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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 - 1992

MARCH 19	O.M.S. BOARD MEETING 7:15 P.M. PAM HIMSTREET'S HOUSE
*APRIL 5, 6, & 7	OREGON MASTERS ASSOCIATION CHAMPIONSHIPS NEWBERG, OREGON CHEHALEM AQUATIC CENTER (ENTRY DEADLINE MARCH 23, 1991)
*APRIL 12, 13, & 14	PNA MASTERS ASSOCIATION CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL (ENTRY DEADLINE APRIL 2, 1991)
APRIL 23	O.M.S. BOARD MEETING 7:15 P.M. ANDY SCHRAG'S HOUSE
*APRIL 26, 27, & 28	REGION 12 SHORT COURSE YARDS REGIONAL CHAMPIONSHIPS MOSCOW, IDAHO UNIVERSITY OF IDAHO (ENTRY DEADLINE APRIL 13, 1991)
*MAY 1991	DR. SPRINT'S "SPRINT WORK-OUT POSTAL CHAMPIONSHIPS" (ENTRY DEADLINE JUNE 15, 1991)
*MAY 11	TIGARD, OREGON "SWIM THE GAP" TIGARD H.S. POOL AGE GROUP AND MASTERS OPEN INVITATIONAL (ENTRY DEADLINE APRIL 27, 1991)
*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 MULTNOMAH ATHLETIC CLUB STATE GAMES OF OREGON
JULY 20	ST. HELENS, OR EISENSCHMIDT POOL ANIMAL MEET MASTERS & AGE GROUP SWIMMERS S.C.Y. 400 I.M. - 500 FREE - 200 CHOICE = BACK, BREAST, OR FLY
JULY 27	EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL
LATE JULY ??? (OR EARLY AUG)	REGION 12 LONG COURSE REGIONAL CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL
** AUGUST 20-23, 1992	USMS 1992 LONG COURSE NATIONAL CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL

*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

** TEAM O.M.S. -- TARGET MEET OF 1992 SEASON

Z-Man says-----

Hello again my friends.....Z-Man here with a NEW look and more. Coming to you via my new Macintosh IICI computer system. Yes my wife and I have a new addition to our household....not a walking and talking addition that many of you have asked us about...but a new High-Tech helper that is sure to have a major league impact on the quality of the ol' AquaMaster.

As you can see by the front cover, the schedule page, and my column, some nice changes have occurred and folks it's only going to get better. Like most writers or artist types, I'll probably not be real happy with some of the changes for the next several issues, so you'll see some experimentation for a while until we get it just right. I'm learning a number of new software programs and will be trying new stuff here and there.

The schedule page has been upgraded to show the entry deadlines for you in hope that we will all do our best to get those forms filled out early and sent in on time. You can see that our schedule of events thru the summer is pretty full and includes some interesting and fun NEW meets.

April brings us the month of Association Championships and Regionals and I know by now many of you are making final plans for these very important meets of our entire swim season. I personally am very pumped and ready for both our and PNA's Association meets. I can barely sit still. I hope you and your team are ready.....this will be some hot competition.

Then the real interesting fun continues in the month of May. Dr. Sprint is back again this year with the "Sprint Work-out Postal Championships" second running. Check this one out...it's a lot of fun and some new twists have been added. Also we debut the FIRST EVER "SWIM THE GAP" meet in Tigard, OR on May 11th. This will be the first sanctioned meet in Oregon combining both Masters and USS or Age Group Swimming competition. Look this entry form over very closely cause it is truly unique and will undoubtedly be....fun, fun, fun. This meet encourages an Age Group and Masters combined team concept.

And of course, I could not forget the "Big-One" of our Short Course season.....Nationals in Nashville. Z-Man and Christy (my wife) will be winging their way to the Tracy Caulkins Pool for the week and all the excitement. I will bring you a special report on our trip that will be run in the June or July issue.

In this issue you will find the results from February's 10th Annual Swim Cellar Pentathlon. Both ol' Barnacle and Dr.. Sprint review this popular event. Dr. Sprints analysis is most interesting as per usual.

Once again there are many entry forms for you entering enjoyment. Break out the pen and check book and get busy.

By the time you are reading this column, both the First Mid-Willamette Valley Master Swimming meeting and the Ashland meet will be history and I'll be bringing you reports from both these events next month.

I truly hope you all enjoy the changes in this months issue and I assure you that there are more to come.

It's only going to get better.....

see you at Newberg,



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.

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 13 & Sunday April 14:
warm-up: 8:00-8:50 AM meet: 9:00 AM

FRIDAY APRIL 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 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)

SUNDAY APRIL 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)
22 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

<u>Event #</u>	<u>EVENT</u>	<u>ESTIMATED TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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
208-882-5311

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

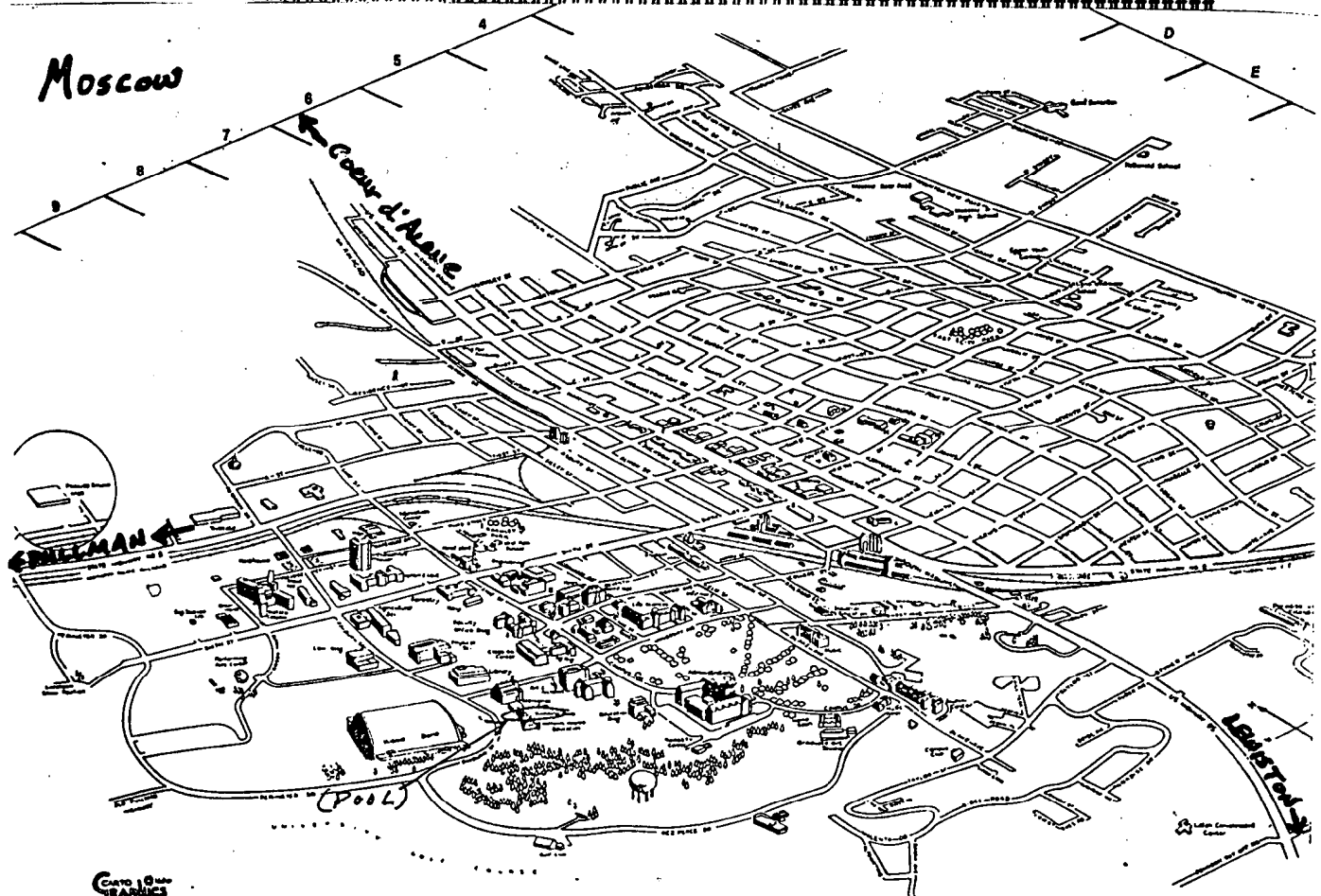
Rathaus Pizza
630 E. Main

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 XXXXXXXXXXXXXXXXXX

4--50 Free _____

5--200 Fly _____

6--100 Back _____

-----BREAK-----

7--100 Free _____

8--50 Back _____

9--200 Breast _____

10--200 Mixed Free Relay XXXXXXXXXXXXXXXXXX

-----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 XXXXXXXXXXXXXXXXXX

-----BREAK-----

18--200 Free _____

19--100 Breast _____

20--50 Fly _____

-----BREAK-----

21--200 Mixed Medley Relay XXXXXXXXXXXXXX

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

TIGARD AQUATIC CLUB AND TIGARD MASTERS PRESENTS:

"SWIM THE GAP MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (#91-H) 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 and fee with this form.

MEET: "SWIM THE GAP"

DATE: SATURDAY MAY 11, 1991

PLACE: Tigard Aquatic Center (Tigard High School)

8680 S.W. Durham Road

Tigard, OR 97223

POOL: 6 lanes of competition, manual timing

No separate warm-up pool space.

HOST: Tigard Aquatic Club & Tigard Masters

Meet Director: Mr. Steve Dunne 503-692-2766 h,

503-230-3496 w, or 503-684-2100 pool

DIRECTIONS TO POOL: From I-5 take the Carman Drive exit west to Boonesferry Road. Turn left on Boonesferry traveling south to Durham Road. Turn right on Durham and travel 3/4 miles. Tigard pool is first building on your left on the Tigard High School campus.

Warm-ups begin: 7:30 A.M.

Meet begins: 8:30 A.M.

Events end by: 3:00 P.M.

Officials meeting: 8:00 A.M.

Coaches meeting: 8:15 A.M.

Concession Stand: Geritol & Gummy Worms

ENTRY DEADLINE: POSTMARKED NO LATER THAN 4 - 27 - 91 LATE ENTRIES RETURNED

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

NAME _____ **1991 USMS #** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE# _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____ **TEAM** _____

Age Groups: 19-24, 24-29, 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+. You are limited to 4 individual events plus 2 Special Relays. Enter relays at the meet. All events will be seeded slow to fast.

SATURDAY MAY 11, 1991 TIGARD

50 FREE (1) MASTERS _____:_____._____

50 BREAST (2) MASTERS _____:_____._____

25 FREE (3&4) 8 & UNDER XXXXXXXX

50 FREE (5&6) 14 & UNDER XXXXXXXX

100 FREE (7&8) SENIOR XXXXXXXX

100 FREE (9) MASTERS _____:_____._____

50 FLY (10) MASTERS _____:_____._____

25 BACK (11&12) 8 & UNDER XXXXXXXX

50 BACK (13&14) 14 & UNDER XXXXXXXX

100 BACK (15&16) SENIOR XXXXXXXX

100 BACK (17) MASTERS _____:_____._____

100 FLY (18) MASTERS _____:_____._____

25 FLY (19&20) 8 & UNDER XXXXXXXX

50 FLY (21&22) 14 & UNDER XXXXXXXX

100 FLY (23&24) SENIOR XXXXXXXX

BREAK ---- 10 MINUTE BREAK ---- BREAK

200 FREE RELAY (30) ALL AGES

(2 MASTERS + 2 USS SWIMMERS)

25 BREAST (26&27) 8 & UNDER XXXXXXXX

50 BREAST (28&29) 14 & UNDER XXXXXXXX

100 BREAST (30&31) SENIOR XXXXXXXX

100 BREAST (32) MASTERS _____:_____._____

50 BACK (33) MASTERS _____:_____._____

100 I.M. (34&35) 10 & UNDER XXXXXXXX

200 I.M. (36&37) SENIOR XXXXXXXX

100 I.M. (38) MASTERS _____:_____._____

BREAK ---- 10 MINUTE BREAK ---- BREAK

200 MEDLEY RELAY (39) ALL AGES

(2 MASTERS + 2 USS SWIMMERS)

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. 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.

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to O.M.S. to the following:

O.M.S. 2380 S.W. CHELMSFORD AVENUE PORTLAND, OREGON 97201

MINUTES OF BOARD MEETING
OREGON MASTERS SWIMMING, INC.
February 5, 1991

Attendees: Barbara Frid, Sandi Rousseau, Earl Walter, Dave Burleson, Roy Abramowitz, Andy Schrag, John Zell, Dan Johnson.

Call to order: 7:20 p.m.

Secretary's Report: Andy Schrag. Minutes of January meeting accepted as written.

Host/Social: Andy Schrag. No report.

Treasurer's Report: Roy Abramowitz. As of 12/31/90, \$4,700 in checking, \$10,300 in savings, \$14,000 ending fund balance vs. \$13,000 last year. Revenues are even with last year.

Vice-Chair's Report: Pam Himstreet. No report.

Committee Reports:

Registration: Dan Johnson. 322 registrations thus far. We will look into using zip + four for mailing if the trouble is worth the savings.

Membership: Barbara Frid.

Aquamaster: John Zell. February Aquamaster is at the printer.

Records/Data Manager: Earl Walter. OMS records are all up to date. IEA has been slow to compile theirs so that regional records can be updated. We will obtain a PO box to facilitate receipt and collection of meet entries, etc.

Old Business:

All awards have been decided. (But of course can not be listed here!) In honor of Stevens-Ness' long time and continuing contribution to OMS, the Spirit of Masters Award will be re-named the Stevens-Ness Spirit of Masters Award.

Pamela Caltabiano has expressed interest in the position of Membership chair.

New Business:

Mary Grillo and John Zell have each come up with designs for a new OMS shirt. We will also order 100 OMS swimcaps to have for sale.

Oregon city was awarded the full amount for their fine meet as was the Pentathlon.

Adjournment: 9:10 p.m.

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

19-24 WOMEN

W	KIM FRIEDLEY	24	OREG	:33.40	:38.85	:36.77	:29.09	1:15.82	213.93
	SANDI L HYDE	22	VMS	:33.86	:37.63	:43.23	:27.89	1:15.77	218.38
W	NANCY L WICHMAN	24		:37.37	:40.80	:48.34	:36.26	1:31.15	253.92
W	BARBARA A LASTELIC	24			:33.75	:37.17	:28.72		999.99

25-29 WOMEN

	LINDA FINLEY	26	NCSC	:30.80	:33.62	:37.43	:27.18	1:07.94	196.97
W	KAREN E MCADAMS	28		:29.18	:34.23	:37.70	:26.78	1:10.34	198.23
	LISA K DAVIS	26	THB	:29.73	:35.70	:36.49	:27.50	1:11.88	201.30
	NAOMI STEINBERG	29	EY	:32.78	:40.34	:37.41	:30.23	1:14.90	215.66
W	MARGY IMEL	29		:33.39	:37.62	:39.52	:28.97	1:17.94	217.44
	SUZANNE M ZIEGLER	28	NCSC	:35.68	:40.32	:52.21 U	:30.55	1:21.88	240.64

30-34 WOMEN

	GRACIE M GODDARD	31		:27.77 +	:31.79	:37.86	:24.94 +	1:06.34 +	188.70
	PAMELA CALTABIANO	31	VOT	:32.29	:37.46	:35.59	:27.95	1:11.65	204.94
	KRISTEN MELTON	31	OREG	:33.13	:37.36	:39.46	:29.47	1:17.65	217.07
	CHRISTINA FOX	30	EY	:41.28	:38.04	:40.64	:34.88	1:21.94	236.78
W	JEANNE M LANSING	31		:51.65	1:02.05 U	:47.63	:40.99	1:52.82	315.14
	GAIL M KIMBERLING	34	LCM						999.99
	ANNE F OCONNELL	30	EY						999.99
	KIM J BOGUS	32	PPM						999.99

35-39 WOMEN

	CLAUDIA COKE	36	OREG	:30.76	:33.50	:37.96	:28.19	1:09.50	199.91
	PATRICIA MCKAY	35		:31.26	:33.24	:39.51	:27.89	1:10.82	202.72
	TERI HENDRYX	37	MACO	:31.90	:35.65	:38.67	:29.35	1:13.62	209.19
	D KIKO KIMURA	35	*HUSK	:32.78	:35.54	:40.40	:30.53	1:15.94	215.19
	AMY C W EMMETT	35	NCSC	:35.25	:38.92	:43.30	:31.48	1:20.74	229.69
	SUE M. SMITH	38	GPY	:37.14	:39.68	:42.65	:32.77	1:24.73	236.97
W	CINDY A SHOEMAKER	38		:43.19	:40.25	:42.50	:33.04	1:25.94	244.92
W	DEBRA LEE	37							999.99

40-44 WOMEN

	GINGER L PIERSON	44	THB	:30.76	:34.58	:35.00	:28.75	1:09.97 +	199.06
	KATHRINE CASEY	42	*PNA	:32.61	:35.83	:35.46	:28.26 +	1:11.32	203.48
W	SUZANNE COOPER	41		:33.10	:35.28	:36.92	:30.50	1:13.37	209.17
	SUSAN J CASE	41	THB	:35.60	:35.75	:39.85	:31.69	1:16.30	219.19
	SANDI ROUSSEAU	43	THB	:31.76	:39.82	:41.28	:29.38	1:18.23	220.47
	MONIKA HUNSCHER	42	THB	:34.86	:38.37	:42.01	:30.97	1:20.26	226.47
W	JUDY E BEASTON	40		:44.49	:51.93	:48.05	:36.33	1:35.76	276.56
	KRISTI L LOONEY	42	OREG	:47.05 U	:40.76	:46.35			999.99

45-49 WOMEN

	BARBARA FRID	48	THB	:33.37	:36.02	:40.16	:31.24	1:18.80	219.59
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50-54 WOMEN

	PEGGIE H HODGE	50	OREG	:46.79	:49.73	:46.91	:37.74	1:37.97	279.14
	ANN GINDROZ	52	*PNA	:47.17	:56.51	:47.97	:36.64	1:34.30	282.59
	JEAN L KINZEY-LEE	50	OREG	:50.52	:51.53	:49.08	:38.34	1:39.55	289.02

55-59 WOMEN

W	CYNTHIA H ROSIK	58	*	:56.52	1:04.06	:50.31	:41.47	1:52.63	324.99
	CAROL A DICKINSON	56		1:03.92	:49.77	:56.49	:44.65	1:58.24	333.07

60-64 WOMEN

	JOYCE BAHLER	60	MACO						999.99
	KATHLEEN A HUGHES	63	THB						999.99

65-69 WOMEN

	PETEEY MH. SMITH	66	NEWP	:46.64	:46.81	:53.74	:33.08 +	1:37.06	277.33
	ELFIE J STEVENIN	69	THB	1:16.41	1:11.71	1:29.43	1:04.78	2:37.91	460.24

70-74 WOMEN

	JUDY M MELCHER	70	THB	1:25.17	1:12.74	1:04.63 +	1:02.61	2:31.92	437.07
	BARBARA T HAVERCAMP	74	OREG	2:03.93	1:38.82	1:54.15	1:14.98	3:28.76	620.64

10th PENTATHLON

25 YARD

02/02/91 PG 2

U=DQ (+10 SECS)

*=FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
75-79 WOMEN								
	HELENA W HOFFMAN	75 THB						999.99
80-84 WOMEN								
	HAZEL B BRESSIE	82 MACD	2:35.49	1:29.02	1:58.80	1:39.03	4:08.42	710.76
25-29 MEN								
	MARK P FRIEDLÉY	26	:25.25	:27.49	:29.37	:23.42	:56.70	162.23
	HUNTER S GRAHAM	28 VOT	:26.75	:27.97	:32.00	:24.54	:59.58	170.84
30-34 MEN								
	ANDY SCHRAG	34 VOT	:26.33	:28.86	:31.27	:24.45	1:00.62	171.53
W	DOUGLAS E OTTO	31	:27.50	:28.76	:31.20	:24.92	1:00.20	172.58
	STEPHEN F HARGER	31 PPM	:27.49	:30.34	:30.84	:23.58	1:00.57	172.82
	DAVID D BURLESON	33	:28.46	:27.41	:36.12	:25.38	:58.11	175.48
	JOHN F ZELL	34 PPM	:27.57	:28.84	:33.57	:25.70	1:01.72	177.40
	TRYG STRATTE	34 PPM	:27.67	:30.98	:30.57	:24.06	1:05.47	178.75
	DAVID M COBB	31 PPM	:29.24	:31.86	:31.75	:25.93	1:03.76	182.54
W	MARK B WREN	32 PPM	:27.35	:33.44	:33.24	:24.53	1:04.53	183.09
	GREG P ROMPEL	34	:28.56	:32.01	:33.29	:26.38	1:05.23	185.47
	TYLER COLE	30 PPM	:28.98	:34.72	:35.41	:25.74	1:08.22	193.07
	EDWARD R MANN	33 PPM						999.99
35-39 MEN								
	GARY HAER	39 *VOT	:26.76	:26.93	:33.75	:23.64	1:00.63	171.71
	ADRIAN L KALIL	37 PPM	:29.61	:32.15	:33.47	:24.84	1:07.18	187.25
	DANIEL P JOHNSON	37 THB	:29.68	:34.80	:32.66	:27.12	1:05.85	190.11
	GREG JONES	38 MY	:31.55	:35.36	:34.51	:27.02	1:09.72	198.16
	JAMES M ELLIOTT	38 CHM	:29.86	:33.82	:38.34	:27.22	1:09.45	198.69
W	TIM J VERKLER	38	:32.66	:35.03	:36.59	:27.27	1:09.91	201.46
	MICHAEL A GRANT	39 GPY						999.99
	MIKE L PENDLETON	39 UN						999.99
40-44 MEN								
	TOM K COFFEY	40 PIR	:26.28	:30.30	:32.64	:23.87	1:00.99	174.08
	JON D STOUT	44 CHM	:27.56	:28.86	:33.23	:24.46	1:02.29	176.40
	DOUGLAS J ADAMS	41 OREG	:27.10	:31.41	:31.10	:25.22	1:02.58	177.41
	KEITH MARSHALL	43 MMH	:28.75	:32.61	:32.13	:24.19	1:03.96	181.64
	JED P CRONIN	42 THB	:27.50	:34.43	:35.63	:27.37	1:08.62	193.55
W	JAN M DIXON	43	:31.49	:32.34	:38.97	:27.44	1:12.85	203.09
	JOHN D DEJARNATT	41 WHOM	:31.12	:37.52	:36.66	:29.30	1:12.56	207.16
	MICHAEL L DUFFY	44 RVM	:32.05	:37.74	:37.38	:26.05	1:14.84	208.06
	L BUZ CARRIKER	43 MMH	:33.39	:40.73	:39.11	:28.08	1:23.19	224.50
	RON E JERSEY	42 GPY	:35.80	:40.32	:43.07	:29.67	1:22.36	231.22
	STEPHEN H WARNER	42 NCSC						999.99
	ALLEN L STARK	41 PPM						999.99
45-49 MEN								
	ROBERT S SMITH	47 LOSC	:26.02	:26.53	:30.29 +	:23.33	:58.61 +	164.78
	RICHARD D BOYD	47 MMH	:28.71	:31.21	:32.89	:26.10	1:05.06	183.97
	DICK E HODGE	45 OREG	:34.14	:37.12	:40.18	:30.12	1:16.97	218.53
	MARK FLINT	45 RVM	:43.29	:45.24	:44.89	:36.75	1:31.96	262.13
50-54 MEN								
	RONALD K NAKATA	51 MMH	:28.32 +	:34.90	:34.04	:25.91 +	1:07.40	190.57
	TOM FANNING	51 PKRS	:30.52 +	:32.07	:34.10	:27.24	1:06.86	190.79
	BERT L PETERSEN	52 PKRS	:27.39 +	:34.45	:34.22	:27.14	1:08.42	191.62
	WALT E REID	50 *PNA	:31.97	:33.66	:34.26	:29.02	1:12.02	200.93
55-59 MEN								
	JIM BIGLER	55 MACD	:34.14	:35.67	:36.43	:29.28	1:15.21 +	210.73
	ARTHUR C WELCH	58 PPM	:32.41	:39.06	:45.25	:29.83	1:18.34	224.89

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL	
60-64 MEN									
	MILTON R MARKS	60	MMH	:35.36	:37.26	:35.53	:28.96	1:16.08	213.19
	ERIC GP. GUEST	61	MMH	:34.16	:42.94	:37.87	:29.22	1:21.67	225.86
	DONLAN F JONES	60		:43.21	:38.58	:43.89	:33.67	1:28.99	248.34
65-69 MEN									
	EARL WALTER	69	THB	:38.36	:37.88	:40.76	:31.29	1:22.95	231.24
	ROBERT A MORRISON	69	VMS	:36.96	:41.12	:37.03	:34.39	1:27.08	236.58
	KHOSROW SHADBEH	69	MMH	:51.75	:52.98	:46.36	:44.39	1:45.01	300.49
70-74 MEN									
	ANDREW HOLDEN	71	*PNA	:32.18 +	:37.84 +	:40.34 +	:29.35 +	1:16.63 +	216.34
	FORBES J MACK	72	THB	:43.80	:47.54				999.99
	MEL W ANDERSON	73	VMS						999.99
75-79 MEN									
	SYD C HENDY	77	THB						999.99
80-84 MEN									
	JACK HOEY	81	PFM	1:21.69	:46.57	1:18.48	:46.68	2:21.56	394.98
	HERB EISENSCHMIDT	84	THB						999.99

10th PENTATHLON ----- 103 ENTRANTS -----

"Dr. Sprint"...continued from next page

"die" more in the 100 IM. An endurance swimmer doesn't know how to get tired during the 50's and would perform better relatively in the 100 IM race. They would also be less tired by the end of the meet and be fresher for the final 100. My opinion of these numbers is:

SF number

- .6900 or less extreme endurance (or had a great 100)
(these swimmers need more power)
- .6900+ long distance athlete
- .7000+ middle distance (200's) swimmer
- .7100+ sprinters(or out-of-shape or too tired)
- .7200+ out of shape sprinters (or poor 100 IM)
(these swimmers need more conditioning)

Your sprint factor number will not be valid if you royally screwed up in 1 or more races. The purpose of showing your sprint factor is to help guide your training regimen. You can be a more outstanding swimmer, in less time, if you match your training to your inherit abilities.

If you competed in previous pentathlons, you may want to find your earlier analysis numbers in the January 1989 and February 1990 Aquamaster.....



ANALYZE YOUR PENTATHLON SWIM

Study the attached "Dr Sprint's Analysis" and find your name. The wierd numbers after your name in the events you swam reveal your relative performance in each of the five events. Everyone has a best stroke and your best stroke at this meet is shown by a 1000 in that column. Your worst stroke is indicated by your lowest number. If you fell below 900 in one or more events you should consider yourself lopsided in your abilities and training. Perhaps you are too strong in one event or lack essential technique in others.

CALCULATE YOUR POTENTIAL

With your numbers, you can calculate a future time in a poor event assuming you are a perfectly balanced IM'er. To do this, take your time (in seconds) and multiply it by your analysis number (with decimal point in front). For example, lets take Barbara Frid's (our meet director) performance. Her best event was the 50 Fly. If she had swam her 50 back as well as her 50 fly her backstroke time would be:

backstroke decimal times backstroke time = ideal time
.955 x 36.02 = 34.39

Barbara seems to be a better sprint flyer than sprint backstroker. Perhaps she swims her backstroke too slow in workouts. Maybe she fell victim to a high stress level and "caved in" after the first event. This is not uncommon for meet directors.

DR SPRINT'S ADRENALIN THEORY

If we count all the 1000's in each event we see an unexpected event:

BEST STROKES	FLY	BACK	BRST	FREE	IM
"1000" people	20	4	17	43	7

Why so many people with butterfly as their best stroke? Why so few with IM or backstroke as their best stroke in this meet?

When we get on that starting block for that first 50 fly we are at full power and the adrenalin is flowing. After that first physical release, we should all immediately relax until the next time we have to mount the starting block. It's a joke to think we can totally relax between events. But some people (top competitors) can do it better than others. In reality, our heart rate stays high throughout the 3+ hour meet as our adrenal glands secrete adrenalin at a high rate. You are pounded by the physical exertion on the outside and the adrenalin on the inside. You get tired by swimming and also by just sitting and thinking about your next race.

When you got up on the blocks in the 100 IM, your exhausted adrenal glands could only secrete a fraction of the output they gave you in your 50 fly. As a result, your 50 fly might have been your best race of the day only because it was your first race. I think the backstroke performances were lousy because too many people had trouble with the alien backstroke start and turn. Come on, improve your starts and use those backstroke flags on your turns in workout.

TOM FANNING WINS BEST BALANCED PENTATHLETE CONTEST

Again, this year, SWIM CELLAR swimming store located in Cedar Hills Mall has donated a \$10.00 gift certificate to the best balanced IM'er at the meet. You don't have to be fast to win this award, just well balanced in your abilities to swim all five events in times that are proportional to the best recorded times in the world. This years top ten list includes:

Tom Fanning	51,M 4928 (1990 rank=8)
Dick Boyd	47,M 4925 (90 rank=6, 89 rank=9)
Robert Smith	47,M 4923 (90 rank=1, 89 rank=7)
Mark Friedley	26,M 4914
Hunter Graham	28,M 4904 (1990 rank=3)
Doug Otto	31,M 4899
John Zell	34,M 4891 (90 rank=2, 89 rank=4)
Sue Case	41,F 4887 (1989 rank=1)
Greg Rompel	34,M 4874
Suzanne Cooper	41,F 4870

I salute everyone who scored over 4800 points in the sum of all their swims. It shows good consistent swimming among all strokes. If you scored under 900 in any stroke you better start working smarter on it.

It seems like the overall balanced IM numbers were better this year. Was this caused by the meet being held later in the season, the increased rest between events, or are we just 1 year smarter?

SPRINT FACTOR

My favorite experimental number for you is printed in the far right column. I call it sprint factor (SF). This number is an indication of whether you are better suited/trained in sprint, middle distance (200's), or long distance events. I compared your times in your four 50 yard races against your time in the 100 IM. This factor is exclusive to you and how swam your 5 races. Generally speaking, a sprinter would have better times in the short 50 yard races and

contined on previous page

DR. SPRINT'S ANALYSIS

02/02/91 PG 1

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

50FLY 50BACK 50BRST 50FREE 100IM TOT SF

19-24 WOMEN

W	KIM FRIEDLEY	24	OREG	955	846	993	1000	945	4739	.7088
	SANDI L HYDE	22	OREG	903	837	809	1000	906	4455	.6939
W	NANCY L WICHMAN	24	OREG	1000	944	885	940	921	4690	.7179
W	BARBARA A LASTELIC	24	OREG		962	969	1000			

25-29 WOMEN

	LINDA FINLEY	26	OREG	967	913	911	1000	985	4776	.6899
W	KAREN E MCADAMS	28	OREG	1000	879	886	994	932	4691	.7097
	LISA K DAVIS	26	OREG	1000	859	933	986	929	4707	.7142
	NAOMI STEINBERG	29	OREG	997	835	1000	986	980	4798	.6946
W	MARGY IMEL	29	OREG	951	870	920	1000	915	4656	.7169
	SUZANNE M ZIEGLER	28	OREG	938	856	908	1000	919	4621	.7100

30-34 WOMEN

	GRACIE M GODDARD	31	ORE	984	886	826	1000	926	4622	.7031
	PAMELA CALTABIANO	31	OREG	949	843	985	1000	960	4737	.6992
	KRISTEN MELTON	31	OREG	975	891	937	1000	934	4737	.7154
	CHRISTINA FOX	30	ORE	860	962	1000	929	973	4724	.6921
W	JEANNE M LANSING	31	OREG	806	824	1000	926	829	4385	.7395

35-39 WOMEN

	CLAUDIA COKE	36	OREG	1000	947	928	996	994	4865	.6953
	PATRICIA MCKAY	35		978	948	886	1000	970	4782	.6987
	TERI HENDRYX	37	MACO	1000	923	944	992	973	4832	.7039
	D KIKO KIMURA	35	*HUSK	1000	951	929	980	970	4830	.7058
	AMY C W EMMETT	35	OREG	979	914	912	1000	960	4765	.7030
	SUE M. SMITH	38	OREG	967	933	964	1000	952	4816	.7151
W	CINDY A SHOEMAKER	38	OREG	838	928	975	1000	947	4688	.7018

40-44 WOMEN

	GINGER L PIERSON	44	OREG	994	912	1000	970	982	4858	.7030
	KATHRINE CASEY	42	*PNA	950	891	1000	1000	976	4817	.7010
W	SUZANNE COOPER	41	OREG	974	943	1000	965	988	4870	.7015
	SUSAN J CASE	41	OREG	954	979	976	978	1000	4867	.6962
	SANDI ROUSSEAU	43	OREG	1000	822	881	986	912	4601	.7097
	MONIKA HUNSCHER	42	OREG	974	912	925	1000	950	4761	.7088
W	JUDY E BEASTON	40	OREG	895	790	949	1000	934	4568	.6925
	KRISTI L LOONEY	42	OREG	1000	937	915				

45-49 WOMEN

	BARBARA FRID	48	OREG	1000	955	951	975	951	4832	.7177
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50-54 WOMEN

	PEGGIE H HODGE	50	OREG	876	850	1000	991	940	4657	.7019
	ANN GINDROZ	52	*PNA	851	733	958	1000	957	4499	.6674
	JEAN L KINZEY-LEE	50	OREG	832	841	980	1000	948	4601	.6889

55-59 WOMEN

W	CYNTHIA H ROSIK	58	*PNA	778	707	1000	967	877	4329	.6931
	CAROL A DICKINSON	56	OREG	755	1000	978	986	917	4636	.7100

60-64 WOMEN

65-69 WOMEN

	PETEY MH. SMITH	66	OREG	777	799	772	1000	839	4187	.7000
	ELFIE J STEVENIN	69	OREG	910	1000	890	980	990	4770	.6862

70-74 WOMEN

	JUDY M MELCHER	70	OREG	663	800	1000	823	835	4121	.6952
	BARBARA T HAVERCAMP	74	OREG	663	857	824	1000	884	4228	.6727

75-79 WOMEN

80-84 WOMEN

	HAZEL B BRESSIE	82	MACO	555	1000	832	796	781	3964	.6990
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25-29 MEN

	MARK P FRIEDLEY	26	ORE	1000	947	984	983	1000	4914	.6990
	HUNTER S GRAHAM	28	OREG	991	978	949	986	1000	4904	.6975

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
30-34 MEN									
	ANDY SCHRAG	34	OREG	1000	941	964	983	976	4664 .7068
W	DOUGLAS E OTTO	31	OREG	974	961	983	981	1000	4899 .6976
	STEPHEN F HARGER	31	OREG	940	878	959	1000	958	4735 .7010
	DAVID D BURLESON	33	OREG	909	973	820	930	1000	4632 .6623
	JOHN F ZELL	34	OREG	997	982	937	975	1000	4891 .6958
	TRYG STRATTE	34	OREG	953	878	987	1000	905	4723 .7325
	DAVID M COBB	31	OREG	949	898	1000	976	977	4800 .6986
W	MARK B WREN	32	OREG	983	829	926	1000	936	4674 .7049
	GREG F ROMPEL	34	OREG	1000	920	982	988	984	4874 .7034
	TYLER COLE	30	OREG	973	838	912	1000	929	4652 .7067
35-39 MEN									
	GARY HAER	39	*OREG	968	992	979	1000	960	4799 .7062
	ADRIAN L KALIL	37	OREG	919	873	931	1000	910	4633 .7175
	DANIEL P JOHNSON	37	OREG	961	845	1000	960	973	4739 .6928
	GREG JONES	38	ORE	939	863	982	1000	954	4738 .7037
	JAMES M ELLIOTT	38	OREG	999	909	891	1000	965	4764 .6991
W	TIM J VERKLER	38	OREG	915	880	935	1000	960	4690 .6940
40-44 MEN									
	TOM K COFFEY	40	OREG	995	890	917	1000	964	4766 .7007
	JON D STOUT	44	OREG	973	958	923	1000	967	4821 .7062
	DOUGLAS J ADAMS	41	OREG	1000	889	997	980	973	4839 .7055
	KEITH MARSHALL	43	OREG	922	838	945	1000	931	4636 .7043
	JED P CRONIN	42	OREG	1000	823	883	917	900	4523 .7091
W	JAN M DIXON	43	OREG	955	959	883	1000	927	4724 .7174
	JOHN D DEJARNATT	41	OREG	1000	855	972	969	963	4759 .7005
	MICHAEL L DUFFY	44	OREG	891	780	874	1000	857	4402 .7194
	L BUZ CARRIKER	43	OREG	922	779	901	1000	831	4433 .7411
	RON E JERSEY	42	OREG	908	831	864	1000	887	4490 .7124
45-49 MEN									
	ROBERT S SMITH	47	OREG	983	994	966	1000	980	4923 .7114
	RICHARD D BOYD	47	OREG	996	945	996	1000	988	4925 .7073
	DICK E HODGE	45	OREG	967	917	940	1000	963	4787 .7044
	MARK FLINT	45	ORE	906	894	1000	974	958	4732 .7016
50-54 MEN									
	RONALD K NAKATA	51	OREG	1000	837	952	997	944	4730 .7074
	TOM FANNING	51	OREG	975	957	999	997	1000	4928 .7009
	BERT L PETERSEN	52	OREG	1000	820	916	921	899	4556 .7141
	WALT E REID	50	*PNA	936	917	1000	941	934	4728 .7169
55-59 MEN									
	JIM BIGLER	55	MACD	932	920	1000	992	951	4795 .7138
	ARTHUR C WELCH	58	OREG	1000	855	820	991	929	4595 .6967
60-64 MEN									
	MILTON R MARKS	60	OREG	878	859	1000	978	917	4632 .7137
	ERIC GP. GUEST	61	OREG	938	769	968	1000	881	4556 .7232
	DONLAN F JONES	60	OREG	854	986	962	1000	932	4734 .7167
65-69 MEN									
	EARL WALTER	69	OREG	894	933	963	1000	929	4719 .7174
	ROBERT A MORRISON	69	OREG	875	811	1000	858	835	4379 .7362
	KHOSROW SHADBEH	69	OREG	783	788	1000	832	866	4269 .6989
70-74 MEN									
	ANDREW HOLDEN	71	*PNA	1000	876	913	1000	943	4732 .7084
	FORBES J MACK	72	OREG	1000	950				
75-79 MEN									
80-84 MEN									
	JACK HOEY	81	OREG	553	1000	659	883	717	3812 .7168

"ol' Barnacle"

OL' BARN ... THE 10TH ANNUAL SWIM CELLAR PENTATHLON ...

WITH MUCH PRIDE IN MY FELLOW OMS SWIMMERS, BUT WITH A MIXTURE OF SADNESS, HERE ARE MY THOUGHTS ON THE LATEST EDITION OF THE SWIM CELLAR PENTATHLON.

WE HAVE PERHAPS SEEN THE LAST RUNNING OF THIS GREAT MEET WITH BRIAN AND BARBARA FRID AT THE HELM. FOR THOSE OF YOU WHO HAVE NOT HEARD, BRIAN RECEIVED A MOST DESERVED PROMOTION TO BE THE NEW PRESIDENT OF AARP PHARMACIES. HE HAD TURNED DOWN OTHER PROMOTIONS, WANTING TO STAY HERE IN OREGON, BUT WHEN THEY DANGLED THE # 1 JOB, THERE WAS NO QUESTION BUT WHAT HE HAD TO ACCEPT.

BARBARA AND BRIAN WILL BE LIVING IN VIRGINIA, WHICH IS A "FER PIECE" FROM OREGON, AS YOU READ THIS BRIAN WILL BE WORKING AS CEO OF AARP, THEN COME JUNE OUR BARBARA WILL BE JOINING HIM.

YOU MAY HAVE HEARD IT BEFORE BUT OB IS GOING TO SAY IT AGAIN, THE SWIM CELLAR MEET HAS BECOME KNOWN NATIONWIDE AS ONE OF THE BEST MEETS IN THE WORLD.

NOT ONLY DID THE FRIDS GIVE US THE PENTATHLON, BUT FROM DAY ONE IN 1977 WHEN THEY MOVED HERE FROM FLORIDA, THE ENTIRE FAMILY HAVE DONE YEOMAN DUTY ON BEHALF OF YOU AND I, AND MASTERS SWIMMING NATIONWIDE, IF NOT WORLDWIDE. THE NAME FRID HAS BECOME SYNONYMOUS WITH THE VERY BEST IN SWIMMING.

YOURS TRULY WILL MISS SOME TRULY GREAT PEOPLE, OREGON MASTERS WILL BE LOSING PEOPLE WHO HAVE DONE IT ALL.

GOOD LUCK, GODSPEED, AND MAY THE WIND BE ALWAYS AT YOUR BACKS !!!

OUR OFFICIALS, AS ALWAYS WERE THE BEST ... LARRY SNEAD, MEET REF, ON DECK, BARBARA AND BOB BODYFELT, STEVE BRENNER, JULIE EISELE, JON SCHIELTZ, AND PAUL SMITH. ELECTRONIC TIMING - JUDY AND BOB HATHAWAY, HEAD TIMERS - PAM AND TOM HIMSTREET, YOUR LANE TIMERS WERE MEMBERS OF THE FRANKLIN HIGH SWIM TEAM, YOUR ANNOUNCER KEVIN KIOUS.

SPECIAL THANKS TO BOB SMITH AND NANCY DOBBS FOR DATA MANAGEMENT, AND AN EXTRA THANKS TO NANCY FOR HER SKILL AND SPEED AT RENDERING RESULTS.

NEW SWIM CELLAR OVERALL RECORDS ...

GRACIE GODDARD (30-34) 188.70 VS 196.31. ALL GREAT SWIMS HIGHLIGHTED BY
2 ASSN RECORDS - 50 FLY (27.77 (6) VS REG RECORD OF 27.64 AND
THE 100 IM AT 1:06.34 (DATING BACK TO '83.
SHE WAS ALSO CLOSE IN THE 50 BACK (31.79 VS 31.72), 50 FREE (24.94 VS 24.90)

PETHEY SMITH (65-69) 277.33 VS 279.16, HER RECORD FROM 1990 !!

MARK FRIEDLEY (25-29) 162.23 VS 163.45, DATES BACK TO '83, ALL OF HIS TIMES
WERE GREAT, JUST MISSED IN THE 100 IM, 56.70 VS 56.46. EXCELLENT
SHOWING MARK, STAY WITH IT !!!

ROBERT SMITH (45-49) 164.78 VS 165.82, HIS SINCE 1988 ... NO TWILIGHT ZONE
HERE - ALL TIMES WERE LESS THAN A SECOND OFF HIS PR'S. DR SPRINT
SHOWS US ALL HOW TO HANG IN THERE !!!

JIM BIGLER (55-59) 210.73 VS 213.41, DTD FROM 1984. JIM IS ONE OF THE BEST
EXAMPLES OF "GROWING OLD IN STYLE" ... JUST MISSED THE 100 IM RECORD
WITH A 1:15.21 VS 1:14.99, WON 4 OF 5 EVENTS IN HIS AGE GROUP !!!

ANDREW HOLDEN (70-74) 216.34 VS 249.25, REC STOOD FROM 1982. ENROUTE "WALLY"
SET 2 REGIONAL RECORDS - 50 FLY IN 32.18 (1), 100 IM - 1:16.63
(3), PLUS 2 ASSN RECORDS - 50 BACK IN 37.84 (7), 50 FREE AT 29.35 (3), JUST
MISSED THE 50 BRST - 40.34 VS 40.03. SIMPLY OUTSTANDING !!!

GREAT SWIMS ABD CLOSE RACES ...

ALL EYES WERE ON THE 50-54 BATTLE BETWEEN RON NAKATA, TOM FANNING AND BERT
PETERSEN. AT THE END OF THE 50 FREE LESS THAN A SECOND SEPARATED THESE
GLADIATORS. RON HELD THEM OFF FOR THE GOLD AT 190.57, TOM PICKED THE SILVER
WITH A 190.79, AND BERT THE BRONZE IN 191.62 - WOW AND WOW !!!

ANOTHER TITANIC SHOWED IN THE 30-34 MENS, WITH ANDY SCHRAG HOLDING ON TO EDGE
DOUG OTTO (171.53 VS 172.58), WITH STEVE HARGER BREATHING FIRE AT 172.82. JUST
SUPER !!!

LINDA FINLEY, FROM GEARHART NIPPED KAREN MCADAMS OF SPRINGFIELD IN THE 25-29
GROUP, ANOTHER CLOSE ONE - 196.97 VS 198.23 ... WAY TO GO !!!

JUST MISSING SWIM CELLAR OVER ALL RECORDS ...

CLAUDIA COKE (35-39) 199.91 VS 197.74, WITH FINE TIMES IN THE 50 BACK(33.50)
AND THE 100 IM (1:09.50).

GINGER PIERSON (40-44) AT 44 YET !!, BIRTHDAY IS MARCH 9TH, TURNED A 199.06 VS
HER OWN ALL TIME MARK (87) OF 196.85 - 45-49 HERE WE COME !! LOOK AT HER 50
BACK (30.76) 50 FREE (28.75) AND 100 IM (1:09.97).

RON NAKATA (50-54) SWAM TO A TOTAL OF 190.57, MISSING HIS SCR OF 189.52, RON
WAS CLOSE TO INDIVIDUAL RECORDS IN THE (50 FREE - 25.91 VS 25.81, AND THE 50
BRST - 34.04 VS 33.91.

MICKY MARKS (60-64) TURNED BACK CHALLENGERS WITH AN OVER ALL TIME OF 213.19 VS
THE SCR OF 211.06, HELP WITH A "CLOSE TOO" TIME IN THE 100 IM (1:16.08 VS
1:15.89), AS A YOUNG SIXTIER HE HAS A SHOT AT THAT 211.06 !!!

GREAT SHOWS

GARY HAFFER, NOW OF PNA, (35-39) WON HIS AGE GROUP WITH A 171.71, GARY WILL TURN
40 (FEB 19TH) MAYBE A "DAILY DOUBLE" ON THE 40-44, WHERE THE BEST TIME WAS A
174.08. AGING UP WILL BE FUN !!!

PATRICIA MCKAY (35-39) MISSED THE RECORD IN THE 50 FREE WITH A 27.89 AGAINST A
27.58, PLUS A FINE 33.24 FOR THE 50 BACK.

KATHY CASEY (40-44) FROM PNA, GRABBED THE SILVER FOR HER GROUP, AND HAD A
GREAT 50 FREE ALONG THE WAY IN 28.26.

PEGGY HODGE OF OREGON OUTSWAM ANN GINDROZ OF PNA FOR THE 50-54 GOLD WITH A
279.14 VS 282.59.

JUDY MELCHER PADDDLED THE 50 BRST IN THE EXCELLENT TIME OF 1:04.63 (70-74)

DAVE BURLESON (30-34) NOW OF MACO, CONCENTRATED ON THE 100 IM WITH A NEAR
RECORD 58.11 VS 57.16 AND A GREAT SWIM IN THE 50 BACK AT 27.41.

TOM COFFEY TURNED IN A TOP 50 FLY ITH A TIME OF 26.28 ON HIS WAY TO THE GOLD IN
THE 40-44 GROUP, EDGING JON STOUT, 174.08 VS 176.40.

TOM FANNING IN THE BATTLE FOR THE GOLD (50-54) CAME EVER SO CLOSE TO THE RECORD
IN THE 100 IM (1:06.86 VS 1:06.19)

NEW FACES

KIM FRIEDLEY WON THE 19-24 (WAY TO GO !!)
NANCY WICHMAN AND BARBARA LASTELIC - WELCOME
KAREN MCADAMS PICKED OFF THE SILVER IN THE 25-29
MARGY IMEL LOOKED FINE ... IN CONTENTION
JEANNE LANSING LOOKS LIKE A COMER
CINDY SHOEMAKER WILL BE HEARD FROM
SUZANNE COOPER SWAM TO A BRONZE IN THE 40-44
JUDY BEASTON ... HANGING IN THERE
CYNTHIA ROSIK FROM PNA, TOOK HOME THE 55-59 GOLD
DOUG OTTO JUMPED RIGHT IN FOR THE SILVER AT 30-34
MARK WREN SWAM WELL AND IS A COMER
TIM VERKLER WAS NOT FAR OFF THE PACE ... GOOD SHOW
JAN DIXON, FINE SWIMS, LOOKING GOOD

THAT'S IT FOR 1991 ... ALL THE COMPETITORS ARE TO BE CONGRATULATED AND WISHED WELL FOR THE FUTURE ... IF IT DIDN'T HURT IN THE 50 FREE AND THE 100 IM, YOU NEED TO TALK TO DR SPRINT !!!

EVERYONE IS HOPING THIS GREAT EVENT WILL CONTINUE TO BE HELD, SOMEHOW MY "GUT FEELING" TELLS ME IT WILL ...

ON TO ASHLAND, NEWBERG, FEDERAL WAY AND NASHVILLE !!!

KEEP RIGHT ON CHURNING ... STAY WITH IT AND STAY FIT ...

Aqua-Master

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.

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PORTLAND, OR 97223

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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	Abbrv.	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 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 GRI 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 _____			
Street	City	State	Zip
Phone _____			
A/C	Days	A/C	Evenings
Age _____		USMS Reg # _____	
(on 5 / 19 / 91)	Birthdate _____	Month/Day/Year	1991 No. Required
Club Name or Unattached _____		LMSC _____	
Club Abbrev _____	(if you know it)	(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.

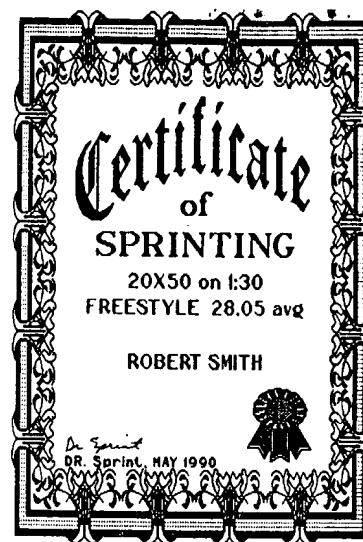
Release From Liability:

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: _____

SPRINT WORKOUT

2ND ANNUAL POSTAL CHAMPIONSHIPS



Earn your "CERTIFICATE OF SPRINTING" by doing a sprint workout in your workout pool. Compare your times against others and proudly hang up your certificate.

Unregistered masters are also invited and the cost is only two (\$2) dollars. You get the certificate and could win the grand prize!

E V E N T

You may enter up to 5 events:

1. 20 X 50 Butterfly @ 1:30
2. 20 X 50 Backstroke @ 1:30
3. 20 X 50 Breaststroke @ 1:30
4. 20 X 50 Freestyle @ 1:30
5. 10 X 50 1 length Butterfly & 1 length Backstroke @ 1:30
+ 10 X 50 1 length Breaststroke & 1 length Freestyle @ 1:30

Choose an event and swim 20 separate 50 yard sprints with all your might. Each 50 yard swim must start 1 minute 30 seconds after the previous one. In other words you will swim exactly 1000 yards and the event will last 30 minutes.

A W A R D S

Your average time for the 20 swims will be mathematically processed by Dr. Sprint and a "perfect" and "optimum" 100 yard time will be estimated for you. This time could be your future goal.

Among all ages, sex and events there will be one winner. To equalize the competition among everyone, your time will be compared against smoothed National Records. An impartial computer analysis will mathematically determine the winner.

Last year, a hard working 65 year old female freestyler won.

The grand prize is a 1 yr subscription to either:

"SWIMMING TECHNIQUE" magazine (scientific & technical)

"AQUA-MASTER" newsletter (fat and informative + Dr Sprint science)

The best prize is your personalized, colored, frameable "Certificate of Sprinting". You'll value this above your medals and ribbons.

R U L E S

The pool length must be 25 yards. (For 25 meter pools multiply your average time by .914)

Each swimmer must have a timer/verifier with an accurate stopwatch. The dedicated timer starts the watch when they see the swimmer's hand leave the edge of the pool. The timer stops the watch when they see the swimmer touch the end after 50 yards. The timer records the time to the one hundredth of a second (.01). In other words, the swimmer can have the responsibility of starting himself approximately on the 1:30 interval. The swimmer must communicate with the timer via his hand on the pool edge at least a few seconds prior to pushoff. The timer must be alert to the sleazy tricks some swimmers play to get a fast time.

If the timer screws-up a time, just average the before & after times to get that time. All current USMS rules for all strokes and turns must be observed. This means no 1 hand turns for you breast & flyers.

You must start in the water with no above water pushoffs. The swimmer must be totally underwater at a point 6 feet from the starting edge. Just like the big boy Olympians.

Your age will be computed with a meet date of May 31, 1991.

You must average your times. This is easy to do if you have a calculator. Add up the 20 times in seconds and fractions and divide the total by 20. Please double check your math.

April & May are good months and entry must be postmarked by JUNE 15, 1991.

The results will be announced & mailed to you this summer.

----- Postmarked by JUNE 15, 1991 -----

First Name	MI	Last name	sex	birth date
------------	----	-----------	-----	------------

Address

Phone number	past/present/future club name
--------------	----------------------------------

I have abided by the rules. My average time for the 20 X 50 on the 1:30 is

fly _____ back _____ breast _____ free _____ IM _____

Signature of swimmer

Mail entry along with \$2.00 for each certificate to:

Dr. Sprint
18476 Timbergrove Ct
Lake Grove, Oregon 97035

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 your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

Instructions for filling out form:

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

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

PLEASE PRINT

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

Oregon Masters Swimming Registration

1991

Name _____
LAST FIRST M.I.

Address _____

City _____ St _____ ZIP _____

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

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

Local Team (if any) _____

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

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

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training, 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: _____



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

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DR. SPRINT
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& RESULTS FROM
THE PENTATHLON