

Aqua-Master

Volume 24, Number 7 August, 1997



the WORKOUT

The workouts this month are courtesy of Ben Davis, Head Swim Coach of the Tualatin Hills Barracudas. The comments are by Dave Radcliff, who swims for the Barracudas.

One of the big challenges facing coaches and swimmers is peaking for two meets that are relatively close to each other. When I decided to swim in the Pan Pacific meet I knew I would be facing this problem. Ben gave us a major taper for the short course Nationals at Federal Way. I felt super and had PR's in all my events (well almost in the 1000).

On Tuesday (yes, I did take Monday off) following the Nationals I showed up for workout and told Ben that in exactly 5 weeks I would be swimming in my first race at the Pan Pacific Championships. I asked
continued on page 4

THE CHAIR'S CORNER

by Eric Guest

Again, KUDOS go to all the OMS INC. swimmers who so well represented the State at the Short Course Nationals in May. Personally, I enjoyed watching some fantastic swims and renewed many old acquaintances. Though the final tally has yet to be received, it is rumored that the men of our State won their division. (Now confirmed) The distaff members of the team were handicapped by the absence of some of the top swimmers who couldn't make the trip i.e. Teri Hendryx due to medical problems and Sandi Rousseau with a torn rotator cuff was there but not able to compete, not to mention others who couldn't make it. Sandi was kept very busy however, being the USMS Championship Committee Chair, ironing out problems at the meet. Now that short course is over, we find ourselves
continued on page 4

Barnacle

reviews results records

SCY Nationals

Thanks to the wonderful people of PNA, headed up by Jane and Hugh Moore, we had ourselves one very fine swimming meet. Our heartfelt thanks to each and everyone of them. Slightly more than 1400 swimmers battled it out for four days, and the final standings gave us one surprise: The Oregon men won the Mens Championship for the meet, edging PNA; 968.5 points to 932. MACO with 5 women came in at 10th, 6 men at 24th, combined for 13th place in the small team category. OMS in the large category (4 Teams), placed 4th in womens, 1st in Mens, and 3rd combined. OMS: Total swimmers; 129 out of a membership of 550, making this total were 40 Women and 89 Men. Not really too great a

ol'Barn continued on page 3

INSIDE FOR YOU

The CHAIR'S CORNERpage 1

Ol' Barnacle

USMS SCY Nationals..... page 1

Bend meet review.....page 10

the WORKOUTpage 1

What day is that meet?

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

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)

Membership

Phil King

(503) 241-9091

Fitness

Teri Hendryx

(503) 644-2759

Safety

Sandi Rousseau

(503) 642-3679

Coaches

Mark Freidley

(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
*Aug 30	SCY	Portland, OR Matt Dishman pool Team Portland AC
Sept 1	Open Water	Hood River, OR Labor Day Cross Channel Swim
*Sept 21	Open Water	Forest Grove, OR Henry Hagg Lake Open Water Swim
Nov 15-16	SCM	Oak Harbor, WA NW Zone SCM 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

turnout, considering the nearness and caliber of the venue. OB's selection of OMS Swimmer of the Meet would have to go to Jeff Stiling of MACO. Jeff set a new NR in the 400 IM, ZR for 200 IM, 200 and 500 Free, plus OR for the 100 Fly and 100 IM. Barbara Jackson was in contention with 3 new ZRs, as was Steve George with 3 new ZRs, on top of 1 new OR, and Dave Radcliff, with 4 new ZRs. Going along with Jeff Stiling's new National Record, four "veterans", Earl Walter, Gerald Huetis, Gil Young and Andrew Holden, combined their talents in the 200 Free Relay for 75 plus, with a new National record of 2:19.15, breaking the old standard of DC Masters-2:24.77 (1991). They plan to hold together for a few more months, and lower that time, plus adding the NR for the 200 Medley.

NOW, let's look at the point getters:

Women 19-24: Jennifer Snook (4th-50 Free, 3rd, 2nd & 4th-50, 100, 200 Back). Laura Juckeland set 2 ORs: 100 IM-1:05.47 was Ryerson from '96, 200 IM-2:20.26 was Haslach from '93, with Silver-200 Back, Bronze-200 IM and a 4th in the 100 IM. Snook should make TT in all backstroke, with Laura making TT3 for the 200 Back.

Women 25-29: Shauna Simpson garnered a Bronze in the 1000 Free, plus 7-100 Fly and 5-200 Fly, with Junia Calhoon adding a 5th for the 1000.

Women 30-34: Susan Moss, a new OR for the 200 Fly at 2:20.59, was Kraker '93, for a 5th. Susan also tallied 6th/10th-100/200 Free, 7th/9th 50/100Fly and a 9th in the 200 IM, just a great showing by a new Oregon Master, way to go Susan. Holly Vaughn-Edmonds gave us a Silver in the 1000, missed the OR 10:59.15, with a 11:00.53, Add a 4th-200 Free. Toni Hecksel, a Bronze in the 50 Free/26.28, 7th/100 Free, 9th/200 Free, 9th/50 Fly, 8th/100 IM. Martina Ralle, 9th/50 Back-32.34, 10th/200 Back-2:24.86, 10th/200 Fly-2:29.78. JeanneThimm, 10th/1000-13:55.11.

Women 35-39: Gracie Goddard, ZR 50 Fly-28.26, a Gold, was Rousseau from '85, add OR 200 Free-1:59.92, a Silver, was Goddard '95, add Golds 50/100 Free, 25.23/54.36. Kimberley Arata; 3 ORs: 100

Back/1:07.10, 200 Fly 2:23.11 was Worden '93, 200 IM/2:24.34 gaining an 8th, Silver and 8th, a 5th/200 Back, 10th/100 IM. Simone La Pay had a Bronze-50 Free, Silver-100 Free, 4th-200 Free, 7th-500 Free, 9th 100 Fly. Kerry Culbertson got a 10th-200 Free, 5th-500 Free(5:37.58 vs OR 5:36.90), 4th 1650. Ann Goodman tallied a 9th/50 Back. Laura Wordencame home with a 4th-200 Fly, also broke the OR and a 10th-400 IM.

Women 40-44: Kristi Gustafson picked off a 9th in the 50 Back. Lori Hollingsworth swam to a 9th in 1000.

Women 45-49: Judy Beaston added a 10th-200 Free, 8th-500, 6th-1000 (TT9). Suzanne Rague notched a 9th-500, 9th-100 Fly (Might TT), Bronze in the 200fly (TT9) and 7th for the 200 IM. Lissa Parker a 10th at 500, 8th for the 1650, 8th-200 Fly

Women 50-54: Christine Clum 10th-50 Free, 7th-100 Free(?TT), 9th-200 Free, 6th-50 Breast, 4th-100 Breast, and Bronze for the 200 Breast, all Breast should be TT. Alice Zabudsky had a 6th for the 50 Back, 5th in the 100 (TT?) add 6th for the 50 Fly (TT10), and a 7th in the 100 IM. Ginger Pierson, a Silver for the 50 Breast, with Golds in the 100&200, a 4th-50 Fly, a Silver and Gold for the 100&200 Fly, TT in at least 2/3.

Women 55-59: Johanna Cummings, new to OMS, tallied a 7th-50 Free and 5th-100 Free. Suzanne Schumann, coming back, with a Bronze for the 50 Breast and a 6th in the 100 Breast.

Women 60-64: Lavelle Stoinoff swam away with Golds(200, 500-1000) capped by a Silver for the 200 Back, 42 points for MAC. Kaleo Schroder tallied 17 points with: 6th-50 Free, 4th-50 Back and a 6th in the 50 Breast.

Women 65-69: Betsy Austen moving on to 70 soon, tallied 26 points for MAC a 5th, 4th, 5th and 4th in the freestyle events. Barbara Jackson, a big addition to OMS, swam for 3 Golds and a 7th. Setting 3 new Zone Records in the 50, 100, 200 Back at 40.31, 1:28.27, 3:12.75. OB will have more on Barbara later, suffice to say, this lady was a 1948 Olympian

continued on page 6

The Workout continued from page 1

him "so what's going to happen the next five weeks?". He said, "I'm going to take you up and then bring you back down". Taking me up meant three weeks of hard 1 and 1/2 hour long course workouts which averaged 4200 - 4500 meters. During the fourth week Ben started the 80% or 800 pace technique for parts of my workout. In certain sets he would tell me to swim at my 800 pace or to build to 80%. An example of this was the set I did on Friday of the fourth week. It was a series of 9 x 100 on 2:15. We were to accelerate 1 to 4, 5 to 7 and 8 to 9. Ben told me to accelerate to my 800 pace. This was a great set. It gave me a chance to work on negative splits, a chance to recover on 1, 5 and 8 and a great opportunity to work on my distance per stroke and pacing as I accelerated the 100's. After this set I knew I was going to be ready for Maui.

For the fifth week, Ben cut me back to one hour (bringing me down). I did a long warm up and then most of the swimming was at 80% or 800 pace. I left early Thursday morning for Hawaii. Here are the workouts that Ben wrote out for me to follow in Hawaii as I did my final taper.

Thursday - Day 1 (2000 meters)

This will be a stretching work out to get out the kinks from the flight - 600 Swim

10 x 50 Kick/Swim 50's (10 Sec rest)

3 x 300 Accelerate 1 to 3 to 80% (30 sec rest)

Friday - Day 2 (2100 meters)

800 warm up

4 x 50 (25 build, 25 easy) on 1:30 - build to 90%

200 recovery swim

4 x 50 (12 1/2 FAST - easy to end) on 1:30

200 drill

300 kick

Saturday - Day 3 (2000 + meters)

400 swim - 200 kick - 200 drill (warm up)

4 x 100 on 1:45 (work on distance per stroke)

6 x 50 on 1:15 (Accelerate 1 - 3 and 4 - 6 to 200 pace)

200 recovery

3 x 100 on 2:30 (Accelerate 1 - 3 to 800 pace)

warm down up to 400

Sunday - Day 4 (1500 meters)

1500 STRETCH out

Start and Turn work - get use to walls

Monday - Day 5 (1800 + meters)

800 warm up

4 x 50 on 1:30 (build to 90%)

200 drill

4 x 50 on 1:30 (12 1/2 fast and easy to wall)

200 recovery swim

2 x 100 on 2:30 (800 pace)

warm down

Did the five weeks of "down and up" work? I think it did. I did PR's in each of my races at the Pan Pacific. I felt good and I was real pleased with my times. Using the meter/yard slide ruler to convert times I had 3 races faster in Hawaii than at Federal Way, one the same and my 50 was a couple of tenths slower. In the locker room following my final race I was talking to a fellow competitor who had beaten me in 2 out of 3 races at Federal Way. At Maui I beat him in the same 3 races. He looked at me and said, "Your coach sure out coached my coach". What a great comment for me to bring back to my coach. "Thank you Ben!"

One of the main purposes of the Workout column is to give ideas to swimmers who workout on their own without a coach. I hope these ideas on maintaining a high level of competitive fitness and tapering between two major meets, which are close together, will help other OMS swimmers who swim on their own.

The Chair's Corner continued from page 1

facing the meters courses. After swimming short course, it is a long way to the other end of a 50 meter pool. So get ready to go the extra feet/meters. Stay in shape - Aug '98 and the World Masters Games is just around the corner and before that, the Long Course Nationals. We also have the Oregon State Games and the Zone (NW) meet at MAC which are listed in the Aquamaster. Our nominee for the Ransom Arthur Award was Mel Goldstein, USMS President. The award was presented to Mel at the Nationals. Mel's untiring efforts given freely to masters swimming made him more than deserving of it. It is the highest Master's Award given. The annual

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

ol' Barn continued from page 3

for the USA, now living in Baker City. We all will be looking forward to meeting and seeing more of Barbara in the years to come. Beverly L'Esperance, continues on the comeback trail from illness. Bev gave us a 5th, 7th and 8th in the backstroke events.

Women 80-84: Helena Hoffman came through with a new Zone in the 400 IM, breaking her old standard of 13:31.72 with a fine 12:16.04 OB Comment: It would have been LUVERLY, to have had Evelyn McKeon, Eva Muller and Patience Miller.

OB has got to say it again, OMS swims to First Place in the Men's Arena! Thanks to a resurgence in strength, beginning last summer, in the younger men's events.

Men 19-24: Big OMS welcome to Robbert van Andel, Gold 1650 with new OR of 17:58.34, was Knapp from '85. Add to this an OR for the 100 Fly at 55.51, was Williams from '96, this was a Bronze, another Bronze in the 50 Fly, plus another for the Bronze Age, in the 200 Fly, topped by a TT3 Bronze in the 400 IM (A Gold and 4 Bronze). Jason Schuman, also 22, tallied a 6th, 5th and 4th for the 50, 100, 200 Breast, plus a 7th in the 200 and 400 IM.

Men 25-29: Robert Kabacy, new OR for the 50 and 100 Free, 21.85/48.40, both could make TT, were Marshall '92 and Watkins '92. Jay O'Connor, a 7th/200 Free/1:49.70 and 4th/400 IM/4:24.34. Kyle Kimball, broke a real "oldie" in the 500 Free/4:52.57 (TT4) was Alan Cardwell from '79, add a 5th/200 Fly/1:57.56 (TT4), New OR/200 IM/1:59.13 (TT8) was Zolna '96, just missed Zone of 1:58.82, capped it off, 4th/400 IM/4:24.34 (TT8). Stephen Stoneham came home with a 8th/500 Free/5:02.05, Silver-1650/17:51.25 (TT3). Gary Defrang (MAC) set a new OR 50 Back in :25.12 (TT6) for 5th, new OR 100 Back in :54.47 (TT7) were Defrang and O'Connor, and an 8th in the 200 Back/2:01.34. Horst Niehaus also broke the 100 Back standard, then added his own new OR/100 IM/56.01, was Roth '92. Gregory Sampson garnered a 6th/50 Breast/29.00, 5th/100 Breast/1:02.26, and a 5th/200/2:18.64 (TT6), capped with a 10th in the 400 IM/4:33.35. Mathew

Gray, a new OR in 200 Breast at 2:13.34 (TT3), an oldie, was Roy Clark from '80, add a 9th/200 IM/2:03.92 and a Bronze in the 400 IM/4:23.58 (TT8). Tim Waud, 10th/100 Breast/1:05.98, 7th/200 Breast/2:22.86. Eric Smith, 8th/200 Breast 2:23.64. William Zolna, new OR/200 Fly/1:54.98 (TT3) was Zolna '96, 6th/100 Fly/52.84 just missed OR 52.63, plus a 5th/200 IM/2:00.46, and Silver for the 400 /4:18.01. OB Note: Can't recall one team ever going 1, 2, 3 and 4 in a National

event, OMS did in the 400 IM-Kimball, Zolna, Gray and O'Connor, plus Sampson for 10th, TT3 through 8th, for the first 4 places. Now let's look at the total-points for OMS in this age group: how about 138, way go 25-29. Ol Barn is proud!

Men 30-34: John Ritch set a new OR for the 100 Free/48.70 for a 7th, came close in the 50/8th/22.53, was Kingery '92, also OR/100 IM/56.56, was Abramowitz & Clark '86, and 8th/200 IM/2:04.02. Eric Miller with a 10th/200 Free/1:48.88. Phil King set new OR in the 200 Back, 2:04.84 was Burleson '91 for a 9th. Rex Watkins swam for 7th/100 Fly/53.92 TT9. Doug Stewart a 9th/200 Fly/2:03.35 (TT10) plus a 6th/400 IM/4:26.24.

Men 35-39: Steve George, a banner day, 3 ZRs; 50 Free /22.23 (TT4), 100 Back 54.87 (TT4), 200 Back/1:59.58 (TT5), plus OR/100 Free/49.62. Backs were Burleson '95, finally 100 IM /56.21/6th (TT6) Great! JEFF STILING (MAC) OB's OMS Swimmer of the Meet. National Record 400 IM/4:12.83 (Old was 4:15.20), A Gold, 200 Free, Silver/ZR/1:43.46 (TT1-2), 500 Free, Gold /ZR/4:43.56 (TT1) was Worden '87, 100 Fly /6th/OR/53.58 (TT6), Bronze/100 IM OR/55.38 (TT4) was LaCount '94, Silver/200 IM/1:58.96 (Note Gold/Britt/1:58.53) was Chase from '83, an oldie! Jeff accounted for 53 of MAC's 74 pts. Patrick Herrera 50 Back/9th/26.61, Phil Clark 50 Back/10th/26.91, plus a 10th for the 200 Back/2:08.85. Pat Allender, a OR/200 Breast/2:17.91 (TT7) placing 5th, was Dirksen '87, also a 9th in the 200 IM /2:06.20, which also broke the OR. Chris Roth, 5th /200 Fly OR /2:02.27 (TT9) was Abramowitz '90, plus 8th/

continued on page 8

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	754-5854
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	Jeff Kaelon	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 Brunsman	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	Matt Boles	371-7869
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(360)546-0079

ol'Barn continued from page 6

100/54.41 and a 5th in the 400 IM/4:33.00, which also broke the OR. This group broke 12 Records, one of which was a National, the Oregon swimmers compiled 51 points. OB is proud!

Men 40-44: John Zell, a new OR in the 200 Back at 2:09.98 for a 7th. Add a 5th in the 1000 Free, and a 9th in the 50 Back plus a 6th in the 100 Back. Peter Metzger, took home a Bronze 50 Back at 26.55 (TT4) and 5th in the 100 Back at 58.54 (TT9).

Men 45-49: Mike Pendleton, of Hood River, had himself a great meet; 7th/100 Free/53.23, New OR 200 Free/1:56.89, was Johnson '94, 8th/100 Breast/1:07.66, saved the best till last, ZR for the 200 IM/2:12.90, was Boyd '91. Stephen Johnson, 5th/500 Free 5:26.60, Bronze in the 1650/18:53.38 (TT8). Tom Anderson, 9th/500/5:35.16, 4th/1650/19:47.02, 10th/200 Back/2:29.05. Steve Mann, 8th/50 Back/28.39, 5th/100 Back/1:01.53 (TT9), 7th/100 IM/1:01.69 (TT10). Doug Prentice, 10th/50 Breast 32.59. OB Fun and Games: Jed Cronin might live forever; '94-50 Fly 27.67/'97-27.17.

Men 50-54: Robert Smith, 4th/50 Free /23.49 (TT4), Gold/50 Back/26.46 (TT1) OB Note: Bob set NR 26.24 in 5/93, Bronze/100 Back/59.41 (TT3), 4th/50 Breast/30.78 (TT4), 5th/50 Fly/26.58 (TT7), Silver 100 IM/59.72 (TT3), also of note, RR bettered 3 of his '96 times. Jon Stout, 8th/50 Free/24.67, 8th/100 Free/55.18/9th/50 Back/29.89. Karl Von Tagen (MAC), 9th/50 Free/24.78, 9th/500 Free/5:51.74.

Men 60-64: David Radcliff, 4 new Zone Records: Bronze 50 Free/26.00 (TT3) 4th/100 Free /58.37 (TT4), Bronze/200 Free/2:08.97 (TT3), Gold/500/5:57.58/ (TT2), Gold/1000/12:37.75 (TT1?), Note: This actually tied his Zone Record, set last year, scuttlebutt, counter told him 2 lengths to go, when actually finished, counter very well known, OB will save him further embarrassment. RICHARD WEICK, new OR 8th/100 IM/1:10.83 (TT8), 4th/50 Free/26.44 (TT4) also broke ZR, 6th/100 Free/1:00.60 (TT8), 7th/200 Free/2:20.39, 7th/50

Fly/31.20. George Thayer, 6th/50 Free/26.67 (TT7), 7th/100 Free/1:03.86, 9th/200 Free/2:26.97, 6th/100 Back/1:17.04, 5th/50 Breast/35.49 (TT10) Great! Arthur Welch, 10th/200 Free/2:33.66, 7th/500 Free/6:57.98, 4th/ 1650 /23:15.70 (TT10) 10th/50 Back/41.95, 10th/100 Back/1:30.23, 7th/200 Back/3:06.49 Great! John Kirschner (Welcome to OMS) 8th/1650 Free/27:00.50. DICK SLAWSON, this guy promised OB he would change a couple of ZR's, he came through with 3 new ZR's; Bronze/200 Fly/2:57.75 (TT8) was Slawson 3:04.23, 7th/200 IM/2:40.20 (TT10) was Weick, '97, Bronze/400 IM/5:48.42/ (TT5) capped off with 10th/50 Fly/32.04 and a 9th/100 IM/1:12.45. Way to Go! OB Note: This group tallied 134 points for OMS. OB is proud!

Men 65-69: Eric Guest, the Chair, did himself right proud, tallying; 6th 50 Free/30.72, 7th/100 Free/1:10.20/ 4th/50 Fly/36.76, 4th/100 Fly/ 1:28.60 4th/100 IM/1:21.67, 5th/200 IM/3:04.05. Sports Fans, that's 36 points for OMS. Clark Austen (MAC) 9th/100 Free/1:32.27, 10th/500 Free/9:46.15. OB Note: This was the age group that saw Graham Johnston break the National Record by more than 1 minute, his '97 NR was 21:06.39, he set a new NR of 20:00.61, for the 1650, this guy is 66 years old! Graham's 1000 split was 11:59.20, besting his NR('97) of 12:41.31.

Men 70-74: Mike Popovich, came through with a: 4th/50 Free/34.25, 7th/100 Free 1:19.88, 9th/200 Free/3:04.67 and a 6th/50 Breast/52.46. Floyd Elliott, new ZR in the 50 Back/34.75 (TT2) was Elliott '97 for the Gold, a Silver in the 100 Back/1:16.74 (TT3), another Silver in the 200 Back and OR 2:52.31 (TT3) was Elliott '97.

Men 75-79: Andrew Holden, Gold 50 Free/31.74 (TT3), Gold 100 Free/1:12.92 (TT4), Silver 100 Back/1:26.53 (TT2), Gold 50 Fly/36.54 (TT4), Gold 100 Fly 1:31.17 (TT1), Gold 200 Fly /3:34.56 (TT2) Lots of heavy metal, 64 points worth. Gil Young, bright and shiny 75, with 3 Zone Records; Gold 500/7:45.22 (TT4), ZR (Split) 1000/16:10.46 (TT3), Gold 1650 /27:00.48 (TT6), Silver 200 Free/2:48.67 (TT3) Silver 50 Back/48.52, *continued on page 9*

ol'Barn continued from page 8

7th/100 Back/1:43.58, Silver 100 Free/1:16.82(TT6) 53 points for this new 75er. Simply grand, to age up! David Bernstein, Bronze 50 Back/55.87, 8th/100 Back/2:01.13, 7th/200 Back/4:19.83. Earl Walter, 6th/100 Back/ 1:40.66 (TT10), 5th/200 Back /3:36.34 (TT6). Gerald Huestis, 4th/200 Back/3:33.55(TT5), Bronze 200 Fly/ 4:00.07(TT6) and a Bronze, 100 IM/1:35.88 (TT10) OB Note: This group has been strong for 15 years, gave OMS 166 points. Add 22 for the NR in the 200 Free Relay, total 188!

RELAYS, RELAYS, RELAYS:

Women 25+ 200 Free 9th 1:52.74 Calhoon, Hecksel, Simpson, Vaughn-Edmonds

Women 25+ 200 Medley 7th 2:10.47 Stuart, Law, Simpson, Hecksel

Women 35+ 200 Free 1st 1:45.27 Gold and a new Zone record ! Simone La Pay, Kimberly Arata, Sarah Hoagland, Gracie Goddard (Record was Pierson, Frid, Rousseau, Buck from '87)

Women 35+ 200 Medley 3rd 2:02.99 Bronze and New Oregon Record ! Kerri Culbertson, Simone La Pay, Laura Worden, Gracie Goddard (Record was Frid, Pierson, Whitmyer, Rousseau from '83).

Women 45+ 200 Free 5th 2:16.23 Rague, Parker, Beaton, Riddle 200 Free 7th 2:34.28 L'Esperance, Clum, Zabudsky, Schroder.

Women 45+ 200 Medley 3rd 2:44.95 Bronze Rague, Schroder, Beaton

Men 19+ 200 Free 2nd 1:32.83 Silver (1st was 1:32.20) Schuman, Van Andel, Herrera, Metzger.

Men 19+ 200 Medley 6th 1:54.86 Zell, Schuman, Van Andel, Helm

Men 25+ 200 Free 9th 1:31.55 Waud, Stewart, Stewart, Stoneham

Men 35+ 200 Free 4th 1:30.58 A new zone record! Jeff Walker, Alan Arata, Daniel Knauer, Steve George (Record was Clark, Hager, Knauer, Winkle from '96) 200 Free 8th 1:34.30 Moore, Wren, Allender, Clark

Men 35+ 200 Medley 7th 1:45.84 Herrera, Metzger, Moore, Clark

Men 45+ 200 Free 3rd 1:35.60 Bronze, and a new Zone record! Robert Smith, Doug Prentice, Tom Coffey, Michael Pendleton (Record was Prentice, Charlton, Beck, Smith from '96). And Men 45+ 200

Free 8th 1:43.56 Maestre, Mann, Stout, Johnson.

Men 45+ 200 Medley 4th 1:50.11 A new Oregon record! Robert Smith, Doug Prentice, Tom Coffey, Michael Pendleton.

Men 55+ 200 Free 1st 1:45.08 Gold and a new zone record ! George Thayer, David Radcliff, Richard Weick, Dick Slawson.

Men 55+ 200 Medley 4th 2:52.92 Welch, Guest, Popovich, Bernstein.

Men 75+ 200 Free 1st 2:19.15 Gold, and a New National Record ! Earl Walter, Gerald Huestis, Gilbert Young, Andrew Holden (Record was: DC Masters-Kassell, Roy, McAfee, Lemmon-2:24.77 from '91).

MIXED 25+ 200 Medley 8th 1:51.12 Niehaus, Sampson, Simpson, Hecksel.

MIXED 35+ 200 Free 2nd 1:34.08 Silver, and a new Zone record ! Simone La Pay, Gracie Goddard, Jeff Walker, Steve George (Record was Utah-Makarczyk, Knapp, Masters, Paulsen from '96) OB Note: OMS also broke the NR of 1:34.17, but lost to Colonials 1776 by 1:33.86.

MIXED 35+ 200 Medley 2nd 1:48.96 Silver, and a new Zone record ! Peter Metzger, Pat Allender, Simone La Pay, Gracie Goddard (Record was Utah-Oliver, Paulsen, Makarczyk, Masters from '96).

MIXED 45+ 200 Free 9th 1:55.54 Rague, Riddle, Smith, Pendleton.

MIXED 45+ 200 Medley 8th 2:04.15 Smith, Pendleton, Beaton, Rague.

MIXED 55+ 200 Free 3rd 2:10.02 Schroder, Schumann, Radcliff, Thayer.

MIXED 55+ 200 Medley 5th 2:41.64 Schroder, Schumann, Welch, Guest.

That fellow swimmers is OB's report on the '97 SCY Nationals. It was a great meet, with some unbelievable swims. Hope those of you who went, enjoyed themselves, and those of you who missed it, better luck next time. Let's go with Long Course, see you at State Games, and Long Course Champs at the Multnomah Athletic Club.

Barnacle

reviews results records

Bend SCM Meet

After rescheduling to June 7 and 8, Meet Director Matt Mercer welcomed 35 swimmers, for a very excellent Short Course get together. Highlight of the meet was the return to competition by Pauline Stangel of Albany. Pauline got back into the thick of things with 4 new Zone Records. Gracie Goddard of Portland, set 3 New Zone marks, highlighted by two very probable TT1 rankings. The 4 Aces showed up and almost did it, for a new National Record in the 200 Free Relay. Thayer, Slawson, Weick and Radcliff combined for 1:58.65, just missing the NR of 1:58.22. Women 19-24: Angie McColly of Salem, took charge here and swam 5 excellent times.

Women 25-29: Lisa Udland, welcome, from Lyons, OR. and Junia Calhoun of Grants Pass, had this all to themselves. Calhoun's 11:14.44 in the 800 was noteworthy.

Women 30-34: Ellener Peavyhouse from Phoenix, OR., swam a fine 1500 at 27:17.67

Women 35-39: GRACIE GODDARD was just superb with 3 new Zone Records; 50 Free/28.33 (TT1) was Beth Brenner of PNA from '89, 100 Free/1:02.49(TT1) was Wendy Boglioli of PNA from '93, 200 Free/2:20.62(TT4) was Brenner. Sarah Hoagland, Lake Oswego, was close to TT in the 100 and 200 Free. While Laura Schob of Bend swam a great 800. Women 40-44: Welcome to Mary Neidig of Eugene, a backstroker.

Women 45-49 : Hello to Joan Fraser of Salem, will be 50 in April. Cynthia Rompel of Bend, continues to swim well with fine freestyle efforts. It is great to see Cathy Imwalle (Bend) returning to the pool and swimming well. Cathy's 50 Breast/40.53(TT3), 100 Breast/1:28.09 (TT4) and 200 Breast/3:11.55 (TT2), plus excellent 100 IM and 200 IM. OB Note : A quick trip down memory lane : In late March of 1985, at Tualatin Hills for a SCY Meet, we saw, what this writer still says, is the best race ever in Oregon Masters history. Cathy Imwalle and Ginger Pierson lined up for the 200 Breast. Everyone expected a great swim, but not of the caliber and intensity of what actually happened. From the start, these two went at it stroke for stroke the entire distance with Cathy pulling

out less than a stroke victory, in a time of 2:37.73, a time which still would be TT4, and is still the Zone Record. How about that Sports Fans?

Women 50-54: The 50 Free won by Nancy Brooks, the time is a question, this writer will try to clear this up, but to date has not been able to contact the person who can do this. The results show Nancy with a 28.39, the NR record is 30.48, the best time I have for Brooks is a 34.17, we'll get back to you. Peggy Whiter, Bend had a fine meet, with good freestyle times. Pamela Himstreet, Sun River, really likes SCM, take note of her efforts; 100 Breast/1:46.95(TT8), 200 Breast/3:46.16(TT7), 100 Fly/1:48.82(TT7) and 200 IM(3:44.72(TT10)).

Women 60-64 : Kaleo Schroder, Klamath Falls, had good swims all the way, with 5 Golds, Welcome Judy McGarvey, Medford, showing promise.

Women 75-79: PAULINE STANGEL, Albany, just turned 75 in December, and decided she had best get back in the water. Guess the vacation did her some good, how about 4 Golds for 4 new Zone Records: 50 Free/52.40(TT8) 200 Free /4:26.51 (TT6), 50 Breast/1:06.74 (TT6), 100 Breast/2:34.51(TT5), Way to go ! All were Pat Matthiesen (PNA) from '93 and '91.

Men 19-24: JASON PENN, all the way from Ashland, for a new OR in the 100 IM/1:30.21, was Dobson from '88.

Men 25-29 : Doug Stewart, which one ?, we have two in OMS, anyway Doug a fine effort in the 100 Fly at 1:11.29, and also that 59.89 for the 100 Free, OR is 59.59. Michael Grant of Eugene swam a fine 100 Back.

Men 35-39: Welcome to Roger McNair from Medford, this guy looks like a comer, Back not too shabby.

Men 40-44: Jim Moller, Wilsonville, good 100 IM. Michael Douglas, Bend, showed us some fine Freestyle. Welcome to Michael Heckert from Central Point. Joel Swink, Sandy, gave us "looking good" in the Back and Fly.

Men 45-49: Steve Mann of Bend, had five notable swims, outstanding were the 50 Back /33.06 (TT9), 100 Back/1:11.41 (TT5), and 100 IM /1:09.96 (TT4), there was nothing wrong with his 100 Free and 50 Breast. Well done, Steve!

Men 50-54: Hello to Phil Krueger, Jacksonville, good
ol'Barn continued on page 11

ol'Barn continued from page 10

swims all the way, close to Top Ten for the 50 Breast and 200 IM.

Men 55-59: TOM LANDIS, Camp Sherman, gave us a real show : 50 Free /29.97(TT9), OR is 29.94, New OR 100 Free/1:10.17(TT5) ZR is 1:09.63, 200 Free 2:40.53(TT6), New OR 100 IM/1:19.11(TT9) plus a commendable 50 Fly. Top Job! 100 Free was Bigler '91, 100 IM was Thayer from '95.

Men 60-64: DAVID RADCLIFF, Hillsboro, new ZR 50 Free/30.59 (TT6) was Addleman, PNA 200 Free /2:44.11(TT7), 800 Free/11:48.52 (TT2), George Thayer, Bend, also broke the 50 Free record/30.66 (TT7). RICHARD WEICK, Eugene, gave us a new OR in the 50 Fly /35.54(TT8), was Guest from '89, 50 Back/38.78(TT3). Dick Slawson 100 Breast /1:36.74(TT9). Heartbreak of the meet: THAYER, SLAWSON, WEICK and RADCLIFF combined for a NEW ZONE record in the 200 Free 240+ Relay/1:58.65, just missing the National Record of 1:58.22. OB is going to blame the altitude? This same foursome also swam to a NEW ZONE Record, for the 200 Medley 240+ Relay in the time of 2:23.10. OB Note: Lesson in progression, both of the old Zone Records were held by Oregon (Huestis, Walter, Young, Richards) Free-2:13.80 from '88, Medley was Walter, Morrison, Warner, Richards 2:24.09 from '89. These times were World Records at the time swum, not even close now.

Men 70-74 : Raymond Allen, Central Point dominated, with his best effort in the 1500 Free/36:02.65, for a TT7 rank. Another notable relay effort: Men 200 Free 160+ 1:56.17, just missing the Oregon Record of 1:55.51 Krueger, Heckert, MacNair, and Stewart. That's it for Bend, thanks to all of you who made the meet possible, although small in numbers, it had some very very fine times.

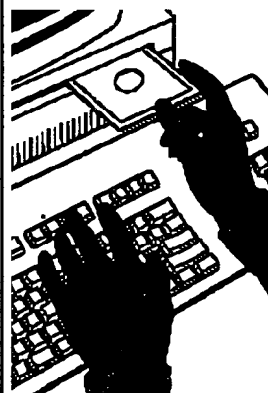
HEY THERE.....**IT'S YOUR NEWSLETTER!**

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



Bend Masters SCM Meet
JUNE 7-8, 1997

Meet Results for Timed Finals-SC Meters

-----				-----				Mixed 100 Breast			
--- Ages 19 Through 24 ---				:	--- Ages 35 Through 39 ---				:	1 CATHY IMWALLE	47 OREG 1:28.09
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	Mixed 200 Breast	
-----				:	-----				:	1 CATHY IMWALLE	47 OREG 3:11.55
Mixed 50 Free				:	Mixed 50 Free				:	Mixed 100 IM	
1	ANGIE MCCOLLY	24 OREG	33.78	:	1	GRACIE GODDARD	37 OREG	28.33	:	1 CATHY IMWALLE	47 OREG 1:21.40
Mixed 100 Free				:	Mixed 100 Free				:	Mixed 200 IM	
1	ANGIE MCCOLLY	24 OREG	1:12.64	:	1	GRACIE GODDARD	37 OREG	1:02.49	:	1 CATHY IMWALLE	47 OREG 2:59.16
Mixed 50 Back				:	2	SARAH HOAGLAND	35 OREG	1:09.00	:	=====	
1	ANGIE MCCOLLY	24 OREG	39.35	:	3	LAURA SCHOB	38 OREG	1:15.44	:	--- Ages 50 Through 54 ---	
Mixed 100 Back				:	-	ANNE O'CONNELL	36 OREG	NS	:	PL	Name Age Team Finals
1	ANGIE MCCOLLY	24 OREG	1:24.58	:	Mixed 200 Free				:	-----	
Mixed 100 IM				:	1	GRACIE GODDARD	37 OREG	2:20.62	:	Mixed 50 Free	
1	ANGIE MCCOLLY	24 OREG	1:27.46	:	2	SARAH HOAGLAND	35 OREG	2:29.58	:	1	NANCY BROOKS 54 RINC 28.39
=====				:	3	LAURA SCHOB	38 OREG	2:54.90	:	2	PEGGY WHITER 53 OREG 42.25
--- Ages 25 Through 29 ---				:	Mixed 800 Free				:	Mixed 100 Free	
PL	Name	Age Team	Finals	:	1	LAURA SCHOB	38 OREG	12:39.55	:	1	PEGGY WHITER 53 OREG 1:36.72
-----				:	Mixed 50 Breast				:	Mixed 800 Free	
Mixed 50 Free				:	-	ANNE O'CONNELL	36 OREG	NS	:	1	PAMELA HIMSTREET 53 OREG 13:54.10
1	LISA UDLAND	26 OREG	38.17	:	Mixed 200 Breast				:	Mixed 50 Back	
Mixed 800 Free				:	-	ANNE O'CONNELL	36 OREG	NS	:	1	PEGGY WHITER 53 OREG 51.88
1	JUNIA CALHOUN	28 OREG	11:14.44	:	Mixed 100 IM				:	-	NANCY BROOKS 54 RINC NS
Mixed 50 Breast				:	-	ANNE O'CONNELL	36 OREG	NS	:	Mixed 50 Breast	
-	TAKA HIRAYAMA	29 OREG	NS	:	=====				:	-	NANCY BROOKS 54 RINC NS
Mixed 100 Breast				:	--- Ages 40 Through 44 ---				:	Mixed 100 Breast	
1	LISA UDLAND	26 OREG	1:43.63	:	PL	Name	Age Team	Finals	:	1	PAMELA HIMSTREET 53 OREG 1:46.95
-	TAKA HIRAYAMA	29 OREG	NS	:	-----				:	-	NANCY BROOKS 54 RINC NS
Mixed 200 Breast				:	Mixed 50 Back				:	Mixed 200 Breast	
-	LISA UDLAND	26 OREG	NS	:	1	MARY NEIDIG	41 OREG	58.35	:	1	PAMELA HIMSTREET 53 OREG 3:46.16
Mixed 100 IM				:	Mixed 100 Back				:	-	NANCY BROOKS 54 RINC NS
-	TAKA HIRAYAMA	29 OREG	NS	:	1	MARY NEIDIG	41 OREG	2:16.75	:	Mixed 100 Fly	
-	JUNIA CALHOUN	28 OREG	NS	:	=====				:	1	PAMELA HIMSTREET 53 OREG 1:48.82
Mixed 200 IM				:	--- Ages 45 Through 49 ---				:	Mixed 200 IM	
1	JUNIA CALHOUN	28 OREG	2:57.55	:	PL	Name	Age Team	Finals	:	1	PAMELA HIMSTREET 53 OREG 3:44.72
-	TAKA HIRAYAMA	29 OREG	NS	:	-----				:	=====	
=====				:	Mixed 50 Free				:	--- Ages 60 Through 64 ---	
--- Ages 30 Through 34 ---				:	1	JOAN FRASER	49 OREG	1:04.81	:	PL	Name Age Team Finals
PL	Name	Age Team	Finals	:	Mixed 100 Free				:	-----	
-----				:	1	CYNTHIA ROMPEL	45 OREG	1:26.28	:	Mixed 50 Free	
Mixed 400 Free				:	Mixed 200 Free				:	1	KALEO SCHRODER 61 OREG 47.44
1	E. PEAVYHOUSE	30 OREG	7:04.06	:	-	CYNTHIA ROMPEL	45 OREG	NS	:	Mixed 100 Free	
Mixed 1500 Free				:	Mixed 400 Free				:	1	KALEO SCHRODER 61 OREG 1:48.59
1	E. PEAVYHOUSE	30 OREG	27:17.67	:	1	CYNTHIA ROMPEL	45 OREG	6:35.90	:	Mixed 50 Back	
Mixed 50 Fly				:	Mixed 800 Free				:	1	KALEO SCHRODER 61 OREG 57.31
1	E. PEAVYHOUSE	30 OREG	46.95	:	1	CYNTHIA ROMPEL	45 OREG	13:46.62	:	Mixed 50 Breast	
Mixed 100 IM				:	Mixed 50 Breast				:	1	KALEO SCHRODER 61 OREG 1:00.04
1	E. PEAVYHOUSE	30 OREG	1:45.54	:	1	CATHY IMWALLE	47 OREG	40.53	:	Mixed 100 Breast	
				:	2	CYNTHIA ROMPEL	45 OREG	48.61	:	1	KALEO SCHRODER 61 OREG 2:18.20
				:					:	2	JUDY MCGARVEY 63 OREG 2:21.08

Bend Masters SCM Meet

Meet Results for Timed Finals-SC Meters

Mixed 200 Breast				=====	Mixed 200 IM			
1 JUDY MCGARVEY	63	OREG	5:06.20	: --- Ages 35 Through 39 ---	: - MICHAEL HECKERT	44	OREG	NS
Mixed 50 Fly				: PL Name Age Team Finals	: =====			
1 JUDY MCGARVEY	63	OREG	1:15.86	: -----	: --- Ages 45 Through 49 ---			
Mixed 100 IM				: Mixed 50 Free	: PL Name Age Team Finals			
1 JUDY MCGARVEY	63	OREG	2:35.89	: - ROGER MACNAIR	38	OREG	NS	
Mixed 200 IM				: Mixed 50 Back	: Mixed 100 Free			
1 JUDY MCGARVEY	63	OREG	5:44.28	: 1 ROGER MACNAIR	38	OREG	36.11	
=====				: Mixed 100 Back	: Mixed 50 Back			
--- Ages 75 Through 79 ---				: 1 ROGER MACNAIR	38	OREG	1:20.44	
PL Name Age Team Finals				: Mixed 50 Fly	: Mixed 100 Back			
-----				: 1 ROGER MACNAIR	38	OREG	33.12	
Mixed 50 Free				: Mixed 100 IM	: Mixed 50 Breast			
1 PAULINE STANGEL	75	OREG	52.40	: - ROGER MACNAIR	38	OREG	DQ	
Mixed 200 Free				: =====	: Mixed 100 IM			
1 PAULINE STANGEL	75	OREG	4:26.51	: --- Ages 40 Through 44 ---	: 1 STEVE MANN	45	OREG	1:09.96
Mixed 50 Breast				: PL Name Age Team Finals	: =====			
1 PAULINE STANGEL	75	OREG	1:06.74	: -----	: --- Ages 50 Through 54 ---			
Mixed 100 Breast				: Mixed 50 Free	: PL Name Age Team Finals			
1 PAULINE STANGEL	75	OREG	2:34.51	: 1 JIM MOLLER	42	OREG	32.25	
=====				: - CHARLES HELM	41	OREG	NS	
--- Ages 19 Through 24 ---				: Mixed 100 Free	: Mixed 50 Breast			
PL Name Age Team Finals				: 1 MICHAEL DOUGLAS	40	OREG	1:06.18	
-----				: - CHARLES HELM	41	OREG	NS	
Mixed 50 Free				: Mixed 200 Free	: Mixed 100 Fly			
1 JASON PENN	24	OREG	33.73	: 1 MICHAEL DOUGLAS	40	OREG	2:27.29	
Mixed 100 Free				: Mixed 400 Free	: Mixed 100 IM			
- JASON PENN	24	OREG	NS	: 1 MICHAEL DOUGLAS	40	OREG	5:26.29	
Mixed 800 Free				: Mixed 800 Free	: Mixed 200 IM			
1 SEAN BURTON	20	OREG	10:44.74	: 1 MICHAEL DOUGLAS	40	OREG	11:27.85	
Mixed 50 Fly				: Mixed 50 Back	: =====			
1 JASON PENN	24	OREG	39.33	: 1 MICHAEL HECKERT	44	OREG	40.27	
Mixed 100 IM				: 2 JIM MOLLER	42	OREG	40.64	
1 JASON PENN	24	OREG	1:30.21	: Mixed 100 Back	: --- Ages 55 Through 59 ---			
=====				: 1 JOEL SWINK	44	OREG	1:14.23	
--- Ages 30 Through 34 ---				: Mixed 200 Back	: PL Name Age Team Finals			
PL Name Age Team Finals				: - JOEL SWINK	44	OREG	NS	
-----				: Mixed 50 Breast	: -----			
Mixed 50 Free				: 1 JIM MOLLER	42	OREG	41.40	
1 DOUG STEWART	34	OREG	27.09	: 2 MICHAEL HECKERT	44	OREG	42.79	
2 MICHAEL GRANT	34	OREG	34.14	: Mixed 100 Breast	: Mixed 50 Fly			
Mixed 100 Free				: 1 JOEL SWINK	44	OREG	1:28.39	
1 DOUG STEWART	34	OREG	59.89	: Mixed 50 Fly	: Mixed 100 IM			
Mixed 200 Free				: - CHARLES HELM	41	OREG	NS	
- MICHAEL GRANT	34	OREG	NS	: - JIM MOLLER	42	OREG	NS	
Mixed 100 Back				: Mixed 100 Fly	:			
1 MICHAEL GRANT	34	OREG	1:35.21	: 1 JOEL SWINK	44	OREG	1:16.76	
Mixed 100 Fly				: Mixed 100 IM	:			
1 DOUG STEWART	34	OREG	1:11.29	: 1 JOEL SWINK	44	OREG	1:13.63	
				: 2 JIM MOLLER	42	OREG	1:29.79	
				: - CHARLES HELM	41	OREG	NS	

Bend Masters SCM Meet

Meet Results for Timed Finals-SC Meters

-----				Mixed 100 Back				-----			
--- Ages 60 Through 64 ---				:	- KHOSROW SHADBEH	76 OREG	NS	:	--- Ages 160 Through 199 ---		
PL	Name	Age Team	Finals	:	Mixed 100 Breast			:	PL	Name	Team Finals
-----				:	- KHOSROW SHADBEH	76 OREG	NS	:	-----		
Mixed 50 Free				:	Mixed 200 Breast			:	Mixed 200 R-Medley		
1	DAVID RADCLIFF	63 OREG	30.59	:	- KHOSROW SHADBEH	76 OREG	NS	:	1	oregon X-160	OREG 2:51.70
2	GEORGE THAYER	61 OREG	30.66	:	-----			:	ROGER MACNAIR-38M JUDY MCGARVEY-63F		
Mixed 200 Free				:	--- Ages 120 Through 159 ---			:	MICHAEL HECKERT-44M E. PEAVYHOUSE-30F		
1	DAVID RADCLIFF	63 OREG	2:44.11	:	PL	Name	Team Finals	:	-----		
Mixed 800 Free				:	-----			:	--- Ages 200 Through 239 ---		
1	DAVID RADCLIFF	63 OREG	11:48.52	:	Male 200 R-Free			:	PL	Name	Team Finals
-	DICK SLAWSON	61 OREG	NS	:	1	oregon M-120	OREG 1:54.24	:	-----		
Mixed 50 Back				:	MICHAEL DOUGLAS-40 TOM LANDIS-55			:	Mixed 200 R-Free		
1	RICHARD WEICK	63 OREG	38.78	:	SEAN BURTON-20	STEVE MANN-45		:	1	oregon X-200	OREG 2:43.97
Mixed 100 Back				:	-----			:	JUDY MCGARVEY-63F RAYMOND ALLEN-71M		
-	RICHARD WEICK	63 OREG	NS	:	--- Ages 160 Through 199 ---			:	E. PEAVYHOUSE-30F MICHAEL HECKERT-44M		
Mixed 50 Breast				:	PL	Name	Team Finals	:	-----		
1	GEORGE THAYER	61 OREG	43.08	:	Male 200 R-Free			:	-----		
2	DICK SLAWSON	61 OREG	44.71	:	1	oregon M-160	OREG 1:56.17	:	-----		
Mixed 100 Breast				:	PHIL KRUEGER-51 MICHAEL HECKERT-44			:	-----		
1	DICK SLAWSON	61 OREG	1:36.74	:	ROGER MACNAIR-38 DOUG STEWART-34			:	-----		
Mixed 200 Breast				:	Male 200 R-Medley			:	-----		
1	DICK SLAWSON	61 OREG	3:44.81	:	1	oregon M-160	OREG 2:18.27	:	-----		
Mixed 50 Fly				:	ROGER MACNAIR-38 PHIL KRUEGER-51			:	-----		
1	RICHARD WEICK	63 OREG	35.54	:	DOUG STEWART-34 MICHAEL HECKERT-44			:	-----		
-	GEORGE THAYER	61 OREG	NS	:	-----			:	-----		
Mixed 100 IM				:	--- Ages 240 Through 279 ---			:	-----		
-	GEORGE THAYER	61 OREG	NS	:	PL	Name	Team Finals	:	-----		
-----				:	Male 200 R-Free			:	-----		
--- Ages 70 Through 74 ---				:	1	oregon M-240	OREG 1:58.65	:	-----		
PL	Name	Age Team	Finals	:	GEORGE THAYER-61 DICK SLAWSON-61			:	-----		
-----				:	RICHARD WEICK-63 DAVID RADCLIFF-63			:	-----		
Mixed 50 Free				:	Male 200 R-Medley			:	-----		
1	RAYMOND ALLEN	71 OREG	54.60	:	1	oregon M-240	OREG 2:23.10	:	-----		
Mixed 100 Free				:	GEORGE THAYER-61 RICHARD WEICK-63			:	-----		
1	RAYMOND ALLEN	71 OREG	2:09.11	:	DICK SLAWSON-61 DAVID RADCLIFF-63			:	-----		
Mixed 200 Free				:	-----			:	-----		
1	RAYMOND ALLEN	71 OREG	4:22.32	:	--- Ages 120 Through 159 ---			:	-----		
Mixed 400 Free				:	PL	Name	Team Finals	:	-----		
1	RAYMOND ALLEN	71 OREG	9:19.43	:	Mixed 200 R-Medley			:	-----		
Mixed 1500 Free				:	1	oregon X-120	OREG 3:04.97	:	-----		
1	RAYMOND ALLEN	71 OREG	36:02.65	:	MARY NEIDIG-41F JIM MOLLER-42M			:	-----		
-----				:	LISA UDLAND-26F MICHAEL GRANT-34M			:	-----		
--- Ages 75 Through 79 ---				:	-----			:	-----		
PL	Name	Age Team	Finals	:	-----			:	-----		
-----				:	-----			:	-----		
Mixed 200 Free				:	-----			:	-----		
-	KHOSROW SHADBEH	76 OREG	NS	:	-----			:	-----		

1997 HAGG LAKE SWIM

1 MILE AND 2 MILE OPEN WATER SWIM HENRY HAGG LAKE - FOREST GROVE, OREGON

Hosted by Portland Parks Masters Swim Club

Date: Sunday, September 21, 1997

Race time: Check-in 7:15-8:00 AM

Race begins 8:30 AM Race will be conducted rain or shine.

Race meeting: Pre-race meeting at 8:05 am.

Location: Henry Hagg Lake, located approx. 7 miles southwest of Forest Grove off Hwy 47.

Distances: 1 Mile and 2 Mile swims.

Course: The race will begin at Boat Ramp C. The 1 mile course is triangular, and will be swum clockwise. 2 mile competitors will negotiate the course twice. A water start and finish will be used.

Conditions: Altitude is 300 feet. Probable water temperature will be 70 -74 degrees fahrenheit. Categories and awards for wetsuit and non-wetsuit swimmers.

Eligibility: The race is open to all registered Masters Swimmers, 19 years and older. A "One Day" registration will be available for those not currently registered with United States Masters Swimming. The cost is \$15.00 and the forms for a "One Day" registration will be available the day of the race.

Rules: The 1997 USMS Rules and Regulations will govern this event. All swimmers must finish the course within 2 hours of the start. Those in the water over 2 hours will be picked up. No escorts will be permitted.

Entries: Entries will be accepted by mail and at the race site until 8:00 a.m. on the day of the race. Please try to enter early.

Entry fee: \$20.00 per entrant for entries received by September 13, 1997. Later entries, \$25.00. Fee includes T-Shirt, swim cap, post race breakfast, awards, and mailed race results. (U.S.M.S. "One Day" registration is an additional fee)

Park Fee: Hagg Lake Park has a day use admission fee of \$3 per vehicle. Each competitor will be responsible for this fee as they enter the park.

Awards: Custom awards will be presented to the top finisher's in each age group for both wetsuit and non-wetsuit categories. Standard USMS age groups apply, 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, etc.

Lodging: Motels available in Forest Grove area. Campgrounds

Information:

Portland Parks Masters Swim Club

c/o John Zell

4640 N.E. 36th Avenue

Portland, OR 97211

Phone: 503-282-9347 (evenings after 7 p.m.)

1997 HAGG LAKE SWIM

1 MILE & 2 MILE LAKE SWIM HENRY HAGG LAKE in Forest Grove, OR

OFFICIAL ENTRY FORM

SUNDAY SEPTEMBER 21, 1997

Sanctioned by Oregon LMSC for USMS Inc. Sanction #377-11

NAME _____ USMS 1997 REG. # _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
CLUB _____ BIRTHDATE ____/____/____ AGE _____ SEX _____

Please check the appropriate boxes (You may enter both races)

_____ 1 Mile and/ or _____ 2 Mile

_____ I plan to wear a wetsuit.

T-Shirt size _____ Medium _____ Large _____ X-Large _____ XX-Large
(Those entering before the day of the race will be guaranteed their size shirt)

ATHLETES RELEASE - Must be signed

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, PORTLAND GENERAL ELECTRIC, ITS DIRECTORS, OFFICERS, AND EMPLOYEES, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE _____ DATE _____

Entry Fee....prior to September 13, 1997..... \$20.00 _____
"One Day" U.S.M.S. registration (non-members)..... \$15.00 _____
Entry Fee... after September 13, 1997 \$25.00 _____
Total enclosed _____

Make checks payable to: Portland Parks Masters
Mail entries to: Portland Parks Masters Swim Club
c/o John Zell
4640 N.E. 36th Avenue
Portland, OR 97223
Phone: (503)-282-9347 (evenings after 7 p.m.)

 **MAKE A COPY
OF THIS FORM
FOR YOUR RECORDS**

**All Entrants registered with U.S. Masters Swimming MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY. ***

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 (\$15.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$30.00) _____
(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



STEVENS-NESS
LAW PUBLISHING CO.

LEGAL BLANKS •
COMMERCIAL PRINTING •
OFFICE SUPPLIES •
CORPORATE SUPPLIES •



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

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

In this issue: SC Nationals & Bend meet results

Aqua-Master

377-00405
JOHN F ZELL
4640 NE 36TH AVE
PORTLAND OR 97211-7618

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

Please advise the registrar of address changes