

Aqua-Master

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profile World record setters



Congratulations to Lavelle Stoinoff and Robert Smith! They each set two World Records at the recent Zone LCM Championships. Lavelle went 23:42.01 for the 1500 M. Free and 6:02.87 for the 400 M. Free. Dr. Sprint went 1:12.27 for the 100 M. Back and :31.52 for 50 M. Back. Oregon is extremely proud to claim these two World Record setters as their own.

Ol' Barnacle

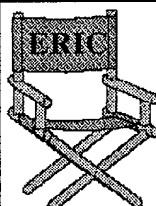
reviews - results - records - history

Ol Barn...the 1998 Edition of the State Games...

With very little fanfare, the by far largest turnout of 178 swimmers, under the guidance of Donna Ryan, Meet Director, and a host of volunteers from Mt Hood Masters, really did a number on history. We saw a World Record, LAVELLE STOINOFF, MAC, swam the 800m Free in 12:26.76 for the 65-69 group, breaking Clara Walker's time of 12:27.60, set in 1992. We watched and cheered, as 4 men from OMS swam to a new National Record in the 400m Free Relay. George Thayer(Bend), Bert Petersen(Portland), David Radcliff(Hillsboro), and Robert Smith(Lake Oswego) combined for a 4:36.23 for the 240+ group, besting the old NR of 4:42.97 set in '97 by San Diego Masters. The same foursome swam the 400m Medley Relay in 5:31.45, just barely missing the NR of 5:31.14. That's less than a 1/2 second! It is a new Zone Record! OB Comment: FINA We had a total of 98 SGO Records, of which 15 were ZR's, in addition to the 3

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The CHAIR'S CORNER by Eric Guest



Thanks to the hard work of Donna Ryan and a large group of dedicated volunteers, the State Games of Oregon was a success. It was the largest attended games ever, having one hundred seventy eight entries. With the expertise of Al Smith's crew of officials and Phil King's Aquatic Center's staff, all ran smoothly. There were National and World records broken in the fast pool, proving that the competitors were peaking for the World Masters Games. By the time you read this, WMG will be all over but the rejoicing of those who competed. I congratulate all, not only the successful, for being a part of this event, and thank all the volunteers for the time and effort they gave.

I know the Oregonians that swam at the Zones in Seattle in July represented our State well. I was unable to do this one due to prior commitments. I like to support these meets and urged you to in the past, as I appreciate the work that goes into one. Due to the many hours spent at required meetings

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Calendar and Meet Schedule 1998

Date	Event	Location	Contact
Nov. 14 - 15	SCM Zone	Oak Harbor, WA	Dan Frost - 1121 SW Barrington Dr # 4 Oak Harbor, WA 98277

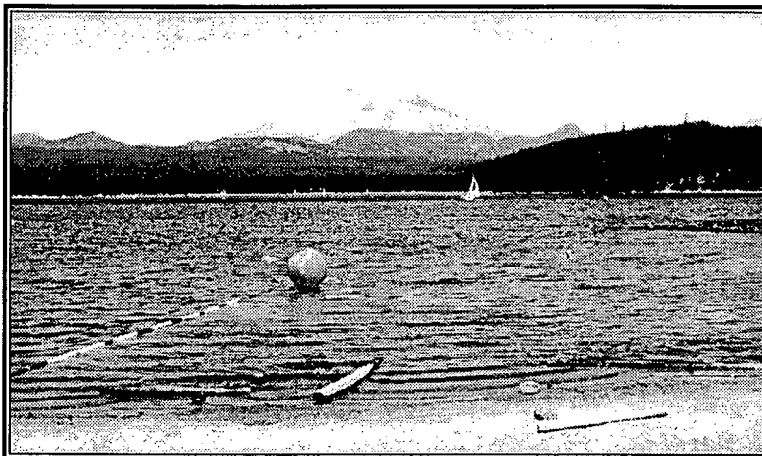
OREGON OPEN WATER CALENDAR

Sept. 20	*#Portland Masters Swimming 1 and 2 mile Swim Hagg Lake Swim	Ellen Ferguson (503) 629-6548
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* Meet entry form enclosed in this issue

Points earned in this event will count toward the overall OMS Open Water high point individual Award

Elk Lake Open Water Swim - Results on page 7



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.

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BEFORE AND AFTER



Laura (Baumhofer) Worden on the left has held the LCM 200 Fly record since Aug. 20, 1985. Laura still swims a great fly as

she demonstrated at the recent Zone meet. Shauna McKennis-Simpson on the right broke Laura's long standing record of 2:42.80 with a fine time of 2:42.48. Congratulations to both of you for great swimming then, now and let's hope forever.



Squaw Lake - Oregon's Open Water Championships - a great success. Thank you Dan Gray and Rogue Valley Masters.

Swimmers take the 'challenge'

Event offers open water excitement by Bill Kettler

Mail Tribune - Sunday July 19, 1998



Mail Tribune / photo by Andy Atkinson

Mike Douglas, above, leads Toni Hecksel out of the water to the finish line on shore as they end their 3,000 meter swim at Squaw Lake.

picture and article reprinted with the permission of the Mail Tribune - Medford, Oregon.

Squaw Lake - Seventy-five degree water would feel chilly in your bath tub, but open-water swimmers say it's the perfect temperature for a long workout.

Squaw Lake provided the comfortable water Saturday as more than 40 men and women swam 3,000 meters in the Rogue Valley Masters 12 annual Southern Oregon Lake Swim. Twice as many swimmers are expected today for the 1,500 meter race.

Race organizer Dan Gray said open-water swimming attracts people who want a little more from their water experience than counting laps in the pool while they follow the black lane line.

"The open water is a challenge," he said. "Just to get out in the open water from the pool is a challenge.

"You're out there and you're 500 yards from shore and there is no (pool) wall and nothing to step down on. It's that old thing about challenging yourself."

"It's a lot more mellow than a swimming pool," said Geri Mathewson of Medford, "and you've got all this beautiful country

all around you. It's really relaxing once you get going."

Organized open-water swimming in Southern Oregon started 12 years ago when the Rogue Valley Masters staged a race at Howard Prairie Lake. Over the years the race moved to several other lakes before finding a happy home at Squaw Lake, five miles east of Applegate Lake in the Rogue River National Forest. The race is one of five open-water races around the state, and drew swimmers from Eugene and Bend as well as the Portland area.

"I come down every year," said Curt LaCount of Portland. "It's a beautiful lake and the Rogue Valley swimmers put on a great show here."

Open water swimming requires an extra measure of concentration because there are no lane markers to follow, said Michael Collins, a California swimmer who conducted a training clinic after Saturday's race.

It's really weird out there when you can look at the bottom and see things grow-

ing down there," said Collins, who won the 3,000 meter race with a time of 41 minutes and 35 seconds.

"You lose your bearings a lot," he said. "In the water with goggles on, everything looks the same. It makes your anxiety level go up a little bit."

Staying on course was easy at Squaw Lake. A yellow nylon cord marked the full length of the 750 meter course and bright orange buoys were set every 250 meters. But on other courses swimmers navigate by measuring their progress against landmarks on shore.

"You sight off a rock or a group of trees," said Toni Hecksel, of Portland, who finished second in the 3,000 meters.

Hecksel said racing strategy changes on open water because swimmers don't have to stay in lanes. Lake and ocean swimmers often follow right behind others to conserve energy, just as bicyclists "draft" behind each other.

"The person in front of you is working a lot harder," she said.

"The best strategy is to get in a pack and stay toward the rear. At the end it's an all out 'clobber each other' to see who's got enough (energy) left for a (finishing) kick."

Hecksel said crazy things can happen at the start of a race. All the swimmers start together, and those who want to get out in front of the pack kick fast and furiously to get ahead.

"It can get kind of nasty," she said, "with people kickin' you in the face."

Masters swimmers enjoy the competition, but most don't take it too seriously, Hecksel said after the race.

"We had kind of a dogfight out there," she said, describing a duel with two men that lasted much of the race. "But the great thing is you can talk about it afterwards. It's much better than swimming by yourself."

"When we race, we race hard against each other," said Dave Radcliff, of Hillsboro, at 64 the oldest swimmer in Saturday's race. "We get friendly rivalries going, but we don't have bitter rivalries."

OPEN WATER



By Dan Gray, Open Water Chair

A great weekend at Squaw Lake for Oregon swimmers. The Oregon Open Water Championships was a very close battle between COMA & RVM. When the final count was complete the end results was RVM the victor of the Open Water Championship Banner by a score of 81 vs. 76 for COMA. Without a doubt, COMA is the most devoted club to open water swimming. A round of applause for them for sending 17 swimmers to defend their victory in 1997.

Something new: The Spirit of Mike Morehouse Award. Mike swam with RVM and competed in open water events for years before being stricken with cancer. Mike passed away last year but, to his friends, his presence will always be felt. He was a true gentleman, a competitor who realized that participation was what was really important and that how an individual treated others was very important. The OMS Board approved the establishment of an award to recognize such an outstanding individual. This year's winners were Mike Douglas & Mark Fairlee from COMA. These two fine young men have competed head to head for years and continue to exhibit true Sportsmanship throughout their competition in open



A hug from Dan Gray for Mike and Mark - First winners of the Mike Morehouse Award.

water and pool events. Their quiet involvement in open water needed to be brought to the attention of other Oregon swimmers as role models for healthy competitive attitudes. Congratulations to Mike and Mark for an award so richly deserved!!!!!! Cascade Lake Swim tomorrow - Roslyn Lake in two weeks - Cottage Grove Aug 30th - Hagg Lake Sept 20th.



Chris Lindstrom and Dan Gray, outstanding Open Water Swimmers for 1997 display their championship sweatshirts. Who will the winners be in 1998?

OREGON OPEN WATER CHAMPIONSHIP TEAM RESULTS

1	ROGUE VALLEY MASTERS	82
2	CENTRAL OREGON (COMA)	76
3	TUALATIN HILLS BARRACUDAS	16
4	HEART OF THE VALLEY	15
5	N. CLACAMAS AQUATIC PARK	14
6	MT. PARK MASTERS	9
7	MT. HOOD MASTERS	6
7	MITTLEMAN JEWISH C.C.	6
7	EMERALD AQUATICS	6
10	N. COAST SWIM CLUB	5
11	MEDFORD OLD FOLKS	4
11	LK. OSWEGO FISHSTICKS	4
11	PORTLAND MASTERS SWIM	4

REFLECTIONS ON WINNING

by *Laura Schab*

It's six a.m. the morning of the 1500m at Squaw Lake. I'm wide awake and feeling reflective about swimming's role in my life: perhaps surviving my first 3000 yesterday has placed me in this frame of mind. I think about the word winning. In my heart, I know that swimming fast today will not make me a good person. I remind myself of this; I have reminded myself many times before, and I still need to remind myself before each race. How do I want to be remembered? Do I yearn for people to stand at my funeral, choke on tears, and proclaim "Laura sure did swim fast!" How laughable!

I remember my husband running the Grandma's Marathon in Duluth, Minnesota, eighteen years ago. He'd trained smart and planned to run under three hours. We were on a cross America bicycling trip - a trip of a lifetime. I remember the day well, a starry-eyed twenty-year-old waiting for her love to pass by. An hour into the race, the wind whirled across Lake Superior assailing the runners head on. Andy's finish time, much over three hours, was not the time he'd envisioned. Exhausted, rain-soaked by then, Andy stood and applauded for the runners still finishing the race. After an hour of cheering he shivered hard and I said, "Come on, Hon, let's go back to our motel and warm up. But he shook his head "no", not speaking through tears. I hugged him and asked why he cried. He replied, "Because these people have been out here for over four hours in the wind and the rain and still they keep going. The winners of the race were only running for two and a half hours and left." I looked

around, saw a few wet volunteers and some spectators huddling under umbrellas. Andy pointed shakily to the runners, most overweight, all drenched, and said, "Here, Laura. Here are the winners, too."

I saw winners here at Squaw Lake yesterday. One woman shared with me how she felt afraid swimming so long out there by herself, but she'd overcome her fears and completed the 3000. I saw June Mather leading the pack in a practice 200, not even one swimmer edging up on her. She came out of the water, grinning hugely, and exclaimed, "Wow! I've never had the feeling of winning before!" and I knew I wasn't the only spectator with a lump in my throat.

Each day presents choices with my swimming. Shall I go to practice and miss family time or swim earlier in the day - even if it's lonely - and be home for family? Shall I bark at the slower swimmer for hurting my times, or take a deep breath and remind myself what's really important in life? Shall I call my friends and brag about my medal in the 3000, or give it to my sad little friend who would light up with my gold medal pinned to his T-shirt?

Swimming gives me many opportunities to show compassion for others, companions, fitness for everyday challenges, and opportunities to hone and test my skills. I like to win, but winning alone sure doesn't make me a winner in the bigger picture of life.

I will swim my best in the 1500m this morning. What's on the clock will only matter for a brief time: what will remain in my heart is the way I express my humanness in the world today. I hope that I may go home a winner.

Laura, You were and are a winner in every way!

MIKE COLLINS WOVES 'EM AT CLINIC AND IN SWIMMING

With Mike it is not only do as I say but do as I do. He was the top finisher in both the 1500 and 3000 open water swim at Squaw Lake. His clinic presentation was outstanding. Some of the points presented by Mike for Open Water Swimming were:

1. Know the course - study the layout of the buoys - look for landmarks to guide on as you are swimming, remember to look behind you for landmarks for the finish.
2. Know your competitors - who are you going to try and swim with or "draft" off of. (Toni Hecksel and Jeanne Thimm voted Jeff Kaelon the best person to draft off)
3. Plan your race - out fast to get away from the pack - then into a steady pace - try picking up the pace if you're in a pack and see if you can drop part of the group.
4. Think of freestyle medley swimming. Part of the race concentrate on the front of your stroke, then move to concentrating on the mid range and finally the end of stroke.
5. Roll to your back as you round a buoy and then return to your freestyle.
6. Plan your finish so you are in the best position for the final sprint.
7. Learn dolphin off the bottom for the start and finish.



SQUAW LAKE 1500M**RESULTS**

1 Mike Collins 32m 20:21	26 Sue Johnson 32f 25:10	51 Janice Tacconi 35f 28:02
2 Curt LaCount 39m 20:41	27 Dan Gray 55m 25:14	52 Michael Grant 47m 28:09
3 Sara Quan 25f 20:47	28 Janet Gettling 50f 25:40	53 Patrick Ewert 44m 28:17
4 Steve Johnson 50m 21:02	29 Craig Mather 46m 25:52	54 Ron Jersey 49m 28:30
5 Courtney Thomas 25f 21:45	30 Lou Budge 46m 25:59	55 Bill Emery 51m 29:47
6 Greg Welch 28m 21:53	31 Jeanne Thimm 34f 26:01	56 Richard Juhala 55m 30:14
7 Michelle Morrell 35f 22:53	32 Frank Philipps 55m 26:13	57 Paul Rostykus 44m 30:19
8 Michel Douglas 45m 23:02	33 Debbie Gregoire 43f 26:14	58 Vince Alicia 45m 31:22
9 Jeff Kaelon 32m 23:04	34 Greg Frownfelter 49m 26:18	59 Leo Van Dijk 65m 31:36
10 Mark Fairlee 40m 23:05	35 Rich Pannelli 32m 26:19	60 June Mather 45f 31:36
11 Toni Hecksel 32f 23:08	36 Lorie Kilbourn 31f 26:20	61 Jacque Anderson 46f 32:12
12 Michael Tennant 45m 23:12	37 Paris Geiken 40f 26:27	62 Linda Johnson 43f 33:26
13 Chris Lindstrom 25f 23:17	38 John Price 40m 26:27	63 Celine Godin 36f 36:17
14 Michael Johnson 38m 23:24	39 John Ridenour 42m 26:38	64 Jo Ann Shafer 41f 38:17
15 David Radcliff 64m 23:34	40 Kathleen Middleton 27f 26:41	65 Peggy Whiter 54f 38:21
16 Peter Metzger 43m 23:48	41 Michael Duffy 51m 26:42	66 Lynn Sacks 52f 41:28
17 Steve Slover 47m 24:05	42 Robert Bruce 50m 26:43	67 Sandy Friend 61f 43:00
18 Ron Cobb 41m 24:10	43 Sandra Chavez 37f 26:48	68 David Bernstein 76m 49:45
19 Lisa Gorsline 23f 24:18	44 Geri Mathewson 50f 27:11	
20 Amy Hosket 19f 24:20	45 Jani Sutherland 48f 27:22	
21 Phil Reget 29m 24:23	46 Pam Himstreet 53f 27:27	
22 Laura Schob 39f 24:28	47 George Thayer 62m 27:30	
23 D Vanden Zwan 35m 24:44	48 Daniel Greenblatt 43m 27:43	
24 Richard Smith 49m 24:55	49 D. LaMear Tucker 40f 27:45	
25 LeRoy Morrell 41m 25:05	50 Cynthia Smidt 28f 27:47	

USS RESULTS

1 Brad Scoles 14m 20:27
2 Stacey McAtee 20f 20:51
3 Mathew Grant 14m 23:45
4 Nolan Morrell 11m 24:33
5 Brian Whiter 14m 26:30
6 Stephanie Whiter 11f 28:27

RESULTS BY AGE GROUP: 19-24 F: 1) Stacey McAtee 20:51; 2) Lisa Gorsline 24:18; 3) Amy Hosket 24:20. 25-29F: 1) Sara Quan 20:47; 2) Courtney Thomas 21:45; 3) Chris Lindstrom 23:17; 4) Kathleen Middleton 26:41; Cynthia Smidt 27:43. 30-34F: 1) Toni Hecksel 23:08; 2) Sue Johnson 25:10; 3) Jeanne Thimm 26:01; 4) Laurie Kilbourn 26:20. 35-39F: 1) Michelle Morrell 22:53; 2) Laura Schob 24:28; 3) Sandra Chavez 26:48; 4) Janice Tacconi 28:02; 5) Celine Godin 36:17. 40-44F: Debbie Gregoire 26:14; 2) Paris Geiken 26:24; 3) Diane LeMear-Tucker 27:45; 4) Linda Johnson 33:26; 5) JoAnn Shefer 38:17. 45-49F: 1) Jani Sutherland 27:22; 2) June Mather 31:36; 3) Jacque Anderson 32:12. 50-54M: 1) Janet Gettling 25:40; 2) Geri Mathewson 27:11; 3) Pam Himstreet 27:27; 4) Peggy Whiter 38:21; 5) Lynn Sacks 38:45. 60-64F: Sandy Friend 41:28. 25-29M: 1) Greg Welch 21:53; 2) Phil Reget 24:23; 30-34M: 1) Michael Collins 20:01; 2) Jeff Kaelon 23:04; 3) Rich Pannelli 26:19; 35-39M: 1) Curt LaCount 20:41; 2) Michael Johnson 23:24; 3) David Van Den Zwan 24:44. 40-44M: 1) Michael Douglas 23:02; 2) Mark Fairlee 23:05; 3) Peter Metzger 23:48; 4) Ron Cobb 24:10; 5) LeRoy Morrell 25:05; 6) John Price 26:27; 7) John Ridenour 26:38; 8) Daniel Greenblatt 27:30; 9) Patrick Ewert 28:17; 10) Paul Rostykus 31:19. 45-49: 1) Michael Tennant 23:12; 2) Steven Slover 24:05; 3) Richard Smith 24:55; 4) Craig Mather 25:52; 5) Lou Budge 25:59; 6) Greg Frownfelter 26:18; 7) Michael Grant 27:47; 8) Ron Jersey 28:36; 9) Vince Aleccia 31:12. 50-55M: 1) Steve Johnson 21:02; 2) Dan Gray 25:14; 3) Michael Duffy 26:42; 4) Robert Bruce 51m 29:47. 55-59M: 1) Frank Philipps 26:12; 2) Richard Juhala 30:14; 60-64M: 1) David Radcliff 23:31; 2) George Thayer 27:30; 65-69M: 1) Leo Van Dijk 31:36; 75-79M: 1) David Bernstein 49:45;

Squaw Lake 3000m

1 Michael Collins 32m 41:35	16 Ron Cobb 41m 50:53	31 Tom Chavez 35m 57:00
2 Curt LaCount 39m 42:00	17 Lisa Gorsline 23f 50:57	32 Janice Tacconi 25f 57:26
3 Sara Quan 25f 42:05	18 Daryl Yasui 41m 51:04	33 Jill Friend 32f 57:42
4 Steve Johnson 50m 42:14	19 Jeanne Thimm 34f 53:57	34 Laurie MacGraw 40f 58:27
5 Greg Welch 28m 45:12	20 Dan Gray 55m 53:57	35 Jeff Alwen 40m 1:00:53
6 Courtney Thomas 25f 45:25	21 Laurie Kilbourn 31f 55:05	36 Bill Emery 51m 1:02:23
7 Shauna Simpson 26f 45:55	22 Laura Schob 39f 55:16	37 June Mather 45f 1:04:36
8 Mark Fairlee 40m 46:11	23 Debbie Gregoire 43f 55:31	38 Richard Juhala 55m 1:08:26
9 Mike Douglas 40m 46:31	24 Geri Mathewson 50f 55:32	39 Peggy Whiter 54f 1:09:54
10 Toni Hecksel 32f 46:33	25 Rich Pannelli 32m 55:44	
11 Jeff Kaelon 32m 46:35	26 JoAn Cullumbine 47f 55:47	
12 Mikenzie Matteson 20f 46:51	27 Frank Philipps 55m 55:47	
13 Michael Tennant 45m 48:22	28 John Ridenour 42m 55:54	
14 Chris Lindstrom 25f 48:24	29 Paris Geiken 40f 56:36	
15 David Radcliff 64m 49:06	30 Sandra Chavez 37f 57:00	

USS 3000M RESULTS

1 Stacey McAtee 20f 42:06
2 Brad Scoles 14m 45:32

3000M RESULTS BY AGE GROUP: 19-24F: 1) Stacey McAtee 42:06; 2) Mikenzie Matteson 46:15; 3) Lisa Gorsline 50:57. 25-29F: 1) Sara Quan 42:05; 2) Courtney Thomas 45:25; 3) Shauna Simpson 45:55; 4) Chris Lindstrom 48:24. 30-34F: 1) Toni Hecksel 41:33; 2) Jeanne Thimm 53:57; 3) Laurie Kilbourn 55:05; 4) Jill Friend 57:42. 35-39F: 1) Laura Schob 55:16; 2) Sandra Chavez 57:00; 3) Janice Tacconi 57:26; 40-44F: 1) Debbie Gregoire 55:31; 2) Paris Geiken 56:36; 3) Laurie MacGraw 58:27; 45-49F: 1) JoAnn Cullumbine 55:47; 2) June Mather 1:04:36; 50-54F: 1) Geri Mathewson 55:32; 2) Peggy Whiter 1:09:54. 25-29M: 1) Greg Welch 45:12; 30-34M: 1) Michael Collins 41:35; 2) Jeff Kaelon 46:35; 3) Rich Pannelli 55:44; 35-39M: 1) Curt LaCount 42:00; 2) Tom Chavez 57:08; 40-44M: 1) Mark Fairlee 46:11; 2) Mike Douglas 46:31; 3) Ron Cobb 50:53; 4) Daryl Yasui 51:04; 5) John Ridenour 55:54; 6) Jeff Alwen 1:00:53; 45-49M: 1) Michael Tennant 48:22; 50-54M: Steve Johnson 42:14; 2) Dan Gray 53:57; 3) Bill Emery 1:02:02; 55-59: 1) Frank Philipps 55:47; 2) Richard Juhala 1:08:26; 60-64M: David Radcliff 49:06;



Start of the Elk Lake 1500 meter Open Water Swim

ELK LAKE RESULTS 500 TIME TRIAL

Place	Name	Age	Time
1	Kristin Imwalle (USS)	21	7:16
2	Curt LaCount	39	7:26
3	Amy Imwalle (USS)	18	7:33
4	John Tyksinski **	32	7:40
5	Jessica Burley (USS)	16	7:41
6	Lee O'Conner	30	7:42
7	Steve Johnson	50	7:44
8	Jeff Anspach **	37	7:53
9	Sara Quan	25	8:02
10	Michelle Morrell	35	8:03
11	Shawna McKennis-Simpson	26	8:05
12	Greg Welch	28	8:13
13	Eric Steinhoff	39	8:17
14	Phil Reget	29	8:19
15	Mark Fairlee	40	8:21
16	Jeff Kaelon	32	8:28
17	Mike Tennant	45	8:32
18	Steve Mann	46	8:33
19	Mike Douglas	40	8:33
20	Barb Harris	38	8:41
21	Elizabeth Henderson	27	8:42
22	McKenzie Matteson	20	8:43
23	Nolan Morrell (USS)	11	8:47
24	Tom Landis	58	8:49
25	Pat Erwert **	44	8:52
26	Chris Lindstrom	25	8:56
27	David Radcliffe	64	8:57
28	Richard Allen	53	8:59
29	Kathy Imwalle	48	9:00
30	Charlie Swanson	46	9:04
31	Linda Anspach **	28	9:06
32	Amy Hosket	20	9:13
33	Lisa Gorsline	23	9:14
34	Dan Gray	53	9:39
35	Erin Holland	31	9:45
36	John Ridenour	42	10:04
37	Lowell Jones	48	10:10
38	Cynthia Smidt	28	10:12
39	Joe Tennant	46	10:13
40	Madeline Holmberg	45	10:14
41	Pam Himstreet	54	10:41
42	Jani Sutherland	49	10:46
43	Sandy McNeel	45	10:49
44	George Thayer	62	11:02
45	June Mather	45	11:33
46	Peggy Whiter	54	12:05
47	Bob McNeel	48	13:29
48	Mike Reichenbach	41	13:32
49	Celine Godin	36	14:06
50	Denise Tucker	40	15:51
51	Kera Tucker (USS)	10	16:21

** = wetsuit

1500 SWIM

1	Kristin Imwalle (USS)	21	21:39
2	Greg Imwalle (USS)	17	22:22
3	Amy Imwalle (USS)	18	22:23
4	Sara Quan	25	22:47
5	Steve Johnson	50	22:48
6	Curt LaCount	39	22:57
7	Lee O'Conner	30	23:22
8	Jessica Burley (USS)	16	23:23
9	Charlie Swanson **	46	23:28
10	Jeff Anspach **	37	23:52
11	Greg Welch	28	24:21
12	Shawna McKennis-Simpson	26	24:25
13	Michelle Morrell	35	25:12
14	Eric Steinhoff	39	25:27
15	Leroy Morrell **	41	25:28
16	Mike Tennant	45	25:29
17	Mike Douglas	40	25:30
18	McKenzie Matteson	20	25:31
19	Elizabeth Henderson	27	25:35
20	Mark Fairlee	40	25:36
21	Jeff Kaelon	32	25:37
22	Bill Schipper **	33	26:05
23	Phil Reget	29	26:09
24	Chris Lindstrom	25	26:28
25	Richard Allen	53	26:35
26	David Radcliffe	64	26:43
27	Steve Mann	46	26:48
28	Tom Landis	56	26:52
29	Linda Anspach **	28	26:56
30	Lisa Gorsline	23	27:00
31	Pat Erwert **	44	27:00
32	Andrea Milano **	30	27:00
33	Kathy Imwalle	48	27:08
34	Laura Schob	39	27:12
35	Barb Hamis	38	27:14
36	Kiralen Carmienke	22	27:21
37	Dan Gray	53	27:45
38	Nolan Morrell (USS)	11	27:48
39	Ray Colton	39	28:07
40	Lowell Jones **	48	28:24
41	Erin Holland	31	29:23
42	Nancy Colton **	38	29:27
43	Debbie Gregoire	43	29:35
44	Madeline Holmberg	45	29:37
45	Pam Himstreet **	54	30:14
46	Karen Allen	34	30:18
47	John Ridenour	42	31:07
48	Diane LaMear-Tucker	40	31:12
49	Cynthia Smidt	28	31:48
50	Joe Tennant	46	31:55
51	Jani Sutherland **	49	32:08
52	George Thayer	62	32:49
53	June Mather	45	33:13
54	Lew Hollander **	68	33:51
55	Rich Christen **	44	34:03
56	Mike Reichenbach	41	37:56
57	Connie Peterson	43	38:12
58	Peggy Whiter	54	38:21

3000 SWIM

1	Amy Imwalle	18	45:08
2	Kristin Imwalle	21	45:41
3	Curt LaCount	39	46:37
4	Steve Johnson	50	46:45
5	Sara Quan	25	46:54
6	Lee O'Conner	30	47:05
7	Greg Welch	28	47:11
8	Michelle Morrell	35	50:30
9	McKenzie Matteson	20	50:34
10	Jeff Kaelon	32	50:39
11	Mike Douglas	40	50:40
12	Mark Fairlee	40	50:42
13	Mike Tennant	45	50:47
14	Eric Steinhoff	39	51:58
15	Chris Lindstrom	25	53:05
16	Steve Mann	45	53:19
17	Charlie Swanson	46	53:28
18	David Radcliff	64	53:52
19	Pat Erwert **	44	54:05
20	Lisa Gorsline	23	54:21
21	Cathy Imwalle	48	54:29
22	Lowell Jones **	48	55:41
23	Richard Allen	53	55:46
24	Dan Gray	52	56:19
25	Laura Schob	39	56:41
26	Debbie Gregoire	43	58:47
27	Nancy Colton	38	58:48
28	Ray Colton	39	58:49
29	Pam Himstreet **	54	58:54
30	Chuck Fadeley	40	59:10
31	Madeline Holmberg	45	59:35
32	John Ridenour	42	1:00:34
33	Jennifer Hudson-Stone **	32	1:00:44
34	David Liabraaten	30	1:02:04
35	Ralph Mohr	55	1:02:48
36	Diane LaMear-Tucker	40	1:03:37
37	June Mather	45	1:08:27
38	Rich Christen **	44	1:09:08
39	Lew Hooander **	68	1:11:53
40	Connie Peterson	43	1:11:59
41	Mike Reichenbach	41	1:16:23
42	Spencer Scheck	30	1:16:34
43	Nancy McCormick	30	1:19:30



Sara Quan leads Steve Johnson out of the water in the 1500 Swim

the FITNESS LANE

by George Thayer, Fitness Chair

The first part of the Fitness Lane column about Interval Training vs. Lap Swimming is a reprint from the quarterly "Focus On Fitness", a publication of the USMS Fitness Committee.

Thanks to Mo Chambers and her Fitness Committee for making this available.

INTERVAL TRAINING VS. LAP SWIMMING.

One of the benefits of swim training is efficient use of time. Within an hour one can work most major muscle groups, have an aerobic work out, and resistance train (similar to weight training), in a comfortable environment.

Many swimmers are yardage freaks. 3000 yards is a better work out than 2000 yards is the logic. Most experts agree its not the number of yards but the quality. Lap swimming continuously for 2500 or 3000 yards is better than nothing but a work out property balanced with intervals of exertion and rest will not only make you a better swimmer it will increase physical fitness.

The following work out is a basic interval training work out. Give it a try.

Warm-up

- swim for 5 minutes at an easy pace (about 300 yards)
- swim 100 yards of back stroke
- swim 100 yards of breast stroke

Main Sets

- 9 x 100 yards free style. on a 1:45 interval
(Done in 3 sets of three descending.
Swim the first 100 at a moderate pace.
Swim the second 100 a few seconds faster. Sprint the third 100. Repeat the set three times.)
- Swim 300 yards at a moderate pace.
- 6 x 50 kicking (with or without a kick board) on 1:30
- Swim a 400 yard pyramid free style or stroke
(25, 50, 75, 100, 75, 50, 25. At nearly sprint pace. Rest 10 seconds per 25 yards swum)

Cool Down

- Swim an easy 200 yards.

Total yardage = 2600 yards

Here are some hints for Fitness

USE THIS FITNESS "SPELL OUT" AS A GUIDE TO GOOD TRAINING

F - Fruit is a great source of quick energy replacement. Have a variety of fruit available in your school bag to keep energy levels high and in your swim bag to get energy back in FAST after training and racing.

I - Intensity is a measure of how hard your body is working. You can measure intensity by swimming at a specific pace, timing your swims, taking your heart rate, swimming to a scale (i.e. 1 out of 10 is easy, 9 out of ten is really hard). How hard you are working AND NOT how far you swim is the key to training effectively.

T - Technique is the key to successful swimming. Practise your drills, kick and race skills at every session. Make every turn a race turn - every dive a race dive. Give 100%, concentration to technique.

N - Nutrition is vital to successful swimming performance. Eat a well balanced diet of carbohydrate, fruit, veggies, lean meats, drink plenty of water and get plenty of rest.

E - Energy is what powers you through the water. Replace that energy immediately after training and racing with fruit, sports drink, fruit snack packs and juice.

S - Stretching is an effective way to reduce injury risk It is also a great way to improve your swimming by allowing you to reach longer in your stroke and kick more effectively. It is most effective when done after training when your muscles are really warm.

S - Swimming - you have to spend time in the pool swimming and practicing. Remember interval training is superior to just swimming laps.

ol'Barn continued from page 1

above, and 11 OMS all time bests. OB Comment, the pretties certainly out swam the uglies! Robert Smith accounted for 3 Zones, while the Gals were totalling up 14!

Women 19-24: **DANIKA WILLIAMS** (23) won 3 Golds with SGO bests in the (50/100/400 Free) (29.58 TT4/1:05.45 TT3/5:13.86 TT6). **JULIE LEWIS** (19) picked up 6 Golds with records in the 100 Back 1:18.27 (TT5), 400 IM 5:58.29(TT4),add 100 Fly 1:14.21 (TT1), 100/200 Breast 1:26.03/3:02.93 both TT3,and 200 IM 2:45.35 (TT3) OB Comment: Strongest 19-24 contingent ever,with only Haynes and Dale registered OMS, WHY? Women 25-29: **LISA HERPE** (29) Led this group with 6 Golds,of which the 800 at 10:26.32 (TT7) was a new Zone R, her 2:23.10 in the 200 Free was a new OMS best, 4/6 should make the TT. **ROBYN STOWERS** (26) won the 100 and 200 Breast with SGO's: 100/200 Breast-1:24.60 TT10 /3:03.65 TT8. **SHAUNA SIMPSON** (26), did you catch the new hair look,gave us a new ZONE-200 Fly 2:42.26, was Baumhofer from '85,and the 100 1:15.37 new SGO. **JULIE AHRENDT** (27) new OMS 100 Breast at 1:25.02, this went back to Jane Loverin in '82. **TARA GODLOVE** (25) two SGO's-50 Breast 37.19 TT4 and the 1500 23:51.72. OB Comment: Why can't we get Robyn and Tara registered to OMS?

Women 30-34: Toni Hecksel packed away 5 Golds **SANDI BAHLER** a new SGO 800 Free 11:37.20, Sandi appears to be a Breaststroker, like her Mom.Michelle Donahue, an Oregonian Olympian, registered but did not swim, missed you Michelle. Cathy Law and Jeanne Thimm tied in the 50 Fly 36.06. OB Comment: Does anyone know if Martha Keller is the granddaughter of our Martha Keller of old, or is it just a coincidence? Look at Bahler and Tyrrel in the 400 Free ,tied at 5:41.17. Fly at 1:22.79. **ANN GOODMAN**,ditto the 400 IM in 7:02.45.

Women 40-44: **MARY JACKSON** (42) new SGO 100 Free 1:14.06. Candace Chatt had 3 Golds as did Liz Cheney.

Women 45-49: **TERI HENDRYX** (45) seems to have aged up with a vengeance, 5 golds:SGO's 50 Back 40.49 TT10,and 200 Breast 3:24.86 TT6, plus wins in the 100/200 Back,and 50 Breast all in TT time. **DARLENE STALEY** a new SGO 800 Free in 12:26.88. **SUZANNE RAGUE** also SGO 400 IM 7:32.93. Lissa Parker picked up 3 Golds and Staley added a Gold in the 200 Fly with a TT7 of 3:24.86.

Women 50-54: To start us off,look at the log jam in the 50Free - Rousseau, Gettling, Quattro and Pierson from 35.64 to 36.07, thank goodness for Electronic timing. **SANDI** at 35.64 a TT9. **JANET GETTLING** a new SGO of 42.05 TT4 for the 50 back this goes back to '86,the first SGO meeting, in addition Janet won the 100 Back and 200 Breast,both in TT time. Chris Clum won the 100 Breast over Gettling 1:39.34 vs 1:40.36 TT9&10,then Gettling over Clum in the 50, 44.36 vs 44.81for TT 7 & 8. Fly 38.37 (TT4),for a SGO best. **GINGER PIERSON** added SGO's in the 100/200 Fly and 400 IM-1:33.96 TT3, 3:31.13 TT4, 7:06.62 TT4. Monika

Hunscher's 200 Back-3:29.63 TT8 and Pam Himstreet's 200 Breast 3:49.27 TT9, added up to make this probably the strongest women's age group.

Women 55-59: **NANCY BROOKS** a new 55, set 3 SGO's, 50 Back 45.90 TT6, 50 Breast 44.75 TT4 and 100 Breast 1:38.93 TT3, Nancy,dump RINC and come home. **PHYLIS WARD** of Milwaukie, **WELCOME!**, 5 Golds-50/100 Free 34.16 (TT3),1:21.21 (TT7),100 and 200 Back-1:35.72 (TT3) and 3:25.79 (TT3) plus the 50 Fly 39.85 (TT5) also an OMS record was Hepner from '84 **S.CALNEK-LILLES** won the 200/400/800 in 3:15.06 TT9, 6:40.08 TT7, new SGO 13.51.27 TT8, OB says Calnek is back! **JANN DENNIS** won the 1500 in SGO record time of 33:54.20.OB Comment: Phylis Ward is a SWIMMER, we are glad to see her.

Women 60-64: **SUSANNE SCHUMANN** had this all to herself-SGO best in the 50 Breast:51.14 TT10, plus Golds 100/200 Breast-1:51.45 TT7/4:05.37 TT6, also a Gold in the 50 Free.

Women 65-69: **CYNTHIA ROSIK** Gold and SGO best 200 Breast 4:57.58,also Golds in the 400 Free,50 Breast and 50Fly. Jane Huntley picked off the Gold in the 50 free, and Maureen Long in the 50 Back. Arden Adams a Gold in the 100 Back with a fine 2:10.05. **LAVELLE STOINOFF** in addition to her NR in the 800, picked up a Zone record in the 100 Free 1:20.10 TT2.

Women 70-74: **MARGARET WELLS** a new Zone for the 50 Fly at 1:05.93 Plus a SGO 1500 Free 37:35.39 TT10,add a Gold in the 100 Fly & 400 IM. **BETSY AUSTEN** SGO best in the 800 Free 19:09.30 TT10,and the 200 IM 5:32.60. Plus Golds 100 Free and 200 Breast..Mary Anne Wolfe-3 Golds:200/400 Free,100/200 Back. Kathy Hughes a Gold in the 50m Free.

Women 75-79: **PAULINE STANGEL** 6 Golds: 50/100 Free, 2:02.70 TT10, 4 Zone Records-400 Free 9:19.42 TT9, 50/100/200 Breast-1:07.89 TT6,2:33.11 TT7,5:25.50 TT4. OB Comment: It is easy for "silver sides" to say "WOW". **ELFIE STEVENIN** a SOG best 1500 Free-56:48.08 TT7 plus Golds in the 100/200 Fly and 400 IM TT in the last two. **NORMA BERNARDI** SGO best 100 Back 2:30.96. 2nd Gold 50 Back Norma is maybe an IM'er. OB would like her to be an OMS swimmer. Agnes Hotter picked off the 200 Back plus Silvers.

Women 80-85: **EVA MULLER** had herself,as usual, quite a day, 3 Golds and 3 Zone Records: 100/200 Back - 2:37.63 TT2, 5:42.32 TT1 and the 50 Breast 1:34.97 TT2. Ellen Tait, still swimming for Rinconada, picked up golds in the 50/100/200 and 400 Free. All TT swims. OB is afraid that Ellen was not feeling her best.

Men 19-24: **GRANT HAYBALL**, new SGO 200 Breast 2:51.07 TT4, plus Golds 100/200/400 Free and 50/100/200 Breast all in TT time. **MATTHEW DORN**, new SGO 100 Back 1:11.55. Stephen Jenkins, Gold 800/1500 Free TT8 & *continued on page 12*

1998 HAGG LAKE SWIM

1 MILE & 2 MILE LAKE SWIM

HENRY HAGG LAKE in Forest Grove, OR

SUNDAY, SEPTEMBER 20, 1998

Hosted by Portland Masters Swimming

- Date:** Sunday, September 20, 1998
- Race Time:** Check-in 7:00-8:00am
2 Mile Race begins at 7:30am. 1 Mile race begins approximately at 9am. Race will be conducted rain or shine.
- Location:** Henry Hagg Lake. Located 7 miles southwest of Forest Grove off Hwy 47.
- Distance:** 2 Mile and 1 Mile swims.
- Course:** The race will begin near Boat Ramp C. The 1 mile course is triangular and will be swum clockwise. 2 mile competitors will negotiate the course twice. A water start will be used.
- Conditions:** Altitude is 300 feet. Probable water temperature will be 68-72 degrees Fahrenheit. Swimmers wearing wetsuits will be ineligible for awards.
- Eligibility:** The race is open to all registered Masters Swimmers, 19 years and older, and registered USS Swimmers. A "one-event" registration will be available for those not currently registered with United States Masters Swimming. The cost is \$15.00 and the forms for a "one-event" registration will be available the day of the race. A United States Swimming "seasonal membership" will also be available the day of the race for \$17.50.
- Entries:** Entries will be accepted by mail and at the race site until 7:15am (2 mile) and until 8:00am for the one mile on the day of the race. Early entries would greatly be appreciated.
- Entry Fee:** \$20.00 per entrant for entries received by September 12, 1998. Later entries, \$25.00. Fee includes T-shirt, swim cap, post race breakfast, awards, and mailed race results. All fees are non-refundable. Please make checks payable to Portland Masters Swimming. (USMS "one event"/USS "seasonal membership" fees are additional fees).
- Park Fee:** Henry Hagg Lake Park has a day use admission fee of \$4.00 per vehicle. Each vehicle (competitor/spectator) will be responsible for this fee as they enter the park. Vehicles that do not display the day use pass are subject to citation.
- Race Meeting:** There will be pre-race meetings at 7:20am/8:40am at the race site.
- Awards:** Individual awards will be given for 1-3rd place in each age group, in both swims, 1 mile and 2 mile. Standard USMS/USS age groups apply.
- Lodging:** Motels in Forest Grove, Hillsboro. Campgrounds.
- Information:** Information and entry forms from: Portland Masters Swimming

c/o Ellen Ferguson
P.O. Box 91358
Portland, OR 97291-0358
503.629.6548

A special thanks to our participating sponsors!!!



swimmer

TRADER JOE'S



1998 HAGG LAKE SWIM

1 MILE & 2 MILE LAKE SWIM HENRY HAGG LAKE in Forest Grove, OR

OFFICIAL ENTRY FORM

SUNDAY, SEPTEMBER 20, 1998

Sanctioned by Oregon LMSC, for USMS, Inc. Sanction #378-OW05

Held under Sanction of United States Swimming #8-098

NAME _____ USMS/USS 1998 REG. # _____
(Please attach a photocopy of current USMS/USS reg. card with entry)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

CLUB _____ BIRTHDATE ____/____/____ AGE ____ SEX ____

Please check the appropriate boxes (You may enter both races)

_____ 1 Mile Swim and/or _____ 2 Mile Swim

_____ I plan to wear a wetsuit

T-shirt Size _____ M _____ L _____ XL _____ XXL

Athletes Release, Must be signed!!

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)

Entry Fee...one swim..Prior to September 12, 1998.....	\$20.00	_____
Entry Fee...both swims prior to September 12, 1998	\$30.00	_____
Entry Fee....after September 12, 1998...(add \$5.00).....	\$25.00/\$35.00	_____
“One Event” USMS registration (non members).....	\$15.00	_____
“USS Seasonal Membership” valid 4/4/98-8/31/98.....	\$17.50	_____
(non-members)		

TOTAL ENCLOSED

\$ _____

Please make checks payable to: **Portland Masters Swimming**

Mail entries to: Portland Masters Swimming, c/o Ellen Ferguson, P.O. Box 91358, Portland, OR 97291-0358

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9, plus 200 Back and 400 IM both TT10. Phillip Lewis looked good in the Breast, with Anthony Percival in the Fly and IM.

Men 25-29: GREG LATTA broke SGO records in the 50/100 Breast 32.49 TT10, 1:12.48 TT6, these times would break Roy Clark's OMS records, if Latta was a registered Master. Clark's records go back to 1979, he was probably one of the TOP breaststrokers in the world when at the U of O. OB Comment-My O My!, somebody sign him up! JOHN

WOODWORTH new SGO for the 100 Free 57.33 Look at Gary DeFrang and Horst Niehaus in the 100 Back 1:07.58 vs 1:07.98 TT7&8. Steve Stoneham had a good day with Golds 200, 400, 800 and 1500 Free TT8's for the last two. Gary DeFrang's 50 Back 30.76 maybe a TT7

Men 30-34: DOUG STEWART, SGO's 800Free/400 IM 9:45.85/5:18.83 TT7&8. M. DE BOISBLANC, SGO best in the 50 Fly 28.51 and a great 100 Fly in 1:05.89. Phil King came thru with TT7's 100/200 Back. Matt Roth a TT9/10 for the 100/50 Back.

Men 35-39: CURT LACOUNT-OMS best 50 Fly-27.76 and SOG 200 Free in 2:12.51. PAT ALLENDER had 3 SOG's- 800 Free and the 200/400 IM, plus TT10 and TT5 in the 100/200 Breast.

Men 40-44: DAVE BURLESON - 6 Golds - OMS Records - 100 Back, 200 Fly and 200 IM for TT's 5-7-10. Durapau had the Fly from 1989 .OB Comment: "Burly" has come to the mark ,he is looking GREAT! PETER METZGER gets a share of the SGO 50 Fly with Burleson at 29.63. Posted TT6 and 9 in the 50/100 Back..

Men 45-49: Doug Prentice and Adrian Kalil faced off in the 50/100 Free, with Adrian in the 50 and Doug in the 100. Allan Stark handled the breast, with Jed Cronin wrapping up the Fly. Bob Maestre picked off Golds 400/800 Free and 100/200 Back.

Men 50-54: STEPHEN WARNER posted 2 OMS BESTS - 50Fly - 30.19 and the 100 Fly 1:10.90, taking out such names as R Smith and B Petersen. TOMMY SCHRAM a new SGO best 50 Breast, old was from 1989.

Men 55-59: RAPID ROBERT SMITH has aged up: ZONE bests 50 Back 33.18 TT2 and 100 Breast 1:22.63 for a TT1, just missed Z with OMS best in the 100 Back at 1:13.27, Zone is 1:12.30, Eliott had the Back from '86 at 36.40/1:22.65. Van Rossen had the Breast OMS at 1:32.59, Daboll the Zone at 1:22.71. RICHARD JUHALA, SGO records in the 1500 Free, 200 Breast and 400 IM. OB likes this guys attitude! Richard swims everything! BERT PETERSEN, SOG's in the 50/100 Fly TT8 and TT9.

Men 60-64: DAVID RADCLIFF - 2 SGO's - 400 Free/800 Free TT5 and TT2. DICK SLAWSON posted a SGO best in the 200 IM. Jim Bigler has returned to the wars! George Thayer took home his share of Gold!

Men 65-69: WILLIAM HOLMAN just gets better,a SOG in the 800, plus some other hardware. Chairman Eric gets 4

Golds. Mickey Marks swims for a TT10 in the 50 Breast Men 70-74: Mike Popovich took home 4 Golds,he is swimming better,there is good influence afoot (aswim) Cal Hersey ,what a great guy, wins in track next door,and then sprints over to the pool,for 2 Golds and a Silver.

Men 75-79: ANDREW HOLDEN picked up 4 SGO's - 50/100 Free and the 50/100 Fly. Folks all 4 of these times are in line for Numero Uno in the US of A. GIL YOUNG split his time between the track and the pool. Swam for a SGO in the 1500, and a Jumped for a Gold in the High Jump. Gil had TT's of 5-3 and 10 in order of appearance. EARL

WALTER picked off the SGO in the 200 Back with mixed emotions,this was Herb Eisenschmidt's property. TT's of 3,7 and 4 in the Back, somehow finished the 50 Fly for a TT7. Zyg Kasner is now a Top Tenner,with a #8 in the 800 Free. OB's hat is off to Bob Morrison. Bob is fighting a game battle with cancer and still gave us a TT8 in the 50 Breast,just barely missing the SOG record of 53.11. Zyg Kasner held off Khosrow Shadbeh in the 200 Free, 4:17.76 vs 4:18.62

MEN 80-84: ALLAN DELAY made PDX TV, with his skill off the high board at Tualatin Hills,winning the diving event. Then gets out to MHCC for 3 Golds 50/100 Free and 50 Breast, TT7 and 10 in the Free.

RELAYS - Yes,we HAD relays: How about a National Record ? Men 240 400 Fr - 4:36.23 besting the old mark of 4:42.18 set in 1997 by San Diego. GEORGE THAYER (62), BERT PETERSEN(59) , DAVID RADCLIFF (64), AND ROBERT SMITH (55). One of these guys was good at Math, still is, ages exactly to 240. THE KILLER!, these same great swimmers tangled with the 400 Medley, came in with a 5:31.45, the NR stands at 5:31.14-that's an OUCHY!

Women 160 400 Free - 5:27.39 - SOG Record, sorry , not all are registered OMS, so no OMS Record or Zone: JACKIE QUATTRO, LIZ CHENEY, ROBIN YOUNG, MARY JACKSON

Women 200 400 Medley - New Zone Record of 6:27.81, a # 2 TT MONIKA HUNSCHER, PAM HIMSTREET, SUZANNE RAGUE, SANDI ROUSSEAU

That's it for SGO for 1998, a most memorable meet, the BEST !!! It used to be a "Lucky Strike Extra" now,it's a OB Special...

Top 10 Fat-Blasting Exercises - July Issue of Prevention: Activity , Calories Burned (Per 30 Mins)

Bicycling, Vigorous (15 mph) 340, Jogging, 10-12 min miles 340 to 272, Swimming (vigorous) 340, Cross Country Ski Machine 323, Spinning Class (Indoor Cycling) 312, Jumping Rope (Slowly) 272,Tennis, Singles 272 ,Hiking,Uphill 238 Inline Skating 238 Walking, Uphill (3.5 mph) 204. Calories are based on 150 lb person: person weighing less,will burn fewer calories, while some who are heavier will burn more.OB Comment: Let's hear it for SWIMMING !That's it for OB, will chat with you again after the NIKE Games.

1998 Long Course NW Zone Championships

July 25-26, 1998

RESULTS FOR OREG & MACO

Women 25-29

Lisa Hjerpe, 29	
100 Free	1:04.06
200 Free	2:20.96
100 Back	1:15.04
200 Back	2:46.74
200 IM	2:41.70
400 IM	5:41.84

Lindsay Sovde, 28	
100 Free	1:17.49
200 Free	2:54.29
100 Back	1:28.96

Shauna Simpson, 26	
400 Free	5:18.95
800 Free	10:55.86
50 Fly	34.24
100 Fly	1:16.22
200 Fly	2:42.48

Women 30-34

Cathy Law, 30	
50 Free	31.51
50 Fly	35.68
200 IM	3:09.07

Emilie Torretta, 30	
50 Free	38.34
200 Free	3:05.76
400 Free	6:55.64
800 Free	14:39.19
50 Back	47.56

Women 35-39

Becky Oblatz, 38	
50 Free	32.33
100 Free	1:12.16
200 Free	2:42.65
50 Breast	42.29
100 Breast	1:34.67
200 Breast	3:16.92

Women 40-44

Liz Cheney, 41	
50 Free	34.39
100 Free	1:17.06
200 Free	2:58.77
50 Back	44.32
200 Back	3:36.86
50 Fly	40.50

Laura Worden, 40

400 Free	5:45.44
50 Fly	34.42
100 Fly	1:17.27
200 Fly	2:55.24
200 IM	2:58.46
400 IM	6:18.42

Mary Jackson, 42	
800 Free	11:56.34
50 Breast	42.33
100 Breast	1:33.31

Robin Young, 43	
1500 Free	26:01.78
50 Fly	43.20
100 Fly	1:46.12

Teri Hendryx, 45	
50 Back	39.95
100 Back	1:26.29
200 Back	3:08.93
100 Breast	1:33.70
200 Breast	3:24.54
200 IM	3:05.55

Women 50-54

Sandi Rousseau, 50	
50 Free	34.67
100 Free	1:20.29
400 Free	6:49.24
50 Fly	38.35
100 Fly	1:35.96

Jackie Quattro, 50	
50 Free	34.88
100 Free	1:23.65
200 Free	3:06.16
50 Breast	48.25
100 Breast	1:46.99
200 Breast	3:49.26

Monica Hunscher, 50	
50 Free	35.79
100 Free	1:21.27
200 Free	2:57.69
800 Free	13:09.60
100 Back	1:34.27
200 Back	3:21.81

Pam Himstreet, 54	
50 Breast	49.75
100 Breast	1:50.06
200 Breast	3:50.37
50 Fly	48.18
200 IM	3:36.52
400 IM	7:34.89

Women 55-59

Sue Calnek-Lillestrand, 55	
50 Free	37.89
100 Free	1:27.84
200 Free	3:18.35
800 Free	13:50.89

Women 60-64

Susanne Schumann, 60	
50 Breast	50.41
100 Breast	1:52.24
200 Breast	4:05.40

Women 65-69

Barbara Jackson, 67	
50 Free	40.84
50 Back	46.43
100 Back	1:43.16
200 Back	3:49.17
Lavelle Stoinoff, 65	
400 Free	6:02.87
1500 Free	23:42.01
50 Back	46.03
100 Back	1:36.58
200 Back	3:20.66
50 Breast	49.97

Women 70-74

Margaret Wells, 72	
1500 Free	37:09.35
100 Back	2:25.17
200 Breast	5:43.76
200 IM	5:00.16
400 IM	10:45.18

Men 19-24

John Collins II, 19	
50 Free	27.88
100 Free	1:01.28
200 Free	2:22.47
400 Free	5:14.45
1500 Free	20:45.26

Men 25-29

Chris Catello, 29	
50 Free	29.48
100 Free	1:11.18
50 Back	40.63
50 Breast	40.06
100 Breast	1:32.12
50 Fly	37.26

1998 Long Course NW Zone Championships

July 25-26, 1998

RESULTS FOR OREG & MACO

Men 35-39

Steve George, 38
 50 Free 27.32
 100 Free 1:01.45
 100 Back 1:07.10
 200 Back 2:28.55
 200 IM 2:32.29
 Doug Christensen, 35
 50 Fly 28.77
 100 Fly 1:04.58
 200 IM 2:35.02

Karl Von Tagen, 54

50 Free 28.76
 100 Free 1:05.43
 200 Free 2:29.90
 50 Fly 31.08
 Tommy Schram, 51
 50 Free 30.08
 100 Free 1:09.63
 200 Free 2:45.44
 50 Breast 42.32
 100 Breast 1:35.00

Mixed 200 Free Relay

120+ OREG 2:15.34

Mary Jackson

Liz Cheney

John Collins

John Collins II

120+ OREG 2:18.34

Charles, Helm

Shauna Simpson

Emilie Torretta

Chris Catello

Men 40-44

Jim Moller, 43
 50 Free 32.70
 Jim Moller 42.87
 Charles Helm, 42
 50 Free 35.86
 400 Free 7:21.87
 800 Free 14:59.61
 50 Back 55.54
 50 Fly 50.15

Men 55-59

Richard Juhala, 55
 50 Free 40.84
 800 Free 15:48.09
 50 Back 48.58
 50 Breast 47.42
 50 Fly 47.68
 400 IM 8:09.02

Mixed 200 Free Relay

200+OREG 2:07.79

Tommy Schram

Sandi Rousseau

Jackie Quattro

Doug Prentice

200+MACO 2:08.24

Karl Von Tagen

Lavelle Stoinoff

Robert Maestre

Becky Obletz

Men 45-49

Robert Maestre, 48
 50 Free 29.09
 100 Free 1:04.81
 200 Free 2:26.73
 800 Free 11:11.59
 1500 Free 25:33.10
 200 Back 2:58.46

Robert Smith, 55

100 Free 1:03.48
 50 Back 31.52
 100 Back 1:12.27
 50 Breast 36.21
 50 Fly 30.20

Female 400 Free Relay

200+OREG 5:41.80

Monika Hunscher

Jackie Quattro

Pam Himstreet

Sandi Rousseau

John Collins, 46

50 Free 41.86
 100 Free 1:20.70
 200 Free 2:58.99
 400 Free 6:22.57

Men 60-64

David Radcliff, 64
 50 Free 30.02
 100 Free 1:07.08
 200 Free 2:35.30
 400 Free 5:26.80
 800 Free 11:22.45

Mixed 200 Free Relay

240+OREG 2:17.98

David Radcliff

Barbara Jackson

Susanne Schumann

Robert Smith

Men 50-54

Doug Prentice, 50
 50 Free 28.06
 100 Free 1:05.44
 50 Breast 38.96
 100 Breast 1:27.36
 50 Fly 32.69

Men 75-79

Gilbert Young, 76
 1500 Free 28:07.23
 Andrew Holden, 79
 50 Fly 40.53
 100 Fly 1:45.85

Chair's Corner continued from page 1

and functions attended by members of the board and many other volunteers who worked to make the World Masters Games, swimming competition, a success, the board unanimously voted to forego the September board meeting. Some of the board members, however, will represent us at the annual

Convention in Ohio in October.

With our swimming year nearing its conclusion, I urge you to thank the board members, officials and the many volunteers who give so much of their time that you may enjoy good, trouble free meets.

I close wishing you continued good health, good swimming and may God Bless you all.

Ol' Barn...TOP TEN WORLD...1997

Top Ten World in either SCM or LCM is getting harder and harder to make. The ascendancy of quality in many countries has been phenomenal, there is no denial of the fact that, if you make this list in either SCM or LCM, you are indeed swimming in fast company. Please remember, FINA does not recognize below 25 years in age. With that in mind here we go:

S C METERS :	RANK	EVENT/TIME	RANGE OF TIME	# FROM USA
Gracie Goddard (35-39)	5th -	50 Free - 28.33	(27.52 - 28.78)	2
	5th -	100 Free - 1:02.49	(59.47 - 1:03.87)	4
Cathy Imwalle (45-49)	9th -	50 Brst - 40.53	(37.97 - 40.69)	2
	7th -	100 Brst - 1:28.09	(1:23.66 - 1:29.44)	2
	6th -	200 Brst - 3:11.55	(3:00.27 - 3:14.95)	3
	7th -	200 IM - 2:59.16	(2:37.59 - 3:01.43)	4
	4th -	50 Brst - 40.95	(40.28 - 42.36)	2
Ginger Pierson (50-54)	3rd -	100 Brst - 1:28.00	(1:27.52 - 1:34.23)	2
	2nd -	200 Brst - 3:12.08	(3:10.40 - 3:27.94)	3
	6th -	100 Fly - 1:28.69	(1:16.06 - 1:33.89)	1
	2nd -	200 Fly - 3:12.48	(3:04.03 - 3:49.21)	3
	5th -	100 IM - 1:23.57	(1:20.00 - 1:26.06)	2
	6th -	200 IM - 3:05.51	(2:48.78 - 3:14.13)	3
	5th -	400 IM - 6:37.91	(6:03.68 - 7:03.62)	3
	7th -	100 Fly - 2:30.79	(1:41.96 - 2:47.80)	6
	10th -	400 IM - 10:33.68	(7:25.05 - 10:33.68)	8
	9th -	400 Fr - 8:55.92	(7:48.32 - 9:09.01)	6
Pauline Stangel (75-79)	9th -	100 IM - 2:17.62	(2:02.93 - 2:17.76)	5
	10th -	100 Fly - 4:22.34	(2:05.39 - 4:22.34)	10
Elfie Stevenin (75-79)	6th -	200 Fly - 9:12.27	(5:01.84 - 9:12.27)	6
	8th -	400 IM - 16:08.54	(9:30.91 - 16:08.54)	8
	7th -	1500 Fr - 19:46.45	(17:24.70 - 20:12.45)	9
Jess Hickerson (45-49)	10th -	1500 Fr - 20:12.45	(17:24.70 - 20:12.45)	9
Tom Andersen (45-49)	3rd -	50 Brst - 33.47	(32.35 - 34.40)	5
	2nd -	100 Brst - 1:13.94	(1:12.63 - 1:16.33)	3
	5th -	200 Brst - 2:46.45	(2:40.98 - 2:51.07)	2
Tom Coffee (45-49)	6th -	400 IM - 5:31.56	(5:09.35 - 5:46.91)	6
Robert Smith (50-54)	4th -	50 Back - 31.52	(29.50 - 32.95)	5
David Radcliff (60-64)	6th -	50 Free - 29.26	(27.78 - 29.82)	4
	4th -	100 Fr - 1:05.34	(1:02.41 - 1:08.84)	5
	5th -	200 Fr - 2:35.27	(2:23.30 - 2:37.83)	5
	2nd -	400 Fr - 5:13.45	(5:12.79 - 5:42.12)	4
	# 1 -	800 Fr - 11:23.13	(11:23.13 - 12:06.47)	6
	# 1 -	1500 Fr - 21:34.83	(21:34.83 - 23:38.08)	3
	7th -	1500 Fr - 23:57.96	(20:38.23 - 25:02.76)	6
	3rd -	50 Back - 39.16	(37.21 - 42.16)	3
Floyd Elliott (70-74)	4th -	100 Bk - 1:26.40	(1:21.50 - 1:37.29)	5
	3rd -	200 Bk - 3:12.63	(2:56.28 - 3:35.29)	6
	3rd -	50 Free - 35.27	(32.48 - 36.73)	2
Andrew Holden (75-79)	7th -	50 Back - 45.10	(38.83 - 46.16)	4

	2nd -	50 Fly - 39.44	(38.00 - 46.34)	6
Earl Walter (75-79)	8th -	200 Bk - 4:00.95	(3:17.78 - 4:10.65)	4
	6th -	100 IM - 1:44.61	(1:33.22 - 1:47.20)	4
Gil Young (75-79)	8th -	100 Fr - 1:27.34	(1:13.35 - 1:27.72)	3
	4th -	200 Fr - 3:15.41	(3:00.07 - 3:22.29)	5
	3rd -	400 Fr - 6:52.51	(6:39.16 - 7:25.33)	6
	4th -	800 Fr - 14:28.24	(13:42.08 - 15:28.00)	6
	4th -	1500 Fr - 27:24.16	(26:08.34 - 31:34.70)	6

RELAYS : 200 Free 240+ 2nd (1:58.65) (1:56.96 - 2:07.22) 3

George Thayer, Dick Slawson, Richard Weick, David Radcliff)

200 Medley 240+ 6th (2:23.10) (2:16.58 - 2:25.90) 2

George Thayer, Richard Weick, Dick Slawson, David Radcliff)

L C METERS :	RANK	EVENT/TIME	RANGE OF TIME	# FROM USA
Kerri Culbertson (35-39)	9th -	1500 Fr 20:14.32	(18:01.81-20:23.75)	8
Ginger Pierson (50-54)	4th -	1500 Fr 25:43.73	(23:59.24-27:46.05)	6
	4th -	50 Brst 41.07	(38.04-42.88)	3
	5th -	100 Brst 1:32.58	(1:29.77-1:35.40)	3
	6th -	200 Brst 3:24.68	(3:14.27-3:26.89)	3
	10th -	100 Fly 1:33.28	(1:18.98-1:33.28)	3
	5th -	200 Fly 3:23.78	(3:02.66-3:40.21)	5
	9th -	200 IM 3:16.24	(2:52.63-3:16.46)	6
	7th -	400 IM 7:09.86	(6:12.55-7:25.73)	5
Pamela Himstreet (50-54)	6th -	1500 Fr 27:04.19	(23:59.24-27:46.05)	6
Christine Clum (50-54)	10th -	100 Brst 1:35.40	(1:29.77-1:35.40)	3
Alice Zabudsky (50-54)	10th -	200 IM 3:16.46	(2:52.63-3:16.46)	6
Lavelle Stoinoff (60-64)	7th -	100 Fr 1:22.72	(1:18.45-1:23.49)	3
	# 1 -	200 Fr 2:53.67 (2:53.67-3:08.59)	5
	# 1 -	400 Fr 6:04.64	(6:04.64-6:42.46)	5
	2nd -	800 Fr 12:47.33	(12:41.53-13:52.16)	4
	# 1 -	1500 Fr 24:20.13	(24:20.13-28:04.41)	7
	4th -	200 Bk 3:24.10	(3:06.23-3:34.13)	3
Barbara Jackson (65-69)	9th -	50 Fr 39.61	(34.26-39.62)	3
	6th -	50 Bk 46.16	(42.30-48.18)	3
	3rd -	100 Bk 1:41.60	(1:34.96-1:50.87)	4
	2nd -	200 Bk 3:38.69	(3:24.82-4:01.52)	5
Elfie Stevenin (75-79)	8th -	200 Fly 7:59.48	(5:15.59-10:04.90)	7
	8th -	400 IM 15:02.63	(9:50.86-16:04.38)	7
Ellen Tait (85-89)	7th -	50 Fr 1:14.82	(54.13-1:28.76)	5
	6th -	100 Fr 2:42.20	(1:59.18-3:21.34)	6
	3rd -	200 Fr 6:01.98	(4:44.30-8:22.90)	6
	4th -	400 Fr 13:25.85	(9:31.21 - 15:02.33)	2
Ditmar Petrov (25-29)	8th -	400 Fr 4:26.09	(4:03.63-4:28.12)	4
	2nd -	800 Fr 8:53.50	(8:24.67-9:32.08)	2

	5th -	1500 Fr 18:11.28	(16:13.89-18:47.73)	3
	8th -	400 IM 5:02.51	(4:32.96-5:09.99)	5
Steve George (35-39)	5th -	100 Bk 1:04.03	(1:02.11-1:05.31)	6
	5th -	200 Bk 2:20.45	(2:18.64-2:25.69)	5
	8th -	200 IM 2:23.46	(2:18.38-2:24.47)	5
Pat Allender (35-39)	3rd -	200 Brst 2:39.15	(2:32.31-2:45.96)	4
Chris Roth (35-39)	9th -	100 Fly 1:01.78	(58.65-1:01.78)	8
	4th -	200 Fly 2:20.80	(2:09.82-2:26.30)	5
David Burleson (40-44)	10th -	400 IM 5:28.08	(5:08.94-5:28.08)	7
Steve Johnson (45-49)	9th -	400 Fr 4:55.58	(4:33.46-4:56.66)	7
Allen Stark (45-49)	9th -	200 Brst 2:51.22	(2:41.13-2:51.35)	5
David Radcliff (60-64)	5th -	100 Fr 1:05.08	(1:01.43-1:08.09)	7
	7th -	200 Fr 2:28.19	(2:21.70-2:34.33)	7
	3rd -	400 Fr 5:18.36	(5:06.20-5:35.65)	6
	2nd -	800 Fr 10:59.28	(10:35.77-12:02.50)	5
	# 1 -	1500 Fr 21:42.21	(21:42.21-23:40.99)	5
Floyd Elliott (70-74)	5th -	50 Bk 40.06	(38.06-41.37)	5
	4th -	100 Bk 1:28.13	(1:24.49-1:33.39)	6
	2nd -	200 Bk 3:16.58	(3:04.42-3:28.90)	4
Gil Young (75-79)	9th -	100 Fr 1:28.18	(1:17.49-1:28.33)	3
	9th -	200 Fr 3:18.63	(2:59.29-3:21.02)	4
	5th -	400 Fr 6:59.56	(6:35.84-7:13.85)	5
	5th -	800 Fr 14:33.84	(14:08.80-15:04.00)	5
	3rd -	1500 Fr 27:49.63	(26:56.66-31:03.32)	4
Andrew Holden (75-79)	2nd -	50 Fly 39.82	(39.78-47.87)	6
	# 1 -	100 Fly 1:45.76	(1:45.76-2:09.00)	5

RELAYS (OB Note - These OMS teams did not make the US TT, and why I don't know, but it is only fair to put them where they belong.

MXD 200 m Free 240 + 5th - 2:15.97

Susanne Schumann, Robert Smith, Barbara Jackson, David Radcliff

MXD 200 m Medley 240 + 8th - 2:37.29

Barbara Jackson, Robert Smith, Susanne Schumann, David Radcliff

Countries contributing: Australia, Austria, Belgium, Brazil, Canada, Czech Rep., Denmark, Spain, Finland, France, Great Britain, Germany, Italy, Japan, Netherlands, New Zealand, Poland, Russia, Switzerland, and the United States.

A great big thanks to Walt Reid (PNA) for the compilation, he is the FINA Masters Recorder.

If you would like a copy of the publication, send \$ 10.00 to :

FINA

Av. de Beaumont 9

1012 Lausanne, Switzerland

That's it for All World 1997, congratulations to the OMS swimmers who made the team.

1998 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
NOVEMBER 14-15, 1998

OAK HARBOR, WASHINGTON / JOHN VANDERZICHT MEMORIAL POOL
Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #983607
Hosted by the North Whidbey Masters

ORDER OF EVENTS
Seeding: slow to fast

#	EVENT
SATURDAY, November 14	
1	400m IM
	BREAK
2	50m Free
3	200m Fly
4	100m Back
5	200m/400m/800m Mixed Free Relay
	BREAK
6	100m Free
7	50m Back
8	200m Breast
	BREAK
9	200m/400m Medley Relay
10	400m Free
SUNDAY, November 15	
11	200m IM
12	200m Back
13	50m Breast
14	100m Fly
15	200m/400m/800m Free Relay
	BREAK
16	100m IM
17	200m Free
18	100m Breast
19	50m Fly
20	200m/400m Mixed Medley Relay
	BREAK
21/22	800m/1500m Free

TIMES: Saturday - Warm-up: 8:00am / Event #1 Starts: 9:00am /
Event #2 will not start before 10:00 a.m.
Sunday - Warm-up: 8:00am / Meet Starts: 9:00am

PLACE: John Vanderzicht Memorial Pool
85 SE Jerome St, Oak Harbor WA 98277
(360) 675-POOL

DIRECTIONS: Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue.
Proceed ¼ mile to SE Jerome Street. Turn right onto Jerome - the pool will be on
the right. Look for signs directing you to the pool.

FACILITY: Six lane x 25m course. No separate warm-up area. Lane 6 will be
a continuous warm-up/warm-down area. Lanes 1-5 will be used for competition.
Electronic timing will be used. Two hot tubs and a sauna are also available.

MEET DIRECTOR: Dan Frost (360) 675-5751 / frosty@usms.org

ELIGIBILITY: All 1998 or 1999 registered Masters swimmers age 19 and over
as of November 15, 1998 are welcome to participate.

RULES: Current USMS rules will govern the meet.

MEET FORMAT

SEEDING: Slow to fast. The 800m Free, 1500m Free, and all relays will be
deck seeded. All other events will be pre-seeded.

DISTANCE EVENTS: Swimmers may enter either the 800m Free or the 1500m
Free, but not both. Swimmers in the 1500m Free will have their 800m splits
automatically recorded.

RELAYS: In each relay event, relay teams can elect to swim either 200m, 400m,
or 800m (800m for Free relays only). Each swimmer shall be allowed to swim
only once in each relay event. Relays will be conducted in heats based on the
distance to be swum, starting with 200m heats, followed by 400m heats, and then
800m heats. Deck enter relays at the meet.

ZONE CHAMPS SOCIAL: Swimmers, friends, and families are invited to a
social on Saturday evening. Details will be given at the meet.

ACCOMMODATIONS: The Coachman Inn (800-635-0043), Best Western (800-528-1234), and Auld Holland Inn
(800-228-0148) are AAA 3-diamond facilities within a mile of the pool. For information on Whidbey's numerous
B&Bs, contact the Chamber of Commerce (360-675-3535).

WEBSITE: For more information, visit the PNA website at <http://www.whidbeynet.net/frosty/pna/pna.htm>

SAFETY FIRST! NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.
PLEASE OBEY THE DIRECTIONS OF OUR SAFETY MARSHALS. THANK YOU!

1998 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
OAK HARBOR, WASHINGTON / NOVEMBER 14-15, 1998

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #983607
Hosted by the North Whidbey Masters

ENTRIES MUST BE POSTMARKED BY OCTOBER 30TH OR RECEIVED BY NOVEMBER 7TH

NAME: _____ MALE _____ FEMALE _____

ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ POSTAL/ZIP CODE: _____

PHONE: () _____ DATE OF BIRTH: _____ AGE (as of 11/15/98) _____

CLUB/TEAM (or Unattached): _____ *LMSC: _____

*USMS or MSC registration number: _____ *All swimmers who are not registered through
the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

AGE GROUP (CIRCLE ONE / determined by your age as of 11/15/98):

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

ENTRY LIMIT: Six individual events total, plus relays. Maximum five individual events per day.

EVENT NUMBER	EVENT NAME	SEED TIME (short course meters)

ENTRY FEES: \$ 13.00 Surcharge (includes \$1 Northwest Zone surcharge)

\$ _____ Individual events: \$1 per event for swimmers under 65.
No charge for swimmers 65 or over. No charge for relays.

TOTAL \$ _____ MAKE CHECKS PAYABLE TO NWAC. Canadian Funds X 1.40

MAIL THIS FORM, ENTRY FEES, (*AND COPY OF MASTERS REGISTRATION CARD) TO:

DAN FROST
1121 SW BARRINGTON DR #4
OAK HARBOR WA 98277-4585

Liability Release: 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: _____

OREGON MASTERS SWIMMING INC.
Minutes of Board Meeting - June 16, 1998

Attendees: Roy Abramowitz, Dan Gray, Eric Guest, David Radcliff, Suzanne Rague, Sandi Rousseau, Donna Ryan, Jeanne Thimm, Gil Young

Call to Order: 7:05 PM

Secretary: Sharon Stuart - not present - Minutes approved as corrected.

Treasurer: Roy Abramowitz - The Board discussed a draft financial statement. Current financials will be sent via email. Roy announced that he is resigning as USMS Contoller and serving his last term as OMS Treasurer.

Vice-Chair: Pam Himstreet - not present. No report.

Committee Reports

Open Water / Long distance: Dan Gray -The Cottage Grove event was postponed due to unusually cold water. Haag Lake is scheduled for September 20.

Awards / Souvenirs: Donna Ryan - not present. Extra Top Ten patches have arrived.

Coaches: Mark Friedley - not present. No report.

Aqua-Master: Dave Radcliff, Suzanne Rague - July issue is at the printer.

Registration: June Mather - 663 members registered for 1998 to-date, which exceeds 1997's total membership.

Membership: Phil King - not present. No report.

Top Ten / Data Manager: Suzanne Rague - Top Ten Yards are in progress. The Board agreed that the OMS printer will not be used to print labels at meets.

Fitness: George Thayer - not present. No report.

Historian / Records: Earl Walter - not present. No report.

Officials: Al Smith- not present. No report.

Host/Social: Jeanne Thimm. No report.

Safety Coordinator: Sandi Rousseau - Sandi read a letter from a swimmer having issues regarding the area behind the blocks and children running on the deck. The Board determined that this is not a safety concern and that family participation is a positive aspect of masters swimming.

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

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

Old Business:

NWMG update

600 swimmers have entered to date. The pasta feed for swimmers is on Tuesday, August 11. The organizing committee agreed to commit to 250 meals at a cost to swimmer of \$8.

The organizing committee discussed a color newsletter for the meet, costing \$700-\$1000. The Board was enthusiastic but hoped an underwriter could be found.

Roy asked about cash requirements for the meet.

Next meeting is July 12, 11AM, MHCC

• **OMS web page** - Our web master, Pat Allendar, has developed a skeleton page. Board members liked the format thus far, and provided feedback and suggestions.

• **Timers required for meets:** two (one watch, one time) Sandi discussed alternate timer requirements with several people at USS. It was agreed to maintain the current requirement of two watches.

New Business:

• **July and August meetings** - The July meeting will be July 11, 12:00 PM, at Mt. Hood Community College. The August meeting will be August 25. There will be no September meeting because of the timing of convention.

• **Convention delegates** - Ginger Pierson received a delegate-at-large spot. Pam Himstreet is also requesting a DAL spot.

• **Borrowing of OMS open water equipment** - Groups outside of OMS have asked to borrow open water buoys belonging to OMS. OMS needs a policy. Dan will draft a contract and present it to the Board for review.

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

• **All:** (Please review minutes for action items.)

Adjournment: 9:20 p.m.

Next Meeting: July 11, 1998, 12pm, MHCC



BADDAGINNIE AUSSI INTERNATIONAL POSTAL EVENT

sanctioned by AUSSI NATIONAL EXECUTIVE

BADDAGINNIE ANIMALS ARE AWESOME

An **ANIMAL** is defined as a gutsy performer who can do 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley all in one day.

Enter this international postal challenge, swim the listed events in one day and receive a T-shirt proclaiming that you are a "Baddaginnie Animal".

Send your entry form, certification and \$A25-00 (Australian) for Short Sleeved T-shirt

\$A28-00 (Australian) for Long Sleeved T-shirt

or equivalent and we'll send your Baddaginnie T-shirt.

No swim times are required. Club entries are appreciated.

ENTRIES TO: Baddaginnie AUSSI Animal Event
54 Benson St,
Benalla Victoria 3672
AUSTRALIA

DEADLINE: Postmarked October 31, 1998,
Overseas entries returned by seamount (approximately three months).

X.....

ENTRY FORM

NAME: _____ CLUB: _____

ADDRESS: _____

CITY: _____ STATE/PROV: _____ POST/ZIPCODE: _____

COUNTRY: _____

I certify that I swam the following events on one day: 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley.

DATE: _____

I attest and verify that I have full knowledge of the risk involved and am physically fit and sufficiently trained to participate in this event.

T-shirt sizes: (please circle) S M L XL XXL

Short Sleeve \$A25 ☐

Long Sleeve \$A28 ☐

Signature: _____

Witness: _____

Aqua-Master checked and the current exchange rate for Australian money is as follows:
Australian \$25 = \$15.29 USA and Australian \$28 = \$17.12 USA (check current exchange rate before paying)

1998 REGISTRATION FORM - OREGON MASTERS SWIMMING

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

PLEASE PRINT (Your 1999 USMS registration card is valid from Nov. 1, 1998 - Dec. 31, 1999)

NAME _____			FEES: Payable to "OMS" Single Registration (\$15:00) _____ (This is a reduced rate for the last four months of 1998.)	
(Last Name)	(First Name)	(MI)		
ADDRESS _____				
CITY _____	STATE _____	ZIP _____		
() - _____ - _____	/ /	_____	_____	_____
Your Phone Number	Birth Date	Age	Sex	Club (OREG, MACO, UNATT)
Local Team (See Official Abbreviations Below) _____		<input type="checkbox"/> Check box if you are a Masters Coach		
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 Osweg.)	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



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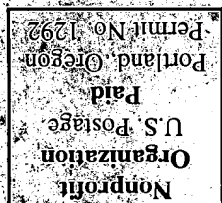


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