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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

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 4 BEAVERTON, OR BARRACUDA LONG COURSE MEET

JUNE 26 LINCOLN CITY, OR COMMUNITY POOL S.C.M.

JULY ?? SOUTHERN OREGON LAKE SWIM

JULY 4-10 WORLD MASTERS CHAMPIONSHIPS

MONTREAL, CANADA

JULY 9-10 GRESHAM, OR STATE GAMES OF OREGON

AUG ?? BEND AREA OPEN WATER SWIM (BIATHLON)

AUG 25-28 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.



Greetings fellow Masters. They say if March comes in like a lion it will go out like a lamb. Well weather-wise I think a lamb is what we'll have here in Oregon this month. Swimming-wise, we'll end with a lion when our big meet of the year takes place in Roseburg. I hope the turn out is good, it should be. I hear the Umpqua Valley Masters have really gone the extra mile to put on a great weekend of fun. Can't wait to get there.

We've got Pentathlon results and reviews galore in this issue. Both Ol' Barn and Dr.. Sprint have pulled out all the stops and have in-depth articles. This years Pentathlon was a all-time high for total records set. The competition was outstanding. One particular race that still stands out clearly in my mind was the last heat of the day with Phil King and Curt LaCount in the 100 IM. It was a close one from start to finish. You'll have to check the results to see who won.

It's getting down to those last few meets of the Short Course season. And that means it will be time for many of you to start the ol' Taper. I've got a couple of articles on that very topic in this month's issue.

If you've read the schedule page you've noticed that Lincoln City is hosting a one day meet at the end of June. What a great idea and a chance to go to the beach for the weekend. But you'd better make your reservations early if you plan to stay the night. For you that didn't get to go to Bend here is a second chance to swim a short course meters meet. And if you swam at Bend you may want to swim some different races or redeem yourself if you weren't happy with the results.

Recently, two somewhat famous Oregon Masters Swimmers entered the 1993 U.S.M.S. National 6000 yard Postal Championships. Like other distance swim postal meets you could swim the event anytime during the two to three month period. Betcha can't guess who the two people were and how they placed. Steve Johnson from Eugene and yours truly "Z-Man" swam the event and finished First and Fifth respectfully in our age groups. Steve swam the 6000 yard swim in 1:11:30.51 and I did it in 1:19:15.80. The fastest overall time was 1:04:53.60. That's 6000 in just under 65 minutes or averaging 1:08 per 100 for sixty 100's. I had fun swimming the 6000 and plan to do it again next year and improve my time. Maybe even swim it twice and do one of them Backstroke.

In this issue we have another installment of "meet directions." We have officially launched the contest to pick a logo design for the '95 Long Course Nationals. So here's your chance to display your artistic talents. You have until June 10th to submit a design that the OMS Board will vote on. Check the rules and pick up a pencil, pen, or whatever and get designing. In the next few months I'll be bringing you the Nationals Organizing Committee Appointment and a timeline for the various tasks of these groups. Stay tuned.

Well that's about all for this time. Happy St. Patrick's Day and before you know it it will be the first day of Spring.

Keep your heart rate up and stay wet,

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

PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS
APRIL 8TH - 10TH, 1994 SANCTION # 94-3604 HOSTED BY FEDERAL WAY MASTERS
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME _____ M F AGE as of 4/10/94 ____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

LOCAL TEAM _____ or UNATTACHED _____ LMSC _____ CLUB _____

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+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event # EVENT ESTIMATED TIME

ENTRY FEES

Meet Entry with T-shirt: \$20.00
T-shirt size ()M ()L ()XL
Meet Entry without T-shirt: \$15.00 TOTAL _____
Extra T-shirts will NOT be available at the meet.
Additional T-shirts: \$10.00
T-shirt size ()M ()L ()XL

CHECKLIST

Checks payable to Federal Way Masters Mail to: Karen Jost
Phone Jane Moore (206)925-0803 before 9 PM 31916 3rd Ln SW #A304
Karen Jost (206)839-6161 before 9 PM Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT TEAM NAME (ASK YOUR TEAM REP!)

ENTRIES MUST BE POSTMARKED BY MARCH 25, 1994. NO LATE ENTRIES WILL BE ACCEPTED.

ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 25, 1994 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED!

WAIVER: 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.

SIGNED _____ DATE _____

AWARDS

IRON ON PLACE AWARDS FOR T-SHIRTS WILL BE PROVIDED for first through eighth place for each event. Regular PNA medals will be available for sale for those swimmers choosing not to buy T-shirts.

TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO MARCH 25TH TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.

BANQUET

A Pacific Northwest Association Banquet will be held on Saturday, April 9th following the meet. Further details will be available prior to the meet. The Dawn Musselman Inspirational Swimmer Award will be presented at the banquet as well as other PNA awards and team sponsored awards.

ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Super 8 Motel 1688 S 348th St	838-8808	no	2 miles
Best Western Fife 5700 Pacific Hwy E	922-0080	yes	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS
APRIL 8-10, 1994

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions will also be available.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S. b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 25, 1994. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 25, 1994 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES. ELIGIBILITY: OPEN TO ALL 1994 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 8TH, 1994.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

MEET DIRECTORS: Jane Moore (206)925-0803 before 9 PM
Karen Jost (206)839-6161 before 9 PM

TIMES: Friday April 8:
warm-up: 6-6:50 PM meet: 7 PM
Saturday April 9 & Sunday April 10:
warm-up: 8:00-8:50 AM meet: 9:00 AM
Sunday Event 14 will not start before 10:30 AM

FRIDAY APRIL 8		NOTE: MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.	
1	400 IM	13	1650 FREE (8:30 CHECK-IN)
2	1000 FREE (7 PM CHECK-IN)	14	200 IM (no start before 10:30 AM)
SATURDAY APRIL 9		SUNDAY APRIL 10	
3	100 IM	15	100 BACK
4	50 BREAST	16	50 FREE
5	100 FLY	17	200 BREAST
6	200 FREE	18	50 BACK
7	200 FREE RELAY (ENTRIES DUE AT 9 AM)	19	200 FLY
8	100 BREAST	20	100 FREE
9	200 BACK	21	200 MEDLEY RELAY
10	50 FLY	22	200 MIXED FREE RELAY (ENTRIES DUE AT 11 AM)
11	200 MIXED MEDLEY RELAY (ENTRIES DUE AT 11 AM)		
12	500 FREE (11 AM CHECK-IN)		

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS. PLEASE NOTE THAT THE SECOND EVENT SUNDAY MORNING WILL NOT START BEFORE 10:30 AM.

Barnacle

by E. Walter

reviews results records

'94 PENTATHLON

Met Director Jim Goddard, Announcer Mark Imhof, Referee Stan Benson, Elec-Timing Ken Hillen and Tom Himstreet, Starter Larry Snead, Stroke & Turn Mike Dembrow, Gary Wallis, John Weiler. Results by Nancy Dobbs, Timers Sunset High Swim Team, Donation of Pool and Life guards Tualatin Hills Park & Recreation District, plus the Tualatin Hills Barracudas all got together and gave us venue, support, assistance, and the BEST EVER Pentathlon Meet!

Records...Yikes: We have never seen 8 overall age group records in this meet, add to this 6 Zone and 7 OMS new standards. Here are the person-by-person, swim up, swim down stats.

Women 19-24 Deborah Heim and newcomer **Jodi Shaw**, went at it hammer and tong, with Deborah winning at 193.72 and Jodi in at 194.09. Deborah was close to records in the 50 Breast (:34.99 vs :33.82), the 100 IM 1:07.64 vs 1:06.32.

Women 25-29 Shannon Heringer "CO-SWIMMER OF THE MEET" Set a new Pentathlon record of 177.98, featured by 4 individual OMS records. 50 Fly in :27.10, the 50 Back in :29.56 ('87), 50 Breast in :33.07 ('80), and the 100 IM in 1:02.81. **Linda Finley**, also from Seaside, broke the individual Pentathlon record as well.

Women 30-34 Sue Knight took 4 out of 5 1sts, losing only the Breast. **Nancy Smith-Knight** registered an overall 199.69.

Women 35-39 Mary Jackson set 2 OMS standards in the 50 Back :32.33 and the 50 Free in :26.93 plus a near miss in the 100 IM (1:07.61 vs 1:07.44) to establish a new PENT record of 192.21

Women 40-44 Suzanne Cooper, won this with an overall 205.33, put together with 3 close to record swims in the 50 Fly (:30.68 vs :30.09), 50 Back (:34.10 vs :33.26), and the 50 Free (:29.37 vs 28.44).

Women 45-49 Kathy Casey (PNA) came in just aged up, ready to battle with **Ginger Pierson**. Battle it was with Ginger overall first at 203.80, Kathy in at 2:06.75 for the silver. Both gals were under Barbara Frids PENT record set in '88.

Women 50-54 Nancy Brooks (RINC) won all of her events in excellent time, for a new PENT record of 231.16, eclipsing Lavell Stoinoff's from '87.

Women 55-59 Ann Gindroz (PNA) was the class here with an overall score of 276.39.

Women 60-64 Lavelle Stoinoff swam the fly gingerly to make sure of no harm to the shoulders. Turned a near record 50 Back (:39.08 vs :38.89), tied her zone 50 Free, and then set a new Zone best for the IM at 1:22.88. It all added up to a new PENT record of 240.03 bettering Louise Hepner's time from '86.

Women 65-69 Petey Smith put together a full hand of times to take the gold in 287.11.

Women 70-74 Lois Allan, another newcomer, won 4 of 5 events and picked off the gold at 380.07.

Women 75-79 The lead here see sawed back and forth between **Helena Hoffman** and **Evelyn McKeon**, with Helena winning it all, with a 457.50 overall, close to the record of 450.79

Men 19-24 Anton Leneis was close to the record in 50 Breast (:29.67 vs :29.43). **Mike Dolan** had a fine 50 Back and **Kaz Yamashita** was close in the 50 Fly (:25.56

vs :24.94) Anton won overall with a 171.41.

Men 25-29 When you win all 5 of your events, come record close in the IM (:56.66 vs :56.04) and wind up for the day with an overall total of 160.38 vs the PENT record of 159.73...OB says **Phil King** deserves a Hip Hip Hooray!

Men 30-34 Steve Harger, won all of the events, and amassed a total of 170.38 for the gold here.

Men 35-39 Curt LaCount "CO-SWIMMER OF THE MEET" literally did it all! New PENT record of 161.97, bettering Bob Smith's record from '82 at 164.46. Setting 2 new ZONE bests in the 50 Fly :24.58 vs :25.19 (from '86) and the 100 IM :56.46 vs :57.77 (from '85). Take Note that these 2 were held by Larry Chase and said to be infallible, no records last forever. Curt also was close in the 50 Back :26.13 vs :25.97 and 50 Free :23.26 vs :22.73. Meanwhile, leaving a very strong field almost 9 seconds in his wake!

Men 40-44 Tom Coffey vs Gary Hafer (PNA), what a race! When the waves smoothed out it was Tom over Gary in 172.90 to 173.07. You can't get much closer than that.

Men 45-49 Jon Stout and Doug Prentice gave us another mind boggler. These 2 long standing OMS supers, were in at 179.17 vs 181.94.

Men 50-54 Robert Smith was outstanding and set a new Zone best for the 50 Fly, almost a National Record in :25.74 vs :25.50. Plus close ones in the 50 Back :26.44 vs :26.24 and 50 Free :23.16 vs :22.84. All for a new PENT record of 166.68 vs old of 189.52.

Men 55-59 Bert Petersen, gave us a Zone best in the 50 Fly (:27.11 vs the National best of :26.78), plus another Zone best in the IM 1:07.64, and add to all of this an OMS 50 Free at :26.72 for a new PENT record of 202.80. **George Thayer** also broke the old PENT record, with a fine 50 Back (:33.56) along the way.

Men 60-64 Mickey Marks was all alone and swam just great!

Men 65-69 Fred Eckhardt, OMS' favorite beer and sake expert, was also alone with a 288.52.

Men 70-74 Andrew Holden won it all in 226.85 with 4 out 5 of his times making the US Top Ten! **Bob Morrison** is back with us, great to see him, and folks this guy is for real!

Men 75-79: Mel Anderson did it all for the gold at 400.62.

We had 120 entrants, again making this one of OMS' favorite weekend endeavors, everyone swam well and OB is proud of you.

Let's also not forget to welcome again all of our new swimmers

Jodi Shaw	Kathleen Eugster	Nenice Andrews
Missy Fargher	Lois Allan	Colin Maclaren
Michael Busch	Ed Ramsey	Janice Gaines
Kathy Chancy	Micheal Drew	Joe Fassio

Thanks again to all of the officials and helpers, who are the ones that really make the meet! Last, but far from least, another big HURRAH for the '94 Pentathlon, without a doubt, the biggest record breaker in the 14 wonderful years of this great event.

That's it for now folks, will see you in the HIGH COUNTRY of BEND and then down to ROSEBURG!

Stay with it and Stay Fit !!!

PENTATHLON

25 YARD

02/05/94 PG 1

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*=FROM OUTSIDE OREGON

+=PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

19-24 WOMEN

	DEBORAH E HEIM	24	PRID	:30.23	:33.19	:34.99	:27.67	1:07.64	193.72
W	JODI SHAW	22	THB	:30.75	:32.65	:34.78	:27.86	1:08.05	194.09
	ANGELA SCHUERMAN	21	MHM	:35.67	:35.23	:39.07	:29.77	1:16.06	215.80
W	KATHLEEN EUGSTER	22	MJCC	:37.27	:40.26	:39.15	:30.63	1:18.53	225.84
	JEANNA BENNETT	19	MHM						999.98

25-29 WOMEN

	SHANNON M HERINGER	25	NCSC	:27.10+ 3	:29.56+	:33.07+	:25.44	1:02.81+ 6	177.98
	LINDA FINLEY	29	NCSC	:28.86	:30.93	:34.59	:26.33	1:04.73	185.44
	LEANN AHLBRECHT	27	RVH	:32.28	:33.54	:41.96	:28.45	1:13.59	209.82
	KATHY E ISAACS	26	PRID	:34.04	:36.61	:37.57	:29.81	1:13.25	211.28
	TAKA HIRAYAMA	26		:32.89	:39.16	:38.45	:32.54	1:15.30	218.34
	JENNIFER HARDIN	25		:32.59	:39.10	:49.19U	:31.37	1:15.79	228.04
	LAURIE J KILBOURN	27	MJCC	:35.96	:40.21	:42.84	:32.74	1:21.68	233.43
	SANDRA L HYDE	25	LCM	:33.98		:42.92	:29.02	1:16.82	999.97
	LISA K DAVIS	29	THB						999.98
	CATHY LAW	26							999.98
	MARG L GLISSMEYER	28							999.98

30-34 WOMEN

	SUE W KNIGHT	30		:31.19	:34.19	:38.19	:26.79	1:09.33	199.69
	NANCY C SMITH	34	MM	:31.94	:40.26	:37.11	:28.31	1:13.05	210.67
	BETH ANNE BEADLING	32	MHM	:38.81	:40.57	:43.47	:31.47	1:24.61	238.93
W	JANICE B GAINES	34	PKRS	:48.21	:45.90	:43.25	:32.34	1:30.79	260.49
	ERIN P FASSIO	33	THB	:45.93	:47.40	:51.07	:36.15	1:36.37	276.92
	JILL BLACK	31	SHNC						999.98

35-39 WOMEN

	MARY JACKSON	37	FISH	:30.27 12	:32.33+	:35.07 12	:26.93+	1:07.61 9	192.21
	VICKI L GORDON	37	WHOM	:31.94 12	:35.17	:38.02	:28.70	1:11.91	205.74
	LINDA P COENEN	35	GPY	:32.54	:36.83	:39.25	:29.74	1:15.62	213.98
	SUSAN A ALBRIGHT	38	THB	:37.42	:41.11	:50.91	:31.46	1:21.40	242.30
	GAYLE D MILLER	37	MHM	:36.83	:44.12	:44.81	:32.60	1:32.03	250.39
W	NENICE M ANDREWS	39		:41.08	:41.44	:48.88	:33.70	1:32.61	257.71
W	MISSY FARGHER	37	MHM	:43.61	:47.54	:46.58	:34.71	1:34.44	266.88
	CHARLENE LAMB	36	PPM						999.98

40-44 WOMEN

	SUZANNE C COOPER	44	PPM	:30.68	:34.10 12	:38.00	:29.37	1:13.18	205.33
	JEANNE TEISHER	42	THB	:33.36	:35.16	:41.85	:28.55	1:15.98	214.70
	SUZANNE L RAGUE	43	THB	:35.73	:38.11	:43.31	:32.18	1:20.90	230.23
W	KATHY CHANEY	40		:33.64	:46.11U	:44.06	:30.27	1:22.35	236.43
	AL LIEN	40	CHUB	:37.46	:44.90	:48.82U	:33.57	1:23.20	247.95
	JUDY E BEASTON	43	THB	:51.55U	:49.31	:45.62	:33.31	1:29.98	269.77
	TERI HENDRYX	40	MACO						999.98

45-49 WOMEN

	GINGER L PIERSON	47	THB	:31.91 9	:34.74+ 5	:35.70+ 2	:29.91	1:11.54+ 4	203.80
	KATHRINE CASEY	45	*PNA	:33.87	:35.99 11	:35.95 3	:29.08	1:11.86 4	206.75
	SANDI ROUSSEAU	46	THB	:32.09 9	:39.23	:40.24	:29.84	1:18.02	219.42
	CONNIE SIGGINS	47		:37.66	:42.38	:44.14	:34.22	1:29.39	247.79
	MARY E WATERS	47	MACO	1:48.62	2:14.00	1:41.75	1:24.72	4:19.11	688.20

50-54 WOMEN

	NANCY J BROOKS	51	*RINC	:39.93	:39.24	:37.93 5	:30.58 7	1:23.48	231.16
	PEGGY S WHITER	50	COMA	:41.96	:43.32	:47.45	:33.42	1:31.16	257.31
	PAMELA HIMSTREET	50	THB						999.98

55-59 WOMEN

	ANN GINDROZ	55	*PNA	:46.46	:45.53	:48.91	:36.75	1:38.74	276.39
	CAROL A DICKINSON	59	THB	1:05.16	:48.54	:55.92	:45.02	2:00.37	335.01

60-64 WOMEN

	LAVELLE M STOINOFF	61	MACO	:42.26 10	:39.08 3	:43.79 5	:32.02+ 4	1:22.88+ 2	240.03
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PENTATHLON

25 YARD 02/05/94 PG 2

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*FROM OUTSIDE OREGON

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
65-69 WOMEN								
	PETEEY MH. SMITH	69 NEWP	:46.98 11	:47.33	:57.30	:34.54 4	1:40.98 11	287.11
	KATHLEEN A HUGHES	66 THB	:54.95	1:07.01	1:01.99	:48.80	2:11.47	364.22
70-74 WOMEN								
W	LOIS ALLAN	70 THB	1:21.57	:57.77+	:58.43	:49.67	2:12.63	380.07
	JUDY M MELCHER	73 THB	1:17.88	1:07.70	1:07.28	1:01.57	2:29.36	423.79
75-79 WOMEN								
	HELENA W HOFFMAN	78 THB	1:23.15	1:19.46	1:15.46+	:59.22	2:40.21	457.50
	EVELYN MCKEON	79 GPY	1:50.05	1:05.99	1:21.77	:53.45	2:43.05	474.31
	BARB T HAVERCAMP	77 UN	2:25.31	1:46.50	2:07.06	1:23.35	3:52.89	695.11
19-24 MEN								
	ANTON LENEIS	24 THB	:26.27	:31.30	:29.67	:23.91	1:00.26	171.41
	MIKE J DOLAN	24	:29.06	:29.98	:31.36	:24.49	1:01.78	176.67
	KAZUHIRO YAMASHITA	21	:25.56	:32.54	:34.63	:23.86	1:03.23	179.82
25-29 MEN								
	PHILLIP T KING	27 MHM	:25.06	:26.88	:28.76	:23.02	:56.66	160.38
	ROGER C MCGUIRE	28 FISH	:26.11	:29.78	:30.15	:24.14	:59.22	169.40
	RICHARD YATVIN	26 NJCC	:26.32	:29.09	:31.63	:23.90	:59.70	170.64
W	COLIN MACLAREN	25 STSC	:25.82	:30.24	:35.10	:24.42	1:03.76	179.34
	ERIC TOOLEY	26 PPM	:30.33	:36.25	:35.77	:26.63	1:10.11	199.09
	RICHARD H HOBBS	28 RVM	:32.75	:36.37	:35.71	:27.24	1:11.99	204.06
	TIMOTHY P WAUD	26 PPM						999.98
30-34 MEN								
	STEPHEN F HARGER	34 PPM	:27.35	:29.10	:30.50	:23.35	1:00.08	170.38
W	MICHAEL H DREW	32	:28.40	:29.57	:33.38	:24.40	1:02.47	178.22
	DAVID M COBB	34 PPM	:29.00	:30.91	:31.86	:25.97	1:04.84	182.58
	TYLER R COLE	33 PPM	:29.73	:33.86	:36.14	:26.41	1:09.31	195.45
	MURALI M KRISHNA	34 THB	:42.29	:48.58	:42.99	:36.69	1:33.00	263.55
35-39 MEN								
	CURT R LACOUNT	35 MPM	:24.58+10	:26.13 7	:31.54	:23.26	:56.46+ 6	161.97
	PETER METZGER	38 PPM	:26.46 12	:27.20 12	:31.85	:24.36	1:00.44	170.31
	JOHN F ZELL	37 PPM	:27.89	:29.06	:33.58	:25.57	1:02.34	178.44
	RONALD E COBB	37 NJCC	:28.43	:29.30	:33.26	:24.79	1:04.58	180.36
	MARK B WREN	35 PPM	:27.32	:31.79	:33.23	:24.43	1:03.77	180.54
	EDWARD R MANN	36 PPM	:28.17	:31.67	:32.37	:25.23	1:04.45	181.89
	KELLY THORNTON	36 THB	:27.96	:29.58	:34.18	:25.30	1:05.63	182.65
W	MICHAEL K BUSCH	36	:29.21	:29.99	:35.97	:25.89	1:08.49	189.55
W	ED RAMSEY	37	:28.99	:31.27	:36.58	:26.06	1:06.95	189.85
	MITCHELL GOLDSTEIN	35 NJCC	:29.67	:33.95	:32.85	:27.58	1:07.82	191.87
	THOMAS CHUN	37 PAC	:30.49	:35.22	:34.21	:26.99	1:08.31	195.22
	MARK M WILLIAMS	37 PACG	:40.62U	:30.32	:35.76	:26.55	1:06.84	200.09
W	JOE FASSIO	36	:33.34	:47.93U	:33.30	:28.08	1:08.98	211.63
	DAVID O BURLESON	36 MACO						999.98
	MICHAEL A PAHOLSKY	38 NJCC						999.98
	JOHN GLISSMEYER	35						999.98
40-44 MEN								
	TOM K COFFEY	43 FISH	:26.66	:29.31	:32.52	:23.72	1:00.69	172.90
	GARY HAFER	42 *PNA	:27.18	:27.18 6	:33.35	:23.98	1:01.38	173.07
	MICHAEL J TENNANT	40 OREG	:28.04	:30.53	:33.60	:23.75	1:05.49	181.41
	DAN F PERZ	41 PPM	:28.22	:30.25	:32.51	:26.58	1:04.13	181.67
	ADRIAN L KALIL	40 PPM	:29.58	:31.46	:34.18	:25.02	1:05.45	185.69
	PETER C JENSEN	44 THB	:29.95	:33.31	:34.96	:26.40	1:08.03	192.65
	DANIEL P JOHNSON	40 THB	:30.76	:33.87	:32.91	:27.58	1:07.56	192.68
	GARY N BECKLEY	42 PPM	:29.16	:33.68	:35.46	:26.51	1:08.38	193.19
	TIM MCDANIEL	43 MM	:30.51	:37.94	:36.10	:26.94	1:16.11	207.60
	JIM TEISHER	44 THB	:31.05	:33.26	:36.51	:27.03	1:20.62U	208.47

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
45-49 MEN								
JON D STOUT	47	PPM	:28.87	:28.90	:33.37	:24.98 12	1:03.05	179.17
DOUG C PRENTICE	45	FISH	:27.86	:31.18	:33.39	:24.69 12	1:04.82	181.94
JED P CRONIN	45	THB	:27.67	:31.54	:36.71	:25.01 12	1:07.11	188.04
STEPHEN H WARNER	45	NCSC	:27.08	:29.86	:35.87	:35.29U	1:04.49	192.59
DAVE STEELE	49	PPM	:29.40	:36.96	:36.43	:27.45	1:12.01	202.25
BOB TIMM	47	MJCC	:30.96	:32.98	:45.33U	:26.72	1:10.11	206.10
VLADIMIR F DROBNY	47	THB	:36.37	:52.91U	:37.50	:33.67	1:22.38	242.83
KEITH A FINZER	49	PPM						999.98
50-54 MEN								
ROBERT S SMITH	50	FISH	:25.74+ 1	:26.44+ 2	:30.69+ 2	:23.16+ 2	1:00.65+ 3	166.68
KARL VONTAGEN	50	MACO	:27.78 11	:31.67	:33.98	:24.64 9	1:06.49	184.56
RONALD K NAKATA	54	MHM	:28.89	:34.49	:34.58	:26.47	1:08.73	193.16
WALT E REID	53	*PNA	:33.39	:34.24	:34.45	:30.38	1:13.96	206.42
55-59 MEN								
BERT L PETERSEN	55	PKRS	:27.11+ 2	:36.83	:44.50U	:26.72+	1:07.64+ 5	202.80
GEORGE D THAYER	57	COMA	:35.20	:33.56	:36.42	:27.57	1:14.09	206.84
JON D SCHIELTZ	55		:46.06	:57.29	:50.49	:38.06	1:45.29	297.19
60-64 MEN								
MILTON R MARKS	63	MHM	:35.84	:46.53U	:35.29 8	:28.99	1:17.21	223.86
ERIC GP. GUEST	64	MHM						999.98
65-69 MEN								
FRED ECKHARDT	67	PPM	:45.23	:50.06	:47.04	:42.46	1:43.73	288.52
70-74 MEN								
ANDREW W HOLDEN	74	THB	:34.05 5	:37.52 8	:43.47	:29.81 9	1:22.00 7	226.85
ROBERT A MORRISON	72	VMS	:42.70	:44.98	:41.76 11	:39.56	1:38.20	267.20
KHOSROW SHADBEH	72	MPM	:54.73	:55.01	:49.81	:45.87	1:48.18	313.60
EARL WALTER	72	THB						999.98
GILBERT N YOUNG	71	MHM						999.98
75-79 MEN								
MEL W ANDERSON	76	PPM	1:17.57	:58.35	1:14.99	:44.83	2:24.88	400.62
FORBES J MACK	75	THB						999.98

PENTATHLON ----- 121 ENTRIES -----

TIPS from the OLD COACH

by Bert Petersen, OMS Coaches Committee Chairman

"C" is for Crawl.

What a strange name for the fastest stroke! Here are some ideas for you to try:

1. Throw out your kick board - Kick on your side, switching back and forth, to involve your hips better.
2. When you breathe, you naturally roll. Make sure you roll on the other side as well. Actually, think "shoulder rotation" rather than roll.
3. Bi-lateral breathing is a great stroke-straightener. Do it in practice, either every third stroke or maybe left - right by lengths. In a short race, only breathe on demand.

YOUR PERSONAL PENTATHLON ANALYSIS

If you swam the pentathlon, this article contains a bonanza of information about you. You'll learn:

- * How to calculate your potential time in your weakest strokes.
- * How well balanced you are.
- * If you are best at sprint, middle distance, or endurance races

Find your name in the attached "DR SPRINT'S ANALYSIS". The weird numbers after your name in the events you swam reveal your relative performance in each of the 5 events. Everyone has a best stroke and your best stroke at this meet is shown by a 1000 in that column. Your worst stroke is indicated by your lowest number. If you fell below 900 in one or more events, you should consider yourself lopsided in your abilities and training. Perhaps you are very strong in one event or lack essential technique in others.

CALCULATE YOUR POTENTIAL

With your numbers, you can calculate a future time in a poor event assuming you put as much thought and effort into it as you have done for your best stroke. To do this, take your time (in seconds) and multiply it by your analysis number (with the decimal point in front). For example, let's take our first woman on the list Deborah Heim. Deborah's worst stroke was the 50 back with a performance of 933. Her time for the 50 back was 33.19 hence:

analysis #	times	time	= ideal time
.933	X	33.19	= 30.97

Therefore, if Deborah worked as smart and hard on her backstroke as she does on her best stroke, she could improve her time considerably. Usually, you can see improvement quickly by spending just a little extra effort on your poorer strokes.

If you got DQ'ed, don't worry. Your 10 second penalty was removed to make your analysis accurate.

A count of all the 1000's (best strokes) in each event reveals that backstroke is Oregon's worst stroke:

1000	FLY	BACK	BRST	FREE	IM
COUNT	19	6	24	40	15

DR SPRINT

BEST BALANCED PENTATHLETE CONTEST

The "TOT" column has the total of marks in the 5 events. You don't have to be fast to score high, just well balanced in your abilities to swim all five events in times that are proportional to the best swim times in the world. The top 10 list:

Phil King	27,M	4917
Ed Mann	36,M	4914
Dan Perz	41,M	4910
Jon Stout	47,M	4899
Ron Cobb	37,M	4898
Mary Jackson	37,F	4895
Ang Schuerman	21,F	4895
Suzanne Rague	43,F	4893
Kelly Thornton	36,M	4891
Tom Coffey	43,M	4873

Anyone who scored over 4800 points should be a proud IM'er. It shows good consistent swimming among all strokes.

SPRINT FACTOR

The number found in the far right column is called the sprint factor (SF). This number is an indication of whether you are better suited or trained in sprint, middle, or long distance events. Your times in your four 50 yard races were compared against your time in the 100 IM. This factor is exclusive to you and how you swam your 5 races. Sprinters have better times in the 50's versus the 100IM. Endurance athletes are the opposite and would be less tired by the end of the meet for the 100IM.

SF

690+	endurance athlete (or more power needed?)
700+	middle distance (100s-200s)
715+	sprinters (or more conditioning needed?)

The purpose of showing your sprint factor is to help guide your training regimen. You can be a more outstanding swimmer, if you match your training to your abilities.

If you swam in previous pentathlons, you may want to find your earlier analysis numbers in the Jan 89, Feb 90, Mar 91 and Mar 92 Aquamaster.

3/94 If you have a question or comment write to: Dr Sprint, 18476 Timbergrove, Lake Grove OR 97035

DR. SPRINT'S ANALYSIS

02/05/94 PG 1

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor read "DR. SPRINT" article Software by R.Smith

50FLY 50BACK 50BRST 50FREE 100IM TOT SF

19-24 WOMEN

	DEBORAH E HEIM	24	OREG	981	933	976	959	1000	4849	698
W	JODI SHAW	22	OREG	970	954	988	958	1000	4870	701
	ANGELA SCHUERMAN	21	OREG	932	985	981	1000	997	4895	705
W	KATHLEEN EUGSTER	22	OREG	912	881	1000	993	987	4773	695

25-29 WOMEN

	SHANNON M HERINGER	25	OREG	1000	957	944	954	984	4839	706
	LINDA FINLEY	29	OREG	983	958	945	985	1000	4851	698
	LEANN AHLBRECHT	27	OREG	985	989	873	1000	985	4832	701
	KATHY E ISAACS	26	OREG	943	916	985	964	1000	4808	693
	TAKA HIRAYAMA	26	OREG	1000	877	986	905	996	4764	690
	JENNIFER HARDIN	25	OREG	1000	870	958	930	981	4739	695
	LAURIE J KILBOURN	27	OREG	996	929	963	979	1000	4867	700
	SANDRA L HYDE	25	OREG	954		870	1000	963		

30-34 WOMEN

	SUE W KNIGHT	30	OREG	960	914	903	1000	985	4762	694
	NANCY C SMITH	34	OREG	990	820	982	1000	988	4780	694
	BETH ANNE BEADLING	32	OREG	906	905	932	1000	948	4691	708
W	JANICE B GAINES	34	OREG	749	822	982	1000	908	4441	687
	ERIN P FASSIO	33	OREG	879	889	911	1000	956	4635	696

35-39 WOMEN

	MARY JACKSON	37	OREG	979	957	974	985	1000	4895	704
	VICKI L GORDON	37	OREG	987	936	955	983	1000	4861	699
	LINDA P COENEN	35	OREG	1000	922	955	979	982	4838	707
	SUSAN A ALBRIGHT	38	OREG	939	892	795	1000	985	4611	672
	GAYLE D MILLER	37	OREG	989	862	936	1000	903	4690	735
W	NENICE M ANDREWS	39	OREG	916	948	887	1000	927	4678	719
W	MISSY FARGHER	37	OREG	889	851	959	1000	937	4636	708

40-44 WOMEN

	SUZANNE C COOPER	44	OREG	1000	939	930	935	956	4760	713
	JEANNE TEISHER	42	OREG	956	947	882	1000	958	4743	708
	SUZANNE L RAGUE	43	OREG	993	971	943	986	1000	4893	703
W	KATHY CHANEY	40	OREG	1000	972	880	995	932	4779	727
	AL LIEN	40	OREG	899	783	1000	898	924	4504	699
	JUDY E BEASTON	43	OREG	896	788	940	1000	943	4567	693

45-49 WOMEN

	GINGER L PIERSON	47	OREG	971	931	1000	927	988	4817	702
	KATHRINE CASEY	45	*PNA	921	905	1000	960	990	4776	695
	SANDI ROUSSEAU	46	OREG	1000	854	919	963	938	4674	711
	CONNIE SIGGINS	47	OREG	1000	928	983	985	961	4857	721
	MARY E WATERS	47	MACO	813	688	1000	933	777	4211	753

50-54 WOMEN

	NANCY J BROOKS	51	*RINC	824	876	1000	964	900	4564	722
	PEGGY S WHITER	50	OREG	890	900	907	1000	934	4631	709

55-59 WOMEN

	ANN GINDROZ	55	*PNA	884	941	967	1000	948	4740	714
	CAROL A DICKINSON	59	OREG	714	1000	958	925	881	4478	719

60-64 WOMEN

	LAVELLE M STOINOFF	61	MACO	846	955	941	1000	985	4727	691
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65-69 WOMEN

	PETEE MH. SMITH	69	OREG	822	851	776	1000	872	4321	703
	KATHLEEN A HUGHES	68	OREG	979	838	1000	987	934	4738	722

70-74 WOMEN

W	LOIS ALLAN	70	OREG	622	916	1000	914	872	4324	698
	JUDY M MELCHER	73	OREG	750	900	1000	849	892	4391	705

DR. SPRINT'S ANALYSIS

02/05/94 PG 2

Numbers show the relative percentage of your best (1000) stroke, SF=sprint factor

read "DR. SPRINT" article Software by R.Smith

50FLY 50BACK 50BRST 50FREE 100IM TOT SF

75-79 WOMEN

HELENA W HOFFMAN	78	OREG	788	860	1000	990	933	4571	700
EVELYN MCKEON	79	OREG	543	944	841	1000	835	4163	688
BARB T HAVERCAMP	77	OREG	641	913	844	1000	912	4310	670

19-24 MEN

ANTON LENEIS	24	OREG	980	859	1000	964	975	4778	703
MIKE J DOLAN	24	OREG	932	943	995	990	1000	4860	699
KAZUHIRO YAMASHITA	21	OREG	1000	820	850	959	922	4551	703

25-29 MEN

PHILLIP T KING	27	OREG	991	965	995	966	1000	4917	707
ROGER C MCGUIRE	28	OREG	994	910	992	963	1000	4859	699
RICHARD YATVIN	26	OREG	994	939	953	980	1000	4866	700
W COLIN MACLAREN	25	OREG	1000	891	848	946	924	4609	711
ERIC TOOLEY	26	OREG	981	857	958	1000	968	4764	704
RICHARD H HOBBS	28	OREG	929	873	982	1000	964	4748	706

30-34 MEN

STEPHEN F HARGER	34	OREG	954	936	985	1000	990	4865	705
W MICHAEL H DREW	32	OREG	960	962	941	1000	995	4858	701
DAVID M COBB	34	OREG	953	934	1000	953	973	4813	710
TYLER R COLE	33	OREG	992	910	941	1000	971	4814	709
MURALI M KRISHNA	34	OREG	882	802	1000	910	915	4509	706

35-39 MEN

CURT R LACOUNT	35	OREG	1000	982	898	946	993	4819	697
PETER METZGER	38	OREG	985	1000	943	958	984	4870	710
JOHN F ZELL	37	OREG	980	982	938	957	1000	4857	699
RONALD E COBB	37	OREG	974	987	959	1000	978	4898	716
MARK B WREN	35	OREG	999	896	946	1000	976	4817	706
EDWARD R MANN	36	OREG	997	926	1000	997	994	4914	709
KELLY THORNTON	36	OREG	1000	987	943	989	972	4891	719
W MICHAEL K BUSCH	36	OREG	984	1000	920	993	957	4854	723
W ED RAMSEY	37	OREG	1000	968	913	996	988	4865	705
MITCHELL GOLDSTEIN	35	OREG	961	877	1000	925	959	4722	707
THOMAS CHUN	37	OREG	974	880	1000	985	992	4831	700
MARK M WILLIAMS	37	OREG	949	1000	936	979	991	4855	703
W JOE FASSIO	36	OREG	867	795	1000	921	956	4539	684

40-44 MEN

TOM K COFFEY	43	OREG	994	944	939	1000	996	4873	702
GARY HAFER	42	*PNA	958	1000	900	972	968	4798	709
MICHAEL J TENNANT	40	OREG	946	907	910	1000	924	4687	722
DAN F PERZ	41	OREG	996	970	996	947	1000	4909	706
ADRIAN L KALIL	40	OREG	945	927	942	1000	974	4788	705
PETER C JENSEN	44	OREG	985	924	972	1000	989	4870	706
DANIEL P JOHNSON	40	OREG	929	880	1000	927	964	4700	701
GARY N BECKLEY	42	OREG	1000	904	948	985	973	4810	708
TIM MCDANIEL	43	OREG	986	828	961	1000	902	4677	733
JIM TEISHER	44	OREG	972	948	953	1000	975	4848	712

45-49 MEN

JON D STOUT	47	OREG	957	998	954	990	1000	4899	704
DOUG C PRENTICE	45	OREG	990	923	952	1000	971	4836	713
JED P CRONIN	45	OREG	1000	916	868	990	941	4715	714
STEPHEN H WARNER	45	OREG	1000	947	870	959	958	4734	706
DAVE STEELE	49	OREG	1000	830	930	959	931	4650	712
BOB TIMM	47	OREG	964	945	973	1000	971	4853	715
VLADIMIR F DROBNY	47	OREG	895	792	1000	865	901	4453	708

			50FLY	50BACK	50BRST	50FREE	100IM	TOT	SF
50-54 MEN									
	ROBERT S SMITH	50 UNAT	984	1000	951	979	953	4867	728
	KARL VONTAGEN	50 MACO	991	907	933	1000	944	4775	721
	RONALD K NAKATA	54 OREG	1000	874	963	977	959	4773	712
	WALT E REID	53 *PNA	895	912	1000	881	922	4610	717
55-59 MEN									
	BERT L PETERSEN	55 OREG	1000	768	905	908	914	4495	702
	GEORGE D THAYER	57 OREG	875	958	974	1000	948	4755	716
	JON D SCHIELTZ	55 OREG	923	775	970	1000	921	4589	709
60-64 MEN									
	MILTON R MARKS	63 OREG	855	875	1000	946	905	4581	722
65-69 MEN									
	FRED ECKHARDT	67 OREG	903	851	1000	861	898	4513	719
70-74 MEN									
	ANDREW W HOLDEN	74 OREG	978	926	883	1000	926	4713	723
	ROBERT A MORRISON	72 OREG	849	841	1000	820	842	4352	735
	KHOSROW SHADBEH	72 OREG	790	820	1000	844	912	4366	690
75-79 MEN									
	MEL W ANDERSON	76 OREG	646	896	769	1000	789	4100	723

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.**

'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.

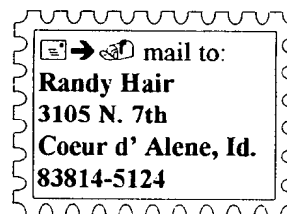
March 25-27th Roseburg, OR Association Champs Sandy Hendy Registered Nutritionist / Instructor Sandy will lead a discussion on **"What and when to Eat before, during and after competition."** Clinic will take place during the 1000 Freestyle on Saturday. Appropriate snacks will be provided.

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

NW Zone / IE Championship Meet

Saturday & Sunday
April 23 & 24 1994

- * SPONSOR: IELMSC, Eastern Washington University Pool, Cheney, WA. (25 Yd. Pool) USMS sanction #3540423
 - * ELIGIBILITY: All swimmers must be currently registered with IELMSC or USMS. New 1994 IELMSC registrations should be sent to Elin Zander (registrar). Swimmers from other LMSCs must send **PHOTOCOPY OF REGISTRATION CARD** with meet entry.
 - * RULES: All current Masters rules will apply. Certified stroke and turn judges will be present at all IELMSC sanctioned meets. Please consult the 1994 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast, except for the distance events. **NOTE: Deck entries not allowed for this meet! !!**
 - * DEADLINE: All entries must be postmarked by **4/06/94**. Incomplete or late entries will not be accepted.
 - * FEES: **\$10.00** for entries sent before deadline. Make fees payable to IELMSC. Payment to be made by check or money order only. **CASH will not be accepted** for entry fees or banquet fees.
 - * RELAYS: Submit relay cards to the clerk of course during the warmups. Individuals must be signed up with the club they represent to have their relay points count for that club.
 - * AWARDS: Participation buttons and First - Third place ribbons will be available free of charge.
 - * DIRECTIONS: Eastern Washington University Pool, Cheney, WA. From I-90 take exit 270 into Cheney. Follow signs to EWU. Pool is located at the top of hill at the western edge of campus in the Health and Physical Ed. Complex. For more information about the meet contact Chuck Tasca (509) 922-5616, H.O.S.T. representative Elin Zander (509) 448-5250
 - * **BANQUET TO FOLLOW MEET ON SATURDAY** - (SEE BACK SIDE FOR DETAILS), please send fee with meet entry.
- ✂ ----- CUT HERE ----- ✂



Name _____ M/F _____ Birthdate _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ USMS# _____ Club _____

Saturday, April 23 Warmup at 9:00 am, Meet starts at 10:00 am

(Please Enter Yard Times)

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
1 -- 500 Y Free	_____	5 -- 100 Y Back	_____	9 -- 200 Y Breast	_____
15 Min. Break		6 -- 200 Y Free Relay	XXXXXXXXXX	10-- 200 MxdMedRelay	XXXXXXXXXX
2 -- 100 Y Ind Medley	_____	10 Min. Break		10 Min. Break	
3 -- 50 Y Free	_____	7 -- 100 Y Free	_____	11-- 400 Y Ind. Medley	_____
4 -- 200 Y Fly	_____	8 -- 50 Y Back	_____		

Sunday, April 24 Warmup at 8:00 am, Meet starts at 9:00 am

12-- 200 Y Back	_____	16-- 200 Mxd Free Relay	XXXXXXXXXX	19-- 50 Y Fly	_____
13-- 50 Y Breast	_____	10 Min. Break		20-- 200 Med. Relay	XXXXXXXXXX
14-- 100 Y Fly	_____	17-- 200 Y Free	_____	10 Min. Break	
15-- 200 Y Ind. Medley	_____	18-- 100 Y Breast	_____	21/22-- 1000 / 1650 Free	_____

NOTE: **Other LMSC Swimmers send Photocopy of Registration Card.**

(Circle One Only)

NOTE: Maximum of 6 individual events & 4 relay events. Meet Entry Fee: **\$10.00** Banquet Fee (___ x \$11 = _____)

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 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.

Your Signature: _____ Date: _____

meet

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

by John Zell
Nationals Meet Director

directions

ANNOUNCING:

“THE LOGO CONTEST”

For the 1995 U.S.M.S.
LONG COURSE NATIONALS
Mt. Hood Community College
August 24-27, 1995

Oregon Masters Swimming is officially soliciting logo designs for our National Championship meet. You may submit your design in any form using any media. This logo will be used for the meet brochure, heat sheet cover, pins, t-shirts and any memorabilia or printed material used for the meet. The OMS Board of Directors will pick the winner at their June 1994 meeting.

OMS will pay a \$50 prize for the winning design.

Please send your design to: John Zell 4640 N.E. 36th Avenue Portland, OR 97211-7618

Designs will be accepted until June 10th, 1994.

Dos and Don'ts of a Taper

by James Kegley

Aren't tapers great? You get to swim less yardage with less intensity. At the same time, you get more stressed out emotionally, worrying about how you feel and what you could have done better. But, the best benefit is walking up steps without being exhausted!

When I taper, I take it very seriously. The main theme I follow is one I've heard before: "I'd rather be a week too rested than one day short of being tapered." Too often we feel great a week or two after the big meet. The best 1500 meter swim of my life (a distance event no less) was after a seven-week taper.

What am I trying to accomplish and avoid during a taper? I try to get rested while maintaining a good feel for the water. I firmly embed in my mind my goals and strategies for the swim so that the morning of the race I know what I am going to do. I want to gain confidence in my pace. And, I want to relax.

While I do pace 100s for distance events, I try to avoid over-sprinting during the taper for a number of reasons. It is my view (and there are many of opposing opinions) that by the time you taper, you should already be in shape, should have done ample speed work, and can do more harm than good by testing yourself and sprinting a lot immediately before a meet. It is very difficult to get out of shape in a few weeks if you start with a good base and are doing a lot of maintenance work.

Doc Councilman often gave us a framework for a workout during taper and let us adjust according to how we felt. Four to five weeks out, he would cut the yardage and increase the speed work. Then, with three weeks to go, we would usually step down the yardage and speed work considerably, doing a lot of low-end aerobic swims.

We would talk about diet, sleep, the races etc. I think this helped us focus on the big weekend for those three weeks so that, when we got there, the anticipation had built, and we walked into the pool with a well-defined purpose. (We have all been to meets where our minds were not in the pool; this helped us avoid that.)

One of the potential hazards of tapering is the mental aspect. Usually, as response to a changed stress, there can be a period during the taper when you feel lousy in the water and you will question whether you are in shape.

This is when a coach can be crucial to convince you (and himself) that this is normal and not to worry. While it is normal to feel this way, it is crucial to keep faith and to believe that this feeling indicates that you are doing things correctly.

It is also helpful during your taper to place the race days. If your pre-race meal consists of Milk Duds, chips with salsa, and Budweiser, then practice having that meal before you swim during your taper to make sure it sits well with you.

Planning your warm-up is also beneficial. Doc used to have us decide three weeks out how we would warm up for the meet. His rationale was that he didn't want us not to do enough or to do something that our bodies

weren't used to on the day of the meet.

All in all, a taper can be a highly individual thing. My own goals are to rest, to feel comfortable with what I'm doing, to plan my races, and to internalize (visualize) the race for a few weeks so my body knows what to expect and to trust that I am in shape and it is now time to rest.

(James Kegley swam for and was assistant coach to "Doc" Councilman at Indiana University. Reprinted from "Wavemaker", the DC Masters newsletter.)

The Taper

by Alex Baumann

You enter into the taper or peaking period when you are just about 14 days away from the major competition. These final days should be spent on fine-tuning, both physically and mentally.

Resting is an important part of this period. As a sprinter, reduce your training sessions to four then three per week. If you are a distance swimmer, keep the number of sessions at five or more. The intensity of distance training is less, therefore shorter recovery is required.

Part of every training session should be spent on low level aerobic work to keep up your endurance and help your recovery rate. This type of swimming keeps your heart rate low and does not accumulate any waste products in your muscles. It also allows you to recheck your skills after many weeks of intensive training.

Drop all land training except light stretching before and after sessions in the pool.

Sprinters should practice-dive 25-metre sprints and establish the final strategy. Distance swimmers should maintain pace work but reduce the number of repetitions and allow sufficient recovery time.

Refine your turns with short sprint in-and-out drills. Sprint to the end wall from about 10 metres out, so you can generate adequate speed. Turn and sprint out about 10 metres with strong kicking and preferably holding your breath.

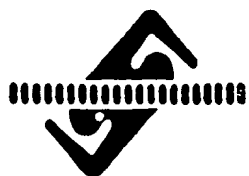
Don't forget to save time for fun and relaxation!

Some words from Alex;

The final preparatory period and the taper period are very important and probably the hardest time in a swimmer's program. You have to train hard, but you also have to be rested for the big race. You must stay mentally and physically focused and perform to the limits of your potential at every workout.

We prepared for an important race, at least one month in advance, by cutting down on total distances and putting more emphasis on starts, turns and sprinting. I started resting more and more as the competition drew nearer, and I stayed focused on the times I wanted to achieve.

(Reprinted from "Swimming with Alex Baumann")



1994 USMS 2000 SWIM CHALLENGE



ATTENTION

United States Masters Swimming, the USMS Fitness Committee, the Niagara District of New York State, and SPEEDO invite ALL competitive and fitness swimmers, triathletes and runners to the challenge of a 2000 yard or 2000 meter swim.

AWARDS COST

All participants will receive a custom t-shirt, swim cap and copy of results.

DATES

Entry fee is \$12.00. Swimmers entering more than once may enter the additional events for \$6.00 (each entry) and receive one t-shirt. A separate entry form is required for each entry and they cannot be swum concurrently. International entries must include a \$3.00 processing fee.

ELIGIBILITY

The distance must be completed between April 1 and May 31, 1994. Entries must be received by June 15, 1994.

RESULTS RULES

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

TO ENTER

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

Times should be recorded with a stopwatch. We recommend that you have a person counting laps (80 lengths or 40 laps of a 25 yard/meter pool) and recording your final time.

Complete the entry form below and mail with a check payable to "1994 USMS 2000" to Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564 (716-924-5344). Print clearly. For tips on preparing for the event, send a SASE to the above address.

OFFICIAL ENTRY FORM

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

Entry Fee	\$12.00	2nd Event	\$ 6.00	
3rd Event	\$ 6.00	International Fee	\$ 3.00	TOTAL FEES ENCLOSED \$

DATE OF SWIM _____ TIME _____ Yards _____ Meters LC(50) _____ SCM(25) _____
(Indicate length of pool)

AGE AT SWIM DATE _____ BIRTHDATE _____ USMS REGISTERED YES _____ NO _____

NAME _____ SEX _____ SIGNATURE _____

ADDRESS _____ (Print Clearly) DATE _____

CITY/STATE/ZIP _____ PHONE # _____

T-SHIRT SIZE Medium _____ Large _____ X-Large _____

Goal Setting and Achieving for the 2000 Swim Challenge...Terry Laughlin

In order to get more from this fitness challenge, set a goal according to your level of ability and use this goal to guide you in your preparations.

Level 1 Goal. To complete 2000 yards nonstop. For the month, do a weekly set of 20 repeats of 100 yards at a comfortable, but steady pace. Initial interval - time for first repeat + 30 seconds. Each week, reduce the rest interval by 5 seconds. Three weeks before your 2000, try a set of 4 x 500. A week

later, swim 10 x 100 and 2 x 500. One week before your 2000, swim a 1500 followed by a 500. Rest one minute between all swims.

Level 2 Goal. To swim an even paced 2000. (An even-paced 2000 means swimming the second 1000 as fast as the first.) Use the same training sets as above, but increase your speed progressively on all sets (e.g. on 20 x 100 hold 1:20 for # 1-10, 1:19 for # 11-15, and 1:18 for # 16-20. On 4 x 500, swim each succeeding

500 faster.

Level 3 Goal. To swim a fast 2000. Time your self for a 500 this week. Multiply that time by 4, then add about 40 seconds. Aim to swim your 2000 at least that fast. To set training goals, calculate the 200 pace for the swim (i.e. if 2000 goal is 25:00, pace per 200 is 2:30.) Swim 10 x 200s at that pace on 1:00 rest. Each week reduce the rest interval by 10 seconds, trying to hold your goal pace.

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**

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



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In this issue: Pentathlon meet results, Ol' Barnacle, meet directions, Dr. Sprint, Tips from the Old Coach, Tapering articles, and entry forms.