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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**

<b>DEC 9</b>	<b>O.M.S. BOARD MEETING OREGON SPORTS OFFICES TANASBOURNE MALL, SUITE 1200, BEAVERTON, OR 7:15 P.M.</b>
<b>*DEC 12</b>	<b>ENUMCLAW, WA ENUMCLAW FORWARD THRUST POOL S.C.Y.</b>
<b>DEC 20</b>	<b><u>MEET SCHEDULED AT MT. HOOD CANCELLED</u></b>
<b>*JAN, 1993</b>	<b>1993 USMS ONE HOUR POSTAL CHAMPIONSHIPS</b>
<b>*JAN 9-10</b>	<b>BEND, OR JUNIPER AQUATIC CENTER S.C. METERS (#3)</b>
<b>*JAN 23</b>	<b>BEAVERTON, OR TUALATIN HILLS PENTATHALON</b>
<b>JAN 23</b>	<b>ANACORTES, WA S.C. METERS</b>
<b>JAN 30</b>	<b>ALBERTINA KERR SWIM-A-LAP TUALATIN HILLS 50M POOL</b>
<b>FEB 6</b>	<b>SEATTLE, WA FRED WIGGINS MEMORIAL MEET</b>
<b>FEB 6-7</b>	<b>SPOKANE, WA FAIRCHILD AIR FORCE BASE SC METERS</b>
<b>FEB 7</b>	<b>PORTLAND, OR TRI-M III + FREE DISHMAN AQ. CENTER (YOUR CHOICE: 100, 200, 400 I.M. or 100, 200, 500 FREE S.C.Y.)</b>
<b>FEB ??</b>	<b>SEATTLE, WA P.N.A. PENTATHLON</b>
<b>FEB 27</b>	<b>EUGENE, OR UNIVERSITY OF OREGON LEIGHTON POOL (#4)</b>
<b>MARCH 6-7</b>	<b>YAKIMA, WA LYONS POOL SC YARDS</b>
<b>MAR 13-14</b>	<b>LINCOLN CITY, OR COMMUNITY POOL S.C.M. (#1)</b>
<b>MAR 14</b>	<b>BANGOR, WA NAVAL BASE POOL S.C. YARDS</b>
<b>APRIL 2-4</b>	<b>FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPIONSHIPS</b>
<b>APRIL 2-4</b>	<b>PORTLAND, OR LEWIS AND CLARK COLLEGE OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#2)</b>
<b>APRIL 24-26</b>	<b>N.W. ZONE SHORT COURSE CHAMPIONSHIPS HOST: P.N.A. FEDERAL WAY, WA KING COUNTY AQUATIC CENTER</b>
<b>**MAY 20-23</b>	<b>U.S.M.S. SHORT COURSE NATIONALS SANTA CLARA SWIM CLUB SANTA CLARA, CA</b>
<b>JUNE 13</b>	<b>BEAVERTON, OR TUALATIN HILLS LONG COURSE MEET (#4)</b>
<b>JUNE 19</b>	<b>FEDERAL WAY, WA KING COUNTY AQUATIC CENTER 50 METER</b>
<b>JULY</b>	<b>PORTLAND, OR STATE GAMES OF OREGON</b>
<b>JULY 24/25</b>	<b>GRESHAM, OR MT. HOOD COMMUNITY COLLEGE N.W. ZONE LONG COURSE CHAMPIONSHIPS</b>
<b>AUG 19-22</b>	<b>U.S.M.S. LONG COURSE NATIONALS MINNEAPOLIS, MN</b>

**\*MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

**\*\*TEAM O.M.S. & TEAM M.A.C. TARGET MEET OF 1993 SEASON**

# Z-Man says---

It's that time again. Time to register for another year of Masters Swimming. You will find the new 1993 OMS registration form on the last page of this month's issue. Feel free to copy this form and pass it along at your pool, to any new or prospective members. **PLEASE RE-REGISTER AS SOON AS POSSIBLE.** And do your part to increase our membership buy sharing this form with a friend. Read this form over thoroughly before you fill it out.

We're real sorry but, **THE MEET SCHEDULED FOR MT. HOOD ON DECEMBER 20TH HAS BEEN CANCELLED.** A schedule conflict at Mt. Hood and some recent developments in our meet schedule for January and February has forced us to cancel. We really would like to have a short course meet at Mt. Hood sometime, but it just wasn't in the cards for this season. Maybe next year. Any meet entries received for this meet will be returned.

Speaking of our meet schedule, take a look now and I'll bring you up to date. We now have two meets in the month of January and February. The Bend meet on January 9 & 10 joins the Pentathlon on the 23rd. In February, the TRI-M meet will be held on the 7th and joins the meet in Eugene on the 27th.

The meet at Bend will offer a "Bi-athlon" competition for those of you who love alpine sports as well as swimming. There are tentative plans for a 4K and 8K cross country ski race to take place on Saturday January 9th. The ski races will start around 1:00 p.m. at Mt. Bachelor. The 4K will be coupled with an 800 Freestyle and the 8K with a 1500 Freestyle. I will have additional information and the official entry form for the "Bi-athlon" competition in next month's issue.

In this month's issue you will find a two part article entitled "What you don't know could hurt you." I ran the part one last year and I just got a hold of part two recently. I liked this one so much I thought I'd run it again with both parts. Enjoy it again and pass it along to a friend.

This issue debuts a new feature in the Aqua-Master. It's called "lane nine" and is a Masters Swimming editorial forum with a new wave artistic

twist. i h o p<sup>E</sup> u c a N  
Fi g<sup>u</sup> re It o ut a<sup>N</sup>d  
W<sub>i</sub> ll en jOy .

Speaking of editorial type comments, check out the next page here opposite of my column. I hope you'll get the picture. I couldn't agree more with what Mr. Schrag has to say. This organization doesn't run itself and a small core of folks have been carrying the load for a good number of years. It's time for you to step forward.

The results and review of the Newport meet in October also with the results of the Pride of Portland meet are in this issue. I swam in both of these meets and all the entrants had a great time despite the low turn out. Newport is one of my favorite places and the new Oregon Coast Aquarium is outstanding. If you have yet to check it out you should do so. As of this writing the P.S.U. meet is history and was a big success. 92 swimmers had a fun weekend and set a huge number of Association and Zone records. We'll bring you the review and results next month.

The November/December issue of "Swim" magazine arrived today. Boy, this publication has really improved tremendously. Lots-o-great informative articles inside. I bet you look forward to receiving each issue and burning through it cover to cover like I do. It has been an excellent addition to your membership in United States Masters. Can't get enough...bring on the next issue.

Planning to go to Short Course Nationals at Santa Clara next May? Well check out the "Qualifying Times" in this issue. You can enter three events without meeting the time standards. Any additional events must meet the times. Santa Clara will be a very big meet. Should rival "Stanford in '87".

That's all for now... see ya in the fast lane,

The positions of Chair-person and Secretary are up for nomination now for 2 year terms beginning January 1993.

Your OMS Board does so much for YOU!! Without them there would be no OMS, no Aqua-Master, no meets, your life would be different than you now know it. Please do something for OMS in return. Submit nominations or volunteer for one of these 2 positions by December 1st. Do it by mail, do it by phone, BUT DO IT. Call John Zell, call Andy Schrag, call someone, all the phone numbers are on the front of every issue of the Aquamaster.

Speaking of the Aqua-Master, do you enjoy this publication? Do you look forward to receiving it? Do you find it in your mail box and say to yourself "OH, good!" John Zell puts together the Aqua-Master each month and ALSO serves as our chairperson.

We have several people in OMS who are filling two positions because there aren't others, LIKE YOU, to help out. OMS needs NEW people to help run our organization.

*If you swim in meets but do not help out you should be experiencing some degree of guilt. Pitch in, step forward, come to the next board meeting.*

***Andy Schrag, OMS Secretary***

# OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANCTIONED (373-02) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 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: BEND MASTERS S.C. METERS MEET**

**DATE: JANUARY 9 & 10th, 1993**

**PLACE: JUNIPER AQUATIC CENTER**

**BEND, OREGON**

**5 LANES COMPETITION - ELECTRONIC TIMING**

**1 LANE CONTINUOUS WARM UP/DOWN**

**HOST: Bend Masters**

**Meet Director: Matt Mercer (503)-389-7665 (Pool)**

**DIRECTIONS TO POOL:** Juniper Aquatic Center 800 N.E. 6th Street Bend, OR. Take 3rd Street (Main north/south street thru Bend) to Greenwood Ave (Hwy 97). Greenwood to 6th Street and turn right (travelling south on 6th). Pool is a couple blocks south of Greenwood on 6th.

**WARM-UPS: SATURDAY 5:30 A.M.  
SUNDAY 9:00 A.M.  
MEET STARTS: SATURDAY 6:30 A.M.  
SUNDAY 10:00 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN DECEMBER 26th, 1992**

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

NAME \_\_\_\_\_ 1993 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, 800, and 1500 Free will be deckseeded and all events will be seeded slow to fast.

**SATURDAY JANUARY 9 BEND**

**800 FREE (1)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**1500 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**50 FLY (11)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**100 BACK (12)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**200 BREAST (13)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**SUNDAY JANUARY 10**

**FREE RLY (3)** XXXXXXXXXXXXXXXX  
**200 FLY (4)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**200 BACK (5)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**50 BREAST (6)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**100 FREE (7)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**MXD FR RLY (9)** XXXXXXXXXXXXXXXX  
**BREAK BREAK BREAK**  
**200 I.M. (10)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**50 FREE (14)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**MED RLY (15)** XXXXXXXXXXXXXXXX  
**BREAK BREAK BREAK**  
**100 FLY (16)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**50 BACK (17)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**100 BREAST (18)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**200 FREE (19)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**100 I.M. (20)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
**MXD MD RLY (21)** XXXXXXXXXXXXXXXX  
**400 FREE (22)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

\*\*\*\*\* **LODGING INFORMATION** \*\*\*\*\*

*Stay tuned to next months Aquamaster for more details about lodging in the Bend area.*

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

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**MEET ENTRY FEE: \$7.00**

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

**OREGON MASTERS SWIMMING**

**P.O. BOX 40313**

**PORTLAND, OREGON 97240**

# 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).

# Barnacle

by E. Walter

reviews results records

**NEWPORT OCTOBER, 92**

**T**he folks in Newport did themselves proud with a very fine meet. Although not attended by too many, 31 to be exact, there was plenty of swimming and some excellent times. I hear many of these swimmers not only came to swim but to see some expert swimmers at the new Oregon Aquarium after the meet. Along with just doin' the tourist thing in this popular coastal city.

## **Relays... 3 Zone Records + 3 # 1 Times - USA**

45+ Women 400 Medley Relay 5:34.33 (17 secs under '92 #1) **Jan Plesner, Pam Himstreet, Ginger Pierson, Petey Smith.**

45+ Women 400 Free Relay 4:53.81 (1:03 under '92 #1) **Petey Smith, Jan Plesner, Pam Himstreet, Ginger Pierson.**

45+ Mixed 400 Medley Relay 5:01.23 (16 secs under '92 #1) **Robert Smith, George Thayer, Ginger Pierson, Jan Plesner.**

That's the way to start off the new year !!

## **New OMS standards ...**

**Jill Black** (30-34) 100 Back - 1:06.43 (#10-TT)

**Allan deLay** (75-79) 50 Breast - :48.69

## **Kudos for our paddlers ...**

**19-24**

**Deborah Heim** looking good in the 200 and 400 IM.

**25-29**

OMS welcome for **Terri Mayers** from Eugene.

**30-34**

**Jill Black's** time bettered Gracie Goddards (1:06.95).

**35-39**

Everyone showing improvement, **Madeleine Holmberg**, a future IM'er.

**45-49**

**Jan Plesner** is on her way to great year. **Ginger** is on the way back, 3 times though were not new records, Ginger holds them (quite a bit faster).

**50-54**

Great to see **Patty Huntzicker** back in competition.

**30-34**

**Steve Harger** had a fine all around meet. (Editors note: *For a guy that doesn't spend enough time in the water workin' out*)

**Bob Chen** good swims for early season.

**40-44**

OMS welcome to **Robert Huizenga**-a comer ?

**Jeff Bertuleitt** - had a great meet.

**45-49**

An OMS welcome to **Alan Lyons**.

**Bob Smith** turned a fast 200 Back.

**55-59**

**George Thayer** close in the 50 Free (27.55 vs 27.21). **Jim Bigler**, 200 Free, great time but not the record watch George and Jim this coming year, both 56.

**"Z" Man**, all alone at 35-39, 3 fine times.

O.B. note, if I don't say something he might edit the column.

That's it for this time folks. **Thanks again** to all of you fine people (Officials and volunteers) of Newport Swim Club !!!

**STAY WITH IT AND STAY FIT !!!**

----- 19-24 WOMEN -----  
 50 FRE DEBORAH E HEIM 23 PRID :28.38  
 100BRS DEBORAH E HEIM 23 PRID 1:19.16  
 50 FLY DEBORAH E HEIM 23 PRID :30.93  
 200 IM DEBORAH E HEIM 23 PRID 2:29.76  
 400 IM DEBORAH E HEIM 23 PRID 5:12.44

----- 25-29 WOMEN -----  
 50 FRE TERRI MAYERS 26 SHM :28.99  
 100FRE TERRI MAYERS 26 SHM 1:05.18  
 50 BAK TERRI MAYERS 26 SHM :37.90  
 100BAK TERRI MAYERS 26 SHM 1:22.24

----- 30-34 WOMEN -----  
 50 FRE BETH ANNE BEADLING 31 MMH :33.29  
 100FRE KRISTEN MICHELSON 33 LCM 1:09.08  
 BETH ANNE BEADLING 31 MMH 1:14.46  
 500FRE KRISTEN MICHELSON 33 LCM 6:47.92  
 100BAK JILL BLACK 30 SHM 1:06.43+  
 Oregon is - TANYA MANSIGH 1:07.87

100BRS KRISTEN MICHELSON 33 LCM 1:30.87  
 200BRS JILL BLACK 30 SHM 2:56.45  
 KRISTEN MICHELSON 33 LCM 3:11.41  
 50 FLY KRISTEN MICHELSON 33 LCM :35.10  
 100 IM BETH ANNE BEADLING 31 MMH 1:29.07

----- 35-39 WOMEN -----  
 100FRE LORI HOLLINGSWORTH 36 LCM 1:07.76  
 MADELEINE HOLMBERG 39 COM 1:08.86  
 GAIL M KIMBERLING 36 LCM 1:15.74  
 200FRE LORI HOLLINGSWORTH 36 LCM 2:36.82  
 GAIL M KIMBERLING 36 LCM 2:48.10  
 500FRE LORI HOLLINGSWORTH 36 LCM 7:01.26  
 100BAK GAIL M KIMBERLING 36 LCM 1:37.25  
 50 BRS MADELEINE HOLMBERG 39 COM :39.43  
 100BRS MADELEINE HOLMBERG 39 COM 1:23.98  
 GAIL M KIMBERLING 36 LCM 1:41.33  
 200BRS MADELEINE HOLMBERG 39 COM 2:59.73  
 200FLY LORI HOLLINGSWORTH 36 LCM 3:19.71  
 100 IM MADELEINE HOLMBERG 39 COM 1:14.55  
 200 IM GAIL M KIMBERLING 36 LCM 3:15.23

----- 45-49 WOMEN -----  
 50 FRE JAN M PLESNER 46 UVM :33.05  
 100FRE JAN M PLESNER 46 UVM 1:11.14  
 PAMELA HIMSTREET 48 THB 1:13.00  
 200FRE PAMELA HIMSTREET 48 THB 2:42.90  
 500FRE JAN M PLESNER 46 UVM 7:26.50  
 50 BAK JAN M PLESNER 46 UVM :41.51  
 50 BRS GINGER L PIERSON 46 THB :37.95+  
 Oregon is - BARBARA FRID :38.50

100BRS GINGER L PIERSON 46 THB 1:22.04+  
 Oregon is - NANCY J BROOKS 1:26.88  
 PAMELA HIMSTREET 48 THB 1:30.45  
 200BRS GINGER L PIERSON 46 THB 3:00.33+  
 Oregon is - PAMELA HIMSTREET 3:12.95

50 FLY JAN M PLESNER 46 UVM :36.19  
 PAMELA HIMSTREET 48 THB :40.25  
 200FLY GINGER L PIERSON 46 THB 3:02.63  
 200 IM GINGER L PIERSON 46 THB 2:55.87

----- 50-54 WOMEN -----  
 50 FRE PATTY M HUNTZICKER 51 THB :40.03  
 50 BAK PATTY M HUNTZICKER 51 THB :46.26

----- 65-69 WOMEN -----  
 50 FRE PETEY MH. SMITH 68 NEWP :34.12

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

50 FRE STEPHEN F HARGER 33 PPM :24.20  
 SCOTT A METZLER 32 SHM :28.71  
 100FRE STEPHEN F HARGER 33 PPM :56.79  
 SCOTT A METZLER 32 SHM 1:03.35  
 500FRE STEPHEN F HARGER 33 PPM 5:55.19  
 50 BRS BOB F CHEN 33 UOM :29.79  
 STEPHEN F HARGER 33 PPM :31.62  
 100BRS BOB F CHEN 33 UOM 1:07.43  
 200BRS BOB F CHEN 33 UOM 2:39.91  
 100 IM STEPHEN F HARGER 33 PPM 1:03.58  
 BOB F CHEN 33 UOM 1:03.72  
 200 IM BOB F CHEN 33 UOM 2:39.56  
 ----- 35-39 MEN -----  
 500FRE JOHN F ZELL 35 PPM 5:38.09  
 100BAK JOHN F ZELL 35 PPM 1:03.62

200BAK JOHN F ZELL 35 PPM 2:16.48  
 ----- 40-44 MEN -----  
 50 FRE JEFF BERTULEIT 43 NEWP :25.66  
 100FRE ROBERT HUIZENGA 42 1:11.62  
 200FRE ROBERT HUIZENGA 42 2:28.01  
 100FLY JEFF BERTULEIT 43 NEWP 1:05.85  
 200 IM JEFF BERTULEIT 43 NEWP 2:30.04

----- 45-49 MEN -----  
 100FRE ALAN R LYONS 47 MACO 1:05.67  
 200FRE ALAN R LYONS 47 MACO 2:23.15  
 500FRE ROBERT S SMITH 49 LO 6:27.26  
 ALAN R LYONS 47 MACO 6:29.99  
 200BAK ROBERT S SMITH 49 LO 2:24.21

----- 50-54 MEN -----  
 100FRE MICHAEL B DAVIS 54 TAC 1:21.85  
 50 BRS MICHAEL B DAVIS 54 TAC :42.96  
 100BRS MICHAEL B DAVIS 54 TAC 1:37.03  
 100 IM MICHAEL B DAVIS 54 TAC 1:29.89

----- 55-59 MEN -----  
 50 FRE GEORGE D THAYER 56 BEND :27.55  
 JIM BIGLER 56 MACO :29.84  
 100FRE JIM BIGLER 56 MACO 1:03.73  
 GEORGE D THAYER 56 BEND 1:04.70  
 200FRE JIM BIGLER 56 MACO 2:22.36+  
 Oregon is - FRED W. SPRENGER 2:22.65

GEORGE D THAYER 56 BEND 2:36.10  
 50 BAK GEORGE D THAYER 56 BEND :36.92+  
 JIM BIGLER 56 MACO :37.27  
 100 IM GEORGE D THAYER 56 BEND 1:18.53

----- 60-64 MEN -----  
 50 FRE DAVID F PUTNAM 60 UVM :32.48  
 100FRE DAVID F PUTNAM 60 UVM 1:11.96  
 200FRE DAVID F PUTNAM 60 UVM 2:52.47  
 50 BAK DAVID F PUTNAM 60 UVM :42.07  
 50 FLY DAVID F PUTNAM 60 UVM :38.29

----- 75-79 MEN -----  
 50 FRE ALLAN DELAY 77 PPM :35.36  
 50 BAK ALLAN DELAY 77 PPM :48.31  
 50 BRS ALLAN DELAY 77 PPM :48.69+  
 Oregon is - HERB EISENSCHMIDT :49.09

## NEWPORT

## 31 ENTRANTS

45+ WOMEN 13 400 MEDLEY RELAY  
 JAN M PLESNER,46=1:24.81 PAMELA HIMSTREET,48=1:29.63 GINGER L PIERSON,46=1:23.44 PETEY MH. SMITH,68=1:16.45 OREG 5:34.33

25+ MIXED 19 200 MEDLEY RELAY  
 TERRI MAYERS,26 \*\*\* ROBERT HUIZENGA,42 \*\*\* JILL BLACK,30 \*\*\* SCOTT A METZLER,32 \*\*\* OREG 2:30.00

45+ MIXED 19 400 MEDLEY RELAY  
 ROBERT S SMITH,49 \*\*\* GEORGE D THAYER,56 \*\*\* GINGER L PIERSON,46 \*\*\* JAN M PLESNER,46 \*\*\* OREG 5:01.23

25+ WOMEN 2 200 FREE RELAY  
 PETEY MH. SMITH,68 \*\*\* GAIL M KIMBERLING,36 \*\*\* LORI HOLLINGSWORTH,36 \*\*\* KRISTEN MICHELSON,33 \*\*\* OREG 2:11.01

45+ WOMEN 2 400 FREE RELAY  
 PETEY MH. SMITH,68=1:18.64 JAN M PLESNER,46=1:11.11 PAMELA HIMSTREET,48=1:13.95 GINGER L PIERSON,46=1:10.11 OREG 4:53.81

25+ MIXED 8 200 FREE RELAY  
 SCOTT A METZLER,32 \*\*\* TERRI MAYERS,26 \*\*\* ROBERT HUIZENGA,42 \*\*\* JILL BLACK,30 \*\*\* OREG 1:56.56

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

50 FRE MARY ANNE PETERSEN 26 H2OD :37.27  
 THERESE M JENCK 28 PP :38.22  
 50 BRS MARY ANNE PETERSEN 26 H2OD :43.46  
 THERESE M JENCK 28 PP :47.77  
 50 FLY THERESE M JENCK 28 PP :45.92  
 100 IM THERESE M JENCK 28 PP 1:40.47

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

200FRE JILL C SCHULDT 34 PAC 2:25.60  
 500FRE JILL C SCHULDT 34 PAC 6:13.42  
 50 BAK GAIL BRUNER 33\*PNA :38.90  
 100BAK GAIL BRUNER 33\*PNA 1:30.14  
 200BAK GAIL BRUNER 33\*PNA 3:03.24  
 50 FLY GAIL BRUNER 33\*PNA :34.81  
 100 IM GAIL BRUNER 33\*PNA 1:23.28

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

100FRE SARAH E LINDEN 43 TPAC 1:28.45  
 500FRE NANCY J MILNER 41 MHM 7:12.17  
 SARAH E LINDEN 43 TPAC 8:09.91  
 100BAK SARAH E LINDEN 43 TPAC 1:42.62  
 100BRS NANCY J MILNER 41 MHM 1:34.41  
 50 FLY NANCY J MILNER 41 MHM :36.68  
 100FLY NANCY J MILNER 41 MHM 1:22.62  
 200 IM NANCY J MILNER 41 MHM 3:03.06  
 400 IM SARAH E LINDEN 43 TPAC 7:08.37

## 19+ MEN

MARK M WILLIAMS, 36 \*\*\* THOMAS CHUN, 36 \*\*\*

## 19+ MEN

GREG SOUTHWELL, 40 \*\*\* ERIC TOOLEY, 24 \*\*\*

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

50 FRE ERIC TOOLEY 24 PAC :26.85  
 50 BRS ERIC TOOLEY 24 PAC :35.94  
 50 FLY ERIC TOOLEY 24 PAC :31.07

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

50 FRE TYLER COLE 31 PPM :26.80  
 100FRE TYLER COLE 31 PPM 1:00.45  
 500FRE PAUL J IKEDA 33\*PNA 6:55.67  
 50 BRS CHRIS B EHMKE 32\* :30.72  
 PAUL J IKEDA 33\*PNA :35.10  
 100BRS PAUL J IKEDA 33\*PNA 1:18.39  
 200BRS PAUL J IKEDA 33\*PNA 2:48.49  
 50 FLY CHRIS B EHMKE 32\* :25.64  
 TYLER COLE 31 PPM :30.17  
 PAUL J IKEDA 33\*PNA :36.22

100FLY CHRIS B EHMKE 32\* :56.62

200FLY CHRIS B EHMKE 32\* 2:07.79

100 IM CHRIS B EHMKE 32\* 1:00.80

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

50 FRE MATTHEW C PALMER 37\*PNA :26.80  
 500FRE JOHN F ZELL 35 PPM 5:39.19  
 50 BAK MARK M WILLIAMS 36 PACG :29.56  
 100BAK JOHN F ZELL 35 PPM 1:02.07  
 MARK M WILLIAMS 36 PACG 1:05.15  
 200BAK JOHN F ZELL 35 PPM 2:14.90  
 50 BRS THOMAS CHUN 36 OREG :33.58

## ----

100BRS THOMAS CHUN 36 OREG 1:13.68  
 50 FLY MATTHEW C PALMER 37\*PNA :28.95  
 MARK M WILLIAMS 36 PACG :29.21  
 100FLY MATTHEW C PALMER 37\*PNA 1:06.14  
 100 IM MATTHEW C PALMER 37\*PNA 1:08.86  
 THOMAS CHUN 36 OREG 1:10.08

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

50 FRE GREG SOUTHWELL 40 PAC :27.44  
 100FRE GREG SOUTHWELL 40 PAC 1:01.29  
 50 BRS GREG SOUTHWELL 40 PAC :35.22  
 50 FLY REX GARDNER 44\*PNA :33.41  
 200 IM REX GARDNER 44\*PNA 3:14.46

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

100FRE JOSEPH G CALLAN 49 PPM 1:30.59  
 200FRE JOSEPH G CALLAN 49 PPM 3:30.49  
 50 BRS JOSEPH G CALLAN 49 PPM :42.58  
 100BRS JOSEPH G CALLAN 49 PPM 1:28.31  
 100 IM JOSEPH G CALLAN 49 PPM 1:30.43

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

50 FRE BERT L PETERSEN 53 PPM :27.55  
 500FRE BERT L PETERSEN 53 PPM 6:13.06  
 100FLY BERT L PETERSEN 53 PPM 1:05.54

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

50 BAK SYD C HENDY 79 THB :51.05  
 200BAK SYD C HENDY 79 THB 4:15.94

## 13 200 MEDLEY RELAY

GREG SOUTHWELL, 40 \*\*\* ERIC TOOLEY, 24 \*\*\* OREG 2:05.90

## 2 200 FREE RELAY

THOMAS CHUN, 36 \*\*\* MARK M WILLIAMS, 36 \*\*\* OREG 1:46.16

## Tualatin Hills Pentathlon

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

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

PLACE: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

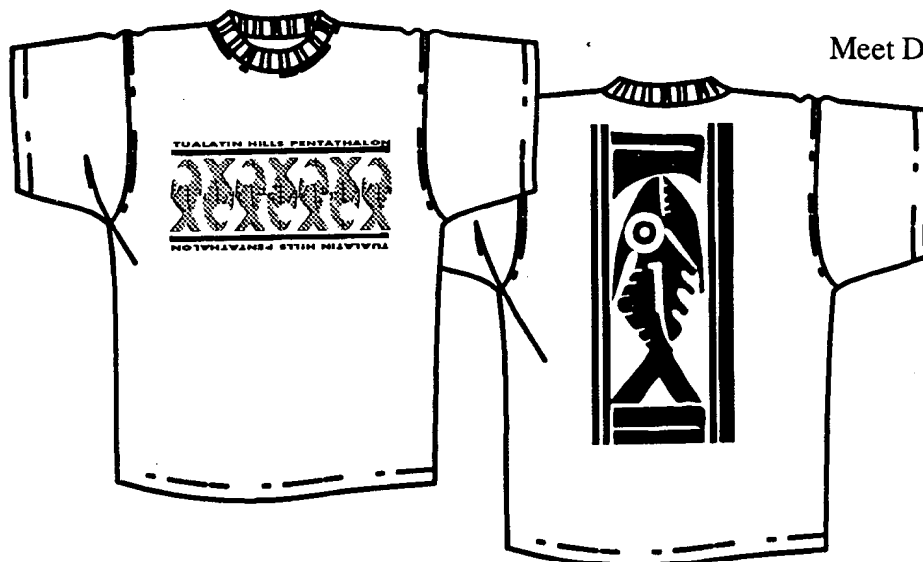
HOST: Tualatin Hills Barracudas

Meet Director: Sandi Rousseau 642-3679

DATE: JANUARY 23rd, 1993

WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.



This is the T-Shirt Design  
for this years Pentathlon

You need to prepay  
for your T-Shirt  
with your entry.

Just \$9.00



# Tualatin Hills Pentathlon

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

## OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (373-01) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.* PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

**MEET: TUALATIN HILLS PENTATHLON**

**DATE: JANUARY 23rd, 1993**

**PLACE: TUALATIN HILLS REC. CENTER POOL**

**BEAVERTON, OREGON**

**WARM-UPS: 8:00 A.M.**

**6 LANES COMPETITION - ELECTRONIC TIMING**

**MEET STARTS: 9:00 A.M.**

**SEPARATE CONTINUOUS WARM UP/DOWN LANES**

**HOST: Tualatin Hills Barracudas** Meet Director: Sandi Rousseau 642-3679

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

**ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 9th, 1992**

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

NAME \_\_\_\_\_ 1993 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION \_\_\_\_\_ TEAM \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

### EVENT

### TIME \*

50 -- FLY

1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* Enter best time or  
estimated time.

50 -- BACK

2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 -- BREAST

3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 -- FREE

4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

100 -- I.M.

5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**Rules:** A 10 second penalty will be added to your time for any stroke/turn and false start infraction. Your total time for the five events determines your final placing.

**Party:** A Pizza party will be held at a local establishment following the meet. Get info at meet.

**T-Shirt:** An excellent multi-colored commemorative T-Shirt is available. You will need to pre-pay for your shirt with this entry form. There will only be a very limited number of shirts available at the meet for those who have not pre-paid. **T-Shirt Size:** \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large

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

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**MEET ENTRY FEE: \$7.00 (plus \$9.00 for optional T-Shirt) SEND FORM(S) & FEE(S) PAYABLE TO:**  
**OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240**

## ***What You Don't Know Could Hurt You***

by Rebecca Rutt Leas

This article is a follow-up to my talk given at the ASCA World Coaches Clinic in Chicago, September 8, 1991. I will briefly summarize the topics covered in my talk and spend the remainder of this article discussing the items which I did not have time to address. The two areas to be covered in this issue are stroke technique and effective training.

### **STROKE, STARTING AND TURN TECHNIQUE**

For the Masters swimmer, efficient and technically sound stroke technique is of the utmost importance. Currently, a battle rages in the swimming world over "yardage" (short vs. long). I believe this is a misdirected battle with too many false assumptions as baggage. One's success in competition is much more a result of the combination of motor ability and technical skill than of short vs. long yardage per se, although the scientific evidence lies heavily in favor of latter for ultra-elite levels of swimming. I will discuss that battle in a later section. Motor ability is genetically determined and is largely unmodified by practice or experience. Motor abilities particularly important to swimming are: multi-limb coordination, reaction time, movement speed, kinesthetic sensitivity, and physical proficiency. These may be thought of as the "hardware" a swimmer brings to the training/competitive setting. Technical skill, on the other hand, refers to one's proficiency at the task (strokes, starts, and turns) and is easily modified by practice. It is well-accepted that practice can compensate for deficiency in ability, but only to a point. What could be very detrimental (or disastrous), however, is a less genetically endowed individual (such as myself) taking the advice, offered by some, that I can abandon my early season training base and still be successful. There is no doubt that the individual who has superior motor abilities and technically good strokes can get away with training less than the majority of people and yet still produce outstanding results. This is why those of us with only average to good motor abilities cannot follow the same training regimens as many who are "gifted" (such as past olympians) and realize the results they get from less than optimal yardage. Now I am not suggesting that all "gifted" people train this way, however, I know that if I were gifted and could win with less yardage, I'd probably do it! This may be a

bit discouraging to some, but here is where persistent effort at perfecting one's stroke technique and dedication to a sound training program can have great pay offs and enable many of us to sometimes beat those who have greater ability but who are unwilling to train properly or upgrade techniques. Of course motor ability and stroke technique are complexly interrelated and as hard as someone may try to "feel" their stroke, a deficiency in kinesthetic sensitivity, physical proficiency, and reaction time may provide limitations on that individual's success at carving out an optimally efficient stroke. Still, improvements can always be made and one can thoroughly enjoy the challenges and rewards of Masters swimming at any age and any level. The bottom line here is that concentration on technique should be interwoven into all facets of our training program. Recognition of factors affecting technique (size of the hand, length of limbs, sex, age, strength, and temporal aspects of the stroke) is critical to the type of training we need to do or prescribe.

Effective Training. One helpful idea for training might be to assess one's weaknesses and then devote more time to the development of those areas. I will cite a real life example of a swimmer who experienced the results of working on a weak point in 1990-91. A female breastroker developed a serious thigh injury that prevented her from swimming or kicking any breaststroke for over three months (October through December). This woman's stroke was very kick dominated and her times were in the 1:09 category for 100 yards and 2:30 for the 200 yards. Unable to kick, she pulled, and pulled, and pulled and pulled breaststroke, thus developing what was previously a very weak armstroke. She continued to nurse the injury throughout the season, since it was prone to re-injury. What was to come was a surprise to all. She proceeded to turn in lifetime best times in February and March. In her last meet, collegiate nationals, she ended up going 1:05.7 for the 100 breast and 2:23.8 for the 200 breast! Had she not been so injured, she, her coach and others do not think she would have obtained those times. Perhaps there is a lot each of us could do to provide such improvement in our own performances, but it is like finding the hidden picture within the big picture and may require a new perspective on training and performance.

One such perspective might be the use of variable practice schedules as opposed to constant schedules. This refers to the organization of the practice on the micro level, such as an individual swim within a set, or a set within the whole practice. An example of a constant practice schedule would be 40 x 100 freestyle straight on a constant interval. An example of a variable schedule would be to vary the swims within the class of movements. Stroke drills, sculling drills, alteration in speed, distance, and rest will provide such a schedule. The possibilities are unlimited and it helps to relieve boredom. It also gives the swimmer an opportunity to focus on specific aspects of their technique. On the macro level, one could look at the whole practice as it fits into the week's plan and that week's work, and how it fits into the month or season plan.

Still another perspective is the use of a random practices blocked practice schedule in starts, turns, and IM work. What this means is that we would no longer do 10 starts or 10 turns consecutively. Instead, a random schedule of practice would have us do one start and one turn of one stroke and then a start and a turn of another stroke and so on through all of the strokes, and then cycle back around. What this does is forces the swimmer to process the messages at a deeper level and create a greater effect on learning. Doing something consecutively, as in 10 or 20 starts, does not require the swimmer to engage in deep information processing after the first start, they merely repeat the same message. The same may be applied to transition turns and to all stroke transition in the IM.

Now a word on the high vs. low yardage battle. Clearly this is not a cut and dry issue. There are individuals going 10-15,000 yards per day and they are not swimming fast, improving, or seemingly accomplishing much. Does this mean high yardage is bad? No! That would be a hasty and erroneous conclusion. We must ask what kind of yardage they are doing, what kind of sets, what energy systems are they tapping, etc. It is very appealing to many individuals to hear that a short, intense workout will suffice and that we can do without early season LSD (long slow distance) base work. It would also be hasty and erroneous to buy into that program, especially, if you are average in motor ability and

technical skills (the majority of Masters swimmers). Additionally, your competitive and training background may have a large impact on your training now. Did you swim as an age grouper, senior, and collegian? What kind of swimming/training history does your body have? Further, are you male or female (although there is a paucity of research on female swimmers, it seems clear they must train differently than men)? I refer you to a recent and excellent article in the Journal of Swimming Research, volume 7, #1, Spring 1991 by Councilman and Councilman entitled, "The residual effects of training". Although some parts of it may be hard to understand, I believe all Masters swimmers and coaches should read this article. I think it will explain more clearly why training, and especially Masters training, must be program based greatly on individual needs, according to the individual's goals and training history. Read it and see what you think.

In summary, I think it is important to keep the basic and well-founded training principles in mind and to be most cautious of "quick and easy" programs which advocate high intensity and little need for an endurance base. The sports domain is very susceptible to fads, trends, and quackery in a world where everyone seeks to get an edge on their opponent. Wanting to get an edge is fine, but as in all other areas of life, there are no free lunches.

**Rebecca Rutt Leas:**

*Associate Professor, H & PE, Clarion University of PA. Health education specialist for 19 years.*

*National Certified Health Education Specialist (CHES).*

*Successful age group, senior, college, and Masters swimmer.*

*Div. II Women's Swimming "National Coach of the Year" 1980,81,84.*

*6 Div. II National Team titles in 8 years at Clarion University.*

*Doctoral candidate at the Univ. of Pittsburgh in Sports Pedagogy.*

*This article reprinted from the Spring '92 issue of the Masters Aquatic Coaches Association Newsletter.*

# **WHAT YOU DON'T KNOW COULD HURT YOU.**

## **Part II**

*It takes more than swimming laps to be your best*

**by Rebecca Rutt Leas**

**Clarion University**

### **STRESS MANAGEMENT**

Stress management for the Masters athlete refers to an individual's ability to consciously control their body's physiological response to various stimuli. This control is reflected in or measured by such things as breath frequency, resting heart rate, blood pressure, skin temperature of hands and feet, and electrical activity of the muscles. Being unable to manage daily stresses compromises our training and competition readiness as well as our general health. Some of our habits, which we believe to be relaxing, actually increase the stress response. Gum chewing, for example, taxes the powerful jaw muscles, decreasing blood flow to the brain and encouraging mouth breathing, which increases stress.

The very first skill taught in stress management is deep or diaphragmatic breathing. Most of us breathe about 13 times per minute. Those trained in stress management breathe as little as 3-5 times per minute. This allows energy to be saved for higher quality workouts that don't leave us fueling exhausted at the end of the day.

Naturally, exercise itself is a wonderful counter to stress, but it cannot fully replace the need for stress management skills. Learning efficient deep breathing, progressive relaxation techniques, and the use of autogenic training techniques could give us the edge we've been looking for and enrich our daily lives and health as well. It helps that these skills, once learned, can be practiced at convenient times without interfering in normal routine.

### **DIET AND NUTRITION**

There have been many misleading articles and books on diet and weight loss. The key principle for good nutrition is to simply eat healthier food, not health food. Everything needed for good health is at your local grocery store much cheaper than it can be found in a specialty store.

Base your eating plan on guidelines from the American Dietetic Association. The foundation of our diet should be complex carbohydrates, which are nutrient dense. The largest percentage of our carbohydrate calories should come from 5-10 daily servings of grains, breads, cereals, pasta, and potatoes, depending on activity level. Next for optimal nutrition should be 3-5 servings of vegetables, including green leafy varieties, dark green choices, and carrots. The third category is 2-4 servings of fresh fruit (avoid canned fruits in heavy syrup). Bananas, cantaloupe, citrus fruits, and fresh or frozen berries are great choices.

The fourth category is the dairy products. These are critical to athletic performance, especially reaction time and the maintenance of strong bones. Two to four servings per day are recommended, but rely on low or no-fat choices. Skim milk, no-fat yogurt (check on the sugar content) and no-fat cottage cheese provide an excellent source of protein. Two to avoid are cheeses and ice cream. Even many of the low-fat or "lite" cheeses are still heavily laden with saturated fat.

The fifth category is 2-3 servings of lean meat, poultry, or fish. These provide us with valuable protein needed for tissue building and repair. Fats are the final category of the food pyramid. There is no RDA for them because we get so much of them in other foods. Many athletes find it helpful to track their fat intake in grams per day for weight control purposes. It's healthier to choose unsaturated (non-animal sources) fats. One vegetable-based fat source, tropical oils (coconut and palm), are extremely saturated and should be avoided.

Finally, drink at least 8-10 glasses of water daily in addition to what you drink at practice.

In conclusion, the athlete who perfects stress management skills and eats a nutritious diet with lots of variety, will gain an important edge in training and competition and can also benefit in general quality of life.

*Reprinted from the Fall 1992 issue of the Masters Aquatic Coaches Association Newsletter.*

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# USMS National Qualifying Times for 1993 Short Course Nationals Entries \*

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80 & Over
50 Free	:30.69	:26.08	:26.67	:28.01	:31.46	:34.82	:37.17	:58.11	:52.44	:48.61	1:06.32	NT	NT
100 Free	1:06.03	:56.95	:57.88	1:03.69	1:08.39	1:14.69	1:28.24	1:50.67	NT	2:27.79	3:12.55	2:44.37	NT
200 Free	2:30.52	2:03.77	2:08.09	2:18.80	2:37.32	3:19.06	3:07.24	4:08.50	4:34.40	5:29.83	NT	6:15.35	NT
500 Free	7:08.02	5:45.01	5:52.16	6:18.75	6:33.62	7:40.34	9:29.38	10:55.23	11:39.70	NT	NT	NT	NT
1000 Free	15:40.44	15:40.44	14:08.18	15:07.06	19:43.61	NT	21:21.38	NT	NT	NT	NT	NT	NT
1650 Free	NT	NT	22:56.65	27:27.37	34:11.32	NT	NT	NT	NT	NT	NT	NT	NT
50 Back	:38.80	:31.05	:35.99	:36.02	:56.03	:55.81	:47.02	NT	1:03.43	1:00.21	1:19.81	NT	NT
100 Back	1:24.82	1:09.37	1:13.24	1:19.13	1:30.71	1:59.13	1:53.33	NT	NT	2:54.35	3:24.68	NT	NT
200 Back	2:52.50	2:34.82	3:13.12	3:02.58	3:21.80	3:37.27	3:41.76	NT	5:04.15	7:06.91	NT	NT	NT
50 Breast	:42.08	:37.80	:34.94	:37.22	:44.03	:58.16	:54.91	1:05.35	:57.18	1:38.78	NT	NT	NT
100 Breast	1:31.74	1:16.91	1:18.72	1:19.70	1:30.85	2:09.02	2:07.35	2:44.15	NT	3:17.85	NT	NT	NT
200 Breast	3:00.44	3:25.85	2:51.31	3:19.29	3:35.41	8:55.68	4:10.38	NT	4:48.25	7:17.89	NT	NT	NT
50 Fly	:35.24	:28.89	:29.92	:30.52	:34.98	:41.07	:51.10	NT	NT	NT	NT	NT	NT
100 Fly	1:17.94	1:05.26	1:07.02	1:15.59	1:32.78	NT	NT	NT	NT	NT	NT	NT	NT
200 Fly	3:00.52	2:37.86	3:01.45	3:24.44	3:20.63	NT	NT	NT	NT	NT	NT	NT	NT
100 I.M.	1:13.19	1:05.36	1:09.03	1:12.36	1:21.95	1:49.16	1:39.07	2:21.50	NT	NT	3:16.25	NT	NT
200 I.M.	3:09.17	2:21.74	2:41.74	2:52.40	4:13.57	8:17.21	3:32.63	NT	NT	NT	NT	NT	NT
400 I.M.	5:24.44	5:24.44	5:38.71	5:55.08	7:09.50	NT	NT	NT	9:19.84	NT	NT	NT	NT
	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80 & Over
50 Free	:31.51	:22.08	:22.47	:22.78	:23.80	:25.06	:26.17	:29.68	:33.09	:35.35	:34.15	1:15.49	NT
100 Free	:55.63	:48.25	:49.38	:49.94	:53.10	:54.64	:58.69	1:08.50	1:13.93	1:13.84	1:24.34	NT	NT
200 Free	2:26.07	1:46.85	1:50.13	1:53.68	1:58.61	2:10.36	2:20.02	2:29.98	3:20.07	3:01.68	3:33.46	NT	NT
500 Free	8:35.95	5:00.37	5:09.27	5:10.56	5:45.20	6:00.37	6:40.34	7:01.61	8:27.97	8:29.84	9:08.88	NT	NT
1000 Free	17:37.32	12:05.10	13:20.60	14:22.93	14:18.41	17:08.97	NT	17:03.10	NT	NT	NT	NT	NT
1650 Free	NT	NT	21:50.03	20:20.64	23:07.47	22:48.46	35:05.01	NT	NT	31:32.48	NT	NT	NT
50 Back	:29.06	:26.91	:27.07	:29.48	:29.97	:34.38	:36.41	:41.15	:47.21	:47.23	1:00.41	1:28.67	NT
100 Back	1:01.35	:57.76	1:00.02	1:02.22	1:09.15	1:22.28	1:34.71	1:28.14	1:43.35	1:40.06	3:12.23	NT	NT
200 Back	2:18.92	2:08.69	2:10.28	2:23.38	2:32.10	2:54.40	3:20.37	3:11.63	3:27.52	3:34.23	NT	NT	NT
50 Breast	:46.45	:29.42	:29.04	:31.16	:30.75	:35.37	:37.39	:38.15	:38.48	:43.91	NT	1:42.44	NT
100 Breast	1:13.43	1:05.92	1:05.24	1:08.46	1:07.44	1:15.16	1:25.01	1:24.68	1:36.39	1:40.12	NT	NT	NT
200 Breast	2:31.54	2:31.00	2:27.49	2:42.17	2:35.13	2:47.93	3:16.51	3:36.79	3:53.25	5:34.45	NT	NT	NT
50 Fly	:29.33	:25.77	:24.66	:25.02	:26.06	:27.32	:28.79	:38.57	:41.06	:45.10	:48.04	NT	NT
100 Fly	1:00.47	:53.90	:54.98	:56.21	:58.29	1:04.30	1:29.44	1:27.38	1:34.69	NT	NT	NT	NT
200 Fly	2:34.17	2:21.88	2:10.68	2:09.49	2:17.07	3:54.20	3:31.34	3:31.01	NT	6:25.91	NT	NT	NT
100 I.M.	1:04.87	:56.78	:57.74	:57.71	1:00.43	1:05.36	1:10.36	1:15.87	1:21.61	1:37.90	2:58.34	2:25.76	NT
200 I.M.	2:21.20	2:05.80	2:05.75	2:08.31	2:15.87	2:25.36	2:51.18	2:58.85	3:04.09	3:46.01	5:45.19	NT	NT
400 I.M.	5:19.69	4:42.59	4:48.22	4:40.70	5:20.47	5:43.49	6:45.84	6:46.19	7:21.41	10:58.84	9:56.06	NT	NT

\* Swimmers will be permitted to enter three (3) events without regard to National Qualifying Times

NT = No National Qualifying Time for This Event in This Age Group



## 1993 United States Masters Swimming ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

Sanctioned by Pacific Masters Swimming for USMS, Inc., No. 383-A01

Sponsored by Pacific Masters Swimming, Inc.

- DATE** All swims must be performed during January, 1993.
- OBJECTIVE** To swim as far as possible in one hour. The person swimming the greatest distance will be declared the winner, the person swimming the second greatest distance will be awarded 2nd place, etc. If two or more swimmers complete the same distance, a tie will be declared.
- VENUE** Any pool 25 yards or longer (if the pool is meters, multiply the distance swum by 1.0936, *round down* to the nearest 5 yard increment, and submit the distance in yards). All swims must be done during January, 1993.
- ELIGIBILITY** Each participant must be registered for 1993 with USMS or a similar body in his/her own country. A copy of your 1993 registration card must accompany your entry.
- INDIV. EVENT** Individuals, men and women separately, will compete in the following age groups; 19+, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 & 95 & over.
- RELAY EVENTS** Two relay events will be contested; 1) a 3-swimmer, same sex relay, and 2) a mixed 4-person relay (2 men + 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest relay member determines the age group of the relay team; 19+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+. Each relay member must also have entered the individual event for his/her age group. Unattached relays are not permitted.
- CLUB EVENT** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Divisions, based on total club entrants in the individual one hour event, are as follows: (Small) 15 or less, (Medium) 16-30, (Large) 31-49, and (X-large) 50 or more entrants.
- AWARDS** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay event. 1st place individuals and teams also receive USMS Champion patches. Distinctive awards will be given to the top 3 clubs in each division (Sm, Med, Lg & X-Lg) of the Club event.
- RULES** Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. *Drafting is defined as more than 1 swimmer circle swimming in a lane. For purposes of this event, no more than 2 swimmers may share a lane, each swimming the duration on either the right or left side of the lane. Circle swimming is not permitted.* USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. *Round down* all distances to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See above (Venue) for meters calculation. All swimmers must submit a copy of their split sheet and a photocopy of their 1993 Masters registration card with their entry form. No adjustment may be made for swims completed at altitude. Swimmers who change age groups during January may enter twice, but must swim the event twice, once in each age group. Split sheets must be kept for each swimmer and a copy included with your entry. The sheet must show the *cumulative split times*, to the nearest second, for each 50 split.
- ENTRIES/ FEES** Individual entries (US) \$ 5 per swimmer. Relay entries (US) \$ 10 for each relay entered. All fees are non refundable. Make checks payable to *Pacific Masters Swimming*, and mail entries to Michael Collins, P.O. Box 1366, Davis, CA USA 95617. Entries must be received by February 10, 1993.
- INFORMATION** Direct questions or requests (send SASE legal #10 envelope) for split sheets or pace charts to: Gary Parlapiano, Meet Director, 168 Peacock Dr., San Rafael, CA USA 94901. Phone (415) 925-2624 (days) or (415) 456-4245 evenings before 9:00 pm Pacific time.

# 1993 USMS One Hour Postal Swim Split Sheet

**Swimmers Name:** \_\_\_\_\_

Record splits at each 50 yds/meters. Splits must show cumulative times. Mark the swimmers position in the pool at the end of the hour, convert to yards (see rules) and round down to the nearest five yard increment. Submit this sheet with your entry form.

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



# 1993 USMS 1 HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP - INDIVIDUAL ENTRY FORM

NAME \_\_\_\_\_ USMS REG. No. \_\_\_\_\_  
(As it appears on USMS or National Registration Card) (or National Governing Body Reg. No.)

ADDRESS \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ SEX M F  
(circle one)

CLUB \_\_\_\_\_ CLUB ABBR. \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
MM/DD/YY

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 damage 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. I further agree to abide by and be governed by the rules and regulations of USMS and PMS. I certify that I have read the rules of this competition, and that;

on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(date) (distance swum) (pool name/city)

\_\_\_\_\_  
(Swimmer's Signature)

\_\_\_\_\_  
(Verifier's Signature)

Entry Fee is \$5.00 \$ **5.00**

Enclosed are:

Indicate T-Shirt Qty. Ordered: (@ \$12.00 each)

T-Shirts @ \$12.00 each \$ \_\_\_\_\_

☐ Masters Reg Card Copy

Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-large \_\_\_\_\_

Total US \$ \_\_\_\_\_

☐ Split Sheet

Payment in US \$ from US banks or International Money Order only.

**Make Checks Payable to: PMS Send Entries to: Michael Collins, P.O. Box 1366, Davis, CA USA 95617**

## 1993 USMS 1 HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP - RELAY ENTRY FORM

[Use individual (above) and this relay form for relay entry]

CLUB \_\_\_\_\_ CONTACT PERSON \_\_\_\_\_  
(Must be USMS or national governing body registered) (Mail results/awards to)

CONTACT ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_ CLUB ABBR. \_\_\_\_\_

SWIMMER #1 \_\_\_\_\_  
(name as it appears on USMS registration card) Sex (M/F) Age Yards Swum

SWIMMER #2 \_\_\_\_\_  
(name as it appears on USMS registration card) Sex (M/F) Age Yards Swum

SWIMMER #3 \_\_\_\_\_  
(name as it appears on USMS registration card) Sex (M/F) Age Yards Swum

(If 4 - person relay)

SWIMMER #4 \_\_\_\_\_  
(name as it appears on USMS registration card) Sex (M/F) Age Yards Swum

Relay Entry Fee \$10.00/relay \$ **10.00**

Total Relay Yards

Total US \$ \_\_\_\_\_

Payment in US \$ from US banks or International Money Order only.

Note: An individual entry form (top of page) and individual event entry fees for each relay participant must accompany this relay entry entry with the relay entry fee.

ONE HOUR SWIM PACE CHART  
TIME PER 100 YD. / 1 HR. TOTAL

1:00	6000 YD.S	1:26	4186 YD.S	1:51	3243 YD.S	2:20	2571 YD.S
1:01	5902	1:27	4138	1:52	3214	2:25	2483
1:02	5806	1:28	4091	1:53	3186	2:30	2400
1:03	5714	1:29	4045	1:54	3158	2:35	2323
1:04	5625	1:30	4000	1:55	3130	2:40	2250
1:05	5538	1:31	3956	1:56	3103	2:45	2182
1:06	5455	1:32	3913	1:57	3077	2:50	2118
1:07	5373	1:33	3871	1:58	3051	2:55	2057
1:08	5294	1:34	3830	1:59	3025	3:00	2000
1:09	5217	1:35	3789	2:00	3000	3:05	1946
1:10	5143	1:36	3750	2:01	2975	3:10	1895
1:11	5070	1:37	3711	2:02	2951	3:15	1846
1:12	5000	1:38	3673	2:03	2927	3:20	1800
1:13	4932	1:39	3636	2:04	2903	3:25	1756
1:14	4865	1:40	3600	2:05	2880	3:30	1714
1:15	4800	1:41	3564	2:06	2857	3:35	1674
1:16	4737	1:42	3529	2:07	2835	3:40	1636
1:17	4675	1:43	3495	2:08	2813	3:45	1600
1:18	4615	1:44	3462	2:09	2791	3:50	1565
1:19	4557	1:45	3429	2:10	2769	3:55	1532
1:20	4500	1:46	3396	2:11	2748	4:00	1500
1:21	4444	1:47	3364	2:12	2727		
1:22	4390	1:48	3333	2:13	2707		
1:23	4337	1:49	3303	2:14	2687		
1:24	4286	1:50	3273	2:15	2666		
1:25	4235						

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

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

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

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

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

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME

**ENTRY FEES**

SURCHARGE: \$3.00

\$3.00

(Includes LMSC surcharge \$1)

Individual Events @ \$1.00

(No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to: 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 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 \_\_\_\_\_

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

**DEADLINE:** Entries due: December 1, 1992

**ORDER OF EVENTS**  
 EVENT # EVENT

- 1 200 FREE RELAY
- 2 200 FLY
- 3 200 BACK
- 4 50 BREAST
- 5 100 FREE
- 5 MINUTE BREAK
- 6 200 IM
- 7 50 FLY
- 8 100 BACK
- 9 200 BREAST
- 10 50 FREE

**CHECK IN FOR 300 FREE**  
 5 MINUTE BREAK

- 11 200 HEDLEY 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 Szwanski 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 USMS rules will govern the meet

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

**SEEDING:** Slow to Fast

**CONCESSIONS:** Yes

**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 coed all men; all women; or mixed (2 men, 2 women). Be sure your entry card specifies which relay you are entering.

# 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 1993 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	NEWP	Petey Smith	265-3885
N. Bend / North Bend Masters	NBM	Alice Parsons	756-4915
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Steve Roth	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Craig Jorgensen	252-9906
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
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
Redmond / Cascade Aquatic Masters	CAM	Sean 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

# 1993 OREGON MASTERS REGISTRATION FORM

## YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from January 1, 1993 through December 31, 1993.

Registrations are accepted for the 1993 season beginning November 1, 1992 and for the 1994 season on November 1, 1993.

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 at any National or International Championship. Regardless of your local 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.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----

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 1992) **Oregon Masters Swimming**  
**Did you swim in any meet in the 1991/92 season? Yes \_\_\_\_\_ No \_\_\_\_\_** **Registration 1993**

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) \_\_\_\_\_ (PLEASE USE OFFICIAL TEAM ABBREVIATION)

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 damage 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. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

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

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



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

# Aqua-Master

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MT. HOOD MEET SCHEDULED FOR DEC. 20, 1992  
HAS BEEN CANCELLED

372-00151

JOHN F. ZELL ( Z - H A N )  
4640 NE 36TH AVE.  
PORTLAND, OR 97211

In this issue: Newport meet results, 1993 Registration form,  
"lane nine", Ol' Barnacle, Z-Man, and entry forms .