

Aqua-Master

Volume 23, Number 6 June, 1996

OI Barnacle

reviews results records

by Earl Walter

1996 Pentathlon . . . Excellent Swims

A delay of 90 days by OI' Man Winter probably hurt overall attendance, but it certainly was a big assist to performances. 90 of our best splashers changed 3 long standing Meet Records, broke 4 OMS Records and 1 Zone. Our thanks to Jeanne Teisher, Meet Director, Helen Brown, Meet Referee, Announcer-Roger Dickinson, Larry Snead & John Weiler plus other great officials, Roberta Cobb (Results), Ken Hillen (Elec Timing), Tualatin Hills Swim Club and the Tualatin Hills Rec District.

Women 19-24: Gina French had this all to herself, but that did not stop her from turning in great times.

Women 25-29: Michelle Brown was the class of this group.

Women 30-34: Saw a 3 way battle for the gold. Toni Hecksel, Tammy Ryan and Kim Gagnon went to the wire with a bare 3 seconds showing from 1st thru 3rd. Lisa Davis swam fine Breast and Fly 50's.

Women 35-39: Laura Schob swam away with this one. Judith Lampi and Christina Fox made it close for the Silver.

Women 40-44: Meet Director Jeanne Teisher broke her own 50 Free record with a fine time of 27. 98. Teri Hendryx(MACO) swam away for the Gold, with 5 solid efforts.

Women 45-49: Kathy Casey(PNA) outswam her rivals for the top prize, with 3 of 5 swims in Top Ten class. Sandi Rousseau flew a top 50.

Women 50-54: Peggy Whiter from Bend was numero uno in this one.

Women 60-64: Lavelle Stoinoff showed us why she is the Masters All Star for her age group.

Women 70-74: Lois Allen was "it" here, with 5 fine swims.

Women 80-84: We started this meet with 2 meet records from Day One-1981. Helena Hoffman took care of this one handily(8:33. 00 vs 9:42. 32) was Martha Keller, excellent job Helena!

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THE CHAIR'S CORNER

by Eric Guest

Sacrifice, perseverance, dedication, promotes fitness and health, enhances fellowship and camaraderie. These are some of the qualities that an individual must have to even be considered for the most prestigious USMS recognition - the Ransom J. Arthur Award. Oregon has such a person among us and we are very proud of her. Suzanne Rague's contribution to USMS was recognized at the recent Short Course Nationals in Cupertino. These qualities only start to describe all of Suzanne's contributions to Masters Swimming and she more than deserved the recognition. Congratulations Suzanne. You have earned this award.

All reports have it that OMS was well represented at the recent Short Course Nationals (MACO - 8 and Oregon - 36) and all had great swims and a good time.

The 1996 Kerr Center Swim-a-lap program was happy and grateful to receive \$700.00 from the Mt. Hood Masters Swim Team, the sole team participating.

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Please pass the results

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You'll find them throughout this issue

The people behind Oregon Masters Swimming, Inc.

Chairman of the Board
Eric Guest
 44861 S.E. Hwy 26
 Sandy, OR 97055
 (503) 668-4465

Vice Chairman
Tim Waud
 715 Jefferson St
 Oregon City, OR 97045
 (503) 655-7131

Secretary
Sharon Stuart
 (503) 241-8005

Treasurer
Roy Abramowitz
 (503) 221-7500

Registrar
Stephen Harger
 (503) 241-4228

Aqua-Master Editor
John F. Zell
 (503) 282-9347

Data Manager (for swim meets)
Suzanne Rague
 (503) 531-9051

Membership
Phil King
 (503) 241-9091 home
 (503) 667-7243 work

Fitness
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 (503) 644-2759

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Sandi Rousseau
 (503) 642-3679

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 (503) 626-7015

Records / Historian
Earl Walter
 (503) 738-3763

Open Water Events
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 (503) 287-3341

Past Chair
David Cobb
 (503) 282-0472

Calendar and Meet Schedule 1996 - 97

Date	Event	Location
June 22	LCM	Beaverton, OR THBSC LC meters
June 23 - July 2	LCM	Sheffield, England VI FINA World Masters Championships
*July 13-14	LCM	Gresham, OR Mt. Hood C.C. 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' Barn" continued from page 1

Men 25-29: Phil King and Gary Defrang went at it, hammer and tong, with Phil edging Gary in 2:41. 03 vs 2:42. 40 (The meet record is 2:39. 73). Gary Defrang hung up a new OMS record in the 50 Back with a fine 25. 67. Both were close to the record in the IM of 56. 04.

Men 30-34: Craig Henneford outlasted Robert Westlake for #1.

Men 35-39: Curt La Count proved once again he is Champ, barely missing his meet record of 2:41. 97 with a 2:42. 06. All highlighted by a new Zone Record in the 50 Fly at 24. 28. Also check that 50 Free race-Walker 22. 64, La Count in with 22. 95.

Men 40-44: Peter Metzger won the brass ring here, Bruce Cheney turned in a fine performance.

Men 45-49: 3 way race here between Robert Maestre(MACO), Doug Prentice and Jeff Bertuleit. Prentice was leading going into the IM, having won the Back, Breast and Fly over Maestre. Check the 4-27's for the 50 Fly.

Men 50-54: Welcome back Chuck Richards! However, this event belongs to Robert Smith, a 2:48. 47 vs his record of 2:46. 68.

Men 55-59: Walt Reid(PNA), our genial USMS TOP TEN MAN, had a battle with Joe Santry(MACO), but emerged victorious.

Men 60-64: What do you say when 1-2-3, all break the meet record, that has stood since 1981 (3:31. 06) George Thayer, turning a 3:17. 94, had 2 OMS bests(Fly-31. 60 and IM-1:11. 16) Slawson was 2nd-3:26. 09 with Radcliff 3rd in 3:28. 05. OB says WELL DONE-3 times over for this great trio! That 3:31. 06 was # 1 USA in 1981, my how times have changed, and for the better!

Men 65-69: Mickey Marks came close to the 60-64 time, now he has a new meet record of 3:37. 62 vs Hugh Richards' 3:38. 10 from 1988. Trip down memory lane, in addition to Hugh R, Walter, Clarence Courter and Gerald Huestis contributed to the old record, with Richards tipping Walter (3:38. 10 vs 3:38. 34) Well Done Mickey, now let's get that 50 Breast record, you were close-36. 12 vs 35. 89.

Men 70-74: OB is calling this the Battle of the Twilight Zone, with 4 swimmers at 74. Both Walter and Young, look to shade the record of 4:31. 66 next year.

Men 75-79: Mel Anderson was all alone in this one, grabbing the gold.

Well Done Everyone !!!

This n- That . . . Sorry have nothing for you yet on Short Course Nationals, except on good authority: Ginger Pierson and David Radcliff, were sensational, and that Beth Beadling suffered from

sunburn. Gil Young and Earl Walter went down to Santa Clara for the 3rd International Invitational. Gil walked away with 2 golds in the 400 and 1500 Free in excellent times. OB managed a Gold in the 200 Back and 100 Fly, with a Silver in the 200 Breast, missing ZR's for the Back and Breast. OB has the 1995 FINA World Top Ten, and will follow up with a story on our placings. Suffice to say, it was certainly a "Wake Up Call" for old white hair. Ginger Pierson is TRAVELING and RECORD SETTING: OMS, ZONE, National and World, are falling right and left. Gad, what a paddler! Letter from Joe Ruddley(Roseburg) "Still in great shape, despite the traditional aging disabilities, doing 2000 yards 3x week, Terri McCurdy said my Fly was still acceptable, so will see you at LCM meet in Beaverton". Note: Joe is 81, will be 82 in November, great to hear from him, which by the way, was prompted by his receipt of his 11th consecutive Top Ten patch.

Oregon Masters Swimmers-Hats Off, stand up and cheer, our SUZANNE RAGUE is the 1996 winner of the prestigious Ransom Arthur Award. This goes annually to the person who contributes most to USMS nationwide. Congratulations Suzanne, a most deserved honor. That's it for now gang, hang in there, stay with it, miles and miles!

"The Chairs Corner", continued from page 1

I sincerely hope we have more participation next year as the money raised goes to a very worthy cause.

Our Secretary, Sharon Stewart, just returned from a short teaching stint in Bangkok, Thailand and during her absence, our "Lady Friday" took over doing a fine job. Thank you Suzanne. Sharon now informs us that her job will take her to Holland for four months. Good luck Sharon and have a good trip. Portland Parks member Sabine Pater will fill in for Sharon.

Sandi Rousseau has been designated the Swimming Commissioner for the 1998 Nike Masters World Games. She has attended meetings with the organizing personnel and will continue to update us on progress.

I was requested to mention the "H.O.S.T." program. There are contacts at each meet to call for places to stay (homes of swimmers). These people are happy to find homes for competitors. Please don't be shy to request housing.

With this information in mind, I wish you all smooth water and good health. God bless.

1995 STATE GAMES OF OREGON LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by USMS, Inc and LMSC for Oregon Association

Place: MT. HOOD COMMUNITY COLLEGE

50 METER POOL

2600 S.E. STARK

GRESHAM, OR

DATE: JULY 13-14, 1996

WARM-UPS SAT & SUN: 1:00 P.M.

MEET STARTS SAT & SUN: 2:00 P.M.

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED O.M.S. MEMBER

ENTRY DEADLINE: ENTRIES MUST BE RECIEVED BY JUNE 24, 1996

LATE ENTRIES WILL NOT BE ACCEPTED

-----RETURN THIS LOWER PORTION-----

NAME _____ BIRTHDATE _____ AGE _____
 ADDRESS _____ CITY _____ COUNTY _____
 ZIP _____ PHONE # _____ SEX _____

If you are a registered Masters Swimmer, Please enter your 1996 USMS # _____

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: _____ SMALL _____ MEDIUM _____ LARGE _____ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24, 25-29, 30-34, etc. etc. up to 95+. RELAY AGES: 76+,100+,120+,160+,200+,240+, 280+, & 320+.

ENTER RELAYS AT THE MEET. The 400 Free will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY JULY 8

400 M FREE (1) _____:_____:_____
 BREAK BREAK BREAK
 200 M FREE RLY (2) XXXXXXXXXXXXXXXX
 100 M BACK(PHY DIS) (3) _____:_____:_____
 100 M BACK (4) _____:_____:_____
 100 M FREE (5) _____:_____:_____
 200 M FLY (6) _____:_____:_____
 BREAK BREAK BREAK
 200 M BREAST (7) _____:_____:_____
 50 M BACK (8) _____:_____:_____
 50 M BACK(PHY DIS) (9) _____:_____:_____
 50 M FREE (10) _____:_____:_____
 200 M MXD FR RLY (11) XXXXXXXXXXXXXXXX

SUNDAY JULY 9

200 M MEDLEY RLY (12) XXXXXXXXXXXXXXXX
 BREAK BREAK BREAK
 50 M FREE (PHY DIS) (13) _____:_____:_____
 100 M FLY (14) _____:_____:_____
 50 M BREAST (15) _____:_____:_____
 200 M BACK (16) _____:_____:_____
 200 M FREE (17) _____:_____:_____
 BREAK BREAK BREAK
 50 M FLY (18) _____:_____:_____
 100 M BREAST (19) _____:_____:_____
 200 M I.M. (20) _____:_____:_____
 100 M FREE (PHYDIS) (21) _____:_____:_____
 200 M MXD MED RLY (22) XXXXXXXXXXXXXXXX

***ALL PARTICIPATING O.M.S. TEAMS WILL BE REQUIRED TO
 PROVIDE TIMERS. PLEASE DO YOUR PART TO HELP US.***

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic/Sports Program, and related events/activities, the undersigned: Acknowledges/fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction or negligence of others, the rules of play, or conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injuries, permanent disability or death. Releases, waivers, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers used to conduct the event, all of which are here inafter referred to as "releasees" from any and all liabilities to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be cause in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

SIGNATURE OF ATHLETE _____ DATE _____

ENTRY FEE: \$16.00 for 2 events plus \$4.00 for each additional event.

Limit of 6 individual events.

**MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON
 4840 S.W. WESTERN AVE SUITE 900 PORTLAND, OR 97005**

TUALATIN HILLS PENTATHLON

Event Results for Timed Finals

--- Ages 19 Through 24 ---				:	- LAURIE KILBOURN 29 OREG 1:21.43				:	- CHANTAL FARAUDO 38 OREG 48.83			
PL	Name	Age Team	Finals	:	=====				:	- ERIN FASSIO 35 OREG 49.31			
-----				:	--- Ages 30 Through 34 ---				:	Mixed 50 Breast			
Mixed 50 Free				:	PL	Name	Age Team	Finals	:	- JANICE GAINES 36 OREG 40.42			
- GINA FRENCH 21 OREG 28.72				:	-----				:	- CHRISTINA FOX 35 OREG 40.95			
Mixed 50 Back				:	Mixed 50 Free				:	- LAURA SCHOB 37 OREG 43.07			
- GINA FRENCH 21 OREG 34.14				:	- TONI HECKSEL 30 OREG 27.27				:	- CHANTAL FARAUDO 38 OREG 47.79			
Mixed 50 Breast				:	- LISA DAVIS 32 OREG 29.11				:	- JUDITH LAMPI 35 MACO 48.12			
- GINA FRENCH 21 OREG 36.79				:	- KIMARIE GAGNON 33 OREG 29.65				:	- ERIN FASSIO 35 OREG 50.79			
Mixed 50 Fly				:	- TAMMY RYAN 31 OREG 30.38				:	Mixed 50 Fly			
1 GINA FRENCH 21 OREG 32.13				:	- CATHY NEWMAN 32 OREG 31.13				:	1 LAURA SCHOB 37 OREG 33.09			
Mixed 100 IM				:	Mixed 50 Back				:	2 JUDITH LAMPI 35 MACO 35.31			
- GINA FRENCH 21 OREG 1:10.40				:	- TAMMY RYAN 31 OREG 32.20				:	3 JANICE GAINES 36 OREG 37.82			
=====				:	- TONI HECKSEL 30 OREG 33.80				:	4 CHRISTINA FOX 35 OREG 41.91			
--- Ages 25 Through 29 ---				:	- KIMARIE GAGNON 33 OREG 34.85				:	5 CHANTAL FARAUDO 38 OREG 43.03			
PL	Name	Age Team	Finals	:	- LISA DAVIS 32 OREG 35.77				:	6 ERIN FASSIO 35 OREG 43.26			
-----				:	- CATHY NEWMAN 32 OREG 38.67				:	- ANN GOODMAN 36 OREG DQ			
Mixed 50 Free				:	Mixed 50 Breast				:	Mixed 100 IM			
- MICHELLE BROWN 28 OREG 27.61				:	- KIMARIE GAGNON 33 OREG 36.79				:	- LAURA SCHOB 37 OREG 1:17.90			
- SABINE PATER 25 OREG 29.25				:	- TAMMY RYAN 31 OREG 37.25				:	- CHRISTINA FOX 35 OREG 1:21.37			
- LINDA SHARER 26 OREG 30.32				:	- LISA DAVIS 32 OREG 37.26				:	- JUDITH LAMPI 35 MACO 1:25.82			
- E. MOOREHEAD 27 OREG 30.56				:	- TONI HECKSEL 30 OREG 39.45				:	- JANICE GAINES 36 OREG 1:26.14			
- KATHLEEN EUGSTER 25 OREG 30.62				:	- CATHY NEWMAN 32 OREG 41.87				:	- ERIN FASSIO 35 OREG 1:36.74			
- LAURIE KILBOURN 29 OREG 32.65				:	Mixed 50 Fly				:	- CHANTAL FARAUDO 38 OREG 1:38.18			
Mixed 50 Back				:	1 TONI HECKSEL 30 OREG 30.93				:	=====			
- MICHELLE BROWN 28 OREG 31.43				:	2 LISA DAVIS 32 OREG 31.37				:	--- Ages 40 Through 44 ---			
- E. MOOREHEAD 27 OREG 36.74				:	3 TAMMY RYAN 31 OREG 31.40				:	PL Name Age Team Finals			
- SABINE PATER 25 OREG 37.58				:	4 KIMARIE GAGNON 33 OREG 31.79				:	-----			
- KATHLEEN EUGSTER 25 OREG 37.93				:	5 CATHY NEWMAN 32 OREG 34.11				:	Mixed 50 Free			
- LINDA SHARER 26 OREG 39.02				:	Mixed 100 IM				:	- JEANNE TEISHER 44 OREG 27.98			
- LAURIE KILBOURN 29 OREG 39.93				:	- TONI HECKSEL 30 OREG 1:08.98				:	- TERI HENDRYX 42 MACO 29.48			
Mixed 50 Breast				:	- TAMMY RYAN 31 OREG 1:10.29				:	- SHARON FAUSEL 44 OREG 32.58			
- KATHLEEN EUGSTER 25 OREG 39.08				:	- KIMARIE GAGNON 33 OREG 1:10.75				:	Mixed 50 Back			
- MICHELLE BROWN 28 OREG 40.06				:	- LISA DAVIS 32 OREG 1:14.58				:	- TERI HENDRYX 42 MACO 34.29			
- LAURIE KILBOURN 29 OREG 41.07				:	- CATHY NEWMAN 32 OREG 1:19.92				:	- JEANNE TEISHER 44 OREG 35.44			
- LINDA SHARER 26 OREG 41.16				:	=====				:	- SHARON FAUSEL 44 OREG 40.60			
- SABINE PATER 25 OREG 41.25				:	--- Ages 35 Through 39 ---				:	Mixed 50 Breast			
- E. MOOREHEAD 27 OREG 45.54				:	PL Name Age Team Finals				:	- TERI HENDRYX 42 MACO 37.11			
-----				:	-----				:	- SHARON FAUSEL 44 OREG 43.35			
Mixed 50 Fly				:	Mixed 50 Free				:	Mixed 50 Fly			
1 MICHELLE BROWN 28 OREG 30.83				:	- LAURA SCHOB 37 OREG 29.34				:	1 TERI HENDRYX 42 MACO 32.00			
2 LINDA SHARER 26 OREG 33.27				:	- JUDITH LAMPI 35 MACO 30.28				:	2 JEANNE TEISHER 44 OREG 32.77			
3 SABINE PATER 25 OREG 33.42				:	- JANICE GAINES 36 OREG 32.48				:	3 SHARON FAUSEL 44 OREG 38.13			
4 E. MOOREHEAD 27 OREG 33.48				:	- CHANTAL FARAUDO 38 OREG 35.24				:	Mixed 100 IM			
5 LAURIE KILBOURN 29 OREG 34.25				:	- CHRISTINA FOX 35 OREG 36.22				:	- TERI HENDRYX 42 MACO 1:12.09			
6 KATHLEEN EUGSTER 25 OREG 37.17				:	- ERIN FASSIO 35 OREG 37.22				:	- SHARON FAUSEL 44 OREG 1:23.61			
Mixed 100 IM				:	Mixed 50 Back				:				
- MICHELLE BROWN 28 OREG 1:11.21				:	- LAURA SCHOB 37 OREG 38.35				:				
- SABINE PATER 25 OREG 1:15.69				:	- JUDITH LAMPI 35 MACO 39.36				:				
- LINDA SHARER 26 OREG 1:18.06				:	- CHRISTINA FOX 35 OREG 39.52				:				
- E. MOOREHEAD 27 OREG 1:19.44				:	- JANICE GAINES 36 OREG 47.24				:				
- KATHLEEN EUGSTER 25 OREG 1:20.18				:					:				

TUALATIN HILLS PENTATHLON

Event Results for Timed Finals

----- Mixed 100 IM -----				-----			
--- Ages 45 Through 49 ---				:	- PEGGY WHITER 52 OREG 1:33.96		
PL	Name	Age Team	Finals	:	- JOHANNA CUMMINS 54 OREG 1:49.95		
-----				:	-----		
Mixed 50 Free				:	--- Ages 60 Through 64 ---		
-	KATHRINE CASEY	47 PNA	30.45	:	PL	Name	Age Team Finals
-	SANDI ROUSSEAU	48 OREG	30.56	:	-----		
-	SUZANNE RAGUE	45 OREG	32.27	:	Mixed 50 Free		
-	CATHERINE BROOKS	47 PNA	35.05	:	-	LAVELLE STOINOFF	63 MACO 32.69
-	MARY WATERS	49 MACO	1:25.66	:	Mixed 50 Back		
Mixed 50 Back				:	-	LAVELLE STOINOFF	63 MACO 40.48
-	KATHRINE CASEY	47 PNA	35.98	:	Mixed 50 Breast		
-	SANDI ROUSSEAU	48 OREG	39.01	:	-	LAVELLE STOINOFF	63 MACO 44.80
-	SUZANNE RAGUE	45 OREG	39.67	:	Mixed 50 Fly		
-	CATHERINE BROOKS	47 PNA	40.14	:	1	LAVELLE STOINOFF	63 MACO 44.23
Mixed 50 Breast				:	Mixed 100 IM		
-	KATHRINE CASEY	47 PNA	37.51	:	-	LAVELLE STOINOFF	63 MACO 1:23.90
-	SANDI ROUSSEAU	48 OREG	41.15	:	-----		
-	CATHERINE BROOKS	47 PNA	43.11	:	--- Ages 70 Through 74 ---		
-	SUZANNE RAGUE	45 OREG	44.94	:	PL	Name	Age Team Finals
-	MARY WATERS	49 MACO	2:14.13	:	-----		
Mixed 50 Fly				:	Mixed 50 Free		
1	SANDI ROUSSEAU	48 OREG	32.69	:	-	LOIS ALLEN	72 OREG 48.55
2	SUZANNE RAGUE	45 OREG	35.53	:	Mixed 50 Back		
3	KATHRINE CASEY	47 PNA	35.77	:	-	LOIS ALLEN	72 OREG 57.77
4	CATHERINE BROOKS	47 PNA	40.06	:	Mixed 50 Breast		
Mixed 100 IM				:	-	LOIS ALLEN	72 OREG 1:00.12
-	KATHRINE CASEY	47 PNA	1:14.93	:	Mixed 50 Fly		
-	SANDI ROUSSEAU	48 OREG	1:19.33	:	1	LOIS ALLEN	72 OREG 1:13.37
-	SUZANNE RAGUE	45 OREG	1:22.21	:	Mixed 100 IM		
-	CATHERINE BROOKS	47 PNA	1:24.20	:	-	LOIS ALLEN	72 OREG 2:06.16
-	MARY WATERS	49 MACO	4:20.77	:	-----		
-----				:	--- Ages 80 Through 84 ---		
--- Ages 50 Through 54 ---				:	PL	Name	Age Team Finals
PL	Name	Age Team	Finals	:	-----		
-----				:	Mixed 50 Free		
Mixed 50 Free				:	-	HELENA HOFFMAN	80 OREG 1:03.69
-	PEGGY WHITER	52 OREG	34.73	:	Mixed 50 Back		
-	JOHANNA CUMMINS	54 OREG	41.19	:	-	HELENA HOFFMAN	80 OREG 1:29.57
Mixed 50 Back				:	Mixed 50 Breast		
-	PEGGY WHITER	52 OREG	44.85	:	-	HELENA HOFFMAN	80 OREG 1:25.73
-	JOHANNA CUMMINS	54 OREG	47.83	:	Mixed 50 Fly		
Mixed 50 Breast				:	1	HELENA HOFFMAN	80 OREG 1:30.76
-	PEGGY WHITER	52 OREG	47.17	:	Mixed 100 IM		
-	JOHANNA CUMMINS	54 OREG	1:05.06	:	-	HELENA HOFFMAN	80 OREG 3:03.25
Mixed 50 Fly				:	-----		
1	PEGGY WHITER	52 OREG	46.19	:	--- Ages 25 Through 29 ---		
2	JOHANNA CUMMINS	54 OREG	49.43	:	PL	Name	Age Team Finals
-----				:	-----		
Mixed 50 Free				:	Mixed 50 Free		
-	KATHRINE CASEY	47 PNA	30.45	:	-	PHILLIP KING	29 OREG 23.00
-	SANDI ROUSSEAU	48 OREG	30.56	:	-	GARY DEFRANG	25 OREG 23.33
-	SUZANNE RAGUE	45 OREG	32.27	:	-	ANTON LENEIS	26 OREG 24.50
-	CATHERINE BROOKS	47 PNA	35.05	:	-	SCOTT WOODBURY	29 OREG 25.20
-	MARY WATERS	49 MACO	1:25.66	:	-	WILLIAM ZOLNA	26 OREG 25.78
Mixed 50 Back				:	-	JOSEPH ADRIAN	29 OREG 26.00
-	KATHRINE CASEY	47 PNA	35.98	:	-	ANDREW DICKSON	25 OREG 28.42
-	SANDI ROUSSEAU	48 OREG	39.01	:	Mixed 50 Back		
-	SUZANNE RAGUE	45 OREG	39.67	:	-	GARY DEFRANG	25 OREG 25.67
-	CATHERINE BROOKS	47 PNA	40.14	:	-	PHILLIP KING	29 OREG 26.77
Mixed 50 Breast				:	-	WILLIAM ZOLNA	26 OREG 28.04
-	KATHRINE CASEY	47 PNA	37.51	:	-	SCOTT WOODBURY	29 OREG 28.42
-	SANDI ROUSSEAU	48 OREG	41.15	:	-	ANTON LENEIS	26 OREG 31.94
-	CATHERINE BROOKS	47 PNA	43.11	:	-	ANDREW DICKSON	25 OREG 32.23
-	SUZANNE RAGUE	45 OREG	44.94	:	-	JOSEPH ADRIAN	29 OREG 33.28
-	MARY WATERS	49 MACO	2:14.13	:	Mixed 50 Breast		
Mixed 50 Fly				:	-	PHILLIP KING	29 OREG 29.42
1	SANDI ROUSSEAU	48 OREG	32.69	:	-	SCOTT WOODBURY	29 OREG 30.21
2	SUZANNE RAGUE	45 OREG	35.53	:	-	ANTON LENEIS	26 OREG 30.55
3	KATHRINE CASEY	47 PNA	35.77	:	-	GARY DEFRANG	25 OREG 31.48
4	CATHERINE BROOKS	47 PNA	40.06	:	-	WILLIAM ZOLNA	26 OREG 32.92
Mixed 100 IM				:	-	JOSEPH ADRIAN	29 OREG 33.81
-	KATHRINE CASEY	47 PNA	1:14.93	:	-	ANDREW DICKSON	25 OREG 33.90
-	SANDI ROUSSEAU	48 OREG	1:19.33	:	Mixed 50 Fly		
-	SUZANNE RAGUE	45 OREG	1:22.21	:	1	GARY DEFRANG	25 OREG 25.27
-	CATHERINE BROOKS	47 PNA	1:24.20	:	2	PHILLIP KING	29 OREG 25.29
-	MARY WATERS	49 MACO	4:20.77	:	3	WILLIAM ZOLNA	26 OREG 25.74
-----				:	4	SCOTT WOODBURY	29 OREG 25.95
--- Ages 50 Through 54 ---				:	5	ANTON LENEIS	26 OREG 27.22
PL	Name	Age Team	Finals	:	6	JOSEPH ADRIAN	29 OREG 28.25
-----				:	7	ANDREW DICKSON	25 OREG 29.39
Mixed 50 Free				:	Mixed 100 IM		
-	PEGGY WHITER	52 OREG	34.73	:	-	PHILLIP KING	29 OREG 56.55
-	JOHANNA CUMMINS	54 OREG	41.19	:	-	WILLIAM ZOLNA	26 OREG 56.61
Mixed 50 Back				:	-	GARY DEFRANG	25 OREG 56.65
-	PEGGY WHITER	52 OREG	44.85	:	-	SCOTT WOODBURY	29 OREG 1:01.36
-	JOHANNA CUMMINS	54 OREG	47.83	:	-	ANTON LENEIS	26 OREG 1:01.88
Mixed 50 Breast				:	-	JOSEPH ADRIAN	29 OREG 1:05.86
-	PEGGY WHITER	52 OREG	47.17	:	-	ANDREW DICKSON	25 OREG 1:08.71
-	JOHANNA CUMMINS	54 OREG	1:05.06	:	-----		
Mixed 50 Fly				:	-----		
1	PEGGY WHITER	52 OREG	46.19	:	-----		
2	JOHANNA CUMMINS	54 OREG	49.43	:	-----		

TUALATIN HILLS PENTATHLON

Event Results for Timed Finals

----- Mixed 50 Back							
--- Ages 30 Through 34 ---				:	-	CURT LA COUNT	37 OREG 26.12
PL	Name	Age Team	Finals	:	-	PHILIP CLARK	37 OREG 27.60
-----				:	-	JOHN ZELL	39 OREG 27.93
Mixed 50 Free				:	-	RON TAYLOR	35 OREG 27.97
-	CRAIG HENNEFORD	34 OREG	24.38	:	-	PETER VINCE	39 OREG 29.17
-	TIGER WINKLE	34 OREG	24.88	:	-	JEFF WALKER	35 OREG 29.26
-	ROBERT WESTLAKE	33 OREG	25.52	:	-	JEFF ANSPACH	35 OREG 30.55
-	CHRISTOPHE HULL	33 OREG	26.88	:	-	STEPHEN HARGER	36 OREG 30.61
Mixed 50 Back				:	-	RONALD COBB	39 OREG 31.14
-	CRAIG HENNEFORD	34 OREG	29.84	:	-	MARK WREN	37 OREG 32.34
-	ROBERT WESTLAKE	33 OREG	30.36	:	-	WILSON ZEHR	35 OREG 35.48
-	CHRISTOPHE HULL	33 OREG	31.82	:	-	JOE FASSIO	38 OREG 37.52
-	TIGER WINKLE	34 OREG	32.30	:	-	CHRIS OVERTON	37 OREG 37.56
Mixed 50 Breast				:	-	MURALI KRISHNA	36 OREG 43.88
-	ROBERT WESTLAKE	33 OREG	32.98	:	Mixed 50 Breast		
-	CRAIG HENNEFORD	34 OREG	33.66	:	-	STEPHEN HARGER	36 OREG 30.85
-	TIGER WINKLE	34 OREG	34.79	:	-	CURT LA COUNT	37 OREG 31.79
-	CHRISTOPHE HULL	33 OREG	44.04	:	-	PETER VINCE	39 OREG 31.96
Mixed 50 Fly				:	-	JEFF WALKER	35 OREG 31.98
1	CRAIG HENNEFORD	34 OREG	27.53	:	-	JOE FASSIO	38 OREG 32.06
2	ROBERT WESTLAKE	33 OREG	28.18	:	-	RON TAYLOR	35 OREG 32.66
3	TIGER WINKLE	34 OREG	28.47	:	-	JOHN ZELL	39 OREG 32.73
4	CHRISTOPHE HULL	33 OREG	29.54	:	-	PHILIP CLARK	37 OREG 33.08
Mixed 100 IM				:	-	RONALD COBB	39 OREG 33.87
-	CRAIG HENNEFORD	34 OREG	1:02.47	:	-	MARK WREN	37 OREG 34.27
-	ROBERT WESTLAKE	33 OREG	1:03.05	:	-	WILSON ZEHR	35 OREG 35.35
-	TIGER WINKLE	34 OREG	1:05.25	:	-	JEFF ANSPACH	35 OREG 36.84
-	CHRISTOPHE HULL	33 OREG	1:12.93	:	-	CHRIS OVERTON	37 OREG 38.69
-----				:	-	MURALI KRISHNA	36 OREG 43.92
--- Ages 35 Through 39 ---				:	Mixed 50 Fly		
PL	Name	Age Team	Finals	:	1	CURT LA COUNT	37 OREG 24.28
-----				:	2	JEFF WALKER	35 OREG 25.14
Mixed 50 Free				:	3	RON TAYLOR	35 OREG 25.75
-	JEFF WALKER	35 OREG	22.64	:	4	PHILIP CLARK	37 OREG 26.34
-	CURT LA COUNT	37 OREG	22.95	:	5	MARK WREN	37 OREG 26.74
-	PHILIP CLARK	37 OREG	23.65	:	6	JOHN ZELL	39 OREG 27.20
-	STEPHEN HARGER	36 OREG	23.77	:	7	JEFF ANSPACH	35 OREG 27.45
-	MARK WREN	37 OREG	24.29	:	8	PETER VINCE	39 OREG 27.64
-	RON TAYLOR	35 OREG	24.51	:	9	STEPHEN HARGER	36 OREG 27.87
-	PETER VINCE	39 OREG	24.82	:	10	RONALD COBB	39 OREG 29.70
-	JOHN ZELL	39 OREG	25.00	:	11	WILSON ZEHR	35 OREG 29.77
-	JEFF ANSPACH	35 OREG	25.62	:	12	CHRIS OVERTON	37 OREG 30.59
-	RONALD COBB	39 OREG	25.91	:	13	JOE FASSIO	38 OREG 32.90
-	WILSON ZEHR	35 OREG	26.88	:	14	MURALI KRISHNA	36 OREG 42.05
-	CHRIS OVERTON	37 OREG	27.83	:	Mixed 100 IM		
-	JOE FASSIO	38 OREG	28.11	:	-	CURT LA COUNT	37 OREG 56.92
-	MURALI KRISHNA	36 OREG	37.37	:	-	JEFF WALKER	35 OREG 58.12
				:	-	RON TAYLOR	35 OREG 1:00.99
				:	-	JOHN ZELL	39 OREG 1:01.22
				:	-	STEPHEN HARGER	36 OREG 1:01.99
				:	-	PETER VINCE	39 OREG 1:02.18
				:			
				:	-	MARK WREN	37 OREG 1:02.79
				:	-	JEFF ANSPACH	35 OREG 1:06.30
				:	-	RONALD COBB	39 OREG 1:06.92
				:	-	WILSON ZEHR	35 OREG 1:07.17
				:	-	JOE FASSIO	38 OREG 1:10.10
				:	-	CHRIS OVERTON	37 OREG 1:12.66
				:	-	MURALI KRISHNA	36 OREG 1:29.48
				:	-----		
				:	--- Ages 40 Through 44 ---		
				:	PL	Name	Age Team Finals
				:	-----		
				:	Mixed 50 Free		
				:	-	PETER METZGER	40 OREG 24.57
				:	-	BRUCE CHENEY	44 OREG 25.35
				:	-	MICHAEL PAHOLSKY	40 OREG 26.35
				:	-	JIM CAMPBELL	40 OREG 26.38
				:	-	JAMES ELLIOTT	43 OREG 27.23
				:	-	GARY WALLIS	43 OREG 27.48
				:	-	MARK NEWMAN	41 OREG 28.68
				:	-	MIKE DAVIS	41 OREG 28.69
				:	Mixed 50 Back		
				:	-	PETER METZGER	40 OREG 27.63
				:	-	BRUCE CHENEY	44 OREG 30.89
				:	-	JAMES ELLIOTT	43 OREG 32.47
				:	-	MICHAEL PAHOLSKY	40 OREG 34.71
				:	-	MIKE DAVIS	41 OREG 35.11
				:	-	MARK NEWMAN	41 OREG 36.17
				:	-	GARY WALLIS	43 OREG 36.37
				:	-	JIM CAMPBELL	40 OREG 36.89
				:	Mixed 50 Breast		
				:	-	PETER METZGER	40 OREG 32.69
				:	-	BRUCE CHENEY	44 OREG 33.73
				:	-	JIM CAMPBELL	40 OREG 34.13
				:	-	GARY WALLIS	43 OREG 35.97
				:	-	MIKE DAVIS	41 OREG 36.65
				:	-	JAMES ELLIOTT	43 OREG 37.59
				:	-	MARK NEWMAN	41 OREG 38.36
				:	-	MICHAEL PAHOLSKY	40 OREG 42.64
				:	Mixed 50 Fly		
				:	1	PETER METZGER	40 OREG 26.70
				:	2	BRUCE CHENEY	44 OREG 28.63
				:	3	JIM CAMPBELL	40 OREG 28.97
				:	4	MICHAEL PAHOLSKY	40 OREG 29.45
				:	5	MIKE DAVIS	41 OREG 30.29
				:	6	JAMES ELLIOTT	43 OREG 30.53
				:	7	GARY WALLIS	43 OREG 32.19
				:	8	MARK NEWMAN	41 OREG 37.48

TUALATIN HILLS PENTATHLON

Event Results for Timed Finals

Mixed 100 IM

-- PETER METZGER 40 OREG 1:02.41
 -- BRUCE CHENEY 44 OREG 1:04.85
 -- JIM CAMPBELL 40 OREG 1:08.39
 -- JAMES ELLIOTT 43 OREG 1:08.67
 -- MIKE DAVIS 41 OREG 1:10.45
 -- GARY WALLIS 43 OREG 1:11.54
 -- MICHAEL PAHOLSKY 40 OREG 1:13.70
 -- MARK NEWMAN 41 OREG 1:17.15

Mixed 100 IM

-- ROBERT MAESTRE 45 MACO 1:04.15
 -- DOUG PRENTICE 47 OREG 1:04.94
 -- JEFF BERTULEIT 47 OREG 1:05.48
 -- JED CRONIN 47 OREG 1:08.11
 -- ROBERT TIMM 49 OREG 1:12.24
 -- ROBERT HUIZENGA 46 OREG 1:24.68
 -- MICHAEL CAREW 46 OREG 1:29.65
 -- FOREST BROOKS 48 PNA 2:42.60

Mixed 50 Breast

-- WALTER REID 55 PNA 34.23
 -- JOE SANTRY 55 MACO 39.53
 -- JON SCHIELTZ 57 OREG 49.44
 Mixed 50 Fly
 1 WALTER REID 55 PNA 32.66
 2 JOE SANTRY 55 MACO 33.47
 3 JON SCHIELTZ 57 OREG 46.22
 Mixed 100 IM
 -- WALTER REID 55 PNA 1:12.44
 -- JOE SANTRY 55 MACO 1:14.92
 -- JON SCHIELTZ 57 OREG 1:48.08

--- Ages 45 Through 49 ---

PL Name Age Team Finals

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Mixed 50 Free

-- ROBERT MAESTRE 45 MACO 24.07
 -- DOUG PRENTICE 47 OREG 24.65
 -- JED CRONIN 47 OREG 25.11
 -- JEFF BERTULEIT 47 OREG 25.63
 -- ROBERT TIMM 49 OREG 27.80
 -- ROBERT HUIZENGA 46 OREG 28.34
 -- MICHAEL CAREW 46 OREG 32.23
 -- FOREST BROOKS 48 PNA 48.77

Mixed 50 Free

-- ROBERT SMITH 52 OREG 23.65
 -- CHARLES RICHARDS 51 DOC 25.93
 -- TERRY STEGNER 50 OREG 28.75
 -- JAMES GOODRICH 53 OREG 34.91
 Mixed 50 Back
 -- ROBERT SMITH 52 OREG 27.09
 -- CHARLES RICHARDS 51 DOC 29.99
 -- TERRY STEGNER 50 OREG 41.00
 -- JAMES GOODRICH 53 OREG 48.18

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Mixed 50 Back

-- DOUG PRENTICE 47 OREG 30.68
 -- ROBERT MAESTRE 45 MACO 30.78
 -- JEFF BERTULEIT 47 OREG 31.31
 -- JED CRONIN 47 OREG 32.39
 -- ROBERT TIMM 49 OREG 34.28
 -- ROBERT HUIZENGA 46 OREG 41.10
 -- MICHAEL CAREW 46 OREG 46.10
 -- FOREST BROOKS 48 PNA 1:14.46

Mixed 50 Breast

-- ROBERT SMITH 52 OREG 30.99
 -- CHARLES RICHARDS 51 DOC 34.66
 -- TERRY STEGNER 50 OREG 38.25
 -- JAMES GOODRICH 53 OREG DQ
 Mixed 50 Fly
 1 ROBERT SMITH 52 OREG 26.60
 2 CHARLES RICHARDS 51 DOC 27.96
 3 TERRY STEGNER 50 OREG 34.46
 4 JAMES GOODRICH 53 OREG 42.28

Mixed 50 Back

-- GEORGE THAYER 60 OREG 26.84
 -- DICK SLAWSON 60 OREG 27.47
 -- DAVID RADCLIFF 61 OREG 27.94
 -- ROBERT KIM 62 MACO 30.60
 Mixed 50 Breast
 -- GEORGE THAYER 60 OREG 35.04
 -- ROBERT KIM 62 MACO 36.54
 -- DICK SLAWSON 60 OREG 37.96
 -- DAVID RADCLIFF 61 OREG 38.29

Mixed 50 Breast

-- JEFF BERTULEIT 47 OREG 32.85
 -- DOUG PRENTICE 47 OREG 33.20
 -- ROBERT MAESTRE 45 MACO 33.65
 -- JED CRONIN 47 OREG 36.25
 -- ROBERT TIMM 49 OREG 37.20
 -- MICHAEL CAREW 46 OREG 41.49
 -- FOREST BROOKS 48 PNA 1:04.90
 -- ROBERT HUIZENGA 46 OREG DQ

Mixed 100 IM

-- ROBERT SMITH 52 OREG 1:00.14
 -- CHARLES RICHARDS 51 DOC 1:04.48
 -- TERRY STEGNER 50 OREG 1:17.75
 -- JAMES GOODRICH 53 OREG 1:41.35

Mixed 50 Fly

1 GEORGE THAYER 60 OREG 31.60
 2 DICK SLAWSON 60 OREG 31.99
 3 ROBERT KIM 62 MACO 32.67
 4 DAVID RADCLIFF 61 OREG 33.00

Mixed 50 Fly

1 JEFF BERTULEIT 47 OREG 27.45
 2 JED CRONIN 47 OREG 27.61
 3 DOUG PRENTICE 47 OREG 27.69
 4 ROBERT MAESTRE 45 MACO 27.70
 5 ROBERT TIMM 49 OREG 32.54
 6 ROBERT HUIZENGA 46 OREG 34.17
 7 MICHAEL CAREW 46 OREG 40.74
 8 FOREST BROOKS 48 PNA 1:54.30

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Mixed 50 Free

-- WALTER REID 55 PNA 28.94
 -- JOE SANTRY 55 MACO 28.98
 -- JON SCHIELTZ 57 OREG 38.48

Mixed 50 Back

-- WALTER REID 55 PNA 34.28
 -- JOE SANTRY 55 MACO 34.54
 -- JON SCHIELTZ 57 OREG 58.09

Mixed 100 IM

-- GEORGE THAYER 60 OREG 1:11.16
 -- DICK SLAWSON 60 OREG 1:13.57
 -- DAVID RADCLIFF 61 OREG 1:13.92
 -- ROBERT KIM 62 MACO 1:17.68

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Mixed 50 Free

-- ERIC GUEST 66 OREG 29.21
 -- MILTON MARKS 65 OREG 29.45

Mixed 50 Back
 - MILTON MARKS 65 OREG 37.53 :
 - ERIC GUEST 66 OREG 42.60 :

Mixed 50 Breast
 - MILTON MARKS 65 OREG 36.12 :
 - ERIC GUEST 66 OREG 39.92 :

Mixed 50 Fly
 1 ERIC GUEST 66 OREG 34.98 :
 2 MILTON MARKS 65 OREG 36.02 :

Mixed 100 IM
 - MILTON MARKS 65 OREG 1:18.50 :
 - ERIC GUEST 66 OREG 1:19.46 :

 --- Ages 70 Through 74 ---
 PL Name Age Team Finals :

Mixed 50 Free
 - EARL WALTER 74 OREG 32.27 :
 - GILBERT YOUNG 74 OREG 34.85 :
 - RUPERT FIXOTT 74 OREG 40.72 :
 - KHOSROW SHADBEH 74 OREG 44.99 :

Mixed 50 Back
 - EARL WALTER 74 OREG 38.92 :
 - GILBERT YOUNG 74 OREG 43.10 :
 - RUPERT FIXOTT 74 OREG 51.50 :
 - KHOSROW SHADBEH 74 OREG 59.43 :

Mixed 50 Breast
 - EARL WALTER 74 OREG 43.41 :
 - GILBERT YOUNG 74 OREG 48.85 :
 - RUPERT FIXOTT 74 OREG 49.37 :
 - KHOSROW SHADBEH 74 OREG 52.13 :

Mixed 50 Fly
 1 EARL WALTER 74 OREG 39.57 :
 2 GILBERT YOUNG 74 OREG 50.81 :
 3 RUPERT FIXOTT 74 OREG 57.06 :
 4 KHOSROW SHADBEH 74 OREG 59.22 :

Mixed 100 IM
 - EARL WALTER 74 OREG 1:27.53 :
 - GILBERT YOUNG 74 OREG 1:33.93 :
 - KHOSROW SHADBEH 74 OREG 1:55.61 :
 - RUPERT FIXOTT 74 OREG 1:56.46 :

 --- Ages 75 Through 79 ---
 PL Name Age Team Finals :

Mixed 50 Free
 - MEL ANDERSON 78 OREG 50.00 :

Mixed 50 Back
 - MEL ANDERSON 78 OREG 1:01.13 :

Mixed 50 Breast
 - MEL ANDERSON 78 OREG 1:26.33

Mixed 50 Fly
 1 MEL ANDERSON 78 OREG 1:19.66

Mixed 100 IM
 - MEL ANDERSON 78 OREG 2:42.70

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



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 MEMBERSHIP CHAIR: Phil King at 503-241-9091 (home) or 503-667-7243 (work)

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 Phil King

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 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	Aquatic Dept	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
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 _____

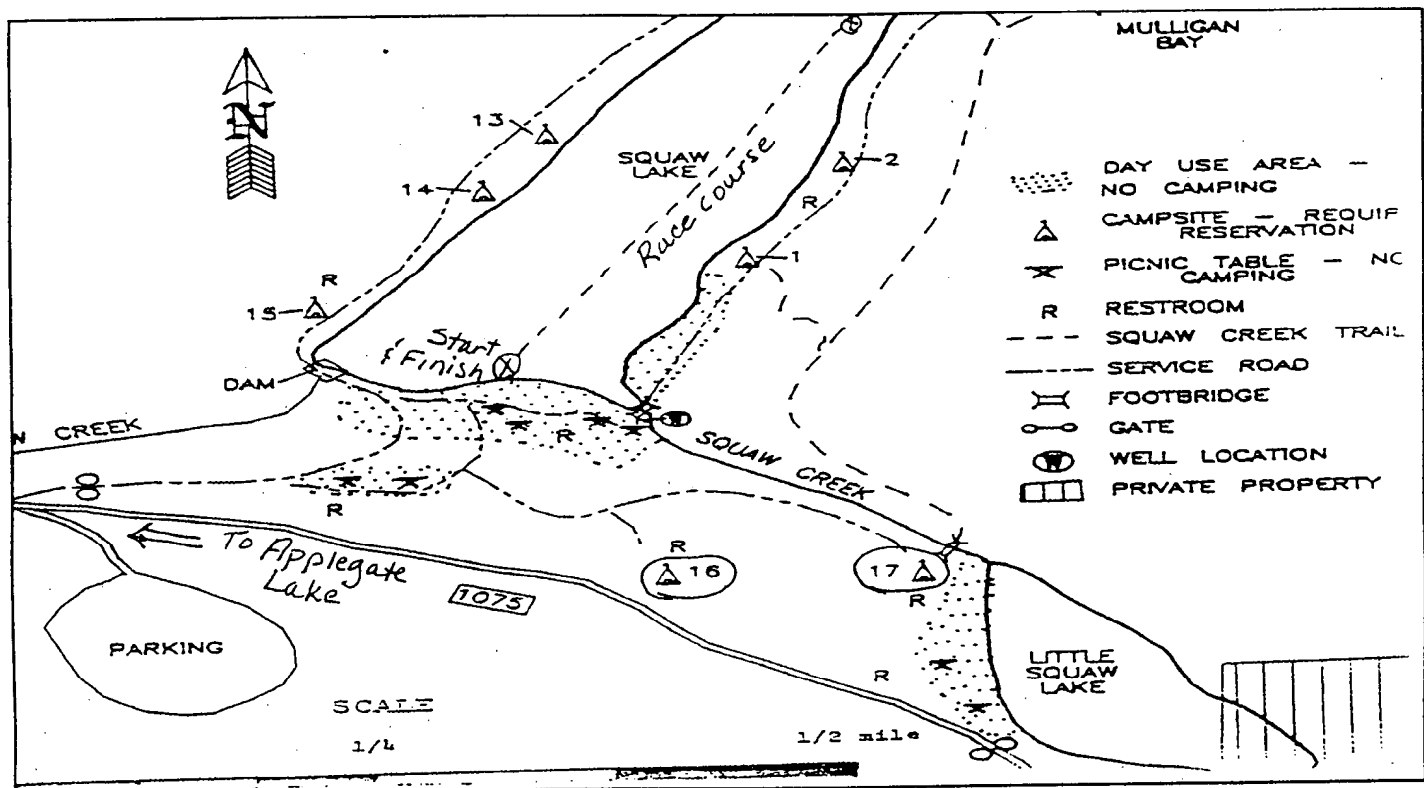
City/State/Zip _____

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 _____

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.



NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

MEET INFORMATION

Location Boise Family YMCA and Boise City Aquatic Center, 5959 N. Discovery Pl., Boise, ID 83713
Off I84 take Eagle Rd. North to Chinden. Turn east (right) on Chinden and south (right) on Discovery Pl.

Facility The City of Boise and the Boise Family YMCA opened their new Aquatic Center in January, 1996. The facility houses a 50 meter by 25 yard pool that is kept at 80-82 degrees and was designed so the filter and gutter systems create a waveless surface. There is also a 25 yd. instructional pool, a kiddie's pool, and a hydrotherapy pool/spa. These four pools are in the same facility as the YMCA. The facility offers locker rooms, showers, and an officials' room. There are on-deck bleachers and a community room available. Electronic timing, with Daktronics timing devices, will be utilized. Use of the rest of the YMCA will require an \$8.00 day pass or YMCA membership.

Misc. A no-host social will be held Saturday night. Information will be in your packet.

Motel information will be provided on request.

OR to stay with a local swimmer contact Paula Howard 323-1471

All swimmer must be USMS registered prior to entry. Swimmers from other LMSCs must include a copy of their USMS registration card with meet entry.

Entry deadline is July 20, 1996

Mail entries to: Jill Wright

1626 Williams St.

Boise, Id 83706 Ph. (208) 338-5287

Awards Ribbons will be awarded for first through sixth place.

Times Saturday, August 3rd: Warm-ups: Distance 11:00 am, Begin distance events 12:00 pm
Balance of meet warm-ups: 1:00 pm (or following 800/1500 m)

Meet starts at 2:00 pm

Sunday, August 4th: Warm-ups: 8:00 am

Meet starts at 9:00 am

Saturday
#1 800m Free
OR
#2 1500m Free
Break/2nd WU period
#3 100m Back
#4 50m Breast
#5 200m Free
Break
#6 200m Medley Relay
#7 100m Breast
#8 200m Fly
#9 50m Free
Break
#10 200m Mixed Free Relay
#11 200m IM

Sunday
#12 400m IM
BREAK
#13 50m Fly
#14 200m Back
#15 100m Free
#16 200m Mixed Medley Relay
Break
#17 100m Fly
#18 200m Breast
#19 50m Back
#20 200m Free Relay
Break
#21 400m Free

NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 3 - 4, 1996

Sanction #596-002, Hosted and Sanctioned by Snake River Masters.

NAME _____ M F AGE as of 8/4/96 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ Or UNATTACHED _____ LMSC _____

AGE GROUP: 19-24 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+

Entries must be postmarked by July 20, 1996.

Mail entries to: Jill Wright

1626 Williams St.

Boise, ID 83706 Ph: (208) 338-5287

Event #	EVENT	ESTIMATED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry Fee: \$10.00 per person. Make check payable to: Snake River Masters

Entry Fee

\$10.00

T-Shirts: size(s) () M () L () XL @ \$10.00 each

\$ _____

Extra T-shirts will NOT be available at the meet.

TOTAL

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM.
ENTRIES MUST BE POSTMARKED BY JULY 20, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO
MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 20TH, ACCOMPANYING THE MEET ENTRY.
SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CAR WITH MEET ENTRY.
LIABILITY RELEASE MUST BE SIGNED!

LIABILITY RELEASE: 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 DAMAGE, 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.

SIGNED _____ DATE _____

FOURTENTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL

A

Multi-Sport Program

**JULY 22 - JULY 28
1996**

EUGENE, OREGON



SPORTS

SPORTS • HEALTH • WELL BEING



SPORTS

SPORTS • HEALTH • WELL BEING



SWIMMING (30+)

Cal Hersey
(541) 342-1245 Ext. 207

Doug Smith Meet Director
(541) 687-5525

Echo Hollow Pool
1655 Echo Hollow Road
Eugene, OR 97402

8 a.m. (warm-up)

9 a.m. 7/27

50 meter pool

Limited to

5 events \$5_____

Ribbon for 1st, 2nd, 3rd in each bracket

1. Registration. Mail your total amount, with this form, to: The Eugene Senior Sports Group, Inc.

Entry Fees Subtotal \$ _____

Additional Dinner Guest

(\$7.00 per guest)

Festival Fee \$ \$12.00

Total Amount (enclosed) \$ _____

P.O. Box 5002

Eugene, OR 97405

Dinner Guest Information:

☐ I will attend dinner party

☐ I will bring a dinner guest

Shirt Size (please circle one)

medium large extra-large

2. Groupings. Place an "X" next to your age category and sex.

☐ MALE ☐ FEMALE

☐ 30-34 ☐ 35-40 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 ☐ 85-89 ☐ 90 +

M	W	
<input type="checkbox"/> 1	2	400 meter free
<input type="checkbox"/> 3	4	50 meter breast
<input type="checkbox"/> 5	6	100 meter fly
<input type="checkbox"/> 7	8	50 meter free
<input type="checkbox"/> 9	10	50 meter back
<input type="checkbox"/> 11	12	200 meter free relay
<input type="checkbox"/> 13	14	100 meter breast
<input type="checkbox"/> 15	16	50 meter fly

M	W	
<input type="checkbox"/> 17	18	200 meter free
<input type="checkbox"/> 19	20	200 meter back
<input type="checkbox"/> 21	22	200 meter medley relay
<input type="checkbox"/> 23	24	200 meter breast
<input type="checkbox"/> 25	26	200 meter fly
<input type="checkbox"/> 27	28	100 meter free
<input type="checkbox"/> 29	30	100 meter back
<input type="checkbox"/> 31	32	200 meter ind. medley

Doug Smith 687-5525

50 Meter Pool

7/27

Warm-ups - 8 am

Meet Starts - 9 am

\$5.00 - 5 events max.

Open to registered Masters Swimmers as well as unregistered swimmers.

Must be USMS registered to qualify for Masters records. Approved but not sanctioned meet.

☐ Please indicate if partner/teammates needed.

Name _____

Age _____

Address _____

Phone _____

Street

City

State

Zip

Partner's Name _____

Age _____

Address _____

Phone _____

Street

City

State

Zip

Team Name _____



FOURTEENTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 22 - 28, 1996

LIABILITY WAIVER (Must Be Signed)

In consideration of the right to participate in the 1996 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said events to be held on July 22 - 28 1996 or which may hereafter occur to me as a result of my participation, against the Eugene Senior Sports Group, Inc., the sanctioning bodies, the City of Eugene, Albertsons, Inc., Oakway Golf Course, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers or agents of said groups, officials, and any and all other sponsors and their officers and agents thereof.

I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above.

I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 22 - 28, 1996 without any remuneration.

I certify that I have read and understand the above.

Participant's Signature _____

Date _____

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**

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

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

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----
ADDRESS _____ Joint Registration (\$49.00) _____
(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____
Your Phone number Born (MM/DD/YY) AGE SEX

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

ARE YOU A MASTERS COACH? YES _____

Local Team (if any) _____

(PLEASE USE OFFICIAL TEAM ABBREVIATION)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date: _____

MAIL TO: STEPHEN HARGER P.O. BOX 4856 PORTLAND, OR 97208 - 4856

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



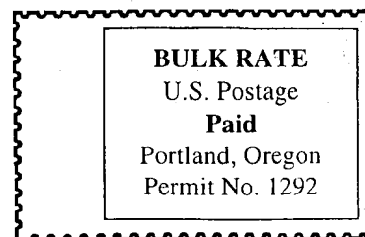
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Aqua-Master



376-00051

WILLIAM M ZOLNA
2147 N.E. 8TH. AVE.
PORTLAND, OR 97212

**STATE GAMES OF OREGON MEET ENTRY
IN THIS ISSUE.....ENTER NOW !**