

Chairman of the Board
David Cobb

4008 N.E. Thompson
Portland, OR 97212
(503) 282-0472

Editor & Past Chairman

John F. Zell

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

Vice Chairman

Pam Himstreet

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

Registrar

Stephen Harger

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

Secretary / HOST

Andy Schrag

(206) 254-9661

Treasurer &

Fitness Committee

Roy Abramowitz

(503) 221-0336

Data Manager & Records

Earl Walter

(503) 738-3763

Membership

Judy Belford

(503) 227-3677 home
(503) 229-7521 work

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 1993

MAR 16 OMS BOARD MEETING BEAVERTON, OR 7:15 P.M.

OREGON SPORTS OFFICES WESTERN AVENUE

APRIL 2-4 FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPIONSHIPS

***APRIL 2 - 4 PORTLAND, OR LEWIS AND CLARK COLLEGE**

OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#2)

APRIL 10-17 CHRISTCHURCH, NEW ZEALAND PAN PACIFIC MASTERS CHAMPS

***APRIL 24-26 N.W. ZONE SHORT COURSE CHAMPIONSHIPS HOST: P.N.A.**

FEDERAL WAY, WA KING COUNTY AQUATIC CENTER

APR 30-MAY 2 VANCOUVER, B.C. BRITISH COLUMBIA MASTERS CHAMPS

ANDREWS RECREATION CENTER 25 METER POOL

(MAIL JOHN ZELL A SELF ADDRESSED STAMPED ENVELOPE FOR B.C. MASTERS

ENTRY FORM AND INFORMATION -- ENTRY DEADLINE IS APRIL 2ND)

***MAY 20-23 U.S.M.S. SHORT COURSE NATIONALS**

SANTA CLARA SWIM CLUB SANTA CLARA, CA

LONG COURSE

JUNE 13 BEAVERTON, OR TUALATIN HILLS LONG COURSE MEET (#4)

JUNE 19 FEDERAL WAY, WA KING COUNTY AQUATIC CENTER 50 METER

JULY GRESHAM, OR STATE GAMES OF OREGON MT. HOOD

JULY 24/25 GRESHAM, OR MT. HOOD COMMUNITY COLLEGE

N.W. ZONE LONG COURSE CHAMPIONSHIPS

AUG 19-22 U.S.M.S. LONG COURSE NATIONALS MINNEAPOLIS, MN

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

2 - March says

You can be safe to say that spring is just around the corner. We've been given a good taste of it with a few beautifully warm days late last month and early this month. Roll down the window, put on the dark glasses, and enjoy. But don't drift away daydreaming for long because you've still got the most serious work and tests ahead of you. I'm referring to the fact that our most important meets of the Short Course season are just around the corner. Are *you* and *your team* ready for Association Champs at Lewis and Clark on the first weekend in April? We'll see...we'll see.

In this issue you will find the *LAST PRINTING* of the entry forms for the big meets remaining in our Short Course season. That's Oregon Masters Association Championships, the N.W. Zone Championships at Federal Way, and Short Course Nationals at Santa Clara. Take out the check book and pen and get busy. Please note the entry deadline dates.

The TRI-M meet held on February 7th at the Matt Dishman Community Center pool was another success and the results we're very interesting. Some of the highlights we're Lavelle Stoinoff's new National Records in the 100, 200, and 500 Freestyle along with Joann Dennis setting a new meet record for the "closest to predicted time" contest. We thought that after last year when Liessa Mills came in just .06 seconds from her predicted time that that would stand for a long time. Well, Joann proved that theory wrong and came in at .03 seconds off. To say the least, we had one excited winner on our hands. I think her words were, " Boy, I got to call Lavelle. She's not the only one who can set new records and be the big winner." All the results and Ol' Barnacle's review of the TRI-M meet are just a page ahead in this issue.

Thanks to the work of Roy Abramowitz, we have some results from the January Albertina Kerr Swim-a-Lap program. There's additional info regarding the Swim-a-Lap in May. The attendance in January was poor and we hope that a better job will be done in May. Check it out, get some pledges, and swim for an hour at P.C.C. Silvania or one of the other pools in the program. So your not going to Nationals at Santa Clara, why not make the hour swim for Swim-a-Lap your event for the month of May.

Are you eating a balanced diet? Sounds like your mother talking. If you're like me you try your best. You're getting better at it, but don't always hit the mark. Well... in my never ending quest to give you "news you can use", I bring you an article entitled "A Question of Balance". And as always, it's a good one and you should probably read it a few times. Maybe even put it up on the ol' refrigerator as a reminder of something to be done.

Please note on the schedule page that I've listed the British Columbia Masters Championship meet to be held April 30th thru May 2nd. Due to space limitations, I did not print the entry form and meet information. If you want an entry form, mail me a self addressed stamped envelop. The entry deadline is April 2nd. This would be a great alternative (or addition) to going to Nationals at Santa Clara.

Next month we'll bring you all results from the Eugene meet at Echo Hollow held on February 27th and the Lincoln City meet held this month. Eugene turned out to be a success and Lincoln City had an excellent number of entrants. More next month.

That's all for now. See you all at Lewis and Clark,



Barnacle reviews results records

by E. Walter

TRI-M III + FREE

What was so important about January 2nd of 1993? That was the date that one of the very finest Masters swimmers of all time turned 60 years old. You only get one guess...that's right...**Lavelle Stoinoff**. The TRI-M was "Luvey's" first chance at 60-64. Do it...you'd better believe it !!!

Lavelle sets three National Records

The 100 yard Free in 1:08.08. Old standard was set by Dorothy Donnelly in 1:08.11 and was swum in 1982. The 200 yard Free in 2:26.09. Old record was 2:31.16 set by Clara Walker in 1987. And the 500 yard Free in 6:31.77. The old record was 6:50.37 also by Clara Walker in 1989. Clara and Dottie are pretty fair paddlers.

New OMS and N.W. Zone Records

Art Welch...Another new 60-64 performer came through with a new Zone best in the 500 Free in 6:31.40. Also a new OMS best in the 200 Free in 2:26.57, plus an almost in the 100 Free with a time of 1:06.96 versus the current record of 1:06.07.

Andree Kraker (30-34) just outstanding in the IM's with two new OMS standards. The 200 in 2:29.28 and 400 in 5:14.09. The 200 goes back 10 years, Tanya Mansigh, 2:32.30 in February of 1983.

Close races and what ever...

Pam Dolan and **Sue Knight** locked horns in the 200 IM (25-29). Both with very good times, Sue at 2:43.10 and Pam at 2:46.65.

Laura Worden squared off against **Teri Hendryx** in the women's 35-39. Check those times. With Laura getting the gold. Aggregate was 9:22.38 vs 9:26.68.

Our new Chairman of the Board, **Dave Cobb** looked great as he edged **Mark Wren** in the men's 30-34 100 and 200 IM face off.

Gordon Hale had 3 excellent races with **Ed Mann** in

the men's 35-39.

Cynthia Phillips nosed out **Pam Kahl** in the 25-29.

Nancy Smith (30-34) was the class of her age group.

Catherine Chay (35-39) swimming to some excellent Freestyle times.

Pam Himstreet (45-49) had the Free all to herself with 3 solid swims.

Tom Kahl (25-29) looks like he is ready to take off where he left off with fine Free performances.

Steve Harger (30-34) "registered" 2 fine times in the 100 and 200 Free.

John Zell (35-39) "Z-Man" is off and running for another good year.

Leo Van Dijk (60-64) came up from Ashland and is looking great for early season.

That's it for the TRI-M + Free for 1993. Great pool, fine addition to Portland's facilities. Our thanks to John Zell and all those fine folks at Portland Parks Swim Team for all their hard work.

THIS N' THAT

Parade Magazine for 2/14/93 lists the calorie expenditure for different strokes. As you would have guessed, swimming was right up there on top. Backstroke burns 13.0 calories per minute with Freestyle wasting 12.0. Ol' Barn thought when he rolled over to Back it would be easier...the old coach was right, I just wanted to watch the gals on deck.

Hope to see you all at Lincoln City...and the big one at Lewis and Clark-Association Championships. Then on to Zone at Federal Way and the big payoff for Short Course '93...Nationals at Santa Clara.

Remember.. .Good intentions don't make any "indentations" on your PR's...You've got to get wet and stay wet...Stay with it and stay fit.

| IMMERS | | 100IM | | 200IM | 400IM | TOTAL | ENTRY-TOTAL |
|----------------------|----|-------|------------|------------|------------|----------|-------------|
| 19-24 WOMEN | | | | | | | |
| LISA G ELLIOTT | 21 | MACO | no swim | no swim | no swim | 0:00.00 | 0.00 |
| 25-29 WOMEN | | | | | | | |
| SUE W KNIGHT | 29 | | 1:10.88 | 2:43.10 | no entry | 4:54.93 | -64.93 |
| W PAM DOLAN | 26 | | 1:17.49 | 2:46.65 | 5:54.45 | 9:58.59 | 27.41 |
| 30-34 WOMEN | | | | | | | |
| ANDREE D KRAKER | 31 | THB | 1:10.16 | 2:29.28+ | 5:14.09+ | 8:53.53 | -0.53 |
| CHRISTINA FOX | 32 | UOM | 1:26.08 | 2:57.01 | 6:19.65 | 10:42.74 | 2.26 |
| 35-39 WOMEN | | | | | | | |
| LAURA A WORDEN | 35 | CA | 1:12.46 | 2:36.18 | 5:33.74 | 9:22.38 | 0.32 |
| TERI HENDRYX | 39 | MACO | 1:12.99 | 2:38.35 | 5:35.34 | 9:26.68 | 28.82 |
| 40-44 WOMEN | | | | | | | |
| SUZANNE COOPER | 43 | PPM | no swim | no swim | no swim | 0:00.00 | 0.00 |
| 45-49 WOMEN | | | | | | | |
| GINGER L PIERSON | 46 | THB | 1:13.25+ 5 | 2:43.69+ 5 | 5:53.44+ 7 | 9:50.38 | -4.88 |
| KRISTI L LOONEY | 45 | PPM | 1:22.04 | 3:01.30 | 6:30.91 | 10:54.25 | 7.75 |
| 60-64 WOMEN | | | | | | | |
| JOYCE BAHLER | 62 | MACO | no swim | no swim | no swim | 0:00.00 | 0.00 |
| 75-79 WOMEN | | | | | | | |
| BARB T HAVERCAMP | 76 | UN | 3:50.49 | 8:01.54 | 17:01.41 7 | 28:53.44 | -49.92 |
| 30-34 MEN | | | | | | | |
| DAVID M COBB | 33 | PPM | 1:04.16 | 2:23.84 | 5:09.81 | 8:37.81 | 2.39 |
| MARK B WREN | 34 | PPM | 1:04.49 | 2:25.94 | 5:30.25 | 9:00.68 | 4.82 |
| 35-39 MEN | | | | | | | |
| DAVID O BURLESON | 35 | MACO | no swim | no swim | no swim | 0:00.00 | 0.00 |
| RONALD E COBB | 36 | MJCC | 1:04.75 | 2:24.66 | no swim | 3:29.41 | 0.59 |
| MICHAEL A PAHOLSKY | 37 | MJCC | 1:12.99 | 2:50.49 | no swim | 4:03.48 | 12.52 |
| GORDON P HALE | 39 | | 1:05.15 | 2:21.91 | 5:04.64 | 8:31.70 | -6.70 |
| EDWARD R MANN | 35 | PPM | 1:04.99 | 2:24.72 | 5:14.38 | 8:44.09 | 2.51 |
| W MIKE T DAVIS | 38 | PPM | 1:13.62 | 2:37.79 | 5:37.12 | 9:28.53 | 20.47 |
| 40-44 MEN | | | | | | | |
| GARY N BECKLEY | 41 | PPM | 1:08.45 | 2:60.16 | 5:30.70 | 9:39.31 | -3.31 |
| 65-69 MEN | | | | | | | |
| FRED ECKHARDT | 66 | PPM | no swim | no swim | no swim | 0:00.00 | 0.00 |
| FREESTYLERS | | 100FR | | 200FR | 500FR | TOTAL | ENTRY-TOTAL |
| 25-29 WOMEN | | | | | | | |
| LEE ANN MCNERNEY | 28 | MACO | no swim | 2:26.72 | 6:33.57 | 0:00.00 | 505.00 |
| SUE W KNIGHT | 29 | | 1:00.95 | no entry | no entry | 4:54.93 | -219.93 |
| W CYNTHIA L PHILLIPS | 29 | PPM | 1:08.88 | 2:28.45 | 6:18.52 | 9:55.85 | -5.55 |
| PAM A KAHL | 29 | PPM | 1:05.08 | 2:25.26 | 6:42.45 | 10:12.79 | -11.79 |
| 30-34 WOMEN | | | | | | | |
| KIMARIE GAGNON | 30 | UOM | no swim | no swim | no swim | 0:00.00 | 0.00 |
| NAOMI STEINBERG | 31 | THB | 1:08.01 | 2:29.28 | no swim | 3:37.29 | -7.29 |
| BETH ANNE BEADLING | 31 | MHM | 1:10.36 | 2:39.37 | no swim | 3:49.73 | 0.27 |
| NANCY C SMITH | 33 | MM | 1:02.50 | 2:19.74 | 6:23.02 | 9:45.26 | -0.26 |
| JUDY LAMPI | 32 | MACO | 1:05.68 | 2:30.20 | 7:00.63 | 10:36.51 | 3.49 |
| 35-39 WOMEN | | | | | | | |
| CHARLENE LAMB | 35 | PPM | 1:16.41 | 3:03.02 | no swim | 4:19.43 | 0.57 |
| CATHERINE CHAY | 37 | *PNA | 1:02.28 | 2:12.50+ | 5:50.99+12 | 9:05.77 | 1.63 |
| 40-44 WOMEN | | | | | | | |
| KRISTI P RIDDLE | 44 | THB | 1:23.93 | 3:04.54 | 8:02.08 | 12:30.55 | 100.45 |
| W KATHY M YOUNG | 43 | PKRS | 1:38.31 | 3:34.36 | 9:30.59 | 14:43.26 | 1.74 |
| 45-49 WOMEN | | | | | | | |
| PAMELA HIMSTREET | 49 | THB | 1:12.41 | 2:39.62 | 7:00.70 | 10:52.73 | 13.27 |
| 50-54 WOMEN | | | | | | | |
| JOANN H DENNIS | 51 | MACO | 1:36.29 | 3:25.40 | 8:58.28 | 13:59.97 | 0.03 |

| FREESTYLERS | 100FR | 200FR | 500FR | TOTAL | ENTRY-TOTAL |
|-------------------------------------|------------|------------|------------|----------|-------------|
| 60-64 WOMEN | | | | | |
| LAVELLE M STOINOFF 60 MACO | 1:08.08+ 1 | 2:26.09+ 1 | 6:31.77+ 1 | 10:05.94 | -3.01 |
| 25-29 MEN | | | | | |
| W BRIAN F CHIDLEY 28 | :57.06 | 2:10.42 | no swim | 3:07.48 | -5.98 |
| TOM KAHL 27 PPM | :52.65 | 1:59.23 | 5:48.14 | 8:40.02 | 1.98 |
| 30-34 MEN | | | | | |
| DAVID R DOTTER 33 THB | 1:02.20 | no swim | 6:24.77 | 1:02.20 | 367.80 |
| STEPHEN F HARGER 33 PPM | :53.31 | 2:02.33 | no swim | 2:55.64 | 0.36 |
| TYLER R COLE 32 PPM | :57.59 | 2:16.95 | 6:25.00 | 9:39.54 | -38.54 |
| BRAD MYERS 32 EM | :59.82 | 2:14.20 | 6:31.13 | 9:45.15 | 10.85 |
| CHRISTOPHER S HULL 30 UOM | 1:01.24 | 2:28.63 | 6:57.77 | 10:27.64 | -27.64 |
| 35-39 MEN | | | | | |
| JOHN F ZELL 36 PPM | 1:02.15 | 2:01.46 | 5:27.83 | 8:31.44 | 10.06 |
| 40-44 MEN | | | | | |
| GARY HAER 41*PNA | :53.47 | 2:02.73 | no swim | 2:56.20 | -3.40 |
| STEVE M JOHNSON 44 EM | :55.52 | 1:59.42 | 5:22.20 | 8:17.14 | -1.64 |
| MIKE L PENDLETON 41 PPM | :52.86 | 1:58.38 | 5:30.65 | 8:21.89 | 4.11 |
| 45-49 MEN | | | | | |
| BOB TIMM 46 OREG | no swim | no swim | no swim | 0:00.00 | 0.00 |
| 60-64 MEN | | | | | |
| ARTHUR C WELCH 60 PPM | 1:06.96+ | 2:26.57+ | 6:31.40+ 9 | 10:04.93 | 2.70 |
| LEO J VANDIJK 60 RVM | 1:11.16 | 2:41.59 | 7:26.43 | 11:19.18 | 62.82 |
| GEORGE H WEBER 62 | 1:24.13 | 3:23.52 | 9:43.29 | 14:30.94 | -12.94 |
| 70-74 MEN | | | | | |
| DAVID BERNSTEIN 70 MHM | 1:46.90 | 3:54.38 | 10:31.52 | 16:12.80 | -30.80 |
| TRI-M + FREE ----- 53 ENTRIES ----- | | | | | |

TRI-M III + FREE 1993 "CLOSEST TO PREDICTED TIME" RESULTS

| | | |
|--|------|------|
| 1. JOANN DENNIS | MAC | .03 |
| (NEW TRI-M RECORD, OLD RECORD BY LISSA MILLS 1992 .06) | | |
| 2. LAURA WORDEN | CAM | .32 |
| 3. ANDREE KRAKER | THB | .53 |
| 4. CATHERINE CHAY | PNA | 1.63 |
| 5. STEVE JOHNSON | EM | 1.64 |
| 6. KATHY YOUNG | PKRS | 1.74 |
| 7. TOM KAHL | PPM | 1.98 |
| 8. CHRISTINA FOX | UOM | 2.26 |
| 9. DAVID COBB | PPM | 2.39 |
| 10. ED MANN | PPM | 2.51 |
| 11. ART WELCH | PPM | 2.70 |

"MOST IMPROVED" RESULTS

| | | EVENT | '92 TOTAL | '93 TOTAL | IMPROVEMENT |
|------------------|-----|-------|-----------|-----------|-------------|
| 1. ED MANN | PPM | I.M. | 9:14.15 | 8:44.09 | :30.06 |
| 2. PAM KAHL | PPM | FREE | 10:38.03 | 10:12.79 | :25.24 |
| 3. MARK WREN | PPM | I.M. | 9:18.82 | 9:00.68 | :18.14 |
| 4. CHRISTINA FOX | UOM | I.M. | 10:51.26 | 10:42.74 | :08.52 |

1993 OMS Association Championships

DATE: APRIL 2nd to 4th, 1993

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (373-06) 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.*

PLACE: LEWIS AND CLARK COLLEGE
S.W. Palater Road PORTLAND, OREGON
ZENNTBAUER SWIMMING PAVILION
6 LANES COMPETITION - ELECTRONIC TIMING
1 LANE CONTINUOUS WARM UP/DOWN
HOST: Pride of Oregon Swim Team **Meet Director:** Don King

| |
|--|
| WARM-UPS: FRIDAY 5:30 P.M. MEET STARTS: FRIDAY 6:30 P.M. WARM-UPS: SAT. & SUN. 8:00 A.M. MEET STARTS: SAT. & SUN. 9:00 A.M. |
|--|

MEET ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 20th, 1993

DISTANCE EVENTS CHECK IN TIME: Friday April 2nd 400 I.M. - 6:00 p.m. 1650 Free - 6:15 p.m.
Saturday April 3rd 500 Free - 8:30 a.m. Sunday April 4th 1000 Free - By the 30 minute Awards break

RELAY ENTRIES CUT-OFF TIME:

Saturday April 3rd **Free Relay** - 10:00 a.m.
 Mixed Free Relay - Before the start of 100 I.M. heats
Sunday April 4th **Medley Relay** - Before the start of 50 Breast heats
 Mixed Medley Relay - Before start of 200 Fly heats

***SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY
AT THESE TIMES AND ENTRY WILL BE OFFICIALLY CLOSED.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.***

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 9:00 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. We have used as a guideline the groupings of 1 to 9, 10 - 19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. (See TEAM ABBREVIATIONS)

TEAM ABBREVIATIONS: Please read the "TEAMS TEAMS" page of this Aqua-Master and use only the full and official team abbreviation for the team you wish to compete with. (See TEAM SCORING)

What you write down on your entry form is it and no exceptions will be allowed.

TEAM AWARDS: Trophies for First, Second, and Third Place will be awarded for each team category along with the trophy for the overall team champion.

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT JOHN ZELL AT 503-282-9347 EVENINGS ONLY AFTER 7 P.M.***

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (373-06) 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.*

MEET: 1993 OMS Association Championships

DATE: APRIL 2nd to 4th, 1993

PLACE: LEWIS AND CLARK COLLEGE

S.W. Palater Road PORTLAND, OREGON

ZENNTBAUER SWIMMING PAVILION

6 LANES COMPETITION - ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

WARM-UPS: FRIDAY 5:30 P.M.
MEET STARTS: FRIDAY 6:30 P.M.
WARM-UPS: SAT. & SUN. 8:00 A.M.
MEET STARTS: SAT. & SUN. 9:00 A.M.

HOST: Pride of Oregon Swim Team Meet Director: Don King (503)-768-7060 x-7189 (Lewis & Clark pool)

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

PARKING IN AND AROUND LEWIS & CLARK IS LIMITED SO CAR POOLING IS A GREAT IDEA.

ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 20th, 1993

FILL IN COMPETELY----->-----RETURN THIS LOWER PORTION-----<-----FILL IN COMPLETELY

NAME _____ **1993 USMS #** _____

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

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

TEAM _____ **(USE OFFICIAL TEAM ABBREVIATION - consult "TEAMS" page in this issue)**

MASTERS ASSOCIATION _____ **(O.M.S., P.N.A., I.E.A., SNAKE RIVER, ETC)**

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast.

SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET

FRIDAY APRIL 2

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

DISTANCE RELAY* (2) XXXXXXXXXXXXX

1650 FREE (3) _____ : _____ . _____

SATURDAY APRIL 3

500 FREE (4) _____ : _____ . _____

BREAK 10 MINUTE BREAK

FREE RLY (5) XXXXXXXXXXXXXXX

100 BACK (6) _____ : _____ . _____

200 FREE (7) _____ : _____ . _____

BREAK 10 MINUTE BREAK

50 FLY (8) _____ : _____ . _____

200 BREAST (9) _____ : _____ . _____

100 I.M. (10) _____ : _____ . _____

BREAK (30 MIN. AWARDS BREAK)

MXD FR RL (11) XXXXXXXXXXXXXXX

200 BACK (12) _____ : _____ . _____

* DISTANCE RELAYS ARE SPECIAL NON-SCORING EVENTS

50 FREE (13) _____ : _____ . _____

SUNDAY APRIL 4

100 FLY (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

BREAK 10 MINUTE BREAK

MED RELAY(16) XXXXXXXXXXXXXXX

50 BACK (17) _____ : _____ . _____

100 FREE (18) _____ : _____ . _____

BREAK (30 MIN. AWARDS BREAK)

200 FLY (19) _____ : _____ . _____

100 BREAST (20) _____ : _____ . _____

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

BREAK 10 MINUTE BREAK

MXD MD RL(22) XXXXXXXXXXXXXXX

BREAK 5 MINUTE BREAK

DISTANCE RELAY* (23) XXXXXXXXXXXXX

1000 FREE (24) _____ : _____ . _____

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

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$10.00

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

OREGON MASTERS SWIMMING

P.O. BOX 40313

PORTLAND, OREGON 97240

MEET INFORMATION: NORTHWEST ZONE CHAMPIONSHIPS
APRIL 23-25, 1993

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25-yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions are available.

DIRECTIONS: a) NORTH OR SOUTH-BOUND I-5 take exit 142-B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st Ave S (348th becomes SW Campus Drive after crossing 1st Ave S. The pool is on your right about 1/2 mile past 1st Ave. S.

b) WEST-BOUND HIGHWAY 18 (from North Bend) becomes S 348th after Highway 18 crosses underneath I-5. Follow the instructions for a) above.

Please note: Swimmers under the age of 25 are advised they might jeopardize their amateur status under FINA rule GR-1 if they participate in Masters competition.

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY APRIL 9, 1993. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY APRIL 9, 1993 WITH THE MEET ENTRY. SWIMMERS FROM OTHER LMSC's MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1993 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 25, 1993.

SEEDING: SLOW TO FAST FOR ALL EVENTS

MEET DIRECTOR: STEVE FREEBORN
(206)941-6808

TIMES: Friday, April 23
Warm-up 6-6:50 pm Meet 7pm
Saturday/Sunday, April 24/25
Warm-up 8-8:50 am Meet 9am

FRIDAY, APRIL 23

**NOTE: MAKE SURE THAT YOU ALLOW
TIME TO COMPENSATE FOR
TRAFFIC CONDITIONS**

- 1 400 IM
- 2 500 FREE (7:00 CHECK-IN)

SATURDAY, APRIL 24

- 3 100 IM
- 4 50 BACK
- 5 200 FLY
- 6 100 FREE
- 5-minute break
- 7 200 MEDLEY RELAY
(entries due 9 am)
- 8 100 BACK
- 9 50 FREE
- 10 200 BREAST
- 5-minute break
- 11 200 MIXED FREE RELAY
(entries due 11 am)
- 12 1000 FREE (11 am check-in)

SUNDAY, APRIL 25

- 13 200 IM
- 14 100 BREAST
- 15 50 FLY
- 16 200 FREE
- 5-minute break
- 17 200 FREE RELAY
(entries due 9 am)
- 18 50 BREAST
- 19 200 BACK
- 20 100 FLY
- 5-minute break
- 21 200 MIXED MEDLEY RELAY
(entries due 11 am)
- 22 1650 FREE (11 am check-in)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

NORTHWEST ZONE CHAMPIONSHIPS
APRIL 23-25, 1993 SANCTION # 93-3605
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.
HOSTED BY FEDERAL WAY MASTERS

NAME _____ M F AGE as of 4/25/93 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS # _____ - _____

LMSC _____ UNATTACHED _____ CLUB _____

(needed for relays)

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+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

| Event # | EVENT | ENTRY TIME |
|---------|-------|------------|
|---------|-------|------------|

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

ENTRY FEES

Surcharge: \$ 6.00 6.00

Individual events @ \$1.00 each

T-SHIRTS: size(s) _____ M _____ L _____ XL @ \$10 each

Social: _____ guests @ \$5.00 each

Total _____

Checks payable to Federal Way Masters

Meet Director: Steve Freeborn

(206) 941-6808

Mail to: NW Zone Champs

c/o Karen Jost

31916 3rd Ln SW #A304

Federal Way WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT LMSC AND CLUB, AS WRITTEN ON YOUR USMS CARD! ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY APRIL 9, 1993. LATE ENTRIES WILL NOT BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY APRIL 9, 1993 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSC's MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA CARD FOR CANADIANS) WITH MEET ENTRY.

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 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 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 _____

Awards

Region XII medals are available for purchase for those swimmers placing 1st, 2nd, or 3rd. These are medals remaining from the old Region XII, and may end up being a collector's item, since we are now known as the Northwest Zone!!

T-shirts

T-shirts are available for \$10.00 They are short-sleeve, 50% cotton/50% polyester. Please order them with your meet entry to guarantee that you get one.

Social

We will be hosting a social at the pool beginning during the 1000 Free on Sunday. The social will last for approximately 45 minutes following completion of the meet so those people in the last heats can participate. Cost is \$5.00 per person. Please make reservations with your entry so that we can plan on having enough food for all.

Accommodations

Following is a list of motels in the area

| Name/address | Phone (206) | Restaurant | Approx. distance to pool |
|---|-------------|-------------------|--------------------------|
| Executive Inn-Fife 5700 Pacific Hwy E | 922-0080 | yes | 8 miles** |
| ** Special rate offered for NW Zone Champs April 22-25, 1993 ** \$58.00 per night (plus tax), 1-4 person occupancy | | | |
| Executel 31611 20th Ave S | 941-5888 | yes | 6 miles |
| Best Western Fife 5700 Pacific Hwy S | 922-0080 | yes | 6 miles |
| Super 8 Motel 1688 S 348th St | 838-8808 | no (next door) | 2 miles |
| Royal Coachman 5805 Pacific Hwy E (Fife) | 922-2500 | yes | 8 miles |
| Motel 6 - Fife 5201 20th St E | 922-1270 | no | 8 miles |
| → Econo Lodge → 136 B 3518 Pacific Hwy E (Fife) ← | 922-0550 | yes | 8 miles ← |
| Portage Inn 3021 Pacific Hwy E (Fife) | 922-3500 | yes | 8 miles |

Numerous additional accommodations are available in Tacoma and near Sea-Tac airport. Both areas are located approximately 10 miles from the pool.

H.O.S.T.

If you prefer the camaraderie of staying with other Masters swimmers, contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.



**Official Entry Form for Individual Events
1993 United States Masters Swimming
National Short Course Championships
Santa Clara International Swim Center, California
May 20-23, 1993**

**ENTRY PROCESS FOR NATIONAL CHAMPIONSHIP MEETS
WITH QUALIFYING TIMES**

If you wish to enter more than three (3) events, you must have achieved the National Qualifying Time for your fourth, fifth, and sixth events within the past two years. If you are entering three (3) or fewer events, read no further.

1. Find the appropriate National Qualifying Time for your age group, gender, and chosen event in the attached chart. Events with "NT" in the chart have no National Qualifying Time for this age group and gender, so any entry for those events will be considered to have achieved the National Qualifying Time.
2. If you have completed the event within the past two years with a time equal to or better than the applicable National Qualifying Time, you may select this event as your fourth event.
3. Repeat the process in steps 1 and 2 above for the fifth and sixth events you desire to enter.
4. On the entry form, indicate that you have achieved the National Qualifying Time for these events by placing a "T" in the space provided in the "T/6" column on the entry form.
5. Swimmers who enter more than three (3) events without following the process described above will not be entered in their noncomplying events or will have their last three (3) events dropped. No refunds will be made for events dropped for failure to comply.
6. USMS is relying upon the honesty of competitors in entering their times.

EVENT LIMITATION

In order to control the length of the meet, the Championship Committee may decide that individual competitors will be limited to five (5) individual events. In case such a limitation is deemed necessary, swimmers who choose to enter six (6) events should indicate their least preferred event by placing a "6" in the "T/6" column. The swimmer will not be entered into this event if competitors are limited to five (5) events. If your sixth event is not designated, your last event on the entry form will be dropped. No refunds will be given for the sixth event if it is dropped. Please recognize that this event limitation is separate and independent from the National Qualifying Time process described above.

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 | :57.83 | 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



**Official Entry Form for Individual Events
1993 United States Masters Swimming
National Short Course Championships
Santa Clara International Swim Center, California
May 20-23, 1993**

IMPORTANT — PLEASE READ CAREFULLY

THIS IS A NATIONAL QUALIFYING TIMES MEET. Please see enclosed procedure for details. Designate the events in which you have met the National Qualifying Time with a "T". If you have entered six (6) events, designate your least desired event with the number "6" in case the Championship Committee imposes a five (5) event limit. All entrants are permitted three (3) events without meeting the National Qualifying Time.

| | | | |
|-------------------------------|-------|----------------------------|----------|
| Name _____ | | Sex _____ | |
| Last | First | Middle Initial | |
| Address _____ | | | |
| Street | City | State | Zip |
| Phone _____ | | In Case of Emergency _____ | |
| A/C | Days | A/C | Evenings |
| Age _____ | | USMS Reg # _____ | |
| (on 5/23/93) | | 1993 No. Required | |
| Club Name or Unattached _____ | | Club Abbrev _____ | |
| | | (if you know it) | |
| | | LMSC _____ | |
| | | (Assoc.) | |

Entry Due Date: Entry must be received no later than Thursday, April 15, 1993

| Event No. | Entry Time Women | T/6 | Event | Event No. | Entry Time Men | T/6 |
|--|------------------|-----|----------------|-----------|----------------|-----|
| Thursday, May 20 8:00 am | | | | | | |
| 1 | | | 1000 YARD FREE | 2 | | |
| 3 | | | 1650 YARD FREE | 4 | | |
| NOTE: YOU CAN SWIM EITHER THE 1000 YARD OR 1650 YARD FREESTYLE — NOT BOTH | | | | | | |
| YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK. | | | | | | |

| Friday, May 21 8:00 am | | | | | | |
|---------------------------------|----------------|--|---------------------------------|-------|----------------|--|
| 5 | | | 200 YARD FREESTYLE | 6 | | |
| 7 | | | 50 YARD BREASTSTROKE | 8 | | |
| 9 | | | 100 YARD BUTTERFLY | 10 | | |
| 11 | | | 50 YARD BACKSTROKE | 12 | | |
| 13 | SEE RELAY FORM | | 200 YARD FREE RELAY | 14 | SEE RELAY FORM | |
| 15/16 | SEE RELAY FORM | | 200 YARD MIXED MEDLEY RELAY | 15/16 | SEE RELAY FORM | |
| 17 | | | 400 YARD INDIVIDUAL MEDLEY | 18 | | |
| Saturday, May 22 8:00 am | | | | | | |
| 19 | | | 100 YARD INDIVIDUAL MEDLEY | 20 | | |
| 21 | | | 200 YARD BREASTSTROKE | 22 | | |
| 23 | | | 50 YARD BUTTERFLY | 24 | | |
| 25 | | | 200 YARD BACKSTROKE | 26 | | |
| 27 | | | 100 YARD FREESTYLE | 28 | | |
| 29 | SEE RELAY FORM | | 200 YARD MEDLEY RELAY | 30 | SEE RELAY FORM | |
| 31 | | | 500 YARD FREESTYLE (Women Only) | | | |
| Sunday, May 23 8:00 am | | | | | | |
| 33 | | | 100 YARD BACKSTROKE | 34 | | |
| 35 | | | 200 YARD INDIVIDUAL MEDLEY | 36 | | |
| 37 | | | 50 YARD FREESTYLE | 38 | | |
| 39 | | | 100 YARD BREASTSTROKE | 40 | | |
| 41 | | | 200 YARD BUTTERFLY | 42 | | |
| 43/44 | SEE RELAY FORM | | 200 YARD MIXED FREE RELAY | 43/44 | SEE RELAY FORM | |
| | | | 500 YARD FREESTYLE (Men Only) | 45 | | |

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.)

Dates: May 20-23, 1993

Location: Santa Clara International Swim Center, California

Sanctioned By: US Masters Swimming Inc. and Pacific Masters Swimming

Filling Out Entry Blank:

IMPORTANT — PLEASE READ CAREFULLY

NATIONAL QUALIFYING TIMES: Competitors may enter and swim a maximum of three (3) individual events without meeting the established National Qualifying Time. Competitors may enter up to three (3) additional events if they have achieved the National Qualifying Time in the last two (2) years. Please see the enclosed information for the appropriate National Qualifying Time and the proper procedure for entering the meet. Designate the events in which you have met the National Qualifying Time with a "T".

It is also possible that the size of the meet may require that a competitor's sixth entered event be dropped. If you have entered six (6) events, please designate your sixth event with the number six "6".

Eligibility: National Championships are open to USMS registered swimmers, 19 years of age and older (as of May 23, 1993). If you wish to represent a club, then you and the club must be registered in the same LMSC. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry.

Conduct of the Meet: The meet brochure has all details of the meet conduct. All events 500 yards and under will be pre-seeded.

Deck Seeded Events/Check In Times:

Your entry DOES NOT automatically seed you for these events. You must check in during the following times:

1000 FREESTYLE 9:00 am - 6:00 pm Wednesday May 19

500 FREESTYLE Preseeded

1650 FREESTYLE 9:00 am - 6:00 pm Wednesday May 19

400 IM Preseeded

A postcard to the Meet Director (at the address below) received during the week prior to the meet can be used as CHECK-IN, i.e. to confirm your participation in the 1000 or 1650 Freestyle.

Age Groups: 19-24, 25-29, 30-34, etc. to 90-94, and 95 and over. Your age is determined as of the last day of the meet (5/23/93).

Awards: Awards to first through tenth places.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees: \$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form. An entry is not considered complete until the check clears the bank. If any questions about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than April 15, 1993. No refunds are given for events not swum.

Accommodations: See Meet Brochure.

Masters Swim Clinic: Wednesday, May 19, 1993, 3:00-6:00 — See Meet Brochure for Details.

Friday Night Social - May 21, 1993: Country Western "All You Can Eat" Steak Buffet - Located adjacent to pool.

Saturday Night Banquet - May 22, 1993: Buffet Dinner - No Host Bar (6:30-7:30), Dinner (7:30-9:00), Dancing (9:00-1:00) at the Marriott (host hotel)

Checks Payable to:

Santa Clara Swim Club

Mail Entry & Fees to:

1993 USMS Short Course Nationals
c/o Santa Clara Swim Club
P.O. Box 2672 • Mission Station
Santa Clara, CA 95055

Meet Surcharge (required of all swimmers): _____

Number of Individual events entered: _____

Number of Wednesday Swim Clinic _____

Number of Friday Social Tickets: _____

Number of Saturday Banquet Tickets: _____

Fax Surcharge _____

TOTAL AMOUNT OF FEES DUE

(do not send cash) : _____

X \$13.00 = _____

X \$ 4.00 = _____

X \$30.00 = _____

X \$12.00 = _____

X \$ 30.00 = _____

X \$10.00 = _____

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ATTACHED.

Entry Deadline:

Entry must be in the hands of the Meet Director no later than
Thursday, April 15, 1993. Late entries will be returned to sender.

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Meet Director: Theresa Hessler — For Meet Information 1-408-496-1638 (PST)

Release From Liability:

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 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. In addition I agree to abide by and be governed by the rules and regulations of USMS.

Fax Entry Only

A faxed entry will be accepted if charged on your
Visa or MasterCard. A \$10 surcharge will be added.

Fax 1-408-244-5055

☐ Visa Exp. Date _____

☐ MC Exp. Date _____

Signature _____

Date: _____ Signature: _____

ALBERTINA KERR CENTERS SWIM A LAP 1993

The first part of the Swim a Lap program for 1993 concluded on Saturday, January 30, 1993 in conjunction with USMS One Hour Postal swim. The following five Oregon Masters swimmers showed up at Tualatin Hills Rec pool to do their part:

| | |
|---------------|----------|
| Mel Anderson | 94 laps |
| Tyler Cole | 164 laps |
| Pam Himstreet | 153 laps |
| Curt La Count | 210 laps |
| Joe Mallon | 111 laps |

These five wonderful individuals helped to raise almost \$850 for the AKC programs as the attached letter from Judy Anderson shows. A great big thank you to these fine folks and their spouses who gave of their time and effort that day. I hope they do well in the national age group rankings.

The second part of the Swim a Lap program for this year falls on Saturday, May 1, 1993. That's the traditional date for holding Swim a Lap on a metro-wide basis. Once again OMS will be heavily involved and once again we will host the event at PCC Sylvania campus.

I feel I can ask for your support again since only five of you chose to participate in the January swim. I understand and appreciate that most people find it uncomfortable to ask others for money even in support of a good cause like AKC. So this time I'd like to make it hopefully a little easier for more of you to participate.

In order to encourage you to swim for an hour (which can be just like an average workout!) and to do something good at the same time, I suggest that you make a minimum contribution of \$25 to AKC if you prefer not to find sponsors yourself.

For those of you who don't mind finding sponsors and who wish to be in the running for a grand prize awarded to the top money raiser (it was an all-expense paid trip to Phoenix last year), I urge you to use the AKC sponsor sheet contained in this newsletter. Please begin finding sponsors as soon as possible (suggested \$5 to \$10 donations per sponsor). Remember that our top ten money raisers will be eligible for the team prize. We were only \$200 behind the winning Jantzen team last year. Let's do it this time!

The next Aqua Master issue will contain more details regarding the May 1, 1993 swim. You may also contribute to the cause by volunteering your time that day to assist with counting laps etc. if you'd rather not swim or find sponsors.

(At the risk of sounding like a well-known local auto dealer: Remember - you find the sponsors, AKC will do the rest!)

CLINIC...CLINIC...CLINIC...CLINIC...CLINIC

In support of Swim a Lap, Don Schollander will host a special swim clinic for all-comers on Saturday, April 17, 1993 at the Lake Oswego high school pool at 10 a.m. Former U.S. Olympic swimmers Carrie Steinseifer and her fiancée Dan Jorgensen will be there to autograph stuff. Could be fun, so be there! No charge!

Respectfully submitted,
Roy Abramowitz, OMS Fitness Committee and AKC Dude

Albertina Kerr

Albertina Kerr Centers

Kerr Administration Center

The Old Kerr Nursery
424 N.E. 22nd Avenue
Portland, Oregon 97232
503-239-8101
503-239-8106 FAX

Christopher J. Krenk, MSW, ACSW
Chief Executive Officer

Marcia J. Director, CFRE
Director of Development and
Volunteer Services

Holly B. Freeman
Chief Financial Officer

Lee Lower
Chaplain

Kerr Developmental Disabilities Center

1020 Portland Avenue
Gladstone, Oregon 97027
503-657-9004
503-657-2960 FAX

Kerr Youth and Family Center

722 N.E. 162nd Avenue
Portland, Oregon 97230
503-255-4205
503-255-5095 FAX

James V. Novell, MSW, LCSW
Administrator



Joint Commission

on Accreditation of Healthcare Organizations

Board of Directors Officers

Darrel T. Anderson
President

Hal Hixson
1st Vice President

Cathryn Majeran, DMD
2nd Vice President

Karen Holce
Secretary

Jerry M. Pearson
Treasurer

Greg Mottau
Immediate Past President

February 15, 1993

Roy Abramowitz
Perkins & Company
2000 US Bancorp Tower
111 SW Fifth
Portland, OR 97204

Dear Roy:

We want to say a big THANKS for raising money for Albertina Kerr Centers through the Oregon Masters Postal Swim and Swim A Lap.

Oregon Masters Swimmers raised a total of \$849.00 for AKC programs, and you personally had a great deal to do with that. These funds will be used to provide treatment, care and programs designed to improve the quality of life for children, adults and families who need or desire special services because of disability of personal, health or family problems.

If you did not receive your own T-shirt, please let us know and we will send it to you.

Roy, thanks again. We hope Masters will consider being part of the regular Swim A Lap program being held at 10 local pools on May 1st. I'm looking forward to working with you on the Swim A Lap committee.

Warm regards,

JUDY ANDERSON
Special Events Coordinator

Dorothy S. Boothe • Harold Briggs, PhD • John B. Charlton • Sid Cooper • Dan M. Dutton • Corinne Gentner • Ginger G. Harrison
Jeryllyn R. Hunt • Stephen V. Jackson • Glenn Jacobs • Gary W. Lindberg • Karl Malo • Stan Meyer • Ford Montgomery • Lisa Naito
Naomi Nelson • Renée Pearson • Anita C. Ruderman • Carolyn Selling • Jeffrey A. Smith • David D. Swanson
HONORARY DIRECTORS • Peter Jacobsen • Senator Bob Packwood
EMERITUS • George E. Birnie • Jean Cory • Howard M. Dietrich • Wilbur K. Hood
Helen H. Lindgren • Nicky Tom Brislain • Hobart P. Vermilye



A United Way Agency

SWIM A LAP '93

Here's How...

1. Fill out, tear off and mail the entry form right away to receive notice of your starting time.
2. With very little effort, you can raise a lot of money! Talk to friends, family, neighbors, classmates, co-workers or business people who can help you by being sponsors. Don't forget to sponsor yourself! You don't have to be an expert swimmer because YOU decide how many laps to swim. Your sponsors pledge either a per lap or pre-determined amount.
3. Be sure to take the sheet of sponsor names and pledge amounts to the pool with you so we can collect them following your swim. Use additional sheets if needed.

For information or questions, call 239-8101.

SWIM A LAP COMMITTEE
 Gary Lindberg, Chair
 Roy Abramowitz
 Susie Cunningham
 Jay Drassler
 Don Schollander

FREE!!

Don Schollander Swim Clinic
 Saturday, April 17, 9-10 am
 Lake Oswego High Pool
 Meet 3 Olympic gold medal winners,
 Don Schollander, Dan Jorgensen
 and Carrie Steinseifer
 No reservations required.

SWIMMER INFORMATION

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ day _____ evening _____
 Pool Assignment _____

Jantzen
SWIM A LAP
 Also Sponsored By:
 Barracuda Sports Products
 K/P Graphics
 KOIN-TV

Additional Swimmer Packets
 available at the following locations:

Albertina Kerr Centers
 All Participating Pools

PLEASE CLIP AND MAIL TO:

SWIM A LAP
 Albertina Kerr Centers
 424 N.E. 22nd Avenue
 Portland, OR 97232

| SPONSOR INFORMATION | | | | |
|---|---------|----------------|------------|--------|
| Minimum Donation \$5 Per Sponsor—All Donations Are Tax Deductible | | | | |
| SPONSOR NAME | ADDRESS | CITY/STATE/ZIP | PLEDGE/Lap | TOTAL* |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |

*For pre-determined (flat) amount, put amount under TOTAL.

REGISTRATION FORM

| | |
|---|--------------------|
| NAME | POOL PREFERENCE |
| ADDRESS | TIME OF DAY |
| CITY | PHONE |
| STATE | ZIP |
| WAIVER: I plan to participate in the SWIM A LAP event, and do hereby relieve Albertina Kerr Centers of its agents of any liability which might occur as a result thereof. | |
| Signature (parent or guardian if under age 18) | Team Name (if any) |

**SWIM A LAP for
Albertina Kerr Centers**

Swim A Lap '93 benefits Albertina Kerr Centers, one of Oregon's oldest and largest non-profit human service organizations, providing treatment, care and programs for children, adults and families who need or desire special services because of personal, health or family problems.

Help us provide quality service for those most in need and most difficult to serve. See inside of brochure for how you can participate!

PRIZES

Individual Grand Prize:
Two Nights Accommodations
and Round-Trip Airfare For Two—
Portland to San Jose, California
courtesy of Morris Air & Jantzen, Inc.

Team Grand Prize:
Party for 50 in Hospitality Room
courtesy of Blitz-Weinhard Brewing Co.

ALSO WIN PRIZES FOR:
Most Laps
Most Monies Raised
Overall Prizes
Prizes At Each Pool
Drawings

**ALL SWIMMERS WHO RAISE A
MINIMUM OF \$50 WILL
RECEIVE A SWIM A LAP T-SHIRT**

SWIM AT THE FOLLOWING POOLS:

Dishman Pool-Portland—7:00-9:00 am
Gresham Pool—8:00 am-5:00 pm
Harman Pool-Beaverton—8:00-11:00 am
Hillsboro Pool—11:30 am-1:30 pm
Lake Oswego High Pool—10:00 am-4:00 pm

Oregon Athletic Pool-Portland—8:30-10:30 am
Oregon City Pool—8:00 am-Noon
PCC-Sylvania—2:00-5:00 pm
Princeton Athletic Pool-Portland—5:00 am-Noon
Tigard Pool—Noon-2:30 pm

Official OMS pool

| SPONSOR INFORMATION | | | | |
|---|---------|----------------|------------|--------|
| Minimum Donation \$5 Per Sponsor—All Donations Are Tax Deductible | | | | |
| SPONSOR NAME | ADDRESS | CITY/STATE/ZIP | PLEDGE/Lap | TOTAL* |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |
| 21. | | | | |
| 22. | | | | |
| 23. | | | | |
| 24. | | | | |
| 25. | | | | |
| 26. | | | | |
| 27. | | | | |
| 28. | | | | |
| 29. | | | | |
| 30. | | | | |
| 31. | | | | |
| 32. | | | | |

*For pre-determined (list) amount, put amount under TOTAL.



FOR
ALBERTINA KERR
CENTERS
MAY 1, 1993

Also Sponsored By

Barracuda Sports Products
KOIN-TV
K/P Graphics

To Benefit

**ALBERTINA KERR
CENTERS**

A QUESTION OF BALANCE

Self-Care
by
Cindy Carroll
New England
Masters

It's the dietary recommendation taken to extreme that usually results in tired athletes and poor performance.

The role of nutrition in swimming and other activities is to maximize your talent and training, not take their place in producing performance. I make that point because the most common misconception I find among the athletes I counsel is that diet can become some kind of magic performance pill—an assumption that leads to extreme and unsound eating habits.

The optimum sports diet is simply a balanced diet. The intensity and duration of your swimming and other exercise will influence how much of some nutrients you need; e.g. all active people benefit from a high-carbohydrate (CHO) diet. But you can maximize your performance potential only by balancing the CHO with proteins and fats.

By now it's common knowledge that CHO, our most efficient energy source, should make up 60%-70% of the daily diet (and perhaps up to 80% just before competition) for anyone swimming more than 3,000 yards per day. CHO is stored as glycogen right in the muscle fibers, like gasoline in the tank of a car. Eat less than the recommended amount of CHO, the fuel tank will quickly become empty, and your swimming will certainly suffer.

It is possible to eat *too much* CHO. Many of my athlete clients have come to me because they're so intent on reducing fat and increasing CHO that they forget to include the necessary protein. Protein is the building block for muscle fiber, while CHO is just the fuel that lets us do the work that builds the muscles.

As an endurance athlete you have higher protein needs than the average person.

Endurance activities, like swimming, cause your body to make *less* protein, and break down *more* of it, during exercise. If too little protein is provided in the diet the body satisfies its protein needs by "cannibalizing" muscle tissue. The result? The stress fractures seen so frequently among high mileage runners we most common among those who do not eat meat, chicken, or fish. Although swimming, unlike running, is not a weight bearing activity, if you swim more than an hour a day, your body is breaking down protein.

A strict vegan diet may not supply enough high quality (primarily animal) protein to allow optimal tissue repair. And the presence of some high quality protein enables the body to better absorb lesser quality protein from grains. So I recommend that at least half of your protein come from low fat, high quality sources, such as skim milk, egg whites, water packed tuna, and skinless chicken breast.

Finally there's fat. We may love it, but it doesn't love us back. The problem with fat is that we tend to store it as body fat rather than burn it for energy. And since fat contains over twice as many calories per gram as CHO and protein, the result is soon apparent in our skimpy lycra suits. The main challenge is recognizing the fat concealed in foods we think are good protein—cheese, meats like bologna and pastrami, and peanut butter. Since protein almost always comes via some fat, you have to be careful to choose low-fat protein sources, and to restrict foods that are totally fat like oils, mayo, and butter.

While the Recommended Dietary Allowance may be less than 30% of our total calories from fat, athletes need more protein and CHO to sustain their workouts, and should aim for 15-25% of calories from fat (the exception being those who have trouble keeping their weight up.) If you use non-fat dairy

products, restrict oils and butter, and prefer chicken and fish to red meat, you're probably in the 30% range already. Athletes with high cholesterol should remember that exercise does not exempt you from heart disease and should decrease saturated fat. Rounder athletes with higher body fat should also be more vigilant.

How can you make sure you're eating 60-70% CHO, 15% protein, and 20-25% fat?

1) Start with your protein needs: Multiply your best weight by at least .35 grams of protein per day—more if your activity level is higher. Example: A 150 lb. swimmer, who swims 16,000 yards per week and supplements it with 2 weight workouts may multiply his weight by .5 grams for a total of 75 grams of protein per day, half of which (or 37 grams) should be from high quality sources. A can of tuna fish or 4 oz. of chicken breast and a cup of skim milk would satisfy the high quality need. The balance can come from grains (breads, cereals) that also supply CHO.

2) Watch the fats: Avoid exclusive fat items like butter, fatty sauces, oil and oil-based salad dressing, and mayo. Avoid fried foods. Substitute skim for whole-milk dairy products as protein sources. Control your craving for high-fat dessert items.

3) Everything else should be complex CHO: Satisfy the rest of your caloric needs with a variety of complex CHO including bagels, bread, cereals, rice, pasta, beans and legumes, potatoes, and plenty of fruits and veggies.

Cindy Carroll, the author, is a New England Master, registered dietitian and the director of Nutrition: A Personal Choice in Lexington, Mass. Reprinted from the Spring '92 issue of SwimsmartS.

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 EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

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 John Zell.

**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 / N.Coast Swim Club | NCSC | Steve Warner | 738-6661 |
| Beaverton / Griffith Park Ath. Club | GPA | Gabs Dries | 644-3900 |
| Beaverton / Tualatin Hills Barracudas | THB | Sandi Rousseau | 642-3679 |
| 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 | Dick Moody | 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 | CMST | Bruce Cheney | 625-5747 |
| Newport / Newport Curmudgeons | NEWP | Petey Smith | 265-3885 |
| N. Bend / North Bend Masters | NBM | Alice Parsons | 756-4915 |
| Portland / Pride of Oregon Masters | PRID | Don King | 768-7060 x7189 |
| 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 | Bert Peterson | 252-6081 |
| 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 | Mark Williams | 294-1426 |
| 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 | 244-1927 |
| Portland / Willamette Atheletic Club | WAC | Marty Popp | 225-1068 |
| Redmond / Cascade Aquatic Masters | CAM | Joan Markham | 548-6066 |
| Roseburg / Umpqua Valley MaBters | UVM | Judy McCurdy | 679-8144 |
| Salem / Willamette H-2-0 Masters | WHOM | Bruce Bolton | 588-6261 |
| 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 SWIMMING 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.

(This Registration is good for January 1, 1993 until December 31, 1993)

Signature _____ Date: _____

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

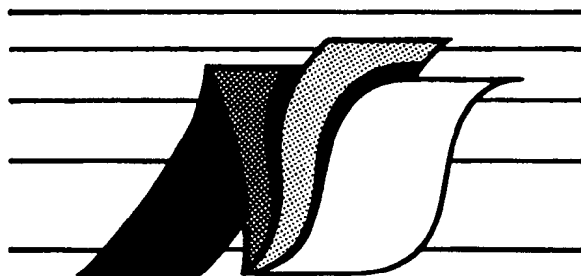
Printing of AQUAMASTER was donated through the courtesy of sometime swimmer Jim Snow and the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.



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

STEVENS-NESS Law Publishing Co.

- LEGAL BLANKS
- PRINTING
- OFFICE SUPPLIES
- CORPORATE SUPPLIES



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

Aqua-Master

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

373-00236

JOHN F ZELL (Z - M A N)
4640 NE 36TH AVE.
PORTLAND, OR 97211-7618

In this issue: TRI-M III + Free results, Ol' Barnacle, "A Question of Balance", and meet entry forms.