

Aqua-Master

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USMS 1998 CONVENTION

CINCINNATI, OHIO

September 30 - October 4, 1998

by June Krauser, Dixie Zone Rep

The USMS convention was held in conjunction with the USAS annual convention. WHAT IS USAS? USAS is the Federation belonging to FINA (Federation Internationale de Natation Amateur) governing United States Swimming, Inc.; United States Diving, Inc.; United States Water Polo, Inc.; United States Synchronized Swimming, Inc.; and United States Masters Swimming. USAS officially added USMS to their Articles of Incorporation at this convention. The new President of USAS is Tom Gompf while our Mel Goldstein remains Treasurer. Gerald Olson from swimming is President Elect of ASUA (Amateur Swimming Union of the Americas) while Tom Gompf was elected to the Board of ASUA. Ross Wales conducted a USAS Seminar on the first night to try and explain the roll of USAS in FINA. The USA FINA delegates were given certain topics to touch on. My topic was the history of FINA Masters. It was in the 1976 FINA Handbook that Masters was first mentioned. We now have our own section.

continued on page 11

Ol' Barnacle

reviews - results - records - history

Oregon Masters Swimming Loses Doug Crichton

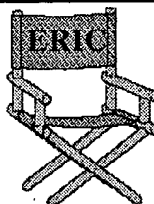
Doug died in a car accident on Oct 6th. He was born in Portland in 1947, graduated from Wilson High School and then from the Univ of Oregon in 1969. He served in the US Army and Army Reserves until 1976. Doug owned Crichton-Eaton, an office furnishings manufacturers representative. He and Cathy were married in 1976. The family suggests remembrances to Hopewell House.

Doug began swimming with Masters during November of 1975, in May of 1976 Doug became a Board Member, heading up publicity for us, and he did a great job, we had great coverage thanks to his efforts.

He was very instrumental in building the Masters pro-
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The CHAIR'S CORNER

by Eric Guest



Time is flying and just around the corner is 1999. This year, as last, was very successful one. We survived the biggest challenge thrown at us, The Masters World Games, and made it a success. We, Oregon Masters Swimming Inc. members and the many volunteers did all the things expected of us. I am very proud of all of you and proud to be one of you. I have received, on your behalf, the congratulatory words and words of thanks for a job well done. There never was a doubt in my mind that we would succeed. The Commissioner, Sandi Rousseau, her committee chairs and volunteers did it. Be proud of yourselves. Thank you very much.

One visitor during the games, was a lady who usually is in the water, breaking World and National records and was one of our members. I recently received a nice card from her, wishing to be remembered to you and sends her best regards. Petey Smith was one of our best swimmers and cancer has put her swimming career on hold. We all wish her the best and hope she defeats this illness as she has her competition in the past.

This year does not end however, without some sorrow. Oregon Masters Swimming Inc. join the Doug
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Calendar and Meet Schedule 1998

Date	Event	Location	Contact
Dec. 4 - 5	SCM	Lincoln City	Lissa Parker - (541) 994-3264 allpark@wcn.net
Dec. 13	CLINIC	*Nike Champion Clinic Tualatin Hills	Bill Volckening - (503) 533-5567 volckening@aol.com
Jan. 10	SCY	*Parkrose	Bert Peterson (503) 252-6081
Jan. 30	SCY	*Echo Hollow - Eugene ***"Animal Meet plus regular format."	
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

**** The Eugene Meet will run all events with participants allowed to swim the usual five. Those entering can just swim as usual or elect to be an "Animal". To be a "Freestyle Animal" one must enter the 500, 1000, and 1650 freestyles. "All Around Animals" must enter the 400 IM, the 200 back, breast or fly, and the 1650 free. Animals can add two more events of choice or only swim the three required. All animals will receive an OMS Animal T-shirt.**

Meet Variety

If you look at the entry forms in this issue you will see some new innovations. First, the Eugene meet is featuring an Animal Format as well as regular events. On the internet, I've seen "Animal Plus" meets and I guess that is what this is. Swim 5 events of your choice or enter one of two types of animal format. Notice you can avoid the 200 fly in our stroke format. For you lake swimmers, the freestyle animal format is only an easy 3,000 yds. So all you real distance animals, come on down to Eugene and do some real swimming. Also notice that this meet is the first to have our four relay events in a varied order. We are going to change the order each meet so your favorite relay will be swum at the end of the meet every fourth time.

Now look at the Pentathlon. I always dreaded this meet. Those 50's are way too short. Now there are two formats and we can do 100's instead of those skimpy 50's. Almost as good as a distance event and with that 200 I.M. to top it off, a pretty impressive day of swimming.

So start the countdown to 2,000 with a winter of fun swimming. If you have an idea for adding variety to a regular meet, let me know. See you at the pool, Pam Himstreet

For Aqua-Master questions, problems, address changes, ideas or submission of articles please contact Dave Radcliff - 5832 S E Woll Pond Way, Hillsboro, OR 97123 or (503) 648 7141 or email at therads@integrityonline.com

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.

Give yourself the best Holiday present of all. Renew your Membership in Masters Swimming. Don't miss out on any of the 1999 Swim Season. 'Tis the Season to be Jolly - 'Tis the Season to Register. This is the best investment you can make for life and your future. As our OMS license plate holder says - "Get Fit - Get Wet". So get your 1999 Membership card now and join us for what promises to be an outstanding year of swimming. (Registration form on back of this page)



On the First Day of Christmas I gave myself **1** USMS/OMS Membership Card for only \$28. The best present ever.



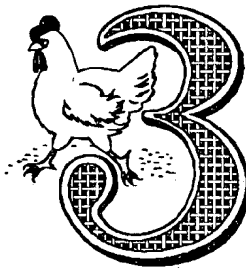
On the Seventh Day of Christmas I gave myself the chance to compete in at least **7** Open Water Swims. *And a USMS Registration Card.*



On the Second Day of Christmas I gave myself **2** great Publications - Aqua Master and Swim Magazine. *And a USMS Registration Card.*



On the Eighth Day of Christmas I gave myself the chance to do **8** x 100 fly if I drink my milk. *And a USMS Registration Card.*



On the Third Day of Christmas I gave myself the chance to be with **3** teammates for an Oregon or MAC Relay at Nationals. *And a USMS Registration Card.*



On the Ninth Day of Christmas I dressed to the **9**'s and danced all evening. I gave myself a night of cross training *and a USMS Registration Card.*



On the Fourth day of Christmas I gave myself a chance to swim all **4** strokes in the Pentathlon. I can even do a 100 of each stroke this year (wow - a 100 fly). *And a USMS Registration Card.*



On the Tenth Day of Christmas I gave myself the chance of leap-ing into **10** pools. Of course I will only leap when the Safety Marshalls aren't looking. *And a USMS Registration Card.*



On the Fifth Day of Christmas I gave myself a chance at **5** Golden Medals. *And a USMS Registration Card.*



On the Eleventh Day of Christmas I gave myself **11** tee shirts from all the swim meets, open water swims and fitness events. *And a USMS Registration Card.*



On the Sixth Day of Christmas I gave myself the chance to be in **6** Postal and Fitness Events. (No laying around for me.) *And a USMS Registration Card.*



On the Twelfth Day of Christmas I gave myself **12** months of fitness and health by being a Master Swimmer. Now that's a good reason to play the drums loudly. *I'm so glad I gave myself a USMS Registration Card!*

1999 REGISTRATION FORM - OREGON MASTERS SWIMMING

☐ RENEWAL. My 1998 USMS # is: 378-_____
 ☐ NEW Registration

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

NAME _____
 (Last Name) (First Name) (MI)

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

ADDRESS _____

CITY _____ STATE _____ ZIP _____

() _____ - _____ / _____ / _____
 Your Phone Number Birth Date Age Sex

FEES: Payable to "OMS"

Single Registration (\$28.00) _____
 Joint Registration (\$49.00) _____
 (Joint Registration = two members at one address)
EACH MEMBER MUST FILL OUT A SEPARATE REGISTRATION FORM

Local Team - Please use official Abbreviations below. If you are not a member of a Local Team this is where you would list UNATT.

Club: OREG MACO UNATT**
 (you must circle one)

OREG and MACO are the two official USMS Clubs. for OR and SW WA. This is **NOT your Local Team. Unatt. keeps you off relays - not recommended.

☐ Check box if you are a Masters Coach

email _____

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 _____

_____ I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

_____ I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

I have added this amount to my 1999 registration fees.

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

*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.

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

OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.

ALB - Albany Masters	KLF - Klamath Falls Masters	PMSC - Parkrose Masters
BAM - Bay Area Masters	LCM - Lincoln City Masters	RAC - RiverPlace Athletic Club
BMM - Blue Marlin Masters	MACO - Multnomah Athletic Club	RVM - Rogue Valley Masters
CAT - Corvallis Aquatic Masters	MHM - Mt. Hood Masters	SLO - Sloth Masters
COMA - Central Oregon Master (Bend)	MJCC - Mittleman Jewish Cm. Ctr	THB - Tualatin Hills Barracuda
COMA - Central Oregon Master (Redmond)	MOFIA - Medford Old Folks in Action	TPAC - Team Portland Aquatic Club
DAC - Downtown Athletic Club	MPM - Mt. Park Masters (L Oswg.)	UOM - Univ. of Oregon Masters
EA - Emerald Aquatics (Eugene)	MWVM - Mid-Will. V. M. (Salem)	UVM - Umpqua Valley Masters
EY - Eugene Family YMCA	MY - Metro YMCA	VOT - Vancouver Old Timers
FGDM - Forest Grove Dragon M.	NCAP - N. Clackamas Aq Park	WH20 - WH20 Masters (Salem)
FISH - Fish Stick Masters (L Oswego)	NCSC - North Coast Swim Club	UNATT - Unattached - If you are not a
GAC - Guinness Aquatic Club	NEWP - Newport - Yaquina Bay Y	member of a Local Team this is where
GPY - Grants Pass Fam. YMCA	PAC - Princeton Athletic Club	you would use UNATT. on the Local
HOTV - Heart of the Valley Master	PCC - Portland Community College	Team fill in line
HRBE - Hood River Bald Eagles	PMS - Portland Masters Swim (Portland Parks)	

the FITNESS LANE

By George Thayer, Fitness Chair

Topics in this column have been devoted to the physical aspects of fitness; injury prevention and rehabilitation, diet, etc. This month's focus will be on mental fitness. What motivates you to train? Do you feel guilty if you miss a practice? Do you swim by yourself or do you enjoy the camaraderie of fellow swimmers?

Psychologists have classified motivation as intrinsic and extrinsic. Intrinsic means that you are motivated from within. It's not your significant other saying that you need to lose weight, or someone challenging you to race. Extrinsic motivation would be present if you swim and compete just for ribbons and medals or the praise of friends and relatives. I suspect that most of you have a bit of both. Medals and ribbons are fun, but the feeling of being fit, healthy and maybe warding off aging are probably the primary reason that most masters swimmers are in the pool.

Here are some aspects of mental fitness to consider. (1) Have you set training goals for the 1999 season? If you have, part of mental fitness is how well you pursue them. Do you give yourself excuses for not going to practice? Is it raining? Snowing? Are you too tired? Sometimes it's O.K. to relax and take a day off. If it becomes a habit however, your mental fitness may suffer. (2) Mental balance. Swim training should be an important part of your total being, but it shouldn't be your life, as in younger swimmers training for the Olympics. (3) Swimming can be a part of your social life. Swimming can contribute to more than one aspect of mental fitness. Do you view practice as a social event as well as a fitness event? Do you enjoy the people that you swim with? (4) If you compete, is your race influenced by your mental readiness? Competitors use a variety of methods to prepare mentally; from meditation to visualization, to focusing, to relaxation. Rowdy Gains has a program to help swimmers to prepare mentally for competition.

Whatever reasons that you have for training or competing, pay attention to the mental aspects of

your fitness and have fun.

To help keep our fitness and our sanity over the Holidays and continue the theme of the 12 Days of Christmas, Dave Radcliff passed along these ideas he found on the Internet.

12 Drummers Drumming - Go Caroling, play with the kids or turn up the stereo. You can be the Drummer.

11 Pipers Piping - Gentle, soothing music reduces tension. You might even consider water proof head phones while you gently swim to "I'm dreaming of a White Christmas".

10 Lords a'Leaping - Use the stairs instead of the elevator, actually leap those stairs or park on the outer edges of the Mall and "leap" into the store.

9 Nine Ladies Dancing - How about a good aerobic workout. Put on a deep water jogging vest and dance up and down that pool.

8 Maids a 'Milking - And when you finish the milking there are a lot of other chores to keep you fit. Shovel the walk, rake the leaves or put up the Holiday lights. Just enjoy the exercise while you are doing the chores.

7 Seven Swams a'Swimming - That's the natural for us. Amid the hustle and bustle find time to swim. Work on being smooth and graceful like the swams. Relax and enjoy the water.

6 Geese a'Laying - During this busy season don't forget to get your sleep. Rest is so important to staying fit.

5 Five Golden Rings - You don't have to go for the Gold during the Holidays. Relax, swim and enjoy your teammates and family.

4 Calling Birds - Don't be alone this Holiday Season and don't let friends be alone. Go "calling" on friends and teammates.

3 French Hens - Watch what you eat this Seasons. Three French Hens is really over doing it and stay away from seconds and thirds of that rich dessert.

2 Turtle Doves - Spend some good time with your Spouse or significant other. Go for a walk, go for a swim, go skiing - do something active together.

And a Partridge in a Pear Tree - Always remember the giving spirit of these Holidays - put a partridge in someone elses Pear Tree.

HAPPY HOLIDAYS - STAY FIT



profile

25 year veteran doesn't like losing



Elfie Stevenin came to swimming late and is competing in five Masters Games Events

BY MATTHEW KAUFFMAN

Statesman Journal - Salem, Oregon

(Reprinted with their permission)

When Elfie Stevenin was growing up in Germany, there was no such thing as a school swim team. "In Germany you go to school for scholastics," she said. Stevenin didn't even think about swimming competitively until she moved to the United States and watched her daughter's swim meets.

Now a 25-year veteran of masters swim meets, the Salem resident is heading to Portland for the Nike World Masters Games to swim in five events: the 200 meter butterfly, 200 backstroke, 100 butterfly, 800 freestyle and her favorite, the 400 individual medley. The swimming competition will be held Monday through Saturday at the Mt. Hood Community College Aquatic Center. Stevenin said she competes in an average of one meet a month and has attended five national championship meets and 13 State Games of Oregon competitions.

So when she heard the World Masters Games were coming to Portland, she was eager to sign up. "If you've been swimming for 25 years, you don't pass it up," she said. A \$200 entry fee was the only stumbling block in her way. "I didn't have that much money, but then Nike gave me a scholarship." (*Elfie was one of the recipients of the Ginger Pierson scholarship*)

Swimming has dominated much of Stevenin's life. In addition to competing, she has been a lifeguard, a water safety instructor, a member and coach of a YMCA swim team and the secretary treasurer of Columbia Basin Swim League, a post she has held since 1982. Based on national rankings, her dedication to the sport has paid off.

According Tracy Grilli, executive secretary of United States Masters Swimming in Londonderry, N.H.,

Stevenin is a formidable force in the women's 75 - 79 division. According to 1996 - 97 statistics, Stevenin was nationally ranked in the top 10 in several events, including as high as fifth in the 200 butterfly and sixth in the 400 individual medley based on showings at 50 Meter pools

"That's a pretty big honor to make these lists," Grilli said, noting there were 160 women in the 75 - 79 division in 1997.

Though she's at the top of her game, Stevenin is setting realistic goals for the Masters Games. She says she loves to win and considers herself a bad loser, but she would be happy to place in the top six in each of the five events. (*Elfie more than made her goal as she finished with 4 second place medals and one gold medal*) Stevenin sees the games as a rare opportunity to compete against masters swimmers from around the world. She doesn't know if she will ever get a chance like this again, but if the games come around within the next quarter century, Stevenin will most



MASTER SWIMMER: In 25 years of masters competition, Elfie Stevenin has become one of the country's top swimmers in her age group

likely be there ready to dive in. "It may not come around here for a long time, and I may not be around," she said. "But I expect to be. I'm going to be 100 or more. I intend to live quite a little while yet."

**HAVE YOU SENT IN YOUR
1999 REGISTRATION YET?**



Notes from Poolside by Coach Bob Bruce, ASCA Certified Level 5

There are only two ways to improve in swimming--increase propulsive power or decrease resistance (or combine the two). How simple this is! Obviously, we must maximize both sides of the equation to achieve fully-realized performance, be it efficient lap swimming or fast racing. Every day as a coach I tackle the problem of both increasing propulsive power and decreasing resistance effectively in limited time.

Over my career, I have come to a conclusion which seems to suit most masters swimmers. Simply stated, work on decreasing resistance first and, in so doing, 'fool' swimmers into shape. Put another way, using Terry Laughlin's words, "fitness is something that happens to you when you are working on technique." I strongly believe that all swimmers are well advised to focus primarily on decreasing resistance in the water. This is not to say that I don't believe in hard physical training, because I do. But I believe that our normal training model--workouts which focus about 95% of our energies on beating up water (which incidentally always wins)--is backwards. Put first things first! Concentrate on decreasing your resistance even while you build your propulsive power.

Reducing resistance means streamlining. Streamlining in fluids means moving with the least disturbance of the laminar flow around the body. We face this issue every day; after all, we live in a fluid called 'air.' But only as we move faster than usual--as we run, bicycle, or travel in cars--do we recognize the significance of streamlining. But this problem is immediately apparent when we hit the pool for practice. Suddenly, we are trying to move through a fluid medium which is 200 times more dense than air. Our human body shape--working vertically, containing awkward contours, and including gangly appendages--is not naturally well streamlined to move horizontally in water. No wonder we get tired!

To effectively streamline, we must minimize three kinds of drag--form drag, wave drag, and frictional drag. Form drag refers to resistance caused by our shape and profile. Reduction of this kind of drag can be summarized in four words: Horizontal. We streamline best in water when horizontal, an idea which even young children in swimming lessons appreciate. The usual culprits which prevent horizontal excellence are high head position or weak kicking, both which allow the feet to sink relative to the torso.

1. Correcting high head position is the most common solution. It may seem to be the easiest solution, although this may be difficult to break since it is usually tied to breathing habits. Keep your head aligned horizontally with your body as much as possible, lifting your head only when necessary for a quick breath in breaststroke and butterfly, and lowering it right away thereafter. Avoid lifting your head in freestyle,

since proper rotary breathing allows you to breathe to the side without lifting your head, and keep your head comfortably back and steady when swimming backstroke.

2. How many of you have experienced the 'sinking feeling'--literally and figuratively--when your legs tire in the final stages of a race (say the 100 fly)? The primary function of the legs in most strokes is not merely to provide propulsion, but also to provide balance and support for the whole body. If your legs tire before the swim is complete they will sink, thus compromising your horizontal streamlining. Kicking daily is an important prescription for maintaining horizontal body position. If your legs are not in shape, you're not in shape!

Thin. We are trying to poke a tiny hole through the water as we move forward. No matter what your body shape (and did you ever notice how many different shapes masters swimmers come in?), you can make yourself as thin as possible--given your genetics and diet--at the beginning of each lap by stretching your hands far forward, overlapping your palms, locking your elbows straight, touching your biceps or deltoids to your ears, and extending the rest of your body straight behind your torso. This is the famous 'Streamlined Position', in which you would like to stay as much as possible. You can never be too rich or too thin--perhaps you heard this here first.

Long. Boat builders have appreciated this fact for centuries; the longer the hull at the waterline, the faster the vessel. As we create our own vessel, this truth holds. The longer we can make our selves during the stroke, the faster we can go. Always strive for full body extension during each stroke cycle.

Sideways. This concept works with freestyle and backstroke while they are performed at the water surface, because body rotation along the long axis allows the water displaced by the torso to be displaced efficiently to both sides rather than less efficiently straight downwards if the torso were flat. Allow your shoulders and hips to rotate freely. This would also work with breaststroke and butterfly, but the swimming rules prohibit turning sideways.

Wave drag is the resistance encountered when traveling at or near the water surface. Turbulence causes resistance; everyone who has trained with other people in the wall lane knows this! To solve wave drag, avoid it as much as possible by sliding forward beneath the waves. David Berkoff revolutionized backstroke racing in the 1980's, and Dennis Pankratov swam to World Records and Olympic wins in the butterfly during the 1990's, by capitalizing on this knowledge and learning to take long fast streamlined kicks off start and

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OPEN

WATER '98



By Dan Gray, Open Water Chair

Since this will be the last article for 1998, I just want to say a few things about the past year. The open water events in Oregon saw a large increase in the number of swimmers attempting at least one swim. The majority of swimmers at each event were local swimmers. The big question mark for next year is this: What will it take to get swimmers to attend at least one swim outside their local region? Sure it is a drive---Oregon is a pretty state to see. It costs \$\$\$ to stay in hotels---most swims have camping which provides the opportunity to meet other fine folks. Each race takes a lot of work to put on and every race director would welcome your support of their efforts. I am a firm believer that the more open water events that you attempt, the broader your horizons will become. The greatest asset to Open Water is the people that participate, either by swimming or organizing.

My season ended October 25th with a swim following the Golden Gate from south to north. Great swim!! Great personal challenge!! The day before brought something new: race cancelled!! Yes, 350 swimmers, primed and ready to swim from Alcatraz to Aquatic Park were told conditions would not allow the race to go on. So how do you handle disappointment? Open water swimming is more than just getting in the water. A lot of preparation is required and an understanding of the big picture is essential. Safety of each swimmer is of the highest concern. Oregon was represented by Kristine Lewis, Mary Ann Lewis, Chris Lindstrom, Bill Volckening, Geri Mathewson, Craig Mather, Frank Philipps (all first timers) and Dan Gray.. It was a huge disappointment to most of the swimmers!! Frank & Dan did swim the Golden Gate and will never forget fighting through the huge waves at the start. Anyway, it was a great

year for me personally due to my involvement in open water. The people I have met and been associated with are etched in my memory. I feel very fortunate to have been able to find a way to fulfill so many personal needs & wants---I hope you all are equally as fortunate.

With that in mind, here are wishes for a happy and safe holiday season. See you next year! Thanks for all of your support!!!!

OVERALL FINISH BY AGE GROUP 1ST-3RD

Women:

19-24 - 1st Lisa Gorsline (105), 2nd Mikenzie Matteson (33), 3rd Amy Hosket (28); **25-29** - 1st Chris Lindstrom (92), 2nd Sara Quan (86), 3rd Shauna Simpson; **30-34** - Erin Holland (73), 2nd Toni Hecksel (42); 3rd Lauri Kilbourn (16); **35-39** - 1st Michelle Morrell (90), 2nd Laura Schob (67), 3rd Jeanne Thimm (57); **40-44** - 1st Debbie Gregiore (56), 2nd Diane LaMear-Tucker (45), 3rd Paris Geiken (22); **45-49** - 1st June Mather (68), 2nd Kathy Imwalle (28), 3rd Jami Sutherland (25); **50-54** - 1st Pam Himstreet (48), 2nd Peggy Whiter (40), 3rd Geri Mathewson (25); **55-59** - 1st Joanne Tatum ((11); **60-64** - 1st tie Sandy Friend (14) Maria Teresa Sanchez (14) **65-69** - Joyce Bahler (1),

Men:

25-29 - 1st Greg Welch (78), 2nd Steve Stoneham (28), 3rd Bill Zolna (25); **30-34** 1st Jeff Kaelon (102), 2nd Lee O'Conner (28), 3rd Bill Shipper (22), **35-39** - 1st Curt Lacount (56), 2nd James Goddard (28), 3rd Eric Steonhauff (22), **40-44** - 1st John Ridenour (78), 2nd Mike Douglas (67), 3rd Patrick Ewert (49), **45-49** - 1st Michael Tennant (78), 2nd Tom Anderson (28), 3rd Bill Andrews (25), **50-54** - 1st Steve Johnson (126), 2nd Dan Gray (82), 3rd Richard Allen (22), **55-59** - 1st Richard Juhala (78), 2nd Frank Philipps (28), 3rd, Tex Haraszti, Ralph Mohr, Tom Landis (14), **60-64** - 1st David Radcliff (98), 2nd George Thayer (22); **65-69** - 1st William Holman (39), 2nd Lew Hollander (22), 3rd Leo Van Dijk, Victor Borokov (14), **70-74** 1st David Bernstein, Gil Young (14) (*Open Water Swimmers why not try the Animal Freestyle at Eugene*)



Kristine Lewis, Chris Lindstrom, Bill Volckening, Frank Philipps and Dan Gray are all smiles at San Francisco. Are they smiling because they escaped from Alcatraz or because they didn't have to swim from the "Rock".

Chair's Corner continued from page 1

Crichton family in mourning the passing of Doug, at the young age of 51, who had an unfortunate auto accident. Ol' Barn has written the obituary for the Aqua Master, noting his activities as an Oregon Master swimmer and supporter. Our heartfelt sympathies go to his family.

Also in our prayers are, our Treasurer Roy Abramowitz, butterflyer extraordinary, who is on the waiting list for a new heart and our Editor Dave Radcliff, open water swimmer extraordinary, who is recuperating from a heart attack. He is back in the water again and is well on his way back to full recovery. We wish them both the best of everything.

As the new year approaches, I stress the importance of renewing your membership. The cost did not increase with the cost of living. All it costs is \$28.00 for your physical fitness, camaraderie and insurance while working out and at meets. Included also is the monthly Aqua Master and the Swim magazine. So renew NOW and get an early start on your continued good health.

Registration forms for the NIKE Champions Clinic should be at your pools by now. If you have any questions please call Bill Volckening at 503-533-5567 or E-mail volckening@aol.com. The clinic features the Olympic Gold medalist Anita Nall.

I hope to have seen you at the Zone SCM meet in Oak Harbor, and that you swam well. Dan Frost usually puts on a good meet and I am sure those of you that attended had a great time.

The Lincoln City meet this month, also SCM will be an opportunity to swim the events you weren't able to at Oak Harbor. Your board will have a workshop during the weekend and intend to tie up any loose ends before we start into 1999.

This will be my final article as Chair. I have served two terms and because of the outstanding individuals that make up the board and the help they gave me, my job as chair was a simple one. It is time for me to move on and make way for some new blood and ideas. I thank each and every one of you for your cooperation and assistance. May you all continue to swim well and in good health. God Bless you all.

Swimming the Net



By Bill Volckening
volckening@aol.com

"Swimming the Net" is a monthly review of Masters Swimming web sites. In this column, we will search for web sites with particular interest to visitors from outside organizations. We will feature web sites with workouts, articles, links, and also those with excellent design, graphics and navigation features.

Site: Harvard Swimming Links

<http://www.hcs.harvard.edu/~swim/links/>

CAMBRIDGE, MASSACHUSETTS- If you're just beginning to explore the world wide web, here's a great place to start for information about swimming. The Harvard Swimming site provides one of the most comprehensive lists of swimming related links of any site on the internet. These links are grouped by category and include: collegiate swimming, Olympics, team and club swimming, high school, Masters, swim camps, apparel, swimming products, personal swim pages, coaching, online magazines and newsletters, international links, and swimming search engines.

Whether you want to know where you can purchase a pair of goggles, how to find a team or how to answer a swimming question, you will definitely find good leads in the Harvard swimming links. The site includes nearly 1000 swimming links, including more than 70 for Masters and almost 100 for swimming products and apparel. I found Masters teams from the Delaware Swim Team Old Dawgs to the Dunedin Masters Swimming Team in New Zealand -- and all types of products from bikinis to portable lactate analyzers.

With such a mass of links, it is common to discover a few broken links, but the site is updated periodically. New links are added frequently. In fact, if you know of any swimming related web site that isn't listed, the Harvard Webmaster will always be anxious to find out about it. If you've got time to explore, visit the Harvard Swimming Links and see where it takes you -- but make sure to fasten your seatbelt. It's quite a whirlwind tour!

OMS WEB SITE

OMS is in the process of developing a web site. Many thanks to Pat Allender who is doing the initial work. Please check out the site. <http://www.proaxis.com/~seewun/oms.htm>

(hint: the symbol to the left of seewun is on the key beside 1)

After checking out the site please pass any suggestions on to Sharon Stuart, our OMS Secretary who is coordinating the development of the site. ssstuart@sequent.com

United States Masters Swimming and NIKE
present
The NIKE Champions Clinic



Hosted by the Tualatin Hills Barracudas and Oregon Masters Swimming
Sanctioned by Oregon LMSC for USMS, Inc. Sanction# 378-08

Featuring Olympic Gold Medalist Anita Nall

WHO: Swimmers of all ages and abilities.
WHAT: Motivational discussion with drill workshop.
WHEN: Sunday, December 13, 1998, from 10am-2pm
WHERE: Tualatin Hills Recreation Center, Beaverton, Oregon
WHY: An opportunity to learn from an Olympic Champion.
HOW: Complete the Registration Form and mail payment:

COST: \$20 for Oregon Masters (OMS) registered swimmers.
\$35 for all other USMS and USS registered swimmers.
OMS swimmers will be given priority until November 23rd.
(Coaches willing to assist in the on-deck workshop will be admitted free of charge.)

All participants must be members of United States Masters Swimming (USMS) or USA Swimming (USS) with registration current as of December 13, 1998.

The clinic will focus on motivational discussion and swimming demonstration and workshop. There will be a strong emphasis on Anita's specialty, the breaststroke. Anita will share her swimming expertise and Olympic experience with the participants in this educational and memorable clinic.

ANITA'S ACCOMPLISHMENTS: In 1992, a 15 year-old Anita Nall set the swimming world on fire by shattering the world record in the 200 meter breaststroke at the United States Olympic Trials. She returned home from Barcelona with three medals, including a gold medal for the 400 meter medley relay. Anita still holds the American Record (2:25.35) in the long course women's 200 meter breaststroke.

BENEFITS: Swimmers of all ages will learn about the experiences of an elite level Olympic competitor. We will see video footage, and hear directly from the athlete about some of the most memorable swimming races in history. Swimmers will also be able to ask questions. During the in-pool workshop session, swimmers will see a world class drill demonstration and have the opportunity to try the drills.

CLINIC FORMAT: The first half of the clinic is devoted to discussion. Anita will begin with a discussion about her swimming background and accomplishments, followed by a question and answer session. During the discussion we will watch her world record breaking swims and her Olympic performances. A question and answer session will follow. Light refreshments will be available during the classroom session. The second half of the clinic features a drill demonstration and workshop for swimmers. Coaches are invited to participate in the on-deck instruction as Anita demonstrates the drills in the water.

DIRECTIONS: The Tualatin Hills Recreation Center is located in Beaverton, Oregon, on 158th Street and Walker Road. From Portland, take Highway 26 west toward the ocean beaches. Exit at Cornell Road. When exiting, stay to the left. 158th Street will be the second left (the first left will take you back to 26 east). Turn left on 158th, stay in the left lane and go to the fourth traffic light. Turn left in to the Tualatin Hills Recreation Complex. The pool is located in the first large building at the top of the hill. Parking is free.

Nike Champions Clinic Registration Form

NIKE Champions Clinic

c/o Tualatin Hills Barracudas
Clinic Director, Bill Volckening
370 NW Island Circle, #B-5
Beaverton, Oregon 97006

??QUESTIONS??

Telephone: (503) 533-5567
e-mail: Volckening@aol.com

Date
Sunday, December 13, 1998

Time **10-2pm** Price
\$20 (OMS)
\$35 (all others)

Method of Payment

- ☐ Cash
☐ Check

Please make all checks payable to THB.

Name _____

Address _____

Phone _____

Age _____

☐ As a condition of my participation, I agree to sign the USMS liability release waiver upon my arrival at the clinic.

USMS or USS # _____

Exp. Date _____

Signature (Signature of parent or legal guardian if under 18) _____

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gram at the Multnomah Athletic Club. They grew to 49 members in late 1976 and then 70 members by December of 1977.

He and Cathy were both very active swimmers: Doug swam the freestyle distance events plus a fine breast-stroke, Cathy was also a distance swimmer, they both were early Top Tanners.

The OMS Team Championship Trophy was announced in March of 1977, combining his efforts with those of Trond Williams, MAC was the first winner of this award.

Doug remained active on the Board through 1979. It is with deep regret that we note the passing of such a fine and strong builder, particularly in the difficult early years.

Thanks Doug Crichton for a job well done, and for your most kind financial remembrances to Oregon Masters Swimming.

ol' Barnacle

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All American Relays and Top Ten

Relays - Relays - Relays :

Men - 75 + 200 Free : 2:14.12 (NR) WALTER, HUESTIS, YOUNG, HOLDEN

200 Medley : 2:37.20 (NR) HUESTIS, WALTER, HOLDEN, YOUNG

400 Free : 5:10.57 (NR) WALTER, HUESTIS, YOUNG, HOLDEN

Men - 55 + 400 Free : 4:04.62 (Just missed NR at 4:03.06) WEICK, RADCLIFF, SLAWSON, LANDIS

Mxd - 45 + 400 Medley : 4:35.81 SMITH, STARK, RAGUE, TEISHER

Errata from 1997 SCM Top Ten :

ALLEN STARK, made AA in the 50 Breast with a fine time of :33.47

Now, those great people who made Top Ten in 1997-1998 :

Women 19-24 : Justine Hansen - 8th 1650 - 21:24.48
Susan Fischer - 7th 100 Fly - 1:05.71, Gina Dhom - 9th 100 Fly - 1:06.17

Women 25-29 : Sara Quan - 8th 1000 - 11:30.98, 2nd 1650 - 19:03.76

Women 35-39 : Gracie Goddard - 3rd - 50 Free - :24.68, 2nd - 100 Free - :53.40

Women 40-44 : Kathi Bullock - 8th - 1000 - 12:24.29
Laura Worden - 7th - 200 Fly - 2:31.53

Women 45-49 : Christy Hartman - 4th - 50 Breast - :35.16, Suzanne Rague - 9th - 200 Fly - 3:06.58

Women 50-54 : Christine Clum - 6th - 200 Breast - 3:07.02, Sandi Rousseau - 6th - 50 Fly - :32.38, 8th - 100 Fly - 1:20.80, Alice Zabudsky - 7th - 200 Fly - 3:12.75

Women 60-64 : Susanne Schumann - 8th - 50 Breast - :43.35, 9th - 100 Breast - 1:36.72, 7th - 200 Breast - 3:30.90

Women 65-69 : Barbara Jackson - 2nd - 50 Back - 43.27, 2nd - 100 Back - 1:33.28, 3rd - 200 Back - 3:24.63, 8th - 100 IM - 1:39.87

Women 70-74 : Margaret Wells - 7th - 100 Fly - 2:08.92, 6th - 200 Fly - 4:58.42, 6th - 400 IM - 9:13.03

Women 75-79 : Pauline Stangel - 9th - 500 Free - 10:12.46, 4th - 50 Breast - :57.05, 5th - 100 Breast - 2:09.04, 6th - 200 Breast - 4:45.39, 9th - 50 Fly - 1:02.93, 8th - 100 IM - 2:03.84, Elfie Stevenin - 9th - 1000 Free - 29:25.57, 8th - 100 Fly - 3:59.29, 4th - 400 IM - 13:28.87, Judy Melcher - 7th - 1000 Free - 28:48.63

Men 19-24 : Robbert Van Andel - 10th - 500 Free - 5:12.46, 3rd - 1650 Free - 18:39.15, 5th - 200 Breast - 2:18.08, 2nd - 200 Fly - 2:03.90, 8th - 200 IM - 2:02.72, 4th - 400 IM - 4:22.49. John Collins II - 9th - 1650 Free - 19:43.29

Men 25-29 : Robert Kabacy - 9th - 50 Free - 21.84
Darren Dutto - 10th - 100 Back - :55.42, 9th - 200 Back - 2:02.56, 10th - 400 IM - 4:25.36. William Zolna - 6th - 400 IM - 4:19.77

Men 30-34 : Doug D Stewart - 9th - 500 Free - 4:57.81, 7th - 1000 Free - 10:18.36, 10th - 200 Fly - 2:02.97, 4th - 400 IM - 4:23.95. Eric Miller - 10th - 1000 Free - 10:32.99

Men 35-39 : Steve George - 6th - 100 Back - :55.21, 4th - 200 Back - 1:59.90. Pat Allender - 7th - 200 Breast - 2:16.52. Christopher Roth - 10th - 200 Fly - 2:03.72

Men 45-49 : Tom Coffey - 3rd - 50 Free - :23.15, 4th - 100 Free - :51.20, 5th - 100 IM - 59.26. Stephen Mann - 10th - 50 Back - :28.11

Men 50-54 : Robert Smith - 8th - 50 Free - :23.67, 4th - 50 Back - :26.97, 8th - 100 Back - 1:00.93, 6th

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– 100 IM – 1:01.14. Stephen Johnson – 4th – 500 Free – 5:22.72, 4th – 1650 Free – 19:03.85

Men 55-59 : Tom Landis – 9th – 200 Free – 2:08.33, 9th – 500 Free – 6:00.95, 7th – 1000 Free – 12:43.55, 6th – 1650 Free – 21:23.02. Bert Petersen – 10th – 50 Fly – :27.90

Men 60-64 : David Radcliff – 6th – 50 Free – :26.40, 5th – 100 Free – :57.88, 5th – 200 Free – 2:09.95, 2nd – 500 Free – 5:59.01, 2nd – 1000 Free – 12:34.26, 2nd – 1650 Free – 22:00.85, 10th – 50 Fly – :31.58

Men 65-69 : Arthur Welch – 4th – 1000 Free – 14:20.00

Men 75-79 : Gil Young – 7th – 100 Free – 1:18.19, 5th – 200 Free – 2:53.37, 4th – 500 Free – 7:51.20, 4th – 1000 Free – 16:30.55, 3rd – 1650 Free – 27:21.48, 8th – 50 Back – :43.09, 9th – 200 Back – 3:41.29. Zygmund Kasner – 8th – 1650 Free – 32:37.14. Earl Walter – 8th – 200 Back – 3:40.95, 7th – 200 Breast – 3:53.51, 3rd – 100 Fly – 1:51.32, 6th – 100 IM – 1:33.35, 6th – 200 IM – 3:43.00. Gerald Huestis – 5th – 200 IM – 3:39.44

Relays : Women 19+ 200 Medley – 3rd – 2:01.26 Lisa Hjerpe, Julie Ahrendt, Kimberly Fawcett, Susan Fischer

That's it for SCY, we will get the "skinny" on LCM about the middle of November. LET'S GET OUT THERE AND SWIM - For your health, and fame and glory : You now can shoot for the OMS All Time Top Ten, plus all kinds of other honors and awards.

ol'Barnacle

reviews - results - records - history

Ol' Barn ... 1998 Long Course Nationals...

A small delegation, but showing great power, represented OMS at the Long Course Nationals, August 20-23, at the International Swimming Hall of Fame.

Justine Hansen, swimming in the 19-24 age group : 4th-50 Free-31.60, 3rd-100 Free-1:09.71, 3rd-200 Free-2:31.73, 2nd-400 Free-5:32.25 and copping the Gold in the 800 at 11:25.30. A job well done, way to go Justine.

Toni Hecksel, in the 30-34 group : 8th-50 Free-30.29, 10th-100 Free-1:05.38, 10th-200 Free-2:26.81, 5th-400 Free-5:09.60 and 8th-50 Fly-33.74.

TERI HENDRYX (MAC) swam very well indeed in the 45-49 bunch. Teri picked off the Gold in the 200 Back, with a new Zone record of 2:56.42, was Bullock '98. Add a 5th for the 100 Breast (1:32.93), and a Bronze for the 200 Breast (3:16.45), the record is 3:15.67. Plus another Zone in the 200 Ind Medley at 2:59.50, was Pierson in 3:01.02. That's paddlin' Teri !

SANDI ROUSSEAU :(50-54) How about a Zone Record in the 50 Fly, breaking her own record set earlier in '98, with a fine 36.14 for a 4th. 50 Free-4th-34.95, 100 Free-5th-1:18.21, 200 Free-6th-2:59.95. Rounded out with a 4th in the 100 Fly-1:30.63 and 8th-50 Breast-47.70.

Ginger Pierson : 50-54 : Gold in the 50 Breast at 40.20, her zone 40.00, Silver 100 Breast-1:33.39, Bronze 200 Breast-3:27.57. Add a Bronze in the 200 Fly-3:24.90, and a 7th for the 50 Fly-40.69.

LAVELLE STOINOFF: 65-69 : How's about 5 GOLDS, with 3 National Records, and all five times were , of course ZONE RECORDS. The difficulty here, was that Lavelle kept breaking and rebreaking her records all year. 200 Free-2:54.02, 400 Free-5:54.90 (NR), 800 Free-12:23.32 (NR), 200 Back-3:16.02 (NR), and 200 Breast-3:51.10. Compare with the men (65-69) 7th, 2nd, 2nd, 4th, she didn't make it in the 200 Breast, for shame. Kidding aside, Lavelle really had a meet, and for that matter a year!

George Thayer : 60-64 : 4th-50 Free-30:08, 9th-100 Free-1:12.01, 11th- 200 Free-2:50.34, 5th-50 Back-39.98, 6th-100 Back-1:28.10 and 7th-50 Breast- 42.82 - our man from Bend - is on track to get it all back.

Arthur Welch : 65-69 : Art still has his record attendance at Nationals in perfect shape. 6th-200 Free-3:15.21, 4th-400 Free-6:50.15, Bronze-800 Free-14:17.07, 5th-1500-26:56.69, 7th-100 Back-1:48.77 and 6th-200 Back-3:54.18.

Ol'Barn congratulates each and everyone of you, good swims and good show.

Now we start all over again with Short Course Yards, mark your calendar for Lincoln City on Dec 4th and 5th, Short Course Meters.

**HAVE YOU SENT IN YOUR
1999 REGISTRATION YET?**

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Following are items of interest from the convention.

EXECUTIVE COMMITTEE - The Executive Committee met many times discussing many topics but the major work of the organization is done by committees.

HOUSE OF DELEGATES - A different format was followed this year and the House met 4 different times. At the first meeting the House was broken up into discussion groups. The **COMPETITION** group concluded that the coach has a huge influence as to whether a swimmer is competitive. Those swimmers without coaches need to be spurred on by the LMSC. The **WELLNESS** group defined Wellness as 1. Absence of disease or disability; 2. Quality of life; 3. Energy and enthusiasm; 4. Optimal functioning - being the most you can be; and 5. Balance - physical, mental, and spiritual. The **MONEY IN MONEY OUT** group concluded that USMS, after years of fiscally conservative and responsible financial management is very healthy. All agreed that more money is better than less! The **MEMBERSHIP** group concluded that the key is to *continued on page 2*

Convention continued from page 1

increase the availability of pool time and coaching. This will help to increase membership and retain members. Become politically active in your community, recreation department or YMCA. The **COMMUNICATIONS** group's general consensus was that USMS should explore the creation of a Communications Committee (including the On-line Computer Committee). The most important message for USMS to convey is the intangible emotional benefit that all of us receive through Masters Swimming. A side benefit of improved communication will be growth of the organization.

CHAMPIONSHIP COMMITTEE - The committee brought 4 bids to the House for the year 2000. SCY was awarded to Phoenix, AZ for May 11-14; and LCM was awarded to Baltimore, MD for Aug 18-21. They endorsed the use of Internet entries for future Nationals; to have results and splits available on the Internet; and to conduct a random survey of Top Ten swimmers regarding Nationals. Santa Clara will use the new Schedule I and Minneapolis will have an original 5 day schedule of events.

COACHES COMMITTEE - A list of 420 coaches is now on a National Data Base. They all receive a Quarterly report. Three successful Mentor Coaches Clinics were held last year and two Nike Clinics. Next year there will be 6 Pool mentor coaches clinics and 2 Open water clinics; also 8 Nike Champion Stroke Clinics. There were 9 coaches @ SC, 9 coaches @ LC and 18 @ convention. Ed Nessel was selected as Coach of the Year.

COMPUTER ON LINE COMMITTEE - The committee agreed to create a brief set of guidelines for LMSC's to cre-

ate their own web sites to be included in the 1999 LMSC handbook. They will create 2 separate pages for our sponsors and create a "Join USMS" page where all LMSC registration forms can be accessed. Changes to the on line places to swim database will be taken over by Tracy Grilli. Many workout databases already exist including the one at swiminfo.com, so the committee will continue to provide a link to those sites.

CONVENTION COMMITTEE - A lot of the work is done before the convention. The Hospitality room is a meeting place for everyone and what a great job they did this year. The local LMSC deserves a lot of applause for all of the good food and drinks that they served. 1999 Convention will be held in San Diego, CA, Sept. 13-19, the 2000 Convention will be held at the Hyatt in Orlando, Oct. 9-15, and in 2001 it will be at the Hyatt in Dearborn, MI, Sept 10-16. Remember, we usually only meet from Wed - Sun.

FINANCE COMMITTEE - The committee made changes to FOG (Financial Operating Guidelines). The organization is in the black. Insurance costs have gone down due to our good Claims record. The Controller, Roy Abramowitz was not present and we all wish him the best. Suzanne Rague will be taking over his duties.

FINANCE COMMITTEE - The House approved the 1999 budget. Between cash, Money Markets and CDs we have on hand somewhere in six figures.

FITNESS COMMITTEE - There are two fitness events - the Postal Pentathlon and the Check-off Challenge. There is a column for fitness swimmers in every issue of SWIM. Two new projects: 1. A Fitness Website and 2. USMS 500 Swim.

INSURANCE COMMITTEE - A USMS practice requires supervision' (a USMS member or USS certified coach) for coverage. For a practice/work-out to be an "Insured Activity", there must be a USMS member (or USS coach) on the deck or in the water supervising the practice workout. All members of the practice MUST have a USMS card - OR - be within their 30 day trial period. It is suggested that "trial" members sign the waiver before practicing. We continue to have a very low number of incidents and claims. We have no coverage for automobile usage. We are going to investigate the possibility of using a similar registration number as USS. The question was raised as to why do we have to sign the waiver for each meet after signing it for our card. Peak informed the committee that it was not their requirement every meet. A facility, meet, or host may require a waiver or it may be required if the wording is changed.

INTERNATIONAL COMMITTEE - The committee recommended the change of age determination date rules *continued on page 12*

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change for meters only, to the rules committee. A world wide list of contacts for Masters has been prepared and Bill Tingley will prepare the list for publication. A goal for 1999: A sub-committee was formed to compile guidelines that offers assistance and education to an organizing committee preparing to host an International meet.

LEGISLATION COMMITTEE- The committee will continue to review USMS committee descriptions and generate proposed, amended descriptions for 1999. They will investigate the inclusion of general by-law information in the LMSC handbook. Each LMSC and club shall review the language of the liability release statement to make sure they have the statement correct.

LONG DISTANCE COMMITTEE - To be included in the LD Championship Contract the wording - that unofficial swimmers (e.g. those in wet suits) shall start and finish separately from official swimmers. Guidelines for putting on a cable swim have been added to the manual. The LD web site is looking to have workouts, entry forms and results from Championships. Entries for the three Postal events shall be received on the 10th of the month following the event. The 1999 One Hour Postal entry from will be published in SWIM. The Championships are:

One Hour Postal	Greater Indiana Masters	January
5/10 K Postal	Pacific Northwest Assn.	May 15 - Sep 30
3/6000 yd Postal	Rogue Valley Masters	Sep 1 - Oct 31
One MI OW	Greater Indiana Masters	Jun 16 or 17
Eagle Creek, Indpls., IN		
Two MI Cable	Virginia Masters Swim Team	Jul 9
	Chris Green Lake, Charlottesville, VA	
>1 & <3 MI OW	Mashpee Leisure Service	tba
John's Pond, Cape Cod, MA		
>3 & <6MI OW	Chicago Masters	Sep 11
	Lake Michigan	
>6 MI OW	Rogue Valley Masters	Jul 15 or 16

MARKETING COMMITTEE - Because of USMS' recognition of the importance of coaches, USMS should be represented at the ASCA convention. VICTOR is the newest national sponsor. The PSAs are completed and available. Teams can acquire a BETA copy for \$75 each. The USMS web site is a key USMS marketing tool.

OFFICIALS COMMITTEE - The Sanction form in the LMSC Handbook is to add the one certified official. It was recommended to appoint George Ways of Georgia to the FINA Officials List #3. The committee will review the differences in the rules between USMS & NFHS, and USMS & YMCA and the major differences will be published in the USMS Rule Book. The USMS official's certification program was tabled.

PLANNING COMMITTEE - The Masters Altitude Training Camp to be held in Colorado Springs is scheduled for Feb. 1999. The price is \$1300 plus transportation. Participants will be selected by the Coaches Committee from applicants who have made the National

Championship Qualifying Standards. The USMS Foundation is now operational with funds of approximately \$3,800. USMS should establish a Sports Drug Policy with the Sports Medicine committee establishing the policy. The On Line Computer Committee should study the issue of changing technology and how it will effect USMS business, particularly in the area of member privacy. The Exec Sec is to be a repository for any and all information pertaining to the construction and expected operating costs of new aquatic facilities.

RECORDS & TABULATION COMMITTEE - A proposal has been submitted to Registration Committee to come up with a permanent swimmer ID number. Individual Top 10s are on the web site and soon Relay Top 10s will appear. There is a Top Ten page on the USMS web site (mindspring) that has a link to the Top Ten web site (Swimgold). Submitting record applications do not necessarily arrive in chronological order. Therefore, the times published annually in the Rule Book for SCY will be used to issue certificates to any swimmer who betters that time.

REGISTRATION COMMITTEE - The committee recommended that Leo's software be the "program of choice" among Registrars. Individuals who request that their name be removed for the purpose of not receiving mailings, can contact their local Registrar. A standard input format for registration submittals will be adopted and required to be used by Nov. 1, 1999. The USMS/ISHOF foundation donations raised \$2,700 for ISHOF and \$3,800 for USMS. All USMS registration forms will soon be on line.

RULE BOOK COMMITTEE - This year 1250 Rule Books will be printed with 600 copies of the mini-rule book. Each club will receive a copy of the rule book and a copy of the mini-rule book. The mini-rule book will be sold for \$3.00. e target date for Rule books is Jan. 1, 1999.

RULES COMMITTEE - All changes will be in the new Rule book. Any changes voted on become effective Jan. 1, 1999. Major changes include: 1. LMSC Top Ten Times must be submitted by: SCY - Jun 30, LCM - Oct 20 and SCM - Jan 26. 2. We now have three different seeding methods - Deck seeding - events are seeded at the time of the event with entries received prior to or at the meet; Confirmed seeding - events are seeded after a confirmation (check-in) time; and Pre seeding - events are seeded prior to the day of competition. The age determining date was changed: For SCY, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet; For SCM & LCM, the eligibility of a participant for a particular age group shall be determined by the age as of December 31st of the year of competition. Prior to the swim the intent to record a split time is brought

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HAVE YOU SENT IN YOUR 1999 REGISTRATION YET?

Convention continued from page 12

in writing to the attention of the meet referee and... Allow relays at National Championships to enter up to the day before the relay with no other changes and the relay entry fee for all relays will be \$12.

SAFETY EDUCATION COMMITTEE - SWIM had two articles and the committee will continue to submit articles relating to Safety Education. A section for the LMSC handbook will be written and a booklet for clubs. I have a hand-out of blurbs that can be used by LMSC newsletter editors (or me), Long Distance has their own section on safety

SPORTS MEDICINE COMMITTEE - The committee will forward a statement to FINA's Sports Medicine Committee opposing drug testing in Masters swimming. The committee will decide what medical information it wants to obtain from the athletes at the Altitude Training Camp. New topics with assignment of authors and dates will be used for publication.

ZONE COMMITTEE - The list of potential tasks for the zone reps to perform was divided into mandatory and optional tasks. The election procedures for USMS elections in 1999 were set.

INTERNATIONAL SWIMMING HALL OF FAME AD HOC NOMINATING COMMITTEE - A list of nominees for 1999 was presented. Mid-Nov information on the list will be gathered. Early Dec there will be a vote of the committee. Mid-Dec the candidates will be sent to ISHOF. For 1999 and after - Request for candidates in SWIM and to LMSCS. End of Aug deadline for submitting; compilation of information: meeting at convention for selecting nominees; fine tune applications; in mid-Dec submit nominees to ISHOF; 1st week in Jan Selection committee meets to determine who goes on the ballot; end of Feb to mid-Apr - ballot goes out; Vote by fax; May - inductees announced; and May (one year later) - induction ceremony.

LEGAL COUNSELORS' AD HOC COMMITTEE - The committee discussed philosophical approach of USMS and lawyers' traditional role within the organization.

PROFESSIONAL MANAGEMENT AD HOC COMMITTEE - The Board of Directors made up this committee and read many faxes pro and con on the subject. After much discussion at the convention, the following was voted favorably by the House of Delegates.

The USMS House of Delegates authorizes the USMS Executive Committee to expand the current USMS national staff by January 1, 2000.

a. The national staff shall be hired by and report to the Executive Committee and shall not be allowed to make USMS policy.

b. The initial annual budget for the combined national staff shall not exceed \$200,000 (subject to budget approval).

c. The national staff shall perform such functions as are deemed necessary by the Executive Committee, including that of National Executive Secretary, National Registrar, and Controller.

d. Additionally, the national staff will provide improved services to USMS members and LMSC's by:

1. Soliciting and providing liaison support to national sponsors

2. Providing assistance to national committees as requested by committee chair or Executive Committee.

3. Providing assistance to LMSCs as requested by LMSC Chair or Executive Committee.

4. Performing tasks assigned by the USMS Executive Committee.

RECOGNITION AND AWARDS AD HOC COMMITTEE - It was decided that each Ransom Arthur award winner will get one vote. (Some years there were two winners selected.) It was also requested that the Recognition and Awards committee become a standing committee. The Ransom J. Arthur MD trophy has been refinished and the new base will allow 30 additional years of recipients. It is displayed in the Swimming Hall of Fame.

Special thanks to June Krauser for being willing to share this Convention write up with the Oregon LMSC

Notes from Poolside continued from page 5

turns (since modified by the rules, since swimming administrators don't like to watch underwater races). You can reduce your wave drag by diving or pushing from each wall underneath the turbulence, kicking strongly underwater, and finally surfacing within the allowed 15 meters. Incidentally, the new designs of surface lane markers purposefully reduce wave drag for everybody; can anyone remember the old style of lane markers and the resulting waves?

Frictional drag describes the resistance caused by your body surface texture. Compared to other forms of drag, frictional drag plays a relatively small role in human swimming, but which you may find significant in racing. Decrease frictional drag by taking great care of your oh-so-smooth skin, by wear-

ing latex racing caps, by shaving body hair (yes, this really works), and by wearing the newest high-tech space-age-fabric friction-reducing swim suit (I for one never thought that we'd see those 90's guys adopting the retro 30's swimwear look, but what did I know?).

One other note. The Theoretical Square Law dictates that the resistance that a body creates in a fluid varies with the square of its velocity; resistance increases geometrically as speed increases arithmetically. In other words, the faster you want to travel, the more critical it is to reduce resistance. At high speeds, propulsive power, even in vast quantities, is not enough.

Streamline. Streamline. Streamline.

Good luck and good swimming.

**HAVE YOU SENT IN YOUR
1999 REGISTRATION YET?**

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-01

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

Unregistered swimmers must submit a **NEW 1999** registration form and fee with this form.

Parkrose "Resolution" Meet

DATE: January 10, 1999

Place: Parkrose Community Pool

12003 NE Shaver, Portland, OR 97220

6 lanes competition - electronic timing

1 lane continuous warm up/down area, 1 buffer lane

Meet Director: Bert Petersen 503-252-6081 (home), 503-408-2699 (work)

Directions to Parkrose Pool: Going East from Portland on I-84, take the 122nd St. exit. Turn right (north) on 122nd St. Turn left at second light (Shaver). Go to end of high school and turn right into pool parking lot. Coming into Portland from the east on I-84 take the 181st exit. Go south on 181st to Halsey. Turn right and take Halsey to 122nd St. Turn right and go up to Shaver. Turn left and go end of high school.

WARMUPS: Sunday 9:00 AM

MEET STARTS: Sunday 10:00 AM

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN December 26, 1998

FILL IN COMPLETELY ----- RETURN THIS LOWER PORTION----- FILL IN COMPLETELY

NAME _____ 1999 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: 19+, 25+, 35+ 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. In each relay event, relay teams may swim either 200y, 400y, or 800y, (800y for Free relays only). The 400 and 800 relays will be seeded in heats following the 200y relays of the same type. The 400 I.M., and 500, Freestyle 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.

Sunday, January 10

400 I.M. (1) _____:_____._____

FREE RELAY (2 /3) XXXXXXXXX

50 FREE (4) _____:_____._____

100 BREAST (5) _____:_____._____

200 BACK (6) _____:_____._____

50 FLY (7) _____:_____._____

200 I.M. (8) _____:_____._____

MXD FREE RELAY(9) XXXXXXXXX

BREAK BREAK BREAK

100 FREE (10) _____:_____._____

200 BREAST (11) _____:_____._____

50 BACK (12) _____:_____._____

100 FLY (13) _____:_____._____

MED RELAY (14/15) XXXXXXXXX

BREAK BREAK BREAK

200 FREE (16) _____:_____._____

50 BREAST (17) _____:_____._____

100 BACK (18) _____:_____._____

200 FLY (19) _____:_____._____

100 I.M. (20) _____:_____._____

MXD MED RELAY (21) XXXXXXXXX

500 FREE (22) _____:_____._____

"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 FREE: \$11.00 Make checks payable to Oregon Masters Swimming
 Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006**

If you are registering for 1999 at the same time you are entering this meet, you **MUST** include the Registration form with this meet entry form and mail both forms to Suzanne Rague. **DO NOT** mail the Registration Form to the OMS Registrar.

OREGON MASTERS SWIMMING INC.

Minutes of Board Meeting - August 11 & 25, 1998

NOTE: In addition to the regularly scheduled board meeting, the board held an interim meeting on 8/11 to review the meet schedule. Unless listed as occurring on 8/11, the items were addressed at the 8/25 meeting.

Attendees: Roy Abramowitz, Eric Guest, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Al Smith, Sharon Stuart, Jeanne Thimm, Bob Bruce, Elfie Stevenin

Call to Order: 7:00 PM

Secretary: Sharon Stuart - 8/11: Minutes approved as corrected.

Treasurer: Roy Abramowitz - Roy distributed the financial statement to-date. The Board discussed the NWMG financial results. See New Business - NWMG Splash Down.

Vice-Chair: Pam Himstreet - not present. Report given by Eric Guest.

8/11: The Board reviewed the bids for the 98-99 season and offered some suggestions. Pam will take these suggestions back to the meet hosts.

The Board reviewed the meet schedule. We still have no bids for Zone Long Course. Eric will talk to MHCC about hosting the 1999 LCM Zone meet.

The following changes resulted from the suggestions at the 8/11 meeting:

- MAC moved their meet to February
- Eugene will be all long distance to play along with the Pentathlon.
- Ashland does not want to risk having low attendance by being the first meet of the year, so they will not move to Nov 7.

Committee Reports

Open Water / Long distance: Dan Gray - not present. Report read by Dave Radcliff. Highlighted items from written report: Squaw Lake swim and clinic were both great success. We had a record number of participants for this swim. Mike Douglas and Mike Fairlee from COMA were recipients of the Mike Morehouse Spirit Award.

The Elk Lake swim had a record number of participants.

The Rosalyn Lake swim was a financial disaster. The number of participants was half what we had hoped for. However, there is enough inventory to host another event. The international flavor was great and the Oregon clubs provided great support. Our Gil Young was out there swimming...and he didn't get lost.

The digital clock arrived but has some problems. It does not work on DC power. It is back to Van Nuys for repairs but should be returned before the Hagg Lake swim. The stop watch and printer have allowed race directors to verify results in case of protests.

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

Coaches: Bob Bruce. No report yet.

Aqua-Master: Dave Radcliff, Suzanne Rague - The September issue is in the mail.

Registration: June Mather - not present. Registrations have exceeded 1997's total.

Membership: Phil King - not present. No report.

Top Ten / Data Manager: Suzanne Rague - The Long

Course Top Ten is in preparation. Walt Reid submitted the NWMG results for national Top Ten.

Fitness: George Thayer - not present. No report.

Historian / Records: Earl Walter - not present. All-time Top Tens are up-to-date. Thank you for your efforts Earl!

Officials: Al Smith - not present. No report.

Host/Social: Jeanne Thimm. No report.

Safety Coordinator: Sandi Rousseau - There was a discussion of safety marshals at local meets and some long course meets not always wearing the safety marshal shirts. Sandi will review the safety marshal guidelines in these areas.

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

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

Old Business:

- **NWMG splash down** - Sandi needs committee reports by Saturday.

Sandi reviewed post-meet discussions with the WMG staff. Sandi is meeting with NWMG this week to review the financial transactions. OMS broke even on the Pasta Feed, which was the goal. Sandi did get NWMG to issue checks to third parties, e.g., Hy-Tek, timers, donations. The following issues still need to be settled:

- Get OMS money out of escrow. Contract fees were deposited in the escrow account by the WMG.

- Reimbursement for OMS purchase of hospitality supplies because supplies were not delivered by WMG. Total cost to OMS = c.a. \$900.

- Shuttle rental. OMS had to rent a shuttle to supplement WMG shuttle in order to provide original shuttle obligations. Total cost to OMS = c.a. \$600 + gas.

- **OMS web page** - Pat Allender requested the OMS logo and records. Sharon will try to get files to pass on to Pat. The goal is to present the page for the membership after the October meeting.

- **OMS Retreat** - The Board agreed to schedule the retreat around the Lincoln City meet, beginning Friday evening 12/4, extending through mid-day Sunday 12/6.

New Business:

- **Coach Chair selection** - 8/11: We have two people interested. Eric will follow up. Eric welcomed Bob Bruce as the new Coach Chair.

- **Nominations for OMS Chair and Secretary** - Sharon will send requests for nominations to Team Reps. Eric will not run again for OMS Chair. Sharon will run again but welcomes other nominees.

- **Convention items** - Some rules proposed for the USMS Convention were reviewed.

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

- **Sharon:** OMS logo from Donna, records from Earl; nominations

- **Eric:** talk to MHCC about 1999 LCM Zone meet

- **Sandi:** review the safety marshal guidelines

Adjournment: 9:30 p.m.

Next Meeting: October 20, 1998, 7pm, MAC

H A V E Y O U S E N T I N Y O U R 1 9 9 9 R E G I S T R A T I O N Y E T ?
--

Tualatin Hills Pentathlon

"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year."

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by the Oregon LMSC for USMS, Inc. Sanction # 379-03

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

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

TUALATIN HILLS PENTATHLON

DATE: FEB. 6, 1999

Place: TUALATIN HILLS AQUATIC CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES -

HOST: Tualatin Hills Barracudas

Meet Director: Ed Ramsey 503- 693-8173 (home) email - tkramsey@gte.net

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

A swim cap will be provided for each swimmer by SWIM CELLAR

ENTRY DEADLINE: POSTMARKED NO LATER THAN: January 23, 1999

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1999 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDAY _____ AGE _____ SEX _____

USMS CLUB _____ (Oreg, MACO, PNA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+

ENTER ALL FIVE (5) EVENTS IN EITHER THE SPRINT OR MID. DISTANCE - DON'T ENTER BOTH

(SPRINT)	EVENT	TIME*	(MID. DISTANCE)	EVENT	TIME*
50	FLY	1) _____ : _____ . _____	100	FLY	2) _____ : _____ . _____
50	BACK	3) _____ : _____ . _____	100	BACK	4) _____ : _____ . _____
50	BREAST	5) _____ : _____ . _____	100	BREAST	6) _____ : _____ . _____
50	FREE	7) _____ : _____ . _____	100	FREE	8) _____ : _____ . _____
100	I.M.	9) _____ : _____ . _____	200	I.M.	10) _____ : _____ . _____

**Please enter your best time or estimated times. Do not use NT (No Time). Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all ... Thanks*

Rules: A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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:\$11.00 Send form(s) & fee(s) payable to: OREGON MASTERS SWIMMING
c/o SUZANNE RAGUE 935 N. W. 170th Place BEAVERTON, OREGON 97006

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 1999 REGISTRATION FORM WITH THIS ENTRY

Oregon Masters Swimming Short Course YARDS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #379-02

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

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

EUGENE ANIMAL plus regular format MEET

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

6 lanes competition - electronic timing,

heated outdoor pool available for continuous warm-up/down

WARM-UPS: SAT. 8:15 AM
MEET STARTS: SAT. 9:00 AM

Meet Director: Lynda Christiansen Phone-541-687-8379

E-mail: lchristiansen@peacehealth.org

Directions to pool: From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger, heading east until you come to Echo Hollow Road. Turn right and pool will be on your left.**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY****ENTRY DEADLINE: POSTMARKED NO LATER THAN - JAN. 13, 1999***Fill in completely-----return lower portion-----fill in completely*NAME _____ 1999 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: Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+ etc.,
You may enter a maximum of 5 individual events plus 4 relays. Animals must enter the three required events and may enter two more events and 4 relays, if desired. Enter relays at the meet. In each relay event, relay teams may swim either 200y, 400y, or 800y, (800y for Free relays only) The 400y and 800y relays will be seeded in heats following the 200y relays of the same type. The 1000 and 1650 Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swim. All events will be seeded SLOW TO FAST.**SATURDAY JANUARY 30*****400 I.M.** (1) _____: _____.**#1000 FREE** (2) _____: _____.**30 MINUTE WARMUP IN INDOOR POOL****MEDLEY RELAY** (3/4) XXXXXX**100 BACK** (5) _____: _____.**200 FREE** (6) _____: _____.**50 FLY** (7) _____: _____.***200 BREAST** (8) _____: _____.**100 I.M.** (9) _____: _____.**MIXED MED. RLY** (10) XXXXXXXX**BREAK BREAK BREAK*****200 BACK** (11) _____: _____.**50 FREE** (12) _____: _____.**100 FLY** (13) _____: _____.**50 BREAST** (14) _____: _____.**FREE RELAY** (15/16) XXXXXXXXXX**#500 FREE** (17) _____: _____.**15 MINUTE WARMUP WITH DIVING IN THE
INDOOR POOL****50 BACK** (18) _____: _____.**100 FREE** (19) _____: _____.***200 FLY** (20) _____: _____.**100 BREAST** (21) _____: _____.**200 I.M.** (22) _____: _____.**MIXED FREE RLY** (23) XXXXXXXXXX***1650 FREE** (24) _____: _____.

* 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** __________**I HAVE ENTERED REGULAR FORMAT EVENTS (ENTRY FEE \$11.00)**_____**I AM A FREESTYLE ANIMAL (ENTERED 500, 1000, AND 1650 FREESTYLES (#)**_____**I AM AN ALL STROKES ANIMAL (ENTERED 400 I.M., plus either the 200 BREAST, 200 FLY, or 200 BACK, AND 1650 FREE(*) ENTRY FEE FOR ANIMALS IS \$16.00****Animals will receive a custom OMS Animal T-shirt, subsidized by OMS after completing their 1650. I want a _____ Large _____ X-Large shirt.***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**

If you are registering for 1999 at the same time you are entering this meet, you MUST include the Registration form with this meet entry form and mail both forms to Suzanne Rague. DO NOT mail the Registration Form to the OMS Registrar.

Aqua-Master

DECEMBER 1998

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

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In this issue: "12 Days" to send in your 1999 Registration

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