

# Aqua-Master

Volume 25, Number 7 July, 1998

## COTTAGE GROVE LAKE SWIM RESCHEDULED TO AUGUST 30TH

Steve Johnson, the Race Director for the Cottage Grove Lake Open Water Swim, has rescheduled the swim for Aug. 30. He has passed on the following important information:

1. People who have already submitted their entry blanks are automatically entered in the race on Aug. 30th. (please do not send in another entry blank)

2. It is very important to note the change of starting times. **Check in for the 2 mile will close at 7:00 AM, race instructions at 7:15 and the race will begin at 7:30. Check in for the 1 mile will close at 9:00 AM, race instructions at 9:15 and the race will begin at 9:30.**

3. Swimmers who have already turned in their entry blanks and are not able to make the event on Aug. 30 will have their money refunded after that date or can write Steve for a refund.

4. An entry blank with the revised dates and starting times is on page 5 of this Aqua-Master.. All OMS swimmers not already entered are encouraged to submit an entry and enjoy the fun at Cottage Grove.

## Ol' Barnacle

reviews - results - records - history

### ...1998 Association Championships...

With Jackie Allender holding forth as Meet Director, some 204 swimmers put on a GREAT show, and tore open the record books; Assn, Zone and National. We had the annual TEAM championships, which had a rather confused ending. It appears that the Corvallis folks failed to get their final relays into the meet officials in time, and so were DQ'ed entirely from the final event, which resulted in the Tualatin Hills Barracudas, catching and passing them for the large team championships. Regretable but true. The Oregonian as usual, paid NO HEED to records listing sent to them, so your correspondent will list them leading the article. This is a situation which has gone on for years. Anyhoo, CONGRATULATIONS to our new record holders: NATIONAL: LAVELLE STOINOFF (Just turned 65) 1650 - New NR of 23:09.53, was Clara Walker, 23:46.31, set in '93.

*continued on page 9*

## The CHAIR'S CORNER

by Eric Guest



I would like to welcome all new members to Oregon Masters Swimmers Inc. and inform you of the benefits our organization has to offer. Primary is the fitness aspect of swimming and meeting great people from all walks of life, with the same goals, not only nationally, but from all corners of the world.

You will receive copies of this publication, expertly edited by our own Dave Radcliff and Suzanne Rague. It contains a list of our board members, meet schedules and meet results. It also contains articles from different individuals that attempt to improve our swimming, diet, fitness and health. A classic pin, designed by Donna Ryan, commemorating our SILVER ANNIVERSARY is issued, free of charge, to all members as a means of giving something back to our membership. If you haven't received one, please contact Donna Ryan at 503-665-0538. You will also be receiving "SWIM" magazine, which is considered the leading Masters Swimming publication. It contains work-outs and various articles from experts in their fields and *continued on page 2*

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*The people behind Oregon Masters Swimming, Inc.*

**Chairman of the Board**  
**Eric Guest**

44861 S.E. Hwy 26  
Sandy, OR 97055  
(503) 668-4465  
swimfly865@aol.com

*Vice Chairman/Sanctions*

**Pam Himstreet**

PO Box 3561  
Sunriver, OR 97707  
(541) 593-9101  
him@cmc.net

*Secretary*

**Sharon Stuart**

(503) 239-6837  
rogue@teleport.com

*Treasurer*

**Roy Abramowitz**

(503) 221-7500  
roya@perkgrp.com

*Registrar*

**June Mather**

1056 Hillview Dr  
Ashland, OR 97520  
(541) 482-0610  
csmather@jeffnet.org

*Aqua-Master Editors*

**Suzanne Rague** (503) 531-9051  
**Dave Radcliff** (503) 648-7141  
therads@integrityonline.com

*Data Manager (for swim meets)*

**Suzanne Rague**  
(503) 531-9051

*Officials (for swim meets)*

**Al Smith**  
(503) 630-5170

*Membership*

**Phil King**  
(503) 284-8946

*Fitness*

**George Thayer**  
(541) 388-3392  
george\_thayer@bendnet.com

*Safety*

**Sandi Rousseau**  
(503) 642-3679  
tsrousse@ix.netcom.com

*Coaches*

**Mark Friedley**  
(503) 638-0284

*Awards*

**Donna Ryan**  
(503) 663-0538

*Records / Historian*

**Earl Walter**  
(503) 738-3763

*Open Water Events*

**Dan Gray**  
(541) 944-0529

*Past Chair*

**David Cobb**  
(503) 282-0472

**Calendar and Meet Schedule 1998**

Date	Event	Location	Contact
JULY	11-12	LCM	State Games of Oregon 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			
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		
	(The swim will be at Roslyn Lake)		Dan Gray (541) 944-0529
AUG 30	*#Emerald Aquatics - 1500 & 3000 + Relays		Steve Johnson (541) 683-5758
	(rescheduled from June 7)		
SEPT 20	#Portland Masters Swimming 1 and 2 mile Swim		Ellen Ferguson (503) 629-6548
	Hagg Lake Swim		

\* 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 (LMSC) and part of United States Masters Swimming Inc.*

***Chairs' Corner continued from page 1***

swimming. It lists the "Who's Who" of National swimming and All Americans annually. You will find a large number of your team-mates listed. This is all a part of your annual dues.

Our monthly board meetings are scheduled on the third Tuesday of each month 7PM at the Multnomah Athletic Club. We welcome your attendance. If you have some input, please contact one of the listed board members. You are also encouraged to write articles and either E-mail or post them to the editors.

Congratulations to the OMS swimmers who attended and performed so well at the recent Short Course Nationals in Indianapolis. Now with the long course season approaching, we have the State Games of Oregon and Northwest Zone Championships in July. These meets are stepping stones to the big one---THE NIKE WORLD MASTERS GAMES,

*continued on page 4*



**OREGON OPEN WATER**  
**ROSLYN LAKE—SUNDAY, AUGUST 16, 1998**  
**1500 & 3000 METERS**  
**SPONSORED BY OREGON MASTERS SWIMMING**  
**IN COOPERATION WITH PORTLAND GENERAL ELECTRIC**



**SANCTION:** Sanctioned by Oregon LMSC for USMS, Inc. Sanction number: 378-OW04. All swimmers must be registered with USMS or their country's governing body for Masters swimming. One-day USMS registration will be available for \$15.00

**SCHEDULE:** Registration: 8:30-10:00AM  
 3000 Meter: Pre-race instructions - 10:15AM  
 Race begins - 10:30AM  
 1500 Meter: Pre-race instructions - 11:45AM  
 Race begins - 12:00PM  
**\*\*PLEASE ENTER ONE EVENT ONLY\*\***

**COST:** \$22.00—Includes T-shirt, cap, post-race refreshments & mailed results. Entries should be postmarked by August 4. After that date, they can be submitted at the Mt. Hood Aquatic Center.

**COURSE:** Both races will follow a 1500 meter triangular course. Water temperature is expected to be between 65-70 degrees and will be posted at check-in. The use of fins and pull buoys is prohibited.

**AWARDS:** Individual awards will be given for 1st-3rd place in 5-year age groups (19-24, 25-29, etc.) along with awards for overall fastest male & female. There will be a separate awards category for wetsuits.

**TRANSPORTATION/DIRECTIONS:** Round-trip bus transportation from Gresham will be provided at a cost of \$10.00 per swimmer. Please include this amount with your entry. To reach Roslyn Lake by car: Follow Hwy 26 east from Portland through Gresham to Sandy. At the eastern end of downtown Sandy, go left on Ten Eyck Rd. Proceed 2-3 miles, following the signs to Roslyn Lake. There is a \$2.00 per vehicle entry fee.

**INFORMATION:** Dan Gray, Race Director, 541-944-0529

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY/STATE/ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

**MAIL ENTRIES TO:**  
**OREGON OPEN WATER**  
 8975 HWY 66  
 ASHLAND, OR 97520 USA  
**MAKE CHECKS PAYABLE TO: OMS, INC.**  
 (FEES ARE NON-REFUNDABLE.)

USMS/INT'L TRAVEL PERMIT#: \_\_\_\_\_ (Please enclose photocopy)

I WOULD LIKE TO SWIM: 3000 METER OR 1500 METER (Circle one) **\$22.00**

MY T-SHIRT SIZE IS: SMALL MEDIUM LARGE X-LARGE

I WILL NEED TRANSPORTATION TO/FROM GRESHAM: YES NO **\$10.00**  
 (Portland area accommodations & phone \_\_\_\_\_)

SEND ME A COPY OF THE RACE RESULTS: YES NO

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: US 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 \_\_\_\_\_

## the FITNESS LANE

by George Thayer, Fitness Chair

### CRAMPS

The dictionary defines cramp as a sudden, painful, involuntary contraction of a muscle or muscles, as from excessive use of muscles. So much for the definition but to elaborate further, every movement you make involves the contraction and relaxation of a muscle. When a muscle contracts, there is a change in the concentration of sodium and potassium ions ( minerals called electrolytes) inside the muscle. When the muscle relaxes, the concentration of sodium and potassium goes back to normal. When you work the muscles too long or too hard (overexertion) or you don't drink enough fluid (dehydration), you may cause the concentration to go so out of balance that your muscle contracts involuntarily. For any of you who has experienced cramping during your training, the definition is an easy one to accept; it's the cause that you are looking for. For causes and treatment, I talked to Nancy Colton, the chair of the Health and Human Performance department at Central Oregon Community College. She gave me the term "ischemia" which means lack of blood flow to the area. I could relate to that since she said it is the same thing that occurs in a heart attack. She hypothesizes that with swimmers it may not be so much an electrolytic problem as a fatigue problem. You do not have large arteries in the smaller muscles of the legs and thus the larger muscles get first call for blood supply. When you put on fins for a kick set after a long swimming set, these smaller muscles, calf, foot, etc. get the short end of the blood stick. Since it is the blood that brings oxygen and the essential electrolytes to the muscles, they just up and snap shut on you. If this occurs, most of you are aware of stretching the offending muscle to relax it, along with gentle massage of the cramped area will generally work it out.

Now to prevention. While many coaches ascribe

to the theory that the "no pain, no gain" regimen and the gradual overloading of the body is the best way for ultimate success in conditioning, Nancy suggested that if you just go up to the threshold where you feel that the muscles might cramp then back off enough to relax the muscles in order to prevent the onset of a cramp. The other well known preventions are lots of water before, during and after training. Bob (Dr. Sprint) Smith once told me, and others reinforce the concept, that you drink water until your urine is clear, then you know you have had enough water. Sport drinks with electrolytes may be helpful, but a good diet, rich in potassium and sodium, is probably just as good. Some recommend additional potassium if you are doing a lot of hard training. The last piece of prevention is, of course, conditioning. All three of the prevention actions are within your control.

Now about my writer's cramp!

### Fitness Hint of the Month

**Greatness lies not  
in being strong,  
but in the right use  
of strength**

**THE END**

*Chair's Corner continued from page 2*

where there will be competitors from all over the world and terrific competition. At this time I would like to thank all of you who have come forward and volunteered to help at the games. It will be a great experience meeting all the swimmers. More volunteers are needed to cover the meet, including the Open Water swim at Roslyn Lake on Sunday following the Meet. Please sign up and let Suzanne Rague know when you will be available. Thank you and again, God Bless and good swimming.

**END OF POOL - FLIP TO NEXT LANE**

**1998 COTTAGE GROVE LAKE SWIM  
SUNDAY, AUGUST 30, 1998  
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 7:00 AM Pre-race instructions 7:15AM Race starts 7:30 AM  
1 Mile: Check-in closes 9:00 AM Pre-race instructions 9:15 AM Race starts 9:30AM  
**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 72-76 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 AUG 16**

	Before 8/16	After 8/16	
Mail entries to: EA Lake Swim	2 mile \$21.00	\$26.00	_____
P.O. Box 3708	1 mile \$21.00	\$26.00	_____
Eugene, OR 97403	Both \$28.00	\$33.00	_____
USMS Reg# _____	T-shirt: S M L XL XXL		_____
Please attach a copy of your USMS registration card.	<b>TOTAL</b>		_____

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

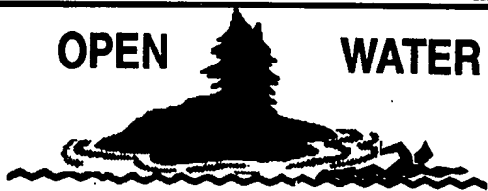
City/State/Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

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Signature \_\_\_\_\_ Date \_\_\_\_\_

## OPEN WATER



By Dan Gray, Open Water Chair

The Cottage Grove swim has been rescheduled for Sunday, August 30. In addition, there is momentum growing to schedule a swim at Hagg Lake in mid-September. More on this later. The addition of Hagg Lake would make the total of five local open water events for OMS swimmers this summer. As I have said before, this program will evolve over the years. Schedules and events will change. However, the emphasis of providing swims to challenge all levels of swimming enthusiasts will remain the same. Please remember that the race organizers put a lot of effort into these events as they must schedule their event at a time that fits into their personal schedules. The organizers do a tremendous job of providing you an opportunity to put your skills to the test while providing a very rewarding experience.

### FUN, FITNESS, FRIENDSHIP

The Southern Oregon Lake Swim will now be the first open water swim this season. It is a great way to initiate the season. The Open Water Clinic should be

very informative, and there will be lots of swim talk around the campfires. This will also be the first try at open water relays. These will be fun events with so many categories possible: families, mixed ages, mixed sex, mixed teams--if you want to swim, don't worry, there will be a team for you.

Two weeks later, August 1 and 2, will be the Cascade Lake swim outside of Bend. This is a great event at a great location. The water can be on the chilly side, so you may want to look at wetsuits. If you don't own one you may want to add one to your Christmas wish list. Having your own wetsuit will allow you to swim in the lake more often and participate in more events. Speaking of more events: there are so many events held around the country that you would need five clones to swim in just a fraction of them. Personally I like to travel and swim so I try to take in some of the swims offered around the country. This is one way to keep current with the open water pulse. Some of the swims this year will be around Key West, Donner Lake (National Championship), Alcatraz, and the Golden Gate. Participating in events outside of our region is always a learning experience. The ideas that are taken away are brought back to Oregon and used to broaden our program. If you ever have the opportunity to swim outside the area, I highly recommend that you go for it.

## 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.



**1998 ASSOCIATION OPEN WATER CHAMPIONSHIP**  
**JULY 18 & 19 — SQUAW LAKES**  
**HOSTED BY ROGUE VALLEY MASTERS**  
**IN COOPERATION WITH THE US FOREST SERVICE**  
**SANCTIONED BY OMS, INC. FOR USMS, INC.**  
**HELD UNDER THE SANCTION OF UNITED STATES SWIMMING, INC.**



**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:** USMS Sanction #378-OW02. USS Sanction #8-044. 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)
			<b>TOTAL</b>		\$ _____

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.)

# NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

**Registration:** At the time I am writing this, we have just passed the official deadline for registrations, late entries are being accepted but must be received by June 30th. Currently the number of swimmers is at 600 with large piles of mail still to be processed at the WMG headquarters (the mail being for all 25 sports). So far, swimmers are representing 20 countries and approximately 45% are from outside of the United States. I estimate that we will have 650 to 700 swimmers competing.

**Hospitality:** There have been some requests from international swimmers for housing with Americans. Kristi Riddle is our housing coordinator who will try to connect all requests for local housing with anyone from OMS who is interested in hosting a foreign swimmer. Details of costs, transportation, etc. will need to be discussed on an individ-



ual basis by the swimmer and the host. If you are interested in doing this, please contact Kristi at 690-8687 (home) or 326-3691 x139 (work).

**Volunteers:** The volunteer forms mailed to all OMS members have been coming in steadily to Suzanne Rague. 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. If anyone can fluently speak a foreign language or assist with translating some of our meet information into foreign languages, please contact Suzanne at (503) 531-9051.

## LONG COURSE TRAINING IN A SHORT COURSE POOL

By Dick Bower (Reprinted from the Internet)

It has probably happened to you. You train for months in a 25 yard pool and then enter the summer long course championships. Upon arriving at the meet, you take a glance at the pool. It looks sooooo loooooong! You stand at the end of the pool ready to warmup and it looks even longer. Swimming your first length, you reach about halfway and you're ready to flip. No wall! You keep swimming. Still no wall! You keep looking, you keep stroking. Eventually, the wall comes into sight. A few more strokes and you've finally completed your first long course length of the season. Is there hope for the long course competitor who trains in a short course pool? Yes! I would like to emphasize that the lack of a 50 meter pool does not preclude the possibility of top performances in long course competition. There are a number of training considerations that can be made to better prepare you for long course competition while training in a short course pool:

1. Charge the walls. By far the most important single factor is the manner in which the turns are executed. Turns can (and usually do) afford an opportunity to loaf or at least get a little rest. If turns are done with full effort, short course training will be equally or more taxing than long course training. I tell my swimmers to "charge the walls." This means to pick up speed going into each turn, flip as hard and as fast as possible, and kick hard off the walls. Streamline well on the push-off, but don't overextend the glide. This is good advice for swimmers who train in pools of any length for any type of competition. Masters swimmers who do not do flip turns must still swim faster in and out of

the turns and make the turning action as forceful as possible.

2. Extend repeat distance. Since most long course events are ten percent longer, repeats can be adjusted to 125 yards in place of 100's and 225 yards in place of 200's.

3. Adjust backstroke flags. Placement of backstroke flags is very important to backstroke and individual medley swimmers. If possible, the coach should move the flags to 5 meters (instead of 5 yards) from the wall during the long course season. When participating in away meets, it is the responsibility of the coach to measure the flag distance prior to warmups and to tell the swimmers where the flags are actually set.

4. Increase kicking. Many top short course swimmers who don't do well in long course often complain that their legs give out. Therefore, plan on doing more and harder kicking. Vertical kicking sets are beneficial and can be done in a minimum of space. Workout time can be extended by crowding everyone into one lane or into the diving pool when the next training group takes over the pool. Vertical kicking can also be done individually during crowded recreational periods.

5. Train harder. Recognize that long course competition can be more taxing and commit yourself to a more strenuous all-around program. Add some time and yardage to your workout sessions. On occasion, decrease your amount of rest between repeats. Do extra kicking and more eight-second sprints.

Triathletes and other open water swimmers should also consider that they will be competing in a course without turns. Many of the above considerations will apply as well to the swimmer who is training for open water events.

6. If you are still daunted by the thought of that loooooong pool, there is one more bit of advice you might follow: SNEAK INTO A 50 METER POOL WHENEVER YOU CAN!



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EVA MULLER (continues to ride the crest of a fledgling 85'er) New NR (200 IM) 5:21.65, was Jewell Cooke 5:38.74 in 1995.

ANDREW HOLDEN, GIL YOUNG, GERALD HUESTIS, EARL WALTER (75+) 400 Free: 5:10.57, was 6:02.78 set in '91, St Petersburg.

ZONE: LAVELLE STOINOFF (65-69) 100 Free, 1:10.90, was 1:12.42, '90 Smith

EVA MULLER (85-89) 100 Free - 2:03.51, was 2:07.96, '96 Miller, 200 Free - 4:33.65, was 4:59.90, 96 Miller 100 Back - 2:12.42, was 2:17.13, 98 Muller

MARGARET WELLS (70-74) 100 Fly - 2:08.92 was 2:10.36, '98 Wells, 200 Fly - 4:58.42 was 5:03.32, '98 Wells

PAULINE STANGEL (75-79) 100 Free - 1:45.54 was 1:47.67, '90 McKeon

TOM COFFEE (45-49) 100 Free - 51.20 was 51.96, '90 Smith. OB Note: the first Robert Smith record to fall in Oregon we may have had another, waiting for split confirmation.

STEVE JOHNSON (50-54) 200 Free - 2:02.23 was 2:05.55, '95 Von Tagen 500 Free - 5:30.42 was 5:37.95, '94 Boyd

TOM LANDIS (55-59) 100 Free - 58.04 was 58.14, '96 Nordell

DAVID RADCLIFF (60-64) 100 Free - 58.21 was 58.37, '97 Radcliff, 1650 - 22:00.85 was 22:08.28, '97 Radcliff

ASSN: JULIA AHRENDT (25-29) 100 Breast - 1:12.35 was 1:14.31(Hartman) 1980, 200 Breast - 2:35.44 was 2:37.89, '98

LISA HJERPE (25-29) 200 IM - 2:20.20 was Finley 2:23.52 '90, 400 IM - 4:59.82 was Devine 5:11.51 '91

CANDACE CHATT (40-44) 50 FR - 27.31 was Chatt 27.72 '97, 100 FR - 1:00.70 was Bullock 1:02.96 '94

LAURA WORDEN (40-44) 100 Fly - 1:07.25 was Worden 1:07.33 '98, 200 Fly - 2:31.53 was Pierson 2:40.19 '90 200 IM - 2:33.59 was Pierson 2:34.87 '86 400 IM - 5:25.40 was Bullock 5:26.42 '98

PAULINE STANGEL (75-79) 100 BACK - 2:07.25 was McKeon 2:10.52 '91, 200 BREAST - 4:45.39 was Hoffman 5:47.85 '92

ROBBERT V ANDEL (19-24) 200 BREAST - 2:18.08 was McCudden 2:21.90 '77 OB Note: This folks, WAS our oldest record !!! 200 IM - 2:02.72 was Kelly 2:07.34 '83 OB Note: 200 IM, Zone is 2:01.28

PAT ALLENDER (35-39) 200 Breast - 2:16.52 was Allender 2:17.91 '97

STEVE JOHNSON (50-54) 100 Fly - 1:02.33 was Smith 1:02.46 '95

RICHARD WEICK (60-64) 100 IM - 1:14.57 was Weick 1:15.84 '97

RELAYS: ASSN: MEN 25 Plus CAT 1:42.12 (200 Medley) Zone is 1:41.62 (STEVE GEORGE, PAT ALLENDER, DARREN DUTOO, JEFF HUTCHINSON) was Boerner, A Smith, Chase, Worden 1985 - 1:43.09 OB Comment: That my friend is a TREMENDOUS showing, Congratulations !Team Points for Association Championship: Large: THB - 1284 (Tualatin Hills), CAT -1273 (Corvallis), EA - 645 (Eugene)

Medium: MHM - 680 (Mt Hood), RVM - 346 (Rogue Valley), PMSC - 304 (Parkrose)

Small - COMA -303 (Bend) (in numbers only) MOFIA - 160 (Medford), KLF- 100 (Klamath Falls)

**OREGON MASTERS ANNUAL AWARDS**

Presented by Eric Guest:

OI Barnacle Award: Extended Service, above and beyond: ERIC GUEST

Connie Wilson Award: Long Time Contributor, day to day: PHIL KING.

Hazel Bressie Award: Consideration & Help of their fellow Masters: MARK and LAURA WORDEN, for years.

Special Service Award: Meet Entries, Top Ten, etc.: SUZANNE RAGUE

Special Service Award: Meet Results, Hy Tech, etc.: ROBERTA COBB (You cannot run a meet w/o the likes of Suzanne and Roberta)

**Top Swimmers of Oregon Masters (1997)**

Female - Under 50 - CATHY IMWALLE , Bend

Female - Over 50 - GINGER PIERSON , Vancouver

Male - Under 50 - STEVE GEORGE , Corvallis

Male - Over 50 - DAVID RADCLIFF , Hillsboro

OB: Any Masters Organization in the world could certainly use these kind of people.

Women 19-24: Gina Dhom, Susan Fischer, and Justine Hansen, outstanding. Look at the battle for silver in the 50 Free. Dhom and Hansen in the 100, 17/100ths, for the silver. Hansen a TT\* in the 1650 at 21:24.48. Fisher missed the record 50 Fly: 28.96 vs 28.20 TT8. Fisher and Dhom in the 100 Fly: 1:05.71 vs 1:06.45

Women 25-29: Lisa Hjerpe, Julia Ahrendt, and Kimberly Fawcett plus Laura Jane Spell, should be watched in the future, great swims.

Women 30-34: Toni Hecksel, was the gal to beat here.

Women 35-39: Barbara Harris, Sarah Hoagland and Ann Goodman. However, keep the eye on Darlene Hill.

Women 40-44: Candace Chatt, Kristi Gustafson and Laura Worden-3 aces.

Women 45-49: Christy Hartman, returns, after an 18 year sabbatical, her 50 Breast, maybe a TT2. Susan Case, Geri Mathewson, Darlene Staley, Elke Asleson and Susan Collins plus, make this our strongest group.

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Women 50-54: Christine Clum a TT5 in the 200 Breast, Pam Himstreet a TT8 plus TT9 for the 200 Fly, Alice Zabudsky TT10 100 Fly, the return of Mirjana Callahan, and the always strong presence of Sandi Rousseau make this alliance strong, don't forget the return of Sue Calnek-Lilles.

Women 55-59: Nancy Brooks, she may swim for RINC, but I'll tell you this gal is a swimmer, new age group, all 6 events were TT caliber, best were TT2's for the 100/200Breast.

Women 60-64: Kaleo Schroeder may have lost Lavelle, but along comes Suzanne Schumann. Two steady tip top performers.

Women 65-69: We have mentioned Lavelle, but don't forget Bev L'Esperance, who is looking better each time out and that Van Dijk gal.

Women 70-74: Maggie will get better, it was great to see Lois Allen.

Women 75-79: Elfie Stevenin and Judy Melcher, shared the Golds with Pauline Stangel.

Women 85-89: This was all EVA MULLER, she has really come on !

Men 19-24: John Collins II, gave us a TT9 in the 1000 (11:47.18) a new Free styler, who has potential. OB is glad that we have Robbert Van Andel in the stable, here is a swimmer who just gets faster, four of 5 swims were Top Ten caliber, he seems capable of a 55+ in the 100 Fly, every time he swims. Both IM's (200 and 400) were TT5's !Men 25-29: Hello to Robert Remski, Darren Dutto and Jeff Hutchinson. Add them to Horst Niehaus, Matt Boles, and Steve Stoneham, here is a group you can take anywhere. In the 50/100 Back, Dutto just missed the brass ring: 25.70 vs 25.12 and 55:42 vs 54.47. Remski's 100 IM in 56.28 vs rec of 56.01 also is notable.

Men 30-34: Welcome to Patrick Coven, Eric Miller and Chris Gillett, they will add a lot of help for D Stewart. Kaelon and Gabriel look great in the distance. D Stewart had a TT10 in the 400 IM, plus a near miss, 2:04.29 vs 2:04.18 in the 200 IM. Matt Roth grabbed 3 Golds and a Silver.

Men 35-39: This is a strong group, look at the 50 Fly (Roth wins at 25.93 and 5th place(Allender)26.62. Steve George looks like the new record holder in the 50 Back by 1/100th 25.96 vs 25.97 (Smith '83). Splits are being checked by Suzanne Rague. Look at George, Arata and Roth in the 500 Free (5:15.59 to 5:20.82) Chris Roth had a great meet, carrying away Gold - 1650, 50/100 and 200 Fly. Pat Allender swept the Breast, and took home the 200/400 IM, all in excellent times.

Men 40-44: David Yeakeel and Adrian Kalil brought home the bacon in the short Free events, with Ed Ramsey and

Robert Bergstrom likewise in the longer races. Cliff Stephens dominated the Back, plus the IM's, good times here. Thomas Chun was the Breastroker to watch. Robert Jessop has returned with great 100 and 200 Flys.

Men 45-49: Jules Degiulio got the spotlight in the Free and Breast events that he swam, not a bad flyer, how about some IM's? Jess Hickerson is a freestyler, 200/500 capped by a TT 11:29.83 in the 1000. Tom Andersen on his gut or back was a factor, great swims. Tom Coffey's 50/100 Fly, w/the 58.82 just missing the record of 58.72. Scott Smothers from Corvallis will bear watching.

Men 50-54: Steve Johnson turned 50 with a vengeance-6 Golds, TT4 in the 1650(19:10.81) Steve Barrett countered with a TT4 in the 1000(12:11.00) The "sentimental old fool" was particularly happy to see the return of Art Smith(100 Breast 1:10.32 just missing the record of 1:09.11) Phil Krueger was the man in the IM's. The 50 Free and both backs went to Robert Bruce.

Men 55-59: Tom Landis with 5 Golds and a Silver showed the way. We are happy to have Tom move to Oregon from Southern California. He paddled his collegiate years for UCLA (61-63), then some time in Australia, ocean swimming and lifeguarding. Lives in Camp Sherman, near Sisters, takes a long drive to get pool time. Tom's 100/500/1000 should gain TT ranking. Bert Petersen has returned to the wars with a vengeance, all 3 Flys, plus 400IM, 50/100Flies were TT caliber. Frank Phillips was good to see.

Men 60-64: David Radcliff was the free swimmer of the day, with 6 Golds, all of David's times were TT. Richard Weick covered 50/100Breast, the 50Fly and 100IM. George Thayer and Dick Slawson round out this "awesome foursome". OB is anxious for them to hit 65+, the relays are not kind to the early 60's.

Men 65-69: Eric Guest garnered 5 Golds, Leo Van Dijk pickd off 2 Golds and 3 Silvers. Wiliam Holman is swimming faster, and a big welcome to Charls Hulings.

Men 70-75: Mike Popovich had this all to himself, Mike is getting the idea, that a few extra laps might help. 6 Golds !Men 75-79: Andrew Holden showed us what it looks like to swim 4 events and put up AA numbers in ALL four.

Holden is swimming FASTER-50 Fr 30.59 vs 31.74, 100 Fr 1:10.87 vs 1:12.04, 100 Fly 1:26.85 vs 1:31, the 2nd listed times are from 1997, way to go Wally ! Gil Young should be in the running for AA in the 1650. Gerald Huestis had some problems, as did Ol Barn. OMS is happy to see the likes of Zygmund Kasner, 75 years young, watch this guy in the freestyle.

Men 80-84: Hello to Jack Buchanan from Corvallis, new OMS member!

The Relays were great, very competitive, giving off times *continued on page 11*

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that were nudging OMS's best. Eugene's 200MXD Med 19+ Rodriguez, Arata, Dhom and Arata at 1:53.58 just missing 1:53.26.

That's it for this one, without a doubt the finest Association Championships we have had for years. Fast Pool plus Fast Water, excellent hosts, mix in some of the very best swimmers, and you have the ingredients for an outstanding swim fest. THANKS CORVALLIS!

**...1998 Zone SCY Championships...**

Matt Mercer was our meet director and he greeted some 80 plus swimmers. We welcomed back some old timers and some very NEW people as well. Our out of state visitors were : Jeanne Ensign, Marion Chadwick, Robert Tripple, Fred Jamison and Richard Cooke. OB is most sorry that he missed seeing Richard Cooke from Snake River. Dick is one of the real old timers in Northwest Masters. Excellent swimming was the order of the weekend, with no further adieu we will get right at it...

Women 25-29 : A big rousing welcome to SARA QUAN, new to Masters, but not to swimming, Sara turned a 11:30.98 for the 1000, busting the old Assn best by Braun '87-11:32.30, with a fine 11:30.98 (TT8), followed up with the 1650 at 19:03.76 (TT7). Lisa Hjerpe took away 6 Golds. Her best effort was a 100 FR in 56.61 (TT9), just missed the records for the 200 Breast and 200 IM: 2:39.12 vs 2:37.89 and 2:20.60 vs 2:20.20.

Women 30-34: Sandi Bahler could be related to Joyce, she is following in the wake of a strong swimming family. Prange, Torretta and Tiffin showed good speed : Prange in the 50 Fr and 100 Back, Torretta is a coming freestyler, with Tiffin looking good in the 100 Breast, 50 Fly and 200 IM.

Women 35-39 : Michelle Morrell had a fine 100 Fr, edging Barbara Harris-59.97 to 1:00.17 also a great 200 IM-2:35.09. Cynthia Chilcott is a fine backstroke, 50 :31.02 vs rec of 29.92, 100: 1:07.60 vs 1:07.10. Harris won the 50 FR, 50 Fly and 100 IM.

Women 40-44: A big OMS welcome to Barbara Buchan, Kristi Gustafson handled the backstroke in excellent fashion. OB feels that Buchan will be heard from in the future. Kristi's 100 and 200 Back were close to her OMS bests.

Women 45-49 : Jeanne Teisher turned a fine 50 Fr, 200 Fr and 50 Fly. Cynthia Rompel picked off the 500 and 1000. Suzanne Rague registered good times for the 100/200 Fly, while Holmberg handled the IMs.

Women 50-54 : Sue Calnek-Lilles picked up 5 Golds. Christine Clum's 200 Breast 3:07.02 (TT5) strangely is the exact same time she swam in 1997. Pamela Himstreet's 200 Breast 3:19.96 (TT8), Alice Zabudsky's 200 Fly 3:12.75 (TT5) was class. A strong group which put Jeanne

Ensign and Peggy Whiter through the paces.

Women 60-64 : Kaleo Schroder and Judy McGarvey split this age group pretty well. Both of these gals are time proven troopers, they always give it their best.

Women 65-69 : JOYCE BAHLER, makes her comeback with a BANG, new OMS best in the 100 Breast 1:50.43 vs Stangel's 1:51.01 from '89. Her 200 Breast and the 100/200 IM's were excellent. Bev L'Esperance grabbed the free and back events, Bev is looking stronger.

Women 75-79 : Featured 3 ladies, all of whom registered fine times. PAULINE STANGEL stroked to a new Zone mark of 45.45 in the 50 FR, this was 47.02, McKeon fr '90. Pauline also posted TT times for the 50/100 Breast

and 100 IM. Marion Chadwick makes the TT in the 1000, as does Judy Melcher, Marion at 26:42.51, Judy at 28:48.63.

Men 25-29: Greg Welch posted 100/200 Fr-52.69/1:56.92, picked up 5 Golds. Horst Niehaus was classy in the Backstroke and his 100 IM also picking up 5 Golds. Welcome to Cirrin O'Reilly a newcomer, the judges could have been a bit more easy on this young man.

Men 30-34: Matt Roth and David Rice (WELCOME David), shared the honors here with Matt grabbing the most heavy metal. However, David almost rang the bell in the 100 Fr with a 51.32 vs Matt's 51.05. Matt is swimming well, and let's keep our eyes on David.

Men 35-39 : Christopher Roth bagged 6 Golds, but his Fly events caught the attention of OB-50/100/200: 25.71/54.99/2:03.72, add to this 1000 Fr-11:11.36, 400 IM-4:42.50 and 200 Back-2:13.75 WOW and WOW. Ron Taylor and Mike Riley did a lot to keep Chris honest, plus Mark Fairlee, a newcomer and a comer.

Men 40-44 : Michael Tennant disappeared for a couple of years, but he is back with a vengeance, picking up Gold in the 50/100/200/500, all in good times. Robert Tripple (PNA) won the 50 Breast and 100 IM, while Tell Asner (PNA) grabbed the 200 IM. Joel Jones is new to OMS and is very welcome, he looked great-50 Back and 50 Fly.

Men 45-49 : Steve Mann, Allen Stark and Jules DeGiulio were the winners here, Mann outsprinting Degiulio in the 50 Fr (25.00-25.31). Allen Stark, was unbeatable in the 50/100/200 Breast. Jules had a 2:07.27 for the 200 Fr, with Mann tallying 50 Fly/100 IM-27.50/1:02.06. Degiulio certainly crowded Stark in the 100 Breast, Allen a 1:09.11, Jules at 1:10.71.

Men 50-54 : Dan Gray picked off the 1000, 1650, and 100 IM. Robert Smith the 500 Fr, 50 Back (27.74 TT4), and 100 Breast. Phillip Krueger turned in good swims in the 50 Fly and 200 IM (2:28.18) Fred Jamison of Inland Northwest, getting ready to be 55 showed great strokes in the 200 Fr and 200 IM. Richard Juhala is getting to like the 400 IM.

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Men 55-59 : TOM LANDIS really came to swim: 3 Zone Records: 50 Fr-25.86, was Nakata 26.12 '94, 100 Fr-57.71,was his 58.08, 200 Fr-2:08.33 was Thrasher 2:10.50 '96 (TT's 10-8-6) add 2 OMS new bright and shinies :1650 21.23.20 was Sprenger 22:26.16 '86, 100 IM 1:07.29 was Nakata 1:07.34'95, Tom's 1650 should land abut TT7. Quite a remarkable day, 5 for 5 !

Men 60-64 : Radcliff picked off the 100, 200, 500, and 1000. Richard Weick and George Thayer battled it out (50 Fr W-27.05 vs T-27.26) (50 BackT-36.26 vs W-35.257) (50 Breast W-36.36 vs T-36.27) (100 IM W-1:13.42 vs T-1:15.53) Dick Slawson turned a very fine 40 0IM in 6:18.01, while Dick Cooke was looking excellent in 26:38.16 for the 1650.

Men 65-69: Our leader is 68, but he just keeps his swim times right down to his best for his age group 50 Fr-31.30,100 Fr-1:10.58,50 Fly - 37.41 and 100 IM-1:22.02. Eric all close to Top 5,OMS All Time-Great !

Men 70-74 : Raymond Allen from Central Point is a fine Freestyler, his 500,1000 and 1650 were commendable. Good job Ray,hang in there.

Men 75-79 : Gil Young won 5 Golds,4 were TT quality-best-were the 1000 16:32.88 and 1650 28.30.41 TT5 for both times.

RELAYS: Two of these must be noted in the chronicles: Men 55+ 400Fr - WEICK,RADCLIFF,SLAWSON,LAN-DIS-put it all together for a 4:04.62, this could be AA,it is a new ZR,old was IEM at 4:41.49. The NR stands at 4:03.06,now guys and gals that is swimming in style.

MXD 45+ 400 Med - SMITH,STARK, RAGUE, TEISHER paddled a 4:35.81,for a NEW ZR,old was Ore '92 at 5:01.23. This also has the markings of a AA rating at the end of the season. Excellent show !That's it for Bend and Zone SCY, on to Nationals,we have people going,and we should be getting good reports. OB will tally those results for you in the coming weeks.

**History of OMS**

(Chapter 3 Continued May Aqua-Master)

Region XII SCY Top Ten was announced, OMS swimmers making # 1 :

(20-24) Mary Conlin 50Fr-28.10,100 Fr-1:00.30,50 Fly-31.20. Lyn Zak 1650Fr - 22:42.90.

(25-29) Linda Pollack 50 Bk - 32.50, 100 Bk 1:12.30. Catherine Reimer 50 Bk-32.60, 100 Bk-1:13.00. Sue Snyder 200 Bk-2:46.70,50 Fly-31.40,400 IM-5:53.30.

(30-34) Alice Zabudsky 500 Fr-7:04.90, 1650 Fr-24:43.70, 200 Brst-3:03.10, 100 Fly-1:20.80,200 Fly-2:55.80,100 IM-1:19.10. Jayne Chastain 50 Bk-37.10, 200 Bk-3:05.60

(40-44) A Note : Juanita Correa (PNA) was 1st in all but : 50 & 200 Brst. Free-31.50,1:01.40,2:17.60,6:29.20 Back-35.60,1:16.60, 2:43.76 100Brst-1:34.00,50/100 Fly-33.80,1:19.50, 100,20 and 400 IM-1:14.66 ,2:51.40 ,6:03.70- She was a swimmer !

Lavelle Stoinoff-1650-24.11.30 (Early, very early, Lavelle) (50-54) Mary Anne Wolfe 500/1650 7:50.50,27:48.80 200IM-3:38.20

(55-59) Elfie Stevenin 100/200 Fly 3:15.30/7:07.90

(60-64) Dawn Musselman (PNA) dominated this group: 50/100/200/50 33.17 / 1:16.20 / 3:03.90 / 8:57.60, 50 / 100 / 200 Bk : 40.80 / 1:30.31, 3:21.52, 50/100 Brst: 54.20/2:00.80, 100 IM : 1:45.10

(65-69) Hazel Bressie 50/100/500/1650 : 1:23.60 /3:09.10 /16:40.20/ 66:14.98 50Bk 1:18.77, 50/100Brst 1:25.50/3:07.20

Women's Relays:200 Fr 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 Brst:1:03.30 /2:21.90 (Brst still makes TT).

Jan Simonsen 50/100Fly:25.40/59.50

(25-29) Kim Lintner 50 Fr 23.10, 50 Bk 29.10. Trond Williams 100 Fr 52.60. Steve Johnson 200/500/1650 2:01.28/5:27.10/18:58.50. John DeRoest 100 Brst 1:06.80,100/200/400 IM 59.50/2:07.00/4:45.00. Doug Adams 200 Brst 2:35.80 ,Doug Huestis 200 Fly 2:22.20

(30-34) Steve Barrett 200 Fr 2:02.80. Michael Opton 100 Brst 1:12.60. Stoddart Smith 50/100 Fly 26.90/1:02.00

(35-39) Charles Schaumburg 100/200 Bk 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 Bk/32.80, 50 Fly/31.30,100 IM/1:11.70. Don Van Rossen 50/100/200Brst 33.89 /1:15.50 /2:50.00

(50-54) Jim Holland 50/100Fr 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 Bk 32.40 /1:13.90 /3:07.50,50/100/200 Brst 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. A little different today-Back,and 100-200 of Brst and Fly, would show up in Zone TT today.

None in USA TT. Comment : Jim Bigler gave me all kinds of static for this "vulgar"display,Connie sort of egged me on.

(60-64) Don Stevenson 50/500 31.90/8:01.20

Robert Schmidt 100 Brst 1:43.00 (65-69)

John Hoey 500/1650 9:17.40/36.39.50, Bob Hunter 200 Bk 4:34.87, Max Strauss 100 Brst 1:52.40

(70-74) Dana Thomas 50 fr 35.00, 50 Bk 49.00

(75-79) Roy Webster 50/100/200/1650 57.20 /2:06.60 /4:44/09 /47:31.66, 50/100 Brst 1:01.13/2:26.68

(80-84) Collie Wheeler 50/100/200 Fr - 46.20 /1:44.60 /3:33.80.

Note : Only one person,from age 60 on, would still be TT today, Collie Wheeler,and that has something to do with Age.

Relays-Men-200Fr 20+ 1:33.60 (Booth, Williams,Glass, McCudden)

200 Fr 45+ 1:53.50 (Guest, Walter, Holland, Jones)

200 Med 20+ 1:50.10 (Glass,McCudden,Booth,Williams)

200 Med 45+ 2:16.50 (Sprenger,Jones,Burgess,Eckhardt)

MXD Free 200 20+ 1:44.50 (Moore, Williams, Huestis)

OB Note : This was the first year that OMS began to show some strength in the relays. Both 20+ would make #10-TT today

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*History continued from page 12*

45+,not even close.

June 18 & 19 - LCM Meet at Mtn Park (Random Results)

Ann Schmahl(22) 50/100Fr-31.79/1:13.04,Susy Doolittle(28) 50Fr-38.82,50Bk-49.53, Sue Snyder(28) 50Fly-36.63, 200IM-3:07.69, Cathy Crichton(34) 400Fr-8:08.00, Chastain(31) 200Bk-3:31.20, Zabudsky(32) 200Brst-3:35.82, Linda Jones(35) 100Bk-1:44.90,Janice Holly(35) 200Fr-3:56.82, Marilyn Anderson(39) 100Fr-1:43.09,Jane Collins(39) 100Fr-1:42.83,Carol Friedley(37) 100Brst-1:45.10, Connie Wilson(42) 100Bk-1:36.39, Mary Anne Wolfe(51) 200Fr-3:17.64, Eileen Biglin(59) 100Fr-2:13.80, E:fie Stevenin(55) 200Fly-8:25.69

Roy Clark(23) First swim in Masters meet. Had great races with McCudden(23) 50Brst (Clark 33.58 vs 34.02),100 Brst(Clark 1:16.10 vs 1:16.43),200Brst (McCudden 2:48.34 vs 2:48.56) Really something! Steve Behlmer(27) 100Brst-1:53.94, Eugene Kitts(29) 1500-24.17.64 Ted Gilbert(25) 200 Fr-3:07.38,Ernie Glass(27) 50Fr-28.32, Steve Barrett(30) 100Fr-1:03.33, Hap Clarke(33) 50Bk-36.87, Earl Showerman(33) 200IM-2:58.47,Jack Miller(34) 100Brst-1:30.78, Fred Sprenger(46) 1500-23:01.96, Donlan Jones(47) 100Bk-1:30.61, Don Van Rossen(47) 100Brst-1:26.52, John Joens 200IM-5:16.25, Lee Miesen(50) 50/100/200Brst-45.25/1:41.53/3:48.78, Earl Walter(56) 100Fly-1:40.86, 400IM-7:25.82, Bob Schmidt(62) 100Brst-2:05.63, Syd Hendy(64) 200Bk-3:54.84, Don Stevenson(65) 100Fr-1:27.95, John Hoey(67) 1500-37:33.33, Dana Thomas(70) 50Fr-46.77, 50Bk-57.28

MXD 200Fr 35+ MAC 2:30.27 (Santry,Wilson,L Jones,D Eng)

AquaMaster July 1977 :

Regional Long Course Champs were announced for Mt Hood Community College, with Mike Popovich (Impresario) Mike came up with a beautiful Blue Legal Sheet sized program. Cover featured a "diver" and three swimmers,coming off the blocks. Asked Mike re the diver, and he answered,that is the only art work we have. Facing pages (Left-Men and Women's National and Regional Records, on the right,heats with individual entries) Entered from Ireland was Bill Dutton(32),Bill also swam in the Spoakne Nationals. The program was without a doubt,the finest yet seen in Region XII.

AquaMaster also announced : LC Champs at Spokane : Aug 26 thru 29, the Columbia River Swim,Sept 5th in Hood River,the Run/Swim Biathlon at.Coffenbury Lake,and Paul Hutinger's new Masters newsletter,:Masters Lane 4. That was a lot of announcing. This was also the first time that the Columbia River Swim was announced as "Roy Webster's Columbia River Swim. Edna Dorzab was in charge,Chairman of Community Affairs,Hood River,the swim was a One Mile Event.

Region XII Swim Championships, random results,plus people who swam for the first time,etc.

Women 20-24 : Laurie Turnbull,Lisa Newell,Karyn Moore

25-29 : Mary Beth Phelan(PNA) outstanding breastroker, came on the scene. Sue Snyder was a big winner for OMS with 5 Golds.

30-34 : Ann Brown,great freestyler,made her debut for OMS winning 4 Golds. Chastain and Zabudsky stood out with wins.

35-39: Linda Jones was the newcomer to beat,Linda(OMS) came away with 5 Golds. Janice Holly also picked up 5 Golds for OMS.

40-44 : Lavelle Stoinoff was a tower of strength,showing the way in 5 events. Connie Wilson added 3 Golds,while Nadine Whitehall(IEA) was freestyling,and showing how to sprint the 50 Fly, AA Style.

45-49 : Diane Williams and Joyce Bahler,both OMS, took care of this age group in great fashion.

50-54 : Mary Anne Wolfe garnered 5 wins for OMS,while Mariah Erwert(IEA) was winning 4 big ones.

55-59 : Eileen Biglin(OMS) had trouble with Maxine Carlson(PNA) while Elfie Stevenin(OMS) swam away with 5 Golds.

60-64 : Dawn Musselman(PNA) this great lady had no competition here. Class all the way.

65-69 : Hazel Bressie(OMS) countered Dawn's scoring with 5 Golds. Hazel was perpetual motion,never quit.

Men 20-24 : Ron Meier(OMS),came away with 5 Golds and was lonesome.

25-29 : William Byrne(OMS) did likewise here.

30-34 : Steve Barrett gave OMS 2 Golds and 2 Silvers,but had his hands full with the likes of Steve Engel(PNA) Earl Showerman and Doug Crichton helped with points for OMS.

35-39 : This group were all clawing for places. Joe Santry(OMS) was outstanding, Ron Nakata and Charles Schaumburg,added valuable points for OMS,as did Cecil Kribs and Eldon Rose.

40-44 : Brian Heard of OMS,had his hands full with Kirk Adams,Tom Foley and Ron Taylor of PNA.

45-49 : Eric Guest gave us 2 Golds, Fred Sprenger had 3. Don Van Rossen added 2,and Donlan Jones with Paul Christy, each had one,all for OMS. Chuck Sheldon(IEA) great flyer and back-stroker, was a big factor in this age group. Guest,Sprenger, Van Rossen and Jones are all around in 1998.

50-54 : Lee Miesen was a stud with 5 Golds,as was Fred Eckhardt,also with 5 biggies. They had this group all to themselves. (1998,where is Lee?)

55-59 : Earl Walter was all alone with 5 Golds. Floyd Elliott,not here yet,was in the wings.

60-64 : Roland Portman(IEA),one of the great people,gathered 4 Golds, while Fred Wiggin(PNA) found 5 shinies. Syd Hendy swam to 3 Silvers for Oregon.(1998) Portman and Wiggin have crossed the great divide,we were all better, for having these guys around.

65-69 : In an All Oregon show,Don Stevenson,won 5 Golds,John Hoey added 3 and Bob Hunter, another 3. J.L.Grady swam for Oregon in this meet,and we never saw him again. Don and Bob are not with us anymore,two of the finest.

70-74 : Dana Thomas,was sensational with 5 Golds. Dana left us TOO soon. A wonderful person and fine athlete.

75-79 : Roy Webster,the Hood River Kid,swam his way for 5 Golds. We said good buy to Roy in 1997.

80 + : Collie Wheeler did a number,with 4 wins. Oregon was very strong in the older age groups,and Herb Eisenschmidt had not yet arrived on the scene.

Visiting Friends : Mardie Brown (60) from New England,originally from Portland,Oregon,swam the 1500 in 29:44.90. Happy to say that OB ran into Mardie at Federal Way, 1997 Nationals.

Bill Dutton(32) Ireland. Showed us how to swim,check these

*continued on page 14*

**History continued from page 13**

times : 200/400/1500:2:38.20/5:25.90/21:55.30, 200Bk- 3:03.70, 200Fly-2:58.80, 400IM-6:22.60. OB tried to find out from Bill, why his Fly was faster than his Back ? But, Bill could not figure it out either. Randy Hills(25) and Don Hubbard(50) each swam 5 events, and swam them well. Randy had a 100Fly in 1:15.50, while Don did the 100Fly in 1:34.60. These were two of the best in the USA.

Relays : 200 Free Women 35+ MAC (Jones, Wolfe, Wilson, Stoinoff) 2:36.00

200 Free Men 65+ MAC (Webster, Wheeler, Thomas, Stevenson) 3:20.50

These times were #2 TT in those days. our current OMS records (1998) are 240+-2:02.89 and 280+-2:17.92. Additional comparison: Wheeler, Thomas and Stevenson were TT sprinters in their day, Webster was no slouch. Time marches on.

OB Comment : I hope you are enjoying this, I AM !

AquaMaster-October 1977 :

Meet for Vancouver, WA., was announced for Nov 20th.

Comments on LC Regionals at Mt Hood Community College : Hot sunny weather, everyone swam well, picked up some tan too. Turnout was low, only 85, but Nationals were only two weeks away. Mike Popovich and his crew were highly complimented and many thanks were given. David Douglas parents group and swimmers did a great job on the timing. Bev Pratt of David Douglas was working on a Master group there. Chuck Schaumburg of Salem, organized a new CLUB, called it Oregon Masters. The SKINNY on this, a few folks were chagrined by MAC running off with the Team trophy, each and every year. With apologies to Doug Crichton, if you look at the permanent Team Trophy, you will see this was the end of MAC's reign. In retrospect, it was a bit unfair, Schaumburg enlisted a lot of bodies from ALL over the State, so the points piled up for OM.

NATIONALS LCM at Spokane : Our turnout was very poor, with only 28 paddlers showing up to do battle, out of our membership, then of 185. Team totals were kept, with the San Mateo Marlins winning, PNA was second with Rinconada third. Interesting note, prior to the Nationals at Spokane, only four people from OMS had had Nationals experience-Connie Wilson in 1975, Earl Walter, Roy Webster and Bob Hunter in St Louis, summer of 1976.

MAC had 11 swimmers entered, and finished in 12th place.

OMS picked up their 3rd, 4th, 5th and 6th National Champions in this meet : Lavelle Stoinoff, won the 1500, plus 2 Silvers and 2 Bronze.

Fred Sprenger won the 1500

Roy Webster picked off the 100/200Brst, plus 2nds : 400 & 1500, and a 3rd in the 50 Free.

Collie Wheeler brought home the 50 and 100 Free

Other OMS Swimmers winning Silver and Bronze :

Sue Snyder : 2nd 100 Back and 3rd 50 Fly, Alice Zabudsky : 3rd in the 200 Brst, Connie Wilson : 2nd in the 100 Back, and 3rd in the 200

Jayne Chastain : a 3rd in the 100 Back, Mary Anne Wolf : 3rds in the 50, 20 and 1500 Free, Elfie Stevenin : 3rd in the 100 Fly, Hazel Bressie : was 3rd in the 1500, Don Van Rossen : was 2nd in the 100/200 Brst, Earl Walter : 2nd-200 Bk and 100Br, 3rd for the

200Brst, OB must thank Don Van Rossen, for his cheering in the 100 Brst (2nd, 3rd, 4th were less than a second apart), Don Stevenson had 3rds in the 200Fr, 400Fr and 200Brst, Dana Thomas was 2nd in the 100Bk, and 3rd for the 50 Fr.

OB Comment : We were definitely not too strong at the National level in those days, however not a bad showing for a small organization. Biggest cheers were for Lavelle and Fred, those were fun races to watch ! This was Lavelle Stoinoff's coming out party, from then on through 1997, she has been a National star to contend with.

BIATHLON (Run and Swim at Coffenbury Lake) :

Lee Miesen took the honors for the 50 & Over Group.

Hap Clark was the winner in the 40-49 group.

Region XII LCM Records were announced : Short version (Compare)

	Men	1997	Women	1997
25/29 100Fr	1:01.60	52.08	1:11.30	1:00.81
100Bk	1:13.60	58.24	1:28.50	1:13.79
100Br	1:20.70	1:10.00	1:25.90	1:22.05
100Fly	1:11.40	56.90	1:27.80	1:09.50
45-49 100Fr	1:06.90	1:00.19	2:00.40	1:09.42
100Bk	1:23.20	1:09.49	None	1:24.25
100Br	1:26.40	1:14.85	1:59.80	1:27.69
100Fly	1:40.60	1:06.51	None	1:23.80
65-69 100Fr	1:39.60	1:16.25	None	1:24.23
100Bk	2:27.80	1:24.62	3:28.00	1:46.95
100Br	1:55.00	1:34.58	4:43.70	2:04.53
100Fly	None	1:38.43	None	1:49.46

Long Course Regional and OMS Top Ten, almost identical to Short Course Yards

Results of Vancouver, WA meet were announced, SCY, New Faces and Times : Terri Marshman(23) 50/100Fr-29.70/1:12.20, 50Fly-36.00, Kathryn Schwyhart(26) 50Fr-31.00, 100IM-1:22.1, Jessica Weaver(29) 100Fr-1:06.40, Heather Burns(25) 100Br-1:50.10, Catherine Menges(25) 100Bk-1:16.40, 200IM-2:43.80, Sue Rittenhouse(40) 50Fr/50Fly/100IM-31.30/36.20/1:21.20

OB Comment : This was our intro to Sue Rittenhouse, a great swimmer, who was to become our first USMS All Star. Sue has moved to California and is swimming well.

Lavelle Stoinoff(44) Was beginning to MOVE (200Fr-2:34.60, Dianne Edwards(49) 200Fr/200Bk-3:29.50/3:54.50, Joyce Bahler was becoming a regular. 50/100/200Br-47.30/1:43.40 and 3:43.80., Mike Tennant(23) shows up for the first time : 200Fr-2:11.40, Ron Meier(22) New Face-100Bk-1:15.20, Ed Love(23) Also new : 100Fly/100IM-1:04.50/1:13.90, J K Eagon(25) 50/100/200Fr-25.40/56.50/2:13.70, Michael Koenig(26) 50/100/200Bk-32.70/1:08.70/2:42.60, Bill Banholzer(28) 50Brst/100IM-37.40/1:29.40

OB Note : Many of these people are gone, where did they go?

Don Peterson(30) 50Fr/100Brst-25.10/1:08.50, Pat Strange(30) 50Bk/50Fly-34.20/28.80, Brian Frid(34) Makes his first appearance, where was Barbara ? Nels Holstrom(34) swam the 100Fr-1:02.30, Eldon Rose(35) 50/100Brst-36.30/1:24.40, Brian Heard(43) 50/100Brst - 43.60/1:36.50, Dick Slawson(41) 200IM-2:43.00, was a 2:40 plus at Nationals in Federal Way(1997)

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*History continued from page 14*

Now, that's growing old in style, Lowell Neil (48) 50Bk/50Fly-33.10/31.90, a swimmer! Chuck Harrison/Lee Miesen/Fred Eckhardt took the 50-54 Jim McGregor (56) Winner-Lake Oswego 3 1/2 Mile Swim in 1939, swam the 200Fr in 3:16.10, Tom Drake (60) 500Fr at 10:28.40, Jim Grange (60) 2nd 50Bk in 1:13.20, Syd Hendy (64) swept the backstroke (1998, where is Syd?), Stevenson/Hoey/Strauss/Hunter handled the 65-69 bunch, with Don S winning 5 events, this guy was a swimmer! Jim Glandon (70) A new face with 50/100Fr - 39.70/1:33.40, Jim was just getting better a couple of years later, then we lost him.

Relays: Men 25+ 200Fr 1:48.60 (Holmstrom, Watt, Banholtzer, Neil)

MXD 25+ 200Fr 1:55.00 (Love, Snyder, Doolittle, Koenig)

OB Note: If you know something about anyone, who is no longer with us, for one reason or another, please let OB know. Thanks!

December 1977 - AquaMaster ...

Our Swim Committee was now down to: Connie, OB and Alice Z, we were going backwards. Connie asked for the formation of more clubs. She felt that the formation of clubs, helped the individual and the program, which it did, and still does. Let's put the pedal to the metal on our clubs.

A Swim Clinic in Salem, Jan 8, was announced, this would be under the direction of Don and Virginia Van Rossen. The Van Rossens were a very BIG factor in the early growth of Masters, particularly South of Portland, and they are still (1998), a most important cog in our program.

At Don's invitation, Doc Councilman of Indiana, would be in Eugene, Jan 13 & 14 to put on a clinic, in conjunction with a Senior Invitational Meet.

Club News: Oregon Masters (Salem) will be running a clinic on Jan 8th, and are setting up regular workout times. (Chuck Schaumburg)

Tualatin Hills: Boasting 3 indoor and 2 outdoor pools, with the 50m Center under construction. Activities: Clinics, Social Events, and part time coaching. (Emmanuel Sang)

Multnomah Club: Membership was at 70, and growing. They were looking forward to competition with other clubs in Oregon.

Doug Crichton was the guiding light here.

Benton County YMCA: Under the watchful eye of Coach and Masters swimmer, Doug Huestis, has many commitments, but still are waiting for the real show.

Mt Park Aquatic Club: With Ernie Glass at the helm, great facility, but having trouble finding all the swimmers in their area. OB can remember getting ready for 1976 LC Nationals, swam 4 and 5 times a week around 6 AM, usually there was a maximum of 3/4 swimmers in the pool, never had to share a lane. The kids were known as the Piranhas, and Ernie kept a fish tank in his office with about 4/5 swimming around. One morning O/B noticed that one was missing, still don't know how I managed to get my workout in, it was SCARY!

Tigard Aquatic Club: Bill Dendurant leading the way, TAC came close in 1996 to winning the Assn Champs. We lost Bill a few years ago, he was a real builder for Masters.

Aero Club: Syd Hendy was hard at work trying to get some buddies to join him. 1998-Syd we miss

Vancouver Swim Club: Had hosted two very fine meets. They were on the verge of forming a team and did.

OB Comment: A total of 8, just about all we had out there. Connie and OB entreated all to get some organization, and get some swimmers. 1998 - We still could use some swimmers at a number of places: The Dalles, Pendleton, Sandy, Hillsboro, Tillamook, Florence, Coos Bay/North Bend, Salem, and Klamath Falls, to name a few spots.

Connie Wilson arranged a special 1650 ONLY Meet for a Saturday evening, Feb 11, 1978. Dick Curtis, at Lake Oswego, was the host. These 1650 meets were well attended, maybe we could have a distance meet at least once a year, these days, 1998 Nation One-Hour Swim Meet was announced.

That's it for 1977 folks, our membership was at 275. We were growing.

DO YOU HAVE ANY STORIES THAT SHOULD BE SHARED WITH EVERYONE. YOUR HELP WOULD BE GREATLY APPRECIATED! Please send to:

Earl Walter

596 "F" Street

Gearhart, OR 97138.

THANKS!

## OREGON MASTERS SWIMMING INC

### Minutes of Board Meeting - March 17, 1998

**Attendees:** Dave Cobb, Dan Gray, Eric Guest, Pam Himstreet, Phil King, June Mather, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Al Smith, Sharon Stuart, Gil Young, Earl Walter

**Call to Order:** 7:03 PM

**Secretary:** Sharon Stuart - Minutes approved as read.

**Treasurer:** Roy Abramowitz - not present. Report given by Suzanne Rague. Roy prepared a report comparing revenues/expenses for '96 and '97. The Board discussed some of the line items.

**Vice-Chair:** Pam Himstreet - Pam has been pursuing additional LC meets for the summer season. No one has yet agreed to host a new meet. The Board discussed putting entry forms on the web. Pam will submit entry forms to USMS and to the OMS web page. The Board passed a motion to award \$6.50 per swimmer to THSC.

#### Committee Reports

**Open Water / Long distance:** Dan Gray - Dan purchases the stop watch/printer interface. The plans for the open water clinic are progressing well. Dan found a retailer for the digital clock. The Board passed a motion to purchase the 5-digit display timer. The Board discussed rental policies and insurance for open water equipment. Dan believes the club support is available for the NWMG open water. Open water entry forms need to go through Dan before being submitted to the Aqua-Master.

**Awards / Souvenirs:** Donna Ryan - not present. Report given by Eric Guest. Donna has ordered all approved awards.

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

**Aqua-Master:** Dave Radcliff, Suzanne Rague - Dave and Nancy Radcliff passed the bulk mailing course, so they will be doing the bulk mailing. OMS could save 90% in postage cost if we were listed as a non-profit organization. OMS is a non-profit organization, so we need to make sure we are listed correctly.

**Registration:** June Mather

*continued on page 16*



**Minutes continued from page 15**

517 members registered for 1998 to-date. 136 registrants are new members. 58% of members are over 40 years of age.

**Membership:** Phil King Phil has been receiving calls from some of the team contacts.

**Top Ten / Data Manager:** Suzanne Rague - Entries are coming in for Associations. The Board passed a motion that we provide meet results at \$1 per swimmer or \$10 for all results, to be requested via a request form, and to be supplied 30 minutes after the meet ends.

**Fitness:** George Thayer - not present. Report given by Dave Radcliff. The Board discussed the officiating at the Pentathlon and agreed that the disqualification rate was par (or low) for a Masters meet.

**Historian / Records:** Earl Walter - A new pool has opened in Astoria. Earl would like to line up a group to give some swim demos in the June/July time frame. The swimming population is growing in the Northern Oregon coastal region. Earl has completed the OMS history through 1997. SCM are up-to-date; LCM are up-to-date; SCY are completed as of Corvallis. All-time Top Ten men are almost done; woman records are a bit behind.

**Officials:** Al Smith - Al is putting the Masters swim schedule in the USS newsletter in hopes that it will help with recruiting officials. There are some new rules for Masters Swimming. The changes are published in the April Aqua-Master.

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

**Safety Coordinator:** Sandi Rousseau - There were some problems at the Pentathlon.

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

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

**Old Business:**

**NWMG update** - OMS received its first payment from NWMG. The Board made a final decision to decline the proposed swim clinic. NWMG is starting a local awareness program to present profiles of swimmers. The Board decided to have a loose bullpen for swimmers.

**State Games of Oregon (Sandi)** - After all discussions, OMS is still left with the same time slots and issues surrounding the organization of the event. The Board discussed having Mt. Hood Masters run the meet rather than OMS, and OMS would sanction the meet.

**OMS web page** - Suggestions were passed on to web master. The OMS web page is still in progress. Pam will submit entry forms for the OMS web page.

**New Business:**

- Clarify ruling on who is covered by USMS insurance in workouts. USMS insurance covers the swimmers in workouts only if the following conditions are met:

- Coach registered with USS or USMS

- All swimmers are either registered with USMS or are still within the 30-day trial period.

- Revisit distribution of entry fees - Currently: 1 day - \$6.50, 2 day - \$6.75, Assoc. - \$7.00, Zone - \$7.50. The Board approved a new distribution: 1 day - \$6.50, 2 day - \$7.50, 2 day Zone - \$8.00, 3 day Zone - \$8.50

- Revisit one-day registration fees. One-day registration only applies to open water events, as per a prior LMSC decision.

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

- All: (Please review minutes for action items.)

Adjournment: 9:55 p.m.

Next Meeting: April 22, 1998, 7pm

## OREGON MASTERS SWIMMING INC

### Minutes of Annual Board Meeting - April 17, 1998

**Attendees:** Sandi Rousseau, Gil Young, Mike Popovich, Bob Bruce, Pam Himstreet, George Thayer, Cynthia Smidt, Dave Cobb, Eric Guest, Mark Worden, Donna Ryan, Murali Krishna, Zig Kasner, Dan Gray, June Mather, Richard Smith, Maggie Wells, Elfie Stevenin, Lois Allen, Sandra Hyde, Kristi Riddle, Suzanne Schumann, Judy Melcher, Dave and Nancy Radcliff, Roy Abramowitz

**Call to Order:** 5:05 PM

**Secretary:** Sharon Stuart - not present. Report given by and minutes recorded by Dave Radcliff

**Treasurer:** Roy Abramowitz - see attached handout

**Nike World Masters Games:** Sandi Rousseau - Registration is picking up. 230 swim entrants from 16 countries. Sandi talked about her response to a very negative web message. Next meeting of the NWMG Swim Committees is April 27.

**Open Water / Long distance:** Dan Gray - Dan Gray reported that everything was fine. Information and entry forms for the Roslyn Lake swim will be included in all packets being sent to NWMG entrants.

**Awards:** A big round of applause for Donna Ryan - the awards, the ribbons and the 25 year anniversary pin.

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

**Vice-Chair:** Pam Himstreet - Pam reported that there has been good attendance at the meets so far (203 at Corvallis). Long Course season will be the State Games of Oregon, the LCM Zone meet at Federal Way, and the NWMG. Bid Packets will be out late May or early June. The Association Meet can be held at any geographical location in the State. Lincoln City is back and is bidding for the Northwest SCM Zone meet. If any teams are concerned about not getting packets they should contact Pam and give her the correct name and address of the person to whom the packets are to be sent.

**Fitness:** George Thayer - George reported articles are being published each month in the Aqua Master. He requested that ideas for articles be sent to him.

**Aqua-Master:** Dave Radcliff - Dave reported that the June Aqua Master will be short. The printer at Stephen Ness is on vacation all of May. The Aqua Master will be Xeroxed at Office Depot. Dave and Nancy Radcliff have taken over the bulk mailing. The cost of the commercial mailer was way too high.

**Registration:** June Mather - 558 members registered for 1998 to-date. 162 registrants are new members. Aqua Masters are being sent first class mail to all new and renewal members the first month they register if the mailing labels have already been printed.

**New Business:**

- The printer developed a problem at the Association Meet on Saturday. COMA will take the printer to Bend and get an estimate on the repair. It was moved by George Thayer and seconded by Dave Cobb that Eric Guest and Roy Abramowitz will then decide on whether to fix the existing printer or buy a new one. The printer is needed for the Bend Meet on April 18 - 19.

- Pam Himstreet made a "Helping Hand Proposal". The basic idea is for team to be granted up to \$200 dollars depending on their number of members. This money could then be used to help needy swimmers on their team with entry fees and travel expenses. (See attached handout)

- Mark Worden requested and was granted permission for a local club to have their name added to the Certificate of Insurance

- Donna Ryan announced that labels were now available for the awards

Adjournment: 6:30 p.m.

Next Meeting: May 19, 1998, 7pm



**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 348<sup>th</sup>. Continue West on S 348<sup>th</sup> past Pacific Highway S (highway 99) and past 1<sup>st</sup> Ave S (NOTE: 348<sup>th</sup> becomes SW Campus Drive after crossing 1<sup>st</sup> Ave S). The pool is on your right about 1/4 mile past 1<sup>st</sup> Ave S.  
(b) WESTBOUND Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S. 348<sup>th</sup> 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 ENSIGN**

(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: \_\_\_\_\_

## CASCADE LAKES OPEN WATER SWIM SERIES

### August 1st - 2nd, Elk Lake

**DESCRIPTION:** This unique, fun and challenging series consists of three separate open water swim events to be held Saturday and Sunday, August 1 - 2 at Elk Lake, a pristine mountain lake nestled in the spectacular Central Oregon Cascades near Bend. The first race will be a 500 meter individual time trial in which swimmers will be started in 30 second intervals (based on seed times) and follow a straight out and back course marked by a continuous visible line. The second event, also occurring on Saturday, will be a 1,500 meter group start swim on a triangular course. The final race in the series will take place on Sunday and consist of a 3,000 meter group swim on an out and back course. Swimmers are invited to participate in any or all of the races.

#### SCHEDULE OF EVENTS:

##### Saturday, August 1

9:00 - 10:00am	Race Day Registration & Check-In for 500 Meter Event
10:30 - 11:30am	500 Meter Individual Time Trials (Interval Starts)
11:30 - 12:30pm	Race Day Registration & Check-In for 1,500 Meter Event
1:00 - Finish	1,500 Meter Swim (Awards & Picnic Lunch following race)

##### Sunday, August 2

9:00 - 10:30am	Race Day Registration & Check-In
11:00am - Finish	3,000 Meter Swim (Awards & Picnic Lunch following race)

**LOCATION/DIRECTIONS:** Elk Lake is located approximately 30 miles West of Bend on the Cascades Lakes Highway. From Highway 97 in Bend, follow signs through town to Mt. Bachelor Ski Area and Cascade Lakes. Follow the Century Drive/Cascade Lakes Hwy. to Mt Bachelor Ski Area. Continue approximately 10 miles until you reach Elk Lake. There are a number of turn-offs for Elk Lake. The start/finish area for all swims is located at South Beach which is the last exit.

**CONDITIONS:** Because of its mountain location and 5,000 foot elevation, air and water temperatures can be unpredictable. Water temperature during this time of the year ranges from 65 - 75 degree. You may call (541) 389-7665 beginning July 24 for water temperature reports. Air temperature can vary greatly throughout the day from as low as the 30's in the early morning to near 90 in the afternoon. Come prepared for all weather conditions. **Wet suits are permitted.**

**RESULTS/AWARDS:** RESULTS will be completed for each individual event as well as the overall series. Standard USMS age groupings (19 - 24, 25 - 29 etc.) will be used for both individual events and the overall series. There will be separate divisions for wetsuit and non-wetsuit competitors for each individual event but not for the overall series. The overall series finish will be calculated on a points basis. Points will be awarded based on the overall finish order in each race. Persons wearing a wetsuit will have three points deducted for each race in which they wear a wetsuit. Final results will be mailed to all competitors approximately one week after the race. **AWARDS:** Ribbons will be given to the top three finishers in each age group for each individual race. Mugs will be awarded to the top overall finisher in each age group (must swim all three events to qualify). A special plate will be awarded to the top male and female overall finisher.

**CAMPING AND LODGING:** Elk Lake has excellent camping facilities, however, they can fill up during busy weekends. If you are interested in camping and would like assistance in reserving a site, call Michelle and Leroy Morrell beginning July 6 at 385- 9458. For those looking for lodging facilities, the Bend and Sunriver areas offer numerous motels, condominiums and resorts at all price levels. There is also a limited number of cabins at Elk Lake Resort (541) 317-2994 and nearby Lava Lake (541) 382-9443 and Cultus Lake (541) 389-3230. For more information on lodging accommodations, contact the Bend Chamber of Commerce at (541) 382-3221.

# CASCADE LAKES SWIM SERIES ENTRY FORM

NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_  
 STREET ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 AGE \_\_\_\_\_ SEX M F USMS # (if member) \_\_\_\_\_

EVENTS (Circle events entered): Day 1 500 Meters 1,500 Meters  
 Day 2 3,000 Meters

Seed Time for 500 Meter Time Trial (based on best 500 Yard Pool Time) \_\_\_\_\_

T-SHIRT SIZE (Circle One): Medium Large Extra-Large

## ALL PARTICIPANTS MUST READ AND SIGN THE FOLLOWING:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. 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 \_\_\_\_\_

**REGISTRATION & FEES:** You must be a currently registered US Masters Swimmer to participate. A photocopy of your current USMS registration card must accompany your entry. For those who are not current USMS registered swimmers, single event USMS registration will be available for \$15.00 at the race day registration. Race Entry fees include swim cap, T-shirt, lots of healthy snacks and drinks following the race.

Early Registration (postmarked by July 17)	\$20 (1 Day)	\$30 (2 Days)
Late Registration (postmarked after July 17)	\$25 (1 Day)	\$35 (2 Days)

**Make checks payable to Central Oregon Masters Associations**

**Mail Entries To:** Cascade Lakes Swim      **For More Info: Call Matt Mercer**  
 1046 NW Baltimore      (541) 389-7665, or  
 Bend, OR 97701      (541) 388-1952

Sanctioned by Oregon LMSC for USMS. Sanction #378-OW03  
 Operating under Special Permit from the United States Forest Service



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

**PLEASE PRINT** (Your 1998 USMS registration card is valid from Nov. 1, 1997 - Dec. 31, 1998)

NAME \_\_\_\_\_ **FEES: Payable to "OMS"**  
(Last Name) (First Name) (MI) Single Registration (\$28:00) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ Joint Registration (\$49.00) \_\_\_\_\_  
(Joint Registration = two members at one address)

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

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

\_\_\_\_\_ ☐ Check box if you are a Masters Coach  
Local Team (See Official Abbreviations Below) E-Mail Address

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: \_\_\_\_\_ Date \_\_\_\_\_

----- CUT HERE ----- RETURN ONLY THE UPPER PORTION ----- CUT HERE -----

\*Please register with the same name you will use for competition.

\*If you are registering at the same time you are entering a meet in Oregon, you MUST include this application form with your meet entry and NOT mail this to the OMS Registrar.

\*Your 1998 USMS registration card is valid from November 1, 1997 - December 31, 1998.

**OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.**

ALB - Albany Masters	GAC - Guinness 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)

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

# TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the **official team abbreviation shown when filling out your 1998 USMS registration form by placing it on the line labeled "Local Team."** If you do not belong to a team, leave this area blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please **CONTACT THE MEMBERSHIP CHAIR: Phillip King at 503-667-7246.**

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

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

Area	Organization Name	Abbreviation	Contact	Phone
Albany	Albany Masters	ALB	Pauline Stangel	(503) 926-0468
Ashland	Rogue Valley Masters	RVM	June Mather	(541) 482-0610
Astoria	N. Coast Swim Club	NCSC	Stephen Warner	(503) 738-6661
Beaverton	Tualitan Hills Barracudas	THB	Jeanne Teisher	(503) 649-4719
Bend	Central Oregon Masters	COMA	Matt Mercer	(541) 389-7665
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 H2O Master	WH20M	John Dejarnett	(503) 588-2060
Sandy	Blue Marlin Masters	BMM	Robyn Stowers	(503) 668-4400
Vancouver	Vancouver Old Timers	VOT	Andy Schrag	(360) 546-0079

# Aqua-Master

JULY 1998

Aqua-Master  
5832 SE Wolf Pond Way  
Hillsboro, OR 97123

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**In this issue: ol' Barn reviews Ass'n and Zone Meets**

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