

Aqua-Master

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profile Back in the Water Again



Chris Clum

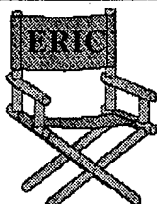
I think like many masters' swimmers, I also had put the pool, laps, and meets on the shelf for many years and never thought I'd be back at it again. I swam in high school and then took a long break (25 years).

I decided (2 children later), that I really needed to be exercising. So I went back to what had always been enjoyable - swimming. At adult lap swim, I met some other "older" people who were also trying to get and stay fit. Alice Zabudsky, my swimming buddy, suggested that we go watch the long course Nationals which were taking place at the Mt. Hood Community College Pool in 1995. It looked like fun, and I ran into some old acquaintances, but wasn't convinced a meet was something I could do.

The following fall we were lucky enough to be able to
continued on page 10

The CHAIR'S CORNER

by Eric Guest



The Nike World Masters Games has become history. I am very, very proud of the effort put into making it the excellent meet that it was. The volunteers, officials, Aquatic Center staff, the Chairs of all the committees came through with flying colors. I, as the Meet Director, received many compliments on how great the competition was run and what lovely facilities we have. I pass these compliments on to all of you mentioned above and I am honored to have been one of you. Sandi did a great job as commissioner in spite of hurdles set up by the Nike World Masters Games governing board. She managed to handle the problems with patience, cunning and a steady hand. We were a great team.

The Roslyn Lake Open Water Swim was a success and very well organized by the Chair Dan Gray and his very able group of volunteers. In spite of their coaxing, I managed to stay on dry land. I may, however, take the plunge in the future if Dan puts lines on the bottom of the lake. At a short meeting
continued on page 10

INSIDE FOR YOU

The CHAIR'S CORNER	page 1
profile	page 1
The 1998 schedule of events	page 2
Notes from Poolside	page 2
Nike World Masters Games	page 3
Open Water News	pages 4 - 6
Minutes	page 7
Ol' Barnacle - LCM ZONES	page 9
History - Ch. 5	page 11
Nike WMG Results	pages 16 - 20
SCM Zone and Lincoln City Entry Blanks ..	pages 8, 15
1999 Registration Form	page 21



THANK YOU ERIC AND SANDI FOR GREAT LEADERSHIP AT THE NIKE WORLD GAMES

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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
Dec. 4 - 5	SCM	*Lincoln City	
Jan. 10	SCY	Parkrose	
Jan. 30	SCY	Echo Hollow - Eugene	
Feb. 6	SCY	Tualatin Hills Barracudas - Pentathlon	
Feb 27 - 28	SCY	MAC Club	
March 19 - 21	SCY	Association Championships Bend	
April 10 - 11	SCY Zone	Federal Way, WA	
May 13 - 16	SCY Nationals	Santa Clara, California	
June 12	LCM	Tualatin Hills - Beaverton	
July	LCM	State Games - Mt. Hood	
Aug. 19 - 23	LCM Nationals	Minneapolis, Minn.	

*** ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER**

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. PO Box 9065 Portland, OR 97207. 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.

Notes From Poolside - by Bob Bruce - Coaches Rep

Happy Swimmers' New Year! Our summer season is just a memory and, now that fall is here, it's time for most of us to begin another annual swimming cycle. Rather than throw another practice or two at you from this column, I would like to use this space this month to discuss something important and timely--your goals.

We are motivated by goals, thrive on goals, thirst for goals. Planning requires goals. Long-term success demands goals. Ambitions are fueled by goals. Goals drive effective practices. Yet how many of us spend time addressing our goals, developing them adequately, and committing ourselves to them? Here's your chance! Now's the time!

As you consider and set your goals, be practical and progressive. Huge lofty goals may prove to be far out of reach, and doom you to continued disappointment and frustration. Goals which are achieved quickly and easily cheat you of the joy and satisfaction of significant accomplishment. Choose goals that challenge you but that you feel can be reached, then set some smaller intermediate goals to help you stay motivated and keep you on track. Goals can be achieved cumulatively.

What motivates you to swim? Are you out to improve your overall health and fitness, lose a few pounds, or feel and look better? Are you seeking new experiences, new challenges, and new friendships? Are you looking to shave a few tenths or seconds (or minutes!) from your favorite events? Whatever your motivation, pick appropriate goals for you and your life situation.

I offer you several common goals for swimmers, coupled with some advice about attaining them. Perhaps this little list may be helpful as you define your own goals.

Improve health & fitness: Exercise consistently, at least 3-4 times each week. Add variety to your activity, even choosing activities away from the pool.

continued on page 4

NIKE WORLD MASTERS GAMES FINAL CHAPTER

by Sandi Rousseau

Well, we made it, it is over, and Oregon Masters Swimming did a great job in hosting the swimming competition of the 1998 NIKE World Masters Games! Organizing and staffing this event demanded more than the usual national competition for a variety of reasons, but all of the volunteers from within Oregon Masters and PNA, our families, friends, and volunteers from the community made the event a memorable one for both U.S. and international participants. There were 781 swimmers representing 28 countries, and 54% of the swimmers were from other countries. There were 30 World Records and 230 World Masters Games Records broken, and these records were documented in first class fashion by our own Northwest FINA Top Ten Records expert. Oregon relays were superbly organized, and relay members enjoyed many of the beautiful medals awarded.

We translated the meet information into 6 languages



(Spanish, Portuguese, Hungarian, German, Russian, and Japanese) which accommodated the largest groups of foreign entrants. We had 6 opening ceremonies (Eric and I were good at leading the procession by the 6th day!). We had a wonderfully smooth registration process, long lines for the first two days at a most ably staffed "Solutions" table, smooth flowing and dignified opening ceremonies, safety marshals that could say "feet first entry" in pantomime, and hospitality from "the other" pizza parlor plus a wonderful assortment of other great

foods for swimmers and officials.

We had plenty of Oregon Swimming officials who knew Masters swimming rules (not always the case in large meets), an announcer who knew more about foreign languages by the end of the meet than he ever wanted to know, and awards personnel who not only made the presentations of the medals fun and memorable but also competed with the announcer on pronunciations!

Timers who were future Masters swimmers did a great job of cheering us on (as did our own local "cheerleader"), no one got lost after the WMG signs arrived to dress up the venue, the campus grounds and pool looked spiffy with sponsorship signs, some new paint, and flowers planted, there were no "significant" medical emergencies, and the guards did not have to save any lives.

The pasta feed had over 300 attendees and a "watchdog" committee co-chair who "guarded" the beer, the daily newsletter should win the "swim meet Pulitzer prize", the volunteers were ably assigned to whatever needed attention starting at 0600 hr, the telephones, fax and copiers all worked after the first three days, and just about anyone who had transportation needs got personalized service.

I can't say enough thank yous to everyone on the organizing committee and to those who pitched in to bail us out when needed. We were a great team, and this event would not have been successful without each one of you. Tom and I appreciate the thoughtfulness of Oregon Masters in presenting us with a weekend at Skamania Lodge. We plan on doing that just as soon as the reports are finished!



SANDI ROUSSEAU EARNED PRAISE AND PLAUDITS FOR ORGANIZING AND RUNNING THE WMG AND STILL FOUND TIME TO WIN GOLD IN THE 50 AND 100 METER BUTTERFLY

**COTTAGE GROVE OPEN WATER SWIM
AUGUST 30, 1998
1500 METER MEN**

NAME	AGE	TIME	PLACE
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AGE-GROUP 19-24

Brian Addleman	23	22.21	9
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AGE-GROUP 25-29

Steve Stoneham	27	20.38	1
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Greg Welch	28	21.21	4
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AGE-GROUP 30-34

Jeff Kaelon	32	22.24	10T
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Bill Shipper	33	24.31	17
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AGE-GROUP 35-39

Sean Taylor	35	21.05	3
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Scott Byler	38	22.11	6T
-------------	----	-------	----

David VanDerZwan	35	22.35	13
------------------	----	-------	----

Dan Knauer	38	23.31	15
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Robin Bragg III	38	34.32	
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AGE-GROUP 40-44

Michael Douglas	41	22.11	6T
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Patrick Erwert	44	23.58	16
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John Ridenour	42	27.22	20
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Marc Neubert	40	29.17	21
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Charles Helm	42	31.28	22
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AGE-GROUP 45-49

Tom Anderson	47	22.05	5
--------------	----	-------	---

Mike Tennant	45	22.13	8
--------------	----	-------	---

Scott Smothers	45	22.24	10T
----------------	----	-------	-----

Mark Worden	46	22.25	12
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John Downey	46	25.08	18
-------------	----	-------	----

AGE-GROUP 50-54

Steve Johnson	50	20.49	2
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Dan Gray	53	26.29	19
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AGE-GROUP 55-59

Richard Juhala	54	32.04	23
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AGE-GROUP 60-64

David Radcliff	64	23.19	14
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AGE-GROUP 65-69

William Holman	67	33.05	24
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3000 METER MEN

AGE-GROUP 19-24

Brian Addleman	23	41.24	7
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AGE-GROUP 25-29

Steve Stoneham	27	37.01	1
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Greg Welch	28	41.54	8
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AGE-GROUP 30-34

Jeff Lindsey	33	40.16	4
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Jeff Kaelon	32	41.20	6
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AGE-GROUP 35-39

Chris Gillett	35	39.52	3
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AGE-GROUP 40-44

John Ridenour	42	49.10	13
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AGE-GROUP 45-49

Tom Anderson	47	40.57	5
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Mike Tennant	45	42.32	9
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John Downey	46	45.18	11
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NAME	AGE	TIME	PLACE
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AGE-GROUP 50-54

Steve Johnson	50	37.41	2
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Dan Gray	53	45.27	12
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AGE-GROUP 55-59

Richard Juhala	55	57.21	14
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AGE-GROUP 60-64

David Radcliff	64	42.49	10
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1500 METER WOMEN

AGE-GROUP 19-24

Lisa Gorsline	23	23.46	6
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Molly O'Connor	21	25.28	10
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AGE-GROUP 25-29

Sara Quan	25	20.54	1
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Chris Lindstrom	25	24.15	7
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Kristine Lewis	28	24.40	8
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AGE-GROUP 30-34

Toni Hecksel	32	21.50	2
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Erin Holland	31	27.51	11
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AGE-GROUP 35-39

Kim Arata	38	22.18	3
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Michelle Morrell	35	23.03	4
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Laura Schob	39	25.22	9
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Jeanne Thimm	34	29.34	12
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AGE-GROUP 40-44

Laura Worden	40	23.24	5
--------------	----	-------	---

3000 METER WOMEN

AGE-GROUP 19-24

Lisa Gorsline	23	43.04	4
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Sandra Uesugi	24	48.29	6
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AGE-GROUP 25-29

Sara Quan	25	39.53	1
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Chris Lindstrom	25	43.02	3
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AGE-GROUP 30-34

Erin Holland	31	49.12	7
--------------	----	-------	---

AGE-GROUP 35-39

Michelle Morrell	35	40.10	2
------------------	----	-------	---

Laura Schob	39	45.18	5
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Jeanne Thimm	35	49.20	8
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AGE-GROUP 40-44

Marlys Cappaert	40	49.46	9
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AGE-GROUP 45-49

June Mather	45	56.32	10
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Notes from poolside continued from page 2

Train with a group when you can. Laugh a lot. Lose some weight: Eat fewer calories and more more calories (sounds easy, right?). I'm no nutritionist, so I'll make no comment about the input side of that equation. Burn more calories by adding one practice per week to your regular number, or by adding 10 to 15 minutes of steady aerobic time to each practice.

Learn a new stroke (or improve the old ones): Seek appropriate instruction now. Learn as a child does, by feel and repetition. Master the supporting drills. Practice at slow speeds while you are *continued on page 6*

OPEN WATER RESULTS - ROSLYN LAKE - AUG. 16, 1998

3000 METER SWIM

Place	Assoc.	Age Group	Name	Time	
1	Neth	40 - 44 M	Hugo Bregman	40.54	
2	Oreg	19 - 24 F	Julie thorn	40.58	
3	Oreg	50 - 54 M	Steve Johnson	42.30	
4	Pacific	55 - 59 M	Tex Haraszti	45.24	
5	Oreg	40 - 44 M	Mike Busch	46.19	Wet Suit
6	Oreg	30 - 34 M	Jeff Kaelon	47.02	
7	Oreg	35 - 39 F	Michelle Morrell	47.10	
8	Oreg	35 - 39 M	James Goddard	47.16	
9	Oreg	25 - 29 F	Chris Lindstrom	48.47	
10	Oreg	40 - 44 M	John Coffey	49.40	Wet Suit
11	Oreg	19 - 24 F	Lisa Gorsline	49.54	
12	Oreg	40 - 44 M	Patrick Erwert	51.05	Wet Suit
13-tie	Oreg	30 - 34 F	Rebecca Pery	51.49	
13-tie	Oreg	40 - 44 F	Kristi Gustafson	51.49	
15	Mexico	40 - 44 F	Araceli Rodriguez	52.23	
16	Oreg	45 - 49 M	Mike Henley	52.57	Wet Suit
17	Mich	45 - 49 F	Barb Bos	53.06	
18	Mexico	40 - 44 M	Salvador Escatto	57.07	
19	Oreg	40 - 44 M	John Ridenour	57.20	
20	Oreg	40 - 44 M	Robert Bergstrom	57.46	
21	N.Z.	45 - 49 F	Liz Davies	1:03.25	
22	PNA	45 - 49 M	Glen Vedera	1:04.11	Wet Suit
23	Oreg	55 - 59 M	Richard Juhala	1:04.42	
24	Mexico	60 - 64 F	Maia Teresa Sanchez	1:05.48	
25	Oreg	55 - 59 M	Bill Fallon	1:06.19	
26	Mexico	45 - 49 F	Tinajeno Garica	1:19.19	
27	PNA	40 - 44 F	Jeannine Vedera	1:24.23	Wet Suit

1500 METER SWIM

1	Russia	30 - 34 M	Eugueni Koval	22.24	
2	Oreg	60 - 64 M	David Radcliff	22.37	
3	Oreg	45 - 49 M	Jed Cronin	23.57	
4	Oreg	30 - 34 F	Jeanne Thimm	26.12	
5	Oreg	25 - 29 F	Julie Ryan	26.29	Wet Suit
6	Oreg	30 - 34 F	Erin Holland	26.50	
7	S. Africa	40 - 44 M	Mike Moore	27.24	
8	Oreg	50 - 54 F	Pam Himstreet	28.02	
9	Oreg	40 - 44 F	Diane LaMear-Tucker	28.20	
10	Russia	65 - 69 M	Victor Borovikov	30.22	
11	Oreg	75 - 79 M	Gilbert Young	30.36	
12	Oreg	40 - 44 M	Mark Newbert	31.03	
13	Oreg	40 - 44 M	Charles Helm	31.20	
14	Oreg	45 - 49 F	June Mather	31.30	
15	Oreg	35 - 39 F	Elizabeth towill	34.43	
16	Oreg	40 - 44 M	Mike Reichenbach	33.45	
17	Oreg	65 - 69 M	William Holman	35.01	
18	Oreg	50 - 54 F	Peggy Whiter	35.20	
19	Oreg	55 - 59 F	Joanne Tatum	35.20	Wet Suit
20	N.Z.	45 - 49 F	Pamela Todd	37.41	
21	Oreg	65 - 69 F	Joyce Bahler	39.53	
22	Oreg	40 - 44 F	Jan Reese	45.47	
23	Oreg	25 - 29 F	Penny Brown	50.34	

ROSLYN LAKE SWIM

RESULTS BY AGE GROUPS

1500 METER SWIM

Women 25 - 29

Julie Ryan	26.29 (wet suit)
Penny Brown	50.34

Women 30 - 34

Jeanne Thimm	26.12
Erin Holland	26.50

Men 30 - 34

Eugueni Koval	22.24
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Women 35 - 39

Elizabeth Towill	34.43
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Women 40 - 44

Diane LaMear-Tucker	28.20
Jan Reese	45.47

Men 40 - 44

Mike Moore	27.24
Mark Newbert	31.03
Charles Helm	31.20
Mike Reichenback	33.45

Women 45 - 49

June Mather	31.30
Pamela Todd	37.41

Men 45 - 49

Jed Cronin	23.57
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Women 50 - 54

Pam Himstreet	28.02
Peggy Whiter	35.20

Women 55 - 59

Joanne Tatum	35.20 (wet suit)
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Men 60 - 64

David Radcliff	22.37
----------------	-------

Women 65 - 69

Joyce Bahler	39.53
--------------	-------

Men 65 - 69

Victor Borovikov	30.22
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William Holman	35.01
----------------	-------

Men 75 - 79

Gilbert Young	30.36
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3000 METER SWIM

Women 19 - 24

Julie Thorn	40.58
Lisa Gorsline	49.54

Women 25 - 29

Chris Linstrom	48.47
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Women 30 - 34

Rebecca Perry	51.49
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Men 30 - 34

Jeff Kaelon	47.02
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Women 35 - 39

Michelle Morrell	47.10
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Men 35 - 39

James Goddard	47.16
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Women 40 - 44

Kristi Gustafson	51.49
Araceli Rodriguez	52.23
Jeannine Vadera	1:24.23 (wet suit)

Men 40 - 44

Hugo Bregman	40.54
Salvador Escatto	57.07
John Ridenour	57.20

Robert Bergstrom	57.46
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Mike Busch	46.19 (wet suit)
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John Coffey	49.40 (wet suit)
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Patrick Erwert	51.05 (wet suit)
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Women 45 - 49

Barb Bos	53.06
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Liz Davies	1:03.25
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Tinajeno Garcia	1:19.19
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Men 45 - 49

Mike Henley	52.57 (wet suit)
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Glen Vadera	1:04.11 (wet suit)
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Men 50 - 54

Steve Johnson	42.30
---------------	-------

Men 55 - 59

Tex Harastzti	45.24
---------------	-------

Richard Juhala	1:04.42
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Bill Fallon	1:06.19
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Women 60 - 64

Maria Teresa Sanchez	1:05.48
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By Dan Gray - Open Water Chair

By the time this article goes to press there will be one more open water event this summer. Hagg Lake: it is fitting that the last swim of summer takes place on the fall equinox. Ellen Ferguson has stepped forward to keep this Portland swim alive-- Thanks goes to Ellen!!!!

Report from Roslyn Lake: Though the crowd was smaller than anticipated, there were many new faces with a few new Oregon swimmers as well as visitors from other states, Europe and Russia. Both races were won by international swimmers: 1500 meters--Eugueni Koval from Russia (22:24,) and the 3000 meters--Hugo Bregman from the Netherlands

(40:54.) I do know that there were lots of smiling faces as the swimmers warmed their stomachs while waiting for the results. One face that stood out was Mr. Oregon--Gil Young, who at 76 years young swam his first open water event with a very fine 30:36 in the 1500 meter race.

I must give many thanks to the folks that helped out with this swim. Basically the race volunteers came from around the state and pulled together to host this event: Sometimes a very small commitment is a very large contribution. The next open water article will deal more with the recognition of volunteers and their contributions.

The Cottage Grove swim was held on August 30. Steve Johnson and his merry crew were up bright and early to host their second open water swim. The water temperature was just right--73 degrees and the course set up was again unique. All race directors and their volunteers are trying to create a pleasant and safe event for you and it shows at every swim. Steve's unique style of awards can't be beat. See what he does next year when he hosts the Oregon Association Open Water Championships. Great job Steve, Debra and cre

Notes from Poolside con't from 4

fresh to maximize learning without inference from fatigue. Gradually integrate your new stroke into your regular practice routine. Have your coach or teammates check your skills and progress often. Seek new experiences & challenges: If you haven't tried competing, enter and swim in a meet--I guarantee that it will challenge you and that you'll learn lots about swimming, and yourself. If you already compete, try a race at a new distance, *continued on page 7*

OREGON MASTERS SWIMMING INC. Minutes of Board Meeting - July 11, 1998

Attendees: Roy Abramowitz, Eric Guest, Pam Himstreet, Phil King, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Al Smith, Sharon Stuart, George Thayer, Jeanne Thimm, Earl Walter

Call to Order: 12:01 PM

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

Treasurer: Roy Abramowitz - Roy distributed the financial report through May. Our profit is down from 1997, but we had some large equipment expenses this year.

Vice-Chair: Pam Himstreet - Pam went over the bids thus far for next year. A quorum of board members will meet at the end of NWMG competition on Tuesday, August 11 to approve bids. The Board discussed the cost incurred by computer operators for out-of-town meets, especially for 2-day meets with a low number of entrants. The Board discussed guaranteed minimums and hotel subsidies. The Treasurer would like to study the numbers for a few meets before committing. Pam will prepare the figures and a proposal.

Committee Reports

Open Water / Long distance: Dan Gray - not present. No report.

Awards / Souvenirs: Donna Ryan - not present. No report.

Coaches: Mark Friedley - not present. No report. Mark is in Peru. Ginger will try to find out whether his absence is short-term or long-term. The Coach chairperson position may be open.

Aqua-Master: Dave Radcliff, Suzanne Rague - OMS got approval from the US Post to send the Aqua-Master at the non-profit rate, which will cut the cost of mailing by \$500-700. Due to the change in mailing status, there are some changes to the cover page. The Aqua-Master is still looking for more profiles. The August issue is waiting for the State Games results.

Registration: June Mather - not present. No report.

Membership: Phil King - There have been no additional requests for brochures, so Phil decided not to produce new

brochures at this time. With the bids for meets being decided early, brochures for next year will probably be completed earlier.

Top Ten / Data Manager: Suzanne Rague - Yards times are in.

Fitness: George Thayer - George has many more articles to submit.

Historian / Records: Earl Walter - Woman's all-time Top Ten are completed through 1988. OMS history is completed through 1979. Records are in good shape with the exception of printing problems. Earl got talked into purchasing a new computer and he can no longer print from the old database. Help is on the way, so the problem should get resolved.

Officials: Al Smith - not present. No report.

Host/Social: Jeanne Thimm. No report.

Safety Coordinator: Sandi Rousseau. No report.

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

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

Old Business:

- **NWMG update** - There are still many problems with hotels, shuttles, and entries. NWMG has not received the projected number of entries, so it seems they are trying to cut back. The Board backed Sandi on demanding that contractual agreements be carried out, especially with the shuttle transportation.

- **OMS web page** - Pat Allendar is incorporating the feedback from the Board. Sharon will notify Dave Radcliff when the OMS web page is ready for the membership.

New Business:

- **Sponsorship** - Dave Radcliff suggested that we develop guidelines for acknowledging sponsors; for example, where to place logos and list sponsors. The Board agreed that sponsors and logos could appear on entry forms, but could not appear in the title of an event.

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

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

Adjournment: 1:00 p.m.

Notes from Poolside continued from page 6 or in another stroke, or in a multi-event format (like a pentathlon). Or leave the black line behind and sample our wonderful lakes.

Increase endurance: Add another practice per week, or 10 to 15 minutes to each of your current practices. Find your anaerobic threshold, and do more of your aerobic training at or near this intensity. Throw in an extra-long swim once every few weeks. Train using all strokes. Quit smoking!

Increase speed: Develop endurance first, for you need endurance to train effectively for speed. Then try a short to medium length interval set or two every week holding speeds faster than your racing pace (don't overdo--these sets are stressful); continue for 4 to 6 weeks to adapt to the training speeds. Then race fast and enjoy!

Build your training group: Most of us have discovered that it's more fun (not to mention more motivating) to train in a group rather than alone. To find others, look among consistent lap swimmers and inactive masters swimmers--many of them are just waiting to be asked and encouraged to join you. Share the great benefits of swimming with others.

Now, select your goals, write them down, commit yourself to pursuing them, and begin the process of achieving them. Remember, it's hard to reach your goals if you haven't any! Good luck and good swimming!

Quotebag

"80% of success is just showing up." -- Woody Allen

"Fitness is something that happens to you while you're practicing good technique." -- Terry Laughlin

Aqua-Master welcomes Coach Bruce and we look forward to his monthly Notes from Poolside and practices.

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

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

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 1/4 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!

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: _____

Ol' Barnacle

reviews - results - records - history

Ol Barn...1998 LC Zones...

A small, but strong band of OMS and MACO swimmers, braved the freeways and swam up a storm at Federal Way in the current edition of Long Course Zone Champs.

Women 25-29: LISA HJERPE swam for four OMS records, 2 of which were Zone Bests! OMS in the 100 Free was Braun from '86, Lisa spun a 1:04.06, then in the 100 Back, copped another Braun mark from '86, swimming a 1:15.05(TT5), Lisa's 200 Back, not a record but should be TT6. Zone best for the 200 Free at 2:20.96, was hers, plus Zone in the 400 IM, was Devine, from '90 in 5:41.84 (TT7), add to this a fine 2:41.70 in the 200 IM.

SHAUNA SIMPSON, trying to torpedo OB with McKennis, please phone or wire, etc, what gives? She won the 400, took 2nd in the 800, and won the 100 Fly, capped all that with a new ZONE in the 200 Fly, was Baumhofer, from '85 (2:42.48)

Big OMS welcome to Lindsay Sovde, looks like a comer. Women 30-34: Cathy Law picked off the gold in the 50 Free, OMS welcome to Emilie Torretta, freestyler on the way.

Women 35-39: OMS hello to Becky Oblatz (MAC), Becky picked Gold in the 50/200 Free, plus more heavy metal (Gold) swept the breaststroke.

Women 40-44: LAURA WORDEN set new OMS bests in the 100 and 200 Fly, 1:17.27 and 2:55.24 (TT9-7), was golding it in the 200/400 IM, close to OMS bests, should get TT10-8. Mary Jackson, maybe a TT10 in 100 Breast.

Liz Chaney looks like an all around paddler - won the 50/200 Back, plus medaling in the short free and 50 Fly.

Women 45-49: Teri Hendryx (MAC) picked off the 50/100/200 Back TT10-9-6) add the 100/200 Breast TT7-6, plus winning the 200 IM. Teri came to Federal Way to SWIM.

Women 50-54: We were strong here-captured 11 Golds, gave ground to the great Sally Dillon in the 100/200/400/1500 Free. Jackie Quattro blanketed the Breast events, Monika Hunscher the Back plus the 800 Fr, Sandi Rousseau the 50 Free plus 50/100 Fly, Pam Himstreet took both IM's. All of these great swimmers can look forward to TT nominations.

Women 55-59: Sue Calnek brought home the gold in the 50/200/800 capped off with perhaps TT8 in the 800 Free. Bonnie Pronk from Canada, really put on a show.

Women 60-64: Suzanne Schumann handled the Golds in the 50/100/200 Breast, probably a TT8-7-6, 50, 100, and 200 Breast.

Women 65-69: LAVELLE STOINOFF- WR in the 400 Free 6:02.87 and 1500 Free 23:42.01. Zones-50/100/200 Back and 50 Breast 46.03/ 1:36.58/ 3:20.66/ 49.97. Barbara Jackson, who has swum for us and WELL, is moving to Montana, our loss, their gain. Barbara spun a TT8 in the 50 Free, plus a TT3 in the 50 Back, pushing Luvey all the way, Barb will wind up with TT3-2-3 in the back. We will miss you Barbara, best of luck and stay well in Montana, thanks for showing us how.

Women 70-74: MARGARET WELLS, this gal brings back 5 Golds, 2 of which are new Zone records: 200 IM 5:00.16, 400 IM 10:45.18, she spun a TT9 in the 1500. Maybe Maggie has found her knitch in the IM.

Men 19-24: Talk about great fortune, we appear to have inherited a great father and son combo. John Collins II swam a 20:11.49 in the 1500 which should warrant a TT5.

Men 25-29: OMS welcomes Chris Catello, good all around swimmer.

Men 35-39: Steve George wanted a warm up for NIKE games, came home with 5 Golds. TT9-7 100/200 Back, Doug Christensen, welcome!!, this guy is a FINE flyer and IMer.

Men 40-44: Jim Moller and Charles Helm gave a great account for themselves. Both are relatively new to Masters, hang in there guys!

Men 45-49: John Collins is the other side of the duo, father and son, as a spokesman for OMS, am very happy to see them in OMS. John had a fine meet at Fed Way, winning the 400 and 1500 Free. Robert Maestre, one of our real old timers swimming for MAC, won the 200 and 800 Free.

Men 50-54: We had an all OMS finish in the 50 and 100 Free: Doug Prentice, Karl Von Tagen(MAC) and Tommy Schram in the 50, Karl, then Doug and Tommy in the 100. In the 100 Karl 1:05.43, Doug at 1:05.44, can't get any closer than that. Let's welcome Schram to OMS. Doug and Karl were at it again in the 50 Fly (Karl-31.08-Doug 32.69)

Men 55-59: Guess who is over the half century mark ? ROBERT SMITH with a great meet-two WORLD records in the 50 and 100 Back (31.52 and 1:12.27) the only trouble with that 50 time, it makes Floyd Elliott and OB wonder, our best for SCY 50 Back was 32 plus, this guy is swimming Long Course Meters. Robert also put up a 36.21 in the 50 Breast, that's 3 #1's, plus a 50 Fly in 30.20 for Zone and TT3, last but not least, a ZR in the 100 Free at 1:03.84, Now that my children is GROWING OLD IN STYLE. Now, how about Bert Petersen, who is edging up on 60, took 2nd to Robert in the 50 Fly with a 30.85, which also broke his ZR from '94 of 31.07. A really big tip of the hat to Richard Juhala, this guy is really coming on. Richard likes those BIG ONES like the 400 IM-plain and simple-GUTS.

continued on page 10

ol' Barn continued from page 9

Men 60-64: David Radcliff came home with 5 Golds, warming up for NIKE Games, best part the 800 was a TT#1. David is 64, he is in that awful year, one away from aging up, he is not slowing up, period!

Men 75-79: Andrew Holden gave us a 50 and 100 Fly, both of which could well be #1 TT-All American, Holden is 79, watch out 80-84, he is on his way! Gil Young swam one event the 1500, and turned in a 28:07.23, which also could well hold up for AA.

OB cannot finish the individuals part of this without talking about JIM PENFIELD of PNA. Jim was not his usual self for most of last year, but now a spanking new 90 pluser, he logs 5 Zones: 50/100 Back, 50 Breast, 50 Fly and 200 IM. **FOUR OF HIS TIMES**

ARE WORLD RECORDS. Jim missed the 200 IM 6:59.87, against his 7:02.80. OB wishes he could have come to NIKE games, it would have been interesting. Congratulations Jim, **THAT'S GROWING OLD IN STYLE!**

Winding up the report, we must aim the spotlight on 4 Oregon women - **MONIKA HUNSCHER, JACKIE QUATTRO, PAM HIMSTREET and SANDI ROUSSEAU.** Pooling their talents for a new ZR in the 400m Free Relay at 5:41.80. Wundebat!

That's it for this time, will be back with the story of NIKE Games, which was small in numbers, but **HIGH in CLASS.**

Stay with it and stay fit!

profile continued from page 1

have a coach and by summer she had convinced me I could do a meet. My arm was twisted, and I entered the '96 Oregon State Games. My nerves were definitely in high gear, but the meet was still a great experience. Old friendships were renewed and there was a positive energy from everyone involved.

I feel that's what the Masters program is all about - a positive group of people offering encouragement and having a good time. Hopefully I'll be able to participate for a long time.

Editor's Comment: It's great to have you back Chris. As the ol' Barn reported last month your times are now in the top ten. Congratulations on some great swimming at the Nike World Masters Games. Keep on swimming.



Chris after a top ten time at the State Games



Eric Guest shares the victory stand with other Oregon swimmers as a member of a victorious relay at the Nike WMG.

The Chair's Corner con't from page 1

called after the pasta feed, Pam Himstreet presented the board with a list of meets scheduled this coming year. Confirmation of a couple will finalize the bids and they will be printed in your Aqua Master. An exciting schedule is forthcoming. My term as Chair comes to a close this year. I have had a wonderful two terms with a fantastic board. Their willingness to help me made my duties simple. I appreciate each and every one of them. There are many people in our area who are much more capable than I. Please be thinking of a replacement for me. I will continue to help when needed, as past chair. Thank you and God Bless.

Oregon Masters Swimming History - 1979 - Chapter 5

We left 1978 talking about our Top Tanners for Short Course Yards and Long Course Meters.

January 1979 saw the announcement of LCM Records for OMS. Will not cover all, but will try to give you an idea of where we were at in those days.

Phyllis Hormann held the 100, 200, 400 Free, 100 Back and 200 IM with times of 1:09.00, 2:34.40, 5:20.20, 1:18.40 and 2:48.90 in the 20-24 bracket.

Jan Simonsen spun the 50/100 Fly in 28.00 and 1:06.00. While Roy Clark was 33.58 and 1:16.10 for the 50/100 Breast.

25-29: Saw Darlene Pohl 400/1500 Free-5:48.70 /22:48.30, Susan Snyder(Case) 100/200 Back-1:25.50/3:06.90, Cathy Imwalle 100/200 Breast-1:31.70/3:22.80. Trond Williams 50 Free -26.40, Pat O'Malley 400/1500 4:58.60/19:18.60, Robert Maestre 200 Free-2:29.30 and Dan Johnson 200 Breast-2:54.91.

30-34: Ann Brown held 7 bests 50Fr/400IM-30.80/6:31.69. Alice Zabudsky had 7 markers 50/100 Breast-46.50/1:40.90 and Jayne Chastain 50/100/200 Back-40.40/ 1:30.10/ 3:16.10. Karl Von Tagen had 6-100/200 Free-58.56 /2:17.29, Jon Stout the 50/100 Back-32.80/1:13.90, Doug Huestis 100/200 Fly-1:12.10/2:45.17, Steve Johnson 400 Free-4:52.40.

35-39: Barbara Frid 50/100 Free-33.55/1:17.70, 50/100 Back-40.20/1:26.85, Carol Friedley 50/100 Breast-47.08/1:45.10. Mark Gates 50/100 Breast-40.60/1:32.47, Brian Frid 200 Breast-3:33.60, Harry Megaw 50/100 Free-28.50/1:06.80.

40-44: Lavelle Stoinoff 200/400 Free-2:52.40/6:17.20, Susan Rittenhouse 50/100 Fly-39.10/1:34.19, Connie Wilson 200 IM-4:13.58. OB Note: Stoinoff 60-64: 2:43.83/5:47.52 Go Figure ! Jim Bigler 50/100 Free 32.90/1:14.99, Fred Sprenger 400/1500 5:56.40 and 23:50.40, Dick Slawson 50 Fly-36.50.

45-49: Stoinoff 50/100/200 Back 43.08/1:34.19/3:19.84, Joyce Bahler 50/100 200 Breast 55.20/2:00.40/4:09.10. Eric Guest 50/100 Free 30.60/1:12.00, Donlan Jones 50/100 BACK 37.40/1:26.50, Van Rossen 50/100 Breast-39.63/1:25.84, Fred Eckhardt 100 Fly-1:40.60

50-54: Mary Anne Wolfe 10/200 Free 1:25.19/3:14.04, Elfie Stevenin 50/100/ 200 Fly 1:30.00/3:43.00/8:07.40, Chuck Harrison 100/200 Free 1:22.80/3:10.70, Walter 100/200 Back 1:25.60, 3:17.80, Lee Miesen 100/200 Breast 1:35.90/3:36.90, Eckhardt 400 IM 7:48.90.

55-59: Eileen Biglin 50/100 Free 52.10/2:07.00, Stevenin Back. OB full sweep-Ouch!-Bigler gave me H---. 50/100/200 Back 37.30/ 1:25.34/3:09.40 all #1 TT, '97-32.36/1:12.30/2:39.36. 200 Fly-3:35.70, W Rand #2 TT - '97-3:01.62 was #1.

60-64: Eileen Biglin 50/100 Free-50.60/1:57.30, note her improvement over 55-59, this happened a lot in Masters early on. 50/100 Breast-1:03.63/2:16.60. Don Stevenson 200/400 Fr-3:24.90/7:34.30 (2/3 in TT, today #10 TT is 2:41.57/5:54.33. Syd Hendy 100/200 Back 1:42.30/ 3:52.20.

65-69: Hazel Bressie and Doreen Morris, Hazel had 10-200/400 IM 7:39.60/ 15:25.30, Doreen Morris 50/100 Back 1:22.70/3:03.40. Stevenson had 10:200 IM 3:55.66, 1500 30:41.80 100/200 Breast 1:52.90 and 4:06.69. Hendy had improved: 100/200 Back 1:40.40/3:48.14.

70-74: No Women, how about that ? Herb Eisenschmidt dominated with 6- 1978 was Herb's first year in Masters. Jim Glandon 400Fr-8:26.30 and Dana Thomas 1500 was 35:30.80 from 1977.

75-79: Roy Webster had 9 - 50/100 Free 59.20/2:34.93, 50/100 Breast 1:08.10 and 2:34.93. Only one man and no women.

80-84: Collie Wheeler all alone with 6: 400 Free 9:30.30, 50 Breast 1:07.50, 50 Back 1:12.30. Collie was consistent AA in those days. No women.

Board in Jan 1979 was Walter: Chair, Schaumburg: V-Chair, Membership: Wilson, Newsletter: Bigler, Social: Chastain, Publicity: Crichton, Awards: Rose, Fitness: Eckhardt.

January saw a meet at Portland Community College under the guidance of Karl Von Tagen. SCY ;

Women 25-29 Nancy Milner 100 Free 1:17.48, Wittliff 100 Back 1:11.60

Women 30-34 Rousseau 50 Free 29.37, Chastain 50 Back 36.60, Rousseau and Zabudsky 50 Fly 31.60 vs 32.31

Women 35-39 Henion 100 IM 1:49.80, Kinsey Lee 100 Free 1:28.30

Women 40-44 Wilson 100 Back/Breast 1:27.00/1:53.63

Women 45-49 Stoinoff 50 Free 31.30 100 IM 1:24.10

Women 55-59 Maxine Carlson(PNA) 100 Free 1:40.60 100 IM 1:48.60

Women 60-64 Eileen Biglin, all alone: 50 Free 50 Back 45.30/1:11.70

Women 65-69 Bressie, all alone: 500 Free 15:59.10 400 IM 14:30.40

Men 20-24 Armstrong 50/200 Free 25.59/2:12.87 Meier 100 Back 1:17.60

Men 25-29 50 Free Dasch vs Hughes 23.50/23.86

Men 30-34 100 Free A Smith vs D Huestis 54.18/55.30, 100 Back Puterbaugh vs Hubbard 1:17.43/1:20.60, 100 Breast A Smith vs Josephson 1:06.30/1:09.47

Men 40-44 100 Free Bigler vs Wachrer 1:03.01/1:13.70, 200 IM Schaumburg vs Foley(PNA) 2:35.61/3:09.80

Men 45-49 500 Free Sprenger vs Ierulli 6:28.76/7:46.61, 50 Breast Van Rossen vs Merz 34.30/40.10, J Joens 100 IM 1:51.98

continued on page 12

History continued from page 11

Eugene Meet (River Road) 1/17/79:

W 20-24 Lisa Rohrer 50/100 Free 29.26/1:06.32, Jane Miller 100 Breast/100Fly 100 IM- 1:15.94/1:11.63/1:09.13

W 25-29 Darlene Pohl vs Susan Alderin 50 Free 29.39/32.19. Nancy Watson 50/100 Breast 44.48/1:36.89

W 40-44 Jeanne Kennet 50 Back/100 IM 54.09/1:54.32

M 25-29 100 Free Chris Bouck/Chris Hughes/Bob Loverin 53.73/53.99/56.59

50Back Beyerlein/Hughes/Chang 31.85/33.36/39.08

M 30-34 100 IM Pat Caudill vs Pat Alderin 1:20.15/1:21.76

M 45-49 Walter Hart 50/100 Breast 49.16/1:51.15 . OB

Comment: Walter Hart learned to swim in his 40's.

M 55-59 Earl Walter 200 Breast 3:07.48, trying to catch Jane Miller ???

M 75-79 Roy Webster 100 Free 2:19.28/100 Breast 2:30.04

In this meet we had NOVICE events for Women and Men:

Randi Decker/Alice Fitzgibbons 50 Free 34.76/33.93

Bill Meltzer/Gary West 50 Fly 32.28 vs 36.41

A 1650 Meet was held at Lake Oswego High 2/10/79.

Highlight of the meet was a National Record by Dawn Musselman (PNA 65) 29:41.06

W 20-24 Jane Miller 20:31.19, W 45-49 L Stoinoff 22:54.47

W 55-59 Stevenin 52.39.00, W 70-74 Bressie 54:55.85

M 25-29 V Dasch 18.43 7th T Gilbert 26.42.20

M 35-39 Bill Muter vs Ron Nakata 23:20.23/25.26.91

M 40-44 Schaumburg vs Bigler 22:14.74 vs 24:29.93

John Hoey (69) a 34:48.76, Herb Eisenschmidt (72) 28:57.17, Herb's time would be only 43 secs from #10 TT 1997, almost 20 years later

Association Champs were at Beaverton April 7 and 8

W 20-24 Christy Bode vs Shawn Dustin 50 Free 27.08/27.39. Mary Hudson v Teri Kooutz 100 Free 1:02.37

vs 1:04.24 Barbara O'Brien 3rd in 1:04.94. Julie Ambrosia a 1650 in 21:14.76. Jane Miller and Shawn Dustin really faced off: 50/100Breast 34.59 vs 35.75, 1:16.46 vs 1:19.17, 100 IM 1:07.64 vs 1:10.97 etc. D'Ambrosia flew the 100 in 1:08.40

W 25-29 Wittliff vs Zagunis 50/100 Back 31.62/33.95 and 1:10.08/1:12.93 also the 200 Breast 2:59.13 vs 3:05.76

Darlene Pohl 100 Fly and 100 IM 1:11.87 and 1:12.94

W 30-34 Ann Brown vs Sandi Rousseau 50/100 Free 27.45 vs 28.85, 1:03.08 vs 1:06.08. Sue Snyder over Jayne Chastain 50 Back 34.40 vs 35.37. Rousseau had the 50/100 Fly 30.78 and 1:14.91. Sue Snyder and Ann Brown, a great race in the 200 IM, with Snyder prevailing 2:39.83 vs 2:40.98

W 35-39 Barbara Frid 50 Free 50Back 30.44/35.87, Linda Jones 200 Fly 3:23.07 and 400IM 6:35.91

W 40-44 Susan Rittenhouse over Connie Wilson in the

50/100 Back 35.54/37.19 and 1:18.94/1:20.79.

W 45-49 Stoinoff 50/100Back 38.87/1:23.31

W 55-59 Elfie Stevenin all alone, 70-74 Hazel Bressie all alone.

M 20-24 Howard Ronkin 50Breast 32.70, Sean Donahue over Ed Pittaway in the 100 IM 1:02.03 vs 1:02.66

M 25-29 100 Free Dasch over Hughes 50.10/50.42. Pat O'Malley the 1650 in 18:35.97 over Maestre 22:03.04. Mike Branum 50/100/200 Breast 30.98/1:07.85 and 2:32.31 Pat O'Malley/Chris Hughes 100 Fly 55.33/56.50

M 30-34 NR by Art Smith 400 IM in 4:41.11, Mike McColly vs Don Merritt 100 Back 1:08.85/1:08.98, Doug Huestis vs Paul Kelly 100 Fly 59.51/1:02.95

M 35-39 Cecil Kribs 50/100/200 BACK 34.20/ 1:17.05/ 2:47.70 Ron Nakata 200 IM 2:37.81 Roy Watter vs Brian Frid 100 Free 1:01.70/1:01.86 Von Tagen 100 Free 51.88.

M 40-44 William Mills vs Dick Slawson 50 Free 25.58/ 25.83. Don Howard 50/ 100/200 Breast 39.68 /1:24.14/ 3:06.46

M 45-49 Fred Sprenger 1650 22:08.21 Don Van Rossen 50/ 100/ 200 Breast 33.63/1:15.19/2:50.37

M 50-54 Paul Thompson 200 Free 2:39.02, Fred Eckhart 100 Fly 1:25.75. Lee Miesen 200 IM 3:20.13. John Volkoff 50 Fly 38.37

M 55-59 Jim Holland vs Gil Young 50/100 Free 29.16/33.25 and 1:08.41/1:13.43. Gil Young 20 years later is swimming a 1:16. Gil 500 Free in 8:14.72 in 1997 Gil paddles a 7:45.

M 60-64 Bob Schmidt 50/100/200 Breast 43.11/ 1:41.19/ 3:58.93

M 65-69 John Hoey 1650 in 34:11.60 Tift Kampmann 50 Breast 42.25/100 Breast 1:43.62 Syd Hendy 50/100 Back 39.99/1:30.33

M 70-74 200 Free Eisenschmidt vs Jim Glandon 3:00.01/3:13.80, Herb E does the 50/100/200 Back in 39.67/1:26.60/3:12.13. If we had not lost Jim Glandon he would have swum some great times.

M 80 Plus-oldest age group in those days - Collie Wheeler (85) 50/100 Free 47.79/1:44.84 with a 50 Back in 1:07.50 Relays W25+200 Free Snyder, Westphal, Demezas, Alderin (OM) over Zagunis, Smith, Rousseau, Peyton (THB) 2:22.24 vs 2:24.84

Relays M 45+ 200 Free Yound, Mallon, Ierulli, Guest (MHM) over Sprenger, Hart, Van Rossen, Volkoff (OM) 2:18.42 vs 2:19.35

The emergence of 2 new teams was gratifying: Mary's Peak Masters and Mt Hood Masters.

Ralph Mohr, a very active Masters a few years ago, writing from Coos Bay for the AquaMaster in Feb/Mar of 1979, about swimming the 1650: Taking the last paragraph: "I have found swimming long distance to be both fun and

continued on page 13

History continued from page 12

rewarding, if I use the associative technique. No longer am I a slave, simply swimming back and forth, getting tired...it becomes a game, where I am pitting my mind, setting up splits ahead of time, against my body, which has to watch the splits. Notice, please, in all of this, that no times have been mentioned. Each person must fit his/her splits to match their ability. However, it is a training method that can be used by any age. Simply adjust the splits to fit a reasonable pace for you"

April 1979 found us already talking about Long Course with meets in Albany and at MHCC, then Regionals at PNA, while at the same time we announced that SCY Regionals would be in Spokane, hosted by IEA (Inland Empire Association)

A great meet was swum at Tigard on March 18, 1979:

W 20-24 Saw Barbara O'Brien, freestyle-Nancy Reddington in the backstroke

W 25-29 Donna Murphy over B J Smith at 200 Free 2:53.30 vs 2:53.80. Darlene Pohl the 200 Fly in 2:43.60, 400 IM at 5:43.90

W 30-34 Sue Snyder dominated the Back, had a great race with Ann Brown in the 200 IM Sue in 2:46.00, Ann 2:46.60. Rousseau, Chastain and Cheryl Shay were big point getters.

W 35-39 Was dominated by J Kinzey Lee in the Free, Linda Jones the Fly and IM's, with Gale Ritz picking up the 100 Breast in 1:38.30

W 40-44 Rittenhouse the 50/100 Free in 30.60 and 1:07.50. Connie Wilson the 100 and 200 Back in 1:23.50 and 3:00.90.

W 45-49 Was all Stoinoff 50/100/200/500 Free 30.60/ 1:08.50/ 2:24.60/ 6:28.00

W 55-59 Saw Stevenin in the 100/200/400 IM 2:51.24/ 6:06.50/ 12:45.10

W 70-74 Was always Hazel Bressie-100/200 Fly-3:51.52 /7:53.50. OB can remember watching Hazel in the Fly, sometimes she actually stayed still in the stroke phase, but then her kick would move her forward. Sorry to say many of us could never understand Hazel, just plain "guts"

M 25-29 Vern Dasch and Chris Hughes had some of the greatest races in Oregon Masters: 50/100 Free In the 50 Vern- 23.20 vs 23.70 and in the 100 it was Chris 51.00 over 51.20. Chris Hughes over Kim Latrop in the Fly 57.60 vs 58.70. Pat O'Malley had a 4:42.40 400 IM

M 30-34 Richard Nelson over Jim Hutcheson in the 100 Breast 1:12.10/1:12.70. Art Smith 200 Breast 2:23.20, Doug Huestis 100/200 Fly in 1:01.80 & 2:25.60 Paul Kelly had a 50 Fly in 27.00

M 35-39 Ralph Mohr 50/200 Fly 30.60/2:37.10 Jerry Marrs 50/100 Breast 47.50 and 1:40.00, Cecil Kribs the 100 IM 1:16.40, Karl Von Tagen vs Ron Nakata 50/100 Free Karl

23.90/26.30 and Karl 54.20/59.78-OB Note: Ron broke a minute in the 100 in 1997.

M 40-44 Don Howard 50/100/200 Breast 44.10/ 1:27.80/ 3:13.50. Chas Schaumburg the 400 IM in 5:40.60

M 45-49 John Joens 50/100 Back 52.30/1:53.10 Eric Guest 50 Breast 39.30

M 50-54 Paul Thompson 50/200 Free 30.10/2:50.30 Leo Haglund the 500 Free 9:29.40. Fred Eckhart 50/200 Fly and 400 IM 38.36/3:15.67/6:53.40

M 55-59 Jim Holland a 2:44.50 for the 200 Free. 100/200 Fly and 400 IM by OB 1:25.00/3:11.70/6:17.00

M 60-64 Kelly Bagbee swimming 2nd to Bob Schmidt 50/100/200 Breast 1:08.20/ 2:33.80/5:41.60, Kelly had a lot of intestinal fortitude. Schmidt's times were 43.10/1:41.30/3:56.70. Bob lived in Dundee, it was interesting how his 50/100 were so much better than his 200.

M 65-69 Tift Kampmann was all guts and a mile wide: 50 Fly in 43.90 and the 100 IM at 1:46.40, Don Stevenson 200 Breast 3:32.20, Syd Hendy the 200 Back in 3:18.10.

AquaMaster for March listed our All Americans: (Feb Issue-Swim Master) LAVELLE STOINOFF (45-49) FINISHED 1978 WITH 10 First Places: 200/500/1650 yards, 100,200,400,1500 meters, and the 50/100 and 200 meter Back.

COLLIE WHEELER (80 and Over)(Five 1st Places) 100 and 500 yard Free, plus the 100,200 and 400 meter freestyle events.

ART SMITH (30-34) 1st Place in the 200 yard Breaststroke.

PAT O'MALLEY (25-29) 1st Place in the 1500 meter freestyle.

SYD HENDY (65-69) 1st Place in the 50 yard backstroke
Best year ever for OMS - 44 men and women garnered a total of 192 places on the rolls of the coveted TOP TEN national rankings.

Also it was announced in AquaMaster that Jayne Chastain had come up with a great party after the Association Meet at the Stock Pot. A complete dinner (Roast Chicken) was available for \$ 7.75 - WOW !

Association Championships at Beaverton: April 7 and 8:

W 20-24 Christy Bode made her first showing 50 Free, 200 Free, 50 Fly 27.08/2:12.22 and 29.72. Jane Miller in addition to winning all the breast, took the 100 and 400 IM in 1:07.64 and 5:07.60. Mary Hudson won the 100 Free in 1:02.37

W 25-29 Laurie Westphal the 100/200/500 in 1:03.88/2:23.60/6:41.11. Cristy Wittliff nudged Darlene Pohl in the 50 Fly 29.41/30.95. Cathy Zagunis won the 200 Back at 2:34.82.

W 30-34 Jayne Chastain took the 100 Back in 1:20.18. The 200 IM saw a repeat of a wild 200 IM, with Sue Snyder

continued on page 14

History continued from page 13

topping Ann Brown 2:39.83 to 2:40.98. OB Note: This was an improvement of over 6 seconds for each swimmer.

W 35-39 Barbara Frid and Linda Jones were tops for OMS

W 40-44 Kristen Holcomb won the 50/100Breast 43.53/1:37.88. Susan Rittenhouse and Connie Wilson went at it in the 50/100/200 Back with Susan the winner: 35.54/37.19, 1:18.94/1:20.79, 2:48.99/2:59.45

W 45-49 Lavelle Stoinoff had 5 firsts: 100/200/1650 1:05.85/2:20.47/ 22:41.52. 50/100 Back 38.87/1:23.31

W 50-54 Diane Edwards scorched with 5 for 5 Golds. Dianne swam all the strokes, not really fast but WELL.

W 55-59 Elfie Stevenin did likewise,going 5 for 5

W 70-74 Hazel Bressie also went 5 for 5, swam the 1650 in 50:38.00, and the 400 IM in 14:04.50. A couple of years later Hazel was to be told, to not swim the 1650 and the 400 IM the same evening. It was interesting to those of us who were concerned about her well being,she abided by the doctor's advise for a while, and the next thing we knew was that she was back swimming the events again on the same night. Connie and OB asked Carl,her husband,all Carl said was "well you know Hazel".

Men 20-24 Howard Ronkin from Salem,and Margaret Wells' son was coming into his own. The dominant ones were Ed Pittaway and Sean Donahue. Pittaway swam the 400 IM in 5:15.01 while Sean spun the 100 Back in 1:03.10. Sean and Pittaway wnet at it in the 100 IM, Sean in 1:02.03, Pittaway at 1:02.66, Howard a 1:07.16. Howard was to become one our very best breaststrokers in 1982 at our first Nationals.

Men 25-29 Dasch, Hughes, Kim Wintner and Hank Koerner, had a barn burner of a 50 Free: Vern at 22.75, Chris 23.03, Kim 23.20 ,Koerner 23.70. Dasch and Hughes went 50.10 and 50.42 for the 100 Free. Bob Maestre took

the 100/200 Back 1:07.90 and 2:25.84. 50 Fly saw Hughes, Lintner, Lathrop, Koerner: 25.59,26.04,26.24, and 27.04. Pat O'Malley was great 1650 18:35.97,100/200 Fly 55.33/2:05.44. Hughes and Lathrop 2nd & 3rd for the 100 56.50/58.09. In the 200 Kim Lathrop gave Pat almost all he could handle with a 2:10.55.

M 35-39 Karl Von Tagen 50/100/200 Free 23.04/ 51.88/ 2:02.52-100 IM 1:01.47, Ron Nakata the 200 IM 2:37.81.

M 40-44 William Mills, Dick Slawson, Chuck Schaumburg the 50 Free 25.58/25.83/ 25.88. Slawson the 100/200 IM 1:09.14/2:36.95. If any of you are reading this please let OB know,whatever happened to William Mills out of the Salem Area ?

M 45-49 Eric Guest, Fred Sprnger,and Don Van Rossen continued their dominance. Emmanuel Sang was still swimming in those days, he was an early booster of Masters Swimming.

M 50-54 Paul Thompson,who swam with OB at the U of O,won the 50/200 Free 29.80/2:39.02. Lee Miesen was becoming a permanent fixture,won the 50/100/200 Breast 37.21/1:23.04/3:11.06.

Men 55-59 Jim Holland, Gil Young and OB dominated this age group for quite a while.

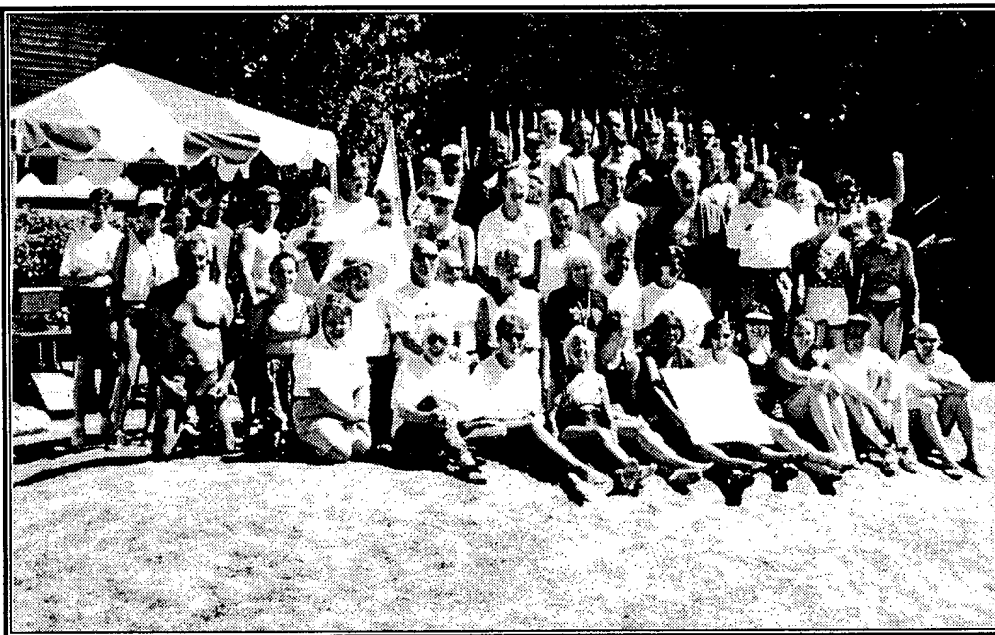
Men 60-64 Bob Schmidt from Dundee 50Free /50Br/100Breast /200 Breast 37.39/43.11/1:41.19/ 3:58.93. Bob swam into 1987, going to Nationals at Stanford,miss him,and have for some time.

Men 65-69 Kampmann, Hoey,Hendy and Stevenson were the cream of the crop.

Men 70-74 Herb Eisenschmidt at 72 in '79-50/100/200 Back 39.67/1:26.60 and 3:12.13. Jim Glandon swam the 100/200/500 1:24.22,3:13.80/9:01.16

Men 80 Plus Collie Wheeler at 85 the 100 Free in 1:44.84

Chapter 5 will be continued in a future Aqua-Master



OREGON AND MACO SWIMMERS AT THE NIKE WMG. YOU DID YOURSELF PROUD. YOU ORGANIZED THE MEET, YOU RAN AND WORKED THE MEET AND YOU STILL FOUND TIME TO SWIM SUPERBLY. IF TEAM SCORES HAD BEEN KEPT YOU WOULD HAVE WON THE MEET. CONGRATULATIONS TO EACH OF YOU AND THANKS FOR A JOB WELL DONE!

Oregon Masters Swimming Short Course METERS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #378-07

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

Unregistered swimmers must submit a 1998 or 1999 registration form and fee with this form.

LINCOLN CITY HOLIDAY MEET

Place: Lincoln City Pool, 2150 NE Oar Place

Lincoln City, Oregon

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

Meet Director: Lissa Parker, 541-994-3264 (home) 541-996-7399 (work)

E-Mail - allpark@wcn.net

Directions to pool: Coming into Lincoln City on HWY 22, head south on HWY 101. At 22nd Street traffic light (Dairy Queen) turn left (east). Make a quick right onto Oar Street (right before the Elks Club). Pool Phone 541-994-5208.

DATES: DEC. 4 AND 5, 1998**WARM-UPS: FRI. 5:30 PM****MEET STARTS: FRI. 6:30 PM****WARM-UPS: SAT. 8:00 PM****MEET STARTS: SAT. 9:00 PM**

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - NOV. 20, 1998

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

NAME _____ 1998 or 99 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

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

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, AND 320-359. **You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day.** Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only) The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400 I.M., 400, and 800 Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST..

FRIDAY DEC. 4

400 IM (1) _____: _____.

800 FREE (2) _____: _____.

SATURDAY, DEC. 5

400 FREE (3) _____: _____.

2nd Warmup. Event 4 will not start before 10:30. Relay cards due by 10 AM.

FREE RELAY (4/5) XXXXXXXX

50 BREAST (6) _____: _____.

100 FLY (7) _____: _____.

200 FREE (8) _____: _____.

50 BACK (9) _____: _____.

100 IM (10) _____: _____.

MIXED FREE RLY(11)XXXXXXXX

BREAK BREAK BREAK

100 BREAST (12) _____: _____.

50 FLY (13) _____: _____.

100 FREE (14) _____: _____.

200 BACK (15) _____: _____.

MEDLAY RELAY(16/17)XXXXXXXX

BREAK BREAK BREAK

200 BREAST (18) _____: _____.

200 FLY (19) _____: _____.

50 FREE (20) _____: _____.

100 BACK (21) _____: _____.

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

MIXED MED RLY (23) XXXXXXXX

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

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$13.00 Make checks payable to Oregon Masters Swimming

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

continued on page 17

Female Senior 50 Back	Female Senior 50 Fly	Female Senior 100 Free	Male Senior 200 Fly	Male Senior 100 Fly	Male Senior 100 Fly
4 KALBO B SCHROEDER 42 ORG 57.30	1 KATHY HUGHES 71 ORG 1:13.43	1 ADA A HERBERT 82 ORG 2:40.54	1 WILLIAM W ZOLNA 39 ORG 2:11.33	4 MATTHEW J ROTH 32 ORG 1:03.07	2 D CHRISTENSEN 35 ORG 1:02.76
Female Senior 100 Back	Female Senior 200 Fly	2 HELMA W HOFFMAN 82 ORG 3:24.44	2 KYLA KIMBALL 27 ORG 2:13.46	3 CHRISTOPHER ROTH 39 ORG 1:03.05	3 CHRISTOPHER ROTH 39 ORG 1:03.05
4 KALBO B SCHROEDER 42 ORG 2:09.74	3 MARGARET A WELLS 72 ORG 5:38.47	Female Senior 400 Free	Male Senior 200 IM	3 D D STEWART 34 ORG 2:21.72	4 WILSON P KIRK 37 ORG 1:19.16
Female Senior 50 Breast	Female Senior 200 IM	1 HELMA W HOFFMAN 82 ORG DQ	1 WILLIAM W ZOLNA 39 ORG 2:17.41	4 MATTHEW J ROTH 32 ORG 2:23.33	Male Senior 200 Fly
4 SUSANNE SCHUNANN 61 ORG 49.89	2 MARGARET A WELLS 72 ORG 5:01.49	Female Senior 50 Back	2 KYLA KIMBALL 27 ORG 2:17.46	Male Senior 200 IM	1 CHRISTOPHER ROTH 39 ORG 2:22.94
4 KALBO B SCHROEDER 42 ORG 1:04.47	Female Senior 400 IM	1 L BAUMGARTNER 81 ORG 1:30.52	3 ALEX R SHAYVITZ 28 ORG 2:45.46	3 GARDEN J DUTTO 30 ORG 2:23.48	Male Senior 200 IM
Female Senior 100 Breast	2 MARGARET A WELLS 72 ORG 10:31.34	2 ADA A HERBERT 82 ORG 1:34.12	Male Senior 400 IM	4 D STEWART 34 ORG 2:24.38	2 STEVE A GEORGE 39 ORG 2:22.88
4 SUSANNE SCHUNANN 61 ORG 1:58.56	Female Senior 50 Breast	3 HELMA W HOFFMAN 82 ORG 2:01.29	1 WILLIAM W ZOLNA 39 ORG 4:54.67	5 HONST R MEHMAUS 30 ORG 2:24.44	2 D CHRISTENSEN 35 ORG 2:22.27
7 KALBO B SCHROEDER 42 ORG 2:28.23	Female Senior 200 Breast	Female Senior 100 Back	Male Senior 400 IM	Male Senior 400 IM	5 P. HERRERA 39 ORG 2:40.43
Female Senior 200 Breast	Female Senior 400 IM	1 ADA A HERBERT 82 ORG 3:16.84	3 D D STEWART 34 ORG 5:04.49	4 MARK B NELSON 37 ORG 2:45.39	4 MARK B NELSON 37 ORG 2:45.39
4 SUSANNE SCHUNANN 61 ORG 4:03.40	Female Senior 50 Free	Female Senior 200 Back	3 MATTHEW J ROTH 32 ORG 5:20.97	5 WILSON P KIRK 37 ORG 2:54.88	5 WILSON P KIRK 37 ORG 2:54.88
Age 45 Through 49	1 J B STAMBU 77 ORG 57.93	2 L BAUMGARTNER 81 ORG 6:34.99	Age 35 Through 39	Male Senior 400 IM	1 CHRISTOPHER ROTH 39 ORG 5:23.18
PL Name Age Team Finals	4 LOIS M ALLAN 75 ORG 58.24	3 ADA A HERBERT 82 ORG 7:11.49	PL Name Age Team Finals	Age 40 Through 44	PL Name Age Team Finals
Female Senior 50 Free	4 JUDY H NELCHER 78 ORG 1:21.01	Female Senior 200 Breast	15 JEFF L KARLON 32 ORG 29.99	Male Senior 50 Free	1 STEVE A GEORGE 39 ORG 25.75
4 JANE H HUNTLEY 65 ORG 54.92	3 P P STAMBU 77 ORG 2:01.57	Female Senior 200 IM	JOHN M RITCH 32 ORG NS	Male Senior 100 Free	9 LOREN K CHIN 37 ORG 27.84
Female Senior 100 Free	5 JUDY H NELCHER 78 ORG 2:59.14	1 L BAUMGARTNER 81 ORG DNP	Male Senior 100 Free	4 STEVE A GEORGE 39 ORG 27.84	Male Senior 100 Free
4 JANE H HUNTLEY 65 ORG 2:17.41	Female Senior 50 Back	Age 35 Through 39	4 DAVID S RICE 31 ORG 18.35	4 STEVE A GEORGE 39 ORG 27.36	3 SCOTT FINDORFF 42 ORG 29.87
Female Senior 200 Free	1 ELIPIS J STEVENIM 77 ORG 2:41.72	PL Name Age Team Finals	7 MIKE D PERRY 32 ORG 59.82	10 LOREN K CHIN 37 ORG 1:02.87	7 P DOUG GOODMAN 42 ORG 27.77
4 JANE H HUNTLEY 65 ORG 4:36.97	Female Senior 200 Back	Male Senior 50 Free	15 JEFF L KARLON 32 ORG 1:07.44	18 WILSON P KIRK 37 ORG 1:09.89	12 BRUCE J JENSEN 44 ORG 30.48
Female Senior 400 Free	4 LOIS M ALLAN 75 ORG 1:07.70	11 STEPHEN STONEHAM 27 ORG 28.47	JOHN M RITCH 32 ORG NS	Male Senior 400 Free	21 MARK B NELSON 37 ORG 30.48
4 MAURICE N LONG 69 ORG 13:57.28	Female Senior 50 Breast	Male Senior 100 Free	Male Senior 200 Free	6 JAMES S GOODARD 37 ORG 5:24.87	25 CHARLES E HELM 42 ORG 35.80
Female Senior 50 Back	5 P P STAMBU 77 ORG 1:07.92	8 STEPHEN STONEHAM 27 ORG 1:02.79	2 DAKEN J DUTTO 30 ORG 2:05.37	2 CHRISTOPHER ROTH 39 ORG 10:05.08	27 MARK R HUBBERT 41 ORG 39.20
4 JANE H HUNTLEY 65 ORG 1:11.47	4 LOIS M ALLAN 75 ORG 1:14.36	SCOTT C BIRIAK 29 ORG NS	3 MATTHEW J ROTH 32 ORG 2:09.39	4 JAMES S GOODARD 37 ORG 11:14.47	Male Senior 100 Free
Female Senior 200 Back	8 JUDY H NELCHER 78 ORG 1:40.26	Male Senior 200 Free	4 MIKE D PERRY 32 ORG 2:10.28	Male Senior 50 Back	1 JAMES T SORENGEN 40 ORG 54.65
4 JANE H HUNTLEY 65 ORG 2:41.20	Female Senior 100 Breast	2 GENTIAN PETROV 27 ORG 2:05.84	5 DAVID S RICE 31 ORG 2:17.37	2 P. HERRERA 39 ORG 30.55	1 SCOTT FINDORFF 42 ORG 57.85
Age 70 Through 74	Female Senior 200 Breast	4 STEPHEN STONEHAM 27 ORG 2:14.60	Male Senior 400 Free	Male Senior 100 Back	4 RUT ALLAMBER 40 ORG 58.39
PL Name Age Team Finals	3 P P STAMBU 77 ORG 2:59.14	SCOTT C BIRIAK 29 ORG NS	7 JEFF L KARLON 32 ORG 5:23.39	2 STEVE A GEORGE 39 ORG 1:03.62	5 P DOUG GOODMAN 42 ORG 1:03.33
Female Senior 50 Free	3 P P STAMBU 77 ORG 2:59.14	ALEX R SHAYVITZ 28 ORG NS	D D STEWART 34 ORG 9:15.84	4 P. HERRERA 39 ORG 1:08.27	19 BRUCE J JENSEN 44 ORG 1:10.12
3 LOUISE A NEPHER 71 ORG 41.47	Female Senior 50 Fly	Male Senior 400 Free	4 DAKEN J DUTTO 30 ORG 9:19.54	Male Senior 200 Back	23 MARK R HUBBERT 41 ORG 1:25.56
7 LOUISE A NEPHER 71 ORG 57.43	1 JUDY H NELCHER 78 ORG 1:48.42	1 DIMITAR PETROV 27 ORG 4:19.83	7 JEFF L KARLON 32 ORG 11:13.41	1 STEVE A GEORGE 39 ORG 2:19.41	Male Senior 200 Free
Female Senior 100 Free	Female Senior 100 Fly	2 WILLIAM W ZOLNA 39 ORG 4:33.04	1 HONST R MEHMAUS 30 ORG 29.93	2 P. HERRERA 39 ORG 2:19.41	1 JAMES T SORENGEN 40 ORG 2:02.45
3 LOUISE A NEPHER 71 ORG 1:24.18	3 ELIPIS J STEVENIM 77 ORG 4:08.03	4 STEPHEN STONEHAM 27 ORG 4:45.69	JOHN M RITCH 32 ORG NS	Male Senior 50 Breast	3 CURT R LA COUNT 40 ORG 2:09.10
6 KATHY HUGHES 71 ORG 2:15.72	Female Senior 200 Fly	ALEX R SHAYVITZ 28 ORG NS	Male Senior 100 Back	2 MARK B NELSON 37 ORG 33.57	4 P DOUG GOODMAN 42 ORG 2:17.91
Female Senior 200 Free	2 ELIPIS J STEVENIM 77 ORG 9:00.75	Male Senior 500 Free	1 DAKEN J DUTTO 30 ORG 1:03.80	Male Senior 100 Breast	12 ERIC C JENSEN 44 ORG 2:47.40
3 KATHY HUGHES 71 ORG 4:53.00	Female Senior 200 IM	1 DIMITAR PETROV 27 ORG 8:49.44	2 HONST R MEHMAUS 30 ORG 1:04.40	2 MARK B NELSON 37 ORG 1:15.47	15 CHARLES E HELM 42 ORG 2:08.05
Female Senior 200 Back	2 JUDY H NELCHER 78 ORG 7:18.43	2 STEPHEN STONEHAM 27 ORG 9:34.20	Male Senior 200 Back	10 LOREN K CHIN 37 ORG 1:28.92	SCOTT FINDORFF 42 ORG NS
5 MARGARET A WELLS 72 ORG 4:47.84	Female Senior 400 IM	Male Senior 50 Free	1 HONST R MEHMAUS 30 ORG 2:22.34	Male Senior 200 Breast	Male Senior 400 Free
Female Senior 50 Breast	2 ELIPIS J STEVENIM 77 ORG 14:25.90	Male Senior 100 Back	Male Senior 100 Breast	2 MARK B NELSON 37 ORG 3:44.74	12 ERIC C JENSEN 44 ORG 6:10.89
3 LOUISE A NEPHER 71 ORG 55.48	Age 80 Through 84	SCOTT C BIRIAK 29 ORG NS	1 MIKE D PERRY 32 ORG 1:15.00	Male Senior 50 Fly	Male Senior 800 Free
3 KATHY HUGHES 71 ORG 1:21.46	PL Name Age Team Finals	Male Senior 100 Fly	Male Senior 200 Breast	3 D D CHRISTENSEN 35 ORG 27.71	2 P DOUG GOODMAN 42 ORG 10:30.30
Female Senior 100 Breast	3 WILLIAM W ZOLNA 39 ORG 56.49	3 KYLA KIMBALL 27 ORG 1:00.57	1 MIKE D PERRY 32 ORG 2:42.22	4 CHRISTOPHER ROTH 39 ORG 28.81	Male Senior 50 Back
2 LOUISE A NEPHER 71 ORG 2:08.56	Female Senior 50 Free	7 ALEX R SHAYVITZ 28 ORG 1:11.02	Male Senior 50 Fly	10 LOREN K CHIN 37 ORG 30.84	4 SCOTT FINDORFF 42 ORG 31.52
Female Senior 200 Breast	2 L BAUMGARTNER 81 ORG 1:08.64	Female Senior 100 Free	4 HONST R MEHMAUS 30 ORG 28.40	16 WILSON P KIRK 37 ORG 37.76	5 PETER B NETZGER 41 ORG 31.74
2 LOUISE A NEPHER 71 ORG 4:47.33	2 A A HERBERT 82 ORG 1:13.52	Female Senior 200 Free	5 MIKE D PERRY 32 ORG 28.74		7 CLIF C STEPHENS 43 ORG 32.90
3 MARGARET A WELLS 72 ORG 5:42.22		Female Senior 400 Free	15 JEFF L KARLON 32 ORG 78.30		8 ROBERT M VOLL 41 ORG 33.18
					12 MARK R HUBBERT 41 ORG 51.32

Strokes continued from page 16 literally bug out of sockets need only move a freestyler to the breaststroke lane. Yes, Virginia, there is more to life than catch-up drills and flutter kick. Breaststroker's recommendation: Use this stroke for warmups only.

BACKSTROKE

We have many questions to ask of the world's backstrokers. First, what is the matter with you? That's right, you heard us. What is your problem? Do you not realize that you are upside down? Does light not shine in your sinister eyes? Are you reptiles with a second pair of eyelids, opaque in nature, that protect you from the sun's rays? Speaking of eyes, what about the ones in the backs of your heads, allowing you to spot the wall? Is it true that you can see through Speedos? And what of your start...crouched in front of the blocks as if praying to your "god." Who sent you to Earth? What have you done with Elvis? Breaststroker's recommendation: Skip this one altogether; it is wholly unnatural.

continued on page 18

Age 45 Through 49				Age 50 Through 54				Age 55 Through 59				Age 60 Through 64			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
1	CHARLES R HELM	42 ORGO	54.50	1	D. PREMITICE	50 ORGO	MS	1	D. PREMITICE	50 ORGO	MS	1	DAVID A RADCLIFF	44 ORGO	11:08.63
Male Senior 100 Back				Male Senior 100 Fly				Male Senior 100 Fly				Male Senior 100 Back			
1	CURT R LA COUNT	40 ORGO	1:02.88	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
5	PETER R NEVIGER	43 ORGO	1:09.91	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
4	CLIF C STEPHENS	43 ORGO	1:10.44	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
7	ROBERT M VOLL	43 ORGO	1:11.14	4	ROY D LAMBERT	50 ORGO	3:15.27	4	DAVID A RADCLIFF	44 ORGO	12:30.08	4	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 200 Back				Male Senior 200 Fly				Male Senior 200 Fly				Male Senior 200 Back			
1	CLIF C STEPHENS	43 ORGO	2:34.82	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
6	ROBERT M VOLL	43 ORGO	2:38.90	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
5	BRUCE H CATTHER	44 ORGO	MS	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 100 Breast				Male Senior 100 Back				Male Senior 100 Back				Male Senior 100 Breast			
1	PAT ALLENBERG	40 ORGO	32.80	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
3	DAVID A HOLLAND	40 ORGO	33.42	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
4	PETER R NEVIGER	43 ORGO	34.40	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
9	BRUCE J FONG	40 ORGO	37.71	4	ROY D LAMBERT	50 ORGO	3:15.27	4	DAVID A RADCLIFF	44 ORGO	12:30.08	4	DAVID A RADCLIFF	44 ORGO	12:30.08
10	MARK BENDER	44 ORGO	41.77	5	ROY D LAMBERT	50 ORGO	3:15.27	5	DAVID A RADCLIFF	44 ORGO	12:30.08	5	DAVID A RADCLIFF	44 ORGO	12:30.08
14	MARK R BURNEY	41 ORGO	42.10	6	ROY D LAMBERT	50 ORGO	3:15.27	6	DAVID A RADCLIFF	44 ORGO	12:30.08	6	DAVID A RADCLIFF	44 ORGO	12:30.08
17	ERIC C JENSEN	44 ORGO	42.68	7	ROY D LAMBERT	50 ORGO	3:15.27	7	DAVID A RADCLIFF	44 ORGO	12:30.08	7	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 100 Breast				Male Senior 100 Fly				Male Senior 100 Fly				Male Senior 100 Breast			
1	PAT ALLENBERG	40 ORGO	1:12.23	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
3	DAVID A HOLLAND	40 ORGO	1:12.48	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
11	MARK R BURNEY	41 ORGO	1:17.49	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
5	BRUCE J FONG	40 ORGO	MS	4	ROY D LAMBERT	50 ORGO	3:15.27	4	DAVID A RADCLIFF	44 ORGO	12:30.08	4	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 200 Breast				Male Senior 200 Back				Male Senior 200 Back				Male Senior 200 Breast			
1	PAT ALLENBERG	40 ORGO	2:36.21	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
3	DAVID A HOLLAND	40 ORGO	2:42.84	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 50 Fly				Male Senior 50 Back				Male Senior 50 Back				Male Senior 50 Fly			
1	CURT R LA COUNT	40 ORGO	26.47	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
3	JAMES T DORRIS	40 ORGO	27.16	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
4	SCOTT STEPHENS	43 ORGO	27.83	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
7	CLIF C STEPHENS	43 ORGO	29.22	4	ROY D LAMBERT	50 ORGO	3:15.27	4	DAVID A RADCLIFF	44 ORGO	12:30.08	4	DAVID A RADCLIFF	44 ORGO	12:30.08
6	PETER R NEVIGER	43 ORGO	29.33	5	ROY D LAMBERT	50 ORGO	3:15.27	5	DAVID A RADCLIFF	44 ORGO	12:30.08	5	DAVID A RADCLIFF	44 ORGO	12:30.08
9	DAVID A HOLLAND	40 ORGO	29.55	6	ROY D LAMBERT	50 ORGO	3:15.27	6	DAVID A RADCLIFF	44 ORGO	12:30.08	6	DAVID A RADCLIFF	44 ORGO	12:30.08
10	MARK BENDER	44 ORGO	36.53	7	ROY D LAMBERT	50 ORGO	3:15.27	7	DAVID A RADCLIFF	44 ORGO	12:30.08	7	DAVID A RADCLIFF	44 ORGO	12:30.08
19	CHARLES R HELM	43 ORGO	49.54	8	ROY D LAMBERT	50 ORGO	3:15.27	8	DAVID A RADCLIFF	44 ORGO	12:30.08	8	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 100 Fly				Male Senior 100 Breast				Male Senior 100 Breast				Male Senior 100 Fly			
1	CURT R LA COUNT	40 ORGO	1:00.24	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
5	CLIF C STEPHENS	43 ORGO	DQ	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 200 Fly				Male Senior 200 Back				Male Senior 200 Back				Male Senior 200 Fly			
1	JAMES T DORRIS	40 ORGO	2:15.57	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08
3	PAT ALLENBERG	40 ORGO	2:20.34	2	JED P CROMIN	50 ORGO	3:15.27	2	DAVID A RADCLIFF	44 ORGO	12:30.08	2	DAVID A RADCLIFF	44 ORGO	12:30.08
3	DAVID A HOLLAND	40 ORGO	2:29.33	3	ROY D LAMBERT	50 ORGO	3:15.27	3	DAVID A RADCLIFF	44 ORGO	12:30.08	3	DAVID A RADCLIFF	44 ORGO	12:30.08
4	ROBERT M VOLL	43 ORGO	2:37.17	4	ROY D LAMBERT	50 ORGO	3:15.27	4	DAVID A RADCLIFF	44 ORGO	12:30.08	4	DAVID A RADCLIFF	44 ORGO	12:30.08
5	CHARLES R HELM	43 ORGO	MS	5	ROY D LAMBERT	50 ORGO	3:15.27	5	DAVID A RADCLIFF	44 ORGO	12:30.08	5	DAVID A RADCLIFF	44 ORGO	12:30.08
5	BRUCE H CATTHER	44 ORGO	MS	6	ROY D LAMBERT	50 ORGO	3:15.27	6	DAVID A RADCLIFF	44 ORGO	12:30.08	6	DAVID A RADCLIFF	44 ORGO	12:30.08
Male Senior 400 IM				Male Senior 400 Fly				Male Senior 400 Fly				Male Senior 400 IM			
5	ROBERT M VOLL	43 ORGO	5:46.97	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	STEPHEN JOHNSON	50 ORGO	3:12.51	1	DAVID A RADCLIFF	44 ORGO	12:30.08

Stroke continued from page 17

BUTTERFLY

Good Lord. When will this most violent of strokes be committed to an insane asylum? With a recovery that emphasizes arms outstretched and hurling dangerously through the air, we wonder how many more breaststrokers have to be smacked across the face by an errant flier's paw before this experiment gone awry is canceled. Butterfly is a bad seed, borne out of breaststroke and mistakenly given its own place in the medley relay. The loud uncle of swimming, butterfly boorishly hogs the remote control, making all the other strokes watch football on Thanksgiving Day. We cannot help but think that witnessing butterfly is like babysitting a spoiled child who constantly screams, "look at me!" Enough, butterflies, enough. It's time to grow up. You are making a scene. You are hereby grounded to your room, where you shall consume copious amounts of Ritalin and think about the turbulent waves your savage dolphin kicking has caused decent, hardworking breaststrokers.

continued on page 19

----- Ages 45 Through 49 -----				----- Ages 25 Through 29 -----				----- Ages 45 Through 49 -----				----- Ages 25 Through 29 -----			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Female Senior 200 Back				Male Senior 50 Free				Male Senior 200 Free				----- Ages 200 Through 239 -----			
1	TERI L HENDRYX	48 MACO	1:26.05	1	L. STOINOFF	65 MACO	3:19.92	1	CLARK D AUSTIN	71 MACO	4:10.94	Mixed Senior 200 R-Free			
Female Senior 200 Breast				Male Senior 100 Free				Male Senior 400 Free				----- Ages 240 Through 279 -----			
1	JOYCE B BAHLER	68 MACO	2:01.46	1	JOYCE B BAHLER	68 MACO	54.17	1	CLARK D AUSTIN	71 MACO	6:44.75	Male Senior 200 R-Back			
Female Senior 200 IM				Male Senior 50 Free				Male Senior 100 Free				Mixed Senior 200 R-Medley			
1	L. STOINOFF	65 MACO	3:15.17	1	ROBERT B MOORE	38 MACO	28.03	1	ROBERT A MARSTRE	48 MACO	28.51	----- Ages 200 Through 239 -----			
Female Senior 200 IM				Male Senior 100 Free				Male Senior 200 Free				----- Ages 240 Through 279 -----			
1	JOYCE B BAHLER	68 MACO	4:20.80	1	ROBERT B MOORE	38 MACO	59.94	1	ROBERT A MARSTRE	48 MACO	DQ	Male Senior 200 R-Back			
Female Senior 200 IM				Male Senior 100 Back				Male Senior 400 Free				Mixed Senior 200 R-Medley			
1	JOYCE B BAHLER	68 MACO	4:12.44	1	ROBERT B MOORE	38 MACO	1:07.97	1	ROBERT A MARSTRE	48 MACO	2:24.35	----- Ages 200 Through 239 -----			
Female Senior 200 IM				Male Senior 50 Fly				Male Senior 100 Free				----- Ages 240 Through 279 -----			
1	JOYCE B BAHLER	68 MACO	9:14.38	1	ROBERT B MOORE	38 MACO	28.88	1	ROBERT A MARSTRE	48 MACO	5:16.75	Male Senior 200 R-Back			
----- Ages 50 Through 54 -----				Male Senior 100 Fly				Male Senior 200 Back				Mixed Senior 200 R-Medley			
PL	Name	Age Team	Finals	1	ROBERT B MOORE	38 MACO	1:04.44	1	ROBERT A MARSTRE	48 MACO	2:54.25	----- Ages 200 Through 239 -----			
Female Senior 100 Free				----- Ages 40 Through 44 -----				Male Senior 50 Breast				----- Ages 240 Through 279 -----			
1	BETSY M AUSTIN	71 MACO	1:19.48	PL	Name	Age Team	Finals	1	JOSEPH THOMAS	46 MACO	HS	Mixed Senior 200 R-Free			
Female Senior 200 Free				Male Senior 50 Free				----- Ages 55 Through 59 -----				----- Ages 200 Through 239 -----			
1	MARY A WOLFE	72 MACO	4:11.47	1	G. ANDERSSON	40 MACO	28.73	PL	Name	Age Team	Finals	Male Senior 200 R-Back			
Female Senior 400 Free				1	JIM G CAMPBELL	43 MACO	29.43	1	KARL E VON TAGEN	55 MACO	28.29	----- Ages 240 Through 279 -----			
1	BETSY M AUSTIN	71 MACO	8:55.43	1	JIM G CAMPBELL	43 MACO	1:04.49	1	TERI L HENDRYX	48 MACO	DQ	Mixed Senior 200 R-Medley			
Female Senior 800 Free				1	G. ANDERSSON	40 MACO	1:05.11	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
1	MARY A WOLFE	72 MACO	9:28.40	1	G. ANDERSSON	40 MACO	HS	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
Female Senior 100 Back				1	JIM G CAMPBELL	43 MACO	5:19.75	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Back			
1	BETSY M AUSTIN	71 MACO	18:00.46	1	DAVID O BURLINSON	41 MACO	9:45.58	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
Female Senior 200 IM				1	DAVID O BURLINSON	41 MACO	1:05.74	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
1	BETSY M AUSTIN	71 MACO	19:10.53	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Medley			
----- Ages 55 Through 59 -----				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
PL	Name	Age Team	Finals	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
Female Senior 100 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Back			
1	MARY A WOLFE	72 MACO	5:03.13	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
Female Senior 200 IM				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
1	BETSY M AUSTIN	71 MACO	5:14.24	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Medley			
----- Ages 60 Through 64 -----				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
PL	Name	Age Team	Finals	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
Male Senior 50 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Back			
1	ROBERT E KARNAC	30 MACO	25.26	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
Male Senior 100 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
1	ROBERT E KARNAC	30 MACO	55.34	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Medley			
Male Senior 200 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
1	ROBERT E KARNAC	30 MACO	30.23	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
Male Senior 50 Fly				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Back			
1	ROBERT E KARNAC	30 MACO	26.45	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
Female Senior 400 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			
1	L. STOINOFF	65 MACO	6:03.44	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	Mixed Senior 200 R-Medley			
Female Senior 800 Free				1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 200 Through 239 -----			
1	L. STOINOFF	65 MACO	12:32.80	1	DAVID O BURLINSON	41 MACO	2:24.69	1	JOYCE B BAHLER	68 MACO	L. STOINOFF-65	----- Ages 240 Through 279 -----			

Stroke continued from page 19

butterfly, which pounds Budweisers from cans, shoplifted from a 7-11). It soothes the inner beast and acts as a gentle tonic on a troubled heart. In fact, whenever we use our upgrade coupons to fly first class, just thinking about breaststroke drowns out the moaning of the rabble back in coach.

Breaststroke, you see, is in harmony with the universe; its pull and kick chase one another in playful symmetry. And if that weren't enough, breaststroke also boasts the crown jewel of competitive swimming, the pulldown. Comprised of a long sinewy pull followed by a spry frog kick, the pull-down is a holy moment of shrouded watery silence. Breaststrokers go to chapel during the pulldown, (often giving thanks that they are not backstrokers), and break to the surface only when their brave lungs are nearly burst. We have yet to see the fishkick or streamline that invokes such spiritual repose. Breaststroke is Yin and Yang, Rum and Coke, and the Captain and Tennille. Man does not go to breaststroke, man waits for breaststroke to come to him. Amen, brothers and sisters. Breaststroker's recommendation: Join us. (Reprinted with permission of the Author)



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**OREG and MACO are the two official USMS Clubs. for OR and SW WA. This
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ALB - Albany Masters
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BMM - Blue Marlin Masters
CAT - Corvallis Aquatic Masters
CMST - Chehalem Masters
COMA - Central Oregon Master
DAC - Downtown Athletic Club
EA - Emerald Aquatics (Eugene)
EY - Eugene Family YMCA
FGDM - Forest Grove Dragon M.
FISH - Fish Stick Masters (L Oswego)
GAC - Guinness Aquatic Club
GPY - Grants Pass Fam. YMCA
HOTV - Heart of the Valley Master
HRBE - Hood River Bald Eagles

KLF - Klamath Falls Masters
LCM - Lincoln City Masters
MACO - Multnomah Athletic Club
MHM - Mt. Hood Masters
MJCC - Mittleman Jewish Cm. Ctr
MOFIA - Medford Old Folks in Action
MPM - Mt. Park Masters (L Oswg.)
MWVM - Mid-Will. V. M. (Salem)
MY - Metro YMCA
NCAP - N. Clackamas Aq Park
NCSC - North Coast Swim Club
NEWP - Newport - Yaquina Bay Y
PAC - Princeton Athletic Club
PCC - Portland Community College
PMS - Portland Masters Swim (Portland Parks)

PMSC - Parkrose Masters
PRID - Pride of Oregon
RAC - RiverPlace Athletic Club
RVM - Rogue Valley Masters
SLO - Sloth Masters
THB - Tualatin Hills Barracuda
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