Aqua-Master

Volume 25, Number 34 April, 1998



profile

"Find the Swimmer Within"



Cynthia Rompel (45-49) swims with the burgeoning COMA group in Bend. She has contributed to the resurgence of COMA by keeping the master's bulletin board at JSFC spiffy, by serving as secretary and always remembering birthdays.

The first 20 years of Cynthia's swim career found her helping others to swim, as instructor, lifeguard, pool manager, sometimes as employee, other times as volunteer. A highlight for her was her involvement with Adaptive Aquatics and Special Olympics. "It's wonderful to see the freedom physically challenged people can experience in the water."

What was her inspiration for spending so much time continued on page 7

ol'Barnacle reviews - results - records - history

...Echo Hollow, Eugene...

Our Meet Director, Lynda Christiansen was "hands on" and all swimmers enjoyed a very fine get together and swim meet, which saw some very excellent times. Our officials did a fine job; Referee-Mike Morris and Starter-Linda Postma. On deck were; Fran Hart, Fay Young, Jim Bower, Judy Gregory, and Sheri Hampton, with Scott Roots handling the timing system.

Say Hey...Howse about 3 National Records, plus 10 Zones, and a smattering of OMS bests? Highlighting the meet, were three, yes THREE bright and shiny new NATIONAL RECORDS. Plus..10 NEW ZONE RECORDS. OB's SWIMMER OF THE MEET, (without any debate) was EVA MULLER (85), of Eugene. Eva did a number on the old 100 IM National Standard of 2:40.42, with a zizzling 2:32.65 in the 100 Individual Medley, the old record was from '96 by Jewel Cooke. EVA's production also included continued on page 8

The CHAIR'S CORNER

by Eric Guest



The Association and Zone meets are on tap this month. I hope to see a lot of you there. The Association competition is the only meet where team points count - so hoping you have entered to represent your team in

Corvallis. Meet director Jackie Allender has promised us a fast pool, beautiful "T" shirts and a delicious Pasta Feed. You are all aware of the OMS board meeting at 5pm on Saturday. You are always welcome at our board meetings. We want to get input from our members.

The short course yards Zone Championships in Bend will also be a great one to attend. There is a free classroom-format clinic following Saturday's events and a short Zone meeting following the clinic. Again, you are all invited to attend.

A good turnout is expected at both meets. Please sign up and show your appreciation to the host club, timers, officials and volunteers. A lot of work is put into these meets to make them enjoyable to you.

I want to thank those of you who have already volunteered continued on page 7

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Date

APRIL18 - 19

16 - 18

MAY 7 - 10

Event

SCY

SCY

LCM

To Masters Swimmers in the Northwest:

The people behind Oregon Masters Swimming, Inc.

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Open Water Events

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

Past Chair David Cobb (503) 282-0472

Calendar and Meet Schedule	1998
Location	Contact
Northwest Zone Champs	Bend, OR
USMS Championships	Judy Goldstein (317)253-8289

Indianapolis, IN (before 9PM EST)

*Canadian National Champs Edmonton, Alberta

Masters swimmers in Canada are pulling out all the stops to encourage a huge American presence at the 1998 Canadian Masters Championships in Edmonton, Alberta May 15-18, 1998. An invitational video has been produced and a copy is available from your newsleter editor.

We have a website and an official travel agent: Farlie Travel 1-800-459-6634

Our agent is arranging travel, accommodation and tours, so come to Canada, swim in our meet and stay over to see our great country. Remember - in Canada your dollar is worth \$1.40 Website: http://www.compusmart.ab.ca/dwellis/nat98

JUNE 19 - 26	LCM	World Masters Champion	ships, Casablanca, Morocco
		for information, send \$2 to	o the USMS National Office
AUG. 10 - 15	LCM	*Nike World Masters Gan	mes (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						
AUG 16	#OMS Open Water after last day of pool competition at Nike World Masters Games						
	Dan Gray (541) 944-0529						
SEPT 13	#1500 & 3000 (need a club to sponsor - Call Dan Gray)						

^{*} Meet entry form enclosed in this issue

Points earned in this event will count toward the overall OMS Open Water high point individual Award 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-Masteris 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 by Bob Bruce, COMA

Our Fitness Editor, George Thayer invited his coach, Bob Bruce to share some of his Shoulder Saver practices with us. Note: COMA does not workout - they practice. Bob is a strong believer that "Perfect Practice Makes Perfect".

Juniper Swim & Fitness Center / Central Oregon Masters Association Modular Uncoached Swimming Practice #6

By Bob Bruce, ASCA Certified Level 5, JSFC Masters Coach

Shoulder Saver #1 (requires no more than 1 hour)

Set	Group I	Group II	Group III	Instructions	Time
1. Warm-up	300 swim 6 x 50 (:10r)	300 swim 5 x 50 (:10r)	300 swim 4 x 50 (:10r)	 Choice, easy, maximum distance per stroke Alternate 25 one-arm drill & 25 swim, gradually increasing effort 	15 min
2. Swim	6 x 200 fs (:20r)	6 x 175 fs (:20r)	6 x 150 fs (:20r)	 Use fins (no paddles!); alternate 25 catch-up drill & 25 swim; focus on even body rotation 	25 min
3. Kick	8 x 75 (:15r)	7 x 75 (:15r)	6 x 75 (:15r)	 No kickboard or fins! Kick on your side, alternating sides each length. 	15 min
4. Drill	200 choice, easy	200 choice, easy	200 choice, easy	• Move continuously with perfect technique	5 min
Total	2600 m.	2325 m.	2050 m.	• Will vary depending on group & set choices	

- Sore Shoulders? Check with your coach about technique, suitable swim drills, & preventative exercises. If pain persists, see your physician.
- Modules? This practice takes 60 minutes. For a 45-minute practice, scratch #3. Save your shoulders--get out after no more than one hour!
- Groups? Group I: Aggressive & fast. Group II: Good speed & skills. Group III: Moderate speed & skills; recommended for starters.
- Just Starting? I recommend that you have a medical exam before starting any exercise program, then at least once a year thereafter. If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime. I recommend that you start off your training program by swimming three times a week, then build up as you desire. Remember that good exercise programs offer fitness and health benefits, but they do have inherent risks.

Juniper Swim & Fitness Center / Central Oregon Masters Association Modular Uncoached Swimming Practice #7

By Bob Bruce, ASCA Certified Level 5, JSFC Masters Coach

Shoulder Saver #2 (requires no more than 1 hour)

			• •	•	
Set	Group I	Group II	Group III	Instructions	Time
1. Warm-up	300 swim 6 x 50 kick (:10r)	300 swim 5 x 50 kick (:10r)	300 swim 4 x 50 kick (:10r)	Choice, easy, maximum distance per stroke No kickboard: kick on your back, hands at your sides; descend set	15 min
2. Drill	8 x 75 br (:15r)	7 x 75 br (:15r)	6 x 75 br (:15r)	Drills by length: #1 3K1P; #2 maximum distance per stroke; #3 swim smooth	15 min
3. Swim	11 x 100 fs (on 2)	10 x 100 fs (on 2:15)	9 x 100 fs (on 2:30)	• Easy to moderate speed; breath 3-3-5-7 by length each 100	25 min
4. Drill	200 choice, easy	200 choice, casy	200 choice, easy	Move continuously with perfect technique	5 min
Total	2500 m.	2275 m.	2050 m.	• Will vary depending on group & set choices	

the FITNESS LANE

by George Thayer, Fitness Chair

OUCH! This month's article is a follow-up to the last issue about prevention of injury to the upper body. But it's too late for that; you are already hurting! What should you do? First a few quick rules of shoulder (not thumb), then some interview advice from some of our own professionals who coincidentally have been the recipients of shoulder injuries.

Rule 1 - If it hurts, STOP!

Rule 2 - Seek **professional** advice, don't depend on articles like this.

Rule 3 - Stretching and strengthening are important rehab principles.

Now to elaborate. I talked to Toni Hecksel, Director of Rehabilitation at Tigard Medical and Rehabilitation Center who gave me the first rule above. She is a physical therapist and one of our finest Masters swimmers. In addition, she says that shoulder strengthening is imperative, but don't use paddles in the water. Don't kick with a kickboard. Have your coach look at your stroke (see last month's prevention article) and help you with appropriate training (see this month's practice from coach Bob Bruce). Let the coach know the extent of the injury; she / he can't help you if they don't know that you need rehab. You can still maintain fitness and aerobic base without the upper body work by putting fins on and just kicking to maintain intervals in a set. After swimming she advises icing the area with cup ice (a frozen paper cup of water, where you tear the paper away as you use it.) Toni added that stress level can affect your swimming.

Next I talked with Lee O'Connor, who is a physical therapist with the Central Oregon Health Care Center. He is also a world class triathlete and one of our best lake swimmers. His focus was on the rotator cuff muscles. The rotators travel through a narrow space. If there is a muscle imbalance between long muscles that provide strength and rotator (short) muscles that

provide stability, then the space can collapse and the rotator cuff will be impinged. Stretching helps to open up the space. Strengthening exercises for the rotator cuff muscles help to maintain the space during activity.

Lee says that when you return to the water after an injury, you should slow down and feel the shoulder. Your shoulder is going to require some reeducation to control the head of the humerus. The shoulder should feel solid when you apply force. If you have been out of the water for a period of time, the rotator cuff muscles are weak; they lose proportionally more strength than the long muscles. Land exercises are important in regaining strength in the rotators.

O'Conner says that the worst injury is a rotator cuff tear. It usually won't happen unless there has been prior tendonitis. If the tendonitis is chronic enough, a slight fall or slight blow to the shoulder can cause a tear.

Keep those shoulders fit and rotators strong and I'll see you in the pool. Next month I'll return to the nutrition wars. Let me or the editor know if you have hot information on this or other aspects of fitness.

Editor's Comment: Check out Swim Magazine for more info on shoulders. Thanks George for keeping us informed on this topic. You beat Swim to it by a month. That's an All American # 1 finish. Congratulations

1997 VIRGINIA MASTERS 10K-2 POSTAL SWIM

For the fourth year in a row, Parkrose Masters Swim Club has entered teams in the Virginia Masters sponsored event -- a 10K swim done by 2 person teams. In the Men's Division, Greg Lyman and Mike Healy took second place in their age group. Teams comprised of Justine Hansen and Libby Smith and Lorraine Furman and Kathy Young took first place in their respective age groups of the Women's Division. Only Pittsburg and Portland entered as many as 3 teams, except for 3 teams from Richmond, Virginia. (After all, they are the sponsoring area!). Guess there will be a little break before Parkrose gears up for the 1998 event. Gearing up is the easy part -- it's somewhere after the first 34 sets of 200's that we collectively say, "WHAT was I thinking?" Thanks to our timers & lap counters. Good Job, All!

END OF THE POOL - FLIP TO NEXT LANE

TECHNICAL RULE CHANGES TO CONFORM TO USS RULES

USMS has adopted changes to the rules of competition based upon changes made by USS on February 3, 1998. Changes were made to the Breaststroke, Butterfly and Freestyle rules. The breaststroke rules no longer require the swimmer's shoulders to be in line with the surface of the water during the swim and turn. However, the restriction that the arms move within the same horizontal plane remains. Thus the rule change does not allow a substantial change to the stroke as it is currently defined; it just eases the requirements on the shoulder position. The Butterfly and Freestyle rules now have a restriction of 15 meters underwater, similar to the backstroke restriction, for both the start and the turns. A swimmer may stay submerged for no more than 15 meters at which time the head must have broken the surface. The other change to the Butterfly rules is the permission to not have the shoulders in line with the surface of the water prior to the touch during the turn. Considering these changes, only the 15 meter restriction on Butterfly and Freestyle is restrictive compared to the current rules. Current legal strokes are still legal under all of the other changes. These changes are effective 3 / 6 / '98.

REFERENCE/LOCATION

NEW WORDING

EFFECTIVE MARCH 6, 1998

101.2 BREASTSTROKE page 15/16

.2 Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2 BREASTSTROKE page 16

.4 Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in .2 must be attained from the beginning of the first arm stroke.

101.3 BUTTERFLY page 16

Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. One or more leg kicks are permitted, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.

101.3 BUTTERFLY page 16

4 Turns - At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

101.5 FREESTYLE page 17

Stroke - Freestyle means that in an event so designated the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.



By Dan Gray, Open Water Chair

COTTAGE GROVE LAKE SWIM

The first swim of the outdoor series will be held at Cottage Grove Lake on June 7. Steve Johnson promises that in a normal year the water termperature will be 70-72 degrees. A relay event will be offered as well as the 1500 and 3000 meter events. Once again Steve will have his unique way of doing the awards: this really epitomizes what Masters is all about!!!.(my opinion)

SQUAW LAKE SWIM

This year, Rogue Valley Masters will host their swim at Squaw Lake on July 18th and 19th. Saturday morning will offer the 3000 meter event and the afternoon will feature an Open Water Clinic, sponsored by OMS and conducted by Michael Collins. Michael has been voted Coach of the year. (1995,) has coached at Davis Aquatics and is currently a Masters Coach for UCLA Masters-----

You do not want to miss this one!!!!!!!!!

Sunday will begin with a fun, 3 person, 1500 meter relay event. Since this is a fun event, any category will do, just as a warm-up. Following the relay, will be the Association Championship 1500 meter swim. This is the TEAM event and the COMA team (from Bend) intends to defend last years win at all costs. We shall see.......

ELK LAKE SWIM

August starts with a bang at Bend. Once again they will lead the way with new and challenging events. Last year Matt Mercer really inspired interest with the 500meter sprint!!!!!!! Learning how to swim at higher altitudes keeps you on your toes, just when you thought you had it down. The group from Bend really do their best to see that you have an enjoyable weekend of swimming and socializing around the campfire.

?HAGG LAKE SWIM ?

The Hagg Lake Swim is now in jeopardy unless a club steps forward to pick up the vacancy due to John Zell's temporary retirement. I have lots of information to help any club that wants to give it a try.

People do enjoy these events but there needs to be a driving force.

ROSLYN LAKE SWIM

There will be an Oregon Open Water swim at Roslyn Lake on August 16. This event is sponsored by OMS in the hopes of attracting some of the swimmers participating in the Nike World Masters Games. This event will offer the 1500 meter and 3000 meter swims but you may only participate in one event. Individual points from this swim will count towards Oregon's High Point Awards.

HIGH POINT AWARDS

Lets go over the rules: Any OMS Open Water sanctioned event, 1500 meters or greater, will count towards the high point award. Each participants points will be tabulated during the season and high point winners in the male and female catogories will be announced. Participants wearing wetsuits will draw a three point penalty which will be subtracted from their race place total.

Non-wet suit points are:

1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th (14) (11) (9) (8) (7) (6) (5) (4) (3) (2) Last years winners were determined by the level of participation, the more events you swim, the more points you score. This award is meant to be difficult to achieve!!!

OREGON OPEN WATER AT ROSLYN LAKE

This is the swim at Roslyn Lake following the Nike World Masters Games. This swim is being hosted by OMS and will be run by members of OMS that really enjoy open water events. I will be the Race Director and I am interested in having help from all OMS members. This will be a large event (hopefully) and will produce a profit which will go to OMS and will be used to purchase equipment for our lake swims. Anyone out there willing to take on a little work and a lot of fun should just contact me.

Dan Gray (541) 944 - 0529

There are countless jobs available, with the main emphasis on Race Day!!!!!

If you really like open water events and want to participate, this is the time. As my friend Cicero said, "It is exercise alone that supports the spirits and keeps the mind in vigour". We need your vigour, your willing spirit and your energy to make this a great international event for OMS. Please help!!

The Chair continued from page 1

to work the World Masters Games and add that we need many more. Be sure to fill out the yellow volunteers form. If you fail to do this, you will not receive the goodies promised.

I also want to thank all the board members for their support. The board could not function with a weak link - they are an excellent team. They represent you and me with fitness and our well being in mind. Our appreciation can be measured by our attendance at the meets, regardless of location.

I would like this opportunity to welcome all the new members. Hopefully you will have a good experience and renew next year. There are many wonderful people, young and old, in our organization. Introduce yourself and get to know them.

Thank you, swim well, stay fit and God Bless.

Profile continued from page 1

in the chlorine? In 1962 Cynthia was enrolled in swim lessons in Freemont, Ca. Coach Lee "Howie" Howard recruited her and her sister for swim team. What "Howie" did---teach non-swimmers to swim---seemed like magic to 10 year old Cynthia. She was determined to learn to do that same magic one day. Cynthia is also grateful to her mom for keeping her in the pool. After moving to Central Oregon in 1965, she and her siblings were brought faithfully to summer swim team at the UNHEATED 40 yard pool in Bend for 6-8 AM practice. (Air temperature probably 45-60F!) She remembers fondly the camaraderie, the old changing shack and the wooden benches that gave you splinters.

Cynthia also had a short stint on a synchronized swimming team at West Valley JC in the bay area. There was no swim team for women at that time. (1970)

Returning to Bend in 1972, Cynthia enrolled in a WSI and Lifeguard class in Sunriver, in May in an outdoor pool. (There were no indoor pools in Central Oregon until 1979.) The trainees survived rain, snow, hail and sleet to complete the course.

Cynthia's OMS career began in 1987 with a small group of swimmers in Redmond. She recalls standing on the blocks at her first meet, the State Games at MAC next to none other than Ol' Barn himself!

In 1990 Cynthia made a career change, completing the Office Administration program at COCC. She also did more running than swimming, competing in the Hood to Coast Relay in '91, '92, and '94.

1995 brought some major life changes. Cynthia recalled the camaraderie and fitness ethic of Masters swimming. She volunteered as a timer at the SCY meet in Bend in March "95, and seeing Ol' Barn again (and some other familiar faces) she decided returning to swimming would be like coming home.

In spite of her earlier experiences in cold water, Bend swimmers couldn't talk her into doing a lake swim in '95. "Unless you paint a line on the bottom of that lake, I'm NOT going." Her first competition was the LCM National meet at Mt. Hood.

In the 80's her favorite meets were the Pentathlons, so she didn't see herself as a distance swimmer. At Nationals she tried the 100, 200, and 400 free and was surprised she held her 200 pace for the 400. She now loves practice when she gets to negative split on the 2, 3, and 400's.

In '96 she gave Squaw Lake a try and did a sub-30 for the 1500. In '97 she did all four 1500M lake swims earning highest points for the F45-49 group.

Cynthia has been working for 7 months with JSFC Masters' coach Bob Bruce. She attributes to his coaching her improvements in pacing for distance swims and stroke technique. (Hopefully she also credits her dedication to practice 5 or 6 times a week.) In Dec. '97 at SCM meet at Oregon City she also learned to do a proper warm-up (1200-1500 meters) and turned in a 25:54.17 for the 1500M. (TT10 per Ol'Barn.) And there was Earl himself on the blocks nearby, reportedly swimming the 1500 just for a warm-up!

Cynthia feels she has found her "niche" in distance events. "I've learned to swim my own swim. I've developed confidence I can meet the (swim) time goals I set and can excel within my own goals" Watch out for a sub-25 in the 1500 in '98 and a strong finish in a 3000M lake swim. I hope Cynthia knows the "magic" was not just in Coach "Howie" but also within herself.

Submitted by Peggy Whiter for COMA

The secret of joy is contained in one word - excellence. To know how to do something well is to enjoy it.

Tearl Buck

NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

Volunteers: All OMS members should have received a mailing from our WMG Volunteer Co-Chairmen Suzanne Rague and Pam Himstreet. This information has described ways in which you, friends, and family members may assist OMS during the week of the swim events. Please respond to this call for volunteers. This will be a unique international experience for many of you, and your response will help us in planning.

NIKE WORLD MASTERS GAMES

Transportation: During the Games all registered athletes will be provided with city transportation free of charge on bus and light rail by showing his/her Games credentials. This service is being donated by Tri-Met and C-Tran and will be a great benefit allowing participants to easily transport themselves down-

town for some of the special WMG events. There will also be shuttle service provided during the week of the swimming events from all "swim" designated hotels to the pool at MHCC.

Corporate Sponsors: WMG now has numerous sponsors at varying levels of support. Each sponsor has been offered some free registrations for their usage, and it was hoped that some of these would be available for "scholarships" for persons who need financial assistance for

payment of the entry fee. At this time, it appears that all of the sponsors are utilizing their registrations for either their own employees or customers. Therefore, at this time I know of no other sources for assistance. I will keep you updated regarding any further information on this topic.

AN ENTRY BLANK FOR THE NIKE WMG IS INCLUDED IN THIS ISSUE OF AQUA-MASTER

ol'Barn continued from page 1

4 ZONE records: 500 Free (12:30.55), 100 and 200 Back (2:17.13/4:50.05), 100 Breast (2:55.86).OB must say that this gal is now getting into the realm of Martha Keller and Patience Miller. Eva broke 2 of Martha's best and 3 of Patience's. Great Day in the morning, my it is PROUD I am, to be a member of OMS! The OLDE guys did not want to be completely outshone so: Gil Young(75), Earl Walter(76), Gerald Huestis(77) and Andrew Holden(78), put together relays, bringing in 2 NATIONAL RECORDS - the 200 Free-2:14.12 and the 200 Medley-2:37.20. Bettered the Free by 5 plus seconds, and the Medley by over 11 seconds. It is interesting to note that Holden's 50 Free and his 50 Fly, were equal or faster than # 1 Top Ten, it is nice to have a speedster close at hand. Now Gals and Guys, how about Margaret Wells and Pauline Stangel. Margaret Wells (71) (Salem) renamed the Zone Records for the 100 Fly, 200 Fly and 400 IM, stopping the clock at 2:10.36/5:03.32 and 9:13.03. Pauline Stangel (76) (Albany) busted ZONE

at 500 Free, 100 Breast, and 100 IM, churning 10:12.46, 2:09.04 and 2:03.84.Am afraid the Ladies really put it to the guys in this meet, except for the "awesome" foursome in relays, there were no records by the guys: Julie Ahrendt (27) barely missing the 100 Breast (1:15.63 vs 1:14.31), made sure in the 200, with a 2:37.89 vs 2:40.59 for a new OMS best. Was Kim Phillips from 1987. Kathy Bullock (44) put her mark on OMS best: 200 Back-2:37.94 vs 2:37.94 by Kristi Gustafson in '96. Kathy claimed her own in the 400 IM at 5:26.42 vs her old time of 5:34.40. At 44 things are looking up !Laura Worden (40) laid claim to the OMS standard in the 100 Fly with a 1:07.33, against the old time of 1:09.41, set way back in '88 by Sandi Rousseau. Laura Worden also bettered the old 400 IM best. Elfie Stevenin (76) Put up the right numbers for an OMS best in the 200 Back at 5:35.47, was Doreen Morris from '89 - 5:38.14

Women: 19-24 M Matteson and Gina Dhom look like comers.

continued on page 9

TEA

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PAGE 9

ol'Barn continued from page 8

25-29 Keep your eye on Lisa Hjerpe

30-34 Jeanne Thimm and Michelle Donahue are on the move.

35-39 Kim Arata and Christine Fox are closing in

40-44 Candace Chatt is a swimmer

45-49 Susan Collins has the right stuff

50-54 Good to see Jackie Quattro

60-64 Kaleo you are hanging in there, very well indeed. Sorry not to see Arden Adams

Men: 19-24 R Van Andel, looking good in the 500 Free, plus the 100 Fly and the 200 and 400 IM's 30-34 David Rice and D Stewart looking great, note D Stewart's times, he will make a splash at Corvallis. 35-39 Steve George and Pat Allenders plus Rick Rodriguez are coming along for Associations, as is Alan Arata. Strong group.

40-44 Joe Fassio, Tom Schwarz and Joel Jones are comers.

45-49 Good to see Tom Anderson, Bob Maestre, Steve Johnson, Jules Deguilo, Charles Swanson and Tom Coffey. They will be ready for Association. 50-54 Rapid Robert is 54, my O' my, Will be watching Rapid Robert, he will be 55 on 5/22, Indy should have been a few days later. They don't come much steadier than Buz Carriker.

55-59 E Christoff is welcome anytime, come see us again, better yet transfer to Oregon from Rinconada. 60-64 We had 3 of the Golddust boys, where's Slawson? Some very good swims. George and Richard went at it a couple of times, it continues to make you feel good to watch the Bend Bombshell. 65-69 El Presidente was AWOL.

75-79 Andrew Holden's 50 Fly (35.64) Almost a second faster than his AA time for 1997. His 100 Free 1:11.56, ahead of '97 for AA.

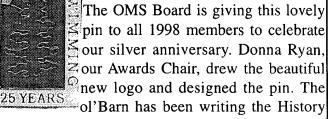
Sorry, OB does not comprehend some of the relay times. Will talk to the Major Domo and maybe have something for next time around. It was a great meet, and after talking to Lynda, the meet director, we both were wondering about the comments that Echo Hollow is a slow pool.

Thanks a million Eugene, we will be back.

On to the Pentathlon and the Association Championships.

STAY WITH IT and STAY FIT!

1972 - 1997 25 YEARS OF OMS



of these first 25 years. Check back to the January '98 Aqua-Master for his 25 year article. You can also check out the first two chapters of the detailed History in past Aqua-Masters. Look for Chapter 3 in the near future. Wear the pin with pride - you are part of a winning and proud tradition. The pin can be picked up at local swim meets or will be mailed in approximately a month to those who have not picked them up. Happy Anniversary OMS.

T E A M S

TEAM has been described as "Together Everyone Achieves More".

"The Team Takes Care of Me, and I Take Care of the Team."

"Team means together. We do a lot of things outside the pool together. When you know your teammates as people, it makes it a lot easier to support them when it counts."

"A team is knowing other people care about you."

"Teams double the pleasure and half the pain."

"Swim teams are like families. It ain't always pretty, but it's much more rewarding to be in one."

"On our team, the fastest swimmers help the slower ones every day. Then when the meet comes around the slower swimmers do better, but they also cheer so hard for the fast swimmers that they'd bust a gut."

"Each member of a team has a responsibility to be better today, than they were yesterday, as an athlete, and as a person. That's how teams get better."

CONGRATULATIONS TO THE 1998 TEAM CHAMPIONS - YOU PROVED THE ABOVE





TUALATIN HILLS BARRACUDAS

The Barracudas are looking for a Coach for their noon and/or evening workouts. This position is for three to five hours a week. Contact Ben Davis at (503) 629 - 5568 or bdavis@easystreet.com.

Mike Morehouse, A Swimmer and Inspiration

MAY OUR ADVERSITIES

MAKE US STRONG.

US WISE.

PROUD.

Southern Oregon Masters lost one of its stalwarts on February 4th, as did all of Masters Swimming.

Mike was born May 28th 1926 in Boston, Mass., and grew up in New Haven, Conn. He attended Yale

University, before serving in the Navy, in the Pacific Theater during WWII. Later he received his Bachelor of Law degree from Northwestern University in Chicago. He was 71 at the time of his death.

He served as Assistant U.S. Attorney in Chicago, and later in Portland, OR. Beginning in 1973, he was an administrative law

judge with the Department of Health, Education and Welfare, followed by service with the Department of the Interior in Salt Lake City. He retired in 1987.

Leo Van Dijk of Ashland, gives us some insight on Mike the Masters swimmer. He swam with the Medford-Ashland group for 6 years. Leo points out that Mike was a charmer, an inspiration as the oldest member of the group. Always leading by example and personality.

Mike started swimming seriously in the 1960's, following a heart attack. He moved to Medford in 1987, joining the Sunrise Club in Ashland. His fellow swimmers were always impressed by his slow turnover, he had, what we now refer to as Stroke Efficiency.

My first recollection of Mike was at a meet in

Albany, watching this new guy in the 100 Breast gave me some concern, when the 200 came up I asked my friend Forbes Mack to keep me posted, as to where Morehouse was, Forbes used his two hands held apart

at a distance, to show how we MAY OUR VICTORIES MAKE MAY OUR ACTIONS MAKE US also attest to Mike's aquatic abili-MIKE, YOU WERE STRONG AND WISE. OMS IS PROUD THAT YOU WERE ONE OF US.

Mike Morehouse makes the All

were doing, it was a long race, and a tough one, Forbes hands were about 18 inches apart after the first 50, and stayed that way the whole race. Gil Young will ty, Mike is # 2 All Time in the 500-1000 and 1650, right behind Gil.

Time Oregon Top Ten, in both the 60-64 and 65-69 groups, showing Top Five in the 65-69 for the 500, 1000, 1500 and the 50-100-200 Breast. Only wish he could have had a few more years.

Morehouse friends are planting a tree on the campus of Southern Oregon, in front of the swimming pool entrance, in Mike's memory, we will all be able to see this memorial and remember Mike, just excellent.

A most wonderful guy, a person whom, if you knew him, you would like and admire him for all time. We of Oregon Masters are better off to have had the likes of Mike Morehouse in our midst, if only for a few years. Thanks Mike.

Auf Wiedersehen. Earl Walter AKA Ol Barn.

DOZEN TEP

- 1. Work on your weaknesses until they become your strong points.
- 2. Remember that a great effort is usually the result of a great attitude.
- 3. Ignore those who discourage you.
- 4. Work to improve your moral and spiritual strengths as well as your physical ones.
- 5. Don't ask to be deprived of tension and disciplinethese are the tools that shape success.
- 6. Always give your best

- 7. Remember that how you conduct yourself out of the pool is just as important as how you conduct yourself in the pool.
- 8. Remember that when you're not working to improve, your competition is.
- 9. Do what has to be done, when it has to be done, and as well as it can be done.
- 10. Practice like a champion.
- 11. Swim like a champion.
- 12. Live like a champion.

April, 1998 Aqua-Master PAGE 11

TUALATIN HILLS PENTATHLON RESULTS - MARCH 14, 1998

PL	Name	Age	Team	Pree	Back	Breast	fly	IM	TOTAL
1	KABACY, ROBERT	29	MACO	21.84	25.91	29.91			
2	LA COUNT, CURT	39	OREG	23.03	26.02	31.23	23.99 24.40	56.68 56.98	2:38.33 2:41.66
3	MCKINNON, CHRIS	37	OREG	23.33	28.00	29.83	26.01	58.75	2:45.92
	GEORGE, STEVE	38	OREG	23.16	26.92	31.35	25.85	58.89	2:46.17
	VAN ANDEL, ROBBERT	. 23	OREG	23.94	27.63	30.70	25.88	58.25	2:46.40
	NIEHAUS, HORST BURLESON, DAVID	29 40	OREG	24.28	27.45	30.50	26.50	57.83	2:46.56
	COFFEY, TOM	47	MACO OREG	23.97 23.15	27.20 28.53	32.24 32.02	25.95	58.97	2:48.33
	SMITH, ROBERT	54	OREG	23.67	26.97	31.53	25.86 26.62	59.26 1:01.14	2:48.82 2:49.93
10	MOORE, ROBERT	37	MACO	24.01	27.89	33.21	25.90	1:00.77	2:51.78
	ALLENDER, PAT	39	OREG	24.31	31.53	29.81	26.18	1:00.27	2:52.10
	STEWART, DOUG K	34	OREG	23.69	29.73	31.71	26.23	1:01.12	2:52.48
	MANN, STEPHEN ROTH, CHRISTOPHE	45	oreg oreg	24.35	28.19	31.71	27.12	1:01.38	2:52.75
	BRATTON, DAVID	38	OREG	24.97 25.40	28.62 31.37	33.26 33.47	25.45 28.23	1:01.20	2:53.50
16	PRENTICE, DOUGLAS	49	OREG	24.55	30.56	33.80	27.84	1:03.50 1:05.57	3:01.97 3:02.32
17	STOUT, JON	51	OREG	25.05	29.67	34.21	29.05	1:04.64	3:02.62
	YEAKEL, DAVID	44	OREG	24.99	31.21	33.70	27.90	1:04.85	3:02.65
	TENNANT, MIKE	44	OREG	23.85	31.72	34.25	28.31	1:05.49	3:03.62
	STEPHENS. CLIPP WINKLE, TIGER	43	OREG	25.99	29.68	35.75	28.29	1:04.76	3:04.47
	ANSPACH, JEFFREY	36 37	oreg	25.67 25.68	32.28 31.01	34.59 37.24	28.64 27.83	1:06.27	3:07.45
	KALIL, ADRIAN	44	OREG	25.41	32.06	34.12	29.41	1:06.01 1:07.02	3:07.77
24	KRUEGER, PHILIP	51	OREG	26.81	33.46	32.87	29.06	1:06.39	3:08.59
	COLLINS II, JOHN	19	OREG	24.79	32.83	36.18	28.76	1:07.13	3:09.69
	CHUN, THOMAS	41	ORBG	26.45	34.95	32.89	30.33	1:07.28	3:11.90
_	RAMSEY, ED SPELL, SHANE	41	OREG	27.51	31.88	35.87	29.22	1:08.70	3:13.18
	CRONIN, JED	27 49	OREG	26.46 25.31	33.73	35.92	29.71	1:07.72	3:13.54
	NAKATA, RONALD	58	OREG	27.63	32.92 35.89	38.25 36.57	27.65 29.54	1:10.08 1:09.37	3:14.21 3:19.00
31	WALLIS, GARY	44	OREG	27.94	33.54	36.16	31.49	1:10.46	3:19.59
32	WITZKE, PAUL	52	OREG	27.83	35.50	35.24	31.15	1:10,48	3:20.20
	MOLLER, JIM	42	OREG	28.46	35.25	36.54	31.87	1:13.00	3:25.12
	BRUNNER, THEODORE	. 42	UNATT	26.64	37.53	38.03	30.99	1:11.99	3:25.18
	PANNING, TOM PENN, JASON	58	OREG	28.83	34.66	37.38	33.14	1:12.21	3:26,22
	RADCLIFF, DAVID	25 63	oreg Oreg	27.62 26.52	35.70	38.60	31.19	1:13.25	3:26.36
	BECKLEY, GARY	47	OREG	28.69	35.89 35.09	38.00 37.97	31.58 30.14	1:15,15 1:15.86	3:27.14 3:27.75
39	PARKER, ROGER	35	OREG	28.65	36.17	36.90	34.22	1:13.72	3:29.66
40	JENSEN, ERIC	43	OREG	27.51	34.87	36.02	36.99	1:14.53	3:29.92
	CARRIKER, BUZ	50	OREG	27.66	38.73	37.01	33.87	1:15.89	3:33.16
	OLSON, TERRY LAMBERT, ROY	51	OREG	30.10	35.11	38.00	35.23	1:15.20	3:33.64
	SCHRAM, TOMMY	51 51	OREG OREG	29.49 27.49	39.30 36.86	36.86 36.40	32.99 36.79	1:15.41	3:34.05
	DONNEY, JOHN	46	OREG	30.51	39.97	38.59	38.73	1:18.05 1:19.84	3:35.59 3:46.94
46	GUEST. ERIC	. 68	OREG	30.48	42.21	40.32	36.90	1:23.72	3:53.63
47	TOOLE, CHRISTOPHE	, 46	OREG	31.33	44.87	39.82	37.26	1:22.43	3:55.71
	HOLDEN, ANDREW	78	OREG	30.89	39.78	45.66	34.58	1:25.01	3:55.92
	JUHALA, RICHARD WELCH, ARTHUR	54	OREG	35.72	45.45	38.83	40.53	1:27.77	4:08.30
	KRISHNA, MURALI	65 38	oreg Oreg	32.43 36.55	41.73	53.53 43.24	38.26 42.20	1:28.90	4:14.85
	TEGZES, JOHN	35	OREG	34.43	42.96	45.92	45.62	1:34.28 1:35.43	4:19.39 4:24.36
53	HEIM. CHARLES	41	OREG	32.62	48.43	48.53	39.64	1:38.24	4:27.46
	YOUNG, GILBERT	75	OREG	35.49	43.76	49.08	57.91	1:43.48	4:49.72
	SCHIELTZ, JOH	59	OREG	39.32	1:00.86	50.09	45.86	1:54.53	5:10.66
	SHADBEH, KHOSROW KASNER, ZYGMUND	76 75	oreg oreg	47.87 41.28	1:01.30	54.52	1:06.22	2:04.11	5:54.02
	CLARK, PHILIP	39	OREG	23.74	27.32	32.22	26.49	DQ	41.28
	SHAEVITZ, ALEX	28	OREG	24.82	28.67	31.22	25.43	₽Q	1:49.77
-	CAMPBELL, JIM	. 42	MACO	25.92	36.55	33.53	29.25	Scratch	2:05.25
	BOLES, MATTHEW	25	OREG	24.18	27.01	DQ	25.91	1:00.01	2:17.11
	WELCH, GREG	28	OREG	23.94	DQ	30,39	27.03	1:00.90	2:22.16
	VON TAGEN, KARL	. 54	MACO	25.55	34.36	DQ DC	28.71	1:08.89	2:37.51
	THAYER, GEORGE CURRAN, PATRICK	62 36	oreg oreg	27.13 28.05	34.40 34.59	DQ 36.36	32.41 DQ	1:13.83 1:13.93	2:47.77
	DELAY, ALLAN	82	OREG	38.67	Scratch	59.29	~~	43.33	2:52.93 1:37.96
	NEWMAN, MARK	43	OREG	29.17	36.38	DQ	34.69	DQ.	1:40.24
	AUSTEN, CLARK	70	MACO	41.69	59.68	1:12.66	DQ	DQ	2:54.03

TUALATIN HILLS PENTATHLON RESULTS - MARCH 14, 1998

PL	Name	Age	Team	Pres	Back	Breast	Fly	IM	TOTAL
1 HECK	SEL, TONI	32	OREG	27.07	33.26	37.95	29.93	1:08.17	3:16.38
2 SPEL	L, LAURA JANE	27	OREG	29.77	34.32	37.42	30.81	1:11.58	3:23.90
з нола	LAND, SARAH	35	OREG	28.85	34.54	40.56	30.78	1:13.08	3:27.81
4 LEWI	S, KRISTINE	27	OREG	30.98	36.44	35.71	33.47	1:11.77	3:28.37
5 PIER	SON, GINGER	52	MACO	30.50	36.48	36.01	34.60	1:14.92	3:33.31
6 MOSS	Y, MISSY	29	UNATT	29.79	38.83	37.41	33.42	1:14.66	3:34.11
7 ANDE	RSON, KELLY	35	UNATT	29.38	36.24	41.83	32.38	1:15.74	3:35.57
8 GOOD	MAN, ANN	38	OREG	30.55	34.52	40.31	34.53	1:16.01	3:35.92
9 ROGE	RS, ARLENE	24	OREG	29.03	34.67	41.77	34.04	1:16.63	3:36.14
10 GATT	UCCIO, NIKKI	26	OREG	29.36	37.53	41.22	32.25	1:16.85	3:37.21
11 HEND	RYX, TERI	44	MACO	31.26	36.32	39.02	33.75	1:17.74	3:38.09
12 TEIS	HER, JEANNE	46	OREG	29.02	35.57	42.43	33.54	1:18.41	3:38.97
13 PRAT	HER, MIRJANA	54	OREG	32.54	38.32	40.09	34.77	1:18.98	3:44.70
14 YOUN	G, JONI	36	OREG	31.84	38.84	42.80	33.63	1:19.79	3:46.90
15 HOST	Y, MAUREEN	39	OREG	31.57	40.13	42.51	36.45	1:20.87	3:51.53
16 ROUS	SEAU, SANDI	50	OREG	31.77	40.10	43.26	34.47	1:23.84	3:53.44
17 RAGUI	E. SUZANNE	47	OREG	32.88	39.43	44.85	35.42	1:23.22	3:55.80
18 HUNTI	ER, KIM	26	OREG	32.78	40.40	40.85	40.82	1:23.60	3:58.45
19 CHESN	BY, LIZ	41	OREG	31.70	40.67	45.64	36.76	1:27.81	4:02.58
20 NEWM	AN, CATHY	34	OREG	34.07	40.47	45.75	37.63	1:27.55	4:05.47
21 STOI	NOFF, LAVELLE	65	MACO	32.86	40.79	45.54	44.89	1:26.31	4:10.39
22 WOLDI	RIDGE, JACQUELINE	43	OREG	36.38	44.36	46.36	35.37	1:29.24	4:11.71
23 ROSS	, HOLLY	28	OREG	2 36.48	46.08	44.97	42.59	1:34.04	4:24.16
24 FULTO	ON, ANN	46	OREG	40.78	56.96	54.13	44.88	1:47.30	5:04.05
25 ROSII	C, CYNTHIA	65	PNA	46.18	1:02.04	53.88	1:00.52	1:59.63	5:42.25
26 STANC	BEL. PAULINE	76	OREG	47.11	59.67	57.05	1:02.93	2:04.73	5:51.49
27 AUSTI	IN, BETSY	70	MACO	48.92	53.90	1:00.27	1:05.58	2:03.00	5:51.67
28 MCGAF	RVEY, JUDY	63	OREG	47.57	1:01.79	56.06	1:01.74	2:13.31	6:00.47
29 STEVE	ENIN, ELPIE	76 -	OREG	1:12.49	1:20.88	1:51.20	1:29.54	3:07.77	9:01.88
- SMIDT	r, cynthia	26	OREG	32.43	38.24	42.37	DQ	1:22.56	3:15.60
- QUATT	TRO, JACKIE	50	OREG	31.82	ÞQ	41.59	38.66	1:26,46	3:18.53
- KENNI	EN, SHELLEY	38	OREG	44.51	58.26	59.38	Scratch	Scratch	2:42.15
- MCCRA	ARY, SKANNON	1.9	OREG	42.38	46.49	DQ	DQ	1:59.30	3:28.17
- CUSHI	ING, KAYE	47	OREG	45.85	52.58	Scratch	Scratch	Scratch	1:38.43

MEET INFORMATION: 1998 NIKE WORLD MASTERS GAMES

RELAY ENTRIES: Relays may be pre-entered or deck entered until 16:00 hr. on the day prior to the swimming of each relay event. Registration for relays will be at the Aquatic Center in the registration area. Members of each relay team must be from the same Masters club. No swimmer may compete for more than one club.

RELAY ONLY SWIMMERS. Must submit both an Individual Event Entry form and an Athlete Registration form and must pay the same Registration fee as required for individual event swimmers. Relay teams must fill out the attached Relay Form.

ELIGIBILITY: The event is open to all registored swimmers 25 years and older as of 31 December 1998. All swimmers will be required to provide proof of age and registration with his/her country's governing tody for Masters swimming when submitting the entry form. There are no qualifying times

RULES & REGULATIONS: The championships will be conducted in accordance with the 1998 FINA Technical Rules.

AGE GROUPS: Individual events: 25–29, 30–34, 35–39, 40–44, 45–49, etc. and in five year increments as high as necessary. Relay events: Age groups are based on the aggregate age of the team members in whole years, i.e. 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, and 320–359.

REGISTRATION: All participants must register prior to competing. On site Registration and pick-up of Games credentials will be at the Games Central Registration Center and all participants must go there prior to going to the Aquatic Center. Once registered and credentials have been picked up, participants should go to the Aquatic Center for check-in. The Aquatic Center will be open for check-in Sunday. 9 August from 10:00 hr. until 20:00 hr. and on all of the days of competition from 6:00 hr. until the end of the day's events. Check-in for distance events and relays will be qualitable in the same account. be available in the same area

CHECK-IN: Check-in is required for the 400 IM, 400 Free, and 800 Free—no exceptions! Swimmers in the 400 IM must check in by 18:00 hr. on Sunday, 9 August, at the Aquatic Center. All swimmers in the 400 Free and 800 Free must check in by 18:00 hr. on the day before the event will be swum. Any swimmer falling to check in by the 18:00 hr. deadline will be considered scratched from that event. Coaches and teammates may check in for those swimmers whose travel plans do not permit check-in by 18:00 hr. There is no telephone check-in number.

CLERK OF COURSE: A Clerk of Course will be located adjacent to the starting end of the pool. Swimmers should report to the Clerk of Course a minimum of four (4) heats prior to the heat in which he/she swims. It is the swimmer's responsibility to swim in the proper event, heat, and lane, if he/she fails to do so, he/she will be scratched from that event and not allowed to swim that event at another time.

SEEDING: Individual events 200 meters or less and the 400 meter freestyle shall be swum slowest to fastest within each age group and oldest to youngest. All events 200 meters or less will be pre-seeded. Partial heats and similar times may be combined to expedite running of the meet. The 400 meter IM and 800 meter freestyle shall be deck seeded slowest to fastest by time only for each gender. ALL SWIMMERS IN THE 800 FREESTYLE MAY BE SEEDED TWO PER LANE IF. IN THE OPINION OF THE MEET ORGANIZING COMMITTEE. IT IS NECESSARY TO RUN THIS EVENT IN A TIMELY MANNER. All women's heats of an event shall precede the men's heats of that event.

WARM-UP TIMES: Warm-up in the competition pool will be available on Sunday, 9 August, from 10:00 hr. to 20 hr. and each day of the competition from 6:00 hr to 7:45 hr. Warm-up in the indoor warm-up pool will be available from 7:00 hr. until the end of competition each day of competition.

WARM-UP PROCEDURES: Water Entry: Swimmer's must enter the pool feet first in a cautious manner. No diving will be allowed except in designated

WARM-UP PROCEDURES: Water Entry: Swimmer's must enter the pool feet first in a cautious manner. No diving will be allowed except in designated sprint lanes. There will be no diving allowed in: the indoor warm-up pool. Recing Starts / Sprint Lanes: Racing starts (including backstroke starts) will be allowed only in the designated sprint lanes in the competition pool. Sprint lanes will be available all day on Sunday, 9 August and during the pre-moet warm-up each day of the competition in the competition pool only. There will be no sprint or racing starts lane in the indoor warm-up pool. Equipment: Fins, hand paddles, pull buoys, and kickboards will not be allowed at any time in the competition and indoor warm-up pool.

REGISTRATION FORMS:

THIS FORM, YOUR ATHLETE REGISTRATION FORM AND ANY OTHER FORMS THAT APPLY TO YOUR REGISTRATION MUST BE COMPLETED AND RETURNED. WITH YOUR REGISTRATION FEES AND OTHER PAYMENTS DUE, TO:
1998 NIKE WORLD MASTERS GAMES • 55 SW YAMHILL • PORTLAND, OREGON USA 97204-3312 • FAX FORMS TO: 1-813-897-4032.
ACKNOWLEDGMENT OF RECEIPT OF THIS FORM AND THE STATUS OF YOUR REGISTRATION WILL BE MAILED WITHIN 30 DAYS.

> FOR INSTANT ATHLETT, REGISTRAHON AND CONFRMATION, CALL F800-98-GAMES (F800-984-2637) TODAY!





SWIMMING ENTRY FORM

(PLEASE PRINT CLEARLY AND IN ENGLISH)

PERSONAL INFORMATION:	
LAST (FAMILY) NAME:	
FIRST NAME: MIDDLE INITIAL:	\Box
STREET ADDRESS:	\top
	一
CITY:	$\overline{\sqcap}$
STATE/PROVINCE: COUNTRY: COUNTRY:	ಠ
ZIP/POSTAL CODE:	
DAYTIME TELEPHONE NUMBER (WITH COUNTRY CODE):	
NIGHT TELEPHONE NUMBER (WITH COUNTRY CODE):	
FAX NUMBER (WITH COUNTRY CODE):	Ш
MASTERS CLUB:	
(CLUB ABBREVIATION) (CLUB NAME: AS IT APPEARS ON YOUR REGISTRATION CARD)	لــــا
MASTERS REGISTRATION NUMBER:	
DATE OF BIRTH (DAY/MO/YR): AGE AS OF 31 DECEMBER 1998:	
NATIONAL MASTERS ORGANIZATION:	
CURRENT COUNTRY OF CITIZENSHIP:	
A COPY OF YOUR SWIMMER'S REGISTRATION CARD (USMS OR INTERNATIONAL TRAVEL PERMIT FROM YOUR COUNTRY'S GOVERNING BODY) MUST ACCOMPANY THIS ENTRY FORM.	
PLEASE PROVIDE ONE OF THE FOLLOWING:	
OOMINI.	
CANADIAN OR U.S. DRIVERS LICENSE NO: PROVINCE OR U.S. STATE OF ISSUE:	
GENDER & AGE GROUP:	
CHECK THE ONE YOU WISH TO COMPETE IN	
STEER THE STEET OF WISH TO COME FIE IN	
25-29 35-39 45-49 55-59 65-69 75-79 85-89 95-99 105-109	
30-34	
30-34 40-44 50-54 60-64 70-74 80-84 90-94 100-104	
25-29 35-39 45-49 55-59 65-69 75-79 85-89 95-99 105-109	
25-29 35-39 45-49 55-59 65-69 75-79 85-89 95-99 105-109	
30-34 40-44 50-54 60-64 70-74 80-84 90-94 100-104	

EVENT ENTRY:

LAST (FAMILY) NAME:

FIRST N	AME:				MIDDLE INITIAL:	
COMMI	AOISS	JER: SANDI BOLISS	SEAU, OREGON MASTERS	SWIMMING ING	DATES: 40, 45 AUGUST 4000	
			n LMSC for USMS, Inc. Sar		DATES: 10-15 AUGUST 1998	M= †
			ter up to five (5) individual e		wo (2) per day	<u> </u>
Relays (ao not	count as entered ev	ents.			W= *
ENTRY	TIMES	S: All events must be	e entered with a time. Events	with no times shall be re	ejected.	MX= †
To spec	ify the	events in which you	wish to compete, please ma	ark an "X" in front of those	e events below. Also, fill in an entry time fo	or L
each ev	ent en	ierea.				
MARK HERE WITH X	NUME		EVENT	AGE GROUP	DATE.	
		MEN'S EVENTS			,*	
-	01	:	W 400 Meter Individual Medi W 50 Meter Freestyle	ey All age groups All age groups	10 August 10 August	
-	05	· · · · · · · · · · · · · · · · · · ·	W 100 Meter Breaststroke	All age groups	10 August	
	07	(see relay form)	W 200 Meter Medley Relay	All age groups	10 August	
	_09		W 200 Meter Butterfly	All age groups	11 August	
	11		W 100 Meter Freestyle W 50 Meter Backstroke	All age groups	11 August	
	17		W 200 Meter Backstroke	All age groups All age groups	11 August 12 August	
	19		W 50 Meter Breaststroke	All age groups	12 August	
	21	* .	W 400 Meter Freestyle	All age groups	12 August	
	23		W 200 Meter Breaststroke	All age groups	13 August	
	25		W 100 Meter Backstroke	All age groups	13 August	
	27	· · · · · · · · · · · · · · · · · · ·	W 50 Meter Butterfly	All age groups	13 August	
	29 31	(see relay form)	W 200 Meter Free Relay	All age groups	13 August	
	33		W 200 Meter Individual Media W 100 Meter Butterfly		14 August	
	35		W 200 Meter Freestyle	All age groups All age groups	14 August 14 August	
	39		W 800 Meter Freestyle	All age groups	15 August	
	MEN	'S EVENTS		, iii aga graapa	TOTAGGGSt	
	02	CLVLIVIO	M 400 Meter Individual Medle	y All age groups	10 August	
	04		M 50 Meter Freestyle	All age groups	10 August	
	06		M 100 Meter Breaststroke	All age groups	10 August	
	08	(see relay form)	M 200 Meter Medley Relay	All age groups	10 August	
	_10		M 200 Meter Butterfly	All age groups	11 August	
	12	<u> </u>	M 100 Meter Freestyle	All age groups	11 August	
	14	:	M 50 Meter Backstroke	All age groups	11 August	
	18 20	<u>:</u>	M 200 Meter Backstroke	All age groups	12 August	
	22		M 50 Meter Breaststroke M 400 Meter Freestyle	All age groups	12 August	
	24		M 200 Meter Breaststroke	All age groups	12 August	
	26		M 100 Meter Backstroke	All age groups All age groups	13 August 13 August	
	28		M 50 Meter Butterfly	All age groups	13 August	
	30	(see relay form)	M 200 Meter Free Relay	All age groups	13 August	
	32	· · · · · · · · · · · · · · · · · · ·	M 200 Meter Individual Medle		14 August	
	34	<u> </u>	M 100 Meter Butterfly	All age groups	14 August	
	36	· · · · · · · · · · · · · · · · · · ·	M 200 Meter Freestyle	All age groups	14 August	
	40		M 800 Meter Freestyle	All age groups	15 August	
į		D EVENTS				
	15/16	(see relay form)	MX 200 Meter Free Relay	All age groups	. 11 August	
	37/38	(see relay form)	MX 200 Meter Medley Relay	All age groups	14 August	
#1 4L	. ,					
i, the unde	rsigned	participant, intending to b	e legally bound, hereby certify that	am physically fit and have not	been otherwise informed by a physician. I acknowle	dge that I am aware
					or death, and agree to assume all of those risks.	
AS A COND	DITION (OF MY PARTICIPATION I	N THE MASTERS SWIMMING PR	OGRAM OR ANY ACTIVITIES	NCIDENT THERETO, I HEREBY WAIVE ANY AND	ALL RIGHTS TO
					NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOR	
STATES MA	ASTEDS	S SWIMMING INC. THE	LOCAL MARTERS SWIMMAING CO	MMITTEES THE CLUBS HO	TEACH TIES MEST SPONSORS MEST SOME	LOWING. UNITED
	10 OFF	SOMINIMUM, INC., THE	LOCAL WASTERS SWIMWING CO	DIMIMITTEES, THE CLUBS, HUS	ST FACILITIES, MEET SPONSORS, MEET COMMI	ITEES, OR ANY
AUUIVIUM	LO UFF	ICIATING AT THE MEETS	OUR SUPERVISING SUCH ACTIV	HIES. In addition, I agree to ab	ide by and be governed by the rules of USMS."	
Please sign	here				month-day-year	
-					, ,	
					CONTINU	ED ON NEXT PAGE

ENTRIES MUST BE RECEIVED BY 1 JUNE 1998. NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.



REGISTRATION NUMBER (to be completed by WMG personnel)

ATHLETE REGISTRATION FORM

(PLEASE PRINT CLEARLY AND IN ENGLISH)		
PERSONAL INFORMATION:		
LAST (FAMILY) NAME:		
FIRST NAME:	MIDDLE INIT	IAL:
STREET ADDRESS: ,		
CITY:		
STATE/PROVINCE: COUNTRY:		
ZIP/POSTAL CODE: DATE OF BIRTH: (E.G., 22 AUG 1998) DAY	MONTH YEA	AR
DAYTIME TELEPHONE NO. (WITH COUNTRY CODE):		
CURRENT COUNTRY OF CITIZENSHIP:		
GENDER:		
MALE FEMALE		
PLEASE PROVIDE ONE OF THE FOLLOWING:		
PASSPORT NUMBER : COUNTRY:		
IDENTIFICATION CARD: COUNTRY:	$\overline{\Box}$	
CANADIAN OR U.S. DRIVER'S LICENSE NO: PROVINCE OR U.S. STA	ATE OF ISSUE:	
PREFERRED LANGUAGE (CHECK ONE):		
■ ENGLISH ■ FRENCH ■ GERMAN ■ SPANISH ■ JAPANES	;E	
CLUB, ASSOCIATION OR ORGANIZATION TO WHICH YOUR LEVEL OF COMPETITION:	OU BELO	NG
NAME OF AFFILIATION:		\top
COMPETITION LEVEL:		
U.S. SHIRT SIZE (PLEASE CIRCLE ONE): S M L XL XXL		

ENIRYFE	ES:												
FIRST SPORT:			·	****		FEE (\$200 U.	S.): _					
SECOND SPORT:													
	(IF SCHEDULI	E/SPACE PERM	AITS)			·		,					
GOLD MEDAL PAS	SPORT PACKAGE:					FEE	(\$9 9 U.	S.): _					
DANA ATA IT	OPTION						TOT	AL: _			•		
PAYMENT	OPTIONS	(CHEC	CK ON	IE):									
Personal check A \$30 service of	t, cashier's check or charge will be assess	money order sed for all ret	r (U.S. dollars urned checks	drawn (on a U.S. ba	ank, pa	yable to	1998 NI	KE Wo	orld Mas	ters Gar	mes)	
VISA VISA	MASTERCAR	RD (C)	DISCO	VER/NC	vus 📆		AME	ERICAN I	EXPRE	SS		☐ J	CB
IF PAYING	BY CREDI	IT CAF	RD, PLE	EASE	COM	(PLE	ETE	THE	, FOI	LLO'	WIN	1G:	
CARD NUMBER:					<u> </u>	ТТ		XP. DATE		ГТ		_	
				_11				ra . Drii e	••	MONTH		LL.	<u> </u>
PRINT NAME (AS IT	APPEARS ON CARD):											I	
SIGNATURE OF CA	RDHOLDER:						D/	ATE:					•
I acknowledge mum age for e	EGISTRATION AND GOLI IT FEE IS REFUNDABLE	RMS alless otherwises is 30 years	AND ise stipulated sold and that	by the the date	OND	GAMES T I	ON ons app	NS onlicable to per age of	OF	sport I e	nter, the	RY	
As a condition resentative, all damages cause Sports Federatives, voluntee laboratories at the theorem of the t	AL WAIV of my participation my and all claims for sed by the negligen- ations; National Govers or employees of and facilities, attendir by that I have read a hat I will abide by sa	in the Gamer loss or dance, active or erning Bodie the foregoing medical pand understal aid Terms ar	nages arising r passive, of es; World Mang; or the clubersonnel, or and the above and Conditions	y out of ithe followisters Garage bs, host any ind	my participa wing: Inter ames 1998 facilities, n ividuals off	ation in mationa i, Inc.; a neet sp iciating	the Ga al Maste any office consors at the	ames, inders Gam cers, dire , meet co meets or	cluding es Ass ectors, ommitt super	all clair sociation agents, ees, dru vising s	ms for lo ; Intern represe ug testin such act	oss or ationa enta- ig livities	il
SIGNATURE:	·	,			 DA	ATE:	. Mer blad s sign d spinsage on sec s s						
	·····									~~~~~~			

THIS "TERMS AND CONDITIONS OF ENTRY" FORM MUST BE SIGNED AND SUBMITTED WITH YOUR REGISTRATION FORMS AND PAYMENT IN ORDER TO COMPLETE YOUR APPLICATION FOR PARTICIPATION IN THE GAMES.

ENTRY FORM 1998 CANADIAN MASTERS NATIONAL CHAMPIONSHIPS

Liability Release and Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit to participate in the 1998 Canadian Masters Swimming Chambian Chambian
 I, the undersigned participant,
intending to be legally bound, here-
by certify that I am physically fit to
participate in the 1998 Canadian
Masters Swimming Championships (the Meet) and have not been other-
(the Meet) and have not been other-
wise informed by a physician. I acknowledge that I am aware of all
acknowledge that I am aware of all
the risks inherent in participating in
a swim meet such as the Meet,
including permanent disability or
death and Ivoluntarily agree to
accept such risks. I hereby waive
death and Ivoluntarily agree to accept such risks. I hereby waive and release any and claims, demands, actions and causes of
demands, actions and causes of
action for damages or otherwise
which I may now or hereafter have
Most and in any and all activities
incident therete against the mam
here of the Organizing Committee
for the Meet Edmonton Masters
Swim Club the City of Edmonton
as the owner of the host facilities all
meet enongore and any and all indi-
viduals officiation at the Most or
supervising such activities as a
condition of my participation in the
action for damages or otherwise which I may now or hereafter have arising out of my participation in the Meet and in any and all activities incident thereto against the members of the Organizing Committee for the Meet, Edmonton Masters Swim Club, the City of Edmonton, as the owner of the host facilities, all meet sponsors and any and all individuals officiating at the Meet or supervising such activities, as a condition of my participation in the Meet.
Wicot.

Date	
Signed	
	enclosed a copy of your registration?

Please report illnesses or afflictions, of concern, to our medical staff upon arrival,

Massage therapy will be available during the meet.

COACHES MEETINGA meeting of coaches will be held on Friday, May 15 at 3:30 p.m. at the pool.

MEN		INDIVIDUAL EVENTS		WOMEN
TIME		EVENT DESCRIPTION		TIME
		FRIDAY 4:00 P.M.		
	# 1A	1500 M Free Style; Men or		
	# 1B	800 M Free Style; Men		
		Women; 400M Free Style	# 2	
	#3	200 M Breaststroke	# 4	
	#5	50 M Butterfly	# 6	
	#7	200 M Mixed Medley Relay		1
		SATURDAY 8:00 A.M.		
		Women; 1500 M Free Style	***************************************	-
		or Women; 800M Free Style	# 8B	
	# 9			
	# 11	200 M Backstroke	# 10	
	# 13	100 M Breaststroke	# 12	
	# 15	50 M Free Style	# 14	
		200 M Mixed Free Style Relay	# 16	
	21 4 79	SUNDAY 8:00 A.M.		
	# 17	400 M Individual Medley	# 18	
	# 19	200 M Butterfly	# 20	T
	# 21	100 M Free Style	# 22	
	# 23	50 M Breaststroke	# 24	4
	# 25	100 M Backstroke	# 26	
	# 27	200 M Medley Relay	# 28	
				<u> - </u>
		MONDAY 8:00 A.M.		
	# 30	200 M Free Style	# 29	
	# 32	100 M Butterfly	# 31	
	# 34	200 M Individual Medley	# 33	
	# 36	50 M Backstroke	# 35	
	# 38	200 M Free Style Relay	# 37	
Reme	mber:	3 Day grazing pass only available with	regis	tration!

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1	1 0,	E
	ENTRY DEADLINE APRIL 10, 199	NO SWIM
	LINE A	E! NC
	DEAD	NO TIME!
	TRY E	ž
	EN	

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NameAddress		Sex MF Registration #
City Prov. Affiliation/Club Code Date of birth Y 19 M D *Age *Age as of December 31, 1998)	Postal Code
Staying at (Name of hotel) Swim meet registration (Each participant) Number of events (Max. 6) @ \$ 5.00 Final results @ \$ 10.00 BBQ Tickets Saturday night @ \$ 20.00 Grazing ticket 3 days @ \$ 30.00 Shuttle Service Pass @ \$ 12.00 Cheque (Cdn. funds) for TOTAL	\$ \$ \$	Mail entries to: Edmonton Masters Nationals P.O. Box 5216B Garneau Postal Outlet 8210 - 109 Street Edmonton, AB Canada T6G 2T5 Enclose: Copy Masters Reg., Entry Form(s), Cheque. (Payable to: Edmonton Masters Nationals)

GREAT SELECTION OF SOUVENIRS AVAILABLE AT 土田 SI

The Facilities The Kinsmen Sport Centre pool with its 8 lane all deep 50M tank, wide lanes, electronic timing, score board, parate diving tank and 50M warm-up pool ranks as one of the linest and fastest pools in Canada. Check-in/Registration In person check-in, p/u of heat sheets at the pool from Friday noon and during the duration of the meet. Wine & Cheese A complimentary Wine and Cheese' reception will be offered to all swimmers at the registration on Friday from 7:00 -9:30 p.m. Warm-ups/downs Warm-ups will start one hour hefore the start of competition and all during the meet. Entries/Payments All entries, with cheques in Cdn. funds payable to Edmonton Masters Nationals must be received by April 10, 1998 on Individual or Relay forms, accompanied by proof of masters registration. Entries paid by cheque are not considered final until the cheque

\$ 12.50/copy cash when Food at the Pool

has cleared the bank. No

Results of the meet are

available @ \$ 10.00 per

copy with registration.

Results

postdated cheques accepted. No refunds after April 10.

Food services at the pool from 8:00 a.m. -4:00 p.m. daily, Saturday, Sunday and Monday untill the end of the meet. Buffet style 'grazing'. Three day pass only available when ordered with registration. \$ 30:00 for all the Juice, Coffee, Tea, Muffins, Fruits and Veggies and more. All you can eat! The best deal around!

200 Rooms (for Masters) The Renaisance Hotel own) Edmonton, has been chosen the Major Hotel 10155-105 Street (Downt for these Championships. Tel.: (403) 423-4811 or 1-800-468-3571 for Reservations Single/Double \$ 70.00/day. Triple/Quad \$ 80.00/day

Howard Johnson Plaza Hotel Edmonton 100 Rooms 10010 -104 Street (Downtown) Edmonton Tel.: (403) 423-2450 or 1-800-I-GO-HOJO for Reservations. Fax (403) 425-1783 Confirmation No. G00013-98.

50 Rooms with 2 double beds; 50 Rooms with double bed and

sofabed. \$ 59.00/night Quad occupancy.

Tower on the Park Hotel 40 Suites w/Kitchens. 9715-110 Street (Close to downtown, walking to Kinsmen) Tel.: (403) 488-1626 or 1-800-661-6454 for Reservations. Fax (403) 488-0659

One bedroom \$ 57.00/night, cont. breakfast incl. Two bedroom \$ 72.00/night, cont. breakfast incl. Free parking.

Fantasyland Hotel at West Edmonton Mall

17700-87 Avenue, Tel.: (403) 444-3000 for Reservations. University of Alberta Housing -Lister Residence 300 Rooms Single Room \$26.88/night (Tax incl.)Twin Room \$ 35.84/nt (Tax incl.) One night payment in advancerequired with registration. For registration forms (403) 492-4281

All above Hotel/Rooms must be booked by April 14, for special rates.

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SHUTTLE SERVICE

Except for the Fantasyland Hotel all above mentioned accommodations are on shuttle service routes to the Kinsmen Pool. Service from these hotels to theSaturday evening BBQ will also be available. The price for the available. The price for the four day package is \$ 12.00 per person, with registration.

Shuttle bus service from Edmonton International

Edmonton International Airport to the hotels from Sky Shuttle Airport Ltd. at a cost of approx. \$9.00 each

All major hotel chains and transportation services can be found in the Yellow Pages® at www.alberta.com

The Edmonton Masters Swim Club will have a large assortment of commemorative souvenir items for sale at these championships.

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All items will be available at the pool T-Shirts Sweatshirts Polo's **Rugby Shirts**

> Caps and Pins and many other items.

Call Farlie Travel 1-800-459-6634 for all your travel plans

Canadian Masters Swimming Championships Commonwealth Pool (Kinsmen Sports Centre) May 15, 16, 17 & 18, 1998 Edmonton, Alberta, Canada

Friday May 15	Saturday May 16	Sunday May 17	Monday May 18
Men Swim First	Women Swim First	Men Swim First	Women Swim First
Start 4:00 P.M. EVFNT # 1 CHOICE Men Only! 800 M or 1500 M Free Slyle Check-in: Thursday 10:00 a.m 8:00 p.m., Friday	Start 8:00 A.M. EVENT # 8 CHOICE Women Only! 800 M or 1500 M Free Style Check-in Friday until 8:00 p.m.	Start 8:00 A.M. EVENT # 17 & 18 400 M Individual Medley Check in Saturday until 4:00 p.m.	Start 8:00 A.M. EVENT # 29 & 30 200 M Free Style EVENT # 31 & 32
10:00 a.m 2:00 p.m. EVENT #2 Women Only! 400 M Free Style Check-in	EVENT # 9 Men Only! 400 M Free Style Check in Friday see above.	EVENT # 19 & 20 200 M Butterfly EVENT # 21 & 22	100 M Butterfly EVENT # 33 & 34 200 M Individual Medley
Same as men EVENT # 3 & 4 200 M Breaststroke	EVENT # 10 & 11 200 M Backstroke	100 M Free Style EVENT # 23 & 24	EVENT # 35 & 36 50 M Backstroke
Men and Women EVENT #5 & 6	EVENT # 12 & 13 100 M Breaststroke	50 M Breaststroke EVENT # 25 & 26	EVENT # 37 & 38 200 M Free Style
50 M Butterfly	EVENT # 14 & 15 50 M Free Style	100 M Backstroke	Relay Check-in until 10:00 a.m.
EVENT # 7 200 M Mixed Medley Relay Check-in Friday until 6:00 p.m.	EVENT # 16 200 M Mixed Free Style Relay Check-in until noon. 88Q Social Start 6:00 p.m.	EVENT # 27 & 28 200 M Mediey Relay Check-in until noon.	Very important: The NO false start rule will be in effect for the entire meet! Deadline for entries April 10, 1998

The meet will operate under FINA rules. Events # 1, 2, 8 and 9 will swim two per lane! Events # 1, 2, 8, 9, 17 and 18 require the swimmers to check-in the day prior to the event, anyone not reporting in, will be omitted. All relays also require check-in. (All heats will be filled for these events). There will be no deck entries. All events will be seeded such, that the slowest heat will swim first, oldest to youngest competitor, while trying to maintain age group competition. Maximum number of personal events 6. Age groups: 19-24; 25-29; 30-34, etc. as required. Relays 80-119; 120-159; 160-199, etc. in 40 year increments. Also being made available, hotel shuttle service, BBQ social and all day grazing for competitors.

More info at: http://www.compusmart.ab.ca/dwellis/net98

1998 COTTAGE GROVE LAKE SWIM SUNDAY, JUNE 7

ONE AND TWO MILE OPEN WATER SWIM SPONSERED BY EMERALD AQUATICS WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

OMS Sanction #: 378 OW 01 Every swimmer must be a current OMS or USMS member to compete.

One-day OMS registration will be available at check-in for a fee of \$15.00

Schedule: 2 Mile: Check-in closes 9:00 AM Pre-race instructions 9:15 AM Race starts 9:30 AM I Mile: Check-in closes 10:00 AM Pre-race instructions 10:15 AM Race starts 11:15 AM Bonus Swim: After the I mile race there will be a fun relay. Teams will be created on race day.

<u>Course:</u> The course will be marked by buoys. Water temperature is expected to be 68-72 degrees and will be posted at check-in.

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

Awards: Awards will be given to all finishers.

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

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

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

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

ENTRIES MUS	T BE POSTMARKED BY MAY 23	Before 5/23	After 5/23		
Mail entries to: I		2 mile \$21.00	\$26.00		
· F	P.O. Box 3708	1 mile \$21.00	\$26.00		
	Eugene, OR 97403	Both \$28.00	\$33.00		
OMS/USMMS R	eg#	T-shirt: S M			
	opy of your OMS/USS registration car		-		
Make checks payable to Emerald Aquatics		All fees	All fees are non-refundable.		
Name			Sex	Age	
Address		***************************************			
City/State/Zip			·		
Birthdate	Day phone	_Evening phone	Fa	x	
acknowledge that I at death, and agree to as thereto, I hereby wait or passive of the follo committees or any in	tending to be legally bound, hereby certify that m aware of the risks inherent in Masters Swimm ssume all of those risks. As a condition of my p we any and all rights to claims for loss or damagowing: US Masters Swimming, Inc., the local Midviduals officiating at the meet or supervising agree to assume those risks.	ning (training & competition) in articipation in the Masters Swi es including all claims for loss Masters Swimming committees	ncluding possible imming program of damages caus , the clubs, host f	permanent disability or or any activities incident ed by the negligence, active acilities, meet sponsors, mee	
Signature				Date	

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.

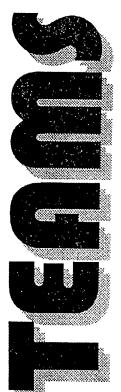
This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team. Any changes in team contact/reps should be made with Eric Guest or Phillip King.

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
Corvallis	Corvallis Aquatic Masters	CAT	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
	Heart Of The Valley Master	HOTV		
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
Milwaukie	North Clackamas Aquatic Park	NCAP	Jeff Kaelon	(503) 794-8080
Newberg	Chehalem Masters	CMST	Bruce Cheney	(503) 625-5747
Portland	Guiness Aquatic Club	GAC		
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 Aquatic Club	PMAC	Brian Wannamaker	(503) 284-5119
Portland	Portland Community Col.	PCC		
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 H20 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







PLEASE PRINT	(Your 1998 USMS registr	ation card is valid from	Nov. 1, 1997 - Dec. 31,	1998)
NAME		<u> </u>	FEES: Payable	
(Last Name) ADDRESS	(First Nan	ne) (MI)	Single Registrati Joint Registrati	on (\$49.00)
СІТУ	STATE	ZIP	(Joint Registration = two	members at one address)
()	/ /			
Your Phone Number	Birth Date	Age	Sex Club (c	OREG, MACO, UNATT
	·		Check box if yo	u are a Masters Coach
Local Team (See Official Abbreviations Below)	E-Mail Add	ress		
1, the undersigned participant, intending to be legally be edge that I am aware of all the risks inherent in Master risks. AS A CONDITION OF MY PARTICIPATION WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR GENCE, ACTIVE OR PASSIVE, OF THE HOST FAMEETS OR SUPERVISING SUCH ACTIVITIES. In a	S Swimming (training and col IN THE MASTERS SWIMI LOSS OR DAMAGES, INCL CILITIES, MEET SPONSOL	mpetition), including possi MING PROGRAM OR A UDING ALL CLAIMS F RS, MEET COMMITTEE	ible disability or death, and NY ACTIVITIES INCIDE OR LOSS OR DAMAGES ES, OR ANY INDIVIDUA	agree to assume all of thos NT THERETO, I HEREB CAUSED BY THE NEGL
			Date	

1998 REGISTRATION FORM - OREGON MASTERS SWIMMING

- *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	GAC - Guiness Aquatic Club	NCSC - North Coast Swim Club
BMM - Blue Marlin Masters	HRBE - Hood River Bald Eagles	(Astoria/Seaside)
BSA - Bohemia Swim Assoc.	HOTV - Heart of the Valley Master	PAC - Princeton Athletic Club
CAM - Cascade Aq. M. (Redmond)	KLF - Klamath Falls Masters	PCC - Portland Community College
CAT - Corvallis Aquatic Masters	LCM - Lincoln City Masters	PMSC - Parkrose Masters
CMST - Chehalem Masters	MACO - Multnomah Athletic Club	PMAC - Portland Masters Aq. Club
COMA - Central Oregon Master	MHM - Mt. Hood Masters	RAC - RiverPlace Athletic Club
EA - Emerald Aquatics (Eugene)	MJCC - Mittleman Jewish Cm. Ctr	RVM - Rogue Valley Masters
EY - Eugene Family YMCA	MPM - Mt. Park Masters (L Oswg.)	THB - Tualatin Hills Barracuda
FGDM - Forest Grove Dragon M.	MWVM - Mid-Will. V. M. (Salem)	UVM - Umpqua Valley Masters
FS - Fish Stick Masters (L Oswego)	MY - Metro YMCA	VOT - Vancouver Old Timers
GPY - Grants Pass Fam. YMCA	NCAP - N. Clackamas Aq Park	WH20 - WH20 Masters (Salem)

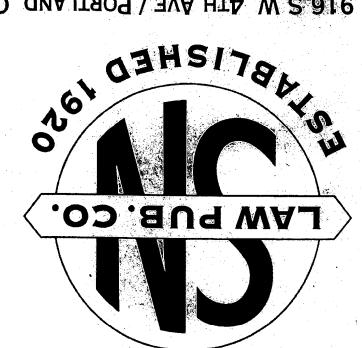
MATETO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DRIVE, ASHLAND, OR 97520

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