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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**

**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**

**JULY 30-31 FEDERAL WAY, WA N.W. ZONE L.C. CHAMPIONSHIPS**

**AUG ?? BEND AREA OPEN WATER SWIM (BIATHLON)**

**AUG 25-28 U.S.M.S. LONG COURSE NATIONALS**

**ERIE C.C. BUFFALO, NY**

**SEPT 26-OCT 8 WORLD MASTERS GAMES BRISBANE, AUSTRALIA**

**AUGUST 24-27, 1995 U.S.M.S. LONG COURSE NATIONALS**

**MT. HOOD COMMUNITY COLLEGE GRESHAM, OR**

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**\*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

**H**ello again my friends. Spring is here. Our yard work and the great outdoors calls us. Your probably waiting with suit and towel in hand for just about any outdoor pool to open up for the summer. Oops I said the magic word....Summer. But don't get lost in a sunny daydream quite yet. It's still got to rain some more. As much as the spring fever is calling you there is still much to do indoors. Like maintaining that shape you've acquired this fall and winter. For some of us the big taper is just ahead. For Nationals in Tempe or maybe your still working hard for Worlds in Montreal. But the majority of you are probably just training from day to day with mini-goals and lots-o-fun along the way. That's cool...that's what you should be doing, having fun and stayin' in shape.

In this issue we bring you the results for the Association Championships held this year in Roseburg. Ol' Barn has his in-depth review along with a report on this years special awards. The Roseburg meet was big fun...even if those Cudas beat-up on us. We want to thank the McCurdys and all the folks from Umpqua Valley Masters and the Roseburg Swim Team for all their hard work. It was a great spring-like weekend: The deck outside the pool area became a very popular spot as the day got sunnier. Five of us from Portland Parks even got in a round of golf on Saturday at the course near the pool. And a number of us had at great time at the Umpqua Brew Pub on Friday and Saturday night. Thanks Roseburg, we all had fun. Please host a meet there again.

Due to a minor delay created by our new computer

results software program we will bring you the results from the Bend meet in next months issue. Please stay tuned. I understand it was well attended and Matt Mercer and crew did a great job. Matt has tentative plans to host a Biathlon this summer. A lake swim and run I believe. That should be fun.

By the looks of our schedule page, our summer meet schedule is shaping up nicely. We have the Barracuda Long Course meet along with the Lincoln City "Meet at the Beach" entry forms in this issue. Make your plans to attend. They are both one day meets and we are anticipating a big turnout for both. Short and Long Course meters are always a great opportunity to crack the Top Ten...even if it might be in a relay or in an event you might not swim very often in yards.

So your *not going* to Nationals At Tempe in May. So *you are planning* to swim in this years **Albertina Kerr Swim-a-lap Program on May 14th**. I thought you might. Good choice. And this year it's even easier to participant. If you have trouble going out and getting pledges, then you can make a flat \$25.00 donation and swim the hour like everyone else. All the details of this years Swim-a-lap is in this issue. Some new pools have been added this year like the Matt Dishman Community Center in North East Portland. Check it out and please take part.

Well that's it for this time....

Keep your suit wet, your lawn mowed,  
and your heart rate up,



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

# **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.**

## OREGON MASTERS SWIMMING LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-05

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: BARRACUDAS L.C. MEET**

**DATE: JUNE 4, 1994**

**PLACE: TUALATIN HILLS REC CENTER**

158TH & WALKER RD.

BEAVERTON, OR

7-8 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Tualatin Hills Barracudas **Co-meet Directors:** Jeanne Teisher 649-4719 & Vlad Drobny 644-3799

**DIRECTIONS TO POOL:** Take Hwy. 26 west to the Cornell Road exit. Turn left, cross freeway, go to 158th and turn left, head south. Pool will be on your left. On corner of 158th and Walker Road.

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

**ENTRY DEADLINE : POSTMARKED NO LATER THAN MAY 21st, 1994**

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

NAME \_\_\_\_\_ 1994 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded. All events will be seeded slow to fast.

YOU MAY ENTER EITHER THE 800 FREE OR THE 1500 FREE, BUT NOT BOTH.

**SATURDAY JUNE 4 BARRACUDA L.C.**

**400 I.M. (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**800 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**BREAK 15 MINUTE BREAK**

**FREE RLY (3)** XXXXXXXXXXXXXXXX

**200 FLY (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST (6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE (7)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MXD FR RLY (8)** XXXXXXXXXXXXXXXX

**BREAK BREAK BREAK**

**200 I.M. (9)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY (10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST (13)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE (14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MED RLY (15)** XXXXXXXXXXXXXXXX

**BREAK BREAK BREAK**

**100 FLY (16)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK (17)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MXD MD RLY (20)** XXXXXXXXXXXXXXXX

**BREAK BREAK BREAK**

**400 FREE (21)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**1500 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: \$8.00 MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING

MAIL FORM(S) AND FEE(S) TO: SUZANNE RAGUE 935 N.W. 170 PLACE  
BEAVERTON, OR 97006

## ALBERTINA KERR SWIM A LAP - 1994

Swim A Lap is here again, folks, bigger and better than before! There are more ways to participate and more ways to win prizes!

There is one big change to the program that we have not had before. In the past, many Masters swimmers have been reluctant to participate, not because they can't swim for one hour (most workouts are longer usually), but because they have felt uncomfortable asking others (family, friends, neighbors, work colleagues, etc.) to pledge support for this very worthy charitable cause. Basically, they have not wanted to ask others for money even though Albertina Kerr does all the work by actually collecting the pledge money themselves.

So, while it is still possible for any Masters swimmer to participate in the "traditional" manner (that is, by asking others to pledge support by signing a pledge sheet), the "new" way Masters swimmers can participate is to **pay a registration fee in the amount of \$25 per swimmer that is itself a charitable contribution to Albertina Kerr Centers.** It is my hope that this change will allow many more Masters swimmers to make a donation to an organization that provides the last hope for many families with severely challenged children, while at the same time doing an activity that they love, namely swimming!

The following three pages provide more details about the program. The event is scheduled for Saturday, May 14, at ten pools in the Portland metropolitan area. These pools, which are listed in the attached material, will have special times set aside on May 14 - not to mention give-aways, goodies and lap-counters, if necessary. However, if the times or locations are not convenient, any other pool or time will suffice as long as you do it on or before May 14. You are more than welcome (in fact, encouraged) to use the pledge sheet attached to sign up sponsors if you would prefer. (Use it to make extra copies, if necessary). **Remember**, the more money you raise, the better chance you have to win more prizes. **Oh! And don't forget to recruit another swimmer (e.g. family member, friend, etc.) because your "buddy" will also qualify you for additional prizes.**

If you don't wish to hassle with the pledge sheet, use the registration form below to enter and include your check for \$25 made payable to Albertina Kerr Centers. The deadline to receive your registration is May 14, 1994.

-----  
Clip here and mail to:  
Oregon Masters Swimming  
P.O. Box 40313  
Portland, OR 97240

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

AMOUNT INCLUDED (\$25  
PER SWIMMER) \_\_\_\_\_  
(make checks payable to:  
Albertina Kerr Centers)

PREFERRED TELEPHONE NUMBER \_\_\_\_\_  
POOL PREFERENCE (see attached listing) \_\_\_\_\_

If you are a new swimmer, you were recruited by \_\_\_\_\_  
I wish to qualify for the Buddy Prize. At least one of my two-person team did  
not participate in last year's Swim A Lap. Buddy's name \_\_\_\_\_

# NEWS RELEASE

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FOR IMMEDIATE RELEASE

Contact: Judy Anderson  
Swim A Lap Director  
239-8101

## **GET IN THE SWIM!**

People of all ages and swimming abilities are encouraged to help raise money for Albertina Kerr Centers through its annual Swim A Lap event. One of Oregon's oldest non-profit agencies, AKC provides programs for children and youth at risk, families in crisis and the developmentally disabled.

**Saturday, May 14th** is the date at ten participating tri-county pools. Swimmers are asked to help by obtaining either per-lap or pre-determined pledges. The event hopes to draw more than 200 swimmers who will assist in raising more than \$30,000. Sponsors for this event are Jantzen, KATU Television, Barracuda Sports Products and K/P Corporation. All swimmers and volunteers receive a Swim A Lap t-shirt.

Swimmers also benefit by receiving free goodies day of event and qualifying for prizes:

Top Individual Swimmer—Most \$\$ raised by an individual

Team Grand Prize—Most \$\$ raised by a team

Buddy Prize—Most \$\$ raised by a two-person team, one of whom must not have swum

Individual Who Swims The Most Laps Overall

*Swim A Lap last year.*

Individual Who Recruits The Most New Swimmers

Prizes at Each Pool for: Individual Raising most \$\$

Individual Swimming most Laps

Participating pools include Dishman, Gresham, Harman, Hillsboro, Lake Oswego, Oregon Athletic, Oregon City, PCC Sylvania, Princeton, Tigard.

An added feature is a *FREE Swim Clinic* being offered by 4-time Olympic Gold Medal swimmer Don Schollander on *Saturday, April 30th*, from 9-10 am at the Lake Oswego Pool. Swimmers will receive in-the-water training to hone their swimming skills. No registration is required.

Information about becoming a swimmer, volunteering to help cover pools and the Schollander Clinic is available by calling 239-8101.

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**Swim A Lap '93** benefits Albertina Kerr Centers, one of Oregon's oldest and largest non-profit human service organizations, providing treatment, care and programs for children, adults and families who need or desire special services because of personal, health or family problems.

## PRIZES\*

**Weekend trip for two**

**Weekend trip for two  
Scottsdale, Arizona**

(Based on most \$\$ raised)

Party for 15 people

courtesy of McMenamins Pubs & Breweries

(Based on most \$\$ raised by a team with minimum of 5, maximum of 10 people)

(Based on most \$\$ raised by a two-person team, one of whom did not participate in 1993)

### Most Laps By An Individual

### Most Laps By All Individual Person Who Recruits Most New Swimmers

### Prizes At Each Pool For:

**Most \$\$ Raised**

**Most Laps**

**ALL SWIMMERS RECEIVE A T-SHIRT**

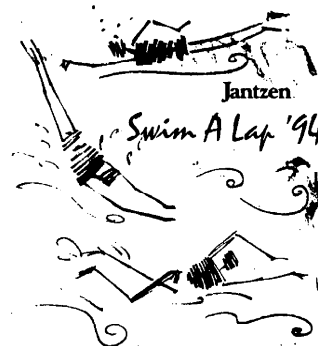
**\*Lap count at 1 hour determines prize eligibility\***

Dishman Pool-Portland--7:00-8:00 am  
Gresham Pool--8:00 am-1:00 pm  
Harman Pool-Beaverton--8:00-11:00 am  
Hillsboro Pool-9:00 am-12:00 pm  
Lake Oswego High Pool--10:00 am-4:00 pm

Oregon Athletic Pool-Portland--9:00-11:00 am  
Oregon City Pool--7:00 am-Noon  
PCC-Sylvania--2:00-4:00 pm  
Princeton Athletic Pool-Portland--9:00 am-Noon  
Tigard Pool--Noon-2:30 pm

[illegible]

\*For pre-determined (flat) amount, put amount under TOTAL.



May 14, 1994

**Also Sponsored By**

Barracuda Sports Products  
KATU Television Center  
K/P Corporation

## To Benefit

**ALBERTINA KERR  
CENTERS**

1. Fill out, tear off and mail the entry form right away to receive notice of your starting time.
2. With very little effort, you can raise a lot of money! Talk to friends, family, neighbors, classmates, co-workers or business people who can help you by being sponsors. Don't forget to sponsor yourself! You don't have to be an expert swimmer because YOU decide how many laps to swim. Your sponsors pledge either a pre-determined or per-lap amount.  
  
***You need not collect money. We will bill your sponsors following the event.***  
  
You can also help yourself and Swim A Lap by recruiting other swimmers! Double your fun by forming a team with friends or fellow employees and make it a group effort! Individual sponsorship pledges still apply and you can qualify for the Buddy Prize!
3. Take the sheet of sponsor names and pledges to the pool with you so we can collect them after your swim. Use additional sheets if needed.

For information or questions, call 239-8101.

**SWIM A LAP COMMITTEE**

**Gary Lindberg, Chair**  
**Roy Abramowitz**  
**Jay Dressler**  
**Sandy Healy**  
**Vic Johnsen**  
**Stacy Mann**  
**Cheryl Miller**  
**Don Schollander**

**FREE!!**

### ***Don Schollander Swim Clinic***

**Saturday, April 30, 9-10 am**

### Lake Oswego High Pool

**Meet an Olympic gold medal winner and gain valuable in-the-water training at this free clinic! No reservations required.**

## SWIMMER INFORMATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ day \_\_\_\_\_ evening \_\_\_\_\_  
Pool Assignment \_\_\_\_\_

**Jantzen**  
**SWIM A LAP**

Also Sponsored By:  
Barracuda Sports  
K/P Corporation  
KATU Television Center

**Additional Swimmer Packets  
available at the following locations:**

**Albertina Kerr Centers  
All Participating Pools**

PLEASE CLIP AND MAIL TO:

## SWIM A LAP

Albertina Kerr Centers  
424 N.E. 22nd Avenue  
Portland, OR 97232

## ***SPONSOR INFORMATION***

Minimum Pledge \$5 Per Sponsor--All Donations Are Tax Deductible

[illegible]

CLIP &amp; MAIL

# REGISTRATION FORM

NAME \_\_\_\_\_

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_

ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
POOL PREFERENCE \_\_\_\_\_

DAY PHONE\_ TIME

☐ New swimmer. I was recruited by \_\_\_\_\_

☐ I wish to qualify for the Buddy Prize. At least one of our two-person team did \_\_\_\_\_

☐ I wish to qualify for the Buddy Prize. At not participate in the 1993 Swim A Lap.

Buddy's Name \_\_\_\_\_

**WAIVER:**

I plan to participate in the SWIM A LAP event, and do hereby relieve Albertina Kerr Centers or its agents of any liability which might occur as a result thereof.

**Signature (parent or guardian if under age 18)**

Team Name (if any)



# OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-06

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: LINCOLN CITY MASTERS SCM DATE: JUNE 26, 1994**

PLACE: LINCOLN CITY COMMUNITY POOL  
2150 Oar Street  
LINCOLN CITY, OREGON

5 LANES COMPETITION - MANUAL TIMING  
1 LANE CONTINUOUS WARM UP/DOWN

HOST: Lincoln City Masters and Lincoln City Swim Team

Meet Director: LARRY FOWLER phone: 503-994-5208 & GAIL KIMBERLING phone: 503-994-7595

Directions to Lincoln City pool: Take Hwy 101 south through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From south take right at 22nd and right at Oar. Pool is directly behind Elks lodge in Lincoln City.

**WARM-UPS: 8:30 A.M.  
MEET STARTS: 9:30 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN JUNE 11th, 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: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. **You may enter a maximum of 5 individual events and the 50 Free with fins, plus 4 relays.** Enter relays at the meet.  
Event #19 gives you the option to swim a 4 x 100 or 4 x 200 relay of your choice.

**SUNDAY MARCH 14**

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

400 FREE (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

BREAK 5 MINUTE BREAK

FREE RLY (3) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BREAST (4) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FLY (5) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 FREE (6) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BACK (7) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 I.M. (8) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD FR RLY (9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 FREE with fins (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BREAST (11) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FREE (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BACK (14) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MED RLY (15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (16) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 FLY (17) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (18) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (19) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 I.M. (20) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD MD RLY (21) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

RELAY (22) XXXXXXXXXXXXXXXX

800 FREE (23) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

--- or ---

1500 FREE (24) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

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: \$8.00 MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING

MAIL FORM(S) AND FEE(S) TO: SUZANNE RAGUE 935 N.W. 170 PLACE

BEAVERTON, OR 97006

# Barnacle

reviews results records

## 1994 Association Championships

**U**mpqua Valley Masters with support from the Roseburg Swim Team and Parents hosted what was without a doubt one of the best meets of this year. **Judy and Terry McCurdy** were evident everywhere, and with this pairs guidance, 120 swimmers thoroughly enjoyed a full weekend of swimming. Thanks to **Oregon Swimming, John Weiler, Larry Snead, Jim Johnson, Chuck Gates, Dave Finlay, Brenda Cates, Ron McClain, Rick Allen, and Ernie Swinn**, plus a host of volunteers, all went off without a hitch.

We must also thank the sponsors; Douglas County Family YMCA, Windmill Inns, Brutke's Wagon Wheel, Los Dos Amigos, Better Brands, Callahan Ridge Winery, The Donut Hole, J.D. Pence, Fred Meyer, Albertson's, E.D. Dirksen Oil, Wildlife Safari, Bottoms Up and the Hitching Post. Whose donations made for an excellent series of prize drawings.

Team Championships were what it was all about, the winners....

Overall winner in 1994: Tualatin Hills Barracudas.

Category "A": (1) THB-1025

(2) Portland Parks-642

Category "B": (1) Umpqua-464

(2) Rogue Valley-291

(3) Mt Hood-272

Category "C": (1) Grants Pass Y-128

(2) Klamath Falls-80

(3) Eugene-54

### Swimmers of the meet...

**Lavelle Stoinoff** sets national record in the 200 Back at 2:53.59 vs 2:54.33. A near miss in the 200 Breast with a 3:11.78 vs 3:11.24 but definitely a Zone record. A Zone in the 100 Breast in a 1:31.70 vs 1:33.42 circa '86. Plus fine times in the 500 and 1000 and the 100 Back.

**Bert Petersen** gets a Zone for the 100 Fly in 1:04.40 vs his 1:04.79 plus a Zone in the 200 Fly in 2:44.55 vs Welch 2:45.27. Sets an OMS record in the 400 IM

in 5:41.91 vs his 5:50.19 and missing the Zone of 5:38.05. Swims a close one 50 Fly in 27.38 vs 27.11.

**Karl Von Tagen** sets a Zone in the 100 Free with a :56.54 vs Nakata's :58.78. A Zone for the 200 Free in 2:44.55 vs Welch's 2:45.27. Aging up is GREAT! Way to go Karl !

**Jeff Stiling**, newcomer for MAC, caught OB's attention with a new Zone mark for the 200 Free in 1:47.38 vs 1:47.41. Add to that an OMS best in the 500 Free 4:56.16 vs Mark Worden's 5:01.15 set back in 1985 and in the 100 Fly a :53.42 vs LaCount's :53.56.

**Jodi Shaw** also swam for a new Zone in the 1000 in a 11:46.55 vs 12:03.29. Jodi looked good in all her events; 200 Breast, close but the record is 2:35.79, fine 400 IM in 5:08.79 vs 5:04.42.

**Pauline Stangel** picked up a new Zone in the 1000 in a 19:32.45 vs 21:49.89. Her 200 Free was close to her record of 3:34.47 and close in the 200 Breast in a 4:20.98 vs 4:18.99.

*19-24 Women* - Welcome to **Karina Schaffner** and along with **Debbie Heim** looked good in the 1650!

*25-29 Women* - Take a good look at **Toni Hecksel**, this is a swimmer. **Michelle Brown** also had a good meet. **Jennifer Hardin** and **Take Hirayama** went at it in 3 races, plus another close one with **Leann Ahlbrecht** and Michelle.

*30-34 Women* - **Nancy Smith, Jill Black** and **Kimarie Gagnon** swam up a storm.

*35-39 Women* - Look at **Linda Coenen**, 6 GOLDS for Grants Pass.

*40-44 Women* - **Suzanne Cooper** put in yeoman duty for PPM, gaining 6 GOLDS.

*45-49 Women* - **Saudi Rousseau** and **Geri Mathewson** were a match in the 100 and 200 Free. **Susan Case** came up with 5 Golds and a Silver. **Ginger Pierson** was close but no records in the 200 Breast with 2:54.63 vs 2:15.24 and the 200 Fly in 2:49.20 vs 2:39.81.

*50-54 Women* - **Pam Himstreet** had a great meet with 6 GOLDS, highlighted by close to records in the 100 Fly with a 1:33.57 vs 1:33.26 and the 200 Fly in 3:21.02 vs 3:19.42.

55-59 Women - **Kaleo Schroder** contributed 6 GOLDS to the Klamath Falls team total.

60-64 Women - 2 Beverlys, **L'Esperance and Dirksen**, matched strokes in the 200 Free with a 3:42.50 vs 3:42.57. **Marianne Van Dijk** is back and coming on !

65-69 Women - **Petey Smith's** 6 GOLDS were highlighted by 4 times that should make Top Ten !

70-74 Women - **Elfie Stevenin** scored 5 GOLDS.

75-79 Women - **Helena Hoffman** capped off 6 GOLDS with an OMS record in the 400 IM 12:21.17 vs her 12:29.62.

19-24 Men - Welcome **Kevin Noah** from Umpqua. Kevin and **Anton Laneis** shared this age group with excellent times. Noah's 500 was good but no record 5:22.59 vs Hill's 5:09.64.

25-29 Men - **Scott Robinson** from VMST showed us a great 200 and 500 free. **Tom Kahl** and **Tim Waud** shared most of the points, plus a fine race in the 50 Breast.

30-34 Men - **Steve Harger** and **Mark Nelson** raised a lot of points for Portland Parks, Steve is now "MOONER-over Roseburg", it was close enough to give him the title. **Ron Taylor** put points on the board for Eugene.

35-39 Men - **Dave Burleson** from MAC put on a Class Act with excellent swims in all 6 GOLD finishes.

40-44 Men - **Mike O'Neil** really helped Umpqua with 4 GOLDS. As did **Gary MacGraw** for Rogue Valley, welcome Gary to OMS.

45-49 Men - **Buz Carriker** (A true OMS old timer) did everything Coach Eric wanted and then some, 5 GOLDS, a SILVER and a couple of relays. **Dan Gray** from Rogue Valley was a "force", as was **Keith Finzer** for PPM.

50-54 Men - "Rapid" **Robert Smith** dug up GOLD for PPM plus a close one in the 500 Free in 6:09.44 vs Sprenger's 6:09.12. Bob also gave us a lesson in the Backstroke kick with a 2:36.31, *kicking only*, 200 Back, vs the record of 2:34.05. OB says "we don't see enough of **Ron Nakata** of late" - the 'ole dentist still looks sharp.

55-59 Men - **George Thayer** from Bend was a "producer" just near misses 50 Fly 26.85 vs 26.72 and 100 Free 1:01.66 vs 1:01.17.

60-64 Men - Old Man **Eric Guest** gave his all for Mt Hood Masters, was very pleased with his 100 Free in 1:06.96 vs his record of 1:06.87

from '89. **Leo Van Dijk** was not to be denied GOLD-garnered the 50 and 100 back. It was good to see **Dave Putnam** back in the water.

65-69 Men - We have missed **Mike Morehouse**, and it was great to see him splashing around, check those times, very fine Mike! **Lee Miesen** and **Clark Austen** picked off a lot of scores for MAC, Lee with 5 GOLDS.

70-74 Men - **Gil Young** came through for Coach Eric with 6 Golds with 4 maybe for Top Ten, 500 was fast but no record, Huestis holds this at 7:14.66. **Joe Malian** and **Khosrow Shadbeh** picked off some GOLD and SILVER.

75-79 Men - **Joe Ruddley** from Umpqua contributed 6 GOLDS, with a fine Top Ten time in the 200 Fly.

80-84 Men - **Edward Slazek**, from Michigan, former swim coach at Notre Dame and Oregon State, picked off 5 GOLDS with all 5 very likely to TOP TEN times. We understand that Ed owns a house in Corvallis, how about signing up for OMS ? It was great to have you with us, come back soon Ed !

## RELAYS

### 2 New OMS Records

45+ Women - 200 Free - THB - 2:09.58

**S. Case, P. Himstreet, G. Pierson, S. Rousseu**

Old record dates back to 1980 - 2:14.63

65+ Women - 200 Medley - THB - 4:41.90

**P. Stangel, J. Melcher, E. Stevenin, H. Hoffman**

A close one: 65+ Women 200 Free 4:01.35 vs 4:00.34

**E. Stevenin, J. Melcher, H. Hoffman, P. Stangel**

45+ Women 200 Medley 2:26.73 vs 2:24.33

**S. Case, P. Himstreet, G. Pierson, S. Rousseau**

### Great Race

25+ Mixed 200 Medley THB 2:03.16

**M. Brown, D. Clark, E. Birkeland, T. Hecksel**

SLO 2:03.66 **J. Black, S. Metzler, C. Hull, T. Meyers**

Another 25+ Men 200 Free

SLO 1:51.10 **D. Haverstock, R. Huizenga,**

**C. Hull, S. Metzler**

PPM 1:51.74 **G. Beckley, D. Perz, K. Finzer, T. Cole**

That's it for this one folks,

**A GREAT MEET,  
CONDUCTED BY GREAT PEOPLE.**

and remember to...  
**STAY WITH IT AND STAY FIT !**

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

+ = OREGON RECORD pending review by E.Walter

\* = FROM OUTSIDE OREGON

Software by R.Smith

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

50 FRE KARINA SCHAFFNER	24 SLO	:34.99	
100FRE JODI SHAW	22 THB	1:00.76	
500FRE JODI SHAW	22 THB	5:45.09	
1000FR JODI SHAW	22 THB	11:46.55+ 8	
Record= ANDREE-MARIE DEVINE 12:10.24			
MAURA NELSON	24	14:42.86	
1650FR DEBORAH E HEIM	24	19:55.16	5
MAURA NELSON	24	24:15.24	
100BAK MAURA NELSON	24	1:28.07	
200BAK JODI SHAW	22 THB	2:29.54	
50 BRS KARINA SCHAFFNER	24 SLO	:44.47	
100BRS KARINA SCHAFFNER	24 SLO	1:37.29	
200BRS JODI SHAW	22 THB	2:38.15+ 9	
Record= ADELE PIERCE 2:41.16			
100 IM KARINA SCHAFFNER	24 SLO	1:30.99	
400 IM JODI SHAW	22 THB	5:08.79	
ANGELA SCHUERMAN	21 MHM	6:06.27	

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

50 FRE TONI W HECKSEL	28 THB	:27.56	
MICHELLE BROWN	26 THB	:28.09	
LEANN AHLBRECHT	27 RVM	:28.13	
SANDI L HYDE	25 LCM	:29.50	
TERRI MAYERS	27 SLO	:29.55	
RONDELL K RAUCH	26 UVM	:31.40	
TAKA HIRAYAMA	26 MHM	:33.01	
100FRE TONI W HECKSEL	28 THB	1:00.81	
MICHELLE BROWN	26 THB	1:02.48	
SANDI L HYDE	25 LCM	1:03.98	
BARBARA BAYSINGER	26 THB	1:17.35	
200FRE TONI W HECKSEL	28 THB	2:10.70	
SANDI L HYDE	25 LCM	2:20.81	
TERRI MAYERS	27 SLO	2:29.56	
RONDELL K RAUCH	26 UVM	2:38.44	
500FRE TONI W HECKSEL	28 THB	5:56.45	
BARBARA BAYSINGER	26 THB	7:19.93	
1000FR SANDI L HYDE	25 LCM	13:21.05	
BARBARA BAYSINGER	26 THB	15:54.18	
1650FR TONI W HECKSEL	28 THB	21:02.86	
BARBARA BAYSINGER	26 THB	26:12.72	
50 BAK MICHELLE BROWN	26 THB	:31.88	
LEANN AHLBRECHT	27 RVM	:32.40	
TERRI MAYERS	27 SLO	:36.32	
100BAK MICHELLE BROWN	26 THB	1:10.16	
LEANN AHLBRECHT	27 RVM	1:13.32	
200BAK MICHELLE BROWN	26 THB	2:34.63	
50 BRS JENNIFER HARDIN	25 GPY	:39.35	
TAKA HIRAYAMA	26 MHM	:39.43	
100BRS JENNIFER HARDIN	25 GPY	1:23.07	
BARBARA BAYSINGER	26 THB	1:35.23	
50 FLY JENNIFER HARDIN	25 GPY	:32.74	
TAKA HIRAYAMA	26 MHM	:32.84	
100FLY JENNIFER HARDIN	25 GPY	1:14.49	
200FLY SANDI L HYDE	25 LCM	3:06.49	
100 IM LEANN AHLBRECHT	27 RVM	1:13.20	
MICHELLE BROWN	26 THB	1:13.37	
TAKA HIRAYAMA	26 MHM	1:15.40	
JENNIFER HARDIN	25 GPY	1:15.58	
RONDELL K RAUCH	26 UVM	1:25.91	

## 200 IM JENNIFER HARDIN 25 GPY 2:50.38

BARBARA BAYSINGER	26 THB	3:17.42	
400 IM LEANN AHLBRECHT	27 RVM	5:44.20	
SANDI L HYDE	25 LCM	6:02.82	

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

50 FRE JILL BLACK	31 SLO	:27.56	
PAM A KAHL	30 PPM	:31.16	
BETH ANNE BEADLING	32 MHM	:32.10	
100FRE NANCY C SMITH	34 CMST	1:02.10	
KIMARIE GAGNON	31 SLO	1:09.57	
PAM A KAHL	30 PPM	1:12.27	
BETH ANNE BEADLING	32 MHM	1:12.28	
CHRISTINA FOX	33 SLO	1:16.52	
200FRE JILL BLACK	31 SLO	2:11.87	
50 BAK JILL BLACK	31 SLO	:30.80	
BETH ANNE BEADLING	32 MHM	:38.91	
50 BRS NANCY C SMITH	34 CMST	:36.41	
KIMARIE GAGNON	31 SLO	:37.77	
CHRISTINA FOX	33 SLO	:42.70	
BETH ANNE BEADLING	32 MHM	:45.75	
100BRS NANCY C SMITH	34 CMST	1:20.05	
KIMARIE GAGNON	31 SLO	1:22.81	
CHRISTINA FOX	33 SLO	1:30.09	
200BRS NANCY C SMITH	34 CMST	2:54.25	
CHRISTINA FOX	33 SLO	3:15.98	
50 FLY KIMARIE GAGNON	31 SLO	:33.06	
BETH ANNE BEADLING	32 MHM	:38.92	
100FLY KIMARIE GAGNON	31 SLO	1:12.36	
100 IM KIMARIE GAGNON	31 SLO	1:14.45	
CHRISTINA FOX	33 SLO	1:22.38	
BETH ANNE BEADLING	32 MHM	1:23.66	
200 IM CHRISTINA FOX	33 SLO	3:02.38	

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

50 FRE LINDA P COENEN	35 GPY	:30.00	
LESLIE B WINTON	39 THB	:34.78	
100FRE CHARLENE LAMB	36 PPM	1:14.41	
LESLIE B WINTON	39 THB	1:18.44	
50 BAK LINDA P COENEN	35 GPY	:36.59	
LESLIE B WINTON	39 THB	:44.57	
50 BRS LINDA P COENEN	35 GPY	:40.70	
CHARLENE LAMB	36 PPM	:42.73	
LESLIE B WINTON	39 THB	:45.24	
100BRS CHARLENE LAMB	36 PPM	1:38.48	
200BRS LINDA P COENEN	35 GPY	3:06.27	
50 FLY LINDA P COENEN	35 GPY	:33.12	
LESLIE B WINTON	39 THB	:40.24	
CHARLENE LAMB	36 PPM	:40.45	
100 IM LINDA P COENEN	35 GPY	1:16.41	
CHARLENE LAMB	36 PPM	1:27.18	
LESLIE B WINTON	39 THB	1:28.19	

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

50 FRE GINNY MONTEITH	43 UVM	:31.58	
PAM HEAD	42 THB	:33.43	
100FRE JUNE MATHER	41 RVM	1:15.63	
PAM HEAD	42 THB	1:16.77	
200FRE PAM HEAD	42 THB	2:50.16	
1000FR JUNE MATHER	41 RVM	15:04.87	
1650FR JUNE MATHER	41 RVM	25:48.53	

## 50 BAK SUZANNE C COOPER 44 PPM :34.29

GINNY MONTEITH	43 UVM	:39.37	
100BAK SUZANNE C COOPER	44 PPM	1:19.46	
GINNY MONTEITH	43 UVM	1:26.11	

## 50 BRS SUZANNE C COOPER 44 PPM :37.37

PAM HEAD	42 THB	:44.13	
GINNY MONTEITH	43 UVM	:48.17	

## 100BRS SUZANNE C COOPER 44 PPM 1:25.15

PAM HEAD	42 THB	1:37.36	
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## 200BRS SUZANNE C COOPER 44 PPM 3:01.94

## 50 FLY SUZANNE C COOPER 44 PPM :31.59

## GINNY MONTEITH 43 UVM :35.60

## 100 IM GINNY MONTEITH 43 UVM 1:25.09

## PAM HEAD 42 THB 1:32.83

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

## 50 FRE SANDI ROUSSEAU 46 THB :30.32

## JAN M PLESNER 47 UVM :32.70

## 100FRE SANDI ROUSSEAU 46 THB 1:07.75

## GERI MATHEWSON 45 RVM 1:09.82

## JAN M PLESNER 47 UVM 1:12.57

## MARY E WATERS 47 MACO 2:56.43

## 200FRE SANDI ROUSSEAU 46 THB 2:33.68

## GERI MATHEWSON 45 RVM 2:34.22

## SANDRA L MCINTIRE 48 UVM 4:21.59

## MARY E WATERS 47 MACO 6:03.81

## 500FRE GERI MATHEWSON 45 RVM 7:01.87

## SUSAN J CASE 45 THB 7:33.11

## JAN M PLESNER 47 UVM 7:33.74

## SANDRA L MCINTIRE 48 UVM 11:12.97

## 1000FR SUSAN J CASE 45 THB 15:33.69

## JAN M PLESNER 47 UVM 15:44.71

## KRISTI P RIDDLE 45 THB 17:50.85

## SANDRA L MCINTIRE 48 UVM 24:07.13

## 1650FR SUSAN J CASE 45 THB 26:04.28

## KRISTI P RIDDLE 45 THB 29:51.85

## SANDRA L MCINTIRE 48 UVM 39:26.77

## 50 BAK GINGER L PIERSON 48 THB :37.31

## JAN M PLESNER 47 UVM :39.05

## 100BAK GINGER L PIERSON 48 THB 1:22.06

## JAN M PLESNER 47 UVM 1:25.10

## 200BAK SUSAN J CASE 45 THB 2:56.63

## SANDRA L MCINTIRE 48 UVM 4:54.95

## 50 BRS SANDI ROUSSEAU 46 THB :41.49

## KRISTI P RIDDLE 45 THB :46.46

## 100BRS SUSAN J CASE 45 THB 1:31.81

## KRISTI P RIDDLE 45 THB 1:40.70

## MARY E WATERS 47 MACO 3:22.39

## 200BRS GINGER L PIERSON 48 THB 2:54.63+ 3

## Record= GINGER L PIERSON 2:56.80

## KRISTI P RIDDLE 45 THB 3:30.27

## 50 FLY SANDI ROUSSEAU 46 THB :33.29

## 100FLY SANDI ROUSSEAU 46 THB 1:17.41

## 200FLY GINGER L PIERSON 48 THB 2:49.20+ 4

## Record= SUE RITTENHOUSE 2:54.48

## 100 IM GINGER L PIERSON 48 THB 1:17.14

## KRISTI P RIDDLE 45 THB 1:35.65

## 200 IM GINGER L PIERSON 48 THB 2:44.81 8

## SANDRA L MCINTIRE 48 UVM 5:18.51

## 400 IM SUSAN J CASE 45 THB 6:19.01

# ROSEBURG CHAMPS 25 YARD 03/27/94 PG 2

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

+ = OREGON RECORD pending review by E.Walter

\* = FROM OUTSIDE OREGON

Software by R.Smith

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

1000FR PAMELA HIMSTREET 50 THB 15:01.59 10  
200BRS PAMELA HIMSTREET 50 THB 3:15.40 9  
100FLY PAMELA HIMSTREET 50 THB 1:33.57 12  
200FLY PAMELA HIMSTREET 50 THB 3:21.02+ 7  
Record= MAGGIE WELLS 3:49.21  
200 IM PAMELA HIMSTREET 50 THB 3:09.15 12  
400 IM PAMELA HIMSTREET 50 THB 6:41.74 8

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

50 FRE KALEO B SCHRODER 57 KLF :39.75  
50 BAK KALEO B SCHRODER 57 KLF :49.63  
100BAK KALEO B SCHRODER 57 KLF 1:48.01  
50 BRS KALEO B SCHRODER 57 KLF :52.36  
100BRS KALEO B SCHRODER 57 KLF 2:01.63  
100 IM KALEO B SCHRODER 57 KLF 1:54.49

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

50 FRE BEVERLY L'ESPERANCE62 KLF :41.35  
100FRE BEVERLY L'ESPERANCE62 KLF 1:37.02  
BEVERLY A DIRKSEN 62 UVM 1:40.53  
200FRE BEVERLY A DIRKSEN 62 UVM 3:42.50  
BEVERLY L'ESPERANCE62 KLF 3:42.57  
500FRE LAVELLE M STOINOFF 61 MACO 6:34.79 2  
BEVERLY A DIRKSEN 62 UVM 10:37.50  
1000FR BEVERLY A DIRKSEN 62 UVM 22:08.71  
1650FR LAVELLE M STOINOFF 61 MACO22:42.65 2  
BEVERLY A DIRKSEN 62 UVM 36:34.27  
50 BAK BEVERLY L'ESPERANCE62 KLF :52.19  
MARIANNE VANDIJK 61 RVM :53.20  
100BAK LAVELLE M STOINOFF 61 MACO 1:23.91 3  
BEVERLY L'ESPERANCE62 KLF 1:49.09  
MARIANNE VANDIJK 61 RVM 1:58.81  
200BAK LAVELLE M STOINOFF 61 MACO 2:53.59+ 1  
Record= LOUISE A. HEPNER 3:26.71  
BEVERLY L'ESPERANCE62 KLF 3:57.62  
MARIANNE VANDIJK 61 RVM 4:21.31  
100BRS LAVELLE M STOINOFF 61 MACO 1:31.70+ 2  
Record= LOUISE A. HEPNER 1:33.42  
200BRS LAVELLE M STOINOFF 61 MACO 3:11.78+ 1  
Record= LAVELLE M STOINOFF 3:16.00  
100 IM BEVERLY A DIRKSEN 62 UVM 2:01.95

## ---- 65-69 WOMEN ----

50 FRE PETEY MH. SMITH 69 THB :35.20 7  
BETSY AUSTEN 66 MACO :44.52  
100FRE BETSY AUSTEN 66 MACO 1:40.51  
200FRE PETEY MH. SMITH 69 THB 2:55.37 5  
BETSY AUSTEN 66 MACO 3:40.09  
500FRE BETSY AUSTEN 66 MACO 9:41.89  
1650FR BETSY AUSTEN 66 MACO32:47.03  
50 BAK PETEY MH. SMITH 69 THB :48.11  
100BAK PETEY MH. SMITH 69 THB 1:42.78  
200BAK PETEY MH. SMITH 69 THB 3:38.49 10  
400 IM PETEY MH. SMITH 69 THB 8:05.00 9

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

50 FRE JUDY M MELCHER 73 THB :58.63  
100FRE PAULINE B STANGEL 72 THB 1:41.15  
JUDY M MELCHER 73 THB 2:15.10  
200FRE PAULINE B STANGEL 72 THB 3:39.77+  
Record= PAULINE B STANGEL 3:44.05

1000FR PAULINE B STANGEL 72 THB 19:32.45+ 8

Record= JUDY M MELCHER23:46.87  
ELFIE J STEVENIN 72 THB 25:14.21  
JUDY M MELCHER 73 THB 25:25.70  
1650FR ELFIE J STEVENIN 72 THB 45:01.83 9  
50 BAK JUDY M MELCHER 73 THB 1:09.39  
200BAK ELFIE J STEVENIN 72 THB 5:33.29  
50 BRS PAULINE B STANGEL 72 THB :57.01  
JUDY M MELCHER 73 THB 1:09.63  
100BRS PAULINE B STANGEL 72 THB 2:03.81 9  
200BRS PAULINE B STANGEL 72 THB 4:20.98 6  
100FLY ELFIE J STEVENIN 72 THB 2:59.36  
200FLY ELFIE J STEVENIN 72 THB 6:20.74 8  
100 IM JUDY M MELCHER 73 THB 2:29.10  
400 IM ELFIE J STEVENIN 72 THB 12:24.34 10

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

200BRS HELENA W HOFFMAN 78 THB 6:02.00 11  
100FLY HELENA W HOFFMAN 78 THB 3:16.43 10  
200FLY HELENA W HOFFMAN 78 THB 7:00.48 9  
100 IM HELENA W HOFFMAN 78 THB 2:49.19  
200 IM HELENA W HOFFMAN 78 THB 6:01.70  
400 IM HELENA W HOFFMAN 78 THB 12:21.17+ 9  
Record= HELENA W HOFFMAN12:29.62

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

100FRE KEVIN NOAH 22 UVM :52.25  
ANTON LENEIS 24 THB :53.20  
200FRE KEVIN NOAH 22 UVM 1:55.44  
ANTON LENEIS 24 THB 1:59.51  
500FRE KEVIN NOAH 22 UVM 5:22.59+  
Record= TOM PATAPOFF 5:22.73  
100BAK KEVIN NOAH 22 UVM 1:03.58  
50 BRS ANTON LENEIS 24 THB :30.41  
100BRS ANTON LENEIS 24 THB 1:06.75  
200BRS ANTON LENEIS 24 THB 2:28.62  
200 IM KEVIN NOAH 22 UVM 2:14.21  
ANTON LENEIS 24 THB 2:14.31  
400 IM KEVIN NOAH 22 UVM 4:56.91 11

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

50 FRE TOM KAHL 28 PPM :24.19  
RICHARD H HOBBSINS 28 RVM :27.52  
100FRE TOM KAHL 28 PPM :52.38  
RICHARD H HOBBSINS 28 RVM 1:02.00  
200FRE SCOTT E ROBINSON 28\*VMST 1:46.96 12  
500FRE SCOTT E ROBINSON 28\*VMST 5:06.21  
RICHARD H HOBBSINS 28 RVM 6:29.13  
1650FR RICHARD H HOBBSINS 28 RVM 22:48.29  
50 BAK TOM KAHL 28 PPM :27.93  
100BAK TIMOTHY P WAUD 26 PPM 1:04.38  
CIARAN TURBITT 27 GPY 1:28.75  
50 BRS TOM KAHL 28 PPM :31.14  
TIMOTHY P WAUD 26 PPM :31.49  
RICHARD H HOBBSINS 28 RVM :35.95  
100BRS TIMOTHY P WAUD 26 PPM 1:10.32  
200BRS TIMOTHY P WAUD 26 PPM 2:29.94  
50 FLY TOM KAHL 28 PPM :26.04  
100 IM TOM KAHL 28 PPM :59.68  
TIMOTHY P WAUD 26 PPM 1:01.91  
RICHARD H HOBBSINS 28 RVM 1:12.00

200 IM TIMOTHY P WAUD 26 PPM 2:13.72

CIARAN TURBITT 27 GPY 3:16.96

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

50 FRE STEPHEN F HARGER 34 PPM :23.68  
TYLER R COLE 33 PPM :26.63  
SCOTT A METZLER 33 SLO :26.69  
MURALI M KRISHNA 34 THB :35.51  
100FRE STEPHEN F HARGER 34 PPM :52.51  
DAVID M COBB 34 PPM :56.90  
TYLER R COLE 33 PPM 1:00.02  
JIM E GODDARD 32 THB 1:01.33  
DAVID R DOTTER 34 THB 1:02.77  
MURALI M KRISHNA 34 THB 1:22.18  
200FRE JEFF C STILING 33 MACO 1:47.38+12  
Record= ALAN CARDWELL 1:51.19

STEPHEN F HARGER 34 PPM 1:56.62

ERIK BIRKELAND 30 THB 2:03.20

DAN L CLARK 30 THB 2:34.72

500FRE JEFF C STILING 33 MACO 4:56.16+

Record= MARK F. WORDEN 5:01.15

STEPHEN F HARGER 34 PPM 5:30.81

CHRISTOPHER S HULL 31 SLO 6:40.06

1000FR STEPHEN F HARGER 34 PPM 11:30.40

JIM E GODDARD 32 THB 12:37.68

DAVID R DOTTER 34 THB 13:30.89

DAN L CLARK 30 THB 14:26.33

CHRISTOPHER S HULL 31 SLO 14:29.89

MURALI M KRISHNA 34 THB 17:16.49

1650FR STEPHEN F HARGER 34 PPM 19:47.56

DAVID R DOTTER 34 THB 22:37.62

CHRISTOPHER S HULL 31 SLO 23:48.13

DAN L CLARK 30 THB 24:29.29

MURALI M KRISHNA 34 THB 28:31.52

50 BAK RON A TAYLOR 33 EM :27.91

ERIK BIRKELAND 30 THB :29.34

TYLER R COLE 33 PPM :33.44

100BAK RON A TAYLOR 33 EM 1:00.48

ERIK BIRKELAND 30 THB 1:01.34

JIM E GODDARD 32 THB 1:15.29

200BAK RON A TAYLOR 33 EM 2:15.67

ERIK BIRKELAND 30 THB 2:17.05

JIM E GODDARD 32 THB 2:42.86

50 BRS MARK B NELSON 34 PPM :30.36

DAVID M COBB 34 PPM :32.63

100BRS MARK B NELSON 34 PPM 1:05.49

DAVID M COBB 34 PPM 1:10.62

SCOTT A METZLER 33 SLO 1:16.37

DAN L CLARK 30 THB 1:24.70

200BRS MARK B NELSON 34 PPM 2:23.29

DAVID M COBB 34 PPM 2:36.06

DAN L CLARK 30 THB 3:01.65

50 FLY RON A TAYLOR 33 EM :26.11

CHRISTOPHER S HULL 31 SLO :29.63

TYLER R COLE 33 PPM :29.69

SCOTT A METZLER 33 SLO :30.06

JIM E GODDARD 32 THB :30.73

DAVID R DOTTER 34 THB :31.11

MURALI M KRISHNA 34 THB :41.68

# ROSEBURG CHAMPS 25 YARD 03/27/94 PG 3

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

100FLY JEFF C STILING	33 MACO	:53.42+	100 IM DAVID O BURLESON	37 MACO	:59.23	1000FR DANIEL R GRAY	48 RVM	13:11.25
Record= ROY ABRAMOWITZ	:54.87		LYNN TAYLOR	37*	1:04.26	1650FR RON E JERSEY	45 GPY	24:18.98
RON A TAYLOR	33 EM	:59.13	PETER METZGER	38 PPM	1:04.46	JOHN C RATLIFF	48 UVM	27:05.79
ERIK BIRKELAND	30 THB	1:01.98	EDWARD R MANN	36 PPM	1:04.83	50 BAK BUZ CARRIKER	46 MHM	:39.69
CHRISTOPHER S HULL	31 SLO	1:08.14	ROBERT D DIRKSEN	38 UVM	1:05.39	200BAK BUZ CARRIKER	46 MHM	3:11.25
DAN L CLARK	30 THB	1:28.57	200 IM LYNN TAYLOR	37*	2:24.66	50 BRS DAVE HEAD	45 THB	:35.76
200FLY CHRISTOPHER S HULL	31 SLO	2:52.06	EDWARD R MANN	36 PPM	2:27.16	KEITH A FINZER	49 PPM	:36.81
DAVID R DOTTER	34 THB	3:08.31	400 IM DAVID O BURLESON	37 MACO	4:44.66	JOHN C RATLIFF	48 UVM	:37.35
100 IM RON A TAYLOR	33 EM	1:01.50	MARK B WREN	35 PPM	5:23.38	100BRS KEITH A FINZER	49 PPM	1:19.80
SCOTT A METZLER	33 SLO	1:08.63	----- 40-44 MEN -----			200BRS BUZ CARRIKER	46 MHM	3:09.33
TYLER R COLE	33 PPM	1:08.70	50 FRE MICHAEL O'NEIL	43 UVM	:25.24	50 FLY DANIEL R GRAY	48 RVM	:31.73
MURALI M KRISHNA	34 THB	1:33.20	ROBERT HUIZENGA	44 SLO	:28.64	DAVE HAVERSTOCK	49 SLO	:32.66
200 IM MARK B NELSON	34 PPM	2:20.34	MATTHEW S. DRIVER	40 UVM	:31.62	100FLY DANIEL R GRAY	48 RVM	1:16.09
DAVID M COBB	34 PPM	2:25.68	100FRE GARY J MACGRAW	43 RVM	1:00.77	200FLY KEITH A FINZER	49 PPM	3:15.90
DAVID R DOTTER	34 THB	2:48.64	ROBERT HUIZENGA	44 SLO	1:03.91	100 IM BUZ CARRIKER	46 MHM	1:16.49
400 IM DAVID M COBB	34 PPM	5:10.31	CRAIG S MATHER	42 RVM	1:06.05	DAVE HEAD	45 THB	1:17.09
----- 35-39 MEN -----			200FRE MICHAEL O'NEIL	43 UVM	2:08.52	200 IM KEITH A FINZER	49 PPM	2:46.92
50 FRE MARK B WREN	35 PPM	:25.00	GARY N BECKLEY	43 PPM	2:14.99	BUZ CARRIKER	46 MHM	2:48.80
JIM DIRKSEN	36 UVM	:25.13	MICHAEL A GRANT	42 GPY	2:25.40	400 IM KEITH A FINZER	49 PPM	6:06.08
LYNN TAYLOR	37*	:26.16	ROBERT HUIZENGA	44 SLO	2:26.31	DANIEL R GRAY	48 RVM	6:13.04
ROBERT D DIRKSEN	38 UVM	:26.67	MATTHEW S. DRIVER	40 UVM	2:56.03	----- 50-54 MEN -----		
100FRE MARK B WREN	35 PPM	:56.34	500FRE MICHAEL O'NEIL	43 UVM	5:55.86	50 FRE KARL VONTAGEN	50 MACO	:25.10
JIM DIRKSEN	36 UVM	:56.45	1000FR GARY J MACGRAW	43 RVM	13:02.26	RONALD K NAKATA	54 MHM	:26.68
LYNN TAYLOR	37*	:57.66	CRAIG S MATHER	42 RVM	13:22.00	100FRE KARL VONTAGEN	50 MACO	:56.54+
MICHAEL J DOUGLAS	36 COMA	1:02.13	1650FR CRAIG S MATHER	42 RVM	22:15.99	Record= CHRIS L HIATT	1:00.42	
ROBERT D DIRKSEN	38 UVM	1:11.57	50 BAK DAN F PERZ	41 PPM	:30.84	RONALD K NAKATA	54 MHM	1:01.18
200FRE MARK B WREN	35 PPM	2:08.47	MICHAEL O'NEIL	43 UVM	:31.82	200FRE KARL VONTAGEN	50 MACO	2:07.09+10
MICHAEL J DOUGLAS	36 COMA	2:10.96	100BAK DAN F PERZ	41 PPM	1:06.99	Record= TOM FANNING	2:15.06	
500FRE DAVID O BURLESON	37 MACO	5:24.49	CRAIG S MATHER	42 RVM	1:29.74	RONALD K NAKATA	54 MHM	2:28.07
JOHN F ZELL	37 PPM	5:31.02	200BAK GARY N BECKLEY	43 PPM	2:53.59	500FRE ROBERT S SMITH	50 PPM	6:09.44
MICHAEL J DOUGLAS	36 COMA	6:03.40	50 BRS MICHAEL A GRANT	42 GPY	:37.96	1650FR TOM W GIESEN	53 SLO	23:20.47
JIM DIRKSEN	36 UVM	6:26.40	100BRS MICHAEL A GRANT	42 GPY	1:20.96	DONALD J KUYPER	50 UVM	33:05.51
1000FR EDWARD R MANN	36 PPM	12:47.08	MATTHEW S. DRIVER	40 UVM	1:24.71	50 BAK ROBERT S SMITH	50 PPM	:27.32 2
1650FR JOHN F ZELL	37 PPM	19:24.20	200BRS LEE OLMSTED	44 UVM	2:52.65	100BAK ROBERT S SMITH	50 PPM	1:03.26 5
50 BAK DAVID O BURLESON	37 MACO	:27.52 12	MICHAEL A GRANT	42 GPY	2:57.68	200BAK ROBERT S SMITH	50 PPM	2:36.31
PETER METZGER	38 PPM	:28.77 12	MATTHEW S. DRIVER	40 UVM	3:02.73	100BRS RONALD K NAKATA	54 MHM	1:20.57
ROBERT D DIRKSEN	38 UVM	:33.98	GARY N BECKLEY	43 PPM	3:03.14	50 FLY KARL VONTAGEN	50 MACO	:28.35
100BAK DAVID O BURLESON	37 MACO	:58.55	50 FLY GARY J MACGRAW	43 RVM	:30.92	100FLY DONALD J KUYPER	50 UVM	1:37.77
PETER METZGER	38 PPM	1:01.34	MICHAEL A GRANT	42 GPY	:33.09	200FLY DONALD J KUYPER	50 UVM	3:58.95
JOHN F ZELL	37 PPM	1:02.23	CRAIG S MATHER	42 RVM	:36.04	100 IM ROBERT S SMITH	50 PPM	1:05.32
JIM DIRKSEN	36 UVM	1:10.17	100FLY MICHAEL O'NEIL	43 UVM	1:02.77	DONALD J KUYPER	50 UVM	1:34.13
200BAK DAVID O BURLESON	37 MACO	2:07.82	GARY N BECKLEY	43 PPM	1:09.79	200 IM RONALD K NAKATA	54 MHM	2:41.79
EDWARD R MANN	36 PPM	2:31.66	100 IM DAN F PERZ	41 PPM	1:07.66	DONALD J KUYPER	50 UVM	3:32.16
50 BRS ROBERT D DIRKSEN	38 UVM	:34.09	200 IM GARY N BECKLEY	43 PPM	2:33.73	400 IM ROBERT S SMITH	50 PPM	6:13.91
100BRS JOHN F ZELL	37 PPM	1:16.01	LEE OLMSTED	44 UVM	2:56.43	DONALD J KUYPER	50 UVM	7:46.63
200BRS EDWARD R MANN	36 PPM	2:37.62	400 IM GARY N BECKLEY	43 PPM	5:34.28	----- 55-59 MEN -----		
50 FLY PETER METZGER	38 PPM	:26.84	----- 45-49 MEN -----			50 FRE GEORGE D THAYER	58 COMA	:26.85
JIM DIRKSEN	36 UVM	:27.45	50 FRE DAVE HEAD	45 THB	:28.22	100FRE GEORGE D THAYER	58 COMA	1:01.66
LYNN TAYLOR	37*	:27.51	100FRE BUZ CARRIKER	46 MHM	1:01.64	50 BAK GEORGE D THAYER	58 COMA	:34.47
MARK B WREN	35 PPM	:27.52	DANIEL R GRAY	48 RVM	1:02.10	100BAK GEORGE D THAYER	58 COMA	1:16.52
100FLY PETER METZGER	38 PPM	1:01.99	DAVE HEAD	45 THB	1:03.81	50 FLY BERT L PETERSEN	55 PKRS	:27.38 3
LYNN TAYLOR	37*	1:02.00	RON E JERSEY	45 GPY	1:06.24	100FLY BERT L PETERSEN	55 PKRS	1:04.40+ 3
JOHN F ZELL	37 PPM	1:03.19	DAVE HAVERSTOCK	49 SLO	1:06.36	Record= ARTHUR C WELCH	1:14.37	
EDWARD R MANN	36 PPM	1:08.81	JOHN C RATLIFF	48 UVM	1:10.27	200FLY BERT L PETERSEN	55 PKRS	2:44.55+ 4
200FLY JOHN F ZELL	37 PPM	2:29.84	200FRE STEVE M JOHNSON	45 EM	2:01.61	Record= ARTHUR C WELCH	2:48.60	
			DANIEL R GRAY	48 RVM	2:18.96	100 IM GEORGE D THAYER	58 COMA	1:13.10
			KEITH A FINZER	49 PPM	2:22.06	400 IM BERT L PETERSEN	55 PKRS	5:41.91+ 6
			DAVE HEAD	45 THB	2:29.31	Record= BERT L PETERSEN	5:50.19	
			500FRE STEVE M JOHNSON	45 EM	5:27.48 11			

---- 60-64 MEN ---			1650FR MICHAEL L MOREHOUSE67 RVM 27:29.80	50 BAK GILBERT N YOUNG 71 MHM :42.51
50 FRE ERIC GP. GUEST 64 MHM :29.59			50 BRS LEE J MIESEN 66 MACO :40.31	100BAK GILBERT N YOUNG 71 MHM 1:31.41 11
LEO J VANDIJK 61 RVM :30.39			MICHAEL L MOREHOUSE67 RVM :44.15	KHOSROW SHADBEH 72 1:59.20
DAVID F PUTNAM 62 UVM :32.81			100BRS LEE J MIESEN 66 MACO 1:29.82	200BAK GILBERT N YOUNG 71 MHM 3:33.63
100FRE ERIC GP. GUEST 64 MHM 1:06.81+			MICHAEL L MOREHOUSE67 RVM 1:34.93	50 BRS KHOSROW SHADBEH 72 :50.31
Record= ARTHUR C WELCH 1:06.96			FRED ECKHARDT 67 PPM 1:47.17	100BRS KHOSROW SHADBEH 72 1:53.09
LEO J VANDIJK 61 RVM 1:10.92			200BRS LEE J MIESEN 66 MACO 3:25.68	200BRS EARL WALTER 72 THB 3:40.51 8
DAVID F PUTNAM 62 UVM 1:13.56			MICHAEL L MOREHOUSE67 RVM 3:32.50	KHOSROW SHADBEH 72 3:59.36
200FRE ERIC GP. GUEST 64 MHM 2:41.00			FRED ECKHARDT 67 PPM 3:55.20	50 FLY KHOSROW SHADBEH 72 :56.02
LEO J VANDIJK 61 RVM 2:42.87			50 FLY LEE J MIESEN 66 MACO :47.70	100FLY EARL WALTER 72 THB 1:41.66 7
1650FR LLOYD WEISENSE 60 MACO32:44.90			100FLY FRED ECKHARDT 67 PPM 1:49.38	200FLY EARL WALTER 72 THB 4:46.00 7
50 BAK LEO J VANDIJK 61 RVM :38.91			200FLY FRED ECKHARDT 67 PPM 3:59.90	100 IM EARL WALTER 72 THB 1:27.98 12
DAVID F PUTNAM 62 UVM :40.62			100 IM LEE J MIESEN 66 MACO 1:29.48	200 IM EARL WALTER 72 THB 3:32.10 12
ERIC GP. GUEST 64 MHM :42.04			200 IM LEE J MIESEN 66 MACO 3:31.51	400 IM EARL WALTER 72 THB 7:48.59 7
100BAK LEO J VANDIJK 61 RVM 1:33.73			FRED ECKHARDT 67 PPM 3:44.27	---- 75-79 MEN ---
DAVID F PUTNAM 62 UVM 1:33.91			400 IM FRED ECKHARDT 67 PPM 7:57.64	500FRE JOE D RUDDLEY 79 UVM 12:12.30
50 BRS ERIC GP. GUEST 64 MHM :40.06			---- 70-74 MEN ---	1000FR JOE D RUDDLEY 79 UVM 25:43.56
50 FLY ERIC GP. GUEST 64 MHM :34.78			50 FRE JOSEPH A MALLON 72 MHM :46.08	200BAK JOE D RUDDLEY 79 UVM 5:54.56
LEO J VANDIJK 61 RVM :38.85			100FRE JOSEPH A MALLON 72 MHM 1:43.98	200FLY JOE D RUDDLEY 79 UVM 7:06.55 4
DAVID F PUTNAM 62 UVM :40.90			200FRE KHOSROW SHADBEH 72 3:35.49	200 IM JOE D RUDDLEY 79 UVM 5:54.29
---- 65-69 MEN ---			JOSEPH A MALLON 72 MHM 3:50.80	400 IM JOE D RUDDLEY 79 UVM 12:12.16
50 FRE CLARK AUSTEN 66 MACO :37.11			500FRE GILBERT N YOUNG 71 MHM 7:39.70+ 8	---- 80-84 MEN ---
100FRE CLARK AUSTEN 66 MACO 1:29.14			Record= GILBERT N YOUNG 7:47.55	500FRE EDWARD J SLEZAK 80* 12:41.17 11
200FRE CLARK AUSTEN 66 MACO 3:17.47			JOSEPH A MALLON 72 MHM 10:08.82	1000FR EDWARD J SLEZAK 80* 28:17.72 8
500FRE MICHAEL L MOREHOUSE67 RVM 8:07.16			1000FR GILBERT N YOUNG 71 MHM 15:51.06 6	1650FR EDWARD J SLEZAK 80* 45:44.08 7
CLARK AUSTEN 66 MACO 8:34.54			JOSEPH A MALLON 72 MHM 20:57.49	100BRS EDWARD J SLEZAK 80* 2:26.99 7
1000FR MICHAEL L MOREHOUSE67 RVM 16:16.93			1650FR GILBERT N YOUNG 71 MHM 26:29.40 10	200BRS EDWARD J SLEZAK 80* 4:59.96 4
CLARK AUSTEN 66 MACO17:13.16			JOSEPH A MALLON 72 MHM 35:23.91	

ROSEBURG CHAMPS----- 120 ENTRANTS -----				
19+ WOMEN 15 200 MEDLEY RELAY				
MICHELLE BROWN,26 *** TONI W HECKSEL,28 *** JODI SHAW,22 *** BARBARA BAYSINGER,26 ***				THB OREG 2:16.28
25+ WOMEN 15 200 MEDLEY RELAY				
JILL BLACK,31 *** CHRISTINA FOX,33 *** KIMARIE GAGNON,31 *** TERRI MAYERS,27 ***				SLO OREG 2:15.02
35+ WOMEN 15 200 MEDLEY RELAY				
PAM HEAD,42 *** KRISTI P RIDDLE,45 *** LESLIE B WINTON,39 *** PETEY MH. SMITH,69 ***				THB OREG 2:49.63
SANDRA L MCINTIRE,48 *** BEVERLY A DIRKSEN,62 *** GINNY MONTEITH,43 *** JAN M PLESNER,47 ***				UVM OREG 3:15.94
45+ WOMEN 15 200 MEDLEY RELAY				
SUSAN J CASE,45 *** PAMELA HIMSTREET,50 *** GINGER L PIERSON,48 *** SANDI ROUSSEAU,46 ***				THB OREG 2:26.73 5
65+ WOMEN 15 200 MEDLEY RELAY				
PAULINE B STANGEL,72 *** JUDY M MELCHER,73 *** ELFIE J STEVENIN,72 *** HELENA W HOFFMAN,78 ***				THB OREG 4:41.90 10
19+ MEN 15 200 MEDLEY RELAY				
JIM DIRKSEN,36 *** LEE OLMSTED,44 *** ROBERT D DIRKSEN,38 *** KEVIN NOAH,22 ***				UVM OREG 1:54.72
ANTON LENEIS,24 *** DAN L CLARK,30 *** ERIK BIRKELAND,30 *** DAVE HEAD,45 ***				THB OREG 1:58.18
25+ MEN 15 200 MEDLEY RELAY				
TIMOTHY P WAUD,26 *** MARK B NELSON,34 *** TOM KAHL,28 *** STEPHEN F HARGER,34 ***				PPM OREG 1:49.82
JOHN F ZELL,37 *** DAVID M COBB,34 *** DAN F PERZ,41 *** TYLER R COLE,33 ***				PPM OREG 1:55.70
LEO J VANDIJK,61 *** RICHARD H HOBBS,28 *** DANIEL R GRAY,48 *** MICHAEL L MOREHOUSE,67 ***				RVM OREG 2:31.56
35+ MEN 15 200 MEDLEY RELAY				
ROBERT S SMITH,50 *** EDWARD R MANN,36 *** MARK B WREN,35 *** PETER METZGER,38 ***				PPM OREG 1:53.41
45+ MEN 15 200 MEDLEY RELAY				
GILBERT N YOUNG,71 *** BUZ CARRIKER,46 *** RONALD K NAKATA,54 *** ERIC GP. GUEST,64 ***				MHM OREG 2:18.89

19+ MIXED 21 200 MEDLEY RELAY  
 BARBARA BAYSINGER,26 \*\*\* ANTON LENEIS,24 \*\*\* JODI SHAW,22 \*\*\* MURALI M KRISHNA,34 \*\*\* THB OREG 2:21.22  
 SANDRA L MCINTIRE,48 \*\*\* MATTHEW S. DRIVER,40 \*\*\* KEVIN NOAH,22 \*\*\* JAN M PLESNER,47 \*\*\* UVM OREG 2:42.66

25+ MIXED 21 200 MEDLEY RELAY  
 MICHELLE BROWN,26 \*\*\* DAN L CLARK,30 \*\*\* ERIK BIRKELAND,30 \*\*\* TONI W HECKSEL,28 \*\*\* THB OREG 2:03.16  
 JILL BLACK,31 \*\*\* SCOTT A METZLER,33 \*\*\* CHRISTOPHER S HULL,31 \*\*\* TERRI MAYERS,27 \*\*\* SLO OREG 2:03.66  
 ROBERT S SMITH,50 \*\*\* CHARLENE LAMB,36 \*\*\* TOM KAHL,28 \*\*\* PAM A KAHL,30 \*\*\* PPM OREG 2:08.98  
 BETH ANNE BEADLING,32 \*\*\* BUZ CARRIKER,46 \*\*\* TAKA HIRAYAMA,26 \*\*\* RONALD K NAKATA,54 \*\*\* MHM OREG 2:14.05  
 LEANN AHLBRECHT,27 \*\*\* RICHARD H HOBBS,28 \*\*\* DANIEL R GRAY,48 \*\*\* GERI MATHEWSON,45 \*\*\* RVM OREG 2:17.31

35+ MIXED 21 200 MEDLEY RELAY  
 GINNY MONTEITH,43 \*\*\* ROBERT D DIRKSEN,38 \*\*\* JIM DIRKSEN,36 \*\*\* BEVERLY A DIRKSEN,62 \*\*\* UVM OREG 2:26.86

45+ MIXED 21 200 MEDLEY RELAY  
 PETEY MH. SMITH,69 \*\*\* KRISTI P RIDDLE,45 \*\*\* EARL WALTER,72 \*\*\* DAVE HEAD,45 \*\*\* THB OREG 2:47.52

19+ WOMEN 3 200 FREE RELAY  
 JODI SHAW,22 \*\*\* MICHELLE BROWN,26 \*\*\* TONI W HECKSEL,28 \*\*\* BARBARA BAYSINGER,26 \*\*\* THB OREG 1:58.67

35+ WOMEN 3 200 FREE RELAY  
 LESLIE B WINTON,39 \*\*\* PAM HEAD,42 \*\*\* KRISTI P RIDDLE,45 \*\*\* PETEY MH. SMITH,69 \*\*\* THB OREG 2:20.99  
 GINNY MONTEITH,43 \*\*\* SANDRA L MCINTIRE,48 \*\*\* BEVERLY A DIRKSEN,62 \*\*\* JAN M PLESNER,47 \*\*\* UVM OREG 2:46.02

45+ WOMEN 3 200 FREE RELAY  
 SUSAN J CASE,45 \*\*\* PAMELA HIMSTREET,50 \*\*\* GINGER L PIERSON,48 \*\*\* SANDI ROUSSEAU,46 \*\*\* THB OREG 2:09.58 5

65+ WOMEN 3 200 FREE RELAY  
 ELFIE J STEVENIN,72 \*\*\* JUDY M MELCHER,73 \*\*\* HELENA W HOFFMAN,78 \*\*\* PAULINE B STANGEL,72 \*\*\* THB OREG 4:01.35 9

19+ MEN 3 200 FREE RELAY  
 ANTON LENEIS,24 \*\*\* JIM E GODDARD,32 \*\*\* DAVID R DOTTER,34 \*\*\* ERIK BIRKELAND,30 \*\*\* THB OREG 1:43.88

25+ MEN 3 200 FREE RELAY  
 DAVE HAVERSTOCK,49 \*\*\* ROBERT HUIZENGA,44 \*\*\* CHRISTOPHER S HULL,31 \*\*\* SCOTT A METZLER,33 \*\*\* SLO OREG 1:51.10  
 GARY N BECKLEY,43 \*\*\* DAN F PERZ,41 \*\*\* KEITH A FINZER,49 \*\*\* TYLER R COLE,33 \*\*\* PPM OREG 1:51.74  
 GARY J MACGRAW,43 \*\*\* CRAIG S MATHER,42 \*\*\* RICHARD H HOBBS,28 \*\*\* DANIEL R GRAY,48 \*\*\* RVM OREG 1:55.86

35+ MEN 3 200 FREE RELAY  
 ROBERT D DIRKSEN,38 \*\*\* JOHN C RATLIFF,48 \*\*\* LEE OLMSTED,44 \*\*\* JIM DIRKSEN,36 \*\*\* UVM OREG 1:54.31

45+ MEN 3 200 FREE RELAY  
 BUZ CARRIKER,46 \*\*\* GILBERT N YOUNG,71 \*\*\* ERIC GP. GUEST,64 \*\*\* RONALD K NAKATA,54 \*\*\* MHM OREG 2:00.85

19+ MIXED 8 200 FREE RELAY  
 JODI SHAW,22 \*\*\* TONI W HECKSEL,28 \*\*\* DAN L CLARK,30 \*\*\* JIM E GODDARD,32 \*\*\* THB OREG 1:52.22  
 KARINA SCHAFFNER,24 \*\*\* CHRISTOPHER S HULL,31 \*\*\* KIMARIE GAGNON,31 \*\*\* SCOTT A METZLER,33 \*\*\* SLO OREG 2:00.36  
 SUSAN J CASE,45 \*\*\* PAMELA HIMSTREET,50 \*\*\* MURALI M KRISHNA,34 \*\*\* ANTON LENEIS,24 \*\*\* THB OREG 2:06.11  
 DAVID F PUTNAM,62 \*\*\* SANDRA L MCINTIRE,48 \*\*\* JAN M PLESNER,47 \*\*\* KEVIN NOAH,22 \*\*\* UVM OREG 2:27.86

25+ MIXED 8 200 FREE RELAY  
 PAM A KAHL,30 \*\*\* TOM KAHL,28 \*\*\* SANDI L HYDE,25 \*\*\* STEPHEN F HARGER,34 \*\*\* BAD OREG 1:50.78  
 MICHELLE BROWN,26 \*\*\* BARBARA BAYSINGER,26 \*\*\* DAVID R DOTTER,34 \*\*\* ERIK BIRKELAND,30 \*\*\* THB OREG 1:56.20  
 LEANN AHLBRECHT,27 \*\*\* RICHARD H HOBBS,28 \*\*\* CRAIG S MATHER,42 \*\*\* GARY J MACGRAW,43 \*\*\* RVM OREG 1:58.81  
 TAKA HIRAYAMA,26 \*\*\* ERIC GP. GUEST,64 \*\*\* BETH ANNE BEADLING,32 \*\*\* RONALD K NAKATA,54 \*\*\* MHM OREG 2:00.21  
 MICHAEL A GRANT,42 \*\*\* JENNIFER HARDIN,25 \*\*\* RON E JERSEY,45 \*\*\* LINDA P COENEN,35 \*\*\* GPY OREG 2:01.52

35+ MIXED 8 200 FREE RELAY  
 CHARLENE LAMB,36 \*\*\* PETER METZGER,38 \*\*\* SUZANNE C COOPER,44 \*\*\* ROBERT S SMITH,50 \*\*\* PPM OREG 1:51.98  
 JIM DIRKSEN,36 \*\*\* GINNY MONTEITH,43 \*\*\* BEVERLY A DIRKSEN,62 \*\*\* ROBERT D DIRKSEN,38 \*\*\* UVM OREG 2:13.84

45+ MIXED 8 200 FREE RELAY  
 SANDI ROUSSEAU,46 \*\*\* EARL WALTER,72 \*\*\* GINGER L PIERSON,48 \*\*\* DAVE HEAD,45 \*\*\* THB OREG 2:03.22  
 GERI MATHEWSON,45 \*\*\* LEO J VANDIJK,61 \*\*\* MARIANNE VANDIJK,61 \*\*\* DANIEL R GRAY,48 \*\*\* RVM OREG 2:20.49



## ROSEBURG CHAMPS

## S C O R I N G

LOG	#	TOT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
			400 IM	FR REL	200BAK	100FRE	200 IM	100BAK	200BRS	MEDREL	50 BAK	200FRE	MEDREL											
			1650FR	200FLY	50 BRS	FR REL	50 FLY	1000FR	50 FRE	100FLY	100BRS	100 IM	500FRE											
THB	25	1025 =	49	41	70	40	44	47	67	46	44	17	30	58	58	53	66	41	38	41	52	60	42	23
PPM	20	642 =	40	14	10	21	19	40	41	14	45	34	35	14	42	31	38	28	37	50	19	43	8	19
UVM	14	464 =	19	19	24	14	12	16	26	16	27	12	29	24	10	34	24	14	26	5	26	23	24	40
RVM	10	291 =	12	28	8	0	4	9	41	18	0	23	19	33	4	14	8	7	14	4	15	9	4	17
MHM	10	272 =	5	12	14	0	14	17	27	6	12	19	7	12	7	24	14	0	24	7	17	16	6	12
MACO	10	250 =	7	21	0	0	14	7	24	0	7	14	14	5	14	19	0	7	7	18	29	14	0	29
SLO	11	233 =	0	11	14	7	0	16	13	10	7	17	0	3	5	25	14	10	11	20	14	22	10	4
GPY	5	128 =	0	7	0	0	0	19	3	4	12	17	5	0	12	7	0	7	7	14	4	10	0	0
KLF	2	80 =	0	0	0	0	5	7	7	0	0	0	12	0	0	14	0	0	14	7	7	7	0	0
EM	2	54 =	0	0	0	0	7	0	0	0	0	7	7	0	0	0	0	5	7	0	7	7	0	7
COMA	2	51 =	0	0	0	0	0	11	0	0	0	0	7	0	0	7	0	0	7	0	7	7	0	5
LCM	1	34 =	5	0	0	7	0	0	5	0	0	0	0	7	0	5	0	0	0	0	5	0	0	0
CMST	1	28 =	0	0	0	0	0	7	7	0	0	0	0	0	7	0	0	0	0	7	0	0	0	0
PKRS	1	28 =	7	0	0	7	0	0	0	0	0	7	0	0	0	0	0	7	0	0	0	0	0	0
VMST	1	14 =	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	0	0	7
????	5	0 =	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

THB 25 TUALATIN HILLS BARRACUDAS  
 PPM 20 PORTLAND PARKS  
 UVM 14 UMPQUA VALLEY (ROSEBURG)  
 RVM 10 ROGUE VALLEY (ASHLAND)  
 MHM 10 MT HOOD MASTERS (GRESHAM)  
 MACO 10 MULTNOMAH ATHLETIC CLUB  
 SLO 11 SLOTHS MASTERS (EUGENE)  
 GPY 5 GRANTS PASS YMCA  
 KLF 2 KLAMATH FALLS  
 EM 2 EUGENE MASTERS  
 COMA 2 CENTRAL OREGON (BEND)  
 LCM 1 LINCOLN CITY  
 CMST 1 CHEHALEM MASTERS (NEWBERG)  
 PKRS 1 PARKROSE  
 VMST 1 VIKING MASTERS (PSU)  
 ???? 5 UNSPECIFIED

## 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.

# **Barnacle** by E. Walter

reviews results records

## **1993 Awards and Honors**

Next were the 1993 Trophy Winners...

**C**hairman David Cobb took over the spotlight at the breaks in Roseburg. On Saturday, David presented 76 of America's finest with their Top Ten Patch. These outstanding swimmers were called out from the crowd in recognition of a year of hard work and success.

Ten of these swimmers made Top Ten in all 3 courses: Short Course Yards, Long Course Meters and Short Course Meters:

<b>Andrew Holden</b>	<b>Pamela Himstreet</b>
<b>Matthew Roth</b>	<b>Robert Smith</b>
<b>Gilbert Young</b>	<b>Helena Hoffman</b>
<b>Ginger Pierson</b>	<b>Sandi Rousseau</b>
<b>Earl Walter</b>	<b>Lavelle Stoinoff</b>

Sunday, another big day for All American Relay Patches and Certificates were presented to twenty OMS Swimmers:

<b>Jan Plesner</b>	<b>Pam Himstreet</b>
<b>Ginger Pierson</b>	<b>Petey Smith</b>
<b>Robert Smith</b>	<b>Richard Boyd</b>
<b>Don Schollander</b>	<b>Steve Johnson</b>
<b>Earl Walter</b>	<b>Floyd Elliott</b>
<b>Gil Young</b>	<b>Andrew Holden</b>
<b>M. McConnell</b>	<b>Debbi Armstrong</b>
<b>Pippi Vaughan</b>	<b>Dana Wayrynen</b>
<b>Allen Stark</b>	<b>Matthew Roth</b>
<b>Earl Walter</b>	<b>Tom Coffey</b>
<b>Steve Johnson</b>	<b>Forbes Mack</b>
<b>Pam Himstreet</b>	<b>Ginger Pierson</b>
<b>Robert Smith</b>	<b>Richard Boyd</b>

All American Patches and Certificates to eight OMS Swimmers:

<b>Lavelle Stoinoff</b>	<b>Andrew Holden</b>
<b>Richard Boyd</b>	<b>Ginger Pierson</b>
<b>Robert Smith</b>	<b>Ken Nickel</b>
<b>Edwin Thomas</b>	<b>Herb Eisenschmidt</b>

### **Hazzle Bressie Spirit of Masters Award**

**Mary Waters** of MAC, who for years has shown all of us what it really means to be dedicated to Masters Swimming.

### **Oregon Masters Outstanding Swimmers**

Women under 50	<b>Ginger Pierson</b>
Women over 50	<b>Lavelle Stoinoff</b>
Men under 50	<b>Robert Smith</b>
Men over 50	<b>Andrew Holden</b>

### **Oregon Masters Special Service Award**

To our hardworking registrar **Steve Harger** who has continued over the years to keep our membership high, and to display a tenacity for accuracy and concern for each and everyone of us. Well done Steve !

### **Connie Wilson Memorial Trophy**

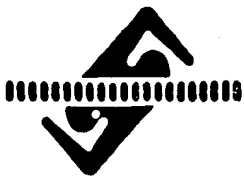
For outstanding service and contribution to Oregon Masters we honor **Robert Smith**. Who has been the founder and continuing backbone of our Data Management Program, as well as our Top Ten Chairman. Thank you Bob !

### **Ol'Barnacle Award**

For her years of dedication and devotion to Oregon Masters Swimming, we will always be grateful to **Nancy Dobbs**, working in the background, mainly at numerous Pentathlons. Many of us may not know her, however Nancy was always there, making sure that the data was correct, printouts were read, and results were complete and accurate. Thank you Nancy!

1993 was a great year, we will always remember with honor, these many fine people named in this report. Without them there is no Oregon Masters.

**THANK YOU, ONE AND ALL !**



# 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, paddies, 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.

# SWIMMING SURPRISES

UC Berkeley Wellness Letter, December 1993

Swimming is often praised as an ideal exercise—and for good reason. It makes the heart and lungs work more efficiently, enhances muscle strength and endurance, improves flexibility, and helps reduce stress. Yet it's easy on the joints (this has its negative side, though—since swimming isn't a weight-bearing activity, it strengthens bones less than, say, walking or weight lifting). Swimming uses more muscles than nearly any other exercise, except perhaps cross-country skiing. But is swimming a good way to burn calories—and thus to lose weight?

Yes, to the first part of this question, according to Howard Wainer, a statistician and swimmer, who recently calculated that champion swimmers burn about 25% more calories than champion runners in a given time. In addition, strenuous swimming burns, on average, nearly four times as many calories as strenuously running the same distance, largely because it takes much longer to swim a given distance than to run it. (Champion male runners, Wainer calculated, can cover 3.75 times as much ground as champion swimmers in the same time; for women the ratio is 3.5.) His study was published in *Chance*, the journal of the American Statistical Association.

Swimming's high energy expenditure might be explained by several factors. Swimmers expend lots of energy simply to stay afloat. Women may be slightly more efficient swimmers than men (as Wainer's ratios suggest) because women tend to be shorter and to have more body fat, which makes them more buoyant.

## And if you aren't a champion swimmer?

Wainer's calculations were based on elite athletes and on world record times in swimming and track. He did not take into consideration many variables that affect swimmers—such as a swimmer's initial weight, body fat, muscularity, level of exertion, overall fitness level, and stroke, as well as the water temperature—and he didn't

discuss the issue of weight loss.

His findings were somewhat surprising, since it's well known that in the real world, recreational swimmers tend to lose *less* weight than would be expected from other types of aerobic activity. For instance, a 1988 study at the University of California at Irvine that asked overweight women to walk briskly, ride a stationary bicycle, or swim daily found that while the cyclists and walkers lost weight, the swimmers gained a little (however, all three groups showed cardiovascular improvements). But the subjects were allowed to eat as much as they wanted and to exercise at whatever intensity they wished. The swimmers might have lost weight if they had tried to limit what they ate, or if they had made the effort to swim strenuously. Other studies have had inconsistent results—some have found that swimmers do lose weight (and body fat), some that they gain a few pounds, and some that the swimmers have no change in weight. And often, if swimmers gain weight, it's lean body mass (muscle), not fat.

Why is swimming different from other forms of aerobic exercise? After all, done vigorously, it burns about 500 to 650 calories per hour. Scientists speculate that cold water removes much more heat from the body than air at the same temperature does, and that this energy loss, occurring day after day, may stimulate appetite to keep the body warm. Also, regular exposure to cold water may encourage the body to maintain or increase the fat stores under the skin that serve as insulation. Swimming is one sport in which body fat offers benefits: studies have found that extra fat gives a swimmer a better chance of completing long-distance races in cold water.

If your main reason for swimming (or doing any type of exercise) is to lose weight, it's only common sense that you should try to cut down on the calories you eat. And make sure you swim fast. Many overweight people don't swim fast enough or long enough to lose weight.

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## VISUALIZATION

How can visualization help for relaxation prior to a race?

First, a brief comment concerning visualization and relaxation as they relate to competition. Visualization is actually a learning tool. Research has indicated that learning actually takes place during the visualization process. Therefore, only correct execution should be visualized, from start to finish. Visualization must also be done in real time; slow motion or fast motion will disrupt physical performance.

There is often confusion regarding relaxation prior to performance. Relaxation is a function of variance in emotional level. Some athletes are so relaxed prior to a race they use the event to reach the proper emotional level for optimal performance. Other athletes are so "keyed up" that they use relaxation techniques to lower their emotions to the proper level. If the norm is to be excited with a need to relax prior to a race, visualization would play a critical role.

When properly executed, visualization of the desired performance can cause the athlete to have a sense of

confidence, or confident anticipation of the event. If you visualize what you are actually capable of physically executing, then you can feel comfortable entering the event. If you let extraneous factors enter the mental picture, then you may create uneasiness and undue anxiety regarding performance. These distracting factors may include, performance of opponents, unusual features of the physical environment, or expectations of others (coaches and parents). When talking with young athletes, some of the most distracting factors prior to and during performance are parents and over-coaching.

It is not a bad idea to have a pre-event ritual which includes visualization of your plan of action. When it is time for the race, have a "trigger" word or phrase which you repeat to yourself just prior to the start. This pulls together your mental set with your physical talent.

The use of correct visualization to reach the proper level of pre-race emotion is not only desirable but necessary.

Jack H. Llewellyn

Sports Psychology Consultant to the Atlanta Braves.

# 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

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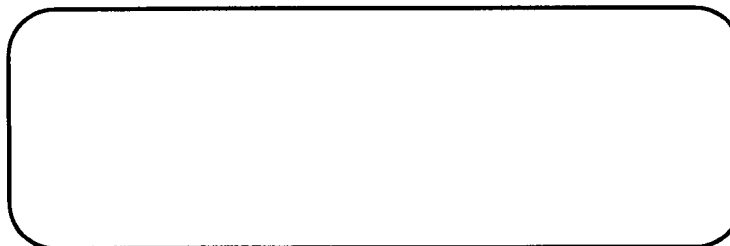


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**In this issue: Association Champs meet results,  
Ol' Barnacle, meet directions, and entry forms.**