

Aqua-Master

Volume 24, Number 7 July, 1997



POINTS TO REMEMBER

- A. Perfect practice makes perfect meet.
- B. Good workouts are the key to swimming faster. Technique, endurance, speed and quality training - all build confidence.
- C. Workouts are very individual. Depends on: age, experience, pool space and time, other commitments (such as work, family, school, etc.).
- D. Yardage - could be anywhere from 500 to 5,000 yards or meters per day and three to six workouts per week.

WORKOUT IMPROVEMENT EQUALS MEET IMPROVEMENT

- A. Streamlining
- B. No breathing immediately after pushoff or from flags in, at the end of a set

continued on page 4

Ol' Barnacle

reviews results records

FINA Top Ten, Top Ten World

Oregon was very well represented in the 1996 All World Top Ten. Before we go any further, OB wishes to remind our readers that FINA does not recognize the 19-24 Age Group as we do in the USA. Anyway here we go, the very best of the best in -

Short Course Meters

45-49 Ginger Pierson #4-50, #3-100, #2-200 Breast, #4-200 Fly and a #5-400 IM

50-54 Ginger Pierson #1-50, 100, 200 Breast and 200 Fly, #9-100, 200 Back, #4 & 5-50 & 100 Fly, #4-100 & 200 IM, #2-400 IM

60-64 Lavelle Stoinoff #1 for the 400 Free

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Editors note: In our efforts to satisfy requests for the newsletter to arrive to you earlier in the month, it was decided to forgo a June issue. A more rigid production schedule is in the works so that this trend may continue. J. Zell

THE CHAIR'S CORNER

by Eric Guest

Over fourteen hundred Master swimmers descended on the WEYERHAEUSER KING COUNTY AQUATIC CENTER 15 - 18 May for the 1997 USMS National Short Course Championship. OMS Inc. was well represented by contingents from MACO and Oregon who all performed fantastically. The pool was fast (for some) and many National, Zone and State records bit the proverbial dust. I am sure O'BARN will give us a lap-by-lap breakdown of the meet. So I won't bother you with duplicate details. The meet was very well run by Jane and Hugh Moore (co meet directors) and their volunteers. It was a big success and they were congratulated for all the hard work that went into making it so. The banquet was held at the OLD UNION STATION in Tacoma and was enjoyed by all. During the meet, I particularly enjoyed seeing a lot of old friends and watching all the great swims put in by the contestants, young and old. It about floored me when a chap in the 65 - 69 age group swam a:58+ for the 100 free.

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INSIDE FOR YOU

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What day is that meet?

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The people behind Oregon Masters Swimming, Inc.

Chairman of the Board

Eric Guest

44861 S.E. Hwy 26
Sandy, OR 97055
(503) 668-4465

Vice Chairman

Tim Waud

715 Jefferson St
Oregon City, OR 97045
(503) 655-7131

Secretary

Sharon Stuart

(503) 241-8005

Treasurer

Roy Abramowitz

(503) 221-7500

Registrar

Stephen Harger

PO Box 4856
Portland, OR 97208-4856
(503) 241-4228

Aqua-Master Editor

John F. Zell

(503) 282-9347

Aqua-Master Assoc. Editor

David Radcliff

(503) 648-7141

Data Manager (for swim meets)

Suzanne Rague

(503) 531-9051

Officials (for swim meets)

Larry Snead

(503) 645-1920

Membership

Phil King

(503) 241-9091

Fitness

Teri Hendryx

(503) 644-2759

Safety

Sandi Rousseau

(503) 642-3679

Coaches

Mark Friedley

(503) 638-0284

Awards

Donna Ryan

(503) 665-0538

Records / Historian

Earl Walter

(503) 738-3763

Open Water Events

Dan Gray

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

Past Chair

David Cobb

(503) 282-0472

Calendar and Meet Schedule 1997-1998

Date	Event	Location
July 12-13	LCM	Gresham, OR State Games of Oregon Mt Hood C.C.
*July 14-20	LCM	Eugene, OR Senior Masters Sport Festival Echo Hollow pool
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
*July 26-27	LCM	Portland, OR NW Zone LC Champs MAC Club
*Aug 2-3	Open Water	Bend, OR Elk Lake Open Water Swims
*Aug 10	Open Water	Cottage Grove, OR Cottage Grove Lake Swim
Aug 14-17	LCM	Orlando, FL USMS National L.C. Championships
*Aug 30	SCY	Portland, OR Matt Dishman Pool Team Portland AC
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.

HELP WANTED

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

75-79 Elfie Stevenin #9-100 Fly and #6 in the 400 IM

80-84 Helena Hoffman #7-200 Free, #5-200 Breast, #3-200 Fly and #2-200 IM

30-34 Phillip King #5 in the 200 Back

35-39 David Burleson #4 in the 200 Back

35-39 Pat Allender #7 - 200 Breast, and #9 - 400 IM

45-49 Tom Coffey #7-100 Free, #4-200 Back and #7-400

45-49 Allen Stark #3-50 Breast, #3-100 Breast, and #2-200 Breast

45-49 Mark Worden #8 for the 200 Fly

50-54 Robert Smith #1 - 50 Back, #4 - 100 Back, and #5-50 Free

50-54 Jon Stout #9 - 50 Back

60-64 David Radcliff #1 in the 400 & 1500, #2 the 100 Free, #3 the 800 and #4 the 200 Free

70-74 Gil Young #6 for the 1500

70-74 Earl Walter #4 in the 400 IM

75-79 Earl Walter #7 - 50 Back, #5 - 100 IM

75-79 Andrew Holden #3 - 50 Free, #5 - 50 Back, #2 - 50 Fly

80-84 Allan De Lay #10 - 50 Free

RELAYS:

Men 200 Free-160+ #9-1:48.06 (George, Hickerson, Worden, Allender)

Men 200 Med-160+ #5-2:03.04 (George, Allender, Worden, Hickerson)

And now for the very best at -

Long Course Meters:

40-44 Kathi Bullock #8 in the 400 Free

50-54 Ginger Pierson #9-50 Free, #3, #5, #6: 50/100/200 Breast, #2-200 Fly, #7-100 Fly, #7 & #5:200/400 IM

60-64 Lavelle Stoinoff #1: 200, 400 & 1500, #10 & #2: 50/200 Free #2 & #6: 200/100 Back, #8-200 Breast

80-84 Helena Hoffman #8-200 Free, #9-200 Breast,

#6-100 Fly, #3-200 Fly, #9-200 IM, and #3-400 IM
80-84 Eva Muller #8-200 Back, #9-50 Fly, #5-200 IM

85-89 Patience Miller #4-50 Free, #4-100 Free, #6-50 Back, #5-50 Breast, #4-5 Fly

25-29 Kyle Kimball #2 - 400 Free, #4 - 200 Fly

25-29 Bill Zolna #1 - 200 Fly, #2 - 200 IM, #5 - 400 IM, #8 - 50 Fly

35-39 Curt LaCount #8 - 50 Back, #8 - 100 Back

35-39 David Burleson #7 - 200 Back

45-49 Allen Stark #8-50 Breast, #4-100 Breast, #5-200 Breast

50-54 Robert Smith #10 - 50 Back

60-64 George Thayer #1 - 50 Freestyle

60-64 David Radcliff #5 - 800 Free

60-64 Arthur Welch #8 - 800 Free

70-74 Gil Young #7 - 1500 Free

75-79 Earl Walter #2 - 100 Fly, #6-50 Back, #9 - 100 Back, #8-200 Back #5-200 IM, #5-400 IM

Please Note: FINA does not recognize relays of any other distance than 200 Meters.

OB Comments: In reflection it is interesting to recall that in the early days of FINA's World Top Ten (Late 1970's), if you made the US Top Ten, you were almost assured of making TT World, this is certainly no longer the case, with at least one of OMS' USA TT, not even making the TT World. In the USA, we swim the Short Course Meters, in some kind of reckless abandonment, even though this is the official Winter course for the rest of the world, we, the USA, still seem to be able to hold our own. The rocket like rise of the Japanese swimmers, is certainly eye catching, they have improved overall more than any other country. Looking back, we all took note, when a Japanese swimmer was entered in a USA meet, now they are everywhere, especially Internationally. That's it for 1996, OB's congratulations to the TOP TENNERS.

the Workout continued from page 1

- C. WORK the turns
- D. Finish strong
- E. Know backstroke counts from the flags to the wall
- F. ALWAYS touch with two hands on breast and fly
- G. ALWAYS complete breaststroke pullouts
- H. Set goals for both workouts and meets
- I. Variety is important
- J. Challenge yourself

HERE'S THE WORKOUT SO YOU CAN TRY
OUT THESE IDEAS

	<u>ADVANCED</u>	<u>INT/FITNESS</u>
Warm Up	400 swim 300 kick 400 pull	300 swim 200 kick 200 pull
Main Set	3 X (3X200) Free, IM, Free On 3 min. 200 easy	2 X (3X200) All Free On 3:45 100 easy
Kicking	5 X 100 Kick On 2:00	5 X 100 Kick On 2:15
Sprints	6 X 50 Stroke on 1:00 Build - ups	6 X 50 Free on 1:00 Build - ups
Warm Down	200 Easy 4100 yards	200 Easy 3000 yards

The information and workout was reprinted from the
MASTERS COACHES MANUAL- UNITED
STATES MASTERS SWIMMING.

**YOU CAN NOW SEND
YOUR ARTICLE(S) FOR
THE AQUA-MASTER
VIA E-MAIL TO:
jzell@zephyr.net**

The Chair's Corner continued from page 1

Right after that, along came a guy in the 60 - 64 age group that swam a:54+ this is swimming at it's best folks. Both were new National records. The officiating was great and only had a few glitches, which, I am sure were all ironed out.

I am sorry to report that we will be losing our Officials Chair. I would like to thank **LARRY SNEAD** for all the work and help he has given OMS, performing his official duties (in pain) and lining up officials for our meets when needed. We will miss him and we hope and pray that he will whip his back and neck problems soon so we will see his smiling face at our meets again. We wish you the very best of everything and a speedy recovery Larry - - - hurry backs.

Now with Short Course season over, Long Course and Short Course Meters will follow. I hope you all keep your noses to the grind stone and become winners by staying fit. I wish you all a great Summer. See you in the water. **GOD BLESS.**

OPEN WATER NEWS

by Dan Gray

Summer is just around the corner and the thoughts of swimming in the great outdoors is becoming more appealing. Taking my thermometer with me today to check on the lake, get the wet suits out.

With the Oregon Clubs sponsoring five open water events this summer every swimmer who wants should get their fill. The first swim will be the FIVE MILER to be held at Applegate Lake. The following day, just eight miles away, will be the Squaw Lake swim offering both the 1500 & 3000mtr. events (July 19th& 20th). Pat Burch, race director for Squaw Lake, informs me that the road is now open to the lake and the only major change is that the main groupcamp-ground was washed away by the winter floods.

continued on page 5

"Open Water News" continued from page 4

Got to thinking why anyone would want to swim five miles, or even one or two. Sitting on the porch the other night I realized that there are folks that like to challenge themselves and there are folks that do not wonder outside their set comfort zone. I find myself less interested in the time it takes to complete a task and more interest in what it takes to complete the task (or challenge). Most open water swimmers are also pool swimmers; they distinguish themselves by being more willing to experience the larger scope of what swimming has to offer. There are two outstanding features that open water events offer that you do not experience at pool events. The adrenaline of mass starts is contagious where everyone of all ages and sex start their journey together & the time that people share together, both before and after a race is so vital to the true feeling of competition and is as important to the overall picture of Masters Swimming as the races themselves. If you find yourself a little BORED with swimming and looking for SOMETHING to renew interest, look to the open water events. The first open water event you swim in may be an uncomfortable experience, BUT DO IT AGAIN, and become familiar with what the open water has to offer. Remember, Bend will host the First Oregon Open Water Championship 1500mtr. swim during the weekend of Aug. 2nd & 3rd. This is the beginning of a new era for Oregon open water swimming.

The Eugene club will be hosting an open water event at Cottage Grove Lake, and Portland Parks will host a swim at Roslyn Lake before the snow flies.

LOTS TO LOOK FORWARD TO!

**YOU CAN NOW SEND
YOUR ARTICLE(S) FOR
THE AQUA-MASTER
VIA E-MAIL TO:
jzell@zephyr.net**

HEY THERE.....

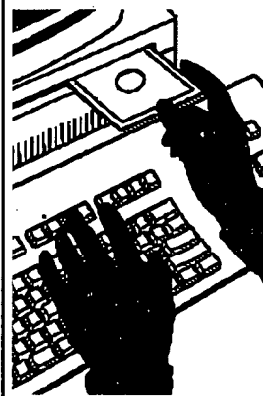
IT'S YOUR NEWSLETTER!

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



OREGON MASTERS SWIMMING INC.**Minutes of Board Meeting - May 20, 1997**

Attendees: Eric Guest, Sharon Stuart, Roy Abramowitz, Stephen Harger, Phil King, John Zell, Suzanne Rague, Simone LaPay, Donna Ryan, Sandi Rousseau, David Cobb, Dave Radcliff, Ginger Pierson, Gil Young

Call to Order: 7:04 PM

Secretary: Sharon Stuart Minutes approved as read.

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

Vice-Chair: Tim Waud - not present. No report. The Board passed a motion to award Rogue Valley Master full compensation.

Committee Reports

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

Registration: Stephen Harger. OMS registrants for 1997 to date = 583, new registrants in May = 2.

Membership: Phil King John, Phil, and Stephen are continuing to resolve list of team reps.

Aqua-Master: John Zell . Dave Radcliff, assistant. The May/June issue is at the printer.

Top Ten / Data Manager: Suzanne Rague Suzanne is between meets with data management.

Approximately 50 swimmers at Association Championships failed to send in a copy of their registration card. Of these, approximately 15 swimmers failed to respond to the follow-up letter requesting a copy of their card. Suzanne suggested the Board instigate a fee. This registration card issue must be resolved prior to each meet because the people who can resolve each case are too busy at the meet. John Zell will try to allocate a space on the entry forms for a copy of the card. Ginger Pierson will send John some example entry forms.

Fitness: Teri Hendryx - not present. No report.

Officials: Larry Snead - not present. Report given by Eric Guest. Larry referred the Board to Al Smith. Eric spoke with Mr. Smith and he is interested in chairing the Officials Committee. Eric asked the Board if there were any other officials interested in the position. Gary Walis is interested in being the liaison for the NWMG but not the OMS committee chair.

Coaches: Simone La Pay Simone will be leaving Oregon for a new opportunity. The Board needs to find a new committee chair. Ginger Pierson will talk to Mark Friedley from the MAC Club.

Historian / Records: Earl Walter - not present. Records are up-to-date.

Awards / Souvenirs: Donna Ryan. \$350 in OMS T-shirts have been sold thus far. The Board thanked Donna for creating the new T-shirts. Someone will take OMS T-shirts to each of the meets this summer. Donna thanked board members for help with the trophies presented at Association Championships. \$23 of merchandise was sold at Association Championships. Donna is currently working on the OMS poster, and will talk to John about printing.

Safety Coordinator: Sandi Rousseau Sandi will talk to the Safety Coordinator for the Bend meet.

Past Chair: Dave Cobb Dave distributed NWMG volunteer forms to Board members volunteering for chair positions.

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

Open Water / Long distance: Dan Gray - not present. No report.

Old Business

OMS Relays Dave Cobb extended a thank-you to John Zell and Simone LaPay

1998 Nike World Masters Games Sandi distributed a list of what each competitor receives for their entry fee. NWMG will be visiting the Pan Pacific Championships. NWMG proposed changes to the contract. The Board reviewed the changes and wrote and prepared a counter proposal.

Convention delegates Eric Guest requested an additional delegate-at-large. The decision will be made mid-June. Members interested in attending are: Ginger Pierson, Eric Guest, Dave Radcliff, Tim Waud.

Investment plan for OMS - table for next meeting

Distributions of entry fees. Distribution to host club according to the current contract is: 1 day-\$4.50, 2 day-\$4.75, Assoc.-\$5.00, Regional-\$5.50 The Board passed a motion to raise each entry fee by \$2 starting with the next SC season and pass this amount on to the host team.

New Business

Ginger Pierson brought a video tape made to promote Masters Swimming and encouraged people to view it and give feedback so it can be re-made.

Mel Goldstein was awarded the Ransom Arthur. In appreciation for our nomination, he would like to donate a pizza.

June Mather sent a nice thank-you card to the Board.

Action Items (arising from meeting)

John Zell: look into redesigning entry forms to allocate a space for a copy of the card.

Ginger Pierson: talk to Mark Friedley from the MAC Club, send John some example entry forms.

Donna: talk to John about printing

Sandi: talk to the Safety Coordinator for the Bend meet.

Adjournment: c.a. 9:19 p.m.

Next Meeting: June 17, 1997, 7pm

1997 COTTAGE GROVE LAKE SWIM
SUNDAY, AUGUST 10
ONE AND TWO MILE OPEN WATER SWIM
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

OMS Sanction #: Every swimmer must be a current OMS or USMS member to compete.
One-day OMS registration will be available at check-in for a fee of \$15.00

Schedule: 2 Mile: Check-in closes 9:00 AM Pre-race instructions 9:15 AM Race starts 9:30 AM
1 Mile: Check-in closes 10:00 AM Pre-race instructions 10:15 AM Race starts 11:15 AM

Course: The triangular course will be marked by buoys. Water temperature is expected to be 72-76 degrees and will be posted at check-in.

Equipment: The use of pull buoys or fins is not allowed. Swimmers wearing wetsuits are ineligible for awards

Awards: Awards will be given to the top three male & female winners in each age group (19-25, 25-29, etc).

Picnic: Following the swim, Emerald Aquatics will host a BBQ potluck. All swimmers and friends invited.

Directions: From I-5 take exit 170 (London Road) and go east. Follow London road (south east) for 3 miles.
Take the first entrance into the parking lot when you see the lake. Signs will be provided on London road.

Camping: There is camping on the east side of the lake and at Dorena Lake just to the north (exit 174).

Information: Steve Johnson, Race Director, (541) 683-5758

ENTRIES MUST BE POSTMARKED BY JULY 25

Mail entries to: EA Lake Swim
P.O. Box 3708
Eugene, OR 97403

OMS/USMMS Reg# _____

Please attach a copy of your OMS/USS registration card.

	<u>Before 7/25</u>	<u>After 7/5</u>	
2 mile	\$21.00	\$26.00	_____
1 mile	\$21.00	\$26.00	_____
Both	\$28.00	\$33.00	_____
T-shirt: S M L XL XXL			_____
TOTAL			_____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

I, the undersigned, 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 the risks inherent in Masters Swimming (training & 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 of damages caused by the negligence, active or passive of the following: US Masters Swimming, Inc., the local Masters Swimming committees, the clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities. I acknowledge that I am aware of all risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____

The Web Lane

by jzell@zephyr.net

To: jzell@zephyr.net
Subject: Swimming Web Sites

As requested I'm sending my swim links -- actually this is a copy of my swimming bookmarks.

My favorite is the Swimmers Guide Online (<http://205.159.83.130:80/~SGOL>). This is a big help when I'm traveling for work (happens weekly) and I need to find a suitable pool to work-out in.

Hope these links work out well for you too. Please let me know if you have any favorites that I'm missing.

Take Care,
Wilson Zehr

Swimming

<http://www.swiminfo.com/>
<http://hcs.harvard.edu/~swim/>
<http://isg.cs.tcd.ie/tcinneen/swim/header.html>
<http://www.atlanta.olympic.org/acog/sports/aquatics/d-SW-descr.html>
<http://www.hk.super.net/~kff/wms.html>
<http://www.olympic.nbc.com/sports/swimming/index.html>
<http://ourworld.compuserve.com/homepages/swim/>
<http://www.best.com/~moswimn/>
http://www.unb.ca/web/Masters_swimming/FINAindex.html
<http://rohan.sdsu.edu/dept/coachsci/swimming/index.html>
<http://www.icanect.net/swimgold/tt>
<http://www.hooked.net/~swim/>
<http://www.unb.ca/web/mastersswimming/index.html>
<http://www.swim.shop.com>
<http://www.totalimmersion.pair.com>
<http://www.speedo.com/newsflash.html>
<http://205.159.83.130:80/~SGOL/>
<http://www.olympic.nbc.com/sports/swimming/records.html>
<http://www.usswim.org>
<http://www.tcd.net/~jj/swimlinux.html>
<http://www.swiminfo.com>
<http://www.worldwideswim.com>

Oregon Masters Swimming Short Course Yards Meet
Sanctioned by Oregon Association for USMS, INC. Sanction # 377-10
ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.
Unregistered swimmers must submit a 1997 registration form and fee with this form.

Pride of Portland Summers End Meet

SATURDAY August 30, 1997

Place: **MATT DISHMAN COMMUNITY CENTER**

77 N. Knott St. Portland, OR

5 LANES COMPETITION - MANUAL TIMING

CONTINUOUS WARM UP/DOWN LANE, POOL, Hot Tub Spa

HOST: Team Portland Aquatic Club Meet Director: Eric Brown 503-238-6036 w 503-282-6701 h

DIRECTIONS TO POOL: I-5 Southbound, take exit #302A (Broadway / City Center), off exit cross Broadway and take a left at Weidler St. Take another left at Williams Ave. Proceed north on Williams and take a right on Knott St. I-5 north bound, take exit #302-A (Coliseum / Weidler), off exit cross Weidler and take a left on Broadway, get into your right-hand lane and take right on Williams Ave. Proceed north on Williams and take right on Knott St.

WARM-UPS: 12:00 NOON
MEET STARTS: 1:00 P.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN August 16, 1997

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

FILL IN COMPLETELY-----<-----RETURN THIS LOWER PORTION----->-----FILL IN COMPLETELY

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OREG, MACO, PNA, IEM, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and 500 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____._____

BREAK BREAK BREAK

FREE RLY (2/3) XXXXXXXXXXXX

100 BACK (4) _____:_____._____

200 FREE (5) _____:_____._____

50 FLY (6) _____:_____._____

200 BREAST (7) _____:_____._____

100 I.M. (8) _____:_____._____

BREAK BREAK BREAK

MXD FR RLY (9) XXXXXXXXXXXX

200 BACK (10) _____:_____._____

50 FREE (11) _____:_____._____

100 FLY (12) _____:_____._____

50 BREAST (13) _____:_____._____

BREAK BREAK BREAK

MED RELAY(14/15) XXXXXXXXXXXX

50 BACK (16) _____:_____._____

100 FREE (17) _____:_____._____

200 FLY (18) _____:_____._____

100 BREAST (19) _____:_____._____

200 I.M. (20) _____:_____._____

BREAK BREAK BREAK

MXD MD RLY (21) XXXXXXXXXXXX

Party following meet - info to be announced.

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$9.00

Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fee(s) to:

Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

CASCADE LAKES OPEN WATER SWIM SERIES

August 2nd & 3rd, Elk Lake

DESCRIPTION: The unique open water swim series consists of three separate events to be held on Saturday and Sunday, August 2nd and 3rd in Elk Lake, a pristine lake nestled in the scenic Central Oregon Cascade Mountains near Bend. The first race will be a 500 Meter individual time trial in which swimmers will be started in 30 second intervals (based on seed times) and follow a straight out and back course marked by a continuous visible line. The second event, also occurring on Saturday, will be a 1,500 Meter group start swim on a triangular course marked by buoys. This swim has been designated the 1997 Oregon Masters Open Water Swim Championship for teams and individuals. The third and final race in the series will take place on Sunday and consist of a 3,000 Meter group start swim on an out and back course. Swimmers are invited to participate in any or all of the races.

SCHEDULE OF EVENTS:

Saturday, August 1

8:30 - 10:00 am	Race Day Registration
10:30 - 12:00 pm	500 Meter Individual Time Trials (Interval Starts)
1:00 pm - Finish	1,500 Meter Swim (Awards following race)

Sunday, August 2

8:30 - 10:00 am	Race Day Registration
11:00 am - Finish	3,000 Meter Swim (Awards following race)

REGISTRATION & FEES: You must be a currently registered US Masters Swimmer to participate. A photocopy of your current USMS registration card must accompany your entry. For those who are not current USMS registered swimmers, single event USMS registration will be available for \$12.00 at the race day registration. Race Entry fees include swim cap, T-shirt, aid station and plenty of healthy snacks and drinks.

Early Registration (before July 19)	\$20 (1 Day)	\$30 (2 Days)
Late Registration (after July 19)	\$25 (1 Day)	\$35 (2 Days)

LOCATION/DIRECTIONS: Elk Lake is located approximately 30 miles West of Bend on the Cascades Lakes Highway. From Highway 97 in Bend, follow signs to Mt. Bachelor Ski Area and Cascade Lakes. Follow the Century Drive/Cascade Lakes Highway. approximately 10 miles past Mt Bachelor Ski Area to Elk Lake. Saturday events will take place at the Sunset Beach Area. The Sunset Beach turnoff is the first turnoff to Elk Lake. Sunday events will take place at the South Beach Picnic Area. The South Beach Area is the last turnoff to Elk Lake. Both turnoffs will be marked by balloons and a sign.

SPECIAL CONDITIONS/WET SUITS: Because of its mountain location and 5,000 foot elevation, air and water temperatures can be unpredictable. Water temperature during this time of the year ranges from 65 - 75 degree. You may call (541) 389-7665 beginning July 24 for water temperature reports. Air temperature can vary greatly throughout the day from as low as the 30's in the early morning to near 90 in the afternoon. Come prepared for all weather conditions. **Wet suits are permitted.** There will be separate results and awards for wet suit and non wetsuit competitors for each event. Competitors wearing wetsuits will not, however, be considered in for the overall awards.

RESULTS/AWARDS: Results will be completed for each individual race and the overall series (based on cumulative time for all three races combined). Final results will be listed by overall order of finish but also reflect the order of finish for each age division. Age divisions will be standard USMS age groupings (19-24, 25-29, and subsequent five-year increments for both men and women). Final results will be mailed to all competitors approximately one week after the race. **Awards** will be given to age group winners for the 500 and 3,000 meter events. Awards will be given to the top five finishers in each age group for the 1,500 Meter State Championship event. Special awards will be given to the overall series winners in the following categories: Men 39 and under; Men 40 and over; Women 39 and under; Women 40 and over.

CASCADE LAKES SWIM ENTRY FORM

NAME _____ PHONE (____) _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

EVENTS (Circle events entered): Day 1 500 Meters 1,500 Meters

 Day 2 3,000 Meters

Seed Time for 500 Meter Time Trial (based on best 500 Yard Pool Time) _____

T-SHIRT SIZE (Circle One): Medium Large Extra-Large

ALL PARTICIPANTS MUST READ AND SIGN THE FOLLOWING:

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 any of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Master Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervision such activities, as a condition of my participation in Masters Swimming. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

CAMPING AND LODGING: Elk Lake has four developed campgrounds, including one group campground. The Forest Service was not taking reservations for the group campground at the time this entry was completed. We will continue to try to reserve this area. If the group camp is not available, individual campsites are available on a first come, first service basis. We will try to reserve sights for those who call in advance. If you are interested in camping, call Michelle and Leroy Morrell beginning July 7 at 385 - 9458.

For those looking for lodging facilities, the Bend and Sunriver areas offer numerous motels, condominiums and resorts at all price levels. There is also a limited number of cabins at Elk Lake Resort (541) 317-2994 and nearby Lava Lake (541) 382-9443 and Cultus Lake (541) 389-3230. For more information on lodging accommodations, contact the Bend Chamber of Commerce at (541) 382-3221.

**For further questions about the Cascade Lakes Swim,
Contact Matt Mercer at 389 - 7665 (w) or 388 - 1952 (h)**

Sanctioned by OMS, Inc., for USMS, Inc. Sanction # 377-09

Make check payable to: CASCADE LAKE SWIM Mail to: 1046 N.W. Baltimore Bend, OR 97701



FIFTEENTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 14-20, 1997

OFFICIAL ENTRY FORM

Please read the **GENERAL INFORMATION** page carefully, listing chairperson of you sport, place, time, dates, and entry fees. Select your sport(s) and check them off on this page, along with your age. **Add to your entry fees the \$12.00 Festival Fee.**

1. **Registration.** Mail your total amount, with this form, to: The Eugene Senior Sports Group, Inc.

P.O. Box 5002

Eugene, OR 97405

Entry Fees Subtotal \$ _____

Additional Dinner Guest (\$7.00 per guest) \$ _____

Festival Fee \$ **\$12.00**

Total Amount (enclosed) \$ _____

Dinner Guest Information:

☐ I will attend dinner party

☐ I will bring a dinner guest

Shirt Size (please circle one)

medium large extra-large

2. **Groupings.** Place an "X" next to your age category and sex.

☐ MALE ☐ FEMALE

☐ 30-34 ☐ 35-40 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 ☐ 85-89 ☐ 90+

3. **Sports.** Place an "X" next to the sport(s) and/or event(s) you wish to enter:

Entry fees, \$5.00 each event, except where indicated*

☐ Tennis (45+) Willow Creek Racquet ☐ Singles ☐ Doubles ☐ Mixed Doubles

7/19 - 9 am

☐ Tennis Team Competition - (45+) - (55+) - ☐ 6 member team - 3 doubles matches

7/16, 17 - 5 pm

☐ Racquetball - (35+) - (40+) - Courtsports Athletic- ☐ Singles ☐ Doubles ☐ Mixed Doubles ☐ A ☐ B ☐ C

7/18 - 5 pm;

7/19 - 9 am

☐ Racquetball Team Competition - (40+) - (50+) - ☐ 4 Member Team ☐ A ☐ B ☐ C

* ☐ Golf (55+) ☐ Laurelwood \$15-36 holes ☐ Oakway \$12-36 holes ☐ Fiddler's Green \$8-36 holes 7/14 - 8 am

☐ Handicap ☐ Callaway

7/15

* ☐ Volleyball (Men 40+ Women 35+) ☐ Co-Ed A ☐ B ☐ Co-Ed B ☐ 7/19 - 8 am to 2 pm \$5,

* ☐ Swimming (30+) order of events to be held at Echo Hollow Pool - 1655 Echo Hollow Rd., Eugene, OR 97402

M	W	
<input type="checkbox"/> 1	<input type="checkbox"/> 2	400 meter free
<input type="checkbox"/> 3	<input type="checkbox"/> 4	50 meter breast
<input type="checkbox"/> 5	<input type="checkbox"/> 6	100 meter fly
<input type="checkbox"/> 7	<input type="checkbox"/> 8	50 meter free
<input type="checkbox"/> 9	<input type="checkbox"/> 10	50 meter back
<input type="checkbox"/> 11	<input type="checkbox"/> 12	200 meter free relay
<input type="checkbox"/> 13	<input type="checkbox"/> 14	100 meter breast
<input type="checkbox"/> 15	<input type="checkbox"/> 16	50 meter fly

M	W	
<input type="checkbox"/> 17	<input type="checkbox"/> 18	200 meter free
<input type="checkbox"/> 19	<input type="checkbox"/> 20	200 meter back
<input type="checkbox"/> 21	<input type="checkbox"/> 22	200 meter medley relay
<input type="checkbox"/> 23	<input type="checkbox"/> 24	200 meter breast
<input type="checkbox"/> 25	<input type="checkbox"/> 26	200 meter fly
<input type="checkbox"/> 27	<input type="checkbox"/> 28	100 meter free
<input type="checkbox"/> 29	<input type="checkbox"/> 30	100 meter back
<input type="checkbox"/> 31	<input type="checkbox"/> 32	200 meter ind. medley

Doug Smith 687-5525

50 Meter Pool

7/19

Warm-ups - 8 am

Meet Starts - 9 am

\$5.00 - 5 events max.

Open to registered Masters Swimmers as well as unregistered swimmers.

Must be USMS registered to qualify for Masters records. Approved but not sanctioned meet.

☐ Please indicate if partner/teammates needed.

Name _____

Age _____

Address _____

Phone _____

Street

City

State

Zip

Partner's Name _____

Age _____

Address _____

Phone _____

Street

City

State

Zip

Team Name _____

Festival Dinner Party, July 19th, 6 pm at ALTON BAKER PARK, Eugene, OR

Liability Waiver must be signed



FIFTEENTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 14 - 20, 1997

LIABILITY WAIVER (Must Be Signed)

In consideration of the right to participate in the 1997 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said events to be held on July 14 - 20 1997 or which may hereafter occur to me as a result of my participation, against the Eugene Senior Sports Group, Inc., the sanctioning bodies, the City of Eugene, Albertsons, Inc., Oakway Golf Course, Fiddler's Green, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers or agents of said groups, officials, and any and all other sponsors and their officers and agents thereof.

I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above.

I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 14 - 20, 1997 without any remuneration.

I certify that I have read and understand the above.

Participant's Signature _____

Date _____

1997 OREGON MASTERS SWIMMING REGISTRATION FORM

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

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

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by you in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the *ONLY* source of meet entry forms.

If you move, let the registrar know, so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 registration is sent to the United States Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues
48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

INSTRUCTIONS FOR FILLING OUT THIS FORM:

- 1) *All fields must be filled out.*
- 2) Check the appropriate Club
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. *It may be up to 1 month before you receive your registration card back.* Until this time you can enter your registration number on meet entry forms as 'applied for'. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1997**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address.
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----
Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

(JANUARY 1st to DECEMBER 31, 1997)

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

**Oregon Masters Swimming
Registration 1997**

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

NAME _____ Reg. Fee (\$28.00) _____

(Last name)

(First)

(M.I.)

--- OR ---

ADDRESS _____ Joint Registration (\$49.00) _____

(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____

Your Phone number

Born (MM/DD/YY)

AGE

SEX

USMS Club: () OREG () MACO () UNATTACHED

ARE YOU A MASTERS COACH? YES _____

Local Team (if any) _____

(PLEASE USE OFFICIAL TEAM ABBREVIATION)

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

Signature _____

Date: _____

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



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In this issue: Internet swimming web sites,
FINA Top Ten, Open Water and meet entries

Aqua-Master
JULY, 1997

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Please advise the registrar of address changes