50 FLY PLUS A 5TH IN THE 200 IM.

HERB EISENSCHMIDT (80-84)

HERB CAME THROUGH WITH # 1'S IN THE 100 AND 200 BACK, PLUS A 3RD IN THE 200 FREE, A 4TH IN THE 50 BACK A 2ND IN THE 400 FREE AND AN 8TH IN THE 50 BREAST.

LAURA WORDEN (30-34) SWAM TO A 10TH IN THE 200 FLY

GINGER PIERSON (40-44) PICKED OFF A 9TH IN THE 50 AND A 6TH IN THE 100 BREAST.

BARBARA FRID (45-49) FOUND A 6TH IN THE 400 FREE, A 7TH IN THE 50 AND A 9TH IN THE 200 BACK.

ELFIE STEVENIN (65-69) FLEW TO A 9TH IN THE 200 FLY.

EVELYN MCKEON (75-79) NABBED AN 8TH IN THE 50 BACK AND A 6TH IN THE 200 IM.

HAZEL BRESSIE (80-84) JUST SWAM EVERYTHING !!! 6TH, 6TH, 3RD, 3RD, IN THE 50,100,200,400 AND 800 FREE. FOLLOWED BY 8TH IN THE 50 AND 5TH IN THE 50 & 200 BACK, PLUS 6TH, 5TH AND A 3RD IN THE BREAST, ADD 4TH, 5TH AND 5TH IN THE FLY AREA, TOP OFF WITH A 4TH IN THE 200 AND A 3RD IN THE 400 IM ... WHEW !!!!!

MARK WORDEN (35-39) GARNERED A 7TH IN THE 1500, AND A 7TH IN THE 200 FLY.

GARY HAFER (35-39) 7TH IN THE 100 BACK.

ROY CLARK (35-39) STROKED TO 8TH AND 9TH IN 50 & 100 BRST.

STEVE DURAPAU (40-44) 9TH IN THE 200, 7TH IN 400, 9TH IN THE 800, AND # 2 IN THE 1500 FREE EVENTS. BACKED UP WITH A 8TH IN THE 200 FLY.

FRANK WARNER (40-44) 10TH IN THE 200 FREE, PLUS 10TH & 7TH FOR THE 100 AND 200 BACK.

RICHARD BOYD (45-49) PICKED UP A 6TH IN THE 800 FREE, PLUS A # 2 IN THE 400 IM.

ROBERT SMITH (45-49) CAME IN WITH A SILVER IN THE 100 BACK.

BERT PETERSEN (50-54) GRABBED A 5TH, A 3RD AND AN 8TH IN THE BUTTERFLY ARENA.

ART WELCH (55-59) COMING ON WITH A 9TH IN THE 400 FREE, 9TH IN THE 100 FLY AND A 5TH IN THE 200 FLY.

FRED ECKHARDT (60-64) RALLIED FOR A 10TH IN THE 200 FLY.

GIL YOUNG (65-69) 9TH IN THE 800, AND 9TH IN THE 1500.

EARL WALTER (65-69) 10TH IN THE 100 BACK, PLUS 6TH IN THE 100 AND 200 FLY EVENTS, and a 7th in the 400 IM.

BOB MORRISON (65-69) 9TH IN THE 50 BREAST.

HUGH RICHARDS (65-69) 8TH IN THE 50 FLY.

OB HAS TO SAY IT, NOT BAD FOR OMS, 4 IN ONE AGE GROUP !!!

SYD HENDY (75-79) 10TH IN THE 100 AND A 7TH IN THE 200 BACK EVENTS.

JACK HOEY (75-79) SWAM TO A 9TH IN THE 200 BACK.

RELAYS ...

ERIC GUEST, DON VAN ROSSEN, HUGH RICHARDS, AND DON CAMERON SWAM TO A 5TH IN THE MEN'S 240+ 200 FREE.

EARL WALTER, DON VAN ROSSEN, ART WELCH, AND DON CAMERON PICKED OFF A 6TH IN THE MENS 240+ 200 MEDLEY.

GIL YOUNG, ERIC GUEST, BERT PETERSEN, AND HUGH RICHARDS A 10TH IN THE SAME EVENT.

SHORT COURSE METERS ...

OMS IS PROUD OF 7 WHO MADE IT NUMERO UNO IN THE WORLD ...

GINGER PIERSON (40-44) # 1 FOR THE 50, 100, AND 200 BREAST, PLUS 3RD - 200 FLY, 5TH IN THE 100 IM AND A 4TH IN THE 200 IM.

BARBARA FRID (45-49) BIG # 1 IN THE 400 FREE, PLUS 8TH IN THE 200, 5TH - 6TH, AND 6TH IN THE BACKSTROKE UPSIDE DOWN WORLD, FOLLOWED BY 6TH IN THE 50 BRST, 7TH IN THE 100, ANCHORED BY AN 8TH IN THE 50 FLY.

LAVELLE STOINOFF (55-59) LUVEY HAD #1'S IN THE 200, 400, AND 1500 FREE, PLUS THE 200 BACK, AND A # 2 IN THE 100 BACK.

PETHEY SMITH (65-69) OUR GAL FROM NEWPORT, SWAM OFF WITH THE HONORS IN THE 50, 100, 200, 400 AND 800 FREE, BACKED UP WITH A 3RD.

RICHARD BOYD (45-49) PICKED OFF A # 1 IN THE 800 FREE, FOLLOWED UP WITH A # 3 IN THE 200 AND 2ND IN THE 400, PLUS A 3RD IN THE 200 BRST, AND SILVERS IN THE 200 AND 400 IM.

ROBERT SMITH (45-49) NABBED A # 1 IN THE 100 BACK, PLUS A # 2 IN THE 100 BREAST.

DON VAN ROSSEN (60-64) "GETTING OLD IS NOT SO BAD" - A BIG # 1 IN THE 100 BREAST, FOLLOWED UP WITH A 3RD IN THE 50, AND 3RD IN THE 200, PLUS A SILVER IN THE 200 FLY, AND A SILVER IN THE 400 IM.

KIM PHILLIPS (30-34) GARNERED AN 8TH IN THE 200 BREAST.

MARJORIE MEEK (35-39) A 10TH PLUS A FINE 7TH IN THE 100 & 200 BACK.

JUDY BELFORD (35-39) DORSALLED TO A 5TH IN THE 200 BACK.

SUSAN CASE (40-44) BACKED TO A 6TH IN THE 200.

SANDI ROUSSEAU (40-44) HAD A 6TH, 5TH AND 6TH IN THE FLYER FIELD.

PAM HIMSTREET (45-49) A 7TH IN THE 800, PLUS A 5TH IN THE 200 BRST AND A 7TH IN THE 400 IM.

CHARLOTTE COWAN (45-49) A FINE 7TH IN THE 1500.

PAULINE STANGEL (65-69) A 4TH IN THE 1500, PLUS A 6TH, 9TH AND A 3RD IN THE BREASTSTROKE COMPETITION.

ELFIE STEVENIN (65-69) HAD A 6TH IN THE 200 FLY, PLUS A 9TH FOR THE 200 IM.

HELENA HOFFMAN (70-74) FLEW TO A 7TH AND AN 6TH IN THE 100 AND 200.

HAZEL BRESSIE (80-84) 3RD IN THE 200 BACK AND 200 BREAST, PLUS # 4'S IN THE 200 FLY, 200 AND 400 IM.

DAVE BURLESON (30-34) 8TH AND 5TH IN THE 100 AND 200 BACK.

JOHN ZELL (30-34) "Z" MAN A 6TH IN 200 BACK, PLUS A 5TH IN THE 400 IM.

STEVE DURAPAU (35-39) SILVER IN THE 1500, AND 9TH IN THE 400 IM.

GARY HAFFER (35-39) 10TH AND 8TH IN THE 100 AND 200 BACK EVENTS.

FRANK WARNER (40-44) 9TH IN THE 100 AND 400 FREE PLUS AN 8TH AND A FINE SILVER IN THE 100 AND 200 BACK.

STEVE ARNDT (40-44) AN 8TH IN THE 200 AND 8TH IN THE 1500 FREE, FOLLOWED BY A 10TH IN THE 200 IM.

ALLEN STARK (40-44) BRONZES IN THE 50 AND 100 PLUS A SILVER IN THE 200 BREAST.

RON NAKATA (50-54) A 9TH IN THE 50 FREE, 8TH IN THE 50 FLY, 7TH IN THE 100 IM PLUS A 5TH IN THE 200 IM.

BERT PETERSEN (50-54) SILVER IN THE 50 FLY, PLUS A 6TH IN THE 100 FLY.

ART WELCH (55-59) 4TH IN THE 1500, AND A 6TH IN THE 200 FLY.

ERIC GUEST (60-64) 5TH AND A 4TH IN THE 50 AND 100 FREE, FOLLOWED UP WITH A 6TH IN THE 50 FLY AND 5TH IN THE 100, PLUS 7TH IN THE 100 IM.

HUGH RICHARDS (65-69) 5TH IN THE 50 FREE, 5TH FOR THE 50 FLY, AND 6TH-100 IM.

GIL YOUNG (65-69) BRONZE IN THE 1500 FREE, PLUS A 9TH IN THE 200 BACK.

EARL WALTER (65-69) SILVERED IN THE 200 IM, FOLLOWED WITH 5TH, 7TH AND 4TH IN THE BACKSTROKE, AND A 4TH IN THE 400 IM.

ROBERT MORRISON (65-69) BRONZE IN THE 50 BREAST, AND A 7TH IN THE 100.

FORBES MACK (70-74) STROKED TO 7TH, 8TH AND 9TH IN THE BREAST.

SYD HENDY (75-79) FOUND GREAT GOING, 10TH, 9TH AND 8TH IN THE BACKSTROKE.

RELAYS ...

VIOLA FRASER, LISA PARKER, MARGARET JUENKE, AND GAIL KIMBERLING SWAM TO AN 8TH IN THE WOMENS 200 FREE. (200+)

RON NAKATA, ERIC GUEST, KEVIN KELLY, AND RICHARD BOYD, 5TH IN THE MENS 200 FREE FOR 200 +.

ROGER MARTIN, JOHN ZELL, STEVE HARGER, AND DAVE HARGER A 4TH FOR MENS MEDLEY (100+)

RICHARD BOYD, ERIC GUEST, RON NAKATA, AND KEVIN KELLY, 7TH MENS MEDLEY (200+)

EARL WALTER, ROBERT MORRISON, STEVE WARNER, AND HUGH RICHARDS A BIG BRONZE IN THE MENS 240+ MEDLEY.

GINGER PIERSON, BARBARA FRID, ERIC GUEST, AND RON NAKATA, 5TH IN THE MXD FREE FOR 200 +.

BARBARA FRID, GINGER PIERSON, RON NAKATA, AND ERIC GUEST A BRONZE IN THE MXD MEDLEY (200+).

THAT'S IT FOR 1989 ALL WORLD, TOP TEN MASTERS SWIMMING.

OMS CAN POINT WITH PRIDE TO A TRULY GREAT GROUP OF SWIMMERS WHO CAN HOLD THEIR HEADS HIGH IN INTERNATIONAL COMPETITION !!!!!

PATCHES ARE AVAILABLE : WRITE TO ...

MARGARET SAMSON
P O BOX 70366
PASADENA, CA 91117

SEND \$ 3.00 WITH YOUR NAME, AGE GROUP AND EVENT(S)

WE ARE NOW INTO THE 1990 LONG COURSE SEASON, OL' BARN WANTS TO SEE ALL OF YOU AT CORVALLIS JUNE 24TH.

STAY WITH IT AND STAY FIT ...

Aqua-Master

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☐ ADDRESS CHANGE

☐ NEW SUBSCRIPTION

☐ RENEWAL

Use this form for change of address notification

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIPTION FORM

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

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

▷ SEND CHECK OR MONEY ORDER PAYABLE TO: OMS

MEET ENTRY FORM: July 1, 1990
FATHOMS O' FUN
Hosted by South Kitsap Masters
at South Kitsap H. S. Pool
Sanction # 903609

MEET INFORMATION: July 1, 1990
FATHOMS O' FUN Meet
Hosted by South Kitsap Masters
Sanctioned by PNA LMSC #903609

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 80-84 85-89 90+

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

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME
--------------	-------	------------

ENTRY FEES
SURCHARGE: \$1.00 91.00 (Includes LMSC surcharge \$1)

Individual Events @ \$1.00 (No charge for relays)

TOTAL

Checks payable to South Kitsap Masters

Mail fees and this entry form to: Bobby G
340 Tremont Street West
Port Orchard, WA 98366

ENTRIES DUE: June 20, 1990

STATEMENT OF RELEASE

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

SIGNED _____ DATE _____

ORDER OF EVENTS

EVENT #	EVENT
---------	-------

- 200 FREE RELAY
- 200 FLY
- 200 BACK
- 50 BREAST
- 100 FREE
- 5 MINUTE BREAK
- 200 IM
- 50 FLY
- 100 BACK
- 200 BREAST
- 50 FREE
- 5 MINUTE BREAK
- 200 MEDLEY RELAY
- 100 FLY
- 50 BACK
- 100 BREAST
- 200 FREE
- 100 IM
- 5 MINUTE BREAK
- 500 FREE

DATE: Sunday, July 1, 1990
TIME: Warmup: 8:30 A.M.
Meet: 9:30 A.M.

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

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

FACILITY: 6-lane, 50M pool;

RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS registered 1990 swimmers 19 and over as of the day of the meet

SEEDING: Slow to fast all events
CONCESSIONS: Available during the meet.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: FROM SOUTHWORTH FERRY: Take a left onto Sedgwick and follow around to Jackson. Take a right on Jackson and follow downhill to stoplight. Turn left; approx. 1/2 mile to H.S.

FROM NARROWS BRIDGE: Take Highway 16, take Sedgwick exit. Turn right on Sedgwick. Go to stoplight on Bethel. Left on Bethel to Y in road. Bear right at Y onto Mitchell. Approximately 1 mile to high school.

This meet is part of the Port Orchard FATHOMS O' FUN Festival. Plan to enjoy the other activities in Port Orchard!

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

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

\$16.00

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 !!!!!!!!!!!!!!!

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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.

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.

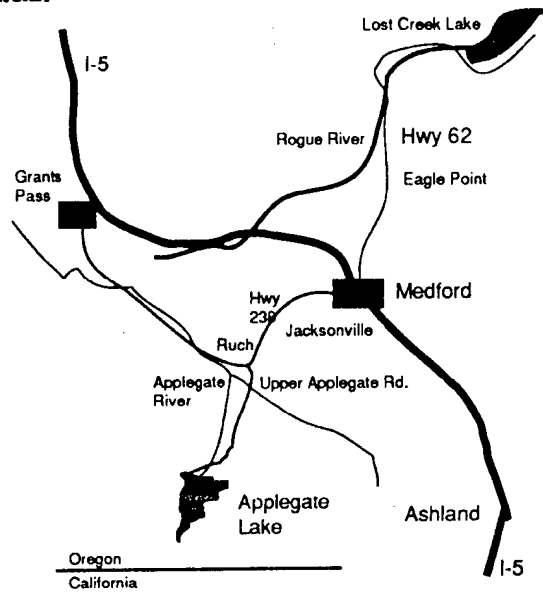
So plan to make a weekend of it. Bring the family, bikes (plenty of great mountain biking around the lake), sailboards, kayaks, fris-bees, lawn darts and whatever other toys you enjoy. Or just bring a swimsuit and towel and lie back and enjoy the fantastic southern Oregon scenery.

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
Britt Festival	Tom Paxton, John McCutcheon & Moloney, Keane & O'Connell	Michael Martin Murphey & Bill Miller	Nashville Bluegrass Band Sawtooth Mountain Boys
Shakespeare			
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

"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) ____:____.____
BREAK 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: \$6.00 Send form(s) and fee(s) payable to OMS to:

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

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

FATHOMING THE FLIP TURN. For some, it's reason enough not to race. They think they'll look disinterested, awkward, old, dumb, laughable, misplaced, and be slow. They persist in doing anything but that flip in the freestyle race, especially if it's a short one. By and large, they've got the message. You really need the flip be regarded as a hip master, on or off the watch. Here's how.

1 Don't start to learn at the end of the pool. If you do, you'll be worried about hitting your feet on the wall or on the deck or flipping and not even touching the wall. Start far enough away from the end so that your first flips occur a few yards from the end.

2 Don't worry about swimming fast when you are learning to flip. Your goal is to learn the basic motions first, although speed makes flipping easier. Don't try to learn it all at once. It isn't like learning to do a back dive. You can learn the flip in stages.

3 While swimming along nice and smoothly, leave your right arm at your thigh when you finish the stroke. Leave it there while you do the same thing with your left arm when it finishes its stroke. You now have both your arms at your side; you're looking like a torpedo. Left arm first works just as well.

6 Keep on kicking.

7 While you were finishing your armstrokes at your side, think back to when you were a kid and did somersaults on the grass. Also think about what it feels like to do a situp (visualize doing it upside down).

8 Now for the moment of truth: a) Tuck your chin to your chest, b) drop your shoulders, c) bend over at the waist (like a situp or a somersault on the grass), and d) give an extra kick with your legs. Some use a dolphin kick for that extra boost and to free both legs from the water simultaneously. With a little luck your head will go towards the bottom and your legs and feet will come over the top of you.

9 As soon as you have done 7, use the palms of your hands to "backwater" up in front of your face. This accomplishes two necessary maneuvers. First, the backwater motion acts as a brake to stop your upper body from continuing forward. This braking aids your body in its somersault. Second, by moving your arms to above your head, you are getting them in position for the pushoff that will occur shortly, if you're lucky.

10 While you are tucking your upper body and backwatering, you also need to bend your legs at the knees and will them to come over your bottom, which, otherwise may remain poised for the plunge or worse for longer than you'd care to think about. Some people flip their legs while their body is in a pike position. I can't. Maybe you can.

11 Will you continue to the bottom, either off to one side, or continue in your great circle route? If you have sincerely done 8, 9 and 10, you're on your way to ending up on your back and your feet pointing at the end of the pool you were swimming towards. That's stage one of the flip.

12 The engagement. Once you've learned the flip away from the end of the pool, try the flip at the end of the pool. Push off on your back. Your feet should land on the wall under the water, not on the wall out of the water, or - yes, this is a significant, unsolved risk - on the gutter or deck. You also have to not flip too far away. Look at where you are in relation to the end. Some gauge it from the 1 on the end of the lane line. I prefer to look at the cross on the wall. After years of "practicing" the flip turn, I missed the wall completely in a 200 meter race at a nationals.

13 You may ask why you're on your back when you want to be on your stomach. Fair enough question. There are two ways to fix that. After you have learned to easily complete the somersault onto your back, you may (optional) introduce a quarter twist of body rotation while your feet are coming over you in the air, so that your feet land sideways on the wall.

14 If you eschew the twist before your feet land on the water, your feet will be pointing straight up, and you're left with having to rotate your body 180 degrees during your pushoff. That isn't all that hard. Go to the end of the pool and set your feet on the wall pointed up while you're on your back under water. As you push off, start rotating your shoulders, much as if you wanted to see something behind you. This corkscREW contortion will set you to spinning and will continue until you stabilize with your hands when you're looking down at the bottom.

15 The marriage. Once you've learned to flip, plant your feet, and rotate. Practice that motion all the time. If you're getting water up the nose, deliberately let a little air trickle out your nose all the time you are standing on your head, so to speak.

17 Refinements:

A Speed up your swimming immediately before your turn. This makes you turn faster.

B Think of the turn as having three beats: flip, push, glide (not five beats: flip, place your feet, make sure everything is OK so far, push, glide). This streamlines your body when you push off. This means you suck in your stomach, point your toes, lock your hands together, and press your shoulders/arms to your head behind your ears.

D Push off hard. This is not a good time to rest. Don't start swimming until you have slowed down to your swim speed. In other words, don't waste that speed which requires nothing of you and giving you a momentary rest. (That's why some prefer short course to long course: more rests.)

F Skip the first breath when you take your first stroke. You may be moving your fastest on this first stroke, so don't create any more drag than you need to.

G Practice some flips at faster than usual pace. Using all the refinements, I've seen savvy turners pick up five feet or more on the persons beside them who are, otherwise, just as fast, but about to lose the race.

As Albert Einstein observed, "Everything should be made as simple as possible, but not simpler."

4-89



SPORTS
SPORTS • HEALTH • WELL BEING

EIGHTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 23 - 29, 1990

ENTRY FORM

Please read the **GENERAL INFORMATION** page carefully, listing chairperson of you sport, place, time, dates, and entry fees. Select your sport(s) and check them off on this page, along with your age. **Add to your entry fees the \$12.00 Festival Fee.**

1. **Registration.** Mail your total amount, with this form, to:

Entry Fees Subtotal \$ _____
Additional Dinner Guest (\$7.00 per guest) \$ _____
Festival Fee \$ \$12.00
Total Amount (enclosed) \$ _____

The Eugene Senior Sports Group, Inc.
P.O. Box 5002
Eugene, OR 97405

Dinner Guest Information.

☐ I will attend dinner party **Shirt Size** (please Circle one) medium large extra-large
☐ I will bring a dinner guest

2. **Groupings.** Place an "X" next to your age category and sex.

☐ MALE ☐ FEMALE
☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 ☐ 85-90 ☐ 90 +

3. **Sports.** Place an "X" next to the sport(s) and/or event(s) you wish to enter:

☐ **Tennis** ☐ Singles ☐ Doubles ☐ Mixed Doubles
☐ **Racquetball** ☐ Singles ☐ Doubles ☐ Mixed Doubles
☐ **Handball** ☐ Singles ☐ Doubles ☐ A ☐ B
☐ **Squash** ☐ Singles
☐ **Golf (55+)** ☐ Laurelwood ☐ Oakway
☐ **Bowling (55+)** ☐ 1st Squad ☐ Men's ☐ Women's
 ☐ 2nd Squad ☐ Men's ☐ Women's

☐ **Volleyball**
☐ Men's A
☐ Women's A
☐ Co-ed A
☐ Men's B
☐ Women's B
☐ Co-ed B
☐ 60+ Co-ed

*Next to
"Partner's Name"
(below) write
team name.
If not attached
to a team, we
will assign one.

☐ **Swimming:** Listed in the order events will be held:

W	M	W	M
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 23	<input type="checkbox"/> 24
<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 25	<input type="checkbox"/> 26
<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 27	<input type="checkbox"/> 28
<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 29	<input type="checkbox"/> 30
<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 31	<input type="checkbox"/> 32
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 33	<input type="checkbox"/> 34
Mixed		Mixed	
<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 35	<input type="checkbox"/> 36
<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 37	<input type="checkbox"/> 38
<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 39	<input type="checkbox"/> 40
<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 41	<input type="checkbox"/> 42
<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 43	<input type="checkbox"/> 44

100 Free 100 Relay 200 Free 100 Fly 50 Breast 25 Back 100 Medley Relay
200 Back 200 Free 100 Fly 50 Breast 25 Back 100 Medley Relay
50 Fly 25 Breast 25 Back 100 Medley Relay
25 Free 100 Medley Relay
100 Medley 200 Breast 100 Free 50 Back 25 Fly 100 Free Relay

Swimming competition at Sheldon Pool July 28
2445 Willakenzie Road Eugene, OR 97401
Contact: Don Van Rossen 25 YARD POOL

Warm-ups: 8:00 AM Meet Starts: 9:00 AM
Limited to 5 events.

Open to registered Masters Swimmers as well
as unregistered swimmers. Must be USMS
registered to qualify for any Masters
records. Approved but not sanctioned meet.

Chairperson Lori Hall 503-687-5314

Name _____ Age _____

Address _____ Phone _____
Street City State Zip

Partner's Name* _____ Age _____

Address _____ Phone _____
Street City State Zip

Liability Waiver must be signed



EIGHTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 23 - 29, 1990

LIABILITY WAIVER (Must Be Signed)

In consideration of the right to participate in the 1990 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said events to be held on July 23 - 29 1990 or which may hereafter occur to me as a result of my participation, against the Eugene Senior Sports Group, Inc., the sanctioning bodies, the City of Eugene, the Humble Bagel Co., Oakway Golf Course, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Downtown Athletic Club, Bethel School District, BiMart, Eugene Athletic, and/or any officers or agents of said groups, officials, and any and all other sponsors and their officers and agents thereof.

I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above.

I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 23 - 29, 1990 without any remuneration.

I certify that I have read and understand the above.

Participant's Signature _____

Date _____

Official Entry Form for Individual Events
1990 UNITED STATES MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS
 THE WOODLANDS, TEXAS AUGUST 17-20, 1990

Name: Last First M.I. Sex:

Address: No. Street City State Zip Country

Age: on 8/20/90 Birthdate: Mo. Day Yr. 1990 Number Required

U.S.M.S. REG. #:

Club Name or Unattached: Club Abbrev. LMSC (Assoc.)

Daytime Phone #: Evening Phone #:

ENTRY DUE DATE: Entry must be received no later than FRIDAY JULY 13, 1990

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Event #	Women	TIME and EVENT	Event #	Men
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=====

FRIDAY August 17, 1990 @ 8:00 a.m.

1		200 Meter Backstroke	2	
3		100 Meter Breaststroke	4	
5		50 Meter Freestyle	6	
7		200 Meter Butterfly	8	
9	see relay form	200 Meter Medley Relay	10	see relay form
11		400 Meter Freestyle	12	

SATURDAY August 18, 1990 @ 8:00 a.m.

13		200 Meter Breaststroke	14	
15		100 Meter Butterfly	16	
17		50 Meter Backstroke	18	
19		100 Meter Freestyle	20	
21		200 Meter Individual Medley	22	
23	see relay form	200 Meter Freestyle Relay	24	see relay form
25	see relay form	200 Meter Mixed Medley Relay	26	see relay form

SUNDAY August 19, 1990 @ 8:00 a.m.

27		200 Meter Freestyle	28	
29		50 Meter Breaststroke	30	
31		100 Meter Backstroke	32	
33		50 Meter Butterfly	34	
35		400 Meter Individual Medley	36	
37	see relay form	200 Meter Mixed Freestyle Relay	38	see relay form

MONDAY August 20, 1990 @ 8:00 a.m.

39		800 Meter Freestyle	40	
41		1500 Meter Freestyle	42	

I am willing to swim the 800/1500 meter freestyle with two persons per lane: ☐ yes ☐ no

NOTE: YOU CANNOT ENTER BOTH THE 800 AND 1500 METER FREESTYLE.

YOU MUST COMPLETE THE REVERSE SIDE OF THIS FORM.

Legible Xerox copies of this entry form are acceptable.

1990 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

Dates: August 17-20, 1990

Location: The Woodlands Athletic Center, The Woodlands, Texas

Sanctioned By: US Masters Swimming, Inc. & the LMSC/Gulf Masters Swimming

Filling Out Entry Blank:

There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. DO NOT ENTER WITH "NO TIME" or your entry will be rejected. You may enter six events but swim no more than three on any one day.

Eligibility:

National Championships are open to USMS registered swimmers, 25 years of age and older (as of August 20, 1990). If you wish to represent a club, then you and the club must be registered in the same LMSC; if any question about your affiliation, you will be entered "unattached". Foreign swimmers require a travel permit with entry.

Conduct of the Meet:

Meet Brochure has all details of the meet conduct. All events 200 meters and under will be pre-seeded. The 400m freestyle, the 400m IM, and the 800/1500m freestyle will be deck seeded.

Age Groups:

25-29, 30-34, etc., to 80-84, 85-89, and 90 and over. Your age is determined as of the last day of the meet (8/20/90).

Awards: National Masters Medals to first through tenth places.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees:

\$3.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany this entry form; an entry is not considered complete until the check clears the bank; if any question about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than July 13, 1990; no refunds are given for events not swum.

Banquet:

A Texas Barbeque will be held on Saturday evening, August 18, 1990, at The Woodlands Inn. Cash bar at 6:00 p.m. Buffet style Barbeque beginning at 7:00 p.m. Live band, contemporary dance music. Dress - casual or western.

Number of individual events entered:

Meet Surcharge (required of all swimmers)

Number of Texas Barbeque tickets:

_____	X \$ 3.00 = \$ _____
_____	X \$13.00 = \$ _____
_____	X \$17.00 = \$ _____
= _____	

TOTAL AMOUNT OF FEES DUE (do not send cash)

Checks Payable To: Woodlands Masters Swimming

Mail Entry & Fees To:

1990 Long Course Nationals, Woodlands Masters Swimming, P.O. Box 4050-231, Spring, TX 77387. For proof of receipt, enclose self-addressed, stamped envelope or post card. Attach copy of USMS Registration Card to Entry.

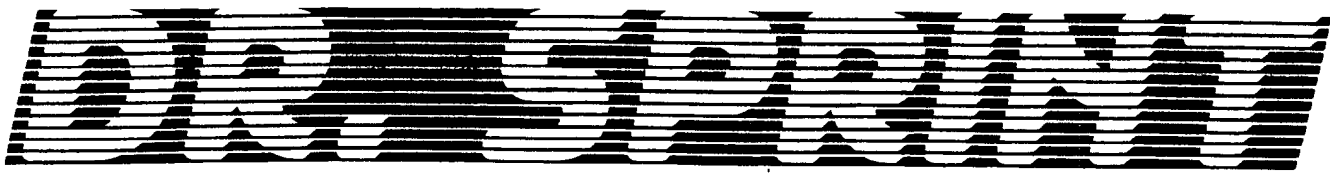
Entry Deadline:

Entry must be in the hands of entry chairman no later than JULY 13, 1990; late entries will be returned to sender.

Release from Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my 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.

Date: _____ **Signed:** _____



LESSONS FROM LAVELLE

"I didn't think it would ever happen to me." Lavelle Stoinoff

Whenever you exercise there is a risk of injury. The harder you strive to be the best, the greater the chance for a setback. The road to the top is strewn with bodies of injured athletes. As an athlete ages the chances of injury increase. Muscle soreness, tiredness, and wierd aches and pains are the downside towards higher health and an overall better life. Sore tired muscles are ok but let's examine a situation that isn't.

If you haven't heard of Lavelle Stoinoff by now, you've been living under a rock. Lavelle is the best female long distance master swimmer in the world. Lavelle now holds most of the National and World records at distances greater than 400 yards for 50+ year olds. She is primarily a freestyler but she also holds the 400 IM record. In short, no one beats her in events requiring more than 6 minutes of effort!

I was always most impressed by the 9,000 yard per day workouts this 57 year old woman logged over the years. To me, she redefined the amount of swimming a 50+ year old human could accomplish. At 5'2" and 113 pounds, she was masters swimming answer to Janet Evans.

She hasn't swam in the last three months since her operation. She had two bone spurs removed from her right shoulder. The spurs were causing "shooting pains" around her shoulder often while not even swimming.

The problems started over 4 years ago with the pain getting progressively worse as time passed. For example, she couldn't do pushups at all, due to the intense shoulder pain. Over the years she consulted several doctors, some x-rayed, most just gave her anti-inflammatory drugs. The correct diagnosis came from a MRI exam which showed that the bone spurs were damaging her shoulder rotator cuff area.

The consulted doctors were reluctant to operate until they examined her. Most 57 year old women have a brittle shoulder. Lavelle's rotator cuff was very pliable and in excellent condition. One doctor commented that her tissues looked like a "35 year old woman".

For 6 weeks after the operation her right arm was completely useless. Now, after 3 months, she can dress herself and the 5 inch scar is rapidly disappearing. She is recovering at an unprecedented rate. Two or three times each day she does therapeutic exercises. Each session takes over 1 hour. She is as motivated about her therapy as she was about her swimming.

It was a joy talking with her and feeling the huge ball of energy she exudes. With her strong positive attitude, her belief in taking one step at a time, and not looking too far ahead, she is harnessing her championship qualities into her comeback.

MY VERY STRONG OPINION

According to Lavelle, a precise cause of her bone spurs is unknown. There is little doubt that swimming overusage contributed. Age and genetics probably also played a role.

I have strong opinions about swimming injuries. I've seen too many good and great swimmers fall victim and have to quit. Most problems involve the arms and shoulders. Swimming speed largely depends upon strong and enduring arm power. But even when we swung in trees our arms were not in high continuous use. Lavelle had to train enormous yardage to set her impressive world records in races lasting 20 minutes. The competition demanded it. But she may have broken down because she finally exceeded a million years of genetic evolution.

One reason Lavelle could accomplish her high yardage is size. It simply takes less work to move a 113 pound body around. Nevertheless, she now promises to do much less yardage.

Why just her right arm? Lavelle is primarily a left side breather. It's my opinion that swimming shoulder problems occur more often on the opposite side of breathing. The reason being the shoulder stress is higher while the head is turned to breath on the other side. This condition is worse with less flexibility. We lose flexibility as we age. Lavelle now promises in the future to breath equally on both sides. I think every swimmer should learn equal side breathing so well that they do not have a "favorite side".

Much of Lavelle's long yardage was using swim paddles. Yes, arm power is very important. But there are many studies that implicate paddle work with swimming shoulder problems. Lavelle will use a smaller paddle or one with holes in it. In my opinion, paddles should not be used at all especially with pull buoys. I gave up "pull only swimming" 10 years ago, it's just too risky.

Every master swimmer experiences sore muscles. Probably every National record holder has had more serious shoulder problems. Listen to your body.

"1990 REGION 12 MASTERS LONG COURSE CHAMPIONSHIPS"

BEAVERTON, OREGON

AUGUST 3, 4, & 5, 1990

Oregon Masters Swimming, Tualatin Hills Barracudas, and the Tualatin Hills Park and Recreation District are pleased to host this years Long Course Regionals.

Entry Deadline: Postmarked no later than July 23rd, 1990 NO LATE ENTRIES!!!!

RULES: All current USMS rules will govern. All swimmers must be registered with their association at the time of competition. This meet will be fully staffed by USS Certified officials.

AWARDS: Medals may be purchased at the meet.

PARTY: There will be a gathering immediately following Saturday's events. The location is currently under investigation but we promise food, spirits and friendship at a most affordable price. Please plan to attend. More information in next months issue.

T-SHIRTS: This meet will feature T-Shirts and Sweatshirts. We promise high quality Russell or Hanes shirts with an exciting, original design using neon ink and guaranteed to be a sure sell out. You may reserve a shirt by pre-ordering with your meet entry. We will offer Tank-Tops, long sleeve T-Shirts (100% cotton), and Sweatshirts in a choice of three colors. Pay at the meet. Probable costs will be \$9.00 for Tank-tops, \$12.00 for long sleeve T-shirts, and \$17.00 for Sweatshirts. You must meet the screeners deadline of July 15 to order a shirt. If you don't wish to enter the meet that early, then send your order separately.

T-SHIRT ORDER -----ORDER DEADLINE RECEIVED BY JULY 15-----

PAY AT THE MEET MAIL ORDER TO: OMS 3904 S.W. 57th AVE. PORTLAND, OR 97221

COLORS: WHITE -- YELLOW -- PALE AQUA

SIZES: ADULT SMALL, MEDIUM, LARGE, EXTRA LARGE, & EXTRA-EXTRA LARGE

STYLES: TANK TOP -- LONG SLEEVE T-SHIRT -- SWEATSHIRT

NAME _____ PHONE # _____

STYLE _____ SIZE _____ COLOR _____

"1990 REGION 12 MASTERS LONG COURSE CHAMPIONSHIPS"

OREGON MASTERS SWIMMING LONG COURSE METERS MEET
SANCTIONED (#90-I) 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: 1990 LONG COURSE REGIONAL CHAMPIONSHIPS

PLACE: Tualatin Hills Aquatic Center
Beaverton, Oregon

DATE: AUGUST 3, 4, & 5, 1990

10 lane indoor 50 meter pool
electronic timing

WARM-UPS: FRIDAY 3rd 5:30 PM
SATURDAY 4th 8:00 AM
SUNDAY 5th 8:00 AM

HOST: 8 lanes competition 2 lanes warm-up

Tualatin Hills Barracudas
Meet Director: Julie Shepard
503-643-3383 Home

MEET STARTS: FRIDAY 3rd 6:30 PM
SATURDAY 4th 9:00 AM
SUNDAY 5th 9:00 AM

DIRECTIONS TO POOL: Take Hwy 26 West from I-5, I-405, or Hwy 217. Exit at
Cornell Road. Turn left. Cross Hwy 26 and turn left at first stoplight.
S.W. 158th St. Pool is on left 1/4 mile.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 7-23-90 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, 800, & 1500 Free will be deckseeded and all of
the events will be seeded fast to slow.

FRIDAY AUGUST 3 (LC REGIONALS) 100 FREE (12) ____:____.____

400 I.M. (1) ____:____.____

SUNDAY AUGUST 5

1500 FREE (2) ____:____.____

800 FREE (13) ____:____.____

SATURDAY AUGUST 4

BREAK BREAK BREAK BREAK

400 FREE (3) ____:____.____

200 BACK (14) ____:____.____

BREAK BREAK BREAK BREAK

MEDLEY RELAY (15) XXXXXXXXXXXXXXXX

FREE RELAY (4) XXXXXXXXXXXXXXXX

200 BREAST (16) ____:____.____

50 BREAST (5) ____:____.____

200 FLY (17) ____:____.____

100 FLY (6) ____:____.____

BREAK BREAK BREAK BREAK

200 FREE (7) ____:____.____

50 FREE (18) ____:____.____

50 BACK (8) ____:____.____

100 BACK (19) ____:____.____

MXD FREE RELAY (9) XXXXXXXXXXXXXXXX

200 I.M. (20) ____:____.____

BREAK BREAK BREAK BREAK

MXD MED RELAY (21) XXXXXXXXXXXXXXXX

100 BREAST (10) ____:____.____

50 FLY (11) ____:____.____

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 acknow-
ledge that I am aware of all of the risks inherent in Masters Swimming (train-
ing & 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: \$7.50 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.

TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1989 or 1990 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE REGISTRAR: DAN JOHNSON, 7655 SW Cedarcrest St., Portland, OR 97223 (244-8152)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE people for each registered team. Any changes in team contact/ reps should be made with Dan.

TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.

City	Team Name	Abrv.	Contact/Rep	Phone
Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego	Lake Oswego Swim Club	LOSC	Robert Smith	639-4505
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford	Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnvil.	McMinnville Masters	MM	Judy Rex	472-0765
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland	Multnomah Athletic Club	MAC	Steve Roth	223-6251 x226
Portland	Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland	Parkrose Masters	PKRS	Craig Jorgensen	252-9906
Portland	Portland Comm College	PCC	Karl Von Tagen	244-6111x4201
Portland	Princeton Piranahs	PP	Dana Reck	222-2639
Portland	Portland Parks Masters	PPM	John Zell	282-9347
Portland	RiverPlace Athletic Club	RAC	Steve Arndt	636-6760
Portland	Viking Masters Swimming	VMS	Bob Morrison	234-3733
Portland	Willamette Athletic Club	WAC	Brad Thomas	295-2255
Redmond	Cascade Aquatic Masters	CAM	Sean Taylor	548-6066
Roseburg	Umpqua Valley Masters	UVM	Judy McCurdy	679-8144
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060
SweetHome	Sweet Home OR Masters	SHOM	Kim Church	367-3191
Tigard	Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver, WA	Vancouver Old Timers	VOT	Andy Schrag	(206)254-9661

JOIN A TEAM OR START ONE TODAY -- YOU'LL BE GLAD YOU DID!!!

1990 OREGON MASTERS

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

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

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

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

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

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

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

They provide the following for you:

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

There are two clubs within Oregon Masters: OREG and MACO. Club designation affects eligibility to swim on relays. Regardless of your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "un-attached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

1. Don't forget to check the appropriate club.
2. Team refers to the team you work out with. See preceding page for proper abbreviation
3. Sign the form (all information must be filled in).
4. Make your check payable to Oregon Masters Swimming

Only the first 20 characters of you name will appear on heat sheets and results.

PLEASE PRINT

<p>___ This is a New registration. ___ I was registered in 1989</p> <p>Name _____</p> <p style="margin-left: 40px;">LAST FIRST M.I.</p> <p>Address _____</p> <p>City _____ St _____ ZIP _____</p> <p>() _____ - _____ / ____ / ____</p> <p style="margin-left: 40px;">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>Oregon</p> <p>1990</p> <p>Reg. Fee (\$18.00) _____</p> <p>Aqua Master (\$7.00) _____</p> <p>Total _____</p>	<p>Office use only</p> <hr/> <p>MAIL TO:</p> <p>DAN JOHNSON</p> <p>7655 SW CEDARCREST ST.</p> <p>PORTLAND, OR 97223</p> <p>Or enclose with meet registration</p>
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Remember to sign your registration form.

Make checks to Oregon Masters Swimming

LONG COURSE SEASON IS HERE !!

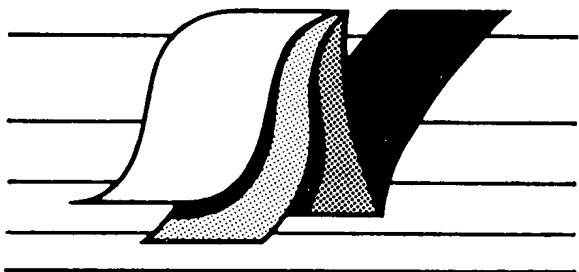
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- * Meet Entry Forms

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Aqua-Master



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