

Aqua-Master

Volume 23, Number 7 July, 1996

HONEY, I'M TIRED OF BEATING THE DOG, HE JUST DOESN'T LISTEN TO ME

(AN EDITORIAL COMMENT AND PLEA FOR HELP)

by John Zell

Each and every month since March of 1989, I have produced this newsletter. Over this time there have been but a few contributors. If it wasn't for Earl Walter and myself you'd have nothing to read except meet entry forms and pages of results. Yes I know, Eric Guest now writes and Robert Smith and Bert Petersen have written. The number of people who have written an article(s) can be counted on one hand, maybe two.

This newsletter is a classic example of how volunteer organizations go along....all the work is done by a few for the benefit of all.

I've run an ad about contributing for many months now. Still no takers. What does it take? **What if one article came out of each team in the state each year?** Wow what a concept! How easy could that be? It's obviously too difficult or I'd be having trouble each month deciding which stories to run.

Maybe I should resort to pointing fingers...naming names. Okay I will. Got no problem with that. I'm a bold individual who likes to take risks. We'll start at the top.

The Tualatin Hills Barracudas

It should be a snap for Ben Davis to write an article. Look at all those kids (and Masters) he's coached over the years. My god he's coaching Can Ergenekan at the Atlanta Olympics with the Turkish Swim Team. There's a great story in that trip. He probably goes to the American Swim Coaches Association World Clinic every year... but does he share? Then there's coach Chris Perret, who wrote a great article (about the Barracudas training cycles) for the Masters Aquatic Coaches Association

newsletter. Too bad I had to read it first in another newsletter instead of ours. Your coaches aside, I'm sure there are all kinds of talented people, within the ranks of Oregon's largest local Masters Team, with noteworthy information and knowledge on a host of topics.

Portland Parks Masters

Our new coach, Simone LaPay, needs to take a little time out from putting us through 1-1/2 to 2 hour, 5000+ yard sessions and write. She has put forth some excellent offerings for our own team (guess who produces it) newsletter. There are many on our team in the medical professions who can offer some interesting insight. Yes, Suzanne Cooper, your article on contact lenses was great.

Mount Hood Masters

This team has many who could step forward. Phil King, Gil Young, Beth Beadling, Mike Conrath, Milt Marks to name a few. Dick Boyd, quit smelling the coffee and write. What has made your team successful for so many years? Give us some team history, what are your practices like, etc.

Multnomah Athletic Club

Skip Runkle is off the hook (for this year) with his follow-up article to mine about Threshold training. We'd love to hear from coaches Gordan Cady and Lee Howard. ***continued on page 3***

INSIDE FOR YOU

Ol' Barnacle

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What day is that meet?

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

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Masters Swimming, Inc.*

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Calendar and Meet Schedule 1996 - 97

Date	Event	Location	
July 27	LCM	Eugene, OR	14th Annual Senior Masters Sports Fest
Aug 3-4	LCM	Boise, ID	N.W. Zone Championships
Aug 21-25	LCM	Ann Arbor, MI	USMS National L.C. Championships
*Aug 31	SCY	Portland, OR	Pride of Portland "Summers End Meet" Matt Dishman Community Center
Sept 11-15		Orlando, Florida	USMS Convention
May 1997	SCY	Federal Way, WA	USMS National S.C. Championships
June 1997	LCM	Maui, Hawaii	Pan Pacific Masters 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.

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

"Honey I'm tired..." continued from page 1

Once again this is a team made up of individuals who are very talented and knowledgeable and have been around our sport for years. Come on MAC people. Put your heads together. You people have monthly team meetings...discuss your article for the AM.

Vancouver Old Timers

Leissa Mills and Coach Leo, we need to hear from you. There's lots of experience between the two of you.

Parkrose Masters

Here's a rapidly growing team with an excellent coach and swimmer in Bert Petersen. Bert has written many times, so he's off the hook. But maybe if you folks put your heads together (with some guidance or suggestions from Bert) you can write an outstanding article.

Rogue Valley Masters

Ashland has the largest (and probably oldest) team in southern Oregon, with over 30 members. An article from you folks should be a snap. Dan Grey told me once that there is a gentleman who lives in Ashland who is quite the sports scientist or is in sports medicine. Dan even told me he thought this guy would be a natural for doing an article for the Aqua-Master. If this guy is still around, then get busy Dan.

And all the rest of you.....alphabetically...

Albany, Bend (Matt Mercer & company), Corvallis (Mark & Laura Worden), Eugene (Steve Johnson, Dick Moody, Don VanRossen, & more), Grants Pass, Hood River (Mike Pendleton & Rex Watkins), Klamath Falls, Lake Oswego (Fish Sticks), Lincoln City, McMinnville, Newberg, Newport, Roseburg, and Salem....you are made up of some very talented individuals. Get your teammates together and brainstorm some articles.

The bottom line

Oregon Masters Swimming, Inc. does a great deal of work for you and it is important to give something back. You enjoy this newsletter. It is your publication....your voice. Let's hear from you.

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



Barnacle

reviews results records

by Earl Walter

1995 World Top Ten

Short Course Meters

Women 30-34: Ellen Ferguson - 8th 200 Free
Women 40-44: Teri Hendryx (MACO) - 9th 100 Fly, 9th 200 Fly
Women 45-49: Ginger Pierson (MACO) - 10th 100 Back, 4th 200 Back, 3rd 50 Breast, 1st 100 Breast, 1st 200 Breast, 10th 100 Fly, 4th 200 Fly, 4th 100 IM, 10th 200 IM, 2nd 400 IM...WOW and WOW.
Women 60-64: Lavelle Stoinoff - 1st 100 Free, 1st 200 Free, 1st 400 Free, 1st 800 Free, 1st 200 Back, 2nd 200 Breast, 3rd 100 IM WUNDERBAR.
Women 70-74: Petey Smith - 6th 50 Free, 2nd 100 Free, 3rd 200 Free, 2nd 400 Free, 1st 800 Free.
Elfie Stevenin - 7th 200 Fly, 6th 400 IM
Women 75-79: Helena Hoffman - 5th 200 Fly
Women 85-89: Patience Miller - 8th 50 Free, 4th 50 Back, 6th 50 Breast, 1st 50 Fly, well done.

Men 35-39: David Burleson (MACO) - 8th 200 Back
Men 40-44: Stephen Mann - 9th 100 Back
Men 45-49: Allen Stark - 3rd 50 Breast, 3rd 100 Breast, 2nd 200 Breast Good Show
Men 50-54: Robert Smith - 1st 50 Free, 2nd 100 Free, 1st 50 Back, 2nd 100 Back, 2nd 50 Fly, 1st 100 IM
Karl Von Tagen(MACO) - 8th 50 Free, 10th 100 Free, 5th 200 Free, 10th 400 Free, 9th 50 Fly
Men 55-59: Bert Petersen - 1st 50 Fly Good Job
Men 65-69: Don Van Rossen - 5th 100 Breast, 6th 200 Breast, 7th 200 IM, 6th-400 IM. Eric Guest - 8th 100 Fly
Men 70-74: Gil Young - 8th 1550 Free
Men 75-79: Gerald Huestis - 4th 50 Back, 2nd 100 Back, 2nd 200 Back, 1st 100 IM, 1st 200 IM, 1st 400 IM SUPERB
Men 80-84: Alan DeLay - 9th 50 Free

Relays:

Men 200+ 200 Free (5th) Bert Petersen, Robert Smith, George Thayer, Steve Mann

Men 280+ 200 Free (5th) Gerald Huestis, Gil Young, Don Van Rossen, Mike Popovich

Men 280+ 200 Medley (5th) Gil Young, Don Van Rossen, Gerald Huestis, Mike Popovich

Mixed 200+ 200 Free (4th) MACO Karl Von Tagen, Jim Bigler, Teri Hendryx, Ginger Pierson

Mixed 280+ 200 Free (4th) Gil Young, Pauline Stangel, Gerald Huestis, Virginia Van Rossen

Mixed 200+ 200 Medley (3rd) MACO Karl Von Tagen, Jim Bigler, Teri Hendryx, Ginger Pierson (10th) Robert Smith, Pam Himstreet, Daniel Gray, Peggy Whiter

Mixed 280+ 200 Medley (5th) Gil Young, Virginia Van Rossen, Gerald Huestis, Pauline Stangel

Long Course Meters

Women 25-29: Michelle Donahue (MACO) 1st 200 Back, 4th 200 IM TOP DRAWER

Women 30-34: Ellen Ferguson - 10th 200 Free, 5th 400 Free, 8th 800 Free

Women 35-39: Gracie Goddard - 2nd 50 Free, 2nd 100 Free, 4th 200 Free, 4th 400 Free, 1st 50 Fly, 2nd 100 Fly WAY TO GO

Women 45-49: Ginger Pierson - 6th 50 Breast, 4th 100 Breast, 6th 200 Breast, 9th 100 Fly, 5th 200 Fly, 3rd 400 IM. Suzanne Rague - 8th 200 Fly, 7th 400 IM. Sandi Rousseau - 10th 200 Fly. Janet Gettling - 9th 400 IM

Women 50-54: Pam Himstreet - 10th 1500 Free

Women 60-64: Lavelle Stoinoff (MACO) - 1st 100 Free, 1st 200 Free, 1st 400 Free, 1st 800 Free, 1st 1500 Free, 2nd 100 Back, 1st 200 Back, 3rd 200 Breast BONANZA

Women 70-74: Petey Smith - 3rd 50 Free, 4th 100 Free, 3rd 200 Free, 4th 400 Free, 1st 1500 Free, 5th-200 Back ZOWIE

Women 75-79: Helena Hoffman - 4th 200 Fly, 5th 400 IM.

continued on page 5

'ol Barn continued from page 4

Women 80-84: Eva Muller - 10th 100 Back, 8th 50 Fly, 7th 100 Fly, 5th 200 IM

Men 25-29: Robert Kabacy - 9th 50 Free, 10th 100 Free. John Keppeler (MACO) - 2nd 100 Free, 1st 200 Free, 2nd 50 Back, 1st 100 Back, 1st 200 Back, 3rd 100 Fly CARAMBA. William Zolna - 10th 400 Free, 8th 100 Fly, 1st 200 Fly, 8th 200 IM ZOWIE.

Jay O'Connor - 6th 1500 Free, 7th 400 IM
Dan Jorgensen - 9th 200 IM

Men 30-34: Douglas Stewart - 7th 800 Free, 8th 200 Fly, 5th 400 IM. Mark Nelson - 8th 200 Breast

Men 35-39: Jeff Stiling (MACO) 2nd 200 Free, 2nd 400 Free, 3rd 800 Free, 2nd 100 Fly, 2nd 200 Fly, 1st 400 IM STERLING. Patrick Herrera - 7th 50 Back, 7th 100 Back, 6th 200 Back. Jeff Walker - 8th 50 Fly. Curt LaCount - 9th 100 Fly. David Burleson(MACO) - 6th 100 Back.

Men 40-44: Peter Metzger - 10th 100 Back. Cliff Stevens - 8th 200 Back. Daniel Johnson - 8th 200 Breast.

Men 45-49: Trevor Charlton - 10th 800 Free. Stephen Johnson - 8th 1500 Free. Allen Stark - 3rd 50 Breast, 4th 100 Breast, 5th 200 Breast. Mike Dirksen - 3rd 100 Breast, 7th 200 Breast, 3rd 50 Fly. Michael O'Neil - 7th 50 Fly.

Men 50-54: Robert Smith - 4th 50 Free, 7th 100 Free, 1st 50 Back, 4th 100 Back, 7th 50 Breast, 10th 50 Fly. Richard Boyd - 9th 200 Free, 7th 400 Free, 3rd 1500 Free, 1st 200 Breast, 1st 200 IM, 2nd 400 IM. William Muter - 6th 400 IM.

Men 55-59: Bert Petersaen - 9th 50 Fly

Men 60-64: David Radcliff - 7th 100 Free, 7th 200 Free, 7th 400 Free, 6th 800 Free. Arthur Welch - 9th 800 Free.

Men 65-69: Floyd Elliott - 8th 50 Back, 8th 100 Back, 2nd 200 Back. Don Van Rossen - 8th 50 Breast, 8th 100 Breast, 6th 200 Fly. Eric Guest - 8th 100 Fly.

Men 70-74: Gil Young - 10th 800 Free, 10th 1500 Free

Men 75-79: Andrew Holden - 2nd 50 Free, 2nd 100 Free, 8th 50 Back, 4th 100 Back,

1st 50 Fly, 1st 100 Fly. Gerald Huestis - 3rd 200 Free, 5th 200 Back, 1st 200 Fly, 2nd 200 IM, 2nd 400 IM.

Relays:

Women 120+ 200 Free (5th) Gracie Goddard, Nancy Vincent, T. Walker, Julie Ryan

Women 120+ 200 Medley (8th) T Walker, Deborah Heim, Donna Ryan, Gracie Goddard

Men 200+ 200 Free (5th) Robert Smith, Ronald Nakata, Richard Smith, Jed Cronin

Men 240+ 200 Free (2nd) George Thayer, David Radcliff, Milton Marks, Bert Petersen (Lost 1st by 5/100ths) OUCH

Men 280+ 200 Free (4th) Andrew Holden, Gerald Huestis, Donlan Jones, Eric Guest

Men 160+ 200 Medley (7th) Peter Metzger, Allen Stark, Michael Pendleton, Doug Prentice

Men 200+ 200 Medley (3rd) Robert Smith, Ronald Nakata, Bert Petersen, Robert Maestre

Men 280+ 200 Medley (10th) Earl Walter, Eric Guest, Andrew Holden, Gil Young

Mixed 200+ 200 Free (7th) Robert Smith, Janet Gettling, Sandi Rousseau, Ronald Nakata

Mixed 280+ 200 Free (2nd) Andrew Holden, Pauline Stangel, Petey Smith, David Radcliff

Mixed 160+ 200 Medley (9th) Peter Metzger, Michael Pendleton, Sandi Rousseau, Gracie Goddard

Mixed 200+ 200 Medley (6th) MACO - David Burleson, Ginger Pierson, Karl Von Tagen, Lavelle Stoinoff

Mixed 280+ 200 Medley (4th) Andrew Holden, Pauline Stangel, Eric Guest, Petey Smith

That's it for the TOP TEN WORLD for 1995 folks. When you make this list you are really creating a wake, a big one, congratulations to one and all. WELL DONE. Sorry just received the results from SCY Nationals, am in the middle of packing for Sheffield, will handle when I return. Everyone, dig in, new Long Course season is at hand.

Oregon Masters Swimming Short Course Yards Meet
Sanctioned by Oregon Association for USMS, INC. Sanction # 376-10
ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.
Unregistered swimmers must submit a 1996 registration form and fee with this form.

Pride of Portland Summers End Meet

SATURDAY August 31, 1996

Place: **MATT DISHMAN COMMUNITY CENTER**

77 N. Knott St. Portland, OR

5 LANES COMPETITION - MANUAL TIMING

CONTINUOUS WARM UP/DOWN LANE, POOL, Hot Tub Spa

HOST: Team Portland Aquatic Club Meet Director: Eric Brown 503-238-6036 w 503-282-6701 h

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

WARM-UPS: 1:00 P.M.
MEET STARTS: 2:00 P.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN August 17, 1996

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

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

NAME _____ 1996 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OREG, MACO, PNA, IEM, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and 500 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____._____

BREAK BREAK BREAK

FREE RLY (2/3) XXXXXXXXXXXXX

100 BACK (4) _____:_____._____

200 FREE (5) _____:_____._____

50 FLY (6) _____:_____._____

200 BREAST (7) _____:_____._____

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

BREAK BREAK BREAK

Innertube Relay (9) XXXXXXXXXXXXX

200 BACK (10) _____:_____._____

50 FREE (11) _____:_____._____

100 FLY (12) _____:_____._____

50 BREAST (13) _____:_____._____

BREAK BREAK BREAK

MED RELAY(14/15) XXXXXXXXXXXXX

50 BACK (16) _____:_____._____

100 FREE (17) _____:_____._____

200 FLY (18) _____:_____._____

100 BREAST (19) _____:_____._____

200 I.M. (20) _____:_____._____

BREAK BREAK BREAK

Tandem Relay (21) XXXXXXXXXXXXX

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

Mail form(s) and fee(s) to:

Make checks payable to: OREGON MASTERS SWIMMING

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

1996 OREGON MASTERS SWIMMING REGISTRATION FORM

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

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

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by you in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the **ONLY** source of meet entry forms.

If you move, let the registrar know, so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 registration is sent to the US Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues
48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

INSTRUCTIONS FOR FILLING OUT THIS FORM:

- 1) ***All fields must be filled out.***
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. ***It may be up to 1 month before you receive your registration card back.*** Until this time you can enter your registration number on meet entry forms as applied for. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1996**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address.
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

(JANUARY 1st to DECEMBER 31, 1996)

**Oregon Masters Swimming
Registration 1996**

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

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

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____

(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

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

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

ARE YOU A MASTERS COACH? YES _____

Local Team (if any) _____

(PLEASE USE OFFICIAL TEAM ABBREVIATION)

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

Signature _____ Date: _____

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

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



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In this issue: "Honey, I'm tired of beating the dog,
he just doesn't listen to me"