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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 1993**

**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**

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

**SANTA CLARA SWIM CLUB SANTA CLARA, CA**

**MAY 29 ROSE CITY SWIM CLINIC LEWIS & CLARK COLLEGE**

**JUNE 5 ROSE CITY SWIM CLINIC WILLAMETTE ATHLETIC CLUB**

**JUNE 12 ROSE CITY SWIM CLINIC P.C.C. SILVANIA POOL**

### **LONG COURSE**

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

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

**\*JULY 10-11 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**

**SEPT 4 PORTLAND, OR PRIDE OF PORTLAND SPORTSFEST**

**MATT DISHMAN COMMUNITY CENTER POOL SC YARDS**

**SEPT U.S.M.S. ANNUAL CONVENTION LOS ANGELES, CA**

**JULY 4-10, 1994 MONTREAL, CANADA WORLD MASTERS CHAMPIONSHIPS**

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

*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.*

## 2 - Man says

**T**hose Cudas have recaptured their title. The defending champs came loaded for bear and fell just short. Our '93 Association Championships are history. The Tualatin Hills Barracudas edged Portland Parks Masters 1330 to 1274 to claim their 11th overall title in 12 years. The MAC Club was third with 671 points. It was the closest "Big Team" race in OMS history. Mt. Hood Masters won the "Mid-Size" Team category (8 to 19 entrants) scoring 434 points, with Umpqua Valley second at 273 and Eugene Masters in third with 141. Two new teams emerged with fine performances. Pride Masters scored 177 points and won the "Small Team" (1-7 entrants) category taking home their first ever trophy. Rogue Valley was second with 116 points and the Fish Sticks, from the Lake Oswego area, came in third with 106 to claim their first trophy. (See "History of Team Scoring" recap at end of Lincoln City results in this issue) This meet was the largest OMS Champs ever with 220 entrants. With a current registration of 420 swimmers, this was an excellent turnout. We'll bring you all the results of Association Champs in next months issue.

This month you'll find ol' Barns review of both the Eugene and Lincoln City meets along with the results. A great time was had by all who attended these meets and the turnout in Lincoln City was excellent. Also you'll find the first printing of the entry forms for the first Long Course meets of the summer.

You've looked over the schedule page and noticed some swim clinics being offered in May and June. Our old friend Steve Roth will be conducting these clinics. Stay tuned until next month and I'll bring you all the details.

Dr. Sprint returns this month with an article regarding

relays. If you attended both the Lincoln City meet and Association Champs then you know that Bob has been pretty active with a number of record setting relays of late.

And speaking of relays....**So you're going to Santa Clara next month for Nationals.** *If you'd like to get on a relay, you'll need to contact me.* That's right, yours truly will be the official relay contact/organizer for Short Course Nationals. I began a list at Association Champs of those people who are going to Santa Clara and want to be on a relay or two. According to the "Nationals" rules, we can enter relay teams up to the day before the meet begins. I will be in Santa Clara on Wednesday the 19th of May and will enter all the teams at that time. *If you signed up at Association Champs, then I must remind you that I will be contacting you in early May with questions, etc. If you did not attend Association Champs at Lewis and Clark and are going to Santa Clara then I must remind you to contact me A.S.A.P.. My home phone number is 503-282-9347 and it's best to call me in the evening, between 7:00 and 10:00 P.M.*

Summertime is just around the corner and that is the time when OMS sends out meet bid packets for next years schedule. Pam Himstreet, our Vice Chair and meet organizer/liaison person has a few words about this process in this issue. Please read this and put a little thought into next year if you please.

That's all for now. If I don't see you at Nationals then I hope to see you this summer at a Long Course meet.

Enjoy your Spring and keep it between the lane lines,

# OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED (373-07) 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: BARRACUDAS L.C. MEET**

**PLACE: TUALATIN HILLS REC CENTER**

158TH & WALKER RD.

BEAVERTON, OR

7-8 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Tualatin Hills Barracudas **Meet Director:** Peter Jensen 503-629-9153

**DIRECTIONS TO POOL:** Take Hwy. 26 west to the Cornell Road exit. Turn left, cross freeway, go to 158th and turn right, head south. Pool will be on your left. On corner of 158th and Walker Road.

**DATE: JUNE 13, 1993**

**WARM-UPS: 8:00 A.M.**  
**MEET STARTS: 9:00 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN MAY 29th, 1993**

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

NAME \_\_\_\_\_ 1993 USMS # \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
ASSOCIATION \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 100+, 120+, 160+, 200+, 240+, 280+ . You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded. All events will be seeded slow to fast. **YOU MAY ALSO ENTER EITHER THE 800 FREE OR THE 1500 FREE, BUT NOT BOTH. THE 800 FREE/1500 FREE EVENTS WILL BE RUN SIMULTANEOUSLY.**

**SUNDAY JUNE 13 BARRACUDA LC**  
**400 FREE (1)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**BREAK BREAK BREAK**  
**FREE RLY (2)** XXXXXXXXXXXXXXX  
**50 BREAST (3)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**100 FLY (4)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**200 FREE (5)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**50 BACK (6)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**MXD FR RLY (7)** XXXXXXXXXXXXXXX  
**BREAK BREAK BREAK**  
**400 I.M. (8)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**100 BREAST (9)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**50 FLY (10)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**100 FREE (11)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**200 BACK (12)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**MED RLY (13)** XXXXXXXXXXXXXXX  
**BREAK BREAK BREAK**  
**200 BREAST (14)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**200 FLY (15)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**50 FREE (16)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**100 BACK (17)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**200 I.M. (18)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**MXD MD RLY (19)** XXXXXXXXXXXXXXX  
**BREAK BREAK BREAK**  
**800 FREE (20)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_  
**or**  
**1500 FREE (21)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

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: \$7.00**

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

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

## *A Message from Your Meet Coordinator*

We had a great meet calendar this year and a super trend is emerging. Our last two meets were whoppers! Lincoln City had 82 bodies sign up - a great turnout. Associations set a record with 220. Meet attendance is up and this means money for the teams that host meets. If your group has been hiding for a while, consider hosting a meet next year.

Meet bid packets will be mailed to Team Reps and Aquatic Directors in June. Don't wait until Summer, when your team is all away on vacation, to think about a meet. Do it now. Pick your month early.

We try to put the calendar together in August. The best months are taken by teams who get their bids in on time. Some teams lost out this year because someone else got their month. Also, if you wish good attendance at your meet, we have to advertise it early. You want to be in the fall Aquamaster issues, when John Zell mails them to everyone, not just to subscribers. Then people plan to attend your meet around their other activities and you make a profit for all your hard work.

Compared to California, Oregon is in the dark ages when it comes to open water distance competition. We have one sanctioned meet at Willow Lake and that's it. I hope some group will get us going. We would welcome a swim this summer, if a knowledgeable group is interested. Call me if you are. If you wish to plan for 1994, send it in as a bid this summer.

I hope to hear from all of you this summer with your requests for meets. Let's keep this trend of great meet attendance going into 1994 and beyond.

Pam Himstreet, Vice Chair

# **Barnacle** of reviews results records

by E. Walter

## **EUGENE MEET AT ECHO HOLLOW**

**T**his star crossed meet had problems. The U of O Phys Ed Dept appears to be more concerned about making nickels and dimes, rather than hosting a Masters meet. Originally scheduled for U of O's pool, we had to change venue to Echo Hollow, and thanks to the efforts of **Doug Smith** and **John Zell** we were able to go ahead.

No doubt the confusion of cancelling and then change of venue did hurt the turnout. However 39 stalwarts showed up and did battle. We had a few records and also welcomed a some fine new people.

**Lee Miesen** (65-69) is looking great in the pool. Lee set a new zone record for the 200 Breast at 3:14.90, eclipsing Bob Morrison's old standard of 3:17.97.

**Ellen Ferguson** (30-34) swam to a new OMS record in the 1000 free in 11:12.33 setting aside Jill Schuldt's time of 12:18.21. Ellen just missed the Zone record of 11:08.01.

**Pauline Stangel** (70-74) looked great in the 100 IM, she broke her old record of 2:03.43 with a new OMS time of 2:00.20.

**Allan de Lay** (75-79) swam to a new OMS record in the 50 Breast in 47.65 as opposed to his old best of 48.69.

**Nancy Brooks** and **Ellen Tait**, both swimming out of Rinconada in California had some fine times. Wish we could talk these ladies into swimming for OMS.

**Lisa Wright** (19-24) had an excellent 200 IM, barely missing the OMS record (2:27.69 vs 2:24.84).

**Mary Jackson** (35-39) welcome to Oregon Masters. Check this young ladies times, she looks like a comer!

**Belinda Wheeler** (40-44) excellent 50 Free and 50 Fly.

**Doug Stewart** (25-29) great 200 Free in 1:57.75.

**Ciaran Turbitt** (25-29) a big OMS welcome for this man.

**Jim Rabe** (30-34) No records but great times in the 200 and 1000 Free.

**Dave Cobb** (30-34) Our leader swam a great 200 Breast (2:34.25).

**Ron Taylor** (30-34) looking good in the 50 Fly and the 400 IM.

**Dave Yeakel** (35-39) excellent swim in the 50 fly.

Great to see **Wendy Price** in the 19-24 women's arena.

**Teresa Bautista** (25-29) appears to be a candidate for OMS.

**Chuck Shepard** (40-44) from SHNC, newcomer, welcome !

**Robert Rhodes** (55-59) also new from SHNC, welcome !!

Thanks again to Doug Smith and his fine staff at Echo Hollow and for John Zell for stepping in and filling the gap as meet director. Great meet and some excellent times. Thanks also to Charles Scharpf for his fine work as results manager. Looks like we

----- 19-24 WOMEN -----  
 200FRE WENDY PRICE 19 UOM 2:32.16  
 100BAK WENDY PRICE 19 UOM 1:22.48  
 200BAK WENDY PRICE 19 UOM 2:50.39  
 50 BRS LISA M WRIGHT 22 UOM :35.59  
 100BRS LISA M WRIGHT 22 UOM 1:17.13  
 WENDY PRICE 19 UOM 1:28.25  
 200BRS WENDY PRICE 19 UOM 3:08.67  
 100 IM LISA M WRIGHT 22 UOM 1:08.12  
 200 IM LISA M WRIGHT 22 UOM 2:27.69  
 ----- 25-29 WOMEN -----  
 50 FRE TERESA BAUTISTA 28\* :37.38  
 100FRE TERESA BAUTISTA 28\* 1:22.31  
 200FRE TERESA BAUTISTA 28\* 3:00.85  
 1000FR TERESA BAUTISTA 28\* 17:07.25  
 ----- 30-34 WOMEN -----  
 100FRE JUDY LAMPI 32 MACO 1:08.06  
 1000FR ELLEN FERGUSON 30 11:12.33+ 4  
 Record= CATHERINE CHAY11:41.65  
 50 BAK JUDY LAMPI 32 MACO :38.87  
 ----- 35-39 WOMEN -----  
 50 FRE MARY JACKSON 37 FISH :28.57  
 100FRE MARY JACKSON 37 FISH 1:03.41  
 200FRE ROBIN L DURANT 37\*1EM 2:56.15  
 50 BRS MARY JACKSON 37 FISH :36.40  
 ----- 40-44 WOMEN -----  
 50 FRE BELINDA WHEELER 40 EM :29.21  
 100FRE BELINDA WHEELER 40 EM 1:06.40  
 50 BAK BELINDA WHEELER 40 EM :35.38  
 50 FLY BELINDA WHEELER 40 EM :31.76  
 ----- 45-49 WOMEN -----  
 50 BAK GINGER L PIERSON 46 THB :36.09  
 100BAK GINGER L PIERSON 46 THB 1:17.16+ 8  
 Record= BARBARA FRID 1:17.21  
 200BAK GINGER L PIERSON 46 THB 2:46.46+ 6  
 Record= BARBARA FRID 2:53.35  
 50 FLY GINGER L PIERSON 46 THB :33.75  
 100FLY GINGER L PIERSON 46 THB 1:19.20 9  
 ----- 50-54 WOMEN -----  
 50 FRE NANCY J BROOKS 50\*RINC :32.53 9  
 200BAK CHAYA AMIAD 54\*PNA 3:38.81  
 50 BRS NANCY J BROOKS 50\*RINC :38.90 3  
 CHAYA AMIAD 54\*PNA :49.00  
 100BRS NANCY J BROOKS 50\*RINC 1:26.26 6  
 CHAYA AMIAD 54\*PNA 1:54.29  
 200BRS NANCY J BROOKS 50\*RINC 3:11.51 3  
 CHAYA AMIAD 54\*PNA 4:05.40  
 400 IM CHAYA AMIAD 54\*PNA 8:04.27  
 ----- 70-74 WOMEN -----  
 50 FRE PAULINE B STANGEL 71 ALB :46.32  
 50 BRS PAULINE B STANGEL 71 ALB :55.74 9  
 100BRS PAULINE B STANGEL 71 ALB 2:03.64 8

100 IM PAULINE B STANGEL 71 ALB 2:00.20+  
 Record= PAULINE B STANGEL 2:03.43  
 ----- 75-79 WOMEN -----  
 100BRS HELENA W HOFFMAN 77 THB 2:58.01  
 200BRS HELENA W HOFFMAN 77 THB 6:28.79 10  
 100 IM HELENA W HOFFMAN 77 THB 2:48.42  
 200 IM HELENA W HOFFMAN 77 THB 6:16.03 12  
 400 IM HELENA W HOFFMAN 77 THB 12:48.50 7  
 ----- 80-84 WOMEN -----  
 50 FRE ELLEN TAIT 82\*RINC :58.84 8  
 100FRE ELLEN TAIT 82\*RINC 2:14.65 7  
 200FRE ELLEN TAIT 82\*RINC 4:56.46 5  
 ----- 25-29 MEN -----  
 50 FRE TOM KAHL 27 PPM :24.21  
 TOM VAUGHAN 25 GPY :24.62  
 CIARAN TURBITT 26 GPY :38.47  
 100FRE CIARAN TURBITT 26 GPY 1:22.77  
 200FRE DOUG STEWART 28 EM 1:57.75  
 500FRE DOUG STEWART --- 28 EM 5:26.91  
 50 BAK CIARAN TURBITT 26 GPY :46.80  
 50 BRS TOM VAUGHAN 25 GPY :32.14  
 100BRS TOM VAUGHAN 25 GPY 1:11.40  
 50 FLY CIARAN TURBITT 26 GPY :51.20  
 100 IM TOM KAHL 27 PPM 1:00.52  
 TOM VAUGHAN 25 GPY 1:02.99  
 CIARAN TURBITT 26 GPY 1:45.33  
 200 IM TOM KAHL 27 PPM 2:16.78  
 ----- 30-34 MEN -----  
 50 FRE JIM RABE 32 LOSC :23.71  
 MICHAEL REINHARD 33 RVM :24.16  
 STEPHEN F HARGER 33 PPM :24.32  
 100FRE JIM RABE 32 LOSC :53.45  
 MICHAEL REINHARD 33 RVM :54.61  
 200FRE JIM RABE 32 LOSC 1:56.99  
 STEPHEN F HARGER 33 PPM 2:05.21  
 DAVID M COBB 33 PPM 2:06.55  
 MARK B WREN 34 PPM 2:08.22  
 1000FR JIM RABE 32 LOSC11:26.99+  
 Record= JOHN F ZELL11:31.40 -  
 STEPHEN F HARGER 33 PPM 12:53.61  
 100BAK RON A TAYLOR 32 EM 1:01.02  
 50 BRS STEPHEN F HARGER 33 PPM :32.13  
 100BRS DAVID M COBB 33 PPM 1:09.99  
 STEPHEN F HARGER 33 PPM 1:13.99  
 200BRS DAVID M COBB 33 PPM 2:34.25  
 50 FLY RON A TAYLOR 32 EM :25.55  
 JIM RABE 32 LOSC :26.89  
 MARK B WREN 34 PPM :27.86  
 100 IM RON A TAYLOR 32 EM 1:02.99  
 MICHAEL REINHARD 33 RVM 1:05.66  
 200 IM MARK B WREN 34 PPM 2:25.70  
 MICHAEL REINHARD 33 RVM 2:31.06

400 IM RON A TAYLOR 32 EM 4:54.82  
 ----- 35-39 MEN -----  
 50 FRE DAVID W YEAKEL 39 PPM :24.36  
 200FRE JOHN F ZELL 36 PPM 2:03.43  
 1000FR JOHN F ZELL 36 PPM 11:47.41  
 100BAK JOHN F ZELL 36 PPM 1:03.99  
 200BAK JOHN F ZELL 36 PPM 2:18.34  
 50 BRS DAVID W YEAKEL 39 PPM :32.56  
 50 FLY DAVID W YEAKEL 39 PPM :27.01  
 100 IM DAVID W YEAKEL 39 PPM 1:03.18  
 ----- 40-44 MEN -----  
 50 FRE JAMES M FREEMAN 41 EM :29.33  
 CHUCK SHEPARD 44 SHNC :29.55  
 100FRE CHUCK SHEPARD 44 SHNC 1:06.10  
 ROBERT HUIZENGA 43 1:06.17  
 JAMES M FREEMAN 41 EM 1:06.56  
 200FRE MICHAEL A GRANT 41 GPY 2:25.85  
 ROBERT HUIZENGA 43 2:28.60  
 CHUCK SHEPARD 44 SHNC 2:28.81  
 JAMES M FREEMAN 41 EM 2:29.73  
 50 BAK JAMES M FREEMAN 41 EM :38.91  
 50 BRS MICHAEL A GRANT 41 GPY :38.26  
 100BRS MICHAEL A GRANT 41 GPY 1:22.42  
 200BRS MICHAEL A GRANT 41 GPY 2:58.10  
 100 IM JAMES M FREEMAN 41 EM 1:20.69  
 200 IM MICHAEL A GRANT 41 GPY 2:54.63  
 ----- 55-59 MEN -----  
 50 FRE ROBERT W RHODES 56 SHNC :31.97  
 100FRE ROBERT W RHODES 56 SHNC 1:15.44  
 50 BRS ROBERT W RHODES 56 SHNC :39.68  
 100BRS ROBERT W RHODES 56 SHNC 1:32.22  
 ----- 60-64 MEN -----  
 50 FRE GEORGE H WEBER 62 :35.46  
 100FRE GEORGE H WEBER 62 1:22.84  
 200FRE GEORGE H WEBER 62 3:17.26  
 50 BRS GEORGE H WEBER 62 :49.24  
 ----- 65-69 MEN -----  
 50 BRS LEE J MIESEN 65 MACO :38.55 8  
 100BRS LEE J MIESEN 65 MACO 1:28.70 12  
 200BRS LEE J MIESEN 65 MACO 3:14.90+ 8  
 Record= DON STEVENSON 3:24.95  
 100 IM LEE J MIESEN 65 MACO 1:31.92  
 200 IM LEE J MIESEN 65 MACO 3:31.66  
 ----- 75-79 MEN -----  
 50 FRE ALLAN DELAY 77 PPM :34.73  
 MEL W ANDERSON 75 VMS :44.79  
 50 BAK ALLAN DELAY 77 PPM :48.21  
 50 BRS ALLAN DELAY 77 PPM :47.65+  
 Record= HERB EISENSCHMIDT :49.09  
 50 FLY MEL W ANDERSON 75 VMS 1:18.22  
 100 IM MEL W ANDERSON 75 VMS 2:14.97

1993 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS  
APPROVED (#373-08) BY USMS, INC AND LMSC FOR OREGON ASSOCIATION

MEET: STATE GAMES OF OREGON  
PLACE: MT. HOOD COMMUNITY COLLEGE  
50 METER OUTDOOR POOL  
26000 S.E. STARK  
GRESHAM, ORE.

DATE: JULY 10-11, 1993  
WARM-UPS SAT & SUN: 1:00  
MEET STARTS SAT & SUN: 2:00

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED O.M.S. MEMBER  
ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY JUNE 25TH, 1993.  
LATE ENTRIES WILL NOT BE ACCEPTED

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ COUNTY \_\_\_\_\_ ZIP \_\_\_\_\_

If you are a registered Masters Swimmer, please enter your 1993 USMS# \_\_\_\_\_  
AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES  
T-SHIRT SIZE: \_\_\_\_\_ SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ X-LARGE (check one)  
AGE GROUPS: 19-24, 25-29, 30-34, up to 100+ RELAY AGES: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, 360+  
ENTER RELAYS AT THE MEET. The 400 Free will be deckseeded. All events will be seeded SLOW TO FAST.

SATURDAY, JULY 10

400 M FREE (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
BREAK BREAK BREAK  
200 M FREE RLY (2)XXXXXXXXXXXX  
100 M BACK (PHY DIS) (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
100 M BACK (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
100 M FREE (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M FLY (6) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
BREAK BREAK BREAK  
200 M BREAST (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
50 M BACK (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
50 M BACK (PHY DIS) (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
50 M FREE (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M MXD FR RLY (11)XXXXXXXXXXXX

SUNDAY, JULY 11

200 M MEDLEY RLY (12)XXXXXXXXXXXX  
BREAK BREAK BREAK  
50 M FREE (PHY DIS) (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
100 M FLY (14) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
50 M BREAST (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M BACK (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M FREE (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
BREAK BREAK BREAK  
50 M FLY (18) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
100 M BREAST (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M I.M. (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
100 M FREE (PHY DIS) (21) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_  
200 M MXD MED RLY (22)XXXXXXXXXXXX

ALL PARTICIPATING O.M.S. TEAMS WILL BE REQUIRED TO  
PROVIDE TIMERS. PLEASE DO YOUR PART TO HELP US.

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic/Sports Program, and related events/activities, the undersigned: Acknowledges/fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction or negligence of others, the rules of play, or conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injuries, permanent disability or death. Releases, waivers, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees used to conduct the event, all of which are hereinafter referred to as "releases" from any and all liabilities to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily. I consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the State Games of Oregon, in any manner incidental to my participation in the Games and without compensation to me.

SIGNATURE OF ATHLETE \_\_\_\_\_ DATE \_\_\_\_\_

ENTRY FEE: \$14 for 2 events plus \$3.00 for each additional events. Limit of 5 individual events.  
MAIL ENTRY FEE & FORM TO:

STATE GAMES OF OREGON  
4840 S.W. Western Avenue  
Beaverton, OR 97005-3430  
(503)520-1319 FAX: (503)520-9747

# THE ANATOMY OF A RELAY

It was a marriage made in heaven. But it felt like a contract with the devil. When we realized that we 4 guys actually entered the same meet the gears started to turn. I penciled some times and arrived at a 4:35 for the 160+ MENS 400 METER MEDLEY RELAY. This might be an All American time! The National record was an old, powerful, too fast 4:29.

The stress and priorities of everyday life sometimes puts Masters meets in 2nd place. Amazingly, all 4 guys showed up. I sold the guys on the relay and they countered by changing the order and expecting more from themselves. Suddenly we could flirt with the National Record! It's a great feeling when 4 teammates think the highest positive thoughts and efforts. We pumped enough adrenaline for everyone. The relay was 4 hours away and we were ready now!

The meet was starting and we all had to tire ourselves with many events before the dessert relay near the end of the meet... Could we keep it together?

I was to be leadoff backstroker and my nut was to do a 1:10 which is possible as long as I didn't blow my wad of energy in some race just before the relay. Allen Stark, 44 our breastroker, had just achieved the top rank (All American) in 92 for the 100 meter breastroke. What a gift for us! Tom Coffey, 42 is a talented, top 10 flyer whose 100 meter freestyle time must be a 1:00. Our 3 combined 40+ ages allowed us to employ Matt Roth, 26 as a young ringer flyer. Matt is one of the best 25-29 yr old Masters in the country. I shocked Matt this last summer while we were both camped out in the parking lot of the Seattle Nationals. I offered him a beer after a hard day of competition and he looked at me with a stare I'll never forget. I felt like a drug dealer giving away freebies to an innocent child. This guy is so pure he should be in milk commercials. A few months ago he burned my ears saying I should give up wine for the nationals. You know you are doing something wrong when you should take the advice of a person half your age.

## TROUBLE

The first sign of trouble came with Allen, he was not having a good meet. He was two seconds slower than expected in his 100. Then Tom had a poor 100 fly and 100 back. Tom now mentioned that he might be over a second slower. We had a 2 second cushion before the meet started but now we'd have to swim for our lives to come close to the record. I got embroiled in a head-to-head battle with John Zell in the 100 back. I couldn't let the whippersnapper beat me. Could this silly macho win sap my energy such that I'd die in the relay 30 minutes from now? It's a horrible

# DR SPRINT

feeling of self-blame when your relay tries hard but misses a record by a few tenths.

Through countless hours of workouts with Tom, I knew he was rock solid. Allen can move mountains when he has the right focus. These guys were pros. In the meantime, our 26 year old wonderboy Matt Roth was putting on a swim clinic. Yesterday he swam the 400IM and 800 free back-to-back. Today, he's logged four 200 meter races and several other relays. I don't ever remember being that young.

Matt was usually laughing and talking and having a good time. He was the life of this party. I started worrying that he was getting tired. When I workout with Matt I use big fins and he still beats me. But can a guy be this fast all the time? I asked him if he was sure he could do a 1:02 100 meter fly because everyone's getting tired and the relay may not make it. He looked at me as if I'd just gotten off the boat from Yugoslavia. Does a fish have fins? Will the sun rise tomorrow? Was I this optimistic when I was 26? Having him on the relay was like being in a bright ray of sunlight.

The meet was running late and the guys were itching to leave. I was standing near the Meet Director when someone asked if there would be a rest break before the final relay event. I quickly said that our relay didn't need a break. It turned my stomach to deny needing a rest, but maybe it'll minimize the abuse by family & friends upon us for hanging around a pool all day.

The relay was over in a flash. As each person finished, his split was yelled out and the splits were too fast to comprehend. When Tom finished, I looked at the final time in disbelief. We had bettered the National record by 8 seconds! Was it fear or inspiration that drove us?

Too many National relay records nowadays are held by GREEDY CLUBS that recruit selected swimmers from all over the country. These monster relays of artificial teammates harm the ecology of relay swimming. The individuals who CAN'T SAY NO to the recruiting efforts of these clubs have yet to learn the joys of swimming with your neighbors. I'll glow for a long time about the accomplishment of a group of 4 local, hometown Oregonians.

3/93 If you have a question or comment write to: Dr Sprint, 18476 Timbergrove, Lake Grove OR 97035



# Barnacle

reviews results records

*Lincoln city-Where the stars come out !*

**W**ell over 80 of our swimmers showed up at this fine facility to do battle. After the smoke cleared, the record book again looked like so much confetti.

*Swimmer of the meet...Lavelle Stoinoff !*

Some of you may wonder when a swimmer breaks three World Records, one National, and one Zone, all at the same meet that person deserves accolades!!!

She swam the 50 Free in :35.40 for a new Zone best along with the 100 Free in 1:16.71 for a new National mark. Then the 200 Free in 2:39.92, the 400 Free in 5:38.06, and the 800 Free in 11:30.55, all new World standards. In case you were wondering, Lavelle's '92 times were 50 Free-36.13, 200-2:43.50, 400-5:39.83, 800-11:37.10. In the 200 & 800 she broke her World records of 2:42.04 and 11:30.97 she set in the 55-59 age group.

*19-24 WOMEN*

Big OMS welcome to **Dana Wayrnew**, good 50 and 100 Free. **Pippi Vaughan** (welcome) new Zone in the 50 Breast in 39.51. Also a new OMS record in the 50 Fly :32.69 and 100 IM in 1:18.21. **Deborah Heim**, a new Zone record for the 400 IM in 5:50.99.

*25-29 WOMEN*

**Michelle McConnell** (welcome) new OMS Record in the 100 Breast (:29.75) and almost in the 200 with 3:16.54 vs 3:16.00.

*30-34 WOMEN*

**Jill Black** - new OMS in the 50 Back (:34.36) and a new Zone in the 200 IM with 2:46.15 vs old by Kim Phillips 2:58.70.

**Nancy Smith** with 3 fine swims in the Breast, way to go.

*35-39 WOMEN*

**Kathi Bullock** - 2 new OMS records in the 200 Free (2:31.49) and the 800 Free (10:47.20). Her 200 Back was not a record but a fine time. New OMS in the 400 IM in 6:06.93 plus close in the 200 IM. Kathi's times in the 800 Free and 400 IM also broke the old Zone standards

**Cathy Chay** (PNA) new zone in the 800 Free at 10:32.83. A new Zone in the 400 IM at 5:55.43

**Teri Hendryx** - A new OMS 100 Fly (1:19.47) plus an excellent 200 Fly.

*40-44 WOMEN*

**Suzanne Rague** (welcome) Close in the 400 Free 5:41.89 vs 5:41.33 and folks look at her other times, not shabby.

**Suzanne Cooper** set a new OMS in the 50 Back with 37.87 vs old of 39.79 and it was close to the Zone record of 37.35.

**Cathy Brooks** from Alaska, had a fine 100 Breast in 1:27.02.

*45-49 WOMEN*

**Sandi Rousseau** Excellent 100 Fly - 1:26.15.

**Pam Himstreet** Looking good in the Fly and IM.

*70-74 WOMEN :*

**Pauline Stangel** New OMS record in the 50 Free 49.41 vs. old by Viola Fraser at 1:07.02. Also a new 100 Free OMS record-1:51.41 vs old by Judy Melcher at 2:31.66. She has a bright and shiny new Zone in the 800 Free at 17:09.02 as well as in the 100 IM in 2:14.05.

*75-79 WOMEN*

**Viola Fraser** (welcome back, missed you) new OMS record in the 50 Free at 1:10.39.

**Helena Hoffman** holds the OMS Record for the 100 Breast at 3:06.98. She did set a new one in the 200 IM with a 6:38.17 vs. her old 6:57.60.

*19-24 MEN*

**Ken Nickel** (welcome) Great meet !!! New OMS in the 50 Free :25.39 (Zone is 25.36), new OMS in the 100 Free with :56.48. New Zone records in the 50 Breast :32.88 and 50 Fly :27.44. Well done Ken !!!

*25-29 MEN*

**Matt Roth** with 2 new Zone records in the 200 Back (2:21.40 vs old by Roger Martin at 2:31.24) and the 200 IM (2:20.06 vs his old at 2:25.82). Plus 3 OMS records in the 200 Free 2:11.87, 200 Breast 2:50.16, and the 400 IM 5:06.79 (Zone is 5:06.16).

**Clay Daughtrey** (welcome) new OMS record in the 50 Back (30.71) and close in the 100 IM (1:06.02 vs 1:05.91).

*30-34 MEN*

50 Free **Jim Rabe** holds this at 25.87. Also sets a new OMS record in the 400 Free at 4:42.88. Quite a race in the 100 Free between **Rabe** :58.38 vs **Harger** :59.07.

*35-39 MEN*

**John Zell** with his first ever NW Zone record. He did it in the 800 Free with an excellent 9:41.49 erasing SteveDurapau's 10:00.67.

**Peter Vince** (welcome ) fine 100 IM in 1:10.34.

*40-44 MEN*

**Allen Stark** swims a great 50 Breast in 33.37.

**Tom Coffey** in the 100 Fly, no record, but close. Steve Warner holds it at 1:08.55. Tom also had a fine 200 IM in 2:34.22.

*45-49 MEN :*

**Robert Smith** had some fine swims but no records. 50 Free (:26.41 vs :25.88) 50 Back (:29.87 vs :29.33), rapid Robert holds both.

#### 50-54 MEN

Bert Petersen - No records, but a number of very good swims.

#### 60-64 MEN

A big OMS welcome to **Dickson Lee**.

#### 70-74 MEN

**Gil Young** with a fine 800 at 13:56.73, but Huestis holds record at 13:46.91. Same story in 200 Back, Huestis holds at 3:28.95.

**Andrew Holden** a good 100 IM but his record is 1:26.38.

New Zone in the 50 Back at 40.24, way to go Wally !!!

**Khosrow Shadbeh** - fine 200 Breast at 4:17.54.

**Earl Walter** a new Zone record for the 200 IM 3:51.97 vs. his old time of 4:08.75.

#### 75-79 MEN

**Allan deLay** - 50 Free a new Zone in :38.32 (#6 - tt) plus a new OMS in the 100 Free-1:35.88 (#7 - tt).

**Mel Anderson** a new Zone in the 200 IM 6:26.38 plus a new OMS for the 100 IM in 2:31.59.

#### 85-89 MEN

**Herb Eisenschmidt** new Zone records in the 50 Free at :58.54 and 200 Back at 5:09.86.

#### RELAYS

2 National Records

160+ Men 400 Medley 4:21.80

**Robert Smith, Allen Stark, Matt Roth, and Tom Coffey.**

280+ Men 800 Free 13:40.53

**Andrew Holden, Forbes Mack, Earl Walter, Gil Young**

NW Zone record

120+ Men, 200 Medley 2:04.31

**John Zell, Steve Harger, Mark Wren, Ed Mann**

OMS record

76+ Women 200 Medley 2:33.60 (#2 top ten)

**Debbi Armstrong, Michelle McConnell, Pippi Vaughan, and Dana Wayrynen.**

Our thanks to the fine people of Lincoln City, and especially to Larry Fowler, Gail Kimberling and the many wonderful Oregon Swimming Officials who made this meet possible. All of us in OMS will be looking forward to the next meet here.

#### OL' BARN EXTRA

It has come to your writers attention that we have an unsung celebrity in our midst. There have been a total of 42 National Championship meets since USMS first came on the scene. Guess who from Oregon is one of only two who have attended all 42 meets and swum in them. Our own **Art Welch**. Art has always been a power in his age group, both at Nationals and in the Top Ten. The other person with a perfect record is June Krauser of Florida, many of us remember June as past President of USMS and editor of "Swim Master", for years the bible of us masters. Congratulations to both of these fine people !!! That's "30" for now, see you in the pool, stay with it !!!

#### HAZEL BRESSIE

#### 84 YEARS-TURNS FOR HOME

We of Oregon Masters have lost a great competitor and a most wonderful person. Hazel and Carl Bressie were a truly dynamic duo. It didn't matter if the meet were in Australia, Texas, North Carolina or Portland, the Bressies would be there.

Carl helping with the timing, cheering on Hazel and Hazel swimming for yet another medal. Ol' barn remembers the early days and could never stop marvelling at the tenacity of Hazel, whether it be a 1650 or 50 Breast. She swam the "tough" ones...like the 400 IM and the 200 Fly, she swam them well. As long as I can remember Hazel made the Top Ten in the USA and Top Ten in the World.

She gave us some scares though. I remember the regional meet at the University of Washington pool. Hazel swam the 400 IM and then came back and swam the 1650. She wound up in the hospital that night, weathered the storm and was back again at the next meet. The doctors told Hazel-no more 400 IM and 1650 back to back...Our Hazel listened for a short while and then much to Carl's chagrin, she was right back at it again.

She won her first of many national championship medals at her first Nationals in 1976. Her career began in 1972 at age 63. She was one of the first women to be recognized by the Wall of Champions at the Multnomah Athletic Club. She won Oregon Masters Outstanding Swimmer award in 1991. Not to be corralled in the pool, Hazel also had several crossings of the Columbia to her credit. Hazel was never a stylish swimmer, but, if you wanted to see the most in stamina and true grit, Hazel was the one to watch.

She was afraid of the water as a child and yet at age 53 she won the American Red Cross award for the 50 mile swim. After Carl died in 1992, Hazel backed away from swimming and then succumbed to a series of strokes on March 4th of this year.

We will miss our Hazel, she was a true champion and an example for us all. This writer is sure that Hazel is swimming again, and you can bet that Carl is at poolside with the stop watch.

Thank you Hazel Bressie for being part of our lives.

1-12 = rank in 1991 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter

\* = FROM OUTSIDE OREGON

Software by R.Smith

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

50 FRE DANA WAYRYNEN 22 :31.91  
 100FRE DANA WAYRYNEN 22 1:10.44 8  
 800FRE DEBORAH E HEIM 23 PRID11:10.66 3  
 50 BRS PIPPI VAUGHAN 19 NEWP :39.51+ 2  
 Record= BETH BURCZAK :44.23  
 50 FLY PIPPI VAUGHAN 19 NEWP :32.69+ 1  
 Record= SHARI L MORRIS :37.17  
 100 IM PIPPI VAUGHAN 19 NEWP 1:18.21+ 5  
 Record= JANINE AMODEO 1:21.91  
 400 IM DEBORAH E HEIM 23 PRID 5:50.99+ 3  
 Record= JANINE AMODEO 6:02.42

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

50 FRE TERRI MAYERS 26 SHM :33.78  
 100FRE MICHELLE MCCONNELL 25 NEWP 1:11.85  
 200FRE MICHELLE MCCONNELL 25 NEWP 2:41.06  
 50 BAK TERRI MAYERS 26 SHM :40.78  
 100BRS MICHELLE MCCONNELL 25 NEWP 1:29.75+  
 Record= LISA K DAVIS 1:32.45  
 200BRS MICHELLE MCCONNELL 25 NEWP 3:16.54+  
 Record= MARY A YUSE 3:28.68  
 50 FLY DEBBI ARMSTRONG 27 NEWP :41.63  
 100 IM DEBBI ARMSTRONG 27 NEWP 1:35.56

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

50 FRE BETH ANNE BEADLING 31 MMH :35.01  
 100FRE KRISTEN MICHELSON 33 LCM 1:14.13  
 BETH ANNE BEADLING 31 MMH 1:24.75  
 400FRE NANCY C SMITH 33 MM 5:28.24 11  
 KRISTEN MICHELSON 33 LCM 5:55.10  
 50 BAK JILL BLACK 30 UOM :34.36+ 4  
 Record= LAURIE GOULD :35.55  
 BETH ANNE BEADLING 31 MMH :43.33  
 50 BRS NANCY C SMITH 33 MM :41.52  
 100BRS NANCY C SMITH 33 MM 1:29.31  
 200BRS NANCY C SMITH 33 MM 3:12.50 9  
 KRISTEN MICHELSON 33 LCM 3:30.27  
 100 IM NANCY C SMITH 33 MM 1:23.94  
 KRISTEN MICHELSON 33 LCM 1:27.46  
 BETH ANNE BEADLING 31 MMH 1:34.03  
 200 IM JILL BLACK 30 UOM 2:46.15+ 9  
 Record= DORCAS L PHELAN 3:06.49

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

50 FRE LORI HOLLINGSWORTH 37 LCM :33.87  
 CHARLENE LAMB 35 PPM :38.22  
 200FRE KATHI BULLOCK 39 PRID 2:31.49+ 7  
 Record= KATHLEEN P BUCK 2:37.50  
 LORI HOLLINGSWORTH 37 LCM 2:48.17  
 GAIL M KIMBERLING 37 LCM 3:07.03  
 800FRE CATHERINE CHAY 37\*PNA 10:32.83 1  
 KATHI BULLOCK 39 PRID10:47.20 1  
 GAIL M KIMBERLING 37 LCM 13:08.28 10  
 50 BAK GAIL M KIMBERLING 37 LCM :50.10  
 CHARLENE LAMB 35 PPM :50.41  
 200BAK KATHI BULLOCK 39 PRID 2:57.74+ 7  
 Record= SUSAN J. CASE 3:09.99  
 50 BRS CHARLENE LAMB 35 PPM :47.75  
 100BRS TERI HENDRYX 39 MACO 1:31.38 7  
 GAIL M KIMBERLING 37 LCM 1:50.38  
 50 FLY LORI HOLLINGSWORTH 37 LCM :45.63

100FLY TERI HENDRYX 39 MACO 1:19.47+ 3

Record= TERI HENDRYX 1:22.09

200FLY TERI HENDRYX 39 MACO 3:04.69 3

100 IM KATHI BULLOCK 39 PRID 1:25.24

LORI HOLLINGSWORTH 37 LCM 1:39.00

GAIL M KIMBERLING 37 LCM 1:40.12

200 IM KATHI BULLOCK 39 PRID 2:53.98 7

TERI HENDRYX 39 MACO 2:58.20 9

GAIL M KIMBERLING 37 LCM 3:35.82

400 IM CATHERINE CHAY 37\*PNA 5:55.43 2

KATHI BULLOCK 39 PRID 6:06.93 2

TERI HENDRYX 39 MACO 6:18.24 2

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

50 FRE SUZANNE COOPER 43 PPM :33.17 9  
 LISSA B PARKER 41 LCM :40.69  
 200FRE LISSA B PARKER 41 LCM 3:11.84  
 400FRE SUZANNE L RAGUE 42 THB 5:41.89 9  
 800FRE SUZANNE L RAGUE 42 THB 11:51.45 4  
 LISSA B PARKER 41 LCM 13:44.66 12  
 50 BAK SUZANNE COOPER 43 PPM :37.87+ 2  
 Record= SUSAN J CASE :40.17

50 BRS SUZANNE COOPER 43 PPM :40.69 5

100BRS CATHERINE BROOKS 44\*ALAS 1:27.02 3

LISSA B PARKER 41 LCM 1:53.15

50 FLY SUZANNE COOPER 43 PPM :35.00 4

100FLY SUZANNE L RAGUE 42 THB 1:28.54 10

100 IM LISSA B PARKER 41 LCM 1:49.16

200 IM SUZANNE L RAGUE 42 THB 3:12.45 9

LISSA B PARKER 41 LCM 3:51.33

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

50 FRE SANDI ROUSSEAU 45 THB :33.61 3

200FRE PAMELA HIMSTREET 49 THB 2:58.58 7

400FRE PAMELA HIMSTREET 49 THB 6:13.08 9

50 BRS GINGER L PIERSON 47 THB :40.49+ 3

Record= GINGER L PIERSON :41.24

SANDI ROUSSEAU 45 THB :45.67 6

100BRS GINGER L PIERSON 47 THB 1:27.03+ 3

Record= BARBARA FRID 1:34.16

200BRS GINGER L PIERSON 47 THB 3:07.62+ 2

Record= PAMELA HIMSTREET 3:32.27

50 FLY SANDI ROUSSEAU 45 THB :35.97 3

PAMELA HIMSTREET 49 THB :43.38 6

100FLY GINGER L PIERSON 47 THB 1:25.77+ 2

Record= SANDI ROUSSEAU 1:27.87

SANDI ROUSSEAU 45 THB 1:26.15 2

PAMELA HIMSTREET 49 THB 1:39.41 4

200FLY GINGER L PIERSON 47 THB 3:07.84+ 2

Record= GINGER L PIERSON 3:13.01

100 IM SANDI ROUSSEAU 45 THB 1:28.75 7

KRISTI L LOONEY 45 PPM 1:33.03 10

PAMELA HIMSTREET 49 THB 1:34.33 12

400 IM GINGER L PIERSON 47 THB 6:27.59 2

PAMELA HIMSTREET 49 THB 7:11.49 7

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

50 FRE JOANN H DENNIS 51 MACO :47.48

100FRE JOANN H DENNIS 51 MACO 1:45.84

200FRE JOANN H DENNIS 51 MACO 3:48.42

400FRE JOANN H DENNIS 51 MACO 8:02.40

800FRE JOANN H DENNIS 51 MACO15:49.86 10

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

50 FRE LAVELLE M STOINOFF 60 MACO :35.40+ 1

Record= PETEY MH. SMITH :37.00

100FRE LAVELLE M STOINOFF 60 MACO 1:16.71+ 1

Record= PETEY MH. SMITH 1:23.70

200FRE LAVELLE M STOINOFF 60 MACO 2:39.92+ 1

Record= PETEY MH. SMITH 3:04.74

400FRE LAVELLE M STOINOFF 60 MACO 5:38.06+ 1

Record= PETEY MH. SMITH 6:36.20

800FRE LAVELLE M STOINOFF 60 MACO11:30.55+ 1

Record= PETEY MH. SMITH13:35.09

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

50 FRE PAULINE B STANGEL 71 ALB :49.41+ 8

Record= ADA HEBERT 1:08.75

100FRE PAULINE B STANGEL 71 ALB 1:51.41+ 5

Record= MAXINE M CARLSON 2:05.62

800FRE PAULINE B STANGEL 71 ALB 17:09.02+ 5

Record= MAXINE M CARLSON19:08.00

50 BRS PAULINE B STANGEL 71 ALB 1:03.78 5

100 IM PAULINE B STANGEL 71 ALB 2:14.08+ 6

Record= MAXINE M CARLSON 2:29.26

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

50 FRE VIOLA O FRASER 76 LCM 1:10.39+10

Record= OPEN99:99.99

100BRS HELENA W HOFFMAN 77 THB 3:17.14+ 6

Record= OPEN99:99.99

200BRS HELENA W HOFFMAN 77 THB 6:56.22 4

100FLY HELENA W HOFFMAN 77 THB 3:42.18 4

200FLY HELENA W HOFFMAN 77 THB 7:54.47 5

200 IM HELENA W HOFFMAN 77 THB 6:38.17+ 5

Record= BARB T HAVERCAMP 8:43.31

400 IM HELENA W HOFFMAN 77 THB 14:02.90 3

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

50 FRE KEN NICKEL 20 NEWP :25.39+ 2

Record= JOHN WICKHAM :25.97

100FRE KEN NICKEL 20 NEWP :56.48+ 3

Record= JOHN WICKHAM :58.46

50 BRS KEN NICKEL 20 NEWP :32.88+ 2

Record= OPEN99:99.99

50 FLY KEN NICKEL 20 NEWP :27.44+ 1

Record= ALFRED FRANKS :31.53

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

200FRE MATHEW J ROTH 26 PRID 2:11.87+ 7

Record= JEROEN J KOK 2:13.15

800FRE MATHEW J ROTH 26 PRID 9:47.28 4

50 BAK CLAY L DAUGHTREY 25 NEWP :30.71+ 7

Record= RODNEY G COOK :31.20

200BAK MATHEW J ROTH 26 PRID 2:21.40+ 1

Record= TOM KAHL 2:35.31

200BRS MATHEW J ROTH 26 PRID 2:50.16+11

Record= PHIL TAYLOR 3:04.90

100 IM CLAY L DAUGHTREY 25 NEWP 1:06.02

200 IM MATHEW J ROTH 26 PRID 2:20.06+ 1

Record= MATHEW J ROTH 2:25.82

CLAY L DAUGHTREY 25 NEWP 2:27.29 5

400 IM MATHEW J ROTH 26 PRID 5:06.79+ 3

Record= MATHEW J ROTH 5:07.06

1-12 = rank in 1991 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter

\* = FROM OUTSIDE OREGON

Software by R.Smith

30-34 MEN			40-44 MEN			70-74 MEN		
50 FRE JIM RABE	32 LOSC	:25.95+	50 FRE DOUG C PRENTICE	44 FISH	:27.30 8	50 FRE ANDREW W HOLDEN	73 THB	:33.44 2
Record= KARL VONTAGEN		:26.20	MICHAEL HORWATH	43	:29.24	FORBES J MACK	74 THB	:37.83
STEPHEN F HARGER	33 PPM	:26.85	GREG SOUTHWELL	40 PAC	:30.13	100FRE FORBES J MACK	74 THB	1:33.90
SCOTT A METZLER	32 SHM	:26.85	100FRE DOUG C PRENTICE	44 FISH	1:02.86	JOSEPH A MALLON	71 MHM	1:54.38
TYLER R COLE	32 PPM	:29.22	ROBERT HUIZENGA	43	1:11.65	200FRE FORBES J MACK	74 THB	3:46.77
KIKO DENZER	33 NEWP	:34.56	200FRE JEFF BERTULEIT	44 NEWP	2:25.53	KHOSROW SHADBEH	71 MPH	4:08.52
100FRE JIM RABE	32 LOSC	:58.38	MICHAEL HORWATH	43	2:27.18	400FRE EARL WALTER	71 THB	7:56.59 12
STEPHEN F HARGER	33 PPM	:59.07	ROBERT HUIZENGA	43	2:44.63	JOSEPH A MALLON	71 MHM	8:59.89
TYLER R COLE	32 PPM	1:06.10	400FRE MICHAEL HORWATH	43	5:27.99	800FRE GILBERT N YOUNG	70 MHM	13:56.73+ 3
BRAD MYERS	32 EM	1:07.46	50 BAK MICHAEL HORWATH	43	:37.10	Record= GILBERT N YOUNG		14:06.10
SCOTT A METZLER	32 SHM	1:08.33	100BAK TOM K COFFEY	42 FISH	1:11.32 9	JOSEPH A MALLON	71 MHM	18:05.54 7
KIKO DENZER	33 NEWP	1:19.53	50 BRS ALLEN L STARK	44 PPM	:33.37 5	50 BAK ANDREW W HOLDEN	73 THB	:40.24+ 1
200FRE MARK B WREN	34 PPM	2:23.03	BILL H MUSSER	43 EM	:34.48 7	Record= ANDREW W HOLDEN		:41.07
TYLER R COLE	32 PPM	2:32.74	DOUG C PRENTICE	44 FISH	:38.07	GILBERT N YOUNG	70 MHM	:47.61 7
SCOTT A METZLER	32 SHM	2:34.38	GREG SOUTHWELL	40 PAC	:39.94	FORBES J MACK	74 THB	1:00.30
BRAD MYERS	32 EM	2:35.35	100BRS ALLEN L STARK	44 PPM	1:14.93 4	DAVID BERNSTEIN	71 MHM	1:02.79
KIKO DENZER	33 NEWP	3:08.15	50 FLY MICHAEL HORWATH	43	:30.68	100BAK EARL WALTER	71 THB	1:45.66 7
400FRE JIM RABE	32 LOSC	4:42.88+12	JEFF BERTULEIT	44 NEWP	:30.88	GILBERT N YOUNG	70 MHM	1:47.61 7
Record= MICHAEL E JOHNSON		4:53.53	BILL H MUSSER	43 EM	:31.00	DAVID BERNSTEIN	71 MHM	2:16.27 10
STEPHEN F HARGER	33 PPM	5:15.85	GREG SOUTHWELL	40 PAC	:35.62	200BAK GILBERT N YOUNG	70 MHM	4:01.50+ 7
KIKO DENZER	33 NEWP	6:52.13	100FLY TOM K COFFEY	42 FISH	1:09.31+	Record= GILBERT N YOUNG		4:01.69
50 BRS STEPHEN F HARGER	33 PPM	:37.94	Record= JOE FERONG		1:45.72	50 BRS ANDREW W HOLDEN	73 THB	:47.32 5
50 FLY JIM RABE	32 LOSC	:30.08	JEFF BERTULEIT	44 NEWP	1:13.78	100BRS KHOSROW SHADBEH	71 MPH	1:59.84 12
TYLER R COLE	32 PPM	:33.63	200 IM TOM K COFFEY	42 FISH	2:34.22 6	EARL WALTER	71 THB	2:00.24 12
BRAD MYERS	32 EM	:37.66	----- 45-49 MEN			200BRS KHOSROW SHADBEH	71 MPH	4:17.54 6
100FLY BRAD MYERS	32 EM	1:25.86	50 FRE ROBERT S SMITH	49 FISH	:26.41+ 2	EARL WALTER	71 THB	4:22.84 6
100 IM MARK B WREN	34 PPM	1:13.20	Record= ROBERT S SMITH		:26.45	50 FLY ANDREW W HOLDEN	73 THB	:37.73 2
200 IM MARK B WREN	34 PPM	2:41.58	JAMES C KRIST	48	:31.03	100 IM ANDREW W HOLDEN	73 THB	1:29.36+ 2
----- 35-39 MEN			100FRE JAMES C KRIST	48	1:13.96	Record= GERALD A HUESTIS		1:33.62
100FRE JOHN F ZELL	36 PPM	1:01.47	200FRE ALAN R LYONS	48 MACO	2:37.50	200 IM EARL WALTER	71 THB	3:51.97+ 5
200FRE PETER A VINCE	36 NEWP	2:19.87	400FRE ROBERT S SMITH	49 FISH	5:25.68	Record= MEL W ANDERSON		5:10.52
400FRE MIKE T DAVIS	38 PPM	5:37.94	ALAN R LYONS	48 MACO	5:33.96	----- 75-79 MEN		
800FRE JOHN F ZELL	36 PPM	9:41.49+ 4	800FRE ALAN R LYONS	48 MACO	11:37.15	50 FRE ALLAN DELAY	77 PPM	:38.32+ 1
Record= JOHN F ZELL		10:07.56	50 BAK ROBERT S SMITH	49 FISH	:29.87+ 1	Record= ALLAN DELAY		:38.37
50 BAK MARK M WILLIAMS	36 PACG	:33.80 12	Record= ROBERT S SMITH		:30.57	MEL W ANDERSON	75 VMS	:50.45
100BAK JOHN F ZELL	36 PPM	1:08.70 7	100BAK ROBERT S SMITH	49 FISH	1:08.22 3	100FRE ALLAN DELAY	77 PPM	1:35.88+ 3
MARK M WILLIAMS	36 PACG	1:14.56 12	50 BRS FOREST C BROOKS	45*PNA	:52.40	Record= SYD C HENDY		1:38.06
200BAK JOHN F ZELL	36 PPM	2:27.39 3	400 IM ROBERT S SMITH	49 FISH	6:27.14	MEL W ANDERSON	75 VMS	2:07.95 11
MARK M WILLIAMS	36 PACG	2:42.38 10	----- 50-54 MEN			50 BAK ALLAN DELAY	77 PPM	:56.66 10
EDWARD R MANN	35 PPM	2:46.02 11	400FRE BERT L PETERSEN	54 PPM	5:40.15+11	50 FLY MEL W ANDERSON	75 VMS	1:29.38 10
50 BRS THOMAS CHUN	36 OREG	:36.83	Record= JIM BIGLER		5:53.94	100 IM MEL W ANDERSON	75 VMS	2:31.59+11
EDWARD R MANN	35 PPM	:36.88	50 FLY BERT L PETERSEN	54 PPM	:31.24+ 4	Record= OPEN99:99.99		
100BRS THOMAS CHUN	36 OREG	1:22.02	Record= JOE SANTRY		:37.54	200 IM MEL W ANDERSON	75 VMS	6:26.38+ 5
50 FLY THOMAS CHUN	36 OREG	:35.50	----- 60-64 MEN			Record= OPEN99:99.99		
100FLY MIKE T DAVIS	38 PPM	1:12.86	50 FRE DICKSON LEE	60 THB	:35.24	----- 85-89 MEN		
100 IM PETER A VINCE	36 NEWP	1:10.34	GEORGE H WEBER	62	:37.83	50 FRE HERB EISENSCHMIDT	86 THB	:58.54+ 3
EDWARD R MANN	35 PPM	1:11.95	100FRE DICKSON LEE	60 THB	1:29.23	Record= OPEN99:99.99		
THOMAS CHUN	36 OREG	1:17.96	GEORGE H WEBER	62	1:33.54	50 BAK HERB EISENSCHMIDT	86 THB	1:07.78+ 2
200 IM PETER A VINCE	36 NEWP	2:37.72	200FRE GEORGE H WEBER	62	3:42.88	Record= OPEN99:99.99		
400 IM EDWARD R MANN	35 PPM	5:50.62	50 BAK ERIC GP. GUEST	63 MHM	:48.47	200BAK HERB EISENSCHMIDT	86 THB	5:09.86+ 1
			GEORGE H WEBER	62	:57.31	Record= OPEN99:99.99		
			50 BRS GEORGE H WEBER	62	:57.17	100 IM HERB EISENSCHMIDT	86 THB	2:32.63+ 3
			50 FLY ERIC GP. GUEST	63 MHM	:39.86 11	Record= OPEN99:99.99		



# 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 Schultdt	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

(JANUARY 1st to DECEMBER 31, 1993)

\_\_\_\_\_ This is a NEW registration. \_\_\_\_\_ Renewal (registered in 1992)

**Oregon Masters Swimming  
Registration 1993**

Did you swim in any meet in the 1991/92 season? Yes \_\_\_\_\_ No \_\_\_\_\_

NAME \_\_\_\_\_ Reg. Fee (\$21.00) \_\_\_\_\_  
(Last name) (First) (M.I.) Aqua-Master (\$7.00) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOTAL = \_\_\_\_\_

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

( ) - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Your Phone number Born (MM/DD/YY) AGE SEX

Oregon Club: ( ) OREG ( ) MACO ( ) UNATTACHED

Local Team (if any) \_\_\_\_\_ (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

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# Aqua-Master

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**In this issue: Eugene and Lincoln City results, Ol' Barnacle, Dr. Sprint, and meet entry forms.**