

Aqua-Master

Volume 24, Number 3 March, 1997



the WORKOUT

The workout for this month is reprinted from the Masters Coaches Manual and is reprinted with permission of Michael Collins, Chair of the USMS Coaches Committee. (This workout was designed by Jim Miller of the Virginia Masters)

Warm up:

300 free easy , swim 25, kick 25
4 x 50 on :60 - easy perfect stroke
300 non-free, swim 25, drill 25
4 x 50 non- free on 1:10 - easy stroke

Main set:

3 x 100 free on 1:30, steady even pace
3 x 75 IM on 1:15 (fly, back, breast)
3 x 100 free on 1:25, steady even pace
3 x 75 non-free on 1:15

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THE CHAIR'S CORNER

by Eric Guest

Welcome aboard SIMONE LA PAY and DONNA RYAN who have agreed to chair the coaches and awards committees respectively. We are fortunate to have people with their background and experience on our team. Simone has already arranged a clinic 2/23 (Portland Parks) and I hope she is supported with a good attendance. Donna is busy doing the inventory of awards and souvenirs and also ordering the awards in preparation for the Association (State Meet) in Ashland on April 4, 5, and 6.

The FEBRUARY FITNESS CHALLENGE 1997 is over and congratulations to all who took the challenge. Hope you were able to put in the yards/miles you planned. I am certain you are healthier for your efforts. Stepping stones to the NATIONALS in Seattle are scheduled BEND (8 - 9 March) (I'm sorry, I just received word that the Bend Meet

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O' Barnacle

by Earl Walter

1997 Pentathlon

70 swimmers answered meet director Michelle Brown-Reichelderfer's siren song, and with the assistance of some very fine officials; Ref-Bob Godley, Starters-Helen Brown and Paul Smith, Stroke and Turn-Jayne Arvidson, Dana Erickson, Marcy Goulet and Glenn Olsen with Electronic Timing under the eye of Ken Hillen, those 70 paddlers did a bang up job. Two meet records were eclipsed. In women 50-54 overall, was Nancy Brooks at 3:48.75, GINGER PIERSON put up a total of 3:24.98 for a new mark there, and RON

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Calendar and Meet Schedule 1997-1998

Date	Event	Location
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 7-8	SCM	Bend, OR Juniper Aquatic Center
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
July 19	Open Water	So. Oregon Lake Swims 5 mile swim at Applegate Lake
July 20	Open Water	So. Oregon Lake Swims 1 and 2 mile swim at Squaw Lake
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships
May 1998	SCY	Indianapolis, IN USMS National S.C. Championships
Aug 1998	LCM	Fort Lauderdale, 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.

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.

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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ol' Barn' continued from page 1

NAKATA, who swam to a new record in 1996 at 3:18.19, decided that was not fast enough, so turned in 3:17.40, the new standard for Men 55-59. Some close ones need to be acknowledged; Suzanne Cooper (45-49) came O' so close; 3:23.84 vs 3:23.80, that is close! Helena Hoffman posted a 8:35.70 vs her own mark of 8:33.00, and our Canadian import, now residing in Eugene, Richard Weick, swam to a 3:18.89, vs the record of 3:17.94, less than a second away. Let's not forget Phil King's overall of 2:42.91, which just missed Abreastamowitz' 2:42.29 from '86. OB is going to digress with a bit of history here...we had one of our old records broken in the Mens 19-24 (50 Free-22.19). This was set by Dareld Artman in 1985, swimming out of St Helens. Who was Dareld Artman? Dareld was raised in Columbia City, OR, and attended school in St Helens. Graduated from Bemidji State University in Minnesota. He then went to work for the Chehalem Recreation Center in Newberg, working for Jim McMaster. In 1985 he accepted a teaching position in Guam. It was in Guam that Dareld was diagnosed with cancer, he returned home in February of '87 and died in July of that year, at the age of 25. A most outstanding swimmer from early childhood on, his nickname "The Rabbit". In 1979 he qualified for State Champs, in 1980 led the St Helens Boys team to the State Championships, 1982 Bud Lights US Triathlon series, he had the 12th fastest time of 450 swimmers. He was an NAIA All American in 1983. In 1984 had the 3rd fastest time out of 650 for the Bud Light USTS. Dareld dreamed of competing in the '88 Olympics. The Artman Distance Crunch Invitational, is swum each year in St Helens, as a teacher and coach he was admired and loved by those whos lives he touched. A swimmer and a man who is missed.

Back to the Pentathlon:

Women 25-29 : Michelle Reichelderfer posted a notable 50 free in 30.95 (TT starts at 29.46), she was the winner with 3:17.34, followed by Linda Sharer, 3:34.15 then Eugster (3:43.77) and Kilbourn (3:48.72)

Women 30-34 : Ellen Ferguson led the way at 3:14.46 (turned an excellent 50 Breast 34.78(OR 34.41), followed by Toni Hecksel 3:15.12, Michelle Morrell 3:17.08 and Tammy Ryan at 3:18.24.

Women 35-39 : Kerri Culbertson won at 3:25.93 with Anne O'Connell DQ'd in the 50 Breast and Christina Fox getting second place.

Women 40-44 : Teri Hendryx of MAC, had this all to herself, turning in an overall time of 3:31.11.

Women 45-49 : SUZANNE COOPER was the winner here, with a sparkling 3:23.84, also set a new OR for the 50 Back in 33.44, was Frid from '87. The ZR Suzanne is 32.91, go for it ! JEANNE TEISHER swimming in only 3 events, posted a new OR for the 50 Free at 28.47, the ZR is 27.28, OR was Cooper, who also broke her old mark. OB comment: All 5 events were won in TT times (5th, 3rd, 4th, 5th and 4th!

Women 50-54 : GINGER PIERSON, set a new overall record as mentioned earlier. OB wants you to consider, QUALITY: 29.74 vs 29.45, 34.98 vs 34.81, 35.49 vs 35.06, 32.35 vs 32.08 and 1:12.42 vs 1:11.63. The second time listed for each event, is Gingers record, on a TT scale we go 8, 3, 1, 7 and 2.

Women 55-59 : Johanna Cummings did a solo here with a final total of 5:12.87-Welcome to OMS Johanna.

Women 65-69 : Betsy Austen had this group all to herself, however DQ'd the IM, so had no overall score.

Women 80-84 : Helena Hoffman swam well and came close to her overall record, with her last 3 events qualifying for TT consideration at # 8.

Men 19-24 : A big OMS welcome to MATT SHORT who set 2 ORs : 50 Free 21.83 old was Artman '85 (TT7), 50 Fly 24.49 was Wickman '90, ZR's are 21.14 and 23.38. Matt Boles won the overall in 2:46.66.

Men 25-29 : Bill Zolna outswam Joe Wilkins 2:42.14 vs 2:47.81. Look at them in the 50 Free, also note Zolna's IM 56.85 vs OR 56.04, and let's have a big OMS HELLO for Joe Wilkins.

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the Workout' continued from page 1

3 x 100 free on 1:20, hold even pace
3 x 75 drill IM on 1:30 to 1:45
3 x 100 free on 1:45, faster pace than above
with more rest.

Warm down:

300 easy, alternate 50 free and 50 non-free

This work out totals 3175 yards. Note: The time intervals for the main set can be adjusted depending on your swimming ability.

“SWIMMING TID BITS”

Work Out Terms

from The Masters Coaches Manual

Active Rest: Easy swimming in between fast swims in order to assist recovery and the clearance of lactic acid in the blood. Example: 8 x 50 on 1:00 (50 fast, 50 easy)

Broken Swims: Taking a designated amount of time (usually 5, 10, or 20 seconds) in between certain portions of the swim. The goal is usually to work on pacing or speed. Example: 3 x 100 on 2:00 (broken 10 seconds at the 50, trying to negative split)

Negative Split: The second half of the swim is faster than the first half.

Descending Swims within a Set: Increasing the speed of each swim within the set. Example: 4 x 100 on 2:00 - first 100 - time was 1:30
second 100 - time was 1:27
third 100 - time was 1:25
fourth 100 - time was 1:22

Descending Sets: Decreasing the amount of rest for each set of swims. Example: 4 x 50 on 1:00
4 x 50 on :55
4 x 50 on :50
4 x 50 on :45

The CHAIRS CORNER continued from page 1

was cancelled), MT. HOOD 15-16 March) and ASHLAND (4-6 April), not to mention BOISE (25-27 April, Short Course Zones) and meets scheduled by our neighbors up North. If you hit them all you will be well prepared to take on the Nationals. All the teams should not overlook the ASSOCIATION CHAMPIONSHIPS. Not only does Meet Director JUNE MATHER promise a good meet, but also a PASTA FEED. Annual awards will be presented to well deserved individuals. Plans for the NIKE WORLD MASTERS GAMES continue and volunteers are requested to contact SANDI ROUSSEAU and let her know what you would like to do. In closing, I wish you good health and luck. See you in the water.

OPEN WATER NEWS

by Dan Gray

The new Oregon Open Water Handbook is in the mail to some interested and potential Lake Swim Directors. Pat Burch will direct the Southern Oregon Lake Swim this year while copies have also been sent to Steve Johnson from Eugene, Matt Mercer from Bend and John Zell \ Simone LaPay from Portland Parks. If ANYONE has entertained the thought of hosting an open water event, please feel free to request a copy of the new guidelines; give me a call in the early evenings.

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The American Swim Coaches Association (ASCA) will be running a 4 hour course entitled “ Master’s Coaching School” at the USMS National Short Course Championships in Federal Way. The class will be held from 1-5 at the Aquatic Center on Wednesday May 14, 1997. Signup information is in the Nationals registration packet. This is a good source of information for Masters coaches out there, and those swimmers who coach themselves.

"Open Water News" continued from page 4

Steve Johnson is STILL trying to come up with a date for the swim at Cottage Grove. Seems like his trip to Maui is making scheduling difficult. Decisions, decisions!

Plans are being made to change the course at Squaw Lake this July. Pat Burch wants to see if folks can manage a triangular course this year. Also there has been some damage to the campgrounds due to all the flooding in this region. The lake is in good shape but the camping may be different this year. I will be sure to update this news as soon as the word is in from the Forest Service.

I am formulating plans for a 5 mile swim on July 19th, at Applegate Lake in Jacksonville. Folks who are familiar with this area are aware that Applegate Lake is very pleasant to swim in and is located only eight miles from Squaw Lake. A 5 mile event may seem a bit much, however, there are folks who are interested so why not try such an event. The race will begin around 8 AM and you MUST have an escort craft with you. That is about all I can say for now.

Matt Mercer's two day, three event effort sounds intriguing. A 500 meter sprint, 1500 meter mid distance and the 3000 meter for the cruisers. Should be a fun time with the enthusiastic folks from Bend.

During a conversation with the Z-Man he felt as though an open water swim in August is in order. Perhaps Roslyn Lake will be warmer than in previous years. Looks like there will be lots of Open Water events for the '97.

Association Championships are right around the corner. Hope to see lots of folks who want to share ideas on Oregon Open Water Swimming. Remember though, ideas are the easy part; action takes your motivation.

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 3

Men 30-34 : Phil King and John Ritch went at it in every stroke, with Phil's 2:42.91 just in ahead of John's 2:45.28. Take a look : the 50 Free, 3 in at 23 plus, King missed OR in the 50 Back, 26.92 vs 26.25, gander at that 50 Breastst, close, then the 50 Fly, a 3 way jam vs OR of 24.51 (TT10-24.34) Finally King's 100 IM 57.48 vs OR of 57.16.

Men 35-39 : Phil Clark won this one in 2:49.27, with Steve Harger shading Dan Knauer for 2nd, 2:55.15 vs 2:55.62. Phil Clark and Dan Knauer went at it in the 50 Free, and Phil Clark's 50 Back 27.08, is close to TT of 26.16.

Men 40-44: Steve Mann showed the way in all 5 events, winning overall in 2:53.20, with Ron Cobb second in 3:09.25 and Ed Ramsey 3rd at 3:10.82. Mann's 50 Back is close to TT 27.09

Men 45-49 : Mike Pendleton, the Hood River Kid, had trouble in the 50 Free, but had enough in the last 3 events to pull out numero uno, 2:55.84 vs Gary Hafer at 2:58.41 and Doug Prentice's 2:59.81. Hafer and Prentice hot in the 50 Free TT is 23.74. Hafer also looked good for 50Back (27.95 vs TT of 27.90. Pendleton was after TT in the 50 Fly (26.58 vs 26.03) and 100 IM (1:02.65 vs 1:01.81)

Men 50-54 : Robert Smith and Jon Stout were tops here, with Smith's 2:50.77'h) winning over Stout's 2:58.84. Smith: 50 Free 24.15 compare TT 24.12, Rapid Robert showed us a Numero Uno in the 50 Back at 26.78-'96 was 27.03. Stout close to TT, 29.28 vs 29.25, Smith shot for a 4th TT in the 50 Breast. In the 50 Fly Smith gave us a #6, while Stout was 27.79 vs 27.16. Smith's 100 IM should show at TT5, while Stout is again close vs a 1:03.30

Men 55-59 : Ron Nakata lowered his overall time with a good fly (29.41 vs 29.03) and 100 IM(1:09.13 vs 1:08.61) Let's say HELLO to Jon Schieltz!

Men 60-64 : RICHARD WEICK gave us a new ZONE best for the 50 Fly - 30.60 vs Addelman's 30.74. Weick was close to OR in the 100 IM(1:12.00 vs 1:11.16), David Radcliff was close to OR in the

50 Free (26.64 vs 26.48) Weick turned TT 8-9-9-10-10 to win overall 3:18.89 vs Radcliff 3:27.93 and Slawson 3:30.92. Everyone was happy to see George Thayer, our coronary bounce back kid. George was happy to be with us, but most of his joy was noting newcomer Weick's swims, this gives this terrific trio a 4th, for maybe the best 240+ Relays in the country, if not the world!

Men 70-74 : Gil Young had a lonesome time of it all, but showed everyone that he is not too bad a sprinter after all.

Men 75-79 : Bob Morrison, Rupert Fixott and Khosrow Shadbeh went after the Gold, with Morrison coming through the winner. BOB MORRISON gave us a new OR for the 50 Breastst, was Holden, Bob's time looks to be a TT8, he is also close to the ZR of 42.04.

Men 80-84 : Allan DeLay swam only 3 events, but showed TT quality; 50 Free TT6, 50 Back TT10 and 100 IM TT7. It is noteworthy to mention that this was Allan's first IM, way to go! That's it for 1997's Pentathlon, a great meet with some outstanding swimming, and a trip down memory lane with Dareld Artman, with special thanks to Dareld's parents, Peggy and Dareld Sr. OB says, stay with it, see you all at Mt Hood, the middle of March, and most important, SCY NATIONALS at Federal Way in May!

Ol' Barn, recaps the Eugene Meet...

30 very fine swimmers answered Meet Director Linda Christiansen's siren call, and put on a great show, plus some very fine swims. Swimmer of the Meet - Without question, this honor goes to EVA MULLER, of Eugene, 84 years young, will be 85 in July. Eva swam in 5 events, won all five, and set 3 Zone Records plus an OMS best. Stroke by stroke: 100 Free: 1:57.30 (New Zone-old was 2:06.27, McKeon '95) 100 Breast-2:43.61 (New Zone-old was 3:01.65, Hoffman '96) 100 IM-2:20.47 (New Zone-old was 2:32.47, Muller, 94. Add a new OMS best for the 200 Back, was 4:47.70 was Muller '96.

ol'Barn continued on page 8

RELAYS RELAYS RELAYS RELAYS

TEAM OREGON in Federal Way

Are you planning to compete in the USMS National Short Course Championships in May at Federal Way? Swimming for Oregon? Wanna swim on some relays? Great!!

Our relays team wants to hear from you. Here's what you need to do.....

Fill out this form and send it in with your payment. We'll contact you in early May with more information.

Relay events and dates.....	Friday May 16	200 Mixed Medley Relay
		200 Freestyle Relay
	Sat. May 17	200 Mixed Freestyle Relay
	Sun. May 18	200 Medley Relay

Name _____ Phone _____
 Address _____ City _____ Zip _____
 Age as of May 18, 1997 _____

Days I'll be swimming: Thurs 5-15 _____ Fri 5-16 _____ Sat 5-17 _____ Sun 5-18 _____

Relays I would be available for Fri. 200 Mixed Medley _____ 200 Free Relay _____
 Sat. 200 Mixed Free _____ Sun. 200 Medley _____

My times for 50 yards are as follows:

50 Free _____ 50 Fly _____ 50 Back _____ 50 Breast _____

The cost is \$2.00 per relay. Please make your check payable to OMS.

Number of relays I would like to swim on _____ @ \$2.00 each = _____

There will be **ABSOLUTELY NO REFUNDS** for any reason. OMS has had too many refund nightmares from past relays at various Nationals. Thank you for understanding.

Mail this form and your check to: OMS PO Box 4856 Portland, OR 97208-4856

ol'Barn continued from page 6

For good measure Eva swam the 100 Back in 2:09.29. Based on 95-96 TT, Eva would have a 4-2-4-4-3, now look at what 97-98 could bring : 1-1-2-NR?-NR!. So let's pull hard for our Eva, way to go and hang in there!

Women 19-24 : Deborah Swain had this all to herself.

Women 30-34 : Michele Newton was all alone swimming good times all the way.

Women 35-39 : Kerri Culbertson looks like a "comer", her 1650 was only 3 secs off TT. Anne O'Connell had a fine meet.

Men 19-24 : R Van Andel, welcome to OMS ! A very fine meet, and look at that 400 IM, just 5 secs out of the TT.

Men 35-39 : Harger, Ruwitch and Allender split the honors here, with Allender turning in a fine 200 Breast and 100 Fly

Men 40-44 : Yeakel, Degiulio and Fryefield led the way with David Fryefield's 100 Fly and 200 IM probably most noteworthy.

Men 45-49 : Anderson, Martin and O'Neil made the 50 and 100 Free fun to watch. Steve Johnson's 500 Free, indicates that he knows that SCY Nationals are in May, and at FEDERAL WAY. OB has to raise his cap to Tom Anderson, Michael O'Neil and Charles Swanson for a "bangup" 1650 Free. Then take a look see at Mike O'Neil in the 50 Fly, and Steve Johnson in the 100 Fly.

Men 50-54 : Dan Gray, our Southern Oregon leader and great Open Water swimmer, made a clean sweep,

fore and aft, of his age group.

Men 55-59 : Chris Hiatt, don't know where he has been, but at 56, he is looking very sharp. He was about a sec off the record in the 50 back, and his 100 is very close to the record of 1:11.21, and 1 sec off the TT.

Men 60-64 : Richard Weick, just moved to Eugene from Canada, a very welcome addition to OMS. All of his times were close to TT caliber. Welcome Richard ! That's it for this time, thanks for paying attention, Mid May is not too far away, let's get the yardage up, and swim, swim, swim.

The Web Lane

by jzell@zephyr.net

Greetings cyborg swimmers! June Mather of Rogue Valley Masters in Ashland sent me our first installment of Web sites to check out.

Pacific Masters Swimming (N.Cal):
<http://www.hooked.net/users/swim/>

Swimmer's Guide Online:
<http://205.159.83.130:80/~SGOL/>

Yellow Pages of Swimming:
<http://www.tcd.net/~jj/swimlinux.html>

Dunwoody Masters in Atlanta
(great open water site):
<http://ourworld.compuserve.com/homepages/swim/homepage.html>

Please feel free to e-mail me your favorites to share with our members.

Saturday, January 4, 1997

Meet Results for Session 1 - Eugene SCY Meet, Jan. 4, 1997 - Yards

Ages 19 Through 24 ---				Ages 80 Through 84 ---				Mixed 100 Fly			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 100 Free				Mixed 100 Free				Ages 40 Through 44 ---			
1	DEBORAH SWAIN	23 OREG	1:12.68	1	EVA MULLER	84 OREG	1:57.30	PL	Name	Age Team	Finals
Mixed 1000 Free				Mixed 100 Back				Mixed 50 Free			
1	DEBORAH SWAIN	23 OREG	14:17.33	1	EVA MULLER	84 OREG	2:09.29	1	DAVID YEAKEL	43 OREG	25.53
Ages 30 Through 34 ---				Mixed 200 Back				2	JULES DEGIULIO	44 OREG	26.16
PL	Name	Age Team	Finals	1	EVA MULLER	84 OREG	4:42.25	3	PAUL REILLY	44 OREG	33.08
Mixed 50 Free				Mixed 100 Breast				Mixed 100 Free			
1	MICHELE NEWTON	30 OREG	26.76	1	EVA MULLER	84 OREG	2:43.61	1	DAVID YEAKEL	43 OREG	55.80
Mixed 100 Free				Mixed 100 IM				2	MATTHEW DRIVER	43 OREG	1:07.90
1	MICHELE NEWTON	30 OREG	58.57	1	EVA MULLER	84 OREG	2:20.47	3	PAUL REILLY	44 OREG	1:15.71
Mixed 200 Free				Ages 19 Through 24 ---				Mixed 200 Free			
1	MICHELE NEWTON	30 OREG	2:10.60	PL	Name	Age Team	Finals	1	JULES DEGIULIO	44 OREG	2:16.41
Mixed 100 IM				Mixed 100 Free				Mixed 500 Free			
1	MICHELE NEWTON	30 OREG	1:12.07	1	R. VAN ANDEL	22 OREG	53.89	1	JULES DEGIULIO	44 OREG	6:16.59
Ages 35 Through 39 ---				Mixed 1650 Free				Mixed 100 Back			
PL	Name	Age Team	Finals	1	R. VAN ANDEL	22 OREG	19:41.54	1	MATTHEW DRIVER	43 OREG	1:23.76
Mixed 200 Free				Mixed 50 Fly				Mixed 50 Breast			
1	KERRI CULBERTSON	37 OREG	2:11.94	1	R. VAN ANDEL	22 OREG	26.09	1	JULES DEGIULIO	44 OREG	34.50
Mixed 500 Free				Mixed 100 Fly				2	MATTHEW DRIVER	43 OREG	40.30
1	KERRI CULBERTSON	37 OREG	5:52.35	1	R. VAN ANDEL	22 OREG	58.36	Mixed 100 Breast			
Mixed 1650 Free				Mixed 400 IM				1	JULES DEGIULIO	44 OREG	1:15.39
1	KERRI CULBERTSON	37 OREG	20:07.42	1	R. VAN ANDEL	22 OREG	4:43.83	Mixed 50 Fly			
Mixed 100 Back				Ages 35 Through 39 ---				1	DAVID FRYEFIELD	42 OREG	27.23
1	CHRISTINA FOX	36 OREG	1:28.12	PL	Name	Age Team	Finals	Mixed 100 Fly			
Mixed 200 Back				Mixed 50 Free				1	DAVID FRYEFIELD	42 OREG	1:01.74
1	CHRISTINA FOX	36 OREG	2:58.44	1	STEPHEN HARGER	37 OREG	25.12	Mixed 100 IM			
Mixed 100 Breast				2	JOSEPH RUWITCH	38 OREG	27.93	1	DAVID YEAKEL	43 OREG	1:03.88
1	ANNE O'CONNELL	36 OREG	1:20.73	Mixed 100 Free				2	MATTHEW DRIVER	43 OREG	1:18.10
2	CHRISTINA FOX	36 OREG	1:32.74	1	STEPHEN HARGER	37 OREG	56.08	3	PAUL REILLY	44 OREG	1:34.26
Mixed 50 Fly				2	JOSEPH RUWITCH	38 OREG	1:03.31	Mixed 200 IM			
1	ANNE O'CONNELL	36 OREG	33.88	Mixed 200 Free				1	DAVID FRYEFIELD	42 OREG	2:22.08
Mixed 100 Fly				1	JOSEPH RUWITCH	38 OREG	2:21.83	2	MATTHEW DRIVER	43 OREG	2:59.82
1	ANNE O'CONNELL	36 OREG	1:27.44	Mixed 500 Free				Ages 45 Through 49 ---			
Mixed 100 IM				1	STEPHEN HARGER	37 OREG	5:52.07	PL	Name	Age Team	Finals
1	ANNE O'CONNELL	36 OREG	1:15.37	2	JOSEPH RUWITCH	38 OREG	6:27.74	Mixed 50 Free			
2	CHRISTINA FOX	36 OREG	1:25.80	Mixed 50 Breast				1	TOM ANDERSEN	45 OREG	25.65
				1	STEPHEN HARGER	37 OREG	32.75	2	MICHAEL O'NEIL	46 OREG	25.98
				Mixed 200 Breast				3	TIM MCDANIEL	46 OREG	27.10
				1	PAT ALLENDER	38 OREG	2:25.88	4	ROBERT HUIZENGA	47 OREG	28.75
				Mixed 50 Fly				Mixed 100 Free			
				1	JOSEPH RUWITCH	38 OREG	37.09	1	TOM ANDERSEN	45 OREG	56.58
								2	WILLIAM MARTIN	48 OREG	56.80
								3	MICHAEL O'NEIL	46 OREG	56.94
								4	CHARLES SWANSON	45 OREG	1:03.81

Saturday, January 4, 1997

Meet Results for Session 1 - Eugene SCY Meet, Jan. 4, 1997 - Yards

Mixed 200 Free

1 TOM ANDERSEN 45 OREG 2:06.42
2 ROBERT MAESTRE 46 MACO 2:08.57

Mixed 500 Free

1 STEPHEN JOHNSON 48 OREG 5:23.81
2 ROBERT MAESTRE 46 MACO 5:58.34

Mixed 1650 Free

1 TOM ANDERSEN 45 OREG 20:30.72
2 MICHAEL O'NEIL 46 OREG 20:38.49
3 CHARLES SWANSON 45 OREG 21:30.94

Mixed 50 Back

1 ROBERT HUIZENGA 47 OREG 41.53

Mixed 100 Back

1 WILLIAM MARTIN 48 OREG 1:09.20

Mixed 200 Back

1 ROBERT MAESTRE 46 MACO 2:39.05

Mixed 50 Breast

1 CHARLES SWANSON 45 OREG 34.42
2 CHARLES OLMSTED 46 OREG 35.19
3 TIM MCDANIEL 46 OREG 38.38
4 ROBERT HUIZENGA 47 OREG 46.69

Mixed 100 Breast

1 CHARLES OLMSTED 46 OREG 1:17.08

Mixed 50 Fly

1 MICHAEL O'NEIL 46 OREG 27.15
2 CHARLES SWANSON 45 OREG 31.53
3 TIM MCDANIEL 46 OREG 32.08
4 ROBERT HUIZENGA 47 OREG 33.14

Mixed 100 Fly

1 STEPHEN JOHNSON 48 OREG 1:02.22

Mixed 100 IM

1 ROBERT MAESTRE 46 MACO 1:08.63
2 CHARLES OLMSTED 46 OREG 1:14.39
3 ROBERT HUIZENGA 47 OREG 1:22.62

=====

: --- Ages 55 Through 59 ---

: PL Name Age Team Finals

: -----

: Mixed 50 Free

: 1 CHRIS HIATT 56 OREG 28.02

: Mixed 50 Back

: 1 CHRIS HIATT 56 OREG 33.40

: Mixed 100 Back

: 1 CHRIS HIATT 56 OREG 1:11.86

: Mixed 100 IM

: 1 CHRIS HIATT 56 OREG 1:12.17

: =====

: --- Ages 60 Through 64 ---

: PL Name Age Team Finals

: -----

: Mixed 50 Free

: 1 RICHARD WEICK 62 OREG 27.64

: Mixed 100 Free

: 1 RICHARD WEICK 62 OREG 1:02.23

: Mixed 50 Fly

: 1 RICHARD WEICK 62 OREG 32.18

: Mixed 100 IM

: 1 RICHARD WEICK 62 OREG 1:14.21

:

If you have questions
or corrections to these
results, please call
Suzanne Rague, OMS Data
Manager, at (503) 531-
9051.

: --- Ages 50 Through 54 ---

: PL Name Age Team Finals

Mixed 50 Free

: 1 DAN GRAY 51 OREG 29.55

Mixed 200 Free

: 1 DAN GRAY 51 OREG 2:22.57

Mixed 500 Free

: 1 DAN GRAY 51 OREG 6:40.95

Mixed 1000 Free

: 1 DAN GRAY 51 OREG 13:56.74

Tualatin Hills Pentathlon Saturday, January 18, 1997

Pentathlon Score Through Event 5

T. HILLS PENTATHLON 01/18/97 01/18/97

Female

PL	Name	Age	Team	Free	Back	Breast	Fly	IM	TOTAL	Pts
1	FERGUSON, ELLEN	34	OREG	26.95	34.20	34.78	30.55	1:07.98	3:14.46	7
2	HECKSEL, TONI	30	OREG	26.60	32.70	38.29	29.64	1:07.89	3:15.12	5
3	MORRELL, MICHELLE	34	OREG	27.13	32.71	37.60	30.50	1:09.14	3:17.08	4
4	REICHELDERFER, MICHELLE	29	OREG	27.80	30.95	38.82	30.09	1:09.68	3:17.34	3
5	RYAN, TAMMY	32	OREG	29.16	32.36	36.69	30.47	1:09.56	3:18.24	2
6	COOPER, SUZANNE	47	OREG	29.40	33.44	36.92	30.87	1:13.21	3:23.84	1
7	PIERSON, GINGER	50	MACO	29.74	34.98	35.49	32.35	1:12.42	3:24.98	-
8	CULBERTSON, KERRI	37	OREG	28.12	32.98	40.52	33.16	1:11.15	3:25.93	-
9	HENDRYX, TERI	43	MACO	30.14	35.22	37.83	32.56	1:15.36	3:31.11	-
10	HOAGLAND, SARAH	34	OREG	29.17	36.49	41.67	32.20	1:14.25	3:33.78	-
11	SHARER, LINDA	27	OREG	29.05	37.24	39.93	32.23	1:15.70	3:34.15	-
12	EUGSTER, KATHLEEN	25	OREG	31.12	38.00	39.05	36.19	1:19.41	3:43.77	-
13	KAHL, PAM	33	OREG	29.55	37.49	40.96	37.26	1:18.78	3:44.04	-
14	KILBOURN, LAURIE	29	OREG	32.58	41.42	41.32	32.99	1:20.41	3:48.72	-
15	FOX, CHRISTINA	36	OREG	35.14	40.00	41.66	44.53	1:24.52	4:05.85	-
16	BEASTON, JUDY	45	OREG	34.26	48.23	45.39	39.54	1:28.94	4:16.36	-
17	CUMMINGS, JOHANNA	55	OREG	40.02	46.41	1:04.96	50.86	1:50.62	5:12.87	-
18	HOFFMAN, HELENA	21	OREG	1:08.98	1:29.31	1:25.05	1:32.05	3:00.31	8:35.70	-
-	TEISHER, JEANNE	45	OREG	28.47	36.56		33.67		1:38.70	-
-	O'CONNELL, ANNE	36	OREG	27.90	35.86	DQ	33.06	1:12.54	2:49.36	-
-	AUSTEN, BETSY	69	MACO	49.89	55.69	1:01.33	1:08.15	DQ	3:55.06	-
-	MORRIS, TRACY	36	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-
-	WINTON, LESLIE	42	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-
-	RIDDLE, KRISTI	48	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-
-	SCHUMANN, SUSANNE	59	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-
-	DICKINSON, CAROL	62	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-
-	GOODMAN, ANN	37	OREG	Scratch	Scratch	Scratch	Scratch	Scratch		-

If you have questions or corrections to these meet results, please call Suzanne Rague, OMS Data Manager, at (503) 531-9051.

Tualatin Hills Pentathlon
Saturday, January 18, 1997

Pentathlon Score Through Event 5

T. HILLS PENTATHLON 01/18/97 01/18/97

Male

PL	Name	Age	Team	Free	Back	Breast	Fly	IM	TOTAL	Pts
1	ZOLNA, BILL	27	OREG	23.14	27.41	29.82	24.92	56.85	2:42.14	7
2	KING, PHILLIP	30	OREG	23.36	26.92	30.10	25.05	57.48	2:42.91	5
3	RITCH, JOHN	30	OREG	23.45	27.34	30.26	25.67	58.56	2:45.28	4
4	BOLES, MATTHEW	23	OREG	24.16	26.90	31.55	25.74	58.31	2:46.66	3
5	WILKINS, JOE	25	OREG	23.62	26.72	30.34	27.06	1:00.07	2:47.81	2
6	CLARK, PHILIP	38	OREG	23.74	27.08	31.88	26.07	1:00.50	2:49.27	1
7	SMITH, ROBERT	53	OREG	24.15	26.78	31.25	26.53	1:02.06	2:50.77	-
8	MANN, STEPHEN	44	OREG	24.81	27.98	32.49	26.57	1:01.35	2:53.20	-
9	HARGER, STEPHEN	37	OREG	24.36	30.55	30.95	27.58	1:01.71	2:55.15	-
10	KNAUER, DANIEL	36	OREG	23.92	29.96	32.35	27.54	1:01.85	2:55.62	-
11	PENDLETON, MICHAEL	45	OREG	25.26	29.14	32.21	26.58	1:02.65	2:55.84	-
12	HAFFER, GARY	45	PNA	24.24	27.95	35.11	27.44	1:03.67	2:58.41	-
13	STOUT, JON	50	OREG	24.61	29.28	33.21	27.79	1:03.95	2:58.84	-
14	PRENTICE, DOUG	48	OREG	24.40	30.26	33.11	28.03	1:04.01	2:59.81	-
15	PLUMER, CHRISTOPHE	32	OREG	25.00	31.19	33.10	28.51	1:04.36	3:02.16	-
16	WESTLAKE, ROBERT	34	OREG	25.48	31.68	33.90	27.66	1:04.03	3:02.75	-
17	SHAEVIRTZ, ALEXANDER	26	OREG	26.26	31.63	32.25	28.62	1:04.50	3:03.26	-
18	COBB, RONALD	40	OREG	25.94	31.54	33.75	29.96	1:08.04	3:09.25	-
19	RAMSEY, ED	40	OREG	27.21	31.64	35.81	28.87	1:07.29	3:10.82	-
20	ZEHR, WILSON	35	OREG	26.75	34.34	34.52	29.24	1:06.95	3:11.80	-
21	CRONIN, JED	48	OREG	25.88	32.78	36.72	27.98	1:08.81	3:12.17	-
22	CAMPBELL, JIM	41	OREG	26.30	36.18	34.26	29.05	1:10.22	3:16.01	-
23	GOLDSTEIN, MITCHELL	37	OREG	28.05	34.79	33.31	31.24	1:08.96	3:16.35	-
24	NAKATA, RONALD	57	OREG	27.18	35.25	36.43	29.41	1:09.13	3:17.40	-
25	WEICK, RICHARD	62	OREG	26.79	34.10	35.40	30.60	1:12.00	3:18.89	-
26	BECKLEY, GARY	45	OREG	27.67	34.70	36.47	29.52	1:11.18	3:19.54	-
27	WALLIS, GARY	43	OREG	27.50	33.76	35.88	32.07	1:11.70	3:20.91	-
28	TIMM, ROBERT	49	OREG	27.62	33.80	36.76	31.61	1:11.49	3:21.28	-
29	RADCLIFF, DAVID	62	OREG	26.64	34.63	38.77	33.26	1:14.63	3:27.93	-
30	SLAWSON, DICK	61	OREG	27.71	36.18	39.22	32.26	1:15.55	3:30.92	-
31	LAMBERT, ROY	50	OREG	29.36	39.45	35.77	32.16	1:14.46	3:31.20	-
32	DOTTER, DAVID	37	OREG	28.12	39.18	39.31	29.95	1:15.91	3:32.47	-
33	STEGNER, TERRY	51	OREG	28.34	41.27	37.63	35.22	1:16.57	3:39.03	-
34	HUIZENGA, ROBERT	47	OREG	28.70	40.30	48.19	33.63	1:21.40	3:52.22	-
35	KRISHNA, MURALI	37	OREG	37.18	45.74	41.02	40.24	1:28.83	4:13.01	-
36	MORRISON, BOB	75	OREG	39.79	45.39	42.50	47.28	1:41.40	4:36.36	-
37	YOUNG, GILBERT	74	OREG	35.85	45.01	49.39	51.49	1:35.62	4:37.36	-
38	SCHIELTZ, JON	58	OREG	38.31	59.22	49.67	46.07	1:51.01	5:04.28	-
39	SHADBEH, KHOSROW	75	OREG	46.19	59.73	53.57	1:09.26	1:59.64	5:48.39	-
-	FIXOTT, RUPERT	75	OREG	41.30	50.29	51.47			2:23.06	-
-	MAESTRE, ROBERT	46	MACO	24.57	31.85	35.21	27.99	DQ	1:59.62	-
-	SHORT, MATT	24	OREG	21.83	27.81	DQ	24.49	59.98	2:14.11	-
-	KAHL, TOM	31	OREG	23.75	27.71	DQ	25.84	59.10	2:16.40	-
-	COBB, DAVID	37	OREG	25.82	29.42	32.78	Scratch	1:04.45	2:32.47	-
-	PASSIO, JOE	39	OREG	27.48	35.00	32.74	Scratch	1:09.57	2:44.79	-
-	ZELL, KEN	49	OREG	28.63	34.72	36.62	Scratch	1:12.51	2:52.48	-
-	DE LAY, ALLAN	81	OREG	36.67	51.01	DQ		2:01.35	3:29.03	-

1997 USMS National Short Course Championships Official Entry Form

Weyerhaeuser King County Aquatic Center
Federal Way, Washington May 15-18, 1997

Sanctioned by Pacific Northwest Association for USMS, Inc. Sanction number: 369702

Name* _____				Sex _____	
Last _____		First _____		Middle Initial _____	
Address _____					
Street _____		City _____		State _____ ZIP _____ Country _____	
Phone _____		Age _____		Birthdate _____	
A/C _____ Days _____ A/C _____ Evenings _____		(on 5/18/97)		Month/Day/Year _____	
Emergency _____				USMS Reg. # _____	
Name _____				Phone No. _____	
(Foreign entries include Masters registration #)					
Club Name or Unattached _____				Club Abbreviation _____	

*Print name as it appears on USMS registration card. A copy of 1997 USMS card is required with entry.

BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.
Entries must be U.S. postmarked by April 3, 1997 or received by April 10, 1997.

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:00 - 6:50 a.m.				THURSDAY, MAY 15, 1997	Start 7:00 a.m.			
2				1000 FREESTYLE**	1			
4				1650 FREESTYLE**	3			
Warm-Up 6:00 - 7:50 a.m.				FRIDAY, MAY 16, 1997	Start 8:00 a.m.			
6				100 BREASTSTROKE	5			
8				50 BUTTERFLY	7			
10				200 FREESTYLE	9			
12				100 BACKSTROKE	11			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
16	SEE RELAY FORM			200 FREESTYLE RELAY	15	SEE RELAY FORM		
18				400 INDIVIDUAL MEDLEY	17			
Warm-Up 6:00 - 6:50 a.m.				SATURDAY, MAY 17, 1997	Start 7:00 a.m.			
N/A	WOMEN'S 500 FREE SUNDAY			500 FREESTYLE (MEN)**	19			
22				50 BREASTSTROKE	21			
24				100 BUTTERFLY	23			
26				200 INDIVIDUAL MEDLEY	25			
28				50 FREESTYLE	27			
30				200 BACKSTROKE	29			
31/32	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	31/32	SEE RELAY FORM		
Warm-Up 6:00 - 6:50 a.m.				SUNDAY, MAY 18, 1997	Start 7:00 a.m.			
34				500 FREESTYLE (WOMEN)**	N/A	MEN'S 500 FREE SATURDAY		
36				100 INDIVIDUAL MEDLEY	35			
38				200 BREASTSTROKE	37			
40				100 FREESTYLE	39			
42				200 BUTTERFLY	41			
44				50 BACKSTROKE	43			
46	SEE RELAY FORM			200 MEDLEY RELAY	45	SEE RELAY FORM		

Entry Checklist
 *Entry form filled out completely?
 *T and 6 events clearly marked? ("T" is for 4th, 5th & 6th events if entered. Mark "6" only if entering 6 events.)
 *Seed times in proper columns?
 *No more than three events per day entered?
 *Liability release signed and dated?
 *Fees payable to "PNA Masters Swimmers" enclosed?
 *USMS card/Int'l permit attached?
 *SASE enclosed?
 Indicate purpose on envelope: hotel list, additional meet info, proof of entry receipt, and/or relay entry form.
 *Entry postmarked by April 3, 1997, or received by April 10, 1997, deadline?
 *Questions? Call (206)925-0803 before 9 p.m. PDT.

****You may enter either the 1000 Free or the 1650 Free, not both. Check-in required; phone check-in on Tues., May 13, 12-4 pm and Weds., May 14, 9am - 6pm PDT.**

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 be governed by the rules of USMS."

FEES:

Meet Surcharge (required)	\$20
Number of Individual Events _____ x \$ 4 =	
Banquet _____ x \$25 =	
Final Results _____ x \$15 =	
TOTAL FEE ENCLOSED = _____	
Check or money order payable to: PNA Masters Swimmers	

Signature _____ Date _____

WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84
50 FREE	28.25	27.97	27.98	28.75	29.43	31.77	33.64	36.33	36.67	39.96	42.02	50.88	1:04.30
100 FREE	1:00.65	1:01.49	1:01.16	1:03.20	1:04.85	1:10.46	1:17.91	1:22.61	1:25.15	1:32.50	1:40.12	1:51.28	2:37.39
200 FREE	2:17.52	2:14.93	2:12.21	2:17.25	2:26.05	2:35.45	2:47.81	2:59.11	3:09.43	3:26.79	3:38.78	4:09.55	6:03.75
500 FREE	6:10.49	6:04.95	5:56.85	6:07.47	6:23.04	7:00.09	7:41.24	8:09.53	8:33.76	9:02.88	10:07.94	11:40.37	15:56.19
1000 FREE	13:16.85	13:10.30	12:30.60	12:47.47	13:18.61	14:54.58	16:39.55	16:46.05	17:56.17	19:02.87	22:33.42	30:41.30	No Time
1650 FREE	24:35.78	21:56.14	21:07.61	22:05.48	22:56.54	26:23.81	28:24.45	29:11.44	33:20.53	32:06.57	40:12.03	No Time	No Time
50 BACK	33.09	32.41	32.31	33.36	34.61	39.13	41.43	45.33	44.53	50.66	50.85	1:01.70	1:17.37
100 BACK	1:12.27	1:10.24	1:09.16	1:12.08	1:14.81	1:24.41	1:31.26	1:37.76	1:41.96	1:50.67	1:54.48	2:18.20	2:42.04
200 BACK	2:36.96	2:31.39	2:28.58	2:35.45	2:48.74	3:05.03	3:22.71	3:30.80	3:46.85	4:00.24	4:13.83	5:06.98	6:10.88
50 BREAST	37.35	35.96	36.49	37.29	38.67	41.94	43.92	47.38	49.27	54.66	57.60	1:08.92	1:40.83
100 BREAST	1:20.96	1:17.88	1:20.12	1:21.96	1:24.34	1:31.71	1:36.88	1:44.06	1:48.52	2:02.14	2:07.26	2:42.02	No Time
200 BREAST	2:55.59	2:50.06	2:54.37	3:02.04	3:08.20	3:24.08	3:31.98	3:47.24	4:01.48	4:30.30	5:00.40	6:49.30	No Time
50 FLY	31.37	30.88	30.90	31.76	32.44	35.02	37.62	42.46	46.41	48.47	57.71	1:10.13	2:01.29
100 FLY	1:09.62	1:07.93	1:08.57	1:11.32	1:13.93	1:24.46	1:37.74	1:44.02	2:00.82	2:12.07	2:26.40	No Time	No Time
200 FLY	2:46.28	2:32.52	2:33.23	2:44.27	2:48.98	3:20.73	3:50.16	3:54.44	5:47.68	4:46.98	No Time	No Time	No Time
100 IM	1:11.14	1:09.51	1:10.80	1:13.18	1:14.98	1:22.58	1:27.33	1:34.19	1:42.73	1:44.72	1:56.38	2:25.05	3:40.41
200 IM	2:33.96	2:31.48	2:32.04	2:38.97	2:46.40	2:58.23	3:14.65	3:29.06	3:50.37	4:02.00	4:25.83	5:53.33	7:30.33
400 IM	5:44.51	5:26.57	5:26.37	5:40.33	6:00.26	6:41.36	7:07.08	7:48.99	8:21.83	9:05.79	11:42.74	No Time	No Time

MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84	Men 85-89
50 FREE	24.46	23.98	24.04	24.74	24.98	26.11	26.53	28.50	29.68	30.67	34.46	36.43	42.32	1:04.13
100 FREE	54.22	52.88	52.71	54.16	55.13	57.97	58.82	1:03.62	1:07.54	1:10.25	1:22.58	1:30.38	1:40.99	2:40.46
200 FREE	2:00.43	1:57.71	1:58.45	2:01.58	2:03.00	2:07.29	2:11.77	2:26.67	2:33.00	2:43.92	3:04.89	3:34.98	4:03.30	No Time
500 FREE	5:35.79	5:30.02	5:23.98	5:31.94	5:41.23	5:55.86	6:18.06	6:50.99	7:03.29	7:32.53	8:39.42	9:54.97	11:16.56	No Time
1000 FREE	12:20.74	11:43.26	11:35.07	11:33.32	12:00.52	12:31.10	13:26.45	14:25.73	14:58.03	16:31.96	17:54.17	21:34.79	25:23.27	No Time
1650 FREE	20:35.69	20:53.85	19:07.67	19:24.09	20:19.06	21:24.20	23:12.42	24:59.64	25:35.72	28:01.57	32:00.68	33:43.90	No Time	No Time
50 BACK	28.93	28.00	28.56	28.78	29.80	30.69	32.18	35.32	37.53	39.11	42.97	47.47	56.62	1:45.71
100 BACK	1:03.57	1:00.23	1:01.85	1:02.27	1:04.68	1:07.95	1:11.67	1:18.01	1:21.38	1:28.72	1:38.73	1:51.00	2:09.27	No Time
200 BACK	2:20.53	2:12.94	2:16.63	2:14.86	2:21.90	2:29.99	2:37.76	2:54.74	3:06.01	3:20.35	3:39.48	4:13.26	5:47.60	No Time
50 BREAST	31.72	31.24	31.27	31.54	32.32	33.64	35.32	38.23	39.30	41.29	45.45	50.13	1:05.53	No Time
100 BREAST	1:08.81	1:07.63	1:08.15	1:09.63	1:10.52	1:14.07	1:17.83	1:25.34	1:29.23	1:33.98	1:45.47	2:00.45	2:44.08	No Time
200 BREAST	2:37.88	2:34.55	2:31.10	2:36.49	2:37.32	2:45.07	2:54.12	3:10.49	3:25.60	3:37.98	4:05.51	4:16.14	7:41.73	No Time
50 FLY	26.77	26.37	26.77	26.68	27.27	28.63	29.88	31.93	33.39	36.59	43.87	47.36	No Time	No Time
100 FLY	59.31	58.32	59.48	59.88	1:00.61	1:04.30	1:07.30	1:15.68	1:24.46	1:30.76	2:00.16	2:36.49	No Time	No Time
200 FLY	2:17.54	2:17.18	2:15.98	2:16.50	2:18.97	2:28.61	2:45.41	3:09.84	3:22.66	3:41.91	4:42.02	No Time	No Time	No Time
100 IM	1:02.51	1:00.72	1:01.19	1:02.38	1:03.04	1:07.99	1:09.63	1:15.47	1:18.28	1:24.28	1:39.87	1:47.91	2:35.60	No Time
200 IM	2:19.57	2:12.58	2:11.91	2:17.07	2:21.50	2:29.13	2:35.17	2:54.57	2:57.34	3:19.12	3:48.35	4:32.45	No Time	No Time
400 IM	5:06.27	4:51.97	4:51.72	4:58.34	5:09.52	5:22.38	5:46.76	6:31.99	6:39.16	7:21.89	8:41.41	No Time	No Time	No Time

NQTs are 10 percent higher than the 10th time in the previous year's Top Ten listing for that age group and event.

ENTRY FORM INSTRUCTIONS

Entry Procedures

Use official entry form or photocopy of the entire form. Read all instructions and fill out form completely. Entries with "pending" in place of a registration number on the entry form will be rejected. A copy of each swimmer's USMS registration card or International Travel Permit (foreign entries) must accompany entry form. Failure to include a USMS card copy or International Travel permit may result in the swimmer being charged a fee before being allowed to compete. A swimmer changing club affiliation prior to Nationals must send either a USMS registration card or a letter from local registrar with new club affiliation and effective date of affiliation.

National Qualifying Times

Competitors may enter and swim in a maximum of three (3) individual events without meeting the National Qualifying Time (NQT) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQT in the last two years. The NQTs for all events are listed above. Designate the events in which NQTs have been met with a "T" in column

designated as such. No NQTs for women age 85 and over and men age 90 and over.

Entry Times

All events must be entered with a time. "NT" entries will be rejected. Limit three (3) individual events per day.

Sixth Event

Indicate, with the number "6," your least-desired event in the column designated with the number "6" (only if six events are entered). If not indicated, your last event on the entry form may be dropped. No changes of designated 6th event will be allowed. No refunds given for the dropped event.

1000/1650 Yard Freestyle

A swimmer may enter either the 1000 or 1650 freestyle, but not both.

Fees

\$4 per individual event plus \$20 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry is not complete until check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by April 10, 1997. No refunds for

events not swum. The \$20 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by April 10, 1997, deadline. All fees are payable to "PNA Masters Swimmers."

Relay Entry Form

Relay entry forms will be sent to USMS clubs, or send SASE to address below. Relay cost \$8 through April 10, \$12 afterwards.

Mail Entry and Fees

1997 USMS National Championships

c/o Hugh and Jane Moore

1867 58th Ave NE

Tacoma, WA 98422-1517

(206)925-0803 before 9 p.m. PDT

Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by April 3, 1997 OR received by April 10, 1997. Entries received after this date will be returned to sender. No telephone entries will be accepted. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry form for your records.

**U.S. MASTERS SHORT COURSE
NORTHWEST ZONE CHAMPIONSHIPS
April 26-27, 1997**

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place; Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Rd. exit and follow Eagle Rd. North to Chinden Blvd. Turn right on Chinden; Go approximately 3/4 mile to Discovery Place, turn right.

Facility: 25 yard x 50 meter indoor pool; 8 lanes will be used for this competition; paragon-style blocks, 6" anti-wave lane lines; spectator gallery for 800 spectators. Daktronics Omnisport 6000 Timing system with 8 lane scoreboard.

Referee: Jim Everett; 10945 Janie Rd., Boise, ID 83703; (208) 939-0107.

Format: Individual events will be pre-seeded, slowest to fastest. The 400 IM, 500, 1000, & 1650 Freestyles and all Relays will be deck seeded. Swimmers may enter 6 events total, with no more than 5 events per day.

Warm-up: Saturday: Distance event warm-up beginning at 8:00 a.m.; meet begins at 9:00 a.m. Warm-up for events #3-11 will begin at 11:00 a.m.; meet begins at noon.
Sunday: Warm-ups begin at 8:00 a.m.; meet begins at 9:00.

Awards: Ribbons will be awarded 1st through 5th.

Motels: Ameritel Inn (208) 378-7000
Plaza Suite Hotel (208) 375-7666 or 1-800-376-3608
Red Lion Riverside (208) 331-4913

SATURDAY EVENTS

- # 1 1000 Yd Freestyle * OR
- # 2 1650 Yd Freestyle*
- Break
- # 3 50 Yd Freestyle
- # 4 200 Yd Butterfly
- # 5 100 Yd Backstroke
- Break
- # 6 200 Yd Mixed Freestyle Relay
- # 7 100 Yd Freestyle
- # 8 50 Yd Backstroke
- # 9 200 Yd Breaststroke
- Break
- #10 200 Yd Medley Relay
- #11 400 Yd I.M.

SUNDAY EVENTS

- #12 200 Yd Backstroke
- #13 50 Yd Breaststroke
- #14 100 Yd Butterfly
- Break
- #15 200 Yd I.M.
- #16 200 Yd Freestyle Relay
- Break
- #17 200 Yd Freestyle
- #18 100 Yd Breaststroke
- #19 50 Yd Butterfly
- Break
- #20 100 Yd I.M.
- #21 200 Yd Mixed Medley Relay
- Break
- #22 500 Yd Freestyle

*Swimmers may enter only 1 of these events.

**USMS NORTHWEST ZONE CHAMPIONSHIPS
April 26-27, 1997**

Sanction # _____ **Hosted and Sanctioned By:** Snake River Masters

Entries: Please mail entries **postmarked no later than April 21st** to:
Jill Wright; 1626 Williams St.; Boise, ID 83706
(208) 338-5287.

Fees: \$10 per swimmer for meet; \$15 per swimmer if deck entry.
Make checks payable to Snake River Masters.

Name: _____ **M** **F**

Address: _____

Phone: () _____ **Date of Birth:** _____ **Age:** _____

Club or Unattached: _____ **USMS #:** _____ **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+

Please attach a copy of your USMS Registration Card with your entry.

<u>Event #</u>	<u>Event Name</u>	<u>Estimated Time</u>

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** _____

TEAMS 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

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)

Did you swim in any meet in the 1995/96 season? Yes _____ No _____

**Oregon Masters Swimming
Registration 1997**

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

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**In this issue: Pentathlon & Eugene meet results, The Web Lane,
Open Water News, Regionals & Nationals entry forms.**

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

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