

Aqua-Master

Volume 23, Number 8 August, 1996

Ol' Barnacle

reviews results records

Barracudas Long Course Meet

by Earl Walter

With Jeanne Teisher at the helm as Meet Director, some 45 of our swimmers welcomed the 1996 Long Course season. OB will refrain from picking a swimmer of the meet, there were quite a few people who really did a job. With that said, here is the skinny.

Women 19-24: OMS welcome to Laura Jukeland from the MAC. Laura teamed with Kathy Boyd also of the MAC for some great swims.

Women 30-34: Welcome to Linda Lehto, good fly and IM. Tammy Ryan fine showing.

Women 35-39: Andree Kraker and Judith Lampi fought it out in sprint alley, while Laura Worden did a bang up job in the longies.

Women 40-44: OMS welcomes Deb Dotters and Sharon Fausel. Teri Hendryx looked sharp winning 5 events.

Women 45-49: Our Sandi had this all to herself, looking strong all the way.

Women 50-54: Ginger, thoroughly enjoying being 50, picked off 3 new records; OMS for the 50 free :32.59 vs Zone of 32.19 (3TT), was Stoinoff free '86. ZONE in the 50 Breast :41.19 (2TT) was Bird-92, also the 200 IM 3:07.63 (2TT).

Women 60-64: Lavelle was all by herself, swimming very well.

Women 80-84: Helena picked up 3 new Zone Records - 200 Breast 7:26.87 (5TT) was Keller free '81, 200 Fly 8:20.07 (3TT) was Bressie free '89, and the 400 IM 15:03.50 (3TT) was Keller free '83.

Women 85-89: Patience in her transfer from short course to long course did not miss a beat. How about 4 bright and shiny new Zone standards: 50 Free 1:05.69 (2TT) was Keller from '86, 50 Back 1:33.99 (2TT) was Keller free '86, 50 Breast 1:37.15 (#1TT) was Keller from '86, 50 Fly 2:11.56 (#1TT) also Keller from '86.

Men 19-24: Kevin Noah got a little lonely in this bracket.

Men 25-29: Welcome to Bryan Butcher, and take a look at Phil King's 200 Breast, just off the ZR of 2:44.98.

Men 30-34: Big welcome to C Plumer, good swims.

Men 35-39: OMS welcomes Kurt Kopp. Steve George boiled the water in the 50 Free, just missing the record of 26.21. David Burleson picked off the 200 Back with a new OMS record of 2:25.87 (5TT) was Herrera.

Men 40-44: Mike Pendleton and Gerald Needham had 2 great races, look at the 200 Free. (Gerald are you related to Win

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Look honey, the dog sat up
and paid attention to me.....
.....well sorta.

by John Zell, Editor

I've received some calls, letters, comments, and a first article. It (this first article) even came on disk. Wow, you guys do read this thing, but we shall see how well you will respond. I've seen it before. Someone raises his voice, they all take notice, and say, "Yes you're right, we'll get right on that....we'll help out." The enthusiasm is short lived. But don't you worry, you will continue to hear from me, because I like beating the dog.

I give you our first article from the folks in Newport. They win the grand prize for the first to come through. The winners are a **SMALL TEAM OF FOUR PEOPLE FROM A COASTAL TOWN.** I'm waiting on all the big city folks.

Swim on the Coast

By Robin Willia, Peter Vince,
Jeff Bertuleit, & Daniel Ryan

If you are planning a trip to the coast to see our most famous resident, Keiko, and you don't want to miss any pool time, you are welcome to join the Newport Masters (all four of us) at the Newport YMCA pool.

We work out on Monday, Tuesday and Thursday, 5:30 to 6:45. There is usually one or more of us swimming on Wednesday & Friday as well. The pool is also open for lap swimming from 5:45 a.m. - 8:00 a.m.

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Calendar and Meet Schedule 1996 - 97

| Date | Event | Location |
|-------------------------|-------------------|---|
| Aug 31 | SCY | Portland, OR Pride of Portland "Summers End Meet" Matt Dishman Community Center |
| *Sept 1-Nov 30 | Postal | USMS Long Distance 3000 yd Postal Championships |
| Sept 11-15 | | Orlando, Florida USMS Convention |
| *Sept 29 | Open Water | Sandy, OR Roslyn Lake Open Water |
| May 15-18, 1997 | SCY | Federal Way, WA USMS National S.C. Championships |
| June 24-29, 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.

"ol' Barn" continued from page 1

Needham, former collegiate great in the Pacific Coast Conference?) Look at the 800 Free with Pendleton and Hickerson separated by 5 secs.

Men 45-49: OB thinks that Steve Johnson won the 800 and that Bob Maestre won the 200 Back ??? Trevor Charlton swam everything well. Great to see Steve Warner back in the tank.

Men 50-54: Rapid Robert getting some aerobic benefits out of the 1500, and really someone has got to come up with a GUTS award, Jim Goodrich shows us all up doing the 100 and 200 Fly-long course.

Men 55-59: OMS welcomes Jon Schieltz, hang in there.

Men 60-64: You have heard of the Gold Dust twins, how about the Gold Dust trio. George Thayer took off for outer space with that fine 50 free for a new Zone at 28.75 (All American?), also check his 2 OMS bests: 50 Breast 39.59 (5TT) and 50 Fly 36.25 (9TT) Dick Slawson just gets better and better, two new ZONES 200IM-3:13.06 (6TT) and 400IM-7:03.76 (3TT) was Knowlton of Utah. David Radcliff completes the trio with a great 800. Final Comment: Gerorge Thayer's blistering 50 would be #1 FINA Top Ten, way to go George!

Men 65-69: Eric Guest and Mickey Marks turned in excellent times.

Men 70-74: Khosrow Shadbeh had this group all to himself. .

Men 75-79: Joe Mallon and Berlan Lemon were tops here.

Men 85-89: OMS was very proud to have Jim Penfield in this meet, Jim has been Masters All Star Swimmer at least a couple of times. Good to see you Jim and thanks for the great swims.

Relays . . . First let's look at the Gold Dust trio plus Eric Guest. In the 400 m Free Men 240+ Thayer, Slawson, Radcliff and Guest turned a 5:03.64 for a new Zone Record and a possible #1 in the Top Ten. Rapid Robert's fine hand was evident in two relays for 2 bright and shiny new Zone Records: 400 Free MXD 160+ 4:47.56 (5TT) Kraker, Smith, Warner and Rousseau. 400 Medley MXD 160+ 5:25.87 (2TT) Smith, Kraker, Warner and Rousseau.

A great meet, OB's hat is off to all of you.

This n' That . . . Great letter from David Radcliff, Associate Editor for Aqua-Master. Lavelle Stoinoff and he teamed up for the 10,000 M Postal Relay, took 17 minutes off the existing record, winning going away in 2 Hrs 20 Mins and 27.46 secs. Looks like they averaged 42 + per 50, doing 100 50's each in the long course MAC pool. WOW!

Good News from the Wordens: Mark has been attending the Seaside Wellness Conference. He is back swimming, but must stay anaerobic until his next doctor visit. Here's hoping we see more of Mark, it's been too long without him. Thanks Laura for the letter.

From the July-August issue of Olympian Magazine. Next time you go shopping consider this list of ingredients for the 10,000 athletes at the Olympic Village during the course of the 1996 Games:

| | |
|----------------------|-----------------------------|
| Apples 270,000 lbs, | Garlic 1,034 lbs, |
| Pasta 52,000 lbs, | Rice 25,000 lbs, |
| Poultry 150,000 lbs, | Bread 23,000 loaves, |
| Beef 240,000 lbs, | Milk 70,000 gals, |
| Peaches 56,600 lbs, | Bottled Water 550,000 gals, |
| Potatoes 34,000 lbs, | Aluminum Foil 19 miles, |
| Tomatoes 5,000 lbs, | Napkins 3.5 million, |
| Cereal 15,625 lbs, | Cups 5 million. |

Wonder if those peaches are Georgia? That's it for now.

"Swim the Coast" continued from page 1

The pool is indoors, 6 lanes, 25 yards and while some days it can be crowded, the middle two lanes have been designated as the Masters lanes. It only costs \$2.00 to swim and we would love to have someone else think up our workouts! We don't have a coach, so we take turns coming up with sets. Here are a few examples of what we might do:

Warm-up = 300 free

200 choice swim (usually backstroke)

200 kick

600 IM rest 1:00

400 IM rest 1:00

200 IM @ 3:30

100 IM @ 1:45

Kick 5 x 100 free w/fins @ 1:45

4 x 50 swim (IM order) @ :50 w/fins

4 x 25 swim (IM order) @ :30

Warm down 200

Total yds: 3,000

Warm up = 300 free

200 choice

200 kick

2 x 75 IM @ 1:30 then 150 Free @ 2:30 (all x 4)

5 x 100 kick w/fins @ 1:45

4 x 100 (IM order) @ 2:00

Warm down 200

Total yds: 3,000

If it's not too busy, our kids even get in and swim in one of the end lanes. If you want to skip the lap swimming you could try our great rope swing which is used during Recreational swimming from 7:30 p.m. - 9:00 p.m. Great fun for the whole family!

So, when you decide to cool off on the coast...come visit the Newport Masters and Keiko, and don't miss any training time. Don't forget to bring a workout!!

Barnacle

reviews results records

Ol Barn...1996 Short Course Nationals...

A small but very strong and determined band of wave makers from Oregon and MACO made themselves seen and heard at Cupertino. MACO's gals gathered 143 points for a 12th place team finish, while OREG's men and women picked off: 7th-Women, 12th-Men and 7th Place Combined. Our guys and gals were in the thick of it all the way. The new Oregon, Zone and National Records established are listed below.

Women 19-24; KATHLEEN BOYD(MACO) placed 11th-50 Back, 8th-100 Back and 5th in the 200 Back.

Women 25-29; JUNIA CALHOON picked off a 9th-500 Free and a 4th-1650.

Women 30-34; ELLEN FERGUSON was close to records with 5ths in the 200 & 500 Free. A Silver in the 1000. 9th in the 100 Breast was a new OMS record at 1:13.78. Add to all this a 4th in the 200 Breast.

Women 35-39; SIMONE LAPAY- Golds for the 50 & 100 Free, Bronze in the 100 IM with a new Zone at 1:04.53 (was List free '93), Silver for the 400 IM and a new Zone at 4:59.82 (was Lapay free'95) add points for a 7th in the 50 Back.

Women 40-44; Points for LISSA PARKER and CYNTHIA ROMPEL with a 9th and 10th in the 1000. TERRI HENDRYX(MACO) picked off a 5th in the 400 IM with a fine time of 5:39.20

Women 45-49; SANDI ROUSSEAU produced with 7th & 9th in the 50/100 Free, add a 7th in the 50 Breast, and 6th for the 50 Fly, big Bronzes for the 100 and 200 Fly. SUZANNE RAGUE tallied 8th in the 500 and 4th in the 1000, a 5th in the 100 Fly and a Silver for 200 Fly.

Women 50-54; PEGGY WHITER scored with an 8th in the 200 Free and 50 Fly. JAYNE CHASTAIN ARVIDSON counted 5ths in the 50 & 100 Back with a 6th in the 200. GINGER PIERSON swam for 2 Golds and 2 National Records in the 100 and 200 Breast in 1:15.73 and 2:45.26, add 4 Zone bests-100 Back-1:14.33(was Stoinoff '85), 200 Back-2:44.36 (also Stoinoff '85), 50 Breast-35.06 and 200 Fly-2:42.74 was Whitehall from '87. All told Ginger picked up 4 Golds and 2

Silvers for perhaps her best meet ever.

Women 60-64; LAVELLE STOINOFF(MACO); SIX GOLDS !! 100-200-500-1000 Free, add the 200 Back and 200 Breast. Close decisions in the 100 Free and 200 Breast, but swim aways for the 200, 500 and 1000 Free and 200 Back. Maybe someday our local gazette will do a feature story on Luvy, maybe when she makes it all the way to the ISHOF.

Women 80-84; HELENA HOFFMAN contributes a Gold and 4 Silvers, with 2 new Zone marks:100 Breast-3:01.65(was Keller'82) and 100 Fly-2:53.90(was Keller in '82). A definite highlight for the women, was the 6 Gold and 6 National Records performance by Aileen Soule representing HUMU in the 90-94 age group, whose times would come close to making the Women's Top Ten for 75-79. How about that sports fans!

Men 19-24; LUKE WILLIAMS set a new Zone record for the 200 Fly in 2:00.27, this eclipsed the '87 time of Schmidt(PNA) at 2:00.42. Luke's record swim was good for a 4th. Highlight of this age group was the 100 Free;Chris Roat-46.61, GARY HALL JR-46.63 and Dwight Fenton-46.80, the 50 had Hall at 21.15, Roat at 21.23 and Fenton in 21.23.

Men 25-29; JAY O'CONNOR 2 new OMS marks-1000 Free-10:18.61(was Rumsey'85) and another oldey, the 100 Back-56.01(was Hamilton 56.19 free'82), throw in a 7th for points in the 400 IM and a 10th in the 200 Back. PHIL KING picked up a Bronze in the 200 Breast. BILL ZOLNA added a 6th-50 fly and 8th-100 fly plus a Bronze-200 fly and new Zone best at 1:55.61, then 2 OMS marks; 200 IM 7th in 2:00.03 and the 400 IM a 4th at 4:17.15.

Men 35-39; DANIEL KNAUER came close to records in the 100, 500 and 1000 free, did it right in the 200 with a new OMS best of 1:51.16 for the 200 free.

Men 60-64; DAVID RADCLIFF- 4 bright and shiny new Zone bests; 100 Free 59.45 for a Bronze, 200 Free-2:10.60 for Silver, 500 Free-6:06.86 a Silver and the 1000-12:37.75 for the Gold, for points add a Bronze in the 50 Free and a 7th in the 50 Fly. GEORGE THAYER contributed a 5th in the 50 and 100 Free, plus the 100 breast and 100 IM. ART WELCH a 10th in the 500, a 4th for the 1000, a 6th in the 200 Back and a 6th in the 100 fly.

RELAYS

Women's 200 Medley 45+ a Bronze for Arvidson, Rousseau,

continued on page 5

"ol Barn" continued from page 4

Rague and Whiter at 2:25.58 less than 1 1/2 secs off the record.

Men's 200 Free 35+ a new OMS record of 1:35.80 for Clark, Harger, Knauer and Winkle (Better's 1985 time of Smith, Von Tegen, Petersen and Vaughan-1:35.97)

200 MXD Free 25+ an 8th for King, Ferguson, LaPay and Zolna (new Zone record 1:35.88, old was PNA (HUSKY) 1:39.41 from '89.

200 MXD Free 45+ a 10th for Thayer, Rague, Rousseau and Radcliff-1:55.19

200 MXD Medley 25+ a 12th for LaPay, King, Zolna and Ferguson (a new Zone record 1:49.71 was PNA 1:50.43 from '90.

200 MXD Medley 45+ a 9th for Arvidson, Thayer, Rousseau, Radcliff-2:11.74

Ol Barn's Tip o' the Hat to all of you who journeyed South, and win or lose, swam well, and did yourselves proud.

Mel Anderson (1918 - 1996)

This little tiger swam his last event on Saturday July 13 at Mt Hood Community College during the State Games of Oregon. The event was the 50m Fly. Mel's time was 1:04.18. He planned to swim the 100 on Sunday for a Top Ten time. He became ill at home Sunday, and succumbed on Tuesday, July 16th to a combination of ailments which came on suddenly. Mel was born January 17th, 1918 in Hardisty, Alberta, where his father was a homesteader. The family moved to the U.S. when Mel was 8. He had 2 years at Benson High and graduated from Gresham High. He attended Oregon State University and graduated in 1945. It was at OSU that he met Gladys, they were married in 1945, and happily celebrated their 50th Anniversary last year. His life long work was in the family business, Souvenir Postcards and Professional Photography. He was a founding member and president of the Postcard Distributors Association of North America. While Mel travelled and sold the orders, Gladys took care of the office. Mel joined Masters in 1987 through the urging of Al Gawley. His first meet was at Bend. An all around swimmer, Mel made the Top Ten in 1993, 94 and 1995, he was on track for '96. OB can remember his swimming workouts at Tualatin Hills and Seaside. He loved swimming and loved the people. He was always a ray of sunshine, with a big smile and a good word for everyone. Oregon Masters will miss Mel, his ready smile and happy countenance brightened every day. The lanes are smooth and true Mel, enjoy.

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



1996 ROSLYN LAKE SWIM

1500 AND 3000 METER LAKE SWIM

ROSLYN LAKE in SANDY, OREGON

Hosted by Portland Parks Masters Swim Club
in conjunction with Roslyn Lake....a P.G.E. Park facility

**Portland
General
Electric**

Date: Sunday, September 29, 1996

Race time: Check-in 7:30-8:30 AM

Race begins 9:00 AM Race will be conducted rain or shine.

Location: Roslyn Lake, located 4 miles north of Sandy, Oregon (turn north off Hwy 26 onto Ten Eyck Road).

Distances: 1500 and 3000 meters and a 2 person 3000 meter relay.

Course: The race will begin at the main lakeside picnic area. The course is triangular, and will be swum clockwise. 3000 meter competitors will negotiate the course twice. A water start will be used as the first 50 meters of the course is shallow water. A staggered start will be used.

Conditions: Altitude is 800 feet. Probable water temperature will be 67 - 70 degrees fahrenheit. Categories and awards for wetsuit and non-wetsuit swimmers.

Eligibility: The race is open to all registered Masters Swimmers, 19 years and older. A "One Day" registration will be available for those not currently registered with United States Masters Swimming. The cost is \$15.00. and the forms for a "One Day" registration will be available the day of the race.

Rules: The 1996 USMS Rules and Regulations will govern this event. All swimmers must finish the course within 2 hours of the start. Those in the water over 2 hours will be picked up. No escorts will be permitted.

Entries: Entries will be accepted by mail and at the race site until 8:00 a.m. on the day of the race. Please try to enter early.

Entry fee: \$20.00 per entrant for entries received by September 20, 1996. Later entries, \$25.00. Fee includes T-Shirt, swim cap, post race breakfast, awards, and mailed race results. (U.S.M.S. "One Day" registration is an additional fee)

Race meeting: There will be a pre-race meeting at 8:30 AM at the race site.

Awards: Custom awards will be presented to the top finishers in each age group for both wetsuit and non-wetsuit categories.

Lodging: Motels in Sandy. Campgrounds east of Sandy toward Mt. Hood. Motorhome park east of Sandy.

Information: Information and entry forms from:

Portland Parks Masters Swim Club

c/o John Zell

4640 N.E. 36th Avenue

Portland, OR 97211

Phone: 503-282-9347 (evenings after 7 p.m.)

 **MAKE A COPY
OF THIS FORM
FOR YOUR RECORDS**

1996 ROSLYN LAKE SWIM

1500 AND 3000 METER LAKE SWIM ROSLYN LAKE in SANDY, OREGON

OFFICIAL ENTRY FORM

SUNDAY SEPTEMBER 29, 1996

Sanctioned by Oregon LMSC for USMS Inc. Sanction #376-11

NAME _____ USMS 1996 REG. # _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
CLUB _____ BIRTHDATE ____/____/____ AGE _____ SEX _____

Please check the appropriate boxes (You may enter 1500 and one of the 3000 races)
_____ 1500 and/ or _____ 3000 _____ 2 Person 3000 Relay

My 3000 Relay teammate is _____

_____ I plan to wear a wetsuit.

APPROXIMATE TIME FOR: 1650yard Freestyle _____ or 1500 meter _____

T-Shirt size _____ Medium _____ Large _____ X-Large _____ XX-Large

(Those entering before the day of the race will be guaranteed their size shirt)

ATHLETE'S RELEASE - Must be signed

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the 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, PORTLAND GENERAL ELECTRIC, ITS DIRECTORS, OFFICERS, AND EMPLOYEES, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE _____ DATE _____

Entry Fee...prior to September 20, 1996..... \$20.00 _____
"One Day" U.S.M.S. registration (non-members)..... \$15.00 _____
Entry Fee... after September 20, 1996 \$25.00 _____
Total enclosed _____

Mail entries to: Portland Parks Masters Swim Club

c/o John Zell

4640 N.E. 36th Avenue

Portland, OR 97223

Phone: (503)-282-9347 (evenings after 7 p.m.)

 **MAKE A COPY
OF THIS FORM
FOR YOUR RECORDS**

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

BARRACUDAS L.C. MEET

JUNE 22, 1996

Event Results for Session 1 - Saturday, June 22, 1996

| Ages 19 Through 24 --- | | | | Ages 50 Through 54 --- | | | |
|------------------------|----------------|----------|----------|------------------------|------------------|----------|----------|
| PL | Name | Age Team | Finals | PL | Name | Age Team | Finals |
| Mixed 50 Free | | | | Mixed 50 Free | | | |
| 1 | LAURA JUKELAND | 23 MACO | 31.73 | 1 | GINGER PIERSON | 50 MACO | 32.59 |
| Mixed 100 Free | | | | Mixed 200 Free | | | |
| 1 | LAURA JUKELAND | 23 MACO | 1:08.65 | 1 | GINGER PIERSON | 50 MACO | 2:55.17 |
| Mixed 200 Free | | | | Mixed 1500 Free | | | |
| 1 | KATHLEEN BOYD | 24 MACO | 2:38.93 | 1 | GINGER PIERSON | 50 MACO | 25:25.43 |
| Mixed 800 Free | | | | Mixed 50 Breast | | | |
| 1 | KATHLEEN BOYD | 24 MACO | 11:28.47 | 1 | GINGER PIERSON | 50 MACO | 41.19 |
| Mixed 50 Back | | | | Mixed 200 IM | | | |
| 1 | LAURA JUKELAND | 23 MACO | 35.10 | 1 | GINGER PIERSON | 50 MACO | 3:07.63 |
| Mixed 50 Fly | | | | | | | |
| 1 | KATHLEEN BOYD | 24 MACO | 38.08 | Ages 60 Through 64 --- | | | |
| Ages 30 Through 34 --- | | | | PL | Name | Age Team | Finals |
| PL | Name | Age Team | Finals | | | | |
| Mixed 100 Free | | | | Mixed 50 Free | | | |
| 1 | TONI HECKSEL | 30 OREG | 1:09.53 | 1 | LAVELLE STOINOFF | 63 MACO | 37.23 |
| Mixed 1500 Free | | | | Mixed 1500 Free | | | |
| 1 | LINDA LEHTO | 33 OREG | 21:00.29 | 1 | LAVELLE STOINOFF | 63 MACO | 24:19.64 |
| Mixed 50 Back | | | | Mixed 200 Back | | | |
| 1 | TAMMY RYAN | 31 OREG | 36.88 | 1 | LAVELLE STOINOFF | 63 MACO | 3:21.76 |
| Mixed 50 Fly | | | | Mixed 100 Breast | | | |
| 1 | TAMMY RYAN | 31 OREG | 36.19 | 1 | LAVELLE STOINOFF | 63 MACO | 1:48.59 |
| Mixed 200 Fly | | | | | | | |
| 1 | LINDA LEHTO | 33 OREG | 3:17.55 | Ages 80 Through 84 --- | | | |
| Mixed 200 IM | | | | PL | Name | Age Team | Finals |
| 1 | TAMMY RYAN | 31 OREG | 2:57.82 | | | | |
| Mixed 400 IM | | | | Mixed 200 Free | | | |
| 1 | LINDA LEHTO | 33 OREG | 6:27.55 | 1 | HELENA HOFFMAN | 80 OREG | 5:49.40 |
| Ages 35 Through 39 --- | | | | Mixed 200 Breast | | | |
| PL | Name | Age Team | Finals | 1 | HELENA HOFFMAN | 80 OREG | 7:26.87 |
| Mixed 50 Free | | | | Mixed 200 Fly | | | |
| 1 | ANDREE KRAKER | 35 OREG | 32.26 | 1 | HELENA HOFFMAN | 80 OREG | 8:20.07 |
| 2 | JUDITH LAMPI | 35 MACO | 34.00 | Mixed 200 IM | | | |
| Mixed 100 Free | | | | 1 | HELENA HOFFMAN | 80 OREG | 7:17.39 |
| 1 | JUDITH LAMPI | 35 MACO | 1:24.58 | Mixed 400 IM | | | |
| Mixed 50 Breast | | | | 1 | HELENA HOFFMAN | 80 OREG | 15:03.50 |
| 1 | ANDREE KRAKER | 35 OREG | 43.36 | | | | |
| Mixed 100 Breast | | | | Ages 85 Through 89 --- | | | |
| 1 | ANDREE KRAKER | 35 OREG | 1:33.59 | PL | Name | Age Team | Finals |
| Mixed 50 Fly | | | | | | | |
| 1 | ANDREE KRAKER | 35 OREG | 35.71 | Mixed 50 Free | | | |
| 2 | JUDITH LAMPI | 35 MACO | 41.80 | 1 | PATIENCE MILLER | 85 OREG | 1:05.69 |
| | | | | Mixed 50 Back | | | |
| | | | | 1 | PATIENCE MILLER | 85 OREG | 1:33.99 |

BARRACUDAS L.C. MEET JUNE 22, 1996

Event Results for Session 1 - Saturday, June 22, 1996

| | | | | | | | | | | | | | |
|----------------------------|-----------------|----------|---------|------------------------------------|----------------------------|-----------------|----------|----------------------------------|-----------------|----------------------------|-----------------|----------|----------|
| Mixed 50 Breast | | | | Mixed 100 Free | | | | Mixed 100 Free | | | | | |
| 1 | PATIENCE MILLER | 85 OREG | 1:37.15 | : | 1 | C. PLUMER | 31 OREG | 1:04.18 | : | 1 | M. PENDLETON | 44 OREG | 1:02.78 |
| Mixed 50 Fly | | | | Mixed 50 Fly | | | | Mixed 200 Free | | | | | |
| 1 | PATIENCE MILLER | 85 OREG | 2:11.56 | : | 1 | C. PLUMER | 31 OREG | 32.52 | : | 3 | JIM CAMPBELL | 40 OREG | 1:06.56 |
| ===== | | | | ===== | | | | Mixed 200 Free | | | | | |
| --- Ages 19 Through 24 --- | | | | --- Ages 35 Through 39 --- | | | | 1 GERALD NEEDHAM 40 OREG 2:25.41 | | | | | |
| PL | Name | Age Team | Finals | : | PL | Name | Age Team | Finals | : | 2 | M. PENDLETON | 44 OREG | 2:25.89 |
| ----- | | | | ----- | | | | Mixed 400 Free | | | | | |
| Mixed 50 Free | | | | Mixed 50 Free | | | | 1 ED RAMSEY 40 OREG 5:21.09 | | | | | |
| 1 | KEVIN NOAH | 24 OREG | 27.60 | : | 1 | STEVE GEORGE | 36 ORBG | 26.39 | : | 2 | MIKE DAVIS | 42 OREG | 5:43.39 |
| Mixed 100 Free | | | | Mixed 100 Free | | | | Mixed 800 Free | | | | | |
| 1 | KEVIN NOAH | 24 OREG | 58.99 | : | Mixed 100 Free | | | | : | 1 | M. PENDLETON | 44 OREG | 10:38.25 |
| Mixed 200 Free | | | | 1 STEVE GEORGE 36 OREG 59.81 | | | | : | 2 | JESS HICKERSON | 43 OREG | 10:43.45 | |
| 1 | KEVIN NOAH | 24 OREG | 2:21.08 | : | 2 | KURT KOPP | 36 OREG | 1:05.72 | : | 3 | JIM CAMPBELL | 40 OREG | 11:14.64 |
| Mixed 400 Free | | | | 3 WILSON ZEHR 35 OREG 1:08.04 | | | | : | Mixed 200 Back | | | | |
| 1 | KEVIN NOAH | 24 OREG | 4:44.82 | : | Mixed 200 Free | | | | : | 1 | ED RAMSEY | 40 OREG | 2:48.20 |
| Mixed 200 IM | | | | 1 DAVID BURLERSON 39 MACO 2:24.15 | | | | : | Mixed 50 Breast | | | | |
| 1 | KEVIN NOAH | 24 OREG | 2:35.14 | : | Mixed 400 Free | | | | : | 1 | MARK WEAVER | 41 PNA | 38.47 |
| ===== | | | | 1 RON TAYLOR 35 OREG 5:13.46 | | | | : | 2 | JIM CAMPBELL | 40 OREG | 39.79 | |
| --- Ages 25 Through 29 --- | | | | 2 MURALI KRISHNA 36 OREG 7:20.63 | | | | : | Mixed 50 Fly | | | | |
| PL | Name | Age Team | Finals | : | Mixed 1500 Free | | | | : | 1 | M. PENDLETON | 44 OREG | 29.86 |
| ----- | | | | 1 DAVID BURLERSON 39 MACO 19:25.48 | | | | : | Mixed 100 Fly | | | | |
| Mixed 50 Free | | | | Mixed 200 Back | | | | : | 1 | MIKE DAVIS | 42 OREG | 1:16.95 | |
| 1 | BRYAN BUTCHER | 26 OREG | 27.56 | : | 1 | DAVID BURLERSON | 39 MACO | 2:25.87 | : | Mixed 200 IM | | | |
| Mixed 100 Free | | | | 2 RON TAYLOR 35 OREG 2:40.09 | | | | : | 1 | ED RAMSEY | 40 OREG | 2:46.21 | |
| 1 | BRYAN BUTCHER | 26 OREG | 1:01.74 | : | Mixed 50 Breast | | | | : | 2 | MIKE DAVIS | 42 OREG | 2:52.90 |
| Mixed 50 Back | | | | 1 MURALI KRISHNA 36 OREG 46.84 | | | | : | Mixed 400 IM | | | | |
| 1 | PHILLIP KING | 29 OREG | 31.43 | : | Mixed 100 Breast | | | | : | 1 | MIKE DAVIS | 42 OREG | 6:16.20 |
| Mixed 200 Back | | | | 1 RON TAYLOR 35 OREG 1:25.93 | | | | : | ===== | | | | |
| 1 | PHILLIP KING | 29 OREG | 2:23.02 | : | 2 | MURALI KRISHNA | 36 OREG | 1:47.98 | : | --- Ages 45 Through 49 --- | | | |
| Mixed 50 Breast | | | | Mixed 50 Fly | | | | : | PL | Name | Age Team | Finals | |
| 1 | PHILLIP KING | 29 OREG | 34.90 | : | 1 | RON TAYLOR | 35 OREG | 28.85 | : | ----- | | | |
| 2 | TIMOTHY WAUD | 29 OREG | 35.46 | : | 2 | KURT KOPP | 36 OREG | 36.83 | : | Mixed 400 Free | | | |
| Mixed 100 Breast | | | | Mixed 100 Fly | | | | : | 1 | ROBERT MAESTRE | 46 MACO | 5:11.34 | |
| 1 | TIMOTHY WAUD | 29 OREG | 1:21.34 | : | 1 | WILSON ZEHR | 35 OREG | 1:17.68 | : | Mixed 800 Free | | | |
| Mixed 200 Breast | | | | Mixed 200 IM | | | | : | 1 | ROBERT MABSTRE | 46 MACO | 11:05.09 | |
| 1 | PHILLIP KING | 29 OREG | 2:46.69 | : | 1 | STEVE GEORGE | 36 OREG | 2:35.74 | : | 1 | STEPHEN JOHNSON | 48 OREG | 10:18.27 |
| 2 | TIMOTHY WAUD | 29 OREG | 2:53.78 | : | 2 | WILSON ZEHR | 35 OREG | 3:00.17 | : | 2 | TREVOR CHARLTON | 46 OREG | 10:42.90 |
| Mixed 50 Fly | | | | 3 MURALI KRISHNA 36 OREG 3:47.54 | | | | : | Mixed 200 Back | | | | |
| 1 | TIMOTHY WAUD | 29 OREG | 29.85 | : | - | KURT KOPP | 36 OREG | DQ | : | 1 | TREVOR CHARLTON | 46 OREG | 3:03.00 |
| Mixed 200 IM | | | | Mixed 400 IM | | | | : | 1 | ROBERT MAESTRE | 46 MACO | 2:51.82 | |
| 1 | BRYAN BUTCHER | 26 OREG | 2:47.86 | : | 1 | DAVID BURLERSON | 39 MACO | 5:33.15 | : | Mixed 50 Fly | | | |
| ===== | | | | 2 MURALI KRISHNA 36 OREG 8:24.97 | | | | : | 1 | STRPHEN WARNER | 47 OREG | 30.34 | |
| --- Ages 30 Through 34 --- | | | | ===== | | | | Mixed 100 Fly | | | | | |
| PL | Name | Age Team | Finals | : | --- Ages 40 Through 44 --- | | | | : | 1 | STEPHEN WARNER | 47 OREG | 1:11.65 |
| ----- | | | | PL Name Age Team Finals | | | | : | 1 | ROBERT MABSTRE | 46 MACO | 1:18.60 | |
| Mixed 50 Free | | | | Mixed 50 Free | | | | : | Mixed 200 Fly | | | | |
| 1 | C. PLUMER | 31 OREG | 28.17 | : | Mixed 50 Free | | | | : | 1 | TREVOR CHARLTON | 46 OREG | 2:56.36 |
| | | | | : | 1 | M. PENDLETON | 44 OREG | 28.29 | : | | | | |
| | | | | : | 2 | GERALD NEEDHAM | 40 OREG | 28.84 | : | | | | |

BARRACUDAS L.C. MEET JUNE 22, 1996

Event Results for Session 1 - Saturday, June 22, 1996

Mixed 200 IM

1 TREVOR CHARLTON 46 OREG 2:52.00

Mixed 400 IM

1 TREVOR CHARLTON 46 OREG 6:03.56

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Mixed 50 Free

1 ROBERT SMITH 53 OREG 28.16

2 TERRY STEGNER 50 OREG 32.38

Mixed 100 Free

1 TERRY STEGNER 50 OREG 1:12.66

Mixed 800 Free

1 TERRY STEGNER 50 OREG 13:14.33

Mixed 1500 Free

1 ROBERT SMITH 53 OREG 25:19.43

Mixed 50 Back

1 ROBERT SMITH 53 OREG 33.39

Mixed 200 Back

1 ROBERT SMITH 53 OREG 3:09.26

Mixed 100 Fly

1 JAMES GOODRICH 53 OREG 2:10.35

Mixed 200 Fly

1 JAMES GOODRICH 53 OREG 4:47.23

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Mixed 50 Free

1 THOMAS LEVAK 57 MACO 31.09

Mixed 100 Free

1 THOMAS LEVAK 57 MACO 1:10.62

2 JON SCHIELTZ 57 OREG 1:38.00

Mixed 100 Breast

1 JON SCHIELTZ 57 OREG 2:17.27

Mixed 50 Fly

1 JON SCHIELTZ 57 OREG 57.69

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Mixed 50 Free

1 GEORGE THAYER 60 OREG 28.75

Mixed 400 Free

1 DAVID RADCLIFF 62 OREG 6:09.51

Mixed 800 Free

1 DAVID RADCLIFF 62 OREG 11:55.95

Mixed 50 Breast

1 GEORGE THAYER 60 OREG 39.59

Mixed 100 Breast

1 GEORGE THAYER 60 OREG 1:39.75

Mixed 50 Fly

1 GEORGE THAYER 60 OREG 36.25

Mixed 100 Fly

1 DICK SLAWSON 60 OREG 1:34.67

Mixed 200 IM

1 DICK SLAWSON 60 OREG 3:13.06

Mixed 400 IM

1 DICK SLAWSON 60 OREG 7:03.76

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Mixed 100 Fly

1 ERIC GUEST 66 OREG 1:42.66

Mixed 200 IM

1 ERIC GUEST 66 OREG 3:31.67

Mixed 400 IM

1 MILTON MARKS 65 OREG 7:52.16

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Mixed 200 Free

1 KHOSROW SHADBEH 74 OREG 4:37.65

Mixed 50 Breast

1 KHOSROW SHADBEH 74 OREG 58.96

Mixed 100 Breast

1 KHOSROW SHADBEH 74 OREG 2:11.97

Mixed 200 Breast

1 KHOSROW SHADBEH 74 OREG 4:43.52

--- Ages 75 Through 79 ---

PL Name Age Team Finals

Mixed 50 Free

1 JOSEPH MALLON 75 OREG 55.14

2 BERLAN LEMON 76 OREG 57.95

Mixed 100 Free

1 JOSEPH MALLON 75 OREG 2:12.63

Mixed 400 Free

1 BERLAN LEMON 76 OREG 11:43.89

Mixed 800 Free

1 JOSEPH MALLON 75 OREG 19:34.96

Mixed 100 Back

1 BERLAN LEMON 76 OREG 2:31.55

Mixed 200 Back

1 BERLAN LEMON 76 OREG 5:49.07

--- Ages 85 Through 89 ---

PL Name Age Team Finals

Mixed 100 Free

1 JIM PENFIELD 88 PNA 2:48.69

Mixed 50 Back

1 JIM PENFIELD 88 PNA 1:03.00

Mixed 50 Breast

1 JIM PENFIELD 88 PNA 1:03.77

--- Ages 240 Through 279 ---

PL Name Team Finals

Male 400 R-Free

1 oreg M-240 OREG 5:03.64

GEORGE THAYER-60 DICK SLAWSON-60

ERIC GUEST-66 DAVID RADCLIFF-62

--- Ages 160 Through 199 ---

PL Name Team Finals

Mixed 400 R-Free

1 oreg X-160 OREG 4:47.56

ANDREE KRAKER-35F ROBERT SMITH-53M

STEPHEN WARNER-47M SANDI ROUSSEAU-48F

Mixed 400 R-Medley

1 oreg X-160 OREG 5:25.87

ROBERT SMITH-53M ANDREE KRAKER-35F

STEPHEN WARNER-47M SANDI ROUSSEAU-48F

1996 USMS Long Distance 3000 yd Postal Championship

September 1 — November 30, 1996

Sponsored by Davis Aquatic Masters

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc.

SANCTION #:38-96-26

EVENT

The Individual 3000 yard (25 yds. x 120 lengths) swim is a USMS National Championship. The 3 person team is also a championship event.

ELIGIBILITY

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each swimmer must include a copy of their USMS (or foreign national) registration card or their entry will be rejected. Swimmers who change age groups during the event may enter twice but must swim the event twice, complete two entry forms and send in two entry fees (see Ages topic below). Any swimmer may swim the event as often as desired but may submit only one individual entry per age group.

AFFILIATION

A swimmer's club affiliation as indicated on the USMS (or foreign national) registration card will apply.

ENTRY FEES

\$10.00 in US funds for each individual entry and \$12 for each team entry. Checks or money orders only. Do not send cash. Make checks payable to: **Davis Aquatic Masters.**

TEAM ENTRIES

A team shall consist of three swimmers from the same registered club (foreign teams must send proof of club registration). The cumulative time of all three swimmers will be the team time. To enter a team send the completed entry forms of the three swimmers together in the same envelope along with the individual entry fees for all three swimmers (\$10.00 each) and an additional \$12.00 for the team entry fee. Alternatively, if the individual entries are sent separately, photocopies of the completed entry forms of all three swimmers may be sent in one envelope with the \$12.00 team entry fee. In any case, all three swimmers on the team must submit and pay for individual entries. Team sexes are Men, Women and Mixed. A mixed team must have at least one man and at least one woman. A competitor may enter his swim as part of as many different teams as desired.

COUNTER / RECORDER

For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 yards.

DATES & DEADLINES

The swim(s) must be completed between September 1 and November 30, 1996. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by December 6, 1996 or received no later than December 13th 1996 to be considered on-time. Fax entries will not be accepted.

COURSE

3000 yards (120 lengths) in any 25 yard pool.

AGES AND AGE GROUPS

For individual events 19-24, 25-29, 30-34, ... 95-99, 100+. Team age groups are based on the age of the youngest swimmer, 19+, 25+, 35+, ... 75+, 85+. The swimmer's age on the day he/she swims the individual event is used to determine the age group for both the individual and team events.

RULES

1996 USMS rules will govern the conduct of the competition. No drafting. A Starter/Referee/Official must be present. Swimmer, recorder and official must sign the Official Entry Form. A copy of the individual's USMS (or foreign national) registration card must accompany the entry.

AWARDS

USMS Long Distance National Championship medals will be awarded to the top three individual and top three team finishers in each age group and sex. Championship patches will be awarded to each first place finisher.

T-SHIRTS

Commemorative t-shirts may be ordered. Davis Aquatic Masters reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for your lap/split counter.

RESULTS

A complete set of results will be mailed to each entrant by January 1, 1997. To find out how you did sooner, check out the results on the Davis Aquatic Masters home page at: <http://www.hooked.net/users/swim/clubs/dam/DAM.html>

QUESTIONS?

Michael Collins, (916) 758-7212 Tel & Fax
email: SWIM MC@aol.com

----- 1996 USMS 3000 yd Postal Championship — Official Team Event Entry Form -----

This form is used only for entering a team of 3 swimmers from the same registered club - one Team Entry Form per team. Attach all 3 original individual entry forms (or photocopies) to this form and include the \$12 Team entry fee. All members of the a team must be entered in the individual event. All entries must be US postmarked in the 50 states no later than Dec. 6, 1996 or received by Dec. 13, 1996. Foreign teams must send proof of club registration.

| | |
|----------------------|-------|
| Team Name: _____ | |
| Swimmer's Names | Time |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| Cumulative Team Time | |

1995 USMS Long Distance 3000 Yard Postal Championship - Individual Entry Form

Swum anytime from September 1 thru November 30, 1996

Name _____ Sex _____ Age _____ DOB _____ Phone _____

Address _____ City _____ State _____ Zip _____

Counter/Recorder's Signature _____ Date _____ Registration# (USMS#) _____

Official's Signature _____ Date _____ Club _____

Release from liability:

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.

Competitor's Signature _____ Date _____

| | cum | lap |
|------|-----|-----|
| 50 | | |
| 100 | | |
| 150 | | |
| 200 | | |
| 250 | | |
| 300 | | |
| 350 | | |
| 400 | | |
| 450 | | |
| 500 | | |
| 550 | | |
| 600 | | |
| 650 | | |
| 700 | | |
| 750 | | |
| 800 | | |
| 850 | | |
| 900 | | |
| 950 | | |
| 1000 | | |

| | cum | lap |
|------|-----|-----|
| 1050 | | |
| 1100 | | |
| 1150 | | |
| 1200 | | |
| 1250 | | |
| 1300 | | |
| 1350 | | |
| 1400 | | |
| 1450 | | |
| 1500 | | |
| 1550 | | |
| 1600 | | |
| 1650 | | |
| 1700 | | |
| 1750 | | |
| 1800 | | |
| 1850 | | |
| 1900 | | |
| 1950 | | |
| 2000 | | |

| | cum | lap |
|------|-----|-----|
| 2050 | | |
| 2100 | | |
| 2150 | | |
| 2200 | | |
| 2250 | | |
| 2300 | | |
| 2350 | | |
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| 2650 | | |
| 2700 | | |
| 2750 | | |
| 2800 | | |
| 2850 | | |
| 2900 | | |
| 2950 | | |
| 3000 | | |

USMS rules require a time to be recorded every 50 yards. You must record the cumulative (cum) time for each 50 yards and may record the lap split (lap) time as well. Record cum times to the nearest tenth of a second and record the final cumulative time at 3000 yards to the nearest 100th of a second.

A complete individual entry includes:

1. Completed entry form with all cum splits and all three signatures.
2. Check or money order (US funds) for \$10.00 entry fee plus \$12.00 per shirt ordered. Made out to Davis Aquatic Masters.
3. Copy of 1996 USMS (or other national) Registration Card.

Only complete entries will be accepted.

CIRCLE SIZES

1st T-shirt Size S M L XL XXL

2nd T-shirt Size S M L XL XXL

ENTRY FEE CALCULATION

Individual entry fee \$10.00

T-shirts x \$12 each + _____

Total = _____

MAIL ENTRIES TO:

Michael Collins - 3,000 Postal
P.O. Box 1366
Davis, CA 95617

Entries must be US postmarked in the 50 states by Dec. 6, 1996 or received by Dec. 13, 1996

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.)
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."

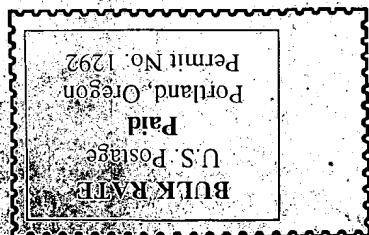
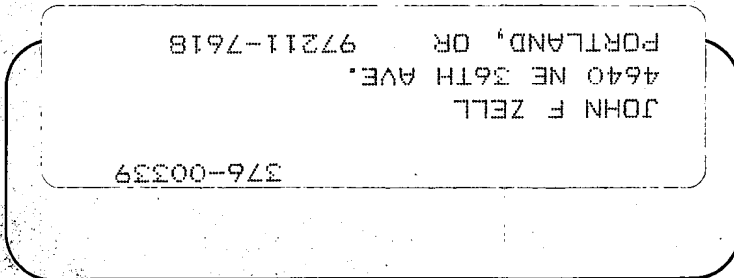
Signature _____ Date: _____

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

Aqua-Master

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

In this issue: "Look Honey, the dog sat up and paid attention to me...well sorta", "Swim the Coast", Ol Barnacle, and Roslyn Lake Swim entry.



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