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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 part of United States Masters Swimming Inc.

CALENDAR & MEET SCHEDULE 1992 - 1993

OCT 20	O.M.S. BOARD MEETING STEVE HARGER'S HOUSE 7:15 P.M.
*NOV 7 & 8	PORTLAND, OR PORTLAND STATE UNIVERSITY POOL
	N.W. ZONE SHORT COURSE METERS CHAMPIONSHIPS (#2)
*NOV 21-22	POUSLBO, WA NORTH KITSAP HIGH SCHOOL POOL S.C.YARDS
DEC 5-6	CHENEY, WA INLAND EMPIRE YMCA S.C. YARDS
*DEC 12	ENUMCLAW, WA ENUMCLAW FORWARD THRUST POOL S.C.Y.
*DEC 20	GRESHAM, OR MT. HOOD COMMUNITY COLLEGE S.C.Y. (#3)
JAN 9-10, 1993	SPOKANE, WA SHADLE PARK H.S. SC YARDS
JAN 23	BEAVERTON, OR TUALATIN HILLS PENTATHALON
JAN 23	ANACORTES, WA S.C.METERS
JAN 30	ALBERTINA KERR SWIM-A-LAP TUALATIN HILLS 50M POOL
FEB 6-7	SPOKANE, WA FAIRCHILD AIR FORCE BASE SC METERS
FEB ??	SEATTLE, WA FRED WIGGINS MEMORIAL MEET
FEB ??	SEATTLE, WA P.N.A. PENTATHLON
FEB 27	EUGENE, OR UNIVERSITY OF OREGON LEIGHTON POOL (#4)
MARCH 6-7	YAKIMA, WA LYONS POOL SC YARDS
MAR 13-14	LINCOLN CITY, OR COMMUNITY POOL S.C.M. (#1)
MAR 14	BANGOR, WA NAVAL BASE POOL S.C. YARDS
APRIL 2-4	FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPIONSHIPS
APRIL 9-11	PORTLAND, OR LEWIS AND CLARK COLLEGE
	OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#2)
APRIL 24-26	N.W. ZONE SHORT COURSE CHAMPIONSHIPS HOST: P.N.A.
	FEDERAL WAY, WA KING COUNTY AQUATIC CENTER
**MAY 20-23	U.S.M.S. SHORT COURSE NATIONALS
	SANTA CLARA SWIM CLUB SANTA CLARA, CA
JUNE 5 or 12	BEAVERTON, OR TUALATIN HILLS LONG COURSE MEET (#4)
JUNE 19	FEDERAL WAY, WA KING COUNTY AQUATIC CENTER 50 METER
JULY	PORTLAND, OR STATE GAMES OF OREGON
JULY 24/25	GRESHAM, OR MT. HOOD COMMUNITY COLLEGE
	N.W. ZONE LONG COURSE CHAMPIONSHIPS
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 1993 SEASON**

Z-Man says---

A call to all Oregon Masters Swimmers. The end to another journey draws close. It is time that I step down as your leader and turn it over to someone new. But fear not, because I will move only from the driver seat to a navigator or first officers position. My term as Chairman of Oregon Masters Swimming ends this December 31st. I will continue as the Aqua-Master editor (which is my real pride and a joy to bring to you) and will assume the new position of Past Chair. My main duty as Past Chair will be as an advisor to the new Chairman. Which leads to the next topic.....

Oregon Masters is currently accepting nominations (or volunteered interest in the position) for the position of Chairman and Secretary for a 2 year term beginning in January 1993. You may submit nominations or volunteer by mail or phone. If you have any questions regarding the duties and/or job descriptions of these positions, please give me a call at 503-282-9347, evenings between 7 and 10 p.m. Our board of directors is always looking for new individuals to help run and continue to strengthen our organization.

I am appealing to YOU to step forward and be part of the Board of Directors. I am sure you will find it as rewarding as I have and will want to continue once you'll become part of the team.

Nominations / volunteers will be accepted until November 31st and elections will take place in December. Please contact me A.S.A.P. !!!

Hey, take a good look at the ol' schedule page. It is quite full. ***Please note that some dates published last month have changed. Read it over carefully.*** You will see meets listed from around the Pacific Northwest that you may want to attend. We'll try to bring you as many entry forms as room permits. If you would like to attend a meet and I haven't printed the entry form, just give me a call and I'll direct you to the source. Break out the calendar and get started on planning your season.

In this issue, Ol' Barnacle looks back and reviews the 1992 Short Course Top Ten swimmers from OMS. Also is the long awaited review/results for Long Course Nationals in Federal Way. One bit of information that O.B. wanted to share with you is the final record and medal count by OMS swimmers At Nationals. Here goes... **7 WORLD -- 51 ZONE -- 50 OMS records and a total of 46 Gold, 47 Silver, and 56 bronze medals were brought home.** (O.B. counts only 1 medal for relays even though 4 are given to that relay team.) We did great !!

The 1992 United States Masters Swimming Convention was held in Minneapolis on September 23 to 27 and Oregon Masters sent it's largest delegation yet. Roy Abramowitz (OMS Treasurer and USMS Controller), Sandi Rousseau (delegate-at-large, key member of the Championship committee), Ginger Pierson (delegate-at-large), Pam Himstreet (official Oregon delegate), and yours truly John Zell (official Oregon delegate and member of three USMS committees) attended this years event. We came back with a number of good ideas that will benefit our Association which you will see in the coming year. This was a "rule year" at convention and I can report that there were no real significant rule changes that came about this year. I'll bring you more on convention and it's plans and ideas in future issues.

That's all for now.....See you at Portland State for Short Course Meters Zone Champs,



OREGON MASTERS SWIMMING SHORT COURSE METERS MEET
SANCTIONED (93-C) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1992 registration form and fee with this form. *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 S.C. METERS CHAMPIONSHIPS

DATE: NOVEMBER 7 & 8th, 1992

PLACE: PORTLAND STATE UNIVERSITY

AQUATIC CENTER

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: P.S.U. Viking Masters Meet Directors: Bob Morrison (503)-244-1927 h & John Zell (503)-282-9347 h

DIRECTIONS TO POOL: I-5 Northbound, take exit 299B (I-405), then take exit 1-C (6th avenue), on 6th Ave. turn left on Harrison and left at Broadway, **FREE PARKING IN PSU PARKING STRUCTURE #1 ON BROADWAY & HALL. I-5 Southbound**, take Beaverton/City Center exit to I-405, then exit 1-C (6th Avenue), turn left on Harrison and left on Broadway, **FREE PARKING IN PSU PARKING STRUCTURE #1 ON BROADWAY & HALL. POOL IS ONE TO TWO BLOCKS WEST OF PARKING STRUCTURE CORNER OF COLLEGE AND PARK AVENUE.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 24th, 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: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. 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., 400 and 800 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY NOVEMBER 7 P.S.U.

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

800 FREE (2) _____:_____:_____

FREE RLY (3) **XXXXXXXXXXXXXX**

100 BACK (4) _____:_____:_____

200 FREE (5) _____:_____:_____

SUNDAY NOVEMBER 8

50 FLY (6) _____:_____:_____

200 BREAST (7) _____:_____:_____

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

MXD FR RL (9) **XXXXXXXXXXXXXX**

BREAK BREAK BREAK

200 BACK (10) _____:_____:_____

50 FREE (11) _____:_____:_____

100 FLY (12) _____:_____:_____

50 BREAST (13) _____:_____:_____

MED RELAY(14) **XXXXXXXXXXXXXX**

BREAK BREAK BREAK

50 BACK (15) _____:_____:_____

100 FREE (16) _____:_____:_____

200 FLY (17) _____:_____:_____

100 BREAST (18) _____:_____:_____

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

MXD MD RL(20) **XXXXXXXXXXXXXX**

BREAK BREAK BREAK

400 FREE (21) _____:_____:_____

*******LODGING INFO*******

THERE ARE 6 MOTELS WITHIN A SHORT WALK FROM THE P.S.U. AQUATIC CENTER

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: \$12.00 SEND FORM(S) & FEE(S) PAYABLE TO:
OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207

Swim-A-Lap 1993

by Roy Abramowitz, OMS Fitness Committee Chairman

Swim A Lap '92 was a big success. The efforts of 125 swimmers helped raise \$30,000 for The Albertina Kerr Centers.

The team competition, in which Oregon Masters swimmers participated, contributed greatly. The top 10 Masters swimmers raised \$2,700, only \$200 less than the winning team from Jantzen.

Masters swimmer Curt La Count swam the most laps in one hour...214! Fellow Masters swimmer Brooks McCartney was the only other swimmer to exceed 200 laps. The following people swam 150 laps or more: Ray Abramowitz, Doug Hunsicker, Tyler Gale, Tom Kahl, Mark Wren, Peter Boudreau, Stephen Harger, Dan Johnson, Claudia Coke, John Zell, Holly Vaughn-Edwards (almost 9 months pregnant!), Ed Staider, Lee Ruud, Bill Fuegy, Kathie Woods, Bruce Miller, Angels Eltinge, Kathy Olson and John May.

Congratulations to all Masters swimmers for your fine individual efforts both in the pool and raising money!!!

Planning is now underway for Swim A Lap '93. We have negotiated with Albertina Kerr to allow OMS to host Swim A Lap '93 on January 30, 1993. There will actually be two dates in 1993 - January 30 and the traditionally later date on May 1.

Why the earlier date for Masters? Because United States Masters Swimming holds the short-course *One Hour Postal Swim National Championship* during January, 1993. The objective is to swim as far as possible in one hour. USMS championship medals will be awarded to the top 10 swimmers in each men and women age groups. Each participant must be a registered USMS swimmer for 1993. Any pool 25 yards or longer can be used.

So the idea became to encourage Masters swimmers to do two things:

1. to participate in the One Hour Postal Swim National Championship
AND

2. to raise money for Albertina Kerr at the same time

(Remember, the Center does all the "dirty" work. All you have to do is sign up sponsors, swim as far as possible in an hour then the Center collects all the pledges afterwards).

Specifics will follow in subsequent newsletters. The important information for you to note right now regarding the first annual One Hour Postal Swim A Lap Challenge is:

Date: January 30, 1993

Venue: Tualatin Hills 50-meter pool

Time: 8 a.m. through noon

(we have been promised the entire pool to swim laps short-course).

SPECIAL CLUB CHALLENGE!!! Oregon challenges the MAC Club!

A special award will be given to the winning club whose top 10 swimmers raise the most money for Albertina Kerr. (The award is in addition to the one the Center gives to the winning team).

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (93-D) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1992 registration form and fee with this form. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

DATE: DECEMBER 20th, 1992

MEET: MT. HOOD MASTERS S.C. YARDS

PLACE: MT. HOOD COMMUNITY COLLEGE

GRESHAM, OREGON

WARM-UPS: 9:30 A.M.

MEET STARTS: 10:30 A.M.

5 LANES COMPETITION - ELECTRONIC TIMING

1 CONTINUOUS WARM UP/DOWN LANE

HOST: Mt. Hood Masters Swim Team **Meet Director: Eric Guest 503-668-4465 days**

DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow I-84 east and watch for signs to Mt. Hood Community College. Aquatic Center is at the southwest corner of campus along 257th Avenue.

ENTRY DEADLINE : POSTMARKED NO LATER THAN DECEMBER 5th, 1991

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

NAME _____ **1992 USMS #** _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____
PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____
ASSOCIATION _____ **TEAM** _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4. Enter relays at the meet. The 400 I.M. and 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY DEC 20, 1992 MT. HOOD

400 I.M. (1) _____ : _____ : _____
BREAK **BREAK** **BREAK**
FREE RLY (2) **XXXXXXXXXXXXXXX**
200 FLY (3) _____ : _____ : _____
200 BACK (4) _____ : _____ : _____
50 BREAST (5) _____ : _____ : _____
100 FREE (6) _____ : _____ : _____
MXD FR RLY (7) **XXXXXXXXXXXXXXX**
BREAK **BREAK** **BREAK**
200 I.M. (8) _____ : _____ : _____
50 FLY (9) _____ : _____ : _____
100 BACK (10) _____ : _____ : _____

200 BREAST (11) _____ : _____ : _____
50 FREE (12) _____ : _____ : _____
MED RLY (13) **XXXXXXXXXXXXXXX**
BREAK **BREAK** **BREAK**
100 FLY (14) _____ : _____ : _____
50 BACK (15) _____ : _____ : _____
100 BREAST (16) _____ : _____ : _____
200 FREE (17) _____ : _____ : _____
100 I.M. (18) _____ : _____ : _____
MXD MD RLY (19) **XXXXXXXXXXXXXXX**
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 and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$9.00

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

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

Barnacle

reviews results records

1992 LONG COURSE NATIONALS

65-69

Thanks to a most wonderful crew from PNA, headed by Hugh and Jane Moore, plus as fine a group of officials, whom ever strode the deck, those of us who did some paddling, were treated to a truly great meet !!!

As a team we did not come up with the bodies that would have made the difference in the final team scores. However those who did journey to Federal Way acquitted themselves in grand fashion, to wit ...

19-24

Shannon Heringer, Zone records for the 50 Free, 50 Back, 100 Back, 50 Fly, and 100 Fly (2 golds, 2 silvers, and a bronze).

Lisa Elliott, Zone record for the 50 Breast, and 200 Breast, led to a silver and 2 bronze.

Michelle Donahue, Zone records in the 200 Back and 200 IM, leading to 2 shiny golds.

25-29

Lisa Davis, bronze for the 50 Fly.

Carolyn Ackerly, Zone marks; 50, 100, 200 Free (PNA).

Debbie Falsgraf, Zone bests; 50, 100, 200 Breast (PNA).

Linda Finley, OMS record for the 100 Back.

30-34

Gracie Goddard, Zone record in the 50 Fly, OMS in the 50 Free (3 golds + 1 silver).

Leissa Mills, OMS records in the 100 Back, 100 Fly, and 200 IM for 2 golds, 1 silver, and 2 bronze.

Holly Vaughn-Edmonds, OMS record in the 800 Free for the bronze. Holly just had a baby boy back in May. Way-ta-go Mom!

Laura Worden, OMS record for the 200 Fly.

Zena Herrmann, (PNA) 4 Zone records & 1 World.

35-39

Patricia McKay, OMS records for the 50 & 100 Free.

Kathi Bullock, OMS record in the 800 free.

Jo Moore (Zone rec. 50 & 100 Free), **Cathy Chay**, 1500 (Zone) and **Tami Bennett**, Zone 100 Fly, these three ladies from PNA.

40-44

Suzanne Cooper, 1 silver and 1 bronze.

Judy Belford, also a silver and a bronze, OMS best in 200 Back.

Barb Gundred, (PNA) 5 Zone records-wow !!

45-49

Nancy Brooks, OMS record for the 50 Breast, 3 bronze medals.

Carolyn Kent of IEA (1 gold & 4 silvers) excellent show !!!

50-54

Rob Bird from PNA had 2 Zone bests, **Marylou Haugland**-200 Breast- Zone best.

55-59

Lavelle Stoinoff, 4 golds and a silver, in the twilight zone, Luvey still is awesome, aging up to 60 this coming year !!!

Jayne Bruner and **Betsy Jordan** were something to watch.

60-64

Beverly L' Esperance picked off two bronzes, good stuff!!

Joyce Bahler, OMS record in the 50 Breast and 400 IM, with 4 bronzes in the bag.

Mary Wolfe, OMS records in 50 & 100 Back for 1 silver plus 2 bronze. **Margaret Wells**, OMS records in the 200 Fly & 400 IM and takes home 4 bronze.

Betsy Austen, 2 silvers and 2 bronze, good show !!!

Petey Smith, under wraps a silver in the 50 Free.

Pat Dotson (PNA) 2 Zone bests, 50 and 100 Fly.

Good race, **Betsy Austen** and **Mary Wolfe**, side by side in the 200 Free, 3:59.53 vs 3:59.94.

Clara Walker (New England) 4 World Records, plus a near miss.

Pauline Stangel, 4 Zone bests in the 1500 Free & 50, 100, and 200 Breast. She picked up 2 silvers and 2 bronzes, way to go Pauline !!!

Elfie Stevenin, Zone record in 400 IM, OMS record 200 Fly, 2 silvers and 1 bronze. **Judy Melcher**, Zone record for the 200 IM.

75-79

Evelyn McKeon, Zone record in the 200 Free, OMS in 50 Free.

Helena Hoffman, Zone record in the 400 IM, OMS in the 100 and 200 Breast with a bronze in the 400 IM.

Pat Matthiesen, (PNA) Zone bests in the 800 Free & 100 Fly.

Lee Holm, (PNA) Zone record in the 1500 free.

80-84

Doreen Morris picked off two bronze medals.

Marion Mueller, (PNA) Zone for the 50 and 100 Back.

Maxine Merlino, (Long Beach) 5 World Records !

19-24

Greg Cooper, 5 events 5 Zone marks; 100 Free, 50 and 100 Breast, and 50 & 100 Fly. Greg broke the oldest OMS marks in the 50 & 100 Fly (Jan Simonsen from 7/11/76) WOW !!!

Andy Potter, swam that 200 Fly for a new Zone time !

25-29

John Keppeler, 3 World Records in the 100, 200 Back & 200 Free, plus Zone marks, 100 Free & 100 Fly. John went 5 golds, people were watching this young man !!!

Jeff Erwin, (Sawtooth Masters) World Record and the gold in the 800 free, 8:36.83 (1:04+ for each 100) wunderbar Jeff !!! Also a zone mark in the 400 IM which goes back to **Roy Abramowitz** in 8/26/82.

Alex Stiles, Zone for the 400 free; picked off a gold, a silver, and a bronze. Also OMS record for the 200 IM (8/26/82).

Dirk Marshall, Zone best for the 50 Fly & 50 Free, bagged a gold, silver and a bronze.

Dale Walker, Zone best in the 200 Breast, OMS best 50 and 100 Breast. Dale took home 2 golds and a silver.

Matthew Roth, Silver for the 200 Fly.

There where a lot of old Zone records knocked off in this age group. The 50, 100, & 200 Breast (**Roy Clark**) 7/8/79, 50 Fly 8/26/82, 50, 100, 200, and 400 Free, all from 8/26/82 (**Matt McCudden** and **Alan Caldwell**-speaking of Caldwell, **Alan's** 200 Fly 8/26/82 was a 2:16.19, almost 3 begs faster than this years winner. One last one, the 100 Back, **Gary Hidle** in 8/5/78. *MAC and OMS men owned this age group !!*

30-34

Doug Moshofsky, OMS record in 50 Free, goes back to 8/29/80.
Curt LaCount, An outstanding meet !! OMS Record in the 50 and 100 Fly, plus near misses in the 50 Back, 100 Back, brought home 1 gold and 2 bronze.
Micheal Johnson took the bronze in the 1500.

35-39

Dan Johnson, new OMS time 200 Breast, for the bronze, this is an oldie-**Art Smith**-8/1/82- Dan was ready !!
Mark List, (PNA) new Zone marks, 5 for 5.
Dave Hannula, (PNA) Zone bests in the 50 Breast and the 50 Fly.
Dave Burleson, close to Zone in the 200 IM 2:27.47 vs 2:26.53
John "Z-Man" Zell, brings home a silver in the 400 Free.

40-44

Steve Johnson, new Zone marks in the 200 and 800 Free, and picked off the bronze in the 200 Free.
Allen Stark, OMS record for the 50 Breast & gaining a bronze.
Mike Dirksen, OMS records 100 and 200 Breast while going head to head with **Rick Colella** in the 100, both at World Record pace. Mike got a new Zone mark in the 50 Fly and came home with 3 silvers. This was a Breaststrokes age group with 4 of the best. High point was watching **Rick Colella** set 4 World records. NW Zone is proud of **Allen Stark**, **Mike Dirksen**, **Greg Harrison** and **Rick Colella**.
Gary Hafer picked up 3 Zone marks in the 50, 100, & 200 Back.

45-49

Richard Boyd, a gold in the 1500 free, silver in the 400, bronzed the 200 Breast, plus a silver for the 400 IM. Great meet !!
Robert Smith, a silver for the 100, with a bronze for the 50 Backstroke.
Mike McColly, this old friend picked up the zone mark in the 200 Back, Mike now is with PNA.

50-54

Tom Fanning, picked up the bronze for the 50 Back.
Bert Petersen, gold in the 200 Fly, silver for the 100 with a new Zone (8/6/89), and a bronze in the 50. Bert proves that you can come back, it just takes work.
Steve Thrasher, (PNA) back swimming with 4 Zone records.
Eric Hutchinson, (PNA) new Zone for the 200 Breast.

55-59

George Thayer, new OMS records for the 50 and 100 Free.
Art Welch, gold in the 800 Free and the bronze in the 400 Free.
Jim Bigler, a shiny silver in the 800 Free.
Dave Daboll, (IEA) 4 new Zone records in the 100 & 200 Breast plus the 200 and 400 IM...The 400 IM was 7/30/77, OB sheds a little tear on that one, great swimming Dave !!!

65-69

Floyd Elliott, golds in the 50, 100, and 200 Backstroke, all in new Zone record time. Floyd hang in there, otherwise "The Haunt".
Lee Niesen, Zone records in the 100 and 200 Breast, led to 2 silvers and 1 bronze, bicycling has not hurt, this guy just gets better !

70-74

Andrew Holden, (aka Wally) OMS records in the 50 and 100 Free, 50, 100, and 200 Fly. That's not bad, sports fans (5 for 5), takin' home some heavy metal with 4 golds and a bronze.
Gerald Huestis, Zone best for the 200 Back, OMS best for the 200 Free. Good for 3 golds and a bronze.
Gil Young, OMS record in the 800. Picked up the bronze.

Herb Hoeptner, OMS best in the 400 Free, and the 1500. The old 1500 was set 8/14/77.

Bob Morrison, came home with 2 silvers and 3 bronze.
Earl Walter, bagged 2 silver and 2 bronze medals.

80-84

Donald Stevenson, looking good with a silver and a bronze. He is swimming more and more, great !!!

Relays...Relays...Relays

76+ Women 200 Free - new OMS record
(**M. Donahue, L. Elliott, Kathleen Boyd, Sandi Bahler**) MAC
76+ Women 200 Medley - new OMS record
(**M. Donahue, S. Bahler, L. Elliott, H. McLauchlan**) MAC
100+ Women 200 Medley-new World Record-wunderbar- gold!
(**S. Heringer, G. Goddard, L. Mills, Linda Finley**) ORE
100+ Women 200 Free-new Zone record-gold !!!
(**S. Heringer, L. Finley, T. Hecksel, G. Goddard**) ORE
120+ Women 200 Free-new Zone record-silver
(**L. Davis, P. Austin, T. Hecksel, P. McKay**) ORE
120+ Women 200 Medley-new Zone record
(**J. Krehbiel, P. Austin, N. Smith, L. Davis**) ORE
160+ Women 200 Free-gold !!!
(**S. Rousseau, J. Belford, M. Hunscher, S. Cooper**) ORE
160+ Women 200 Medley-silver
(**J. Belford, P. Himstreet, S. Rousseau, P. McKay**) ORE
160+ Women 200 Free - silver
(**S. Case, P. Himstreet, J. Krehbiel, N. Brooks**) ORE
240+ Women 200 Free relay - new Zone record
(**L. Stoinoff, B. Austen, J. Bahler, M. Wolfe**) MAC - bronze
240+ Women 200 Medley - new Zone record
(**B. Austen, L. Stoinoff, J. Bahler, M. Wolfe**) MAC - silver
260+ Women 200 free - new Zone record
(**E. Stevenin, J. Melcher, E. Mckeon, P. Stangel**) ORE
280+ Women 200 Medley - new Zone record
(**E. Mckeon, J. Melcher, E. Stevenin, P. Stangel**) ORE
100+ Men 200 free - new Zone record
(**G. Cooper, A. Stiles, D. Moshofsky, J. Henneman**) MAC- bronze
O.B. note - ORE "A" was 4th in 1:44.49 vs 1:44.25
100+ Men 200 Medley - new Zone record
(**J. Keppeler, G. Cooper, D. Marshall, A. Stiles**) MAC - gold !
120+ Men 200 Free - OMS record (old set-8/24/86)
(**D. Marshall, D. Burleson, A. Morehouse, J. Keppeler**) MAC - silver
120+ Men 200 Medley
(**T Waud'S Johnson'M Reinhard'A Potter**) ORE - bronze
160+ Men 200 Free
(**V. Dasch, M. Pendleton, C. Scharpf, J. Hickerson**) ORE - bronze
160+ Men 200 Medley - new Zone record (old from 8/24/86)
(**J. Zell, A. Stark, M. Pendleton, V. Dasch**) ORE
200+ Men 200 Free - new OMS record (old-8/24/86)
(**B. Petersen, R. Smith, R. Boyd, T. Fanning**) ORE - bronze
200+ Men 200 Medley - new Zone record - silver
(**R. Smith, R. Boyd, B. Petersen, G. Thayer**) - ORE
240+ Men 200 Free
(**E. Guest, A. Welch, M. Popovich, J. Holland**) ORE - bronze
240+ Men 200 Medley
(**J. Bigler, L. Miesen, R. Kim, C. Austen**) MAC -silver
280+ Men 200 Free - new World Record !!!
(**G. Huestis, F. Elliott, E. Walter, A. Holden**) ORE - gold
280+ Men 200 Free
(**F. Mack, G. Young, H. Hoeptner, R. Morrison**) ORE - silver

280+ Men 200 Medley - new World Record !!!

(F. Elliott, R. Morrison, A. Holden, G. Huestis) ORE - gold

280+ Men 200 Medley

(G. Young, F. Eckhardt, E. Walter, F. Mack) ORE - silver

O.B. note- thank Forbes Mack for getting the silver !!!

76+ 200 Mxd Free - new Zone record

(S. Heringer, L. Finley, A. Potter, T. Kahl) ORE - silver

76+ 200 Mxd Medley - new OMS record

(J. Keppeler, G. Cooper, L. Elliott, K. Boyd) MAC

120+ 200 Mxd Free - new Zone record

(M. Reinhard, G. Goddard, L. Mills, A. Schrag) ORE - gold

120+ 200 Mxd Medley-new OMS record

(C. Lacount, A. Schrag, G. Goddard, L. Mills) ORE - silver

160+ 200 Mxd Free

(G. Thayer, J. Krehbiel, M. Holmberg, M. Douglas) ORE - bronze

160+ 200 Mxd Medley

(P. McKay, V. Dasch, A. Stark, S. Rousseau) ORE - silver

160+ 200 Mxd Medley

(J. Belford, M. Dirksen, M. Pendleton, S. Cooper) ORE - bronze

280+ 200 Mxd Free - new World Record.

(G. Huestis, A. Holden, P. Smith, P. Stangel) ORE - gold

280+ 200 Mxd medley - new Zone Record

(G. Huestis, P. Stangel, A. Holden, P. Smith) ORE - gold

Now I realize this is a long way away, but, let's get Herb Eisenschmidt, Jack Hoey, Syd Hendy, and Allan deLay all in the water next June 24/25 for 320+ relays at the Long Course Zone championships - the meet will be at Mt. Hood Community College.

Sorry I could not get everyone who swam at Nationals in the story-please understand there is just so much space we can use in the Aqua-Master. You know who you are, O.B. is proud of you, the whole object of Masters Swimming is participation.

O.B. would also like to thank *Ginger Pierson* for her amazing job at nationals. Putting together that many relays is really something. Best news... Ginger will be back in the water this fall.

THIS N' THAT

O.B. was treated with a visit from Collie and Frances Wheeler just a couple of weeks ago. They both look wonderful, and are just great people. Collie will be 100 years of age come June, he vows that he will be the first Masters in the world to swim at 100 plus. Collie now holds 2 World Records in the 90+, the 50 and 100 Free set in 1984. O.B. will say one thing, put your money on Collie, he will do it !!!

THAT'S IT FOR NOW...STAY WITH IT AND STAY FIT !!!

2nd ANNUAL COLUMBIA RIVER CHALLENGE 2.5 MILE SWIM SEPT. 13, 1992

1. John Keppeler	0:47:10.
2. John Weston	0:47:12.
3. Curt La Count	0:55:34.
4. Mike Johnson	0:55:35.
5. Keith Kievl	0:55:35.
6. John Zell	0:56:25.
7. Steve Killpack	0:58:46.
8. Gordan Hale	0:59:10.
9. Tom Kahl	1:00:52.
10. Dale Vaughn	1:00:52.
11. Mark Imhof	1:01:44.
12. Kevin Foreman	1:02:51.
13. Brian Chidley	1:03:56.
14. Alan Lyons	1:04:28.
15. Alan Sheldahl	1:04:42.
16. Kathryn Cronin	1:05:15.
17. Mark Wren	1:06:19.
18. Kristi Gustafson	1:06:48.
19. Todd Oppenheimer	1:07:49.
20. Carol Nasegawa	1:09:31.
21. Jim Bigler	1:12:41
22. Kathryn Oswald	1:13:13.
23. Klaus Grosenbacher	1:14:31.
24. Pam Dolan	1:16:33.
25. David Norton	1:16:43.
26. Dan Clark	1:16:59.
27. Pam Himstreet	1:17:46.
28. Mark Cartier	1:20:48.
29. Jon Castonovo	1:22:49.
30. David Biskar	1:23:40.
31. Shinoda Chiquisa	1:24:07.
32. D.Wayne Baker	1:27:04.
33. Lee Cheatle	1:33:54.
34. Monty Smith	1:34:57.
35. Ralt Baird	2:07:15.

Barnacle

by E. Walter

reviews results records

1991-92 USMS Top-10 Short Course Yards

Thanks to another great job by Walt Reid we have caught up to ourselves and are ready for 1992-93 SCY season. Herewith are the highlights of OMS' contribution to the finest SCY swimmers in Masters.

All Americans ...

Gracie Goddard (30-34) #1 100 Free...plus #3-50 Free, #8-200 Free, #6-50 Fly, and #7-100 IM.

Lavelle Stoinoff (55-59) at 59 this dynamo leads the way #1-200, 500, 1000 and 1500 Free plus #7-50 Free, #3-100 Free, #5-50 Back, #3-100 Back, #2-200 Back, #8-100 Breast, and #3-200 Breast, winding up with a #6-100 IM.

John Keppeler (19-24) #1 in 6 events, all in National Record time... 100 & 200 Free, 50, 100, & 200 Back, and the 400 IM...John also recorded a 50.32 for the 100 Fly. John has confided to ol' Barn that he really enjoys Masters Swimming. We will be enjoying watching this man for many years to come...Way to go John !!!

Andrew Holden (70-74) #1 for the 200 Fly...plus #8-50 Free, #4-100 Free, #6-100 Back, #3-50 Fly, #2-100 Fly, #3-100 IM, #4-200 IM, and a #7-400 IM. That folks is all around greatness !

Herb Eisenschmidt (80-84) #1-400 IM, plus #4-500 Free, #6-100 & #4-200 Back, #5-100 IM, #2-200 IM.

Now for the best news... look at this for a finale ...

Herb (85-89) *1-100 & 200 Back, 50 & 100 Fly, #1-100, 200 and 400 IM, plus - # 2's- 200 Free, 500 Free, 50 Back, and 50 Breast, add a # 5-50 Free...Our man from St. Helens certainly should be #1 for the 85-89 age group... way to go Herb !!

Now for a look at some close ones ...

Michelle Donahue (19-24) 200 Back 2:10.93 vs 2:10.81.

Ginger Pierson (45-49) 100 Breast 1:17.83 vs 1:16.37.

Dirk Marshall (25-29) 50 Fly 22.79 vs 22.62.

Dave Burleson (35-39) 200 Back 2:03.47 vs 2:03.02.

Andrew Holden (70-74) 50 Fly :33.87 vs :33.43 and 100 Fly 1:24.62 vs 1:24.57.

Relays...

65+ 200 MXD Medley #1 (**Gerald Huestis, Pauline Stangel, Andrew Holden and Petey Smith**)

45+ 400 MXD Medley #1 (**Robert Smith, Nancy Brooks, Chris Allan, and Jan Plesner**)

Close ones... MAC 19+ Men's Free-1:27.85 vs 1:26.77.

ORE 65+ Men's Free-2:20.90 vs 2:19.83.

How many LMSC's have 3 Top Tanners in the same age group in the same event (70-74) Huestis #4, Walter #5 and Holden #7 for the 400 IM ???

More Top Ten Swimmers from Oregon Masters...

19-24 **Deborah Heim**, #2 1650 Free, #3 50 Back, #5 400 IM.

Michelle Donahue, #3, #5, #2 - 50, 100 and 200 back and a #9 for the 200 Breast.

25-29 **Babette Romancier**, #4 in the 200 Free.

Ellen Ferguson, #8-500 Free & #2-1650 Free.

30-34 **Leissa Mills**, #9-100 Free, #6-200 Free, & #3 500 Free,

plus #4-200 Back and #6-100 IM.

40-44 **Darlene Staley**, #10-200 Fly.

45-49 **Ginger Pierson**, #7-50 Back, #3-100 Back, #2-100 & 200 Breast, #4-100 Fly, and #5-400 IM.

50-54 **Nancy Ross**, #8-50 Free.

60-64 **Joyce Bahler**, #5-50 Breast, #9-100 Breast, #8-200 Breast, #10-100 Fly, and #9-400 IM.

65-69 **Petey Smith**, #2-50, #2-100, #2-200, #3-1000 Free, #10-100 Back, #9-200 Back, #9-50 Fly, #9-100, #8-200, #6-400 IM.

Margaret Wells, #8-200 Fly, and #10-400 IM.

70-74 **Pauline Stangel**, #9-500, #5-1650 Free, and #3-50, #4-100, #5-200 Breast.

Elfie Stevenin, #10-200 Fly and #9-400 IM.

Judy Melcher, #10-400 IM.

75-79 **Evelyn McKeon**, #8-500 Free.

Helena Hoffman, #10-100 Breast, #8-200 Breast, #7-100 Fly, #6-200 Fly, plus #6-400 IM.

80-84 **Hazel Bressie**, #10-100 Free, #6-500 Free, #7-50 Breast, #7-100 Breast, #3-200 Breast, #3-50 Fly, #5-100 Fly, #7-100 IM, #3-200 IM.

25-29 **Alex Stiles**, #3-1650 Free. **Mathew Roth**, #8-1650 Free. **Dirk Marshall**, #3-50 Fly.

35-39 **Dave Burleson**, #6-100 Back and #3-200 Back.

40-44 **Steve Johnson** #9-1000 Free. **Steve Durapau** #10-1000 and #9-1650 Free.

45-49 **Robert Smith** #4-50 Free, #2-50 Back, #4-100 Back, #8-50 Breast, #10-100 Breast, #7-50 Fly, and #4-100 IM.

Jon Stout #8-50 Back, great to see Jon make it.

Richard Boyd, #9-500 Free, #4-1000 Free, #8-1650 Free, #3-200 Breast, #7-200 IM, and #4-400 IM.

50-54 **Bert Petersen** #8-50 Fly and #5-100 Fly.

60-64 **Mickey Marks** #7-50 Breast and #10-400 IM.

Don Van Rossen #10-200 Breast.

65-69 **Floyd Elliott** #5-50, 100, and 200 Back.

70-74 **Gerald Huestis** - #7-100 Free, #9-200 Free, #7-50 Back, #7-100 Back, #4-200 Back, #8-100, #6-200 IM, #4-400 IM.

Gil Young #9-1000, and #5-1650 Free.

Earl Walter #10-200 Back, #6-200 Breast, #6-100 Fly, #5-200 Fly, & #5-400 IM.

Robert Morrison #2-50 Breast, #6-100 Breast, #10-200 Breast, plus #10-100 Fly.

80-84 **Jack Hoey** #4-50 Back, #2-100 Back, #2-200 Back.

RELAYS

#2 MEN 19+ 200 FREE (**J.KEPPELER, D. BURLESON, J. KINGERY AND D. MARSHALL**)

#4 MEN 65+ 200 FREE (**G. HUESTIS, J. HOLLAND, G. YOUNG, A. HOLDEN**).

#2 MEN 65+ 200 MEDLEY (**E. WALTER, R. MORRISON, A. HOLDEN, G. HUESTIS**).

#9 MXD 55+ 200 MEDLEY (**L. STOINOFF, J. BAHLER, R. KIM, T. FALK**)

CONGRATULATIONS TO OUR TOP TENNERS !!!

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: November 21, 22, 1992
Hosted by North Kitsap High School Swim Team
Sanction # 923612

ORDER OF EVENTS
EVENT # EVENT
Saturday, November 21
1 400 IM
2 1650 FREE

- Sunday, November 22
3 500 FREE
4 400 FREE RELAY
5 100 BACK
6 200 FREE
7 .50 FLY
8 200 BREAST
9 5 MINUTE BREAK
10 200 MIXED FREE RELAY
11 100 IM
12 200 BACK
13 50 FREE
14 100 FLY
15 50 BREAST
16 5 MINUTE BREAK
17 200 MEDLEY RELAY
18 50 BACK
19 100 FREE
20 200 FLY
21 100 BREAST
22 200 I.M.
23 200 MIXED MEDLEY RELAY

DATE: November 21-22, 1992
TIME: Sat. Nov. 21
Warmup: 4:00 p.m.
Meet starts: 5:00 p.m.
Sun. Nov. 22
Warmup: 8:30 a.m.
Meet starts: 9:30 a.m.
- Warm-up after 500 Free, 30 minutes
Event 4 starts 10:30 am

PLACE: North Kitsap Pool
1881 Mostmark St
Poulsbo WA
(206) 779-3790

MEET DIRECTOR: Marilyn Grindrod
(on site)

Entries: Gordon Gray
(206) 488-8825 (Before 9 pm)

FACILITY: 6-lane 25 yd pool,
diving area for warm-up
available throughout
the meet. Water temp: 82 degrees

CONCESSION STAND

RULES: Current USMS rules will
govern the meet

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

SEEDING: Slow to fast except 400 IM
and 1650 FREE. Events 1, 2, and 3
will be deck seeded.

AWARDS: Special Awards for 1st entry; closest to seed time!

Directions: From Bainbridge Island ferry: Follow 305 to Poulsbo. Turn RIGHT
onto Mostmark (first light in Poulsbo). Pool is .6 mile up the hill,
across from the high school.
From Tacoma: Take Rt 16 over Tacoma Narrows Bridge to Hwy 3 North to
Poulsbo. At the first light, Hwy 3 and 305 intersect. Continue
straight on 305. Go approximately 2 miles, turn left onto Mostmark.
Pool is .6 mile up the hill across from the high school.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: November 21, 22, 1992
Hosted by N. Kitsap High School Swim Team
at Kitsap High School Pool
Sanction # 923612

NAME _____ M F AGE _____
ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____
Must have 1992 registration number or 1993.
TEAM _____ or UNATTACHED ASSOCIATION _____
AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90+
Age is determined by your age on the last day of the meet.
ENTRY LIMIT: 5 EVENTS per day plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES
SURCHARGE: \$3.00 \$4.00 (Includes surcharge \$1 (USMC) and \$1
Individual Events @ \$1.00 (electronic timing)
TOTAL _____ (No charge for relays)

Checks payable to: Gordon Gray
Mail fees and this entry form to: Gordon Gray TEL: 488-8825
15911 67th LN NE #2
Bothell, WA 98011

ENTRIES Postmarked November 10, 1992

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

SIGNED _____ DATE _____

HOW TO INCREASE YOUR ENDURANCE

Most swimmers, experienced as well as novice, take a fairly simplistic view of endurance. If they can improve their time for a given extended distance swim (e.g. a mile) then they must have more endurance. Their approach to improving endurance is similar: swim that distance frequently, trying to gradually carve a few more seconds or minutes off their time. But building endurance is actually a rather complex activity that reflects improvement in 3 distinct physiological attributes-biomechanical efficiency, lactate threshold, and oxygen uptake:

Biomechanical efficiency is often overlooked as a way of improving endurance, but increasing your efficiency is the fastest and easiest way to gain endurance. The more economically you swim (the more effectively you create propulsion and the better you avoid the water's frontal resistance to your body's progress), the less oxygen your muscles will need to maintain a given pace. Energy not wasted on poor technique is, of course, available for faster swimming.

Anaerobic threshold is the swimming speed (specific to each individual) at which lactic acid begins to accumulate in the muscles and bloodstream. As you cross that threshold, lactate levels grow, you fatigue and are forced to slow down. In an untrained person lactic acid begins to accumulate at levels as low as 30% of V02 Max. Training can raise the threshold to 80% of V02 Max or higher.

Oxygen uptake (also known as V02Max) is a measure of how much oxygen your body can extract from each breath and deliver to your muscles to create energy. The higher your V02 Max, the more oxygen your muscles receive, the greater your endurance.

Training categories for increasing endurance

A comprehensive approach to endurance training combines three basic types of work: Low Intensity to improve organic endurance and efficiency. Medium Intensity to raise your anaerobic

threshold. High Intensity to improve your V02 Max and your ability to maintain stroking efficiency at higher speeds. All three are important to the total picture.

Low Intensity or Aerobic Base training develops the cardio-vascular system and enhances the physical, chemical, and metabolic characteristics of working muscles. Concentrating on technique through drills and stroke counting greatly increases the value of aerobic base sets. These sets should be used in warmup to ready the body for hard work and at the end of workout to flush out lactic acid from muscles and bloodstream speeding recovery from hard work. They should also be used in taper to maintain conditioning while reducing hard work. Training methods include short rest repeats or overdistance sets of 500-1600 yards at moderate intensity (heart rate at about 65% of maximum).

Medium Intensity or Anaerobic Threshold training raises the threshold of speed and intensity at which lactate buildup occurs, allowing you to swim longer and faster without fatigue. Threshold training provides the greatest benefit in cardiovascular fitness from the least time investment and threshold sets are particularly effective as the primary training form for the low yardage swimmer. They also make an excellent transition vehicle from lap swimming to interval training.

Threshold sets consist of short rest (5 to 30 sec.) repeats of 50 to 400 yards, totaling 1000 yards or more, with a work:rest ratio of 4:1 or higher (15 seconds or less rest for every minute of work). The best results are achieved by selecting the fastest pace that can be maintained without fatiguing throughout the set (see below for guidelines on determining training paces.)

Some typical threshold sets:

- 1) 20-40 x 50 x 5-10 sec. rest
- 2) 10-20 x 100 x 10-20 sec. rest
- 3) 5-10 x 200 x 20-30 sec. rest
- 4) 3-5 x 400 x 30-60 sec. rest

High Intensity or Maximum Aerobic Capacity training improves delivery and use of fuel and oxygen to the muscles and delays fatigue at all swimming speeds. Compared to threshold training, V02 Max sets are shorter sets with longer rest done at higher speeds. Moderate rest (work/rest ratio of 1:1 to 2:1) repeats of 50-200 yards in sets of 500-1200 yards would be typical. They are done in descending (each repeat slightly faster than the preceding with the final repeat at near maximum effort) or fartlek (alternating easy and fast) fashion.

Sample descending sets:

- 1) 2-3 sets of 3 x 200 on 30 sec -1:00 rest with an easy 200 between sets. Descend each set of 3 x 200 to near maximum.
- 2) 2-3 sets of 5 x 100 on 20-30 sec rest with an easy 100 between sets. Descend each set of 5 x 100 to near maximum.

Sample fartlek sets:

- 1) 10 x 100 on 20-30 sec. rest
odd 100s easy, even 100s fast
- 2) 2-3 sets alternating 4 x 50 fast on 30 seconds rest with 1 x 200 easy (or 4 x 50 easy& 1 x 200 fast)

How to determine appropriate training paces for each category

Every 4 to 6 weeks, swim a test set of 5 x 100, Swim each 100 at the fastest possible pace on a 1:1 work: rest ratio. In other words if your time for a 100 is 1:20, then you rest 1:20 before doing the next 100 for a total interval of 2:40. After swimming the set, average your times for the five 100s. Your average will become your target training pace for V02Max sets. Add 6 seconds to your average and you'll have your threshold pace. Add an additional 5 seconds and you'll have your aerobic base pace. For example, if a swimmer averages 1:20 on the test set, his V02Max pace would become 1:26, his threshold pace would be 1:26, and his aerobic base pace would be 1:31.

Reprinted from the Summer issue of Swim smartS. An 8-page quarterly publication for fitness and competitive swimmers. A 1-year subscription is \$19.95. Interested swimmers can order a sample copy or subscribe by writing: Total Immersion 381 Main St., Goshen NY 10924 or 1-914-294-3510

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: December 12, 1992
 Enumclaw Dolphins Swim Club
 at Enumclaw Forward Thrust Pool
 Sanction # 923613

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USHS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 80-84 85-89 90+

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

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME

ENTRY FEES

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

TOTAL _____

Checks payable to: Enumclaw Dolphins (EDSC)

Mail fees and this entry form to: Mike Krattli
 25811 SE 396th
 Enumclaw, Washington 98022

ENTRIES DUE: December 1, 1992

STATEMENT OF RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training, 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, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED _____ DATE _____

PMA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: December 12, 1992
 Hosted by Enumclaw Dolphins Swim Club
 Sanction # 923613

DEADLINE: Entries due: December 1, 1992

ORDER OF EVENTS

EVENT # EVENT

- 1 200 FREE RELAY
- 2 200 FLY
- 3 200 BACK
- 3 50 BREAST
- 5 100 FREE
- 5 MINUTE BREAK
- 6 200 IM
- 7 50 FLY
- 8 100 BACK
- 9 200 BREAST
- 10 50 FREE

CHECK IN FOR 500 FREE
 5 MINUTE BREAK

- 11 200 MEDLEY RELAY
- 12 100 FLY
- 13 50 BACK
- 14 100 BREAST
- 15 200 FREE
- 16 100 I.M.
- 17 200 FREE RELAY

5 MINUTE BREAK

- 18 500 FREE

DATE: December 12, 1992

TIME: Warmup: 8:30 a.m.

Meet: 9:30 a.m.

PLACE: Enumclaw Forward Thrust Pool
 420 Semanski St.
 Enumclaw, WA 98022
 (206) 825-1188

MEET DIRECTOR: Mike Krattli
 (206) 825-1741
 25811 SE 396th St
 Enumclaw WA 98022

FACILITY: 6-lane, 25 yard pool
 Warm-up area

RULES: Current USHS rules will govern the meet

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

SEEDING: Slow to Fast

CONCESSIONS: Yes

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From Renton: Take Highway 169. Turn left at Highway 164 (traffic light as you enter town, right on Cole (at next traffic light), right on Highway 410 (thru 4-way stop and in front of Coast-to-Coast store), right on 252nd SE, pool is on left immediately before High School.

From Auburn, take Highway 164 (13 miles) to 244th SE, right on 244th, left on 456th SE, right on 252nd SE, pool is on right immediately after High School.

NOTE: Relays may be swim all men; all women; or mixed (2 men, 2 women). Be sure your entry card specifies which relay you are entering.

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 Registration 1992

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

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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Hey Bert, no ice-cream !!

**In this issue: L.C. Nationals meet results, '92 S.C. Yards Top Ten
Ol' Barnacle, Z-Man, and entry forms .**