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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.

bwc

EDITORS SPECIAL NOTE: TO ALL O.M.S. SWIMMERS

YOUR DATA MANAGER, WHO PROCESSES ALL MEET ENTRY FORMS, REPORTS A CONTINUING HIGH PERCENTAGE OF ENTRIES THAT COME IN LATE. MANY SWIMMERS ARE NOT PAYING CLOSE ENOUGH ATTENTION TO THE ENTRY DEADLINE DATES. WE WILL BE FORCED TO RETURN ANY LATE ENTRIES AND YOU WILL NOT BE ALLOWED TO ENTER THAT MEET. PLEASE NOTE THE DEADLINE DATES ON THIS SCHEDULE PAGE AND ALSO ON THE ACTUAL ENTRY FORMS.

**-----
PLEASE ENTER MEETS EARLY --- BEFORE THE DEADLINE DATES.
-----**

CALENDAR & MEET SCHEDULE 1991

SHORT COURSE YARDS/METERS

- JANUARY 8, 1991 O.M.S. BOARD MEETING 7:30 PM DAN JOHNSON'S HOUSE**
- *JANUARY 19 & 20 OREGON CITY, OR S.C. METERS (#1)
(ENTRY DEADLINE JAN. 8, 1991)**
- *JANUARY 20 ANACORTES, WA S.C.Y. (#4)
(ENTRY DEADLINE JAN. 8, 1991)**
- *FEBRUARY 2 BEAVERTON, OR 10th SWIM CELLAR PENTATHLON
(ENTRY DEADLINE JAN. 19, 1991)**
- *FEBRUARY 9 SEATTLE, WA TEAM ORCA S.C.Y. (#1)
(ENTRY DEADLINE JAN. 26, 1991)**
- MARCH 9 & 10 ASHLAND, OR SO. ORE. STATE COLLEGE 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
SITE AND DATE CURRENTLY UNSCHEDULED**
- MAY 11 TIGARD, OR AGE GROUP INVITATIONAL WITH MASTERS**
- MAY 16-19 USMS SHORT COURSE NATIONALS
NASHVILLE, TN TRACY CAULKINS POOL**
- AUGUST 22-25 USMS LONG COURSE NATIONALS
ELIZABETHTOWN, KENTUCKY**

***MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

Z-Man says---

Happy Holidays Everyone !!!!!!!.....Z-Man here.....Ho Ho Ho Merry Christmas !!!

I hope Santa is good to all of you. Of course you have been good this year and swam very hard so Ole' Kris Kringle will bring you all the goodies you asked for. Well, Santa knows if you have been bad or good in the water cause he's the guy at the end of the pool with a stop watch in his hand and tells you your time when you finish the race. We'll see.....we'll see.

Anyway.....On with the news. The O.M.S. Board has voted to try a five lane meet seeding program for the next few meets for an evaluation. If a meet is to be held in a pool which only has six (6) lanes and little or no separate or adjoining warm-up space then we will run the meet in five lanes. The sixth lane will then be used for continuous warmup/warm-down swimming. If at all possible we will ask that a double lane line separate the fifth and sixth lane to cut any turbulence. You will be asked to swim easy in this sixth lane and stay away from the starting end of the pool during the start of all races. There will be ABSOLUTELY NO DIVING in this warm-up/warm-down lane.

As of mid November 1990 O.M.S. has 207 members and 200 of those are renewals.

EARL WALTER a.k.a. THE OL' BARNACLE IS ENGAGED TO BE MARRIED NO DATE AS YET

Yours truly, Z-Man (a.k.a. John Zell) was recently elected as your NEW O.M.S. CHAIRMAN OF THE BOARD for a two (2) year period beginning November 1990. Yes folks, I'm truly excited about my new position as your chairman and look forward to what will undoubtedly be a REIGN OF TERROR. I will rule with a IRON HandPADDLE.

But seriously, I've got some great ideas which I will be sharing with you in the months to come.

One of my primary goals as chairman will be to see that our membership numbers reach a new high. I also have the opportunity thru my regular job to travel the State of Oregon and I am planning to hold some Masters meetings in different parts of the state to meet you folks and hear what you have to say about Oregon Masters Swimming....What you like...What you dislike....and how we can make it better and improve our attendance at meets and increase our membership.

In this issue of the Aquamaster you will find the results from the First TRI.M. meet held at Columbia pool. Also there are four (4) meet entry forms for your entering enjoyment. Allen de Lay sends us his Favorite Workout and Ol' barn brings us some news and reviews.

That's all for now. Have a very Merry Christmas from all of us in O.M.S. !!!

See ya at Oregon City January 19 & 20,

Jol

"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

6 lanes, manual timing

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

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) _____:_____._____ 50 BACK (12) _____:_____._____

800 FREE (2) _____:_____._____ 100 FLY (13) _____:_____._____

SUNDAY JANUARY 20 MEDLEY RELAY (14) _____:_____._____

FREE RELAY (3) XXXXXXXXXXXXXXXXXXXX BREAK -- BREAK --- BREAK --- BREAK

50 FREE (4) _____:_____._____ 200 FREE (15) _____:_____._____

100 BREAST (5) _____:_____._____ 50 BREAST (16) _____:_____._____

200 BACK (6) _____:_____._____ 100 BACK (17) _____:_____._____

50 FLY (7) _____:_____._____ 200 FLY (18) _____:_____._____

200 I.M. (8) _____:_____._____ 100 I.M. (19) _____:_____._____

MXD FR RELAY (9) XXXXXXXXXXXXXXXXXXXX MXD MED RELAY (20) XXXXXXXXXXXXXXXXXXXX

BREAK --- BREAK --- BREAK -- 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 GR1 if they compete in Masters Swimming.

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

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: January 20, 1991
Hosted by TAC Masters
DEADLINE: Entries due: January 8, 1991

ORDER OF EVENTS
EVENT # EVENT

DATE: January 20, 1991
TIME: Warmup 8:30 A.M.
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 200 M FREE RELAY

3 50 M BREAST

4 100 M FLY

5 200 M FREE

6 50 M BACK

7 100 I.M.

PLACE: Fidalgo Pool
1603 22nd
Anacortes
(206) 293-0673

MEET DIRECTOR: Mike Bemis
293-0673

5 MINUTE BREAK

8 200 MIXED FREE RELAY

9 100 M BREAST

10 50 M FLY

11 100 M FREE

12 200 M BACK

FACILITY: 6-lane, 25 Meter pool
Warm-up area
Water Temp: 84°

RULES: Current USMS rules will
govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY

14 200 M BREAST

15 200 M FLY

16 50 M FREE

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

5 MINUTE BREAK

SEEDING: Slow to Fast

17 100 M BACK

18 200 M I.M.

19 200 MIXED MEDLEY RELAY

CONCESSIONS: Yes
Free coffee, donuts, juice

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

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

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: January 20, 1991
TAC Masters at Fidalgo Pool: Anacortes
Sanction # 913604

SHORT COURSE METERS

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 TAC Masters

Mail fees and this entry form to:

Mike Bemis
1603 22nd
Anacortes, WA 98221

ENTRIES DUE: January 8, 1991

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 _____

PNA MASTERS LOCAL SWIMMING COMMITTEE

MEET INFORMATION:

Saturday, February 9, 1991

DEADLINE: Entries postmarked January 26, 1991

Hosted by the

Team Seattle Orca Swim Club

Event #	ORDER OF EVENTS Event	DATE: February 9, 1991
1	200 Free Relay	WARMUP: 8:00 am
2	50 Free	MEET: 9:00 am
3	100 Breast	PLACE:
4	200 Back	Helene Madison Pool
5	50 Fly	13401 Meridian N.
6	200 I.M.	Seattle, WA
(5-minute intermission)		206) 684-4763
7	100 Free	MEET DIRECTOR:
8	200 Breast	Allen Hatchel
9	50 Back	1635 - 33rd Ave.
10	100 Fly	Seattle, WA 98122
11	200 Medley Relay	206) 322-5302
(5-minute intermission)		FACILITY:
12	200 Free	6-lane 25-yard pool with
13	50 Breast	warm-up area. 84° F.
14	100 Back	CONCESSIONS:
15	200 Fly	Fruit will be available
16	100 I.M.	for donations.
(5-minute intermission)		
17	500 Free	

RULES: Current USMS rules will govern.

ELIGIBILITY: Open to all USMS registered 1991 swimmers 19 years of age and over as of February 9, 1991.

SEEDING: Slow to fast, except 500 Free.

DIRECTIONS: Take I-5 North to 130th St. exit, turn left (west) onto 130th, and right (north) onto Meridian N. Go 4 blocks; pool is on the left. Plenty of parking available.

PLEASE NOTE: Swimmers under the age of 25 are advised that they may jeopardize their amateur standing under FINA Rule GR1 if they participate in Masters competition.

ALL ENTRIES WITHOUT MASTERS NUMBERS WILL BE RETURNED!

PNA MASTERS LOCAL SWIMMING COMMITTEE

MEET ENTRY FORM: February 9, 1991
Hosted by Team Seattle Orca Swim Club
at Helene Madison Pool

Sanctioned by Pacific Northwest Association Masters Swimmers for USMS, Inc.
Sanction # 913605

NAME _____ M F AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

ENTRY FEES

SURCHARGE \$3.00 \$3.00

Individual Events @ \$1.00 _____

TOTAL _____

->Checks payable to "Orca Swim Club"

Mail fees and this entry form to: Allen Hatchel
1635 - 33rd Ave.
Seattle, WA 98122

ENTRIES POSTMARKED: January 26, 1991

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 _____

DID YOU REMEMBER TO: ☐ Include check, signed and dated? ☐ Include Master. #? ☐ Sign release?

"TENTH ANNUAL SWIM CELLAR PENTATHLON"

"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year." -- Z-Man

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (#90-E) 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.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 1-19-91 LATE ENTRIES WILL RETURNED

MEET: Swim Cellar Pentathlon

DATE: SATURDAY FEBRUARY 2, 1991

PLACE: Tualatin Hills Rec. Center Pool
6 lanes - all deep, electronic timing
continous warm-up/down area
HOST: Swim Cellar 292-3379 days
MEET DIRECTOR: Barb Frid 503-645-6950 home

WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.

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

NAME _____ PHONE _____

1991 USMS # _____ BIRTHDATE _____ AGE _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, ETC., ETC.,

EVENT	TIME *	
50 - FLY	1. _____:_____._____	* ENTER BEST TIME OR ESTIMATED TIME
50 - BACK	2. _____:_____._____	
50 - BREAST	3. _____:_____._____	
50 - FREE	4. _____:_____._____	DO NOT ENTER "N.T."
100 - I.M.	5. _____:_____._____	("N.T." = NO TIME)

PLEASE ENTER BEST OR ESTIMATED TIMES. ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME 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 five events to receive award.

AWARDS: Special custom pins will be presented to the top six places in each age group based upon total accumulated times. Awards are FREE !!!!

PARTY: There will be a social get-together at Izzy's Pizza in Beaverton after the meet. We have a room reserved and the all you can eat buffet will cost \$5.65 (beverages extra). Maps to Izzy's will be available at meet.

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

SIGNATURE _____ DATE _____

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

O.M.S. 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 GR1 if they compete in Masters Swimming.

"ol' Barnacle"

OL' BARN ... SURVIVING AT THE TRI IM MEET ...

JOHN ZELL, OTHERWISE KNOWN AS "Z" MAN HAS COME UP WITH AN ALTERNATE TO THE ANIMAL MEET, HE HAS GIVEN IT A NAME, AND IF YOU MANAGE NOT TO COME UNGLUED BY THE END OF THE 400 IM, YOU ARE A TRI IM'ER !!!

ALL KIDDING ASIDE THIS WAS A FUN !!! MEET, AND I AM GLAD TO REPORT THAT JOHN IS ALREADY WORKING ON THE 2ND EDITION.

WITH "Z" MAN AT THE HELM 42 OMS STALWARTS GATHERED AT COLUMBIA PARK POOL AND TOOK THE EARLY SEASON CHALLENGE, IT WAS GREAT !!!

CHRISTY ZELL POSTED THE RESULTS, MIKE DEMBROW (MEET REF), DON STELL AND ROGER LOVIN (STARTERS), STROKE AND TURNS WERE HANDLED BY ; LINDA LOVIN, JIM ANDREW AND CAROL SANDBURG. THIS CONTINUING SUPPORT BY PEOPLE FROM OREGON SWIMMING MUST BE ACKNOWLEDGED AS A MAJOR REASON FOR OUR SUCCESSES !!

EVERYONE WAS IN GREAT SHAPE AT THE START OF THE 100 IM, EVEN FELT GOOD DURING THE 200 IM, BUT, AM AFRAID THE 400 IM DID MOST OF US IN, GREAT IDEA AND A GREAT MEET... THANKS JOHN AND TO EVERYONE WHO HELPED - WE ARE LOOKING FORWARD TO TRI IM 1991, MAYBE A MONTH LATER.

THOUGH EARLY IN THE SEASON WE HAD SOME EXCELLENT TIMES AND GREAT RACES ...

REGIONAL RECORDS :

ANDREW HOLDEN (70-74)	100 IM	1:20.19	# 4 TT
	200 IM	3:04.38	# 3 TT
GERALD HUESTIS (70-74)	400 IM	6:45.42	# 2 TT

OB NOTE : HUESTIS ALSO BROKE THE RECORD IN THE 200 WITH A FINE 3:07.27 (# 4 TT), HOLDEN , DITTO IN THE 400 IM AT 6:46.33 (# 3 TT)

JUDY MELCHER (70-74)	200 IM	5:19.65	
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OB NOTE : THIS WAS JUDY'S FIRST TRY AT IM'S - SHE WAS SPECTACULAR !!!

OREGON ASSOCIATION RECORDS :

LINDA MARX (19-24)	200 IM	2:24.84	
	400 IM	5:04.42	# 7 TT

JUST MISSED THE REGIONAL OF 5:04.36 !!!

TOM FANNING (50-54)	200 IM	2:35.19	(REG IS 2:34.98)
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GET IT NEXT TIME TOM !!!

JOE RUDDLEY (75-79)	200 IM	5:19.74	
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GREAT RACES AND FAST TIMES ...

GINGER PIERSON (40-44)	100 IM	1:12.26	# 10 TT
	200 IM	2:39.56	# 9 TT
	400 IM	5:44.48	# 7 TT

(4 SECS FASTER THAN 89-90)

HERB EISENSCHMIDT (80-84)	100 IM	1:59.28	# 6 TT
	200 IM	4:25.05	# 2 TT
	400 IM	9:12.83	# 2 TT

EARL WALTER (65-69)	200 IM	3:07.89	# 8 TT
	400 IM	6:50.73	# 6 TT

OB NOTE : NO INTENT TO TOOT ANYONE'S WHISTLE, JUST A FEW SAMPLES OF THE QUALITY OF PERFORMANCES , THIS EARLY IN THE SEASON !!!

BEST RACE OF THE DAY ... GERALD HUESTIS AND ANDREW HOLDEN IN THE 400 IM. HOLDEN LED IN THE FLY, THEN HUESTIS CAME ON IN THE BACK AND BREAST, THEN GERRY MANAGED TO HOLD OFF WALLY'S SPRINT IN THE LAST LENGTH OF THE FREE, WINNING BY LESS THAN A SECOND ...

OB NOTE : HOLDEN AND HUESTIS ARE TOP 5 IN THE WORLD IN ALL AROUND SWIMMING !!!

DAVE BURLESON LOOKED GREAT AND HAS HIS SIGHTS SET ON GREAT SWIMS !!!

SUZANNE COOPER PAID NO ATTENTION TO HER ENTERED TIMES AND TURNED IN THREE GREAT TIMES !!!

MAGGIE WELLS, GETTING READY TO AGE UP, LOOKED SMOOTH AND STRONG !!!

ED MANN IS NEW TO OMS, BUT FROM THE LOOKS OF THINGS, WE WILL BE HEARING A LOT FROM THIS YOUNG MAN !!!

JUDY MELCHER, IN HER FIRST 400 IM EVER, SWAM A 11:27.28, THE REGIONAL RECORD IS 11:26.37.. WOW AND WOW !!!

A SUPER MEET ... THANKS "Z" MAN ... AND THANKS TO ALL OF YOU WHO GAVE IT THEIR BEST SHOT.

Aqua-Master

SUBSCRIPTION FORM

SUBSCRIPTION FORM

SUBSCRIPTION FORM

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

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

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____ PHONE _____

ASSOC _____ TEAM _____ AGE _____

☐ 1 YEAR \$7.00
(NOV. 1990 to DEC. 1991)

☐ 1/2 YEAR \$4.00
(JUN. 1991 to DEC. 1991)

☒ SEND TO: REGISTRAR

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

☐ ADDRESS CHANGE ☐ NEW SUBSCRIPTION ☐ RENEWAL

Use this form for change of address notification

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

PORTLAND PARKS

25 YARD

11/04/90 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

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

100 IM LINDA MARX 22*ORE 1:07.95
200 IM LINDA MARX 22*ORE 2:24.84+
Oregon was- ADELE PIERCE 2:27.48
400 IM LINDA MARX 22*ORE 5:04.42+
Oregon was- JANE MILLER 5:07.60

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

100 IM KIM A PHILLIPS 32 OREG 1:11.85
MARY YUSE-MILLER 30*ORE 1:17.48
KIM J BOGUS 32 OREG 1:22.75
200 IM KIM A PHILLIPS 32 OREG 2:36.20
MARY YUSE-MILLER 30*ORE 2:50.44
KIM J BOGUS 32 OREG 3:03.81
400 IM KIM A PHILLIPS 32 OREG 5:34.20
MARY YUSE-MILLER 30*ORE 6:14.85
KIM J BOGUS 32 OREG 6:36.08

---- 40-44 WOMEN ----

100 IM GINGER L PIERSON 44 OREG 1:12.26
SUZANNE COOPER 40*ORE 1:16.66
SUSAN J CASE 41 OREG 1:17.02
MONIKA HUNSCHER 42 OREG 1:25.22
200 IM GINGER L PIERSON 44 OREG 2:39.56
SUSAN J CASE 41 OREG 2:52.15
SUZANNE COOPER 40*ORE 2:52.20
MONIKA HUNSCHER 42 OREG 3:01.11
400 IM GINGER L PIERSON 44 OREG 5:44.48
SUSAN J CASE 41 OREG 6:03.56
SUZANNE COOPER 40*ORE 6:13.95

---- 45-49 WOMEN ----

100 IM PAMELA HIMSTREET 46 OREG 1:23.69
200 IM PAMELA HIMSTREET 46 OREG 3:03.89
400 IM PAMELA HIMSTREET 46 OREG 6:38.70

---- 60-64 WOMEN ----

100 IM JOYCE BAHLER 60 MACO 1:39.99
MARGARET A WELLS 64 OREG 1:54.77
200 IM JOYCE BAHLER 60 MACO 3:45.36
MARGARET A WELLS 64 OREG 4:01.87
400 IM JOYCE BAHLER 60 MACO 7:36.41
MARGARET A WELLS 64 OREG 8:13.41

---- 65-69 WOMEN ----

100 IM ELFIE J STEVENIN 69 OREG 2:52.01
200 IM ELFIE J STEVENIN 69 OREG 6:00.78

400 IM ELFIE J STEVENIN 69 OREG 12:01.53

---- 70-74 WOMEN ----

100 IM JUDY M MELCHER 70 OREG 2:29.52
200 IM JUDY M MELCHER 70 OREG 5:19.65+
Oregon was- HAZEL BRESSIE 6:47.20
400 IM JUDY M MELCHER 70 OREG 11:27.28

---- 25-29 MEN ----

100 IM HUNTER S GRAHAM 27 OREG 1:01.63
200 IM HUNTER S GRAHAM 27 OREG 2:15.22

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

100 IM DAVID O BURLESON 33 ORE :58.09
ANDY SCHRAG 33 OREG 1:01.90
JOHN F ZELL 33 OREG 1:02.31
STEPHEN F HARGER 31 OREG 1:03.94
EDWARD R MANN 33 OREG 1:11.11
200 IM DAVID O BURLESON 33 ORE 2:08.26
JOHN F ZELL 33 OREG 2:16.35
ANDY SCHRAG 33 OREG 2:20.13
STEPHEN F HARGER 31 OREG 2:22.10
EDWARD R MANN 33 OREG 2:37.91
400 IM DAVID O BURLESON 33 ORE 4:43.34
JOHN F ZELL 33 OREG 4:53.22
ANDY SCHRAG 33 OREG 5:02.91
STEPHEN F HARGER 31 OREG 5:14.36
EDWARD R MANN 33 OREG 5:32.50

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

100 IM ROY ABRAMOWITZ 36 OREG 1:01.40
GARY HAFER 39 OREG 1:02.72
DANIEL P JOHNSON 37 OREG 1:09.52
JAMES M ELLIOTT 38 OREG 1:11.08
200 IM ROY ABRAMOWITZ 36 OREG 2:13.19
DANIEL P JOHNSON 37 OREG 2:28.83
GARY HAFER 39 OREG 2:31.13
JAMES M ELLIOTT 38 OREG 2:31.53
400 IM ROY ABRAMOWITZ 36 OREG 4:50.37
DANIEL P JOHNSON 37 OREG 5:14.92
GARY HAFER 39 OREG 5:22.38
JAMES M ELLIOTT 38 OREG 5:27.32

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

100 IM ROBERT S SMITH 47 OREG 1:02.56
KEITH A FINZER 45 OREG 1:14.52

200 IM ROBERT S SMITH 47 OREG 2:20.79+

Oregon was- BERT PETERSEN 2:32.68
KEITH A FINZER 45 OREG 2:44.82
400 IM ROBERT S SMITH 47 OREG 5:13.89+
Oregon was- BERT PETERSEN 5:29.69
KEITH A FINZER 45 OREG 5:56.05

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

100 IM TOM FANNING 51 OREG 1:08.92
200 IM TOM FANNING 51 OREG 2:35.19+
Oregon was- BOB MILLER 2:37.41
400 IM TOM FANNING 51 OREG 5:42.16

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

100 IM JIM BIGLER 55 MACO 1:16.95
ARTHUR C WELCH 58 OREG 1:19.09
200 IM ARTHUR C WELCH 58 OREG 2:49.07+
Oregon was- EARL WALTER 2:50.20
JIM BIGLER 55 MACO 2:54.95
400 IM ARTHUR C WELCH 58 OREG 6:01.22+
Oregon was- EARL WALTER 6:11.38
JIM BIGLER 55 MACO 6:27.67

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

100 IM EARL WALTER 69 OREG 1:23.96
200 IM EARL WALTER 69 OREG 3:07.89+
Oregon was- EARL WALTER 3:14.00
400 IM EARL WALTER 69 OREG 6:50.73

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

100 IM ANDREW W HOLDEN 71*ORE 1:20.19+
Oregon was- ANDREW HOLDEN 1:21.00
GERALD A HUESTIS 70 OREG 1:32.91
200 IM ANDREW W HOLDEN 71*ORE 3:04.38+
Oregon was- ANDREW HOLDEN 3:05.42
GERALD A HUESTIS 70 OREG 3:07.27
400 IM GERALD A HUESTIS 70 OREG 6:45.42+
Oregon was- DON STEVENSON 7:20.89
ANDREW W HOLDEN 71*ORE 6:46.33

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

100 IM JOE D RUDDLEY 75 OREG 2:30.57
200 IM JOE D RUDDLEY 75 OREG 5:19.74

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

100 IM HERB EISENSCHMIDT 83 OREG 1:59.28
200 IM HERB EISENSCHMIDT 83 OREG 4:25.05
400 IM HERB EISENSCHMIDT 83 OREG 9:12.83

Z-Man says---

ALL YOU FOLKS WHO DID NOT ENTER THE TRI.M. MEET REALLY MISSED OUT
ON ONE OF THE FUNNEST MEETS OF THE SEASON. BUT FEAR NOT BECAUSE
IT WILL RETURN TO THE O.M.S. SCHEDULE IN 1991 AND WILL BE EVEN
BETTER. I'VE ALREADY GOT SOME NEW IDEAS IN STORE FOR THE SECOND
PORTLAND PARKS TRI.M. MEET.

NAME LADIES AGE 100 I.M. 200 I.M. 400 I.M. TOTAL PREDICTED TOTAL

LINDA MARX 22 1:07.95 2:24.84 5:04.42 8:37.21 9:08.36
LEE ANN MCNERNEY 26 -----

MARY YUSE-MILLER 30 1:17.48 2:50.44 6:14.85 10:22.77 10:34.30
PAM CALTABIANO 31 -----
KIM PHILLIPS 32 1:11.85 2:36.20 5:34.20 9:22.25 9:34.00
KIM BOGUS 32 1:22.75 3:03.81 6:36.08 11:02.64 10:50.00

SUZANNE COOPER 40 1:16.66 2:52.20 6:13.95 10:22.81 10:55.00
KATHY BUCK 40 -----
SUSAN CASE 41 1:17.02 2:52.15 6:03.56 10:12.73 10:20.00
MONIKA HUNSCHER 42 1:25.22 3:01.11 6:36.30 11:02.63 10:43.00
GINGER PIERSON 44 1:12.26 2:39.56 5:44.48 9:37.30 9:39.00

PAM HIMSTREET 46 1:23.69 3:03.89 6:38.70 11:06.28 11:05.00
JOYCE BAHLER 60 1:39.99 3:45.36 7:36.41 13:01.76 12:18.00
MARGARET WELLS 64 1:54.77 4:01.87 8:13.31 14:09.95 15:10.00
ELFIE STEVENIN 69 2:52.01 6:00.78 12:01.53 20:54.32 19:43.22
JUDY MELCHER 70 2:29.52 5:19.65 11:27.28 19:16.45 20:00.00

HAZEL BRESSIE 81 -----

NAME GENTLEMEN AGE 100 I.M. 200 I.M. 400 I.M. TOTAL PREDICTED TOTAL

HUNTER GRAHAM 27 1:01.63 2:15.22 4:57.32 8:14.17 7:52.00
MIKE PHILLIPS 29 -----

STEVE HARGER 31 1:03.94 2:22.10 5:14.36 8:40.40 8:15.59
ANDY SCHRAG 32 1:01.90 2:20.13 5:02.91 8:24.94 8:16.00
JOHN ZELL 33 1:02.31 2:16.35 4:53.22 8:11.88 8:13.00
ED MANN 33 1:11.11 2:37.91 5:32.50 9:21.52 9:47.00
DAVID BURLESON 33 :58.09 2:08.26 4:43.34 7:49.69 7:54.00

ROY ABRAMOWITZ 36 1:01.40 2:13.19 4:50.37 8:04.96 7:58.00
DAN JOHNSON 37 1:09.52 2:28.83 5:14.92 8:53.27 8:39.80
JAMES ELLIOT 38 1:11.08 2:31.53 5:27.32 9:09.93 8:48.28
BRUCE CHENEY 39 -----
GARY HAFFER 39 1:02.72 2:31.13 5:22.38 8:56.23 9:53.00

KEITH FINZER 45 1:14.52 2:44.82 5:56.05 9:55.39 9:57.50
DALE VAUGHN 45 -----
R."DR.SPRINT"SMITH 47 1:02.56 2:20.79 5:13.89 8:37.24 8:24.00

TOM FANNING 51 1:08.92 2:35.19 5:42.16 9:26.27 9:09.50
JIM BIGLER 55 1:16.95 2:54.95 6:27.67 10:39.57 11:00.00
ART WELCH 58 1:19.09 2:49.07 6:01.22 10:15.38 10:12.75

EARL WALTER 69 1:23.96 3:07.89 6:50.73 11:22.68 11:25.00
GERALD HUESTIS 70 1:32.19 3:07.27 6:45.42 11:25.60 11:10.00
ANDREW HOLDEN 71 1:20.19 3:04.37 6:46.33 11:10.90 9:50.00
MEL ANDERSON 72 -----
15:29.02

JOE RUDDLEY 75 2:30.57 5:19.74 10:17.60 18:07.91 17:40.49

LEE KIP KING 78 -----

HERB EISENSCHMIDT 83 1:59.28 4:25.05 9:12.83 15:37.15 16:01.00

OL' BARNACLE ... VIA RELAY FROM DELAY ...

1990 - WORLD SENIOR GAMES - ST GEORGE, UTAH ... OMS CONTESTANTS ...

THANKS TO ALLAN DELAY WE HAVE A FIRST HAND REPORT ON THE SWIMMING AND JUMPING OF 3 OF OUR MEMBERSHIP ...

HUGH RICHARDS (70-74)	4 GOLDS !!!	50 BREAST	40.05
		50 FLY	34.91
		50 FREE	29.47
		100 FREE	1:09.50

OB NOTE : WE HAVE LOST HUGH AND BIRDIE TO COLORADO. THEY HAVE MOVED BACK TO THE LAND OF THEIR ROOTS, IT IS FUN THOUGH TO WRITE OF "DARTH VADER" ... HERE'S WISHING YOU BOTH THE BEST, AND MORE GOLDS FOR YOU HUGH !!!

GIL YOUNG (65-69)	500 FREE	SILVER	7:58.84
	50 BACK	GOLD	:42.85
	100 BACK	GOLD	1:37.32
	100 I.M.	GOLD	NO TIME REPORTED
	200 FREE	SILVER	NO TIME REPORTED

ADD TO THE ABOVE - A WEE BIT OF HIGH JUMPING - GIL PICKED OFF THE SILVER WITH A JUMP OF 4'2", THE GOLD WENT TO A GUY 6'11" WHO TIED GIL'S GAMES RECORD OF 4'6".

OB NOTE : AT 6'11" THE GOLD MEDALIST SHOULD HAVE BEEN PENALIZED AT LEAST 6 INCHES.

ALLAN DELAY (75-79)	50 BACK - GOLD	51.35
	50 BRST - DQ'D (HE HAD IT MADE, AND DID NOT MAKE THE TOUCH CORRECTLY)	
	50 FREE - BRONZE	34.16
	100 FREE - BRONZE	1:22.83

BEST COMMENT OF THE YEAR : ALLAN'S TIME IN THE 50 FREE IS IMPROVING BY 2 SECONDS EVERY TWO YEARS. HE CLAIMS THAT BY THE YEAR 2000, HE WILL BE 85, AND WILL GIVE US A 24 SECOND 50. NOW FOLKS - THAT IS GROWING OLD IN STYLE !!!

ALLAN WENT ON TO SAY THAT THE WEATHER WAS SCRUMPTIOUS, 85 DEGREES, THE PEOPLE WONDERFUL, IT WAS A GREAT SHOW, ESPECIALLY THE OPENING CEREMONIES. ALL CAPPED OFF BY A GREAT BANQUET.

THANKS ALLAN FOR BRINGING US UP TO DATE !!!

FOR THOSE OF YOU LUCKY ENOUGH TO SEE THE WEST METRO EDITION OF THE OREGONIAN, DATED 11/1/90 ...

YOU SAW THAT HANDSOME, DEVIL MAY CARE , DALE VAUGHAN, WITH A BIKE IN HIS HANDS YET !!!

DALE IS ONE HECK OF AN ATHLETE, AS MOST OF YOU KNOW, HE RECENTLY COMPETED IN THE HAWAII IRON MAN, FINISHED SEVENTH IN HIS AGE GROUP. DALE HAS A BEST TIME OF 10 HRS, AND 51 MINUTES FOR THIS GRUELLING EVENT.

THIS YEARS WAS SOMETHING ELSE, HE WAS LEADING AT THE END OF SWIMMING AND AT THE END OF THE BIKING, BUT, WITH THE TEMPERATURES SOARING, THINGS GOT OUT OF HAND FOR EVERYONE IN THE RUNNING PORTION.

DALE, YOU ARE TREMENDOUS, KEEP UP THE GREAT WORK, PERSONALLY, AT 69 I FEEL THAT THE 200 FLY AND 400 IM ARE AS BAD AS IT GETS.

CONGRATULATIONS - DALE VAUGHAN - IRON MAN, AND THEN SOME !!!

MY "FAVORITE WORKOUT"

(A plan for an estimated hour's "work-out")

Must leave home at 6:30 AM to arrive a pool by 7:00 AM. ---Whoops! It's 6:45! -- took too long in the bathroom,--reading. Traffic very héavy. Arrive at pool 7:30 AM. Paid my swim fee and chatted a bit with friendly female attendant. Oh, a couple of my swim buddies are just finishing dressing and I must tell them about the new swim fins I've ordered! Can't enter the pool without a nice warm shower and stretch a little,---really toolong, but---

And there's that pretty lifeguard on duty again! Gotta greet and get that plesant response,--- on the way to find an empty lane. Golly, it's 7:40 AM.

Let's see now, which lane is best? Oh yes, I must adjust my goggles again. They are a bit loose. Ah, lane six is empty now, ---I'llslide in. Dang goggles are fogging! (gr-r-r) Gotta clear them---still foggy. Again, once more! OK.

Gee, it's 7:50 AM. Only 10 more minutes left in the lap time period. See if I can make it across---breast stroke? -----Hooray,puff-puff, I DID IT!! Now I'll swim my slick crawl back with a hard kick. -----Oh boy, PUFF, PUFF, PUFF !!!

MUST rest a couple of minutes. --- --- (H-mmm, good looking slim trim suit in the next lane--) Hey, only two more minutes left-- lets do two more laps!

WOW ! That feels good. What a whale of a great workout. Maybe try it again tomorrow, or the day after Wednesday, or next week?

Bye bye nice Lifeguard----

Well it WAS fun! --- Aren't you susposed to have fun? I feel GREAT!

by, JOE DAVIS

(who is sometimes known to swim under the name of, -- Allan de Lay)

Websters Versions--

CRAWL

1. to move slowly by draggind the body along the ground as a worm does. 2. to go on hands and knees;creep. 3. to move slowly or feebly. 4. a crawling;slow,creeping movement. 5. to swarm with crawling things. 6. to feel as if insects were crawling on the skin. 7. an overarm swimming stroke in which the head is kept low in the water and the legs are kicked.

Re-Writing Websters----

(Swimmers Version)

CRAW-FISH 1. A crayfish.

CRAWL

1. An overarm swimming stroke in which the head is kept low in the water and the legs are kicked, ^{like mad!} 2. To move slowly by dragging the body thru the water. 3. To move slowly or feebly. 4. To swim on hands and knees. 5. A crawling; slow ,creeping movement. 6. To become worn out,quickly!

CRAY-FISH

1. a small fresh water shell-

In fun --
by Allan de Lay

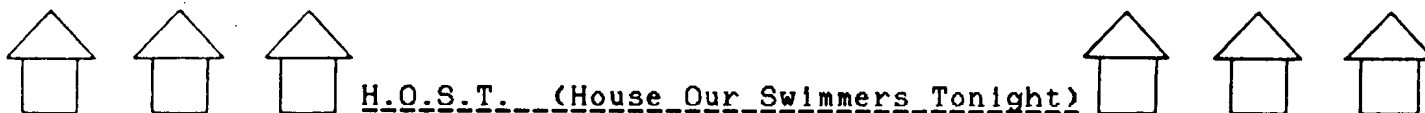
Happy Birthday

January Birthdays

	Anderson, Mel W.	1/17/18
	Arvidson, Brett K.	1/16/55
40	Beaston, Judy E.	1/31/51
	Boardman, Tom B.	1/11/27
	Bressie, Hazel B.	1/15/09
	Brown, Deborah L.	1/ 3/52
	Cooper, Suzanne C.	1/18/50
	Cutter, Robert L.	1/ 5/18
	DeJarnatt, John D.	1/20/50
	Diedrich, Jackie A.	1/ 3/55
	Du Pont, Jo Ellen J.	1/14/64
	Edwards, Diane J.	1/18/28
	Finley, Linda M.	1/ 7/65
35	French, Mary T.	1/30/56
	Goldstein, Mitchell A.	1/24/59
	Hargrove, Barbara S.	1/16/50
	Hoey, James F.	1/11/19
75	Hoffman, Helena W.	1/ 5/16
	Imhof, Mark A.	1/ 6/52
	Kelly, Elizabeth A.	1/23/58
	Kim, Robert	1/ 1/34
	Knapp, Patlyn	1/10/44

	Kolln, Michael T.	1/11/45
	LeCornu, Ron	1/19/45
	L'Esperance, Beverly	1/ 6/32
	McCurdy, Terry C.	1/15/30
	Moore, Boo H.	1/15/54
	Moss, Robert B.	1/30/45
	Nagel, Rose F.	1/17/64
45	Noriega, Vance B.	1/ 7/46
	Pendleton, Michael L.	1/ 2/52
	Peterson, Carol F.	1/31/45
35	Porter, Andy	1/ 7/56
30	Snider, Pam	1/15/61
	Stoinoff, Lavelle M.	1/ 2/33
25	Van Rookhuijzen, Erik	1/14/66
	Voorhees, Kathryn H.	1/ 3/60
	Wilkinson, Maureen	1/30/58
	Yadon, Margaret R.	1/26/18
	Zell, John F.	1/ 7/57

* 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

Corvallis
So. Oregon

Andy Schrag

Mark & Laura Worden
Terry & Judy McCurdy

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

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

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

SNAKE RIVER

Janet Wood

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

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: _____

TRIM RESULTS

DET81LS INSIDE...

MERRY CHRISTMAS

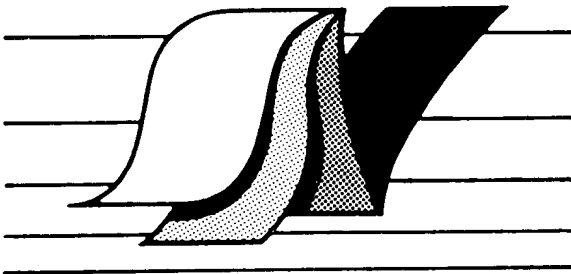
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- * Of Barnacle
- * Meet Entry Forms

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

Aqua-Master



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