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*It is the only source for meet  
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USMS sanctioned swim meets  
in Oregon. See the last page for  
membership and subscription  
information.*

*OMS is a part of United States  
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## **CALENDAR & MEET SCHEDULE 1991 - 1992**

- \*MAY 15-OCT 15 10,000 METER 2 PERSON POSTAL MEET RELAY
- AUGUST 31 THE PORTLAND GAY & LESBIAN SPORTS FESTIVAL  
SWIMMING EVENTS AT COLUMBIA POOL 25 YARD #2
- SEPT 9 FITNESS COMMITTEE MEETING 7:15PM GRIFFITH PARK A.C.**
- SEPT 10 OMS BOARD MEETING 7:15 PM PAM HIMSTREET'S HOUSE**
- SEPT 18-22 1991 USMS CONVENTION LOUISVILLE, KENTUCKY
- \*OCT 19 PORTLAND, OR M.A.C. CLUB CENTENNIAL S.C.Y. #3
- NOV 19 PORTLAND, OR PARKROSE H.S. S.C.Y. #4  
400 I.M. + 1000 FREE
- DEC POSSIBLE SHORT COURSE METERS MEET #1 + 1500M FREE
- JAN 1992 POSSIBLE DATE FOR: "TRI-M II" + FREE COLUMBIA POOL  
100, 200, 400 I.M. or 100, 200, 500 FREE ANIMAL MEET
- FEB 8 TUALITIN HILLS PENTATHLON MEET
- MARCH UNSCHEDULED SOMEWHERE IN OREGON S.C. #4
- APRIL 3, 4, & 5 ASHLAND, OR OMS ASSOCIATION CHAMPIONSHIPS  
SOUTHERN OREGON STATE COLLEGE S.C.Y. #1
- APRIL 25-27 PORTLAND, OR LEWIS & CLARK COLLEGE  
REGION 12 S.C. REGIONAL CHAMPIONSHIPS
- MAY TIGARD, OR AGE GROUP INVITATIONAL W/ MASTERS
- MAY 14-17 1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS  
UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.
- JUNE 25 to 4th WORLD MASTERS SWIMMING CHAMPIONSHIPS  
JULY 5, 1992 UNIVERSITY OF INDIANA INDIANAPOLIS, INDIANA
- JUNE 27-28 GRESHAM, OR MT. HOOD COMMUNITY COLLEGE 50M POOL  
TEAM O.M.S. LONG COURSE NATIONALS WARM-UP MEET**

**\*\* 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---

Greetings my friends, Z-Man here again. How's your summer been so far? Enjoyable yet productive I hope. A number of interesting things have happened in the world of OMS since last month. As you can see by the schedule page we have our season for '91/92 just about filled and firmed up. There are a number of exciting dates coming up. The Association Championships move to the south and Ashland will be our host. This year is Oregon's turn to have Short Course Regionals and Lewis and Clark college will be the site with Don King and company at Pride of Oregon as our host. In June we will have a two day long course meet at Mt. Hood Community College which is being billed as our warm-up meet for Nationals in Federal Way. The rest of the schedule looks good but there are some loose ends that need to be wrapped up. ***The meets in December, January, and March are not firm yet. Any group interested in hosting a meet during any of these months should get in contact with Pam Himstreet as soon as possible. Call Pam at (503) 645-4051.***

Speaking of meets, there has been a change in the meet entry fees for the upcoming season beginning with the MAC Club Centennial in October. ***The OMS Board has voted an increase of \$1.00 for regular meets from \$6.00 to \$7.00. The Association Championships and any Regional meet hosted by a OMS team will go up \$3.00 from \$7.00 to \$10.00.*** It was four years ago in August of 1987 that OMS voted the last meet entry fee increase. Prior to August of '87 the cost of meets were \$5.00 and \$6.00 for Association or Regional. ***The purpose of this increase is simply to give the host team more money.***

Under this increase the host team will make a maximum of \$4.50 per entrant for a regular meet. The host team for an Association or Regional meet can make a maximum of \$6.50 per swimmer. The OMS Board felt these increases were necessary so that it would make hosting any meet more attractive to teams. The costs facing host teams have increased over the years and the Board wants to see that it is worthwhile for groups to to put on a meet. OMS will take no part of these increases for itself at this time. Yes folks, we are all faced with the cost of inflation but I think you will find if you look around that Masters swim meets are still quite a bargain when compared to other sports competitions or activities.

In this month issue you will find the long awaited results of Dr. Sprints "Sprint Workout Postal Championships." Oh my, is Dr. Sprint confronted with a possible change in his philosophy? Probably not...but you know he'll be thinking. We have the results from The State Games of Oregon and the Artman Distance Crunch along with Ol' Barn's review of these meets. There are some other interesting items for your reading enjoyment

***Finally, below you will see a form for interested OMS members to fill out. If you are planning or thinking about attending Long Course Nationals in August of 1992 at Federal Way and would like to be part of any relays, let us know. We would like to begin the process of gathering possible relay information well in advance. This form will be repeated in the months to come. That's all for now.....***

See you at Columbia pool Aug 31, 

***YES, I am interested in swimming for Team OMS on relay(s) at L. C. Nationals.***

Name \_\_\_\_\_

My current best time or estimated best is:

Address \_\_\_\_\_

50 meter Free \_\_\_\_\_

City \_\_\_\_\_

50 meter Fly \_\_\_\_\_

Phone \_\_\_\_\_

50 meter Back \_\_\_\_\_

Age \_\_\_\_\_ (As of Aug. 23, 1992)

50 meter Breast \_\_\_\_\_

I am interested in swimming on the following type(s) of relay(s)

Freestyle \_\_\_\_\_ Mixed Freestyle \_\_\_\_\_ Medley \_\_\_\_\_ Mixed Medley \_\_\_\_\_

Return this form to: Team OMS Relays 4640 N.E. 36th Avenue Portland, OR 97211-7618

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (91-L) & APPROVED (91-L) 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: M.A.C. CLUB CENTENNIAL MEET & INTERCLUB EXCHANGE SWIM COMPETITION

PLACE: MULTNOMAH ATHLETIC CLUB

DATE: SATURDAY OCTOBER 19, 1991

1849 S.W. SALMON STREET

PORTLAND, OREGON

WARM-UPS: 9:00 A.M.

6 LANE 25 YARD POOL ELECTRONIC TIMING

SEPARATE POOL FOR CONTINUOUS WARM-UP/DOWN

MEET STARTS: 10:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 5th, 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 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY OCTOBER 19, 1991 MAC CENTENNIAL

FREE RLY (1) XXXXXXXXXXXXXXX

100 FREE (14) (CENTENNIAL ONLY)

200 FLY (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MED RLY (15) XXXXXXXXXXXXXXX

200 BACK (3) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

BREAK BREAK BREAK

50 BREAST (4) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FLY (16) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BREAST (5) (CENTENNIAL ONLY)

50 BACK (17) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FREE (6) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (18) (CENTENNIAL ONLY)

MXD FR RLY(7) XXXXXXXXXXXXXXX

100 BREAST (19) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

BREAK BREAK BREAK

200 FREE (20) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 I.M. (8) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 I.M. (21) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (9) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD MD RLY(22) XXXXXXXXXXXXXXX

100 FLY (10) (CENTENNIAL ONLY)

MXD MD RLY(23) (CENTENNIAL ONLY)

100 BACK (11) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

BREAK BREAK BREAK

200 BREAST(12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

500 FREE (24) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

Events 5, 10, 14, 18, and 23 are for Club selected Centennial competitors only. These events are not sanctioned due to the possibility that nonregistered athletes may be participating.

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 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. 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: \$7.00

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

OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207

## **OL' BARN ... 1991 STATE GAMES ...**

BIGGER AND BETTER THAN EVER...136 SWIMMERS STROKED THEIR WAY TO FINE SWIMS AND MANY RECORD PERFORMANCES AT THE MULTNOMAH ATHLETIC CLUB.

WE OWE A BIG BIG THANK YOU TO THE MAC AND ITS PEOPLE WHO HOSTED THIS MEET UNDER THE MEET DIRECTORSHIP OF SKIP RUNKLE ASSISTED MOST ABLY BY DEBBIE BARNES AND MARJORIE MEEK. ON RESULTS, BECKIE MECKLEM, DON STEVENSON AND CAROLINE BIGLER. CAROLINE HANDLED THE AWARDS WITH THE HELP OF PAT KINSEY, NEW OMS DECKHAND.

OFFICIATING WAS GREAT AND WE WANT TO THANK OREGON SWIMMING FOR GIVING US; STEVE DUNNE, LISA THOM, MAUREEN STONE, BOBBI YAMBASU, DON STELL, SHARON CHATMAN AND BOB PRINCE.

**NATIONAL RECORD** - 200 M FREESTYLE - 3:06.37 - **PETEY SMITH** (65-69) HAS BEEN AFTER THIS ONE. THE OLD RECORD WAS 3:07.68. PETEY ALSO SET A SGR IN THE 400 FREE WITH A FINE 6:38.95 (2)

**REGIONAL RECORDS** - **EVELYN MCKEON** LED THE WAY WITH 4 ; 100 FREE-1:58.99 (3), 50 BACK-1:01.73 (1), 50 FREE-53.66 (5), 200 FREE-4:39.15 (4) FOLKS CHECK THAT...#1 IN THE 50 BACK !!! ALL IN THE 75-79 AGE GROUP.

**HELENA HOFFMAN** (75-79) 200 FLY-8:16.97 (4), 100 FLY-3:45.87 (4), 100 ERST-3:19.68 (5)

**JUDY BELFORD** (40-44) 200 BACK - 2:57.91 (1), THIS GOES BACK TO 1977, JUANITA CORREA, AND BEST OF ALL #1 TT !!!

**GINGER PIERSON** (45-49) 200 FLY-3:18.26 (2), 100 BRST-1:31.40 ; (2), ALSO SGR ; 100 FREE-1:17.39 (7), 50 FREE-34.40 (9), 200 FREE-2:51.67 (8)

**MARGARET WELLS** (65-69) 100 FLY-2:12.67 (5), PLUS AN OREGON MASTERS RECORD IN THE 100 BACK-2:04.85-

**EARL WALTER** (70-74) 200 IN-3:46.48 (6) PLUS SGR ; 400 FREE-7:52.00, 100 BACK-1:40.5B (7), 50 BACK-44.54 (8), 200 BACK-3:44.58 (4)

**OREGON MASTERS RECORD** - **PATRICIA MCKAY** (35-39) 50 FREE-:31.04, PLUS SGR ; 100 FREE-1:09.04, 50 BACK-:38.11.

### **STATE GAMES RECORDS....**

**LISA WOODWORTH** (25-29) 400 FREE - 5:20.05

**TERI HENDRYX** (35-39) 400 FREE-5:40.46, 200 IM-3:02.96

**CHARLOTTE COWAN** (50-54) 400 FREE - 6:57.74

**GRACIE GODDARD** (30-34) 100 FREE-1:02.67 (2), 50 FREE-28.97 (4)

**MARY STRASDIN** (19-24) 100 BACK - 1:27.13

**CATHY HOELSCHER** (35-39) 200 FLY - 3:36.34

**JOYCE BAHLER** (60-64) 200 BRST-4:15.99, 200 IM-4:01.05

**HAZEL BRESSIE** (80-84) 200 BRST-11:39.24, 200 BACK-7:35-57 (6)

**HEATHER MCLAUCHLAN** (25-29) 50 BACK-39.03

**LAVELLE STOINOFF** (55-59) 50 FREE-35.84 (3), 50 BRST-49.35 (7), 200 FREE-2:47.17 (1), CHECK THAT FELLOW SWIMMERS, AFTER A TWO YEAR LAYOFF, OUR LAVELLE IS BACK WITH A #1 IN THE 200 FREE, AND ALSO THE 400 FREE, WAY TO GO !!!

**PAN HIMSTREET** (45-49) 100 FLY - 1:49.02

**CURT LA COUNT** (30-34) 400 FREE-4:46.99,

100 FREE-58.59, 50 BACK-30.30, 50 FREE-26.85,

NOT A BAD DAYS WORK, PLUS A COUPLE OF RELAYS!

**RICHARD BOYD** (45-49) 400 FREE-4:59.61 (5),

200 FREE-2:22.23

**HERB EISENSCHMIDT** (80-84) 400 FREE - 8:50.63 (4)

**DAVID DEPPLER** (25-29) 100 BACK-1:05.33 (6),

100 FREE-57.42, 200 BACK-2:22.30(5)

**RON NAKATA** (50-54) 100 FREE - 1:11.95

**JIM BIGLER** (55-59) 100 FREE-1:14.74, 100 BRST-1:36.19

**DOUG ADAMS** (40-44) 200 FLY-3:17.07

**TOM KAHL**(25-29) 200 BRST-2:58.06, 50 BRST-35.51, 200 IM-2:32.73

**KHOSROW SHADBEH** (70-74) 200 BEST - 4:14.43

**ED THOMAS** (95-99) THAT'S CORRECT FOLKS - 50 FREE - 2:35.21

**GRAHAM COLTON** (45-49) 100 FLY - 1:13.57

**ALLEN STARK** (40-44) 50 BRST - 35.17, 100 BRST-1:17.56

**DAVE BURLESON** (30-34) 200 BACK - 2:34.31

**DIRK MARSHALL** (25-29) 50 FLY - 27.11

**MARK NELSON** (30-34) 100 BRST - 1:16.19

### **STATE GAMES RECORDS FOR THE RELAYS ...**

200 FREE-WOMEN-120+ : **STRASDIN, PATES,**

**ROWBOTTOM, S. HYDE** - TIGARD - 2:30.91

280 FREE-WOMEN-280+ : **MCCORMICK, MORAN,**

**QUAIN, BIERMAN** - WILLAMETTE - 6:21.06

200 FREE-MEN-76+ : **LA COUNT, PAULSON, GASTON,**

**BENNET** - NADZ - 1:53.65

200 FREE-MEN-120+ : **ZELL, T.COLE, KALIL, KAHL** - PPM - 1:52.82

200 FREE-MEN-320+ : **LAMER, THOMAS, TODD,**

**GAWLEY** - WILLAMETTE - 6:26.25

200 MXD FREE-76+ : **LA COUNT, OLINGDOLPH,**

**WALLING, BENNET** - NADZ - 2:08.94

200 MXD FREE-120+ : **WOODWORTH, RICE, KNIGHT,**

**DEPELER** - MET Y - 2:01.30

200 MXD FREE-200+ : **VON TAGEN, BAHLER,**

**JOHNSON, STOINOFF** - MAC - 2:20.38

200 MXD FREE-280+ : **MORAN, TODD, BIERMAN,**

**GAWLEY** - WILLAMETTE - 4:51.77

200 MEDLEY-WOMEN-100+ : **ROWBOTTOM, DAVIS,**

**S-HYDE, L-HYDE** - TIGARD - 3:00.81

200 MEDLEY-MEN-120+ : **ZELL, STARK, KAHL,**

**PENDLETON** - PPM - 2:03.63

200 MEDLEY-MEN-160+ : **SANTRY, ROTH, COLTON,**

**MOREHOUSE** - MAC - 2:18.90

200 MEDLEY-MEN-240+ : **JOENS, NICHOLSON, DAVIS,**

**ANDERSON** - TIGARD- 3:36.9500

200 MXD MEDLEY - 100+ : **DEPPELER, WOODWORTH, MARSHALL, KNIGHT** - MET Y - 2:12.32  
 200 MXD MEDLEY - 160+ : **BURLESON, ROTH, HENDRYX, STOINOFF** - MAC - 2:25.75

**CLOSE RACES, SPOTLIGHT, ETC**

**SANDI HYDE**, FINE 100 FREE IN 1:10.83 (19-24)  
**TONI WALKER**, DITTO, WITH A 1:10.91 (25-29)  
**KARL VON TAGEN** (45-49) 100 FREE IN 1:03.83  
 BEST RACE OF THE DAY - HEAD TO HEAD - BOTH FROM LINCOLN CITY - **GAIL KIMBERLING** AND **LISSA PARKER** - 4:15.05 VS 4:15.42, WOW AND WOW !!!  
**SUE KNIGHT** BLISTERED THE 50 FREE IN 31.02  
**TOM KAHL** WITH A 26-88 - 50 FREE WAS LOOKING GOOD  
**SEAM DONAHUE** (35-39) DITTO WITH A FINE 27.75  
**JOE SANTRY** (ON THE COMEBACK TRAIL), 50-54, A 33.10 IN THE 50 FREE  
**TERI HENDRYX** (35-39) FLEW A FINE 100 IN 1:25-16  
**MARYJANE MONTGOMERY** (19-24) 50 BREAST IN 47.37  
**JOYCE BAHLER** (60-64) ALSO 50 BRST IN 54.78  
**STAN EVENSON**, HEARTBREAK AWARD, MISSED SGR- 50 BRST-DID 42.38 vs 42.37  
**MIKE PENDLETON**(35-39) 200 FREE IN 2:20-25, ALSO 50 FLY - 31.05  
**TREVOR CHARLTON** (40-44) 200 FREE IN 2:23.60

**MIKE MOREHOUSE** GAVE US THE UPSET OF THE DAY BEATING **GIL YOUNG** IN THE 200 FREE (65-69) HEAD TO HEAD - 3:17.46 VS 3:24.42  
**JOE CALLAN** (45-49) A GREAT 100 BRST IN 1:42.64

**SPECIAL MENTION** - **CAROLYN PETERSEN**, 28 YEARS OLD, SHOWED "TRUE GRIT" IN HER EVENTS WITH A 100 FREE- 2:51.48, 100 BACK-2:34.67, 50 BACK-1:08.73, AND THE 50 FREE- 1:09.68.  
**CAROLYN** IS ALSO A HORSEWOMAN OF HIGH MERIT, PRIOR TO LOSING MOST OF AN ARM, THANKS **CAROLYN**, COME BACK AND SEE US !!!

**TWO GREAT RELAY RACES**

120 + MEN FREE - **PPM OVER MAC** - 1:52.82 VS 1:53-37  
 120+ MXD FREE - **MET Y OVER MAC** 2:01.30 VS 2:01.71' WOW AND WOW !!!

**THAT'S IT FOR THE 1991 STATE GAMES, CONGRATULATIONS TO ALL COMPETITORS, YOU DID GOOD KIDS !!! REMEMBER - STAY WITH IT AND STAY FIT**

**OL' BARN.. ARTMAN DISTANCE CRUNCH...ST HELENS**

THOSE FEW WHO JOURNEYED TO ST HELENS FOR THIS MEET HAD NOT ONLY A GREAT TIME BUT TURNED IN SOME FINE SWIMS.

THIS WAS THE 3RD ANNUAL RUNNING, NAMED IN HONOR OF DARELD ARTMAN, A FINE ALL AMERICAN COLLEGIATE SWIMMER. DARELD WAS TO SWIM IN THE '57 PAN PACIFIC GAMES, BECAME ILL AND DIED AT THE AGE OF 25.

THE STAFF FOR THE MEET, HEADED BY GORDON DALBY RAN A TRULY FINE MEET. THERE WERE 7 AGE GROUP TEAMS COMPETING, WITH BERT PETERSEN, COACHING THE PARKROSE ENTRY.

OL' BARN SUGGESTS THAT YOU MAKE THIS MEET NEXT YEAR - GREAT POOL, GREAT WATER, GREAT PEOPLE AND WATCHING THE YOUNG SWIMMERS MAKES IT ALL WORTH WHILE.

**CATHY CHAY** (35-39) HAD HERSELF SOME KIND OF MEET - REGIONAL RECORDS IN BOTH THE 400 IM AND THE 500 FREE, PLUS A FINE 200 FLY IN 2:34.18.

**MAGGIE WELLS** (65-69) SWAM A REGIONAL RECORD BEST IN THE 400 IM AT 8:17.67. PLUS ANOTHER. IN THE 200 FLY WITH A FINE 5:17.66.

**TOM KAHL** AND **TOM BELIN** PUT ON A SHOW FOR THE FOLKS IN THE 25-29 - 500 FREE, WITH BELIN EDGING KAHL - 5:24.28 TO 5:24.96

CHECK THE RESULTS AND YOU WILL SEE THAT EVERYONE HAD SOME GOOD SWIMS BUT MOST IMPORTANTLY - GOD WILLING - WE WILL ALL BE BACK AGAIN FOR MORE OF THE SAME. THANKS TO ALL OF THOSE FINE ST HELENS PEOPLE, IT WAS GREAT!!

**THAT'S IT FOR THIS TIME STAY WITH IT, AND STAY FIT !!!**

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

500FRE MARY YUSE-MILLER 31 ORE 6:34.08  
 200BRS MARY YUSE-MILLER 31 ORE 3:01.91  
 400 IM MARY YUSE-MILLER 31 ORE 6:05.45

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

500FRE CATHERINE CHAY 36# 5:40.81  
 200FLY CATHERINE CHAY 36# 2:34.28  
 400 IM CATHERINE CHAY 36# 5:13.63

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

500FRE DARLENE J STALEY 41 OREG 6:53.36  
 400 IM DARLENE J STALEY 41 OREG 6:02.80

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

500FRE MARGARET A WELLS 65 OREG 9:24.15  
 200FLY MARGARET A WELLS 65 OREG 5:17.66  
 400 IM MARGARET A WELLS 65 OREG 8:17.67

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

500FRE TOM BELIN 29# 5:24.28  
                   TOM KAHL 25 ORE 5:24.96  
                   MARK W ARTMAN 27# 6:59.21  
 200BAK TOM BELIN 29# 2:12.06  
 200BRS TOM KAHL 25 ORE 2:33.66  
 400 IM TOM KAHL 25 ORE 4:48.75  
                   TOM BELIN 29# 4:52.74

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

500FRE JOHN F ZELL 34 OREG 5:32.58  
 200BAK JOHN F ZELL 34 OREG 2:16.84  
 400 IM JOHN F ZELL 34 OREG 4:59.20

**---- 70-74 MEN ----**

500FRE EARL WALTER 70 OREG 8:33.97  
 200BRS EARL WALTER 70 OREG 3:40.70  
 400 IM EARL WALTER 70 OREG 6:53.56

**---- 80-84 MEN ----**

500FRE HERB EISENSCHMIDT 84 OREG 10:04.76  
 200BAK HERB EISENSCHMIDT 84 OREG 4:13.00  
 400 IM HERB EISENSCHMIDT 84 OREG 9:26.26

# STATE GAMES 1991 50 METER 07/14/91 PG 1

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

+ = OREGON

Software by R.Smith

## 19-24 WOMEN

50FREE SANDI L HYDE	22 OREG	:32.49
MARY STRASDIN	23*	:33.40
MARYJANE MONTGOMERY	24 ORE	:34.01
JULIE RYAN	22*	:34.39
STACI JOHNSON	23*	:39.34
ALENE CORNO	24 ORE	1:02.53
100FRE SANDI L HYDE	22 OREG	1:10.83
MARYJANE MONTGOMERY	24 ORE	1:18.93
JULIE RYAN	22*	1:19.19
LAURI J HYDE	20 ORE	1:49.08
ALENE CORNO	24 ORE	2:14.83
200FRE SANDI L HYDE	22 OREG	2:37.59
50BACK LAURI J HYDE	20 ORE	1:01.40
100BAK MARY STRASDIN	23*	1:27.13
STACI JOHNSON	23*	1:52.59
50BRST MARYJANE MONTGOMERY	24 ORE	:47.37
LAURI J HYDE	20 ORE	1:05.05
50 FLY ALENE CORNO	24 ORE	1:18.44
100FLY SANDI L HYDE	22 OREG	1:38.00
ALENE CORNO	24 ORE	2:46.04
200 IM MARYJANE MONTGOMERY	24 ORE	3:18.99
LAURI J HYDE	20 ORE	5:15.14
ALENE CORNO	24 ORE	5:25.12

## 25-29 WOMEN

50FREE SUE KNIGHT	28*	:31.02
TONI WALKER	25*	:32.13
LISA A WOODWORTH	25*	:33.06
PAM AUSTIN	27	:35.49
50FREE CAROLYN PETERSEN	28*	1:09.68
100FRE TONI WALKER	25*	1:10.91
SUE KNIGHT	28*	1:11.42
LISA A WOODWORTH	25*	1:12.38
PAM AUSTIN	27	1:16.48
100FRE CAROLYN PETERSEN	28*	2:51.48
200FRE LISA A WOODWORTH	25*	2:33.37
PAM AUSTIN	27	2:49.94
400FRE LISA A WOODWORTH	25*	5:20.05
PAM AUSTIN	27	6:09.97
50BACK HEATHER MCLAUCHLAN	28 MACO	:39.03
TONI WALKER	25*	:39.75
SUE KNIGHT	28*	:41.98
50BACK CAROLYN PETERSEN	28*	1:08.73
100BAK HEATHER MCLAUCHLAN	28 MACO	1:24.74
100BAK CAROLYN PETERSEN	28*	2:34.67
200BAK HEATHER MCLAUCHLAN	28 MACO	3:05.48
JOY ROWBOTTOM	29 ORE	3:05.64
200BRS JOY ROWBOTTOM	29 ORE	3:38.05
50 FLY SUE KNIGHT	28*	:38.22
200 IM JOY ROWBOTTOM	29 ORE	3:06.40
HEATHER MCLAUCHLAN	28 MACO	3:08.47
PAM AUSTIN	27	3:33.18

## 30-34 WOMEN

50FREE GRACIE M GODDARD	31 ORE	:28.79
JODI MARTINEZ	31 OREG	:33.97
LINDA COENEN	32 ORE	:35.88
LINDA CAIRNS	33*	:58.18
100FRE GRACIE M GODDARD	31 ORE	1:02.67
ANN DAVIS	32*	1:29.12

400FRE NANCY J DUNTON	32*	5:41.67
50BACK GRACIE M GODDARD	31 ORE	:36.94
JODI MARTINEZ	31 OREG	:39.59
LINDA COENEN	32 ORE	:45.42
100BAK JODI MARTINEZ	31 OREG	1:24.85
NANCY J DUNTON	32*	1:29.62
50BRST JODI MARTINEZ	31 OREG	:44.98
LINDA COENEN	32 ORE	:47.66
ANN DAVIS	32*	:53.29
50 FLY LINDA COENEN	32 ORE	:39.67
ANN DAVIS	32*	:46.27

## 35-39 WOMEN

50FREE PATRICIA MCKAY	36 OREG	:31.04
NANCY PRILL BROWN	37 ORE	:32.89
TERI HENDRYX	38 MACO	:34.12
JACKIE DIEDRICH	36 ORE	:38.80
GAIL M KIMBERLING	35 OREG	:41.32
LISSA B PARKER	39 OREG	:43.32
100FRE PATRICIA MCKAY	36 OREG	1:09.04+
Oregon was- SANDI ROUSSEAU	1:10.59	
NANCY PRILL BROWN	37 ORE	1:13.51
JACKIE DIEDRICH	36 ORE	1:26.18
GAIL M KIMBERLING	35 OREG	1:29.14
LISSA B PARKER	39 OREG	1:31.91
200FRE NANCY PRILL BROWN	37 ORE	2:51.03
400FRE TERI HENDRYX	38 MACO	5:40.46
NANCY PRILL BROWN	37 ORE	6:10.91
CATHY HOELSCHER	35 ORE	6:16.70
JACKIE DIEDRICH	36 ORE	6:44.11
LISSA B PARKER	39 OREG	7:00.93
50BACK PATRICIA MCKAY	36 OREG	:38.11
LISSA B PARKER	39 OREG	:55.17
100BAK TERI HENDRYX	38 MACO	1:26.81
200BRS GAIL M KIMBERLING	35 OREG	4:15.05
LISSA B PARKER	39 OREG	4:15.42
100FLY TERI HENDRYX	38 MACO	1:25.16
200FLY CATHY HOELSCHER	35 ORE	3:36.34
200 IM TERI HENDRYX	38 MACO	3:02.96

## 40-44 WOMEN

50FREE KATHLEEN P BUCK	40 OREG	:39.07
SUSAN M GIRARD	43 OREG	:49.11
100FRE SUSAN M GIRARD	43 OREG	1:47.07
MARY E WATERS	44 MACO	3:12.21
400FRE SUSAN M GIRARD	43 OREG	7:53.68
50BACK KATHLEEN P BUCK	40 OREG	:47.00
CONNIE GUIST	44 ORE	:51.33
100BAK SUSAN J CASE	42 OREG	1:28.96
KATHLEEN P BUCK	40 OREG	1:42.45
CONNIE GUIST	44 ORE	1:55.15
200BAK JUDY BELFORD	41 ORE	2:57.91+
Oregon was- BARBARA FRID	3:05.20	
SUSAN J CASE	42 OREG	3:17.05
CONNIE GUIST	44 ORE	4:21.36
50BRST JUDY BELFORD	41 ORE	:51.71
CONNIE GUIST	44 ORE	:56.16
100BRS SUSAN J CASE	42 OREG	1:41.16
CONNIE GUIST	44 ORE	1:57.66
MARY E WATERS	44 MACO	3:39.58
200BRS SUSAN J CASE	42 OREG	3:35.35

200 IM MARY E WATERS	44 MACO	8:08.92
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## 45-49 WOMEN

50FREE GINGER L PIERSON	45 OREG	:34.40
JOANN DENNIS	49 MACO	:47.19
100FRE GINGER L PIERSON	45 OREG	1:17.39
JOANN DENNIS	49 MACO	1:50.81
200FRE GINGER L PIERSON	45 OREG	2:51.67
PAMELA HIMSTREET	47 OREG	3:11.19
JOANN DENNIS	49 MACO	3:47.54
400FRE PAMELA HIMSTREET	47 OREG	6:41.37
JOANN DENNIS	49 MACO	8:04.93
100BRS GINGER L PIERSON	45 OREG	1:31.40+
Oregon was- BARBARA FRID	1:39.31	
PAMELA HIMSTREET	47 OREG	1:48.99
200BRS PAMELA HIMSTREET	47 OREG	3:48.64
100FLY PAMELA HIMSTREET	47 OREG	1:49.02
200FLY GINGER L PIERSON	45 OREG	3:18.26+
Oregon was- SUE RITTENHOUSE	3:25.22	

## 50-54 WOMEN

50FREE CHARLOTTE E COWAN	51 OREG	:41.29
BETH PAYES	54 ORE	:48.54
100FRE CHARLOTTE E COWAN	51 OREG	1:29.82
BETH PAYES	54 ORE	1:54.07
400FRE CHARLOTTE E COWAN	51 OREG	6:57.74

## 55-59 WOMEN

50FREE LAVELLE M STOINOFF	58 MACO	:35.84+
Oregon was- LOUISE HEPNER	:36.22	
GEORGIA R RYAN	56*	1:05.08
100FRE GEORGIA R RYAN	56*	2:28.54
200FRE LAVELLE M STOINOFF	58 MACO	2:47.17+
Oregon was- LOUISE HEPNER	3:04.74	
400FRE LAVELLE M STOINOFF	58 MACO	5:54.89+
Oregon was- MARY-ANNE WOLFE	6:57.13	
50BACK CAROL A DICKINSON	57 OREG	:55.17
GEORGIA R RYAN	56*	1:38.04
100BAK CAROL A DICKINSON	57 OREG	2:10.07
50BRST LAVELLE M STOINOFF	58 MACO	:49.35+
Oregon was- LOUISE HEPNER	:49.89	

## 60-64 WOMEN

50FREE BETSY AUSTEN	63 MACO	:52.89
100FRE BETSY AUSTEN	63 MACO	1:52.67
400FRE BETSY AUSTEN	63 MACO	8:19.88
50BACK BETSY AUSTEN	63 MACO	:58.28
100BAK JOYCE BAHLER	61 MACO	1:58.12
50BRST JOYCE BAHLER	61 MACO	:54.78
100BRS JOYCE BAHLER	61 MACO	2:00.97
200BRS JOYCE BAHLER	61 MACO	4:15.99
200 IM JOYCE BAHLER	61 MACO	4:01.05+
Oregon was- MARGARET A WELLS	4:03.17	

## 65-69 WOMEN

50FREE PETEY MH. SMITH	67 OREG	:38.47
ELIZABETH C KING	68*OREG	1:11.12
100FRE PETEY MH. SMITH	67 OREG	1:24.32+
Oregon was- PETEY MH. SMITH	1:24.96	
ELIZABETH C KING	68*OREG	2:34.08
200FRE PETEY MH. SMITH	67 OREG	3:06.37+
Oregon was- PETEY MH. SMITH	3:07.69	
MARGARET A WELLS	65 OREG	3:58.54

# STATE GAMES 1991 50 METER 07/14/91 PG 2

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

Software by R.Smith

400FRE PETEY MH. SMITH	67 OREG 6:38.95	50BRST TOM KAHL	25 ORE :35.51	200FRE MIKE L PENDLETON	39 ORE 2:20.25
MARGARET A WELLS	65 OREG 8:45.91	200BRS TOM KAHL	25 ORE 2:58.06	JOHN MAY	36* 2:24.13
100BAK MARGARET A WELLS	65 OREG 2:04.85+	50 FLY DIRK MARSHALL	28* :27.11+	ADRIAN L KALIL	38 OREG 2:37.69
Oregon was- MARGARET R YADON	2:28.50	Oregon was- STEVE COLELLA	:27.80	400FRE MIKE L PENDLETON	39 ORE 5:05.39
200BAK ELPIE J STEVENIN	69 OREG 6:13.89	100FLY DIRK MARSHALL	28* 1:00.28+	JOHN MAY	36* 5:05.63
50BRST ELIZABETH C KING	68*OREG 1:49.77	Oregon was- ALAN CARDWELL	1:00.40	MICHAEL J BAIRD	35 OREG 5:20.57
50 FLY ELPIE J STEVENIN	69 OREG 1:29.98	DAVID DEPPELER	26* 1:02.90	GREG JONES	38 ORE 5:26.94
100FLY MARGARET A WELLS	65 OREG 2:12.67+	200 IM TOM KAHL	25 ORE 2:32.73	JAMES M ELLIOTT	39 OREG 5:39.25
Oregon was- ELPIE J STEVENIN	3:11.84	----- 30-34 MEN -----		50BACK BRUCE W CHENEY	39 OREG :36.06
200FLY ELPIE J STEVENIN	69 OREG 7:04.80	50FREE CURT LA COUNT	32 ORE :26.85	ADRIAN L KALIL	38 OREG :38.84
200 IM PETEY MH. SMITH	67 OREG 4:09.51	ANDY R MOREHOUSE	30 MACO :28.29	50BACK WILLIAM W JARVIS	35 ORE 1:46.73
----- 70-74 WOMEN -----		DAVE SHEPPARD	30* :31.63	100BAK SEAN DONAHUE	37* 1:18.84
50FREE BUENA MORAN	74* 1:36.62	NOEL S PROSSER	34 MACO :32.00	JOHN MAY	36* 1:19.60
50BACK HELEN BIERMAN	71* 1:15.06	MIKE D PHILLIPS	30 OREG :32.49	JAMES M ELLIOTT	39 OREG 1:21.97
----- 75-79 WOMEN -----		100FRE CURT LA COUNT	32 ORE :58.59	ADRIAN L KALIL	38 OREG 1:22.27
50FREE EVELYN MCKEON	77 OREG :53.66+	ANDY R MOREHOUSE	30 MACO 1:03.87	BRUCE W CHENEY	39 OREG 1:23.50
Oregon was- EVELYN MCKEON	:55.17	MIKE D PHILLIPS	30 OREG 1:10.49	STAN EVENSON	37* 1:33.11
DOREEN MORRIS	78 MACO 2:10.23	TYLER COLE	30 OREG 1:10.55	200BAK JAMES M ELLIOTT	39 OREG 2:52.11
100FRE EVELYN MCKEON	77 OREG 1:58.99+	DAVE SHEPPARD	30* 1:10.55	SCOTT H KORNBERG	36 MACO 3:08.68
Oregon was- EVELYN MCKEON	2:07.08	NOEL S PROSSER	34 MACO 1:12.71	50BRST STAN EVENSON	37* :42.38
200FRE EVELYN MCKEON	77 OREG 4:39.15+	JOHN F ZELL	34 OREG 1:12.98	100BRS DAN DOLAN	35* 1:24.90
Oregon was- EVELYN MCKEON	4:53.74	200FRE NOEL S PROSSER	34 MACO 2:47.73	STEVE ROTH	35 MACO 1:29.19
50BACK EVELYN MCKEON	77 OREG 1:01.73+	400FRE CURT LA COUNT	32 ORE 4:46.99	200BRS STAN EVENSON	37* 3:26.05
Oregon was- MARION R MUELLER	1:09.27	DAVID O BURLESON	34 MACO 4:54.01	50 FLY MIKE L PENDLETON	39 ORE :31.08
DOREEN MORRIS	78 MACO 1:48.00	ANDY R MOREHOUSE	30 MACO 5:24.06	SEAN DONAHUE	37* :32.18
100BAK DOREEN MORRIS	78 MACO 3:47.05	MIKE D PHILLIPS	30 OREG 5:26.61	STAN EVENSON	37* :37.22
50BRST HELENA W HOFFMAN	75 OREG 1:22.61	JOHN F ZELL	34 OREG 5:43.88	200 IM MIKE L PENDLETON	39 ORE 2:46.16
EVELYN MCKEON	77 OREG 1:28.86	50BACK DAVID O BURLESON	34 MACO :31.43	JAMES M ELLIOTT	39 OREG 2:56.98
100BRS HELENA W HOFFMAN	75 OREG 3:19.68+	MIKE D PHILLIPS	30 OREG :45.15	SEAN DONAHUE	37* 2:57.18
Oregon was- HAZEL B BRESSIE	4:01.77	100BAK DAVID O BURLESON	34 MACO 1:09.40	STAN EVENSON	37* 3:06.02
100FLY HELENA W HOFFMAN	75 OREG 3:45.87+	NOEL S PROSSER	34 MACO 1:29.60	----- 40-44 MEN -----	
Oregon was- HAZEL B. BRESSIE	5:01.14	MIKE D PHILLIPS	30 OREG 1:33.25	50FREE CHUCK S JOHNSON	42 OREG :29.12
200FLY HELENA W HOFFMAN	75 OREG 8:16.97+	200BAK DAVID O BURLESON	34 MACO 2:34.31	DOUGLAS J ADAMS	41 OREG :29.14
Oregon was- HAZEL B BRESSIE	10:45.60	JOHN F ZELL	34 OREG 2:37.74	RICHARD LIEBMAN	43* :32.61
200 IM HELENA W HOFFMAN	75 OREG 6:50.53	50BRST MARK NELSON	30* :35.29	BILL MCCARTNEY	41* :33.63
----- 80-84 WOMEN -----		DAVID P JOHNSON	34 ORE :39.84	JAMES HENDRYX	40 MACO :37.90
50FREE BUERNICE MCCORMICK	80* 1:57.00	100BRS MARK NELSON	30* 1:16.19	ROBERT KISH	40 ORE :43.53
400FRE HAZEL B BRESSIE	82 MACO15:53.77	DAVID P JOHNSON	34 ORE 1:28.20	100FRE CHUCK S JOHNSON	42 OREG 1:05.57
200BAK HAZEL B BRESSIE	82 MACO 7:35.57	200BRS DAVID P JOHNSON	34 ORE 3:13.67	BILL MCCARTNEY	41* 1:16.31
100BRS HAZEL B BRESSIE	82 MACO 5:17.32	50 FLY NOEL S PROSSER	34 MACO :33.78	JAMES HENDRYX	40 MACO 1:30.54
200BRS HAZEL B BRESSIE	82 MACO11:39.24	DAVE SHEPPARD	30* :37.59	200FRE TREVOR G CHARLTON	41*OREG 2:23.60
200FLY HAZEL B BRESSIE	82 MACO13:51.20	100FLY DAVE SHEPPARD	30* 1:37.44	EMERSON FISHER	42 ORE 2:50.59
----- 25-29 MEN -----		200 IM DAVID O BURLESON	34 MACO 2:34.68	JAMES HENDRYX	40 MACO 3:27.30
50FREE TOM KAHL	25 ORE :26.88	JOHN F ZELL	34 OREG 2:40.75	400FRE STEVEN L DURAPAU	42 OREG 4:57.74
RICK A RODRIGUEZ	28 OREG :30.31	ANDY R MOREHOUSE	30 MACO 2:52.87	TREVOR G CHARLTON	41*OREG 5:04.28
JIM E GODDARD	29 ORE :31.26	DAVE SHEPPARD	30* 3:15.84	JAMES HENDRYX	40 MACO 7:30.37
100FRE DAVID DEPPELER	26* :57.42	----- 35-39 MEN -----		50BACK RICHARD LIEBMAN	43* :37.84
RICK A RODRIGUEZ	28 OREG 1:05.70	50FREE SEAN DONAHUE	37* :27.75	100BAK RICHARD LIEBMAN	43* 1:31.33
JIM E GODDARD	29 ORE 1:09.22	BRUCE W CHENEY	39 OREG :29.04	200BAK RICHARD LIEBMAN	43* 3:49.68
EDWARD WHEELER	28* 1:29.25	STEVE ROTH	35 MACO :29.11	50BRST ALLEN L STARK	42 OREG :35.17
400FRE TOM KAHL	25 ORE 4:58.33	ADRIAN L KALIL	38 OREG :29.98	DOUGLAS J ADAMS	41 OREG :37.97
RICK A RODRIGUEZ	28 OREG 5:21.65	JAMES M ELLIOTT	39 OREG :31.33	BILL MCCARTNEY	41* :44.59
50BACK RICK A RODRIGUEZ	28 OREG :35.16	50FREE WILLIAM W JARVIS	35 ORE 1:42.76	RICHARD LIEBMAN	43* :48.80
JIM E GODDARD	29 ORE :39.92	100FRE MIKE L PENDLETON	39 ORE 1:01.93	100BRS ALLEN L STARK	42 OREG 1:17.56
100BAK DAVID DEPPELER	26* 1:05.33+	JOHN MAY	36* 1:05.95	BILL MCCARTNEY	41* 1:40.15
Oregon was- GARY HIDLE	1:06.90	GREG JONES	38 ORE 1:07.33	200BRS ALLEN L STARK	42 OREG 2:55.00
RICK A RODRIGUEZ	28 OREG 1:17.04	ADRIAN L KALIL	38 OREG 1:07.95	50 FLY DOUGLAS J ADAMS	41 OREG :33.15
200BAK DAVID DEPPELER	26* 2:22.30+	STEVE ROTH	35 MACO 1:08.37	200FLY DOUGLAS J ADAMS	41 OREG 3:17.07
Oregon was- STAN CARPER	2:23.66	MICHAEL J BAIRD	35-OREG 1:09.04	200 IM DOUGLAS J ADAMS	41 OREG 2:50.16

45-49 MEN		55-59 MEN		70-74 MEN		75-79 MEN		80-84 MEN		95-99 MEN	
50FREE KARL VON TAGEN	47 MAC :28.07	50FREE JIM BIGLER	55 MACO :33.97	100BRS MICHAEL L MOREHOUSE	65 OREG 1:52.40	50FREE JERRY TODD	71* 1:01.85	400FRE EARL WALTER	70 OREG 1:52.52	50BACK KHSORW SHADBEH	70 OREG 1:52.52
GLEN R SWEENEY	46* :32.22	TIMOTHY KAO	59 ORE :38.19	200BRS FRED ECKHARDT	65 OREG 4:08.64	100FRE FRED ECKHARDT	65 OREG 1:55.92	200FRE FRED ECKHARDT	65 OREG 4:10.17	200FRE FRED ECKHARDT	65 OREG 4:03.65
ROBERT RICE	47* :32.58	THOMAS FALK	59* :39.60	200IM FRED ECKHARDT	65 OREG 4:03.65	400FRE EARL WALTER	70 OREG 7:52.00	50BACK EARL WALTER	70 OREG 4:45.54	50BACK EARL WALTER	70 OREG 4:45.54
BILL C DORR	45 OREG 1:10.55	DON E NICHOLSON	59 ORE 1:30.17	50FREE JERRY TODD	71* 1:01.85	100FRE KHSORW SHADBEH	70 OREG 2:00.24	200BRS KHSORW SHADBEH	70 OREG 4:14.43	50 FLY MEL W ANDERSON	73 OREG 1:25.62
RICHARD D BOYD	48 OREG 1:04.21	DAVID F PUTNAM	59 OREG 1:21.15	70-74 MEN		100FRE KHSORW SHADBEH	70 OREG 2:00.24	200BRS KHSORW SHADBEH	70 OREG 4:14.43	50 FLY MEL W ANDERSON	73 OREG 1:25.62
KARL VON TAGEN	47 MAC 1:03.83	JIM BIGLER	55 MACO 2:44.40	400FRE EARL WALTER	70 OREG 7:52.00	50BACK EARL WALTER	70 OREG 4:45.54	100BAK EARL WALTER	70 OREG 1:40.58	200BAK EARL WALTER	70 OREG 3:44.58
ROBERT RICE	47* :22.22	THOMAS FALK	56 MACO24:71.34	50BACK BERNARD LAMER	73* 2:30.59	100BAK EARL WALTER	70 OREG 1:40.58	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
RICHARD D BOYD	48 OREG 2:22.23+	ARTHUR C WELCH	58 OREG 2:47.13	50BACK BERNARD LAMER	73* 2:30.59	100BAK EARL WALTER	70 OREG 1:40.58	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
ROBERT RICE	47* 2:40.59	400FRE ARTHUR C WELCH	58 OREG 5:46.89	50BACK BERNARD LAMER	73* 2:30.59	100BAK EARL WALTER	70 OREG 1:40.58	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
ROBERT RICHARD D BOYD	48 OREG 4:59.61+	JIM BIGLER	55 MACO 5:54.54	100BAK EARL WALTER	70 OREG 1:40.58	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
ROBERT RICHARD D BOYD	48 OREG 5:02.01	DAVID F PUTNAM	59 OREG 6:32.25	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
KARL VON TAGEN	47 MAC 5:21.69	THOMAS FALK	56 MACO 7:43.67	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
ROBERT RICE	47* 5:50.70	THOMAS FALK	56 MACO 7:43.67	200BAK EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
JOSEPH G CALLAN	48 ORE 3:52.79	50 FLY ARTHUR C WELCH	58 OREG :39.46	200IM EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
JOSEPH G CALLAN	48 ORE 3:52.79	50 FLY ARTHUR C WELCH	58 OREG :39.46	200IM EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58	50FREE EARL WALTER	70 OREG 3:44.58
50 FLY BILL C DORR	45 OREG :35.67	100FRE ARTHUR C WELCH	58 OREG 1:32.80	100FRE ARTHUR C WELCH	58 OREG 1:32.80	100FRE ARTHUR C WELCH	58 OREG 1:32.80	100FRE ARTHUR C WELCH	58 OREG 1:32.80	100FRE ARTHUR C WELCH	58 OREG 1:32.80
100FRE GRAHAM L COLTON	46 MACO 1:13.57	200FRE ARTHUR C WELCH	58 OREG 3:34.76+	200FRE ARTHUR C WELCH	58 OREG 3:34.76+	200FRE ARTHUR C WELCH	58 OREG 3:34.76+	200FRE ARTHUR C WELCH	58 OREG 3:34.76+	200FRE ARTHUR C WELCH	58 OREG 3:34.76+
200IM RICHARD D BOYD	48 OREG 2:44.70+	Oregon was- EARL WALTER	3:35.70	Oregon was- EARL WALTER	3:35.70	Oregon was- EARL WALTER	3:35.70	Oregon was- EARL WALTER	3:35.70	Oregon was- EARL WALTER	3:35.70
200IM RICHARD D BOYD	48 OREG 2:44.70+	Oregon was- RONALD K NAKATA	2:52.11	Oregon was- RONALD K NAKATA	2:52.11	Oregon was- RONALD K NAKATA	2:52.11	Oregon was- RONALD K NAKATA	2:52.11	Oregon was- RONALD K NAKATA	2:52.11
50FREE JOE SANTRY	50* :33.10	50FREE CLARK AUSTEN	63 MACO :42.87	50FREE CLARK AUSTEN	63 MACO :42.87	50FREE CLARK AUSTEN	63 MACO :42.87	50FREE CLARK AUSTEN	63 MACO :42.87	50FREE CLARK AUSTEN	63 MACO :42.87
JACK C WONG	52* :34.61	200FRE CLARK AUSTEN	63 MACO 1:49.22	200FRE CLARK AUSTEN	63 MACO 1:49.22	200FRE CLARK AUSTEN	63 MACO 1:49.22	200FRE CLARK AUSTEN	63 MACO 1:49.22	200FRE CLARK AUSTEN	63 MACO 1:49.22
100FRE RONALD K NAKATA	52 OREG 1:11.95	400FRE CLARK AUSTEN	63 MACO 8:25.36	400FRE CLARK AUSTEN	63 MACO 8:25.36	400FRE CLARK AUSTEN	63 MACO 8:25.36	400FRE CLARK AUSTEN	63 MACO 8:25.36	400FRE CLARK AUSTEN	63 MACO 8:25.36
JOE SANTRY	50* 1:17.29	200FRE MICHAEL L MOREHOUSE	65 OREG 3:17.46	200FRE MICHAEL L MOREHOUSE	65 OREG 3:17.46	200FRE MICHAEL L MOREHOUSE	65 OREG 3:17.46	200FRE MICHAEL L MOREHOUSE	65 OREG 3:17.46	200FRE MICHAEL L MOREHOUSE	65 OREG 3:17.46
200FRE TOM FANNING	51 OREG 2:46.50	GILBERT N YOUNG	69 OREG 3:24.42	100BAK HERB EISENSCHMIDT	84 OREG :57.67	100BAK HERB EISENSCHMIDT	84 OREG :57.67	100BAK HERB EISENSCHMIDT	84 OREG :57.67	100BAK HERB EISENSCHMIDT	84 OREG :57.67
JOE SANTRY	50* 2:46.50	400FRE MICHAEL L MOREHOUSE	65 OREG 6:57.68	200BAK HERB EISENSCHMIDT	84 OREG 6:57.68	200BAK HERB EISENSCHMIDT	84 OREG 6:57.68	200BAK HERB EISENSCHMIDT	84 OREG 6:57.68	200BAK HERB EISENSCHMIDT	84 OREG 6:57.68
50BACK JOE SANTRY	50* :41.72	DAVID BERNSTEIN	69 OREG 9:12.94	50BACK DAVID BERNSTEIN	69 OREG :59.59	50BACK DAVID BERNSTEIN	69 OREG :59.59	50BACK DAVID BERNSTEIN	69 OREG :59.59	50BACK DAVID BERNSTEIN	69 OREG :59.59
MICHAEL DAVIS	53 ORE :53.78	100BAK DAVID BERNSTEIN	69 OREG 2:09.46	100BAK DAVID BERNSTEIN	69 OREG 2:09.46	100BAK DAVID BERNSTEIN	69 OREG 2:09.46	100BAK DAVID BERNSTEIN	69 OREG 2:09.46	100BAK DAVID BERNSTEIN	69 OREG 2:09.46
100BRS MICHAEL DAVIS	53 ORE 2:02.69	200BAK GILBERT N YOUNG	69 OREG 4:04.03	200BAK GILBERT N YOUNG	69 OREG 4:04.03	200BAK GILBERT N YOUNG	69 OREG 4:04.03	200BAK GILBERT N YOUNG	69 OREG 4:04.03	200BAK GILBERT N YOUNG	69 OREG 4:04.03
50 FLY MICHAEL DAVIS	53 ORE :44.10	DAVID BERNSTEIN	69 OREG 4:33.14	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08
100FRE MICHAEL DAVIS	53 ORE 1:54.05	DAVID BERNSTEIN	69 OREG 4:33.14	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08
200IM MICHAEL DAVIS	53 ORE 4:25.21	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08	50BRS MICHAEL L MOREHOUSE	65 OREG :46.08
MARK NELSON,30 ***		DAVID P JOHNSON,34 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
MARYJANE MONTGOMERY,24 ***		BILL C DORR,45 ***		LAURI J HYDE,20 ***		STEVE ROTH,35 ***		STEVE ROTH,35 ***		STEVE ROTH,35 ***	
DAVID DEPPER,26 ***		LISA A WOODWORTH,25 ***		DIRK MARSHALL,28 ***		SUE KNIGHT,28 ***		METV 2:12.32		200 MEDLEY RELAY	
120+ MIXED		22		22		22		22		22	
120+ MIXED		22		22		22		22		22	
160+ MIXED		22		22		22		22		22	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
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DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***		MEL W ANDERSON,73 ***		WMS 3:58.37		GPX 2:28.35	
DAVID O BURLISON,34 ***		STEVE ROTH,35 ***		TERI HENDRYX,38 ***		LAVELLE M STINOFF,58 ***		MAC 2:25.75		MAC 2:25.75	
JOHN D JOENS,59 ***		MICHAEL DAVIS,53 ***		JUDY BELFORD,41 ***</							



120+ WOMEN  
MARY STRASDIN,23 \*\*\* BETH PAYES,54 \*\*\*

200+ WOMEN  
JOANN DENNIS,49 \*\*\* BETSY AUSTEN,63 \*\*\*

280+ WOMEN  
BUERNICE MCCORMICK,80 \*\*\* BUENA MORAN,74 \*\*\*

76+ MEN  
CURT LA COUNT,32 \*\*\* DUKE PAULSON,20 \*\*\*

120+ MEN  
JOHN F ZELL,34 \*\*\* TYLER COLE,30 \*\*\*  
STEVE ROTH,35 \*\*\* ANDY R MOREHOUSE,30 \*\*\*  
RICHARD LIEBMAN,43 \*\*\* GREG JONES,38 \*\*\*  
DAVE SHEPPARD,30 \*\*\* MIKE L PENDLETON,39 \*\*\*

200+ MEN  
CLARK AUSTEN,63 \*\*\* THOMAS FALK,56 \*\*\*  
JOHN D JOENS,59 \*\*\* DON E NICHOLSON,59 \*\*\*

320+ MEN  
BERNARD LAMER,73 \*\*\* EDWIN S THOMAS,98 \*\*\*

76+ MIXED  
CURT LA COUNT,32 \*\*\* KARA OLINGDOLPH,21 \*\*\*

120+ MIXED  
LISA A WOODWORTH,25 \*\*\* ROBERT RICE,47 \*\*\*  
ANDY R MOREHOUSE,30 \*\*\* HEATHER MCLAUCHLAN,28 \*\*\*  
KATHLEEN P BUCK,40 \*\*\* JAMES M ELLIOTT,39 \*\*\*  
RICK A RODRIGUEZ,28 \*\*\* CHARLOTTE E COWAN,51 \*\*\*  
MARY STRASDIN,23 \*\*\* JOY ROWBOTTOM,29 \*\*\*

160+ MIXED  
BETH PAYES,54 \*\*\* SANDI L HYDE,22 \*\*\*

200+ MIXED  
KARL VON TAGEN,47 \*\*\* JOYCE BAHLER,61 \*\*\*

280+ MIXED  
BUENA MORAN,74 \*\*\* JERRY TODD,71 \*\*\*

100+ WOMEN  
JOY ROWBOTTOM,29 \*\*\* ANN DAVIS,32 \*\*\*

120+ WOMEN  
SUE KNIGHT,28 \*\*\* LISA A WOODWORTH,25 \*\*\*

160+ WOMEN  
HEATHER MCLAUCHLAN,28 \*\*\* JOYCE BAHLER,61 \*\*\*

120+ MEN  
JOHN F ZELL,34 \*\*\* ALLEN L STARK,42 \*\*\*  
DAVID DEPPELER,26 \*\*\* BILL MCCARTNEY,41 \*\*\*  
ADRIAN L KALIL,38 \*\*\* CHUCK S JOHNSON,42 \*\*\*

160+ MEN  
JOE SANTRY,50 \*\*\* STEVE ROTH,35 \*\*\*  
RICHARD LIEBMAN,43 \*\*\* EMERSON FISHER,42 \*\*\*  
DAVID O BURLESON,34 \*\*\* JACK C WONG,52 \*\*\*

240+ MEN  
JOHN JOENS,59 \*\*\* DON E NICHOLSON,59 \*\*\*

2 200 FREE RELAY  
JOY ROWBOTTOM,29 \*\*\* SANDI L HYDE,22 \*\*\* TIG 2:30.91

2 200 FREE RELAY  
JOYCE BAHLER,61 \*\*\* LAVELLE M STOINOFF,58 \*\*\* MAC 3:03.37

2 200 FREE RELAY  
LILLIAM M QUAIN,69 \*\*\* HELEN BIERMAN,71 \*\*\* WILL 6:21.06

2 200 FREE RELAY  
STUART GASTON,19 \*\*\* K G BENNET,19 \*\*\* NADZ 1:53.65

2 200 FREE RELAY  
ADRIAN L KALIL,38 \*\*\* TOM KAHL,25 \*\*\* PPM 1:52.82  
NOEL S PROSSER,34 \*\*\* DAVID O BURLESON,34 \*\*\* MAC 1:53.37  
SEAN DONAHUE,37 \*\*\* RICK A RODRIGUEZ,28 \*\*\* RMP 1:57.82  
CHUCK S JOHNSON,42 \*\*\* BILL C DORR,45 \*\*\* GP 1:58.16

2 200 FREE RELAY  
JOE SANTRY,50 \*\*\* JACK C WONG,52 \*\*\* MAC 2:32.31  
ROBERT KISH,40 \*\*\* MEL W ANDERSON,73 \*\*\* TIG 3:00.01

2 200 FREE RELAY  
JERRY TODD,71 \*\*\* ALFRED GAWLEY,79 \*\*\* WILL 6:26.25

11 200 FREE RELAY  
DARA WALLING,24 \*\*\* K G BENNET,19 \*\*\* NADZ 2:08.94

11 200 FREE RELAY  
SUE KNIGHT,28 \*\*\* DAVID DEPPELER,26 \*\*\* METY 2:01.30  
DAVID O BURLESON,34 \*\*\* TERI HENDRYX,38 \*\*\* MAC 2:01.71  
MARYJANE MONTGOMERY,24 \*\*\* BRUCE W CHENEY,39 \*\*\* CHM 2:14.30  
RICHARD LIEBMAN,43 \*\*\* ANN DAVIS,32 \*\*\* EUG 2:18.37  
JAMES HENDRYX,40 \*\*\* DON E NICHOLSON,59 \*\*\* TIGA 2:26.23

11 200 FREE RELAY  
ROBERT KISH,40 \*\*\* MEL W ANDERSON,73 \*\*\* TIGB 2:58.33

11 200 FREE RELAY  
CHUCK S JOHNSON,42 \*\*\* LAVELLE M STOINOFF,58 \*\*\* MAC 2:20.38

11 200 FREE RELAY  
HELEN BIERMAN,71 \*\*\* ALFRED GAWLEY,79 \*\*\* WILL 4:51.77

12 200 MEDLEY RELAY  
SANDI L HYDE,22 \*\*\* LAURI J HYDE,20 \*\*\* TIG6 3:00.81

12 200 MEDLEY RELAY  
NANCY PRILL BROWN,37 \*\*\* JOANN DENNIS,49 \*\*\* METY 2:54.05

12 200 MEDLEY RELAY  
TERI HENDRYX,38 \*\*\* LAVELLE M STOINOFF,58 \*\*\* MAC 2:46.46

12 200 MEDLEY RELAY  
TOM KAHL,25 \*\*\* MIKE L PENDLETON,39 \*\*\* PPM 2:03.63  
DIRK MARSHALL,28 \*\*\* ROBERT RICE,47 \*\*\* METY 2:12.95  
BILL C DORR,45 \*\*\* DAVE SHEPPARD,30 \*\*\* GPK 2:22.02

12 200 MEDLEY RELAY  
GRAHAM L COLTON,46 \*\*\* ANDY R MOREHOUSE,30 \*\*\* MAC 2:18.90  
DOUG ADAMS,41 \*\*\* SEAN DONAHUE,37 \*\*\* RMP 2:21.21  
NOEL S PROSSER,34 \*\*\* JIM BIGLER,55 \*\*\* MAC 2:21.64

12 200 MEDLEY RELAY  
MICHAEL DAVIS,53 \*\*\* MEL W ANDERSON,73 \*\*\* TIG 3:36.95

## ***Sun and Swimming***

by Lucky J. Meisenheimer, M.D.

When compared to other sports, swimming is ranked high with regard to its low injury rate. Unfortunately, there are some hidden risks associated with the sport. The typical swimmer frequently spends hours in the sun, and most competitive swimmers have had many years of sun exposure. This cumulative exposure of the skin to radiation greatly increases risk for developing skin cancer.

In my own experience, I have found several skin cancers and pre-cancers on many coaches and former teammates. Any Masters swimmer who spends time in the sun is at an increased risk.

Swimmers are especially predisposed to skin cancers not only because they are exposed to the sun but because reflective radiation from the pool surface and decks magnifies this exposure. It is the cumulative exposure over a lifetime that prematurely ages the skin and increases the risk of skin cancer. It is never too early to try to limit the amount of radiation damage. Ideally, the best training situation would be indoors but most training sessions during the summer months are located outside. It would be best to schedule training during the early morning or late afternoon hours when the radiation effects are less intense; 10:00 a.m. to 2:00 p.m. are the worst hours and should be avoided.

In addition, and most importantly, a sunscreen should be applied to all exposed skin areas. Most sunscreens on the market ranked with a Sun Protection Factor, or SPF. This number, from 2 to 50, represents the degree of protection for the sunscreen. To estimate the protection a sunscreen will give, multiply the number of minutes it normally takes you to burn by the SPF number. For example, if you burn in 10 minutes without any protection, an application of a sunscreen with SPF 8 would lengthen the burning time to 80 minutes. If you are a high risk person for skin cancer (fair skin, blond hair, blue eyes), a good habit would be to apply sunscreen every morning and then reapply it 30 minutes before going to the pool. Although sunscreens with a SPF 15 sometimes may be listed as a total sun block, none completely blocks all UV radiation. It is generally recommended that an individual use at least an SPF 15 or above (*Ed. note: In a recent TV news report, it was pointed out that few people stay in the sun long enough to require a sunscreen with more than SPF 15; these sunscreens cost considerably more and only provide longer protection, not more.*)

It is also important to use a sunscreen listed as water-resistant or waterproof. Water-proof sunscreens tend to stay on the skin better than the water-resistant. In general, water proof sunscreens will last approximately 80 minutes in the water; if more water time is expected, it should be reapplied.

So, use caution--and lots of sunscreen--to avoid one of the few risks of our sport.

*Lucky is a dermatologist in Orlando, Florida, and the head coach of the Team Orlando Masters.*

*Reprinted from the Summer 1991 issue of the Master Aquatic Coaches Association Newsletter.*

## **Z-MAN JOINS M.A.C.A. NEWSLETTER STAFF**

John Zell has a new newsletter job! He has joined Judy Bonning from Coral Springs Masters (Florida) and Ann Svanson from D.C. Masters (Virginia) to produce a quarterly publication for the Masters Aquatic Coaches Association. Judy and Ann share the editing tasks and John will do all the desktop publishing. MACA is a nation-wide coaches association for the advancement of Masters Swimming thru better coaching and education of all. Anyone, coach or swimmer, may subscribe to this informative publication. John met Judy Bonning (formerly Judy Meyer) several years ago when he attended one of her masters swim camps in Florida. It was here that he learned of MACA and subscribed to their newsletter.

At the recent S.C. Nationals in Nashville John attended a MACA meeting and joined the newsletter committee. Judy and Ann collect articles written by coaches and professionals from around the nation and Ann then types them up on a word processor. She then saves her work on a disk and sends it to John to load into his computer for the desktop publishing design and layout work. He just finished the Summer issue last month and it was a tremendous learning experience. Doing this type of work gives John the opportunity to use his D.T.P. program to its fullest. John said "Ann is a fantastic editor and it was good for me to work with someone who knows her stuff and demands quality. I really learned a great deal from her." Ann is the editor of "The Wavemaker" newsletter for D.C. Masters (Virginia). John says, "I really like their newsletter. If you think the Aquamaster is good, you haven't seen nothing because The Wavemaker puts ours to shame." John hopes that one day the Aquamaster will rival the Wavemaker.

One of the great benefits of John's connection with MACA is that it is an excellent source of informative articles for the Aquamaster. If you are a coach or a swimmer who would like to subscribe to the MACA newsletter. Send \$10.00 to: **MACA Newsletter c/o Toni DeMauro  
1624 Redfern Place Longmont, CO  
80501**



# 10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

# 1991

**Sponsored by:** Virginia Masters Swim Team

**Eligibility:** Open to all swimmers ages 13 and older.

**Event:** Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, \*each contestant swims 274 lengths

- In a 25 yard pool, \*\*each contestant swims 219 lengths

- In a 25 meter pool, each contestant swims 200 lengths

- In a 50 meter pool, each contestant swims 100 lengths

\*For the purposes of this competition, 5480\*, 5475\*\* yards = 5000 meters.

**Age Groups:** Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

**Timers and Counters:** Please ensure accuracy by paying strict attention to the laps swum. We urge you to use a check-off system.

**Awards:** Medals (possibly keychains) to the top three team finishers (men's, women's, mixed) in each age group.

**Entry:** Enter as often as you like (\$16 entry fee required for each new team.)

**Entry fee:** \$16 per team. Event must be swum between May 15 and October 15, 1991. Form must be in the hands of Meet Director by October 30, 1991.

Mail entry form and \$16 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

**10K•2**  
**Mike Stott**  
**403 Lakewood Drive**  
**Richmond, VA 23229**  
**(804) 288-8808**

**Shirts:** 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$8 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance was 10,000 meters. Please sign in the appropriate place.

Timers/Counters \_\_\_\_\_

Swimmer's Name \_\_\_\_\_

Swimmer's Name \_\_\_\_\_

Total Time \_\_\_\_\_

Medical: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to

have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypothermia, and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in a reasonable time.

## RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME \_\_\_\_\_ Date \_\_\_\_\_

NAME \_\_\_\_\_ Date \_\_\_\_\_

## OFFICIAL ENTRY - 1991 10K•2 RELAY

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

# 10K•2 ALL TIME BESTS AND AVERAGE WINNING TIMES (1984 - Present)

## Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA	1:54.35	1990
	Bill Kloppe (18)	Richmond, VA		
	Average Winning Time		2:17.15.20	
20-24	Scott Erba (21)	Davis, CA	1:39:59.28**	1990
	Michael Collins (24)	Davis, CA	ALL TIME 10K•2 BEST	
	Average Winning Time		2:15.30.21	
25-29	Gary Antonick (25)	Virginia Beach, VA		1988
	Perry Lange (32)	Virginia Beach, VA	1:41.59.74	
	Average Winning Time		2:07.46.06	
30-34	Steve Breiter (33)	Lafayette, CA		1989
	Charlie Hansen (36)	Lafayette, CA	1:45.54.36	
	Average Winning Time		1:59.58.90	
35-39	Bruce Mallette (35)	Raleigh, NC		1988
	Eddie Echols (36)	Greensboro, NC	1:50.18.34	
	Average Winning Time		2:05.08.10	
40-44	James Montagne (40)	Boca Raton, FL		1988
	Jim Manchester (41)	Plantation, FL	1:48.16.69	
	Average Winning Time		2:12.19.87	
45-49	Mel Goldstein (46)	Indianapolis, IN		1985
	David Costill (49)	Muncie, IN	2:00.41.74	
	Average Winning Time		2:17.49.78	
50-54	Bill Mulliken (50)	Chicago, IL		1990
	Sam Kooistra (55)	Chicago, IL	2:04.28	
	Average Winning Time		2:14.55	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		1988
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	
	Average Winning Time		2:26.46.72	
60-64	Forrest M. Sullivan (60)	Virginia Beach, VA		1990
	Francis Hall (63)	Virginia Beach, VA	2:31.47	
	Average Winning Time		2:50.26.97	
65-69	Donald Crawford (65)	Frederick, MD		1985
	Donald Leatherman (73)	Frederick, MD	3:39.43	
	Average Winning Time		3:59.07	
75-79	John M. Burnside (79)	Palos Verdes Estates, CA		1989
	Alfred Guth (80)	San Pedro, CA	4:00.28	
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		1988
	Alfred Guth (80)	San Pedro, CA	4:04.00	
	Average Winning Time		4:13.30.14	

## Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
15-19	Stephanie Rosenthal (18)	Boca Raton, FL	2:16.30.80	1990
	S. Carlisle-Sellani (27)	Boca Raton, FL		
	Average Winning Time		2:37.17.15	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL	2:03.11	1990
	Jamie Herrington (24)	Hollywood, FL		
	Average Winning Time		2:24.22	
25-29	Wendy Pratt (29)	Davis, CA	1:57.27.18	1990
	Nancy Corstorphine (29)	Davis, CA		
	Average Winning Time		2:22.32	
30-34	Mary L. Hughes (31)	Austin, TX	2:02.37.97	1990
	Huddie Murray (33)	Austin, TX		
	Average Winning Time		2:15.35	
35-39	Anita Allen (35)	Coral Springs, FL		1989
	Kathy Grant (39)	Deerfield Bch., FL	2:16.25	
	Average Winning Time		2:55.48	
40-44	Judy Decker (44)	Virginia Beach, VA		1986
	Betsy Durrant (44)	Virginia Beach, VA	2:31.04	
	Average Winning Time		2:52.53	

## Women's Teams (cont')

45-49	Betsy Durrant (45)	Virginia Beach, VA		1987
	Judy Decker (45)	Virginia Beach, VA	2:27.27	
	Average Winning Time		2:29.22	
50-54	Susan Munn (51)	Davis, CA	2:40.12	1990
	Patricia Gay (60)	Woodland, CA		
	Average Winning Time		3:19.28	
55-59	Malchia Olshan (57)	Carpinteria, CA		1988
	Grace Altus (64)	Santa Barbara, CA	3:09.13.00	
	Average Winning Time		3:10.21.16	

## Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Patricia McGuire (14)	Upper Marlboro, MD		1987
	David Streight (18)	Gambrills, MD	2:02.15	
	Average Winning Time		2:28.31.98	
20-24	Rose Van Metre (24)	Summerville, SC		1989
	C. A. Shoemaker (36)	Charleston, SC	2:17.28	
	Average Winning Time		2:32.49.07	
25-29	Kirk Johnson (25)	Richmond, VA		1985
	Deborah Cain (28)	Richmond, VA	1:54.05.02	
	Average Winning Time		2:10.49.06	
30-34	Steve Breiter (34)	Citrus Heights, CA		1990
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	
	Average Winning Time		2:12.07	
35-39	Shirley Loftus (38)	Afton, VA	1:55.47.01	1990
	John Shrum (41)	Charlottesville, VA		
	Average Winning Time		2:16.13.98	
40-44	Terry Sue Gault (40)	Midlothian, VA	2:07.57	1990
	Jim Miller (40)	Midlothian, VA		
	Average Winning Time		2:30.19.32	
45-49	John Felder (46)	Slidell, LA		1987
	Jayne Lambke (48)	Mandeville, LA	2:30.10	
	Average Winning Time		3:05.03.33	
50-54	Susan Munn (52)	Davis, CA	2:20.00	1990
	E. L. Fitzhugh (52)	Dixon, CA		
	Average Winning Time		2:59.19.03	
55-59	David W. Lamott (55)	San Diego, CA	2:58.12.22	1990
	Adrienne S. Pipes (56)	San Diego, CA		
	Average Winning Time		2:58.12.22	
60-64	Eric Youngquist (60)	Nashville, TN		1988
	Mary Lee Watson (66)	Nashville, TN	2:37.15	
	Average Winning Time		3:09.20.58	
65-69	Babs Carter (65)	Hampton, VA		1989
	Calvin Barnes (65)	Hampton, VA	3:11.34	
	Average Winning Time		3:40.15.50	



## **ENDURANCE ATHLETES BEAT SPRINTERS !**

**by Robert Smith**



Last years results of the 20x50's seemed fishy. This year, it's conclusive. Endurance swimmers are beating sprinters in the DR SPRINT POSTAL WORKOUT.

Last year, the thinking was that doing 20x50's on the 1:30 best prepared you for a 100 yard race. After reviewing 2 years of data, it seems that good 200 yard swimmers beat good sprinters in their average time for 20x50's. It looks like sprinters start to blow up after about 10 repeats and middle and long distance swimmers might even get faster in the last 10 reps. This puts me in a spot whereby I'm conducting a workout that discriminates against sprinters! Next year it'll be different

### **PETEY 1st but NANCY RIDOUT gets PRIZE**

Again, this year, Petey Smith worked hardest and her estimated "perfect" 200 time (based upon her 50's average) scored highest. Petey now holds every freestyle National record over 100 yards. Petey teamed up with a bunch of NEWPORT swimmers and they all had a good time. She won, but she can't get the grand prize twice.

Nancy Ridout, a national record holder from Northern California gets a 1 year subscription to Swimming Technique Magazine for her efforts. She rallied her TAMALPAIS masters club to join the challenge.

It must have been a beautiful sight to see Nancy in lane 3 and National champion 200 backstroker Richard Burns (3rd place winner) in lane 4 pushing each other in the 20x50's. Their average time was only .2 sec apart. They actually did the 20x50's several times and submitted their best. Nancy and Rich work hard and deserve their rank. They train 3000-4000 yards, 5-6 days per week.

Coach Dick Moody of EUGENE hand timed a bunch of his swimmers and Steve Johnson garnered 4th place with an impressive average. Coach/swimmer John Zell of PORTLAND PARKS sponsored a special session whereby his team timed each other. He and I were locked in battle in adjacent lanes taunting one another. After about 10

reps I was maxi-breathing, sucking in any loose items off the deck. He was quietly deep breathing (trying not to let me notice) and wishing for more power. After 10, I never caught my breath. I need more aerobics. John beat me fair and square.

Coach/swimmer Pinky Walker of PNA is sold on 50's as a training aid and put her team through the regime.

NEWBERG masters setup the electronic timer and automated the team workout. Computer pro, Bruce Cheney then tabulated and graphed each swimmers performance. When I die and return I want to live in Newberg and be a Chahalem master. Cathy Buck says "The last 4 50's nearly killed me". I think she's a sprinter.

### **SIDELINE COACHING**

If your estimated "perfect" 200 time seems too fast try:

1. *Adopting a smarter race strategy.*
2. *Psych-up more before your race.*
3. *Rest & taper more before your meet.*
4. *Do more aerobic workouts.*

If your "perfect" 200 is too slow:

1. *Too lazy or out of shape for 50's?*
2. *50's done in too slow a pool?*

### **KEEP IN TOUCH**

Some teams were "too busy" racking up high yardage workouts to do these long rest 20x50's. Masters swimming is about adults taking time to think and working hard together to improve. Nancy Ridout said it best; "I'm tired of being a walking zombie from high yardage short rest workouts."

Are you getting your AQUA-MASTER newsletter each month? It's the best bargain at only \$7.00 a year and the only source of DR SPRINT articles. If you have any questions please write.

**Dr Sprint aka Robert Smith**  
**18476 Timbergrove Ct**  
**Lake Grove, OR 97035**

## DR SPRINT POSTAL WORKOUT RESULTS - 1991 (see article)

WORKOUT CHAMP	AGE	SEX	CLUB	EVENT	20 X 50'S @1:30 AVG.TIME	PROJECTED "PERFECT" 200 TIME	% FROM SMOOTHED NAT. REC.
PETEEY MH SMITH	66	F	NEWP	FREE	37.67	2:34.45	-5.5%
NANCY J RIDOUT	49	F	TAM	FREE	31.77	2:10.26	-2.1%
RICHARD BURNS	47	M	TAM	BACK	31.93	2:10.91	-0.8%
STEVE JOHNSON	43	M	EUGE	FREE	28.68	1:57.59	6.9%
GARY J PARLAPIANO	44	M	TAM	BREAST	37.13	2:32.23	8.7%
HUGH C MOORE	36	M	PNA	FLY	31.03	2:07.22	8.8%
BONNIE Z WINN	46	F	TAM	BACK	40.98	2:48.02	8.9%
THOMAS A KAHL	25	M	PPM	IM	30.41	2:04.68	9.4%
JOHN F ZELL	34	M	PPM	BACK	31.77	2:10.26	10.2%
PINKY M WALKER	48	F	TACM	BACK	42.45	2:54.04	10.4%
GREG FROWNFELTER	42	M	RVM	FREE	30.02	2:03.08	11.4%
STEPHEN L FREEBORN	35	M	PNA	FREE	28.50	1:56.85	11.9%
GREG FROWNFELTER	42	M	RVM	IM	35.23	2:24.44	13.5%
DORA E COFFELT	56	F	TACM	BREAST	52.95	3:37.09	14.3%
GREG FROWNFELTER	42	M	RVM	BACK	35.59	2:25.92	14.3%
JAMES S EDWARDS	48	M	UVM	FREE	32.56	2:13.50	14.6%
KATHLEEN P BUCK	40	F	CMST	FREE	34.45	2:21.25	15.0%
BRUCE W CHENEY	39	M	CMST	FREE	30.17	2:03.70	15.1%
BEN V WRIGHT	48	M	TAM	IM	37.62	2:34.24	15.1%
FRANK J PHILIPPS	48	M	RVM	FREE	32.80	2:14.48	15.2%
KRISTEN C MELTON	31	F	LCM	FREE	32.37	2:12.72	15.2%
KAREN A MCGEE	37	F	TAM	FREE	33.47	2:17.23	15.5%
GARY N BECKLEY	40	M	PPM	FREE	30.94	2:06.85	15.6%
GREG FROWNFELTER	42	M	RVM	BREAST	40.18	2:44.74	16.2%
JIM ELLIOTT	39	M	CMST	FREE	30.98	2:07.02	16.5%
BEN V WRIGHT	48	M	TAM	FREE	33.40	2:16.94	16.8%
ROLAND CROTTS	48	M	TAM	FREE	33.61	2:17.80	17.3%
GERI H MATHEWSON	42	F	RVM	FREE	36.03	2:27.72	17.4%
JUDI SHERIDAN	27	F	EUGE	FREE	33.12	2:15.79	17.5%
CHRISTINE E WINN	25	F	TAM	IM	38.78	2:39.00	17.6%
PAMELA AUSTIN	27	F	PPM	FREE	33.60	2:17.76	18.7%
FRED ECKHARDT	65	M	PPM	FLY	52.48	3:35.17	18.7%
CHRISTINE E WINN	25	F	TAM	FREE	33.58	2:17.68	18.7%
SUZANNE DODS	30	F	TAM	IM	38.41	2:37.48	18.7%
DAVID F PUTNAM	59	M	UVM	FREE	38.03	2:35.92	19.2%
THOMAS M MYERS	40	M	RVM	FREE	32.59	2:13.62	19.9%
LYNDA CHRISTIASSEN	51	F	EUGE	FREE	41.71	2:51.01	20.5%
TUCKER WHITSON	46	M	RVM	FREE	34.43	2:21.16	20.7%
SUZANNE DODS	30	F	TAM	FLY	40.30	2:45.23	20.7%
SUE M SMITH	38	F	GPY	FREE	36.02	2:27.68	20.8%
STEVE SIMPSON	45	M	EUGE	FREE	34.81	2:22.72	22.2%
LORI HOLLINGSWORTH	34	F	LCM	FREE	35.49	2:25.51	22.3%
CRAIG S MATHER	39	M	RVM	FREE	33.34	2:16.69	22.5%
DAN R GRAY	46	M	RVM	FLY	41.35	2:49.53	22.7%
JOEL ROBE	36	M	EUGE	FREE	33.30	2:16.53	23.8%
CRAIG S JACOBSON	27	M	UVM	BREAST	39.67	2:42.65	23.8%
CAROL A ADAMS	28	F	UVM	FREE	35.89	2:27.15	23.9%
JANE A MOORE	40	F	PNA	FREE	39.42	2:41.62	25.8%
RON JERSEY	42	M	GPY	FREE	36.03	2:27.72	26.2%
JONATHAN L STEINER	40	M	TAM	FREE	35.80	2:26.78	27.1%
GAIL M KIMBERLING	35	F	LCM	FREE	38.09	2:36.17	27.3%
ANNE S MARSTON	61	F	TACM	BREAST	66.61	4:33.10	28.2%
CRAIG S JACOBSON	27	M	UVM	IM	38.77	2:38.96	28.3%
CRAIG S JACOBSON	27	M	UVM	FREE	34.12	2:19.89	28.5%
JUNE MATHER	38	F	RVM	FREE	36.94	2:31.45	30.0%
LAURIE J KILBOURN	24	F	LCM	FREE	39.58	2:42.28	30.7%

# Happy Birthday

## August Birthdays

Austen, Betsy M.	8/ 8/27	Macomber, Connie L.	8/30/57
Austen, Clark D.	8/28/27	40 Madland, Dona T.	8/22/51
Austin, Pamela	8/ 1/63	30 McCluskey, Kevin	8/22/61
Baum, David C.	8/14/49	Mc Lauchlan, Heather L.	8/ 4/62
Becker, Mark L.	8/28/54	Mealy, Richard	8/12/32
Belford, Judith D.	8/ 8/49	Mecklem, Becky S.	8/29/63
Catter, Bruce L.	8/ 3/54	50 Mohr, Ralph W.	8/20/41
35 Cobb, Ronald E.	8/ 1/56	Moncrieff, Catherine	8/22/68
Colvin, Penny C.	8/20/50	Reilly, Heather D.	8/21/67
Cumpston, Evan G.	8/ 3/60	Sabin, George E.	8/ 3/35
Dasch, Vern E.	8/14/49	Sanburg, Kristin M.	8/10/52
De Stefanis, Lura Marie	8/ 7/59	Schaufler, Arlyn J.	8/24/59
Dirksen, Michael T.	8/ 6/49	Schuldt, Jill C.	8/ 3/58
Douglas, Michael J.	8/ 4/57	Shaver, Darren K.	8/14/65
Escobar, Braulio	8/29/49	55 Smith, Ronald E.	8/28/36
Falten, Victoria L.	8/ 8/49	70 Stevenin, Elfie J.	8/20/21
Gish, Nancy B.	8/28/48	Stout, Carlyle F.	8/27/48
Gregoire, Debbie J.	8/ 8/54	35 Stratte, Tryg	8/18/56
Gustafson, Kristi K.	8/ 5/55	Takano, Kristin M.	8/31/70
30 Harger, Diane E.	8/ 7/61	45 Tauscher, Ed L.	8/ 1/46
Heller, Marc D.	8/19/49	Tempest, David P.	8/16/50
Hepner, Louise A.	8/ 8/25	Tuma, Bernard A.	8/23/60
Herringer, Teresa A.	8/ 7/57	Van Rossen, Donald P.	8/19/29
Istok, Jonathan D.	8/13/55	Waggoner, Mark R.	8/ 9/64
Jensen, Peter C.	8/ 1/49	Warren, Mike H.	8/ 9/50
Jones, Gregory S.	8/ 4/52	White, Gerald R.	8/28/30
Kirk, Mark E.	8/18/59	Wickman, John P.	8/15/67
Kok, Jeroen J.	8/31/59	Winkle, Kathryn Z.	8/15/65
Krippaehne, Pollyanne C.	8/30/62	Ziegler, Suzanne M.	8/ 8/62
La Count, Curt R.	8/30/58		
Lanier, Patricia E.	8/11/34		
Laurenson, Elizabeth A.	8/15/58		
MacGraw, Gary J.	8/26/50		

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

## September Birthdays

Alberts, Julie G.	9/ 1/64	Kennett, Craig A.	9/15/67
Barnum, James A.	9/13/50	Kinzey-Lee, Jean L.	9/ 8/40
20 Blumklotz, Beth E.	9/18/71	Kish, Robert G.	9/13/50
Bogus, Kim J.	9/30/58	Lescher, Joanne M.	9/ 6/55
Bong, David A.	9/29/47	Long, Bradley G.	9/15/62
35 Buchan, Barbara J.	9/ 4/56	25 Montgomery, Maryjane S.	9/14/66
Buck, Kathleen P.	9/27/50	Montgomery, Richard J.	9/ 2/58
Chastain-Arvidson, Jayne	9/22/45	Moody, Richard M.	9/ 1/40
70 Clayson, William T.	9/29/21	Morehouse, Andrew R.	9/13/60
Connell, Mark E.	9/ 1/54	Myers, Thomas M.	9/ 9/50
Daggett, Ann S.	9/24/62	Petersen, MaryAnn	9/14/65
30 Decher, Marianne M.	9/30/61	Phelps, Emily L.	9/27/55
50 Dennis, Joann H.	9/21/41	Reinmuth, Steve C.	9/19/65
Dickinson, Roger L.	9/ 8/33	Rodriguez, Rick A.	9/10/62
45 Emmerson, Kathleen	9/14/46	35 Rompel, Greg D.	9/23/56
Fanning, Tom L.	9/25/39	Ross, Nancy S.	9/29/37
Frownfelter, Greg	9/17/48	Ryan, Georgia R.	9/ 4/34
45 Gosling, Kenneth L.	9/17/46	25 Saladin, Susette C.	9/ 4/66
Griese, Jeannette M.C.	9/11/65	Santry, Joe	9/26/40
Griese, Jeff A.	9/27/62	Schob, Laura K.	9/20/58
Grillo, Mary A.	9/23/54	Shields, Kevin T.	9/15/67
Guest, Eric G.P.	9/18/29	Steffanoff, Nick D.	9/ 7/38
Harris, Susan H.	9/12/60	Tichenor, Seth D.	9/19/70
Healy Jr., Delmor L.	9/15/59	Tishmack, Kathy K.	9/16/62
Hoey, Jack	9/19/09	Underwood, Beverly J.	9/27/34
Howard, Chuck D.	9/10/49	Valentine, Elizabeth C.	9/18/35
Hyde, Lauri J.	9/30/70	Verkler, Tim J.	9/ 1/52
30 Imel, Margy C.	9/21/61	Welch, Arthur C.	9/ 8/32
Jersey, Ronald E.	9/17/48	Wight, John M.	9/15/43

# 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.

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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!!!



# 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 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**

Name \_\_\_\_\_  
LAST FIRST M.I.

**1991**

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ ZIP \_\_\_\_\_

( ) Phone # \_\_\_\_\_ Born (MM/DD/YY) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

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

Local Team (if any) \_\_\_\_\_

Reg. Fee (\$18.00)  
AquaMaster (\$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.

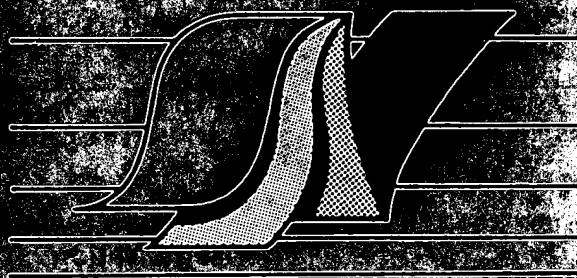
Signature \_\_\_\_\_

IN THIS ISSUE: DR. SPRINT, OL' BARNACLE, Z-MAN SAYS,  
AND RESULTS FROM STATE GAMES AND ST. HELENS

# Aqua-Master

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