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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

MARCH 17	O.M.S. BOARD MEETING 7:15 P.M. PAM HIMSTREET'S HOUSE
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 1, 2, & 3	DUNCAN, BRITISH COLUMBIA ON VANCOUVER ISLAND BRITISH COLUMBIA SHORT COURSE METERS CHAMPIONSHIPS
*MAY 9	TIGARD, OR AGE GROUP INVITATIONAL W/ MASTERS
MAY 16	SWIM-A-LAP 1992 AT POOLS AROUND THE PORTLAND AREA TEAM COMPETITION AT TUALATIN HILLS REC. CENTER
*MAY 21-24	1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.
*MAY 30	EUGENE, OR UNIVERSITY OF OREGON POOL S.C.Y. #3
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 STATE GAMES OF OREGON MT. HOOD COMMUNITY COLLEGE 50M POOL
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 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**

NEWSFLASH: ROGUE VALLEY MASTERS TO HOST OREGON MASTERS SWIMMING ASSOCIATION CHAMPIONSHIPS

DATELINE: ASHLAND, OREGON - APRIL 3, 4, & 5, 1992

At a news conference held today at the Southern Oregon State College Natatorium, it was announced to a throng of well over 2,500 reporters and on-lookers that the Rogue Valley Masters will be the hosts for the 1992 O.M.S. Association Championships. The meet will be held at Southern Oregon State College Natatorium April 3rd, 4th, & 5th, 1992. When informed of the news, Oregon Governor Barbara Roberts replied, "WOW..., Neat!" A weekend of FUN, FITNESS, and FRIENDSHIP has been promised for all attending the meet.

Seriously folks, the Rogue Valley Masters are planning to present another of their fun filled weekends for all swimmers and their families to enjoy. In addition to the meet, we are planning a dinner Saturday night at the historic Mark Antony Hotel in the heart of Ashland. Dinner will be a pasta and salad bar buffet that will cost \$10.00 for everyone 12 and older and \$5.95 for children under 12. There will be a social hour from 6:00-7:00 p.m. with a no host bar. Dinner will start at 7:00 p.m. The Mark Antony also has a lounge and dance floor for people with extra energy and fresh legs. People wishing to attend the dinner should complete the reservation form below and mail it with your entry. Make checks for dinner and meet entry fees payable to O.M.S.

In addition to the dinner, the Oregon Shakespeare Festival theaters, Studio X, and the Oregon Cabaret Theatre are within easy walking distance and will have theatrical productions for your viewing pleasure.

Phone numbers -Studio X (503)488-2011

Oregon Cabaret Theatre (503)488-2902

Oregon Shakespeare Festival (503)482-4331

Shakespeare Festival plays for the weekend of April 3rd.

All's Well That Ends Well

Restoration

Toys In The Attic

Firebugs

Playboy of the Western World

For lodging arrangements, call our **Free Reservation Service**. The phone number is (503) 488-0338, Monday thru Friday 9:00 a.m. to 6:00 p.m. Helen Aleshire will provide accommodations to meet your price range and location preference (Bed & Breakfast, hotel or motel). June Mather is our H.O.S.T. Coordinator for swimmers wishing to stay with local families. June's number is (503) 482-0610.

We are looking forward to seeing all of you for a fast, fun, and memorable meet!

DINNER PARTY RESERVATION REQUEST FORM

LOCATION - MARK ANTONY HOTEL
212 E. MAIN STREET
ASHLAND, OR - (503)482-1721

ADULTS - \$10.00
CHILDREN (UNDER 12) - \$5.95
INCLUDE PAYMENT W/ MEET ENTRY

ADULTS _____ x \$10.00 = _____

CHILDREN _____ x \$5.95 = _____

TOTAL = _____

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (92-G) 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: OREGON MASTERS SWIMMING
ASSOCIATION CHAMPIONSHIPS

DATE: APRIL 3, 4, & 5, 1992

PLACE: SOUTHERN OREGON STATE COLLEGE NATATORIUM
ASHLAND, OREGON

5 LANES COMPETITION - ELECTRONIC TIMING
1 LANE CONTINUOUS WARM UP/DOWN

HOST: Rogue Valley Masters

Meet Director: Micheal Reinhard 1-800-526-5662 x-2854 (work) 503-776-5876 (home)

DIRECTIONS TO POOL: I-5 south to Exit #14. Turn right and proceed 1.2 miles to the first light-Walker Ave. Turn right and go to Webster, turn left and go to your first right which will be Stadium Way. Pool entrance is on the left.

WARM-UPS FRIDAY: 5:00 P.M.
SATURDAY & SUNDAY: 8:00 A.M.
MEET STARTS FRIDAY: 6:00 P.M.
SATURDAY & SUNDAY: 9:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 21st, 1992

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

NAME _____ **1992 USMS #** _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____
PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____
ASSOCIATION _____ **TEAM** _____ **(USE OFFICIAL ABBREVIATIONS)**

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. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, AND 1650 Free will be deckseeded and all events will be seeded slow to fast.

FRIDAY APRIL 3 ASHLAND
400 I.M. (1) _____ : _____ . _____
1650 FREE (2) _____ : _____ . _____
SATURDAY APRIL 4
FREE RLY (3) XXXXXXXXXXXXXXXX
50 FREE (4) _____ : _____ . _____
100 BREAST (5) _____ : _____ . _____
BREAK BREAK BREAK
200 BACK (6) _____ : _____ . _____
50 FLY (7) _____ : _____ . _____
200 I.M. (8) _____ : _____ . _____
BREAK BREAK BREAK
MXD FR RLY (9) XXXXXXXXXXXXXXXX
100 FREE (10) _____ : _____ . _____
200 BREAST (11) _____ : _____ . _____
BREAK BREAK BREAK

1000 FREE (12) _____ : _____ . _____
SUNDAY APRIL 5
50 BACK (13) _____ : _____ . _____
100 FLY (14) _____ : _____ . _____
BREAK BREAK BREAK
MED RLY (15) XXXXXXXXXXXXXXXX
200 FREE (16) _____ : _____ . _____
50 BREAST (17) _____ : _____ . _____
BREAK BREAK BREAK
100 BACK (18) _____ : _____ . _____
200 FLY (19) _____ : _____ . _____
100 I.M. (20) _____ : _____ . _____
BREAK BREAK BREAK
MXD MD RLY (21) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
500 FREE (22) _____ : _____ . _____

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: \$ 10.00 **SEND FORM(S) & FEE(S) PAYABLE TO:**
OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207

Z-Man says---

Greetings fellow Aqua-types...Z-Man here again. So much news and so little space and time but here goes. If you take a gander at the ol' schedule page you'll notice that the real meat of the short course season is staring you right in the face. ARE YOU READY?? I hope so. Ready or not we're going to have some fun now.

In this issue you will find your last printing of the Association Champs entry form. Note the entry deadline and get on the stick if you've not entered yet. You will also find the first printing of the entry for Short Course Regionals meet. You won't want to miss the opportunity to swim in the very fast Lewis and Clark pool, so sign up today. Dr. Sprint and I have had some good workouts together at L & C and I must say that this pool is quick.

Speaking of the good Doctor of Sprint, we have the results of the Pentathlon in this issue and of course the always interesting analysis/review by Mr. Smith. Ol' Barn reviews this meet from a results and records point of view. There were quite a few new records this year. Following the Pentathlon was the annual OMS Board meeting which was well attended. We ate almost all 18 feet of sub-sandwiches and I received some interesting and positive input from those who attended.

Oregon Masters has teamed with the Albertina Kerr "Swim-A-Lap" program this year. You can find out all about this new partnership in this issue and next month. The OMS board of directors are extremely excited about this merge. I hope that you will read all about it and do your part. This is an excellent "Win-Win" situation for both parties.

Also in this issue you will find the entry form for the Eugene meet on May 30th and the Tigard "Swim the Gap" meet. I will have the entry form for the B.C. Champs meet in next months issue only so stay tuned. There will be lots of events to choose from in the month of May so make your plans now.

I am pleased to report that long time Oregon Masters swimmer and past chairperson, Kathy Buck gave birth to twin boys on February 13th. You can bet that we may not see much of Kathy and Bruce Cheney for a while since their hands are going to be full taking care of Courtney and the boys. Congrats Kathy and Bruce...hope we see you soon and I hope you both can get in a little pool time at the very least.

As of this writing the second annual TRI-M meet that yours truly hosted on February 23rd is history. Due to space in this issue, we will bring you all the results next month. I can tell you that it was well attended by 65 entrants who had a good time and swam fast. The results of the two big contests at this meet were very surprising. I guess you'll just have to wait til next time to find out all about it. We will also have all the results from the Bend meet for you next month and I know that this meet had a good 70 to 75 swimmers who signed up.

We will be starting an interesting review of Oregon Top Ten Swimmers next month in our build-up for Long Course Nationals this summer.

Well that's about it for me. Hope to see all of you in Ashland on April 3, 4, and 5.

Practicing hard,



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 current 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 YARDS MEET
SANCTIONED (92-H) 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: N.W. ZONE MASTERS SWIMMING

DATE: APRIL 24, 25, & 26, 1992

S.C. CHAMPIONSHIPS

PLACE: LEWIS AND CLARK COLLEGE

S.W. Palater Road PORTLAND, OREGON

ZENNTBAUER SWIMMING PAVILION

6 LANES COMPETITION - ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Pride of Oregon Swim Team Meet Director: Larry Potter 503-692-1983 (Work)

DIRECTIONS TO POOL: I-5 (either north or south) take EXIT 297 - Terwilliger Blvd/Lewis & Clark College. Travel south on Terwilliger Blvd approximately 1.5 miles to Palater Road. Stay on Palater Road and you will see Lewis and Clark College on your left. Turn left at "Gate #3" just past the football stadium and follow this road to the ZENNTBAUER SWIMMING PAVILION next to the Pamplin Sports Center. **PARKING IN AND AROUND LEWIS & CLARK IS LIMITED SO CAR POOLING IS A GREAT IDEA.**

WARM-UPS FRIDAY: 5:00 P.M.

SATURDAY & SUNDAY: 8:00 A.M.

MEET STARTS FRIDAY: 6:00 P.M.

SATURDAY & SUNDAY: 9:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN APRIL 11th, 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+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, AND 1650 Free will be deckseeded and all events will be seeded slow to fast.

FRIDAY APRIL 24 ZONE CHAMPS

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

1650 FREE (2) _____ : _____ . _____

SATURDAY APRIL 25

500 FREE (3) _____ : _____ . _____

BREAK BREAK BREAK

200 BACK (4) _____ : _____ . _____

50 FREE (5) _____ : _____ . _____

100 BREAST (6) _____ : _____ . _____

BREAK BREAK BREAK

FREE RELAY (7) _____ : _____ . _____

50 FLY (8) _____ : _____ . _____

200 FREE (9) _____ : _____ . _____

100 BACK (10) _____ : _____ . _____

BREAK BREAK BREAK

MXD FR RL (11) XXXXXXXXXXXXXXX

200 I.M. (12) _____ : _____ . _____

SUNDAY APRIL 26

200 FLY (13) _____ : _____ . _____

50 BREAST (14) _____ : _____ . _____

100 FREE (15) _____ : _____ . _____

BREAK BREAK BREAK

MED RELAY (16) XXXXXXXXXXXXXXX

100 FLY (17) _____ : _____ . _____

50 BACK (18) _____ : _____ . _____

200 BREAST (19) _____ : _____ . _____

BREAK BREAK BREAK

MXD MD RL (20) XXXXXXXXXXXXXXX

100 I.M. (21) _____ : _____ . _____

BREAK BREAK BREAK

1000 FREE (22) _____ : _____ . _____

Oregon Masters will be selling an outstanding multi-color printed commemorative T-Shirt for \$10.00

You may order in advance and pick-up and pay at the meet. Size: Medium _____ Large _____ X/L _____

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: \$ 10.00

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

OREGON MASTERS SWIMMING

P.O. BOX 8785

PORTLAND, OREGON 97207

SWIM - A - LAP 1992

SAVE

An exciting opportunity like this doesn't come around very often. It's one that is being spearheaded by OMS' Fitness Committee and has the Board's unanimous support. We're very hopeful that you will find it an exciting challenge yourself and we look forward to your support and participation.

SAVE

No doubt you are familiar with SWIM A LAP and possibly have done it in the past. OMS and SWIM A LAP are joining forces this year for the first time and both organizations should benefit from this very natural relationship. First some background and then onto specifics.

IMPORTANT INFO

SWIM A LAP will be celebrating its 17th anniversary in 1992. This event was created as a fund raiser to benefit The Kerr Center for Handicapped Children, a facility established in 1974 to serve mostly kids with developmental disabilities. Don Schollander, former Olympian, and Larry Steele, former Trail Blazer, were the original chairs of SWIM A LAP and have served on the committee throughout the life of the event.

SWIM A LAP continues to be a successful fund raiser, consistently raising approximately \$30,000 each year. In recent years, the funds raised through SWIM A LAP have been used for all of the program needs of Albertina Kerr Centers, including services for severely emotionally disturbed children as well as the agency's group homes for developmentally disturbed children.

SAVE

Jantzen, Inc. and K.P. Graphics have been SWIM A LAP sponsors for several years. Jantzen has consistently made both cash and in kind donations; and K.P. Graphics donates the printing for SWIM A LAP sponsor sheets and posters.

SWIM A LAP 1992

SAVE

SWIM A LAP will be held on Saturday, May 16, 1992 at ten participating neighborhood tri-county swimming pools. Swimmers of all ages and abilities are eligible to participate in this event which provides widespread opportunity for contributions to the essential programs of Albertina Kerr Centers as swimmers acquire pledges and subsequently swim laps for a one hour time period.

The benefits to OMS' involvement in the SWIM A LAP program are tremendous. First, as an OMS member, you can be proud to do a good deed at the same time you do something well. Second, OMS will get wonderful exposure by having our name featured on the official sponsor sheets, by our prominent involvement with a swim clinic put on by Don Schollander in early April and, finally, by having some public service announcements devoted exclusively to masters swimming.

SWIM A LAP is adding something a bit different this year by introducing the concept of team participation. This is where OMS comes in. Teams of up to ten swimmers will be competing against each other to raise the most money for Albertina Kerr Centers. So far, several teams have been put together by Fred Meyer, Merrill Lynch, US West and KOIN. A single organization can have as many ten-member teams as it wants. A grand prize will be awarded to the team that brings in the most money.

YOUR PARTICIPATION

OMS has been designated the Tualatin Hills 50 meter pool. This is where we will be volunteering our efforts to help run the event. This is also where our OMS teams are encouraged to swim. (However, masters swimmers may swim at any one of the nine other designated pools or anywhere else in the state or Washington if this is more convenient).

More details on this to come but it appears we have been promised Tualatin Hills Rec Center pool for the entire day on May 16. This means your team can do its one hour swim at TH whenever its most convenient for you. (By the way, these are to be short course laps not long course). We will have volunteers to help count laps and cheer you on. If you choose to swim at some other facility, you will be bound by the honor system to submit the number of laps you actually did swim in the one hour time period. But, let's face it, it won't be nearly as much fun as all being together at our own designated location.

SAVE

SAVE

IMPORTANT INFO

SAVE

SAVE

WHAT YOU NEED TO DO

One very important rule is that each team member must submit his or her OWN sponsor sheet. The team size may be as few as two up to ten. Obviously, your team will have the best shot at the Grand Prize the larger it is. Team members should be predominantly OMS swimmers, but this is not necessary as the event is neither sanctioned nor approved by USMS. Also, teams don't have to consist of swimmers from the same official OMS teams. In other words, a swimmer from Tualatin Hills Barracudas can be on the same team as one from Rogue Valley Masters. The other obvious important rule is that you cannot represent more than one team. Finally, **YOU DO NOT HAVE TO COLLECT THE MONEY YOU RAISE.** This will be Albertina Kerr Center's responsibility entirely.

At last, here's what you need to do:

Decide to participate in this very worthy cause.

Form your team and designate a team captain for communication purposes. The team captain should complete the clip-off form below and

return it no later than April 30, 1992 to the address shown on the form.

As an OMS swimmer, you will receive your own sponsor sheet. If you need additional sheets, there will be instructions on the sheet you receive on how to do that. Complete your sponsor sheet as best as you can. A suggested donation you can ask for is 10 cents a lap, so if you swim 100 laps in an hour, that amounts to a \$10 contribution.

The team captain must mail all completed sponsor sheets no later than May 9, 1992 to:

**Oregon Masters Swimming
P.O. Box 40313
Portland, Oregon 97240**

If you have any questions about this process, please call Roy Abramowitz at (503) 221-0336 (w) or (503) 641-3994 (h). So, let's show the folks at SWIM A LAP and Albertina Kerr Centers what Masters Swimming can do. And with your support, this initial joint venture will be the start of a long and successful relationship.

THANK YOU! !!!!

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

OMS /SWIM A LAP

Please complete this form and mail no later than April 30, 1992 to:
Oregon Masters Swimming, P.O. Box 40313, Portland, Oregon 97240.

Team captain name: _____

Address: _____

Telephone #: _____

Other team members (up to ten): 6. _____

2. _____ 7. _____

3. _____ 8. _____

4. _____ 9. _____

5. _____ 10. _____

Will your team swim at Tualatin Hills Rec Center: _____ ??

If not, which alternate facility: _____ ??

Time your team expects to swim at TN on 5/16/92: _____

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (92-J) 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: UNIVERSITY OF OREGON MASTERS MEET **DATE: Saturday MAY 30th, 1992**

PLACE: LEIGHTON POOL U OF O CAMPUS

1002 East 15th

EUGENE, OREGON

5 LANES COMPETITION - MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: U of Oregon Masters **Meet Director:** Paul Bliss 503-689-5323 (Home)

DIRECTIONS TO POOL: From I-5 (either North or South) take exit #194 West. You will be on I-105 travelling west toward Eugene. Take the Franklin Blvd exit. Follow Franklin toward the U of O campus and turn right at Agate. Go two (2) blocks and take a right on 15th. Pool entrance is on ONYX St.

ENTRY DEADLINE : POSTMARKED NO LATER THAN MAY 16th, 1992

FILL IN COMPLETELY---✂-----RETURN ONLY 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 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and the 1000 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY MAY 30TH EUGENE

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

BREAK BREAK BREAK

FREE RLY (2) XXXXXXXXXXXXXXXX

200 FLY (3) _____ : _____ . _____

200 BACK (4) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

100 FREE (6) _____ : _____ . _____

MXD FR RLY (7) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

50 FLY (9) _____ : _____ . _____

100 BACK (10) _____ : _____ . _____

200 BREAST (11) _____ : _____ . _____

50 FREE (12) _____ : _____ . _____

MED RLY (13) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (14) _____ : _____ . _____

50 BACK (15) _____ : _____ . _____

100 BREAST (16) _____ : _____ . _____

200 FREE (17) _____ : _____ . _____

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

MXD MD RLY (19) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

1000 FREE (20) _____ : _____ . _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training 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' BARN ... 11TH ANNUAL PENTATHLON ...

IT MAY HAVE A DIFFERENT NAME, BUT FROM ALL REPORTS THE TUALATIN HILLS PENTATHLON IS STILL ONE OF THE FINEST MEETS IN THE COUNTRY. WE HAD 119 SWIMMERS GO AFTER THE GOLD, MANY WERE SUCCESSFUL ALSO AT SETTING ALL TIME RECORDS AS WELL AS OMS AND REGIONAL RECORDS. UNDER THE HANDS ON GUIDANCE OF LISA DAVIS, WITH GREAT ASSISTANCE FROM A HOST OF BARRACUDAS, AND MANY OLD OLD FRIENDS TO OREGON MASTERS. THIS MEET WENT OFF LIKE CLOCK WORK AND FROM THE RESULTS WE CAN SEE THAT "TIMES AND RECORDS WAIT FOR NO ONE".

SWIMMER OF THE MEET - **HERB EISENSCHMIDT** - 5 REGIONAL RECORDS, TWO OF WHICH COULD BE # 1 TIMES IN THE USA, HERB JUST MOVED UP TO 85-89, ESTABLISHED A NEW T.H. PENTATHLON RECORD OF 361.74. REGIONAL RECORDS WERE : 50 FLY - 1:08.73 (1), 50 BACK - :55.34 (2), 50 BREAST - 1:03.23 (5), 50 FREE - 46.08 (5) AND THE 100 IM IN 2:08.36 (1).

LEISSA MILLS (30-34) NEW THPR - 183.46, ON THE WAY SHE SET A NEW REGIONAL RECORD FOR THE 100 IM AT 1:04.45 (9), AND OMS RECORD IN THE 50 BACK - :30.55 (10). HER CHALLENGER - **GRACIE GODDARD**, PICKED UP A RARE FALSE START IN THE 50 FREE, W/O THE 10 SEC PENALTY, GRACIE WOULD HAVE LOGGED A 183.81. FOLKS THAT IS GOING HEAD TO HEAD.

BOB MORRISON (70-74) SET A NEW REGIONAL FOR THE 50 BREAST IN :38.47 (2).

HELENA HOFFMAN (75-79) NEW THPR - 478.26 - AND A REGIONAL RECORD FOR THE 50 FLY IN 1:18.65 (5).

CLAUDIA COKE (35-39) NEW THPR - 195.57, SETTING A NEW OMS TIME FOR THE 50 FREE AT :27.44 - TAKE A LOOK AT CLAUDIA'S TIMES ACROSS THE BOARD !!

MATT ROTH (25-29) NEW THPR - 159.73 - HIGH LITED WITH OMS RECORDS FOR THE 50 BACK IN :26.02 AND 100 IM IN :56.04, AND A FINE 22.94 FOR THE 50 FREE.

JIM BIGLER (55-59) LOVE THIS GUY, HE BREAKS HIS OWN THPR, SET LAST YEAR AT 2:10.73, WITH A NEW CLOCKING OF 2:10.59, ALONG THE WAY HE SETS A NEW OMS 100 IM RECORD OF 1:14.43.

DEBORAH HEIM (19-24) ALMOST A THPR - 193.42 VS 191.58 - KEEP YOUR EYES ON THIS NEWCOMER, SHE'S A SWIMMER !!

LYNN SQUIRES AND TONI HECKSEL SQUARED OFF IN THE 25-29 WITH LYNN PREVAILING 196.77 TO TONI'S 199.55 - 2 MORE NEWCOMERS TO OMS. **BELINDA WHEELER AND TERI HENDRYX** FOUGHT IT OUT FOR THE SILVER (35-39) WITH BELINDA AT 207.11 VS TERI AT 207.36 .

KATHY CASEY FROM PHA, SWAM SOME GREAT RACES, WITH A BEST :28.48 - 50 FREE. SHE TOOK HOME THE GOLD IN THE 40-44.

JAN PLESNER, LIKEWISE IN THE 45-49, WITH A GREAT 31.94 FOR THE 50 FREE.

LAVELLE STOINOFF (55-59) GOING ON 60, FINE 50 BACK, AND 50 FREE.

PETHEY SMITH (65-69) CAME CLOSE TO HER THPR - 280.44 VS 277.33

JUDY MELCHER (70-74) PICKED OFF THE GOLD EVEN WITH A 10 SEC PENALTY IN THE 50 FLY, WINNING OVER **ELFIE STEVENIN**.

BEST OVERALL AGE GROUP - MEN 25-29 - 1ST PLACE WAS 159.73, WITH 7TH AT 170.34. CHECK THE CLOSE ONES IN BETWEEN - FRIEDLEY OVER KAHL (163.88 VS 165.25), WOODBURY OVER RODRIGUEZ (166.04 VS 167.43) AND KING OVER GRAHAM (170.34 VS 170.75) - MAKES MATT ROTH LOOK EVEN BETTER.

PETER METZGER (35-39) PICKED OFF THE GOLD IN 173.03, **JOHN ZELL**, THE SILVER - 179.64, AND **TRYG STRATTE** THE BRONZE IN 179.93 - ALL FROM PORTLAND PARKS, A SWEEP FOR Z-MAN'S STALWARTS.

MIKE PENDLETON (40-44) LOOKED GREAT AT 173.14 WITH **VERN DASCH** 2ND IN 179.86. BUT, LOOK AT THE SQUABBLE FOR 3RD. **ADAMS OVER WARNER** - 181.39 VS 182.55.

DR SPRINT (AKA BOB SMITH) WAS LESS THAN A SECOND OFF HIS THPR - 165.56 VS 164.78.

BERT PETERSEN (50-54) WAS CLOSE TO THE RECORD (191.05 VS 189.52).

TOM FANNING (50-54) FINE 50 BACK IN :31.77.

MICKEY MARKS (AKA MILTON) SWAM HIS BEST PENTATHLON EVER, MISSING ONE OF THE TWO OLDEST RECORDS (1981) MICKEY POSTED A 2:11.73 VS 2:11.06 - 60 TO 64 AGE GROUP, WAY TO GO MICKEY, GET IT NEXT YEAR !!!

TRIVIA - **BOB SMITH** HOLDS 3 THPR'S - (35-39), (40-44), AND (45-49), 35-39 GOES BACK TO 1982, 2ND YEAR OF THE PENTATHLON.

THAT'S IT FOR THIS TIME FOLKS, THANKS AGAIN TO THE BARRACUDAS FOR PUTTING THIS ONE ON. AND MAINTAINING A TRADITION STARTED IN 1981 BY BARBARA AND BRIAN FRID.

T. H. PENTATHLON

25 YARD

02/01/92 PG 1

U=DQ (+10 SECS)

*=FROM OUTSIDE OREGON ASSOC

+PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL	
19-24 WOMEN									
W	DEBORAH E HEIM	22	FRID	:30.18	:32.81	:34.68	:27.88	1:07.87	193.42
W	NANCY L OLSEN	24	MACO	:33.90	:33.76	:38.68	:29.15	1:14.77	210.26
W	KIM D YOUNG	23	MJCC	:35.12	:37.60	:38.88	:31.25	1:15.73	218.58
	SANDI L HYDE	23	VMS	:33.97	:38.78	:42.55	:28.11	1:15.52	218.93
W	KIMBERLIE D CYPHERT	19	UVM	:33.74	:36.04	:42.40	:28.82	1:19.39	220.39
25-29 WOMEN									
W	LYNN A SQUIRES	27	LO	:30.78	:35.64	:35.94	:26.05	1:08.36	196.77
W	TONI HECKSEL	25	THB	:29.51	:34.71	:38.59	:27.20	1:09.54	199.55
	LISA K DAVIS	27	THB	:30.88	:34.86	:37.10	:28.71	1:13.12	204.67
	KIMARIE GAGNON	29	EM	:32.81	:37.40	:36.92	:29.75	1:13.12	210.00
W	ALIX I GITELMAN	26	MJCC	:31.41	:33.56	:52.23 U	:27.90	1:13.13	218.23
W	LEE A RUUD	27	MMH	:35.57	:35.78	:39.29	:32.42	1:16.03	219.09
	PAM AUSTIN	28	PPM	:37.11	:39.52	:42.52	:30.06	1:22.03	231.24
	JEANNETTE GRIESE	26	UVM	:38.88	:40.99	:42.70	:34.53	1:28.61	245.71
W	GWEN A GWILYM	29							999.99
W	CAROLYN PETERSEN	28			1:01.54		2:07.88		999.99
30-34 WOMEN									
	LEISSA K MILLS	31	VOT	:28.26 +	:30.55 +	:34.53	:25.67 +	1:04.45 +	183.46
	GRACIE M GODDARD	32	THB	:27.68 +	:31.05 +	:35.92	:34.67 U	1:04.49 +	193.81
	MARY YUSE-MILLER	31	PPM	:32.66	:38.23	:37.09	:29.03	1:15.01	212.02
	NAOMI STEINBERG	30	THB	:33.00	:41.01	:38.29	:29.26	1:15.15	216.71
	LAURA K SCHOB	33	OREG	:34.15	:37.04	:41.40	:30.44	1:17.84	220.87
	LINDA P COENEN	33	GPY	:33.99	:37.92	:39.56	:31.39	1:18.59	221.45
	CHRISTINA FOX	31	EM	:38.80	:37.98	:39.55	:34.50	1:18.84	229.67
	KIM J BOGUS	33	PPM	:37.93	:38.91	:45.91	:29.79	1:22.86	235.40
	PAMELA CALTABIANO	32	VOT						999.99
35-39 WOMEN									
	CLAUDIA COKE	37	THB	:30.17	:32.74	:37.08	:27.44 +	1:08.14	195.57
	BELINDA WHEELER	38	EM	:31.92	:35.18	:38.45	:28.41	1:13.15	207.11
	TERI HENDRYX	38	MACO	:32.01	:35.14	:38.07	:28.99	1:13.15	207.36
	CINDY A SHOEMAKER	39	PPM	:43.18	:42.90	:43.06	:33.20	1:27.32	249.66
40-44 WOMEN									
	KATHRINE CASEY	43	*PMA	:33.11	:35.63	:35.34	:28.48 +	1:11.80	204.36
	SUZANNE COOPER	42	PPM	:31.97	:34.03	:38.12	:29.60	1:14.23	207.95
	SANDI ROUSSEAU	44	THB	:32.22	:39.21	:40.45	:29.86	1:18.29	220.03
	SUSAN J CASE	42	THB	:36.25	:35.69	:40.00	:31.42	1:17.60	220.96
	MONIKA HUNSCHER	43	THB	:35.81	:39.32	:43.65	:32.86	1:23.94	235.58
	JUDY E BEASTON	41		:43.69	:47.60	:49.39	:34.32	1:32.78	267.78
45-49 WOMEN									
	JAN M PLESNER	45	UVM	:35.86	:38.23	:45.60	:31.94	1:23.01	234.64
	PAMELA HIMSTREET	48	THB	:38.24	:43.14	:40.81	:32.62	1:22.96	237.77
	MARY E WATERS	45	MACO			1:27.83	1:19.76	3:34.03	999.99
50-54 WOMEN									
	SUSANNE SCHUMANN	54	EY						999.99
55-59 WOMEN									
	LAVELLE M STOINOFF	59	MACO	:44.17	:39.46	:44.00	:31.83	1:22.32	241.78
60-64 WOMEN									
	JOYCE BAHLER	61	MACO	:44.71	:46.94	:45.41	:39.73	1:36.84	273.63
	KATHLEEN A HUGHES	64	THB	:55.06	1:00.17	:57.71	:44.66	2:06.66	344.26
65-69 WOMEN									
	PETEY MH. SMITH	67	NEWP	:46.21	:45.27	:57.24	:33.02 +	1:38.70	280.44
70-74 WOMEN									
	JUDY M MELCHER	71	THB	1:27.69 U	1:13.76	1:04.78 +	:59.12	2:31.98	437.33
	ELFIE J STEVENIN	70	THB	1:15.78	1:16.40	1:34.38	1:04.63	2:41.06	472.25

T.H. PENTATHLON

25 YARD 02/01/92 PG 2

U=DQ (+10 SECS)

*=FROM OUTSIDE OREGON ASSOC

+PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
75-79 WOMEN								
	HELENA W HOFFMAN	76 THB	1:18.65 +	1:22.79	1:27.74 U	1:06.61	2:42.47 +	478.26
	BARBARA T HAVERCAMP	75 UN	2:05.21	1:38.97	2:05.07	1:22.24	3:33.23	644.72
80-84 WOMEN								
	HAZEL B BRESSIE	83 MACD	2:38.56	1:36.79	2:06.26	2:00.70	4:22.37	764.68
25-29 MEN								
W	MATHEW J ROTH	25 PRID	:24.39	:26.02 +	:30.34	:22.94	:56.04 +	159.73
	MARK P FRIEDLEY	27	:25.71	:27.54	:29.53	:23.62	:57.48	163.88
	TOM KAHL	26 PPM	:25.84	:27.94	:29.99	:23.21	:58.27	165.25
W	SCOTT F WOODBURY	25 THB	:25.96	:28.79	:29.76	:23.64	:57.89	166.04
	RICK A RODRIGUEZ	29 EM	:26.50	:27.26	:31.70	:23.39	:58.58	167.43
W	PHILLIP T KING	25 MMH	:26.31	:28.69	:30.76	:24.83	:59.75	170.34
	HUNTER S GRAHAM	29 VOT	:26.25	:28.07	:31.57	:24.56	1:00.30	170.75
	CRAIG JACOBSON	28 UVM	:28.97	:33.71	:32.77	:25.90	1:07.32	188.67
W	PETER E FERGUSON	28	:31.14	:33.30	:34.04	:26.08	1:07.47	192.03
	CHRISTOPHER S HULL	29 EY	:29.69	:32.82	:38.65	:26.85	1:11.01	199.02
	JEFF GRIESE	29 UVM	:29.95	:34.81	:37.81	:27.92	1:14.99	205.48
W	DAN L CLARK	28 THB	:36.75	:48.83	:37.76	:31.19	1:21.63	236.16
	CHRISTOPHER LUCK	28 LOSC	:37.45 U	:31.95	:33.81	:24.26		999.99
30-34 MEN								
	DAVID D BURLESON	34 MACD	:26.00	:27.29	:31.41	:23.49	:58.87	167.06
	PHILIP E CLARK	33 THB	:26.22	:27.21	:32.67	:23.52	1:01.72	171.34
	STEPHEN F HARGER	32 PPM	:27.63	:30.70	:30.91	:23.60	1:01.64	174.48
	MARK B WREN	33 PPM	:27.57	:32.71	:32.63	:24.52	1:04.70	182.13
W	JIM E DEMARIS	32 VOT	:29.04	:32.44	:33.11	:25.50	1:05.28	185.37
	MITCHELL GOLDSTEIN	33 MJCC	:30.20	:33.76	:32.24	:27.45	1:07.62	191.27
	TYLER COLE	31 PPM	:30.00	:33.27	:35.85	:25.72	1:07.31	192.15
	EDWARD R MANN	34 PPM	:28.87	:34.30	:35.68	:26.47	1:07.01	192.33
	DAVID P JOHNSON	34 GPA	:30.24	:36.67	:33.69	:26.14	1:09.35	196.09
	DAVID R DOTTER	32 THB	:30.13	:38.18	:38.86	:27.44	1:12.75	207.36
W	CHARLES H JOHNISEE	32	:46.72	:55.43	:45.27	:40.51	1:57.20	305.13
35-39 MEN								
	PETER METZGER	36 PPM	:26.70	:27.54	:32.44	:24.38	1:01.97	173.03
	JOHN F ZELL	35 PPM	:28.28	:29.00	:33.79	:25.77	1:02.80	179.64
	TRYG STRATTE	35 PPM	:27.65	:30.93	:31.00	:24.51	1:05.84	179.93
	DAVID W YEAKEL	38 CA	:27.56	:32.56	:32.53	:24.66	1:05.13	182.44
	RONALD E COBB	35 MJCC	:28.20	:30.73	:33.91	:25.48	1:04.50	182.82
	DANIEL P JOHNSON	38 THB	:30.29	:34.02	:32.27	:26.56	1:05.19	188.33
	JON ALLAN	38	:30.22	:30.78	:38.38	:26.67	1:08.20	194.25
W	MICHAEL A PAHOLSKY	36 MJCC	:30.53	:33.74	:41.48	:26.10	1:12.45	204.30
40-44 MEN								
	MIKE L PENDLETON	40 PPM	:26.28	:28.76	:32.10	:24.40	1:01.60	173.14
	VERNON DASCH	42 THB	:27.60	:31.93	:31.63	:24.09	1:04.61	179.86
	DOUGLAS J ADAMS	42 LO	:27.60	:31.65	:31.64	:25.59	1:04.91	181.39
	STEPHEN H WARNER	43 NCSC	:26.78	:30.20	:35.85	:25.17	1:04.55	182.55
	GARY HAER	40 *PNA	:26.93	:27.55	:34.38	:23.76	1:10.83 U	183.45
W	PETER C JENSEN	42 THB	:31.01	:34.07	:35.68	:26.12	1:09.62	196.50
	GARY N BECKLEY	40 PPM	:30.99	:34.09	:37.79	:26.30	1:09.59	198.76
	TIM MCDANIEL	41 MM	:31.42	:36.02	:35.79	:25.61	1:13.52	202.36
	JOHN D DEJARNATT	42 WHOM	:30.52	:36.55	:36.59	:29.16	1:11.77	204.59
	L BUZ CARRIKER	44 MMH	:32.84	:40.66	:35.97	:28.07	1:17.49	215.03
W	BILL MCCARTNEY	42	:38.70	:35.14	:37.32	:28.78	1:16.96	216.90

T. H. PENTATHLON

25 YARD

02/01/92 PG 3

U=DQ (+10 SECS)

*=FROM OUTSIDE OREGON ASSOC

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
45-49 MEN								
	ROBERT S SMITH	48 LO	:25.88	:26.58	:30.71	:23.31	:59.08 +	165.56
	JON D STOUT	45 MM	:27.99	:28.97	:33.43	:24.64	1:03.11	178.14
	RICHARD D BOYD	48 MM	:28.42	:30.43	:32.05	:25.81	1:04.06	180.77
	DALE G VAUGHAN	47 THB	:32.42	:33.24	:33.13	:25.72	1:07.82	192.33
W	ROBERT H BREVOORT	46 SALE	:28.03	:32.23	:38.55	:25.38	1:12.66	196.85
	BOB TIMM	45 OREG	:31.01	:33.41	:35.89	:27.30	1:10.37	197.98
	MICHAEL L DUFFY	45 UN	:31.30	:37.22	:37.39	:26.29	1:11.95	204.15
	KEITH A FINZER	47 PPM	:32.34	:48.37 U	:35.69	:28.54	1:14.05	218.99
	DONALD J KUYPER	48 UVM						999.99
50-54 MEN								
	BERT L PETERSEN	53 PKRS	:27.27 +	:34.36	:34.59	:26.53	1:08.30	191.05
	TOM FANNING	52 MM	:31.74 +	:31.77	:35.43	:27.04	1:08.72	194.70
W	JOE SANTRY	51 MACO	:31.28 +	:34.28	:39.22	:28.57	1:13.21	206.56
	RONALD K NAKATA	52 MM	:28.26 +	:34.48	:34.14	:36.33 U		999.99
55-59 MEN								
	JIM BIGLER	56 MACO	:33.97	:36.17	:36.76	:29.26	1:14.43 +	210.59
	DAVID F PUTNAM	59 UVM						999.99
	ROBERT R KIM	58 MACO						999.99
60-64 MEN								
	MILTON R MARKS	61 MM	:34.72	:36.44	:35.45	:28.42	1:16.70	211.73
	ERIC GP. GUEST	62 MM	:33.23	:42.87	:38.62	:28.77	1:20.35	223.84
	DONLAN F JONES	61 LO	:42.53	:38.00	:42.84	:34.99	1:30.36	248.72
	JOHN D JOENS	60 TS	:58.53	:53.75	:51.37	:43.26	1:54.27	321.18
	TERRY C MCCURDY	62 UVM	1:03.74	:54.22	1:01.39	:37.92	2:00.76	338.03
	LEE J MIESEN	64 MACO						999.99
65-69 MEN								
	GILBERT N YOUNG	69 MM	:54.52	:42.23	:48.71	:34.00	1:34.68	274.14
70-74 MEN								
	ANDREW W HOLDEN	72 THB	:33.87 +	:39.22 +	:42.13	:29.86 +	1:18.55 +	223.63
	ROBERT A MORRISON	70 VMS	:36.83 +	:41.50	:38.47 +	:35.14	1:28.93	240.87
	FORBES J MACK	73 THB	:49.12	:44.47	:58.77 U	:32.70	1:40.03	285.09
	KHOSROW SHADBEH	70 PPM	1:00.67 U	:53.38	:47.58	:43.93	1:45.98	311.54
	MEL W ANDERSON	74 VMS	1:08.86	1:00.04	1:10.78	:46.23	2:08.97	374.88
85-89 MEN								
	HERB EISENSCHMIDT	85 THB	1:08.73 +	:55.34 +	1:03.23 +	:46.08 +	2:08.36 +	361.74

T. H. PENTATHLON-----

119 ENTRANTS -----

YOUR PERSONAL PENTATHLON ANALYSIS



This year's meet marked a new era for the Oregon "PENTATHLON". This year it was sponsored by the Barracuda Swim Club rather than Barbara Frid of the Swim Cellar store. There were changes made. Some were good, some not so good. Since my editor screams out "SELL! SELL! SELL!" and dirt and scandal sells newsletters here's the dirt:

TOO MANY OFFICIALS

If you survived without a "DQ", it was a great meet. Almost 10% of the swimmers in this meet got disqualified! This is over 3 times the DQ rate of last year. The officials list read like the Who's Who of swimming officials. One official came up to me and said that my stroke fell into their "gray area" but not quite a DQ. Now everyone knows I never DQ and my strokes are as pure as new fallen snow!

At any one time in this meet, there were 5 sets of high powered official eyes watching 6 swimmers. In a previous Oregon meet a few months ago, there was only 1 set of eyes for 5 swimmers. We know that a 1 to 5 ratio is too light. Perhaps a 5 official to 6 swimmer ratio is too heavy? So what is wrong with too many officials at a meet?

OFFICIALS HAVE NEEDS TOO

The officials at this meet were not ordinary officials, many were some of the top officials in the country. Eagles gathered at this meet. When eagles gather, the competition among officials magnifies. Officials are trained to run fast, tight, highly disciplined meets. In general, the quicker the meet the better. The high fever pitch of events without delay was evidenced by an announcement that "We're sorry, but there will be a 2 minute break while we change computer printer paper". They didn't have to apologize to the out of breath audience.

When we started the breaststroke without a single break, I faked a heart attack, crawled up to the meet director and pleaded for a break. She took control of the wild officials and we got a break.

Feathers got ruffled again, when the adrenaline pumped officials wanted to start the 100 IM without a break. At great peril, I raised my voice against the wall of efficiency crazed officials (never argue with an official, bribe instead). At the last moment John Zell (our beloved Pres.) grabbed the microphone and started blabbing on about something. His blah-blahs calmed everyone down and we got a de facto short break. Most everyone in the audience wanted to kiss his feet for the length of his babble.

SIDELINE COACHING

Find your name in the attached "DR SPRINT'S ANALYSIS". The weird numbers after your name in the events you swam reveal your relative performance in each of the 5 events. Everyone has a best stroke and your best stroke at this meet is shown by a 1000 in that column. Your worst stroke is indicated by your lowest number. If you fell below 900 in one or more events, you should consider yourself lopsided in your abilities and training. Perhaps you are too strong in one event or lack essential technique in others.

CALCULATE YOUR POTENTIAL

With your numbers, you can calculate a future time in a poor event assuming you put as much thought and effort into it as you have done for your best stroke. To do this, take your time (in seconds) and multiply it by your analysis number (with the decimal point in front). For example, let's take our first woman on the list Deborah Heim. Deborah's worst stroke was the 50 back with a performance of 947. Her time for the 50 back was 32.81 hence:

analysis #	times	time	= ideal time
.947	X	32.81	= 31.07

Therefore, if Deborah worked as smart and hard on her backstroke as she does on her best stroke, she could improve her time considerably. Usually, you can see improvement quickly by spending just a little extra effort on your poorer strokes.

If you got DQ'ed, don't worry. Your 10 second penalty was removed to make your analysis accurate.

A count of all the 1000's in each event reveals that backstroke is Oregon's worst stroke:

1000	FLY	BACK	BRST	FREE	IM
COUNT	23	8	26	41	16

It looks like Oregonians need to work on their backstroke starts and turns.

BEST BALANCED PENTATHLETE CONTEST

For the 4th year in a row, Liz Frid of the SWIM CELLAR swimming store located in Cedar Hills Mall has donated a \$10.00 gift certificate to the best balanced IM'er at the meet. You don't have to be fast to win this award, just well balanced in your abilities to swim all five events in times that are proportional to the best recorded Masters times in

the world. Jon Stout won. Jon is always a high scoring IM'er and he deserves this one.

The top 10 list includes:

Jon Stout	45,M	4919 (1988=10)
Tom Fanning	52,M	4916 (91=1,90=8)
Dave Burleson	34,M	4910 (1989=5)
Tom Kahl	26,M	4908
Teri Hendryx	38,F	4906
Ron Cobb	35,M	4904
Bob Timm	45,M	4904
Robert Smith	48,M	4900 (91=3,90=1)
Nancy Olsen	24,F	4897
Suzanne Cooper	42,F	4897 (1991=10)

Anyone who scored over 4800 points total is a true IM'er. It shows good consistent swimming among all strokes. If you scored under 900 in any stroke, you had better start working smarter on it.

SPRINT FACTOR

The number found in the far right column is called the sprint factor (SF). This number is an indication of whether you are better suited or trained in sprint, middle, or long distance events. Your times in your four 50 yard races were compared against your time in the 100 IM. This factor is exclusive to you and how you swam your 5 races. Generally speaking, a sprinter would have better times in the short 50 yard races and "die" more in the 100IM. An endurance swimmer doesn't know how to get tired during the 50's and would perform better relatively in the 100 IM race. For this reason, they would be less tired by the end of the meet and be fresher for the final 100.

SF

690-	extreme endurance (or great 100) (swimmer needs more power)
690+	long distance swimmer
700+	middle distance
710+	sprinters (or out-of-shape)
720+	out of shape (or poor 100 IM) (more conditioning needed)

Your sprint factor number will be less valid if you royally screwed up in 1 or more races. The purpose of showing your sprint factor is to help guide your training regimen. You can be a more outstanding swimmer, in less time, if you match your training to your inherit abilities.

If you competed in previous pentathlons, you may want to find your earlier analysis numbers in the Jan 1989, Feb 1990, and Mar 1991 Aquamaster.

2/92 The mathematical factors used were changed slightly this year versus the last 4 years. If you have a question or comment write to: Dr Sprint, 18476 Timbergrove, Lake Grove OR 97035

OI' BARN...PLAYING A LITTLE CATCH UP...

MANY TIMES I HAVE ASKED THAT IF YOU SWIM IN A MEET AWAY FROM OMS, PLEASE ADVISE ME, SO THAT I CAN GIVE YOU CREDIT FOR GOOD SWIMS AND RECORDS IN PARTICULAR. THANKS TO GINGER PIERSON, HERE ARE SOME REPORTS FROM AFAR ...

WINSKILL AQUATIC CENTER, DELTA, B.C. APRIL 21, 1991, BETTER LATE THAN NEVER. **GINGER PIERSON** HAD A MOST OUTSTANDING MEET : REGIONAL RECORD 100 IM - 1:19.87, REGIONAL RECORD 200 IM - 2:55.15, REGIONAL RECORD 50 BREAST - 39.25, JUST MISSED THE WR OF 39.21, REGIONAL RECORD 100 BREAST - 1:25.34, WORLD RECORD - 200 BRST - 3:04.75, RECORD WAS 3:06.59. CONGRATS GINGER, THESE WERE AT THE BC PROVINCIAL CHAMPIONSHIPS, THERE WERE 225 SWIMMERS, AM SURE THAT OTHERS WOULD HAVE LIKED TO HAVE SWUM. WE NEED TO KEEP OUR COMMUNICATIONS OPEN WITH OUR FRIENDS TO THE NORTH, BC THAT IS.

SOUTHERN PACIFIC SCM CHAMPIONSHIPS, LAGUNA BEACH, CA - 12/14 AND 12/15/91. GINGER ANOTHER FINE MEET WITH 4 REGIONALS : 400 IM - 6:26.67, 50 FREE - 32.66, 200 FLY - 3:02.40, AND 100 BACK - 1:23.73 ... ALSO SWAM : 100 IM IN 1:20.76, 200 FREE - 2:46.61, 50 BREAST - 39.60, 100 BRST 1:26.55, 200 BACK - 3:30.93, AND THE 50 FLY IN 35.58. TALK ABOUT BEING IN SHAPE - ALL OF THIS IS 2 DAYS!!! HAVE HUNCH GINGER WILL DOMINATE SCM TT FOR HER AGE GROUP !!!

DAVID DOUGLAS INVITATIONAL - SCM - JAN 11 & 12, 1992 WORLD RECORD FOR GINGER PIERSON - 100 M BREAST - 1:24.87, PLUS 200 IM - 2:58.00, AND 200 BREAST - 3:07.22.

ANACORTES (PNA) SCM - 12/15/91

ALLEN STARK (40-44) NEW REGIONAL RECORD - 50 BREAST (32.68) HATS OFF TO ALLEN. THIS TIME BETTERS HIS AA TIME FOR 1990 OF 33-02 — ALSO SWAM #2 TT IN THE 100 BREAST AT 1:13.85, AND 200 BREAST IN 2:42.50.

DON VAN ROSSEN (60-64) 50 BREAST - 40.12 (# 2 TT), 100 BREAST - 1:30.05 (# 2 TT), AND 200 BREAST - 3:19.18 (# 1 - TT) WAY TO GO DON - VAN ROSSEN IS THE NATIONAL RECORD HOLDER FOR THE 100 BREAST AT 1:23.19.

THAT BRINGS US UP TO DATE WITH OUR TRAVELERS. AGAIN A PLEA, PLEASE KEEP ME POSTED ON WHERE YOU ARE GOING AND WHAT YOU SWIM WHEN OUTSIDE OMS.

DR. SPRINT'S ANALYSIS

02/01/92 PG 1

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor

read "DR. SPRINT" article

Software by R.Smith

				50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
19-24 WOMEN										
W	DEBORAH E HEIM	22	OREG	986	947	988	955	1000	4876	702
W	NANCY L OLSEN	24	MACO	954	1000	963	993	987	4897	711
W	KIM D YOUNG	23	OREG	945	922	984	951	1000	4802	693
	SANDI L HYDE	23	OREG	924	845	850	1000	949	4568	690
W	KIMBERLIE D CYPHERT	19	OREG	954	932	875	1000	925	4686	720
25-29 WOMEN										
W	LYNN A SQUIRES	27	OREG	945	852	933	1000	971	4701	695
W	TONI HECKSEL	25	OREG	1000	887	881	971	968	4707	697
	LISA K DAVIS	27	OREG	1000	925	959	963	963	4810	715
	KIMARIE GAGNON	29	OREG	977	894	1000	964	1000	4835	696
W	ALIX I GITELMAN	26	OREG	992	969	850	1000	972	4783	702
W	LEE A RUUD	27	OREG	937	972	977	920	1000	4806	694
	PAM AUSTIN	28	OREG	905	887	910	1000	934	4636	709
	JEANNETTE GRIESE	26	OREG	953	944	1000	961	954	4812	721
W	CAROLYN PETERSEN	28	OREG			1000		953		
30-34 WOMEN										
	LEISSA K MILLS	31	OREG	1000	965	943	985	1000	4893	703
	GRACIE M GODDARD	32	OREG	996	926	884	1000	975	4781	702
	MARY YUSE-MILLER	31	OREG	986	879	1000	993	979	4837	708
	NAOMI STEINBERG	30	OREG	990	832	984	1000	992	4798	694
	LAURA K SCHOB	33	OREG	996	958	946	1000	997	4897	705
	LINDA P COENEN	33	OREG	1000	936	990	969	987	4882	710
	CHRISTINA FOX	31	OREG	885	943	1000	891	993	4712	687
	KIM J BOGUS	33	OREG	877	893	835	1000	916	4521	704
35-39 WOMEN										
	CLAUDIA COKE	37	OREG	990	952	928	974	1000	4844	697
	BELINDA WHEELER	38	OREG	994	942	951	1000	990	4877	706
	TERI HENDRYX	38	MACO	1000	951	969	988	998	4906	706
	CINDY A SHOEMAKER	39	OREG	859	902	992	1000	969	4722	700
40-44 WOMEN										
	KATHRINE CASEY	43	*PNA	926	899	1000	964	975	4764	703
	SUZANNE COOPER	42	OREG	1000	981	966	967	983	4897	714
	SANDI ROUSSEAU	44	OREG	1000	858	918	966	939	4681	712
	SUSAN J CASE	42	OREG	938	995	980	969	1000	4882	702
	MONIKA HUNSCHER	43	OREG	1000	951	945	976	973	4845	713
	JUDY E BEASTON	41	OREG	878	841	894	1000	943	4556	693
45-49 WOMEN										
	JAN M PLESNER	45	OREG	995	974	902	1000	981	4852	708
	PAMELA HIMSTREET	48	OREG	926	857	1000	972	974	4729	698
	MARY E WATERS	45	MACO			1000	856	812		
50-54 WOMEN										
55-59 WOMEN										
	LAVELLE M STOINOFF	59	MACO	805	941	931	1000	985	4662	681
60-64 WOMEN										
	JOYCE BAHLER	61	MACO	881	876	1000	888	928	4573	708
	KATHLEEN A HUGHES	64	OREG	906	866	996	1000	899	4667	736
65-69 WOMEN										
	PETEY MH. SMITH	67	OREG	798	851	743	1000	853	4245	704
70-74 WOMEN										
	JUDY M MELCHER	71	OREG	724	796	1000	851	844	4215	711
	ELFIE J STEVENIN	70	OREG	932	965	862	978	1000	4737	682
75-79 WOMEN										
	HELENA W HOFFMAN	76	OREG	858	851	1000	907	947	4563	694
	BARBARA T HAVERCAMP	75	OREG	734	969	846	1000	983	4532	661
80-84 WOMEN										
	HAZEL B BRESSIE	83	MACO	585	1000	846	688	806	3925	686

DR. SPRINT'S ANALYSIS

02/01/92 PG 2

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor

read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
25-29 MEN									
W	MATHEW J ROTH	25 OREG	1000	978	926	952	993	4849	702
	MARK P FRIEDLEY	27 OREG	980	955	983	955	1000	4873	701
	TOM KAHL	26 OREG	988	954	981	985	1000	4908	705
W	SCOTT F WOODBURY	25 OREG	978	920	982	961	1000	4841	697
	RICK A RODRIGUEZ	29 OREG	969	983	933	983	1000	4868	700
W	PHILLIP T KING	25 OREG	995	953	981	944	1000	4873	702
	HUNTER S GRAHAM	29 OREG	1000	976	958	957	993	4884	706
	CRAIG JACOBSON	28 OREG	982	881	1000	983	964	4810	714
W	PETER E FERGUSON	28 OREG	936	913	986	1000	985	4820	703
	CHRISTOPHER S HULL	29 OREG	1000	944	885	990	954	4773	714
	JEFF GRIESE	29 OREG	1000	898	913	960	911	4682	730
W	DAN L CLARK	28 OREG	892	701	1000	941	916	4450	691
	CHRISTOPHER LUCK	28 OREG	987	885	924	1000			
30-34 MEN									
	DAVID D BURLESON	34 MACO	993	987	947	983	1000	4910	705
	PHILIP E CLARK	33 OREG	994	1000	919	992	963	4868	720
	STEPHEN F HARGER	32 OREG	954	896	983	1000	976	4809	707
	MARK B WREN	33 OREG	994	874	967	1000	966	4801	710
W	JIM E DEMARIS	32 OREG	981	917	991	1000	995	4884	704
	MITCHELL GOLDSTEIN	33 OREG	927	865	1000	912	944	4648	707
	TYLER COLE	31 OREG	958	901	923	1000	974	4756	701
	EDWARD R MANN	34 OREG	1000	879	932	976	983	4770	697
	DAVID P JOHNSON	34 OREG	966	831	999	1000	961	4757	707
	DAVID R DOTTER	32 OREG	1000	824	893	983	945	4645	702
W	CHARLES H JOHNISEE	32 OREG	841	740	1000	868	765	4214	768
35-39 MEN									
	PETER METZGER	36 OREG	988	1000	937	969	971	4865	716
	JOHN F ZELL	35 OREG	973	991	939	956	1000	4859	699
	TRYG STRATTE	35 OREG	973	908	1000	983	932	4796	732
	DAVID W YEAKEL	38 OREG	1000	883	976	1000	965	4824	714
	RONALD E COBB	35 OREG	1000	958	958	991	997	4904	706
	DANIEL P JOHNSON	38 OREG	925	859	1000	944	980	4708	692
	JON ALLAN	38 OREG	976	1000	885	990	986	4837	702
W	MICHAEL A PAHOLSKY	36 OREG	955	902	810	1000	918	4585	709
40-44 MEN									
	MIKE L PENDLETON	40 OREG	1000	954	943	964	973	4834	712
	VERNON DASCH	42 OREG	975	880	980	1000	950	4785	718
	DOUGLAS J ADAMS	42 OREG	995	906	1000	961	965	4827	716
	STEPHEN H WARNER	43 OREG	1000	926	861	952	946	4685	707
	GARY HAFFER	40 *PNA	980	1000	885	994	990	4849	701
W	PETER C JENSEN	42 OREG	941	894	942	1000	956	4733	709
	GARY N BECKLEY	40 OREG	948	900	896	1000	963	4707	700
	TIM MCDANIEL	41 OREG	911	829	921	1000	888	4549	727
	JOHN D DEJARNATT	42 OREG	1000	872	961	937	970	4740	702
	L BUZ CARRIKER	44 OREG	951	801	1000	996	919	4667	721
W	BILL MCCARTNEY	42 OREG	831	955	993	1000	953	4732	710
45-49 MEN									
	ROBERT S SMITH	48 OREG	984	1000	955	978	983	4900	714
	JON D STOUT	45 OREG	983	992	949	1000	995	4919	709
	RICHARD D BOYD	48 OREG	979	954	1000	965	991	4889	709
	DALE G VAUGHAN	47 OREG	886	902	999	1000	966	4753	705
W	ROBERT H BREVOORT	46 OREG	1000	908	838	989	880	4615	738
	BOB TIMM	45 OREG	983	953	979	1000	989	4904	711
	MICHAEL L DUFFY	45 OREG	938	824	905	1000	931	4598	705
	KEITH A FINZER	47 OREG	958	843	1000	972	954	4727	709

DR. SPRINT'S ANALYSIS

02/01/92 PG 3

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
50-54 MEN									
	BERT L PETERSEN	53	OREG	1000	828	908	920	911	4567 715
	TOM FANNING	52	OREG	949	990	980	997	1000	4916 706
W	JOE SANTRY	51	OREG	1000	952	919	980	975	4826 709
	RONALD K NAKATA	52	OREG	1000	856	954	961		
55-59 MEN									
	JIM BIGLER	56	MACO	939	921	1000	976	978	4814 707
60-64 MEN									
	MILTON R MARKS	61	OREG	886	881	1000	969	915	4651 725
	ERIC GP. GUEST	62	OREG	967	783	959	1000	912	4621 718
	DONLAN F JONES	61	OREG	856	1000	979	931	919	4685 727
	JOHN D JOENS	60	OREG	762	866	1000	923	890	4441 712
	TERRY C MCCURDY	62	OREG	665	816	795	1000	800	4076 714
65-69 MEN									
	GILBERT N YOUNG	69	OREG	697	939	898	1000	915	4449 691
70-74 MEN									
	ANDREW W HOLDEN	72	OREG	985	888	912	1000	969	4754 702
	ROBERT A MORRISON	70	OREG	907	840	1000	851	856	4454 738
	FORBES J MACK	73	OREG	744	857	863	1000	833	4297 727
	KHOSROW SHADBEH	70	OREG	815	808	1000	841	889	4353 703
	MEL W ANDERSON	74	OREG	750	898	841	1000	913	4402 688
85-89 MEN									
	HERB EISENSCHMIDT	85	OREG	749	971	938	1000	915	4573 710

SUBSCRIBE TO USMS TOP TEN & RECORDS

The USMS Records and Tabulation Committee will publish the COMPLETE USMS Records, World Records, and USMS Top Ten for all individual and relay events three times per year, as "SWIM-MASTER" retires and SWIM Magazine no longer publishes the Top Ten lists. Each issue will be 40-50 pages long, large type, and mailed first class.

Three issues per year will be published as follows:

Short Course Meters	April
Short Course Yards	September
(including World Records - short and long course meters)	
Long Course Meters	December
(including World Records - short and long course meters)	

Send \$12.00 for each yearly subscription (payable to USMS), your name and address to the USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Individual issues will be available from the National Office for \$6.00.

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.

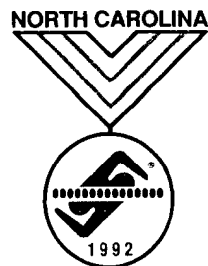
Any changes in team contact/ reps should be made with Steve Harger.

**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	Kim Phillips	390-2567
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-O 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



Sanction No. 132-01



**Official Entry Form for Individual Events
1992 United States Masters Swimming
National Short Course Championships
Koury Natatorium, University of North Carolina - Chapel Hill
May 21-24, 1992**

Name _____			Sex _____		
Last		First		Middle Initial	
Address _____			Country _____		
Street		City		State	
Zip					
Phone _____		In Case of Emergency _____		Name _____	
A/C Days		A/C Evenings		Phone _____	
Age _____		Birthdate _____		USMS Reg # _____	
(on 5/24/92)		Month/Day/Year		1992 No. Required _____	
Club Name or Unattached _____		Club Abbrev _____		LMSC _____	
		(if you know it)		(Assoc.)	

Entry Due Date: Entry must be received no later than Friday, April 17, 1992

Event No.	Entry Time Women	★	Event	Event No.	Entry Time Men	★
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Thursday, May 21 8:00 am

1			1000 YARD FREE	2		
3			1650 YARD FREE	4		

NOTE: YOU CAN SWIM EITHER THE 1000 YARD OR 1650 YARD FREESTYLE — NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.

Friday, May 22 8:00 am

5			100 YARD BREASTSTROKE	6		
7			200 YARD FREESTYLE	8		
9			50 YARD BACKSTROKE	10		
11			200 YARD INDIVIDUAL MEDLEY	12		
13			100 YARD BUTTERFLY	14		
15	SEE RELAY FORM		200 YARD MEDLEY RELAY	16	SEE RELAY FORM	
17/18	SEE RELAY FORM		200 YARD MIXED FREE RELAY	17/18	SEE RELAY FORM	

Saturday, May 23 8:00 am

19			100 YARD INDIVIDUAL MEDLEY	20		
21			200 YARD BUTTERFLY	22		
23			50 YARD FREESTYLE	24		
25			200 YARD BACKSTROKE	26		
27			50 YARD BREASTSTROKE	28		
29	SEE RELAY FORM		200 YARD FREE RELAY	30	SEE RELAY FORM	
31			500 YARD FREESTYLE	32		

Sunday, May 24 8:00 am

33			100 YARD FREESTYLE	34		
35			400 YARD INDIVIDUAL MEDLEY	36		
37			50 YARD BUTTERFLY	38		
39			200 YARD BREASTSTROKE	40		
41			100 YARD BACKSTROKE	42		
43/44	SEE RELAY FORM		200 YARD MIXED MEDLEY RELAY	43/44	SEE RELAY FORM	

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.
YOU MAY ENTER SIX EVENTS — BUT SWIM NO MORE THAN THREE ON ANY ONE DAY.
(If you enter 6 events, please indicate by a star (★) your least desired event in case the Championship Committee imposes a five-event limit.)

SPONSORS: Presenting: Joseph C. Woodard Company; **Gold:** IBM; **Silver:** Marshall Blackwell Group; **Bronze:** Arla and Arnie Formo; **Suppliers:** American Airlines, Budget Rent-a-Car, Carrow Sports & Marketing, Henley and Howard Travel; **Hospitality:** Winn-Dixie; **Other:** Capitol Broadcasting Company, SAS Institute.

☐ MC Exp. Date

ORDER OF EVENTS

Listed below are the four order of events used by Oregon Masters Swimming
as a guideline for swim meets.

They are used in a rotation basis.

Pacific Northwest Masters Swimming uses these orders as well.

ORDER #1	ORDER #2	ORDER #3	ORDER #4
400 IM	400 IM	400 IM	400 IM
1650 or 1000 yd Free	1650 or 1000 yd Free	1650 or 1000 yd Free	1650 or 1000 yd Free
1500 or 800 M Free	1500 or 800 M Free	1500 or 800 M Free	1500 or 800 M Free
-----	-----	-----	-----
Free Relay	500 Free*	Free Relay	500 Free*
50 Free	Free Relay	200 Fly	Free Relay
100 Breast	100 Back	200 Back	50 Breast
200 Back	200 Free	50 Breast	100 Fly
50 Fly	50 Fly	100 Free	200 Free
200 IM	200 Breast	Mixed Free Relay	50 Back
Mixed Free Relay	100 IM "	BREAK	100 IM "
BREAK	Mixed Free Relay	200 IM	Mixed Free Relay
100 Free	BREAK	50 Fly	BREAK
200 Breast	200 Back	100 Back	100 Breast
50 Back	50 Free	200 Breast	50 Fly
100 Fly	100 Fly	50 Free	100 Free
Medley Relay	50 Breast	Medley Relay	200 Back
BREAK	Medley Relay	BREAK	Medley Relay
200 Free	BREAK	100 Fly	BREAK
50 Breast	50 Back	50 Back	200 Breast
100 Back	100 Free	100 Breast	200 Fly
200 Fly	200 Fly	200 Free	50 Free
100 IM "	100 Breast	100 IM "	100 Back
Mixed Med Relay	200 IM	Mixed Med Relay	200 IM
500 Free*	Mixed Med Relay	500 Free*	Mixed Med Relay

*400 free for short or long course meters meets

" Short course yards or meters meet only

Consult the Schedule page of the Aqua-Maters to find
which meet order will be used for that meet.

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (92-I) 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: TIGARD AQUATIC CLUB

1992 "SWIM THE GAP"

PLACE: TIGARD AQUATIC CENTER

8680 S.W. DURHAM ROAD TIGARD, OR 97223

5 LANES COMPETITION -MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Tigard Aquatic Club

Meet Director: Fred Merk 503-620-0944 (home)

DIRECTIONS TO POOL: From I-5 take the Carman Drive exit west to Boonesferry Road. Turn left on Boonesferry traveling south to Durham Road. Turn right on Durham and travel 3/4 mile. Tigard pool is first building on your left on the Tigard High School campus.

DATE: MAY 9th, 1992

WARM-UPS: 7:30 A.M.

MEET STARTS: 8:30 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN APRIL 25th, 1992

FILL IN COMPLETELY-----✂-----RETURN ONLY 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 4 individual events plus 2 Special relays. Enter relays at the meet.

SATURDAY MAY 9 TIGARD

50 FREE (1-2) _____ : _____ . _____
25 FREE (3-4) 8 & UNDER
50 FREE (5-6) 10 & UNDER
50 FREE (7-8) 11-12
100 FREE (9-10) _____ : _____ . _____
100 FREE (11-12) 13 & OVER
25 BACK (13-14) 8 & UNDER
50 BACK (15-16) _____ : _____ . _____
50 BACK (17-18) 10 & UNDER
50 BACK (19-20) 11-12
100 BACK (21-22) _____ : _____ . _____
100 BACK (23-24) 13 & OVER
25 FLY (25-26) 8 & UNDER

100 FLY (27-28) _____ : _____ . _____
50 FLY (29-30) 10 & UNDER
50 FLY (31-32) 11-12
50 FLY (33-34) _____ : _____ . _____
100 FLY (35-36) 13 & OVER
MIXED 200 FREE RELAY (37-38) XXXXX
25 BREAST (39-40) 8 & UNDER
100 BREAST (41-42) _____ : _____ . _____
50 BREAST (43-44) 10 & UNDER
50 BREAST (45-46) 11-12
50 BREAST (47-48) _____ : _____ . _____
100 I.M. (49-50) OPEN AGE
100 I.M. (51-52) _____ : _____ . _____
MIXED 200 MEDLEY RELAY (53-54) XXXX

(ALL EVENTS OPEN TO MASTERS SWIMMERS ARE IN BOLD TYPE)

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

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.

----->-----**RETURN THIS LOWER PORTION**-----<-----<-----

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: _____

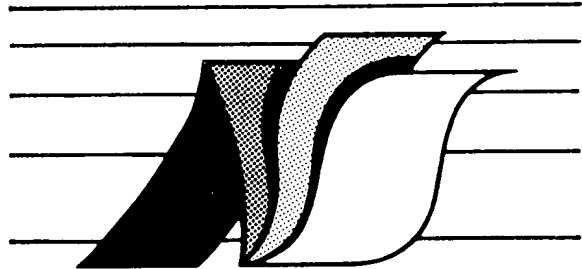
MAIL TO: STEPHEN & DIANE HARGER 9312 N.W. SKYLINE BLVD. PORTLAND, OR 97231-2613



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

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**In this issue: Pentathlon results, Dr. Sprint,
Ol' Barn, Z-Man, entry forms, & more.**