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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

***MAY-OCT 10,000 METER - 2 PERSON RELAY POSTAL MEET**

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

***JULY 23 SQUAW LAKE 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 20 BEND, OR ELK LAKE OPEN WATER SWIM**

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

ERIE C.C. BUFFALO, NY

SEPT 26-OCT 8 WORLD MASTERS GAMES BRISBANE, AUSTRALIA

SEPT 28-OCT 2 USMS CONVENTION KANSAS CITY, MO

OCT 10-21 ST. GEORGE, UT HUNTSMAN WORLD SENIOR GAMES

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

MT. HOOD COMMUNITY COLLEGE GRESHAM, OR

***MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.

2-Man says

by John Zell

June. The first day of summer. Rose Festival in Portland. The start of the long course season. Swimming workouts in outdoor pools. The kids get out of school. We start to make plans for all kinds of summer activities. And hopefully they include some Masters events.

Well, we've got a few for you to choose from. The Southern Oregon Lake Swim, State Games of Oregon, and Long Course Zones are all next month. You'll find entry forms for these events in this issue. A few of you might be heading to Montreal for Worlds. Then in August is an open water event near Bend at Elk Lake. You'll also see an entry form for this race and L.C. Nationals in this issue.

A few words about the Elk Lake Swim. Matt Mercer from Juniper Aquatic Center in Bend is hosting this first and hopefully annual event. There will be three races to cover all abilities. An 800, 1500, and 3000 meter course will be laid out. Saturday August 20th is the date and it is being run in conjunction with the Bend Biathlon which is Sunday the 21st. The Biathlon is a run-bike-run event which has taken place in Bend for a number of years. There will be special combined awards for those taking part in both the swimming event on Saturday and the Biathlon on Sunday, with your total time for both determining placing. Check out the entry form for more details.

There are no meet results in this issue for a couple of reasons. First the only meet last month was Short Course Nationals and as of this writing we have yet to receive our copies of the official results. Naturally that leads me to say that we will bring you ol' Barns review from Tempe next month. What I can tell you is that the meet was a big success with many excellent swims by Team Oregon and all who attended. 45 people from Oregon went and had a great time in the Arizona sun. The temperatures were

in the high nineties all week. Shade was a premium and where you found your friends between races. You took plenty of dips in the warm-up (or cool down) pools. I think our team, plus our friends from the MAC Club, made those of us from Oregon the largest contingent from the Northwest Zone. This goes to show you what kind of dedication we have here in Oregon Masters. I'm not sure of our final placement but I know our team finished in the top ten in all categories of the small team division. I think we may have finished as well as sixth or seventh in the mens, womens, and combined. Way-ta-go O.M.S. We had great fun.

News from the National level... Last September at the U.S.M.S. convention, a group from Georgia Masters spoke to the House of Delegates about their idea to submit a bid (out of rotation) to host the 1996 Short Course Nationals at the Georgia Tech Aquatic Center, site of the Olympic Swimming events. This proposal was met with overall positive feelings from the Delegates. Well the latest news is that the new Georgia Tech Swimming facility *will not* be ready in time for them to host a Nationals. The rotation for Short Course Nationals brings the meet back to the west coast. As far as I know our good friends from PNA are planning to bid for this meet. So keep your fingers crossed and we will have a Short Course Nationals in our backyard in 1996.

Speaking of Short Course...just a reminder...meet bids for next seasons OMS Short Course season are due to Pam Himstreet next month I believe. Okay team reps, get with the program and host a meet.

Well that's all for now.

Keep your suit wet 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 !!**

CASCADE LAKES SWIM

Elk Lake, Saturday, August 20 at 12:00pm

**A spectacular and scenic open water swim
in one of sunny Central Oregon's High Cascades Lakes**

- Course** The swim will be held in Elk Lake, elevation 5,000 feet, approximately 45 minutes from Bend. A 1500 meter course will be set with turnaround points for those swimming 800 or 1500 meter distances. Air temperature can vary greatly, but is usually in the 70's. The water temperature will be likely be between 65 - 70 degrees. You may call (503) 389-7665 beginning August 5 for water temperature reports. Wet suits are permitted, however, you will not be allowed to put it on until after the gun starts the race.
- Race Distances** 800 meters; 1500 meters or 3000 meters
- Registration:** Early Entries must be postmarked by August 5. Race day registration will be open at 9:30am and close at 11:00pm. **You must be a USMS registered swimmer to enter.** One day only USMS registration will be available for \$12.00.
- Fees:**
- | | |
|--|------|
| Early Registration (Before August 5th) | \$12 |
| Late Registration (After August 5th) | \$16 |
- Results/Awards** Special awards will be given to overall first place male and female finishers. Awards will also be given for first, second and third place in all age groups, male and female. Swimmers who want results mailed to them should enclose a stamped and self-addressed envelope. Results will be mailed the week after the race.
- Accommodations:** Visitors may camp at Elk Lake or other nearby Lakes on Century Drive, or chose from various resorts, motels and bed & breakfasts in Central Oregon. For more information of lodging, contact the Bend Chamber of Commerce 63085 N Highway 97, Bend OR 97701 (503) 382-3221.
- Direction:** From Highway 97 North or South: Follow signs to MT Bachelor Ski Area and Cascade Lakes. Follow Cascades Lakes Highway past MT Bachelor Ski Area to Elk Lake. There will be signs from there saying "SWIM" leading you to the registration/start area. Total distance from Bend is approximately 35 miles.

CASCADE LAKES SWIM ENTRY FORM

Name: _____ Date: _____ Daytime Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Sex: _____ Age: _____ Distance (circle one) 800 1,500 3,000

Estimated time for distance circled: _____

STATEMENT OF RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of 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 DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: USMS, INC., THE LOCAL MASTERS SWIMMING 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to those risks.

Signature: _____ Date: _____

NOTE: You must be a registered US Masters Swimmer to enter. Please include a copy of your USMS registration or bring one with you race day. One day USMS registration will be available for \$12.00 on race day for those who are not USMS swimmers.

Bend Biathlon - August 21

The Bend Biathlon, a 5K Run/ 30K Bike/5K Run race, will be held on Sunday at 8:00am. There will be awards for combined finishers from the swim and the biathlon. For more information or to register for the biathlon, contact Jim Bendis at 382 - 1019



SOUTHERN OREGON LAKE SWIM

Presented By: Rogue Valley Masters

Squaw Lakes, Sunday, July 24- 11:00 A.M

Registration: Entries should be received by 7-13-94. Race day event registration will open at 9 a.m. and close at 10:30 a.m. We will also hold a temporary one day only USMS registration for non-USMS members during this time. The temporary USMS registration fee is \$12.

Fees: Before July 13: \$20 w/shirt, \$12 w/out shirt. After July 13: \$23 w/shirt, \$15 w/out shirt.

Course: It's a 1,500-meter out and back course (750 meters each leg) that will be negotiated twice by those who want something more challenging: a 3,000 meter swim. The average high temperature in July is 80 degrees; the average low is 46. Water temperature should be comfortable for all swimmers, barring unusually cold weather. **If you wish to use a wetsuit, that's fine, but in the interest of fairness to those who don't use a wetsuit, you will not be allowed to put it on until after the gun starts the race.**

Results: Swimmers who want results mailed to them should enclose a No. 10 (business) envelope, stamped and self-addressed. Results will be mailed the week after the race.

Awards: Very special awards will be given to overall 1st place male and female finishers. Other special awards will be given for first, second and third to all age groups, male and female. Age groups are: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+.

Accommodations: Visitors may camp at this beautiful pristine lake, highly recommended, or choose from various bed and breakfast inns and motels in Southern Oregon. For information on lodging in and around Medford contact the Medford Chamber of Commerce, Jackson County, 304 S. Central, OR 97501, (503) 772-6293. For information on lodging in Ashland contact the Ashland Chamber of Commerce, 110 East Main, Ashland, OR 97520, (503) 482-3486.

To Enter: Please find the entry directions located at the bottom on the reverse side.

Phone contact: For more info. call Dan Gray (503) 821-1635 or June Mather (503) 482-0610

See reverse side for map and directions to Squaw Lakes and Information on camping and entertainment.

***PLEASE ENCLOSE A COPY OF YOUR USMS REGISTRATION OR BRING ONE WITH YOU TO RACE DAY**

Name: _____ **Date:** _____ **Daytime Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Age:** _____ **Sex:** _____

CIRCLE ONE: Sweatshirt T-Shirt Long Sleeve T-Shirt No Shirt

SHIRT SIZE (circle one): S M L XL

I am entering (fill in ONE only): 1,500 meter Est. time: _____ 3,000 meter. Est. time: _____

STATEMENT OF RELEASE: I, The undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. 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 DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING; USMS, INC., THE LOCAL MASTERS SWIMMING 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

SIGNATURE: _____

SOUTHERN OREGON LAKE SWIM

Squaw Lakes - Sunday, July 24, 11:00

Welcome to our wonderful region. Here you will find lots of beautiful pristine valleys, canyons and forests, not to mention a serene and calm lake, perfect for a refreshing swim. We've chosen this special lake because of its natural surrounding beauty and location away from mainstream Southern Oregon. Come to our area this summer for the Rogue Valley Master's Annual Southern Oregon Lake Swim.

We have reserved the finest spot on the lake for camping. Keep in mind that it will be tent camping and it's about a 5 min. walk into the campsite. We'll have carts on hand for carrying all of your supplies. We ask that you please make a \$5 donation per family for the camp site.

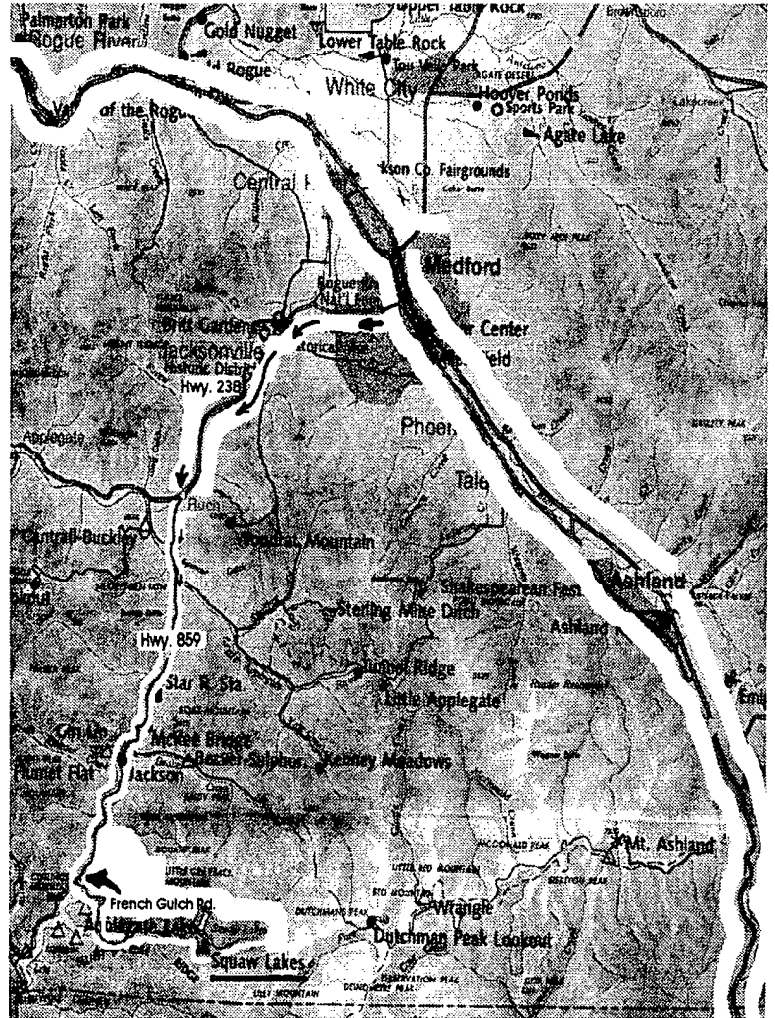
We've decided to have the swim in Sunday this year because this will allow for a non-rushed swim event. Our rationale was that this would allow enough time for people to come to the area and get settled at the campground. This will also allow for further exploration of the trails around the lake and just the satisfaction of not being rushed! We expect people to wander in on Sat. morning to Sat. afternoon and get settled for a big campfire on Sat. evening. Our philosophy is simple, we intend to share with others what they don't have. So don't worry if you're not the avid camper, remember, we're allimmers out for a great adventure. So bring the kids and your Mt. Bikes along with your guitars and harmonicas for a wonderful open water lake swim this summer in beautiful Southern Oregon.

DIRECTIONS: Step 1

Coming from the North: Take the 1st. Medford I -5, Crater Lake Hwy. exit. Turn rt., stay on this St. and travel a few miles until you get to Main St. in Medford. Turn rt. on Main and stay on Main St. forever! -step 2-

Coming from the South: Take the 1st. Medford I -5, Barnett exit. Turn lft. on Barnett. Continue on Barnett until you get to Riverside (past McDonald's). Turn rt. on riverside and proceed to Main St. Turn lft. on Main and stay on this forever! -step 2-

Step 2: By now you should be heading down Main St. in Medford. This eventually turns into Jacksonville Hwy. and will take you into J-ville. When you get to J-ville, go past VanWeys Mkt. and turn rt. on California St. Travel through J-Ville and head out of town towards Ruch on Hwy. 238. You will see the first plate "LAKE SWIM" just outside of J-ville. Stay on this all the way to Ruch. When entering Ruch, you will need to turn lft. on Hwy. 859 towards Applegate Lake note: plate #2 "LAKE SWIM" Travel on this all the way to Applegate Lake. Just prior to Applegate Lake will be the turn off for Squaw Lakes. This is "FRENCH GULCH RD." note: plate #3. If you made it this far, your home free. French Gulch Rd. is a dirt Rd. approx. 6 miles. Just follow the plates from here on out. Camping instructions will be posted at the trail head parking. Good Luck! We know you'll love it.



PLEASE HAVE YOUR ENTRIES IN BY JULY 13th
Registration will be open until one hour before the race start!

Send Payment and entry forms to: Dan Gray
Southern Oregon Lake Swim, 8975 Hwy. 66, Ashland, OR 97520
Make Checks Payable to: **Rogue Valley Masters/Lake Swim.**

*Remember to include a copy of your USMS registration or bring one with you to registration!

MEET INFORMATION: NORTHWEST ZONE LONG COURSE MEET
JULY 30 & 31, 1994

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world. The competition pool has eight nine foot wide lanes and will be set to 50 meters in length. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

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 JULY 21, 1994. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 21, 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 JULY 31, 1994.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

THE FIRST 100 ENTRANTS WILL RECEIVE FREE SUN VISORS.

NO-HOST SOCIAL AT ROUND TABLE PIZZA (1414 S 324TH) AT 7:30 PM SATURDAY.

MEET DIRECTOR: HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Saturday, JULY 30th: WARM-UPS: 2:00 PM to 2:50 PM. EVENTS 3:00 PM.

Sunday, JULY 31st: WARM-UPS: 8:00 AM to 8:50 AM. EVENTS 9:00 AM.

All events are Long Course Meters

SATURDAY JULY 30TH

SUNDAY JULY 31st

1	400 FREE	11	400 IM
2	200 FREE RELAY	12	200 MEDLEY RELAY
3	200 FREE	13	200 BREAST
4	100 BREAST	14	100 FREE
5	50 FLY	15	50 BACK
6	200 IM	16	200 FLY
7	200 BACK	17	100 BACK
8	50 FREE	18	50 BREAST
9	100 FLY	19	200 MIXED FREE RELAY
10	200 MIXED MEDLEY RELAY	20/21	800 FREE/1500 FREE (SEE NOTE)

NOTE: YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE, BUT NOT BOTH!

If you swim the 1500 and would like us to record your 800 split, please notify us in writing in advance.

NORTHWEST LONG COURSE ZONE MEET - JULY 30th & 31st, 1994
SANCTION # 943606, HOSTED BY FEDERAL WAY MASTERS
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME _____ M F AGE as of 7/31/94 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____

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

SURCHARGE: \$8.00 (includes PNA and NW Zone Surcharges) \$8.00

INDIVIDUAL EVENTS _____ @ \$1 _____

TOTAL _____

Note: Relays are free and entered at the meet

CHECKLIST

Checks payable to Federal Way Masters Mail to: Hugh Moore
Phone (206)925-0803 before 9 PM 1867 58th ST NE
Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR
REGISTRATION FORM. ENTRIES MUST BE POSTMARKED BY JULY 21, 1994. ALL SWIMMERS
MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION
POSTMARKED BY JULY 21ST 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.

Signature _____ Date _____

TIPS

from the OLD COACH

by Bert Petersen, OMS Coaches Committee Chairman

"F" is for Finish

1. Remember that a half-stroke takes longer than a lunge, especially in butterfly. Try to time your strokes into the wall to finish cleanly. Swimmers who practice distance per stroke drills regularly know how many strokes it takes them per length, so this shouldn't be a problem.
2. Never, ever—EVER—breathe on the last 5 yards of any freestyle or fly race. You can hold your breath for 5 seconds. Many times, the race outcome is determined by a bad choice—in what I call the fatal decision—breathe or win? Make your choice from the flags into the wall.
3. Keep your strokes long at the end of your race, if possible. We all tend to shorten our strokes as we become tired. Time your strokes into the wall properly but still maintain length of stroke.

LEG LESSONS

by Terry Laughlin

Kicking's a power-builder.

Too bad it's the swim workout nobody wants to do.

Everyone has a good reason not to do kicking drills. Triathletes and runners have trouble making any headway on a kickboard and besides, their reasoning goes they already get plenty of leg conditioning from biking and running. Why spend more time on the same stuff in the pools? Distance hungry masters swimmers especially begrudge precious workout time to an exercise that limits the yardage they can cover. That's unfortunate, because the poor ankle flexibility that's holding the triathletes back is gradually improved by kicking. And everyone benefits from what is an excellent conditioning exercise. How do you get the most benefit? First, kick for about 10 to 15% of your total swimming yardage, and don't use a kickboard. This better simulates the way you actually use your legs while swimming. Experiment with kicking on your back, on your sides, vertically (hands held above the water), while submerged, and of course with fins. Each way will teach you about streamlining, body position, and how to use your legs more effectively. Don't kick for long distances slowly. Do it at a fairly high intensity, in short-distance repeats, with short to moderate rests. Or try fartlek—alternating easy lengths with fast lengths.

Here are the best drills:

- ***Sidelying.** In a streamlined position, on your right side, your right arm leading, left at your side, and face out of the water. Maintain a clean line from fingers to toes, and a tight kick pattern. Change sides one or more times per length. Flutter kick or dolphin kick.
- ***On your back.** Beginners, lie on your back with hands at your hips, making small sculling motions. Intermediate swimmers extend one arm overhead. Advanced, extend and streamline both arms overhead.
- ***Underwater.** Arms extended and streamlined, or at your sides. Flutter, dolphin, or breast. When you need a breath, take a breaststroke pull and surface. Don't hold your breath past the comfort point. A great exercise because the added water resistance builds up your power and heightens your awareness of misalignment (poor streamlining greatly increases resistance).
- ***With Fins.** This is not cheating. Fins can help improve technique, strength, ankle flexibility, and speed. Week swimmers can improve body position and skills more quickly. And all swimmers will gain leg power and speed. One more time saving tip, you can improve your kick along with your technique by kicking hard while doing stroke drills, like single arm and catch up. In fact if you were to devote 20% of your yardage to stroke drills (even the most highly trained swimmers should) and kick hard while doing so, there'd be little reason for doing additional kicking sets.

NUTRITION

Stocking a Low Fat Pantry

by Kathryn Neil Grosnoff, MS, RD

Do chocolate chip cookies stare at you from the center of your dining room table, or do apples and bananas greet you as you enter your kitchen? Availability is often the determining factor when deciding what to snack on.

Because you can only eat what you have in your pantry, a little planning is in order.

You make purchasing decisions every time you shop at your local supermarket. Imagine what it would be like to come home to a totally different assortment of foods.

The last three years have shown an amazing increase in the number of fat-free items on the market shelves. Have you been experimenting? The more low-fat and fat free items you have on hand, the more likely you are to discover a variety of uses for your favorite products.

Let's highlight a few pantry staples, and then make a few suggestions on various ways to combine them. You may already have several of them in your kitchen right now.

1. 100% ground turkey breast 1 g fat / 3.5 oz.
2. skinned, boned chicken breast 3 g fat / 3 oz.
3. pineapple, packed in it's own juice < 1 g fat
4. frozen oriental vegetables < 1 g fat
5. canned tomatoes < 1 g fat
6. fat-free sour cream < 1 g fat
7. fat-free ranch dressing < 1 g fat
8. fat-free cheese slices < 1 g fat
9. zero-fat egg substitute < 1 g fat
10. Baking potatoes < 1 g fat
11. can of kidney beans < 1 g fat
12. box of spaghetti < 1 g fat
13. mustard, salsa, lemon, fat-free parmesan cheese

Ground turkey and chicken can be confusing items to purchase. It's difficult to know what's meant by low-fat, or even just the word "lean." When the package contains only 100 percent breast of turkey, with no dark turkey or turkey fat, the contents should contain no more than 1 gram of fat in 3.5 ounces. Lean ground turkey often contains 7 grams of fat in 3.5 ounces. Check the labels on turkey and chicken products; just because they are poultry doesn't mean they are low in fat.

Frozen vegetables are a nutritional bargain, unless they have the addition of a fatty sauce. Frozen vegetables are often blanched and quick-frozen close to the location where they are grown, thus they don't have to make a long trip on a truck or train, or sit on the market shelf in the open air on display.

You probably want to use both fresh and frozen vegetables.

Your bag of frozen veggies is always ready to be microwaved or used in your favorite recipe. Canned vegetables have less fiber, added salt, and leached some of the water soluble vitamins; frozen is a better choice.

For a product to be called "fat-free," there must be less than .5 grams of fat per serving. This is not true for the term "light." If you're using a "light" product instead of a "fat-free" product, check the number of grams of fat on its label. Multiply these grams by the actual number of servings you will be consuming. You may discover that some of these products are not "light" at all.

Have you given your palate the chance it needs to adjust to new food? Fat-free sour cream will not taste like regular sour cream when you first taste it. If you use it several times without resorting to the high-fat version—even when dining out—your taste will come to expect the fat-free item. Give it the chance it needs.

Now that you have some healthy ingredients assembled, you are ready to begin combining them into new and different dishes.

1 + 5 + 12 = low fat spaghetti

Mushrooms, artichoke hearts and garlic make good additions.

2 + 3 + 4 = pineapple wok chicken

By cooking the ingredients in pineapple juice instead of oil, the mixture remains low in fat.

4 + 8 + 9 = cheese and vegetable omelet

Cook this one in vegetable spray.

2 + 7 + 13 = moist baked chicken

After rolling the chicken in the fat free ranch dressing, coat with cornflake crumbs and sprinkle with fat-free parmesan. Bake at 375 degrees for 25 to 35 minutes.

1 + 5 + 11 = turkey chili

Add your chili seasonings, plus peppers and onions. Saute in vegetable spray. Add #10 if you like baked potatoes with your chili.

4 + 7 + 12 = cold pasta salad

Substitute fat free vinaigrette for the ranch if you desire.

4 + 6 + 10 = creamy baked potatoes

Substitute #8 for #6 to make cheesy baked potatoes.

13 = flavor enhancers for use anytime or anywhere.

Repeat your favorite, and delete your flops. Have your family vote on new dishes, and add your own special low-fat touches. Be creative in stocking your own low-fat pantry.

Reprinted from the May, 1994 issue of Fitness Plus Magazine. This publication was distributed to all who attended the 1994 USMS Short Course Nationals in Tempe, Arizona.

1994 United States Masters Swimming NATIONAL LONG COURSE CHAMPIONSHIPS

ERIE COMMUNITY COLLEGE NATATORIUM

Downtown Buffalo, New York
(Elm & Swan)
August 25-28, 1994



SCHEDULE OF EVENTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
800 M Free 1500 M Free	200 Freestyle 50 Breaststroke 100 Butterfly 50 Backstroke 200 Free Relay 200 Mixed Medley Relay 400 Individual Medley	200 Breaststroke 50 Butterfly 200 Backstroke 100 Freestyle 200 Medley Relay 400 Freestyle- (Women Only)	100 Backstroke 200 Individual Medley 50 Freestyle 100 Breaststroke 200 Butterfly 200 Mixed Free Relay 400 Freestyle (Men Only)

SPECIAL EVENTS

- Thursday: "Pasta Night" at the Spaghetti Warehouse - \$10.00 per person
(Just a short distance from the Natatorium).
- Friday: "Fastest Kick" (50 M) Contests - Prizes - Not an Age Group event
(After last event - sign up at registration). Sponsored by Zoomers.
- "Masters Night" at Bison Baseball - Friday Nite Bash
(Game time 7:30 - stadium adjacent to pool).
- Saturday: "Taste of Buffalo" - Buffet at Buffalo Hyatt Regency
\$21.00 per person.

DISCOUNT AIRFARE

USAir has been designated as the official carrier for the attendees of the 1994 United States Masters Swim Championships, August 25-28, 1994, in Buffalo, New York. USAir agrees to offer an exclusive low fare for the attendees. This special fare will offer a 5% discount off First Class and any published USAir promotional round trip fare. A 10% discount off unrestricted coach fares will apply with 7 day advance reservations and ticketing required. Some restrictions apply.

To obtain this special discount, you must call Stovroff and Taylor Travel at 800-253-2516, or you or your travel agent must call USAir's Meeting and Convention Reservation Office at 800-334-8644; 8:00 AM - 9:00 PM, Eastern Time. REFER TO GOLD FILE NO. 84310092. Mention USMS Masters Swimming.

CAR RENTAL

Budget has officially been chosen as your only authorized car rental supplier for the 1994 United States Masters Swim Championships, August 24-28, 1994, in Buffalo, New York.

Dial 1-800-BUDGET-8 and ask for your Masters Swimming rate.

DOWNTOWN HOTELS

BUFFALO HILTON - (800) 445-8667
\$79.00 + TAX · 1-4 PERSONS

- 10 min. walk to Natatorium.
- Close to Waterfront and Naval Park.
- Modern Health Club - indoor 20 yard pool.

BUFFALO HYATT REGENCY - (800) 233-1234
\$79.00 + TAX · 1-4 PERSONS

- Free above ground transportation to within 2 blocks of Natatorium - about a 5 min. ride.
- In heart of Theatre District and several restaurants.
- Parking: \$5.50 per day - validate parking at time of registration for in / out parking.

JOURNEYS END SUITES - (800) 668-4200
\$78.00 + TAX · 1-4 PERSONS

- Located one block north of Buffalo Hyatt.
- Free above ground transportation.
- Room makeup: King size bed / separate sitting room with couch.

HOLIDAY INN - (800) HOLIDAY
\$68.00 + TAX · 1-4 PERSONS

- About 1 1/2 miles from Natatorium.
- Free parking and airport shuttle.

Brochures available for above hotels. Many other hotel / motels within 10-15 min. drive of Natatorium.

Mention USMS Masters Swimming for special rates.

Shuttle will be available on an as needed basis.

TOURIST INFORMATION

An additional listing of Hotels/Motels, tourist attractions, maps and tours of Niagara Falls are available by writing or calling a meet director.

1994 United States Masters Swimming NATIONAL LONG COURSE CHAMPIONSHIPS

MEET PROCEDURES

REGISTRATION

At the Erie Community College Natatorium.
Wednesday, August 24, Noon - 6:00 PM
Thursday, August 25 to Sunday August 28 -
6:30 A.M. to end of days events.

DECK SEEDED EVENTS/CHECK IN TIMES

Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

800 FREE	6:00 PM Wednesday, August 24
1500 FREE	6:00 PM Wednesday, August 24
400 I.M.	6:00 PM Thursday, August 25
400 FREE Women	6:00 PM Friday, August 26
400 FREE Men	6:00 PM Saturday, August 27

Any swimmer failing to check in by the deadlines, shall be considered scratched from the event.

ELIGIBILITY

This National Championship is open to registered Masters swimmers, 19 years of age and older as of August 28, 1994. The club affiliation stated on your Masters registration card will be in effect throughout this meet, except that you may unattach at any time. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry.

AGE GROUPS

19-24; 25-29; 30-34; etc. to 95-99, and 100 and over. Your age is determined as of the last day of the meet (August 28, 1994).

AWARDS

Awards to 1st through 10th place in each division (small and large) for Men, Women and Combined Team categories. Special team awards will be given to the top three teams in each division. The specific number of entrants that will determine a club's placement (small or large team divisions) will be decided by the USMS Championship Committee after the meet entry deadline. It will be posted in the Registration area prior to the commencement of the meet.

WARM-UP TIMES

Competition Pool:

Wednesday	Noon - 6:00 P.M.	
Thursday	6:00 A.M. - 6:45 A.M.	Start 7:00 A.M.
Friday - Sunday	6:30 A.M. - 7:45 A.M.	Start 8:00 A.M.

Warm-up Pool:

(25 Yard) adjacent to Competition Pool. Same starting times as Competition Pool. Available throughout the meet until completion of days final events.

WARM-UP PROCEDURES

No hand paddles, kickboards, fins, etc. at any time in the competition pool. Lanes will be designated slow to fast. Sprint lanes will be available in the competition pool on Wednesday and before the meet starts each day. Diving from the blocks will be allowed only in designated sprint lanes. No diving will be allowed in the warm-up pools.

Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Lifeguards will monitor pool entry. Meet referee may disqualify a competitor for violation of safety rules which prohibit diving into the pool during warm-up and cool-down.

6TH EVENT

If, in the opinion of the USMS National Championship Committee, the meet is too large to be run in an efficient manner, then entry restrictions, as described in the 1994 USMS Rules and Regulations, 104.5.3A, page no. 45, which involves mandatory dropping of the sixth event, shall be imposed.

SCRATCHES

Any swimmer who fails to report to the proper lane in the correct heat of his / her entered event shall be considered scratched from that event and shall not be permitted to swim that event.

SCORING

Individual Events (men / women): 11-9-8-7-6-5-4-3-2-1.
Relays score double points.

GENERAL MEETING

A General Meeting will be held for all Masters swimmers on Wednesday, August 24, 1994 at 7 PM for the purpose of reviewing meet information and answering swimmers' questions. A representative from each team is encouraged to attend. The meeting place will be posted in the registration area.

ALL MASTERS COACHES:

Please check in at registration desk.

COACHES MEETING (MACA)

Wednesday, August 24, 1994 at 6:00 P.M., general meeting for all Masters coaches and interested persons. Location of meeting will be posted in registration area.

EMERGENCY TELEPHONE NUMBER

For emergency use only (716) 851-1215.

If you would like a complete meet booklet or relay forms, please write or call Meet Directors Gene, Betty or George.

Gene Donner

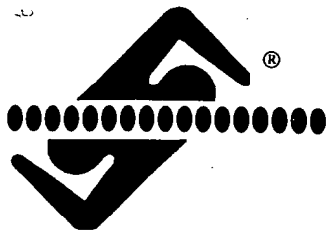
4220 South Park Ave.
Blasdell, NY 14219
716/823-3873 • 716/823-8556 FAX

Betty Barry

1403 Victor-Holcomb Rd.
Victor, NY 14564
716/924-5344

George McVey, DDS

477 Antlers Dr.
Rochester, NY 14618
716/271-2323



Official Entry Form for INDIVIDUAL Events
1994 UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS
Erie Community College Natatorium, Buffalo, New York
August 25-28, 1994

Sanctioned by
 Niagara District Masters Swimming
 LMSC for USMS, Inc.
 Sanction No. NDMS-93/94-1LC

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____			
Street	City	State	Zip
Phone _____		Age _____	
A/C	Days	A/C	Evenings
		(on 8/28/94)	Birthdate _____
		Month/Day/Year	
Emergency _____		Masters Reg# _____	
Name	Phone No.	Copy of 1994 Card Required	
Club Name or Unattached _____		Club Abbrev _____	LMSC _____
		(if you know it)	(Assoc.)

Entry Due Date: Entry must be received no later than Thursday, July 21, 1994

Event No.	Entry Time Women	*	Event	Event No.	Entry Time Men	*
Warm-Up 6:00 - 6:45AM			Thursday, August 25, 1994	Start 7:00AM		
1			▲ 800 FREE (See Check-in Times)	2		
3			▲ 1500 FREE (See Check-in Times)	4		
NOTE: YOU CAN SWIM EITHER THE 800 OR 1500 FREESTYLE — NOT BOTH YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.						
Warm-Up 6:30 - 7:45AM			Friday, August 26, 1994	Start 8:00AM		
5			200 FREESTYLE	6		
7			50 BREASTSTROKE	8		
9			100 BUTTERFLY	10		
11			50 BACKSTROKE	12		
13	SEE RELAY FORM		200 FREE RELAY	14	SEE RELAY FORM	
15/16	SEE RELAY FORM		200 MIXED MEDLEY RELAY	15/16	SEE RELAY FORM	
17			400 INDIVIDUAL MEDLEY (See Check-in Times)	18		
Warm-Up 6:30 - 7:45AM			Saturday, August 27, 1994	Start 8:00AM		
19			200 BREASTSTROKE	20		
21			50 BUTTERFLY	22		
23			200 BACKSTROKE	24		
25			100 FREESTYLE	26		
27	SEE RELAY FORM		200 MEDLEY RELAY	28	SEE RELAY FORM	
29			▲ 400 FREESTYLE (See Check-in Times) WOMEN ONLY	Men's Event Sunday		
Warm-Up 6:30 - 7:45AM			Sunday, August 28, 1994	Start 8:00AM		
31			100 BACKSTROKE	32		
33			200 INDIVIDUAL MEDLEY	34		
35			50 FREESTYLE	36		
37			100 BREASTSTROKE	38		
39			200 BUTTERFLY	40		
41/42	SEE RELAY FORM		200 MIXED FREE RELAY	41/42	SEE RELAY FORM	
			▲ 400 FREESTYLE (See Check-in Times) MEN ONLY	44		

▲ I am willing to swim the
 400 freestyle with two persons per lane ____ Yes ____ No
 800 freestyle with two persons per lane ____ Yes ____ No
 1500 freestyle with two persons per lane ____ Yes ____ No

*Those swimming two per lane shall be seeded ahead of competitors swimming one per lane. Seeding will not be altered to accommodate travel arrangements.

(Legible copies of this entry form are acceptable. You must complete the reverse side of this form. YOU MAY ENTER SIX INDIVIDUAL EVENTS (OR FIVE INDIVIDUAL EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE) — BUT SWIM NO MORE THAN THREE INDIVIDUAL EVENTS ON ANY ONE DAY. Please indicate with an asterisk (*) your 6th event in case the five event limit is imposed. If 6th event is not (*) your last event listed will be considered your 6th event.

Dates: August 25-28, 1994 Location: Erie Community College Natatorium, Downtown Buffalo, NY (Elm & Swan St.)

Filling Out Entry Blank: There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. IF YOU ENTER "NO TIME", YOUR ENTRY WILL BE REJECTED. You may enter up to six individual events, but swim no more than three individual events on any one day. No refunds will be given for events not swum. Indicate your sixth event with an asterisk (*) in case the five event limit is imposed: USMS Rule 104.5.3A, page 45. If 6th event is not (*) your last event listed will be considered your 6th event.

Eligibility: This National Championship is open to Masters registered swimmers, 19 years of age and older as of July 21, 1994. You will be entered in the meet as a registered member of the club indicated on your Masters registration card (a copy must be attached to your entry) or you may also indicate unattached. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry.

Conduct of the Meet: The Meet Brochure has details of meet conduct. All events 200 meters and under will be pre-seeded. The 400 IM, the 400, 800 and 1500 freestyles will be deck seeded.

Deck Seeded Events/Check In Times: Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

800 FREE	6:00 PM Wednesday, August 24	400 FREE Women	6:00 PM Friday, August 26
1500 FREE	6:00 PM Wednesday, August 24	400 FREE Men	6:00 PM Saturday, August 27
400 IM	6:00 PM Thursday, August 25		

Mail or telephone check-in will not be accepted.

Age Groups: 19-24, 25-29, 30-34, etc. to 95-99, and 100 and over. Your age is determined as of the last day of the meet (8/28/94).

Awards: Customized medals for places 1st through 10th.

Scoring: Individual events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees: \$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form. An entry is not considered complete until the check clears the bank. If there are any questions about your fees, full cash payment will be required before you are permitted to swim. No refunds are given for events not swum.

SPECIAL EVENTS:

Pasta Night: Thursday, August 25, 1994, starting at 5:00PM at the Spaghetti Warehouse (near Natatorium), \$10 per person (payable with entry).

Fastest 50M Kick Contest - Friday, August 26, 1994 following event 18. Enter at Registration Desk.

Zoomer 50M Kick Contest - Friday, August 26, 1994 following event 18. Enter at Registration Desk.

Masters Night at Bisons Baseball - Friday, August 26, 1994. Game time at 7:30PM. Stadium adjacent to pool. Check below if interested.

Banquet: "Taste of Buffalo", Saturday Night, August 27, 1994, 6:30PM at Hyatt Regency, \$21.00 per person (payable with entry).

T-Shirts: Meet T-Shirts may be pre-ordered to ensure right size and availability. \$10 payable with entry. \$12 at meet.

Checks Payable In US Funds to:

NDMS LCN

Mail Entry & Fees to:

NDMS LCN

c/o Southtown Business Forms
4220 South Park Ave.
Blasdell, NY 14219

ATTACH COPY OF

1994 MASTERS REGISTRATION CARD TO ENTRY.

Meet Surcharge (required of all swimmers):

Number of Individual Events Entered:

Number of Pasta Night Tickets:

Number of Banquet Tickets:

T-Shirt (w/Logo) M, L, XL (circle).

Final Results

Fax Surcharge

TOTAL AMOUNT IN U.S. FUNDS

1	X \$13.00 =	13.00
	X \$ 4.00 =	
	X \$10.00 =	
	X \$21.00 =	
	X \$10.00 =	
	X \$10.00 =	
	X \$10.00 =	

Entry Deadline: Entry must be in the hands of the Meet Director no later than Thursday, July 21, 1994: Late entries will be returned to sender. For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Meet Director: Gene Donner, c/o Southtown Business Forms, 4220 South Park Ave., Blasdell, NY 14219, (716) 823-3873, Fax (716) 823-8556.

Release From Liability:

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.

Date: _____ Signature: _____

Fax Entry Only

Your faxed entry will be confirmed either by fax or mail. You must bring your confirmation with you to registration. A faxed entry will be accepted if charged on your Visa or MasterCard. A \$10.00 surcharge will be added. **COPY OF REGISTRATION CARD MUST BE FAXED.** Print Legibly. Fax 716-823-8556 8AM to 5:30PM EDT.

☐ Visa Exp. Date _____

☐ MC Exp. Date _____

Signature _____

Confirmation

Fax Confirmation to me at _____ or mail
confirmation to me at ☐ Address on Entry Form
☐ Other _____

Bison Baseball

☐ Please send me Bison Baseball ticket information.

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 _____

(JANUARY 1st to DECEMBER 31, 1994)

**Oregon Masters Swimming
Registration 1994**

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

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

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____
Your Phone number Born (MM/DD/YY) AGE SEX

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

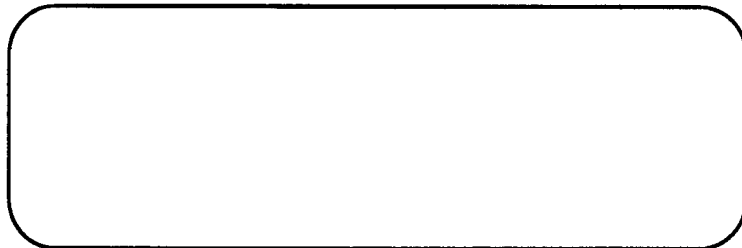
Local Team (if any) _____ (PLEASE USE OFFICIAL TEAM ABBREVIATION)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date: _____

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

In this issue: Dr. Sprint: "Fly Fever", Z-Man says, "Stocking a Low-fat Pantry", and entry forms.

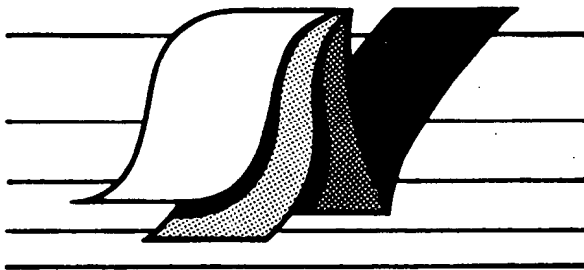


Wow...cool...the Aqua-Master's here!

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