

# Aqua-Master

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## Chair's Corner by Suzanne Rague

Hello Swimmers,

Every year USMS holds a convention at which we make decisions, exchange ideas, and assign projects and areas of responsibility for the next year (see the article on page 12). Eight members of the Oregon LMSC attended the convention this year, and I came away incredibly proud of the contributions we made at the convention and the assignments with which we came away. Yours truly toils in the trenches as USMS Controller, helping bills get paid, and financial statements and tax returns prepared. Very glamorous! Dan Gray, who will run the 2000 5-10 mile Open Water Championship, will now coordinate the open water Coach's mentor clinics. Pam Himstreet bid for two Long Distance Championship events for 2001, and was granted both -- the 5 & 10 K Postal Championship and the 1-3 mile Open Water Championship, to be swum at Elk Lake -- another great development for Oregon's open water program.

June Mather stepped in to Chair the Internal Audit Committee, a service greatly appreciated by all. Ginger Pierson took over the Ad Hoc International Swimming Hall of Fame Committee, which nominates USMS candidates to the ISHOF and is developing a data base of potential future candidates. Dave Radcliff is the Northwest Zone Chair, and ran a great

*continued on page 4*

## Rule Changes The Roy Rule

**R 8 102.2.3 p. 19** The AMA (American Medical Association)

The age of an eligible swimmer shall be the average of that swimmer's current age and the age of any transplanted organ(s) as verified by medical documentation at the time of the transplant(s).

**102.2.1 p. 19**

For short course yards, eligibility ... shall be determined by age as of the last day of the meet. The birth month and day an eligible participant who has received a transplant shall remain the same as that prior to the transplant. Birth year shall be determined by averaging the birth years Of the swimmer and the transplanted organ.

**EXCLUSION:** Swimmers with bionic body parts shall not qualify for awards and records.

This rule shall hereafter be known as the "Roy Rule" in honor of OMS's Roy Abramowitz.

## ol' Barnacle

reviews - results - records

### 1998-1999 USMS SCY TOP TEN

There were times many years ago, that I would dream of being able to write an article like this, but in those days we did not have the "firepower" that we have now, suffice to say, how about ...8 Individual All Americans and 7 Relay Team All Americans:

LAVALLE STOINOFF: She is thinking of hanging it up, maybe for good, and what a year she is having...8 Event # 1's of which 5 are National Records, then add to that 2 # 2's, and a 4th, 5th and 10th. (65-69) ALL AMERICAN: 100 yd Freestyle 1:11.81, 200 yd Freestyle 2:33.48 Nat'l Record, 500 yd Freestyle 6:39.23 Nat'l Record, 1000 yd Freestyle 13:51.06 Nat'l Record, 1650 yd Freestyle 23:09.53 Nat'l Record, 100 yd Backstroke 1:24.62, 200 yd Backstroke 2:56.66 Nat'l Record, 200 yd Ind Medley 3:08.18, plus: #2's 200 Breast and 100 IM, 4th 50 Free, 5th 100 Breast and 10th for the 50 Fly.

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## profile

Janet Gettling

Last month's Profile contained references to "workout pattern" and "consistency and camaraderie of a structured workout group." Most of us feel these are necessities to keep us swimming and enjoying our sport. What a great lead-in to this month's swimmer, who, after 18 years of enjoying great Masters' programs, found herself, in 1995, without even access to a pool. Faced with no water, no program, no fellow swimmers, would you just give up? Not Janet Gettling! Not only did this lady stay in the sport, she joined OMS.

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The people behind O.M.S. Inc.

**Chairman of the Board**

**Suzanne Rague**  
935 N.W. 170th Place  
Beaverton, OR 97006  
(503) 531-9051  
Suzrague@aol.com

**Vice Chairman/Sanctions**

**Pam Himstreet**  
2906 N.W. Golf Course Dr. South  
Bend, OR 97701-5504  
(541) 617-5830  
him@cmc.com

**Secretary**

**Jody Welborn**  
6687 SW Canyon Dr.  
Portland, OR 97225  
(503) 297-5889  
jowelb@teleport.com

**Treasurer**

**Jeanne Teisher**  
18230 SW Broad Oak Ct.  
Aloha, OR 97007  
(503) 649-4719  
jteisher@msn.com

**Registrar**

**June Mather**  
1056 Hillview Dr.  
Ashland, OR 97520  
(541) 482-0610  
csmather@jeffnet.org

**Aqua-Master Editor**

**Dave Radcliff** (503) 648-7141  
therads@integrityonline.com

**Data Manager (for swim meets)**  
**Suzanne Rague** (Info above)

**Officials (for swim meets)**

**Membership**

**Phil King**  
(503) 284-8946  
kingp@mhcc.cc.or.us

**Fitness**

**George Thayer**  
(541) 388-3392  
gthayer@bendnet.com

**Safety**

**Sandi Rousseau**  
(503) 642-3679  
tsrousse@ix.netcom.com

**Coaches**

**Bob Bruce**  
H(5541) 317-4851 W(541)389-7665  
bhamr7@ibm.net

**Awards**

**Donna Ryan**  
(503) 665-0538  
DonnaJulie@aol.com.

**Records / Historian**

**Earl Walter**  
(503) 738-3763  
oldbam@seasurf.net

**Open Water Events**

**Dan Gray**  
(541) 944-0529

**Social**

**Jeanne Thimm**  
(503) 653-9753  
jdthimm@regence.com

**Web Master**

**Mark Vininski**  
webmaster@swimmoregon.org

**Top Ten**

**Murali Krishna**  
(503) 690-1929  
murali@informix.com

**Past Chair**

**Eric Guest**  
(503) 668-4465  
swimfly865@aol.com

## 1999 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
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@themac.com
Jan. 29	SCY	Eugene	Lynda Christiansen, 541-687-8379. E-mail: ericandlynda@netzero.net.
March 11	SCY	Freestyle Pentathlon - Bend	Pam Himstreet - him@cmc.net
April 7, 8, 9	SCY	OMS Association Champs Beaverton, Oregon	Ed Ramsey (503) 693-8173 (home) email - tkramsey@worldnet.att.net

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

## Postal Championships

Jan. 1 - 31	1 Hour Postal Championship	goldstein@mindspring.com
<b>National Championships 2000</b>		
April 27-30	SCY	Indianapolis, IN goldstein@mindspring.com
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, May and June 2000. Meets are a great way to make money for your local team (OMS guarantees you a profit). Please volunteer to have a meet during these months Call or email Pam Himstreet (541) 617-5830 or him@cmc.net**

## Aqua-Master Change of Address

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

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**97520**

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**ADDRESS** \_\_\_\_\_

**CITY/STATE/ZIP** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **USMS #** \_\_\_\_\_

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

This is the second of three installments about basic training principles and action.

As we prepare to race, we need to understand energy sources in order to allocate our training time to maximize our results. Intuitively and experientially, we know that preparing to race short distances is different than preparing to race long distances. This knowledge is supported by sports scientists.

Briefly summarized, here's where racing energy originates. In short sprints (i.e. 50's), the vast majority of energy comes from the ATP-PC system (energy already stored in the muscles), most of the rest comes from the anaerobic system (glycogen quickly transformed into usable energy), and very little comes from the aerobic system (a more efficient but slower means of converting glycogen to energy). Long sprints (100's) require strong ATP-CP involvement, huge reliance on the anaerobic system, and small involvement of the aerobic system. Middle distance races (200's) involve a much smaller reliance on the ATP-CP system, majority use of the anaerobic system, and a strong involvement of the aerobic system. Distance races (400's and above) rely little on the ATP-CP system, modestly on the anaerobic system, and increasingly more and more on the aerobic system as the distances stretch longer.

Training which specifically targets these energy systems may be categorized into five forms:

1. Speed training develops the ATP-PC system. Speed training involves swimming very short distances--never more than 50 meters--at top speed. Assisted or resisted swims of very short duration also function as speed training. Good news--this training is very fast, but should not

hurt!

2. Lactate tolerance training develops the anaerobic system. Lactate tolerance training involves swimming several repetitions at moderate distances (usually 50 to 200 meters, occasionally longer for distance swimmers) at very strong speed with lots of rest. Bad news--this training hurts! Warning: this training also requires the most recovery time between training sessions, particularly for older athletes. Admonition: some training of this type is absolutely required for successful racing in masters swimming; although we don't like it, we need to do it.

3. Maximum oxygen consumption training is the traditional method of developing the aerobic system. This training involves longer swims or repeats (usually 200 to 600 meters) at strong speed with moderate rest intervals. This training, coupled with anaerobic threshold training, should be the heart of masters swim programming; the benefits of endurance training are the primary reason most of us participate in this crazy sport.

4. Anaerobic threshold training is another, newer method of developing the aerobic system. This training involves swimming the training distance (50 to 3000 meters) with very short rest intervals. Pace is controlled to avoid a lactate tolerance training effect.

5. Race-pace training can provide integration of the training adaptations because it simulates racing speeds and conditions. The specific energy systems being trained depends upon the race pace distance involved (50 to 1500 meters).

Enough for now. Next month: some simple specific sets for each form of training. Good luck and good swimming.

*Profile continued from page 1*

Janet, like many of our members, was an elite swimmer in her youth. Now 51, she remembers the days of racing in 20, 33, 50, and 55 yard pools and swimming the 250 yd. Breaststroke event. She went to AAU Nationals several times while in high school but gave up swimming when her college's program proved to not be oriented toward competition.

In 1977 she was enticed into Masters Swimming in Tucson, Arizona. She remembers swimming in the first ever USMS Nationals in 1977 at Mission Viejo. Continuing to swim in a structured, coached program at Arizona State University, Janet attended most of the Nationals throughout the 70's and 80's. She easily stayed in

the top of her age group. Then things changed.

Janet's husband took a job appraising real estate west of the Grand Tetons in Idaho in 1995. They moved to Jackson, Wyoming, a paradise for skiing but awful for Janet. Her only water was a motel that sold memberships to their 10-yard pool. Still she swam and went to Nationals at Mt. Hood C.C. in 1995. She found a teaching job, also in Idaho, and they moved over the mountains to Victor and into the backwoods where moose and grizzly bears are regular but unwelcome visitors. Now the pool (yes, they did eventually build one in Jackson) is 35 miles away. No problem, except for the 9 months of winter!

You see, when Janet wants to go to Jackson, they have *continued on page 7*

# Most (and Least) Competitive Events in OMS

Hello OMS Swimmers:

I was curious to find out which events in OMS were the most competitive and which ones were the least competitive. By an event I mean a (gender, age group, stroke, distance) group.

I started with the All Time Oregon Masters Top 10 SCY database (published by Earl Walter). I looked at only those events that had 10 swimmers listed. For each such event, I took the ratio of the 10thtime to the top time (up to 3 decimal places). For better or worse, I decided that an event with a smaller ratio is more competitive than an event with a larger ratio. A small event ratio means that the 10 times in that event are closely bunched together and vice-versa.

Here are the results.

## Most competitive 10 events (Female):

1.040	F	19-24	100 IM
1.049	F	19-24	50 Free
1.049	F	25-29	200 IM
1.052	F	19-24	50 Brst
1.055	F	45-49	100 Free
1.056	F	25-29	50 Free
1.056	F	40-44	50 Fly
1.057	F	19-24	100 Brst
1.057	F	19-24	100 Free
1.057	F	19-24	50 Fly

## Least competitive 10 events (Female):

1.944	F	65-69	200 Back
1.986	F	60-64	500 Free
2.068	F	65-69	100 Back
2.078	F	65-69	200 Brst
2.123	F	65-69	100 Brst
2.196	F	60-64	200 Back
2.381	F	65-69	1650 Free
2.405	F	70-74	50 Fly
2.447	F	50-54	100 Fly
2.701	F	50-54	200 Fly

## Most competitive 10 events (Male):

1.029	M	30-34	100 IM
1.039	M	35-39	100 Free
1.039	M	40-44	50 Fly
1.042	M	25-29	100 Free
1.042	M	25-29	100 IM
1.042	M	25-29	500 Free
1.042	M	30-34	100 Back
1.044	M	30-34	200 IM

1.048	M	25-29	50 Free
1.048	M	30-34	100 Free

## Least competitive 10 events (Male):

1.467	M	75-79	100 Free
1.477	M	75-79	200 Free
1.524	M	75-79	500 Free
1.579	M	70-74	50 Fly
1.644	M	75-79	200 Back
1.711	M	75-79	100 Back
2.188	M	75-79	100 IM
2.194	M	75-79	50 Fly
2.568	M	80-84	100 Free
3.245	M	55-59	200 Fly

## Most competitive 10 events (Combined):

1.029	M	30-34	100 IM
1.039	M	35-39	100 Free
1.039	M	40-44	50 Fly
1.040	F	19-24	100 IM
1.042	M	25-29	100 Free
1.042	M	25-29	100 IM
1.042	M	25-29	500 Free
1.042	M	30-34	100 Back
1.044	M	30-34	200 IM
1.048	M	25-29	50 Free

## Least competitive 10 events (Combined):

2.123	F	65-69	100 Brst
2.188	M	75-79	100 IM
2.194	M	75-79	50 Fly
2.196	F	60-64	200 Back
2.381	F	65-69	1650 Free
2.405	F	70-74	50 Fly
2.447	F	50-54	100 Fly
2.568	M	80-84	100 Free
2.701	F	50-54	200 Fly
3.245	M	55-59	200 Fly

Among the women, the 19-24 age group dominates while this age group does not show up among men even once. Do men join OMS later than women?

Not surprisingly, the most competitive events are short distance (except for the 500 Free Men) younger age group events. If you want to make the TT list, you should consider swimming the least competitive events. But notice that some of these events are difficult to do. If you can do the 200 Fly (Ouch!), you may be in luck :-)

**Murali M. Krishna, Oregon LMSC Top Ten Coordinator.**

## Chair's Corner continued from page 1

Zone meeting (with our independent spirits, it is like hearing cats). Sandi Rousseau is the Chair of the Championship Committee, which means she runs some of the most high-visibility meetings at the convention and also gets to work continually on championship issues all year. And last but not least, Bill Volckening, at his first convention, was asked to take on the assignment as Editor

for the USMS pages in SWIM Magazine. So you will see Bill's contributions in our national magazine as well as in the Aquamaster.

Congratulations to all of the delegates from Oregon for the assignments with which you have been entrusted, and thank you for your tremendous contributions to Masters swimming, locally and nationally.

Swimmingly, Suzanne

# OPEN WATER SWIMMING



# LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

## 1 MILE SWIM - HAGG LAKE

19-24	F	1	LISA GORSLINE	24	PMS	14	23:17
25-29	F	1	SARA QUAN	26	COMA	8	21:47
25-29	F	2	F. GAMBETTI	27	PMS	18	23:44
25-29	F	3	ANGIE SMITH	26	MWVM	31	24:36
25-29	F	4	SARA MEIER	25	PMS	60	33:28
30-34	F	1	S. BLAINE-BIRNEY	30	OREG	12	22:56
30-34	F	2	SANDRA HYDE	30	MHM	27	24:23
30-34	F	3	ANDREA MILANO	32	PMS	36	25:43
30-34	F	4	ERIN HOLLAND	32	NCAP	41	28:00
30-34	F	5	SUSAN SAFFORD	34	MAC	46	28:44
30-34	F	6	SUSAN THORNTON	33	PMS	51	30:06
35-39	F	1	KAREN ALLEN	35	COMA	22	24:02
40-44	F	1	MAUREEN HOSTY	40	MY	19	23:49
40-44	F	2	D. LAMEAR-TUCKER	42	FISH	38	26:40
40-44	F	3	LIZ CHENEY	43	FISH	47	28:53
45-49	F	1	DEB GREGOIRE	45	COMA	26	24:19
45-49	F	2	KAREN CLANCEY	45	PMS	58	33:02
45-49	F	3	SHEILA PERRIN	47	UNAT	62	33:45
45-49	F	4	LINDA COFFEEN	48	PMS	65	38:39
50-54	F	1	KRISTI RIDDLE	50	THB	59	33:17
55-59	F	1	PEGGY WHITER	55	COMA	56	32:42
usa	F	1	MONICA FAYE DODGE	16	CST	20	23:58
25-29	M	1	CURTIS TAYLOR	28	MY	5	21:11
25-29	M	2	TODD GREENE	29	UNAT	7	21:39
25-29	M	3	ALEX SHAEVITZ	29	MWVM	10	22:31
25-29	M	4	GARY ALBRECHT	29	PMS	61	33:40
30-34	M	1	BILL ZOLNA	30	PMS	1	20:10
30-34	M	2	ERIC ASKERMANN	32	NCAP	6	21:34
30-34	M	3	BILL VOLKENING	33	THB	15	23:22
30-34	M	4	BOB HIGLEY	34	COMA	28	24:27
30-34	M	5	MIKE CONRATH	34	MHM	33	25:00
30-34	M	6	JOHN LUCAS	30	PMS	42	28:05
30-34	M	7	GREG CORBIN	34	UNAT	55	31:29
35-39	M	1	ERIC MILLER	36	MWVM	2	20:58
35-39	M	2	DAN KNAUER	39	MACO	3	21:03
35-39	M	3	DAVE COBB	39	PMS	24	24:09
35-39	M	4	DONALD SOARES	39	RVM	39	27:49
35-39	M	5	ROBIN BRAGG	39	NCAP	52	30:34
35-39	M	6	BLAKE NONWEILER	36	SALEM	63	35:51
40-44	M	1	ED RAMSEY	43	OMS	11	22:36
40-44	M	2	MIKE DOUGLAS	42	COMA	21	24:01
40-44	M	3	MARK FAIRLEE	41	COMA	23	24:06
40-44	M	4	PETE METZGER	44	PMS	30	24:30
40-44	M	5	MARK WREN	40	PMS	32	24:39
40-44	M	6	STEVE ROTH	43	CST	35	25:36
40-44	M	7	JIM BUNKER	42	UNAT	43	28:11
40-44	M	8	MARK NEUBERT	41	NCAP	45	28:38
40-44	M	9	CHARLES HELM	43	NCAP	54	31:25
45-49	M	1	MIKE TENNANT	46	COMA	13	23:07
45-49	M	2	JIM TEISHER	49	THB	29	24:29
45-49	M	3	MIKE CAREW	49	COMA	49	29:39
50-54	M	1	STEVE JOHNSON	51	EA	4	21:06

continued on page 6

## Hagg Lake Swim

The sun rose on members of the PMS swim team inflating buoys, setting up registration tables, and decorating the finish line with brightly colored flags and carpeting. The earliest participants arrived at 7:10 a.m. for the 8:00 start of the two-mile event. They were greeted with smiles all around and given a goodie bag full of interesting items ranging from film and hats, to nutrition bars and erasers. Announcement number one came around 7:55 a.m. from Andrea Milano, race director, "the water temperature is 71 degrees, wet suits are not a necessity." Swimmers were still arriving at 7:58 so the start was postponed for ten minutes and everyone gathered at the water's edge to discuss the course. With the sun shining on the lake waters 44 people listened intently as Andrea pointed out the buoys and indicated how the swimmers should negotiate the turn to begin the second mile.



8:15, and they're off in a flurry of splashing and a few squeals about the water temperature (which had apparently dipped during the night). The leaders struck out early and were well ahead as they began their second mile. No less than 40 minutes and ten seconds later Bill Zolna (go PMS!) crossed the finish line followed closely by Josh Parkin (40:37) and Holly Vaughn Edmonds (40:45).

As the swimmers filed in, their places were logged and their times recorded by a bevy of volunteers. Our last swimmer finished 1 hour, 6 minutes and 46 seconds after starting. In the meantime, one-mile swimmers were still arriving and registering. There were bagels and pastries, Peet's coffee, gatorade, and water and lots of fresh fruit for folks to eat. A registration table was converted to a display of all the drawing prizes and roses for the winners rested in the shade. Announcement number three had to do with the bees. "The park service says that the yellow jackets are very aggressive this time of the year, please be careful."

continued on page 6

Results continued from page 5

50-54	M	2	BOB BRUCE	51	COMA	16	23:28
50-54	M	3	JED CRONIN	50	THB	17	23:34
55-59	M	1	TOM LANDIS	57	COMA	9	22:13
55-59	M	2	RICHARD JUHALU	59	PMS	53	31:08
55-59	M	3	PAUL MILLIUS	59	PMS	64	36:16
60-64	M	1	JIM BIGLER	63	MACO	44	28:17
60-64	M	2	GEORGE THAYER	63	COMA	50	29:51
65-69	M	1	BILL HOLMAN	68	NCAP	57	32:45

WETSUIT DIVISION

30-34	F	1	LYNN SHANKS	34	UNAT	40	27:54
30-34	F	2	LORRI STRATTON	31	UNAT	66	55:55
50-54	F	1	JANI SUTHERLAND	50	COMA	48	29:11
45-49	M	1	PATRICK ERWART	45	COMA	25	24:11
50-54	M	1	BUZ CARRIKER	51	MHM	37	26:09

2 MILE SWIM

19-24	F	1	LISA GORSLINE	24	PMS	12	46:52
19-24	F	2	WENDY DIXON	21	PMS	31	51:45
25-29	F	1	SARA QUAN	26	COMA	9	44:26
30-34	F	1	S. BLAINE-BIRNEY	30	OREG	11	46:41
30-34	F	2	REBECCA PERRY	31	PMSC	24	49:57
30-34	F	3	MEG FREY	32	YMCA	26	50:44
30-34	F	4	ERIN HOLLAND	32	NCAP	34	55:42
35-39	F	1	H. VAUGHN-EDMUNDS	37	PMSC	3	40:45
35-39	F	2	KAREN ALLEN	35	COMA	22	49:42
35-39	F	3	SHARON GLAESER	35	PMS	35	56:22
40-44	F	1	MAUREEN HOSTY	40	MY	17	48:29
40-44	F	2	LIZ CHENEY	43	FISH	37	56:55
45-49	F	1	DEB GREGOIRE	45	COMA	25	50:03
45-49	F	2	SHEILA PERRIN	47	UNAT	44	1:06:46
55-59	F	1	PEGGY WHITER	55	COMA	42	1:04:20
25-29	M	1	CURTIS TAYLOR	28	MY	5	41:44
30-34	M	1	BILL ZOLNA	30	PMS	1	40:10
30-34	M	2	JEFF OEDING	32	UNAT	7	42:34
30-34	M	3	ERIC ASKERMAN	32	NCAP	8	44:11
30-34	M	4	BILL VOLKENING	33	THB	13	47:09
30-34	M	5	BOB HIGLEY	34	COMA	20	48:45
35-39	M	1	ROBERT MALLORY	38	NCAP	16	48:22
35-39	M	2	DAVE COBB	39	PMS	18	48:37
35-39	M	3	DONALD SOARES	39	RVM	33	55:30
40-44	M	1	MARK FAIRLEE	41	COMA	19	48:42
40-44	M	2	MIKE DOUGLAS	42	COMA	23	49:52
45-49	M	1	MIKE TENNANT	46	COMA	15	47:49
45-49	M	2	JIM ELLIOT	47	CHE	21	49:38
45-49	M	3	JIM TEISHER	49	THB	29	51:33
45-49	M	4	JOSEPH TENNANT	47	MAC	32	53:26
45-49	M	5	DALLAS FIGLEY	47	WBMS	39	57:55
45-49	M	6	MIKE CAREW	49	COMA	40	59:20
45-49	M	7	ALBERT LUTZ	48	UNAT	43	1:05:34
50-54	M	1	STEVE JOHNSON	51	EA	4	41:38
50-54	M	2	MARK DEPRIEST	50	UNAT	27	51:01
55-59	M	1	TOM LANDIS	57	COMA	10	46:20
55-59	M	2	RICHARD JUHALU	56	NCAP	41	1:03:50
60-64	M	1	JIM BIGLER	63	MACO	36	56:44

WETSUIT DIVISION

30-34	F	1	LYNN SHANKS	34	UNAT	28	51:09
50-54	F	1	JANI SUTHERLAND	50	COMA	38	57:05
19-24	M	1	BRENDAN BANOVIC	24	NCAP	14	47:19
25-29	M	1	ANDY HEIMAN	28	NCAP	30	51:37

Hagg Lake continued from page 5

Fortunately, that announcement was the only one involving bees for the rest of the day.



At 10:00 a.m. all 66 one-milers plunged into the water and stayed together in a pack until they began to round the first buoy. Then the field spread out quickly with Bill Zolna in the lead, again. He finished the race in 20 minutes and ten seconds. Our eldest competitor, Bill Holman, age 68, finished twelve minutes and 35 seconds later. The last person through the finish line finished 7 minutes faster than she had last year ( a tribute to her coach).

Now the fun part of the day begins, eating great food and listening for your name to be drawn, hoping you'll win one of those Adidas towels or warm ups, or maybe a t-shirt or cap from The Victor, or Widmer Brewing. The drawing kept everyone laughing and having a good time while the results were compiled, and as if on cue, when the last prize had been given away we were ready to start giving out the awards. A dozen roses for the top male and female finishers in both races, oldest competitors and overall point winners for the season, and ribbons for the 1st, 2nd and 3rd place finishers in each age group.

Clean-up began around 1:00 and the last volunteers left the lake at 2:30. Follow up work indicated what a success the event had been. 83 swimmers registered, the youngest was 16, the oldest 68. Everyone who swam said they'd be back next year for the Association Championships and Hagg Lake is ready and willing to host us again. We have had three years of beautiful weather and can only hope that next year will be the same. Thanks to all of our volunteers and sponsors, swimmers from all over Oregon finished the Open Water season off with an enjoyable, safe, rewarding event. See you next year!

Dan's Comments

This Aqua Master will bring the 1999 Open Water season to a close, With the results from the Hagg Lake continued on page 8

## Swimming the Net



By Bill Volckening  
[BillVolckening@usms.org](mailto:BillVolckening@usms.org)

### "What is a PDF file?"

Adobe Acrobat "PDF" files are popping-up all over the web, especially in swimming information circles. "PDF", which stands for Portable Document File, is quickly becoming well known in swimming web sites such as "USMS.org" and "USA Swimming". These sites feature a growing number of downloadable files, available in PDF format.

Although Adobe Acrobat has been around for a couple of years, its impact with the online swimming world is relatively new. Acrobat allows users to make professional looking, online documents from files created in desktop publishing applications. The final product is a fully formatted document that looks and prints exactly like the original. The beauty of the PDF file is the ease with which it is uploaded into web sites. Acrobat is perhaps the fastest way to publish documents online. In sharp contrast to printed documents, Acrobat provides a method of delivering high quality documents through e-mail, which allows for dramatic reductions in cost and conservation of natural resources.

One of the easiest, most effective ways to create Acrobat files is with Adobe's Desktop Publishing companion, Adobe PageMaker. Because the two programs are fully compatible, it takes mere seconds to convert a PageMaker document into a PDF file. Simply click on the "file" command, go to "export", select "Adobe PDF" and click the next "export" button.

The USMS web site features a growing number of down-

loadable Acrobat files. PDF files are available primarily for registration forms. Programs such as On-Deck Coaching, NIKE Champions Clinics, Mentor Clinics and Coach of the Year offer information in the portable document files. The MACA News is the first PDF newsletter to appear in the USMS Web Site.

"PDF files are very popular on the web", according to USMS Webmaster Jim Matysek. "Once you have the tools, they are very easy to create, and are extremely portable. A file in PDF format should look the same on a PC, a Mac, or a Unix box. There are no such guarantees with HTML files, which require great care to ensure that your pages are presented in a desirable way on a number of different types of machines and browsers."

Several LMSC and club newsletters are now produced in the portable document file format. The Aqua Master is available as a PDF file on the Oregon Masters Swimming Website ([www.swimoregon.org](http://www.swimoregon.org)). The Tualatin Hills Barracudas recently surveyed their club members and found about 70% of their members prefer to receive newsletter via e-mail. Since each monthly newsletter costs close to \$50.00 to

print and mail, the club could save nearly \$600 annually if all the members received the newsletter by e-mail.

Aside from the savings, the presentation of a photocopied newsletter simply doesn't compare to a PDF newsletter. Even though the advantages are clear, many individuals are still more comfortable receiving their information the old fashioned way, with printed mailings in the U.S. Mail. According to Matysek, "Many novice computer users are scared away by PDF files. There are lots of people who simply won't install new software, even if it is free and has an easy install procedure, like Acrobat Reader. Without assistance from a friend, these people will never view PDF files, so we need to be careful to not rely too heavily on PDF files at this time."

Excerpted from "Developing Online Communications", MACA News, August/September 1999.

*"PDF files are  
 very popular  
 on the web"*

### Profile continued from page 3

to pile their dogs, clothes, food, and all types of survival gear in the car because they might not get home. Snow on the 8,500 foot pass road means stuck in Jackson (no so bad because there is a pool) or at home, or somewhere along the way. They have been snowed in for a week at a time. Still they go and Janet and her husband bowl twice a week. She has a 185 average and attributes the conditioning she gets from bowling to her win and OMS record in the 50M Backstroke at LC Nationals this summer.

During the summer Janet always visits her dad in Medford for two months. There, in the 40-yard pool, she swims

noon lap swim 5 times a week. These two months are her only chance to train. She always swims Rogue Valley's Open Water Swim, and tries to make it to the State Games and LC Nationals. This year she won two events at Nationals and scored a second and three thirds.

Janet likes representing Oregon and RVM because of the great people. She commends the Aquamaster for keeping her enthusiastic through those long winter snows. She also tells everyone to not discount bowling as a great cross-training sport. Look for Janet next summer. She'll be back!

*Profile by Pam Himstreet of COMA, (Janet's roommate at LC Nationals)*



**Cottage Grove Corrected Results - Women 1500m**

	Overall Pl.	Name	Age	Team	Place	Points
19-24	3	Amy Imwalle	19	COMA	1	7
	11	Gina Dhom	21	EA	2	5
	22	MollyFonner	20	THB	3	4
	29	AnnaDernback	23	unatt	4	3
	35	MikenzieMatteson	21	EA	5	2
	104	Samantha Katterman	22	THB	6	1
25-29	5	Sara Quan	26	COMA	1	7
	15	Elizabeth Henderson	28	COMA	2	5
	37	Laura Jane Spell	28	THB	3	4
	38	Chris Lindstrom	26	THB	4	3
	61	Kristine Lewis	29	THB	5	2
	62	Kristen Bowman	27	COMA	6	1
	66	Tess Erickson	25	EA	7	
	76	Cynthia Smidt	29	COMA	8	
	88	Shauna M. Simpson	27	PMS	9	
	105	Janelle Pettit	26	THB	10	
30-34	10	Toni Hecksel	33	THB	1	7
	19	Haleigh A. Werner	30	EA	2	5
	49	Gertrude Gugliemini	33	SCAT	3	4
	56	Andrea Milano	31	PMS	4	3
	72	Erin Holland	32	NCAP	5	2
	78	Jackie Ryan	32	THB	6	1
	94	Susanna Julber	33	EA	7	
	96	Susan Walsh	33	EA	8	
	97	Yee Han Chu	30	THB	9	
	98	Laurie K. Ramsey	34	THB	10	
35-39	7	Ellen Ferguson	37	MACO	1	7
	20	Karen Allen	35	COMA	2	5
	31	Barbara Harris	39	COMA	3	4
	54	Grace M. Goddard	39	THB	4	3
	57	Janet Janssens	38	EA	5	2
	83	Ann Thomas	36	PMS	6	1
	87	Sharon S. Glaeser	35	PMS	7	
	110	Jean M. McKenzie	36	EA	8	
	111	Cameron Hubbe	37	EA	9	
		Laura Shelton	39	COMA		
40-44	46	Laura Schob	40	COMA	1	7
	63	Diane S. LaMear-Tucker	41	FISH	2	5
	68	Liz Cheney	42	FISH	3	4
	69	Jody Welborn	44	THB	4	3
	73	Jane Higdon	41	EA	5	2
	95	Connie Peterson	44	COMA	6	1
45-49	47	Cathy Imwalle	49	COMA	1	7
	51	Darlene Staley	49	THB	2	5
	52	Debbie J. Gregoire	45	COMA	3	4
	79	Susan Collins	47	THB	4	3
	89	Margaret Toole	46	THB	5	2
	142	June Mather	46	RVM		
50-54	80	Jani Sutherland	50	COMA	1	7
	82	Sandi Rousseau	51	THB	2	5
	102	Kristi Riddle	50	THB	3	4
		Christina Simoni	50	EA		
55-59	75	Pam Himstreet	55	COMA	1	7
	86	Peggy S. Whiter	55	COMA	2	5
	100	Lynda Christiasen	55	EA	3	4
	113	Nancy Radcliff	59	THB	4	3
	114	Peggie Hodge	59	COMA	6	2
65-69	108	Arden Adams	67	EA	1	7

**Open Water continued from page 6**

Swim, the corrected and final results from the Association Championships at Cottage Grove, the High Point award winners and the top three finishers by age group (that participated at a minimum of three race venues). Looking back, overall, this was really a great summer for open water. I will give a season ending report in the next, and last Aqua Master in 1999.

**Hot news from convention:** COMA was awarded the bid for the USMS National Championship >1 <3 (3000meter) for the year 2001. They also received the bid for the 5K, 10K Postal. Congratulations are in order. This will make two years in a row that Oregon teams will be hosting Open Water Nationals

High Point winners this year were two COMA swimmers. Female winner is Debbie Gregoire who swam all eleven events (143pts). Male winner is Mark Fairlee who also swam all eleven events (135pts).. Congratulations !!! This achievement is no easy task and shows a great passion for the sport of swimming, To swim at all five venues and contribute financially to every host club can be a burden, especially when you include gas, camping, travel time and expense, I feel lucky to know both of these swimmers & have camped with them during the summer so I can say that they are two wonderful & positive youngsters.

**TOP THREE SWIMMERS:** by age group. Swimmers must have participated in swims at three venues.

**FEMALE:**

**25-29:** 1 Sara Quan (109) COMA; 2 Shauna Simpson (61) PMS; 3 Kristene Lowis (41) THB

**30-34:** 1 Erin Holland (41) NCAP; 2 Andrea Milano (25) PMS

**35-39:** 1 Sharon Glaeser (70) PMS; 2 Karen Allen (58) COMA

**40-44:** 1 Diane LaMear-Tucker (70) FISH; 2 Liz Chancy (40) FISH

**45-49:** 1 Debbie Gregoire (143) COMA; 2 June Mather (55) RVIV1

**50-54:** 1 Jani Sutherland (72) COMA

**55-59:** 1 Peggy Whiter (94) COMA; 2 Pam Himstreet (81) COMA

**MALE:**

**30-34:** 1 Tie: Bill Zoina (92) PMS and Bill Volckening (92) THB; 2 Eric Askerman (64) NCAP; 3 Rob Higley (47) COMA

**35-39:** 1 Don Soares (96) RVM; 2 David Van Der

*continued on page 9*



**Cottage Grove Corrected Results - Men 1500m**

	Overall Pl	Name	Age	Team	Place	Points
19-24	21	Arlon Murphy	22	Unatt	1	7
	44	Chris Scheller	24	THB	2	5
25-29	16	Paul Watson	29	EA	1	7
	27	Mark Munoz	26	THB	2	5
30-34	1	Greg Jablonski	32	THB	1	7
	2	Bill Zolna	30	PMS	2	5
	4	Lee R. O'Conner	31	THB	3	4
	12	Eric Askerman	32	NCAP	4	3
	13	Phillip King	33	MHM	5	2
	14	John Clark	33	THB	6	1
	23	Klaus Grossenbacher	33	MACO	7	
	26	Jeff Kkaelon	33	Ncap	8	
	39	Philip Reget	30	COMA	9	
	41	Robert E. Higley	34	COMA	10	
	43	Eric Camus	30	EA	11	
	45	Gerard Ostheimer	30	EA	12	
	115	Bill Volckening	33	THB	13	
35-39	8	Sean Taylor	36	MACO	1	7
	9	Daniel L Knauer	38	MACO	2	5
	24	David Van Der Zwan	36	MOFIA	3	4
	32	Jeff Anspach	38	PMS	4	3
	33	Robert Westlake	37	MACO	5	2
	34	Mike J. Riley	38	COMA	6	1
	59	Jim Goddard	37	THB	7	
	64	Donald Soares	39	RVM	8	
	77	Bradley K. Myers	39	THB	9	
	84	Dan Bowen	36	SCAT	10	
	91	Robin Bragg	39	NCAP	11	
	103	Murali N. Krishna	39	THB	12	
40-44	25	Mark Fairlee	41	COMA	1	7
	30	Michael Douglas	42	COMA	2	5
	92	Charles Helm	43	NCAP	3	4
	101	Gordon Wilson	41	THB	4	3
45-49	18	Tom Andersen	48	DAC	1	7
	36	Jules De Giuldo	46	EA	2	5
	42	Charlie Swanson	47	EA	3	4
	48	Charles Scharph	49	EA	4	3
	55	Jim Teisher	49	THB	5	2
	60	John E. Downey	47	NCAP	6	1
	67	Chris Toole	48	THB	7	
	74	David S. Bogden	49	THB	8	
	81	John Collins	48	THB	9	
	85	Michael P. Carew	49	COMA	10	
	93	Albert B. Lutz	48	unatt	11	
	99	Rich Minter	47	THB	12	
	112	Michael McGinnis	48	COMA	13	
50-54	6	Steve Johnson	52	EA	1	7
	28	Robert Bruce	51	COMA	2	5
	40	Jed P. Cronin	50	THB	3	4
	50	Michael Duffy	52	Unatt	4	3
	58	Greg Frownfelter	50	RVM	5	2
	65	Richard Smith	50	RVM	6	1
	70	Dan Gray	54	RVM	7	
	71	Roy Lambert	52	THB	8	
55-59	106	Richard Juhala	56	NCAP	1	7
60-64	90	George D. Thayer	63	COMA	1	7
	109	Hugh O'Hare	61	SCAT	2	5
65-69	53	David A. Radcliff	65	THB	1	7
	107	William Holman	68	NCAP	2	5

**Open Water continued from page 8**

Zwan (92) MOFIA; 3 Robin Bragg (15) NCAP

**40-44:** 1 Mark Fairlee (135) COMA; 2 Mike Douglas (101) COMA.

**45-49:** 1 Tom Andersen (78) DAC;

**50-54:** 1 Steve Johnson (126) EA; 2 Bob Bruce (102) COMA; 3 Greg Frownfelter (76) RVM

**55-59:** 1 Tom Landis (112) COMA; 2 Richard Juhala (66) NCAP,

**60-64:** 1 George Thayer (39) COMA

**65-69:** 1 David Radcliff (53) THB; 2 Bill Holman (34) NCAP.

The swimmers will receive their special awards, hopefully in time for Christmas, Each of these swimmers showed their love for swimming & the appreciation of the growing camaraderie that they share. Well done folks, take a day off!!!

Next issue will also deal with Coaches. Recognition for those coaches who really stood out, through participation or encouragement, or both. We will also look at which teams really took the season head on.

Following the USMS Convention I traveled to Catalina Island to participate in both the USMS National Open Water Events: the 8.5 mile swim and the 3.1 mile event. The water temp for the long swim varied between 65-67 deg, while the following days swim dropped to 63.-64 deg.

The Participants numbered only 27 for the long swim and 1 managed to finish in 2nd place with a slow time of four hours & forty minutes. I was so glad the swim the next day was short (105 swimmers), 3rd place (50-54) in one hour, 28 min.

Any event director for a National Swim should visit the same event prior to hosting your own.

I will have much more to say about the events that led up to my successful participation at those swims. I owe my success to the wonderful folks at La Jolla Cove.

**COTTAGE GROVE CORRECTED TEAM RESULTS**

<b>COMA</b>	<b>Central Oregon Master</b>	<b>94</b>
<b>THB</b>	<b>Tualatin Hills Barracuda</b>	<b>88</b>
<b>EA</b>	<b>Emerald Aquatics (Eugene)</b>	<b>53</b>
<b>NCAP</b>	<b>N. Clackamas Aq Park</b>	<b>22</b>
<b>PMS</b>	<b>Portland Masters Swim</b>	<b>12</b>
<b>FISH</b>	<b>Fish Stick Masters</b>	<b>9</b>
<b>SCAT</b>	<b>South Coast Aquatic Team</b>	<b>8</b>
<b>DAC</b>	<b>Downtown Athletic Club</b>	<b>7</b>
<b>MOFIA</b>	<b>Medford Old Folks in Action</b>	<b>4</b>
<b>RVM</b>	<b>Rogue Valley Masters</b>	<b>3</b>
<b>MHM</b>	<b>Mt. Hood Masters</b>	<b>2</b>

*ol'Barn continued from page 1*

(85-89) EVA MULLER (Eugene) ALL AMERICAN: 100 Ind Med 2:33.33, 200 Ind Med 5:50.85. Eva holds the NR for the 200 IM at 5:21.65, set in 1998 add: 4th 10 Free 2:08.46, 3rd 100 Back 2:19.49, 2nd 200 Back 5:13.85 (55-59) JOY WARD (Milwaukie) ALL AMERICAN: 50 Back 35.60, 100 Back 1:18.16, 50 Fly 31.60

OB Note: Joy locked horns with Barbara Frid at Santa Clara and came out the winner-Barb's times were 35.74, 1:18.61, 32.05, Frid was # 2 in these 3 events. This was scary to watch. ADD: 3rd - 50 Free 29.14, 4th 10 Free 1:06.76, 5th 100 IM 1:17.75

(25-29) BILL ZOLNA (Portland) ALL AMERICAN: 200 Fly 1:56.16. ADD: 2nd 400 IM 4:13.86, 7th 100 Fly 52.21, 8th 200IM 2:00.22

(55-59) ROBERT SMITH (Lake Oswego) ALL AMERICAN 50 Back - 26.86 Nat'l Record, 100 Back - 59.61 Nat'l Record, 50 Free - 23.09, 100 IM - 59.26

OB Note: Never thought I would see a 55 year old break a minute in the 100 Back, in 1941 there were only two people in the world under a minute. ADD: 2nd 50 Breast 30.49, 2nd 50 Fly 26.01, 3rd 100 Free 54.65, 4th 100 Fly 1:02.90 and 9th 100 Breast 1:11.91

(60-64) BERT PETERSEN (Portland) ALL AMERICAN 50 Fly - 27.30, and 100 Fly - 1:03.17. ADD: 6th - 200 Fly at 2:57.69

OB Note: It is fun to be around Bert when he is getting ready for a GREAT swim, his attitude is catching.

(75-79) GIL YOUNG (Portland) ALL AMERICAN 100 Free 1:13.99. ADD: 3rd 200 Free 2:50.55, 4th 500 Free 7:53.72, 3rd 1000 Free 16:18.71, 3rd 1650 Free 27:23.34, 9th 50 Back 42.42

OB Note: Gil making AA was just the greatest, as you grow older, you are supposed to get slower, this has not been true of our Gil. His 100 Free was the fastest he has ever swum in Masters.

(80-84) ANDREW HOLDEN (Longview) ALL AMERICAN - 4 events: 50 Free 31.56, 100 Fr 1:11.98 (National Record) 50 Fly 36.46 (National Record) 100 Fly 1:30.06 (Natl Record) ADD # 2's - 200 Free 2:54.31 and 100 Back 1:31.54 at 79: Wally had 2nd 50 Fly 35.61, 3rd 50 Free 31.62, 3rd 50 Back 40.23 and 8th 50 Breast 45.40 PLUS ALL AMERICAN - 100 Ind Med - 1:24.34 WOW and WOW!

OB note, w/o Wally there would be no world records for our old guys, a couple of us slumped, but not Wally, his splits were fantastic.

RELAYS (All Americans)

200 Free Men 75+ 2:14.12 National Record

WALTER, HUESTIS, YOUNG, HOLDEN

200 Med Men 75+ 2:36.73 National Record

WALTER, HUESTIS, HOLDEN, YOUNG

400 Med Men 55+ 4:26.46 National Record

SMITH, THAYER, PETERSEN, LANDIS

400 Med Men 75+ 6:04.95 National Record

WALTER, HUESTIS, HOLDEN, YOUNG

800 Free Men 75+ 12:04.39 National Record

WALTER, HUESTIS, HOLDEN, YOUNG

200 Med Mxd 55+ 2:04.10 National Record

WARD, SMITH, PETERSEN, CALNEK

400 Free Mxd 55+ 4:12.82 National Record

WARD, HIMSTREET, LANDIS, SMITH

National Record, Standing From 1998

400 Fr Men 75+ 5:10.57 Walter, Huestis, Young, Holden

How about close, but no cigar:

200 Free Men 55+ Olympic Club - 1:41.29

Oregon: Thayer, Landis, Weick, Smith 1:41.66

200 Med Men 55+ Olympic Club - 1:55.09

Oregon: Smith, Thayer, Landis, Weick 1:56.89

200 FreeMXD 55+ Tamapais - 1:48.78 (National Record)

Oregon: Smith, Ward, Calnek Landis 1:48.99

200 Med MXD 55+ Ore beat Tam 2:04.10 vs 2:04.70

The shoe was on the other foot

Now for the Individuals: Those who are One of Ten Best in the USA:

19-24 \*Wendy Dixon 10th 50 Breast(34.30), 9th 200 Breast(2:40.86)

25-29 \*Sara Quan 5th 1000(11:23.66) 7th 1650(19:13.66)

\*Shauna Simpson 7th 1000(11:31.38), 9th 100 Fly (1:02.48), 6th 200 Fly(2:17.75), 10th 400 IM(4:57.10)

\*Maureen Haslach 8th 50 Breast(32.69), 4th 100 Breast(1:10.15), 4th 200 Breast(2:30.31), 9th 400 IM(4:56.57)

30-34 \*Lisa Hjerpe 7th 100 Free(55.78), 4th 200 Back(2:16.48), 8th 100 Breast(1:11.84), 5th 200 IM(2:15.79) 6th 400 IM(4:51.45)

\*Michelle Donahue 9th 50 Back(29.39), 8th 100 Back(1:02.47), 3rd 200 Back 2:16.34

35-39 \*Karen Allen 10th 50 Free (25.68)

40-44 \*Colette Crabbe 4th 100 Breast(1:15.02)

\*Laura Worden 8th 200 Fly(2:31.99)

45-49 \*Teri Hendryx 7th 200 Breast(2:53.47), 7th 200 Fly(2:45.63), 6th 400IM(5:36.66)

50-54 \*Ginger Pierson 8th 50 Breast(38.00), 5th 100 Breast(1:21.81), 2nd 200 Breast(2:59.65), 8th 100 Fly(1:20.76) 2nd 200 Fly(2:56.37), 6th 200IM(2:48.21), 4th 400 IM(6:04.12) Ginger a rough year, shoulder problems.

\*Chris Clum 9th 200 Breast (3:08.40)

\*Sandi Rousseau 6th 50 Fly(32.18), 6th 100 Fly(1:18.39), 3rd 200 Fly(3:00.03),

*continued on page 11*

*ol'Barn continued from page 10*

\*Alice Zabudsky 9th 400 IM (6:18.56)

55-59 \*Sue Calnek-Morris 10th 50Free(31.87), 9th 100 Free(1:12.62), 6th 200 Free(2:37.98), 7th 500 Free (7:03.65), 4th 1000(14:42.64), 3rd 1650 (24:10.40) Sue is one of the most improved, in winning the 1650 at Santa Clara, she had a PR of close to 2 mins better than her previous best.

\*Pamela Himstreet 9th 1000(15:26.87, 7th 1650(26:10.15, 6th 200 Breast(3:13.47), 9th 100 Fly(1:33.08), 9th 200 Fly (3:27.87), 8th 400 IM(6:61.46)

\*Mirjana Prather 5th 50 Breast(39.70), 6th 100 Breast(1:27.22), 10th 50Fly(35.36), 8th 100 IM (1:20.85) OB Note, Mirjana is one of our old standbys, we first saw her in 1983.

60-64 \*Susanne Schumann 5th 50 Breast(42.21), 4th 100 Breast(1:34.10), 5th 200 Breast (3:24.75)

75-79 \*Judy Melcher 7th 1650 (48:25.85)

\*Elfie Stevenin 8th 1650(49:14.16), 7th 200 Fly(8:04.30)

19-24 \*Bryan Addleman 10th 50 Free(22:08) 2nd 50 Fly(23.45)

\*Joacquin Romera 8th 50 Breast(28.27), 10th 100 Breast(1:02.57), 10th 100 IM (55.91)

\*Kevin Silverston 10th 400 IM (4:50.06)

OB Note: This was our strongest group at this age in years.

25-29 \*Greg Latta 5th 50 Breast(27.38), 3rd 100 Breast(59.46), 3rd 200 Breast(2:10.08), 6th 100 IM(54.39), 2nd 200 IM(1:56.29)

Greg came from no where, and almost made the TOP

30-34 \*Robert Kabacy 5th 50 Free(21.85), 7th 50 Back (25.92)

\*Doug Stewart 9th 500(4:50.86), 3rd 1000(10:20.75) 3rd 1650(17:08.93), 7th 400IM(4:24.53) now 34, watch 2000 !

\*Phil King 10th 200 Breast(2:19.69), 8th 400 IM(4:25.37)

35-39 \*Steve George 9th 50 Free(22.05), 6th 50 Back(25.14), 5th 100 Back (53.40), 2nd 200 Back(1:55.83), 4th 100 IM(54.62), 4th 200 IM (2:00.82) Somewhere in 2000 - AA

40-44 \*Pat Allender 10th 200 Free(1:51.72), 10th 50 Breast(28.85), 6th 100 Breast(1:02.44), 5th 200 Breast(2:15.31), 3rd 20 IM (2:03.44), 2nd 400 IM(4:22.15) This guy AMAZES!

\*David Burleson 9th 1000(10:43.98), 4th 100 Back (56.55), 7th 200 Back(2:04.45)

\*Peter Metzger 9th 50 Back (26.68) OB Note: This was Pete's best 50 in a while. He wanted TT

\*Chris Roth 10th 100 Fly(55.44), 3rd 200 Back(2:01.67), 8th 400 IM (4:32.08)

50-54 \*Steve Johnson 4th 1650 Free (19:04.13)

\*Allen Stark 5th 50 Breast(30.52), 8th 100 Breast (1:08.05) An off year, watch Allen in 2000

55-59 \*Tom Landis 6th 50 Free(25.02), 6th 100 Free(56.02) 2nd 200 Free(2:00.79), 3rd 500(5:41.55), 2nd 1000(11:58.59), 3rd 1650(19:47.01), 10th 100IM (1:05.72), 10th 200 IM(2:28.82) The Masters Swimming World knows about Tom Landis NOW!

60-64 \*David Radcliff at 64, still recovering, wait till you see his LCM spots. 10th 500(6:24.94), 8th 1000 (13:17.52), 9th 1650(22:38.63)

65-69 \*Richard Weick 4th 50 Free(26.92), 5th 10 Free(1:01.95), 8th 50 Back (35.05) 10th 100 Back(1:18.93), 6th 50 Breast(35.86), 4th 50 Fly (30.96), 4th 100 IM(1:11.79), 6th 200 IM(2:48.63) OB predicts we have not seen Dick's best yet !

75-79 \*Gerald Huestis (79) swam a most wonderful 400 IM 7:33.36, Koblisch comes in at 75, young whipper snapper, and does a 7:14.29. OB will lay money that Huestis is an AA in 2000 OB managed to keep his string intact w/ a 8th-50 Back and 7th in the 200 Back.

Relays: Women

200 Free 19+ 10th - 1:51.94

Gorsline, Donahue, Gambet Hakanson

200 Free 25+ 6th - 1:45.62

Hakanson, Haslach, Cole, Gambetti

200 Free 35+ 2nd - 1:45.00

Allen, Morrell, Harris, Chilcott

200 Free 45+ 9th - 2:08.05

Hunscher, Beaton, Staley, Rousseau

200 Free 55+ 3rd - 2:12.11

Ward, Whiter, Himstreet, Calnek-Morris

200 Med 25+ 3rd - 1:55.29

Donahue, Haslach, Gambetti, Hakanson

200 Med 35+ 3rd - 2:00.60

Chilcott, Morrell, Harris, Allen

200 Med 55+ 4th - 2:31.86

Whiter, Himstreet, Ward, Calnek-Morris

400 Free 35+ 9th - 4:47.23

Cheney, Lamear-Tucker, Young, Worden

Relays: Men

200 Free 19+ 6th - 1:31.96

Silverston, Rankin, Zolna, Walker

200 Free 45+ 9th - 1:41.50

Thayer, Bruce, Landis, Tennant

200 Free 55+ 2nd - 1:41.66

Thayer, Landis, Weick, Smith

200 Med 55+ 2nd - 1:56.89

Smith, Thayer, Landi Weick

Relays: Mixed

200 Free MXD 25+ 6th - 1:36.83

Latta, Hjerpe, La George

*continued on page 12*

*ol' Barn continued from page 11*

200 Free MXD 25+ 10th - 1:38.31

Gambetti, Zolna, Hakanson, Walker

OB comment: Here we had 10 Teams 1:32.91-1:38.31

200 Free Mxd 45+ 10th - 1:53.34

Weick, Quattro, Rousseau, Andersen

200 Free Mxd 55+ 2nd - 1:48.99

Smith, Ward, Calnek-Morris Landis

200 Free Mxd 55+ 9th - 2:05.81

Thayer, Whiter, Himstreet, Petersen

200 Med Mxd 19+ 9th - 1:51.31

Addleman, Lewis, Haislet, Romera

200 Med Mxd 35+ 7th - 1:51.94

Morrell, Allender, Roth, Harris

Well folks I hope you struggled through that with me, the main thing to be thinking about is how competitive Masters Swimming has become, it won't get any slower, every year it just gets faster, BUT, I'll tell you one thing, I am proud to belong to Oregon Masters Swimming.

**M A S T E R S S w i m m i n g F o r L i f e**

USMS CONVENTION - MASTERS Swimming for life was the theme of the XX Convention held in San Diego, CA September 15-19, 1999. The Convention is held in conjunction with United States Aquatic Sports and there were over 1300 in attendance - 182 were Masters delegates. We all needed to carry a Property Map of the Town and Country Resort Hotel to help find our meeting rooms and it was a little tough. The convention went very well with only one little 'glitch'.

BREAKOUT GROUPS - At the first House of Delegates meeting we separated into five groups - Fun, Leadership, Communications, Public Relations and LMSC Events. Many interesting suggestions came out of these groups.

CHAMPIONSHIP COMMITTEE - Surcharge is increased to \$30.00. All swimmers will be required to sign a safety waiver form upon check-in. No copy of USMS card will be required with entry. Meet hosts may eliminate phone call check-in but allow check-in up to the morning of the event. 20% of SC entries and 23% of LC entries were Internet entries. 2001 SCY at Santa Clara, May 17-20 and 2001 LCM at Federal Way, Aug. 16-19. A survey will be made of Top Ten swimmers to help identify possible areas of improvement for Nationals. New designs for the National Championship Patch will be solicited.

COACHES - The Coaches Manual will be available as a PDF file in the USMS website. Will develop a method of registering and identifying coaches and develop a group of LMSC Coach Reps. Still have USMS Mentor Clinics, NIKE Champions Clinics and beginning to offer Open Water clinics. The Olympic Training Center Camp was a huge success and the goal is to run two or three a year. There is a Video Library and a Book Library for rental. The MACA News comes out bi-monthly as an e-mail PDF file. Ron Johnson was the 1999 recipient of the Coach of the Year award. Considering subsidizing a Coach for Munich World Championships.

COMPUTER ON LINE - Technology is moving so fast that everyone should at least have e-mail. Requesting the Executive Committee to draft a privacy statement to place on our web site. Recommend changing the Webmaster

position to a contract position. Schedule a web site demonstration for next year. Discontinue offering new personal aliases unless a replacement volunteer can be found. On line database thru Hy-Tek can now be shown on the web site. Missing data on 70% of 3000 All Americans (please help). A registration area is under test that refers the swimmer directly to the LMSC registration web page and a PDF registration form for the LMSC.

CONVENTION - All new delegates should be assigned to the committee. (We need help!) Closing the Hospitality suite during meeting hours next year will depend on the availability of local volunteers.

FINANCE - Cash and cash equivalents as of 9/15/99 are \$785,610. We come out a little ahead each year. Some of the reserves might be used for USMS committee projects, the USMS Endowment Fund or for our insurance reserves. A monthly report will be sent to each registrar as so many are not paid up. An investigation will be made as to why USMS has not received payment for the past two years.

FITNESS - Currently there are two USMS Fitness events: The Postal Pentathlon and the Check Off Challenge. New events proposed are the Y2K Triathlon and the USMS 500 Swim. The Fitness Committee Quarterly was renamed Fitness Tips. The goal is to send out four a year to the LMSC Newsletter editors.

INSURANCE - The Policies are extended to 1/1/2001 from various dates. Voted to conditionally approve Foreign Accident coverage. Voted to increase policy liability coverage Director and Officer limits from \$500K to \$1M. Secondary Accident Insurance changes effective 1/1/2000: Deductible now \$100 (was \$250); Reduced from \$.60 to \$.55 per swimmer; \$250 per tooth limit eliminated; Chiropractic and Physical therapy limited to a maximum of \$1,000 each.

1998 INTERNAL AUDIT - Research revealed that the 1998 financial records of the organization are in excellent order. Reimbursements are now being made in a timely manner. Advised sending a monthly report to registrars.

INTERNATIONAL - The USMS Executive Secretary to  
*continued on page 13*

**Convention continued from page 12**

send letters to venues that might be interested in bidding for the 2002 or 2004 World Masters Championships. We have compiled a list of USMS International Contacts and eventually it will be on our web site. We need an article in Swim Magazine on the starting command procedure and false start rule for International meets. The entry book for Munich is available from Tracy Grilli for \$3.

**LEGISLATION** - All recognition's shall be signed by the LMSC's authorized representative. Entry forms shall contain the language of the liability release as stated but may be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or addition insured(s) following "UNITED STATES MASTERS SWIMMING, INC." The Board of Directors of USMS include: each member of the Executive Committee; Each zone rep; Past presidents; the chairmen of all standing committees; the internal auditor; the controller; and the liaison from USA Swimming. All standing committees have been revised. No final report from this committee as yet.

**LONG DISTANCE** - The One Hour Postal Swim set a new record with 1838 swimmers. LMSC's have the option of recognizing events when a sanction is inappropriate. Championship bids selected as follows:

One Hour Postal	PNA	January
5/10 K Postal	Central Oregon	May 15-Sept
3000/6000 Postal	O*H*I*O*	Sept/Oct
One Mile OW	Empire State	July 14
Two Mile Cable	Greater Ind.	June 23
1-3 Mile OW	Central Oregon	Aug 4
3-6 Mile OW	FGC	April 29
6+ Mile OW	Greater Ind.	Tba

If USMS recognizes an OW event, the USMS swimmers will be fully covered with liability and medical insurance. A non USMS host would not be covered. The 3000/6000 postal swim is restricted to a 25 yard pool.

**MARKETING/PUBLICATIONS** - The web site has increased our visibility. Please support our sponsors: **ALAMO** - Rent a Car; **Destinations** - nations leading hotel discount program; **Earthlink** - pre pay phone card; **Kast-A-Way Swimwear** - swimwear and swimming equipment; **MBNA MasterCard** - USMS Preferred and Gold affinity credit card; **Mindspring** - dial up internet service; **NIKE** - active sportswear; **Speedo** - innovative swim suits, apparel and accessories; **The Victor** - swimwear and training accessories; **TYR** - manufacturer of swimwear and accessories; **Ultra Swim** - hair and skin care products; and **VASA Trainer** - versatile sport-specific conditioning equipment for all sports. There is a proposal to be investigated to produce for TV a health program built around swimming and human interest snippets of individuals. It would be used to market USMS as an organization.

**OFFICIALS** - All certifying bodies rule differences should be added to our Appendix B. Those bodies include: USA, YMCA, CSOA and NFHS. Rule change information should be added to the MACA Newsletter, SWIM Magazine, and sent to LMSC Official's Chairs. Officials Liaisons are appointed to our Championships.

**PLANNING** - Suggested that a USMS liaison be appointed to the Senior Games and that the LMSC's need to become more involved to make the quality of these games more consistent. It was recommended that USMS have a booth at the Senior Games in Orlando. Also recommended was that the Committee develop a pre-packaged booth and materials display to be used at a wide range of both aquatic and non-aquatic events.

**RECORDS AND TABULATION** - The "as of November 1, yyyy" date will be placed on the web listed records. There will be written guidelines for Top 10 recorders to generate their Top 10 submissions. The goal is to limit the number of formats used for submission. Lake Erie LMSC will continue with the USMS Top 10 Patches.

**REGISTRATION** - The Registration software will be updated with all the changes discussed on one update to be mailed to all Registrars hopefully by the end of Oct. (Single sheet or tractor-fed) cards to be mailed in October. The new forms will be two up because of all the information requested. Registrar's portion of the handbook will be mailed at the beginning of October. Each LMSC registration form will be put on the Internet. Reports will be sent each month detailing the transactions that have occurred during the month. All LMSC's are requested to send registration website links or paper forms to Craig Campesi as soon as possible to facilitate registration through the USMS website.

**RULE BOOK** - Full-size rule books will be distributed to the Board of Directors; members of Rules, Long Distance, Legislation, and Rule Book Committees; and all registered USMS clubs. Both full and mini-rule books will be distributed to all LMSC registrars. Let clubs know about the mini-rule book.

**RULES** - Adopted the USA Relay Take-Off Judges rule. Referees may prohibit the use of any device that disrupts or interferes. I am not quite sure about the final outcome of the whistle start rule and the new false start rule but if you are swimming in a meet outside of the USA you should be aware of them. They are being used widely around the world.

**SAFETY EDUCATION** - The committee is going to produce a Club Safety Handbook that should be ready by 2000 convention. Articles are written for SWIM magazine.

**SPORTS MEDICINE** - The committee's goal is to have articles widely disseminated in national publication. The

*continued on page 14*

**Convention continued from page 13**

committee has a strict observance of the editorial process. Many articles are in that process.

**ZONE** - The guidelines and procedures used for next year's election of the Zone Committee chairman will be the same as those used for this year's election of officers with the exception that there will be a candidates forum at the House of Delegates meeting when championships are voted on.

**AD HOC RECOGNITION AND AWARDS** - USMS Service Award number of recipients will be left to the discretion of the committee. The Award Ring will be forwarded to the Marketing committee for further evaluation.

**AD HOC 1999 LEGAL COUNSELORS** - While the law is evolving, at this time a hard copy of the liability release will need to be signed by swimmers who seek membership in USMS and swimmers who want to enter our national championships. A "Want Ad" for USMS member-lawyers

will be created and distributed nationally. The committee will research the issue of Privacy and pursue the drafting of a privacy policy for the organization.

**AD HOC 1999 USMS HISTORIAN** - The committee needs to create a scheme for organizing, cataloguing, documenting and retrieving information. Encourage local Masters members to find and interview Masters pioneers. Much of this information needs to be on the web.

**AD HOC 1999 USMS ENDOWMENT FUND** - The fund now has \$18,356.35. USMS will increase the matching fund to \$20,000 for the year 2000 and make a 1 to 1 match instead of 50 cents to the dollar. Encourage the members to use the check off on the registration form.

**AD HOC 1999 ISHOF NOMINATING** - A group of individuals were suggested for consideration for 2000 and 2001. We need to collect the criteria data to determine the nominees. A letter will be sent to the LMSC of the individuals suggested to help gather this information.

## Special Information on the SCM Zone Meet

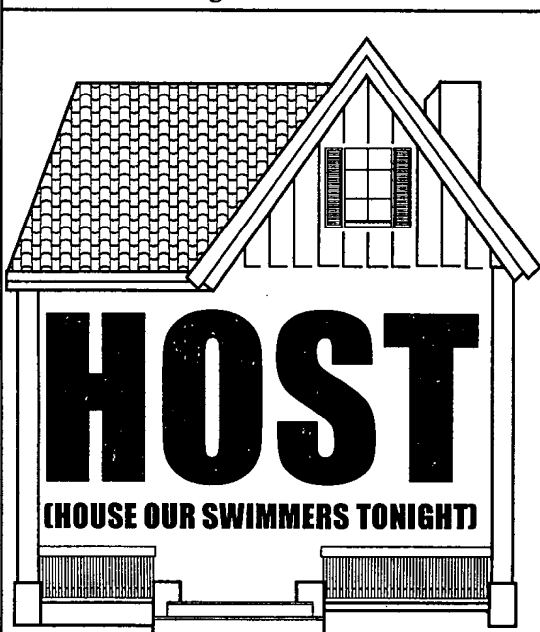
**Correction:** Please note that event 14 (not 13) will not start before 9:30 AM on Sunday.

**New Zone Policy regarding Relays:** Relays will be listed as 200, 400 (Medley and Free) and 800 (Free only). You may swim in as many different relays as you wish. For Example: Event 6 is the Mixed Free Relay. You may swim in the 200 Mixed, 400 Mixed and 800 Mixed Free Relays. You will enter Relays at the Meet.

**HOST Housing:** If you are traveling to the SCM Zone Meet from out of the Portland area, plan on taking advantage of the HOST program described below. Give Jeanne Thimm a call (Number below).

### 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).

\*\*\*\*Revised. Please note relay change. New Zone policy.\*\*\*\*

## Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-11

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

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

Place: Multnomah Athletic Club

New 25 meter pool

1849 SW Salmon, Portland

8 lanes competition, all 9 1/2 ft. deep - electronic timing

6 lanes separate continuous 25 yard warm-up/down pool

Meet Director: Robert Maestre Phone 503-292-4021

Directions to Multnomah Athletic Club

SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stoplight at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

**DATES: December 4, 5, 1999**

Warm-ups: Saturday 11:00 AM

Meet Starts: Saturday 12 NOON

Warmups: Sunday 8:00 AM

Meet Starts: Sunday 9:00 AM

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

**ENTRY DEADLINE: POSTMARKED NO LATER THAN November 20, 1999**

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

NAME \_\_\_\_\_ (for office use) \_\_\_\_\_

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

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

SEX \_\_\_\_\_ 1999 or 2000 USMS# \_\_\_\_\_ USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 6 individual events plus unlimited relays with no more than 5 individual events per day. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400, 800, and 1500 Freestyles will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

### Saturday, December 4

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

20 minute warm-up in 25 m. pool

Event 2 will not start before 12:30 PM

100 I.M. (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

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

50 FLY (5) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

MXD FREE RELAY(6) XXXXXXXXX

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

50 FREE (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FLY (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

MED RELAY (10/11) XXXXXXXXX

400 I.M. (12) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

### Sunday, December 5

400 FREE (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

20 minute warm-up in 25 m. pool

Event 14 will not start before 9:30 AM

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

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

50 BACK (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

FREE RELAY (17/18)XXXXXXXXX

200 FLY (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BREAST (21) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (22) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

MXD MED RELAY (23) XXXXXXXXX

1500 FREE (24) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

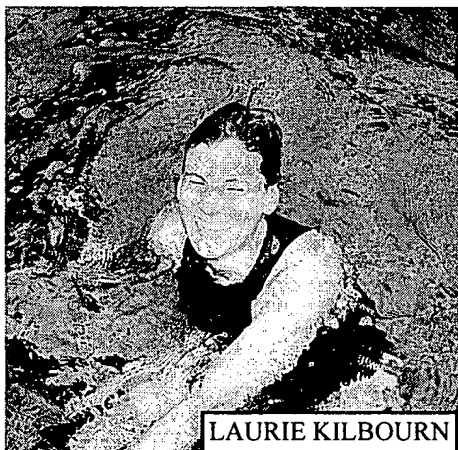
MEET ENTRY FREE: \$14.00 Make checks payable to Oregon Masters Swimming. Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170<sup>th</sup> Place Beaverton, OR 97006



# T Hills Sprint Pentathlon

## October 17, 1999

PL	Name	Age	Team	Time	Points
<b>WOMEN</b>					
— Ages 19 Through 24 —					
Mixed 50 Free					
1	DANIELL DOSTIE	20	OREG	31.47	7
Mixed 50 Back					
1	DANIELL DOSTIE	20	OREG	34.72	7
Mixed 50 Fly					
1	DANIELL DOSTIE	20	OREG	36.25	7
Mixed 100 IM					
1	DANIELL DOSTIE	20	OREG	1:21.64	7
— Ages 25 Through 29 —					
Mixed 50 Free					
1	KATHY VERMILYEA	29	OREG	37.69	7
Mixed 50 Back					
1	KATHY VERMILYEA	29	OREG	43.77	7
Mixed 50 Breast					
1	KATHY VERMILYEA	29	OREG	43.21	7
Mixed 50 Fly					
1	KATHY VERMILYEA	29	OREG	41.33	7
Mixed 100 IM					
1	KATHY VERMILYEA	29	OREG	1:29.65	7
— Ages 30 Through 34 —					
Mixed 50 Free					
1	LAURIE KILBOURN	32	OREG	30.99	7
2	ELLEN BROIDO	34	OREG	33.02	5
3	ANNE SCHMIDT	33	OREG	52.68	4



LAURIE KILBOURN

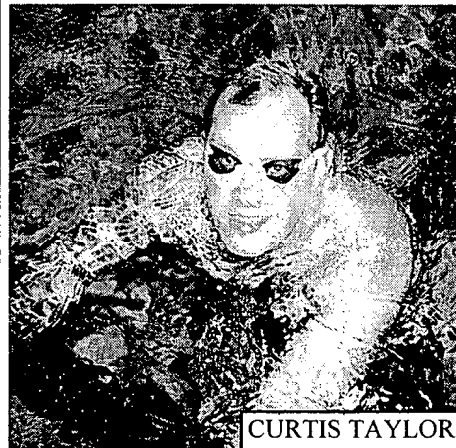
Mixed 50 Back					
1	LAURIE KILBOURN	32	OREG	39.87	7
2	ELLEN BROIDO	34	OREG	41.63	5
3	ANNE SCHMIDT	33	OREG	1:03.60	4
Mixed 50 Breast					
1	LAURIE KILBOURN	32	OREG	40.97	7
2	ELLEN BROIDO	34	OREG	42.17	5
3	ANNE SCHMIDT	33	OREG	1:39.88	4
Mixed 50 Fly					
1	LAURIE KILBOURN	32	OREG	32.70	7
2	ELLEN BROIDO	34	OREG	35.10	5
3	ANNE SCHMIDT	33	OREG	1:03.80	4
Mixed 100 IM					
1	LAURIE KILBOURN	32	OREG	1:17.83	7
2	ELLEN BROIDO	34	OREG	1:23.09	5
3	ANNE SCHMIDT	33	OREG	2:30.76	4
— Ages 35 Through 39 —					
Mixed 50 Free					
1	GRACIE GODDARD	39	OREG	26.02	7
2	BECKY OBLETZ	39	MACO	28.21	5
3	DIANNE VIALES	37	OREG	28.24	4
4	SARAH HOAGLAND	37	OREG	28.84	3
5	VIRGINIA ROSS	39	OREG	30.56	2
Mixed 50 Back					
1	SARAH HOAGLAND	37	OREG	34.66	7
2	DIANNE VIALES	37	OREG	34.83	5
3	BECKY OBLETZ	39	MACO	35.53	4
4	VIRGINIA ROSS	39	OREG	36.95	3
Mixed 50 Breast					
1	BECKY OBLETZ	39	MACO	36.23	7
2	DIANNE VIALES	37	OREG	38.55	5
3	SARAH HOAGLAND	37	OREG	41.01	4
4	VIRGINIA ROSS	39	OREG	42.45	3
Mixed 50 Fly					
1	GRACIE GODDARD	39	OREG	29.43	7
2	SARAH HOAGLAND	37	OREG	31.58	5
3	DIANNE VIALES	37	OREG	31.89	4
4	BECKY OBLETZ	39	MACO	31.90	3
5	VIRGINIA ROSS	39	OREG	47.85	2
Mixed 100 IM					
1	DIANNE VIALES	37	OREG	1:11.17	7
2	BECKY OBLETZ	39	MACO	1:11.32	5

3	GRACIE GODDARD	39	OREG	1:11.70	4
4	SARAH HOAGLAND	37	OREG	1:11.78	3
5	VIRGINIA ROSS	39	OREG	1:21.53	2
— Ages 40 Through 44 —					
Mixed 50 Free					
1	ANN GOODMAN	40	OREG	30.94	7
2	JODY WELBORN	44	OREG	35.60	5
3	MALIA WARNER	43	OREG	1:07.90	4
Mixed 50 Back					
1	ANN GOODMAN	40	OREG	35.31	7
2	ODY WELBORN	44	OREG	43.54	5
3	MALIA WARNER	43	OREG	1:27.99	4
Mixed 50 Breast					
1	ANN GOODMAN	40	OREG	40.47	7
2	JODY WELBORN	44	OREG	44.95	5
3	MALIA WARNER	43	OREG	1:31.62	4
Mixed 50 Fly					
1	ANN GOODMAN	40	OREG	34.28	7
2	JODY WELBORN	44	OREG	38.70	5
Mixed 100 IM					
1	ANN GOODMAN	40	OREG	1:19.14	7
2	ODY WELBORN	44	OREG	1:27.73	5
— Ages 45 Through 49 —					
Mixed 50 Free					
1	ROBIN PARISI	45	MACO	27.75	7
2	ELIZABETH SCOTT	47	PNA	33.22	5
3	SUSAN COLLINS	47	OREG	34.17	4
4	KAYE CUSHING	48	OREG	45.72	3
Mixed 50 Back					
1	ROBIN PARISI	45	MACO	33.98	7
2	ELIZABETH SCOTT	47	PNA	39.30	5
3	SUSAN COLLINS	47	OREG	40.31	4
4	KAYE CUSHING	48	OREG	58.84	
Mixed 50 Breast					
1	ROBIN PARISI	45	MACO	38.74	7
2	SUSAN COLLINS	47	OREG	46.28	5
3	ELIZABETH SCOTT	47	PNA	46.82	4
Mixed 50 Fly					
1	ROBIN PARISI	45	MACO	30.72	7
2	ELIZABETH SCOTT	47	PNA	39.10	5
3	SUSAN COLLINS	47	OREG	39.64	4
Mixed 100 IM					
1	ROBIN PARISI	45	MACO	1:10.67	7
2	SUSAN COLLINS	47	OREG	1:25.17	5
3	ELIZABETH SCOTT	47	PNA	1:28.05	4
— Ages 50 Through 54 —					
Mixed 50 Free					
1	SANDI ROUSSEAU	52	OREG	31.73	7
2	KRISTI RIDDLE	50	OREG	39.55	5
3	SALLY MARTIN	53	OREG	45.86	4
Mixed 50 Back					
1	SANDI ROUSSEAU	52	OREG	41.15	7
2	KRISTI RIDDLE	50	OREG	46.99	5
3	SALLY MARTIN	53	OREG	55.19	4
Mixed 50 Breast					
1	SANDI ROUSSEAU	52	OREG	44.54	7
2	KRISTI RIDDLE	50	OREG	48.15	5
3	SALLY MARTIN	53	OREG	52.93	4
Mixed 50 Fly					
1	SANDI ROUSSEAU	52	OREG	33.64	7
2	KRISTI RIDDLE	50	OREG	41.52	5
Mixed 100 IM					
1	SANDI ROUSSEAU	52	OREG	1:25.54	7
2	KRISTI RIDDLE	50	OREG	1:35.20	5
— Ages 55 Through 59 —					
Mixed 50 Free					
1	JOY WARD	56	OREG	30.09	7
2	MIRJANA PRATHER	55	OREG	32.92	5
Mixed 50 Back					
1	JOY WARD	56	OREG	37.19	7
2	MIRJANA PRATHER	55	OREG	38.09	-
Mixed 50 Breast					
1	MIRJANA PRATHER	55	OREG	41.21	7



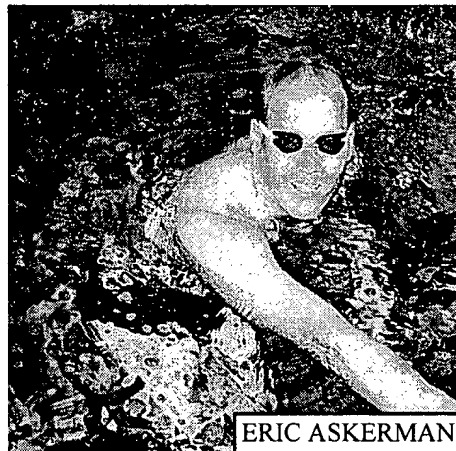
SARAH HOAGLAND

2	JOY WARD	56	OREG	43.69	5
Mixed 50 Fly					
1	JOY WARD	56	OREG	32.13	7
2	MIRJANA PRATHER	55	OREG	35.64	5
Mixed 100 IM					
1	MIRJANA PRATHER	55	OREG	1:20.31	7
2	JOY WARD	56	OREG	1:20.84	5
<b>MEN</b>					
— Ages 25 Through 29 —					
Mixed 50 Free					
1	CURTIS TAYLOR	28	OREG	22.50	7
2	SHAWN COONEY	26	OREG	25.41	5
3	SHANE SPELL	29	OREG	27.26	4



CURTIS TAYLOR

Mixed 50 Back					
1	CURTIS TAYLOR	28	OREG	27.96	7
2	SHAWN COONEY	26	OREG	33.43	5
3	SHANE SPELL	29	OREG	34.60	4
Mixed 50 Breast					
1	CURTIS TAYLOR	28	OREG	29.83	7
2	SHAWN COONEY	26	OREG	34.14	5
3	SHANE SPELL	29	OREG	35.47	4
Mixed 50 Fly					
1	CURTIS TAYLOR	28	OREG	25.08	7
2	SHAWN COONEY	26	OREG	28.52	5
3	SHANE SPELL	29	OREG	30.41	4
Mixed 100 IM					
1	CURTIS TAYLOR	28	OREG	58.71	7
2	SHANE SPELL	29	OREG	1:08.71	5
3	SHAWN COONEY	26	OREG	1:18.66	4
— Ages 30 Through 34 —					
Mixed 50 Free					
1	STEVE PARAMENTIER	34	OREG	23.43	7
2	ERIC ASKERMAN	32	OREG	23.68	5
3	JON CLARK	33	OREG	27.68	4
Mixed 50 Back					
1	ERIC ASKERMAN	32	OREG	31.57	7
2	JON CLARK	33	OREG	34.77	5



ERIC ASKERMAN

Mixed 50 Breast					
1	ERIC ASKERMAN	32	OREG	33.68	7
2	JON CLARK	33	OREG	36.10	5
Mixed 50 Fly					
1	STEVE PARAMENTIER	34	OREG	25.39	7
2	ERIC ASKERMAN	32	OREG	26.59	5
3	JON CLARK	33	OREG	30.72	4
Mixed 100 IM					
1	ERIC ASKERMAN	32	OREG	1:02.66	7
2	JON CLARK	33	OREG	1:10.75	5

Continued on page 17

## Results continued from page 16

## — Ages 35 Through 39 —

Mixed 50 Free			
1 MARK VININSKI	36 OREG	24.52	7
2 MURALI KRISHNA	39 OREG	36.02	5

Mixed 50 Back			
1 MARK VININSKI	36 OREG	30.19	7
2 MURALI KRISHNA	39 OREG	43.99	5

Mixed 50 Breast			
1 MARK VININSKI	36 OREG	30.61	7
2 MURALI KRISHNA	39 OREG	41.16	5

Mixed 50 Fly			
1 MARK VININSKI	36 OREG	27.01	7
2 MURALI KRISHNA	39 OREG	37.79	5

Mixed 100 IM			
1 MARK VININSKI	36 OREG	1:01.81	7
2 MURALI KRISHNA	39 OREG	1:26.72	5

## — Ages 40 Through 44 —

Mixed 50 Free			
1 PAT ALLENDER	41 OREG	24.20	7
2 PETER METZGER	44 OREG	24.95	5
3 MICHAEL PAHOLSKY	43 OREG	25.72	4
4 RONALD COBB	43 OREG	25.80	3
5 THEODORE BRUNNER	43 UNATT	27.60	2
6 LANCE CALISCH	44 OREG	29.06	1
7 CHARLES HELM	43 OREG	30.08	-
8 MARK NEUBERT	42 OREG	31.72	-
9 JOHN SCHMIDT	41 OREG	42.09	-

Mixed 50 Back			
1 PETER METZGER	44 OREG	27.64	7
2 PAT ALLENDER	41 OREG	30.79	5
3 RONALD COBB	43 OREG	31.62	4
4 MICHAEL PAHOLSKY	43 OREG	35.02	3
5 THEODORE BRUNNER	43 UNATT	37.15	2
6 LANCE CALISCH	44 OREG	39.89	1
7 MARK NEUBERT	42 OREG	41.04	-
8 CHARLES HELM	43 OREG	47.96	-
9 JOHN SCHMIDT	41 OREG	56.30	-

Mixed 50 Breast			
1 PAT ALLENDER	41 OREG	30.03	7
2 PETER METZGER	44 OREG	33.26	5
3 RONALD COBB	43 OREG	35.49	4
4 MARK NEUBERT	42 OREG	38.44	3
5 THEODORE BRUNNER	43 UNATT	40.37	2
6 LANCE CALISCH	44 OREG	40.43	1
7 MICHAEL PAHOLSKY	43 OREG	40.49	-
8 CHARLES HELM	43 OREG	46.29	-
9 JOHN SCHMIDT	41 OREG	1:10.36	-

Mixed 50 Fly			
1 PAT ALLENDER	41 OREG	26.08	7
2 PETER METZGER	44 OREG	26.62	5
3 MICHAEL PAHOLSKY	43 OREG	29.32	4
4 THEODORE BRUNNER	43 UNATT	30.18	3
5 LANCE CALISCH	44 OREG	32.37	2
6 MARK NEUBERT	42 OREG	38.17	1
7 CHARLES HELM	43 OREG	39.30	-
8 JOHN SCHMIDT	41 OREG	1:03.20	-
9 RONALD COBB	43 OREG	30.67	-

Mixed 100 IM			
1 PAT ALLENDER	41 OREG	59.71	7
2 PETER METZGER	44 OREG	1:02.61	5
3 RONALD COBB	43 OREG	1:07.21	4
4 MICHAEL PAHOLSKY	43 OREG	1:11.39	3
5 LANCE CALISCH	44 OREG	1:17.59	2
6 MARK NEUBERT	42 OREG	1:20.77	1
7 THEODORE BRUNNER	43 UNATT	1:26.13	-
8 CHARLES HELM	43 OREG	1:36.97	-
9 JOHN SCHMIDT	41 OREG	2:16.25	-

## — Ages 45 Through 49 —

Mixed 50 Free			
1 MICHAEL TENNANT	46 OREG	24.01	7
2 LARRY PHILBREICK	46 OREG	24.40	5
3 CHRIS HUGHES	47 OREG	25.91	4
4 MICHAEL BRUHL	46 OREG	26.41	3
5 GARY WALLIS	46 OREG	26.87	2
6 ROBERT HUIZENGHA	49 OREG	30.56	1
7 OHN COLLINS	47 OREG	30.66	-
8 CHRISTOPHE TOOLE	48 OREG	30.74	-

Mixed 50 Back			
1 LARRY PHILBREICK	46 OREG	29.28	7
2 MICHAEL TENNANT	46 OREG	31.45	5
3 CHRIS HUGHES	47 OREG	32.60	4
4 GARY WALLIS	46 OREG	33.17	3
5 MICHAEL BRUHL	46 OREG	37.48	2
6 ROBERT HUIZENGHA	49 OREG	40.48	1
7 CHRISTOPHE TOOLE	48 OREG	44.27	-
8 JOHN COLLINS	47 OREG	44.51	-

Mixed 50 Breast			
1 LARRY PHILBREICK	46 OREG	31.92	7
2 MICHAEL TENNANT	46 OREG	33.28	5
3 GARY WALLIS	46 OREG	34.50	4
4 CHRIS HUGHES	47 OREG	35.37	3
5 MICHAEL BRUHL	46 OREG	36.72	2
6 CHRISTOPHE TOOLE	48 OREG	38.80	1
7 ROBERT HUIZENGHA	49 OREG	43.61	-
8 JOHN COLLINS	47 OREG	51.36	-

Mixed 50 Fly			
1 LARRY PHILBREICK	46 OREG	27.06	7
2 MICHAEL TENNANT	46 OREG	27.95	5
3 CHRIS HUGHES	47 OREG	28.51	4
4 GARY WALLIS	46 OREG	31.22	3
5 MICHAEL BRUHL	46 OREG	31.76	2
6 ROBERT HUIZENGHA	49 OREG	33.46	1
7 CHRISTOPHE TOOLE	48 OREG	37.49	-
8 JOHN COLLINS	47 OREG	39.45	-

Mixed 100 IM			
1 LARRY PHILBREICK	46 OREG	1:02.29	7
2 MICHAEL TENNANT	46 OREG	1:03.50	5
3 CHRIS HUGHES	47 OREG	1:06.51	4
4 GARY WALLIS	46 OREG	1:09.31	3
5 MICHAEL BRUHL	46 OREG	1:13.16	2
6 ROBERT HUIZENGHA	49 OREG	1:20.44	1
7 CHRISTOPHE TOOLE	48 OREG	1:21.96	-
8 JOHN COLLINS	47 OREG	1:41.94	-

## — Ages 50 Through 54 —

Mixed 50 Free			
1 FRANK PARISI	51 MACO	29.55	7

Mixed 50 Back			
1 FRANK PARISI	51 MACO	56.32	7

Mixed 50 Breast			
1 FRANK PARISI	51 MACO	37.00	7

Mixed 50 Fly			
1 FRANK PARISI	51 MACO	35.83	7

Mixed 100 IM			
1 FRANK PARISI	51 MACO	1:22.52	7

## — Ages 55 Through 59 —

Mixed 50 Free			
1 ROBERT SMITH	56 OREG	24.25	7

Mixed 50 Back			
1 ROBERT SMITH	56 OREG	28.15	7

Mixed 50 Breast			
1 ROBERT SMITH	56 OREG	31.78	7

Mixed 50 Fly			
1 ROBERT SMITH	56 OREG	26.97	7

Mixed 100 IM			
1 ROBERT SMITH	56 OREG	1:02.64	7

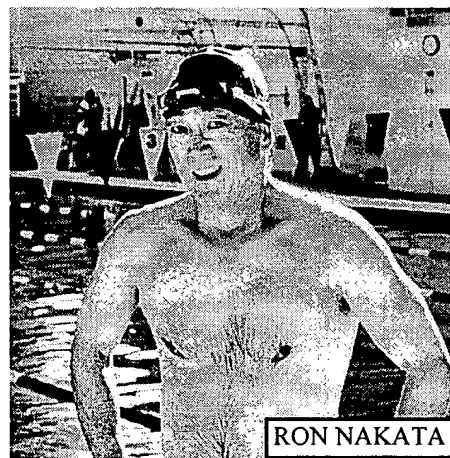
## — Ages 60 Through 64 —

Mixed 50 Free			
1 RONALD NAKATA	60 OREG	27.04	7

Mixed 50 Back			
2 BERT PETERSEN	60 OREG	27.62	5

Mixed 50 Breast			
3 GEORGE THAYER	63 OREG	28.17	4

Mixed 50 Fly			
4 JOHN RIGDON	62 UNATT	31.03	3



RON NAKATA

Mixed 50 Back			
1 RONALD NAKATA	60 OREG	33.85	7

Mixed 50 Breast			
2 GEORGE THAYER	63 OREG	35.28	5

Mixed 50 Fly			
3 BERT PETERSEN	60 OREG	37.19	4

Mixed 100 IM			
1 RONALD NAKATA	60 OREG	36.37	7

Mixed 50 Back			
2 BERT PETERSEN	60 OREG	36.66	5

Mixed 50 Breast			
3 GEORGE THAYER	63 OREG	38.46	4

Mixed 50 Fly			
1 BERT PETERSEN	60 OREG	28.73	7

Mixed 100 IM			
2 RONALD NAKATA	60 OREG	29.04	5

Mixed 50 Back			
3 GEORGE THAYER	63 OREG	34.15	4

Mixed 50 Breast			
1 RONALD NAKATA	60 OREG	1:08.64	7

Mixed 50 Fly			
2 BERT PETERSEN	60 OREG	1:11.91	5

Mixed 100 IM			
3 GEORGE THAYER	63 OREG	1:18.52	4

Mixed 50 Free			
1 RICHARD WEICK	65 OREG	27.36	7

Mixed 50 Back			
1 RICHARD WEICK	65 OREG	34.00	7

Mixed 50 Breast			
1 RICHARD WEICK	65 OREG	36.25	7

Mixed 50 Fly			
1 RICHARD WEICK	65 OREG	31.19	7

Mixed 100 IM			
1 RICHARD WEICK	65 OREG	31.19	7

1 RICHARD WEICK	65 OREG	1:13.37	7
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## — Ages 70 Through 74 —

Mixed 50 Free			
1 ERIC GUEST	70 OREG	31.81	7

Mixed 50 Back			
1 ERIC GUEST	70 OREG	45.46	7

Mixed 50 Breast			
1 ERIC GUEST	70 OREG	42.60	7

Mixed 50 Fly			
1 ERIC GUEST	70 OREG	39.19	7

Mixed 100 IM			
1 ERIC GUEST	70 OREG	1:29.68	7

## — Ages 75 Through 79 —

Mixed 50 Free			
1 RUPERT FIXOTT	77 OREG	44.71	7

Mixed 50 Back			
2 KHOSROW SHADBEH	78 OREG	50.74	5

Mixed 50 Breast			
1 RUPERT FIXOTT	77 OREG	52.44	7

Mixed 50 Fly			
2 KHOSROW SHADBEH	78 OREG	1:02.57	5

Mixed 100 IM			
1 RUPERT FIXOTT	77 OREG	52.84	7

Mixed 50 Back			
2 KHOSROW SHADBEH	78 OREG	57.30	5

Mixed 50 Breast			
1 RUPERT FIXOTT	77 OREG	1:03.06	7

Mixed 50 Fly			
2 KHOSROW SHADBEH	78 OREG	1:18.03	5

Mixed 100 IM			
1 RUPERT FIXOTT	77 OREG	2:10.24	7

Mixed 50 Back			
2 KHOSROW SHADBEH	78 OREG	2:12.79	5

Mixed 50 Breast			
1 ANDREW HOLDEN	80 OREG	32.45	7

Mixed 50 Fly			
1 ANDREW HOLDEN	80 OREG	40.90	7

Mixed 100 IM			
1 ANDREW HOLDEN	80 OREG	47.09	7

Mixed 50 Back			
1 ANDREW HOLDEN	80 OREG	37.17	7

Mixed 50 Breast			
1 ANDREW HOLDEN	80 OREG	1:29.22	7

Mixed 50 Fly			
1 ANDREW HOLDEN	80 OREG	1:29.22	7

Mixed 100 IM			
1 ANDREW HOLDEN	80 OREG	1:29.22	7

Mixed 50 Free			
1 ANDREW HOLDEN	80 OREG	32.45	7

Mixed 50 Back			
1 ANDREW HOLDEN	80 OREG	40.90	7

Mixed 50 Breast			
1 ANDREW HOLDEN	80 OREG	47.09	7

Mixed 50 Fly			
1 ANDREW HOLDEN	80 OREG	37.17	7

Mixed 100 IM			
1 ANDREW HOLDEN	80 OREG	1:29.22	7

Mixed 50 Free			
1 ANDREW HOLDEN	80 OREG	32.45	7

Mixed 50 Back			
1 ANDREW HOLDEN	80 OREG	40.90	7

Mixed 50 Breast			
1 ANDREW HOLDEN	80 OREG	47.09	7

Mixed 50 Fly			
1 ANDREW HOLDEN	80 OREG	37.17	7

Mixed 100 IM			
1 ANDREW HOLDEN	80 OREG	1:29.22	7

Mixed 50 Free			
1 ANDREW HOLDEN	80 OREG	32.45	

Results continued from page 17

## — Ages 30 Through 34 —

Mixed 100 Free

1 REBECCA PERRY 31 OREG 1:02.22 7

Mixed 100 Back

1 REBECCA PERRY 31 OREG 1:22.79 7

Mixed 100 Breast

1 REBECCA PERRY 31 OREG 1:23.34 7

Mixed 100 Fly

1 REBECCA PERRY 31 OREG 1:13.46 7

Mixed 200 IM

1 REBECCA PERRY 31 OREG 2:39.65 7

## — Ages 35 Through 39 —

Mixed 100 Free

1 CHRISTINA FOX 38 OREG 1:19.90 7

Mixed 100 Back

1 CHRISTINA FOX 38 OREG 1:27.80 7

Mixed 100 Breast

1 CHRISTINA FOX 38 OREG 1:32.22 7

Mixed 100 Fly

1 GRACE GODDARD 39 OREG 1:08.31 7

Mixed 200 IM

1 CHRISTINA FOX 38 OREG 3:14.06 7

## — Ages 45 Through 49 —

Mixed 100 Free

1 ELKE ASLESON 47 OREG 1:16.77 7

2 ELEANOR FULTON 49 OREG 1:28.00 5

Mixed 100 Back

1 ELKE ASLESON 47 OREG 1:30.36 7

2 ELEANOR FULTON 49 OREG 2:19.62 5

Mixed 100 Breast

1 ELKE ASLESON 47 OREG 1:36.71 7

2 ELEANOR FULTON 49 OREG 1:51.24 5

Mixed 100 Fly

1 TERI HENDRYX 46 MACO 1:12.26 7

2 ELKE ASLESON 47 OREG 1:23.41 5

3 ELEANOR FULTON 49 OREG 1:58.84 4

Mixed 200 IM

1 ELKE ASLESON 47 OREG 3:07.22 7

2 ELEANOR FULTON 49 OREG 4:11.70 5

## MEN

## — Ages 30 Through 34 —

Mixed 100 Free

1 ROBERT HIGLEY 34 OREG 1:02.06 7

Mixed 100 Back

1 ROBERT HIGLEY 34 OREG 1:15.00 7

Mixed 100 Breast

1 ROBERT HIGLEY 34 OREG 1:21.71 7

Mixed 100 Fly

1 ROBERT HIGLEY 34 OREG 1:10.67 7

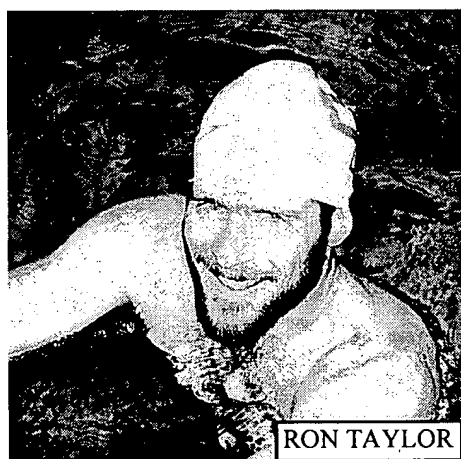
Mixed 200 IM

1 ROBERT HIGLEY 34 OREG 2:31.73 7

## — Ages 35 Through 39 —

Mixed 100 Free

1 RON TAYLOR 38 OREG 57.03 7



RON TAYLOR

Mixed 100 Back

1 RON TAYLOR 38 OREG 1:01.72 7

Mixed 100 Breast

1 RON TAYLOR 38 OREG 1:15.45 7

Mixed 100 Fly

1 RON TAYLOR 38 OREG 1:02.03 7

Mixed 200 IM

1 RON TAYLOR 38 OREG 2:19.36 7

## — Ages 40 Through 44 —

Mixed 100 Free

1 DAVID BURLESON 42 MACO 51.10 7

Mixed 100 Back

1 DAVID BURLESON 42 MACO 58.02 7

Mixed 100 Breast

1 DAVID BURLESON 42 MACO 1:15.40 7

Mixed 100 Fly

1 DAVID BURLESON 42 MACO 56.05 7

Mixed 200 IM

1 DAVID BURLESON 42 MACO 2:08.82 7

## — Ages 45 Through 49 —

Mixed 100 Free

1 ROBERT MAESTRE 49 MACO 56.77 7

Mixed 100 Back

1 ROBERT MAESTRE 49 MACO 1:09.31 7

Mixed 100 Breast

1 ROBERT MAESTRE 49 MACO 1:20.10 7

Mixed 100 Fly

1 ROBERT MAESTRE 49 MACO 1:07.68 7

Mixed 200 IM

1 ROBERT MAESTRE 49 MACO 2:28.37 7

## — Ages 50 Through 54 —

Mixed 100 Free

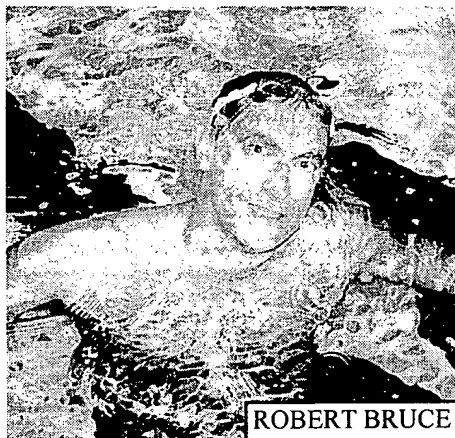
1 JED CRONIN 51 OREG 58.92 7

2 ROBERT BRUCE 51 OREG 59.38 5

Mixed 100 Back

1 ROBERT BRUCE 51 OREG 1:14.06 7

JED CRONIN 51 OREG 1:14.16 5



ROBERT BRUCE

Mixed 100 Breast

1 ROBERT BRUCE 51 OREG 1:21.56 7

2 JED CRONIN 51 OREG 1:21.58 5

Mixed 100 Fly

1 JED CRONIN 51 OREG 1:05.43 7

2 ROBERT BRUCE 51 OREG 1:13.25 5

Mixed 200 IM

1 ROBERT BRUCE 51 OREG 2:37.18 7

2 JED CRONIN 51 OREG 2:37.60 5

## — Ages 55 Through 59 —

Mixed 100 Free

1 RICHARD JUHALA 56 OREG 1:15.73 7

Mixed 100 Back

1 RICHARD JUHALA 56 OREG 1:35.95 7

Mixed 100 Breast

1 RICHARD JUHALA 56 OREG 1:25.45 7

Mixed 100 Fly

1 RICHARD JUHALA 56 OREG 1:33.99 7

Mixed 200 IM

1 RICHARD JUHALA 56 OREG 3:08.29 7

## — Ages 65 Through 69 —

Mixed 100 Free

1 DAVID RADCLIFF 65 OREG 1:01.70 7

Mixed 100 Back

1 DAVID RADCLIFF 65 OREG 1:31.66 7

Mixed 100 Breast

1 DAVID RADCLIFF 65 OREG 1:31.00 7

Mixed 100 Fly

1 DAVID RADCLIFF 65 OREG 1:22.94 7

Mixed 200 IM

1 DAVID RADCLIFF 65 OREG 3:01.20 7



DAVID BURLESON

Minutes continued from page 20

video. The cost is \$75. Sandi will gather more information.

- Guidelines for OMS-sponsored people at USMS Convention (update) Sandi and Suzanne are working on the guidelines.

- Protocol for registering local teams / responsibility of the Registrar and Membership chairs. The registration form will be in the September and October issues of the Aqua-Master. Suzanne will explain the registration process in the Chair's Corner column.

- "Record Your Swim Times" for meets - MSP to purchase 100 pads of 100 sheets. Ginger will make the purchase.

- Approval of Fall local meets

See Vice-Chair report.

## NEW BUSINESS:

- E-mail communication - The Board agreed using email for discussion is appropriate, but not for voting..

- Special meetings and votes between scheduled meetings. OMS has guidelines for special meetings, which are covered in our By-laws. We can not use email in place of holding a special meeting.

- Deck seeding of meets / dealing with meets with high percentage of no-shows. Suzanne will gather information from California.

ANNOUNCEMENTS: None

## ACTION ITEMS (ARISING FROM MEETING - IN ADDITION TO NORMAL TASKS)

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

ADJOURNMENT: 12:30

NEXT MEETING: August 25, 1999, at MAC, 7 p.m.



# 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 INC.

### Minutes of Board Meeting - July 11, 1999

**ATTENDEES:** Bob Bruce, Eric Guest, Pam Himstreet, Phil King, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Donna Ryan, Jeanne Teisher, Bill Volckening, Earl Walter

**CALL TO ORDER:** 10:05 AM

**CHAIR:** Suzanne Rague. No action items.

**SECRETARY:** Sharon Stuart - not present. No action items. Pam Himstreet recording. Minutes for April, May, June approved as corrected.

**TREASURER:** Jeanne Teisher - The budget has been approved.

**VICE-CHAIR:** Pam Himstreet - Motion So Passed (MSP) to award T-Hills full amount for June 12 meet.

The Board approved the Fall meet schedule:

Oct 17	T-Hills Pentathlon
Nov 13, 14	Ashland 2-day, with clinics both days
Dec 4, 5	Zones at MAC

Bids so far, to be approved at August meeting:

Jan 29	Eugene 1-day
Mar 11	Bend - Freestyle Pentathlon
Apr 7-9	Associations at T-Hills

We still need meet bids for Feb, June, and LC Zones.

The Board voted to have an awards banquet at the Association meet Saturday night. Bill suggested bringing in speakers. Discussion was favorable. Further discussion tabled for future meeting.

The State Games booklet entry form had numerous errors, which caused problems at the meet. Donna and Phil will work with the State Games office on this.

#### COMMITTEE REPORTS

**OPEN WATER / LONG DISTANCE:** Dan Gray - not present. Report given by Suzanne. OMS has four new buoys. The clinic at Cottage Grove is lined up.

**AWARDS / SOUVENIRS:** Donna Ryan - Donna checked on T-shirts and sweatshirts. T-shirts are available in off-white. Donna will check prices. Dave brought up the idea of T-shirts for Nationals. The Board will revisit in November to make shirts available for Phoenix. John Zell is working on OMS bumper stickers.

**COACHES:** Bob Bruce - There is no host coach for the Eugene meet. Bob brought up the issue of reimbursement for coaches. MSP that OMS will pay each presenter \$100/hour compensation plus out-of-pocket expenses at OMS-sponsored clinics, presentations, and special events.

Bob will bring a list of ideas.

**AQUA-MASTER:** Dave Radcliff - The Aqua-Master will be late this month. It will go to the printers after the Applegate open water swim. Dave would like to publish what teams are doing to celebrate the "2000 swims" on Jan 1.

**REGISTRATION:** June Mather - not present. Report given by Suzanne. 669 registered to date. 740 at end of year 1998.

**MEMBERSHIP:** Phil King - Phil suggested we use the Aqua-Master as the tool to get local teams to register. Target date for the OMS brochure is end of September.

**TOP TEN:** Murali Krishna - not present. Report given by Suzanne. Oregon Top Ten SCY have been submitted. Ginger will attend the Top Ten meeting at convention.

**DATA MANAGER:** Suzanne Rague. No action items.

**FITNESS:** George Thayer - not present. No action items.

**HISTORIAN / RECORDS:** Earl Walter - Earl requested that members send him corrections for all-time Top Ten.

**OFFICIALS:** Al Smith - not present. Al has resigned as Officials chair. The Board is pursuing a new chairperson.

**HOST/SOCIAL:** Jeanne Thimm - not present. Report given by Dave. Jeanne is trying to set up a host program for the Zone meet in December.

**SAFETY COORDINATOR:** Sandi Rousseau. No action items.

**PAST CHAIR:** Eric Guest. The OMS watches need new batteries. Pam will check them and replace batteries before the Eugene meet.

**AD HOC SUNSHINE:** Luella Petersen - not present. We continue to need more promotion to the general membership to contact Luella or any other Board member regarding any OMS deaths and/or illnesses.

**ON-LINE:** Monika Hunscher - not present. Report given by Suzanne. Monika needs to resign in the Fall. We have some ideas for a replacement.

#### OLD BUSINESS:

- Changes to By-laws (update) The changes have been approved. Sandi will try to make revisions by the next meeting.

- USMS Public Service Announcement: USMS and Beth Beadlings work (update) We are pursuing only the USMS

*Continued on page 18*

## Oregon Masters Swimming

## 2000 Local Team Registration STEVENS-NESS

Use this form to register your Local Team for 2000. This form must be post-  
marked by the deadline 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 abbreviation on the Association Entry Blank.

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 LEADER - 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.**

**Portland, OR 97204**



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916 S W 4TH AVE / PORTLAND, OR 97204 / (503) 223-3137

PRINTING OF THE AQUA-MASTER IS PROVIDED BY THE FANTASTIC CREW OF STEVENS-NESS LAW PUBLISHING CO.

Mail this form to: **June Mather**  
**1056 Hillview Dr.**  
**Portland, OR 97204**

**Inside: Results of Haggy Lake and the Pentathlon**

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. (THE 3 HIGHLIGHTED TEAMS HAVE REGISTERED FOR 2000)

### OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.

#### Registered for 2000

**Central Oregon Master - COMA**  
**Corvallis Aquatic Masters - CAT**  
**Grants Pass YMCA - GPY**  
**Klamath Falls Masters - KLF Mt.**  
**Hood Masters - MHM**  
**Mt. Park Masters - MPM**  
**Multnomah Athletic Club - MACO**  
**N. Clackamas Aquatic Park - NCAP**  
**Parkrose Masters - PMSC**  
**Portland Masters Swim - PMS**  
**Rogue Valley Masters - RVM**  
**Tualatin Hills Barracuda - THB**  
**Woodburn Barracuda Masters - WBM**

#### Not Registered for 2000

Albany Masters - ALB  
Blue Marlin Masters - BMM  
Chelam Masters - CMST  
Club Northwest Aquatic - CNA  
DAC - Downtown Athletic Club  
Emerald Aquatics - EA  
Eugene YMCA - EY  
Fish Stick Masters - FISH  
Guinness Aquatic Club - GAC  
Heart of the Valley Master - HOTV  
Hood River Bald Eagles - HRBE  
Junction City Swim Team - JCST  
Lincoln City Masters - LCM

Medford Old Folks in Action - MOFI  
Metro YMCA - MY  
Mid-Willamette Valley Masters - MWVMA  
Mittleman Jewish Comm. Ctr - MJCC  
Newport - Yaquina Bay Y - NYBY  
North Coast Swim Club - NCSC  
Princeton Athletic Club - PAC  
Riverplace Athletic Club - RAC  
South Coast Aquatic Team - SCAT  
Steelheads - STHD  
Team Portland Aquatic Club - TPAC  
Tiger-Tualatin Swim Club - TTS  
Union Valley Masters - UVM  
Vancouver Old Timers - VOT  
WH20 Masters - WH20

**Aqua-Master**

NOVEMBER 1999

