

Aqua-Master

Volume 22, Number 12

December, 1995

What an ANAEROBIC THRESHOLD TEST can do for your workouts

by John Zell

The Anaerobic Threshold is the slowest speed that the aerobic metabolism is maximally overloaded.

What is the test?

This test can simply be done by swimming a long set of repeats on short rest at the **FASTEST POSSIBLE AVERAGE SPEED**. You can choose either 100's with 10 to 15 seconds rest or 200's with 15 to 30 seconds rest. This test set runs a minimum of 30 or max of 40 to 45 minutes.

A common set for most of us are 100's or 20 x 100 on 1:30 for 30 minutes. Each swimmer needs a partner who takes the swimmers time from the pace clock and writes it down. The timer should inform their swimmer of their time, the average they are maintaining, and give encouragement.

An sample test result: Mike swims 20 x 100 Freestyle on 1:30 for 30 minutes. His average time: 1:19.

What can the results tell me?

From this test you can see your current level of conditioning. Or what kind of swimming shape you are in. But more importantly, **it gives you what pace to use during different forms of endurance training**. Let's look at the forms of endurance training.

continued on page 3

Time to Renew

This is your last issue for 1995. If you have renewed your membership with Oregon Masters Swimming for 1996, then there will be no interruption in your subscription to the Aqua-Master.

If you've yet to renew, then you'd better get with it.

You'll find a registration form on the last page.



INSIDE FOR YOU

O! Barnacle

A review of the Grants Pass and North Clackamas meets.....page 4-5

Just the results, please

Grants Pass meet results.....page 8-9
North Clackamas meet results.....page 12-13

Oh my God what have I forgotten ?

Your editor prints the results from Nationals for the Oregon team members and forgets (unintentionally and temporarily) the results for the MAC Club. *Shame on you Z-Man ! Drop and give us twenty V-ups !*.....page 15-16

Entry Forms

You'll find them throughout this issue.

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Masters Swimming, Inc.*

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Calendar and Meet Schedule 1996 - 97

Date	Event	Location
Jan 13-14	SCM	Spokane, WA Fairchild Air Force Base
Jan 20 *	SCY #2	Eugene, OR Echo Hollow Pool
Jan 21	SCM	Anacortes, WA Fidalgo Pool
Jan 27 *	SCY	Beaverton, OR THBSC Penthalon
February *	Special	February Fitness Challenge '96
Feb 3-4	SCY	Spokane, WA Shadle Park HS
Feb 11 *	SCY #3	Portland, OR Matt Dishman Community Center
Feb 17	SCY	Seattle, WA Helene Madison Pool
Feb 24-25	SCY	Yakima, WA Lions Pool
Mar 1-2 *	SCY #4	Ashland, OR S. Oregon State College
Mar 17	SCY	Bangor, WA Naval Submarine Base
Mar 22-24	SCY #1	Gresham, OR Mt. Hood Community College
		Oregon Masters Association Championships
Apr 12-14	SCY	Federal Way, WA NW Zone S.C. Championships
May 9-12	SCY	Cupertino, CA USMS National S.C. Championships
June 22	LCM	Beaverton, OR THBSC LC meters
June 23 - July 2	LCM	Sheffield, England VI FINA World Masters Championships
July	LCM	Gresham, OR MHCC State Games of Oregon
July 21	Open Water	Squaw Lake Southern Oregon Lake Swim
Aug 21-25	LCM	Ann Arbor, MI USMS National L.C. Championships
May 1997	SCY	Federal Way, WA USMS National S.C. Championships
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships

* Meet entry form enclosed in this issue

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803

and for info on meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250

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.

Aqua-Master is published monthly by John Zell, 4640 N.E. 36th Avenue, Portland, OR 97211-7618. It is the official publication of Oregon Masters Swimming, Inc. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$7.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

"Anaerobic Threshold test" continued from page 1

Two forms of training: Endurance & sprint.

Endurance or aerobic (with oxygen) training is what we do most of the time. Endurance training makes it possible for us to swim faster through the middle of races without becoming fatigued. All races greater than 50 yards or meters rely on this form of training.

There are three types of endurance training: **Threshold, Overload, and Basic.**

Threshold endurance training

This is the **most effective type of endurance work**. It overloads your aerobic metabolism to the maximum without causing early fatigue because of the rapid accumulation of lactic acid in your blood. Your endurance will improve rapidly with this form of work. An example set for Mike would be 20 to 30 x 100's holding a 1:19 pace on a 1:30 to 1:35 interval. Holding this 1:19 time is the primary goal of a threshold set.

Any repeat distance can be used for a threshold set. It should total 2000 to 3000 yards and require 30 to 40 minutes to complete. Rest intervals should be short. They should be between 15 to 30 seconds on repeats of 100 to 400 yards.

Because this form of training depletes your muscle energy stores greatly, you should do only 2 or 3 of these sets in any week.

Overload endurance training

You should swim endurance repeats **slightly above the threshold pace** on occasion. At least **once** (or maybe twice) **per week** is optimum. This intense form of training provides a stimulus that encourages further improvements in aerobic capacity when it has plateaued. It is similar to "maxing out" with weights.

An overload set should consist of repeat distances of 100 to 400 yds with the total set being 1200 to 2000 yards. Swimmers cannot swim even slightly above their threshold pace for much more than 15 to 25 minutes before lactic acidosis occurs. The rest interval should be short and similar to those used in threshold sets, although, they can be increased slightly to try to achieve the faster time. The speed for repeats should be 1 to 2 seconds per 100 yards faster than the time for a threshold set.

So our example swimmer, Mike, should maintain a 1:17 throughout a set of 12 to 20 x 100. His send off could range from 1:30 to 1:40. Once again, maintaining that 1:17 is the primary goal.

Basic endurance training

This is the form of training we do most of the time and is basically swimming at moderate speeds. It will improve endurance, but, at a slower rate than by threshold and overload training. This type of training can and should be done every workout. This type of work can take many forms.

Any repeat distance can be used and sets **should be a minimum of 1000 yards in length to provide time for a training effect**. Rest periods should be short with send off times that provide 5 to 30 seconds break. The speed for basic endurance repeats should be 2 to 4 seconds per 100 yards slower than for threshold repeats. So our friend Mike should be in the range of 1:21 to 1:23 per 100. Kicking, pulling, and drill work generally fall in the basic endurance heading, depending on the pace.

So now that I've taken the test, what's next ?

Try some sets and **WATCH THE CLOCK TO MAINTAIN THE PROPER PACE** for the type of work you're wanting to do that day. Talk to your coach about some sets that would be good for you...and how often !

"Anaerobic Threshold Test" continued from page 3

This test should be taken every 4 to 6 weeks to monitor your improvement and make adjustments in the training paces. And don't limit it to just freestyle. When taking the test, if you don't push to maintain the

FASTEST POSSIBLE AVERAGE,
then your training paces won't be right.

With the variety of abilities and swimming goals we have, it is possible to have a couple different types of endurance training going on within the same common set. You just set the pace and watch that clock. Mike and Ken could do a set of 10 to 15 x 100 yard Frees on the 1:30. Ken goes first and maintains his Overload pace of 1:12 while Mike cruises a Basic endurance pace of 1:21. The possibilities are between your ears.

Some observations....

Too many times we just get in the pool, follow the leader like sheep, and swim through the sets. We use little thought about what we're doing. No plans and no clues. We do 98's and stand up instead of finishing into the wall and looking at our time. We don't know what the work is doing for us. Or with a little bit of attention given to the pace clock, what the work could do for us. Some of us don't know what overuse or abuse of threshold and overload type work is doing to us and our swim season. **Try the test and apply the results in the proper manner.** You might be pleasantly surprised with the fun and the results no matter what your goals happen to be.

EDITOR WANTED

Oregon Masters is looking for someone to assist in the monthly duties of producing this newsletter.

If you have an interest, please contact
John Zell at 503-282-9347.

This monthly task can be time consuming for John and he is looking for assistance.

Barnacle

REVIEWS RESULTS RECORDS

by Earl Walter

On November 4th and 5th, that great bunch down in Grants Pass, presented Oregon Masters' opening salvo for the '95-'96 SCY season. Under the direction of Lisa Glen, some 30 swimmers splashed and churned to some excellent early season times.

Swimmer of the Meet: **Evelyn McKeon**, 81 years young, smashed two Zone Records. The 50 Free in :55.81 vs 1:02.29 (Keller-'81) and the 100 Free in 2:06.27 vs 2:13.23 (Keller-'81) Way to go Evelyn !

Women 25-29: Saw some fine swimming, notably **Toni Hecksel** and **Jana Vlcakova**. Jana missed LC Nationals and wants her place in the sun. **Leann Albrecht** and **Junia Calhoon** are winners also.

Women 30-34: Big OMS welcome to **Jennifer Wiles**. She put in some good work, and had a fine 1650 at 22:48.01.

Women 35-39: **MacGraw** and **Abel** led the way here. Visitor **Debby Johnson** (RINC) is a swimmer.

Women 40-44: **June Mather** is off to a good start.

Women 45-49: Same for **Geri Mathewson**.

Women 50-54: **Nancy Brooks** (RINC) showed us how to swim the breaststroke

Women 85-89: **Ellen Tait** (RINC) looking "mahvalus"

Men 25-29: **Richard Robbins** is working hard and it shows!

Men 30-34: **Steve Anderson** is off to a great year.

Men 40-44: **Robert Jessop** is a Flyer, look at the 100 and 200, both getting to close to OMS records.

Men 45-49: **Greg Frownfelter**, **Richard Smith** and **Ron Jersey** are solid swimmers and put together good swims.

Men 50-54: **Dan Grey** and **Jim Krist** are ahead of schedule.

Men 55-59: **George Thayer** ages up soon. Are you ready?

Men 65-69: **Ron Anderson** will join the 70's club in a April.

Thanks again Grants Pass for a fine meet.

The inside scoop on Clackamas Meet ...**Tim Waud** hosted some 65 eager Masters swimmers on the 18th of November. It was a great meet with some very fine early season times. This is a new venue for us and from what I can see, we probably will want a return engagement. Thanks to you Tim, and all your volunteers.

Swimmer of the Meet: **Patience Miller**, a fresh young 85'er, did herself proud with 3 Zone Records. The 50 Free in 58.57 vs 1:23.05, 50 Back at 1:29.44 vs 1:45.10, and the 50 Breast in 1:38.98 vs 2:07.83. All 3 go back to 1986 and Martha Keller. For Top Ten? Numbers 2, 4 and #1!

Way to go Patience !

continued on page 5

"ol' Barnacle" continued from page 4

Women 19-24: Big OMS welcome to **Gina French**, check her times, all fast.

Women 25-29: Big OMS welcome to **Sara Laun**, look at this gal, great swims. **Sandy Hyde** had a fine 400 IM.

Women 30-34: **Cathy Newman** and **Debbie Armstrong** went at it in the 50 Fly.

Women 35-39: OMS Welcome to **Robin Willia**, she got into the thick of things with a barn burner versus **Ann Goodman** in the 50 Fly. Ann looked good in the 200 Back and 100 IM.

Women 40-44: Welcome back **Christy Hartman**, an All American a few years ago, looking great!

Women 45-49: Our **Ginger Pierson** had this all to herself, with some great times.

Women 50-54: **Jayne Chastain-Arvidson** sets a new OMS standard, in the 50 Back, at :37.07 vs **Connie Wilson** :38.25.

Connie's last record, but she would want it that way!

Women 70-74: **Petey Smith** showing great early season form, good swims!

Women 75-79: It's great to see **Leola Baumgartner** back in the water.

Men 19-24: **Kevin Noah**, looking strong, keep up the pace.

Men 25-29: OMS welcome to **Gary DeFrang**, after a great show at Nationals. OB is happy to find Gary not going back into the woodwork. Look at **Phil King** and **Horst Niehaus** in the 100 Back. OMS welcome to Horst.

Men 30-34: OMS welcome to **Mike Conrath**, a fine freestyler. **Steve Anderson** was hot in the 100 Fly.

Men 35-39: OMS welcome to **Peter Vince**, watch this young man. Pete gave **Steve Harger** a race in the 50 Free. **David Burleson**, great swims, close in the 100, 200 Back and 400 IM.

Men 40-44: **Cliff Stevens** looks good in the 200 Fly.

Men 45-49: **Jeff Bertuleitt** was right with **Doug Prentice** in the 100 Free. **Bob Maestre** appears ready for a great season.

Men 50-54: **Robert Smith** is off and swimming in the 100 Back and 100 Breast, just missed the 100 Breast record.

Men 60-64: **David Radcliff**, new OMS record in the 100 Free at 1:02.40, was E. Guest '89. David the Zone is 1:01.02 and you were also close in the 100 and 200 IM. **Art Welch** swimming some fine Backstroke.

Men 65-69: **Mickey Marks** just shaded Eric in the 50 Free.

Men 80-84: **Allan DeLay** was close in the 50 Free in :37.73 vs :37.60.

With all of these new faces, who are excellent swimmers, it appears that OMS is off to another great year. That's a 30 to all you paddlers. Stay with it, get tough, swim faster!

This is your newsletter!



If you enjoy reading things other than meet results and entry forms, then it's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.

Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.



For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your points total moving you up the ladder of certified levels.

Please make it a New Years Resolution to contribute to something you enjoy getting each month.



Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word, Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact John Zell at 503-282-9347.

Mail your articles to:
Aqua-Master
4640 N.E. 36th Avenue
Portland, OR 97211-7618



O. M. S. AWARDS

Over the past years OMS has established several awards that are presented to its members at one of our swimming meets, usually our Association Championships in March or April. The OMS Board would like to briefly explain these awards and **solicit input from anyone who would like to submit a person's name for consideration** by the Board for any of these awards.

All nominations and rationale for the nomination should be made by February 1, 1996 to Jayne Chastain-Arvidson Awards Committee Chair, 11725 N.W. Damascus, Portland, OR 97229 (503) 626-7015. All nominations will be considered by the Board at the February, 1996 meeting. The various awards are as follows:

Ol' Barn Award: This award was established in 1983 in honor of our Ol' Barnacle himself, Earl Walter, who was involved in the early establishment of OMS and who has continued to contribute to OMS in a multitude of ways. This award honors a person who has made significant contributions and given a great deal of service to our organization. This award is given annually.

Connie Wilson Memorial Award: This award was established as a memorial to Connie Wilson, the founder of OMS in 1973 and long time contributor, who died in July, 1986. This award is reserved for a person who has given hours and hours of service to OMS over many years. This is not necessarily an annual award.

Special Service Award: This type of award was first given in 1985 to recognize a person(s) who has performed a specific large task(s) for OMS and/or done outstanding service in a particular area. This recognition is given whenever the Board thinks it is warranted but not more than annually.

Spirit of OMS: These awards were first given in 1986 to one male and one female swimmer per year who exemplify the spirit and camaraderie of Masters swimming. This award is based upon attitude and enthusiasm rather than service or swimming ability.

Swimmers of the Year Awards: These awards are presented annually to the four swimmers who have made the most distinguished performances in competitive swimming during the past year in all three courses, i.e. 25 yds, 25 m, & 50 m. These awards are presented to the most outstanding swimmer in the following age groups: 49 and under - male and female, 50 and over - male and female. These are based upon USMS Top Ten standings and not voted upon by the Board.

AWARD RECIPIENTS

(for voted upon awards)

YEAR	OL' BARN	CONNIE WILSON	SPEC. SERVICE	SPIRIT
1983	Brian Frid	-----	Connie Wilson Earl Walter	-----
1984	Ginger Pierson	-----	-----	-----
1985	Robert Smith	-----	Bert Petersen	-----
1986	Sandi Rousseau	Earl Walter	Roy Abramowitz	Bev Underwood Art Hanlon
1987	Susan Albright	Sandi Rousseau	Judy & Terry McCurdy Ruth & T.D. Hughes	Judy Melcher Warren Elliott
1988	Bert Petersen	Barbara Frid	Andree Devine	Bev L'Esperance Ron Jersey
1989	Barbara Frid	Roy Abramowitz	-----	Helena Hoffman Dan Gray
1990	John Zell	Eric Guest	Earl Walter Kathy Buck	Nancy Milner Gil Young
1991	Dan Johnson	Kathy Buck	Bert & Louella Petersen	Maryann VanDijk Leo VanDijk
1992	Pam Himstreet	Andy Schrag	Ginger Pierson	Elfie Stevenin
1993	Nancy Dobbs	Robert Smith	Steve Harger	Mary Waters
1994	David Cobb	John Zell	Larry Snead & Matt Mercer	June Mather

We need your help to nominate worthy candidates for these awards.

Please contact Jayne Chastain-Arvidson by February 1, 1995

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 376-01

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

Unregistered swimmers must submit a 1996 registration form and fee with this form.

Eugene Masters Meet

DATE: SATURDAY January 20, 1996

Place: ECHO HOLLOW POOL

1655 Echo Hollow Road (West Eugene)

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 January 6, 1996

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

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

ASSOCIATION (OMS, PNA, IEA, etc.) _____ 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., 500 Free, 1000 Free, and 1650 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 (3-4) XXXXXXXXXXXXXXXX

100 BACK (5) _____ : _____ . _____

200 FREE (6) _____ : _____ . _____

50 FLY (7) _____ : _____ . _____

200 BREAST (8) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 KICK (11) _____ : _____ . _____

200 BACK (12) _____ : _____ . _____

50 FREE (13) _____ : _____ . _____

100 FLY (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

MED RLY (16-17) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 FIN KICK (18) _____ : _____ . _____

50 BACK (19) _____ : _____ . _____

100 FREE (20) _____ : _____ . _____

200 FLY (21) _____ : _____ . _____

100 BREAST (22) _____ : _____ . _____

200 I.M. (23) _____ : _____ . _____

MXD MD RLY (24) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

1000 FREE (25) _____ : _____ . _____

---- OR ----

1650 FREE (26) _____ : _____ . _____

(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 Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fees(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

G.P. "Y" Masters S.C. Meet

Event Results for Timed Finals

--- Ages 25 Through 29 ---				: --- Ages 35 Through 39 ---				: --- Ages 50 Through 54 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free				: Mixed 50 Free				: Mixed 50 Breast			
-	TONI HECKSEL	29 OREG	27.45	:	- LAURIE MAC GRAW	38 OREG	31.91	:	- NANCY BROOKS	52 RINC	38.19
-	LEANN AHLBRECHT	29 OREG	28.41	:	- PAT ABEL	35 OREG	32.28	:	Mixed 100 Breast		
Mixed 100 Free				: Mixed 100 Free				: - NANCY BROOKS 52 RINC 1:23.04			
-	TONI HECKSEL	29 OREG	58.83	:	- LAURIE MAC GRAW	38 OREG	1:10.34	:	Mixed 200 Breast		
-	JUNIA CALHOON	26 OREG	1:03.70	:	Mixed 50 Back			:	- NANCY BROOKS	52 RINC	3:06.99
Mixed 200 Free				:	- DEBBY JOHNSON	37 RINC	38.81	:	Mixed 100 IM		
-	TONI HECKSEL	29 OREG	2:12.72	:	- PAT ABEL	35 OREG	39.73	:	- NANCY BROOKS	52 RINC	1:20.78
-	JUNIA CALHOON	26 OREG	2:23.05	:	Mixed 50 Breast			: =====			
Mixed 500 Free				:	- DEBBY JOHNSON	37 RINC	39.05	: --- Ages 80 Through 84 ---			
-	JUNIA CALHOON	26 OREG	6:12.60	:	- PAT ABEL	35 OREG	45.79	PL	Name	Age Team	Finals
Mixed 1000 Free				:	Mixed 50 Fly			: -----			
-	TONI HECKSEL	29 OREG	12:46.24	:	- DEBBY JOHNSON	37 RINC	33.81	: Mixed 50 Free			
Mixed 50 Back				:	- LAURIE MAC GRAW	38 OREG	37.32	:	- EVELYN MCKEON	81 OREG	55.81
-	LEANN AHLBRECHT	29 OREG	32.53	:	Mixed 100 IM			:	Mixed 100 Free		
Mixed 200 Back				:	- DEBBY JOHNSON	37 RINC	1:16.26	:	- EVELYN MCKEON	81 OREG	2:06.27
-	JANA VLCAKOVA	26 OREG	2:24.77	:	- LAURIE MAC GRAW	38 OREG	1:24.08	:	Mixed 50 Back		
-	TONI HECKSEL	29 OREG	2:38.02	:	Mixed 400 IM			:	- EVELYN MCKEON	81 OREG	1:10.84
Mixed 50 Breast				:	- PAT ABEL	35 OREG	6:49.05	:	Mixed 50 Breast		
-	LEANN AHLBRECHT	29 OREG	43.12	:	=====			:	- EVELYN MCKEON	81 OREG	1:31.66
Mixed 100 IM				:	--- Ages 40 Through 44 ---			: =====			
-	JANA VLCAKOVA	26 OREG	1:10.63	PL	Name	Age Team	Finals	: --- Ages 85 Through 89 ---			
-	LEANN AHLBRECHT	29 OREG	1:13.70	: -----				PL	Name	Age Team	Finals
Mixed 200 IM				:	Mixed 50 Free			: -----			
-	JANA VLCAKOVA	26 OREG	2:30.73	:	- JUNE MATHER	42 OREG	34.38	:	Mixed 50 Free		
Mixed 400 IM				:	Mixed 100 Free			:	- ELLEN TAIT	85 RINC	1:04.29
-	JANA VLCAKOVA	26 OREG	5:16.74	:	- JUNE MATHER	42 OREG	1:18.05	:	Mixed 100 Free		
=====				:	Mixed 500 Free			:	- ELLEN TAIT	85 RINC	2:23.77
--- Ages 30 Through 34 ---				:	- JUNE MATHER	42 OREG	7:32.31	:	Mixed 200 Free		
PL	Name	Age Team	Finals	: -----				:	- ELLEN TAIT	85 RINC	5:21.89
Mixed 50 Free				: --- Ages 45 Through 49 ---				:	Mixed 500 Free		
-	JENNIFER WILES	32 OREG	32.53	PL	Name	Age Team	Finals	:	- ELLEN TAIT	85 RINC	12:13.13
Mixed 100 Free				: -----				: =====			
-	JENNIFER WILES	32 OREG	1:09.58	:	Mixed 50 Free			: --- Ages 25 Through 29 ---			
Mixed 200 Free				:	- GERI MATHEWSON	47 OREG	31.41	PL	Name	Age Team	Finals
-	JENNIFER WILES	32 OREG	2:28.16	:	Mixed 100 Free			: -----			
Mixed 1650 Free				:	- GERI MATHEWSON	47 OREG	1:10.09	:	Mixed 50 Free		
-	JENNIFER WILES	32 OREG	22:48.01	:	Mixed 200 Free			:	- JOHN LINDSEY	29 OREG	26.26
Mixed 50 Back				:	- GERI MATHEWSON	47 OREG	2:35.78	:	- RICHARD HOBBS	29 OREG	27.25
-	JENNIFER WILES	32 OREG	36.74	:	Mixed 1000 Free			:	Mixed 100 Free		
Mixed 200 Back				:	- GERI MATHEWSON	47 OREG	14:22.76	:	- JOHN LINDSEY	29 OREG	1:00.49
-	JENNIFER WILES	32 OREG	2:47.88	:	-----			:	- RICHARD HOBBS	29 OREG	1:00.62
-----				:	-----			:	Mixed 500 Free		
-----				:	-----			:	- RICHARD HOBBS	29 OREG	6:30.88
-----				:	-----			:	- JOHN LINDSEY	29 OREG	6:46.88

Mixed 50 Back

- JOHN LINDSEY 29 OREG 34.76
- CIARAN TURBITT 29 OREG 38.83

Mixed 50 Breast

- RICHARD HOBBS 29 OREG 35.95

Mixed 50 Fly

- CIARAN TURBITT 29 OREG 37.31

Mixed 100 IM

- RICHARD HOBBS 29 OREG 1:09.86
- JOHN LINDSEY 29 OREG 1:16.11
- CIARAN TURBITT 29 OREG 1:21.51

Mixed 200 IM

- RICHARD HOBBS 29 OREG 2:34.48

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals

Mixed 200 Free

- STEVEN ANDERSON 30 OREG 2:02.41

Mixed 500 Free

- STEVEN ANDERSON 30 OREG 5:38.56

Mixed 100 Fly

- STEVEN ANDERSON 30 OREG 59.04

--- Ages 35 Through 39 ---

PL	Name	Age	Team	Finals

Mixed 50 Free

- DAVID COBB 36 OREG 26.43

Mixed 50 Breast

- DAVID COBB 36 OREG 33.21
- DON SOARES 36 UNATT 45.39

Mixed 100 Breast

- DAVID COBB 36 OREG 1:14.08
- DON SOARES 36 UNATT 1:40.20

Mixed 100 Fly

- DON SOARES 36 UNATT 1:20.28

Mixed 200 IM

- DON SOARES 36 UNATT 2:55.19

Mixed 400 IM

- DON SOARES 36 UNATT 6:22.66

--- Ages 40 Through 44 ---

PL	Name	Age	Team	Finals

Mixed 50 Free

- WILL WEST 44 OREG 28.95

Mixed 100 Free

- WILL WEST 44 OREG 1:05.18
- MICHAEL GRANT 44 OREG 1:05.21

Mixed 500 Free

- CRAIG MATHER 44 OREG 6:40.05
- MICHAEL GRANT 44 OREG 6:51.70

Mixed 100 Breast

- MICHAEL GRANT 44 OREG 1:25.76

Mixed 200 Breast

- MICHAEL WIDMANN 42 OREG 3:35.90

Mixed 50 Fly

- ROBERT JESSOP 41 OREG 26.97
- MICHAEL GRANT 44 OREG 32.08

Mixed 100 Fly

- ROBERT JESSOP 41 OREG 59.45
- MICHAEL GRANT 44 OREG 1:12.99

Mixed 200 Fly

- ROBERT JESSOP 41 OREG 2:15.34

Mixed 100 IM

- ROBERT JESSOP 41 OREG 1:05.19

--- Ages 45 Through 49 ---

PL	Name	Age	Team	Finals

Mixed 50 Free

- RICHARD J SMITH 46 OREG 25.84
- GREG FROWNFELTER 47 OREG 27.13
- RONALD JERSEY 47 OREG 31.73

Mixed 100 Free

- RICHARD J SMITH 46 OREG 58.98
- GREG FROWNFELTER 47 OREG 59.81
- RONALD JERSEY 47 OREG 1:07.69

Mixed 200 Free

- RICHARD J SMITH 46 OREG 2:17.49
- RONALD JERSEY 47 OREG 2:33.59

Mixed 500 Free

- RONALD JERSEY 47 OREG 6:59.49

Mixed 1000 Free

- RONALD JERSEY 47 OREG 14:14.06

Mixed 50 Back

- RICHARD J SMITH 46 OREG 34.19
- GREG FROWNFELTER 47 OREG 35.13

Mixed 50 Fly

- GREG FROWNFELTER 47 OREG 32.59
- RONALD JERSEY 47 OREG 39.89

Mixed 100 IM

- GREG FROWNFELTER 47 OREG 1:13.39

--- Ages 50 Through 54 ---

PL	Name	Age	Team	Finals

Mixed 50 Free

- JAMES KRIST 51 OREG 28.44

Mixed 100 Free

- JAMES KRIST 51 OREG 1:06.11

Mixed 200 Free

- JAMES KRIST 51 OREG 2:34.39

: Mixed 500 Free

- DANIEL GRAY 50 OREG 6:54.90
- JAMES KRIST 51 OREG 7:18.48

: Mixed 1000 Free

- DANIEL GRAY 50 OREG 14:02.30
- JAMES KRIST 51 OREG 15:10.41

: Mixed 1650 Free

- DANIEL GRAY 50 OREG 23:56.57
- JAMES KRIST 51 OREG 25:44.77

--- Ages 55 Through 59 ---

PL	Name	Age	Team	Finals

: Mixed 50 Free

- GEORGE THAYER 59 OREG 27.06

: Mixed 100 Free

- GEORGE THAYER 59 OREG 1:03.79

: Mixed 50 Back

- GEORGE THAYER 59 OREG 35.55

: Mixed 100 IM

- GEORGE THAYER 59 OREG 1:15.93

--- Ages 65 Through 69 ---

PL	Name	Age	Team	Finals

: Mixed 50 Free

- RONALD ANDERSON 69 OREG 56.09

: Mixed 100 Free

- RONALD ANDERSON 69 OREG 2:09.97

--- Ages 25 Through 34 ---

PL	Name	Team	Finals

: Female 200 R-Free

1 oreg R F-25 OREG 2:06.16

: Female 200 R-Medley

1 oreg R F-25 OREG 2:28.06

Male 200 R-Free

1 oreg G M-25 OREG 1:52.15

2 oreg R M-25 OREG 1:52.35

Mixed 200 R-Free

1 oreg G X-25 OREG 2:02.50

2 oreg R X-25 OREG 2:02.63

Mixed 200 R-Medley

1 oreg G X-25 OREG 2:15.41

2 oreg R X-25 OREG 2:16.16

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 # 376-02

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

Unregistered swimmers must submit a 1996 registration form and fee with this form.

TUALATIN HILLS PENTATHLON

DATE: JANUARY 27th, 1996

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 13th, 1996

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

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OMS, PNA, IEA, ETC.) 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.

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

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction # 376-03

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

Unregistered swimmers must submit a 1996 registration form and fee with this form.

Portland Parks Masters "Valentines Meet"

Place: Matt Dishman Community Center

77 N. Knott

Portland, OR

DATE: FEBRUARY 11, 1996

WARM-UPS: 7:30 to 8:45 a.m.

MEET STARTS: 9:00 a.m.

5 Lanes competition - Manual timing

1 lane continuous warm up/down

Host: Portland Parks Masters Co-Meet Directors: Mark Wren 503-231-2582 and John Zell 503-282-9347

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 #302A (Coliseum / Weidler), off exit cross Weidler and take a left on Broadway, get into your right-hand lane and take a right on Williams Ave. Proceed north on Williams and take a right on Knott St.

Special Valentine Day Relay events: Team-up with your Valentine for some fun 2 person relays.

You may have a different Valentine on any of the 3 relays.

Get your Valentine to enter today.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 27, 1996

**All entrants MUST submit a PHOTOCOPY
of their current USMS REGISTRATION CARD or FORM with this entry.**

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OREG, MACO, PNA, IEM, etc) _____ 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 4 individual events plus 7 relays. Enter relays at the meet.

The 400 I.M. will be deckseeded and all events will be seeded slow to fast.

SUNDAY FEBRUARY 11

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

BREAK BREAK BREAK

FREE RLY (2 / 3) XXXXXXXXXXXXXXXX

200 FLY (4) _____ : _____ . _____

200 BACK (5) _____ : _____ . _____

Valentines Free Relay (6) XXXXXXXXXX

50 BREAST (7) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

MXD FR RLY(9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

50 FLY (11) _____ : _____ . _____

100 BACK (12) _____ : _____ . _____

200 BREAST (13) _____ : _____ . _____

50 FREE (14) _____ : _____ . _____

MED RLY (15/16) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (17) _____ : _____ . _____

50 BACK (18) _____ : _____ . _____

Valentines Medley Relay (19) XXXXXXXXX

100 BREAST (20) _____ : _____ . _____

200 FREE (21) _____ : _____ . _____

100 I.M. (22) _____ : _____ . _____

MXD MD RLY (23) XXXXXXXXXXXXXXXX

Valentines Fun Relay (24) XXXXXXXXXX

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: \$9.00 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING

c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

NORTH CLACKAMAS MASTERS MEET

Event Results for Timed Finals

Ages 19 Through 24				Ages 30 Through 34				Mixed 200 Back				
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	
Mixed 50 Free				Mixed 100 Free				Mixed 50 Fly				
-	JEANNA BENNETT	21 OREG	29.06	-	DANA VEDDER	31 OREG	55.70	-	ANN GOODMAN	34 OREG	2:48.34	
-	LEANNIE NARANEN	23 OREG	29.79	-	JENNIFER WILES	32 OREG	1:10.03	-	MIXED 50 Breast	34 OREG	41.90	
Mixed 100 Free				-	DANA VEDDER	31 OREG	2:18.05	-	MARIE FARGHER	38 OREG	42.88	
-	JEANNA BENNETT	21 OREG	1:05.93	-	JENNIFER WILES	32 OREG	2:28.48	-	ROBIN WILLIA	38 OREG	34.10	
-	LEANNIE NARANEN	23 OREG	1:06.73	-	DANA VEDDER	31 OREG	4:39.12	-	JUDITH LAMPI	35 MACO	34.42	
Mixed 200 Free				-	JENNIFER WILES	32 OREG	2:28.48	-	MAUREEN HOSTY	34 OREG	39.89	
-	LEANNIE NARANEN	23 OREG	2:29.53	-	DANA VEDDER	31 OREG	7:35.22	-	MIXED 100 Fly	34 OREG	1:18.23	
Mixed 500 Free				-	CATHY NEWMAN	31 OREG	7:35.22	-	ANN GOODMAN	34 OREG	1:18.07	
-	GINA FRENCH	20 OREG	5:57.82	-	JENNIFER WILES	32 OREG	1:19.06	-	MAUREEN HOSTY	34 OREG	1:26.27	
Mixed 100 Back				-	DANA VEDDER	31 OREG	DQ	-	MARIE FARGHER	38 OREG	1:27.94	
-	GINA FRENCH	20 OREG	1:13.37	-	JENNIFER WILES	32 OREG	2:47.76	Ages 40 Through 44				
-	JEANNA BENNETT	21 OREG	1:15.79	-	GINA FRENCH	20 OREG	1:20.59	-	PL	Name	Age Team	Finals
Mixed 100 Breast				-	DANA VEDDER	31 OREG	DQ	-	MIXED 50 Free	42 OREG	30.48	
-	GINA FRENCH	20 OREG	1:20.59	-	GINA FRENCH	20 OREG	1:12.98	-	CHRISTY HARTMAN	42 OREG	30.48	
Mixed 100 Fly				-	GINA FRENCH	20 OREG	1:12.98	-	BONNIE SUMMERS	44 OREG	38.24	
-	GINA FRENCH	20 OREG	1:12.98	-	DANA VEDDER	31 OREG	DQ	-	MIXED 100 Free	44 OREG	1:29.88	
Mixed 100 IM				-	JEANNA BENNETT	21 OREG	1:17.37	-	BONNIE SUMMERS	44 OREG	1:29.88	
-	JEANNA BENNETT	21 OREG	1:17.37	-	CATHY NEWMAN	31 OREG	34.81	-	MIXED 50 Breast	42 OREG	35.62	
Ages 25 Through 29				-	DEBBIE ARMSTRONG	30 OREG	34.87	-	CHRISTY HARTMAN	42 OREG	40.73	
PL	Name	Age Team	Finals	-	MIXED 100 IM	31 OREG	1:18.39	-	LAUREN BURDICK	42 OREG	40.73	
-	BRIN HOLLAND	28 OREG	31.92	-	CATHY NEWMAN	31 OREG	2:57.54	-	BONNIE SUMMERS	44 OREG	51.56	
Mixed 50 Free				-	DEBBIE ARMSTRONG	30 OREG	1:20.63	-	CHRISTY HARTMAN	42 OREG	1:30.83	
-	SARA LAUN	26 UNATT	1:01.06	-	MIXED 200 IM	31 OREG	2:57.54	-	LAUREN BURDICK	42 OREG	1:28.15	
Mixed 500 Free				-	PL	Name	Age Team	Finals	-	MIXED 200 Breast	42 OREG	2:12.25
-	SARA LAUN	26 UNATT	5:45.92	-	MIXED 50 Free	38 OREG	32.27	-	CHRISTY HARTMAN	42 OREG	1:18.19	
Mixed 100 Back				-	MARIE FARGHER	38 OREG	32.27	-	AGES 45 THROUGH 49	49		
-	SANDRA HYDE	27 OREG	1:24.96	-	JUDITH LAMPI	35 MACO	1:10.73	-	PL	Name	Age Team	Finals
Mixed 50 Breast				-	MAUREEN HOSTY	34 OREG	1:13.12	-	MIXED 100 IM	49 MACO	2:46.87	
-	BRIN HOLLAND	28 OREG	39.09	-	MIXED 200 Free	36 OREG	2:34.57	-	CHRISTY HARTMAN	42 OREG	1:18.19	
Mixed 100 Breast				-	MAUREEN HOSTY	34 OREG	6:40.77	-	MIXED 100 Back	49 MACO	1:17.52	
-	BRIN HOLLAND	28 OREG	1:29.29	-	MIXED 50 Back	36 OREG	6:40.77	-	MIXED 200 Back	49 MACO	2:46.87	
Mixed 50 Fly				-	ROBIN WILLIA	38 OREG	35.45	-	MIXED 100 Fly	49 MACO	1:17.52	
-	SANDRA HYDE	27 OREG	1:33.80	-	ANN GOODMAN	34 OREG	35.59	-	GINGER PIERSON	49 MACO	2:46.87	
Mixed 100 IM				-	ROBIN WILLIA	38 OREG	1:19.05	-	MIXED 100 IM	49 MACO	5:51.23	
-	SARA LAUN	26 UNATT	1:11.29	-	ANN GOODMAN	34 OREG	1:17.51	-	MIXED 400 IM	49 MACO	5:51.23	
Mixed 400 IM				-	ROBIN WILLIA	38 OREG	1:19.05	-	PATIENCE MILLAR	85 OREG	1:29.44	
-	SANDRA HYDE	27 OREG	6:03.03	-	ANN GOODMAN	34 OREG	1:17.51	-	MIXED 50 Breast	85 OREG	1:38.98	

NORTH CLACKAMAS MASTERS MEET

Event Results for Timed Finals

Ages 19 Through 24 ---				Ages 30 Through 34 ---				Mixed 400 IM			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free				Mixed 100 Free				Mixed 100 Back			
-	SUE CALNEK	52 OREG	33.87	-	KEVIN NOAH	23 OREG	52.60	-	TIMOTHY MAUD	28 OREG	5:09.00
Mixed 100 Free				-	KEVIN NOAH	23 OREG	1:56.55	-	MIKE CONRATH	31 OREG	DQ
-	SUE CALNEK	52 OREG	1:15.02	-	KEVIN NOAH	23 OREG	1:56.55	-	MIXED 200 Free	31 OREG	2:13.21
Mixed 500 Free				-	KEVIN NOAH	23 OREG	4:43.07	-	MIKE CONRATH	31 OREG	2:13.21
-	SUE CALNEK	52 OREG	7:36.11	-	KEVIN NOAH	23 OREG	1:05.96	-	STEVEN ANDERSON	30 OREG	1:02.61
Mixed 100 Back				-	KEVIN NOAH	23 OREG	1:05.96	-	MIXED 100 Fly	30 OREG	59.74
-	J. CHASTAIN-ARVI	50 OREG	37.07	-	KEVIN NOAH	23 OREG	1:05.96	-	AGES 35 Through 39 ---		
Mixed 100 Breast				-	KEVIN NOAH	23 OREG	1:05.96	-	PL Name	Age Team	Finals
-	J. CHASTAIN-ARVI	50 OREG	1:23.37	-	KEVIN NOAH	23 OREG	1:05.96	-	MIXED 50 Free	26 OREG	24.96
Mixed 200 Back				-	KEVIN NOAH	23 OREG	1:05.96	-	MIXED 100 Free	29 OREG	53.27
-	J. CHASTAIN-ARVI	50 OREG	2:59.21	-	KEVIN NOAH	23 OREG	1:05.96	-	PHILLIP KING	29 OREG	53.27
Ages 25 Through 29 ---				-	KEVIN NOAH	23 OREG	1:05.96	-	MIXED 500 Free	26 OREG	5:48.17
PL Name	Age Team	Finals		PL Name	Age Team	Finals		PL Name	Age Team	Finals	
Ages 70 Through 74 ---				Mixed 50 Free				Mixed 50 Free			
PL Name	Age Team	Finals		-	ANTON LENNIS	26 OREG	24.96	-	STEPHEN HARGER	36 OREG	24.32
Mixed 50 Free				-	ANTON LENNIS	26 OREG	24.96	-	PETER VINCE	38 OREG	24.85
-	PETRY MH SMITH	71 OREG	35.45	-	PHILLIP KING	29 OREG	53.27	-	JIM CAMPBELL	39 OREG	26.85
Mixed 100 Free				-	PHILLIP KING	29 OREG	53.27	-	TOM HOLLAND	37 OREG	27.30
-	PETRY MH SMITH	71 OREG	1:19.40	-	ANTON LENNIS	26 OREG	5:48.17	-	JOSEPH RUMITCH	37 OREG	28.13
Mixed 200 Free				-	ANTON LENNIS	26 OREG	5:48.17	-	MIXED 100 Free	31 OREG	DQ
-	PETRY MH SMITH	71 OREG	2:55.60	-	GARY DEFRANG	25 OREG	26.55	-	STEPHEN HARGER	36 OREG	53.56
Ages 19 Through 24 ---				-	GARY DEFRANG	25 OREG	26.55	-	JIM CAMPBELL	39 OREG	59.50
PL Name	Age Team	Finals		-	PHILLIP KING	29 OREG	59.32	-	JOSEPH RUMITCH	37 OREG	1:02.08
-	PETRY MH SMITH	71 OREG	35.45	-	HORST NIEMANN	27 OREG	1:00.59	-	MIXED 200 Free	31 OREG	DQ
Mixed 50 Free				-	HORST NIEMANN	27 OREG	1:00.59	-	DAVID BURLSON	38 MACO	1:56.12
-	L. BAUMGARTNER	78 OREG	57.27	-	GARY DEFRANG	25 OREG	2:07.25	-	PETER VINCE	38 OREG	1:59.21
Mixed 100 Back				-	GARY DEFRANG	25 OREG	2:07.25	-	JOHN ZELL	38 OREG	2:15.31
-	L. BAUMGARTNER	78 OREG	1:37.04	-	PHILLIP KING	29 OREG	30.70	-	JOSEPH RUMITCH	37 OREG	2:20.00
Mixed 50 Breast				-	PHILLIP KING	29 OREG	30.70	-	MURALI KRISHNA	35 OREG	3:09.57
-	L. BAUMGARTNER	78 OREG	1:16.26	-	ANTON LENNIS	26 OREG	1:07.66	-	MIXED 500 Free	36 OREG	5:40.03
Mixed 100 IM				-	ANTON LENNIS	26 OREG	1:11.98	-	STEVEN HARGER	36 OREG	5:40.03
-	L. BAUMGARTNER	78 OREG	2:45.19	-	TIMOTHY MAUD	28 OREG	2:38.11	-	JIM CAMPBELL	39 OREG	6:12.31
Ages 19 Through 24 ---				-	TIMOTHY MAUD	28 OREG	2:38.11	-	JOSEPH RUMITCH	37 OREG	6:39.58
PL Name	Age Team	Finals		-	GARY DEFRANG	25 OREG	26.02	-	MURALI KRISHNA	35 OREG	8:31.88
-	PETRY MH SMITH	71 OREG	35.45	-	ANTON LENNIS	26 OREG	1:01.47	-	MIXED 100 Back	36 OREG	58.98
Mixed 50 Free				-	ANTON LENNIS	26 OREG	1:01.47	-	DAVID BURLSON	38 MACO	58.98
-	PATIENCE MILLER	85 OREG	58.57	-	GARY DEFRANG	25 OREG	57.89	-	DAVID BURLSON	38 MACO	2:08.08
Mixed 100 Free				-	GARY DEFRANG	25 OREG	57.89	-	PETER VINCE	38 OREG	2:21.24
-	PATIENCE MILLER	85 OREG	1:29.44	-	TIMOTHY MAUD	28 OREG	1:02.39	-	MURALI KRISHNA	35 OREG	3:14.43
Mixed 50 Breast				-	TIMOTHY MAUD	28 OREG	1:02.39	-	MIXED 50 Breast	36 OREG	31.65
-	PATIENCE MILLER	85 OREG	1:38.98	-	ANTON LENNIS	26 OREG	2:22.96	-	STEPHEN HARGER	36 OREG	31.65
Ages 19 Through 24 ---				-	ANTON LENNIS	26 OREG	2:22.96	-	TOM HOLLAND	37 OREG	35.38

Event Results for Timed Finals

Mixed 100 Free				
- RUPERT FIOOTT	74	ORIG	1:40.19	
- JOSHUA MALLON	74	ORIG	1:50.50	
- DAVID BENNETTIN	73	ORIG	1:58.60	
Mixed 200 Free				
- JOSHUA MALLON	74	ORIG	4:03.41	
Mixed 500 Free				
- JOSHUA MALLON	74	ORIG	10:45.64	
- DAVID BENNETTIN	73	ORIG	11:15.06	
Mixed 1000 Free				
- GILBERT YREANT	73	ORIG	43.43	
- RUPERT FIOOTT	74	ORIG	50.42	
- DAVID BENNETTIN	73	ORIG	57.68	
Mixed 100 Back				
- DAVID BENNETTIN	73	ORIG	2:05.63	
Mixed 50 Breast				
- GILBERT YREANT	73	ORIG	49.61	
- RUPERT FIOOTT	74	ORIG	51.16	
---	Age	75 Through 79	---	
PL	Name	Age	Team	Finals
Mixed 50 Free				
- MEL ANDERSON	77	ORIG	52.16	
Mixed 50 Fly				
- MEL ANDERSON	77	ORIG	1:22.35	
Mixed 100 IM				
- MEL ANDERSON	77	ORIG	2:39.42	
Mixed 200 IM				
- MEL ANDERSON	77	ORIG	6:24.73	
---	Age	80 Through 84	---	
PL	Name	Age	Team	Finals
Mixed 50 Free				
- ALLAN DE LAY	80	ORIG	57.50	
Mixed 50 Back				
- ALLAN DE LAY	80	ORIG	54.52	
Mixed 50 Breast				
- ALLAN DE LAY	80	ORIG	55.91	
---	Age	19 Through 24	---	
PL	Name	Age	Team	Finals
Mixed 200 Medley				
- JIM BAXTER	ORIG	2:08.61		
JENNIA BARNHART-21P	MIXE	COMWAT-11		
PHILIP KING-21M	LEANNE	HARSHIN-21		

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: --- Age 25 Through 24 ---
: PL      Name                      Team      Finals
: -----
: - Mixed 200 R-Free
:   - OREG A X-25                      OREG 1:50.90
:   ERIN HOLLAND-28F                MARK NEWMAN-41M
:   CATHY NEWMAN-31F                TOM HOLLAND-37M
: - Mixed 200 R-Medley
:   - OREG C X-25                      OREG 2:19.53
:   TOM HOLLAND-37M                ERIN HOLLAND-28F
:   CATHY NEWMAN-31F                MARK NEWMAN-41M
: -----
: --- Ages 65 Through 74 ---
: PL      Name                      Team      Finals
: -----
: - Mixed 200 R-Medley
:   - OREG D X-65                      OREG 4:25.31
:   L. BAUMGARTNER-78F              RUPERT PIXOTT-74M
:   MEL ANDERSSON-77M              DREYER MH SMITH-71F
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Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction # 376-04

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

Unregistered swimmers must submit a 1996 registration form and fee with this form.

Rogue Valley Masters Meet

Place: Southern Oregon State College

McNeil Hall

Ashland, OR

5 Lanes competition - Electronic timing

1 lane continuous warm up/down

Host: Rogue Valley Masters Co-Meet Directors: Richard Smith 503-488-1848 and June Mather 503-482-0610

Directions to pool: From I-5 South take exit 14. Turn right onto Ashland Street, heading west. Proceed on Ashland approx. 1 mile to Stadium Way. Turn right on Stadium Way and go two blocks to Webster. Turn left and you are at the pool.

DATE: MARCH 2 - 3, 1996

SATURDAY 3-2-96

Warm-ups: 4:00 p.m.

Meet starts: 5:00 p.m.

SUNDAY 3-3-96

Warm-ups: 9:30 a.m.

Meet starts: 10:30 a.m.

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

ENTRY DEADLINE : POSTMARKED NO LATER THAN FEBRUARY 17, 1996

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OREG, MACO, PNA, IEM, etc) _____ 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 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and 1650 Freestyles will be deckseeded and all events will be seeded slow to fast.

SATURDAY MARCH 2

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

1650 FREE (2) _____:_____:_____

1000 FREE (3) _____:_____:_____

SUNDAY MARCH 3

500 FREE (4) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (5 / 6) XXXXXXXXXXXXXXXX

50 BREAST (7) _____:_____:_____

100 FLY (8) _____:_____:_____

200 FREE (9) _____:_____:_____

50 BACK (10) _____:_____:_____

100 I.M. (11) _____:_____:_____

MXD FR RLY (12) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (13) _____:_____:_____

50 FLY (14) _____:_____:_____

100 FREE (15) _____:_____:_____

200 BACK (16) _____:_____:_____

MED RLY (17 / 18) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (19) _____:_____:_____

200 FLY (20) _____:_____:_____

50 FREE (21) _____:_____:_____

100 BACK (22) _____:_____:_____

200 I.M. (23) _____:_____:_____

MXD MD RLY (24) 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: \$11.00 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING
c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

Hy-Tek's Meet Services

USMS LONG COURSE NATIONALS, 1995
MT. HOOD COMMUNITY COLLEGE, GRESHAM, OREGON

Event Results for Timed Finals

Female 100 Fly				Ages 19 Through 24			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	TERI HENDRYX	42 MACO	1:24.92	1	TERI HENDRYX	42 MACO	1:24.92
Female 200 IM				Ages 25 Through 29			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	TERI HENDRYX	42 MACO	3:01.41	1	TERI HENDRYX	42 MACO	3:01.41
Female 50 Free				Ages 30 Through 34			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	32.12	1	KATHLEEN BOYD	24 MACO	32.12
Female 100 Free				Ages 35 Through 39			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:11.98	1	KATHLEEN BOYD	24 MACO	1:11.98
Female 200 Free				Ages 40 Through 44			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	2:17.18	1	KATHLEEN BOYD	24 MACO	2:17.18
Female 50 Back				Ages 45 Through 49			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	36.91	1	KATHLEEN BOYD	24 MACO	36.91
Female 100 Back				Ages 50 Through 54			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:20.32	1	KATHLEEN BOYD	24 MACO	1:20.32
Female 200 Back				Ages 55 Through 59			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	2:51.32	1	KATHLEEN BOYD	24 MACO	2:51.32
Ages 25 Through 29				Ages 60 Through 64			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	5:05.19	1	KATHLEEN BOYD	24 MACO	5:05.19
Female 200 Back				Ages 65 Through 69			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	2:11.59	1	KATHLEEN BOYD	24 MACO	2:11.59
Female 100 Fly				Ages 70 Through 74			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:11.82	1	KATHLEEN BOYD	24 MACO	1:11.82
Female 200 IM				Ages 75 Through 79			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	2:35.89	1	KATHLEEN BOYD	24 MACO	2:35.89
Ages 15 Through 19				Ages 80 Through 84			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	33.96	1	KATHLEEN BOYD	24 MACO	33.96
Female 50 Free				Ages 85 Through 89			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:14.53	1	KATHLEEN BOYD	24 MACO	1:14.53
Female 100 Free				Ages 90 Through 94			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	38.81	1	KATHLEEN BOYD	24 MACO	38.81
Ages 40 Through 44				Ages 95 Through 99			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:24.39	1	KATHLEEN BOYD	24 MACO	1:24.39
Female 100 Back				Ages 100 Through 104			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	1:32.84	1	KATHLEEN BOYD	24 MACO	1:32.84
Female 200 Back				Ages 105 Through 109			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	KATHLEEN BOYD	24 MACO	3:22.71	1	KATHLEEN BOYD	24 MACO	3:22.71

Hy-Tek's Meet Services

USMS LONG COURSE NATIONALS, 1995
MT. HOOD COMMUNITY COLLEGE, GRESHAM, OREGON

Event Results for Timed Finals

Male 100 Back				Ages 15 Through 19			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	CHRISTIAN SINAI	22 MACO	1:21.29	1	CHRISTIAN SINAI	22 MACO	1:21.29
Male 200 Breast				Ages 20 Through 24			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	CHRISTIAN SINAI	22 MACO	3:02.15	1	CHRISTIAN SINAI	22 MACO	3:02.15
Male 100 Free				Ages 25 Through 29			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	1:17.15	1	LAVERLE STOINOFF	42 MACO	1:17.15
Female 200 Free				Ages 30 Through 34			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	2:49.58	1	LAVERLE STOINOFF	42 MACO	2:49.58
Female 400 Free				Ages 35 Through 39			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	5:57.15	1	LAVERLE STOINOFF	42 MACO	5:57.15
Female 800 Free				Ages 40 Through 44			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	12:14.41	1	LAVERLE STOINOFF	42 MACO	12:14.41
Female 200 Back				Ages 45 Through 49			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	3:16.85	1	LAVERLE STOINOFF	42 MACO	3:16.85
Female 200 Breast				Ages 50 Through 54			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	3:37.88	1	LAVERLE STOINOFF	42 MACO	3:37.88
Ages 55 Through 59				Ages 55 Through 59			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	LAVERLE STOINOFF	42 MACO	3:07.80	1	LAVERLE STOINOFF	42 MACO	3:07.80
Female 100 Breast				Ages 60 Through 64			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	1:29.55	1	GINGER PIERSON	49 MACO	1:29.55
Female 200 Breast				Ages 65 Through 69			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	3:15.47	1	GINGER PIERSON	49 MACO	3:15.47
Female 100 Fly				Ages 70 Through 74			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	1:25.42	1	GINGER PIERSON	49 MACO	1:25.42
Female 200 Fly				Ages 75 Through 79			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	3:13.52	1	GINGER PIERSON	49 MACO	3:13.52
Female 400 IM				Ages 80 Through 84			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	6:40.34	1	GINGER PIERSON	49 MACO	6:40.34
Ages 50 Through 54				Ages 85 Through 89			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	1:49.13	1	GINGER PIERSON	49 MACO	1:49.13
Female 400 Free				Ages 90 Through 94			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	8:12.01	1	GINGER PIERSON	49 MACO	8:12.01
Female 1500 Free				Ages 95 Through 99			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	31:44.27	1	GINGER PIERSON	49 MACO	31:44.27
Ages 55 Through 59				Ages 100 Through 104			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	43.68	1	GINGER PIERSON	49 MACO	43.68
Female 50 Free				Ages 105 Through 109			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	49.95	1	GINGER PIERSON	49 MACO	49.95
Female 100 Breast				Ages 110 Through 114			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	2:04.00	1	GINGER PIERSON	49 MACO	2:04.00
Female 200 Breast				Ages 115 Through 119			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	GINGER PIERSON	49 MACO	4:06.75	1	GINGER PIERSON	49 MACO	4:06.75

USMS LONG COURSE NATIONALS, 1995
MT. HOOD COMMUNITY COLLEGE, GRESHAM, OREGON

Event Results for Timed Finals

Ages 100 Through 119 ---				Ages 120 Through 159 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals

Male 200 R-Free				Mixed 200 R-Medley			
1	MACO A M-100	MACO	1:40.54	3	MACO A X-120	MACO	2:08.38
D.	JORGENSEN-27	JOHN KEPPELER-28			D. JORGENSEN-27M	TERI HENDRYX-42F	
JEPF	STILLING-35	SCOTT SINAI-19			JEPF STILLING-35M	KATHLEEN BOYD-24F	
					- MACO B X-120	MACO	NS

Ages 120 Through 159 ---				Ages 160 Through 199 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals

Male 200 R-Medley				Mixed 200 R-Free			
1	MACO A M-120	MACO	1:57.14	5	MACO A X-160	MACO	2:00.19
JOHN KEPPELER-28		CHRISTIAN SINAI-22			KARL VON TAGEN-51M	TERI HENDRYX-42F	
JEPF STILLING-35		KARL VON TAGEN-51			GINGER PIERSON-49F	JEPF STILLING-35M	

Ages 160 Through 199 ---				- MACO B X-160			
PL	Name	Team	Finals		MACO	NS	

Male 200 R-Free				CHRISTIAN SINAI-22M JUDITH LAMPI-35F			
9	MACO A M-160	MACO	1:59.86		ALAN LYONS-50M	BETSY AUSTEN-68F	
DAVID BURLISON-38		KARL VON TAGEN-51		Ages 200 Through 239 ---			
ALAN LYONS-50		CHRISTIAN SINAI-22		PL	Name	Team	Finals

Male 200 R-Medley				Mixed 200 R-Free			
8	MACO A M-160	MACO	2:15.67	8	MACO A X-200	MACO	2:22.35
SCOTT SINAI-19		JIM BIGLER-59			JIM BIGLER-59M	EVELYN SINAI-55F	
D. JORGENSEN-27		THOMAS PALK-60			L. STOINOFF-62F	ALEX STILLER-29M	

Ages 240 Through 279 ---				Mixed 200 R-Medley			
PL	Name	Team	Finals	2	MACO A X-200	MACO	2:21.70

Male 200 R-Free				DAVID BURLISON-38M GINGER PIERSON-49F			
7	MACO A M-240	MACO	2:32.64		KARL VON TAGEN-51M	L. STOINOFF-62F	
ROBERT KIM-61		JOHN ENGLISH-62		Ages 240 Through 279 ---			
THOMAS PALK-60		CLARK AUSTEN-67		PL	Name	Team	Finals

Ages 100 Through 119 ---				Mixed 200 R-Medley			
PL	Name	Team	Finals	7	MACO A X-240	MACO	3:05.13

Mixed 200 R-Free				BETSY AUSTEN-66F EVELYN SINAI-55F			
3	MACO A X-100	MACO	1:51.18		ROBERT KIM-61M	THOMAS PALK-60M	
JOHN KEPPELER-28M		KATHLEEN BOYD-24F		Ages 240 Through 279 ---			
D. JORGENSEN-27M		M. DONAHUE-27F		PL	Name	Team	Finals

To my friends at the MAC Club,

I wish to extend my sincerest apologies for not including the results from Nationals for your Club. It was on intentional on my part. When the idea was brought to me to run Oregon's results I thought it was a good idea, but, I just plain forgot you. I'm sorry if it caused you any grief and we certainly won't leave you out in the future.

John Zell, editor

February Fitness Challenge '96



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

Host: Crawfish Masters Swim Team, Baton Rouge, La.

Sponsors: Speedo Authentic Fitness

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, 1996, 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, 60-64, 65-69, 70-74, 75-79... (in five year increments)

Age: Determined by your age on February 29, 1996

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 Crawfish Masters Swim Team

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen.

Theme: "Fitness Frog: Leap Year Laps!"

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

Entry Deadline: Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

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

Workout Guide: For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '96

(please print)

NAME: _____ AGE (as of 2/29/96): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

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

LEAP YEAR BONUS: THU FEB 29 _____

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	_____ x 12.00 (optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap	_____ x 3.00 (optional)
Int'l Fee	3.00 (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to Crawfish Masters Swim Team)	

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 1996 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 Eric Guest 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
Hood River / Hood River BALD Eagles	HRBE	Micheal Pendleton	386-5421
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
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
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 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Skip Runkle	223-6251 x 226
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / North Clackamas Aq. Park		Aquatic Director	557-7873
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	Susan Manning	221-1212 x 417
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 / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

1996 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1996 through December 31, 1996.

Registrations are accepted for 1996 beginning November 1, 1995 and for 1997 on November 1, 1996.

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 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
1996**

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, 1996)

**Oregon Masters Swimming
Registration 1996**

_____ This is a *NEW* registration. _____ Renewal (registered in 1995)

Did you swim in any meet in the 1994/95 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 P.O. BOX 4856 PORTLAND, OR 97208 - 4856

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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**This is your last paid issue for 1996
Time to renew your membership**