

Aqua-Master

Volume 23, Number 10 October, 1996

USMS National Convention Reflections of a rookie

by Dave Radcliff

Thank you OMS for asking me to be a delegate to the National Convention in Orlando, Florida. It was a great experience. I can assure you that the spirit of voluntarism, enthusiasm and dedication is first rate in USMS, just as it is in OMS.

I attended meetings of the Rules Committee, Long Distance Committee, Fitness Committee, Planning Committee, plus the Northwest Zone meetings and the House of Delegates. I was so glad I was at the Long Distance meeting when the bid of the Rogue Valley Masters for a Long Distance Championship was being considered. Having swam this event the last two years I could tell them of the beauty of Squaw Lake and the quality of the Host Team. In the final vote RVM lost 5 to 4 but it shows how close Oregon is to hosting a major Long Distance

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Ol' Barnacle

reviews results records

by Earl Walter

N.W. Zone LCM Champs in Boise, ID

Under the watchful eyes of Jill Wright and many wonderful volunteers, this was a great meet! Problem was attendance, for shame, we had only 55 swimmers. A very very new wonderful facility should have been enjoyed by more. Thanks to Snake River Masters, for a great get together!

One Zone record was broken, the 800 Free, by TRAVIS EVERETT of SRM. The old was from '88, Steve Underwood of PNA, Travis swam a speedy 10:16.50, for the Gold in the Mens 19-24.

Two OMS records were broken: KYLE KIM

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THE CHAIR'S CORNER

by Eric Guest

After reading August's issue of the Aqua Master, I figured this dog had better sit up and pay attention. John Zell has requested articles (see "Hey there--it's your newsletter!") from the membership for the past few months and I have mentioned it in my article (see "The Chair's Corner" March issue) not to much avail. It seems John's request for articles has stirred some of us to action and I hope more of you contribute to our monthly publication. I thank the Newport Masters for their interesting article and for their invitation to join their workouts. Dave Radcliff has agreed to help John edit the articles which should make the delivery of the Aqua Master more timely. We hope to have the minutes of our monthly meeting included in future issues too that you may stay abreast with what the board is faced with each month.

As you have read in "Ol' Barnacle's" articles OMS Inc. has been very well represented at both Short and Long Course Nationals and all are congratulated. We are a force to be reckoned with. We now look forward to competing at the Short

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Calendar and Meet Schedule 1996 - 97

Date	Event	Location / Event title
*Nov 16-17	SCM	Oak Harbor, Washington John Vanderzicht Pool N.W. Zone Short Course Meters Championships
*NOV 23	CLINIC	MASTERS CLINIC FOR COACHES & SWIMMERS BEAVERTON, OR TUALATIN HILLS REC CENTER
*Dec 15	SCM	Oregon City, OR Oergon City Municipal Pool
Dec 15	SCY	Bellingham, WA
Jan 1997	Postal	USMS One-Hour Postal Championships
Jan 4	SCY	Eugene, OR Echo Hollow Pool
Jan 18	SCY	Beaverton, OR Barracudas Pentathlon
Feb 14-16	SCY	Federal Way, WA PNA Championships
March 22	SCY	Seattle, WA ORCA Masters
April 4-6	SCY	Ashland, OR Oregon Association Championships
April 12-13	SCY	Bangor, WA Bangor Naval Base
May 15-18	SCY	Federal Way, WA USMS National S.C. Championships
June 24-29	LCM	Maui, HI 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.

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BALL (25-29), with a fine 2:18.99 for the 200 IM, reset the standard of Zolna, and came very close to the ZR-2:18.65. Earl Walter (75-79) swam 2:04.51 for a new OMSR in the 100 Breast, was Shadbeh.

Kyle Kimball, also had a near miss: a 2:12.95 in the 200 Fly against ZR of 2:12.04, and went head to head with Jay O'Connor in the 100 Fly (1:01.08 vs 1:02.81, ended the meet with a great 400 free against SRM's Jeff Erwin at 4:23.98 and Kyle in 4:25.17. In addition, Kyle picked up Golds in the 100 and 200 Back.

Pat Allender (35-39) had a great meet: missing OMSR in the 100 Breast (1:16.76 vs 1:16.42) and 200 Breast (2:49.87 vs 2:47.94) plus picking off the Golds for the 200 IM and 50 Fly. Swam close ones in the 100 Free vs Cameron Rose (SRM) Pat in 1:00.63 vs 1:00.87, and the 800 (Pat 10:08.63 vs Ed Flory(SRM) 9:34.63)

Gil Young (70-74) swam the 800 in 14:41.55 for the Gold and a TT time.

Jay O'Connor (25-29) picked off Golds (1500 Free, 200 Free, 50 Free, 400 IM) plus a Silver in the 100 Fly, for a very busy weekend.

Judith Lampi (MAC) (35-39): Grabbed Gold in the 50 Free, and Silver for the 100, plus a Bronze in the 50 Fly.

Murali Krishna (35-39) just gets better and better with a Gold in the 200 Fly, Bronze for the 200 IM, Gold in the 400, ditto for the 100 Fly and Silver for the 400 Free, that friends is tough to do in a small meet.

Tim Waud (25-29) (OMS VICE) looking good with: Silver-50 Breast, 100 Breast, Bronze for 200 IM, Silver in 400 IM, striking it rich with a Gold for the 200 Breast.

An excellent race in the 200 Breast, between those two IEM stalwarts, Elin Zander and Margaret Hair (both 40-44), with Elin getting the nod-3:31.56 vs 3:34.41. These two also swam very well in the 400 IM, with TT performances.

B.Gallagher (40-44) (SRM) looked strong in the 400 IM at 5:45.89.

D.Fortsch (60-64) from Utah swam a 25:01.42 in the 1500.

Jeff Erwin (30-34) (SRM) swam outstanding races: 1500 (16:51.10) 5:08.21 (400 IM) and the 400 Free in 4:23.98. Hope he went to Michigan for LC Nationals.

Your correspondent is delighted to pass on to you that Snake River Masters has a Father & Son duo...Travis Everett, our zone record breaker in the 800 Free, is the son of Jim Everett (44), who picked off the Gold in the 800 Free in his age group, swimming a fine 10:35.42. A rarity no matter where, we of OMS have enjoyed a mother and son, and a father and son from 2 different families spread out over 24 years of Masters swimming. OB says KUDOS are in order for Travis and Jim. Times and swims overall were excellent, thanks a million SRM, for hosting the 1996 Zone LCM Championships.

These old eyes have seen a lot of swimming over the years but, they have never seen the likes of JOHN MILTON of Spokane, who swims for Inland Empire Masters. John is 69 pushing hard for 70, has been in competitive swimming for 5 to 6 years, is Ol Barn's nominee for IRON MAN OF THE YEAR. He started the meet off with the 800 (14:16.88) TT6, followed immediately by the 1500 (27:52.90) TT7, wound up Saturday with the 200 Fly (5:41.42) TT8. Sunday morning he starts the day off with the 400 IM (10:05.89) TT9, followed by the 50 Fly (1:00.94), the 100 Fly (2:35.63) and winds up the meet with the 400 Free in 7:12.58. Please ask anyone who was there, the officials tried their best to give us a couple of 5 min breaks, but with that small a number of swimmers, this meet really moved along. John did not make the Top Ten LCM in 1995, but mark my words he will in 1996, then in 1997 when he turns 70, this guy is going to be a TIGER. Congratulations to John Milton, OB's nominee for IRON MAN OF THE YEAR !!!

1997 GOAL: Short Course Nationals at Federal Way, May 15 thru the 18th. If that doesn't get you off your buns and into the pool, then nothing will. Hang in there, swim hard and swim well.

USMS Convention continued from page 1
Championship.

The two biggest discussions in the Rules area involved having Short Course yard relays follow the same total accumulative years rule of Long Course meter meets. After much debate this proposal was defeated, so it is status quo for relays. The other "biggie" was requiring a Safety Marshal at all meets. Oregon strongly supported this rule proposal. It finally ended up being worded "strongly recommended" to have a Safety Marshal instead of being a requirement. The Northwest Zone at their meeting did pass a policy requiring Safety Marshals at all NW Zone Championship meets

The many highlights to me included being part of the open exchange of ideas to further our sport. Early morning workouts (look for one of these workouts in the next Aqua Master) with Master Swimmers from all over the U.S. Getting to know and work with the OMS and NW Zone delegates. Listening to the eloquent words of Suzanne Rague as she accepted the Ransom Arthur Award. She ended by saying how "proud she was to be able to say she was a Master Swimmer". I felt a special pride knowing she was an Oregon Master Swimmer. At the end of the Awards Banquet they introduced members of the 1996 Olympic team in Synchronize Swimming, Diving and Swimming. My emotions for the outstanding success of these athletes and memories of the past had my spirits soaring.

Thanks again for letting me be part of this Convention.

P.S. No Ginger - I did not steal your candy bars.

THE CHAIR'S CORNER *continued from page 1*

Course Nationals in the Federal Way facility next year. This month (Sept.) we will be well represented at the Annual USMS Convention. News of this will be forthcoming.

Once again, please submit your articles. They will be well received and appreciated.

Thank you. Keep swimming!!

Did You Know?

by Simone La Pay, M.A.

I never knew that showering could be so impressive. As I prepared myself for yesterday's swim practice, a swimmer in another lane asked the lifeguard to tell me to shower before I entered the pool. The lifeguard obliged the swimmer. Embarrassment and intrigue whirled through my being. Why was he so concerned about me? I immediately joked with the swimmer to not tattle-tale. We had a amusing argument and I actually learned why he was so adamant about this pre-swim ritual. He worked in an occupation where he analyzed the cleanliness and safety of public environments.

After we finished our lively sparring match, I walked back to the locker room and showered. I must confess. . .in twenty-five years of swimming, I have pre-showered only when I have been caught by the pool police. It is true, I come to the pool nine times out of ten already showered and without make-up on. However, I do usually have some sort of gel or hair spray in my hair and also either Nivea creme or some other heavy body lotion on my skin. All of that gunk comes off into the pool. Pools are as dirty as the people who use and maintain them. I was guilty.

Well, It is time to change my ways. I will take pre-swimming showers for three weeks and then come back and finish this essay. I will not just let a few drizzles dampen my back, NO! I promise to take fully cleansing showers just to the point where I am not wasting too much water (a good excuse during droughts, eh?). And I will also shower smartly by researching pool chemicals and cleanliness. I never knew nor cared to know much about the pool but since I spend so much time swimming maybe I should know the basics? Do you know the basics? Give me three weeks to search for answers.

Three weeks later . . . Research brought the following facts into my awareness:

Pool Care Basics

Total alkalinity, pH, and water hardness balance pool water.

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Balanced pool water prevents metal corrosion and scale deposits. Balanced water also helps chlorine work and prevents eye and skin irritations.

Too high of alkalinity contributes to cloudy water and makes it difficult to balance the pH. Sodium Bicarbonate is a chemical added to pools that raises the pH.

The pH is a measure of the water's acid/alkaline level. A balanced pH for a swimming pool is measured on a scale between 0-14. A proper pool pH balance is between 7.2 and 7.6. Muriatic acid is a chemical added to pools that lowers the pH.

Water hardness refers to the amount of magnesium and calcium present in the pool water. Chlorine sanitizes swimming pools by killing bacteria and algae.

During the process of sanitizing, bacteria and algae are broken down into waste called nitrogen. Chlorine combines with the nitrogen and forms a by-product called chloramine.

Too much chloramine is the culprit of eye irritation and heavy chlorine odor. Super-chlorinating is a process that breaks up chloramine. Super-chlorinating refers to adding much more chlorine than normal. It also helps prevent cloudy water and algae growth.

Information gathered from A Step-by-Step Guide to Pool and Spa Care by Recreational Water Products 1994.

Researching was simple enough and I have good news. It hasn't been so bad. I have been lucky. The showers and the pool have been warm (no pre-swimming shower goose bumps, whew). I also happened to visit my hairdresser during the last three weeks. For the first time, I had no chlorine residue in my hair. I told her about my experiment and she cheered that the showers were protecting my hair. Great! Another benefit!

I still find myself not completely motivated to take these showers but I do feel kinder to the pool. I think I will keep on with my cleansing efforts. Can

this form of showering turn into a pleasurable habit? Next time you see me preparing to enter the tank, please give me an encouraging applaud if you see freshly drenched. . . To end, I leave you with an edited passage that I read from Aikido and the Harmony of Nature by Mitsugi Saotome, (1993). In martial arts the practice studio is called the dojo.

When you enter the dojo, you are entering a different world, a warrior's world . . . It is not a place for the display of one's ego, but a place for uplifting and cleansing one's body, mind and spirit...Cleaning is an active prayer of thanksgiving. It is each student's responsibility to assist in cleaning the dojo and to cleanse his or her own mind and heart.

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

Summer's End Meet

With Eric Brown calling the shots as Meet Director, 25 swimmers put it all on the line, had a great meet, and recorded some excellent times. Am personally sorry not to have swum, Dishman is a great pool, very well built for fast times. The meet was highlighted by the performances of Helena Hoffman and Patience Miller.

Women 80-84: HELENA HOFFMAN won 3 events, setting a new ZONE mark in the 200 Breast at 6:27.95. This goes back to 1982 and Martha Keller. Helena also picked off the 200 Back and the 100 Fly.

Women 85-89: PATIENCE MILLER answered this writer's question, re middle distance, and promptly obliterated the old ZONE record of Martha Keller from 1986 at 16:51.60. Patience gives us a bright and shiny new ZONE mark of 14:17.68.

Women 25-29: Sandra Hyde appears on the way to making her mark again in OMS, will be looking forward to 96-97.

Women 35-39: Ann Goodman improved her 50 Breast and swam a fine 100 IM. Robin Willia improved at 100 Back and 50 Fly.

Women 45-49: Kathleen Buck appears to be on the comeback trail. Judy Beaston is well ahead on the 200 Free.

Men 25-29: Robert North is a swimmer, how about someone signing him up for OMS ? Will be 30 soon?

Men 30-34: Bill Kline turning 35 in December, swam a sparkling 200 Free.

Men 35-39: Peter Vince will be 40 in Feb-showed class in the 200 Free and the IM's. Great to see Paul Ikeda of PNA.

Men 40-44: Good times here by: Joel Swink, Mark Williams and Thomas Chun. Swink appears to on track for Nationals, with Chun and Williams giving it some very serious thought.

Men 45-49: Robert Maestre (MACO) coasting a bit, but still showing class.

Men 50-54: Richard Juhala lives on "Where Else Lane", like this new guy, let us give him some coaching. Jim Goodrich was 5 secs faster in the 100 Fly !, 12 secs faster in the 200, way to go !!!

Men 60-64: George Thayer and Arthur Welch had this arena all to themselves.

Men 75-79: Khosrow Shadbeh turned 75, and without blinking, is staying with last years times, no aging, just as good or better.

Small numbers, but excellent showing, we need this at the start of Short Course for 1997. You will NOT get tired of this, "Short Course Nationals are at Federal Way, May 15 thru 18.

Who is Patience Miller ?

Have you asked yourselves that ? OB did, and finally called and talked to our Patience. Born October 24, 1910. Early days in Tacoma. Started swimming at age 10, was a junior life saver at 12, made Lifeguard at 17. Went to Stadium High, Tacoma 1927, 28 and 29. Her coach was Ida Memmer, she swam freestyle, sidestroke, back stroke and breast. On to Oregon State Normal at Ashland. In 1932 was at University of Washington. There was a gal named Helene Madison, an Olympic Gold Medalist in '32, some said that Patience could swim with her. Your writer will not touch this, but it is interesting. This was followed by teaching swimming for 25 years, there were many years years she did not swim competitively, because it did not fit her schedule, or life style. In November of 1995 with the insistence of her children, "Give it a try", she swam in her first competitive meet. The rest is history, as far as Masters Swimming is concerned. She comes from a swimming family, both of her brothers were cham

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pion swimmers in the service. Your writer gathers that swimming has been, and is, in this lady's blood. Early, but appropriate, Patience has made All American (#1 Top Ten), for 1996 Short Course Yards in: 100 Free, 200 Free, 50 Breast, and the 100 Breast, plus # 2 in the 50 Free, # 5 - 50 Back, # 3 - 100 Back, # 2 in the 50 Fly, and a # 3 in the 100 IM. Summing this up: OB doesn't think that Patience ever really tried to swim competitively in the early days, now, thanks to the family, she is, and showing everyone that "IT" was there all the time. Patience is having cataract surgery in early October, she is understandably concerned about this, OB certainly is, let us all wish her the very best, and we hope to see her back in the swim after the first of the year. NOW THAT IS GROWING OLD IN STYLE.

Quick Tips

by Simone La Pay, M.A.

Competition may increase the body's natural use of the fight-or-flight response. The fight-or-flight response is stress inducing to your body and psyche. If you are exercising to reduce stress, exercise strenuously (which will relieve stress) but keep your mind and body peaceful.

Focus on a breathing pattern, one aspect of your swim stroke, or even a song. Focusing will help you exercise peacefully and will also keep your competitive nature turned off.

Check your heart rate at rest, during exercise, and between sets. High stroke volume (amount of blood filling and leaving the heart per heart beat) with low heart rate (number of beats per unit of time) correlate to efficient cardiac output (blood transportation to the body).

Read Terry Laughlin's 1996 book entitled Total Immersion. You will learn the fine art of smart freestyle swimming. Video tape also available by mail order.

Just because you are swimming does not mean that gravity won't pull on your body. While you are swimming in a prone (on your stomach) position hold your abdominal muscles in. While you are swimming in a supine position (on your back) tighten your gluteal muscles. This will partially help prevent your trunk and legs from sagging in the water. This may also help take undue stress off of your back muscles!

**Attention Oregon Masters Swimmers!
Are you Interested?**

My name is Simone La Pay, M.A. I am the coach of Portland Parks Masters Swim Club. I am coordinating a swim clinic for February 1997. This clinic will feature two renowned local physical therapists who will present practical ways to keep your back healthy and strong for swimming.

Correct body position is one of the keys to preventing back muscle strain and injury due to chronic back hyperextension. This clinic will also feature pool-side demonstrations and pool practice of correct body positions in all four of the competitive strokes. You will not want to miss the expertise and experience of 1996 Short Course and Long Course National Champion, Bill Zolna. Video taping will be made available. Date and time of clinic will be announced in one of the next two Aqua-Masters.

If you are interested in presenting or attending this workshop or future workshops featuring experts from the medical and holistic health fields, please contact Simone La Pay, M.A. at (503) 235-5502 ext.3 I will be planning workshops for cross training, shoulder care, mind-body integration methods, sports mental training, and other areas that directly relate to the enhancement of Masters Swimming.

MASTERS CLINIC FOR COACHES AND SWIMMERS

November 23, 1996

FEATURING :

MIKE COLLINS, RON MARCICKE ("SICKIE"), AND ROCH FREI

- Mike is the head coach of Davis Aquatic Masters, the largest masters program in the US and is currently the President of MACA (Masters Aquatics Coaches Association) and the Chair of the USMS Coaches Committee.
- "Sickie" is the head coach of UCSD masters, a 300 person club who coaches Mark Allen, Scott Tinley, and several other internationally renowned athletes. His program has been featured in swim magazine and fitness swimmer.
- Roch is a former professional triathlete who is the head coach of the UCSD Masters Triathlon program, one of the nations finest. They will be speaking at the mentor coaches clinic as well as working with swimmers and coaches during the swimmers clinics.

Cost : \$20/session, 2 sessions for \$35

Session I - "Mentor Coaches Clinic" 8:30am-12:00 noon cost: \$20

(includes ASCA's "MASTERS SCHOOL" textbook)

Building a program · Seasonal planning

Making your workouts fun, keeping them fun and useful

Starting with a plan, or how to make your workouts count

Triathletes, where they fit in your program, and their special needs

Responsibilities of coaches throughout clinic

Roundtable discussion with all speakers on issues related to Masters swimming

(Coaches will be requested to help out during the Swimmers clinics-

if you're not helping, then you're taking the clinic! Lunch for coaches will be provided)

Session II - "Freestyle/Backstroke Clinic" 1:00pm-5:00pm cost: \$20

Session will include the following:

2 video sessions (before and after drill work)

Classroom lecture on principles of freestyle propulsion, common faults and corrections.

Pool time: Freestyle drill progressions working with all coaches

We expect a coach to swimmer ratio not to exceed 1:10

"Triathlon Training"- Classroom lectures :

Balancing your training,

Seasonal planning: how much/when?

Return this lower portion

Name _____ Age _____

Address _____ phone _____

Number of sessions attending: (I) (2) Clinic sessions (please circle) I II

Are you a swim coach? (Y) (N) Will you be helping out in the swimmers clinic (Y) (N)

Total enclosed _____

Please send your completed form to: (checks payable to Tualatin Hills Barracudas)

Chris Perret- Tualatin Hills Barracudas 17072 SW Ivy Glenn St. Aloha OR. 97007

Summer's End Meet
August 31, 1996

Event Results for Timed Finals

-----				-----				Mixed Senior 200 Back			
--- Ages 25 Through 29 ---				:	--- Ages 80 Through 84 ---				:		
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:		
-----				:	-----				:		
Mixed Senior 100 Free				:	Mixed Senior 200 Back				:		
-	SANDRA HYDE	27 OREG	1:06.23	:	-	HELENA HOFFMAN	80 OREG	6:56.01	:	-	JOHN ZELL 39 OREG 2:13.81
Mixed Senior 500 Free				:	Mixed Senior 200 Breast				:	-	MURALI KRISHNA 36 OREG 3:24.21
1	SANDRA HYDE	27 OREG	6:24.27	:	-	HELENA HOFFMAN	80 OREG	6:27.95	:	Mixed Senior 50 Breast	
Mixed Senior 200 Back				:	Mixed Senior 100 Fly				:	-	PAUL IKEDA 37 PNA 35.01
-	SANDRA HYDE	27 OREG	3:06.25	:	-	HELENA HOFFMAN	80 OREG	3:43.56	:	Mixed Senior 200 Breast	
Mixed Senior 100 IM				:	Mixed Senior 200 IM				:	-	PAUL IKEDA 37 PNA 2:48.44
-	SANDRA HYDE	27 OREG	1:19.57	:	-	HELENA HOFFMAN	80 OREG	DQ	:	Mixed Senior 100 Fly	
-----				:	-----				:	-	PETER VINCE 39 OREG 1:07.24
--- Ages 35 Through 39 ---				:	--- Ages 85 Through 89 ---				:	Mixed Senior 200 IM	
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	-	PETER VINCE 39 OREG 2:18.71
-----				:	-----				:	-	PAUL IKEDA 37 PNA 2:47.80
Mixed Senior 50 Free				:	Mixed Senior 500 Free				:	-	MURALI KRISHNA 36 OREG 3:14.14
-	ANN GOODMAN	37 OREG	30.65	:	1	PATIENCE MILLER	85 OREG	14:17.68	:	-----	
Mixed Senior 50 Back				:	-----				:	--- Ages 40 Through 44 ---	
-	ANN GOODMAN	37 OREG	35.45	:	--- Ages 25 Through 29 ---				:	PL	Name Age Team Finals
-	ROBIN WILLIA	39 OREG	36.22	:	PL	Name	Age Team	Finals	:	-----	
Mixed Senior 100 Back				:	Mixed Senior 50 Free				:	Mixed Senior 50 Free	
-	ROBIN WILLIA	39 OREG	1:16.73	:	-	ROBERT NORTH	29 OREG	25.05	:	-	WALTER GRIEGO 43 OREG 25.98
Mixed Senior 50 Breast				:	-	CYD MCMILLIAN	27 OREG	28.40	:	-	DOUG ORLOFF 42 OREG 26.15
-	ANN GOODMAN	37 OREG	41.26	:	Mixed Senior 100 Free				:	Mixed Senior 100 Free	
Mixed Senior 50 Fly				:	-	ROBERT NORTH	29 OREG	55.91	:	-	WALTER GRIEGO 43 OREG 59.19
1	ROBIN WILLIA	39 OREG	32.45	:	-	CYD MCMILLIAN	27 OREG	DQ	:	Mixed Senior 500 Free	
2	ANN GOODMAN	37 OREG	36.51	:	Mixed Senior 50 Fly				:	1	JOEL SWINK 43 OREG 5:56.66
Mixed Senior 100 Fly				:	Mixed Senior 100 IM				:	Mixed Senior 50 Back	
-	ROBIN WILLIA	39 OREG	1:19.84	:	-	ROBERT NORTH	29 OREG	1:08.29	:	-	JOEL SWINK 43 OREG 30.16
Mixed Senior 100 IM				:	Mixed Senior 200 IM				:	-	MARK WILLIAMS 40 OREG 31.65
-	ANN GOODMAN	37 OREG	1:18.61	:	-	ROBERT NORTH	29 OREG	2:23.07	:	Mixed Senior 100 Back	
-----				:	-----				:	-	MARK WILLIAMS 40 OREG 1:05.95
--- Ages 45 Through 49 ---				:	--- Ages 30 Through 34 ---				:	-	JOEL SWINK 43 OREG 1:06.07
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	Mixed Senior 200 Back	
-----				:	-----				:	-	JOEL SWINK 43 OREG 2:24.86
Mixed Senior 100 Free				:	Mixed Senior 50 Breast				:	-	THOMAS CHUN 40 OREG 33.86
-	KATHLEEN BUCK	45 OREG	1:08.98	:	Mixed Senior 100 Breast				:	-	THOMAS CHUN 40 OREG 1:16.91
Mixed Senior 200 Free				:	Mixed Senior 50 Fly				:	Mixed Senior 100 Free	
-	KATHLEEN BUCK	45 OREG	2:31.80	:	1	DOUG ORLOFF	42 OREG	28.83	:	-	BILL KLINE 34 OREG 56.95
-	JUDY BEASTON	45 OREG	2:35.21	:	2	WALTER GRIEGO	43 OREG	29.13	:	Mixed Senior 200 Free	
Mixed Senior 500 Free				:	Mixed Senior 100 IM				:	-	BILL KLINE 34 OREG 2:08.45
1	KATHLEEN BUCK	45 OREG	6:46.12	:	Mixed Senior 200 IM				:	-	THOMAS CHUN 40 OREG 1:09.18
2	JUDY BEASTON	45 OREG	6:49.95	:	Mixed Senior 500 Free				:	-	DOUG ORLOFF 42 OREG 1:11.83
Mixed Senior 100 Breast				:	-----				:	Mixed Senior 200 IM	
-	KATHLEEN BUCK	45 OREG	1:30.26	:	--- Ages 35 Through 39 ---				:	-	JOEL SWINK 43 OREG 2:24.20
Mixed Senior 50 Fly				:	PL	Name	Age Team	Finals	:	Mixed Senior 200 Free	
1	JUDY BEASTON	45 OREG	41.33	:	-	PETER VINCE	39 OREG	1:58.97	:	Mixed Senior 500 Free	
-----				:	-----				:	Mixed Senior 100 IM	
				:	1 MURALI KRISHNA 36 OREG 7:56.19				:		

Summer's End Meet
August 31, 1996

Event Results for Timed Finals

----- Mixed Senior 100 Breast			
--- Ages 45 Through 49 ---	:	- ARTHUR WELCH	63 OREG 1:53.74
PL Name Age Team Finals	:	Mixed Senior 50 Fly	
-----	:	1 GEORGE THAYER	60 OREG 33.50

Mixed Senior 500 Free	:	-----	
1 ROBERT MAESTRE 46 MACO 5:48.10	:	--- Ages 75 Through 79 ---	
Mixed Senior 200 Back	:	PL Name	Age Team Finals
- ROBERT MAESTRE 46 MACO 2:32.71	:	-----	
Mixed Senior 50 Fly	:	Mixed Senior 200 Free	
1 ROBERT MAESTRE 46 MACO 28.97	:	- KHOSROW SHADBEH	75 OREG 4:02.52
-----	:	Mixed Senior 50 Breast	
--- Ages 50 Through 54 ---	:	- KHOSROW SHADBEH	75 OREG 54.47
PL Name Age Team Finals	:	Mixed Senior 100 Breast	
-----	:	- KHOSROW SHADBEH	75 OREG 1:58.76
Mixed Senior 50 Free	:	Mixed Senior 100 IM	
- RICHARD JUHALA 53 OREG 37.52	:	- KHOSROW SHADBEH	75 OREG 2:00.48
Mixed Senior 100 Free	:	-----	
- RICHARD JUHALA 53 OREG 1:28.14	:	--- Ages 25 Through 34 ---	
Mixed Senior 200 Free	:	PL Name	Team Finals
- JAMES GOODRICH 53 OREG 3:24.41	:	-----	
Mixed Senior 100 Back	:	Male Senior 200 R-Free	
- RICHARD JUHALA 53 OREG 1:39.81	:	- oreg M-25	OREG 1:47.15
Mixed Senior 50 Breast	:	PAUL IKEDA-37	BILL KLINE-34
- RICHARD JUHALA 53 OREG 41.21	:	ROBERT NORTH-29	CYD MCMILLIAN-27
Mixed Senior 100 Fly	:	Male Senior 200 R-Medley	
- JAMES GOODRICH 53 OREG 1:46.29	:	- oreg M-25	OREG DQ
Mixed Senior 200 Fly	:	BILL KLINE-34	PAUL IKEDA-37
- JAMES GOODRICH 53 OREG 4:09.66	:	CYD MCMILLIAN-27	ROBERT NORTH-29
Mixed Senior 100 IM	:	-----	
- JAMES GOODRICH 53 OREG 1:41.64	:	--- Ages 35 Through 44 ---	
Mixed Senior 200 IM	:	PL Name	Team Finals
- RICHARD JUHALA 53 OREG 3:18.69	:	-----	
-----	:	Male Senior 200 R-Free	
--- Ages 60 Through 64 ---	:	- oreg M-35	OREG 1:45.65
PL Name Age Team Finals	:	MARK WILLIAMS-40	DOUG ORLOFF-42
-----	:	THOMAS CHUN-40	WALTER GRIEGO-43
Mixed Senior 50 Free	:	Male Senior 200 R-Medley	
- GEORGE THAYER 60 OREG 27.56	:	- oreg M-35	OREG 2:01.87
Mixed Senior 50 Back	:	MARK WILLIAMS-40	THOMAS CHUN-40
- GEORGE THAYER 60 OREG 36.84	:	DOUG ORLOFF-42	WALTER GRIEGO-43
- ARTHUR WELCH 63 OREG 41.21	:		
Mixed Senior 100 Back	:		
- ARTHUR WELCH 63 OREG 1:28.85	:		
Mixed Senior 200 Back	:		
- ARTHUR WELCH 63 OREG 3:04.67	:		
Mixed Senior 50 Breast	:		
- GEORGE THAYER 60 OREG 38.38	:		
- ARTHUR WELCH 63 OREG 52.97	:		

Northwest Zone Short Course Meters Championship
Meet Information

Location: John Vanderzicht Memorial Pool
85 SE Jerome St.
Oak Harbor, WA 98277 (360) 675-7665

Directions: Take State Route 20 exit at Burlington off I-5. Go west on 20 into Oak Harbor. Proceed on state Route 20 to Whidbey Ave. (3 traffic lights), left on Whidbey Ave. to Jerome Street. Turn Right. Pool is on the right.

Facility: John Vanderzicht Memorial Pool houses a 6 lane 25 meter pool along with a small training pool, 2 hot tubs and a sauna. During this competition we will be using 5 lanes for competition and lane 6 for a continuous warm up/ warm down area. This facility is scheduled for remodeling in early fall.

Accommodations: **Coachman Inn**, 5563 Hy. 20, Oak Harbor, WA 98277, 1-800-635-0043. The Coachman Inn has made us a special rate for this meet.

Mention the meet when you call and receive the following rates:

- Basic Room, 1 bed/ 1-2 persons, \$45.00
- 2 bed room/ 2-4 persons, \$50.00
- Larger room/2 beds plus a sofa sleeper/ 2-8 persons available upon request with rates varying \$60.00 and up.

Awards: Ribbons will be awarded First through sixth place.

Meet Format: Individual Events will be pre-seeded, slowest to fastest. The 400IM, 400, 800, 1500 Free and Relays will be deck seeded. **Saturday:** Warm up at 8 am, Meet at 9am. **Sunday:** Distance events warm up 8 am with event #12 beginning at 9am Warm up for events #14 through #22 at approximately 10 am (immediately following the distance events), Meet begins at 11 am.

<u>Saturday</u>		<u>Sunday</u>	
#1	400m Freestyle	#11	800m Freestyle*Or
	Break	#12	1500m Freestyle*
#2	200m Backstroke		Break/ 2nd Warm Up
#3	50m Freestyle	#13	200m Butterfly
#4	100m Breaststroke	#14	50m Breaststroke
	Break	#15	100m Freestyle
#5	200m Mixed Freestyle Relay		Break
#6	50m Butterfly	#16	200m IM
#7	200 Freestyle	#17	200m Freestyle Relay
#8	100m Backstroke	#18	100m Butterfly
	Break	#19	50m Backstroke
#9	200m Medley Relay	#20	200m Breaststroke
#10	400m IM		Break
		#21	100m IM
		#22	200m Mixed Medley Relay

*The 800/1500m Freestyle, Swimmers may only choose one of these events, not both.
Individual Entrees are limited to 6 total or 5 per day.

Northwest Zone Short Course Meters Championship

November 16 & 17, 1996

Sanction # 963611 Hosted and Sanctioned by Pacific Northwest Association of Masters Swimmers

NAME _____ M F Age as of 11/17/96 _____

ADDRESS _____

PHONE() Date of Birth USMS#

Clubr 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 November 4, 1996

Mail entries to: Sally MacLaren-Meuer
c/o JVMP
85 SE Jerome St.
Oak Harbor, WA. 98277
ph. # (360) 675-7665 W, (360) 679-2117 H

Event #	Individual Event Entries	Estimated Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry Fee: \$7.00 per swimmer
\$1.00 per event

Total _____

Please make checks payable to ABC.

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 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 governed by the rules of USMS."

Signature _____

Date _____

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #376-12

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

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

Oregon City Short Course Meters Meet DATE: DEC 15, 1996

Place: Oregon City Municipal Pool
1211 Jackson Street

5 lanes competition - electronic timing

1 lane continous warm up/down

Host: Oregon City Swim Team Meet Director: Tim Waud phone: 503-656-2661 w 503-655-7131 h

Directions to Oregon City pool: Take I-205 North or South to Park Place exit. Go West on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go left at 12th Street up to Jackson St.

WARM-UPS: 7:00 a.m.

MEET STARTS: 8:00 a.m.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Dec. 7th, 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 (OMS, PNA, IEM, Snake, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 1500 Freestyles will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY DEC 9

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

1500 FREE (2) _____:_____._____

BREAK BREAK BREAK

FREE RELAY (3 / 4) XXXXXXXXXXXXXXX

50 FREE (5) _____:_____._____

100 BREAST (6) _____:_____._____

200 BACK (7) _____:_____._____

50 FLY (8) _____:_____._____

200 I.M. (9) _____:_____._____

MIXED FR RLY (10) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

50 BACK (13) _____:_____._____

100 FLY (14) _____:_____._____

MEDLEY RLY (15/16) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (17) _____:_____._____

50 BREAST (18) _____:_____._____

100 BACK (19) _____:_____._____

200 FLY (20) _____:_____._____

100 I.M. (21) _____:_____._____

MXD MED RLY (22) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (23) _____:_____._____

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 _____

ENTRY FEE: \$9.00 Make checks payable to: OREGON MASTERS SWIMMING

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

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

Post meet Social @ Tim Waud's House...get directions and details at meet.

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

1997 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1997 through December 31, 1997.

Registrations are accepted for 1997 beginning November 1, 1996 and for 1998 on November 1, 1997.

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 United States 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
1997**

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, 1997)

_____ This is a **NEW** registration. _____ Renewal (registered in 1996)

**Oregon Masters Swimming
Registration 1997**

Did you swim in any meet in the 1995/96 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

Aqua-Master

1997 Registration form enclosed

BULK RATE
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

376-00339

JOHN F ZELL
4640 NE 36TH AVE.
PORTLAND, OR 97211-7618

Please advise the registrar of address changes

In this issue: Summers End Meet results, "Did You Know",
Masters Clinic info, "Reflections of a Rookie", & more.

Printing of the Aqua-Master is provided by the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.

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



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