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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

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**

***JULY 17 SOUTHERN, OREGON WILLOW LAKE SWIM**

***AUGUST 1 SPOKANE, WA FAN LAKE DISTANCE CLASSIC**

***AUG 19-22 U.S.M.S. LONG COURSE NATIONALS
UNIV. OF MINNESOTA MINNEAPOLIS, MN**

SEPT 4 PORTLAND, OR PRIDE OF PORTLAND SPORTSFEST
MATT DISHMAN COMMUNITY CENTER POOL SC YARDS

SEPT 23-26 U.S.M.S. ANNUAL CONVENTION LOS ANGELES, CA

MAY, 94 U.S.M.S. SHORT COURSE NATIONALS A.S.U. TEMPE, ARIZONA

AUGUST, 94 U.S.M.S. LONG COURSE NATIONALS BUFFALO, NY

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

***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

Another one bites the dust. 1992/93 Short Course is history and it was a very good one. It culminated with an exciting Nationals at Santa Clara that had many incredible races, numerous new records, and lots of just plain fun times by all who attended. Ol' Barn and myself are in the process of reviewing the results from Santa Clara and will have to bring you a report next month instead of this. Sorry folks, we'll have to be just a little behind, but that's how it goes sometimes. We've got some good stuff in this issue, though.

Ol' Barnacle reviews the Northwest Zone Championships held in Federal Way in late April and we have all the results from that meet courtesy of Walt Reid from PNA.

I got a pleasant surprise in the mail the other day. I received the official results from the 1993 USMS One Hour Swim National Championships. And guess what ?? Oregon won the Small Club Division. We swam a total of 56,605 yards. The MAC club finished 8th with 43,525 yards. PNA finished in a tie for 57th out of the 62 teams in our division. The Small Club Division had 15 or less entrants. The Medium Division (16-30 entrants) had 5 teams. The Large Division (31-49 entrants) had only one team (Empire State Masters of New York) and the Extra Large Division (50+ entrants) also had one team (Davis Aquatic Masters of Davis, CA).

The Oregon entrants were June Mather (3,610), Kathleen Buck (3,960), Pam Himstreet (3,825), Petey Smith (3,425), Curt La Count (5,190), Micheal Reinhard (4,330), Tyler Cole (4,100), Stephen Johnson (5,165), James Elliott (4,575), Bruce Cheney

(4,540), Douglas Nelson (4,000), Thomas Myers (3,975), Leo Van Dijk (3,595), and Mel Anderson (2,315). The MAC Club team was made up of Michelle Donahue (5,070), Teri Hendryx (4,375), Evelyn Sinai (2,505), Lavelle Stoinoff (4,225), Gary Breil (3,620), Alex Stiles (5,585), Chuck Johnson (4,420), and Jim Bigler (4,060). Congratulations to all who swam, you did yourselves proud. And for the rest of us, I think we better get a lot more people entering this event next year, move up in the team categories, and continue to do well. More on this idea when Short Course gets going again in the fall.

In looking over the results from the One Hour, I noticed an incredible swim. Dan Veatch, age 27, who was an 1988 Olympic team member in the 200 meter Backstroke, swam the Hour and covered 5,975 yards. One length short of 6000. This is the highest total ever in this event. This is averaging a 100 yards a minute folks for one hour straight.

In this issue you will find the entry forms for a couple of open water swims. The Fan Lake Swim in Spokane and our own Willow Lake Swim in Southern Oregon. Micheal Reinhard and all our friends in the Medford / Ashland area hope that many of you throughout the State can make it down there for a weekend of fun.

Well that's about it for me. I'll have more information next month on our plans to bid for the 1995 Long Course Nationals at Mt. Hood.

Enjoy your summer,

**DO YOUR PART TO SPREAD THE WORD OF OREGON MASTERS SWIMMING...
RECYCLE THIS ISSUE OF THE AQUA-MASTER BY SHARING IT WITH A FRIEND !!**

NOTE DATE CHANGES !!!

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-08

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: N.W. ZONE

DATE: JULY 31 & AUG 1, 1993

LONG COURSE CHAMPIONSHIPS

PLACE: MT. HOOD C.C. AQUATIC CENTER

26000 S.E. STARK

GRESHAM, OR

SAT. JULY 31 WARM-UPS: 3:00 P.M.

MEET STARTS: 4:00 P.M.

SUN. AUG 1 WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JULY 17th, 1993

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OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED (373-08) 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: N.W. ZONE

DATE: JULY 24-25, 1993

LONG COURSE CHAMPIONSHIPS

PLACE: MT. HOOD C.C. AQUATIC CENTER

26000 S.E. STARK

GRESHAM, OR

6-8 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN OUTDOORS + INDOOR 25 YARD POOL AVAILABLE

HOST: Mt. Hood Masters Meet Director: Eric Guest 503-668-4465

DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow signs to Mt. Hood Community College.

SAT. JULY 24 WARM-UPS: 3:00 P.M.

MEET STARTS: 4:00 P.M.

SUN. JULY 25 WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JULY 10th, 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 6 individual events (no more than 5 per day) 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.

SATURDAY JULY 24TH MT. HOOD

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

BREAK BREAK BREAK

50 FREE (2) _____:_____:_____

100 BREAST (3) _____:_____:_____

200 BACK (4) _____:_____:_____

50 FLY (5) _____:_____:_____

BREAK BREAK BREAK

1500 FREE (6) _____:_____:_____

SUNDAY JULY 25TH

400 FREE (7) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (8) XXXXXXXXXXXXXXXX

200 I.M. (9) _____:_____:_____

100 FREE (10) _____:_____:_____

200 BREAST (11) _____:_____:_____

BREAK BREAK BREAK

MXD FR RLY(12) XXXXXXXXXXXXXXXX

50 BACK (13) _____:_____:_____

100 FLY (14) _____:_____:_____

200 FREE (15) _____:_____:_____

BREAK BREAK BREAK

MED RLY (16) XXXXXXXXXXXXXXXX

50 BREAST (17) _____:_____:_____

100 BACK (18) _____:_____:_____

200 FLY (19) _____:_____:_____

BREAK BREAK BREAK

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

800 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: \$10.00

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

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

Barnacle

by E. Walter

reviews results records

FEDERAL WAY ZONE CHAMPS

Our hosts the Federal Way Masters, chaired by Hugh and Jane Moore, did a great job for the Northwest Zone Masters SCY Championships. 25 Oregon Masters and 12 Multnomah Athletic Club swimmers made the trip and over 3 days did themselves proud.

Lavelle Stoinoff from MAC...Led the way with 6 golds, 3 for National records. Swimming the 500 Free in 6:22.62, the 1000 in 13:12.73, the 200 Back in 2:54.33, and a new Zone in the 50 Free.

Jim Penfield (PNA) sets a new National in the 50 Breast with a time of :52.09, plus Zone bests for the 1000 and 100 Back.

Maureen Haslach (MAC) A new Zone best in the 200 Breast with a time of 2:38.16.

Ellen Ferguson swims a new Zone Record for the 1000 Free in 11:02.78.

Pauline Stangel comes home with a new Zone in the 500 Free in 9:23.39 and 2 OMS records in the 200 Free and the 100 IM.

George Thayer sets 3 OMS bests in the 50 & 100 Free, plus the 100 IM.

Lee Miesen (MAC) has a new Zone record for the 200 Breast in a time of 3:12.72.

ADDITIONAL HEROICS...

Dave Daboll (IEA) wins 5 golds, 4 for new Zones.

Rick Colella (PNA) 2 Zone marks in the 200 Fly and 400 IM.

Bonnie list (PNA) races to a new Zone mark in the 100 IM.

Rob Bird (PNA) ditto with Zone mark for the 50 Breast.

Dori McTigue (IEA) also new Zone for 50 Breast.

Pat Matthiesen / Marion Mueller (PNA) 1 Zone for Pat, 2 for Marion.

Mark List (PNA) new Zone for the 100 Back.

Steve Thrasher (PNA) new Zone bests for 200 Free and 100 Back.

MORE OF THE BEST...

Women's 30-34... **Knight, Lampi, Gagnon, Beadling, Vaughn-Edmonds**, and **Fox** brought home a lot of points.

Women's 35-39... **Teri Hendryx** from MAC had a great meet.

Women's 45-49... Welcome **Peggy Whiter**, great swims!!!

Women's 60-64... **Joyce Bahler** (MAC) 5 golds, wow!!

Men's 25-29... **Matt Roth** takes 6 golds, all in excellent times.

Men's 30-34... **David Dotter** swam to PR's in all his events. He was one happy swimmer, congrats David!!

Men's 40-44... **David Drake**, fine 100 and 200 Free.

Men's 70-74... **Andrew Holden** with 6 golds, **Gil Young** had 5, and **OB** picked off 4 plus **John Laird** and **OMS** locked up this group.

MAC was well represented by **Joe Santry**, **Betsy** and **Clark Austen**, and **Tom Falk**.

FROM POOLSIDE...

Bob Smith...Before the 1650, explaining to his counter, what to do..."Earl, how many lengths is this?"

John Zell...noticed he was in the minority. **OB**, "are you swimming the 500?", **Z-Man** countered with, "yeah..I'm in the big boy heat-oops, I'm in the big girl heat."

An excerpt from May issue of *New Choices*... What's it worth...Relative rates of exertion: What to do without donning sweats or going to the health club... 27 minutes of weeding equals 20 minutes of swimming. And 24 minutes of house painting equals 20 minutes of swimming. How about that sports fans!!

Don't have the final results from Santa Clara, but, the Short Course yards season is over and in the books. Hope to bring you a review of that Nationals next month. We have a great slate of Long Course meets for you, see you in the pool.

ZONE-FWAY
04-25-93
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
U = UNOFFICIAL TIME (1 WATCH)

WOMEN 19-24

50 YD. FREE		
YURIKO SATO	23 PNA	27.41
JENNIFER BLAIR	21 PNA	29.92
C.MOORMEIER	20 PNA	30.22
TAMMY PIERCE	21 PNA	33.14
100 YD. FREE		
YURIKO SATO	23 PNA	1:00.23
TAMMI KEELER	24 PNA	1:03.85
JENNIFER BLAIR	21 PNA	1:05.98
TAMMY PIERCE	21 PNA	1:16.56
200 YD. FREE		
YURIKO SATO	23 PNA	2:12.41
TAMMY PIERCE	21 PNA	2:59.91
500 YD. FREE		
TAMMI KEELER	24 PNA	6:00.43
JENNIFER BLAIR	21 PNA	6:08.18
1000 YD. FREE		
TAMMI KEELER	24 PNA	12:36.30
50 YD. BACK		
C.MOORMEIER	20 PNA	34.28
100 YD. BACK		
C.MOORMEIER	20 PNA	1:18.23
50 YD. BRST		
TAMMY PIERCE	21 PNA	48.94
100 YD. BRST		
MAUREEN HASLACH	22 MAC	1:15.20
JENNIFER BLAIR	21 PNA	1:26.18
TAMMY PIERCE	21 PNA	1:40.92
200 YD. BRST		
MAUREEN HASLACH	22 MAC	2:38.16 Z
ALESHA DURFEE	19 PNA	2:59.81
JENNIFER BLAIR	21 PNA	3:06.50
50 YD. FLY		
YURIKO SATO	23 PNA	30.38
AMY YOUNG	22 ORE	30.99
ALESHA DURFEE	19 PNA	32.11
TAMMI KEELER	24 PNA	34.24
100 YD. FLY		
AMY YOUNG	22 ORE	1:11.17
ALESHA DURFEE	19 PNA	1:17.13
TAMMI KEELER	24 PNA	1:18.94
100 YD. I.M.		
ALESHA DURFEE	19 PNA	1:14.53
200 YD. I.M.		
MAUREEN HASLACH	22 MAC	2:24.93
AMY YOUNG	22 ORE	2:41.22
JENNIFER BLAIR	21 PNA	2:41.81
ALESHA DURFEE	19 PNA	2:45.74

WOMEN 25-29

50 YD. FREE		
TERESA BAUTISTA	28 IEM	36.96
100 YD. FREE		
JANE ROCKWELL	28 IEM	1:00.29
TERESA BAUTISTA	28 IEM	1:24.64
200 YD. FREE		
K. WILLIAMS	27 PNA	2:17.03
TERESA BAUTISTA	28 IEM	3:04.60
500 YD. FREE		
JANE ROCKWELL	28 IEM	5:43.10
TERESA BAUTISTA	28 IEM	8:13.47
1000 YD. FREE		
TERESA BAUTISTA	28 IEM	16:32.52
1650 YD. FREE		
TERESA BAUTISTA	28 IEM	27:57.13
100 YD. BACK		
JANE ROCKWELL	28 IEM	1:08.97
KIMBERLY HAY	25 PNA	1:20.19

200 YD. BACK		
JANE ROCKWELL	28 IEM	2:23.78
KIMBERLY HAY	25 PNA	2:52.25
50 YD. BRST		
K. WILLIAMS	27 PNA	37.02
100 YD. BRST		
K. WILLIAMS	27 PNA	1:19.96
KIMBERLY HAY	25 PNA	1:24.20
200 YD. BRST		
KAREN BILLS	28 PNA	2:47.94
KIMBERLY HAY	25 PNA	2:59.40
50 YD. FLY		
KIMBERLY HAY	25 PNA	34.25
100 YD. I.M.		
KAREN BILLS	28 PNA	1:09.76
JANE ROCKWELL	28 IEM	1:10.53
KIMBERLY HAY	25 PNA	1:17.27
ANDREA DEMMONS	28 PNA	1:21.22
200 YD. I.M.		
JANE ROCKWELL	28 IEM	2:28.23
K. WILLIAMS	27 PNA	2:34.75
400 YD. I.M.		
KAREN BILLS	28 PNA	5:20.55

WOMEN 30-34

50 YD. FREE		
MARGEE CURRAN	31 PNA	26.38
SUE KNIGHT	30 ORE	26.78
LINDA NELSON	33 PNA	26.99
JUDITH LAMPI	32 MAC	30.36
KIMARIE GAGNON	30 ORE	30.36
CINDY CLUTTER	33 IEM	31.13
B.BEADLING	31 ORE	35.13
100 YD. FREE		
SUE KNIGHT	30 ORE	59.19
LINDA NELSON	33 PNA	59.30
MARIA BUSKE	31 PNA	1:02.13
KIMARIE GAGNON	30 ORE	1:08.34
JUDITH LAMPI	32 MAC	1:09.08
CINDY CLUTTER	33 IEM	1:10.06
NANCY TAYLOR	34 IEM	1:14.66
200 YD. FREE		
WENDY HOFFMAN	30 PNA	2:32.22
TINA HARRINGTON	32 PNA	2:34.81
NANCY TAYLOR	34 IEM	2:40.24
500 YD. FREE		
ELLEN FERGUSON	30 ORE	5:24.15
MARGEE CURRAN	31 PNA	5:24.46
H.VAUGHN-EDMONDS	30 ORE	5:27.50
MARIA BUSKE	31 PNA	6:10.77
NANCY TAYLOR	34 IEM	7:20.58
1000 YD. FREE		
ELLEN FERGUSON	30 ORE	11:02.78 Z
H.VAUGHN-EDMONDS	30 ORE	11:06.29
MARGEE CURRAN	31 PNA	11:06.37
NANCY TAYLOR	34 IEM	14:50.28
1650 YD. FREE		
NANCY TAYLOR	34 IEM	25:15.54
50 YD. BACK		
LISA DECK	33 PNA	35.18
B.BEADLING	31 ORE	39.30
100 YD. BACK		
MARIA BUSKE	31 PNA	1:13.55
LISA DECK	33 PNA	1:14.76
B.BEADLING	31 ORE	1:27.04
200 YD. BACK		
LISA DECK	33 PNA	2:38.15
50 YD. BRST		
ANNAMARIE TERHAAR	31 PNA	35.87
JEAN SCARZELLO	34 PNA	39.37
CINDY CLUTTER	33 IEM	41.30
FRAN KAMIN	31 PNA	43.89
100 YD. BRST		
ANNAMARIE TERHAAR	31 PNA	1:21.08
TINA HARRINGTON	32 PNA	1:24.53
JEAN SCARZELLO	34 PNA	1:26.38
CHRISTINA FOX	32 ORE	1:29.78
FRAN KAMIN	31 PNA	1:34.62
200 YD. BRST		

WENDY HOFFMAN	30 PNA	3:10.61
CHRISTINA FOX	32 ORE	3:11.74
50 YD. FLY		
SUE KNIGHT	30 ORE	31.60
JEAN SCARZELLO	34 PNA	32.93
LISA DECK	33 PNA	33.60
ANNAMARIE TERHAAR	31 PNA	34.18
JUDITH LAMPI	32 MAC	36.30
CINDY CLUTTER	33 IEM	38.59
100 YD. FLY		
SUE KNIGHT	30 ORE	1:13.24
WENDY HOFFMAN	30 PNA	1:21.16
TINA HARRINGTON	32 PNA	1:25.71
CINDY CLUTTER	33 IEM	1:30.86
200 YD. FLY		
WENDY HOFFMAN	30 PNA	3:03.85
100 YD. I.M.		
LINDA NELSON	33 PNA	1:10.66
MARIA BUSKE	31 PNA	1:11.57
ANNAMARIE TERHAAR	31 PNA	1:13.11
LISA DECK	33 PNA	1:14.83
KIMARIE GAGNON	30 ORE	1:15.75
B.BEADLING	31 ORE	1:25.26
200 YD. I.M.		
LISA DECK	33 PNA	2:40.08
SUE KNIGHT	30 ORE	2:41.77
KIMARIE GAGNON	30 ORE	2:42.33
JEAN SCARZELLO	34 PNA	2:48.49
WENDY HOFFMAN	30 PNA	2:53.62
400 YD. I.M.		
TINA HARRINGTON	32 PNA	6:06.78

WOMEN 35-39

50 YD. FREE		
BONNIE LIST	35 PNA	26.41
MARGARET HAIR	38 IEM	28.42
DONNA WILLIAMS	39 PNA	28.98
DEBORAH BAGG	39 PNA	39.35
100 YD. FREE		
BONNIE LIST	35 PNA	58.62
MARGARET HAIR	38 IEM	1:01.93
SUE HARRINGTON	35 PNA	1:04.69
DONNA WILLIAMS	39 PNA	1:09.13
DEBORAH BAGG	39 PNA	1:31.31
200 YD. FREE		
CATHERINE CHAY	38 PNA	2:10.40
500 YD. FREE		
CATHERINE CHAY	38 PNA	5:47.30
ELIN ZANDER	39 IEM	6:15.74
DEBORAH BAGG	39 PNA	8:55.57
1000 YD. FREE		
CATHERINE CHAY	38 PNA	11:50.21
1650 YD. FREE		
CATHERINE CHAY	38 PNA	19:33.08
ELIN ZANDER	39 IEM	21:41.07
50 YD. BACK		
PHOEBE TERHAAR	36 PNA	37.25
100 YD. BACK		
PHOEBE TERHAAR	36 PNA	1:20.84
DEBORAH BAGG	39 PNA	1:49.35
50 YD. BRST		
SUE HARRINGTON	35 PNA	36.49
MARGARET HAIR	38 IEM	37.09
100 YD. BRST		
SUE HARRINGTON	35 PNA	1:20.69
TERI HENDRYX	39 MAC	1:20.85
ELIN ZANDER	39 IEM	1:21.16
200 YD. BRST		
ELIN ZANDER	39 IEM	2:54.29
SUE HARRINGTON	35 PNA	2:54.96
TERI HENDRYX	39 MAC	2:57.48
100 YD. FLY		
TERI HENDRYX	39 MAC	1:11.87
MARGARET HAIR	38 IEM	1:13.45
200 YD. FLY		
CATHERINE CHAY	38 PNA	2:34.63
TERI HENDRYX	39 MAC	2:47.32
100 YD. I.M.		
BONNIE LIST	35 PNA	1:06.59 Z

MARGARET HAIR	38 IEM	1:11.72
SUE HARRINGTON	35 PNA	1:13.94
DONNA WILLIAMS	39 PNA	1:17.15
200 YD. I.M.		
TERI HENDRYX	39 MAC	2:38.63
MARGARET HAIR	38 IEM	2:39.07
ELIN ZANDER	39 IEM	2:39.72
400 YD. I.M.		
CATHERINE CHAY	38 PNA	5:22.20
ELIN ZANDER	39 IEM	5:35.11
TERI HENDRYX	39 MAC	5:37.90

WOMEN 40-44

50 YD. FREE		
CAROL BROWN	40 PNA	29.09
SHARON SEDLACEK	40 IEM	33.54
PAT HAWK	41 ORE	40.26
100 YD. FREE		
CAROL BROWN	40 PNA	1:03.72
KATHRINE CASEY	44 PNA	1:04.04
200 YD. FREE		
PAULA TERHAAR	40 PNA	2:59.13
500 YD. FREE		
CAROL BROWN	40 PNA	6:18.57
1000 YD. FREE		
CAROL BROWN	40 PNA	12:51.65
KATHRINE CASEY	44 PNA	13:22.14
JANE MOORE	42 PNA	14:56.07
1650 YD. FREE		
JANE MOORE	42 PNA	26:16.23
100 YD. BACK		
CATHERINE BROOKS	44 ALM	1:21.54
200 YD. BACK		
KATHRINE CASEY	44 PNA	2:46.02
CATHERINE BROOKS	44 ALM	2:53.69
JANE MOORE	42 PNA	3:17.72
PAULA TERHAAR	40 PNA	3:18.25
100 YD. BRST		
KATHRINE CASEY	44 PNA	1:21.20
SHARON SEDLACEK	40 IEM	1:29.90
200 YD. BRST		
CATHERINE BROOKS	44 ALM	3:13.14
SHARON SEDLACEK	40 IEM	3:17.55
JANE MOORE	42 PNA	3:25.19
100 YD. FLY		
SHARON SEDLACEK	40 IEM	1:32.06
200 YD. FLY		
CATHERINE BROOKS	44 ALM	3:10.93
SHARON SEDLACEK	40 IEM	3:35.62
200 YD. I.M.		
CATHERINE BROOKS	44 ALM	2:52.60
PAULA TERHAAR	40 PNA	3:21.67
JANE MOORE	42 PNA	3:21.75
400 YD. I.M.		
KATHRINE CASEY	44 PNA	5:48.57
CATHERINE BROOKS	44 ALM	6:14.97
SHARON SEDLACEK	40 IEM	7:04.61
JANE MOORE	42 PNA	7:04.78

WOMEN 45-49

200 YD. FREE		
CAROLYN BEHSE	49 PNA	3:10.53
500 YD. FREE		
J. VALLANDIGHAM	46 PNA	9:25.52
1000 YD. FREE		
PEGGY WHITER	49 ORE	16:18.26
KATE SUTHERLAND	45 PNA	16:18.41
100 YD. BACK		
PEGGY WHITER	49 ORE	1:34.38
200 YD. BACK		
GINGER PIERSON	47 ORE	2:48.30
PEGGY WHITER	49 ORE	3:38.49
50 YD. BRST		
GINGER PIERSON	47 ORE	36.22
CAROLYN BEHSE	49 PNA	41.14
KATE SUTHERLAND	45 PNA	43.43
J. VALLANDIGHAM	46 PNA	45.25
100 YD. BRST		

GINGER PIERSON	47 ORE	1:19.00
CAROLYN BEHSE	49 PNA	1:29.95
KATE SUTHERLAND	45 PNA	1:34.80
J. VALLANDIGHAM	46 PNA	1:37.99
PEGGY WHITER	49 ORE	1:40.87
200 YD. BRST		
GINGER PIERSON	47 ORE	2:50.32
KATE SUTHERLAND	45 PNA	3:21.79
J. VALLANDIGHAM	46 PNA	3:37.03
PEGGY WHITER	49 ORE	3:37.94

50 YD. FLY		
J. VALLANDIGHAM	46 PNA	49.91
100 YD. I.M.		
GINGER PIERSON	47 ORE	1:12.55
PEGGY WHITER	49 ORE	1:32.44
400 YD. I.M.		
GINGER PIERSON	47 ORE	5:46.36

WOMEN 50-54

50 YD. FREE		
ROS BIRD	50 PNA	31.73
50 YD. BRST		
ROS BIRD	50 PNA	37.92 Z
100 YD. BRST		
ROS BIRD	50 PNA	1:29.46
100 YD. I.M.		
ROS BIRD	50 PNA	1:23.54

WOMEN 55-59

50 YD. FREE		
ANN GINDROZ	55 PNA	36.43
100 YD. FREE		
ANN GINDROZ	55 PNA	1:23.15
200 YD. FREE		
JOY ROSS	59 PNA	3:15.65
CAROLYN BALDWIN	59 PNA	3:30.23
500 YD. FREE		
ANN GINDROZ	55 PNA	8:06.83
JOY ROSS	59 PNA	8:23.57
1000 YD. FREE		
ANN GINDROZ	55 PNA	16:28.50
1650 YD. FREE		
JOY ROSS	59 PNA	29:19.30
CHAYA AMIAD	55 PNA	34:14.18
50 YD. BACK		
CHAYA AMIAD	55 PNA	43.89
100 YD. BACK		
CHAYA AMIAD	55 PNA	1:39.77
CAROLYN BALDWIN	59 PNA	2:03.80
200 YD. BACK		
JOY ROSS	59 PNA	3:29.22
100 YD. BRST		
CHAYA AMIAD	55 PNA	1:55.40
200 YD. BRST		
CAROLYN BALDWIN	59 PNA	3:59.59
100 YD. FLY		
CHAYA AMIAD	55 PNA	2:05.05
100 YD. I.M.		
CAROLYN BALDWIN	59 PNA	1:50.81
200 YD. I.M.		
JOY ROSS	59 PNA	3:33.39
CAROLYN BALDWIN	59 PNA	3:55.87
400 YD. I.M.		
JOY ROSS	59 PNA	7:21.20
CHAYA AMIAD	55 PNA	7:51.71

WOMEN 60-64

50 YD. FREE		
LAVELLE STOINOFF	60 MAC	32.02 Z
DOROTHY KLEIST	61 PNA	1:08.50
100 YD. FREE		
LAVELLE STOINOFF	60 MAC	1:08.75
200 YD. FREE		
LAVELLE STOINOFF	60 MAC	2:29.18
500 YD. FREE		
LAVELLE STOINOFF	60 MAC	6:22.62 N
1000 YD. FREE		

LAVELLE STOINOFF	60 MAC	13:12.73 N
50 YD. BACK		
DOROTHY KLEIST	61 PNA	1:19.25
100 YD. BACK		
JANET KAVADAS	62 PNA	1:52.31
200 YD. BACK		
LAVELLE STOINOFF	60 MAC	2:54.33 N
50 YD. BRST		
JOYCE BAHLER	63 MAC	46.31
CYNTHIA ROSIK	60 PNA	52.63
JANET KAVADAS	62 PNA	54.99
DOROTHY KLEIST	61 PNA	1:09.32
100 YD. BRST		
JOYCE BAHLER	63 MAC	1:38.84
CYNTHIA ROSIK	60 PNA	1:55.86
200 YD. BRST		
JOYCE BAHLER	63 MAC	3:37.24
JANET KAVADAS	62 PNA	4:05.47
CYNTHIA ROSIK	60 PNA	4:08.34
50 YD. FLY		
JOYCE BAHLER	63 MAC	46.74
CYNTHIA ROSIK	60 PNA	55.90
100 YD. FLY		
JANET KAVADAS	62 PNA	2:20.15
100 YD. I.M.		
JOYCE BAHLER	63 MAC	1:35.56
JANET KAVADAS	62 PNA	1:51.30
CYNTHIA ROSIK	60 PNA	1:52.95
200 YD. I.M.		
JANET KAVADAS	62 PNA	4:09.39

WOMEN 65-69

50 YD. FREE		
BETSY AUSTEN	65 MAC	43.97
100 YD. FREE		
BETSY AUSTEN	65 MAC	1:38.75
500 YD. FREE		
BETSY AUSTEN	65 MAC	8:55.81
1000 YD. FREE		
BETSY AUSTEN	65 MAC	19:08.03
50 YD. BACK		
BETSY AUSTEN	65 MAC	51.16
50 YD. BRST		
DORI MCTIGUE	66 IEM	48.31 Z
BETSY AUSTEN	65 MAC	59.35
100 YD. BRST		
DORI MCTIGUE	66 IEM	1:50.19

WOMEN 70-74

100 YD. FREE		
PAULINE STANGEL	71 ORE	1:39.01
MAXINE CARLSON	73 PNA	1:57.63
200 YD. FREE		
PAULINE STANGEL	71 ORE	3:34.47
500 YD. FREE		
PAULINE STANGEL	71 ORE	9:23.39 Z
50 YD. BACK		
MAXINE CARLSON	73 PNA	57.35
100 YD. BACK		
MAXINE CARLSON	73 PNA	2:02.11
50 YD. BRST		
LIVIA WALKER	70 PNA	1:04.97
100 YD. BRST		
PAULINE STANGEL	71 ORE	2:00.42
LIVIA WALKER	70 PNA	2:19.19
200 YD. BRST		
LIVIA WALKER	70 PNA	5:03.79
100 YD. I.M.		
PAULINE STANGEL	71 ORE	1:54.71
MAXINE CARLSON	73 PNA	2:17.87

WOMEN 75-79

500 YD. FREE		
PAT MATTHIESEN	76 PNA	10:54.17
1000 YD. FREE		
PAT MATTHIESEN	76 PNA	22:06.48
50 YD. BRST		

PAT MATTHIESEN	76 PNA	1:00.74
50 YD. FLY		
PAT MATTHIESEN	76 PNA	1:06.88
200 YD. FLY		
PAT MATTHIESEN	76 PNA	5:33.21
400 YD. I.M.		
PAT MATTHIESEN	76 PNA	10:04.64 Z

WOMEN 80-84

1650 YD. FREE		
MARION MUELLER	81 PNA	52:56.16
50 YD. BACK		
MARION MUELLER	81 PNA	1:01.66
100 YD. BACK		
MARION MUELLER	81 PNA	2:13.88 Z
200 YD. BACK		
MARION MUELLER	81 PNA	4:44.83 Z
100 YD. I.M.		
MARION MUELLER	81 PNA	3:10.55

M E N 19-24

50 YD. FREE		
MATT PURDY	23 SAW	25.43
CHRIS DEGRANDA	24 PNA	26.79
TIM KELLY	21 PNA	26.94
IRA SIEBERT	21 PNA	27.36
100 YD. FREE		
MATT PURDY	23 SAW	56.59
IRA SIEBERT	21 PNA	58.18
TIM KELLY	21 PNA	59.96
200 YD. FREE		
MATT PURDY	23 SAW	2:06.03
500 YD. FREE		
CHRIS DEGRANDA	24 PNA	5:49.01
50 YD. BACK		
CHRIS DEGRANDA	24 PNA	31.60
100 YD. BACK		
MATT PURDY	23 SAW	1:09.38
IRA SIEBERT	21 PNA	1:13.51
200 YD. BACK		
MATT PURDY	23 SAW	2:30.47
50 YD. FLY		
TIM KELLY	21 PNA	34.17
100 YD. I.M.		
IRA SIEBERT	21 PNA	1:06.63
TIM KELLY	21 PNA	1:18.96
400 YD. I.M.		
IRA SIEBERT	21 PNA	5:21.57

M E N 25-29

50 YD. FREE		
DAN BALDERSON	26 PNA	24.12
ADAM SHAPIRO	28 PNA	24.65
100 YD. FREE		
ADAM SHAPIRO	28 PNA	54.87
500 YD. FREE		
STEVE GAYNER	29 PNA	5:31.91
100 YD. BACK		
MATTHEW ROTH	26 ORE	58.04
50 YD. BRST		
DAN BALDERSON	26 PNA	28.93
100 YD. BRST		
DAN BALDERSON	26 PNA	1:06.39
50 YD. FLY		
ERIN ERONEMO	29 PNA	25.79
DAN BALDERSON	26 PNA	25.98
100 YD. FLY		
MATTHEW ROTH	26 ORE	55.10
ERIN ERONEMO	29 PNA	57.44
200 YD. FLY		
MATTHEW ROTH	26 ORE	2:05.31
100 YD. I.M.		
MATTHEW ROTH	26 ORE	57.45
ERIN ERONEMO	29 PNA	1:00.81
DAN BALDERSON	26 PNA	1:01.58
ADAM SHAPIRO	28 PNA	1:02.23
200 YD. I.M.		

MATTHEW ROTH	26 ORE	2:06.33
400 YD. I.M.		
MATTHEW ROTH	26 ORE	4:28.40

M E N 30-34

50 YD. FREE		
MALCOLM NEELY	33 PNA	23.62
DAVID DOTTER	33 ORE	27.02
CHRISTOPHER HULL	30 ORE	27.04
100 YD. FREE		
JOHN POTTLE	34 PNA	52.54
MALCOLM NEELY	33 PNA	52.88
BRIAN JENNINGS	32 PNA	56.00
CHRISTOPHER HULL	30 ORE	59.64
DAVID DOTTER	33 ORE	59.72
200 YD. FREE		
DAVID DOTTER	33 ORE	2:08.05
500 YD. FREE		
ED CLARKE	30 PNA	5:41.70
DAVID DOTTER	33 ORE	5:59.74
1650 YD. FREE		
STEPHEN WRIGHT	34 PNA	20:17.54
DAVID DOTTER	33 ORE	20:46.30
50 YD. BACK		
BRIAN JENNINGS	32 PNA	29.73
100 YD. BACK		
BRIAN JENNINGS	32 PNA	1:05.78
CHRISTOPHER HULL	30 ORE	1:14.96
200 YD. BACK		
BRIAN JENNINGS	32 PNA	2:28.18
100 YD. BRST		
JOHN POTTLE	34 PNA	1:08.09
DAN KOLOSXY	31 PNA	1:32.19
200 YD. BRST		
JOHN POTTLE	34 PNA	2:29.58
DAN KOLOSXY	31 PNA	3:30.22
50 YD. FLY		
ED CLARKE	30 PNA	28.34
DAVID DOTTER	33 ORE	29.59
BRIAN JENNINGS	32 PNA	29.67
CHRISTOPHER HULL	30 ORE	30.17
100 YD. FLY		
JOHN POTTLE	34 PNA	1:00.65
100 YD. I.M.		
JOHN POTTLE	34 PNA	1:01.26
200 YD. I.M.		
JOHN POTTLE	34 PNA	2:13.68
ED CLARKE	30 PNA	2:23.11

M E N 35-39

50 YD. FREE		
MIKE MCGOORTY	35 PNA	23.34
JAMES MULLIN	35 PNA	25.34
GEORGE UNRUH	35 PNA	26.66
JAMES ALLEN	37 PNA	28.63
JEFF RICKARD	37 PNA	30.40
DAVID HARMON	35 PNA	30.81
PAUL ALLYN	36 PNA	31.13
100 YD. FREE		
MIKE MCGOORTY	35 PNA	50.71
MARK LIST	36 PNA	50.97
STEVE FREEBORN	37 PNA	54.27
MICHAEL LITTLE	37 IEM	56.43
GEORGE UNRUH	35 PNA	59.25
JAMES MULLIN	35 PNA	59.91
JAMES ALLEN	37 PNA	1:05.05
DAVID HARMON	35 PNA	1:07.48
JEFF RICKARD	37 PNA	1:11.23
PAUL ALLYN	36 PNA	1:13.35
200 YD. FREE		
MICHAEL LITTLE	37 IEM	2:05.26
GEORGE UNRUH	35 PNA	2:09.97
500 YD. FREE		
JOHN ZELL	36 ORE	5:23.31
MATTHEW SMITH	36 PNA	5:32.15
HUGH MOORE	38 PNA	5:42.80
JAMES MULLIN	35 PNA	7:05.60
DAVID HARMON	35 PNA	7:15.97

1000 YD. FREE		
JOHN ZELL	36 ORE	11:22.56
DAVID HARMON	35 PNA	15:44.84
1650 YD. FREE		
MATTHEW SMITH	36 PNA	19:06.86
JOHN UNDERBRINK	35 PNA	20:05.87
HUGH MOORE	38 PNA	20:07.39
JAMES MULLIN	35 PNA	25:52.12
50 YD. BACK		
MARK LIST	36 PNA	26.20
MIKE MCGOORTY	35 PNA	26.80
JOHN ZELL	36 ORE	29.26
JAMES ALLEN	37 PNA	39.04
100 YD. BACK		
MARK LIST	36 PNA	55.84 Z
JOHN ZELL	36 ORE	1:04.21
MICHAEL LITTLE	37 IEM	1:09.73
200 YD. BACK		
MATTHEW SMITH	36 PNA	2:17.79
GEORGE UNRUH	35 PNA	2:24.90
50 YD. BRST		
JOHN UNDERBRINK	35 PNA	34.54
100 YD. BRST		
HUGH MOORE	38 PNA	1:13.60
MICHAEL LITTLE	37 IEM	1:16.16
200 YD. BRST		
GEORGE UNRUH	35 PNA	2:35.01
HUGH MOORE	38 PNA	2:40.90
MICHAEL LITTLE	37 IEM	2:44.83
50 YD. FLY		
STEVE FREEBORN	37 PNA	26.35
JOHN UNDERBRINK	35 PNA	27.94
JAMES MULLIN	35 PNA	29.51
100 YD. FLY		
STEVE FREEBORN	37 PNA	58.68
HUGH MOORE	38 PNA	1:01.66
JOHN UNDERBRINK	35 PNA	1:03.88
200 YD. FLY		
HUGH MOORE	38 PNA	2:19.19
100 YD. I.M.		
MARK LIST	36 PNA	58.05
STEVE FREEBORN	37 PNA	1:01.28
DAVID HARMON	35 PNA	1:21.63
JEFF RICKARD	37 PNA	1:24.47
200 YD. I.M.		
STEVE FREEBORN	37 PNA	2:16.50
MATTHEW SMITH	36 PNA	2:22.43
JOHN UNDERBRINK	35 PNA	2:25.41
400 YD. I.M.		
GEORGE UNRUH	35 PNA	4:58.39
STEVE FREEBORN	37 PNA	5:03.49
MICHAEL LITTLE	37 IEM	5:12.53
MATTHEW SMITH	36 PNA	5:13.41

M E N 40-44

50 YD. FREE		
ALAN BELL	43 PNA	24.18
PETER CRUISE	40 CAN	25.23
STEVE SMARTT	43 SEA	25.47
100 YD. FREE		
ALAN BELL	43 PNA	53.19
DAVID DRAKE	41 MAC	53.35
PETER CRUISE	40 CAN	55.49
STEVE SMARTT	43 SEA	56.09
MARCUS FAIRBANK	41 PNA	58.00
GREG HARRISON	41 PNA	1:06.70
200 YD. FREE		
DAVID DRAKE	41 MAC	1:58.58
WAYNE MUSIC	43 PNA	2:01.40
1000 YD. FREE		
GREG HARRISON	41 PNA	11:43.13
50 YD. BACK		
GARY HAFER	42 PNA	27.15
ALAN BELL	43 PNA	28.94
MARCUS FAIRBANK	41 PNA	32.90
100 YD. BACK		
GARY HAFER	42 PNA	59.48
ALAN BELL	43 PNA	1:01.83
50 YD. BRST		

PETER CRUISE	40 CAN	30.03
100 YD. BRST		
PETER CRUISE	40 CAN	1:07.17
WAYNE MUSIC	43 PNA	1:11.35
200 YD. BRST		
RICK COLELLA	41 PNA	2:14.67
GREG HARRISON	41 PNA	2:21.63
50 YD. FLY		
MARCUS FAIRBANK	41 PNA	29.05
100 YD. FLY		
WAYNE MUSIC	43 PNA	1:01.36
MARCUS FAIRBANK	41 PNA	1:07.46
200 YD. FLY		
RICK COLELLA	41 PNA	2:03.02 Z
ALAN BELL	43 PNA	2:10.73
100 YD. I.M.		
RICK COLELLA	41 PNA	57.23
PETER CRUISE	40 CAN	1:02.95
STEVE SMARTT	43 SEA	1:07.61
200 YD. I.M.		
MARCUS FAIRBANK	41 PNA	2:37.87
400 YD. I.M.		
RICK COLELLA	41 PNA	4:32.82 Z

M E N 45-49

50 YD. FREE		
STEVE PETERSON	46 PNA	27.30
DAN WINKLER	47 PNA	29.60
SCOTT WILSON	46 IEM	32.20
SAM BALL	49 PNA	38.60
100 YD. FREE		
STEVE PETERSON	46 PNA	59.70
SCOTT WILSON	46 IEM	1:10.41
SAM BALL	49 PNA	1:31.91
200 YD. FREE		
SCOTT WILSON	46 IEM	2:39.42
500 YD. FREE		
STEVE PETERSON	46 PNA	6:09.66
JIM NORRIS	45 PNA	6:28.11
DAN WINKLER	47 PNA	6:40.77
ALAN COOPER	46 PNA	7:38.42
FOREST BROOKS	45 PNA	10:27.39
1000 YD. FREE		
MICHAEL MCCOLLY	47 PNA	12:17.99
STEVE PETERSON	46 PNA	12:50.75
DAN WINKLER	47 PNA	13:50.60
DON KUYPER	49 ORE	20:32.63
1650 YD. FREE		
ROBERT SMITH	49 ORE	21:44.54
DAN WINKLER	47 PNA	23:38.93
DON KUYPER	49 ORE	30:57.48
50 YD. BACK		
ROBERT SMITH	49 ORE	27.01
MIKE MCKINLAY	49 PNA	29.92
MICHAEL MCCOLLY	47 PNA	30.68
SCOTT WILSON	46 IEM	38.83
100 YD. BACK		
MIKE MCKINLAY	49 PNA	1:05.48
MICHAEL MCCOLLY	47 PNA	1:06.16
FOREST BROOKS	45 PNA	2:29.02
200 YD. BACK		
MICHAEL MCCOLLY	47 PNA	2:21.13
MIKE MCKINLAY	49 PNA	2:23.86
FOREST BROOKS	45 PNA	5:21.16
50 YD. BRST		
SCOTT WILSON	46 IEM	39.17
100 YD. BRST		
SCOTT WILSON	46 IEM	1:23.56
FOREST BROOKS	45 PNA	2:18.68
200 YD. BRST		
FOREST BROOKS	45 PNA	4:49.44
50 YD. FLY		
ROBERT SMITH	49 ORE	26.73
MIKE MCKINLAY	49 PNA	29.48
100 YD. FLY		
ROBERT SMITH	49 ORE	1:02.85
DON KUYPER	49 ORE	1:35.62
200 YD. FLY		
DON KUYPER	49 ORE	3:47.67

100 YD. I.M.		
STEVE PETERSON	46 PNA	1:07.50
MIKE MCKINLAY	49 PNA	1:08.30
FOREST BROOKS	45 PNA	2:30.23
200 YD. I.M.		
MIKE MCKINLAY	49 PNA	2:31.32
DON KUYPER	49 ORE	3:23.93
400 YD. I.M.		
MICHAEL MCCOLLY	47 PNA	5:15.23
DON KUYPER	49 ORE	7:17.25

M E N 50-54

50 YD. FREE		
TED PIERCE	50 PNA	27.13
ROBERT GRIFFITH	50 PNA	30.17
100 YD. FREE		
TED PIERCE	50 PNA	1:02.31
TOM ROBERTSON	51 PNA	1:02.98
200 YD. FREE		
STEVEN THRASHER	51 PNA	2:07.14 Z
JOE SANTRY	52 MAC	2:32.47
500 YD. FREE		
STEVEN THRASHER	51 PNA	5:42.08
1000 YD. FREE		
STEVEN THRASHER	51 PNA	11:50.12
1650 YD. FREE		
STEVEN THRASHER	51 PNA	20:17.86
WAYNE WILSON	53 IEM	23:15.06
50 YD. BACK		
JOE SANTRY	52 MAC	36.21
100 YD. BACK		
STEVEN THRASHER	51 PNA	1:03.93 Z
JOE SANTRY	52 MAC	1:17.64
200 YD. BACK		
STEVEN THRASHER	51 PNA	2:19.77
50 YD. FLY		
ROBERT GRIFFITH	50 PNA	36.18
100 YD. I.M.		
TOM ROBERTSON	51 PNA	1:13.14
ROBERT GRIFFITH	50 PNA	1:20.66
200 YD. I.M.		
JOE SANTRY	52 MAC	2:50.03
ROBERT GRIFFITH	50 PNA	3:05.08

M E N 55-59

50 YD. FREE		
GEORGE THAYER	57 ORE	27.11
THOMAS FALK	57 MAC	33.09
RICHARD COOKE	56 SAW	33.89
100 YD. FREE		
GEORGE THAYER	57 ORE	1:01.17
RICHARD COOKE	56 SAW	1:14.07
FRANK NEWQUIST	55 PNA	1:14.08
THOMAS FALK	57 MAC	1:14.10
200 YD. FREE		
GEORGE THAYER	57 ORE	2:26.15
RICHARD COOKE	56 SAW	2:43.89
THOMAS FALK	57 MAC	2:47.79
D. SAWYER	55 PNA	3:47.21
500 YD. FREE		
RICHARD COOKE	56 SAW	7:16.87
1000 YD. FREE		
RICHARD COOKE	56 SAW	14:49.50
1650 YD. FREE		
RICHARD COOKE	56 SAW	25:17.23
50 YD. BACK		
FRANK NEWQUIST	55 PNA	44.98
100 YD. BACK		
DAVID DABOLL	56 IEM	1:18.69
TOM FOLEY	58 PNA	1:40.70
D. SAWYER	55 PNA	2:16.05
200 YD. BACK		
TOM FOLEY	58 PNA	3:27.83
50 YD. BRST		
DAVID DABOLL	56 IEM	32.25
GEORGE THAYER	57 ORE	35.76
100 YD. BRST		
DAVID DABOLL	56 IEM	1:11.47 Z

GEORGE THAYER	57 ORE	1:21.99
200 YD. BRST		
DAVID DABOLL	56 IEM	2:46.06 Z
FRANK NEWQUIST	55 PNA	3:29.77
TOM FOLEY	58 PNA	3:30.10
D. SAWYER	55 PNA	3:55.43
200 YD. FLY		
TOM FOLEY	58 PNA	4:12.46
100 YD. I.M.		
DAVID DABOLL	56 IEM	1:09.85 Z
GEORGE THAYER	57 ORE	1:11.82
200 YD. I.M.		
TOM FOLEY	58 PNA	3:26.01
400 YD. I.M.		
DAVID DABOLL	56 IEM	5:46.79 Z
TOM FOLEY	58 PNA	7:33.25

M E N 60-64

50 YD. FREE		
BOB DORSE	61 PNA	28.86
GEORGE WEBER	62 ORE	35.41
100 YD. FREE		
BOB DORSE	61 PNA	1:06.35
GEORGE WEBER	62 ORE	1:19.57
200 YD. FREE		
BOB DORSE	61 PNA	2:39.37
GEORGE WEBER	62 ORE	3:10.33
500 YD. FREE		
TOM TAYLOR	62 PNA	6:43.61
1650 YD. FREE		
TOM TAYLOR	62 PNA	22:37.77
50 YD. BACK		
AULIS KAHKONEN	62 PNA	33.02
GEORGE WEBER	62 ORE	49.21
50 YD. BRST		
TOM TAYLOR	62 PNA	35.65
BOB DORSE	61 PNA	39.16
GEORGE WEBER	62 ORE	48.56
100 YD. BRST		
TOM TAYLOR	62 PNA	1:21.01
GEORGE WEBER	62 ORE	1:51.32
200 YD. BRST		
TOM TAYLOR	62 PNA	3:00.69
100 YD. I.M.		
TOM TAYLOR	62 PNA	1:18.87

M E N 65-69

50 YD. FREE		
JOHN MILTON	65 IEM	34.50
CLARK AUSTEN	65 MAC	37.60
MELVIN DRIVER	67 PNA	1:04.63
100 YD. FREE		
JOHN MILTON	65 IEM	1:20.84
CLARK AUSTEN	65 MAC	1:24.81
ROY INGHAM	68 PNA	1:25.58
MELVIN DRIVER	67 PNA	2:48.21
200 YD. FREE		
JOHN MILTON	65 IEM	3:03.51
ROY INGHAM	68 PNA	3:13.64
CLARK AUSTEN	65 MAC	3:20.83
500 YD. FREE		
JOHN MILTON	65 IEM	8:36.47
CLARK AUSTEN	65 MAC	8:44.02
1000 YD. FREE		
CLARK AUSTEN	65 MAC	17:34.80
JOHN MILTON	65 IEM	17:38.18
ROY INGHAM	68 PNA	17:46.60
1650 YD. FREE		
JOHN MILTON	65 IEM	29:51.03
CLARK AUSTEN	65 MAC	32:55.24
50 YD. BACK		
WILFORD DOLPHIN	67 IEM	39.36
MELVIN DRIVER	67 PNA	1:18.96
100 YD. BACK		
WILFORD DOLPHIN	67 IEM	1:27.24
ROY INGHAM	68 PNA	1:50.15
200 YD. BACK		
WILFORD DOLPHIN	67 IEM	3:14.70

50 YD. BRST		
LEE MIESEN	65 MAC	38.35
WILLIAM BRESKO	65 IEM	45.64
MELVIN DRIVER	67 PNA	2:01.77
100 YD. BRST		
LEE MIESEN	65 MAC	1:25.49
WILFORD DOLPHIN	67 IEM	1:39.14
ROY INGHAM	68 PNA	1:42.33
WILLIAM BRESKO	65 IEM	1:44.50
200 YD. BRST		
LEE MIESEN	65 MAC	3:12.72 Z
WILFORD DOLPHIN	67 IEM	3:29.28
WILLIAM BRESKO	65 IEM	4:06.34
100 YD. FLY		
WILLIAM BRESKO	65 IEM	2:09.53
100 YD. I.M.		
LEE MIESEN	65 MAC	1:24.31
ROY INGHAM	68 PNA	1:36.30
WILLIAM BRESKO	65 IEM	1:54.48
400 YD. I.M.		
WILLIAM BRESKO	65 IEM	8:54.77

M E N 70-74

50 YD. FREE		
ANDREW HOLDEN	73 ORE	29.58
WARREN KLEIST	71 PNA	31.34
THOMAS TAYLOR	71 PNA	35.48
JOHN LAIRD	72 ORE	38.04
100 YD. FREE		
ANDREW HOLDEN	73 ORE	1:08.07
WARREN KLEIST	71 PNA	1:14.36
THOMAS TAYLOR	71 PNA	1:35.72
200 YD. FREE		
WARREN KLEIST	71 PNA	2:53.20
HAL YOUNG	71 PNA	3:12.38
500 YD. FREE		
GILBERT YOUNG	71 ORE	7:50.25
WARREN KLEIST	71 PNA	8:09.72
HAL YOUNG	71 PNA	8:55.55
1000 YD. FREE		
GILBERT YOUNG	71 ORE	15:55.05
HAL YOUNG	71 PNA	18:52.78
1650 YD. FREE		
GILBERT YOUNG	71 ORE	26:38.20
50 YD. BACK		
ANDREW HOLDEN	73 ORE	38.76
GILBERT YOUNG	71 ORE	41.04
HAL YOUNG	71 PNA	47.69
100 YD. BACK		
GILBERT YOUNG	71 ORE	1:33.90
200 YD. BACK		
GILBERT YOUNG	71 ORE	3:35.25
50 YD. BRST		
ANDREW HOLDEN	73 ORE	42.67
WARREN KLEIST	71 PNA	47.26
HAL YOUNG	71 PNA	47.86
100 YD. BRST		
ANDREW HOLDEN	73 ORE	1:35.45
200 YD. BRST		
EARL WALTER	71 ORE	3:39.57
JOHN LAIRD	72 ORE	3:49.49
100 YD. FLY		
ANDREW HOLDEN	73 ORE	1:24.77
EARL WALTER	71 ORE	1:34.41
200 YD. FLY		
EARL WALTER	71 ORE	3:46.82
200 YD. I.M.		
EARL WALTER	71 ORE	3:15.55
400 YD. I.M.		
EARL WALTER	71 ORE	7:18.17

M E N 75-79

50 YD. FREE		
GENE CROSSETT	79 PNA	38.59
EVERETT CASSELL	79 PNA	47.48
100 YD. FREE		
GENE CROSSETT	79 PNA	1:29.25
EVERETT CASSELL	79 PNA	1:46.17

200 YD. FREE		
GENE CROSSETT	79 PNA	3:23.97
500 YD. FREE		
GENE CROSSETT	79 PNA	8:55.80
1000 YD. FREE		
GENE CROSSETT	79 PNA	18:43.61
50 YD. BACK		
EVERETT CASSELL	79 PNA	1:12.22
200 YD. BRST		
EVERETT CASSELL	79 PNA	5:31.02
100 YD. I.M.		
EVERETT CASSELL	79 PNA	2:34.90

M E N 80-84

50 YD. FREE		
ALLAN SACHS	80 PNA	39.71
100 YD. FREE		
ALLAN SACHS	80 PNA	1:33.02
50 YD. BACK		
ALLAN SACHS	80 PNA	50.51

M E N 85-89

1000 YD. FREE		
JIM PENFIELD	85 PNA	24:14.17 Z
100 YD. BACK		
JIM PENFIELD	85 PNA	1:56.12 Z
50 YD. BRST		
JIM PENFIELD	85 PNA	52.09 N
200 YD. I.M.		
JIM PENFIELD	85 PNA	4:55.72

RELAYS-WOMEN 200 YD. FREE

19 +		
JENNIFER BLAIR	21 PNA	1:57.83
ALESJA DURFEE	19	
TAMMI KEELER	24	
YURIKO SATO	23	

25 +		
JANE ROCKWELL	28 IEM	2:09.32
TERESA BAUTISTA	28	
CINDY CLUTTER	33	
MARGARET HAIR	38	

JUDY LAMPI	32 MAC	2:13.44
JOYCE BAHLER	63	
LAVELLE STOINOFF	60	
TERI HENDRYX	39	

35 +		
CATHY CHAY	38 PNA	2:14.47
J.VALLANDIGHAM	46	
KATHY CASEY	44	
KATE SUTHERLAND	45	

55 +		
JAN KAVADAS	62 PNA	3:03.14
CYNTHIA ROSIK	60	
JOY ROSS	59	
CAROLYN BALDWIN	59	

RELAYS-WOMEN 200 YD. MEDLEY

19 +		
MARIA BUSKE	31 PNA	2:17.63
TAMMI KEELER	24	
JENNIFER BLAIR	21	
CHRISTA MOORMEIER	20	

25 +		
PHOEBE TERHAAR	36 PNA	2:16.03
LISA DECK	33	
LINDA NELSON	33	
CATHY CHAY	38	
JANE ROCKWELL	28 IEM	2:21.03

CINDY CLUTTER	33	
MARGARET HAIR	38	
NANCY TAYLOR	34	

LAVELLE STOINOFF	60 MAC	2:27.94
JOYCE BAHLER	63	
TERI HENDRYX	39	
JUDY LAMPI	32	

35 +		
MAXINE CARLSON	73 PNA	3:35.00
MARION MUELLER	81	
CAROL BROWN	40	
PAT MATTHIESEN	76	

55 +		
CAROLYN BALDWIN	59 PNA	3:13.60
CYNTHIA ROSIK	60	
JAN KAVADAS	62	
ANN GINDROZ	55	

RELAYS-M E N 200 YD. FREE

45 +		
TOM FALK	57 MAC	2:17.49
CLARK AUSTIN	65	
JOE SANTRY	52	
LEE MIESEN	65	

55 +		
DAVE DABOLL	56 IEM	2:26.79
BILL BRESKO	65	
JOHN MILTON	65	
WILL DOLPHIN	67	

DALE SAWYER	55 PNA	2:34.99
HAL YOUNG	71	
WARREN KLEIST	71	
GENE CROSSETT	79	

RELAYS-M E N 200 YD. MEDLEY

19 +		
CHRIS DE GRANDA	24 PNA	3:13.60
HUGH MOORE	38	
IRA SIEBERT	21	
MALCOM NEELY	33	

35 +		
MIKE MCGOORTY	35 PNA	1:49.65
RICK COLLELA	41	
GREG HARRISON	41	
GARY HAVER	42	

GEORGE UNRUH	35 PNA	1:58.89
STEVE PETERSON	46	
WARREN KLEIST	71	
MARK LIST	37	

DAVE HARMON	35 PNA	2:06.95
JAMES MULLIN	35	
MICHAEL MCKINLEY	49	
ALAN BELL	43	

45 +		
JOE SANTRY	52 MAC	2:45.35
LEE MIESEN	65	
TOM FALK	57	
CLARK AUSTIN	65	

RELAYS-MIXED 200 YD. FREE

19 +		
CHRISTA MOORMEIER	20 PNA	1:47.87
YURIKO SATO	23	
CHRIS DE GRANDA	24	
ADAM SHAPIRO	28	

JENNIFER BLAIR 21 PNA 1:51.59
TAMMI KEELER 24
IRA SIEBERT 21
MARC FAIRBANKS 41

ALESHA DURFEE 19 PNA 1:57.80
ROS BIRD 50
MICHAEL MCKINLEY 49
GEORGE UNRUH 35

25 +
MALCOM NEELY 33 PNA 1:45.87
RICK COLLELA 41
WENDY HOFFMAN 30
LINDA NELSON 33

JUDY LAMPI 32 MAC 1:54.01
TERI HENDRYX 39
DAVID DRAKE 41
JOE SANTRY 52

35 +
MARK LIST 37 PNA 1:41.97
ALAN BELL 43
CAROL BROWN 41
BONNIE LIST 35

MICHAEL LITTLE 37 IEM 1:56.59
ELIN ZANDER 39
MARGARET HAIR 38
DAVE DABOLL 56

55 +
JOYCE BAHLER 63 MAC 2:23.69
LEE MIESEN 65
TOM FALK 57
LAVELLE STOINOFF 60

HAL YOUNG 71 PNA 2:53.04
WARREN KLEIST 71
JAN KAVADAS 62
PAT MATTHIESEN 76

RELAYS-MIXED 200 YD. MEDLEY

19 +
JOHN POTTLE 34 PNA 2:05.28
WAYNE MUSIC 43
JENNIFER BLAIR 21
TAMMI KEELER 24

25 +
JOHN UNDERBRINK 35 PNA 2:01.34
KATHY CASEY 44
BRIAN JENNINGS 32
JEAN SCARZETTO 34

JOE SANTY 53 MAC 2:23.41
TERI HENDINGS 39
JUDY LAMPI 32
TOM FALK 57

45 +
J.VALLANDIGHAM 46 PNA 3:40.75
DALE SAWYER 55
JAN KAVADAS 62
HAL YOUNG 71

55 +
LAVELLE STOINOFF 60 MAC 2:43.88
LEE MIESEN 65
JOYCE BAHLER 63
CLARK AUSTIN 65

1993 USMS 2000 SWIM CHALLENGE

ATTENTION United States Masters Swimming and the Niagara District of New York State invite ALL competitive and fitness swimmers, triathletes and runners to the challenge of a 2000-yard or 2000-meter swim for fun and fitness.

AWARDS All participants will receive a custom T-shirt and a copy of results.

COST Entry fee is \$10.00. Swimmers entering both courses (yards and meters) may enter the second event for \$5.00 and receive one T-shirt. A separate entry form is required for each entry.

DATES The distance must be swum between June 1 and July 31, 1993. Entries should be postmarked by August 14, 1993.

ELIGIBILITY USMS membership is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. Entrants may enter either or both challenges.

RESULTS Will be compiled and ranked by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

RULES Times should be recorded with a stopwatch. To help keep track of the laps swum and the time, a person counting each lap and recording the cumulative time for each lap is recommended.

TO ENTER Complete the entry form below and mail it with a check payable to "USMS, Inc." to Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564-9310. (716-924-5344)

1993 2000 SWIM CHALLENGE - ENTRY FORM

I, the undersigned, completed the distance in accordance with the designated rules in the time indicated.

DATE OF SWIM _____ TIME _____ YARDS _____ METERS _____

AGE AT SWIM DATE _____ BIRTH DATE _____ USMS REGISTERED? YES _____ NO _____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

SIGNATURE _____

DATE _____

PHONE NO. _____

T-shirt size
Medium _____
Large _____
X-Large _____

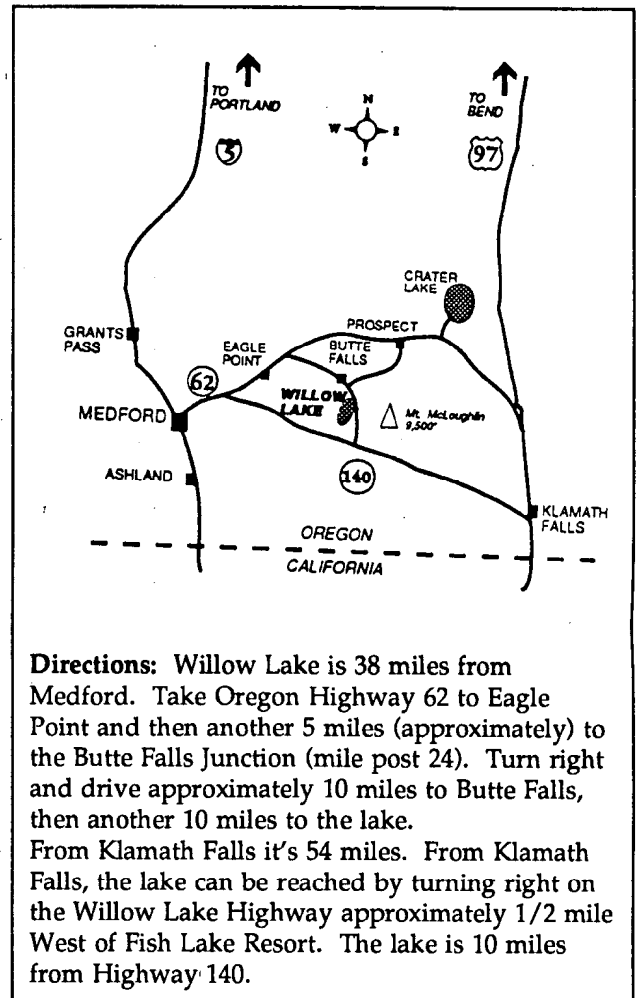
Southern Oregon Lake Swim

Willow Lake, July 17 — 11:30 a.m.

The Rogue Valley Masters will host the 8th annual Southern Oregon Lake Swim at beautiful Willow Lake, located in the Cascade Mountains above Butte Falls, Oregon. The competition will be a 1,500 or 3,000 meter open water swim. The staging area will be at the boat ramp.

We will be swimming for our best times, of course, but this is designed to be a fun event for the whole family. An area will be reserved for swimmers and their families for a potluck lunch. You bring drinks and side dishes (dessert, salads, chips, etc.) and Rogue Valley Masters will provide hamburgers and buns. If you would like to camp at the lake, spaces are available, but make your reservations early. For campsite reservations, call Ray or Alfie Ortega at (503) 865-3229.

So plan to make a weekend of it. Bring the family, bikes, sailboards, kayaks, water skis, frisbees, lawn darts and whatever other toys you enjoy. Or just bring a swimsuit and towel and lie back and enjoy the fantastic southern Oregon scenery.



PLEASE HAVE YOUR ENTRIES IN BY JULY 5

Registration will be open until one hour before the race starts

Southern Oregon Lake Swim

Willow Lake, July 17 — 11:30 a.m.

- REGISTRATION:** Swimmers who want a T-shirt should register before July 5 to avoid an additional \$5 handling and re-ordering fee. Race day registration will open at 9:00 a.m. and close at 10:30 a.m.
- FEES:** Before July 1: \$17 with shirt, \$10 without shirt
After July 1: \$22 with shirt, \$13 without shirt
- COURSE:** A 1,500-meter tri-leg course (500 meters each leg) that will be negotiated twice for the 3,000-meter swim. The average high temperature in July is 80 degrees; the average low is 46. Water temperature should be comfortable for all swimmers, barring unusually cold weather. **If you wish to use a wetsuit, that's fine, but in the interest of fairness to those who don't use a wetsuit, you will not be allowed to put it on until after the gun starts the race.**
- RESULTS:** Swimmers who want results mailed to them should enclose a No. 10 (business) envelope, stamped and self-addressed. Results will be mailed the week after the race.
- AWARDS:** Medals for first, ribbons for second to all age groups, male and female. Age groups are: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69 and 70+.
- ACCOMMODATIONS:** Visitors may camp at the lake or choose from bed and breakfast inns and motels in Southern Oregon. For information on lodging in and around Medford, contact The Chamber of Medford Jackson County, 304 South Central, Medford, OR 97501, (503) 772-6293. For information on lodging in Ashland, contact the Ashland Chamber of Commerce, 110 East Main, Ashland, OR 97520, (503) 482-3486.
- TO ENTER:** Send payment and entry forms to: Mike Reinhard, Southern Oregon Lake Swim. For more information, telephone Mike at (503) 776-5876. Make checks payable to *Rogue Valley Masters/Lake Swim*.

See reverse side for map and directions to Willow Lake and information on camping and entertainment.

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. **PLEASE NOTE:** Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

RETURN THIS LOWER PORTION

NAME _____ 1993 USMS# _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34, etc. up to 95+
DISTANCE 1500 METER _____ 3000 METER _____ (CHECK ONE)

My T-Shirt Size is: _____ Small _____ Medium _____ Large _____ X-Large
Entry fees include the price of T-Shirt.

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

SIGNATURE _____

Digital vs. Analog?

A Different Look At Interval Training

by John Calvert, Virginia Masters

During my 20+ years of swimming, from age-group to Olympic trials and finally into Masters swimming, I've been blessed with good coaches and varying training methods. For all but one of the past eight years of Masters swimming, I've been self-coached and I worked out alone 70 percent of the time. Although I've done well in competition, I was not satisfied with my workouts and how they prepared me for meets. So I decided to change my routine for the 1991-1992 season.

Analyzing what my former coaches had taught me and what I had learned working out on my own over the years, I decided to use a three-pronged approach in my workouts. First I looked at quantity and decided that

only a slight increase was necessary, moving up to 29,000 yards on a six-day schedule by the end of February or beginning of March, from about 24,000 yards the previous year. Quality was considered next, and I made three drastic changes: *to emphasize the legs and decrease pull yardage; to add a daily drill set; and to put a recovery set after each intense set.* Finally, I looked at both anaerobic and aerobic recovery during and after each set. This caused me to shift from a traditional time-interval workout to a rest-interval workout.

The rest interval was used to establish a level recovery period between each repeat and/or set to teach the body to recover much more rapidly than in the time interval workout. I believe that by using minimal rest between each repeat the swimmer can build to a higher heart rate sooner and maintain it longer than with time-interval training. Coupled with the rest-interval training was the use of numerous descending sets. Although these sets are more complicated to figure out

and follow on the clock when first tried, the results outweigh the difficulties. The major result of this training method is negative splitting in races of 200 yards or more. The only drawback is that sprint times are not as likely to improve as distance and middle distance times.

"I believe that by using minimal rest between each repeat the swimmer can build to a higher heart rate sooner and maintain it longer than with time-interval training."

Other swimmers may or may not agree with this type of training, but the results for me, in one season, were better than expected. Last year at Short Course Nationals I swam five individual events and four relays, and I had four Masters personal best times. I had two more Masters best times at the World Championships in July. This improvement in performance is even more amazing because I swam injured all year. Two other swimmers who joined me last year in this type of workout, Ann Svanson and Sue Skiff also had some best times.



FAN LAKE DISTANCE CLASSIC
1.5, 3.0, & 4.5 MILE OPEN WATER SWIM
Sponsored by the YMCA of the Inland Empire

DATE AND TIMES

Sunday, August 1, 1993, 9 AM sharp!
Participants for 4.5 mile will meet at 8:15 AM. Participants for 1.5 & 3.0 miles will meet at 8:45 AM.

DISTANCE

1.5, 3.0 or 4.5 miles (4.5 unofficial)

FEE

\$18.00 for entries received on or before July 24, 1993. \$20.00 for all late entries. You may enter on race day, however, there will be a 2 week delay on receiving a T-shirt.

AGE GROUPS

19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over

AWARDS AND RESULTS

All participants will receive a t-shirt and a guest pass to the YMCA. Overall first place finishers, male and female, in each distance will receive a sweat shirt. Age group winners will receive a plaque. Results will be mailed to all participants.

COURSE

Start and finish lines are at the public access area at YMCA Camp Reed. The course will be an L-shaped 1.5 mile swim. A detailed description and directions to Camp Reed can be found in entrants' race packets. Packets can be picked up Friday, July 23 from 9 AM to 8:30 PM and on Saturday, July 24 from 9 AM to 3:30 PM at the YMCA Reception Center.

ENTRY FORM:

Name (print) _____ Age _____

Address _____ Birthdate _____

City _____ State _____ Zip _____ Phone # _____

Male _____ Female _____ T-Shirt Size: Adult M L XL XXL Distance: 1.5 _____, 3.0 _____, 4.5 _____

I am aware that in this extremely hazardous event, water safety cannot be guaranteed. In consideration of the acceptance of this entry, and intending to be legally bound, I hereby, for myself and heirs, executors and administrators, waive and release all rights and claims for damages which may hereafter occur to me against the organizers of this swimming event. This includes the YMCA and all other sponsors. I understand this statement and my signature confirms it and that I have been warned that I must be in good health to participate, and that a medical examination prior to this event has been advised. Furthermore, I verify adequate training under race conditions prior to participation in this event. I acknowledge I have read, fully understood my own liability, and accept these restrictions.

Signature _____ Date _____

Signature of Parent if under 18 _____

Please send check, payable to the YMCA, and the entry form to:

Fan Lake Distance Classic
Downtown Spokane YMCA
North 507 Howard Street
Spokane, WA 99201-0898

SAFETY

Fluorescent caps are provided for each swimmer as part of the entry fee. IT IS MANDATORY THAT THESE CAPS BE WORN. The course will be patrolled by safety boats manned by trained lifeguards. Individual escorts will not be allowed. A cut-off time of 2 hours will be strictly enforced. The race director reserves the right to remove any swimmer who is felt to be in any kind of danger or who might be causing danger to others. IN THIS EXTREMELY HAZARDOUS EVENT, WATER SAFETY CANNOT BE GUARANTEED.

CHECK-IN

Registration and Check-in will open at 7:30 AM. Start time for 4.5 mile swimmers is 8:30 AM. All other swimmers must check in by 8:45 AM. The 1.5 and 3.0 races begin at 9:00 AM sharp. No late starts will be allowed.

EQUIPMENT

Use of non-porous neoprene swimsuits, wet suits, fins or pull buoys is permitted, however, no awards will be presented to individuals using such equipment.

QUESTIONS

For more information contact Dave Hopkins at the YMCA, 838-3577, ext. 43.

Masters Coaches Meeting: On Friday, August 20 during the 400 IM events, the Masters Coaches Lecture Series will be held. The title of this lecture is "Power & Strength Building For Swimming."

On Sunday, August 22 at 6:00 AM there will be a general meeting of all Masters coaches in the on-deck wet room of the Aquatic Center.

SPECIAL EVENTS:

Wednesday (August 18):

5:00 PM: The Great American Shavedown (co-ed, swim suits required) will commence in the on-deck unisex locker room. Bring your razor and shave cream and learn how to shavedown from the experts

Thursday (August 19):

5:00 PM: Carbo load on a pasta feast-courtesy of Vescio's. Don't miss this FREE dinner.

Friday (August 20):

7-9 AM: Ronald McDonald House Morning Muffin fund raiser. Buy a muffin or two to raise money for this worthy cause.

6:00 PM: The diving well will host the Chippewa Springs 6-Pack Relay. Teams of six swimmers will sprint 50 yards, guzzling 12 oz. of sparkling water at the turn. No entry fee.

7:30 PM It's onto Stub & Herbs (local watering hole) to celebrate the first day's competition. FREE Budweiser and Frito's to all USMS members.

Saturday (August 21):

Alumni T-Shirt Day! Wear your alma mater's T-Shirt and discover past school mates by wearing your high school or college T-shirt. (Poolside)

7-9 AM: Wheaties Breakfast of Champions. Prepare yourself for a great day of competition by eating what the champions eat (poolside - FREE)

6:00 PM: Zoomers teams up with Ocean Pool to sponsor the World's Fastest 50 Meter Kick Contest. Age group winners will receive a pair of Zoomers and an Ocean Pool kick board FREE of charge.

6:30 PM Banquet will be held at the Coffman Memorial Union. Casual dress. Dinner at 7:00 PM with dancing at 8:30 PM. Coffman Memorial Union is within 0.3 miles of the Aquatic Center. Limited shuttle service will be provided to and from the Aquatic Center for those who need it.

Sunday (August 22):

7-9 AM: Enjoy bagels and cream cheese at poolside. (FREE)

5:00 PM: Distance swimmers! Carbo load on Creamette's pasta and Classico sauce dinner. After all, the Minnetonka Challenge is the next day. Do you dare to swim a 5 mile length of this "pool?"

2:00 PM: Ugly Swim Suit Contest - Do you own an ugly suit? Let us be the judge. Enter the Ugliest Swim Suit Contest (FREE). Entries will be accepted through Saturday evening. The Ugliest Male and Female suit wearer will receive a FREE suit compliments of RAH! Sports.

Monday (August 23):

6:30 AM: Shuttle buses depart from the Aquatic Center to Lake Minnetonka

7:00 AM: Check-in for 5 Mile Lake Swim (Entry fee \$20)

8:00 AM: Lake Minnetonka 5 Mile Challenge begins.

A shuttle will be provided from the Aquatic Center to Lake Minnetonka and back on race day. See enclosed entry information for details or write to:

Tom Rushfield, 301 Margaret Circle, Wayzata, MN 55391

Travel and Accommodations: Advent Travel (800-426-8585) is the official travel planner for your air and hotel reservations (except dormitory reservations.) Identify yourself as a Masters swimmer.

Dorm Reservations: Swimmers who are interested in the dormitory will find these rooms economical, comfortable, and close to the pool. Shuttle service will be provided to and from the Aquatic Center. See registration form in this brochure for all the details.

Hotels: These hotels may be contacted directly or through Advent Travel. See map for location.

Radisson University	615 Washington SE	612-379-8888	(0.1) (100)	\$80
Days Inn University	2407 University S	612-623-3999	(0.4) (50)	\$55
Best Western	2600 University	612-379-2313	(0.5)	\$50-60
Hilton Metrodome	1330 Industrial Blvd.	612-331-1900	(4.0) (50)	\$63-68
Holiday Inn Metro	1500 Washington S.	612-333-4646	(2.0) (50)	\$83
Super 8	2401 Prior Ave N	612-636-8888	(4.0) (xx)	\$50
Sheraton Midway	1-94 & Hamline	612-642-1234	(4.0) (50)	\$50-70
Holiday Inn Roseville	2540 Cleveland	612-636-4567	(4.0) (xx)	\$65-75
Days Inn Roseville	1-35W & Cty Rd C	612-636-6730	(4.0) (50)	\$44
Comfort Inn	2685 Long Lake Rd.	612-636-5800	(4.0) (50)	\$50

(Distance from pool in miles is in the first set of parenthesis and the number of hotel rooms is in the second set of parenthesis.)

* For convenience, these hotels have shuttle, MTC Public Bus, or courtesy van service to and from the Aquatic Center. See registration packet for details.

MINNETONKA CHALLENGE - 5 MILE SWIM

INDIVIDUAL ENTRY FORM

Name: _____ USMS Regist. # _____
 Address: _____ City: _____ State: _____ Zip: _____
 Sex: _____ Age: _____ (as of 8/23/93) Birthday: ____ / ____ / ____ Phone: _____

Sanctioned by Minnesota LMSC for USMS Inc. Sanction # 303-014

ATHLETE'S RELEASE (must be signed)

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

Signature: _____ Date: _____

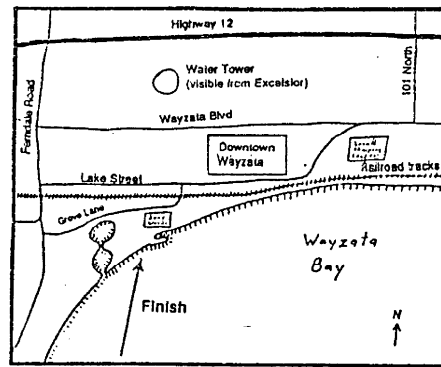
PLEASE CHECK ONE:

- ☐ I will arrange for my own escort boat and paddlers
- ☐ I will be coming in from out-of-town and will need to have a volunteer escort boat and paddlers assigned to assist me
- ☐ I will be coming in from out-of-town and will need a canoe and related equipment provided but I have friends/family traveling with me who are experienced canoeists and will be available to escort me.

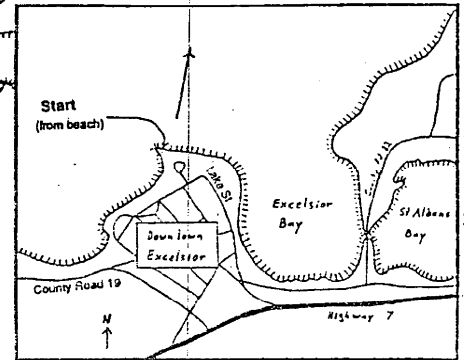
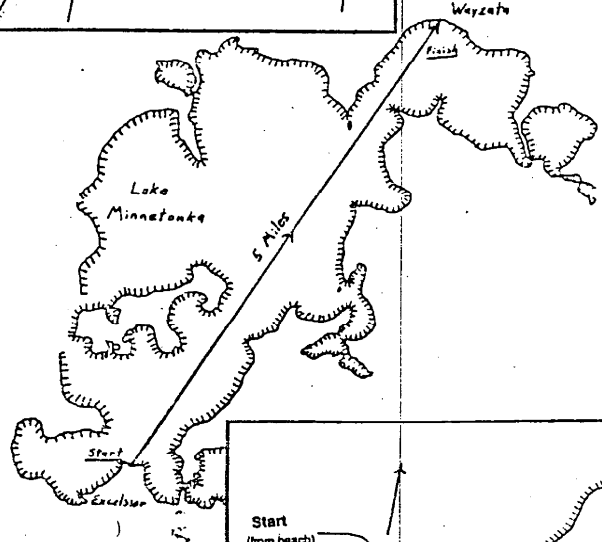
Individual Swimmer Registration \$ 20.00
 Extra T-shirts (for your Escort paddlers) \$10 each \$ _____
 Total \$ _____

Return signed entry form and check with your LC Nationals Registration:
 Make entry checks payable to: 'Minnetonka Challenge - 5 Mile Swim'.

The Minnetonka Challenge 5-Mile Swim
 301 Margaret Circle
 Wayzata, MN 55391



Special Event
 5 Mile Lake Swim
 Monday August 23, 1993





Sanction No.303-001

**Official Entry Form for Individual Events
1993 United States Masters Swimming
National Long Course Championships
University of Minnesota Aquatic Center
August 19-22, 1993**

Name _____		Last _____		First _____		Middle Initial _____		Sex _____	
Address _____		Street _____		City _____		State _____		Zip _____ Country _____	
Phone _____		A/C _____ Days _____		A/C _____ Evenings _____		Emergency _____		Name _____ Phone _____	
Age _____		Birthdate _____		USMS Reg # _____		1993 No. Required _____			
(on 8/22/93)		Month/Day/Year							
Club Name or Unattached _____		Club Abbrev _____		(if you know it)		LMSC _____		(Assoc.) _____	

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

Event No.	Entry Time Women	*	Event	Event No.	Entry Time Men	*
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Thursday, August 19, 1993 7:00 am

1			▲ 800 M FREE (See Check-in Times)	2		
3			▲ 1500 M FREE (See Check-in Times)	4		

NOTE: YOU CAN SWIM EITHER THE 800 METER OR 1500 METER 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, August 20, 1993 8:00 am

5			100 METER FREESTYLE	6		
7			400 METER INDIVIDUAL MEDLEY	8		
9			50 METER BUTTERFLY	10		
11			200 METER BREASTSTROKE	12		
13			100 METER BACKSTROKE	14		
15/16	SEE RELAY FORM		200 METER MIXED MEDLEY RELAY	15/16	SEE RELAY FORM	

Saturday, August 21, 1993 8:00 am

17			100 METER BREASTSTROKE	18		
19			200 METER FREESTYLE	20		
21			50 METER BACKSTROKE	22		
23			200 METER INDIVIDUAL MEDLEY	24		
25			100 METER BUTTERFLY	26		
27	SEE RELAY FORM		200 METER MEDLEY RELAY	28	SEE RELAY FORM	
29/30	SEE RELAY FORM		200 METER MIXED FREE RELAY	29/30	SEE RELAY FORM	

Sunday, August 22, 1993 8:00 am

31			200 METER BUTTERFLY	32		
33			50 METER FREESTYLE	34		
35			200 METER BACKSTROKE	36		
37			50 METER BREASTSTROKE	38		
39	SEE RELAY FORM		200 METER FREE RELAY	40	SEE RELAY FORM	
41			▲ 400 FREESTYLE (See Check-in Times)	42		

▲ I am willing to swim the
 400 meter freestyle with two persons per lane ____ Yes ____ No
 800 meter freestyle with two persons per lane ____ Yes ____ No
 1500 meter freestyle with two persons per lane ____ Yes ____ No

Those swimming two per lane shall be seeded ahead of competitors swimming one per lane and shall be started at opposite ends of the pool. Seeding will not be altered to accommodate travel arrangements.

(Legible photocopies of this entry form are acceptable. You must complete the reverse side of this form.
 YOU MAY ENTER SIX INDIVIDUAL EVENTS (OR FIVE INDIVIDUAL EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE) — BUT SWIM NO MORE THAN THREE INDIVIDUAL EVENTS ON ANY ONE DAY.
 Please indicate with an asterisk (*) your 6th event in case the five event limit is imposed.

Sponsors: Herring Art & Frame, Wagner Spray Tech., Chippewa Springs, Speedo, The Finals

Dates: August 19-22, 1993

Location: University of Minnesota Aquatic Center

Sanctioned By: US Masters Swimming, Inc. and Minnesota Masters

Filling Out Entry Blank:

There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. IF YOU ENTER "NO TIME" your entry will be rejected.

You may enter six individual events (or five events, if deemed necessary by the Championship Committee) but swim no more than three individual events on any one day. No refunds will be given for events not swum. Indicate your sixth event with an asterisk (*) in case the five event limit is imposed: USMS Rule 104.5.3A.

Eligibility:

National Championships are open to USMS registered swimmers, 19 years of age and older (as of August 22, 1993). If you wish to represent a club, then you and the club must be registered in the same LSMC; if there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry. A copy of your USMS registration card must be included with your entry.

Conduct of the Meet:

The Meet Brochure has all details of the meet conduct. All events 400 meters and under (except 400M Free) will be pre-seeded. The 400 freestyle, the 800 freestyle, and the 1500 freestyle will be deck seeded.

Deck Seeded Events/Check In Times: Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

800 FREE	6:00 PM Wednesday, August 18	400 FREE	6:00 PM Saturday, August 21
1500 FREE	6:00 PM Wednesday, August 18		

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 (8/22/93).

Awards: Each swimmer entering the meet will receive a plaque upon check-in at the registration table. Bars signifying the event and place will be awarded to the top ten finishers in each age group for each event, including relays.

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 there are any questions about your fees, full cash payment will be required before you are permitted to swim. No refunds are given for events not swum.

5 Mile Lake Minnetonka Swim - Monday, August 23, 1993: See Meet Brochure for Details and Entry Information.

Banquet:

6:30 p.m. at Coffman Memorial Union. \$20 per person — Casual Dinner at the Student Union. Drinks at 6:30 p.m., dinner at 7:15 p.m. Music and dancing will follow dinner.

Special Events:

Great American Shavedown, August 18, 1993 (5:00-6:00 p.m.); Carbo Loading - Free Pasta, August 19, 1993 (5:00-7:00 p.m.); Ronald McDonald House fundraiser, August 20, 1993 (7:00-9:00 a.m.); World's Fastest 50 Kick Contest (Zoomers and Ocean Pool) August 21, 1993 (6:00 p.m.); Beer and Chips Night at Stub & Herbs, August 20, 1993 (7:00-10:00 p.m.); Chippewa Springs 6-Pack Relay, Friday, August 20, 1993 (6:00 p.m.); Wheaties Breakfast of Champions, August 21, 1993 (7:00-9:00 a.m.); Saturday Night Banquet, August 21, 1993 (6:30 p.m.-?); Bagels and Cream Cheese at Poolside, August 22, 1993 (7:00-9:00 a.m.); Pasta Dinner, Sunday, August 22, 1993 (6:00 p.m.)

T-Shirts:

T-Shirts may be pre-ordered to ensure right size and availability. See meet brochure for details. Price is \$10 - payable with your entry. Meet Price \$12.00.

Checks Payable to:	Meet Surcharge (required of all swimmers):	<u>1</u>	X \$13.00 =	<u>13.00</u>
'93 USMS LC Nationals	Number of Individual events entered:	<u> </u>	X \$ 4.00 =	<u> </u>
Mail Entry & Fees to:	Number of Banquet tickets:	<u> </u>	X \$ 20.00 =	<u> </u>
Paul Windrath, Meet Director	T-Shirt (100% w/Logo) (M, L, XL: <u> </u>)	<u> </u>	X \$10.00 =	<u> </u>
2612 Eunice Ave.	TOTAL AMOUNT OF FEES DUE			
Red Wing, MN 55066	(do not send cash) :	<u> </u>	=	<u> </u>

ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.

Entry Deadline:

Entry must be in the hands of entry chairman no later than Thursday, July 15, 1993: Late entries will be returned to sender.

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

Meet Director:

Paul Windrath (612-388-8524)

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 permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition I agree to abide by and be governed by the rules and regulations of USMS.

Date: _____ Signature: _____

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

Aqua-Master

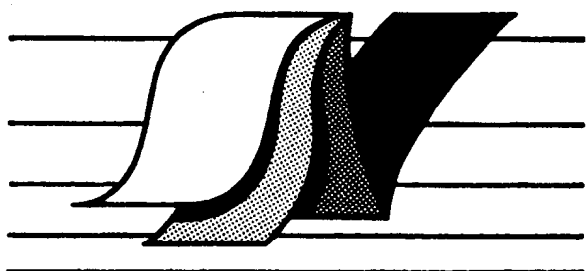
John F. Zell - Editor
4640 N.E. 36th Avenue
Portland, OR 97211-7618

In this issue: N.W. Zone S.C. Champs results, Ol' Barn, "Digital vs. Analog", and L.C. meet entry forms.

373-00236
JOHN F. ZELL (Z - M A N)
4640 NE 36TH AVE.
PORTLAND, OR 97211-7618

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