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Position vacant

Volunteers apply

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 membership and subscription information. OMS is a part of United States Masters Swimming, Inc.

CALENDAR & MEET SCHEDULE 1991 - 1992

*MAY 1991	DR. SPRINT'S "SPRINT WORK-OUT POSTAL CHAMPIONSHIPS" (ENTRY DEADLINE JUNE 15, 1991)
MAY 22	O.M.S. BOARD METING 7:15 P.M. JUDY BELFORD'S HOUSE
JUNE 1	MEET CANCELLED !!! TUALATIN HILLS LONG COURSE (Trouble with their pool.....Sorry folks maybe next year)
JUNE 25	O.M.S. BOARD MEETING 7:15 P.M. ROY ABRAMOWITZ'S
*JULY 13	SO. OREGON WILLOW LAKE SWIM HOST: RVM & DAN GRAY
*JULY 13 - 14	PORTLAND, OR M.A.C. CLUB STATE GAMES OF OREGON (ENTRY DEADLINE JUNE 28, 1991)
*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 (ENTRY DEADLINE JULY 6, 1991)
*JULY 27	EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL (ENTRY DEADLINE JULY 22, 1991)
AUGUST 3	OMS RAFT TRIP DESCHUTES RIVER
AUGUST 10-11	REGION 12 LONG COURSE REGIONAL CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL
*AUGUST 15-18	1991 USMS LONG COURSE NATIONAL CHAMPIONSHIPS ELIZABETHTOWN, KENTUCKY (ENTRIES MUST BE RECEIVED BY JULY 11, 1991)
SEPTEMBER	UNSCHEDULED
OCTOBER	PORTLAND, OR M.A.C. CLUB CENTENNIAL
JUNE 25 to JULY 5, 1992	4th WORLD MASTERS SWIMMING CHAMPIONSHIPS INDIANAPOLIS, INDIANA
** AUGUST 20-23, 1992	USMS 1992 LONG COURSE NATIONAL CHAMPIONSHIP 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----

Greetings my friends....Z-Man here again with yet another issue of the AquaMaster. The big news in this months issue is...

THE JUNE MEET AT T-HILLS IS CANCELLED DUE TO POOL PROBLEMS !!!

But don't worry because if you've looked at the schedule for the rest of the summer you will see that there are plenty of meets and activities to choose from. July is full with four competitions and August has the O.M.S. raft trip on the Deshutes River and Long Course Regionals in Federal Way. So take your pick (and I hope you pick a few) and make your plans now.

By the time you are reading this issue the 1991 Short Course Nationals and this years short course season will be history. I think it is safe to say that it was a very successful one for many of us. My buddy Ol' Barnacle reviews the O.M.S. Association Championships held at Newberg and we have all the results. Jim McMaster, Kathy Buck, Bruce Cheney, and all the crew of Chehalem Aquatic Center along with all the officials headed by the dynamic duo of Ruth and T.D. Hughes did an outstanding job of hosting and running this meet. All of us in O.M.S. want to THANK YOU CHEHALEM MASTERS for a job well done.

Hey...how bout those Mark Spitz challenge sprint races against Jager and Biondi? You gotta admit that the guy got his clock cleaned. I haven't looked up any records but I would guess that Spitz' times were top times in the world for his age group. I wish the guy all the best in his pursuit of the 1992 Olympic Team. But my suggestion is that he just plain compete in as many swim meets that he can so as to regain some competition experiences again. Forget these big time money sprint races against the big names and swim in a meet at least every other weekend to get a lot of competition under his belt. What do you think? What would you suggest to a Mark Spitz to help his cause? No matter what the outcome, he will help the sport of swimming tremendously with his efforts...win or lose.

The first Democratic Presidential candidate for the 1992 election is a Masters swimmer. Senator Paul Tsongas has recently announced he is running for President of the United States. Tsongas is fifty years old and has survived a bout with lymphoma, a form of cancer. He recently competed in the YMCA Masters Nationals swimming the 100 yard Free and 100 yard Breast. I don't know what his times were but "USA Today" reports that his times were PRs. But wouldn't that be pretty neat to have a swimmer in the White House? More on Tsongas in future issues.

Well, did you swim Dr. Sprint's "Sprint Workout" this month? If you haven't, you may still have time to do it and get your entry mailed. I've enclosed another entry form for this event in this issue. Come on...you can do it. It's easy and you can swim it in the confines of your own local pool. Results will be in the July AquaMaster.

Next month we will bring you results from Moscow Idaho, site of the 1991 S.C. Regionals and I'll have a report from Nashville about Nationals. We will also have the results from the first "Swim the Gap" meet at Tigard which combined Masters and Age Group competition. So stay tuned.

Take a look towards the back of this months issue and you will find an interesting challenge from Dr. Sprint. We'll have the results of that Challenge next issue. Dr. Sprint also comments on a couple of rules that are near and dear to his heart. Yes, all in all this issue makes for some good reading.

And finally, O.M.S. IS LOOKING FOR A COUPLE OF VOLUNTEERS TO TAKE POSITIONS ON THE BOARD. BARBARA FRID IS MOVING TO WASHINGTON, DC AND SO THE MEMBERSHIP CHAIR IS VACANT AT THIS TIME. ALSO, DAN JOHNSON HAS ANNOUNCED HE IS STEPPING DOWN AS REGISTRAR AFTER THIS YEAR SO WE ARE LOOKING FOR SOMEONE TO FILL HIS POSITION. INTERESTED PEOPLE CAN GIVE ME A CALL AND WE'LL TALK. THANKS.

See you at State Games,



1991 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

APPROVED (#91-1) BY USMS, INC AND LMSC FOR OREGON ASSOCIATION

MEET: STATE GAMES OF OREGON

DATES: JULY 13-14, 1991

PLACE: MULTNOMAH ATHLETIC CLUB

1849 S.W. SALMON ST

WARM-UPS 1:00 P.M. MEET STARTS 2:00 P.M.

PORTLAND, OR

(BOTH SATURDAY AND SUNDAY)

ELIGIBILITY: STATE OF OREGON RESIDENT

ENTRY DEADLINE: ALL ENTRIES MUST BE RECIEVED BY JUNE 28th, 1991

LATE ENTRIES WILL NOT BE ACCEPTED

-----RETURN THIS LOWER PORTION-----

NAME _____ BIRTHDATE _____ AGE _____
ADDRESS _____ CITY _____ COUNTY _____
ZIP _____ PHONE # _____ SEX _____

If you are a registered Masters Swimmer, Please enter your 1991 USMS # _____

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: _____ SMALL _____ MEDIUM _____ LARGE _____ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24, 25-29, 30-34, etc. etc. up to 95+. RELAY AGES: 76+,100+,120+,160+,200+,240+, 280+, & 320+. ENTER RELAYS AT THE MEET. The 400 Free will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY JULY 13

400 M FREE (1) _____:_____:_____

BREAK BREAK BREAK

200 M FREE RLY (2) XXXXXXXXXXXXXXXX

100 M BACK(PHY DIS) (3) _____:_____:_____

100 M BACK (4) _____:_____:_____

100 M FREE (5) _____:_____:_____

200 M FLY (6) _____:_____:_____

BREAK BREAK BREAK

200 M BREAST (7) _____:_____:_____

50 M BACK (8) _____:_____:_____

50 M BACK(PHY DIS) (9) _____:_____:_____

50 M FREE (10) _____:_____:_____

200 M MXD FR RLY (11) XXXXXXXXXXXXXXXX

SUNDAY JULY 14

200 M MEDLEY RLY (12) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 M FREE (PHY DIS) (13) _____:_____:_____

100 M FLY (14) _____:_____:_____

50 M BREAST (15) _____:_____:_____

200 M BACK (16) _____:_____:_____

200 M FREE (17) _____:_____:_____

BREAK BREAK BREAK

50 M FLY (18) _____:_____:_____

100 M BREAST (19) _____:_____:_____

200 M I.M. (20) _____:_____:_____

100 M FREE (PHYDIS) (21) _____:_____:_____

200 M MXD MED RLY (22) XXXXXXXXXXXXXXXX

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic/Sports Program, and related events/activities, the undersigned: Acknowledges/fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction or negligence of others, the rules of play, or conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injuries, permanent disability or death. Releases, waivers, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers used to conduct the event, all of which are here inafter referred to as "releasees" from any and all liabilities to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be cause in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

SIGNATURE OF ATHLETE _____ DATE _____

ENTRY FEE: \$11.00 for 2 events plus \$3.00 for each additional event. Limit of 5 individual events.

MAIL ENTRY FEE & FORM TO: STATE GAMES OF OREGON

700 N.E. MULTNOMAH #455

PORTLAND, OREGON 97232



THE 2 DUMBEST RULES IN MASTERS

The swimming world is all abuzz about the new backstroke turn rules. The changes will speed up 100 yard backstroke times by at least 1 second. It's nice to swim faster. These changes aren't too dumb, but are they smart?

The rule changes came from FINA (foreign) and quickly adopted by USS (US age group) and USMS (masters). Backstroke turners need not touch the wall with their hand and may further flip over on their stomachs as they approach the wall, touching only with their feet.

Officials are in a turmoil now because the fundamental rule of backstrokedom can now be violated. Years ago backstroke rules were simple: "swimmer must remain on his back at all times". The concept was pure and officiating was direct. The reasoning behind these new changes were to help ease the official's burden. Time will tell.

DUMB RULES

It now takes many paragraphs in the rule books to describe how backstroke races must be swum. It seems as if the goal of the rules committee is to make more rules. I believe that increased rules leads to more cheating and less fair competition. To cite my case, I offer the two dumbest rules in swimming.

PLACE YOUR FEET

When the starter says "Backstrokers place your feet", your toes may cling over the gutter or stick anywhere convenient as long as some part of both feet touch the water. This is a good and reasonable rule, but it only applies to yard races! In meter pools, the entire foot including toenails must be underwater. How the swimmer clings his feet to the underwater wall is a small miracle and varies from pool to pool. Dirty, slimy, oily surfaces can make a fair start impossible if you don't have anything to stick onto. I'll never forget a TV interview with olympian Rick Carey about his start, he said he was slower in the finals because the wall in his final lane was slipperier than his preliminary lane.

Could he have been sabotaged? In this world of multi-million dollar Olympic gold medals, it's possible. It takes only a smidgeon of baby oil or suntan oil at the exact spot just below water level to make a touch pad very difficult to back start. From my secret notes about all the pools in Oregon, there are some pools that sprint backstrokers should avoid like the plague and others where special tricks work well.

BETTER BACKSTROKING THROUGH CHEMISTRY

Years ago I wrote an expose about how some backstrokers cheat with the toe-below-the-water start rule. I thought I

could educate and change the world. Naive me. I only succeeded in revealing the tricks to more backstrokers.

Modern cheating techniques are now going high tech. It is very very important to have a firm grip on the starting wall. It improves your confidence and allows you to focus on more important aspects of your race rather than worrying about whether your feet will slip. Some backstrokers have discovered "substances" that enable them to stick to walls in positions advantageous to the best start. Nobody's talking, it's a deep secret. Don't ask me about the details.

There are many other good solid reasons to allow MASTERS to curl their toes over the edge. But the best reason is to nullify the cheaters who use the rules to gain a relative advantage. The 'METER' start rule is dumb, unfair and impractical. It doesn't promote a fair start from pool to pool, lane to lane, and swimmer to swimmer.

DUMB RULE #2

This other backstroke rule is so stupid and difficult to enforce that for the most part it has been ignored and repeatedly violated. For about 2 years now a backstroke could not remain underwater for longer than 10 meters following the start. About 6 months ago, at a major Senior international meet, the shit hit the fan. Many of the backstrokers were observed to go over 20 meters underwater. Officials couldn't agree, and couldn't accurately site and detect distance. As a result, the rule was just changed from 10 meters to 15 meters (16.4 yards). The rule is now slightly less stupid and still difficult to enforce.

The fact is that these swimmers stayed on their backs and swam according the most primal backstroke rite; You can do anything you want as long as you remain on your back. The STAY ON YOUR BACK understanding is one of the oldest rules in the sport. The backstrokers feel it and the officials, (deep down,) hear it. This is why in local meets you'll see this silly underwater rule violated.

We could hire a couple more officials to accurately gage distance in open water, estimate wave height, and concentrate on body position. We could crack-the-whip with lax meet directors and officials that have independent thoughts. But would we be beating a dead horse? Over the last 10 years, I have seen at least a doubling of officials and personnel necessary to run a meet. Local meets have a tougher time making a profit and pay high political costs to the large volunteer force. Are we witnessing the death of a sport? We don't need more officials, we need a lighter rule book.

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANTIONED (91-J) 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. **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.

MEET: ARTMAN MEMORIAL DISTANCE CRUNCH

DATE: SATURDAY JULY 20, 1991

PLACE: EISENSCHMIDT POOL

ST. HELENS, OREGON

WARM-UPS: 8:00 A.M.

5 LANES COMPETITION - MANUAL TIMING

1 LANE FOR CONTINUOUS WARM-UP/DOWN

MEET STARTS: 9:00 A.M.

HOST: ST. HELENS "SEALIONS" SWIM TEAM **MEET DIRECTOR: BOB CRAIG 503-556-1170 home**

DIRECTIONS TO POOL: Take Hwy 30 to St. Helens. Turn right on Columbia Blvd, then right on 12th St., watch for pool sign on the left. **1051 COLUMBIA BLVD ST. HELENS, OREGON**

ENTRY DEADLINE: POSTMARKED NO LATER THAN JULY 6th, 1991
LATE ENTRY FORMS WILL BE RETURNED FILL IN COMPLETELY

-----**RETURN THIS LOWER PORTION**-----

NAME _____ **1991 USMS #** _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____
PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____
ASSOCIATION _____ **TEAM** _____ **Age Groups:** 19-24, 25-29, 30-34, etc up to 95+

YOU ARE ENCOURAGED TO ENTER AND SWIM ALL THREE EVENTS.

SATURDAY JULY 20, 1991 ST. HELENS

400 I.M. (1) _____ : _____ . _____ 500 FREE (2) _____ : _____ . _____

200 FLY (3) _____ : _____ . _____ OR 200 BREAST (3) _____ : _____ . _____

OR 200 BACK (3) _____ : _____ . _____

Swimmers who complete all three events will receive a T-Shirt saying "I SURVIVED THE ARTMAN DISTANCE CRUNCH." The shirt design is very good and will be available in a variety of colors and sizes on the day of the meet. For a small additional charge, you can have your name put on the back.

My T-Shirt Size is _____ **Small** _____ **Medium** _____ **Large** _____ **X-Large**

Entry fees include the price of the T-Shirt.

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 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 Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. **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: \$12.00 SEND FORM(S) AND FEE(S) PAYABLE TO O.M.S. TO:

O.M.S. P.O. BOX 8785

PORTLAND, OREGON 97207

"ol' Barnacle"

OL' BARN ... ASSOCIATION CHAMPS '91 ... GREAT MEET !!!

UNDER THE GUIDANCE OF JIM MC MASTER AND THE CHEHALEM MASTERS SWIM TEAM, 227 OF OUR FINEST SWAM FOR INDIVIDUAL AND TEAM CHAMPIONSHIPS IN THE NEWBERG POOL.

TIMING WAS SUPERB WITH THE NEWBERG WATER POLO TEAM AND CST PARENTS CLUB.

T.D. AND RUTH HUGHES HEADED AS FINE A GROUP OF OFFICIALS AS YOU COULD FIND ANYWHERE ; SUSAN HODGE, LARRY LIETZ, DAN O'MARA, KATHY TRI, DON STELL, BIRTHE ELLERTSON, CAROLINE ROY, DIANE PETERS, SHARON CHAPMAN, DON LARSON AND STEVE DUNNE.

SCORING WAS SUPERB UNDER THE WATCHFUL EYE AND HARDWORK OF BRUCE CHENEY, WITH A GREAT ASSIST FROM JIM ELLIOTT !!!

KATHLEEN BUCK WAS BUSY ASSISTING JIM MCMASTER, AND LINDA WATT WAS SIMPLY OUTSTANDING WORKING ON THE RESULTS !!!

WE OWE THESE FINE PEOPLE MANY HURRAHS FOR A JOB VERY WELL DONE !!!

TEAM CHAMPIONS : OVERALL - TUALATIN HILLS BARRACUDAS

20 + SWIMMERS	- TUALATIN HILLS BARRACUDAS	1003
	PORTLAND PARKS MASTERS	705
	MULTNOMAH ATHLETIC CLUB	664
10-19	- EUGENE MASTERS	433
	UMPQUA VALLEY MASTERS	349
	MT HOOD MASTERS	345
9 OR LESS	- GRANTS PASS Y	182
	CHEHALEM MASTERS	134
	VIKING MASTERS	99

OB NOTE : CHEHALEM MASTERS WITH ONLY 4 SWIMMERS, RAN THE MEET AND STILL SCORED 134 POINTS FOR 2ND PLACE IN THEIR DIVISION, ANOTHER GROUP OF ONLY 3, WHICH MEANT NO RELAYS, VIKING MASTERS, SCORED 99 FOR A 3RD PLACE FINISH.

NEW NATIONAL RECORDS :

PETHEY SMITH (65-69)	500 FREE	7:24.55
	1000 FREE	15:23.68
AULIS KAHKONEN (60-64) PNA	100 BRST	1:15.12

OB NOTE - AULIS CERTAINLY MADE A FEW EYES POP, COME AGAIN !!!

NEW REGIONAL RECORDS :

30-34	GRACIE GODDARD	50 FREE	:24.78	(#3 TT)
40-44	MIKE DIRKSEN	200 BRST	2:19.08	(#2 TT)
45-49	GINGER PIERSON	100 FLY	1:13.81	(#4 TT)
		100 I M	1:12.34	(#4 TT)
60-64	AULIS KAHKONEN (PNA)	50 BRST	:33.42	(#2 TT)
70-74	ANDREW HOLDEN	100 FREE	1:04.44	(#2 TT)
	GERALD HUESTIS	100 BRST	1:29.81	(#5 TT)
75-79	EVELYN MCKEON	100 BACK	2:10.52	(#5 TT)
		100 BRST	2:50.86	
		200 I M	5:28.59	(#5 TT)
	HELENA HOFFMAN	100 FLY	3:24.50	(#7 TT)

NEW ASSOCIATION RECORDS /:

25-29	ANDREE DEVINE	400 I M	5:11.51	FR 1987
30-34	GRACIE GODDARD	50 BACK	:30.98 (#7 TT)	FR 1983
		100 BACK	1:06.95 (#9 TT)	FR 1983
	DAVE BURLESON	100 BACK	:57.66	FR 1986
	CURT LA COUNT	100 FLY	:53.56	FR 1986
45-49	GINGER PIERSON	100 BACK	1:14.22 (#3 TT)	FR 1987
		200 BACK	2:41.54 (#3 TT)	FR 1987
60-64	FRED SPRENGER	1000 FREE	14:42.28 (#7 TT)	FR 1989
	(WAY TO GO - ON THE RECOVERY AND COMEBACK TRAIL !!!)			
70-74	ANDREW HOLDEN	50 FREE	:29.01 (#1 TT)	FR 1991
		100 FLY	1:21.73 (#1 TT)	FR 1983
	(OB SWAM A 1:21 ALMOST-10 YEARS AGO - WOW AND DOUBLE WOW !!!)			
	GERALD HUESTIS	200 FREE	2:40.29 (#5 TT)	FR 1990
	JUDY MELCHER	100 BRST	2:24.61	FR 1990
75-79	HELENA HOFFMAN	50 FLY	1:26.98	FR 1986

EXCITEMENT, FUN, AND FANCY ...

TOM KAHL, DAVE BURLESON AND JOHN ZELL HAD GREAT SWIMS IN THE 400 IM
 JIM BIGLER OUTTOUCHED BOB KIM (BOTH FR MAC) 50 BRST-35.76 VS 35.80)
 STEVE WARNER(NCSC) AND GRAHAM COLTON(MAC) BOTH HAD EXCELLENT 100 FLIES
 LEO VAN DIJK(RVM) HAD A PR AND 1/2 IN HIS 100 FLY, 8-10 SECONDS, WOW !!
 JIM BIGLER WAS CLOSE IN THE 200 FREE, 2:20.62 VS 2:20.16
 CYNTHIA FERGUSON, NANCY SMITH & KATHY BUCK WERE GREAT AT 200 FREE
 SANDBAGGER AWARD TO DAVE BURLESON - 200 FR - 1:54.30 OFF A 3:47.55, OUCH !
 ALLAN DE LAY & SYD HENDY, CLOSE IN THE 50 BACK - 47.89 VS 47.58
 KAREN MCADAMS, KIM PHILLIPS, & CLAUDIA COKE, CLASS ACT IN THE 100 IM
 NANCY BROOKS PAST BARB FRID IN THE 100 BRST - 1:25.55 VS 1:26.09
 GRACIE GODDARD, CLOSE TO REGIONAL IN 50 FLY - 27.90 VS 27.64
 VALERIE STEGALL, AND SANDI ROUSSEAU LOOKING GOOD IN THE 50 FLY
 TOM KAHL OUTSWAM MARK WAGGONER IN THE 50 FLY - 26.24 VS 26.29, WOW !!!
 OB NOTE : CLOSE RACES ONLY COUNT WHEN THEY WENT HEAD TO HEAD IN HEATS
 SANDI HYDE, KAREN MCADAMS, GRACIE GODDARD, TERI HENDRYX AND KATHY BUCK LOOKED
 FINE IN THE 100 FREE.
 BEST RACE OF THE DAY - MEN 25-29 - 100 FREE, HEAD TO HEAD - RICK RODRIGUEZ IN
 AT 51.12, WINNING OVER MARK WAGGONER (51.56) & TOM KAHL (51.60)
 JIM RABE DID A SUPER JOB IN THE 100 FREE, WITH A CLASSY 50.92
 MIKE PENDLETON FROM THE DALLES IS FAST BECOMING A FACTOR IN OMS
 CHARLIE SCHARPF FROM EUGENE CONTINUES TO IMPROVE
 MICKEY MARKS HAD A FINE 100 FREE, IN AT 1:06.23
 DAWN MORRIS, KIM PHILLIPS AND SUSAN CASE SPUN OFF EXCELLENT 200 BACKS, TOPPED
 BY ANDREE DEVINE.
 NANCY BROOKS OUTLASTED PAM HIMSTREET IN THE 200 BRST, 3:10.31 VS 3:10.86
 SUZANNE COOPER WAS NUMERO UNO WITH A FINE 200 BRST IN 2:58.08
 "Z" MAN HAS GONE APE - JOHN ZELL SWIMS THE 200 FLY, FINE 2:23.32
 DARLENE STALEY, OUT OF RETIREMENT WITH A 2:51.85 - 200 FLY - CLASS ACT !!!
 NANCY PRILL BROWN LOOKS LIKE A FINE ALL AROUND SWIMMER, WELCOME TO OMS
 MENS 50 FREE - HAD JIM RABE IN 23.19, MIKE REINHARD AT 23.49 AND STEVE HARGER
 3RD IN 23.69, 30-34 AGE GROUP, ALL IN THE 18TH HEAT
 GARY HAER FROM PNA, LOOKING GOOD ON THE WAY TO NASHVILLE !!!
 MIKE DIRKSEN (40-44) OUTSTANDING 200 I M - 2:13.75
 RELAYS :
 DEVINE, GODDARD, STEINBERG AND COKE, FINE 1:50.32 FOR 200 FREE RELAY
 MENS 25 +, 200 FREE, RACE FOR THE GOLD - ZELL, WREN, HARGER & KAHL PREVAILING
 OVER JOHNSON, MCDUGLE, SCHARPF & RODRIGUEZ , 1:36.96 VS 1:37.35
 FOR THE BRONZE, SAW MANN, STRATTE, COBB & COLE OVER GRAY, FROWN FELTER, SMITH &
 REINHARD - 1:42.45 VS 1:42.89
 MXD FREE RELAY - 25 + , MOREHOUSE, BURLESON, KEST & HENDRYX OVER
 HARGER, BOGUS, YUSE-MILLER, & KAHL , 1:47.49 VS 1:47.54, YIKES, THAT'S CLOSE !!
 WOMENS MEDLEY 19 + - MCLAUCHLAN, HENDRYX, STEGALL, & BARNES WIN THE GOLD OVER
 FOX, FERGUSON, GAGNON & MCADAMS - 2:14.54 VS 2:15.40

BY EVENT 22, THE MXD MEDLEY RELAY, EVERYONE WAS BALING OUT EXCEPT FOR THE VERY VERY STRONG AT HEART (AND OR CRAZY). DQ'S ALL OVER THE PLACE, AND SO MANY CHANGES IN TEAM LINEUPS, OUR RESULTS GAL, LINDA WAS GOING CRAZY

GREAT TO SEE : JIM HOLLAND FROM THE MAC, SWAM SOME GOOD ONES
DON STEVENSON ALSO FROM MAC, ON THE COMEBACK TRAIL
BEV L'ESPERANCE AND HER HUSBAND GEORGE

MOON OVER NEWBERG, OR UNDER NEWBERG, ANDY MOREHOUSE CAME CLOSE TO GIVING THE FANS A TREAT, WAS SAVED BY HIS FATHER, MIKE, WHO HAPPENED TO HAVE A SPARE SUIT IN HIS KIT BAG.

THIS N' THAT

MANY OF US FOLLOW THE RAINBOW AND NEVER FIND THAT POT OF GOLD ... HOWEVER ... TWO OF OUR OMS SWIMMERS DID JUST THAT ...

MAGGIE WELLS, WITH HUSBAND ERNIE CHEERING ALL THE WAY, TOOK IN A SENIOR OLYMPIC SWIM MEET IN ARIZONA ... THE "HAUL" , 9 GOLDS AND 1 SILVER ... OB FORGOT TO ASK MAGGIE IF SHE THREW THE SILVER BACK. THEIR TRIP WAS GREAT AND FUN FILLED DUE MOSTLY TO MEETING NEW FRIENDS IN OUR WORLD OF MASTERS SWIMMING. THEY MISSED A FLASH FLOOD IN CALIFORNIA AND AN OKLAHOMAN TORNADO. SAW BOB MUSSELMAN DURING THEIR TRAVELS, HE IS FINE. THEY WILL BE IN THE SALEM AREA FOR THE SPRING SUMMER AND EARLY FALL, COME SEPTEMBER OFF FOR FISHERMEN'S BEND. MAGGIE'S ADVICE - KEEP ON STROKIN !!!

GINGER PIERSON, BRAND NEW 45'ER, HEADED NORTH TO THE BRITISH COLUMBIA PROVINCIAL SWIMMING CHAMPIONSHIPS. SWAM FIVE EVENTS AND MINED 5 GOLDS, THE BEST PART WAS A NEW SCM WORLD RECORD IN THE 200 BREAST AT 3:04.75, FOR THE 50 AND 100 BREAST SHE BARELY MISSED THE WR, IS PLANNING ON MAYBE HAWAII FOR A SCM MEET IN THE NEAR FUTURE ... TIME FOR THE 50 - 39.25, THE 100 - 1:25.34. GINGER WAS PARTICULARLY PLEASED WITH HER 200 IM, NEGOTIATING THAT DISTANCE IN 2:55.15, ALL THIS CAPPED WITH A FINE 1:19.87 IN THE 100 IM.

THAT'S IT FOR NOW FOLKS, THIS IS OL' BARN FROM GEARHART, OREGON, WHEN YOU ARE IN THE AREA, NEED A PIT STOP .. OR WHATEVER, COME BY ... 596 "F" STREET, THE NEW PHONE NUMBER IS ... 738 3763 ...

STAY WITH IT ... KEEP STROKIN' ...

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	1st	2nd	3rd	4th	5th	6th
Ind.	7	5	4	3	2	1
Relay	14	10	8	6	4	2

Scoring by BRUCE CHENEY with the assistance of JIM ELLIOTT

	400 IM	1650 FR	500 FR	FR RLY	50 BR	100 BF	200 FR	50 BK	100 IM	MX FR RLY	100 BR	50 BF	1000 FR	100 FR	200 BK	MD RLY	200 BR	200 BF	50 FR	100 BK	200 IM	MXD MD RLY	TOTAL	
THB	35	23	46	74	46	66	40	63	47	62	52	64	7	51	54	66	9	19	41	76	14	48	1003	
PPM	26	21	29	48	36	25	25	19	38	24	40	23	31	42	15	60	34	23	39	18	47	42	705	
MACO	28	26	35	38	30	39	36	14	46	24	32	30	11	58	28	38	14	0	37	33	40	26	664	
	10 to 19 Swimmers																							
IEM	0	16	22	24	15	11	34	20	48	24	7	30	10	43	0	16	19	0	43	12	19	20	433	
UVM	12	16	34	8	19	0	32	18	16	2	25	8	35	26	4	6	14	7	37	4	12	14	349	
MHM	14	23	44	20	10	0	45	16	8	0	12	9	33	31	26	22	0	0	22	10	0	0	345	
RVM	12	12	13	20	14	12	6	24	18	4	12	28	10	17	16	16	4	7	32	9	21	6	313	
LOSC	7	20	2	14	18	10	21	21	6	14	7	20	11	32	5	14	5	14	27	0	13	0	281	
	9 or less swimmers																							
GPY	0	15	9		8	11	0	11	4	9	10	14	13	9	11	0	8	10	0	18	7	7	8	182
CHM	5	7	16	0	0	0	12	7	8	8	5	7	11	12	12	0	0	0	5	7	6	6	134	
VMS	0	0	12	0	7	5	5	12	7	0	7	15	0	7	0	0	7	0	7	5	3	0	99	
PAC	0	0	3	0	16	0	2	9	5	0	8	4	10	4	0	0	11	0	6	7	0	0	85	
KLF	0	0	5	0	7	0	5	12	7	0	7	0	0	0	7	0	0	0	10	14	0	0	74	
WHOM	0	7	3	0	10	3	0	0	3	0	9	1	0	0	0	0	7	5	0	0	10	0	58	
LCM	0	0	4	0	4	0	5	1	5	0	4	7	3	0	0	0	4	0	3	5	5	0	50	
MM	0	0	7	0	7	0	7	7	4	0	5	6	0	0	0	0	0	0	2	0	0	0	45	
MPM	0	0	7	0	0	7	11	0	7	0	0	4	0	0	0	0	5	0	0	4	0	0	45	
KM	5	0	7	0	0	5	0	0	7	0	7	0	0	0	0	0	7	0	0	0	0	0	45	
NEWP	0	0	7	0	0	0	7	0	5	0	0	0	7	7	0	0	0	0	7	0	0	0	40	
TS	4	0	0	0	4	2	2	0	5	4	0	0	0	0	7	0	0	0	1	7	0	0	36	
NCSC	0	0	0	0	0	7	4	5	3	0	0	12	0	0	0	0	0	0	0	0	0	0	31	
SHNC	0	0	0	0	0	3	0	7	0	0	0	7	0	0	4	0	0	0	1	5	0	0	27	
RAC	0	0	7	0	0	0	7	0	0	0	0	5	0	5	0	0	0	0	0	0	7	0	24	
BOH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	0	0	0	0	0	14	
KFLS	0	0	4	0	0	0	4	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13	
VOT	0	0	0	0	4	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	9	
MY	0	0	0	0	0	0	0	0	0	0	0	0	5	3	0	0	0	0	0	0	0	0	8	

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1967	1968	1969	1970	1971	1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100

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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80																				

[illegible]

ASSOCIATION '91 25 YARD 04/07/91

19+ WOMEN

HEATHER MCCLAUGHLAN, 26 ***
CHRISTINA FOX, 30 ***
KRISTY L LOONEY, 43 ***
NANCY PRILL BROWN, 37 ***
SUSAN J CASE, 42 ***
KIM J ROGUS, 32 ***
PATRICIA A ABEL, 30 ***
CAROL ADAMS, 28 ***

16 200 MEDLEY RELAY

VALERIE STEGALL, 20 ***
KIMARIE GAGNON, 28 ***
BETH BLUMKLOTT, 19 ***
HEATHER REILLY, 23 ***
ANDREW DEVINE, 29 ***
SUZANNE COOPER, 41 ***
LINDA CORNWELL, 32 ***
JAN M PLESNER, 44 ***

25+ WOMEN

BARBARA PRID, 48 ***
CAROL A DICKINSON, 56 ***
SCOTT KROBBERG, 36 ***

16 200 MEDLEY RELAY

CLAUDIA COKE, 36 ***
JUDY M NELCHER, 70 ***
ROBERT K OLSEN, 24 ***

55+ WOMEN

HELENA W HOFFMAN, 75 ***

16 200 MEDLEY RELAY

JUDY M NELCHER, 70 ***
ROBERT K OLSEN, 24 ***

19+ MEN

JOHN P ZELL, 34 ***
DICK WADZ, 44 ***
ROBERT S SMITH, 47 ***
RICK A RODRIGUEZ, 28 ***
GREG P BOWMAN, 34 ***
RICHARD J SMITH, 41 ***
JEFF GRISSER, 28 ***
BRIAN BISSCHOFF, 44 ***

16 200 MEDLEY RELAY

DAVID M COBB, 31 ***
JIM KRIPPANBERG, 28 ***
CHRISTOPHER LUKE, 28 ***
STEVEN J SIMPSON, 45 ***
TYLER COLE, 30 ***
FRANK PHILLIPS, 40 ***
CHRIS JACOBSON, 27 ***
ROGER L DICKINSON, 57 ***

35+ MEN

PETER METZGER, 35 ***
JED P CROWIN, 42 ***
FRED W SPRENGER, 60 ***

16 200 MEDLEY RELAY

GARY W BECKLEY, 40 ***
MARK THOMP, 39 ***
ERIK THOMP, 43 ***

45+ MEN

TUCKER WHITSON, 46 ***
ALLAN DELAY, 75 ***

16 200 MEDLEY RELAY

LEO J VANDIJT, 58 ***
FRED RICHARDY, 64 ***

55+ MEN

GILBERT N YOUNG, 68 ***

16 200 MEDLEY RELAY

ERIC G. GUSTY, 61 ***

65+ MEN

BARL WALTER, 69 ***

16 200 MEDLEY RELAY

ANDREW W HOLDEN, 71 ***

19+ MIXED

PETER METZGER, 35 ***
RICK A RODRIGUEZ, 28 ***
HEATHER MCCLAUGHLAN, 26 ***
DAVE S MORRIS, 22 ***

22 200 MEDLEY RELAY

DAVID M COBB, 31 ***
SCOTT CAMPBELL, 34 ***
JIM KRIPPANBERG, 28 ***
JANIS M REILLY, 38 ***

25+ MIXED

DAVID O BURLISON, 34 ***
DENNIS S OLSON, 36 ***
KIM J ROGUS, 32 ***
JOHN P ZELL, 34 ***
NOEL PROSSER, 34 ***

22 200 MEDLEY RELAY

STEVE ROTH, 34 ***
ANDREW DEVINE, 29 ***
MARY YUSE-WILLER, 31 ***
BRIDI BENSON, 25 ***
JOYCE BARLER, 61 ***

35+ MIXED

SUZANNE COOPER, 41 ***
SUSAN J CASE, 42 ***
JERALD BISHOP, 38 ***
MARTINE VANDIJT, 58 ***

22 200 MEDLEY RELAY

CINDY SHORMAKER, 39 ***
KRISTINA RIDDLE, 42 ***
SUE N. SMITH, 38 ***
DANIEL R GRAY, 45 ***

45+ MIXED

CHARLOTTE S COVAN, 50 ***
TERRY C MCCURDY, 61 ***

22 200 MEDLEY RELAY

JANIS M REILLY, 38 ***
SANDY T CROSSING, 45 ***

55+ MIXED

BARL WALTER, 69 ***

22 200 MEDLEY RELAY

HELENA W HOFFMAN, 75 ***

19+ WOMEN

CYNTHIA C PERGUSON, 22 ***
BRIDI BENSON, 25 ***
HEIDI HENRY, 37 ***
KAREN MCADAMS, 28 ***
LAURET KIRST, 34 ***
PAN AUSTIN, 27 ***

4 200 FREE RELAY

JUDY STEVENIN, 69 ***
VALERIE STEGALL, 20 ***
BETH BLUMKLOTT, 19 ***

25+ WOMEN

ANDREW DEVINE, 29 ***
KIM J ROGUS, 32 ***
PATRICIA A ABEL, 30 ***
JUDY BRAYSTON, 40 ***

4 200 FREE RELAY

NAOMI STEINBERG, 29 ***
MARY YUSE-WILLER, 31 ***
SUE N. SMITH, 38 ***
KRISTINA RIDDLE, 42 ***

35+ WOMEN

SANDY ROUSSEAU, 43 ***
JACKIE DIBBETH, 36 ***

4 200 FREE RELAY

BARBARA PRID, 48 ***
KARIN A CLANCY, 37 ***

55+ WOMEN

CAROL A DICKINSON, 56 ***

4 200 FREE RELAY

JUDY M NELCHER, 70 ***

19+ MEN

STEVE ROTH, 34 ***

4 200 FREE RELAY

ROBERT K OLSEN, 24 ***

25+ MEN

JOHN P ZELL, 34 ***
STEVE W JOHNSON, 43 ***
EDWARD R HALE, 33 ***
DANIEL R GRAY, 45 ***
ANDY PORTER, 35 ***
CHRIS JACOBSON, 27 ***
RON A TATUM, 30 ***

4 200 FREE RELAY

STEPHEN P HARGREY, 31 ***
CHARLIE SCHARPP, 40 ***
DAVID M COBB, 31 ***
RICHARD J SMITH, 41 ***
HARRISON FISHER, 42 ***
SCOTT CAMPBELL, 34 ***

35+ MEN

DANIEL R GRAY, 45 ***
ERIC GUSTY, 61 ***
FRED RICHARDY, 64 ***

4 200 FREE RELAY

MARK THOMP, 39 ***
TOM PARRING, 51 ***
ALLAN L STARK, 42 ***

45+ MEN

LEO J VANDIJT, 58 ***

4 200 FREE RELAY

TUCKER WHITSON, 46 ***

55+ MEN

ROBERT K EIM, 57 ***
NILTON R HARRIS, 60 ***

4 200 FREE RELAY

THOMAS P FAX, 55 ***
GILBERT N YOUNG, 68 ***

65+ MEN

BARL WALTER, 69 ***

4 200 FREE RELAY

ANDREW W HOLDEN, 71 ***

19+ MIXED

CYNTHIA C PERGUSON, 22 ***
STEVE ROTH, 34 ***
JANIS M REILLY, 38 ***
STEVE DUNN, 42 ***

10 200 FREE RELAY

KAREN MCADAMS, 28 ***
JOYCE BARLER, 61 ***
KATHLEEN P BUCK, 40 ***
BRUCE W CHERNEY, 39 ***
BETH BLUMKLOTT, 19 ***
JOHN D JOHNS, 59 ***

25+ MIXED

ANDY R MORRISON, 30 ***
STEPHEN P HARGREY, 31 ***
NANCY PRILL BROWN, 37 ***
GRACIE H GODDARD, 31 ***
JOHN MATHER, 38 ***
CAROL ADAMS, 28 ***
JOHN P ZELL, 34 ***
CHRISTINA FOX, 30 ***
HEATHER MCCLAUGHLAN, 26 ***
JAN M PLESNER, 44 ***

10 200 FREE RELAY

DAVID O BURLISON, 34 ***
KIM J ROGUS, 32 ***
JIM KARR, 30 ***
NAOMI STEINBERG, 29 ***
DORCAS L PUGAN, 34 ***
JEFF GRISSER, 28 ***
PAN AUSTIN, 27 ***
SCOTT CAMPBELL, 34 ***
ROBERT K EIM, 57 ***
SANDY L CROSTHER, 45 ***

35+ MIXED

SUSAN J CASE, 42 ***
JERALD BISHOP, 38 ***
SUZANNE COOPER, 41 ***
ANDY PORTER, 35 ***

10 200 FREE RELAY

JED P CROWIN, 42 ***
NANCY J BROOKS, 48 ***
FRED RICHARDY, 64 ***
HARRISON FISHER, 42 ***

45+ MIXED

CHARLOTTE S COVAN, 50 ***
TERRY C MCCURDY, 61 ***

10 200 FREE RELAY

BARBARA PRID, 48 ***
STEVEN J SIMPSON, 45 ***

55+ MIXED

ROGER L DICKINSON, 57 ***

10 200 FREE RELAY

CAROL A DICKINSON, 56 ***

65+ MIXED

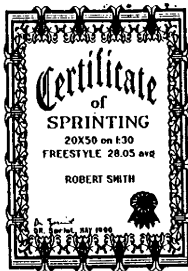
BARL WALTER, 69 ***

10 200 FREE RELAY

HALE J STEVENIN, 69 ***

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




NINTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 22 - 28, 1991

GENERAL INFORMATION

For information concerning your sports, contact your chairperson.

With questions about the festival, contact Lou Zasloff, Executive Director, % Eugene Senior Sports, Inc., P.O. Box 5002, Eugene, OR 97405, 503-484-0240

Chairperson	Event	Place	Time	Date	Entry Fee Enter Amount
 SWIMMING (30+) Meet Director Doug Smith 503-687-5525		Don Van Rossen Program Advisor Echo Hollow Pool 1655 Echo Hollow Road Eugene, OR 97402	8 am (warm up) 9 am	7/27	Limited to \$5 5 events
Pin ribbon for 1st, 2nd, 3rd in each bracket					

- Deadlines:** Fees and entry form must be in by July 22, 1991. Early entry, festival fee and entry fees would be most helpful and appreciated. Request for refunds must be made by July 22, 1991, the start of the Sports Festival.

- Festival Dinner Party:** The ending of the competition and socially bringing together of all the sports participants and their guests for a social and entertaining finale has been a tradition of the Sports Festival. Additional non-participant guests are encouraged. Cost for guest is \$7.00

- Festival Fee, Plus Entry Fee:** There is only one Festival fee (\$12.00), no matter how many sports are entered. Festival fee covers: (1) Festival dinner party, (2) coffee, bagels and cream cheese at all points of play, (3) Festival T-shirt, and (4) management operations. Entry fees are listed for each sport and for the number of events entered. Make check payable to The Eugene Senior Sports Group, Inc.

Mall Entries and Check To:

The Eugene Senior Sports Group
Post Office Box 5002
Eugene, OR 97405

ENTRY FORM

- Registration. Mail your total amount, with this form, to: The Eugene Senior Sports Group, Inc.

Entry Fees Subtotal \$ _____
Additional Dinner Guest (\$7.00 per guest) \$ _____
Festival Fee \$ \$12.00
Total Amount (enclosed) \$ _____

P.O. Box 5002
Eugene, OR 97405

Dinner Guest Information:
☐ I will attend dinner party
☐ I will bring a dinner guest

Shirt Size (please circle one)
medium large extra-large

- Groupings. Place an "X" next to your age category and sex.

☐ MALE ☐ FEMALE

☐ 30-34 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 ☐ 85-89 ☐ 90 +

- ☐ **Swimming (30+)** order of events to be held at Echo Hollow Pool-1655 Echo Hollow Rd., Eugene, OR 97402

M	W		
<input type="checkbox"/> 1	<input type="checkbox"/> 2	400 meter free	
<input type="checkbox"/> 3	<input type="checkbox"/> 4	50 meter breast	
<input type="checkbox"/> 5	<input type="checkbox"/> 6	100 meter fly	
<input type="checkbox"/> 7	<input type="checkbox"/> 8	50 meter free	
<input type="checkbox"/> 9	<input type="checkbox"/> 10	50 meter back	
<input type="checkbox"/> 11	<input type="checkbox"/> 12	200 meter free relay	
<input type="checkbox"/> 13	<input type="checkbox"/> 14	100 meter breast	
<input type="checkbox"/> 15	<input type="checkbox"/> 16	50 meter fly	

M	W		
<input type="checkbox"/> 17	<input type="checkbox"/> 18	200 meter free	
<input type="checkbox"/> 19	<input type="checkbox"/> 20	200 meter back	
<input type="checkbox"/> 21	<input type="checkbox"/> 22	200 meter medley relay	
<input type="checkbox"/> 23	<input type="checkbox"/> 24	200 meter breast	
<input type="checkbox"/> 25	<input type="checkbox"/> 26	200 meter fly	
<input type="checkbox"/> 27	<input type="checkbox"/> 28	100 meter free	
<input type="checkbox"/> 29	<input type="checkbox"/> 30	100 meter back	
<input type="checkbox"/> 31	<input type="checkbox"/> 32	200 meter ind. medley	

Doug Smith 687-5525
50 Meter Pool
7/27/91
Warm-ups - 8AM
Meet Starts - 9AM
\$5.00 - 5 events max.

Open to registered Masters Swimmers as well as unregistered swimmers.

Must be USMS registered to qualify for Masters records. Approved but not sanctioned meet.

Festival Dinner Party, July 27th, 6PM at Alton Baker Park, Eugene, OR

Name _____ Age _____

Address _____
Street City State Zip Phone _____

MINUTES OF BOARD MEETING
OREGON MASTERS SWIMMING, INC.

April 23, 1991

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

Call to order: 7:25 p.m.

Secretary's Report: Andy Schrag. Minutes of March meeting accepted as written with the following amendment: June LC meet at T-Hills is June 1, not June 2.

Host/Social: Andy Schrag. We will look into another raft trip for August 3rd.

Treasurer's Report: Roy Abramowitz. Revenues are about equal to last year although expenses were somewhat higher.

Vice-Chair's Report: Pam Himstreet. Don Van Rossen will measure Echo Hollow pool to verify that it is official, he is seeking an OMS sanction for the Senior Masters meet in July. John will call MAC club to clarify centennial events, eligibility, etc. for their October meet.

Committee Reports:

Registration: Dan Johnson. 413 registered so far.

Membership: Barbara Frid. No present. We still need a new membership chair.

Aquamaster: John Zell. No report.

Records/Data Manager: Earl Walter. Not present. All records are up to date.

Old Business:

Zip + 4 mailing may be more trouble than it's worth, although we will check a bit more.

Newberg was awarded its full amount for the Association meet.

New Business:

A standard range of temperatures for the pool water at Association and Regional was discussed.

Bruce Cheney's first proposal regarding conduct of team rep. meeting at Association meet was amended slightly, then adopted as policy. We will bring all these items regarding conduct of the Association meet, together onto a single document for annual publishing. Bruce's second proposal regarding compilation of team lists was adopted as policy with a slight amendment. His third proposal was tabled.

We will add "Fitness" as an ad hoc committee position with Roy as liaison.

We need to decide on OMS' delegates to this year's National Convention.

We have begun discussing how to organize the relays at the Federal Way Nationals in 1992.

We will order more shirts to have available for sale.

Adjournment: 10:00 p.m.



**Official Entry Form for Individual Events
1991 United States Masters Swimming
National Long Course Championships
E-Town Swim and Fitness Center, Elizabethtown, Kentucky
August 15-18, 1991**

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____			
Street	City	State	Zip
Phone _____			
A/C	Days	A/C	Evenings
Age _____		USMS Reg # _____	
(on 8/18/91)		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 Thursday, July 11, 1991

Event No.	Entry Time Women	Event	Event No.	Entry Time Men
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Thursday, August 15, 1991 8:00 am

1		800 M FREE (See Check-in Times)	2	
3		1500 M FREE (See Check-in Times)	4	

NOTE: YOU CAN SWIM EITHER THE 800 METER OR 1500 METER FREESTYLE — NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.

I am willing to swim the 800/1500 meter freestyle with two persons per lane. _____ Yes _____ No

*Those swimming two per lane shall be seeded ahead of competitors swimming one per lane and shall be started at opposite ends of the pool.
Seeding will not be altered to accomodate travel arrangements.

Friday, August 16, 1991 8:00 am

5		200 METER FREESTYLE	6	
7		50 METER BREASTSTROKE	8	
9		100 METER BUTTERFLY	10	
11		50 METER BACKSTROKE	12	
13		200 METER FREE RELAY	14	
15/16	SEE RELAY FORM	200 METER MIXED MEDLEY RELAY	15/16	SEE RELAY FORM
17		400 METER IM (See Check-in Times)	18	

Saturday, August 17, 1991 8:00 am

19		200 METER BREASTSTROKE	20	
21		50 METER BUTTERFLY	22	
23		200 METER BACKSTROKE	24	
25		100 METER FREESTYLE	26	
27	SEE RELAY FORM	200 METER MEDLEY RELAY	28	SEE RELAY FORM
29		400 METER FREE (See Check-in Times) WOMEN ONLY	30	Men's Event Sunday

Sunday, August 18, 1991 8:00 am

31		100 METER BACKSTROKE	32	
33		200 METER IM	34	
35		50 METER FREESTYLE	36	
37		100 METER BREASTSTROKE	38	
39		200 METER BUTTERFLY	40	
41/42	SEE RELAY FORM	200 METER MIXED FREE RELAY	41/42	SEE RELAY FORM
		400 METER FREE (See Check-in Times) MEN ONLY	30	

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.
YOU MAY ENTER SIX EVENTS (OR FIVE EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE)
— BUT SWIM NO MORE THAN THREE ON ANY ONE DAY.

Please indicate (star, check mark, etc.) your 6th event in case the five event limit is imposed.

Dates: August 15-18, 1991

Location: E-Town Swim and Fitness Center, Elizabethtown, Kentucky

Sanctioned By: US Masters Swimming Inc., and LMSC/Kentucky 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 (or five events, if deemed necessary by the Championship Committee) but swim no more than three on any one day. No refunds will be given for events not swum. Please indicate your sixth event (star, check mark, etc.) in case the five event limit is imposed: USMS Rule 104.3A.

Eligibility:

National Championships are open to USMS registered swimmers, 19 years of age and older (as of August 18, 1991). If you wish to represent a club, then you and the club must be registered in the same LMSC; 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 meters and under will be pre-seeded. The 400 freestyle, the 400 IM, the 800 and the 1500 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 August 16	800 FREE	6:00 PM August 14
400 FREE (Women)	9:00 AM August 17	1500 FREE	6:00 PM August 14
400 FREE (Men)	9:00 AM August 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 (8 / 18 / 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 July 8, 1991: no refunds are given for events not swum.

Banquet:

An "Old South" Evening at the Elizabethtown Convention Center — Saturday, August 17, 1991, 7:00 p.m.-till midnight, Dinner at 8:00 p.m. (beverages included) — \$19.50 per person.

Checks Payable to: Elizabethtown Dolphin Masters Swim Team	Meet Surcharge (required of all swimmers): _____ X \$13.00 _____
Mail Entry & Fees to: 1991 USMS Long Course Nationals c/o Elizabethtown Dolphin Masters Swim Team P.O. Box 2294, Elizabethtown, KY 42701	Number of Individual events entered: _____ X \$ 4.00 = _____
	Number of Banquet tickets: _____ X \$19.50 = _____
	Fax Surcharge _____ X \$ 3.00 = _____
	TOTAL AMOUNT OF FEES DUE _____
	(do not send cash) : _____ = _____

ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.

Entry Deadline:

Entry must be in the hands of entry chairman no later than July 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: _____

Fax Entry

A faxed entry will be accepted if charged on your Visa or MasterCard. A \$3.00 surcharge will be added.

Fax 1-502-769-2244

<input type="checkbox"/> Visa	<table><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>																					Exp. Date _____
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DR. SPRINT vs. godZELLa

Z-Man,

I challenge you to a dual to the death.* You may think you're hot cause you are Chairman of a Swimming Corporation. Maybe you think your great cause you can do a 2:13 for the 200 Back. Maybe you feel the power of being an editor. You think you're a fancy swimmer just because you're going to Nationals? You're just a target. Let's lock horns on the field of valor. Let's go head-to-head, man-to-man in a "Sprint Workout". 20 x 50 on the 1:30 Backstroke. Let's talk about the details. I'll meet you in the pain zone.

signed, Dr. Sprint

* death means your pain will be so strong you'll want to die.

URGENT SAFETY NOTICE

WHAT YOU SHOULD KNOW

IF YOU'RE UP to it?

The Showdown in the pool DR. VS. Z MAN:

THE CHALLENGE Twenty X FIFTY BACK

on the ONE:30

The end result may come as a shock.

DON'T PEAK EARLY

WHO is The Best ?

GETTING NERVOUS. What if you can't
your CHAIRMAN,

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.

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	Princeton Athletic Club	PAC	Marty Popp	222-2639
Portland	RiverPlace Athletic Club	RAC	Ron Allen	221-1212
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!!!

Southern Oregon Lake Swim

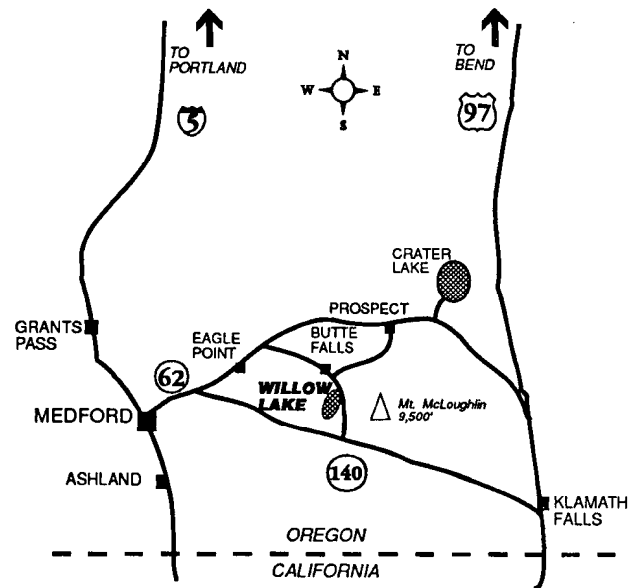
July 13, 11:30 A.M.

The Rogue Valley Masters will host the seventh annual Southern Oregon Lake Swim at beautiful Willow Lake, Located in the Cascade Mountains above Butte Falls, Oregon. The staging area will be at the boat ramp.

We will be swimming for our best times, of course, but this is designed to be a fun event for the whole family. An area will be reserved for swimmers and their families for a potluck lunch. You bring drinks and side dishes (dessert, chips, etc.) and Rogue Valley Masters will provide hamburgers and buns. If you would like to camp at the lake, spaces are available, *but make your reservations early*. For campsite reservations call Ray or Alfie Ortega at (503) 865-3229.

So plan to make a weekend of it. Bring the family, bikes, sailboards, kayaks, water skis, frisbees, lawn darts and whatever other toys you enjoy. Or just bring a swimsuit and towel and lie back and enjoy the fantastic southern Oregon scenery.

And if you are interested in seeing a Shakespeare play on an Elizabethan stage, or enjoying other outstanding drama, check out the schedule below.



Directions: Willow Lake is 38 miles from Medford. Take Oregon Highway 62 to Eagle Point and then another 5 miles (approximately) to the Butte Falls Junction (mile post 24). Turn right and drive approximately 10 miles to Butte Falls, then another 10 miles to the lake.

From Klamath Falls it's 54 miles. From Klamath Falls the lake can be reached by turning right on the Willow Lake Highway approximately 1/2 mile West of Fish Lake Resort. The Lake is 10 miles from Highway 140

Entertainment. In addition to the usual diversions, the Oregon Shakespeare Festival in Ashland will be in full swing. The schedule is:

	Friday, July 12	Saturday, July 13	Sunday, July 14
Elizabethan Stage	Henry IV (8:30 p.m.)	Julius Caesar (8:30 p.m.)	Taming of the Shrew (8:30 p.m.)
Black Swan	Some Americans Abroad (2 p.m.)	Two Rooms (2 p.m.)	Two Rooms (2 p.m.)
Bowmer Theater	Our Town (2 p.m.)	Other People's Money (2 p.m.)	Major Barbara (2 p.m.)
	Other People's Money (8:30 p.m.)	Major Barbara (2 p.m.)	Merchant of Venice (2 p.m.)

For more information and reservations call the Oregon Shakespeare Festival in Ashland at (503) 482-4331. Most Shakespeare plays sell out well in advance, so call to make reservations as soon as you can. Ashland also offers several other good drama groups, so you may want to contact the Ashland Chamber to see what other plays are scheduled that weekend.

PLEASE HAVE YOUR ENTRIES IN BY JULY 1

Registration will be open until one hour before the race start

Southern Oregon Lake Swim

Willow Lake, July 13 — 11:30 a.m.

- REGISTRATION:** Swimmers who want a T-shirt or sweatshirt should register before July 1 to avoid an additional \$5 handling and re-ordering fee. Race day registration will open at 9 a.m. and close at 10:30 a.m.
- FEES:** Before July 1: **\$15 with shirt, \$7 without shirt** After July 1: **\$20 with shirt, \$9 without shirt**
- COURSE:** It's a 1,500-meter out-and-back course (750 meters each leg) that will be negotiated twice by those who want something more challenging: a 3,000-meter swim. The average high temperature in July is 80 degrees; the average low is 46. Water temperature should be comfortable for all swimmers, barring unusually cold weather. **If you wish to use a wetsuit**, that's fine, but in the interest of fairness to those who don't use a wetsuit, you will not be allowed to put it on until after the gun starts the race.
- RESULTS:** Swimmers who want results mailed to them should enclose a No. 10 (business) envelope, stamped and self-addressed. Results will be mailed the week after the race.
- AWARDS:** Medals for first, ribbons for second to all age groups, male and female. Age groups are: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69 and 70+.
- ACCOMMODATIONS:** Visitors may camp at the lake, or choose from bed and breakfast inns and motels in southern Oregon. For information on lodging in and around Medford contact The Chamber of Medford Jackson County, 304 South Central, Medford, OR 97501, (503) 772-6293. For information on lodging in Ashland contact the Ashland Chamber of Commerce, 110 East Main, Ashland, OR 97520, (503) 482-3486.
- TO ENTER:** Send payment and entry forms to: Dan Gray, Southern Oregon Lake Swim, 8975 Highway 66, Ashland, OR 97520. For more information the telephone contact person is Greg Frownfelter, (503) 488-1149. Make checks payable to *Rogue Valley Masters/Lake Swim*.

See reverse side for map and directions to Willow Lake and information on camping and entertainment.

STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC of Oregon free and harmless for any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Signature: _____ Date: _____ Daytime Phone: _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Age: _____ Sex: _____

CHECK ONE: ☐ Sweatshirt ☐ T-Shirt ☐ Long Sleeve T-Shirt ☐ No Shirt
SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL

USMS Number: _____

I am entering (check ONE only): 1,500 meter. Est. time: _____ 3,000 meter. Est. time: _____
You must be a registered Masters Swimmer, or registered USS for age group swimmers, to participate in this meet

1991 OREGON MASTERS

YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from November 1, 1990 through December 31, 1991.*

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

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

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution. Our Monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the ONLY source of meet entry forms. For \$7.00 a year your copy is delivered via bulk mail. If you move, let the registrar know so that you continue to receive this valuable publication. Your registration fee enables OMS to provide you with:

1. Local meet support.
2. National representation for all of Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

\$12.00 of your \$18.00 registration is sent to the US Masters Swimming, Inc. (USMS)

They provide the following for you:

- Personal accident insurance when competing in OMS or USMS approved/sanctioned meet or practice session.
- USMS newsletter (two per year).
- Two national championships held each May and August.

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

Instructions for filling out form:

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

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

PLEASE PRINT

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

Oregon Masters Swimming Registration

1991

Name _____
LAST FIRST M.I.

Address _____

City _____ St _____ ZIP _____

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

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

Local Team (if any) _____

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

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

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

Signature: _____

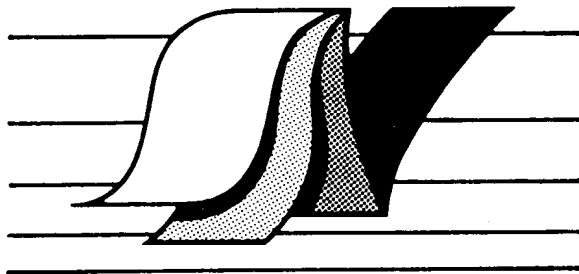
JUNE MEET AT T-HILLS CANCELLED
SEE INSIDE FOR FURTHER DETAILS

IN THIS ISSUE:
Z-MAN SAYS,
OL' BARNACLE,
DR. SPRINT,
1991 ASSOCIATION
MEET RESULTS,
MEET ENTRY
FORMS AND MORE

Editor
John F. Zell
4640 N.E. 36th Avenue
Portland, OR 97211-7618

Aqua-Master

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