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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

- *FEBRUARY 28** EUGENE, OR MID-WILLAMETTE VALLEY MASTERS MEETING
7:30 PM "G-WILLAKERS" RESTAURANT ON COBURG ROAD
- *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)
(ENTRY DEADLINE MARCH 5, 1991)
- MARCH 19** O.M.S. BOARD MEETING 7:15 PM PAM HIMSTREET'S HOUSE
- *APRIL 5, 6, & 7** OREGON MASTERS ASSOCIATION CHAMPIONSHIPS
NEWBERG, OREGON
(ENTRY DEADLINE MARCH 23, 1991)
- *APRIL 12-14** PNA MASTERS ASSOCIATION CHAMPIONSHIPS
FEDERAL WAY, WA GOOD WILL GAMES POOL
(ENTRY DEADLINE APRIL 2, 1991)
- *APRIL 26-28** REGION 12 SHORT COURSE YARDS REGIONALS
MOSCOW, IDAHO UNIVERSITY OF IDAHO
(ENTRY DEADLINE APRIL 13, 1991)
- MAY 11** TIGARD, OR AGE GROUP INVITATIONAL WITH MASTERS
- *MAY 16-19** USMS SHORT COURSE NATIONALS TRACY CAULKINS POOL
NASHVILLE, TN NASHVILLE AQUATIC CLUB
(ALL ENTRIES MUST BE RECEIVED BY APRIL 11, 1991)
- JULY 13-14** PORTLAND, OR MAC CLUB STATE GAMES OF OREGON
- JULY 20** ST. HELENS, OR ANIMAL MEET w/AGE GROUPERS
S.C.Y. 400I.M., 500 FREE, 200 CHOICE = BK, BRST, FLY
- JULY 27** EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST
SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL
- LATE JULY ???** REGION 12 LONG COURSE REGIONALS HOST: P.N.A.
FEDERAL WAY, WA GOOD WILL GAMES POOL
- AUGUST 15-18** USMS LONG COURSE NATIONAL CHAMPIONSHIPS
ELIZABETHTOWN, KENTUCKY
(ALL ENTRIES MUST BE RECEIVED BY JULY 11, 1991)
- **AUGUST 20-23, 1992** USMS 1992 LONG COURSE NATIONAL CHAMPIONSHIPS
FEDERAL WAY, WA GOOD WILL GAMES POOL

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

**** TEAM OMS -- TARGET MEET OF 1992 SCHEDULE**

Z-Man says----

Hello again my friends, Z-Man with you again with all the aqua-type news. As you can see by the schedule page we're approaching the final home stretch.

The first item of business is directed to all of you who live in the mid-Willamette Valley. Cities like Albany, Corvallis, Lebanon, Sweet Home, Springfield, Cottage Grove, and Eugene. ON FEBRUARY 28th yours truly is hosting the first Mid-Willamette Valley Masters Meeting in Eugene at "G-Willakers" Restaurant on Coburg Road. This gathering of swimmers will begin at 7:30 pm. Our purpose is to bring together current Masters members, prospective new members, swim coaches, and aquatic directors of these areas and discuss Masters Swimming in Oregon. I'd really like to see as many of you attend as possible. Please try to bring an intertested new member!! I want to talk about what can be done to increase our membership and want to hear what you like and dislike about Masters Swimming. PLEASE MARK YOUR CALENDAR AND PLAN TO ATTEND !!!!

ASHLAND...ASHLAND...ASHLAND!! March 9 and 10 is your last shot at a regular short course yards meet before the Association Championships in April. Get out your pen and fill in the entry form for what will be a memorable weekend. I was recently in Southern Oregon on business and got myself out of bed one Wednesday morning to work-out with some of the Rogue Valley Masters at their pool on the campus of Southern Oregon State College. This is a very good pool and facility in Ashland and these people are pumped up about putting on a meet and having you down to their part of the State.

WE NEED YOU TO SHOW YOUR SUPPORT TO OUR FRIENDS IN SOUTHERN OREGON BY ATTENDING THE MEET IN ASHLAND IN MARCH!! COME ON DOWN....YOU'LL BE GLAD YOU DID!!!

Beyond March is our Association meet in Newberg and I know all you teams out there are making your plans for this years fun at the Chehalem Aquatic Center. Also in April is the PNA Association meet in Federal Way, Washington at the Goodwill Games Pool. All of us are very welcome to attend this meet at the Northwests premier aquatic center. The end of April finds this years Short Course Regionals in Moscow, Idaho. Our host is the Inland Empire Association and the University of Idaho at what I hear is a very fast pool indeed. You will find entry forms for all of these meets in this issue...for your entering enjoyment of course.

Nashville, Tennessee is the site for this years Short Course Nationals. The entry form and information is in this issue for those of you with plans on swimming at this seasons "Big One." The Tracy Caulkins Pool at the Nashville Aquatic Club's Centennial Sportsplex is the place were the current World Record for the 50 meter Freestyle was set. So hey man, this must be some fast pool!!

Our short course season will include a "first ever in Oregon" meet with Masters and Age Group swimmers on May 11th at the Tigard High School pool. More on this meet in next months issue.

Looking ahead to our summer you can see that our Long Course season is filling up in a hurry and has all the makings of a season to remember. There are some real interesting meets on the schedule so break out the calendar and make plans.

My buddy ol' Barn reviews the Oregon City meet. If you didn't attend you missed an excellent weekend at a super pool run by some great people. Thanks for all your work Oregon City Swim Team !!! I hope you can host a meet again some time

See you in Ashland on March 9 and 10,





ROGUE VALLEY MASTERS

THE ROGUE VALLEY MASTERS INVITES YOU AND YOUR CLUB TO JOIN US IN ASHLAND FOR A SWIM MEET ON
MARCH 9TH AND 10TH.

Due to circumstances beyond our control, it has been difficult for our club to be able to host a meet in the Southern portion of the State. Now that the college facilities have been repaired, we are ready. Like other clubs, RVM has its share of fitness swimmers who find that competition is a new experience to them. A slight feeling of uneasiness surfaces and even reluctance to step up on the starting blocks in front of all those people. **No need to worry folks, this is the meet for you!**

With the State meet one month following our meet, this is the opportunity to rid the mind of the fears that surface with the thought of actually racing. All those laps, those turns, the sprints in workouts---- now is the time for you to check yourself for those improvements that you have worked so hard for. **Come on down to Ashland!** Bring your teammates so there can be lots of relays, bring your family and enjoy some of the things Ashland has to offer.

Immediately following the distance events on Saturday afternoon, there will be a hosted **pot-luck dinner** at a location to be announced. This will be an informal affair held at one of an RVM members homes and our club will provide the main course and entrees, while the folks from out of town can bring drinks and munchies (both healthy and not so healthy).

Anyone wishing to stay at an RVM home, please call *June Mather* at 482-0610. For those wishing other arrangements, we have a free reservation service: *Helen Aleshire* at 488-0338, M-F between 9 a.m. and 6 p.m. Helen will quote current costs and locations (B&B, hotel or motel) and even give you directions. What a deal.

The Oregon Shakespeare Festival will be offering four different plays during that weekend, and for the truly adventuresome, Mt. Ashland will be offering day and night downhill skiing as well as nearby crosscountry trails.

So folks, Please mark March 9th and 10th on your calendar, come on down for some fun, fitness & friendship. **Hope to see you there!**

Dan Gray

President, Rogue Valley Masters

C/O 1056 Hillview dr. Ashland, Or. 97520

"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

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

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

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)
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.

**OREGON MASTERS SWIMMING
PROUDLY ANNOUNCES
THE 1ST MID-WILLAMETTE VALLEY
MASTERS SWIMMING MEETING
FEBRUARY 28TH 7:30 P.M.**

**G. Willicker's Grill & Parlor 440 Coburg Road
in Eugene, Oregon**

**Attention all registered Masters Swimmers, prospective new
members, Age Group & High School Swim Coaches, and
Aquatic Directors and Staff.....**

**If you live in the Albany, Corvallis, Lebanon, Sweet Home,
Cottage Grove, Springfield, or Eugene areas.....**

THIS MEETING IS OF INTEREST TO YOU !!

**Your host for this informative meeting is the Chairman of
Oregon Masters Swimming...John Zell**

Come meet John and get all your questions about Masters Swimming answered. He will have current United States Masters Swimming literature and copies of the Oregon Masters Swimming official monthly newsletter, "The Aquamaster." The purpose of this meeting is to provide a forum for swimmers, coaches, and aquatic staff to get together and discuss Masters Swimming in Oregon.

If you are a currently registered member of O.M.S., this is an opportunity to express your opinions about Masters Swimming - what you like - what you dislike and what we can all do to increase our membership numbers now and in the future

If you are a prospective new member interested in joining O.M.S., then this is the place to get all the information you've been looking for and meet the people involved in this great organization.

And if you are an Age Group or High School Swim Coach, Aquatic Director or Aquatic Staff person, then this is an opportunity to see what Masters Swimming can do for your organization or facility. We also need your assistance and resources in helping us see that our Association continues to grow.

OREGON

Association Championship at Newberg April 5,6,& 7, 1991

The Association Championship is back in Newberg! We have a good pool, a well run meet, electronic timing, and a large spa on the pool deck. A new feature this year: ping-pong tables in the facility.

Meet director: Jim McMaster 538-4813

Team Scoring: the latest version of OMS Team Scoring Software written and run by Bruce Cheney

LODGING:

Shilo Inn -new to Newberg, 4 blocks from the Pool! It is on Highway 99W near Villa Rd. Call 537-0303 or 1-800-222-2244

Towne & Country Motel -for the more budget minded, also 4 blocks away, on 99W. Call 538-2800

For a special treat, stay in one of Newberg's Bed & Breakfasts, all just a few miles from the Pool:

Littlefield House 538-9868

Smith House 538-1995

Belanger's 538-2635

Spring Creek 538-5717

Hess Canyon 538-2067

FOOD:

There will be a concession stand at the Pool.

We are working on a special deal for a **Saturday night pizza party**. See the next Aquamaster for details.

DIRECTIONS:

Newberg is located approximately half-way between Portland and Salem and is 15 miles east of I-5. To get to the pool from:

Portland and points North East of Newberg- Go I-5 South to the 99W exit. You will go through many stop lights, then a stretch of country. The next light is Sherwood, Six Corners. From there, go about 8 more miles south on 99W to Newberg. At the second Newberg light, turn right onto Villa. Go north on Villa for about 1/2 mile. The pool is on the corner of Villa and Haworth.

East of Newberg - Take I-5 to the Tualatin Exit. Proceed west on the Tualatin-Sherwood Road for about 7 miles to a stop sign at Edy road. Take a right on Edy to Six Corners. Turn left on 99W at Six Corners. Follow Portland directions from there.

South of Newberg- Take highway 219 North to Newberg. At the intersection (light) with 99W, continue N on Villa Rd. to Haworth.

REGIONAL RECORDS :

19-24	HEATHER REILLY	200 M BRST	3:14.65	# 2	
25-29	ELLEN FERGUSON	800 M FREE	9:47.28	# 2	QUICK !!!

BIG OMS WELCOME FOR ELLEN

	HUNTER GRAHAM	800 M FREE	9:44.76	# 9	
30-34	CURT LA COUNT	800 M FREE	9:27.28	# 6	

ANOTHER BIG WELCOME FROM OMS FOR CURT

	GRACIE GODDARD	50 M FLY	:31.72	# 3	
35-39	PAT MCKAY	50 M FREE	:30.81	# 8	
		100 M FREE	1:07.96	# 6	

WELCOME ANOTHER FINE SWIMMER TO OMS, HI PAT

40-44	GINGER PIERSON	200 M IM	2:56.68	# 3	
		400 M IM	6:18.13	# 3	
	STEVE JOHNSON	800 M FREE	9:37.36	# 4	

OB COMMENT : ALL TIME FINEST 800 M FREE FIELD IN REGION XII HISTORY

45-49	ROBERT SMITH	50 M BRST	:34.89	# 3	
50-54	TOM FANNING	400 M FREE	5:35.40	# 9	
70-74	ANDREW HOLDEN	100 M IM	1:26.38	# 2	
75-79	ALLAN DE LAY	50 M FREE	:39.19	# 6	
80-84	HAZEL BRESSIE	200 M FREE	7:23.69	# 3	

OB COMMENT - NUMBERS FOLLOWING THE TIMES REPRESENT POSSIBLE TOP TEN U.S. RANKING.

ASSOCIATION RECORDS :

19-24	HEATHER REILLY	50 M BRST	:41.06	# 7	
25-29	HUNTER GRAHAM	200 M IM	2:29.92	# 6	
30-34	JIM RABE	50 M FREE	:25.87	# 10	
		100 M FREE	:57.91	# 8	
	DAVE BURLESON	200 M FREE	2:05.66	# 4	

OB COMMENT - DAVE CERTAINLY WENT FOR IT WITH A 1:00.90 ON THE WAY !!!

RELAY - 120 + MENS MEDLEY - 2:15.37

MARK WILLIAMS, TOM CHUN, BILL KLINE, GARY SOUTHWELL

GREAT PERFORMANCES AND CLOSE RACES ...

MICKEY MARKS HAD A GREAT PR IN THE 400 IM WITH A FINE 7:16.58, HE WAS PLEASED !
(COULD BE A # 5)

HUNTER GRAHAM WAS HAPPY WITH A 400 IM IN 5:18.94 (7) VS THE RECORD OF 5:17.66
AND A 200 BACK IN 2:31.62 (8) THE RECORD IS 2:31.24

DAVE BURLESON SPUN THE 200 M BACK IN 2:27.90 (4) MISSED THE RECORD AT 2:26.85

GRACIE GODDARD SWAM THE 100 M FREE IN A POSSIBLE # 1 TIME OF 1:02.67, JUST
MISSING HER RECORD OF 1:02.19

VERN DASCH LOOKED GREAT IN THE 100 M FREE AT 1:00.20 (10) VS HIS BEST OF 59.39

TOM FANNING (ALA BARROWMAN) WITH A 200 BRST IN 3:08.71 (4) RECORD IS 3:07.33

65-69 200 M BREAST SAW BOB MORRISON BEAT KHOSROW SHADBEH, IN THE LAST 50 MTRS,
BOB IN AT 4:00.66 AND KHOSROW WITH A 4:10.31

NEWCOMER PAT MCKAY HAD A FINE 50 M BACK IN 38.29

SUZANNE COOPER, DITTO WITH A 40.63

30-34 , 50 M BACK , JOHN ZELL GOING HEAD TO HEAD WITH DAVE BURLESON, "Z" MAN IN
AT 33.92, DAVE WITH 34.13 FOR THE SILVER. MARK WILLIAMS IN A DIFFERENT
HEAT WON THE GOLD IN 33.77

65-69 , 200 M FREE, JOE MALLON VS KHOSROW SHADBEH - STROKE FOR STROKE - ALL THE
WAY, JOE WINS IN 4:09.42, KHOSROW COMES IN WITH A 4:09.54 (CAN'T GET MUCH
CLOSER THAN THAT)

ALLEN STARK HAD A GREAT 50 BREAST IN 33.16, MISSING HIS RECORD OF 32.92

PETEE SMITH, HER WR IN THE 400 M FREE AT 6:31.09, PETEE COMES IN WITH A 6:32.70
THIS LADY HAD QUITE A DAY !!!

IT WAS A GREAT MEET, EVERYONE SEEMED TO HAVE A GOOD TIME, LET'S NOT FORGET TO
THANK THE FINE FOLKS FROM OREGON CITY, AND OREGON SWIMMING FOR THEIR HOSPITALITY
AND ASSISTANCE IN MAKING THIS A GOOD ONE !!!

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

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CITY _____ STATE _____

ZIP CODE _____ PHONE _____

ASSOC _____ TEAM _____ AGE _____

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

▷ SEND CHECK OR MONEY ORDER PAYABLE TO: OMS

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

50FREE HEATHER REILLY 23*ORE :32.58
 100FRE HEATHER REILLY 23*ORE 1:12.94
 50BRST HEATHER REILLY 23*ORE :41.06+

Oregon was- BETH BURCZAR :44.23

100BRS HEATHER REILLY 23*ORE 1:28.66
 200BRS HEATHER REILLY 23*ORE 3:14.65+

Oregon was- SUSAN LEE 3:23.24

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

50FREE SUZANNE M ZIEGLER 28 ORE :35.38
 100FRE SUZANNE M ZIEGLER 28 ORE 1:22.24
 200FRE NAOMI STEINBERG 29 ORE 2:37.44
 800FRE ELLEN FERGUSON 28 ORE 9:47.28+

Oregon was- ANDREE DEVINE 11:09.02

NAOMI STEINBERG 29 ORE 11:23.51
 50BRST SUZANNE M ZIEGLER 28 ORE :48.76
 50 FLY NAOMI STEINBERG 29 ORE :36.97
 SUZANNE M ZIEGLER 28 ORE :42.01
 100 IM SUZANNE M ZIEGLER 28 ORE 1:36.11

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

50FREE GRACIE GODDARD 31 ORE :28.96+
 Oregon was- GRACIE GODDARD :29.18

100FRE GRACIE GODDARD 31 ORE 1:02.67+
 Oregon was- GRACIE GODDARD 1:04.88

200FRE GRACIE GODDARD 31 ORE 2:21.90+
 Oregon was- GRACIE GODDARD 2:24.91

400FRE M YUSE-MILLER 30 ORE 6:20.61
 50BACK GRACIE GODDARD 31 ORE :37.26
 50BRST M YUSE-MILLER 30 ORE :44.27
 200BRS M YUSE-MILLER 30 ORE 3:28.44
 50 FLY GRACIE GODDARD 31 ORE :31.72+
 Oregon was- GRACIE GODDARD :32.54

100FLY M YUSE-MILLER 30 ORE 1:39.29

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

50FREE PATRICIA L MCKAY 35 ORE :30.81+
 Oregon was- KATHLEEN P BUCK :32.41

TERESA WEYDERT 37*PNA :31.07
 100FRE PATRICIA L MCKAY 35 ORE 1:07.96+
 Oregon was- KATHLEEN P BUCK 1:11.33

TERESA WEYDERT 37*PNA 1:10.93
 NANCY J MILNER 39 ORE 1:23.58

200FRE TERESA WEYDERT 37*PNA 2:38.54
 NANCY J MILNER 39 ORE 3:08.51

400FRE NANCY J MILNER 39 ORE 6:36.04
 800FRE NANCY J MILNER 39 ORE 12:39.53

50BACK PATRICIA L MCKAY 35 ORE :38.29
 50 FLY NANCY J MILNER 39 ORE :40.10

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

50FREE SUZANNE COOPER 41 ORE :35.68
 200FRE KATHLEEN P BUCK 40 ORE 2:41.79

50BACK SUZANNE COOPER 41 ORE :40.63
 50BRST GINGER L PIERSON 44 OREG :40.20

SUZANNE COOPER 41 ORE :41.73
 100BRS GINGER L PIERSON 44 OREG 1:26.38

KATHLEEN P BUCK 40 ORE 1:37.56
 200BRS GINGER L PIERSON 44 OREG 3:09.68

KATHLEEN P BUCK 40 ORE 3:29.89
 50 FLY SUZANNE COOPER 41 ORE :37.54

KRISTI L LOONEY 42 ORE :42.26

100FLY KRISTI L LOONEY 42 ORE 1:41.65

200FLY GINGER L PIERSON 44 OREG 3:07.59

100 IM SUZANNE COOPER 41 ORE 1:25.53

KRISTI L LOONEY 42 ORE 1:40.21

200 IM GINGER L PIERSON 44 OREG 2:56.68+

Oregon was- GINGER PIERSON 3:01.12

400 IM GINGER L PIERSON 44 OREG 6:18.13+

Oregon was- GINGER L PIERSON 6:25.03

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

200FRE BARBARA FRID 48 ORE 2:50.25

50BACK BARBARA FRID 48 ORE :41.22

100BRS BARBARA FRID 48 ORE 1:36.50

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

50FREE JEAN KINZEY-LEE 50 ORE :43.20

50BACK JEAN KINZEY-LEE 50 ORE :56.04

100BAK JEAN KINZEY-LEE 50 ORE 2:04.23+

Oregon was- KALEO B SCHRODER 2:08.15

50BRST JEAN KINZEY-LEE 50 ORE :58.22+

Oregon was- KALEO B SCHRODER 1:00.84

100BRS JEAN KINZEY-LEE 50 ORE 2:04.67+

Oregon was- KALEO B SCHRODER 2:15.33

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

50FREE PETEY SMITH 66 ORE :37.61

100FRE PETEY SMITH 66 ORE 1:23.28+

Oregon was- JUDY M MELCHER 2:36.88

200FRE PETEY SMITH 66 ORE 3:03.63+

Oregon was- OPEN 99:99.99

400FRE PETEY SMITH 66 ORE 6:32.70+

Oregon was- OPEN 99:99.99

800FRE PETEY SMITH 66 ORE 13:25.24+

Oregon was- ELFIE J. STEVENIN 22:33.35

200BAK ELFIE STEVENIN 69 ORE 5:47.78

100FLY ELFIE STEVENIN 69 ORE 3:07.66

200FLY ELFIE STEVENIN 69 ORE 6:35.74

200 IM ELFIE STEVENIN 69 ORE 6:08.57

400 IM ELFIE STEVENIN 69 ORE 12:51.36

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

200FRE HAZEL B BRESSIE 82 MACO 7:23.69+

Oregon was- OPEN 99:99.99

100BAK HAZEL B BRESSIE 82 MACO 3:39.12

50 FLY HAZEL B BRESSIE 82 MACO 2:54.25

100FLY HAZEL B BRESSIE 82 MACO 6:18.56

200 IM HAZEL B BRESSIE 82 MACO 9:30.44+

Oregon was- OPEN 99:99.99

400 IM HAZEL B BRESSIE 82 MACO20:18.73

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

50FREE HUNTR S GRAHAM 28 ORE :27.62

JAMES GODDARD 29 ORE :29.90

100FRE JAMES GODDARD 29 ORE 1:06.64

200FRE JAMES GODDARD 29 ORE 2:34.40

800FRE HUNTR S GRAHAM 28 ORE 9:44.76+

Oregon was- MICHAEL E JOHNSON 10:17.58

100BAK BILL P KLINE 29 ORE 1:17.16

200BAK HUNTR S GRAHAM 28 ORE 2:31.62+

Oregon was- JON STOUT 3:03.90

50BRST MARTY POPP 25 ORE :38.53

50 FLY MARTY POPP 25 ORE :31.29

200 IM HUNTR S GRAHAM 28 ORE 2:29.92+

Oregon was- JEROEN J KOK 2:37.58

BILL P KLINE 29 ORE 2:46.87

400 IM HUNTR S GRAHAM 28 ORE 5:18.94

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

50FREE JIM RABE 30 ORE :25.87+

Oregon was- KARL VONTAGEN :26.20

STEPHEN HARGER 31*ORE :26.86

TODD GUENZBURGER 30*ORE :31.27

PAUL DERDZINSKI 33*ORE :39.47

100FRE JIM RABE 30 ORE :57.91+

Oregon was- DAVID O BURLESON :58.06

STEPHEN HARGER 31*ORE :59.65

ANDY SCHRAG 34 ORE :59.96

DAVID COBB 31 ORE 1:03.60

EDWARD R MANN 33 ORE 1:04.76

MARK M WILLIAMS 34 ORE 1:06.35

WILLIAM H GEORGE 32 ORE 1:32.11

PAUL DERDZINSKI 33*ORE 1:33.71

200FRE DAVID BURLESON 33 ORE 2:05.66+

Oregon was- ROY ABRAMOWITZ 2:16.15

EDWARD R MANN 33 ORE 2:31.12

WILLIAM H GEORGE 32 ORE 3:37.12

400FRE EDWARD R MANN 33 ORE 5:24.60

STEPHEN HARGER 31*ORE 5:25.00

WILLIAM H GEORGE 32 ORE 7:28.10

800FRE CURT R LA COUNT 32 ORE 9:27.28+

Oregon was- DANIEL P JOHNSON 11:09.98

WILLIAM H GEORGE 32 ORE 15:42.70

50BACK MARK M WILLIAMS 34 ORE :33.77

JOHN F ZELL 34 ORE :33.92

DAVID BURLESON 33 ORE :34.13

100BAK JOHN F ZELL 34 ORE 1:10.59

MARK M WILLIAMS 34 ORE 1:14.76

200BAK DAVID BURLESON 33 ORE 2:27.90+

Oregon was- JOHN F ZELL 2:31.77

JOHN F ZELL 34 ORE 2:31.76

50BRST DAVID COBB 31 ORE :35.50

THOMAS W C CHUN 34 ORE :38.60

TODD GUENZBURGER 30*ORE :40.71

100BRS DAVID COBB 31 ORE 1:17.57

THOMAS W C CHUN 34 ORE 1:23.48

WILLIAM H GEORGE 32 ORE 1:43.38

50 FLY JIM RABE 30 ORE :28.94

MARK M WILLIAMS 34 ORE :33.67

THOMAS W C CHUN 34 ORE :35.57

100 IM STEPHEN HARGER 31*ORE 1:09.37

THOMAS W C CHUN 34 ORE 1:17.66

EDWARD R MANN 33 ORE 1:20.93

TODD GUENZBURGER 30*ORE 1:31.78

400 IM JOHN F ZELL 34 ORE 5:29.10+

Oregon was- JOHN F ZELL 5:29.79

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

50FREE GARY HAFER 39*PNA :27.57

JON ALLAN 37 ORE :28.89

GREG SOUTHWELL 38 ORE :30.43

100FRE MICHAEL PENDLETON	39 ORE	1:01.11	100BRS ALLEN L STARK	41 ORE	1:14.13	65-69 MEN	
JON ALLAN	37 ORE	1:04.23	KEITH MARSHALL	43 ORE	1:20.94	50FREE JOSEPH MALLON	69 ORE :49.18
BRUCE W CHENEY	39 OREG	1:05.38	JOHN D DEJARNATT	41 ORE	1:36.55	200FRE JOSEPH MALLON	69 ORE 4:09.42
MARK CONNELL	36*ORE	1:07.38	HARLAN B HAYNIE	42 ORE	1:41.52	KHOSROW SHADBEH	69 ORE 4:09.54
200FRE JON ALLAN	37 ORE	2:27.12	50 FLY JOHN D DEJARNATT	41 ORE	:35.50	400FRE EARL WALTER	69 ORE 7:43.33
MARK CONNELL	36*ORE	2:32.32	100FLY JOHN D DEJARNATT	41 ORE	1:27.26+	JOSEPH MALLON	69 ORE 8:48.70
MICHAEL L HEALY	37*ORE	2:51.73	Oregon was- JOE PERONG	1:45.72		800FRE GILBERT N YOUNG	68 ORE 14:12.68
400FRE MICHAEL L HEALY	37*ORE	6:05.60	100 IM JOHN D DEJARNATT	41 ORE	1:23.54	DAVID BERNSTEIN	68 ORE 18:01.26
800FRE MARK CONNELL	36*ORE	11:27.76	45-49 MEN			JOSEPH MALLON	69 ORE 18:11.80
GARY N BECKLEY	39 ORE	11:28.45	50FREE ROBERT S SMITH	47 OREG	:26.68+	50BACK DAVID BERNSTEIN	68 ORE 5:58.08
JON ALLAN	37 ORE	11:58.56	Oregon was- ROBERT S. SMITH	:26.86		100BAK EARL WALTER	69 ORE 1:39.56
MICHAEL L HEALY	37*ORE	12:36.23	800FRE RICHARD D BOYD	47 ORE	10:11.08	DAVID BERNSTEIN	68 ORE 2:06. +
50BACK GARY HAFER	39*PNA	:31.37	50BACK ROBERT S SMITH	47 OREG	:31.59	Oregon was- EARL WALTER	1:30.00
BRUCE W CHENEY	39 OREG	:37.29	50BRST ROBERT S SMITH	47 OREG	:34.89+	200BAK EARL WALTER	69 ORE 3:54.42
50BRST GREG SOUTHWELL	38 ORE	:39.86	Oregon was- ROBERT S. SMITH	:35.23		DAVID BERNSTEIN	68 ORE 4:25.97
BRUCE W CHENEY	39 OREG	:40.93	200BRS RICHARD D BOYD	47 ORE	2:59.31	50BRST ROBERT A MORRISON	69 ORE :43.03
100BRS GREG SOUTHWELL	38 ORE	1:30.89	100 IM ROBERT S SMITH	47 OREG	1:08.94	100BRS ROBERT A MORRISON	69 ORE 1:43.49
MICHAEL L HEALY	37*ORE	1:40.32	200 IM RICHARD D BOYD	47 ORE	2:41.86+	200BRS ROBERT A MORRISON	69 ORE 4:00.66
50 FLY MICHAEL PENDLETON	39 ORE	:30.31	Oregon was- RONALD K. NAKATA	2:50.41		KHOSROW SHADBEH	69 ORE 4:10.31
GARY HAFER	39*PNA	:30.33	400 IM RICHARD D BOYD	47 ORE	5:41.04	50 FLY ROBERT A MORRISON	69 ORE :42.17
BRUCE W CHENEY	39 OREG	:34.17	50-54 MEN			100 IM KHOSROW SHADBEH	69 ORE 2:01.06
100 IM JON ALLAN	37 ORE	1:14.78	200FRE TOM FANNING	51 ORE	2:32.46	400 IM EARL WALTER	69 ORE 7:50.59
GREG SOUTHWELL	38 ORE	1:22.26	400FRE TOM FANNING	51 ORE	5:35.40+	70-74 MEN	
MARK CONNELL	36*ORE	1:22.93	Oregon was- JIM BIGLER	5:53.94		50BRST FORBES J MACK	72 ORE :47.80
40-44 MEN			200BAK TOM FANNING	51 ORE	3:00.47	100BRS FORBES J MACK	72 ORE 1:54.52
50FREE VERNON DASCH	41 ORE	:27.62	200BRS TOM FANNING	51 ORE	3:08.71	50 FLY ANDREW W HOLDEN	71 ORE :37.64+
HARLAN B HAYNIE	42 ORE	:32.84	400 IM TOM FANNING	51 ORE	6:15.32	Oregon was- OPEN 99:99.99	
100FRE VERNON DASCH	41 ORE	1:00.20	55-59 MEN			100 IM ANDREW W HOLDEN	71 ORE 1:26.38+
KEITH MARSHALL	43 ORE	1:02.98	50FREE ARTHUR WELCH	58 ORE	:33.83	Oregon was- FORBES J MACK	1:44.05
HARLAN B HAYNIE	42 ORE	1:17.05	200BAK ARTHUR WELCH	58 ORE	3:22.46	75-79 MEN	
200FRE VERNON DASCH	41 ORE	2:14.47	50 FLY ARTHUR WELCH	58 ORE	:38.26	50FREE ALLAN J DE LAY	75 ORE :39.19+
HARLAN B HAYNIE	42 ORE	2:51.53	100FLY ARTHUR WELCH	58 ORE	1:25.62	Oregon was- ALFRED GAWLEY	:47.77
400FRE HARLAN B HAYNIE	42 ORE	6:12.83	200 IM ARTHUR WELCH	58 ORE	3:16.31	100FRE ALLAN J DE LAY	75 ORE 1:41.77
800FRE STEPHEN M JOHNSON	42 ORE	9:37.36+	60-64 MEN			SYD C HENDY	77 ORE 1:43.16
Oregon was- STEVEN L DURAPAU	9:45.12		50FREE ERIC GP. GUEST	61 ORE	:32.45	50BACK SYD C HENDY	77 ORE :54.23
HARLAN B HAYNIE	42 ORE	12:49.96	800FRE ERIC GP. GUEST	61 ORE	13:57.93	ALLAN J DE LAY	75 ORE :56.81
50BRST ALLEN L STARK	41 ORE	:33.16	50BRST MILTON R MARKS	60 ORE	:40.40	100BAK SYD C HENDY	77 ORE 2:02.19
JOHN D DEJARNATT	41 ORE	:42.17	100BRS MILTON R MARKS	60 ORE	1:33.36	200BAK SYD C HENDY	77 ORE 4:37.45
			50 FLY ERIC GP. GUEST	61 ORE	:38.57	80-84 MEN	
			400 IM MILTON R MARKS	60 ORE	7:16.58+	100FRE JACK HOEY	81 OREG 2:02.38
			Oregon was- OPEN 99:99.99			50BACK JACK HOEY	81 OREG :54.32
						100BAK JACK HOEY	81 OREG 2:07.75
						200BAK JACK HOEY	81 OREG 4:28.16

120+ MEN

MARK M WILLIAMS,34 *** THOMAS W C CHUN,34 ***

200+ MEN

ROBERT S SMITH,47 *** TOM FANNING,51 ***

280+ MEN

EARL WALTER,69 *** ROBERT A MORRISON,69 ***

120+ MIXED

JOHN F ZELL,34 *** SUZANNE COOPER,41 ***

200+ MEN

ROBERT S SMITH,47 *** ERIC GP. GUEST,61 ***

280+ MEN

EARL WALTER,69 *** GILBERT N YOUNG,68 ***

120+ MIXED

EDWARD R MANN,33 *** M YUSE-MILLER,30 ***

200+ MIXED

ERIC GP. GUEST,61 *** BARBARA FRID,48 ***

14

BILL P KLINE,29 ***

14

RICHARD D BOYD,47 ***

14

ANDREW W HOLDEN,71 ***

20

M YUSE-MILLER,30 ***

3

TOM FANNING,51 ***

3

FORBES J MACK,72 ***

9

SUZANNE COOPER,40 ***

9

ROBERT S SMITH,47 ***

200 MEDLEY RELAY

GREG SOUTHWELL,38 *** ORE 2:15.37

400 MEDLEY RELAY

ERIC GP. GUEST,61 *** ORE 5:11.59

400 MEDLEY RELAY

FORBES J MACK,72 *** ORE 6:25.20

200 MEDLEY RELAY

STEPHEN HARGER,31 *** ORE 2:29.37

400 FREE RELAY

RICHARD D BOYD,47 *** ORE 4:30.16

400 FREE RELAY

ANDREW HOLDEN,71 *** ORE 5:27.45

200 FREE RELAY

JOHN F ZELL,34 *** ORE 2:07.88

400 FREE RELAY

GINGER L PIERSON,44 *** ORE 4:58.30

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: March 16, 1991
Hosted by HWR NSB Bangor Tridents Swim Team
at NSB Bangor Pool
Sanction # 913607

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

NSB BANGOR GATE LIST: Driver: _____ All Passengers: _____

ENTRY FEES

SURCHARGE: \$93.00 \$4.00
(Includes LMSC surcharge \$1 and electronic timing surcharge \$1)
Individual Events @ \$1.00 (No charge for relays)

TOTAL _____

Checks payable to: Gordon Gray
Mail fees and this entry form to: Gordon Gray TEL: 697-1532
P.O. Box 84
Keyport, VA 98345

ENTRIES Postmarked March 5, 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 _____

Order Souvenir T-shirts (see meet info. section)
send \$8 check payable to Bangor Tridents and
indicate size _____.

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: March 16, 1991
Hosted by HWR-NSB Bangor Tridents Swim Team

ORDER OF EVENTS
EVENT # EVENT

- 1 500 FREE
- 2 WARM-UP BREAK
- 3 200 FREE RELAY
- 4 100 BACK
- 5 200 FREE
- 6 50 FLY
- 7 200 BREAST
- 8 5 MIN BREAK
- 9 100 I.M.
- 10 200 MIXED FREE RELAY
- 11 200 BACK
- 12 50 FREE
- 13 100 FLY
- 14 50 BREAST
- 15 5 MIN BREAK
- 16 200 NEDLEY RELAY
- 17 50 BACK
- 18 100 FREE
- 19 200 FLY
- 20 5 MIN BREAK
- 21 200 MIXED NEDLEY RELAY

DATE: March 16, 1991
TIME: Saturday

Warmup 8:30 a.m.
500 Free at 9:00 a.m.
Warm-up after 500 30 minutes
Meet will not start before 10:30a.m.
PLACE: NSB Bangor Pool
(See Directions)
Phone: 779-4817

MEET DIRECTOR: Marilyn Grindrod
779-4817

Entries: Gordon Gray
(206) 697-1532 (Before 9 pm)

FACILITY: 25 yd x 25m, 6-8 lanes
area for warm-up
available throughout
the meet. Water temp: 82 degrees
CONCESSION STAND: Yes *

RULES: Current USMS rules will
govern the meet

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

TIMING: Electronic

*NOTE 1: Hot tub, bowling alley, video games available during meet. (Pro Shop tax free)

Note 2: All persons who will be in your vehicle must be listed on entry sheet for base access.

Directions: From Tacoma: Take Route 16 over the Narrows Bridge. Continue north to Route 3 North. Turn LEFT onto Route 3 and follow to NSB Bangor exit. Go to main gate at Luoto Road. Naval Subbase Bangor exit.

From Bremerton Ferry: Drive off the ferry and turn RIGHT onto Washington St. Get into the Left lane: this becomes 11th St. Follow until you reach Route 3. Go RIGHT (north) and follow to NSB Bangor exit.

From Winslow: GO north out of terminal on 305 and continue through Poulsbo. Drive through light at business 3 and go south on Route 3 to NSB Bangor exit. Go to main gate at Luoto Road.

From Kingston: Leave terminal, stay on road and go LEFT onto Bond Road. Follow Bond Road to 305 in Poulsbo; go RIGHT and take Route 3 to NSB Bangor.

From Hood Canal Bridge: Go south on Route 3 to NSB Bangor.

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

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

- Late Notes: The Pro Shop on Base has extended a 10% discount to be offered to PNA Members/families.
- Marilyn has T-shirts (Bangor Tridents) available if pre-ordered for \$8.00. Send check and size with your entry.

MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS
APRIL 12-14, 1991

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions will also be available.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.
b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

Please note: Swimmers under the age of 25 are advised they might jeopardize their amateur status under FINA rule GR-1 if they participate in Masters competition.

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 29, 1991. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29, 1991 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1991 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 14TH, 1991.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

MEET DIRECTOR: HUGH MOORE
29920 2ND PL SW
FEDERAL WAY, WA 98023
(206)941-3100 before 9 PM

TIMES: Friday April 12:
warm-up: 6-6:50 PM meet: 7 PM
Saturday April ~~12~~ & Sunday April ~~29~~:
warm-up: 8:00-8:50 AM meet: 9:00 AM

FRIDAY APRIL ~~27~~ 12

1 400 IM
2 1650 FREE (7:00 CHECK-IN)

NOTE: MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

SATURDAY APRIL ~~28~~ 13

3 100 IM
4 50 BREAST
5 100 FLY
6 200 FREE
5 MIN BREAK
7 200 FREE RELAY
(ENTRIES DUE AT 9 AM)
8 100 BREAST
9 200 BACK
10 50 FLY
5 MIN BREAK
11 200 MIXED MEDLEY RELAY
(ENTRIES DUE AT 11 AM)
12 500 FREE (11 AM CHECK-IN) 22

SUNDAY APRIL ~~29~~ 14

13 100 BACK
14 50 FREE
15 200 BREAST
5 MIN BREAK
16 200 MIXED FREE RELAY
(ENTRIES DUE AT 9 AM)
17 200 IM
18 50 BACK
19 200 FLY
20 100 FREE
5 MIN BREAK
21 200 MEDLEY RELAY
(ENTRIES DUE AT 11 AM)
1000 FREE (11 AM CHECK-IN)

**NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS
ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT
MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS**

Awards:

RIBBONS WILL BE AWARDED TO ALL SWIMMERS WHO FINISH IN THE FIRST SIX PLACES. PNA CHAMPIONSHIP MEDALS ARE ALSO AVAILABLE. SUGGESTED DONATION OF \$1.50.

TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO MARCH 29TH TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT BE SCORED.

T- Shirts.

T- shirts featuring the meet logo will be available for \$9. They will be short sleeve 50 % cotton/50 % polyester. Please order them with your meet entry to guarantee that you get one.

SOCIAL:

We hope to host a pizza social at the pool beginning during the 1000 free on Sunday. We are currently negotiating arrangements with the pool and vendor. The social will last for approximately 45 minutes following completion of the meet. Highlights will include presentation of team awards as well as introduction of the new PNA officers.

ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Best Western Fife 5700 Pacific Hwy E	922-0080	yes	8 miles
Super 8 Motel 1688 S 348th St	838-8808	no	2 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS
APRIL 12TH - 14TH, 1991 SANCTION # 913606
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.
HOSTED BY FEDERAL WAY MASTERS & HIGHLINE SWIM CLUB

NAME _____ M F AGE as of 4/14/91 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

LOCAL TEAM _____ or UNATTACHED _____ LMSC _____ CLUB _____

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+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event #	EVENT	ESTIMATED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

Surcharge: \$5.00	\$5.00
Individual events @ \$1.00 each	_____
T-SHIRTS size(s) () S () M () L () XL @ \$9 each	_____
TOTAL	_____

CHECKLIST

Checks payable to Federal Way Masters Mail to: Hugh Moore
Phone (206) 941-3100 before 9 PM 29920 2ND PL SW
 Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT TEAM NAME (ASK YOUR TEAM REP!)

ENTRIES MUST BE POSTMARKED BY MARCH 29, 1991. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29, 1991 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED

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 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, meets 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 _____

Region XII Local Masters Swimming Committees Short Course Yards Championships

University of Idaho Pool (25 yard pool with warmup area)
Moscow, Idaho

April 26, 27 & 28, 1991

SANCTION: IELMSC for USMS Inc., Sanction #3510419

ENTRY: Send Entries and make entry fees (\$14) payable to: INLAND EMPIRE LMSC, c/o Randy Hair, 3105 N. 7th, Coeur d'Alene, ID 83814. **CASH NOT ACCEPTED.** Payment by check or Money Order only. Incomplete or late entries will not be accepted. **No deck entries will be allowed for this meet !!**

ENTRY DEADLINE: April 13, 1991. 

RULES: All current Masters rules will apply. NOTE: Certified Stroke and Turn judges will be present. Please consult the USMS Handbook or a knowledgeable person about proper stroke and turn rules if you are in doubt. Events will be seeded slow to fast except for distance events.

ELIGIBILITY: All swimmers must be currently registered. Competitors 19-24 years of age may jeopardize their amateur standing under FINA rule GR-1 by competing at a Masters meet.

AWARDS: All participants will receive a plaque which will feature the meet logo. Swimmers placing in the top six places in each event including relays will receive metallic bars that can be placed on the plaque. All awards are included in the meet entry fee.

T-SHIRTS: Long-sleeve (100% cotton) T-shirts are available for \$12 if ordered with the meet entry. The shirts will feature a unique design. Please order with the meet entry to guarantee that you will receive one. Please don't forget to indicate size (S-M-L-XL) on entry.

RELAYS: Entries for relays are due at the following times: Sat. - 11:30 for 200 Medley; Sat. - end of first break for 200 Mixed Free; Sun. - end of warm up for 200 Free; Sun. - end of first break for 200 Mixed Medley.

DIRECTIONS: Upon entering Moscow from state Hwy 8, enter U of I campus by Perimeter Rd. or Rayburn St. See Map. For information call Wade Grow (208) 883-8283 or Teresa Marcisak (208) 885-8533. Parking permits will be necessary for parking on campus meet weekend. Please indicate on your meet entry form if you will need a permit. Permits will be available for pickup at registration.

LODGING: To arrange for lodging through H.O.S.T.  **please call at least two (2) weeks prior to the meet.** You can make your own reservations at the motel of your choice from the attached listing. A list of restaurants in the Moscow/Pullman area is attached.

ALL LANES LEAD TO MOSCOW !!



SIGN UP TODAY



The following is a list of hotels and restaurants in the Moscow/Pullman area .

Hotels - Moscow

Best Western Univ. Inn
1516 W. Pullman Rd.
Res: 1-800-528-1234

Hillcrest Motel
706 N. Main
208-882-7579

Mark IV Motor Inn
414 N. Main
208-882-7557

Motel 6
101 Baker
208-882-5511

Royal Motor Inn
120 W. 6th
208-882-2581

Super 8 Motel
175 Peterson
208-883-1503

Cavanaugh's
645 W. Pullman
Res: 1-800-THE-INNS

Restaurants - Moscow

Biscuitroot Park
Fine Food
415 S. Main

Bonanza
1710 W. Pullman

The Broiler/The Pantry
University Inn
1516 W. Pullman

Chinese Village
HWY 95 South

Gambino's Italian Rest.
308 W. 6th

Karl Marks Pizza
1330 W. Pullman

Main St. Deli
311 S. Main

Mickey's Greek Gyros
527 S. Main

Hotels - Pullman

American Travel Inn
515 S. Grand
509-334-3500

Nendels's Motor Inn
SE 915 Main
509-332-2646

Quality Inn
SE 1050 Johnson
509-332-0500

Restaurants - Pullman

Alex's Restaurante
Mexican
139 N. Grand

Godfather's Pizza
1232 N. Grand

Mandarin Wok
115 N. Grand

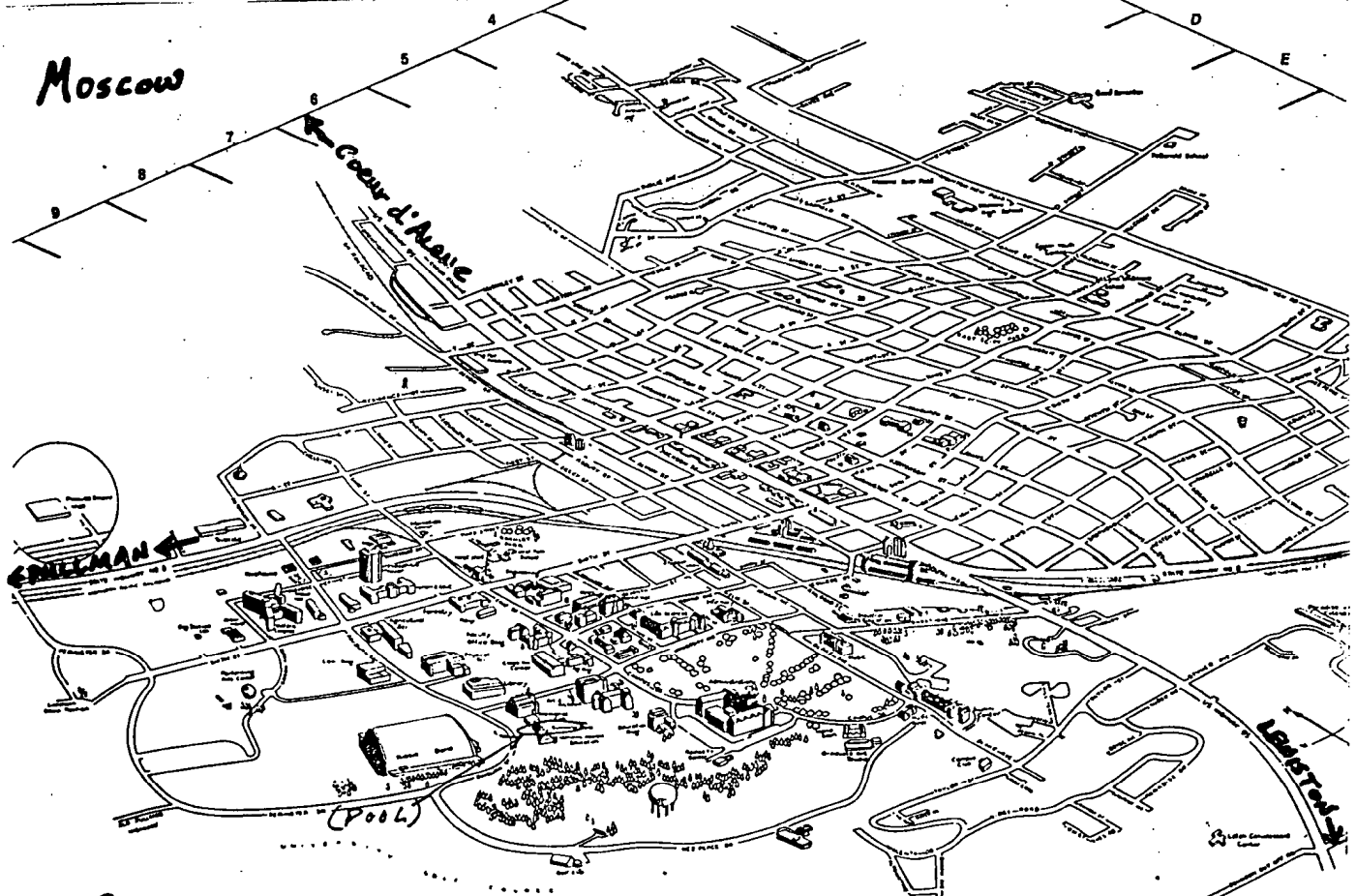
Rathaus Pizza
630 E. Main

Mr. Steak
SE 1000 Johnson

Pelican Pete's
Fine Food
SE 110 Johnson

Seasons

Fine Food
S 215 Paradise





Region XII Short Course Yards Championships

Entry (Postmarked no later than April 13, 1991)

Name: _____ M/F _____ Birthdate: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ 1991 USMS # ☒ Club: ☒ LMSC: _____

Fri., April 26, warmup at 5:00 p.m.; start at 6:00 p.m.

- EVENT EST. TIME
1--1650 Free _____

Sat., April 27, warmup at 11:00 a.m.; start at 12:00

2--400 Ind. Med. _____

3--200 Medley Relay XXXXXXXXXXXXXXXXXXXX

4--50 Free _____

5--200 Fly _____

6--100 Back _____

-----BREAK----->

7--100 Free _____

8--50 Back _____

9--200 Breast _____

10--200 Mixed Free Relay XXXXXXXXXXXXXXXXXXXX

-----BREAK----->

11--500 Free _____

- EVENT EST. TIME

Sun., April 28, warmup at 8:00 a.m.; start at 9:00 a.m.

12--1000 Free _____

13--100 Ind. Med. _____

14--200 Back _____

15--50 Breast _____

16--100 Fly _____

17--200 Free Relay XXXXXXXXXXXXXXXXXXXX

-----BREAK----->

18--200 Free _____

19--100 Breast _____

20--50 Fly _____

-----BREAK----->

21--200 Mixed Medley Relay XXXXXXXXXXXX

22--200 Ind. Med. _____

NOTE: Maximum of 6 individual events and 4 relay events




Meet Entry Fee: \$14.00

Parking Permit? _____

T-Shirts # _____ size(s) @ \$12.00 \$ _____

Total \$ _____

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 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. I further agree to abide by and be governed by the Rules and Regulations of USMS.

Your Signature:  _____ Today's Date: _____ Region XII Champs

MINUTES OF BOARD MEETING
OREGON MASTERS SWIMMING, INC.
January 8, 1991

Attendees: Sandi Rousseau, Ginger Pierson, John Zell, Dan Johnson, Andy Schrag, Roy Abramowitz, Pam Himstreet.

Call to order: 7:33 p.m.

Secretary's Report: Andy Schrag. Minutes of November meeting accepted with the following corrections:

Under Convention Highlights; Amendment stating that time standards should be the discretion of USMS Championship Committee not the meet director, this amendment should be further amended, and expanded, to state that everything having to do with time standards, how determined, when applied, etc., will all be at the discretion of the USMS Championship Committee, not the meet director.

Host/Social: Andy Schrag. No report.

Treasurer's Report: Roy Abramowitz. Financial statements are current thru November, checking stands at \$3,271. Total fund balance is at \$14,725, up a bit from last year.

Vice-Chair's Report: Pam Himstreet. Oregon City will be (was) run under the experimental 5 lane format allowing for a warm-up lane. We have the potential for 3 meets in July, State Games, St. Helens, and Eugene would like to also host a meet. Would 3 meets spread us too thin, i.e. not draw enough participants per meet? Is the Eugene pool a certified 50m pool? We will find this out before considering an approval or sanction, because if it is not a certified 50m in length we can not do either. Pam will check with Tualatin about a possible June meet. Short course regionals will be in Moscow, ID., April 26, 27, 28 at the University of Idaho, hosted by IEA.

Committee Reports:

Registration: Dan Johnson. 275 registrations received so far.

Membership: Barbara Frid. No present. Not report

Aquamaster: John Zell. Aquamaster is at the printer.

Records/Data Manager: Earl Walter. Records are current. Earl not present.

Old Business:

OMS will establish on a trial basis, a library of swimming instructional videos, the details of which we will work out next month.

OMS will withhold any USMS nominations at this time.

OMS may purchase, to show our thanks to Stevens-Ness printers, ad space in a future large meet heatsheet/program guide. For now, OMS will make a gift of a \$100 gift certificate to Stevens-Ness, redeemable at the Center for the Performing Arts.

New Business:

We will begin to look for a new membership chair.

John Zell will be going to the Mid-Valley area February 28 to meet with all current and possibly interested in Masters people, to hear their comments, concerns.

Adjournment: 9:35 p.m.

1991 United States Masters Swimming National Short Course Championships

Tracy Caulkins Competition Pool Centennial Sportsplex Nashville, Tennessee

May 16 - 19, 1991

Participants: It shall be the swimmer's and coach's responsibility to acquaint themselves with all of the information contained in this invitation. It will help to avoid any problems or misunderstanding about the conduct of this meet.

Checklist: To submit a complete individual entry, send the following:

1. Completed, signed entry form of maximum of six events in total, with least desired event starred (*), no more than three events per day, and only one of the 1000 free or 1650 free. Events entered as "no time" will not be accepted.
2. Current USMS registration number, with a photocopy of USMS card, or an international travel permit.
3. Payment in U.S. dollars (payable to Nashville Aquatic Club). Include \$13.00 surcharge for all swimmers, including relay only swimmers, \$4.00 per each event entered, Party charge of \$19.00 (optional).
4. SASE — for verification of receipt.

MAIL TO: 1991 USMS Nationals,
Margaret Mullins, 1730 Hickory Trace,
Gallatin, TN 37066, by the deadline of
April 11, 1991. Fax, telecopy, telephone
or wire entries will not be accepted.

**PLEASE FEEL FREE TO MAKE AND
DISTRIBUTE COPIES OF THIS
INVITATION AND THE ENTRY
FORMS ATTACHED.**

Meet Host: Nashville Aquatic Club
With Music City Masters

Meet Director: Margaret Mullins,
(615) 824-4878

Meet Referee: Ferris Fox,
(904) 438-4373

Headquarters Hotel: Loew's Vanderbilt
Plaza

ENTRY AND MEET INFORMATION

Forms Available: You may obtain additional entry forms and meet information from:

Margaret Mullins
1730 Hickory Trace
Gallatin, TN 37066
(615) 824-4878

or

Nashville Aquatic Club
c/o Metro Board of Parks
Centennial Park Office
Nashville, TN 37201
(615) 321-3510

Please send two 25 cent stamps and your name and address on a separate piece of paper. Any return calls will be collect.

Eligibility: This meet is open to any registered USMS Swimmer who is 19 YEARS OR OLDER BY MAY 19, 1991. (Age as of the last day of the meet determines your age group for the entire meet.) Swimmers under age 25 are advised that they may jeopardize their amateur standing under FINA rule GR1 if they participate in Masters competition. Do not enter "pending" in place of a USMS registration number. Contact your local registrar to register, and **HAVE YOUR CARD AVAILABLE AT THE MEET.**

Entries without a copy of your USMS Registration Card or your valid International Travel Permit will be rejected.

If you wish to affiliate with a Masters club, you and the club must be registered in the same LMSC. If there is any question about affiliation, the swimmer will be entered as "Unattached." USMS rules state "swimmer's affiliation as stated on the entry form will apply throughout the meet, except that swimmers may unattach at any time."

Swimmers from outside the U.S. are welcome to enter this meet. You must send a copy of your International Travel Permit along with your entry form and fees. (Fees in U.S. dollars only).

Entry Procedure: Please use the official entry or a legible copy (both sides with no parts missing) and follow instructions carefully. **ENCLOSE A PHOTOCOPY OF YOUR USMS REGISTRATION CARD.** To verify receipt of entry forms, send a self-addressed, stamped envelope or post card. Please keep a photocopy of your completed entry and bring it along with your entry receipt to the meet.

Entry Deadline: **THURSDAY, APRIL 11, 1991 WILL BE THE LAST DAY ENTRIES WILL BE ACCEPTED.** Entries received after this date will be returned to sender. Individuals may enter and swim in six (6) individual events, three per day, if the meet committee deems this to not unduly extend the meet. Competitors are asked to enter up to six (6) events, but to clearly indicate with an asterisk (*) the least desired event in the case of the meet committee having to shorten the meet and thus eliminate all of the asterisked events from all competitors. If the least desired event is not indicated with a star (*), the Entry Chairperson will make the choice. All efforts will be made to allow each competitor to swim all of his chosen events. There will be no refunds from this dropped event.

Note: You may enter only one event on Sunday, May 19, 1991, either the 1,000 or 1,650 free. Please do not enter more than the allowed events. **TELEPHONE OR WIRE ENTRIES WILL NOT BE ACCEPTED.**

Fees: Entry fee is \$4.00 per individual event, \$8.00 per relay (\$12.00 if late or desk entered.)

There is a \$13.00 surcharge per swimmer. This surcharge also applies to swimmers only participating in relays.

Fees must be sent with the Official Entry Form. An entry will not be considered complete until the check has cleared the bank.

If there is any question about a check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim.

Requests for refunds must be in writing and received by Monday, April 8, 1991. There are no refunds for events not swum.

Fees must be in U.S. dollars, by check or money order. Please do not send cash. Make checks for entries payable to NASHVILLE AQUATIC CLUB.

ORDER OF EVENTS

Women's Event	Event	Men's Event
Thursday, May 16, 1991		8:00 a.m.
01 200 Yard Backstroke		02
03 100 Yard Breaststroke		04
05 50 Yard Freestyle		06
07 200 Yard Butterfly		08
09 100 Yard Ind. Medley		10
11 *200 Yard Medley Relay		12
13 *500 Yard Freestyle		14
Friday, May 17, 1991		8:00 a.m.
15 200 Yard Breaststroke		16
17 100 Yard Butterfly		18
19 50 Yard Backstroke		20
21 100 Yard Freestyle		22
23 200 Yard Ind. Medley		24
25 *200 Yard Free Relay		26
27 *200 Yard Mixed Med. Relay		
Saturday, May 18, 1991		8:00 a.m.
29 200 Yard Freestyle		30
31 50 Yard Breaststroke		32
33 100 Yard Backstroke		34
35 50 Yard Butterfly		36
37 *200 Yard Mixed Free Relay		
39 *400 Yard Ind. Medley		40
Sunday, May 14, 1991		8:00 a.m.
41 **1,000 Yard Freestyle		42
43 **1,650 Yard Freestyle		44

*Check-in required by 9:00 a.m., day of event.

**Check-in required by 9:00 a.m., May 18

1991 United States Masters Swimming National Short Course Championships
Tracy Caulkins Competition Pool Centennial Sportsplex Nashville, Tennessee
May 16 - 19, 1991

RULES AND CONDUCT

The 1991 USMS rules will govern the conduct of this event. The **NO FALSE START RULE WILL BE IN EFFECT**. Officials will be provided by Southeastern Swimming, Inc. There are no qualifying standards for this meet. "NO TIME" may not be used. Enter your current time or a reasonable estimate for all events you enter.

Schedule of Events: Each of the individual events will be held for each of the following age groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.

Check-In Deadline: There is a check-in deadline for the following events:

500 Yd. Free 9 a.m., May 16, 1991
400 Yd. I M 9 a.m., May 18, 1991
1,000 Yd. Free 9 a.m., May 18, 1991
1,650 Yd. Free 9 a.m., May 18, 1991
Relays (Entry) 5 p.m., May 15, 1991
Relays (Declaration) . . 9 a.m., day of swim

Check-in for these deck-seeded events will begin at registration on Wednesday, May 15, 1991, 10 a.m. Check-in deadlines will be strictly enforced. There will be no mail, fax or wire check-ins.

Seeding: All events less than 400 yards, except relays, will be preseeded, slowest to fastest, oldest to youngest, with the fastest swimmers within an age group combined to form a full heat whenever possible. Partial heats may be combined. If in any age group there are not enough swimmers for a complete heat, all swimmers in that age group will be seeded in adjacent lanes.

The 400 IM, 500, 1000 and 1650 freestyle will be deck seeded, slowest to fastest, oldest to youngest.

Any swimmer who fails to report to the proper lane in the correct heat of his/her event shall be scratched from that event. He/she may not swim that event at another time.

Awards: National Masters medals will be awarded for the first through tenth places in each event in each age group, including relays. A USMS Championship patch will be given to each individual and relay team member winning an event, with a limit of one patch per individual event and one per relay won. Swimmers winning more than one Championship may purchase additional patches for each additional event won. Relay representatives must pick up

awards for relays. Thirty minutes after the posting of the results of each event, the awards may be claimed at the Awards Table, unless results are protested. Awards not claimed will not be mailed. Please arrange to have your award picked up if you leave early.

EXCEPTION: At the meet, you may arrange to have your 200 Mixed Free Relay, 400 IM, 1000 Freestyle and 1650 Freestyle medal(s) mailed to you. The charge will be \$2.00 which may be paid at the Awards Table.

Meet Results: Results may be ordered at the Awards Table during the meet. Cost will be \$7.00.

Club Scoring: Club scoring will be in two divisions, each containing three categories: men, women, and combined. Mixed Relays will be scored in the combined category only. Points awarded are:

INDIVIDUALS: 11-9-8-7-6-5-4-3-2-1
RELAYS: 22-18-16-14-12-10-8-6-4-2

Clubs with more than sixteen (16) entrants in either the men's or women's category are Division I; Clubs with sixteen (16) or fewer entrants are Division II. In the combined category, clubs with more than thirty-two (32) entrants are Division I and those with thirty-two (32) or fewer entrants are Division II.

Registration: All swimmers must register in person at the Registration Table. You will receive your heat sheet, party tickets, if ordered, credentials and other important information.

Registration hours are as follows:
Wednesday, May 15 9 a.m. — 7 p.m.
Thursday, May 16 7 a.m. — 7 p.m.
Friday, May 17 7 a.m. — end of day
Saturday, May 18 7 a.m. — as necessary
Sunday, May 19 7 a.m. — as necessary

Warm-ups: The Tracy Caulkins Competition Pool will be open for warm-ups during the following hours:
Wednesday, May 15 9 a.m. — 8 p.m.
Competition Days, May 16 - 19
6:15 a.m. — 7:45 a.m. in competition pool. Adjacent warm-down pool — during all events.

Warm-up procedures will be posted throughout the Sportsplex. The procedures will be strictly enforced, as will all safety rules. Diving and Sprint lanes will be designated. Otherwise, feet first entry is to be used. There will be NO diving in the

adjacent warm-down pool. Hand paddles, pull buoys, fins and kickboards MAY NOT be used at any time in the competition pool. Hand paddles may not be used in the warm-up pool.

RELAY ENTRY INFORMATION

All relays shall be deck seeded. Relay entry deadline is Wednesday, May 15, 1991 at 5 p.m. All properly entered relays shall have their cards picked up by one designated Relay Representative, filled out, and returned by 9 a.m. on the day of the relay swim.

Relay events are as follows:

#11 - 12 Thur., May 16 200 Yd. Medley Relay
#25 - 26 Friday, May 17 200 Yd. Free Relay
#27 Friday, May 17 200 Yd. Mix Med Relay
#37 Saturday, May 18 200 Yd. Mix Free Relay

Please use the official Relay Entry Form or a photocopy of the entry form. Deck Entries for relays will be accepted only on Wednesday, May 15 at the Relay Table in the Registration Area from 10 a.m. until 5 p.m. Only relay representatives designated on relay entry form may deck enter relays.

Entry fee for relays on or before April 11 will be \$8.00 per relay. Deck entered relays will be assessed a \$12.00 fee per relay. **ALL RELAY SWIMMERS MUST HAVE ENTERED THE MEET BY APRIL 11, 1991. NO EXCEPTIONS.**

Relay Age Groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Age of the youngest member determines the age group of the relay.

Relay Eligibility: Each relay swimmer must be at least 19 years of age (as of May 19, 1991), possess a current USMS registration card and be affiliated with the same Masters club as the other three members of the relay. The club and swimmers must all be registered by the same LMSC. Unattached swimmers may not swim relays.

Relay Entry Times: Please submit a reasonable estimate or an actual achieved time for each relay entered. Do not enter "no time." If you are entering more than one relay in an age group, please designate "A", "B", "C", etc. Relays will be deck-seeded.

**Official Entry Form for Individual Events
1991 United States Masters Swimming
National Short Course Championships
Nashville, Tennessee Centennial Sportsplex
May 16-19, 1991**

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____		City _____	
Street	State	Zip	Country
Phone _____		A/C _____	
A/C	Days	Evenings	
Age _____		Birthdate _____	
(on 5 / 19 / 91)		Month/Day/Year	USMS Reg # _____
		1991 No. Required	
Club Name or Unattached _____		Club Abbrev _____	
		(if you know it)	
		LMSC _____	
		(Assoc.)	

Entry Due Date: Entry must be received no later than April 11, 1991

Event No.	Entry Time Women	Event	Event No.	Entry Time Men
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Thursday May 16, 1991

1		200 YARD BACKSTROKE	2	
3		100 YARD BREASTSTROKE	4	
5		50 YARD FREESTYLE	6	
7		200 YARD BUTTERFLY	8	
9		100 YARD INDIVIDUAL MEDLEY	10	
11	SEE RELAY FORM	200 YARD MEDLEY RELAY	12	SEE RELAY FORM
13		500 YARD FREESTYLE	14	

Friday May 17, 1991

15		200 YARD BREASTSTROKE	16	
17		100 YARD BUTTERFLY	18	
19		50 YARD BACKSTROKE	20	
21		100 YARD FREESTYLE	22	
23		200 YARD INDIVIDUAL MEDLEY	24	
25	SEE RELAY FORM	200 YARD FREESTYLE RELAY	26	SEE RELAY FORM
27/28	SEE RELAY FORM	200 YARD MIXED MEDLEY RELAY	27/28	SEE RELAY FORM

Saturday May 18, 1991

29		200 YARD FREESTYLE	30	
31		50 YARD BREASTSTROKE	32	
33		100 YARD BACKSTROKE	34	
35		50 YARD BUTTERFLY	36	
37/38	SEE RELAY FORM	200 YARD MIXED FREESTYLE RELAY	37/38	SEE RELAY FORM
39		400 YARD INDIVIDUAL MEDLEY	40	

Sunday May 19, 1991

41		1000 YARD FREESTYLE	42	
43		1650 YARD FREESTYLE	44	

**NOTE: YOU CAN SWIM EITHER THE 1000 YARD FREESTYLE OR 1650 YARD FREESTYLE, NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS.
YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.**

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.
YOU MAY ENTER SIX EVENTS - BUT SWIM NO MORE THAN THREE ON ANY ONE DAY.

Dates: May 16, 1991

Location: Centennial Sportsplex; Nashville, Tennessee

Sanctioned By: US Masters Swimming Inc., and Southeastern Masters Swimming

Filling Out Entry Blank:

There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. DO NOT ENTER WITH "NO TIME" or your entry will be rejected.

You may enter six events but Swim no more than three on any one day.

Eligibility:

National Championships are open to USMS registered swimmers, 19 years of age and older (as of May 19, 1991). If you wish to represent a club, then you and the club must be registered in the same LSMC; if any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry." 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.

Conduct of the Meet:

Meet Brochure has all details of the meet conduct. All events 200 yards/meters and under will be pre-seeded. The 400/500 freestyle, the 400 IM, the 800/1000, and the 1500/1650 freestyle will be deck seeded.

Deck Seeded Events/Check In Times: Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

400 IM	9:00 AM May 18	800/1000 FREE	9:00 AM May 18
400/500 FREE	9:00 AM May 16	1500/1650 FREE	9:00 AM May 18

Age Groups:

19-24, 25-29, 30-34, etc. to 90-94, and 95 and over. Your age is determined as of the last day of the meet (5 / 19 / 91).

Awards: National Masters Medals to first through tenth places.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees:

\$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form: an entry is not considered complete until the check clears the bank; if any questions about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than April 8, 1991: no refunds are given for events not swum.

Banquet:

A special, down-home Bar-b-que with all the fixins will be held on Friday, May 17 at 7:30 at the Vanderbilt Stadium Club. Cash bar at 6:30. Come Eat and Dance and Socialize. Make some great memories of a fun evening. \$19.00 per person.

Checks Payable to:	Meet Surcharge (required of all swimmers):	_____ X \$13.00 = _____
Nashville Aquatic Club	Number of Individual events entered:	_____ X \$ 4.00 = _____
Mail Entry & Fees to:	Number of Bar-b-que tickets:	_____ X \$19.00 = _____
Margaret Mullins	TOTAL AMOUNT OF FEES DUE (do not send cash):	= _____
1730 Hickory Trace		_____
Gallatin, TN 37066	ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.	

Entry Deadline:

Entry must be in the hands of entry chairman no later than April 11, 1991: late entries will be returned to sender.

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Release From Liability:

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 disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Masters program; or any activities incident thereto against 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. I further agree to abide by and be governed by the rules and regulations of USMS.

Date: _____ **Signature:** _____

Happy Birthday

March Birthdays

Allan, Jon M.	3/19/53	Luck, Christopher W.	3/13/63
Andrus, Linda G.	3/20/57	Lutsock, Barbara L.	3/12/50
40 Barrett, Robin L.	3/21/51	Mac Donald, William G.	3/15/42
Blacketer, Marilyn J.	3/23/57	McGinn, Jim B.	3/31/60
Bowlsby, Dona R.	3/18/58	Mc Kay, Patty	3/23/55
Burleson, David O.	3/22/57	Michel, Jeff	3/29/55
Choe, Yong-Sun	3/ 5/47	Mills, Leissa K.	3/10/60
35 Chun, Thomas W. C.	3/29/56	Mills, Bill H.	3/ 8/39
Crichton, Doug	3/23/47	Otto, Douglas E.	3/18/59
45 Crosier, Sandra L.	3/16/46	45 Pierson, Ginger L.	3/ 9/46
Deck, Karen M.	3/22/63	50 Shelton, William D.	3/ 2/41
25 Dow, Christopher N.	3/27/66	Sweeney, Glen R.	3/10/45
Fisher, Emerson G.	3/28/49	Swin, Ernie G.	3/ 1/58
25 Friedley, Kim A.	3/26/66	Vechazone, Lori A.	3/30/60
Garrett, Ann S.	3/ 6/52	35 Viles, Carolyn A.	3/11/56
Grimston, Daphne G.	3/ 9/38	65 Wells, Margaret A.	3/20/26
75 Havercamp, Barbara T.	3/ 6/16	Yuse, M'Adonna	3/ 3/60
Hughes, Kathleen A.	3/23/27		
Knight, Sue W.	3/ 5/63		
Leavitt, Corey A.	3/31/57		

* 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

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

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!!!