

Chairman & Editor

John F. Zell

4640 N.E. 36th Avenue
Portland, OR 97211-7618
(503) 282-9347

Vice Chairman

Pam Himstreet

14744 N.W. Bonneville Pl.
Beaverton, OR 97006
(503) 645-4051

Registrar

Dan Johnson

7655 S.W. Cedarcrest St.
Portland, OR 97223
(503) 244-8152

Secretary / HOST

Andy Schrag

(206) 254-9661

Treasurer

Roy Abramowitz

(503) 221-0336

Data Manager & Records

Earl Walter

(503) 738-3763

Membership

Judy Belford

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

- 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
(ENTRY DEADLINE JULY 1, 1991)
- *JULY 13 - 14 PORTLAND, OR MULTNOMAH ATHLETIC CLUB
STATE GAMES OF OREGON
(ENTRIES MUST BE RECEIVED BY JUNE 28, 1991)
- *JULY 20 ST. HELENS, OR EISENSCHMIDT POOL ARTMAN DISTANCE CRUNCH
MASTERS & AGE GROUP SWIMMERS
S.C.Y. 400 I.M. - 500 FREE - 200 CHOICE = BACK, BREAST, OR FLY
(ENTRY DEADLINE JULY 6, 1991)
- JULY 24 O.M.S. BOARD MEETING 7:15 P.M. SANDI ROUSSEAU'S HOUSE
- *JULY 27 EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST
SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL
- JULY 27 PORT ORCHARD, WA SO. KITASP H.S. 50 METER POOL
- *AUGUST 3 3rd ANNUAL O.M.S. DESCHUTES RIVER RAFT TRIP
- *AUGUST 10-11 REGION 12 LONG COURSE REGIONAL CHAMPIONSHIPS
FEDERAL WAY, WA GOODWILL GAMES POOL
(ENTRY DEADLINE JULY 26, 1991)
- *AUGUST 15-18 1991 USMS LONG COURSE NATIONAL CHAMPIONSHIPS
ELIZABETHTOWN, KENTUCKY
(ENTRIES MUST BE RECEIVED BY JULY 11, 1991)
- *AUGUST 31 THE PORTLAND GAY & LESBIAN SPORTS FESTIVAL
SWIMMING EVENTS AT COLUMBIA POOL 25 YARD
- SEPT 18-22 1991 USMS CONVENTION LOUISVILLE, KENTUCKY
- OCTOBER PORTLAND, OR M.A.C. CLUB CENTENNIAL
- ** 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 again and I must apologize for the newsletter coming to you a little late this month. A number of delays on my part and I waited for the entry form for L.C. Regionals to arrive so you'd get it in this issue. As you can see from the schedule page there are all kinds of events this summer and I've got entry forms galore for you. Break out the check book and pen and get started!!

Ol' Barnacle reviews the 1991 P.N.A. Association Championships that 27 O.M.S. swimmers attended in April along with the S.C. Regionals Championships in Moscow, Idaho. We have the results from the first "Swim the Gap" meet at Tigard High School for your reading. And on the next page you'll see the results from S.C. Nationals in Nashville and how our 13 fine O.M.S. members swam. Next month we'll bring you the last S.C. results of the season as Robert Smith reviews his "Sprint Workout Postal Championships." And more importantly, the results of godZELLA vs. Dr. Sprint in 20 x 50 Back on the 1:30. Yes, the end result may come as a shock.

Speaking of the good Doctor, he has an excellent article this month on something new called "Flyometrics." Check this out!!

There is a very heartwarming letter from Joan Whisman of Gresham, Oregon to all of you.

As of the middle of May, O.M.S. has 438 members. Did you know that O.M.S. will break its all-time membership record next year?? Yes this is true and you will do your part to see that this happens. The all-time record is 547 set in 1986 when we hosted L.C. Nationals at Mt. Hood. Well as you know, P.N.A. is hosting L.C. Nationals next summer and O.M.S. will be winning the Womens, Mens, and combined Team titles at that meet, just like we did in 1986.

WOW....that's an awfully bold statement your making Mr. Z-Man!!! Can you back that up?? Will this come true?? Stay tuned and you will learn more in future Aquamaster issues.

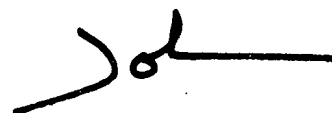
We will have an opportunity to swim in the very pool which will host the 1992 L.C. Nationals this summer. Federal Way is the site and you will find the entry form in this issue. Here's your chance to get some times and establish some goals for next year. I'll be there, how about you?

In my efforts to bring you the best newsletter, I have invested in a new software program that should help tremendously. I have a flatbed scanner and bought a program that makes my scanner into an "O.C.R." O.C.R. is short for Optical Character Recognition. I will be able to put type written copy in the scanner and scan it in to the computer with the aid of this program. I then can edit and manipulate this copy. What this program does is eliminate the need to type in (or re-type) all the copy. It saves an incredible amount of time, especially when I'm such a slow typist. This should allow me to bring you more of what you've been asking for in the way of informative articles on all facets of swimming and training.

ATTENTION ALL STATE GAMES OF OREGON ENTRANTS.... As per usual O.M.S. is asking for TIMERS for this meet. We need your help so please step forward between your events and lend a hand.

That's all for now.....think Long Course and....

I'll see you at State Games & St. Helens,



Here's how they did...

Lisa Davis 27 50 Free :27.38 (18th)
 100 Free :59.88 (24th)
 50 Fly :29.16 (17th)
 50 Breast :35.80 (8th)
 100 I.M. 1:10.05 (22nd)

Pam Austin 27 100 Free 1:05.12 (35th)
 500 Free 6:40.76 (19th)
 1000 Free 13:48.82 (11th)
 50 Back :41.60 (24th)

Sandi Rousseau 43 50 Fly :31.04 (5th)
 100 Fly 1:14.31 (8th)
 50 Free :28.85 (10th)
 100 Free 1:05.68 (13th)
 50 Breast :38.83 (7th)
 100 I.M. 1:15.86 (9th)

Ginger Pierson 45 50 Breast :34.68 (1st)
 100 Breast 1:14.11 (1st-Nat. Rec.)
 200 Breast 2:45.24 (1st-Nat. Rec.)
 200 Fly 2:39.81 (2nd)
 200 I.M. 2:35.80 (3rd)
 400 I.M. 5:38.66 (1st)

Barbara Frid 49 50 Back :34.97 (5th)
 100 Back 1:19.03 (5th)
 200 Back 2:58.91 (6th)
 500 Free 6:39.40 (6th)
 1000 Free 13:39.19 (3rd)
 100 Breast 1:24.99 (5th)

Joyce Bahler 61 50 Breast :45.73 (4th)
 100 Breast 1:38.93 (4th)
 200 Breast 3:33.25 (4th)
 100 I.M. 1:35.59 (4th)
 400 I.M. 7:01.57 (5th)

Petey Smith 66 50 Free :32.25 (1st-Nat. Rec.)
 100 Free 1:12.66 (1st)
 200 Free 2:43.54 (1st)
 500 Free 7:20.64 (1st-Nat. Rec.)
 1000 Free 15:10.10 (1st-Nat. Rec.)

Tom Kahl 25 100 Free :50.51 (16th)
 50 Fly :25.28 (22nd)
 100 Fly :56.93 (15th)
 100 I.M. :57.91 (19th)
 200 I.M. 2:04.73 (14th)
 400 I.M. 4:33.35 (13th)

David Burleson 34 500 Free 5:08.68 (9th)
 50 Back :27.21 (11th)
 100 Back :58.27 (11th)
 200 Back 2:08.29 (9th)
 100 I.M. :58.10 (22nd)
 200 I.M. 2:10.47 (18th)

John Zell 34 50 Back :27.90 (15th)
 100 Back :59.37 (16th)
 200 Back 2:09.13 (10th)
 100 I.M. 1:00.64 (35th)
 200 I.M. 2:12.28 (19th)
 400 I.M. 4:43.91 (7th)

Dick Boyd 47 200 Free 1:58.46 (8th)
 500 Free 5:20.49 (5th)
 1650 Free 18:07.61 (1st)
 200 Breast 2:26.25 (4th)
 200 I.M. 2:15.48 (9th)
 400 I.M. 4:48.58 (3rd)

Ron Nakata 52 50 Free :25.73 (9th)
 200 Free 2:14.83 (10th)
 50 Fly :28.08 (10th)
 100 Fly 1:06.24 (9th)
 100 I.M. 1:07.47 (7th)
 200 I.M. 2:31.62 (9th)

Art Welch 58 100 Fly 1:14.81 (11th)
 200 Fly 2:51.74 (5th)
 500 Free 6:24.72 (5th)
 1000 Free 13:17.26 (4th)
 200 I.M. 2:53.02 (14th)
 400 I.M. 6:14.05 (9th)

45+ 200 yd Mixed Medley Relay 2:03.50 (4th)
 Barb Frid, Ginger Pierson, Ron Nakata, & Dick Boyd

Other noteworthy performances.....

Hugh Richards 70 (former O.M.S. member & MHM)
 50 Free :28.61 (1st), 100 Free 1:05.94 (1st), 50 Breast :39.36 (2nd), 50 Fly :32.59 (1st), 100 Fly 1:26.34 (4th), & 100 I.M. 1:18.20 (2nd) Way-to-go Hugh !!!
 Hugh really misses all his friends in Oregon. Said to say Hi to all of you.

Z-Mans picks....Totally awesome swims....Ladies 1st
 Sudi Miller 24, 50 Free :23.97 & 100 Free :52.08
 Sandy Nielson-Bell 35, 50 Free :24.29
 Diane Graner 27, 100 Back:56.70 & 200 Back 2:01.29
 Nancy Brown 55, 200 Back 2:47.56 (was Lavelle Stoinoff's National record of 2:48.92) Mens swims....
 Robert Peel 26, 50 Free :19.83 & 100 Free :44.39
 Mark Rodenbaugh & Sean Murphy both age 27 swim the 100 Back in :50.52 and :50.56. Mark R. again in the 100 I.M. in :50.47. Tom Fristoe 31, 400 I.M. in a 4:00.04!! Stu Marvin 35, 50 Free :21.19 & 100 Free :46.43!! Jerry Heidenreich 41, 50 Back :25.61 erases Robert "Dr. Sprint" Smith's National Record of :25.93. Richard Abrahams 46, 100 Free :48.92 !! There were so many incredible swims...but I'm out of space.

----- 19-24 WOMEN -----
 50FREE HYDE,SANDI L 22 OREG :28.09
 MONTGOMERY,MARYJANE 24 OREG :29.63
 HYDE,LAURI 20 OREG :46.13
 CORNO,ALENE 24 MACO :54.93
 100FREE HYDE,SANDI L 22 OREG 1:02.34
 HYDE,LAURI 20 OREG 1:48.79
 CORNO,ALENE 24 MACO 2:05.31
 50BRST HYDE,LAURI 20 OREG 1:02.00
 50 FLY CORNO,ALENE 24 MACO 1:08.23
 100FLY HYDE,SANDI L 22 OREG 1:20.79
 100 IM HYDE,SANDI L 22 OREG 1:17.00
 MONTGOMERY,MARYJANE 24 OREG 1:19.74
 CORNO,ALENE 24 MACO 2:19.17
 HYDE,LAURI 20 OREG 2:20.02
 ----- 25-29 WOMEN -----
 50FREE TISHMALK,KATHY 28 OREG :36.25
 100FREE TISHMALK,KATHY 28 OREG 1:26.94
 50BACK TISHMALK,KATHY 28 OREG :47.87
 100BAK ROWBOTTOM,JOY S 29 OREG 1:15.59
 50BRST TISHMALK,KATHY 28 OREG :47.39
 100 IM ROWBOTTOM,JOY S 29 OREG 1:17.25
 ----- 30-34 WOMEN -----
 50FREE WOODARD,JOILEEN M 32 OREG :28.56
 JOYCE,LISA 30 OREG :37.42
 100FREE MELTON,KRISTEN 31 OREG 1:05.49
 50BRST WOODARD,JOILEEN M 32 OREG :38.74
 COENEN,LINDA P 32 OREG :41.11
 JOYCE,LISA 30 OREG :46.94
 100BRS MELTON,KRISTEN 31 OREG 1:25.39
 COENEN,LINDA P 32 OREG 1:34.92
 50 FLY MELTON,KRISTEN 31 OREG :33.48
 ABEL,PAT A 31 OREG :33.76
 COENEN,LINDA P 32 OREG :34.74
 100FLY ABEL,PAT A 31 OREG 1:20.56
 100 IM MELTON,KRISTEN 31 OREG 1:15.95
 WOODARD,JOILEEN M 32 OREG 1:16.40
 ABEL,PAT A 31 OREG 1:20.87
 COENEN,LINDA P 32 OREG 1:21.61
 JOYCE,LISA 30 OREG 1:38.61
 ----- 35-39 WOMEN -----
 50FREE HENDRYX,TERI 37 MACO :29.18
 BROWN,NANCY P 37 OREG :29.40
 PARKER,LISSA B 39 OREG :36.13
 100FREE BROWN,NANCY P 37 OREG 1:04.03
 50BRST HENDRYX,TERI 37 MACO :38.66
 PARKER,LISSA B 39 OREG :49.36
 50 FLY HENDRYX,TERI 37 MACO :32.32
 100 IM PARKER,LISSA B 39 OREG 1:38.35
 ----- 40-44 WOMEN -----
 50FREE HOSKINS,JUDITH M 40 OREG :31.62
 HUNSCHER,MONIKA 42 OREG :35.68
 100FREE HUNSCHER,MONIKA 42 OREG 1:12.24
 50BACK HOSKINS,JUDITH M 40 OREG :40.86
 100BAK HUNSCHER,MONIKA 42 OREG 1:24.09
 50BRST HOSKINS,JUDITH M 40 OREG :45.98
 ----- 45-49 WOMEN -----
 50FREE BROOKS,NANCY J 48 OREG :31.32
 TIGARD

100FREE BROOKS,NANCY J 48 OREG 1:12.48
 HIMSTREET,PAMELA 47 OREG 1:13.65
 50BRST BROOKS,NANCY J 48 OREG :38.77
 HIMSTREET,PAMELA 47 OREG :41.77
 100BRS BROOKS,NANCY J 48 OREG 1:26.13+
 Oregon was- SUSI FOGELSON 1:30.43
 HIMSTREET,PAMELA 47 OREG 1:29.92
 100 IM HIMSTREET,PAMELA 47 OREG 1:25.13
 ----- 50-54 WOMEN -----
 50FREE PAYES,BETH 53 OREG :41.79
 100FREE PAYES,BETH 53 OREG 1:43.06
 50BACK PAYES,BETH 53 OREG 1:04.95
 ----- 65-69 WOMEN -----
 50FREE STEVENIN,ELFIE J 69 OREG 1:07.11
 100FREE STEVENIN,ELFIE J 69 OREG 2:21.21
 50BACK WELLS,MARGARET A 65 OREG :50.36
 100BAK WELLS,MARGARET A 65 OREG 1:48.57+
 Oregon was- MARGARET R YADON 2:15.65
 50 FLY WELLS,MARGARET A 65 OREG :52.32
 100FLY STEVENIN,ELFIE J 69 OREG 2:51.67
 ----- 75-79 WOMEN -----
 50BRST HOFFMAN,HELENA W 75 OREG 1:20.24+
 Oregon was- MARTHA KELLER 1:23.83
 50 FLY HOFFMAN,HELENA W 75 OREG 1:24.66+
 Oregon was- HAZEL B. BRESSIE 2:03.58
 100FLY HOFFMAN,HELENA W 75 OREG 3:20.06+
 Oregon was- HAZEL B. BRESSIE 4:13.81
 100 IM HOFFMAN,HELENA W 75 OREG 2:50.80+
 Oregon was- HAZEL B BRESSIE 3:16.64
 ----- 25-29 MEN -----
 50FREE HERBISON,DAVID W 29 OREG :29.99
 100 IM HERBISON,DAVID W 29 OREG 1:21.16
 ----- 30-34 MEN -----
 50FREE BURLESON,DAVID D 34 OREG :23.42
 CARLISLE,ANDY 33 :26.11
 100FREE BURLESON,DAVID D 34 OREG :52.74
 CARLISLE,ANDY 33 :58.05
 MOREHOUSE,ANDY R 30 MACO :58.53
 100FLY BURLESON,DAVID D 34 OREG :58.53
 CARLISLE,ANDY 33 1:04.04
 MOREHOUSE,ANDY R 30 MACO 1:06.34
 100 IM MOREHOUSE,ANDY R 30 MACO 1:06.59
 CARLISLE,ANDY 33 1:08.68
 ----- 35-39 MEN -----
 50FREE METZGER,PETER 35 OREG :24.45
 SOUTHWELL,GREG 39 ORE :26.75
 100FREE CRAIG,ROBERT H 37 OREG :56.05
 ELLIOTT,JAMES M 38 OREG 1:00.79
 JOHNSON,DANIEL P 37 OREG 1:01.74
 50BACK METZGER,PETER 35 OREG :28.81
 100BAK ELLIOTT,JAMES M 38 OREG 1:12.93
 50BRST CRAIG,ROBERT H 37 OREG :32.74
 JOHNSON,DANIEL P 37 OREG :33.30
 SOUTHWELL,GREG 39 ORE :35.17
 100BRS CLARK,ROY H 37 OREG 1:02.71+
 Oregon was- ROY H CLARK 1:02.77
 SOUTHWELL,GREG 39 ORE 1:19.31
 50 FLY SOUTHWELL,GREG 39 ORE :30.64
 53 ENTRANTS

100FLY JOHNSON,DANIEL P 37 OREG 1:10.23
 100 IM CLARK,ROY H 37 OREG :58.62
 CRAIG,ROBERT H 37 OREG 1:04.49
 ELLIOTT,JAMES M 38 OREG 1:10.64
 ----- 40-44 MEN -----
 50FREE KISH,ROBERT G 40 OREG :37.03
 50BACK KISH,ROBERT G 40 OREG :54.37
 50BRST KISH,ROBERT G 40 OREG :48.87
 100 IM DUNNE,STEVE 42 ORE 1:27.47
 ----- 45-49 MEN -----
 100FREE WIGHT,JOHN M 47 MACO 1:04.63
 50BRST SMITH,ROBERT S 47 OREG :31.14
 50 FLY SMITH,ROBERT S 47 OREG :30.72
 100FLY SMITH,ROBERT S 47 OREG 1:01.19
 ----- 50-54 MEN -----
 50BRST DAVIS,MICHAEL B 53 OREG :42.48
 100BRS DAVIS,MICHAEL B 53 OREG 1:38.28
 50 FLY DAVIS,MICHAEL B 53 OREG :36.28
 100 IM DAVIS,MICHAEL B 53 OREG 1:31.81
 ----- 55-59 MEN -----
 50FREE FALK,THOMAS P 56 OREG :33.36
 100FREE FALK,THOMAS P 56 OREG 1:18.39
 50BACK JOENS,JOHN D 59 ORE :50.92
 100BAK JOENS,JOHN D 59 ORE 1:47.71
 50BRST JOENS,JOHN D 59 ORE :50.30
 100 IM JOENS,JOHN D 59 ORE 1:51.09
 ----- 65-69 MEN -----
 100BAK SHADBEH,KHOSROW 69 OREG 1:53.33
 50BRST MORRISON,ROBERT A 69 OREG :37.35
 SHADBEH,KHOSROW 69 OREG :47.85
 100BRS MORRISON,ROBERT A 69 OREG 1:32.17
 SHADBEH,KHOSROW 69 OREG 1:44.72
 50 FLY MORRISON,ROBERT A 69 OREG :36.46
 SHADBEH,KHOSROW 69 OREG :52.45
 ----- 70-74 MEN -----
 50FREE ANDERSON,MEL W 73 OREG :42.87
 100FREE ANDERSON,MEL W 73 OREG 1:38.14
 100BRS ANDERSON,MEL W 73 OREG 2:30.72
 ----- 75-79 MEN -----
 50FREE DELAY,ALLAN 76 OREG :33.89
 HENDY,SYD C 78 OREG :40.13
 100FREE DELAY,ALLAN 76 OREG 1:25.18
 HENDY,SYD C 78 OREG 1:33.98
 50BACK DELAY,ALLAN 76 OREG :46.88
 HENDY,SYD C 78 OREG :49.22
 100BAK HENDY,SYD C 78 OREG 1:53.94
 50BRST DELAY,ALLAN 76 OREG 1:14.44
 50 FLY KING,LEE 'KIP' 78 OREG 1:12.59
 ----- 80-84 MEN -----
 50FREE HOEY,JACK 81 OREG :46.90
 50BACK HOEY,JACK 81 OREG :50.11
 100BAK HOEY,JACK 81 OREG 1:54.34
 50BRST EISENSCHMIDT,HERB 84 OREG 1:02.46
 100BRS EISENSCHMIDT,HERB 84 OREG 2:24.61
 50 FLY HOEY,JACK 81 OREG 1:19.81
 100FLY EISENSCHMIDT,HERB 84 OREG 2:23.54
 100 IM EISENSCHMIDT,HERB 84 OREG 2:07.55

1991 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS
APPROVED (#91-I) 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, waives, 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

Southern Oregon Lake Swim

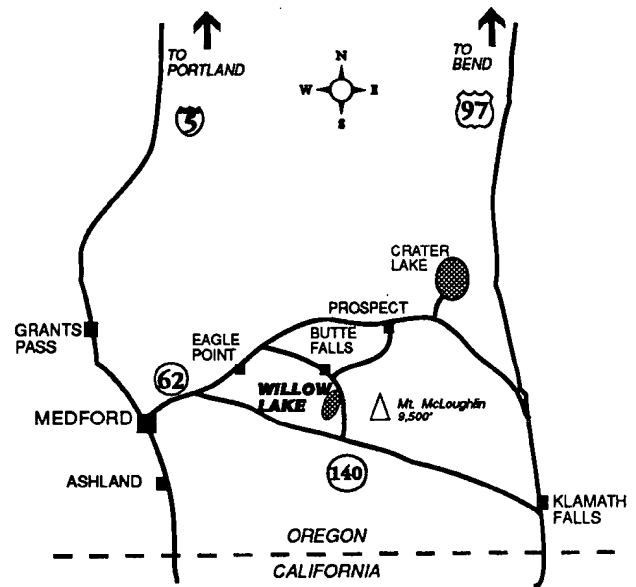
July 13, 11:30 A.M.

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

For campsite reservations call soon, Ray or Alfie Ortega at (503) 865-3229

Joan Whisman
900 N.E. Francis #36
Gresham, Oregon 97030

May 17, 1991

Dear Friends in Masters Swimming,

I am writing this in much sorrow, but feel that after all Masters Swimming has done for me, I can't just drop out without an explanation.

Last September because of Arrythmia, I had to have a pacemaker implanted in my upper chest, and the Doctors said I could continue with all my usual activities, but they didn't know to what degree I work out, and have since broken two lead wires which had to be replaced.

This time it was recommended that I curtail this activity, and as you all know, there is only one way to work out if you want to accomplish good times, so now that I am still in pain from my third surgery, I have made the decision to listen to my Doctors, and vent my energies in other activities such as increasing my biking and walking or running on a more serious level to compensate for my number one love.

I've known the thrill of victory and the agony of defeat and will never forget the many wonderful friends and people I have met along the way from here and all over the world when I participated in National Meets.

When I first joined Masters twelve years ago, I was lucky to finish one lap without having to stop, not to mention my old technique from my school days.

Without the coaching of my fellow teammates at Mt.Hood I would have never have achieved my years of top ten status which meant so much to me, and I would sincerely like to thank them.

This program helped me endure many painful things in my life and gave me a purpose to live.

I would like to thank all the teams that spent many hours putting on meets, and all the officers and people connected with Masters that have been so instrumental in keeping this program alive, especially Earl Walter who has devoted millions of hours, and has been such an inspiration to so many.

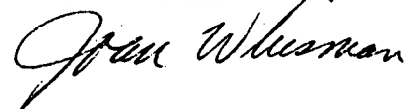
I have lots of pictures and metals that I will always cherish and never forget.

Thank you for the happiest and most rewarding years of my life.

Very Sincerely,

Your Friend,

Joan Whisman



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




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
50 meter pool					
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		M	W	
<input type="checkbox"/> 1	2	400 meter free	<input type="checkbox"/> 17	18	200 meter free
<input type="checkbox"/> 3	4	50 meter breast	<input type="checkbox"/> 19	20	200 meter back
<input type="checkbox"/> 5	6	100 meter fly	<input type="checkbox"/> 21	22	200 meter medley relay
<input type="checkbox"/> 7	8	50 meter free	<input type="checkbox"/> 23	24	200 meter breast
<input type="checkbox"/> 9	10	50 meter back	<input type="checkbox"/> 25	26	200 meter fly
<input type="checkbox"/> 11	12	200 meter free relay	<input type="checkbox"/> 27	28	100 meter free
<input type="checkbox"/> 13	14	100 meter breast	<input type="checkbox"/> 29	30	100 meter back
<input type="checkbox"/> 15	16	50 meter fly	<input type="checkbox"/> 31	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 _____ Phone _____

Street

City

State

Zip

"ol' Barnacle"

OL' BARNACLE ... OMS FARE WELL AT PNA CHAMPIONSHIPS ...

TEMPTED BY FAST WATER MANY OF OUR SWIMMERS VENTURED TO FEDERAL WAY AND SWAM IN THE PNA CHAMPIONSHIPS. A QUICK RUN DOWN OF THEIR EFFORTS SHOWS THAT THE TRIP WAS CERTAINLY NOT IN VAIN ...

LISA DAVIS (25-29) PICKED OFF 3 - 1STS, A 2ND AND 3RD. LISA IS SWIMMING BETTER AND HER TIMES ARE CONSTANTLY IMPROVING.

GRACIE GODDARD (30-34) PICKED OFF A REGIONAL RECORD IN THE 50 FREE AT 24.75 PLUS 2 OMS RECORDS FOR THE 50 FLY AND 100 IM. HIGHLIGHTED A 3 GOLD AND 2 SILVER PERFORMANCE. 50 FLY-27.52, 100 IM-1:04.97.

SANDI ROUSSEAU (40-44) 2 GOLDS AND 3 SILVERS, COMING BACK.

JUDY BELFORD (40-44) TURNED THE 200 BACK IN 2:39.31 FOR AN OMS RECORD, PLUS GOLDS IN THE 50 AND 100 BACK.

DARLENE STALEY (40-44) WON THE 200 FLY IN 2:49.61.

BARBARA FRID (45-49) PICKED OFF 3 GOLDS, 50/100 BACK PLUS THE 1650 FREE.

PAM HIMSTREET (45-49) 5 SILVERS, 50/100/200 BRST, 100 FREE & 400 IM

GINGER PIERSON (45-49) OL' BARN IS SAYING "SWIMMER OF THE MEET", HOW ABOUT 5 SWIMS, WITH 5 REGIONALS - 50/100/200 BRST-35.41, 1:16.51,

2:47.85, 100 IM - 1:10.78, 200 FLY - 2:44.37 (THIS BREAKS THE '83 RECORD OF 2:54.48 - SUE RITTENHOUSE) THEN THROW IN A GOLD 50 FLY IN 31.15.

JOYCE BAHLER (60-64) WON THE 3 BREAST EVENTS AND ALL 3 I.M. EVENTS !!!

JIM GODDARD (25-29) PICKED UP THE BRONZE IN THE 50 BACK.

MARK WAGGONER (25-29) 3 SILVERS, AND GOOD SWIMS.

MIKE JOHNSON AND MIKE BAIRD MADE IT A 1-2 FOR OMS IN THE 1650 FREE. (30-34)

JOHN ZELL (30-34) HAD A PR IN THE 200 BACK WITH A FINE 2:13.02

STEVE DURAPAU (40-44) WON THE 1650 IN 18:57.29

ROY LAMBERT (40-44) PICKED UP A 2ND IN THE 200 BRST AT 2:46.49

ROBERT SMITH (45-49) WON THE 100 FREE, 100 BACK, 100 BRST AND THE 100 IM

GIL YOUNG (65-69) PICKED OFF THE GOLD IN THE 200 AND 500 FREE

BOB MORRISON (65-69) FOUND GOLD IN 5 EVENTS-50 BK, 50/100/200 BRST & 50 FLY

GERALD HUESTIS (70-74) 2 REGIONAL BESTS - 500 FREE(7:14.66), 200 BRST(3:24.65)

ANDREW HOLDEN (70-74) REGIONAL RECORD IN THE 50 BACK AT 36.35 (4 GOLDS)

FORBES MACK (70-74) 2 GOLDS AND 2 SILVERS

RELAYS - MEN 65 +, GIVING AWAY 23 YEARS, HUESTIS, WALTER, MACK AND HOLDEN SWAM A 2:01.74 FOR THE 200 FREE.

IN THE 65 + 200 MEDLEY, A FINE 2:15.11 WAS ERASED BY A DQ, BUT WALTER MORRISON, HOLDEN, AND HUESTIS, WILL BE BACK TO TRY AGAIN.

MORE OUTSTANDING SWIMS ... PNA SWIMMERS ...

AULIS KAHKONEN (60-64) NATIONAL RECORD IN THE 100 BRST WITH A 1:15.06

ZENA HERRMANN (30-34) 4 REGIONAL RECORDS - 100/200 BACK : 1:01.52 / 2:12.54
100 IM/200 IM : 1:04.46 AND 2:15.94

TAMI BENNETT (30-34) 50/100 FLY - 27.32 AND 1:00.12, BOTH REGIONAL BESTS.

PAT MATTHIESEN (70-74) REGIONAL BEST IN THE 400 IM - 10:00.14

MARK AMBERSON (30-34) 200 FREE REGIONAL RECORD AT 1:47.41

RICK COLELLA (35-39) 100 BRST REGIONAL RECORD IN 1:00.65

ALAN BELL (40-44) REGIONAL FOR THE 100 FLY IN 56.26

TOM TAYLOR (60-64) 2 REGIONALS, 1000 FREE (13:10.90, 1650 FREE (22:35.15)

THANKS PNA FOR A GREAT MEET AND PARTICULARLY CONGRATULATIONS TO HUGH MOORE AND FEDERAL WAY MASTERS FOR PUTTING ON A REALLY GREAT SHOW.

THIS YEARS LONG COURSE REGIONAL CHAMPIONSHIPS WILL BE HELD AT FEDERAL WAY THIS COMING AUGUST - THE 10TH AND 11TH !!!, SEE YOU ALL THERE.

OL BARN MAKES IT TO MOSCOW, IDAHO, FOR THE REGION XII SHORT COURSE CHAMPIONSHIPS, HELD IN THE FINE FACILITY AT THE UNIVERSITY OF IDAHO, IEA UNDER THE LEADERSHIP OF RANDY HAIR & JERRY SCHEIBNER DID A BANG UP JOB AND ALL THE PARTICIPANTS HAD A GREAT TIME AND FINE MEET.

HIGHLIGHT OF THE MEET WAS THE SWIMMING OF AULIS KAHKONEN (PNA'S NEW IMPORT FROM FINLAND), AULIS IN 3 SUCCESSIVE METS HAS RESET THE NATIONAL RECORD FOR THE 60-64 100 BREAST, THIS TIME AULIS TURNED IN A GREAT 1:14.77. NOT TO BE DENIED HE ALSO RESET THE REGIONAL 50 BREAST RECORD WITH A FINE 32.88 ... WOW AND WOW !!!

DUANE DRAVES (65-69) LATE OF SOUTHERN CALIFORNIA . REWROTE THE REGIONAL RECORDS BOOK FOR THE 50/100 AND 200 BACK IN 34.72, 1:16.81, AND 2:50.41, THEN DID LIKEWISE FOR THE 200 AND 400 IM WITH FINE 2:55.35 AND 6:19.91.

REGIONAL RECORDS WERE ALSO SET IN THE (70-74) 50 AND 100 BACK, WITH HEAD TO HEAD, STROKE FOR STROKE SWIMS BY ANDREW HOLDEN AND GERALD HUESTIS, WITH HOLDEN SETTING REGIONAL RECORDS IN THE 50 AT 36.23 (HUESTIS - 36.57), IN THE 50 HOLDEN ANOTHER REGIONAL IN 1:21.13, FOLLOWED CLOSELY BY HUESTIS IN 1:22.06, WOW !!!

THE MULTNOMAH CLUB MADE A BID FOR TEAM HONORS WITH A GREAT TURNOUT OF 8 SWIMMERS, GREAT SHOW !!!

HEATHER MCLAUCHLAN (25-29) PICKED OFF 3 GOLDS AND A SILVER
TERI HENDRYX (35-39) SWAM AWAY WITH 4 GOLDS AND 2 SILVERS
JOYCE BAHLER (60-64) COLLECTED FIVE GOLDS
DAVE BURLESON (30-34) 5 GOLDS AND A BRONZE, WITH GREAT BACKSTROKE TIMES.
STEVE ROTH (35-39) SHOWED HIS CHARGES HOW TO WITH : 4 GOLDS AND A SILVER
JIM HENDRYX (40-44) ONE OF EACH, A GOLD, SILVER AND A BRONZE
KARL VON TAGEN (45-49) COMEBACK ??, SWAM TO 2 GOLDS
JIM BIGLER (55-59) 6 SWIMS - 6 GOLDS, CAN'T DO ANY BETTER THAN THAT !!!

TOM FANNING (50-54) 4 GOLDS, WITH FINE TIMES IN THE 100 AND 400 IM'S
GIL YOUNG (65-69) 2 GOLDS AND 2 BRONZE
ANDREW HOLDEN (70-74) 6 SWIMS, 6 GOLDS, ALL TIMES ARE 1-2-3 IN US TOP TEN !!

SOME GREAT SWIMS BY IEA PEOPLE , ETC ...

SUE KIRKLAND (30-34) 100 FREE IN 59.81, WITH JUDY KELSCH AT 59.65
NARGARET HAIR AND ELLEN ZANDER WERE CLASSY IN THE 35-39
KATHERINE CASEY FROM PNA, PICKED OFF 5 GOLDS.
CAROLYN CRAVEN OF SNAKE RIVER, 2 GOLDS, 3 SILVERS AND A BRONZE
CAROLYN KENT (45-49) WAS THE CLASS HERE WITH 4 GOLDS, EXCELLENT TIMES
MICKEY ADAMS (70-74) PICKED OFF PURE GOLD, 6 SWIMS, 6 GOLDS
SCOTT MORROW (19-24) 6 GOLDS WITH 50/100 BRST TIMES LOOKING GREAT
WADE GROW (25-29) JUST PLAIN DOMINATED THE 25-29 AGE GROUP.
DAVE SCHWARTZ (30-34) CLASSY FREESTYLER, IM'ER AND FLYER.
JERRY GOEBEL (30-34) WAS CLASS IN FREESTYLE AS WELL AS THE 200/400 IM
JERRY SCHEIBNER (35-39) WON 5 GOLDS IN THE FREE (100 THRU 1650)
JEFF BANKSON & BILL STILLWELL WERE "IT" IN THE 40-44 .
ARMIN ARNDT & DAVE DABOLL IN THE (50-54) 50 BRST (33.57 VS 33.39), FOR THE 100 IT
WENT 1:14.18 VS 1:14.29.
GREAT TO SEE SRA CHAIR, DICK COOKE, (55-59), 24.40.69 IN THE 1650
ALSO GREAT TO SEE CHUCK SHELDON IN THE POOL, AFTER A BAD HEART SCARE !!!
BILL ODMAN (ALWAYS A TOP TENNER), 4 GOLDS AND A SILVER

THANKS IEA FOR HOSTING A GREAT MEET.

THIS N' THAT ...

STATE GAMES - JULY 13TH AND 14TH - MULTNOMAH ATHLETIC CLUB (LONG COURSE METERS)
WE WILL NEED HELP HERE, TIMING, PLEASE LEND A HAND !!!

OL BARN WAS PLANNING ON GOING TO SHORT COURSE NATIONALS, BUT A BOUT WITH COLD AND FLU FORCED WITHDRAWAL, "Z" MAN WAS THERE AND AM SURE HE WILL SHARE HIS THOUGHTS WITH US.

CERTAIN TO BE MORE FUN THAN ANY 200 FLY OR 1650
"The 3rd Annual OMS Deschutes River raft Trip!"
Quickly becoming one of OMS' premier events!
SATURDAY AUGUST 3RD

For OMSters, friends and family.

This is a real opportunity to show just what an Aquamaniac you really are.

COST: \$54 per person (assumes in excess of 10 participants.)

Includes a terrific lunch which will be waiting for us on the banks of the river at noon. Do you like shrimp cocktail, crab cocktail, grilled steaks and chicken, Oregon wines and homemade pie? Non-alcoholic beverages included although you're welcome to bring something with a little more "character" if you choose as the rafts have coolers in them. Bring swimsuit, sunglasses and sunblock!

This is a fully guided raft trip, you need to know nothing about rafting, all we need to do is enjoy the scenery, (and hang on occasionally!)

The weather can be variable, usually quite nice in Central Oregon this time of year but bring something warm just in case it is cooler.

The rafting outfit we have hired provides all equipment, we just show up and enjoy!

We meet the guides at Ewings White Water in Maupin, Oregon at 10:00 a.m. on Saturday, August 3rd. Driving time from Portland is about 2 -1/2 hours so plan to leave about 7:00 a.m. if you live in the Portland area. After the July 15th sign up deadline I will send each of you a list of who else is going so we can car pool.

Send \$10 non-refundable deposit per person by the sign up deadline which is July 15th. Even though we're giving you 'til July 15th to sign up, if you'd like to go please sign up much earlier than that so we might actually be organized about it, it's a big help!

Make checks payable to Ewings White Water, the balance (\$44 per person) is due on the day of the trip.

Travel instructions, directions etc., in next Aquamaster.

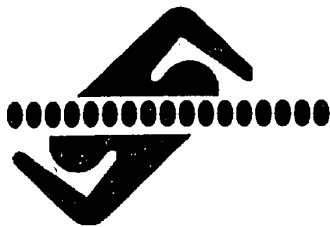
Contact person for OMS: Andy Schrag
(206) 693-9242 - days
(206) 254-9661 - eves

People _____ Amount Enclosed \$_____

Send to: Andy Schrag
4301D East Fourth Plain Blvd.
Vancouver, WA 98661

In consideration for its agreement to allow me to participate in this raft trip, I hereby waive, release and discharge Oregon Masters Swimming, Inc., its directors, officers, employees, agents and representatives from any and all claim, loss or damage arising or resulting from my participation in this raft trip and in travel to and from such trip, including specifically, any and all negligence of Oregon Masters Swimming Inc., its directors, officers, employees, agents or representatives, in planning or conducting any aspect of this raft trip and travel to and from it.

Signature _____ Date _____



**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 _____		City _____ State _____ Zip _____ Country _____	
Phone _____		A/C _____ Days _____ A/C _____ Evenings _____	
Age _____	Birthdate _____	USMS Reg # _____	1991 No. Required _____
(on 8/18/91)	Month/Day/Year		
Club Name or Unattached _____	Club Abbrev _____	LMSC _____	(Assoc.) _____
	(if you know it)		

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
-----------	------------------	-------	-----------	----------------

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 LSC; 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
400 FREE (Women)	9:00 AM August 17
400 FREE (Men)	9:00 AM August 18
800 FREE	8:00 FREE
1500 FREE	6:00 PM August 14
	6:00 PM August 14

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
Mail Entry & Fees to:
1991 USMS Long Course Nationals
c/o Elizabethtown Dolphin Masters Swim Team
P.O. Box 2294, Elizabethtown, KY 42701

Meet Surcharge (required of all swimmers):
Number of Individual events entered:
Number of Banquet tickets:
Fax Surcharge

TOTAL AMOUNT OF FEES DUE

(do not send cash) :

X \$13.00
X \$4.00
X \$19.50
X \$3.00 =

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 Committee, 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: _____

<input type="checkbox"/> MC	<input type="checkbox"/> Visa
Exp. Date	Exp. Date
Fax 1-502-769-2244	
A faxed entry will be accepted if charged on your Visa or MasterCard. A \$3.00 surcharge will be added.	

ARE YOU A BUTTERFLY WIMP?

TRY FLYOMETRICS



Are you tired of being a butterfly wimp? Do you look UP to butterflyers? When the workout calls for fly, do you groan? Don't let those bully butterflyers kick sand in your face, try the FLYOMETRICS training regime. In 1 month you'll start to acquire a tough hard body.

My moment of truth came a few months ago when I tried the famous DR SPRINT workout (20X50's) butterfly. I failed. I tried another day and failed again. I could not make the 20 x 50's at any speed! I was a butterfly wimp.

After 1 month of FLYOMETRICS, I no longer have a strong fear of flying. I can now make the 20x50's. FLYOMETRICS eased me into higher yardage of butterfly. The top fliers in the world swim every workout 90+% fly. Even if you are exhausted after a few strokes of butterfly, you can do 100's of yards of FLYOMETRICS. Now you can impress your friends by saying 'I did 1000 yards of fly yesterday'. FLYOMETRICS defined:

FLY-O-MET-RICS 1: *an easier derivation of the butterfly stroke to make high yardage possible.*
2: *training regime where derivatives of butterfly is the predominant stroke in a workout.*
i.e. 1 arm butterfly

workout terms:

- all R = Right arm only fly with left arm always in front. Stroke pattern is exactly like fly. Breath on side, every stroke. Your strokes per length and time should equal "all L" for a good symmetrical stroke.
- all L = Left arm fly (see above).
- R,L,B = Right arm only on first stroke of length, then left only on 2nd stroke, then both (normal) fly. repeat til end of length
- B,R,B,L = Both (normal) arms, then right, then both, then left. repeat til end of length
- r.i. = rest interval - approx. amount of rest between swims.

A 50 min hard FLYOMETRIC workout is:

1. Warmup (500 yards)
2. 6 X 75's fly alternate all R, all L r.i.:30 (time faster than current 100 fly)
3. 6 X 75's fly R,L,B r.i.:30 (time faster than #2 above)
4. 5 X 75's fly B,R,B,L r.i.:30+ (fastest set)
5. a few fast 25's fly - cool down

There are many ways to do FLYOMETRICS. Use the chart below as a guide to judging your fly power and conditioning.

- all R or all L (easiest)
- R then L then Both
- Both then R then L
- R then Both then L then Both
- Both then R then Both then L
- Both then R or Both then L
- Both (normal fly) (hardest)

If you're a true beginner at fly it might be best to start practicing the kick with a kickboard. Once you're able to perform the dolphin kick, start with single armstroke fly. Big swim fins can be a part of FLYOMETRICS. They make fly easier and can improve your stroke pattern.

Want more distance? Try this one:

1. Warmup
2. 6 X 175 FLYOMETRICS @ r.i.:30 (time faster than your best 200 fly)
3. 4 X 75 FLYOMETRICS @ r.i.:45 (time faster than your best 100 fly and breath only on the double arm)
4. 10 X 75 double arm backstroke (time faster than your best 100 back pick your interval to achieve this)

It seems that well conditioned people can do the above series using the B,R,B,L pattern. I need the easier R,L,B to make it for a long distance. Experienced flyers like the rhythm of the double arm, single arm, double, single, (etc) patterns. They also like the double arm backstroke series. I do the double arm back with a dolphin kick but many people flutter kick it.

Ironically, there is less competition and more glamour in the fly stroke. It's because the swim world is full of fly wimps. You'll feel a surge of power from your fly workouts. Maybe your path to success lies in butterfly.

My workout buddy, Tom Coffey, called one of my plyometric workouts FLYOMETRICS and the name stuck. I am a student of plyometrics which is an explosive power training methodology. If you like this workout, I'll give you more plyometrics in future months.

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (91-K) 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: THE PORTLAND GAY & LESBIAN SPORT FESTIVAL (Swimming competition portion)

PLACE: COLUMBIA PARK POOL

DATE: SATURDAY AUGUST 31, 1991

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

WARM-UPS: 9:00 A.M.

SEPARATE CONTINUOUS WARM UP/DOWN POOL

MEET STARTS: 10:00 A.M.

HOST: Pride of Portland Athletic Association MEET DIRECTOR: Jill Schuldt & Joesph Callan 503-228-1596

DIRECTIONS TO POOL: 7701 N. CHAUTAUQUA From I-5 north take exit 305-B Lombard West - go west on Lombard 1.4 miles to Chautauqua - turn right & go north 1-1/2 blocks - pool on left. From I-5 south take exit 306-B Interstate Avenue - follow denver Avenue south to Lombard - turn right & go west 1 mile on Lombard to Chautauqua - turn right & go north 1-1/2 blocks - pool on left.

ENTRY DEADLINE : POSTMARKED NO LATER THAN AUGUST 10th, 1991

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

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+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays.

Enter relays at the meet. The 400 I.M. & 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY AUG 31, 1991

400 I.M. (1) _____ : _____ . _____

BREAK BREAK BREAK

FREE RLY (2) XXXXXXXXXXXXXXXX

50 FREE (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

200 BACK (5) _____ : _____ . _____

50 FLY (6) _____ : _____ . _____

200 I.M. (7) _____ : _____ . _____

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (9) _____ : _____ . _____

200 BREAST (10) _____ : _____ . _____

50 BACK (11) _____ : _____ . _____

100 FLY (12) _____ : _____ . _____

MED RLY (13) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

100 BACK (16) _____ : _____ . _____

200 FLY (17) _____ : _____ . _____

100 I.M. (18) _____ : _____ . _____

MXD MD RLY (19) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

500 FREE (20) _____ : _____ . _____

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 tyhan 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: \$10.00

SEND FORM(S) & FEE(S) PAYABLE TO:

THE PRIDE OF PORTLAND ATHLETIC ASSOCIATION P.O. BOX 6803 PORTLAND, OR 97209

\$1.00 of the entry fee is being contributed to a local Gay and Lesbian organization that provide much needed support and service to the community.

MEET INFORMATION: REGION XII LONG COURSE CHAMPIONSHIPS
AUGUST 10-11, 1991

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world. The competition pool has eight nine-foot-wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up and warm-down during competition.

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 JULY 26, 1991. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 26, 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 AUGUST 11, 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: Saturday, August 10th:
warm-up: 1 - 1:50 PM meet: 2 PM
Sunday August 11th:
warm-up: 8:00-8:50 AM meet: 9:00 AM

SATURDAY AUGUST 10

1 400 IM
2 200 FREE
3 100 BREAST
4 50 FLY
5 200 MIXED MEDLEY RELAY
(ENTRIES DUE AT 2 PM)
5 MINUTE BREAK
6 200 BACK
7 50 FREE
8 100 FLY
9 200 FREE RELAY
(ENTRIES DUE AT 4 PM)
5 MINUTE BREAK
10 800 FREE (CHECK-IN 4 PM)

SUNDAY AUGUST 11

11 400 FREE
12 200 BREAST
13 100 FREE
14 50 BACK
15 200 IM
16 200 MEDLEY RELAY
(ENTRIES DUE AT 9 AM)
5 MINUTE BREAK
17 200 FLY
18 100 BACK
19 50 BREAST
20 200 MIXED FREE RELAY
(ENTRIES DUE AT 11 AM)
5 MINUTE BREAK
21 1500 FREE (CHECK-IN 11 AM)

NOTE CHECK-IN TIME FOR 800 & 1500 FREE AND ENTRY DEADLINE FOR RELAYS.

SOCIAL

PNA will host a submarine sandwich social which will start during the 1500 on Sunday. Talk, eat, and rest before starting the drive home. The social will continue long enough for the competitors in the last heat to participate. Snacks, drinks, and dessert will be included for \$5.

ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel (Best Western) 31611 20th Ave. S, Federal Way	941-5888 1-800-528-1234	yes	6 miles
Super 8 Motel 1688 S 348th St, Federal Way	838-8808 1-800-848-8888	no	2 miles
Executive Inn (Best Western) 5700 Pacific Hwy E, Fife	922-0080 1-800-528-1234	yes	8 miles
Comfort Inn 5601 Pacific Hwy E, Fife	926-2301 1-800-228-5150	no	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500 1-800-422-3051	yes	8 miles
Motel 6 - Fife 5201 20th St E, Fife	922-1270	no	8 miles
Econo Lodge 3518 Pacific Hwy E, Fife	922-0550 1-800-446-6900	yes	8 miles
Portage Inn 3021 Pacific Hwy E, Fife	922-3500 1-800-448-5544	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.

REGION XII LONG COURSE CHAMPIONSHIPS
AUGUST 10-11, 1991 SANCTION # 913608
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.
HOSTED BY PACIFIC NORTHWEST ASSOCIATION

NAME _____ M F AGE as of 8/11/91 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90+

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

Event # EVENT ESTIMATED TIME

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

Surcharge: \$5.00 \$5.00

Individual events @ \$1.00 each _____

Submarine Sandwich Social @\$5.00 _____

TOTAL _____

Note: Relays are free and entered at the meet

CHECKLIST

Checks payable to PNA

Phone (206)941-3100 before 9 PM

Mail to: Hugh Moore

29920 2ND PL SW

Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR USMS REGISTRATION CARD. ENTRIES MUST BE POSTMARKED BY JULY 26, 1991. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 26, 1991,1 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 my 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.

SIGNED _____

DATE _____

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.

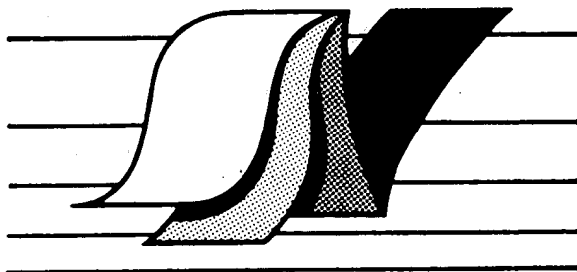
Signature: _____

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

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

Aqua-Master

BULK RATE
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292



- **LEGAL BLANKS**
- **PRINTING**
- **OFFICE SUPPLIES**
- **CORPORATE SUPPLIES**

STEVENS-NESS
Law Publishing Co.

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



Printing of AQUAMASTER was donated through the courtesy of sometime swimmer Jim Snow and STEVENS-NESS LAW PUBLISHING CO.