

Chairman & Editor

John F. Zell

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

Vice Chairman

Pam Himstreet

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

Registrar

Stephen & Diane Harger

9312 N.W. Skyline Blvd.
Portland, OR 97231
(503) 289-0719

Secretary / HOST

Andy Schrag

(206) 254-9661

Treasurer

Roy Abramowitz

(503) 221-0336

Data Manager & Records

Earl Walter

(503) 738-3763

Membership Team

Judy Belford / Liz Frid

(503) 229-7521

Fitness Committee

Roy Abramowitz

(503) 221-0336

*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

DEC 17	O.M.S. BOARD MEETING 7:15 P.M. JOHN ZELL'S HOUSE
*JAN 1992	'92 USMS POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIPS
*JAN 4 & 5	EUGENE, OR SHELTON 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 24	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 20	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**

Z-Man says---

Greetings my friends and welcome to the Holiday issue of the Aqua-Master. Due to the change in our calendar year **this is YOUR LAST PAID ISSUE OF THE AQUA-MASTER FOR 1991.** Unless of course you have already renewed your membership with OMS. As you may remember, our year use to run from November 1st to October 31st and you could renew for the next year beginning in September. But now we begin our first year following the normal calendar year. You received the annual registration issue last month which was your earliest shot at renewal for 1992. ***If you do not renew your membership right away you will miss out on the Aqua-Master and all of its news, information, results, and MEET ENTRY FORMS.*** January, February, and March are key months of the year for entry forms to some of the most important meets of the short course season. **Z-MAN SAYS DON'T MISS OUT!!!**

This months issue is once again full of great articles and information. Ol' Barnacle is back with reviews of the MAC Club Centennial and the Parkrose meet along with meet results. O.B. also has the 1991 Long Course Top Ten list of Oregon Masters. I read this list a couple of times and for some reason it seemed small to me. I know there has to be more people in OMS who could make L.C. Top Ten easily. I know that next fall that Ol' Barnacle will have a review of L.C. Top Ten that will be twice as long as this years. And do you know why? You'd better. More on "OMS Top Ten Swimmers" in the months to come as we gear-up for next summers Nationals.

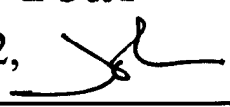
I have reprinted an excellent article from the Oregonian entitled "Get into the swim of things." I

feel this is one of the best writings by a local newspaper on our sport that I've ever read. I would hope that all OMS Teams would make copies of this article and post them in many places around their pool(s) so that as many adult fitness or lap swimmers as possible would run into it and read. It's just a great great article.

Bruce Cheney from Newberg contributed this month with "Swimming Performance and the Aging Process." Thanks Bruce, this is what we love to see....more people from our own organization writing and contributing to make the Aqua-Master the best it can be. I welcome any of you to write any time. Earl, Dr. Sprint, and myself can't do it all. I know there are lot's of talented folks out there. You would be surprised to learn how many medical professionals there are within OMS. I (and we) would love to have more informative articles written by our membership, especially from some of our folks who are real doctors, nurses, or in the medical fields. Step forward! Speaking of doctors...our own Dr. Sprint has returned with some interesting words of his own.

In closing the entire board of OMS wants to wish you all a happy and safe holiday season. I hope 1991 was another good year for you and '92 will be even better. See you all soon....probably in Eugene in January.

**Merry Christmas
and
Happy New Year**

See ya in '92, 

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 cureent 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!!!**

TEN POUNDS OF UGLY FAT

LOSE WEIGHT BY SUBSCRIBING

In an unofficial survey, I noticed that the average swimmer that didn't receive AQUAMASTER had 10 pounds more ugly fat than the subscribers. I think it has something to do with the monthly personal reminders you get in the mail. We all should workout more often. Being reminded helps. Lose that weight the easy way; subscribe now, workout soon - go to meets later.

It's a little known secret that you don't have to be an official registered Master swimmer to receive Oregon's AQUAMASTER newsletter.

In 1992, there are many articles in the works for Dr Sprint:

WHY 75's?

Many people ask me why the longest repeat distance I train is usually 75 yards. There is a scientific explanation. I'll explain why. Plus I'll give you drills and sets that are fun at this distance.

HOW TO EVALUATE YOUR COACH

Is your coach an ace salesman that delivers or a flimflam con artist that blows smoke? Most coaches are glib and persuasive, so you can't evaluate them subjectively. But you can easily measure their prowess with this quick objective test. When this issue hits the stands, heads will roll or coaching will improve.

ARE WE SPENDING OUR MONEY WISELY?

Each year OMS spends over \$1000 sending delegates to a national convention. Was it worth it? How did the Oregon delegates vote on matters such as the giant increase in registration fees in 1992? Is the national committee responsive to ordinary Oregon swimmers or are they controlled by lawyers, insurance companies, big publishers and elite swimmers? Will I be censored after this article?

ADVANCED "FLYOMETRICS"

FLYOMETRIC workouts are now very popular since my first article describing it. If you're ready for more, you'll enjoy the advanced version of this workout method. If you missed the 1991 FLYOMETRICS article, a reprint can be sent for \$2.00 from the editor. I guess this puts the newsstand price for AQUAMASTER at \$24.00 yearly.

DR SPRINT WORKOUT

Around the month of MAY you can count on the 3rd annual repeat 50's workout challenge. You'll have to earn your "Certificate of Sprinting". This

DR SPRINT

year, the emphasis will be on technique improvement rather than conditioning and winning. You don't have to be an official registered paid Master swimmer to enter. For this reason, I won't win friends on the national committee and you won't get any publicity or entry forms except through AQUAMASTER. This is perhaps the only continuing nationwide swim challenge with a grass roots sponsor.

DR SPRINT PENTATHLON ANALYSIS

For the sixth year in a row, my computer will analyze your every performance at the Pentathlon meet. Learn how to read the analysis and you'll be a better swimmer. Whether you're a star or a beginner, you'll be a better IM swimmer just by reading the AQUAMASTER article.

HOW DO TRACK ATHLETES TRAIN?

Can we apply other sport training methods to swimming? Typically, swim coaches do a good job conditioning long distance athletes. But what about sprinters?

DRILLS, DRILLS, DRILLS

Most of my workouts are drill oriented. Sure they're cerebral thinking type workouts, but it's fun to use your brain during exercise. I'll be passing out workouts and philosophy in future AQUAMASTERS.

THE SCIENCE OF CIRCLE SWIMMING

Math, physics, and physiology are involved when you must (unfortunately) swim circles with your teammates. How to make the best of it.

\$7.00 WELL SPENT

Oregon Masters Swimming (OMS) actually loses money producing and sending you the AQUAMASTER monthly in order to keep you informed. In what other periodical could you regularly find your name and information about your swimming buddies? We may not be great writers but we're writing to you. AQUAMASTER is considered one of the best newsletters in the country.

So if the registration fee is too big a nut for you now, you should use the same form and send in just \$7.00 to continue your subscription. If you send nothing, you'll be cutoff. Never receiving another notice. If you wait a few months, the price will still be \$7.00 and you'll get less issues. Don't delay, do it now!

12/91 If you have a question or comment write to: Dr Sprint, 18476 Timbergrove, Lake Grove OR 97035

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) XXXXXXXXXXXXXXX

100 BACK (5) _____:_____:_____

200 FREE (6) _____:_____:_____

50 FLY (7) _____:_____:_____

200 BREAST (8) _____:_____:_____

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

BREAK BREAK BREAK

MXD FR RL (10) XXXXXXXXXXXXXXX

200 BACK (11) _____:_____:_____

50 FREE (12) _____:_____:_____

100 FLY (13) _____:_____:_____

50 BREAST (14) _____:_____:_____

MED RELAY(15) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (16) _____:_____:_____

100 FREE (17) _____:_____:_____

200 FLY (18) _____:_____:_____

100 BREAST (19) _____:_____:_____

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

MXD MD RL(21) XXXXXXXXXXXXXXX

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

Get into the swim of things

FOCUS ON FITNESS

By ABBY HAIGHT

of The Oregonian staff

Patience to do laps pay off in a sport that's kind to the body while it builds strength.

When humans left the swamp eons ago, we left behind gills, fins and, for many of us, the urge to swim beyond summertime splashing at the beach.

In an age when the search for food means finding a parking space near the door at Safeway, we still return to our hunting and gathering past for exercise - walking, running and lifting. Swimming for exercise doesn't feel as natural - especially done in a chlorinated, 25 yard pool - but it's hard to find another sport that's better for you.

People have always existed who swam for their workout, but they were a small club compared to the legion of runners and walkers. Some chose swimming simply because they liked it. Others took up swimming to help heal an injury caused by another sport and stuck with it. Some headed for the pool to train for triathlons.

Swimming is one of the best ways to strengthen your heart and lungs. It also is excellent for building upper-body strength. It does not jar your joints or strain muscles -- usually. Swimming stretches your muscles and leaves you relaxed and tired. On a good day, an hour in the pool can clear your mind better -- and cheaper -- than 50 minutes with a therapist.

The problem with swimming goes back to that natural feeling: It's tough to start a swim program and stick to it when you thrash the water and either are exhausted or bored within 10 minutes.

Skip Runkle, who coaches elite and masters division swimmers at Multnomah Athletic Club, has three tips for an enjoyable and successful swimming program: ***Be patient. Get help. Swim with others.***

If you're fit from another sport, starting pool work can be frustrating. Most of us had our last swimming lessons as "minnows" at the local YMCA, and we've developed lousy technique since then. We expect to trade an hourlong run for an hourlong swim, so we swim too hard -- using muscle we haven't used before -- and have to quit from exhaustion after only a few laps. Runkle advises patience.

"A lot of people, if they don't see quick results, if they aren't doing laps quickly, they'll quit and do something else," he said. "The ones who are successful start moderately and add laps."

At the start, don't worry about your technique. Get in the pool, swim slowly so you don't explode and accept

that you can't swim long as you run or cycle. Let your muscles adjust to the new demand and become comfortable in the water. You can add laps sooner and at a greater rate than the traditional 10 percent weekly increase recommended in running.

Some athletes can't bear the thought of swimming back and forth. They claim boredom before they even try it.

"You don't have those external stimuli," Runkle acknowledged. "You aren't looking at trees or at people. You're basically looking at a line at the bottom of the pool. So people internalize more. They look inside themselves."

If you have trouble with the mental aspect of swimming, try focusing on your breathing or your technique. If you do a stroke correctly concentrate on repeating it. Swimming with others helps, as do formal workouts that use a pace clock. Break up your workout with a warm-up, stroke work and an aerobic set. Use a kick board and pull buoy both to improve technique and to keep your mind busy.

Swimming allows you to free your mind more than most other sports. Listen to your body, but let your daily swim be a time when your mind can take a break. Enjoy the cushion of the water and the echoing music of your arms churning through the water.

Once you've adapted to swimming, seek out a coach or experienced swimmer to help improve your technique. Bad technique is like doing laps in Levi's and a sweatshirt: No matter how you work, you'll go slowly. It can lead to one of the few injuries associated with swimming: tendinitis in the shoulder or "swimmers shoulder." The injury occurs when a swimmer doesn't rotate her body enough as she breathes, which stress on her shoulder.

A coach -- whether a professional or a friend who's a better swimmer than you - can point you to techniques and make sure you do them right.

"It's really easy to change technique so you're moving the through the water," Runkle said. "When you've been swimming for a long time, you get into set patterns. If you change, it's important to have someone there to watch."

Swimming with others, especially in a masters program, gives companionship and competition to make the laps go quickly. Such programs are available at almost all health clubs that have pools. As in any sport, a training partner keeps you honest in your workouts. You're motivated to work consistently harder. You'll also learn to swim better when you're watching - trying to catch - better swimmers.

Editors note: This excellent article ran in the November 3rd, 1991 Sunday Oregonian. I highly recommend that all Oregon Masters teams post many copies of this around their pools for all adult fitness swimmers to easily run into and read. DO IT !

Swimming Performance and the Aging Process

by Bruce Cheney

"Darn it!!!" he said, as he threw down his towel in disgust. "Every year I get a few seconds slower!!!"

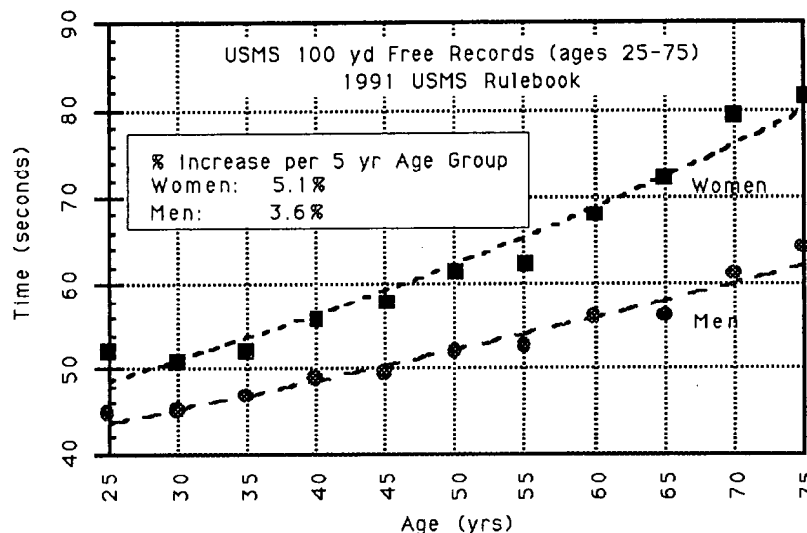
Thus did Oregonian Collister Wheeler, one of the oldest Masters Swimmers in the World, express a common frustration of all Masters. What seemed exceptional in this case was that Collister was 90 years old at the time and had just set a world record!

But it started me thinking, what rate of slow down was typical? How should I expect my times to deteriorate? When would I expect to see the last of my sub-minute 100 yard Free-style?

To determine what was possible, I looked in the 1991 USMS Rulebook and found in the appendix a list of the 100 yd Free records by age group. In this study, I limited my data analysis from the 25-29 yr olds to the 75-79 yr olds.

The mathematical model I have used is similar to the concept of compound interest. Based on the data, it appears that every successive age group time is some percentage greater than the previous age group.

The first figure shows the results of this analysis. The men's and women's 100 yd Free records are plotted as a function of age group. The two curves that fit the data the best are also plotted. The graphs show that there is a 3.6% increase per age group for men, and 5.1% increase per age group for women.



I've created a Microsoft Excel spreadsheet (both Windows and Mac versions), shown in Figure 2 that performs a calculation based on a time and an age. From that information and the above analysis I can calculate the comparable times for all age groups. If you would like a copy of this spreadsheet send a disk (5.25" DOS or 3.5" Mac) with a disk holding SASE (31925 NE Canter Ln Sherwood OR 97140). You must already have Excel on your computer to run the spreadsheet. If you would like me to "predict" a different

event, include a TEXT only file of the national or world records for all age groups.

There are many caveats that should be mentioned if you try to apply this analysis to yourself. Strictly speaking, this data is based on the results of different people in different age groups, and not the same people as they progress through different age groups. It is also based on "national" caliber swimmers. As they say, your mileage may vary.

bwc

CMST is the official publication of the Chehalem Masters Swimming Team. CMST is sponsored by:
Chehalem Park & Recreation
1802 Haworth St.
Newberg, OR 97132
(503) 538-4813

Workouts: M-F 6pm-7pm
Kathy Vannoy - Coach
Jim McMaster - Aquatic Supervisor
Bruce Cheney - Editor (503) 625-5747

Article Contributions Welcome!

Reprint permission is granted if full credit including address is given and sample copy is sent to above.

100 yd Freestyle Predictions							
A	B	C	D	E	F	G	H
Age Then:	36	years	Sex:	M	Enter Data		
Time Then:	55.04	seconds	Rate:	3.6			
Yrs	Time	Yrs	Time	Yrs	Time	Yrs	Time
20	49.50	40	57.02	60	65.69	80	75.67
25	51.28	45	59.07	65	68.05	85	78.39
30	53.13	50	61.20	70	70.50	90	81.21
35	55.04	55	63.40	75	73.04	95	84.14

Prediction Data			
Age	Time	Sex	
36	55.04	<input checked="" type="radio"/> M <input type="radio"/> F	Enter Cancel

Figure 2

The First Tualatin Hills Pentathlon

"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year." -- Z-Man

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (92-D) 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. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.* 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: TUALATIN HILLS PENTATHLON

DATE: FEBRUARY 1st, 1992

PLACE: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

WARM-UPS: 8:00 A.M.

6 LANES COMPETITION - ELECTRONIC TIMING

MEET STARTS: 9:00 A.M.

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas Meet Director: Pam Himstreet 645-4051

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again a signal light and travel south on 158th Avenue. Pool will be on your left.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 18th, 1992

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+

EVENT

TIME *

50 -- FLY

1) _____ : _____ . _____

*** Enter best time or
estimated time.**

50 -- BACK

2) _____ : _____ . _____

50 -- BREAST

3) _____ : _____ . _____

50 -- FREE

4) _____ : _____ . _____

**Please do not enter "N.T."
("N.T." = No Time)**

100 -- I.M.

5) _____ : _____ . _____

Please enter your best time or estimated times. Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all....Thanks

Rules: 10 second penalty will be added to your time for any stroke/turn and false start infraction. Swimmers must swim all five events to be eligible for placing and award.

Your total time for the five events determines your final placing.

Awards: Being discussed. See this same entry form in the January Aqua-Master for more info.

Party: Options being discussed. Possible pizza party at Rec. Center pool along with OMS general membership "Annual Board Meeting." Stay tuned for more info.

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.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$7.00

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

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

OP' BARNACLE

VIA "SATELLITE" ... MAC CENTENNIAL MEET 60 SWIMMERS FROM OMS, PLUS SWIMMERS FROM BELLEVUE ATHLETIC CLUB, WASHINGTON ATHLETIC CLUB, AND THE OLYMPIC CLUB (DISGUISED AS BARRACUDAS), GOT TOGETHER TO SWIM A CELEBRATION OF THE MULTNOMAH ATHLETIC CLUB'S 100TH BIRTHDAY.

UNDER THE DIRECTION OF SKIP RUNKLE AND STEVE ROTH, WITH THE HELP OF MANY MANY MAC CLUB MEMBERS AND STAFF. THIS WAS A FINE MEET AND OMS THANKS EVERYONE INVOLVED FOR THEIR HOSPITALITY.

RECORDS... NEW REGIONAL SCY RECORDS ...

MARGARET WELLS (65-69)
200 BUTTERFLY - 4:41.91 (7), 100 FLY - 2:05.71.
PLUS ASSOCIATION RECORDS : 200 BACK - 4:18.21, AND THE 100 BACK - 1:53.28.

HELENA HOFFMAN (75-79) 200 FLY 7:09.98 (6)
200 BREAST - 6:13.84 (7), AND THE 100 FLY - 3:15.94 (6).

ROBERT MORRISON (70-74) 50 BRST 39.82 (6).

NEW ASSOCIATION RECORDS ...

ELFIE STEVENIN (70-74) 200 FLY 6:11.54 AND 100 FLY - 2:49.44.

COMEBACKS...

LAVELLE STOINOFF (55-59) 500 FREE - 6:31.98, 22 SEC OFF HER N.R., BUT STILL #1!!

DON STEVENSON (75-79) WILL BE 80 FOR NEXT SUMMER, SWIMMING WELL !!

JOE GANTRY (50-54) LOOKING BETTER AND BETTER WITH EACH MEET.

NEW COMER TO WATCH **SANDRE SUE NELSON** (40-44) 100 BACK - 1:21.05, 200 BACK IN A CLASSY 2:55.89.

ALMOST : **ALLAN DELAY** (75-79) 50 BRST- 49.70 vs 49.19., 50 FREE-34.43 vs 33.78.

CLOSE ONES ...

MEN 50 FLY(30-34) **DAVID JOHNSON** OVER **TYLER COLE** - 30.17 vs 30.58.

MEN 100 BACK• (30-34) **JOHN ZELL** OVER **DOUG OTTO** - 1:03.46 vs 1:03.59.

NOT SAME HEAT, BUT, **KHOSROW SHADBEH** ALMOST STOLE THE GOLD FROM **BOB MORRISON** IN THE 200 BRST - 3:45.65 vs 3:44.41 (70-74).

TIP OF THE HAT FOR EARLY SEASON SCINTILLATING PERFORMANCES....

LAURA WORDEN (CORVALLIS) 100 & 200 FLY.
BERT PETERSEN (PORTLAND) 200 FLY.
JOY ROWBOTTOM (TUALATIN) 200 BACK, 50 BACK, AND THE 100 BACK.
NANCY MILNER (PORTLAND) 50 AND 100 FLY.
JUDY MELCHER (BEAVERTON) 50 BREAST.
CARL JAYNES (PNA) 50 BREAST, COME BACK, SEE US AGAIN CARL !
AULIS KAHKDNEN (PNA) 50 BREAST AND 100 IM.
HUNTER GRAHAM (VANCOUVER) 100 BACK.
DOUG OTTO (BEAVERTON) 100 FLY.
GARY HAER (PNA) 100 FLY.
ART WELCH (PORTLAND) 500 FREE.

A BIG OMS WELCOME TO NEWCOMERS ...

ANN DAVIS, MIKE DAVIS, JIM DEMARIS, DAWN GONZALES, CARL JAYNES, SARAH LINDEN, SANDRE SUE NELSON, DOUG OTTO AND TIM STEVENSON.

NOTES FROM CARDIAC ROW ... YOURS TRULY WOULD LIKE TO THANK ALL OF YOU WHO WORRIED ABOUT ME A BIT, PHONED, SENT CARDS, FLOWERS, ET AL ... AFTER TWO BOUTS. FIRST WAS PLAQUE, HANDLED BY ANGIOPLASTY, 2ND WAS A CLOT, HANDLED BY BLOOD THINNERS, MAYBE I AM ON THE ROAD BACK ... ONLY TIME WILL TELL ... OB WANTS TO MENTION THAT BOTH OF MY DOCTORS STATED UNEQUIVOCALLY THAT MY OVERALL CONDITION WAS A BIG FACTOR IN ALMOST COMPLETELY NEGATING THE EFFECTS OF THE HEART ATTACKS. SO ... KEEP IN MIND ... STAY WITH IT AND STAY FIT, AND THANKS AGAIN FROM THE BOTTOM OF MY HEART !!!

----- 25-29 WOMEN -----

50FREE DAWN GONZALES 25+OMS :33.27
 CAROLYN PETERSEN 28+OMS :58.59
 100FRE CAROLYN PETERSEN 28+OMS 1:58.08
 500FRE CAROLYN PETERSEN 28+OMS 12:14.15
 50BACK JOY ROWBOTTOM 29 OMS :35.25
 CAROLYN PETERSEN 28+OMS :57.33
 100BAK JOY ROWBOTTOM 29 OMS 1:16.18
 200BAK JOY ROWBOTTOM 29 OMS 2:43.46
 50 FLY DAWN GONZALES 25+OMS :38.66
 CAROLYN PETERSEN 28+OMS 1:09.45
 100 IM JOY ROWBOTTOM 29 OMS 1:15.52

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

100FLY LAURA A WORDEN 33+OREG 1:09.16
 200FLY LAURA A WORDEN 33+OREG 2:32.83+
 Oregon was- ANN WHITMYER 2:32.90
 200 IM LAURA A WORDEN 33+OREG 2:39.33

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

50FREE JACKIE DIEDRICH 36 ORE :33.79
 100FRE JACKIE DIEDRICH 36 ORE 1:15.65
 ROBIN L DURANT 35+IEM 1:26.51
 200BRS ROBIN L DURANT 35+IEM 3:46.88

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

100FRE SANDRE SUE NELSON 40 OMS 1:12.37
 200FRE SUSAN M GIRARD 43 OREG 3:17.72
 500FRE NANCY J MILNER 40 OREG 7:20.97
 100BAK SANDRE SUE NELSON 40 OMS 1:21.05
 200BAK SANDRE SUE NELSON 40 OMS 2:55.89
 MONIKA HUNSCHER 43 OREG 3:06.59
 50 FLY NANCY J MILNER 40 OREG :36.20
 MONIKA HUNSCHER 43 OREG :38.79
 100FLY NANCY J MILNER 40 OREG 1:20.68
 100 IM NANCY J MILNER 40 OREG 1:27.80

----- 55-59 WOMEN -----

500FRE LAVELLE M STONOFF 58 MACO 6:31.98

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

50FREE MARGARET A WELLS 65 OREG :42.05
 100BAK MARGARET A WELLS 65 OREG 1:53.28+
 Oregon was- MARGARET R YADON 2:15.65
 200BAK MARGARET A WELLS 65 OREG 4:18.21+
 Oregon was- MARGARET R YADON 4:36.81
 100FLY MARGARET A WELLS 65 OREG 2:05.71+
 Oregon was- ELFIE J STEVENIN 2:46.81
 200FLY MARGARET A WELLS 65 OREG 4:41.91+
 Oregon was- ELFIE J STEVENIN 5:47.89

----- 70-74 WOMEN -----

50FREE JUDY M MELCHER 71 OREG 1:00.39
 100BAK ELFIE J STEVENIN 70 OREG 2:39.28
 50BRST JUDY M MELCHER 71 OREG 1:00.60
 100FLY ELFIE J STEVENIN 70 OREG 2:49.44+
 Oregon was- HELENA W HOFFMAN 3:14.03
 200FLY ELFIE J STEVENIN 70 OREG 6:11.54+
 Oregon was- HAZEL BRESSIE 7:53.50

100 IM JUDY M MELCHER 71 OREG 2:31.44
 200 IM ELFIE J STEVENIN 70 OREG 5:51.61

----- 75-79 WOMEN -----

100BAK DOREEN MORRIS 79 MACO 3:14.72
 200BAK DOREEN MORRIS 79 MACO 6:38.14

200BRS HELENA W HOFFMAN 75 OREG 6:13.84+
 Oregon was- HAZEL B. BRESSIE 7:12.64
 100FLY HELENA W HOFFMAN 75 OREG 3:15.94+
 Oregon was- HELENA W HOFFMAN 3:24.50
 200FLY HELENA W HOFFMAN 75 OREG 7:09.98+
 Oregon was- HAZEL B. BRESSIE 9:28.64
 100 IM HELENA W HOFFMAN 75 OREG 2:50.15
 200 IM HELENA W HOFFMAN 75 OREG 6:02.87

----- 80-84 WOMEN -----

500FRE HAZEL B BRESSIE 82 MACO17:52.69
 200BRS HAZEL B BRESSIE 82 MACO10:08.82
 100FLY HAZEL B BRESSIE 82 MACO 5:58.87
 100 IM HAZEL B BRESSIE 82 MACO 4:24.33
 200 IM HAZEL B BRESSIE 82 MACO 9:06.72

----- 19-24 MEN -----

50BRST CARL JAYNES 23+PNA :38.39
 200 IM CARL JAYNES 23+PNA 2:12.83

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

100FRE HUNTER S GRAHAM 28 OREG :54.86
 100BAK HUNTER S GRAHAM 28 OREG 1:02.82
 200 IM HUNTER S GRAHAM 28 OREG 2:13.67

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

50FREE CRAIG HENNEFORD 30 OREG :24.44
 JIM DEMARIS 32 OREG :25.35
 TYLER COLE 30 OREG :26.33
 100FRE CRAIG HENNEFORD 30 OREG :55.58
 DOUGLAS OTTO 32 MACO :56.59
 MARK KIRK 32 OREG :56.89
 JIM DEMARIS 32 OREG :58.24
 TYLER COLE 30 OREG :58.82
 200FRE JOHN F ZELL 34 OREG 2:02.69
 MARK KIRK 32 OREG 2:07.64
 JIM DEMARIS 32 OREG 2:15.42
 100BAK JOHN F ZELL 34 OREG 1:03.46
 DOUGLAS OTTO 32 MACO 1:03.59
 MARK KIRK 32 OREG 1:05.79
 200BAK JOHN F ZELL 34 OREG 2:16.84
 50BRST JIM DEMARIS 32 OREG :34.27
 DAVID P JOHNSON 34 ORE :34.60
 100BRS DOUGLAS OTTO 32 MACO 1:10.60
 50 FLY DAVID P JOHNSON 34 ORE :38.17
 TYLER COLE 30 OREG :38.58
 100FLY DOUGLAS OTTO 32 MACO 1:02.09
 100 IM CRAIG HENNEFORD 30 OREG 1:04.30
 JIM DEMARIS 32 OREG 1:09.65
 TYLER COLE 30 OREG 1:10.69
 200 IM DOUGLAS OTTO 32 MACO 2:22.87

----- 35-39 MEN -----

100BAK DAN F PERZ 39 OREG 1:05.79
 200BAK DANIEL P JOHNSON 38 OREG 2:43.30
 100 IM DAN F PERZ 39 OREG 1:06.44
 200 IM DANIEL P JOHNSON 38 OREG 2:32.92

----- 40-44 MEN -----

100FRE JEFF BERTULEIT 43 OREG :56.63
 100BAK GARY HAFER 40+PNA 1:01.76
 50 FLY JEFF BERTULEIT 43 OREG :28.05
 100FLY GARY HAFER 40+PNA 1:01.05
 200FLY GARY HAFER 40+PNA 2:26.42
 100 IM GARY HAFER 40+PNA 1:03.43

----- 45-49 MEN -----

100FRE TIM STEVENSON 45+MACO 1:23.48
 50BRST BILL C DORR 45 OREG :36.73
 100BRS TIM STEVENSON 45+MACO 1:47.19
 50 FLY BILL C DORR 45 OREG :31.99

----- 50-54 MEN -----

50FREE JOE SANTRY 51+MACO :28.86
 100FRE JOE SANTRY 51+MACO 1:04.46
 50BACK JOE SANTRY 51+MACO :34.79
 50BRST FRANK M NEWQUIST 53+PNA :42.73
 MICHAEL B DAVIS 53 OREG :43.18
 200BRS MICHAEL B DAVIS 53 OREG 3:31.09
 50 FLY JOE SANTRY 51+MACO :32.66
 100FLY MICHAEL B DAVIS 53 OREG 1:34.98
 200FLY BERT L PETERSEN 52 OREG 2:50.35+
 Oregon was- FRED ECKHARDT 3:05.30

100 IM JOE SANTRY 51+MACO 1:14.64
 MICHAEL B DAVIS 53 OREG 1:31.38
 200 IM MICHAEL B DAVIS 53 OREG 3:22.45

----- 55-59 MEN -----

50FREE THOMAS P FALK 56 MACO :35.39
 100FRE THOMAS P FALK 56 MACO 1:20.58
 200FRE ARTHUR C WELCH 59 OREG 2:28.59
 THOMAS P FALK 56 MACO 3:00.34
 500FRE ARTHUR C WELCH 59 OREG 6:29.55
 50BACK JOHN D JOENS 59 ORE :54.31
 100BAK ARTHUR C WELCH 59 OREG 1:27.16
 JOHN D JOENS 59 ORE 1:49.94
 200BAK ARTHUR C WELCH 59 OREG 3:04.45
 JOHN D JOENS 59 ORE 3:50.28
 100 IM JOHN D JOENS 59 ORE 1:53.04

----- 60-64 MEN -----

50FREE ERIC GP. GUEST 62 OREG :29.63
 50BACK ERIC GP. GUEST 62 OREG :45.19
 50BRST AULIS KAHKONEN 60+PNA :33.47
 50 FLY ERIC GP. GUEST 62 OREG :35.31

----- 65-69 MEN -----

100FRE DAVID BERNSTEIN 69 OREG 1:44.13
 200FRE DAVID BERNSTEIN 69 OREG 3:54.67
 100BAK DAVID BERNSTEIN 69 OREG 1:52.54

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

50FREE JOSEPH A MALLON 70 OREG :46.32
 100FRE JOSEPH A MALLON 70 OREG 1:45.15
 200FRE KHOSROW SHADBEH 70 OREG 3:29.80
 JOSEPH A MALLON 70 OREG 3:56.53
 500FRE JOSEPH A MALLON 70 OREG10:38.41
 50BRST ROBERT A MORRISON 70 OREG :39.82+
 Oregon was- FORBES J MACK :41.06

KHOSROW SHADBEH 70 OREG :47.00
 100BRS ROBERT A MORRISON 70 OREG 1:35.91
 200BRS ROBERT A MORRISON 70 OREG 3:44.41
 KHOSROW SHADBEH 70 OREG 3:45.65

----- 75-79 MEN -----

50FREE ALLAN DELAY 76 OREG :34.43
 DONALD W STEVENSON 79 MACO :47.15
 100FRE SYD C HENDY 78 OREG 1:34.23
 DONALD W STEVENSON 79 MACO 1:54.36
 200FRE DONALD W STEVENSON 79 MACO 4:21.57
 100BAK SYD C HENDY 78 OREG 1:55.05

OP' BARN CHRONICLES...

OREGON MASTERS 1991 US LCM TOP TEN RANKINGS ..

OREGON MASTERS CAN POINT WITH PRIDE TO 10 OF THEIR NUMBER THAT MADE ALL AMERICAN FOR 1991 LCM TOP TEN, PLUS 25, WHO GARNERED RANKINGS MAKING, THEM ELIGIBLE FOR A TOP TEN PATCH.

ALL AMERICANS ...

GINGER PIERSON (45-49) #1 - 50, 100, 200 BRST, 100 BACK, 200 FLY AND 400 IM. 6 BIG ONES!! PLUS #2 - 100 FLY AND 200 IM, #3 - 50 BACK AND 50 FLY, #4 - 200 BACK, #5 - 200 FREE, AND #7 - 100 FREE. GINGER'S BEST EVER ALL AROUND PERFORMANCE, 14 OUT OF 17 EVENTS. WOW!

LAVELLE STOINOFF(55-59) #1- 200 M AND 400 M FREE. PLUS - #4 - 50 FREE, AND A #10 IN THE 50 BRST. LAVELLE'S FIRST MEET IN ALMOST 2 YEARS, WELCOME BACK !!!

GRACIE GODDARD (30-34) #1 - 50 M FREE PLUS #2-100 FREE, #4 - 50 FLY, AND #8 - 50 BACK.

HAZEL BRESSIE (80-84) #1 - 200 M FLY. PLUS #4 - 200 BREAST, #6 - 200 BACK, #7 - 400 FREE AND 100 M BREAST.

ANDREW HOLDEN (70-74) #1 - 50 M FLY AND 200 M MEDLEY PLUS 200 M FREE RELAY.

HERB EISENSCHMIDT (80-84) #1 - 200 M IM. PLUS #2 - 200 BACK, #3 - 400 FREE AND 100 BACK, #4 - 50 BACK.

EARL WALTER (70-74) #1 - 200 M MEDLEY RELAY AND 200 M FREE RELAY. PLUS #7 - 50 AND 100 BACK, 200 IM, #8 IN THE 200 BACK.

GERALD HUESTIS (70-74) #1 - 200 M MEDLEY RELAY AND 200 M FREE RELAY PLUS - #3 400 IM, #4 - 200 FREE AND 50 BACK, AND A #5 FOR THE 200 BACK.

BOB MORRISON (70-74) #1 - 200 M MEDLEY RELAY. PLUS #2 - 50 BREAST, #4 - 100 BREAST, AND A #5 FOR THE 200 BREAST.

GIL YOUNG (65-69) #1 - 200 M FREE RELAY PLUS A #10 FOR THE 1000 FREE.

ADDITIONAL RANKINGS ELIGIBLE FOR 1991 TOP TEN PATCHES....

ANDRE DEVINE (30-34) #8 IN THE 400 IM.
PATRICIA McKAY (35-39) #10 IN THE 100 FREE.
SUSAN CASE (40-44) #7 -100 BACK AND #8 200 BREAST.
JUDY BELFORD (40-44) #4 - 200 BACK.
NANCY BROOKS (45-49) #8 - 50 FREE, #4-50 BREAST, #9-100 BREAST, #8-200 BREAST.
PAM HIMSTREET (45-49) #7 - 1500, #9 - 50 BREAST, #8 - 100 BREAST, #3 - 200 BREAST, #10 - 200 IM, AND #10 FOR THE 400 IM.

BETSY AUSTEN (60-64) #9 -100 FREE, & #8 1500 FREE.
JOYCE BAHLER (60-64) #5-50 BREAST, #5-100 BREAST, #4-200 BREAST, #5-200 IM, #4-400 IM.

PETHEY SMITH (65-69) #3-50 FREE, #2-100 FREE, #2-200 FREE, #3-400 FREE, #3-800 FREE AND A #8-400 IM.

MARGARET WELLS (65-69) #10-1500 FREE, #8-100 FLY.

ELFIN STEVENIN (65-69) #9-200 FLY.

EVELYN MCKEON (75-77) #5-50 FREE, #4-100 FREE, #7-200 FREE, #4 - 50 BACK, #5 - 50 BRST.

HELENA HOFFMAN (75-79) #8-50 BRST, #10-100 BRST, #8-200 BRST, #7-50 FLY, #6 - 100 FLY, #6-200 FLY, #9-200 IM.

DAVID BURLESON (30-34) #4-50 BACK, #7-100 BACK, #8-200 BACK.

STEVE DURAPAU (40-44) #6-400 FREE & #6-800 FREE.

TREVOR CHARLTON (40-44) #10 - 400 FREE

ALLEN STARK (40-44) #3-50 BREAST, #2-100 BREAST, AND #2-200 BREAST .

KARL VON TAGEN(45-49) #10-50 FREE & #8-100 FREE.

RICHARD BOYD (45-49) #9-200 FREE, #3-400 FREE, #3-800 FREE, #2-1500 FREE, #6-200 BREAST, #4-200 IM, AND #3-400 IM.

JIM BIGLER (55-59) #10-200 FREE, #8-400 FREE, AND #9-100 BREAST.

ARTHUR WELCH (55-59) #5-400 FREE, #3-800 FREE, #8-100 FLY, AND #8-200 FLY.

FRED ECKHARDT(65-69) #10-100 FLY AND #6-200 FLY.

KHOSROW SHADBEH (70-74) #8-200 BREAST.

RELAYS....

200 M FREE - 200+ #10 - **J. DENNIS, B. AUSTEN, J. BAHLER, L. STOINOFF (MAC)**

200 M MEDLEY 76+ #3 - **J. ROWBOTTOM, A. DAVIS, S. HYDE, L. HYDE (ORE)**

200 M MEDLEY 160+ #6 - **H. MCLAUCHLAN, J. BAHLER, T. HENDRYX, L. STOINOFF (MAC)**

200 M FREE 120+ #10 - **J. ZELL, T. COLE, A. KALIL, T. KAHL (ORE)**

200 M MEDLEY 120+ #5 - **J. ZELL, A. STARK, T. KAHL, M. PENDLETON (ORE)**

200M MXD FREE 200+ - #7 - **K. VON TAGEN, J. BAHLER, C. JOHNSON, L. STOLNOFF (MAC)**

200 MXD MEDLEY 160+ - #10 - **D. BURLESON, S. ROTH, T. HENDRYX, L. STOINOFF (MAC)**

THAT'S IT FOLKS, CONGRATULATIONS TO ALL !!!

OMS SALUTES ITS 1991 ALL AMERICANS FOR 1991 LONG COURSE SWIMMING !!!

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (92-E) 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. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.* 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: TRI-M II + FREE

PLACE: COLUMBIA PARK POOL

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Portland Parks Masters and Portland Parks Swim Team Meet Director: John Zell 503-282-9347 eves

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

DATE: FEBRUARY 24th, 1992

WARM-UPS: 7:00 A.M.

MEET STARTS: 8:30 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN FEBRUARY 9th, 1992

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+

100 I.M. (1) _____:_____._____ (heats for event 1 begin at 8:30 am) 100 FREE (2) _____:_____._____

200 I.M. (3) _____:_____._____ (heats for event 3 begin at 9:30am) 200 FREE (4) _____:_____._____

400 I.M. (5) _____:_____._____ (heats for event 5 begin at 10:30am) 500 FREE (6) _____:_____._____

*I.M. PREDICTED TOTAL _____:_____._____

*FREE PREDICTED TOTAL _____:_____._____

RULES:

You may enter either the three I.M. events or the three Free events. Entrants must swim all three events to be eligible for an award. Please enter your best time or your best estimated time. Entering "sandbagged" times to get added rest between events or calm water is discouraged. A 10 second penalty will be added to your time for any stroke/turn and false start infractions.

AWARDS:

*The swimmer whos total time comes closest to his/her total predicted time wins a \$15.00 gift certificate to a local Portland restaurant. For those swimmers who competed in last years TRI-M meet, we have added a new award for "Most Improved." The swimmer whos total time is the most improved over last years total time wins a \$15.00 gift certificate to a local Portland restaurant.

T-SHIRTS:

All entrants recieve a custom designed multi-colored printed long sleeve t-shirt. Cost of T-shirt is included in entry fee. PLEASE CHECK YOUR SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

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

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$13.50

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

OREGON MASTERS SWIMMING

P.O. BOX 8785

PORTLAND, OREGON 97207

OP BARNACLE ...

REPORTS ON PARKROSE MEET...

SOME 50 SWIMMERS CHECKED IN WITH MEET DIRECTOR BERT PETERSEN AT THE PARKROSE POOL AND HAD THEMSELVES ONE WHALE OF A MEET. THE PEOPLE AT PARKROSE DO A TRULY FINE JOB. WE HAD MANY EARLY SEASON PERFORMANCES OF NOTE.

ONE OMS RECORD ...

75-79: **ALLAN DELAY** - 50 BRST :49.02
BESTING THE OLD MARK OF 49.19 (4/9/83).

GOOD SWIMS, HOT RACES, AND NEW FACES...

30-34: **LAURA WORDEN** LED OFF WITH A SHOT AT THE 400 IM(5:33.47 vs 5:27.33).

19-24: **LAURI HYDE** CONTINUES TO IMPROVE - 50 BRST - 1:02.81 vs 1:04.08.

70-74: **JUDY MELCHER**, COMING BACK IN THE 50 BRST - 1:07.00 vs 1:20.60.

55-59 : MEN'S 50 BRST, HEAD TO HEAD **FLOYD GELLER** OVER **ART WELCH** (:45.72 vs :46.20).

25-29: **CHRISTOFER HULL** WITH A FINE 100 FLY IN 1:12.59.

30-34: **ANDY SCHRAG** TURNED A 1:02.09 FOR THE 100 FLY.

40-44: **GARY HAFFER** (PNA) IS FAST BECOMING AN EXCELLENT FLYER.

25-29: OMS WELCOME TO **TONI WALKER**, FINE 200 FREE - 2:15.41.

25-29 : IT IS MOST WONDERFUL TO SEE SOME IMPROVE MEET TO MEET, **CAROLYN PETERSEN** - 200 FREE, 4:13.08 vs 5:01.41

50 FLY, 1:03.76 vs 1:09.45

200 BACK, 4:35.67 vs 5:13.38

100 BACK, 2:11.36 vs 2:29.88

WAY TO GO - **CAROLYN !!!**

30-34 MEN - **JIM DEMARIS** LOOKS LIKE A COMER, WELCOME !!

35-39 MEN - **JON ALLAN**, SOME FINE EARLY SEASON TIMES !!

30-34 MEN - **DAVE BURLESON** WITH A FINE :26.00 FOR THE 50 FLY.

50-54 MEN - **BERT PETERSEN**, ONLY 1 SEC OFF HIS BEST IN 11/89, 50 FLY.

40-44 WOMEN - **MONIKA HUNSCHER** IS GETTING READY FOR LC NATIONALS !!!

19-24 WOMEN - **SANDI HYDE** SHOWED CLASS WITH A 1:02.64 FOR THE 100 FREE.

30-34 WOMEN - **CHRISTINA FOX**, DITTO, WITH A 1:10.62.

55-59 MEN - **ART WELCH** IS LOOKING MORE LIKE A BACKSTROKER EVERYDAY (200-2:59.96).

55-59 MEN - **DON JACKLIN**, ONE OF THE GREAT ONES IN AQUATICS AROUND THE AREA, IS BACK IN THE SWIM, HAD A 15:17.86 FOR THE 1000 FREE, WELCOME DON !!!

THAT'S IT FOR PARKROSE FOLKS, HOPE TO SEE MANY OF YOU AT LINCOLN CITY !!!

THIS N' THAT.... A RED FACED OB ANNOUNCES ADDITIONAL OMS PEOPLE FOR SCY TOP TEN !!!

ROY CLARK (35-39) 100 BREAST - 9th

JUDY MELCHER (70-74) 400 IM - 10th

SUZANNE COOPER (40-44) 50 BACK - 10th,

50, 100 AND 200 BRST - 7th, 6th AND 9th

STEVE JOHNSON (40-44) 500 FREE - 6th

LINDA MARX (19-24) 400 IM - 8th

SURVEY BY SPORTS MARKETING GROUP

114 MOST POPULAR SPORTS

SWIMMING WAS 13TH, TRAILING; NFL FOOTBALL, NCAA FOOTBALL, WINTER OLYMPICS, SUMMER OLYMPICS, MAJOR LEAGUE BASEBALL, HIGH SCHOOL FOOTBALL, NBA BASKETBALL, LADIES FIGURES SKATING, PAIRS FIGURE SKATING, PAIRS ICE DANCING, MENS FIGURE SKATING, AND BOXING.

NOT TOO SHABBY FOR A SPORT THAT IS OFTEN REFERRED TO AS "LIKE WATCHING PAINT DRY".

THAT'S IT FOR THIS TIME, THANKS AGAIN FOR YOUR CONCERN, OB IS BACK IN THE WATER AND.....

STAYING WITH IT AND STAYING FIT !!!

---- 19-24 WOMEN ----

50FREE SANDI L HYDE	23 OREG	:28.57
LAURI HYDE	21 OREG	:46.04
100FREE SANDI L HYDE	23 OREG	1:02.64
LAURI HYDE	21 OREG	1:48.25
200FREE CYNTHIA W FERGUSON	23 OREG	2:16.28
SANDI L HYDE	23 OREG	2:18.81
100BAK SANDI L HYDE	23 OREG	1:23.58
50BRST LAURI HYDE	21 OREG	1:02.81
100BRS LAURI HYDE	21 OREG	2:31.49
100 IM CYNTHIA W FERGUSON	23 OREG	1:14.81
LAURI HYDE	21 OREG	2:21.44
200 IM CYNTHIA W FERGUSON	23 OREG	2:37.22

---- 25-29 WOMEN ----

50FREE KIMARIE GAGNON	28 OREG	:31.13
200FREE TONI WALKER	25 OREG	2:15.41
CAROLYN PETERSEN	28 OREG	4:13.08
50BACK KIMARIE GAGNON	28 OREG	:38.42
100BAK CAROLYN PETERSEN	28 OREG	2:11.36
200BAK CAROLYN PETERSEN	28 OREG	4:35.67
50BRST KIMARIE GAGNON	28 OREG	:38.70
50 FLY TONI WALKER	25 OREG	:31.00
KIMARIE GAGNON	28 OREG	:34.20
CAROLYN PETERSEN	28 OREG	1:03.76
100 IM KIMARIE GAGNON	28 OREG	1:16.59
CAROLYN PETERSEN	28 OREG	2:08.24

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

50FREE CHRISTINA FOX	30 ORE	:32.65
100FREE CHRISTINA FOX	30 ORE	1:10.62
1000PR MARY YUSE-MILLER	31 ORE	13:57.99
50BACK CHRISTINA FOX	30 ORE	:37.93
100BAK CHRISTINA FOX	30 ORE	1:23.44
100BRS MARY YUSE-MILLER	31 ORE	1:24.91
200BRS MARY YUSE-MILLER	31 ORE	3:06.57
100FLY LAURA A WORDEN	33*OREG	1:08.24
100 IM CHRISTINA FOX	30 ORE	1:20.57
200 IM MARY YUSE-MILLER	31 ORE	2:59.62
400 IM LAURA A WORDEN	33*OREG	5:33.47

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

50FREE SARAH LINDEN	42*	:40.96
100FREE SARAH LINDEN	42*	1:28.39
200FREE SARAH LINDEN	42*	3:08.18
50BACK MONIKA HUNSCHER	43 OREG	:40.17
SARAH LINDEN	42*	:46.28
100BAK SARAH LINDEN	42*	1:39.19
50BRST MONIKA HUNSCHER	43 OREG	:44.64
100BRS MONIKA HUNSCHER	43 OREG	1:41.80
50 FLY MONIKA HUNSCHER	43 OREG	:38.66
100 IM MONIKA HUNSCHER	43 OREG	1:27.63

---- 60-64 WOMEN ----

50BRST JOYCE BAHLER	61 MACO	:47.14
50 FLY JOYCE BAHLER	61 MACO	:48.50
100 IM JOYCE BAHLER	61 MACO	1:40.81
400 IM JOYCE BAHLER	61 MACO	7:33.84

---- 70-74 WOMEN ----

50FREE JUDY M MELCHER	71 OREG	1:03.22
50BRST JUDY M MELCHER	71 OREG	1:07.00
100 IM JUDY M MELCHER	71 OREG	2:35.37

---- 75-79 WOMEN ----

200BAK BARBARA T HAVERCAMP	75 OREG	7:07.02
100BRS HELENA W HOFFMAN	75 OREG	2:59.06
100FLY HELENA W HOFFMAN	75 OREG	3:22.69
200FLY HELENA W HOFFMAN	75 OREG	7:12.25
100 IM HELENA W HOFFMAN	75 OREG	2:53.36
BARBARA T HAVERCAMP	75 OREG	3:35.47
200 IM HELENA W HOFFMAN	75 OREG	6:04.75

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

50FREE RICK A RODRIGUEZ	29 OREG	:25.00
PETER FERGUSON	28*	:26.88
CHRISTOPHER S HULL	28*	:27.59
100FREE RICK A RODRIGUEZ	29 OREG	:53.25
CHRISTOPHER S HULL	28*	:59.71
PETER FERGUSON	28*	:59.94
200FREE HUNTER S GRAHAM	28 OREG	2:02.72
50BACK RICK A RODRIGUEZ	29 OREG	:28.49
CHRISTOPHER S HULL	28*	:34.22
100BAK RICK A RODRIGUEZ	29 OREG	1:07.22
200BAK HUNTER S GRAHAM	28 OREG	2:19.26
50BRST PETER FERGUSON	28*	:35.05
50 FLY CHRISTOPHER S HULL	28*	:32.94
100FLY CHRISTOPHER S HULL	28*	1:12.59
100 IM PETER FERGUSON	28*	1:10.30
200 IM HUNTER S GRAHAM	28 OREG	2:13.88
400 IM HUNTER S GRAHAM	28 OREG	4:44.38

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

50FREE JIM DEMARIS	32 OREG	:25.98
BILL GEORGE	33 OREG	:35.31
100FREE ANDY SCHRAG	34 OREG	:55.86
JIM DEMARIS	32 OREG	:58.61
EDWARD R MANN	34 OREG	:58.61
BILL GEORGE	33 OREG	1:17.78
200FREE JIM DEMARIS	32 OREG	2:14.64
EDWARD R MANN	34 OREG	2:14.67
ANDY SCHRAG	34 OREG	2:21.55
1000PR BILL GEORGE	33 OREG	18:21.76
50BRST JIM DEMARIS	32 OREG	:33.65
200BRS ANDY SCHRAG	34 OREG	2:43.12
50 FLY DAVID O BURLESON	34 MACO	:26.00
100FLY ANDY SCHRAG	34 OREG	1:02.09
200FLY DAVID O BURLESON	34 MACO	2:19.87
100 IM JIM DEMARIS	32 OREG	1:07.69
EDWARD R MANN	34 OREG	1:10.19

---- 35-39 MEN ----

50FREE JON ALLAN	38 OREG	:26.47
100FREE JON ALLAN	38 OREG	:58.60
200FREE JON ALLAN	38 OREG	2:11.64
100BRS DANIEL P JOHNSON	38 OREG	1:12.53
100 IM JON ALLAN	38 OREG	1:09.12
200 IM JON ALLAN	38 OREG	2:30.09
400 IM DANIEL P JOHNSON	38 OREG	5:29.73

---- 40-44 MEN ----

50FREE GARY N BECKLEY	40 OREG	:26.85
HARLAN B HAYNIE	42 OREG	:28.78
100FREE GARY HAFER	40*PNA	:53.53
GARY N BECKLEY	40 OREG	:59.70
HARLAN B HAYNIE	42 OREG	1:07.18

200FREE GARY N BECKLEY	40 OREG	2:11.71
ROY D LAMBERT	44 OREG	2:31.02
HARLAN B HAYNIE	42 OREG	2:35.94
1000PR HARLAN B HAYNIE	42 OREG	15:05.98
100BAK GARY N BECKLEY	40 OREG	1:22.43
50BRST ROY D LAMBERT	44 OREG	:35.30
50 FLY GARY N BECKLEY	40 OREG	:30.20
100FLY GARY HAFER	40*PNA	:59.94+

Oregon was- STEPHEN H WARNER	:59.95
100 IM GARY HAFER	40*PNA 1:02.06
200 IM GARY HAFER	40*PNA 2:25.36

---- 45-49 MEN ----

1000PR DONALD J KUYPER	48 OREG	25:15.47
100FLY DONALD J KUYPER	48 OREG	1:43.47
200FLY DONALD J KUYPER	48 OREG	4:04.90
200 IM DONALD J KUYPER	48 OREG	3:35.61
400 IM DONALD J KUYPER	48 OREG	7:26.43

---- 50-54 MEN ----

50BRST MICHAEL B DAVIS	53 OREG	:41.26
200BRS MICHAEL B DAVIS	53 OREG	3:37.32
50 FLY BERT L PETERSEN	52 OREG	:27.89+
Oregon was- BERT L PETERSEN		:28.15

MICHAEL B DAVIS	53 OREG	3:90.45
200FLY BERT L PETERSEN	52 OREG	2:55.79
100 IM MICHAEL B DAVIS	53 OREG	1:27.79
200 IM MICHAEL B DAVIS	53 OREG	3:31.93

---- 55-59 MEN ----

1000PR ARTHUR C WELCH	59 OREG13:21.75+
Oregon was- FRED W. SPRENGER	13:30.84

DONALD A JACKLIN	55 OREG	15:17.86
100BAK ARTHUR C WELCH	59 OREG	1:25.83
200BAK ARTHUR C WELCH	59 OREG	2:59.96
50BRST FLOYD S GELLER	58 OREG	:45.72
ARTHUR C WELCH	59 OREG	:46.20
100BRS FLOYD S GELLER	58 OREG	1:48.49
200BRS FLOYD S GELLER	58 OREG	4:25.49
100 IM ARTHUR C WELCH	59 OREG	1:24.30

---- 60-64 MEN ----

50FREE JOHN D JOENS	60 ORE	:42.88
100BAK JOHN D JOENS	60 ORE	1:54.28
200BAK JOHN D JOENS	60 ORE	3:57.87
50BRST JOHN D JOENS	60 ORE	:50.20

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

50FREE JOSEPH A MALLON	70 OREG	:46.06
200FRE JOSEPH A MALLON	70 OREG	3:54.91
1000PR JOSEPH A MALLON	70 OREG	21:26.31+
Oregon was- JOE D RUDDLEY 22:18.54		

100BAK KHOSROW SHADBEH	70 OREG	1:53.77
200BRS KHOSROW SHADBEH	70 OREG	3:46.60
50 FLY MEL W ANDERSON	73 OREG	1:09.91
100FLY MEL W ANDERSON	73 OREG	3:01.54
100 IM KHOSROW SHADBEH	70 OREG	1:48.72
MEL W ANDERSON	73 OREG	2:11.41
200 IM MEL W ANDERSON	73 OREG	4:59.55

---- 75-79 MEN ----

50FREE ALLAN DELAY	76 OREG	:34.10
100FREE ALLAN DELAY	76 OREG	1:31.66
50BACK ALLAN DELAY	76 OREG	:48.17
50BRST ALLAN DELAY	76 OREG	:49.02+

35+ MEN

FLOYD S GELLER, 58 *** MICHAEL DAVIS, 53 ***

13

DONALD J KUYPER, 48 ***

200 MEDLEY RELAY

HARLAN B HAYNIE, 42 *** OREG 2:40.85

19+ MIXED

CHRISTOPHER S HULL, 28 *** CYNTHIA W FERGUSON, 23 ***

19

KIMARIE GAGNON, 28 ***

200 MEDLEY RELAY

PETER FERGUSON, 28 *** OREG 2:16.01

PNA 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

PNA 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

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

ENTRY FEES

SURCHARGE: \$3.00 _____ **93.00** _____ (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 _____



1992 UNITED STATES MASTERS POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP

Sanctioned by Potomac Valley LMSC for United States Masters Swimming, Inc., #102-001



SPONSOR: DC Masters, Inc.

WHERE AND WHEN: Any pool 25 yards in length or longer; any time during January 1992.

OBJECTIVE: The object of the championship is to determine who can swim the greatest distance in one hour. The person swimming the greatest distance will be declared the winner; the person swimming second greatest distance will be awarded second place, etc. If two or more swimmers complete the same distance, a tie will be declared.

ELIGIBILITY: Any registered U.S. Masters swimmer and Masters athlete registered with a similar body in his/her own country. Swimmers under the age of 25 are advised that they may jeopardize their amateur standing under FINA rule GR1 if they participate in Masters competition.

CATEGORIES: Individuals: The age groups are (M&F) 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95 & above. Overall outstanding performances: Awards will be given to the three men and three women swimming the three greatest distances. All entrants will be considered for this award. Club awards: The three clubs scoring the most points will receive an award. Scoring will be treated as if the event had been swum in a ten-lane pool for individual entries; relays will be awarded points for ten places equal to twice the points of an individual place in a ten-lane pool. Relay Team Event: See relay entry form.

RULES: Drafting and flotation and propulsive devices (full buoys, flippers, etc.) are not permitted. U.S. Masters Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record lap splits, and time the event with a stop watch. He/she must sign the official entry form. Round down all distances to the nearest completed five yard increment (i.e., round 2764 yards to 2760). If the pool is meters, multiply the distance swum by 1.0936, round down to the nearest five-yard increment, and enter yards. All swims must be done during January 1992. Any participant who submits an entry that may qualify for USMS All American or record consideration may be required to submit verification (i.e., split sheet). Therefore, these participants must retain their split times until at least May 31, 1992. Currently, USMS does not permit distance adjustments for swims at altitude. Dual Entries: Swimmers who *change age groups* during January may enter twice but *must swim twice*.

AWARDS: U.S. Masters Championship medals will be awarded to the first ten places by age group and sex in the individual event and the first three places in relay events. First place winners will also receive championship patches. Distinctive awards will be presented to three men and three women for overall outstanding performances. The three top scoring clubs will receive engraved plaques.

***** OFFICIAL ENTRY FORM -- PLEASE PRINT *****

ENTRIES MUST BE RECEIVED BY FEBRUARY 10, 1992 WITH A COPY OF YOUR CURRENT USMS CARD ATTACHED.

Last Name _____ First _____

Telephone (Foreign entries include country and city codes) _____

Address including country if not USA _____

Age: _____

Sex: _____ (Male or Female)

Age Group: A 19-24	C 30-34	E 40-44	G 50-54	I 60-64	K 70-74	M 80-84	O 90-94
(Circle One) B 25-29	D 35-39	F 45-49	H 55-59	J 65-69	L 75-79	N 85-89	P 95 & up

Distance (If pool was in meters, multiply distance swum by 1.0936, round down to nearest 5-yard increment, and enter yards) _____

Club Name (Print the name of your club or unattached. If left blank "unattached" will be entered.) _____

1992 USMS registration number (attach copy) or foreign equivalent. _____

I certify that I have read the rules of this competition. I acknowledge that if I leave the club name blank, I will be entered as unattached, and my name and distance may not be entered in a relay team entry. I further certify that on _____, I swam _____ yards in one hour.

Signature of swimmer (required) _____

Signature of verifier (required) _____

Entry fee — \$5 for USA, \$6 for foreign address _____

Number of T-Shirts ordered _____ x \$12.00 = _____

DISCOUNT: Every 10th entry FREE when 10 or more entries submitted in ONE envelope with ONE check.

☐ Medium ☐ Large ☐ X-Large

TOTAL = _____

Checks payable to DC Masters _____

Mail Entry to: One Hour Swim, 5601 Seminary Road #1510N, Falls Church, VA 22041, USA

No foreign personal checks accepted. Only U.S. funds via international money order will be accepted. U.S. cash is accepted, but at your own risk. Entry fee includes mailing awards and results. Results take 30 days to compile, print, and mail after the deadline for entries. Please be patient.

ONE HOUR SWIM NATIONAL CHAMPIONSHIP SPLIT SHEET

Name: _____

Date: _____

50	1600	3150	4700
100	1650	3200	4750
150	1700	3250	4800
200	1750	3300	4850
250	1800	3350	4900
300	1850	3400	4950
350	1900	3450	5000
400	1950	3500	5050
450	2000	3550	5100
500	2050	3600	5150
550	2100	3650	5200
600	2150	3700	5250
650	2200	3750	5300
700	2250	3800	5350
750	2300	3850	5400
800	2350	3900	5450
850	2400	3950	5500
900	2450	4000	5550
950	2500	4050	5600
1000	2550	4100	5650
1050	2600	4150	5700
1100	2650	4200	5750
1150	2700	4250	5800
1200	2750	4300	5850
1250	2800	4350	5900
1300	2850	4400	5950
1350	2900	4450	6000
1400	2950	4500	6050
1450	3000	4550	6100
1500	3050	4600	6150
1550	3100	4650	6200

**1992 UNITED STATES MASTERS
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP**

The Relay Team Event

A relay team is composed of three swimmers in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ for men and women. The age of the youngest member determines the age group of the team. Individual distances are combined for the relay entry distance. The relay team with the highest combined total yardage shall be declared the winner. Multiple relay entries from a single club (i.e., "A," "B," "C," etc.) in a given age group are permitted. Each member of the relay team must enter the individual event. Unattached or mixed sex teams are not allowed and swimmers who enter the individual event as unattached may not be listed on a relay entry. Swimmers must use the same club name on both individual and relay entries. *Relays which include unattached swimmers or swimmers who did not enter the individual competition will be disqualified without refund of entry fees.* Swimmers may swim on only one relay. Complete official entry form for *each* relay entered.

Entry Fee -- \$8.00 per Relay Team. U.S. Funds Only.

No foreign personal checks accepted. U.S. cash is accepted, but at your own risk.

Make checks payable to DC Masters.

Entries must be received by February 10, 1992

Mail to: One Hour Swim, 5601 Seminary Road #1510N, Falls Church, VA 22041, USA

Entry fee includes mailing awards and results to one member of the relay team.

Results take 30 days after the entry deadline to compile, print, and mail. Please be patient.

OFFICIAL RELAY ENTRY FORM

PLEASE PRINT!!!

List one person's address to receive all awards for the relay team.

Club Name _____ Total Yardage _____

Sex: _____	Age Group:	A 19+	D 35+	H 55+	L 75+
Male/Female	(Circle One)	B 25+	F 45+	J 65+	N 85+

Swimmer #1 (full name) _____	Age _____	Distance _____
------------------------------	-----------	----------------

Swimmer #2 (full name) _____	Age _____	Distance _____
------------------------------	-----------	----------------

Swimmer #3 (full name) _____	Age _____	Distance _____
------------------------------	-----------	----------------

Address of swimmer to receive awards _____

Country (if not USA) _____

Telephone (Foreign entries include country and city codes) _____

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 1992 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: Steve Harger 9312 N.W. Skyline Blvd. PDX, OR 97231-2613 (503)289-0719

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.

Any changes in team contact/ reps should be made with Steve Harger.

TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.

CITY	TEAM NAME	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	Gabs Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo Ann Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene	Eugene Masters	EM	Doug Smith	687-5525
Eugene	Eugene Family YMCA	EY	Rick Rodriguez	686-9622
Eugene	Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Chuck -----	687-5314
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
McMinnville	McMinnville Masters	MM	Judy Rex	472-0765
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Curmudgeons	NEWF	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	FCC	Karl Von Tagen	244-6111 x4201
Portland	Portland Parks Masters	PPM	John "Z-Man" 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	Bean Taylor	548-6066
Roseburg	Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem	Willamette H-2-0 Masters	WHOM	John DeJarnatt	588-2060
SweetHome	Sweet Home OR Masters	SHOM	Liz Church	367-3191
Tigard	Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver,WA	Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

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**
Did you swim in any meet in the 1990/91 season? Yes _____ No _____ **Registration 1992**

NAME _____ Reg. Fee (\$21.00) _____
(Last name) (First) (M.I.) 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:STEPHEN & DIANE HARGER 9312 N.W. SKYLINE BLVD. PORTLAND, OR 97231-2613

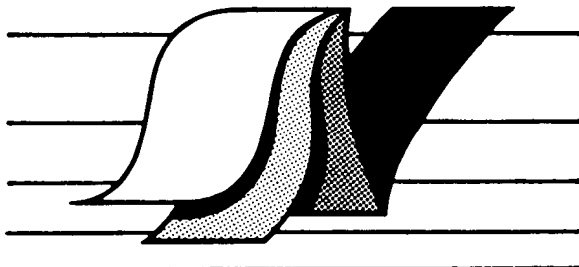
Seasons Greetings

Aqua-Master

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

JOHN F. ZELL
4640 NE 36TH AVE.
PORTLAND, OR 97211
371-00134

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



- LEGAL BLANKS •
- PRINTING •
- OFFICE SUPPLIES •
- CORPORATE SUPPLIES •

STEVENS-NESS
Law Publishing Co.

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



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