

Chairman of the Board

David Cobb

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

Editor & N.W. Zone Rep.

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

8155 S.W. Intermark "L"
Portland, OR 97225-7217
(503) 291-1386

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 1994

FEB, 94 FEBRUARY FITNESS CHALLENGE

***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 18 BEAVERTON, OR BARRACUDA LONG COURSE MEET

JULY ?? SOUTHERN OREGON LAKE SWIM

JULY 4-10 WORLD MASTERS CHAMPIONSHIPS

MONTREAL, CANADA

JULY 9-10 GRESHAM, OR STATE GAMES OF OREGON

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.

2-Man says

by John Zell

Happy Valentines Day. I hope you took care of your sweetheart. He or she is a very important part of your life, you know. Without them who is going to hold down the fort while you're off to the pool? (If you don't have a sweetheart in your life right now, don't worry, a good friend will do just fine) Your sweetheart is very understanding of your need to exercise. Perhaps your sweetheart is into swimming too and goes to workout with you. Or maybe you have a different (non-aquatic) exercise activity that the two of you enjoy that qualifies as cross-training. I hope so. I think it's very important to have an activity that brings you together a few days a week. It keeps you both healthy and lets you forget that daily grind for awhile.

My wife Christy and I started lifting weights together this fall at home three days a week. Since November, we've left the home gym and train at the Dishman Community Center weight room (also the home of the pool where I swim). We lift Tuesday and Thursday evenings and Saturday afternoons. Our sessions run 1-1/2 to 2 hours and are generally cover a full body routine. Let me tell you folks that the weight room scene is totally different from the pool environment. We really love it. Finally we have an exercise program that we can do together, both enjoy, and really look forward to going to each time. I've got that same hunger, desire, and enthusiasm for weight training that I did for Masters Swimming a good ten years ago and today. It's totally great. Look out Tempe, Arizona and Short Course Nationals.

I hope to share some of my newly acquired knowledge and experience in dryland training in future issues. Maybe even deput a new column. Stay tuned. But for now let's take a look at this months issue.

The results from both Grants Pass and the TRI-M meets along with ol' Barns reviews are here for you. I want to thank all who attended the TRI-M and helped run the meet. It was fun. A goal of the Portland Parks Swim Team is to have an electronic timing system in place by next year and that would really make the TRI-M even more special.

Check out the schedule for the mini-clinics planned for Bend and Association Championships. Looks good. So far the clinics held have been excellent and a great addition to the meets.

Dr. Sprint returns this month with an insite into the training methods of his swim group, "The Fishsticks." I've worked out with these folks a time or two and they don't fool around. It's interesting because while they are doing their thing, Don Schollander is just a lane or two over rippin' it up with his typical "middle-distance Freestyle" routine. Schollander and Dr. Sprint. Now there is an interesting workout combination. Lake Oswego High School noon til one.

Our buddy Bert is back again with the letter "B" for Backstroke. Check it out. Hey you know it's my favorite stroke. Can't get enough.

You'll find some great entry forms to this seasons best meets in this issue. The OMS and PNA Association Championships. Plus Bend and Bangor. Hopefully by next month we will have an entry form from Inland Empire for the N.W. Zone Champs at Cheney.

And that's about it for me...enjoy the issue...

Kiss your sweatheart and I'll see you in Bend,

**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 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) XXXXXXXXXXXXXXXX
200 BACK (12) _____ : _____ : _____
50 FREE (13) _____ : _____ : _____
100 FLY (14) _____ : _____ : _____
50 BREAST (15) _____ : _____ : _____

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

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

***** **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

O. M. S. AWARDS

Over the past years OMS has established several awards that are presented to members of OMS at one of our swimming meets, usually our Association Championships in April of each year. The OMS Board would like to briefly explain these awards to everyone in our membership and *solicit input from anyone who would like to submit a person's name for consideration* by the Board for any of these awards.

All nominations and rationale for the nomination should be made by March 10, 1994, to Teri Hendryx, Awards Committee Chairman, 6425 S.W. 154th Place, Beaverton, OR 97007, (503) 642-3679. All nominations will be considered by the Board at the March 16th, 1994 meeting. The various awards are as follows:

Ol' Barn Award: This award was established in 1983 in honor of our Ol' Barnacle himself, Earl Walter, who was involved in the early establishment of OMS and who has continued to contribute to OMS in a multitude of ways. This award honors a person who has made significant contributions and given a great deal of service to our organization. This award is given annually.

Connie Wilson Memorial Award: This award was established as a memorial to Connie Wilson, the founder of OMS in 1973 and long time contributor, who died in July, 1986. This award is reserved for a person who has given hours and hours of service to OMS over many years. This is not necessarily an annual award.

Special Service Award: This type of award was first given in 1985 to recognize a person(s) who has performed a specific large task(s) for OMS and/or done outstanding service in a particular area. This recognition is given whenever the Board thinks it is warranted but not more than annually.

Spirit of OMS: These awards were first given in 1986 to one male and one female swimmer per year who exemplify the spirit and camaraderie of Masters swimming. This award is based upon attitude and enthusiasm rather than service or swimming ability.

Swimmers of the Year Awards: These awards are presented annually to the four swimmers who have made the most distinguished performances in competitive swimming during the past year in all three courses, i.e. 25 yds, 25 m, & 50 m. These awards are presented to the most outstanding swimmer in the following age groups: 49 and under - male and female, 50 and over - male and female. These are based upon USMS Top Ten standings and not voted upon by the Board.

PAST AWARD RECIPIENTS

(for voted upon awards)

YEAR	OL' BARN	CONNIE WILSON	SPEC. SERVICE	SPIRIT
1983	Brian Frid	-----	Connie Wilson Earl Walter	-----
1984	Ginger Pierson	-----	-----	-----
1985	Robert Smith	-----	Bert Petersen	-----
1986	Sandi Rousseau	Earl Walter	Roy Abramowitz	Bev Underwood Art Hanlon
1987	Susan Albright	Sandi Rousseau	Judy McCurdy Terry McCurdy Ruth Hughes T.D. Hughes	Judy Melcher Warren Elliott
1988	Bert Petersen	Barbara Frid	Andree Devine	Bev L'Esperance Ron Jersey
1989	Barbara Frid	Roy Abramowitz	-----	Helena Hoffman Dan Gray
1990	John Zell	Eric Guest	Earl Walter Kathy Buck	Nancy Milner Gil Young
1991	???	Kathy Buck	Bert & Louella Petersen	Maryann VanDijk Leo VanDijk
1992	Dan Johnson	Andy Schrag	Ginger Pierson	Elfie Stevenin

***We need your help to nominate worthy candidates for these awards.
Please contact Teri Hendryx by March 10***

Barnacle

by E. Walter

reviews results records

Grants Pass Splashes

Under the astute guidance of Lisa Glen, the Grants Pass Y Masters hosted their first Masters meet December 4th and 5th. All reports indicate that everyone enjoyed the meet and appreciated the hospitality.

25-29 Women

Leann Albrecht and **Jennifer Hardin** were the class here, with Leann showing us some very fine swims, Hardin looked great in her events-check those times.

30-34 Women

OB wants to welcome **Teddy Hannity** to OMS as well call to mind some mighty fine splashes.

35-39 Women

Here also we see a newcomer in **Laurie MacGraw**.

40-44 Women

June Mather turned in a fine 1650 Free.

45-49 Women

Geri Mathewson appears to be ready for the SCY season, great swims Geri.

60-64 Women

Bev L'Esperance and **Marianne VanDijk** had this age group all to themselves-way to go!

75-79 Women

Evelyn McKeon is back in the swim, and this is good news for OMS. Aging up soon!

80-84 Women

Ellen Tait swam 4 races and all were in Top-Ten class.

50-54 Women

Nancy Brooks, she and Ellen represent Rinconada, Nancy's times were Top Ten as well.

25-29 Men

Want to welcome **Richard Bobbins**, and give a kudo to **Doug Stewart** for his efforts.

30-34 Men

David Cobb, our chairman of the board, continues to swim better and better.

40-44 Men

Richard J Smith was the class act here, with **Mike Grant** and **David Ostler** showing us some speed.

45-49 Men

Great to see **Greg Frownfelter**, **Dan Grey**, **Ron Jersey**, **Ted Holden** and **Tucker Whitson** in the swim.

60-64 Men

Leo VanDijk looking better and better, check his efforts in the 50 / 100 Free and the 50 Fly.

70-74 Men

Old friend **Richard T Smith** from Sacramento showed up to do battle. All good times with emphasis on the 1650 and the 100 Fly. Dick and our Gerald Huestis were co-captains of Oregon's classy 1942 swim team.

This may have been a small meet in numbers, but they sure turned out the relay teams. Way to go !!!

1993 Long Course Top Tanners

Leading the way, were 5 individual All-Americans.

LAVELLE STOINOFF (60-64)

Numero Uno in the 100-200-400-800 and 1500 Free, all in WORLD RECORD time, plus, #1's for the 100 and 200 Back and the 200 Breast - All America in Spades. With a 2nd-50 free, 100 Breast and a 5th for the 50 Breast. That's 8 #1's folks, Lavelle is back with a vengeance-way to go-Luvey. Also still holds the records for the 200-400-800 and 1500 in the 55-59 age group.

RICHARD BOYD (50-54)

All American in the 200 Breast with a NR, barely missin the WR. Plus a #10-200 Free, #3-400 Free, #1-800 and #2 for the 1500. Add to those a #2's in the 200 and 400 IM. Had the pleasure of watching Dick at Minneapolis, he was AWESOME, his silvers in the 200/400 IM were very special, beating out old rival Ed Cazalet !

ROBERT SMITH (50-54)

All American in the 50 Back, plus a #8 for the 100 Back. Rapid Robert barely missed the WR in the 50 by .23 seconds.

ANDREW HOLDEN (70-74)

All American in the 100 fly (he holds the WR in this event). Wally also garnered: 4th-50 Free, 3rd-100 Free and 2nd-50 Fly...Way to Go!

ED THOMAS (100+)

All American and WR in the 50 Free. Ed also has the distinction of being the first ever 100+ swimmer in the world of Masters Swimming !

RELAYS (280 + MEN)

Two teams made ALL AMERICAN (#1)

400 Free-AA and NR record, **Earl Walter**, **Floyd Elliott**, **Gil Young** and **Andrew Holden**

400 Medley-AA, **Floyd Elliott**, **Earl Walter**, **Andrew Holden**, and **Gil Young**

Oregon Masters is proud of its ALL AMERICANS !

Now let us point with pride to the following swimmers who made the L.C. TOP TEN in 1993.

19-24 Women **Amy Young**, 5th in the 50 Free.

Deborah Heim, 10-200 Free, 6-400 Free, 5-1500, 4-100 Breast, 6-200 Breast, 9-50 Fly, 7-100 Fly, 3-200 Fly, 10-200 IM and 4-400 IM. That's kicking the water.

Sandy Hyde, 6-200 Fly and 7-400 IM.

30-34 **Gracie Goddard**, 7-50 Free, 10-50 Fly & 9-100 Fly.

Leissa Mills, 7-100 Free, 3-200 Free, 3-400 Free, 3-800.

Ellen Ferguson, 7-200 Free and 5-800 Free.

Holly Vaughn-Edmonds, 4th in the 800 Free.

35-39 **Mary Jackson**, 8-50 free and 6-50 Breast.

Kathi Bullock, 10-400 Free, 10-800, 7-1500 and 7-400 IM.

Laura Warden, 10-50 Fly, 7-100 Fly and 8-200 Fly.

40-44 **Suzanne Cooper**, 7-50 Breast and 10-50 Fly.

Teri Hendryx, 7-100 Breast, 7-200 Breast, 8-100 Fly and 5-200 Fly.

45-49 **Janet Gettling**, 9-200 Free and 6-50 Breast.

Ginger Pierson, 7-50 Back, 6-100 Back, 5-200 Back, 2-50 Breast, 2-100 Breast, 2-200 Breast, 6-100 Fly, 3-200 Fly, 5-200 IM and 3-400 IM. GOOD SHOW !

Monika Hunscher, 9-50 Back, 8-100 Back & 9-200 Back.

Pam Himstreet, 7-200 Breast.

Saudi Rousseau : 7-50 Fly & 5-100 Fly.

Kristi Looney, 7-100 Fly, 6-200 Fly, 10-200 IM and 8-400 IM.

50-54 **Sue Calnek**, 9-50 free, 7-100 Free & 9-400 Free.

Evelyn Sinai, 8-200 Breast.

60-64 **Joyce Bahler**, 10-200 Breast.

65-69 **Petey Smith** : 4-100 Free, 3-400 Free & 7-200 Back.

Margaret Wells 6-200 Fly.

70-74 **Judy Melcher**, 9-200 Breast.

Elfie Stevenin : 9-100 Fly, 6-200 Fly and 5-400 IM.

75-79 **Helena Hoffman**, 7-200 Breast, 9-100 Fly, 6-200 Fly, 9-200 IM and 6-400 IM.

19-24 Men **Anton Leneis**, 8- 50 Breast and 4-200 Breast.

25-29, **Gary Squires**, 6-50 Frecc.

Alex Stiles, 10-100 Back and 9-200 IM.

Mathew Roth, 6-200 Fly.

Greg Smith : 9-200 Fly.

30-34 **Curt Lacount**, 10-50 Back and 6-100 Back.

35-39 **Peter Metzger**, 8- 50 Back.

40-44 **David Drake**, 9-100 Free and 9-200 Free.

Allen Stark, 2-50 Breast, 4-100 Breast and 5-200 Breast.

45-49 **Steve Johnson**, 5-200 Free, 4-400 Free, 3-800, 3-1500, 9-100 Fly and 7-200 Fly.

50-54 **Bert Petersen**, 10-50 Fly and 9-100 Fly.

60-64 **Art Welch**, 5-200 Free, 3-400 Free, 3-800 and 2-1500.

Mickey Marks, 10-400 IM.

65-69 **Floyd Elliott**, 2-50 Back, 3-100 Back and 3-200 Back.

Lee Miesen, 8-50 Breast, 5-100 Breast and 9-200 Breast.

Fred Eckhardt, 8-200 Fly.

70-74 **Gil Young**, 4-400 Free, 5-800, 3-1500, 10-50 Back, 9-100 Back and 7-200 Back.

Earl Walter, 2-100 Fly, 4-200 Fly, 4-400 IM, 5-200 Breast and 7-50 Back.

75-79 **Joe Ruddley**, 5-200 Fly.

80-84 **Jack Hoey**, 4-50 Back, 3-100 Back and 3-200 Back.

Syd Hendy, 7-50 Back, 5-100 Back and 6-200 Back.

Lee "Kip" King, 3-50 Fly.

Congratulations to each of you...Well done.

TIPS from the **OLD COACH**

by Bert Petersen, OMS Coaches Committee Chairman

"B" is for Backstroke.

1. On your start, remeber to push off simultaneously with releasing your grip on the blocks. This will prevent the feet from slipping downward. Also, try not to "curl up" into your start. You want your leg drive to send you forward, not up.
2. Check your arm pull underwater. There should be a distinct "pull" and "push" phase each stroke as in Freestyle. If you pull with your elbows locked straight you're doing a 1950's version of backstroke. Bend at the elbow and you'll get more power and leverage.
3. Here's a concept, related to the above: Shoulders roll - a lot - but your head stays still. Think of backstroke being done in a side roll position with your body only on its back to get to the other side!
4. The kick is critical. No kick = no speed = poor backstroke.

G.F. "Y" MASTERS 25 YARD 12/05/93 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

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

50 FRE LEANN AHLBRECHT 27 OREG :28.90
JENNIFER HARDIN 25 OREG :32.24
50 BAK LEANN AHLBRECHT 27 OREG :33.60
100BAK LEANN AHLBRECHT 27 OREG 1:14.01
50 BRS JENNIFER HARDIN 25 OREG :38.89
100BRS JENNIFER HARDIN 25 OREG 1:29.02
50 FLY JENNIFER HARDIN 25 OREG :32.99
100 IM LEANN AHLBRECHT 27 OREG 1:13.95
JENNIFER HARDIN 25 OREG 1:25.46
200 IM LEANN AHLBRECHT 27 OREG 2:39.80
400 IM LEANN AHLBRECHT 27 OREG 5:41.03

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

50 FRE TEDDY HANNITY 34 OREG :31.28
ERIN COKE 34 OREG :33.37
100FRE TEDDY HANNITY 34 OREG 1:21.94
50 BRS ERIN COKE 34 OREG :43.16
TEDDY HANNITY 34 OREG :79.70
100 IM TEDDY HANNITY 34 OREG 1:28.08

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

50 FRE LAURIE A MACGRAW 36 OREG :31.77
500FRE LAURIE A MACGRAW 36 OREG 7:16.39

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

50 FRE JUNE MATHER 40 OREG :33.66
100FRE JUNE MATHER 40 OREG 1:16.13
1650FR JUNE MATHER 40 OREG25:50.39

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

50 FRE GERI MATHEWSON 45 OREG :31.44
100FRE GERI MATHEWSON 45 OREG 1:09.72
200FRE GERI MATHEWSON 45 OREG 2:39.09
500FRE GERI MATHEWSON 45 OREG 7:15.55

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

50 FRE NANCY J BROOKS 50* RINC :31.26 5
50 BAK NANCY J BROOKS 50* RINC :40.29
50 BRS NANCY J BROOKS 50* RINC :38.35 3
100BRS NANCY J BROOKS 50* RINC 1:24.18 4
200BRS NANCY J BROOKS 50* RINC 3:09.40 3

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

50 FRE BEVERLY L'ESPERANCE61 OREG :43.02
100FRE BEVERLY L'ESPERANCE61 OREG 1:45.38
50 BAK BEVERLY L'ESPERANCE61 OREG :50.99
MARIANNE VANDIJK 60 OREG :58.56
100BAK BEVERLY L'ESPERANCE61 OREG 1:50.91
MARIANNE VANDIJK 60 OREG 2:09.50

200BAK BEVERLY L'ESPERANCE61 OREG 3:58.06
MARIANNE VANDIJK 60 OREG 4:33.35

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

50 FRE EVELYN MCKEON 79 OREG :55.43
100FRE EVELYN MCKEON 79 OREG 2:05.38
50 BAK EVELYN MCKEON 79 OREG 1:10.29
50 BRS EVELYN MCKEON 79 OREG 1:25.66
100 IM EVELYN MCKEON 79 OREG 2:50.11

---- 80-84 WOMEN ----

50 FRE ELLEN TAIT 83* RINC :57.02 6
100FRE ELLEN TAIT 83* RINC 2:10.43 7
200FRE ELLEN TAIT 83* RINC 4:43.92 4
500FRE ELLEN TAIT 83* RINC12:43.52 2

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

50 FRE RICHARD H HOBBSINS 28 OREG :28.03
100FRE DOUG STEWART 29 OREG :52.95
RICHARD H HOBBSINS 28 OREG 1:02.03
1650FR DOUG STEWART 29 OREG18:35.25
50 BRS RICHARD H HOBBSINS 28 OREG :35.38
100BRS RICHARD H HOBBSINS 28 OREG 1:19.51
100FLY DOUG STEWART 29 OREG :58.93
100 IM RICHARD H HOBBSINS 28 OREG 1:12.14
200 IM DOUG STEWART 29 OREG 2:15.88

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

100FRE DAVID M COBB 34 OREG :57.14
200FRE DAVID M COBB 34 OREG 2:07.98
200BRS DAVID M COBB 34 OREG 2:39.41
400 IM DAVID M COBB 34 OREG 5:10.19

---- 40-44 MEN ----

50 FRE RICHARD J SMITH 44 OREG :25.16
PATRICK E BURCH 40 OREG :32.43
DAVID M. OSTLER 42 OREG :37.20
100FRE RICHARD J SMITH 44 OREG :58.56
GARY J MACGRAW 43 OREG 1:01.16
DAVID M. OSTLER 42 OREG 1:10.16
200FRE RICHARD J SMITH 44 OREG 2:11.21
GARY J MACGRAW 43 OREG 2:19.63
1650FR LOWELL L STUTZMAN 42 OREG26:58.51
PATRICK E BURCH 40 OREG27:05.67
50 BAK RICHARD J SMITH 44 OREG :32.93
100BAK RICHARD J SMITH 44 OREG 1:10.38
50 BRS MICHAEL A GRANT 42 OREG :37.45
PATRICK E BURCH 40 OREG :38.59

100BRS MICHAEL A GRANT 42 OREG 1:20.55
PATRICK E BURCH 40 OREG 1:25.09
200BRS MICHAEL A GRANT 42 OREG 2:56.46
50 FLY MICHAEL A GRANT 42 OREG :32.25
DAVID M. OSTLER 42 OREG :38.80
100FLY DAVID M. OSTLER 42 OREG 1:41.49
100 IM DAVID M. OSTLER 42 OREG 1:40.85
200 IM GARY J MACGRAW 43 OREG 2:43.32
400 IM MICHAEL A GRANT 42 OREG 6:15.81

---- 45-49 MEN ----

50 FRE GREG FROWNFELTER 45 OREG :26.59
TUCKER WHITSON 49 OREG :26.42
RON E JERSEY 45 OREG :30.06
100FRE GREG FROWNFELTER 45 OREG :59.10
TUCKER WHITSON 49 OREG 1:04.61
RON E JERSEY 45 OREG 1:05.27
TED HOLDEN 45 OREG 1:07.74
200FRE DANIEL R GRAY 48 OREG 2:25.78
RON E JERSEY 45 OREG 2:26.52
500FRE DANIEL R GRAY 48 OREG 6:74.87
RON E JERSEY 45 OREG 7:01.63
1650FR RON E JERSEY 45 OREG24:05.78
50 BAK TUCKER WHITSON 49 OREG :34.25
100BAK TUCKER WHITSON 49 OREG 1:19.47
100BRS TED HOLDEN 45 OREG 1:21.84
200BRS TED HOLDEN 45 OREG 3:01.22
50 FLY DANIEL R GRAY 48 OREG :31.76
100FLY GREG FROWNFELTER 45 OREG 1:13.19
DANIEL R GRAY 48 OREG 1:17.55
100 IM GREG FROWNFELTER 45 OREG 1:10.37

---- 60-64 MEN ----

50 FRE LEO J VANDIJK 60 OREG :30.39
100FRE LEO J VANDIJK 60 OREG 1:09.74
200FRE LEO J VANDIJK 60 OREG 2:45.76
50 BAK LEO J VANDIJK 60 OREG :43.52
50 FLY LEO J VANDIJK 60 OREG :37.91

---- 70-74 MEN ----

200FRE RICHARD T SMITH 73* SAC 2:51.75
500FRE RICHARD T SMITH 73* SAC 7:57.23
1650FR RICHARD T SMITH 73* SAC 27:00.42 6
50 FLY RICHARD T SMITH 73* SAC :43.17
100FLY RICHARD T SMITH 73* SAC 1:39.33 10
200 IM RICHARD T SMITH 73* SAC 3:26.46

G.F. "Y" MASTERS-----

34 ENTRANTS-----

G.P. "Y" MASTERS 25 YARD 12/05/93

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

25+ WOMEN 15 200 MEDLEY RELAY
GERI MATHEWSON, 45 *** ERIN COKE, 34 *** LEANN AHLBRECHT, 27 *** JUNE MATHER, 40 ***
OREG 2:31.23

25+ MEN 15 200 MEDLEY RELAY
TUCKER WHITSON, 49 *** PATRICK E BURCH, 40 *** DAVID M. OSTLER, 42 *** RICHARD H HOBBS, 28 ***
OREG 2:27.77

35+ MEN 15 200 MEDLEY RELAY
RICHARD J SMITH, 44 *** GARY J MACGRAW, 43 *** DANIEL R GRAY, 48 *** GREG FROWNFEILER, 45 ***
OREG 2:13.05

25+ MIXED 21 200 MEDLEY RELAY
LEANN AHLBRECHT, 27 *** TED HOLDEN, 45 *** GARY J MACGRAW, 43 *** LAURIE A MACGRAW, 36 ***
RICHARD H HOBBS, 28 *** ERIN COKE, 34 *** DANIEL R GRAY, 48 *** JUNE MATHER, 40 ***
EVELYN MCKEON, 79 *** MICHAEL A GRANT, 42 *** JENNIFER HARDIN, 25 *** RON E JERSEY, 45 ***
OREG 2:17.09
RVM OREG 2:27.56
GPY OREG 2:57.07

25+ WOMEN 3 200 FREE RELAY
LEANN AHLBRECHT, 27 *** JUNE MATHER, 40 *** MARIANNE VANDIJK, 60 *** ERIN COKE, 34 ***
RVM OREG 2:28.70

25+ MEN 3 200 FREE RELAY
DAVID M. OSTLER, 42 *** PATRICK E BURCH, 40 *** TUCKER WHITSON, 49 *** RICHARD H HOBBS, 28 ***
OREG 2:00.30

35+ MEN 3 200 FREE RELAY
GARY J MACGRAW, 43 *** GREG FROWNFEILER, 45 *** DANIEL R GRAY, 48 *** RICHARD J SMITH, 44 ***
OREG 1:52.79 12

25+ MIXED 8 200 FREE RELAY
MICHAEL A GRANT, 42 *** TEDDY HANNITY, 34 *** RON E JERSEY, 45 *** JENNIFER HARDIN, 25 ***
JUNE MATHER, 40 *** GERI MATHEWSON, 45 *** RICHARD H HOBBS, 28 *** DANIEL R GRAY, 48 ***
GPY OREG 2:00.77
OREG 2:03.00

'94 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.

March 5-6th Bend, OR "SURPRISE TOPIC" Steve Mann will have a luncheon and host the clinic at his home in Bend following the meet on Sunday. Sign-up and find out the surprise at the meet. The luncheon will likely be catered with a nominal fee to those who attend.

March 25-27th Roseburg, OR Association Champs Sandy Hendy Registered Nutritionist / Instructor Sandy will lead a discussion on "What and when to Eat before, during and after competition." Clinic will take place during the 1000 Freestyle on Saturday. Appropriate snacks will be provided.

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 7655 S.W. Cedar Crest St. Portland, OR 97223

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: March 20, 1994

Hosted by the MWR-NSB Bangor TRIDENTS Swim Team at the NSB Bangor Pool
Meet Sanction #943605

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS NUMBER: 364- _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age on the last day of the meet):

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 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays.

EVENT NUMBER	EVENT	SEED TIME

NSB BANGOR GATE LIST: Driver: _____ All Passengers: _____

ENTRY FEES: \$4.00 (includes \$1 LMSC and \$1 electronic timing surcharges)

Individual Events @ \$1 each: + _____ (\$5.00 maximum; no charge for relays)

Total: \$ _____ (\$4.00 (relays only) to \$9.00 (five events))

Please make checks payable to: **Steve Peterson** Telephone: **206-692-1669 (h)**
Mail this entry form and fees to: **11165 Central Valley Road NW** **206-396-1354 (w)**
Poulsbo WA 98370

Please send entries postmarked no later than **March 8, 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. In addition, I agree to abide by and be governed by the rules of USMS, Inc.

SIGNED: _____ DATE: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: March 20, 1994 (Meet Sanction #943605)

Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

ORDER OF EVENTS (#4)	
Event	Event
1	500 Free
Warmup	
2	200 Free Relay
3	50 Breast
4	100 Fly
5	200 Free
6	50 Back
7	100 IM
5 minute break	
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
5 minute break	
13	200 Medley Relay
14	200 Breast
15	200 Fly
16	50 Free
17	100 Back
18	200 IM
19	200 Mixed Medley Relay

DATE: Sunday, March 20, 1994
TIME: Warmup at 8:30 AM; Meet starts at 9:30 AM
Event 2 (Free Relay) starts no earlier than 10:30 AM

PLACE: Naval Submarine Base Bangor Pool (directions below)
Phone: 779-4817

MEET DIRECTOR: **Marilyn Grindrod**
206-779-4817 (pool) 206-779-7796 (home)

FACILITY: 25 yd x 25 m (10 lanes) plus diving tank
Lanes 5 - 10 for meet (with NEW "shortie" blocks installed)
Lanes 1 - 4 for Warmup
Water temperature: ~82 degrees F

CONCESSION STAND: Yes. Also, hot tub, bowling alley, deli restaurant, espresso bar, video games, and some Pro Shop items available during meet (no state sales tax). McDonalds nearby, too. AND . . . the pool will be open for (Masters) Family Swim after the meet 'til 5 PM!

RULES: Current USMS Rules will govern the meet

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

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Please mark your relay entry card carefully to ensure correct intent and results.

NOTE: Unless you otherwise have access to DoD facilities, ALL PERSONS in your vehicle must be listed on your entry sheet to gain base access. In addition, you must have an EVENT PASS. Every effort will be made to send you an EVENT PASS by mail prior to the meet. If you arrive without an Event

Pass, call the pool (779-4817) upon arrival at the Main Gate, and escort arrangements will be made. Map to the pool (Building 2700) is included on the back of the Event Pass.

DIRECTIONS: From Tacoma, take Route 16 across the Narrows Bridge. Stay to the left when the battleships are in sight, to take Highway 3 North (Silverdale, Bangor, Poulsbo). Continue to the NSB Bangor Main Gate exit, Luoto Road (or the Trigger Avenue gate, which occurs first).

From Bremerton Ferry, depart ferry terminal, turning RIGHT onto Washington Street. Move into the LEFT lane, which becomes 11th Street. Follow 11th across town, turning RIGHT at the last light onto Kitsap Way. Continue until you reach the Highway 3 entrance ramp. Continue north to the NSB Bangor Trigger Avenue or Main Gate exits.

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 5 lights to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit, Luoto Road.

From Kingston (Ferry), follow main route from terminal. Bear LEFT through the light onto Bond Road. Follow Bond Road toward Poulsbo; turn RIGHT at the Highway 305 intersection. Continue straight through next light, to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit, Luoto Road.

From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane just before the NSB Bangor Main Gate exit, Luoto Road.

**** Safety First! NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES ****

Barnacle

reviews results records

TRI-M IV + Free

This years edition of this fine meet was under the guidance of John Zell, with a lot of people he wants to thank and all of us should thank for their contributions. Without the people on the deck you cannot have a meet, all of us need to think about this from time to time.

Officials: **Jim Andrews** (Ref/Starter) **Don Stell** (Starter), **Fred Eckhardt** (Back up starter) and **Jon Schultz** (Stroke and Turn).

Results: **Christy Zell** and **Penny Barrett**, with a big assist from **Robert Smith** (Computer Program).

Timers: Senior swimmers and parents from the Portland Parks Swim Team, Portland Parks Masters and some volunteers from the spectator section. Special thanks to **Tyler Cole**, young **Miss Paige Harger**, and **Park Bureau Lifeguard Michelle**, for their help in various and sundry jobs.

Closest to Predicted Time Within 2 Seconds

1. **Jim Teisher** :00.35
2. **Kathy Young** :00.41
3. **Richard Yatvin** :00.62
4. **Lavelle Stoinoff** :01.14
5. **Mark Wren** :01.27
6. **Andy Schrag** :01.55
7. **Robert Smith** :01.69
8. **John Zell** :01.99

Most Improved

1. **Chris Hull** :31.57
2. **Teri Hendryx** :01.20
3. **Kathy Young** :00.39
4. **Edward Mann** :00.35

NOW lets take a look at the competitors ...

I.M.ers...

Women 30-34: **Jill Black** didn't set any records, but, all of her times were "top drawer". In the 400 IM she was just stroke away (5:14.71 vs. 5:13.28).

Women 40-44: **Teri Hendryx** was also "fast" across the board. 200 I.M. (2:36.07 vs. 2:34.87) and 400 I.M. (5:36.95 vs. 5:34.44).

Men 25-29: **Phil King** was the class here, look at those times! We also want to welcome **Roger McGuire** to O.M.S.

Men 35-39: Take a gander at **Burleson**, **Cobb**, **Mann** and **Wren**, all with excellent swims, with **Burly** getting the kudos.

Men 45-49: A big OMS welcome to **Dave Steele**...check his times fellow chlorine inhalers, he is to be watched!

Men 50-54: "**Rapid**" **Robert** is OB's SWIMMER OF THE MEET setting brand new

Zone Records in the 200 and 400 IMs.

Men 55-59: **Bert Petersen**, having arrived at 55, gives us 3 OMS Records in the 100, 200 & 400 IMs.

Men 70-74: **Andrew Holden**, 3 fine swims, all Top Ten times.

FREESTYLERS ...

Women 25-29: **Michelle Donahue** (MAC) gave us excellent times for so early in the year. Let's all say hello to **Sharon Stuart**, a new swimmer for OMS, with lots of potential.

Women 30-34: 4 power players here, with **Ellen Ferguson's** 200 and 500 leading the way.

Women 35-39: **Jill Schuldt** looking good straight across the board.

Women 40-44: **Kathi Bullock**, a class act. Sets two OMS records...100 Free had stood since 1988, 200 Free is her own. Compare, **Juanita Correa** (PNA) set the Zone tests in 1978 (1:00.91 and 2:14.87) Go get 'em Kathi !

Women 45-49: Our **Sandi Rousseau** is looking very good!

Women 60-64: **Lavelle** comes within a second of her best in the 100 and 200.

Women 65-69: **Petey** will be 70 July 1st...she is swimming very well for this early in the year! OB predicts a banner year for **Petey** in Long Course.

Men 25-29: A big hello from OMS to **Scott Robinson**, from Virginia Masters (currently living in Eugene). Take a look at his swims across the board.

Richard Yatvin is swimming better than ever.

Men 30-34: **Hunter Graham** on his way to a great year.

Men 35-39: **John Zell** aka "Z-Man" swims his races ALL BACKSTROKE !

Men 45-49: **Steve Johnson**, no records, but excellent times. **Steve Barrett** gave us, Steve's a pair.

Men 60-64: **Art Welch**, you can always count on Art for fine swlms.

That does it for this time. Ol' Barn wants to say again thanks to the organizers of this great meet, and to the swimmers...a BIG well done !

The Pentathlon is next at Tualatin Hills, then we journey to Bend, for our first Short Course Meters meet of the year, see you all there.

Stay with it and stay fit !

FREESTYLERS	100FR	200FR	500FR	TOTAL	ENTRY-TOTAL
40-44 WOMEN					
KATHI BULLOCK	40 PRID 1:02.96+	2:15.88+12	no swim	3:18.84	-0.04
SARAH E LINDEN	44 TPAC 1:25.00	3:02.66	7:57.77	12:25.43	14.57
KATHY M YOUNG	44 PKRS 1:34.43	3:32.73	9:35.71	14:42.87	-0.41
45-49 WOMEN					
SANDI ROUSSEAU	46 THB 1:08.16	2:41.71	7:19.97	11:09.84	-32.54
MARY E WATERS	47 MACO 2:56.34	6:15.91	17:15.64	26:27.89	188.56
60-64 WOMEN					
LAVELLE M STOINOFF	61 MACO 1:09.55	3 2:27.89	2 6:33.87	2 10:11.31	1.14
65-69 WOMEN					
PETEEY MH. SMITH	69 NEWP 1:17.14	2 2:52.86	4 7:40.19+	3 11:50.19	22.81
70-74 WOMEN					
JUDY M MELCHER	73 THB 2:21.40	4:54.89	12:46.43	20:02.72	467.48
25-29 MEN					
W SCOTT E ROBINSON	28*VMST :49.49	1:47.55	5:00.32	7:37.36	5.40
RICHARD YATVIN	26 MJCC :52.73	1:56.21	5:28.44	8:17.38	0.62
30-34 MEN					
MICHAEL E JOHNSON	34 CA no swim	1:58.68	no swim	0:00.00	125.00
W JEFF ANSPACH	33 PPM 1:06.40	no swim	no swim	1:06.40	-9.40
HUNTER S GRAHAM	31 VOT :55.27	1:58.68	5:15.41	8:09.36	-2.36
CHRISTOPHER S HULL	31 EM 1:01.22	2:24.25	6:30.60	9:56.07	35.93
35-39 MEN					
ANDY SCHRAG	37 VOT :54.13	2:00.89	5:39.43	8:34.45	1.55
JOHN F ZELL	37 PPM 1:02.23	2:18.75	6:21.03	9:42.01	1.99
40-44 MEN					
JIM TEISHER	44 THB :58.83	2:09.54	5:57.08	9:05.45	0.35
ROBERT HUIZENGA	44 SHNC 1:06.80	2:26.49	6:52.00	10:25.29	24.71
45-49 MEN					
BOB TIMM	46 MJCC no swim	no swim	no swim	0:00.00	0.00
STEVE M JOHNSON	45 EM :55.53	2:01.72+	5:25.58+ 9	8:22.83	-8.13
STEVEN L BARRETT	47 PPM :56.15	2:06.65	5:53.34	8:56.14	-5.54
60-64 MEN					
ARTHUR C WELCH	61 PPM 1:09.33	2:31.23	6:32.34 9	10:12.90	5.00
70-74 MEN					
JOSEPH A MALLON	72 MHM 1:44.29	3:54.69	10:23.45	16:02.43	7.57

TRI-M + FREE

60 ENTRIES

ATTENTION MASTERS MEET DIRECTORS

HAVING TROUBLE GETTING OFFICIALS FOR YOUR MEET?

CALL LARRY SNEAD FOR HELP IN LINING UP OFFICIALS

**YOU CAN CONTACT LARRY AT HOME AT 503-646-1914
OR THROUGH THE OREGON SWIMMING OFFICE
AT 503-297-6027 MONDAY TO THURSDAY 9 A.M. TO 4 P.M.**

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

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.
--

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.***

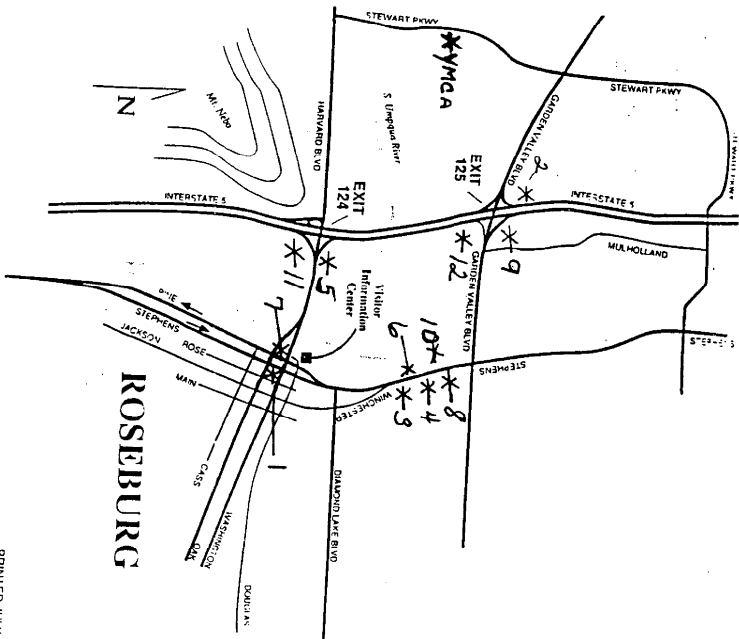
TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 9:00 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce 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.***



MOTEL GUIDE

PTIN/FO JULY 1992

		NUMBER OF UNITS	SPECIAL RATES	DIRECT DIAL PHONES	AIR-CONDITIONED	SUITES	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	RATES
																SUMMER (S) WINTER (W)
1	BEST WESTERN	51	*	*	*	D.O.	CA S	1 X	ADJ	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 149.50 W 141.51
2	GARDEN VILLA MOTEL & ANNEX	118	*	*	*	K.O.M.D.	W.C.A.	P.J.	ADJ	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.85
3	1007 NW Garden Valley • (503) 872-1801															
4	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
5	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
6	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
7	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
8	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
9	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
10	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
11	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57
12	1007 NE Stephens • (503) 873-5500	44	*	*	*	O.D.	CA	P	*	*	*	*	*	*	V.M.C.A.E.D.C.B.D.	S 152.57

Some of you have asked how the FISHSTICK team trains. Here's one of our hardest workouts.

Our lunchtime workouts are less than an hour and average 2000 yards. We don't count yardage but heavily value effort. The bottom line is heart rate. We train such that our peak heart rate during a set is about 90% of the maximum heart rate (roughly, 220-age). Generally, if you can't reach these high heart rates, you are either out of shape, doing the wrong kind of training, or not working hard enough. We're tough, we don't have time to waste. Our rest intervals are longer than most and cherished because we put so much effort into our swims. During our breaks, we often compare heart rates.

After warmup, we gather in the shallows and start negotiating the days workout. Sometimes, after starting, I quietly ask myself why I agreed to this particular set, but I do it anyway. When you determine your own workout and have group commitment, you work with gusto and the pain is eased.

It's mid December and we've been doing "FLY-O-METRIC" type workouts at least once a week for 4 months. Our butterfly abilities have toughened us for this workout. We don't just talk the talk, we FISHSTICKS walk the walk.

FISHSTICK BUTTERFLY WORKOUT - less than 1 hour - less than 2000 yards

WARM UP: About 10 minutes (perhaps a reverse 600 IM)

10X50 @ 1 min

1st length fly, 2nd length kick (or choice)

Moderate time standard. Perhaps descend the first few, but after 5, you should arrive at your time standard which you should maintain with some difficulty.

BREAK - Doesn't it feel good to have 10 x 50's done, so soon? Only 15 more. They are much harder effort, but with more rest.

5x50 @ 1:15

1st length fly, 2nd length backstroke (or choice)

Hard time standard. The intensity begins. The first one might be easy (relatively) but the last couple are painful since the hard time standard demands a lactate buildup. You are maxi-breathing after the last one.

BREAK - It's all downhill now. Only 10 more to go. Don't start the next set until you ALL are ready for it. Why rush? Socialize, cooldown, psych up. Quality takes time.

5x50's @ 1:30

1st length fly, 2nd length backstroke (or same choice as above)

Hardest possible time standard. Your time should be **AT LEAST 1 SECOND FASTER** than the above set due to more rest (and effort). High lactate pain and maxi-breathing are apparent after 2 or 3. Lactates are your badge of courage. Keep your focus. You are almost done.

BREAK - Now it's dessert time. Extra long rest. So what if it's all fly. You can make it since it's the last set. Visualize the locker room.

5x50's @ 2 mins

Both lengths fly.

Keep your technique as long as possible. This set make or brakes this workout. You are allowed to openly moan and groan and complain. Some might cry for their mama. Everyone will die here in a blaze of glory. Everyone will finish this set.

COOL DOWN. Be proud you flamed your muscles. Walk tall into the locker room.

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 David Cobb or 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	Pauline Stangel	926-0468
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	Judy Belford	244-6245
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 / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Willamette H-2-0 Masters	WHOM	John DeJamatt	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

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

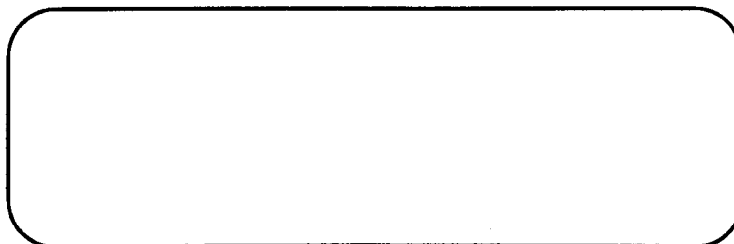
U.S. Postage

Paid

Portland, Oregon

Permit No. 1292

Important date sensitive entry forms inclosed...



In this issue: Grants Pass and TRI-M meet results, Ol' Barnacle, Dr. Sprint, Tips from the Old Coach, and 4 entry forms.