

Aqua-Master

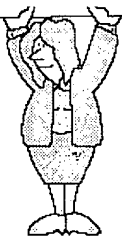
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The CHAIR'S CORNER

by Suzanne Rague

OREGON MASTERS SWIMMING

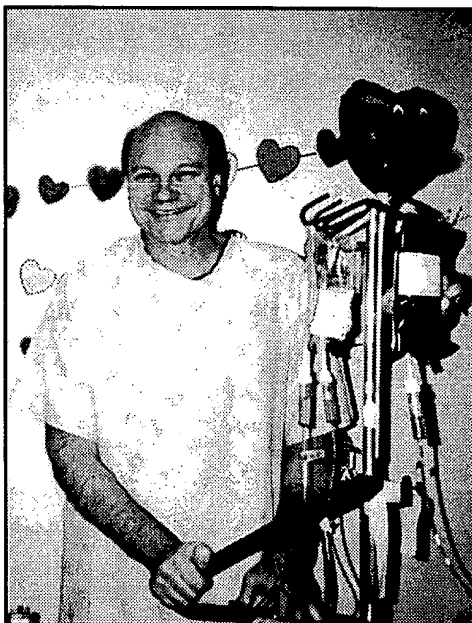


Greetings! I write this in early March for you to read in April, so let me congratulate all swimmers and the teams winning high point awards at the Association meet (and forgive me for not listing you by ... if you surf, check the web site...

name!). We have had a reinvigorated

meet schedule this year (thanks Pam Himstreet), and it's terrific how well attended every meet has been. Hosting meets is a tremendous amount of work, and your participation encourages the meet directors to run Masters meets next year. Are you going to

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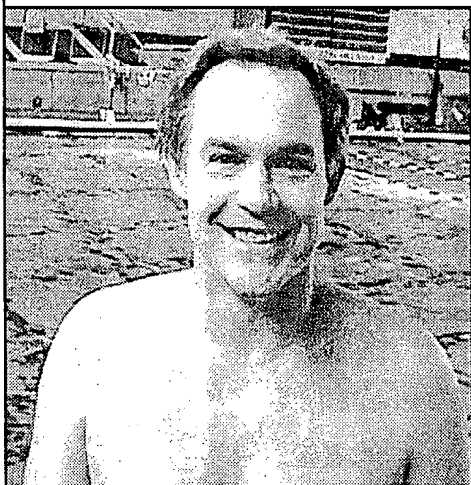
A NEW HEART FOR ROY

This may look like a happy man... but he is even happier now!

Roy Abramowitz, past Treasurer of OMS for many years and great 200 Butterflyer received his heart transplant on Sunday, February 21st. Roy had been hospitalized at OHSU for 4 months awaiting a compatible heart. He is recuperating well from the surgery and sends his thanks to all of you for your caring and support.

profile Ed Ramsey

Ed Ramsey is an outstanding volunteer leader in Oregon Masters Swimming. In addition to serving as Vice President of the Tualatin Hills Barracudas, Ed is the Meet Director of the annual Barracuda Pentathlon Meet. Organizing such a large, successful annual event is a tremendous amount of work, and Ed's meticulous attention to detail has made the Pentathlon consistently the most popular, well-attended local meet in the Oregon Masters Swimming schedule. The Pentathlon has been run by the Barracudas since 1985. It is a fun meet, and Ed finds it easy to organize with the many willing volunteers. Ed first learned to swim in 1961, at age five, in Santa Barbara California. He started swimming competitively in 1979, when



he joined the Bangor Swim Club in Washington. He joined the Barracudas during 1985 Pentathlon. Later, when the Board Member who organized the meet moved away, Ed was asked to take over the meet from his position as "member at large". He gladly accepted, and has been doing a wonderful job ever since then.

Ed works for Merant Information Systems as a Programmer Analyst. He and his wife, Deanna have been

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Calendar and Meet Schedule 1999

Date	Event	Location	Contact
April 10 - 11	SCY Zone	Federal Way, WA	Robin O'Leary (206) 525-7725
May 13 - 16	SCY Nationals	Santa Clara, California	www.usms.org
June 12	LCM	*Tualatin Hills - Beaverton	Bill Volckening (503) 533-5567 volckening@aol.com
July 10 - 11	LCM	State Games - Mt. Hood	
July 31 - Aug 1	LCM Zone	Federal Way, WA	
Aug. 19 - 23	LCM Nationals	Minneapolis, Minn.	

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Open Water Schedule

July 17 - 18	Applegate Lake - Southern Oregon	Dan Gray	(541) 944-0529
July 31 - Aug. 1	Elk Lake - Central Oregon	Matt Mercer	(541) 389-7665
Aug. 14	OMS Open Water Clinic - Cottage Grove	Dan Gray	(541) 944-0529
Aug. 15	OMS Association Open Water Championships	Steve Johnson	(541) 683-5758
	Cottage Grove		
Aug. 28	Eel Lake North Bend - South Coast	Trudy Gugliemini	(541) 756-5566
Sept. 12	Haag Lake - Forest Grove	Andrea Milano	(503) 236-8959

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married for 13 years. Their two sons, 12 year-old Trevyn and 9 year-old Kelsey have finished all of their swim lessons, and Ed is "waiting to see if they want to join a swim team or take life guard training." Ed enjoys swimming with the Barracudas. He gets a midday escape and motivation from workouts. He is also thankful for his coaches' advice. "When I first started coached workouts I could not swim two consecutive days. They straightened out my stoke so that I could swim every day, and modified my swimming to go faster in the water with less effort."

Aqua-Master Change of Address

The Aqua-Master is produced 12 times a year and is delivered free of charge to OMS Members. To request a change of address please send this completed form to:

NOTE: THE AQUA-MASTER IS SENT VIA BULK MAIL AND WILL NOT BE FORWARDED BY THE U.S. POSTAL SERVICE

June Mather
OMS Registrar
1056 Hillview Dr.
Ashland, OR
97520

☐ **Change of Address**

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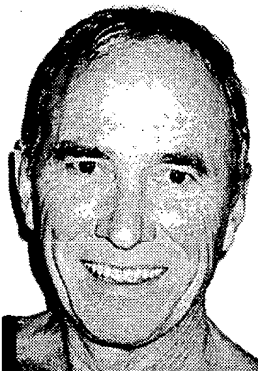
United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept 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. 1211 SW Fifth Ave. Portland, OR 97204-3795. 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.

the FITNESS LANE



The Jan.-Feb. issue of Swim magazine contains another article by Barry Sears entitled "The Anti aging Diet". This month's column offers a short critique of the article. Sears' basic premise of a balanced, controlled diet makes intellectual sense. The problem I have with the article is that he does not address the exercise element. Is he saying that if you swim 4000 yards, that you need not consume any more food than the same sized person who only walks from the parking lot to the office for daily exercise?



**George Thayer,
Fitness Chair**

Sears made his first reputation as a food consultant to

the Stanford swim team. It would have been nice if he had referenced an article in Swim magazine to his work at Stanford. It appears that he just used an article that he wrote for another publication, as academics are wont to do.

Regarding nutrition and swimming, I think that it would have been interesting to hear Sears' thoughts on how to eat during a swim meet, particularly during long meets such as nationals. If the meet runs for 8 hours, how does one have zone meals and how far in time should they be consumed before race time?

In that same vein, it might be informational for OMS swimmers to share their eating strategies for meets. Perhaps we can compile our own data, unscientific as it may be. You can email ideas to me or to the OMS web site.

That's it for this month. Eat healthy and keep swimming.

END OF POOL - FLIP TO NEXT LANE

TIME TO CHECK YOUR DIET

"7 days without swimming make one weak!"

reprinted from "Greater Lengths" the Masters Swimming Newsletter of British Columbia

The Chair's Corner continued from page 1

entry must be postmarked by April 1 or received by April 8. The entry was printed in the January SWIM Magazine. It is also available on the USMS web site --

USMS@usms.org.

Nationals swimmers -- respond to the Nationals relay request in this Aquamaster and on the OMS web site --

www.oregonswim.org.

Speaking of our web site...most of what we do takes more time than money, and this is no exception. Monika Hunscher is doing great work to develop our web site, and coordinating with the newsletter, registration, and meet entry people to get critical information, including our registration form and meet entry forms, on the web (OMS is also spending a few dollars on software). So if you surf, check the web site for the latest information. 'Till next month.....

It's time to shine in California!

Are you going to Short Course Yards Nationals at Santa Clara, California in May? If so, join your fellow Oregonians for some awesome Oregon relays. This year our relays will be funded by OMS. You will not have to pay for the relays you swim. If you have entered the meet, fill out this form as soon as possible. Mail it to the address below. You can also complete the form on the Oregon Masters website at www.swimoregon.org Let's have these in by May 1.

Name _____ Age _____

Phone Number _____

Your e-mail _____

Dates you are available for relays (circle as appropriate) May 14 May 15 May 16

Hotel or place you will be staying while at the meet _____

Phone number of your Santa Clara address _____

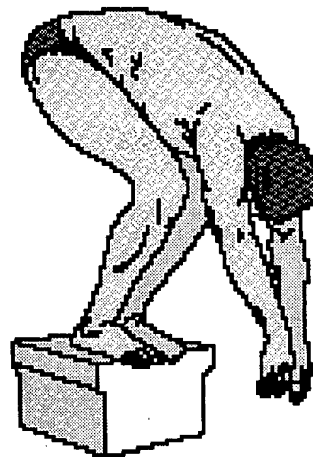
Your current short course 50 yard times: (be fair to others and list the times you have recently swum.)

Free _____ Fly _____

Breast _____ Back _____

If you have a relay already organized please tell us. _____

Send form to Monika Hunscher, 7655 SW Cedarcrest St., Tigard, OR 97223



Ol' Barnacle

reviews - results - records - history

Ol Barn ... 1999 Pentathlon

With Ed Ramsey doing the honors as Meet Director we had a bang up swim meet with records and with a new format. In addition to the regular Pentathlon 4-50's plus the 100IM, this time we had 4-100's plus the 200IM, and by golly some folks actually swam the "mid distance" format.

Meet Honors go to ROBERT SMITH and JOY WARD.

Robert had a great meet, up until the last event: How about a bright and shiny new National Record in the 50 Back, at 26.86, blowing away Jack Geoghehan's 27.82 from 1997. Added to this stellar performance were 3 new Zone Records: 50 Free 23.62, was Landis 25.86, then the 50 Breast 31.04, was Daboll 32.01, and the 50 Fly 26.01, was Petersen 27.11. In the last event, the 100 IM Robert was DQ'd, according to the rules his time of 1:01.12 becomes a 1:11.12, adding this to the first 4 events gives him a 2:58.65, besting Ron Nakata's record of 3:17.40 set in 1997. OB has to make a comment on that 26.86 50 Back, back in the late 70's for OB and 1986 for Floyd Elliott we were spinning 32.40 and 32.52, Floyd bagged a 31.95 in April '87, Robert has brought the record down over 5 secs in a 50 yet.

Joy Ward, AKA Phyllis, really went after the Gold Ring, bringing home 4 NEW ZONE records: 50 Free 29.86 was Ward at 30.39, 50 Back 35.87 was Ward in 37.73, 50 Fly 32.77 was Ward at 34.18, and the 100 IM in 1:18.98 was Ward at 1:20.17. At 56 Joy is just completing her first full year of Masters swimming, folks it is just going to get better and better. Joy also brought home a new Pentathlon record in the 55-59 group, it was Lavelle Stoinoff 3:54.45 set in 1988, it is now 3:40.67, OB is quick to add that's almost 14 seconds better.

Let's now get the skinny right on down the line:

Sprint Events:

Women 19-24: Let's welcome Jio Callyn, she and Jeanna Bennett battled through all five events with Jio the victor 3:24.73 vs Bennett at 3:35.76

Women 25-29: Maureen Haslach won all the events, with a best time of 33.49 in the 50 Breast vs the record of 33.07. Maureen had a total of 3:10.40. Kristine Lewis 3:21.38 and Kathleen Middleton in at 3:42.44

Women 30-34: OMS says hello to Karen Hakanson. Laura Tyrell won in 3:23.30, followed closely by Karen in 3:25.45, and Michelle McClure 3:32.83, and Cathy Law 3:35.90

Women 35-39: Becky Oblatz of MAC won it all in 3:19.70, Jeanne Thimm was at 3:27.29 and Dianne Viales in

3:30.76. One of the best races of the day was Oblatz and Thimm in the 50 Fly, Becky clocked a 31.38, while Jeanne posted a 31.43.

Women 40-44: Mary Jackson, who holds the Pent record at 3:12.21 for the 35-39, posted a 3:18.63 vs Ginger Pierson's record of 3:16.85 set in 1985. She also tied her record of 32.37 for the 50 Back, and was close in the 100 IM 1:10.08 vs 1:09.18.

Women 45-49: El Presidente, Suzanne Rague, had this all to herself posting a 4:08.06

Women 50-54: Sandi Rousseau bested Jackie Quattro 3:51.22 vs 3:59.40.

Women 55-59: As stated earlier JOY WARD, was all alone and on top of the world - 4 NEW Zone Records.

Women 70-74: Betsy Austen (MAC) grabbed the Gold Ring and didn't let go until posting a total of 6:20.90

Women 75-79: Judy Melcher won the Gold here in 8:54.41

Men 19-24: Big OMS welcome to JOAQUIN ROMERA, all be himself in this group, Joaquin broke Tom Kelly's 50 Breast 29.43 set in 1983, this time also should be in line for a TT7 ranking. Joaquin's 50 Free at 22.61 was close to Kelly's 21.83. Big news is that he broke Kelly's Pentathlon record of 2:42.42 with a fine swim of 2:41.04. He was also close to the 100 IM best of 56.75 with a swim of 56.93.

Men 25-29: Greg Welch and Shane Spell had this covered- Greg finally came out the overall winner at 2:57.07 vs 3:12.21.

Men 30-34: ROBERT KABACY (MAC) changed 2 records, the 50 Free with a 22.05 bested John Kingery's time of 22.24 set in 1992, plus the 50 Back in 25.92 caught up with David Marlin's 26.25, set in 1986. For some reason was a NS in the 100 IM, making him ineligible for the Gold. Steve Parmentier was the overall winner at 3:01.78, Silver to Lee O'Connor with 3:07.82 and Bronze to Doug Witzke at 3:14.32.

Men 35-39: Anspach with a NS in the 50 Free lost the Gold, this went to Jeff Walker with 2:49.42. Silver to Dan Knauer (MAC) at 2:56.77, 3rd grabbed by David Bratton 3:02.24. Walker was close to the 50 Free 22.70 vs 22.23. The 50 Breast was best race with Anspach in 32.00, and Bratton 5th at 33.04.

Men 40-44: Welcome to Mike Peyton, Mike Paholsky and Ted Brunner. Peter Metzger won the overall in 2:53.33. Pete won each and every event - was threatened in the 50 Free Pete at 24.15 and Peyton in 24.72, Goldstein pushed Pete in the 50 Breast 33.27 vs 33.19. Silver overall to Peyton 3:08.10, Bronze to Ronald Cobb-3:09.49

Men 45-49: OMS welcome to Michael Bruhl and Robert Pfeifer. Mike Tennant won the overall Gold with 3:03.58, was pushed in the 50 Back by Ron Richards 32.51 vs

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It is now April and the Association Championships are history. Now is the time to start your training for the open water season. Below you will find some workouts and some tips that will help you keep your interest during those long sets. This information is

being provided by Karen Burton; currently Masters swim coach at the US Air Force Academy and quite the swimmer herself. Karen will be supplying us with a lot of information during the upcoming summer season.

OPEN WATER '99



By Dan Gray, Open Water Chair

If you really intend to participate in open water swims & feel that you need more information on training, nutrition, and the many nuances that the open water presents, there is help for you. I highly recommend you reading a

recent book by Penny Lee Dean, Open Water Swimming. I realize I have been swimming without a plan. This book takes you through the entire scope of open water swimming and will motivate, as well as educate.

Karen Burton:

Born June 11, 1962 Eagle River Wisconsin
 1984 Graduate US Air Force Academy
 1998 World Championships 25K 10th place
 1996 & '97 World Series Marathon Swimming Champion
 1993 English Channel Solo Swim 9hrs 4min
 1992 Gold Medalist, 4th World Cup 25K
 Six-times US Open Water National Champ
 World Record: 1994 Catalina Channel - 7hrs 43min
 World Record holder for Masters: 30-34 yrs -
 1500 m 17:38:50 and 1650 yds 17:07:52

Karen's Ideas

In most of the United States, open water swimming is limited to a few months in the summer. How can you improve your distance swimming without open water for training? The answer is, of course, "in the pool". Ask your coach to designate one specific day each week as a "distance day". This can be done all winter and you may increase yardage weekly, while altering workouts to suit your wants and needs. This will keep you in great shape for when the weather does finally permit you to go to the lake.

Workouts: by Karen Burton

week 1: start with 2400 yd set: 3 x 800's descend 1-3, with 30 sec rest first 800 slowest, 3rd fastest each week change the set & increase yardage.

week 2: 3000 yd set. 1000-800-600-400-200 w/ 30 sec rest. negative split each swim, always pay attention to your splits.

week 3: 3600 yd set. 1600-1200-800 w/30 sec rest. On the 1600 get the 1200 split time. The 1200 swim must be faster than the 1200 split time during the 1600. During the 1200 swim, get the 800 split time. The 800 swim must be faster than the 800 split on the way to the 1200.

week 4: 4000 yd set 2 x 800, 2 x 600, 2 x 400, 2 x 200 w/ 15 sec rest. Second swim should always be faster than the first.

week 5: 4000 yd set. 1 x 1000, 4 x 500, 1 x 1000 w/ 20 sec rest.. Second 1000 faster than the first. 500's descend 1-4.

week 6: 4500 yd set. 3 x 1500, descend 1-3 with 30 sec rest. After swimmers have descended the 1500's successfully, the next time try to descend the 500's 1-3 within EACH 1500 as well as each 1500 1-3. This workout has been stolen from Casey Converse, the Air Force collegiate coach (he was the first person to break 15 min in the 1650 yd freestyle. The last set is extremely challenging. If a swimmer can descend the 1500s while descending the 500 within each 1500, he/she is on their way to becoming a better distance swimmer.

SEVERAL THINGS TO KEEP IN MIND WHEN DOING DISTANCE SETS:

- 1) try to swim long sets with others or have coach/friend keep track of your splits and times. Some swimmers have difficulty becoming motivated for long sets and it's more fun if someone else is there.
- 2) **WATCH THE CLOCK!** I consider this one of the most important factors for swimming distance sets. Make sure a pace clock is set up so you can see it going in or out of your turns. (some swimmers may want to do an open turn every 100 or 200 to see the clock) A lot of swimmers get bored with distance **because** they have no idea what pace they are holding or how many laps they've swum. **Watch the clock** and check your progress.
- 3) Have a goal for the set. This goal can be a certain time or a way of swimming the set.



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

In my recent stint as an OMS Host Coach, I was bombarded by questions about warm-up. What should I do? How far should I go? Won't I get too tired? Why should I do this anyway? All of these are fair questions, so I'll address warm-up as my topic this month.

Why should we warm up?

1. Warm-up raises muscle temperature, meaning faster reaction time and increased power.
2. Warm-up raises circulatory rate, increasing oxygen transport between lungs and muscles [and, as you know, muscles like oxygen!].
3. Warm-up stretches muscles and loosens associated connective tissue, leading to increased flexibility, in turn leading to more efficient stroke technique and less chance of injury.
4. Warm-up provides an opportunity to rehearse skills.
5. Warm-up helps you to acclimate to the environment, which is particularly important in a strange body of water.
6. Warm-up provides a positive mental framework; it's the place to leave your worries and to pick up your swimming focus.

How do we know when we've warmed up enough?

1. Objectively, by the feeling of warmth [right, coach, in all that cold water!] and by slight reddening of the skin.
2. Subjectively, by the relative absence of stiffness, the onset of second wind, and the increasing ease of fast movement.

Can we warm up too much? Won't we get tired?

1. Not likely, if you've been training. Many of us have experienced gradual improvement in practice, even past the 2500-3000 mark, due to gradual warm-up effect. And even if you haven't been training, basic warm-up is essential, although distance before the onset of fatigue will be shorter.
2. However, when you're racing, leave time between your warm-up and your race.

How should we warm up for practice?

1. Begin with a few minutes of light stretching, concentrating on shoulder and ankle joints. Have fun here: with skill, planning, and luck you'll find others doing the same, turning it into both loosening and social session.
2. Try a "pre-warm-up warm-up". Spend two or three minutes (and no more than two or three minutes!) in a warm shower or hot tub. What a treat for old and creaky joints!
3. Swim, kick, pull, and/or drill for at least 15 minutes.

Begin at an easy pace, and gradually increase that pace until you are ready to meet the demands of the first practice set. Your coach should guide you with an appropriate warm-up set.

How should we warm up for meets? This is more complex than warming up for practice, since there's more to do. Also, because each of us is unique, we need to develop our own warm-up routine so that we can achieve consistent results. Use the following guidelines, and your own experience, to develop your routine:

1. Make yourself aware of the standard safety rules for warm-up, and follow them!
2. Begin with a few minutes of light stretching, just like before practice.
3. Spend no more than three minutes in the warm shower or hot tub if available.
4. Swim, pull, and/or drill 400 to 600 yards/meters at moderate speed, gradually increasing pace. Concentrate on feeling smooth and efficient in the water, and adjust to the pool peculiarities by focusing on details like lane markings, backstroke flags, and other landmarks. (and forget about complaining about these details; everyone has to deal with the same variables).
5. Kick at least 300 again progressively increasing pace. Kickboards are optional (and sometimes prohibited from warm-up, so be prepared to do without). If you are sprinting in the meet, add several short sprint kicks with moderate rest.
6. Swim a short set approaching race pace: I suggest...
 - a. Distance: 4-5 x 100 or 8-10 x 50 at race pace (some distance swimmers like more!)
 - b. Mid-distance: 6-8 x 50 using racing strokes and approaching race pace.
 - c. Sprint: 4 x 50 descending to very fast speed.
7. Do some extra turns if you feel you need them.
8. Do a start or two. Sprinters should do several fast 15-25 sprints from a dive.
9. Finish your warm-up 15 to 30 minutes before you race, so that you are fully prepared to go fast when you need to. The warm-up effect begins to wear off after thirty minutes, so if you have a long wait before you race [this hardly ever happens at a swim meet, right?] consider re-entering the warm-up lane provided for a short swim 5 to 10 minutes before you race.
10. Stay warm on deck by dressing appropriately. It's

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Swimming the Net



By Bill Volckening
volckening@aol.com

USMS Web Site - Discussion Forum

Address: <http://www.usms.org/discus/>

If you've got a swimming question or need information, one of the best places to find the answer is the Discussion Forum of the United States Masters Swimming Web Site. The USMS Discussion Forum provides visitors with a way to communicate about today's important swimming topics. People discuss everything from "Dryland Training" to "Swimming with Breast Cancer". The Forum is undoubtedly the most interactive area of the USMS Web Site, and people often "meet" and correspond through the ongoing discussion. Visitors can read through the topics, reply or start a new conversation.

The Discussion Forum features eight different topic headings: General Discussion, Nationals, Coaches, Convention, Forum Announcements/Questions, Archived Topics, Event Announcements and Reviews and "What's New at USMS.org".

The opening page gives instructions about how to use the site, including general topic listings, site utilities and guidelines. The first section in the left frame features links to the last week's and last day's discussions. It also offers a "Tree View" showing all of the specific conversations under each of the topic headings. Simply click on one of these links to see the latest messages during the selected time frame. The "Last Day" link, for example, is useful for visitors who check the site daily. It only lists the messages posted during the last day. The "Last Week" link is for visitors who check less frequently.

To use the Forum, enter the opening page and select a topic such as "Nationals". Click the selected topic and the list of specific conversations will appear. There will be several strings of conversations, such as "Seeding 400 IM at Nationals" and "Travel Arrangements for 1999 LC Nationals". Select a conversation of interest and explore. If seeking the answer to a new question or topic, simply click the "Create a New Conversation" button. A new field will appear containing blank boxes for the new subject heading, the message, contact information and an option to post

the message as "Anonymous". After typing the new message, there is a preview feature which allows for revisions-before posting. After previewing, there are options to post or cancel the message.

New features include e-mail updates and user profiles. The e-mail updates send e-mail messages of each new message as soon as it is posted in the forum. The feature is available to anyone who desires frequent updates of the Forum activity. The user profile offers forum users the ability to provide biographical information and pictures for others to view. To activate either of these features, Simply go to the "Utilities" link in the left frame of the opening page and click the "Create Account" link.

One of the most controversial features is the "Post as Anonymous" button. This feature is sometimes contentious because of the anonymous visitors who act like hecklers, hurling unapologetic remarks and hiding behind a shield of anonymity. There has been some talk about it in the Forum, and the opinions vary. Brian Stack, President of

the Masters Aquatic Coaches Association questioned the "anonymous" feature.

"I think this thread gives us a good opportunity to examine the value of being able to post to this site "anon". I for one am tired of seeing people I know pilloried for some vaguely stated "crime" by these folks who choose not to leave their name. I suggest we eliminate the ability to post "anon" and raise the level of respect on these groups." Meanwhile, Webmaster Jim Matysek comments,

"Personally, I am in favor of keeping the anonymous posting feature, but if the overwhelming majority of people want it removed, it is a simple thing to do."

Some of the most influential leaders in USMS serve as Forum Moderators. The list of moderators includes Matysek, Coaches Committee Chairman Scott Rabalais, Championship Committee Chairman Sandi Rousseau, USMS President Nancy Rideout, USMS Executive Secretary Tracy Grilli and USMS Zone Chairman Hugh Moore. These Moderators are particularly important in light of the recent problems with slanderous, libelous messages in the USA Swimming Discussion Forums. USA Swimming actually eliminated six of its forums and has subsequently required all users to register. Fortunately, USMS has kept the discussions civil enough to avoid this type of restrictive action. The discussions are generally very positive, constructive and respectable. To see what everyone's talking about, point your browser to the USMS Discussion Forum. It's a great way to share information and learn about what's going on in the world of Masters Swimming.

To see what everyone's talking about, point your browser to the USMS Discussion Forum.

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32.88, won every event. Gary Wallis was second at 3:15.70, third went to Ron Richards with 3:18.50.

Men 50-54: Doug Prentice, Steve Warner and Jed Cronin went 1,2,3- 3:05.79, 3:07.09, 3:11.63. Prentice was less than a sec. off TT consideration in the 50 Free, Warner, Prentice and Cronin went 1-2-3 for the 50 Back (31.37, 32.00, 32.38), Warner and Cronin went for the jugular in the 50 Fly, with Steve edging Jed 27.44 vs 27.98, look at Warner and Prentice in the 100IM, Steve at 1:06.43, Doug in 1:06.69.

Men 55-59: Barry Carlson swam well but was caught in the hurricane of ROBERT SMITH, who broke the NR for the 50 Back, plus 3 Zones, and a new Pent Overall record.

Men 60-64: OMS welcomes Jon Schieltz. George Thayer won all 5 events totalling 3:30.44. Considering the heart, George was close to his Pent record of 3:17.94.

Men 65-69: Big Eric told OB that he was caught in a whirlpool with Mickey Marks furnishing the problem. Mickey won it with 3:44.89, his Pent record from 1996 is 3:37.62, Eric at 4:07.15 is happy to be moving up to the 70-74. Mickey was close to TT in the 50 Breast at 36.65, he is on the comeback trail after a sabbatical.

Men 75-79: Andrew Holden posted an overall time of 3:59.04, this, compares with his 1998 record time of 3:55.92. Holden's times of 31.62(TT2), 40.23(TT3), 45.40(TT8), 35.61(TT2) and 1:26.18(TT3). Wally turns 80 on May 12th, just in time for Nationals at Santa Clara. Khosrow Shadbeh swam well in all five events, OB hopes that he fully recovers from his illness shortly.

Mid Distance Events -

Women 19-24: Lisa Gorsline had it all to her self, but suffering the adds of 2 DQ's her final winning total went up to 8:09.37. Talking with Steve Warner, also from Seaside, he agrees all we can see for Lisa, is a very bright future, she's getting better at each outing.

Women 25-29: OMS welcomes Meredith Ybarra, a new swimmer with good looks in every event, she notched a winning overall score of 8:19.71.

Women 30-34: LISA HJERPE is not living off her laurels from last year, now 30 Lisa is looking very strong. Notching 2 records, the 100 Breast at 1:13.01(TT9) against Ferguson's 1:13.78 set in 1996, add another also belonging to a former "great", with a 2:18.17 (TT6) vs Mills 2:20.30 in '93. She just missed the 100 Back. This was a very strong threesome, which also included Martina Ralle overall Silver 7:31.96 and Bronze Kathryn Winkle 7:43.75. Three of the best in the west, put on a quality show for the folks. Lisa's total of 6:38.44 will look good in the records books.

Women 40-44: Hello to COLETTE CRABBE, a newcomer, showing excellent credentials in her first meet with

OMS. How about two new records - 100 Back 1:12.97 vs Barbara Frid's 1:13.11 set in 1983, and 200 IM in 2:32.25(TT7) besting Laura Worden's 2:33.59 from 1998. Add a 100 Breast 1:15.02(TT10), 100 Free in 1:05.61 and the 100 Fly at 1:10.66. All told a GREAT performance and putting a time of 7:16.51 into the record books

OB Comment: Old white haired swimmers have probably asked you this before, is Buster Crabbe any relation, OB had the pleasure of meeting the Hall of Famer, and Olympic Gold Medal, 400 Free in 1932, when he lived in Los Angeles. Colette's total of 7:16.51 will grace the record books.

Women 45-49 (MAC) Teri was alone in her age group, but this did not stop her from posting a new record of 7:47.58, coming from five excellent swims. OB is sure that Teri will continue to build on her efforts of 1998.

Women 50-54: Monika Hunscher, who really came on in the summer of 1998, is not letting any grass grow under her feet, posting 5 excellent times in a most grueling competition.

Women 70-74: Margaret Wells put together a new overall record of 13:01.86, high lighted with a 100 Fly in 2:11.38 for a TT8.

Women 75-79: Elfie Stevenin with a total of 19:48.29 goes into the new record books. Elfie gave us the 100 Fly in 3:43.32 for a TT 8 possible ranking.

Men 25-29: William Zolna itching to turn 30, even with a DQ in the 200 IM, posted a new mark for the archives of 6:02.99. All five of Zolna's efforts were commendable. OB wants a big OMS welcome for Tim Hamlet, and for his swims which were great, Tim totalled 6:53.82 and OB does not envy him the face off with Zolna.

Men 30-34: OMS welcomes Robert Remski, who will add class to any swim meet. His total of 6:02.56 came from: Free-52.47, Back-57.91, Breast 1:06.68, Fly 56.10 and IM 2:09.40. Good job Robert, will look forward to watching you as the year unfolds.

Men 35-39: Steve George and D. Christensen went head to head with George winning in 6:06.98 vs 6:16.64. We saw a battle in the 100 Breast with Christensen pulling out a 1:07.95 vs Steve's 1:08.04. Christensen looks like a comer.

Men 40-44: PAT ALLENDER won overall with 6:04.23 while DAVID BURLESON (MAC) posted a 6:16.09. They both set new bright and shiny records - DAVID the 100 Free in 50.67 was R Smith 51.58 from 1984, the 100 Fly 56.63 was Jessup 57.97 from 1996 (Allender also broke this record with a 57.04), David added a 3rd mark in the 200 IM 2:06.56, was Burleson early 1999, Pat gave him a run 2:07.73 vs 2:06.56. Burly the Z Rec is 2:06.38. Pat picked off an oldy in the 100 Breast, surfing a 1:04.10 vs Art Smith's record of 1:05.68 swam in 1985. OB would say

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maybe this was the class competition of the day.

Men 45-49: The return to competition of Mike Pendleton, Hood River's gift to OMS, was a sparkle in the eye of OB. Pendleton put up a total of 6:33.99 vs Bob Maestre's (MAC) 7:16.29. Both of these excellent paddlers add to OMS' claim of being up there with the best in the US of A. Men 55-59: Stoddart Smith's total of 7:34.44 showed experience is always a factor, opposed to Richard Juhala's 9:28.83. The 100 Breast was worth watching with Stoddart in at 1:26.19 and Richard hanging in there with a 1:28.18. Smith is really coming back and OB predicts some records for Stoddart down the road.

That's it folks for the 1999 Tualatin Hills Pentathlon. Another reminder with the Mid Distance, being added, all of the winners will find their names in the record books. A very special thanks to Tualatin Hills, next year will mark the 20th year of this event.

Two SPECIALS:

David Burleson also competed in the National 10K, swimming at the MAC, Burly, at 41 swam a 2:29.28.20 and garnered a THIRD place in the US of A, congratulations David !

TOM ANDERSEN not only set an OMS record in the 1500 sewam at Eugene, but also took home the ZONE record, sorry Tom, but maybe this will make up for it.

OB is busting his britches with pride. In Bend, at Associations, when Chair Suzanne Rague, presents the awards for 1998, OMS will show off 103 TOP TENNERS, add 15 All America relay teams, and then ADD 16, yes 16 individual All Americans, in every category, this is far and away the best showing we (OMS), have ever had, congratulations to each and everyone of you swimmers out there ! This YOUR association, one of the very best in the WORLD !

Lavell Stoinoff, One of the Masters Swimmers of the Year: The Dynamic Dozen

reprinted from the March/April SWIM Magazine



Like many of our 1998 Masters Swimmers of the Year, Lavelle Stoinoff had a prolonged absence from the sport. After competing as a youngster, it wasn't until age 44 that she began again because her daughter was swimming and she wanted to lose weight. Her first event was a 1650 in which she did poorly. I was upset, got energized and won nationals the next year," she says.

Those words seem to characterize Stoinoff's assault on age group records. Currently, she owns world marks in the 400, 800 and 1500 meter freestyle and the 200 meter back (5:54.90, 12:23.32, 23:42.01, 3:16.02). She also holds women's 65-69 national records in the 200, 500 and 1650 yard free (2:32.93, 6:45.03, 23:09.53).

On the way, she has benefited from a variety of "great coaching," including training in age group workouts from ages 50 to 58. Earlier, in her mid-40s, she had one coach who emphasized stretching. Today, she stretches 15 minutes a day with rubber cords - after weights (every other day) and before she enters the pool.

Pool time consists of 5:15 to 7a.m. supervised workouts six days a week at the 18,000-member Multomah Athletic Club in Portland. Two days are long course, the rest are short course with average yardage at 4,000-plus. A typical set might be 20x100 on 1:35. She also jumps rope and runs two miles on the days she is not lifting.

Stoinoff also eats well, monitoring her fat intake. "Carbohydrates are my downfall. My husband loves to cook, and I eat a lot of Power Bars after I swim."

Her goals for 1999? "Try to keep healthy and keep my body in halfway decent shape, improve my stroke and keep doing what I'm doing." The healthy part is important because she has had two rotorcuff surgeries in the past that required almost a year of rehab.



Lavelle is seen here after setting another National Mark in the Backstroke at the recent Mac Club Meet on Feb. 27, 1999.

ol'Barnacle

reviews - results - records - history

Ol Barn ... MAC Meet ...

Your correspondent is really happy to write this report, Dave Burleson is the reason for that happiness.

Outstanding Swimmers:

LAVELLE STOINOFF

Two (2) National Records: 1000 Free 13:53.40, was LS 13:54.83 from 1998.: 200 Back 2:56.66, was LS 2:58.14 from 1998. Zone: 100 Back 1:24.62, was LS 1:25.86 from 1998 (see article and pictures on page 9)

DAVID BURLESON



DAVE BURLESON

Oregon: 200 Free 1:52.30, was Verne Dasch 1:53.78 '90
Oregon: 1000 Free 10:43.98, was Steve Johnson 11:00.55 '92. Zone: 100 Back 56.55, was Gary Hafer 57.67 '92.
Zone: 200 Back 2:04.45, was David Barnes 2:08.20 '96.
Zone: 400 IM 4:29.60, was Rick Colella 4:31.40 '95

EARL WALTER, GERALD HUESTIS, ANDREW HOLDEN, GIL YOUNG

Two National Records: 800 Free Relay 75+ 12.04 39, was 13:24.65, Coast Masters, 400 Medley Relay 75+ 6:04.95, was 6:29.58, Coast Masters

The performances of Wally Holden, Gil Young and Gerald Huestis were the reason we got the records, OB was lucky to be included. Wally and Gil swam low 2:50's in their legs of the 800, while Gerald gave us a Top Five swim in the 100 Breast and a 200 Free that would place 8th in the TT. One last comment, OB is almost sure that there has never

been a Men's Relay in the history of USMS, that has held all 5 records in their age group at the same time.

Women 19-24: Sierra Snyder (SDSM) had a 100BACK 1:03.49(TT2) and a 200BACK 2:14.98(TT1). Sierra let's join OREG. Wendy Dixon had excellent times in the 50,100 and 200 Breast-34.94, 1:15.14, 2:44.05. Lisa Gorsline should make the TT in the 200 Fly with a 2:44.67, still early in the year, let's crank it up, even higher.

Women 25-29: We have some swimmers here: Francesca Gambetti, Angie Smith, Shauna Simpson, and Maureen Haslach. Shauna and Maureen went after each other in the 500, 5:51.94 vs 5:52.62. Anne Winthrop vs Angie Smith 200 Back 2:32.22 vs 2:34.47, look at Maureen's 200 Breast 2:40.59, and Shauna's 200 Fly 2:24.05.

Women 30-34: Michelle Donahue has returned to the "wars" spun the 200 Back 2:20.02, rec is 2:18.62. OB bets that we will be hearing a lot from Karen Hakanson. Laura Tyrell will be a freestyler of note.

Women 35-39: Becky Obletz from MAC continues to swim up a storm, and Beky Rasmussen has come over the horizon and will have to be reckoned with.

Women 40-44: Robin Parisi from the MAC, is a swimmer, missed the 50 Fly rec 30.57 vs 30.09, and Liz Cheney is looking good in early season form.

Women 45-49: TERI HENDRYX (MAC) picked off the record for the 100 Back 1:13.98, was Ginger Pierson 1:14.22 '91, Teri also showed us how to "fly" in 100 at 1:14.07, rec is 1:13.81, plus a TT5 in the 400IM 5:36.66 vs the rec of 5:33.00. Suzanne Rague, our leader picked off the 200IM in 3:02.61

Women 50-54: Sandi R and Jackie Quattro, locked horns in the 50 Free 31.22 vs 31.53. Chris Clum should have a great year, has a great start 100/200Breast 1:27.32 and 3:08.40(TT6). Alice Zabudsky, Chris Clum and Jackie Quattro wrestled the 100 IM 1:24.16, 1:25.04, 1:26.08.

Women 55-59: Sue Calnek is really on track for a great 1999, in 4 out of 5 Free events she has already qualified for the Top 10. Joy Ward was looking great TT wise, with 2-3's a 2 and a 4. Pam Himstreet lodged a TT7 in the 200 IM at 3:10.84.

Women 60-64: This belonged to Susanne Schumann

Women 65-69: Hannelore Snyder from IM, looks like a swimmer to these tired old eyes. Jane Huntley is on the move, swimming faster, as is Cynthia Rosik, Jane is new to Masters, while Cynthia has been gone for a while.

Women 70-74: Betsy Austen (MAC) and Margaret Wells shared this age go round, with Margaret picking up the most heavy metal, her 100Fly should make the Top Ten.

Women 75-79: Elfie Stevenin swam and won everything, with her best a 20 Sec improvement in the 200 Fly over 1998.

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— Ages 19 Through 24 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1102	WENDY DIXON	20 OREG	30.81
Mixed 200 Free				
1	1028	LISA GORSLINE	23 OREG	2:22.09
Mixed 500 Free				
1	1028	LISA GORSLINE	23 OREG	6:15.51
Mixed 1000 Free				
1	1028	LISA GORSLINE	23 OREG	12:47.93
Mixed 100 Back				
1	1002	SIERRA SNYDER	21 SDSM	1:03.49



Sierra Snyder all the way from San Diego wins both the 100 and 200 backstroke

Mixed 200 Back				
1	1002	SIERRA SNYDER	21 SDSM	2:14.98
Mixed 50 Breast				
1	1102	WENDY DIXON	20 OREG	34.94
Mixed 100 Breast				
1	1102	WENDY DIXON	20 OREG	1:15.14
Mixed 200 Breast				
1	1102	WENDY DIXON	20 OREG	2:44.05
2	1028	LISA GORSLINE	23 OREG	3:08.19
Mixed 50 Fly				
1	1102	WENDY DIXON	20 OREG	33.48
Mixed 200 Fly				
1	1028	LISA GORSLINE	23 OREG	2:44.67
Mixed 100 IM				
1	1102	WENDY DIXON	20 OREG	1:14.76
Mixed 400 IM				
1	1028	LISA GORSLINE	23 OREG	5:43.75

— Ages 25 Through 29 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1013	FRANCESCA GAMBETTI	26 OREG	26.72
2	1098	LAUREL HALLOCK	26 OREG	35.19
Mixed 100 Free				
1	1103	ANGIE SMITH	25 OREG	1:04.66
2	1098	LAUREL HALLOCK	26 OREG	1:19.36
Mixed 200 Free				
1	1001	SHAUNA SIMPSON	27 OREG	2:12.34
Mixed 500 Free				
1	1001	SHAUNA SIMPSON	27 OREG	5:51.94
2	1108	MAUREEN HASLACH	28 OREG	5:52.62
Mixed 1000 Free				
1	1001	SHAUNA SIMPSON	27 OREG	11:59.29
2	1098	LAUREL HALLOCK	26 OREG	15:41.82
Mixed 50 Back				
1	1013	FRANCESCA GAMBETTI	26 OREG	32.80
Mixed 100 Back				
1	1103	ANGIE SMITH	25 OREG	1:13.27
Mixed 200 Back				
1	1117	ANNE WINTHROP	28 OREG	2:32.22
2	1103	ANGIE SMITH	25 OREG	2:34.47
Mixed 50 Breast				
1	1108	MAUREEN HASLACH	28 OREG	34.05
2	1013	FRANCESCA GAMBETTI	26 OREG	37.48
3	1098	LAUREL HALLOCK	26 OREG	45.43
Mixed 200 Breast				
1	1108	MAUREEN HASLACH	28 OREG	2:40.59
Mixed 50 Fly				
1	1013	FRANCESCA GAMBETTI	26 OREG	29.98

Mixed 100 Fly				
1	1001	SHAUNA SIMPSON	27 OREG	1:05.07
Mixed 200 Fly				
1	1001	SHAUNA SIMPSON	27 OREG	2:24.05
Mixed 100 IM				
1	1013	FRANCESCA GAMBETTI	26 OREG	1:09.66
Mixed 200 IM				
1	1108	MAUREEN HASLACH	28 OREG	2:29.88
2	1103	ANGIE SMITH	25 OREG	2:46.01
-	1013	FRANCESCA GAMBETTI	26 OREG	DQ
Mixed 400 IM				
1	1001	SHAUNA SIMPSON	27 OREG	5:09.68

— Ages 30 Through 34 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1027	KAREN HAKANSON	33 OREG	27.27
2	1088	ANDREA MILANO	31 OREG	29.56
Mixed 100 Free				
1	1052	MICHELLE DONAHUE	31 OREG	1:00.96
2	1027	KAREN HAKANSON	33 OREG	1:01.60
3	1087	SANDRA HYDE	30 OREG	1:05.28
4	1095	RENEE RHOADS	33 OREG	1:06.04
5	1004	YEE HAN CHU	30 OREG	1:19.50
Mixed 200 Free				
1	1105	LAURA TYRELL	31 OREG	2:17.12
2	1088	ANDREA MILANO	31 OREG	2:23.70
Mixed 500 Free				
1	1105	LAURA TYRELL	31 OREG	6:02.17
Mixed 1000 Free				
1	1105	LAURA TYRELL	31 OREG	12:26.45
2	1087	SANDRA HYDE	30 OREG	13:26.68
Mixed 50 Back				
1	1027	KAREN HAKANSON	33 OREG	35.09
Mixed 100 Back				
1	1087	SANDRA HYDE	30 OREG	1:22.16
Mixed 200 Back				
1	1052	MICHELLE DONAHUE	31 OREG	2:20.02
Mixed 50 Breast				
1	1095	RENEE RHOADS	33 OREG	43.99
Mixed 50 Fly				
1	1027	KAREN HAKANSON	33 OREG	31.53
2	1095	RENEE RHOADS	33 OREG	37.36
Mixed 100 Fly				
1	1087	SANDRA HYDE	30 OREG	1:26.97
Mixed 100 IM				
1	1027	KAREN HAKANSON	33 OREG	1:12.69
Mixed 200 IM				
1	1095	RENEE RHOADS	33 OREG	2:57.14
Mixed 400 IM				
1	1087	SANDRA HYDE	30 OREG	6:05.60
— Ages 35 Through 39 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1062	BECKY OBLETZ	39 MACO	28.81
2	1023	BEKY RASMUSSEN	36 OREG	30.44
Mixed 100 Free				
1	1062	BECKY OBLETZ	39 MACO	1:03.00
2	1023	BEKY RASMUSSEN	36 OREG	1:05.41
Mixed 200 Free				
1	1062	BECKY OBLETZ	39 MACO	2:19.28
2	1023	BEKY RASMUSSEN	36 OREG	2:24.67
Mixed 500 Free				
1	1062	BECKY OBLETZ	39 MACO	6:11.95
2	1023	BEKY RASMUSSEN	36 OREG	6:31.13
Mixed 50 Breast				
1	1062	BECKY OBLETZ	39 MACO	35.59
Mixed 200 Breast				
1	1062	BECKY OBLETZ	39 MACO	2:49.36
Mixed 100 IM				
1	1023	BEKY RASMUSSEN	36 OREG	1:16.64
— Ages 40 Through 44 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1086	LIZ CHENEY	42 OREG	31.46
Mixed 200 Free				
1	1086	LIZ CHENEY	42 OREG	2:41.19
Mixed 50 Back				
1	1086	LIZ CHENEY	42 OREG	40.32
Mixed 50 Fly				
1	1073	ROBIN PARISI	44 MACO	30.57
Mixed 100 Fly				
1	1073	ROBIN PARISI	44 MACO	1:09.40
Mixed 100 IM				
1	1073	ROBIN PARISI	44 MACO	1:11.83
Mixed 200 IM				
1	1073	ROBIN PARISI	44 MACO	2:37.95
— Ages 45 Through 49 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Back				
1	1106	KAYE CUSHING	47 OREG	35.91
Mixed 100 Back				
1	1061	TERI HENDRYX	45 MACO	1:13.98

2	1084	SUSAN COLLINS	46 OREG	1:27.12
Mixed 50 Breast				
1	1061	TERI HENDRYX	45 MACO	37.24
Mixed 200 Breast				
1	1084	SUSAN COLLINS	46 OREG	3:30.91
Mixed 50 Fly				
1	1101	SUZANNE RAGUE	48 OREG	37.66
Mixed 100 Fly				
1	1061	TERI HENDRYX	45 MACO	1:14.07
2	1084	SUSAN COLLINS	46 OREG	1:30.39
Mixed 100 IM				
1	1084	SUSAN COLLINS	46 OREG	1:28.23
Mixed 200 IM				
1	1101	SUZANNE RAGUE	48 OREG	3:02.61
2	1084	SUSAN COLLINS	46 OREG	3:09.07
Mixed 400 IM				
1	1061	TERI HENDRYX	45 MACO	5:36.66
2	1084	SUSAN COLLINS	46 OREG	6:35.96

— Ages 50 Through 54 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1039	SANDI ROUSSEAU	51 OREG	31.23
2	1078	JACKIE QUATTRO	51 OREG	31.53
3	1034	ALICE ZUBUDSKY	54 OREG	33.50
4	1092	SALLY MARTIN	52 OREG	44.59
Mixed 100 Free				
1	1012	CHRIS CLUM	53 OREG	1:13.27
Mixed 50 Back				
1	1078	JACKIE QUATTRO	51 OREG	39.26
2	1092	SALLY MARTIN	52 OREG	59.23
Mixed 50 Breast				
1	1012	CHRIS CLUM	53 OREG	39.95
2	1092	SALLY MARTIN	52 OREG	54.24
Mixed 100 Breast				
1	1012	CHRIS CLUM	53 OREG	1:27.32
2	1034	ALICE ZUBUDSKY	54 OREG	1:33.06
Mixed 200 Breast				
1	1012	CHRIS CLUM	53 OREG	3:08.40
Mixed 50 Fly				
1	1012	CHRIS CLUM	53 OREG	39.49
Mixed 100 Fly				
1	1039	SANDI ROUSSEAU	51 OREG	1:21.36
2	1034	ALICE ZUBUDSKY	54 OREG	1:26.47
Mixed 200 Fly				
1	1067	GINGER PIERSON	52 MACO	3:04.61
Mixed 100 IM				
1	1034	ALICE ZUBUDSKY	54 OREG	1:24.16
2	1012	CHRIS CLUM	53 OREG	1:25.04
3	1078	JACKIE QUATTRO	51 OREG	1:26.08
— Ages 55 Through 59 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1038	JOY WARD	56 OREG	29.89
2	1043	SUE CALNEK-MORRIS	55 OREG	33.37
Mixed 100 Free				
1	1043	SUE CALNEK-MORRIS	55 OREG	1:12.99
Mixed 200 Free				
1	1043	SUE CALNEK-MORRIS	55 OREG	2:50.03
Mixed 500 Free				
1	1043	SUE CALNEK-MORRIS	55 OREG	7:12.31
2	1090	PAMELA HIMSTREET	55 OREG	7:29.80
Mixed 1000 Free				
1	1043	SUE CALNEK-MORRIS	55 OREG	14:56.70
Mixed 50 Back				
1	1038	JOY WARD	56 OREG	36.95
Mixed 100 Back				
1	1038	JOY WARD	56 OREG	1:23.51
Mixed 50 Breast				
1	1090	PAMELA HIMSTREET	55 OREG	44.05
Mixed 50 Fly				
1	1038	JOY WARD	56 OREG	34.10
Mixed 100 IM				
1	1038	JOY WARD	56 OREG	1:19.47
Mixed 200 IM				
1	1090	PAMELA HIMSTREET	55 OREG	3:10.84

— Ages 60 Through 64 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1060	SUSANNE SCHUMANN	61	OREG	35.68
Mixed 100 Free					
1	1060	SUSANNE SCHUMANN	61	OREG	1:20.35
Mixed 50 Breast					
1	1060	SUSANNE SCHUMANN	61	OREG	45.33
Mixed 100 Breast					
1	1060	SUSANNE SCHUMANN	61	OREG	1:41.05

— Ages 65 Through 69 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1100	JANE HUNTLEY	65	OREG	47.41
Mixed 200 Free					
1	1066	LAVELLE STOINOFF	66	MACO	2:35.66
Mixed 1000 Free					
1	1066	LAVELLE STOINOFF	66	MACO	13:53.40
Mixed 50 Back					
1	1042	HANNELORE SNYDER	68	IM	54.55
2	1100	JANE HUNTLEY	65	OREG	59.60
Mixed 100 Back					
1	1066	LAVELLE STOINOFF	66	MACO	1:24.62
2	1042	HANNELORE SNYDER	68	IM	2:04.11
Mixed 200 Back					
1	1066	LAVELLE STOINOFF	66	MACO	2:56.66
Mixed 50 Breast					
1	1042	HANNELORE SNYDER	68	IM	51.77
Mixed 100 Breast					
1	1042	HANNELORE SNYDER	68	IM	1:56.56
2	1011	CYNTHIA ROSIK	66	OREG	2:03.52
Mixed 200 Breast					
1	1042	HANNELORE SNYDER	68	IM	4:13.51
2	1011	CYNTHIA ROSIK	66	OREG	4:26.21
Mixed 100 IM					
1	1011	CYNTHIA ROSIK	66	OREG	2:02.07

— Ages 70 Through 74 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 100 Free					
1	1063	BETSY AUSTEN	71	MACO	1:49.65
2	1047	MARGARET WELLS	72	OREG	1:51.22
Mixed 500 Free					
1	1063	BETSY AUSTEN	71	MACO	10:18.96
Mixed 1000 Free					
1	1047	MARGARET WELLS	72	OREG	22:16.87
Mixed 50 Fly					
1	1047	MARGARET WELLS	72	OREG	56.47
Mixed 100 Fly					
1	1047	MARGARET WELLS	72	OREG	2:19.68
Mixed 400 IM					
1	1047	MARGARET WELLS	72	OREG	12:35.36

— Ages 75 Through 79 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 500 Free					
1	1044	ELFIE STEVENIN	77	OREG	15:04.62
Mixed 200 Back					
1	1044	ELFIE STEVENIN	77	OREG	6:05.74
Mixed 200 Fly					
1	1044	ELFIE STEVENIN	77	OREG	8:04.30
Mixed 400 IM					
1	1044	ELFIE STEVENIN	77	OREG	14:59.90

— Ages 19 Through 24 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1058	KEVIN SIVERSTON	24	OREG	23.93
Mixed 100 Free					
1	1058	KEVIN SIVERSTON	24	OREG	52.85
Mixed 200 Free					
1	1058	KEVIN SIVERSTON	24	OREG	2:05.79
Mixed 50 Fly					
1	1058	KEVIN SIVERSTON	24	OREG	26.45
Mixed 100 Fly					
1	1058	KEVIN SIVERSTON	24	OREG	58.29
Mixed 200 IM					
1	1058	KEVIN SIVERSTON	24	OREG	2:15.52

— Ages 25 Through 29 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Breast					
1	1080	GEOFF BASLER	28	OREG	29.68

— Ages 30 Through 34 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1065	ROBERT KABACY	30	MACO	22.13
2	1019	STEVE PARMENTIER	33	UNATT	23.99
3	1010	DANIEL VAUGHN	34	OREG	25.12
Mixed 100 Free					
1	1065	ROBERT KABACY	30	MACO	48.70
2	1114	DAVID RICE	32	OREG	54.45
3	1096	CHRISTOPHE PAGE	32	OREG	54.60

4	1010	DANIEL VAUGHN	34	OREG	56.90
5	1041	MIKE CONRATH	34	OREG	1:01.32
Mixed 200 Free					
1	1065	ROBERT KABACY	30	MACO	1:50.17
2	1109	MARK RANKIN	32	OREG	2:04.97



Robert Kabacy is super quick in freestyle

Mixed 500 Free					
1	1041	MIKE CONRATH	34	OREG	6:12.49
Mixed 50 Back					
1	1019	STEVE PARMENTIER	33	UNATT	27.31
Mixed 100 Back					
1	1019	STEVE PARMENTIER	33	UNATT	59.92
Mixed 50 Breast					
1	1109	MARK RANKIN	32	OREG	31.73
2	1114	DAVID RICE	32	OREG	32.25
3	1019	STEVE PARMENTIER	33	UNATT	32.26
4	1057	COLIN MACLAREN	30	OREG	35.00
Mixed 200 Breast					
1	1109	MARK RANKIN	32	OREG	2:36.28
Mixed 50 Fly					
1	1049	ANTHONY NEWKIRK	32	UNATT	27.07
2	1010	DANIEL VAUGHN	34	OREG	28.30
3	1114	DAVID RICE	32	OREG	28.49
Mixed 100 Fly					
1	1109	MARK RANKIN	32	OREG	1:00.84
Mixed 100 IM					
1	1019	STEVE PARMENTIER	33	UNATT	1:00.17
Mixed 200 IM					
1	1109	MARK RANKIN	32	OREG	2:16.77
2	1096	CHRISTOPHE PAGE	32	OREG	2:19.38
3	1041	MIKE CONRATH	34	OREG	2:41.06

— Ages 35 Through 39 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1070	DANIEL KNAUER	38	MACO	23.84
2	1077	DOUG MOSHOFKY	37	MACO	23.90
3	1029	ROBERT MALLORY	38	OREG	31.06
Mixed 100 Free					
1	1077	DOUG MOSHOFKY	37	MACO	53.32
2	1070	DANIEL KNAUER	38	MACO	53.40
3	1037	ROBERT MOORE	38	MACO	54.08
4	1107	JEFFREY ANSPACH	38	OREG	56.62
5	1025	CARL TRABANT	37	OREG	58.58
6	1018	CLINT EBERT	39	OREG	1:17.83
Mixed 200 Free					
1	1070	DANIEL KNAUER	38	MACO	1:53.07
2	1077	DOUG MOSHOFKY	37	MACO	2:00.34
3	1107	JEFFREY ANSPACH	38	OREG	2:09.65
4	1029	ROBERT MALLORY	38	OREG	2:37.54



Mixed 500 Free					
1	1070	DANIEL KNAUER	38	MACO	5:11.25
2	1025	CARL TRABANT	37	OREG	5:55.67
3	1029	ROBERT MALLORY	38	OREG	6:53.88
4	1018	CLINT EBERT	39	OREG	8:11.60

Mixed 1000 Free					
1	1029	ROBERT MALLORY	38	OREG	14:28.70

Mixed 100 Back					
1	1033	DAVID COBB	39	OREG	1:07.25

Mixed 50 Breast					
1	1005	BRADLEY MYERS	38	OREG	33.14
2	1033	DAVID COBB	39	OREG	33.93
3	1018	CLINT EBERT	39	OREG	37.25

Mixed 100 Breast					
1	1033	DAVID COBB	39	OREG	1:12.85
2	1018	CLINT EBERT	39	OREG	1:22.62

Mixed 200 Breast					
1	1033	DAVID COBB	39	OREG	2:42.79
2	1018	CLINT EBERT	39	OREG	DQ

Mixed 50 Fly					
1	1037	ROBERT MOORE	38	MACO	26.28
2	1005	BRADLEY MYERS	38	OREG	30.74

Mixed 100 Fly					
1	1107	JEFFREY ANSPACH	38	OREG	1:01.49

Mixed 200 Fly					
1	1037	ROBERT MOORE	38	MACO	2:11.26

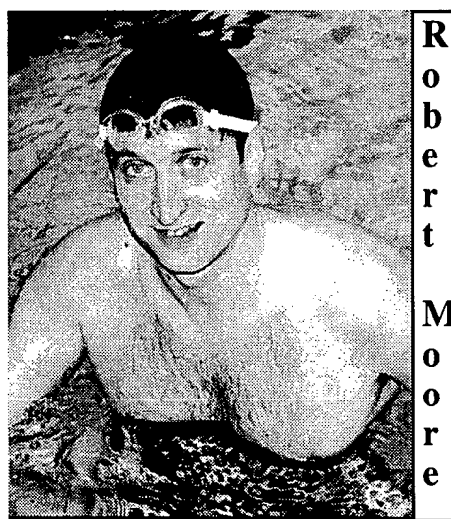
Mixed 100 IM					
1	1077	DOUG MOSHOFKY	37	MACO	1:01.71

Mixed 200 IM					
1	1077	DOUG MOSHOFKY	37	MACO	2:17.08

Mixed 400 IM					
1	1033	DAVID COBB	39	OREG	5:14.12
2	1107	JEFFREY ANSPACH	38	OREG	5:19.82

— Ages 40 Through 44 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1003	MARK WREN	40	OREG	25.36
2	1016	MIKE DAVIS	44	OREG	27.95
3	1035	CHARLES HELM	42	OREG	31.16
Mixed 100 Free					
1	1003	MARK WREN	40	OREG	56.64
2	1016	MIKE DAVIS	44	OREG	1:00.50
3	1091	DIETER HOFFMAN	41	MACO	1:01.56
4	1040	MARK NEUBERT	41	OREG	1:13.17
5	1035	CHARLES HELM	42	OREG	1:13.66



Robert Moore

Mixed 200 Free					
1	1069	DAVID BURLESON	41	MACO	1:52.30
2	1003	MARK WREN	40	OREG	2:08.42
3	1016	MIKE DAVIS	44	OREG	2:16.62
Mixed 500 Free					
1	1094	JERRY NEEDHAM	42	OREG	5:40.63
2	1003	MARK WREN	40	OREG	5:54.02
3	1016	MIKE DAVIS	44	OREG	6:10.17
4	1091	DIETER HOFFMAN	41	MACO	6:27.25
5	1040	MARK NEUBERT	41	OREG	7:27.82
6	1035	CHARLES HELM	42	OREG	7:52.05

3	1035	CHARLES HELM	42	OREG	1:56.45
Mixed 200 Back					
1	1069	DAVID BURLESON	41	MACO	2:04.45
Mixed 50 Breast					
1	1030	JOE FASSIO	41	OREG	33.45
2	1110	PETER METZGER	43	OREG	33.64
3	1040	MARK NEUBERT	41	OREG	38.67
Mixed 100 Breast					
1	1040	MARK NEUBERT	41	OREG	1:24.52
Mixed 200 Breast					
-	1110	PETER METZGER	43	OREG	DQ
Mixed 50 Fly					
1	1003	MARK WREN	40	OREG	28.42
2	1094	JERRY NEEDHAM	42	OREG	30.51
3	1030	JOE FASSIO	41	OREG	34.16
Mixed 200 Fly					
1	1110	PETER METZGER	43	OREG	2:39.67
Mixed 100 IM					
1	1110	PETER METZGER	43	OREG	1:02.10
2	1003	MARK WREN	40	OREG	1:08.69
3	1016	MIKE DAVIS	44	OREG	1:09.60
4	1040	MARK NEUBERT	41	OREG	1:25.36
5	1035	CHARLES HELM	42	OREG	1:36.62
Mixed 400 IM					
1	1069	DAVID BURLESON	41	MACO	4:29.60
— Ages 45 Through 49 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1075	ROBERT MAESTRE	48	MACO	24.90
2	1006	RON RICHARDS	48	OREG	25.38
3	1079	MICHAEL BRUHL	45	OREG	26.55
4	1083	JOHN COLLINS	47	OREG	30.75
Mixed 100 Free					
1	1006	RON RICHARDS	48	OREG	56.26
2	1113	TOM ANDERSEN	48	OREG	58.70
3	1079	MICHAEL BRUHL	45	OREG	1:01.19
4	1021	MICHAEL GILLIAND	45	OREG	1:01.38
5	1007	SCOTT MCCLEERY	46	OREG	1:04.52
Mixed 200 Free					
1	1075	ROBERT MAESTRE	48	MACO	2:03.34
2	1113	TOM ANDERSEN	48	OREG	2:07.71
Mixed 500 Free					
1	1020	DUANE LINNERTZ	47	OREG	6:39.28
2	1007	SCOTT MCCLEERY	46	OREG	6:59.38
3	1083	JOHN COLLINS	47	OREG	7:06.03
Mixed 1000 Free					
1	1113	TOM ANDERSEN	48	OREG	11:55.67
2	1083	JOHN COLLINS	47	OREG	14:27.22
-	1075	ROBERT MAESTRE	48	MACO	DNF
Mixed 50 Back					
1	1113	TOM ANDERSEN	48	OREG	31.64
2	1006	RON RICHARDS	48	OREG	31.71
Mixed 100 Back					
1	1113	TOM ANDERSEN	48	OREG	1:07.95
Mixed 200 Back					
1	1113	TOM ANDERSEN	48	OREG	2:30.01
2	1083	JOHN COLLINS	47	OREG	3:17.40
Mixed 50 Fly					
1	1006	RON RICHARDS	48	OREG	29.15
2	1021	MICHAEL GILLIAND	45	OREG	31.22
3	1007	SCOTT MCCLEERY	46	OREG	32.67
4	1079	MICHAEL BRUHL	45	OREG	33.58
Mixed 100 IM					
1	1079	MICHAEL BRUHL	45	OREG	1:14.70
2	1083	JOHN COLLINS	47	OREG	1:25.88
-	1006	RON RICHARDS	48	OREG	DQ
Mixed 200 IM					
1	1020	DUANE LINNERTZ	47	OREG	3:02.11
2	1083	JOHN COLLINS	47	OREG	3:07.99
— Ages 50 Through 54 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1072	FRANK PARISI	50	MACO	31.61
Mixed 100 Free					
1	1072	FRANK PARISI	50	MACO	1:09.78
Mixed 50 Breast					
1	1072	FRANK PARISI	50	MACO	38.13
Mixed 50 Fly					
1	1072	FRANK PARISI	50	MACO	35.07
— Ages 55 Through 59 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1059	EMERSON CHRISTOFF	59	OREG	28.26
2	1074	JOE SANTRY	58	MACO	30.09
3	1051	RICHARD JUHALA	55	OREG	35.78
Mixed 100 Free					
1	1074	JOE SANTRY	58	MACO	1:06.62
Mixed 500 Free					
1	1093	KARL VON TAGEN	55	MACO	6:12.84
2	1059	EMERSON CHRISTOFF	59	OREG	6:27.31
3	1051	RICHARD JUHALA	55	OREG	7:57.47
Mixed 50 Back					
1	1074	JOE SANTRY	58	MACO	37.86

Mixed 100 Back					
1	1074	JOE SANTRY	58	MACO	1:21.33
Mixed 200 Back					
1	1059	EMERSON CHRISTOFF	59	OREG	2:41.25
2	1051	RICHARD JUHALA	55	OREG	3:28.15
Mixed 50 Fly					
1	1059	EMERSON CHRISTOFF	59	OREG	34.60
Mixed 100 Fly					
1	1051	RICHARD JUHALA	55	OREG	1:30.92
Mixed 100 IM					
1	1074	JOE SANTRY	58	MACO	1:21.36
2	1051	RICHARD JUHALA	55	OREG	1:24.58
Mixed 400 IM					
1	1051	RICHARD JUHALA	55	OREG	7:08.40
— Ages 60 Through 64 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 100 Free					
1	1017	JIM BIGLER	63	MACO	1:07.98
2	1068	THOMAS LEVAK	60	MACO	1:08.03
Mixed 200 Free					
1	1017	JIM BIGLER	63	MACO	2:35.41
Mixed 500 Free					
1	1017	JIM BIGLER	63	MACO	7:03.82
Mixed 1000 Free					
1	1017	JIM BIGLER	63	MACO	14:23.55
— Ages 65 Through 69 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1032	MILTON MARKS	68	OREG	30.33
2	1054	ERIC GUEST	69	OREG	31.57
Mixed 500 Free					
1	1026	ARTHUR WELCH	66	OREG	7:43.35
Mixed 100 Back					
1	1026	ARTHUR WELCH	66	OREG	1:36.32
Mixed 200 Back					
1	1026	ARTHUR WELCH	66	OREG	3:25.21
Mixed 50 Breast					
1	1032	MILTON MARKS	68	OREG	37.24
2	1054	ERIC GUEST	69	OREG	42.43
3	1026	ARTHUR WELCH	66	OREG	1:04.35
Mixed 100 Breast					
-	1032	MILTON MARKS	68	OREG	DQ
Mixed 200 Breast					
1	1032	MILTON MARKS	68	OREG	3:24.72
Mixed 50 Fly					
1	1054	ERIC GUEST	69	OREG	38.93
2	1026	ARTHUR WELCH	66	OREG	43.03
Mixed 100 IM					
1	1054	ERIC GUEST	69	OREG	1:23.79
— Ages 70 Through 74 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 100 Free					
1	1064	CLARK AUSTEN	71	MACO	1:39.84
Mixed 500 Free					
1	1064	CLARK AUSTEN	71	MACO	10:11.31
Mixed 50 Fly					
1	1064	CLARK AUSTEN	71	MACO	58.13
— Ages 75 Through 79 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1071	JAMES HOLLAND	75	MACO	36.94
2	1115	RUPERT FIXOTT	77	OREG	41.99
3	1097	CHARLES BUSHEY	77	OREG	46.29
4	1048	JOSEPH MALLON	77	OREG	54.22
Mixed 100 Free					
1	1097	CHARLES BUSHEY	77	OREG	1:47.42
2	1024	KHOSROW SHADBEH	77	OREG	1:47.46
3	1048	JOSEPH MALLON	77	OREG	1:56.80
Mixed 200 Free					
1	1115	RUPERT FIXOTT	77	OREG	3:59.78
2	1097	CHARLES BUSHEY	77	OREG	4:03.98
Mixed 500 Free					
1	1097	CHARLES BUSHEY	77	OREG	10:29.16
2	1048	JOSEPH MALLON	77	OREG	11:00.12
Mixed 1000 Free					
1	1048	JOSEPH MALLON	77	OREG	22:20.96
Mixed 100 Back					
1	1031	EARL WALTER	77	OREG	1:46.29
2	1115	RUPERT FIXOTT	77	OREG	2:10.95
Mixed 200 Back					
1	1031	EARL WALTER	77	OREG	3:48.15
Mixed 50 Breast					
1	1115	RUPERT FIXOTT	77	OREG	53.36
2	1024	KHOSROW SHADBEH	77	OREG	56.38
Mixed 100 Breast					
1	1071	JAMES HOLLAND	75	MACO	1:49.38
2	1036	ANDREW HOLDEN	79	OREG	1:50.90
Mixed 200 Breast					
-	1031	EARL WALTER	77	OREG	NS
Mixed 50 Fly					
1	1024	KHOSROW SHADBEH	77	OREG	1:17.23

RELAYS

Female 200 R-Medley					
1	3020	oreg A F-19	OREG		2:09.89
KAREN HAKANSON-33 WENDY DIXON-20					
SHAUNA SIMPSON-27 LISA GORSLINE-23					
Female 200 R-Free					
-	3012	oreg A F-25	OREG		DQ
ANDREA MILANO-31 LAURA TYRELL-31 F. GAMBETTI-26					
MAUREEN HASLACH-28					
Female 200 R-Free					
1	3013	maco A F-35	MACO		1:58.32
TERI HENDRYX-45 GINGER PIERSON-52 ROBIN PARISI-44					
BECKY OBLETZ-39					
Female 200 R-Medley					
1	3019	maco A F-35	MACO		2:16.38
TERI HENDRYX-45 GINGER PIERSON-52 ROBIN PARISI-44					
L. STOINOFF-66					
Male 200 R-Free					
1	3016	maco A M-25	MACO		1:33.17
DAVID BURLESON-41 ROBERT KABACY-30 DANIEL					
KNAUER-38 DOUG MOSHOFSKY-37					
Male 200 R-Medley					
1	3024	maco A M-25	MACO		1:48.51
DAVID BURLESON-41 DOUG MOSHOFSKY-37 ROBERT					
KABACY-30 DANIEL KNAUER-38					
Male 200 R-Free					
1	3014	oreg A M-35	OREG		2:10.71
ROBERT MALLORY-38 MARK NEUBERT-41 RICHARD					
JUHALA-55 CHARLES HELM-42					
Male 200 R-Medley					
1	3022	oreg B M-35	OREG		2:01.56
JEFFREY ANSPACH-38 PETER METZGER-43 MARK WREN-40					
RON RICHARDS-48					
2	3021	oreg A M-35	OREG		2:35.04
MARK NEUBERT-41 ERIC GUEST-69 RICHARD JUHALA-					
55 CHARLES HELM-42					
Male 200 R-Free					
1	3017	maco B M-45	MACO		1:43.31
JOE SANTRY-58 ROBERT MAESTRE-48 FRANK PARISI-50					
JIM BIGLER-63					
Male 400 R-Medley					
1	3025	oreg A M-75	OREG		6:04.95
EARL WALTER-77 GERALD HUESTIS-78 ANDREW					
HOLDEN-79 GILBERT YOUNG-76					
Male 800 R-Free					
1	3018	oreg A M-75	OREG		12:04.39
EARL WALTER-77 GERALD HUESTIS-78 ANDREW HOLD-					
EN-79 GILBERT YOUNG-76					
Mixed 200 R-Medley					
1	3011	oreg C X-19	OREG		2:01.07
PETER METZGER-43M WENDY DIXON-20F LISA					
GORSLINE-23F DAVID COBB-39M					
Mixed 200 R-Free					
1	3004	oreg B X-25	OREG		1:44.20
GEOFF BASLER-28M F. GAMBETTI-26F ALEX STILES-32M					
ANNE WINTHROP-28F					
2	3002	maco A X-25	MACO		1:44.97
BECKY OBLETZ-39F TERI HENDRYX-45F ROBERT					
KABACY-30M DANIEL KNAUER-38M					
3	3005	oreg C X-25	OREG		1:53.40
M. DONAHUE-31F JOE FASSIO-41M COLIN					
MACLAREN-30M AMY BENSON-32F					
Mixed 200 R-Medley					
1	3006	oreg A X-25	OREG		1:55.87
M. DONAHUE-31F JOE FASSIO-41M F. GAMBETTI-26F					
GEOFF BASLER-28M					
2	3008	maco A X-25	MACO		2:02.39
TERI HENDRYX-45F BECKY OBLETZ-39F ROBERT					
KABACY-30M DANIEL KNAUER-38M					
3	3007	oreg B X-25	OREG		2:14.37
ANNE WINTHROP-28F ALEX STILES-32M AMY					
BENSON-32F ALEX STILES-32M					
Mixed 200 R-Free					
1	3003	maco B X-35	MACO		1:49.03
GINGER PIERSON-52F ROBIN PARISI-44F DAVID					
BURLESON-41M ROBERT MOORE-38M					
2	3001	oreg A X-35	OREG		2:04.87
JOY WARD-56F CHARLES HELM-42M MARK					
NEUBERT-41M BEKY RASMUSSEN-36F					
Mixed 200 R-Medley					
1	3010	maco C X-35	MACO		2:00.76
DAVID BURLESON-41M GINGER PIERSON-52F ROBERT					
MOORE-38M ROBIN PARISI-44F					
Mixed 200 R-Medley					
1	3009	maco B X-55	MACO		2:39.15
L. STOINOFF-66F S. SCHUMANN-61F JIM BIGLER-63M					
THOMAS LEVAK-60M					

Tualatin Hills "Swim into Summer" Long Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-06

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

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

Hosted by Tualatin Hills Barracudas

Place: Tualatin Hills Aquatic Center Pool

15707 S.W. Walker Rd. Beaverton OR

6-8 lanes competition - electronic timing

1-3 lanes continuous warm up/down area, 1 buffer lane

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

Directions to Pool: Take Hy 26 west to Cornell Rd. exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

DATE: June 12, 1999

WARMUPS: Saturday 8:00 A.M.

MEET STARTS: Saturday 9:00 A.M.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN May 27, 1999

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. etc. up to 95+. RELAY AGES: 76+, 100+, 120+,160+, 200+,240+, 280+, & 320+ 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 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 400m and 800m Freestyles will be deck seeded. All events will be seeded SLOW TO FAST.

Saturday, June 12

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

800 FREE (2) _____:_____._____

SECOND WARMUP 20 MINUTES entire pool

FREE RELAY (3 /4) XXXXXXXXX

50 FREE (5) _____:_____._____

100 BREAST (6) _____:_____._____

200 BACK (7) _____:_____._____

50 FLY (8) _____:_____._____

200 I.M. (9) _____:_____._____

MXD FREE RELAY(10) XXXXXXXX

BREAK BREAK BREAK

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

50 BACK (13) _____:_____._____

100 FLY (14) _____:_____._____

MED RELAY (15/16)XXXXXXXXXX

BREAK BREAK BREAK

200 FREE (17) _____:_____._____

50 BREAST (18) _____:_____._____

100 BACK (19) _____:_____._____

200 FLY (20) _____:_____._____

MXD MED RELAY (21) XXXXXXXXX

400 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**

ol' Barn continued from page 10

Men 19-24: Welcome Kevin Silverston, this young man is a freestyler and a flyer, keep your eyes on him, Kevin entered 6 events, swam them all in excellent times.

Men 25-29: OMS welcome to Geoff Basler, swam a fine 50 breast in 29.68, then disappeared, hope to see more of you.

Men 30-34: ROBERT KABACY (MAC) tied John Ritch's 100 Free record of 48.70, then stroked the 200 Free in 1:50.17. Steve Parmentier is a comer fine 100 Back 59.92. Mark Rankin gave us a 2:36.28 for the 200 Breast and a 200 IM 2:16.77.

Men 35-39: It was great to see David Cobb at the pool side and in the water with some good times, locked horns with Bradley Myers in the 50 Breast 33.93 to 33.14. Dan Knauer and Doug Moshofsky, both from the MAC, swam some fine freestyle, Dan the 50 23.84 vs 23.90 and Doug the 100 53.32 vs 53.40. Robert Moore (MAC) 50/200 Fly 26.28/2:11.26 will be heard from this season. Jeff Anspach looked great in the 100 Fly and 400 IM.

Men 40-44: Mark Wren who is a relative newcomer, should have a good year if he keeps swimming the freestyle the way he did at MAC. Pete Metzger showed us a 200 Fly in 2:39.67 plus a fine 50/100 Back. Joe Fassio and Metzger stroked the 50 Breast 33.45 vs 33.64.

Men 45-49: Tom Andersen swam away with the most metal in this group, turning over on his back and not looking too shabby. Ron Richards picked off the 100 Free and 50 Fly. Michael Bruhl did the 100 IM in the good time of 1:14.70

Men 50-54: OMS welcomes Frank Parisi from the

MAC, looks like an all around swimmer, should try the IM. Men 55-59: EMERSON CHRISTOFF (59) a welcome addition to Oregon Masters, a new Oregon record in the 200 Back at 2:41.25 was Floyd Elliott 2:41.68 '86. Emerson looks to be a fine IM'er. Karl Von Tagen and Joe Santry from the MAC, gave us some very fine strokes, Karl's 500 at 6:12.84 is noteworthy. Richard Juhala flew the 100 at 1:30.92.

Men 60-64: Jim Bigler and Tom Levak of MAC, went after each other in the 100 Free 1:07.98 vs 1:08.03. Jim spun the 1000 at 14:23.55

Men 65-69: Ol Barn is going to have to give a big tip o' the hat to Art Welch, take a look at his times, he is "hanging in there", this guy is an ICON of stick to it. Mickey Marks is starting to show his old form in the breaststroke and should be ready for Federal Way.

Men 70-74: Clark Austen of MAC, had this all to himself.

Men 75-79: OB has got to say Happy Birthday again to old friend and swimmer Jim Holland, after being away for a while, Jim is back and with a 1:49.38 for the 100 Breast, looks like he can crack the Top Ten. Charles Bushey and Khosrow Shadbeh in the 100 Free was a good one, 1:47.42 vs 1:47.46. Rupert Fixott is continuing to improve, also spreading his wings a bit. Joe Mallon put in a 22:20.96 for the 1000, not too shabby.

A bit of really good news from the MAC - they are building a 25m pool with a deep end of 9ft, and an elevator for 1/2 the length to go surface for learners, and down to 9ft for swim meets. We can certainly use another 25m pool in Oregon, thanks MAC. That's it for now, see you at Bend, Federal Way and Santa Clara.

Notes from Pool Side continued from page 6

better to feel slightly warm than cool.

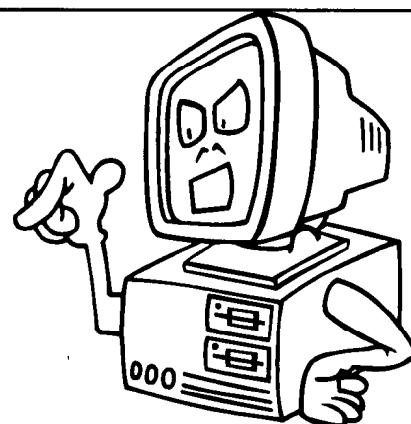
General editorial comment: I am amazed by the amount of time and energy that some swimmers--many of whom are otherwise intelligent, rational and focused adults--spend trying to convince themselves (and me!) that they don't need to warm up. And I am frustrated by those who

effectively cheat themselves out of their warm-up time by arriving late to practice or by socializing on the deck or in the water rather than swimming. You know who you are! Take some personal responsibility! Warm up properly! The flip side to warming up is warming down. More on that next month.

Good luck and good swimming.

Needed - HyTek Results Computer Operators

Do you know of someone who would like to be a "professional" results computer operator at OMS pool meets? This is a paid position. The operator gets \$1.00 per swimmer entered, plus sometimes extra expense money. We would like to see someone available from each pool site hosting a meet. The operator can be a person who already operates the system at age group meets. This person may see this as a way to make extra money for their child's club. Or the person can be a friend or spouse of a Masters swimmer or a total outsider who wants some extra cash. Ask around at your pool. We can train a person who wishes to learn the program. Let Pam Himstreet know of anyone interested in this easy, profitable position.



“HEY - I NEED SOME HELP”

Minutes of the January 29, 1999 OMS Board Meeting

Attendees: Bob Bruce, Dan Gray, Pam Himstreet, June Mather, David Radcliff, Suzanne Rague, Sandi Rousseau, Jeanne Teischer, George Thayer, Jeanne Thimm, Bill Volckening, Linda Christiansen

Call to Order: 7:13 PM

Secretary: Sharon Stuart - not present. No report. Bill Volckening recording. Minutes approved as corrected

Treasurer: Jeanne Teisher - Jeanne distributed the financial report to-date. OMS cleared just over \$10,000 for NIKE World Games. Jeanne would like to break out Open Water as a separate line item in the future. Dave Radcliff mentioned that Aqua Masters have gone out every month, but are going out bulk rate and first class for all new members. Miscellaneous expenses were over \$3000. (Roy Abramowitz prepared this report prior to Jeanne taking over.) Jeanne mentioned that Roy Abramowitz has been outstanding in helping. Jeanne expressed an interest in implementing certain changes. She would like to use an updated disbursement request form (for any purchase over \$100). Itemization would be slightly different. She is using QuickBooks software for the 1999 budget and itemizing a little bit more. Jeanne asked anyone who submits a request form to please staple or tape similar expenses to the same page (i.e., postal receipts, photo copies, etc.). Suzanne said she would like to make sure people submit phone bills when requesting reimbursement for telephone expenses. It is policy to submit receipts for major expenses. Suzanne mentioned that one other person should get bank statements and have second signatures for checks. George Thayer moved to have President get statements. Motion seconded and carried. The NIKE Champions Clinic raised \$112 for OMS. There were 39 participants including 37 Oregon Masters Registered Swimmers. The clinic netted \$810. \$585 was sent to USMS as per our agreement to submit \$15 per swimmer. It was agreed upon that the total remaining profits were to be split between OMS and the host club, the Tualatin Hills Barracudas.

Vice-Chair: Pam Himstreet - Pam reported on the bids for the 1999 SMC Zone meet. Because Tualatin Hills are not bidding on the meet, there are two players left: David Douglas and the MAC. T-Hills backed-out of the bidding because they will bid on the 2000 Association Championships. Bid packets are due to go out at end of March. Pam needs a list of events and decisions by 3/1 for the Tualatin Hills Long Course Meters meet. Pam asked if we would have 800 or 1500 at Tualatin Hills, mentioning that the club's choice of which distance event should depend on which one is being included for the State Games. No representative from MHAC was present to report about State Games. Suzanne volunteered to contact MHAC. Because OMS selects people to run the meet, Pam suggested we have someone in Portland area to help. If the

mini rule books provide what we need, Pam would like to have enough to send along with sanctions to meet directors with yearly follow-up pages. Suzanne asked for a recommendation about rule books for Open Water. Dan felt race directors should have the entire rule book. George Thayer moved that we provide a rule book to any team running an open water race. Suzanne amended to send rule books to meets. Motion seconded and carried. Pam introduced Linda Christiansen, Meet Director for the Eugene Animal meet. Linda mentioned a desire to hold a one-day long course meet during the Senior Sports Festival. She presented ideas about ways for OMS swimmers to get involved and help increase participation. There was some discussion about proposed changes in the meet fees and format, along with advantages and disadvantages presented by the Sports Festival. Pam suggested having the meet be a sanctioned meet the Festival framework. She also suggested to have the meet starting later so people would stay for the banquet. Dave encouraged Pam to write a blurb for Aqua-Master. Pam concluded by expressing her hopes that the people of Eugene would benefit from having this Board meeting in the Eugene area.

Committee Reports

Open Water / Long distance: Dan Gray - Open Water dates conflicts with proposed date for Zone meet. The Open Water clinic will be at Cottage Grove Lake. Karen Burton of Colorado probably can not come, but she will be providing Aqua-Master articles. Possible replacements were discussed. Dan has a new book from Penny Lee Deans. Dan discussed the increase in participation, but mentioned that many participants attended only one event. He asked for input on how we could encourage more participation. One suggestion was creating a requirement of having swimmers participating in more than one event to be eligible for other events, such as OMS Championship or National Championships. Dan talked about getting coffee mugs for awards. There is a meeting next week for Open Water meet directors. Sponsorship was discussed. Dave suggested we use Bill's idea to have a "wish list". If not, it will be earmarked for OMS Open Water Swimming and we will keep you informed about how we spend it. Bob pointed out that Sponsorship implies a contract and asked who would make decisions about where the money goes. Dave suggested Dan ask the race directors how they would feel about sponsors. Suzanne asked why Open Water Events were not in the Long Distance Calendar.

Awards / Souvenirs: Donna Ryan - not present. Report given by Suzanne. The Board discussed the individual awards for Associations and the possibility of awarding banners as team awards for Associations.

Coaches: Bob Bruce. - Bob presented updates on two
continued on page 17

Minutes continued from page 16

items: Clinics at meets and the "Host Coach" pilot program. There was no new information on clinics, but there has been progress with the Host Coach Program. Bob produced a Host Coach T-shirt and mentioned he would be on deck the next day during the Animal Meet. There was a short discussion about the differences between the Host Coach Program and the USMS On-Deck Coaching Program. Since Bill is directing the USMS On-Deck Coaching program this year, Bill agreed to share some ideas with Bob after the meeting.

Aqua-Master: Dave Radcliff, Suzanne Rague - The February Aqua Master is in the mail. The Board discussed the large number of pages in the Aqua Master and the number of pages for USMS Nationals Entry Forms. Suzanne asked about "NS" results being deleted from meet results to condense the reports. The February 5th deadline for the March issues is absolutely firm.

Registration: June Mather - June discussed the list of complimentary non-OMS-registered people receiving the Aqua Master. 99 registrants to date = 498. Of the 498 registrants thus far, 17% are new to OMS. June asked about the availability of mailing lists for vendors, specifically the Stanford Swim Camp. The Board discussed the pins and brochures going out to new swimmers.

Membership: Phil King - not present. Report given by Suzanne Rague - The new OMS brochures are now available. Phil is now working on distribution.

Top Ten / Data Manager: Suzanne Rague - The entries for the Tualatin Hills Pentathlon are in, but not yet counted. Robert Smith had asked about highlighting record breaking swims in results. The Board discussed a potential Top Ten volunteer.

Fitness: George Thayer - George reported the number of participants from Bend and Tualatin Hills for the January One Hour Postal Swim. Sandi and Bill brought up the idea of entering relays.

Historian / Records: Earl Walter - not present. Report given by Suzanne Rague. Earl is making progress with the records.

Officials: Position open - no report.

Host/Social: Jeanne Thimm - Jeanne was congratulated on her great organization of the food at the retreat.

Safety Coordinator: Sandi Rousseau. - Sandi inquired about the necessity of Safety Marshals and Lifeguards at each end of the pool in the warm-up facility with for the Eugene Animal meet. She requested Board approval on a slight revision in guidelines to allow one lifeguard to also act as Safety Marshal at the far end of the auxiliary pool at Echo Hollow. George Thayer made a motion to approve this revision. Motion seconded and carried.

Past Chair: Eric Guest - not present. Eric Guest has a new

e-mail address: e.g.guest@gte.net

Compensation was given to Al Smith for his work at the Lincoln City meet.

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

Old Business:

- **OMS Web Page** - Monika Hunscher, not present. Report given by Sandi Rousseau. Sandi reported progress with the OMS Web Site. There has been some contact with USMS Web Master Jim Matysek regarding links. Monika has questions about where we should maintain certain data, such as OMS officers. The Board discussed the idea of having the Aqua Master. Suzanne asked about the technology requirement. Bill, Dave and Sandi agreed to work with Monika to get the newsletter online as a fully formatted document.

- **Investments for OMS treasury** - No report about investments. Suzanne shared some opinions about Money Market.

- **Sponsorship guidelines** (See Open Water report.)

- **Checks and balances for OMS treasury:** two signatures requirement (See Treasurer report.)

- **Review by-laws:** (1) election procedure w/ team reps, (2) web page committee, (3) legal address for OMS, (4) terms of office (update on requirement for vote) Sandi presented a report on the review of and proposed changes to the OMS Bylaws. The Board discussed team representatives, voting and the election process. The Board passed a motion that Sandi provide a written proposal on the changes to the Bylaws.

- **On-deck coaching program (update)**

- **USMS Public Service Announcement:** USMS and Beth Beadlings work No videos available yet. No conclusion.

New Business:

- **OMS overall Swimmer of the Year award** - Pam pointed out that this award goes only to four people. She suggested the possibility of giving it to twelve people rather than four. Sandi discussed the criteria and Suzanne spoke about used by Empire State Masters.

- **Records of compensations (meets, computer ops).** We need one location for reference (identified for workshop)

- **Ideas for adding variety to meets for next year** (identified for workshop)

- **Methodology for organizing relays** (identified for workshop)

- **OMS public service announcement** (identified for workshop)

- **OMS attire for larger meets** (identified for workshop)

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

- **Each member please read minutes and your own notes for your action items**

Adjournment: 10:22 PM.

Next Meeting: February 27, 1999, MAC

Oregon Masters Swimming History - 1980 - Chapter 6

1980's first AquaMaster appears to be February. We started right off listing the meet schedule and it was a good one, opening in March with the Lake Oswego 1650, under the guidance of Dick Curtis, OB lament, why can't we have 1650 Meets and Animal Meets?

Connie Wilson, acting as Registrar, announced AAU new insurance and liability requirements, you had to request the form from Connie then fill it out, etc., and send it back to Connie.

Results of the South Coast Masters Meet were announced, this was in the North Bend Pool, under the watchful eye of Ralph Mohr, who by the way, 1998, tells OB that he will be getting in the swim again, this is great news.

Some eyecatching results:

Women 20-24: Tara Twomey and Jane Miller were dominant, with Jane turning in 2:31.73 and 5:24.34, for the 200 and 400 IM's.

Women 30-34: Snyder just turning 30, spun the 400 IM in 5:40.93 and the 200 Fly in 2:54.60.

Women 35-39: Linda Jones from MAC, led, winning the 100 Back, 200 Fly and 400 IM in 1:28.97, 3:24.69 and 6:38.97.

Women 55-59: Elfie Stevenin was 58 and won 5 events, two were the 100 Free and 100 Back in 2:17.07 and 2:26.79.

Men 20-24: Peter Nowak turned the 50/100 Free in 24.37 and 54.92. Howard Ronkin spun the 50/100 Breast-31.32 and 1:09.41.

Men 25-29: Chris Hughes looked good in the 50/100 Free and 100 Back in 23.88, 51.67 and 1:04.11. John DeJarnatt won the 200 Breast and 100 Fly in 3:04.42 and 1:07.61. Hughes and Chris Bouck had a duel in the 100 IM, with Hughes at 1:01.02 and Bouck 1:02.44. John DeJarnatt was very instrumental in building Masters in the Salem area. Miss Chris Hughes too, he and Vern Dasch had many a duel in just about any stroke you wanted.

Men 30-34: John Josephson won 4 events here-100/200 Free .54.26/2:04.92, followed up with the 100 and 200 Breast in 1:12.22 and 2:43.40. John was a great swimmer and fine person, we miss him.

Men 35-39: Ralph Mohr picked of some 1st places, ie- 100Breast in 1:31.15.

Men 40-44: Chuck Schaumburg and Jim Bigler went at it hot and heavy-Schaumburg 100 Free-58.31 and 200 Free-2:16.69, with Jimbo nabbing the 50 Breast in 38.18.

Men 45-49: Bill Curtis and Walter Hart brought home all the loot in this group.

Men 55-59: Jim Holland and Gil Young went at it: with Holland winning the 50 and 200 Free- 29.34/32.94 and 2:45.35/2:52.13.

We tried a new wrinkle, a One Hour Swim Championship: Jane Miller was tops for the ladies going 4350 yds, and Jim Bigler for the men with 4215.

Jane Miller, Sue Snyder and Chuck Schaumburg were record breakers.

OB's finshing comment: How do you swim for 1 hour in the AM, and then come back to a full scale meet in the afternoon?

Next up was the Meet at the MAC, end of January-SCY.

Women 20-24: Saw Denise McGill win 5 events, best of which was the 100 and 200 Breast at 1:25.58 and 3:07.80.

Women 25-29: Barbara O'Brien looked sharp in the 50/100 Free-30.83/1:00.61. Nancy Watson and Donna Murphy duelled for 1650 yds with Watson in at 27:20.40 and Murphy 27:35.60.

Women 30-34: Sandi Rousseau 50/100 Free-29.50/1:06.00. Jayne Chastain the 50 Back-36.79, Sue Snyder the 100 Back-1:14.82. Ann Whitmyer the 50/100 Fly-29.98/1:06.66. Ann moved away from Oregon and we have lost track of her.

Women 35-39: Barbara Frid winning backstroke 50/100-35.20/1:15.83. Jean Kinzey-Lee won the 50/100 Free-37.14/1:35.60. Women 40-44: Lavelle Stoinoff won 5 free events including 200 Free and 500 Free-2:24.30/6:31.00. Connie Wilson cornered the back events, 100 Back-1:23.32, while Joyce Bahler gathered in all the Breast and 400 IM-100 Breast 1:46.59/IM-7:59.12, Nadine Whitehall spun the 50 Fly-34.86. Very strong group:Stoinoff, Wilson, Bahler and Whitehall.

Women 50-54: "Maggie" Wells, Mary Anne Wolfe and Diane Edwards won it all. Mary Ann swam the 200 Free-2:58.77, Maggie the 100 Back-1:42.70, Edwards the 100 Breast-1:44.23. Wells and Wolfe are still (1998) with us, however, "Maggie" now prefers being known as Margaret.

Women 55-59: Jane Brown garnered 7 Golds, with Elfie Stevenin picking off 3, including the 200IM in 5:38.79.

Women 65-69: Doreen Morris 50/100 Back-1:19.85/2:50.63

Women 70-74: Hazel Bressie won all 5 events, incl the 1650 and 400 IM-51:07.77/13:34.10

Women 75-79: Martha Keller won 5, incl: 500/1650-12:57.24/44:19.11.

Men 20-24: Howard Ronkin and Ed Pittaway: the latter a 400 IM in 5:15.49, and Howard a 100 Breast in 1:09.54

Men 25-29: Chris Hughes 50/100 Fly-25.90/57.60, Roy Abramowitz the 200 Fly/200 IM-2:09.23/ 2:09.68, Bob Maestre won the 500 in 6:37.50 and Ted Gilbert the 1650-25:21.85.

Men 30-34: Vern Dasch paddled the 50/100 Free-22.94/50.01. Richard Smith still with us (from Ashland) 50/100 Breast-43.44/1:41.96. Pete Ready, excellent freestyler-1650-19:37.30.

Men 35-39: Art Smith the 100/200 Breast/200 IM1:06.44, 2:25.67, and 2:14.19. Dale Vaughan the 50/100 Free-24.83/57.13, with Don McCrea the 50 Breast-39.10.

Men 40-44: Schaumburg/Nakata 50 Free-26.42/26.52, then Ron and Chas the 100 Free-59.32/59.50. Jim Bigler the 1650-23:58.19. Schaumburg bested Nakata in the 100 IM-1:09.48 vs 1:09.77.

Men 45-49: Fred Sprenger-500/1650-6:26.45/22:51.51, Richard Mealy from Longview spun the 100/200 Back-1:27.28/3:09.99. Joe Merz, who still works out at TH, 50/100/200 Breast-39.66/1:28.60/ 3:15.59, Emmanuel Sang (early Masters pillar) 100/200IM-1:35.38/3:45.01.

Men 50-54: Paul Thompson and Sam Ierulli cornered the Free events-Paul 50/100-30.48/1:10.01, Sam 500/1650-7:39.93/ 26:33.16. Lee Miesen won the Breast-50/100/200-39.98/1:27.13/ 3:15.51. Dr Ransom Arthur was head of UO Hospital, did the 200 Breast in 3:17.51.

Men 55-59: Jim Holland bested OB in the 50/100 Free-29.49/1:07.18, Joe Mallon swam the 100 Free-1:39.39, Gil Young the 500/1650- 7:53.48/27:27.48, Gil improved as he got older!

Men 65-69: Syd Hendy, the Back-50/100/200 - 41.75/1:32.89 and 3:24.71. Tift Kampmann won 5 events and Kelly Bagby was 2nd in all the Breast to Tift-43.36/1:42.25/4:08.03. Glenn Peterson won the 1650 in 39:59.00.

Men 70-74: Herb Eisenschmidt collared the back and free, dorsalling the back in - 41.51/1:31.28/3:18.98. John Hoey did the 100 Free in 1:28.68, he later became a backstroker and upset Herb quite a few times.

Trond William (MAC) ran a great meet, we had a clinic and lunch together, and listened to historical comments about USMS, from Dr Arthur.

On March 1 we had the Annual 1650 Meet at Lake Oswego High.

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Roy Abramowitz(25) 18:18.15, Vern Dasch(30) 18:09.96, Art Smith 19:42.30, Sam Ierulli(50) 25:23.01, Gil Young bested OB 26:06 to 26:46. Marcia Morey(24) 19:21.02, Darlene Pohl(30) 21:10.36, Jayne Chastain(35) 25:45.79, Jane Brown(57) 34:54.06, Martha Keller(79) 43:13.63.

The 1980 Assn Champs were announced for April 4&5, with Gus Arzner the Meet Director. We were still being overseen by AAU Masters.

They split the 50m pool with a bulkhead, so we had 6 lanes for competition and 6 lanes for warmups. The Meet entry fee was \$ 4.00 plus \$ 1.50 for each event, with no charge per event if you elected to take "no awards". The 1650 and 400 IM were to be swum on Friday evening, with the rest of the meet scheduled for Saturday. A meet at P.C.C., hosted by Karl Von Tagen, saw 80 plus swimmers. Highlighted by Regional Records: 50 Breast Christy Hartman(25-29) in 33.10. Sue Snyder(30-34) 100/200 Back-1:13.80 /2:39.30, Ann Whitmeyer(30-34) 50 Fly-29.50, Darlene Pohl(30-34) 400 IM-5:34.70, Lavelle Stoinoff (45-49) 100 IM-1:22.05, Nadine Whitehall(45-49) 200 IM-3:06.05, Mary Ann Wolfe(50-54) 100 Back-1:35.10, Elfie Stevenin(55-59) 200 Fly-6:45.45, Vern Dasch(30-34) 100 Free-50.30, Karl Von Tagen(35-39) 500Fr-5:34.65, Herb Eisenschmidt (70-74) 200Back-3:11.90.

Also at the PCC meet we met some Snake River swimmers: Dallas Fortin, Carol Greer, Jay Robertson, and Cliff Rigsbee.

Relays at PCC: Women 25 and Up-200 Medley - 2:25.03 (Connie Wilson, Sandi Rousseau, Ann Whitmeyer, Jean Kinzey-Lee)

Men 25 and up-200 Medley - 2:00.70 (Pat O'Malley, Art Smith, Brett Arvidson, Vern Dasch)

1980 Oregon Assn Champs-Final Team Standings:TH 957, OM 671, Mt Hood 287, PCC 269, MAC 193, Vancouver Old Timers 124.

National Records: Lavelle Stoinoff(45-49) 500 Free 6:17.93 and Art Smith(35-39) 400 IM 4:42.84.

It was interesting to OB that Gale Roper, outstanding swimmer from the Bay Area, was beginning to call ahead of time and find out what Lavelle was swimming.

Regional Record-25 plus 200 Free-1:33.32 (Dasch, Huestis, Wright, Vaughan)

Regionals: Ralph Wright(30-34) 50 Fly-25.16, 100 M-58.15

Eric Guest had an OMS Best- (50-54) 100 Free-1:03.59

Cheryl Shay (Vancouver) got a tip of the fins, for their point totals, as well as building a strong group of swimmers. We had a total showing of 108 swimmers. Roy Abramowitz and Pat O'Malley had a barn burner in the 25-29 200 Fly-Roy 2:06.31-Pat 2:08.20. Robin Hesse (47) tooled the 100/200 Breast-1:27.27/3:18.44. Bob Schmidt(64) 50/100/200 Breast-43.90/1:44.99/4:02.72

Region XII Champs at Tualatin Hills, with Meet Director Art Smith, May 2, 3 & 4, 1980.

Outstanding Swimmer Awards: Lavelle Stoinoff edged Juanita Correa(PNA) for the Women-Garnering 4 Top 10 # 1 times including 2 National Records. Art Smith and Roy Clark vied for the Mens honor. Art turned in two national records 200 Breast (35-39) 2:20.50 and 400 IM - 4:40.57. Roy Clark(25-29) countered with #1 Natl times in the 100/200 Breast and 400 IM (1:01.60 /2:18.12/ 4:31.74) Jim Hogue(27) marked in a #1 time in the 50 Free(21.94), Roy Abramowitz(25) 200 Fly-2:01.29 and Herb Eisenschmidt also had to be considered with a Numero Uno in the 200 Back(70-74) 3:07.80. Roland Portman of IEA (65-69) 4 Regional Records: 50/100/200 and 500 Free-30.74/1:10.58/ 2:38.99/7:24.52, this guy

was a swimmer and one of the finest people we have ever met. Don Van Rossen(50-54) 3 Regionals: 50/100Breast/400IM-33.98/1:14.75/6:03.49, still hanging in there.

We had High Point Plaques for each age group: Dallas Fortin(SRA) 20-24, Christy Hartman/Kathy Blum(PNA) 25-29 TIED, Sue Snyder - 30-34, Barb Frid (35-39), Juanita Correa(PNA) (40-44), Nadine Whitehall (45-49) Louise Hepner (50-54), Muriel Flynn(PNA)(55-59), Maxine Carlson (PNA)(60-64), Hazel Bressie(70-74) and Martha Keller(75-79, David Vandam(PNA)(20-24), Roy Clark 25-29, Vern Dasch(30-34), Art Smith (35-39), Chuck Schaumburg/Jim Bigler tied for honors at 40-44, Jim Davies(PNA)(45-49) Chuck Sheldon(IEA)(50-54), Warren Kliet(PNA) and Earl Walter tied for 55-59, Fred Wiggin(PNA)(60-64), Don Stevenson (65-69), Francis Jowett(PNA)(70-74), Roy Webster (75-79), Bob Simmons (PNA) for 80 Plus.

OB Note: If those names don't take you on a spin down memory lane, then start keeping notes.

Some Close Races: Dallas Fortin/Ruth Risley(20-24 Back) 1:08.23 vs 1:08.29, Corrie Ewers/Denise McGill(20-24 Breast) 2:56.42 vs 2:57.17, Mary Beth Phelan/Christy Hartman(25-29 Breast) 33.34 vs 33.58, Kathy Blum/Barbara O'Brien(25-29 Fly) 33.77 vs 34.04, Sue Snyder/Darlene Pohl(30-34 Back) 1:12.75 vs 1:13.37, Suzanne Dills/Carol Dewell(35-39 IM) 2:49.26 vs 2:49.50, Tom Patapoff/Jim Slear/Howard Ronkin(20-24Breast) 30.39/30.70/30.88, Chris Hughes/Morre Rude(25-29Fr) 1:54.15 vs 1:55.16, Jim Hogue/Chris Hughes(25-29 Fly) 25.30 vs 25.80, Jim Hogue vs Roy Clark(25-29 IM) 57.03 vs 57.53, Roy Abramowitz vs Roy Clark(25-29 IM) 2:05.09 vs 2:05.30, Tom Cooper vs Mike McColly(30-34 IM) 1:02.07 vs 1:02.79, Walt Reid vs Cecil Kribs(35-39 Back) 1:16.23 vs 1:17.22, GOOD ONE - Lee Miesen over Ransom Arthur-200 Breast-3:09.30 vs 3:20.46., Frances Jowett vs Herb Eisenschmidt(70-74Fr) 32.94 vs 33.07.

Relays-25+200 Free(ORE 1:30.90-Dasch, Hughes, Maestre, Vaughan (PNA 1:32.23-Rude, Hogue, Cooper, Johnson. Yes - It was our BEST Regionals EVER.

1980 LC Regionals was at Mt Hood Comm College Aug 15, 16, 17

Long Course Meet at Corvallis-June 8, 1980

Ann Lenz dominated the 20-24, 50/100 Free-32.51/1:11.42, 50 Back/50 Breast-38.78/41.68 This gal was a swimmer, where is she now, 1999? Teri Perrine(25-29):200/400 Free-3:04.96/6:29.59. 100/200 Breast-1:40.94/3:40.94, "Katie" Buck(25-29), this was maybe her first meet-50 Fly in 37.69. Sue Snyder(30-34) 50/100/200 Back-40.14/1:28.43/3:07.31, 100 Breast/200 IM-1:36.22/ 2:58.80. Nadine Whitehall(45-49) 50/100/200 Fly-38.50/1:41.23/3:47.84, 200/400 IM-3:30.10/ 7:32.08 all the while setting 5 Regional Records !!

OB Note: Nadine was so great, OB was usually seeded with her in the Fly events: it helped keeping the old man on target. Maggie Wells and Elfie Stevenin took charge of their age groups.. Joe Burgess(27) was swimming then, and was great (50/100/200/400 Free-28.43/1:04.15/2:30.11/5:37.61)

Richard Weil(28) 50/100/200 Breast-41.20/1:30.89/3:30.09. Mike Petersen(27) 50/100/200 Fly/400 IM 32.46/1:11.87/2:44.44/5:55.60, Pat Caudill(34) the 200/400 Free-2:52.60/6:09.66, Mike McColly(34) 3 Backs - 33.65/1:14.90/2:48.52, Doug Huestis(32) 100/200 Fly - 1:09.47/2:47.80, Bob Maestre(30) 400 IM-6:14.68, Karl Von Tagen (36) 50/100 Free - 27.69/1:00.78, Roy Watters (36) 200/400 Free - 2:53.12/6:05.15, Chris Hiatt (40) 50/200Back - 36.19/3:17.62

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Jim Bigler (44) Won the 100Fr, besting Hiatt - 1:13.22/1:13.38, Our Eric Guest(50) 50/100 Free-32.12/1:13.25, Lee Miesen (53) 100/200 Breast/200 IM-1:40.98/3:50.48/4:00.29, Jim Holland/Gil Young in the 55-59 traded the 50/100 Free, Jim in the 50: 34.99/36.66, Gil the 100 1:20.41/1:21.96, Don Stevensen (68) 200 Back/200 reast/100 Fly-3:56.89/4:03.68/1:59.56

Ol Barn got into folks for not supporting the Corvallis Meet, we had 45 swimmers, and produced 30 Records. Tom Thomas was the Meet Director, and Tom Landgraf the starter. It was a super meet, if we don't get off our duffs and support our meets we are going to run out of places to go. Corvallis has and still has, one of Oregon's finest aquatic facilities.

Entry for Regional LC Champs was enclosed, we were to be hosted by MHCC.

We still were running it on only a few people: OB was Chair, Chuck Schaumburg was Vice Chair, Connie Wilson was Registrar, we all contributed to the AquaMaster, and OB was usually involved with lining up the meets. Membership was somewhere around 300. The September issue of AM, showed us with a firm schedule of 8 meets, we had certainly come a long ways in 5 years. Oregon was headed by OB, PNA by Fred Wiggin and IEA, Harry Lewis

MAC hosted a LCM Meet July 11 & 12, with 70 swimmers showing up to do battle. National Records: Dawn Musselman(PNA), Edith McMasters, Martha Keller and Lavelle Stoinoff redid the NR's for Oregon. Edith McMasters (81) a little repeat of history here-Edith was baby sitting her grandchildren at Seaside on the beach, in 1980, when her youngsters found out she didn't even know how to swim, now at 81, she was rewriting the record book, we did not have Edith with us long enough, something I have always regretted. Ardis Ross(45) in those days lived in or near St Helens, she was a great competitor, swimming against the likes of Nadine Whitehall and Lavelle Stoinoff. Barbara Havercamp (64) came on board about this time, she and Eileen Biglin dominated their age group.

In the 20-24 Men's group we had Miles Newmark(21) swimming against Jerry Newmark(23), must have been brothers, ashamed of myself as I do not recall them, must have been here for only one meet. Miles appeared to be the better swimmer-50 Free, Back, Breast and Fly, 29.12, 36.00, 37.30 and 32.90. Does anyone have any up to date information on these guys? Ted Gilbert (28) swimming out of the MAC, was very active for a few years, and then he just went overboard in the business world and left us, high and dry. Vern Dasch and Bob Maestre, were both 30, and Bob was giving Vern some pretty fibe competition. In the 35-39 we watched Dale Vaughan, Don McRea, Gary Johnson, Roy Watters, Fores Beaudry and Don Boileau mix it up, along with Pat Caudill and Jim Puetrbaugh. All were excellent swimmers and great fun to be around. Don McRea appeared during the 1997-98 SCY season, hopefully we will see him again. Richard Mealy(47) out of Longview, made a comeback a few years later but then dropped out again, an excellent swimmer, maybe he is swimming with Wally Holden at the Longview Y (1998). Lee Miesen(53) and Neil Farnham(63) of the MAC, were both swimming well in 1980, have seen Lee, but not Neil.

1980 Region XII Championships at MHCC, under the direction of Mike Popovich, many of you younger people do not know the full history in Masters of this guy. Mike never held an OFFICE, but he was as instrumental in building OMS as anyone. We had 101 swimmers, turning in 166 times for Top Ten consideration, Dawn Musselman put 4 NR's in the books, Lavelle Stoinoff and Edith

McMasters followed with 2 NR's each !

Outstanding swimmer category would include the likes of: Sue Rittenhouse, Nadine Whithall, Catherine Chay, Barbara Frid, Sue Snyder, and Martha Keller for the women. For the men, look at: Stan Carper, Vern Dasch, Gary Hafer, Fred Wiggin, Doug Huestis, Ron Taylor and Bill Latta.

New faces we welcomed were: Becky Bennett, Joel Summers, Kelly Bowles, Barbara Stewart, Roberta Shuford, Harriet Lynch, John Mason, Dale Carper, Michael Cheek, Mike Evans, John Moreland, Dick Hodge and John Orbell

Donna Brown and Becky Bennet divided the spoils at 20-24.

Joel Summers (25) swam very well in 6 events. Catherine Chay(25) was outstanding-400/1500 Free, 100/200 Fly, 200 & 400 IM - 5:15.86/ 20:05.96/1:19.59/2:57.58/2:56.74/6:16.80. Chay swam first for IEA, then OMS and finally PNA, setting records all the way.

W 30-34: Sue Snyder won the 50/100/200 Back, plus the 100 Breast, the 100/200 Fly in - 39.20/ 1:25.10/3:03.45/1:33.33/1:28.39 and 3:16.29. For all this Sue picked up Regional Records in all but the 100 Fly, think she already held this.

W 35-39: Joy Rogers(38) 50/100 Free -35.66/1:20.09, Barbara Frid(38) set 3 Regionals-1500/ 23:07.67, 50/100 Back:39.10/1:26.62.

W 40-44: Sue Rittenhouse came away with 6 Golds, 5 were Regional Records-50/100/200 Fly/200/400 IM- 37.64/1:29.08/3:29.14/3:17.14/6:57.70.

OB Note: In those days some of the men thought they should be able to stay with these younger women, we usually wound up barely making it to the wall at the finish.

W 45-49: One thing seemed to be always evident, in those days Connie Wilson was unbeatable in the Backstroke. Nadine Whitehall in the Fly and IM, with Lavelle taking care of the Free and Breast.

W 50-54: Maggie Wells at 54-6 Golds, incl one Regional Best. The 200Breast in 4:25.61.

W 55-59: Maryan Burke and Elfie Stevenin shared the honors, Elfie set 3 new shiny Regional records-100/200Fly and 400IM - 3:10.36/7:03.77/12:34.83.

W 60-64: Maxine Carlson(PNA) took home 6 Golds, and Barbara Havercamp 6 Silvers.

W 65-69: This was all PNA, with Dawn Musselman and Lee Holm sharing the honors, all the way.

Hazel Bressie (71), Martha Keller (79) and Edith McMasters (81) won 18 Golds between them, to reestablish OMS's control of the honors.

M 20-24: John Mason (21) 50/100/200/400 Free Golds at 28.00/1:00.00/2:13.62/4:44.23.

M 25-29: Brett Arvidson(25) pretty much made his debut here, not winning Golds, but many Silvers, and giving the winners plenty to worry about. Dan Johnson(27) bested Howard Ronkin in the 100 Breast- 1:18.19 vs 1:21.15. Stan Carper (26) was great with 3 Regional Records-100Free/50 Fly/400 IM-56.31/27.94/5:23.90.

M 30-34: Vern Dasch led with 4 Reg XII Records - 100/200/400 Free and 200 Breast-58.29/2:12.44 /4:43.42/2:57.45. Doug Huestis grabbed the Gold ring at 100 Fly in 1:08.44 and Bill Latta from IEA the 400 IM in 5:53.81.

OB Comment: We have truly missed Vern and Doug they contributed sensationally to OMS in the early years.

M 35-39: Karl Von Tagen REG REC in the 200 Free-2:21.26. Dale Vaughan likewise - 50 Breast - 35.51

Chuck Schaumburg (40-44) 200f LY in 3:19.44

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Eric Guest (50-54) 50/100 Free-31.78/1:12.95, Lee Miesen(50-54) 100/200 Breast - 1:35.66/3:35.92

Gil Young(55-59) 1500-26:20.44

Roy Webster(75-79) 100 Free/200Free/1500Free-2:26.03/5:39.53/49:29.64

Relays: Regional Records: 45 Plus - MXD - 200 Free - 2:15.38 Stoinoff, Whitehall, Sprenger, Guest

35 Plus - MXD- 200 Med - 2:35.39 Rittenhouse, Schaumburg, Bigler, Linda Jones

55 Plus - Men - 200 Free - 2:29.01 Walter, Holland, Young, Stevenson

Bill Odman(IEA) and Fred Wiggin(PNA) were it in the 60-64)

Roland Portman, Syd Hendy and Don Stevenson were it at 65-69 with Stevenson grabbing 5 golds, plus a regional record of 8:26.37 for the 400 IM.

John Hoey was all alone in the 70-74 group and brought home 7 Golds.

OB Comment: Hoey must have got away with something here, as we were allowed a max of 6 individual events.

OMS's swimming was getting up to speed, we no longer looked longingly at the likes of PNA and IEA for swimmers, we had our own and they were showing THE WORLD !

OCTOBER AQUAMASTER 1980:

Wilson-Walter Return From Snowbird-Mission Accomplished

1982 Long Course Nationals - Mt Hood Community College.

Ted Haartz, National Pres of USMS, asked for bids, Mike Popovich and OB said why not. With a whole lot of help from Mt Hood Community College, The Greater Portland Convention and Visitor Bureau and Dana Weatherly of the Sheraton-Airport, we put together a package for presentation at Snowbird Lodge in Utah, the site of the 1980 National Convention.

Four bids were submitted, with Oregon prevailing on the second ballot.

This was to be the first Nationals Swimming Event since 1940, a 22 year hiatus. In 1940 the Womens Outdoor National Champs were held at Janzten beach, and the Cody Kids were in their prime, Mary Ann Hanson Wolfe remember them well. They also included Oregon Open Events, where Forbes Mack and OB swam the 100 Breast and 100 Back, respectively. An aside, OB swam the 100 Back in a new Regional best time, the Oregonian ran pictures the next day, and there for all the world to see was Forbes swimming the Breast, and guess whose name appeared underneath - OB's, Mack has never let anyone who would listen to forget this oversight. The Meet was scheduled for August 26, 27, 28 and 29 1982, it would be the first of three National Champ Meets to be hosted by OMS, to say nothing of the 1998 hosting of the Nike World Masters Games under the guidance of Sandi Rousseau. We of OMS were very proud of this opportunity, and certainly looked forward to joining the "big time" of USMS, to say nothing of the fact, that the revenue from the meet would straighten out our bank balance, and give Roy Abramowitz, finally, some money to play with, this also was the last year 1980 and 1981 that we had to fool around with a few hundred dollars, keeping us out of the "poor" house.

Taking advisement from weather considerations, our first meet was in North Bend-Coos Bay, and scheduled November 9th. Bill Meltzer, the meet director had a good one planned, and some 15-20 new Masters in that part of the state were looking forward to getting wet as Masters Swimmer.

Jim Bigler, contributed a great article to AM, "What's it like to enter the Nationals and Finish Last"? Herewith some excerpts -After

considering the \$ 1000 expenditure to get you and your one-woman cheering section there, you find that the MAC has closed its pool for maintenance. Joined the early AM swimmers at TH, and found this was just the best move ever. On to the meet, your first event is the 100 Free, you swim almost your best time ever and come up 16th out of 16th in then 40-44 age group. You chop 15 secs off your 400 and 7 off your 200 Free times, and still finish so far out of the running, that it could be discouraging. Meeting an old friend made it all worthwhile-so-changing age groups would put you maybe in the Top 5 at next years Nationals. You've been studying your new Councilman book, and working out with a drag suit-why not ? You might even finish 5th, or something- Thanks again Jim !

Swim Master, then the National Publication for Masters, announced the 1980 SCY TOP TEN. Lavelle Stoinoff and Art Smith turned in 2 each-National Records. Sue Rittenhouse placed in 14 individual events, which along with her sensational accomplishments in LC, was responsible for Masters to Nationally name a SWIMMER OF THE YEAR-yes-SUE RITTENHOUSE.

Christy Hartman(25-29) made All American in the 50 Breast at 32.29. Darlene Pohl(30-34)made it in 5 events-5th 1650 at 21:07.88. Sue Snyder(30-34) placed in 7 events, topped off by a 6th in the 200 back at 2:37.41. Ann Whitmeyer(30-34)4th, 5th & 5th 50/100/200Fly-29.50/1:06.66/2:32.90 Barbara Frid(35-39)4 events with the 100Back 3rd in 1:13.53. Connie Wilson(45-49) 4 spots with the 100Back best at 3rd-1:21.37. Stoinoff(45-49)-AA-200/500/1650-2:21.70/6:14.31/21:45.28, 7 events.1998-Still showing the way! Nadine Whitehall(45-49)-Named in 7 events-best-100 Fly-1:22.58

Mary Ann Wolfe(50-54) a 10th in the 1650 at 27:35.10. Hazel Bressie(70-74) makes it in 10 events. Martha Kelle (75-79)r does big time in 7 events. Alan Cardwell(25-29) 2 with a 2nd in the 500 Free at 4:53.00. Roy Abramowitz(25-29) 3 with a 3rd in the 200 Fly-2:01.29. Roy Clark(25-29) 4 spots, 2-seconds-50 Breast/100 IM 28.06/4:31.74. Pat O'Malley(25-29) 6th-400 IM in 4:35.93. Verne Dasch(30-34) 7 with 3rd in the 50 Free-22.36. Mike McColly(30-34) 50/100 Back-28.04/1:01.53. Ralph Wright(30-34) 5 plcmts - 400 IM 2nd in 4:40.69. Kim Lathrop(30-34) 8th-200 Fly-2:12.55. Karl Von Tagen(35-39) 9/8-50/500 Free-23.04/5:34.65. Art Smith(35-39) AA 100/200/ Breast/400 IM-1:04.78/2:20.50 and 4:40.57, total of 7 events.. Don Van Rossen(50-54) 50/100 Breast/400 IM-33.98/1:14.75/6:03.49. Earl Walter(55-59)-5 plcs-best 400 IM-3rd at 6:11.38. Syd Hendy(65-69) 10th 50/100 Back - 39.70/1:30.18. Don Stevenson(65-69) 3 spots-400 IM-4th in 7:17.84. Herb Eisenschmidt(70-74) 3-2's 50/100/200 Back in 39.78/1:27.04/3:07.80, plus 8th 200 Free 3:00.68, Herb still holds(1998) 8 places on Oregon Masterz ALLTIME Top Ten. Roy Webster(75-79) 8th 1650 in 46:05.18

In the relays we were beginning to make a showing, reflecting our growth as a factor in National Masters Swimming: 3rd-45+ 200 Med (W) 2:28.20 (Wilson, Hepner/Whitehall/Stoinoff) 2nd-65+ 200 Free (M) 2:13.83 (Stevenson, Kampman, Hendy, Eisenschmidt)

3rd-65+ 200 Med (M) 2:36.82 (Hendy, Kampman, Stevenson, Eisenschmidt)

We had a total of 8 teams make the magic circle.

1980 was a GREAT year for OMS, we had arrived on the National scene as a program worthy of notice and consideration, boasting a membership of 300 Plus, National Record Holders, All Americans, and a sizeable number making Top Ten.

Ch. 7 and more History in future Aqua Master

Aqua-Master

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