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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**

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	POULSBO, 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.	
JULY	GRESHAM, OR	STATE GAMES OF OREGON	
<b>AUGUST 24-27 U.S.M.S. LONG COURSE NATIONALS</b>			
<b>MT. HOOD COMMUNITY COLLEGE GRESHAM, OR</b>			

### **\* 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.*



**N**ow here's something you haven't seen before. A October / November issue of the Aqua-Master. Why is that Z-Man ? Well for one it's been a somewhat busy time for me and a little slow on the news front. But the main idea is to get the Aqua-Master out to you earlier in the month. Yes, I'd get a bit behind and you'd see your newsletter in the last half of the month. Hopefully now I can get on track to change that to the first of the month. The key word here is hopefully.

I am also hopeful that this issue reaches my friends in the Portland area before election day, November 8th. So that I can remind you to....

### ***Vote Yes on measure 26-10 !!!***

This is the Portland Parks Levy that if passed will add two new year round Aquatics facilities in Portland. And will upgrade many of our aging parks facilities around the city. This is a 60 million dollar levy that will cost the Portland home owner 22¢ per \$1000 of property. So if your house is \$100,000, it will add \$22.00 per year to your tax base and will go down some each year for a five year period. Seems pretty reasonable to me. Portland's Parks are some of the finest in the Nation. They are aging and in need of repair. This levy will also build some new facilities like a totally new Aquatic Center in S.W. and cover Mt. Scott Pool in S.E..

***Nuff said, I hope you Vote Yes on 26-10.***

Speaking of voting, it's that time of the year again when we will be electing new officers for the OMS Board of Directors. OMS is currently accepting nominations (or volunteered interest in the position) for the position of Chairman and Secretary for a 2 year term beginning in January of 1995. You may submit nominations or volunteer by phone or mail. If you have any questions regarding the duties and/or job descriptions of the positions, please give Dave Cobb or myself a call. Our phone #s are on the schedule page. Our Board is always looking for new

individuals to help run and continue to strengthen our organization. I am appealing to **YOU** to step forward and be part of the Board of Directors. I am sure you will find it as rewarding as I have and will want to become part of the team. Nominations / volunteers will be accepted until November 31st and elections will take place in December. Please forward your recommendations to Andy Schrag at: 4301 E. Fourth Plain Blvd. Vancouver, WA 98661.

In September, OMS sent an excellent delegation the this years United States Aquatic Sports Convention in Kansas City. From Oregon were Roy Abramowitz (USMS Controller), Suzanne Rague (USMS Secretary), Sandi Rousseau (Chair of the Championship Committee and Oregon Delegate), Ginger Pierson (Delegate at Large), John Zell (Legislation, Coaches, and Zone Committee member), and for her first time to convention, Teri Hendryx (Oregon Delegate). Ask Teri about "Australian Rules Football." We all had a great time with all our friends from across the country, worked some long hours, and took care of the business that continues to make United States Masters Swimming great. This was a "Rules" year and I can report that a number of rules changes were enacted (see "Rules Changes for 1995" in this issue). The 1996 Nationals will be at Deanza Aquatic Center in Cupertino, CA for Short Course and in Ann Arbor, Michigan for Long Course. Our good friends in PNA lost out in their bid to host Short Course to Deanza. It was a tough battle.

In this issue you will find results from the 4th Columbia River Challenge, hosted this year by OMS. It was fun, the water a little rough for the first half, and generally a good learning experience for us. We may host it next year if we have any energy left from Nationals. Ol' Barn has a couple of good reviews for you to read. That's all for now. Keep your suit wet and your heart rate up,

***YOU CAN REGISTER NOW FOR 1995 WITH THE NEW FORM IN THIS ISSUE !  
SEE THE LAST PAGE AND FILL IT OUT. HOW ABOUT MAKING A COPY FOR A NEW MEMBER?***

The positions of Chair-person and Secretary are up for nomination now for 2 year terms beginning January 1995. Your OMS Board does so much for YOU!! Without them there would be no OMS, no Aqua-Master, and no meets. Your life would be different than you now know it. Please do something for OMS in return. Submit nominations or volunteer for one of these 2 positions by December 1st. Do it by mail, do it by phone, BUT DO IT. Call Dave Cobb, call Andy Schrag, call John Zell, call someone, all the phone numbers are on the front of every issue of the Aqua-Master. Speaking of the Aqua-Master, do you enjoy this publication? Do you look forward to receiving it? Do you find it in your mail box and say to yourself "Oh, good !" John Zell puts together the Aqua-Master each month and ALSO serves as our Nationals meet director. We have several people in OMS who are filling two positions because there aren't others, LIKE YOU, to help out. OMS needs NEW people to help run our organization.

If you swim in meets but do not help out you should be experiencing some degree of guilt. Pitch in, step forward, come to the next board meeting.

Andy Schrag, OMS Secretary

# 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) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

400 I.M. (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

BREAK BREAK BREAK

FREE RLY (3) XXXXXXXXXXXXXXXX

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

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

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

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

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

MXD FR RLY (9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (11) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FREE (12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BACK (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (15) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 FLY (16) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (17) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (18) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 I.M. (19) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD MD RLY (20) XXXXXXXXXXXXXXXX

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

by E. Walter

reviews results records

## 1994 USMS Long Course Championships

It is a long way to Buffalo, but when you have swum all those long course laps, it just makes sense, to find out just where you are with relation to the rest of Masters swimmers from around the USA. We had four gals and 3 guys make the trek and as you will see they turned in a most commendable account for themselves.

**SUZANNE RAGUE** (40-44) Picked up a Silver in the 400 IM at 7:04.31, a 4th in the 200 IM, a 5th in the 800 Free, and a 6th for the 100 Fly.

**NANCY HELGET** (45-49) Swam to a 4th in the 50 and 200 Breast events, plus a 5th in the 50 Back, and a 7th in the 200 Back.

**SANDI ROUSSEAU** (45-49) 2 Golds in the 50 Fly in 36.88, the 100 Fly at 1:38.24, add on a 5th in the 50 Free, and a 7th for the 100 Free.

**PETEY SMITH** (70-74) As she did 5 years ago, our Petey just walked away with everything - how about 5 GOLDS! She swam the 50 Free (38.73), 100 Free (1:27.45), 200 Free (3:14.27), 400 Free (6:47.66) and the 800 in 13:51.53...all of these were best of the best times...way to go Petey !

**JOHN ZELL** (35-39) a bronze in the 200 Back at 2:41.23, followed by a 7th in the 50 and a 6th in the 100.

**ALLEN STARK** (45-49) 3 big Golds! - 50 Breast in 33.63, could be #1 for TT, 100 Breast at 1:15.33 (#2),

and a 2:49.64 for 200, a probable #2 TT. All of Allen's races were good for new Zone Records, and we will keep our eyes open for a probable All American rating !

**ART WELCH** (60-64) 2 Silvers in the 400 Free in 5:51.69, and the 800 at 12:04.22. Also a Bronze in the 100 Fly with a 1:34.51, 4th in the 200 Free, followed by 5ths for the 100 Free, and 50 Fly. Art keeps his record perfect for 100% attendance at Masters National Championships !

## RELAYS

Women - 200 - Free 2nd place 2:32.46 200+

Petey Smith, Nancy Helget, Suzanne Rague, Sandi Rousseau

MXD - 200 - Free 5th Place 2:09.06 160+

Saudi Rousseau, Allen Stark, Suzanne Rague, John Zell

MXD 200 Medley 6th Place 2:24.57 200+

John Zell, Allen Stark, Sandi Rousseau, Petey Smith

A really great job...by a small but determined bunch...GREAT SWIMMING. That's All Folks! Buffalo brings the curtain down on the 1994 Long Course Swimming season.

Next year we get to host Nationals at Mt Hood Community College. We want the team championship, in ALL categories. So you'd better get with it...SWIM, SWIM, SWIM.

## Official order of events for 1995 Long Course Nationals at Mt. Hood

Thursday 8-24	Friday 8-25	Saturday 8-26	Sunday 8-27
800 Free	100 Breast	400 Free (Men)	400 Free (Women)
1500 Free	50 Fly	50 Breast	200 Breast
	200 Free	100 Fly	100 Free
	100 Back	200 I.M.	200 Fly
	200 Mixed Med Rly	50 Free	50 Back
	200 Free Relay	200 Back	200 Medley Relay
	400 I.M.	200 Mixed Free Rly	

# GET MORE FROM YOUR WORKOUT

by Michael Collins

In the March/April issue of SWIM Magazine an article in the Swim for Fitness section entitled Stroke Efficiency: Lies, Damned Lies and Statistics, by Terry Laughlin, gave several tips on how to swim faster and more efficiently. I feel Mr. Laughlin is way off on his recommendations. Who does he think we are, Olympic hopefuls? We're Masters swimmers. We want to get a better workout by burning more calories on less yardage. Why should we be swimming 3,000 yards-a-day when we can get it done in 500 yards. I believe you should ignore his suggestions and use the following tips to help you get the biggest benefit per yard out of your workout.

**Swim as flat as possible.** By keeping both shoulders in the water at all times you will create more resistance, causing you to work harder.

**Flex your feet.** Pointing them toward the bottom of the pool or even forward will help increase resistance. You may even be able to propel yourself backward by doing this. This technique may come in very handy in short pools where you get tired or dizzy from making so many turns.

**Kick hard and bend your knees a lot.** The large frothy rooster tail wake you create will look very impressive to spectators and other swimmers. A side benefit of this kicking technique is the possibility that you may be able to get the coach wet, (A top priority with any stroke, drill or kick.)

**Lift your head to breathe.** Remember, the higher above the water's surface you can crane your neck the better. The air is much cleaner that extra inch or two above the surface because it hasn't mixed with the toxic pool chemicals. Using your arms to push down will help get your head out further and decrease your forward propulsion. Also, this technique has a side benefit of dropping your hips

which gives you increased resistance as well as giving you the feeling of swimming uphill.

**Train Butterstruggle.** According to accurate statistics, you will burn over 500 calories per lap swimming this stroke correctly. In fact you may be able to get a complete workout in just 250-300 yards using this advanced stroke drill. Thrashing is critical to a great Butterstruggle. Be sure to use muscles against each other for full workout benefit.

**Take more strokes per length.** Forget that "Swim Golf" crap. Any game where a low score wins is stupid. Look at basketball, football, hockey, soccer. Highest score wins. The more strokes you can take per length the better. If you can swim a length in over 30 strokes your doing really well. Forty is even better. Just imagine that it would take Matt Biondi over 225 yards to take as many strokes as it took you to swim 100 yards.

**Eliminate streamlining off the walls.** If you push-off streamline underwater, glide, then kick to the surface before taking your first stroke, you will be well past the flags. Instead of swimming 25 yards in a 25-yard pool you're only swimming 18-20 yards. You're ripping yourself off don't cheat yourself out of the extra yards of swimming you could be getting in with each length. Keep your arms shoulder width apart, look straight ahead and do your best Superman imitation. Capes are optional.

Apply these suggestions; and you'll feel you're getting more per yard out of your workout. Remember the motto: **Do it wrong to get more out of each yard you swim!**

*Reprinted from the May 1994 issue of the Gulf Masters Newsletter. Michael Collins is the Coach of Davis Masters.*

COLUMBIA RIVER  
CHALLENGE  
OCTOBER 9, 1994

<u>Name/Age</u>	<u>Place/Time</u>
WOMEN 35-39	
Maureen Hosty, 35	1:20.07
Janice Gaines, 35	1:24.22
WOMEN 45-49	
Ginger Pierson, 48	1:17.05
WOMEN 50-54	
Pamela Himstreet, 50	1:21.21
Peggy Whiter, 50	1:47.30
MEN 19-24	
Kazuhiro Yamashita, 22	1:20.45
MEN 25-29	
Daniel Jorgensen, 26	49:07
Scott Robinson, 29	52:26
Tom Kahl, 29	1:02.36
Michael Lenahan, 29	1:12.55
MEN 30-34	
Michael Johnson, 34	1:01.00
Evan Cumpston, 34	1:21.00
MEN 35-39	
Michael Baird, 38	1:01.53
John Zell, 37	1:02.37
Mike Busch, 36	1:07.02
Mark Wren, 35	1:08.30
Kelly Thornton, 37	1:16.29
Robert Bergstrom, 37	1:22.21
MEN 40-44	
Jim Elliott, 42	1:16.30
Robert Kaires, 40	1:29.47
Galen Albertson, 44	1:56.20
Men 45-49	
Steve Johnson, 46	53.34
Dan Gray, 49	1:05.27
Dale Vaughn, 49	1:07.54
Buz Carriker, 46	1:10.00
Lee R. Borgaes, 48	1:29.22
MEN 50-54	
Fred Jamison, 50	1:33.42
MEN 55-59	
Jim Bigler, 59	1:19.49

## 1995 RULES CHANGES

102.4.2 Requirement to keep one hand on deck during pool entry eliminated for safety reasons.

103.2.3.C Requires starter to instruct backstrokers to "Place your feet" before the command "Take your mark".

103.8 Relay lead-off split times will be allowed for Top 10 & records if recorded with automatic timing & if the relay is not disqualified.

101.3 Backstroke turn rewrite. You'll have to read this one for yourself in the new rule book. Allows a glide to the wall?

103.5.5 Requirement for relay take-off judges changed to a minimum of 2 total rather than 1 per

**REGISTER  
FOR 1995  
IN NOV. '94**

**NEW FORM  
IN  
THIS ISSUE**

**DO IT TODAY**

# Tualatin Hills Pentathlon

*"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year." -- Z-Man*

## OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 474-01

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 WITH THIS ENTRY.*

MEET: TUALATIN HILLS PENTATHLON

**DATE: JANUARY 21th, 1994**

PLACE: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas

Meet Director: Jeanne Teisher 503- 649-4719

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

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

**ENTRY DEADLINE : POSTMARKED NO LATER THAN: JANUARY 7th, 1994**

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

NAME \_\_\_\_\_ 1995 USMS # \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
USMS CLUB \_\_\_\_\_ LOCAL TEAM \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+

EVENT	TIME *	
50 -- FLY	1) _____ : _____ . _____	* Enter best time or
50 -- BACK	2) _____ : _____ . _____	estimated time.
50 -- BREAST	3) _____ : _____ . _____	
50 -- FREE	4) _____ : _____ . _____	Please do not enter "N.T."
100 -- I.M.	5) _____ : _____ . _____	("N.T." = No Time)

*Please enter your best time or estimated times. Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all....Thanks*

**Rules:** A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

**Party:** A Pizza party will be held at Silver Dollar Pizza Co., 18115 S.W. TV Hwy, following the meet. Cost is approx. \$5.00 per person for pizza and drinks. Maps will be available at the meet.

**Awards:** *All entrants will receive a special Pentathlon pin.*

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 DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$10.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING

c/o SUZANNE RAGUE

935 N.W. 170th Place

BEAVERTON, OREGON 97006



# Barnacle

reviews results records

## 1994 USMS TOP TEN SCY

Again Oregon Masters can point with pride to the accomplishments of its many swimmers, who by working hard and aspiring to great heights, "brought home the bacon", and grabbed their share of honors for the 1993-94 short course yards season.

Women 19-24 :

**Deborah Heim** 9th - 1650 Free

Women 25-29

**Shannon Heringer** 6th - 50 Breast 5th - 50 Fly 8th - 100 I M

Women 30-34

**Leissa Mills** 5th - 200 Free

**Ellen Ferguson** 7th - 500 Free 5th - 1000 Free

Women 35-39

**Laura Worden** 9th - 200 Fly

Women 45-49

**Ginger Pierson** 8th - 50 Back 10th - 200 Back

2nd - 50 Breast 3rd - 100 Breast 3rd - 200 Breast

9th - 50 Fly 10th - 100 Fly 3rd - 200 Fly

5th - 100 I M 5th - 200 I M 5th - 400 I M

**Sandi Rousseau** 10th - 50 Fly 5th - 100 Fly

Women 50-54

**Pamela Himstreet** 10th - 1000 Free 9th - 1650 Free

10th 100 -Breast 6th - 200 Breast

7th - 200 Fly 10th - 400 I M

Women 60-64

**Lavelle Stoinoff** 4th - 50 Free 2nd - 100 Free

1st - 200 Free 1st - 500 Free 1st - 1000 Free

1st - 1650 Free 3rd - 50 Back 3rd - 100 Back

1st - 200 Back 6th - 50 Breast 3rd - 100 Breast

2nd - 200 Breast 5th - 50 Fly 1st - 100 I M

Women 65-69

**Petey Smith** 2nd - 50 Free 5th - 100 Free

5th - 200 Free 4th - 500 Free 4th - 1000 Free

3rd - 1650 Free 10th - 50 Fly 7th - 100 I M

Women 70-74

**Pauline Stangel** 5th - 200 Breast

Women 75-79

**Helena Hoffman** 10th - 200 Breast 8th - 100 Fly

5th - 200 Fly 10th - 200 I M 7th - 400 I M

Men 35-39

**Curt Lacount** 8th - 50 Back 9th - 50 Fly 6th - 100 I M

Men 45-49

**Steve Johnson** 7th - 500 Free 5th - 1000 Free

**Allen Stark** 10th - 50 Breast 5th - 100 Breast

Men 50-54

**Robert Smith** 1st - 50 Free 6th - 100 Free

1st - 50 Back 1st - 100 Back 4th - 50 Breast

2nd - 50 Fly 2nd - 100 IM

10th - 400 I M (no "fast twitch" here)

**Karl Von Tagen** 9th - 50 Free 10th - 200 Free

**Richard Boyd** 6th - 500 Free 1st - 1000 Free  
1st - 1650 Free 10th - 100 Breast 2nd - 200 Breast

2nd - 200 I M

Men 55-59

**Bert Petersen** 4th - 50 Fly 3rd - 100 Fly

9th - 200 Fly 7th - 100 I M 5th - 400 I M

**Ron Nakata** 6th - 50 Fly 8th - 100 Fly

9th - 100 I M 7th - 200 I M

Men 60-64

**Art Welch** 8th - 500 Free 3rd - 1000 Free

**Mickey Harks** 10th - 50 Breast

Men 70-74

**Andrew Holden** 3rd - 50 Free 4th - 100 Free

4th - 50 Back 3rd - 100 Back 3rd - 50 Fly

3rd - 100 Fly 4th - 100 I M 6th - 200 I M

7th - 400 I M

**Gil Young** 7th - 200 Free 7th - 500 Free

3rd - 1000 Free 3rd - 1650 Free

**Earl Walter** 8th - 100 Back 9th - 200 Back

7th - 200 Breast 4th - 100 Fly 3rd - 200 Fly

10th - 100 I M 5th - 200 I M 4th - 400 IM

**Robert Morrison** 5th - 50 Breast

Men 75-79

**Andrew Holden** 1st - 50 Free 1st - 100 Free

1st - 100 Back 2nd - 50 Fly 1st - 100 Fly

**Joe Ruddley** 7th - 200 Fly

Men 80-84

**Jack Hoey** 7th - 50 Back 8th - 100 Back 6th - 200 Back

**Syd Henty** 9th - 50 Back 10th - 100 Back 7th - 200 Back

## RELAYS

Women 200 Free

45+ 4th (Rousseau, Himstreet, Whiter, Pierson)

65+ 10th (Stevenin, Melcher, Hoffman, Stangel)

Women 200 Medley

45+ 2nd (Pierson, Himstreet, Rousseau, Whiter)

65+ 9th (Stangel, Melcher, Stevenin, Hoffman)

MXD 200 Free

45+ 10th (Thayer, Rousseau, Pierson, Nakata)

MXD 200 Medley

45+ 4th (Smith, Pierson, Petersen, Rousseau)

We have got to get busy, OMS now holds only 1 National Relay Record. Men 400 Free 45+ Smith, Boyd, Schollander, Johnson

Well folks it was a very creditable year, let's take a look at our ALL-AMERICANS....

**Lavell Stoinoff** **Richard Boyd**

**Robert Smith** **Andrew Holden** ( 2 Age Groups!!!)

That's it for the latest edition of the USMS National Top Ten, spotlighting our OMS Paddlers, WAY TO GO GANG !

# TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1995 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.  
*Any changes in team contact/ reps should be made with David Cobb or John Zell.*

**TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE  
 MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.**

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Pauline Stangel	926-0468
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Griffith Park Ath. Club	GPA	Judy Belford	244-6245
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Corvallis / Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Eugene Masters	EM	Doug Smith	687-5525
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sheldon Night Crawlers	SHNC	Chuck	687-5314
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer / Keizer Masters	KM	Kim Phillips	390-2567
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Lake Oswego Swim Club	LOSC	Sue Girard	697-8257
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnville/ McMinnville Masters	MM	Judy Rex	472-0765
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Newport Curmudgeons	NEWP	Petey Smith	574-0100
N. Bend / North Bend Masters	NBM	Alice Parsons	756-4915
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Skip Runkle	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John "Z-Man" Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Willamette H-2-0 Masters	WHOM	John DeJarnatt	588-2060
SweetHome / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Tigard / Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver,WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

# 1995 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1995 through December 31, 1995.

Registrations are accepted for 1995 beginning November 1, 1994 and for 1996 on November 1, 1995.

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 Aquatic Sports 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  
1995**

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 that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----  
Only the first 20 characters of your name will appear on heat sheets and results.

**PLEASE PRINT**

(JANUARY 1st to DECEMBER 31, 1995)

\_\_\_\_\_ This is a *NEW* registration. \_\_\_\_\_ Renewal (registered in 1994)

**Oregon Masters Swimming  
Registration 1995**

*Did you swim in any meet in the 1993/94 season?* Yes \_\_\_\_\_ No \_\_\_\_\_

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

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

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

( ) - \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Your Phone number

Born (MM/DD/YY)

AGE

SEX

USMS Club: ( ) OREG ( ) MACO ( ) UNATTACHED

**ARE YOU A MASTERS COACH?** YES \_\_\_\_\_

**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 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: Results from The Columbia River Challenge,  
Ol' Barnacle, "Rules changes for 1995", and entry forms.

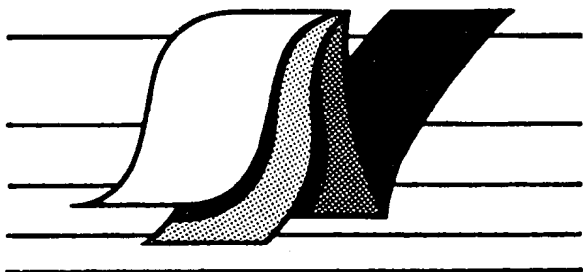
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PORTLAND, OR 97211-7618

*The 1995 Registration form is in this issue!*

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