

Editor

John F. Zell
4640 NE 36th Avenue
Portland, OR 97211
(503) 282-9347

Chairman

Kathleen Buck
31925 NE Canter Lane
Sherwood, OR 97140
(503) 625-5747

Vice Chairman

Pam Himstreet
14744 NW Bonneville Pl
Beaverton, OR 97006
(503) 645-4051

Registrar

Dan Johnson
(503) 244-8152

Membership

Barbara Frid
(503) 292-3379
(Mon-Sat)

Secretary/HOST

Andy Schrag
(206) 254-9661

Treasurer

Roy Abramowitz
(503) 221-0336

Data Manager & Records

Earl Walter
(503) 224-8273

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 MEET
- *NOV 30 & DEC 1 LINCOLN CITY, OR S.C. METERS (#4)
- *DECEMBER 8 ENUMCLAW, WASHINGTON S.C.Y. (#3)
- *JANUARY 19 & 20 OREGON CITY, OR S.C.Y. or S.C.M. (#1)
- JANUARY 19 ANACORTES, WASHINGTON S.C.Y. (#4)
- JANUARY 1-31 USMS NATIONAL ONE HOUR POSTAL SWIM
- FEBRUARY 2 BEAVERTON, OR SWIM CELLAR PENTATHLON
- FEBRUARY 8 & 9 SEATTLE, WA TEAM ORCA S.C.Y. (#1)
- MARCH 9 & 10 ASHLAND, OR S.O.S.C. S.C.Y. (#3)
- MARCH 16 BANGOR, WASHINGTON S.C.Y. (#2)
- APRIL 5, 6, & 7 OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#4)
NEWBERG, OREGON
- APRIL 12 - 14 PNA ASSOCIATION CHAMPIONSHIPS
FEDERAL WAY, WASHINGTON
- LATE APRIL SHORT COURSE REGIONALS REGION 12
CURRENTLY UNSCHEDULED
- 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 to all my fellow Masters whose second home is 25 yards long and wet. That's right...Z-Man is back with yet another issue of the Aquamaster...from me to you. As per usual we have some interesting items in store for your reading pleasure.

The 1990/91 short course season is underway and by the time you read this the first few meets of the year will be history. Ol' Barn has a few words about the Parkrose meet along with the results. Z-Man is left scratching his head and wondering about the LOW NUMBER OF ENTRANTS for the first two meets on the Oregon schedule. Both the Parkrose meet and the TRI.M. meet drew less than 50 swimmers....very disturbing....in the eyes of this editor. WHAT CAN BE DONE??? More on what many of you missed out on at the TRI.M. meet next issue.

Oregon Masters sent Sandy Rousseau, Barbara Frid, and Roy Abramowitz to the USMS National Convention in Pittsburg, PA this September past. There were some very interesting rule changes voted. Sandy Rousseau has taken the time to write a review of the highlights from the convention. The most important vote that effects us all is the change of the calendar year for Masters Swimming. The calendar year will be from January to December instead of November to October. So as an added bonus, this year your membership will last an extra two months.

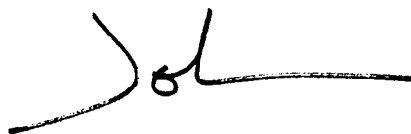
Sandy Rousseau is also the new chairperson for the OMS awards committee and has written a review of all the awards that OMS gives each year. Please read this over and please give this committee your input so they can do their job well.

You will find the entry forms for both the Lincoln City and Oregon City short course meters meets along with the Enumclaw, Washington meet. Check the entry deadlines and enter today and often.

I haven't heard much from the Dr. of Sprint lately...he must be working on his anaerobic threshold or something like that. Yo...Bob...Get with it and write.

Well that's about it for this month....get those entry form filled out and in the mail. Get in the water, too.....you'll be glad you did !!!!

See ya at Lincoln City,



"LINCOLN CITY SHORT COURSE METERS MEET"

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANCTIONED (#91-C) 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: Lincoln City Short Course Meters Meet DATE: NOV. 30 & DEC. 1, 1990
PLACE: Lincoln City Community Center Pool
2150 Oar St. Lincoln City, OR
6 lanes, manual timing WARM-UP: FRIDAY 6:30 PM SATURDAY 9:00 AM
HOST: Lincoln City Swim Team
Larry Fowler, Meet Director MEET
503-994-5208 (work) STARTS: FRIDAY 7:00 PM SATURDAY 10:00 AM

DIRECTIONS TO POOL: Take Hwy 101 South through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From South go right on 22nd & right at Oar. Pool is directly behind Elks Lodge in Lincoln City.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 11-20-90 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 _____

ASSOCIATION _____ AGE GROUPS: 19-24, 25-29, 30-34, 35-39 etc. up to 95+
RELAY AGE GROUPS: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+
You are limited to 6 individual events plus 4 relays and no more than 5 events per day. Enter relays at the meet. The 400 I.M., 1500 and 400 Free will be deckseeded and all events will be seeded SLOW TO FAST.

FRIDAY NOVEMBER 30 LINCOLN CITY	BREAK -- BREAK --- BREAK --- BREAK
400 I.M. (1) _____:_____._____	100 BREAST (11) _____:_____._____
1500 FREE (2) _____:_____._____	50 FLY (12) _____:_____._____
SATURDAY DECEMBER 6	100 FREE (13) _____:_____._____
400 FREE (3) _____:_____._____	200 BACK (14) _____:_____._____
BREAK -- BREAK --- BREAK --- BREAK	MEDLEY RELAY (15) XXXXXXXXXXXXXXXXXXXX
FREE RELAY (4) XXXXXXXXXXXXXXXXXXXX	BREAK -- BREAK --- BREAK --- BREAK
50 BREAST (5) _____:_____._____	200 BREAST (16) _____:_____._____
100 FLY (6) _____:_____._____	200 FLY (17) _____:_____._____
200 FREE (7) _____:_____._____	50 FREE (18) _____:_____._____
50 BACK (8) _____:_____._____	100 BACK (19) _____:_____._____
100 I.M. (9) _____:_____._____	200 I.M. (20) _____:_____._____
MXD FR RELAY(10) XXXXXXXXXXXXXXXXXXXX	MXD MED RELAY(21) 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 ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to OMS to:

OMS 2380 S.W. Chelmsford Avenue Portland, Oregon 97201

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.
October 16, 1990

Attendees: Barbara Frid, Andy Schrag, John Zell, Sandi Rousseau, Ginger Pierson, Kathy Buck, Roy Abramowitz, Pam Himstreet, Dan Johnson, Jane Chastain-Arvidson.

Call to order: 7:40

Secretary's report: Andy Schrag . Minutes of September meeting accepted with the following addendum: Under item #2 of regional meeting, it was requested of PNA and IEA that they vote on setting a regional policy regarding the seeding of women at regional meets.

Host/Social: Andy Schrag. No report.

Treasurer's report: Roy Abramowitz . No financial statements prepared at this time. To keep in conjunction with USS, we will change our registration year from a fiscal Oct. - Oct., to a calendar year. Registrations then, for 1991 will run 10/90 thru 12/31/91, 15 months as opposed to the usual 12. As a result there will be a lull in revenues one year from now in October when registrations would normally have been received. Board approved expenditure of \$150 for application to IRS for this change, fiscal year to calendar.

Vice-Chair's report: Pam Himstreet. Ashland meet has been moved to March 9-10, due to scheduling with officials. January meet will be at Oregon City. We will wait until January 1 before opening up bidding to PNA or OMS to host S.C. Regionals should IEA have difficulty in securing a location. Pam will follow up with IEA on this.

Committee Reports:

Registration: Dan Johnson. 90 registered so far for 1991.

Membership: Barbara Frid. The brochures are ready for printing except for a couple meet dates which need to be finalized. Ray, Ginger, Jane will form a committee to look into ways to make Masters swimming, and in particular OMS, more appealing and more open to the fitness swimmer.

Aquamaster: John Zell. Due to heavier demands on our gracious publisher, Stevens-Ness Law Publishing Company who donates their time and services to printing the Aquamaster, John will be going to them about 1 week earlier now to give them extra time. Therefore deadline for inclusion of material will be the 20th of the month now, as opposed to the 31st as in the past.

Records/Data Manager: Earl Walter. Not present. Robert Smith submitted L.C. records and Top 10 info to Walt Reid.

Old Business:

Parkrose was awarded the full amount for their meet.

Convention highlights, 19-24 age group was voted to be allowed to compete in Nat'l meets. Time standards were voted in for Nat'l meets, will be at the discretion of the meet director, will apply to events beyond the 1st 3 "no qualifying needed" events, your last 2 or 3 events entered (discretion of meet director) may need a qualifying time (meet director's discretion). The qualifying time would be, if used, the slowest 10th place time from the 3 preceding Nat'l meets. This will be effective in 1992. Since there is no Nat'l time history for 19-24 years old, the qualifying time standards for them will be somewhat different, for details, please consult the convention report.

Scoring at Nat'l meets will continue.

Fee per event increased to \$4.

Proposal to re-align or "break-up" Oceana Zone was defeated. nominating committee will present 1 or more candidates now.

There will be 3 rotations of order at events at Nat'l meets.

1992 S.C. Nat'ls will be at Chapel Hill, N.C. and L.C. Nat'ls will be at Federal Way.

1991 USAS convention is September 18-22 at Louisville, KY.

A Nat'l librarian was established to make available, articles and videos to masters swimmers.

New Business:

OMS would like to make a contribution to Oregon Swimming to show our thanks for their support. We will decide what contribution level after the next financial update.

Adjournment: 9:35

"OREGON CITY SHORT COURSE METERS MEET"

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANCTIONED (#91-D) 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: Oregon City Short Course Meters Meet

DATE: JANUARY 19 & 20, 1990

PLACE: Oregon City Municipal Pool
1211 Jackson Street

WARM-UP: SATURDAY 4:00 PM SUNDAY 9:00 AM

6 lanes, manual timing
HOST: Oregon City Swim Team
Dick & Anna Edin, Meet Director
503-632-4171 (home)

MEET
STARTS: SATURDAY 5:00 PM SUNDAY 10:00 AM

DIRECTIONS TO POOL: Traveling on I-205 either north or southbound, take Oregon City exit. Go left (south) on Hwy 99 (McLoughlin Blvd). Turn left on 14th Street - turn right on Washington - turn left on 12th Street - go to Jackson.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 1- 8 -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 _____

ASSOCIATION _____ AGE GROUPS: 19-24, 25-29, 30-34, 35-39 etc. up to 95+
RELAY AGE GROUPS: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+
You are limited to 6 individual events plus 4 relays and no more than 5 events per day. Enter relays at the meet. The 400 I.M., 800 and 400 Free will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY JANUARY 19	OREGON CITY	200 BREAST	(11)	_____	:	_____	.	_____
400 I.M.	(1)	_____	:	_____	.	_____		
800 FREE	(2)	_____	:	_____	.	_____		
SUNDAY JANUARY 20		MEDLEY RELAY	(14)	_____	:	_____	.	_____
FREE RELAY	(3)	XXXXXXXXXXXXXXXXXXXX		BREAK --		BREAK ---		BREAK --- BREAK
50 FREE	(4)	_____	:	_____	.	_____		
100 BREAST	(5)	_____	:	_____	.	_____		
200 BACK	(6)	_____	:	_____	.	_____		
50 FLY	(7)	_____	:	_____	.	_____		
200 I.M.	(8)	_____	:	_____	.	_____		
MXD FR RELAY	(9)	XXXXXXXXXXXXXXXXXXXX		MXD MED RELAY	(20)	XXXXXXXXXXXXXXXXXXXX		
BREAK ---		BREAK ---		BREAK --		BREAK ---		BREAK
100 FREE	(10)	_____	:	_____	.	_____		
		400 FREE	(21)	_____	:	_____	.	_____

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 2380 S.W. Chelmsford Avenue Portland, Oregon 97201

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

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: December 8, 1990
Hosted by Enumclaw Dolphins Swim Club
Sanction # 913603

DEADLINE: Entries due: November 27, 1990

ORDER OF EVENTS
EVENT # EVENT

DATE: December 8, 1990
TIME: Warmup 8:30 a.m.
Meet 9:30 a.m.

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

PLACE: Enumclaw Forward Thrust Pool
420 Semanski S.
Enumclaw, WA 98022
(206) 825-1188

MEET DIRECTOR: Mike Krattli
(206)825-1741

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

RULES: Current USMS rules will
govern the meet

ELIGIBILITY: Open to all USMS registered
1991 swimmers 19 and over as
of the last day of the meet

SEEDING: Slow to Fast
CONCESSIONS: Yes or No

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

DIRECTIONS: FROM RENTON TAKE HIGHWAY 169, TURN LEFT AT HIGHWAY 164 (TRAFFIC
LIGHT AS YOU ENTER TOWN), RIGHT ON COLE (AT NEXT TRAFFIC LIGHT),
RIGHT ON HIGHWAY 410 (THRU 4-WAY STOP & IN FRONT OF COAST-TO-COAST
STORE), RIGHT ON 252ND SE, POOL IS ON THE RIGHT IMMEDIATELY BEFORE
THE HIGH SCHOOL. POOL TELEPHONE # 825-1188.

FROM AUBURN TAKE HIGHWAY 164 TO 244SE (APPROX. 13 MILES), RIGHT ON
244TH, LEFT ON 456TH SE, RIGHT ON 252ND SE, POOL IS ON THE RIGHT
IMMEDIATELY AFTER THE HIGH SCHOOL.

PLEASE NOTE: SWIMMERS UNDER THE AGE OF 25 ARE ADVISED THEY MIGHT JEOPARDIZE
THEIR AMATEUR STATUS UNDER FINA RULE GR-1 IF THEY PARTICIPATE IN
MASTERS COMPETITION.

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: December 8, 1990

Enumclaw Dolphins Swim Club
at Enumclaw Forward Thrust Pool
Sanction # 913603

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 75-59 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
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ENTRY FEES

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

TOTAL _____

Checks payable to: Enumclaw Dolphins (EDSC)

Mail fees and this entry form to: Denise Pulliam 825-1903
P.O. Box 1066
Enumclaw, Washington 98022

ENTRIES DUE: November 27, 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, practice 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 _____

1990 CONVENTION HIGHLIGHTS

Pittsburgh, PA was the host this September of the United States Aquatic Sports Convention, and OMS was represented by Roy Abramowitz, Sandi Rousseau, and Barbara Frid. The first three days were consumed by committee meetings for everything from Rules to Legislation, Marketing to Long Range Planning, Finance to Championship and more. Between the three of us, we attempted to take part in each and every committee. During the final two days, all 160 delegates from across the U.S. met in the House of Delegates where the many rules and legislative proposals were again discussed and voted upon.

Although there were no rules changes that affect any of the strokes, starts, or turns, there were a few changes that will impact us all. The major changes include:

1. Beginning January 1, 1991, our registration year will be the calendar year. This means that we all get a bonus two months with our registration this fall.
2. Effective January 1, 1991, the 19-24 age group may compete in the national championship meets.
3. The order of events at Nationals will now be rotated among three different formats, and every four years the House of Delegates will choose three formats for the following four years' usage.
4. Beginning in 1992, and if deemed necessary by the Championship Committee, there will be time standards for Nationals. All swimmers may enter 3 events without meeting any time standard, and may enter 3 additional events (only 2 more if the event limit is 5) in which he/she has swum the time standard during the past two years. The time standards will be based on the slowest 10th best time in each event from the previous 3 national championships. In events that have not previously had 10 entrants, there will be no time standard. There is also a special formula for the 19-24 age group since they have not previously competed in Nationals.
5. Relays with the fastest Top Ten time will now receive Relay All American recognition.

Of special interest to all of us will be the 1992 National Championships. The bids went to: Short Course - Chapel Hill, North Carolina

Long Course - Federal Way, Washington

Many of us experienced the fast waters of the Goodwill Games pool at our Regional Championships in May. We now have almost two years to prepare for a National Championship only a few hours drive from home. The PNA swimmers are working hard already to make it a very special meet.

One of the themes throughout the convention was how to entice the fitness swimmer into our program; so look for some activity in that direction. Also be on the look out in your USMS newsletter, now called "Watermark", for a new video library.

There were many other minor changes, and any one of the three of us would be glad to dig through the reams of reports and proposals for further details or explanations. Please feel free to contact us.

* 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.

OMS AWARDS

Over the past years OMS has established several awards that are presented to members of OMS at one of our swimming meets, usually our Association Championships in April of each year. The OMS Board would like to briefly explain these awards to everyone in our membership and solicit input from anyone who would like to submit a person's name for consideration by the Board for any of these awards.

All nominations and rationale for the nomination should be made by December 31, 1990, to Sandi Rousseau, Awards Committee Chairman, 23995 SW Drake Lane, Hillsboro, OR 97123, (503) 642-3679. All nominations will be considered by the Board at the January, 1991, meeting. The various awards are as follows:

'Ol Barn' Award: This award was established in 1983 in honor of our 'Ol Barnacle himself, Earl Walter, who was involved in the early establishment of OMS and who has continued to contribute to OMS in a multitude of ways. This award honors a person who has made significant contributions and given a great deal of service to our organization. This award is given annually.

Connie Wilson Memorial Award: This award was established as a memorial to Connie Wilson, the founder of OMS in 1973 and long time contributor, who died in July, 1986. This award is reserved for a person who has given hours and hours of service to OMS over many years. This is not necessarily an annual award.

Special Service Awards: This type of award was first given in 1985 to recognize a person(s) who has performed a specific large task(s) for OMS and/or done outstanding service in a particular area. This recognition is given whenever the Board thinks it is warranted but not more than annually.

Spirit of OMS: These awards were first given in 1986 to one male and one female swimmer per year who exemplify the spirit and camaraderie of Masters swimming. This award is based upon attitude and enthusiasm rather than service or swimming ability.

Swimmers of the Year Awards: These awards are presented annually to the four swimmers who have made the most distinguished performances in competitive swimming during the past year in all three courses, i.e. 25 yds, 25 m, & 50 m. These awards are presented to the most outstanding swimmer in the following age groups: 49 and under - male and female, 50 and over - male and female. These are based upon USMS Top Ten standings and not voted upon by the Board.

PAST AWARD RECIPIENTS (for voted upon awards)

<u>YEAR</u>	<u>OL' BARN</u>	<u>CONNIE WILSON</u>	<u>SPEC. SERVICE</u>	<u>SPIRIT</u>
1983	Brian Frid	-----	Connie Wilson Earl Walter	-----
1984	Ginger Pierson	-----	-----	-----
1985	Robert Smith	-----	Bert Petersen	-----
1986	Sandi Rousseau	Earl Walter	Roy Abramowitz	Bev Underwood Art Hanlon
1987	Susan Albright	Sandi Rousseau	Judy McCurdy Terry McCurdy Ruth Hughes T.D. Hughes	Judy Melcher Warren Elliott
1988	Bert Petersen	Barbara Frid	Andree Devine	Bev L'Esperance Ron Jersey
1989	Barbara Frid	Roy Abramowitz	-----	Helena Hoffman Dan Gray

"ol' Barnacle"

OL' BARN ... THE PARKROSE MEET ...

CLOSE TO 50 SWIMMERS CAME TO PARKROSE AND WERE WARMLY GREETED BY AS FINE A WORKING CREW AS WE HAVE SEEN ... BERT PETERSEN AND CRAIG JORGENSEN RAN A GREAT SHOW WITH FINE ASSISTANCE FROM OFFICIALS ; DON LARSON, MERRILL ZABLOUDIL, CHERYL LARSON AND SALLY STONE. HEAD TIMERS WERE JACKIE DAVAIS AND BOB PFEIFER, THE RESULTS WERE PUT TOGETHER BY LUELLE PETERSEN ... THANKS ASGAIN TO ALL OF YOU, AND THE MANY OTHERS WHO CONTRIBUTED ON DECK, IN THE CONCESSIONS, ET AL.

A BIG OMS WELCOME TO :

JIM LOOFBOURROW, WHO NORMALLY SWIMS OUT OF SPMA, LOOKS LIKE HE HAD A FINE EARLY SEASON MEET.

DAN POLAGE CAME DOWN FROM YAKIMA, AND SHOWED THE FOLKS HOW IT IS DONE.

CARY SCHWARZ, ALSO FROM YAKIMA, SWAM UP A STORM FOR THE HOME TOWNERS.

JON ALLAN, FROM MILWAUKIE, OR., PUT IN SOME GOOD TIMES.

LINDA MARKS, NEW FROM VANCOUVER, WA., SWAM ALL OVER THE PLACE.

FOR AN EARLY SEASON MEET, IN FACT THE FIRST ONE, THERE WAS EVIDENCE THAT WE WILL HAVE SOME EXCELLENT TIMES LATER ON WHEN WE ALL GET IN SHAPE.

LOOK FOR SOME CLOSE RACES DURING THE YEAR BETWEEN JIM BIGLER, WHO JUST AGED UP TO 55 AND ART WELCH. THEY WERE NOT SEEDED HEAD TO HEAD, BUT THE RESULTS POINT TO SOME FINE RACES BETWEEN THESE TWO IN THE FUTURE.

WE HAD SOME PROBLEMS WITH THE MAIL, DUE TO OB CHANGING ADDRESSES ; PLEASE MAKE A RECORD OF THIS FOR THE FUTURE :

EARL WALTER, AND/OR OMS
2380 S W CHELMSFORD AVE
PORTLAND, OR 97201
PH - 224 8273

SOME INTERESTING STATS :

WE HAD 49 ENTRIES, OF THESE, 14 WERE MAILED ON THE LAST DAY - SEPT 25TH, THAT IS ALMOST A THIRD !!! , ADD TO THIS THOSE OF YOU WHO WAITED TILL THE 24TH, 7 WHO WAITED UNTIL THE 24TH, AND 2 WHO DECIDED ON THE 26TH AND 28TH TO SWIM.

YOU CAN SEE THAT WE HAD ALMOST HALF OF THE SWIMMERS WHO WAITED AND WAITED !!!

THIS NOT ONLY PUTS A BIG BURDEN ON THE DATA MANAGER, BUT IT ALSO MAKES IT IMPOSSIBLE FOR THE DATA MANAGER TO HELP YOU IF YOU HAVE MADE AN ERROR OR OMISSION IN YOUR ENTRY.

THIS N' THAT ...

FROM THE CURRENT ISSUE OF THE OLYMPIAN (US OLYMPIC COMM PUBLICATION)

SUMMER SANDERS, UP AND COMING YOUNGSTER, WAS THE FIRST WOMEN TO BEAT JANET EVANS IN OVER THREE YEARS, IT HAPPENED IN THE 200 IM , GOODWILL GAMES.

PHIL BOGGS, GOLD MEDALIST DIVER, '76 OLYMPICS, DIED AT 40 FROM A FORM OF CANCER, PHIL WAS A STANDOUT FOR YEARS.

OB ... Parkrose Meet ... cont ...

EMILY SHORT, 14 YEAR OLD NEWCOMER TO SWIMMING, SWAM A 1:10.01 IN THE 100 M BREAST AT THE NATIONALS, FOR THE SECOND FASTEST TIME IN THE WORLD THIS YEAR AND 4TH FASTEST TIME IN HISTORY FOR AN AMERICAN WOMAN.

SEVEN AMERICANS WERE INDUCTED RECENTLY INTO THE U S OLYMPIC HALL OF FAME, AMONG THEM :

TRACY CALKINS, OFTEN CALLED THE GREATEST SWIMMER IN US HISTORY. TRACY WON HER FIRST NATIONAL TITLE IN 1977, AND CAPPED THIS WITH THREE GOLDS AT THE 1984 OLYMPICS, AFTER BEING FORCED BY BOYCOTT TO MISS THE 1980 GAMES. HER LONG TENURE AS MUCH AS ANYTHING, MAKES HER WORTHY OF THE TITLE, "GREATEST". DURING HER CAREER SHE BROKE MORE THAN 60 AMERICAN RECORDS, WON 48 NATIONAL GOLDS AND WAS THE WORLD RECORD HOLDER IN THE 200 FLY PLUS THE 200 AND 400 IM.

DR SAMMY LEE, DIVER, ONE OF THE BEST EVER, OB HAD THE PLEASURE OF WATCHING SAMMY IN AN EXHIBITION DURING THE SOUTHERN CAL HIGH SCHOOL CHAMPS, HE WAS SO GOOD THEN, HE WAS NOT EVEN ENTERED IN THE MEET. HE WAS ALSO THE FIRST EVER TO WIN BACK TO GOLDS IN THE GAMES. HIS COMMITMENT TO THE SPORT WAS SHOWN BY HIS COACHING OF BOB WEBSTER TO TWO GOLDS IN '60 AND '64, GREG LOUGANIS TO THE SILVER MEDAL IN '76, TAKING TIME OUT FROM HIS MEDICAL CAREER TO ALSO COACH THE 1960 WOMEN'S DIVING TEAM, AND JUDGE AT THE '56 AND '64 OLYMPICS.

ANOTHER SPORT BUT INTERESTING ... HERSCHEL WALKER (FOOTBALL), BRIAN SHIMER (DIVER), EDWIN MOSES (TRACK) AND WILLIE GAULT (TRACK) ARE PUTTING TOGETHER A BOB SLED TEAM FOR 1992 THAT HAS A LOT OF PEOPLE TALKING ... FROM THE LOOKS OF EARLY TRIALS THEY ARE THE CLASS OF OUR SLEDDERS. SO FAR THEY HAVE OUTSHONE THE COMPETITION IN ALMOST ALL AREAS OF THE BOB SLED TESTING AND COMPETITION, WHO KNOWS THE U S MAY HAVE A GOLD IN THE BOB SLED FOR THE FIRST TIME IN A LONG LONG TIME !!!

FINALLY, MAYBE A BIT PERSONAL, BUT NEVERTHELESS VERY SATISFYING, AFTER ALL THESE YEARS OB CAN POINT WITH MUCH PRIDE TO HAVING SWUM UNDER THE GUIDANCE OF TWO SWIMMING HALL OF FAME COACHES ... JACK CODY OF THE MULTNOMAH CLUB, MADE THE HALL IN 1971, IN 1989, CLYDE SWENDSEN, HOLLYWOOD ATHLETIC CLUB, ET AL AND BLACK FOXE MADE THE HALL. NOT SURE I EVER TOOK ADVANTAGE OF ALL THAT THESE FINE PEOPLE TRIED TO DO FOR ME, BUT IT HAS GIVEN ME A LIFELONG LOVE FOR THE GREATEST SPORT IN THE WORLD ... SWIMMING !!!

THAT'S IT FOR NOW ... STAY WITH IT AND STAY FIT ...

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OL' BARNACLE ... USMS 1990 LONG COURSE NATIONAL CHAMPIONSHIPS

AUGUST 17 THRU 20 ... WOODLANDS, TEXAS

8 OF OUR STLWARTS MADE THE TRIP TO THE LONE STAR STATE AND FROM THE RESULTS AS YOU WILL SEE THEY DID THEMSELVES PROUD !!!

25-29 ANDREE DEVINE : ANDREE JUST HAD A SUPER MEET, PROBABLY HER BEST EVER. PICKED OFF THE SILVER IN THE 200 BACK, PLUS A BRONZE FOR THE 200 FLY. ALSO ADD IN AN 8TH FOR THE 200 FREE, A 5TH IN THE 100 BACK, AND A 5TH IN THE 100 FLY. THE BEST PART WAS THAT ALL OF HER TIMES WERE PR'S. ALONG THE WAY SHE SET AN OMS RECORD FOR THE 200 BACK AT 2:50.82, AND CAME EVER SO CLOSE IN THE 100 FLY WITH A FINE 1:15.33 VS 1:15.11. WAY TO GO ... ANDREE !!!

25-29 HEATHER MCLAUCHLAN : HAD A 22ND IN THE 50 FREE, A 10TH IN THE 50 BACK, 7TH IN THE 100, AND A 4TH IN THE 200 BACK. HEATHER'S TIMES WERE EXCELLENT, SHE HAS BEEN SHOWING IMPROVEMENT ALL THE WAY.

40-44 GINGER PIERSON : IN THE TWILIGHT AT 44, GINGER SHOWS US WHAT IT IS ALL ABOUT ... 5 GOLDS AND A BRONZE !!! GINGER DID A FLIP FLOP AND PICKED OFF THE GOLD IN THE 50 BACK, PLUS GOLDS IN ALL 3 BREAST EVENTS, A GOLD IN THE 200 FLY AND A BRONZE IN THE 200 IM. NOW THAT IS "ALL AROUND SWIMMING" FOLKS. GINGER ALSO CAME VERY CLOSE TO THE RECORD IN THE 200 IM - 3:00.90 VS 2:59.92 . GINGER IS GUNNING FOR HER NEXT AGE GROUP ... TOP GUN WITHOUT A DOUBT !!!

45-49 BARBARA FRID : OUR SWIM CELLAR GAL BROUGHT HOME 3 SILVERS AND 3 BRONZES. THE SILVERS .. 800 FREE AND THE 50 AND 100 BACK, THE BRONZES CAME IN THE 400 FREE, THE 100 AND 200 BREAST. BARBARA SET A REGIONAL RECORD IN THE 800 FREE WITH A GREAT 11:57.77 ... THOSE ARE CERTAINLY NOT "CELLAR" PERFORMANCES !!

45-49 PAMELA HIMSTREET : HARD WORK AND MORE HARD WORK, HAS BEEN SHOWING OVER THE PAST TWO YEARS. PAM SILVERED IN THE 1500 FREE, THE 50 BREAST AND THE 200 BREAST. IN THE 200 SHE NOSED OUT TEAM MATE FRID ... 3:36.41 VS 3:36.93. SHE ALSO PICKED UP A 5TH IN THE 400 FREE AND A 4TH IN THE 400 IM, BOTH PR'S !!!

60-64 JOYCE BAHLER : THIS GAL HAD SOME KIND OF MEET ... 3 GOLDS ... THE 1500 FREE, PLUS THE 50 & 100 BREAST ... SILVERS IN THE 100 BACK, AND 200 BREAST, IN THE LATTER, JOYCE GAVE JUNE KRAUSER ALL SHE COULD HANDLE WITH A 4:06.51 VS JUNE AT 4:05.00. TOP THIS ALL OFF WITH A FINE BRONZE IN THE 200 BACK, IN MASTERS , AGING UP IS FUN !!!

45-49 RICHARD BOYD : LOOK AT THESE NUMBERS FOLKS, SIX SWIMS, FIVE (5) REGIONAL RECORDS ... GOLD IN THE 1500 ... RECORD-19:09.14, GOLD IN THE 200 IM , RECORD- 2:34.64 , BRONZE FOR THE 200 FREE, RECORD-2:17.12, SILVER IN THE 400 FREE, RECORD-4:51.62, SILVER IN THE 400 IM, RECORD-5:29.87 (HERE WAS A RACE FOLKS, ED CAZALET FROM LOS ALTOS-5:29.63, .24 GAVE ED THE GOLD), AND FOR GOOD MEASURE, ADD THE GOLD FOR THE 200 BREAST IN ANOTHER GREAT RACE OVER TOM BOAK, ALSO FROM LOS ALTOS, TOM-2:53.83, DICK-2:53.45. WOW - WOW AND WOW !!!!!

55-59 ART WELCH : ART PICKED UP SILVERS IN THE 800 FREE, AND 200 FLY, ADD TWO BRONZES FOR THE 200 FREE AND 100 FLY, PLUS A 4TH IN THE 400 FREE AND A 5TH IN THE 50 FLY. IN THE 50 FLY ART SWAM A 35.91 FOR A NEW OMS RECORD. ART DOES NOT SAY VERY MUCH, BUT I'LL TELL YOU ONE THING , HE GETS THE JOB DONE !!!

A FINAL LOOK AT THE LADIES ... PUT FOUR OF THE BEST IN THE WATER, HEAT IT TO A BOIL AND YOU GET A GOLD MEDAL PLUS A BRIGHT AND SHINY NEW REGIONAL RECORD ...

BARBARA FRID, GINGER PIERSON, ANDREE DEVINE AND PAM HIMSTREET SWAM OFF WITH THE HONORS IN THE WOMEN'S 200 M MEDLEY RELAY IN 2:29.24, THAT SHATTERED THE OLD REGIONAL BY ALMOST 20 SECONDS !!!

OB IS BUSTIN' HIS BUTTONS OVER THIS SHOWING BY THE "MAGNIFICENT EIGHT" , WELL DONE GANG !!!!!



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

Corvallis
So. Oregon

Mark & Laura Worden
Terry & Judy McCurdy

(206) 254-9661 H

(503) 753-5726

(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

(206) 564-9517

(206) 272-1854

SNAKE RIVER

Janet Wood

(208) 345-8843 H

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----- 19-24 WOMEN -----			100FLY MARGARET A WELLS	64 OREG 2:04.11X	100FLY ROY ABRAMOWITZ	36 OREG :59.32X	
50FREE LINDA MARX	22*ORE	:28.29X	----- 65-69 WOMEN -----			100 IM JON ALLAN	37*ORE 1:07.12X
CARY SCHWARZ	24*	:34.33X	100BAK ELFIE J STEVENIN	69 OREG 2:35.69X	BRUCE W CHENEY	38 OREG 1:11.30X	
100FRE CARY SCHWARZ	24*	1:13.83X	200BAK ELFIE J STEVENIN	69 OREG 5:25.67X	JAMES M ELLIOTT	38 OREG 1:13.95X	
200FRE LINDA MARX	22*ORE	2:11.49X	50 FLY ELFIE J STEVENIN	69 OREG 1:16.53X	200 IM ROY ABRAMOWITZ	36 OREG 2:18.74X	
CARY SCHWARZ	24*	2:36.85X	100FLY ELFIE J STEVENIN	69 OREG 2:50.44X	----- 40-44 MEN -----		
500FRE CARY SCHWARZ	24*	7:01.04X	----- 19-24 MEN -----			50FREE HARLAN B HAYNIE	41 OREG :29.61X
50 FLY CARY SCHWARZ	24*	:36.24X	50FREE DAN POLAGE	23*	:25.58X	100PRE HARLAN B HAYNIE	41 OREG 1:06.75X
100 IM LINDA MARX	22*ORE	1:10.23X	100PRE DAN POLAGE	23*	:56.66X	200FRE HARLAN B HAYNIE	41 OREG 2:34.07X
----- 25-29 WOMEN -----			200FRE DAN POLAGE	23*	2:12.39X	500PRE STEVE M JOHNSON	42 OREG 5:18.77X
50FREE LEE ANN MCNERNEY	26 ORE	:37.52X	500PRE DAN POLAGE	23*	6:10.16X	HARLAN B HAYNIE	41 OREG 7:05.80X
100FRE LEE ANN MCNERNEY	26 ORE	1:18.00X	----- 25-29 MEN -----			100BAK L BUZ CARRIKER	42 OREG 1:32.54X
200FRE JUDI SHERIDAN	27*ORE	2:15.02X	50FREE RICK A. RODRIGUEZ	28 OREG	:23.28X	200BRS L BUZ CARRIKER	42 OREG 3:05.50X
LEE ANN MCNERNEY	26 ORE	2:47.88X	TYLER COLE	29 OREG	:26.54X	100FLY STEVE M JOHNSON	42 OREG 1:01.53X
500PRE JUDI SHERIDAN	27*ORE	5:52.88X	100FRE RICK A. RODRIGUEZ	28 OREG	:57.24X	----- 50-54 MEN -----	
LEE ANN MCNERNEY	26 ORE	7:11.45X	TYLER COLE	29 OREG	1:02.89X	100PRE JAMES G LOOFBOURROW	50*SPMA :57.87X
----- 30-34 WOMEN -----			50BACK RICK A. RODRIGUEZ	28 OREG :28.72X	500FRE JAMES G LOOFBOURROW	50*SPMA 6:02.90X	
100FRE LEISSA MILLS	30 OREG	:57.95X	TYLER COLE	29 OREG :36.24X	50BRST BERT L PETERSEN	51 OREG :35.73X	
ROBIN L DURANT	34*1EM	1:14.63X	100BAK RICK A. RODRIGUEZ	28 OREG 1:02.50X	50 FLY BERT L PETERSEN	51 OREG :28.15X	
200FRE LEISSA MILLS	30 OREG	2:01.59X	50BRST TYLER COLE	29 OREG :37.68X	JAMES G LOOFBOURROW	50*SPMA :29.20X	
JILL C SCHULDT	32 OREG	2:20.59X	100 IM RICK A. RODRIGUEZ	28 OREG :59.80X	100 IM JAMES G LOOFBOURROW	50*SPMA 1:09.37X	
ROBIN L DURANT	34*1EM	2:38.50X	TYLER COLE	29 OREG 1:11.78X	200 IM JAMES G LOOFBOURROW	50*SPMA 2:44.40X	
500FRE ROBIN L DURANT	34*1EM	6:55.71X	----- 30-34 MEN -----			----- 55-59 MEN -----	
200BAK JILL C SCHULDT	32 OREG	2:48.09X	50FREE ANDY SCHRAG	33 OREG :24.67X	50FREE JIM BIGLER	55 MACO :29.78X	
100 IM JILL C SCHULDT	32 OREG	1:19.87X	EDWARD R MANN	33 OREG :27.15X	ARTHUR C WELCH	58 OREG :30.83X	
ROBIN L DURANT	34*1EM	1:27.58X	100FRE GREG P ROMPEL	34 OREG :57.22X	100PRE JIM BIGLER	55 MACO 1:05.11X	
200 IM JILL C SCHULDT	32 OREG	2:46.80X	500PRE EDWARD R MANN	33 OREG 6:02.72X	200PRE JIM BIGLER	55 MACO 2:22.84X	
ROBIN L DURANT	34*1EM	3:06.16X	50BACK DAVID M COBB	30 OREG :33.39X	ARTHUR C WELCH	58 OREG 2:23.63X	
----- 35-39 WOMEN -----			EDWARD R MANN	33 OREG :36.66X	500PRE ARTHUR C WELCH	58 OREG 6:31.23X	
100FRE CINDY DUN-SHOEMAKER	38 ORE	1:13.75X	50BRST DAVID M COBB	30 OREG :32.58X	100BRS JIM BIGLER	55 MACO 1:27.77X	
200FRE CINDY DUN-SHOEMAKER	38 ORE	2:38.52X	100BRS ANDY SCHRAG	33 OREG 1:12.33X	50 FLY ARTHUR C WELCH	58 OREG :34.08X	
500FRE CINDY DUN-SHOEMAKER	38 ORE	7:12.15	50 FLY ANDY SCHRAG	33 OREG :27.16X	100FLY ARTHUR C WELCH	58 OREG 1:18.97X	
50BRST CINDY DUN-SHOEMAKER	38 ORE	:33.19X	GREG P ROMPEL	34 OREG :29.49X	----- 65-69 MEN -----		
100 IM CINDY DUN-SHOEMAKER	38 ORE	1:27.49X	EDWARD R MANN	33 OREG :32.84X	500PRE DAVID BERNSTEIN	68 OREG10:23.56X	
----- 40-44 WOMEN -----			100FLY GREG P ROMPEL	34 OREG 1:05.47X	50BACK DAVID BERNSTEIN	68 OREG :55.45X	
50FREE KATHLEEN P BUCK	40 OREG	:30.79X	100 IM ANDY SCHRAG	33 OREG 1:02.72X	100BAK KHOSROW SHADBEH	69 OREG 1:56.59X	
STEVIE NEWCOMER	41 ORE	:41.89X	EDWARD R MANN	33 OREG 1:15.24X	100BRS KHOSROW SHADBEH	69 OREG 1:45.51X	
200FRE KATHLEEN P BUCK	40 OREG	2:27.70X	200 IM GREG P ROMPEL	34 OREG 2:32.16X	DAVID BERNSTEIN	68 OREG 2:11.61X	
STEVIE NEWCOMER	41 ORE	3:27.60X	----- 35-39 MEN -----			200BRS KHOSROW SHADBEH	69 OREG 3:39.96X
500FRE KATHLEEN P BUCK	40 OREG	6:31.72	50FREE JON ALLAN	37*ORE :26.89X	----- 70-74 MEN -----		
STEVIE NEWCOMER	41 ORE	9:13.18	100PRE JON ALLAN	37*ORE :58.36X	50BRST ANDREW HOLDEN	71*PNA :42.42X	
50BRST KATHLEEN P BUCK	40 OREG	:42.25X	BRUCE W CHENEY	38 OREG :58.91X	100 IM ANDREW HOLDEN	71*PNA 1:21.00X	
STEVIE NEWCOMER	41 ORE	:54.25X	JAMES M ELLIOTT	38 OREG 1:03.56X	200 IM ANDREW HOLDEN	71*PNA 3:05.42X	
100BRS KATHLEEN P BUCK	40 OREG	1:31.87X	200FRE ROY ABRAMOWITZ	36 OREG 1:59.63X	----- 75-79 MEN -----		
STEVIE NEWCOMER	41 ORE	2:05.94X	JAMES M ELLIOTT	38 OREG 2:19.72X	50PRE ALLAN DELAY	75 OREG :34.48X	
----- 45-49 WOMEN -----			500FRE BRUCE W CHENEY	38 OREG 5:48.84X	50BACK SYD C HENDY	77 OREG :49.49X	
200FRE BARBARA FRID	48 OREG	2:31.24X	JAMES M ELLIOTT	38 OREG 6:13.17X	100BAK SYD C HENDY	77 OREG 1:52.83X	
500FRE BARBARA FRID	48 OREG	6:40.81	MICHAEL A GRANT	39 OREG 6:26.38X	200BAK SYD C HENDY	77 OREG 4:03.33X	
50BACK BARBARA FRID	48 OREG	:37.82X	100BAK JON ALLAN	37*ORE 1:06.13X	50BRST ALLAN DELAY	75 OREG :52.65X	
50BRST BARBARA FRID	48 OREG	:39.89X	200BAK JAMES M ELLIOTT	38 OREG 2:38.96X	----- 80-84 MEN -----		
----- 60-64 WOMEN -----			50BRST BRUCE W CHENEY	38 OREG :36.98X	500FRE HERB EISENSCHMIDT	83 OREG10:02.99	
500FRE MARGARET A WELLS	64 OREG	9:25.69X	MICHAEL A GRANT	39 OREG :39.62X	50BACK JACK HOEY	81 OREG :48.60X	
50BACK MARGARET A WELLS	64 OREG	:51.88X	100BRS MICHAEL A GRANT	39 OREG 1:23.55X	100BAK JACK HOEY	81 OREG 1:47.45X	
100BAK MARGARET A WELLS	64 OREG	1:51.00X	200BRS MICHAEL A GRANT	39 OREG 2:57.18X	200BAK JACK HOEY	81 OREG 4:03.20X	
100BRS MARGARET A WELLS	64 OREG	2:06.10X	50 FLY BRUCE W CHENEY	38 OREG :29.78X			

Happy Birthday

November Birthdays

Bannister, Larry A.	11/ 7/52	Martin, Jim S.	11/ 5/37
Brown, Eric D.	11/ 1/67	Mott, J. Steven	11/16/49
Carriker, Buz	11/17/47	30 OConnell, Anne F.	11/13/60
Dam, Penelope J.	11/ 8/48	Orth, Karen E.	11/25/62
Eisenschmidt, Herbert	11/16/06	40 Plante, Diane F.	11/ 6/50
35 Emmett, Amy C.W.	11/21/55	Richards, Gwendolyn E.	11/ 7/59
Engler, Lorlee D.	11/20/68	Riess, Richard P.	11/12/57
Fischer, John F.	11/21/56	Ruddley, Joseph D.	11/ 7/14
Foreman, Kevin S.	11/14/66	Schumann, Susanne	11/ 8/37
Goddard, Gracie M.	11/ 7/59	40 Slover, Steven E.	11/29/50
Goddard, James E.	11/ 7/61	Smith, Sue M.	11/12/52
Graham, Hunter S.	11/30/62	50 Urbanski, Edward J.	11/29/40
Hale, Gordon P.	11/24/53	Van Anne, Joyce	11/20/57
Himstreet, Pamela J.	11/11/43	Waters, Mary E.	11/13/46
Hoover, Larry G.	11/ 6/33	Whitson, Tucker	11/22/44
Hunsicker, Douglas P.	11/13/47	Woldridge, Jacqueline J.	11/13/54
Joens, John D.	11/ 8/31	Wong, Christina K.	11/ 7/51
Johnson, Michael E.	11/26/59	Worden, Laura A.	11/13/57
Kimura, George	11/20/19		
Lambert, Roy D.	11/12/46		
Levak, Thomas F.	11/ 8/38		
Lynn, Nancy E.	11/29/57		
Mack, Forbes J.	11/ 1/18		

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

Birthdays December

Allen, Glenna M.	12/16/27	Page, Stephen W.	12/ 4/46
Barrett, Steven L.	12/22/46	Parker, Lissa B.	12/19/51
Brett, Robyn L.	12/30/54	Petersen, Bert L.	12/ 6/38
Brooks, Nancy J.	12/15/42	Phillips, Frank J.	12/19/42
Callan, Joseph G.	12/22/42	Phillips, Kimberly A.	12/15/57
Campbell, Scott	12/14/56	70 Richards, Hugh S.	12/26/20
30 Cole, Tyler R.	12/14/60	40 Robbins, James K.	12/27/50
35 Emmett, Robert L.	12/21/55	Runquist, Paul W.	12/ 6/48
Evensen, Even P.	12/12/47	Sandison, Carol A.	12/18/57
Finzer, Keith A.	12/ 8/44	Schrag, Andy	12/15/56
45 Flint, Mark	12/17/45	Seltzer, Robert W.	12/15/66
30 Fox, Christina M.J.	12/25/60	45 Simpson, Steven J.	12/ 4/45
Gallic, Gordon	12/ 7/48	Stangel, Pauline B.	12/ 2/21
Goossen, Stuart J.	12/19/51	Stark, Carol R.	12/10/48
Guist, Connie	12/20/46	Sugarman, David S.	12/22/59
Haynie, Harlan B.	12/ 5/48	Sullivan, Daniel A.	12/ 4/51
35 Hoelscher, Catherine C.	12/ 8/55	Svoboda, Milan	12/19/43
35 Hollingsworth, Lori L.	12/20/55	Vaughan, Dale G.	12/18/44
Hull, Christopher S.	12/ 5/62	Willis, Bradley J.	12/ 5/52
55 Jensen, Philip L.	12/11/35	45 Wood, Carolyn V.	12/18/45
Keathley, Ardith C.	12/ 5/57	Worden, Mark F.	12/13/51
Kline, Bill P.	12/18/61	Yeakel, David W.	12/13/53
Lee, Laury A.	12/ 8/61		
25 Lind, Todd A.	12/29/65		
McGregor, Jim	12/30/21		
Moffitt, Chris E.	12/14/59		

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

TEAMS TEAMS TEAMS

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

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

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

City	Team Name	Abrv.	Contact/Rep	Phone
Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego	Lake Oswego Swim Club	LOSC	Robert Smith	639-4505
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford	Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnvil.	McMinnville Masters	MM	Judy Rex	472-0765
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland	Multnomah Athletic Club	MAC	Steve Roth	223-6251 x226
Portland	Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland	Parkrose Masters	PKRS	Craig Jorgensen	252-9906
Portland	Portland Comm College	PCC	Karl Von Tagen	244-6111x4201
Portland	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 December 31, 1991.*

Registrations are accepted for the 1991 season beginning Sept. 1, 1990.

(*Note: registration year is changing to Jan 1 - Dec. 31)

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 you 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, practice, 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. I further agree to abide by and be governed by the rules and regulations of USMS.

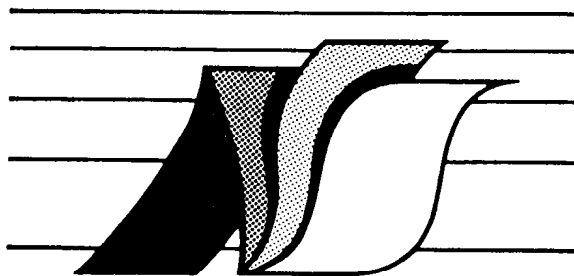
Signature: _____



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Editor
John F. Zell
4640 NE 36th Avenue
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