

Aqua-Master

Volume 23, Number 5

MAY, 1996



by Earl Walter

195 stalwarts answered the call and swam for records and more records at Mt Hood Community College, March 22,23, and 24. Mike Conrath and all of the Mt Hood folks are to be congratulated on one of the finest meets ever. The turnout was reminiscent of a few years ago, the best we have had in many a year. Team Champions were crowned, but not till after some pretty furious match ups added to pre meet strength buildups. The target was as usual, Tualatin Hills Barracudas, it looked like an upset in the making, until the points started to come in on Sunday, the Barracudas pulled from 3rd place up to the #1 spot by the end of the day.

Final Team Standings:

13+, THB1643, PPM 1544, MHM 1538, MAC 953.
4-12, Parkrose 493, Grants Pass 307, Rogue Valley
286. 3 or less COMA 145, Eugene 134, K. Falls 128

As is our custom, annual awards were presented by Chairman Eric Guest: Ol Barn, Roy Abramowitz; Connie Wilson, Stephen Harger; Special Service, John Zell and Arthur Smith; Hazel Bressie-Spirit, Murali Krishna. Outstanding Swimmers: Women 49 and Under, Ginger Pierson; Women 50 and Over, Lavelle Stoinoff; Men 49 and Under, John Keppeler; and Men 50 and Over, Gerald Huestis. OB note: Petey Smith challenged Lavelle, Jeff Stiling challenged John Keppeler, and Robert Smith was close to Gerald Huestis.

Championship Highlights: 25 New Zone Records plus 27 OMS Records. Most ever in one meet for a long time.

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THE CHAIR'S CORNER

by Eric Guest

Congratulations to all who competed in the recent Association meet at the Mt. Hood Aquatic Center. The competition was fierce and records tumbled. A record 194 swimmers registered to swim. I wish to thank the people who stayed for the ANNUAL MEETING Saturday after the 1000 Free. If you have any input for future meetings, please let me or one of the board know. I would like to add my appreciation for all the work and time put in by all the volunteers: timers, officials, pool staff, hospitality and electronic personnel. Without volunteers, meets would not be possible.

THANK YOU VERY MUCH.

The 1998 MASTERS WORLD GAMES organizing committee has begun its search for people to fill key positions. They would like interested people to step forward to fill the positions of Commissioner, Competition Supervisor, Competition Manager, Facilities Supervisor and Facilities Manager. Because they would like these positions filled as soon as possible, Sandi Rousseau has agreed to act as Interim Commissioner until such time interested personnel are interviewed and selected. She will attend meetings and keep OMS informed of progress and requirements. If any of you are interested, please let us know ASAP. The positions would be very interesting and challenging to say the least.

To remind you all, board meetings are normally scheduled for the third Wednesday of each month. You are all invited to attend and your input is appreciated. Till next time, Good swimming and god bless

INSIDE FOR YOU

Ol Barnacle

Association meet reviewpage 1

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What day is that meet?

The 1996 / 97 schedule of events.....page 2

Please pass the results

Association meet results.....page 5 - 9

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Calendar and Meet Schedule 1996 - 97

Date	Event	Location	
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 9	Open Water	Portland, OR	Washington to Portland 14 mile relay
Aug 10-11	Open Water	Bend, OR	Elk Lake Open Water Weekend
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

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.

"ol' Barnacle" continued from page 1

Women 19-24: Cristy Ryerson-3 Zone and 2 OMS records: 1000 Fr, 50 and 100 Back, 500 Fr and 100 IM. Gina French is a flyer.

Women 25-29: Lyssa Johnson, Junia Calhoon and Taka Hirayama stood out.

Women 30-34: Toni Hecksel, Michelle Morrell, Kimarie Gagnon, and Donna Ryan were the cream of the crop.

Women 35-39: Simone Lapay turned in 2 new ZR plus 3 OMS: 200 Back, 400 IM, 500, 1000 and 1650 Free. Laura Worden broke her OMS 100 Fly and came close in the 200. Was good to see Pat Abel again. Ann Goodman and Christina Fox need to be reckoned with.

Women 40-44: Jeanne Teisher broke Rousseau's 50 Free OMS time. Kristi Gustafson, Teri Hendryx, Lissa Parker and Lauren Burdick racked up the points.

Women 45-49: Honors here were spread bet-ween Sandi Rousseau, Kathleen Buck, Suzanne Rague and Kristi Riddle.

Women 50-54: Ginger Pierson aged up with a vengeance, setting 4 new Zone and 1 OMS in the 50 Back, 100 Fly, 100 and 400 IM, plus the 50 Free. Sue Calnek scored for MHM.

Women 55-59: Kaleo Schroder put away 6 Golds for Klamath Falls. Kaleo will be moving in with the "Great White" very soon.

Women 60-64: Lavelle Stoinoff counted 5 Golds for MACO, while Bev L'Esperance tallied 4 Golds for Klamath.

Women 65-69: Kathleen Hughes and Betsy Austen shared the honors in this age group. Gail Roper, from the Bay Area, improved on her 94-95 time for the 1650.

Women 70-74: Elizabeth King and Elfie Stevenin garnered 4 Golds each.

Women 75-79: Judy Melcher went to town with 6 Golds, one of which was a new OMS 1000 Free record.

Women 80-84: Eva Muller, a real class act with 3 Zone and 1 OMS: 200 and 500 Free, 100 Back and the 200 Back. Helena Hoffman rang up 4 Golds and a Silver.

Women 85-89: Patience Miller, getting stronger by the minute, with 3 NEW ZR's, 200 Free, 100 Breast and the 50 Fly.

Men 19-24: Luke Williams stroked to 3 OMS bests, 500 and 1000 Free plus the 100 Breast, this goes back to Matt McCudden in 1977. Matt Boles zipped to a new OMS 200 Fly best, goes back to '88.

Men 25-29: What a group, with "AA" Bill Zolna setting 1 ZR plus 2 OMS in the 200 Fly, 200 and 400 IM, add the swimming of "AA" Jay O'Connor, Phil King and Tim Waud, wow !

Men 30-34: Steve Anderson, Tiger Winkle, and Michael Conrath shown brightly for this group.

Men 35-39: Jeff Walker sets 2 new OMS records in the 50 and 100 Free from '83 and '81. Daniel Knauer sets a new OMS for the 200 Free, and David Burleson, OMS tops in the 1000 and 1650 from '89. Walker was also close in the 50 and 100 Fly, and check those fine swims by Pat Allender.

Men 40-44: Robert Jessop with a new OMS for the 100 Fly. Jules Degiulio picked off 5 Golds, while Peter Metzger tallied with 4 Golds. James Elliott and Joel Swink were strong point getters. **Men 45-49:** Robert Maestre grabbed 4 Golds, Trevor Charlton had 3, Jed Cronin w/points and more points, and it was great to see Tom Coffey.

Men 50-54: Robert Smith, 5 Golds, one of which, a new OMS 100 Breast best. Karl Von Tagen and Alan Lyons rep MACO well, and Dan Gray was a pillar of strength in the freestyle. Jim Goodrich continues to carry that piano in the 200 Fly.

"ol' Barnacle" continued from page 3

Men 55-59: Bert Petersen and Joe Santry had 6 and 5 Golds respectively, and that's respectable.

Men 60-64: David Radcliff went 6 for 6, with 5 ZR's and 1 OMS. 50, 100, 200, 500 and 1000, plus the 200 IM. Dick Slawson had 2 ZR's for the 100 and 200 Fly, and George Thayer paddled a OMS best in the 100 IM.

Men 65-69: Eric Guest and Mickey Marks shared 12 golds for Mt Hood Masters. Mickey's 50 and 100 Breast plus 100 IM were nudging record times. Clark Austen picked off the 1000 and 1650 for MACO.

Men 70-74: Gil Young tallied 4 Golds and 2 Silvers, while OB, at times the hesitant waltzer, picked up 6 Golds for the Cudas. Jim Holland had 3 Golds and a Silver for MACO, and Khosrow Shadbeh swam for 3 Golds and 2 Silvers.

Men 75-79: Berlan Lemon, a newcomer, swam for 4 Golds, another new face, Gregg Wood, won the 50 Free, and Mel Anderson flew for 2 Golds.

Men 80-84: Allan Delay broke his ZR for the 50 Free, and picked off Eisenscmidts 100 Free OMS best, from 1987.

Capping a great meet with a spanking new Zone Relay Record, were Doug Prentice, Trevor Charlton, Gary Beckley and Robert Smith. 200 Free 45 Plus in 1:42.07. Was Proebsting, Johnson, Newquist, and Addelman from 1987. Add to this a new OMS mark in the 200 MXD Free of 1:42.58, from Stephen Harger, Simone Lapay, Janice Gaines and Jeff Walker, eliminating the old mark from 1985, by Warner, Chase, Rousseau and Pierson.

Sometime ago OB mentioned that SCY records were hard to come by, guess who has egg on his face. All you have to have is top swimmers and fast water and away we go ! That's it folks.

You'll find all the results from this years Association meet on pages 5 to 9

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 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 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



MAY 1996

Oregon Masters Association Championships
March 22 - 24, 1996

Event Results for Timed Finals

--- Ages 45 Through 49 ---			
PL	Name	Age Team	Finals
Mixed 50 Free			
1 DOUG PRENTICE	47 PPM	24.43	: 1 ALLEN STARK 47 PPM 31.00
2 JEFF BERTULEIT	47 OREG	24.90	: Mixed 50 Breast
3 JED CRONIN	47 THB	25.34	: 1 BUD CARRIKER 48 MMW 1:21.84
4 RICHARD SMITH	46 RYM	25.68	: Mixed 100 Breast
5 ROBERT BOADWAY	46 MMW	25.98	: 1 ROBERT SMITH 52 PPM DQ
6 RONALD JERSEY	47 GPY	30.74	: 1 ROBERT HUIZENGA 46 SLO 34.93
Mixed 100 Free			: Mixed 100 Back
1 ROBERT MAESTRE	45 MACO	53.26	: 1 ROBERT SMITH 52 PPM 1:01.29
2 JEFF BERTULEIT	45 OREG	57.56	: 1 ROBERT MAESTRE 45 MACO 1:03.71
3 JED CRONIN	47 THB	57.63	: 2 JED CRONIN 47 THB 1:04.01
4 RICHARD SMITH	46 XWM	59.33	: Mixed 50 Fly
5 BUD CARRIKER	48 MMW	1:02.05	: 1 TREVOR CHARLTON 46 PPM 1:04.39
6 ROBERT HUIZENGA	46 SLO	1:04.56	: 2 GARY BECKLEY 45 PPM 1:09.46
7 RONALD JERSEY	47 GPY	1:06.75	: Mixed 200 Fly
Mixed 200 Free			: 3 ROBERT HUIZENGA 46 SLO 1:29.68
1 TREVOR CHARLTON	46 PPM	3:04.27	: 1 ALLEN STARK 47 PPM 2:45.52
2 JED CRONIN	47 THB	2:11.82	: Mixed 100 IM
3 ROBERT HUIZENGA	46 SLO	2:21.23	: 2 ROBERT SMITH 52 PPM 1:10.21
4 BUD CARRIKER	48 MMW	2:23.31	: 3 ALAN LYONS 50 RYM 1:21.19
5 RONALD JERSEY	47 GPT	2:26.53	: Mixed 50 IM
6 LARRY GROVE	47 MMW	2:56.95	: 1 ROBERT SMITH 52 PPM 1:29.68
Mixed 500 Free			: 2 KAREN VON TAGEN 52 MACO 28.75
1 TREVOR CHARLTON	46 PPM	5:36.87	: 3 DANIEL GRAY 50 RYM 31.62
2 ROBERT MAESTRE	45 MACO	5:44.12	: 4 JAMES GOODRICH 53 THB 42.38
3 JED CRONIN	47 THB	6:03.97	: Mixed 200 IM
4 RICHARD SMITH	46 RYM	6:23.83	: 1 ROBERT SMITH 52 PPM 1:08.42
5 BUD CARRIKER	48 MMW	6:27.76	: 2 DAVID RADCLIFFE 61 THB 26.48
6 RONALD JERSEY	47 GPY	6:45.80	: 3 GEORGE THAYER 60 COMA 26.89
Mixed 1000 Free			: 4 RICHARD SMITH 46 RYM 1:18.45
1 TREVOR CHARLTON	46 PPM	11:23.58	: Mixed 100 Free
2 GARY BECKLEY	46 PPM	13:02.28	: 1 ROBERT PETTERSEN 57 PERS 27.83
3 RONALD JERSEY	47 GPT	14:06.55	: 2 THOMAS LEVAK 57 MACO 28.17
Mixed 1650 Free			: 3 JON SANTRY 55 MACO 28.95
1 BUD CARRIKER	48 MMW	22:57.02	: Mixed 1000 Free
Mixed 50 Back			: 4 DAVID FLORES-FIOL 57 MMW 31.06
1 RICHARD SMITH	46 RYM	33.94	: Mixed 100 Free
2 KEN ZELL	48 MMW	34.48	: 1 DANIEL GRAY 50 RYM 2:20.94
3 ROBERT HUIZENGA	46 SLO	40.02	: 2 KEITH FINNER 51 PPM 2:35.67
Mixed 100 Back			: Mixed 500 Free
1 ROBERT MAESTRE	45 MACO	1:05.91	: 1 ROBERT PETTERSEN 57 PERS 6:39.13
2 RICHARD SMITH	46 RYM	1:12.92	: Mixed 1000 Free
3 ROBERT HUIZENGA	46 SLO	1:28.55	: Mixed 500 Free
Mixed 200 Back			: Mixed 1000 Free
1 ROBERT MAESTRE	45 MACO	2:23.75	: 1 DANIEL GRAY 50 RYM 13:19.96
2 TREVOR CHARLTON	46 PPM	2:26.38	: Mixed 100 Back
3 GARY BECKLEY	45 PPM	2:38.60	: 1 ROBERT SMITH 55 MACO 1:17.64
4 RICHARD SMITH	46 RYM	2:42.05	: Mixed 100 Back

Oregon Masters Association Championships
March 22 - 24, 1996

Event Results for Timed Finals

--- Ages 45 Through 49 ---			
PL	Name	Age Team	Finals
Mixed 50 Breast			: Mixed 50 Fly
1 DAVID DRUM	60 PMA	31.01	: 1 DAVID GUEST 66 MMW 1:25.90
Mixed 50 Fly			: 2 GEORGE THAYER 60 COMA 33.75
1 BERT PETERSEN	57 PPRS	27.47	: Mixed 100 IM
Mixed 100 Fly			: 1 MILTON MARKS 65 MMW 1:18.40
1 BERT PETERSEN	57 PPRS	1:11.75	: 2 ARTHUR WELCH 63 PPM 1:17.61
Mixed 200 Fly			: Mixed 200 IM
1 BERT PETERSEN	57 PPRS	2:49.65	: 1 ERIC GUEST 66 MMW 3:05.88
Mixed 100 IM			: Mixed 400 IM
1 JOE SANTRY	55 MACO	1:13.93	: PL Name Age Team Finals
Mixed 200 IM			: 1 DAVID RADCLIFFE 61 THB 2:45.01
Mixed 400 IM			: 2 GILBERT YOUNG 73 MMW 34.38
Mixed 50 Free			: 3 GILBERT YOUNG 73 MMW 34.82
Mixed 50 Free			: 4 RUPERT FITOTT 74 OREG 40.52
Mixed 50 Free			: 5 JOSEPH MALLON 74 MMW 47.05
Mixed 50 Free			: Mixed 100 Free
1 DAVID RADCLIFFE	61 THB	26.48	: 1 GILBERT YOUNG 73 MMW 1:15.34
2 GEORGE THAYER	60 COMA	26.89	: 2 JAMES HOLLAND 72 MACO 1:23.16
3 DICK SLAMSON	60 PPM	27.47	: 3 RUPERT FITOTT 74 OREG 33.95
Mixed 50 Free			: 4 JOSEPH MALLON 74 MMW 1:51.44
Mixed 100 Free			: Mixed 200 Free
1 DAVID RADCLIFFE	61 THB	1:00.29	: 1 KIRSHOW SHABEH 74 MMW 3:40.03
2 DICK SLAMSON	60 PPM	1:03.53	: 2 DAVID MALLON 74 MMW 3:49.40
3 GEORGE THAYER	60 COMA	1:03.81	: 3 CLARK AUSTIN 68 MACO 40.68
Mixed 100 Free			: 4 JOSEPH MALLON 74 MMW 4:00.22
4 JIM BIGLER	60 MACO	1:07.43	: Mixed 200 Free
Mixed 200 Free			: 1 DAVID RADCLIFFE 61 THB 2:15.05
1 DAVID RADCLIFFE	61 THB	2:44.22	: 2 GILBERT YOUNG 73 MMW 7:41.09
2 JIM BIGLER	60 MACO	2:29.47	: 3 DAVID MALLON 74 MMW 10:40.54
3 ARTHUR WELCH	63 PPM	2:34.29	: 4 DAVID BERNSTEIN 74 MMW 10:59.44
Mixed 500 Free			: Mixed 1000 Free
1 DAVID RADCLIFFE	61 THB	6:18.26	: 1 JOSEPH MALLON 74 MMW 21:49.59
2 ARTHUR WELCH	63 PPM	6:37.36	: 2 DAVID BERNSTEIN 74 MMW 23:58.94
3 JIM BIGLER	60 MACO	9:24.30	: Mixed 1650 Free
Mixed 1000 Free			: 1 GILBERT YOUNG 73 MMW 26:45.07
4 LLOYD WEISSENBERG	62 MACO	9:58.52	: 2 JOSEPH MALLON 74 MMW 35:28.87
Mixed 1650 Free			: Mixed 50 Back
1 DAVID RADCLIFFE	61 THB	13:04.71	: 1 CLARK AUSTIN 68 MACO 31:50.52
2 ARTHUR WELCH	63 PPM	13:39.42	: 2 EARL MALTER 74 THB 42.08
3 JIM BIGLER	60 MACO	14:09.92	: 3 DAVID BERNSTEIN 74 MMW 42.96
Mixed 50 Back			: Mixed 100 Back
1 ARTHUR WELCH	63 PPM	23:00.50	: 1 MILTON MARKS 65 MMW 38.38
2 JIM BIGLER	60 MACO	23:59.43	: 2 DAVID BERNSTEIN 74 MMW 56.75
3 LLOYD WEISSENBERG	62 MACO	34:11.56	: Mixed 100 Back
Mixed 100 Back			: 1 DAVID RADCLIFFE 61 THB 3:30.66
1 ARTHUR WELCH	63 PPM	3:04.86	: 2 DAVID BERNSTEIN 74 MMW 4:31.15
Mixed 50 Breast			: Mixed 100 Breast
1 GEORGE THAYER	60 COMA	36.80	: 1 MILTON MARKS 65 MMW 3:13.99
Mixed 100 Breast			: 2 DAVID BERNSTEIN 74 MMW 50.79
1 JIM BIGLER	60 MACO	1:26.41	: 3 DAVID BERNSTEIN 74 MMW 3:05.81

Barnacle

reviews results records

by Earl Walter

NW Zone SCY Championships

With Hugh and Jane Moore directing and Tom Taylor announcing, plus a host of fine officials and Federal Way support people, we had a great swim meet with over 350 swimmers from all over making waves and then some. MACO was represented by 10 paddlers, while OREG had 25. With fast water and a great pool, you get what you want, great swims and records.

Women 19-24: Kathy Boyd picked off 4 Golds and a Silver. The 50 Free 28.76, 200 Free 2:18.61, and the 50, 100, and 200 Back in 32.49, 1:09.30, 2:30.01.

Women 30-34: Ellen Ferguson sets 2 Oregon Records in the 100 and 200 Breast at 1:14.23, was Imwalle from '84, and 2:37.95 was Ellen's (ZR is 2:37.43) plus 3 Golds in the 100, 200 and 500 Free in 57.34, 2:01.55, 5:24.41.

Women 35-39: Simone Lapay sets a ZR 50 Back, :29.92 was Corman '84 and an Oregon record in the 500 Free 5:36.90 was Lapay. She swam the 50 and 100 Free in 25.21 and 55.08. 4 swims-4 Golds. Janice Gaines, a Silver, 200Free, 2:36.70 and Bronze, 500 Free, 6:57.88.

Women 40-44: Lauren Burdick, 2 Silvers in the 50 Breast :38.32 and 200 Breast 3:04.91

Women 50-54: Ginger Pierson sets 2 ZR's, 50 Breast :35.07 and 200 IM 2:43.34, was Stoinoff '85. Peggy Whiter, Gold 1000 at 16:53.79 and Bronze, 50 Fly in 48.29. **Women 60-64:** Lavelle Stoinoff, 6 swims-6 Golds, 100, 200, 500, 1650 in 1:09.60, 2:29.89, 6:41.32, 22:47.10, plus 200 Back 2:54.23 and 200 Breast 3:14.99. Bev L'Esperance, 3 Golds, 50 Free 42.98, 50 Back 54.78, and 100 Back 1:58.58.

Women 65-69: Betsy Austen, 4 Golds, 50,100,1000 and 1650 Free in 46.43, 1:43.27, 20:07.43 and 33:41.13)

Women 85-89: Patience Miller, this gal is on her way to being an All Star for 1995-96. 4 Events 4 Zone Records: 50 and 100 Free 55.73 and 2:07.96, 50 Back 1:26.51, and 100 IM in 3:02.37, was Keller '87.

Men 19-24: Kevin Noah swam 6 events and won 6 Golds. 50, 100, 200, 500 Free in 23.82, 51.48, 1:51.94, 5:10.72 plus the 200 Back in 2:11.92 and 400 IM in 4:42.03.

Great job Kevin! Matt Boles, 3 Swims 3 Golds, 50 and 100 Fly in :26.12 and 57.33, plus 200 IM in 2:09.08. Matt, you are so close, get those records

Men 25-29: Phil King 200 Free, a Silver, 1:53.74; the 500

Free, Gold, in 5:07.22; 100 Back, Silver, in :56.83, OR Rec-56.19; 200 Back, Gold, 2:04.26. The 100 Breast was a classic, 3 swimmers: Phil (Gold-1:04.24) Lovan (Silver-1:04.31) and Beck (Bronze-1:04.57). Also he swims the 100 IM, Gold, :56.74 (Rec is 56.04). Without question, Phil King's finest "hour" in Masters swimming. Men 40-44: Peter Metzger, 50 Free :24.30 for Gold, 50 Back 27.32 for Gold, and a Silver in the 100 IM, with a 1:01.53. Jules Degiulio, Silver 200 Free in 2:03.67, Bronze 500 Free in 5:38.57, and Bronze in the 100 Breast at 1:10.24

Men 45-49: Robert Maestre, 5 Swims 5 Golds, 50,100, 200, 500 Free, in 23.85, 53.06, 1:59.71, 5:38.06 and the 200 Back in 2:24.91. Mr. Cady and Robert are proving to be a winning combination. Jed Cronin, Silver 50 Free 25.88, Bronze 100 Free 56.29 and Silver in the 100 Fly at 1:03.76.

Men 50-54: How about a National Record for Robert Smith bright and shiny NR in :59.21, was his at 59.49 for the 100 Back. Also an Oregon Record in the 200 Back 2:19.06, was Miller '83, and the 100 Breast in 1:09.11, was Smith. Plus Gold 50 Back, 27.15 and 100IM 1:00.48. And the 50 Back in 27.15, 100 and 200 IM in 1:00.48 and 2:21.69. 6 Swims, 6 Golds, 1 National Record plus 2 Oregon Records. Way to go!

Men 55-59: Joe Santry, Silver 200 Free 2:28.37, Gold 100 Back 1:17.14, Silver 100 IM 1:15.47. Joe a bit older, but very much faster.

Men 60-64: David Radcliff, Gold 100 Free 59.65 for a new Zone. Also Golds in the 200 and 500Free in 2:16.62 and 6:20.74. George Thayer, Silver 50 Free 26.94 vs Radcliff's 26.57, Silver 200 Free 2:25.51, Gold in the 50 Breast :36.11, Oregon Record 50 Fly 32.01 was Guest '90, Ore Rec 100 IM 1:12.57, this was a good meet for George. Jim Bigler - Silver 500 Free 6:45.96, Gold 1000 14:07.63, Golds for the 100 Breast 1:23.62, 200 Breast 3:11.65. Eric Guest, 3 Golds in the 100Free 1:09.43, 50Fly 34.82, 100Fly 1:23.54. Clark Austen, Silver 50 Free 37.68, Bronzes 100, 200, 500,1000 in 1:30.65, 3:30.40, 9:07.79, 18:59.39

Men 70-74: Earl Walter - Gold 200 IM 3:21.75, Silver 100IM 1:27.07, that new suit really didn't help that much. Still waltzing. Gil Young, 3 Golds, 50Free :34.82, 200 Free 2:48.08, 1000 Fre 15:45.21 and a Bronze 50 Back 42.88. Gil's best 1000 in 3 years, skipped the 1650 and felt that made a difference.

Guys and Gals put together a crackerjack of a relay team (25+MXD Medley) won the Gold in 1:52.35 vs the record of 1:51.68 John Zell, Phil King, Simone Lapay, and Ellen Ferguson.

Terrific meet for those Oregon swimmers traveling north!

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

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.

DATE: JUNE 22, 1996

WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 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 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) XXXXXXXXXXXXXXX

200 FLY (5) _____ : _____._____

200 BACK (6) _____ : _____._____

50 BREAST (7) _____ : _____._____

100 FREE (8) _____ : _____._____

MXD FR RLY(9) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

50 FLY (11) _____ : _____._____

200 BREAST (12) _____ : _____._____

50 FREE (13) _____ : _____._____

MED RLY (14 / 15) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (16) _____ : _____._____

50 BACK (17) _____ : _____._____

100 BREAST (18) _____ : _____._____

200 FREE (19) _____ : _____._____

MXD MD RLY (20) XXXXXXXXXXXXXXX

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

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 Valley 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 Brunsman	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 Schuldt	228-1596
Portland / Willamette Athletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheevers	546-3677
Roseburg / Umpqua Valley Masters	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

1996 SOUTHERN OREGON LAKE SWIM
SUNDAY, JULY 21••••• SQUAW LAKES
ONE AND TWO MILE OPEN WATER CABLE SWIM
SPONSORED BY ROGUE VALLEY MASTERS
WITH THE COOPERATION OF THE U.S. FOREST SERVICE

OMS Sanction #: 376-08 Every swimmer must be a current OMS or USMS member to compete.
One-day OMS registration will be available at check-in.

USS Sanction: Pending USS swimmers may only compete in the one OR two mile event.

Fees: One OR Two Mile: \$21.00 (After July 6: \$26.00) ****ALL FEES ARE NON-REFUNDABLE****
One AND Two-Mile: \$28.00 (After July 6: \$33.00)
One-day OMS registration fee: \$12.00. For race results, please include a self-addressed, stamped envelope.

Schedule: 2 Mile: Check-in closes: 9:15am Race starts: 9:45am
1 Mile: Check-in closes: 10:00am Race starts: 11:15am
Race instructions will be given 15 minutes prior to the start of each race.

Course: The out-and-back 1500 meter course will be marked by a cable and buoys. Water temperature is between 70 and 75 degrees and will be posted at check-in.

Equipment: The use of pull buoys or fins is not allowed.

Awards: USMS: In accordance with USMS rules, awards will be given in two categories:
Non-wetsuit: Awards will be given to the first male & female overall winners in the one and two-mile races.
Awards will also be given to the top three male & female winners in each age group (19-24, 25-29, 30-34, etc.)
Wetsuit: Swimmers wearing wetsuits will receive special certificates.
USS: Awards will be given to the top male and female overall winners and to the top three male and female winners in each age group (13-14, 15-18.)

Picnic: Following the swim, Rogue Valley Masters will host a burger/BBQ pot luck. All swimmers and friends are invited.
See reverse side for driving directions and camping information. Please be sure to allow plenty of driving time as Squaw Lake is approximately 1 1/2 hours from Medford.

Information: Dan Gray, Race Director: (541) 944-0529
June Mather: (541) 482-0610

ENTRIES MUST BE POSTMARKED BY JULY 6

Mail entries to:	RVM Lake Swim 8975 Highway 66 Ashland, OR 97520	<u>Before 7/6</u>	<u>After 7/6</u>
		1 Mile _____	\$21.00 \$26.00
		2 Mile _____	\$21.00 \$26.00
		1 & 2 Mile _____	\$28.00 \$33.00

(Entry fees are non-refundable)

OMS/USMS Reg # _____ Short-sleeve T-shirt: S M L XL

USS Reg # _____ Long-sleeve T-shirt: S M L XL
(Please attach a copy of your OMS or USS registration card)

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____

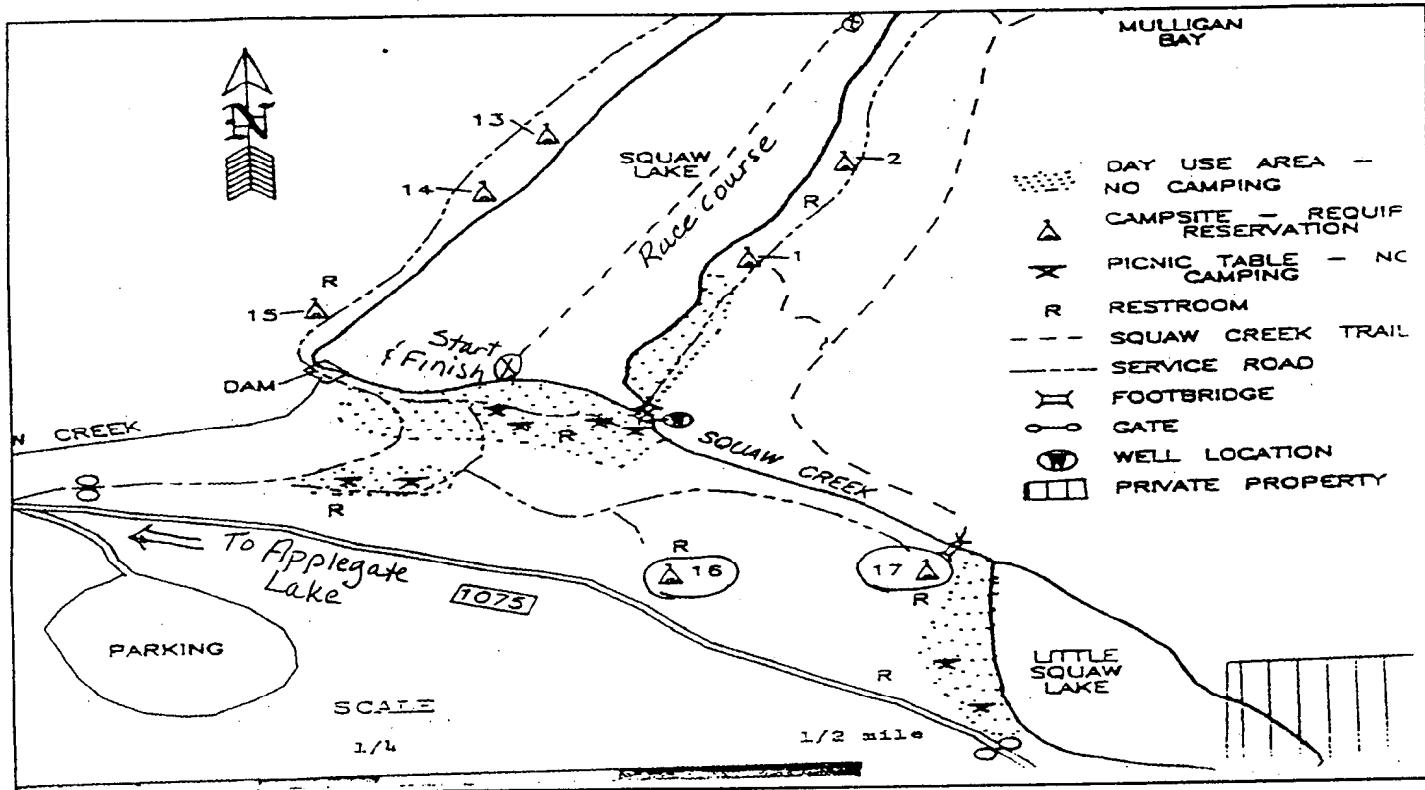
Birthdate _____ Day phone _____ Evening phone _____

I, the undersigned, 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 & 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: US Masters Swimming, Inc., the local Masters Swimming committees, the clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities. I acknowledge that I am aware of all risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____

Directions: Take exit #27 off I-5 (Barnett Rd); follow Barnett Rd. west and turn right on Riverside Av. Turn left on East Main St (Hwy 238, Jacksonville Hwy.) and proceed west through Medford towards Jacksonville. Follow the highway as it turns right in downtown Jacksonville, and continues toward Ruch. Continue on Hwy 238, following the signs to Applegate Lake. At Ruch, the road will fork and Hwy 238 continues straight. At this junction, proceed to the left on Applegate Rd. Upon reaching Applegate Lake, go left, on French Gulch Rd, over the dam and follow the signs to Squaw Lakes. The road is unpaved for the last 8 miles. There will be signs posted along the way to assist swimmers in locating Squaw Lakes and the site of the swim. Allow plenty of driving time as it is a 30-minute drive from Applegate Dam to Squaw Lakes. Limited parking is available at the end of the road, just above the trail leading to Squaw Lake.

Camping: Rogue Valley Masters has reserved group campsites #16 and #17 at Little Squaw Lake (NOT Mulligan Bay) for two nights, July 19 & 20. The campground is a short walk from the parking lot, accessible only on foot. Due to limited space, campsites may be shared by more than one tent. You will need to carry water in with you to these sites. Camping cost is \$3.00 per vehicle and payment can be made at the campsite. Maps to campsites will be posted at the entrance to Squaw Lake. All swimmers and friends are invited to a no-host pot-luck on Saturday night, July 20, and campers are encouraged to bring food, drinks, & musical instruments.



Washington To Portland 14 Mile Swim Relay Update

The Washington to Portland Swim Relay is now sanctioned and is officially scheduled for August 9th, 1996. The following municipalities and organizations have been involved in the planning; Portland's Bureau of Environmental Services, The American Red Cross, U.S. Coast Guard, Multnomah County Sheriff River Patrol, The Sternwheeler Rose, and Oregon Ocean Paddle Society.

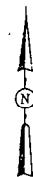
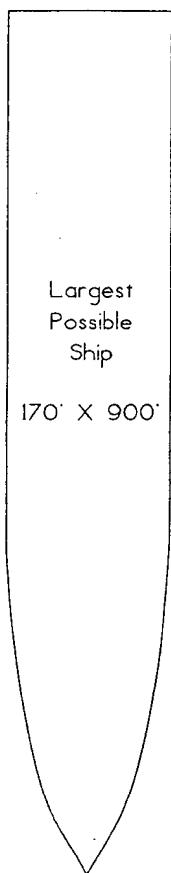
Due to the uniqueness of this event and the coordinating of numerous responsibilities, a decision was made to limit this first annual swim relay to a manageable size of seven teams. Each team has seven swimmers. Those of you who have already made contact with me are assured to participate. There will be a team matching service for swimmers not able to form a complete team. At this time, there is still room for more swimmers. However, these available spots will be filled on a first come first serve basis as I receive notification. Once filled, other interested swimmers will be placed on a waiting list and will receive future mailings. Those of you that know of other interested swimmers, have them contact me. If you are no longer interested in participating, please let me know so I can fill your position. Registration forms will be sent out the middle of June. You will need to include your pool mile time. An event handbook will issued to all registered swimmers.

My next order of business is obtaining sponsorship funding to help supplement event expenses. I do not want to allocate the entire funding through entry fees. My entry fee goal is \$30.00/swimmer or less, depending upon sponsorship support. I am hoping entry fee will include an event T-shirt, water bottle, lunch, post event activity, and a bus ride back to the starting area. At this time, any profit will be used for future promoting and equipment purchasing.

On the back of this letter is a detailed diagram showing the coordination of this event. If you know of anyone that may be interested in volunteering their time and boat to serve as a monitoring boat carrying three lifeguards, please have them contact me. For comfort sake, a boat with a toilet is preferred due to the time duration of this event. I am offering to pay for their fuel.

If you have any questions or comments after reviewing the included material, please call me. I am open to any ideas to help make this swim relay safe and enjoyable.

Frank Fredregill, Founder/Director
Washington to Portland Swim Relay
9405 SW Carriage Way
Beaverton, OR 97008
(503) 524-7444



WILLAMETTE RIVER INFORMATION

August Water Temp. Range 66 to 72F Degrees

Average River Width - 1500'

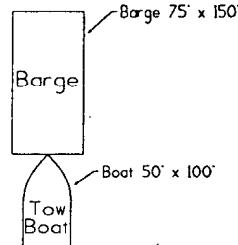
Widest River Width - 2100'

Fast Team W/Own Escort Boat

Narrowest River Width - 825'

No Ships pass through
narrowest width

To Scale 1" - 200'



Solo Swimmer W/Own Escort Boat

After swimmers exchange
Sternwheeler advances 1 mile
Mile advance not to scale

Coast Guard Auxiliary
Boats

Last swimmer

Shaded Area
Swim Zone

Recruited Monitoring Boats
Ea. W/3 Lifeguards

Sheriff Patrol Boat

Lead swimmer

Coast Guard Auxiliary
Boats

Resecures awaiting swimmers exchange

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.

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

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

NAME _____
(Last name) (First) (M.I.)

Reg. Fee (\$28.00) _____

ADDRESS _____

--- OR ---

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

916 S.W. 4TH AVE / PORTLAND, OR 97204 / (503) 223-3137



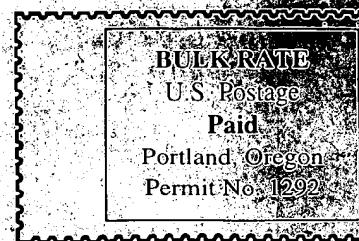
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STEVENS-NESS



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

Aqua-Master



In this issue: Association meet results, and more!