

# Aqua-Master

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## The CHAIR'S CORNER

by Suzanne Rague

Hello Friends,

The new swimming season gets a fast start this year with a meet every month, thanks to the efforts of VP Pam Himstreet and our hard-working meet hosts. Some of you are meet-sharp already, but for those of us who aren't, early season meets are a chance to post times with lots of room for improvement later in the year!

Has your Local Team registered for 2000 with June Mather? As highlighted last month, annual Local Team registration is a new thing, and we'd like to get everyone registered early, so there is no scrambling around the Association Meet. While you're at it, why not renew your personal membership early, so you won't miss any issues of the Aquamaster or SWIM Magazine.

Finally, Jeanne Thimm, chair of the Social Committee, is working to energize the host program, especially for the Zone meet in December (see page 14). I encourage you to contact Jeanne and open up a spare bedroom to a visiting swimmer. Keep Swimming... Suzanne

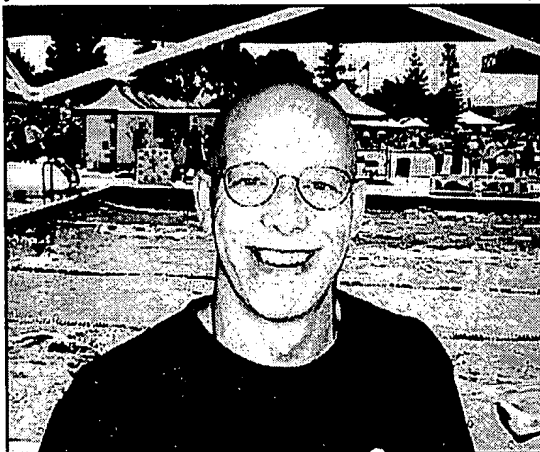
## profile Pat Allender

If you don't recognize Pat Allender at a meet, it may be because of the 50 pounds he has lost, or because his head is shaved or because he's grown a beard. But if you're a male in the 40-45 age group you'll recognize the name as one of Oregon Master's Swimming best breastroker/I.Mer's.

Pat grew up on the east coast swimming summer league teams when available. Despite not having high school swim team experience, he tried out and made the college team at West Virginia. After graduating in 1980 he went on to medical school and residency, having little time for the sport he loves. In 1989 he made his one and only New Year's Resolution: "to start swimming again" and he hasn't stopped.

For the next five years Pat swam on his own. Then, not long after he and his family moved to Corvallis, in 1995, the Corvallis Aquatic Team (CAT) began organized workouts for masters swimmers. These morning workouts worked well around this pediatrician's schedule. In fact the consistency and comraderie of a structured workout group has played a

*continued on page 3*



Pat, minus his beard, at the Short Course Nationals at Santa Clara

## USMS LONG COURSE CHAMPIONSHIP REPORT

by Bill Volckening

MINNEAPOLIS- Oregon swimmers had good reason to celebrate after the 1999 USMS Long Course Championships in Minneapolis August 19-23. Eighteen swimmers from our LMSC participated in the meet, including 15 from Oregon Masters and 3 from the Multnomah Athletic Club. Every single swimmer from Oregon came home with a medal for scoring in the top ten (either relays or individual events).

Oregon Masters (OREG) scored a 3rd place finish in the Men's Small Team Division. The OREG Women were 7th and the Combined Team was 4th. Multnomah Athletic Club (MACO) was 16th in the Women's Small Team Division and 30th in the Combined. In addition to the outstanding team performances, Oregon had five gold medalists.

The following highlights are listed in order by age group, with the women's age groups appearing first. This report does not contain projected top ten times, which are ordinarily listed in the ol' Barn column *continued on page 10*

## INSIDE FOR YOU

The CHAIR'S CORNER	page 1
profile	page 1
Long Course Nationals	page 1
1999 schedule of events	page 2
Notes from Pool Side	page 3
The Fitness Lane	page 4
Open Water	pages 5-7
Eel Lake Open Water Results	pages 5-7
History - Cont. of Ch. 7	pages 8-9
Eugene Results	page 12
ol' Barn - Bob Morrison	page 12
Eugene	page 14
Entry Blanks -	
Pentathlon	page 13
Ashland	pages 14-15
SCM Zone	page 17
Easiest Way to Make Top Ten	page 16
2000 Registration	page 20
Local Team Registration	page 21

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## 1999 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
Oct 2	SCM	Pentathlon	Oak Harbor, WA Sally Dillon (360) 679-5038 salswmr@oakharbor.net
Oct. 17	*SCY	Pentathlon Beaverton	Tualatin Hills Ed Ramsey (503) 617-2544 tkramsey@worldnet.att.net
Nov. 13,14	*SCY	Ashland	John Weston & Erin Coke (541) 488-2547
Nov. 13,14	*Clinic	Ashland - Video Stroke Analysis with Coach Bob Bruce as part of the Ashland SCY swim meet	
Dec. 4,5	*SCM Zone	Mac Club - Portland	Sean Taylor staylor@thetmac.com

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

## Postal Championships

Sept. 1 - Oct. 31	3000/6000 Yard Postal National Championship	phut@usms.org
Jan. 1 - 31	1 Hour Postal Championship	goldstein@mindspring.com

## National Championships 2000

SCY	TBA after Convention	
Aug. 17-20	LCM	Baltimore, MD Barbara Protzman barb@hotmail.com

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

**Needed: Meet bids for February and June 2000. Meets are a great way to make money for your local team. Please volunteer to have a meet during these months Call or email Pam Himstreet (541) 617-5830 or him@cmc.com**

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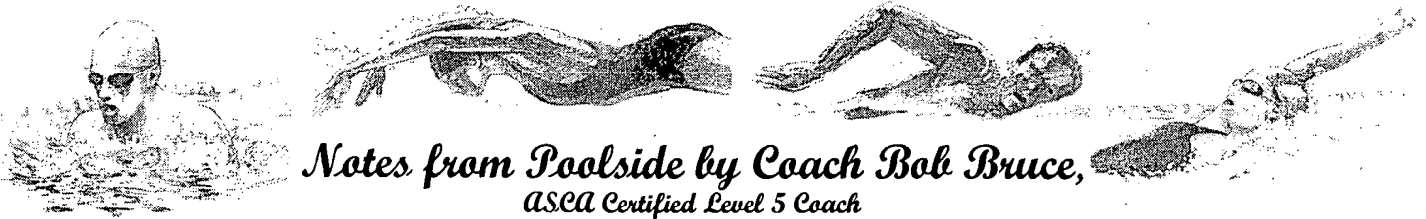
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*Notes from Poolside by Coach Bob Bruce,*  
*ASCA Certified Level 5 Coach*

Most of us train to achieve our swimming goals. Let's examine the three fundamental principles behind effective training.

1. Specificity. We need to train the specific physiological systems which provide the energy to reach our goals. Although this seems a simple concept, it is more complex than it appears on the surface.

Humans derive energy from three different system sources. The ATP-CP system provides energy from stored creatine in the muscles for extremely quick and powerful movement; this is the primary system tapped for fast 25's and 50's. The anaerobic system (understood best as "go now, pay later") provides energy from stored blood sugar at a rate faster than it can be resupplied; the waste product of the anaerobic system, lactic acid, acts as the limitation on this system by causing muscular fatigue. This system is the primary source of power for 100's and 200's. The aerobic system ("pay as you go") likewise metabolizes blood sugar, only at a rate at which lactic acid is reabsorbed by muscles as fuel as quickly as it is produced; this system is the primary source of energy for longer events and most training.

Every distance at which we race or train requires some involvement of all three energy systems. To train specifically, we must first identify our goal (short, medium, or long), then adapt our training to include appropriate proportions of training for each system. We must also remember that the act of training also involves much repetition, requiring even more aerobic training than we might think.

The history of the phenomenal improvements in swimming performance during the past 40 years is largely the

story of improved understanding and application of the principle of specificity.

2. Overload. Training can be effective only when you challenge the various energy systems to new levels of adaptation. You need to do some work! Easy swimming may provide some overload and adaptation to the new lap swimmer, but the trained swimmer who practices at only easy speeds receives no adaptation improvement because overload is missing. On the other hand, training at racing speed all of the time is counter-productive, since we need to challenge each energy system at its appropriate speed and duration and because lots of very fast training needs to be balanced by appropriate recovery.

3. Progression. Proper training overload will stimulate energy system adaptations within a few days or weeks. Swimmers feel these changes readily; you seem to go faster with less effort. In order to continue improvement, you must continue to overload, which means adding progressively more challenges to each energy system and stimulating further adaptation to these challenges. Without progression, you can only maintain, but never improve, your level of conditioning.

Swimmers provide progression in their programs by going further, going faster, and/or by taking less rest. Coaches and swimmers can manipulate all three variables in a typical interval training program to induce changes in all three metabolic systems.

Next month, I'll pursue this topic by describing some sets which will provide specificity, overload, and progression for various racing and training distances.

Good luck and good swimming.

*profile continued from page 1*

big part in Pat's success. Over the last several years he has gradually increased the number of days he swims each week and the length of time. "It was kind of a challenge with the other swimmers" he says of working up to his current workout pattern: Mon.-Fri. 5:30-7:00 am averaging 4,500-5,500 yds.

Pat's hard work has paid off with time drops in his best events (he currently holds State Records in the 50, 100, 200 Breaststroke and the 200 and 400 I.M. in the 40-44 age group) as well as some big improvements in his fly and free. His goal is to continue working on his backstroke for the I.M. He enjoys reading about swimming technique and drills and experimenting with them in the

pool. A personal highlight for him was the 200 mixed medley relay (120-160) last summer at the Nike Games where he teamed up with three other CAT swimmers to win the Gold.

Not only is Pat involved in swimming as a competitor but he volunteers as an official at age-group meets, where he can also be seen cheering on his fourteen-year old daughter, Megan. His wife, Jackie also officiates when she is not meet director. Pat has also been instrumental in getting the CAT web site up and running.

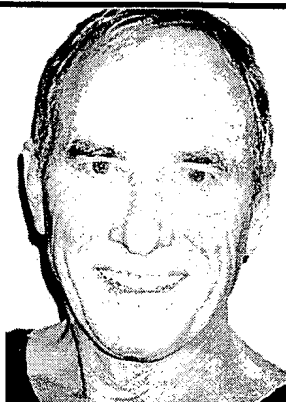
The CAT masters sure appreciate Pat--- his easy-going personality, his hard work ethic, and his encouragement to others on the team. (His swimming isn't bad either!)

*Profile article by Laura Worden of CAT*

# The Fitness Lane



This writer is still in the summer doldrums with not an original idea of his own. What does one do in such a case? You dig through old files and see if there are some ideas that are still relevant. What follows is an abridged reprint of an article entitled "Nutrition" (No author) from the 1992 Oregon Swimming Newsletter.



**George Thayer,  
Fitness Chair**

## NUTRITION

Most of us are very active and swimming is only one of our many endeavors. Because of this it is essential that we eat right. If you are eating well balanced meals each day you are probably taking care of yourselves pretty well. But, as we get more and more busy with work activities and swim practice and whatever else gets tossed on the pile we can occasionally forget certain, important nutritional needs.

Don't wait until four weeks away from your major competition to begin concentrating on what you can eat. If you have been on a particular diet (low in carbohydrates and high in fat) for six months and then suddenly change for the last four weeks of the season, your body must adjust to such changes. This tends to cause an interruption in part of your training. Below are some DO's and DON'Ts and other thoughts on nutrition that were published by United States Swimming in the spring of 1992.

## 1. Nutrition During Training

Training represents the period in which athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important, since it is not uncommon for athletes training 4-6 hours a day (not masters) to burn 2500-4000 calories. The best way to replenish these calories is with a high carbo diet. Being conscious of this and consuming high carbo foods and/or drinks in the first 30 minutes following a workout, you can minimize depletion of energy stores.

## 2. Pre-Event Nutrition

The major purpose of the pre-event diet is to ensure sufficient energy and fluid for the athlete. Two to three days before competition, a high carbo diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbo meal three to four hours before the event.

## 3. Nutrition During Competition

Provided that good nutrition practices were followed during training, middle distance and sprint events will not be limited by nutrition-related factors. During a three to four day competition, make sure you consume plenty of fluids and each meal should include high carbo, low fat selections.

## 4. Nutrition After Competition

High intensity work will deplete the muscles' energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained. Carbohydrate intake is important during every stage of nutrition.

There's nothing much new here, but it gives the reader a bit of a summary of nutrition ideas that this column has been addressing this year.

## END OF POOL - FLIP TO NEXT LANE

## TIME FOR A HIGH CARBO DRINK

Staying "Fit For Life" Janet Renner - Reprinted from Fitness Tips, A publication of the USMS Fitness Comm.

Do you believe in being "Fit For Life"? (You must, otherwise you wouldn't be reading this). Grab a pen and a piece of paper and write down what being "Fit For Life" means to you? For added incentive you'll also want to write down how you will benefit by being "Fit For Life" If your definition or benefit lists do not state your long term actual physical goal for life, then write that down too

Next, create a plan to attain that goal. (Be sure your plan is attainable). Now examine your plan. Is there any fun in it? Without fun, why do it? Be smart and throw in workouts, races, adventures that are totally different for you. Doing something totally "off the wall" to your normal routine always raises your endorphins, and we all want more than our share of endorphins! Endorphins do a body/mind good! Alrighty then, so you're motivated and have enlisted in working out, but you have those days where you are having a tough time psyching yourself up to exercise. Try doing any of these.

Let yourself workout just for 1/2 the time of your scheduled work-out, but do it with intensity ... fast and furious. Take a moment to reflect on your long term goal and the impact that missing 1 day equals in your workouts for the week. Miss 1 workout in a 4 day program and that's 25%! It ain't worth skipping your workout go do it. Needing more incentive reflect for a time on how much better

you've felt (mentally and physically) after having done your workout, now reflect on how great you'll feel by just doing it.

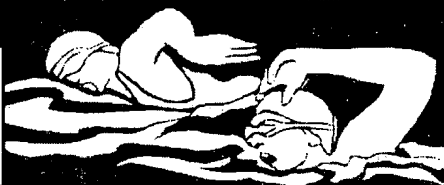
OK, now that you're working out, what do you do if you "hit the wall" during your workout! Imagine your shadow is pushing you, and working with you to finish. This is your source of inspiration, your buddy, your teammate. Together you pull each other along. This is assuming you've kept yourself properly fed and hydrated!

The more you do something, the easier it gets and the more confidence you gain, because you develop your own style and pace for accomplishing it. Chart your development and watch your style and pace evolve.

You and your working out are a source of. Inspiration for others, and this is one of the greatest sources of motivation for yourself. Encourage your friends, family and acquaintances to go on a workout with you. Be gentle with them, and set your goal for that workout to inspire them to continue. Usually, this is not accomplished by showing off how great you are, but by leading them on with encouragement and tips, and reinforcing how great they are doing.

By being Fit For Life you enhance your mind-body-spiritual quality of life. For many of us our bodies are the leader of how we feel about ourselves. Nourish your quality of life with a regular fitness program, and notice how each day seems brighter and easier to manage.

# OPEN WATER SWIMMING



# LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair



Start of the 3000 at Eel Lake

Seems like the swim at Cottage Grove has stirred up a number of issues. I was running out of interesting things to write about but now there are a number of issues starring me in the face.

RESULTS: Rather than just dropping the issue, we have been doing all we can to come up with accurate results. Last month's issue posted a set of incomplete results with the request for swimmers to look them over and report any corrections they feel are in order. The problem arose due to large number of swimmers crossing the finish line with little distance separating them. Then another wave of swimmers, even larger *continued on page 6*

## SCAT Masters Open Water Swim Eel Lake, North Bend, Oregon August 28, 1999 1 Mile Swim

Name	Club	Time	Place	Overall
<b>25 - 29 Female</b>				
Kristine Lewis	THB	30:40	1	14
<b>30 - 34 Female</b>				
Kelly Conzaes	SCAT	41:17	1	31
Gertrude Gugliemini	SCAT	57:23	2	33
<b>35 - 39 Female</b>				
Barbara Harris	COMA	28:29	1	7
<b>40 - 44 Female</b>				
Diane Lamear Tucker	FISH	32:47	1	16
Liz Cheney	FISH	33:54	2	18
<b>45 - 49 Female</b>				
Deb Gregoire	COMA	29:55	1	13
<b>45 - 49 Female - Wetsuit Division</b>				
June Mather	RVM	35:11	1	22
<b>55 - 59 Female</b>				
Pamela Himstreet	COMA	34:40	1	20
Peggy Whiter	COMA	37:47	2	26
<b>30 - 34 Male</b>				
Erie Askerman	NACI?	27:15	1	3
Bill Volekening	THB	28:22	2	6
<b>35 - 39 Male</b>				
Hunter S. Graham	VDT	26:19	1	1
David Van Der Zwan	MOFIG	29:46	2	11
Donald Scares	RVM	33:46	3	17
Robin Bragg	NCAP	37:34	4	24
<b>40 - 44 Male</b>				
Mark Fairlee	COMA	28:30	1	8
Michael Douglas	COMA	29:52	2	12
Chris Von Lobedo	Unattached	41:12	3	30

*continued on page 6*



Trudi leads Laura out of the water to win the Womens3000 at Eel Lake

**Eel Lake  
and  
SCAT -  
A  
Great  
"Combo"  
Thanks  
for the  
New  
Lake  
Swim!  
It was a  
Winner!**



Eel Lake Results continued from page 5

**50 - 54 Male**

Robert Bruce	COMA	28:57	1	9
Greg Frownfelter	RVM	31:13	2	15
Dan Gray	RVM	33:54	3	19

**55 - 59 Male**

Tom Landis	COMA	28:05	1	5
Richard juhala	NCAP	39:26	2	27

**60 - 64 Male**

Hugh O'Haire	SCAT	40:54	1	29
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**65 - 69 Male**

David Radcliff	THB	28:58	1	10
William Holman	NCAP	40:27	2	28

**2 Mile Swim**

**19 - 24 Female**

Kelly Cook	SCAT	58:16	1	16
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**30 - 34 Female**

Gertrude Gugliemini	SCAT	56:47	1	11
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**40 - 44 Female**

Laura Schob	COMA	56:58	1	12
Candance Chatt	SCAT	1:00:36	2	18

**45 - 49 Female**

Deb Gregoire	COMA	57:09	1	13
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**45 - 49 Female - Wetsuit Division**

June Mather	RVM	1:04:14	1	21
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**55 - 59 Female**

Pamela Himstreet	COMA	1:06:39	1	22
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**30 - 34 Male**

Tim Nelson	LAPS	48:06	1	1
Eric Askerman	NCAP	50:36	2	2
Bill Volckening	THB	53:08	3	8

**35 - 39 Male**

David Van der Zwan	MORG	52:59	1	6
Chris Cook	SCAT	57:57	2	14
Donald Scares	RVM	1:04:13	3	20

**40 - 44 Male**

Michael Douglas	COMA	53:02	1	7
Rodney Cook	SCAT	53:10	2	9

continued on page 7



**Race Director, Trudi Gugliemini, points out the course at the Eel Lake Swim**



**Tim Nelson, winner of the 3000**

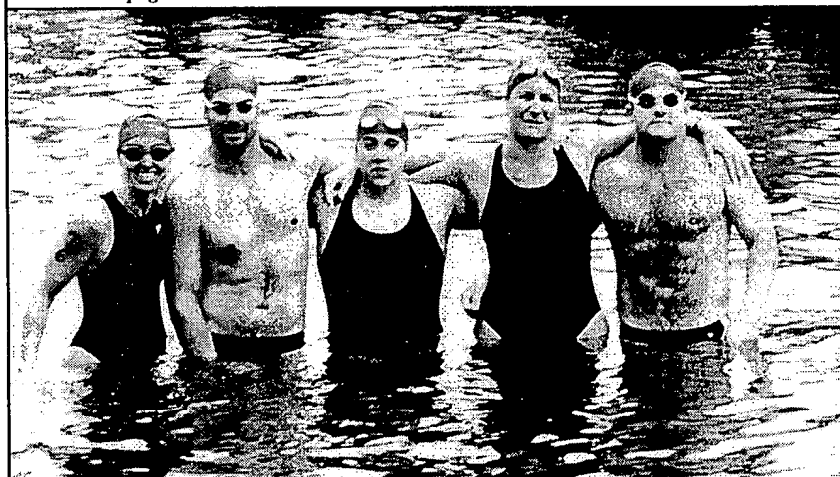
*Open Water continued from page 5*

than before, finished within two body lengths. There are things that could have been done and were not. However, hindsight is 20/20. I do believe that, up until the results problem, 95% of the swimmers were enjoying themselves.

A few folks have come forward with ideas and recommendations to improve some aspects of the swims. I welcome any positive feedback and will listen to the negative criticisms also. I do know that not all swimmers are interested in open water for whatever reasons, but just because they don't find it appealing, that is no reason to condemn it. Different strokes for different folks.

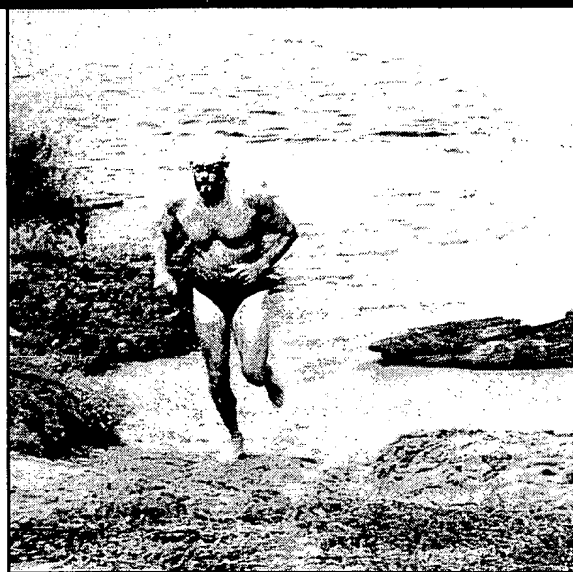
For three years I have been suggesting that swimmers participate in open water swims outside the state of Oregon. The primary reason is for you to experience how other clubs put on their swims so that you can compare what the

*continued on page 7*



**SCAT Swimmers did a super job at the first Open Water Swim at Eel Lake on the Southern Oregon Coast - THANKS**

Mark Fairlee	COMA	53:12	3	10
<b>50 - 54 Male</b>				
James McCleery	PNA	51:06	1	4
Robert Bruce	COMA	52:54	2	5
Greg Frownfelter	RVM	58:01	3	15
Dan Gray	RVM	1:02:56	4	19
John R. Hill	Unattached	1:50:25	5	24
<b>55 - 59 Male</b>				
Tom Landis	COMA	51:01	1	3
Richard jubala	NCAP	1:13:26	2	23
<b>Overall Winners</b>				
<b>2 Mile</b>				
Male	Tim Nelson		LAPS	48:06
Female	Gertrude Gugliemini		SCAT	56:47
<b>1 Mile</b>				
Female	Jasmine Zamora		SCAT(Youth)	27:00
Male	Hunter S Graham		VDT	26:19



**Tom Landis, 3rd overall in the 3000, races out of the water at Eel Lake. Tom used this swim as his final tune up before going to Hawaii and competing in the Maui Channel Swim and Waikiki Rough Water Swim.**

### *Open Water continued from page 6*

Oregons swims have to offer. Not all swims are the same and not all costs are the same. All you need to do is leave your backyard and investigate what is available.

I have been asked to do a cost breakdown of open water events. There was some grumbling concerning the cost for the Cottage Grove swim--more to do with cost vs. expectations.) The entry form led to expectations that Emerald Aquatics would host a pot luck following the swim. Things were not as organized as well as they could have been. The open water program does not dictate to race organizers what and how they must provide for the swimmers. I guess my mom was right after all: "You can't please everyone." But it doesn't hurt to try.

If you are one who enjoys open water swimming, you know that there are some swims around the state that make a tremendous effort to present a social atmosphere as well as a swim. This position has been adopted because some clubs feel that we are creating a broad social base for the swimmers who support the program on a regular basis.

This program will be around for a long time because there are swimmers that truly enjoy the challenges that come with open water swimming. We are trying to create a situation that will last for generations.

The open water program is far from dead in the water as witnessed last weekend at Eel Lake in North Bend. Trudy Gugliemini and her SCAT team with assistance from the local age group club, hosted a well-attended event complete with post-race barbeque and creative awards. For a first time effort, this was indeed a class act. Everyone who attended came away with having experienced a fine event. Eel Lake certainly ranks among the most scenic lakes on the circuit and it is the hopes of those who participated that this will continue to be a permanent addition to the open water program. This is a perfect opportunity for you and your family to enjoy the central Oregon coast.

The race organizers staging these events do so with tremendous effort and no pay. The reward is personal: seeing smiling faces and friends.

## **Open Water Meeting**

**Review the 1999 Season and Plan the 2000 Season**

**When: October 16, 1999**

**Where: Eugene @ 10:00 AM (Location to be announced)**

**Who: Dan Gray, all 1999 Race Directors, anyone interested in hosting an Open Water Swim in 2000 and any interested OMS member.**

**Info: Call Dan Gray (541-944-0529) for all the details concerning the meeting and location and/or to pass on ideas or concerns.**



## Ch. 7 of the History of Oregon Swimming (Continued)

There were 130 swimmers at the Oregon Championships, held at MHCC, under the fine direction of Mike Popovich and Eric Guest. The Top Five teams were: MHCC 716, PCC 453, THB 360, Corvallis 301, and MAC 205.

OB reported the antics of the winning coaches: Eric Guest sprinted out to the front lobby and placed the winning trophy in the display window, without taking off the cellophane wrapper. Karl Von Tagen of PCC, left strict orders with Jayne Chastain, have that trophy on my desk, first thing in the morning or else. We couldn't find the 3rd place trophy at Tualitan Hills, suspicion has it, that they were chagrined at not winning two years in a row. Hats off to the small but determined band from Corvallis, they fought the good fight and came out 4th against two old time favorites, the MAC and Oregon Masters.

### New Regional Records:

Nancy Ross (40-44) 200 Breast - 3:17.11, Maggie Wells (55-59), 200 Fly-4:03.63 and 400 IM-7:46.43, Martha Keller (80-84) 100 Back/100 Breast - 2:24.91/3:18.28, Tom Patapoff (20-24) 400 IM - 4:41.99, Von Tagen (35-39) 200 Free - 1:57.32, Fred Sprenger (50-54) 200/500/1000-2:19.31/6:15.21/21:52.90, Earl Walter (55-59) 50 Fly - 33.69, 200 Free Relay Men (55-59) 2:02.09 - Holland, Thompson, Walter and Gil Young, 200 MXD Free Relay (35 plus) 1:49.02 - Von Tagen, McColly, Rittenhouse, Chastain

### New Oregon Records:

Women 25-29 - Lubchenco 50/100 Free - 27.82/1:01.29, Zagunis - 200 Back - 2:33.77, Women 35-39 - Chastain - 200 Breast - 3:22.97. Men 40-44 - Russ Porter - 50/100 Free / 50 Back-24.72/57.50/32.10, Men 60-64 - David Young - 100 Breast - 1:39.14 (OB Note: Not all, but representative)

OB greeted 27 newcomers, of these only about 6 stayed with us for any length of time.

Corvallis Long Course Meet was announced for June 6th, Entry Forms went to OB, this was still in the hand sorted, butcher paper seeding, typewritten heat sheet days. We tried to get an LCM Meet at Hermiston, but this never materialized.

June 1981: The dynamic duo of Connie Wilson as Registrar and OB as Chair, were still in "command". We thanked Jean Kinzey-Lee for her work of the past year, Jean typed the Results and many times the heat sheets. We made a pitch for subscribers to AquaMaster, this was a continual battle, it is so great that we now include AM with registration. Mark Worden, Sally Gregory, with Bruce and Peggy Thomson did a great job setting up and running the meet. Had a great party at the Thomson's. Martha Keller was announced as early on favorite to defend her championship in 5/6 events, during LC Natls at Mt Hood in 1982. Helen Joseph (73) from Eugene, came on the scene with a new Regional best in the 200 Free - 4:35.02, try as we might, we could not get Helen to continue.

Mark Worden, put Nadine and OB side by side as the only competitors in the 200 Fly, with a buffer lane between them. OB loved to swim with Nadine, we were pretty well matched-Nadine at 47 (3:41.94), OB (60) 3:41.51, thanks again Mark. Ann Stratton, Sue Snyder, Maggie Wells, Helen Joseph, Mark Worden, Fred Sprenger, OB, and Don Stevenson set Regional Records.

Ann Stratton, Martha Cooksey, Sue Snyder, Lynn Cox, Nancy Ross, Jane Brown, Maggie Wells, Elfie Stevenin, Mark Worden, Chris Hiatt, Jim Bigler, and Bob Hunter set Assn records.

SC Regionals were held at U of W Pool. Oregon was represented by a small but strong band of 40 guys and dolls. Out of 289 contested events we won 91, PNA massed relays right and left. Of 52 Regional Records, we came away with 15, obviously missing some of our big

guns, who stayed home. Peggy Lubchenco went 4 for 4. Sandi R won 4 events with a 2nd and 3rd tied in, Sue Snyder won 5 with a 2nd added, Nancy Ross has 5 1sts and a 2nd, Lavelle S. 2 1sts, a 2nd and a 3rd-Stoinoff for a few years had to tangle with PNA's Juanita Correa in the sprints, Lavelle has never claimed to be a sprinter, Connie Wilson, Maggie Wells, Elfie Stevenin, Martha Keller and Hazel Bressie brought home Golds for Oregon. For the men: Roy Abramowitz, won the 200 Fly and 400 IM in 2:00.38 and 4:33.09, Howard Ronkin got 3 Gold, Bob Maestre had 3 also, Dale Vaughn 2-1sts & 2-2nds, Roy Watters had his best meet ever, Chuck Richards set 3 regional records, Art Smith gave us 4 Golds and 2 Silvers, Jim Bigler garnered 2 1sts and 2 2nds, he was a one man gang in the 45-49 group, Eric G gained 4 Golds and a Silver, Lee Miesen added 2 Golds and 3 Silvers, and Herb Eisenschmidt scooped in 5/5 Golds.

For the first time in Reg XII competition we had 2 legit 55+ Relay teams, Oregon surprised PNA, winning both in Regional record times. OB Note: The meet at UW was the scene of Hazel Bressie's continuance of swimming the 400 and 1650, back to back, Hazel experienced some difficulty, and she was taken to the hospitality. Her doctor told her, do not swim those two events again, so close together. This admonition as well as Carl's (husband) insistence kept her away from this for a while, but too soon, after a few weeks or a couple of months, our Hazel was back swimming these two events.

Mike Popovich announced a Long Course meet at MHCC July 11 & 12, we would use this as a "trial run" for 1982 LC Nationals. The entry blank for Region XII LC Championships was in the AM, this was to be held at the Bellevue Athletic Club.

Oct '81 issue of AM started the "countdown", N-Day Minus 320, Nationals Day Minus 320

The results of the LC meet at Mt Hood were announced: Tim Smith and Julio Rodriguez went 1-2 in all 4 events of the 20-24. Tim had a 6:08.4 and Julio a 6:31.7 in the 400 Free. Most amazing for some reason we had no 25-29 bracket Doug Huestis won 5 events in the 30-34, handled the fly in: 50/100/200 31.1/1:09.3/2:42.7, Doug Hunsicker the 400 Free 5:51.6. Dale Vaughan was a force in the 35-39: 100 Free/50/100 Breast in 1:07.1/35.9/1:27.1. Dick Mealy packed off 5 Golds in 45-49: 100/200 Back, 100/200 Breast, and the 200 IM: 1:38.1/3:38.5/ 1:54.1/ 4:30.6/3:38.8. Addleman and Adams held Jim Bigler to a single Gold-400 IM-7:22.2. Fred Sprenger(50-54) 100 Free/200 Free/400 Free/50 Back/100 Back-1:12.7/2:37.4/ 5:28.9 /43.5/1:36.8. Eric Guest 50 Free/100 Breast-31.1/1:37.8. Gil Young(55-59) swam the back for 3 G's(43.2/1:39.9/3:43.7). Earl Walter and David Young held the 60-64 for Oregon. Don Stevenson(65-69) Tangled with Fred Wiggin(PNA) in the 100/200 Back and 200/400 IM: ie Fred W-1:39.0/3:29.8/3:36.1/7:42.0 We lost Fred a few years later. In the 70-74: John Hoey picked off the 50/100 Free, while Herb Eisenschmidt swam for 5 Golds ie 400 Free 7:32.7 200 Back 3:43.0. Margaret McCue won 4 in the 20-24 W, while Tonette Ross picked off two ie 400 Free 5:30.0, McCue 100 Breast 1:55.5

In the 25-29, Anne Stratton and Karen Burlison were the cream. Stratton 50/100 Free 30.9/1:10.0. Burlison 200/400 IM 3:09/6:41, Nancy Watson suck in for the 200 Breast 4:02.2 30-34: Julie Corman(PNA) was outstanding, but she could, by her lonesome, hold off the challenges of: Tanya Mansigh, Susan Snyder, Sandi Rousseau and Ann Whitmeyer. This gal(Ann) was a great swimmer ie 100 Fly 1:21.2, she only swam a couple of years but she left her mark. The 100 Back had Corman, Snyder and Mansigh 1-2-3 in 1:26.4, 1:28.6, 1:28.7. 35-39: Linda Jones and Jayne Chastain held up Oregon here. 40-44: Nancy Ross from Ashland picked off 5 Golds ie 50/100/200 Breast-48.5/1:44.2/3:45.6 Sue Rittenhouse collared to

*continued on page 9*



*History continued from page 8*

back-50/100/220-41.8/1:33.7/3:18.6 45-49: Nadine Whitehall at 47 just blew past everyone - 50/400 FREE, 50 Fly, 200 Fly, 200/400 IM-36.3/6:37.2/41.7/ 3:45.2 /3:35.7/7:33.0. Stoinoff was coming on the scene. 50-54: PNA ruled in this bracket 55-59: Mary Anne Wolfe, Maggie Wells and Elfie Stevenin, picked up the Golds in every race.(ie) Wolfe 50/100 Free-39.5/1:36, Maggie the 100 Fly 2:09.6, Elfie 400 IM 13:10.2 No 60-64, but in the 65-69: PNA's Dawn Musselman showed her class in the 50/100 Free, 50 Back and 50 Breast ie 40.8/1:40.7. Martha Keller (80) put away 5 Golds in a hurry. Nadine Whitehall who had moved to Centralia, had the City get behind her, and send her to Australia, how about 3 Golds, 2 Silvers and a Bronze, OB feels the citizenry of Centralia got their moneys worth.

1981 SCY USMS Top Ten announced. Lavelle Stoinoff makes her first AA (45-49) 500 Free 6:21.75, (oops OB goofed, (this was Lavelle's 2nd AA year) Martha Keller moved up in age and picked off 9 AA ratings for 9 NR's. We had 20 make the hallowed list, we earn 40/50 now in SCY and LCM both. Art Smith AA 200 Breast in 2:22.37.

Regional Long Course was held at the new 50m Pool of the Bellevue Ath Club. Martha Keller and Lavelle Stoinoff set NR's, her 200 Free 2:43.34 and 1500 22:53.38.

New Assn Records: Karen Burlison(25-29) 200 Back 3:06.71, Cheryl Shay(30-34) 400Fr 6:10.18

Next was LC Nationals at Cantor, Ohio, the year of the controller strike, attendance dropped to 780. Memorable was OB's 400 IM, with a 7:15 at Bellevue, he was looking for a Gold, Ray Hakomaki, swam early to make a flight, leaving OB with a 7:18 to beat, well it should have been a piece of cake-WRONG-went to sleep on the breast and swam a 7:19. Moral-Don't go to sleep on the breast in the IM. Oregon's delegates were Mike Popovich (Observer) and OB swimmer. We did pick some pointers on what to do and what not to do, when we hosted LC Nationals the next summer. Blockbuster event was watching Jim Montgomery just destroy the 100 Free in 51.25, which by the way is still the NR for 25-29. Everyone came out of the stands and stood along the sides to watch, Jim did not let us down, it was the first time OB had seen anyone swim with hardly a trickle of water down the center of his back. Another blockbuster was watching the new upstarts relegate Paul Hutinger to Silvers in 3 events. Most fun for OB was the chance to renew friendships, with Rogers Holmes, we swam together at the Army Olympics after WWII, and Peter Van Dijk, who swam at Oregon, OB's last year. Rogers wife took movies of the 400 IM, and believe it or not, OB watches that every once in a while, as a reminder of a LOST Gold. Another fun things: Mike, Rogers and OB got to visit the NFL Hall of Fame, which is located in Canton, not very far from the swim pool.

Vancouver announced their: Old Timers Short Course Meet. Cheryl Shay was meet registrar and Robert Maestre was the Meet Director. This was maybe the first meet that we put in the entry in CAPS - "NO DECK ENTRIES WILL BE ACCEPTED".

November AM announced "N-Day Minus 291"

It also announced a great meet schedule, incl 2 warm up LC Meets at Albany and Mt Hood CC.

Enclosed was the entry blank for the FIRST SWIM CELLAR PEN-TATHLON, under the sponsorship of Barbara and Brian Frid, the owners of Swim Cellar, which now (1999) is owned and operated by Jayne Chastain. The meet date was announced-Dec 6th, 1981.

Swim magazine announced the National Postal Pentathlon.

OB apologized to any and all Journalism majors for the "sprinter's

issue, fast and splashy", we had been waiting for the new registration materials from USMS, they arrived just in the nick of time.

Deb Anderson of Eugene, announced the Jan 10th SCY Meet. Deb Anderson and Don Van Rossen were lauded for their exemplary work in building the Masters program in the Eugene area. Harry Lewis, head IEM, at that time. Put together the first official Region XII SCY Records. The Oregon Assn held 161 out of 440 possible records. Harry will always be remembered as a very very hardworker for Masters. The Snake River Assn, Southern Idaho, under the direction of Sharon Colby was coming into existence.

Question of the Month - What is our goal for 1982 ? Was announced, with the first ten winners to receive a prize! By the way, in the early years the Pentathlon was swum with NO BREAKS, you had to be in shape, because the last event, the 100 IM would always be a killer. To be honest with you, up until this years PENT(1999), OB has always felt that to be the real TEST!

How Corny can you get? December issue of the AM, OB announced Barn Yarns I-II and III. They were; if you haven't registered get with it, 256 days left to N-Day (Nationals Day), todote Fores Beaudry was the only one to get a prize, answering - WHAT IS OUR GOAL FOR 1982 ? YIKES !

The Vancouver Old Timers Meet had 93 entries, a record for the first meet of the year. PNA helped a great deal, they drove down in a very bad fog. Dave Bernstein took 8 secs off his 50 Back time and Joe Mallon had 4 PR's. OB couldn't get into the women's dressing rooms, so no intell info from there. Joan Lichty (22) won the 100 Free, 100 Back, 1:02.12/1:12.60. Dale Angress (24) 100/500 Free/100 Back/100 IM: 54.33/5:46.79/1:09.38 and 1:02.90. Women 25-29: Barb O'Brien 50/100/200 Free-30.76/1:07.41/2:33.51, Debra Angello 50/100/200 Breast-38.67/1:24.12/3:01.30. Women 30-34: Tanya Mansigh 50 Free/100/200 Back/100 IM-29.60/1:15.29/2:46.08/1:15.22, Darlene Pohl 50/100/200 Fly/200 IM-32.22/1:15.76/ 2:51.43 /2:41.15. Women 35-39: Barbara Frid 50/100/200 Free/50/100 Back 30.29/1:09.02/2:30.97-35.76/1:18.03, Linda Jones 500/200 Breast/50 Fly/100 IM-7:28.73/3:37.16/37.65/1:25.83. Women 40-44: Peggy Hodge 50/100Fr ee/50/100/200 Breast-39.00/1:31.12/ 46.27/1:44.41/3:53.01. Women 45-49: Joan Whisman 50/200/500 - 33.53/2:58.40/8:03.84. Women 50-54: Diane Edwards 50/100 Breast/200 IM -50.28/1:50.97/4:02.91. Men 25-29: Mat McCudden 50/100 Free 23.66/50.33, Roy Abramowitz 200 Fly and 200 IM-2:05.02 and 2:09.66. Men 30-34: Gary Hafer 50/200/500 - 23.82/1:55.27/5:28.80, John Ruddick 50/100/200 Back - 28.05/1:01.94 /2:20.30, Men 35-39: Robert Smith 50 Free/50/100 Back/50 Breast/50 Fly/100IM 23.85/26.89/1:00.70/31.21/25.85/1:05.78 (This was Robert's first meet with us, it is interesting to note that his times this past year(1998) are faster). Men 40-44: Our good friend from the North, Walt Reid won the 50/100 Breast and 100 IM-32.93/1:15.60/1:11.73, Robert Pailthorpe swam in this meet also, a few years later he was "best in the world" in the Fly. Will skip the older guys.

Relay: Barb O'Brien, Sharon Capron, Tanya Mansigh, Cheryl Shay - W 25 & Up 200 Free Relay: 2:05.45

We announced our other goal for 1982: First was to Win the Team Championships at LC Nationals, and 2nd, go over 500 in Membership. Happy to say we accomplished BOTH !

The Eugene SCY Meet for Jan 10th, was announced. Region XII SCY Champs were announced for Cheney, WA in late Apr and early May. USMS SCY CHamps announced for Woodlands, Texas.

(Chapter 8 will pick up in a future Aqua Master)

**LCM Nationals continued from page 1**

with (TT#):

**WOMEN 19-24:** Lisa Gorsline (OREG) did six events and relays. Lisa's highlights included a gold medal in the 200 fly (3:02.00) and silver medals in the 1500 free (22:02.32) and 100 fly (1:20.42).

**WOMEN 40-44:** First-time Nationals participant Jody Welborn (OREG) brought home three medals - two for relays and a 9th place in the 1500 free with a personal best time (25:23.46). She also had a personal best in the 100 fly (1:49.54).

top four in all five of her races, including bronze medals in the 50 free (37.20), 100 free (1:24.90) and 100 breast (1:47.43).

**WOMEN 65-69:** Lavelle Stoinoff (MACO) had another outstanding competition, winning gold medals in all five of her individual events, including the 200 free (2:54.60), 400 free (6:05.02), 800 free (12:29.33), 200 back (3:17.57) and 200 breast (3:53.52).

**MEN 30-34:** First-time Nationals participant Kelly Hibler (OREG) brought home medals in three individual events and two relays. His highlights included a silver medal in the 800



**Jody Welborn**



**Kelly Hibler**



**Charlie Helm**

**WOMEN 45-49:** Teri Hendryx (MACO) scored in all five of her individual events, including stellar 3rd-place finishes in the 200 back (2:58.29), 200 fly (3:06.53) and 400 IM (6:24.74). Her 100 back time was a new Oregon and Zone Record. Elke Asleson (OREG) scored medals in two relays, including a bronze in the mixed 200-239 200 free relay. She also swam six individual races, finishing 11th in the 200 back (3:33.72) and 100 fly (1:36.53).

**WOMEN 50-54: TWO NATIONAL CHAMPIONS!!** Janet Gettling (OREG) scored in six individual events plus relays, including gold-medals in the 50 back (41.10) and 50 breast (42.90), plus a silver and three bronzes. The 50 breaststroke race was most thrilling as Janet came from behind to outtouch the second-place swimmer by 2/100ths of a second!! Gettling's 50 back was a new Oregon Record. Sandi Rousseau (OREG) had another great meet. She dominated the 50 fly (35.96), beating the second-place finisher by nearly 2.5 seconds and setting a new Oregon and Zone Record. Sandi also scored in all six individual events and relays, including three individual silver medals.

**WOMEN 55-59:** Pam Himstreet (OREG) raced well through some tough competition in all of the toughest races. She returned home with 9 medals, including 5 silvers, a fourth-place and three for relays. Pam took silver in the 200 breast (3:46.18), and was the best American in the event since the winner was from Canada.

**WOMEN 60-64:** Susanne Schumann (MACO) scored in the

free (9:58.81) and a fourth place in the 200 free (2:13.48). Bill Volckening (OREG) also participated in the swimming events. He contributed to the team scoring in five individual events and two relays, including a gold medal in the 1500 free (21:52.36) and a silver in the 200 back (2:51.92).

**MEN 35-39:** First-time Nationals participant Mark Vininski (OREG) scored in four individual events and three relays. Mark's highest individual finishes came in the 200 free (2:16.11, 7th place) and the 200 breast (2:53.57, 9th).

**MEN 40-44:** Chris Roth (OREG) scored in five of six individuals and two relays. Highlights included a silver in the 400 IM (5:18.20) and a bronze in the 200 fly (2:20.58). His 200 fly time was a new Oregon and Zone Record. Charlie Helm (OREG) participated in three individual events and one relay. All three of his individual events were personal best times, he earned his first National medal by leading-off the sixth-place 200 free relay for the men's 120-159 age group. Way to go, Charlie!

**MEN 50-54:** Allen Stark (OREG) scored in all three of his individual events and two relays. Stark earned silvers in the 50 breast (33.85) and 100 breast (1:17.09), plus a bronze in the 200 breast (2:54.19). His 50 and 100 breast times were Oregon and Zone Records!

**MEN 65-69:** Dave Radcliff (OREG) had a simply unbelievable meet! In addition to the five individual silvers, one bronze and three relay medals, Dave rewrote the Zone Record book in five of six freestyle events. Radcliff brought the crowd to its feet in

*continued on page 11*

*Results continued from page 10*

the 50 (29.89) and 100 (1:05.95) freestyle events. His 50 was faster than his time from last year's NIKE World Masters Games, and it took a world record to beat him in the 100. Radcliff's performance was a truly special in light of the severe heart attack he suffered 11 months ago. It was tremendous, electrifying and awesome! Dick Weick (OREG) also had an outstanding meet, with medals in six individual events and two relays. Weick's highlights included silver medals in the 50 fly (35.48) and 200 IM (3:12.53). His 200 IM time was a new Oregon and Zone Record. Art Welch (OREG) continued his unprecedented string of appearances in the USMS National Championships with medals in two individual events and three relays. Art scored a bronze in the 200 back (3:45.42) and fourth-place in the 100 back (1:45.82).

The 1999 USMS Long Course Championship was a wonderful experience for all who participated. Swimmers from Oregon stayed together in the spectator area between events, and there was a high level of team spirit, camaraderie and support for one another. Without question, it was a great meet for the Oregonians. At the conclusion of the meet, Lisa and Bill participated in the open water swim "Crossing the Great Mississippi" - and had a terrific time swimming 2 miles across the great river together.

**INDIVIDUAL RESULTS:**

**Women 19-24:** 1500 fs- 2) Lisa Gorsline, 22:02.32; 200 bk- 4) Gorsline, 3:04.32; 200 br- 4) Gorsline, 3:28.18; 100 fly- 2) Gorsline, 1:20.42; 200 fly- 1) Gorsline, 3:02.00; 400 IM- 4) Gorsline, 6:16.35;

**Women 40-44:** 400 fs- 18) Jody Welborn, 6:37.35; 1500 fs- 9) Welborn, 25:23.46; 100 fly- 11) Welborn, 1:49.54;

**Women 45-49:** 50 fs- 18) Elke Asleson, 39.18; 100 bk- 5) Teri Hendryx, 1:21.64; 200 bk- 3) Hendryx, 2:58.29; 11) Asleson, 3:33.72; 100 br- 5) Hendryx, 1:32.36; 50 fly- 16) Asleson, 41.02; 100 fly- 11) Asleson, 1:36.53; 200 fly- 3) Hendryx, 3:06.53; 200 IM- 12) Asleson, 3:33.43; 400 IM- 3) Hendryx, 6:24.74; 12) Asleson, 7:29.25;

**Women 50-54:** 50 fs- 2) Sandi Rousseau, 34.75; 100 fs- 6) Rousseau, 1:19.59; 200 fs- 8) Rousseau, 3:04.06; 50 back- 1) Janet Gettling, 41.10; 50 br- 1) Gettling, 42.90; 100 br- 3) Gettling, 1:38.51; 50 fly- 1) Rousseau, 35.96; 3) Gettling, 38.44; 100 fly- 2) Rousseau, 1:31.75; 3) Gettling, 1:32.16; 200 fly- 2) Rousseau, 3:39.24; 200 IM- 2) Gettling, 3:23.27;

**Women 55-59:** 800 fs- 2) Pam Himstreet, 13:34.22; 1500 fs- 2) Himstreet, 25:59.97; 200 br- 2) Himstreet, 3:46.18; 200 fly- 2) Himstreet, 4:01.44; 200 IM- 4) Himstreet, 3:40.29; 400 IM- 2) Himstreet, 7:47.50;

**Women 60-64:** 50 fs- 3) Susanne Schumann, 37.20; 100 fs- 3) Schumann, 1:24.90; 50 br- 4) Schumann, 49.35; 100 br- 3) Schumann, 1:47.43; 200 br- 4) Schumann, 3:59.41;

**Women 65-69:** 200 fs- 1) Lavelle Stoinoff, 2:54.60; 400 fs- 1) Stoinoff, 6:05.02; 800 fs- 1) Stoinoff, 12:29.33; 200 bk- 1) Stoinoff, 3:17.57; 200 br- 1) Stoinoff, 3:53.52;

**Men 30-34:** 100 fs- 11) Kelly Hibler, 59.99; 200 fs- 4) Hibler, 2:13.48; 400 fs- 6) Hibler, 4:49.02; 800 fs- 2) Hibler, 9:58.81; 1500 fs- 1) Bill Volckening, 21:51.92; 50 bk- 4) Volckening, 34.13; 100 bk- 5) Volckening, 1:16.03; 200 bk- 2) Volckening, 2:51.92; 50 fly- 13) Volckening, 31.81; 100 fly- 13) Hibler, 1:08.51; 400 IM- 4) Volckening, 6:09.02;

**Men 35-39:** 100 fs- 12) Mark Vininski, 59.77; 200 fs- 7) Vininski, 2:16.11; 50 br- 10) Vininski, 34.18; 100 br- 10) Vininski, 1:17.07; 200 br- 9) Vininski, 2:53.57;

**Men 40-44:** 50 fs- 27) Charlie Helm, 33.47; 100 fs- 31) Helm, 1:19.33; 200 fs- 35) Helm, 3:01.59; 800 fs- 11) Chris Roth, 10:03.19; 1500 fs- 8) Roth, 19:16.57; 50 fly- 7) Roth, 28.48; 100 fly- 5) Roth, 1:01.98; 200 fly- 3) Roth, 2:20.58; 400 IM- 2) Roth, 5:18.20;

**Men 50-54:** 50 br- 2) Allen Stark, 33.85; 100 br- 2) Stark, 1:17.09; 200 br- 3) Stark, 2:54.19;

**Men 65-69:** 50 fs- 2) Dave Radcliff, 29.89; 3) Dick Weick, 30.35; 100 fs- 2) Radcliff, 1:05.95; 6) Weick, 1:09.80; 200 fs- 2) Radcliff, 2:31.43; 6) Weick, 2:45.25; 15) Art Welch, 3:13.01; 400 fs- 2) Radcliff, 5:34.75; 14) Welch, 6:50.10; 800 fs- 2) Radcliff, 11:45.56; 13) Welch, 13:57.55; 1500 fs- 3) Radcliff, 22:57.40; 10) Welch, 26:44.24; 100 bk- 4) Welch, 1:45.82; 200 bk- 3) Welch, 3:45.42; 50 br- 3) Weick, 41.10; 50 fly- 2) Weick, 35.48; 200 IM- 2) Weick, 3:12.53;

**RELAY RESULTS:**

**Women 160-199: 200 free relay-** 3) Gettling, Gorsline, Welborn, Rousseau, 2:17.76;

**Women 200-239: 200 medley relay-** 3) Asleson, Gettling, Rousseau, Himstreet, 2:43.93;

**Men 120-159: 200 free relay-** 6) Helm, Volckening, Vininski, Roth, 1:56.55;

**200 medley relay-** 6) Volckening, Vininski, Roth, Hibler, 2:02.86;

**Men 240-279: 200 medley relay-** 5) Welch, Stark, Weick, Radcliff, 2:29.16;

**Mixed 120-159: 200 free relay-** 9) Vininski, Welborn, Gorsline, Hibler, 2:05.42;

**200 medley relay-** 15) Asleson, Vininski, Hibler, Gorsline, 2:22.88;

**Mixed 160-199: 200 medley relay-** 18) Gettling, Stark, Roth, Welborn, 2:22.50;

**Mixed 200-239: 200 free relay-** 3) Radcliff, Asleson, Gettling, Roth, 2:10.72;

**Mixed 240-279: 200 free relay,** 5) Rousseau, Welch, Himstreet, Weick, 2:23.94;

**200 medley relay-** 6) Welch, Himstreet, Rousseau, Radcliff, 2:46.67;

## Bob Morrison-Great Guy-Great Swimmer

Oregon Masters lost a wonderful person, as well as a great breaststroker, an All American all the way, to cancer on August 12th. Bob fought a valiant fight, but lost the last round. At a memorial for him in St Andrews Presbyterian Church August 16th, OMS was represented by Eric Guest, Gil Young, Gerald Huestis and OB. The church was filled with friends, who wanted to pay their respects. Bob's family gave everyone a beautiful picture, of a wonderful father, husband and man.

Bob was born in Seattle May 19th 1921, which always gave him the right to call me "old" by one day. He graduated from Washington High and Oregon State College, served in the navy during WWII, and owned his own business, R A Morrison and Son, retiring in 1991. He and Peggy were married in 1947 they had three sons and a daughter, plus five grand children.

OB remembers Bob swimming at the MAC before the war, after the war Bob was coaching at the NE Y, in his spare

time. He had to move to Spokane and asked OB to take over, one of the swimmers was a "young" fellow named Dick Slawson, then in 1985, Bob joined Oregon Masters, and immediately was a big contributor. Swimming with Herb Eisenschmidt, Forbes Mack and OB, they set a world record in the 200m Medley Relay, during the State Games of 1987. You will find Bob's name all through the record books, some of them have been and will be there for a long time. But what we will miss most is Bob, who always had a good word for everyone. How about intestinal fortitude, OB recalls the Oregon State Games at MHCC in 1998, not feeling well, but wanting one "last" shot at US Masters Top Ten, Bob swam a fine 50m Breast in 53.29 and placed 6th in the US Top Ten for 1998.

OB will always remember the "little" Scot, the bagpipes swirling sounds, and Bob "turning over" in the 50 Breast, plus his infectious laugh and happy stories for all his friends. OMS has lost a friend, a great swimmer and All American. God Bless you Bob Morrison.

**Senior Masters Sports Festival - Echo Hollow Pool -Eugene, Oregon - July 24, 1999**

PL	Name	Age Team	Finals	— Ages 65 Through 69 —			Mixed 100 Free		
— Ages 35 Through 39 —				Mixed 50 Free			1 JULES DEGIULIO 47 OREG 1:08.00		
Mixed 50 Free				1 BEVERLY L'ESPERANCE 67 OREG 54.21			Mixed 50 Back		
1	KAREN MCADAMS	37 OREG	33.30	2 ARDEN ADAMS 67 OREG 55.91			1 JULES DEGIULIO 47 OREG 47.14		
2	JILL CASEY	35 OREG	37.97	Mixed 400 Free			Mixed 50 Breast		
3	CAMERON HUBBE	37 OREG	44.18	1 BEVERLY L'ESPERANCE 67 OREG 9:37.32			1 JULES DEGIULIO 47 OREG 38.35		
Mixed 100 Free				Mixed 50 Back			Mixed 50 Fly		
1	KAREN MCADAMS	37 OREG	1:20.03	1 ARDEN ADAMS 67 OREG 59.82			1 JULES DEGIULIO 47 OREG 43.15		
2	JILL CASEY	35 OREG	1:28.51	2 BEVERLY L'ESPERANCE 67 OREG 1:06.86			— Ages 50 Through 54 —		
Mixed 50 Back				Mixed 100 Back			Mixed 50 Free		
1	JEAN MCKENZIE	36 OREG	48.34	1 ARDEN ADAMS 67 OREG 2:06.52			1 STEPHEN JOHNSON 51 OREG 30.82		
Mixed 100 Back				2 BEVERLY L'ESPERANCE 67 OREG 2:29.63			2 MICHAEL DUFFY 53 OREG 31.45		
1	JEAN MCKENZIE	36 OREG	1:42.79	Mixed 200 Back			Mixed 100 Free		
Mixed 50 Breast				1 ARDEN ADAMS 67 OREG 4:23.42			1 STEPHEN JOHNSON 51 OREG 1:07.17		
1	KRISTINE JENKINS	35 OREG	54.23	2 BEVERLY L'ESPERANCE 67 OREG 5:16.76			Mixed 200 Free		
2	CAMERON HUBBE	37 OREG	54.94	Mixed 50 Breast			1 STEPHEN JOHNSON 51 OREG 2:26.56		
3	JEAN MCKENZIE	36 OREG	56.10	1 ARDEN ADAMS 67 OREG 1:17.26			Mixed 50 Fly		
Mixed 100 Breast				— Ages 85 Through 89 —			1 STEPHEN JOHNSON 51 OREG 33.01		
1	CAMERON HUBBE	37 OREG	2:00.01	Mixed 400 Free			— Ages 55 Through 59 —		
Mixed 50 Fly				1 EVA MULLER 87 OREG 11:13.04			Mixed 50 Free		
1	KAREN MCADAMS	37 OREG	39.06	Mixed 100 Back			1 RICHARD JUHALA 56 OREG 40.16		
2	JILL CASEY	35 OREG	43.92	1 EVA MULLER 87 OREG 2:45.36			Mixed 50 Back		
Mixed 200 IM				Mixed 200 Back			1 RICHARD JUHALA 56 OREG 53.18		
1	JEAN MCKENZIE	36 OREG	3:58.20	1 EVA MULLER 87 OREG 5:38.43			Mixed 200 Back		
— Ages 40 Through 44 —				Mixed 100 Breast			1 RICHARD JUHALA 56 OREG 3:52.92		
Mixed 200 Free				1 EVA MULLER 87 OREG 3:48.55			Mixed 50 Breast		
1	ANDI LOMAX	42 OREG	3:52.01	Mixed 200 IM			1 RICHARD JUHALA 56 OREG 48.20		
Mixed 50 Back				1 EVA MULLER 87 OREG 6:26.81			Mixed 200 IM		
1	ANDI LOMAX	42 OREG	46.66	— Ages 35 Through 39 —			1 RICHARD JUHALA 56 OREG 3:43.18		
2	MARY NEDIG	43 OREG	1:01.56	Mixed 100 Back			— Ages 60 Through 64 —		
Mixed 100 Back				1 RON TAYLOR 39 OREG 1:14.42			Mixed 50 Free		
1	ANDI LOMAX	42 OREG	1:50.10	Mixed 50 Breast			1 GEORGE THAYER 63 OREG 34.45		
2	MARY NEDIG	43 OREG	2:13.05	1 RON TAYLOR 39 OREG 40.56			Mixed 100 Free		
— Ages 45 Through 49 —				Mixed 200 Breast			1 GEORGE THAYER 63 OREG 1:25.30		
Mixed 50 Free				1 RON TAYLOR 39 OREG 3:17.26			Mixed 200 Free		
1	DEB DOTTERS	47 OREG	35.80	Mixed 400 IM			1 GEORGE THAYER 63 OREG 3:21.55		
Mixed 50 Breast				1 RON TAYLOR 39 OREG 5:53.00			Mixed 400 Free		
1	DEB DOTTERS	47 OREG	46.83	— Ages 40 Through 44 —			1 GEORGE THAYER 63 OREG 6:54.32		
Mixed 50 Fly				Mixed 50 Free			— Ages 65 Through 69 —		
1	DEB DOTTERS	47 OREG	43.75	1 JOEL ROBE 44 OREG 30.58			Mixed 50 Free		
1	DEB DOTTERS	47 OREG	3:29.61	2 JIM MOLLER 44 OREG 33.11			1 WILLIAM HOLMAN 68 OREG 40.22		
— Ages 55 Through 59 —				3 CHARLES HELM 43 OREG 36.58			Mixed 100 Free		
Mixed 200 Back				Mixed 100 Free			1 WILLIAM HOLMAN 68 OREG 1:35.29		
1	JOY WARD	57 OREG	3:22.25	1 JOEL ROBE 44 OREG 1:10.43			Mixed 200 Free		
Mixed 50 Fly				2 CHARLES HELM 43 OREG 1:27.86			1 RICHARD WEICK 65 OREG 2:54.22		
1	JOY WARD	57 OREG	38.04	Mixed 200 Free			Mixed 400 Free		
Mixed 100 Fly				1 JOEL ROBE 44 OREG 2:46.55			1 WILLIAM HOLMAN 68 OREG 7:47.89		
1	JOY WARD	57 OREG	1:49.37	Mixed 400 Free			Mixed 100 Fly		
— Ages 60 Through 64 —				1 CHARLES HELM 43 OREG 7:10.94			1 RICHARD WEICK 65 OREG 1:34.61		
Mixed 50 Free				Mixed 50 Breast			Mixed 200 IM		
1	SUSANNE SCHUMANN	62 MACO	40.27	1 JOEL ROBE 44 OREG 42.48			1 RICHARD WEICK 65 OREG 3:21.37		
Mixed 100 Free				2 JIM MOLLER 44 OREG 43.64			Mixed 400 IM		
1	SUSANNE SCHUMANN	62 MACO	1:30.95	Mixed 100 Breast			1 RICHARD WEICK 65 OREG 7:19.30		
Mixed 50 Breast				1 JOEL ROBE 44 OREG 1:34.86			— Ages 70 Through 74 —		
1	SUSANNE SCHUMANN	62 MACO	1:51.99	Mixed 50 Fly			Mixed 50 Free		
Mixed 200 Breast				— Ages 45 Through 49 —			1 CAL HERSEY 72 OREG 52.63		
1	SUSANNE SCHUMANN	62 MACO	4:06.85	Mixed 50 Free			<i>continued on page 16</i>		
				1 JULES DEGIULIO 47 OREG 29.88					

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

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by the Oregon LMSC for USMS, Inc. Sanction # 379-09

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

**Unregistered swimmers must submit a 1999 registration form and fee with this form****TUALATIN HILLS PENTATHLON****DATE: Oct 17, 1999**Place: TUALATIN HILLS AQUATIC CENTER POOL  
BEAVERTON, OREGON6 LANES COMPETITION - ELECTRONIC TIMING  
SEPARATE CONTINUOUS WARM UP/DOWN LANES -  
HOST: Tualatin Hills Barracudas

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

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

**ENTRY DEADLINE: POSTMARKED NO LATER THAN: Oct 3, 1999****MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS****WARM-UPS: 7:00 A.M.****MEET STARTS: 8:00 A.M.**

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

NAME \_\_\_\_\_ 1999 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDAY \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

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

*"Enter as many as five events. If you choose to not enter five events, you will not be scored as a pentathlon."*

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

*\*Please enter your best time or estimated times. Do not use NT (No Time). Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all ... Thanks***Rules:** A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

email \_\_\_\_\_

**MEET ENTRY FEE:\$11.00 Send form(s) & fee(s) payable to: OREGON MASTERS SWIMMING  
c/o SUZANNE RAGUE 935 N. W. 170th Place BEAVERTON, OREGON 97006****All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION  
CARD OR 1999 REGISTRATION FORM WITH THIS ENTRY**

# ol' Barnacle

reviews - results - records

## Ol Barn...Eugene LCM Meet

Arden Adams was the Meet Director for the Annual Senior Masters Sports Festival swim meet at Echo Hollow pool. You had to be 30 years and older, so 2 age groups were cut out, which may have had something to do with the low attendance, 28 all told. However, there were some really fine swims.

EVA MULLER at 87 was right at home and gave us 3, maybe 4 All America performances. Eva swam the 400 Free in 11:13.04, which was 2 minutes faster than the #1 USA time for 1998, a Zone Record, was Keller from '86. 100m Back 2:45.36 should be #1, the 200m Back at 5:38.43, a new Zone was hers, should be #1, the 100m Breast at 3:48.55 a new Zone, was Keller '86 at 4:39.38(TT2) and in the 200 IM Eva swam 10 sec. faster than her Zone of 6:36.63 with a 6:26.81, which could well hold up for AA honors, that boys and girls is the way to wind up the season. Eva is now 87, she gets better each year.

RICHARD WEICK, 65 years young, this guy has changed the record books and continues to do so. The 100 Fly a new Zone best of 1:34.61 (TT5) was Richards '87, plus an Oregon Best in the 400 IM 7:19.30 (TT4) was Walter '85. His 200 IM was 3:32.37 (TT7).

JOY WARD, 57 picked off the 100 Fly ORE BEST at 1:49.37 (TT6), had some trouble with Weick's wake, being an old flyer OB can testify to swimming fly in wakes, very NG. This was

Himstreet '99. Joy's 200 Back at 3:22.25 was a TT3 and the 50 Fly at 38.04 was off her WR time done at ZONES.

Just a suggestion from an Ol Grey haired man, try to put some space between your competitors, particularly in small meets, a "dead" lane separating two classy competitors, will help.

Karen Adams and Jeanne McKenzie were the class at 35-39

Andi Lomax picked off three Golds at 40-44

Deb Dotters brought home 4 Golds in the 45-49 category

Susanne Schumann (MAC) was all alone in the 60-64, she turned in TT times in the 100 and 200 Breast, all in all 5 Golds

Arden Adams not only was our meet director, but she swam for Gold in 4 events (65-69)

Ron Taylor at 39 looked sharp in the 100 Back, 50/100 Breast and the 400 IM.

Joel Robe was a new face in the 40-44 category we need to get him registered.

Jules Degiulio (45-49) swam all strokes and looked good, his 50 Breast at 38.35 was the standout.

In the 50-54, Steve Johnson won 4 Golds, with the best time in the 200 Free at 2:26.56. Michael Duffy gave Steve trouble in the 50 Fr at 31.45 vs 30.82

Richard Juhala (55-59) swam off with 5 Golds

George Thayer (60-64) was also all alone and accounted for 4 Golds in the Freestyle.

William Holman (68) continues to improve and garnered 3 Golds Cal Hersey forsake Track and Field, and found 3 Golds in the 70-74 bracket.

This meet was not too well contested resulting in many lop sided results, but those who swam did a bang up job and are to be congratulated.

## HOST Program

### ( House Our Swimmers Tonight )

What is it? It's a program set up to help swimmers find housing with other swimmers during out of town meets. I'm looking for a volunteer(s) in each of the following areas to act as the contact person for the HOST program when there is a swim meet in your area. BEND, EUGENE, CORVALLIS AND ASHLAND. Ashland is hosting a SCY swim meet and stroke clinic in November.



Also, as the HOST contact for the PORTLAND area I am compiling a list of persons interested in housing a swimmer for the night when we have meets here. If you are interested please contact me at home at 503-653-9753 or e-mail me at jdthimm@regence.com. We have the Tualatin Hills Pentathlon and NW Zone SCM Championships coming soon!

If you are looking for housing for any of the upcoming events please call me at the number or e-mail above so that I can start looking for a place for you to stay. I'm really excited about energizing this program and hope that you are, too!

## INFORMATION FOR ASHLAND SWIM MEET

**Pasta Dinner:** Rogue Valley masters will host a dinner at the Greenleaf Restaurant on the plaza in Ashland on Saturday evening, Nov. 13, beginning at 7:00pm. The Greenleaf will be offering a "Swimmer's Special" (spaghetti marinara, garden salad and garlic bread) for \$7.50 plus tax and tip. Diners may also select items from the entire menu. Please RSVP to John or Erin at (541-488-2547) or e-mail: west-coke@jeffnet.org.

**Lodging:** There are several motels within a few blocks of the SOU pool---Timbers Motel (541-482-4242) and the Rodeway Inn (541-482-2641).

For additional lodging and housing information, please contact the Ashland Chamber of Commerce (541-482-3486).

# Ashland Swim Meet with Stroke Technique Clinics

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-10

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

Unregistered swimmers must submit a 1999 or 2000 registration form and fee with this form.

**DATE: November 13 & 14, 1999**

**Warmups: Saturday - 9:30AM, Sunday - 9:00AM**

**Meet Begins: Saturday - 10:30AM, Sunday - 10:00AM**

Place: Southern Oregon State College

McNeal Hall, Ashland, Oregon

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

Free video taping and stroke improvement clinic by Coach Bob Bruce. Attend clinic one day only. (Sat. or Sun.)

Meet Directors: John and Erin Weston Phone: 541-488-2547

Directions to Southern Oregon State College: Take exit 14 off I-5 and turn right (west) onto Ashland St. Proceed one mile to Stadium Way and turn right. Go two blocks to Webster St. Turn left and the pool is directly ahead.

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

**ENTRY DEADLINE: POSTMARKED NO LATER THAN November 1, 1999**

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

NAME \_\_\_\_\_ (For office use) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

SEX \_\_\_\_\_ USMS number \_\_\_\_\_ USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. Enter relays at the meet. In each relay event, relay teams may swim either 200y, 400y, or 800y, (800y for Free relays only). The 400 and 800 relays will be seeded in heats following the 200y relays of the same type. The 500 and 1000 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. **THE 50 FREE ON SATURDAY WILL NOT BEGIN BEFORE 11 AM.**

## Saturday, November 13

1000 FREE (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

2<sup>nd</sup> warm up of 30 minutes

50 FREE (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 FLY (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 BACK (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

BREAK BREAK BREAK

MXD MEDLEY RELAY(5)XXXXXX

100 FREE (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 BACK (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 BREAST (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 I.M. (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

FREE RELAY(10/11) XXXX

BREAK BREAK BREAK

FREE STROKE CLINIC

## Sunday, November 14

500 FREE (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

2<sup>nd</sup> warmup of 20 minutes

200 BACK (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 BREAST (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 FLY (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

BREAK BREAK BREAK

MED RELAY (16/17)XXXXXXXX

200 FREE (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 BREAST (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 FLY (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 I.M. (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

MXD FREE RELAY (22) XXXXXXXXX

BREAK BREAK BREAK

FREE STROKE CLINIC

**Clinic Sign-up and Preference (Check one) \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_ Either day \_\_\_\_\_ No Clinic for me**

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FREE: \$13.00 Make checks payable to Oregon Masters Swimming5

Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170<sup>th</sup> Place Beaverton, OR 97006



# Easiest way to make the Oregon SCY Top Ten List

Hello Oregon Swimmers:

I have gone through the All Time Oregon SCY TT list (published by Earl Walter). I am listing the number of people (in parenthesis) for all the events that have fewer than 10 people. For example, the 55-59 womens's age group has only 8 people in the 1000 Free event. So if you are a woman in this age group and swim this event in a meet, you will automatically make the All Time Oregon SCY TT list! Not surprisingly, the events 200 Fly and 400 IM show up most often.

Check out this list and and get into the record books!

## Women

### 55-59

1000 Free (8), 1650 Free (9), 200 Back (9), 200 Breast (8), 100 Fly (4), 200 Fly (3), 200 IM (6), 400 IM (6)

### 60-64

1000 Free (9), 1650 Free (8), 200 Breast (9), 50 Fly (9), 100 Fly (4), 200 Fly (3), 200 IM (7), 400 IM (4)

### 65-69

1000 Free (7), 50 Fly (9), 100 Fly (3), 200 Fly (2), 200 IM (9), 400 IM (4)

### 70-74

1000 Free (8), 1650 Free (9), 200 Back (9), 100 Breast (8), 200 Breast (6), 100 Fly (6), 200 Fly (4), 200 IM (7), 400 IM (6)

### 75-79

200 Free (6), 500 Free (5), 1000 Free (4), 1650 Free (4), 100 Back (9), 200 Back (6), 100 Breast (7), 200 Breast (4), 50 Fly (7), 100 Fly (3), 200 Fly (3), 100 IM (8), 200 IM (6), 400 IM (4)

### 80-84

50 Free (8), 100 Free (5), 200 Free (4), 500 Free (3), 1000 Free (2), 1650 Free (2), 50 Back (9), 100 Back (7), 200 Back (7), 50 Breast (6), 100 Breast (5), 200 Breast (3), 50 Fly (4), 100 Fly (4), 200 Fly (3), 100 IM (5), 200 IM (4), 400 IM (3)

### 85-89

50 Free (2), 100 Free (3), 200 Free (3), 500 Free (3), 1000 Free (1), 1650 Free (1), 50 Back (2), 100 Back (3), 200 Back (2), 50 Breast (2), 100 Breast (3), 200

Breast (1), 50 Fly (2), 100 Fly (1), 200 Fly (1), 100 IM (3), 200 IM (2), 400 IM (1)

### 90-94, 95-99, 100+

All events in these 3 age groups have no people.

## Men

### 60-64

100 Fly (9), 200 Fly (5), 400 IM (9)

### 65-69

100 Fly (4), 200 Fly (4), 200 IM (9), 400 IM (8)

### 70-74

1000 Free (6), 1650 Free (9), 100 Back (9), 100 Fly (6), 200 Fly (5), 200 IM (8), 400 IM (8)

### 75-79

1000 Free (8), 1650 Free (7), 100 Breast (8), 200 Breast (3), 100 Fly (3), 200 Fly (3), 200 IM (4), 400 IM (3)

### 80-84

50 Free (8), 200 Free (4), 500 Free (3), 1000 Free (1), 1650 Free (2), 50 Back (7), 100 Back (5), 200 Back (5), 50 Breast (7), 100 Breast (2), 200 Breast (1), 50 Fly (4), 100 Fly (2), 200 Fly (1), 100 IM (3), 200 IM (1), 400 IM (1)

### 85-89

50 Free (3), 100 Free (2), 200 Free (3), 500 Free (1), 1000 Free (1), 1650 Free (1), 50 Back (2), 100 Back (1), 200 Back (2), 50 Breast (1), 100 Breast (1), 200 Breast (1), 50 Fly (1), 100 Fly (1), 200 Fly (0), 100 IM (1), 200 IM (1), 400 IM (1)

### 90-94

50 Free (0), 100 Free (1), 200 Free (0), 500 Free (0), 1000 Free (0), 1650 Free (0), 50 Back (0), 100 Back (0), 200 Back (0), 50 Breast (0), 100 Breast (0), 200 Breast (0), 50 Fly (0), 100 Fly (0), 200 Fly (0), 100 IM (0), 200 IM (0), 400 IM (0)

### 95-99

All events have no people.

### 100+

100 Free (1), All other events have 0 people.

Murali M. Krishna - Oregon LMSC Top Ten Coordinator.

( In a future Aqua Master Murali will have an article called, "Most (and Least) Competitive Events in OMS".

## Enguene Sports Festival Results continued from page 12

### Mixed 50 Back

1 CAL HERSEY 72 OREG 1:09.67  
Mixed 50 Breast  
1 CAL HERSEY 72 OREG 1:25.34

### — Ages 120 Through 159 —

### Female 200 R-Free

1 Oregon A F-120 OREG 2:26.99  
K. JENKINS-35 JILL CASEY-35 DEB DOTTERS-47  
KAREN MCADAMS-37

### Female 200 R-Medley

1 Oregon A F-120 OREG 3:04.06  
K. JENKINS-35 DEB DOTTERS-47 JILL CASEY-35  
KAREN MCADAMS-37

### — Ages 200 Through 239 —

### Male 200 R-Free

1 GEEZERS A M-200 GEZ 2:27.19  
CHARLES HELM-43 RICHARD JUHALA-56 WILLIAM HOL-  
MAN-68 GEORGE THAYER-63

## — Ages 160 Through 199 —

### Mixed 200 R-Free

1 Oregon A X-160 OREG 2:41.86  
CHARLES HELM-43M RICHARD JUHALA-56M ANDI  
LOMAX-42F JOY WARD-57F

### Mixed 200 R-Medley

1 Oregon A X-160 OREG 2:50.48  
ARDEN ADAMS-67F CAMERON HUBBE-37F RON TAYLOR-  
39M KAREN MCADAMS-37F

### 2 GEEZERS A X-160

GEZ 3:20.09  
CHARLES HELM-43M RICHARD JUHALA- 56M ANDI  
LOMAX-42F JOY WARD-57F

Check out the ol'Barn article on page 14 for more information on the Sport Festival in Eugene.

## 3 Great Swim Meets this Fall

Oct. = Pentathlon

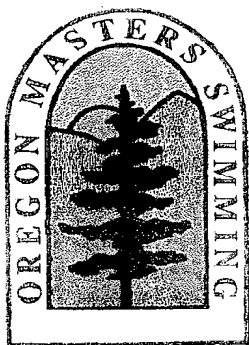
Nov. = Ashland + a Clinic

Dec. = SCM Zone at the

new Mac Club Pool

Entry blanks in this issue of  
the Aqua Master





# OREGON MASTERS SWIMMING

## UNITED STATES MASTERS SWIMMING

### YEAR 2000 REGISTRATION

☐ Renewal—1999 USMS #379-\_\_\_\_\_

☐ New Member

Last Name:		First Name:		M.I.:	
Address:					
City:		State:		Zip:	
Phone:		Date of Birth:		Age: Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
E-mail:		Are you a Masters coach? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Club: OMS is comprised of two clubs or you may register unattached. <input type="checkbox"/> OREG <input type="checkbox"/> MACO <input type="checkbox"/> UNATTACHED					
Local Team: Use abbreviation from list below. _____ (Unattached members cannot swim in relays.)					

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

❖ \$28.00 Single registration. Your USMS card is valid from November 1, 1999 through December 31, 2000.

❖ \$49.00 Joint registration. (Two members at one address/One AquaMaster.) Each member must complete a separate form.

❖ Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

☐ I have added a contribution of \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation.

☐ I have added a contribution of \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation.

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### OMS LOCAL TEAM ABBREVIATIONS

Albany Masters—ALB  
Blue Marlin Masters—BMM  
Central Oregon Masters—COMA  
Chehalem Masters—CMST  
Club Northwest Aquatic—CNA  
Corvallis Aquatic Team—CAT  
Downtown Athletic Club—DAC  
Emerald Aquatics—EA  
Eugene YMCA—EY  
Fish Stick Masters—FISH  
Guinness Aquatic Club—GAC  
Heart of the Valley Masters—HOTV  
Hood River Bald Eagles—HRBE  
Junction City Swim Team—JCST

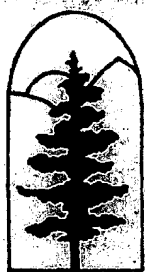
Klamath Falls Masters—KLF  
Lincoln City Masters—LCM  
Medford Old Folks in Action—MOFIA  
Metro YMCA—MY  
Mid-Willamette Valley Masters—MWVM  
Mittleman Jewish Comm. Ctr.—MJCC  
Mt. Hood Masters—MHM  
Mountain Park Masters—MPM  
Multnomah Athletic Club—MACO  
Newport Yaquina Bay YMCA—NEWP  
North Clackamas Aquatic Park—NCAP  
North Coast Swim Club—NCSC  
Parkrose Masters Swim Club—PMSC  
Portland Masters Swimming—PMS

Princeton Athletic Club—PAC  
Riverplace Athletic Club—RAC  
Rogue Valley Masters—RVM  
South Coast Aquatic Team—SCAT  
Steelheads—STHD  
Team Portland Aquatic Club—TPAC  
Tigard-Tualatin Swim Club—TTSC  
Tualatin Hills Barracudas—THB  
Umpqua Valley Masters—UVM  
Vancouver Old Timers—VOT  
WH20 Masters—WH20  
Woodburn Barracuda Masters—WBM  
No Local Team—NLT

**MAKE CHECKS PAYABLE TO: OMS**

**MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DR., ASHLAND, OR 97520**

**This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)**



## Oregon Masters Swimming Year 2000 Local Team Registration



Use this form below to register your Local Team for 2000. **This Form must be post-marked by the entry deadlines to compete as a Local Team at the 2000 OMS Association Championships and 2000 OMS Association Open Water Championship.**  
*All Local Team members must list their official Local Team abbreviation when filling in the Local Team line on the Association Entry Blanks.*

We will list Local Teams in The Aqua-Master and on the OMS web page. Please indicate if there is any information below that you do not want published

LOCAL TEAM NAME \_\_\_\_\_ Abbreviation (4 letters max) \_\_\_\_\_

LOCAL TEAM REP. - Name \_\_\_\_\_  
 (Must be an OMS Member) Address \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ - \_\_\_\_\_  
 E-mail \_\_\_\_\_

LOCAL TEAM COACH - Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_ - \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Address of Local Pool \_\_\_\_\_  
 Practice times \_\_\_\_\_

Mail this form to: **June Mather**  
**1056 Hillview Dr.**  
**Ashland, OR 97520**

**ATTENTION: ALL LOCAL TEAMS MUST REGISTER FOR THE YEAR 2000.  
 PLEASE FILL IN THE ABOVE FORM AND RETURN TO JUNE MATHER AS  
 SOON AS POSSIBLE. 1999 LOCAL TEAMS ARE LISTED BELOW.  
 (HIGHLIGHTED TEAMS HAVE REGISTERED FOR 2000)**

### OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.

Albany Masters - ALB	Klamath Falls Masters - KLF	Princeton Athletic Club - PAC
Blue Marlin Masters - BMM	Lincoln City Masters - LCM	Riverplace Athletic Club - RAC
Central Oregon Master - COMA	Medford Old Folks in Action - MOFIA	Rogue Valley Masters - RVM
Chelam Masters - CMST	Metro YMCA - MY	South Coast Aquatic Team - SCAT
Club Northwest Aquatic - CNA	Mid-Willamette Valley Masters - MWVM	Steelheads - STHD
Corvallis Aquatic Masters - CAT	Mittleman Jewish Comm. Ctr - MJCC	Team Portland Aquatic Club - PAC
DAC - Downtown Athletic Club	Mt. Hood Masters - MHM	Tigard-Tualatin Swim Club - TTSC
Emerald Aquatics - EA	Mt. Park Masters - MPM	<b>Tualatin Hills Barracuda - THB</b>
Eugene YMCA - EY	Multnomah Athletic Club - MACO	Umpqua Valley Masters - UVM
Fish Stick Masters - FISH	Newport - Yaquina Bay Y - NEWP	Vancouver Old Timers - VOT
Guinness Aquatic Club - GAC	N. Clackamas Aquatic Park - NCAP	WH20 Masters - WH20
Heart-of-the Valley Master - HOTV	North Coast Swim Club - NCSC	Woodburn Barracuda Masters - WBM
Hood River Bald Eagles - HRBE	Parkrose Masters - PMSC	No Local Team - NLT
Junction City Swim Team - JCST	Portland Masters Swim - PMS	



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