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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

SHORT COURSE YARDS/METERS

*OCT 1 TO DEC 15	1990 POSTAL PENTATHLON SWIM MEET
*OCTOBER 6, 1990	PORTLAND, OR PARKROSE H.S. S.C.Y. (#2)
*OCTOBER 14	PORT ANGELES, WASHINGTON S.C.Y. (#1)
*OCTOBER 15-26	WORLD SENIOR GAMES ST. GEORGE, UTAH
*NOVEMBER 4	PORTLAND PARKS TRI.M. MEET S.C.Y.
NOVEMBER 17-19	POULSBO, WA N. KITSAP S.C.Y. (#2)
NOVEMBER 30 & DEC 1	LINCOLN CITY, OR S.C. METERS (#4)
DECEMBER 8	ENUMCLAW, WASHINGTON S.C.Y. (#3)
JANUARY 1991	UNSCHEDULED SOMEWHERE IN OREGON (#1)
JANUARY 19	ANACORTES, WASHINGTON S.C.Y. (#4)
FEBRUARY 2	BEAVERTON, OR SWIM CELLAR PENTATHALON
FEBRUARY 8 & 9	SEATTLE, WA TEAM ORCA S.C.Y. (#1)
MARCH 2 & 3	ASHLAND, OR S.O.S.C. S.C. YARDS (#3)
APRIL 5, 6, & 7	OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#4) NEWBERG, OREGON
APRIL 12 - 14	PNA ASSOCIATION CHAMPIONSHIPS
MAY 11	TIGARD, OR AGE GROUP INV. WITH MASTERS
MAY 16 - 19	USMS SHORT COURSE NATIONALS NASHVILLE, TN TRACY CAULKINS POOL
AUGUST 22 - 25	USMS LONG COURSE NAT. ELIZABETHTOWN, KY

*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

Z-Man says---

Greetings all Oregon Masters Swimmers...Z-Man welcoming you to the Aquamaster's Annual Registration issue.

This issue goes out to all registered members from the 1990 season. The main purpose is to advise you of this years upcoming meet schedule and to get you all an early copy of the 1991 registration form. The United States Masters Swimming calendar year runs from November 1st to October 31st, so now is the traditional time that we give you the opportunity to get a jump on our year. As per usual, you will find the 1991 form on the back page of this and every fantastic issue of the Aquamaster.

For you folks who regularly subscribe to the Aquamaster, it is also time for you to renew your subscription.

THE OCTOBER ISSUE IS YOUR LAST PAYED ISSUE FOR THIS YEAR.

IT'S TIME TO RENEW YOUR MEMBERSHIP TO OMS AND SUBSCRIBE TO THE AQUAMASTER

It has always been amazing to me (I'm very bias) to see how many of our members who....

DO NOT REGULARLY SUBSCRIBE TO THE AQUAMASTER !!!!!!!!!!!!!!!

As of July 23, 1990 Oregon Masters is 486 members strong with 456 of those members being renewal memberships. As of July 23 we have 381 subscribers to this SUPER publication and 315 of those are renewals. Out of the 381 subscribers, 25 of those are from Masters Swimmers OUTSIDE of the Oregon Masters geographical territory. So we have actually 356 subscribers out of 486 registered members or roughly 75% of our members subscribe. Now I know that there are a number of households that have two or more OMS members so one issue is enough, BUT.....

THERE ARE STILL A LOT OF OMS MEMBERS WHO ARE MISSING OUT ON THE OPPORTUNITY TO RECEIVE THE ONLY SOURCE FOR NEWS, OFFICAL RESULTS, AND MEET ENTRY FORMS!!

Okay Z-Man, you've made your point...hopefully those folks will get the idea.

In this issue you will find a special gift from me to you in the form of a decal for you to stick where you'd like. I had a lot left over from last years give away and thought you'd like another one. This is a vinyl sticker with a removable type adhesive that can go indoors or outdoors. It will stick well to most clean surfaces and can be easily removed for up to a 2 year period. So, stick it and enjoy....you'll be promoting your favorite organization....OMS !!!

For your reading enjoyment, you will find results from the recent Long Course Regionals held in August at Tualatin Hills and results of the Applegate Lake swim in southern Oregon held last July. Ol' Barnacle reviews the results from L.C. Regionals and also gives you the list of people who made National Top 10 in Short Course Yards this year. There are 4 entry forms for you to look over and fill out. The first meet of this short course season is at Parkrose next month followed by a BRAND NEW type of meet known as a "TRI.M. Meet" to be held in November at Z-Mans home turf, Columbia Pool. SO CHECK THOSE MEETS OUT!

"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.

MINUTES OF BOARD MEETING
OREGON MASTERS SWIMMING, INC.
July 24, 1990

Attendees: Sandi Rousseau, Kathy Buck, John Zell, Ginger Pierson, Pam Himstreet, Andy Schrag, Earl Walter, Dan Johnson.

Call to order: 7:40

Secretary's report: Andy Schrag . Minutes of June meeting accepted as written. Future minutes will be published in the Aquamaster.

Host/Social: Andy Schrag. Social following Saturday's events is set for Smokeys, all you can eat pizza, salad and beverage buffet.

Treasurer's report: Roy Abramowitz . Not present. No report.

Vice-Chair's report: Pam Himstreet. We have a partial meet schedule in place for the 1990/91 Short Course Yards season.

Committee Reports:

Registration: Dan Johnson. 486 registered.

Membership: Barbara Frid. Not present. No report.

Records: Earl Walter. L.C. records will be updated by Regionals.

Aquamaster: John Zell. No report.

Data Manager: Earl Walter. We will initiate a new policy, to be included in future meet contracts, outlining the duties of the results person as to correct procedures for establishing and recording final times.

Old Business:

Ideas to be presented at the Nat'l Convention regarding limiting the size of the Nat'l meets were discussed.

There were a few glitches with the State Games meet but overall all was fine.

Mt. Hood was awarded its full amount for their fine meet. Corvallis was also awarded their full amount.

New Business:

Chairman and Secretary are up for election in November.

Adjournment

YOU'VE NEVER COMPETED IN A MEET LIKE THIS BEFORE CAUSE.....

THIS IS..... "THE FIRST PORTLAND PARKS"

"TRI.M. MEET"

(pronounced tri-m)

SO, WHAT DOES IT MEAN ??????

In a TRI.M. meet, all entrants swim a 100, 200, and 400 Individual Medley and their total time determines their final placing. Swimmers also predict what their total time will be and the person coming closest to that time will receive a \$25.00 gift certificate to a fine Portland restaurant.

Since this is the first meet of this kind ALL NEW MEET RECORDS for each event and total time will be up for grabs in all age groups. Warm-ups will begin at 8:00 a.m. and the meet will start at 9:00 a.m. with the heats of the 100 I.M. Heats for the 200 I.M. will begin at 10:00 a.m. and the 400 I.M. will start at 11:00 a.m. All heats of the women will run first followed by the mens heats and the seeding will be slow to fast.

All entrants will receive a custom designed multi-color printed tank-top for entering and completing this event. The cost of the tank-top is included in the entry fee (\$6.00 entry + \$5.00 tank-top).

Read the entry form over and get the ol' pen out and enter as soon as possible You won't want to miss out on the history making first of it's kind swim meet.

If you have any questions, please give me a call.

John Zell 503-282-9347 evenings after 7:00 p.m.

See you at Columbia Pool November 4th

" THE FIRST PORTLAND PARKS TRI.M. MEET "

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (#91-B) 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: THE 1st PORTLAND PARKS TRI.M. MEET
PLACE: COLUMBIA PARK POOL PORTLAND, OREGON DATE: NOVEMBER 4, 1990 SUNDAY
5 lane competition pool, manual timing
3 lanes continuous warm-up/down
HOST: Portland Parks Swim Team WARM-UP: 8:00 A.M.
Portland Parks Masters Swim Team
John Zell, Meet Director MEET
503-282-9347 Home (after 7 p.m.) STARTS: 9:00 A.M.

DIRECTIONS TO POOL: 7701 N. Chautauqua Blvd. From I-5 north take exit 305-B
Lombard West - go west on Lombard 1.4 miles to Chautauqua - turn right & go
north 1-1/2 blocks - pool on left. I-5 south take exit 306-B Interstate Avenue
- follow Denver Ave south to Lombard - turn right & go west 1 mile on Lombard
to Chautauqua - turn right & go 1-1/2 blocks north - pool is on left.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 10-23-90 NO LATE ENTRIES ACCEPTED

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

NAME _____ 1991 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+

EVENT	TIME *	* DO NOT ENTER "NT" ("NT"= NO TIME) ENTER YOUR BEST TIME OR BEST ESTIMATED TIME
100 I.M.	(1) _____:_____._____	HEATS FOR 100 BEGIN AT 9:00 A.M.
200 I.M.	(2) _____:_____._____	HEATS FOR 200 BEGIN AT 10:00 A.M.
400 I.M.	(3) _____:_____._____	HEATS FOR 400 BEGIN AT 11:00 A.M.

** 3 EVENTS TOTAL PREDICTED TIME _____:_____._____

PLEASE ENTER YOUR BEST TIME OR YOUR BEST ESTIMATED TIME. ENTERING "SANDBAGGED"
TIMES TO GET ADDED REST BETWEEN EVENTS OR CALM WATER IS DISCOURAGED.

BE FAIR TO ALL...THANKS.

RULES: 10 Second penalty will be added to your time for any stroke/turn & false
start infraction. Swimmers must swim all 3 events to receive award.

** SWIMMER WHOS TOTAL TIME COMES CLOSEST TO HIS/HER TOTAL PREDICTED TIME
WINS \$25.00 GIFT CERTIFICATE TO A LOCAL PORTLAND RESTURANT.

TANK TOPS: ALL ENTRANTS RECEIVE A CUSTOM DESIGNED MULTI-COLOR PRINTED TANK-TOP
COST OF TANK-TOP IS INCLUDED IN ENTRY FEE

TANK TOP SIZE - PLEASE CHECK ONE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

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: \$11⁰⁰ Send form(s) and fee(s) payable to OMS to:

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

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

★ 1990 POSTAL PENTATHLON SWIM MEET ★

Sanction: By Minnesota LMSC for USMS Inc. # 300-16.

Eligibility: Open to all USMS registered swimmers for the 1990 or 1991 season.

Conduct of Meet: Participant swims the 5 events in a 25 yard pool in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. The pentathlon must be swum from October 1, 1990 to December 15, 1990 and the entries must be postmarked by December 24, 1990, include a copy of your USMS registration card. *Entries swum under 1990 registration must be postmarked by November 7, 1990.* Incomplete entries will be returned and assessed a \$2.00 administration fee. All fees are non-refundable.

Age Groups: 19-24, 25-29, 30-34, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1990.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$8.00.

Entry Fee: \$5.00 per course (\$1.00 per event).

Make checks payable to: Postal Pentathlon Swim Meet.

Send entries to: 1990 Postal Pentathlon Swim Meet
570 - 96th Lane
Blaine, MN 55434

Questions: Wayde Mulhern Phone-Day (612) 635-5167 Evenings (612) 784-7020

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS# _____
Address: _____ SEX _____
City: _____ State: _____ Zip: _____ Birthdate ____/____/____
Phone Days: _____ Evenings: _____ Age _____
Swim Club: _____ (As of 12/15/90)
Shirt Size: S M L XL XXL Shirt Type: Sprint Middle Distance Ironman

Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____

Enter your short course yard times for each individual event.

Sprint course	50 Yards each stroke and 100 IM	Date Swum	_____
Fly _____	Back _____	Breast _____	Crawl _____ IM _____
Middle distance course	100 Yards each stroke and 200 IM	Date Swum	_____
Fly _____	Back _____	Breast _____	Crawl _____ IM _____
Ironman course	200 Yards each stroke and 400 IM	Date Swum	_____
Fly _____	Back _____	Breast _____	Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the events in the designated order. I also 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 here by waive any and all rights to claims for loss or damage arising out of participation in the Masters program or any activities incident thereto against USMS, Inc., the LMSC, the Clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

* * * * * S O U T H E R N O R E G O N L A K E S W I M * * * * *

July 15, 1989

1500 Meter

Overall	Age	Place	Age Group	Time	Sex	Age	Name
1		1	30 - 34	0:20:48	M	30	MICHAEL JOHNSON
2		1	25 - 29	0:21:01	F	27	KARIN DECK
3		2	30 - 34	0:22:51	M	32	MICHAEL DOUGLAS
4		1	25 - 29	0:23:15	M	27	RICK RODRIQUEZ
5		1	30 - 34	0:23:31	F	32	KIM PHILLIPS
6		2	25 - 29	0:23:40	F	29	NAOMI STEINBERG
7		1	35 - 39	0:24:01	M	38	CRAIG MATHER
8		1	35 - 39	0:24:10	F	35	DEBBIE GREGIORE
9		3	30 - 34	0:24:12	M	33	ROSS LEHMAN
10		1	40 - 44	0:24:35	F	42	GERI MATHEWSON
11		1	40 - 44	0:24:50	M	41	GREG FROWNELTER
12		2	40 - 44	0:25:33	M	41	RON JERSEY
13		1	50 - 54	0:25:36	M	50	TOM GIESON
14		1	45 - 49	0:25:42	M	46	FRANK PHILIPPS
15		2	35 - 39	0:25:46	F	37	SUE SMITH
16		2	30 - 34	0:25:51	F	33	DORCUS PHELAN
17		4	30 - 34	0:26:03	M	31	MICHAEL REINHARD
18		1	55 - 59	0:26:15	M	57	LEO VAN DIJK
19		2	35 - 39	0:27:08	M	38	CHRIS ROBINSON
20		1	60 - 64	0:27:16	M	64	MIKE MOOREHOUSE
21		3	40 - 44	0:27:20	M	41	CARLYLE STOUT
22		4	40 - 44	0:27:28	M	40	MARK HELLER
23		2	25 - 29	0:27:36	M	25	BILL SHIPPER
24		5	40 - 44	0:27:50	M	42	JAC NICKELS
25		1	45 - 49	0:27:56	F	45	NANCY BROOKS
26		3	35 - 39	0:28:44	F	37	JUNE MATHER
27		4	35 - 39	0:29:36	F	38	DEBORAH BROWN
28		2	45 - 49	0:30:07	M	45	TUCKER WHITSON
29		1	19 & UNDER	0:30:09	F	17	ROBIN POTTER
30		5	35 - 39	0:30:50	F	37	JILL FRANK
31		3	30 - 34	0:31:49	F	30	KATHRYN VOORHEES
32		5	30 - 34	0:33:33	M	31	RICHARD MONTGOMERY
33		1	50 - 54	0:39:26	F	51	JUDY MC CURDY
34		2	60 - 64	0:39:32	M	60	TERRY MC CURDY
35		1	65 - 69	0:39:41	M	68	DAVID BERNSTEIN
36		3	45 - 49	0:40:17	M	45	RON LECORNU
37		3	35 - 39	0:40:39	M	38	ROSS TILDEN
38		1	70 & OVER	0:41:40	F	76	EVELYN MC KEON

ASH
MED
ASH

* * * * * S O U T H E R N O R E G O N L A K E S W I M * * * * *

July 15, 1989

3000 Meter

Overall	Age	Place	Age Group	Time	Sex	Age	Name
1		1	45 - 49	0:48:18	M	45	DAN GRAY
2		1	30 - 34	0:52:35	F	30	MARY YUSE
3		1	35 - 39	0:55:45	M	35	PETE KRALIK
4		1	45 - 49	1:03:32	F	45	ELLEN CURTIS
5		1	55 - 59	1:03:32	M	55	HARRY HUTTON
6		2	45 - 49	1:04:54	M	45	JIM SCOTT
7		1	40 - 44	1:07:54	M	44	MARK FLINT
8		3	45 - 49	1:38:06	M	47	DON KUYPER

"ol' Barnacle"

OL' BARNACLE ... 1990 REGION XII ... LONG COURSE CHAMPIONSHIPS ...

WE HAD 109 SWIMMERS EAGER TO GO, AND MANY MANY FINE PEOPLE EAGER TO HELP THEM SWIM THEIR BEST.

JULIE SHEPARD WAS OUR MEET DIRECTOR, SHE HAD ; BOB AND BARBARA BODYFELT, STAN BENSON, STEVE BRENNER, TIM BRITTLE, HELEN BROWN, DAN BRADSHAW, FRANK HASLETT, KEN HILLEN, DON LARSON, LINDA AND ROGER LOVEN, LARRY SNEAD, MICHAEL DEMBRAU, ARLENE DE YOUNG, JOHN OHENDYHE AND CARLENE ROY, ALL FROM OREGON SWIMMING, PLUS SANDI ROUSSEAU, JIM ANDERSON, MARK BECKER, BRIAN AND BARBARA FRID, ANDRE DEVINE, TOM AND PAM HIMSTREET, LESLIE WINTON, TIANNA DRESSEL AND JUDY MELCHER. TIMING ON THE LANES WAS BY THE TUALATIN HILLS ADULT SYNCHRO CLUB, AND THE TUALATIN HILLS WATER POLO CLUB. SANDY DOTTER AND MARY GRILLO WERE ON T-SHIRTS, ALONG WITH PEGGY MORRISON, AND ASSISTING ON TIMING WAS REBECCA KING.

THIS GREAT STAFF PLUS MANY OTHERS HELPED MAKE THIS A VERY VERY FINE MEET, ALTHOUGH SMALL IN NUMBERS THEY TURNED IN SOME GREAT TIMES ...

WORLD RECORDS ... YES ... TWO ...

SWIMMER OF THE MEET HONORS ... GREG HARRISON, REDMOND, WASHINGTON. (35-39)

GREG SET A NEW WORLD RECORD IN THE 200 BREAST AT 2:34.61, WHAT WAS SUPERLATIVE ABOUT ALL THIS WAS THAT GREG SET THIS RECORD THREE YEARS AGO, NOW THAT FOLKS IS "GROWING OLD IN STYLE". ALSO CONSIDER THAT THE OLD RECORD WAS 2:35.66 ... GREG, 3 YEARS OLDER, WAS OVER 1 FULL SECOND FASTER ... ANOTHER LITTLE BIT OF INFO, ON THE WAY GREG DID A 1:13.95 FOR HIS FIRST 100 ... !!!

COMING HARD ON HIS FLIPPERS WAS ANOTHER WORLD RECORD PERFORMANCE ...

PETHEY SMITH (65-69) BROKE HER OWN 200 FREE RECORD WITH A 3:07.69 (WAS 3:07.86)

REGIONAL RECORDS ...

LISA WOODWORTH (19-24) 800 FREE - 11:16.13 (# 6 TT)

GRACIE GODDARD (30-34) 50 FREE - :28.57 (# 4 TT)

LEISSA MILLS (30-34) 100 FREE - 1:00.59 (# 3 TT)

200 FREE - 2:11.02 (# 2 TT)

200 I.M. - 2:37.06 (# 3 TT)

JULIE CORMAN (PNA-40-44) 800 FREE - 11:42.11 (# 6 TT)

GINGER PIERSON (40-44) 400 I.M. - 6:31.58 (# 4 TT) BEST FOR GINGER IN 6 YEARS !!!

JOYCE BAHLER (60-64) 50 BRST - :52.56 (# 7 TT)

ELFIE STEVENIN (65-69) 100 FLY - 3:11.84

HELENA HOFFMAN (70-74) 200 I.M. - 6:47.27

LEE HOLM (PNA-75-79) 800 FREE - 22:17.19 (# 4 TT)

1500 FREE - 42:01.16 (# 5 TT)

OB NOTE : LEE'S TIME IN THE 1500 REPLACES MARTHA KELLER'S TIME FROM 8/16/80

MARION MUELLER (PNA-75-78) 200 BACK - 5:25.64 (# 5 TT)

01' Barn ... 1990 Region XII ... Long Course Champs ... Regional Records ...

HAZEL BRESSIE (80-84) 800 FREE - 32:47.94 (# 2 TT)

STEVE JOHNSON (40-44) 400 FREE - 4:42.38 (# 1 TT)
800 FREE - 9:50.68 (# 2 TT)

OB NOTE : HOPE THAT 400 HOLDS UP FOR ALL AMERICA !!!

ALLEN STARK (45-49) 50 BRST - :34.31 (# 4 TT)
100 BRST - 1:14.79 (# 2/3 TT)
200 BRST - 2:48.23 (# 2 TT)

OB STANDS CORRECTED, ALLEN IS NOT A DENTIST, HE IS A PSYCHIATRIST. ALSO
WANT TO SHARE ALLEN'S MOTTO, "SHRINK OR SWIM " OUCH !!!

ERIC GUEST (60-64) 50 FLY - :38.39 (# 10 TT)
200 I.M. - 3:22.72 (# 10 TT) BACK TO '81

ANDREW HOLDEN (70-74) 50 FREE - :32.65 (# 1 TT)
50 BACK - :41.91 (# 4 TT)

BILL ODMAN (IEA-70-74) 200 FREE - 2:59.30 (# 3 TT)
400 FREE - 6:34.49 (# 3 TT)
800 FREE - 13:49.09 (# 5 TT)

OB NOTE - BILL ACTUALLY SET THIS RECORD IN 1989 AT 13:41.37, IEA FAILED TO
NOTIFY THE REGIONAL RECORD KEEPER, THE RECORDS WILL BE CORRECTED.

FORBES MACK (70-74) 50 BRST - :46.89 (# 6 TT)
100 BRST - 1:48.10 (# 7 TT)

OREGON ASSOCIATION RECORDS ...

JUDI SHERIDAN (25-29) 1500 FREE - 20:45.53

ANDREE DEVINE (25-29) 400 I.M. - 5:46.11 (# 6 TT) BACK TO 8/26/82
OB NOTE - REGIONAL IS 5:45.21, ALL THOSE EARLY MORNING WORKOUTS
HAVE PAID OFF FOR ANDREE !!!

GRACIE GODDARD (30-34) 100 FLY - 1:12.23 (# 5 TT)

BARBARA FRID (45-49) 200 BRST - 3:33.28 (# 3 TT)

JOYCE BAHLER (60-64) 400 I.M. - 8:30.92 (# 7 TT)

ELFIE STEVENIN (65-69) 400 I.M. - 13:06.40 (# 10 TT)

ADA HEBERT (70-74) 50 FREE - 1:01.55
100 FREE - 2:22.54

HELENA HOFFMAN (70-74) 100 BRST - 3:21.79 (BACK TO 8/1/82)

ERIK ROOKHUIJZEN (19-24) 200 BACK - 2:34.43 (# 4 TT) BACK TO 7/10/83
200 I.M. - 2:33.77 REGIONAL IS 2:33.52
400 I.M. - 5:31.99 (# 4 TT)

TOM FANNING (50-54) 200 I.M. - 3:01.30

GREAT TIMES AND GREAT RACES AND STRANGE FACTS ...

SETH TICHENOR (19-24) EXCELLENT 100 FREE IN 58.94

DAVE BURLESON (30-34) DITTO WITH A GREAT 58.93

ELLEN FERGUSON (25-29) TOP TEN 200 FREE AT 2:20.27, JOIN US ELLEN !!!

01* Barn ... 1990 Region XII Long Course Champs ... OMS Records ...

ANDREE DEVINE (25-29) ALSO FINE 200 FREE IN 2:28.81

RALPH MOHR, FROM COOS BAY, GREAT TO SEE YOU RALPH, KEEP SWIMMIN' !!!

CLARK AUSTEN CAUGHT THE DATA MANAGER IN ERROR, IT EVEN HAPPENS TO OLD TIMERS

KATHLEEN BUCK, OMS CHAIR, IS COMING BACK STRONG, LOOKING GOOD KATHY !!!

ANDY DEVINE (ANDREE) WAS CLOSE IN THE 400 FREE - 5:07.98 VS 5:07.29

BUZ CARRIKER, THIS GREAT GUY DIDN'T MAKE ANY FUSS, JUST CAME AND SWAM, THE U S
POSTAL SERVICE REALLY STRUCK OUT ON THIS ONE, BUZ MAILED HIS
ENTRY ON JULY 23, ALREADY LATE, BUT IT DID NOT REACH THE DM UNTIL 8/4/90, WOW !

ELLEN FERGUSON, ANOTHER FINE TIME - 800 FREE IN 10:14.63

BARBARA FRID WAS CLOSE TO THE REGIONAL IN THE 800 FREE AT 12:08.01 (12:07.20)

BILL ODMAN'S 800 FREE TIME IS WORTH MENTIONING AGAIN, PLEASE CHECK THE RECORDS
AS THEY ARE PUBLISHED, IF YOU SWIM OUT OF STATE AND THINK YOU BROKE A RECORD A
SHORT NOTE TO ALERT OL' WHITE HAIR WILL SUFFICE TO ALERT HIM, OKAY ??? !!!

STEVE DURAPAU HAD A TOP TEN 1500 FREE AT 19:36.88

DICK BOYD, DITTO WITH AN EXCELLENT 19:50.38

RICHARD MEALY HAD A PR IN THE 1500 FREE IN 25:20.23, ALSO SWAM HIS FIRST 100
FLY EVER, THAT TAKES GUTS.

JACK HOEY'S 50 BACK JUST MISSED THE REGIONAL, JACK AT 50.27, THE RECORD - 49.85

JULIE CORMAN FROM PNA, SWAM A GREAT 100 BACK IN 1:24.87

MARION MUELLER ALSO PNA, WITH A 100 BACK IN 2:35.57 (REGIONAL IS 2:33.26)

JOHN ZELL HAD A PR IN 100 BACK WITH AN OUTSTANDING 1:11.56

ROBERT MORRISON (BOB) THE BREASTROKER, WITH A DOUBLE ARM BACKSTROKE REALLY WENT
AFTER OB IN THE 100. BOB HAD A 1:42.59, OB IN 1:40.61.

JACK HOEY WITH A 100 BACK IN 1:53.94, JUST MISSED THE REGIONAL OF 1:52.79

JACK HOEY AND HERB EISENSCHMIDT ARE 1-2 IN THE WORLD IN THE 100 BACK, JACK HAS
COME DOWN 6 SECONDS FROM LAST YEAR !!!

HEATHER MCLAUCHLAN WITH A 2:55.89 FOR THE 200 BACK JUST MISSED THE RECORD OF
2:53.16, HEATHER IS SHOWING SOME GREAT IMPROVEMENT !!!

OLDER IS BETTER : JACK HOEY, 200 BACK IN '89(4:23), IN '90 - 4:14
HERB E, 200 BACK IN '89 (4:33), IN '90 - 4.20

PAMELA CALTABIANO (30-34) HAD JUST A GREAT MEET , FINE SWIMS ALL THE WAY ...
50 BRST MISSED THE RECORD, 40.43 VS 39.85
100 BRST DITTO, 1:26.78 VS 1:26.39 (IMWALLE IN '82)
200 BRST IN A FINE TIME OF 3:11.00

PAULINE STANGEL (65-69) 50 BRST, JUST MISSED AT 59.88 VS 59.75

MARK FRIEDLEY , EXCELLENT 50 BRST IN 34.61, PLUS THE 100 IN 1:15.04

FORBES MACK WAS OH SO CLOSE IN THE 200 BRST - 3:59.48 VS 3:59.22 (REGIONAL)

Ol' Barn ... 1990 Region XII Long Course Champs ... this n'that ...

BEST RACE OF THE MEET - 35-39 - 50 FLY ...

TERI HENDRYX IN AT 37.26

MARJORIE MEEK IN AT 37.86 (HEAD TO HEAD, LANES 4 & 5)

STEVE WARNER, OUR COASTAL BUTTERFLY, LOOKIN' GOOD IN THE 50 AT 29.51

SETH TICHENOR (19-24) CLOSE TO OMS RECORD, 100 FLY IN AT 1:06.22 VS 1:06.00

HUGH MOORE, PAST CHAIR FOR PNA, HE AND WIFE JANE ARE ALWAYS HELPING US OUT WITH THEIR ATTENDANCE ...

BEST REMARK OF THE MEET, AFTER SWIMMING THE 200 FLY IN 2:41.01

"200 FLYERS HAVE SOMETHING WRONG WITH THEIR BRAIN CELLS, AND EACH TIME THEY SWIM IT, THE CONDITION GETS WORSE"

OL' BARN SAYS AMEN TO THAT HUGH !!!

IT WAS A GREAT MEET, THANKS TO ALL THE SWIMMERS, AND AGAIN A SPECIAL THANKS TO EVERYONE WHO HELPED RUN THE AFFAIR (MEET) !!!

THIS N' THAT ...

FROM THE DATA MANAGER ...

DIRECT QUOTE FROM THE HEAT SHEET INSIDE COVER FOR REGIONALS ...

"WE WILL NOT ALLOW ADDING OR SWITCHING EVENTS OR CHANGING LANES OR HEATS UNLESS AN ERROR WAS MADE IN DATA ENTRY BY OUR STAFF"

OKAY, UNDERSTAND, THEN WHY DID ONE OF OUR SWIMMERS, NOT ONLY ADD ONE EVENT BUT TWO, WHY THIS WAS ALLOWED THE DM DOES NOT KNOW OR UNDERSTAND ?? THERE WAS CERTAINLY NO ERROR IN THE DATA ENTRY !!!

PROMISE FROM DM - THE NEXT TIME THIS HAPPENS - THE SWIMMERS PERFORMANCE IN ALL EVENTS, LEGAL OR NOT WILL BE DELETED FROM THE FINAL RESULTS OF THE MEET... SORRY BUT THIS TICKS THE DM OFF !!!

PLEASE ... TAKE A MOMENT AND COMPLETELY FILL OUT YOUR ENTRY FORM FOR MEETS, WE RECEIVE THEM SHORT OF NAMES, BIRTHDAYS, REGISTRATION NUMBERS, PHONE NUMBERS, ADDRESSES, YOU NAME IT, WE GET THEM !!!

PLEASE ... SEND YOUR ENTRIES IN AT LEAST A FEW DAYS BEFORE THE DEADLINE, PLEASE NOTE WHAT HAPPENED TO BUZZ CARRIKER, HIS ENTRY TOOK 13 DAYS TO GET TO THE DM, YES, REPEAT 13 DAYS !!!

LAST BUT FAR FROM LEAST ... PLEASE CHECK THE RESULTS ... OF EACH MEET ... AS THEY ARE PUBLISHED IN AQUAMASTER ... IF YOU FIND AN ERROR GIVE THE DATA MANAGER AND OR RECORDS KEEPER A CALL ... HE REALLY THINKS ALL OF YOU ARE GREAT ... AND WANTS TO HELP IN ANYWAY POSSIBLE ... BUT CANNOT IF YOU DON'T TELL HIM !!!

SOME MORE THIS N' THAT ...

OB THANKS "SWIMMING WORLD" FOR SENDING HIM A SAMPLE COPY OF THEIR AUGUST ISSUE,

IN IT WE FOUND THE ALL AMERICA LISTINGS FOR HIGH SCHOOL SWIMMERS ...

OREGON HAD 3 GALS MAKE IT ... RONDA LUSTY, PENDLETON, 50 FREE - 23.90 (16)
TAMMY SHANNON, PORTLAND, 100 BACK - 57.22 (3)
BECKI GUMPert, BEND, 100 BREAST - 1:05.42 (17)

Ol' Barn ... 1990 Region XII Long Course Champs ... this n' that ...

OREGON HAD 3 GUYS MAKE IT ... CURTIS TAYLOR, ASHLAND, 50 FREE - 21.09 (21)
BRUCE DAVIS, SWEET HOME, 100 BREAST - 57.84 (16)
BRUCE DAVIS, SWEET HOME, 200 I.M. - 1:54.12 (30)

OREGON HAD ONE RELAY ... LAKE OSWEGO HIGH, 200 MEDLEY - 1:37.43 (19)

NOW FOR A FUN EXERCISE, FASTEST TIMES AND SLOWEST TO MAKE AA, JUST THE 100'S ;

GIRLS : 100 FREE - 1ST - 49.34, 31ST - 52.19
100 BACK - 1ST - 56.55, 30TH - 59.15
100 BRST - 1ST - 1:03.85, 30TH - 1:06.44
100 FLY - 1ST - 55.35, 31ST - 57.92

BOYS : 100 FREE - 1ST - 44.18, 30TH - 46.24
100 BACK - 1ST - 50.87, 30TH - 53.09
100 BRST - 1ST - 55.86, 30TH - 58.35
100 FLY - 1ST - 49.12, 30TH - 51.06

OL' BARN DOESN'T KNOW ABOUT THE REST OF YOU BUT IN 1940 AND 1941 A 1:02 PLUS
WAS GOOD FOR A 2ND OR 3RD ON THE BOYS ALL AMERICA STANDINGS. IT APPEARS THAT IT
WOULD NOT EVEN MAKE THE TOP 200 TODAY AMONGST THE GIRLS - WOW !!! 100 Back

SO MUCH FOR THAT LITTLE EXERCISE IN HUMILITY.

FOLKS WE ARE HEADING INTO OUR 19TH YEAR OF COMPETITION FOR OMS, LET'S ALL
RESOLVE TO SWIM A TINTSY BIT HARDER AND GET SOME PR'S THIS TIME AROUND, OKAY,
ARE YOU GAME !!!

IT'S STILL THE BEST SPORT IN THE WORLD, AND THE CLEANEST ...

ANYHOO - STAY WITH AND STAY FIT !!!!!

Aqua-Master

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sults of OMS/USMS
sanctioned swim
meets in Oregon.

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☐ ADDRESS CHANGE ☐ NEW SUBSCRIPTION ☐ RENEWAL

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

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

☒ SEND TO: REGISTRAR

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PORTLAND, OR 97223

Use this form for change of address notification

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

----- 19-24 WOMEN -----			100FRE LEISSA MILLS	30 OREG 1:00.59+	50 FLY TERI HENDRYX	37 MACO :37.26
50FREE L V BRONCKHORST	24*ORE :34.71	Oregon was-	GRACIE M GODDARD	1:05.17	MARJORIE MEEK	38 MACO :37.86
100FRE LINDA MARX	22*PNA 1:10.11		GRACIE GODDARD	30 ORE 1:05.55	100FLY TERI HENDRYX	37 MACO 1:30.72
LISA WOODWORTH	24 ORE 1:15.36		PAMELA CALTABIANO	30 OREG 1:11.52	KATHLEEN P BUCK	39 OREG 1:38.57
200FRE LISA WOODWORTH	24 ORE 2:38.85		LORI HOLLINGSWORTH	34 ORE 1:20.23	200FLY KATHLEEN P BUCK	39 OREG 3:48.88
800FRE LISA WOODWORTH	24 ORE 11:16.13+		DONA R BOWLSBY	32 MACO 1:23.25	200 IM TERI HENDRYX	37 MACO 3:12.43
Oregon was- OPEN 99:99.99			GAIL M KIMBERLING	34 OREG 1:29.68	KATHLEEN P BUCK	39 OREG 3:23.87
50BRST L V BRONCKHORST	24*ORE :47.92	200FRE LEISSA MILLS	30 OREG 2:11.02+	----- 40-44 WOMEN -----		
100BRS LINDA MARX	22*PNA 1:34.47	Oregon was-	JILL HENSON	2:37.83	200FRE MARY E WATERS	43 MACO 6:46.15
50 FLY L V BRONCKHORST	24*ORE :40.40		ROBIN L DURANT	34*ITEM 3:13.10	800FRE JULIE CORMAN	41*PNA 11:42.11+
100FLY LINDA MARX	22*PNA 1:18.61		GAIL M KIMBERLING	34 OREG 3:13.39	Oregon was- OPEN 99:99.99	
----- 25-29 WOMEN -----		400FRE ROBIN L DURANT	34*ITEM 6:18.19	1500FR MONIKA HUNSCHER	42 OREG24:58.31	
50FREE SUE KNIGHT	27 ORE :31.89	LORI HOLLINGSWORTH	34 ORE 6:21.95	YONG-SUN CHOE	43 OREG39:35.49	
100FRE ANDREE DEVINE	29 OREG 1:10.18	GAIL M KIMBERLING	34 OREG 6:45.44	50BACK GINGER L PIERSON	44 OREG :40.21	
HEATHER MCLAUCHLAN	28 MACO 1:13.50	800FRE ROBIN L DURANT	34*ITEM 12:54.14	100BAK JULIE CORMAN	41*PNA 1:24.87	
LEE ANN MCNERNEY	26 ORE 1:29.91	1500FR ROBIN L DURANT	34*ITEM 24:05.21	50BRST GINGER L PIERSON	44 OREG :39.64	
200FRE ELLEN FERGUSON	28*MM 2:20.27+	LORI HOLLINGSWORTH	34 ORE 25:37.34	100BRS GINGER L PIERSON	44 OREG 1:26.68	
Oregon was- SUSAN D BRAUN	2:25.57	100BAK GWENDOLYN RICHARDS	30 ORE 2:05.63	MARY E WATERS	43 MACO 3:25.11	
ANDREE DEVINE	29 OREG 2:28.81	200BAK GWENDOLYN RICHARDS	30 ORE 4:22.96	200BRS GINGER L PIERSON	44 OREG 3:11.27	
HEATHER MCLAUCHLAN	28 MACO 2:42.76	50BRST PAMELA CALTABIANO	30 OREG :40.43	200 IM GINGER L PIERSON	44 OREG 3:02.64	
JULIE SHEPARD	25 ORE 2:44.47	DONA R BOWLSBY	32 MACO :44.26	MARY E WATERS	43 MACO 7:44.95	
LEE ANN MCNERNEY	26 ORE 3:09.67	DORCAS L PHELAN	34 OREG :44.27	400 IM GINGER L PIERSON	44 OREG 6:31.58+	
400FRE ELLEN FERGUSON	28*MM 4:57.65+	GAIL M KIMBERLING	34 OREG :51.03	Oregon was- GINGER L PIERSON	6:36.80	
Oregon was- SUSAN D BRAUN	5:07.29	ROBIN L DURANT	34*ITEM :53.19	----- 45-49 WOMEN -----		
ANDREE DEVINE	29 OREG 5:07.98	LORI HOLLINGSWORTH	34 ORE :55.37	100FRE JOANN DENNIS	48 MACO 1:49.19	
JUDI SHERIDAN	27 ORE 5:17.27	100BRS PAMELA CALTABIANO	30 OREG 1:26.78	200FRE JOANN DENNIS	48 MACO 3:47.82	
LEE ANN MCNERNEY	26 ORE 6:36.64	DORCAS L PHELAN	34 OREG 1:38.82	400FRE PAMELA HIMSTREET	46 OREG 6:24.82	
800FRE ELLEN FERGUSON	28*MM 10:14.63+	DONA R BOWLSBY	32 MACO 1:41.28	800FRE BARBARA FRID	48 OREG12:08.01+	
Oregon was- LAURA A BAUMHOFER	11:19.23	200BRS PAMELA CALTABIANO	30 OREG 3:11.00	Oregon was- BARBARA FRID	12:09.86	
JULIE SHEPARD	25 ORE 11:39.97	DORCAS L PHELAN	34 OREG 3:35.19	PAMELA HIMSTREET	46 OREG13:12.86	
1500FR JUDI SHERIDAN	27 ORE 20:45.53+	DONA R BOWLSBY	32 MACO 3:37.72	1500FR JOANN DENNIS	48 MACO31:19.49	
Oregon was- ANDREE DEVINE	21:17.27	GWENDOLYN RICHARDS	30 ORE 5:15.12	100BAK BARBARA FRID	48 OREG 1:33.10	
JULIE SHEPARD	25 ORE 22:48.47	50 FLY GRACIE GODDARD	30 ORE :31.97	200BAK BARBARA FRID	48 OREG 3:22.46	
LEE ANN MCNERNEY	26 ORE 26:03.22	DORCAS L PHELAN	34 OREG :42.76	100BRS PAMELA HIMSTREET	46 OREG 1:42.38	
50BACK HEATHER MCLAUCHLAN	28 MACO :39.01	LORI HOLLINGSWORTH	34 ORE :54.21	200BRS BARBARA FRID	48 OREG 3:33.28+	
SUE KNIGHT	27 ORE :44.53	100FLY GRACIE GODDARD	30 ORE 1:12.23+	Oregon was- HARRIET LYNCH	3:37.44	
100BAK HEATHER MCLAUCHLAN	28 MACO 1:21.86	Oregon was- GRACIE GODDARD	1:12.71	PAMELA HIMSTREET	46 OREG 3:38.87	
200BAK HEATHER MCLAUCHLAN	28 MACO 2:55.89	DORCAS L PHELAN	34 OREG 1:34.79	200 IM PAMELA HIMSTREET	46 OREG 3:30.93	
100BRS JULIE SHEPARD	25 ORE 1:40.43	200 IM LEISSA MILLS	30 OREG 2:37.06+	400 IM PAMELA HIMSTREET	46 OREG 7:30.14	
200BRS ANDREE DEVINE	29 OREG 3:10.23	Oregon was- TANYA MANSIGH	2:52.72	----- 50-54 WOMEN -----		
50 FLY KARIN DECK	27 OREG :34.95	DORCAS L PHELAN	34 OREG 3:20.30	200FRE CHARLOTTE E COWAN	50 OREG 3:18.25	
SUE KNIGHT	27 ORE :35.35	----- 35-39 WOMEN -----		400FRE CHARLOTTE E COWAN	50 OREG 6:57.98	
100FLY KARIN DECK	27 OREG 1:18.61	50FREE TERI HENDRYX	37 MACO :34.32	1500FR CHARLOTTE E COWAN	50 OREG27:39.43	
200FLY KARIN DECK	27 OREG 2:50.16	100FRE KATHLEEN P BUCK	39 OREG 1:16.51	----- 55-59 WOMEN -----		
200 IM ANDREE DEVINE	29 OREG 2:50.03	TERI HENDRYX	37 MACO 1:19.18	50FREE BARBARA ALLEN	57*SPM :45.38	
SUE KNIGHT	27 ORE 3:07.60	400FRE KATHLEEN P BUCK	39 OREG 5:45.96	100FRE BARBARA ALLEN	57*SPM 1:46.43	
JULIE SHEPARD	25 ORE 3:13.68	DEBBIE J GREGOIRE	35 OREG 5:46.00	400FRE BARBARA ALLEN	57*SPM 8:20.41	
400 IM ANDREE DEVINE	29 OREG 5:46.11+	MARJORIE MEEK	38 MACO 5:50.18	50BACK BARBARA ALLEN	57*SPM :52.98	
Oregon was- JANE LOVERIN	5:48.41	800FRE KATHLEEN P BUCK	39 OREG12:10.74+	100BAK BARBARA ALLEN	57*SPM 1:58.69	
----- 30-34 WOMEN -----		Oregon was- KATHLEEN P BUCK	12:11.83	200BAK BARBARA ALLEN	57*SPM 4:14.71	
50FREE GRACIE GODDARD	30 ORE :28.57+	JANE A MOORE	39*PNA 13:44.59	----- 60-64 WOMEN -----		
Oregon was- GRACIE GODDARD	:28.80	CAROLE MILES	35 OREG15:04.35	100FRE BETSY AUSTEN	62 MACO 1:51.96	
LEISSA MILLS	30 OREG :28.90	1500FR DEBBIE J GREGOIRE	35 OREG23:16.29	200FRE BETSY AUSTEN	62 MACO 4:06.38	
PAMELA CALTABIANO	30 OREG :31.34	50BACK MARJORIE MEEK	38 MACO :39.65	400FRE BETSY AUSTEN	62 MACO 8:19.62	
DONA R BOWLSBY	32 MACO :36.84	DEBBIE J GREGOIRE	35 OREG :41.61	800FRE BETSY AUSTEN	62 MACO16:17.06+	
		100BAK JANE A MOORE	39*PNA 1:46.66	Oregon was- ELFIE J STEVENIN	28:22.72	
		200BAK JANE A MOORE	39*PNA 3:48.57	MARGARET A WELLS	64 OREG16:30.13	
		50BRST MARJORIE MEEK	38 MACO :49.03	1500FR BETSY AUSTEN	62 MACO32:51.23	
		200BRS CAROLE MILES	35 OREG 3:57.40	200BAK BETSY AUSTEN	62 MACO 4:34.02	

50BRST JOYCE BAHLER		60 MACO :52.56+	----- 75-79 WOMEN -----		----- 30-34 MEN -----	
Oregon was- JOYCE BAHLER		:54.59	50FREE LEE HOLM		75*PNA 1:06.12	50FREE RONALD E COBB 34 OREG :29.05
100BRS JOYCE BAHLER		60 MACO 1:58.12	MARION R MUELLER		78*PNA 1:08.83	JIM B MCGINN 30 ORE :30.19
MARGARET A WELLS		64 OREG 2:20.50	100FRE MARION R MUELLER		78*PNA 2:27.64	100FRE DAVID O BURLESON 33 OREG :58.93
200BRS JOYCE BAHLER		60 MACO 4:10.60	200FRE LEE HOLM		75*PNA 5:19.59	ANDY SCHRAG 33 OREG 1:02.38
MARGARET A WELLS		64 OREG 4:49.96	400FRE LEE HOLM		75*PNA 10:43.24+	JIM B MCGINN 30 ORE 1:06.94
100FLY MARGARET A WELLS		64 OREG 2:15.75	Oregon was- MARTHA KELLER		11:04.44	DAVID R DOTTER 31 OREG 1:11.21
200 IM JOYCE BAHLER		60 MACO 4:04.34	MARION R MUELLER		78*PNA 11:34.67	JOHN F ZELL 33 OREG 1:12.48
MARGARET A WELLS		64 OREG 4:21.29	800FRE LEE HOLM		75*PNA 22:17.19+	200FRE JIM B MCGINN 30 ORE 2:28.66
400 IM JOYCE BAHLER		60 MACO 8:30.92+	Oregon was- HAZEL B BRESSIE		28:14.43	DAVID R DOTTER 31 OREG 2:38.75
Oregon was- MARGARET A WELLS		8:52.36	1500FR LEE HOLM		75*PNA 42:01.16+	JOHN F ZELL 33 OREG 2:39.88
MARGARET A WELLS		64 OREG 9:17.34	Oregon was- MARTHA KELLER		42:02.14	400FRE MICHAEL J BAIRD 34 OREG 5:09.19
----- 65-69 WOMEN -----			50BACK MARION R MUELLER		78*PNA 1:09.27+	JIM B MCGINN 30 ORE 5:12.03
50FREE PETEY MH. SMITH		66 OREG :37.36+	Oregon was- EVELYN MCKEON		1:11.74	800FRE JIM B MCGINN 30 ORE 11:00.24
Oregon was- PETEY MH. SMITH		:37.79	100BAK MARION R MUELLER		78*PNA 2:35.57+	1500FR JIM B MCGINN 30 ORE 20:38.84
100FRE PETEY MH. SMITH		66 OREG 1:25.63	Oregon was- MARTHA KELLER		2:54.12	MICHAEL J BAIRD 34 OREG 20:44.17
200FRE PETEY MH. SMITH		66 OREG 3:07.69+	200BAK MARION R MUELLER		78*PNA 5:25.64+	DAVID R DOTTER 31 OREG 23:14.66
Oregon was- PETEY MH. SMITH		3:09.26	Oregon was- HAZEL B BRESSIE		6:37.42	50BACK DAVID O BURLESON 33 OREG :31.33
ELFIE J STEVENIN		68 OREG 5:40.71	----- 80-84 WOMEN -----			ANDY SCHRAG 33 OREG :34.64
400FRE PETEY MH. SMITH		66 OREG 6:36.11+	50FREE HAZEL B BRESSIE		81 MACO 1:44.14	100BAK DAVID O BURLESON 33 OREG 1:08.03
Oregon was- JUDY M MELCHER		10:51.33	400FRE HAZEL B BRESSIE		81 MACO 15:39.86	JOHN F ZELL 33 OREG 1:11.56
PAULINE B STANGEL		68 OREG 8:14.84	800FRE HAZEL B BRESSIE		81 MACO 32:47.94+	200BAK DAVID O BURLESON 33 OREG 2:31.64
ELFIE J STEVENIN		68 OREG 10:27.01	Oregon was- OPEN		99:99.99	JOHN F ZELL 33 OREG 2:36.36
800FRE PETEY MH. SMITH		66 OREG 13:44.36+	50BACK HAZEL B BRESSIE		81 MACO 1:42.71	50BRST ANDY SCHRAG 33 OREG :36.97
Oregon was- JUDY M MELCHER		22:34.68	100FLY HAZEL B BRESSIE		81 MACO 6:43.26	RONALD E COBB 34 OREG :41.31
200BAK ELFIE J STEVENIN		68 OREG 5:58.49	400 IM HAZEL B BRESSIE		81 MACO 20:50.73	200 IM DAVID O BURLESON 33 OREG 2:37.37
50BRST PAULINE B STANGEL		68 OREG :59.88	----- 19-24 MEN -----			400 IM DAVID O BURLESON 33 OREG 5:25.32
100BRS PAULINE B STANGEL		68 OREG 2:15.78+	50FREE SETH TICHENOR		19 ORE :26.34+	JOHN F ZELL 33 OREG 5:40.80
Oregon was- HAZEL BRESSIE		3:38.60	Oregon was- SETH TICHENOR		:26.58	----- 35-39 MEN -----
50 FLY PAULINE B STANGEL		68 OREG 1:11.92+	100FRE SETH TICHENOR		19 ORE :58.94+	50FREE GREG JONES 38 ORE :29.73
Oregon was- ELFIE J STEVENIN		1:32.72	Oregon was- JOHN MASON		1:00.00	100FRE GREG JONES 38 ORE 1:05.53
100FLY ELFIE J STEVENIN		68 OREG 3:11.84+	200BAK ERIK V ROOKHUIJZEN		24 ORE 2:34.43+	200FRE BRUCE W CHENEY 38 OREG 2:28.80
Oregon was- ELFIE J STEVENIN		3:14.69	Oregon was- DAVID FRID		2:48.31	GREG JONES 38 ORE 2:30.65
200 IM ELFIE J STEVENIN		68 OREG 6:23.37	50BRST ERIK V ROOKHUIJZEN		24 ORE :36.80	400FRE BRUCE W CHENEY 38 OREG 5:24.10
400 IM ELFIE J STEVENIN		68 OREG 13:06.40+	100BRS ERIK V ROOKHUIJZEN		24 ORE 1:20.21	GREG JONES 38 ORE 5:31.12
Oregon was- ELFIE J STEVENIN		13:19.96	50 FLY SETH TICHENOR		19 ORE :28.91	800FRE HUGH C MOORE 36*PNA 10:59.35+
----- 70-74 WOMEN -----			100FLY SETH TICHENOR		19 ORE 1:06.22	Oregon was- JAMES M ELLIOTT 11:22.20
50FREE ADA A HEBERT		74 ORE 1:01.55+	200 IM ERIK V ROOKHUIJZEN		24 ORE 2:33.77+	BRUCE W CHENEY 38 OREG 11:12.86
Oregon was- HELENA W HOFFMAN		1:13.32	Oregon was- ROY CLARK		2:34.14	GREG JONES 38 ORE 11:48.00
100FRE ADA A HEBERT		74 ORE 2:22.54+	400 IM ERIK V ROOKHUIJZEN		24 ORE 5:31.99+	1500FR DANIEL P JOHNSON 37 OREG 21:33.59
Oregon was- ADA A HEBERT		2:26.54	Oregon was- JEFF STORIE		6:13.34	100BRS GREGORY HARRISON 38*PNA 1:14.06
200FRE HELENA W HOFFMAN		74 OREG 5:11.72	----- 25-29 MEN -----			MICHAEL A GRANT 39 OREG 1:38.77
400FRE HELENA W HOFFMAN		74 OREG 10:47.23	50FREE BERNARD TUMA		29 ORE :29.26	200BRS GREGORY HARRISON 38*PNA 2:34.61+
800FRE BARBARA T HAVERCAMP		74 OREG 30:19.73+	JAMES E GODDARD		28 ORE :31.56	Oregon was- GREGORY HARRISON 2:36.26
Oregon was- OPEN		99:99.99	100FRE MIKE D PHILLIPS		29 OREG 1:08.83	MICHAEL A GRANT 39 OREG 3:29.54
50BACK ADA A HEBERT		74 ORE 1:16.53	JAMES E GODDARD		28 ORE 1:12.53	BRUCE W CHENEY 38 OREG 3:32.81
100BAK ADA A HEBERT		74 ORE 2:46.58	200FRE MIKE D PHILLIPS		29 OREG 2:31.18	50 FLY BRUCE W CHENEY 38 OREG :32.67
BARBARA T HAVERCAMP		74 OREG 4:10.39	400FRE MIKE D PHILLIPS		29 OREG 5:07.35	MICHAEL A GRANT 39 OREG :37.87
200BAK BARBARA T HAVERCAMP		74 OREG 8:00.71	50BACK MARK P FRIEDLEY		25 ORE :32.74	100FLY MICHAEL A GRANT 39 OREG 1:35.72
100BRS HELENA W HOFFMAN		74 OREG 3:21.79+	50BRST MARK P FRIEDLEY		25 ORE :34.61	200FLY HUGH C MOORE 36*PNA 2:41.01
Oregon was- HAZEL BRESSIE		4:04.09	100BRS MARK P FRIEDLEY		25 ORE 1:15.04	200 IM GREGORY HARRISON 38*PNA 2:31.22
200BRS HELENA W HOFFMAN		74 OREG 7:02.74+	MIKE D PHILLIPS		29 OREG 1:37.91	HUGH C MOORE 36*PNA 2:47.52
Oregon was- HELENA W HOFFMAN		7:12.95	50 FLY MARK P FRIEDLEY		25 ORE :29.20	BRUCE W CHENEY 38 OREG 2:57.81
BARBARA T HAVERCAMP		74 OREG 9:51.01	BERNARD TUMA		29 ORE :34.95	GREG JONES 38 ORE 3:07.46
200 IM HELENA W HOFFMAN		74 OREG 6:47.27+	100FLY MARK P FRIEDLEY		25 ORE 1:04.39	400 IM DANIEL P JOHNSON 37 OREG 5:53.91
Oregon was- HELENA W HOFFMAN		6:53.52	MIKE D PHILLIPS		29 OREG 1:28.52	----- 40-44 MEN -----
BARBARA T HAVERCAMP		74 OREG 8:17.66	200 IM MIKE D PHILLIPS		29 OREG 2:54.61	50FREE STEVE DUNNE 42 ORE :37.67
400 IM HELENA W HOFFMAN		74 OREG 14:14.36+				
Oregon was- HAZEL BRESSIE		15:55.44				

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

Software by R.Smith

400FRE STEVE M JOHNSON	42 OREG 4:42.38+	100BAK TOM FANNING	50 OREG 1:25.32	50 FLY ROBERT A MORRISON	69 OREG :43.92
Oregon was- STEVEN L DURAPAU	4:49.70	50BRST FRANK M NEWQUIST	52*PNA :49.88	100FLY EARL WALTER	69 OREG 1:46.46
L BUZ CARRIKER	42 OREG 5:59.99	100BRS FRANK M NEWQUIST	52*PNA 1:50.71	200FLY EARL WALTER	69 OREG 4:09.18
800FRE STEVE M JOHNSON	42 OREG 9:50.68+	200 IM TOM FANNING	50 OREG 3:01.30+	400 IM EARL WALTER	69 OREG 7:53.26
Oregon was- DELBERT L SCOTT	11:37.39	Oregon was- BERT L PETERSEN	3:02.83	----- 70-74 MEN -----	
STEVE DUNNE	42 ORE 14:07.80	400 IM TOM FANNING	50 OREG 6:42.12+	50FREE ANDREW HOLDEN	71*PNA :32.65
1500FR STEVEN L DURAPAU	41 OREG19:36.88	Oregon was- KENNETH A HARTUNG	7:24.78	BILL ODMAN	70*IEM :35.25
50BACK RICHARD W VAUGHN	44 OREG :36.85	----- 55-59 MEN -----		MEL W ANDERSON	72 OREG :48.57
ROBERT F HENAGER	40*IEM :41.27	50FREE LEO J VANDIJK	57 OREG :34.51	100FRE BILL ODMAN	70*IEM 1:18.03+
100BAK CLIFF ANDERSON	41*PNA 1:21.90	DON NICHOLSON	58 ORE :36.03	Oregon was- HERB EISENSCHMIDT	1:27.50
ROBERT F HENAGER	40*IEM 1:36.52	100FRE LEO J VANDIJK	57 OREG 1:19.88	MEL W ANDERSON	72 OREG 1:59.09
STEVE DUNNE	42 ORE 1:57.41	200FRE LEO J VANDIJK	57 OREG 3:01.95	200FRE BILL ODMAN	70*IEM 2:59.30+
200BAK CLIFF ANDERSON	41*PNA 2:59.13	400FRE LEO J VANDIJK	57 OREG 6:37.76	Oregon was- HERB EISENSCHMIDT	3:26.53
STEVE DUNNE	42 ORE 4:10.69	800FRE LEO J VANDIJK	57 OREG13:54.80	400FRE BILL ODMAN	70*IEM 6:34.49+
50BRST ALLEN L STARK	41 OREG :34.31+	1500FR RICHARD MEALY	57 OREG25:20.23	Oregon was- HERB EISENSCHMIDT	7:32.76
Oregon was- ALLEN L STARK	:35.43	200BAK RICHARD MEALY	57 OREG 3:40.77	800FRE BILL ODMAN	70*IEM 13:49.09+
ROBERT F HENAGER	40*IEM :40.93	50 FLY RICHARD MEALY	57 OREG :50.56	Oregon was- OPEN	99:99.99
100BRS ALLEN L STARK	41 OREG 1:14.79+	100FLY RICHARD MEALY	57 OREG 1:53.53	50BACK ANDREW HOLDEN	71*PNA :41.91+
Oregon was- ALLEN L STARK	1:18.51	200 IM RICHARD MEALY	57 OREG 3:45.27	Oregon was- HERB EISENSCHMIDT	:44.00
IAN L THOMPSON	41*PNA 1:20.25	----- 60-64 MEN -----		MEL W ANDERSON	72 OREG 1:05.26
ROBERT F HENAGER	40*IEM 1:36.36	50FREE CLARK AUSTEN	62 MACO :40.61	50BRST FORBES J MACK	71 OREG :46.89+
200BRS ALLEN L STARK	41 OREG 2:48.23+	100FRE CLARK AUSTEN	62 MACO 1:48.19	Oregon was- TIFT KAMPMAN	:49.97
Oregon was- ALLEN L STARK	2:53.99	200FRE CLARK AUSTEN	62 MACO 4:03.06	ANDREW HOLDEN	71*PNA :47.59
IAN L THOMPSON	41*PNA 2:52.60	400FRE WILFORD A DOLPHIN	64*IEM 7:50.02	100BRS FORBES J MACK	71 OREG 1:48.10
ROBERT F HENAGER	40*IEM 3:33.96	CLARK AUSTEN	62 MACO 8:23.36	200BRS FORBES J MACK	71 OREG 3:59.48
50 FLY STEPHEN H WARNER	42 OREG :29.51	800FRE SAMUEL M IERULLI	61 OREG14:27.07	50 FLY MEL W ANDERSON	72 OREG 1:16.79
ALLEN L STARK	41 OREG :31.91	CLARK AUSTEN	62 MACO17:25.01	100FLY MEL W ANDERSON	72 OREG 3:21.12
RICHARD W VAUGHN	44 OREG :34.28	1500FR SAMUEL M IERULLI	61 OREG28:10.43	200 IM MEL W ANDERSON	72 OREG 5:28.86
100FLY STEPHEN H WARNER	42 OREG 1:07.83+	CLARK AUSTEN	62 MACO31:25.84	----- 75-79 MEN -----	
Oregon was- STEVE M JOHNSON	1:07.97	50BACK WILFORD A DOLPHIN	64*IEM :44.69	50FREE ALLAN DELAY	75 OREG :39.53
200 IM ALLEN L STARK	41 OREG 2:50.06	100BAK WILFORD A DOLPHIN	64*IEM 1:42.48	50BACK ALLAN DELAY	75 OREG :55.02
----- 45-49 MEN -----		200BAK WILFORD A DOLPHIN	64*IEM 3:41.31	SYD C HENDY	77 OREG :58.38
200FRE RALPH MOHR	48 OREG 2:55.19	100BRS WILFORD A DOLPHIN	64*IEM 1:55.98	50BRST ALLAN DELAY	75 OREG 1:00.10
400FRE RALPH MOHR	48 OREG 6:02.42	50 FLY ERIC GP. GUEST	60 OREG :38.39+	----- 80-84 MEN -----	
800FRE RICHARD D BOYD	47 OREG10:24.41+	Oregon was- EARL WALTER	:38.87	100FRE JACK HOEY	80 OREG 1:59.78
Oregon was- BERT PETERSEN	11:58.73	100FLY ERIC GP. GUEST	60 OREG 1:38.44	400FRE HERB EISENSCHMIDT	83 OREG 8:46.86+
PAUL WITZKE	45 ORE 12:09.71	200 IM ERIC GP. GUEST	60 OREG 3:22.72+	Oregon was- COLLISTER WHEELER	9:30.60
1500FR RICHARD D BOYD	47 OREG19:50.38+	Oregon was- EARL WALTER	3:23.08	JACK HOEY	80 OREG10:29.98
Oregon was- FRED SPRENGER	22:00.23	WILFORD A DOLPHIN	64*IEM 4:00.02	50BACK JACK HOEY	80 OREG :50.27
PAUL WITZKE	45 ORE 22:57.00	----- 65-69 MEN -----		HERB EISENSCHMIDT	83 OREG :55.99
100FLY RALPH MOHR	48 OREG 1:27.42	800FRE GILBERT N YOUNG	68 OREG14:18.25	100BAK JACK HOEY	80 OREG 1:53.94
----- 50-54 MEN -----		1500FR GILBERT N YOUNG	68 OREG27:42.18	HERB EISENSCHMIDT	83 OREG 2:02.34
200FRE TOM FANNING	50 OREG 2:41.36	50BACK EARL WALTER	69 OREG :44.55	200BAK JACK HOEY	80 OREG 4:14.73
400FRE TOM FANNING	50 OREG 5:59.37	100BAK EARL WALTER	69 OREG 1:40.61	HERB EISENSCHMIDT	83 OREG 4:20.37
FRANK M NEWQUIST	52*PNA 6:16.99	ROBERT A MORRISON	69 OREG 1:42.59	50 FLY HERB EISENSCHMIDT	83 OREG 1:08.51+
800FRE TOM FANNING	50 OREG12:28.49+	50BRST ROBERT A MORRISON	69 OREG :44.41	Oregon was- OPEN	99:99.99
Oregon was- OPEN	99:99.99	100BRS ROBERT A MORRISON	69 OREG 1:48.44		
1500FR FRANK M NEWQUIST	52*PNA 25:07.65	200BRS ROBERT A MORRISON	69 OREG 4:05.42		

"ol' Barnacle"

OL' BARN PRESENTS OMS TOP TEN HONOREES...USMS 1990 SCY TOP TEN

THANKS AGAIN TO WALT REID OF PNA WE HAVE RECEIVED THE CURRENT EDITION OF THE NATIONAL TOP TEN FOR SHORT COURSE YARDS.

OMS DID VERY WELL ...

ALL AMERICANS ...

PETHEY SMITH (65-69)

PETHEY LITERALLY SWEEPED THE FIELD, TAKING ALL FIRST PLACES IN THE FREESTYLE EVENTS, THE 50,100,200,500,1000 AND 1650.

PETHEY ALSO PICKED UP A 9TH IN THE 50 BACK, A 4TH IN THE 50 FLY, 3RD IN THE 100 IM, PLUS A 4TH IN THE 200 IM.

GINGER PIERSON (40-44)

GINGER HAS RECOVERED AND HAS HER EYES SET ON TURNING 45, IN THE MEANTIME SHE AGAIN DOMINATES THE BREASTSTROKE IN HER AGE GROUP.

TAKING # 1'S IN THE 50, 100 AND 200, PLUS A 5TH IN THE 200 FLY, 4TH FOR THE 100 IM, 5TH IN THE 200 IM, AND A 7TH IN THE 400 IM.

BARBARA FRID (45-49)

BARB TAKES THE # 1 SPOT IN THE 1650 FREE.

PLUS 7TH,6TH, AND 3RD IN THE 200, 500, AND 1000 FREE. THEN A 4TH, 3RD, AND A 7TH IN THE 50,100 AND 200 BACK, ADD A 6TH, 4TH AND 8TH FOR THE 50,100 AND 200 BREAST, THROW IN FOR GOOD MEASURE AN 8TH IN THE 50 FLY, 8TH IN THE 100 IM, AND AN 8TH IN THE 200 IM. THAT MY FELLOW SWIMMERS IS COVERING ALL THE DISCIPLINES.

HAZEL BRESSIE (80-84)

HAZEL SWIMS FOR THE # 1 IN THE 500 FREE.

ADD ; 7TH,3RD,3RD AND 2ND FOR THE 50,100,200,AND 1000 FREE. 6TH, 4TH, AND 4TH IN THE BACK ARENA, 3RD, 2ND, AND 4TH IN THE BREASTSTROKE EVENTS, A 3RD,5TH AND 4TH AS A FLYER, FINALLY 3RD, 3RD AND 4TH IN THE IM'S. HOW COME WE MISSED THE 500 AND THE 1650 FREE, HAZEL ??? GREAT SHOW BY A GREAT COMPETITOR !!!

ROBERT SMITH (45-49)

RAPID ROBERT PICKED OFF THE POLE POSITION IN THE 50 AND 100 BACK.

ADD TO THAT ; 2ND AND 6TH IN THE 100 FREE, 6TH AND A 3RD IN THE 50 AND 100 BRST, A 7TH IN THE 50 FLY, AND A 2ND IN THE 100 IM.

OB NOTE : THE 100 FREE WENT FROM 49.50 TO 52.47, THERE WERE 6 SWIMMERS UNDER 52 SECONDS, WOW AND WOW, 45 TO 49 AGE GROUP !!!

JACK HOEY (80-84)

OUR JACK HAS ARRIVED, NUMERO UNO IN THE 50 AND 200 BACK.

PLUS , 10TH - 500 FREE, 2ND - 100 BACK, 6TH - 50 FLY, AND 8TH IN THE 100 IM.

VERY HAPPY AND VERY PROUD OF JACK, HE WILL GET BETTER !!!

01' Barn ... 1990 USMS Top Ten ... short course yards... all americans ...

HERB EISENSCHMIDT (80-84)

HERB PICKED OFF THE NUMBER ONE SPOT IN THE 200 FLY.

ADD A PASSEL ; 9TH AND 4TH IN THE 200 AND 500 FREE, 5TH, 3RD, AND 2ND IN THE DORSAL EVENTS, 8TH, 8TH, AND 5TH IN THE BREASTSTROKE, 4TH IN THE 50 FLY, AND A 2ND IN THE 100, CAPPED BY A 4TH, A 2ND, AND 2ND IN THE INDIVIDUAL MEDLEY EVENTS. THAT'S COVERING THE WATERFRONT !!!

HATS OFF TO OMS' SEVEN 1990 SCY ALL AMERICANS !!!

HEATHER REILLY (19-22) GARNERED A 7TH IN THE 200 BREAST

LEISSA MILLS (25-29) A 7TH IN THE 200 AND 10TH IN THE 500 FREESTYLE

GRACIE GODDARD (30-34) 3RD IN THE 50 FREE, 6TH IN 100, 6TH IN THE 50 FLY AND AN 8TH IN THE 100.

LEISSA MILLS (30-34) A 6TH IN THE 50, A 3RD FOR THE 100, A 2ND IN THE 200 AND A 2ND IN THE 500 FREESTYLE, CAPPED OFF WITH A 3RD IN THE 100 FLY.

CATHERINE CHAY (35-39) 5TH IN THE 1000, 2ND IN THE 1650, A 6TH IN THE 200 IM, AND A 6TH IN THE 400 IM.

SUSAN CASE (40-44) A 10TH IN THE 200 BACK

PAMELA HIMSTREET (45-49) 9TH IN THE 1650, PLUS A 9TH IN THE 200 BRST.

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

EVELYN MCKEON (75-79) 8TH IN THE 50, 6TH IN THE 100, 6TH IN THE 200 FREE, CAPPED OFF WITH A 10TH IN THE 50 BACK, AND 9TH IN THE 100 IM.

ERIK ROOKHUIJZEN (19-24) 8TH - 200 BACK, 9TH IN THE 200 IM, 8TH IN THE 400 IM

ROY CLARK (35-39) 5TH IN THE 50 BRST, AND A 3RD IN THE 100 BREAST.

ROY ABRAMOWITZ (35-39) A 5TH IN THE 200 FLY

VERN DASCH (40-44) 8TH-200 FREE, 4TH-500 FREE, 7TH-1000 FREE,

STEVE JOHNSON (40-44) 6TH-500 FREE, AND A 6TH IN THE 1650.

STEVE DURAPAU (40-44) 8TH-500 FREE, 5TH-1000 FREE, 7TH-1650 FREE

MIKE DIRKSEN (40-44) 6TH - 200 BREAST

ALLEN STARK (40-44) 10TH IN THE 200 BREAST.

OB NOTE : LOOKS LIKE THE 40-44 MEN ARE THE POWER IN OMS THIS TIME AROUND !!

RICHARD BOYD (45-49) 3RD - 500 FREE, 3RD - 1000 FREE, 4TH - 1659 FREE, A 5TH IN THE 200 IM, AND A 3RD IN THE 400 IM.

JIM BIGLER (50-54) 9TH IN THE 1000 FREE, CONGRATS JIM !!!

TOM FANNING (50-54) 6TH - 50 BACK, 8TH - 100 BACK, 5TH - 200 BREAST, AND A 6TH IN THE 100 IM.

BERT PETERSEN (50-54) 4TH IN THE 50 AND 4TH IN 100 FLYS.

01' Barn ... 1990 USMS Top Ten ... SCY ... honorees ...

RON NAKATA (50-54) 7TH IN THE 100 IM, AND 6TH IN THE 200 IM

ART WELCH (55-59) 9TH IN THE 1000 FREE, AND AN 8TH IN THE 100 FLY.

DON VAN ROSSEN (60-64) A 5TH , ANOTHER 5TH AND A 4TH IN THE BREASTSTROKE EVENTS, PLUS A 5TH IN THE 200 FLY.

BOB MORRISON (65-69) A 7TH, A 6TH, AND A 9TH IN THE BREASTSTROKE.

HUGH RICHARDS (65-69) 10TH IN THE 50 BRST, 4TH IN THE 50 FLY AND A 7TH IN THE 100 IM.

OB NOTE ; IT IS ALWAYS SAD TO SAY FAREWELL TO OLD FRIENDS, BIRDIE AND HUGH HAVE DECIDED TO MOVE BACK TO COLORADO. WE OF OMS WILL MISS "DARTH VADER", WHAT A GREAT GUY AND WHAT A TREMENDOUS SWIMMER. HIS CONTRIBUTIONS IN THE ALL AMERICAN ARENA, HIS GREAT AND WONDERFUL ATTITUDE, WE WILL MISS YOU HUGH, AND WE WILL MISS YOU BIRDIE, TAKE CARE OF YOURSELVES. REMEMBER HANG IN THERE, WE WILL BE SEEING YOU AT NATIONALS.

EARL WALTER (65-69) 5THS IN THE 100 AND 200 FLY, 9TH IN THE 200 AND 10TH IN THE 400 IM.

GERALD HUESTIS (65-69) 6TH IN THE 400 IM.

FORBES MACK (70-74) PICKED UP 6TH, 8TH, AND A 8TH IN THE BREASTSTROKE EVENTS.

SYD HENDY (75-79) 10TH IN THE 50 BACK.

JOE RUDDLEY (75-79) 4TH IN THE 200 FLY, AND A 7TH IN THE 400 IM

OLD BARNACLE WANTS TO SAY WITH MUCHO PRIDE, GREAT GOING TO ALL OF YOU, YOU WORKED HARD, SWAM HARD AND PERSEVERED ... CONGRATULATIONS !!!

LETS UPDATE OURSELVES ON OMS NATIONALS RECORD HOLDERS ...

GINGER PIERSON (40-44) 50, 100 AND 200 BREAST.

LAVELLE STOINOFF (50-54) 500, 1000 AND 1650 FREESTYLE

LAVELLE STOINOFF (55-59) 200, 500, 1000, 1650 FREE, PLUS 200 BACK AND THE 400 IM.

OB NOTE : GOOD NEWS, LAVELLE IS PLANNING ON GETTING WET AGAIN IN SEPTEMBER !!!

PETHEY SMITH (65-69) 50, 200, 500, 1000, AND 1650 FREESTYLE.

MARTHA KELLER (85-89) 1000 FREE, 100 BREAST, 400 I.M.

RELAYS ... TOP TENNERS ...

25 + 200 FREE - WOMEN - 9TH, GODDARD, FINLEY, DEVINE, AND MILLS

19 + 200 MEDLEY - WOMEN - 5TH, SALADIN, REILLY, DEARDORFF, AND BRETT.

19 + 200 MEDLEY - WOMEN - 10TH, BLACK, WHEELER, SHERIDAN, AND MONCRIEFF.

65 + 200 FREE - MEN - 9TH, EISENSCHMIDT, WALTER, HENDY, AND MACK.

19 + 200 MEDLEY - MEN - 7TH, FRANKLIN, FRIEDLEY, RABE, AND RODRIGUEZ.

01' Barn ... 1990 USMS Top Ten ... SCY ... relays ...

45 + 200 MEDLEY - MEN - 3RD, SMITH, VAUGHAN, PETERSEN, BOYD.

65 + 200 MEDLEY - MEN - 6TH, HENDY, MACK, WALTER, EISENSCHMIDT.

19 + 400 MEDLEY - MEN - 10TH, KIRK, SHAVER, FISCHER, AND HENNEFORD.

35 + 400 MEDLEY - MEN - 7TH, PERZ, SMITH, MUSSER, AND GRANT.

35 + 800 FREE - MEN - 3RD, DURAPAU, ELLIOTT, MECCA, AND DASCH

45 + MXD 200 FREE - 4TH, SMITH, FRID, BROOKS, AND VAUGHAN.

19 + MXD 200 MEDLEY - 4TH, SMITH, FRIEDLEY, REILLY, AND SALADIN.

CONGRATULATIONS TO THOSE FINE RELAY TEAMS !!!

NOW LET'S LOOK AT CURRENT NATIONAL RECORD HOLDERS FROM OMS ;

65 + 400 FREE - GERALD HUESTIS, EARL WALTER, GIL YOUNG, AND HUGH RICHARDS.

65 + 400 MEDLEY - GERALD HUESTIS, ROBERT MORRISON, EARL WALTER, AND GIL YOUNG.

65 + 800 FREE - GERALD HUESTIS, EARL WALTER, ROBERT MORRISON, AND GIL YOUNG.

THAT'S IT FOR THIS TIME FOLKS ... SEE YOU IN SEPTEMBER, MEANWHILE STAY WET !!!

Aqua-Master

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SUBSCRIPTION FORM

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

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

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____ PHONE _____

ASSOC _____ TEAM _____ AGE _____

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

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

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PORTLAND, OR 97223

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

Use this form for change of address notification

MEET ENTRY FORM: Sunday October 14, 1990

**Port Angeles Swim Club
at William Shore Memorial Pool
Sanction # 913601**

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: \$3.00	\$3.00	(Includes LMSC surcharge \$1)
Individual Events @ \$1.00	_____	(No charge for relays)

TOTAL _____

Checks payable to Port Angeles Swim Club

**Mail fees and this entry form to: Diana Techimperle
PASC
P.O. Box 1056
Port Angeles WA 98362**

ENTRIES DUE: October 4, 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 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.

SIGNED _____ **DATE** _____

MEET INFORMATION: Sunday, October 14, 1990
Hosted by Port Angeles Swim Club
DEADLINE: Entries due: October 4, 1990

ORDER OF EVENTS
EVENT # EVENT

- 1 200 FREE RELAY
- 2 50 FREE
- 2a 25 FREE
- 3 100 BREAST
- 4 200 BACK
- 5 50 FLY
- 6 200 I.M.
- 7 200 MIXED FREE RELAY
- 5 MINUTE BREAK
- 8 100 FREE
- 9 200 BREAST
- 10 50 BACK
- 10a 25 BACK
- 11 100 FLY
- 5 MINUTE BREAK
- 12 200 MEDLEY RELAY
- 13 200 FREE
- 14 50 BREAST
- 14a 25 BREAST
- 15 100 BACK
- 16 200 FLY
- 17 100 I.M.
- 18 200 MIXED MEDLEY RELAY
- 5 MINUTE BREAK
- 19 500 FREE

DATE: October 14, 1990
TIME: Warmup 8:30 AM
Meet 9:30 AM

PLACE: Wm. Shore Memorial Pool
321 E 5th
(206) 457-0241

MEET DIRECTOR: Dani Golian
452-7000

FACILITY: 6-lane, 25 yard pool
Warm-up area

RULES: Current USMS rules will
govern the meet

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

SEEDING: Slow to Fast

CONCESSIONS: Yes

Note: If you have never swum in a Masters' meet you may enter the 25-yard events.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions:

Drive into Port Angeles on Front Street. Turn left on Peabody. Go to 5th (4-way stop). Turn right to pool.

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

HUNTSMAN CHEMICAL'S WORLD SENIOR GAMES

MEALS / ENTERTAINMENT RESERVATION FORM

Note: This Form Needs To Be Completed In Addition To Official Registration Form

FIRST WEEK:

DATE	TIME	EVENT	COST	NUMBER ATTENDING	AMOUNT
Tuesday, October 16	3p.m.	Social Hour (per person) (Included with registration fee)	5.00	<input type="checkbox"/>	\$
Tuesday, October 16	5p.m.	Opening Dinner (per person) (Included with registration fee)	10.00	<input type="checkbox"/>	\$
Wednesday, October 17	11a.m. - 2:30p.m.	Green Valley Luncheon (per person)	5.00	<input type="checkbox"/>	\$
Thursday, October 18	7p.m.	Dixieland Band / Light Buffet (per person)	15.00	<input type="checkbox"/>	\$
Friday, October 19	7p.m.	Awards Ceremonies Banquet (per person) (Included with registration fee)	10.00	<input type="checkbox"/>	\$

SECOND WEEK: (NOTE: First week participants who participate 2nd week must purchase tickets for Welcoming Dinner/Program and Awards Ceremonies Banquet. Only two meals are included with registration fee.)

DATE	TIME	EVENT	COST	NUMBER ATTENDING	AMOUNT
Tuesday, October 23	3p.m.	Social Hour (per person) (Included both weeks with registration fee)	5.00	<input type="checkbox"/>	\$
Tuesday, October 23	6p.m.	Welcoming Dinner & Program (per person) (Included with registration fee)	10.00	<input type="checkbox"/>	\$
Wednesday, October 24	11a.m. - 2:30p.m.	Green Valley Luncheon (per person)	5.00	<input type="checkbox"/>	\$
Thursday, October 25	7p.m.	Dixieland Band / Light Buffet (per person)	15.00	<input type="checkbox"/>	\$
Friday, October 26	7p.m.	Awards Ceremonies Banquet (per person) (Included with registration fee)	10.00	<input type="checkbox"/>	\$

TOTAL AMOUNT \$

(Enter TOTAL AMOUNT on line following "BYU Seminar Materials" on OFFICIAL REGISTRATION FORM)

Please note: Tickets will be required for entry to all of the foregoing events. They will be placed in your official registration packet according to the reservations made by you on this form.

NAME _____ ADDRESS _____
CITY, STATE, COUNTRY _____ ZIP CODE _____
TELEPHONE: Area Code _____ Business _____

HUNTSMAN CHEMICAL'S

WORLD SENIOR GAMES

ST. GEORGE, UTAH, U.S.A.
October 15-26, 1990

OFFICIAL REGISTRATION ENTRY FORM

ENTRY DEADLINE: October 1, 1990

Name _____ Phone (work) _____
Address _____ Phone (home) _____
City, State, Country _____ St. George phone number or location _____
Date of Birth _____ Age _____ Male ☐ Female ☐
First Sport _____ Additional Sport(s) _____

Name of Spouse/Guest(s) attending but not a sports participant: _____

Please note that for **DOUBLES** and **TEAM SPORTS** each competitor must complete this registration form and for **TEAM SPORTS** must be on a team roster. All participants must sign this liability waiver.

SWIMMING (USMS Sanctioned)

WEDNESDAY October 17, 1990 (Green Valley)
11 a.m. - 4 p.m.
50Y backstroke Time _____
50Y breaststroke Time _____
50Y butterfly Time _____
50Y freestyle Time _____
100Y backstroke Time _____
200Y individual medley Time _____
100Y freestyle Time _____
THURSDAY October 18
11 a.m. - 4 p.m.
200Y freestyle Time _____
100Y butterfly Time _____
100Y backstroke Time _____
100Y individual medley Time _____

Air Calzones: Male/Female 50/54 55/59 60/62 65/69 70/74 75/79 80/84
Limit: Total of 6 swimming events - 30 U.S.A. participants must attend current USMS meet (eligibility USMS cards must be produced at registration desk).

The swimming facilities are located in the 25 acre gated pool complex at the Salt Lake Convention Center. Start-up time is 10 a.m. each day.
Participants must check in with registration desk and USMS must be presented to the pool. No entry without USMS card. **ABSOLUTELY NO DRUGS!** Registration Deadline: October 1, 1990.
SWIMMING TOURNAMENT DIRECTOR: GARY FENNELLY (801) 428-8186
ASSISTANT DIRECTOR: PAUL FENNELLY (801) 428-8186

REGISTRATION ENTRY FEE:

Spouse/Guest Fee \$49.00 \$
BYU Seminar Materials 25.00
Total From Meal/Entertainment Reservation Form 10.00
Additional Sport Fees:
Additional Sport(s) (each) 10.00
Golf Greens and Cart Fees (36 Hole Tournament) 49.00
Social Golf Greens and Cart Fees (18 Hole Tournament) 35.00
Bowling Fee (singles) 11.50
Bowling Fee (doubles) per person 11.50
Bowling Fee (team) per person 11.50
Racquetball (doubles) per person 15.00
Cycling 5.00
Swimming 5.00
Tennis Social Mixed Doubles (per person) 10.00

TOTAL ENCLOSED \$

Please make check payable to: **WORLD SENIOR GAMES** and enclose together with this completed and signed Registration Entry Form, the filled in Sports Section(s) of this form, the Meals/Entertainment Form and mail to:

WORLD SENIOR GAMES — 1355 So. Foothill Drive, Suite 103 • Salt Lake City, Utah 84108 • (801) 583-6231

Shirt Sizes Unisex

small ☐ medium ☐ large ☐
X-large ☐ XX-large ☐

LIABILITY WAIVER: I, the undersigned participant, hereby agree to indemnify and hold harmless the World Senior Games and all of its sponsors, their agents, employees, representatives, and assigns from any and all actions, causes of actions, or claims of whatever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the World Senior Games.

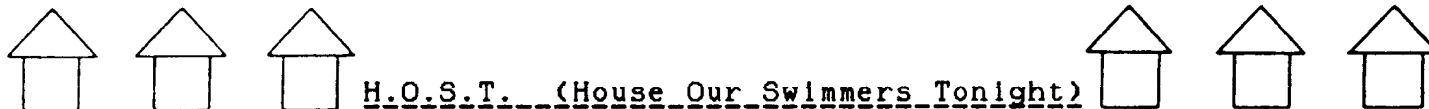
Date _____ Signature _____
All Participants must sign Liability Waiver

Happy Birthday

October Birthdays

Adams, Douglas J.	10/ 1/49	Kehrli, Martin A.	10/ 4/56
Adams, Katy A.	10/22/57	Kennedy, Michael P.	10/ 2/57
40 Ainslie, Randall D.	10/11/50	Khalsa, Sat Ganesha S	10/ 5/54
Ard, Beckie C.	10/ 3/56	King, Lee K.	10/ 3/12
Arthur, Bill	10/ 6/47	Lobdell, Lanier S.	10/26/54
Bannister, Gregory J.	10/17/53	Lyons, Alan R.	10/26/44
55 Bigler, Jim	10/ 6/35	Martin, Roger P.	10/16/59
Bramucci, Ralph J.	10/24/38	Mather, Craig S.	10/25/51
Branton, Daniel E.	10/31/58	Mecca, Chris D.	10/17/51
30 Buskuhl, Janet L.	10/22/60	Miller, Barbara A.	10/20/69
Caltabiano, Pamela	10/26/59	Morris, Darla J.	10/ 4/37
Chambers, William J.	10/11/32	Morris, Dawn E.	10/25/68
Charlton, Trevor G.	10/16/49	Newton, Ann D.	10/16/53
Cheney, Bruce W.	10/ 9/51	Quam, Caryn R.	10/21/68
Clark, Philip E.	10/12/58	30 Rabe, Jim D.	10/ 1/60
Clark, Roy H.	10/21/53	Reeve, Kenneth D.	10/15/47
Cobb, David M.	10/24/59	Robbins, Christopher J.	10/29/57
Converse, Paul R.	10/21/51	Rousseau, Sandi	10/ 5/47
Cronin, Jed P.	10/16/48	40 Smith, Douglas R.	10/29/50
Davis, Phyllis N.	10/16/39	Soares, Don E.	10/ 8/59
40 Dean, JoAnne H.	10/13/50	Southard, Jack W.	10/20/53
Edwards, James S.	10/16/42	Spiro, Penelope	10/20/54
30 Ferrell, Bart C.	10/25/60	Stalford, Ernest D.	10/22/41
Friedley, Mark P.	10/ 6/64	Stenberg, Patricia L.	10/ 9/42
Gagnon, Kathleen A.	10/ 1/67	Stout, Jon D.	10/17/46
Geller, Floyd S.	10/16/33	Turay, Jeff B.	10/23/41
Giordano, Patricia L.	10/ 9/42	Von Tagen, Karl E.	10/28/43
Gordon, Vicki L.	10/22/56	Wienert, Bob G.	10/ 6/47
Gregoire, Norman J.	10/22/47	Wienert, Jo-Hanna	10/13/58
Hutton, Harry E.	10/ 4/33	Yarbrough, Lisa M.	10/ 9/61
Hyde, Sandra L.	10/18/68	Zehr, Wilson F.	10/25/61
Jorgensen, Craig R.	10/21/47		

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



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

OREGON MASTERS	Andy Schrag	(206) 254-9400 W
		(206) 254-9661 H
Corvallis	Mark & Laura Worden	(503) 753-5726
So. Oregon	Terry & Judy McCurdy	(503) 679-8144
IEA MASTERS	Mariah Clarke	(509) 926-2597
PNA MASTERS	Marietta Hunziker	(206) 564-9517
	Ann Gindroz	(206) 272-1854
SNAKE RIVER	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W

Hey, Oregonians! Do you think you're as fit and as strong as your swimming brothers and sisters in Washington? Now's your chance to find out!

**FITNESS INTO THE 90s:
A PNA Masters Clinic**

PNA is pleased to offer to its members "FITNESS INTO THE 90s: A PNA Masters Clinic," to be held **Saturday, October 27** at Decatur High School in Federal Way. This half-day program will include strength and flexibility testing, as well as participatory presentations by experts on Massage Therapy, Weight Training, Nutrition, Selecting Home Fitness Equipment and Prevention and Treatment of Swimmers' Injuries. The material presented will be appropriate for and of interest to all levels of Masters--SWIMMERS OF ALL AGES ARE WELCOME.

Registration/check in will be at 8:30 A.M. The clinic will begin promptly at 9:00 A.M. and finish by 1:00 P.M., with a brief break for a mid-morning snack. Clinic fees will be \$10.00 for pre-registered participants (see sign-up form next page) and \$13.00 at the door. As an added bonus for clinic participants, a coached, organized workout will be available after the clinic at the new King County Aquatics Center, site of the recent Goodwill Games swimming events.

We are looking for volunteers to help make this event a success. Please indicate on the sign-up form if you can help us out.

Directions to Decatur High School will be provided in next month's issue of "The Wet Set."

If you have any questions or suggestions, please call Frank Newquist at 474-1267 or 922-3405, or Carolyn Baldwin 243-3705.

NOTE: Get those registrations in early! ALL THOSE WHO PRE-REGISTER FOR THE EVENT WILL RECEIVE A FREE PNA LOGO SWIM CAP.

**FITNESS INTO THE 90s:
A PNA Masters Clinic**

SIGN-UP FORM

I will be attending FITNESS INTO THE 90s: A PNA Masters Clinic. I have enclosed my \$5.00 registration fee. (Make checks payable to Pacific Northwest Association).

(Name)

(Address)

(City, State, Zip)

(USMS Registration number)

I will / will not (circle one) be attending the coached, organized workout at the new King County Aquatics Center in Federal Way.

I am interested in helping:

___ Before the event

___ During the event

My phone number is: _____

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 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 _____

Please send this form and check to: FITNESS INTO THE 90s:
A PNA Masters Clinic
17056 12th Place SW
Seattle, WA 98166

FITNESS

THE BEGINNING OF A SWIM SEASON

BY: IAN THOMPSON, MD - Oregon Aqua Master

DEDICATED TO MY STRAGGLING TEAMMATES, (they know who they are)

A lot of Master Swimmers, instead of relying on swimming for their only fitness activity, swim only during the "short course season." This is the time of year that many people begin swimming once again. Maybe your team has been slogging away the yards for two months now, but my team has its full share of procrastinators who are just not dipping their toes in the water. What advice can I give them this time of year?

1. INCREMENTAL INCREASES IN TRAINING - Even if you've been vigorously active all summer, you can still be out of shape for swimming. Swimming uses muscles differently than other activities. One stretches differently in swimming, and studies have shown that aerobic fitness is at least partially sports specific. So do not expect to be able to train as many yards, in optimum intervals, at top set speeds just yet.

First decide how long it usually takes you to "get in shape." For me it is taking 6 - 8 weeks to recover from the 2 1/2 weeks I was out of the water, (ridiculous, but that's the way I am). Other fortunate souls may need only 2 - 3 weeks to recover from a 6 month hiatus.

Second, set a target date for full training and plan incremental weekly yardage goals that increase to that goal. My full training goal is to train more than 20,000 yards per week with more than 60% interval swimming sets. Week one begins with 12,000 yards; week two = 16,000 yards; week three = 18,000 yards; and week four = 20,000 yards with about 30-40% interval swim sets. Now I'm adding more interval swimming each week to reach my 6 week goal.

2. VARY THE TRAINING IN INTENSITY AND IN TERMS OF WHAT YOU DO IN THE WATER. This allows for recovery of tired muscles as well as preventing boredom. Slow distance freestyle swims are not the best way to get in shape. The freestyle arm muscles will fatigue too soon for adequate aerobic training. Besides, there is more to life than distance freestyle (that may be a shocking statement to my teammates, coming from me). Do kicking and pulling sets, mixed up combinations and especially stoke drills. Make one day easy and the next day hard.

3. USE YOUR HEART AS A GUIDE. Your times probably won't be as good as your peaking times just before last year's PNA Champs, so rely on your pulse rate to measure your training. For aerobic benefit in early season, keep your pulse rate in the 60-70% of maximum range. (maximum is 220 minus your age). To get in the same training benefit later in the season as your body adapts you will need to get your pulse rate in the 70-85% of maximum range. Do the same set once a month, checking your pulse and your recovery pulse rate 1 - 2 minutes afterwards. As you get in shape, your interval set should be faster, your pulse rate the same, and your recovery pulse should be lower.

4. MAKE SURE YOU EAT ENOUGH. Swimming expends lots of calories. A recent study indicated that one of the causes of "overtraining" is a swimmer's failure to eat enough to keep up with energy demands. Eat lots of carbohydrates! Since I really enjoy eating, this study was enthusiastically endorsed by my appetite.

5. BE DISCIPLINED AND SET GOALS. Set yourself a realistic goal as to when you can swim and how long. Factor in the incremental increase; say from two days per week for 1/2 hour per day to five days per week for 1 1/2 hours per day. Train at a time that enhances your daily schedule rather than interferes with it, and then make a firm commitment to that time and keep it a priority.

6. FINALLY, HAVE FUN. As we get older, it probably takes more time and is harder to get back into shape. Without the fun and fellowship of Masters, it would be really easy to just not do it. Have funny sets, do silly drills, pull on the lane lines, talk back to the coach. Our workouts are a lot more fun, even if we go more yards, when our class clown shows up. (She will be nameless but she had a baby boy in April and is nationally ranked sprinter in the 30-35 age group.)

Having fun keeps everything in perspective. We swim for fitness not, I hope, just to be faster than someone else. If you can laugh during this time of the swim season because your butterfly arm recovery has taken a new form...an unusual under water flailing type of motion...you will more than likely be able to hang in there and do it correctly in March.

So GOOD LUCK - GET STARTED - SET GOALS..

Go about it carefully and with humor but GET GOING! ! !

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	Abrev.	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	Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
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!!!

1991 OREGON MASTERS

YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from November 1, 1990 through October 31, 1991.
Registrations are accepted for the 1991 season beginning Sept. 1, 1990.

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. The 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/sanctioned meet or practice session.
- USMS newsletter (two per year).
- Two national championships held each May and August.

Your Club designation affects eligibility to swim on a 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.

Instructions for filling out form:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. It may be up to 1 month before you receive your registration card back. Until this time you can enter your registration number on meet entry forms as "applied for". You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form NOT TO THE REGISTRAR LISTED BELOW.

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

PLEASE PRINT

_____ This is a new registration. _____ Renewal (registered in 1990)

Oregon Masters Swimming Registration

1991

Name _____
LAST FIRST M.I.

Address _____

City _____ St _____ ZIP _____

() _____ - _____ / _____ / _____
Phone # Born (MM/DD/YY) Age Sex

Oregon Club: () OREG () MACO () UNATTACHED

Local Team (if any) _____

Reg. Fee (\$18.00) _____
Aqua Master (\$7.00) _____
Total _____

MAIL TO:
DAN JOHNSON
7655 SW CEDARCREST ST.
PORTLAND, OR 97223
Or Enclose with meet registration

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 Committees, the Clubs, the 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.

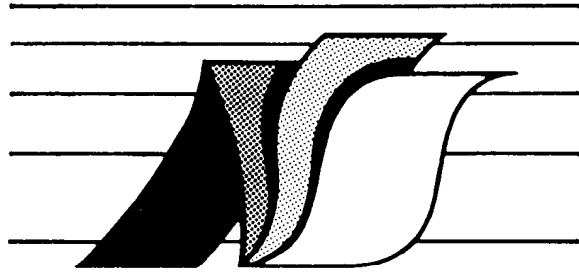
Signature: _____



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

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Aqua-Master

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

IN THIS ISSUE

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

ANNUAL REGISTRATION ISSUE

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