

Aqua-Master

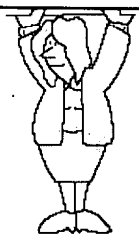
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The CHAIR'S CORNER

by Suzanne Rague

OREGON MASTERS SWIMMING



Greetings, fellow swimmers. June is the transition month in the "enjoy the delights and challenges of open water swimming"



swimming season. The indoor season is behind us, capped off by terrific Association, Zone, National meets. Now we have the opportunity to swim in 50 meter pools, locally at T-Hills and Mt. Hood Community College, and enjoy the delights and challenges of open water swimming.

Dan Gray and the open water meet directors have put together a terrific schedule of events throughout the state. If you haven't yet swum in an open water event, give it a try. It's a different world! Best wishes for a healthy, happy, wet summer!

profile

Mary Kaddery

Mary is new to Masters Swimming, she started lap swimming to help her back. While swimming at Dishman pool she ran into a fellow musician Dan Perz who coaches the noon practices for PMS. "Dan convinced me that I could get into Masters swimming and learn." It also turned out that fellow noon swimmer Dave Cobb distributes CDs of local music artists and picked up Mary's new CD.

Her favorite part about swimming Masters is learning to swim correctly, and meeting and making friends of all ages. Although Mary has not competed yet she wants to start next year.

"This is Great!!! I'm glad to be part of it."

You can hear Mary singing and playing piano at many of Portland's downtown clubs, and swimming at Dishman Pool.



Ol' Barnacle

reviews - results - records

Ol Barn...Reports on 1999 SCY Zones..

Under the direction of Robin O'Leary, the Meet Director, this years edition of Zones was co-hosted by the Green Lake Aqua Ducks and the Federal Way Masters. The venue is without a doubt one of the finest in the world. Many many thanks to our hosts.

Oregon Masters did themselves PROUD - In the relays they set 4 new National Records, Individually - ROBERT SMITH *continued on page 4*



Robert Smith, Joy Ward, Pam Himstreet and Tom Landis

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1999 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
June 12	LCM	Tualatin Hills - Beaverton	Bill Volckening (503) 533-5567 volckening@aol.com
July 10 - 11	LCM	*State Games - Mt. Hood	Donna Ryan (503) 665-0538
July 24	LCM	*Senior Masters Sports Festival Eugene	Arden Adams (541) 688-4013
July 31 - Aug 1	LCM Zone	*Federal Way, WA	Jane Moore (253) 925-0803 (Before 9 PM)

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 Cottage Grove	Steve Johnson	(541) 683-5758
Aug. 28	Eel Lake North Bend - South Coast	Trudy Gugliemini	(541) 756-5566
Sept. 12	Haag Lake - Forest Grove	Andrea Milano	(503) 236-8959
July 17	Snow River Swim - Boise, Idaho	Richard Cooke	richcooke@aol.com
July 18	Coeur d'Alene, Idaho	Margaret Hair	(208) 667-3721
Aug 21	Long Bridge Swim - Sandpoint, Idaho	www.keokee.com/longbridgeswim	

National Long Distance Open Water Championships

July 10	2 mile cable swim - Charlottesville, VA	mullpost@ix.netcom.com	
July 17	1 mile open water swim - Seal Beach, CA	(562) 430-1092	
Aug. 1	2 mile open water swim - Cleveland, OH (Lake Erie)	DRoss4089@aol.com	
Sept. 25	8.5 mile open water swim - Catalina Island, CA	(310) 451-6666	
Sept. 26	5 Kilometer open water swim - Catalina Is., CA	(310) 451-6666	

Postal Championships

May 15 - Sept. 30	5 K and 10 K Postal National Championships	weswim@mindspring.com
Sept. 1 - Oct. 31	3000/6000 Yard Postal National Championships	phut@usms.org

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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:

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

For a while, I was wondering who you were. I've been writing this column for eight months, with barely a peep from my intended audience. This changed, however, at the Association Championships, where I was deluged by dozens of questions and comments about warm-up, the subject of my April column (Thanks, Dave, for distributing Aqua-Master right before the meet!). So let me continue in this vein, with a few additional observations about warm-up and a discussion of warm-down.

More comments about warm-up to supplement my previous article:

1. The better shape you're in, the longer and more intensively you can afford to warm up before racing. If you're in poor shape, get loose, but don't burn your race energy before racing.
2. The more muscular you are, the more an extensive warm-up is needed (before both racing and practice), because you have more tissue to be stretched and warmed. Young muscular male sprinters nearly always need more warm-up than their brains tell them! Old ones too...
3. When you are sore (for whatever reason), extend the length of your warm-up. Soreness indicates the presence of exercise by-products (i.e. lactic acid) lurking in muscular tissue; longer warm-up removes these by-products much more effectively than a short warm-up.
4. If you swim earlier in the day, you may be able to get away with a shorter warm-up in the evening (not too short, however).

A final review of the two key warm-up points:

1. Warm-up completely before practicing or racing. Fifteen minutes is barely sufficient before practice (I would like to have my team warm up longer than this, but time constraints prohibit this), and fifteen minutes is completely inadequate as a warm-up time before racing.
2. Warm-up time is not merely for loosening and warming, but also critical time for review and rehearsal.. Use this time wisely and well.

Why should we warm down?

1. Warm-down gradually allows muscle temperature to cool and circulatory rate to drop, essentially returning you towards your basic metabolic state. It's a reverse warm-up.
2. Warm-down stretches muscles and loosens associated connective tissue, helping to maintain your hard-earned flexibility.
3. Warm-down provides an additional opportunity to practice skills.
4. Warm-down feels good! It's a delightful reward after having worked hard.

How should we warm-down at the end of practice and meets?

1. Spend enough time! Five minutes is barely enough time to accomplish what you should accomplish during warm-down, yet is

all most of us do (if that!) due to limited pool time. Ten minutes is much better, maybe even longer if you have done strong anaerobic swimming during the preceding session.

2. Warm down progressively. Rather than making an all-easy swim, swim the first part of your warm-down at strong to moderate speed, then gradually slow your tempo and decrease your effort as you approach the end of warm-down time. This progressive process flushes exercise by-products from muscle tissue more effectively than simply swimming slowly, resulting in less soreness and faster recovery for the next training or racing session.
3. Practice technique. Don't lose this valuable time! Pick one skill at the beginning of your warm-down and concentrate on improving it. My team never does "warm-down"; this section of practice is always called "drill", as a reminder of how this time can be used more productively.

4. Stay horizontal. Although the social component of masters swimming is important, walking and talking during warm-down compromise the other reasons why we do it. Gab later!

How should we warm down between events at meets?

1. Immediately. Save the post-race critique for later.
2. Progressively (see notes under previous question).
3. Effectively. Swim just long enough to allow your heart and respiratory rate to slow down to comfort level. If your heart is still pounding, or if you are still panting, keep swimming.
4. Technically. No sloppy swimming. You might also shift your mental focus by rehearsing your next event.

What about after warm-down?

1. Stretch. Exercise physiologists are nearly united on this point--stretching is most effective if done after heavy exercise. Because muscles are more pliant at their warmest, you have a great opportunity to make real progress in increasing joint range of motion. In addition, stretching also continues the work of the swim warm-down, by continuing to help flush the muscles of exercise by-products. And it feels good.
2. Avoid hot tubs and long hot showers. I know, I know, you love this feature in your local pool, but it's not appropriate after heavy exercise because it counters the direction and purpose of warm-down. Long hot showers and hot tubs feel great, but they slow your body's return to its basic metabolic rate, decrease the speed and effectiveness of muscular flushing, and increase soreness in the long run. And, as you might expect, my team enjoys world class stays in the hot tub after practice...
3. Socialize, preferably on the stretching mats and not in the hot tub. After all, you did win bragging rights for the day by making it to (and through) another practice session or meet.

Good luck and good swimming

ol'Barn continued from page 1

broke the National Record in the 100 Back, TWICE, first in the event itself, with a 1:00.11, and then leading off the Men's 400 Medley 55+, he churned the 100 Back in 59.68. Starting them on their way to a NR. The previous record was 1:01.56 held by Steve Thrasher of PNA.

Mens 200 Medley 75+ New National Best of 2:36.73 was theirs at 2:37.20: Back-Earl Walter, Breast-Gerald Huestis, Fly - Andrew Holden and Gil Young anchoring with the Free. OB - They missed lowering their 200 Free by less than a second, they will be after both of these at Santa Clara.

Mens 400 Medley 55+ A New National Record of 4:26.46, it was 4:42.59. ROBERT SMITH led off with that great 100 Back, followed by GEORGE THAYER doing the breast



Walter, Young, Holden and Huestis

, with goggles on the nose yet, BERT PETERSEN flew the Fly, and TOM LANDIS anchored with a great century. MXD 200 Medley 55+ A New National Record of 2:04.10, it was 2:06.60. JOY WARD handled the 50 Back, ROBERT SMITH breasted, BERT PETERSEN flew the fly, and SUE-CALNEK MORRIS anchored.

MXD 400 Free 55+ A New National Record of 4:12.82, it was 4:25.84. JOY WARD led off, followed by PAM HIM-STREET, #3 was TOM LANDIS and the anchor was ROBERT SMITH.

OB Comment: I remember the day when we finally picked off one world and national record, Oregon's First (Walter, Mack, Morrison and Eisenschmidt) the 200

Medley at MAC) that was in 1987, my oh my, now we do them in bunches.

Let's talk about ZONE (Who makes up our zone: Alaska, Inland Northwest, Oregon, Pacific Northwest, Snake River and Utah. When we say a NEW ZONE RECORD this is the area we are talking about.

Oregons New Zone Records from the Zone SCY Championships at Federal Way:

Maureen Haslach (25-29) 50 Breast: 32.69, was Heringer '94 Joy Ward (55-59) 100 Back 1:18.16, was Ward, 50 Fly :31.97, was Ward, 100 IM 1:18.27, was Ward Allen Stark (50-54) 100 Breast 1:08.05, was Smith '96 Tom Landis (55-59) 200 Free 2:02.86, was Landis, 500 Free 5:47.65, was Landis, 1000 Free 11:58.59, was Landis Robert Smith (55-59) 100 Fly 1:02.90, was Petersen '94

Bert Petersen (60-64) 50 Fly:27.30, was Petersen 100 Fly 1:03.27, was Petersen

Dick Weick (65-69) 50 Free:26.97, was Weick, 100 Free 1:02.25, was Richards '87, 50 Fly :31.25, was Weick

Gerald Huestis (75-79) 400 IM 7:33.36, was Penfield

Women 25+ 200 Medley 1:55.29 - Michelle Donahue, Maureen Haslach, F. Gambetti, Karen Hakanson

Men 55+ 200 Free 1:42.20 - George Thayer, Robert Smith, Tom Landis, Dick Weick

OB Comment: Many of you maybe know this, but anyway, Robert Smith was an integral part of 3 out of 4 National Record efforts, Tom Landis took part in 2, as did Joy Ward.



Landis, Smith, Thayer and Petersen

Now we will come down off the clouds just a little bit, and speak of those wonderful OREGON and MAC swimmers, who did such a great job.

Women 19-24: Wendy Dixon gathered in 3 Golds and and 2 Silvers. Her best efforts came in the breast-stroke-in the 100 she missed the ORE record of 1:14.00 with a

1:14.06 (TT10), for the 200 she swam a 2:41.30 (TT6) Lisa Gorsline (she is from Seaside, Oregon, not PNA) - Lisa picked off a Gold in the 400IM and added 3 Silvers.

Women 25-29: MAUREEN HASLACH, this gal had a Zone and 3 Oregon Records. WOW ! 50Breast 32.69 was Heringer'94, 100Breast 1:10.15 (TT8) was Haslach '99, 200 Breast 2:30.31 (TT4) was Ahrendt '98, 200 IM 2:19.71

was *continued on page 8*

When you sit down to read this, there will be about five weeks before the start of the OMS, Inc. sanctioned Open Water Swims. For a while now you should have been doing at least one long distance workout each week!! You should continue this at

minimum, and, on that "long distance day" the yardage should continue to increase until you reach 85%-100% of your lake swim event distance.

Just so we are all operating from the same page, I would like to explain what "the Open Water program" is designed to do. Lets start with:

SWIMMER POINT SYSTEM

Swimmers will be assigned points relating to their place of finish within their age group. 14pts (1st), 11pts (2nd), 9pts (3), 7(4), 6(5), 5(6), 4(7), 3(8), 2(9), 1 (10).

This is for swims with a distance of at least 1500 meters. Swimmers wearing wetsuits are in separate categories from non-wet suits but there is a three point penalty (unless race director feels the water is cold enough to advise swimmers that there are safety concerns). These points will be totaled following the completion of the summer swims

AWARDS & ELIGIBILITY

HIGH POINT AWARD: This award goes to the swimmer (male & female) that has the highest cumulative point total.

AGE GROUP AWARDS: This year, the top three swimmers(male & female) in each age group will receive a nice award. To be eligible for this award, you must participate in swims at three of the five venues. Folks, the reasoning behind the three of five venues is two fold; we would like to encourage you to gain the experience of the different types of swims offered and to get you out of your backyard to support some of the other clubs that go through a tremendous amount of work to provide statewide events

OPEN WATER '99



By Dan Gray, Open Water Chair

for the swimmers.

ASSOCIATION OPEN WATER CHAMPIONSHIPS

This years 1.5K swim will be held at Cottage Grove Lake on Aug. 15th. Steve Johnson promises warm waters (almost pool temp.

!! Sandy) There will also be a swim clinic (sponsored by OMS, Inc.) on Saturday the 14th (3pm-5pm) at the group camping area.

TEAM AWARDS: Can the previous winners, COMA or RVM get their club to travel & defend? The "Coveted Banner" goes to the team scoring the highest point total. Points awarded to the top six individual swimmers (by finish within age group) will be totaled to derive team scores. 7-5-4-3-2--1 for the 1st-6th respectively. Team awards will be given to the top six teams.

INDIVIDUAL AWARDS: Individual awards will be given for 1st through 5th in each age/ sex group. Swimmers age is determined by age on the day of the swim. Hopefully you have a modest understanding of the factors that are determining the awards system. Perhaps you can encourage other club members to go with you to these events, especially the Association Championships at Cottage Grove.

Does your coach encourage you to participate? Does the coach prepare you for your anticipated swims ? You may need to be a bit assertive in letting your coach know what your personal goals are. Many Masters coaches want you to come forward, to let them know where you want to go. Don't feel uncomfortable, as the coach is there to help you with your pursuits.

Think about this: the actual event is the reward for all of the preparation you have done to get ready. Don't for a minute doubt your ability to be successful at open water swimming. Why let fear deprive you of the continuing pursuit of happiness?

OPEN WATER NEWS AND TRIVIA ON THE WEB

In the new Internet magazine called SWIMSPORT, in the Open Water segment, there is a new section called "OPEN WATER TRIVIA". It is a fun zone where 5 to 10 of the best Questions and Answers are selected and changed weekly. For those selected, we include the person's name, city and state, or city and country etc.

Last week, the folks from Australia, just defeated everyone. by being the most responsive group to submit TRIVIA questions and answers. Not wanting to see our United States swimmers and readers get beat two or three times in a row, I wanted to ask your help in support in sending in OPEN WATER TRIVIA material and show how many little bits of history you can pass along.

Hope you take a moment to look at SWIMSPORT <http://www.swimsport.com> see some of the interesting things this magazine is publishing. Most of the articles are written by Master Swimmers and is one of the reasons we are becoming one of the fastest growth on the Internet. (See *Swimming the Net* article on page 7)

You can send your TRIVIA to either of these two addresses. boblehr@aol.com or boblehr@swimsport.com

Thanks for your support. Have a great 1999 season and fast times to all.

Bob Lehr, Open Water Editor

Editor's comment: I just finished going through the Open Water articles in Swimsport. I highly recommend them. They will also help to get you thinking about the National 10K Open Water Championship that Oregon will be hosting in 2000. Let's start training now - in the meanwhile spend a little time on the Web and get inspired.

Attention: Coaches, Team Representatives, Pool Managers

You will be receiving your OMS meet bid packet this month. It will have all you need to bid for a meet in the 1999-2000 season. Bids are due August 7 except for meets in September, October, or November. Have those in by July 7 so we can approve them and get them in the September Aquamaster. The calendar gets so full that teams need to consider early season meets so as not to miss out when there are more bids than we can accommodate in the winter months. We will not schedule meets less

than three weeks apart.

This is a year for two Oregon Zone meets. Short Course Meters is scheduled for December 4 and 5 at Multnomah Athletic Club. We will need a bid from a 50 meter pool for late July or early August for LCM Zones. So talk up meets at your pool and join in the fun this year. If you do not receive a bid packet by the end of this month call or E-Mail me. him@cmc.net

Thanks, Pam Himstreet

the FITNESS LANE



The Fitness Lane will return in the July issue of Aqua-Master. George is surveying swimmers at Santa Clara for his article on "What Swimmers eat on Meet Day". He is anxious to hear from you concerning your diet during a swim meet. Please call George at (541) 388-3392 or email him at gthayer@bendnet.com with your secrets. 3 individual events plus a couple of relays - How do you keep your energy up? This should be an interesting and informative report but he needs your input and help. Get in touch with George and let him know.

The History of Masters Swimming in Oregon - Chapter 7

January AquaMaster started out with a summary of the 1980 USMS LCM TOP TEN:

Edith McMasters (81) set two NR's - 50 Breast:2:22.52 and the 100 Breast 5:05.75, in addition #1's 50/100 Back and 2nd 50/100 Breast. OB Comment: I never get tired of telling this story, Edith learned to swim in the summer of 1980, then made AA in 2 events her first year of Masters.

Lavelle Stoinoff (45-49) set a NR in the 1500 Free 22:48.31, OB would like to bring attention to Stoinoff's 1500's down thru the years: These were and some are still NR and WR: 45-49 22:39.53, 50-54 22:00.76, 55-59 22:18.91, 60-64 22:50.81, 65-69 23:42.01, that's a fall off of about a minute over 20 years.

Sue "Snyder"(30-34) picked off 10 places

This was the year that Sue Rittenhouse(40-44) made it in 12 spots with 10 in the Top 3, added to 14 SCY places, Sue was the first Best All-Around in Masters Swimming,

Nadine Whitehall swam her last year for us, made AA in the 50 and 200 Fly,moved to PNA,she also has 6 other TT's. Nadine gave OB the idea for his "ego" license plate, Nadine made AA in the 50 Fly and her license plate became 50 FLY.

Connie Wilson made it in 3 places,4th 50 Back in 44.00

Hazel Bressie (70-74) 7 places, OB will never forget the guts displayed by this fine lady swimming the 400 and 1500 Back to Back.

Martha Keller was 79, did not make AA, but her times in the 8 places she made would have all been NR's in the 80-84 age group, which she dominated when she aged up.

Stan Carper(25-29) a 2nd in the 100 Free at 56.31

Vern Dasch(30-34) 6 spots,best was a 2nd in the 100 Free at 57.07

Karl Von Tagen (35-39) 8th in the 100 Free 1:00.78

Lee Miesen (50-54) a 9th in the 200eFly in 4:18.42

OB (55-59) 6 spots, 2-3rds, 200 Fly 3:37.78

Syd Hendy (65-69) placed in the 3 Backs-6th 200 3:52.97

Don Stephenson in 5 places with a 3rd in the 400 IM 8:26.37

Herb Eisenschmidt (70-74) was gaining ground on AA, garnered 5 places, his 3 Backs were #2's

John Hoey (70-74) 10th 1500 35:45.94

Roy Webster (75-79) turned 80 in 1981, 4 spots 1500 6th 49:29.64

Our best relay a 4th, 200 MXD Free, Stoinoff, Whitehall, Sprenger and Guest 45 plus 2:15.38

Connie Wilson was working membership hard - it cost you \$8.00 plus \$4.00 for the newsletter. Our membership had finally passed 300, 1982 we passed 500.

The Lake Oswego 4th Annual Invitational was announced, for Feb 7th and 8th, with Dick Curtis in command. Entry fee was \$4.00 If you wanted medals you paid for them as earned. You were allowed a max of 5 events, incl the 1650.

Results of the Portland Community College Meet were announced:

Mark Worden (29) 100/200 Free 53.50 and 2:02.00, Roy Abramowitz (26) outflew Mark - 100 Fly, 55.65 vs 1:00.50, John Josephson was 33, won the 100, 500 Free the 200 Breast & 100 IM, Pete Ready was 34 and had a great 200 IM against Vern won in 2:18.20 vs 2:18.90. This guy was a great person and swimmer, after a little over a year, Pete just disappeared. Roy Watters, 36, won the 200 Free in 2:21.00, beating Pat Caudill,35, at 2:29.95, Mike McColly (35) had not moved to PNA yet, won three backs 29.10/1:04.4/2:23.8, Don Howard (43) cleaned up in the Breast - 40.06/1:27.30/3:10.00 plus the 100/200 IM 1:26.50/3:13.00

45-49 - Jim Bigler and Richard Mealy tangled in the 100 Back with Jim the victor 1:23.70 vs 1:26.70, Mealy won the 100/200IM in 1:24.15 and 3:10.60

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Swimming the Net



By Bill Volckening
volckening@aol.com

SwimSport Magazine

<http://www.swimsport.com>

When SwimSport Webmaster Rick Ortiz first had the idea of doing a journalistic project with swimming, he still had a few things to learn about what an online sports publication could accomplish. "...I had no clue," said Ortiz, "...so I went looking on the web. I found one web site on women's basketball and contacted the publisher. He and I went back and forth for about a week. I asked questions and he was kind enough to answer each one."

When Ortiz received approval, the project began immediately. The result is one of the most intriguing new swimming websites of the year. According to Ortiz, SwimSport is especially unique because "...we are trying to follow our own pathway. The other swim magazines have set a standard that I have no intention of copying. Following our own 'way' is what our uniqueness is all about."

SwimSport Magazine has several rapidly growing sections, including sections with information about Open Water and Masters Swimming.

Open Water is the section which first brought me to the site. Open Water Editor Bob Lehr is a well known 'fan' of the sport of Long Distance Open Water Swimming. His editorial about making Open Water an Olympic event is fresh, well-informed, candid -- and it sets the pace for the rest of the website. Lehr's leadership and enthusiasm for Open Water has brought immediate interest and signs of greater depth to SwimSport.

"For many who have sacrificed their time and energy to bring this sport before the International Olympic Committee," says Lehr, "...your voices are finally being heard. For the first time in years, momentum is building. Despite the tremendous competition being waged by Fin Swimming plus numerous unsolved problems, there can be no better time for OWS, of

every country, to begin a worldwide unification."

Although the SwimSport web site less than two months old, the Open Water section shows signs of what the site will soon become. It is full of information and articles from some of the leading names in Open Water, including: information on the 23rd Annual Swim Around Key West, the 1999 Australian Telstra Cup Series and the Cayman Islands Amateur Swimming Association Schedule; great articles by Bambi Bowman, Karen Burton and Morgan Filler; and trivia questions collected by Lehr. (See page 5)

"SwimSport is the first magazine that promises nothing more than interesting articles and fact," says Lehr. "It is, and will always be, our intent to write about what our readers want to hear, and what they suggest."

The Masters Swimming section is in the early stages, but SwimSport has secured Doug Huestis, who is one of the most knowledgeable Masters Coaches in the world, as the contributing columnist. Huestis' first column is about pacing for races, and it features statistics from the NCAA Division I Championships. Huestis concludes: while the

times slowly get faster, the trend is toward more even pacing in races. As the SwimSport website develops, it will be very interesting to see how the Masters Section grows. If other activity on the web is any indication, the Masters Section could have significant growth within the next few months.

"We have one heck of a Masters columnist, Doug Huestis," according to Ortiz. "Doug takes his articles very seriously and has a wealth of experience to draw upon." When asked about future goals, Ortiz replied, "It is already in our working plans to expand beyond swimming and

make SwimSport a multi-sport magazine. For example, track and field, figure skating, speed skating, gymnastics, etc. Although each one of these sports is different, they are still the same. These sports involve 'individuals' with the

same goals, dreams and desires. To fully appreciate swimming, the fan needs to understand that all athletes are after the same thing."

Bob Lehr added some positive comments about the mission, vision and goals of SwimSport Online Magazine. "We want to be the best magazine the sporting public has seen, and we want to be known as the innovators and leaders," said Lehr. "It is our intent to have one of the greatest readerships known, and to have both young and old know they can find anything they need or want to know in SwimSport."

"
**We have
one heck of
a Masters
columnist,
D o u g
H u e s t i s ,**
"



**Gerald Huestis, father of Doug,
smiles after setting Zone Record**

ol'Barn continued from page 4

Hjerpe 98, SHAUNA SIMPSON a new ORE 2:21.31 (TT10) 200Fly was Mills '89, Shauna also picked off 5 Golds giving her a full hand of 6. Hello to F. Gambetti with 4 Golds and a Silver she contributed, this gal is a swimmer, watch for her.

Women 30-34:

MICHELLE DON-

AHUE had 5 Golds, 3 of

which were records: 50

Back 29.39 (TT9) was

Black '93, 100 Back

1:02.47 (TT7) was

Black '93, 200 Back

2:16.34 (TT8) was

Hjerpe'99. Plus a Gold

in the 50 Fly and 100

IM. Cathy Law added a

Gold and a Bronze,

while Karen Hakanson

picked off the Gold in the 100 Free plus others, and hello to

Yee Hon Chu.

Women 35-39: Becky Obletz (MAC) came home with 4

Golds, 3 Breasts and the 200IM, all in good time (OB pre-

diction-Becky(39) will be TT in the 40-44). Jeanne Thimm

gave us 2 Golds and 2

Silvers. Becky at 39

will be "aging up" soon

and watch the splashes

then.

Women 40-44: Laura

Worden contributed 3

Golds and 2 Silvers,

best of which was the

50Fly, just missing the

record, 30.31 vs 30.09,

the 100Fly 1:07.35 vs

1:07.25, 200 Fly

2:31.99 (TT7) vs

2:31.53, and the 400IM

5:25.63 vs 5:25.40.

Look at the 200IM

swimming second to 2:34.65 with a 2:34.97. Laura Schob

is a point getter, as are Liz Cheney and Robin Young.

Women 45-49: TERI HENDRYX (MAC) a new 200 Back

record 2:37.48 TT6) was Hendryx. Added the 100 Back,

just missing the record 1:14.29 vs 1:13.98, plus the 200

Breast and a Gold in the 400 IM 5:51.74 (TT7) capped

with a Silver in the 100 Fly and 200 Fly. TERI also nabbed

the record in the 100 Fly at 1:13.44, was Pierson '91, her

time in the 200 Fly 2:59.18 (TT7) Debbie Glassman of

PNA set 3 Zone Records in the 50-100-200 Fly.



Hakanson, Donahue, Haslach and Gambetti

Judy Beaston brought home 5 Golds and a Silver, was eyeball to eyeball in the 50 and 200 Free. Great Job. Linda Coffeen picked off 2 Silvers and a Bronze.

Women 50-54: Sandi Rousseau and Jackie Quattro were ORE point getters-Sandi swam for 5 G's and a Silver, while

Jackie Quattro garnered

3 Silvers and a Bronze.

Sandi's Fly events were

all TT, 50-6th, 100-8th

and 200-5th. This was a

very strong group with

PNA showing the likes

of Sally Dillon and

Kathy Casey.

Women 55-59: JOY

WARD gave us 3 new

Zone Records-100Back

1:18.16 (TT1) was

Ward, 50 Fly 31.97

(TT3) was Ward, and

the 100 IM 1:18.27 (TT2), add to this 3 Golds: 50Fr 29.99

(TT3), 100Fr 1:07.84 (TT5), and 50 Back 35.91 (TT1) 6

Golds is better than a Full Hand. PAM HIMSTREET a

new ORE for the 100 Fly 1:33.08 (TT10) was Stoinoff, add

some more GOLD for PAM, 200 Breast 3:19.96 (TT8), the

200 IM 3:10.90 (TT7)

and the 400 IM. Now

loyal readers bear with

this old man: have

watched the swimming

of Sue Calnek-Morris

for years, this meet

capped anything I can

remember-Golds in the

200/500/1000, 2:37.98

(TT6), 7:18.28 (TT10),

14:42.64 (TT5) add to

this a Silver in the 50Fr

and a Bronze for the 100

(1:12.82-TT8) and don't

forget a great leg on the

NR 200 Free Relay,

anchoring the effort with a 31 plus 50 Free. These gals need

a fourth and you have an age group team of rare ability.

Women 60-64: Susanne Schumann, now swimming for

MAC, returned with 4 Golds, hilited by TT10 in the 50

Breast, TT9 for the 100, and a TT7 in the 200 Breast. Good

Job Susanne!

Women 65-69: Lavelle Stoinoff (MAC) was not feeling up

to snuff, still brought home 5 Golds, all in TT fashion with

100/200 Free and the 100 IM fast enough to be TT!

continued on page 9



Ward, Smith, Petersen, and Calnek Morris

ol'Barn continued from page 8

Women 70-74: Margaret Wells showed the way in 3 events for the Gold and in one more for the Silver.

Now for the Uglies:

Men 25-29: Bill Zolna captured 3 Golds: 500 Free 5:02.91 (TT10?), 200 Fly 1:57.78 (TT3) and the 400 IM 4:22.05 (TT7) Radek Pospisal added a Gold in the 200 Breast, plus a Silver in the 50 Breast.

Men 30-34: ROBERT KABACY grabbed the Gold Ring in the 50 Free, a new record 21.85(TT10) was Kabacy, also in the 50 Fly 24.08 (TT7) was Edwards '86. Robert also picked off the 100 Free and 200 Free. Doug Stewart won 500 Free, 1000 Free, 200 Fly and the 200 IM, swam 5:47.65 TT7, and for the Silver in the 200 Free and 400 IM, Doug will be moving up into a new age group and should bring some fireworks. John Hudson, a welcome addition to ORE won the 100 Back and 100 Breast add to that Silvers for the 50 Breast, 200 Breast and 100 IM. Phil King and Jeff Kaelon garnered points and rounded out a very strong group.

Men 35-39: Dan Knauer (MAC) was the headliner here with Golds in the 100 Free, 500 Free and points in three other events. Steve George brought home Gold-200 Back and 100 IM, one of the better races saw Steve beat out Bob Fish in the 100 IM 58.47 vs 58.99. Robert Moore from MAC won the 100 Fly.

Men 40-44: Oregon was deep here with the likes of: PAT ALLENDER set two ORE bests; 200 Free 1:51.72 (TT10) was Burleson, and the 500 at 5:06.85 (TT6) was Allender, who also gathered Gold in all 3 breaststroke events, just barely missing the ORE best, and finally the 400 IM in a fine 4:34.02. CHRIS ROTH a bright and shiny new record in the 100 Fly at 56.02 was Burleson, a Gold in the 1000 with Silvers for the 500, and 400 IM. Ed Ramsey grabbed off some heavy metal too-Gold in the 1000 and Bronzes in the 200, 500 and 200 IM, plus a Silver in the 50 Fly. Peter Metzger at 43 swimming near the top of his form plucked Gold in the 50 and 100 Back - 26.91 (TT8) 58.23 (TT9) Mike Davis and Charles Helm rounded out what may have been ORE's best

age group. Portelance, Williams and Freeborn were winners for PNA.

Men 45-49: Robert Maestre of MACO picked off the Gold in the 50/100/200 and 500 Free with Greg Harrison of PNA looking strong in the breast.

Men 50-54: ALLEN STARK a new Zone in the 100 Breast at 1:08.05, was Smith '96, (TT7) and a TT6 in the 50 Breast at 30.52. Jed Cronin won the Gold in the 50 Free and Silvered in the 50/100 Fly.

Men 55-59: ROBERT SMITH a new NR in the 100 Back 1:00.11, and a Zone for the 100 Fly 1:02.90 (TT5) was Petersen, lastly a TT1 in the 5 Back 27.02. TOM LANDIS picked off 5 Golds with 3 Zone Bests - 200 Free 2:02.86 (TT4), 500 11:58.59 (TT4) in the 1000 (OB Note, all of these were Tom's) to all of this you add a new ORE record in the 200 IM 2:28.82 (TT8) was Nakata from '94. Tom also added a Gold in the 100 Free with a close win over Bob Smith, 56.02 vs 56.13 TT5&6. Richard Juhala medalled in all 5 of his events, OB likes that 6:49.33 in the 400 IM. Oregon took care of this age group also.

Men 60-64: BERT PETERSEN at 60 (mph) 2 new Zones, the 50 Fly in 27.30 and the 100 Fly in 1:03.27. Watch Bert at Santa Clara he will be going for the National Record in BOTH. Our Editor came home with 4 Golds, look at the 1650, 22:38.63 vs his best of 22:00.85, OB feels that Dave is coming back. George Thayer is another one that is definitely on the road back. Jim Bigler MACO is looking excellent, his 14:20.32 is not too far off TT10 of 14:11.14 in the 1000. Thayer had 3 Golds and 2 Silvers, while Jim carried home a Gold and 3 Silvers plus a Bronze.

Men 65-69: RICHARD WEICK (DICK) packed off 6 Golds and in so doing rewrote the record book in 5 events. OB was wondering where Dick had gone, well after Bend and now Federal Way, maybe a sabbatical does not hurt. 50 Free Z at 26.97 (TT4) was Weick '99, 100 Fr Z at 1:02.25 (TT6) was Richards '87, 50 Fly Z at 31.25 (TT4) was Weick, 100 IM OR 1:12.11 (TT3) was Weick (OB note, he is just 100ths away



Tom Landis, 3 Zone Records



Bert Petersen, 2 Zone Records



Dick Weick, 3 Zone Records

continued on page 10

ol' Barn continued from page 9

from the Z) 200 IM OR 2:48.63 (TT4) was Guest '95. Finally in the 50 Breast Dick had a 36.35 (TT8), the record is 35.89.

Men 70-74: PNA's Harvey Prosser picked off 3 Golds with a Z in the 1000 at 14:20.82 (TT6)

Men 75-79: PNA's Hal Young had to contend with Holden, Young, Huestis and Walter, Hal hung in there and took home the Gold in the 500. Gil Young's 200 Free in 2:50.55, was his best 75-79 effort. Gerald Huestis came out of the blue, with a fine 400 IM for a new Zone Record of 7:33.36, a very strong TT2.

RELAYS:

Lisa Gorsline, Michelle Donahue, F Gambetti and Karen Hakanson swam for the Gold in the 19+ 200 Free, beat the PNA team by 3 seconds.

How about a NEW ZONE - Women 25+ 200 Medley 1:55.29 (TT4) MICHELLE DONAHUE, MAUREEN HASLACH, F GAMBETTI, KAREN HAKANSON LIZ CHENEY, D LAMEAR-TUCKER, ROBIN YOUNG and LAURA WORDEN established a new ORE record for the 400 Free 4:47.23 (TT9)

OB SPECIAL: In the Men's 200 Free Relay, MACO was awarded the Gold, trouble !!! Maestre, Knauer and Moore were swimming in the meet for MAC, however Kabacy was swimming for Oregon. You cannot do this, if you change clubs there is a 60 Day Waiting Period !

GEORGE THAYER, ROBERT SMITH, TOM LANDIS and DICK WEICK set a new ZONE RECORD of 1:42.20 in the 55+ 200Free.

OREGON RELAYS swam to 4 National Records, 2 Zones and 1 Oregon.

OB Comment: Sorry Guys and Dolls, YES, I did get a bit carried away, and some repetition. I have been writing these meet summaries since the late 70's, and I have never had a meet to write about like this one. OMS BE PROUD !

Well fellow swimmers it is time to AIM HIGH for SANTA CLARA, we will see you there !



**Great Job Oregon! Thanks PNA!
Good luck at Santa Clara**

Additional Information - Southern Oregon Lake Swim - Hartish Park, Applegate Lake

Directions: Take Medford exit #27 off I-5 (Barnett Rd.) and follow Barnett Rd. west. Turn right on Riverside Av. Proceed about 2 miles to East Main St. (Hwy 238, Jacksonville Hwy) and turn left. Follow the highway to downtown Jacksonville where it turns right and continues to Ruch. At Ruch, make a left turn on Applegate Rd, following the signs to Applegate Dam. Upon reaching the lake, drive past the dam (on your left) another .7 miles to Hartish Park.

At the lake: There is a \$3.00 per vehicle day use fee to enter Hartish Park. The gate to the park closes at 9:30PM and you will be unable to enter the park after that time. There is a concession stand within walking distance selling cold drinks, ice cream, and fishing licenses. Pay phone nearby and boat rentals are available too. Also, US Forest Service rules: No pets allowed!

Camping: Campsites at Hartish Park have been reserved and all camping will be group camping with real restrooms available! Please include \$2.00 per person per night to your entry fee (children under 10 are free.) If you are camping, please inform the gate attendant as your park entry fee is included in the camping fee. Campers will have to carry their gear a short distance to the sites and there will be a cart available. There is also a parking area for tent trailers and RV's. The overnight cost for these vehicles is \$10.00 per night. No hook-ups, however.

Local Attractions:

At the Britt Festival:

Fri, July 16, 7:30pm: Dan Fogelberg
Sat, July 17, 7:30pm: Manhattan Transfer
Sun, July 18, 7:00pm: McCoy Tyner Trio
Information: 541-773-6077

At the Oregon Shakespearean Festival:

Fri, July 16, 8:30pm: Chicago, Tongue of a Bird, Henry IV
Sat, July 17, 8:30pm: Seven Guitars, The Three Musketeers
Information: 541-482-4331



SOUTHERN OREGON LAKE SWIM - JULY 17 & 18, 1999
HARTISH PARK, APPLGATE LAKE (\$3.00 PER VEHICLE ENTRY FEE)
SPONSORED BY ROGUE VALLEY MASTERS
(IN COOPERATION WITH THE US FOREST SERVICE)

Saturday, July 17:

3000 Meters (3K): Check-in: 8:30-9:30am Pre-race instructions: 9:45 am Race begins: 10:00am
1500 Meters (1.5K): Check-in: 8:30-11:15am Pre-race instructions: 11:30am Race begins: 11:45am
Following the events, RVM will host a BBQ with awards to follow. All swimmers & guests are invited

Sunday, July 18:

5000 Meters (5K): Check-in: 9:00-10:00am Pre-race instructions: 10:15am Race begins: 10:30am
Personal escorts are not mandatory. After the race, there will be a buffet lunch and awards ceremony.

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #OPN001-99. **Held under the Sanction of USA Swimming, Inc.. Sanction #9-065.** Every swimmer must be a current USMS or USA member to compete. One-event USMS (not USA) registration will be available at check-in for a fee of \$15.00

Course: Saturday's races will follow an out-and-back course marked by buoys. The 5K on Sunday will follow the same course with an additional loop to complete the distance. Expected water temperature is 72-74 degrees. The use of pull buoys and fins is not allowed and swimmers wearing wetsuits are not eligible for awards.

Awards: Individual awards will be given for the top three finishers in each age group in each race. (Master's age groups: 19-24, 25-29, etc. USA age groups: 11-12, 13-14, 15-17, & 18+.) In addition, there will be awards for the top male and female swimmers with combined times, who complete all three events.

<u>Fees:</u>	One event: \$23:00	After 7/6: \$28.00	All fees include: T-shirt, cap, and post-swim lunches.
	Two events: \$28.00	\$33.00	Entries must be postmarked by July 6.
	Three events: \$33.00	\$38.00	Make checks payable to Rogue Valley Masters.
			<u>All costs are non-refundable.</u>

Race Director: Dan Gray, 541-944-0529. **US Forest Service rules: No pets allowed in Hartish Park!**

Name: _____ Age _____ Sex _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

USMS/USA# _____ Local Team: _____
(You must enclose a copy of your 1999 USMS/USA registration card.)

Please sign me up for: 1.5K _____ 3K _____ 5K _____

My T-s size is: S M L XL XXL

Mail entries to: **RVM Lake Swim / 8975 Highway 66 / Ashland, OR 97520**

1 Event \$ _____

2 Events \$ _____

3 Events \$ _____

Camping \$ _____ (\$2.00pp/nt)

All fees are non-refundable.

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

Signature: _____ Date: _____

(Must be signed by a parent or guardian if swimmer is under 18 years of age.)

OREGON

— Ages 19 Through 24 —

PL	Name	Age	Team	Finals
Mixed 50 Breast				
1	WENDY DIXON	20	OREG	34.49
Mixed 100 Breast				
2	WENDY DIXON	20	OREG	1:14.06
Mixed 200 Breast				
1	WENDY DIXON	20	OREG	2:41.30
Mixed 50 Fly				
1	WENDY DIXON	20	OREG	32.04
Mixed 100 IM				
2	WENDY DIXON	20	OREG	1:11.85

— Ages 25 Through 29 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	FRANCESCA GAMBETTI	27	OREG	26.23
Mixed 100 Free				
1	FRANCESCA GAMBETTI	27	OREG	57.72
Mixed 200 Free				
1	SHAUNA SIMPSON	27	OREG	2:08.33
Mixed 500 Free				
1	SHAUNA SIMPSON	27	OREG	5:42.00
Mixed 1000 Free				
1	SHAUNA SIMPSON	27	OREG	11:52.00
Mixed 50 Back				
1	FRANCESCA GAMBETTI	27	OREG	31.66
Mixed 50 Breast				
1	MAUREEN HASLACH	28	OREG	32.69
Mixed 100 Breast				
1	MAUREEN HASLACH	28	OREG	1:10.15
Mixed 200 Breast				
1	MAUREEN HASLACH	28	OREG	2:30.31
Mixed 50 Fly				
1	FRANCESCA GAMBETTI	27	OREG	28.86
Mixed 100 Fly				
1	SHAUNA SIMPSON	27	OREG	1:05.32
2	FRANCESCA GAMBETTI	27	OREG	1:07.86
Mixed 200 Fly				
1	SHAUNA SIMPSON	27	OREG	2:21.31
Mixed 100 IM				
1	MAUREEN HASLACH	28	OREG	1:04.77
Mixed 200 IM				
1	MAUREEN HASLACH	28	OREG	2:19.71
Mixed 400 IM				
1	SHAUNA SIMPSON	27	OREG	5:06.50

— Ages 30 Through 34 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
2	KAREN HAKANSON	33	OREG	26.69
3	MICHELLE DONAHUE	31	OREG	27.32
Mixed 100 Free				
1	KAREN HAKANSON	33	OREG	59.29
Mixed 200 Free				
3	KAREN HAKANSON	33	OREG	2:14.77
5	YEE HON CHU	30	OREG	2:54.71
Mixed 50 Back				
1	MICHELLE DONAHUE	31	OREG	29.39
Mixed 100 Back				
1	MICHELLE DONAHUE	31	OREG	1:02.47
Mixed 200 Back				
1	MICHELLE DONAHUE	31	OREG	2:16.34
Mixed 50 Breast				
1	CATHY LAW	31	OREG	37.66
Mixed 100 Breast				
3	CATHY LAW	31	OREG	1:23.49
Mixed 50 Fly				
1	MICHELLE DONAHUE	31	OREG	28.85
3	KAREN HAKANSON	33	OREG	31.24
Mixed 100 IM				
1	MICHELLE DONAHUE	31	OREG	1:06.15

— Ages 35 Through 39 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	JEANNE THIMM	35	OREG	28.19
Mixed 100 Free				
2	JEANNE THIMM	35	OREG	1:03.28
Mixed 50 Breast				
5	JEANNE THIMM	35	OREG	37.09
Mixed 50 Fly				
2	JEANNE THIMM	35	OREG	30.41
Mixed 100 IM				
1	JEANNE THIMM	35	OREG	1:10.88
Mixed 200 IM				
2	JEANNE THIMM	35	OREG	2:44.44
— Ages 40 Through 44 —				
PL	Name	Age	Team	Finals
Mixed 50 Free				
3	LIZ CHENEY	42	OREG	31.03
Mixed 100 Free				

2	LAURA SCHOB	40	OREG	1:04.01
3	LIZ CHENEY	42	OREG	1:08.48
Mixed 200 Free				
3	LIZ CHENEY	42	OREG	2:37.97
4	ROBIN YOUNG	44	OREG	2:40.38
5	DIANE LAMEAR-TUCKER	41	OREG	2:47.33
Mixed 500 Free				
2	LAURA WORDEN	41	OREG	6:26.24
3	LAURA SCHOB	40	OREG	6:29.05
6	DIANE LAMEAR-TUCKER	41	OREG	7:24.15
Mixed 1000 Free				
1	LAURA SCHOB	40	OREG	13:11.90
Mixed 50 Back				
-	LIZ CHENEY	42	OREG	DQ
Mixed 100 Back				
3	DIANE LAMEAR-TUCKER	41	OREG	1:29.24
Mixed 200 Back				
3	DIANE LAMEAR-TUCKER	41	OREG	3:06.07
Mixed 100 Breast				
5	ROBIN YOUNG	44	OREG	1:30.81
Mixed 200 Breast				
3	ROBIN YOUNG	44	OREG	3:23.50
Mixed 50 Fly				
1	LAURA WORDEN	41	OREG	30.31
3	LAURA SCHOB	40	OREG	33.25
6	LIZ CHENEY	42	OREG	34.84
8	ROBIN YOUNG	44	OREG	37.34
Mixed 100 Fly				
2	LAURA WORDEN	41	OREG	1:07.35
Mixed 200 Fly				
1	LAURA WORDEN	41	OREG	2:31.99
3	ROBIN YOUNG	44	OREG	3:31.81
Mixed 200 IM				
2	LAURA WORDEN	41	OREG	2:34.97
Mixed 400 IM				
1	LAURA WORDEN	41	OREG	5:25.63

— Ages 45 Through 49 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	JUDY BEASTON	48	OREG	31.08
Mixed 100 Free				
1	JUDY BEASTON	48	OREG	1:10.72
Mixed 200 Free				
1	JUDY BEASTON	48	OREG	2:37.48
Mixed 500 Free				
1	JUDY BEASTON	48	OREG	6:52.16
Mixed 1000 Free				
1	JUDY BEASTON	48	OREG	13:53.62
Mixed 50 Back				
2	LINDA COFFEEN	47	OREG	43.68
Mixed 100 Back				
3	LINDA COFFEEN	47	OREG	1:35.39
Mixed 200 Back				
2	LINDA COFFEEN	47	OREG	3:25.20
Mixed 50 Breast				
2	JUDY BEASTON	48	OREG	42.42

— Ages 50 Through 54 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	SANDI ROUSSEAU	51	OREG	30.74
2	JACKIE QUATTRO	51	OREG	30.99
Mixed 100 Free				
2	SANDI ROUSSEAU	51	OREG	1:10.58
3	JACKIE QUATTRO	51	OREG	1:12.19
Mixed 200 Free				
2	JACKIE QUATTRO	51	OREG	2:38.95
Mixed 50 Back				
3	JACKIE QUATTRO	51	OREG	39.60
Mixed 50 Breast				
4	JACKIE QUATTRO	51	OREG	42.33
Mixed 100 Breast				
4	JACKIE QUATTRO	51	OREG	1:35.07
Mixed 50 Fly				
1	SANDI ROUSSEAU	51	OREG	32.50
Mixed 100 Fly				
1	SANDI ROUSSEAU	51	OREG	1:20.92
Mixed 200 Fly				
1	SANDI ROUSSEAU	51	OREG	3:11.58
Mixed 100 IM				
1	SANDI ROUSSEAU	51	OREG	1:22.77

— Ages 55 Through 59 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	JOY WARD	56	OREG	29.99
2	SUE CALNEK-MORRIS	55	OREG	32.45
Mixed 100 Free				
1	JOY WARD	56	OREG	1:07.84
3	SUE CALNEK-MORRIS	55	OREG	1:12.62
Mixed 200 Free				
1	SUE CALNEK-MORRIS	55	OREG	2:37.98
Mixed 500 Free				
1	SUE CALNEK-MORRIS	55	OREG	7:18.28
2	PAMELA HIMSTREET	55	OREG	7:31.19

Mixed 1000 Free				
1	SUE CALNEK-MORRIS	55	OREG	14:42.64
Mixed 50 Back				
1	JOY WARD	56	OREG	35.91
Mixed 100 Back				
1	JOY WARD	56	OREG	1:18.16
Mixed 200 Breast				
1	PAMELA HIMSTREET	55	OREG	3:19.96
Mixed 50 Fly				
1	JOY WARD	56	OREG	31.97
Mixed 100 Fly				
1	PAMELA HIMSTREET	55	OREG	1:33.08
Mixed 100 IM				
1	JOY WARD	56	OREG	1:18.27
3	PAMELA HIMSTREET	55	OREG	1:27.83
Mixed 200 IM				
1	PAMELA HIMSTREET	55	OREG	3:10.90
Mixed 400 IM				
1	PAMELA HIMSTREET	55	OREG	6:43.90

— Ages 70 Through 74 —

PL	Name	Age	Team	Finals
Mixed 200 Free				
1	MARGARET WELLS	73	OREG	4:03.62
Mixed 50 Back				
1	MARGARET WELLS	73	OREG	57.85
Mixed 50 Breast				
2	MARGARET WELLS	73	OREG	1:07.84
Mixed 200 Breast				
1	MARGARET WELLS	73	OREG	5:07.35

— Ages 25 Through 29 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
4	RADEK POSPISIL	29	OREG	24.85
Mixed 500 Free				
1	BILL ZOLNA	29	OREG	5:02.91
Mixed 50 Breast				
2	RADEK POSPISIL	29	OREG	29.80
Mixed 200 Breast				
1	RADEK POSPISIL	29	OREG	2:25.95
Mixed 50 Fly				
2	RADEK POSPISIL	29	OREG	28.20
Mixed 200 Fly				
1	BILL ZOLNA	29	OREG	1:57.78
Mixed 400 IM				
1	BILL ZOLNA	29	OREG	4:22.05

— Ages 30 Through 34 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	ROBERT KABACY	30	OREG	21.85
6	JEFF KAELO	33	OREG	25.99
Mixed 100 Free				
1	ROBERT KABACY	30	OREG	51.47
5	JEFF KAELO	33	OREG	57.77
Mixed 200 Free				
1	ROBERT KABACY	30	OREG	1:48.43
2	DOUG STEWART	34	OREG	1:53.73
4	JEFF KAELO	33	OREG	2:08.30

Mixed 500 Free				
1	DOUG STEWART	34	OREG	5:04.83
3	PHILLIP KING	32	OREG	5:19.93
4	JEFF KAELO	33	OREG	5:46.55
Mixed 1000 Free				
1	DOUG STEWART	34	OREG	10:35.50
Mixed 100 Back				
1	JOHN HUDSON	33	OREG	1:02.09
2	JEFF KAELO	33	OREG	1:13.83
Mixed 50 Breast				
2	JOHN HUDSON	33	OREG	30.08
Mixed 100 Breast				
1	JOHN HUDSON	33	OREG	1:05.40
Mixed 200 Breast				
2	JOHN HUDSON	33	OREG	2:28.49
Mixed 50 Fly				
1	ROBERT KABACY	30	OREG	24.08
Mixed 200 Fly				
1	DOUG STEWART	34	OREG	2:06.76
Mixed 100 IM				
2	JOHN HUDSON	33	OREG	1:00.51
Mixed 200 IM				
1	DOUG STEWART	34	OREG	2:08.13
Mixed 400 IM				
2	DOUG STEWART	34	OREG	4:32.20
3	PHILLIP KING	32	OREG	4:37.20

— Ages 35 Through 39 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
5	DANIEL VAUGHN	35	OREG	24.89
Mixed 100 Free				
5	DANIEL VAUGHN	35	OREG	55.25
Mixed 200 Back				
1	STEVE GEORGE	39	OREG	2:05.06

continued on page 13

Results continued from page 12

Mixed 50 Breast			
4 BRADLEY MYERS	38 OREG	32.73	
Mixed 100 Breast			
3 BRADLEY MYERS	38 OREG	1:13.49	
Mixed 50 Fly			
3 DANIEL VAUGHN	35 OREG	27.72	
5 BRADLEY MYERS	38 OREG	30.47	
Mixed 100 Fly			
6 DANIEL VAUGHN	35 OREG	1:05.14	
Mixed 100 IM			
1 STEVE GEORGE	39 OREG	58.47	
— Ages 40 Through 44 —			
PL Name	Age	Team	
Finals			
Mixed 50 Free			
4 MIKE DAVIS	44 OREG	27.55	
6 CHARLES HELM	42 OREG	30.37	
Mixed 100 Free			
3 MIKE DAVIS	44 OREG	1:00.15	
4 PETER METZGER	43 OREG	1:00.16	
7 CHARLES HELM	42 OREG	1:10.54	
Mixed 200 Free			
1 PAT ALLENDER	40 OREG	1:51.72	
3 ED RAMSEY	42 OREG	2:07.28	

4 MIKE DAVIS	44 OREG	2:13.74	
Mixed 500 Free			
1 PAT ALLENDER	40 OREG	5:06.85	
2 CHRIS ROTH	40 OREG	5:26.32	
3 ED RAMSEY	42 OREG	5:48.49	
4 MIKE DAVIS	44 OREG	6:08.84	
5 CHARLES HELM	42 OREG	7:28.17	
Mixed 1000 Free			
1 CHRIS ROTH	40 OREG	11:10.10	
Mixed 1650 Free			
1 ED RAMSEY	42 OREG	20:45.91	
Mixed 50 Back			
1 PETER METZGER	43 OREG	26.91	
Mixed 100 Back			
1 PETER METZGER	43 OREG	58.23	
Mixed 50 Breast			
1 PAT ALLENDER	40 OREG	30.27	
7 CHARLES HELM	42 OREG	44.72	
Mixed 100 Breast			
1 PAT ALLENDER	40 OREG	1:04.32	
Mixed 200 Breast			
1 PAT ALLENDER	40 OREG	2:20.02	
Mixed 50 Fly			
2 ED RAMSEY	42 OREG	29.87	
5 CHARLES HELM	42 OREG	38.83	
Mixed 100 Fly			

1 CHRIS ROTH	40 OREG	56.02	
Mixed 100 IM			
3 MIKE DAVIS	44 OREG	1:09.98	
6 CHARLES HELM	42 OREG	1:29.30	
Mixed 200 IM			
2 MIKE DAVIS	44 OREG	2:29.71	
3 ED RAMSEY	42 OREG	2:35.27	
Mixed 400 IM			
1 PAT ALLENDER	40 OREG	4:34.02	
2 CHRIS ROTH	40 OREG	4:43.64	
— Ages 50 Through 54 —			
PL Name	Age	Team	Finals
Mixed 50 Free			
1 JED CRONIN	50 OREG	25.90	
Mixed 50 Breast			
1 ALLEN STARK	50 OREG	30.52	
Mixed 100 Breast			
1 ALLEN STARK	50 OREG	1:08.05	
Mixed 50 Fly			
2 JED CRONIN	50 OREG	27.75	
Mixed 100 Fly			
2 JED CRONIN	50 OREG	1:06.20	

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Nancy Radcliff, Swimming Supporter Par Excellence

The job of swimming supporter is not for floundering fainthearts I learned after interviewing long time chlorine addict, Nancy Radcliff. Attending swim meets and lake swims until your eyeballs cross is not for everyone; only patient, good-natured people may apply.

Nancy spent her fortieth wedding anniversary in Federal Way, sitting for forty hours listening to the announcer monodrone for the fortieth time, "Heat 1, second call, heat two, first call." There she was, parked in her knitted lawn chair, grinning at me from across the pool. I started wondering how Nancy felt about being Dave's faithful swimming chum. And what were her duties involved in supporting his stellar swimming career?

My interview with Nancy unraveled many interesting tidbits about her life with Dave. For one, she didn't see Dave swim for thirty-six years. Dave coached swimming after his college and Army years, but did not compete. In Burbank in 1958, Dave's old swim coach and Nancy's girlfriend played matchmaker and the result was a whirlwind romance. The lovedoves were engaged in six weeks and married within six months. Thirty-six years later, Dave and Nancy moved to Oregon. Dave soon donned his racing bikini and entered his first Master's meet — the 1995 SCY Zone Championships. Nancy, being raised in the "support the spouse" mode, went to Dave's first meet to be with him and share in his accomplishments. Though lonely at his early competitions, Nancy soon met people she enjoyed visiting. Swimming quickly became as much a part of her life as Dave's, only in a supporting role. At

swim races, Nancy's job as swim supporter is varied. An important task is remaining cheerful, even when swim meets drag on and "it's like watching paint dry." At meets,

Nancy counts laps, times, is adept at suit zipping, and is ready and willing to listen to racing brags and woes. She not only supports her husband, but other swimmers, too. I can attest to her superior zipping technique.

At home, Nancy is also a willing swimmer-backer. While Dave snores away for two hours every afternoon, Nancy answers the phone — mainly calls dealing with swimming issues. She edits and bulk mails the Aqua-Master, and she deals with numerous e-mails. Nancy has been known to "be Dave" when he's busy swimming; she once stood in for Dave while he was voted in as church Elder.

It's hard to imagine, but Nancy does have a life outside of swimming supporter. She is retired from a full career as a book keeper and manager of a high school student store. Nancy enjoys water aerobics, cross-stitching blankets and bibs for friends' babies,

she's active in her church and a dedicated grandmother. In the summers, Dave and she run "Camp Nonnie and Popa," teaching and playing daily with their two grandkids. At the end of the interview Nancy shared that Dave was taking her away to celebrate their anniversary at a romantic Bed and Breakfast. The next time you see Nancy's open face at a meet or lake swim, you might be reminded how she and so many others are an invaluable part of our swimming world.

By Laura Schob



Nancy and Toni show off the latest cross-stitched blanket at Toni's shower. Phillip (born May 2) is now enjoying his new blanket.

Results continued from page 13

— Ages 55 Through 59 —

PL	Name	Age	Team	Finals
Mixed 100 Free				
1	TOM LANDIS	56	OREG	56.02
2	ROBERT SMITH	55	OREG	56.13
3	RICHARD JUHALA	55	OREG	1:14.24
Mixed 200 Free				
1	TOM LANDIS	56	OREG	2:02.86
2	RICHARD JUHALA	55	OREG	2:52.59
Mixed 500 Free				
1	TOM LANDIS	56	OREG	5:47.65
2	RICHARD JUHALA	55	OREG	8:15.75
Mixed 1000 Free				
1	TOM LANDIS	56	OREG	11:58.59
Mixed 50 Back				
1	ROBERT SMITH	55	OREG	27.02
Mixed 100 Back				
1	ROBERT SMITH	55	OREG	1:00.11
Mixed 100 Fly				
1	ROBERT SMITH	55	OREG	1:02.90
Mixed 100 IM				
3	RICHARD JUHALA	55	OREG	1:24.63
Mixed 200 IM				
1	TOM LANDIS	56	OREG	2:28.82
3	RICHARD JUHALA	55	OREG	3:07.95
Mixed 400 IM				
2	RICHARD JUHALA	55	OREG	6:49.33
— Ages 60 Through 64 —				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	GEORGE THAYER	63	OREG	26.98
Mixed 100 Free				
2	GEORGE THAYER	63	OREG	1:05.06
Mixed 200 Free				
1	DAVID RADCLIFF	64	OREG	2:21.62
Mixed 500 Free				
1	DAVID RADCLIFF	64	OREG	6:24.94
Mixed 1000 Free				
1	DAVID RADCLIFF	64	OREG	13:17.52
Mixed 1650 Free				
1	DAVID RADCLIFF	64	OREG	22:38.63
Mixed 50 Back				
1	GEORGE THAYER	63	OREG	34.72
Mixed 50 Breast				
2	GEORGE THAYER	63	OREG	37.36
Mixed 50 Fly				
1	BERT PETERSEN	60	OREG	27.30
Mixed 100 Fly				
1	BERT PETERSEN	60	OREG	1:03.27
Mixed 100 IM				
1	GEORGE THAYER	63	OREG	1:14.22
— Ages 65 Through 69 —				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	DICK WEICK	65	OREG	26.97
Mixed 100 Free				
1	DICK WEICK	65	OREG	1:02.25
Mixed 200 Free				
2	WILLIAM HOLMAN	67	OREG	4:13.45
Mixed 50 Breast				
1	DICK WEICK	65	OREG	36.35
Mixed 50 Fly				
1	DICK WEICK	65	OREG	31.25
Mixed 100 IM				
1	DICK WEICK	65	OREG	1:12.11
Mixed 200 IM				
1	DICK WEICK	65	OREG	2:48.63
— Ages 75 Through 79 —				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	ANDREW HOLDEN	79	OREG	32.47
2	GILBERT YOUNG	76	OREG	34.00
Mixed 200 Free				
1	GILBERT YOUNG	76	OREG	2:50.55
2	EARL WALTER	77	OREG	3:12.43
Mixed 1000 Free				
1	GILBERT YOUNG	76	OREG	16:18.71
Mixed 1650 Free				
1	GILBERT YOUNG	76	OREG	27:23.34
Mixed 50 Back				
1	EARL WALTER	77	OREG	42.40
Mixed 100 Back				
1	EARL WALTER	77	OREG	1:42.76
Mixed 200 Back				
1	EARL WALTER	77	OREG	3:33.07
Mixed 50 Fly				
1	ANDREW HOLDEN	79	OREG	35.97
Mixed 100 IM				
1	ANDREW HOLDEN	79	OREG	1:24.34
Mixed 400 IM				
1	GERALD HUESTIS	79	OREG	7:33.36

— Ages 19 Through 24 —

PL	Name	Team	Finals
Female 200 R-Free			
1	OREG F-19	OREG	1:51.94
LISA GORSLINE-23	M. DONAHUE-31	F. GAMBETTI-27	
KAREN HAKANSON-33			

— Ages 25 Through 34 —

PL	Name	Team	Finals
Female 200 R-Medley			
1	OREG F-25	OREG	1:55.29
M. DONAHUE-31	MAUREEN HASLACH-28	F. GAMBETTI-27	
KAREN HAKANSON-33			

— Ages 35 Through 44 —

PL	Name	Team	Finals
Female 400 R-Free			
1	OREG F-35	OREG	4:47.23
LIZ CHENEY-42	LAMEAR-TUCKER -41	ROBIN YOUNG-44	
LAURA WORDEN-41			

— Ages 55 Through 64 —

PL	Name	Team	Finals
Male 200 R-Free			
1	OREG M-55	OREG	1:42.20
GEORGE THAYER-63	ROBERT SMITH-55	TOM LANDIS-56	
DICK WEICK-65			

— Ages 65 Through 74 —

PL	Name	Team	Finals
Male 400 R-Medley			
1	OREG M-55	OREG	4:26.46
ROBERT SMITH-55	GEORGE THAYER-63	BERT PETERSEN-60	
TOM LANDIS-56			

— Ages 75 Through 84 —

PL	Name	Team	Finals
Male 200 R-Free			
1	OREG M-75	OREG	2:14.74
EARL WALTER-77	GERALD HUESTIS-79	GILBERT YOUNG-76	
ANDREW HOLDEN-79			

— Ages 85 Through 94 —

PL	Name	Team	Finals
Male 200 R-Medley			
1	OREG X-55	OREG	2:04.10
JOY WARD-56F	ROBERT SMITH-55M	BERT PETERSEN-60M	
CALNEK-MORRIS -55F			

— Ages 95 Through 104 —

PL	Name	Team	Finals
Mixed 200 R-Free			
1	OREG X-55	OREG	4:12.82
JOY WARD-56F	P. HIMSTREET-55F	TOM LANDIS-56M	
ROBERT SMITH-55M			

MACO

— Ages 35 Through 39 —

PL	Name	Age	Team	Finals
Mixed 50 Breast				
1	BECKY OBLETZ	39	MACO	35.30
Mixed 100 Breast				
1	BECKY OBLETZ	39	MACO	1:15.81
Mixed 200 Breast				
1	BECKY OBLETZ	39	MACO	2:43.94
Mixed 200 IM				
1	BECKY OBLETZ	39	MACO	2:33.94

— Ages 45 Through 49 —

PL	Name	Age	Team	Finals
Mixed 100 Back				
1	TERI HENDRYX	45	MACO	1:14.29
Mixed 200 Back				
1	TERI HENDRYX	45	MACO	2:37.48
Mixed 200 Breast				
1	TERI HENDRYX	45	MACO	2:58.06
Mixed 100 Fly				
2	TERI HENDRYX	45	MACO	1:13.44
Mixed 200 Fly				
2	TERI HENDRYX	45	MACO	2:59.18
Mixed 400 IM				
1	TERI HENDRYX	45	MACO	5:51.74

— Ages 50 Through 54 —

PL	Name	Age	Team	Finals
Mixed 100 Free				
1	SUSANNE SCHUMANN	61	MACO	1:18.68
Mixed 50 Breast				
1	SUSANNE SCHUMANN	61	MACO	44.29
Mixed 100 Breast				
1	SUSANNE SCHUMANN	61	MACO	1:35.95
Mixed 200 Breast				
1	SUSANNE SCHUMANN	61	MACO	3:31.30

— Ages 55 Through 59 —

Mixed 200 Fly			
2 TERI HENDRYX	45	MACO	2:59.18
Mixed 400 IM			
1 TERI HENDRYX	45	MACO	5:51.74
— Ages 60 Through 64 —			
PL	Name	Age Team	Finals

— Ages 60 Through 64 —

Mixed 100 Free			
1 SUSANNE SCHUMANN	61 MACO	1:18.68	
Mixed 50 Breast			
1 SUSANNE SCHUMANN	61 MACO	44.29	
Mixed 100 Breast			
1 SUSANNE SCHUMANN	61 MACO	1:35.95	

— Ages 65 Through 69 —

PL	Name	Age	Team	Finals
Mixed 100 Free				
1	LAVELLE STOINOFF	66	MACO	1:11.81
Mixed 200 Free				
1	LAVELLE STOINOFF	66	MACO	2:34.60
Mixed 200 Breast				
1	LAVELLE STOINOFF	66	MACO	3:23.46
Mixed 50 Fly				
1	LAVELLE STOINOFF	66	MACO	46.12
Mixed 100 IM				
1	LAVELLE STOINOFF	66	MACO	1:27.33

— Ages 70 Through 74 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
3	DAN KNAUER	38	MACO	24.15
Mixed 100 Free				
1	DAN KNAUER	38	MACO	50.90
Mixed 200 Free				
2	DAN KNAUER	38	MACO	1:53.01
Mixed 500 Free				
1	DAN KNAUER	38	MACO	5:13.07
Mixed 200 Back				
3	ROBERT MOORE	38	MACO	2:11.86
Mixed 100 Fly				
1	ROBERT MOORE	38	MACO	57.64

— Ages 75 Through 79 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
4	JIM BIGLER	63	MACO	30.46
Mixed 100 Free				
3	JIM BIGLER	63	MACO	1:08.12
Mixed 200 Free				
2	JIM BIGLER	63	MACO	2:28.88
Mixed 500 Free				
2	JIM BIGLER	63	MACO	6:54.57
Mixed 1000 Free				
2	JIM BIGLER	63	MACO	14:20.32
Mixed 100 Breast				
1	JIM BIGLER	63	MACO	1:26.82

— Ages 80 Through 84 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	ROBERT MAESTRE	48	MACO	24.99
Mixed 100 Free				
2	ROBERT MAESTRE	48	MACO	55.68
Mixed 200 Free				
1	ROBERT MAESTRE	48	MACO	2:03.67
Mixed 500 Free				
1	ROBERT MAESTRE	48	MACO	5:47.57
Mixed 200 Back				
1	ROBERT MAESTRE	48	MACO	2:26.85

— Ages 85 Through 89 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
4	JIM BIGLER	63	MACO	30.46
Mixed 100 Free				
3	JIM BIGLER	63	MACO	1:08.12
Mixed 200 Free				
2	JIM BIGLER	63	MACO	2:28.88
Mixed 500 Free				
2	JIM BIGLER	63	MACO	6:54.57
Mixed 1000 Free				
2	JIM BIGLER	63	MACO	14:20.32
Mixed 100 Breast				
1	JIM BIGLER	63	MACO	1:26.82

— Ages 90 Through 94 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
4	JIM BIGLER	63	MACO	30.46
Mixed 100 Free				
3	JIM BIGLER	63	MACO	1:08.12
Mixed 200 Free				
2	JIM BIGLER	63	MACO	2:28.88
Mixed 500 Free				
2	JIM BIGLER	63	MACO	6:54.57
Mixed 1000 Free				
2	JIM BIGLER	63	MACO	14:20.32
Mixed 100 Breast				
1	JIM BIGLER	63	MACO	1:26.82

— Ages 95 Through 104 —

PL	Name	Age	Team	Finals
Mixed 50 Free				
4	JIM BIGLER	63	MACO	30.46
Mixed 100 Free				
3	JIM BIGLER	63	MACO	1:08.12
Mixed 200 Free				
2	JIM BIGLER	63	MACO	2:28.88
Mixed 500 Free				
2	JIM BIGLER	63	MACO	6:54.57
Mixed 1000 Free				
2	JIM BIGLER	63	MACO	14:20.32
Mixed 100 Breast				
1	JIM BIGLER	63	MACO	1:26.82

— Ages 105 Through 109 —

1 ROBERT MAESTRE	48	MACO	2:03.67
Mixed 500 Free			
1 ROBERT MAESTRE	48	MACO	5:47.57
Mixed 200 Back			
1 ROBERT MAESTRE	48	MACO	2:26.85
— Ages 60 Through 64 —			

NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

Sponsored and sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993608

DATE: Saturday, July 31st and Sunday, August 1st, 1999

TIMES: Saturday July 31, Warm-up: 11:00 AM, Meet starts: 12 NOON
Sunday August 1, Warm-up: 8:00 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER
650 SW Campus Drive, Federal Way, WA 98023 (206) 296-4444

MEET DIRECTOR: Jane and Hugh Moore (253) 925-0803 weswim@mindspring.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool rated as one of the fastest pools in the world with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: All 1999 registered Masters swimmers age 19 and above as of August 1 are welcome to participate. Age groups determined by the swimmer's age on December 31, 1999.

DIRECTIONS: From I-5: Take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #CC) (Seeding slow to fast / Deck enter relays at the meet)

SATURDAY JULY 31 st : 12 PM		SUNDAY AUGUST 1 st : 9 AM	
1	800 Freestyle (check-in by 11:30 AM) Event 2 will not start before 12:30 PM	14	400 Freestyle (check-in by 8:30 AM) Event 15 will not start before 9:30 AM
2	Women's/Men's 200 Freestyle Relay	15	Women's/Men's 200 Medley Relay
3	Women's/Men's 400 Freestyle Relay	16	Women's/Men's 400 Medley Relay
4	Women's/Men's 800 Freestyle Relay	17	200 Backstroke
5	50 Freestyle	18	50 Breaststroke
6	200 Butterfly	19	100 Butterfly
7	100 Backstroke 10 minute break	20	200 Individual Medley 10 minute break
8	Mixed 200 Medley Relay	21	Mixed 800 Freestyle Relay
9	Mixed 400 Medley Relay	22	Mixed 400 Freestyle Relay
10	100 Freestyle	23	Mixed 200 Freestyle Relay
11	50 Backstroke	24	200 Freestyle
12	200 Breaststroke	25	100 Breaststroke
13	400 Individual Medley (check-in by 2:30 PM)	26	50 Butterfly
		27	1500 Freestyle (check-in by 11:30 AM)

RELAYS: Swimmers shall be allowed to swim only once in each relay sequence (e.g. event 2, 3, or 4). Each relay team can choose to swim 200m, 400m, or 800m (800m for Freestyle relays only). Women's relays will precede Men's relays (Events 2, 3, 4, 15, and 16).

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

MOTELS: There are numerous motels within fifteen miles of the pool, including...

Name	Dist. to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executcel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Best Western Executive	5.4 miles	Fife	253-922-0080
Motel 6	7 miles	Fife	253-922-1270

NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

Sponsored and sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993608

Saturday, July 31st and Sunday, August 1st, 1999

NAME: _____ M F AGE as of 12/31/99: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of December 31, 1999):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+ .

ENTRY LIMIT: SIX INDIVIDUAL EVENTS (MAXIMUM FIVE PER DAY) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (LC Meters)

ENTRY FEE: \$ 13.00 Surcharge (includes \$1 zone surcharge)

\$ _____ T-shirts @ \$12 each - indicate size (M L XL)

Individual Events: + \$1 per event for swimmers under age 65.

No charge for swimmers 65 or over. No charge for relays.

Total: \$ _____ Please make checks payable to: PNA

Mail this entry form and fees to: **Jane Moore (253) 925-0803 (before 9 PM)**
1867 58th St NE
Tacoma WA 98422

Entries must be postmarked by **Saturday, July 17th, 1999**

or delivered to Jane Moore by **Tuesday, July 20th, 1999**.

Include a copy of your Masters registration card if you are not a PNA member.

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

SIGNED: _____ DATE: _____

History continued from page 6

50-54 - Eric Guest beat Paul Thompson in the 200 Free 2:38.70 vs 2:39.00. Leo Haglund won the 500 in 8:55.70. Tom Boardman won the 100 Back in 1:30.70

55-59 - Gil Young took OB into camp in the 50,100 and 500 Free. In the 500 Gil did 7:32.40, now 18 years later Gil's record is 7:45.22, how about that sports fans?

David Young cleaned up in the 60-64: 100 Free 1:27.55, 100 Breast 1:47.30

65-69: Syd Hendy was the man to beat, 100 Free 1:22.20 and the 200 Back 3:24.10, Syd won all 5 events.

70-74: Herb Eisenschmidt won 5/5, ie 200 Back 3:20.40, Tift Kampmann won all 3 Breast events, ie 100 Breast 1:43.00, Harry Wedler took 2nd to Tift in all 3 Breast events, swam 2:06.30 for the 100.

OB Comment, now we get the Ladies, it is interesting, Connie always put the men first, my it's different now!

Women 20-24: Colleen Corrigan 100 Free 1:07.80, Jill Schludt 200 Back 2:44.50, Enid Webb 100 Back 1:24.60, Margaret Pieschl 50 Breast 49.70, Bonnie Davis 2nd 200 IM 3:13.00

25-29: Christy Hartman, Connie Correia, Patty Farrell, Janey Jacobs in the 50 Free 30.45, 32.40, 33.00, 33.10. Marcia Morey did the 500 in 5:57.30 and Carol Thompson the 200 Breast 3:15.70

30-34: Sandi Rousseau 33 and Darlene Pohl 30, argued in the 100 Fly with Darlene at 1:10.90 and Sandi 1:11.00, that was a good one, OB believes this was Sandi's first meet. In those days Sandi was a sprinter, just like now, 50 Fly Sandi 30.90, Sue Snyder 31.50 and Darlene 32.30.

40-44: Mary Ann Henion 100 Breast 1:44.30, Jean Kinzey Lee the 500 8:25.00, Sue Rittenhouse the 100 IM 1:18.40

45-49: Lavell Stoinoff(48) 500 Free 6:31.80, Ardis Ross (45) the 100 Free 1:21.90

50-54: "Maggie" Wells (54) swam the back, Breast, fly and IM, her 200 IM was 3:35.50

55-59: Jane Brown (57) and Elfie Stevenin (59) Jane the 500 Free 10:44.60 and Elfie the 100 Fly 2:55.30.

60-64: Elizabeth Davis (61) 50 Free 1:37.20, 50 Back 1:26.85

75-79: Martha Keller (79) won 5 for 5 - 500 12:52.30

Karl Von Tagen was Meet Director, Jayne Chastain, Sue Rittenhouse and Lavelle Stoinoff, all swimming for Karl at PCC, were put to work by their coach. There was a welcome for 13 new swimmers, all gone now, one way or another.

Tualatin Hills Masters Swim Club announced a swim meet with Pat Caudill the registrar. A keg of "carbohydrate replenisher" and food was to be served, quite a name for BEER. Everyone had to give their 50 yd times, because all entrants were going to be seeded for a "relay assault". You got to swim for \$4.00, the party was \$3.00 extra. OB Wonders about that "assaulted".

Lake Oswego Invitational was held in early February. Dick Curtis was the impresario, with Jack and Earline Dawes officiating. Out of 78 swimmers we had some new faces: Linda Ray(23), Karyn Hale(29), Beth Banger(28), Gail Evans(33), Nancy Haire(32), Nancy Ross(43), Kathy Hughes(53), Rick Longabaugh(27), Chas Kralovec(29), Rob Wasserman(25), Roy Lambert(34), Kim Lathrop(30), Bob Maestre(30), Dale

Vaughan(36), Roy Watters(36), Jim Puterbaugh(36), Perry Sloop(45), Paul Thompson(54), Sam Ierulli(51), Jim Holland(56).

NEW RECORDS:

Marcia Morey(25-29) 1650 19:35.84, Nancy Ross(40-44) 100/200 Free, 1:05.19/2:27.32, Maggie Wells(50-54) 200 Back 3:33.04, Randy Wisner (20-24) 100 Fly/59.34, Chas Schaumburg(40-44) 6:13.18, Jim Bigler (45-49) 100 Free/1:01.90, Eric Guest(50-54) 200 Free 2:33.55---

OB Comment: Gil and I just about had to drag Eric to swim anything longer than a 100.

Sam Ierulli(50-54) 500/1650 7:09.19 and 25:13.81

Tift Kampmann(70-74) 200 Breast/100 IM 4:03.51 and 1:43.65

Connie and Earl were pushing entries for the Nationals to be at Irvine, Calif in Mid May, particularly we wanted RELAYS, does this sound familiar?

In the Tualatin Hills Meet, Art Smith came up with the idea of "goal times", on your entry you put in a goal time, and if you made it, in the results your name would be followed by an "asterisk". Still a good idea, maybe we should try it.

*Sue Snyder, Marcia Morey, Cathy Zagunis, Darlene Pohl, Linda Jones, Jayne Chastain, Joan Whisman, Maggie Wells, Elfie Stevenin, Barbara Haverkamp, Doug Hunsicker, Dale Vaughan, Jim Hutcheson, Mike McColly, Ron Nakata, Fred Spreng (had 3), Dick Mealy, Perry Sloop, Tom Boardman, Sam Ierulli, Lee Miesen, Jim Holland, Syd Hendy, Herb Eisenschmidt had 3, Roy Webster had 4, those are people who received the badge of honor, THE ASTERISK.

Also at this meet some very familiar names show up on the "help" side: Bob and Judy Hathaway, Mr and Mrs Dick Parker and Peg Ogilbee. A PARTY was held after the meet with the Dale Vaughans being the hosts.

Martha Keller (80 years young), set five National Records: 50 Free 1:02.29, 100 Free 2:18.26, 50 Back 1:07.93, 100 IM 3:04.19 and the 1650 in 43:00.92, at the TH Meet.

More Records, people who are still very active:

Sue Snyder (30-34) 50/100 Breast - 36.86/1:20.56

Darlene Pohl (30-34) 400 IM - 5:31.67

"Maggie" Wells (50-54) 200 Fly - 3:49.21

Mike McColly (35-39) 100/200 Back - 1:03.65/2:19.89

Graham Colton (35-39) 100 Fly - :59.60

Eric Guest (50-54) 200 Free - 2:32.99

200 Medley (Men 35+) 1:48.73 - Dale Vaughan, Chuck Richards, Mike McColly, Art Smith

200 Medley (Women 35+) 2:25.16 - Lavelle Stoinoff, Sue Rittenhouse, Jayne Chastain, Linda Jones

Assn. Champs were announced to be held at Mt Hood CC, April 11 & 12.

Jim Holland invited one and all to his house for an after the meet party. It was a doozer, we had at least one more with Jim playing the genial host.

May 1981 AquaMaster announced the death of Gary Rittenhouse, husband of Susan. Gary fought hard in his battle with illness, and was constantly a loyal friend. He supported Susan and OMS, although his first love was running.

Chapter 7 will continue in a future Aqua-Master.

1999 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #379-07

MT. Hood Community College Gresham, Oregon
26000 SE Stark, Gresham
8 lanes competition, elec.timing, 1 lane warmup/down
Packet pick-up at pool only. Heat sheets sold separately
Meet Hotels: Inn America 1000 NW Gresham Rd. -
492-2900, Phoenix Inn 477 NW Phoenix Dr. - 669-
6500. Both are in Troutdale.

ELIGIBILITY: STATE OF OREGON RESIDENT
AND/OR REGISTERED OMS MEMBER

DATE: JULY 10-11, 1999

Warm-ups: 1:00 p.m. Sat. & Sun.
Meet Starts: 2:00 p.m. Sat. & Sun.

ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY JUNE 22, 1999
LATE ENTRIES WILL NOT BE ACCEPTED

All registered Masters Swimmers MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY

-----RETURN THIS LOWER PORTION-----

(office use)

NAME _____ BIRTHDATE _____

ADDRESS _____ CITY _____ COUNTY _____

ZIP _____ PHONE _____ AGE _____ SEX _____

If you are a registered Masters Swimmer, please enter

your 1999 USMS # _____ USMS Club (OREG, MACO, etc.) _____

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: _____ SMALL _____ MEDIUM _____ LARGE _____ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24,25-29,30-34,etc. etc. up to 95+. RELAY AGES: 76+, 100+, 120+,160+, 200+,240+, 280+, &
320+. Disabled swimmers may enter as "disabled" and be treated as a separate age group category for awards.

ENTER RELAYS AT THE MEET. 200, 400, and 800m relays will be available. The 400, and 1500 Frees will be deck
seeded. Check in prior to 30 minutes before these events required. All events will be seeded SLOW TO FAST.

SATURDAY, JULY 10

400 M I.M. (1) _____:_____.
BREAK BREAK BREAK
FREE RELAY (2/3) XXXXXXXXXXXX
100 M BACK (4) _____:_____.
100 M FREE (5) _____:_____.
200 M FLY (6) _____:_____.
BREAK BREAK BREAK
200 M BREAST (7) _____:_____.
50 M BACK (8) _____:_____.
50 M FREE (9) _____:_____.
MXD FREE RELAY (10) XXXXXXXXXXXX
1500 M FREE (11) _____:_____.

SUNDAY, JULY 11

400 M FREE (12) _____:_____.
MEDLEY RELAY (13/14) XXXXXXXXXXXX
BREAK BREAK BREAK
100 M FLY (15) _____:_____.
50 M BREAST (16) _____:_____.
200 M BACK (17) _____:_____.
200 M FREE (18) _____:_____.
BREAK BREAK BREAK
50 M FLY (19) _____:_____.
100 M BREAST (20) _____:_____.
200 M I.M. (21) _____:_____.
MXD MED RELAY (22)XXXXXXXXXXXXXXXXXX

I am a disabled swimmer and wish to enter the meet in this special category. _____(check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury,including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

Signature of athlete: _____ DATE _____

ENTRY FEE: \$20.00 for 2 events plus \$ 4.00 for each additional event. Limit of 6 individual events, 5 events per day.

MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON

4840 SW Western Ave., Suite 900 Portland, OR 97005

Minutes of the March 20, 1999 OMS Inc. Board Meeting

Attendees: Bob Bruce, Dan Gray, Eric Guest, Pam Himstreet, Monika Hunscher, Phil King, June Mather, David Radcliff, Sandi Rousseau, Donna Ryan, George Thayer, Jeanne Thimm, Bill Volckening, Murali Krishna, Robert Smith

Call to Order: 4:30 PM by past – chair Eric Guest

Chair: Suzanne Rague - not present. Written report presented by Eric Guest. Suzanne provided a written report on the status of Top Ten position (see heading below), and prepared preliminary versions of a working calendar and Board/active members roster. Any corrections on the roster should be sent to Suzanne.

Secretary: Sharon Stuart - not present. No report. June Mather recording. Minutes approved as corrected.

Treasurer: Jeanne Teisher – not present. Eric distributed the financial report YTD.

Vice-Chair: Pam Himstreet - Pam discussed meet reimbursement for the MAC club meet Feb 27. The Board passed a motion to deduct \$.75 off of the Timers allotment, thereby giving MAC \$6.75 per swimmer. The Board also discussed timing responsibilities of the host club. Pam was asked to re-word the bid contract and use stronger wording; i.e., club cannot ask for timers at the start of the meet; this should be pre-arranged.

MACO club was the only bidder for the zone meet, December 4-5, 1999.

Pam passed out more bid packets and asked for corrections and early bids.

The Board discussed the order of events. Pam would like to see a consistent order of distance events for the Association Champs as follows: - Friday: 400 IM and 1650 Free - Sat: 1000 Free at the end of the day - Sun: 500 Free at the start of the day

The Board discussed upgrading the current OMS laptop vs. buying a new one with Windows 98 and using the old one as a backup. Monika will look into repair costs and the expense of a new laptop.

Committee Reports

Open Water / Long distance: Dan Gray - The Board discussed establishing a Coach of the Year award for OMS. Dan distributed a list of ideas for awards and coaches recognition.

The Board passed a motion to spend \$200 for four more buoys.

The Board passed a motion to approved the following items of the proposed 1999 open water budget: - Awards for Open Water Association Championship at Cottage Grove - High Point award - Open Water Series award

Awards / Souvenirs: Donna Ryan - The cost of the awards for the Association Championships was \$800-1000. We will have extra ribbons for future meets. Sandi presented a form that Ginger had initiated, a Record Your Swims form. These forms would be available at the

awards table at meets.

Coaches: Bob Bruce - The Board discussed clinics at meets and at the open water Association Championships at Cottage Grove.

Bob is working with Bill Volckening to oversee relays at both zones and nationals in Santa Clara. Bill will be the OMS coach at the zone meet.

Aqua-Master: Dave Radcliff - Dave is requesting more photos to go with his articles.

Registration: June Mather - 599 registered to date. June distributed a new roster with the members to date.

June proposed a Year 2000 registration form and asked for comments and corrections.

Membership: Phil King. No report.

Top Ten / Data Manager: Suzanne Rague – not present. Written report presented by Eric Guest. Peggy Toole has expressed interest in taking on this position. Suzanne and Peggy will meet in the next few weeks for a training session.

The rate of problem entries continues at c.a. 15%, which is too high. Swimmers need to be aware of the following rules: - A swimmer may go “unattached” at any time by simply declaring this. However, to attach a club requires initially registering that way or submitting an application for transfer to the Registrar. A swimmer cannot hand-alter their card to change clubs. – Changing clubs requires a 60-day period between the last time they swim for their old club and the first time they swim for their new club in competition.

Fitness: George Thayer - George would like feedback on what swimmers eat and drink during meets.

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

Officials: Al Smith – not present. No report.

Host/Social: Jeanne Thimm. No report.

Safety Coordinator: Sandi Rousseau - It was re-emphasized that all safety marshals need to wear the orange shirts and stay at both ends of the pool.

Past Chair: Eric Guest. No report – acting chair

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

Old Business:

1. OMS Web Page - Monika Hunscher - Monika reported that the SC Nationals relay form is on the OMS site, and that there is a new chapter at the site called "Articles," which currently includes articles submitted by Bill Volckening.

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

1. Each member please read minutes and your own notes for your action items

Adjournment: 6:15PM.

Next Meeting: April 28, 1999, at the MAC

17th ANNUAL SENIOR MASTERS SPORTS FESTIVAL

Oregon Masters Swimming Long Course Meters Meet

Recognized by Oregon LMSC for USMS, Inc. #379R-08

July 24, 1999

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

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

Open to both USMS and unregistered swimmers,

30 years of age and older.

Directions to pool: From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger, heading east until you come to Echo Hollow Road. Turn right and pool will be on your left. Pool is at 1655 Echo Hollow Rd., next to Willamette High School

WARM-UPS: SAT. 8:00 AM

MEET STARTS: SAT. 9:00 AM

Meet Director: Arden Adams Phone: 541-688-4013

Awards: Festival Ribbons for First, Second, Third Places

All registered Masters Swimmers MUST submit a PHOTOCOPY

OF THEIR CURRENT USMS REGISTRATION CARD OR OREGON REGISTRATION FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARKED NO LATER THAN - July 10, 1999

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

NAME _____ (Office Use) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

If USMS memb., 1999 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc.)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 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. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

SATURDAY July 24, 1999

400 FREE (1) _____: _____.

Break Break Break

FREE RELAY(2/3)XXXXXXXXXX

50 BREAST (4) _____: _____.

100 FLY (5) _____: _____.

50 FREE (6) _____: _____.

50 BACK (7) _____: _____.

100 BREAST (8) _____: _____.

50 FLY (9) _____: _____.

400 I.M. (10) _____: _____.

MIXED FREE RLY (11) XXXXXXXXX

BREAK BREAK BREAK

200 FREE (12) _____: _____.

200 BACK (13) _____: _____.

MEDLEY RELAY (14/15) XXXXX

Break Break Break

200 BREAST (16) _____: _____.

200 FLY (17) _____: _____.

100 FREE (18) _____: _____.

100 BACK (19) _____: _____.

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

MIXED MED. RLY(21)XXXXXXXXX

800 FREE (22) _____: _____.

In consideration of the right to participate in the 1999 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said event to be held on July 24, 1999 or which may hereafter occur to me as a result of my participation, against the Eugene Sports Group, Inc., the sanctioning bodies, the City of Eugene, Echo Hollow Pool, Albertsons, Inc., Oakway Golf Course, Fiddler's Green, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers and agents thereof. I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above. I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 24, 1999 without any remuneration. I certify that I have read and understand the above.

SIGNATURE _____

DATE _____

Sports Festival fee includes a catered banquet with door prizes and Festival baseball cap.

Festival Fee: \$14.00 + OMS Entry Fee \$11.00 Total Cost: \$25.00

Make checks payable to Oregon Masters Swimming

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

CASCADE LAKES OPEN WATER SWIM SERIES

July 31 & August 1, Elk Lake

DESCRIPTION: This unique, fun and challenging series consists of three separate open water swim events held at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades near Bend. The scenery is spectacular with views of snow covered mountains while you swim. The first event is a 500-meter individual time trial in which swimmers will be started in 30 second intervals and follow a straight out and back course marked by a continuous floating line. The second event is a 1,500-meter group start swim on a triangular course. The final race in the series is a 3,000 meter swim over an elongated rectangular course. Swimmers are invited to participate in any or all of the races. Wet suits are permitted. Use of pull buoys and/or fins is prohibited. The event is open to all current registered USMS swimmers. One event registration will be available race day for non-USMS swimmers. Saturday's events will also be open to USA Swimming registered swimmers 12 years and older. USA swimmers should call to request an entry form.

SCHEDULE OF EVENTS:

Saturday, July 31

9:00 – 10:00am	Registration/Check-In for 500 Meter Time Trial
10:30 – 11:30 am	500 Meter Time Trial – Interval Starts
11:30 – 12:30 pm	Registration/Check-In for 1,500 Meter Race
1:00 pm – Finish	1,500 Meter Race

Sunday, August 1

9:30 – 10:30am	Registration/Check-In for 3,000 Meter Race
11:00 am – Finish	3,000 Meter Race

DIRECTIONS: Elk Lake is located 30 miles west of Bend on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the sign to Mt Bachelor Ski Area. Follow the Cascade Lakes Byway past Mt Bachelor Ski Area. Elk Lake is approximately 10 miles past Mt Bachelor. There are a number of turn-offs for Elk Lake. The start/finish area for all swims is located at the Beach Picnic Area, the last exit.

CONDITIONS: Because of its mountain location and nearly 5,000 elevation, air and water temperatures can be unpredictable. Water temperature during this time of the year ranges from 65 – 70 degrees. Wet suits are permitted. You may call (541) 389-7665 beginning July 23 for a water temperature report. Air temperature can vary greatly throughout the day, from cool in the early morning to hot in the afternoon. Come prepared for all weather conditions.

RESULTS/AWARDS: RESULTS will be completed for each individual event as well as the overall series. Standards USMS age groupings (19-24, 25-29, etc.) will be used for both individual events and the overall series. There will be separate divisions for wetsuit and non-wetsuit competitors for each individual event. The overall series finish will be based on points. Points will be awarded based on the overall finish order in each race. Persons wearing a wetsuit will have 5 points deducted for each race in which they wear a wetsuit. Final results are mailed to all competitors. **AWARDS:** Ribbons will be awarded to the top three finishers in each age group for each individual race. Ceramic mugs made by the Blue Spruce Gallery will be awarded to the top overall finisher in each age group (must swim all three events to qualify). A special plate will also be awarded to the top male and female overall finisher.

CAMPING/LODGING: Elk Lake has a number of campgrounds, but they can fill up sometimes on weekends. If you are interested in camping and would like assistance in reserving a site, call Michelle and Leroy Morrell at (541) 385-9458. Cabins are also available at Elk Lake Resort (541) 317-2994. The Bend area offers numerous motels and resorts at all price levels.

CASCADE LAKES SWIM SERIES ENTRY FORM

Name _____ Phone (____) _____

Street Address _____

City _____ State _____ Zip Code _____

Age _____ Sex M F USMS # (if member) _____

Local Team _____

Events (Circle all events entered) Day 1 500-Meter 1,500-Meter
Day 2 3,000 Meter

Seed Time for 500 if entered (based on best 500 yard pool time) _____

Tee Shirt Size (Circle One) Medium Large XL XXL (+\$2.00)

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

Signature _____ Date _____

REGISTRATION & FEES: You must be a current registered US Masters Swimmer to participate. A photocopy of your USMS registration card must accompany your entry. For those who are not current USMS registered swimmers, one event USMS registration will be available for \$15 at race day registration. Race Entry fees include a T-shirt, cap, and a picnic lunch following the races each day.

Early Registration (postmarked by July 16)	\$20 (1 Day)	\$25 (Both Days)
Pre Registration (received by July 29)	\$25 (1 Day)	\$30 (Both Days)
Race Day Registration	\$30 (1 Day)	\$35 (Both Days)

Checks or money order payable to Central Oregon Masters Aquatics (COMA)

Mails Entries To: Cascade Lakes Swim
158 NW Utica
Bend, OR 97701

For More Info: Matt Mercer
(541) 388-1952
e-mail: merking@teleport.com

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In this issue: Results of the SCY Zone Meet

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June 1999

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Portland, OR 97204-3795

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