

Aqua-Master

Volume 25, Number 3 March, 1998



profile "The Author Swimmer"



Ann Fulton swims for the Tualatin Hills Barracudas. In addition to her love of swimming, she is a lover of Oregon History and is the author of 2 books on local Oregon History. *Venonia: A Pocket in the Woods*, her most recent book, highlights such events as the town's founding in 1874 by pioneers, its boom times in the 1920s, and its struggle through the Great Depression. The other book she authored, *Banks.- A Darn Good Little Town*, chronicles this community's history from it's native American origins and first white settlers through founding as a town in 1921 and its development on into the 1960s. She is currently in the process of writing a book about the history of Lake Oswego.
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Ol' Barnacle

reviews - results - records - history

Ol Barn...1997 Long Course Top Ten

FIRST: we take a look at our ALL AMERICANS (# 1 in the U.S.A.)

LAVELLE STOINOFF (MAC) (60-64) Portland, #1:200-400-1500 Free, plus #8-50, #3-100, 2-800, #2-200 Back, 5 & 4 - 100 / 200 Breast

OB Note: I did not expect Lavelle to go quietly to 65, Happy Birthday and Happy New Year (65-1/02/33)

BARBARA JACKSON (65-69) Baker City #1:100 and 200 Back plus a #2-50 Back and #3-50 Free

DAVID RADCLIFF (60-64) Hillsboro #1:400, 800 and 1500 Free plus #7-50, #3-100, #4-200 all Free.

GIL YOUNG (75-79) Portland #1:100 and 1500 Free plus #3-200, #2-400 and #2-800

ANDREW HOLDEN (75-79) Longview #1-100 Fly plus # 2-50 Fly.

Now:let's look at our TOP TENNERS: (Placing in the USA TOP 10)

Laura Juckeland (MAC) Portland 19-24: #4 - 100 Back
continued on page 5

The CHAIR'S CORNER

by Eric Guest



This has been a quiet January and February. The only OMS meet scheduled (31Jan) down at EcHollow pool in Eugene. This is a fast pool and I am certain all who attended had several PR's. The weather however, was not as quiet and I hope you didn't suffer too many difficulties with power,telephone, frozen pipes etc. (Did you get the sand bags filled Dave?? Hope you don't have to use them.)

This is going to be an interesting year as the Tualatin Hills Pentathlon, scheduled later this year (14Mar) than usual, has the sprinters getting prepared. Then to cap off the Summer we have the NIKE WORLD MASTERS GAMES and the USMS Long Course Nationals in Florida, not to mention the meets in between listed in the Aqua Master. We must also consider the Open Water Calendar. These meets, I understand are a lot of fun but I am afraid I would miss the lines to follow on the bottom and swim in circles. I must try one, one of these days..I promise Dan!!

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The people behind Oregon Masters Swimming, Inc.

Chairman of the Board

Eric Guest

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

Vice Chairman/Sanctions

Pam Hinstreet

PO Box 3561
Sunriver, OR 97707
(541) 593-9101

Secretary

Sharon Stuart

(503) 241-8005

Treasurer

Roy Abramowitz

(503) 221-7500

Registrar

June Mather

1056 Hillview Dr
Ashland, OR 97520
(541) 482-0610

Aqua-Master Editors

Suzanne Rague (503) 531-9051

Dave Radcliff (503) 648-7141

Data Manager (for swim meets)

Suzanne Rague

(503) 531-9051

Officials (for swim meets)

Al Smith

(503) 630-5170

Membership

Phil King

(503) 241-9091

Fitness

George Thayer

(541) 388-3392

Safety

Sandi Rousseau

(503) 642-3679

Coaches

Mark Friedley

(503) 638-0284

Awards

Donna Ryan

(503) 665-0538

Records / Historian

Earl Walter

(503) 738-3763

Open Water Events

Dan Gray

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

Past Chair

David Cobb

(503) 282-0472

Calendar and Meet Schedule 1998

Date	Event	Location	Contact
MAR. 8	SCY	Lyons Pool, Yakima, WA	Diana Leake (208) 263-3976
14	SCY	Tualatin Hills Pentathlon	
21 - 22	SCY	Inland NW Champs(Spokane)	Diana Leake (208) 263-3976
22	SCY	Bangor, WA	Suzie Ness ((206) 547-3309
APR.	YMCA	Masters Championships - Ft Lauderdale, FL	
3 - 5	SCY	*OMS Assn. Champs	Corvallis, OR
18 - 19	SCY	*Northwest Zone Champs	Bend, OR
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
		Edmonton, 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	(503) 226-1998 ext. 275
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 Mather 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

by Mark Friedley

Glossary

s = swim	k = kick	p = pull	fl = fly
bk = back	br = breast	fr = free	wu = warm
sd = stroke drill	ri = rest interval	wd = warm down	up

WORKOUT # 1

Intervals based upon 100 yd free pace		1:15	1:30	1:45	2:00
WU	s 400 fr s 100 br s 100 bk s 100 fl k 200 IM no board				
900					
K	300 12 x 25 bk 2 on each side/ 4 rotate hips / 4 arms ext	:30	:30	:40	:40
S	900 8/10/12 x 75 IM no fr 70%	1:10	1:20	1:30	:15 ri
P	1000 400 fr / 300 br / 200 bk / 100 fl				
S	900 8/10/12 x 75 50 fr/25 fly 75%	1:10	1:20	1:30	:15 ri
K	200 8 x 25 fr or fl underwater - fins	:30	:30	:30	:10 ri
WD	300 s 300 50fr / 50 catchup				
4500 Total					

WORKOUT # 2

Interval based upon 100 yd free pace		1:15	1:30	1:45	2:00
WU	600 s 600 8 x 75 (50 fr/25 stroke)				
P	400 2 x (4 x 50) br 1st set with buoy 2nd set with fl kick	:15 ri	:15 ri	:15 ri	:15 ri
K	300 300 IM 60 %				
S	1000 2 x 500 fr 75% pace 1:00 break	6:15	7:00	8:00	10:00
P	1000 2 x 500 fr 75% Pace	6:15	7:00	8:00	10:00
S	200 200 ez				
S	400 400 12/16 x 25 IM order	:30	:30	:40	:40
S	400 400 12/16 x 25 fr (one easy/one hard):20	:25	:30	:40	
WD	200 200 50 k/50 s				
4500 Total					

WORKOUT # 3

Intervals based upon 100 yd fr pace		1:15	1:30	1:45	2:00
WU	750 s 5 x 150 (50k / 50 p / 50s - mixed strokes)				
S	300 2 x (6 x 25) Fly k drills	:10 ri			
S	300 Br or Bk stroke drill				
S	1575 800 fr 400 fr 200 fr 100 fr 50 fr 25 fr Pace got faster as distance decreases	:20 ri			
P	775 400/200/100/50/25 - same as above	:20 ri			
K/S	800 16 x 50 IM order 25 k / 25 s	:50	1:00	1:10	:10 ri
WD	200 s fr and catchup				
4700 Total					

Swim Tips - Freestyle Pull:

Let's start with the easiest stroke (for most of you)...

We will talk about the kick later, but first your main propulsion - "the PULL".

* Your hand enters the water flat and fully extended at shoulder width (not right above your head).

* Your flat hand drifts out about 6" to 12"; this provides leverage to help you attain your breath.

* Your elbow bends at about a 90 degree angle and travels about 12" to 18" below your body without crossing over to the "other side" of your body. Imagine a line drawn down your body to separate your left side from your right side; do not allow your hands to cross over that line.

* Finish your pull down past the lowest part of your suit (mid thigh).

* The recover should be relaxed and allow your elbow to lead. Keep your elbows up high and fingertips close to the surface of the water.

As I write this I find it much easier to demonstrate the Freestyle pull in person and not in written form.

A few drills to help you out (6 times 25 with :10 rest interval):

* catchup freestyle - start kicking with both arms above your head, when you need to breath concentrate on doing a correct pull concentrating on accelerating through your pull and not rotating your wrist (through the pull - your wrist does not twist side to side or up and down; think of having a 2 x 6 strapped to your elbow extending down to your fingertips). Return your hand above your head and repeat with the other arm.

* reaching and rolling - swim free and concentrate on decreasing the number of strokes per lap. Extend your hand as far as you can on the entry and lower that shoulder through your pull. Your stroke will rotate side to side depending on which side you are pulling on.

* pause on the recovery - swim free slowly and pause your stroke on the recovery with your elbows pointed to the ceiling/sky and fingertips dragging on surface of the water.

Next Issue more drills and the freestyle kick (a disappearing species).

 **the FITNESS LANE**

by George Thayer, Fitness Chair

This month's column on fitness is focused injury prevention to the upper body, particularly the shoulders. Hilloah Rohr, a Bend exercise physiologist and Onsen therapist says that balance in the muscle groups is very important in the prevention of injury. Swimming has an advantage here because we use both arms evenly (as opposed to baseball pitchers) but we have dominate sides and we don't usually exercise back and front groups evenly. She says that it is a good idea to get a professional assessment before beginning any weight or remedial preventive program.

With balance, you need to strengthen opposing muscles and stretch the ones being used most. e.g. if you do mostly freestyle, do backstroke to stretch front muscles and strengthen back muscles. You need to rebalance muscles that are not being used. Balance is not only a back and front issue but a right and left issue. If you choose to do weight work, Rohr recommends dumbbells or barbells. Use the weight that is right for the weaker side and don't let the weaker side drag. Try to get your left side to balance the right side and visa-versa.

Bob Bruce, COMA coach stresses that prevention should begin before pain or restriction begins. He urges that prevention training should focus on the technical aspects of training rather than conditioning during training. He gives the following tips: (1) A focus on distance per stroke means fewer movements of the shoulder. (2) Emphasize the front of the stroke. Accelerate slowly in the first part of the stroke. The arm is in its weakest position mechanically when the arm is fully extended. Have you ever tried to do pushups with your arms fully in front of you? Swim with your arm as an extension of your shoulder and body. Hip rotation begins this movement. (3) Release the water at the proper time at the end of your stroke. You need to rotate the head of the humerus by turning the

the FITNESS LANE continued

hand at the end of your stroke. To do this, your hand is the key. The hand should be in the position as if you are pulling it out of your pocket. This action reduces stress on the shoulder.

In this column next month, the focus will be on rehabilitation exercises and training in case you do screw up and hurt yourself. Coach Bruce will give you training hints and rehab workout. Physical therapists will tell you about rehab and strengthening exercises. Stay tuned and stay fit. Remember, an ounce of prevention is better than a whole lot of grief.

**EVA MUELLER
5 NEW ZONE RECORDS**



Eva Mueller (85) of Eugene put on a real show for her home town fans at the Echo Hollow meet on Jan. 31, 1998. Five races and five new Northwest Zone Records. She set records in the 500 Free (12:30.55), the 100 Back (2:17.13), the 100 IM (2:32.65), the 200 Back (4:50.05), and the 100 Breast (2:55.86). Congratulations Eva - Oregon is very proud of you.

END OF THE POOL - FLIP TO NEXT LANE

ol''Barn continued from page 1

Kerri Culbertson (35-39) Portland #8-800 & #6-1500, #9-200 Back

Kathi Bullock (40-44) Lake Oswego #9-800, #10-200 Fly, #6-400 IM

Ginger Pierson (MAC) (50-54) Portland Free:#6-100, #7-200, #9-400, #5-800, #3-1500, #4-7-8(50-100-200Back), #2-2-2(50-100-200 Breast, #2-3-3 (50-100-200Fly), #5 and #4 in the 200 and 400 IM That Boys and Girls is swimming!

Christine Clum (50-54) Sandy #9-100 Free, #5-50, #3-100, #4-200 Breast

Alice Zabudsky (50-54) Estacada #10-200 Free, #5-50 Fly, #6-100 Fly, #6-200 IM

Pamela Himstreet (50-54) Bend #4-1500, #9-200 Breast, #7-200 Fly

Susanne Schumann (55-59) Portland #7-200 Breast, for 1998 she will be in a new age group, and has plans.

Margaret Wells (70-74) Salem #9-100 Fly

Pauline Stangel (75-79) Albany # 8-100 Free.

Elfie Stevenin (75-79) Salem #10-1500, #10-100 Fly, #5-200 Fly, #6-400 IM

Matthew Boles (20-24) Salem #9-400 Free, #4-1500 Free, #5-100 Back, #4-200 Back, #9-100 Fly, #9-200 IM, #7-400 IM

Ditmar Petrov (25-29) Portland #3-400 Free, #2-800 Free, #2-1500 Free, #4-400 IM

Horst Niehaus (25-29) Portland #6-50 Back, #5-100 Back

Chris Roth (35-39) Gladstone #6-1500, #7-100 Fly, #2-200 Fly, #9-400 IM

Steve George (35-39) Corvallis #3-100 Back, #3-200 Back, #3-200 IM

Pat Allender (35-39) Corvallis #8-50 Breast, #4-100 Breast, #3-200 Breast

Dave Burleson (MAC)(40-44) Beaverton #8-1500, #7-100 Back, #9-200 Back, #10-200 Fly, #7-400 IM

Steve Johnson (45-49) Eugene #6-400 Free, #7-800 Free. Steve will be 50 in April, watch!

Allen Stark (45-48) Mulino #6-50 Breast, #10-100 Breast, #5-200 Breast

George Eltman (50-54) Portland #10-400 Free, #10-1500 Free.

Robert Smith (50-54) Lake Oswego #7-50 Back, #7-100 Back Rapid Robert is waiting for May.

Arthur Welch (60-64) Portland #8-800 Free, #7-1500 Free. Art has cruised 65, and his SCM times will be way up there.

Dick Slawson (60-64) Portland #9-200 Breast, taking a "sabbatical", watch him.

Mickey Marks (65-69) Lake Oswego #9-400 IM, another "sabbatical"

Floyd Elliott (70-74) Lake Oswego #8-200 Free, #2-50 Back, #2-100 Back, #2-200 Back. This guy has been so close, it is heart rending, SCM will be it, wait and see.

Herb Hoeptner (75-79) Eagle Point #9-50 Free, #6-100 Free, #8-200 Free. This wonderful swimmer, turned 75 very quietly, and now he is making his presence felt. Go for it, Herb!

Earl Walter (75-79) Gearhart #8-100 Free, #4-100 Back, #6-200 Back, #8-50 Breast, #8-100 Breast, #5-200 Breast, #4-200 IM.

Joe Mallon (75-79) Portland #9-800 Free.

RELAYS:

Mens 280 Plus-200 Free-#4 Walter, Elliott, Young, Holden

Mens 280 Plus-200 Medley-#3 Elliott, Walter, Holden, Young * NWZ

Mens 200 Plus-200 Medley-#6 Metzger, Smith, Maestre, Radcliff

MXD 240 Plus-200 Free-#2 Schumann, Smith, Jackson, Radcliff * NWZ

MXD 280 Plus-200 Free-#6 Wells, Walter, Stangel, Young * SGO

MXD 240 Plus-200 Medley-#4 Jackson, Schumann, Smith, Radcliff * NWZ

That's it for 1997 LCM, it was a fine year, we did not have the swimmers involved that we usually do, hopefully we will see them in SCY. Will see you in Eugene

RECIPIENTS SELECTED FOR GINGER PIERSON'S "COMMITMENT TO LIFELONG FITNESS" NIKE'S MASTERS WORLD GAMES SCHOLARSHIP

Congratulations to Elfie Stevenin, Steve Johnson and Mark Worden who were selected to share the Entry Fee Scholarship for the World Masters Games. The scholarship had originally been awarded to Ginger Pierson in honor of her lifelong commitment to fitness. She in turn made this scholarship available to deserving Oregon swimmers. The background and quality of commitment to lifelong fitness of the three recipients made them all worthy selections. Our best to each of you and good luck in the World Games.



DONATE YOUR OLD MEDALS

Are you like most Master Swimmers with a shoe box of old medals gathering dust in some remote corner of your closet? If so - do we ever have the solution for you! The Parkrose pool is new and will be hosting an Inaugural USS Swim meet in the Spring. Ginger Pierson has been working with Bert Petersen to help provide a keepsake for each swimmer. They want this souvenir gift to "bridge the gap" and help promote life long swimming and fitness by making the young swimmers aware of Masters Swimming. The plan is to give each swimmer a medal which has been won by a Masters Swimmer. This medal represents the following three ideas:

1. Parkrose - you have a great facility and Masters are glad to help you celebrate its opening;
2. Hey USS Swimmers - maybe you didn't win first place but you swam hard and gave it your best shot and Masters are proud of you;
3. We want you to be aware that there is a wonderful world of swimming waiting out there in Masters Swimming for you when your days with USS Swimming are over.

Please bring your unwanted medals to the next two Masters swim meets where we will be collecting them. At the Pentathlon on March 14 you can give them to Ginger Pierson and at the Association Meet in Corvallis on April 3 - 5 give them to Dave Radcliff. Thanks!!!!

THIS THOUGHT FOR THE MONTH IS DEDICATED TO THE OL' BARN

THE # 1 DUCK FAN

"BE LIKE A DUCK-

**KEEP CALM AND UNRUFFLED
ON THE SURFACE, BUT PADDLE
LIKE CRAZY UNDERNEATH."**

OPEN

WATER



By Dan Gray, Open Water Chair

Brrrrrrrr! It's cold, wet and windy outside. How can anyone think of open water swimming now? The folks behind the scenes, the race directors are already at work preparing to bring another full season of open water swimming during the summer of '98. Seems that some of the swims will have relay events. There are a number of ways this can be done, but you can be sure that you should participate in these FUN events. OMS, Inc. is trying to bring an open water swim clinic with some very qualified coaches to instruct you. Hopefully this clinic will be held in conjunction with the Association Open Water Championships to be held at Squaw Lake in July. More to follow on this in the next issue!!

Commencing with this issue, I would like to talk about the responsibilities of swimmers and race directors regarding open water swimming. Number one for swimmers is that it is your responsibility to make sure you have prepared yourself for this swim. You should train in race-like conditions so that your mind and body are accustomed to being in these circumstances. Be prepared!!!

Number one responsibility for race directors is the swimmers safety. This can relate to motorized craft near the course. Water quality can also be a large issue, as well as weather conditions and water temperature. Every person connected with open water swimming should have SAFETY as the major concern.

Check the open water schedule on the calendar and mark them down. Summer will be here before you know it. I just heard from John Zell and he will not be able to sponsor the Open Water swim in September. We don't want to lose this swim. Is anyone or any Club in the Portland area interested in taking over the sponsorship of this event? I have all types of information to help you and I will be there myself to assist you. OMS is purchasing a new open water timing system which will really help all of the Open Water Swims. Please think this over and let's have a Club in the Portland area step forward and take on this challenge. Give me a call (541) 944-0529.

Is anyone out there interested in the swim around Key West, Florida? Just a short, 13-mile event on June 13th (or 14th.) Give me a call for information regarding this swim. Soon I'll start receiving information regarding open water swims around the country, which I'll be passing on to you in future issues.

LEE KIPLING "KIP" KING

1912 - 1998

The funeral for Kip King was held on January 19th, he died January 14th of cancer at the age of 85. OMS was represented by a goodly number of his old swimming friends from Mt Hood Masters and elsewhere.

Kip was born in 1912 in Denhoff, N.D. He graduated from the University of Idaho, and was a retired public accountant. Kip and Helen were married in 1941, and moved to Portland.

Kip was always active, serving as a president of the Portland Rose Society, a district certified rose judge, district governor of Toastmasters, and was an active Royal Rosarian. As a youngster, Kip became an Eagle Scout.

Kip and Helen were married 56 years, during their travels they visited countless Rose gardens, and swam wherever possible. Helen learned to swim and also has competed in Masters. Together,

they raised Christmas trees on 40 acres in the Boring area, planting trees was their consuming hobby.

Kip's swimming legacy began when he was in high school in Casper, Wyoming. His Masters competition started in 1986, swimming mostly Freestyle, and butterfly, it was in the butterfly that Kip made USMS Top Ten in the early 90's. He represented the Mt Hood Masters.

Highlight was his trip to Brisbane in 1988 for the World Championships, where he garnered a Bronze in the 50 meter Butterfly.

Ol Barn recalls talking to Kip regarding a 320+ Relay team for the 1995 Nationals, he was ready to go, and winning times were in the offing. Sadly Kip became ill, as did another octogenarian, and the plans had to be dropped.

Oregon Masters will miss Kip King.

**"Success is like a Garden
It always needs
Tending"
Kip - your successful life, your beautiful roses and your trees are a wonderful example of a caring life. We'll miss you.**

Chairs Corner continued from page 1

The WMG board can still use more volunteers. So step up and let them know who you are and the days/times you will be available. Suzanne Rague and Pam Himstreet are the co-chairs for this committee. Their phone numbers is listed in the Aqua Master.

I must now be the bearer of some sad news. On 14 Jan.98 our team mate "Kip" King passed away of cancer at age 85. He not only was an excellent swimmer, but was a past president of the Portland Rose Society, a Governor of Toastmasters and active in the Royal Rosarians. On top of this, "Kip" was a "Gentle Man" and an "All American" in every sense of the words. We will miss him.

In closing, I again request all team representatives contact our membership chair Phil King that he may update the team information he needs. I also would like to recognize the outstanding work and many hours spent voluntarily by our Records/Historian chair

Earl Walter, who for many years has kept OMS INC up-to-date on all the records and the mammoth task of producing the history of our organization since it's inception. For your information he is up to 1987 with this task. This will be well worth reading when he completes the information--thanks very much Earl. Thanks also to Dave and Suzanne for doing such a fine job on the Aqua Master.

Well, keep paddling, stay fit and may God Bless you all.

**"One of my favorite saying I got off a soda bottle: NO DEPOSIT, NO RETURN. To me that means you'll get out of life about what you're willing to put in. All champions have made great sacrifices to win their victories. So when someone talks to me about their goals and dreams, I ask them one question: What are you willing to do about it?"
John Naber, Olympic Gold Medalist in Swimming**

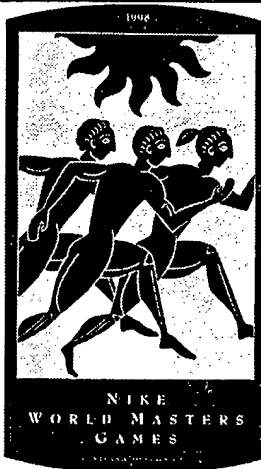
NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

Registration Update:

Currently there are approximately 2500 athletes registered for the 25 sports. Swim registrations are at 100 as of January, 1998. Compared to the 1994 WMG in Brisbane, this is well ahead of the registration numbers for 8 months prior to the event.

The recent WMG ad in SWIM has generated many requests for information. There will be a short article and a repeat of the ad in the March-April issue of SWIM.



Address: 1998 NIKE World Masters Games

55 SW Yamhill
Portland, OR 97204

Website: www.worldmasters.org or
www.info@worldmasters.org

Volunteers: In the near future all OMS members- shall receive a mailing from our WMG Volunteer Co-Chairmen Suzanne Rague and Pam Himstreet. This information will describe ways in which you, friends, and family members may

If you need registration information, you may contact the following:

1-503-226-1998 General registration information

1-503-226-0989 (Fax) You can send your name, address, and sport; and information will be mailed to you.

assist OMS during the week of the swim events. Please take a few minutes to read this information and send in the forms. This will be a unique international experience for many of you; and your assistance will be appreciated by Oregon Masters.

N W ZONE SCY CHAMPIONSHIPS MEET INFORMATION

The master's team in Bend would like to extend a special invitation to all Oregon swimmers to make the journey to Bend. We promise a great time and beautiful weather. This meet is a great opportunity to swim the events you couldn't or didn't at the Association meet in Corvallis. Here are some additional particulars.

Awards: Ribbons will be provided.

Clinic: A free classroom-format clinic (due to lack of pool availability) entitled, "Swimming Faster - A Return to Fundamentals" will follow Saturday's events. Any clinic with Coach Bob Bruce is worth a drive over the mountains in itself. Swimmers will take back to their pools many strategies and drills to improve their swimming. Bob has 30 years of coaching experience including Women's coach at Indiana Univ. during the Doc Counsilman era and coach of the Canadian Junior National Team. He is an ASCA Level 5 Coach.

NW Zone Meeting: A short zone meeting will take place at the pool at the conclusion of the clinic. It is open to all so stop by and participate.

Social: After the clinic and meeting. We have a couple of sites in mind. Bend microbreweries are famous for their great beverages and food. This will be an informal gathering where you will order your own choices off the menu.

HOST: If you wish to be housed at a swimmer's home please call: Cynthia Rompel at 541-382-7623

Hotel: Riverside Motel 1565 NW Hill St (near downtown on the river)

Phone: 1-800-284-2363 Or 541-389-2363 Mention swim meet when calling.

Rates: 1 - 2 People studio: \$52 3 - 4 People studio: \$79 (No Breakfast)

Riverhouse Off Hwy 97 on the River - Bend's premier motel

Phone: (541) 389 - 3111

Rates: 1 queen - 1 person \$55 / 2 people \$65 - 2 queens - 2 people \$74 / 4 people \$86 (Continental Breakfast)

Best Western Inn and Suites On Hwy 97 close to the pool

Phone: (541) 382 - 1515

Rates: 1 queen (1 or 2 people) \$55 2 queens (2 - 4 people) \$59 (Continental Breakfast)

Sonoma Lodge On hwy 97 close to pool (small, family owned, economical)

Phone: (541) 382 - 4981

Rates: 1 bed \$35 2 beds \$39 (Continental Breakfast)

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #378-04

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

Unregistered swimmers must submit a 1998 registration form and fee with this form.

N.W.ZONE SC YARDS CHAMPIONSHIPS

Place: Juniper Aquatic Center -- Bend, OR

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

Large, new, hot tub spa

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

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

DATES: APRIL 18, 19, 1998

WARM-UPS: SAT. & SUN. 7:00 A.M.

MEET STARTS: SAT. & SUN. 8:00 A.M.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - April 5, 1998

Fill in completely-----return lower portion-----fill in completely

NAME _____ 1998 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, INW, PNA, etc.)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day.

Enter relays at the meet. The 400 I.M., 500, 1000 & 1650 Frees will be deck seeded and all events will be seeded slow to fast.

SATURDAY APRIL 18

1000 FREE (1) _____: _____.

SECOND WARM UP

Event 2 will not start before 9:30

200 I.M. (2) _____: _____.

200 BACK (3) _____: _____.

50 FREE (4) _____: _____.

100 BREAST (5) _____: _____.

BREAK BREAK BREAK

MXD FREE RLY (6) XXXXXXXXX

50 FLY (7) _____: _____.

200 FREE (8) _____: _____.

100 BACK (9) _____: _____.

BREAK BREAK BREAK

MEDLEY RLY (10/11) XXXXXX

400 I.M. (12) _____: _____.

FREE SWIM CLINIC BY BOB BRUCE

(1-1/2 hour Clinic. Zone Meeting after clinic.)

"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 _____

MEET ENTRY FEE: \$14.00 Make checks payable to Oregon Masters Swimming

I PLAN TO ATTEND THE BOB BRUCE SWIM CLINIC _____ (check if yes)

I PLAN TO ATTEND THE SOCIAL AFTER THE CLINIC _____ (check if yes)

SUNDAY APRIL 19

1650 FREE (13) _____: _____.

SECOND WARM UP

Event 14 will not start before 9:30

200 FLY (14) _____: _____.

50 BREAST (15) _____: _____.

100 FREE (16) _____: _____.

BREAK BREAK BREAK

FREE RELAY (17/18) XXXXXXXXX

100 FLY (19) _____: _____.

50 BACK (20) _____: _____.

200 BREAST (21) _____: _____.

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

MIXED MED RLY (23) XXXXXXXXX

BREAK BREAK BREAK

500 FREE (24) _____: _____.

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



**NEVER
MISS AN
OPPORTUNITY
TO RISK
BEING
GREAT**

CONGRATULATIONS TO GIL YOUNG, GERALD HUESTIS, WALLY HOLDEN AND EARL WALTERS. THEY DIDN'T MISS ANY OPPORTUNITIES AT BEING GREAT IN THE ECHO HOLLOW SWIM MEET ON JANUARY 31, 1998. THE QUARTET SET NEW AMERICAN RECORDS IN THE 200 FREE RELAY (2:14.12) AND 200 MEDLEY RELAY (2:37.20) IN THE 75 PLUS AGE GROUP. **GREAT SWIMMING!!!!**

profile continued from page 1

(Editors comment: Judy don't forget to include the story of the Lake Oswego Fish Sticks - they'll add real spice to your story). In addition to researching small Oregon towns and writing books about the community's history, individual lives and the traditions and institutions, Ann is an adjunct professor of history at PSU. If you enjoy reading and would like to read any of these books, contact the libraires in either community. With all this writing and research Ann still finds time to swim daily and celebrated the New Year with 98 sprints on the minute.

(This article was submitted by Jeanne Teisher of the Barracudas)

We think that "profile" is a good idea but we need to receive more articles from you. On page 11 you will see that swimmers have some nice and some funny things to say about their teammates. Let's take it to the next level by sending us some written stories and pictures about your friends and fellow swimmers. Profile began because a friend sent us the first article. We liked the idea, now it's your turn to send us some information.

fax - (503) 531 - 9051

email - therads@integrityonline.com

mail - 5832 SE Woll Pond Way, Hillsboro, OR 97123

The following article, The Swymme Doctor is reprinted from the KENTUCKY WAVE, the on line newsletter of the Kentucky LMSC with their permission and the permission of Dr. Michael Johann

THE SWYMME DOCTOR

by Michael Johann, PhD

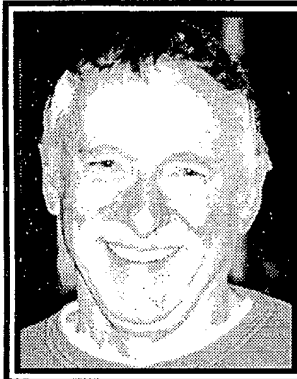
In one form or another, the word "swim" in English goes back more than a thousand years. According to the Oxford English Dictionary, the word comes from the Germanic tribes. Even they were only borrowing the word from the still older Indo-European root "swem", meaning "to be in motion".

As a noun, "swim" (or "swym", swymme", "swimme") has meant anything from the act of swimming to a smooth gliding movement, a dizzy sensation, a clear part of a liquid which floats above the sediment, and even to the air bladder of a fish. As a verb, "swim" has meant just about anything except "sink", as in this 1538 quotation, "For the rest they care not, as hyt ys commynly sayd, whether they synke or swyme."

Beowulf is the first great "swymmere" of Old English literature (ca.750 A.D.). His exploits include a day and night "swymmynge" match against Breca the Dane across the narrows of the North Sea -- in body armor and sword in hand, no less. In the 19th century, Lord Byron held the unofficial title for long-distance events, commonly swimming as far as two miles out from shore, in one instance to the side of an anchored British man-o-war. According to an eyewitness, Byron while treading water, requested a cup of tea, drank it, then swam back to shore.

For grammatical purposes, the correct modern usage involves three forms -- swim, swam, swum -- as in the following: I swim at the ungodly hour of 6 a.m.; I swam at the ungodly hour of 6 a.m.; and I have swum for the last year at the ungodly hour of 6 a.m.

We had a good time at Echo Hollow. The meet was a few weeks before Valentines and now as you read these it's a few weeks afterwards, so we thought it would be fun to send a special message to someone who had influenced your swimming. Here they are - enjoy!



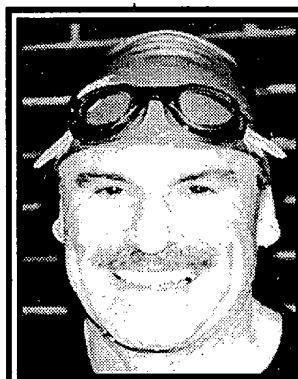
Dick Weick
swims for Emerald Aquatics
To: Bryan Finlay, of London, Canada
"Thanks for starting UWD Aquatic Masters and for leading it for so many years. I hope you're still swimming"
♥ ♥ ♥ ♥



Elfie Stevenin
swims for Mid Willamette Valley Masters in Salem at the Courthouse Athletic Club
I want to swim until I am 100 years old, my influence was my daughter Susan Case who has been a swimmer since age 8
♥ ♥ ♥ ♥



Jackie Quattro
swims for L O Fish Sticks
To: Bob Smith
"Thanks for teaching me how NOT to D Q"
♥ ♥ ♥ ♥



Dave Haverstock
swims at Sheldon Pool in Eugene
Does it mean anything when your goal is to still "be breathing" at the end of your event?
♥ ♥ ♥ ♥



Jeanne Thimm
swims for North Clackamas Aquatic Park
To: Jeff Kaelon
"Thanks from the NCAP team for your great coaching this last year. Also, congratulations to "baby Roo"!"
♥ ♥ ♥ ♥



Robb Huizenga
swims for Emerald Aquatics
My Valentines day message is to Tess and Valerie - the bad women in our lane. Wet hugs and kisses
♥ ♥ ♥ ♥



Val Dodgin and Tess Erickson
swim for Emerald Aquatics
We offer our sincere appreciation and heartfelt praise to Robb, for teaching us the primary colors and to Bruce for teaching us the difference between orange and grapefruit juice. We reserve the right to rescind this Valentine in the event we are treated with anything less than utmost respect.
♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

OMS Association Championships

April 3,4,5, 1998

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK-IN CUT-OFF TIMES

Friday, April 3rd 400 I.M. – 5:45 p.m. 1650 Free - 6:00 p.m.

Saturday, April 4th 1000 Free – By the end of the 30 minute awards break

Sunday, April 5th 500 Free - By the end of the 30 minute awards break.

RELAY ENTRIES CUT-OFF TIMES

Saturday April 4th Free Relay - 8:00 a.m.

Mixed Free Relay - By the finish of the 100 Free

Sunday April 5th Medley Relay - 8:30 a.m.

Mixed Medley Relay - By the end of the 30-minute awards break.

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.

AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 8:30 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. We have used as a guideline tile groupings of 1 to 9, 10 19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. (See TEAM ABBREVIATIONS BELOW)

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 - Grants Pass Am. YMCA
HRBE - Hood River Bald Eagles

KLF - Klamath Falls Masters
LCM - Lincoln City Masters
N4ACO - Multnomah Athletic Club
MHM - Mt. Hood Masters
MJCC - Mittleman Jewish Cm. Ctr.
MOFIA - Medford Old Folks
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)

What you write down on your entry form is it and no exceptions will be allowed.

If you leave this space blank you will be entered as unattached for team scoring.

TEAM AWARDS: Trophies for First, Second, and Third Place will be awarded for each team category along with the trophy for the Overall Team Champion.

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT ERIC GUEST AT 503-668-4465 EVENINGS ONLY AFTER 7 PM.**

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #378-03

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

Unregistered swimmers must submit a 1998 registration form and fee with this form.

Oregon Masters Association Championships

Place: Osborn Aquatic Center

1940 N.W. Highland Drive

Corvallis, Oregon

8 lanes competition -electronic timing

25 meter continuous warm up/down area

Meet Director: Jackie Allender 541-753-5681 (home)

Directions to Osborn Aquatic Center: Take I-5 to Exit 228 (hwy 34). Go west on Hwy 34, following signs to Corvallis. Hwy 34 turns left but keep going straight over the Willamette River. Continue straight through 4 stoplights. Turn right at 5th light onto 9th street. Take 9th St. to Circle Blvd and turn left. Go one block; turn left at stop light onto Highland Drive. Pool is on the right.

DATE: April 3-5, 1998

WARM-UPS: Friday 5:00 P.M.

MEET STARTS: Friday 6:00 P.M.

WARM-UPS: Sat and Sun. 7:30 A.M.

MEET STARTS: Sat and Sun. 8:30 A.M.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN March 21, 1998

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

NAME _____ 1998 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____

YOUR LOCAL TEAM _____ USE OFFICIAL ABBREVIATION FROM LIST ON GUIDELINES PAGE

USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+.45+, 55+, 65+, 75+, You may enter a maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events in one day. Enter relays at the meet. The 400 I.M., 500, 1000, and 1500 Freestyles will be deck seeded and all events will be seeded SLOW TO FAST.

SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET

FRIDAY APRIL 3

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

1650 FREE (2) _____:_____._____

SATURDAY APRIL 4

FREE RELAY(3 / 4) XXXXXXXXX

BREAK BREAK BREAK

200 FLY (5) _____:_____._____

200 BACK (6) _____:_____._____

50 BREAST (7) _____:_____._____

100 FREE (8) _____:_____._____

30 MINUTE AWARDS BREAK

MXD FREE RELAY(9) XXXXXXXX

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

50 FLY (11) _____:_____._____

100 BACK (12) _____:_____._____

BREAK BREAK BREAK

1000 FREE (13) _____:_____._____

OREGON MASTERS BOARD MEETING ON SATURDAY 5:00 P.M. at pasta feed site

SUNDAY APRIL 5

200 BREAST (14) _____:_____._____

50 FREE (15) _____:_____._____

MED RELAY (16/17) XXXXXXXXX

BREAK BREAK BREAK

100 FLY (18) _____:_____._____

50 BACK (19) _____:_____._____

100 BREAST (20) _____:_____._____

30 MINUTE AWARDS BREAK

200 FREE (21) _____:_____._____

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

MXD MED RELAY (23) XXXXXXXXX

BREAK BREAK BREAK

500 FREE (24) _____:_____._____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 _____

Meet T-Shirt SIZE: M _____ L _____ XL _____ XXL _____

Pasta Feed Dinner Sat. Eve.

(Next door to pool at 6:00 P.M.)

DATE _____

each @ \$12.00 (\$14.00 XXL) _____

Adult _____ each @ \$10.00 _____

Child under age 12 _____ each @ 5.00 _____

MEET ENTRY FEE +\$15.00

TOTAL ENCLOSED _____

Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

Many of you know me as I did this job for eight years. I think it was eight years. I've moved to Sunriver and now swim in Bend with COMA. Even though it's only February, it is time to start talking about meets for next year.

The turnout at the Eugene meet was wonderful. That kind of support is needed at meets outside of Portland so that the entire state is willing to participate. Meets of 40 just don't match the efforts of the team putting on the meet. I hope you all plan to support the remaining short course meets in Corvallis and Bend. Let's get over 100 entries at both of these meets.

I've already received calls from two very small Masters groups' wanting to put on meets next year. Both have Age Group teams at their pools looking for ways to make money. This is a great way for a small adult team to put on a great meet. Use the kids as timers, parents as workers and the Masters get to swim in their home pool. If your group is interested and would like to discuss the logistics of hosting a meet, give me a call or e-mail me at him@cmc.net. I will also be at Associations in Corvallis.

Below is a wish list I've compiled. I know I've left some pools out, that's because I'm getting older. Those of you who have lived here longer than I have can remember other pools.

POOL WE MOST ENTHUSIASTICALLY WELCOME BACK - Osborn Aquatic Center, Corvallis
POOLS WE'D LIKE TO SEE BACK ON THE SCHEDULE - Albany, Grants Pass, Lincoln City, Newberg, Newport, and Roseburg.

POOLS WE'D LIKE TO SWIM IN BUT NEVER HAVE - McMinnville, something in Salem, Sandy, Hood River. I know there's more.

So, you teams, big and small, get to talking and consider a swim meet. The money is good and the satisfaction of a job well done is even greater.

Meet bid packets come out in June and bids are due in August. The time to plan is now!

Also, our schedule this year has no meet in June. Any team wanting to host a Long Course one-day meet in June let me know.

See you around the pool, yours I hope!

Pam Himstreet Phone: 541-593-9101

RELAY RESULTS - ECHO HOLLOW SWIM MEET EUGENE, OREGON JANUARY 31, 1998

--- Ages 19 Through 24 ---				--- Ages 75 Through 84 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals
Female 200 R-Free				Male 200 R-Free			
1	oreg C P-19	OREG	1:56.03	1	oreg C M-75	OREG	2:14.12
M. MATTESSON-19	TESS ERICKSON-24			EARL WALTER-76	GERALD HUESTIS-77		
GINA DHOM-19	ANNE O'CONNELL-37			GILBERT YOUNG-75	ANDREW HOLDEN-78		
Female 200 R-Medley				Male 200 R-Medley			
1	oreg C P-19	OREG	2:16.56	1	oreg C M-75	OREG	2:37.20
M. MATTESSON-19	TESS ERICKSON-24			GERALD HUESTIS-77	EARL WALTER-76		
GINA DHOM-19	KIM ARATA-37			ANDREW HOLDEN-78	GILBERT YOUNG-75		
--- Ages 25 Through 34 ---				--- Ages 19 Through 24 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals
Female 200 R-Free				Mixed 200 R-Free			
1	oreg A P-25	OREG	1:53.51	1	oreg E X-19	OREG	1:58.89
JULIE AHRENDT-27	LAURA WORDEN-40			BRUCE CATTER-43M	VALERIE DODGIN-27F		
LISA HJERPE-29	CANDACE CHATT-42			ROBERT HUIZENGA-48M	TESS ERICKSON-24F		
2	oreg B P-25	OREG	2:06.32	Mixed 200 R-Medley			
M. DONAHUE-30	MARYANN KELLEY-27			1	oreg B X-19	OREG	11:20.47
AMY BENSON-31	M. DONAHUE-30			BRUCE CATTER-43M	VALERIE DODGIN-27F		
Female 200 R-Medley				ALAN ARATA-36M	TESS ERICKSON-24F		
1	oreg B P-25	OREG	2:04.24	--- Ages 25 Through 34 ---			
LISA HJERPE-29	JULIE AHRENDT-27			PL	Name	Team	Finals
LAURA WORDEN-40	CANDACE CHATT-42			Mixed 200 R-Free			
2	oreg A P-25	OREG	2:19.57	1	oreg C X-25	OREG	1:51.60
M. DONAHUE-30	MARYANN KELLEY-27			LISA HJERPE-29F	D. STEWART-33M		
AMY BENSON-31	M. DONAHUE-30			BARBARA GARTNER-41F	STEVE GEORGE-38M		
--- Ages 25 Through 34 ---				2	oreg D X-25	OREG	1:54.36
PL	Name	Team	Finals	LAURA WORDEN-40F	PAUL WITZKE-52M		
Male 200 R-Free				3	oreg B X-25	OREG	1:55.64
1	oreg D M-25	OREG	1:41.32	JULIE AHRENDT-27F	PAT ALLENDER-39M		
DEREK MARSHALL-27	JOE PASSIO-40			M. DONAHUE-30F	MARYANN KELLEY-27F		
COLIN MACLAREN-29	ALEX STILES-31			DEREK MARSHALL-27M	COLIN MACLAREN-29M		
2	oreg A M-25	OREG	1:41.48	1	oreg A X-25	OREG	11:55.51
PAT ALLENDER-19	PAUL WITZKE-52			ALEX STILES-31M	AMY BENSON-31F		
D. STEWART-31	STEVE GEORGE-38			JOE PASSIO-40M	M. DONAHUE-30F		
3	oreg B M-25	OREG	1:50.01	--- Ages 35 Through 44 ---			
D. VAN DER ZWAN-35	THOMAS SCHWARZ-43			PL	Name	Team	Finals
JOEL JONES-42	JASON PENN-25			Mixed 200 R-Medley			
Male 200 R-Medley				1	oreg A X-35	OREG	12:24.49
1	oreg A M-25	OREG	1:52.19	ROBERT SMITH-54M	JACKIE QUATTRO-50F		
DEREK MARSHALL-27	JOE PASSIO-40			TOM COFFEY-47M	LIZ CHENEY-41F		
COLIN MACLAREN-29	ALEX STILES-31						
2	oreg B M-25	OREG	1:53.97				
STEVE GEORGE-38	PAT ALLENDER-39						
D. STEWART-31	PAUL WITZKE-52						

Association Champs Information

Corvallis is back with us as the meet site for the 1998 Association Championships. The Masters and Age Group teams there promise us a really great weekend so show your support and get your team together for this fun competition. This is a fast, deep pool, which will produce some really good times. Here are some additional particulars:

Meet T-Shirts: A custom design promised to be a hit. Order with your entry form.

Pasta Feed: Saturday evening a catered event held next to the pool at the brand new Boys and Girls club Building. Lots of good carbs for Sunday's events. Starts at 6:00 P.M. Don't forget the OMS Board Meeting before the dinner at 5:00 P.M. Every one is welcome. Let the Board hear your concerns and suggestions.

Hotel: The host hotel is the Shanico Inn, 1113 NW 9th Ave. just down from the pool. Please mention the meet when calling for the special rates below:

1 person/1 bed \$48

2 persons/2 beds \$55

Phone: 1-800-432-1233 or

541-754-7474

MEET RESULTS - ECHO HOLLOW SWIM MEET - EUGENE, OREGON JANUARY 31, 1998

MEET RESULTS - ECHO HOLLOW SWIM MEET - EUGENE, OREGON JANUARY 31, 1998

Mixed 400 IM				Mixed 200 Free				Mixed 50 Breast				Mixed 1000 Free				Mixed 500 Free				Mixed 200 IM				
1 R. VAN ANDEL	23	OREG	4:32.04	1 D. VAN DER ZWAN	35	OREG	2:31.46	1 JOE FASSIO	40	OREG	33.47	1 JOHN COLLINS	46	OREG	14:11.87	1 RICHARD JURALA	54	OREG	8:24.39	1 DAVID RADCLIFF	63	OREG	2:58.83	
--- Ages 25 Through 29 ---				Mixed 500 Free				Mixed 1650 Free				Mixed 50 Back				Mixed 100 Breast				--- Ages 75 Through 79 ---				
PL Name	Age	Team	Finals	1 ALAN ARATA	36	OREG	5:31.91	1 JIM MOLLER	42	OREG	38.09	1 TOM ANDERSEN	46	OREG	20:04.58	1 ROBERT SMITH	54	OREG	27.47	PL Name	Age	Team	Finals	
Mixed 50 Free				1 PAT ALLENDER	39	OREG	11:20.47	THOMAS CHUN	41	OREG	NS	2 CHARLES SWANSON	46	OREG	20:27.44	1 ROBERT SMITH	54	OREG	1:01.08	Mixed 50 Free				
1 JASON PENN	25	OREG	28.54	2 ALAN ARATA	36	OREG	11:33.13	1 THOMAS SCHWARTZ	43	OREG	1:17.09	1 JOHN DOWNEY	45	OREG	22:48.79	1 ROBERT SMITH	54	OREG	1:01.08	1 GILBERT YOUNG	75	OREG	35.25	
Mixed 100 Free				Mixed 50 Back				Mixed 200 Breast				Mixed 100 Back				Mixed 50 Breast				2 E.A. STEINMETZ				
1 JASON PENN	25	OREG	1:05.07	1 RODRIGUEZ RICK	35	OREG	29.02	1 THOMAS SCHWARTZ	43	OREG	2:46.94	1 TOM ANDERSEN	46	OREG	1:09.53	1 PAUL WITZKE	52	OREG	35.83	2 RICHARD JURALA	54	OREG	38.89	
Mixed 50 Fly				1 STEVE GEORGE	38	OREG	58.48	THOMAS CHUN	41	OREG	NS	2 ROBERT HUIZENGA	48	OREG	1:24.74	1 RICHARD JURALA	54	OREG	1:32.26	1 ANDREW HOLDEN	78	OREG	1:11.56	
1 JASON PENN	25	OREG	31.94	2 ALAN ARATA	36	OREG	1:04.63	1 JOEL JONES	42	OREG	30.01	1 ROBERT HUIZENGA	48	OREG	1:24.74	1 DAVID HAVESTOCK	53	OREG	36.81	3 E.A. STEINMETZ	75	MCO	2:14.73	
Mixed 100 IM				Mixed 200 Back				2 JOE FASSIO	40	OREG	32.50	1 ROBERT MAESTRE	47	OREG	2:32.80	1 DAVID HAVESTOCK	53	OREG	36.81	2 DAVID BERNSTEIN	75	OREG	11:23.80	
1 JASON PENN	25	OREG	1:15.22	1 STEVE GEORGE	38	OREG	2:07.05	DAVID YEAKEL	44	OREG	NS	2 TOM ANDERSEN	46	OREG	2:33.76	2 RICHARD JURALA	54	OREG	40.41	EARL WALTER	76	OREG	NS	
--- Ages 30 Through 34 ---				Mixed 50 Breast				Mixed 100 IM				Mixed 200 Breast				Mixed 100 Fly				Mixed 200 Free				
PL Name	Age	Team	Finals	1 RODRIGUEZ RICK	35	OREG	33.95	1 JOE FASSIO	40	OREG	1:08.88	1 CHARLES SWANSON	46	OREG	32.84	1 DAVID HAVESTOCK	53	OREG	1:38.22	1 KHOSROW SHADEH	76	OREG	3:50.29	
Mixed 100 Breast				1 PAT ALLENDER	39	OREG	1:07.75	2 JIM MOLLER	42	OREG	1:14.79	2 JULES DEGIULIO	45	OREG	33.32	1 ROBERT SMITH	54	OREG	1:02.37	Mixed 500 Free				
1 JASON PENN	25	OREG	1:29.89	2 D. VAN DER ZWAN	35	OREG	1:29.89	3 ERIC JENSEN	43	OREG	1:15.34	1 JOHN DOWNEY	45	OREG	39.25	1 ROBERT SMITH	54	OREG	1:02.37	1 GILBERT YOUNG	75	OREG	7:55.12	
Mixed 50 Free				Mixed 200 Breast				4 CHARLES HELM	41	OREG	1:39.44	1 JULIE DEGIULIO	45	OREG	1:13.28	2 BUZ CARRIKER	50	OREG	1:18.89	2 DAVID BERNSTEIN	75	OREG	11:23.80	
1 DAVID RICE	30	OREG	24.48	1 PAT ALLENDER	39	OREG	2:25.43	DAVID YEAKEL	44	OREG	NS	2 STEPHEN JOHNSON	49	OREG	28.52	--- Ages 55 Through 59 ---	Mixed 50 Back				Mixed 100 Back			
Mixed 100 Free				1 RODRIGUEZ RICK	35	OREG	27.38	1 THOMAS SCHWARTZ	43	OREG	2:43.57	1 STEPHEN JOHNSON	49	OREG	28.52	PL Name	Age	Team	Finals	1 DAVID BERNSTEIN	75	OREG	59.34	
1 DAVID RICE	30	OREG	53.25	1 STEVE GEORGE	38	OREG	2:17.82	BRUCE CATTYER	43	OREG	NS	2 TOM ANDERSEN	46	OREG	33.07	Mixed 1650 Free				Mixed 200 Back				
DOUG K STEWART	34	OREG	NS	1 PAT ALLENDER	39	OREG	58.05	--- Ages 45 Through 49 ---				1 TOM COFFEY	47	OREG	1:02.90	1 B. CHRISTOFF	57	RINC	23:55.20	1 DAVID BERNSTEIN	75	OREG	2:07.51	
Mixed 200 Free				1 RODRIGUEZ RICK	35	OREG	1:01.54	PL Name	Age	Team	Finals	1 STEPHEN JOHNSON	49	OREG	NS	1 B. CHRISTOFF	57	RINC	34.63	1 DAVID BERNSTEIN	75	OREG	4:31.04	
1 D. STEWART	33	OREG	18:07.58	Mixed 100 IM				Mixed 50 Free				1 TOM COFFEY	47	OREG	2:27.00	1 B. CHRISTOFF	57	RINC	2:55.27	1 KHOSROW SHADEH	76	OREG	2:01.94	
Mixed 200 Back				1 STEVE GEORGE	38	OREG	2:17.82	1 JULES DEGIULIO	45	OREG	25.19	1 TOM COFFEY	47	OREG	2:27.00	1 B. CHRISTOFF	57	RINC	2:55.27	EARL WALTER	76	OREG	DQ	
1 D. STEWART	33	OREG	2:14.31	--- Ages 40 Through 44 ---				2 JOHN COLLINS	46	OREG	30.41	1 CHARLES SWANSON	46	OREG	1:08.50	1 B. CHRISTOFF	57	RINC	1:14.70	1 ANDREW HOLDEN	78	OREG	35.64	
Mixed 50 Fly				PL Name	Age	Team	Finals	3 CHRISTOPHE TOOLE	46	OREG	33.67	2 JOHN DOWNEY	45	OREG	1:10.72	--- Ages 60 Through 64 ---	Mixed 200 Fly				Mixed 500 Free			
DOUG K STEWART	34	OREG	NS	Mixed 50 Free				1 JULIE DEGIULIO	45	OREG	57.78	3 ROBERT HUIZENGA	48	OREG	1:21.05	PL Name	Age	Team	Finals	1 RICHARD WEICK	63	OREG	27.48	
Mixed 100 Fly				1 PAT ALLENDER	39	OREG	25.56	2 TOM ANDERSEN	46	OREG	58.68	4 CHRISTOPHE TOOLE	46	OREG	1:24.30	Mixed 50 Free				2 GEORGE THAYER	61	OREG	27.80	
DOUG K STEWART	34	OREG	NS	1 JOEL JONES	42	OREG	25.56	3 ROBERT HUIZENGA	48	OREG	1:06.36	--- Ages 50 Through 54 ---				1 RICHARD WEICK	63	OREG	27.48	Mixed 200 Free				
Mixed 200 Fly				2 ERIC JENSEN	43	OREG	27.67	4 JOHN DOWNEY	45	OREG	1:06.55	PL Name	Age	Team	Finals	2 DAVID HAVESTOCK	53	OREG	29.51	Mixed 500 Free				
1 D. STEWART	33	OREG	2:09.28	3 JIM MOLLER	42	OREG	28.67	6 CHRISTOPHE TOOLE	46	OREG	1:12.14	1 BUZ CARRIKER	50	OREG	28.78	1 RICHARD WEICK	63	OREG	34.92	Mixed 100 Back				
Mixed 400 IM				4 CHARLES HELM	41	OREG	32.63	Mixed 200 Free				2 DAVID HAVESTOCK	53	OREG	1:10.99	2 GEORGE THAYER	61	OREG	35.19	Mixed 50 Fly				
1 D. STEWART	33	OREG	4:32.48	DAVID YEAKEL	44	OREG	NS	1 TOM COFFEY	47	OREG	2:02.87	1 BUZ CARRIKER	50	OREG	1:02.87	1 RICHARD WEICK	63	OREG	31.71	Mixed 100 IM				
--- Ages 35 Through 39 ---				Mixed 100 Free				2 JULES DEGIULIO	45	OREG	2:04.59	2 DAVID HAVESTOCK	53	OREG	1:10.99	1 GEORGE THAYER	61	OREG	1:17.70					
PL Name	Age	Team	Finals	1 ERIC JENSEN	43	OREG	1:03.03	3 ROBERT HUIZENGA	48	OREG	2:08.09	1 RICHARD JURALA	54	OREG	35.72	Mixed 200 Free								
Mixed 50 Free				2 CHARLES HELM	41	OREG	1:14.87	4 JOHN COLLINS	46	OREG	2:31.58	1 ROBERT SMITH	54	OREG	NS	Mixed 50 Back								
1 D. VAN DER ZWAN	35	OREG	29.08	DAVID YEAKEL	44	OREG	NS	Mixed 500 Free				2 ROBERT HUIZENGA	48	OREG	1:06.55	1 RICHARD WEICK	63	OREG	34.92					
Mixed 100 Free				Mixed 500 Free				1 STEPHEN JOHNSON	49	OREG	5:28.89	1 BUZ CARRIKER	50	OREG	1:02.87	2 GEORGE THAYER	61	OREG	35.19					
1 STEVE GEORGE	38	OREG	53.27	1 CHARLES HELM	41	OREG	8:23.64	2 ROBERT HUIZENGA	48	OREG	5:59.84	2 DAVID HAVESTOCK	53	OREG	1:10.99	1 RICHARD WEICK	63	OREG	31.71					
2 D. VAN DER ZWAN	35	OREG	1:04.30	1 JOEL JONES	42	OREG	32.83	4 JOHN COLLINS	46	OREG	6:46.41	1 PAUL WITZKE	52	OREG	2:20.31	Mixed 100 IM								
				2 JIM MOLLER	42	OREG	38.18																	

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

OREGON MASTERS SWIMMING INC

Minutes of Board Meeting - December 16, 1997

Attendees: Roy Abramowitz, Dave Cobb, Eric Guest, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Sharon Stuart, Gil Young, guests from State Games: Karin Jacobs, Kerry Duff

Call to Order: 7:05 PM

Secretary: Sharon Stuart - Minutes approved as corrected.

Of the representatives listed under Teams Teams Teams, 10 of the reps are not recent members of OMS. Sharon will give the list of teams with no contact person to Membership and Aqua-Master.

Pat Allender showed interest in serving as our web master.

Treasurer: Roy Abramowitz

Roy distributed the financial report. Points to note: the ending fund balance for '97 is almost equal to the balance for '96; OMS had more members but fewer meets in '97 versus '96.

Dave Radcliff will check on Aqua-Master processing fees.

Vice-Chair: Tim Waud - not present. No report

Committee Reports

Open Water / Long distance: Dan Gray - not present. Report given by Dave Radcliff. Dan is looking into the stopwatch Dave showed the Board. An open water clinic is being organized for July (see report). Dan suggested that the Board have OMS stationary made. The Board agreed to do so and use the new logo. Dan is sending a packet to all open water race directors (see report).

Awards / Souvenirs: Donna Ryan - not present. Report given by Eric Guest. OMS pins and posters have been ordered.

Coaches: Mark Friedley - not present. No report.

Aqua-Master: Dave Radcliff, Suzanne Rague - The January issue is at the printer. Some new additions to the Aqua-Master: asking for teams and members to send in swimmer profiles; roving reporter at OMS meets to ask questions similar to Swimming magazine. The vice-Chair will take over doing entry forms. Dave brought up a general concern of how to handle additional pool costs for hosting meets. With regards to addressing '97 registrants not registered for '98, Dave suggested that prior to a '97 registrants' subscription runs out, the Aqua-Master indicate that it is the last issue if not yet registered for '98.

Registration: June Mather - not present. 170 members registered for 1998 to-date.

Membership: Phil King - not present. No report.

Top Ten / Data Manager: Suzanne Rague - Hy-Tek falls under Top Ten / Data Manager. At the Oregon City meet, the Hy-Tek system failed due to operator error. The meet was run manually, which resulted in long delays. There were some other problems with preparedness. The Board suggested that the vice-Chair next year discuss the issues with the meet director prior to the meet. The Board passed a motion to award \$5 per swimmer. (Deduction of \$.50 for lack of fulfilling obligations, and \$1 for the hiring of a Hy-Tek operator after the meet)

Fitness: George Thayer - not present. Report given by Dave Radcliff. George has a column in the January Aqua-Master. George would like the Board to present topics to him that he should address.

Historian / Records: Earl Walter - not present. Report given by

Eric Guest. Earl is proposing the idea of hosting a 25-year celebration. All records are up-to-date.

Officials: Al Smith - not present. No report. Dave Cobb brought up the subject of the donation to USS Officials. This will be added to next month's agenda. The Board passed a motion to order 12 rule books.

Host/Social: (position to be filled) Tim Waud is interested in serving as Host/Social chair.

Safety Coordinator: Sandi Rousseau - Everything looks good now - no issues.

Past Chair: Dave Cobb. No report.

Ad Hoc Sunshine: Luella Peterson - not present. OMS sent a nice congratulations card to Sharon Stuart.

Old Business:**State Games of Oregon**

Two representatives from State Games attended the meeting. The following issues were discussed in detail: communication problems and the role of the swimming commissioner; mistakes on data entry (OMS fails to receive c.a. 10% of the entries; transition between juniors and masters events).

The following proposals were made and action items assigned: State Games will provide OMS with their guidelines; the OMS Board will choose or at least approve the swimming commissioner; State Games will allow OMS to use their own entry forms and event codes; juniors and master are either reversed in order, or each have a one-day meet, or masters have Friday evening and Saturday morning and juniors have Saturday afternoon and Sunday.

Depending on the approval of these changes, the Board will decide whether or not to support State Games. Sandi Rousseau will serve as the temporary commissioner.

Elections

Election participation was positive. 32 election ballots were sent; 15 were received.

Roy Abramowitz was re-elected Treasurer.

Pam Himstreet was elected Vice-Chair.

One-day registration fee

The records show that the Board approved a one-day registration fee of \$12. This fee was voted upon in March, 1994, and has not been officially changed since that time. This fee includes an Aqua-Master.

1998 Nike World Masters Games

Stan Benson agreed to be the Meet Referee.

Hy-Tek agreed to do data entry and come to Oregon to run the meet. The cost will be \$4 per swimmer.

Dave Cobb stepped down as OMS chair of the volunteers committee; Suzanne Rague and Pam Himstreet will co-chair the committee.

New Business:

Donations to Oregon Swimming Officials

The Board passed a motion to donate \$750 to Oregon Swimming Officials.

Action Items (arising from meeting - in addition to normal tasks) All: review OMS by-laws

Adjournment: 9:31 p.m.

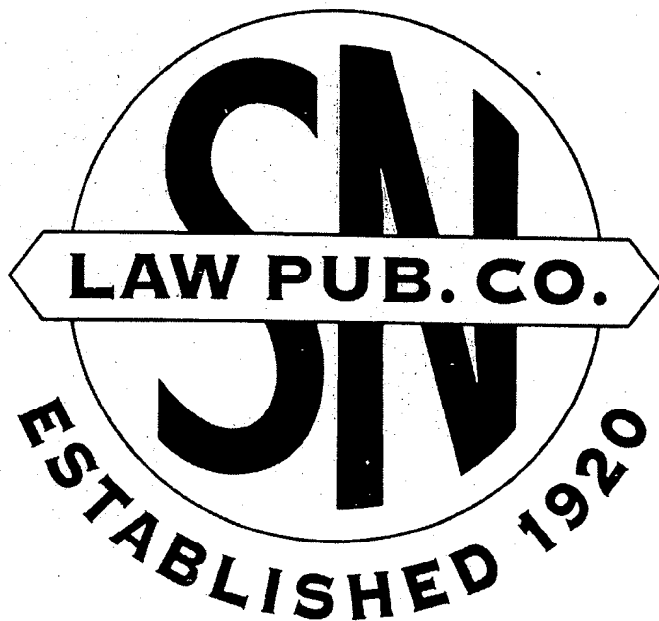
TEAMS

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 1998 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this area 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: Phillip King at 503-667-7246.

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 Phillip King.

A Team Contact/Representative should be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board Meeting.

Area	Organization Name	Abbreviation	Contact	Phone
Albany	Albany Masters	ALB	Pauline Stangel	(503) 926-0468
Ashland	Rogue Valley Masters	RVM	June Mather	(541) 482-0610
Astoria	N. Coast Swim Club	NCSC	Stephen Warner	(503) 738-6661
Beaverton	Tualitan Hills Barracudas	THB	Jeanne Teisher	(503) 649-4719
Bend	Central Oregon Masters	COMA	Matt Mercer	(541) 389-7665
Clackamas	Clackamas Masters	CAC	Jeff Kaelon	(503) 794-8080
Corvallis	Corvallis Aquatic Masters	CORV	Mark Worden	(541) 753-5726
Creswell	Bohemia Swim Club	BSA	Mike Dirksen	(541) 895-3594
Eugene	Emerald Aquatics	EA	Stephen Johnson	(541) 683-5758
Eugene	Eugene YMCA	EY	Dick Moody	(541) 485-1275
Forest Grove	F.G. Dragon Masters	FGDM	Chandra Haislet	(503) 641-7338
Grants Pass	Grants Pass Family YMCA	GPY	Ron Jersey	(541) 479-2263
Gresham	Mt. Hood Masters	MHM	Phillip King	(503) 667-7246
Hood River	Hood River Bald Eagles	BE	Micheal Pendleton	(503) 386-5421
Klamath Falls	Klamath Falls Masters	KLF	Bev L'esperance	(541) 884-9093
Lake Oswego	Lake Oswego Swim Club	FS	Robert Smith	(503) 639-4505
Lake Oswego	Mountain Park Masters	MPM	Dana Walling	(503) 635-3561
Lincoln City	Lincoln City Masters	LCM	Gail Kimberling	(541) 994-7595
Monmouth	Western Oregon State Masters		Elke Asleson	(541) 667-5576
Newberg	Chehalem Masters	CMST	Bruce Cheney	(503) 625-5747
Portland	Metro YMCA	MY	Aquatic Dep't	(503) 294-3366
Portland	Mittleman Jewish Comm. Ctr.	MJCC	Aquatic Dep't	(503) 244-0111
Portland	Multnomah Athletic Club	MACO	Ginger Pierson	(503) 244-7706
Portland	Parkrose Masters	PKRS	Bert Peterson	(503) 252-6081
Portland	Portland Masters	PM	Brian Wannamaker	(503) 284-5119
Portland	Portland Parks Masters	PPM	John Zell	(503) 282-9347
Portland	Princeton Athletic Club	PAC	Mark Williams	(503) 294-1426
Portland	Riverplace Athletic Club	RAC	Aquatic Dep't	(503) 221-1212
Redmond	Cascade Aquatic Masters	CASC	Dotta Sharp	(541) 548-6066
Roseberg	Umpqua Valley Masters	UVM	Terry McCurdy	(541) 440-9296
Salem	Mid-Willamette Masters	MWM	Matt Boles	(503) 371-7869
Salem	Willamette H2O Master	WH20M	John Dejarnett	(503) 588-2060
Sandy	Blue Marlin Masters	BMM	Robyn Stowers	(503) 668-4400
Vancouver	Vancouver Old Timers	VOT	Andy Schrag	(360) 546-0079



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In this issue: Results of Echo Hollow and LCM Top Ten & AA

JOHN F ZELL
4640 NE 36TH AV
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Aqua-Master
MARCH 1998

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