

Aqua-Master

Volume 25, Number 5 May, 1998



profile

"Keeping the Tradition"



For Frank Philipps, swimming is more than a matter of fitness. It's also a way of meeting interesting people and maintaining a family tradition.

That's why the 55-year-old potter has been a fixture in the Rogue Valley Masters chapter for the last 12 years. Most weekday mornings Philipps is at the Southern Oregon University pool by 5:30, putting in lane lines and swimming a 2,500-to 3,000 yard workout.

"I swim intuitively, much the way I throw pots," he says, "but this time around I've learned lots about the mechanics of swimming." "This time around," for the Cincinnati, Ohio, native, centers on the RVM
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Ol' Barnacle

reviews - results - records - history

Ol Barn Covers the Pentathlon, March 14, '98

This is still a "showcase" meet. If you want to see the water fly, and really great swimming, the "PENT" is where you want to be.

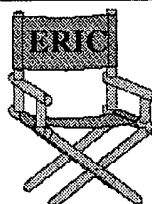
Our leader was Ed Ramsay, Meet Director, he was ably assisted by a great group of officials: Ref-Helen Brown, Starters-Al Smith and Stan Benson, Stroke and Turn-Cathy Douglas and Dennis Olsen. The timing on deck was ably handled by the Sunset High bounce ball team, they did a great job, thanks.

Tualatin Hills Barracudas were back of the effort, also doing the setup and take down.

Out of a total of 102 paddlers it was great to see new faces: Arlene Rogers, Shannon McCrary, Nikkin Gattuccio, Laura Jane Spell, Missy Mossy, Cynthia Smidt, Kim Hunter, Holly Ross, Cathy Newman, Kelly Anderson, Joni Young, Shelley Kennen, Liz Cheney, J Woldridge, Kaye Cushing, Jackie Quattro, Mirjana Prather, Greg Welch, Shane Spell, David Bratton, Roger Parker, John Tegzes, Theodore Brunner, Charles Heim, Tommy Schram,
continued on page 8

The CHAIR'S CORNER

by Eric Guest



Another Association and Zone Short Course Championships have come and gone. Congratulations to all the category winners of 1st, 2nd and 3rd places.

Congratulations also to the recipients of the special awards presented at the Association meet in Corvallis. All of them were well earned and deserving.

Hopefully, all who competed at the meets swam well and had a great time. I know I did!! Your attendance was appreciated and I know the competition was fierce.

I want to thank Meet Directors Jackie Allender (Assoc. Meet) and Matt Mercer (Zone Meet) for the great meets and all the volunteers and officials that contributed to make them great. When you attend these meets, go up to the Meet Directors, volunteers and officials and let them know that their efforts are appreciated. Let us not forget Pam Himstreet for arranging these competitions, Suzanne Rague for seeding them and Dave
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Calendar and Meet Schedule 1998

Date	Event	Location	Contact
MAY 7 - 10	SCY	USMS Championships Indianapolis, IN	Judy Goldstein (317)253-8289 (before 9PM EST)
16 - 18	LCM	Canadian National Champs	Edmonton, Alberta
JUNE 19 - 26	LCM	World Masters Championships, Casablanca, Morocco	for information, send \$2 to the USMS National Office
27		Clinic featuring Olympic Gold Medallist Mark Henderson	Western Oregon University - Monmouth, OR (additional details in June Aqua Master)
JULY 11-12	LCM	State Games of Oregon (entry blank will be in June Aqua Master)	Gresham, OR
25 - 26	LCM	*Northwest Zone Champs	Federal Way, WA
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	Dan Gray (541) 944-0529 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-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 (LMS) and part of United States Masters Swimming Inc.

**1997 OREGON SWIMMERS OF THE YEAR
CONGRATULATIONS TO:**

CATHY IMWALLE	OF	COMA	(49 AND UNDER)
STEVE GEORGE	OF	CAT	(49 AND UNDER)
GINGER PIERSON	OF	MACO	(50 AND OVER)
DAVE RADCLIFF	OF	THB	(50 AND OVER)

CHAPTER 3 OREGON MASTERS SWIMMING HISTORY

by Earl Walter

1977 was our fifth year, and we were finally beginning to show that we were a group to be reckoned with. The leadership of Connie Wilson was constant, and help was beginning to arrive.

With the strong shove coming from Alice Zabudsky, and the guidance of Mark Smith, the Blue Marlin Aquatics of Sandy, Oregon put on a great meet Jan. 15th and 16th.

AquaMaster for February talked about the President's Council on Physical Fitness, and our group was paying a lot of attention. Association Championships for '77 were announced for Tigard, April 2 and 3. Marshall Pool in Vancouver, Washington, was to host a SCY meet Feb 27th. Connie stressed that meet fees had to be increased, to meet the rising costs of AquaMaster, mailing and printing had risen to \$40.00 - WOW

The Sandy Meet was a good one, here are some results:

Zabudsky (31) 200 Free:2:44.50, Chastain (31) 100 Back in 1:25.90. Stoinoff (44) swam the 1650 in 26:56.50, Wilson (42) the 50 Back at 37.40. Diane Williams (48) did the 200 Breast in 4:04.20. Mary Anne Wolfe (50) negotiated the 50 Back in 44.10. Dawn Musselman (PNA) 63 - showed us the 100 Back in 1:41.00 Hazel Bressie (68) 100 Breast:3:07.20, and 50 Free in 1:23.60. Sam Booth (24) 50/100/200 Breast: 24.90 / 54.70 / 2:08.60. George Crofts (24) flew the 50 in 31.20. Ted Gilber (25) 50 Free/ 50 Fly: 31.70/39.00, Doug Huestis (28) 200 Free-2:08.90, Doug Crichton (29) swam the 200 Breast in 2:54.10. Steven Barrett (30) a 1650 in 22:22.50, Stu Morris (33) 50 Breast-36.30. Stoddart Smith (33) 50 and 100 Fly in 26.60 and 1:02.00. Eldon Rose (35) 50 Free / 50 Breast-31.90/36.70. Joe Santry (36) 100 Fre and 100 IM-1:04.20 and 1:15.60. Chuck Schaumburg (38) a 400 IM in 5:42.50. Jim Bigler (41) 100/1650 Free-1:05.50/26.47.40, Lowell Neil (47) 50 Free and 100 IM-26.70 and 1:11.70. Fred Sprenger (45) 200 Free-2:25.60. Lee Miesen (49) 100 Breast-1:21.90. Jim Holland (52) 50/100/200 Free - 28.70/1:07.20/2:47.70. Jim McGregor (56) 1650 in 31:11.40, Earl Walter (55) a 400 IM in 6:16.20, Don Stevenson (64) 50/200 Free-32.90/3:01.90. Syd Hendy (63) 100 Back 1:35.50, Bob Schmidt (61) 100 Breast at 1:43.30. Bob Hunter (65) 200 Back-4:38.80, Roy Webster (75) 1650 in 50:23.20.

Relays MXD 35+ 200 Free-2:05.60 (Stoinoff, Wolfe, Holland, Bigler)

Men 25+ 200 Free-1:58.10 (Santry, Gilbert, Bigler, Morris)

We vowed to come back to Sandy, but for some reason we never have.

USMS Bulletin re All American: Verification Chart (Jan 1977)

Women

	30-34	55-59
50 Free	26.6 (23.92)	31.5 (30.51)
50 Back	31.4 (27.15)	42.6 (34.48)
50 Breast	36.3 (31.54)	45.7 (37.47)
50 Fly	28.9 (26.79)	39.5 (35.52)

Men

	30-34	55-59
50 Free	22.2 (20.33)	26.2 (23.81)
50 Back	26.6 (23.79)	32.9 (29.34)
50 Breast	29.8 (27.12)	34.9 (31.65)
50 Fly	24.4 (22.52)	30.1 (26.77)

Note: Times in Parentheses are for 1996 All Americans

Vancouver SCY Invitational-Feb 27, 1977

Teri Perrine (23) 50/100/200 Breast-40.20 /1:26.80 /3:09.70. Rochelle Horenstein (27) 100 Free-1:25.90, Peny Walmer (29) 200 Breast-4:54.50. Alice Zabudsky (32) 100/500-1:10.90/7:05.10, 100/200 IM-1:20.10/2:50.30. Cathy Chrichton (33) 200 Free - 3:14.20. Jeneth Shaw (38) 50 Free/50 Back-35.40/41.90, Carol Friedly (37) 50/100 and 200 Breast-41.20, 1:33.10, 3:27.20. Lavelle Stoinoff (44) 50/200/500 Free-32.90/2:43.00/ 7:27.00, Connie Chambers (41) 50 Back -55.10. Jeanne Kennett (42) 50 Free/100 IM-42.00/1:56.20, Dorothy Pierce (46) 50/100 Back - 52.60/2:05.00, Virginia Joslin (51) 50Fr/50Breast - 44.60 and 1:00.70; Russell Finley (20) 50 Breast and 100 IM - 36.40 and 1:30.00, Doug Hunsiker (29) 50/100 Free - 27.30 /1:04.90, Michael Opton (33) 100/200 Breast-1:12.60/2:42.70, Doug Atterbury (30) 200 Breast-2:49.50 and 100 IM-1:11.00 James Cross (35) 100 Free-1:00.10, 100 Back-1:20.90, 200 IM-2:52.40, Bill Chambers (44) 50 Back-42.40, 100Breast-2:04.40, Jim Bigler (41) 100 Free-500 Free-1:06.90 and 7:17.20. Fred Sprenger (45) vs Eric Guest (47) 100 Free - 1:05.60 vs 1:06.90. Jim Snow (50) when we had no money!, this guy was a life saver, printing the AquaMaster:100 Free-1:16.30 (His company still does, in 1998! Fred Eckhardt (50) 200 IM - 3:18.10, Fred still swims (1998) but in addition writes those great articles on all the NEW beers. OB (55) tried chasing Zabudsky in the 500 Free, ran out of gas in 7:15.10. Neil Farnham (59) 100 Back-1:38.10. Don Stevenson (64) 5 0Fly-42.50, Syd Hendy (63) 200 Back-3:34.40. Max Strauss (67) 50 Free-41.70 and Bob Hunter (65) 100 Back-2:14.00.

Relays 25+Men 200 Free 1:48.30 (Hunsicker, Opton, Woods, Walter) The young guys were hard pressed to find swimmers.

25+MXD 200Fr 2:04.10 (Santry, Wilson, Chastain, Cross) FUN-We had plenty: Roy Watters, Jim Bigler, Art Smith, Eric Guest, too small suit, had to bend over, Jim Holland, Roy Abramowitz, Karl von Tegen and Andy Schrag, all came trooping out of the dressing room in womens suits, with some appurtenances, etc. Entered the womens relays, and immediately got into hot water, anyhoo, a great time was had, and these guys enjoyed it more than anyone, afterward. Jayne Chastain, went into the men's dressing room with a camera, and attempted some photography, as far as OB knows, no pictures were ever made, at least they did not

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AQUA-MASTER'S QUESTION OF THE MONTH WHAT DO YOU LIKE BEST ABOUT YOUR TEAM?



Wendy Dixon
Portland Masters Swimming
There's a variety of ages and abilities - all with different goals - some to compete, others to improve fitness.

the FITNESS LANE

by George Thayer, Fitness Chair

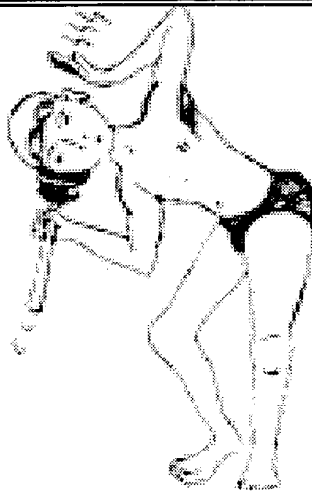
This month's feature is the substance Creatine. What is it you ask? It is an amino acid produced in the liver, kidneys and pancreas. It is stored in muscle cells and acts as an energy source. The theory is that by increasing the amount of creatine in muscles, it will enable you to train more vigorously and eventually increase your strength and muscle mass.

I happened across a research article by Pamela Grindstaff, et. al. in the International Journal of Sport Nutrition entitled "Effects of Creatine Supplementation on Repetitive Sprint Performance and Body Composition in Competitive Swimmers". The sprint part caught my eye, so I read on. The researchers conducted a double blind study of 18 male and female junior competitive swimmers where they supplemented their diets with 21 g. of creatine monohydrate or a placebo for 9 days during training. Prior to and following supplementation, swimmers performed three 100m freestyle sprint tests with 60 s. recovery time. Significant differences were found in the creatine group over the placebo group, with the Cr subjects swimming significantly faster than the placebo swimmers in Heat 1 and significantly decreasing swim time in the second heat. There was some evidence that the cumulative time to perform the three 100m swims was decreased in the creatine group.

With all of the usual caveats of good researchers however, they concluded that while creatine may significantly improve total work and power output of the upper extremity during sprint performance but the benefit dissipates after the initial sprint or there wasn't enough rest time between heats. It is also important to note that these were young swimmers not masters.

Next, another report on the carb to fat to protein ratio wars. Costill studied competitive swimmers, cyclists and runners to compare their metabolism. Swimmers came out of the

water after 40 minutes of 70% VO2 max. swimming and metabolized sugar almost exclusively and still emerged from the water glucose (and presumably glycogen) depleted. Land athletes metabolize substantial amounts of fat and less sugar. Swimmers use more upper body than cyclists or runners and the upper body has more "white muscle" and thus burns more sugar than fat. Costill recommends that swimmers have a nice high glycemic, high carb low fat snack immediately after getting out of the pool. He also recommends that swimmers do more lower body work to exert the "red muscles" which burn fat. It should be noted that Costill still doesn't have a percentage to recommend and that his article was aimed at losing weight by swimming. The interesting part for me was the fact that we swimmers use more sugar (read carbs) than other athletes and perhaps the high carb snacks will replenish the depleted stores.



**Remember
keep your
ears fit -
dry them
carefully
after every
workout -
opps - I mean PRACTICE!**

PRACTICE - STAY FIT



Mike Popovich

Mt. Hood Masters

Great People!

END OF POOL - FLIP TO NEXT LANE

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

Sanctioned by OREG LMSC for USMS, Inc. Every swimmer must be a current USMS member to compete.
Sanction #: 378-OW 01 One-day USMS 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 9:15AM Race starts 9:30 AM
1 Mile: Check-in closes 10:00 AM Pre-race instructions 10:15 AM Race starts 11:15AM
Bonus Swim: After the 1 mile race there will be a fun relay. Teams will be created on race day.

Course: 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.

Awards: Awards will be given to all finishers.

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

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

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

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

ENTRIES MUST BE POSTMARKED BY MAY 23

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

Before 5/23 After 5/23

2 mile \$21.00 \$26.00

1 mile \$21.00 \$26.00

Both \$28.00 \$33.00

T-shirt: S M L XL XXL

TOTAL

USMS Reg#

Please attach a copy of your USMS registration card.

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"I, the undersigned 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 & 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. Finally I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____

OPEN WATER



By Dan Gray, Open Water Chair

OPEN WATER '98

Do you remember your first Open Water swim? I remember mine not being exactly what I had anticipated. Shortness of breath caused by starting too fast (adrenaline) and overcoming the near panic when I was unsure of my ability to stay on course. A few words to those who have never done open water swimming. **DO IT!!!** Here are a few suggestions. 1) practice your swimming in the open water with others before you compete. 2) use your first open water swim as a learning experience, do not set your expectations too high. 3) for your first swim be sure to start near the rear and to the outside of the course - this will keep you from being overwhelmed at the start. 4) you may feel the need to catch your breath and figure out where you are - do a few strokes of breaststroke to calm down. 5) when you finish be sure to look at the smiling faces; join the crowd. Congratulations and see you again!!

Open Water Clinic

This idea was conceived by the hard working Board of OMS, Inc. as a way of giving something back to the swimmers. We are very lucky to have Michael Collins to come up from So. Calif.. to swim at Squaw Lake and to conduct the clinic. The clinic is provided at **no cost** to USMS & USS swimmers who enter the Southern Oregon Lake Swim. Mike has been USMS Coach of the Year (1990), was coach of Davis Aquatics Masters and is now an assistant coach for UCLA Masters. He is also an instructor at the Total Emersion Swim Camp. **It can't get any better than this!!!** The clinic will last for three hours and will focus on technique, conditioning & racing. If you are interested in open water, you do not want to miss this one.

OPEN WATER CALENDAR '98

First swim is only weeks away with Emerald Aquatics hosting their second swim at Cottage Grove Lake - coming **June 7th.**

Next will be Southern Oregon Lake Swim. Held at beautiful Squaw Lake, this years event will be the Open Water Association Championships, to be held **July 18th and 19th.**

Two weeks later the COMA Crew from Bend will host the Cascade Lake Swim. This is a great event to attend, however, you may want to bring a wet suit. **August 1st and 2nd** - great camping!!

OMS, Inc. will host an open water event on **August 16th** at Roslyn Lake. (1500 or 3000) This swim will follow the conclusion of swim events at Nike World Masters Games and could have many international swimmers as well as USMS swimmers.

Help from Oregon swimmers is being requested to make the Roslyn Lake swim a successful event. Volunteers will be needed in great numbers on race day, so if you want to help out please give me a call. This open water program belongs to you the swimmer, but your support is needed for this international event.

OPEN WATER ASSOCIATION CHAMPIONSHIPS

This years event will also be at Squaw Lake in S. Oregon. RVM has managed to reserve every camp space at the lake. This promises to be a unique weekend for open water swimmers. If you plan to camp, you may want to give me a call so I can set a site aside for you, or there are a number of group sites for your club members to congregate. RVM is trying to have the gas grills and stoves available for campers but they will be located at the registration/picnic area. This should be a **FUN WEEKEND** with the swims and clinic. the 3000 meter swim and clinic will be Sat. July 18th and the relays and 1500 meter Association Championships on Sunday the 19th. Remember, this is the chance for your **TEAM** to swim for the Open Water Championship Banner

WANTED!!!!

Is there any interested club that wants to host an Open Water swim? There is a vacancy on the calendar for early September. There were 135 swimmers participating in at least one swim last year and I hope those numbers will grow this year. Is there anyone, with the club support, willing to give it a try. OMS, Inc. has lots of information on how to organize an open water swim!!!

PURSUE YOUR OPEN WATER AMBITIONS



Richard Smith

Rogue Valley Masters

The people!!

Friendship, support, inspiration, and the groups superb "aqua-consciousness"



1998 ASSOCIATION OPEN WATER CHAMPIONSHIP

JULY 18 & 19 — SQUAW LAKES

HOSTED BY ROGUE VALLEY MASTERS

IN COOPERATION WITH THE US FOREST SERVICE

SANCTIONED BY OREGON LMSC FOR USMS, INC.

Sanction number: 378-OW02

HELD UNDER THE SANCTION OF UNITED STATES SWIMMING, INC.

Sanction number: 8-044



SATURDAY, JULY 18:

3000 Meter Lake Swim

8:30-10:15am — Registration

10:30am — Pre-race instructions

10:45am — Race begins

Open Water Clinic — 1:00-4:00pm

Michael Collins will conduct Oregon's first-ever open water clinic. He has been recognized as USMS Coach of the Year (1990,) Pacific Masters Coach of the Year (1993.) He is the former head coach of Davis Aquatic Masters and is currently the assistant coach of UCLA Masters and an instructor for Total Immersion Swim Camps.

SUNDAY, JULY 19:

1500 Meter 3-Person Relay

This is a just-for-fun relay open to all USMS/USS registered swimmers. Teams can be comprised of men, women, children; old and young. Each competitor swims 500 meters. No awards will be given.

9:00am — Teams meet/Pre-race instructions

9:30am — Race begins

1500 Meter Open Water Championship

8:30-10:30am — Registration

11:00am — Pre-race instructions

11:15am — Race begins

At 12:00 following the race, Rogue Valley Masters will host a barbeque/pasta lunch. All swimmers and guests are welcome.

SANCTIONS: Every swimmer must be a current USMS or USS member to compete. One-day USMS (not USS) registration will be available at check-in for a fee of \$15.00

COURSE: All races will follow an out-and-back 1500 meter course marked by buoys. Water temperature is expected to be between 70-72 degrees and will be posted at check-in. The use of pull buoys or fins is not allowed. Swimmers wearing wetsuits will be ineligible for awards.

AWARDS: 3000 Meter: Individual awards will be given for 1st-3rd place in each age group.
1500 Meter Championship: Individual awards will be given for 1st-5th place. Team awards will be given for 1st-6th place. In each race, awards will also be presented to the fastest male and female participant.

FEES: 1500 Meter OR 3000 Meter: \$22.00. Both events: \$28.00. Entries must be postmarked by July 5. (Entries postmarked after July 5 and day-of-race entries are an additional \$5.00.) T-shirts, caps & refreshments are included in entry fee. Sweatshirts are available for an additional \$5.00. Camping fee is \$2.00 per night per swimmer. All fees are non-refundable. Please make checks payable to Rogue Valley Masters. See reverse side for further camping information.

INFORMATION: Dan Gray, Race Director, (541) 944-0529.

Name _____ USMS/USS# _____
Address _____
Day Phone _____ Evening Phone _____ Age _____ Sex _____
(Please attach a copy of your USMS/USS card.)

Mail entries to:
RVM Lake Swim
8975 Hwy 66
Ashland, OR 97520
All fees are non-refundable.

Sat, Jul 18	3000 Meter	\$ _____	Camping	\$2.00/nt/swimmer	\$ _____
Sun, Jul 19	1500 Meter	\$ _____	T-shirt	S M L XL	Included w/entry fee
Both events		\$ _____	OR Sweatshirt	S M L XL	\$ _____ (\$5.00 extra)
			TOTAL		\$ _____

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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____
(Must be signed by a parent or guardian if entrant is under 18 years of age.)

SOUTHERN OREGON LAKE SWIM INFORMATION

Directions: Take exit #27 off I-5 (Barnett Rd); follow Barnett Rd. west and turn right on Riverside Av. Turn left on East Main St (Hwy 238, Jacksonville Hwy.) and proceed west through Medford towards Jacksonville. Follow the highway as it turns right in downtown Jacksonville, and continues toward Ruch. Continue on Hwy 238, following the signs to Applegate Lake. At Ruch, the road will fork and Hwy 238 continues straight. At this junction, proceed to the left on Applegate Rd. Upon reaching Applegate Lake, go left on French Gulch Rd, over the dam and follow the signs to Squaw Lakes. The road is unpaved for the last 8 miles. There will be signs posted along the way to assist swimmers in locating Squaw Lakes and the site of the swim. Allow plenty of driving time as it is a 90-minute drive from Medford to Squaw Lakes. Limited parking is available at the end of the road, just above the trail leading to Squaw Lake.

Camping: Rogue Valley Masters has reserved all the individual and group campsites at Squaw Lakes for the nights of July 17 and 18. The sites are all accessible (by foot only) on trails that circle the lake. You will need to carry water in with you to some of these sites as water pumps are not located at every site. The camping fee is \$2.00 per swimmer per night and payment should be included with entry form. To reserve a particular site for your family or team, please contact the Race Director or include your request with your entry form. Due to limited space, campsites may have to be shared by more than one tent. A map and list of available campsites will be posted at the check-in area.

NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

Registration: Registration for the Games has begun to significantly increase in the past month. As of April 1st, we had 250 swimmers registered representing 16 countries. The Games overall has registrants from 43 countries as of early March. While there are always a few participants who register very early, it is much more typical for Masters swimmers to register within the last month before the entry deadline. In our USMS National Championship meets, 75% of the entries are received in the last 3 weeks! We may plan ahead, but we do not send in our money or our times until we have to do so! I hope you are thinking about sending in your entry! **The deadline is June 1st.**

USMS Website Discussion Forum: If any of you check the USMS.org website and check the



Discussion Forum, you will see a discussion regarding the World Masters Games and the \$200 entry fee. After I saw the initial comments posted by someone from Track and Field and the bashing that NIKE was getting regarding the fee, I felt that I had to respond for clarification. You might find this interesting to read.

Volunteers:

The volunteer forms mailed to all OMS members should have been received by now. If you have not yet responded, please think about how you can assist Oregon Masters in hosting this event. We will have seven days at the pool that require hundreds of volunteer hours to fill all of our positions. This will be fun and different from the usual National event due to the international flavor of the participants and those Brazilians can be wild!!

ol'Barn continued from page 1

Paul Witzke and Zygmund Kasner. Ol Barn welcomes you one and all, stay with it and stay fit !!

19-24: Arlene Rogers was the over all winner here, with Shannon McCrary swimming into some DQ problems.

25-29: Laura Jane Spell at 3:23.90, was the winner, over Kristine Lewis with 3:28.37 and Missy Mossy at 3:34.11. Check that 100 IM shootout, Spell at 1:11.58 and Lewis 1:11.77, good time!

30-34: Toni Hecksel at 3:16.38 the winner, with Cathy Newman looking like a gal with a lot of potential. Toni's times are solid across theboard.

35-39: Sarah Hoagland with 3:27.81, the winner, but, Kelly Anderson and Ann Goodman (3:35.57 vs 3:35.92) Less than 1/2 a sec after 5 events, that is about as close as you can get. Look at Goodman and Hoagland in the 50 back and 50 Breast. This group will bear watching.

continued on page 9

ol'Barn continued from page 8

40-44: Teri Hendryx grabbed all the "brass rings" at 3:38.09, over Cheney 4:02.58 and Woldridge 4:11.71, these two are potential flyers watch them.

45-49: Jeanne Teisher (3:38.97) won overall from Suzanne Rague (3:55.80) Teisher's 50 free was excellent, both she and Suzanne looked good in the Breast and Fly.

50-54: Ginger Pierson at 3:33.31 held on to her crown, Mirjana Prather (3:44.70) edged Sandi Rosseau (3:53.44). The BIG NEWS here is the return of Mirjana, used to be Callahan. She was certainly a sight for these old eyes, Mirjana is a swimmer, with credentials going back to 1984 and New Zealand. WELCOME HOME !

60-64: Judy McGarvey is a new paddler, it is great to have her, and she has the looks of a "comer". Keep at it Judy !

65-69: LAVELLE STOINOFF at 4:10.39 is the new record holder, besting Petey Smith's 4:37.33 set in 1991. Lavelle picked this event to test her shoulders in the "fly", her 1:26.31 in the IM (#2TT) and a new ZONE, 50 Breast at 45.54 also a NEW Zone. It was great to have Cynthia Rosik (PNA) here from the North. Come see us again.

70-74: Betsy Austen had this all to herself at 5:51.67

75-79: Lots of excitement here-PAULINE STANGEL at 5:51.49 sets a new PENT record by almost 2 minutes. On the way the Albany splasher set two OMS and ZONE records: 50 Breast (57.05 TT5) and the 50 Fly (1:02.93) Evelyn McKeon had the old PENT at 7:30.79. Pauline's IM should be a TT time.

19-24: Robbert Van Andel just had a great meet, missing the PENT record of 2:42.42 (Tom Kelly-1983) with a fine 2:46.40. Each of his 50's were fast with the 27.63 Back a TT7. Welcome to John Collins, at 19 some one to watch.

25-29: ROBERT KABACY showed the way here, with a new PENT record of 2:38.33 vs Matt Roth's 2:39.73 (92). Robert missed the 50 Free by 1/100ths, man that's close. Horst Niehaus silvered here at 2:46.56.

30-34: Doug Stewart (Jacksonville) had this corralled at 2:52.48. OB likes his individual 50's all the way.

35-39: CURT LACOUNT waited 3 years to improve his PENT record of 2:41.97 with a 2:41.66, Curt needed all of that, with Chris McKinnon (2:45.92) and Steve George (2:46.17) for the Silver, and Robert Moore (2:51.78)

and Pat Allender (2:52.10) fighting for 4th place, WOW A really hot group ! Lacount missed records at 50 Back (26.02 vs 25.97) and 50 Fly (24.40 vs 24.28. Also look at the duel at 20 paces for

the 50 Breast, Allender 29.81 vs McKinnon 29.83.

40-44: Dave Burleson was the leader here at 2:48.33. Lots of excitement for the Silver: David Yeakel (3:02.65), Mike Tennant (3:03.62) and Cliff Stevens (3:04.47) OB says, thank heavens for the new timing systems. A big WELCOME back to Mike Tennant, who went stroke for stroke with Burleson in the 50 Free, also look at Chun and Burley in the 50 Breast.

45-49: Tom Coffey was the winner here at 2:48.82, over Stephen Mann, (2:52.75) and Doug Prentice (3:02.32). Mann edged Coffey in the 50 Back and the 50 Breast. Coffey was about a 1/2 sec off the record in the 50 Fly. These 3 have been around OMS for years, as has Jed Cronin. You can always count on them for swimming worth watching. Coffey had TT in the Free and IM, with Mann MAYBE.

50-54: Rapid Robert will be 55 on May 22nd. HE IS GETTING READY ! Let's look at what can be (55-59) 50 Free-TT2, 50 Back-NR 27.82, 50 Breast TT2, 50 Fly NR26.41, IM NR 1:01.09. Ol Barn is putting his money on Robert Smith. Bob won at 2:49.93, Jon Stout had a 3:02.62 and Phil Krueger in 3:08.59. Stout and Krueger should have a battle in '99.

55-59: Always count on Ron Nakata to do a good job (3:19.00 vs his PENT record of 3:17.40) Welcome Back to Tom Fanning, who kept Ron honest all the way. Both these guys are 58, and moving! Look at those times, very good indeed !

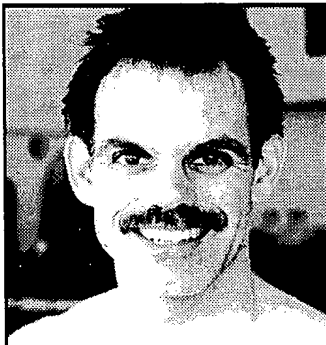
60-64: Radcliff the distance man, vs Thayer the sprinter ? The distance guy came through, maybe our George is not quite back to his best yet. Thayer has the PENT record at 3:17.94, Dave won with a 3:27.14, the Bend Bullet is still grouching about a DQ. Where in the world were Weick and Slawson?

65-69: Mr Chairman took home the loot at 3:53.63, against Art Welch with a 4:14.85. Art was not his usual bouncy self, so this could have been a much closer battle. They had a hot one in the 50 Back though.

70-74: Clark Austen was all alone and lonely swimming, as well as his relationship with the start and turn judges. Clark is reliable, he will be back.

75-79: A little story before we discuss the event. In the

1997 AA's, our Wally was much chagrined, losing the 50 Free AA to our old friend Hugh Richards, Hugh at 31.16, Wally 31.74. 1998 the Longview Kid has a 30.89. The big one though, is the *continued on page 10*



Cliff Stephens

Parkrose Masters

We've got a great couple of coaches, a new pool and 3 times to swim a day.

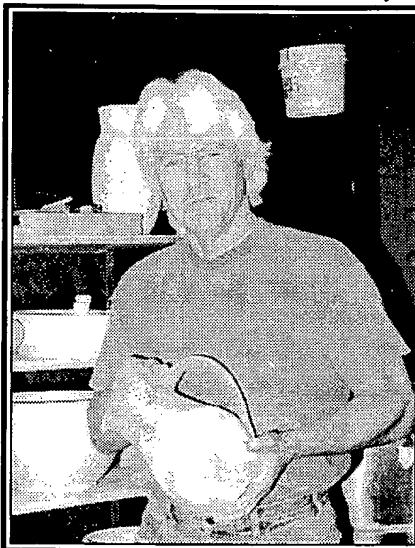
profile continued from page 1

program, but he was a swimmer decades earlier - a third-generation swimmer, in fact. Philipps' grandfather built and ran three outdoor pools in the Cincinnati area during the 1920s, not an unusual occupation for someone who swam in the World Games at the turn of the century. His father won the Ohio River Swim in 1934 and then ran the pools Philipps' grandfather owned. Swimming seemed to be a natural for young Frank.

He lettered in swimming, as well as football and baseball, at Oak Hills High School in Cincinnati, taking third in the state 100-yard freestyle. After a brief stay at Miami University, which awarded him a swimming scholarship, he began an odyssey that included a stint in the Marine Corps, and time with the Livermore and Oakland, California, police departments, where he served as a motorcycle patrol officer in the late '60s and early '70s,

Moving to Ashland in 1972 with his wife Nancy to raise their children Philipps took a pottery class and found his calling. After an extensive apprenticeship, Philipps now has his own store to showcase his art. And like his art, Philipps' swimming has become more focused. "I never got a lot of instruction in my younger days," he says. "I was always an elbow-bender and open-finger swimmer." But his time with Masters swimming has changed that.

Philipps returned to swimming "because of a squished disk in my back. My doctor asked me if I liked to swim." His doctor, it turned out, was a swimmer with a newly organized group of southern Oregon master swimmers. Now, 12 years later, Philipps is part of the



When not in the SOU pool, Frank Philipps spends much of his time in his Ashland pottery studio.

backbone of that Rogue Valley Masters chapter.

"I've learned lots about the mechanics of swimming from Swim magazine as well as Swimmer and the Aqua-Master," says Philipps. And with this refining of technique, he has sliced seconds off his times. "Right now I'm only six or seven seconds off my high-school records."

But Philipps says that his time in Masters swimming has brought out a previously hidden trait. "There's a competitive nature in me I can no longer deny." And attending Masters meets satisfies this as well as getting the chance to meet other swimmers. "I can't believe the variety of interesting, sophisticated people you meet at swim meets," he says.

Philipps has carved his own niche in the Rogue Valley swimming community. "He's a smooth swimmer in the pool," says June Mather, RVM member and state registrar for Oregon Masters Swimming. "He is just so graceful. My favorite part of the morning workout is when Frank first

pushes off and swims underwater a whole length."

Dan Gray, another RVM swimmer and coordinator of open water events for OMS, agrees with Mather's assessment, "Frank is a great guy who was made for joking with. His life in Ashland has allowed him to evolve to a point where he's really comfortable with himself."

Philipps plans to compete in the state Masters meet in Corvallis during April. His goal? "To go under one minute for the 100-yard freestyle ... and to do the Alcatraz swim in October." As with his distinctive pottery, Philipps is sure to bring a sense of flair while continuing the family tradition in the water.

Submitted by Vince Aleccia of the RVMS

Ol' Barn continued from page 9

50 Fly: '97-36.54 '98-34.58, WOW and WOW, that's 2 seconds over just 50 yards. Holden made TT 1 or 3 in all his swims, except the Breast. The BIG NEWS is ANDREW is the new PENT records holder at 3:55.92 vs Eisenschmidt 4:31.66. Gil Young can hold his head high, not really a sprinter, Gil gave us a 4:49.72. Ol' Barn has to say a special hello to our newest 75er-Zygmund Kasner.

80-84: Allan Delay only swam 2 events, but he recorded a TT7 for the 50 Free, way to go Allan. The sage will venture

that a few more laps in the pool, and less of that fancy diving might help. When I was a kid, I learned to do a Swan?, 1/2 Twist, and Jackknife, why, because the gals only had eyes for the divers. Allan is this your reasoning at 82?

That's it folks for the 1998 version of the Pentathlon, an excellent meet with great efforts by all, and a special thanks for all those new faces.

Remember - Stay With It and Stay Fit.

History continued from page 3

show up in our historical files. It was really hilarious, talk about our guys acting ability, they had it in spades.

AquaMaster - March 1977: Connie made an appeal for people to contribute articles to AM, seems we still are appealing. (1998-Dave Radcliff tells me that they are getting many fine articles, keep it up)

Team approach for Assn Champs stressed. New team championship trophy was now available. Known teams were: MAC with 50, Tualatin Hills-12. Vancouver forming under the guidance of Mat McCudden at Marshall Swim Center, and the Portland Y was getting into action with 6 swimmers. Assn. Champs scheduled for Tigard: April 2 and 3, with Sundays events splashing at 10 AM, now that's more like it!

Regional Champs were scheduled for the MAC, April 29, 30 and May 1. Gala Banquet on Saturday, featuring Baron of Beef at \$ 7.50 per person, that is WOW ! Entertainment, swimmer magician, MAC's own Leo Haglund. Swim Movies to be shown by Trond Williams, MAC Coach. Serious and humorous awards will be presented by Assn Chairs: Tom Foley (PNA), Harry Lewis (IEA), and Connie Wilson. Olice Mucha of the MAC will be Meet Director.

Assn SCY Records as of March 1, were published.

Will somebody please explain to this old bird, just what is the matter with banquets ? (1998) OB will tell you what is the matter, we don't have any, and as a result, there is nothing social about Oregon Masters Swimming.

The first contribution to AquaMaster, came from Fred Eckhardt: Subject was "Let's all do the Suieido Fartlek", Fred told that "sueido" combined skills of ancient swimming and styles. Sort of a combined water version of "sumo" and "judo". Fartlek is the Swedish word for "speed play". Some swim coaches, ie, Councilman, have used Fartlek with good results. Fred remembered college days when they did the "locomotive": one sprint length, one easy length, then two, then three, then work back on down the scale. For Fartlek, during your workout, when you get a free lane area, step up to full speed, and hold as long as possible, or from one to three lengths. Then return to the slower pace, and await the next opportunity, clear lane or free area, and repeat the Fartlek training. Fred, old friend, very short, hope I did it justice.

Oregon Assn Champs: Tigard: April 2 and 3

Robin Biehler(21) 50 Free/50Fly:30.40/32.40, Karyne Moore(20) 100/200 Free/100 Breast: 1:07.00 /2:33.50/1:23.40. Susy Doolittle(28) 50Free/50Breast:34.70/46.50. Gale Ritz(34) 50/100Free:38.50/1:25.40, Zabudsky (32) 400 IM-6:11.00. Lavelle Stoinoff(44) 1650:25:06.48, Jeanne Kennett(42) 50/200Free: 41.20/3:25.60, Wilson(42) 100 Breast-1:55.90. Dianne Williams(49) 50/200 /500/1650/100Breast: 49.40/4:01.80/10:38.50: 35:41.90/2:02.50 (Does anyone remember this gal, where is she ?) Bill Byrne(28) 50 Fly-31.90, John DeRoest(25) 400 IM-4:45.00. Ed Ritz(33) 100 Free-1:14.20, Tom Emerson(32) 100 Breast-1:19.30. Eldon Rose(35) 50 Breast-36.30, Cecil Kribs and his wifewere stalwart Masters Boosters in the Eugene Area. Cecil handled the 100 Back in 1:19.60. Jim Bigler(41) Clean sweep, fore and aft, Free:29.20/1:05.60/2:34.30, 7:14.70/25:48.00. Pete Tutmark was swimming well. Eric Guest(47) Defied all of us and refused to swim further than the 100 Free. Fred Sprenger(45) 1650-

21:49.10. John Joens(45) 200 IM-4:29.00 Lowell Neil(48) Does anyone have any information on him, he was a swimmer !

Holland(53), Harrison(51), Snow(50) and Eckhardt (50) shared this age group. Jim Snow, early on, stepped in to print our AquaMaster, his company (Stevens-Ness Law Publishing Co., (1998) They still do, drop by, 916 SW 4th in Portland, and say THANK YOU !

Earl Walter(55) in the olden days, people rode me unmerciful insisting that I swim the 1500/1650 at least once a year. 50/100 Back-32.40/ 1:13.90-1650/26:10.80. Don Stevenson (64) 50/100/200/1650/100 IM-33.60 /1:17.60/3:00.00 /28:57.60 and a 1:33.90. Syd Hendy(63) handled the 50/100/200 Back-39.90 /1:31.90 and 3:29.80, both of these guys were BIG for OMS ! John Hoey(67) 100/200/1650-1:30.40/3:34.60 /38:39.75. Max Strauss(67) 50 Free, 50 Back, 50 Breast/100 IM-38.70/47.50/47.60/1:58.60. OB Comment (1998) Max Strauss went quietly out of our lives, can anyone give us any information?

Dana Thomas(70) 50/100 Free/50 Back-35.00, 1:24.00/49.00. Dana was a close friend of Herb Eisenschmidts, they swam competitively at the old Downtown Nat, before my time. This facility was on Broadway just above the Paramount Theater.

Relays: Men 25+ 200 Free 1:53.10 (TAC) Booth, DeRoest, Burgess, Gates

Men 25+ 200 Med 2:02.50 (TAC) DeRoest, Booth, Burgess, Gates

Footnotes to the Tigard Meet:

John DeRoest broke Schollander's 100 IM (1:00.7 with a 59.5). Joe Santry took over the 500, from Bigler (6:14.4 vs 7:20.3). Chuck Schaumburg's 1650-22:16.0 bested Don Jacklin's 22:43.0 AquaMaster May 1977:

National Long Course Champs announced for Spokane, late August

World Champs: Trying again, this time Puerto Rico in November National Record at Regionals: Dawn Musselman(63) 50 Back-40.80

Region XII SCY Champs, April 29, 30 and May 1

Mary Conlin(22) 50, 100, 200 Free, 50, 100 Fly: 28.10/1:30/2:18/31.20 and 1:13.20. OB can't recall this gal, if anyone can, please give me some info, she was quite a swimmer. Linda Pollock(20) 50/100 Back-32.60/1:12.30, Sue Snyder 50/100 Fly 200/400 IM: 31.40 /1:16.00 /2:42.70/5:53.30. Zabudsky(32) 50/500 Free/100 Fly - 31.60 / 7:22.20 / 3:11.80 /1:20.80, Chastain(31) 50/100/200 Back/100 IM-37.10/1:22.80 /3:05.60/1:25.10

Stoinoff(44) 50/100/200/500/1650-31.50/1:10.20 /2:34.80/7:00.00/24:11.30. Connie Wilson(42) 50/100/200 Back/100/200 IM - 36.80/1:23.30/2:58.90 /1:34.50/3:32.90. This was the year, Nadine Whitehall(42) swimming for IEM, did the 50 Fly in 36.80. Nadine later swam for OMS and PNA, she was the first one we knew to get an "ego" license plate (50 Fly). She made AA that year, a great gal and fine swimmer. Diane Williams(49) picked off 3 Golds and a Silver.

Mary Anne Wolfe(50) helped herself to 5 Golds.

Elfie Stevenin(55) did likewise, interesting thing about Elfie, there were a few years there, that she got faster as she grew older. Dawn Musselman(63) and Lee Holm(62) won every Gold in this *continued on page 15*

PNA LOCAL MASTERS SWIMMING COMMITTEE
1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET
 July 25 & 26, 1998 Meet Sanction #983605
 Hosted by the Green Lake Aqua Ducks (GLAD)

DATE: **Saturday, July 25 & Sunday July 26, 1998**
 TIMES: **SATURDAY** Warmup: **8:00 AM**, meet starts **9:00 AM**
 Warmup after Event #2; resume no sooner than **10:30 AM**
SUNDAY Warm up: **8:00 AM**, meet starts **9:00 AM**

PLACE: Weyerhaeuser King County Aquatic Center, Federal Way, Washington
 Phone: (206) 296-4444

MEET DIRECTOR: **Robin O'Leary**
 (206) 525-7725 (before 8:30 pm)

FACILITY: Competition pool: 50 meters x 8 lanes
 Warmup pool: 25 yards x 7 lanes
 Water temperature: 80 degrees F

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 1998 registered swimmers 19 and above as of the last day of the meet.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

AWARDS: Ribbons will be awarded for first through sixth place.

DIRECTIONS: (a) NORTHBOUND I-5 or SOUTHBOUND I-5: Take exit 142B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (highway 99) and past 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on your right about 1/4 mile past 1st Ave S.

(b) WESTBOUND Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S. 348th after crossing I-5. Follow the instructions for (a).

Saturday

1 1500 Free (May enter EITHER
 2 800 Free event #1 OR #2)

Break

3 200 Medley Relay
 4 50 Breast
 5 100 Fly
 6 200 Free
 7 200 IM

Break

8 400 Medley Relay
 9 400 Free Relay
 10 100 Breast
 11 200 Back
 12 50 Fly

Break

13 200 Mixed Free Relay

Sunday

14 400 IM

Break

15 200 Free Relay
 16 100 Back
 17 50 Free
 18 200 Breast

Break

19 800 Free Relay
 20 50 Back
 21 200 Fly
 22 100 Free

Break

23 200 Mixed Medley Relay
 24 400 Free

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET
 July 25 & 26, 1998 Meet Sanction #983605
 Hosted by the Green Lake Aqua Ducks (GLAD)

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (determined by your age as of the last day of the meet):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 EVENTS TOTAL, plus relays. MAXIMUM 5 EVENTS PER DAY, plus relays.

EVENT NUMBER	EVENT	SEED TIME (for LC Meters)

ENTRY FEES: \$ 11.00 (includes \$1 LMSC, \$1 electronic timing and \$1 Zone surcharges)

Individual Events: + _____ (\$6.00 maximum @ \$1 each; no charge for relays)

T-shirts + _____ S() M() L() XL() XXL() @ \$12.00 each

Total: \$ _____

Please make checks payable to: **JEANNE ENSION** (206) 324-6768 (h)

Mail this entry form and fees to: **600 MALDEN E. #102** (BEFORE 9 PM)
SEATTLE, WA 98112-4500 jeanne@rainier.net

Please send entries postmarked no later than Wednesday, **July 15, 1998**.

WAIVER: 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.

SIGNED: _____ DATE: _____

Oregon LMSC

Meet Manager Pg 1
Oregon Masters Association Championships
April 3-5, 1998

Meet Results for Timed Finals-Yards

Ages 19 Through 24 ---					Mixed 100 Fly					Mixed 50 Fly				
PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals
1	GINA DIMON	19	EA	27.79	1	SUSAN FISCHER	20	CAT	1:05.71	1	JULIA ANDREOTT	27	CAT	29.66
2	SUSAN FISCHER	20	CAT	28.10	2	GINA DIMON	19	EA	1:06.45	2	LAURA JAMES SPELL	27	TIB	31.79
3	JUSTINE HANSEN	21	PHSC	28.56	3	M. MATTERSON	19	EA	2:35.20	3	CHRISTY GRANTON	28	RAC	32.63
4	M. MATTERSON	19	EA	28.83	4	ARLENE ROGERS	24	MMH	DQ	4	KRISTINE LEWIS	28	TIB	33.56
5	ARLENE ROGERS	24	MMH	29.49	5	SUSAN FISCHER	20	CAT	2:27.45	5	CYNTHIA SMITH	28	COMA	37.74
6	WENDY DIXON	19	PHS	30.80	6	JUSTINE HANSEN	21	PHSC	2:38.62	6	HOLLY ROSS	28	MMH	46.43
7	SARAH YOUNG	19	PHSC	34.10	7	JODY HOLBERT	19	CAT	1:27.07	7	JULIA ANDREOTT	27	CAT	1:05.77
Mixed 100 Free					Ages 25 Through 29 ---					Mixed 200 Fly				
1	SUSAN FISCHER	20	CAT	1:00.14	PL <th>Name</th> <th>Age</th> <th>Team</th> <th>Finals</th> <td>1</td> <td>KRISTINE LEWIS</td> <td>28</td> <td>TIB</td> <td>1:10.93</td>	Name	Age	Team	Finals	1	KRISTINE LEWIS	28	TIB	1:10.93
2	GINA DIMON	19	EA	1:01.32	1	LISA INTERPUN	29	CAT	26.47	2	LAURA JAMES SPELL	27	TIB	1:12.53
3	JUSTINE HANSEN	21	PHSC	1:01.49	2	SANDRA HYER	29	MMH	29.83	3	KIMBERLY FARNETT	26	CAT	1:23.81
4	M. MATTERSON	19	EA	1:03.64	Mixed 200 Free					4	CYNTHIA SMITH	28	COMA	1:23.81
5	ARLENE ROGERS	24	MMH	1:05.24	1	LISA INTERPUN	29	CAT	26.47	5	JULIA ANDREOTT	27	CAT	2:10.20
6	EMILY PIERCE	20	EA	1:04.46	2	SANDRA HYER	29	MMH	29.83	6	KRISTINE LEWIS	28	TIB	2:13.72
7	SARAH YOUNG	19	PHSC	1:07.37	Mixed 100 Free					7	LAURA JAMES SPELL	27	TIB	2:15.43
8	SHANNON MCCRARY	19	PHS	1:13.17	1	LISA INTERPUN	29	CAT	5:43.53	8	JULIA ANDREOTT	27	CAT	4:59.82
Mixed 100 Breast					Ages 30 Through 34 ---					Mixed 50 Fly				
1	JUSTINE HANSEN	21	PHSC	2:14.06	PL <th>Name</th> <th>Age</th> <th>Team</th> <th>Finals</th> <td>1</td> <td>TOMI HECKSEL</td> <td>32</td> <td>TIB</td> <td>26.98</td>	Name	Age	Team	Finals	1	TOMI HECKSEL	32	TIB	26.98
2	ARLENE ROGERS	24	MMH	2:25.17	1	KIMBERLY FARNETT	26	CAT	40:59.40	2	JENNIFER THIMM	34	MCAP	29.76
Mixed 50 Free					Mixed 100 Breast					Mixed 100 Free				
1	JUSTINE HANSEN	21	PHSC	6:02.08	1	LISA INTERPUN	29	CAT	5:43.53	1	TOMI HECKSEL	32	TIB	58.46
2	GINA DIMON	19	EA	6:03.35	2	KIMBERLY FARNETT	26	CAT	6:01.45	2	ANDREA MILANO	30	PHS	1:04.42
3	EMILY PIERCE	20	EA	6:25.13	3	SANDRA HYER	29	MMH	6:26.59	3	JENNIFER THIMM	34	MCAP	1:04.48
Mixed 1450 Free					Mixed 1000 Free					Mixed 50 Fly				
1	JUSTINE HANSEN	21	PHSC	21:24.48	1	LISA INTERPUN	29	CAT	1:06.28	1	TOMI HECKSEL	32	TIB	2:09.85
Mixed 50 Back					Mixed 1650 Free					Mixed 200 Breast				
1	ARLENE ROGERS	24	MMH	34.13	1	KIMBERLY FARNETT	26	CAT	34.51	1	JULIA ANDREOTT	27	CAT	33.47
Mixed 100 Back					Mixed 100 Breast					Mixed 50 Free				
1	M. MATTERSON	19	EA	1:12.23	1	LISA INTERPUN	29	CAT	1:06.28	1	JENNIFER THIMM	34	MCAP	7:04.36
2	ARLENE ROGERS	24	MMH	1:14.74	Mixed 50 Breast					Mixed 100 Fly				
3	JODY HOLBERT	19	CAT	1:28.28	1	JULIA ANDREOTT	27	CAT	33.47	1	TOMI HECKSEL	32	TIB	30.11
Mixed 50 Breast					Mixed 100 Back					Mixed 100 Free				
1	WENDY DIXON	19	PHS	35.99	1	KRISTINE LEWIS	28	TIB	35.55	1	JENNIFER THIMM	34	MCAP	7:04.36
2	SARAH YOUNG	19	PHSC	40.09	2	CYNTHIA SMITH	28	COMA	41.80	Mixed 50 Fly				
3	SHANNON MCCRARY	19	PHS	57.45	3	HOLLY ROSS	28	MMH	44.99	1	TOMI HECKSEL	32	TIB	30.11
Mixed 100 Breast					Mixed 200 Breast					Mixed 100 Fly				
1	WENDY DIXON	19	PHS	1:12.48	1	JULIA ANDREOTT	27	CAT	1:12.95	1	JENNIFER THIMM	34	MCAP	33.31
2	M. MATTERSON	19	EA	1:25.98	2	KRISTINE LEWIS	28	TIB	1:16.46	Mixed 100 Breast				
3	SARAH YOUNG	19	PHSC	1:28.12	Mixed 200 Breast					Mixed 100 Fly				
Mixed 50 Fly					Mixed 200 Breast					Mixed 100 Fly				
1	SUSAN FISCHER	20	CAT	28.94	1	JULIA ANDREOTT	27	CAT	2:35.44	1	TOMI HECKSEL	32	TIB	1:09.54
2	GINA DIMON	19	EA	29.44	2	KRISTINE LEWIS	28	TIB	2:44.74					
3	SARAH YOUNG	19	PHSC	34.79										
4	SHANNON MCCRARY	19	PHS	DQ										

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Meet Results for Timed Finals-Yards

Mixed 200 IM				Mixed 100 Fly				Mixed 100 Breast						
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1	TOMI HECKSEL	32	TIB	2:29.04	1	KIMBERLY ARATA	37	EA	1:04.81	1	CATHERINE BOYCE	42	TIB	1:32.24
-----				-----				-----						
--- Ages 35 Through 39 ---				--- Ages 40 Through 44 ---				--- Ages 45 Through 49 ---						
PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals
-----				-----				-----						
Mixed 200 Free				Mixed 100 Fly				Mixed 200 Fly						
1	SARAH HARRIS	36	COMA	27.30	1	SARAH HARRIS	36	COMA	1:09.41	1	LAURA MORDEN	40	CAT	2:31.53
2	DORNA RYAN	35	MMH	29.32	2	DARLENE HILL	38	PHSC	1:14.81	2	LAURA MORDEN	40	CAT	2:31.53
3	JANET JANSSENS	37	EA	30.52	3	DORNA RYAN	35	MMH	1:15.72	3	CANDACE CHATT	42	CAT	2:11.98
4	JONI YOUNG	36	MMH	32.20	4	ANN GOODMAN	38	MMH	1:16.53	4	KRISTY GUSTAFSON	42	MMH	2:17.94
5	KATHLEEN RIGGS	37	MMH	36.02	5	JANET JANSSENS	37	EA	1:17.58	5	CATHERINE BOYCE	42	TIB	1:24.93
Mixed 100 Free				Mixed 200 IM				Mixed 200 IM						
1	SARAH HARRIS	36	COMA	1:00.71	1	KRISTY GUSTAFSON	42	MMH	2:18.73	1	SARAH HARRIS	36	COMA	1:00.71
2	SARAH HANGLAND	35	PS	1:02.55	2	ANN GOODMAN	38	MMH	2:42.93	2	SARAH HARRIS	36	COMA	1:00.71
3	DORNA RYAN	35	MMH	1:03.79	3	CHRISTINA FOX	37	CAT	4:54.03	3	LAURA MORDEN	40	CAT	2:33.59
4	JONI YOUNG	36	MMH	1:09.46	Mixed 200 IM				Mixed 200 IM					
5	D. ALLEN-HERRON	38	ADMS	1:17.46	1	ANN GOODMAN	38	MMH	2:48.01	1	LAURA MORDEN	40	CAT	2:33.59
6	KATHLEEN RIGGS	37	MMH	1:17.98	2	CHRISTINA FOX	37	CAT	3:01.59	2	KRISTY GUSTAFSON	42	MMH	2:47.74
Mixed 200 Free				Mixed 400 Free				Mixed 400 Free						
1	KIMBERLY ARATA	37	EA	2:04.85	1	D. ALLEN-HERRON	38	ADMS	3:14.17	1	LAURA MORDEN	40	CAT	5:23.40
2	KATHLEEN RIGGS	37	MMH	2:15.14	-----				-----					
Mixed 100 Free				--- Ages 40 Through 44 ---				--- Ages 45 Through 49 ---						
PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals
-----				-----				-----						
Mixed 30 Free				Mixed 50 Free				Mixed 50 Free						
1	KIMBERLY ARATA	37	EA	5:48.58	1	CANDACE CHATT	42	CAT	27.31	1	CHRISTY MARTIN	45	MMH	36.59
2	SARAH HANGLAND	35	PS	6:03.53	2	CATHERINE BOYCE	42	TIB	33.19	2	GERTI MATHENSON	49	RVN	31.20
3	JONI YOUNG	36	MMH	6:19.33	3	C. HARRINGTON	42	CAT	38.16	3	ELAN ARLESON	44	EA	33.59
4	SARAH HANGLAND	35	PS	13:18.77	Mixed 100 Free				Mixed 100 Free					
5	JONI YOUNG	36	MMH	13:08.86	1	CANDACE CHATT	42	CAT	1:00.70	4	JUNE MATHER	45	RVN	33.82
Mixed 150 Free				Mixed 200 IM				Mixed 200 IM						
1	JONI YOUNG	36	MMH	21:51.42	1	C. HARRINGTON	42	CAT	1:32.14	5	LIZABETH FULLER	45	TIB	34.23
Mixed 50 Back				Mixed 100 Free				Mixed 100 Free						
1	SARAH HARRIS	36	COMA	32.16	1	KRISTY GUSTAFSON	42	MMH	2:31.15	1	GERTI MATHENSON	49	RVN	1:10.12
2	ANN GOODMAN	38	MMH	34.49	2	CATHERINE BOYCE	42	TIB	2:56.50	2	ELAN ARLESON	44	EA	1:18.33
3	DORNA RYAN	35	MMH	34.76	Mixed 50 Free				Mixed 50 Free					
4	JANET JANSSENS	37	EA	34.95	1	LAURA MORDEN	40	CAT	6:28.32	3	LIZABETH FULLER	45	TIB	1:09.46
Mixed 100 Back				Mixed 100 Free				Mixed 100 Free						
1	ANN GOODMAN	38	MMH	1:15.94	1	LAURA MORDEN	40	CAT	13:10.84	5	KATHY MULLY	48	CAT	1:24.47
2	CHRISTINA FOX	37	CAT	1:23.17	Mixed 50 Back				Mixed 200 IM					
Mixed 100 Breast				Mixed 100 Back				Mixed 200 IM						
1	CHRISTINA FOX	37	CAT	1:31.17	1	KRISTY GUSTAFSON	42	MMH	35.27	1	GERTI MATHENSON	49	RVN	2:37.43
Mixed 200 Breast				Mixed 50 Back				Mixed 50 Back						
1	ANN GOODMAN	38	MMH	3:12.45	2	CANDACE CHATT	42	CAT	35.78	1	DARLENE STALEY	48	TIB	4:53.14
2	CHRISTINA FOX	37	CAT	3:14.49	3	SARAH GARTHER	41	CAT	34.51	2	JUNE MATHER	45	RVN	1:10.49
Mixed 50 Fly				Mixed 100 Back				Mixed 100 Free						
1	SARAH HARRIS	36	COMA	29.11	1	KRISTY GUSTAFSON	42	MMH	1:15.05	1	GERTI MATHENSON	49	RVN	14:43.14
2	SARAH HANGLAND	35	PS	32.18	2	SARAH GARTHER	41	CAT	1:24.03	2	KRISTY RIDGLE	48	TIB	16:02.23
3	DORNA RYAN	35	MMH	32.54	Mixed 50 Breast				Mixed 150 Free					
4	DARLENE HILL	38	PHSC	33.11	1	CANDACE CHATT	42	CAT	14.78	1	NANCY HILVER	46	MMH	25:35.23
5	JONI YOUNG	36	MMH	35.32	2	C. HARRINGTON	42	EA	48.34	2	JUNE MATHER	45	RVN	27:01.92
								Mixed 100 Free						
								3 KRISTY RIDGLE 48 TIB 30:10.20						

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Meet Manager Pg 3
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Meet Results for Timed Finals-Yards

Mixed 50 Back			Age 55 Through 59		
1 ELKE ASLESON	46 SA	41.54	1 JUDY DESZDERE	50 CAT	39.72
2 ELIZABETH FULLER	45 TMB	42.73	4 LYNN SACKS	52 RVN	42.49
3 KATHY MUYLEY	48 CAT	46.54	Mixed 100 Free		
Mixed 100 Back			1 SANDI ROUSSEAU	50 TMB	1:11.13
1 CHRISTY HARTMAN	45 MVM	1:14.85	2 S. CALVER-LILLES	54 PMS	1:13.75
2 KATHY MUYLEY	48 CAT	1:43.38	3 JACKIE QUATRO	50 PS	1:13.88
3 JUNE NATHAN	45 RVN	1:43.97	4 LYNN SACKS	52 RVN	1:28.12
4 KAYE CUSHING	47 RAC	2:09.59	Mixed 200 Free		
5 SUSAN COLLINS	45 TMB	DQ	1 SANDI ROUSSEAU	50 TMB	2:42.55
Mixed 50 Breast			2 JUDY DESZDERE	50 CAT	3:24.24
1 CHRISTY HARTMAN	45 MVM	35.14	Mixed 100 Breast		
2 KATHY MUYLEY	48 CAT	42.44	1 SANDI ROUSSEAU	50 TMB	1:25.56
3 JUNE NATHAN	45 RVN	1:43.97	2 JUDY DESZDERE	50 CAT	1:25.56
4 KAYE CUSHING	47 RAC	2:09.59	Mixed 200 Breast		
5 SUSAN COLLINS	45 TMB	DQ	1 SANDI ROUSSEAU	50 TMB	3:13.28
Mixed 100 Breast			2 JUDY DESZDERE	50 CAT	3:13.28
1 CHRISTY HARTMAN	45 MVM	1:25.56	Mixed 400 IM		
2 KATHY MUYLEY	48 CAT	48.47	1 SANDI ROUSSEAU	50 TMB	1:25.73
3 JUNE NATHAN	45 RVN	1:43.97	Age 60 Through 64		
4 KAYE CUSHING	47 RAC	2:09.59	1 LOTS ALLEN	74 TMB	52.11
5 SUSAN COLLINS	45 TMB	DQ	Mixed 50 Free		
Mixed 200 Breast			1 MARGARET WELLS	72 MVM	10:29.41
1 SUSAN COLLINS	45 TMB	3:14.88	Mixed 100 Free		
2 KATHY MUYLEY	48 CAT	3:41.14	1 LOTS ALLEN	74 TMB	1:09.61
Mixed 50 Fly			Mixed 200 Breast		
1 ELKE ASLESON	46 SA	37.74	1 MARGARET WELLS	72 MVM	4:52.11
2 KATHY MUYLEY	48 CAT	38.84	Mixed 100 Fly		
3 KATHY MUYLEY	48 CAT	40.42	1 MARGARET WELLS	72 MVM	2:08.52
Mixed 100 Fly			Mixed 200 Fly		
1 DANIELA STALEY	48 TMB	1:19.95	1 MARGARET WELLS	72 MVM	4:58.42
2 SUSAN COLLINS	45 TMB	1:21.63	Mixed 100 Back		
Mixed 100 IM			1 MARGARET WELLS	72 MVM	4:25.87
1 ELKE ASLESON	46 SA	1:24.32	Mixed 400 IM		
2 DANIELA STALEY	48 TMB	1:28.09	1 MARGARET WELLS	72 MVM	DQ
3 SUSAN COLLINS	45 TMB	1:29.31	Age 19 Through 24		
4 ELIZABETH FULLER	45 TMB	1:31.05	1 JOHN COLLINS II	19 TMB	24.58
5 JUNE NATHAN	45 RVN	1:35.80	2 GREGORY YOUNG	21 PMS	27.65
Mixed 200 IM			Mixed 50 Back		
1 SUSAN COLLINS	45 TMB	2:54.32	1 JOHN COLLINS II	19 TMB	54.02
2 SUSAN COLLINS	45 TMB	3:08.18	Mixed 100 Free		
3 SUSAN COLLINS	45 TMB	3:13.86	1 PAULINE STANGEL	74 ALB	1:45.54
4 KATHY MUYLEY	48 CAT	3:21.34	2 JUDY MELCHER	77 TMB	2:27.39
5 ELKE ASLESON	46 SA	DQ	Mixed 200 Free		
Mixed 400 IM			1 PAULINE STANGEL	74 ALB	1:45.54
1 SUSAN COLLINS	45 TMB	4:51.26	2 JUDY MELCHER	77 TMB	2:27.39
Age 50 Through 54			Mixed 500 Free		
PL Name	Age Team	Finals	1 ELKE ASLESON	74 MVM	15:49.76
1 SANDI ROUSSEAU	50 TMB	31.44	Mixed 1000 Free		
2 JACKIE QUATRO	50 PS	32.12	1 JUDY MELCHER	77 TMB	1:20.47
3 MIRIAM PRATHER	54 MVM	33.24	Mixed 100 Back		
4 S. CALVER-LILLES	54 PMS	33.87	1 PAULINE STANGEL	74 ALB	2:07.25
			2 ELKE ASLESON	74 MVM	2:54.48

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Meet Manager Pg 4
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Meet Results for Timed Finals-Yards

Mixed 1650 Free			Mixed 50 Breast		
1 LAVELLE STONOFF	45 MACO	23:09.53	1 PAULINE STANGEL	74 ALB	58.54
Mixed 50 Back			2 JUDY MELCHER	77 TMB	1:21.18
1 M. VAN DIJK	45 RVN	54.10	Mixed 100 Breast		
2 S. L'ESPERANCE	44 KLP	57.02	1 PAULINE STANGEL	74 ALB	2:12.49
Mixed 100 Back			2 JUDY MELCHER	77 TMB	2:52.93
1 S. L'ESPERANCE	44 KLP	2:02.69	Mixed 200 Breast		
2 M. VAN DIJK	45 RVN	2:05.21	1 PAULINE STANGEL	74 ALB	4:45.39
Mixed 200 IM			Mixed 100 Fly		
1 S. L'ESPERANCE	44 KLP	4:18.55	1 ELKE ASLESON	74 MVM	3:59.29
2 M. VAN DIJK	45 RVN	4:20.81	Age 25 Through 29		
Age 70 Through 74			PL Name	Age Team	Finals
PL Name	Age Team	Finals	1 ELKE ASLESON	74 MVM	8:24.49
1 LOTS ALLEN	74 TMB	52.11	Mixed 50 Free		
Mixed 500 Free			1 JUDY MELCHER	77 TMB	3:00.30
1 MARGARET WELLS	72 MVM	10:29.41	Mixed 100 IM		
Mixed 100 Breast			1 ELKE ASLESON	74 MVM	6:58.99
1 LOTS ALLEN	74 TMB	1:09.61	Mixed 400 IM		
Mixed 200 Breast			1 ELKE ASLESON	74 MVM	15:51.89
1 MARGARET WELLS	72 MVM	4:52.11	Age 35 Through 39		
Mixed 100 Fly			PL Name	Age Team	Finals
1 MARGARET WELLS	72 MVM	2:08.52	1 JUDY MELCHER	77 TMB	3:00.30
Mixed 200 Fly			Mixed 100 IM		
1 MARGARET WELLS	72 MVM	4:58.42	1 ELKE ASLESON	74 MVM	6:58.99
Mixed 100 Back			Mixed 400 IM		
1 MARGARET WELLS	72 MVM	4:25.87	1 ELKE ASLESON	74 MVM	15:51.89
Mixed 400 IM			Age 45 Through 49		
1 MARGARET WELLS	72 MVM	DQ	PL Name	Age Team	Finals
Age 19 Through 24			1 JUDY MELCHER	77 TMB	3:00.30
1 JOHN COLLINS II	19 TMB	24.58	Mixed 100 IM		
2 GREGORY YOUNG	21 PMS	27.65	1 ELKE ASLESON	74 MVM	6:58.99
Mixed 50 Back			Mixed 400 IM		
1 JOHN COLLINS II	19 TMB	54.02	1 ELKE ASLESON	74 MVM	15:51.89
Mixed 100 Free			Age 55 Through 59		
1 PAULINE STANGEL	74 ALB	1:45.54	PL Name	Age Team	Finals
2 JUDY MELCHER	77 TMB	2:27.39	1 JUDY MELCHER	77 TMB	3:00.30
Mixed 200 Free			Mixed 100 IM		
1 PAULINE STANGEL	74 ALB	1:45.54	1 ELKE ASLESON	74 MVM	6:58.99
2 JUDY MELCHER	77 TMB	2:27.39	Mixed 400 IM		
Mixed 500 Free			1 ELKE ASLESON	74 MVM	15:51.89
1 ELKE ASLESON	74 MVM	15:49.76	Age 60 Through 64		
Mixed 1000 Free			PL Name	Age Team	Finals
1 JUDY MELCHER	77 TMB	1:20.47	1 JUDY MELCHER	77 TMB	3:00.30
Mixed 100 Back			Mixed 100 IM		
1 PAULINE STANGEL	74 ALB	2:07.25	1 ELKE ASLESON	74 MVM	6:58.99
2 ELKE ASLESON	74 MVM	2:54.48	Mixed 400 IM		
Mixed 50 Fly			1 ELKE ASLESON	74 MVM	15:51.89
1 J. VAN ANDEL	23 DAC	2:18.38	Age 65 Through 69		
Mixed 100 Breast			PL Name	Age Team	Finals
1 STEPHEN STONSHAW	26 MCM	1:24.92	1 JUDY MELCHER	77 TMB	3:00.30
Mixed 200 Breast			Mixed 100 IM		
1 J. VAN ANDEL	23 DAC	2:18.38	1 ELKE ASLESON	74 MVM	6:58.99
Mixed 400 IM			Mixed 400 IM		
1 J. VAN ANDEL	23 DAC	2:18.38	1 ELKE ASLESON	74 MVM	15:51.89

History continued from page 15

Mohr the 200 Fly-2:37.30. Our guys found themselves in "steerage" in this age group (40-44) Fred Sprenger(46) 200/500/1650-2:20.20 /6:15.60 /21:52.70. Don Van Rossen(48) 50/100 Breast-35.00/1:15.50, Donlan Jones(47) 400 IM-6:57.70. Fred Eckhardt(50)50/100/200Fly/200/400IM35.30/1:26.10/3:10.80/3:19.20/6:50.30 Earl Walter(55) 50/100/200 Back/200 Fly/400 IM-33.10/1:15.30/2:47.50

/3:15.50/6:13.30, all in the Top 5 then, now, would not even get a smell of the Top 10! Don Stevenson(64) 50/100/200/500 Free-32.30 /1:15.00 /2:58.80/8:24.20. Syd Hendy(64) 50/100/200 Back-40.70/1:29.90 and 3:28.30. Max Strauss(67), John Hoey(67), Bob Hunter(65) handled things here. Roy Webster(76) 100/200/1650-2:11.60/5:01.20 /6:13.00/10 (These were long heats) 50/100 Breast-1:03.60/2:31.90 Collie Wheeler(83) 50/100 Fr-46.20/1:44.60, continued on page 17

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Meet Results for Tied Finals-Yards

Mixed 100 Fly				Mixed 50 Back			
1 ROBERT REPSKI	29 TSB	55.54		1 MATTHEW ROTH	31 PRID	28.24	
2 SHANE SWELL	28 TSB	1:04.00		2 CHRIS GILBERT	34 CAT	30.11	
3 GORDON STEWART	29 BA	1:11.42		Mixed 200 Free			
4 STEVEN STEWART	24 NCAP	DQ		1 ALAN ARATA	36 BA	1:54.14	
Mixed 100 IM				2 ROW TAYLOR	37 BA	2:06.69	
1 ROBERT REPSKI	29 TSB	56.28		3 D. VAN DER ZWAAN	35 NOPIA	2:21.93	
2 JASON FERN	25 NOPIA	1:13.45		4 MURALI KRISHNA	38 TSB	3:03.58	
1 GORDON DUTTO	29 CAT	2:02.56		Mixed 500 Free			
2 ROBERT REPSKI	29 TSB	2:04.32		1 STEVE GEORGE	38 CAT	5:15.59	
Mixed 200 IM				2 ALAN ARATA	36 BA	5:19.38	
1 GORDON DUTTO	29 CAT	2:04.09		3 CHRISTOPHER ROTH	39 TSB	5:20.82	
2 ROBERT REPSKI	29 TSB	2:09.29		4 MURALI KRISHNA	38 TSB	8:09.91	
3 SHANE SWELL	28 TSB	2:24.06		Mixed 1000 Free			
Mixed 400 IM				1 STEVE GEORGE	38 CAT	12:33.04	
1 GORDON DUTTO	29 CAT	4:25.36		2 ROW TAYLOR	37 BA	16:49.09	
2 SHANE SWELL	28 TSB	5:19.91		3 CHRISTOPHER ROTH	39 TSB	18:29.71	
--- Ages 10 Through 24 ---				Mixed 1500 Free			
PL Name	Age Team	Finals		1 RICK RODRIGUEZ	35 BA	27.87	
1 MATTHEW ROTH	31 PRID	23.52		2 ALAN ARATA	36 BA	29.08	
2 DOUG K STEWART	34 NOPIA	53.99		Mixed 100 Back			
3 JEFF KAGLON	32 NCAP	26.34		1 STEVE GEORGE	38 CAT	55.21	
4 JEFF THOMAS	34 CAT	26.68		2 ROBERT MOORE	37 MACO	1:00.06	
5 B. REICHELDERFER	31 TSB	28.49		Mixed 50 Breast			
1 DOUG K STEWART	34 NOPIA	52.85		1 PAT ALLENBERG	39 CAT	29.35	
2 JEFF KAGLON	32 NCAP	26.62		2 RICK RODRIGUEZ	35 BA	33.09	
3 JEFF THOMAS	34 CAT	1:00.47		3 NORM HERRON	38 ADNS	34.17	
4 B. REICHELDERFER	31 TSB	1:05.22		4 ROGER PARKER	35 NOPIA	34.28	
Mixed 200 Free				5 D. VAN DER ZWAAN	35 NOPIA	DQ	
1 ERIC MILLER	31 UNATT	1:49.71		Mixed 100 Breast			
2 D. STEWART	33 CAT	1:51.49		1 PAT ALLENBERG	39 CAT	2:16.52	
Mixed 50 Free				2 DAVID COBB	38 PMS	2:33.00	
1 D. STEWART	33 CAT	4:57.61		3 SCOTT BYLER	38 CAT	2:38.05	
2 B. REICHELDERFER	31 TSB	6:54.43		Mixed 50 Fly			
--- Ages 35 Through 39 ---				1 CHRISTOPHER ROTH	39 TSB	25.93	
PL Name	Age Team	Finals		2 ROW TAYLOR	37 BA	26.94	
1 MATTHEW ROTH	31 PRID	23.52		3 DOUG CHRISTENSEN	35 OREG	26.33	
2 ERIC MILLER	31 UNATT	1:32.99		4 ROBERT MOORE	37 MACO	26.47	
3 JEFF KAGLON	32 NCAP	10:32.49		5 PAT ALLENBERG	39 CAT	26.62	
4 B. REICHELDERFER	31 TSB	16:43.20		6 RICK RODRIGUEZ	35 BA	27.44	
Mixed 1500 Free				7 ROGER PARKER	35 NOPIA	34.65	
1 JEFF KAGLON	32 NCAP	21:08.85		Mixed 100 Fly			
2 JOHN GABRIEL	32 CAT	21:50.75		1 CHRISTOPHER ROTH	39 TSB	56.33	
1 STEVE GEORGE	38 CAT	50.28		2 ROW TAYLOR	37 BA	1:00.28	
2 ROBERT MOORE	37 MACO	52.87		3 MURALI KRISHNA	38 TSB	1:45.45	
3 DOUG CHRISTENSEN	35 OREG	54.35		Mixed 100 IM			
4 D. VAN DER ZWAAN	35 NOPIA	1:01.36		1 STEVE GEORGE	38 CAT	50.28	
5 NORM HERRON	38 ADNS	1:02.10		2 ROBERT MOORE	37 MACO	52.87	

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Meet Results for Tied Finals-Yards

Mixed 200 Fly				Mixed 500 Free			
1 CHRISTOPHER ROTH	39 TSB	2:05.43		1 ED RANNEY	41 TSB	5:53.36	
2 DOUG CHRISTENSEN	35 OREG	2:34.24		2 KRIS BRIDGEMAN	41 COMA	6:39.10	
Mixed 100 IM				3 CHARLES HELM	41 NCAP	7:58.38	
1 STEVE GEORGE	38 CAT	56.65		Mixed 1000 Free			
2 RICK RODRIGUEZ	35 BA	1:03.65		1 ED RANNEY	41 TSB	12:10.49	
3 SCOTT BYLER	38 CAT	1:03.57		2 ROBERT BERGSTROM	41 MM	13:28.22	
4 DAVID COBB	38 PMS	1:04.29		3 MARK WHELAN	43 NCAP	14:36.32	
Mixed 200 IM				4 CHARLES HELM	41 NCAP	16:40.93	
1 STEVE GEORGE	38 CAT	1:59.30		Mixed 1500 Free			
2 ROBERT MOORE	37 MACO	2:11.30		1 JONATHAN ISTOK	42 CAT	22:17.93	
3 ROW TAYLOR	37 BA	2:20.87		2 ROBERT BERGSTROM	41 MM	22:52.95	
4 MURALI KRISHNA	38 TSB	2:36.04		Mixed 50 Back			
5 DAVID COBB	38 PMS	DQ		1 CLIFF STEPHENS	43 PMS	29.04	
Mixed 400 IM				2 JOEL JONES	43 NOPIA	30.55	
1 PAT ALLENBERG	39 CAT	2:04.04		3 BRUCE CATTEN	43 BA	33.55	
2 CHRISTOPHER ROTH	39 TSB	2:11.79		4 ERIC JENSEN	43 MM	36.69	
3 DOUG CHRISTENSEN	35 OREG	2:16.54		5 MARK WHELAN	40 NCAP	48.26	
4 DAVID COBB	38 PMS	2:22.47		Mixed 100 Back			
5 NORM HERRON	38 ADNS	2:36.49		1 CLIFF STEPHENS	43 PMS	1:03.43	
Mixed 400 IM				2 ADRIAN KALLIL	44 PMS	1:07.96	
1 PAT ALLENBERG	39 CAT	4:33.15		3 JOEL JONES	43 NOPIA	1:10.25	
2 MURALI KRISHNA	38 TSB	7:29.59		4 ERIC JENSEN	43 MM	1:28.24	
3 DAVID COBB	38 PMS	DQ		Mixed 50 Breast			
--- Ages 40 Through 49 ---				1 JIM CAMPBELL	42 MACO	32.64	
PL Name	Age Team	Finals		2 ADRIAN KALLIL	44 PMS	33.72	
1 PAT ALLENBERG	39 CAT	29.35		3 G.R. JOHNSON	41 CAT	35.35	
2 ERIC JENSEN	43 MM	37.27		4 ERIC JENSEN	43 MM	39.70	
3 NORM HERRON	38 ADNS	34.17		5 MARK WHELAN	40 NCAP	40.18	
4 ROGER PARKER	35 NOPIA	34.28		Mixed 100 Breast			
5 D. VAN DER ZWAAN	35 NOPIA	DQ		1 THOMAS CHEN	42 RAC	1:13.53	
Mixed 50 Free				2 MARK WHELAN	40 NCAP	1:28.15	
1 DAVID YEAKEL	44 BA	24.79		Mixed 200 Breast			
2 ADRIAN KALLIL	44 PMS	25.19		1 THOMAS CHEN	42 RAC	2:42.33	
3 JOEL JONES	43 NOPIA	25.27		Mixed 50 Fly			
4 ERIC JENSEN	43 MM	27.27		1 ROBERT JESSOP	43 RVN	27.19	
5 CHARLES HELM	43 NCAP	30.84		2 DAVID YEAKEL	44 BA	28.40	
6 MARK WHELAN	40 NCAP	33.24		3 JIM CAMPBELL	42 MACO	28.97	
Mixed 100 Free				4 JOEL JONES	43 NOPIA	29.42	
1 DAVID YEAKEL	44 BA	24.79		5 MARK WHELAN	43 NCAP	33.89	
2 ADRIAN KALLIL	44 PMS	25.19		6 ROBERT JESSOP	43 RVN	34.50	
3 JOEL JONES	43 NOPIA	25.27		7 ROBERT BERGSTROM	41 MM	35.30	
4 ERIC JENSEN	43 MM	27.27		Mixed 100 IM			
5 CHARLES HELM	43 NCAP	30.84		1 ROBERT JESSOP	43 RVN	59.58	
6 MARK WHELAN	40 NCAP	33.24		2 CLIFF STEPHENS	43 PMS	1:03.40	
Mixed 200 Free				3 G.R. JOHNSON	41 CAT	1:06.44	
1 DAVID YEAKEL	44 BA	24.79		4 ED RANNEY	41 TSB	1:08.55	
2 ROBERT BERGSTROM	41 MM	1:04.88		5 ROBERT BERGSTROM	41 MM	1:24.88	
3 ERIC JENSEN	43 MM	1:05.61		Mixed 200 Fly			
4 CHARLES HELM	43 NCAP	1:14.74		1 ROBERT JESSOP	43 RVN	2:16.74	
5 MARK WHELAN	40 NCAP	1:24.88		2 ROBERT JESSOP	43 RVN	2:16.74	
Mixed 200 IM				3 JESSE HICKERSON	45 CAT	2:02.44	
1 ADRIAN KALLIL	44 PMS	2:07.80		4 JESSE HICKERSON	45 CAT	2:02.44	
2 ROBERT BERGSTROM	41 MM	2:16.74		5 JESSE HICKERSON	45 CAT	2:02.44	
3 ERIC JENSEN	43 MM	2:21.41		6 JESSE HICKERSON	45 CAT	2:02.44	
4 CHARLES HELM	43 NCAP	2:48.59		7 JESSE HICKERSON	45 CAT	2:02.44	

History continued from page 16

both National Records, and an All American. Relays: Women 20+ 200 Free 1:58.80 (Snyder, Zabudsky, Conlin, Moore) Men 20+ 200 Free 1:33.60 (Booth, Williams, Glass, McCudden) Men 20+ 200 Med 1:50.10 (Glass, McCudden, Booth, Williams) Men 35+ 200 Free 1:47.60 OMS (Schaumburg, Santry, Gates, Kribs) TIED with PNA (Long, Jacobs, Adams, Taylor) MXD 20+ 200Fr 1:44.50 (Moore, Williams, Conlin,

Huestis) AquaMaster May 1977: Doug Crichton (MAC), was complimented on the conduct of the meet, a most wonderful buffet. Leo Haglund, MAC resident magician did a just superb job and his many tricks were enjoyed by all those present. During the banquet, 1976 All American certificates were presented to Dawn Musselman (PNA), and Collic Wheeler (MAC). An aside: Tom Long of PNA, who in 1958 was a midshipman at the Naval Academy, set a school record for the *continued on page 18*

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Meet Results for Timed Finals-Yards

Meet Results for Timed Finals-Yards

Meet Results for Timed Finals-Yards

Mixed 100 Fly										Mixed 1500 Free									
5	YED CROWIN	49	TWD	2:12.52	1	TOM COPPEY	47	FS	56.82	1	STEPHEN JOHNSON	50	EA	19:10.61					
6	RICHARD SMITH	48	RVM	2:12.24	2	JED CROWIN	49	TWD	1:05.70	2	STEVEN BARRETT	51	PHS	20:46.47					
7	JOHN DOWNEY	48	MCAP	2:12.47	Mixed 100 IM					3	JAMES CRAWLEY	50	CA	23:10.63					
8	CRAGG MATHER	48	RVM	2:12.44	1	CHARLES SHANON	44	EA	1:06.49	4	DANIEL GRAY	52	RVM	23:41.58					
9	JOHN COLLINS	48	TWD	2:12.14	2	ROBERT HUTZENGA	48	EA	1:18.97	Mixed 50 Back									
10	CARAY GOWE	49	MMH	2:07.17	- STEPHEN ALBRIGHT 45 CAT DO					2	KIRK ROSE	50	COMA	22.70					
Mixed 50 Free										3	PAT MCILWY	45	CA	20					
1	JESS HICKSON	45	CAT	5:49.74	Mixed 200 Free					2	KIRK ROSE	50	CAT	37.70					
2	CHARLES SHANON	44	EA	6:17.55	1	TOM ANDERSEN	47	CAC	2:31.40	1	ROBERT BRUCE	50	COMA	1:16.37					
3	JOHN DOWNEY	48	MCAP	6:19.67	2	RICHARD SMITH	48	RVM	2:40.53	2	ROY LAWBERT	51	TWD	1:33.04					
4	CRAGG MATHER	48	RVM	6:10.81	Mixed 100 IM					Mixed 50 Breast									
5	JOHN COLLINS	48	TWD	6:10.92	1	SCOTT SMOTHERS	45	CAT	2:28.53	1	PHILIP KROEGER	51	NOFIA	1:21.33					
6	MARK MORSE	48	CAT	7:03.20	2	CHARLES SHANON	44	EA	2:31.80	2	JERRY WILDE	54	CAT	33.44					
7	LARRY GROVE	49	MMH	6:03.10	Mixed 400 IM					3	ROY LAWBERT	51	TWD	16.39					
Mixed 1500 Free										4	RICHARD JONALA	54	MCAP	39.43					
1	JESS HICKSON	45	CAT	13:29.43	1	JOHN DOWNEY	48	MCAP	4:07.94	5	KIRK ROSE	50	CAT	46.63					
2	TOM ANDERSEN	47	CAC	13:29.67	Age 50 Through 54 ---					Mixed 100 Breast									
3	STEPHEN ALBRIGHT	45	CAT	13:11.15	Pl. Name Age Team Finals					1	ARTHUR SMITH	53	TWD	1:10.32					
4	JOHN COLLINS	48	TWD	13:28.95						2	PHILIP KROEGER	51	NOFIA	1:15.02					
5	MARK MORSE	48	CAT	14:39.20	Mixed 50 Free					3	JERRY WILDE	54	CAT	1:17.45					
Mixed 1850 Free										4	TOMMY SCHRAM	51	PHMC	1:21.93					
1	TOM ANDERSEN	47	CAC	20:16.40	1	ROBERT BRUCE	50	COMA	26.68	5	RICHARD JONALA	54	MCAP	1:28.33					
2	JOHN DOWNEY	48	MCAP	20:13.49	2	BUS CARLISER	50	MMH	27.82	Mixed 150 Back									
3	JOHN COLLINS	48	TWD	22:05.89	3	JERRY WILDE	54	CAT	28.49	1	PHILIP KROEGER	51	NOFIA	2:07.39					
Mixed 50 Back										5	KIRK ROSE	50	CAT	30.42					
1	DANIEL PEREE	45	PHS	30.56	Mixed 100 Free					2	RICHARD JONALA	54	MCAP	3:27.29					
2	RICHARD SMITH	48	RVM	32.24	1	STEPHEN JOHNSON	50	EA	55.79	Mixed 50 Fly									
3	ROBERT HUTZENGA	48	EA	38.29	2	KARL VON TAGEN	56	MACO	57.42	1	STEPHEN JOHNSON	50	EA	28.22					
Mixed 100 Back										3	STEVEN BARRETT	51	PHS	57.34					
1	TOM ANDERSEN	47	CAC	1:09.52	4	ROBERT BRUCE	50	COMA	1:00.34	2	KARL VON TAGEN	56	MACO	29.49					
2	JOHN DOWNEY	48	RVM	1:11.50	5	BUS CARLISER	50	MMH	1:01.53	3	ROBERT BRUCE	50	COMA	31.46					
3	SCOTT SMOTHERS	45	CAT	1:13.18	6	JERRY WILDE	54	CA	1:01.53	4	DANIEL GRAY	52	RVM	32.55					
4	ROBERT HUTZENGA	48	EA	1:18.47	7	ROY LAWBERT	51	TWD	1:04.38	- ROY LAWBERT 51 TWD 20									
Mixed 150 Breast										8	KIRK ROSE	50	CAT	1:09.14					
1	JULIES DROZULIO	45	DREB	1:12.42	Mixed 200 Free					Mixed 100 Fly									
2	MARK MORSE	48	CAT	33.18	1	STEPHEN JOHNSON	50	EA	2:02.23	1	STEPHEN JOHNSON	50	EA	2:02.31					
3	JESS HICKSON	45	CAT	33.57	2	ARTHUR SMITH	53	TWD	2:01.43	2	PHILIP KROEGER	51	NOFIA	1:09.71					
4	CHARLES SHANON	44	EA	33.60	3	BUS CARLISER	50	MMH	2:12.94	Mixed 100 IM									
5	CHRISTOPHER TODDLE	44	TWD	39.54	4	DANIEL GRAY	52	RVM	2:21.38	1	PHILIP KROEGER	51	NOFIA	1:07.77					
Mixed 100 IM										2	JERRY WILDE	54	CAT	1:11.31					
1	JULIES DROZULIO	45	DREB	1:12.42	5	TOMMY SCHRAM	51	PHMC	2:21.12	3	PHMC	1:18.46							
2	CHARLES SHANON	44	EA	1:14.43	Mixed 500 Free					Mixed 100 IM									
3	JOHN DOWNEY	48	MCAP	1:24.44	1	STEPHEN JOHNSON	50	EA	8:30.42	1	BUS CARLISER	50	MMH	3:06.21					
Mixed 200 Breast										2	PHILIP KROEGER	51	NOFIA	2:27.38					
1	CHARLES SHANON	44	EA	2:44.37	2	KIRK ROSE	50	CAT	7:05.15	3	BUS CARLISER	50	MMH	2:51.44					
Mixed 50 Fly										Mixed 100 Free									
1	TOM COPPEY	47	FS	36.27	1	STEVEN BARRETT	51	PHS	12:01.00	Mixed 400 IM									
2	YED CROWIN	49	TWD	27.49	2	DANIEL GRAY	52	RVM	14:04.47	- RICHARD JONALA 54 MCAP 30									
3	STEPHEN ALBRIGHT	45	CAT	31.16	3	RICHARD JONALA	54	MCAP	18:59.10										
4	JULIES DROZULIO	45	DREB	31.16															
5	TWD:STEPHEN TODDLE 44	TWD	31.16																

Meer Manager Pg 9

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Meet Results for Timed Finals-Yards

[illegible]

200 Breast in 2:36.5, during the championships at MAC, Tom bettered that time by .8 of a second, age 39. Now that's growing old in style. OB remembers this, Connie had to comment, "I have unfortunately become aware that in recent meets, there has been a tendency for some of our members, to put down, in various ways, the slower swimmers among us". She reminded us all, that just as important as swimming against others, is

the competition of swimming against yourself. The next meet was announced for Mountain Park, June 18 & 19, Long Course Meters. Your board was still: Connie, Chair - OB, Vice, Alice Zabudsky in charge of records, with Doug Crichton and Trond Williams as committee members. Region XII SCY Top Ten was announced, OMS swimmers making # 1 (20-24) Mary Conlin 50 Free-28.10, 100 Free-1:00.30, 50 Fly-31.20. Lyn Zak 1650 Free- 22:42.90. Catherine *continued on page 19*

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Meet Results for Timed Finals-Yards

Mixed 1650 Free				Female 200 R-Medley				Female 200 R-Medley				
1	GILBERT YOUNG	75	MM	27:21.48	1	CAT A P-19	CAT	2:01.28	1	TIM A P-45	TIM	1:31.51
2	THOMAS RASHER	75	TIM	32:37.14	2	LISA ALBERT-29	JULIA ARMSTRONG-27		2	LOIS ALLEN-74	S. SCHWABER-50	
3	JOSEPH WALLON	75	MM	37:18.11	3	K. FANCKETT-34	SUSAN FISCHER-30		3	DARLENE STALLET-45	JUDY WELCHER-77	
Mixed 50 Back				2 EA A P-19				2 EA A P-19				
1	GILBERT YOUNG	75	MM	44.26	1	M. MATTHESON-19	KIMBERLY ARATA-17		1	EA A P-19	EA	2:10.08
Mixed 100 Back				GIRIA CHON-19				EMILY PIERCE-20				
1	ANDREW HOLDEN	75	TIM	1:27.20	2	PMSC A P-19	PMSC	2:24.49	2	PMSC A P-19	PMSC	2:24.49
2	KARL WALTER	76	TIM	2:40.10	3	SARAH YOUNG-17	JUSTINE HANSEN-21		3	PAUL 200 R-FTM		
Mixed 200 Breast				DARLENE HILL-19				CALYNE LILLISTE-54				
1	ANDREW HOLDEN	75	TIM	2:00.32	Age 25 Through 34				Age 25 Through 34			
2	KARL WALTER	76	TIM	3:53.51	1	PL Name	Team	Finals	1	PL Name	Team	Finals
Mixed 100 Fly				Female 200 R-Free				Female 200 R-Medley				
1	ANDREW HOLDEN	75	TIM	1:26.85	1	CAT A P-25	CAT	1:51.89	1	TIM A P-19	TIM	1:54.24
2	KARL WALTER	76	TIM	1:51.32	2	JULIA ARMSTRONG-27	LARA MORRIS-40		2	ROBERT RUSSETT-39	RAYMOND CHEN-33	
Mixed 100 IM				CAMERON CHATT-42				LISA ALBERT-29				
1	KARL WALTER	76	TIM	1:33.35	3	TIM A P-25	TIM	1:55.72	3	SHANE SPELL-38	JOHN COLLINS II-19	
Mixed 200 IM				L. SPELL-27				SANDI ROUSSEAU-50				
1	KARL WALTER	76	TIM	3:40.55	1	KRISTINE LEWIS-28	TOMI HECKEL-32		2	PMSC A P-19	PMSC	2:00.65
2	GILBERT YOUNG	75	MM	3:52.43	2	TIM A P-25	TIM	2:14.58	3	CLIFF STEPHENS-43	TOMMY SODAM-51	
3	RENEAP LEPON	76	OREG	5:14.34	3	TOMI HECKEL-32	KRISTINE LEWIS-28		4	BERT PETERSEN-59	GEOFFREY YOUNG-21	
Mixed 200 IM				L. SPELL-27				LISA ALBERT-29				
1	GERALD HUSTIS	77	TIM	3:39.44	1	PL Name	Team	Finals	1	PL Name	Team	Finals
2	KARL WALTER	76	TIM	3:43.00	1	PL Name	Team	Finals	1	PL Name	Team	Finals
Mixed 400 IM				Age 25 Through 44				Age 25 Through 44				
1	GERALD HUSTIS	77	TIM	5:00	1	PL Name	Team	Finals	1	PL Name	Team	Finals
Age 40 Through 49				Female 200 R-Free				Female 200 R-Free				
1	PL Name	Age	Team	Finals	1	MM A P-35	MM	2:10.48	1	CAT A P-25	CAT	1:53.75
Mixed 50 Free				KATHLEEN RIDGE-37				K. GUSTAFSON-42				
1	JACK BOCHMAN	81	CAT	2:10.16	2	NATHAN SMITH-28	ALAN GOODMAN-38		2	NATHAN SMITH-28	ALAN GOODMAN-38	
Mixed 100 Free				Female 200 R-Medley				1 CAT A P-35				
1	JACK BOCHMAN	81	CAT	3:04.84	1	CAT A P-35	CAT	2:20.61	1	CHAPAL BELLA-41	WILLIAM BOCHMAN-34	
Age 19 Through 24				BARBARA GARTNER-41				CHRISTINA FOX-37				
1	PL Name	Team	Finals	2	MM A P-35	MM	2:20.72	2	RICHARD JUMALA-54	JEFF KAELOW-32		
Age 19 Through 24				LARA MORRIS-40				CAMERON CHATT-42				
1	PL Name	Team	Finals	2	MM A P-35	MM	2:20.72	3	CAT A P-25	CAT	1:42.12	
Female 300 R-Free				K. GUSTAFSON-42				CHRISTIE KATHMAN-45				
1	CAT A P-19	CAT	1:54.92	3	KATHLEEN RIDGE-37	K. GUSTAFSON-42		3	STEVE GEORGE-38	PAT ALLIBON-39		
2	K. FANCKETT-34	JODY HOLBERT-19		4	ANDY GOODMAN-38	KATHLEEN RIDGE-37		4	DARREN OUTTO-29	DAVID HITCHCOCK-39		
3	SANDRA USUKI-24	SUSAN FISCHER-30		5	TIM A P-35	TIM	2:17.75	5	CAT B M-25	CAT	1:55.42	
2 EA A P-19				SANDI ROUSSEAU-50				CHRIS BILLETTE-34				
1	M. MATTHESON-19	EMILY PIERCE-20		6	PL Name	Team	Finals	6	STEWART-33	JEFF THOMAS-34		
2	ELAR ALBERTSON-44	GIRIA CHON-19		3	NCAP A P-25	NCAP	2:14.30	7	STEWARM-46	RICHARD JUMALA-54		
3	PMSC A P-19	PMSC	2:15.75	4	PL Name	Team	Finals	8	JEFF KAELOW-32	JOHN DOWNEY-46		
KATY YOUNG-48				1 TIM A P-45				1 TIM A P-45				
JUSTINE HANSEN-21				SUSAN COLLINGS-45				JUDY WELCHER-77				
DARLENE HILL-19				KATHLEEN RIDGE-37				LISA ALBERT-29				

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Meet Manager Pg 10
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Meet Results for Timed Finals-Yards

Age 35 Through 44 ---				Male 200 R-Medley				Mixed 200 R-Medley			
PL	Name	Team	Finals	1	CAT A N-45	CAT	2:03.42	1	EA B X-19	EA	1:53.58
				SCOTT SMOTHERS-45				RICK RODRIGUEZ-35M			
				JEFF HICKERSON-45				S. ALBERT-45			
				2 TIM A N-45 <td colspan="4">2 TIM A N-45</td>				2 TIM A N-45			
				DAVID KACZMAREK-43				ARTHUR SMITH-51			
				JOHN COLLINS-45				JOHN COLLINS-32P			
				3 EA A N-45				EA A X-19			
				3 STEPHEN JOHNSON-50				M. WATSON-19P			
				CHARLES STANFORD-66				RON TAYLOR-37M			
				RICHARD WICK-64				ROBERT HUTCHINSON-48			
				3 YOUN A N-35				4 PMS A X-19			
				3 YOUN A N-35				DAVID COBB-18M			
				--- Ages 65 Through 74 ---				MEMOY OGDEN-18P			
				ROBERT JESSON-43				ADRIAN KILPAT-18M			
				FRANK MILLER-55				5 MEM A X-19			
				DANIEL GRAY-52				ADRIAN KILPAT-18M			
				RICHARD SMITH-48				ADRIAN KILPAT-18M			
				4 MEM A N-35				4 MEM A N-35			
				ERIC JENSEN-43				ERIC JENSEN-43			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
				NIM CAMPBELL-50				NIM CAMPBELL-50			
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				NIM CAMPBELL-50				NIM CAMPBELL-50			
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Oregon LMSC

Oregon Masters Association Championships
April 3-5, 1998

Meet Manager Pg 11

Meet Results for Timed Finals-Yards

--- Ages 35 Through 44 ---

PL Name Team Finals

Mixed 200 R-Free

1 CAT A X-35 CAT 1:45.31
PAT ALLENDER-39M CANDACE CHATT-42F
LAURA WORDEN-40F STEVE GEORGE-38M
2 MM A X-35 MM 1:58.67
BUZ CARRIKER-50M ERIC GUEST-48M
DONNA RYAN-35F ANN GOODMAN-38F
3 CAT B X-35 CAT 2:02.45
G.R. JOHNSON-41M BARBARA GARTNER-41F
CHRISTINA FOX-37F SCOTT SMOTHERS-45M
4 THB A X-35 THB 2:07.53
ROY LAMBERT-51M LIZABETH FULLER-45F
KRISTI RIDDLE-49F CHRISTOPHER ROTH-39M

Mixed 200 R-Medley

1 MM A X-35 MM 2:11.48
ANN GOODMAN-38F ERIC JENSEN-41M
DONNA RYAN-35F R. BERGSTROM-41M
2 PHSC A X-35 PHSC 2:13.33
CLIFF STEPHENS-43M TOMMY SCHRAM-51M
DARLENE HILL-38F CALNEK-LILLESTR-54F

3 EA A X-35 EA 2:15.19

JANET JANSSENS-37F CHARLES SHAMSON-46M

STEPHEN JOHNSON-50M C. HARRINGTON-42F

4 THB A X-35 THB 2:18.35

CATHERINE BOYCE-42F ED RAMSEY-41M

CHRISTOPHER ROTH-39M LIZABETH FULLER-45F

5 RVN A X-35 RVN 2:26.12

JUNE MATHER-45F ROBERT JESSOP-43M

DANIEL GRAY-52M GERRI MATHERSON-49F

- CAT A X-35 CAT DQ

STEVE GEORGE-38M SCOTT BYLER-38M

LAURA WORDEN-40F CANDACE CHATT-42F

- CAT B X-35 CAT DQ

CHRISTINA FOX-37F S. ALBRIGHT-45M

G.R. JOHNSON-41M BARBARA GARTNER-41F

--- Ages 45 Through 54 ---

PL Name Team Finals

Mixed 200 R-Free

1 THB A X-45 THB 1:59.50
DAVID RADCLIFF-53M DARLENE STALEY-48F
SANDI ROUSSEAU-50F JED CROWIN-49M

2 RVN A X-45 RVN 2:15.96

LYNN SACKS-52F FRANK PHILIPPS-55M

JUNE MATHER-45F DANIEL GRAY-52M

3 CAT A X-45 CAT 2:16.15

VIC TREMBLAY-47M KATHY MOTLEY-48F

JUDY DESZORKE-50F BRUCE THOMSON-49M

Mixed 200 R-Medley

1 THB B X-45 THB 2:21.18

KRISTI RIDDLE-49F S. SCHUMANN-60F

JED CROWIN-49M JOHN COLLINS-46M

2 THB A X-45 THB 2:21.52

SUSAN COLLINS-45F ARTHUR SMITH-53M

DARLENE STALEY-48F DAVID RADCLIFF-53M

- CAT A X-45 CAT DQ

KATHY MOTLEY-48F JESS HICKSON-45M

SCOTT SMOTHERS-45M JUDY DESZORKE-50F

--- Ages 65 Through 74 ---

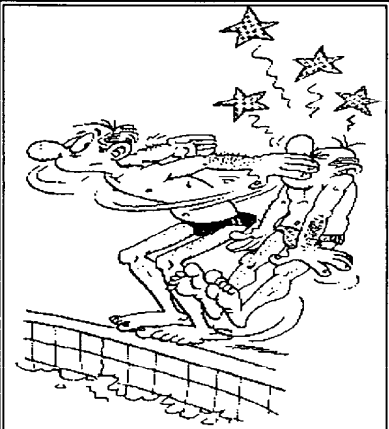
PL Name Team Finals

Mixed 200 R-Free

1 THB A X-45 THB 3:09.75

EARL WALTER-76M JUDY MELCHER-77F

LOIS ALLEN-74F ANDREW HOLDEN-76M



Safety Reminder:
Master Swimmers
do not DIVE into a
pool - they use feet
first entry only!

History continued from page 19

/66:14.98 50 Back 1:18.77, 50/100 Breast 1:25.50/3:07.20. Women's Relays:200Fr 25+ 1:58.80 (Snyder, Zabudsky, Conlin, Moore). (20-24) Matt McCudden 50/100/200/500:23.00 /49.80/2:02.40/5:34.00. 100/200 Breast:1:03.30 /2:21.90 (Breast still makes TT) Jan Simonsen 50/100 Fly:25.40/59.50. (25-29) Kim Lintner 50 Free 23.10, 50 Back 29.10. Trond Williams 100 Free 52.60. Steve Johnson 200/500/1650 2:01.28/5:27.10/18:58.50. John DeRoest 100Breast 1:06.80, 100/200/400 IM 59.50 /2:07.00/ 4:45.00. Doug Adams 200 Breast 2:35.80, Doug Huestis 200 Fly 2:22.20 (30-34) Steve Barrett 200 Free 2:02.80. Michael Opton 100 Breast 1:12.60. Stoddart Smith 50/100 Fly 26.90/1:02.00. (35-

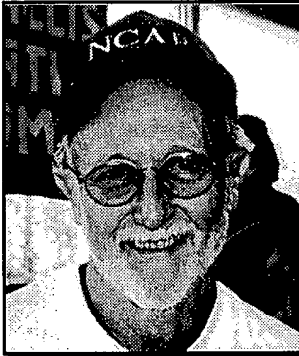
39) Charles Schaumburg 100/200 Back 1:13.00/2:41.50, 100 Fly 1:10.20. (45-49) Fred Sprenger 200/500/1650 2:20.20 /6:13.80 /21:52.70. Lowell Neil 50 Back/32.80, 50 Fly/31.30, 100 IM/1:11.70. Don Van Rossen 50/100/200 Breast 33.89/1:15.50/2:50.00. (50-54) Jim Holland 50/100 Free 28.40/1:05.60. Chuck Harrison 200/500 2:41.80/7:30.50. Fred Eckhardt 50/100/200 Fly 35.30/1:23.50 /3:05.30.200 /400 IM 3:18.10/6:50.30. (55-59) Earl Walter 50/100/200/500/1650 29.52/1:09.60/2:40.00/7:15.10/26:10.80 50/100/200 Back 32.40/1:13.90/3:07.50. 50/100/200 Breast 38.50/1:26.90/3:07.50 50/100/200 FLY 34.50/1:26.80 /3:09.30 100/200/400 IM 1:17.90/2:50.20/6:13.30.

History will continue in a future Aqua-Master



Mikenzie Matteson
Emerald Aquatics

The people! EA Masters are some of my best friends; they're fun, supportive and they like to eat!



Bill Holman
North Clacamas Aquatic Park

Team Mates and particularly our Coach Jeff Kaelon.



Jerry Wille
Corvallis Aquatic Masters

I swim after work in the afternoon. Trying to keep up with the younger swimmers is a challenge. I enjoy the workouts and the friendships.



Toni Hecksel
Barracudas

The camaraderie - I would never swim this hard on my own (except if Dave Radcliff is swimming next to me!)

OREGON MASTERS SWIMMING INC
Minutes of Board Meeting - February 17, 1998

page 21

Attendees: Dan Gray, Eric Guest, David Radcliff, Suzanne Rague, Sandi Rousseau, Sharon Stuart, Donna Ryan

Call to Order: 7:01 PM

Secretary: Sharon Stuart - Minutes approved as corrected.

Treasurer: Roy Abramowitz - not present. No report.
Roy distributed the report year-to-date.

Vice-Chair: Pam Himstreet. Not present. Report given by Eric Guest. Pam addressed each of the meets in her written report.

The Board voted to approve the LC Echo Hollow meet May 30. Pam expressed concern regarding the procedures for sanctioning open water events. Dave Radcliff proposed increasing the fee distributed to meet hosts. The Board will review the fees at the next meeting.

Committee Reports: Open Water / Long distance: Dan Gray - The Board passed a motion to purchase the stop watch/printer interface. Dan presented the details of the open water clinic. The Board passed a motion to underwrite the costs for the clinic coach. Dan is still trying to find a retailer for the digital clock. OMS will host the open water event following NWMG. Dan will be the race director.

Awards / Souvenirs: Donna Ryan. (see printed report) Eric read a letter from Charles Helmes, who was a new swimmer at the Eugene meet, regarding the lack of awards. The Board clarified the motion to purchase marble paper weights to be awarded for first place individual events at Associations. The Board passed a motion to purchase 2nd and 3rd place ribbons for individual events at Associations, 1st, 2nd, and 3rd place ribbons for relays at Associations. The Board chose ribbons that could also be used for future meets, and decided that the ribbons should be picked up by the swimmer at the meet.

New OMS posters are finished and ready to distribute to the pools.

Coaches: Mark Friedley - not present. No report.

Aqua-Master: Dave Radcliff, Suzanne Rague - The Aqua-Master is ready for mailing. Dave and Nancy Radcliff will try bulk mailing on their own in March because the cost of hiring the service is too high. Dave is receiving many articles - the system is working great! Dave will add the email addresses of Board members.

Registration: June Mather. Report given by Dan Gray. 448 members registered for 1998 to-date. 99 (22%) registrants are new members.

Membership: Phil King - not present. No report.

Top Ten / Data Manager: Suzanne Rague - Suzanne is in between deadlines for National Top Ten. Dave Radcliff will call Earl to follow up on SCM Top Ten submissions to National.

Fitness: George Thayer - not present. No report.

Historian / Records: Earl Walter - not present. Report given by Eric Guest All records are up-to-date. Earl caught up to 1990 for OMS history.

Officials: Al Smith. No report.

Host/Social: (position to be filled)

Safety Coordinator: Sandi Rousseau - Echo Hollow provided two guards at the last meet, as per follow-up discussions after the first meet.

Past Chair: Dave Cobb - not present. No report.

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

Old Business: NWMG update - Some committees still have not met. NWMG sent mailings to athletes who had requested information but had not yet registered. Both Sandi and Suzanne received packets for badminton rather than swimming. Sandi followed up to make sure correct packets would be sent.

State Games of Oregon (Sandi) - The State Games representative stated that they are still waiting for feedback from USS. Their verbal commitment to solving the problems seemed vague. The State Games brochure is scheduled to go to print in March. However, OMS will not be locked into running the event even if the entries go out.

Nominations for annual awards

The Board voted on recipients of service awards.

OMS web page - Suggestions for inclusion: Top Ten, registration forms, entry forms, schedule of events, NWMG update

OMS pins - Dave Radcliff found a good method for mailing the OMS pins to registered members. Board members will distribute as many as possible and Dave will mail the rest.

New Business: Echo Hollow meet award

The Board passed a motion to award Echo Hollow \$6.25 per swimmer (pending verification of a timing problem.)

Agenda for Annual Meeting at Association Championships in Corvallis - The agenda will be the same as last year, with the addition of an Awards survey.

Action Items (arising from meeting - in addition to normal tasks)
All: (Please review minutes for action items.)

Adjournment: 9:40 p.m.

Next Meeting: March 17, 1998, 7pm

the chair continued from page 1

Radcliff for getting the information out on time. These "behind the scene characters" including Dave's wife Nancy and Donna Ryan (awards) also contribute to making the meets successful. Thank you very, very much.

"Mister Records" alias "Ol' Barn" will cover the blow by blow action as he always does and contributes a great amount of time and effort to Oregon Masters. He, being an eloquent speaker, helps me announce the awards recipients. Thank you Earl.

In closing, I wish you all continued good swimming and excellent health. Stay fit and God Bless.

TUALATIN HILLS BARRACUDAS

The Barracudas are looking for a Coach for their noon and/or evening workouts. This position is for 3 to 5 hours a week. Contact Ben Davis at (503) 629-5568 or bdavis@easystreet.com



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In this issue: Results of the Association Meet

Aqua-Master
MAY 1998

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