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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 1994-95

*OCT 9	4th ANNUAL COLUMBIA RIVER CHALLENGE MULTNOMAH FALLS, OR 2.5 MILE SKAMANIA IS. SWIM
*OCT 16	SEATTLE, WA QUEEN ANNE SWIM RALLY SCY
OCT 29	COEUR d'ALENE, ID PENTATHLON SCY
*OCT 30	GRESHAM, OR MT. HOOD AQUATIC CENTER SCY #2
NOV 12-13	SANDPOINT, ID SANDPOINT WEST ATH CLUB SC METERS
*NOV 19-20	OREGON CITY, OR N.W. ZONE SC METERS CHAMPIONSHIPS
NOV 20	POULSBORO, WA NORTH KITSAP POOL SCY
DEC 10	SPOKANE, WA SPOKANE CLUB SCY
*DEC 10	EUGENE, OR ECHO HOLLOW POOL SCY #4
JAN 14-15	SPOKANE, WA SHADLE PARK POOL SCY
JAN 15, 1995	ANACORTES, WA SC METERS
JAN 21	BEAVERTON, OR BARRACUDA PENTATHLON SCY
FEB 4-5	SPOKANE, WA FAIRCHILD AIR FORCE BASE SC METERS
FEB ??	PORTLAND, OR DISHMAN POOL TRI-M PLUS SCY
FEB 15	SEATTLE, WA ORCA SWIM CLUB SCY
MAR 3-4	GRANTS PASS, OR GRANTS PASS YMCA SCY
MAR 4-5	YAKIMA, WA LYONS POOL SCY
MAR 19	BANGOR, WA BANGOR NAVAL BASE SCY
MAR 31-APR 2	PNA ASSOCIATION CHAMPS FEDERAL WAY, WA
APR 7-9	BEND, OR O.M.S. ASSOCIATION CHAMPIONSHIPS
APR 28-30	BEAVERTON, OR N.W. ZONE SCYARDS CHAMPIONSHIPS
MAY 18-21	USMS SHORT COURSE NATIONALS SWIMMING HALL OF FAME FT. LAUDERDALE, FL
MAY 19-22	CANADIAN MASTERS SWIMMING CHAMPIONSHIPS COMMONWEALTH GAMES POOL VICTORIA, B.C.
AUGUST 24-27 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

Welcome to Fall 1994 and another Short Course season. Wow take a look at that schedule page. It's really full. You have plenty of meets to choose from. Our own here in Oregon looks great. The Columbia River Challenge and Mt. Hood next month, followed by Oregon City and Eugene to finish out 1994. Then in '95 the schedule continues with three good ones before Association Champs in Bend and Short Course Zones at T-Hills. The one meet my wife Christy is looking forward to is the Canadian Masters Champs in Victoria, B.C.. I am too. Victoria is a great city and just a four (4) hour drive with an hour ferry boat ride away. I caught some of the Commonwealth Games swimming coverage on cable a few weeks ago and that brand new pool in Victoria looks outstanding. It's a 50 meters pool that I bet they will divide into two 25 meter courses and it probably has a separate warm-up pool. Next to our Nationals next summer, I bet the meet in Victoria will be the biggest of our short course season. I'll just betcha.

So much for next year, how about that Columbia River Challenge next month. I'm glad you asked. Because **I NEED SOME HELP**. Pam Himstreet, Matt Mercer (from Bend), and myself are the official meet directors. **WE ARE LOOKING FOR SOME VOLUNTEERS WITH BOATS.....**

**DO YOU OWN A
POWER BOAT,
A KAYAK, OR A CANOE ?
(OR HAVE A FRIEND WHO DOES ?)**

**YOUR MEET ORGANIZERS NEED PEOPLE
TO HELP WITH THE SET-UP AND SAFETY
PATROLLING TASKS OF RUNNING THIS**

**EVENT. IF YOU DO AND WOULD LIKE TO
HELP....PLEASE GIVE ME A CALL AT 503-
282-9347. EVENINGS AFTER 7:00 P.M.
PLEASE. WE REALLY CAN USE ANY OR
ALL SAFETY AND SET-UP HELP AS WE CAN
GET.**

WE NEED YOUR HELP SO CALL ME!!

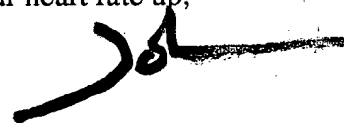
In this issue you will find a bunch of entry forms for meets and events for the next few months. Enter and enter often. Also you will find a host of event and meet results. We have all the results from State Games of Oregon and the results from the Elk Lake Open Water swim held August 20th near Bend. That was an outstanding event and held in some of our States most beautiful surroundings. I would highly recommend it for next year. Ol' Barn bring us his review from State Games, N.W. Zones Long Course Champs held in Federal Way, and a report from his trip to Montreal for Masters World Championships last July. It makes for good reading.

That's about it, other than me saying once again....

**DO YOU OWN A
POWER BOAT,
A KAYAK, OR A CANOE ?
(OR HAVE A FRIEND WHO DOES ?)
CALL ME AT 503-282-9347**

Hope to see you at the Columbia River Challenge or a swim meet soon.

Keep you suit wet and your heart rate up,



**WHAT ARE YOU DOING TO SPREAD THE WORD OF ORE. MASTERS SWIMMING ??
WE HAVE A GOAL OF 600 OMS MEMBERS FOR THE '94/'95 SEASON AND A NATIONALS TO HOST !**

FOURTH ANNUAL COLUMBIA RIVER CHALLENGE SUNDAY, OCTOBER 9, 1994

OREGON MASTERS SWIMMING 2.5 MILE OPEN WATER SWIM

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-09

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. A one day USMS registration is available to unregistered entrants. 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 ON THE DAY OF THE EVENT.

COURSE DESCRIPTION

2.5 mile open water swim around Skamania Island, water temperature is 69-74 degrees. You will swim across the channel to Skamania Island from the Oregon side. At the west end of the island will be a gate. You must pass through the gate and proceed around the west end of the island through another gate, and proceed up the back side, passing through more gates as you swim to the east end of the island and back across the channel to the finish gate. If you miss any gates or drop below a designated pickup point, you will be disqualified. *We will have safety boats, kayakers and lifeguards near by at all times. The main channel has about a 4 knot current. You will need your open water skills to judge your rate of decent in order to make the first and last gates. The race has a 2 hour time limit. Those participants acceding this time limit or going off the race course will be pulled from the water by the safety team.*

Wet Suits Are Highly Recommended

This meet has a 2 hour time limit. You will be pulled out if you are off course or excede the time limit. We will meet at Multnomah Falls, I-84 parking lot, Sunday, October 9th. Follow the cones at the west end of the parking lot to the trail to the river.

8:15 am - Race registration. (Multnomah Falls parking lot)

8:45 to 9:00 am - Pre-race meeting.

9:15 am - Race will begin. (Oregon Masters reserves the right to cancel the race due to hazardous weather conditions.)

AWARDS: (HANDCRAFTED STONEWARE) 1st thru 3rd Places

2 Age Groups: 39 and under and 40 and over...for both women & men.

EVENT T-SHIRTS FOR ALL ENTRANTS AND VOLUNTEERS

NAME _____ 1994 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

"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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to those risks."

SIGNATURE _____ DATE _____

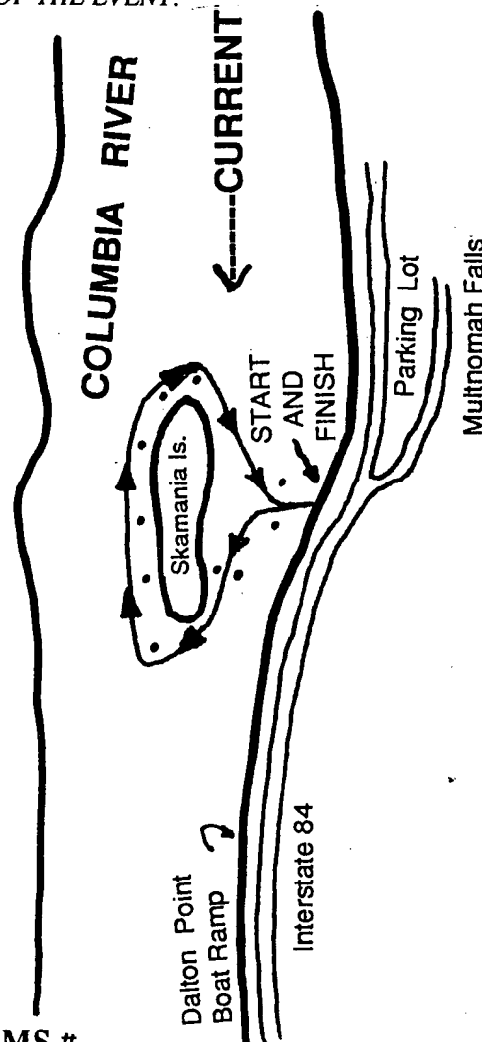
MEET ENTRY FEE: \$20.00 (registered USMS member) or \$32.00 (includes one day registration fee)

MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING

REGISTER AND PAY FEES AT RACE SITE THE DAY OF THE EVENT.

QUESTIONS: CALL JOHN ZELL 503-282-9347 EVENINGS ONLY AFTER 7 P.M.

OMS needs volunteers with POWER BOATS. If you wish to volunteer please call John Zell.



Barnacle

by E. Walter

reviews results records

1994 State Games of Oregon

With 130 very fine swimmers doing their thing at Mt Hood Community College, under the Co-Chair superb efforts of Eve McDermott and Pill King, this years meet was a success. Yours truly was off to Montreal and then to a belated honeymoon and can take little credit if any, for the all of the work of the Guest family, John Zell, David Cobb, Suzanne Rague, Tom Himstreet, and many others.

PETEY SMITH, 70 years young! Without a doubt, "Swimmer of the Meet." 3 WORLD RECORDS: 100 m Free at 1:26.65, 200 m Free in 3:13.62, and the 400 m Free in 6:46.55. The former WR's were held by Catherine Kerr of Canada. The 400 was held by Margery Meyer (USA) at 7:07.58, that fellow swimmers is mowing them down! In addition Petey set a new Zone record in the 50 m Free at 38.75. It is with a tug of the heart strings that I see the passing of 3 of Dawn Musselman's records set in 1983. However, Dawn would be the first to step forward and congratulate Petey, if she only could.

KEVIN NOAH (19-24) Broke the Zone record for the 200 m Freewith a fine 2:13.47, this one goes back to 1980.

JEFF STILING (30-34 MACO) 3 New Zone marks in the 200 Free in 2:05.12, 400 Free at 4:25.84, and the 100 Fly in a 1:00.65.

CURT LACOUNT (35-39) 100 Back in at 1:06.57 for a new Oregon Record from 1984 (Frank Warner).

DAVID DRAKE (40-44) Sets a new OMS record in the 200 Free at 2:11.89.

ALLEN STARK (45-49) 2 New Zone Records in the 50 Breast at 34.59 and the 100 Breast in 1:17.73 (Boyd-1988).

ART WELCH (60-64) New OMS Record for the 100 Free at 1:14.59.

NEW STATE GAMES OF OREGON RECORDS...

Deborah Heim (25-29) 400 Free in 5:15.93 and 200 Breast at 3:08.46

Kimarie Gagnon (30-34) 200 Fly at 3:03.96.

Joanne Kertis (30-34) 200 IM with a 2:55.36.

Mary Jackson (35-38) 50 Breast in 41.23 and 100 Breast at 1:30.21.

Joni Haffner (40-44 MACO) 50 Free in 32.81 and 200 Free at 2:45.30.

Nancy Brown (40-44) 100 Free with a 1:14.86.

Suzanne Cooper (40-44) 50 Back in at :40.32.

Sandre Nelson (40-44) 100 Back in a 1:26.56.

Teri Hendryx (40-44 MACO) 200 Fly in a 3:11.35 and the 200 IM in 3:03.71.

Susan Case (45-49) 100 Back in 1:33.16 and 200 Back at 3:19.13.

Ginger Pierson (45-49) 50 Breast in :42.38.

Nancy Brooks (50-54) 50 Breast in 43.32, 100 Breast at 1:35.51, and the 200 Breast with a 3:34.74.

Lavelle Stoinoff (60-64 MACO) 100 Free in 1:17.64.

Gloria Bauman (65-69) 50 Breast in 1:01.31 and 100 Breast at 2:14.08.

Pauline Stangel (70-74) 200 Breast at 4:55.18.

Helena Hoffman (75-79) 200 Fly in a 7:53.

D. Petrich (80-84) 50 Free in :57.56 and 100 Free at 2:17.71.

Elsie West (85-89) 100 Free in 4:29.39, 400 Free at 19:54.41 and 200 IM in a 13:57.52.

Kevin Noah (19-24) 100 Free with a 1:00.02 and the 400 Free in at 4:50.63.

Anton Leneis (19-24) 100 Breast with 1:18.72 and the 200 Breast at 2:54.87.

K. Yamashita (19-24) 200 IM in a 2:46.32.

Mark Nelson (30-34) 200 Breast with a 2:44.49.

Curt LaCount (35-39) 50 Free in :26.97 and 50 Back at :30.76 and the 100 Free in :59.39.

Kevin Howard (35-39) 50 Breast in at :36.34.

Chris Roth (35-39) 50 Fly in 30.14.

David Drake (40-44 MACO) 50 Free in at 27.11 and 100 Free with a 59.79.

Dan Perz (40-44) 200 Back in a 2:46.16.

Allen Stark (45-49) 200 Breast with a 2:52.85.

Steve Warner (45-49) 50 Fly in 30.62 and 100 Fly at 1:08.93.

Art Welch (60-64) 200 Free in 2:45.18, 50 Fly at 39.33 and 100 Fly at 1:36.03.

Gilbert Young (70-74) 200 Free in 3:11.61 and 400 Free at 6:52.38.

R Bassett (85-89) 50 Back in 2:07.90.

RELAYS ...

MXD 200 m Free 160+ ORE 2:08.79

J Zell, K Looney, S Cooper, M Wren

That's it for the records, now let's look at some great swims and close ones, etc-

Holly Vaughn-Edmond (30-34) had a great 400 in 4:57.28. **Nancy Brown** (40-44) also broke the 50 Free. **Suzanne Cooper** (40-44) Looked great in the 50 Breast and 50 Fly. **Kristi Looney** (45-49) Excellent 100 Fly. **Joan Morris** (60-64) 50 Free in 37.50. **Cooper & Hendryx** (40-44) 50 Fly A RACE !! **Case & Pierson** (45-49) 100 Back, a Barn Burner !! Pierson also broke the record. Case (45-49) close in the 200 Breast 3:35.93 vs 3:35.79. **Yamashita vs Leneis** in the 50 Free (19-14) 27.75 vs 27.91. Yamashita 50 and 100 Fly in 28.66 vs 28.41 and at 1:06.48 vs 1:05.06. **Hath & Yatvin** (25-29) 100 Free in at 59.45 vs 59.51. **Mark Nelson** (30-34) 100 Breast in a close 1:14.40 vs 1:14.13. **Doug Stewart** (30-34) also broke the SGO record for the 400. **Ottolia & Howard** (35-39) 100 Breast in 1:22.56 vs 1:22-77. Plus the 200 Breast with Howard over

N.W. ZONE LC CHAMPIONSHIPS

Hugh and Jane Moore, plus many many wonderful people, were our hosts for the 1994 edition of LC Zone Championships. A fair number of Oregons journeyed to Federal Way and swam well on July 30th and 31st.

Another WORLD RECORD for **PETEY SMITH**, the 1500 Free in 27:05.80, this eclipsed the old time of Margery Meyer (USA) of 28:39.46. Petey picked up a total of 5 Golds for 2 days work. As I write this, Petey is winding up her swims at Buffalo. Who knows what wondrous things have happened ?

CLARENCE HAMILTON (80-84 IEM) Set 4 new ZONE Records over the weekend in the 800 Free in 23:50.26, 100 Fly with a 3:15.34, 200 Fly at 6:50.65, and the 400 IM in 13:16.35.

JEFF STILING (30-34 MACO) Also established 4 NEW ZONE marks. The 200 Free in 2:00.39, 400 Free in 4:16.22, 100 Fly at 58.89, and the 200 IM with a 2:17.62. If you have not seen Jeff swim, you have been missing great splashing. OB found in the books, that Jeff was an All American in '93, out of Texas Masters, with a 200 Free in 1:58.06.

ALAN CARDWELL (40-44 PNA) Broke 2 ZONES in the 400 Free at 4:37.15 Just touching out Rick Colella at 4:37.24 and the 800 Free with 9:38.42. It was so great to see Alan in the swim again, he swam for Oregon Masters back in the late 70's and was coach of the Tualatin Hills Barracudas. OB remembers that 200 Fly (Nationals 1982) when he and Roy Abramowitz went stroke for stroke with James Griffith (TOC) until the last 10 meters.

GENE CROSSETT (80-84 PNA) 2 Zones in the 200 Free in 3:51.90 and 1500 with a 33:56.96. That effort voided the old mark from '78 by Bob Simmons. Down memory lane, U.S. Masters first shoot out at 85+, Collie Wheeler and Simmons, eye to eye for 3 events with Collie taking the honors.

JIM PENFIELD (85-89 PNA) Shiny new ZONE in the 50 Breast in 1:04.55.

PAM HIMSTREET (50-54) Broke the 100 Fly record with a 1:51.53, this one went back to 1976, way to Fly to a NEW ZONE.

TODD DOHERTY (19-24 PNA) 6 outstanding swims, topped with a new ZONE for the 200 IM in 2:25.08.

PNA's Grand Old Men of **Alan Sachs**, **Everett Cassell**, **Jim**

Ottolia in 3:07.88 vs 3:08.12. Welcome to **Andy Ottolia**, 39 going on 40. Also Kevin forward who just turned 35! **Eric Guest** (60-64) Turning up the screws for 65th Birthday and beyond. Eric also broke the 50 Fly record. **Fred Eckhardt** (65-69) got a call from OB "what's with this 3:24.38 in the 200 Breast? Fred tells OB, that he wasn't even in the pool that day..." OWEEE...we'd better talk to the results crew on that one.

From the looks of all those NON-REGISTERED swimmers, who did so well, OMS had better put on the HARDELL before August of 1995. To the best of your writers knowledge, we have never had a meet of this size or larger, where 2 age groups (50-54 & 55-59) were missing completely? That's it for this one fellow chlorine lovers...Keep at it, Swim Well, Often and Hard. Glory awaits you at MHCC in 1995 during the U S Masters Long Course National Swimming Championships !

Penfield, and **Gene Crossett** combined for a new ZONE of 4:45.39 in the 320+ Medley Relay

RON NAKATA (55-59) 2 OMS Bests! 50 Free in :30.21 and 200 IM in 3:00.82, looks like Ron is warming for MHCC next August.

KARL VON TAGEN (50-54) OMS Record in the 200 Free in 2:24.85. Karl is on the right track for LC Nationals in '95.

DAVID DRAKE (40-44 MACO) New OMS Standard in the 200 Free with a 2:11.64.

POT-POURRI, et al...

Lisa Elliott (19-24 MACO) Fine meet with 5 golds. **Judith Lampi** (30-34 MACO) Came back with 3 Golds. **Suzanne Rague** (40-44) 2 golds and a flock of silvers. **Teri Hendryx** (40-44 MACO) 6 Golds, highlighted by a super new OMS RECORD for the 100 Fly at 1:20.66. **Mary Waters** (45-49 MACO) swimming better all the time, picked off a gold in the 800 Free. **Kristi Looney** (45-49) Excellent PR for the GOLD in the 400 IM. **Ginger Pierson** (45-49) 5 Golds plus a Silver. **Evelyn Sinai** (50-54 MACO) Just missed the OMS time for the 50 Breast, moving up for next years LC Natls. **Betsy Austen** (65-69:MACO) 5 GOLDS + 1 SILVER, way to go Betsy ! **Pauline Stangel** (70-74) 3 GOLDS and 2 SILVERS, has Petey to contend with now. **Helena Hoffman** (75-79) 4 GOLDS and a SILVER, top ten times. A RARITY in the Men 25-29 100 Breast **Kris Hislop** and **Kris Larsen**, both of PNA, a TIE in at 1:34.53. **Rick Colella** (40-44 PNA) class act all the way with 5 GOLDS and a SILVER. **Frank Warner** (45-49 PNA) formerly one of us...2 PNA records. **Dave and Francesca Drum**, have cast their lot with PNA...both are top performers, watch Dave in '95, new age group (60-64). **Clark Austen** (65-69 MACO) had it all to himself with 5 GOLDS. **Gil Young** (70-74) OB missed another one, a spanking new OMS time for the 400 Free in at 6:43.07. **Gerald Huestis** (70-74) 3 GOLDS and a SILVER, all Top Ten times. **Duke Ciglic** (70-74 Canada) Looked great in the water with 5 GOLDS and a SILVER. **Gil Young**, **Gerald Huestis**, **Pauline Stangel** and **Petey Smith** teamed up for a 2:43.74 in the 200 MXD Free Relay, could be good for a #3 Top Ten.

That's 30...Thanks to the Moores and PNA !

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: Sunday, October 16, 1994
Hosted by Queen Anne Swim Club - Masters
@ Queen Anne pool
Sanction # 943608

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ Date of Birth _____ USMS # _____

TEAM _____ or Unattached _____ Association _____

AGE GROUP: none. Top 10 finishers are ranked by closest percentage of finishing actual versus estimated times. Age is determined by your age on the last day of the meet.

ENTRY LIMIT: none

EVENT	1	2	3	4	Σ
	400	300	200	100	
(Est. Times)					

ENTRY FEES: (due by 10/12/94) \$ 8.00

DECK ENTRIES AFTER 10/12 \$11.00
Make checks payable to: QASC-Masters c/o Ed Artis
2547 1st Ave. West
Seattle, WA. 98109

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 injury disability or death and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Swimming program or any activities incident against United States Masters Swimming Committee, the clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

QUEEN ANNE MASTERS SWIM RALLY
MEET INFORMATION: Sunday, October 16, 1994
Hosted by The Queen Anne Swim Club-Masters

EVENTS

1	400
2	300
3	200
4	100

DATE: Sunday, October 16, 1994.

TIME: Warm-ups 8:00 am, first event @ 9:00 am.

ADDITIONAL WARM-UPS: Between events.

PLACE: Queen Anne Pool, 1920 1st Ave. West.

MEET DIRECTOR: Ed Artis, 2547 1st Ave. West.
Seattle, WA. 98109. 285-1268

FACILITY: 25 yd. X 15 yd., 6 lanes, Warm-ups at 8:00 am, first event @ 9:00 am.

CONCESSIONS, STORES, RESTAURANTS: Yes, many facilities within walking distance from pool.

RULES: You may use any combination of strokes and turns during events. No watches are allowed on swimmers during events.

ELIGIBILITY: USMS registered swimmers.

SEEDING: Slow to fast for each individual event; except for DECK ENTRIES. Any entries not received by 10/12/94 are deck entries, and will be seeded on the day of the event.

TIMING: By hand.

RESULTS & PRIZES: Results are computed and posted as each event is completed; without regard to gender. Same day result sheets will be available after the rally.

Individual awards are given to the first three places in each event for those who come closest to their estimated time as a percentage.

In addition, prizes are awarded to the top ten overall finishers who swim all events.

DIRECTIONS

From Tacoma/Everett: Take I-5 North/South to the Mercer street exit. Follow arterial to Denny Way and turn right (West). Turn right (North) at 1st Ave. North and follow the arterial onto Queen Anne Avenue. Go up the hill to the stop sign at the top of Queen Anne Hill. Proceed straight (North) on Queen Anne Avenue to and turn Left (West). The pool parking lot is immediately on the left.

1995 United States Masters Swimming NATIONAL LONG COURSE CHAMPIONSHIPS

MT. HOOD COMMUNITY COLLEGE AQUATIC CENTER • PORTLAND, OR

AUGUST 24-27, 1995

SCHEDULE OF EVENTS

Thursday

800 Free

1500 Free

Friday Saturday Sunday

Order of Events
to be determined

MEET DIRECTOR

John Zell

4640 NE 36th Ave.

Portland, OR 97211-7618



SCHEDULED SPECIAL EVENTS

(As of 8/94)

Saturday Night

Banquet & Entertainment

McMenamins at Edgefield

Monday: Open Water Swim

1500 & 3000 meter

OR 2.5 mile course

Site to be determined.

ACCOMMODATIONS

(NUMBERS CORRESPOND TO MAP)

1. QUALITY INN (800) 662-1231 (503) 666-9545

1545 NE Burnside Gresham, OR

Approx. 1 mi. from pool

73 total rooms; 40 non-smoking

From \$56-\$68 + tax

2. PONY SOLDIER MOTOR INN (800) 634-9669

(503) 665-1591

1060 NE Cleveland Gresham, OR

Approx. 1.5 mi. from pool

75 total rooms; 25 non-smoking

From \$70 + tax

3. TRAVELODGE (800) 225-3050 (503) 666-6623

23705 NE Sandy Blvd. Troutdale, OR

Approx. 3.5 mi. from pool

44 total rooms; 25 non-smoking

From \$45 + tax

4. PHOENIX INN (503) 669-6500

477 NW Phoenix Dr. Troutdale, OR

Approx. 3 mi. from pool

73 total rooms; 24 non-smoking

From \$45 + tax

5. SHILO INN (800) 222-2244 (503) 667-1414

2522 NE 238th Dr. Wood Village, OR

Approx. 3.5 mi. from pool

50 total rooms; 20 non-smoking

From \$48 + tax

6. MOTEL 6 (503) 665-2254

1610 Frontage Rd. Troutdale, OR

Approx. 3 mi. from pool

123 total rooms; 30 non-smoking

From \$32 + tax

7. HOLIDAY INN EXPRESS (800) 465-4329

(503) 492-4000

2323 NE 181st Ave. Gresham, OR

Approx. 6 mi. from pool

71 total rooms; 37 non-smoking

From \$59 + tax

Airport Hotels

Approx. 20 Minute drive from pool

SHERATON PORTLAND AIRPORT (800) 325-3535

8235 NE Airport Way 215 Rooms

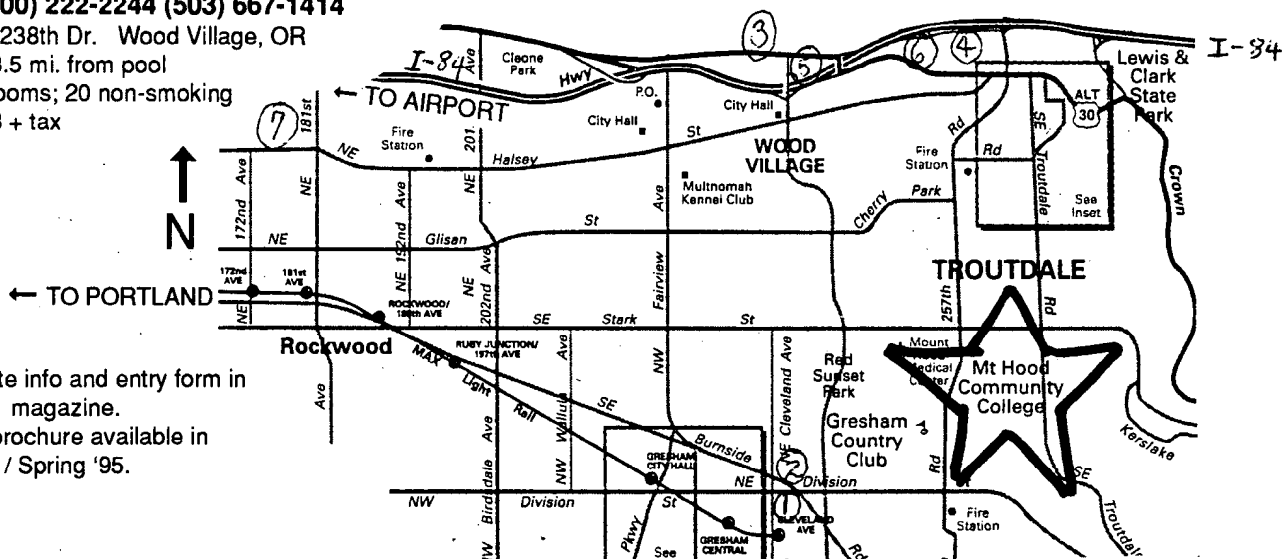
HOLIDAY INN PORTLAND AIRPORT (800) HOLIDAY

8439 NE Columbia Blvd. 286 Rooms

SHILO INN AIRPORT SUITES HOTEL (800) 222-2244

Airport Way & 1-205 11707 NE Airport Way

200 Rooms



Watch for complete info and entry form in
Swim magazine.

Official meet brochure available in
Winter / Spring '95.

STATE GAMES OF OREGON
MT. HOOD COMM. COLLEGE
JULY 9-10, 1994

Name	Age	Time
WOMEN 19-24		
50 Free		
Amanda Cornwall	19	35.27
Karina Schaffner	24	42.04
100 Free		
Karina Schaffner	24	1:34.77
200 Back		
Lisa Elliott	22	1:33.15
50 Breast		
Lisa Elliott	22	42.76
Amanda Cornwall	19	42.92
100 Breast		
Lisa Elliott	22	1:34.34
Amanda Cornwall	19	1:34.54
200 Breast		
Amanda Cornwall	19	3:25.88
200 IM		
Lisa Elliott	22	3:05.32
WOMEN 25-29		
50 Free		
Terri Mayers	27	33.21
100 Free		
Terri Mayers	27	1:12.28
Dana Walling	27	1:18.87
200 Free		
Sandra Hyde	25	2:41.43
400 Free		
Deb Heim	25	5:15.93
Dana Walling	27	5:50.66
50 Back		
Terri Mayers	27	42.29
200 Breast		
Deb Heim	25	3:08.46
200 IM		
Sandra Hyde	25	3:19.74
WOMEN 30-34		
50 Free		
Judith Lampi	33	32.99
Pat A Abel	34	35.58
Cyndi Borgmeier	33	35.61
Beth Beadling	32	36.48
100 Free		
Joanne Kertis	32	1:09.91
Judith Lampi	33	1:12.73
Kate Kennebeck	33	1:26.64
200 Free		
Joanne Kertis	32	2:34.22
Judith Lampi	33	2:49.65
400 Free		
H. Vaughn-Edmond	32	4:57.28
Kimarie Gagnon	31	5:50.58
Beth Beadling	32	6:17.40
Kate Kennebeck	33	6:40.71
100 Back		
Cyndi Borgmeier	33	1:31.81
Christina Fox	33	1:37.05
Pat A Abel	34	1:37.39
200 Breast		
Christina Fox	33	3:37.11
50 Fly		
Judith Lampi	33	37.24
Pat A Abel	34	39.92
100 Fly		
Pat A Abel	34	1:33.54
200 Fly		
Kimarie Gagnon	31	3:03.96
200 IM		
Joanne Kertis	32	2:55.36
Pat A Abel	34	3:30.57
WOMEN 35-39		
50 Free		
Mary Jackson	38	31.62

100 Free		
Mary Jackson	38	1:09.84
200 Free		
Lori Hollingsworth	38	2:51.21
50 Breast		
Mary Jackson	38	41.23
100 Breast		
Mary Jackson	38	1:30.21
50 Fly		
Lori Hollingsworth	38	44.48
WOMEN 40-44		
50 Free		
Joni Haffner	40	32.81
Nancy Brown	44	36.36
Lissa Parker	42	38.81
Martha Binder	44	43.73
100 Free		
Nancy Brown	40	1:14.86
200 Free		
Joni Haffner	40	2:45.30
400 Free		
Joni Haffner	40	5:58.87
Sandre S Nelson	43	6:07.05
Nancy Brown	40	6:17.78
Lissa Parker	42	6:34.08
50 Back		
Suzanne Cooper	44	40.32
Joni Haffner	40	41.93
Lissa Parker	42	50.43
100 Back		
Sandre S Nelson	43	1:26.56
Lissa Parker	42	1:52.20
200 Back		
Sandre S Nelson	43	3:08.92
50 Breast		
Suzanne Cooper	44	43.66
Lauren Burdick	41	45.36
200 Breast		
Teri Hendryx	41	3:22.92
Sandre S Nelson	43	3:32.62
50 Fly		
Suzanne Cooper	44	36.14
Teri Hendryx	41	36.45
Martha Binder	44	56.12
100 Fly		
Teri Hendryx	41	1:24.34
Sandre S Nelson	43	1:30.51
200 Fly		
Teri Hendryx	41	3:11.35
200 IM		
Teri Hendryx	41	3:03.71
Joni Haffner	40	3:11.47
Sandre S Nelson	43	3:12.13
WOMEN 45-49		
50 Free		
Ginger Pierson	48	34.91
Sue Girard	46	50.78
Mary Waters	47	1:28.87
100 Free		
Sue Girard	46	1:52.56
Mary Waters	47	3:27.92
400 Free		
Sue Girard	46	8:17.35
Mary Waters	47	15:01.87
50 Back		
Ginger Pierson	48	43.35
Carol Jean Hafner	46	45.46
Nancy Helget	45	46.82
100 Back		
Susan Case	45	1:33.16
Ginger Pierson	48	1:34.80
Kristi Looney	46	1:40.91
Carol Jean Hafner	46	1:46.16
Nancy Helget	45	1:47.61
200 Back		
Susan Case	45	3:19.13
Kristi Looney	46	3:38.27

50 Breast		
Ginger Pierson	48	42.38
Nancy Helget	45	47.67
Mary Waters	47	2:24.79
100 Breast		
Ginger Pierson	48	1:33.01
Susan Case	45	1:42.48
Nancy Helget	45	1:47.14
Mary Waters	47	5:21.91
200 Breast		
Susan Case	45	3:35.93
Nancy Helget	45	3:46.15
50 Fly		
Kristi Looney	46	43.02
100 Fly		
Kristi Looney	46	1:36.89
200 Fly		
Ginger Pierson	48	3:20.66
Kristi Looney	46	3:36.98
WOMEN 50-54		
50 Free		
Nancy Brooks	51	35.67
Sue Calnek	51	38.22
Evelyn Sinai	54	44.66
100 Free		
Sue Calnek	51	1:24.31
400 Free		
Sue Calnek	51	6:32.45
50 Back		
Nancy Brooks	51	45.18
Judy Cochran	51	52.30
100 Back		
Judy Cochran	51	1:47.77
50 Breast		
Nancy Brooks	51	43.32
Pam Himstreet	50	49.86
Evelyn Sinai	54	51.45
100 Breast		
Nancy Brooks	51	1:35.51
Pam Himstreet	50	1:47.85
Evelyn Sinai	54	1:52.25
200 Breast		
Nancy Brooks	51	3:34.74
Pam Himstreet	50	3:48.05
Evelyn Sinai	54	4:00.92
WOMEN 60-64		
50 Free		
Joan Morris	63	37.50
100 Free		
Lavelle Stoinoff	61	1:17.64
Joan Morris	63	3:47.67
400 Free		
Lavelle Stoinoff	61	5:48.67
WOMEN 65-69		
50 Free		
Gloria Baumann	67	47.34
Betsy Austen	66	54.36
100 Free		
Betsy Austen	66	2:02.16
400 Free		
Betsy Austen	66	8:28.71
100 Back		
Betsy Austen	66	2:13.60
200 Back		
Margaret Wells	68	5:02.89
50 Breast		
Gloria Baumann	67	1:01.31
100 Breast		
Gloria Baumann	67	2:14.08
Margaret Wells	68	2:31.59
200 Breast		
Betsy Austen	66	5:13.92
WOMEN 70-74		
50 Free		
Petey MH Smith	70	38.75
Agnes Hotter	74	1:11.93
Elizabeth King	71	1:12.46

100 Free		
Petey MH Smith	70	1:26.65
Pauline Stangel	72	1:51.84
Elizabeth King	71	2:42.29
200 Free		
Petey MH Smith	70	3:13.62
Elizabeth King	71	5:52.21
400 Free		
Petey MH Smith	70	6:46.55
Pauline Stangel	72	8:28.50
Elizabeth King	71	12:01.95
50 Back		
Agnes Hotter	74	1:10.21
Elizabeth King	71	1:43.32
100 Back		
Agnes Hotter	74	2:41.35
200 Back		
Agnes Hotter	74	5:45.58
50 Breast		
Pauline Stangel	72	1:04.41
100 Breast		
Pauline Stangel	72	2:23.70
200 Breast		
Pauline Stangel	72	4:55.18
200 Fly		
Elfie Stevenin	72	7:19.19
WOMEN 75-79		
50 Free		
Ada Hebert	78	1:09.35
Ruth Hegreness	75	1:10.01
400 Free		
Helena Hoffman	78	10:47.15
50 Back		
Ada Hebert	78	1:19.62
Ruth Hegreness	75	1:33.46
Marian Nightingale	79	1:53.67
100 Back		
Ada Hebert	78	3:05.31
200 Breast		
Helena Hoffman	78	6:57.46
100 Fly		
Helena Hoffman	78	3:47.70
200 Fly		
Helena Hoffman	78	7:53.01
200 IM		
Helena Hoffman	78	6:55.07
WOMEN 80-84		
50 Free		
Dorothy Petrich	80	57.56
Doreen Morris	81	1:47.15
100 Free		
Dorothy Petrich	80	2:17.71
50 Back		
Doreen Morris	81	1:42.02
100 Back		
Doreen Morris	81	4:04.45
WOMEN 85-89		
100 Free		
Elsie West	85	4:29.39
400 Free		
Elsie West	85	19:54.41
100 Back		
Elsie West	85	4:10.89
200 IM		
Elsie West	85	13:57.52

200 Free		
Kevin Noah	22	2:13.47
Danny Vaughan	24	3:49.44
400 Free		
Kevin Noah	22	4:50.63
50 Breast		
Anton Leneis	24	35.02
100 Breast		
Anton Leneis	24	1:18.72
200 Breast		
Anton Leneis	24	2:54.87
50 Fly		
Kazahiro Yamashita	22	28.66
100 Fly		
Kazahiro Yamashita	22	1:06.48
200 IM		
Kazahiro Yamashita	22	2:46.32
MEN 25-29		
50 Free		
Richard Yatvin	27	27.19
Matthew Roth	27	27.90
100 Free		
Matthew Roth	27	59.45
Richard Yatvin	27	59.51
James Schmeer	28	1:49.40
200 Free		
James Schmeer	28	3:57.98
400 Free		
James Schmeer	28	8:21.19
50 Breast		
Richard Yatvin	27	37.36
100 Breast		
James Schmeer	28	1:59.22
50 Fly		
Matthew Roth	27	29.40
Richard Yatvin	27	30.35
100 Fly		
Matthew Roth	27	1:08.48
200 Fly		
Matthew Roth	27	2:53.14
200 IM		
Matthew Roth	27	2:37.30
James Schmeer	28	4:37.70
MEN 30-34		
50 Free		
Jim Rabe	33	27.22
Edward Kertis	32	30.10
100 Free		
David Cobb	34	1:06.65
200 Free		
Jeff Stiling	33	2:05.12
Doug Stewart	30	2:11.37
Kurt Baron	30	2:25.04
400 Free		
Jeff Stiling	33	4:25.84
Doug Stewart	30	4:43.88
Kurt Baron	30	5:11.34
Mark Nelson	33	5:20.72
100 Back		
Kurt Baron	30	1:17.57
200 Back		
Kurt Baron	30	2:46.93
50 Breast		
Mark Nelson	33	34.47
Edward Kertis	32	36.76
100 Breast		
Mark Nelson	33	1:14.40
Edward Kertis	32	1:25.19
200 Breast		
Mark Nelson	33	2:44.49
100 Fly		
Jeff Stiling	33	1:00.65
Doug Stewart	30	1:05.64
200 Fly		
Jeff Stiling	33	2:20.92
Doug Stewart	30	2:30.01
200 IM		
Kurt Baron	30	2:42.57
Mark Nelson	33	2:59.85

OREGON STATE GAMES
CONTINUED

MEN 35-39

50 Free

Curt La Count	35	26.97
Jim Ruble	37	27.60
Mark Wren	35	28.09
Christopher Roth	35	29.81
Kevin Howard	35	31.40
Andy Ottolia	39	32.93

100 Free

Curt La Count	35	59.39
Mark Wren	35	1:05.69
Ronald Cobb	37	1:07.87
Kevin Howard	35	1:13.49

400 Free

John May	39	5:00.56
Mark Wren	35	5:30.57
Christopher Roth	35	5:30.85

50 Back

Curt La Count	35	30.76
Jim Ruble	37	33.39
Ronald Cobb	37	35.30
Andy Ottolia	39	40.00

100 Back

Curt La Count	35	1:06.57
John Zell	37	1:13.64

200 Back

John Zell	37	2:43.94
John May	39	2:49.44

50 Breast

Kevin Howard	35	36.34
Andy Ottolia	39	37.58
Keith Laurent	37	48.37

100 Breast

Andy Ottolia	39	1:22.56
Kevin Howard	35	1:22.77
Keith Laurent	37	2:03.02

200 Breast

Kevin Howard	35	3:07.88
Andy Ottolia	39	3:08.12

50 Fly

Christopher Roth	35	30.14
Michael Paholsky	38	33.26
Ronald Cobb	37	33.98

100 Fly

Christopher Roth	35	1:15.12
Michael Paholsky	38	1:29.66

200 Fly

Christopher Roth	35	3:09.42
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200 IM

Christopher Roth	35	2:54.30
Michael Paholsky	38	3:25.17

MEN 40-45

50 Free

David Drake	42	27.11
Adrian Kalil	41	29.20
Gary Wallis	41	31.44
Robert Huizenga	44	32.50
Henry Skaling	41	34.23

100 Free

David Drake	42	59.79
Michael Horwath	44	1:04.57
Adrian Kalil	41	1:06.09
Jim Teisher	44	1:08.38
Joel Swink	40	1:08.88
Robert Huizenga	44	1:14.12
Henry Skaling	41	1:17.11

200 Free

David Drake	42	2:11.89
Michael Horwath	44	2:22.56
Jim Teisher	44	2:30.88
Joel Swink	40	2:38.46
Gary Wallis	41	2:55.72
Henry Skaling	41	3:01.16

50 Back

Adrian Kalil	41	36.36
Joel Swink	40	37.01
Michael Horwath	44	38.48
Gary Wallis	41	42.16
Robert Huizenga	44	46.50

100 Back

Dan Perz	42	1:15.76
Adrian Kalil	41	1:19.79
Joel Swink	40	1:23.81
Gary Wallis	41	1:33.58

200 Back

Dan Perz	42	2:46.16
Joe Swink	40	3:06.04
Michael Horwath	44	3:15.22

50 Breast

Gary Wallis	44	43.93
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100 Breast

Gary Wallis	41	1:35.29
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50 Fly

Michael Horwath	44	30.75
Douglas Adams	44	32.32
100 Fly		
Douglas Adams	44	1:18.88
Joel Swink	40	1:26.12
Jim Teisher	44	1:31.49

200 Fly

Jim Teisher	44	3:41.42
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MEN 45-49

50 Free

Buz Carriker	46	31.55
Steve Ford	45	34.16
Emerson Fisher	45	34.59
Allen Bare	45	41.20

100 Free

Steve Ford	45	1:21.79
Allen Bare	45	1:43.34

200 Free

Emerson Fisher	45	2:51.52
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400 Free

Buz Carriker	46	5:52.47
Emerson Fisher	45	6:10.70

50 Back

Steve Ford	45	53.39
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100 Back

Buz Carriker	46	1:43.05
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50 Breast

Allen Stark	45	34.59
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100 Breast

Allen Stark	45	1:17.73
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200 Breast

Allen Stark	45	2:52.85
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50 Fly

Stephen Warner	45	30.62
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100 Fly

Stephen Warner	45	1:08.93
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MEN 60-64

50 Free

Eric G.P. Guest	64	33.66
William Hollman	63	39.42

100 Free

Arthur Welch	61	1:18.72
Eric G.P. Guest	64	1:18.72
William Hollman	63	1:32.82

200 Free

Arthur Welch	61	2:45.18
William Hollman	63	3:29.78

400 Free

Arthur Welch	61	5:47.25
William Hollman	63	7:23.90

50 Fly

Arthur Welch	61	39.33
Eric G.P. Guest	64	40.04

100 Fly

Arthur Welch	61	1:36.03
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MEN 65-69

50 Free

Clark Austen	66	42.94
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100 Free

Clark Austen	66	1:46.13
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200 Free

Michael Popovich	67	3:30.13
Clark Austen	66	3:47.95

400 Free

Clark Austen	66	8:07.83
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50 Back Disabled

Laurence Thompson	68	2:18.43
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50 Back

Leon Garrison	65	55.64
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100 Back

Leon Garrison	65	2:18.02
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50 Breast

Michael Popovich	67	57.77
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100 Breast

Leon Garrison	65	2:06.45
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200 Breast

Fred Eckhardt	68	3:24.38
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MEN 70-74

100 Free

Khosrow Shadbeh	73	1:56.69
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200 Free

Gilbert Young	72	3:11.61
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400 Free

Gilbert Young	72	6:52.38
David Bernstein	72	9:51.19

50 Back

Gilbert Young	72	51.06
David Bernstein	72	1:06.45

100 Back

Gilbert Young	72	1:54.71
David Bernstein	72	2:27.13

200 Back

David Bernstein	72	5:21.59
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50 Breast

Khosrow Shadbeh	73	56.20
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100 Breast

Khosrow Shadbeh	73	2:04.97
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200 Breast

Khosrow Shadbeh	73	4:32.24
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MEN 75-79

50 Free

Mel Anderson	76	59.44
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50 Back

Mel Anderson	76	1:12.58
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200 Fly

Mel Anderson	76	7:56.35
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MEN 80-84

50 Free

Lee "Kip" King	81	1:01.27
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100 Free

Alfred Gawley	82	2:16.12
Lee "Kip" King	81	2:24.52

50 Back

Alfred Gawley	82	1:24.68
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50 Breast

Lee "Kip" King	81	1:31.18
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MEN 85-89

50 Back

Raymond Bassett	85	2:07.90
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MEN 101-104

Edwin Thomas	101	3:22.65
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RELAYS

Mixed 200 Free Relays

120-159		
Oregon A		2:06.70

Christopher Roth	35
Ginger Pierson	48
Mary Jackson	38
Matthew Roth	27

Oregon B		2:09.90
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Mark Nelson	33
Amanda Cornwall	19
Cyndi Borgmeier	33
Jim Teisher	44

MACO A		2:12.88
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Jeff Stiling	33
Lisa Elliot	22
James Schmeer	28
Joni Haffner	40

160-199		
Oregon A		2:08.79

John Zell	37
Suzanne Cooper	44
Kristi Looney	46
Mark Wren	35

200-239		
MACO A		2:26.72

David Drake	42
Evelyn Sinai	54
Clark Austen	66
Teri Hendryx	41

Oregon A		2:42.16
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Michael Horwath	44
Dorothy Petrich	80
Lissa Parker	42
Henry Skaling	41

200 Mixed Medley Relays		
120-159		

Oregon A		2:32.78
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Dan Perz	42
Sandra Hyde	25
Sandre Nelson	43
Joel Swink	40

160-199		
Oregon A		2:29.28

John Zell	37
Kristi Looney	46
David Cobb	34
Suzanne Cooper	44

Oregon B		2:35.28
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Ginger Pierson	48
Christopher Roth	35
Matthew Roth	27
Nancy Brooks	51

Oregon C		2:40.09
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Lori Hollingsworth	38
Michael Horwath	44
Lauren Burdick	41
Henry Skaling	41

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-10

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 OR FORM WITH THIS ENTRY.**

MEET: Mt. Hood Masters S.C. Meet

DATE: October 30th, 1994

PLACE: MT. HOOD C.C. AQUATIC CENTER

26000 S.E. STARK

GRESHAM, OR

5 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Mt. Hood Masters **Meet Director:** PHIL KING 503-667-7243 work

DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow signs to Mt. Hood Community College.

**SUN. OCT 30 WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN October 9th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet.

ALL EVENTS WILL BE SEEDED SLOW TO FAST.

500 FREE (1) _____ : _____ . _____
400 I.M. (2) _____ : _____ . _____
BREAK BREAK BREAK
FREE RLY (3) XXXXXXXXXXXXXXX
100 BACK (4) _____ : _____ . _____
200 FREE (5) _____ : _____ . _____
50 FLY (6) _____ : _____ . _____
200 BREAST (7) _____ : _____ . _____
100 I.M. (8) _____ : _____ . _____
BREAK BREAK BREAK
MXD FR RL (9) XXXXXXXXXXXXXXX
200 BACK (10) _____ : _____ . _____
50 FREE (11) _____ : _____ . _____
100 FLY (12) _____ : _____ . _____

50 BREAST (13) _____ : _____ . _____
MED RELAY (14) XXXXXXXXXXXXXXX
BREAK BREAK BREAK
50 BACK (15) _____ : _____ . _____
100 FREE (16) _____ : _____ . _____
200 FLY (17) _____ : _____ . _____
100 BREAST (18) _____ : _____ . _____
200 I.M. (19) _____ : _____ . _____
MXD MD RL (20) XXXXXXXXXXXXXXX
BREAK BREAK BREAK
1000 FREE (21) _____ : _____ . _____
--- or ---
1650 FREE (22) _____ : _____ . _____
(You may enter the 1000 or 1650, but not both)

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 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING
c/o Suzanne Rague 935 N.W. 170 PLACE BEAVERTON, OR 97006

Barnacle reviews results records

V World Masters in Montreal

Almost 3500 Masters swimmers gathered in Montreal and gave it their all from July 4th through July 10th. Swimmers from 41 countries had the opportunity to paddle in the same venue as the 1976 Olympians. Backstrokers were first to note the only real problem. On your back you like to have something on the ceiling to line up with, very quickly the upside down lads and lassies found it just about impossible. Another item of importance was that in using 10 lanes, we found that those who swam in lanes 1 or 10, did not have the benefit of double lane lines to smooth backwash off the gutters.

Albeit, it is a beautiful pool, and you could not help but getting caught up in the excitement. Watching and swimming with people whom you only see every few years. Numbers are fun; Canada had 1187, USA with 707, followed by Japan at 464, Brazil 191, Germany 176, Mexico 104 and GBR at 101.

The first day got off with a bang, and again we were reminded of what numbers do, the last heat of the 400 Free, hit the water at 11:30 PM.

One of the finest examples of what Masters is all about was when Tom Lane from San Diego, 100 years young, finished one of his events, all 5 in World Record time, the spectators in the stands, stood up and gave him a standing ovation. They were knowledgeable, and gave applause to many other swimmers, men and women alike who performed well.

Our hosts were wonderful, the first 2 days saw a few "glitches" but by the 3rd day, all was running, smooth as silk. OB wants to thank the people of Montreal and all of Canada for affording us all with a great experience and fun time. What about our OREGONIANS...

JILL BLACK (30-34)

Fourth: 50 Fly at :32.71

Fifth: 200 IM in 2:47.71

Eleventh: 100 Back, New OMS standard at 1:17.50 which goes back to 1982.

TIM WAUD (25-29)

26th: 50 Breast - :36.65

12th: 100 Breast - 1:16.04

17th: 100 Back - 1:10.50

11th: 200 IM - 2:25.87

11th: 400 IM - 5:25.01

MARK NELSON (30-34)

14th: 50 Breast - :34.27

5th: 100 Breast - 1:13.62

STEVE JOHNSON (45-49)

9th: 200 Free - 2:17.08

7th: 400 Free - 4:48.27

7th: 800 Free - 10:09.43

5th: 100 Fly - 1:10.92

8th: 200 Fly - 2:55.66

5th: 5000 Open Water - 1 Hr 9 Min 23 Sec

BERT PETERSEN (55-59)

14th: 50 Free - 30.49

8th: 800 Free - 11:51

2nd: 50 Fly - :30.24 (New Zone Record)

2nd: 100 Fly - 1:12.08 (New Zone Record)

5th: 200 Fly - 3:18.94

EARL WALTER (70-74)

2nd: 100 Fly - 1:52.72

3rd: 400 IM - 8:30.52

4th: 100 Back - 1:42.30

5th: 200 Back - 3:46.62

ALLAN DELAY (75-79) DIVING

(Will be 81 at Sheffield in '96)

4th: One Meter Board

4th: Three Meter Board

Everyone had a great time, and
OREGON MASTERS is proud!

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-11

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: N.W. ZONE SC METERS CHAMPS DATE: NOV. 19-20, 1994

PLACE: OREGON CITY MUNICIPAL POOL
1211 Jackson Street

OREGON CITY, OREGON

5 LANES COMPETITION - ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Oregon City Swim Team

Meet Director: TIM WAUD phone: 503-656-2661 w 503-655-7131 h

Directions to Lincoln City pool: Take I-205 North or South to Park Place exit. Go West on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go right at 12th Street up to Jackson St.

WARM-UPS SAT NOV 19: 4:30 P.M.

SUN NOV 20: 7:00 A.M.

MEET STARTS SAT NOV 19: 5:30 P.M.

SUN NOV 20: 8:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 5th, 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 6 individual events plus 4 relays. You are allowed to swim a maximum of five individual events per day.** Enter relays at the meet. The 400 I.M., 800, and 1500 Freestyles will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY NOV 19

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

BREAK BREAK BREAK

100 BACK (2) _____ : _____ . _____

FREE RELAY (3) XXXXXXXXXXXXXXXX

200 BREAST (4) _____ : _____ . _____

800 FREE (5) _____ : _____ . _____

1500 FREE (6) _____ : _____ . _____

SUNDAY NOV 20

MEDLEY RLY (7) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BREAST (8) _____ : _____ . _____

50 BACK (9) _____ : _____ . _____

100 I.M. (10) _____ : _____ . _____

100 FLY (11) _____ : _____ . _____

200 FREE (12) _____ : _____ . _____

BREAK BREAK BREAK

50 FREE (13) _____ : _____ . _____

100 BREAST (14) _____ : _____ . _____

200 BACK (15) _____ : _____ . _____

MXD FREE RLY(16) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FLY (17) _____ : _____ . _____

100 FREE (18) _____ : _____ . _____

200 I.M. (19) _____ : _____ . _____

50 FLY (20) _____ : _____ . _____

MXD MED RLY(21) XXXXXXXXXXXXXXXX

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$12.00 MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING

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

BEAVERTON, OR 97006

1994 CASCADE LAKES SWIM

ELK LAKE - AUGUST 20

3000 METERS

Overall Male: Steve Johnson, Eugene
Overall Female: Julie Verke, Bend

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
Steve Johnson	46M	47:45	1
Curt Lacount	35M	48:19	1
Julie Verke	24F	51:17	1
Michael Douglas*	37M	51:24	2
Jeff Anspach*	33M	51:30	1
Joani Krehbiel*	32F	51:36	1
Candace Christensen	25F	51:40	1
Judith Sheridan	31F	52:07	2
Bill Arthur*	46M	52:55	2
John Zell	37M	53:07	3
Mark Fairlee	36M	53:19	4
Lisa Verke	31F	53:23	3
Mike Tennant*	41M	53:37	1
Steffen Brocks*	26M	54:44	1
Steve Mann*	40M	55:55	2
Patrick Erwert*	40M	56:45	3
Shelly Tozer*	32F	59:20	4
Scot Cheesman	32M	1:01:29	2
Jim Bigler	58M	1:04:20	1
Brad Johnson*	37M	1:04:50	5
Janice Gaines	34F	1:05:15	5
Paul Pavlock*	28M	1:07:52	2
Joe Tennant	42M	1:08:20	4
Peggy Whiter	50F	1:13:00	1
Chuck Cammack*	48M	1:14:55	3

1500 METERS

Overall Male: Scot Robinson, Eugene
Overall Female: Carrie Morales, Bend

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
Scot Robinson	29M	23:15	1
Robert Sheasby*	36M	23:24	1
Stephen Harger	35M	24:49	2
Mark Wren	35M	25:56	3
Kris Krichko*	37M	27:21	4
Carrie Morales*	19F	27:28	1
Siobhan Briley	29F	27:58	1
Carolyn Viles*	38F	28:53	1
Laura Schob	35F	29:05	2
Linda Sharer	24F	29:07	1
Renee Schmeling	26F	29:42	2
Randall Stewart*	37M	30:50	5
Al Tozer*	32M	30:52	1
Pam Himstreet	50F	30:57	1
Paula Brunsman*	31F	31:19	1
Steven Knapp	39M	31:33	6
Merideth Webber	29F	33:42	3
Jamey Julius	29M	34:00	2
Kent Gutches*	35M	35:58	7
Lew Hollander*	64M	36:41	1

800 METERS

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
Daniel Truesdale	29M	12:21	1
Christina Bailey	23F	13:13	1
Adele Tennant	42F	28:11	1

Age Group Placings are based on standard US Masters Swimming 5 - year age group classifications (15 - 19; 20 - 24; 25 - 29 etc)

A "" by name indicates swimmer wore a wet suit. Swimmers wearing a wet suit were required to start on the beach and not put their wet suit on until after the start of the race.*

★ 1994 POSTAL PENTATHLON SWIM MEET ★

Approval: By Minnesota LMSC for USMS Inc. # 304-13.

Eligibility: Open to all registered masters swimmers for the 1994 or 1995 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breast-stroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1994 to December 15, 1994 and the entries must be postmarked by December 24, 1994, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1994.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1994 Postal Pentathlon Swim Meet**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
Address: _____ Swim Club: _____
City: _____ State: _____ Zip/Postal Code: _____ Country: _____
Sex: M F Phone Days: _____ Evenings: _____
Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____
Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON / DAY / YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course <i>50 Yards/Meters each stroke and 100 IM</i>				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
Middle distance <i>100 Yards/Meters each stroke and 200 IM</i>				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
Ironman course <i>200 Yards/Meters each stroke and 400 IM</i>				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend 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 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 THESE ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-12

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1995 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 OR FORM WITH THIS ENTRY.**

MEET: Eugene Masters Meet **DATE: SATURDAY December 10th, 1994**

PLACE: ECHO HOLLOW POOL

1655 Echo Hollow Road (West Eugene)

EUGENE, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Eugene Masters Meet Director: Lynda Christiansen 503-687-8379

DIRECTIONS TO POOL: From I-5 north or south take the Beltline freeway exit and head west into Eugene. The Beltline freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger heading east until you come to Echo Hollow road. Turn right and pool will be on your left.

WARM-UPS: 9:00 A.M.
MEET STARTS: 10:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN November 26th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and the 1000 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____:_____

100 FREE (12) _____:_____:_____

400 I.M. (2) _____:_____:_____

200 BACK (13) _____:_____:_____

BREAK BREAK BREAK

MED RLY (14) XXXXXXXXXXXXXXXX

FREE RLY (3) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BREAST (4) _____:_____:_____

200 BREAST (15) _____:_____:_____

100 FLY (5) _____:_____:_____

200 FLY (16) _____:_____:_____

200 FREE (6) _____:_____:_____

50 FREE (17) _____:_____:_____

50 BACK (7) _____:_____:_____

100 BACK (18) _____:_____:_____

100 I.M. (8) _____:_____:_____

200 I.M. (19) _____:_____:_____

MXD FR RLY (9) XXXXXXXXXXXXXXXX

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

BREAK BREAK BREAK

100 BREAST (10) _____:_____:_____

1000 FREE (21) _____:_____:_____

50 FLY (11) _____:_____:_____

---- OR ----

1650 FREE (22) _____:_____:_____

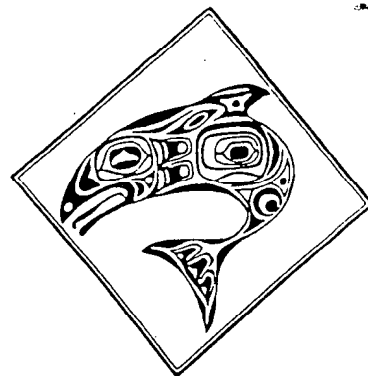
(You may enter the 1000 or 1650, but not both)

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 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING
c/o Suzanne Rague 935 N.W. 170 PLACE BEAVERTON, OR 97006

*Come Enjoy
a West Coast Spring!*



B.C. MASTERS

Canadian Masters Swimming Championship

1995

Championnat Canadien Des Maîtres-Nageurs



**Saanich Commonwealth Games Pool
Victoria, British Columbia
May/Mai 19-22, 1995**

**1995 CANADIAN MASTERS SWIMMING CHAMPIONSHIP
1995 CHAMPIONNAT CANADIEN DES MAÎTRES-NAGEURS**

Registration Package/Envelope D'Enregistrement:

Name/Nom: _____

Address: _____

City/Ville: _____

Province: _____ P.C.: _____

Age/Âge: _____ M: _____ F: _____

Organizing Chairman: **A. Rhodes**
(604) 477-9325 FAX: (604) 383-4383

Mail To/Envoyer à:

**J. Woodward
1691 Garnet Road
Victoria, B.C.
V8P 3C9**

FAX: (604) 383-4383

For Office Use Only

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 _____

(SEPTEMBER 1st to DECEMBER 31, 1994)

**Oregon Masters Swimming
Registration 1994**

NAME _____ Reg. Fee (\$15.00) _____
(Last name) (First) (M.I.)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

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

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

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

Signature _____ Date: _____

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

Printing of AQUAMASTER was donated through the courtesy of sometime swimmer Jim Snow and the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.



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PORTLAND, OR 97211-7618

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374-00095

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4640 NE 36TH AVE.
PORTLAND, OR 97211-7618

3

In this issue: Results from State Games of Oregon and The Elk Lake Open Water Swim, Ol' Barnacle, Z-Man says, and five entry forms.