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Aqua-Master is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership and subscription information. OMS is a part of United States Masters Swimming, Inc.

CALENDAR & MEET SCHEDULE 1991 - 1992

NOV 19	O.M.S. BOARD MEETING 7:15 P.M. ANDY SCHRAG'S HOUSE
*DEC 7	LINCOLN CITY, OR COMMUNITY POOL S.C.M. #1
DEC 3	FITNESS COMMITTEE MEETING 7:15 P.M. GRIFFITH PARK A.C.
DEC 10	O.M.S. BOARD MEETING 7:15 P.M. JOHN ZELL'S HOUSE
*DEC 15	ANACORTES, WA ANACORTES COMMUNITY POOL S.C.M. #2
DEC 19	"A FRED ECKHARDT BEER TASTING" WINTER BEERS DUBLIN PUB 6821 S.W. BEAVERTON-HILLSDALE HWY 8:00 P.M.
*JAN 4/5, 1992	EUGENE, OR SHELDON HIGH SCHOOL POOL S.C.Y. #2
*JAN 19	KENT, WA HAZEN POOL KENT AREA DOLPHINS S.C.Y. #3
FEB 1	BEAVERTON, OR TUALITIN HILLS PENTATHLON MEET
FEB 23	PORTLAND, OR "TRI-M II" + FREE COLUMBIA POOL YOUR CHOICE OF: 100, 200, 400 I.M. OR 100, 200, 500 FREE
MARCH 7 & 8	BEND, OR JUNIPER AQUATIC CENTER S.C.M. #4
MARCH 22	BANGOR, WA BANGOR NAVAL BASE S.C.Y. #4
APRIL 3, 4, & 5	ASHLAND, OR OMS ASSOCIATION CHAMPIONSHIPS SOUTHERN OREGON STATE COLLEGE S.C.Y. #1
APRIL 24-26	PORTLAND, OR LEWIS & CLARK COLLEGE N.W. ZONE S.C. REGIONAL CHAMPIONSHIPS
MAY 9	TIGARD, OR AGE GROUP INVITATIONAL W/ MASTERS
MAY 21-24	1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.
JUNE 19	FEDERAL WAY, WA GOODWILL GAMES POOL L.C.M. #1
JUNE 25 to JULY 5, 1992	4th WORLD MASTERS SWIMMING CHAMPIONSHIPS UNIVERSITY OF INDIANA INDIANAPOLIS, INDIANA
JULY 11 & 12	PORTLAND, OR M.A.C. CLUB STATE GAMES OF OREGON
JULY 18	SOUTHERN OREGON WILLOW LAKE SWIM
JULY 25 & 26	GRESHAM, OR MT. HOOD COMMUNITY COLLEGE 50M POOL TEAM O.M.S. AND TEAM M.A.C. CLUB 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. & TEAM M.A.C. -- TARGET MEET OF 1992
SEASON**

Z-Man says---

Greetings to Oregon Masters Swimmers and welcome to the "Annual Registration Issue" of the Aqua-Master. Yes, it's that time of year that all members of OMS receive a copy of our monthly newsletter. One of the reasons we send all of you this issue is to give you the new registration form for the new year. You have the opportunity to register early for 1992. This form can be found inside of the last page. But you have to read and study all of the contents between this page and that one first.

Per the schedule page you can plainly see that our meets for the rest of the year is firm. We have a meet at Sheldon Pool (not at Echo Hollow as previously published) in Eugene on January 4th and 5th. The date for the TRI-M meet is now set for February 23rd. That's it folks our schedule is set...no unanswered questions...you can mark your calendar and make plans to attend any or all of these events.

As I reported last month, our annual registration fees have gone up \$3.00 and we will all receive a years subscription to "Swim Magazine". Well, I just received a letter today from the national office of United States Masters Swimming with a progress report on this subject. It looks now that the first copy of "Swim" that we will receive is the March/April 1992 issue. I would guess that this issue will come to those who register or renew their membership with OMS/USMS in the months of November, December, January, and maybe February. So my advise, naturally, would be to register TODAY!!! But of course, you know me, I wouldn't recommend anything different.

Speaking of registration...OREGON MASTERS IS PROUD TO INTRODUCE TO YOU OUR NEW REGISTRATION TEAM!!! It gives me great pleasure to inform you that Stephen and Diane Harger will be taking over as our official Registrars. You will find the Hargers name and address on the new 1992 registration form and on the schedule page. You may send your 1992 registration to them or include it in with any meet entry form when entering a meet in 1992. Your current registration is still good for the Lincoln City meet in December 1991. Steve and Diane take over for Dan Johnson who has been our registrar since 1988. OMS would like to thank Dan for a job well done. This is not an easy job and requires some faithful work every month. We really appreciate all the work Dan has done. THANKS SO MUCH, DAN!!! You have done OMS proud.

In this months issue you will find an excellent article from a gentleman I met and became friends with at the recent USMS convention in Louisville. Mike Collins is the coach of Davis Aquatic Masters in Davis, California and tells to us about stroke drills. You will find an article from Dr. Sprint. He reports on a friend of all of us and a topic that should not be taken lightly. Of course you will find a number of meet entry forms but unfortunately due to Ol' Barnacles recent health developments there are no meet results this month. We will have results from the MAC Club Centennial and Parkrose next month.

See the form below. To date I have received responses from Eric Guest, Andy Schrag, and Jim Holland. **Three people. That's not even enough to make a relay. What can you do to change this?** That's all for now...See you at Lincoln City,

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

Name _____
Address _____
City _____
Phone _____
Age _____ (As of Aug. 23, 1992)

My curreent best time or estimated best time is:
50 meter Free _____
50 meter Fly _____
50 meter Back _____
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 **DO IT TODAY!!!**

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANTIONED (92-B) 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: LINCOLN CITY SHORT COURSE METERS MEET

PLACE: LINCOLN CITY COMMUNITY CENTER POOL

DATE: SATURDAY DECEMBER 7, 1991

2150 OAR ST. LINCOLN CITY, OREGON

6 LANE 25 METER POOL MANUAL TIMING

WARM-UPS: 9:00 A.M.

1 LANE FOR CONTINUOUS WARM-UP/DOWN

HOST: LINCOLN CITY MASTERS & SWIM TEAM

MEET STARTS: 10:00 A.M.

MEET DIRECTOR: LARRY FOWLER phone: 503-994-5208 & GAIL KIMBERLING phone: 503-994-7595

Directions to Lincoln City pool: Take Hwy 101 south through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From south take right at 22nd and right at Oar. Pool is directly behind Elks lodge in Lincoln City.

ENTRY DEADLINE : POSTMARKED NO LATER THAN NOVEMBER 23th, 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: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. You may enter a max of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 800 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY DECEMBER 7 LINCOLN CITY

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

400 FREE (2) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (3) XXXXXXXXXXXXXXXX

50 FREE (4) _____:_____:_____

100 BREAST (5) _____:_____:_____

200 BACK (6) _____:_____:_____

50 FLY (7) _____:_____:_____

200 I.M. (8) _____:_____:_____

MXD FR RLY (9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (10) _____:_____:_____

200 BREAST (11)

50 BACK (12) _____:_____:_____

100 FLY (13) _____:_____:_____

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (15) _____:_____:_____

50 BREAST (16) _____:_____:_____

100 BACK (17) _____:_____:_____

200 FLY (18) _____:_____:_____

100 I.M. (19) _____:_____:_____

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

800 FREE (21) _____:_____:_____

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

FAMOUS LOCAL SWIMMER HAS HEART ATTACKS

When I heard that Earl Walter suffered a heart attack, I was shocked. How could a high caliber masters swimmer that was regularly racking up 2000 to 4000 yard workouts ever fall victim to this disease? Wasn't regular hard exercise enough?

Statistically speaking, in this country, the three leading causes of our death will be: #1-Heart disease #2-Cancer or #3-Accident. Many Masters figure to cheat the #1 cause of death (plus have a good healthy life) by swimming regularly and using the competition as a positive motivation force to stay on their exercise regime for life. What a beautiful hobby we have! But what happened to Earl?

Earl is the father of the Oregon Masters swimming program. He has served on the board since day #1 and has held just about every position from president on down. He's known throughout the country for his contributions to the concept.

Earl is a consistent performer, he has been in the US Top Ten list for every season in every year since he started swimming in 1974. He sometimes cops off an All American patch. He's usually always in good shape since he competes year round. His best events are backstroke, fly, and IM in the longer distances to better reflect his hard work ethic. He is well known for master minding a group of Oregon 65+ men towards World and National records in the relays. When this relay is swimming it pays to watch.

Earl is now 70. At 49 years he had a irregular heart beat problem and has been under doctors supervision continuously. He never misses his annual physical. Until this September he's never had any other symptom of heart problems. No chest pain, no angina.

Then one night at about 3am after a heavy meal he had sharp pain while in bed. It was searing pain all across his upper chest and down his left arm to his wrist. Although he has never had one, it was unmistakable, he knew what it was.

He calmly absorbed the pain, called a cab and went to the nearest hospital. He's had pain before, he regularly swims the 200 fly.

In the operating room from 4am-6:30am the doctors caught him within the critical first 4 hours after attack. They were able to use angioplasty, whereby they insert a balloon type device into the obstructed heart artery and expand it open. Because it was quickly treated and he had a conditioned body, there was no permanent damage to his heart. Due to his



superior condition, the attack was mild, and he was released in less than a week.

In two weeks he started to swim light 1000 yard workouts. But then a second very mild attack set him back from his goal of swimming in the December meets. The second attack was probably caused by a blood clot stuck in the narrowing arteries.

Earl now better understands why this happened. When his wife Sally died suddenly in August 1989 of a massive stroke, his life stresses dramatically increased. He had a long bout with pneumonia, losing 30 pounds. He planned a 2nd marriage (which fell through) while he sold his long time home in Portland. He has been a Portland resident most of his life but now lives in rural Gearhart on the coast. He's trying to bring his stress levels down by minimizing severe changes.

For too many years he ate high fat and cholesterol foods. He admits he was a french fry monster. He averaged 2 eggs daily and loved red meats. Surprising, his cholesterol count was only 210 (about normal) while his high density blood fats were 35% higher than average (which is good).

Now his eating pattern is quite different. Breakfast is cereal instead of sausage. He's restricted to 2 eggs per week. His favorite lunch was a peanut butter & pickle sandwich, but now he enjoys fruit & vegetables. Big dinners are in the past. Instead of pork chops or prime rib, he now eats chicken or fish.

Earl once thought that as long as you kept working out and exercising, all health problems would take care of themselves. He knows that 50% die from their first heart attack. His survival allows us all to learn from his experience.

Good health is like a three legged stool. Workouts and fitness is one leg. Diet is another. Stress management is the necessary 3rd leg. You need all three to live the good life.

It's a pleasure talking to Earl about swimming, he loves the sport so much. He can hardly wait till his next meet. With his new lifestyle, he'll clean out the plaque clogging his arteries. He'll be an even bigger force in the many age groups ahead of him.

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (92-C) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1992 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.

DATE: JANUARY 4 & 5, 1992

MEET: EUGENE MASTERS S.C. YARDS

PLACE: SHELDON HIGH COMMUNITY POOL

EUGENE, OREGON

WARM-UPS: SATURDAY 4:00 P.M.

SUNDAY 8:00 A.M.

6 LANES COMPETITION - ELECTRONIC TIMING

MEET STARTS: SATURDAY 5:00 P.M.

SEPARATE CONTINUOUS WARM UP/DOWN DIVING POOL

SUNDAY 9:00 A.M.

HOST: Eugene City Swim and Water Polo Team

Meet Director: Doug Smith 503-687-5525 days

DIRECTIONS TO POOL: 2445 Willakenzie Road Eugene, OR From I-5 take the #195-A exit which puts you on the "Beltline" Hwy travelling west. Once on "Beltline" take the 1st exit to Coburg Road. Turn left on Coburg road. Traveling south on Coburg Road the 1st stop light is Willakensie and you then turn right heading west. Sheldon High School will be on your right and the pool is on the extreme west end of the parking lot.

ENTRY DEADLINE : POSTMARKED NO LATER THAN DECEMBER 21th, 1991

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

NAME _____ 1992 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 maximum of 6 individual events plus 4 relays with a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500 Free and 1000 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY JAN. 4th EUGENE

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

1000 FREE (2) _____ : _____ . _____

SUNDAY JAN. 5th EUGENE

500 FREE (3) _____ : _____ . _____

BREAK BREAK BREAK

FREE RLY (4) XXXXXXXXXXXXXXXX

100 BACK (5) _____ : _____ . _____

200 FREE (6) _____ : _____ . _____

50 FLY (7) _____ : _____ . _____

200 BREAST (8) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

BREAK BREAK BREAK

MXD FR RL (10) XXXXXXXXXXXXXXXX

200 BACK (11) _____ : _____ . _____

50 FREE (12) _____ : _____ . _____

100 FLY (13) _____ : _____ . _____

50 BREAST (14) _____ : _____ . _____

MED RELAY (15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (16) _____ : _____ . _____

100 FREE (17) _____ : _____ . _____

200 FLY (18) _____ : _____ . _____

100 BREAST (19) _____ : _____ . _____

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

MXD MD RL (21) XXXXXXXXXXXXXXXX

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

DOING STROKE DRILLS A KEY TO IMPROVEMENT

by Micheal Collins

At several of the Masters programs I've visited, the emphasis seems to be on getting the greatest yardage in on fairly short time intervals. I am amazed by how little time is spent on stroke improvement & drills. Although short rest/high yardage sets are important and beneficial for conditioning & endurance, they should not be done in every set of a work-out. Variety in training is essential for improvement. No matter how many repeats you do, your stroke will not get better without specific attention. Your improvement will be limited purely to better conditioning, and you may not be able to get any faster once you reach a certain level of conditioning. An analogy I like to use is how swimming correctly (fast, smooth, & efficient), is much like doing difficult math problems. If you don't know a few key theorems & formulas you will probably not be able to get the right answer. The same holds true with swimming. If you are missing a few key elements of a stroke you will never become a fast, smooth, & efficient swimmer. I asked a few coaches why they don't use drills and they told me it was because the swimmers didn't like to do them. The older swimmers claim they already know how to do all the strokes and it's too late to change their technique. Many new swimmers, triathletes, and former distance swimmers often seem to just want big yardage in order to "get in shape." I had to overcome these same complaints in our program in Davis too.

Who Needs To Do Drills and How Often ?

Everyone should do drills, slow swimmers, fast swimmers, new swimmers, experienced swimmers, competitive swimmers, & non-competitive swimmers.

I was surprised to find out that most NCAA Division 1 schools spend about 60% of their yardage outside of the main set doing drills. These are very fast swimmers with excellent strokes, yet they still take the time to work on specific technique improvements. While they are recovering from a difficult set or workout they can be getting more benefit than if they just swim easy.

Reasons for doing Stroke drills:

- 1. Make one aware of inefficiencies.**
- 2. Allow one to work on specific aspect of a stroke and do it correctly.**
- 3. Teach a "feel" for the water and help coordinate the stroke (timing).**
- 4. Help to make one's stroke symmetrical (even on both sides).**
- 5. Great "fillers" between tough sets which are more useful than "garbage yards".**

Although a large percentage of our swimmers do not compete, everyone becomes more motivated when they swim faster. Progress is an essential way to stay motivated and enjoy swimming. After being convinced to try doing some stroke drills, they found something out. It's not so easy to do drills correctly! Although most drills aren't designed to work the cardiovascular system, many swimmers had to work extremely hard to get across the pool with their inefficiencies. Sound familiar? Maybe this is the real reason why they didn't like to do drills. They complained that the drills made them feel awkward and uncoordinated. "My Whole Point!", I exclaimed. "A chain is only as strong as its weakest link", is a familiar saying which applies well to swimming. If you don't work to improve your weaknesses, it becomes very difficult to swim faster and more efficiently.

How To Do Drills

It is best to have a knowledgeable coach watching you during stroke drills, letting you know what you are doing wrong and how to correct it, and what you are doing right, so you will remember how it feels. Even if you can't get a coach to watch your form during drills, you can still improve tremendously if you do a few simple things. Do drills on an interval with a fair amount of rest (:20-:30 rest per 50). Check your time at the end of each repeat. When your time is getting faster, yet you are less fatigued, you know you are becoming more efficient. This doesn't mean that you should race though drills trying to go faster. The object is to improve your stroke, and this will probably require swimming very slowly at first. Concentrate on what you are trying to do in a drill. Don't think about what happened at work or what's for dinner when you get home or even about the whole stroke, just concentrate on that aspect of the stroke the drill will help you improve.

What Drills To Do

There are countless different drills to do. One of the best for all the strokes, yet very basic, is the single arm drill. It is usually done in a set of 50's swimming with the right arm down the pool and the left arm back. Extend the non-stroking arm in front while breathing toward the side of the stroking or, for a more difficult drill, it can be left at the side, and the breathing done to the non-stroking side (can be worked on while doing a single arm drill). Entry, catch, scull, finish/exit, recovery.

An example of a freestyle improvement set would be:

4 x (3 x 50 on a :20 rest interval) Descend each set, 1-3

1st set of 3 - Recovery & Entry. High elbow recovery, fingertips dragging over the surface close to the body. Smooth fingertip entry, thumb angled down at 45 degrees, palm facing out.

2nd set of 3- Catch & Sculling. Reach for full extension after entry, don't cross over or let elbow drop. Scull "out-in-out" with entire forearm to keep feel of the water.

3rd set of 3 - Acceleration & Finish. Increase hand speed from catch to finish. Press hand back past suit line and "snap" wrist out of water, little finger first.

4th set of 3 - Normal stroke swimming.

Try to continue doing proper form learned in drills.

Michael Collins is the Head Coach of the Davis Aquatic Masters in California. In addition, he is co-chairman of the On Deck Coaching Program at Nationals, a member of the National Coaches Committee, & a USMS National Record holder in eight 19-24 age group events.

Reprinted from the 1990 USMS Summer Newsletter.

Happy Birthday

Birthdays

Allen, Glenna M.	12/16/27
Amundson, Edward A.	12/28/49
Artman, Mark W.	12/ 5/63
45 Barrett, Steven L.	12/22/46
Brett, Robyn L.	12/30/54
Brooks, Nancy J.	12/15/42
Callan, Joseph G.	12/22/42
45 Campbell, Donald T.	12/12/46
35 Campbell, Scott	12/14/56
Cole, Tyler R.	12/14/60
Craig, Virginia Lea	12/ 2/35
45 Duffy, Michael L.	12/15/46
Emmett, Robert L.	12/21/55
Evensen, Even P.	12/12/47
Finzer, Keith A.	12/ 8/44
Flint, Mark W.	12/17/45
Fox, Christina M.J.	12/25/60
Gagnon, Kimarie	12/ 1/62
Gallic, Gordon	12/ 7/48
40 Goossen, Stuart J.	12/19/51
45 Guist, Connie	12/20/46
Haynie, Harlan B.	12/ 5/48
Henning, Philip K.	12/ 5/69
Hoelscher, Catherine C.	12/ 8/55
Hollingsworth, Lori L.	12/20/55
Hull, Christopher S.	12/ 5/62
Jensen, Philip L.	12/11/35
Joyce, Lisa S.	12/12/60
Keathley, Ardith C.	12/ 5/57
30 Kline, Bill P.	12/18/61
25 Lastelic, Barbara A.	12/ 8/66
30 Lee, Laury A.	12/ 8/61

Lind, Todd A.	12/29/65
70 McGregor, Jim	12/30/21
Moffitt, Chris E.	12/14/59
Munro, Stuart A.	12/23/57
45 Page, Stephen W.	12/ 4/46
40 Parker, Lissa B.	12/19/51
Petersen, Bert L.	12/ 6/38
Phillips, Frank J.	12/19/42
Phillips, Kimberly A.	12/15/57
Richards, Hugh S.	12/26/20
Riddle, Kristi P.	12/ 8/48
Robbins, James K.	12/27/50
30 Roberts, Tom G.	12/29/61
Runquist, Paul W.	12/ 6/48
Sandison, Carol A.	12/18/57
35 Schrag, Andy	12/15/56
25 Seltzer, Robert W.	12/15/66
Simpson, Steven J.	12/ 4/45
70 Stangel, Pauline B.	12/ 2/21
Stark, Carol R.	12/10/48
Stonebridge, James H.	12/20/39
Sugarman, David S.	12/22/59
40 Sullivan, Daniel A.	12/ 4/51
Svoboda, Milan	12/19/43
Travis, David M.	12/12/65
Vaughan, Dale G.	12/18/44
Willis, Bradley J.	12/ 5/52
Wood, Carolyn V.	12/18/45
40 Worden, Mark F.	12/13/51
Yeakel, David W.	12/13/53

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



H.O.S.T. (House Our Swimmers Tonight)



Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out-of-town meet.

OREGON MASTERS

Corvallis
So. Oregon

Andy Schrag

(206) 254-9400 W

(206) 254-9661 H

Mark & Laura Worden

(503) 753-5726

Terry & Judy McCurdy

(503) 679-8144

IEA MASTERS

Mariah Clarke

(509) 926-2597

PNA MASTERS

Marietta Hunziker
Ann Gindroz

(206) 564-9517

(206) 272-1854

SNAKE RIVER

Janet Wood

(208) 345-8843 H

(208) 339-7229 W

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: December 15, 1991
Hosted by TAC Masters
DEADLINE: Entries due: December 5, 1991

ORDER OF EVENTS
EVENT # EVENT

DATE: December 15, 1991
TIME: Warmup 8:30 A.M.
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 200 M FREE RELAY
3 100 M BACK
4 200 M FREE
5 50 M FLY
6 200 M BREAST
7 100 M I.M.

PLACE: Fidalgo Pool
1603 22nd
Anacortes
(206) 293-0673

MEET DIRECTOR: Mike Bemis
293-0673

5 MINUTE BREAK

8 400 M MIXED FREE RELAY
9 200 M BACK
10 50 M FREE
11 100 M FLY
12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool
Warm-up area
Water Temp: ??°
RULES: Current USMS rules will
govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY
14 50 M BACK
15 100 M FREE
16 200 M FLY
17 100 M BREAST

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

5 MINUTE BREAK

18 200 M I.M.
19 200 MIXED MEDLEY RELAY

SEEDING: Slow to Fast

CONCESSIONS: Yes

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: December 15, 1991
TAC Masters at Fidalgo Pool: Anacortes
Sanction # 913612

SHORT COURSE METERS

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

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

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME
--------------	-------	------------

ENTRY FEES

SURCHARGE: \$3.00
Individual Events @ \$1.00

\$3.00

(Includes LMSC surcharge \$1)
(No charge for relays)

TOTAL _____

Checks payable to TAC Masters

Mail fees and this entry form to:

Mike Bemis
P.O. Box 604
Anacortes, WA 98221

ENTRIES DUE: December 5, 1991

STATEMENT OF RELEASE

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

Signed _____ Date _____

WATER, WATER EVERYWHERE... DO I NEED TO DRINK IT TOO?

by Terry Laughlin

Perhaps the most valuable cross-pollination effect of all the triathletes who have joined Masters swimmers in workouts is the sight of all those water bottles proliferating at the end of the pool during workouts. They've learned the value of proper rehydration (replacement of body fluids lost through sweat) from their cross-training.

It's easy to assume that because you don't actually see the sweat when you're swimming as you do when you're running, that you're not really losing water, but it's not true. You do sweat copiously while swimming because your body generates lots of internal heat from the friction of all those muscle fibers contracting.

If you weigh yourself before and after workout, you'll likely find that you've lost weight. That weight loss is fluid loss and sweat losses of as little as 2% of body weight can impair practice performance. Dehydration is far more likely to slow you down than energy loss.

Water loading is far more important than Carbo loading and much easier to do. But although plain water is the most important nutrient involved in achieving peak physical performance, it is no longer considered by some scientists to be the last word. Recent research by Dr. Carl Gisolfi at the University of Iowa has suggested that in workouts of at least 90 minutes in duration, fluid replacement drinks with electrolyte solutions are absorbed into the bloodstream more rapidly than water, hastening recovery.

These fluid replacement drinks now come in a variety of brand names and are sold not just in health food and sporting good stores, but in grocery and convenience stores and marketed as thirst quenchers as well as sports beverages. Not all work with equal efficacy on every body as they have different formulations, so each swimmer should experiment with several during workouts to determine which works best.

How much should you drink? The body contains about 40 quarts of water, of which 6 to 8 ounces may be lost as sweat during every 15 minutes of strenuous activity. So you may benefit from taking a healthy swig from your water bottle about every 15 minutes. There's no such thing as drinking too much although you may need to excuse yourself from workout to visit the rest room more frequently. For a more precise measure of your fluid replacement needs, try the following:

- 1) To estimate fluid needs, weigh yourself before and after a training session. Each pound lost represents about 1 pint (2 cups) of water loss. Bring a water bottle with as much fluid as you find you typically lose.
- 2) Pre-hydrate before a training session by drinking 2 to 3 cups of water about 2 hours before practice and another 2 cups 15 minutes before you begin swimming.
- 3) Don't wait until you're thirsty to begin drinking. The thirst response always lags your fluid needs. Drink small amounts (1/2 cup) every 15 minutes during your workout to ease absorption.
- 4) Do you need energy replacement drinks during workout? Ordinarily no - the body stores enough carbohydrate (in the form of glycogen) to fuel your muscles for at least 2 hours of work.

Reprinted from the April/May issue of Swimsmarts

OREGON MASTER SWIMMING is currently excepting nominations for the following Board positions:

Vice Chairman and Treasurer

These are two year term positions.

**You may submit your nominations to Chairman John "Z-Man" Zell
by mail until December 5th, 1992.**

**The Board will review this names at the December 10th meeting and
ballots will be mailed to all the team representatives
for voting shortly thereafter.**

SCAQ WORKOUT

Editors note: While I was attending the USMS Convention in Louisville I attended a couple of mornign workouts for the Masters delegates and this was one of the workouts we did. The workout was conducted by Southern California Aquatics coaches Gerry Rodrigues and Clay Evans. It was a great one and so I thought I'd share it with you. You can see it is divided into three levels depending on your ability. Read through the coaching theory on both sides. Enjoy!

--- Z-Man

	ADVANCED 1:20/100 yards and faster	INTERMEDIATE 1:25 - 1:45/100	WARM & FUZZY 1:50/100 and slower
Warm-up	1) 5 minutes easy	5 minutes easy	5 minutes easy
Warm-up	2) 5 x 125 (20 sec rest)	5 x 100 (20 sec rest)	5 x 75 (20 sec rest)
Pull	3) 6 x 100 (breath control)	5 x 100	4 x 100
Main set	4) 4 x 175 + 75 (4 min)	4 x 175 + 25 (4 min)	4 x 175 + 25 (4 min)
Sneak	5) 1 x 175	1 x 175	1 x 175
Kick	6) 6 x 75 (1:30)	6 x 50 (1:30)	6 x 50 (1:30)
Easy	6) 50	50	50
Sprint	7) 8 x 50 (1:15)	8 x 50 (1:15)	8 x 50 (1:15)

COACHING THEORY FOR THIS WORKOUT:

1) **EASY SWIM** on your own so that the coach can organize the lanes and accommodate the late comers. Get to know your lane mates, and decide who will be lane leader.

2) A **SHORT WARM-UP** interval set with a stroke drill. As with all your workouts, get a thorough and complete warm-up and warm-down. You need double the warm-up time in the morning than your evening workouts (remember this for nationals - Masters always warm up too little - you need over 1,200 for intermediate, 800 for Fuzzies).

STROKE DRILL for the 1st 25 keep your head up out of the water and watch your hand entry. Don't breath but every 5th, keep your head straight. Few tips: stretch and glide straight out in front of your nose. Don't cross the center line. Enter with your thumb down and your palm facing outward. This will keep your elbow facing upward toward the sky. (see diagram on reverse side)

3) **OUR PULL SET** here has some breath control (Hypoxic) in it to really get your lungs, capillaries and muscles ready for #4, the main set. Breath control, or hypoxic, is being currently disputed in the kinesiology world as to its benefits to conditioning. We at SCAQ however firmly believe in its benefits for warm-ups. Your lungs need oxygen deprivation to really open them up.

4) **MAIN SET** is designed to induce some quality and give you some distance. The strange distance of 175 is a challenge for you swimmers. You are to attempt to keep the time of the 175's under your best 200 free time at nationals. The rest interval is enough for all of you to swim back easy, catch your breath and psych-up for your next 175.

MID SET DRILL: after the 4th swim we will have you do your easy swim again with your head up so that you are not forgetting what you learnt in warm up. Remember, when you start getting tired you will also start losing your stroke. Don't compound your being tired with stroke deterioration.

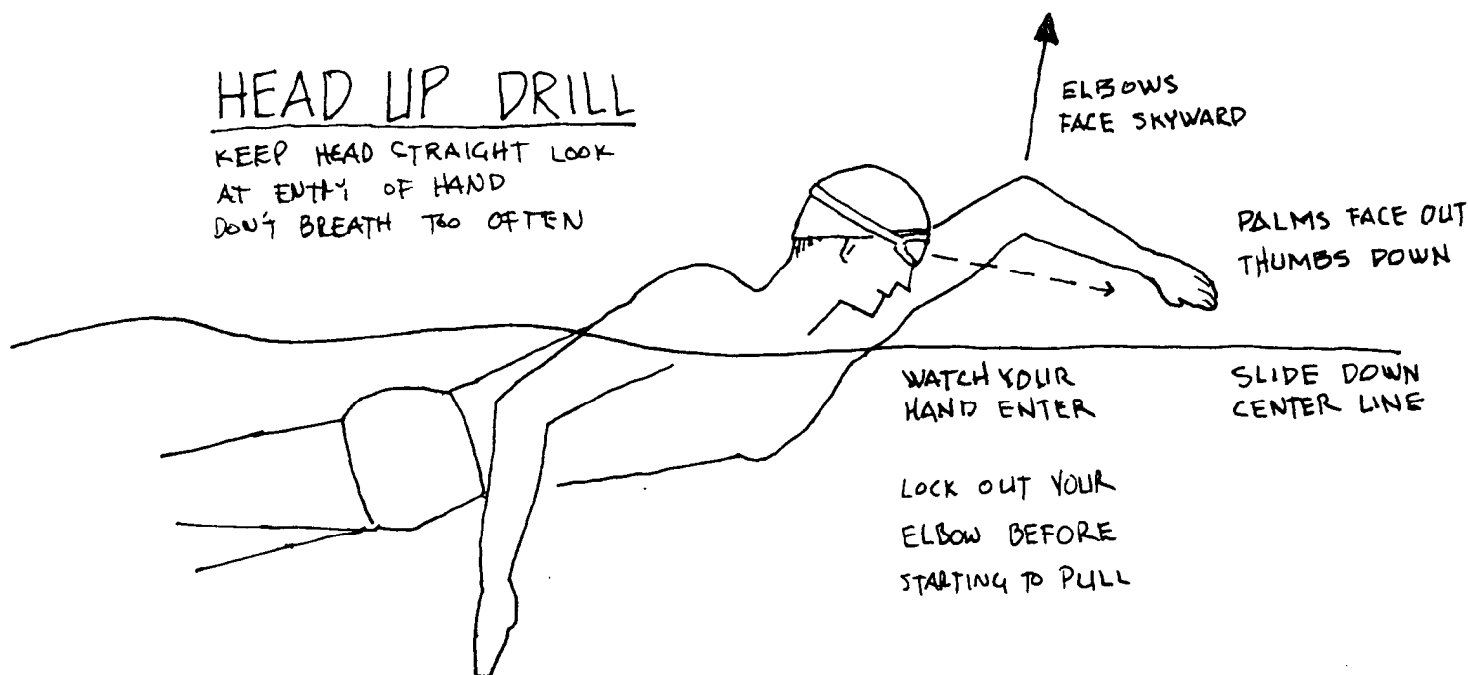
5) **SNEAK SWIM:** after we got you working hard we add one more 175. So reach down deep for your best time of the morning!

6) **KICK SET:** first 75 is easy; #'s 2 & 3 first 50 easy, last 25 hard; #'s 4 & 5, 25 easy, 50 hard; last 75 is all out all the way.

7) easy 50, everybody's specialty!

8) **LAST SPRINT SET:** (if we haven't got your attention yet, this will) 8 x 50's with the first 3 sprint, 1 easy, 2 sprint, 1 easy and finally one sprint. Therefore, numbers 4 and 7 are easy.

CONGRADULATIONS you have done a great workout! We hope you enjoyed it.



STROKE THEORY: We at SCAQ, unlike many coaches, believe that in freestyle and butterfly thumbs should enter the water first with the palms facing outward. This is more efficient than having a flat palm entry. Have a clean, stream-lined entry rather than all the fingers, the palm and usually the forearm entering at the same time. The shoulder is more relaxed as you extend the hand and arm forward. There is less resistance to the water entry as the fingers knife in as opposed to a flat, almost slapping entry. You have the advantage of having your elbow naturally facing upward rather than starting to drop. This is especially true for older Masters who are becoming less flexible. Now you can start the skull slightly outward. With your hand and palm facing out you will be led into the correct first part of the underwater skull.

Finally, we at SCAQ have noticed that with this entry there is less deviance into incorrect stroke patterns. In other words, the thumb down entry cleans up other non efficient stroke problems such as: crossing over the center, entering too short, too long, too wide a swing as well as the elbow drop mentioned earlier.

For further information on stroke techniques, swimming workouts, or if you are on a visit to Los Angeles, contact us at 213-451-6666 or write to 520 Broadway, Suite 111, Santa Monica, CA. 90401.

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: January 18, 1992
 Hosted by Kent Area Dolphins
DEADLINE: Entries due: January 7, 1992

ORDER OF EVENTS
EVENT # EVENT

- 1 200 FREE RELAY
- 2 200 FLY
- 3 200 BACK
- 4 50 BREAST
- 5 100 FREE
- 5 MINUTE BREAK
- 6 200 MIXED FREE RELAY
- 7 200 I.M.
- 8 50 FLY
- 9 100 BACK
- 10 200 BREAST
- 11 50 FREE
- 5 MINUTE BREAK
- 12 400 MEDLEY RELAY
- 13 100 FLY
- 14 50 BACK
- 15 100 BREAST
- 16 200 FREE
- 5 MINUTE BREAK
- 17 100 I.M.
- 18 200 MIXED MEDLEY RELAY
- 19 500 FREE

DATE: January 18, 1992
TIME: Warmup 8:30 a.m.
 Meet Starts 9:30 a.m.

PLACE: Hazen Pool
 Hoquiam Avenue NE
 Renton

PHONE:

MEET DIRECTOR: Patricia A. Larson
 11455 SE 244th Street
 Kent WA 98031
 (206)852-1976

FACILITY: 6-lane, 25 yard pool
 Warm-up area
 Water Temp: ??°

RULES: Current USMS rules will
 govern the meet

ELIGIBILITY: Open to all USMS registered
 1992 swimmers 19 and over as
 of the last day of the meet

SEEDING: Slow to Fast

CONCESSIONS: Yes or No

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take Sunset Blvd off I-405, go east to 142nd Avenue SE (Hoquiam Avenue NE), turn right and go to the end of the high school, turn right into parking lot. Pool entrance is at the end of the parking lot.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: JANUARY 18, 1992
KENT AREA DOLPHINS
at HAZEN POOL
Sanction # 923601

NAME _____ **M F AGE** _____

ADDRESS _____

PHONE _____ **DATE OF BIRTH** _____ **USMS NUMBER** _____

TEAM _____ **or UNATTACHED** _____ **ASSOCIATION** _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
 60-64 65-69 70-74 75-79 80-84 85-89 90+
 Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ **EVENT** _____ **EVENT TIME** _____

ENTRY FEES

SURCHARGE: \$3.00 _____ **\$3.00** _____ (Includes LMSC surcharge \$1)
Individual Events @ \$1.00 _____ (No charge for relays)

TOTAL _____

Checks payable to Kent Area Dolphins

Mail fees and this entry form to:

Patricia A. Larson
 11455 SE 244th Street
 Kent, WA 98031

ENTRIES DUE: January 7, 1992

STATEMENT OF RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of 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 _____

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.

1991 OMS TEAMS					
City	Team Name	Abrv.	Contact/Rep	Phone	
Albany	Albany Masters	ALB	Gus Arzner	967-4521	
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610	
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661	
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900	
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051	
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228	
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624	
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594	
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011	
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622	
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286	
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275	
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263	
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465	
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971	
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093	
Lk Oswego	Lake Oswego Swim Club	LOSC	Sue Girard	697-8257	
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	

DOUG MATH
 RICH RODRIGUEZ
 FRANK LACKEY
 CHUCK
 SARA BRIDGEMAN

1992 OREGON MASTERS REGISTRATION FORM

YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from January 1, 1992 through December 31, 1992.

Registrations are accepted for the 1992 season beginning November 1, 1991 and for the 1993 season on November 1, 1992.

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 Masters Swimming meet support.
2. National representation for all of Oregon Masters Swimmers at the annual United States Masters Swimming Convention.
3. Promotion of Masters Swimming and social events.

\$15.00 of your \$21.00 registration is sent to the US Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS approved/sanctioned meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues
48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

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

Instructions for filling out form:

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

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

PLEASE PRINT

_____ This is a new registration. _____ Renewal (registered in 1991)

**Oregon Masters Swimming
Registration 1992**

Did you swim in any meet in the 1990/91 season? Yes _____ No _____

NAME _____
(Last name) (First) (M.I.)

Reg. Fee (\$21.00) _____
Aqua-Master (\$7.00) _____

ADDRESS _____

TOTAL = _____

CITY _____ STATE _____ ZIP _____

() - _____ / _____ / _____

Your Phone number

Born (MM/DD/YY)

AGE

SEX

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

Local Team (if any) _____

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 _____ Date: _____

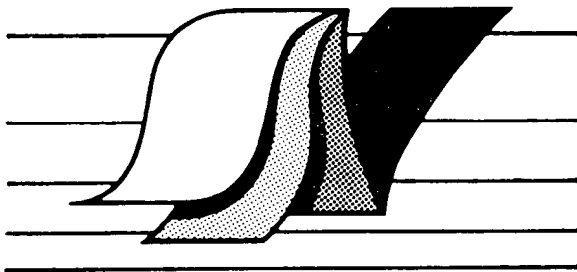
MAIL TO: SHEPHEN & DIANE HARGER 9312 N.W. SKYLINE BLVD. PORTLAND, OR 97231-2613

Annual Registration Issue

Aqua-Master

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

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