

Chairman of the Board

David Cobb

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

Editor & Past Chairman

John F. Zell

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

Vice Chairman

Pam Himstreet

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

Registrar

Stephen Harger

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

Secretary / H.O.S.T.

Andy Schrag

(206) 254-9661

Treasurer

Roy Abramowitz

(503) 221-0336

Data Manager (Meet Entry)

Suzanne Rague

(503) 531-9051

Membership

Judy Belford

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

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership and subscription information. OMS is part of United States Masters Swimming Inc.

CALENDAR & MEET SCHEDULE 1993/94

***OCT 17 GRESHAM, OR MT. HOOD C.C. S.C. YARDS #1**

***OCT 30 SEATTLE, WA JUANITA POOL**

N.W. ZONE CHAMPIONSHIPS S.C. METERS*

***NOV 20-21 PORTLAND, OR LEWIS & CLARK COLLEGE S.C.Y. #2**

***DEC 4-5 GRANTS PASS, OR GRANTS PASS YMCA S.C.Y. #3**

JAN, 94 PORTLAND, OR DISHMAN POOL TRI-M IV + FREE

JAN, 94 U.S.M.S. NATIONAL ONE HOUR POSTAL SWIM CHAMPS

FEB 5 BEAVERTON, OR BARRACUDA PENTATHLON

MARCH 5-6 BEND, OR JUNIPER AQUATIC CENTER S.C. M. #2

MAR 25-27 ROSEBURG, OR ROSEBURG Y.M.C.A.

OREGON MASTERS ASSOCIATION CHAMPIONSHIPS

APRIL 8-10 FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPS

MAY, 94 U.S.M.S. SHORT COURSE NATIONALS

A.S.U. TEMPE, ARIZONA

JULY 4-10, 1994 MONTREAL, CANADA

WORLD MASTERS CHAMPIONSHIPS

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

ERIE C.C. BUFFALO, NY

***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.

Z-Man says ---

by John Zell

Yet another is on our doorstep. Time to start a new set of plans, a new set of goals. And naturally, my usual question for you is: Do you have a season planned and goals set in your mind? Well, if you don't, you'd better sit down and get started, or you may end up disappointed. Goals and plans can take many forms. Very simple and easy or complex and challenging. But without something in mind, your just treading water.

In that spirit, we bring you an article from last falls B.C. Masters newsletter entitled "Planning a New Season." Part two will come next month and I know you'll get some good ideas. Please share it with a friend.

Ol' Barnacle reviews the last two Long Course meets of the year, the N.W. Zone and U.S.M.S. National Championships. We have the all results from "Zones" and Earl shares with us the results of those O.M.S. members who went to Minneapolis.

And you'll find a host of meet entry forms for events coming up in the next several months. Mt. Hood, the N.W. Zone Championships of Short Course Meters, Lewis and Clark, and Grants Pass... check them out and enter often.

This year you'll have another reason to attend a meet or if your a regular, you'll get more for your entry fee. Thanks to Ginger Pierson, we will launch a "mini-clinic" series before, during, or after each of our meets this season and beyond. There is a wealth of knowledge of swimming, related topics, and expertise in various skills among our fellow masters swimmers. The following is the subject schedule for

the upcoming meets.

October 17 (7-8 a.m.) Mt. Hood - Bert Petersen

"Drill your way to an efficient swim" Bert will lead you in swim drills for each stroke that can be used in a workout. **Larry Snead** - A official starter from Oregon Swimming will give you tips on how to perform a **"legal fast start"** from the blocks.

November 21 (following the meet - 1 hour) **Lewis & Clark - Dr. Sprint "Training Philosophies"** Robert will review energy systems for events, muscle requirements, and training in corresponding workouts. Special emphasis on sprinting. Snacks provided for those who attend.

December 4-5 (during meet) **Grants Pass "The New Backstroke Turn"** A continuous videotape of the new backstroke turn will be played throughout the meet. Charts, handouts, and narration should provide you with enough information to understand what a legal turn is.

Two OMS members recently competed in the **European Ironman Championships** held in Roth, Germany on July 10th. **Adrian Kalil** of Scappoose and **Lisa Verke** from Bend were 2 of 4 Oregonians and 34 Americans who completed the 2.4 mile swim, 112 mile bike, and 26.2 mile run. Adrian took 12 hours 22 minutes to cover the course. I'm not sure of Lisa's time. 1700 competitors started and 1436 finished. Congrats to Lisa and Adrian, you are awesome !!

Next month we'll bring you the results from The Pride of Portland meet, the Columbia River Challenge, and the 1992 All World FINA Top Ten listings. I'll have the news from the USMS convention and how our bid for '95 Nationals come out.

Get in the pool,



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

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-11

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 OR FORM WITH THIS ENTRY.**

MEET: Mt. Hood Masters S.C. Meet

DATE: October 17th, 1993

PLACE: MT. HOOD C.C. AQUATIC CENTER

26000 S.E. STARK

GRESHAM, OR

5 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

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.

**SUN. OCT 17 WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN October 2nd, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet.

ALL EVENTS WILL BE SEEDED SLOW TO FAST.

FREE RLY (1) XXXXXXXXXXXXXXXX

50 FREE (2) _____:_____:_____

100 BREAST (3) _____:_____:_____

200 BACK (4) _____:_____:_____

50 FLY (5) _____:_____:_____

200 I.M. (6) _____:_____:_____

MXD FR RLY (9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (10) _____:_____:_____

200 BREAST (11) _____:_____:_____

50 BACK (12) _____:_____:_____

100 FLY (13) _____:_____:_____

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (15) _____:_____:_____

50 BREAST (16) _____:_____:_____

100 BACK (17) _____:_____:_____

200 FLY (18) _____:_____:_____

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

MXD MD RLY (20) XXXXXXXXXXXXXXXX

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: \$8.00

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

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

PLANNING A NEW SEASON

by Mary Lou Monteith

The 1992-93 Masters Swimming Season is about to begin! Now is the time to establish personal goals and a plan for achieving them. Fun, Friendship and Fitness are benefits of each and every workout, but interest and motivation can be enhanced with specific season planning.

Step One - Make a list of your personal goals, considering the following:

1. PERFORMANCE GOALS, e.g., time objectives for specific events or completion of new events;
2. PHYSICAL GOALS, e.g., improvement of a particular aspect of your fitness;
3. PSYCHOLOGICAL GOALS, e.g., planning to learn about and practise certain mental strategies;
4. TECHNICAL GOALS, e.g., resolution to improve a particular stroke, start or turn.

Step Two - Plan your season. Here's one I use.

<u>Periods</u>	<u>Phase</u>	<u>Dates</u>
Preparatory	General	September to mid-October
	Specific	Mid-October to late November
Competitive	Pre	Late November to late January
	Main	Late January to mid-May
Transition		Mid-May to end of August

Breaking the year into periods and phases enables you to apply the principles of OVERLOAD, PROGRESSION and SPECIFICITY in order to achieve maximal development.

OVERLOADING is creating a challenging demand on the body's various energy-providing metabolic processes. The demands must be of sufficient intensity to stimulate adaptation but within the body's capability to adapt.

The SPECIFICITY principle states that the body's adaptation to stress is unique to the type of stress it undergoes. However, this does not mean that all training should be at race pace and distances. Should this be attempted, the athlete is very likely to undergo "failing adaptation" and suffer "burnout".

However, it is possible to select training intensities and volumes that enable the various metabolic processes to be individually challenged, with race-pace workouts being reserved for judicious application later in the season, as an integration form of training.

The PROGRESSION principle reminds us that as the body adapts to the various stresses placed upon it, additional intensity and/or volume of training will be necessary to continue to provide an overload situation. It also serves to remind us that the progression must be planned and gradual or failing adaptation may occur.

Application of the above principles requires a method of monitoring the intensity of workouts. The most accessible method is taking the pulse rate immediately after a repeat for six or ten seconds and multiplying by ten or six to get the heart rate in beats per minute. The heart rate percentage recommendations which will be given should be used as guidelines only, as individual heart rates vary greatly. They are based on estimated maximal heart rates with an age-factor correction, since current research has indicated that maximum heart rate declines with age. However, the individual well-trained masters swimmer may well vary considerably from the norm, so it is important to utilize your subjective feelings of intensity and relate these to your observed post-exercise heart rate.

Heart rate goals are calculated by subtracting your resting heart rate (first thing in the morning before you get up) from your theoretical maximum (220 minus your age), multiplying the difference by the desired percentage, then adding the resting heart rate back in.

For example, to calculate a 60% heart rate for a 52 year old:

$$220 - 52 = 168 \text{ (theoretical maximum heart rate)}$$

$$168 - 58 \text{ (morning heart rate)} = 110$$

$$110 \times .60 = 66$$

$$66 + 58 = 124$$

If this 52 year old swimmer wanted to do work at a recommended 60% heart rate, he would try to achieve 124 beats per minute (12½ beats in six seconds or 21 beats in 10 seconds).

PREPARATORY PERIOD	
GENERAL PHASE - September to mid-October	
GENERAL OBJECTIVES	Establish goals Develop strokes Begin strength workouts Begin flexibility training Nutrition assessment
TYPES OF TRAINING	3/4 aerobic, heart rate 60-70%, feeling easy 1/4 anaerobic threshold, heart rate 71-75%, moderately intense, breathing more stressed
GENERAL CHARACTERISTICS	Volume gradually increases from low to high Intensity remains mostly low
SPECIFIC PHASE - mid-October to late November	
GENERAL OBJECTIVES	Refine strokes Develop starts and turns Develop relaxation and self-talk techniques Introduce some power and speed work
TYPES OF TRAINING	1/2 aerobic, heart rate 60-70% 1/4 anaerobic threshold, heart rate 71-75% 1/4 higher intensity, heart rate greater than 76%, not maximum
GENERAL CHARACTERISTICS	Volume remains high Intensity mostly low; some higher intensity introduced in short repeats only

I hope that you find some of these suggestions for planning your season helpful and that you are beginning a productive and challenging year. Future articles will delve into more specific types of training with workout suggestions for each, as well as technique skills and drills. Enjoy!

PNA MASTERS LOCAL SWIMMING COMMITTEE
SHORT COURSE ZONES MEET ENTRY FORM: October 31, 1993
Hosted by Green Lake Aqua Ducks
at Juanita Pool
Sanction # 933608

NAME _____ M F AGE _____
ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS # _____
TEAM _____ or UNATTACHED _____ ASSOCIATION _____
AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90+

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

ENTRY LIMIT: 5 events plus relays

EVENT NUMBER	EVENT	EVENT TIME

ENTRY FEES:

Surcharge: @ \$4.00 \$5.00 (Includes LMSC surcharge \$1 and electronic

timing surcharge \$1)

Individual Events @ \$1.00 (No charge for relays)

T-Shirt @ \$10.00 S M L XL

TOTAL

Checks payable to: Tammi Keeler

Mail fees and this entry form to: Tammi Keeler Tel. 524-7579

911 1/2 N. 86th

Seattle, WA 98103

Entries must be postmarked by October 21, 1993.

STATEMENT OF RELEASE

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

SIGNED _____ DATE _____

SWIMMERS FROM LMSC'S OTHER THAN PNA MUST INCLUDE A COPY
OF THEIR USMS CARD, OR THE CANADIAN EQUIVALENT.

PNA MASTERS LOCAL SWIMMING COMMITTEE
SHORT COURSE ZONES MEET INFORMATION: October 31, 1993
Hosted by Green Lake Aqua Ducks

ORDER OF EVENTS
EVENT # EVENT

DATE: Oct. 31, 1993

TIME: Sunday

Warmup 8:00 am

Meet starts at 9:00 am

1 400 FREE
(Relays will start no earlier than 10:00 am)

2 200 RELAY

3 200 BACK

4 50 FREE

5 100 BREAST

6 200 I.M.

7 50 FLY

8 200 FREE

9 100 BACK

5 MIN. BREAK

10 200 FLY

11 50 BREAST

12 100 FREE

13 100 IM

14 400 RELAY

15 100 FLY

16 50 BACK

17 200 BREAST

CO-MEET DIRECTORS: Tammi Keeler
(206) 524-7579
Robin O'Leary
(206) 525-7725

FACILITY: 25 meters, 6 lanes

water temp: 84

CONCESSION STAND: Yes

RULES: Current USMS rules will
govern the meet.

ELIGIBILITY: Open to all USMS 1993
registered swimmers
19 and over as of the
last day of the meet.

SEEDING: Slow to fast

TIMING: Electronic

RELAYS: Enter at meet. Each event may be swum as a medley or freestyle
relay with all men, all women or mixed (2 women and 2 men).

DIRECTIONS

From I-405: Go northbound past State Route 520. Take the 124th St. exit to the right. At the light at the end of the ramp go left (west over the freeway). Take a right at 116th St. and a left at 132nd St. The pool is on the left and a part of Juanita High School. Park off the right near the gymnasium.

From Bothell Way: Going East take a right on 68th Ave. NE. Take a left on NE 170th which becomes Simonds Road. At the end of Simonds Road turn right on 100th and left on 132nd St. The pool is on the right and is a part of Juanita High School. Park off to the right near the gymnasium.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-12

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 OR FORM WITH THIS ENTRY.**

MEET: Pride Masters S.C. Meet

DATE: November 20th & 21st, 1993

PLACE: ZEHTBAUER AQUATIC CENTER

Lewis and Clark College

0615 S.W. Palatine Hill Road

Portland, OR

6 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Pride Masters **Meet Director: Don King 503-768-7189 work**

DIRECTIONS TO POOL: DIRECTIONS TO POOL: I-5 (either north or south) take EXIT 297 - Terwilliger Blvd/Lewis & Clark College. Travel south on Terwilliger Blvd approximately 1.5 miles to Palatier Road. Stay on Palatier Road and you will see Lewis and Clark College on your left. Turn left at "Gate #3" just past the football stadium and follow this road to the ZENNTBAUER SWIMMING PAVILION next to the Pamplin Sports Center. **PARKING IN AND AROUND LEWIS & CLARK IS LIMITED SO CAR POOLING IS A GREAT IDEA.**

SATURDAY NOV 20

WARM-UPS: 5 P.M.

MEET STARTS: 6 P.M.

SUNDAY NOV 21

WARM-UPS: 8 A.M.

MEET STARTS: 9 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN November 6th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1000 Free will be deck seeded. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

SATURDAY NOV 20

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

1000 FREE (2) _____ : _____ . _____

SUNDAY NOV 21

500 FREE (3) _____ : _____ . _____

FREE RLY (4) XXXXXXXXXXXXXXXX

100 BACK (5) _____ : _____ . _____

200 FREE (6) _____ : _____ . _____

50 FLY (7) _____ : _____ . _____

200 BREAST (8) _____ : _____ . _____

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

BREAK BREAK BREAK

MXD FR RL (10) XXXXXXXXXXXXXXXX

200 BACK (11) _____ : _____ . _____

50 FREE (12) _____ : _____ . _____

100 FLY (13) _____ : _____ . _____

50 BREAST (14) _____ : _____ . _____

MED RELAY (15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (16) _____ : _____ . _____

100 FREE (17) _____ : _____ . _____

200 FLY (18) _____ : _____ . _____

100 BREAST (19) _____ : _____ . _____

200 I.M. (20) _____ : _____ . _____

MXD MD RL (21) XXXXXXXXXXXXXXXX

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

reviews results records

N.W. Zone Long Course Championships

First we want to thank the people who were our hosts. Eric Guest was the meet director, ably assisted by the entire Guest family, then the officials from Oregon Swimming, and finally, Eve McDermott who made the venue available to use.

We had close to 130 swimmers, why not more I will never know. The weather was tremendous, the water absolutely perfect, and the swimming was definitely TOP GRADE !

Records and more Records ...

Jim Penfield from PNA, brand new 85 years young is OB's choice for *Swimmer of the Meet*. All Jim did was set two new World Records and 2 new Zones. World in the 100 Back with a 2:07.06, the 50 Fly in 1:05.54, and Zone in the 50 Free with a 46.70 and the 200 Free in 4:45.76.

New National Relay Record - Men 280+ 400 m Free 5:41.34

Earl Walter, Floyd Elliott, Gil Young, Andrew Holden

New Zone Records...

Deborah Heim (19-24) Two new marks in 1500 Free with a 20:39.08 and the 200 Free in a 2:29.51.

Leissa Mills (30-34) Also had two in the 400 Free with a 4:44.36 and the 800 Free in 9:51.10.

Lavelle Stoinoff (60-64) Tied her 200 Back record at 3:14.11.

Steve Johnson (45-49) Breaks the 400 Free in 4:48.06.

Robert Smith (50-54) 100 Free in 1:03.45 split from 400 Free.

Richard Boyd (50-54) Takes home three new marks in the 800 Free in 10:52.20, the 200 Breast in 3:04.29, and the 400 I.M. in a 5:45.88.

Art Welch (60-64) Breaks the 800 Free in 12:08.07 and the 1500 Free in 22:34.85.

Gil Young (70-74) A new one in the 1500 Free with a 27:16.58.

Joe Ruddley (75-79) Also a new 1500 Free record in 41:45.32.
400 m Medley Relay 280+ Men - 6:39.43

Floyd Elliott, Earl Walter, Andrew Holden, Gil Young

New OMS Records...

Art Welch (60-64) A new 200 Free record of 2:44.94.

Richard Boyd (50-54) Three more in the 400 Free with a 5:09.69, the 1500 Free in 20:11.42, and the 200 I.M. in 2:47.44.

Jack Hoey (80-84) Sets a new one in the 400 Free in 11:23.10.

Kathi Bullock (35-39) Adds two new marks to the record book in the 800 Free with 10:56.56 and the 400 I.M. in 6:09.58.

Robert Smith (50-54) Swims to a record 100 Back in 1:17.96.

Milton Marks (60-64) Sets two in the 50 Breast

:40.98 and the 100 Breast in a 1:38.46.

Laura Worden (35-39) Breaks the 100 Fly in a 1:16.39.

Tori Hendryx (40-44) Also a new 100 Fly in 1:21.29.

Helena Hoffman (75-79) Another 100 Fly record in 3:43.38.

We were honored and pleased to have in the pool with us—**Nancy Ridout**—Vice chair for U S Masters Swimming. Nancy swam the 1500, in what she called a workout, better than that—great time of 22:41.28! Thanks Nancy, great to see you, come again !!!

Some more very welcome visitors ...

Sally Dillon (Sierra Nevada) Fine 200 Breast in 3:24.39.

Cathy Law (Sacramento) Looking great in all events.

Dot Werry (Sacramento) Fine freestyler.

You all come back-you hear !!

Close Ones and Excellent Times

Mary Jackson (35-39) Swam the 50 Free in :30.46 vs :30.23.

Eric Guest (60-64) The 50 Free in :32.64 vs :32.29.

Steve Johnson (45-49) 200 Free in 2:15.75 vs 2:14.95.

Doug Stewart (25-29) A nice 400 Free in 4:49.46.

Curt Lacount (30-34) Swam the 50 Back in :30.52 and 100 Back in 1:05.87 vs Zone record of 1:05.12.

Gary Hafer (40-44) Sprinted the 50 Back in 32.72.

Amy Newell (30-34) A fine 200 Back in 2:45.26.

Floyd Elliott (65-69) 200 Back in 3:12.74 vs 3:11.63.

Steve Peterson (45-49) Swam a good 50 Breast in :36.48.

Carolyn Baldwin (55-59) A Tip of O'Barn's hat. She entered 100 Breast with 2:20.00, swam a 2:20.00. You can't get any closer than that !

Helena Hoffman (75-79) A 200 Breast in a 7:00.96 vs 6:59.16.

Suzanne Cooper (40-44) Swam a fine 50 Fly in :34.65 vs :34.01.

Greg Colby (30-34) Sprinted the 50 Fly in :27.81. Then came really close in the 100 Fly with a 1:00.90 vs the Zone record of 1:00.81.

Teri Hendryx (40-44) A great 200 I.M. in 2:59.10 vs 2:58.40.

A big OMS WELCOME to our new paddlers...

Rad Dutton

Rupert Fixott

Katherine McCall

John Glissmeyer

Margie Glissmeyer

Jeannie Frederick

Anton Leneis

Taka Hirayama

Mecia Bennett

Dana Walling

Cornelius Branson

Misty Rumset

Kathy Isaacs

Don't stop now...Stay with it and Stay Fit !!!

1-12 = rank in 1992 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter

* = FROM OUTSIDE OREGON

Software by R.Smith

---- 10-24 WOMEN ----

50 FRE AMY YOUNG 23 OREG :30.82
 SANDI L HYDE 24 OREG :33.36
 KATHERINE A MCCALL 24 OREG :39.81
 100FRE DEBORAH E HEIM 24 OREG 1:10.45
 KATHERINE A MCCALL 24 OREG 1:33.31
 200FRE DEBORAH E HEIM 24 OREG 2:29.51+11
 Record= JANINE AMODEO 2:30.11
 400FRE DEBORAH E HEIM 24 OREG 5:17.08 6
 SANDI L HYDE 24 OREG 5:39.94
 1500FR DEBORAH E HEIM 24 OREG20:39.08+ 4
 Record= ANDREE-MARIE DEVINE21:53.53
 50 BRS KATHERINE A MCCALL 24 OREG :52.07
 100BRS DEBORAH E HEIM 24 OREG 1:26.48 7
 50 FLY DEBORAH E HEIM 24 OREG :33.64 12
 AMY YOUNG 23 OREG :34.79
 100FLY AMY YOUNG 23 OREG 1:26.24
 400 IM SANDI L HYDE 24 OREG 6:49.50 9

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

50 FRE CATHY LAW 25*SAC :32.54
 MARG L GLISSMEYER 28 OREG :34.68
 JEANNIE FREDERICK 26 UNAT :34.96
 100FRE KATHY E ISAACS 25 OREG 1:14.99
 JEANNIE-FREDERICK 26 UNAT 1:20.86
 TAKA HIRAYAMA 25 OREG 1:21.16
 MISTY RUMSET 26*PNA 1:25.37
 400FRE MISTY RUMSET 26*PNA 6:37.49
 1500FR MECIA BENNETT 26 OREG22:31.84
 MISTY RUMSET 26*PNA 26:27.59
 50 BAK MARG L GLISSMEYER 28 OREG :44.57
 CATHY LAW 25*SAC :45.11
 50 BRS KATHY E ISAACS 25 OREG :43.13
 CATHY LAW 25*SAC :43.39
 TAKA HIRAYAMA 25 OREG :45.37
 MARG L GLISSMEYER 28 OREG :57.72
 100BRS TAKA HIRAYAMA 25 OREG 1:39.78
 50 FLY JEANNIE FREDERICK 26 UNAT :38.60
 CATHY LAW 25*SAC :40.53
 MARG L GLISSMEYER 28 OREG :42.53
 100FLY JEANNIE FREDERICK 26 UNAT 1:34.36

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

50 FRE JUDY LAMPI 33 MACO :33.77
 BETH ANNE BEADLING 31 OREG :36.02
 100FRE AMY NEWELL 30*PNA 1:07.50
 200FRE LEISSA K MILLS 33 OREG 2:15.33 6
 AMY NEWELL 30*PNA 2:27.87
 JANE BOLTON 33 OREG 3:16.96
 400FRE LEISSA K MILLS 33 OREG 4:44.36+ 3
 Record= LEISSA K MILLS 4:45.76
 800FRE LEISSA K MILLS 33 OREG 9:51.10+ 3
 Record= DEBBIE BARNES12:01.70
 HOLLY VAUGHN-EDMONS31 OREG 9:59.52 4
 ELLEN FERGUSON 31 UNAT10:03.58 4
 JANE BOLTON 33 OREG13:40.55
 BETH ANNE BEADLING 31 OREG14:04.83
 1500FR JANE BOLTON 33 OREG25:56.39
 BETH ANNE BEADLING 31 OREG26:28.97
 50 BAK FRAN KAMIN 31*PNA :50.21

100BAK AMY NEWELL 30*PNA 1:16.65
 FRAN KAMIN 31*PNA 1:50.07
 200BAK AMY NEWELL 30*PNA 2:45.26 8
 50 BRS FRAN KAMIN 31*PNA :50.90
 BETH ANNE BEADLING 31 OREG :51.88
 100BRS FRAN KAMIN 31*PNA 1:49.42
 50 FLY JUDY LAMPI 33 MACO :39.20
 BETH ANNE BEADLING 31 OREG :43.14

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

50 FRE MARY JACKSON 37 OREG :30.46+12
 Record= PATRICIA MCKAY :30.72
 DONA WILLIAMS 39*PNA :32.09
 GAYLE D MILLER 37 OREG :35.34
 AL LIEN 39 UNAT :37.22
 100FRE GAYLE D MILLER 37 OREG 1:24.18
 AL LIEN 39 UNAT 1:26.73
 200FRE KATHI BULLOCK 39 OREG 2:31.32+
 Record= KATHLEEN P BUCK 2:39.40
 DONA WILLIAMS 39*PNA 3:06.93
 400FRE KATHI BULLOCK 39 OREG 5:13.77+10
 Record= KATHLEEN P BUCK 5:39.83
 LAURA A WORDEN 35 OREG 5:49.94
 800FRE KATHI BULLOCK 39 OREG10:56.56+12
 Record= KATHLEEN P BUCK12:10.74

200BAK KATHI BULLOCK 39 OREG 2:59.56
 50 BRS MARY JACKSON 37 OREG :40.10 7
 AL LIEN 39 UNAT :45.19
 DONA WILLIAMS 39*PNA :46.78
 100BRS AL LIEN 39 UNAT 1:39.46
 DONA WILLIAMS 39*PNA 1:43.28
 50 FLY LAURA A WORDEN 35 OREG :33.84
 GAYLE D MILLER 37 OREG :48.18
 100FLY LAURA A WORDEN 35 OREG 1:16.39+
 Record= LAURA A WORDEN 1:16.74
 200FLY LAURA A WORDEN 35 OREG 2:56.01 9
 200 IM KATHI BULLOCK 39 OREG 2:55.73+
 Record= JUDY A CALPIN 2:57.05
 LAURA A WORDEN 35 OREG 3:03.18
 DONA WILLIAMS 39*PNA 3:21.73
 400 IM KATHI BULLOCK 39 OREG 6:09.58+12
 Record= SUSAN CASE 6:31.68
 LAURA A WORDEN 35 OREG 6:15.32

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

400FRE JANE A MOORE 42*PNA 7:05.13
 1500FR JANE A MOORE 42*PNA 27:15.52
 200BAK SUZANNE L RAGUE 42 OREG 3:17.50
 100BRS TERI HENDRYX 40 MACO 1:31.68 11
 50 FLY SUZANNE C COOPER 43 OREG :34.65 9
 TERI HENDRYX 40 MACO :35.65
 SUZANNE L RAGUE 42 OREG :41.41
 100FLY TERI HENDRYX 40 MACO 1:21.29+ 9
 Record= TERI HENDRYX 1:21.46
 200FLY TERI HENDRYX 40 MACO 3:13.56+ 7
 Record= TERI HENDRYX 3:14.80
 200 IM TERI HENDRYX 40 MACO 2:59.10+ 9
 Record= MIRJANA CALLAHAN 2:59.92

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

50 FRE SALLY A DILLON 46*SNM :33.77
 SALLY ANN SMITH 45*PNA :37.27

100FRE SALLY A DILLON 46*SNM 1:18.06
 200FRE SALLY A DILLON 46*SNM 2:41.74 7
 400FRE PAMELA HIMSTREET 49 OREG 6:39.30
 SALLY ANN SMITH 45*PNA 7:07.85
 800FRE PAMELA HIMSTREET 49 OREG13:48.10 12
 1500FR SALLY A DILLON 46*SNM 22:03.25 2
 50 BAK SALLY ANN SMITH 45*PNA :47.57
 100BAK SALLY ANN SMITH 45*PNA 1:42.47
 50 BRS SALLY A DILLON 46*SNM :44.13 9
 PAMELA HIMSTREET 49 OREG :49.16
 200BRS SALLY A DILLON 46*SNM 3:24.29 2
 PAMELA HIMSTREET 49 OREG 3:41.96
 50 FLY KRISTI L LOONEY 45 OREG :40.42
 SALLY ANN SMITH 45*PNA :47.69
 400 IM KRISTI L LOONEY 45 OREG 7:34.45

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

50 FRE SUE CALNEK 50 OREG :36.00 7
 100FRE SUE CALNEK 50 OREG 1:19.72 7
 200FRE SUE CALNEK 50 OREG 3:06.81 9
 1500FR NANCY RIDOUT 51*TAM 22:41.28 2
 50 BAK SUE CALNEK 50 OREG :50.05 11
 50 BRS EVELYN SINAI 53 MACO :50.88
 100BRS EVELYN SINAI 53 MACO 1:52.44
 200BRS EVELYN SINAI 53 MACO 3:59.68

---- 55-59 WOMEN ----

50 FRE CAROLYN BALDWIN 59*PNA :52.52
 200FRE ANN GINDROZ 55*PNA 3:26.53
 CAROLYN BALDWIN 59*PNA 4:12.14
 400FRE ANN GINDROZ 55*PNA 7:00.46 10
 800FRE DOT J WERRY 57*SAC 15:16.34
 1500FR ANN GINDROZ 55*PNA 27:47.84 8
 DOT J WERRY 57*SAC 28:44.40
 50 BAK CHAYA AMIAD 55*PNA :50.72
 VIVIAN J STARBUCK 58 OREG 1:02.88
 CAROLYN BALDWIN 59*PNA 1:09.88
 100BAK VIVIAN J STARBUCK 58 OREG 2:13.98
 200BAK DOT J WERRY 57*SAC 4:10.38
 CHAYA AMIAD 55*PNA 4:16.83
 50 BRS CHAYA AMIAD 55*PNA :56.23
 100BRS CAROLYN BALDWIN 59*PNA 2:07.75
 200BRS CHAYA AMIAD 55*PNA 4:36.60
 50 FLY CAROLYN BALDWIN 59*PNA 1:01.94
 100FLY DOT J WERRY 57*SAC 1:58.61 9
 200FLY DOT J WERRY 57*SAC 4:21.75 7
 ANN GINDROZ 55*PNA 4:33.05 11
 200 IM DOT J WERRY 57*SAC 3:50.94 11
 CAROLYN BALDWIN 59*PNA 4:33.42
 400 IM CHAYA AMIAD 55*PNA 9:15.02 9

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

50 FRE LAVELLE M STOINOFF 60 MACO :36.30 2
 BEVERLY L'ESPERANCE61 OREG :47.49
 200FRE BEVERLY L'ESPERANCE61 OREG 4:13.34
 CYNTHIA H ROSIK 60*PNA 4:41.55
 400FRE LAVELLE M STOINOFF 60 MACO 5:51.39 1
 50 BAK BEVERLY L'ESPERANCE61 OREG :56.21
 100BAK BEVERLY L'ESPERANCE61 OREG 2:04.18
 200BAK LAVELLE M STOINOFF 60 MACO 3:14.11+ 1
 Record= JOYCE BAHLE 4:06.65
 BEVERLY L'ESPERANCE61 OREG 4:27.66

NW ZONE

50 METER 08/01/93 PG 2

1-12 = rank in 1992 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter * = FROM OUTSIDE OREGON Software by R.Smith

50 BRS CYNTHIA H ROSIK	60*PNA	:59.27	200 IM GREG COLBY	31*PNA	2:26.75	800FRE RICHARD D BOYD	50 OREG10:52.20+ 7
100BRS CYNTHIA H ROSIK	60*PNA	2:13.15 11	STEPHEN F HARGER	34 OREG	2:40.46	Record= BERT L PETERSEN	12:17.21
200BRS LAVELLE M STAINOFF	60 MACO	3:43.08 3	----- 35-39 MEN	-----		BERT L PETERSEN	54 OREG12:03.93
CYNTHIA H ROSIK	60*PNA	4:44.66 12	50 FRE RONALD E COBB	37 OREG	:28.77	ROBERT S SMITH	50 OREG13:04.72
50 FLY CYNTHIA H ROSIK	60*PNA	1:06.44	200FRE STEPHEN S WRIGHT	35*PNA	2:18.29	1500FR RICHARD D BOYD	50 OREG20:11.42+ 4
----- 70-74 WOMEN	-----		400FRE STEPHEN S WRIGHT	35*PNA	5:06.95	Record= FRED SPRENGER	22:17.33
400FRE ELIZABETH C KING	70 OREG11:28.61		JOHN F ZELL	36 OREG	5:07.88	50 BAK ROBERT S SMITH	50 OREG :34.15 5
----- 75-79 WOMEN	-----		HUGH C MOORE	38*PNA	5:13.15	RAD DUTTON	50*PNA :53.03
100BRS HELENA W HOFFMAN	77 OREG	3:23.56	800FRE JOHN F ZELL	36 OREG10:33.89+		100BAK ROBERT S SMITH	50 OREG 1:17.96+ 8
200BRS HELENA W HOFFMAN	77 OREG	7:00.98 10	Record= HUGH C MOORE	10:59.35		Record= DONALD F ADAMSKI	1:19.93
100FLY HELENA W HOFFMAN	77 OREG	3:43.38 9	STEPHEN S WRIGHT	35*PNA	10:44.75	RAD DUTTON	50*PNA 1:55.81
200FLY HELENA W HOFFMAN	77 OREG	8:03.48 7	1500FR JOHN F ZELL	36 OREG22:41.25		50 BRS BERT L PETERSEN	54 OREG :41.66
200 IM HELENA W HOFFMAN	77 OREG	6:52.67	50 BAK JOHN F ZELL	36 OREG	:35.08	200BRS RICHARD D BOYD	50 OREG 3:04.29+ 5
400 IM HELENA W HOFFMAN	77 OREG14:36.24 10		200BAK JOHN F ZELL	36 OREG	2:41.61	Record= RICHARD D BOYD	3:04.50
----- 19-24 MEN	-----		50 FLY HUGH C MOORE	38*PNA	:31.39	50 FLY BERT L PETERSEN	54 OREG :30.96 6
50 FRE ANTON LENEIS	23 OREG	:27.71	RONALD E COBB	37 OREG	:31.84	100FLY BERT L PETERSEN	54 OREG 1:14.01+ 7
100FRE ANTON LENEIS	23 OREG	1:04.48	MIKE T DAVIS	39 OREG	:34.55	Record= BERT L PETERSEN	1:15.66
50 BRS ANTON LENEIS	23 OREG	:34.77 3	100FLY STEPHEN L FREEBORN	38*PNA	1:08.67	200 IM RICHARD D BOYD	50 OREG 2:47.44+ 9
100BRS ANTON LENEIS	23 OREG	1:20.46 11	HUGH C MOORE	38*PNA	1:13.37	Record= RICHARD D BOYD	2:49.26
200BRS ANTON LENEIS	23 OREG	3:02.10 10	200 IM STEPHEN L FREEBORN	38*PNA	2:41.03	400 IM RICHARD D BOYD	50 OREG 5:45.88+ 2
200 IM ANTON LENEIS	23 OREG	2:41.97	400 IM HUGH C MOORE	38*PNA	5:40.87	Record= TOM FANNING	6:42.12
----- 25-29 MEN	-----		----- 40-44 MEN	-----		BERT L PETERSEN	54 OREG 6:37.06
50 FRE RICHARD YATVIN	26 OREG	:26.87	50 FRE DAVID DRAKE	41 MACO	:27.25	----- 55-59 MEN	-----
PHILLIP T KING	26 OREG	:27.59	JED P CRONIN	44 OREG	:28.68	50 FRE GEORGE D THAYER	57 OREG :31.70
ERIN ERONEMO	29*PNA	:27.77	IRA WEINTRAUB	42 OREG	:28.70	THOMAS P FALK	58 MACO :37.08
100FRE ALEX B STILES	27 MACO	:58.12	JAMES K ROBBINS	42 OREG	:29.16	100FRE JIM BIGLER	57 MACO 1:13.51
200FRE DOUG STEWART	29 OREG	2:13.15	100FRE DAVID DRAKE	41 MACO	1:00.62	GEORGE D THAYER	57 OREG 1:14.68
400FRE DOUG STEWART	29 OREG	4:49.46	FRANK WARNER	44*PNA	1:03.81	200FRE JIM BIGLER	57 MACO 2:45.23
100BAK PHILLIP T KING	26 OREG	1:09.94	JAMES K ROBBINS	42 OREG	1:06.34	800FRE JIM BIGLER	57 MACO12:48.44 12
50 FLY ERIN ERONEMO	29*PNA	:28.61	IRA WEINTRAUB	42 OREG	1:06.61	1500FR JIM BIGLER	57 MACO24:01.18 7
PHILLIP T KING	26 OREG	:29.26	GARY HAFER	42*PNA	1:22.76	50 BAK GEORGE D THAYER	57 OREG :41.41
RICHARD YATVIN	26 OREG	:29.54	200FRE FRANK WARNER	44*PNA	2:20.04	100BAK JIM BIGLER	57 MACO 1:37.70
100FLY ERIN ERONEMO	29*PNA	1:04.39	JAMES K ROBBINS	42 OREG	2:38.91	50 BRS GEORGE D THAYER	57 OREG :42.73
PHILLIP T KING	26 OREG	1:05.33	50 BAK GARY HAFER	42*PNA	:32.70	100BRS GEORGE D THAYER	57 OREG 1:43.42
200 IM ALEX B STILES	27 MACO	2:25.22 10	IRA WEINTRAUB	42 OREG	:35.84	50 FLY JIM BIGLER	57 MACO :40.29
PHILLIP T KING	26 OREG	2:31.92	100BAK GARY HAFER	42*PNA	1:12.68	----- 60-64 MEN	-----
ERIN ERONEMO	29*PNA	2:35.17	IRA WEINTRAUB	42 OREG	1:20.19	50 FRE ERIC GP. GUEST	63 OREG :32.64
DOUG STEWART	29 OREG	2:36.26	200BAK FRANK WARNER	44*PNA	2:42.34	100FRE ERIC GP. GUEST	63 OREG 1:18.81
----- 30-34 MEN	-----		50 FLY JED P CRONIN	44 OREG	:30.50	MILTON R MARKS	63 OREG 1:20.94
50 FRE GREG COLBY	31*PNA	:26.09	IRA WEINTRAUB	42 OREG	:31.91	200FRE ARTHUR C WELCH	60 OREG 2:44.94+ 9
STEPHEN F HARGER	34 OREG	:27.41	----- 45-49 MEN	-----		Record= ARTHUR C WELCH	2:50.79
JOHN GLISSMEYER	34 OREG	:34.64	50 FRE KARL VONTAGEN	49 MACO	:28.33	400FRE ARTHUR C WELCH	60 OREG 5:52.81 8
100FRE CURT LACOUNT	34 OREG	:58.95	STEVEN B PETERSON	46*PNA	:31.00	800FRE ARTHUR C WELCH	60 OREG12:08.07+ 6
STEPHEN F HARGER	34 OREG	1:03.40	100FRE STEVEN B PETERSON	46*PNA	1:14.04	Record= GILBERT N YOUNG	13:37.74
JOHN GLISSMEYER	34 OREG	1:25.50	200FRE STEVE M JOHNSON	45 OREG	2:15.75 8	THOMAS T TAYLOR	62*PNA 13:10.07
200FRE STEPHEN F HARGER	34 OREG	2:17.76	STEVEN B PETERSON	46*PNA	2:43.92	1500FR ARTHUR C WELCH	60 OREG22:34.85+ 2
MARK B WREN	34 OREG	2:25.68	400FRE STEVE M JOHNSON	45 OREG	4:48.06+ 5	Record= GIL YOUNG	25:38.27
800FRE STEPHEN F HARGER	34 OREG11:13.07		Record= STEVE M JOHNSON	4:49.24		THOMAS T TAYLOR	62*PNA 24:26.68 7
1500FR STEPHEN F HARGER	34 OREG20:21.17		CORNELIUS BRANSON	46 OREG	6:46.02	50 BAK MILTON R MARKS	63 OREG :42.60
50 BAK CURT LACOUNT	34 OREG	:30.52 9	800FRE STEVE M JOHNSON	45 OREG10:09.39+ 6		200BAK ARTHUR C WELCH	60 OREG 3:24.53 8
100BAK CURT LACOUNT	34 OREG	1:05.87 12	Record= RICHARD D BOYD	10:24.41		50 BRS MILTON R MARKS	63 OREG :40.98+10
GREG COLBY	31*PNA	1:09.50	50 BRS STEVEN B PETERSON	46*PNA	:36.48 11	Record= MILTON R MARKS	:42.90
50 BRS JOHN GLISSMEYER	34 OREG	:48.69	200 IM STEVEN B PETERSON	46*PNA	2:55.53	THOMAS T TAYLOR	62*PNA :41.07 11
100BRS JOHN GLISSMEYER	34 OREG	2:03.43	----- 50-54 MEN	-----		100BRS THOMAS T TAYLOR	62*PNA 1:33.31 9
50 FLY GREG COLBY	31*PNA	:27.81	100FRE ROBERT S SMITH	50 OREG	1:03.45+ 9	MILTON R MARKS	63 OREG 1:38.46
MARK B WREN	34 OREG	:30.54	Record= RICHARD D BOYD	1:05.88		200BRS THOMAS T TAYLOR	62*PNA 3:32.35 7
100FLY GREG COLBY	31*PNA	1:00.90 8	400FRE RICHARD D BOYD	50 OREG	5:09.69+ 8	50 FLY ERIC GP. GUEST	63 OREG :39.59
CURT LACOUNT	34 OREG	1:02.68	Record= RICHARD D BOYD	5:12.58		100FLY ERIC GP. GUEST	63 OREG 1:42.30
			ROBERT S SMITH	50 OREG	7:00.64	200 IM ARTHUR C WELCH	60 OREG 3:27.50 12

NW ZONE

50 METER 08/01/93 PG 3

1-12 = rank in 1992 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter * = FROM OUTSIDE OREGON Software by R.Smith

----- 85-89 MEN -----				1500FR GILBERT N YOUNG	71 OREG27:16.58+ 6	1500FR JOE D RUDDLEY	78 OREG41:45.32+ 7
50 FRE FLOYD A ELIOTT	66 OREG :36.40			Record= DANA THOMAS35:30.80		Record= ROY WEBSTER49:29.64	
100FRE FLOYD A ELIOTT	66 OREG 1:24.44			50 BAK EARL WALTER	72 OREG :45.16 11	200FLY JOE D RUDDLEY	78 OREG 8:00.59 6
MILTON DRIVER	68*PNA 2:46.27			GILBERT N YOUNG	71 OREG :51.00	----- 80-84 MEN -----	
50 BAK FLOYD A ELIOTT	66 OREG :39.45 6	100BAK ANDREW W HOLDEN	74 OREG 1:41.12 8	EARL WALTER	72 OREG 1:48.80	50 FRE ALLAN E SACHS	80*PNA :46.06 6
100BAK FLOYD A ELIOTT	66 OREG 1:28.76 6	100BRS EARL WALTER	72 OREG 1:57.77 8	KHOSROW SHADBEH	72 OREG 2:04.00 11	100FRE ALLAN E SACHS	80*PNA 1:59.20 8
200BAK FLOYD A ELIOTT	66 OREG 3:12.74 4	200BRS KHOSROW SHADBEH	72 OREG 4:29.50 12	50 FLY ANDREW W HOLDEN	74 OREG :38.73 3	400FRE JACK HOEY	83 OREG 2:05.51 10
MILTON DRIVER	68*PNA 7:44.58	100FLY ANDREW W HOLDEN	74 OREG 1:39.99 3	KHOSROW SHADBEH	72 OREG 1:01.15	200FRE JACK HOEY	83 OREG 4:46.81 10
50 BRS LEE J MIESEN	66 MACO :45.57 12	400 IM EARL WALTER	72 OREG 8:28.72 7	200BRS KHOSROW SHADBEH	78 OREG10:33.52	50 BAK JACK HOEY	83 OREG11:23.10 9
MILTON DRIVER	68*PNA 1:54.31	800FRE JOE D RUDDLEY	78 OREG25:45.94	50 FLY ANDREW W HOLDEN	74 OREG 1:39.99 3	400FRE JACK HOEY	83 OREG :55.40 3
200 IM LEE J MIESEN	66 MACO 4:07.05	100FLY ANDREW W HOLDEN	74 OREG 1:39.99 3	100BAK JACK HOEY	83 OREG 2:04.96 2	ALLAN E SACHS	80*PNA 1:05.27 9
----- 70-74 MEN -----		400 IM EARL WALTER	72 OREG 8:28.72 7	200BAK ALLAN E SACHS	80*PNA 6:29.09 8		
50 FRE ANDREW W HOLDEN	74 OREG :33.75 8	----- 75-79 MEN -----		50 FRE JIM K PENFIELD	85*PNA :46.70 1		
FORBES J MACK	74 OREG :37.54	400FRE JOE D RUDDLEY	78 OREG10:33.52	200FRE JIM K PENFIELD	85*PNA 4:45.76 2		
RUPERT FIXOTT	71 OREG :48.06	800FRE JOE D RUDDLEY	78 OREG25:45.94	100BAK JIM K PENFIELD	85*PNA 2:07.06 1		
200FRE KHOSROW SHADBEH	72 OREG 4:07.26			50 FLY JIM K PENFIELD	85*PNA 1:05.54 1		
800FRE GILBERT N YOUNG	71 OREG14:35.85 8						

NW ZONE

----- 117 ENTRANTS -----

NW ZONE

50 METER 08/01/93

1-12 = rank in 1992 U.S. top 10

280+ MEN 16				400 MEDLEY RELAY			
FLOYD A ELIOTT,66 ***	EARL WALTER,72 ***	ANDREW W HOLDEN,74 ***	GILBERT N YOUNG,71 ***			OREG 6:39.43	1
120+ MIXED 20				200 MEDLEY RELAY			
RAD DUTTON,50 ***	AMY NEWELL,30 ***	GREG COLBY,31 ***	MISTY RUMSET,26 ***			PNA 2:32.59	
100+ WOMEN 8				200 FREE RELAY			
KATHY E ISAACS,25 ***	KATHERINE MCCALL,24 ***	KATHI BULLOCK,39 ***	DEBORAH E HEIM,24 ***			PRID OREG 2:18.97	8
280+ MEN 8				400 FREE RELAY			
EARL WALTER,72 ***	FLOYD A ELIOTT,66 ***	GILBERT N YOUNG,71 ***	ANDREW W HOLDEN,74 ***			OREG 5:41.34	1
120+ MIXED 12				200 FREE RELAY			
AMY NEWELL,30 ***	RAD DUTTON,50 ***	MISTY RUMSET,26 ***	GREG COLBY,31 ***			PNA 2:16.45	

Barnacle

by E. Walter

reviews results records

1993 USMS LONG COURSE NATIONALS

OMS Swimmers were **OUTSTANDING** at Long Course Championships. Led by **Dick Boyd**, who was our *Swimmer of the Meet*, our contingent, scored and scored, and our Men may have ended up in the top 10 of the small teams category.

DICK BOYD, sets a **NATIONAL RECORD** in the 200 Breast with a 2:52.64, which is less than a second off the World record!! Another Gold in the 1500 at 19:32.33 for a Zone Record. And 3 Silvers in the 400 Free in a 4:57.74, the 200 I.M. in 2:35.46, and the 400 IM in 5:30.41, all of which were Zone Records, plus swimming on 4 relays.

GINGER PIERSON, strikes gold in the 50 Breast in a time of :41.50. She placed second in the 200 Breast in 3:22.71 and the 200 I.M. in 3:11.82. And brings home bronzes in the 100 Breast with a 1:33.06 and the 200 Fly in a 3:24.19, plus 2 relays.

EARL WALTER, takes a gold in the 100 Fly in a 1:48.54. Also a silver in the 200 Fly at 6:48.92. According to Kathy Casey, I set a new USMS record for longest turns, stopping twice, but finished my 200 Fly. Put that with a 4th in the 200 Breast in 4:17.11 and 4th in the 400 I.M. at 8:13.51. Please don't swim the 200 Fly Long Course when you are not in shape!!

ART WELCH, brings home 3 silvers in the 400 Free with a 5:53.22, the 800 Free in 11:50.89, and the 100 Fly in a 1:30.14. All three were good for new Zone records. Also a bronze for the 200 Free in a 2:46.56, which is a new OMS record, and 5th in the 100 Free with a 1:16.60. Great Job Art !!

LORLEE ENGLER, captures 2 silvers in the 100 Free at 1:10.04 and the 100 Breast in 1:36.22. Put that with 2 Bronzes in the 200 Free at 2:36.15 and the 200 I.M. in a 2:55.25, along with a 6th in the 50 Free at :32.09.

GIL YOUNG, swims to 2 silvers in the 400 Free in a 6:48.56, which is a new OMS record, and the 200 Back in a time of 4:01.39. Gil also placed 4th in the 800 Free in 14:35.25, 4th place in the 50 Back in :47.33 and 5th in the 100 Back with a 1:48.40.

STEVE JOHNSON, silvered in the 1500 Free with a time of 19:13.82. He also placed 5th in the 200 Free in 2:14.86 to set a new OMS record, 5th in the 400 Free in 4:50.38, a 7th in the 100 Fly in 1:11.36, plus

a 3rd in the 50 KICK in a time of :37.74.

ALLEN STARK, takes a **SILVER** in the 50 Breast with a :33.91, a 4th in the 100 Breast in 1:16.08, and a 4th in the 200 Breast with a 2:50.64.

BEVERLY L'ESPERANCE, placed 4th in the 50 Back with a :55.42, the 100 Back in 2:05.59, the 200 Back in 4:24.31, plus added a 5th in the 50 Free in a :44.83.

MIKE POPOVICH, placed 10th in the 200 Free in 3:29.30, 11th in the 50 Free with a :36.60 and 11th in the 100 Free in a time of 1:26.93.

RELAYS...

Men 240+ 200 Free placed 5th in a 2:19.34

Art Welch, Earl Walter, Gil Young, Richard Boyd

Men 240+ 200 Medley placed 9th in a 2:39.77

Earl Walter, Richard Boyd, Art Welch, Gil Young

Mixed Free 160+ 200 placed 6th with a 2:03.59

Richard Boyd, Ginger Pierson, Lorlee Engler, Steve Johnson

Mixed Medley 200+ placed 7th with a 2:33.32

Richard Boyd, Ginger Pierson, Steve Johnson, Beverly L'Esperance.

Paul Windrath and Wayde Mulhem deserve all the accolades for their fine work and the wonderful work of their staff and officials. The pool was great and the water magnifico. The venue reminds one very much of Federal Way. I am sure the pools were designed by the same architect.

The medical staff was by far the best and most efficient that I have ever seen. Matter of fact I had first hand knowledge of their capabilities, their expertise and concern was simply wonderful !!!

That's it folks, from the U S Masters Long Course Championships in Minneapolis.

HERB EISENSCHMIDT - We have all been worrying about this great guy and terrific swimmer. Just received a nice note from him. Herb had surgery to his right eye, and the doctor says no swimming until it heals...he closes with...Hope to compete again soon. Way to go Herb !!!

That's it for 1993...A new year and a NEW SEASON just around the corner...Ol' Barn will be seeing you in the pool !!

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-13

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 OR FORM WITH THIS ENTRY.**

MEET: G.P. "Y" Masters S.C. Meet

DATE: December 4th & 5th, 1993

PLACE: GRANT PASS FAMILY YMCA

1000 REDWOOD AVENUE

GRANTS PASS, OR

5 LANES COMPETITION

MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Grants Pass Y Masters **Meet Director:** Lisa Glen 503-474-0001 work

DIRECTIONS TO POOL: From I-5 Southbound take exit 58. South Street South to Hwy 199. Turn right onto 199 to Redwood Avenue frontage road (on right side). YMCA is on right just past Fairgrounds.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 20th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1650 Free will be deck seeded. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY DEC 4

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

1650 FREE (2) _____:_____:_____

SATURDAY DEC 5

FREE RLY (3) XXXXXXXXXXXXXXXX

200 FLY (4) _____:_____:_____

200 BACK (5) _____:_____:_____

50 BREAST (6) _____:_____:_____

100 FREE (7) _____:_____:_____

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

50 FLY (10) _____:_____:_____

100 BACK (10) _____:_____:_____

200 BREAST (11) _____:_____:_____

50 FREE (12) _____:_____:_____

50 FREE (DISABLED) (13) _____:_____:_____

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (15) _____:_____:_____

50 BACK (16) _____:_____:_____

100 BREAST (17) _____:_____:_____

200 FREE (18) _____:_____:_____

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

MXD MD RLY (20) XXXXXXXXXXXXXXXX

500 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

ORDERS OF EVENTS

Listed below are the four orders of events. Please note which order is offered in the month on which you are bidding.

ORDER #1	ORDER #2	ORDER #3	ORDER #4
<i>400 IM</i>	<i>400 IM</i>	<i>400 IM</i>	<i>400 IM</i>
<i>1650 or 1000 yd Free</i>	<i>1650 or 1000 yd Free</i>	<i>1650 or 1000 yd Free</i>	<i>1650 or 100 yd Free</i>
<i>1500 or 800 m Free</i>	<i>1500 or 800 Free</i>	<i>1500 or 800 m Free</i>	<i>1500 or 800 Free</i>
Free Relay	500 Free*	Free Relay	500 Free*
50 Free	Free Relay	200 Fly	Free Relay
100 Breast	100 Back	200 Back	50 Breast
200 Back	200 Free	50 Breast	100 Fly
50 Fly	50 Fly	100 Free	200 Free
200 IM	200 Breast	Mixed Free Relay	50 Back
Mixed Free Relay	100 IM**	BREAK	100 IM**
BREAK	Mixed Free Relay	200 IM	Mixed Free Relay
100 Free	BREAK	50 Fly	BREAK
200 Breast	200 Back	100 Back	100 Breast
50 Back	50 Free	200 Breast	50 Fly
100 Fly	100 Fly	50 Free	100 Free
Medley Relay	50 Breast	Medley Relay	200 Back
BREAK	Medley Relay	BREAK	Medley Relay
200 Free	BREAK	100 Fly	BREAK
50 Breast	50 Back	50 Back	200 Breast
100 Back	100 Free	100 Breast	200 Fly
200 Fly	200 Fly	200 Free	50 Free
100 IM**	100 Breast	100 IM**	100 Back
Mixed Medley Relay	200 IM	Mixed Medley Relay	200 IM
500 Free*	Mixed Medley Relay	500 Free*	Mixed Medley Relay

Italicized Distance Events are optional.

* 400 Free for Short or Long Course Meters Meet

** Short Course Yards or Meters Meet Only

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

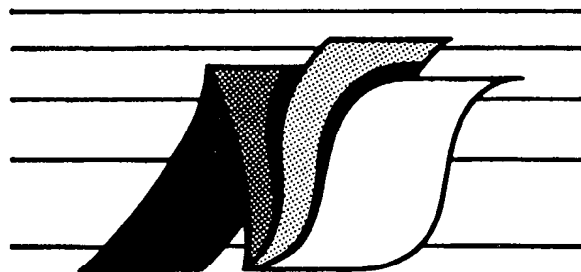
Printing of AQUAMASTER was donated through the courtesy of sometime swimmer Jim Snow and the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.



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

STEVENS-NESS Law Publishing Co.

- LEGAL BLANKS
- PRINTING
- OFFICE SUPPLIES
- CORPORATE SUPPLIES



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

Aqua-Master

BULK RATE

U.S. Postage

Paid

Portland, Oregon

Permit No. 1292

To Famous Masters Swimmer:

In this issue: N.W. Zone L.C. meet results, Ol' Barnacle,
"Planning A New Season", & meet entry forms.