

Aqua-Master

Volume 24, Number 4 April, 1997



the WORKOUT

The workout for April is courtesy of Bob Bruce. Bob is the former Womens Swim Coach at Indiana. He coached at the same time as the "Legendary Doc Councilman" was coaching the mens team. Bob is now helping the COMA swimmers in Bend. He believes that working on your aerobic and threshold swimming are the two most important skills for a Master swimmer to concentrate on during a workout. This workout reflects his philosophy. I was in Bend visiting George Thayer and I had the fun of swimming this workout with the COMA team. I can tell you from first hand experience that when you start doing those descending sets from your threshold time that you are in for one very challenging workout.

Warm up: 600 yards (include some kicking)

continued on page 4

Barnacle

of reviews results records

by Earl Walter

1997 PNA SCY Championships

Concluding on February 16th at Federal Way, a number of Oregon swimmers got in their kicks, and with much thanks to Walt Reid of PNA, we have the full results.

Women 19-24: Tara Lee and Angie McColly swam well. Tara picked off three 3rds, while Angie brought home a 2nd and two 3rds. Tara swam the 50 and 100 Free in 32.38/1:14.87, followed up with the 50 and 100 Breast in 39.48/1:29.41. Angie tallied a 2:20.48 in the 200 Free, 2:39.27 in the 200 Back and a 1:16.99 for the 100 IM.

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THE CHAIR'S CORNER

by Eric Guest

On 23 Feb.'97 I attended the Swim Clinic put on by Simone La Pay and her very able crew at the Dishman Pool. An excellent presentation and demonstration on "Back Care" by Physical Therapists Bill Arthur and Robbie Johannessen utilizing Simone to demonstrate the exercises. In pool coaching/demonstration by Simone, Phil King, Bill Zolna, John Zell and Ellen Ferguson was conducted after the "Back Care" portion. Video of participants were critiqued by Simone and stroke deficiencies were pointed out. The submerged video system utilized, designed and built by Steve Harger, proved to be a very successful training tool.

On 5 March I had the pleasure of presenting the Oregon Swimming Officials the contribution awarded by the OMS Inc. board for their cooperation and officiating at Masters meets. Needless to say,

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Dan Gray

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David Cobb

(503) 282-0472

Calendar and Meet Schedule 1997-1998

Date	Event	Location
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	LCM	Gresham, OR MHCC State Games of Oregon
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 2,3	Open Water	Bend, Oregon Elk Lake swim
Aug 17	Open Water	Eugene, Oregon
Aug 14 - 18	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.

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

Women 25-29: Sandra Hyde is back in the water picking up a 2nd in the 100 Back with a 1:22.52, added a 50, 100 and 200 Free at 29.52, 1:04.73 and 2:20.20.

Women 30-34: Pamela Kahl and Jeanne Thimm were our entries here. Pam posted 50 and 100 Free at 29.47 and 1:07.12. Jeanne swam 200, 500 and 1650 in 2:31.45, 6:54.83 and 23:35.85 and a 50 Back in 36.84.

Women 35-39: Kerri Culbertson picked off three 2nds in great time; 200 and 500 Free in 2:10.63 and 5:58.05. Added another 2nd in the 200 Back at 2:32.48.

Women 45-49: Judy Beaston posted TT times for the 1000 and 1650 Free at 13:31.80 and 22:43.37 for 2 Golds, added 2 silvers with the 200 and 500 Free in 2:33.88 and 6:40.91, plus a Silver in the 100 Fly at 1:28.64.

Women 50-54: Ginger Pierson of MACO swept her division with 6 Golds: Tallying; 50, 100 and 200 Back in 35.50, 1:18.21 and 2:47.93, followed by a 36.16 in the 50 Breast and 200 and 400 IM in 2:44.36 and 5:52.09. Excellent times for early in the season.

Women 65-69: Betsy Austen also of MACO, showed the way in the 100, 200, 500 and 1650 Free in 1:43.73, 3:42.29, 9:57.55 and 33:28.10. Add another Gold in the 100 IM at 2:02.63, and Silver in the 100 Back at 1:58.96.

Men 19-24: Kevin Noah picked off the Gold in the 400 IM at 4:41.44 (TT 4:38.43) plus the 200 Back in 2:11.35, add Silvers 100 and 200 Free and 100 Back in 51.69, 1:52.56 and 1:01.79.

Men 25-29: Steve Stoneham won the 1000 and 1650 Free at 11:06.48 and 18:43.16 (TT8) 50 and 100 Free - 24.44 and 53.87, add 2 Silvers for the 200 and 500 Free - 1:57.15 and 5:25.09. A big OMS welcome to Matthew Gray who won the 200 and 400 IM, Survived a 200 with less than .5 Seconds separating Gold from Bronze at 2:08.34 vs 2:08.68 and 2:08.83, copped the 400 IM at 4:33.14.

Men 30-34: Tom Kahl won the 100 Free at 52.39, fol-

lowed with 2nds in the 200 Breast at 2:28.53 and 200 IM in 2:10.14. Brian Wannamaker, showed the colors, with Silvers for the 50 and 100 Fly in 25.86 and 1:00.00 followed by a Bronze in the 100 IM at 1:03.85.

Men 35-39: Steve George was definitely Oregon's man of the hour. Won the 50 Free at 23.03 scrambling over 4th/23.29. Then another shoot out in the 100 Free, getting 3rd at 50.90, 1 thru 4th 50.47/51.47, all top placers here were close to TT (Steve Harger was 5th in 53.32) George won the 100 Fly in 58.19 and the 100 IM in 58.61 plus the 200 Back in 2:04.97, now that fellow Oregonian is a A#1 showing !!! Steve Allender, kept up the pace with wins in the 50, 100 and 200 Breast and 200 IM at 30.73, 1:05.89, 2:21.49 and 2:10.10. Add to all that, a Silver 100 IM at 1:00.54 Phil Clark, mined Bronze in the 200 Free at 1:54.74, Silver in the 500 Free at 5:24.36, Silver in the 200 Back/2:14.03. Steve Harger, grabbed Silver in the 100 Breast with a 1:09.14 and the 200 Breast at 2:33.11.

Men 40-44: JOHN ZELL, did it ! His first ever OMS record for "short course yards" in the 200 Back at 2:11.44 vs Warner '89, for the Gold, plus Gold in the 100 Back at 1:00.97, Silver 50 Back at 28.66 and a Silver in the 100 Free at 54.81, shaded by a 54.09. Ed Ramsey picked off Golds in the 500 Free and 1000 Free in 5:35.03 and 11:38.02 Good to see Adrian Kalil back in the swim with a Bronze for the 200 Free at 2:07.71. Big OMS welcome to Charles Helm, swimming in his first meet.

Men 50-54: Rapid Robert (stood alone on the burning deck) and did a great job. ROBERT SMITH garnered a new ZONE mark in the 100 Free at 53.95, was his at 53.96. More Golds: 50 Back in 26.37(TT1), 100 Back 1:00.09 (TT2), 100 Breast in 1:09.29(TT5), and the 100 IM/1:01.34(TT7) Plus a Bronze 100 Fly in 1:02.73.

Men 55-59: Ron Nakata, swimming well, picked off 3 Golds :50 Fly, 100 Fly and 100 IM, timed at 29.28, 1:11.43, and 1:09.74

Men 60-64: Jim Bigler (MACO) picked up a Gold in the 200 Back at 3:24.86 and added Silvers for the 200

ol'Barn continued on page 4

the Workout' continued from page 1

Warm up con't: 6 x 50 (IM change) IM change is
25 fly/25 back, 25 back/25 breast,
25 breast/25 free times 2

In the main sets you can see Bob's emphasis on
aerobic/threshold work.

Main sets: 6 x 100 Swim these at your threshold
pace - get your heart rate after each
100 (20 sec. rest between 100s) Your
times and heart rate should be consis-
tent
2 minutes rest
4 x 100 Start at your threshold pace
and descend each 100 (15 sec. rest)
2 minutes rest
6 x 75 Start at your threshold pace
and descend each 75 (15 sec. rest)
2 minutes rest
8 x 50 Start at your threshold pace
and descend each 50 (15 sec. rest)

Warm down: On your own and depending on time -
easy swimming till you are recovered.

**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 1-5pm
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.**

ol'Barn continued from page 3

and 500 Free in 2:32.69 and 7:03.53.

Men 65-69: Clark Austen(MACO) Bronze in the 50
and 100 Free at 38.84 and 1:38.43, Silver for 200 and
1000 Free at 3:37.45 and 19:27.55, all backed up
with a Gold in the 500 at 9:37.80.

Men 70-74: Gil Young, continues to look young, tal-
lied 3 Golds in the 200, 500 and 1650 Free. His
times were 2:48.87, 7:52.48 and 26:33.61 Gil's 1650
is but 30 secs off his record, will turn 75 soon,
then watch his smoke!

Men 75-79: Andrew Holden won the 100 Breast in
1:43.89(TT8), the 100 Fly at 1:32.70(TT1) and the
100 IM in 1:25.29(TT4) "Wally" is just getting back,
after almost a years layoff.

Our neighbors to the North have some great paddlers,
check these efforts by a few of their best: Zena
Courtney(37) 50 Back-PNA at 29.97, 100 Back-
Zone at 1:03.31 and 200 Back-Zone in 2:16.13
Barbara Gundred(45) 4 Zones (500 Free-6:07.17)
(50-100-200 Back 32.15/1:08.18/2:27.02 Pat
Dotson(70) Zones: 200 Back-3:33.83, 50 Fly-42.90
Pat Matthiesen(80) Zones: 50 Free-55.16, 100 Free-
2:01.09, 50 Fly-1:19.05 100 IM-2:26.07 and 200 IM-
5:15.68 Greg Harrison(45) Zone: 200 Breast-
2:20.54 Nick LeClerc(50) National: 1650-18:21.85
and 200 Fly-2:10.47 Zone: 100 Fly-56.99 (National
is 56.54) Steve Thrasher(55) National: 100 Back-
1:02.24 and 200 Back-2:17.25 Zone: 500 Free-
5:52.63, 1000 Free-12:10.65, 1650 Free-
20:39.06 and 50 Back-28.74 Dave Drum(61) Zone:
50 Fly - 30.71. Well, it appears that we are not the
only ones getting ready for Short Course Nationals,
at Federal Way in Mid May. Great meet with great
swims and more to come, don't let that lane dry up.

The CHAIRS CORNER continued from page 1

without them, we would not be able to have any meets. By the time you read this issue of the Aqua Master, the Association (State) Meet will be history. I congratulate all the team winners, participants and special award winners who were very worthy and earned their recognition. They were selected for their contribution and services given to our Masters Program.

The "OUTSTANDING SWIMMER" awards, Men & Women, 49 and under, 50 and older, categories were computed on points accumulated through the year at all the meets swam and rankings in the Nation i.e. Top 10, All American etc. They certainly earned their titles. It was a close race on a couple of them. The USMS convention will be held in Burlingame CA. this September.

It is time to start thinking about issues you would like presented by your delegates. The OMS Inc Board has guidelines set for selection of delegates to represent us.

This will be the last issue prior to the Short Course Nationals at Federal Way. If you are going, please notify any one of the board of your availability for relays. I wish all of you who have, or will, enter, the very best of luck and good swimming. God Bless.

HEY THERE.....

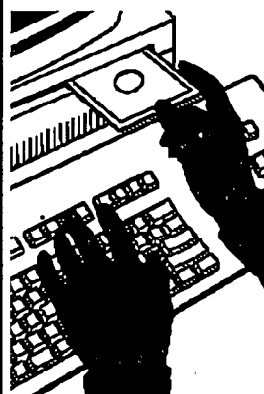
IT'S YOUR NEWSLETTER!

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



QUICK TIPS

by Simone La Pay, M.A.

This brief article features tips to enhance the meditative qualities of your swimming. Meditation is a "combination of a physiological state, psychological state, spiritual state, philosophical state, and of technique."^{1,2} The goal of meditation is to control the conscious direction of the mind. Meditation should help you experience "a quiet body, subtle mind and a unified spirit."¹ The benefits are many and include reducing stress and enhancing relaxation.^{1,2}

There are two basic forms of meditation. They are **Concentration** and **Contemplation**. Concentration demands that you focus your attention to one subject. Excellent subjects for focus during meditative swimming include breathing, listening, and feeling. Contemplation demands attention to an abstract idea or question. An example of an abstract question includes "Where will swimming in history stop?" Pick an abstract idea or question that is symbolic for you. Whatever you choose, remember your goal in contemplation or concentration is "control of consciousness and direction of mind."¹

How to apply the practice of meditation to swimming:

1. Set aside a special time during each swim practice that is dedicated to meditation.
2. Use the same special time in each practice
(i.e. during your Pre Set, Warm Down, 10 minutes into your Main Set).
3. Choose your form of meditation (concentration or contemplation).
4. Regulate your breathing pattern.
5. Establish a rhythmic breathing pattern for the duration of the set.
6. Begin to let your mind wander.
7. Gradually bring your mind to focus on one point.
8. Apply your chosen form of meditation (Concentration or Contemplation).
9. Hold your object of concentration throughout the remainder of the set.²

My favorite ways to meditate include:

- ☞ Concentrating on the sound of my rhythmic breathing.
- ☞ Concentrating on the feel on one particular muscle during one particular aspect of my stroke.
- ☞ Contemplating where one molecule of water travels as I displace it.
- ☞ Concentrating on **counting** strokes and then keeping the **same count** each length.

Caution: Be careful if you choose to meditate during backstroke. It's easy to concentrate so deeply that you forget to use the flags as a reminder about the wall. Do not attempt to meditate in an unsafe lane. An unsafe lane would include a lane with too many varying speeds as well as a lane that includes inexperienced fitness swimmers.

Controlling Stress and Tension a Holistic Approach by Girdano, Everly Jr. & Dusek, Prentice Hall Inc., 1993, pp. 316-327

The Sivananda Companion to Yoga by Lucy Lidell, Simon & Scheuster, 1983, pp. 89-99

I'll be back next month with more quick tips for you. For this month work on your Concentration and Contemplation. Good Luck!

OREGON MASTERS SWIMMING INC.

Minutes of Board Meeting

February 18, 1997

Attendees: Gil Young, Earl Walters, Ginger Pierson, Stephan Harger, Suzanne Rague, John Zell, Sharon Stuart, Eric Guest, Roy Abramowitz, Tim Waud, Dave Radcliff Call to Order: 7:04 PM

Secretary: Sharon Stuart Minutes approved as read. Sharon is going to add another heading in the minutes to list action items arising. She will try to send them out earlier so that members can review and follow up on action items prior to the next meeting.

Treasurer: Roy Abramowitz Roy distributed the month and year-to-date report.

Vice-Chair: Tim Waud Tim has the rule books for open water swimming. The Bend Masters meet will be postponed until June 7-8. Tim created a Solution Sheet for Hytech operators to prevent swimmers from interrupting the operators. We will use the sheets at the Mt. Hood meet. We found a Hytech operator for Central Oregon. Dan Gray is still trying to find an operator for Southern Oregon. OMS donated some unused medals to a few High School teams and they were very appreciative.

Committee Reports

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

Registration: Stephen Harger OMS registrants for 1997 to-date is 432 with 39 being new registrants. 1996 registrants not yet registered is 265. The National Registrars have done the invoicing for those '95 and '96 members not registered for '97. Stephen distributed a roster of swimmers listed by club. Our database shows an inconsistency between teams and the team representatives/contacts. Membership and Registration need to resolve this.

Membership: Phil King - not present. The brochures are being distributed.

Aqua-Master: John Zell. Dave Radcliff, assistant. The February issue was sent last week. The Board decided to include entry forms for Nationals and Pan Pacific Championships in the Aqua-Master. John is going to run a form requesting entries for Oregon relays for Nationals.

Top Ten / Data Manager: Suzanne Rague Data is up-to-date. We are between meets.

Fitness: Teri Hendryx - not present. No report.

Officials: Larry Snead - not present. No report.

Coaches: Simone La Pay - not present. Report given by John Zell. Simone would like to assist in setting up the Oregon relays. The Board discussed whether OMS should fund relays for Nationals when it held in the Northwest, but agreed not to. Ginger Pierson is available to give Simone data on previous relay entries.

Historian / Records: Earl Walter SC Meters and LC Meters is up-to-date. Earl is waiting for results of the Federal Way meet in order to update the SC Yards records. The story of OMS Masters up until 1975 will be ready soon. The OMS albums are ready for us to enjoy. Those who have seen the albums have been very impressed.

Awards / Souvenirs: Donna Ryan - not present. Report given by Eric Guest. Donna took an inventory of unused awards and distributed a list. She submitted a list of recommendations of what to do with the unused awards. The Board chose to use up the old Association medals and give them away at the Association meet this year. In addition, OMS will give participation medals at the Association meet to new members. Donna generated a list of alternative awards for the Association meet; we will keep this list for next year's meet. Association trophies and annual awards plaques will be ordered soon. The Board chose a new design for OMS T-shirts and patches from sample designs Donna created. The Top Ten patches have been ordered. The Board agreed to having an OMS team T-shirt for Nationals, but has not finalized all the details.

Safety Coordinator: Sandi Rousseau A San Diego team requested use of our Oregon Safety Guidelines.

Past Chair: Dave Cobb - not present. No report.

Ad Hoc Sunshine: Luella Peterson - not present. No report.

Open Water / Long Distance: Dan Gray - not present. Report given by Tim Waud. Dan wrote a letter to the Board regarding his concerns with the Board's commitment to open water issues. He presented some solutions for improving the forum for discussions. Dan will give the following to each board member: Open Water Bid Packet, Open Water Guidelines, proposal on the number of awards for individuals and for teams, objectives for the Board to review and think about prior to each meeting. Every board member needs to review all of this information and be prepared to discuss the any issues at the meeting.

Old Business:

Mt. Hood Aquatic Center. Report given by Eric Guest. There are still conflicting reports on whether MHAC will stay open until after NWMG.

1998 Nike World Masters Games - Sandi Rousseau / Commissioner of Swimming NWMG offered a payment that Mt. Hood accepted. Sandi distributed the proposed contract between OMS and NWMG. Sandi reworded some of the previous terms to clarify or correct statements and added responsibilities of NWMG and a fee schedule. The Board reviewed and discussed the Terms of OMS Obligations, Terms of NWMG Obligations, and Fulfillment or Breach of Terms. Sandi passed on highlights from the last NWMG meeting.

New Business:

Bank card. The Board encourages swimmers to apply for the swimmers calling card because USMS gets credit for each member. John Zell will run an ad in the Aqua-Master

Awards nominations: The Board voted on awards recipients.

Convention delegates: Ginger Pierson, Stephan Harger, Sharon Stuart, Eric Guest, Tim Waud, and Dave Radcliff are interested. We need to decide next meeting.

Agenda for annual meeting - next meeting.

Investment plan for OMS - next meeting.

Contribution to Oregon Swimming: The Board passed a motion to contribute \$500.

Action Items (arising from meeting)

John Zell - entry forms for Nationals and Pan Pacific Championships, Oregon relay entry request

Dan Gray - give to each board member: Open Water Bid Packet, Open Water Guidelines, proposal on number of awards for individuals and teams, objectives for next meeting

Ginger Pierson - give Simone data on previous relay entries

All Board members - review information sent by Dan Gray, prepare to discuss agenda for annual meeting.

Adjournment: c.a. 9:30 p.m.

Next Meeting: March 18, 1997, 7 p.m.

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

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-03

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

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

Bend Masters Meet

DATE: June 7-8, 1997

Place: Juniper Aquatic Center -- Bend, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

40yard outdoor pool available - large hot tub spa

Meet Director: Matt Mercer 503-389-7665 work 503-388-1952 home

Directions to pool: From Hwy 97 North or South, take Hwy 20, or Greenwood Avenue, east. Turn right on 6th Street and go south 2 blocks to pool.

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

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN MAY 24, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 400, 800, & 1500 Frees will be deckseeded and all events will be seeded slow to fast. You may enter the 1500 or 800 Free, but not both.

SATURDAY JUNE 7

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

1500 FREE (2) _____:_____._____

OR (You may enter the 1500 or 800 Free, but not both.)

800 FREE (3) _____:_____._____

SUNDAY JUNE 8

FREE RLY (4/5) XXXXXXXXXXXXXXXX

50 BREAST (6) _____:_____._____

100 FLY (7) _____:_____._____

200 FREE (8) _____:_____._____

50 BACK (9) _____:_____._____

100 I.M. (10) _____:_____._____

MXD FR RLY (11) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (12) _____:_____._____

50 FLY (13) _____:_____._____

100 FREE (14) _____:_____._____

200 BACK (15) _____:_____._____

MED RLY (16/17)XXXXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (18) _____:_____._____

200 FLY (19) _____:_____._____

50 FREE (20) _____:_____._____

100 BACK (21) _____:_____._____

200 I.M. (22) _____:_____._____

MXD MD RLY (23) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (24) _____:_____._____

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: \$11.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

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 / 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	CAT	Mark Worden	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Emerald Aquatics	EA	Bill Weaver	345-7667
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Forest Grove / F.G. Dragon Masters	FGDM	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
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Fish Stick Masters	FS	Robert Smith	635-4505
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Medford Old Folks in Action	MOFIA	Phillip Croeger	899-5565
Milwaukie / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
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	Ron Cobb	699-7824
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunzman	294-3366 x 13
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 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	Terry McCurdy	440-9296
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
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)

**Oregon Masters Swimming
Registration 1997**

_____This is a *NEW* registration. _____Renewal (registered in 1996)

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



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In this issue: SC Nationals Relay Sign-up info

Aqua-Master

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PORTLAND OR 97211-7618

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