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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 1990/1991

### LONG COURSE/SHORT COURSE METERS

AUGUST 17-20, 1990	1990 USMS LONG COURSE NATIONALS THE WOODLANDS, TEXAS
SEPTEMBER 11	OMS BOARD MEETING 7:15 PM KATHY BUCK'S HOUSE
SEPTEMBER 19-23	1990 USMS ANNUAL CONVENTION PITTSBURG, PA
*MAY 15 TO OCT 30	VIRGINIA MASTERS NATIONAL POSTAL MEET 10,000 METERS 2 PERSON RELAY

### SHORT COURSE YARDS/METERS

*OCTOBER 6, 1990	PORTLAND, OR PARKROSE H.S. S.C.Y. (#2)
OCTOBER 14	PORT ANGELES, WASHINGTON
OCTOBER 15-26	WORLD SENIOR GAMES ST. GEORGE, UTAH
NOVEMBER ??	PORTLAND PARKS TRI-I.M. MEET S.C.Y.
NOVEMBER 17-19	POULSBO, WASHINGTON NORTH KITSAP
NOV 30 & DEC 1	LINCOLN CITY, OR S.C. METERS (#4)
DECEMBER 8	ENUMCLAW, WASHINGTON
JANUARY 1991	UNSCHEDULED SOMEWHERE IN OREGON (#1)
JANUARY 19	ANACORTES, WASHINGTON
FEBRUARY 2	BEAVERTON, OR SWIM CELLAR PENTATHALON
FEBRUARY 8 & 9	SEATTLE, WA TEAM ORCA
MARCH 2 & 3	ASHLAND, OR S.O.S.C. S.C. YARDS (#3)
APRIL 5, 6, & 7	NEWBERG, OR OMS ASSOCIATION CHAMPS (#4)
MAY 11	TIGARD, OR AGE GROUP INV. WITH MASTERS
MAY 1991	USMS SHORT COURSE NAT. NASHVILLE, TN
AUGUST 1991	USMS LONG COURSE NAT. ELIZABETHTOWN, KY

\*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

# Z-Man says---

Hello once again my fellow Masters....Z-Man back with da newz....

As you can see our schedule page is quite full and most all our 1990/91 meets are pretty much set for the season. More on the upcoming short course season in the next few months. You will find the entry form for the first short course meet of the year at Parkrose in this issue. Also an entry for an interesting 2 person 10,000 meters relay postal meet.

Ol' Barn reviews both the State Games of Oregon and the Mt. Hood meet along with the results. Dr. Sprint has the results of his Sprint Workout Postal meet for your reading and the results from this postal meet are most interesting.

The minutes from the June OMS Board meeting are in this issue for your reading. We have decided to start publishing the minutes for your review so that you will be more informed as to what is going on within the internal workings of our Association. As of July 23rd our membership is 486 swimmers strong with 456 of those renewals.

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OMS IS NOW TAKING BIDS FOR THE 1991 LONG COURSE SEASON....CONTACT PAM HIMSTREET FOR BID FORMS OR FURTHER INFORMATION. WE HAVE OPENINGS IN JUNE AND JULY 1991!!!  
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Andy Schrag writes a brief report on this years Deshutes River Raft trip back in June. You will find it after the minutes of the June Board meeting.

As of this writing, the swimming events at The Goodwill Games are history and did the ol' U.S.A. do themselves proud. Some new names and faces coming up on the womens team and the men continued their dominance. A tip-o-the-hat to Mike Barrowman for his new world record in the 200 meter breast and keep your eyes on Miss Summer Sanders. One of the best lines out of the swimming competition came from Mike Barrowman's coach Hungarian Joesef Nagy who said after Mike had broke his own world record by a good second and a half...."2;11, not so bad."

Next up for the best swimmers in the world is the World Swimming Championships to be held this January in Perth, Australia. I learned from an interview with Mark Spitz during the Goodwill Games coverage on TBS that he will swim an exhibition 50 meter Fly at the World Championships. He will not compete in the regular events. Even though he says he is coming along very well with his training he will not be ready to try to qualify for "Worlds" but they have set up this special exhibition race for him. TBS will be televising the coverage of the World Championships.

From the June issue of Swimming World Magazine...."While competitors are preparing for the championships, the organizers are overseeing extensions to the Perth Superdome - Western Australia's premier sporting complex. The Western Australia government has agreed to underwrite the event to the value of \$10.3 million, of which \$5.9 million will go toward upgrading the Superdome. The Superdome extensions were to be completed by early May 1990. THREE new outdoor pools will complement the two pools already located inside the giant sports complex, making the Superdome the biggest aquatic center in the world. Outdoors, a 10-lane main competition pool will have seating for 6000 spectators, an 8-lane pool will be custom-built for synchronized swimming and will also be used as a swimming warm-up pool. The men's water polo team will warm-up in a smaller outdoor pool. The main indoor pool, which caters for 2000 spectators, will be the venue for the men's water polo. the diving events will be held in the second indoor pool, which has a spectator capacity of 1000."

Z-Man would give just about anything for tickets and a trip to Perth & "Worlds"

Guess I'll have to settle for a trip<sup>to</sup> my local pool... 

"PARKROSE MASTERS SHORT COURSE YARDS MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (#91-A) by USMS, INC. AND LMSC FOR OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.  
Unregistered swimmers must submit a 1991 registration form & fee with this form.

MEET: PARKROSE MASTERS S.C.Y.

DATE: OCTOBER 6th, 1990 SATURDAY

PLACE: PARKROSE HIGH SCHOOL

6 lanes, indoor, manual timing

HOST: Parkrose Swim Team

WARM-UP: 8:30 A.M.

Craig Jorgensen, Co-Meet Director

256-3141 (H) 257-5219 (Pool)

MEET

Bert Petersen, Co-Meet Director

STARTS: 9:30 A.M.

252-6081 (H)

DIRECTIONS TO POOL: N.E. 117th and SHAVER. Travel east on I-84 to Gateway exit. Continue up Halsey to 122nd. Turn left (north) on 122nd and go to Shaver (approx. 2 miles). Turn left on Shaver to 117th. Pool entrance on 117th.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 9-25-90 NO LATE ENTRIES ACCEPTED

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1990 USMS # \_\_\_\_\_

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

PHONE # \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ TEAM \_\_\_\_\_

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

RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+

You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 500 free will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY OCTOBER 6, 1990 PARKROSE

500 FREE (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

BREAK BREAK BREAK BREAK

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

FREE RELAY (2) XXXXXXXXXXXXXXXXXXXX

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

100 BACK (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MEDLEY RELAY (13) XXXXXXXXXXXXXXXXXXXX

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

BREAK BREAK BREAK BREAK

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

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

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

100 FREE (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 I.M. (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

MXD FR RELAY (8) XXXXXXXXXXXXXXXXXXXX

100 BREAST (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK BREAK

200 I.M. (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MXD MED RELAY(19) XXXXXXXXXXXXXXXXXXXX

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.

# "ol' Barnacle"

## OL' BARNACLE ... FIFTH ANNUAL STATE GAMES ...

UNDER THE GUIDANCE OF MEET DIRECTOR STEVE ROTH AND A HOST OF MULTNOMAH CLUB VOLUNTEERS WELL OVER 100 SPLASHERS HAD AT IT IN THE MAC POOL. A GREAT CREW OF OFFICIALS, HEADED BY T D AND RUTH HUGHES KEPT EVERYONE SWIMMING IN THE RIGHT DIRECTION. PEGGY MORRISON DID A GREAT JOB ON THE AWARDS.

### NEW REGIONAL RECORDS ...

GRACIE GODDARD (30-34) 100 M FREE - 1:05.17  
ELFIE STEVENIN (65-69) 100 M FLY - 3:15.74  
ART WELCH (55-59) 200 M IND MEDLEY - 3:13.82

### NEW OMS RECORDS ...

GRACIE GODDARD (30-34) 50 M FREE - 28.99  
                                    50 M FLY - 31.71  
                                    100 M FLY - 1:13.71  
JOYCE BAHLER (60-64) 200 M BACK - 4:06.65  
                                    50 M BRST - 54.59  
HELENA HOFFMAN (70-74) 400 M FREE - 10:40.07  
ALLEN STARK (40-44) 100 M BRST - 1:18.51  
                                    200 M BRST - 2:53.99  
ART WELCH (55-59) 50 M FLY - 36.27 (TIES RECORD OF ERIC GUEST)  
ERIC GUEST (60-64) 50 M FREE - 32.88  
HERB EISENSCHMIDT (80-84) 100 M BRST - 2:32.92  
                                    200 M BRST - 5:29.40

OB NOTE : BOTH OF THESE GO BACK TO ROY WEBSTER IN 1982

### STATE GAMES RECORDS ...

LINDA FINLEY ... 200 FREE (2:26.78) , 200 IM (2:49.42)  
HEATHER MCLAUCHLAN ... 50 BACK (39.19) , 200 BACK (3:02.03)  
KIM PHILLIPS ... 200 FREE(2:41.92), 200 BRST(3:18.99), 200 IM(2:58.21)  
JILL SCHULDT ... 400 FREE (5:33.37)  
PATRICIA MCKAY ... 50 FREE (30.72), 100 FREE (1:11.29)  
MARJORIE MEEK ... 200 BACK ( 3:11.03 )  
SUSAN GIRARD ... 200 FREE (3:53.47)  
SUSAN CASE ... 100 BACK (1:28.13) AND 200 BACK (3:07.44)  
GINGER PIERSON ... 100 FLY (1:27.43) , 200 IM (3:05.42)

01' Barn ... cont ... 1990 State Games ... records ...

BARBARA FRID ... 200 FREE (2:51.71), 100 BRST (1:39.31)

MARGARET WELLS ... 50 BACK (56.71)

JOYCE BAHLER ... 100 BRST (2:05.15)

PETHEY SMITH ... 100 FREE (1:24.96)

ELFIE STEVENIN ... 50 BACK ( 1:20.21)

ADA HEBERT ... 50 BRST ( 1:25.96)

HELENA HOFFMAN ... 100 FLY(4:01.37), 200 FLY(8:02.59), 200 IM (6:54.14)

HAZEL BRESSIE ... 200 FREE (7:36.07), 100 BACK (3:36.33), 100 BRST (5:06.85)

MARK WAGGONER ... 200 FREE (2:12.95), 400 FREE (4:53.50)

MIKE PHILLIPS ... 200 I M (3:00.63)

JEFF WALKER ... 50 FREE (27.02)

STEVE HARGER ... 100 FREE (1:01.65)

DAVE BURLESON ... 200 BACK (2:35.90), 200 I M ( 2:32.78 )

CHRIS ROTH ... 50 FLY (28.79) , 100 FLY (1:05.90)

CHARLIE VAN ROSSEN ... 200 FLY ( 2:46.42 )

ARTHUR WELCH ... 200 FREE (2:43.60)

ERIC GUEST ... 100 FREE (1:15.66) , 200 FREE (3:00.91)

DONLAN JONES ... 50 BACK (41.45)

HERB EISENSCHMIDT ... 50 BRST (1:06.03)

#### RELAYS ...

MACO - 120 + 200 MEDLEY RELAY ... 2:36.64

H MCLAUCHLAN, D BOWLSBY, M MEEK, T HENDRYX (WOMEN)

MACO - 120 + 200 FREE RELAY ... 2:23.11

H MCLAUCHLAN, M MEEK, T HENDRYX, D BOWLSBY (WOMEN)

TOF - 120 + 200 FREE RELAY ... 1:57.58

C VAN ROSSEN, G JONES, R BOYD, A MOREHOUSE (MEN)

MACO - 200 + 200 MXD FREE RELAY ... 2:59.51

J BAHLER, C AUSTEN, B AUSTEN, J BIGLER

THAT'S IT FOR THE FIFTH EDITION OF THE SWIMMING VERSION OF THE OREGON STATE GAMES. SEE YOU IN 1991 !!!

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# STATE GAMES '90 50 METER 07/08/90 PG 1

\* = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter + = OREGON

Software by R.Smith

----- 19-24 WOMEN -----			50 FLY GRACIE M GODDARD	30 ORE	:31.71+	100BRS BARBARA FRID	48 OREG	1:39.31+
50FREE SUANNE SNOW	21*	1:19.69	Oregon was- SANDI ROUSSEAU		:33.95	Oregon was- HARRIET LYNCH		1:43.18
100FRE MAIA WOLFE	19*	1:32.68	CATHY HOELSCHER	34 ORE	:39.94	----- 60-64 WOMEN -----		
50BACK JENNIFER MYERS	21*	:38.21	DONA R BOWLSBY	32 MACO	:40.82	50FREE MARGARET A WELLS	64 OREG	:44.61
MAIA WOLFE	19*	:48.08	100FLY GRACIE M GODDARD	30 ORE	1:13.77+	JOYCE BAHLER	60 MACO	:48.79
SUANNE SNOW	21*	1:19.06	Oregon was- SUE SNYDER	1:20.03		BETSY AUSTEN	62 MACO	:53.17
----- 25-29 WOMEN -----			CATHY HOELSCHER	34 ORE	1:34.58	100FRE MARGARET A WELLS	64 OREG	1:44.57
50FREE LISA K DAVIS	26 OREG	:31.90	200 IM KIM A PHILLIPS	32 OREG	2:58.21	BETSY AUSTEN	62 MACO	1:55.37
100FRE LISA K DAVIS	26 OREG	1:11.41	JILL C SCHULD	31 OREG	3:04.75	400FRE BETSY AUSTEN	62 MACO	8:17.98
ANNETTE BRADACH	29*ORE	1:26.56	CATHY HOELSCHER	34 ORE	3:24.53	50BACK MARGARET A WELLS	64 OREG	:56.71
200FRE LINDA FINLEY	25 OREG	2:26.78	DONA R BOWLSBY	32 MACO	3:32.95	BETSY AUSTEN	62 MACO	:56.95
JEANINE JARAMILLO	27*	2:53.53	KATHIE CARLISLE	32*	3:52.14	100BAK BETSY AUSTEN	62 MACO	2:14.24
400FRE LEE ANN MCNERNEY	26*	6:45.17	----- 35-39 WOMEN -----			200BAK JOYCE BAHLER	60 MACO	4:06.65+
50BACK HEATHER MCLAUCHLAN	27 MACO	:39.19	50FREE PATRICIA MCKAY	35*	:30.72+	Oregon was- MARY ANNE WOLFE	4:12.20	
CHRISTINA FOX	29 ORE	:42.73	Oregon was- SANDI ROUSSEAU		:31.31	MARGARET A WELLS	64 OREG	4:20.95
100BAK HEATHER MCLAUCHLAN	27 MACO	1:25.25	TERI HENDRYX	37 MACO	:33.81	50BRST JOYCE BAHLER	60 MACO	:54.59+
CHRISTINA FOX	29 ORE	1:32.36	TERESA HARRIS	37*	:36.18	Oregon was- EILEEN BIGLIN	1:02.78	
JEANINE JARAMILLO	27*	1:32.66	100FRE PATRICIA MCKAY	35*	1:11.29	MARGARET A WELLS	64 OREG	1:03.00
200BAK HEATHER MCLAUCHLAN	27 MACO	3:02.03	TERI HENDRYX	37 MACO	1:19.28	100BRS JOYCE BAHLER	60 MACO	2:05.15
50BRST ANNETTE BRADACH	29*ORE	:42.95	TERESA HARRIS	37*	1:20.17	200BRS JOYCE BAHLER	60 MACO	4:23.01
100BRS ANNETTE BRADACH	29*ORE	1:39.26	200FRE KATHLEEN P BUCK	39 OREG	2:49.76	50 FLY MARGARET A WELLS	64 OREG	:58.40
200BRS ANNETTE BRADACH	29*ORE	3:25.70	TERESA HARRIS	37*	2:53.60	----- 65-69 WOMEN -----		
100FLY LINDA FINLEY	25 OREG	1:21.30	400FRE MARJORIE MEEK	38 MACO	5:51.24	50FREE PETEY MH. SMITH	66 OREG	:38.41+
200 IM LINDA FINLEY	25 OREG	2:49.42	TERESA HARRIS	37*	6:01.96	Oregon was- JUDY M MELCHER	1:07.66	
HEATHER MCLAUCHLAN	27 MACO	3:10.74	100BAK MARJORIE MEEK	38 MACO	1:27.30	100FRE PETEY MH. SMITH	66 OREG	1:24.96+
----- 30-34 WOMEN -----			200BAK MARJORIE MEEK	38 MACO	3:11.03	Oregon was- JUDY M MELCHER	2:28.87	
50FREE GRACIE M GODDARD	30 ORE	:28.99+	50 FLY TERI HENDRYX	37 MACO	:37.08	200FRE PETEY MH. SMITH	66 OREG	3:09.26+
Oregon was- TANYA MANSIGH		:30.52	MARJORIE MEEK	38 MACO	:39.18	Oregon was- JUDY M MELCHER	5:18.94	
ROBIN STUPACK	33*	:31.76	100FLY KATHLEEN P BUCK	39 OREG	1:37.44	50BACK ELFIE J STEVENIN	68 OREG	1:20.21
CATHY HOELSCHER	34 ORE	:35.43	200 IM TERI HENDRYX	37 MACO	3:16.22	100BAK ELFIE J STEVENIN	68 OREG	2:48.73
KATHIE CARLISLE	32*	:35.75	KATHLEEN P BUCK	39 OREG	3:23.15	200BAK ELFIE J STEVENIN	68 OREG	6:37.50
DONA R BOWLSBY	32 MACO	:36.57	----- 40-44 WOMEN -----			100FLY ELFIE J STEVENIN	68 OREG	3:15.75+
CYNTHIA BELZ	30 ORE	:43.95	50FREE STEVIE NEWCOMER	41 ORE	:47.48	Oregon was- ELFIE J STEVENIN	3:35.55	
50FREE KRISTY MCNULTY	31*	:53.72	SUSAN M GIRARD	42 OREG	:49.41	200FLY ELFIE J STEVENIN	68 OREG	6:56.12+
100FRE GRACIE M GODDARD	30 ORE	1:05.17+	100FRE SUSAN M GIRARD	42 OREG	1:49.76	Oregon was- ELFIE J STEVENIN	7:28.28	
Oregon was- LAURIE GOULD		1:09.53	MARY E WATERS	43 MACO	3:02.43	200 IM PETEY MH. SMITH	66 OREG	4:07.68+
CATHY HOELSCHER	34 ORE	1:21.50	200FRE SUSAN M GIRARD	42 OREG	3:53.47	Oregon was- ELFIE J STEVENIN	6:49.84	
DONA R BOWLSBY	32 MACO	1:24.77	STEVIE NEWCOMER	41 ORE	4:05.63	----- 70-74 WOMEN -----		
CYNTHIA BELZ	30 ORE	1:44.35	400FRE SUSAN M GIRARD	42 OREG	8:09.01	100FRE ADA A HEBERT	74 ORE	2:26.54+
100FRE KRISTY MCNULTY	31*	2:11.42	STEVIE NEWCOMER	41 ORE	8:28.34	Oregon was- DOREEN MORRIS	2:55.97	
200FRE KIM A PHILLIPS	32 OREG	2:41.92	50BACK JAYNE M ARVIDSON	44 OREG	:41.14	MARGARET R YADON	72 OREG	2:34.94
JILL C SCHULD	31 OREG	2:42.48	SUSAN J CASE	41 OREG	:41.79	400FRE HELENA W HOFFMAN	74 OREG	10:40.07+
ROBIN STUPACK	33*	2:51.11	100BAK SUSAN J CASE	41 OREG	1:28.13	Oregon was- BARBARA T HAVERCAMP	12:08.24	
400FRE JILL C SCHULD	31 OREG	5:33.37	JAYNE M ARVIDSON	44 OREG	1:33.44	MARGARET R YADON	72 OREG	11:05.01
ELIZABETH LAURENSEN	31 OREG	5:53.11	200BAK SUSAN J CASE	41 OREG	3:07.44	ADA A HEBERT	74 ORE	11:17.67
MARY A YUSE	30 OREG	6:17.91	JAYNE M ARVIDSON	44 OREG	3:22.98	50BACK MARGARET R YADON	72 OREG	1:12.70+
CYNTHIA BELZ	30 ORE	8:07.56	50BRST STEVIE NEWCOMER	41 ORE	1:00.37	Oregon was- DOREEN MORRIS	1:18.40	
50BACK ROBIN STUPACK	33*	:40.14	200BRS SUSAN J CASE	41 OREG	3:29.55	100BAK MARGARET R YADON	72 OREG	2:32.83+
50BACK KRISTY MCNULTY	31*	1:00.74	50 FLY GINGER L PIERSON	44 OREG	:37.65	Oregon was- DOREEN MORRIS	2:54.72	
100BAK KIM A PHILLIPS	32 OREG	1:26.80	100FLY GINGER L PIERSON	44 OREG	1:27.43	200BAK HELENA W HOFFMAN	74 OREG	7:41.17
ROBIN STUPACK	33*	1:29.21	200 IM GINGER L PIERSON	44 OREG	3:05.42	50BRST ADA A HEBERT	74 ORE	1:25.96
JILL C SCHULD	31 OREG	1:33.51	SUSAN J CASE	41 OREG	3:14.36	50 FLY HELENA W HOFFMAN	74 OREG	1:39.18
100BAK KRISTY MCNULTY	31*	2:24.37	MARY E WATERS	43 MACO	7:34.73	100FLY HELENA W HOFFMAN	74 OREG	4:01.37
200BAK JILL C SCHULD	31 OREG	3:08.95	----- 45-49 WOMEN -----			200FLY HELENA W HOFFMAN	74 OREG	8:02.59+
50BRST DONA R BOWLSBY	32 MACO	:45.24	100FRE JOANN DENNIS	48 MACO	1:51.96	Oregon was- HAZEL BRESSIE	10:09.54	
200BRS KIM A PHILLIPS	32 OREG	3:18.99	200FRE BARBARA FRID	48 OREG	2:51.71	200 IM HELENA W HOFFMAN	74 OREG	6:54.14
MARY A YUSE	30 OREG	3:27.99	JOANN DENNIS	48 MACO	3:55.87	----- 75-79 WOMEN -----		
ELIZABETH LAURENSEN	31 OREG	3:28.20	400FRE JOANN DENNIS	48 MACO	8:16.78	50FREE DOREEN MORRIS	77 MACO	1:39.41
JILL C SCHULD	31 OREG	3:32.13	50BRST BARBARA FRID	48 OREG	:45.26	400FRE DOREEN MORRIS	77 MACO	14:01.57

50BACK DOREEN MORRIS	77 MACO 1:30.08	100BRS DAVID P JOHNSON	32 ORE 1:24.74	400FRE RICHARD D BOYD	47 OREG 5:02.01+
100BAK DOREEN MORRIS	77 MACO 3:20.30	DAN DOLAN	34* 1:27.81	Oregon was- KARL VONTAGEN	5:19.86
----- 80-84 WOMEN -----		200BRS DAVID P JOHNSON	32 ORE 3:11.36	200BRS RICHARD D BOYD	47 OREG 3:05.91+
200FRE HAZEL B BRESSIE	81 MACO 7:36.07	DAN DOLAN	34* 3:25.67	Oregon was- DON VANROSSEN	3:08.44
100BAK HAZEL B BRESSIE	81 MACO 3:36.33	50 FLY CHRISTOPHER M ROTH	31 OREG :28.79	50 FLY KEITH A FINZER	45 OREG :37.13
100BRS HAZEL B BRESSIE	81 MACO 5:06.85	DAVID R DOTTER	31 OREG :35.45	100FLY KEITH A FINZER	45 OREG 1:32.10
200 IM HAZEL B BRESSIE	81 MACO10:15.21	100FLY CHRISTOPHER M ROTH	31 OREG 1:05.90	200 IM KEITH A FINZER	45 OREG 3:11.90
----- 25-29 MEN -----		CHARLES VANROSSEN	34 OREG 1:10.58	----- 50-54 MEN -----	
50FREE STAN VELA	28* :27.70	ANDY CARLISLE	32* 1:20.10	50FREE JERRY GREER	50*ORE :32.44
ANDY MOREHOUSE	29 MACO :28.19	200FLY CHARLES VANROSSEN	34 OREG 2:46.42	JIM BIGLER	54 MACO :33.34
TYLER COLE	29 OREG :29.13	JOHN F ZELL	33 OREG 2:53.84	JACK C WONG	51 ORE :35.45
100FRE MARK WAGGONER	25* 1:00.58	200 IM DAVID O BURLESON	33 OREG 2:32.78	100FRE JIM BIGLER	54 MACO 1:14.52
ANDY MOREHOUSE	29 MACO 1:02.27	CHRISTOPHER M ROTH	31 OREG 2:38.58	JERRY GREER	50*ORE 1:24.04
TYLER COLE	29 OREG 1:09.49	JOHN F ZELL	33 OREG 2:39.61	200FRE JIM BIGLER	54 MACO 2:48.18
200FRE MARK WAGGONER	25* 2:12.95	ANDY CARLISLE	32* 2:57.78	400FRE JIM BIGLER	54 MACO 5:53.18
JIM RABE	29 ORE 2:18.20	----- 35-39 MEN -----		50 FLY JERRY GREER	50*ORE :47.06
ANDY MOREHOUSE	29 MACO 2:23.37	50FREE ADRIAN L KALIL	37 OREG :29.36	200 IM JERRY GREER	50*ORE 3:47.67
NIKE D PHILLIPS	29 OREG 2:33.05	JAMES K ROBBINS	39 OREG :29.43	----- 55-59 MEN -----	
400FRE MARK WAGGONER	25* 4:53.50	GREG JONES	37 ORE :30.13	50FREE DON E NICHOLSON	58 ORE :35.77
NIKE D PHILLIPS	29 OREG 5:11.39	MICHAEL MCCALL	37 OREG :32.44	100FRE DON E NICHOLSON	58 ORE 1:24.83
ANDY MOREHOUSE	29 MACO 5:15.28	100FRE ADRIAN L KALIL	37 OREG 1:05.11	200FRE ARTHUR C WELCH	57 OREG 2:43.60
50BACK STAN VELA	28* :36.84	GREG JONES	37 ORE 1:06.90	400FRE ARTHUR C WELCH	57 OREG 5:43.83
100BAK MIKE D PHILLIPS	29 OREG 1:33.60	JAMES K ROBBINS	39 OREG 1:10.58	50 FLY ARTHUR C WELCH	57 OREG :36.27+
100BRS MIKE D PHILLIPS	29 OREG 1:39.39	MICHAEL MCCALL	37 OREG 1:18.69	Oregon was- ERIC G P GUEST	:36.61
50 FLY STAN VELA	28* :29.33	200FRE ADRIAN L KALIL	37 OREG 2:25.28	100FLY ARTHUR C WELCH	57 OREG 1:27.85+
ANDY MOREHOUSE	29 MACO :30.57	GREG JONES	37 ORE 2:31.27	Oregon was- EARL WALTER	1:37.60
100FLY JIM RABE	29 ORE 1:10.26	JAMES K ROBBINS	39 OREG 2:41.49	200FLY ARTHUR C WELCH	57 OREG 3:42.80
NIKE D PHILLIPS	29 OREG 1:30.67	400FRE JAMES M ELLIOTT	38 OREG 5:26.11	200 IM ARTHUR C WELCH	57 OREG 3:13.82+
200 IM MIKE D PHILLIPS	29 OREG 3:00.63	GREG JONES	37 ORE 5:34.67	Oregon was- ERIC G P GUEST	3:15.13
----- 30-34 MEN -----		50BACK BRETT K ARVIDSON	35 OREG :36.39	----- 60-64 MEN -----	
50FREE JEFF WALKER	30* :27.02	ADRIAN L KALIL	37 OREG :37.38	50FREE ERIC GP. GUEST	60 OREG :32.88+
DAVID O BURLESON	33 OREG :27.26	100BAK BRETT K ARVIDSON	35 OREG 1:19.36	Oregon was- EARL WALTER	:35.07
STEPHEN F HARGER	31 OREG :27.31	ADRIAN L KALIL	37 OREG 1:20.09	CLARK AUSTEN	62 MACO :42.16
DAN DOLAN	34* :30.34	JAMES M ELLIOTT	38 OREG 1:24.05	100FRE ERIC GP. GUEST	60 OREG 1:15.66+
DAVID R DOTTER	31 OREG :31.19	200BAK BRETT K ARVIDSON	35 OREG 2:58.10	Oregon was- EARL WALTER	1:23.34
100FRE STEPHEN F HARGER	31 OREG 1:01.65	BRUCE W CHENEY	38 OREG 3:10.61	CLARK AUSTEN	62 MACO 1:44.28
JIM B MCGINN	30 ORE 1:07.14	100BRS BRUCE W CHENEY	38 OREG 1:37.96	200FRE ERIC GP. GUEST	60 OREG 3:00.91
MICHAEL J BAIRD	34 OREG 1:10.30	100FLY BRUCE W CHENEY	38 OREG 1:22.30	CLARK AUSTEN	62 MACO 4:02.09
ANDY CARLISLE	32* 1:10.32	200 IM ADRIAN L KALIL	37 OREG 2:47.75	400FRE CLARK AUSTEN	62 MACO 8:10.78
MICHAEL E JOHNSON	30 OREG 1:10.38	GREG JONES	37 ORE 3:02.01	50BACK DONLAN F JONES	60 OREG :41.45
DAVID R DOTTER	31 OREG 1:11.38	----- 40-44 MEN -----		CLARK AUSTEN	62 MACO 1:04.52
200FRE DAVID O BURLESON	33 OREG 2:22.00	50FREE BILL C DORR	44 OREG :30.14	50BRST CLARK AUSTEN	62 MACO 1:22.87
CHARLES VANROSSEN	34 OREG 2:24.57	JERRY MARKS	43* :30.41	100FLY FRED ECKHARDT	64 OREG 1:51.98
JIM B MCGINN	30 ORE 2:28.98	100FRE BILL C DORR	44 OREG 1:10.38	200FLY FRED ECKHARDT	64 OREG 4:04.51
MICHAEL J BAIRD	34 OREG 2:29.73	50BACK JERRY MARKS	43* :37.38	200 IM FRED ECKHARDT	64 OREG 4:01.32
DAVID R DOTTER	31 OREG 2:41.26	100BAK STEVE DUNNE	42 ORE 2:01.94	----- 65-69 MEN -----	
400FRE MICHAEL E JOHNSON	30 OREG 5:07.82	50BRST ALLEN L STARK	41 OREG :35.43+	50FREE HUGH S RICHARDS	69 OREG :33.21
CHARLES VANROSSEN	34 OREG 5:11.86	Oregon was- ROBERT S SMITH	:36.02	CHARLES SHATTUCK JR	66* :41.28
JIM B MCGINN	30 ORE 5:12.84	100BRS ALLEN L STARK	41 OREG 1:18.51+	100FRE HUGH S RICHARDS	69 OREG 1:21.08
MICHAEL J BAIRD	34 OREG 5:15.98	Oregon was- BRUCE B PRATOR	1:22.73	400FRE GILBERT N YOUNG	68 OREG 7:11.74
STEPHEN F HARGER	31 OREG 5:26.79	200BRS ALLEN L STARK	41 OREG 2:53.99+	50BACK GILBERT N YOUNG	68 OREG :47.30
JOHN F ZELL	33 OREG 5:44.82	Oregon was- RICHARD D BOYD	2:59.69	CHARLES SHATTUCK JR	66* :57.82
ANDY CARLISLE	32* 5:55.19	50 FLY BILL C DORR	44 OREG :34.89	DAVID BERNSTEIN	68 OREG :59.36
50BACK DAVID O BURLESON	33 OREG :33.55	STEVE DUNNE	42 ORE :57.02	100BAK GILBERT N YOUNG	68 OREG 1:52.47
100BAK DAVID O BURLESON	33 OREG 1:09.04	200 IM ALLEN L STARK	41 OREG 3:01.30	DAVID BERNSTEIN	68 OREG 2:07.15
CHARLES VANROSSEN	34 OREG 1:18.29	STEVE DUNNE	42 ORE 4:05.42	200BAK GILBERT N YOUNG	68 OREG 3:58.76
200BAK DAVID O BURLESON	33 OREG 2:35.90	----- 45-49 MEN -----		DAVID BERNSTEIN	68 OREG 4:36.42
JOHN F ZELL	33 OREG 2:39.29	50FREE GLEN R SWEENEY	45 OREG :31.20	50BRST ROBERT A MORRISON	69 OREG :45.20
50BRST DAVID P JOHNSON	32 ORE :37.51	100FRE RICHARD D BOYD	47 OREG 1:05.40	HUGH S RICHARDS	69 OREG :45.38

## 120+ WOMEN

HEATHER MCLAUCHLAN, 27 \*\*\* DONA R BOWLSBY, 32 \*\*\*  
 JAYNE M ARVIDSON, 44 \*\*\* ANNETTE BRADACH, 29 \*\*\*  
 JILL C SCHULDT, 31 \*\*\* ELIZABETH LAURENSEN, 31 \*\*\*

~~22~~ 12

## 200 MEDLEY RELAY

MARJORIE MEEK, 38 \*\*\* TAC 2:36.64  
 TERI HENDRYX, 37 \*\*\* MACO 2:36.97  
 ROBIN STUPACK, 33 \*\*\* TPAC 2:37.46  
 L B DOUCETTE, 34 \*\*\*

## 120+ MEN

CHARLES VANROSSEN, 34 \*\*\* GREG JONES, 37 \*\*\*  
 DAVID R DOTTER, 31 \*\*\* DAVID P JOHNSON, 32 \*\*\*

~~22~~ 12

## 200 MEDLEY RELAY

JOHN F ZELL, 33 \*\*\* TOFO 2:15.04  
 ANDY MOREHOUSE, 29 \*\*\*  
 BRETT K ARVIDSON, 35 \*\*\* TNN 2:16.89  
 BILL C DORR, 44 \*\*\*

## 200+ MEN

STEVE DUNNE, 42 \*\*\* ANDY CARLISLE, 32 \*\*\*

~~22~~ 12

## 200 MEDLEY RELAY

MEL W ANDERSON, 72 \*\*\* TACO 3:29.12  
 DON E NICHOLSON, 58 \*\*\*

## 120+ MIXED

JAYNE M ARVIDSON, 44 \*\*\* DAVID P JOHNSON, 32 \*\*\*  
 HEATHER MCLAUCHLAN, 27 \*\*\* ANDY MOREHOUSE, 29 \*\*\*  
 JEANINE JARAMILLO, 27 \*\*\* KATHIE CARLISLE, 32 \*\*\*

22

## 200 MEDLEY RELAY

BILL C DORR, 44 \*\*\* GPRG 2:26.50  
 CHARLES VANROSSEN, 34 \*\*\* MARJORIE MEEK, 38 \*\*\*  
 ANDY CARLISLE, 32 \*\*\* MACO 2:28.30  
 STEVE DUNNE, 42 \*\*\* TACO 2:52.59

## 100+ WOMEN

JEANINE JARAMILLO, 27 \*\*\* LISA K DAVIS, 26 \*\*\*

2

## 200 FREE RELAY

MAIA WOLFE, 19 \*\*\* KATHIE CARLISLE, 32 \*\*\*  
 TNN 2:23.60

## 120+ WOMEN

HEATHER MCLAUCHLAN, 27 \*\*\* MARJORIE MEEK, 38 \*\*\*  
 LEE ANN MCNERNEY, 26 \*\*\* JAYNE M ARVIDSON, 44 \*\*\*

2

## 200 FREE RELAY

TERI HENDRYX, 37 \*\*\* MACO 2:23.11  
 ANNETTE BRADACH, 29 \*\*\* ROBIN STUPACK, 33 \*\*\*  
 GP 2:28.86

## 200+ WOMEN

JOANN DENNIS, 48 \*\*\* BETSY AUSTEN, 62 \*\*\*

2

## 200 FREE RELAY

JOYCE BAHLER, 60 \*\*\* MARY E WATERS, 43 \*\*\*  
 MACO 3:50.81

## 120+ MEN

CHARLES VANROSSEN, 34 \*\*\* GREG JONES, 37 \*\*\*  
 BILL C DORR, 44 \*\*\* DAVID P JOHNSON, 32 \*\*\*

2

## 200 FREE RELAY

RICHARD D BOYD, 47 \*\*\* ANDY MOREHOUSE, 29 \*\*\*  
 BRETT K ARVIDSON, 35 \*\*\* DAVID R DOTTER, 31 \*\*\*  
 TOFG 1:57.58  
 TNN 2:00.83

## 200+ MEN

MEL W ANDERSON, 72 \*\*\* DON E NICHOLSON, 58 \*\*\*

2

## 200 FREE RELAY

ANDY CARLISLE, 32 \*\*\* STEVE DUNNE, 42 \*\*\*  
 TAC 2:35.50

## 280+ MEN

ALLAN DELAY, 75 \*\*\* ROBERT A MORRISON, 69 \*\*\*

2

## 200 FREE RELAY

GILBERT N YOUNG, 68 \*\*\* HUGH S RICHARDS, 69 \*\*\*  
 ORE 2:35.01

## 120+ MIXED

TYLER COLE, 29 \*\*\* JILL C SCHULDT, 31 \*\*\*  
 ROBIN STUPACK, 33 \*\*\* JAYNE M ARVIDSON, 44 \*\*\*  
 KATHIE CARLISLE, 32 \*\*\* STEVE DUNNE, 42 \*\*\*

11

## 200 FREE RELAY

ADRIAN L KALIL, 37 \*\*\* PTLD 2:09.85  
 BILL C DORR, 44 \*\*\* D JOHNSON, 32 \*\*\*  
 JEANINE JARAMILLO, 27 \*\*\* ANDY CARLISLE, 32 \*\*\*  
 GLPD 2:09.91  
 TALD 2:21.86

## 160+ MIXED

JAMES M ELLIOTT, 38 \*\*\* BRETT K ARVIDSON, 35 \*\*\*

11

## 200 FREE RELAY

ANNETTE BRADACH, 29 \*\*\* PETEY MH. SMITH, 66 \*\*\*  
 GLPD 2:20.93

## 200+ MIXED

JOYCE BAHLER, 60 \*\*\* CLARK AUSTEN, 62 \*\*\*

11

## 200 FREE RELAY

BETSY AUSTEN, 62 \*\*\* JIM BIGLER, 54 \*\*\*  
 MACO 2:59.51

100BRS ROBERT A MORRISON	69 OREG 1:49.64	50BRST ROBERT HOSTETTER	70* 1:31.03	----- 80-84 MEN -----
200BRS ROBERT A MORRISON	69 OREG 4:10.41	100BRS MEL W ANDERSON	72 OREG 3:07.29	100BAK HERB EISENSCHMIDT 83 OREG 2:01.67
50 FLY HUGH S RICHARDS	69 OREG :38.76	50 FLY MEL W ANDERSON	72 OREG 1:12.53	50BRST HERB EISENSCHMIDT 83 OREG 1:06.03+
----- 70-74 MEN -----		100FLY MEL W ANDERSON	72 OREG 3:16.95	Oregon was- COLLISTER WHEELER 1:07.50
50FREE ROBERT HOSTETTER	70* 1:10.50	200 IM MEL W ANDERSON	72 OREG 5:41.69	100BRS HERB EISENSCHMIDT 83 OREG 2:32.92+
400FRE MEL W ANDERSON	72 OREG 9:20.12	----- 75-79 MEN -----		Oregon was- LEROY WEBSTER 2:37.00
100BAK ROBERT HOSTETTER	70* 2:57.10	50FREE ALLAN DELAY	75 OREG :41.66	200BRS HERB EISENSCHMIDT 83 OREG 5:29.40+
200BAK MEL W ANDERSON	72 OREG 5:23.96	50BACK ALLAN DELAY	75 OREG :58.63	Oregon was- LEROY WEBSTER 6:37.94



# "ol' Barnacle"

OL' BARN GOES STROKE FOR STROKE AT MT HOOD MEET ...

THANKS TO THE FINE PEOPLE OF MT HOOD AQUATICS, ERIC GUEST AND MARK HOKKANEN PLUS A PASSEL OF OTHER GREAT PEOPLE, 96 OF THE NORTHWEST'S FINEST FROM IEA, PNA, AND OREGON, PLUS SOME GREAT VISITORS HAD A GREAT TIME IN THE SUN.

MEET DIRECTOR WAS ERIC GUEST, HANDLING THE TIMING CONSOLE, MARK HOKKANEN, PUTTING THE RESULTS TOGETHER, GAYLE MILLER, CLERK OF COURSE WAS MAUREEN GUEST ABLY ASSISTED BY MEMBERS OF THE GUEST CLAN, ON DECK TIMING WAS COURTESY OF THE SWIMMERS, FRIENDS, AND PARENTS OF MT HOOD SWIM TEAM.

OUR THANKS AND MANY THANKS TO THESE AND OTHERS WHO MADE OUR DAYS !!!

SWIMMER OF THE MEET ... WITHOUT QUESTION THAT YOUNG 71 YEAR OLD, ANDREW "WALLY" HOLDEN FROM OLYMPIA. THIS GUY IS REALLY SOMETHING FOLKS :

WORLD RECORD - 100 METER BUTTERFLY - 1:34.31 (OLD-JEFFREY OF AUST.-1:35.69)  
REGIONAL RECORDS - 50 METER FREE - 32.61  
100 METER FREE - 1:13.94  
100 METER BRST - 1:48.05  
50 METER FLY - :36.59

MORE REGIONAL RECORDS : GRACIE GODDARD (30-34) 50 M FREE - 28.80

PETEE SMITH (65-69) 50 M FLY - 50.15

ELFIE STEVENIN (65-69) 100 M FLY - 3:14.69  
200 M FLY - 6:44.21

STEVE JOHNSON (40-44) 200 M FREE - 2:15.29

FORBES MACK (70-74) 50 M BRST - 46.84

DAVE DRUM (55-59) 50 M FLY - 33.22

ERIC GUEST (60-64) 50 M FLY - 37.40

OREGON ASSN RECORDS : GRACIE GODDARD (30-34) 100 M FLY - 1:12.71

JOYCE BAHLER (60-64) 50 M BRST - 54.70  
400 M I M - 8:37.40

ERIC GUEST (60-64) 50 M FREE - 32.48

FORBES MACK (70-74) 100 M BRST - 1:49.37

GOOD TIMES, GREAT RACES, WELCOME BACKS ...

LISA DAVIS AND SUE KNIGHT (25-29) 50 FREE, LISA PREVAILING 31.54 OVER 31.86

PAMELA CALTABIANO (30-34) GREAT SWIMS, 50/100 BRST - 40.93 AND 1:28.57

CAROLYN WOOD, ALL TIME GREAT, BACK IN THE WATER AGAIN, SO GOOD TO SEE YOU !!

MARJORIE MEEK FROM MAC HAD A FINE 200 BACK IN 3:04.90

SETH TICHENOR (19-24) JUST MISSING THE 100 FLY RECORD - 1:06.02 VS 1:06.00

Ol' Barn ... cont ... MHCC '90 ... times, races and welcomes ...

MIKE JOHNSON AND MIKE BAIRD(30-34) DUELING THE 400 FREE, 5:03.96 VS 5:07.69

PETER CRUISE ALL THE WAY FROM UPPER CANADA, 140 MILES NORTH OF SEATTLE SHOWED US WHY HE IS ALL WORLD WITH A 34.43 IN THE 50 BRST.

GREG HARRISON(35-36) TRYING FOR HIS WR IN 200 BRST,MISSED BY 1/2 SEC, 2:36.26

STEVE JOHNSON AND FRANK WARNER (40-44) A TIE IN THE 100 FREE - 1:02.46, YIKES !

ALSO STEVE JOHNSON IN THE 100 FLY, IN AT 1:07.97.

JACK HOEY (80-84) A GREAT TIME IN THE 50 BACK - 51.09, # 2 - ALL WORLD !!!

JACK HOEY AND HERB EISENSCHMIDT , STROKE FOR STROKE IN THE 100 BACK, WITH JACK WINNING OUT IN 2:01.44 OVER HERB AT 2:02.88. IF YOU MISSED THIS ONE FOLKS, TOO BAD, THESE FINE GENTLEMEN ARE NUMERO UNO AND NUMERO DOS IN THE WORLD !!!!! AND BEST OF ALL RIGHT HERE IN GOOD OLD OREGON !!! JACK IS 80 & HERB - 83 !!!

OL' BARN WANTS TO THANK ALL OF THE FINE PEOPLE WHO TRAVELLED FROM AFAR TO HELP MAKE THIS A FINE MEET... AND A BIG OMS WELCOME TO DAVE AND FRANCESCA DRUM WHO HAVE MOVED TO THE SEATTLE AREA FROM SAN DIEGO.

THAT'S IT FOLKS ... SEE YOU AT LONG COURSE REGIONALS !!!

#### THIS N' THAT ...

OL BARN IS VERY GRATEFUL TO MARGARET WELLS FOR BRINGING ME NEWS OF A TRULY GREAT GUY AND FINE MASTERS SWIMMER ...

JOHN DE JARNATT ... IS OKAY NOW AND BACK IN THE WATER, MANY OF US WONDERED WHAT HAPPENED TO JOHN. HE HAS BEEN SERIOUSLY ILL OFF AND ON OVER THE PAST YEAR. GREAT NEWS, JOHN IS PLANNING ON THE COLUMBIA RIVER SWIM.

SO GREAT TO HEAR YOU ARE BACK WITH US JOHN, GET THOSE SALEMITES INTO THE BIG TIME AGAIN !!!

# *Aqua-Master*

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----- 19-24 WOMEN -----			100PRE KATHLEEN P BUCK			39 OREG 1:15.81X			----- 60-64 WOMEN -----		
50FREE SANDI L HYDE	21 OREG	:31.31	CYNTHIA A DUNLAP	38 OREG	1:23.59X	100PRE BETSY AUSTEN	62 MACO	1:52.97X			
LISA WOODWORTH	24 ORE	:32.45	NANCY J MILNER	39 OREG	1:27.86X	200PRE BETSY AUSTEN	62 MACO	4:02.83			
100PRE SANDI L HYDE	21 OREG	1:11.62X	200PRE MARJORIE NEEK	38 MACO	2:44.65	400PRE BETSY AUSTEN	62 MACO	8:24.81			
200PRE SANDI L HYDE	21 OREG	2:41.14	CYNTHIA A DUNLAP	38 OREG	3:08.49	50BACK BETSY AUSTEN	62 MACO	:55.04			
400PRE LISA WOODWORTH	24 ORE	5:16.74	NANCY J MILNER	39 OREG	3:20.25	100BAK BETSY AUSTEN	62 MACO	2:13.46X			
50 FLY SANDI L HYDE	21 OREG	:41.21X	LISSA B PARKER	38 OREG	3:36.11	200BAK BETSY AUSTEN	62 MACO	4:47.61X			
----- 25-29 WOMEN -----			400PRE CYNTHIA A DUNLAP	38 OREG	6:46.16	50BRST JOYCE BAHLER	60 MACO	:54.70X			
50FREE LISA K DAVIS	26 OREG	:31.54	50BACK MARJORIE NEEK	38 MACO	:41.10	100BRS JOYCE BAHLER	60 MACO	1:59.29			
SUE KNIGHT	27*ORE	:31.86	LISSA B PARKER	38 OREG	:52.27	200BRS JOYCE BAHLER	60 MACO	4:10.20			
100PRE LISA K DAVIS	26 OREG	1:11.24X	100BAK MARJORIE NEEK	38 MACO	1:26.82X	400 IM JOYCE BAHLER	60 MACO	8:37.40X			
HEATHER MCLAUCHLAN	27 MACO	1:18.14X	200BAK MARJORIE NEEK	38 MACO	3:04.90X	----- 65-69 WOMEN -----					
200PRE JUDI SHERIDAN	27 ORE	2:30.88	50 FLY MARJORIE NEEK	38 MACO	:38.15X	50FREE PETEY MH. SMITH	66 OREG	:37.79+			
LISA K DAVIS	26 OREG	2:38.51	KATHLEEN P BUCK	39 OREG	:40.15X	Oregon was- PETEY MH. SMITH		:38.41			
SUE KNIGHT	27*ORE	2:48.15	NANCY J MILNER	39 OREG	:42.12X	ELFIE J STEVENIN	68 OREG	1:16.86			
HEATHER MCLAUCHLAN	27 MACO	2:48.33	200 IM MARJORIE NEEK	38 MACO	3:07.23X	100PRE PETEY MH. SMITH	66 OREG	1:24.93X			
400PRE JUDI SHERIDAN	27 ORE	5:16.41	400 IM KATHLEEN P BUCK	39 OREG	7:17.44X	ELIZABETH C KING	67 OREG	2:38.88X			
LISA K DAVIS	26 OREG	5:41.38	----- 40-44 WOMEN -----			ELFIE J STEVENIN	68 OREG	2:51.35X			
50BACK HEATHER MCLAUCHLAN	27 MACO	:39.89	50FREE CAROLYN WOOD	44*ORE	:33.05	200PRE ELIZABETH C KING	67 OREG	5:29.57			
JUDI SHERIDAN	27 ORE	:41.88	STEVIE NEWCOMER	41 ORE	:46.94	400PRE ELIZABETH C KING	67 OREG	11:29.22			
SUE KNIGHT	27*ORE	:44.59	SUSAN M GIRARD	42 OREG	:48.37	50BRST ELIZABETH C KING	67 OREG	1:41.07X			
100BAK HEATHER MCLAUCHLAN	27 MACO	1:27.04X	200PRE SUSAN M GIRARD	42 OREG	3:50.66	50 FLY PETEY MH. SMITH	66 OREG	:50.15X			
200BAK HEATHER MCLAUCHLAN	27 MACO	3:04.53X	400PRE SUSAN M GIRARD	42 OREG	8:07.22	ELFIE J STEVENIN	68 OREG	1:24.80X			
50BRST LISA K DAVIS	26 OREG	:44.69X	STEVIE NEWCOMER	41 ORE	8:20.04	100FLY ELFIE J STEVENIN	68 OREG	3:14.69+			
50 FLY LISA K DAVIS	26 OREG	:34.13X	50BACK CAROLYN WOOD	44*ORE	:39.46	Oregon was- ELFIE J STEVENIN		3:15.75			
----- 30-34 WOMEN -----			SUSAN J CASE	41 OREG	:40.87	200FLY ELFIE J STEVENIN	68 OREG	6:44.21X			
50FREE GRACIE GODDARD	30 ORE	:28.80+	100BAK SUSAN J CASE	41 OREG	1:30.34X	400 IM ELFIE J STEVENIN	68 OREG	13:29.08X			
Oregon was- GRACIE M GODDARD		:28.99	200BAK SUSAN J CASE	41 OREG	3:12.31X	----- 70-74 WOMEN -----					
PAMELA CALTABIANO	30 OREG	:32.44	50BRST GINGER L PIERSON	44 OREG	:41.60X	100PRE BARBARA T HAVERCAMP	74 OREG	3:15.25X			
LORI HOLLINGSWORTH	34 ORE	:35.14	SUSAN J CASE	41 OREG	:44.77X	200PRE HELENA W HOFFMAN	74 OREG	5:05.34			
ROBIN L DURANT	34*1EM	:39.35	CATHERINE BROOKS	41*DAM	:47.06X	200BAK HELENA W HOFFMAN	74 OREG	8:05.43X			
100PRE PAMELA CALTABIANO	30 OREG	1:15.67X	100BRS GINGER L PIERSON	44 OREG	1:32.92	BARBARA T HAVERCAMP	74 OREG	8:19.39X			
ROBIN L DURANT	34*1EM	1:22.58X	SUSAN J CASE	41 OREG	1:37.95	50BRST BARBARA T HAVERCAMP	74 OREG	2:13.78X			
200PRE JILL C SCHULDT	31 OREG	2:38.77	CATHERINE BROOKS	41*DAM	1:40.47	200BRS HELENA W HOFFMAN	74 OREG	7:12.95+			
ROBIN L DURANT	34*1EM	2:58.90	STEVIE NEWCOMER	41 ORE	2:14.93	Oregon was- HAZEL BRESSIE		7:14.02			
GAIL M KIMBERLING	34 OREG	3:25.18	200BRS GINGER L PIERSON	44 OREG	3:17.79	50 FLY BARBARA T HAVERCAMP	74 OREG	2:22.07X			
400PRE JILL C SCHULDT	31 OREG	5:33.22	CATHERINE BROOKS	41*DAM	3:34.28	100FLY HELENA W HOFFMAN	74 OREG	3:52.16			
ROBIN L DURANT	34*1EM	6:12.62	50 FLY GINGER L PIERSON	44 OREG	:37.73X	200 IM HELENA W HOFFMAN	74 OREG	6:56.47X			
LORI HOLLINGSWORTH	34 ORE	6:34.43	200FLY GINGER L PIERSON	44 OREG	3:16.16X	400 IM HELENA W HOFFMAN	74 OREG	14:19.47X			
GAIL M KIMBERLING	34 OREG	6:56.90	200 IM CATHERINE BROOKS	41*DAM	3:23.10X	BARBARA T HAVERCAMP	74 OREG	18:20.29X			
50BACK KRISTI K GUSTAFSON	34 OREG	:38.65	400 IM SUSAN J CASE	41 OREG	6:59.13X	----- 80-84 WOMEN -----					
GWEN RICHARDS	30*ORE	:56.56	----- 45-49 WOMEN -----			100PRE HAZEL B BRESSIE	81 MACO	4:02.64X			
100BAK KRISTI K GUSTAFSON	34 OREG	1:26.50X	50FREE JOANN DENNIS	48 MACO	:46.86	100BAK HAZEL B BRESSIE	81 MACO	3:58.78X			
JILL C SCHULDT	31 OREG	1:32.68X	100PRE FRANCESCA DRUM	48*SDSM	1:27.44X	200BRS HAZEL B BRESSIE	81 MACO	10:21.71			
GAIL M KIMBERLING	34 OREG	1:52.99X	200PRE PAMELA HIMSTREET	46 OREG	3:04.13	200FLY HAZEL B BRESSIE	81 MACO	13:49.16X			
200BAK KRISTI K GUSTAFSON	34 OREG	3:06.43X	JOANN DENNIS	48 MACO	3:50.66	200 IM HAZEL B BRESSIE	81 MACO	10:48.42X			
50BRST PAMELA CALTABIANO	30 OREG	:40.93X	400PRE JOANN DENNIS	48 MACO	7:56.46	400 IM HAZEL B BRESSIE	81 MACO	21:26.15X			
100BRS PAMELA CALTABIANO	30 OREG	1:28.57	100BAK PAMELA HIMSTREET	46 OREG	1:50.38X	----- 19-24 MEN -----					
GAIL M KIMBERLING	34 OREG	1:57.85	50BRST FRANCESCA DRUM	48*SDSM	:47.18X	50FREE SETH TICHENOR	19*ORE	:26.58+			
200BRS GAIL M KIMBERLING	34 OREG	4:10.88	100BRS FRANCESCA DRUM	48*SDSM	1:45.47	Oregon was- KENNETH KONDO		:27.35			
GWEN RICHARDS	30*ORE	5:25.16	200BRS FRANCESCA DRUM	48*SDSM	3:44.78	100PRE SETH TICHENOR	19*ORE	:58.22X			
100FLY GRACIE GODDARD	30 ORE	1:12.71+	100FLY PAMELA HIMSTREET	46 OREG	1:45.03	50 FLY SETH TICHENOR	19*ORE	:28.74X			
Oregon was- GRACIE M GODDARD		1:13.77	200 IM FRANCESCA DRUM	48*SDSM	3:41.87X	100FLY SETH TICHENOR	19*ORE	1:06.02			
200 IM ROBIN L DURANT	34*1EM	3:28.49X	----- 50-54 WOMEN -----			----- 25-29 MEN -----					
----- 35-39 WOMEN -----			50FREE CHARLOTTE COWAN	50 ORE	:39.17	50FREE JAY GLADSTEIN	26 ORE	:28.34			
50FREE KARIN A CLANCEY	36 OREG	:37.48	CHARLOTTE E COWAN	50 OREG	:39.17	JIM GODDARD	28*ORE	:31.60			
LISSA B PARKER	38 OREG	:42.53	200PRE CHARLOTTE E COWAN	50 OREG	3:16.44	100PRE ANDY MOREHOUSE	29 MACO	1:01.86X			
			400PRE CHARLOTTE E COWAN	50 OREG	6:30.76	200PRE JAY GLADSTEIN	26 ORE	2:24.63			
						400PRE JAY GLADSTEIN	26 ORE	5:05.15			

50 FLY ANDY MOREHOUSE 29 MACO :31.48X  
100FLY JAY GLADSTEIN 26 ORE 1:13.29

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

50FREE RONALD E COBB 33 OREG :28.59  
JIM B MCGINN 30 ORE :30.36  
DAVID R DOTTER 31 OREG :31.81  
100FRE ANDY SCHRAG 33 OREG 1:03.75X  
COREY A LEAVITT 33 OREG 1:06.02X  
RONALD E COBB 33 OREG 1:06.49X  
BERNARD TUMA 30\*ORE 1:09.16X  
DAVID R DOTTER 31 OREG 1:11.07X  
200FRE JIM B MCGINN 30 ORE 2:31.83  
DAVID R DOTTER 31 OREG 2:39.64  
JOHN F ZELL 33 OREG 2:39.68  
400FRE MICHAEL E JOHNSON 30 OREG 5:03.96  
MICHAEL J BAIRD 34 OREG 5:07.69  
JIM B MCGINN 30 ORE 5:14.78  
50BACK RONALD E COBB 33 OREG :35.74  
BERNARD TUMA 30\*ORE :41.62  
100BAK JOHN F ZELL 33 OREG 1:12.43X  
50BRST ANDY SCHRAG 33 OREG :37.23X  
100BRS JIM B MCGINN 30 ORE 1:30.96  
50 FLY RONALD E COBB 33 OREG :32.96X  
COREY A LEAVITT 33 OREG :33.83X  
DAVID R DOTTER 31 OREG :34.30X  
BERNARD TUMA 30\*ORE :35.54X  
200 IM JOHN F ZELL 33 OREG 2:38.11X  
ANDY SCHRAG 33 OREG 2:44.44X  
COREY A LEAVITT 33 OREG 2:57.85X  
400 IM JOHN F ZELL 33 OREG 5:43.35X

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

50FREE PETER CRUISE 37\*SR :27.69  
DAN SULLIVAN 38\*MACO :32.46  
100FRE STEPHEN L FREEBORN 35\*PNA 1:03.41X  
ADRIAN L KALIL 37 OREG 1:05.43X  
PETER CRUISE 37\*SR 1:05.80X  
BRUCE W CHENEY 38 OREG 1:06.59X  
GARY LADD 37\*PNA 1:08.44X  
GREGORY HARRISON 38\*PNA 1:15.58X  
DAN SULLIVAN 38\*MACO 1:18.47X  
200FRE DAN SULLIVAN 38\*MACO 3:01.55  
400FRE PETER CRUISE 37\*SR 5:15.55  
200BAK GARY LADD 37\*PNA 2:43.82X  
50BRST PETER CRUISE 37\*SR :34.43X  
GREGORY HARRISON 38\*PNA :35.39X  
100BRS GREGORY HARRISON 38\*PNA 1:13.52+  
Oregon was- ART SMITH 1:17.45  
PETER CRUISE 37\*SR 1:18.27  
200BRS GREGORY HARRISON 38\*PNA 2:36.26+  
Oregon was- ART SMITH 2:47.94  
PETER CRUISE 37\*SR 3:02.35

50 FLY STEPHEN L FREEBORN 35\*PNA :30.15X  
BRUCE W CHENEY 38 OREG :33.40X  
200 IM GARY LADD 37\*PNA 2:42.68X  
STEPHEN L FREEBORN 35\*PNA 2:46.57X  
ADRIAN L KALIL 37 OREG 2:48.57X  
400 IM GARY LADD 37\*PNA 5:49.75X  
STEPHEN L FREEBORN 35\*PNA 6:02.94X  
BRUCE W CHENEY 38 OREG 6:35.84X

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

50FREE FRANK WARNER 41\*PNA :28.14  
RICHARD W VAUGHN 44 OREG :30.76  
EMERSON FISHER 41 ORE :34.80  
FOREST BROOKS 42\*PNA :58.47  
100FRE STEVE M JOHNSON 42 OREG 1:02.46X  
FRANK WARNER 41\*PNA 1:02.46X  
TODD WIRTZ 40\*PNA 1:09.43X  
RICHARD W VAUGHN 44 OREG 1:09.60X  
L BUZ CARRIKER 42 OREG 1:11.72X  
FOREST BROOKS 42\*PNA 2:13.49X  
200FRE STEVE M JOHNSON 42 OREG 2:15.29+  
Oregon was- KARL VON TAGEN 2:15.92  
STEVEN L DURAPAU 41 OREG 2:21.02  
EMERSON FISHER 41 ORE 2:50.55  
FOREST BROOKS 42\*PNA 4:49.77  
50BACK FRANK WARNER 41\*PNA :33.76  
FOREST BROOKS 42\*PNA 1:26.50  
100BAK FRANK WARNER 41\*PNA 1:13.41X  
FOREST BROOKS 42\*PNA 3:03.59X  
200BAK FRANK WARNER 41\*PNA 2:39.34X  
FOREST BROOKS 42\*PNA 6:30.49X  
50 FLY TODD WIRTZ 40\*PNA :35.08X  
100FLY STEVE M JOHNSON 42 OREG 1:07.97+  
Oregon was- C WILLIAM MUTER 1:08.39  
200FLY STEVE M JOHNSON 42 OREG 2:44.74X  
400 IM L BUZ CARRIKER 42 OREG 7:01.51X

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

50BRST WALT E REID 49\*PNA :38.90X  
100BRS WALT E REID 49\*PNA 1:28.68  
200BRS WALT E REID 49\*PNA 3:18.15  
200 IM WALT E REID 49\*PNA 3:08.32X

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

50FREE DAVE DRUM 55\*SDSM :30.66+  
Oregon was- ERIC G P GUEST :31.25  
100FRE DAVE DRUM 55\*SDSM 1:11.20X  
200FRE DAVE DRUM 55\*SDSM 2:47.67  
400FRE RICHARD NEALY 57 OREG 6:30.74  
100BAK RICHARD NEALY 57 OREG 1:41.86X  
200BAK RICHARD NEALY 57 OREG 3:44.01X  
100BRS RICHARD NEALY 57 OREG 2:03.06  
50 FLY DAVE DRUM 55\*SDSM :33.22X  
100FLY DAVE DRUM 55\*SDSM 1:34.12  
200 IM RICHARD NEALY 57 OREG 3:46.65X

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

50FREE ERIC GP. GUEST 60 OREG :32.48+  
Oregon was- ERIC GP. GUEST :32.88  
CLARK AUSTEN 62 MACO :43.73  
100FRE CLARK AUSTEN 62 MACO 1:48.06X  
200FRE CLARK AUSTEN 62 MACO 3:58.96  
400FRE SAMUEL M IERULLI 61 OREG 7:04.73  
CLARK AUSTEN 62 MACO 8:15.55  
50 FLY ERIC GP. GUEST 60 OREG :37.40X

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

100FRE DAVID BERNSTEIN 68 OREG 1:56.47X  
200FRE GILBERT N YOUNG 68 OREG 3:23.09  
KHOSROW SHADBEH 69 OREG 4:16.41  
DAVID BERNSTEIN 68 OREG 4:25.57  
100BAK GILBERT N YOUNG 68 OREG 1:48.45X  
200BAK GILBERT N YOUNG 68 OREG 4:02.74X  
100BRS EARL WALTER 69 OREG 1:48.78  
200BRS EARL WALTER 69 OREG 3:58.08  
KHOSROW SHADBEH 69 OREG 4:20.02  
DAVID BERNSTEIN 68 OREG 5:33.53  
200 IM EARL WALTER 69 OREG 3:36.62X  
400 IM EARL WALTER 69 OREG 8:11.70X

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

50FREE ANDREW HOLDEN 71\*PNA :32.61+  
Oregon was- HERB EISENSCHMIDT :35.89  
100FRE ANDREW HOLDEN 71\*PNA 1:13.94X  
50BRST FORBES J MACK 71 OREG :46.84X  
100BRS ANDREW HOLDEN 71\*PNA 1:48.05+  
Oregon was- DON STEVENSON 1:50.61  
FORBES J MACK 71 OREG 1:49.37  
200BRS FORBES J MACK 71 OREG 4:05.37  
50 FLY ANDREW HOLDEN 71\*PNA :36.59X  
100FLY ANDREW HOLDEN 71\*PNA 1:34.31+  
Oregon was- DON STEVENSON 2:00.68  
200 IM FORBES J MACK 71 OREG 3:57.81X

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

50FREE ALLAN DELAY 75 OREG :38.46  
50BACK ALLAN DELAY 75 OREG :54.69  
SYD C HENDY 77 OREG :56.53  
100BAK SYD C HENDY 77 OREG 2:11.93X

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

50FREE JACK HOEY 80 OREG :51.48  
100FRE HERB EISENSCHMIDT 83 OREG 1:54.44X  
JACK HOEY 80 OREG 2:00.48X  
200FRE HERB EISENSCHMIDT 83 OREG 4:11.47  
50BACK JACK HOEY 80 OREG :51.09  
HERB EISENSCHMIDT 83 OREG :59.52  
100BAK JACK HOEY 80 OREG 2:01.44X  
HERB EISENSCHMIDT 83 OREG 2:02.88X  
200BAK JACK HOEY 80 OREG 4:25.55X  
HERB EISENSCHMIDT 83 OREG 4:33.41X  
50 FLY JACK HOEY 80 OREG 1:18.49X  
200 IM HERB EISENSCHMIDT 83 OREG 4:41.33X

EXTRA EVENT - MT HOOD MEET - 1500 M FREESTYLE - EVENT # 20

THANKS TO THE FINE PEOPLE OF MT HOOD AQUATIC CENTER AND ERIC GUEST, WE HAD AN OPPORTUNITY TO SWIM THE 1500 ... THE RESULTS ARE AS FOLLOWS ...

WOMEN	30-34	31 JILL SCHULDT	21:03.28
		34 KRISTI GUSTAFSON	24:41.92
		34 LORI HOLLINGSWORTH	25:42.13
	35-39	39 NANCY MILNER	27:45.50
		38 LISSA PARKER	30:30.48
	50-54	50 CHARLOTTE COWAN	28:22.76
	65-69	66 PETEY SMITH	26:10.40

OB NOTE : OFF HER NR, BUT EXCELLENT TIME, STILL # 1 TT

MEN	25-29	26 JAY GLADSTEIN	19:56.08	(OB SAYS .. WELL DONE !
	30-34	30 JIM MCGINN	21:00.27	
	35-39	38 DAN SULLIVAN	28:54.88	
	55-59	59 FRED SPRENGER	27:09.86	

OB NOTE : SO GREAT TO SEE FRED AGAIN !!! FORMER NAT'L CHAMP AND STILL REGIONAL RECORD HOLDER IN TWO AGE GROUPS !!!

60-64	61 SAM IERULLI	28:00.57
65-69	68 GIL YOUNG	28:21.36

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MT HOOD COMM COL 50 METER 07/22/90

76+	MIXED	13	200 MEDLEY RELAY
LISA WOODWORTH, 24 ***	SUE KNIGHT, 27 ***	SETH TICHENOR, 19 ***	JAY GLADSTEIN, 26 *** ORE 2:27.44
200+	MIXED	13	200 MEDLEY RELAY
DAN SULLIVAN, 38 ***	BETSY AUSTEN, 62 ***	JOYCE BAHLER, 60 ***	CLARK AUSTEN, 62 *** MACO 3:34.88
200+	MIXED	2	200 FREE RELAY
JOYCE BAHLER, 60 ***	BETSY AUSTEN, 62 ***	CLARK AUSTEN, 62 ***	DAN SULLIVAN, 38 *** MACO 2:54.56

MINUTES OF BOARD MEETING  
OREGON MASTERS SWIMMING, INC.  
June 20, 1990

Attendees: John Zell, Barbara Frid, Roy Abramowitz, Robert Smith, Kathy Buck, Pam Himstreet, Sandi Rousseau, Steve Roth, Earl Walter, Ginger Pierson, Andy Schrag.

Call to order: 7:40

Secretary's report: Andy Schrag . Minutes of May meeting accepted as written.

Treasurer's report: Roy Abramowitz . Cash levels are up vs. year ago, revenues are similar, expenses are down.

Vice-Chair's report: Pam Himstreet. Meet Bid packets have been sent out. Mary Grillo has come up with several possible T-shirt designs for L.C. regionals.

Committee Reports:

Registration: Dan Johnson. Not present. No report.

Membership: Barbara Frid. No report.

Records: Earl Walter. State Games records are updated thru '89, 4 years total.

Aquamaster: John Zell. Aquamaster is done and in the mail.

Host/Social: Andy Schrag. Raft trip all set for June 23, 16 going.

Data Manager: Earl Walter. Entries continue to come in late, we do need to end this abuse.

Old Business:

Regarding proposals to the Nat'l Convention, OMS will submit that team scoring be eliminated from National meets. The wording of this and other proposals along with the rationale for each is as follows:

Page 53 Part Two 205.5.18

Club Scoring - There shall be no club scoring.

RATIONALE: Team scoring at a national championship meet does not promote the primary objectives of masters swimming. If scoring is eliminated, some current concerns regarding the varying sizes of "teams" that compete at our nationals would be minimized. It is further hoped that elimination of scoring will decrease the incidence of "club hopping" and promote better club cohesiveness.

Page 22 PART ONE 102.11.4

National Championship Meets - All National Championship Meet awards shall be treated as if the meet is swum in a ten-lane pool, regardless of the actual number of lanes available.

Meet results in the appropriate form shall be published within thirty days of the last day of the meet, and distributed to members of the USMS Board of Directors, and USMS Records and Tabulation Chairman. ("representatives of participating clubs" was approved for deletion from those who get results, by the OMS board.)

RATIONALE: Elimination of the obligation for a host of Nationals to send meet results to someone from each participating club allows current practice to conform to the rules. The "representative" is often difficult to identify (especially in small teams with no relays), this is not being routinely carried out by the meet hosts anyway, and it is an expensive obligation for the host.

Page 74 PART FIVE 506.2.12

Nominating Committee - The Nominating Committee shall be the Zone Committee. They will canvas qualified and interested persons and present a slate of one or more candidates for each office at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two delegates to the House of Delegates and with the written consent of the nominee(s).

RATIONALE: After review of the qualifications of all interested persons who seek election to a USMS office, the Nominating Committee may often believe that two or more candidates are equally qualified. In the event that this should occur, the Nominating Committee should be required to put forth the names of all qualified candidates for the House of Delegates to consider. If, in fact, the nominating Committee picks only one of the qualified candidates and a second qualified candidate is nominated from the floor of the House of Delegates, the second candidate is at a distinct disadvantage because of the lack of endorsement by the Nominating Committee. The House of Delegates is the body empowered to elect the officers of USMS . . . not the Nominating Committee.

Since Sandi Rousseau has been designated an at-large delegate OMS can send another voting delegate to Nat'l Convention. Roy Abramowitz will be the third delegate. OMS will pay the way for all three (Barbara Frid being the third). OMS will not pay Bert Peterson's way due to his inability to fulfill the necessary commitment of attending board meetings for 1 year.

We will have a social affair following Saturdays events at L.C. regionals, Andy will follow-up with Julie Shepard, the meet director, on this.

## New Business:

Personal inquiries, announcements, etc., will be allowed in the Aquamaster so long as they are swimming related and not profit motivated. All will be in writing to the Aquamaster editor.

We will make no rules or policy regarding team switching. On the Assn. meet entry form whatever team someone puts in, that's his/her team even if it's not a real team, even if it creates a new team. If the incorrect team abbreviation is used or does not exist, then that person has just formed a one-person team for themselves, regardless of previous team affiliation. i.e. you swim for Vancouver Old Timers and put in Vanc. as your team instead of the correct team abbreviation of VOT, then you are a one person Vanc. team.

All heats beginning with the Sept. meet will be seeded slow to fast rather than fast to slow.

Adjournment: 9:35

## The Deshutes River Raft Trip

by Andy Schrag

Ah yes, once again it was clearly a case of those in the know, go and those who don't, won't.

Those clever individuals who know that when you combine blue skies and sunshine with warm temperatures, great food, great company, thrills, chills and spills and oh yes, raging white water, know that what you have is a terrific day of rafting on the Deshutes.

However, those who don't know this, won't go do this. Perhaps Fido was scheduled for his flea dip that day, maybe it was just an oversight or did Aunt Annabelle from Albuquerque stop by and warn you against such aquamaniacal activities?

Whatever the case, Barbara and Brian Frid along with their out of town guests (even these foreigners knew), Gary Beckley and son, Roy Abramowitz and escort, David Yeakel and dad, Michael Johnson and the Schrag family, all these 15 people knew and hence were there. There for 13 miles of scenic, thrilling, placid, wild, hot, cold enjoyable miles of rafting, interrupted only by a stop for one of the best lunches this side of the Benson. BBQ steak, chicken, crab cocktail, wines, homemade salads and pies. Getting hungry? Sorry, have to wait 'til next year.

See you then.





# 10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

# 1990

**Sponsored by:** Virginia Masters Swim Team

**Eligibility:** Open to all swimmers ages 13 and older.

**Event:** Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts **are** permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meter swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, \*each contestant swims 274 lengths

- In a 25 yard pool, \*\*each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths
- \*For the purposes of this competition, 5480\*, 5475\*\* yards = 5000 meters.

**Age Groups:** Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

**Team age** determined by youngest swimmer's age on the day of swim.

**Timers and Counters:** Please insure accuracy by paying strict attention to the laps swum. We urge you to use a check-off system.

**Awards:** Medals to the top three team finishers (mens, womens, mixed) in each age group.

**Entry:** Enter as often as you like (\$16 entry fee required for each new team).

**Entry fee:** \$16 per team. Event must be swum between May 15 and October 15, 1990. Form must be in the hands of Meet Director by October 30, 1990.

Mail entry form and \$16 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

**10K•2**  
**Mike Stott**  
403 Lakewood Drive  
Richmond, VA 23229  
(804) 288-8808

**Shirts:** 10K•2, colorful 50/50 poly/cotton T-shirt available for separate purchase for \$8 each. Check intent to purchase and adult size on the entry blank.

**Verification:** I certify that the information above is correct, the time accurate and the distance was 10,000 meters. Please sign in the appropriate place.

Timers/Counters \_\_\_\_\_

Swimmer's Name \_\_\_\_\_

Swimmer's Name \_\_\_\_\_

Total Time \_\_\_\_\_

**Medical:** All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to have competent medical assistance available during the competition and be extremely watchful for cases of exhaus-

tion, hypothermia, and dehydration. We urge contestants not to start *if there is a question* that they will not be able to finish in a reasonable time.

## RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME \_\_\_\_\_ Date \_\_\_\_\_

NAME \_\_\_\_\_ Date \_\_\_\_\_

## OFFICIAL ENTRY - 1990 10K•2 RELAY

NAME _____		
ADDRESS _____		
ZIP CODE _____		
PHONE _____	AGE _____	
SEX _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

NAME _____		
ADDRESS _____		
ZIP CODE _____		
PHONE _____	AGE _____	
SEX _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

# 10K•2 ALL TIME BESTS AND AVERAGE WINNING TIMES (1984 Present)

## Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Jim Anderson (16) John Walker (18)	Missoula, MT Missoula, MT	1:56.30.01 2:25.15	1987
<b>Average Winning Time</b>				
20-24	Andrew Lovan (20) Andrew Sandlin (23)	Wichita, KS Wichita, KS	1:56.33 2:22.52	1986
<b>Average Winning Time</b>				
25-29	Gary Antonick (25) Perry Lange (32)	Virginia Beach, VA Virginia Beach, VA	1:41.59.74** 2:08.59.21	1988
<b>Average Winning Time</b>				
30-34	Steve Breiter (33) Charlie Hansen (36)	Lafayette, CA Lafayette, CA	1:45.54.36 2:01.37.10	1989
<b>Average Winning Time</b>				
35-39	Bruce Mallette (35) Eddie Echols (36)	Raleigh, NC Greensboro, NC	1:50.18.34 2:05.48.58	1988
<b>Average Winning Time</b>				
40-44	James Montagne (40) Jim Manchester (41)	Boca Raton, FL Plantation, FL	1:48.16.69 2:15.26.84	1988
<b>Average Winning Time</b>				
45-49	Mel Goldstein (46) David Costill (49)	Indianapolis, IN Muncie, IN	2:00.41.74 2:17.49.78	1985
<b>Average Winning Time</b>				
50-54	Kent Price (51) Bill Stewart (53)	Palo Alto, CA San Mateo, CA	2:11.45 2:19.10.88	1989
<b>Average Winning Time</b>				
55-59	Forrest Sullivan (59) Francis Hall (62)	Virginia Beach, VA Virginia Beach, VA	2:26.40.95 2:26.46.72	1988
<b>Average Winning Time</b>				
60-64	Jim O'Toole (60) Dan Sullivan (61)	Roselle, NJ Westfield, NJ	3:09.06.93 3:09.06.93	1988
<b>Average Winning Time</b>				
65-69	Donald Crawford (65) Donald Leatherman (73)	Frederick, MD Frederick, MD	3:39.43 3:39.43	1985
<b>Average Winning Time</b>				
75-79	John M. Burnside (79) Alfred Guth (80)	Palos Verdes Estates, CA San Pedro, CA	4:00.28 4:15.26.50	1989
<b>Average Winning Time</b>				
80-89	Leonard Chapin (80) Alfred Guth (80)	Long Beach, CA San Pedro, CA	4:04.00 4:04.00	1988
<b>Average Winning Time</b>				

## Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Shannon Roberts (16) Caroliza Weicking (16)	Richmond, VA Richmond, VA	2:24.20 2:42.29.3	1985
<b>Average Winning Time</b>				
20-24	Rebecca Berry (24) Sue Free (25)	Union, NJ Garwood, NJ	2:10.43.28 2:28.40.07	1987
<b>Average Winning Time</b>				
25-29	Jeanne Crouse (28) Lisa Tubergen (29)	Springfield, VA Burke, VA	2:12.46.95 2:24.40.09	1985
<b>Average Winning Time</b>				
30-34	Mary L. Hughes (30) Huddie Murray (32)	Austin, TX Austin, TX	2:11.15.35 2:18.14.67	1989
<b>Average Winning Time</b>				
35-39	Anita Allen (35) Kathy Grant (39)	Coral Springs, FL Deerfield Bch., FL	2:16.25 2:48.04.05	1989
<b>Average Winning Time</b>				
40-44	Judy Decker (44) Betsy Durrant (44)	Virginia Beach, VA Virginia Beach, VA	2:31.04 2:50.12	1986
<b>Average Winning Time</b>				

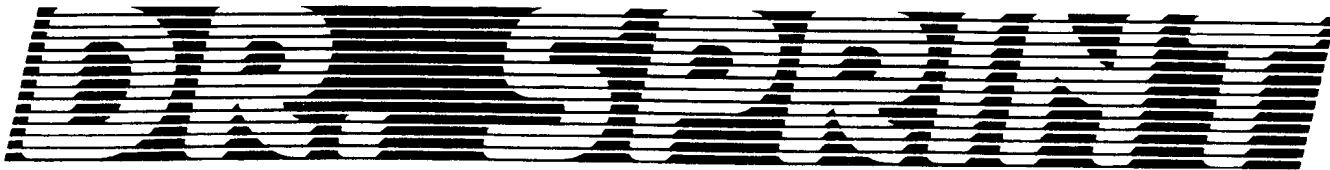
## Women's Teams (cont')

45-49	Betsy Durrant (45) Judy Decker (45)	Virginia Beach, VA Virginia Beach, VA	2:27.27 2:29.50	1987
<b>Average Winning Time</b>				
50-54	Barbara Rafferty (51) Jeanne Merryman (61)	Phoenixville, PA Berwyn, PA	3:15.03.91 3:41.17.85	1984
<b>Average Winning Time</b>				
55-59	Malchia Olshan (57) Grace Altus (64)	Carpinteria, CA Santa Barbara, CA	3:09.13.00 3:09.13	1988
<b>Average Winning Time</b>				

## Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Patricia McGuire (14) David Streight (18)	Upper Marlboro, MD Gambrills, MD	2:02.15 2:25.36	1987
<b>Average Winning Time</b>				
20-24	Rose Van Metre (24) C. A. Shoemaker (36)	Summerville, SC Charleston, SC	2:17.28 2:30.42.90	1989
<b>Average Winning Time</b>				
25-29	Kirk Johnson (25) Deborah Cain (28)	Richmond, VA Richmond, VA	1:54.05.02 2:11.03.45	1985
<b>Average Winning Time</b>				
30-34	Huddie Murray (32) Larry Wood (35)	Austin, TX Missouri City, TX	1:50.42.88 2:17.07.07	1989
<b>Average Winning Time</b>				
35-39	Shirley Loftus (35) Alec Thomson (44)	Afton, VA Waynesboro, VA	2:02.56.99 2:19.08.98	1987
<b>Average Winning Time</b>				
40-44	Joan Diercks (41) John Diercks (41)	Indianapolis, IN Indianapolis, IN	2:11.00.26 2:37.40.09	1989
<b>Average Winning Time</b>				
45-49	John Felder (46) Jayne Lambke (48)	Slidell, LA Mandeville, LA	2:30.10 3:05.03.33	1987
<b>Average Winning Time</b>				
50-54	Edward Barrett (50) Johnnie Detrick (52)	Bon Air, VA Midlothian, VA	2:54.44 3:09.38.48	1988
<b>Average Winning Time</b>				
60-64	Eric Youngquist (60) Mary Lee Watson (66)	Nashville, TN Nashville, TN	2:37.15 2:57.14.10	1988
<b>Average Winning Time</b>				
65-69	Babs Carter (65) Calvin Barnes (65)	Hampton, VA Hampton, VA	3:11.34 3:40.15.50	1989
<b>Average Winning Time</b>				





## 65 YEAR OLD WOMAN BEATS EVERYONE IN DR.SPRINT POSTAL WORKOUT!

I salute you for:

Your vision of completing this new event.  
Your discipline to line up a timer, pool and the opportunity.  
Your concentration and focus for 20 hard swims.  
Your fortitude to hang in while the lactic acid rolled through your body.  
Your persistence afterwards to mail your entry.

All these attributes are essential for top notch swimming. Keep applying them and you will bob to the top.

50's are the backbone of every sprinters workout repertoire. They are beautiful and fun to do and I usually do some type of 50's series in each workout. A prime Dr Sprint law reads; If you want a great 50 time the bulk of your workout should be 25's. If you want a great 100 time, the bulk of your workout should be 50's (or at most 75's).

### CALCULATIONS

With this law in mind, I believe your 20 x 50's performance closely parallels your potential in a 100 yard race. Therefore, I converted your 50's average time into an aggressive 100 yard time. This projected 100 time should be attainable with near perfect circumstances such as a full taper, fast pool, and a smart race with strong competition.

Next, I examined all the National records for the 100 yard events and smoothed or averaged them over all age groups. In other words, I arrived at a average National record for each year instead of for each 5 year group. This also smoothed out the kinks caused by a super fast or super slow record in one specific age group. For example, the National record for 45-49 backstroke is faster than the 40-44 record. This goes against the laws of nature and would penalize a 45 year old versus a 40 year old in a comparison. By smoothing the records, we would also eliminate the advantage of being young in the next older age group. Thus, a 34 versus 35 year old would be compared using nearly equal records. The playing field is now leveled for all ages, sexes, and events.

Armed with your "perfect" 100 time and a smoothed record for your event, I could then measure how far you would be from the record. The column marked "% FROM SMOOTHED NATIONAL RECORD" is the final and decisive calculation to judge everyone. Thus, our second place winner Will Gosnold from North Dakota, was projected to be only 3.1% slower than the smoothed National Record. Our winner, Petey Smith is projected to break the record. In actual fact Petey has had a great year by setting the 200,500,1000,1650 yard National records. She is currently still about 1% off in the 100 yard freestyle.

### SIDELINE COACHING

If your "Perfect" 100 time seems too fast try:

1. Do more sprinting.
2. Taper more before your big meet.
3. Adopt a smarter race strategy.
4. Psych-up more before race.

If your "Perfect" 100 time is too slow:

1. Too lazy in set of 50's?
2. 50's done in slow pool?
3. You need more conditioning?

### NEXT MAY

The Sprint Workout Postal Championship was so much fun I'm planning for next May. If you liked your "CERTIFICATE OF SPRINTING" award, you'll enjoy next years exotic and irresistible award. Everyone's a winner.

### KEEP IN TOUCH

Petey Smith receives about a half dozen swim periodicals and yet she elected, as her prize, to receive a free year of AQUA-MASTER, the OREGON newsletter. Each month AQUA-MASTER averages over 20 pages and is the only publication that carries every DR. SPRINT column. What a deal for \$7.00/yr! If your editor doesn't carry DR. SPRINT, complain. Have your editor get in touch with me or my editor. Keep in touch.

Dr. Sprint  
18476 Timbergrove CT  
Lake Grove, OR 97035

John Zell, Editor  
4640 NE 36th Ave  
Portland, OR 97211

## TOP 50 RESULTS

## TOP 50 RESULTS

## TOP 50 RESULTS

DR SPRINT POSTAL WORKOUT (see article)

20 times 50 yards @ 1:30

MAY 1990

SPRINTER	AGE	SEX	CLUB	EVENT	50 AVG TIME	PROJECTED "PERFECT" 100 TIME	% FROM SMOOTHED NATIONAL RECORD
PETHEY MH SMITH	65	F	OREG	FREE	39.09	1:11.14	-1.9
WILL D GOSNOLD	49	M	DAKO	FREE	29.09	52.94	3.1
LINDA M FINLEY	25	F	OREG	IM	34.29	1:02.41	4.8
PINKY WALKER	47	F	PNA	BACK	42.98	1:18.22	8.3
JOHN WESTON	39	M	OREG	IM	35.04	1:03.77	11.2
LARS E ONSRUD	32	M	IEM	FREE	28.50	51.87	11.3
BARBARA A KRAUSE	30	F	DAKO	IM	36.92	1:07.19	12.5
STEPHANIE HARMON	23	F	IEM	FREE	32.99	1:00.04	12.6
PAUL E BORG	53	M	IEM	FREE	33.22	1:00.46	12.7
GERI H MATHEWSON	41	F	OREG	FREE	35.13	1:03.94	12.9
ROY D LAMBERT	43	M	OREG	BREAST	39.43	1:11.76	13.6
GARY N BECKLEY	39	M	OREG	FREE	30.88	56.20	13.9
DAN R GRAY	45	M	OREG	FREE	31.99	58.22	14.5
DARLENE J STALEY	40	F	OREG	FLY	39.45	1:11.80	16.2
JAMES S EDWARDS	47	M	OREG	FREE	33.85	1:01.61	17.7
PAUL E BORG	53	M	IEM	IM	41.62	1:15.75	18.0
SAM A BOOTH	38	M	IEM	FREE	32.59	59.31	19.1
ERNEST SWINN	32	M	OREG	FREE	31.27	56.91	19.2
FRED ECKHARDT	64	M	OREG	BREAST	52.67	1:35.86	20.2
LORI L HOLLINGSWORTH	34	F	OREG	FREE	35.68	1:04.94	20.2
JANIT P ROMAYKO	44	F	CONN	BREAST	52.00	1:34.64	20.8
STEVE MOTT	40	M	OREG	BREAST	42.31	1:17.00	20.9
DONLAN F JONES	60	M	OREG	BACK	47.48	1:26.41	21.0
JACULYN KIMPTON	28	F	PNA	FREE	35.75	1:05.06	21.1
ROBERT H FAUTH	38	M	IEM	FREE	33.79	1:01.50	22.0
AMY CW EMMETT	34	F	OREG	FREE	36.54	1:06.50	22.1
GREG A SWANSON	41	M	PNA	FREE	34.61	1:02.99	22.2
BARNEY M CRAIG	44	M	OREG	FREE	35.17	1:04.01	22.5
PAUL E BORG	53	M	IEM	FLY	42.34	1:17.06	22.8
ROBIN L DURANT	34	F	IEM	FREE	36.91	1:07.18	22.9
RON E JERSEY	41	M	OREG	FREE	35.17	1:04.01	23.4
DAVID L STERN	40	M	PNA	FREE	34.96	1:03.63	23.6
ROBIN L DURANT	34	F	IEM	IM	42.96	1:18.19	23.6
FRED ECKHARDT	64	M	OREG	FLY	51.53	1:33.78	24.3
DAVID L POLAGE	49	M	IEM	FREE	37.27	1:02.83	24.4
JACULYN KIMPTON	28	F	PNA	IM	42.79	1:17.88	24.4
NANCY SCHOENHUTH	36	F	IEM	IM	44.37	1:20.75	24.5
JUNE MATHER	37	F	OREG	FREE	39.28	1:11.49	25.3
J BARRY LAWRENCE	57	M	PNA	FREE	40.24	1:13.24	25.7
HOPE D SMITH	31	F	PNA	FREE	38.99	1:10.96	27.4
BRAULIO ESCOBAR	40	M	OREG	FREE	36.77	1:06.92	27.4
JANIT P ROMAYKO	44	F	CONN	FREE	44.00	1:20.08	28.2
EUNICE R KUHN	47	F	DAKO	FREE	45.77	1:23.30	28.8
LISSA B PARKER	38	F	OREG	FREE	41.83	1:16.13	29.1
GAIL M KIMBERLING	34	F	OREG	FREE	40.65	1:13.98	30.0
ELAINE H BYNUM	38	F	OREG	FREE	44.02	1:20.12	32.6
MILES YANICK	54	M	OREG	FREE	44.45	1:20.90	34.1
DENISE M DRAGOVICH	36	F	PNA	IM	53.92	1:38.13	37.8

# Happy Birthday

## September Birthdays

Alberts, Julie G.	9/ 1/64	50 Moody, Richard M.	9/ 1/40
Baley, David C.	9/27/48	30 Morehouse, Andrew R.	9/13/60
Bogus, Kim J	9/30/58	40 Myers, Thomas M	9/ 9/50
Buchan, Barbara J.	9/ 4/56	25 Petersen, MaryAnn	9/14/65
40 Buck, Kathleen P.	9/27/50	35 Phelps, Emily L.	9/27/55
45 Chastain-Arvidson, Jayne	9/22/45	25 Reinmuth, Steve C.	9/19/65
Clayson, William T.	9/29/21	Repar, Lucy L.	9/13/64
Daggett, Ann S.	9/24/62	Rodriguez, Rick A.	9/10/62
Decher, Marianne M.	9/30/61	Rogers, Russell L.	9/ 2/56
Dennis, Joann H.	9/21/41	Rompel, Greg D.	9/23/56
Dickinson, Roger L.	9/ 8/33	Ross, Nancy S.	9/29/37
Fanning, Tom L.	9/25/39	Ryan, Georgia R.	9/ 4/34
Frownfelter, Greg	9/17/48	Saladin, Susette C.	9/ 4/66
Gosling, Kenneth L.	9/17/46	Shields, Kevin T.	9/15/67
Grillo, Mary A	9/23/54	Steffanoff, Nick D.	9/ 7/38
Guest, Eric G.P.	9/18/29	20 Tichenor, Seth D.	9/19/70
Hoey, Jack	9/19/09	Underwood, Beverly J.	9/27/34
Howard, Chuck D.	9/10/49	Welch, Arthur C.	9/ 8/32
Jersey, Ronald E.	9/17/48	45 Wendlick, Barbara A.	9/27/45
Long, Bradley G.	9/15/62	Wight, John M.	9/15/43
35 McMaster, James P.	9/14/55		
Miller, Philip D.	9/ 8/53		
Mongomery, Richard J.	9/ 2/58		

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



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



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

### OREGON MASTERS

Andy Schrag

(206) 254-9400 W

(206) 254-9661 H

Corvallis  
So. Oregon

Mark & Laura Worden

(503) 753-5726

Terry & Judy McCurdy

(503) 679-8144

### IEA MASTERS

Mariah Clarke

(509) 926-2597

### PNA MASTERS

Marietta Hunziker  
Ann Gindroz

(206) 564-9517

(206) 272-1854

### SNAKE RIVER

Janet Wood

(208) 345-8843 H

(208) 339-7229 W

# TEAMS TEAMS TEAMS

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

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

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

## 1989 OMS TEAMS

City	Team Name	Abrv.	Contact/Rep	Phone
Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego	Lake Oswego Swim Club	LOSC	Robert Smith	639-4505
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford	Southern Oregon Swimmers	SOS	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	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 "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

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

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

**PLEASE PRINT**

<input type="checkbox"/> This is a New registration. <input type="checkbox"/> I was registered in 1989		Office use only
Name _____ LAST FIRST M.I.		
Address _____		<b>Oregon</b> <b>1990</b> Reg. Fee (\$18.00) _____ Aqua Master (\$7.00) _____ Total _____
City _____ St _____ ZIP _____		
( ) _____ - _____ / _____ / _____ Phone # Born (MM/DD/YY) Age Sex		
Oregon Club: ( ) OREG ( ) MACO ( ) UNATTACHED		
Local Team (if any) _____		MAIL TO: DAN JOHNSON 7655 SW CEDARCREST ST. PORTLAND, OR 97223 Or enclose with meet registration
I hereby agree to abide by and be governed by the rules and regulations of USMS and the Oregon Masters Swim Committee. _____		
Signature _____		

Remember to sign your registration form.

Make checks to Oregon Masters Swimming



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

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## *Aqua-Master*

Editor  
**John F. Zell**  
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Portland, OR 97211

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- \* Z-Man Says
- \* Ol' Barnacle
- \* Meet Entry Forms

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37000140

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# STATE GAMES RESULTS AND MORE