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*Aqua-Master is the official
publication of Oregon Masters
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*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 1992 - 1993

- JULY 18 SOUTHERN OREGON WILLOW LAKE SWIM
- JULY 25 EUGENE, OR 10th ANNUAL SENIOR MASTERS SPORTS FEST
- JULY 25 & 26 SPOKANE, WA N.W. ZONE LONG COURSE CHAMPIONSHIPS
WITTER 50 METER POOL HOST: I.E.L.M.S.C.
- 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
- JULY 26-31 BARCELONA, SPAIN OLYMPIC SWIMMING EVENTS
- AUGUST 1 1992/93 MEET BID PACKETS ARE DUE

**** AUGUST 20-23, 1992**

USMS LONG COURSE NATIONAL CHAMPIONSHIPS

FEDERAL WAY, WA GOODWILL GAMES POOL

- *SEPT 5 PORTLAND, OR PRIDE OF PORTLAND MEET COLUMBIA POOL
- SEPT 23-27 U.S.M.S. CONVENTION MINNEAPOLIS, MN
- OCT ?? N.W. ZONE SHORT COURSE METERS CHAMPIONSHIPS
SITE TO BE DETERMINED
- NOV. 11-16 OAHU, HAWAII 3rd ANNUAL HAWAII MASTERS CHAMPIONSHIPS
- MAY 20-23, 1993 U.S.M.S. SHORT COURSE NATIONALS SANTA CLARA, CA
- AUG 19-22, 1993 U.S.M.S. LONG COURSE NATIONALS MINNEAPOLIS, MN

***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. As you read this issue, only four or five weeks remain before the big one in Federal Way. How is your training coming along? Right on track I hope. I once heard a great line about trying to "cram" a lot of training in at the last minute. It went, "Too little, too late, too bad." I can assume this doesn't apply to you. Of course not.

It is very fitting, as this stage in your training, that we bring you this issue which is full of articles on a very favorite topic—tapering. You will find four excellent articles on the subject. Read them slowly and take what you need to apply to your plans.

***"Too little, too late, too bad."
I can assume this doesn't
apply to you.***

I bet you're wondering about **relays at Nationals**. Let me bring you up to date. The O.M.S. board has decided to prepay for in the neighborhood of 54 to 60 relay teams spanning a number of age groups. We will review previous Long Course Nationals and come up with appropriate seed times. Through the month of July and into the first weeks of August we will be putting these relay teams together. The teams will be formed from information mailed in, by phone, and by personal contact with swimmers at the State Games and the Nationals "Warm-up Meet" at Mt. Hood. **Ginger Pierson** is the *Chairperson of the relay committee* and will be in charge of most of the work before and during Nationals. If you are planning to go to Nationals and want to be part of any or all relays, please work with her so that we can make this a fun and successful meet.

If you studied the Nationals brochure, you may know that relay teams entered by July 15th cost \$8.00 per team. We (O.M.S.) may continue to enter teams up to August 19th (by 9:00 a.m. that Wednesday before the Nationals begin), but the cost goes up to \$12.00 per team. O.M.S. will be filling the teams we have prepaid for and then any teams beyond that will have a cost of \$12.00 each.

Oregon Masters swimmers attending Nationals in Federal Way will need to sit together as a group so that any last minute relay adjustments can be made easily, without having to spend a lot of time trying to run down various team members. Naturally, sitting together as a group will be great for team spirit and comraderie. We will have our blue O.M.S. banner flying so you will know where we are. More on this subject in next months issue.

Speaking of next months issue. I plan to have some articles to help you with you final planning and preparation for Federal Way, so stay tuned. It should hit your mail box early in August.

In this issue we bring you the results and Ol' Barnacles review of the meet in Eugene at the end of May. Hey, check out Ol' Barns' new masthead. It's pretty sharp. Next months issue will have results and reviews from Short Course Nationals in North Carolina, Masters World Championships in Indianapolis, and State Games of Oregon. The September issue will have all the results from Mt. Hood "Warm-up Meet" and we may have to wait until the October issue to run the results from Federal Way. With so much in the way of meets happening this summer we will have to spread it out a little.

And with all that's happening this summer with Long Course, I know it's though to begin to even think about our next seasons short course schedule. But, we must. Our Vicechair, Pam Himstreet (along with some help from Sandi Rousseau), has done an excellent job in putting together the meet bid packets for next season. Oregon Swimming got a look at our new meet bid packet and was so impressed that they wanted one so that they could incorporate some of our ideas in theirs. Many of you should have them by now and we need to begin to get those back by August 1st. Naturally it's first come first serve and those teams or groups applying early may get their choice of the dates for next season. He who hesitates may loose out.

That's all for now...see you at Mt Hood,

Barnacle

by E. Walter

reviews results records

Tigard - May "Swim the Gap"

Meet Director, Fred Merk hosted many many age groupers plus 26 Oregon Masters swimmers.

Herb Eisenschmidt, 85 years young, set a National Record for the 100 yd fly, new record - 2:32.32 vs. old record - 3:40.10. Herb also came close in the 50 fly with a time of 1:08.76 vs his own PR of 1:08.73.

Bob Morrison (70-74) Swam to a new Zone record in the 50 yd breast - 38.16, this ranks #2 in the U.S. Top Ten.

Carolyn Petersen (25-29) Swam 4 PR's, Carolyn swims faster with each meet she enters !

Pat Abel (30-34) Had a great meet with the 100 fly best at 1:18.99.

Nancy Brooks (45-49) Posted 4 excellent times, aging up for Nationals.

Timothy Waud (19-24) Great 100 Breast in 1:08.48

Mike Johnson (35-39) A very quick 100 free :51.17.

Jess Hickerson (35-39) Big OMS welcome to Jess !

Ira Weintraub (40-44) Another OMS welcome !

Allen Stark (40-44) Great time in the 50 breast :30.77.

Bert Petersen (50-54) Came close in the 100 fly (1:02.86 vs 1:02.58).

Allan DeLay (75-79) Oh so close to OMS record in the 50 free (33.85 vs. 33.78).

THANKS TO ALL THOSE FINE TIGARD FOLKS, WELL DONE !

EUGENE - May 30th....

Paul Bliss was our meet director for this one, with a big assist from Don Van Rossen and many volunteers. This, one of the last short course yards meets for 1992, was a big success for close to 70 swimmers.

Zone Records ...

Pauline Stangel (70-74) 50 breast (:52.85), 200 breast (4:18.99) #4 & #5 U.S. Top Ten.

Steve Johnson (40-44) 1000 free - 11:00.55 #7 Top Ten.

Robert Smith (45-49) 200 back 2:18.37 #6 Top Ten.

Oregon Masters Records ...

Jill Black (25-29) 200 back - 2:24.47 #7 top ten.

Susanne Schumann (50-54) 50 breast - 42.69.

Helena Hoffman (75-79) 200 breast 5:47.85, #7, 100 fly-3:04.48, #6, and the 400 IM - 12:29.62, #5.

A Big OMS Welcome to:

Dawn Hinton, Teddy Hannity, Beth Anne Beadling, Ginny Montieth, and Scott Metzler.

Great swims...

Cynthia Ferguson (19-24) Great 400 IM - 5:28.07.

Kimarie Gagnon (25-29) Check her 400 IM - 5:36.76.

Nancy Smith (30-34) Looking good, all the way.

Belinda Wheeler (35-39) Excellent times in all 5 of her events.

Petey Smith (65-69) 15:17.30 for the 1000.

Nancy Brooks (45-fig) Swam well in the 50 free.

Jan Plesner (45-49) Ditto for the 100 free.

Robert Loomis (19-14) fine 50 and 100 back.

Bob Chen (30-34) Class act in the breaststroke.

Mike Johnson (35-39) fine 200 free, plus close 50 fly (25.45 vs. 25.19).

Mike Dirksen and Ira Weintraub (40-44) 100 IM - Ira 1:06.91, Mike 1:06.95.

Gerald Huestis (70-74) Top Ten 100 free - 1:08.49.

Andrew Holden (70-74) Top Ten (#1 ??) 50 fly - :34.02.

Relays ...

65 + (**Huestis, Stangel, Holden, Smith**) Zone Record 200 Mixed Medley - 2:37.64. More than likely #1 in the Top Ten !

45+ (**Smith, Brooks, Allan, Plesner**) 5:17.62. Zone Record 400 Mixed Medley.

19+ (**Ferguson, Marr, Hull, Loomis**) 2:05.45. OMS Record Mens 200 Free.

65 + (**Walter, Morrison, Holden, Huestis**) 1-2-3 Top Ten, Medley Men.

65 + (**Huestis, Holland, Young, Holden**) Top Five for the 200 free.

A SUPER MEET, THANKS EUGENE, HOPE WE CAN COME BACK.

THIS N' THAT

Looks like our USA swimmers are going to have their hands full with the Aussies at Barcelona, reports indicate that it is harder to make the Aussie National Team this year than medal in the Olympics !!

That's all for this time.... Stay with it and stay fit !!

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

200FRE CYNTHIA C FERGUSON 24 UOM 2:19.30
 200BRS CYNTHIA C FERGUSON 24 UOM 2:59.39
 400 IM CYNTHIA C FERGUSON 24 UOM 5:28.07

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

50FREE DAWN R HINTON 29 EM :28.52
 TERRI MAYERS 25 SHM :29.42
 KIMARIE GAGNON 29 UOM :30.45
 100FRE DAWN R HINTON 29 EM 1:03.51
 TERRI MAYERS 25 SHM 1:05.79
 GWEN A GWILYM 29 1:06.24
 1000FR DAWN R HINTON 29 EM 13:39.54
 50BACK JILL BLACK 29 UOM :30.83
 GWEN A GWILYM 29 :35.50
 TERRI MAYERS 25 SHM :36.70
 100BAK GWEN A GWILYM 29 1:19.00
 200BAK JILL BLACK 29 UOM 2:24.47+

Oregon is - JILL BLACK 2:27.88

50BRST KIMARIE GAGNON 29 UOM :37.57
 50 FLY DAWN R HINTON 29 EM :33.49
 100 IM JILL BLACK 29 UOM 1:05.82
 KIMARIE GAGNON 29 UOM 1:14.08
 GWEN A GWILYM 29 1:14.21
 200 IM KIMARIE GAGNON 29 UOM 2:38.65
 400 IM KIMARIE GAGNON 29 UOM 5:36.76

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

50FREE NANCY C SMITH 32 MM :29.35
 TEDDY HANNITY 32 GPY :32.62
 BETH ANNE BEADLING 30 MM :34.67
 CHRISTINA FOX 31 UOM :35.43
 100FRE NANCY C SMITH 32 MM 1:02.78
 TEDDY HANNITY 32 GPY 1:17.54
 200FRE NANCY C SMITH 32 MM 2:22.77
 50BACK CHRISTINA FOX 31 UOM :38.09
 50BRST NANCY C SMITH 32 MM :38.62
 CHRISTINA FOX 31 UOM :41.82
 100BRS NANCY C SMITH 32 MM 1:23.82
 50 FLY PAT A ABEL 32 GPY :33.89
 TEDDY HANNITY 32 GPY :35.90
 100FLY PAT A ABEL 32 GPY 1:18.69
 200FLY PAT A ABEL 32 GPY 3:07.15
 100 IM CHRISTINA FOX 31 UOM 1:19.04
 200 IM CHRISTINA FOX 31 UOM 2:54.14

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

50FREE BELINDA WHEELER 39 EM :29.65
 100FRE BELINDA WHEELER 39 EM 1:04.73
 200FRE BELINDA WHEELER 39 EM 2:27.20
 50 FLY BELINDA WHEELER 39 EM :32.01
 100 IM BELINDA WHEELER 39 EM 1:17.50

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

50FREE GINNY MONTEITH 41 UVM :32.32
 50BACK GINNY MONTEITH 41 UVM :40.64

---- 45-49 WOMEN ----

50FREE NANCY J BROOKS 49 GPY :30.56
 JAN M PLESNER 45 UVM :34.13
 SANDRA L MCINTIRE 46 UVM :49.81
 MARY E WATERS 45 MACO 1:16.98
 100FRE JAN M PLESNER 45 UVM 1:10.08
 1000FR SANDRA L MCINTIRE 46 UVM 21:39.71

50BACK JAN M PLESNER 45 UVM :39.00
 SANDRA L MCINTIRE 46 UVM :54.35
 50BRST NANCY J BROOKS 49 GPY :38.84
 SANDRA L MCINTIRE 46 UVM 1:03.60
 MARY E WATERS 45 MACO 1:31.56
 100BRS NANCY J BROOKS 49 GPY 1:28.21
 50 FLY JAN M PLESNER 45 UVM :36.26
 SANDRA L MCINTIRE 46 UVM 1:17.05
 100 IM MARY E WATERS 45 MACO 3:10.41

---- 50-54 WOMEN ----

50FREE SUSANNE SCHUMANN 54 EM :35.99
 JOANN H DENNIS 50 MACO :40.46
 100FRE SUSANNE SCHUMANN 54 EM 1:13.54
 JOANN H DENNIS 50 MACO 1:36.23
 200FRE JOANN H DENNIS 50 MACO 3:18.32
 1000FR JOANN H DENNIS 50 MACO 18:47.94
 50BRST SUSANNE SCHUMANN 54 EM :42.69+

Oregon is - SUSANNE SCHUMANN :42.81

100BRS SUSANNE SCHUMANN 54 EM 1:59.31

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

50FREE KALEO B SCHRODER 56 KLF :41.23
 50BACK KALEO B SCHRODER 56 KLF :52.01
 100BAK KALEO B SCHRODER 56 KLF 2:17.76
 50BRST KALEO B SCHRODER 56 KLF :52.16
 100BRS KALEO B SCHRODER 56 KLF 1:59.91

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

50FREE BEVERLY A DIRKSEN 61 UVM :41.38
 100FRE BEVERLY A DIRKSEN 61 UVM 1:34.83
 200FRE BEVERLY A DIRKSEN 61 UVM 3:27.11
 1000FR BEVERLY A DIRKSEN 61 UVM 19:49.48
 50BACK BEVERLY A DIRKSEN 61 UVM :52.73

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

1000FR PETEY MH. SMITH 67 NEWP 15:17.30+

Oregon is - PETEY MH. SMITH 15:24.34

50BACK PETEY MH. SMITH 67 NEWP :45.81
 50 FLY PETEY MH. SMITH 67 NEWP :45.39

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

50BRST PAULINE B STANGEL 70 ALB :52.85+

Oregon is - PAULINE B STANGEL :55.08

100BRS PAULINE B STANGEL 70 ALB 2:02.65
 200BRS PAULINE B STANGEL 70 ALB 4:18.99+

Oregon is - PAULINE B STANGEL 4:23.18

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

50FREE EVELYN MCKEON 78 GPY :50.02
 ADA A HEBERT 76 CAM :59.79
 100FRE EVELYN MCKEON 78 GPY 1:55.00
 ADA A HEBERT 76 CAM 2:10.16
 50BACK EVELYN MCKEON 78 GPY 1:02.52
 ADA A HEBERT 76 CAM 1:08.36
 100BAK ADA A HEBERT 76 CAM 2:35.94+

Oregon is - HAZEL B. BRESSIE 2:47.02

50BRST EVELYN MCKEON 78 GPY 1:18.58
 ADA A HEBERT 76 CAM 1:20.22

200BRS HELENA W HOFFMAN 76 THB 5:47.85+

Oregon is - HELENA W HOFFMAN 6:02.78

100FLY HELENA W HOFFMAN 76 THB 3:04.48+

Oregon is - HELENA W HOFFMAN 3:15.94

100 IM EVELYN MCKEON 78 GPY 2:43.52

200 IM HELENA W HOFFMAN 76 THB 5:48.57+

Oregon is - HELENA W HOFFMAN 5:58.75

400 IM HELENA W HOFFMAN 76 THB 12:29.62+

Oregon is - HELENA W HOFFMAN 12:52.57

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

100FRE ROBERT M LOOMIS 22 :54.98
 50BACK ROBERT M LOOMIS 22 :27.29
 100BAK ROBERT M LOOMIS 22 1:02.36

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

50FREE PETER E FERGUSON 29 UOM :26.09
 100FRE PETER E FERGUSON 29 UOM :56.81
 CHRISTOPHER S HULL 29 UOM :59.25
 200FRE RICK A RODRIGUEZ 29 EM 1:58.43
 PETER E FERGUSON 29 UOM 2:14.30
 1000FR CHRISTOPHER S HULL 29 UOM 13:27.68
 50 FLY CHRISTOPHER S HULL 29 UOM :30.52
 100FLY CHRISTOPHER S HULL 29 UOM 1:12.54

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

50FREE JIM DIRKSEN 34 UVM :25.59
 SCOTT A METZLER 32 SHM :28.71
 100FRE JIM DIRKSEN 34 UVM :56.85
 SCOTT A METZLER 32 SHM 1:04.37
 200FRE SCOTT A METZLER 32 SHM 2:27.22
 50BACK JIM DIRKSEN 34 UVM :30.92
 50BRST BOB F CHEN 32 UOM :30.00
 100BRS BOB F CHEN 32 UOM 1:06.76
 200BRS BOB F CHEN 32 UOM 2:37.50
 100 IM BOB F CHEN 32 UOM 1:03.00

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

50FREE JOEL C JONES 37 RVM :25.34
 ROBERT D DIRKSEN 36 UVM :26.81
 100FRE JOEL C JONES 37 RVM :57.41
 200FRE MIKE JOHNSON 37 1:55.81+

Oregon is - FRANK WARNER 1:55.93

50BACK JOEL C JONES 37 RVM :31.21
 50 FLY MIKE JOHNSON 37 :25.45
 ROBERT D DIRKSEN 36 UVM :27.97
 200FLY MIKE JOHNSON 37 2:11.76
 100 IM ROBERT D DIRKSEN 36 UVM 1:05.12

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

50FREE CHARLIE SCHARPF 41 EM :24.80
 TIM MCDANIEL 42 MM :26.01
 IRA WEINTRAUB 41 :26.30
 PETER C JENSEN 42 THB :26.79
 JERRY W MARR 40 :27.50
 100FRE CHARLIE SCHARPF 41 EM :54.35
 IRA WEINTRAUB 41 :58.35
 JERRY W MARR 40 :58.54
 PETER C JENSEN 42 THB :59.87
 TIM MCDANIEL 42 MM 1:00.31
 200FRE STEVE M JOHNSON 44 EM 1:58.38
 JERRY W MARR 40 2:23.92
 1000FR STEVE M JOHNSON 44 EM 11:00.55+

Oregon is - STEVEN L DURAPAU 11:09.76

MIKE T DIRKSEN 42 BOH 11:53.29
 50BACK CHARLIE SCHARPF 41 EM :30.31
 IRA WEINTRAUB 41 :32.32
 50BRST PETER C JENSEN 42 THB :37.10
 200BRS MIKE T DIRKSEN 42 BOH 2:28.33

U of O EUGENE 25 YARD 05/30/92 PG 2

* = FROM OUTSIDE OREGON ASSOC RECORDS pending review by E.Walter + = OREGON Software by R.Smith

50 FLY MIKE T DIRKSEN	42 BOH :26.35	---- 55-59	MEN	----	100FRE JAMES L HOLLAND	68 OREG 1:16.53	
CHARLIE SCHARPF	41 EM :27.17	100FRE THOMAS P FALK	57 MACO 1:13.15	----	70-74	MEN	----
IRA WEINTRAUB	41 :29.33	200FRE THOMAS P FALK	57 MACO 2:50.94		50FREE GILBERT N YOUNG	70 MMH :34.30	
PETER C JENSEN	42 THB :31.05	---- 60-64	MEN	----	100FRE GERALD A HUESTIS	72 THB 1:08.49+	
100 IM IRA WEINTRAUB	41 1:06.91	50FREE DAVID F PUTNAM	60 UVM :35.47		Oregon is - FORBES J MACK 1:14.89		
MIKE T DIRKSEN	42 BOH 1:06.95	GEORGE H WEBER	61 :37.63		GILBERT N YOUNG	70 MMH 1:16.75	
400 IM CHARLIE SCHARPF	41 EM 5:12.19	100FRE DAVID F PUTNAM	60 UVM 1:12.83		KHOSROW SHADBEH	70 MPM 1:39.65	
---- 45-49	MEN	GEORGE H WEBER	61 1:26.63		200FRE EARL WALTER	71 THB 3:24.49	
50FREE CHRIS ALLAN	47 PPM :32.19	200FRE GEORGE H WEBER	61 3:29.30		50BACK GERALD A HUESTIS	72 THB :39.23	
100FRE CHRIS ALLAN	47 PPM 1:13.89	50BACK DAVID F PUTNAM	60 UVM :42.89		ANDREW W HOLDEN	73 THB :39.82	
1000FR ROBERT S SMITH	49 LD 13:12.66	50BRST GEORGE H WEBER	61 :50.10		50BRST ROBERT A MORRISON	71 VMS :39.06	
200BAK ROBERT S SMITH	49 LD 2:18.37+	100BRS DONALD P VANROSSEN	62 UDM 1:20.56		100BRS ROBERT A MORRISON	71 VMS 1:31.68	
Oregon is - JON D STOUT 2:25.13		200BRS DONALD P VANROSSEN	62 UDM 3:02.86		KHOSROW SHADBEH	70 MPM 1:46.00	
---- 50-54	MEN	50 FLY DAVID F PUTNAM	60 UVM :42.44		200BRS ROBERT A MORRISON	71 VMS 3:43.94	
50FREE JOE SANTRY	51 MACO :28.86	100 IM DONALD P VANROSSEN	62 UDM 1:27.63		KHOSROW SHADBEH	70 MPM 3:49.30	
100FRE JOE SANTRY	51 MACO 1:02.91	DAVID F PUTNAM	60 UVM 1:28.96		50 FLY ANDREW W HOLDEN	73 THB :34.02	
50BACK JOE SANTRY	51 MACO :35.25	---- 65-69	MEN	----	100FLY EARL WALTER	71 THB 1:35.23	
50 FLY JOE SANTRY	51 MACO :33.11	50FREE JAMES L HOLLAND	68 OREG :32.77		100 IM KHOSROW SHADBEH	70 MPM 1:47.12	

U of O EUGENE----- 66 ENTRANTS -----

U of O EUGENE 25 YARD 05/30/92

19+ WOMEN 13 200 MEDLEY RELAY
CHRISTINA FOX,31= 39.13 SUSANNE SCHUMANN,54= 38.14 KIMARIE GAGNON,29= 32.90 CYNTHIA C FERGUSON,24= 30.25 OREG 2:20.42

65+ MEN 13 200 MEDLEY RELAY
EARL WALTER,71= 37.77 ROBERT A MORRISON,71= 38.27 ANDREW W HOLDEN,73= 34.89 GERALD A HUESTIS,72= 29.97 OREG 2:20.90

19+ MIXED 19 200 MEDLEY RELAY
ROBERT M LOOMIS,22= 27.43 PETER E FERGUSON,29= 35.04 CYNTHIA C FERGUSON,24= 34.90 DAWN R HINTON,29= 28.08 OREG 2:05.45

25+ MIXED 19 200 MEDLEY RELAY
TERRI MAYERS,25= 36.67 ROBERT HUIZENGA,42= 37.39 JILL BLACK,29= 32.04 SCOTT A METZLER,32= 28.49 OREG 2:14.59
CHRISTINA FOX,31= 39.47 KIMARIE GAGNON,29= 37.66 JERRY W MARR,40= 30.09 CHRISTOPHER S HULL,29= 27.41 OREG 2:14.63

45+ MIXED 19 400 MEDLEY RELAY
ROBERT S SMITH,49=1:00.08 NANCY J BROOKS,49=1:27.89 CHRIS ALLAN,47=1:42.12 JAN M PLESNER,45=1:07.53 OREG 5:17.62

65+ MIXED 19 200 MEDLEY RELAY
GERALD A HUESTIS,72= 37.61 PAULINE B STANGEL,70= 53.26 ANDREW W HOLDEN,73= 33.64 PETEY MH. SMITH,67= 33.13 OREG 2:37.64

19+ MEN 2 200 FREE RELAY
PETER E FERGUSON,29= 26.16 JERRY W MARR,40= 26.16 CHRISTOPHER S HULL,29= 26.56 ROBERT M LOOMIS,22= 24.14 OREG 1:43.02

65+ MEN 2 200 FREE RELAY
GERALD A HUESTIS,72= 30.84 JAMES L HOLLAND,68= 32.12 GILBERT N YOUNG,70= 33.68 ANDREW W HOLDEN,73= 29.94 OREG 2:06.58

19+ MIXED 7 200 FREE RELAY
CYNTHIA C FERGUSON,24= 29.56 PETER E FERGUSON,29= 26.50 KIMARIE GAGNON,29= 29.90 ROBERT M LOOMIS,22= 24.35 OREG 1:50.31

25+ MIXED 2 200 FREE RELAY
BEVERLY A DIRKSEN,61 *** ROBERT D DIRKSEN,36 *** JIM DIRKSEN,34 *** GINNY MONTEITH,41 *** OREG 2:03.09

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (93-A) 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.

MEET: THE PORTLAND GAY & LESBIAN SPORT FESTIVAL (Swimming competition portion)

PLACE: COLUMBIA PARK POOL

DATE: SATURDAY SEPT 5, 1992

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

WARM-UPS: 9:00 A.M.

SEPARATE CONTINUOUS WARM UP/DOWN POOL MEET STARTS: 10:00 A.M.

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

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

ENTRY DEADLINE : POSTMARKED NO LATER THAN AUGUST 15th, 1992

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

NAME _____ **1992 USMS #** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

ASSOCIATION (LMSC) _____ **TEAM** _____ **Age Groups: 19-24, 25-29, 30-34 etc up to 95+**

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

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

SATURDAY SEPT 5, 1992

400 I.M. (1) _____

BREAK BREAK BREAK

FREE RLY (2) XXXXXXXXXXXXXXXX

50 FREE (3) _____

100 BREAST (4) _____

200 BACK (5) _____

50 FLY (6) _____

200 I.M. (7) _____

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (9) _____

200 BREAST (10) _____

50 BACK (11) _____

100 FLY (12) _____

MED RLY (13) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (14) _____

50 BREAST (15) _____

100 BACK (16) _____

200 FLY (17) _____

100 I.M. (18) _____

MXD MD RLY (19) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

500 FREE (20) _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less tyhan 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$15.00 SEND FORM(S) & FEE(S) PAYABLE TO:

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

DO'S & DON'TS OF TAPER

by James Kegley

Aren't tapers great? You get to swim less yardage with less intensity. At the same time, you get more stressed out emotionally worrying about how you feel and what you could have done better. But the best benefit is walking up steps without being exhausted!

When I taper, I take it very seriously. The main theme I follow is one I've heard before: "I'd rather be a week too rested than one day short of being tapered." Too often we feel *great* a week or two *after* the big meet. The best 1500 meter swim of my life (a distance event, no less) was after a 7-week taper.

What am I trying to accomplish and avoid during a taper? I try to get rested while maintaining a good feel for the water. I firmly embed in my mind my goals and strategies for the swim so that the morning of the race I know what I am going to do. I want to gain confidence in my pace. And I want to relax.

While I do pace 100s for distance events, I try to avoid over-sprinting during the taper for a number of reasons. It is my view (and there are many of opposing opinions) that by the time you taper, you should already be in shape, should already have done ample speedwork, and can do more harm than good by testing yourself and sprinting a lot immediately before a meet. It is very difficult to get out of shape in a few weeks if you start with a good base and are doing a lot of maintenance work.

Doc Counsilman often gave us a framework for a workout during taper and let us adjust according to how we felt. Four to 5 weeks out, he would cut the yardage and increase the speedwork. Then, with 3 weeks to go, we would usually step down the yardage and speedwork considerably, doing a lot of low-end aerobic swims. We would have talks about diet,

sleep, the races, etc. I think this helped us focus on the "big weekend" for those 3 weeks so that when we got there, the anticipation had built and we walked into the pool with a well-defined purpose. (We have all been to meets at which our minds were not in the pool; this helped us avoid that.)

One of the potential hazards of tapering is the mental aspect. Usually as a response to a changed stress, there can be a period during the taper when you feel really lousy in the water, and you may begin to question whether you are out of shape. This is when a coach can be crucial—to convince you (and himself) that this is normal and not to worry. While it is normal to feel this way, it is crucial to keep the faith and to believe that this feeling indicates that you are doing things correctly.

It is also helpful during your taper to plan the race days. If your pre-race meal consists of Milk Duds, chips with salsa, and Budweiser, then practice having that meal before you swim during your taper to make sure it sits well with you. Planning your warmup is also beneficial. Doc used to have us decide three weeks out how we would warm up for the meet. Some days that is all the workout would consist of. His rationale was that he didn't want us not to do enough or to do something that our bodies weren't used to on the day of the meet.

All in all, a taper can be a highly individual thing. My own goals are to rest, to feel comfortable with what I'm doing, to plan my races, and to internalize (visualize) the race for a few weeks so my body knows what to expect—and to trust that I am in shape and it is now time to rest.

JAMES KEGLEY (30-34), swam for James "Doc" Counsilman at the University of Indiana and later served "his assistant swim coach. He has coached a number of local Masters swim clinics. Reprinted from the March/April 1991 issue of "Wavemaker", DC Masters Newsletter.

TAPER-QUESTIONS AND ANSWERS

by Clay Britt

Taper can be defined as a time a swimmer yearns for all season. It is a time of reduced workout loads, more relaxed swimming, sharpening up of sprinting, and really enjoying going to the pool. All of this results in a refreshed body and mind, tuned to perform at their best. In reality, when it arrives, taper causes massive confusion and bouts of guilt and anxiety about how he or she will swim in the big meet.

Is this how you feel during taper? If it is, don't worry—we all do. At no level of competition does an athlete ever not have these concerns during this rest period. It is normal; so relax. Let's look at how you should approach your own taper by answering some commonly asked questions.

How long should I taper?

We are all different and have different needs. First, consider how long and how hard you have trained. If you started in September, lifted weights, and swam five days a week, you will need along preparation, or taper, time. You will need to allow your tired and broken-down muscles a chance to recover. If you started just a few months ago, you will need a shorter preparation period, for example 3 to 14 days, depending on your events.

What do I do during my taper?

It depends on your events and level of previous commitment. If you train intensely (you determine what that means), the taper is a long time interval in which your workouts change from focus on conditioning to focus more on your main event. An example is swimming shorter sets that are more race-specific. If your commitment has been shorter or not as intense, the longer preparation period is not as crucial because your daily workouts should focus on your main events.

What should I expect during a taper?

Mixed emotions!! We athletes like the challenge attaining and feeling strong. During the taper, or

preparation period, our bodies relax and begin to rest. The way we feel in the water changes, and we may not feel as strong as usual. This does not mean we're getting out of shape! Our muscles are recovering and becoming refreshed. I try not to think about how I feel in the water during my taper period. On one day, I can feel great and on another, lousy. What I do is concentrate on the things that will make me go faster. Feeling sharp and strong again will come in a matter of time.

How should I prepare mentally for the race?

I like to think about my race well in advance of the big meet. During taper, I practice the different aspects of my race: starts, turns, and speed work. You should practice the mechanics of your race enough so that you feel confident by the time you take to the blocks, so all you need to do is concentrate on going fast.

I do a lot of mental preparation for my swims, going through the race in my mind many times, experiencing the start, the turns, and the finish. I also like to determine how I'm going to deal with the pain that I will experience so it won't take me by surprise. Other thoughts I rehearse are how I will feel if I miss one of my turns or if someone is ahead of me whom I don't expect to be. I get this into my subconscious so I will react instinctively during my race. This kind of preparation can keep you from panicking before your race as you will automatically know how to deal with all possibilities again, no surprise that you will not be ready for!

In conclusion, there is a different way to taper for everyone. Think of taper as getting a good night's sleep after you've put in a week of long hours at the office. We put in weeks and weeks of hard work in the pool, and that requires a fair amount of rest to feel refreshed and sharp. I determine what I'm going to do at each workout during my taper based on how I feel that day. By doing things that make me feel good, be it easy swimming or sprinting, I'm doing the right thing for me that day.

CLAY BRITT (30-34) is a former American Record holder from the University of Texas in the 100-yard Back. Reprinted from the March/April issue of "Wavemaker", the DC Masters Newsletter.

TAPERING THE MASTERS SWIMMER

by Terry Laughlin

Taper is the most enigmatic aspect of swim training and the most critical for peak performance. It doesn't matter how long, hard, or well you trained, if you don't nail the taper, you'll fall short. And it's hard to nail the taper because for even the most experienced coaches and swimmers, taper is *always* a crapshoot.

Here's why: men should taper more than women; sprinters more than distance swimmers; skinny folks more than chubbies; the heavily muscled more than the 98-lb weaklings; hard workers more than loafers; Type Bs more than Type As. But those are all generalities. The really hard part is applying that equation if you're a lean, hard-working, Type A female sprinter who has done only moderate yardage.

So let's simplify it. Taper is rest. Rest lets the body superadapt—i.e., jump from a fatigued state to feeling great. You can approach rest from two directions. One is to cutback on the total workload and the other is to cutback on the amount of it you do hard. Of the two choices, as you get closer to the big meet, it's more important to reduce intensity than the yardage because it's the intensity that's more stressful. And since most Masters swimmers don't do a huge amount of yardage to begin with, how much room is there to reduce it further?

The best way to back off on intensity but maintain yardage is by doing longer warmups at the beginning of the workout, longer warm-downs at the end, and longer and more frequent recovery swims between sets, and by making more use of low-stress "feel-good" sets like stroke drills.

The single most important principle to be observed in

taper is *flexibility*. Planning a Masters' taper is far more difficult than planning a kids' taper because the outside *stresses*—of job and family—are impossible to control. And those other stresses absolutely will affect your response to taper.

Let's say you've carefully planned your taper based on workout and meet performance data collected over 6 months and compared it with information from logbooks of previous years. Then, 5 days before the meet, your boss drops an important project on your desk that he wants completed yesterday, your spouse has a fender bender, and your kid is having problems in school. And you wonder why you feel terrible in the water, even though you've been following your taper plan meticulously.

It's time to recognize that the amount of rest you've programmed into your taper would have worked fine in a perfect world, but the high level of personal stress is having the same affect as several days of killer workouts. What do you do? Junk the plan and rest drastically. Stay away from the pool for 2 or 3 days. Or if it helps lower your stress level to get some swimming in, then just go in and warm up, build a couple of easy 50s, and swim down. Stay with this approach until your body tells you that the taper is finally working.

The main guideline on taper for Masters swimmers is to listen to your body. If you feel progressively better as the meet approaches, stay with your taper plan. If the meet's getting closer and you're still not feeling good, rest more. Then cross your fingers, knock on wood, say a prayer, and good luck.

TERRYLAUGHLIN has coached age-group and Masters swimmers for over 15 years. He is the director of Total Immersion Masters Swimming Camps. Reprinted from the March/April 1991 issue of "Wavemaker", the DC Masters Newsletter.

HOW MUCH TAPER ?

by John Calvert

As time nears for Nationals and other big meets, we start to think about getting our bodies rested and ready for fast swims. We've worked hard all season getting our bodies in the best shape possible, and now it's time to taper. But what is a taper and how do we go about getting the best taper for each of us ?

During 20+ years of competitive swimming, I have tried just about every type of taper known. I have gone from a 3-day, drop-dead taper to 3 weeks or doing next to nothing, all with varied results. However, over the past few years as a Masters swimmer, my views of tapering have started to take focus. Tapers should become part of our workouts long before the actual rest and ready part of our training for competition begins.

A taper should begin when a decision is made to compete in a big meet or Nationals. As we all know, entries are now due at least 5 weeks in advance of the National meet. According to my calculations, by that time it is almost too late to start a taper. That is to say, you must get into a pre-taper routine that will last into and through the Nationals. As stated above, a taper should begin when a commitment has been made to compete in a meet.

Once events have been chosen, it is time to look at total yardage that might be swum at the meet each day. A wise coach told me that you cannot swim 3000 yards in a day at a meet if you only work out

2000 yards daily. In other words, make sure your workouts reflect what you are going to swim in competition. A good rule is to average 1-1/2 to 2 times in daily workout what you are going to swim on an average day at the meet. (1-1/2 times if you work out 5 to 6 times per week; 2 times for 4 or fewer workouts per week.)

To figure what an average day is at a meet, add the total yards of competition (including relays), double that yardage to include warm-down, divide by the number of days of competition, and then add the average warmup that will be required each day. This figure will give the total daily yardage expected during the meet.

Example 1. Nationals – 4 days (middle distance/distance)

6 Individual Events and 3 Relays:

200 Back

200 Fly

200 IM

400 IM

500 Free

1000 Free

2500 yards Individual

+150 yards Relays

2650 yards x 2 = 5300 yards

$(5300 \div 4) + 1400 \text{ warmup} = 2725 \text{ yard/day at meet}$

$2725 \times 1.5 = 4100 \text{ workout yards}$

(if you work out 5-6 times/week)

or

$2725 \times 2 = 5450 \text{ workout yards}$

(if you swim less than 5 times/week)

continued next page

HOW MUCH TAPER ? continued

Example 2. Nationals – 3 days (sprint)

6 Individual Events and 3 Relays:

50 Free

50 Fly

50 Back

100 Free

100 Back

100 I.M.

450 yards Individual

+150 yards Relay

600 yards x 2 = 1200 yards

$(1200 + 3) + 800 \text{ warmup} = 1200 \text{ yard/day at meet}$

$1200 \times 1.5 = 1800 \text{ workout yards}$

(if you work out 5-6 times/week)

or

$1200 \times 2 = 2400 \text{ workout yards}$

(if you swim less than 5 times/week)

Example 1 shows a swimmer who needs to swim from 4100 to 5450 yards daily, and Example 2 shows a swimmer who needs to swim from 1800 to 2400 yards daily. This yardage should be reached and maintained for a month before starting a taper. The reason for this will become evident below.

An additional important step in preparing for a meet is to make a daily routine that stays the same throughout the competition. This consistency is especially important in a warmup routine. Approximately 6 weeks before the competition find a warmup routine that (1) is comfortable, (2) can warm up the body, and (3) can be used at Nationals or other meets. Remember, meets have limited warmup

facilities and restrictions about swim aids and diving.

Now that we are ready to begin our taper, we need to focus on end results. The length of time is up to each individual, but usually should be limited to 2 weeks or less. Begin by increasing the loose and easy part of the workout and maintaining total yardage. Work toward a day, approximately 2 days before the competition, when the total yardage is the daily average expected at the meet and the sprint (exertion) part of the workout is the same as expected in that daily average. The workout the day before competition should consist of a good warmup, some sprints, some drills, pace work, warm-down, and get out. This should be approximately the average daily meet yardage.

Remember, in order to taper, do enough yardage to taper from. If your daily meet average is 1800 yards and you are doing only 2000 yards in workout, there is not enough yardage to allow a substantial taper.

One of the biggest complaints I hear about tapering is that the results are not as good as expected. Saying that a swimmer swims as fast in workouts as in a meet actually says two things: the swimmer is not using a taper properly, or the swimmer does not do enough yardage to taper from. Start planning your taper now by increasing yardage; if necessary, get a consistent warmup, and work toward your average meet yardage.

JOHN CALVERT (45-49) is a former All American at North Carolina State University, Masters national champion and All American in the IMs and 1000 Free. He currently holds several SCM world records. He has coached age-group swimmers and is self coached. Reprinted from the March/April issue of "Wavemaker" DC Masters Newsletter.

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	Matt Mercer	389-7665
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-2-0 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.

-----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.

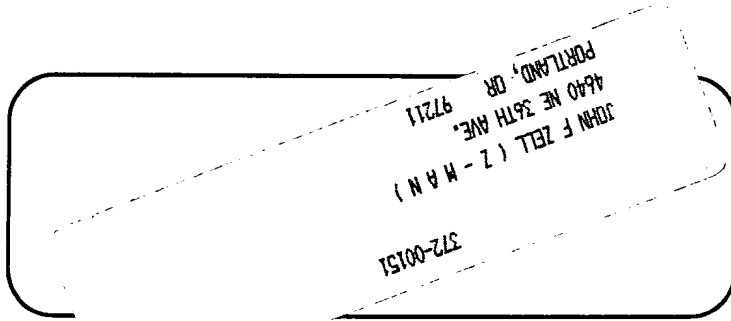
Signature _____ Date: _____

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

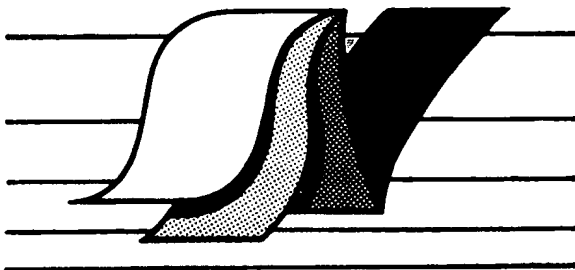
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John F. Zell - Editor
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In this issue: Eugene results, Ol' Barnacle, Z-Man,
& how to taper for Nationals.



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