

Aqua-Master

Volume 23, Number 12 December, 1996



the

WORKOUT

The workouts for this month are courtesy of Dick Moody of the Eugene "Y". Dick comments, "In order to challenge our higher level athletes and encourage our re-entry and newer athletes, we have at least 3 workouts posted on a daily basis". He recommends doing them with a partner of the same ability level.

K = KICK, P = PULL, S = SWIM

Workout 1 - intended for re-entry or lap swimmers just joining: Do the following set 3 times for a total of 1800 yards.

S - K - S - P

S - K - S - P

S - K - S - P

These are done as 50's at the swimmers own pace.

continued on page 4

Barnacle

of reviews results records

by Earl Walter

"A Few Became A Very Many" A History of Oregon Masters Swimming

It is only fitting, that we first look at the beginnings of Masters Swimming nationwide. Ransom J Arthur, M.D., is considered to be the father of Masters Swimming, however, without the help of John Spannuth, Pres of the American Swimming Coaches Association in the late 60's, it would have taken many many more years to bring about this organization. Dr Arthur had been trying to interest the AAU in Masters for 10 years during the 60's, to no avail. Along came John Spannuth, who offered the use of the Amarillo Aquatic Club, for the first national championships. *continued on page 3*

THE CHAIR'S CORNER

by Eric Guest

To start my article for December, I would like to take this opportunity to wish all of you and yours a VERY MERRY CHRISTMAS and the very best of everything for the coming year. I would, at this time, like to congratulate our Past Chair, Dave Cobb on his recent accomplishment of completing his 2468 mile hike from Alberta, Canada to Chihuahua, Mexico. Well done Dave! It must have been quite a trip. We missed you here at the board meetings and meets. Will be looking forward to reading about your escapade in the Aqua Master. Sandi Rousseau, our World Games Commissioner, has had some commitment for committees but still needs some more. If you feel you would like to volunteer for one of these positions, please notify her at (503) 642-3679. She would love to hear from you. The search goes on! A tip of the hat and thanks to Dave Radcliff and Simone La Pay for their interesting articles. Dave, we are proud that you represented us and I am sure your participation was felt and

continued on page 4

INSIDE FOR YOU

The CHAIR'S CORNER

by Eric Guest..... page 1

Ol' Barnacle

"A few became a very many".....page 1

the WORKOUTpage 1

What day is that meet?

The 1997 / 98 schedule of events.....page 2

Swim Tunes

by Leo Carazon.....page 4

Come on in the Water's fine

Open Water reports by Dan Gray.....page 5 & 7

I'd like to make a motion

OMS Board meeting minutes.....page 8

The people behind Oregon Masters Swimming, Inc.

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Records / Historian

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(503) 738-3763

Open Water Events

Dan Gray
(541) 944-0529 (7-9pm only)

Past Chair

David Cobb
(503) 282-0472

Calendar and Meet Schedule 1997-98

Date	Event	Location
Jan 1997	Postal	USMS One-Hour Postal Championships
*Jan 4	SCY	Eugene, OR Echo Hollow Pool
*Jan 18	SCY	Beaverton, OR Barracudas Pentathlon
Jan 19	SCM	Anacortes, WA Fidalgo Pool
Feb 1-2	SCM	Spokane, WA Fairchild Airforce Base
Feb 14-15	SCY	Anchorage, AK Alaska Masters State Championships
*Feb 14-16	SCY	Federal Way, WA PNA Championships
Mar 2	SCY	Yakima, WA Lyons Pool
Mar 8-9	SCM	Bend, OR Juniper Aquatic Center
Mar 15-16	SCY	Gresham, OR Mt. Hood Aquatic Center
March 22	SCY	Seattle, WA Helene Madison Pool
April 4-6	SCY	Ashland, OR Oregon Association Championships
April 12-13	SCY	Bangor, WA Bangor Naval Base
April 25-27	SCY	Boise, ID NW Zone SC Yards Championships
May 15-18	SCY	Federal Way, WA USMS National S.C. Championships
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships
Aug 1998	LCM	Gresham, OR Nike World Masters Games

*** Meet entry form enclosed in this issue**

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803 .

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.

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

'ol Barn, continued from page 1

Encouragement also came from, Bruce Hopping, Chair and Founder of the Kalos Kagathos Foundation of Laguna Beach, California. Overcoming many many obstacles, they finally got the entry blanks out and with a total of 45 swimmers, held the first Nationals in May of 1970 at Amarillo, Texas. In October of 1971, Masters became an official part of the AAU. This was followed, by the start up of the monthly publication SWIM-MASTER, with June Krauser, of Ft Lauderdale, serving as Editor. Early on the Navy lent a big helping hand, by supplying Dr Arthur with the funds, equipment, and manpower, to research the program. It was found conclusively, that swimming was the best exercise overall. They started with age groups of 25+, 35+, and 45+. The events contested included: 50-100-200, and 400 Free, 100 and 200 Back, 100 Breast and 100 Fly, the 100 Individual Medley and Relays. Again in 1971, the Nationals were held at Amarillo with 112 entries. Dr Spannuth arranged for dinner at the Amarillo Country Club. The 200 Breast, 50 Fly and Relays 25-34 and 144+ were added. The frog and dolphin kicks were both legal for the Fly. In 1972 the Short Course Nationals were held in San Mateo, CA, under the direction of John Spannuth. The first Long Course Nationals were held in Bloomington, IN., under the direction of Dr Councilman. In 1972, Oregon and the Northwest joined the program. Research shows that KARL VON TAGEN actually was the "start up guy" for Masters swimming in Oregon. He had read of Dr Arthur's efforts and decided to start Masters in Oregon. He approached Olive Mucha (MAC Aquatic Director), and asked if she would help put on the FIRST Oregon Masters Swimming Meet. Karl then sent out announcements to many Northwest pools and received 25 entries. The meet was held at the MAC, under the sponsorship of the David Douglas Swim Club (Don Jacklin), and MAC, on April 22, 1972.

Historical comments

The Oregon pioneers and their efforts: Jim Bigler is still swimming for the MAC, and in watching his efforts, you know that he is faster today, in all but the 50. Karl Von Tagen, still splashing, and making the Top Ten. Ron Nakata is with us, and still ahead of his early efforts, a Top Tenner. Virginia Arvidson (Van Rossen) looked great at the '95 Nationals. Ralph Mohr

is registered, swims occasionally, lives in the Coos Bay area. Chuck Harrison continued swimming into the late 70's, saw him recently, well and happy. Sheridan Jones, still active in OMS, is laying out a year(1996). Neil Farnha, a fine swimmer, continued for MAC into the mid 70's. George Burgess, great breastroker, swam into the mid 70's. the author remembers all the kidding we gave George, he was the only one still smoking. Connie Wilson, who picked up from Karl, and put Oregon on the map, swam right up until the time of her death in 1986. Bill Dendurant, swam off and on, became very important to the program as head coach at Tigard High, hosting many meets. We lost Bill a couple of years ago. Carroll Bagby, was the old timer of the the program, excellent swimmer, stayed with us into the early 80's. Don Jacklin, world renowned swimming coach at David Douglas High, swam with us at Nationals during the 80's, still with us but not swimming in the program. Warren Kliet, then from the IEM, moved to the Seattle area and is still a member of PNA. David Boyd, younger brother of Richard, swam through the 1982 Nationals, and then dropped to concentrate on the family business. Lynn Wall was with David Douglas swimming, moved to the Seattle area and represents PNA.

Continuing with Karl Von Tagen's account during 1972. After the first meet at the MAC, they all adjourned to the Elephant Castle, and celebrated with beer and fish and chips. Karl remembers CONNIE WILSON coming to the first meet. She was very interested in the program, most enthusiastic, and put an enormous amount of energy into the fledgling movement. Karl's recollection of Connie, was of a very excited person, asking all kinds of questions, and wanting to get involved right in Olive's office, down at the MAC, and as they say, the rest is history. Karl's involvement with the program continued putting on meets, he did not want to get involved at the Board level. Karl must be considered one of our founders, a most important one, he lit the fire, and was responsible for getting the program started. CONNIE WILSON took over the reins of administration and guidance. She was ultimately responsible for the long range success of Oregon Masters Swimming. Without Connie the program probably

continued on page 6

'the Workout' continued from page 1

Want a challenge; try this as 100's or 200's.

Workout 2 - This workout is mid level intensity. It totals 2,500 yds. The swims/pulls should be Free or Back, except for Bert Peterson who can do them fly. Kicks can be any stroke.

200 S / P (2 sets for warm up)
 25 K x 12 (5 sec. rest interval)
 50 S x 10 (split free / your stroke on 1 min)
 100 S / P (3 sets on 1:45)
 300 cool down

Workout 3 - This workout total 3,350 yds with a combination of distance and sprint work.

500 S / P (warm up)
 50 K x 8 (10 sec. rest)
 50 S - Slow, Med, Fast (4 sets on 1 min and strive for 5 sec. improvement from Slow to Med. to Fast)
 75 broken (50 drill - 5 sec. rest - 25 sprint and emphasize a hard kick off the wall as you go into the sprint. Do this set 6 times.)
 100 S / P (3 sets on 1:45)
 300 Cool down

The Aqua-Master will be printing a different workout each month. We would like to feature one of your workouts. Swimmers and Coaches please send one of your favorite or most challenging workouts to: Dave Radcliff, 5832 SE Woll Pond Way, Hillsboro, OR 97123

The CHAIRS CORNER continued from page 1

appreciated by the committees. As for Simone, take heed Masters, this lady knows what she is writing about and is an expert in her field. In case you haven't had the pleasure of meeting these individuals they are excellent swimmers too. Eleven of us from Oregon made it to Oak Harbor and swam in the Short Course Meters Zone Meet. The meet director Sally MacLaren-Meuer and her very able crew are to be congratulated for a well run meet. National records were reset by Ginger Pierson and Dave Radcliff. More will be printed about these when Ol Barn gets the information. Well done!!

I learned at the meet that one of Oregon's top swimmers had heart surgery and we all wish George Thayer a speedy recovery. We missed you at the meet George, and know that you will soon be paddling again. Hurry Back! Another successful year has passed and we all have many blessings to be grateful for. I close, again wishing you the very best of health and continued good swimming. God Bless.

SWIM TUNES

by Leo Carazon

Thanks to Leo for sharing these thoughts and tunes. Who knows we may have to start a new Singing / Swim Along column. Anymore tunes out there? Leo writes:

"Your pleas for news letter material have touched me deeply - somewhere. So I have decided to share with everyone one of my workout secrets. Many Masters have asked me how I keep my sanity during my long (to them, at least) sets. Like many people, I sing songs in my head. But I have never before shared them. Your constant whining is to credit (or blame).

THE RHYME OF THE DISTANCE SWIMMER

(to the tune of Someday My Prince Will Come)

Someday my Meet will come
 It will be so casually run
 As we watch the setting sun
 Warm-ups have just begun

Oh I'll have so much fun
 There will be no sprints, not one
 My face will be all smiles
 The shortest race - 2 miles

Those who swim on their Back
 Will not be invited back.
 Specialists of the Breast
 Will be looked upon in jest.

Hot shots who swim fly
 will be endlessly asked, "why?"
 When a judge sees a flip turn or two
 she'll loudly shout, "DQ!"

Yes in my Meet of Dreams
 I'm finally on the winning team.

My other favorite song is somewhat less charitable. I hope none of my sister or brother Masters swimmers is offended. Remember - if you can't take a joke, get out of my pool.

continued on page 7

Open Water '97

by Dan Gray

Plans are already underway for next years open water events. There are two key elements to hosting successful open water events: early advance notice and having the event near the same calendar date on a yearly basis. These two elements allow for swimmers to plan their summers well in advance. OMS will try to have the open water events published very early in the calendar year

Steve Johnson and the Eugene Club is happy to announce their participation in hosting a new open water event to be held in the Cottage Grove area. Dates and type of event will be published in the Aqua-Master soon into the new year.

The Southern Oregon Lake Swim will once again be held in July. There will be an open water swim in the Bend area in early August. Portland Parks Masters is interested in hosting a open water swim up north again at Roslyn Lake—more to follow.

So it seems that there are clubs willing to explore the open water possibilities, there is room for more open water events. It is always good to have a variety of events that offer different course designs to increase the challenge to the swimmers. There also needs to be a loooooong distance event, something in the 5 mile category. Believe me, there are folks out there looking for this event.

Anyone having questions, please call. Anyone having suggestions, please write them down and mail them to me.

HELP WANTED

Oregon Masters Swimming is seeking computer literate individuals to operate it's HyTek® meet management program at swim meets.

THIS IS A PAID POSITION !!

For more information, please contact Tim Waud at 503-655-7131.

HEY THERE.....

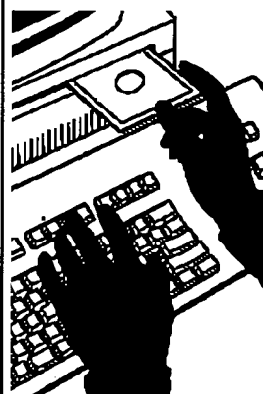
IT'S YOUR NEWSLETTER!

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



'ol Barn, continued from page 4

would have struggled, she was the guiding light and glue, that held it all together, and pushed on for bigger and better things. From a start of maybe 15 people, she built it to where by the time she died of cancer, in 1986, there were over 500 members. The May meet was followed by the first Long Course meet, under Karl's guidance and with a big assist from Don Jacklin, they swam at David Douglas High School on July 2nd in 1972. Donlan Jones made his first appearance, swimming a 37. 2 for the 50m Back. This meet was followed by a SCY meet at Tualatin Hills. Steve Engel, later to become PNA's first chair, made his debut. Dick Slawson swam for the first time in Masters at Tualatin Hills, won the Men's 50 yd Free in 27. 4. The final meet of 1972, our fledgling year, was staged at Reynolds High, December 31, 1972. Alice Zabudsky, then 25-29, swam the 100 IM in 1:31. 29. How in the world could they get excited about a swimming meet on New Year's Eve?

1973 - Opened with a meet at the MAC on March 24. Among the participants were : Don Schollander (26) swimming the 200 Free in 1:57.4, Mike Burton (25) swam the 1650 in 19:31.8. Steve Engel and Karl Von Tagen went at it in the 500, with Steve touching first in 5:57.2 vs Karl at 5:57.5, both were 29 then. Skip Roggenbuhl (39) and Jim Bigler (37) tied in the 100 Free at 1:03.7. Fred Sprenger (41) managed the 1650 in 25:02.2, Tom Foley (PNA) (38), handled the backstroke and 100 IM. Joyce Bahler (42) from the MAC, travelled the 200 Brst in 4:07.8. Maxine Carlson (PNA-53) did the 200 Breast in 4:16. 2. Hazel Bressie (64-MAC) made her first appearance in the 50 Free, Back and Breast at 1:37.1, 1:40.5 and 2:16.8.

Some journeyed to Auburn, WA for a SCY meet on March 31 and April 1. Jim Bigler, Alice Zabudsky and Skip Roggenbuhl. Alice at 28, gave us a 33.6 for the 50 Fly, while Skip at 39, won the 100 IM in 1:15.0. Jim at 37, was not to be outdone, swimming the 100 Free in 1:03.6. We followed with a get together at Tualatin Hills on May 6th. Steve Johnson (25) from Eugene, made his debut in Masters, with the 200 Free in 1:57.4 Rod Harmon, from Beaverton (46) handled the 100 Breast in 1:24.0. Max Strauss (63), out of Junction City, churned the 100 Breast in 1:44.0. Jon Stout (26) swam the 100

Back in 1:05.6. Emanuel Sang (42) completed the 50 Breast in 46.2. Mike Merrill (25) from Eugene, gave us a 1650 in 19:09.8. Jerry Little (37) of Milwaukie swam the 200 Beast in 2:48.9. Rudy Schaffter (63) from Vancouver, WA handled the 100 Free in 1:32.3. Glenna MacKensie (47) of Hillsboro, paddled the 200 Free in 3:54.6. Gloria Hicks (49) of TH, gave us a 52.1 for the 50 Breast. Carol Lomax (39) from Lake Oswego, came in with a 1:24.2 for the 100 Free. Roz Davis (26) Clatskanie, negotiated the 50 Back in 38.3 plus Joyce Wymetalek (32) at 1:03.0 and Roxie Patterson from TH did the 50 Back in 43.5. Tualatin Hills hosted the last meet of 1973 on September 23rd. Teddy Gill (42) had a 200 Free in 3:33.0. Alan Jones, of Marine Corps fame, (26) swam the 1650 in 29:46.3. Ron Bohlman (30) swam the 100 IM in 1:02.2. Ken Zell, (yes, Z-Man's older brother) gave us a 200 Free in 2:28.2 and 200 Back in 2:44.0. Paula Boer (25-34) won the 50 Breast at 46.9. George Burgess (42) swam the 50 Breast in 38.7. Carolyn Krugel (25-29) turned in a 1:46.9 for the 100 IM. Relays : 25 and Up-Men (Replogle, Boer, Zell and Duffy) a 2:31.0 for the 200 Free. Ladies Medley-200-25 and Up (Zabudsky, Hoopes, Krugel, Andrus) in at 2:43.3. As you can see, some of these people, in those early days were very serious about this sport. Also please bear with me, as I am not sure of some spelling, and can only take what is printed in the results. I must at this time, call attention to the wordage of the times, (Relays-"Ladies"), how come we did not say "Gentlemen" ? Oh Well. . . In the next rendering, we will get you up to speed on 1974, etc. Most important, if anyone has more historical information re Oregon Masters, please get you contribution to Ol Barn (Earl Walter) THANKS!

TRIVIA TIME

Dave Bernstein, a former Sunday School teacher and a member of the Mt. Hood Masters sent in this tidbit. The only mention of a swimming stroke in the Bible is in Isaiah 25:11, "As he that swimmeth spreadth forth his hands to swim." Or as Robin might have said, "Holy Strokes, Batman, look at that guy with the beard do the Breast!"

swim tunes continued from page 4

A Triathlete's LAMENT
(to the tune of Don't Fence me in)

Give me a lane, an empty lane,
with the sunny sky above
Just Let Me Swim
No yahoos with snorkels; no sprinters with fins
Just Let Me Swim

I know stroke work is good for the heart
And I probably don't have the best jump start
But flip turns don't make lake waters part
Just Let Me Swim

While yet another kick set does sound fun
Remember when my pool workout is done
I still have twelve miles to run
Just Let Me Swim

If you're really only here to stand and talk
Might I suggest you take a walk
I'm sure there's a Starbucks on the next block
Just Let Me Swim

Later verses become increasing more hostile and ribald, so I'll stop here. I hope I've been able to lend an insight and/or share a smile. In any case keep your suit wet, keep your goggles clear, and most importantly - keep out of my way.

(signed) Leo Carazon

Editor's comment: Dan Gray, the new Open Water Chairman, has a lot of exciting and new ideas for Open Water swimming in 1997. So Leo it looks like you'll be able to swim and sing and never flip in '97.

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For more information, please contact
Tim Waud at 503-655-7131.

OPEN WATER '96

BY DAN GRAY

So you thought '96 was a dry year regarding open water swims. Perhaps in Oregon the number of swims were limited, but head to the freeway to find the wide variety of swims available.

Alcatraz for Memorial Day; 60 degrees with very strong currents due to heavy spring runoff. Early June for Lake Berryessa, sponsored by Davis Aquatics, with 700 participants between the 1 and 2 mile swim in 70 degree water. A new addition was the 500yd swim for those under 10 yrs. Late June in Nottingham England for the Three Mile Swim, 66 degree water, 30 knot winds against you during the last 2000 yards.

July brought the pleasant 72 degree water of Squaw Lake. August had Skada Lake Swim in Penticton, B.C. with 7.38 miles in 74 degree water. The 30 knot winds made your first 4.5 miles into the choppy water seem a bit long. Wet suits are encouraged for this event. Early September there is the Whiskeytown Swim, with a 1 and 2 mile event. It had 71 degree water, a complex course and 200 swimmers. Thanks to John Zell and Portland Parks Masters, the swim at Roslyn Lake went off well. The water was 63 degrees and had lots of wetsuits.

So there are swims out there, you may have to travel a bit. However these swims, I would recommend any or all of them. Open water enthusiasts grow with each challenge they encounter.

A number of these swims are open to Age Group swimmers and Masters. If you have a child that at least bit interested you should let them persue these challenges. It will open their eyes.

**Oregon Masters Swimming, Inc.
Minutes of Board of Directors meeting
October 16, 1996**

Call to order: 7:00 pm

Attendees: John Zell, David Radcliff, Phil King, Chris Perret, Sandi Rousseau, Eric Guest, Larry Snead, Suzanne Rague, Tim Waud, Mike Popovich, Eve McDermott, and Ginger Pierson.

Secretary's report: Sharon Stuart on leave. M.S.C. approved September minutes as submitted.

Vice Chair's report: Tim Waud. Dec. 15th SCM meet in Oregon City. Discussed filling holes in our schedule.

Treasurers report: Roy Abramowitz not present, no report.

Committee reports

Host/Social: Jayne Chastain-Arvidson not present, no report.

Registration: Steve Harger not present, no report.

Membership: Phil King. Still working on for the OMS brochure.

Officials: Larry Snead. He does not think the idea of him sending "Thank You" cards to officials following meets is appropriate. Any thank you should come from OMS officers when the Board thinks it necessary. He feels our schedule should be printed in Oregon Swimming newsletter.

AquaMaster: John Zell. October issue at printer.

Top Ten / Data Manager: Suzanne Rague. Have new version of HyTek program.

Coaches: Chris Perret. Viewed status of November clinic.

Fitness: Teri Hendryx not present, no report.

Historian / Records: Earl Walter not present, no report.

Awards / Souvenirs: Jayne Chastain-Arvidson not present, no report.

Safety: Sandi Rousseau. Discussed laminating marshalling guidelines and new T-Shirts.

Past Chair: David Cobb not present, no report.

Ad Hoc Sunshine: Luella Petersen not present, no report.

Open Water: Dan Gray not present. He is excited about his new position.

OLD Business: *Nike World Masters Games.* Eve and Sandi reviewed proposals to and from the World Games Organizing Committee. Sandi reviewed the W.G. committee descriptions and the need to begin to staff these groups.

NEW Business: None

Meeting adjourned at 9:00 pm

Respectfully submitted by John Zell

OREGON RECORDS — SHORT COURSE YARDS AS OF 08-31-96															
WOMEN	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	90-94 95 +
50 YD. FREE	25.90	25.36	24.29	24.66	27.98	29.49	29.45	31.63	32.02	32.25	34.34	47.02	55.81	55.73	
100 YD. FREE	57.03	55.42	52.87	54.32	1:02.96	1:05.61	1:06.41	1:07.46	1:08.08	1:12.42	1:16.87	1:47.67	2:06.27	2:07.96	
200 YD. FREE	2:00.47	1:58.49	1:57.24	2:01.24	2:13.93	2:20.47	2:22.04	2:22.66	2:25.85	2:42.72	2:50.05	4:06.39	4:09.33	4:59.90	
500 YD. FREE	5:31.29	5:20.23	5:11.86	5:36.90	5:59.05	6:14.31	6:11.76	6:09.83	6:22.62	7:20.64	7:42.57	10:51.60	11:17.24	14:17.68	
1000 YD. FREE	11:00.74	11:32.30	10:59.15	11:20.41	12:18.91	12:56.20	12:44.88	12:45.02	13:12.73	15:10.10	15:53.86	27:53.91	31:09.69	32:19.92	
1650 YD. FREE	19:21.02	18:23.89	18:13.89	18:51.76	20:35.07	21:45.28	21:32.25	21:22.63	22:13.13	25:01.98	26:21.16	43:08.81	41:44.60	58:16.43	
50 YD. BACK	28.70	29.56	29.60	29.92	33.26	34.26	34.81	38.67	38.89	44.16	47.40	58.12	1:04.40	1:26.51	
100 YD. BACK	1:00.87	1:02.15	1:03.85	1:09.88	1:13.11	1:14.22	1:14.33	1:21.13	1:21.86	1:36.94	1:43.93	2:10.52	2:05.80	3:11.88	
200 YD. BACK	2:10.93	2:15.35	2:18.62	2:24.97	2:37.94	2:41.54	2:44.36	2:48.92	2:51.80	3:28.18	3:28.98	5:38.14	4:47.70	6:23.92	
50 YD. BRST	33.82	33.07	34.41	33.16	33.31	34.68	35.06	41.68	43.05	52.07	52.85	1:09.85	1:16.86	1:20.75	
100 YD. BRST	1:14.00	1:14.31	1:13.78	1:12.38	1:12.49	1:14.11	1:15.73	1:31.45	1:31.70	1:51.01	1:58.81	2:46.61	3:01.65	3:39.95	
200 YD. BRST	2:35.79	2:40.59	2:37.95	2:37.73	2:38.86	2:43.13	2:45.26	3:06.83	3:11.78	3:54.76	4:18.99	5:47.85	6:27.95	8:14.13	
50 YD. FLY	28.20	27.10	27.52	29.61	30.09	30.64	32.08	41.33	39.05	42.75	48.78	1:18.65	1:24.01	2:07.17	
100 YD. FLY	1:01.92	1:03.21	1:01.39	1:07.70	1:09.41	1:13.81	1:14.35	1:35.09	1:46.97	2:05.71	2:47.20	3:04.48	2:53.90	6:06.57	
200 YD. FLY	2:14.81	2:21.95	2:28.81	2:32.30	2:40.19	2:39.81	2:42.74	3:52.21	3:58.07	4:41.91	6:05.45	6:54.70	7:18.45	12:24.17	
100 YD. I.M.	1:05.77	1:02.81	1:04.45	1:04.53	1:09.18	1:10.78	1:11.63	1:20.41	1:22.88	1:33.92	1:44.15	2:26.33	2:32.47	3:02.37	
200 YD. I.M.	2:20.98	2:23.52	2:20.30	2:29.74	2:34.87	2:35.80	2:41.64	2:52.18	3:14.94	3:32.72	3:46.20	5:28.59	5:17.52	9:30.04	
400 YD. I.M.	5:04.42	5:11.51	5:13.28	4:59.82	5:34.40	5:33.00	5:50.03	5:55.35	6:46.40	7:41.48	11:26.37	12:29.62	13:31.72	17:13.92	
MEN	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	90-94 95 +
50 YD. FREE	22.19	22.09	22.24	22.50	22.55	22.52	22.84	26.12	26.48	27.96	29.01	29.40	36.04	46.08	
100 YD. FREE	45.90	48.50	49.18	50.34	51.58	51.96	53.96	59.65	59.45	1:06.08	1:04.44	1:08.15	1:29.35	1:56.94	2:06.77
200 YD. FREE	1:41.45	1:38.64	1:45.32	1:51.16	1:53.78	1:57.39	2:05.55	2:20.16	2:10.60	2:37.77	2:40.29	2:45.17	3:23.80	3:53.02	
500 YD. FREE	4:54.90	4:53.00	4:44.28	5:06.56	5:15.57	5:16.75	5:37.95	6:15.22	6:06.86	7:18.69	7:14.66	8:32.32	8:58.57	10:20.15	
1000 YD. FREE	10:15.36	10:18.61	9:50.15	10:39.09	11:00.55	10:56.73	11:18.04	12:47.45	12:37.75	15:32.15	15:27.71	18:05.97	18:42.63	40:51.54	
1650 YD. FREE	18:46.14	17:09.00	17:43.67	18:02.75	18:17.41	18:07.61	18:36.67	22:26.16	22:14.20	25:40.91	26:01.87	29:49.57	31:19.59	62:35.62	
50 YD. BACK	24.19	25.67	26.25	25.97	25.93	25.65	26.24	32.37	31.95	34.48	36.23	39.36	44.18	55.34	
100 YD. BACK	51.35	56.01	55.76	56.84	57.86	56.14	59.21	1:11.21	1:11.04	1:14.50	1:20.95	1:23.36	1:39.79	2:03.23	
200 YD. BACK	1:50.28	1:48.47	2:08.29	2:00.89	2:14.10	2:18.37	2:19.06	2:41.68	2:42.23	2:49.84	3:04.07	3:12.20	3:35.47	4:24.65	
50 YD. BRST	29.43	28.06	27.80	28.38	29.96	29.42	30.08	33.91	34.31	35.89	38.16	45.34	52.51	1:03.23	
100 YD. BRST	1:03.26	1:00.46	1:01.43	1:02.77	1:05.68	1:04.21	1:09.11	1:17.93	1:17.82	1:24.02	1:29.81	1:32.24	2:07.27	3:01.75	
200 YD. BRST	2:21.90	2:18.12	2:20.80	2:19.57	2:19.08	2:26.25	2:30.21	2:51.80	2:54.82	3:07.29	3:24.65	4:22.27	4:50.49	6:59.01	
50 YD. FLY	24.94	23.36	24.51	24.28	25.35	25.29	25.74	27.11	31.60	32.58	32.18	33.83	50.02	1:08.73	
100 YD. FLY	56.11	52.63	53.56	55.56	57.97	58.72	1:02.54	1:03.98	1:17.61	1:21.20	1:21.73	1:23.77	2:16.92	2:32.32	
200 YD. FLY	2:00.27	1:55.61	1:58.86	2:04.86	2:13.85	2:24.21	2:45.78	2:44.55	3:04.23	3:12.75	3:18.07	3:29.52	4:55.56		
100 YD. I.M.	56.75	56.04	57.16	56.46	56.72	56.23	58.44	1:07.34	1:11.16	1:17.56	1:16.63	1:22.43	1:43.23	2:08.36	
200 YD. I.M.	2:07.34	2:00.03	2:04.18	2:06.56	2:12.37	2:15.48	2:16.56	2:33.45	2:45.01	2:55.71	3:04.38	3:13.43	3:48.22	4:48.08	
400 YD. I.M.	4:04.34	4:17.15	4:15.73	4:35.77	4:47.96	4:47.29	5:14.99	5:50.19	6:02.87	6:24.17	6:45.42	10:28.32	8:27.54	9:47.85	

RELAYS	WOMEN					MEN					MIXED				
	200 YD.	200 YD.	400 YD.	400 YD.	800 YD.	200 YD.	200 YD.	400 YD.	400 YD.	800 YD.	200 YD.	200 YD.	400 YD.	400 YD.	800 YD.
	FREE	MEDLEY	FREE	MEDLEY	FREE	FREE	MEDLEY	FREE	MEDLEY	FREE	FREE	MEDLEY	FREE	MEDLEY	FREE
19 +	1:49.98	2:04.97				1:27.86	1:44.45		4:22.70		1:42.20	1:53.26			
25 +	1:45.51	2:01.23				1:30.90	1:43.09	3:32.73	4:14.21	7:59.18	1:35.88	1:49.71			7:57.17
35 +	1:54.01	2:03.66				1:35.80	1:44.57	3:57.07	4:20.54	8:38.41	1:42.58	1:50.69			
45 +	2:06.53	2:23.12	4:53.81	5:34.33		1:42.07	1:50.76	3:35.57		8:01.37	1:49.08	2:00.40	4:27.87	5:01.23	
55 +	3:39.03	4:11.69				1:59.75	2:18.69			10:32.66	2:06.80	2:26.00			
65 +	4:00.34					2:01.43	2:17.76	4:44.39	5:31.68	11:47.75	2:53.54	2:37.64			
75 +															
85 +															

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 377-01

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

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Eugene Masters Meet

DATE: SATURDAY January 4, 1997

Place: ECHO HOLLOW POOL

1655 Echo Hollow Road (West Eugene)

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Eugene Masters Meet Director: Lynda Christiansen 541-687-8379 (h)

DIRECTIONS TO POOL: From I-5 north or south take the Beltline freeway exit and head west into Eugene. The Beltline freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger heading east until you come to Echo Hollow road. Turn right and pool will be on your left.

**WARM-UPS: 9:00 A.M.
MEET STARTS: 10:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN December 21, 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 _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB(OREG, MACO, PNA, IEM, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 500 Free, 1000 Free, and 1650 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____._____

400 I.M. (2) _____:_____._____

BREAK BREAK BREAK

FREE RLY (3-4) XXXXXXXXXXXXXXXX

100 BACK (5) _____:_____._____

200 FREE (6) _____:_____._____

50 FLY (7) _____:_____._____

200 BREAST (8) _____:_____._____

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

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BACK (11) _____:_____._____

50 FREE (12) _____:_____._____

100 FLY (13) _____:_____._____

50 BREAST (14) _____:_____._____

MED RLY (15-16) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (17) _____:_____._____

100 FREE (18) _____:_____._____

200 FLY (19) _____:_____._____

100 BREAST (20) _____:_____._____

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

MXD MD RLY (22) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

1000 FREE (23) _____:_____._____

---- OR ----

1650 FREE (24) _____:_____._____

(You may enter the 1000 or 1650, but not both)

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

SIGNATURE _____ DATE _____

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

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

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

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 1997 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
Forest Grove / F.G. Dragon Masters		Chandra Haislet	359-3238
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	(360)546-0079

Tualatin Hills Pentathlon

"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year."

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 377-02

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

Unregistered swimmers must submit a 1997 registration form and fee with this form.

TUALATIN HILLS PENTATHLON

DATE: January 18th, 1997

Place: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas

Meet Director: Michelle Brown-Reichelderfer 503- 848-9847 home

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

**WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN: January 4th, 1997

**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 _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OMS, PNA, IEA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+

EVENT

TIME *

50 -- FLY

1) _____:_____._____

* Enter best time or
estimated time.

50 -- BACK

2) _____:_____._____

50 -- BREAST

3) _____:_____._____

50 -- FREE

4) _____:_____._____

Please do not enter "N.T."
("N.T." = No Time)

100 -- I.M.

5) _____:_____._____

*Please enter your best time or estimated times. Entering "sandbagged" times to get added
rest time between events or calm water is discouraged. Please be fair to all....Thanks*

Rules: A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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 _____

MEET ENTRY FEE: \$10.00 Send form(s) & fee(s) payable to: **OREGON MASTERS SWIMMING**
c/o SUZANNE RAGUE 935 N.W. 170th Place BEAVERTON, OREGON 97006

**PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIP MEET
FEBRUARY 14-16, 1997**

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world and will be the site of the 1997 USMS Short Course National Championship. The competition pool has two courses, each with eight nine foot wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

DIRECTIONS:

- a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. Go west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1st AVE S). The pool is on your right about 1/2 mile past 1st AVE S.
- b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES **MUST** BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY JANUARY 31ST, 1997. ALL SWIMMERS **MUST** HAVE A VALID 1997 USMS REGISTRATION PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31, 1997 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1997 USMS REGISTERED SWIMMERS 19 AND OVER AS OF FEBRUARY 16, 1997.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

MEET DIRECTORS: JANE & HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Friday, Feb. 14th: WARM-UPS: 5:00 to 5:50 PM; EVENTS 6:00 PM
Saturday, Feb. 15th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM
Sunday, Feb. 16th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM.

FRIDAY FEBRUARY 14th

- 1 400 IM
- 2 1650 FREE (check-in 6 PM)

SATURDAY FEBRUARY 15TH

- 3 50 Breast
- 4 100 Fly
- 5 200 Free
- 6 200 Medley Relay (check-in 9 AM)
- 7 100 Breast
- 8 200 Back
- 9 50 Fly
- 10 100 IM
- 11 200 Mixed Free Relay
(check-in 12 noon)
- 12 500 Free (check-in 12 noon)

SUNDAY FEBRUARY 16TH

- 13 100 Back
- 14 50 Free
- 15 200 Breast
- 16 200 Free Relay (check-in 9 AM)
- 17 50 Back
- 18 200 Fly
- 19 100 Free
- 20 200 IM
- 21 200 Mixed Medley Relay
(check-in 12 noon)
- 22 1000 Free (check-in 12 noon)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

PNA INDIVIDUAL AWARDS WILL BE AVAILABLE. TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO JANUARY 31ST, 1997 TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.

PACIFIC NORTHWEST SHORT COURSE CHAMPIONSHIP

FEBRUARY 14-16, 1997

**Hosted and Sanctioned by Pacific Northwest Association for USMS, INC.
(SANCTION # 973604)**

NAME _____ M F AGE as of 2/16/96 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____ PNA TEAM _____
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 +

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) - plus relays.

<u>Event #</u>	<u>EVENT</u>	<u>ESTIMATED TIME</u>
----------------	--------------	-----------------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

SURCHARGE:

\$9.00

Individual events @ \$1 each (no charge for relays)

T-shirts: size(s) () M () L () XL @ \$10.00 each. Extra T-shirts will NOT be available at the meet.

TOTAL

CHECKLIST

Checks payable to PNA

Mail to: Jane & Hugh Moore

Phone (206)925-0803 before 9 PM

1867 58th ST NE

Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. PNA MEMBERS SHOULD ALSO VERIFY THAT THE CORRECT TEAM NAME IS ENTERED (ASK YOUR COACH OR TEAM REP)! ENTRIES **MUST** BE POSTMARKED BY JANUARY 31, 1997. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31ST ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. **LIABILITY RELEASE MUST BE SIGNED!**

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

SIGNED _____

DATE _____

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)

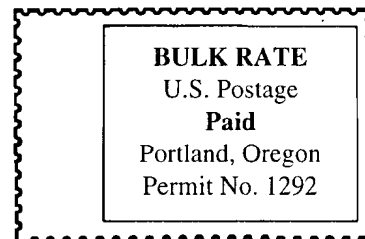
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or 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

This is your last paid issue for '96
1997 Registration form enclosed



376-00063

DAVID A RADCLIFF
5832 S.E. WOLL POND WAY
HILLSBORO, OR 97123

Please advise the registrar of address changes

In this issue: "A Few Became A Very Many", Swim Tunes,
"The Workout", Open Water '96 & '97, Chair's Corner, & 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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