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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 1994

- *JAN, 94 U.S.M.S. NATIONAL ONE HOUR POSTAL SWIM CHAMPS
*FEB, 94 FEBRUARY FITNESS CHALLENGE
*FEB 5 BEAVERTON, OR BARRACUDA PENTATHLON
*FEB 12 SEATTLE, WA FRED WIGGINS MEMORIAL MEET SCY
*FEB 19 SEATTLE, WA ORCA SWIM CLUB MEET S.C.Y.
*MAR 5-6 BEND, OR JUNIPER AQUATIC CENTER S.C. M. #2
MAR 20 BANGOR, WA SHORT COURSE YARDS MEET
*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
APRIL 23-24 CHENEY, WA EASTERN WASHINGTON UNIVERSITY
N.W. ZONE SHORT COURSE CHAMPS HOST: I.E.M.
MAY 14 ALBERTINA KERR SWIM-A-LAP

MAY 13-16 U.S.M.S. SHORT COURSE NATIONALS

A.S.U. TEMPE, ARIZONA

- JUNE UNSCHEDULED LONG COURSE MEET
JULY 4-10 WORLD MASTERS CHAMPIONSHIPS

MONTREAL, CANADA

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

ERIE C.C. BUFFALO, NY

AUGUST, 1995 U.S.M.S. LONG COURSE NATIONALS

MT. HOOD COMMUNITY COLLEGE GRESHAM, OR

***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.

Welcome to 1994. You are among the devoted few who have reregistered for the new year. I hope your holidays were enjoyable. Mine was good but I came down with a cold that hung with me for the two week Christmas / New Years holiday. I didn't really have the flu that's going around, just a nagging cold. If you haven't had a cold or flu this winter, my advise if you get it is to stay out of the water and cool your jets. You may need to take a week or more off and just concentrate on getting well. That's what I had to do.

Here are some tips to stay ahead of the cold or flu:

- Eat a healthy, nutritious diet
- Don't skip meals
- Drink plenty of water (at least 6 -8 glasses per day)
- Manage the stresses in your life
- Wash your hands often
- Get plenty of rest
- Maintain proper balance of vitamins and minerals
- Don't overtrain
- Do your best to keep your distance from those who are ill will the flu or have a cold

If you push it and are too physically active too soon you can easily relapse to the illness. Once you've recovered fully from a cold or flu you need to watch things carefully. Eat right and get plenty of sleep. Wow, I kinda sound like your mother. But really folks, take care this winter, because a prolonged illness in the heat of the important training part of our short course season can mean a set-back in ones goals for good times.

In this issue you will find a host of meet entry forms. The Pentathlon, Bend, a couple PNA meets, the February Fitness Challenge, and the first printing of

the entry for Association Champs in Roseburg. I naturally hope that you enter and enter often.

Ol' Barnacle reviews the meet held at Lewis and Clark and we have all of the official results. "Next month we will have the results and review of the Grants Pass and the TRI-M meet.

Meet Directions" is back this month with a repeat of last months column. You may pick out and sign-up for a committee for Nationals if you haven't yet. The interest level in Committee positions is picking up. I hope to begin to form many of these groups in the next month or so.

You will also find an outstanding cartoon that I commissioned a friend of mine to produce for the newsletter. It's called "Z-Man meets the Stanford Masters" and tells the story of OMS winning the bid for the 1995 Nationals. Maybe we should send a copy of this to our friends in the Bay Area.

You can see from the schedule page that the N.W. Zone Championships hosted by Inland Empire in Eastern Washington will be held in Cheney at the Eastern Washington University pool. Hopefully we will have a meet entry form for you by next issue. I will run the entry form for Short Course Nationals in Tempe starting next month for those of you who have been looking for it.

Well that's about it for me this time. Stay healthy.

See you at the Pentathlon,

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

Tualatin Hills Pentathlon

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

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-02

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 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: TUALATIN HILLS PENTATHLON

DATE: **FEBRUARY 5th, 1993**

PLACE: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas

Meet Director: Jim Goddard 292-2018

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

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

ENTRY DEADLINE : POSTMARKED NO LATER THAN: JANUARY 22nd, 1993

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

NAME _____ 1994 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

EVENT

TIME *

50 -- FLY

1) _____ : _____ . _____

50 -- BACK

2) _____ : _____ . _____

50 -- BREAST

3) _____ : _____ . _____

50 -- FREE

4) _____ : _____ . _____

100 -- I.M.

5) _____ : _____ . _____

* Enter best time or
estimated time.

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

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

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

Party: A Pizza party will be held at Godfathers Pizza at 185th & Walker Road following the meet. Cost is \$3.29 per person for the buffet.

Awards: *All entrants will receive a special Pentathlon pin.*

"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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. 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

CLINIC: 7:30 A.M. - "HOW TO WARM-UP FOR A MEET" by Ben Davis, Head Coach of THB
Ben discusses the latest ideas in warming up for competition and then takes all attendees through a warm-up before the Pentathlon meet.

OB *by E. Walter*

reviews results records

Pride Masters Meet

A top notch pool, great officials, energetic Meet Director-Don King, plus a host of Pride swimmers to make sure it all goes right, adds up to a record burner and here are some highlights...

KATHI BULLOCK (40-44) is OB's pick for "*Swimmer of the Meet.*" Kathi aged up in grand style; a new Zone Record in the 500 at 5:59.05, which breaks Barbara Frid's time from early 1985. Then she added 2 OMS standards in the 200 Free with a 2:18.54 and the 1000 in 12:39.61. These records go back to early '87. Kathi then topped things off with a 200 IM in 2:39.95 and a 400 IM in 5:38.22, breathing hot and heavy on Ginger's tests. A superb performance Kathi, now let's get in shape for Association and Zone, etc. See you in Tempe!

19-24 Women

Deborah Heim with a nice 5:50.90 for the 500 Free.

Lisa Wright swam the 100 IM at 1:09.39.

Angela Schuerman - 5:56.05 for the 400 IM.

25-29 Women

Maryjane Montgomery, a class act, 5 firsts and all excellent times.

30-34 Women

Annie Sawicki, visting from Arizona, picked off 3 firsts and a second.

Ellen Ferguson - New Zone best for the 1000 at 10:59.15 updating her previous of 11:02.78!

Jill Black, Nancy Smith and Holly Vaughn-Edmonds garnered golds and silvers in very fine performances.

35-39 Women

Catherine Chay (PNA) a new Zone for the 1000 in 11:40.00, just levelled her old of 11:49.92.

Laura Worden gave use 2 shiny new OMS Fly times of 1:07.74 for the 100 and a 2:32.30 for the 200.

Mary Jackson - 2 close ones in the 50 Free with :27.46 vs 27.15 and in the 100 Free a 1:00.24 vs :59.29.

Only 3 gals but they made this age group SHINE!

40-44 Women

Teri Hendrix also broke the 200 Free record. Excellent 100 Fly in 1:11.09 vs 1:09.41, plus a fine 200 Fly.

Suzanne Rague and Kathleen Buck posted great times!

45-49 Women

Sandi Rousseau and Ginger Pierson are well ahead of mid-season form. Keep the peepers on them.

50-54 Women

I love it when someone says, "I'm going to do it" and they do...

Pam Himstreet is off to a flying start in a new age group. Set a new 50 Breast record with a :41.14 and the 100 Fly at 1:33.26. Nadine Whitehall put the old record for the 100 Fly in the books in 1985, and she was one of the best of the best. Way-to-go Pam

70-74 Women

Judy Melcher and Elfie Stevenin had a great meet.

75-79 Women

Helena Hoffman, all alone in 6 events and looking fine.

19-24 Men

The 50 free must have been something with **Yamashita, Dolan and Leneis** coming in 1-2-3 on a spread of less than a 1/2 second.

Anton Leneis was close to a record in the 50 Breast in a :30.70 vs :29.43 and his 100 was a fast 1:08.48.

Kazuhiro Yamashita was almost there in the 50 Fly with a :25.71 vs :24.94.

25-29 Men

Phil King had a fine 200 Breast at 2:25.80.

Tim Waud looking good at 4:46.09 in the 400 IM.

30-34 Men

Hunter Graham was hot in the 1000 but not quite enough with his time of 10:48.54 versus the record at 10:28.94.

Steve Harger (like Charger) swims a quick 100 Free in 52.81.

Chairman **Dave Cobb** looking "chairish" for the 100 and 200 Breast plus the 400 IM.

35-39 Men

"Z-Man" spun a fast 100 Back in 1:01.83 and beat his "elder rival" Dr. Sprint in the last 25 yards. Watch out Robert!

Dan Dolan was on track in the 50 and 100 Breast and 50 Fly.

Jim Williams from PNA gave us a 1:09.38 in the 100 Breast.

David Yeakel versus **Dan Dolan** in the 50 Fly gave us a :27.21 vs :27.53.

Andy Schrag, maybe a PR for the 100 Fly in 1:02.67?

40-44 Men

James Elliott looking good in the 100 and 200 Back, plus the 200 IM.

Steve Durapau appears to be on the comeback trail.

Walt Griego (New kid on the block) a quick 50 Fly in :27.84.

45-49 Men

Steve Johnson was just a shade off in the 200 Free in 1:59.97 vs 1:58.46. Had a great meet, all good times for this early in the year.

Jeff Bertuleit, looking snappy in the Fly events.

50-54 Men

Bert Petersen in the twilight of age 54 sets a new OMS best for the 100 Fly with a 1:02.54 vs his 1:05.58.

Robert Smith, trying the 200 Breast, faring well indeed with a new OMS time of 2:40.98 vs the old of 2:46.37.

55-59 Men

George Thayer swims the 50 Free in a :27.77 vs his record of :27.11.

Tom Falk looking outstanding, better and better.

60-64 Men

Mickey Marks will be 65 in '95 - ready for Nationals.

Eric Guest keeps knocking the socks off Father Time.

65-69 Men

Mike Popovich swims 5 events and OB could be wrong but these times are just about Mike's best in Masters !

Sheridan Jones from Lincoln City turns out to be one of our originals in Oregon Masters. He was nice enough to send OB some really great info for our history.

70-74 Men

Gil Young deserves and gets top billing with a 15:27.71 in the 1000, breaking the Zone best of 15:41.93. Hey sports fans this is 5 seconds faster than his 1989 time- way-to-go Gil !

Khosrow Shadbeh had a fine 100 and 200 Breast.

75-79 Men

Mel Anderson at 75 years young swims his first 400 IM in 12:22.52, that's TRUE GRIT !

80-84 Men

Jack Hoey is almost 85, and just itching to get there !

RELAYS...

Steve Harger, David Cobb, Andy Schrag, and Hunter Graham gave a tip top effort in the Men's 200 Free at 1:38.32.

That's it for Palatine Hill, on to Grants Pass and then into 1994, thanks a million to THE PRIDE !

OB on OMS History ..

Hey Guys and Dolls, I sent over 50 of you letters asking for help and have heard from only a few. Come on, I don't care from what era, I need help. Tell me a story, tell me a joke, tell me something. There's a lot of writing to do, we are trying to cover over 20 years of swimming in Oregon Masters. Yes, I have a lot of information, BUT, I know there are a lot of little anecdotes that we never heard of. Come on gang, sharpen the pencil, lend a hand, and when we get done I will only charge you an arm and leg for a leather bound FIRST EDITION !

For the record...3 of my GANG (World and National record setters will be age 75 in 1995 - **ANDREW GOLDEN, GERALD HUESTIS AND FORBES MACK**. OB will be putting the finger on many of you in the coming months...better get those laps in, weight work, and sprints. Will bet a thousand, we will all be swimming relays at Nationals, BY THE TON !

That's it for this time folks...as I always say...

Stay with it and stay fit !!!

TIPS from the OLD COACH

by Bert Petersen, OMS Coaches Committee Chairman

"A" is for Attitude.

1. What would you make habitual; practice? Streamline every turn. Practice makes perfect?

2. Do you have a plan for the year? A yardage goal? Time goals? Losers don't plan to fail, they fail to plan.

3. Start cutting some of that fat out of your diet. C'mon, you know what I mean. Change a lifestyle - change your lifeline.

4. Start counting strokes - we want to increase the efficiency of each stroke. We can always turn up the R.P.M.s later.

Next month: **"B" is for Backstroke**

PRIDE MASTERS 93 25 YARD 11/21/93 PG 1

1-12 = rank in 1992 U.S. TOP 10 + = OREGON RECORD pending review by E.Walter * = FROM OUTSIDE OREGON Software by R.Smith

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

50 FRE JEANNA BENNETT	19 OREG	:29.54
ANGELA SCHUERMAN	20 OREG	:30.19
100FRE JEANNA BENNETT	19 OREG	1:05.68
200FRE JEANNA BENNETT	19 OREG	2:28.36
500FRE DESOPAH E HEIM	24 OREG	5:50.90
1000FRE JEANNA BENNETT	19 OREG	13:36.31
50 BAK JEANNA BENNETT	19 OREG	:35.19
50 BRS LISA M WRIGHT	23 OREG	:36.62
50 FLY ANGELA SCHUERMAN	20 OREG	:36.54
100 IM LISA M WRIGHT	23 OREG	1:09.39
JEANNA BENNETT	19 OREG	1:20.91
200 IM ANGELA SCHUERMAN	20 OREG	2:50.81
400 IM ANGELA SCHUERMAN	20 OREG	5:56.05

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

50 FRE MARYJANE MONTGOMERY	27 OREG	:28.28
CATHY LAW	25*USAC	:29.16
TERPI MAYERS	27 OREG	:29.25
SHARON STUART	29 OREG	:29.92
100FRE MARYJANE MONTGOMERY	27 OREG	1:03.68
SHARON STUART	29 OREG	1:08.33
50 BAK TERPI MAYERS	27 OREG	:37.33
50 BRS MARYJANE MONTGOMERY	27 OREG	:38.38
CATHY LAW	25*USAC	:38.94
100BRS SHARON STUART	29 OREG	1:28.76
50 FLY MARYJANE MONTGOMERY	27 OREG	:32.97
CATHY LAW	25*USAC	:34.48
100 IM CATHY LAW	25*USAC	1:17.35
SHARON STUART	29 OREG	1:18.91
200 IM MARYJANE MONTGOMERY	27 OREG	2:40.02

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

50 FRE ANNIE SANICKI	30*AP12	:28.24
BETH ANNE BEADLING	32 OREG	:32.01
100FRE ANNIE SANICKI	30*AP12	1:02.22
200FRE HOLLY VAUGHN-EDMONS	31 OREG	2:05.18
500FRE ANNIE SANICKI	30*AP12	6:03.30
NANCY C SMITH	34 OREG	6:16.65
1000FRE ELLEN FERGUSON	31 UNAT10	45:15+*
Record= ELLEN FERGUSON	11:12.33	
ANNIE SANICKI	30*AP12	1:17.92
100BAK JILL BLACK	31 OREG	1:05.58+
Record= TANYA MANSIGH	1:07.87	
50 BRS NANCY C SMITH	34 OREG	:37.34
100BRS JILL BLACK	31 OREG	1:20.86
NANCY C SMITH	34 OREG	1:21.31
200BRS NANCY C SMITH	34 OREG	2:52.93
50 FLY BETH ANNE BEADLING	32 OREG	:39.40
100FLY HOLLY VAUGHN-EDMONS	31 OREG	1:05.99
100 IM JILL BLACK	31 OREG	1:06.46
HOLLY VAUGHN-EDMONS	31 OREG	1:10.26

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

50 FRE MARY JACKSON	37 OREG	:27.46
100FRE MARY JACKSON	37 OREG	1:00.24
200FRE CATHERINE CHAY	38*PNA	2:11.95+
Record= PATRICIA MCAY	2:13.61	
500FRE CATHERINE CHAY	38*PNA	5:45.20+
Record= KATHI BULLOCK	6:03.49	
LAURA A WORDEN	36 OREG	6:20.80

1000FR CATHERINE CHAY 38*PNA 11:44.00+

Record= CATHERINE CHAY 11:49.92

200BAK CATHERINE CHAY	38*PNA	2:37.61
50 BRS MARY JACKSON	37 OREG	:35.48
100BRS MARY JACKSON	37 OREG	1:18.13
200BRS CATHERINE CHAY	38*PNA	3:59.69
100FLY LAURA A WORDEN	36 OREG	1:07.74+
Record= SANDY ROUSSEAU	1:08.62	
200FLY LAURA A WORDEN	36 OREG	2:32.30+
Record= CATHERINE CHAY	2:35.15	
100 IM MARY JACKSON	37 OREG	1:09.02
LAURA A WORDEN	36 OREG	1:15.20
400 IM CATHERINE CHAY	38*PNA	5:18.80
LAURA A WORDEN	36 OREG	5:29.49

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

200FRE KATHI BULLOCK	40 OREG	2:18.54
TERI HENDRYX	40 MACO	2:19.39
KATHLEEN F BUCK	43 OREG	2:26.50
500FRE KATHI BULLOCK	40 OREG	5:59.05+
Record= BARBARA FRID	6:13.96	
SUZANNE L RAGUE	43 OREG	6:43.52
KATHLEEN F BUCK	43 OREG	6:45.21
1000FR KATHI BULLOCK	40 OREG	12:39.61+
Record= KATHRINE CASEY	12:40.29	
100BAK SUZANNE L RAGUE	43 OREG	1:24.46
200BAK KATHI BULLOCK	40 OREG	2:44.38
SUZANNE L RAGUE	43 OREG	2:53.58
KATHLEEN F BUCK	43 OREG	3:08.10
100BRS KATHLEEN F BUCK	43 OREG	1:29.64
200BRS TERI HENDRYX	40 MACO	2:55.98
50 FLY SUZANNE L RAGUE	43 OREG	:37.12
100FLY TERI HENDRYX	40 MACO	1:11.09+
Record= SANDI ROUSSEAU	1:11.68	
200FLY TERI HENDRYX	40 MACO	2:48.68
200 IM KATHI BULLOCK	40 OREG	2:39.95
400 IM KATHI BULLOCK	40 OREG	5:38.22+
Record= GINGER L PIERSON	5:42.16	

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

50 FRE MARY E WATERS	47 MACO	1:36.90
100FRE SANDI ROUSSEAU	46 OREG	1:07.30
MARY E WATERS	47 MACO	3:05.75
200FRE MARY E WATERS	47 MACO	6:20.91
100BAK GINGER L PIERSON	47 OREG	1:21.45
200BAK GINGER L PIERSON	47 OREG	2:49.40
50 BRS GINGER L PIERSON	47 OREG	:37.62+
Record= BARBARA FRID	:38.50	
MARY E WATERS	47 MACO	1:50.41
100BRS SANDI ROUSSEAU	46 OREG	1:34.06
50 FLY SANDI ROUSSEAU	46 OREG	:32.56
100FLY SANDI ROUSSEAU	46 OREG	1:17.33
200FLY GINGER L PIERSON	47 OREG	2:55.00
400 IM GINGER L PIERSON	47 OREG	5:59.02

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

1000FRE PAMELA HIMSTREET	50 OREG	14:53.69
50 BRS PAMELA HIMSTREET	50 OREG	:41.14+
Record= SUSANNE SCHUMANN	:42.69	
200BRS PAMELA HIMSTREET	50 OREG	3:11.30
100FLY PAMELA HIMSTREET	50 OREG	1:33.25+
Record= MAGGIE WELLS	1:45.70	

200 IM PAMELA HIMSTREET 50 OREG 3:07.90

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

50 FRE JUDY M MELCHER	73 OREG	1:02.13
ELIZABETH C KING	70 OREG	1:28.68
100FRE JUDY M MELCHER	73 OREG	2:14.33
200FRE JUDY M MELCHER	73 OREG	4:54.95
500FRE ELFIE J STEVENIN	72 OREG	12:41.99
50 BAK ELIZABETH C KING	70 OREG	1:15.63
100BAK ELFIE J STEVENIN	72 OREG	2:45.49
200BAK ELFIE J STEVENIN	72 OREG	5:27.90
50 BRS JUDY M MELCHER	73 OREG	1:12.44
100BRS JUDY M MELCHER	73 OREG	2:36.08
100FLY ELFIE J STEVENIN	72 OREG	2:50.33
200FLY ELFIE J STEVENIN	72 OREG	6:14.08

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

200BAK HELENA W HOFFMAN	77 OREG	6:12.97
100FLY HELENA W HOFFMAN	77 OREG	3:13.97
200FLY HELENA W HOFFMAN	77 OREG	7:24.97
300 IM HELENA W HOFFMAN	77 OREG	6:11.70
400 IM HELENA W HOFFMAN	77 OREG	12:48.00

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

50 FRE KAZUHIRO YAMASHITA	21 OREG	:24.34
MIKE J DOLAN	24 OREG	:24.43
ANTON LENEIS	24 OREG	:24.78
100FRE ANTON LENEIS	24 OREG	:55.35
50 BRS ANTON LENEIS	24 OREG	:30.70
MIKE J DOLAN	24 OREG	:31.85
KAZUHIRO YAMASHITA	21 OREG	:33.51
100BRS ANTON LENEIS	24 OREG	1:08.48
MIKE J DOLAN	24 OREG	1:11.61
200BRS ANTON LENEIS	24 OREG	2:29.04
50 FLY KAZUHIRO YAMASHITA	21 OREG	:25.71

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

50 FRE LARRY A LANDONI	28 OREG	:28.06
100FRE LARRY A LANDONI	28 OREG	1:03.30
1000FR PHILLIP T KING	27 OREG	11:30.13
50 BAK TIMOTHY P WAUD	26 OREG	:29.52
100BAK TIMOTHY P WAUD	26 OREG	1:02.69
200BAK PHILLIP T KING	27 OREG	2:12.19
50 BRS TIMOTHY P WAUD	26 OREG	:31.27
LARRY A LANDONI	28 OREG	:36.79
100BRS TIMOTHY P WAUD	26 OREG	1:10.06
200BRS PHILLIP T KING	27 OREG	3:25.80
100 IM TIMOTHY P WAUD	26 OREG	1:01.06
200 IM PHILLIP T KING	27 OREG	2:12.57
400 IM TIMOTHY P WAUD	26 OREG	4:46.09

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

50 FRE STEPHEN F HARGER	34 OREG	:24.20
DAVID M COBB	34 OREG	:25.77
MICHAEL E JOHNSON	33 OREG	:26.41
SCOTT A METZLER	33 OREG	:27.38
100FRE STEPHEN F HARGER	34 OREG	:52.81
MICHAEL E JOHNSON	33 OREG	:59.36
SCOTT A METZLER	33 OREG	:59.79
200FRE MARK B WREN	34 OREG	2:08.99
500FRE MICHAEL E JOHNSON	33 OREG	5:49.06
1000FR HUNTER S GRAHAM	30 OREG	10:48.54+
Record= JIM RABE	11:26.99	
STEPHEN F HARGER	34 OREG	11:34.13

100B&K HUNTER S GRAHAM	30 OREG 1:02.76
100B&S DAVID M COBB	34 OREG 1:11.63
SCOTT A METZLER	33 OREG 1:17.71
200B&S DAVID M COBB	34 OREG 2:35.37
100FLY MARK E WREN	34 OREG 1:05.94
100 IM SCOTT A METZLER	33 OREG 1:10.50
400 IM DAVID M COBB	34 OREG 5:07.31
---- 35-39 MEN ----	
50 FRE PETER A VINCE	36 OREG :24.44
DAVID W YEAKEL	39 OREG :24.54
JOHN GLISSMEYER	35 OREG :30.97
100FRE PETER A VINCE	36 OREG :54.91
DAVID W YEAKEL	39 OREG :55.05
JOHN F ZELL	36 OREG :55.42
100B&K JOHN F ZELL	36 OREG 1:01.83
PETER A VINCE	36 OREG 1:03.58
ANDY SCHRAG	36 OREG 1:04.27
200B&K JOHN F ZELL	36 OREG 2:13.89
50 B&S DAN J DOLAN	37 OREG :30.96
JIM WILLIAMS	37PNA :31.18
THOMAS CHUN	37 OREG :33.61
JOHN GLISSMEYER	36 OREG :43.75
100B&S JIM WILLIAMS	37PNA 1:09.38
DAN J DOLAN	37 OREG 1:10.52
THOMAS CHUN	37 OREG 1:14.26
200B&S JIM WILLIAMS	37PNA 2:34.55
50 FLY DAVID W YEAKEL	36 OREG :27.21
DAN J DOLAN	37 OREG :27.53
THOMAS CHUN	37 OREG :30.08
100FLY ANDY SCHRAG	36 OREG 1:02.67
---- 40-44 MEN ----	
50 FRE DAVID DRAKE	42 MACO :24.57
JAMES K ROBBINS	42 OREG :25.99
ADRIAN L KALIL	40 OREG :26.99
ROBERT HUIZENGA	44 OREG :29.20
100FRE DAVID DRAKE	42 MACO :53.52
BRUCE W CHENEY	42 OREG :57.22
JAMES K ROBBINS	42 OREG :58.74
ADRIAN L KALIL	40 OREG :58.85
JAMES M ELLIOTT	41 OREG :59.55
ROBERT HUIZENGA	44 OREG 1:05.66
200FRE DAVID DRAKE	42 MACO 1:54.91
STEVEN L DUFAU	44 OREG 2:09.61
ADRIAN L KALIL	40 OREG 2:10.70
JAMES K ROBBINS	42 OREG 2:17.16
ROBERT HUIZENGA	44 OREG 2:24.93
500FRE STEVEN L DUFAU	44 OREG 5:36.26
BRUCE W CHENEY	42 OREG 6:00.39
1000FRE STEVEN L DUFAU	44 OREG 11:28.79
JAMES M ELLIOTT	41 OREG 12:30.74
50 B&K ROBERT HUIZENGA	44 OREG :41.04
100B&K JAMES M ELLIOTT	41 OREG 1:10.68
ADRIAN L KALIL	40 OREG 1:16.92
GARY N BECKLEY	42 OREG 1:16.93
200B&K JAMES M ELLIOTT	41 OREG 2:35.81

50 B&S BRUCE W CHENEY	42 OREG :36.26
100B&S GARY N BECKLEY	42 OREG 1:21.41
50 FLY WALT GRIEGO	40 OREG :27.84
JAMES M ELLIOTT	41 OREG :30.78
JAMES K ROBBINS	42 OREG :32.34
100FLY GARY N BECKLEY	42 OREG 1:11.44
200FLY WALT GRIEGO	40 OREG 2:42.76
100 IM ADRIAN L KALIL	40 OREG 1:08.59
GARY N BECKLEY	42 OREG 1:09.84
BRUCE W CHENEY	42 OREG 1:13.15
200 IM JAMES M ELLIOTT	41 OREG 2:33.49
GARY N BECKLEY	42 OREG 2:35.20
---- 45-49 MEN ----	
50 FRE JON D STOUT	47 OREG :25.27
WILL ANDERSON	45 OREG :33.18
100FRE STEVEN L BARRETT	46 OREG :57.04
JEFF BERTULEIT	45 OREG :57.67
FRED CROWE	45 OREG :58.29
KEITH A FINZER	48 OREG 1:04.07
WILL ANDERSON	45 OREG 1:18.93
200FRE STEVE M JOHNSON	45 OREG 1:59.97+
Record= RICHARD D BOYD	2:04.80
STEVEN L BARRETT	46 OREG 2:05.11
FRED CROWE	45 OREG 2:14.99
500FRE STEVE M JOHNSON	45 OREG 5:41.74
STEVEN L BARRETT	46 OREG 5:43.31
KEITH A FINZER	48 OREG 6:14.38
ROY D LAMBERT	47 OREG 7:11.55
50 B&K JON D STOUT	47 OREG :29.12
100B&K KEITH A FINZER	48 OREG 1:22.71
50 B&S KEITH A FINZER	46 OREG :36.14
100B&S KEITH A FINZER	48 OREG 1:19.03
50 FLY JEFF BERTULEIT	45 OREG :28.37
STEVEN L BARRETT	46 OREG :31.03
FRED CROWE	45 OREG :32.19
100FLY STEVE M JOHNSON	45 OREG 1:02.76
JEFF BERTULEIT	45 OREG 1:06.15
100 IM JON D STOUT	47 OREG 1:05.63
200 IM FRED CROWE	45 OREG 2:38.71
---- 50-54 MEN ----	
50 B&K ROBERT S SMITH	50 OREG :27.80+
Record= TOM FANNING	:31.36
100B&K ROBERT S SMITH	50 OREG 1:02.48+
Record= TOM FANNING	1:10.05
200B&S ROBERT S SMITH	50 OREG 2:40.98+
Record= TOM FANNING	2:46.37
50 FLY BERT L PETERSEN	54 OREG :27.51
100FLY BERT L PETERSEN	54 OREG 1:02.54+
Record= BERT L PETERSEN	1:02.86
200 IM BERT L PETERSEN	54 OREG 2:34.86+
Record= BOB MILLER	2:37.41
400 IM ROBERT S SMITH	50 OREG 5:56.89
---- 55-59 MEN ----	
50 FRE GEORGE D THAYER	57 OREG :27.77
THOMAS F FALK	58 MACO :33.44

100FRE GEORGE D THAYER	57 OREG 1:06.42
THOMAS F FALK	58 MACO 1:14.17
200FRE THOMAS F FALK	58 MACO 2:45.05
50 B&S GEORGE D THAYER	57 OREG :39.68
100 IM GEORGE D THAYER	57 OREG 1:15.41
---- 60-64 MEN ----	
50 FRE ERIC GP. GUEST	64 OREG :29.39
100FRE ERIC GP. GUEST	64 OREG 1:08.11
50 B&K JOHN D JOENS	62 OREG :54.07
100B&K MILTON R MARKS	63 OREG 1:24.75
JOHN D JOENS	62 OREG 1:53.95
200B&K JOHN D JOENS	62 OREG 5:04.84
50 B&S MILTON R MARKS	63 OREG :35.73
JOHN D JOENS	62 OREG :53.97
100B&S MILTON R MARKS	63 OREG 1:24.37
JOHN D JOENS	62 OREG 2:08.21
100 IM MILTON R MARKS	63 OREG 1:20.42
ERIC GP. GUEST	64 OREG 1:20.54
400 IM MILTON R MARKS	63 OREG 6:36.17
---- 65-69 MEN ----	
50 FRE MIKE POPOVICH	66 OREG :33.22
SHERIDAN D JONES	66 OREG :47.38
100FRE MIKE POPOVICH	66 OREG 1:19.00
200FRE MIKE POPOVICH	66 OREG 3:12.05
50 B&K MIKE POPOVICH	66 OREG :50.07
50 B&S MIKE POPOVICH	66 OREG :50.10
SHERIDAN D JONES	66 OREG 1:06.42
---- 70-74 MEN ----	
50 FRE ANDREW W HOLDEN	74 OREG :30.32
JOSEPH A MALLON	72 OREG :47.87
100FRE ANDREW W HOLDEN	74 OREG 1:08.15
KHOSROW SHADBEH	72 OREG 1:38.05
200FRE JOSEPH A MALLON	72 OREG 3:56.41
500FRE JOSEPH A MALLON	72 OREG 10:24.17
1000FF GILBERT N YOUNG	71 OREG 15:27.71+
Record= GILBERT N YOUNG	15:53.41
JOSEPH A MALLON	72 OREG 21:02.96
50 B&K GILBERT N YOUNG	71 OREG :42.92
100B&K GILBERT N YOUNG	71 OREG 1:35.79
KHOSROW SHADBEH	72 OREG 1:55.63
200B&K GILBERT N YOUNG	71 OREG 3:32.10
100B&S KHOSROW SHADBEH	72 OREG 1:49.08
200B&S KHOSROW SHADBEH	72 OREG 3:59.67
50 FLY ANDREW W HOLDEN	74 OREG :34.36
---- 75-79 MEN ----	
50 FRE ALLAN DELAY	78 OREG :34.80
50 B&K ALLAN DELAY	78 OREG :51.31
50 B&S ALLAN DELAY	78 OREG :53.60
50 FLY MEL W ANDERSON	75 OREG 1:14.23
100 IM MEL W ANDERSON	75 OREG 2:22.78
400 IM MEL W ANDERSON	75 OREG 12:22.52
---- 80-84 MEN ----	
50 B&K JACK HOEY	84 OREG :51.31
BYD C HENDY	80 OREG 1:17.38
200B&K JACK HOEY	84 OREG 4:05.39

PRIDE MASTERS 93 25 YARD 11/21/93
1-12 = rank in 1992 U.S. top 10

25+ MIXED 21 200 MEDLEY RELAY
TERRI MAYERS.27 *** SCOTT A METZLER.33 *** JILL BLACK.31 *** ROBERT HUIZENGA.44 *** OREG 2:11.39
JAMES M ELLIOTT.41 *** KATHLEEN P BUCK.43 *** BRUCE W CHENEY.42 *** MARYJANE MONTGOMERY.27 *** OREG 2:13.09

25+ MEN 4 200 FREE RELAY
STEPHEN F HARGER.34 *** DAVID M COBB.34 *** ANDY SCHRA5.36 *** HUNTER S GRAHAM.30 *** OREG 1:39.32 12

25+ MIXED 10 200 FREE RELAY
GARY N BECKLEY.42 *** HOLLY VAUGHN-EDMONS.31 *** SHAFON STUART.29 *** STEPHEN F HARGER.34 *** OREG 1:49.26
MARYJANE MONTGOMERY.27 *** KATHLEEN P BUCK.43 *** JAMES M ELLIOTT.41 *** BRUCE W CHENEY.42 *** OREG 1:50.30
TERRI MAYERS.27 *** ROBERT HUIZENGA.44 *** JILL BLACK.31 *** SCOTT A METZLER.33 *** OREG 1:50.70

'93 O.M.S. Mini-Clinic Series

Oregon Masters Swimming is proud to announce a new addition to our meet schedule offering. We have launched a mini-clinic series in conjunction with our swim meets. These clinics will take place either before, during, or after each meet. *This adds greater value to attending a meet.*

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.

Feb 5 Beaverton, OR Tualatin Hills Pentathlon - Ben Davis "How to warm-up before competition" Ben discusses the latest ideas in warming up before competition and then takes all attendees through a warm-up before the Pentathlon meet. This clinic begins at 7:30 a.m. and warmups begin at 8:00 a.m.

Ginger Pierson is the coordinator of the mini-clinic series. If you have an idea for or would like to put on a clinic at an upcoming meet, please give Ginger a call at 503-244-7706 or you can drop her a line at 7675 S.W. Cedar Crest St. Portland, OR 97223

ATTENTION MASTERS MEET DIRECTORS

HAVING TROUBLE GETTING OFFICIALS FOR YOUR MEET?

CALL LARRY SNEAD FOR HELP IN LINING UP OFFICIALS

**YOU CAN CONTACT LARRY THROUGH
THE OREGON SWIMMING OFFICE**

AT 503-297-6027

MONDAY TO THURSDAY 9 A.M. TO 4 P.M.

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-03

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 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: BEND MASTERS S.C. METERS MEET

DATE: MARCH 5th & 6th, 1994

PLACE: JUNIPER AQUATIC CENTER

800 N.E. 6th Street BEND, OREGON

5 LANES COMPETITION - ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Bend Masters

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

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

**WARM-UPS: SATURDAY 4:30 P.M.
SUNDAY 8:30 A.M.
MEET STARTS: SATURDAY 5:30 P.M.
SUNDAY 9:30 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN FEBRUARY 19th, 1994

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

NAME _____ 1994 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY MARCH 5 BEND

400 I.M. (1) _____ : _____ . _____
800 FREE (2) _____ : _____ . _____
1500 FREE (3) _____ : _____ . _____

BREAK BREAK BREAK
MXD FR RL (11) XXXXXXXXXXXXXXX
200 BACK (12) _____ : _____ . _____
50 FREE (13) _____ : _____ . _____
100 FLY (14) _____ : _____ . _____
50 BREAST (15) _____ : _____ . _____

SUNDAY MARCH 6

400 FREE (4) _____ : _____ . _____
BREAK BREAK BREAK
FREE RLY (5) XXXXXXXXXXXXXXX
100 BACK (6) _____ : _____ . _____
200 FREE (7) _____ : _____ . _____
50 FLY (8) _____ : _____ . _____
200 BREAST (9) _____ : _____ . _____
100 I.M. (10) _____ : _____ . _____

BREAK BREAK BREAK
MED RELAY (16) XXXXXXXXXXXXXXX
50 BACK (17) _____ : _____ . _____
100 FREE (18) _____ : _____ . _____
200 FLY (19) _____ : _____ . _____
100 BREAST (20) _____ : _____ . _____
200 I.M. (21) _____ : _____ . _____
MXD MD RL (22) XXXXXXXXXXXXXXX

***** **LODGING INFORMATION** *****

The Bend Riverside Motel (1-800-284-2363) has a group rate available for the weekend of March 5th & 6th. Rates start at \$44.00 double occupancy. Located on the Deshutes River and within walking distance of downtown. Standard rooms, studios with kitchenettes, and cottages available.

If you are interested in staying with a Bend area Masters Swimmer contact Peggy Whiter at 503-382-5181.

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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$10.00

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

OREGON MASTERS SWIMMING

P.O. BOX 40313

PORTLAND, OREGON 97240

meet

1995 U.S.M.S. Long Course Nationals Gresham, Oregon

by John Zell
Nationals Meet Director

directions

My first task as Meet Director is to set-up the Committees necessary to run this meet. The goal is to have all of these Committees in place with Chairmen and staff by the end of February, 1994. In Committee Chairmen, I'm looking for **the best qualified person(s) to perform the task**. They will in turn put together (with input from myself and the OMS Board) their own staff.

Committee Descriptions (General & Preliminary - Subject to change)

1. Officials / Officials Hospitality: Responsible for overseeing automatic timing, coordinate recruitment and scheduling of all meet officials, runners, timers, and announcers, along with management of the hospitality room for the officials during the course of the meet.

2. Data Entry / Management: Responsible for coordinating and performing all computerized entry functions before the meet and meet results functions during the meet.

3. Facilities Support Services: Responsible for coordinating security, parking, emergency services and working with the pool staff to ensure proper pool maintenance and set-up of facility, coordinate communication for on-site personnel.

4. Publications / Programs: Responsible for organizing the sale of ads, printing and publication of heat sheets, and heat sheet sales to non-participants. Also will coordinate the daily publication of "Beaver Tales", the daily newsletter of our Nationals.

5. Registration - Entry: Responsible for coordinating the publication and distribution of meet brochures and entry forms, receipt and review of entries and will work with the Data Entry Committee on meet entries.

6. Registration - Meet: Coordinate large support staff to run check-in booths (meet, distance events, and relays). Will work with the Meet Condiments Committee to develop the meet packets.

7. Awards / Souvenirs: Responsible for the development of the meet logo, souvenir and award manufacture, including collection of bids for production, and distribution of awards and souvenirs at the meet.

8. Housing: Responsible for all contact with Meet Headquarters facility and all possible housing sites, developing list of alternate accommodations, maps, restaurant listings, coordinate meeting sites.

9. Transportation: Responsible for coordination of a shuttle service from local hotels to the pool and special events.

10. Budget / Finance: Propose budget, handle all monies paid and received.

11. Hospitality / Foreign Visitors: Responsible an opening ceremony, info booth, message center, and distribution of the "Beaver Tales" newsletter. Coordinate basic necessities for foreign visitors.

12. Publicity: Contact State, Metropolitan, and local media regarding the meet, supply daily results and updates. Follow-up after meet.

13. Special Events: Responsible for planning and coordinating the open water swim and any special events to take place during the course of the week.

14. Concessions - Vendors / Food: Coordinate on-site food sales with local caterer. Draft contracts for on-site vendors, solicit possible vendors, allocate space, and monitor throughout meet.

15. Meet Condiments: Put together the contents of the meet packets. Solicit vendors / contributors for "goodies" and printed info, etc. Work with the "Registration - Meet" committee to bring it together.

16. Oregon Relays: Will put together the relay teams for Oregon's Team and coordinate those teams through the meet.

17. Meet Logo / Graphics support: A graphic designer to lend support to any Committee or need. Will take the winning logo design from draft stage to mechanical format for printing.

I will accept applications for Committee Chairmen positions by mail. Please use the form below.

1995 U.S.M.S. NATIONALS ORGANIZING COMMITTEE APPLICATION FORM

NAME _____

ADDRESS _____

PHONE _____ WORK _____ HOME _____

COMMITTEE POSITION (S) DESIRED _____

SPECIAL NOTES OR COMMENTS:

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION for USMS, INC. Sanction #374-04

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 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: 1994 OMS Association Championships

DATE: MARCH 25th - 27th, 1994

PLACE: DOUGLAS COUNTY FAMILY YMCA

1000 Stewart Parkway Roseburg, Oregon

6 LANES COMPETITION - ELECTRONIC TIMING

4 LANES CONTINUOUS WARM UP/DOWN

HOST: UMPQUA VALLEY MASTERS

Meet Director: Terry McCurdy 503-679-8144 home

DIRECTIONS TO POOL: I-5 Southbound: Take exit 125, turn right at Light on Garden Valley, continue to third stoplight, turn left on Stewart Parkway. YMCA is approx. 3/4 mile on left. I-5 Northbound: Take exit 124, turn right at light on Harvard, continue to 5th stoplight, turn right on Stewart Parkway. YMCA is Approx. 1/2 mile on the rig

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

ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 12th, 1994

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

NAME _____ 1994 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

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

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

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

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

FRIDAY MARCH 25

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

1650 FREE (2) _____:_____:_____

SATURDAY MARCH 26

FREE RLY (3) XXXXXXXXXXXXXXXX

BREAK 10 MINUTE BREAK

200 FLY (4) _____:_____:_____

200 BACK (5) _____:_____:_____

50 BREAST (6) _____:_____:_____

100 FREE (7) _____:_____:_____

BREAK 10 MINUTE BREAK

MXD FR RL (8) XXXXXXXXXXXXXXXX

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

50 FLY (10) _____:_____:_____

BREAK (30 MIN. AWARDS BREAK)

100 BACK (11) _____:_____:_____

BREAK 5 MINUTE BREAK

1000 FREE (12) _____:_____:_____

SUNDAY MARCH 27

200 BREAST (13) _____:_____:_____

50 FREE (14) _____:_____:_____

BREAK 10 MINUTE BREAK

MED RELAY(15) XXXXXXXXXXXXXXXX

100 FLY (16) _____:_____:_____

50 BACK (17) _____:_____:_____

100 BREAST (18) _____:_____:_____

BREAK (30 MIN. AWARDS BREAK)

200 FREE (19) _____:_____:_____

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

BREAK 10 MINUTE BREAK

MXD MED RL(21) XXXXXXXXXXXXXXXX

BREAK 5 MINUTE BREAK

500 FREE (22) _____:_____:_____

"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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____



DATE _____

MEET ENTRY FEE: \$12.00

MAKE CHECKS PAYABLE TO: O.M.S.

MAIL TO:

SUZANNE RAGUE

935 N.W. 170th PLACE

BEAVERTON, OREGON 97006

OMS Association Championships

MARCH 25th - 27th, 1994

OFFICIAL RULES AND GUIDELINES

SANCTIONED by OREGON ASSOCIATION for USMS, INC. SANCTION #374-04

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

PLACE: DOUGLAS COUNTY FAMILY YMCA
1000 STEWART PARKWAY ROSEBURG, OREGON
6 LANES COMPETITION - ELECTRONIC TIMING
4 LANES CONTINUOUS WARM UP/DOWN
HOST: Umpqua Valley Masters
Meet Director: Terry McCurdy

WARM-UPS: FRIDAY 5:00 P.M. MEET STARTS: FRIDAY 6:00 P.M. WARM-UPS: SAT. & SUN. 8:00 A.M. MEET STARTS: SAT. & SUN. 9:00 A.M.
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ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 12th, 1994

DISTANCE EVENTS CHECK IN TIME: Friday March 25th 400 I.M. - 5:30 p.m. 1650 Free - 6:15 p.m.

Saturday March 26th 1000 Free - By the 30 minute Awards break

Sunday March 27th 500 Free - By the 30 minute Awards break

RELAY ENTRIES CUT-OFF TIME:

Saturday March 26th **Free Relay** - 8:45 a.m. (during warm-ups)

Mixed Free Relay - Before the start of 100 Free heats (event #7)

Sunday March 27th **Medley Relay** - Before the start of 50 Free heats (event #14)

Mixed Medley Relay - Before start of 100 I.M. heats (event #20)

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY

AT THESE TIMES AND ENTRY WILL BE OFFICIALLY CLOSED.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

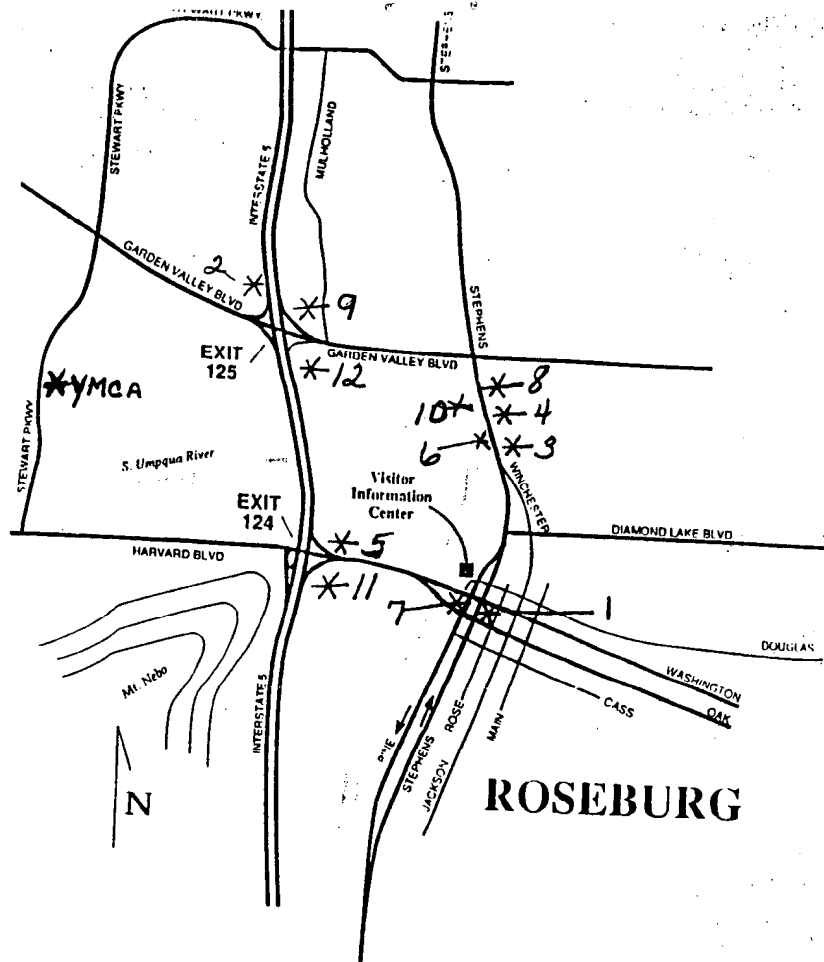
TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 9:00 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce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

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

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

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

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT DAVID COBB AT 503-282-0742 EVENINGS ONLY AFTER 7 P.M.***

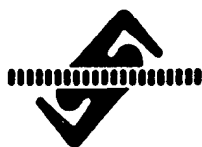


PRINTED JULY 1992

MOTEL GUIDE

		NUMBER OF UNITS	SPECIAL RATES	DIRECT DIAL PHONES	AIR-CONDITIONED	SUITES	KING (K)	QUEEN (Q)	DOUBLE (D)	WATERBEDS (W)	KITCHENETTES	HBO (H), SHOWTIME (ST), CABLE (CA), SATELLITES (S)	HANDICAP FACILITIES	POOL (P), JACUZZI (J), SAUNA (S), EXERCISE ROOM (X), STAIRMASTER (SM)	RESTAURANT / LOUNGE	SMALL PETS	CONFERENCE / MEETING ROOMS	TRANSPORTATION TO AIRPORT / BUS	CREDIT CARDS VISA (V) MASTER CARD (MC) AMERICAN EXPRESS (AE) DINERS CLUB (DC) CARTE BLANCHE (CB) DISCOVER (D)	RATES SUMMER (S) WINTER (W)
1	BEST WESTERN DOUGLAS INN 511 SE Stephens • (503) 673-6625 OR: 1-800-547-3448 / US: 1-800-528-1234	52	*	*	*				D.O.			ST, CA, S	*	J, X SM	ADJ	*	*		V, MC, AE, DC, CB, D	S - \$49.59 W - \$41.51
2	BEST WESTERN GARDEN VILLA MOTEL & ANNEX 780 NW Garden Valley • (503) 872-1801 Oregon 1-800-547-3448 Outside Oregon 1-800-528-1234	119	*	*	*				K, Q, W, D			H, CA S	*	P, J X	ADJ	*	*		V, MC, AE, DC, CB, D	S - \$52.67 W - \$50.65
3	BUDGET 18 1067 NE Stephens • (503) 873-5556	48	*	*	*				Q, D	*	CA			P	*	*			V, MC, AE, DC, CB, D	S - \$32.57 W - \$25.42
4	CASA LOMA 1107 NE Stephens • (503) 873-5569	18	*	*	*				Q, D	Fee	CA			J					V, MC, D	S - \$33.55 W - \$27.40
5	DUNES MOTEL 810 W. Madrone • (503) 872-6684	46	*	*	*				Q		CA				*	*			V, MC, AE, DC	S - \$34.59 W - \$32.55
6	ROYAL INN 978 NE Stephens • (503) 873-5082	8	*	*	*				Q, D	*	CA								V, MC	S - \$23.31 W - \$23.31
7	HOLIDAY MOTEL 444 SE Oak • (503) 872-4457	40	*	*	*				K, Q, D		CA			P	*	*			V, MC, AE	S - \$30.55 W - \$25.35
8	VISTA MOTEL 1183 NE Stephens • (503) 873-2736	15	*	*	*				Q (I)	*	CA, ST, J				ADJ	*	*		V, MC	S - \$26.48 W - \$24.40
9	WINDMILL INN 1450 NW Mulholland • (503) 873-0901 1-800-547-4747	128	*	*	*				K, Q, W		CA, ST	*		P, S, J	*	*	*		V, MC, AE, DC, CB, D	S - \$55.65 W - \$50.00
10	ROSE CITY MOTEL 1142 NE Stephens (503) 873-8209	12	*	*	*				Q, D	*	CA				*	*			V, MC	S - \$34.44 W - \$28.38
11	ROSEBURG TRAVEL LODGE 315 W. Harvard (503) 872-4836 / 1-800-255-3050	40	*	*	*				Q		CA			P	*	*			V, MC, AE, DC, CB, D	S - \$52.70 W - \$46.58
12	MOTEL ORLEANS 427 NW Garden Valley (503) 873-5561 • 1-800-628-1900	72	*	*	*				K, Q, D	*	CA			P	*	*			V, MC, AE, DC, CB	S - \$36.50 W - \$36.50

February Fitness Challenge '94



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: Southern Masters Swimming, United States Masters Swimming Fitness Committee, SWIM Magazine, Speedo America, American Lap Swimmers Association

Eligibility: Must be at least 19 years of age

Recording Distance: Beginning February 1, 1994, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Allow 30 days after deadline for mailing of results/awards.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1994

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Entry Fee: \$5.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, short sleeve, 100% cotton.

Theme: "Fitness Frog: Sittin' On Top Of The World!"

Caps: Swim caps with FFC logo available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 21, 1994. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

950 South Foster Dr. #29

Baton Rouge, LA 70806 USA

Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Ten Great Workouts for the February Fitness Challenge," send a self-addressed stamped envelope to above address.

FEBRUARY FITNESS CHALLENGE '94

(please print)

NAME: _____ AGE:(as of 2/28/94): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

TUE FEB 1 _____ yds	TUE FEB 8 _____	TUE FEB 15 _____	TUE FEB 22 _____
WED FEB 2 _____	WED FEB 9 _____	WED FEB 16 _____	WED FEB 23 _____
THU FEB 3 _____	THU FEB 10 _____	THU FEB 17 _____	THU FEB 24 _____
FRI FEB 4 _____	FRI FEB 11 _____	FRI FEB 18 _____	FRI FEB 25 _____
SAT FEB 5 _____	SAT FEB 12 _____	SAT FEB 19 _____	SAT FEB 26 _____
SUN FEB 6 _____	SUN FEB 13 _____	SUN FEB 20 _____	SUN FEB 27 _____
MON FEB 7 _____	MON FEB 14 _____	MON FEB 21 _____	MON FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS

TOTAL MONTHLY MILEAGE = _____ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

SIGNATURE: _____ DATE: _____

***** FEES *****

Entry fee	\$ 5.00	_____	(required)
T-Shirt	12.00	_____	(optional)
Shirt size:		_____	S M L XL
Swim cap	3.00	_____	(optional)
Int'l fee	3.00	_____	(outside U.S.)

TOTAL _____ (U.S. dollars)
(payable to Southern Masters Swimming)

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 12, 1994
GREEN LAKE AQUA DUCKS
at Helene Madison Pool
Sanction #943602

FRED WIGGIN MEMORIAL MEET

NAME _____ M _____ F _____ AGE _____
ADDRESS _____
PHONE _____ DATE OF BIRTH _____ USMS # _____
TEAM _____ or UNATTACHED _____
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.

EVENT NUMBER	EVENT	EVENT TIME

Enter relays at meet.

ENTRY FEES

Single entry fee
additional donation
TOTAL

First 50 Entries Receive a
Complimentary Swim Cap

\$ 7.00

Checks payable to: Tammi Keeler
Mail fees and this entry form to:

Tammi Keeler
911 1/2 N. 86 St.
Seattle, Wa. 98105

ENTRIES DUE: February 2, 1994
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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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.

SIGNED _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: February 12, 1994
Hosted by Green Lake Aqua Ducks
DEADLINE: Entries due: February 2, 1994

FRED WIGGIN MEMORIAL MEET
Distance Only Meet

FIRST 50 ENTRIES RECEIVED WILL RECEIVE A SWIM CAP
THERE WILL BE CONCESSIONS AT THE MEET

ORDER OF EVENTS
EVENT # EVENT

1. 1000 FREE
2. Relay
3. 400 I.M.
4. 800 FREE RELAY

DATE: February 12, 1994
TIME: Warmups: 8:00 A.M.
Meet: 9:00 A.M.

PLACE: Helene Madison Pool
13401 Meridian Ave. N.
Seattle, WA 98125 684-4979

MEET DIRECTOR: Tammi Keeler

PHONE: 524-7579 (before 8 p.m.)

FACILITY: 6 - lane, 25 yard pool, warm-up area, water temp: 84

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS registered 1994 swimmers 19 and over as of the last day of the meet.

SEEDING: Please indicate if you would like to swim two to a lane in the 1000 Freestyle. Two to a lane swimmers will swim first, then seeding will be fast to slow

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 NB, take 130th St exit; go WEST on 130th to Meridian (2nd light); turn RIGHT on Meridian; pool is on left at 134th. From I-5 SB, take 145th St. exit; go RIGHT on 145th to Meridian; turn LEFT on Meridian; go to 134th.

This is the third annual Fred Wiggin Memorial Meet; a distance only event. A portion of the proceeds will go to the Memorial Fund. The memorial fund is used to support a USMS or USS swimmer in training or in competition. You are encouraged to make a donation even if you will not be swimming.

400 I.M. Traveling Award: A trophy and a plaque will be presented to the swimmer closest to a PNA record for the individual's age group.

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.

**PNA MASTERS LOCAL SWIMMING COMMITTEE
INDIVIDUAL SWIMMING APPLICATION**
Saturday, February 19, 1994 at Helene Madison Pool
Hosted by Orca Swim Club ▼ Paul Ikeda, meet director
Sanction # 943603

Approved by PNA for USMS, Inc.

Helene Madison Pool
13401 Meridian Ave. N., Seattle, WA

Warm-up: 10:00AM
Competition begins: 11:00AM

SWIMMING EVENTS—Short Course Yards

Event #	EVENT	Event #	EVENT
1	400 I.M.	12	50 Free
2	200 Free Relay		BREAK
3	200 Fly	13	200 Medley Relay
4	200 Back	14	100 Fly
5	50 Breast	15	50 Back
6	100 Free	16	100 Breast
	BREAK	17	200 Free
7	200 Mixed Free Relay		BREAK
8	200 I.M.	18	100 I.M.
9	50 Fly	19	200 Mixed Medley Relay
10	100 Back	20	500 Free
11	200 Breast		

A maximum of 5 individual events will be allowed. Write in the event(s) you wish to enter and fill in your entry time in the space provided on the Meet Entry Form.
THERE WILL BE NO DECK ENTRIES FOR INDIVIDUAL EVENTS!

RULES: All four swimmers for any relay must be from the same Masters club. All relays will be deck entered on the day of the event. Current Masters rules will govern. The no false start rules will be in effect. All events will be timed finals slowest to fastest except the 500 yard freestyle which will be fastest to slowest.

Eligibility: Open to all swimmers with current USMS registration (or foreign equivalent) who are 19 years of age or older on the day of the meet.

Directions to pool: take I-5 to Exit 174 (NE 130th); west on 130th to Meridian Ave. N.; Right on Meridian to 134th. Pool phone: 684-4979.

FOR FURTHER INFORMATION: Contact Paul Ikeda, meet director, at 524-8461.

MEET ENTRY FORM

February 19, 1994 ▼ Helene Madison Pool ▼ Hosted by Orca Swim Club

Name _____ Gender M F
Last First
Age on 2/19/94 _____ Birthdate ____/____/____ Masters # _____
Club/Team _____
Street Address _____
City _____ State _____ Zip _____
Telephone Number (Day) (____) _____ (Evening) (____) _____

A copy of your 1994 USMS card or foreign equivalent must accompany this form.

Age Group on 2/19/94: (circle one)

19-24	35-39	50-54	65-69	80-84
25-29	40-44	55-59	70-74	85-89
30-34	45-49	60-64	75-79	90+

ENTRY LIMIT: 5 Individual Events

Event #	EVENT	EVENT TIME
---------	-------	------------

ENTRY FEES

Surcharge: \$5.00 \$5.00
Individual Events @ \$1.00 each _____
TOTAL \$ _____

Make checks payable to:
ORCA SWIM CLUB
Mail entry form and fees to:
ORCA SWIM CLUB
P.O. BOX 20173
Seattle, WA 98102

ENTRY DEADLINE:

All entries must be postmarked by February 9, 1994

RELEASE

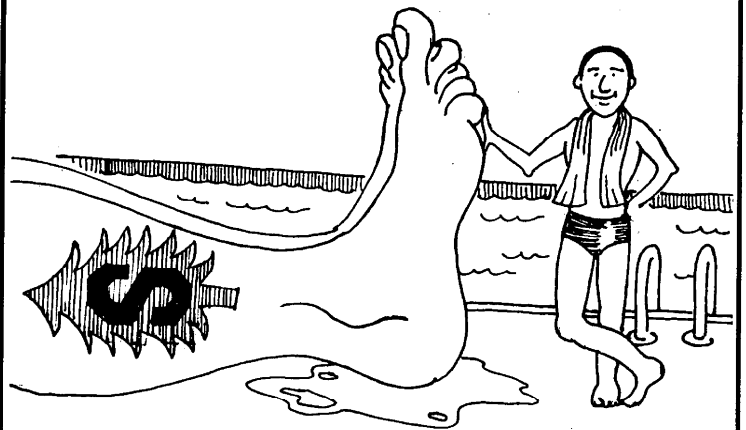
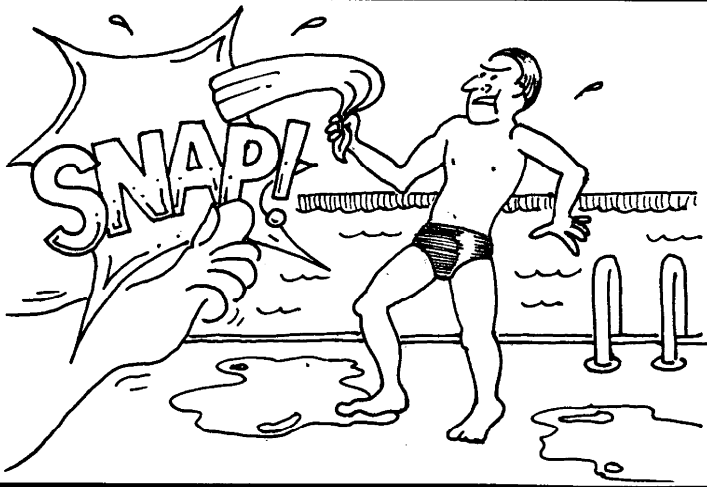
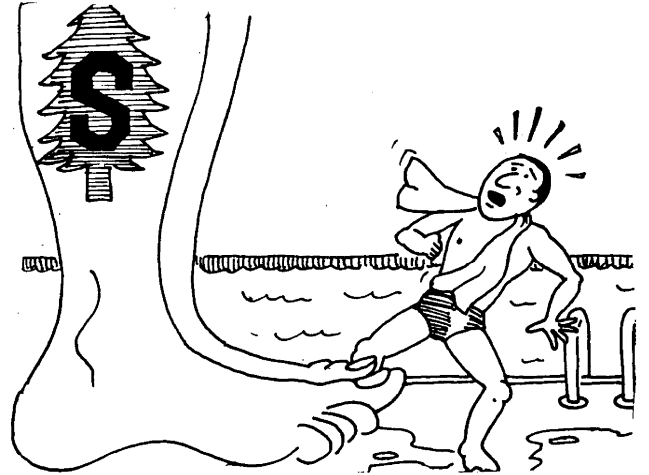
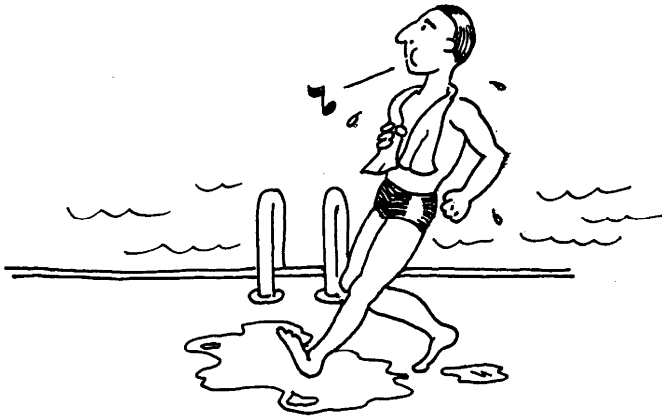
I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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 _____

REGISTRATION WILL NOT BE PROCESSED UNLESS THIS CONSENT IS SIGNED BY THE REGISTRANT.

Z-Man meets the Stanford Masters

by Kurt Morris



TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1994 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.
Any changes in team contact/reps should be made with John Zell.

**TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE
 MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.**

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Gus Arzner	967-4521
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Griffith Park Ath. Club	GPA	Gabs Dries	644-3900
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Corvallis / Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Eugene Masters	EM	Doug Smith	687-5525
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sheldon Night Crawlers	SHNC	Chuck -----	687-5314
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer / Keizer Masters	KM	Kim Phillips	390-2567
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Lake Oswego Swim Club	LOSC	Sue Girard	697-8257
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnville/ McMinnville Masters	MM	Judy Rex	472-0765
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend / North Bend Masters	NBM	Alice Parsons	756-4915
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Skip Runkle	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John "Z-Man" Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Viking Masters Swimming	VMS	Bob Morrison	244-1927
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Joan Markham	548-6066
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Willamette H-2-0 Masters	WHOM	John DeJarnatt	588-2060
SweetHome / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Tigard / Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver,WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

1994 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1994 through December 31, 1994.

Registrations are accepted for 1994 beginning November 1, 1993 and for 1995 on November 1, 1994.

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by *you* in elections.

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.
4. 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.

If you move, let the registrar know so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 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 sanctioned / recognized 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 THIS 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 and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1994**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address.
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to this couple
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----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, 1994)

_____ This is a **NEW** registration. _____ Renewal (registered in 1993)

**Oregon Masters Swimming
Registration 1994**

Did you swim in any meet in the 1992/93 season? Yes _____ No _____

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____
(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ / _____ / _____

Your Phone number

Born (MM/DD/YY)

AGE

SEX

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

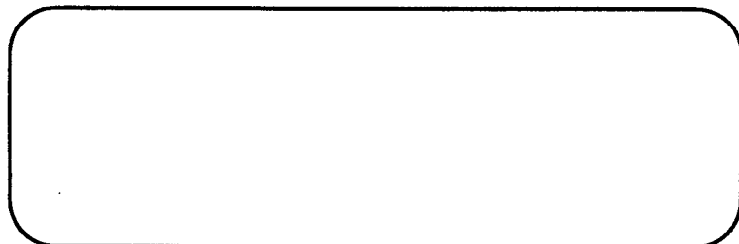
Local Team (if any) _____ **(PLEASE USE OFFICIAL TEAM ABBREVIATION)**

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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date: _____

MAIL TO: STEPHEN HARGER 8155 S.W. INTERMARK ST. APT. "L" PORTLAND, OR 97225-7217

In this issue: N.W. Zone SCM meet results, Ol' Barnacle, Z-Man says, Feb. Fitness Challenge, "meet directions", & 5 meet entry forms.



This is your last paid issue for 1993 !

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U.S. Postage
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Portland, Oregon
Permit No. 1292

Aqua-Master

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



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