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CALENDAR & MEET SCHEDULE 1995

JAN 1	PORTLAND, OR MAC CLUB 95 x 50 WORKOUT	10 am - 12
JAN 14-15	SPOKANE, WA SHADLE PARK POOL	SCY
JAN 15	ANACORTES, WA	SC METERS
JAN 20	EARL WALTER RETIREMENT PARTY Harborside Restaurant	
*JAN 21	BEAVERTON, OR BARRACUDA PENTATHLON	
*JAN 29	BEAVERTON, OR USMS HOUR SWIM POSTAL	
FEB 4-5	SPOKANE, WA FAIRCHILD AIR FORCE BASE	SC METERS
*FEB 11-12	PORTLAND, OR DISHMAN POOL	SCY #2
	1st ANNUAL KRISTI LOONEY MEMORIAL MEET	
FEB 15	SEATTLE, WA ORCA SWIM CLUB	SCY
MAR 3-4	GRANTS PASS, OR GRANTS PASS YMCA	SCY #3
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 OMS ASSOCIATION CHAMPIONSHIPS	
APR 28-30	BEAVERTON, OR TUALATIN HILLS CENTER	
	N.W. ZONE SCY 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	
AUGUST 24-27	U.S.M.S. LONG COURSE NATIONALS	
	MT. HOOD COMMUNITY COLLEGE GRESHAM, OR	

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

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.

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

The end of another year and the holidays. Wow, before you know it, it's here again. Shopping, partys, kids going crazy, friends and relatives over, and all that stuff. Are you ready? It'll be fun!

Did you notice anything different in this months issue? We (the wife and I) bought a clip art program with 30,000 images on CD. So you'll see more images in each issue to jazz it up a bit. Always looking to improve what I bring to you every month.

Recently the OMS Board of Directors made a couple of policy changes that you should be aware of. Beginning with the February 1995 meet, **our meet fees will increase by (\$1.00) one dollar to compensate the OMS representative attending a swim meet and processing the results** through our computer and the HyTek software program we use. We send a person to perform this task at each meet and we need to have their time compensated in some simple way. Secondly, we will begin to **require all swimmers to send a photocopy of your registration card with your entry**. There are at least two good reasons for doing this. One is that you are required to submit a copy of your card with your entry for a Nationals, so we want people to begin to get in the habit of doing this in preparation for our Nationals this summer. Also, the HyTek software program we use keeps records and it is important to have your name entered (spelled out) the same way each meet. We will use the spelling via your registration card as this standard.

I'm pleased to say that the Portland Parks ballot measure passed in last months election. This will mean two new year-round pools will come on line in 2 to 3 years. Good news for swimming in our city and great news for the Parks system which needs some repair and upgrade.

In this issue you will find entries for the Pentathlon

and the 1st Annual Kristi Looney Memorial Meet in February. Also there will be an opportunity for you to enter and swim the USMS One-Hour Swim Postal Championships in a formal organized setting. The Tualatin Hills Barracudas have reserved their pool on January 29th for the "Hour-Swim" and made it a fund raiser for local swimmer Aaron Paulson who will complete in the 1996 Paralympics in Atlanta. Check the form for more information.

The Kristi Looney meet in February is hosted by Portland Parks Masters and will take the place of the "Tri-M meet" they have held for several years. This event will be expanded to two days and will use a normal meet format. The "Tri-M" concept will be continued within this meet. You may swim three events of the same stroke and try to come close to your entered time. For details check the form.

There are a number of good articles in this issue. "Efficient Speed", "Learning to swim Butterfly", "Exercises to Help Add Spring to your Starts", and "Physical Inactivity Risk" are good ones. Check out "Support your local World Class Swimmer" along with the results from the Mt. Hood meet. And finally, **will you please make photocopies of the February Fitness Challenge and take them to your pool**. This is a great program that the fitness/lap swimmers at your facility can enjoy. Put them in the info rack at your pool.

That's it 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?**

"RETIREMENT" DINNER PARTY HONORING EARL WALTER

**FRIDAY JANUARY 20TH, 1995
COME AND ROAST AND TOAST
HARBORSIDE RESTAURANT**

Earl has retired from
Oregon Masters Swimming "administrative duties"

Please RSVP to: Ginger Pierson 503-244-7706

**BRING IN 1995 WITH A
FUN WORKOUT**

95 x 50

at the MAC Club pool

January 1st, 1995

10:00 a.m. to 12:00 noon

Open to all OMS members

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
estimated time.

50 -- BACK

2) _____ : _____ . _____

50 -- BREAST

3) _____ : _____ . _____

50 -- FREE

4) _____ : _____ . _____

Please do not enter "N.T."
("N.T." = No Time)

100 -- I.M.

5) _____ : _____ . _____

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

RELAYS
OREGON LONG COURSE NATIONALS
Mt. Hood August 24-27, 1994

It's that time again! Please sign up for relays NOW so there's lots of time to work on organizing them. As procedure was in '92 at Federal Way, you'll be refunded for any relay you're not scheduled to swim and for any relay you are in, but for some reason are unable to compete(provided a replacement can be found). How can you lose?

Although the meet is long course, please submit YARD times and check all relays you intend to swim.

Current best or estimated YARD times:

50 Back _____	50 Fly _____
50 Breast _____	50 Free _____

Please check all relays you would like to swim:

Friday Aug. 25	Saturday Aug. 26	Sunday Aug. 27
_____Mixed Medley	_____Mixed Free	_____Medley
_____Free		

Send \$2.00 for EACH relay to:

Ginger Pierson
7655 S.W. Cedarcrest St.
Portland, Oregon 97223
(503)244-7706

Your Name _____

Address _____

Your age as of the last day of the meet _____

Your age as of December 31, 1995 _____

MT. HOOD MASTERS MEET
OCTOBER 30, 1994

WOMEN 19-24

100 Free			
Jeanna Bennett	20	1:06.48	
200 Free			
Jeanna Bennett	20	2:25.56	
200 Back			
Jeanna Bennett	20	2:45.29	

WOMEN 25-29

50 Free			
Michelle Brown	27	28.47	
Julie Ryan	25	30.99	
Tatyana Zhukova	25	48.50	
100 Free			
Michelle Brown	27	1:02.27	
Julie Ryan	25	1:09.44	
500 Free			
Lisa Ford	28	6:04.21	
50 Back			
Michelle Brown	27	31.72	
100 Back			
Michelle Brown	27	1:08.35	
50 Breast			
Tatyana Zhukova	25	1:02.16	
100 IM			
Michelle Brown	27	1:12.20	
Julie Ryan	25	1:21.58	

WOMEN 30-34

50 Free			
Sue Knight	31	27.61	
Donna Ryan	31	29.10	
Diane Smith	34	45.55	
100 Free			
Sue Knight	31	1:00.22	
50 Back			
Donna Ryan	31	35.57	
50 Fly			
Donna Ryan	31	31.44	
Sue Knight	31	32.25	
100 Fly			
Sue Knight	31	1:13.15	
100 IM			
Donna Ryan	31	1:14.93	

WOMEN 35-39

50 Free			
Janice Gaines	35	32.99	
Suzanne O'Donnell	37	40.07	
100 Free			
Janice Gaines	35	1:14.22	
200 Free			
Janice Gaines	35	2:40.84	
500 Free			
Janice Gaines	35	7:01.70	

50 Back

Kristi Gustafson	39	35.09	
100 Back			
Kristi Gustafson	39	1:13.29	
200 Back			
Kristi Gustafson	39	2:39.66	
50 Breast			
Janice Gaines	35	43.64	

WOMEN 40-44

100 Free			
Kathi Bullock	40	1:03.24	
200 Free			
Kathi Bullock	40	2:15.43	
1650 Free			
Kathi Bullock	40	20:50.00	
100 Back			
Teri Hendryx	41	1:16.66	
200 Back			
Teri Hendryx	41	2:46.22	
50 Fly			
Teri Hendryx	41	32.46	
100 Fly			
Kathi Bullock	40	1:16.20	
100 IM			
Teri Hendryx	41	1:14.20	
200 IM			
Kathi Bullock	40	2:40.61	

WOMEN 45-49

50 Free			
Monika Hunscher	46	32.53	
Lorraine Forman	45	38.25	
Kathy Young	45	42.29	
50 Back			
Ginger Pierson	48	37.18	
Monika Hunscher	46	39.58	
100 Back			
Ginger Pierson	48	1:18.64	
Monika Hunscher	46	1:24.55	
200 Back			
Ginger Pierson	48	2:54.18	
50 Breast			
Ginger Pierson	48	37.68	
100 Breast			
Monika Hunscher	46	1:39.69	
100 IM			
Monika Hunscher	46	1:27.50	
200 IM			
Ginger Pierson	48	2:48.50	

WOMEN 50-54

50 Free			
Sue Calnek	51	32.40	
100 Free			
Sue Calnek	51	1:16.17	

WOMEN 60-64

50 Free			
Georgia Ryan	60	57.03	
100 Free			
Georgia Ryan	60	2:14.68	
200 Free			
Georgia Ryan	60	4:46.73	

WOMEN 70-74

50 Free			
Petey M.H. Smith	70	34.96	
Elizabeth King	71	1:10.01	
100 Free			
Petey M.H. Smith	70	1:19.30	
Elizabeth King	71	2:30.67	
500 Free			
Petey M.H. Smith	70	7:53.66	
Elizabeth King	71	13:39.17	
100 Back			
Petey M.H. Smith	70	1:43.93	
50 Breast			
Elizabeth King	71	1:40.58	
100 IM			
Petey M.H. Smith	70	1:46.96	

WOMEN 75-79

100 Fly			
Helena Hoffman	78	3:26.09	
200 Fly			
Helena Hoffman	78	7:12.72	
200 IM			
Helena Hoffman	78	5:57.39	
400 IM			
Helena Hoffman	78	12:39.18	

MEN 19-24

50 Free			
Kazuhiro Yamashita	22	23.73	
50 Breast			
Kazuhiro Yamashita	22	34.30	
50 Fly			
Kazuhiro Yamashita	22	25.94	

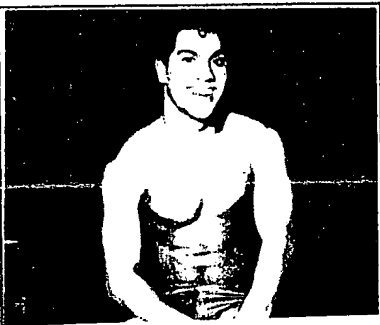
MEN 25-29

100 Back			
Phillip King	28	59.69	
100 Breast			
Phillip King	28	1:07.73	
200 Breast			
Phillip King	28	2:42.80	

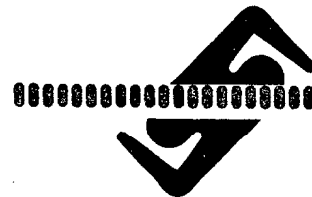
MEN 30-34

50 Free			
Edward Kertis	32	26.64	
Jonathan Johnson	34	27.57	
Murali Krishna	34	35.52	
50 Back			
Jonathan Johnson	34	32.99	

MT. HOOD (cont.)			500 Free			200 Free		
-----			James Elliott 42 6:03.44			Joseph Mallon 73 3:57.76		
100 Back			Gary Beckley 43 6:10.42			500 Free		
Jonathan Johnson	34	1:13.18	100 Back			Joseph Mallon 73 10:20.26		
50 Breast			Dan Perz 42 1:04.81			David Bernstein 72 10:48.56		
Edward Kertis	32	32.67	James Elliott 42 1:11.39			1000 Free		
Jonathan Johnson	34	37.20	Gary Beckley 43 1:16.60			Gilbert Young 72 16:04.03		
Murali Krishna	34	42.68	200 Back			50 Back		
100 Breast			James Elliott 42 2:34.20			Gilbert Young 72 43.17		
Edward Kertis	32	1:12.64	50 Fly			David Bernstein 72 59.61		
50 Fly			Gary Beckley 43 30.01			100 Back		
Murali Krishna	34	42.02	James Robbins 43 33.70			Khosrow Shaddbeh 73 2:01.28		
100 IM			100 Fly			David Bernstein 72 2:08.15		
Murali Krishna	34	1:31.96	Gary Beckley 43 1:13.39			200 Back		
MEN 35-39			100 IM			David Bernstein 72 4:27.41		
50 Free			Gary Beckley 43 1:09.21			100 Breast		
Stephen Harger	35	23.70	Bruce Cheney 43 1:20.32			Khosrow Shaddbeh 73 1:51.36		
100 Free			200 IM			200 Breast		
Stephen Harger	35	53.07	James Elliott 42 2:32.71			Khosrow Shaddbeh 73 4:03.86		
Andy Schrag	37	54.41	MEN 45-49			400 IM		
200 Free			500 Free			Gerald Huestis 74 6:49.17		
Andy Schrag	37	2:00.67	Buz Carriker 46 6:39.84			MEN 75-79		
Jeroen Kok	35	2:01.84	MEN 55-59			50 Free		
David Cobb	35	2:08.43	50 Free			Mel Anderson 75 47.98		
500 Free			Kaleo Schroder 58 40.07			50 Back		
Jeroen Kok	35	5:29.27	100 Back			Mel Anderson 75 59.06		
Stephen Harger	35	5:30.82	Kaleo Schroder 58 1:54.59			50 Fly		
John Zell	37	6:22.44	50 Breast			Mel Anderson 75 1:19.97		
1650 Free			Kaleo Schroder 58 53.99			100 IM		
Jeroen Kok	35	19:01.68	100 Breast			Mel Anderson 75 2:27.43		
100 Back			Kaleo Schroder 58 2:01.71			200 IM		
John Zell	37	1:03.86	MEN 60-64			Mel Anderson 75 6:02.77		
200 back			200 Free			MEN 80-84		
John Zell	37	2:26.72	Arthur Welch 62 2:31.87			50 Back		
50 Breast			1000 Free			Syd Hendy 81 52.76		
Stephen Harger	35	32.02	Arthur Welch 62 13:47.16			100 Back		
David Cobb	35	33.70	50 Breast			Syd Hendy 81 2:00.06		
100 Breast			Milton Marks 64 36.04			200 Back		
David Cobb	35	1:13.63	100 Breast			Syd Hendy 81 4:22.42		
200 Fly			Milton Marks 64 1:25.74			MEN 100-104		
John Zell	37	2:36.12	100 Fly			Edwin Thomas 101 3:48.29		
100 IM			Arthur Welch 62 1:21.33			MIXED RELAYS		
Stephen Harger	35	1:02.15	100 IM			200 MEDLEY		
David Cobb	35	1:07.98	Milton Marks 64 1:19.98			19-24 Oregon Masters 2:07.35		
200 IM			200 IM			Donna Ryan 31		
Jeroen Kok	35	2:23.48	Arthur Welch 62 3:02.55			Buz Carriker 46		
MEN 40-44			400 IM			Kazuhiro Yamashita 22		
50 Free			MEN 70-74			Jeanna Bennett 20		
Bruce Cheney	43	25.47	50 Free			25-34 Oregon Masters 2:13.43		
James Robbins	43	26.20	Gilbert Young 72 34.93			Julie Ryan 25		
100 Free			Joseph Mallon 73 47.64			Phillip King 28		
Bruce Cheney	43	27.02	100 Free			James Robbins 43		
James Robbins	43	59.61	Khosrow Shaddbeh 73 1:41.68			Sue Calnek 51		
200 Free			Joseph Mallon 73 1:47.48					
Bruce Cheney	43	2:07.22						
James Robbins	43	2:17.06						



**1995 USMS HOUR SWIM NATIONAL CHAMPIONSHIP
AND AARON PAULSON FUND-RAISER
AT THE TUALATIN HILLS POOL**



THE EVENT -- The USMS 1995 Hour Swim National Championship. This is one of the six USMS National Long Distance Championships, and it is a postal event, meaning you swim it at a local pool and mail in your results. The object is to see how many yards you can swim in an hour. (See pages 69-70 of the Nov./Dec. SWIM Magazine.)

FUND-RAISER -- This swim is also a fund-raiser, and each swimmer is asked to contribute \$10.00 to benefit Aaron Paulson. Aaron is a 17-year-old swimmer and student at the Parkrose High School. Aaron, who had polio as a child, competed in the 1992 Paralympics in Barcelona, Spain, has entered the Paralympics in Malta, and hopes to represent the USA in the Paralympics in 1996 in Atlanta. Swimming has played a major, positive role in Aaron's life. He and his family need help in defraying travel costs to international Paralympic events. We think helping Aaron is a worthy cause and will provide us with extra inspiration to get through the grueling Hour Swim.

PLACE/TIME -- 7:30 - 10:00 A.M. Sunday, January 29, 1995, at the Tualatin Hills Recreation Center, 158th Avenue & Walker Road, Beaverton, OR. Time has been set aside to run 2 heats of the Hour Swim. The first heat will go off at about 7:45 A.M.

SNACKS -- Snacks of the juice and bagel variety will be provided to all swimmers.

HOW -- All swimmers are asked to arrive promptly by 7:30 A.M. Each swimmer needs a counter, so half of us will count while the other half swims, then we will switch places. Each swimmer *must* help with the counting!

TO ENTER -- To reserve a spot for the Hour Swim, send in the form below. Include a \$10.00 check payable to "Wheelchair Sports, USA" (this is tax-deductible and goes to Aaron), and an check for \$8.00 payable to "THB" which covers the swim and your entry fee for the Hour Swim. Add \$12.00 to the THB check to order the Hour Swim T-Shirt. **INCLUDE A COPY OF YOUR USMS 1995 REGISTRATION CARD.**

Entry deadline: post-marked by January 19, 1995.

Send to: Suzanne Rague, 935 NW 170th Place, Beaverton, OR 97006.

1995 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP—INDIVIDUAL ENTRY FORM

Name: _____ USMS Reg. No. _____
As it appears on USMS or National Registration Card

Address: _____ Apt# _____ Phone: (____) _____

City: _____ State: _____ ZIP _____ SEX: M F (circle one)

Club: _____ Club Abbr. _____ Age: _____ Birthday: ____/____/____
MM DD YY

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

Sanctioned by Oregon Association for USMS, Inc. Sanction #375-02

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1995 registration form and fee with this form.

**All Entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

1st Annual Kristi Looney Memorial Meet

DATE: February 11-12th, 1995

PLACE: Matt Dishman Community Center

77 N.E. Knott Portland, OR

5 lanes competition - manual timing

1 lane continuous warm up/down

Large hot tub spa - good deck space & bleachers

HOST: Portland Parks Masters & Portland Parks Swim Team **Meet Director:** John Zell 503-282-9347 home

DIRECTIONS TO POOL: I-5 Southbound, take exit #302A (Broadway / City Center), off exit cross Broadway and take a left at Weidler St. Take another left at Williams Ave. Proceed north on Williams and take a right on Knott St. I-5 north bound, take exit #302-A (Coliseum / Weidler), off exit cross Weidler and take a left on Broadway, get into your right-hand lane and take right on Williams Ave. Proceed north on Williams and take right on Knott St.

**WARM-UPS: SATURDAY 2-11 6:15 P.M.
SUNDAY 2-12 7:30 A.M.
MEET STARTS: SATURDAY 2-11 7:00 P.M.
SUNDAY 2-12 8:15 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 28, 1995

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

NAME _____ 1995 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ **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 and 4 Relays. You may enter no more than 4 individual events per day. Enter relays at the meet. The 400 I.M. and 500 Free will be deekseeded and ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY NOV 11

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

500 FREE (2) _____ : _____ . _____

SUNDAY NOV 12

FREE RLY (3) XXXXXXXXXXXXXXXX

100 BACK (4) _____ : _____ . _____

200 FREE (5) _____ : _____ . _____

50 FLY (6) _____ : _____ . _____

200 BREAST (7) _____ : _____ . _____

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

BREAK BREAK BREAK

MXD FR RL (9) XXXXXXXXXXXXXXXX

200 BACK (10) _____ : _____ . _____

50 FREE (11) _____ : _____ . _____

100 FLY (12) _____ : _____ . _____

50 BREAST (13) _____ : _____ . _____

MED RELAY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (15) _____ : _____ . _____

100 FREE (16) _____ : _____ . _____

200 FLY (17) _____ : _____ . _____

100 BREAST (18) _____ : _____ . _____

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

MXD MD RL (20) 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 _____

ENTRY FEE: \$13.00 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING

c/o Suzanne Rague 935 N.W. 170 PLACE BEAVERTON, OR 97006

The "TRI-M" format will continue within this meet. Enter and finish any three events of the same stroke and you will entered in our contest. The winner is that person whose total time comes closest to the total entered time for those events. For those who entered last years meet there will also be a "most improved" contest. The winner of either contest will receive a gift certificate to a local restaurant.

EFFICIENT SPEED

Coach Emmett Hines

You are used to doing heart rate sets where you check your heart rate every so often and maintain some minimum or maximum heart rate or stay within a specific range. Typically this is done in an effort to make sure you are working at the intensity required to effect a specific training adaption. You are also do stroke count sets where you swim distances using specific stroke counts. Usually, this means some or all of the distance is to be done at something less than your normal number of strokes-per-length. This will help you focus on making your stroke more efficient so you can go further with each stroke and encounter less resistance.

And you are very used to paying attention to your pace per 100 (or 200 or 50 whatever) while swimming a long set. But rarely do you put all three of these together in one set. We have been doing some long, moderate intensity sets where we ask you to maintain a HR in the 130-140 area. From an energy system training standpoint this type of set improves your body's ability to produce energy for work through lipid metabolism-burning fat. The more energy you are capable of producing by burning fat (which cannot produce lactic acid) the longer you can delay fatigue that results from lactic acid accumulation (produced by carbohydrates).

This moderate intensity stuff is low stress work that you can carry on for extended periods of time. And, truth be known, this can get boring if you let it. But it is necessary work so let's explore a way to make it more challenging.

Speed is not always directly related to effort. (if this comes as surprise think of one of those recreational swimmers you see from time to time that dive into the pool, and begin thrashing about, tossing water in every direction, looking more like a big splash moving slowly down the pool than a swimmer. This guy has a 200+ HR by the end of the lap and is probably done with his workout. Lots of effort, not much speed.) Speed is more directly to efficiency than energy expenditure. At any given physical effort level if we improve efficiency (as measured by strokes per length-SPL) we increase speed. This gives us a natural, and very challenging, focal point for moderate intensity sets. Let's say the set is 10*200 holding a 130-140 HR. The idea would be to see how *fast* you could swim each repeat while staying in the HR range prescribed. Not working harder, just swimming faster. The key here is to improve the efficiency of the swim. Decrease your SPL by increasing distance per stroke, improving your streamline position, longer glides off each wall, being aware of and avoiding unnecessary resistance, etc.

And keep track of your times for each repeat. This is very important because *improving efficiency can be deceiving*. If you are one of those swimmers who consciously or unconsciously equates effort with speed then, when you swim more efficiently, your internal speedometer may erroneously tell your brain you have *slowed down*. Use the clock for speed feedback and learn to trust it.

This efficiency= speed concept takes some getting used to. Applying it in workouts takes mental activity and involves lots of trial and error. Once you get good at these moderate intensities you can apply it at higher intensities. Give it a try! (From 'Gulf Masters News Letter')

Learning to swim Butterfly

By John Leonard

Watching some of the world's great butterfly swimmers in the 80's will convince anyone that one of the most crucial and most universally common stroke similarity is the "slide position" that is attained as the hands first enter the water. The chest is pressed down deep, the hips are high on the surface, and as the hands slow down on entry, the body "slides" forward and down into a more horizontal position as the force of the insweep is applied.

The basic fact of the "slide position" is that if you can get properly positioned as the hands enter the water, it becomes virtually impossible to have a timing problem. How do we describe this position to a novice swimmer? We say, "Hands go in, hips go up." Then we can add the advice, "and chest presses down between the arms."

"And between the arms?" Yes. Because the second most common problem in teaching butterfly is that novice swimmers do not have the muscular strength required to complete the "outsweep, insweep, outsweep" necessary to look like the great Pablo Morales, or many other physically mature butterflyers. So for the novice swimmer, we encourage a hand entry that is placed slightly wider than the shoulders, so the pull starts with one less component... "insweep, outsweep and exit".

In this teaching scenario, we do not describe the kick or talk about kicking, we simply let the legs trail the body in a position together, following the action of the hips, with relaxed knees.

What are the advantages?

- 1) The swimmer can immediately pick up the rhythm of the full stroke. "Hands go in. Hips go up."
- 2) Eliminating the outsweep on the catch makes it physically possible to stay with this stroke rhythm.
- 3) If the hands go in as the hips go up, it is physically impossible to get "off rhythm" with the stroke.

As the swimmer wants to swim faster, he will begin to add some muscle to the leg action, and a kick will develop. Due to the proper body rhythms of this learning sequence, the kick will be perfectly timed as it develops.

The second change is in the entry. As the athlete gets stronger, you can add the instruction to "reach a little further...now a little further...further still", and over the course of a few years, you will have the entry way out in front like the great male butterflyers, and have included an "outsweep, insweep, outsweep" concept. Meanwhile, the swimmer benefits from many years of successful and controlled butterfly practice and competition.

Butterfly can properly be described as a "body roll" stroke. Lots of one arm butterfly drills can reinforce this concept for swimmers of all ages. So for you newer swimmers, try "hand goes in, hips go up, chest presses down" (with no kick), as a learning pattern.

(From American Swimming Magazine, Jan 1994)



February Fitness Challenge '95



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1995

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: Reachin' for the Stars!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

950 South Foster Dr. #29

Baton Rouge, LA 70806 USA

Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

February Fitness Challenge '95

(please print)

NAME: _____ AGE (as of 2/28/95): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

WED FEB 1 _____ yds	WED FEB 8 _____	WED FEB 15 _____	WED FEB 22 _____
THU FEB 2 _____	THU FEB 9 _____	THU FEB 16 _____	THU FEB 23 _____
FRI FEB 3 _____	FRI FEB 10 _____	FRI FEB 17 _____	FRI FEB 24 _____
SAT FEB 4 _____	SAT FEB 11 _____	SAT FEB 18 _____	SAT FEB 25 _____
SUN FEB 5 _____	SUN FEB 12 _____	SUN FEB 19 _____	SUN FEB 26 _____
MON FEB 6 _____	MON FEB 13 _____	MON FEB 20 _____	MON FEB 27 _____
TUE FEB 7 _____	TUE FEB 14 _____	TUE FEB 21 _____	TUE FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
 TOTAL MONTHLY MILEAGE = _____ MILES
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES			
Entry Fee	\$ 6.00	_____	(required)
T-Shirt	12.00	_____	(optional)
Circle T-shirt Size: S M L XL XXL			
Swim Cap	3.00	_____	(optional)
Int'l Fee	3.00	_____	(outside U.S.)
TOTAL		_____	(U.S. funds only)
(fees payable to Southern Masters Swimming)			

Results from the World Senior Games St. George, Utah Oct. 12-14, 1994

Oregon Masters in attendance

Leo Van Dijk	Joan Morris	Gil Young	Eric Guest
100 Free 2nd	50 Back 1st	50 Back 4th	100 Free 4th
50 Back 6th	100 Back 1st	500 Free 2nd	100 Fly 2nd
100 Back 5th	50 Free 2nd	100 I.M. 2nd	50 Free 2nd
50 Free 2nd	100 Breast 2nd	100 Back 3rd	100 I.M. 3rd
200 Free 3rd		200 Free 2nd	50 Free 3rd
		200 I.M. 1st	200 I.M. 2nd

Support Your Local World Class Swimmer

This summer, while millionaire baseball players were striking against their multi-millionaire employers and both sides were pleading poverty, a group of athletes gathered at Indianapolis to vie for places on the American team that would compete at the World Championships in Rome. In an age when the public perception of athletes is largely that of spoiled, self-centered and above all overpaid brats, the American swimmers showed that some athletes can show grit, determination and a seeming love of poverty on the road to world class performances.

Mark Henderson (first in the men's 100m back-stroke)

"I qualified last summer for \$400 a month from the Olympic Committee. But living in Berkeley, this didn't cover my rent. This summer I was bartending to make enough money to keep swimming. I worked until 2:30 am and was up at 5 or 5:30 am to swim. It was tough, really tough, but I'm No. 1 in the world now."

Brian Alderman (second in the men's 100m fly)
"I'm training in Fort Lauderdale now for the 1996 Olympics, living on grants of \$700 a month from Alamo Rent A Car and \$400 a month from the US Olympic Committee."

Jenny Thompson (first in the women's 100m free and 100m fly)

"When the doctors set my broken left arm in June, they put in a titanium plate and seven screws. I got back in the water quickly and did a lot of kicking, but I couldn't really practice butterfly until two weeks before the meet. So I'm happy my butterfly was good here. Maybe I should break my other arm."

Tom Dolan (second in the 400m free and 400m IM; Dolan set a new world record in the 400 IM at Rome)

"I've had breathing problems. It's not easy swimming when you can't get a good deep breath. I've been to the hospital here and I'm going again on Monday. I've been taking inhalers all summer. They don't know if it's asthma or a hiatal hernia. If it's a hernia, the doctors think it would be stress-related. I don't need it. There's enough stress just swimming."

Kelly McPherson (finished last in the women's 800m free, 65 meters behind winner Janet Evans)

"When I dived in at the start, the strap on my goggles broke. I stopped after the first lap to look for my goggles and couldn't find them. My coach yelled at me to keep swimming, so I did. On the next two laps, he said he threw in goggles for me, but I didn't see them. I'm disappointed this happened, but I did my best."

Exercises to Help Add "Spring" to your Starts

Many athletes may be just a hop, skip and jump away from getting more power out of their legs, according to an article in the September issue of the *Penn State Medicine Newsletter*.

Elite athletes and trainers in many sports swear by an exercise system known as plyometrics, which is thought to enhance muscles' energy-storing potential.

Plyometrics involves a variety of exercises that produce a rapid lengthening of a muscle quickly followed by a forceful shortening—for instance, such lower body exercises as tuck jumps, box jumps, bounds, single leg hops and standing long jumps. Other plyometric exercises target the upper body.

Plyometric exercise has evolved since the mid 1960s from training habits of athletes in the former Eastern Block countries, the news letter notes.

Plyometric expert Dr. Donald A. Chu, professor of biomechanics and kinesiology at California State University at Hayward, told the newsletter that the exercises "can help in any sport where rapid acceleration of the body and change in direction are requirements. This especially includes track and field, basketball, volleyball, cycling, weight lifting, football, and tennis."

How plyometric exercise physiologically improves strength and power is still unclear. One theory is that since tendons and muscles are elastic, they can be conditioned to store the energy of the stretch and utilize it in the shortening action that follows.

Several studies of athletes who supplemented their normal training routines with plyometrics found significantly increased vertical jumping ability was one outcome.

After six weeks of twice-weekly plyometric sessions, researchers at Oregon State University's Human Performance Laboratory found the average vertical jumps of subjects who used plyometrics together with squat-based resistance training improved by 10.67 cm. However, subjects following squats-only program averaged 3.3 cm in improved height while those on a plyometric regime averaged 3.81 cm.

According to the newsletter, it is recommended that athletes not start plyometrics until an adequate strength base has been established. Additionally, as the research mentioned implies, plyometrics should be included in a program that already incorporates other training, such as sprint, resistance and agility exercises.

(From Swimming Technique/February april 94)

Physical Inactivity Risk

by Edward S. Cooper, M.D. BILLABONG Aquatics

For more than 25 years, the American Heart Association has recognized physical inactivity as a contributing factor in causing heart disease. But it was only this year, after long and careful study of all available research and medical literature, that our Committee on Exercise and Cardiac Rehabilitation issued a statement adding physical inactivity to the AHA's recognized list of major risk factors for heart disease.

The meaning is strikingly clear—the habitual avoidance of exercise and physical activity is a coronary risk factor comparable to cigarette smoking, high blood cholesterol and high blood pressure. Together these make up the "big four" risk factors for heart attacks and strokes, and they all share one very important characteristic: Each of them can be prevented or modified. Of them all, however, physical inactivity is the simplest to prevent or modify.

To these who, for whatever reason, may still be shying away from strenuous exercise programs, I want to offer another message. Please remember that any physical activity is better than none at all. According to our findings, anything that causes us to move is beneficial—even house work, mowing the lawn or walking the dog.

Regular exercise tends to increase the level of "good" cholesterol in the blood, can lower blood pressure in many individuals with mild blood pressure and helps control body weight. It is the ticket back to normal life for many heart attack patients because it substantially reduces the risk of another attack.

Maybe you don't have the time or commitment to attain full "cardiovascular fitness." Maybe you don't have the money to join a health club or buy a bicycle. But there are still many activities that you can make part of your daily life.

Our statement call on everyone to promote exercise programs. We're recommending more research on the effects of exercise, both physical and psychological, and how they may specifically apply to women, the elderly and minorities. We've even incorporated exercise into our national special events.

But in our campaign to reduce the health risks associated with inactivity the most important target is you.

We talk a lot about things we should stop doing—such as smoking, eating too much fat and putting too much salt in our food. But the thing that each of us should start doing right now, today, is being more active.

The American Heart Association urges you to make your life a "moving experience." It will be longer, healthier and more enjoyable as a result.

Dr. Edward S. Cooper is president of the American Heart Association, and professor of medicine at the University of Pennsylvania School of Medicine in Philadelphia. (From Canadian newsletter "Wavelengths")

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
Coos Bay / Bay Area Masters	BAM	Alice Parsons	267-7860
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 / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
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)

Did you swim in any meet in the 1993/94 season? Yes _____ No _____

**Oregon Masters Swimming
Registration 1995**

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

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**In this issue: Mt. Hood meet results, "Efficient Speed",
"Learning to swim Butterfly", and entry forms.**