

Aqua-Master

Volume 23, Number 4

APRIL, 1996

CIGARETTE BREAK ?

I WANNA KEEP UP WITH THE BIG BOYS!

by Coach Emmett Hines

What's the hardest thing you can do in a workout? Learn a new skill. What saves you the most time and effort over the long haul? Learning new skills. Why do so many people fight the learning process?

Why do some people seem to assume that just working their body harder or just swimming more laps is the answer to swimming faster? From a coach's viewpoint it boils down to one of two things: ignorance and/or apathy on the part of the swimmer.

If the coach fails to get the message across that stroke improvements are necessary and desirable then ignorance on the swimmers part is the fault of the coach.

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Ol' Barnacle

reviews results records

by Earl Walter

There are nothing but accolades due for Richard Smith and June Mather, on the outstanding meet they put together in Ashland. The Southern half of Oregon can point with pride to their record in Masters Swimming. Sixty, yes 60 swimmers swam up a storm. How about 19 relay teams at a local meet.....wow!

How about the first ever head to head duel at the 85+ level for gals in Oregon Masters. Patience Miller (OREG) and Ellen Tait (RINC) went at it in the 50 and 100 Free. In the 50 Free they swam for #2 and #3 Top Ten, in the 100 for #3 and #4, with

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THE CHAIR'S CORNER

by Eric Guest

The Association and N.W. Zone Championships are history. I hope you all had great meets and lots of fun with your friends. Congratulations to all the Masters who participated and did their best, not forgetting the recipients of all the awards. Ol' Barn tells me that OMS (Oregon and the MAC Club combined) took home more Top 10 and All American honors in 1995 than ever before. We are all proud of you. Now lets work on 1996 and break that record.

To all of you who have signed up and are going to Cupertino, California for Short Course Nationals, I wish you smooth water and the best of swimming. Good luck. That will be a big meet with excellent competition.

Just a few words on the 1998 Nike World Masters Games. OMS has been asked to think seriously about helping out with the swimming portion of that show. This could very well be a repeat performance of our Nationals last summer, but maybe on a slightly smaller scale. Please put some thought in helping out. We'll bring you more info as it comes along. Anyway, keep paddling, good luck, and God bless.

INSIDE FOR YOU

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44861 S.E. Hwy 26
Sandy, OR 97055
(503) 668-4465

Vice Chairman

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Oregon City, OR 97045
(503) 655-7131

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(503) 221-7500

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(503) 241-4228

Aqua-Master Editor

John F. Zell

(503) 282-9347

Data Manager (for swim meets)

Suzanne Rague

(503) 531-9051

Membership

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(503) 226-3560 home
(503) 667-7243 work

Fitness

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Safety

Sandi Rousseau

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Calendar and Meet Schedule 1996 - 97

Date	Event	Location
April 27	SCY	Beaverton, OR THBSC Pentathlon (rescheduled)
May 9-12	SCY	Cupertino, CA USMS National S.C. Championships
May 15-Oct 15*	Postal	10 K • 2 Person Postal Championship
June 22*	LCM	Beaverton, OR THBSC LC meters
June 23 - July 2	LCM	Sheffield, England VI FINA World Masters Championships
July 13-14	LCM	Site to be determined State Games of Oregon
July 21	Open Water	Squaw Lake Southern Oregon Lake Swim
July 27	LCM	Eugene, OR 14th Annual Senior Masters Sports Fest
Aug 3-4	LCM	Boise, ID N.W. Zone Championships
Aug 21-25	LCM	Ann Arbor, MI USMS National L.C. Championships
Aug 31	SCY	Portland, OR Pride of Portland Sportsfest Dishman pool
Sept 11-15		Orlando, Florida USMS Convention
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.

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

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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.

ol' Barn continued from page 1

Patience getting a Zone record in 2:22.48 (was Keller '86). Patience also came back in the 50 Breast and broke her own Zone for 50 Breast in 1:20.75, this could stand up for #1. Ellen swam for two #2's TT, in the 200 and 500 Free. Thank you ladies, this scene was the highlight of the meet.

Women 19-24: OMS welcome for Jennifer Tratz!

Women 25-29: Junia Calhoon had a fine 100 free.

Women 30-34: Kimarie Gagnon swam the 50 Breast in 37.56 vs her 38.79 in '95

Women 35-39: Great to see Pat Abel back in the swim. Welcome to Sandra Chavez. Laura Schob 16 secs ahead of '95 in the 1000, Check that race in the 50 fly between Schob and Abel.

Women 40-44: Welcome to Donna Patnesky and Anderson Jacque. June Mather and Donna went at it in the 50 Free. Donna looked good in the 100 Back, as did Teri Hendryx in the 100 Fly and 400 IM.

Women 45-49: Geri Mathewson had a good 1000.

Women 50-54: Nancy Brooks appears to be getting in shape, her 50 Breast was faster than '95.

Women 55-59: Kaleo Schroder will be 60 in May.

Women 60-64: Bev L'Esperance is still swimming up a storm.

Men 19-24: Look at this great bunch of swimmers.

Welcome to Matt Boles, his time in the 400 IM could make #8 Top Ten. Kevin Noah is swimming faster than '95, as is Shane Settle.

Men 25-29: Welcome to Tim Turk.

Men 30-34: Welcome to Phil Burgess. John Klauder and Richard Hobbins in the 50 Fly, 1/100th difference.

Men 35-39: Rod Taylor and Dave Cobb, both are ahead of last years pace, way to go. Hello to Kent Gutches, new man in town.

Men 40-44: Will West, Robin Brickenden and Thomas Schwarz have joined OMS, welcome. Jules Degiulio proves that he is a freestyler of merit.

Men 45-49: Michael O'Neil was close to the records in the 100 Fly and 200 Fly, less than a second away in each. Tom Myers and Ron Jersey were nudging each other in the 500. Bob Maestre's 1650, as well as other swims were classy.

Men 50-54: Dan Gray spun off a fine 1000. New-comers Frank Phillips and Jim Hollens are welcome additions to our roster.

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Cigarette break? continued from page 1

However, once the message has been properly placed and reinforced, it is up to the swimmer to make consistent efforts to learn and apply new skills. Assuming the workout environment offers opportunities to acquire and fine tune skills the swimmer then assumes responsibility for taking advantage of the environment.

Let me make sure I've done my part in letting you know that stroke improvement is necessary and desirable. In general, swimming skill is reflected by your efficiency as measured in strokes per length.

- If you take more than 20 freestyle strokes per length of a 25-yard pool you are woefully in need of whole-sale stroke repair.
- If you take more than 15 strokes when swimming at a moderate pace you have a lot of ground to make up in efficiency.
- If you take fewer than 15 strokes you need to get with your coach to determine how many more strokes you need to trim from your stroke count, if any.

"But Coach, I wanna keep up with the big boys!"

While it's true that you can improve short term speed a bit by just increasing turnover rate, i.e. swimming harder, in the long run your potential speed depends more on your efficiency than on your effort level. In general the fastest, most aesthetically pleasing swimmers take the fewest strokes per length and the slowest, ugliest swimmers take the most.

Efficient, long swimming strokes use more and larger muscle masses in the back, torso, hips and upper legs to do a large portion of the work. Short, inefficient strokes utilize mainly smaller arm and shoulder muscles to do the work. When you swim with long strokes you are training all of the muscle mass needed for fast efficient swimming. When you swim with those wimpy, short, choppy strokes you are overtraining small muscle masses and neglecting the larger, stronger muscles to the detriment of your long term potential speed.

Allow me to wax tangential for a moment.

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Cigarette break? continued from page 3

Let's say you are a logging foreman and must train a crew of 20 guys to move 40 foot long, 2000 lb. logs and toss them into a river. These 20 guys must learn to work together to lift the log from a pile without straining any backs, how to work together as a single unit to carry it across uneven ground over to the river bank, and how to properly apply all their strength to toss it precisely so that it lands on the shore below and rolls nicely into the water. They then return to the pile and repeat this process with the next log.

This is a relatively complicated task that relies on coordinated effort of all 20 men. It also requires a fair amount of physical conditioning as each man is required to carry his fair share (100 lbs.) of the load. It has been determined that a well conditioned crew of skilled and coordinated loggers can move 20 logs in 50 minutes allowing for a 10 minute break each hour.

Your job is to get the log tossing operation up to quota quickly.

Now, you start the group working. They go very slowly to begin with, learning and refining skills while they increase their conditioning level. There is a lot of trial and error. However, by the third day the group is humming along quickly enough that five of the guys are getting tired and ask to sit out and rest. As foreman, do you allow this?

Lets see. If you let these five guys sit out they will stop learning skills and coordination and then subvert the conditioning process by smoking cigarettes. When they go back to work they will be further behind in skill development and physical conditioning. This will cause them to fall behind even sooner the next time. By the third time you'll probably be so frustrated you'll just fire those five. Then you'll have to make due with 15 workers who have to work much harder, want more money because of it and still won't be able to make quota because the crew is too small. If you hire five new guys they will start out even further behind than the guys you fired.

Learning a proper stroke technique is a lot like training that logging crew. Swimming is a complicated set of actions that relies on the coordinated effort of a lot

of muscles. It also requires a certain level of physical conditioning. There is a lot of trial and error.

If you are trying to perfect a long, efficient stroke remember that this technique uses more muscles and muscle fibers to get the job done than a shorter stroke does. Every time you stop applying a long stroke technique and go back to that short stroke stuff its just like letting those five (or maybe more) guys go on a cigarette break while the rest of the crew is still training.

Rather than calling a break for some of the crew you can 1) slow the work rate down so the whole crew can keep up, thus allowing all members to stay in the learning cycle, or 2) put everybody on break at the same time (but instead of letting them smoke cigarettes why not have them do something worthwhile like doing breaststroke or playing Nintendo).

Can we agree that the logging crew that has 20 fully skilled, coordinated and conditioned loggers has greater potential than the crew with only 15?

If you stop worrying about how fast you are going and worry more about how well you are swimming you will be able to get the whole crew skilled, coordinated, conditioned and on the job. This is the only way to maximize your potential for swimming speed down the road.

I realize that it is tempting to blow off the technique stuff and just try to keep up with the people in the next lane. And occasionally it is desirable to cut loose and blow door just to see how much of your technique improvement is carrying over to your "automatic pilot" system. But the rest of the time you need to keep the whole crew on the job. To turn a skill you are learning into a habit you have developed takes a minimum of 100,000 yards of executing that skill properly. If you practice the skill in a half-assed way for 100,000 yards then you will develop a half-assed habit.

Remember, it is always your choice whether to attempt to improve stroke length or to send part of the crew out on a cigarette break.

VIEWS FROM A FIRST TIMER AT CONVENTION

by Richard Cooke

Conventions are not new to me. In my professional career, I have attended many conventions of various sizes and types. I went to the past United States Aquatics Sports Convention with the express objective of learning how to better serve my local LMSC in Idaho. What I discovered was beyond my expectations.

It was interesting to see how all the aquatics organizations were working together. I also learned that the Masters program seems to live or die on the ability of the coach. **The organization needs the support of the members as any volunteer group does. The coach seems to be the key factor in the success of the program.**

I was also surprised to see how hard the group was working to do a tremendous amount of the work that is usually done by **paid staff** in the other organizations that I am involved with. The National group is to be complimented for all the hard work and dedication. The dedication to make sure that the entire membership had a part in the complete decision making process was enlightening to me. All those folks had a say in the entire process. I don't think there is an organization that I have had a relationship with that is so dedicated to the principle noted here. I was certainly impressed. I look forward to my next convention.

Richard Cooke is from Boise, Idaho and represented the Snake River LMSC at the '95 USMS Convention in Houston. Reprinted from the March-April issue of the N.W. Zone Chatter Newsletter

HEY THERE..... IT'S 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 expect 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 point total moving you up the ladder of certified levels.



Please make a contribution to something you and your fellow members enjoy reading 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 text 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 Ave., Portland, OR 97211-7618



ol" Barn continued from page 3

Men 55-59: Joe Santry had a birthday and is looking better and better.

Men 60-64: Leo Van Dijk is also improving on his 1995 times.

Those relays, 19 teams in a local affair, two excellent races: Gagnon, Fox, Huizenga, Hull out foxed Turk, Chavez, Tacconi, Hobbins in the 25+ 200 MXD Free. Mather, Robinson, Jacque, Jessop hit the wall ahead of Craig Mather, Cullumbine, Mathewson, Myers for the 35+ 200 MXD Free.

A big tip o' the hat to you wonderful people from Ashland, well done!

That's it for now, Stay with it and stay fit.

Barnacle

reviews results records

by Earl Walter

Oregon Masters in 1995 really did a number on the honors. 110 of our swimmers made Top Ten, 18 received individual All American recognition, plus 23 of our stalwarts were Relay All Americans. Those numbers folks, far and away surpass anything else we have ever achieved.

Our All Americans:

Richard Boyd: LCM - 200 Breast and 200 IM

Gary DeFrang: LCM - 200 Back

Gracie Goddard: LCM - 50 Fly

Andrew Holden: SCY - 100 Fly LCM - 50 and 100 Fly

Gerald Huestis: LCM - 200 Fly SCM - 100, 200 Back, 100, 200, and 400 IM

Jay O'Connor: LCM-400 IM

Patience Miller: SCM - 50 Fly

Bert Petersen: SCM - 50 Fly

David Radcliff: LCM - 50 Free

Petey Smith: SCY - 50, 100, 200, 500, 1000 Free. LCM - 50, 100, 200, 1500 Free SCM - 800 Free

Robert Smith: SCY - 50, 100 Back LCM - 50 Back

SCM - 50 Free, 50 Back, 50 Fly and 100 IM

Don Van Rossen: SCM - 100 Breast and 400 IM

William Zolna: LCM - 200 Fly

From the MAC Club

Michell Donahue: SCY - 200 Back LCM - 200 Back

John Keppeler: SCY - 100, 200 Free, 200 Back and 400 IM

LCM - 100, 200 Free, 50, 100, 200 Back SCM - 200 Free, 100, 200 Back and 100 IM

Ginger Pierson: SCY - 50, 100 and 200 Breast LCM - 50, 100 and 200 Breast SCM - 50, 100, 200 Breast and 100 IM plus:

Long Distance All American

Jeff Stiling: LCM - 400 IM plus: Long Distance All American

Lavelle Stoinoff: SCY - 200, 500, 1000, 1650 Free and 200

Back LCM - 100, 200, 400, 800, 1500 Free, 200 Breast and 200

Back SCM - 100, 200, 400, 800 Free, 200 Back and 200 Breast plus: Long Distance All American

Many years ago I started using "my" point system to select our annual Outstanding Swimmer Award winners. The initial winner, under this system was Sue Rittenhouse, later the USMS Swimmer of the Year by Age Groups was chosen that way, and Sue Rittenhouse was Oregon's first winner of the USMS Swimmer of the Year Award in her age group. The current issue of SWIM magazine features an article on "The Best of '95", with Jayne Bruner, a most outstanding swimmer, gaining the accolade for her swims. However, I'm concerned, because also swimming in the 60-64 age group is our Lavelle Stoinoff. Using the point system, Lavelle comes out with 255 vs Jayne's 223, a 32 point margin for Lavelle, quite a difference. Plus, you have Lavelle's Long Distance ranking, whereas Bruner has none. Will say this for SWIM, they did give MAC's John Keppeler notice in "The Best of '95", however John swam for MAC in SCY and LCM, and for Davis Masters in SCM.

1995 Relays All Americans: Jon Stout, Robert Smith, Steve Johnson, Trevor Charlton, George Thayer, David Radcliff, Mickey Marks, Bert Petersen, Doug Prentice, Arthur Holden, Pauline Stangel, Petey Smith. From the MAC Club: Kathy Boyd, Ginger Pierson, Teri Hendryx, Lavelle Stoinoff, Dan Jorgensen, John Keppeler, Jeff Stiling, Scott Sinai, Christian Sinai, and Karl Von Tagen.

1995 Top Ten Swimmers (In addition to AA's)

Julie Ahrendt, Jayne Chastain Arvidson, Elke Asleson, Kurt Baron, John Billings, Jill Black, Richard Boyd, Michelle Brown, Kathleen Buck, Sue Calnek, Susan Canto, Susan Case, Suzanne Cooper, Mike Davis, Allan DeLay, Mike Dirksen, Carla Eldridge, Floyd Elliott, Ellen Ferguson, Nona Forrester, Gina French, Janet Gettling, Dan Gray, Eric Guest, Stephen Harger, Toni Hecksel, Deborah Heim, Syd Hendy, Patrick Herrera, Chris Hiatt, Pam Himstreet, Helena Hoffman, Monika Hunscher, Cathy Imwalle, Dan Johnson, Robert Kabacy, Curt LaCount, Stephen Mann, John May, Judy Melcher, Peter Metzger, Joan Morris, Bob Morrison, Eva Muller, William Muter, Ron Nakata, Mark Nelson, Horst Niehaus, Kevin Noah, Michael O'Neil, Sheila O'Reilly, Lyssa Pence, Suzanne Rague, Sandi Rousseau, Tammy Ryan, Joe Ruddley, Shane Settle, Judith Sheridan, Pauline Stangel, Allen Stark, Cliff Stevens, Elfie Stevenin, Doug Stewart, Edwin Thomas, Holly Vaughn-Edmonds, Stan Vela, Nancy Vincent, Jana Vlcakova, Robert Voll, Jeff Walker, Earl Walter, Rex Watkins, Art Welch, Peggy Whiter, Kathryn Winkle, Laura Worden, and Gil Young. From the MAC Club, Jim Bigler, David Burleson, Robert Kim, Evelyn Sinai, and Alex Stiles What a Great Year!

Surpasses anything and everything, we have done before. 110 Top Tanners, 18 All Americans, and 23 Relay All Americans Congratulations to all of you. We are PROUD!

ROGUE VALLEY MASTERS MEET
MARCH 2-3, 1996

Event Results for Timed Finals

-----				-----				Mixed 100 Back			
--- Ages 19 Through 24 ---				: --- Ages 35 Through 39 ---				: - DONNA PATNESKY 40 OREG 1:19.04			
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	Mixed 50 Breast	
-----				: -----				: - DONNA PATNESKY 40 OREG 40.15			
Mixed 500 Free				: Mixed 50 Free				: - ANDERSON JACQUE 43 OREG 45.05			
- JENNIFER TRATZ	24 OREG	6:35.06		:	- PAT ABEL	35 OREG	32.89	: Mixed 100 Breast			
Mixed 1000 Free				: Mixed 100 Free				: - TERI HENDRYX 42 MACO 1:23.23			
- JENNIFER TRATZ	24 OREG	13:14.00		:	- LAURA SCHOB	37 OREG	1:07.72	: - DONNA PATNESKY 40 OREG 1:27.09			
Mixed 100 Back				: - SANDRA CHAVEZ 35 OREG 1:15.84				: Mixed 200 Breast			
- JENNIFER TRATZ	24 OREG	1:22.19		:	Mixed 200 Free			: - TERI HENDRYX 42 MACO 3:03.06			
Mixed 200 Back				:	- LAURA SCHOB	37 OREG	2:26.75	: Mixed 100 Fly			
- JENNIFER TRATZ	24 OREG	2:52.61		:	Mixed 1000 Free			: - TERI HENDRYX 42 MACO 1:14.64			
-----				:	- LAURA SCHOB	37 OREG	14:03.93	: Mixed 400 IM			
--- Ages 25 Through 29 ---				:	Mixed 50 Back			: 1 TERI HENDRYX 42 MACO 5:42.50			
PL	Name	Age Team	Finals	:	- SANDRA CHAVEZ	35 OREG	42.83	: -----			
-----				:	Mixed 100 Back			: --- Ages 45 Through 49 ---			
Mixed 50 Free				:	- CHRISTINA FOX	35 OREG	1:27.65	: PL Name Age Team Finals			
- JUNIA CALHOUN	26 OREG	29.95		:	Mixed 200 Back			: -----			
Mixed 100 Free				:	- CHRISTINA FOX	35 OREG	3:04.64	: Mixed 100 Free			
- JUNIA CALHOUN	26 OREG	1:03.95		:	Mixed 50 Breast			: - GERI MATHEWSON 47 OREG 1:11.19			
Mixed 500 Free				:	- LAURA SCHOB	37 OREG	42.19	: Mixed 200 Free			
- JUNIA CALHOUN	26 OREG	6:15.17		:	Mixed 200 Breast			: - GERI MATHEWSON 47 OREG 2:34.09			
-----				:	- CHRISTINA FOX	35 OREG	3:13.94	: - NANCY ANDERSON 47 OREG 3:32.87			
--- Ages 30 Through 34 ---				:	Mixed 50 Fly			: Mixed 500 Free			
PL	Name	Age Team	Finals	:	- LAURA SCHOB	37 OREG	33.75	: - GERI MATHEWSON 47 OREG 7:04.77			
-----				:	- PAT ABEL	35 OREG	34.77	: - NANCY ANDERSON 47 OREG 8:55.95			
Mixed 50 Free				:	Mixed 100 IM			: Mixed 1000 Free			
- JANICE TACCONI	33 OREG	32.43		:	- CHRISTINA FOX	35 OREG	1:26.84	: - GERI MATHEWSON 47 OREG 14:24.85			
Mixed 500 Free				:	-----			: - NANCY ANDERSON 47 OREG 18:41.75			
- KIMARIE GAGNON	33 OREG	6:24.69		:	--- Ages 40 Through 44 ---			: Mixed 50 Breast			
Mixed 1650 Free				:	PL	Name	Age Team	Finals	:	- NANCY ANDERSON 47 OREG 56.72	
- JANICE TACCONI	33 OREG	25:55.68		:	-----			: -----			
Mixed 50 Breast				:	Mixed 50 Free			: --- Ages 50 Through 54 ---			
- KIMARIE GAGNON	33 OREG	37.56		:	- JUNE MATHER	43 OREG	33.79	: PL Name Age Team Finals			
- JANICE TACCONI	33 OREG	41.44		:	- DONNA PATNESKY	40 OREG	33.88	: -----			
Mixed 50 Fly				:	- ANDERSON JACQUE	43 OREG	35.85	: Mixed 50 Free			
- KIMARIE GAGNON	33 OREG	32.82		:	Mixed 100 Free			: - NANCY BROOKS 53 RINC 30.94			
Mixed 200 Fly				:	- JUNE MATHER	43 OREG	1:15.91	: Mixed 50 Back			
- KIMARIE GAGNON	33 OREG	2:43.37		:	- ANDERSON JACQUE	43 OREG	1:26.60	: - NANCY BROOKS 53 RINC 38.84			
Mixed 100 IM				:	Mixed 500 Free			: Mixed 50 Breast			
- KIMARIE GAGNON	33 OREG	1:14.13		:	- TERI HENDRYX	42 MACO	6:34.00	: - NANCY BROOKS 53 RINC 38.26			
- JANICE TACCONI	33 OREG	1:24.05		:	- J. CULLUMBINE	44 OREG	7:15.29	: Mixed 100 Breast			
Mixed 200 IM				:	Mixed 1650 Free			: - NANCY BROOKS 53 RINC 1:25.18			
- JANICE TACCONI	33 OREG	3:09.23		:	- J. CULLUMBINE	44 OREG	24:52.13	: -----			
-----				:	- ANDERSON JACQUE	43 OREG	28:43.03	: --- Ages 55 Through 59 ---			
				:	Mixed 50 Back			: PL Name Age Team Finals			
				:	- TERI HENDRYX	42 MACO	35.37	: -----			
				:	- DONNA PATNESKY	40 OREG	37.50	: Mixed 50 Free			
				:	- JUNE MATHER	43 OREG	42.73	: - KALBO SCHRODER 59 OREG 42.76			
				:	- J. CULLUMBINE	44 OREG	DQ				

ROGUE VALLEY MASTERS MEET MARCH 2-3, 1996

Event Results for Timed Finals

Mixed 50 Back				Mixed 500 Free				Mixed 200 Breast			
- KALEO SCHRODER	59	OREG	50.79	:	- KEVIN NOAH	23	OREG 5:37.87	:	- JOHN KLAUDER	33	OREG 2:45.80
Mixed 100 Back				:	- MATT BOLES	23	OREG 5:41.26	:	Mixed 50 Fly		
- KALEO SCHRODER	59	OREG	1:59.38	:	Mixed 50 Back			:	- JOHN KLAUDER	33	OREG 29.69
Mixed 50 Breast				:	- MATT BOLES	23	OREG 27.61	:	- RICHARD HOBBS	30	OREG 29.70
- KALEO SCHRODER	59	OREG	55.09	:	Mixed 100 Back			:	Mixed 100 Fly		
Mixed 100 Breast				:	- MATT BOLES	23	OREG 59.91	:	- CHRISTOPHE HULL	33	OREG 1:10.72
- KALEO SCHRODER	59	OREG	2:03.44	:	- KEVIN NOAH	23	OREG 1:02.62	:	Mixed 100 IM		
=====				:	Mixed 200 Back			:	- JOHN KLAUDER	33	OREG 1:03.38
--- Ages 60 Through 64 ---				:	- MATT BOLES	23	OREG 2:23.33	:	- RICHARD HOBBS	30	OREG 1:08.33
PL	Name	Age	Team	Finals	Mixed 50 Breast			:	Mixed 200 IM		
-----				:	- SHANE SETTLE	22	OREG 32.46	:	- RICHARD HOBBS	30	OREG 2:35.79
Mixed 200 Free				:	Mixed 100 Breast			:	=====		
- B. L'ESPERANCE	64	OREG	4:18.43	:	- SHANE SETTLE	22	OREG 1:10.17	:	--- Ages 35 Through 39 ---		
Mixed 50 Back				:	Mixed 50 Fly			:	PL	Name	Age
- B. L'ESPERANCE	64	OREG	56.20	:	- MATT BOLES	23	OREG 26.34	:	-----		
Mixed 200 Back				:	Mixed 400 IM			:	Mixed 50 Free		
- B. L'ESPERANCE	64	OREG	4:41.82	:	1 MATT BOLES	23	OREG 4:48.99	:	- RON TAYLOR	35	OREG 24.93
=====				:	=====			:	Mixed 100 Free		
--- Ages 85 Through 89 ---				:	--- Ages 25 Through 29 ---			:	- RON TAYLOR	35	OREG 55.46
PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals	Mixed 200 Free	
-----				:	-----			:	- RON TAYLOR	35	OREG 2:03.14
Mixed 50 Free				:	Mixed 100 Free			:	Mixed 1000 Free		
- PATIENCE MILLER	85	OREG	1:00.87	:	- TIM TURK	29	OREG 1:08.65	:	- KENT GUTCHES	36	OREG 15:26.12
- ELLEN TAIT	85	RINC	1:06.21	:	Mixed 500 Free			:	Mixed 1650 Free		
Mixed 100 Free				:	- TIM TURK	29	OREG 6:57.56	:	- RON TAYLOR	35	OREG 20:19.70
- PATIENCE MILLER	85	OREG	2:22.48	:	Mixed 1650 Free			:	- KENT GUTCHES	36	OREG 25:29.70
- ELLEN TAIT	85	RINC	2:27.28	:	- TIM TURK	29	OREG 24:29.27	:	Mixed 100 Back		
Mixed 200 Free				:	Mixed 50 Breast			:	- DAVID COBB	36	OREG 1:04.36
- ELLEN TAIT	85	RINC	5:17.66	:	- TIM TURK	29	OREG 39.64	:	Mixed 50 Breast		
Mixed 500 Free				:	=====			:	- DAVID COBB	36	OREG 32.34
- ELLEN TAIT	85	RINC	14:13.07	:	--- Ages 30 Through 34 ---			:	Mixed 100 Breast		
Mixed 50 Back				:	PL	Name	Age	Team	Finals	- DAVID COBB	36
- PATIENCE MILLER	85	OREG	1:32.38	:	-----			:	- RON TAYLOR	35	OREG 1:12.07
Mixed 50 Breast				:	Mixed 50 Free			:	Mixed 400 IM		
- PATIENCE MILLER	85	OREG	1:20.75	:	- PHILLIP BURGESS	34	OREG 26.62	:	1 DAVID COBB	36	OREG 5:06.51
=====				:	- RICHARD HOBBS	30	OREG 27.17	:	=====		
--- Ages 19 Through 24 ---				:	Mixed 100 Free			:	--- Ages 40 Through 44 ---		
PL	Name	Age	Team	Finals	- CHRISTOPHE HULL	33	OREG 59.88	:	PL	Name	Age
-----				:	- RICHARD HOBBS	30	OREG 1:00.33	:	-----		
Mixed 50 Free				:	Mixed 1000 Free			:	Mixed 50 Free		
- KEVIN NOAH	23	OREG	23.88	:	- RICHARD HOBBS	30	OREG 13:14.31	:	- JULES DEGIULIO	43	OREG 26.20
- SHANE SETTLE	22	OREG	26.18	:	Mixed 100 Back			:	- WILL WEST	44	OREG 28.93
Mixed 100 Free				:	- CHRISTOPHE HULL	33	OREG 1:23.21	:	- MICHAEL GRANT	44	OREG 29.03
- KEVIN NOAH	23	OREG	50.85	:	Mixed 50 Breast			:	- ROBIN BRICKENDEN	43	OREG 29.17
- SHANE SETTLE	22	OREG	56.73	:	- JOHN KLAUDER	33	OREG 31.66	:	- C. ROBINSON	43	OREG 30.31
Mixed 200 Free				:	- PHILLIP BURGESS	34	OREG 33.90	:	Mixed 100 Free		
- KEVIN NOAH	23	OREG	2:01.66	:	Mixed 100 Breast			:	- JULES DEGIULIO	43	OREG 57.93
				:	- JOHN KLAUDER	33	OREG 1:09.87	:	- MICHAEL WIDMANN	43	OREG 1:02.39
				:				:	- C. ROBINSON	43	OREG 1:05.11
				:				:	- ROBIN BRICKENDEN	43	OREG 1:06.87
				:				:	- CRAIG MATHER	44	OREG 1:08.14

ROGUE VALLEY MASTERS MEET
MARCH 2-3, 1996

Event Results for Timed Finals

Mixed 200 Free

- JULES DEGIULIO 43 OREG 2:05.45
- MICHAEL WIDMANN 43 OREG 2:24.11
- C. ROBINSON 43 OREG 2:28.93
- CRAIG MATHER 44 OREG 2:29.87

Mixed 500 Free

- MICHAEL WIDMANN 43 OREG 6:15.30
- CRAIG MATHER 44 OREG 6:38.66
- MICHAEL GRANT 44 OREG 6:46.43

Mixed 1000 Free

- JULES DEGIULIO 43 OREG 12:16.67
- CRAIG MATHER 44 OREG 13:57.21

Mixed 50 Back

- C. ROBINSON 43 OREG 40.13
- PATRICK BURCH 42 OREG 41.45

Mixed 50 Breast

- JULES DEGIULIO 43 OREG 32.89
- ROBIN BRICKENDEN 43 OREG 35.52
- THOMAS SCHWARZ 41 OREG 35.57
- PATRICK BURCH 42 OREG 39.79

Mixed 100 Breast

- JULES DEGIULIO 43 OREG 1:13.77
- THOMAS SCHWARZ 41 OREG 1:16.14
- ROBIN BRICKENDEN 43 OREG 1:20.17
- MICHAEL GRANT 44 OREG 1:25.70
- PATRICK BURCH 42 OREG 1:26.04

Mixed 200 Breast

- MICHAEL WIDMANN 43 OREG 2:51.16
- PATRICK BURCH 42 OREG 3:07.33

Mixed 50 Fly

- ROBERT JESSOP 41 OREG 26.77

Mixed 100 Fly

- MICHAEL GRANT 44 OREG 1:12.44

Mixed 100 IM

- ROBERT JESSOP 41 OREG 1:04.88

Mixed 200 IM

- ROBERT JESSOP 41 OREG 2:23.91
- THOMAS SCHWARZ 41 OREG 2:39.71
- MICHAEL WIDMANN 43 OREG 2:42.27

Mixed 100 Free

- ROBERT MAESTRE 45 UNATT 54.82
- RICHARD SMITH 46 OREG 59.47
- THOMAS MYERS 45 OREG 1:05.63
- RONALD JERSEY 47 OREG 1:08.49
- LOWELL JONES 46 OREG 1:10.01

Mixed 200 Free

- ROBERT MAESTRE 45 UNATT 2:02.25
- ROBERT HUIZENGA 46 OREG 2:24.86
- RONALD JERSEY 47 OREG 2:29.98
- LOWELL JONES 46 OREG 2:31.34

Mixed 500 Free

- THOMAS MYERS 45 OREG 6:46.00
- RONALD JERSEY 47 OREG 6:49.84

Mixed 1000 Free

- MICHAEL O'NEIL 45 OREG 11:55.04
- RICHARD SMITH 46 OREG 14:13.19
- LOWELL JONES 46 OREG 14:37.97

Mixed 1650 Free

- ROBERT MAESTRE 45 UNATT 20:44.33

Mixed 50 Back

- RICHARD SMITH 46 OREG 33.81

Mixed 100 Back

- RICHARD SMITH 46 OREG 1:22.01

Mixed 200 Back

- RICHARD SMITH 46 OREG 3:02.01

Mixed 50 Breast

- THOMAS MYERS 45 OREG 41.98

Mixed 50 Fly

- ROBERT HUIZENGA 46 OREG 35.52

Mixed 100 Fly

- MICHAEL O'NEIL 45 OREG 59.77

Mixed 200 Fly

- MICHAEL O'NEIL 45 OREG 2:25.29

Mixed 100 IM

- ROBERT HUIZENGA 46 OREG 1:25.67

Mixed 200 IM

- LOWELL JONES 46 OREG 1:30.29

Mixed 400 IM

- ROBERT MAESTRE 45 UNATT 2:29.94
1 MICHAEL O'NEIL 45 OREG 5:13.51
- THOMAS MYERS 45 OREG DQ

Mixed 100 Free

- DAN GRAY 50 OREG 1:03.73

Mixed 200 Free

- DAN GRAY 50 OREG 2:24.25

Mixed 500 Free

- DAN GRAY 50 OREG 6:41.61

Mixed 1000 Free

- DAN GRAY 50 OREG 13:38.13
- JIM HOLLENS 51 OREG 18:18.75

Mixed 50 Breast

- FRANK PHILLIPS 53 OREG 36.34

Mixed 50 Fly

- DAN GRAY 50 OREG 33.02

Mixed 100 IM

- FRANK PHILLIPS 53 OREG 1:15.53

--- Ages 55 Through 59 ---
PL Name Age Team Finals

Mixed 50 Free

- JOE SANTRY 55 MACO 29.72

Mixed 100 Free

- JOE SANTRY 55 MACO 1:06.40

Mixed 50 Back

- JOE SANTRY 55 MACO 35.63

Mixed 100 Back

- JOE SANTRY 55 MACO 1:18.65

Mixed 50 Fly

- JOE SANTRY 55 MACO 33.55

--- Ages 60 Through 64 ---
PL Name Age Team Finals

Mixed 50 Free

- LEO VAN DIJK 63 OREG 33.17

Mixed 50 Back

- LEO VAN DIJK 63 OREG 41.76

--- Ages 19 Through 24 ---
PL Name Team Finals

Female 200 R-Free

1 OREG K F-19 OREG 2:38.82
B. L'ESPERANCE-64 KALEO SCHRODER-59
NANCY ANDERSON-47 JENNIFER TRATZ-24

Female 200 R-Medley

1 OREG K F-19 OREG 3:18.18
B. L'ESPERANCE-64 KALEO SCHRODER-59
NANCY ANDERSON-47 JENNIFER TRATZ-24

Mixed 50 Free

- ROBERT MAESTRE 45 UNATT 24.36
- ROBERT HUIZENGA 46 OREG 29.40
- THOMAS MYERS 45 OREG 29.91
- LOWELL JONES 46 OREG 33.86
- RICHARD SMITH 46 OREG DQ

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Mixed 50 Free

- FRANK PHILLIPS 53 OREG 28.59

ROGUE VALLEY MASTERS MEET MARCH 2-3, 1996

Event Results for Timed Finals

--- Ages 25 Through 34 ---				:	--- Ages 45 Through 54 ---			
PL	Name	Team	Finals	:	PL	Name	Team	Finals
Female 200 R-Medley				:	Male 200 R-Free			
1	OREG R F-25	OREG	2:45.73	:	1	OREG R M-45	OREG	2:00.61
JUNE MATHER-43	SANDRA CHAVEZ-35			:	THOMAS MYERS-45	FRANK PHILLIPS-53		
JANICE TACCONI-33	J. CULLUMBINE-44			:	LEO VAN DIJK-63	DAN GRAY-50		
=====				:	Male 200 R-Medley			
--- Ages 35 Through 44 ---				:	1	OREG A M-45	OREG	2:26.79
PL	Name	Team	Finals	:	LEO VAN DIJK-63	FRANK PHILLIPS-53		
Female 200 R-Free				:	DAN GRAY-50	LOWELL JONES-46		
1	OREG R F-35	OREG	2:17.21	:	--- Ages 25 Through 34 ---			
JUNE MATHER-43	GERI MATHEWSON-47			:	PL	Name	Team	Finals
SANDRA CHAVEZ-35	ANDERSON JACQUE-43			:	=====			
=====				:	Mixed 200 R-Free			
--- Ages 19 Through 24 ---				:	1	OREG S X-25	OREG	2:04.64
PL	Name	Team	Finals	:	KIMARIE GAGNON-33F	CHRISTINA FOX-35F		
Male 200 R-Free				:	ROBERT HUIZENGA-46M	CHRISTOPHE HULL-33M		
1	OREG R M-19	OREG	1:50.00	:	2	OREG R X-25	OREG	2:05.79
RICHARD HOBBSINS-30	RICHARD SMITH-46			:	TIM TURK-29M	SANDRA CHAVEZ-35F		
TIM TURK-29	SHANE SETTLE-22			:	JANICE TACCONI-33F	RICHARD HOBBSINS-30M		
Male 200 R-Medley				:	-	OREG G X-25	OREG	DQ
1	OREG B M-19	OREG	2:05.91	:	JUNIA CALHOUN-26F	WILL WEST-44M		
RICHARD SMITH-46	SHANE SETTLE-22			:	PAT ABEL-35F	PHILLIP BURGESS-34M		
ROBERT JESSOP-41	RICHARD HOBBSINS-30			:	Mixed 200 R-Medley			
=====				:	1	OREG B X-25	OREG	2:16.17
--- Ages 25 Through 34 ---				:	JUNIA CALHOUN-26F	MICHAEL GRANT-44M		
PL	Name	Team	Finals	:	PAT ABEL-35F	PHILLIP BURGESS-34M		
Male 200 R-Free				:	2	OREG A X-25	OREG	2:22.34
1	OREG G M-25	OREG	1:52.48	:	ANDERSON JACQUE-43F	RICHARD HOBBSINS-30M		
WILL WEST-44	RONALD JERSEY-47			:	ROBERT JESSOP-41M	JANICE TACCONI-33F		
R. BRICKENDEN-43	PHILLIP BURGESS-34			:	=====			
=====				:	--- Ages 35 Through 44 ---			
--- Ages 35 Through 44 ---				:	PL	Name	Team	Finals
PL	Name	Team	Finals	:	=====			
Male 200 R-Free				:	Mixed 200 R-Free			
1	OREG R M-35	OREG	2:02.35	:	1	OREG R X-35	OREG	2:06.05
CRAIG MATHER-44	PATRICK BURCH-42			:	JUNE MATHER-43F	C. ROBINSON-43M		
C. ROBINSON-43	LOWELL JONES-46			:	ANDERSON JACQUE-43F	ROBERT JESSOP-41M		
Male 200 R-Medley				:	2	OREG B X-35	OREG	2:07.60
1	OREG G M-35	OREG	2:13.30	:	CRAIG MATHER-44M	J. CULLUMBINE-44F		
THOMAS SCHWARZ-41	R. BRICKENDEN-43			:	GERI MATHEWSON-47F	THOMAS MYERS-45M		
MICHAEL GRANT-44	WILL WEST-44			:				
2	OREG R M-35	OREG	2:24.66	:				
CRAIG MATHER-44	PATRICK BURCH-42			:				
THOMAS MYERS-45	C. ROBINSON-43			:				

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC.

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

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

MEET: BARRACUDAS L.C. MEET

Place: Tualatin Hills Rec Center

158th & Walker Rd.

Beaverton, OR

DATE: JUNE 22, 1996

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

7-8 lanes competition

electronic timing / continuous warm up/down lanes

HOST: Tualatin Hills Barracudas **Meet Director:** Jeanne Teisher 649-4719

DIRECTIONS TO POOL: Take Hwy. 26 west to the Cornell Road exit. Turn left, cross freeway, go to 158th and turn left, head south. Pool will be on your left. On corner of 158th and Walker Road.

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

ENTRY DEADLINE : POSTMARKED NO LATER THAN June 8th, 1996

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

ASSOCIATION _____ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded. All events will be seeded slow to fast.

YOU MAY ENTER EITHER THE 800 FREE OR THE 1500 FREE, BUT NOT BOTH.

SATURDAY JUNE 22 BARRACUDA L.C

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

800 FREE (2) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (3 / 4) XXXXXXXXXXXXXXXX

200 FLY (5) _____:_____:_____

200 BACK (6) _____:_____:_____

50 BREAST (7) _____:_____:_____

100 FREE (8) _____:_____:_____

MXD FR RLY(9) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

50 FLY (11) _____:_____:_____

200 BREAST (12) _____:_____:_____

50 FREE (13) _____:_____:_____

MED RLY (14 / 15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (16) _____:_____:_____

50 BACK (17) _____:_____:_____

100 BREAST (18) _____:_____:_____

200 FREE (19) _____:_____:_____

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (21) _____:_____:_____

1500 FREE (22) _____:_____:_____

"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 Make checks payable to: OREGON MASTERS SWIMMING

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

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.

A Team Contact / Representative must be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board meeting.

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	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsmann	294-3366 x 13
Portland / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
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 Scholdt	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
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661



10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1996

Sanctioned by The LMSC for Virginia for USMS, Inc. Sanction # 126-0006.

Eligibility: Open to all USMS and USS swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

For the purposes of this competition, 5480, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Eligibility: Unlike prior years, all swimmers must be registered and must include a copy of their LMSC card.

Entry: Enter as often as you like (\$18 entry fee required for each new team.)

Entry fee: \$18 per team. Event must be swum between May 15 and October 15, 1996. Form must be in the hands of Meet Director by October 31, 1996.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Total Time _____

RELEASE

The following release must be dated and signed.

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 risk 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 PARTICI-

PATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS AND DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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.

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1996 10K•2 RELAY

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

10K•2 ALL TIMES BESTS AND AVERAGE WINNING TIMES (1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA	1:54.35	1990
	Bill Kloppe (38)	Richmond, VA		
	Average Winning Time		2:14.13	
20-24	Scott Erba (21)	Davis, CA	1:39.59.28	1990
	Michael Collins (24)	Davis, CA		
	Average Winning Time		2:25.03	
25-29	Sean Murphy (30)	Palo Alto, CA	1:35.04.55	1
	David Lundberg (32)	Palo Alto, CA	ALL TIME 10K•2 BEST	9
	Average Winning Time		1:59.55	1
30-34	Stephen Stahl (33)	Walnut Creek, CA	1:36.43	1995
	Greg Remmert (36)	Walnut Creek, CA		
	Average Winning Time		1:55.44	
35-39	Kerry O'Brien (38)	Walnut Creek, CA	1:44.14	1994
	Steve Breiter (38)	Citrus Heights, CA		
	Average Winning Time		1:58.16	
40-44	James Montagne (40)	Boca Raton, FL	1:48.16.69	1988
	Jim Manchester (41)	Plantation, FL		
	Average Winning Time		2:08.57	
45-49	Mark W. Lyon (48)	San Rafael, CA	1:53.39.67	1991
	Hugh Owen Winn (49)	San Anselmo, CA		
	Average Winning Time		2:18.07	
50-54	Bill Mulliken (50)	Chicago, IL	2:04.28	1990
	Sam Kooistra (55)	Chicago, IL		
	Average Winning Time		2:26.27	
55-59	Forrest Sullivan (59)	Virginia Beach, VA	2:26.40.95	1988
	Francis Hall (62)	Virginia Beach, VA		
	Average Winning Time		2:28.01	
60-64	Buddy Belshe (60)	Aliso Viejo, CA	2:12.13.36	1995
	Frank Reynolds (63)	Santa Ana, CA		
	Average Winning Time		2:37.19	
65-69	Kenneth R. Kimball (65)	Poway, CA	2:16.27.73	1995
	William H. Phillios (67)	Le Mesa, CA		
	Average Winning Time		3:10.28	
70-74	George W. Etsell (70)	Anchorage, AK	3:59.35	1993
	George E. Hale (76)	Anchorage, AK		
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA	4:00.28	1989
	Alfred Guth (80)	San Pedro, CA		
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA	4:04.00	1988
	Alfred Guth (80)	San Pedro, CA		
	Average Winning Time		4:13.30.14	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal (18)	Boca Raton, FL	2:16.30.80	1990
	S. Carlisle-Sellani (27)	Boca Raton, FL		
	Average Winning Time		2:32.28	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL	2:03.11	1990
	Jamie Herrington (24)	Hollywood, FL		
	Average Winning Time		2:26.56	
25-29	Wendy Pratt (29)	Davis, CA	1:57.27.18	1990
	Nancy Corstorphine (29)	Davis, CA		
	Average Winning Time		2:20.21	
30-34	Lisa Sheepen (30)	Redwood City, CA	1:52.05	1994
	Susan Porter (32)	Redwood City, CA		
	Average Winning Time		2:15.08	
35-39	Tricia Holm (35)	Coral Springs, FL	1:58.47	1995
	Gail Rice (39)	Miami Shores, FL		
	Average Winning Time		2:35.36	

Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV	2:13.45.60	1992
	Sally Ann Dillon (46)	Truckee, CA		
	Average Winning Time		2:44.33	
45-49	Betsy Durrant (45)	Virginia Beach, VA	2:27.27	1987
	Judy Decker (45)	Virginia Beach, VA		
	Average Winning Time		2:50.15	
50-54	Judy Decker (51)	Virginia Beach, VA	2:26.00	1993
	Betsy Durrant (52)	Virginia Beach, VA		
	Average Winning Time		3:18.33	
55-59	Johnnie Detrick (57)	Midlothian, VA	2:49.36	1993
	Ann Berquist (60)	Ordinary, VA		
	Average Winning Time		3:00.35	
60-64	Malchia Olshan (61)	Ojai, CA	3:07.05.88	1992
	Grace Altus (68)	Santa Barbara, CA		
	Average Winning Time		3:50.28	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Jonathan Ferguson (14)	Winston Salem, NC	1:59.48.86	1995
	Suzanne Black (17)	Lewisville, NC		
	Average Winning Time		2:18.16	
20-24	Karen Heard (24)	Walnut Creek, CA	1:53.50	1994
	Patrick Duggan (31)	Concord, CA		
	Average Winning Time		2:28.24	
25-29	Beth Gardner (28)	Charlottesville, VA	1:46.46.15	1993
	Scott Robinson (28)	Eugene, OR		
	Average Winning Time		2:03.57	
30-34	Steve Breiter (34)	Citrus Heights, CA	1:48.17.62	1990
	Carol Lee-Heltzel (35)	Citrus Heights, CA		
	Average Winning Time		2:12.57	
35-39	Suzanne Heim (36)	Antioch, CA	1:45.17	1994
	Steve Breiter (38)	Citrus Heights, CA		
	Average Winning Time		2:10.28	
40-44	Shirley Loftus (40)	Afton, VA	1:54.57.37	1992
	John Shrum (43)	Charlottesville, VA		
	Average Winning Time		2:10.06	
45-49	Richard Burns (48)	San Anselmo, CA	2:02.02.40	1991
	Nancy Ridout (49)	Novato, CA		
	Average Winning Time		2:35.04	
50-54	Fredericka Rapp (51)	Toledo, OH	2:19.35.00	1995
	Donald J. Kroeger (51)	Monroe, MI		
	Average Winning Time		2:51.10	
55-59	Susan Munn (56)	Davis, CA	2:13.24.49	1995
	E.L. Fitchugh (57)	Dixon, CA		
	Average Winning Time		2:56.57	
60-64	Eric Youngquist (60)	Nashville, TN	2:37.15	1988
	Mary Lee Watson (66)	Nashville, TN		
	Average Winning Time		3:12.35	
65-69	Babs Carter (65)	Hampton, VA	3:11.34	1989
	Calvin Barnes (65)	Hampton, VA		
	Average Winning Time		3:32.59	
75-79	Kay Schimpf (75)	Clearwater, FL	3:32.50	1992
	John D. Johnston (76)	St. Petersburg, FL		
	Average Winning Time		3:32.50	

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)

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

Did you swim in any meet in the 1994/95 season? Yes _____ No _____

**Oregon Masters Swimming
Registration 1996**

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

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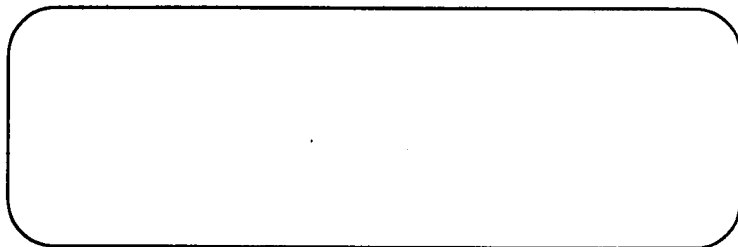
STEVENS-NESS
LAW PUBLISHING CO.



John F. Zell - Editor
4640 N.E. 36th Avenue
Portland, OR 97211-7618

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In this issue: "Cigarette Break?", Ol' Barnacle,
Ashland meet results, and more.