

# Aqua-Master

Volume 25, Number 1

January, 1998

## profile

### Steve George: Going to New Lows

by Kip Carlson - Reprinted from THE OREGON STATER

As he nears middle age, Steve George, is going to new lows. On the clock that is. George, who set an Oregon State 100-yard freestyle record as part of the Beavers Club team in the early 1980s, has rediscovered the joys of competitive swimming. And with a newly healed shoulder, his times in some events have fallen below the best marks of his younger days. That's put George on several of the U.S. Masters Swimming National Top 10 lists. It's even got George looking forward to a milestone many people see as a millstone. "I can't wait to turn 40 said George, now

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## SWIMMING RESOLUTIONS FOR 1998

### ROBERT SMITH

SWIMS FOR THE FISH STICKS OF LAKE OSWEGO

1. "DO A MASSIVE 25'S WORKOUT (30 TO 50 - 25 SPRINTS) WITH WORKOUT COMPUTER RECORDING EACH SPRINT AND PRINTING OUT EACH SPRINT AS A LOG.

2. BE ABLE TO PRERFORM IN 1 WORKOUT 20 - 75'S (IN SETS) ON 1:30 WITH ALL 75'S UNDER CURRENT 100 FREE TIME.

3. INCREASE WEEKLY YARDAGE FROM '97 AVERAGE OF 8 K/WEEK TO 10K/WEEK IN '98

*Resolutions continued on "lucky" page 13*



## Ol' Barnacle

reviews - results - records - history

### Ol Barn Covers the

### 1997 NW Zone SCM Championships

Under the astute direction of Dan Frost, more than 120 swimmers answered the call and records fell in bunches. Whoever put the heat sheets together should

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## The CHAIR'S CORNER

by Eric Guest

During the October board meeting, OMS INC had two turn overs. After many years of serving its members and doing an excellent job as board members, Stephen Harger (Registrar) and John Zell (Aqua Master Editor) find their private work has cut into the time they gave freely to the organization and cannot afford to lose it anymore. We thank Steve and John for all they have done. They have both agreed to help to make the transition a smooth one. June Mather, whom we welcomed aboard at the meeting, will take over Steve's duties. Dave Radcliff and Suzanne Rague will co-edit the Aqua Master. Their first edition was Nov./Dec. Again, thank you very much Steve and John.

World Master's Games Commissioner Sandi Rousseau called together the chairs of all the swimming committees and most of them met at Multnomah Athletic Club on 27 Oct 97 for the first time. A lot of information was exchanged and Mr. Jack Elder updated the gathering on the latest news from WMG. He claims that all is progressing on schedule. *continued on page 10*

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**Calendar and Meet Schedule 1998**

Date	Event	Location	Contact
JAN. 1 - 31	One Hour Postal National Champs		Joann Stewart (703) 354-2130
10 - 11	SCY	Spokane, WA	Heather Carling-Smith (509) 448-6520
31	SCY	<b>*Echo Hollow Pool - Eugene, OR</b>	
FEB. 7 - 8	SCM	Fairchild AFB (Spokane)	Diana Leake (208) 263-3976
13 - 14	SCY	Alaska State Champs	Joanne Wainwright (907) 262-5306
21 - 22		Senior Games, Palm Springs, CA	Ben Green (760) 323-5689
22	LCM	Victoria Masters, BC	Leon Politano (250) 478-3379
MAR. 8	SCY	Lyons Pool, Yakima, WA	Diana Leake (208) 263-3976
14	SCY	<b>Tualatin Hills Pentathlon</b>	
21 - 22	SCY	Inland NW Champs (Spokane)	Diana Leake (208) 263-3976
22	SCY	Banger, WA	Suzie Ness ((206) 547-3309
APR.	YMCA	Masters Championships - Ft Lauderdale, FL	
3 - 5	SCY	OMS Assn. Champs	Corvallis, OR
18 - 19	SCY	<b>Northwest Zone Champs Bend, OR</b>	
MAY 7 - 10	SCY	USMS Championships	Judy Goldstein (317) 253-8289
		Indianapolis, IN	(before 9PM EST)
16 - 18	LCM	Canadian National Champs	A Looy (430) 489-3638
		Edmont, Alberta	
JUNE 19 - 26	LCM	World Masters Championships, Casablanca, Morocco	
		for information, send \$2 to the USMS National Office	
AUG. 10 - 15	LCM	Nike World Masters Games	1 800 984-2637
20 - 23	LCM	USMS Championships	Stu Marvin (954) 468-1580
		Ft Lauderdale, FL	

**OREGON OPEN WATER CALENDAR**

JUNE 7	Emerald Aquatics - 1500 & 3000 + Relays	Steve Johnson (541) 683-5758
JULY 18 - 19	Rogue Valley Masters - Sat. 3000 + Open Water Clinic	Pat Burch (541) 488-5928
	Sun. 1500 OMS Open Water Championships + relays	
AUG 1 - 2	Central Oregon Masters - 1500 & 3000 + relays	Matt Mercer (541) 389-7665
SEPT 13	Portland Parks Masters - 1500 & 3000	John Zell (503) 282-9347

\* Meet entry form enclosed in this issue

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

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

*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 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. Contact June Mathe for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.*



## the WORKOUT

It's early in the year and time for most Master Swimmers to get back in the pool again. Whether you are aiming at Short Course Nationals, the upcoming ski season or just staying fit, it's time to build your base. There is no easy way to build up your endurance or regain your feel for the water.

A couple of suggestions:

1. Start slowly and gradually build up your yardage.
2. Keep all your strokes long.
3. Stay away from sprinting or 90% + effort swims.
4. Work on leg strength and kicking.
5. Concentrate on stroke technique.

### WORKOUT # 1 (distance / stroke)

- Warm Up - 200 Free swim  
200 IM kick  
200 Free pull  
200 IM swim
- Main set - 6 x 400 or 300 or 200 (you decide)  
(75 free and 25 stroke - on # 1 and # 4 the stroke is fly: on # 2 and # 5 the stroke is back: on # 3 and # 6 the stroke is breast) rest interval is 30 sec.
- Pull set - 600 (no paddles) do 75 free and 25 breast pull
- Warm down - 200 easy

### WORKOUT # 2 (kicking)

- Warm up - swim 100 fly (short rest interval)  
swim 200 back  
swim 300 breast  
swim 400 free  
kick 400 free  
kick 300 breast  
kick 200 back  
kick 100 fly - (2000 total in warm up)
- Main set - 10 or 8 or 6 X 100 free kick (10 sec)
- Main set 2 - 800 free swim - do open turns and kick 1/2 way down the pool off the wall
- warm down - 200 easy

### WORKOUT # 3 (pace setting)

- Warm up - 200 free swim  
200 IM kick  
200 IM swim
- Main set - 2 x 400 free swim (30 sec. RI)  
4 x 200 free swim (20 sec. RI)  
8 x 100 free swim (10 sec. RI)  
Work on pacing in this set
- Pull set - 400 free (breathing every 3 or 5 strokes)
- Warm down - 400 (25 kick without a board / 25 swim)

Most of the workouts are designed for 1 and 1/2 hours in the pool and 4000 yards/meters. The sets can be shortened to suit your ability and fitness level. Good luck and be consistent. *Mark Friedley*

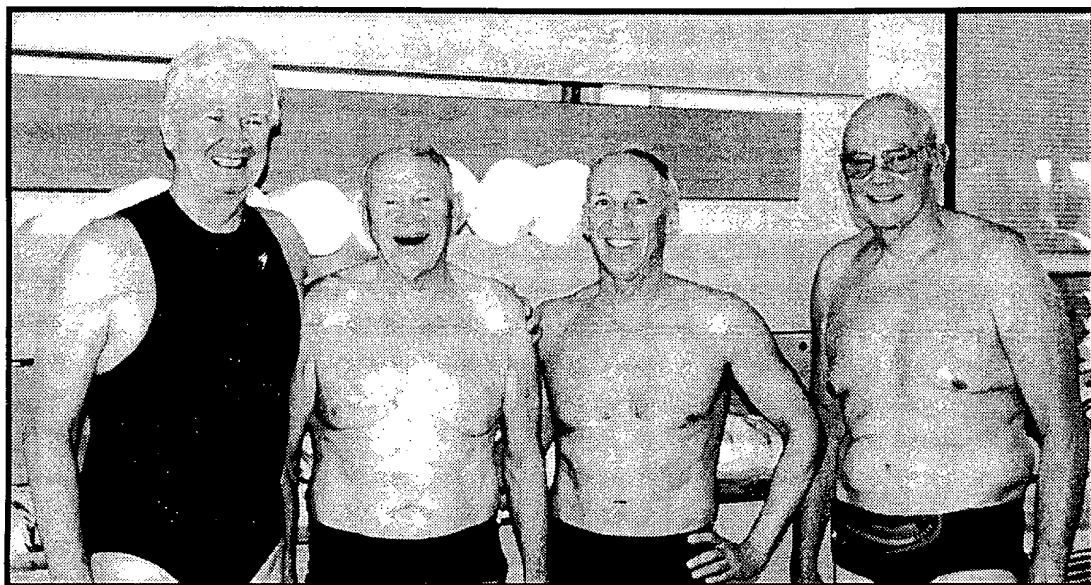
### *ol'Barn continued from page 1*

get many many kudos. "Fun Facts" was exceptionally well done and brought out many smiles from the participants. The turnout was double what it had been for the 1996 meet. OMS was very well represented by 17 of our best, leading to OMS and Zone Records by our stalwarts. PAULINE STANGEL (75), of Albany, finally realizing that she is 75, decided to do some record rewriting: New Zone marks: 100 and 400 Free: 1:55.69 and 8:55.92, 50 and 100 Breast: 1:04.41 and 2:25.06, all capped off by a Z mark for the 100 IM in 2:17.62. Gals and guys that's 5 new Z's in one meet. Way to go, Pauline! All eligible for TT honors. DAVID RADCLIFF (63), from Hillsboro, and Oregon's most welcome import from California, continued his record bashing ways with 5 new Z's: 50-100-400-800 and 1500 Free; 29.26, 1:05.34, 5:13.45, 11:23.13 and a 21:34.83. These times should put our Dave in line for AA. With the exception of the 50, all times are probable # 1's in the TT. It is interesting to note that Dave's times have kept improving ever since he took up Masters a couple of years ago. The Oregon climate agrees. GIL YOUNG (75), of Portland, also turned in five new Zone records; 100, 200, 400, 800, and 1500; 1:27.34, 3:15.90, 6:52.51, 14:28.24 and 27:24.16. OB continues to be very proud of this guy, Gil is another one that is either getting faster, or at least seemingly holding his own with Father Time. Comparing to last years TT, Gil could make the Top 3 for the 100 and 200, with a # 1 very likely for the 400, 800 and

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*ol'Barn continued from page 3*

1500. How about a NEW NATIONAL Record in the Men's 400m Free Relay, 280+. EARL WALTER, GIL YOUNG, ERIC GUEST, and DAVE RADCLIFF combined for a 5:20.66, taking 3 seconds off the old record held by San Diego. It is interesting to note that OMS (Mack, Walter, Young and Holden) grabbed this record in 1991, only to lose it in 1995 to San Diego.



Earl Walter, Gil Young, Dave Radcliff and Eric Guest celebrate their new American Record set in the 400 Meter Free Relay (280) at the SCM Zone Championships

K is from Jacksonville, and D is from Corvallis. Doug K Stewart from Jacksonville, showed some fancy fin movement in the 50 and 100 Free, plus the 50 and 100 Fly, Good Times! Steve George (38), Corvallis, brought home 3 Golds, 100 and 200 Back plus the 100 IM, all in excellent times. The 100 IM was close to the record. PAT ALLENDER (39) Corvallis, turned in a new OMS mark of 1:04.58 for

the 100 Fly, plus 4 Golds, 100/200 Breast and 200/400 IM, all in great times. Charles Helm (41) of Milwaukie, represented us well in six events. Richard Juhalla (54), who lives on Where Else Lane in Milwaukie, continues to improve, garnering golds in the 50 and 100 Breast, and picking up points in 4 other events. GEORGE THAYER (61) continues on the comeback trail; with a new OMS best in the 100 IM at

1:23.68. He also picked up 3 more Golds in the 50 Back, Breast and Fly. Way to go George. ERIC GUEST (68), our leader really came through with new OMS bests for the 200 Free (3:02.01) and the 400 Free (6:37.69), plus a gold in the 100 Fly. William Holman (66) continues to improve, this guy, is getting to like paddling, and his times are reflecting more work and more work plus desire.

OB would be dilatory if he failed to mention BONNIE PRONK of Canada, who showed us two WORLD records in the 50 and 100 Breast, just turning 55, Bonnie swum the 50/100 in 39.38, and 1:27.25. OB is not sure if he can swim that fast on his tummy. Thanks again to all of you fine people in Oak Harbor, it was a great weekend, no snow, and an excellent venue. Thanks to Sally Dillon and a host of other fine officials, who made this a meet to remember. See you in Oregon City. As Commissioner of As

The infusion of two "youngies", Guest and Radcliff, appears to have done the trick. OB wants you all to know about Dave Radcliff's anchor leg: how about a 1:02.95 !!! That is really moving. SARAH HOAGLAND (35) did some mighty fancy swimming, capping off two excellent efforts in the 200 Free (2:28.21), the 100 IM (1:21.58) with a new OMS record in the 100 Fly at 1:18.11. Ginger Pierson (51) of MAC, picked off 6 Golds in the 100 Back, 50 Breast, 200 Fly, and the 100, 200 and 400 IM's. STEVE STONEHAM (26) gave us a new Zone mark for the 1500 at 18:57.77 and OMS mark of 4:41.78 in the 400m Free. Steve is another one who appears to be getting his after burners turned up higher and higher. DOUG D STEWART (33) from Corvallis turned in two OMS bests; the 400 Free in 4:32.46 and the 200 IM in 2:23.12. Doug is another of those fine swimmers we have from Corvallis, who continue to light up the skies with great performances. OB is glad that he finally figured out the difference between Doug D and Doug K.

# **YOUR EDITORS' RESOLUTION FOR 1998**

"GET AQUA-MASTER TO YOU BY THE 5TH OF EACH MONTH"

## Oregon Masters Loses Roy Webster:

Friend and Competitor...Our Roy left us on November 21st at the edge of 96. Born March 25th in 1901, Bronx, N.Y. Worked in New York City for 14 years for Simmons & French, a fruit firm. He became manager of the Oregon-Washington-California Pear Bureau in 1935. The family moved to Hood River in 1942.

**BEING THE FIRST TO FINISH THE RACE MAKES YOU A WINNER IN ONLY ONE PHASE OF LIFE. IT'S WHAT YOU DO AFTER YOU CROSS THE LINE THAT REALLY COUNTS.**

**"THANKS ROY -  
YOU WERE A WINNER IN LIFE"**

There he bought an orchard, which remains in the family. He retired from farming in 1980. Roy served as Exec Vice President of the Pacific Northwest Waterways Assn. in the early 70's. Then Gov Mark Hatfield, appointed him to positions on the Columbia Gorge Commission and the State Public Welfare Commission. Roy coined the popular term "An hour to see, a lifetime to remember", extolling the beauties of the Hood River Valley. Roy's contribution to swimming began with the founding of the annual Labor Day Columbia River Swim in 1942. This years swim attracted some 500 participants. Roy continued to swim the channel until 1988, his family continues the tradition to this day. Roy's participation in Masters began in early 1976 representing the MAC. He was an early record holder in the Freestyle and

Breaststroke. Gaining All America honors, many times in the close to 10 years that he competed. First big year was 1976, when he garnered 12 places in the Top Ten, plus winning at the St Louis LC Nationals. In 1977

Roy was Regional Record Holder in 4 freestyle and 3 breaststroke events, and still holds records in SCY and LCM. He was a big winner in the First International Meet at

Christchurch, New Zealand (1984), pocketing 5 Golds, 5 Silvers and a Bronze.

Roy was one of our early All Americans, and year in year out, represented OMS exceedingly well on the National scene. Such a great person, he was wonderful to be around, always full of fun and merriment. One of his many claims to fame, was his ability and expertise on the dance floor, people who knew him, will always say, he was one the best dancers, even into his 80's. He was Collie Wheelers boxing opponent, they went at it many a time, resulting in occasional mayhem to one or the other. A competitor from Day One, a fine man and leader, a swimmer, who was one of the best, and will always be remembered. Take care and God Speed.

*Earl Water*

## Twenty Five Years: 1972 through 1997

### Oregon Masters celebrated its 25th Anniversary in 1997.

Some of the highlights: Connie Wilson and Karl Von Tagen were responsible for the birth of OMS. The First Masters swimming meet, in the Northwest, was held at the MAC on April 22nd 1972, under the guidance of Karl Von Tagen, with Olive Mucha of the MAC acting as Meet Director. Some 25 swimmers participated in the first meet, with subsequent local meets,

exceeding 300 and 3 National Championships (Hosted by OMS), seeing as many as 1,000 paddlers, in each competition. OMS's first All American, was Connie Wilson in 1975, with Collie Wheeler the second. Early National Record breakers were: Collie Wheeler in 1976 in the 50, 100 and 200 Free. Second and Third

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### *25 years continued from page 5*

record breakers were Earl Walter in 1976 (200 m Fly) and Art Smith, 1980 for the 400 IM. First National Champion was Connie Wilson in 1975, followed by Earl Walter in 1976, and Fred Sprenger, Laval Stoinoff, Collie Wheeler and Roy Webster in 1977. First world record from OMS was contributed by Collie Wheeler in 1977.

Chairmen who have done it all for OMS: Connie Wilson, 1973 through 1977, we lost Connie to cancer in July of 1986, Connie was followed by Earl Walter (78), Art Smith (83), Sandi Rousseau (85), Bert Petersen (87), Kathy Buck (89), John Zell (91), David Cobb (93) and Eric Guest (95), currently serving. First OMS member to win the Ransom Arthur Award (highest honor in USMS), Suzanne Rague in 1996.

OMS swimmers winning the Outstanding Swimmer Award (National); first was Sue Rittenhouse (1980), followed by Martha Keller, Lavelle Stoinoff, and Herb Eisenschmidt.

First swimmer in Masters world wide (Over 100), was Ed Thomas of OMS, at the Oregon State Games, July 11, 1993. We lost Ed in 1995. His Zone Record of 2:22.05 for the 50 m Free, appears to be safe for a while.

OMS has hosted the USMS LC Nationals 3 times: 1982, 1986, and 1995. All were held at Mt Hood Community College.

Our most prolific All Americans; started with Martha Keller, followed by Lavelle Stoinoff, Ginger Pierson. For the men; Robert Smith, Herb Eisenschmidt, and currently, David Radcliff. A must mention, would have to be Jim Snow, owner of the Stevens-Ness Law Publishing Co. of Portland, who have been printing the AquaMaster for years at no cost to Oregon Masters. By the way Jim Snow's name appears quite a few times in the All Time Top Ten of OMS. Ransom Arthur, founder of USMS in 1971, swam with us in a couple of meets during early 1980. Swam the 200 Breast in 3:17.51 for a TT Time. Dr Arthur was principle speaker at our banquet following the meet at the MAC.

OMS participated heavily in the 1st World Swimming Meet at Christchurch, New Zealand, Long Course in mid 1984. We were represented by Hazel Bressie (Gold plus 5 Silvers and 7 Bronze), Mirjana Callahan (Gold plus 2 Silvers and 2 Bronze), Bev

Dirksen, Sue Girard, Nona Hanan, Laurie Harpool, Louise Hepner (4 Golds plus 2 Silvers), Dorothy Hunter, Martha Keller (11, yes, 11 Golds plus a Silver), Jean Kinsey-Lee, Harriet Lynch (Silver & Bronze), Nancy McKenzie, Ginger Pierson (4 Silvers and Bronze), Sue Rittenhouse (Gold plus 4 Silvers and Bronze), Sandi Rousseau (Gold+3 Silvers), Bev Underwood, Nadine Whitehall (3 Silvers and 2 Bronze), Connie Wilson, Eric Guest, Robert Hunter, Joe Ruddley, Jim Ryan, Don Stevenson (4 Golds and Silver), Karl Von Tagen (4-Silvers), Earl Walter (Silver & 2 Bronze), Frank Warner (Gold, Silver, 2 Bronze), Collie Wheeler (2 Gold + WR), Roy Webster (5 Golds plus 5 Silvers and a Bronze), and Mark Worden (Gold, Silver, Bronze).

An interesting footnote, this is the meet that brought up reversing the order of swim, and start with oldest in both Male and Female. Collie Wheeler was trying to swim the 400 Free at 11 PM and did not finish, this was in the 90 plus age group. There were over 1108 swimmers representing 16 countries. Harriet Lynch, OMS, wrote up the meet as a special edition of Aqua Master, a super job, complete in every respect.

OMS is well represented Nationally in USMS by: Suzanne Rague: Secretary, Roy Abramowitz: Treasurer, Sandi Rousseau: Chair for Championship Meets, David Radcliff - NW Zone Chairman, plus Ginger Pierson - National Top Ten Committee. Honors in 1997: Sandi Rousseau, winner of the USMS National Meet Award, signifying outstanding contributions to Masters national championship meets. Earl Walter, one of nine, nationally, to receive the distinguished USMS Service Award, for outstanding contributions to USMS.

Two stories from history: Edith McMasters, learned to swim in 1980, swam her first meet at age 81, the '82 Nationals, and made All America. Her grandchildren insisted that she learn to swim following a beach outing at Seaside. Walter Hart of Salem, another non swimmer, was pushed into swimming by members of his family, Walter started swimming competitively in OMS during the early 80's in the 50-54 age group, learned to swim just a year before.

People who made OMS work and strove diligently to take OMS to the TOP; Barbara and Brian Frid, Jean

*continued on page 7*

### 25 years continued from page 6

Kinsey-Lee, Ginger Pierson, Robert Smith, Roy Abramowitz, Sandi Rousseau, Susan Albright, Mike Popovich, Andre Devine, Judy and Terry McCurdy, T D and Ruth Hughes, Ron Jersey, Dan Gray, June Mather, Luella Petersen, John and Cristy Zell, Dan Johnson, Pamela and Tom Himstreet, Nancy Dobbs, Steve Harger, Larry Snead, Matt Mercer, Leo and Marianne Van Dijk, Andy Schrag, David and Roberta Cobb, Roy Abramowitz, Jeanne Thimm, Kathy Buck and Bruce Cheney, Tim Waud, Suzanne Rague, David Radcliff, Jim Snow, John DeJarnatt, Mark Worden, Don Van Rossen, Gail Kimberling and Eric Guest.

In 1997, OMS surpassed 600 members for the first time in its history. Nationwide, USMS is rapidly approaching 35,000 in total membership. Oregon ranks in the Top 20 in size.

Roy Abramowitz, our Treasurer, was kind enough to furnish us with some financial figures to show the growth, as well as the present status of OMS financially: Revenues for 1981 totalled \$ 5,805, expenditures were \$ 3,701. In 1982, 1st National Meet : Revenues \$ 20,848, expenditures \$ 13,103. By way of contrast, these days our annual revenues, excluding LC Nationals, are approximately \$ 26,000, our net income is breakeven.

Ed Note : How come Connie and I always caught H--- for spending too much ?

OB's nomination for "Best Announcer" would have to go to Roy Waters.

Another kudo for Martha Keller: In the nominations for Top Ten 1982, our Martha compiled a record, which to the best of my knowledge has never been equalled : She was named # 1, # 2 or # 3 in 16 of 17 events the only miss, was the 200 Free, which she did not swim!

No Silver Anniversary story would be complete without a listing of "THE ORIGINALS":

Virginia Arvidson, Carroll Bagby, Joyce Bahler, George Bailey, James Bigler, David Boyd, Hazel Bressie, George Burgess, Bill Dendurant, Don Jacklin, Neil Farnham, Donlan Jones, Chuck Harrison, The MAC, Steve Johnson, Ralph Mohr, Sheridan Jones, Skip Roggenbiel, Ron Nakata, Dick Slawson, Emmanuel Sang, Fred Sprenger, Jon Stout, Max Strauss, Don Van Rossen, Karl Von Tagen, Earl

Walter, Connie Wilson and Ken Zell.

That's it folks, it has been a GREAT 25 Years, something each of us can point to with pride, we have accomplished a great deal. The future lies ahead.

### THE FITNESS LANE

This is a new column in the newsletter. Until my creative juices are flowing better, I have resorted to the above title. The majority of swimmers in OMS do not compete in meets very frequently. So why do all of you swim and work hard? My conclusion is that you have figured out that it is the best way you know to stay fit. I suspect that it is also more enjoyable than running, pumping iron, stairmaster, etc., and others can't see you sweat!

I have looked over the materials from the national section on fitness to see what this column might deal with. The categories cover training, workouts, open water swimming, sports medicine, wellness and athlete profiles. If you have any up-to-date information about any of these categories, you can send them to me for use in this column. My address is, 2000 NW Trenton Ave., Bend 97701 or e-mail [george\\_thayer@bendnet.com](mailto:george_thayer@bendnet.com).

The first item for your attention is the 20th anniversary one hour postal swim. Look in your Swim Magazine for an entry and details, or maybe they will include one in this issue. You have until Feb. 2, 1998 to complete the swim and mail in the results. This is a great way to stay fit, compete without traveling, and have some fun.

The next items of interest to me are stress management and nutrition. I found a cartoon with four panels regarding these two topics. The first panel has a doctor saying to his patient, "Stress management is important in controlling heart disease." The second says, "Acute anger has been known to bring on a sudden heart attack." The third panel says, "I want you to keep that in mind." The fourth panel says, "Now remember 20 years ago when I told you to switch to margarine?" The doc is holding a newspaper headline that says that trans fat is the worst. The point is that nutrition research is constantly finding new data to support a hypothesis only to be contradicted a few months or years later by someone else's data. I will try to cover some of these studies as they come along. Stay unstressed, keep well and swim for fitness. *George Thayer*

## NIKE WORLD GAMES UPDATE

by Sandi Rousseau

As Commissioner of Swimming for the World Masters Games, I am serving as your liaison from Oregon Masters Swimming to the World Masters Games Organizing Committee. Oregon Masters Swimming has contracted with World Masters Games to organize and run the swimming competition, as well as to provide representatives to participate in the planning of the more global activities associated with the Games.



Three questions that have been repeatedly asked of your board members are (1) what benefit will OMS receive, (2) what is NIKE's involvement and (3) why is the entry fee \$200. Let me address these topics for your understanding.

OMS will benefit in a similar financial manner to hosting a National Championship, when we have made approximately \$15 per swimmer. This is a substantial income for our organization and does allow OMS to keep our dues at the same level as in the past several years.

NIKE is the lead Corporate Sponsor. The company has given money up front to assist with the organization of the Games for the 25 sports involved. No one at NIKE is making any of the day to day decisions regarding the

Games. All decisions are being made by the WMG Organizing Committee with approval by the WMG Board of Directors. NIKE will make no profit other than what they gain from publicity.

The entry fee was set by the WMG Organizing Committee and is in keeping with their vision of the world class event that the Games will be. OMS agrees that it is a higher than usual fee for a swimming event, although it would be expected that the fee would be higher for an international event of this caliber. (The previous WMG in Australia was approximately \$125 per entrant.) The entry fee does include your entry into 5 events plus 4 relays, admission to three large events during the two weeks of the Games, and a goody bag that includes a souvenir shirt and cap and coupons for local restaurants and attractions. There will also be some "scholarships" available for those with fixed incomes or lower incomes.

I will be updating you at regular intervals until the Games in August, 1998, and seeking more volunteers in the upcoming months. So please think about the areas in which you would be willing to participate.

### THE THREE "F's" OF MASTERS SWIMMING: FUN - FRIENDS - FITNESS



Sharon, Susan, Sandi, and Lisbeth celebrate the graduation of Michelle into a new lane circle swimming group. Way to go Michelle - Congratulations



## OREGON MASTERS LOSES A GREAT PERSON, ATHLETE AND FRIEND

Collie Wheeler died in Portland on October 14 at the age of 104.

he swam. Simultaneously he was a champion and record setter in Masters Track and Field.

His name is still in the record books, and probably will be for some time to come.

Many stories of him come to mind, just a few ; During the LC Nationals at Mt Hood he was 89, and most upset that a 90 year old from San Francisco was receiving all the glory, Collie was just weeks away from being 90, and his times were much faster.

The writers remembrance of him began at a AAU swimming meet at Janzten Beach during the summer of 1938. I had just won my first State Championship, and Collie came up to me, saying "Young man is your father Earl Walter ?" , Yes Sir, I am Earl Walter Jr. With that started a friendship which goes on forever.

At the Championships in New Zealand, Collie had the misfortune to swim the finals of the 400 Free at 11 PM, it was too much and he did not finish, however, this was instrumental in changing the format, to where the old folks started swimming first.

Collie was born June 20, 1893 on Portland's East Side, he lived his entire life in the City. He was a sailor during WWI, before becoming a dentist. Then served as a dentist aboard ship during WWII. In the Korean War, he was a Navy Captain, and headed the reserve dental program from Washington, D.C. He retired from dentistry at the age of 75.

My favorite, brings to mind an incident, pool side at MHCC, just before the '82 Nationals. Collie was telling Dawn Musselman and OB about his walking on his hands the length of the old MAC 25 yard pool, when he was younger, and that he could still walk a fair distance even that day. This brought a "guffaw" from a young man sitting nearby, with that Collie got up and proceeded to walk on his hands for a distance of 10-15 feet. Nuff said !

His love of sports came early with weightlifting, Joe Loprenzi, MAC manager in weight training, called him the "father of weightlifting". Collie took up boxing when he was 18, and claimed the championship of the Irvington district. In short order switched to canoeing, and became an expert and leader in that field. His love of swimming was ever present, with many many hours spent officiating for the AAU.

**"The credit belongs to those who are actually in the Arena, who strive valiantly; who know the great enthusiasms, the great devotions, and spend themselves in a worthy cause; who at the best, know the triumph of high achievement; and who, at the worst, if they fail, fail while daring greatly, so that their place shall never be with those cold and timid souls who know neither victory nor defeat."**

**Teddy Roosevelt**

In his early 80's, he dove into Masters Swimming. Opening with 3 National Records for the 50, 100, and 200 Free, which were the first National Records for OMS. Collie became OMS' 2nd All American in 1976. He won his first National Championship events in 1977 in Spokane. During the First World Championships in Christchurch, New Zealand, he won the 50 and 100 M Free, setting a world record in the 100. He continued swimming and setting National and World records into his 90's, and was an All American each year that

One more, OB was getting the deck work done for a meet at the MAC, when he received news that Collie would not be able to swim. Collie and Roy Webster had been boxing the previous day. Roy ducked a strong overhand right, and Collie threw his shoulder out. This was in his 90's.

Collister (Collie), "just like the dog", he always said, was quite a man, athlete and leader by example and deed, will forever be remembered by OMS for his many many contributions to Masters Swimming.

Adieu Collie, thanks for the memories.

*Earl Walter*

*The Chair continued from page 1*

A full list of meets for 1998 should appear in this issue of the Aqua Master. Also, the 1st 1998 registration form appeared in the last Aqua Master. If you haven't registered, please do so. To increase membership, we will be focusing on the lap and fitness swimmers this year who feel they must compete or have competed in the past to become master swimmers. Competition is not only for folks who are competitive. It can be used as a measuring tool to see how the lap swimming has progressed. It is fun and a chance to meet many terrific people with the same goals --Fitness and Health. Take a friend to a meet !!! Have you read the article in October's Aqua Master "Two swimmers wanted"?? Congratulations Ginger and thank you for sharing your award.

We close our 1997 season with two short course meters meets - - Zones at Oak Harbor (Nov) and Oregon City's meet (Dec). Hope you were able to attend. As has been said often -- a lot of volunteers and work goes into having a meet. Show your appreciation by attending. Hoping you all had a very Blessed Christmas and a terrific New Year. My wife and I wish you all the very best of everything this coming year. Good Swimming and God Bless.

*profile continued from page 1*

37. "The World Records in the backstroke events are very attainable (in the 40-45 age group) ... you always look forward to going to the next age group and swimming against the older guys."

George's second swimming career began in the early 1990s, after he gave up coaching to start Innovative Business Promotions, a Corvallis sign and screen-printing business. He'd coached the Corvallis Aquatic Team and then the Crescent Valley High School swim team after graduating from OSU. "At that time, since I was coaching, I never swam because I was already at the pool six hours a day. Lifting weights was my primary form of exercise."

So George began swimming again, working out in an OSU faculty/staff swim class with former Beaver coach Bill Winkler. But he was still bothered by a shoulder injury that had hampered his training schedule ever since he was growing up in La Grande. A fellow Rotarian, Corvallis orthopedic chiropractor Frank Heresco, thought he could help. George said Heresco figured out which muscle was the problem, isolated it,

stretched it and broke down the scar tissue. "For a year, I went through heavy treatment, and that fixed it," George said.

That training has helped George post better times in more events than he had as a swimmer on OSU's club team. He's still about two seconds above his school-record time of 46.7 seconds in the 100 freestyle, but he's posted lifetime bests in the 100 and 200 backstrokes and the 200 individual medley. At the U.S. Masters Swimming Short Course Nationals in May, George placed fourth in the age 35 -39 division in the 200 yard backstroke, fifth in the 100 backstroke, sixth in the 50 freestyle, seventh in the 200 IM and eighth in the 100 freestyle. A month later, George picked up two gold medals when he swam his first long-course races in 20 years at the Pan Pacific Long Course Masters at Lahaina, Hawaii. He won the 100 meter and 200 meter backstrokes and also took second in the 200 IM and fourth in the 50 and 100 freestyle in a meet with about 1,200 swimmers representing 22 countries.

"I was surprised - the competition wasn't as stiff as it had been at nationals," George said. "But three of my times were lifetime best, so timewise, I was pleased. "It's fun. A lot of people ask why I get up at 5:30 in the morning to swim for an hour, but it's fun. The guys I hang out with at the aquatic center are pretty good, and it's great to train with them."

The return to the pool has left a good taste in George's mouth in another way. "I can eat ice cream at night," George laughed. "I can eat what I want because I'm swimming again. Since I started, I've gotten back down to my college weight."

There's no telling how long this could go on for George. At the nationals, he watched 93-year-old Harold Langer swim. "It's a blast to see them swim," George said of the upper-age swimmers. "They get up there on the blocks like everyone else and dive off...there are a lot of them in their 70s and 80s. It would be great to stay in it that long, but who knows?"

**profile** is a new column for Aqua-Master. It will feature OMS swimmers. The Editors need you (coaches and teammates) to send us the articles. Please submit write ups from local papers or write them in your own words. This article was submitted by Tiger Winkle, a close friend of Steve George. The February Aqua Master "**profile**" will feature 3 fine swimmers from Baker, OR.

## OPEN WATER SWIMMERS '97

Just a short list of those who participated in an Oregon Masters open water event in 1997. My original thought was to list the top three swimmers in each sex/age category but that just didn't recognize everyone. A few age groups had quite a few swimmers; it is interesting to look at these statistics to see who is swimming Open Water. *(number in ( ) is number of open water swims they competed in)*

**20-24 Female:** 1st Chris Lindstrom 67 pts (5); 2nd Mikenzie Mattson 42 pts (3); 3rd Robyn Jamar 25 pts (2); Janelle Pettit 9 pts (1)

**20-24 Male:** Three way tie for 1st place Eric Morgansen 14 pts (1); Shane Settle 14 pts (1); Matt Boles 14 pts (1); 2nd Tomaz Sousa 11 pts (1)

**25-29 Female:** 1st Sandy Hyde 32 pts (3); 2nd Katy Boyd 14 (1) Three way tie for 3rd Kathleen Eugster; Breyer Patterson; Shauna Simpson 11 pts (1); 6th Ronda Collins 9 pts (1) 7th Allison Walsh 6 pts (1); 8th Andrea Milano 3 pts (1)

**25-29 Male:** 1st Lee O'Conner 42 pts (3); 2nd Bill Zolna 39 pts (3); 3rd Alex Shaevitz & Ditimar Petrov 14 pts (1); 5th Robert Wolf & Paul Weber 9 pts (1)

**30-34 Female:** 1st Sharon Stuart 39 pts (3); 2nd Tie Judy Sheridan & Jeanne Thimm 28 pts (2) 4th Wendy Vain De Sompele 25 pts (2); 6th Tie Toni Hecksel & Janice Tacconi 23 pts (2); 8th Michelle Morrell 20 pts (2); 9th Andrea Milano 15 pts (2); 10th Tonya Durkee 13 pts (2); 11th Tie Morgan Standafer, Susie Walsh & Laurie Kilborn 11 pts (1); 14th Ellener Peave 9 pts (1); 15th Jackie Chen 8pts (1) 16th Kathy O'Hara 7 pts (2); 17th Tie Erin Holland & Ann Weber 6 pts (1)

**30-34 Male:** 1st Jeff Kaelon 35 pts (3); 2nd Kevin Hockley 22 pts (2); Andy Fecteau 18 pts (2); 4th Tie Rich Hobbins, Phil King, Spencer Schook & Walter Morris 14 pts (1); 8th Mike Conrath 11pts (1); 9th Tie Mike Guichard, Michael Lenehan & Kieth Wolff, 9 pts (1); 12th Tie Larry Zurker & Mel Long 7 pts (1); 14th Bill Shipper 6 pts ((1)

**35-39 Female:** 1st Tie Kerri Culbertson & Laura Schob 39 pts (3), 3rd Holly Von-Ed 28 pts (2), 4th Joani Krebeil 23 pts (2), 5th Kim Arata 14 pts (1), 6th Sandy Chevez 11 pts (1), 7th Tie Cynthia Larkin, Paris Geiken & Simone LaPay 9 pts (1), 12th Karen Rowden 4 ts (1), 13th Carol Gardner 3 pts (1)

**35-39 Male:** 1st Mark Fairlee 93 pts (8) 2nd David Cobb 67 pts (7), 3rd Curt LaCount 56 pts (4), 4th

Robert Mallory 15 pts (2), 5th Alan Arata 14 pts (1), 6th Don Soares 11 pts (2), 7th Mark Wren 1 1pts (1), 8th Peter Schlosser 8 pts (1). 9th tie John Price, Kris Calvin & Greg Saliccioli 8 pts (1), 12th Bobo Anderson 6 pts (1).

**40-44 Female:** 1st June Mather 48 pts (4) 2nd: tie Kristi Gustafson & Madeline Holmberg 28 pts (2); 4th Debbie Gregoire 25 pts (2); 5th Tie Joan Shafer & Cynthia Ratzman 9 pts (1); 7th Barb Buchan 6 pts (1)

**40-44 Male:** 1st Michael Douglas 109 pts (9) 2nd John Zell 46 pts (4); 3rd tie Walter Carter & John Ridenour 22 pts (2) 5th Hugh Moore 20 pts (2); 6th Pat Erwert 18 pts (2); 7th tie Paul Rostykus & Mike Davis 14 pts (1) 9th tie Ron Cobb & Peter Almeida 11 pts (1); 11th tie Charles Hlem, Mark Newman & Patrick Burch 9 pts (1); 14 Mike Reichenbach 6 pts (1).

**45-49 Female:** 1st Cynthia Rompel 53 pts (4) 2nd Judy Beaston 28 pts (2); 3rd Jane Moore 25 pts (2); 4th Diane Davis 14 pts (1) 5th Jacque Anderson 11 pts (1); 6th tie Geri Mathewson, Gail Buettner & Nancy Bruce 9 pts (1)

**45-49 Male:** 1st Steve Johnson 112 pts (8), 2nd tie Charlie Swanson & John Downey 31 pts (3); 4th Mike Carew 20 pts (2); 5th Ken Zell 18 pts (2); 6th Willian Andrews 16 pts (2); 7th tie Steve Mann, Will Davis & Michael Grant 11 pts (1); 10th tie Buz Carriker, Ron Jersey & John Dejarnett pts (1); 13th Craig Mather 8 pts (1); 14th Galen Albertson 7 pts (1); 15th Richard Smith 6 pts (1).

**50-54 Female:** 1st Pam Himstreet 18 pts (2)

**50-54 male:** 1st Dan Gray 126 pts (9); 2nd Richard Juhala 33 pts (3); 3rd Carlos Wickliff 9 pts (1).

**55-59 Female:** 1st Linda Ryan 14 pts (1)

**60-64 Male:** 1st David Radcliff 62 pts (5); 2nd Jim Bigler 11 pts (1); 3rd George Thayer 9 pts(1); 4th Nick Norton 6 pts (1).

**65-69 Male:** Lew Hollander 18 pts (2).

Great summer!! Each swimmer that participated was part of the growth of Oregon's open water swimming. It is always fantastic seeing so many smiling faces at one time!!!

Next year we will.....

**THERE LIVES IN EACH OF US  
A HERO AWAITING THE  
CALL TO ACTION (SO WHY NOT)  
TRY OPEN WATER SWIMMING NEXT YEAR**

## OREGON MASTERS SWIMMING INC.

## Minutes of Board Meeting

October 21, 1997

**Attendees:**

Roy Abramowitz, Dan Gray, Eric Guest, Stephen Harger, June Mather, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Donna Ryan, Al Smith, Sharon Stuart, Earl Walter, John Zell

**Call to Order:** 7:15 PM

**Secretary:** Sharon Stuart

Minutes approved as corrected.

**Treasurer:** Roy Abramowitz - no report

**Vice-Chair:** Tim Waud - not present. Report given by John Zell. The date is set for the NW Zone SC Yards meet in Bend. State Games will receive a bill soon. John Zell presented the schedule thus far. The Board is concerned about the current process for developing the meet schedule. The schedule is relatively open; there are fewer meets than in previous years. Board members noted that not all teams received bid packets.

**Committee Reports**

**Open Water / Long distance:** Dan Gray

Meet Directors met to discuss this past season and plans for next year. 134 swimmers participated in Oregon's open water events in '97. Dan read the overall results and will post them in the Aqua-Master. Dan distributed the proposed '98 schedule. Dan asked about the fee structure for one-day registrants. Sharon will review the records. The Board discussed hosting an open water even after NWMG. Sandi will follow-up with NWMG. Dan plans to have a proposal for an open water clinic by next meeting.

**Awards / Souvenirs:** Donna Ryan

Donna is still working on the OMS promotional poster.

**Coaches:** Mark Friedley - not present. No report.

**Aqua-Master:** Dave Radcliff

John Zell has resigned as Aqua-Master chair after eight years of service. John gave a nice farewell. Dave Radcliff and Suzanne Rague will co-chair the position. Dave will move the registration forms forward in the next publication in order to draw attention to registration. The November and December issues will be combined in an attempt to get on schedule. Dave suggested that the Vice-Chair provide the entry forms because the information comes from the Vice-Chair.

**Registration:** June Mather

The Board welcomed June to her first meeting and thanked Stephen Harger for his years of service. Earl Walter gave a personal welcome and farewell. Members year-to-date = 643. Stephen suggested that we do invoicing sooner than February. The Board discussed it at length and decided to follow John Zell's suggestion to move the registration form and see the results before invoicing. Stephen distributed rosters and reviewed the data. June does not need the laptop and printer belonging to the Registration chair, so they will be used by the Aqua-Master co-chairs. Donna reminded the Board that we approved giving an OMS pin to all 1998 registrants.

**Membership:** Phil King - not present. No report

**Top Ten / Data Manager:** Suzanne Rague

Suzanne submitted the LC Yards Top Ten to the National Top

Ten Chair

**Fitness:** George Thayer - not present. No report

**Historian / Records:** Earl Walter

Earl proposed having a 1650 meet. One half of the people who swam in the 1978 1650 meet are still in the Top Ten. Earl distributed the Men's All-time Top Ten for the past 10 years of Master's Swimming. OMS has lost membership from many Top Ten swimmers. To help registration, we need to recognize that we will lose swimmers for good reasons so we need to work hard to keep the swimmers we have. Roy will give Earl one of the earliest financial reports for the history of OMS.

**Officials:** Al Smith

We are still looking for an official to replace Nevelle Johnson for NWMG.

**Host/Social:** (position to be filled)

The Board is soliciting interested OMS members.

**Safety Coordinator:** Sandi Rousseau

John Zell delivered six more Safety Marshall shirts.

**Past Chair:** Dave Cobb. No report.

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

**Old Business:**

1998 Nike World Masters Games

The committee members for the swim competition will be meeting next week. Sandi will be attending a committee chair's meeting. Sandi, Suzanne Rague, and Ginger Pierson met to review the entries to make sure NWMG is on track with procedures. Eric Guest will be the Meet Director. Sandi proposed that we ask a Hy-Tek expert to help at the competition. The Board approved the additional cost. The contract has been signed by both OMS and NWMG.

**New Business:**

Web site - The Board passed a motion to solicit ideas and find a web master.

State Games of Oregon - Eric suggested that we invite a State Games organizer to the next meeting. Earl will arrange this.

Convention - Nine USMS members were selected for Service Awards. Earl Walter one of the nine was selected. Sandi Rousseau received an award for her outstanding contribution to national championships. Earl was happy OMS was recognized.

Ransom Arthur - The Board nominated our candidate for the Ransom Arthur award (but it's a secret).

Mind Spring - An Internet provider called Mind Spring is offering discounts to USMS members.

Elections - OMS needs to elect the Vice-Chair and Treasurer.

**Action Items (arising from meeting - in addition to normal tasks)**

Sharon: review records for fee structure of one-day registrants, elections

Earl: invite State Games organizer

Adjournment: 9:40 p.m.

Next Meeting: November 18, 1997, 7pm

**A tree doesn't fall at the first stroke**

**A race isn't won in one stroke**

**When we commit ourselves to a workout / race,  
we need to see it through to the finish.**

# WHAT'S YOUR SWIMMING RESOLUTION FOR 1998

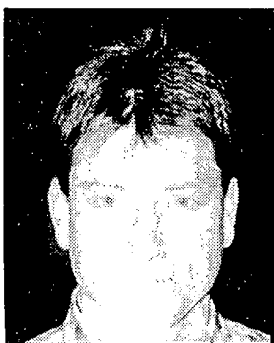
PICTURES AND RESOLUTIONS WERE COMPOSED AT THE OREGON CITY MEET ON DEC. 7



SUSANNE SCHUMANN  
SWIMS FOR THE BARRACUDAS  
"SWIM 4 - 5 TIMES A WEEK AND MAKE  
TOP TEN - DO YOGA DAILY



TOM COFFEY  
SWIMS FOR THE FISH STICKS OF L O  
"INCREASE DRILL SET TO IMPROVE SKILLS - DPS  
BUILD STRENGTH - WEIGHTS - ZOOMER FLY  
SWIM 200 YD. FLY



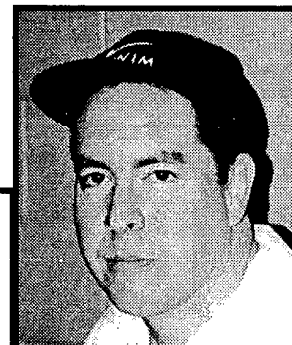
BOB MALLORY  
SWIMS FOR NORTH CLACKAMAS  
"EAT MY WHEATIES"



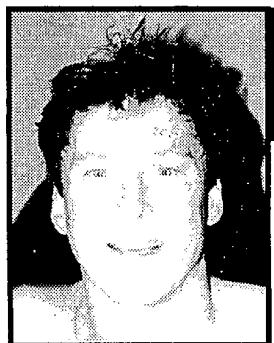
SARAH HOAGLAND  
SWIMS FOR THE FISH STICKS OF L O  
"SWIM THE 100 YD FLY IN LESS THAN 1:06 BY DEVOTING TWO  
DAYS OF 1200 TO 1600 YDS OF FLY - DAY 1: 4 SETS OF 75 @ 1:20 /  
1:30 / 1:40 / 1:50 AND DAY 2: 4 SETS OF 100S @ 1:40 / 1:50 / 2:00 / 2:10  
(MAINTAIN GOAL TIME EACH SET)  
TO SWIM THE 200 FLY WITH LITTLE FEAR"



BARB HARRIS  
SWIMS FOR CENTRAL OREGON "COMA"  
"WORKOUT 2 TIMES A WEEK AND 3  
WEEKS OF EACH MONTH"



CHARLIE HELM  
SWIMS FOR NORTH CLACKAMAS  
"DO WEIGHT WORK ALONG WITH SWIM TRAIN-  
ING. USE MY NORDIC TRACK MORE OFTEN."



JESS HICKERSON  
SWIMS FOR CORVALLIS AQUATIC TEAM  
"18 POUNDS LIGHTER!!!!"



CYNTHIA ROMPEL  
SWIMS FOR CENTRAL OREGON "COMA"  
"CONSIDER THE 2 MILE LAKE SWIMS  
IN ADDITION TO THE 1 MILE"

Meet Results for Timed Finals-SC Meters

--- Ages 40 Through 44 ---				
PL	Name	Age Team	Finals	
Mixed 50 Free				
3	CHARLES HELM	41 OREG	35.77	
Mixed 100 Free				
2	CHARLES HELM	41 OREG	1:21.43	
Mixed 200 Free				
6	CHARLES HELM	41 OREG	3:12.70	
Mixed 400 Free				
4	CHARLES HELM	41 OREG	7:00.15	
Mixed 50 Breast				
4	CHARLES HELM	41 OREG	55.00	
Mixed 100 IM				
5	CHARLES HELM	41 OREG	1:49.12	
-----				
--- Ages 50 Through 54 ---				
PL	Name	Age Team	Finals	
Mixed 50 Free				
2	RICHARD JUHALA	54 OREG	39.75	
Mixed 100 Free				
2	RICHARD JUHALA	54 OREG	1:28.42	
-	DAN GRAY	52 OREG	NT	
Mixed 400 Free				
3	RICHARD JUHALA	54 OREG	7:24.40	
-	DAN GRAY	52 OREG	NT	
Mixed 100 Back				
-	DAN GRAY	52 OREG	NT	
Mixed 50 Breast				
1	RICHARD JUHALA	54 OREG	44.79	
Mixed 100 Breast				
1	RICHARD JUHALA	54 OREG	1:39.95	
Mixed 50 Fly				
-	DAN GRAY	52 OREG	NT	
Mixed 200 IM				
2	RICHARD JUHALA	54 OREG	3:36.68	
-----				
--- Ages 60 Through 64 ---				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	DAVID RADCLIFF	63 OREG	29.26	
2	GEORGE THAYER	61 OREG	30.15	
Mixed 100 Free				
1	DAVID RADCLIFF	63 OREG	1:05.34	
Mixed 200 Free				
1	DAVID RADCLIFF	63 OREG	2:43.12	

Mixed 400 Free				Mixed 200 Back			
1 DAVID RADCLIFF	63	OREG	5:13.45	1 EARL WALTER	76	OREG	4:00.95
Mixed 1500 Free				Mixed 100 IM			
1 DAVID RADCLIFF	63	OREG	21:34.83	1 EARL WALTER	76	OREG	1:44.61
Mixed 50 Back				Mixed 200 IM			
1 GEORGE THAYER	61	OREG	38.97	- EARL WALTER	76	OREG	NT
Mixed 50 Breast							
1 GEORGE THAYER	61	OREG	41.43				
Mixed 50 Fly							
1 GEORGE THAYER	61	OREG	38.14	--- Ages 50 Through 54 ---			
Mixed 100 IM				PL Name	Age Team	Finals	
1 GEORGE THAYER	61	OREG	1:23.68				
				Mixed 100 Back			
--- Ages 65 Through 69 ---				1 GINGER PIERSON	51	MACO	1:27.35
PL Name	Age Team	Finals		Mixed 50 Breast			
				1 GINGER PIERSON	51	MACO	41.26
Mixed 50 Free				Mixed 200 Fly			
2 ERIC GUEST	68	OREG	34.27	1 GINGER PIERSON	51	MACO	3:12.48
3 WILLIAM HOLMAN	66	OREG	38.88	Mixed 100 IM			
Mixed 100 Free				1 GINGER PIERSON	51	MACO	1:24.72
3 WILLIAM HOLMAN	66	OREG	1:29.36	Mixed 200 IM			
Mixed 200 Free				1 GINGER PIERSON	51	MACO	3:05.51
1 ERIC GUEST	68	OREG	3:02.01	Mixed 400 IM			
3 WILLIAM HOLMAN	66	OREG	3:30.51	1 GINGER PIERSON	51	MACO	6:37.91
Mixed 400 Free							
1 ERIC GUEST	68	OREG	6:37.69				
4 WILLIAM HOLMAN	66	OREG	7:25.04				
Mixed 100 Fly							
1 ERIC GUEST	68	OREG	1:43.58				
--- Ages 75 Through 79 ---							
PL Name	Age Team	Finals					
Mixed 50 Free							
1 GILBERT YOUNG	75	OREG	38.79				
Mixed 100 Free							
1 GILBERT YOUNG	75	OREG	1:27.34				
Mixed 200 Free							
1 GILBERT YOUNG	75	OREG	3:15.90				
Mixed 400 Free							
1 GILBERT YOUNG	75	OREG	6:52.51				
- EARL WALTER	76	OREG	NT				
Mixed 1500 Free							
1 GILBERT YOUNG	75	OREG	27:24.16				
Mixed 50 Back							
1 EARL WALTER	76	OREG	46.74				
Mixed 100 Back							
1 EARL WALTER	76	OREG	1:48.54				



## 1998 UNITED STATES MASTERS SWIMMING 20th ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

Sponsored by DC Masters and dedicated to David McAfee

Sanctioned by Potomac Valley LMSC for United States Masters Swimming, Inc., #108-001

### WHERE & WHEN

Any pool 25 yards in length or longer; any time during January 1998.

### OBJECTIVE

To swim the greatest distance in one hour. The order of finish is determined by the total number of yards swum. If two or more swimmers complete the same distance, a tie will be declared.

### ELIGIBILITY

Entrants must be registered with USMS or a similar body in his/her own country for 1998. A copy of your 1998 registration card must accompany your entry.

### CATEGORIES

**Individuals:** The age groups are (M&F) 19-24, 25-29, 30-34, ..., 100-104. The swimmer's age on the day the event is swum determines the entrant's age.

**Relay Team Event:** Two relays will be contested: a three-swimmer same-sex relay and a four-person mixed relay (two men and two women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each member of the relay must also have entered the individual event for his/her age group. All relay members must be registered with the same club. Unattached relays are not permitted.

**Club Awards:** Club awards will be given in four divisions based on the number of participants—Small (15 or fewer), Medium (16-30), Large (31-49) and Extra-large (50 and over). Scoring will be by total number of yards swum.

### Overall outstanding performances:

Awards will be given to the man and woman swimming the greatest distances. In honor of the 20th anniversary of the One Hour Swim, the man and woman swimming the 20th greatest distance will receive recognition. All entrants will be considered for these awards.

### RULES

*Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted.* Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stopwatch and sign the official entry form. Distances must be rounded down to the nearest five-yard increment (i.e., round 2764 yards to 2760). If the pool is meters, multiply the distance swum by 1.0936, round down to the nearest five-yard increment and enter yards. No adjustment may be made for swims completed at altitude. Dual Entries: Swimmers who *change age groups* during January may *enter* twice but *must swim twice*.

### AWARDS

USMS Championship Long Distance medals will be awarded to the first ten places in each age group in the individual event and the first six places in relay events. First-place winners will also receive championship patches. The three top scoring clubs in each category will receive engraved plaques.

### FEES

Individual entry fees are U.S. \$5 per swimmer. Relay entry fees are U.S. \$15 per relay. Entry fee includes mailing awards and results. All fees are non-refundable. Make checks payable to DC Masters and mail to 1998 One Hour Postal Swim, 6105 Chapman Road, Mason Neck, VA 22079, U.S.A. International entrants must submit U.S. funds and add \$3 surcharge for mailing costs. Entries must be postmarked by February 2, 1998, and/or received by February 10, 1998. Postage meter postmarks are not acceptable if received after February 10.

### T-SHIRTS

A 1998 20th Anniversary One Hour Postal multi-color T-shirt may be ordered for U.S. \$15 with your individual entry.

### INFORMATION

Contact Joann Leilich, 7209 Hansfield Ct., Springfield, VA 22151, (703) 354-2130, or at [hswim@rails.com](mailto:hswim@rails.com) for additional information. Split sheets are available from your club representative or the address above.

## 1998 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP 20TH ANNIVERSARY — INDIVIDUAL ENTRY FORM

Name _____		Registration No. _____	
Address _____		Phone _____	
City/State/Zip/Country _____		Sex	M      F      (Circle One)
Club _____	Club Abbr. _____	Age _____	Date of Birth _____

<b>Circle</b>	A 19-24	D 35-39	G 50-54	J 65-69	M 80-84	P 95-99
<b>Age</b>	B 25-29	E 40-44	H 55-59	K 70-74	N 85-89	Q 100-104
<b>Group</b>	C 30-34	F 45-49	I 60-64	L 75-79	O 90-94	

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

I certify that I have read the rules of this competition and that

on \_\_\_\_\_ I swam \_\_\_\_\_ yards in one hour at \_\_\_\_\_

Signature of swimmer (required) \_\_\_\_\_

Signature of verifier (required) \_\_\_\_\_

<b>T-SHIRT</b>	<b>QUANTITY</b>	<b>FEES</b>	<b>BE SURE TO:</b>
S	_____	Entry Fee \$5 U.S. only _____	Complete entire entry form
M	_____	(International \$8) _____	Attach copy of registration card
L	_____	T-shirt (____ @ \$15) _____	Attach split sheet
XL	_____		
XXL	_____	TOTAL (U.S. Dollars) _____	Mail by Feb. 2 and/or <b>RECEIVED BY FEB. 10</b>

**MAKE CHECKS PAYABLE TO DC MASTERS**  
**MAIL ENTRIES TO 1998 ONE HOUR POSTAL SWIM, 6105 CHAPMAN RD., MASON NECK, VA 22079**

## 1998 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP 20TH ANNIVERSARY — RELAY ENTRY FORM

Club _____	Club Abbr. _____	Age Group _____	Men      Women      Mixed (Circle One)
Relay Captain _____		<b>BE SURE TO INCLUDE</b> Copies of above for each relay swimmer Check for entry fee payable to DC Masters <b>Entry fee @ \$15 per relay</b>	
Captain's Address _____			
City/State/Zip/Country _____			

NAMES OF RELAY SWIMMERS	SEX (M/F)	AGE	YARDS SWUM
Swimmer #1			
Swimmer #2			
Swimmer #3			
Swimmer #4			
Relay entries without the individual entries and payment will NOT be accepted.		<b>TOTAL YARDS</b>	



Oregon LMSC

Oregon City Short Course Meters Meet  
Oregon City Municipal Pool  
December 7, 1997  
Meet Results For Timed Finals-SC Meters

Meet Manager Pg 1

Ages 19 Through 24 ---				Ages 25 Through 29 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free	1 ANICIA CRISCIONE	24 OREG	38.31	Mixed 50 Free	1 SHAINA SIMPSON	26 OREG	33.71
Mixed 100 Free	1 ANICIA CRISCIONE	24 OREG	1:08.50	Mixed 100 Free	1 SANDRA HYDE	29 OREG	2:33.86
Mixed 200 Free	1 ANICIA CRISCIONE	24 OREG	3:53.66	Mixed 200 Free	1 SHAINA SIMPSON	26 OREG	20:10.77
Mixed 400 Free	1 ANICIA CRISCIONE	24 OREG	3:24.94	Mixed 400 Free	1 SANDRA HYDE	29 OREG	1:32.88
Mixed 800 Free	1 ANICIA CRISCIONE	24 OREG	3:24.94	Mixed 800 Free	1 SANDRA HYDE	29 OREG	3:14.98
Mixed 1500 Free	1 ANICIA CRISCIONE	24 OREG	3:24.94	Mixed 1500 Free	1 SANDRA HYDE	29 OREG	1:33.16
Mixed 50 Back	1 LYNN SHANKS	32 OREG	38.23	Mixed 50 Back	1 KERRY ANDERSON	35 OREG	47.88
Mixed 100 Back	1 LYNN SHANKS	32 OREG	1:24.23	Mixed 100 Back	1 KERRY ANDERSON	35 OREG	1:33.33
Mixed 200 Back	1 LYNN SHANKS	32 OREG	3:24.94	Mixed 200 Back	1 KERRY ANDERSON	35 OREG	3:36.56
Mixed 400 Back	1 LYNN SHANKS	32 OREG	3:24.94	Mixed 400 Back	1 KERRY ANDERSON	35 OREG	51.50
Mixed 800 Back	1 LYNN SHANKS	32 OREG	3:24.94	Mixed 800 Back	1 KERRY ANDERSON	35 OREG	1:24.81
Mixed 1500 Back	1 LYNN SHANKS	32 OREG	3:24.94	Mixed 1500 Back	1 KERRY ANDERSON	35 OREG	1:24.81
Mixed 50 Breast	1 KATHY LAW	30 OREG	42.38	Mixed 50 Breast	1 KATHY LAW	30 OREG	42.38
Mixed 100 Breast	1 KATHY LAW	30 OREG	1:25.93	Mixed 100 Breast	1 KATHY LAW	30 OREG	1:25.93
Mixed 200 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 200 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 400 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 400 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 800 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 800 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 1500 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 1500 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 50 Fly	1 KATHY LAW	30 OREG	37.70	Mixed 50 Fly	1 KATHY LAW	30 OREG	37.70
Mixed 100 Fly	1 KATHY LAW	30 OREG	1:25.93	Mixed 100 Fly	1 KATHY LAW	30 OREG	1:25.93
Mixed 200 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 200 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 400 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 400 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 800 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 800 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 1500 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 1500 Fly	1 KATHY LAW	30 OREG	3:24.94

Oregon LMSC

Oregon City Short Course Meters Meet  
Oregon City Municipal Pool  
December 7, 1997  
Meet Results For Timed Finals-SC Meters

Meet Manager Pg 2

Ages 30 Through 34 ---				Ages 35 Through 39 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free	1 SUSANNE SCHUMANN	60 OREG	49.47	Mixed 50 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79
Mixed 100 Free	1 SUSANNE SCHUMANN	60 OREG	1:51.39	Mixed 100 Free	1 SUSANNE SCHUMANN	60 OREG	1:51.39
Mixed 200 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79	Mixed 200 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79
Mixed 400 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79	Mixed 400 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79
Mixed 800 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79	Mixed 800 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79
Mixed 1500 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79	Mixed 1500 Free	1 SUSANNE SCHUMANN	60 OREG	4:03.79
Mixed 50 Back	1 KATHY LAW	30 OREG	42.38	Mixed 50 Back	1 KATHY LAW	30 OREG	42.38
Mixed 100 Back	1 KATHY LAW	30 OREG	1:25.93	Mixed 100 Back	1 KATHY LAW	30 OREG	1:25.93
Mixed 200 Back	1 KATHY LAW	30 OREG	3:24.94	Mixed 200 Back	1 KATHY LAW	30 OREG	3:24.94
Mixed 400 Back	1 KATHY LAW	30 OREG	3:24.94	Mixed 400 Back	1 KATHY LAW	30 OREG	3:24.94
Mixed 800 Back	1 KATHY LAW	30 OREG	3:24.94	Mixed 800 Back	1 KATHY LAW	30 OREG	3:24.94
Mixed 1500 Back	1 KATHY LAW	30 OREG	3:24.94	Mixed 1500 Back	1 KATHY LAW	30 OREG	3:24.94
Mixed 50 Breast	1 KATHY LAW	30 OREG	42.38	Mixed 50 Breast	1 KATHY LAW	30 OREG	42.38
Mixed 100 Breast	1 KATHY LAW	30 OREG	1:25.93	Mixed 100 Breast	1 KATHY LAW	30 OREG	1:25.93
Mixed 200 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 200 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 400 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 400 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 800 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 800 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 1500 Breast	1 KATHY LAW	30 OREG	3:24.94	Mixed 1500 Breast	1 KATHY LAW	30 OREG	3:24.94
Mixed 50 Fly	1 KATHY LAW	30 OREG	37.70	Mixed 50 Fly	1 KATHY LAW	30 OREG	37.70
Mixed 100 Fly	1 KATHY LAW	30 OREG	1:25.93	Mixed 100 Fly	1 KATHY LAW	30 OREG	1:25.93
Mixed 200 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 200 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 400 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 400 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 800 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 800 Fly	1 KATHY LAW	30 OREG	3:24.94
Mixed 1500 Fly	1 KATHY LAW	30 OREG	3:24.94	Mixed 1500 Fly	1 KATHY LAW	30 OREG	3:24.94

# TIPS ON ENTERING SWIM MEETS

by Suzanne Rague, Oregon Data Manager

Are you an Oregon swimmer who participates in Masters swim meets? Then you are among the hundreds of people who mail me meet entry forms regularly. I enjoy seeding OMS meets, and congratulate most of you on making my job easy.

The entry process is part of running an enjoyable, successful meet. No one wants to see surprises in the heat sheet, or to need to resolve problems when they arrive at the pool.

Following is a list of suggestions after viewing over a thousand entries:

\* You must enter meets **using your name as it appears on your USMS card**. It is OK to use a nick name, as long as you register with that name. When you re-register in 1998, register using the name you wish to use when you swim.

\* Fill out the top of the meet entry form completely.

\* **ALWAYS** include a copy of your USMS card with your meet entry.

\* For "USMS Club" indicate that club printed on your USMS card. For most of us that is "OREG" or "MACO." Some meets also ask for your local team (such as MHM, THB, or PPM). Clubs are officially registered with USMS — check your registration card!

\* Read the fine-print instructions for each meet. Different meets have different number of events/day, etc. Your last event(s) will be dropped if you enter too many.

\* Double check that your entry is readable and reasonable. For example, when someone seeds themselves for :38 in the 100 IM did they mean 1:38 or did they mean to enter the next event, the 50 back, in that time?

I look forward to receiving your meet entries!

Oregon LMSC

Meet Manager Pg 3

## Oregon City Short Course Meters Meet Oregon City Municipal Pool

### Meet Results for Timed Finals-SC Meters

Mixed 100 Free				Mixed 100 Back				--- Ages 85 Through 89 ---									
1	RICHARD JUHALA	54	OREG	1:29.48	1	JOHN JOENS	66	OREG	2:11.19	:	PL	Name	Age	Team	Finals		
Mixed 1500 Free				Mixed 200 Back				Mixed 100 Free									
1	KARL VON TAGEN	54	MACO	21:59.99	1	JOHN JOENS	66	OREG	4:28.52	:	1	ALFRED GAWLEY	85	OREG	3:12.36		
Mixed 50 Back				Mixed 50 Breast				Mixed 100 Free									
1	ROBERT SMITH	54	OREG	31.52	1	JOHN JOENS	66	OREG	1:02.20	:	1	ALFRED GAWLEY	85	OREG	1:43.10		
Mixed 50 Breast				Mixed 50 Fly				Mixed 50 Breast									
1	ROBERT SMITH	54	OREG	35.90	1	ARTHUR WELCH	65	OREG	44.53	:	1	ALFRED GAWLEY	85	OREG	1:43.10		
2 RICHARD JUHALA				54	OREG	43.89	Mixed 100 Fly				--- Ages 160 Through 199 ---						
Mixed 50 Fly				1 ARTHUR WELCH				65	OREG	1:57.20	:	PL	Name	Team	Finals		
1	RICHARD JUHALA	54	OREG	43.97	Mixed 100 IM				Male 200 R-Free								
Mixed 100 IM				1 ERIC GUEST				68	OREG	1:31.45	:	oreg	M-160	OREG	1:55.31		
1	ROBERT SMITH	54	OREG	1:13.62	Mixed 200 IM				PAT ALLENDER-39				GEORGE JOHNSON-41				
2	RICHARD JUHALA	54	OREG	1:32.05	1 ERIC GUEST				68	OREG	1:33.70	GEORGE THAYER-61					
Mixed 400 IM				--- Ages 70 Through 74 ---				Male 200 R-Medley				JESS HICKERSON-45					
1	ROBERT SMITH	54	OREG	6:49.02	PL Name				Age	Team	Finals	1 oreg M-160 OREG 2:09.43					
--- Ages 60 Through 64 ---				Mixed 200 Free				STEVE A GEORGE-38				PAT ALLENDER-39					
PL	Name	Age	Team	Finals	1 FLOYD ELIOTT				71	OREG	3:18.18	GEORGE JOHNSON-41					
Mixed 50 Free				Mixed 50 Back				JESS HICKERSON-45				Male 200 R-Medley					
1	GEORGE THAYER	61	OREG	30.25	1 FLOYD ELIOTT				71	OREG	39.16	1 oreg M-160 OREG 2:09.43					
2	BOB MCKINNON	60	MM	33.01	Mixed 100 Back				STEVE A GEORGE-38				PAT ALLENDER-39				
Mixed 100 Free				1 FLOYD ELIOTT				71	OREG	1:26.40	GEORGE JOHNSON-41				JESS HICKERSON-45		
1	DAVID RADCLIFF	63	OREG	1:07.92	Mixed 200 Back				Male 400 R-Medley				1 oreg M-200 OREG 4:41.81				
2	GEORGE THAYER	61	OREG	1:10.64	1 FLOYD ELIOTT				71	OREG	3:12.63	ROBERT SMITH-54					
Mixed 200 Free				--- Ages 75 Through 79 ---				TOM COFFEY-46				DAVID RADCLIFF-63					
1	DAVID RADCLIFF	63	OREG	2:35.27	PL Name				Age	Team	Finals	1 oreg M-200 OREG 4:41.81					
Mixed 400 Free				Mixed 50 Free				--- Ages 120 Through 159 ---				Male 400 R-Medley					
1	BOB MCKINNON	60	MM	6:14.49	1 ANDREW HOLDEN				78	OREG	35.27	1 oreg X-120 OREG 2:27.20					
Mixed 1500 Free				Mixed 100 Free				PL Name				Age	Team	Finals	KAYE CUSHING-46F		
1	BOB MCKINNON	60	MM	24:36.41	1 CHARLES BUSHEY				76	OREG	1:59.98	THOMAS CHUN-41M					
Mixed 200 Fly				2 JOSEPH MALLON				76	OREG	2:06.43	CATHY LAW-30F						
Mixed 200 IM				Mixed 200 Free				--- Ages 200 Through 239 ---				HORST NIENHAUS-29M					
1	BOB MCKINNON	60	MM	3:20.34	1 GILBERT YOUNG				75	OREG	3:15.41	PL Name					
--- Ages 65 Through 69 ---				2 CHARLES BUSHEY				76	OREG	4:30.56	Team				Finals		
PL	Name	Age	Team	Finals	Mixed 1500 Free				Mixed 200 R-Medley				1 oreg X-200 OREG 2:29.66				
Mixed 200 Free				1 GILBERT YOUNG				75	OREG	28:34.33	BOB BRUCE-49M						
1	ARTHUR WELCH	65	OREG	2:59.65	2 EARL WALTER				76	OREG	36:35.36	P. HIMSTREET-54F					
Mixed 400 Free				Mixed 50 Back				1 oreg X-200 OREG 2:29.66				BARB HARRIS-37F					
1	ARTHUR WELCH	65	OREG	6:19.38	1 ANDREW HOLDEN				78	OREG	45.10	GEORGE THAYER-61M					
2	JOHN JOENS	66	OREG	8:40.02	2 CHARLES BUSHEY				76	OREG	1:08.56	1 oreg X-200 OREG 2:29.66					
Mixed 1500 Free				Mixed 100 Back				Male 400 R-Medley				1 oreg X-200 OREG 2:29.66					
1	ARTHUR WELCH	65	OREG	23:57.96	1 CHARLES BUSHEY				76	OREG	3:32.69	BOB BRUCE-49M					
Mixed 50 Back				Mixed 100 Breast				P. HIMSTREET-54F				GEORGE THAYER-61M					
1	JOHN JOENS	66	OREG	1:00.85	1 EARL WALTER				76	OREG	1:54.57	1 oreg X-200 OREG 2:29.66					

# 1998 REGISTRATION FORM - OREGON MASTERS SWIMMING

☐ RENEWAL. My 1997 USMS # is: 377- ☐ NEW Registration

## PLEASE PRINT

Your 1998 USMS registration card is valid from  
Nov. 1, 1997 - Dec. 31, 1998

NAME \_\_\_\_\_  
(Last Name) (First Name) (MI)

## FEES: Payable to "OMS"

ADDRESS \_\_\_\_\_

Single Registration (\$28.00) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Joint Registration (\$49.00) \_\_\_\_\_  
(Joint Registration = two members at one address)

( ) - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Your Phone Number Birth Date Age Sex Club (OMS, MACO, UNATT)

Local Team (See Official Abbreviations Below)

E-Mail Address \_\_\_\_\_

☐ Check box if you are a Masters Coach

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 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: \_\_\_\_\_

CUT HERE

RETURN ONLY THE UPPER PORTION

CUT HERE

- \* Please register with the same name you will use for competition.
- \* If you are registering at the same time you are entering a meet in Oregon, you *MUST* include this application form *with your meet entry and NOT mail this to the OMS Registrar.*
- \* Your 1998 USMS registration card is valid from November 1, 1997 - December 31, 1998.

## OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS:

ALB - Albany Masters  
BAM - Bay Area Masters  
BSA - Bohemia Swim Assoc.  
CAM - Cascade Aq. M. (Redmond)  
CAT - Corvallis Aquatic Masters  
CMST - Chehalem Masters  
COMA - Central Oregon Masters  
DAC - Downtown Athl. Club  
EA - Emerald Aquatics (Eugene)  
EY - Eugene Family YMCA  
FGDM - Forest Grove Dragon M.  
FS - Fish Stick Masters (L Oswego)  
GPY - Grans Pass Fam. YMCA  
HRBE - Hood River Bald Eagles

KLF - Klamath Falls Masters  
LCM - Lincoln City Masters  
MACO - Multnomah Athletic Club  
MHM - Mt. Hood Masters  
MJCC - Mittleman Jewish Cm. Ctr  
MOFIA - Medford Old Folks I.A.  
MPM - Mt. Park Masters (L Oswg.)  
MWVM - Mid-Will. V. M (Salem)  
MY - Metro YMCA (Portland)  
NCAP - N. Clackamas Aq. Park  
NCSC - North Coast Swim Club  
(Astoria/Seaside)  
NEWP - Yaquina Bay YMCA (Npt)  
PAC - Princeton Athletic Club

PCC - Portland Community College  
PMSC - Parkrose Masters  
PPM - Portland Parks Masters  
PRID - Pride of Oregon Masters  
RAC - RiverPlace Athletic Club  
RVM - Rogue Valley Masters  
SLO - Sloths Masters (Eugene)  
THB - Tualatin Hills Barracudas  
TPAC - Team Portland Aq. Club  
UOM - Univ. of Oregon Masters  
UVM - Umpqua Valley Mast.  
VOT - Vancouver Old Timers  
WAC - Willamette Athletic Club  
WH20 - WH20 Masters (Salem)

**MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DRIVE, ASHLAND, OR 97520**



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In this issue: SCM Zone and Oregon City results

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JANUARY 1998

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