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*Aqua-Master* is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for subscription information. OMS is a part of United States Masters Swimming.

## CALENDAR & MEET SCHEDULE 1991

- \*JANUARY 1991 USMS POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIPS**
- \*FEBRUARY 2 BEAVERTON, OR 10th SWIM CELLAR PENTATHLON**  
(ENTRY DEADLINE JAN. 19, 1991)
- FEBRUARY 5 O.M.S. BOARD MEETING 7:30 PM JOHN ZELL'S HOUSE**
- \*FEBRUARY 9 SEATTLE, WA TEAM ORCA S.C.Y. (#1)**  
(ENTRY DEADLINE JAN. 26, 1991)
- FEBRUARY 28 EUGENE, OR MID-WILLAMETTE VALLEY MASTERS MEETING**
- \*MARCH 9 & 10 ASHLAND, OR SO. ORE. STATE COLLEGE S.C.Y. (#3)**  
(ENTRY DEADLINE FEB. 23, 1991)
- MARCH 16 BANGOR, WASHINGTON S.C.Y. (#2)**
- APRIL 5, 6, & 7 OREGON MASTERS ASSOCIATION CHAMPIONSHIPS**  
NEWBERG, OREGON
- APRIL 12-14 PNA ASSOCIATION CHAMPIONSHIPS**  
FEDERAL WAY, WASHINGTON
- APRIL 26-28 REGION 12 SHORT COURSE REGIONALS**  
MOSCOW, IDAHO UNIVERSITY OF IDAHO
- MAY 11 TIGARD, OR AGE GROUP INVITATIONAL WITH MASTERS**
- MAY 16-19 USMS SHORT COURSE NATIONALS TRACY CAULKINS POOL**  
NASHVILLE, TN NASHVILLE AQUATIC CLUB
- JUNE ??? UNSCHEDULED LONG COURSE MEET SOMEWHERE IN OREGON**
- JULY ??? PORTLAND, OR MAC CLUB STATE GAMES OF OREGON**
- JULY 20 ST. HELENS, OR ANIMAL MEET w/AGE GROUPERS**  
S.C.Y. 400 I.M., 500 FREE, 200 CHOICE = BK, BRST, FLY)
- AUGUST ??? REGION 12 LONG COURSE REGIONALS HOST: P.N.A.**
- AUGUST 22-25 USMS LONG COURSE NATIONALS**  
ELIZABETHTOWN, KENTUCKY
- 
- \*MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

# Z-Man says---

Greetings fellow Masters and Happy New Year to you all !!! Welcome to 1991 !!!

It's that time of the year when we all take all little time out to reflect on what we've done over the last year and what we'd like to do in the coming year. So, what kind of resolutions are you working on ?? How about some of these....

Up your average daily yardage by 500 to 1000 yards. Start that dryland training program or get back to it now that the holidays are over. Work more on your specialty stroke or your worst stroke and less on freestyle. Spend a little time to help a fellow swimmer with their stroke. Maybe entering a meet or two is on your list of things to do. And how about recruiting a new member to join Oregon Masters? Whatever your list includes, I hope you achieve your goals.

One of my resolutions is to see that the MEMBERSHIP NUMBERS in our Association continues to grow and sets new records during my two year reign as Chairman. My number two goal is to see the Oregon Masters fields one very large team at the 1992 Long Course Nationals at Federal Way, Washington.

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SO Z-MAN HOW CAN I HELP YOU AND OREGON MASTERS SWIMMING ACHIEVE THESE GOALS ???  
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First we can all make as a personal goal to recruit AT LEAST ONE NEW MEMBER TO OREGON MASTERS SWIMMING THIS YEAR AND NEXT. And secondly, let's all begin to plan now for putting together our best ever Oregon contingent for the Long Course Nationals in 1992 at the Good Will Games Pool. If you have any further ideas please let me know.

But for now some immediate things that we can do is finish reading this months issue and enter some upcoming meets. You will find entry forms for the Pentathlon, Team Orca in Seattle, Ashland, and the USMS One-hour Swim Postal Championships. All the results from the Lincoln City meet along with ol' Barns review are inside. Plus you will find the return of Dr. Sprint and his blueprint for planning your TRAINING SEASON.

ATTENTION ALL RESIDENTS OF THE MID-WILLAMETTE VALLEY.....On February 28 I am holding a meeting in Eugene to discuss Oregon Masters Swimming. This meeting will be open to all current OMS members and any PROSPECTIVE NEW MEMBERS. I also will invite all USS Age Group Swimming coaches and High School Coaches in this area. The point of this meeting is to provide a forum for us to get together and talk about Masters in Oregon...What you like...What you dislike....and what we can do to make it better and grow. The chairman of the OMS Board is taking the show on the road to the people to see what they have to say and see what can be done. MORE INFORMATION ON TIME AND LOCATION TO COME IN NEXT MONTHS ISSUE AND BY DIRECT MAIL TO YOU. SO IF YOU LIVE IN ALBANY, CORVALLIS, LEBANON, SWEET HOME, EUGENE, SPRINGFIELD, COTTAGE GROVE, AND ALL POINTS IN AND AROUND THE MID-WILLAMETTE VALLEY, MARK THIS DATE DOWN ON YOUR CALENDAR AND PLAN TO COME TO EUGENE AND ATTEND THIS IMPORTANT MEETING. WE'LL ALL BE GLAD YOU DID !!!!!

That's about all for now. Stay after those New Years promises.

See you all at the Pentathlon February 2,

**"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.**

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**ENTRY DEADLINE: POSTMARKED NO LATER THAN 1-19-91 LATE ENTRIES WILL RETURNED**  
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**MEET: Swim Cellar Pentathlon**

**DATE: SATURDAY FEBRUARY 2, 1991**

**PLACE:** Tualitin Hills Rec. Center Pool  
6 lanes - all deep, electronic timing  
continuous warm-up/down area

**WARM-UPS: 8:00 A.M.**

**HOST:** Swim Cellar 292-3379 days

**MEET STARTS: 9:00 A.M.**

**MEET DIRECTOR:** Barb Frid 503-645-6950 home

**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. \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

DO NOT ENTER "N.T."

50 - FREE

4. \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

("N.T." = NO TIME)

100 - I.M.

5. \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

-----  
**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**  
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**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:** \$6.00 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.

# ASHLAND TO HOST MEET

The Rogue Valley Masters would like to take this opportunity to invite all OMS Swimmers to come to Ashland and participate in THE LAST CHANCE SWIM MEET. Yes, there will be only four weeks until the Association Championships in Newberg. So if you are looking forward to the opportunity to hone your skills, practice those rusty starts, or to introduce yourself to the rigors of OMS meets, then this is the one for you. Here is an excellent setting for newer swimmers to become familiar with the overall picture of what Masters Swimming is all about....FUN, FITNESS, AND FRIENDSHIP.

On Saturday evening, immediately following the days swimming events, the Rogue Valley Masters will host a Pot-Luck Dinner at one of our members homes. To make it easy on the folks from out of town we ask that travelers bring the chips and drinks and we shall take care of the rest. This is a very informal affair. Because of the early start on Saturday there should be plenty of time after dinner for you to enjoy yourself....take in a play, movie, dancing, the choice is yours. The only requirement is that you take this time to enjoy yourselves.

If anyone is in need of, or desires, a place to stay with a Rogue Valley Masters host while in Ashland please call our Host Person June Mather at 503-482-0610. Please don't be shy...we'd love to have you stay with us.

Yes, we do have special events going on in Ashland. The OREGON SHAKESPEARE FESTIVAL will be in it's third week of the 1991 season. Saturday will feature "The Merchant of Venice" at 2 pm, "Woman in Mind" at 2 pm, and "Our Town" at 8 pm. Sunday's plays are "Woman in Mind" at 2 and 8 pm, "The Merchant of Venice" at 8 pm, and "Major Barbara" at 2pm. For additional information, call 482-4331.

Also, for those who dare, Mt. Ashland will be open for both day and night skiing. What else could you ask for...guaranteed to go home very tired !!!

As for accomodations: YOUR FREE RESERVATION SERVICE....JUST CALL HELEN ALESHIRE at 488-0338 Monday thru Friday from 9 am to 6 pm. She will quote current costs and location (Bed & Breakfasts, hotels, or motels) within your price range and availability, make reservations for you and give directions. One small hint though, both the Timbers Motel and the Valley Entrance Hotel are real close to the pool and near coffee and bagels.

We are all looking forward to putting on a memorable meet and seeing many of you....

"MAKE A WEEKEND OF IT IN ASHLAND"

# "ASHLAND SHORT COURSE YARDS MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET  
 SANCTIONED (#91-F) 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: Ashland Short Course Yards Meet

DATE: MARCH 9 & 10, 1991

PLACE: Southern Oregon State College  
 Ashland, Oregon

5 lanes competition - 1 lane warmup  
 all manual timing

WARM-UP: SATURDAY 2:00 PM SUNDAY 9:00 AM

HOST: Rogue Valley Masters  
 Linda & Dan Gray, Meet Director  
 503-772-4773 (Linda work)

MEET  
 STARTS: SATURDAY 3:00 PM SUNDAY 10:00 AM

DIRECTIONS TO POOL: I-5 South to Exit #14 - turn right and proceed 1.2 miles to  
 1st light (Walker Ave.) - turn right and go to Webster then turn left and go  
 to your 1st right turn (Stadium). The pool entrance is on the left.

ENTRY DEADLINE: POSTMARKED NO LATER THAN 2-23-91 LATE ENTRIES WILL BE RETURNED

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: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+  
 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., 1650 and 500 Free will be  
 deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY MARCH 9	ASHLAND	100 BACK	(11)	_____:	_____.
400 I.M.	(1)	_____:	_____.	200 BREAST	(12)
1650 FREE	(2)	_____:	_____.	50 FREE	(13)
SUNDAY MARCH 10		MEDLEY RELAY	(14)	XXXXXXXXXXXXXXXXXXXX	
FREE RELAY	(3)	XXXXXXXXXXXXXXXXXXXX		BREAK -- BREAK --- BREAK --- BREAK	
200 FLY	(4)	_____:	_____.	100 FLY	(15)
200 BACK	(5)	_____:	_____.	50 BACK	(16)
50 BREAST	(6)	_____:	_____.	100 BREAST	(17)
100 FREE	(7)	_____:	_____.	200 FREE	(18)
MXD FR RELAY	(8)	XXXXXXXXXXXXXXXXXXXX		100 I.M.	(19)
BREAK --- BREAK --- BREAK -- BREAK		MXD MED RELAY	(20)	XXXXXXXXXXXXXXXXXXXX	
200 I.M.	(9)	_____:	_____.	BREAK -- BREAK --- BREAK --- BREAK	
50 FLY	(10)	_____:	_____.	500 FREE	(21)

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$6.00 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.



## **1991 UNITED STATES MASTERS POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP**

Sanctioned by Potomac Valley Masters Swimming Committee  
for United States Masters Swimming  
Sanction Number 101-001

**SPONSOR**  
DC Masters Inc.



### **WHERE AND WHEN**

Any pool 25 yards in length or longer; any time during January 1991

### **OBJECTIVE**

The object of the championship is to determine who can swim the greatest distance in one hour. The person swimming the greatest distance will be declared the winner, the person swimming second greatest distance will be awarded second place, etc. If two or more swimmers complete the same distance a tie will be declared.

### **ELIGIBILITY**

Any registered U.S. Masters swimmer or Masters athlete registered with a similar body in his/her own country. 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.

### **EVENT CATEGORIES**

**Individuals:** The age groups are (M&F) 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95 & above. An award for **overall** outstanding performances will be given to the 3 men and 3 women swimming the three greatest distances. All entrants will be considered for this award.

**Relay Team Event:** A relay team is composed of three swimmers in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ for men and women. The age of the youngest member determines the age group of the team. Each member of the relay team must enter the individual event. Unattached or mixed sex teams are not allowed. All team members must be members of the same registered club. Swimmers who enter unattached may not be listed on a relay entry. Individual distances are combined for the relay entry distance. The relay team with the highest combined total yardage shall be declared the winner.

**Club Scoring:** All clubs with entrants will be considered for an award. The three clubs scoring the most points will receive an award. Scoring will be treated as if the event had been swum in a ten-lane pool for individual entries; relays will be awarded points for first through third equal to twice the points of an individual place in a ten-lane pool.

## RULES

*Drafting is not permitted.* Masters Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record lap splits, and time the event with a stop watch. He/she must sign the official entry form. Round down all distances to the nearest completed five yard increment (i.e., round 2764 yards to 2760). If the pool is meters, multiply the distance swum by 1.0936 and round down to the nearest five yard increment and enter yards. All swims must be done during January 1991. Any participant who submits an entry, which will potentially qualify for USMS All American or record consideration, may be required to submit verification (i.e. split sheet). Therefore, these participants must retain their split times until at least April 30, 1991. Currently, USMS does not permit distance adjustments for swims at altitude. Dual Entries: Swimmers who *change age groups* during January may enter twice, but *must swim twice*.

## T-SHIRTS

For the first time a specially designed, three color, T-shirt may be ordered for \$12. The shirts will be top quality 100 percent cotton.

## AWARDS

U.S. Masters Championship medals will be awarded to the first ten places by age group and sex in the individual event and the first three places in relay events. Championship patches will also be awarded to all first place winners. Distinctive awards will be presented to three men and three women for overall outstanding performances. The three top scoring clubs will receive engraved plaques.

## ENTRY FEES

Individual entry, \$5 per swimmer. Relay team entry, \$8 per team. Make checks and international money orders payable to *DC Masters*.

*Foreign entrants* submit U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. Foreign personal checks *cannot* be accepted. U.S. cash is accepted, but at your own risk. For an entry receipt, enclose a self-addressed stamped postcard. Foreign receipts: add 50 cents for postage. Foreign entries should be sent *Air Mail*.

## ENTRY DEADLINE

Entries must be *received* by *February 10, 1991*. Mail completed official entry forms (individual and relay), **copy of USMS registration**, and entry fees (payable to DC Masters in US dollars) to:

Hour Swim  
4913 Kingston Drive  
Annandale, VA 22003

**ENTRIES MUST BE RECEIVED BY February 10, 1991**

Meet Director: Joann Leilich (703) 354-2130 (*before 9:30 PM EST please*)

**1991 UNITED STATES MASTERS  
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP  
OFFICIAL ENTRY FORM**

**PLEASE PRINT!!!**

\_\_\_\_\_  
Last Name First Age

\_\_\_\_\_  
Address

\_\_\_\_\_  
Country (if not USA)

\_\_\_\_\_  
Telephone (Foreign entries include country and city codes)

**Sex:** \_\_\_\_\_ (Male or Female)

<b>Age Group:</b>	<b>B 25-29</b>	<b>E 40-44</b>	<b>H 55-59</b>	<b>K 70-74</b>	<b>N 85-89</b>
(Circle One)	<b>C 30-34</b>	<b>F 45-49</b>	<b>I 60-64</b>	<b>L 75-79</b>	<b>O 90-94</b>
<b>A 19-24</b>	<b>D 35-39</b>	<b>G 50-54</b>	<b>J 65-69</b>	<b>M 80-84</b>	<b>P 95 &amp; up</b>

**Distance**

(If pool was in meters, multiply distance swum by 1.0936, round down to nearest 5 yard increment and enter yards)

**Club Name**

(Print the name of your club or print unattached. If left blank "unattached" will be entered.)

**1991 USMS registration no. or foreign equivalent.**

I certify that I have read the rules of this competition. I acknowledge that if I leave the club name blank, I will be entered as unattached and my name and distance may not be entered in a relay team entry. I further certify that on \_\_\_\_\_, I swam \_\_\_\_\_ yards in one hour.

\_\_\_\_\_  
Signature of swimmer (required)

\_\_\_\_\_  
Signature of verifier (required)

Hour Swim Entry

Number of T-Shirts ordered \_\_\_\_\_ x \$12.00 = \_\_\_\_\_ \$5.00 \_\_\_\_\_

☐ ☐ ☐  
Medium Large X-Large

**TOTAL = \_\_\_\_\_ Checks payable to DC Masters**

No foreign personal checks accepted.

Use bank checks with a U.S. affiliate or international money order.  
Entry fee includes mailing awards and results. Results take 30 days to compile, print, and mail after the deadline for entries. Please be patient.

**Mail Entry to: Hour Swim, 4913 Kingston Drive, Annandale, VA 22003, USA  
YOU MUST SUBMIT A COPY OF USMS REGISTRATION CARD**

NOTE: Split sheet on reverse side of this form for your convenience.



**1991 UNITED STATES MASTERS  
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP**

**OFFICIAL RELAY ENTRY FORM**

**Relay Team Entry Procedure**

Complete official entry form for *each* relay entered. Print first and last names of swimmers. Swimmers *must* use the same club name on both individual and relay entries. Relays which include unattached swimmers or swimmers who did not enter the individual competition will be *disqualified* without refund of entry fees. Swimmers may swim on only one relay. Multiple relay entries from a single club (i.e., "A," "B," "C," etc.) in a given age group are permitted.

**PLEASE PRINT!!!**

List one person's address to receive all awards for the relay team.

Club Name \_\_\_\_\_ Total Yardage \_\_\_\_\_

Sex: _____	Age Group:	A 19+	D 35+	H 55+	L 75+
Male/Female	(Circle One)	B 25+	F 45+	J 65+	N 85+

Swimmer #1 (full name) _____	Age _____	Distance _____
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Swimmer #2 (full name) _____	Age _____	Distance _____
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Swimmer #3 (full name) _____	Age _____	Distance _____
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Address of swimmer to receive awards \_\_\_\_\_  
\_\_\_\_\_

Country (if not USA) _____	Telephone (Foreign entries include country and city codes) _____
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**Entry Fees -- \$8 per Relay Team, U.S. Funds Only**

No foreign personal checks accepted.

Please use bank checks from a bank with a U.S. affiliate or international money order.

Entry fee includes mailing awards and results to you.

**Please make all checks payable to DC Masters.**

Results take 30 days after the deadline for entries to compile, print and mail. Please be patient.

**Mail Entry to: Hour Swim, 4913 Kingston Drive, Annandale, VA 22003, USA**

# 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

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

MINUTES OF BOARD MEETING  
OREGON MASTERS SWIMMING, INC.

November 13, 1990

Attendees: Ginger Pierson, Sandi Rousseau, Barbara Frid, Pam Himstreet, Kathy Buck, Jayne Chastain-Arvidson, Earl Walter, John Zell, Dan Johnson.

Call to order: 7:41 p.m.

Secretary's Report: Andy Schrag. Not present.

Corrections/Amendments:

1. Change "Seeding of Women" - Should be; a regular policy to seed for each event a fast heat of women and fast heat of men - the following heats to be seeded together according to time.
2. Convention Highlights - Time standards should be the discretion of USMS Championship Committee not the meet director.

Corrections of minutes approved/corrected.

Voting of new Officers: Of the 39 teams registered, 20 (the majority) voted in the following:

John Zell, President Chairperson  
Andy Schrag, Secretary, Host/Social

Host/Social: Andy Schrag. Not present. No report.

Treasurer's Report: Roy Abramowitz. OMS fund balance for month ending September 1990: \$11,676.24.

Vice-Chair's Report: Pam Himstreet. Oregon city January 19 - 20, 1991 - Meters Meet: Saturday, 4:00 p.m., 800 and 400 I.M. free, Sunday, full association schedule. Spring Regionals - Inland Empire is scheduled to host short course regionals. Date and location to be set by the second week in December, 1990 per Jerry Scheibner, President. John Zell to contact IEA and follow-up on date/commitment. Discussion: Short course (meters) meet records from IEA are not being submitted on a routine basis. Need by October of each year.

Committee Reports:

Registration: Dan Johnson. 207 registered members.  
Membership cards to be mailed November 17, 1990.

Membership: Barbara Frid. Passed out new 1990-91 brochures - mailed to all OMS contacts.

Aquamaster: John Zell. New edition passed out. Fast turnaround from press.

Records/Data Manager: Earl Walter. Schedule for record reporting:

Association	- short course (yds)	= Earl Walter
Regionals	- "	" = PNA
World/National	- "	" = Walt Reid (PNA)

Association	- short course (mtrs)	= Earl Walter
Regionals	- "	" = IEA
World/National	- "	" = Walt Reid (PNA)

Association	- long course (mtrs)	= Earl Walter
Regionals	- "	" = Earl Walter (OMS)
World/National	- "	" = Walt Reid (PNA)

State games - Earl Walter

Forty-five percent of Parkrose entries were late. The following procedures were established:

1. Entries must be postmarked 2-weeks prior to swim meet.
2. Meet directors not to accept late or adjusting entries.
3. "Late entries not accepted" (on entry) shall change to "Late entries to be returned".
4. Circumstances will exist - discretionary per Data Manager.

Contribution to Oregon Swimming: \$500 to be presented by John Zell, earmarked for "Officials".

Contribution was approved for a reimbursement sustenance at the discretion of the meet director for up to \$50 maximum each meet for "Official's hospitality". Receipt due from each host team.

#### Old Business:

Separate line in budget for "Official" contribution.  
Statement to be printed in each Aquamaster.

Discussed ideas for thank you recognition to Stevens-Ness printers. John Zell to follow-up.

#### New Business:

Warm Down options at swim meets:

1. Swim down 1-length after race
2. No warm up/down space, 6-lane pool - 1 continuous lane open for warm downs, no diving - 5 lanes for heats.
3. Separate area.
4. Try for double lane lines

Approved: No continuous warm up/down area at meet - 1-lane must be designated as "Warm up/down lane". Set as a 3-month trial period starting with Lincoln City, Oregon City and Ashland. this lane should have double lanes. To be posted in Aquamaster.

OMS Librarian to be deferred to next meeting.

Safety signs were suggested for use at swim meets next year, i.e., SPRINT LANES - ONE WAY ONLY, No Diving, Emergency Numbers.

Meet directors to designate Marshalls to police "No diving" during warm ups at each end of pool. Pam to notify each meet director.

Nomination of USMS officers to be discussed at next meeting.

Tri-M evaluation = awarded full money.

Meeting Adjourned.

# "ol' Barnacle"

OL' BARN ... OMS ... 45 LONG COURSE TOP TENNERS & 9 ALL AMERICANS !!!!!

23 WOMEN LED THE WAY, WITH 5 TAKING THE TOP PRIZE OF ALL AMERICAN ...

LEISSA MILLS (30-34) ALL AMERICAN : 100 M FREE  
200 M FREE  
200 M I.M.

ADD : A # 5 FOR THE 50 M FREE

CAROLYN WOOD (40-44) ALL AMERICAN : 50 M BACKSTROKE

GINGER PIERSON (40-44) ALL AMERICAN : 50 M BREAST  
100 M BREAST  
200 M BREAST

ADD : A # 5 - 50 M BACK, # 9 FOR THE 100, AND # 7 IN THE 200  
A # 10 FOR THE 100 FLY, PLUS A # 4 IN THE 200  
A # 5 IN THE 200 IM, AND A # 4 IN THE 400

PETHEY SMITH (65-69) ALL AMERICAN : 100 M FREE  
1500 M FREE

ADD : # 2 IN THE 50 FREE, # 2 IN THE 200, # 2 - 400 + # 2 IN THE 800  
# 7 IN THE 50 FLY AND A # 5 IN THE 200 M IM

HAZEL BRESSIE (80-84) ALL AMERICAN : 800 M FREE

PLUS : # 7 - 50 FREE, # 4 - 100 FREE, # 3 - 200, & # 6 - 400  
# 7 - 50 BACK, # 6 - 100, AND # 6 - 200  
# 6 - 50 BREAST, # 5 - 100, AND # 5 IN THE 200  
# 4 - 50 FLY, # 4 - 100, AND A # 3 - 200  
# 6 FOR THE 200 IM, AND # 4 FOR THE 400

OB NOTE : AFRAID HAZEL RAN OUT OF TIME, DIDN'T GET TO SWIM THE 1500 ???

TOP TENNERS , CONGRATULATIONS TO ...

19-24 : LISA WOODWORTH, # 9 - 400 FREE, # 6 - 800 FREE,

JENNIFER MYERS , # 8 IN THE 50 M BACK

LINDA MARX , # 8 IN THE 100 M BREAST, PLUS # 9 FOR THE 100 FLY

25-29 : KARIN DECK - # 9 IN THE 200 FLY

ANDREE DEVINE - # 3 FOR THE 400 IM ( PAIN WITH GAIN !!! )

30-34 : GRACIE GODDARD - # 4 IN THE 50 M FREE, PLUS A # 7 IN THE 100  
# 5 FOR THE 50 FLY, AND A # 6 IN THE 100

JILL SCHLUDT - # 9 FOR THE 1500 M FREE

35-39 : CATHERINE CHAY - # 7 FOR THE 200 M FREE, ADD A # 4 IN THE 400 AND A  
# 8 IN THE 200 IM

40-44 : SUSAN CASE - 50 BACK - # 6, 100 - # 3, DITTO THE 200  
# 9 FOR THE 200 BREAST, GREAT COME BACK !!!

JAYNE ARVIDSON - # 7 - 50 M BACK PLUS A # 10 FOR THE 200  
JAYNE'S TELLING US THAT SHE IS BACK , WAY TO GO !!!

45-49 : BARBARA FRID - 8TH IN THE 200 FREE, PLUS A # 3 - 400, AND # 3 - 800  
# 6 FOR THE 50 BACK, # 7 IN THE 100, # 9 FOR THE 200  
# 4 - 50 M BREAST, # 4 - 100, CAPPED WITH # 3 - 200

PAMELA HIMSTREET - # 7 - 400 M FREE,  
# 5 - 50 BREAST, # 6 - 100, A # 4 FOR THE 200  
# 10 FOR THE 100 FLY, # 8 IN THE 400 IM

50-54 : CHARLOTTE COWAN - # 9 IN THE 400 M FREE

60-64 : JOYCE BAHLER - # 10 FOR THE 1500 FREE  
# 7 - 50 BREAST, # 5 - 100, AND # 5 IN THE 200  
PLUS A # 8 IN THE 400 IM

MARGARET WELLS - # 9 FOR THE 100 FLY

65-69 : PAULINE STANGEL - # 10 IN THE 400 FREE  
BREAST - 50 - # 10, 100 - # 8, 200 - # 7

ELFIE STEVENIN - # 10 IN THE 100 FLY

70-74 : HELENA HOFFMAN - # 10 IN THE 100 FLY

NOW FOR THE UGLIES .....

22 MEN MADE THE PROMISED LAND, WITH 4 LEADING THE WAY AS ALL AMERICANS ...

45-49 : RICHARD BOYD - ALL AMERICAN : 1500 M FREE

ADD : # 4 - 200 FREE, # 3 - 400 FREE, # 2 - 800 FREE  
# 3 - 200 IM, # 2 - 200 BRST AND # 3 - 400 IM

70-74 : ANDREW HOLDEN - ALL AMERICAN : 50 M FREE  
100 M FREE  
50 M FLY  
100 M FLY  
200 M FLY

ADD : # 3 - 50 M BACK, # 3 - 100 M BACK, # 5 - 50 M BREAST, AND A  
# 6 IN THE 100 M BREAST

80-84 : JACK HOEY - ALL AMERICAN : 50 M BACK  
100 M BACK  
200 M BACK

ADD : # 10 - 50 M FREE, # 8 - 100 M FREE, # 6 - 400 M FREE  
# 5 - 50 M FLY

HERB EISENSCHMIDT - ALL AMERICAN : 200 M - IND MEDLEY

ADD : # 7 - 100 M FREE, # 5 - 200 M FREE, # 4 - 400 M FREE  
# 2 - 50 M BACK, # 2 - 100 M BACK, # 2 - 200 M BACK  
# 5 - 50 M BREAST, # 4 - 100 M BREAST, # 3 - 200 M BREAST  
# 3 - 50 M FLY.

TOP TENNERS - CONGRATULATIONS TO ...

19-24 : SETH TICHENOR - # 6 - 50 M FREE, # 2 - 100 M FREE  
# 8 - 50 M FLY, # 10 - 100 M FLY

ERIK ROOKHUIJZEN - # 4 - 200 M BACK, # 10 - 50 M - BREAST  
# 6 - 200 M IM, # 5 - 400 M IM

30-34 : DAVE BURLESON - # 10 - 100 M BACK, # 8 - 200 M BACK

40-44 : STEVE JOHNSON -# 10 - 200 M FREE, # 2 - 400 M FREE, # 3 - 800 M FREE  
# 6 - 200 M - FLY

STEVE DURAPAU -# 10 - 400 M FREE, # 3 - 1500 FREE

ALLEN STARK - # 9 - 50 M BREAST, # 4 - 100 M BREAST, # 4 - 200 M BRST

STEVE WARNER - # 10 - 100 M FLY

50-54 : TOM FANNING - # 10 FOR THE 400 M IM

55-59 : ART WELCH - # 7 - 200 M FREE, # 8 - 400 M FREE, # 6 - 800 M FREE  
# 6 - 100 M FLY, # 5 - 200 M FLY

60-64 : DONLAN JONES - # 9 - 50 M BACK (GREAT TO SEE THIS GUY BACK !!!)

ERIC GUEST - # 10 - 50 FLY, # 7 - 100 FLY, # 9 - 200 M IM

FRED ECKHARDT - # 7 - 200 M FLY

65-69 : BOB MORRISON - # 7 - 50 M BREAST

EARL WALTER - # 7 - 200 M BREAST, # 5 - 100 M FLY, # 5 - 200 M FLY  
# 7 - 200 M IM, # 4 - 400 M IM

HUGH RICHARDS - # 7 - 50 M FLY

70-74 : FORBES MACK - # 7 - 50 M BREAST, # 7 - 100 M BREAST, # 6 - 200 BRST  
# 10 - 200 M - IM

75-79 : ALLAN DELAY - # 6 - 50 M FREE, # 9 - 50 M BREAST

JOE RUDDLEY - # 10 - 400 M FREE, # 3 - 200 M FLY, # 5 - 400 M IM  
RELAYS - RELAYS - RELAYS .....

WOMEN 200 M FREE - 120 + - # 8 (JILL SCHULDT, BETH LAURENSEN, LINDA FINLEY AND  
CAROLYN WOOD)

WOMEN 200 M MEDLEY - 120 + - # 8 (JILL SCHLUDET, BETH LAURENSEN, CAROLYN WOOD, AND  
LINDA FINLEY)

WOMEN 200 M MEDLEY - 160 + - # 1 - (BARBARA FRID, GINGER PIERSON, ANDREE DEVINE,  
AND PAM HIMSTREET)

OB NOTE : NATIONAL CHAMPS ARE ALSO NUMERO UNO, WAY TO GO GALS !!!

NATIONAL RECORDS - HELD BY OMS SWIMMERS ...

40-44 - GINGER PIERSON : 50 M BREAST, 100 M BREAST, 200 M BREAST

50-54 - LAVELLE STOINOFF : 400 M FREE, 800 M FREE, 1500 M FREE

55-59 - LAVELLE STOINOFF : 200, 400, 800, 1500 M FREE  
200 M BACK

65-69 - PETEY SMITH : 800 M FREE, AND 1500 M FREE

80-84 - HERB EISENSCHMIDT : 200 M BACK AND 200 M IND MEDLEY

MIXED 200 M MEDLEY - 200 + (BARBARA FRID, GINGER PIERSON, BERT PETERSEN, AND  
HUGH RICHARDS)

MIXED 400 M FREE - 240 + (PETEY SMITH, GIL YOUNG , EARL WALTER, AND BARBARA  
FRID)



# "ol' Barnacle"

OL' BARNACLE ... LINCOLN CITY ... AGAIN THE STAGE FOR GREAT SWIMS !!!

74 OF THE NORTHWEST'S FINEST MASTERS SWIMMERS TOOK ADVANTAGE OF THE HOSPITALITY OFFERED BY THE FINE FOLKS OF THIS GREAT COASTAL COMMUNITY.

LISSA PARKER AND JERRY NEWMAN WERE THE LOCALS RESPONSIBLE FOR A FINE MEET. THE HELP OF T.D. AND RUTH HUGHES FROM OREGON SWIMMING AGAIN UNDERLINED HOW MUCH WE SHOULD BE THANKFUL FOR WHEN IT COMES TO OFFICIATING.

THIS WAS A SHORT COURSE METERS MEET, AND BEING THE LAST ONE IN OUR AREA FOR THE YEAR OF 1990, MANY OF OUR BEST WERE PRESENT AND RAISED HAVOC WITH WORLD, NATIONAL, REGIONAL AND ASSOCIATION STANDARDS.

## NEW WORLD RECORDS

PETHEY SMITH (65-69) NEWPORT, PETHEY MADE IT LOOK SO EASY, SHE SHATTERED THE WORLD MARK IN THE 1500 M FREE BY OVER 4 MINUTES, WITH A TIME OF 25:29.12, WOW AND WOW !!!, IN SPITE OF A PAINFUL BACK AND RESTRICTED PUSH OFFS ON THE TURNS, PETHEY JUST SWAM A BEAUTIFUL RACE.

ANDREW HOLDEN (70-74) LONGVIEW, WALLY TOOK 2 SECONDS OFF THE WORLD STANDARD SET BY RAY TAFT, WITH A SCINTILLATING :36.09 FOR THE 50 FLY. THERE WILL BE MORE TO COME FROM THIS SWIMMER, HE IS FANTASTIC !!!

YOU WILL BE HEARING A LOT ABOUT OMS' RELAYS IN THE 280 + CATEGORY, WE ARE BLESSED WITH 6 SWIMMERS WHO ARE 70 AND MORE OR TURNING 70 IN THE NEXT FEW MONTHS, ALL OF WHOM ARE RANKED IN THE WORLD TOP TEN ...

WITH EARL WALTER, BACKSTROKE, FORBES MACK, BREASTSTROKE, ANDREW HOLDEN, FLY, AND GERALD HUESTIS FREE, THE WORLD RECORD WAS LOWERED BY 9 PLUS SECONDS TO A NEW STANDARD OF 2:36.92 FOR THE 200 M MEDLEY RELAY. THE BEST NEWS IS THAT THEY CAN GO FASTER !!!

## NEW NATIONAL RECORD

THE GERITOL QUARTET WENT AT IT AGAIN IN THE 280 + 200 M FREE RELAY, WITH A PREDICTED TIME OF 2:15 PLUS, THEY PUT TOGETHER A 2:13.84, ONLY TWO SECONDS OFF THE WORLD RECORD HELD BY SWEDISH SWIMMERS. ( 9 SECS UNDER THE NATIONAL)

LEAD OFF WAS EARL WALTER, THEN FORBES MACK, FOLLOWED BY GERALD HUESTIS AND ANCHORED BY ANDREW HOLDEN.

OB COMMENT - WE WERE OVERLY CAUTIOUS ON OUR TAKEOFFS, PLUS THE FIRST 3 CAN PROBABLY GO 3 SECONDS FASTER, WE WILL GET THE WR THIS COMING YEAR, PROMISE !!

## NEW REGIONAL RECORDS

KATHY CASEY (40-44) PNA - 400 M FREE - 5:25.10 (THANKS FOR COMING)

STEVE VELA (30-34) PNA - 400 M FREE - 4:35.13 (THANKS ALSO FOR COMING )  
100 M FLY - 1:02.63  
200 M FLY - 2:17.02

JIM BIGLER (55-59) 400 M FREE - 5:34.80  
200 M FREE - 2:37.80

SYD HENDY (75-79) 400 M FREE - 7:55.71

BARBARA FRID (45-49) 50 M BREAST - 42.18

JUDY MELCHER (70-74) 50 M BREAST - 1:12.96  
100 M BREAST - 2:36.36  
200 M BREAST - 5:30.41

HELENA HOFFMAN 70-74) 100 M FLY - 3:35.85  
50 M FLY - 1:35.18  
200 M FLY - 7:37.47  
200 M IM - 6:53.56

GRACIE GODDARD (30-34) 200 M FREE - 2:15.81  
100 M FREE - 1:02.19  
50 M FREE - :28.05

GERALD HUESTIS (70-74) 200 M FREE - 2:56.19  
100 M I.M. - 1:31.95  
100 M BACK - 1:33.72

HAZEL BRESSIE (80-84) 100 M I.M. - 4:36.95

ANDREW HOLDEN (70-74) 50 M FREE - :32.48

#### NEW ASSOCIATION RECORDS

GINGER PIERSON (40-44) 50 M BACK - :39.79

JIM BIGLER (55-59) 100 M FREE - 1:12.09

VIOLA FRASER (70-74) 50 M FREE - :1:07.02

#### GREAT SWIMS ...

MICKY MARKS (60-64) LOOKED GOOD IN THE 400 IM.

STEVE DURAPAU (40-44) WAS CLOSE TO THE RECORD IN THE 1500

GILBERT YOUNG (65-69) DITTO, GIL IS COMING BACK !!!

KIM PHILLIPS (30-34) FINE 400 M FREE SWIM

BOB MORRISON (65-69) SAID HE WASN'T READY ??, GREAT 50 M BREAST

CHARLIE SCHARPF (40-44) FROM EUGENE LOOKS TO BE A COMER

GINGER PIERSON CAME WITHIN A WHISKER OF THE 100 M BACK RECORD (40-44)

THAT'S IT FOR THIS ONE FOLKS ... SEE YOU ALL AT OREGON CITY JAN 19/20

THANKS AGAIN FOR THE WONDERFUL SWIM ALL YOU FOLKS FROM LINCOLN CITY !!!

REMEMBER ... STAY WITH IT ... AND STAY FIT !!!

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

50FREE KRISTIN M TAKANO 20 ORE :37.16  
 100FRE KATHLEEN DREDGE 23\*ORE 1:12.87  
     KRISTIN M TAKANO 20 ORE 1:22.77  
 200FRE KATHLEEN DREDGE 23\*ORE 2:41.27  
 400FRE MARILEA E VELA 23\*PNA 5:41.22  
 50BACK KRISTIN M TAKANO 20 ORE :55.23  
 50BRST MARILEA E VELA 23\*PNA :43.45+  
     Oregon was- BETH BURCZAK :44.23

100 IM KATHLEEN DREDGE 23\*ORE 1:35.71

## ---- 25-29 WOMEN ----

50FREE LEE ANN MCNERNEY 26 ORE :38.06  
 100FRE LEE ANN MCNERNEY 26 ORE 1:23.01  
 200FRE LEE ANN MCNERNEY 26 ORE 2:53.34  
 400FRE LEE ANN MCNERNEY 26 ORE 5:59.09

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

50FREE GRACIE GODDARD 31\*ORE :28.05+  
     Oregon was- GRACIE GODDARD :29.18  
     KRISTEN MELTON 31 ORE :35.04  
     LORI HOLLINGSWORTH 34\*ORE :35.10  
     GAIL KIMBERLING 34\*ORE :38.75  
     MAUREEN WILCOX 32\*ORE :39.90

100FRE GRACIE GODDARD 31\*ORE 1:02.19+

    Oregon was- GRACIE GODDARD 1:04.88  
     LORI HOLLINGSWORTH 34\*ORE 1:18.90  
     GAIL KIMBERLING 34\*ORE 1:28.66  
 200FRE GRACIE GODDARD 31\*ORE 2:15.81+  
     Oregon was- GRACIE GODDARD 2:24.91

    GAIL KIMBERLING 34\*ORE 3:10.56  
 400FRE KIMBERLY A PHILLIPS 32 ORE 5:28.04  
     LORI HOLLINGSWORTH 34\*ORE 6:13.49  
     GAIL KIMBERLING 34\*ORE 6:39.91

1500FR LORI HOLLINGSWORTH 34\*ORE 24:19.25  
 200BAK KIMBERLY A PHILLIPS 32 ORE 3:02.78  
 50BRST KRISTEN MELTON 31 ORE :45.08

100BRS KIMBERLY A PHILLIPS 32 ORE 1:30.30  
 200BRS KIMBERLY A PHILLIPS 32 ORE 3:12.36

50 FLY KRISTEN MELTON 31 ORE :40.32  
     GAIL KIMBERLING 34\*ORE :51.50

100 IM KIMBERLY A PHILLIPS 32 ORE 1:22.79  
     KRISTEN MELTON 31 ORE 1:26.43

200 IM KRISTEN MELTON 31 ORE 3:10.33

## ---- 35-39 WOMEN ----

50FREE LISSA PARKER 38\*LCM :42.05  
 100FRE LISSA PARKER 38\*LCM 1:34.43  
 200FRE LISSA PARKER 38\*LCM 3:19.18  
 50 FLY LISSA PARKER 38\*LCM :50.42  
 100 IM LISSA PARKER 38\*LCM 1:48.66

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

50FREE KATHRINE CASEY 42\*PNA :31.88+  
     Oregon was- SANDI ROUSSEAU :31.98  
     SANDI ROUSSEAU 43 ORE :33.68  
 100FRE KATHRINE CASEY 42\*PNA 1:10.18+  
     Oregon was- SANDI ROUSSEAU 1:11.21  
     SANDI ROUSSEAU 43 ORE 1:15.74  
 400FRE KATHRINE CASEY 42\*PNA 5:25.10+  
     Oregon was- GERI MATHEWSON 5:41.33  
     MONIKA HUNSCHER 42 OREG 6:10.28

1500FR KATHRINE CASEY 42\*PNA 21:13.85+

    Oregon was- JAN M PLESNER 24:52.35

50BACK GINGER L PIERSON 44 OREG :39.79+

    Oregon was- SUSAN J CASE :40.17

    KATHRINE CASEY 42\*PNA :42.34

    MONIKA HUNSCHER 42 OREG :42.95

100BAK GINGER L PIERSON 44 OREG 1:27.01

    SUSAN J CASE 41 OREG 1:28.55

200BAK SUSAN J CASE 41 OREG 3:09.56

    KATHRINE CASEY 42\*PNA 3:14.07

    MONIKA HUNSCHER 42 OREG 3:19.70

50BRST SUSAN J CASE 41 OREG :43.65

100BRS SUSAN J CASE 41 OREG 1:34.34

    MONIKA HUNSCHER 42 OREG 1:48.96

200BRS SUSAN J CASE 41 OREG 3:27.95

50 FLY GINGER L PIERSON 44 OREG :35.98

100FLY GINGER L PIERSON 44 OREG 1:23.04

    SANDI ROUSSEAU 43 ORE 1:26.03

    MONIKA HUNSCHER 42 OREG 1:42.05

200FLY GINGER L PIERSON 44 OREG 3:05.91

100 IM SANDI ROUSSEAU 43 ORE 1:27.74

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

400FRE BARBARA FRID 48 OREG 5:47.68

50BACK BARBARA FRID 48 OREG :40.65

100BAK BARBARA FRID 48 OREG 1:30.87

200BAK BARBARA FRID 48 OREG 3:19.37

50BRST BARBARA FRID 48 OREG :42.18+

    Oregon was- KALEO B. SCHRODER 1:03.70

## ---- 50-54 WOMEN ----

50FREE JEAN KINZEY-LEE 50 ORE :42.31

100FRE JEAN KINZEY-LEE 50 ORE 1:40.40

50BACK JEAN KINZEY-LEE 50 ORE :54.75

50BRST JEAN KINZEY-LEE 50 ORE :55.45+

    Oregon was- KALEO B SCHRODER 1:00.84

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

50FREE PETEY SMITH 66 ORE :37.85

100FRE PETEY SMITH 66 ORE 1:24.34+

    Oregon was- JUDY M MELCHER 2:36.88

200FRE PETEY SMITH 66 ORE 3:07.37+

    Oregon was- OPEN 99:99.99

1500FR PETEY SMITH 66 ORE 25:29.12+

    Oregon was- OPEN 99:99.99

100BAK ELFIE STEVENIN 69 ORE 2:50.77+

    Oregon was- ELFIE J STEVENIN 3:07.16

200BAK ELFIE STEVENIN 69 ORE 5:49.06

100FLY ELFIE STEVENIN 69 ORE 3:09.27

200FLY ELFIE STEVENIN 69 ORE 6:36.47

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

50FREE VIOLA FRASER 74 ORE 1:07.02+

    Oregon was- ADA HEBERT 1:08.75

    JUDY MELCHER 70 ORE 1:10.32

50BACK JUDY MELCHER 70 ORE 1:27.89+

    Oregon was- HELENA W HOFFMAN 1:43.02

    VIOLA FRASER 74 ORE 1:41.34

100BAK HELENA HOFFMAN 74 ORE 3:32.87

200BAK HELENA HOFFMAN 74 ORE 7:29.73

50BRST JUDY MELCHER 70 ORE 1:12.96+

    Oregon was- OPEN 99:99.99

100BRS JUDY MELCHER 70 ORE 2:36.36+

    Oregon was- HELENA W HOFFMAN 3:20.91

200BRS JUDY MELCHER 70 ORE 5:30.41+

    Oregon was- HELENA W HOFFMAN 6:53.91

50 FLY HELENA HOFFMAN 74 ORE 1:35.18+

    Oregon was- OPEN 99:99.99

100FLY HELENA HOFFMAN 74 ORE 3:35.85+

    Oregon was- OPEN 99:99.99

200FLY HELENA HOFFMAN 74 ORE 7:37.47+

    Oregon was- OPEN 99:99.99

200 IM HELENA HOFFMAN 74 ORE 6:53.56+

    Oregon was- BARBARA T HAVERCAMP 7:51.09

## ---- 80-84 WOMEN ----

200BAK HAZEL B BRESSIE 81 MACO 7:49.43+

    Oregon was- OPEN 99:99.99

200BRS HAZEL B BRESSIE 81 MACO10:29.32+

    Oregon was- OPEN 99:99.99

100FLY HAZEL B BRESSIE 81 MACO 6:14.47

200FLY HAZEL B BRESSIE 81 MACO13:53.52+

    Oregon was- OPEN 99:99.99

100 IM HAZEL B BRESSIE 81 MACO 4:36.95+

    Oregon was- OPEN 99:99.99

400 IM HAZEL B BRESSIE 81 MACO21:23.53

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

50FREE JAMES GODDARD 29\*ORE :30.36

100FRE BILL KLINE 28\*ORE 1:02.05

    JAMES GODDARD 29\*ORE 1:07.69

200FRE BILL KLINE 28\*ORE 2:25.60

1500FR TOM G ROBERTS 28 ORE 21:36.78

100BAK BILL KLINE 28\*ORE 1:17.23

50 FLY MARTY POPP 25\*ORE :32.06

100 IM BILL KLINE 28\*ORE 1:11.46

    MARTY POPP 25\*ORE 1:15.51

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

50FREE MICHAEL E JOHNSON 31 OREG :29.50

100FRE MICHAEL E JOHNSON 31 OREG 1:05.59

400FRE STEVE VELA 30\*PNA 4:35.13+

    Oregon was- MICHAEL E JOHNSON 4:54.71

    MICHAEL E JOHNSON 31 OREG 5:11.40

    WILLIAM H GEORGE 32\*ORE 7:35.91

1500FR WILLIAM H GEORGE 32\*ORE 30:28.37

50BACK JOHN ZELL 33 ORE :33.66

100BAK JOHN ZELL 33 ORE 1:11.13

    MARK WILLIAMS 30\*ORE 1:14.73

200BAK JOHN ZELL 33 ORE 2:34.68

100BRS STEVE VELA 30\*PNA 1:13.04+

    Oregon was- HOWARD E RONKIN 1:16.25

    JOHN SCOTT CAMPBELL 33 ORE 1:34.07

200BRS JOHN SCOTT CAMPBELL 33 ORE 3:18.42

50 FLY MARK WILLIAMS 30\*ORE :33.78

100FLY STEVE VELA 30\*PNA 1:02.63+

    Oregon was- ROY ABRAMOWITZ 1:03.10

200FLY STEVE VELA 30\*PNA 2:17.02+

    Oregon was- ROY ABRAMOWITZ 2:21.93

100 IM MARK WILLIAMS 30\*ORE 1:13.49

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

50FREE GREG SOUTHWELL 35\*ORE :29.48

200FRE JAMES M ELLIOTT 38 OREG 2:30.05

    JONATHAN WILCOX 35\*ORE 2:40.27

## LINCOLN CITY

25 METER

12/01/90 PG 2

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

Software by R.Smith

400FRE GARY HAFER	39*ORE 5:11.61	1500FR STEVE L DURAPAU	41 ORE 18:56.03	100FRE JOSEPH MALLON	69 ORE 1:54.19
JAMES M ELLIOTT	38 OREG 5:12.84	RONALD E JERSEY	42 ORE 23:45.60	200FRE KHOSROW SHADBEH	69*ORE 4:10.37
DANIEL P JOHNSON	37 OREG 5:21.80	HARLAN B HAYNIE	41 ORE 24:10.73	400FRE EARL WALTER	69 ORE 7:57.79
JONATHAN WILCOX	35*ORE 5:45.90	50BRST CHARLES L SCHARPF	40*ORE :38.18	JOSEPH MALLON	69 ORE 8:43.16
1500FR JAMES M ELLIOTT	38 OREG20:48.96	50 FLY JEFF BERTVLEIT	42*ORE :30.45	1500FR GILBERT N YOUNG	68*ORE 26:39.25
50BACK GARY HAFER	39*ORE :31.55	100 IM CHARLES L SCHARPF	40*ORE 1:09.97	JOSEPH MALLON	69 ORE 34:14.95
100BAK GARY HAFER	39*ORE 1:09.30	LAWRENCE CARRIKER	43 ORE 1:26.58	DAVID BERNSTEIN	68 OREG34:43.21
JAMES M ELLIOTT	38 OREG 1:22.67	200 IM CHARLES L SCHARPF	40*ORE 2:39.40	50BACK EARL WALTER	69 ORE :42.27
200BAK GARY HAFER	39*ORE 2:42.06+	----- 45-49 MEN -----		ROBERT A MORRISON	69 OREG :44.88
Oregon was- MICHAEL O'NEIL	2:50.82	400FRE BARNEY CRAIG	45*ORE 7:57.79	GILBERT N YOUNG	68*ORE :44.88
JAMES M ELLIOTT	38 OREG 2:57.67	1500FR DON KUYPER	47*ORE 31:27.74	DAVID BERNSTEIN	68 OREG :57.38
DANIEL P JOHNSON	37 OREG 3:01.77	200BRS DON KUYPER	47*ORE 3:51.84	100BAK EARL WALTER	69 ORE 1:38.43
50BRST GREG SOUTHWELL	35*ORE :38.46	200FLY DON KUYPER	47*ORE 4:22.98	DAVID BERNSTEIN	68 OREG 2:05.52
JONATHAN WILCOX	35*ORE :41.06	100 IM DON KUYPER	47*ORE 1:42.80	200BAK GILBERT N YOUNG	68*ORE 3:47.33
JONATHAN WILCOX	35*ORE :41.06	200 IM DON KUYPER	47*ORE 3:48.47	50BRST ROBERT A MORRISON	69 OREG :42.17
100BRS DANIEL P JOHNSON	37 OREG 1:20.86	400 IM DON KUYPER	47*ORE 8:15.33	DAVID BERNSTEIN	68 OREG 1:03.59
GREG SOUTHWELL	35*ORE 1:26.85	----- 50-54 MEN -----		100BRS EARL WALTER	69 ORE 1:55.74
MICHAEL GRANT	39*ORE 1:30.37	50BRST WALT REID	50*PNA :37.16+	DAVID BERNSTEIN	68 OREG 2:23.16
200BRS DANIEL P JOHNSON	37 OREG 2:49.24	Oregon was- JIM BIGLER	:42.12	200BRS KHOSROW SHADBEH	69*ORE 4:05.12
MICHAEL GRANT	39*ORE 3:15.62	100BRS WALT REID	50*PNA 1:25.18+	ROBERT A MORRISON	69 OREG 5:03.38
100FLY DANIEL P JOHNSON	37 OREG 1:20.05	Oregon was- JIM BIGLER	1:29.72	50 FLY ROBERT A MORRISON	69 OREG :41.40
MICHAEL GRANT	39*ORE 1:20.42	200BRS WALT REID	50*PNA 3:13.11	100 IM KHOSROW SHADBEH	69*ORE 1:58.70
100 IM JAMES M ELLIOTT	38 OREG 1:17.61	----- 55-59 MEN -----		----- 70-74 MEN -----	
JONATHAN WILCOX	35*ORE 1:20.97	100FRE JIM BIGLER	55 MACO 1:12.09+	50FREE ANDREW W HOLDEN	71 ORE :32.48+
MICHAEL GRANT	39*ORE 1:24.69	Oregon was- ARTHUR C WELCH	1:13.09	Oregon was- ALLAN DELAY	:38.74
200 IM MICHAEL GRANT	39*ORE 3:06.97	200FRE JIM BIGLER	55 MACO 2:37.80+	200FRE GERALD HUESTIS	70 ORE 2:56.19+
----- 40-44 MEN -----		Oregon was- LEO J VANDIJK	2:54.19	Oregon was- JOE D RUDDLEY	4:25.22
50FREE CHARLES L SCHARPF	40*ORE :27.18	400FRE JIM BIGLER	55 MACO 8:43.16	100BAK GERALD HUESTIS	70 ORE 1:33.72+
DON CAMPBELL	43*ORE :31.08	1500FR JIM BIGLER	55 MACO22:58.47+	Oregon was- SYD C HENDY	1:57.66
RONALD E JERSEY	42 ORE :33.28	Oregon was- FRED W SPRENGER	23:12.61	50BRST ANDREW W HOLDEN	71 ORE :49.19
100FRE CHARLES L SCHARPF	40*ORE 1:00.76	----- 60-64 MEN -----		FORBES J MACK	72*ORE :53.84
JEFF BERTVLEIT	42*ORE 1:05.55	50FREE MILTON R MARKS	60*ORE :32.25	50 FLY ANDREW W HOLDEN	71 ORE :36.09+
LAWRENCE CARRIKER	43 ORE 1:11.09	SHERIDAN JONES	63 ORE :57.24	Oregon was- OPEN 99:99.99	
DON CAMPBELL	43*ORE 1:12.25	100FRE SHERIDAN JONES	63 ORE 2:23.93	100 IM GERALD HUESTIS	70 ORE 1:31.95+
RONALD E JERSEY	42 ORE 1:13.40	200FRE ERIC GP. GUEST	61 OREG 3:06.24	Oregon was- FORBES J MACK	1:44.05
200FRE RONALD E JERSEY	42 ORE 2:43.02	50BRST MILTON R MARKS	60*ORE :40.35	----- 75-79 MEN -----	
400FRE STEVEN J SIMPSON	44 ORE 5:34.80	100 IM MILTON R MARKS	60*ORE 1:30.36	400FRE SYD C HENDY	77 OREG 7:55.71+
RONALD E JERSEY	42 ORE 5:53.41	400 IM MILTON R MARKS	60*ORE 7:31.18+	Oregon was- SYD C HENDY	8:06.92
LAWRENCE CARRIKER	43 ORE 5:53.61	Oregon was- OPEN 99:99.99		50BACK SYD C HENDY	77 OREG :54.54
HARLAN B HAYNIE	41 ORE 6:03.87	----- 65-69 MEN -----		200BAK SYD C HENDY	77 OREG 4:25.66
		50FREE JOSEPH MALLON	69 ORE :51.38		

## 100+ MEN

MARK WILLIAMS,30 \*\*\* BILL KUNE,26 \*\*\*

## 15

MARTY POPP,25 \*\*\*

## 200 MEDLEY RELAY

GREG SOUTHWELL,35 \*\*\* OREG 2:14.38

## 280+ MEN

EARL WALTER,69 \*\*\* FORBES J MACK,72 \*\*\*

## 15

ANDREW W HOLDEN,71 \*\*\*

## 200 MEDLEY RELAY

GERALD HUESTIS,70 \*\*\* OREG 2:36.92

## 120+ WOMEN

LORI HOLLINGSWORTH,34 \*\*\* GAIL KIMBERLING,34 \*\*\*

## 4

LISSA PARKER,38 \*\*\*

## 200 FREE RELAY

KRISTEN MELTON,31 \*\*\* OREG 2:26.99

## 280+ MEN

EARL WALTER,69 \*\*\* FORBES J MACK,72 \*\*\*

## 4

GERALD HUESTIS,70 \*\*\*

## 200 FREE RELAY

ANDREW W HOLDEN,71 \*\*\* OREG 2:13.84

## 200+ MIXED

JONATHAN WILCOX,35 \*\*\* VIOLA PRASER,74 \*\*\*

## 4

SHERIDAN JONES,63 \*\*\*

## 200 FREE RELAY

MAUREEN WILCOX,32 \*\*\* OREG 3:22.00

\* Comment from Data Manager :

The 100 + medley relay above, men's, used a swimmer who was not entered in the meet.

I am using this method to call to everyones attention, first you must be a registered Masters swimmer, and second, you must be entered in the meet, to swim in it !!!

\*\*\*\*\*



## 7 WORKOUT RULES FOR HIGH SPEED SWIMMING

To compensate for our aging and its physical deterioration we all must use our experienced and wiser brain in our workouts. A 10 year old lacking workout disciplines is ok. A 70 year old without discipline is a sad sight. Here are some thoughts that guide my workouts:

### 1. DO A SEASON BLUEPRINT.

Determine when you want to achieve your best times (April/May?). Work backwards to identify what you must do to achieve those times.

### 2. FOLLOW YOUR BLUEPRINT PHILOSOPHY

You don't have to be enslaved to it. Just follow the general direction. In my blueprint for example, you'll notice the trends and directions as the months go by:

- \* Increased workout frequency
- \* From longer distances to shorter
- \* Develop techniques early, then power and finally speed.
- \* Progressively swim faster and also get more rest.
- \* Increase workout effort gradually by going from discomfort workouts to hurt zone workouts and then pain zone and perhaps a bit of agony in workouts near the end of season. (see article; "HURT-PAIN-AGONY")
- \* Chart yardage - but beware, yardage may not reveal effort or stress. The 1500 yard/workouts on my chart reflect the maximum 50 minute lap swim time I now have. Ideally, I'd like a 1 to 1.5 hour workout whereby I could increase my yardage slightly and greatly increase my quality and rest.

### 3. SAVE YOURSELF FOR NEXT SEASON.

Never go to the edge either in a season or in a long hard series of workouts. This could risk damage to your body. Save something for next

season and the next 10 seasons. "Burnout" shouldn't happen to a wise Master.

### 4. GOALS REVOLVE AROUND WORKOUTS.

90+% of your time is spent in workouts. That's where most of your goals should be. Use meets to increase motivation, learn techniques, and have fun. A big challenge for me is the "Dr Sprint Postal Workout" at season end.

### 5. ALL WORKOUTS ARE CEREBRAL.

The brain should be going a mile a minute, far ahead of your body. The old saying "If you don't use it - you lose it" applies here. Nothing is as sorry as a dumb old athlete. In workouts, submerge yourself in a coordinated mind/body effort. THINK

### 6. "SURVIVAL" WORKOUTS WASTE TIME

A "survival" workout is where your body feels like a limp dishrag, your too tired to think and technique is forgotten. Whenever you invent or perform a workout, always ask why you are doing it. The answer should always have a higher purpose than "Get into shape". If you don't know why you are doing a particular swim, ask your coach. If you don't like the answer - stop. Don't workout so hard that you are a walking zombie the rest of the day. Is that health?

### 7. TEAM UP.

Try hard to persuade others to workout with you. By teaming up with others you can tap into their energy and increase your effort. Let others inspire you and the pain will melt.

# DR. SPRINT'S SEASON BLUEPRINT

	June-August (Summer layoff)	September (Transition)	Oct-December (Build Technique)	Jan. - March (Hard work)	April-May (Season end)
Workout frequency	1 day on 2-3 days off	1 on/1 off	2 on/1 off	2-3 on/1 off	as often as possible
Primary Main series	Anything (distance?)	150's	75's	50's - 25's	never over 50's
Time length of main series swims	no main	2 min each	1 min each	30 - 15 secs	Event speed
Swim / rest ratio (approx)	2+ : 1	2 : 1	1 : 1	1 : 2	1 : 2+
General attitude	Don't degrade too much	Health shapeup	Swimeet Fun	Performance	Pick fruits of labor
Workout strokes	Free	Free	IM	IM/Specialty	Exact event
Priorities	Aerobic experiments	Shapeup Technique	Technique Power Speed	Power Technique Speed	Speed Rest
Effort level	Various	Discomfort	Hurt	Pain (lactate)	Lactate agony? Taper
Daily yardage	Seldom over 2000	2000	1500	1200-1500	Variable

# Happy Birthday

## February Birthdays

40 Beckley, Gary N.	2/28/51	Kribs, Cecil S.	2/21/42
Bernstein, David	2/26/22	Looney, Kristi	2/ 7/48
Bolieu, Don L.	2/11/44	Mather, June	2/ 3/53
Cannard, Mark E.	2/22/64	McCurdy, Judy M.	2/ 4/39
Case, Susan J.	2/20/49	35 Neiman, Eric J.	2/24/56
Clancey, Karin A.	2/15/54	30 Phillips, Mike D.	2/12/61
Core, Robert J.	2/16/47	Putnam, David F.	2/ 8/32
30 Deardorff, Laila J.	2/ 6/61	Seacat, Dennis J.	2/18/49
Dickston, Mark E.	2/10/50	Shepard, Julie A.	2/17/65
Dunlap, Cindy A.	2/23/52	Staley, Darlene J.	2/21/50
Earp, Steven J.	2/13/48	Stark, Allen L.	2/ 3/49
Ewing, Greg L.	2/27/67	Starbuck, Vivian J.	2/ 6/35
Flaming, Tyler P.	2/ 8/63	Story, Kris S.	2/15/60
Fryefield, David C.	2/ 1/54	Sugar, Skye G.	2/ 9/49
George, Bill H.	2/26/58	Van Dijk, Leo J.	2/ 7/33
Gray, Dave M.	2/27/47	Van Dijk, Marianne O.	2/17/33
40 Hafer, Gary L.	2/19/51	35 Van Rossen, Charlie M.	2/29/56
75 Hebert, Ada A.	2/ 4/16	45 Vaughn, Richard W.	2/21/46
Holden, Theodore P.	2/14/48	Wheeler, Belinda A.	2/ 9/53
Holland, James L.	2/28/24	25 Wichman, Nancy L.	2/10/66
Jones, Donlan F.	2/ 5/30		
35 Kimberling, Gail M.	2/18/56		
King, Elizabeth C.	2/24/23		

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



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



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

### OREGON MASTERS

Andy Schrag

(206) 254-9400 W

(206) 254-9661 H

Corvallis

Mark & Laura Worden

(503) 753-5726

So. Oregon

Terry & Judy McCurdy

(503) 679-8144

### IEA MASTERS

Mariah Clarke

(509) 926-2597

### PNA MASTERS

Marietta Hunziker

(206) 564-9517

Ann Gindroz

(206) 272-1854

### SNAKE RIVER

Janet Wood

(208) 345-8843 H

(208) 339-7229 W

# 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: \_\_\_\_\_

# LINCOLN CITY RESULTS

## HAPPY NEW YEAR !

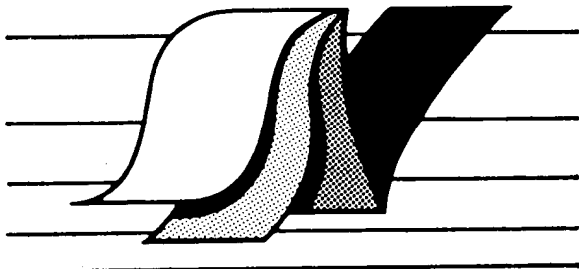
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- \* Ol' Barnacle
- \* Meet Entry Forms

### *Aqua-Master*



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