

Aqua-Master

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Chair's Corner

Hello Swimmers,

Do you still have your November/December issue of SWIM Magazine? Good, because President Nancy Ridout's article on page 7 highlights some important changes to the start rules for pool meets that go into effect on January 1. As you know, Masters has a "no false start" rule, which means that if you are credited with one false start, you are DQ'd. What has changed is that when a heat starts and someone has false started, the heat will not be called back. The offending swimmer will be notified of the DQ at the end of the race. So if you think a swimmer in your heat has "jumped," stay in the race. And don't jump in the 200 fly - you'll go through a lot of pain just to be DQ'd!

There are some people to whom we owe a sincere "Thank You." First is Sharon Glaser, has served as Secretary on the Board since 1995. *

You know from the Board minutes in the Aquamaster what a good job Sharon has done, and she's also been a wonderful contributor on the Board. Monika Hunscher, the Oregon Webmaster, also resigned as she prepares to go on a round-the world bicycle trip. Monika is responsible for getting our web site up and running and full *continued on page 3*

profile

Martina Ralle

When Dave Radcliff asked me if the Steelheads would be willing to submit a profile of one of our swimmers for an upcoming issue of the Aqua-Master, I had no problem deciding about whom I would want to write. I began swimming with Martina Ralle in 1996. She has made workouts fun and entertaining as well as pushing me harder than I have wanted at times. I have enjoyed getting to know Martina over these past three years, and I am glad to have the opportunity to let others get to know her, too! Here is my interview with her.

AN: *How long have you been swimming?*

MR: I learned to swim when I was 5 (1970) and had my first swim meet when I was 7. I was not particularly interested in swimming, but my dad thought that it might be a good idea. My dad had been a swim coach, and after a while, he became my coach. I wanted to play soccer, but women's soccer was not all that popular at that point.

AN: *If you were to become a coach, what would you emphasize?*

continued on page 14

ol' Barnacle

reviews - results - records

Ol' Barn ... 20th Pentathlon...

Under the leadership of Ed Ramsay, the Tualatin Hills Barracudas hosted the 20th running of one of our better meets always, and most importantly, a tradition started in early 1981 by Brian and Barbara Frid.

Pentathlon records were broken and set: In the Sprint category -50 Free, Back, Breast, Fly and 100 Ind Medley.

ROBIN PARISI (MAC) (45-49) came through with a new standard of

3:21.86, this was Pierson's set in '94 at 3:23.80

ROBERT SMITH (55-59) decided his 2:58.65 was not fast enough and posted a new standard of 2:53.79

RON NAKATA (60-64) just turning 60 put up a new record of 3:14.94 besting Thayers 3:17.94 set in '96

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1999 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
Dec. 4,5	SCM Zone	Mac Club - Portland	Sean Taylor staylor@thetmac.com
Jan. 29	*SCY	Eugene	Lynda Christiansen, 541-687-8379. E-mail: ericandlynda@netzero.net.
*March 4	SCY	Freestyle Pentathlon - Bend	Pam Himstreet - him@cmc.net
(*corrected date)			
April 7, 8, 9	SCY	OMS Association Champ 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
February		February Fitness Challenge	volckening@aol.com
May 15 - Sept. 30		5/10 K Postal Swim	Jane Moore - weswim@mindspring.com
Sept. 1 - Oct. 31		3000/6000 Postal Swim	June Mather csmather@jeffnet.org
		RVM Ashland, Oregon	
National Championships 2000			
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 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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June Mather
OMS Registrar
1056 Hillview Dr.
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97520

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

This is the third of three installments about basic training principles and action. This section lists some simple practice sets that develop the specific energy systems used in swimming.

When I say simple, I am not referring to the difficulty of the sets; most of these sets can be extremely challenging. These sets are simply unadorned. Creative swimmers and coaches can add all kinds of interesting features to these basic sets. My goal is to present examples of training sets appropriate to a typical masters practice, to be used with warm-up, kicking, pulling, drilling, and warm-down to form complete practices.

1. Speed training - ATP-PC system development:

- a. 3 x [8 x 12.5 with 20 sec rest], 2 min between sets, full speed
- b. 2 x [12 x 25 with 30 sec rest], 2 min between sets, very fast
- c. 20 x 25 with 20 sec rest, alternating easy for form & very fast
- d. 10 x 50 with 2 min rest, fast (best average time)
- e. 20 x 15 sec tethered with 30 sec rest, very fast

2. Lactate tolerance training - anaerobic system development:

- a. 4 x [4 x 50 with 15 sec rest], 3 min rest between sets, 90+% speed
- b. 15 x 50 with 1 min rest, 90+%
- c. 3 x [4 x 75 with 20 sec rest], 3 min rest between sets, 90+%
- d. 10 x 75 with 2 min rest, 90+%
- e. 2 x [4 x 100 with 1:30 min rest], 4 min rest between sets, 85+%
- f. 5 x 150 with 3 min rest, 85+%

3. Maximum oxygen consumption training - aerobic system development:

- a. 3 x [4 x 150 with 30 sec rest], 2 min between sets, 85+% speed
- b. 2 x [5 x 200 with 30 sec rest], 2 min between sets, 85+%
- c. 6 x 300 with 1 min rest, descending 1-3 4-6, 80+%
- d. 5 x 400 with 1 min rest, descending, 80+%
- e. 4 x 500 with 1 min rest, descending, 80+%
- f. 3 x 600 with 1:30 rest, descending, 80+%

4. Anaerobic threshold training - aerobic system development:

- a. 3 x [12 x 50 with 5 sec rest], 30 sec between sets, at anaerobic threshold speed
- b. 2 x [12 x 75 with 10 sec rest], 1 min between sets, at anaerobic threshold speed
- c. 20 x 100 with 10 sec rest, at anaerobic threshold speed
- d. 12 x 150 with 15 sec rest, at anaerobic threshold speed
- e. 10 x 200 with 15 sec rest, at anaerobic threshold speed
- f. 6 x 300 with 20 sec rest, at anaerobic threshold speed

speed

5. Race-pace training - integrating training effects by simulating race conditions:

- a. 50: 4 x [4 x 25 with 10 sec rest], 3 min between sets, 95+% speed
- b. 50: 6 x 50 with 3 min rest, 95%
- c. 100: 3 x [4 x 50 with 30 sec rest], 3 min between sets, 95+%
- d. 100: 3 x [3 x 75 with 1 min rest], 3 min between sets, 90+%
- e. 100: 4 x [4 x 25 with 10 sec rest], 3 min between sets, goal or predicted race speed
- f. 200: 2 x [4 x 100 with 1 min rest], 4 min between sets, goal or predicted race speed
- g. 200: 4 x 150 with 5 min rest, goal or predicted race speed
- h. 200: 4 x [4 x 50 with 10 sec rest], 4 min between sets, goal or predicted race speed
- i. 400/500: 3 x [8-10 x 50 with 15 sec rest], 3 min between sets, goal or predicted race speed
- j. 400/500: 3 x [4-5 x 100 with 30 sec rest], 3 min between sets, goal or predicted race speed
- k. Distance: 20 x 50 with 15 sec rest, goal or predicted pace
- l. Distance: 12 x 100 with 20 sec rest, goal or predicted pace

Good luck and good swimming.

Chair's Corner continued from page 1

of current, valuable information, which took a tremendous effort. Sharon and Monika, you have the sincerest thanks from me, the -Board, and all OMS members. And let me formally

welcome to the Board Jody Welborn as Secretary, Mark Vininski as Webmaster, and Stan Benson as the Official's Chair.
Swimmingly, *Suzanne*

The Fitness Lane

WARM UP, WARM DOWN



**George Thayer,
Fitness Chair**

US Masters Swimming has adopted the goal of "swimming for life" as a focus this year. At our annual OMS retreat Nov. 6-7, we also ranked this as an important goal for OMS. I will be heading up a committee to explore ways for OMS to encourage and promote swimming for fitness as well as swimming for competition. I welcome any ideas that any of you might have. This

leads me to my theme for the month.

Those of you who have been swimming in a masters program, particularly a coached program, know the emphasis that is placed on the warm-up, warm-down portion of the practice. But if we are looking at "swimming for life", how about other activities in your life when you should be thinking about this concept? For those who live in snow areas, have you awakened a little late for work and realize that there is six inches of snow around your car? What do you do? You grab the shovel and get to work. You end up in a sweat, then jump in your car and head for work.

Do any of you go out to chop wood, clean up the garden, move rocks or any other activity where you spontaneously begin an activity and collapse in a chair when you are finished? If you ski in the winter, do you follow your swim practice routine? I contend that even golf should be treated the same way. Ever wake up the next day with a sore shoulder or lower back? Chances are good that if you had done a proper warm-up, warm-down before and after your activity you would not suffer so many aches and pains and would avoid putting unnecessary stress on your body.

Swimming is certainly a way to maintain muscle and skeletal fitness, but to extend our "swimming for life", it is important to transfer some of our swimming practices to other areas of our life.

TIME FOR A GOOD WARM DOWN

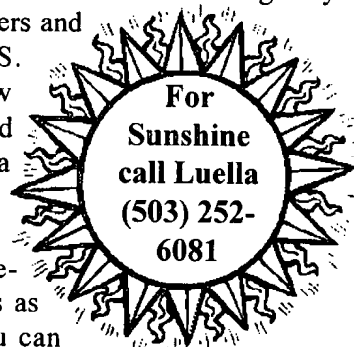
list of persons interested in housing a swimmer for the night when we have meets here. If you are interested please contact me at home at 503-653-9753 or e-mail me at jdthimm@regence.com. We have the Tualatin Hills Pentathlon and NW Zone SCM Championships coming soon! If you are looking for housing for 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 entering this program and hope that you are, too!

Sunshine

We can always use a little more sunshine in Oregon. You don't have to wait for the weather man. We have Luella Petersen, the OMS Sunshine Chair. She is waiting for your calls so she can send flowers and cards on behalf of OMS.

When one of your fellow Masters is ill or has passed away please let Luella know so that flowers and/or cards can be sent. OMS wants to help celebrate the joyous occasions as well as the sad ones. You can never have too much Sunshine. Weddings and births or special anniversaries are appropriate. Please give Luella a call with the information.

Luella Petersen - (503) 252-6081 *Luella works during the day but you can call and leave a message on "box 1" of their answering service*



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.

B E N D ,
EUGENE,
CORVALLIS
AND ASH-
L A N D .
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

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

SPECIAL RECOGNITION: A very sincere thanks go to Mike Tennant, AKA Tennant Development, from Bend. Mike's vision of increasing the acknowledgment of swimmers & coaches was followed by a large donation to purchase special awards. These awards are for the coaches that participated in, or who stood out in getting their local team out to swim. The coaches that earned the recognition for this summer were: Bill Volkening (THB), Bob Bruce (COMA), Eric Camus (EA), Suha Tokman (RVM), John Hartman (PMS), Jeff Kealon (NCAP). Great job guys, keep it up!

The other awards were the Top Three Age Group Swimmers that traveled to three venues. The results were in the last AquaMaster, however there were two omissions. A sincere apology goes to Laura Schob (COMA) 2nd 40-44 F; and to Mike Carew (COMA) 2nd 45-49 M. Sorry, my oversight!!!

THANKS TO TENNANT DEVELOPMENT FOR THE VISION & SUPPORT.

The VAGABOND SWIMMERS 1999

Skaha Lake: Greg Welch COMA (1) Mike Tennant COMA (5), Kristine Lewis THB (3), Dan Gray RVM (2)

Waikiki Roughwater: Tom Landis COMA (1), Tom was also in the Maui Channel Swim that was interrupted by a 12 foot shark, oops.

Hawaii Iron Man: Jani Sutherland COMA (2). Credits her training for her success. We will address this later.

Alcatraz: Kristine Lewis THB (10), Marianne Lewis THB via Oakland (15), Sandy Chavez (11) TomChavez (16), Geri Mathewson (1), Frank Philipps (2), Craig Mather (7), Donny Soaes (28), Dave Bennet (27), Dan Gray (4), Richard Smith (10), nine swimmers from RVM.

La Jolla Roughwater: Ellen Fergerson MACO (3) some world class swimmers in this one, great job Ellen; Dave

Radcliff THB(2), edged out by Graham Johnson!!! Excellent return to home turf!!!!

Catalina Island: USMS National Championships - 8.5 mile Dan Gray RVM (2), 5K Dan Gray RVM (3)

Lots of events out there folks, give it a try.

The Open Water season (in Oregon) is over for a few months. This was another growth year as there were 230 swimmers that took part in the series. The area that would be nice to see grow is in the number of swimmers that go to three venues. In '98 there were 27, in '99 there were 37, so in 2000 there will be???? Next years Association Championships will be at Hagg Lake on Aug 13th. Be sure to mark that on your calendar and lets get your team to have a nice showing there.

Next year will also be the first year for Oregon to host an USMS National Championship Open Water Swim. RVM, will host a 10 K swim at Applegate Lake. Just so you know, wetsuit swimmers will not be eligible for USMS Awards.

The key to being successful is to having a good training plan. This was especially helpful to Jani Sutherland (COMA) in preparing for the Hawaii Iron Man. She completed the race in 12 hours, 51 minute. It is almost essential for YOU to get your plan together ASAP so that you can prepare. You can do it!

There is no magic pill, you need to take control of your attempts to attain your goals. There is help out there and we will be addressing training for such events.

That is all from me for the year. I just want to say thanks to each of you for coming out to support the Open Water Series. This is going to continue as long as there is interest, so just remember, you reach for your goals one stroke at a time.

Merry Christmas and a Happy New Year to you, your family & friends. Take care.

Dan Gray



Dan Gray presents Rich Juhala with his Open Water Series Top 3 Finishers award glass at the recent Ashland Meet. Way to go!

Swimming the Net



By Bill Volckening
BillVolckening@usms.org

<http://www.swiminfo.com/>

Are you an uncoached swimmer or a lap swimmer? Do you travel frequently? If so, you should definitely check out the SwimInfo web site's workout section. The SwimInfo web site has a searchable database of different types of swimming workouts with an additional feature to add your favorite workouts. The web site, which is the home of SWIM, SWIMMING WORLD and SWIMMING TECHNIQUE Magazines, is a service of Sports Publications, Inc. Other site contents include: news, results, archived magazine articles, products and subscription information.

To search the database, go to the SwimInfo home page and click on "Find a Workout" in the "Workouts and Technique" section. The selections appear on the left-hand side of the home page. Follow the instructions by first selecting the search criteria. You will be asked to select criteria from the following list of items: Ability Level, Workout Type, Workout Duration and "keywords". Start with Ability Level, and select from the following options: Lap Swimmer, Masters Level 1, Masters Level 2, Masters Level 3, USS ABC Level, USS Pre Senior Level, USS Sr./Jr. National Level. Once you have selected the Ability Level, select the Workout Type in the next field. Choices include: Sprint Freestyle, Middle Distance Free, Distance Free, Butterfly, Backstroke, Breaststroke, Individual Medley and Open Water. You may also select "All Types" if you are looking for a general workout. After you have selected the type of workout, go to "Workout Duration" and make a selection. Choices include: 20 minutes, 30 minutes, 60 minutes, 75 minutes, 90 minutes, 120 minutes and 120+ minutes. Following your selection of the search criteria, click on the "search" button at the bottom of the search criteria window. Any workouts meeting your search criteria contained in the database will appear. If you are using the

"The SwimInfo web site Workout section is an excellent resource for swimmers who don't have a coach or can't attend coached workouts"

"Keyword" option, type in the word you are searching for and include it in the search.

Here's an example of how it works: Gordy Griswold is a Masters swimmer who travels a lot. He is planning to go on a business trip, and has located a pool where he can do lap swimming during his 2 hour long lunch break. He is looking for a 90-minute general workout for Masters Level 3. Gordy is in the mood for a sculling set, so he sets the search criteria and adds the keyword "sculling". He finds a workout called "Lucky Sevens", brings it to the pool and does exactly the type of workout he wants to do.

When searching through the SwimInfo Workout database, please make note of the following helpful hints.

Depending on your search criteria, some of the searches will produce no results. So, it is sometimes more productive to do a general search by selecting "All Types" of workouts and selecting the level and duration to meet your specifications. If you still don't find a workout meeting your criteria, try searching with a different duration and modify the workouts you find. If you are looking for workouts by a certain coach, you may search by keyword using the coaches' name.

Anyone who is interested in adding a favorite workout to the database may start by selecting the workout criteria and click the "Add My Workout" button. You will be asked to provide Author Information, Workout Information and details about each set within the workout. Each "Set Category" window contains a selection of different types of sets, including: warm-up, pre-set, main set, kick set, pull set, drill set, warm-down and "other". The two windows below the set category selection are for the "Set Description", and

"Set Intervals". When typing information into these fields, the best idea is to write it all out in paragraph form. If you try to use spacing and special formatting, the information is sometimes lost.

The SwimInfo web site Workout section is an excellent resource for swimmers who don't have a coach or can't attend coached workouts. It is also an outstanding tool for coaches and experienced swimmers who would like to share great workouts they have done. Check out the SwimInfo web site and search the workout database. It includes a lot of great ideas from some of the best coaches and swimmers around.

OREGON MASTERS SWIMMING

HISTORY - Chapter 8 - 1982

January 1982 AquaMaster started out the year asking that we set a goal of 400 registered swimmers for 1982, as it turned out we went over 500, by the time of Long Course Nationals at Mt Hood Community College. Connie Wilson was registration chair.

Registration fee was \$ 8.00, the Newsletter cost \$ 4.00

Swim Cellar Pentathlon was held December 6th, 1981 at Tualatin Hills. This was the FIRST Pentathlon. It was inaugurated by Brian and Barbara Frid. We had 81 swimmers ranging in age from 20 to 81. The officials were: Deanne Williams, Tom Loun, Bernd Gerkens.

Electronic timing and announcing was handled by Bob and Judy Hathaway. On deck timing was supervised by Michael Horodyski and Bill Teal, scoring was taken care of by Kay Taketa.

We got through in 2 1/2 hours, and Linda Jones hosted a really grand party at her house, OB had to leave, not too early, and understands that partying went on till after midnight.

Some of the Records set: Peggy Lubchenko (25-29) 50 Free: Reg. - 27.15. Mary A Wolfe (55-59) Reg. 50 Free 35.45-50, Back 43.16- 100 IM 1:35.64. Earl Walter (60-64) Reg. 50 Free 29.05-50, Back 34.71-50 Breast 37.70, 50 Fly 33.58-100 IM 1:16.02

Association Records: Not all, but gives an idea of where we were: Tanya Mansigh (30-34) 50 Back 32.84, Barbara Frid (35-39) 50 Fly 32.37, (Note: In 1998 Barb flew the 50 in 32.44 at 56), Nancy Ross (40-44) 50 Breast 41.92, Elfie Stevenin (60-64) 100 I M 2:30.85, (Pauline Stangel (76) Posted a 2:03.84 1998, Ron Nakata (40-44) 50 Breast 35.14, (1999 Allender 28.85), Dick Slawson (45-49) 50 Fly 30.80, (1999 Smith 25.29), Eric Guest (50-54) 50 Fly 34.64, (1999 Smith 25.74) Head to Head: (Women 30-34) Tanya Mansigh 202.12, Sue Snyder 202.22 (Women 40-44) Sue Rittenhouse 221.54, Nancy Ross 222.44 - OB Note: With a tie in the 100 IM yet. (Women 45-49) Lavelle Stoinoff 238.02, Nadine Whitehall 240.52, (Men 35-39) Dale Vaughan 178.03, Art Smith 178.54, (Men 40-44) David Boyd 192.41, C. Schaumburg 192.60, Ron Nakata 193.82

Many of us entered SWIM SWIM's National Competition, later history will cover.

New Faces: Adrian Kalil, Bill Harbeck, Keith Gray, David Boyd, Richard Gordon, Nancy Milner, Alice Pavis and Beth Van Winkle

Returnees: Dick Slawson, Ron Nakata and Chas Schaumburg

OB reminded everyone, "we are on track for next summer, 228 days to go for Long Course Nationals at Mt Hood Comm College"

The next meets were to be at Tigard and MAC

A FRIEND OF MASTERS was talked about - YES - A friend from its infancy: JIM SNOW, the owner of Stevens-Ness Law Publishing Co. In 1999 this alliance is still going strong !

The entry for the coming meet at Tigard, was published with Bill Dendurant the Meet Director. It will be a two day affair. Associations in the then Region XII: OR, PNA, IEA, and SRA (Inland Empire & Snake River)

Still one of my favorite quotations: I COUNT HIM BRAVER, WHO OVERCOMES HIS DESIRES, THAN HIM WHO OVERCOMES HIS ENEMIES: FOR THE HARDEST VICTORY, IS VICTORY OVER SELF. (ARISTOTLE)

From the Inaugural Pentathlon: Swimmers who are still paddling: Adrian Kalil, Bob Maestre, Karl Von Tagen, Roy Lambert, Ron Nakata, Dick Slawson, Jim Bigler, Eric Guest, Lee Miesen, Jim Holland, OB, Cathy Zagunis, Sandi Rousseau, Sue Snyder, Darlene Pohl, Nancy Milner, Barbara Frid, Lavelle Stoinoff, Mary Ann Wolfe, and Elfie Stevenin.

The February issue of AM announced rather loudly, Oregon had 3 ALL AMERICANS from 1981:

LAVELLE STOINOFF - Holder of the 500 and 1650 National Records, at 48 it was Lavelle's FIRST, and one of the greatest careers in Masters followed.

MARTHA KELLER - "the Swiss miss" - Holder of 17 National Records, SWIM SWIM ALL STAR 1981, 9 # 1's in SC and 8 in LCM.

ARTHUR SMITH - # 1 in the 200 Breast, plus being the national record holder in that event, outstanding all around swimmer in the 35-39 category.

Short Course Meet in Eugene directed by Deb Anderson was just "the greatest": despite winter weather abominable - Ice skates were needed just to get to the pool - Caroline and Jim Bigler took their van on a full 900 degree swing, ended up facing back home, North, but hung in, swung around and headed South. OB entered the parking lot at what he felt was cautiously, applied the brakes and wound up at the other end of the lot, luckily nobody was in the way. Some outstanding swims (Echo Hollow Pool):

Reg Rec: Maggie Wells (55-59) 100 Back 1:37.15 200 Back 3:33.40. Helen Joseph (70-74) 100/200 Free 1:50.50/4:09.50. Connie and I tried our darndest, but we could not get Helen to continue swimming, she had just wanted to test the water.

Assn Rec: Elfie Stevenin (60-64) 200 Back 4:58.60/200 IM 5:37.65. Don Van Rossen (50-54) 200 Breast 2:54.40. Gil Young (55-59) 500 Free 7:08.70 (Note: 17 years later he is at 7:45.22). New Faces: June Mather and Craig Mather OB announced 189 Days to go - LCM Nationals !!!

The March issue of AM had an editorial on the front, asking
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History continued from page 7

perhaps demanding that late entries cease at any future swim meets.

Results of the Tigard Meet were extolled - Peggy Lubchenco was congratulated on being the first women in Oregon Masters history to break a minute for the 100 Free-59.97. In the 200 Mixd Free Relay (45 & Up) Stoinoff, Whitehall, Guest and Bigler went a 1:59.20.

We had 124 swimmers at Tigard - Mirjana Callahan (35-39) an Assn BEST 100 IM - 1:16.25, that's Prather now folks. Nancy Ross and Harriet Lynch were outstanding in the 40-44,

Nancy: 200 Fr ee 2:25.69, Harriet: 200 Breast 3:19.15. Jim McMaster and David Master went 1-2 in the 50 Free 25.84 vs 26.36 - Jim has become one of the finest Water Polo Coaches, with a bit of a dynasty at Newberg.

Entry for Region XII SCY Champs was included, Holiday Inn in Spokane was offering a Double for \$ 35.50 - WOW ! April 3rd and 4th would see us swimming in Corvallis under the direction of Mark Worden, at the Fred Osborne Center.

OB appealed for membership, "Help Stamp Out Old Age, Register a Friend for Masters Swimming", still true today.

Some familiar names swam at Tigard: Women 30-34 Sandi Rousseau, Nancy Milner, Darlene Pohl, Sue Snyder, Judy Belford. Sandi ran off with 5 Golds, Sue Snyder all the Breast, and Darlene won the 400 IM in 5:38.87. Sandi's 100 Fly was 1:10.95. Mary Ann Wolfe and Louise Hepner cornered the 55-59, with a Salem Gal Maggie Wells getting some honors. Elfie Stevenin won 4/4 in the 60-64, 100 Breast was 2:47.97. Roy Abramowitz was looking great at 25-29, nudging Chris Hughes in the 50 Fly 25.27 vs 25.70. Ron Nakata at 42 a 1:08.70 in the 100 IM Gilbert Young at 59 swam the 200 Free in 2:52.50, wait a minute, he swam faster than that at Zone SC Champ 1999.

Herb Eisenschmidt swam and won 5 75-59 events, the kicker is, all of his times would make the Top Ten now-1999 A SWIMMER

N-Day, (LCM Nationals) was now 165 days away.

April-May issue of AM proclaimed that the Barracudas had won it all at Corvallis, under the direction and coaching of Alan Cardwell. Final Point Standings: THBar 1038, Corvallis 780, Mt Hood 590, Vancouver Old Timers 339, Southern Oregon Recycled Swimmers 311.

(Who in the world was Al's Gang, they scored 165 points, they must have had a couple of swimmers?) One of THE races was the 25 & Up MXD Free Relay: Lubchenco, Lenz, M Worden, Curtis, Gold at 1:42.44. O'Brien, Mansigh, Collela S., Maestre, Silver 1:43.74. Rousseau, Frid, Dasch, Abramowitz, Bronze 1:43.78

Roy Abramowitz's 50 Fly was the highlight of the meet. Roy broke Lynn Wall's old record of 25.10, swum on April 22, 1972, the first Masters meet in the Northwest, Roy was

27, with a new record of 25.00. Roy and Steve Colella went at it also in the 100 Fly, with Roy at 55.03 and Steve 55.29, then Steve came back in the 200 IM at 2:04.35 and Roy in 2:04.87.

The Cudas, 23 strong averaged 45 points plus per swimmer, many in 5 individual events and 4 relays. The meet was the best and biggest that we had ever had, with some 170 swimmers putting up record after record. Mark Worden and his gallant crew put on a great meet, capped by a party at the home of Dr and Mrs Myers. We proved one thing, we thought we would have to go back to 3 day formats.

Some quickies: Welcome Art Brugger(65) to Masters, Art swam for the Beavers in College, and the MAC during the summer, OB worked for him at Janzten Beach, life guarding. Art's 100 Back made the Top Ten(1:26.74). Jim Bigler(46) and Eric Guest(52) swam well with TT times, Jim(200/500 Free 2:21.56/6:34.46, Eric(50Fly 33.18) Chris Hughes(30) swam the 100 Free in 51.02, followed with a 100 Fly in 56.50. Howard Ronkin(26) had 2 PR's. Fred Sprenger(51) proved he was ready for Nationals, with a 1650 at 21:48.74. Peggy Lubchenko and Nancy Ross just got faster. Mirjana Callahan(38) broke three records, now Prather. Bill Fuegy (53) another ex Beaver, won the 100/200 Back in 1:25.79 and 3:06.58, just nudging Lee Miesen(54) at 3:07.65.

Out of sequence, but very much in order, MAC hosted an excellent SCY Meet on March 5/6. 140 Masters showed off their strokes under the guidance of Steve Zak and Skip Runckle. Among the swimmers was Gail Roper from Petaluma, probably at that time the finest all around swimmer in the world. Dr Ransom Arthur, the father of Masters, was with us and swam an excellent 200 Breast in 3:54.50 at 56 years of age. The Doctor was head of the U of O Medical School. Dale Repshas and Karen Burlison stood out in the 25-29 unit. Sandi Rousseau, Darlene Pohl and Tanya Mansigh led the 30-34 age group. Jayne Chastain and Mirjana Callahan headed the 35-39. Lavelle Stoinoff, Ardis Ross and Joan Whisman were classy at 45-49. Lavelle was just getting into the big time with a 1650 in 22:01.51 at 49. Gail Roper, Joyce Bahler and Kathy Hughes led the way 50-54. Louise Hepner won 3 events at 56 years of age. Elfie was it in the 60-64 bracket. Barbara Havercamp and Doreen Morris learned some swimming from Dawn Musselman (65-69). Hazel Bressie was all alone at 73, as was Martha Keller 81. Adrian Kalil won the 200 Back 2:37.29 - 25-29. Bob Maestre (31) stroked the 100 Free in 52.04, 50 Fly 26.42. Mike McColly (36) 50/100/200 Back-29.71/1:04.01/2:24.73. Jon Stout (35) (200 IM-2:27.16). David Boyd, Mike Langsdorf, Ron Nakata were a strong three some in the 40-44. Boyd outstroked Chuck Schaumburg 200 Free-2:13.60 vs 2:14.61.

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Dick Slawson and Jim Bigler monopolized the 45-49. Bigler the 200 IM 2:49.06, Slawson the 400 IM 5:59.66. Lee Miesen and Fred Sprenger dominated the 50-54. Sprenger(50) 200 Free 2:21.90, Lee(54) the 400 IM 6:55.81. Jim Holland (58) Gold in 4 events, best ? 1 Fly 1:29.01. Joe Mallon at 60, grabbed 5 Golds, 1650 33:57.11, OB 60 made it through the 400 IM in 6:20.74. Syd Hendy, Bob Schmidt and Don Stevenson were the 65-69. Hendy 100 Back 1:33.12, Stevenson(69) 200 IM 3:24.04 and Schmidt at 66 the 50 Breast in 44.90, Syd was 68. John Hoey and Tift Kampmann won it all 70-74, Kampmann (71) did the 100 Breast in 1:46.40, Hoey 72 (1650) 33:48.41. Herb Eisenschmidt at 75 - 50/100/200 Back - 40.82, 1:30.68 and 3:22.56, Harry Wedler also 75 grabbed the 50/100 Breast in 1:02.40 and 2:16.82. Roy Webster (81) picked up 5 Golds, his best event the Breast-(50-1:12.09, 100-2:33.36).

Maybe too, many times et al, but your writer feels that this once in a while will give us a barometer of where we were. That brought us through April and May, with our first Nationals only 95 days away. OB and Connie were not nervous, we had Mike Popovich, Barb Frid, Sandi Rousseau, Art Smith, and more to get us through the tough spots.

June AM kept us posted with the BIG GOAL in sight. Individually we had LCM Meets at Albany and Mt Hood Comm Coll to tune up for the BIG ONE.

National Entry was enclosed, Barb Frid was handling this job. Relays were being assembled by Sandi Rousseau. Penn Mutual reps Blaine Calhoun and Phil Barnhart will be giving ORE support each and every month.

SCY Regionals were held at Cheney, ORE was well represented by a small but O so tough bunch: Tami Pearson (20-24) 3 Golds and 2 Silvers. Karen Burlison(25-29) 3 Silvers and 2 Bronze. Tanya Mansigh (30-34) 4 Golds and a Silver with a Regional Record in the 200 Back. Sandi (30-34) Gold, 4 Silvers and a Bronze. Linda Jones (35-39) Silver, Bronze and 2 Fourths. Jayne Chastain (35-39) Silver, 2 Bronze and a Fifth. Barbara Frid (40-44) SIX GOLDS - Incl 2 Regional and 2 Assn Records! Lavelle Stoinoff (45-49) 4 Golds and 2 Silvers. Nadine Whitehall (45-49) 3 Golds and 2 Silvers. Ardis Ross (45-49) Gold, 2 Silvers and a 4th. Louise Hepner (55-59) 5 Golds, Mentioned as OMS most improved swimmer for 1982. Hazel Bressie (70-74) 6 BIG Golds. Martha Keller (80-84) Swam under the weather but still gave us a Gold in the only event she finished. Steve Hamilton (25-29) 5 Golds and a Silver. Regional Best for the 200 BACK 2:06.31, Assn best 50 Back 26.81. Howard Ronkin (25-29) 3 Golds, a 4th and 2 5ths. Steve Colella (25-29) 4 Golds and a BIG ASSN RECORD in the 50 Fly at 24.72. Bob Maestre (30-34) 2 Silvers and 2 Bronze. Chris Hughes (30-34) 4 Golds a Silver and a Bronze. Roy Watters (35-39) Gold, 2 Silvers

and a Bronze. Pat Caudill (35-39) Gold, Silver, 2 Bronze and a 4th Jim Bigler (45-49) 2 Golds and 4 Silvers. Sam Ierulli (50-54) 3 Golds and 2 Silvers, most personal bests. Lee Miesen (50-54) 3 Golds, a Silver and 2 Fourths. Mike Popovich (55-59) 2 Silvers. Gil Young (60-64) Gold and 3 Silvers, plus a Regional best in the 1650, and Assn tops in the 100 Free. Earl Walter (60-64) 6 Golds incl Assn Record 200 Breast. Herb Eisenschmidt (75-79) 6 Golds with Regional records in the 50/200 Free, Herb's best meet (Masters) ever! We also had some outstanding relays, but our trouble in those days was not having enough: 200 Free 25 Plus a Gold - Hughes, Hamilton, Maestre & Colella. 200 Med 25 Plus a Gold and Regional Record at 1:43.13 Hamilton, Ronkin, Colella, and Maestre. 200 MXD Med 20 Plus Assn record at 1:56.34 Mansigh, Pearson, Colella and Maestre

The Official Entry for Individuals was enclosed for the 1982 National Long Course Championships, scheduled for Aug 26 thru 29 at Mt Hood Community College. A PINK Sheet was included for each Oregon swimmer to list their best 50 times, and send to Sandi Rousseau, This is really how we won the Team Title. The front page of AM carried a 1/4 page adv for Penn Mutual in the July issue. Plus an OB jab to all Masters to help Jack Dawes officiating the Regional LCM Seniors Meet at Tualatin Hills. Jack Dawes and his Gal were so much help to us in those early years, they seemed to be officiating at every meet we swam. Also a BIG plug for everyone to enter the Nationals, there were NO qualifying times in those days. On June 27th we had a great LCM Meet at Albany, only 70 swimmers, but quality all the way, under the guidance of Gus Arzner Gus was a real booster for OMS in the early days. The swimming was sensational! Roy Abramowitz flew to two Regional records, the 100 and 200 Fly, 1:02.67 and 2:22.45. Roy's 200 fly time was faster than 1981's # 1 TT.(25-29) Don Stevenson liked that idea too, swam a new Regional for the 400 IM in 8:30.96, which also eclipsed 1981's TT # 1 time. This was in the 70-74 age group.

The good guys and gals improved on 25 Regional Records: Tami Pearson (20-24) 100 Breast - 1:32.98, Jane Loverin (25-29) 400 IM - 6:10.59. Tanya Mansigh (30-34) 200 Back - 3:03.03. Barbara Frid (40-44) 50 Back:39.70-50 Fly:37.03. Joan Whisman (45-49) 50 Breast :45.59. Maggi Wells (55-59) 50 Breast:54.40, 50/200 Fly:52.99/4:31.32. Elfie Stevenin (60-64) 200 Breast - 6:46.21. Chris Hughes (30-34) 100 Fly - 1:05.02. Mark Worden (30-34) 400 IM - 5:33.47. Jon Stout (35-39) 50 Back - :32.52. Art Smith (35-39) 200 Breast - 2:50.98. Ralph Mohr (40-44) 200 Fly - 3:11.14. Earl Walter (60-64) 50 Fly :38.87. Herb Eisenschmidt (75-79) 50/100 Free:37.35/1:28.50 50/100/200 Back:46.63/1:45.24/3:51.26. 200 Free Relay - Men (65 plus) - 2:46.88 Eisenschmidt, Hendy, Hoey, *continued on page 12*

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RICHARD WEICK (65-69) posted a 3:22.17 for a new record besting Marks old time of 3:37.62 set in '96

ANDREW HOLDEN (80-84) swam a 4:06.83 shattered Eisenschmidt's old time of 4:49.37 set in '87.

For the distance category - 100 each Free, Back, Breast, and Fly followed by a 200 Ind Medley.

CASTLE FUNATAKE (19-24) with a 7:16.58 besting Gorsline's old mark of 8:09.37 from last year.

SARA QUAN (25-29) posted a 7:02.81, doing a number on Ybarra's time from last year of 8:19.71.

JED CRONIN (50-54) posted a standard of 7:17.69

DAVID RADCLIFF (65-69) established the record at 8:28.50

Women 19-24: Daniell Dostie looks to having a future.

Women 25-29: Kathy Vermilyea completed the swims and is the champ at 4:15.65

Women 30-34: Laurie Kilbourn won it all at 3:42.36, Ellen Broido was second at 3:55.01 and Anne Schmidt was 3rd

Women 35-39: Becky Obetz (MAC) came thru with the Gold, but not till after a stroke for stroke duel with Dianne Viales, while right on their heels was Sarah Hoagland, the totals were 3:23.19, 3:24.68 and 3:27.87. 50 Free leaders all at 28+, 50 Fly all 31+ and in the 100 IM (1:11.32, 1:11.17, 1:11.78) Virginia Ross at 39 will be one to watch in the future. Becky, Virginia and Gracie Goddard all will hit 40 soon.

Women 40-44: Ann Goodman the winner at 3:40.14, with Jody Welborn the Silver in 4:10.52

Women 45-49: ROBIN PARISI (MAC) set two OMS records on the way to winning it all in 3:21.86 (new PENT rec) 50 Free 27.75 was 28.47. Tiesher '97, 100 IM 1:10.67 was 1:10.78 Pierson '91. Robin's BACK was 33.98 vs the rec of 33.44 and all of her times were close to TT. Susan Collins and Elizabeth Scott (PNA) battled it out for the Silver with Susan at 4:05.57 and Scott 4:06.49.

Women 50-54: Sandi Rousseau won the Gold at 3:56.60, Kristi Riddle the Silver in 4:31.41. Sandi's 50 Fly at 33.64 looks like a TT9.

Women 55-59: You want some good times, just call on Joy Ward and Mirjana Prather. Joy won it all in 3:43.94 with Mirjana right there at 3:48.17. Ward's best- Free 30.09(TT6), Back 37.19(TT4), Fly 32.13(TT3) IM 1:20.84(TT8), Mirjana's Back 38.09(TT7), Breast 41.21(TT8) Fly 35.64(TT10) IM 1:20.31(TT6) Mirjana's last year IM was 1:20.85, this will bear some watching.

Men 25-29: Curtis Taylor is a SWIMMER, wins the Gold in 2:44.08, best was a 5 0Free-22.50. Shane Spell the Silver 3:16.45, and Shawn Cooney the Bronze in 3:20.16 Taylor's times were Quality from stem to stern.

Men 30-34: Eric Askerman wins in 2:58.18, with Jon Clark the Silver in 3:20.02. Eric has the makings of an excellent paddler.

Men 35-39: Mark Vininski gets the Gold at 2:54.14, with Murali Krishna the Silver in 4:05.68. This Mark will bear some WATCH, he looks to be a Top Tenner this year.

Men 40-44: Pat Allender won it all with a 2:50.81, Peter Metzger, the Silver at 2:55.08, the Bronze to Ronald Cobb 3:10.79. Allender and Metzger went at it in the 50 Fly, Pat 26.08 and Pete 26.62, then Pete showed us a good 50 Back 27.64

Men 45-49: Larry Philsbreick at 2:54.95 the Gold, and Mike Tennant with a 3:00.19 for the Silver. It was great to see Chris Hughes, one of OMS's all timers, Chris with a 3:08.90 won the Bronze. Larry, Michael and Chris should give us some strength in this age group.

Men 50-54: Frank Parisi (MAC) had this all to himself and took the Gold with 4:01.22. OB must say that the clapping and cheering of daughter Celeste, had much to do with Dad swimming at least one personal best. Many of you took a look at the Photo Albums, well so did Celeste, "I can't find a picture of my Mommy or my Daddy", well now, OB took care of that right now !

Men 55-59: ROBERT SMITH, this guy never fails to amaze me, even after all these years. Robert, am sure, felt that his record should be faster, so he swims it faster, a 2:53.79 vs 2:58.65 from last year. Every one of Smith's times were Top Ten either 2, 3 or 4. This is Year 2 in the age group for Robert, don't be surprised if he doesn't lower some more records.

Men 60-64: RON NAKATA, here is MR AMAZING, he just turns 60 and says well guess I had better get with it again. He got with it, a new Pent record of 3:14.94, and to help it along he sets a new ZONE for the IM at 1:08.64, was 1:08.80 from '92, his fly of 29.04 may be a TT4, the IM a TT7. Bert Petersen's presence, am sure added to the alacrity, Bert compiled a 3:22.11 with a 28.73 in the 50 Fly.

Men 65-69: RICHARD WEICK, just 65 this anno, puts up a new Pent Record of 3:22.17 against Mickey Marks old rec of 3:37.62 fr '96. Richard also sets a new OMS 50 Back at 34.00 besting Elliott's time of 34.48 set in '93.

Men 70-74: Well now, guess what old friend is up to - he just turns 70, and is all alone for the Gold in 4:08.74. Getting old is not too bad in Masters. We are writing about Eric Guest.

Men 75-79: Rupert Fixott snags the Gold with a 5:43.29, while Khosrow Shadbeh picks off the Silver with 6:21.43.

Men 80-84: ANDREW HOLDEN, a very young 80, even not feeling too great, gave us 2 new ZONES and tied a 3rd. Holden set a new Pent Record of 4:06.83, and on the way a TT1 in the 50 Free, Zone Rec of 40.90 (TT1) in the 50 Back was Eisenschmidt 44.18 '87, tied the Zone Rec of Jim Penfield in the 50 Breast at 47.09 (TT4), swam a TT1 in the 50 Fly, and a new Zone 1:29.22 (TT1) for the IM, was Penfield 1:40.18 '88. Ol Barn is putting his money on

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Holden for at least 3 or 4 National Records this SCY season, it actually could be more than that. Andy is a Dandy ! Now let's look at the Distance Pent:

Women 19-24: Castle Funatake put together 5 good swims and brought home a new Pent record of 7:16.58, was 8:09.37, Gorsline last year. This gal is a swimmer.

Women 25-29: Sara Quan was all alone but that did not detract from the quality of her swims, those are 5 great ones, leading to a new Pent Record of 7:02.81 was 8:19.71, Ybarra from last year.

Women 30-34: Rebecca Perry had this all to herself, put together 5 good swims and came away with the Gold at 7:41.46

Women 35-39: Goddard not liking the feel of her arm, still put up a 1:08.31 for the 100 Fly, while Christina Fox completed all but the 100 Fly, no Pent Champ here.

Women 45-49: Elke Asleson put together 5 good swims for the Gold at 8:54.47, while Eleanor Fulton took home the Silver in 11:49.40

Men 30-34: Robert Higley packed away the Gold with a total of 7:21.17.

Men 35-39: Ron Taylor came out for the first meet of the new year with 5 good swims, totalled up 6:35.59 for the

Gold.

Men 40-44: David Burleson (MAC) Posting 50.67 (Free), 58.02 (Back), 56.05 (Fly), helped toward a winning total of 6:09.39 vs the Pent Record of 6:04.23.

Men 45-49: Robert Maestre (MAC) Totalled up 7:02.23 for the Gold coming from 5 good swims.

Men 50-54: JED CRONIN of THB and Robert Bruce (Bend), put on a free for all, Jed's fly at 1:05.43 made the difference to the Gold (7:17.69) with Bruce getting the Silver at 7:25.43. Take a look at these: Free 58.92 vs 59.38, Back 1:14.16 vs 1:14.06, Breast 1:21.58 vs 1:21.56, IM 2:37.60 vs 2:37.18, Bruce's fine fly of 1:13.25 just could not keep pace. Cronin established a new Pent record.

Men 55-59: Richard Juhala won it all here with a total of 8:59.41.

Men 65-69: DAVID RADCLIFF, our editor put up a new Pent Rec of 8:28.50. A Zone Rec in the 100 Free at 1:01.70 (was 1:01.95, Weick (99) helped, along with a 1:22.94 for the Fly, the Rec is 1:21.20. Free TT5, Fly TT8.

Well Chilluns, that was a good meet, with some very fine swims for the first meet of the new year. We will see you all at Ashland, and then again at MAC for the SCM Zone Champs. The pool at MAC is new and built for SPEED.

Masters Swimming in New Zealand

EF Sports Tours is proud to be working with USA Swimming to bring swimmers from around the world a little closer together. Our international sports travel programs have only been available to youth and college teams...until now.

EF Sports Tours is thrilled to invite you to join our first ever Masters Swimming Tour to New Zealand. This thirteen-day tour will have you traveling the beautiful New Zealand countryside, and competing in the New Zealand Masters Games. The tour group will include masters swimmers of all ability levels from across the United States and will depart from Los Angeles the evening of February 2, 2000. Guests and families of athletes are also welcome to travel with the team.

Below is a very basic itinerary for this trip. If you are interested, have questions, or just want to find out more about the program or about EF Sports Tours, please call or email Kelly, at 1-800-577-6784 or kelly.james@ef.com.

We look forward to helping you swim your way across New Zealand.

Sincerely,

Kelly James - Tour Specialist - Swimming EF Sports Tours Masters Swimming in New Zealand Itinerary (February 2, 2000- February 13th, 2000)

Days 1 & 2- Flight From Los Angeles to Christchurch, New Zealand

Day 3 - Arrive in Christchurch where your EF Tour Director will meet your flight. EF Tour Director led sightseeing of Christchurch. Afternoon swim in the Queen Elizabeth II pool. Overnight stay in Christchurch.

Day 4 - Free Day in Christchurch. Afternoon swim. Marea visit and traditional Hangi feast. Overnight stay in Christchurch.

Day 5 - Breakfast. Day trip to Akaroa and Banks Peninsula. Afternoon swim. Overnight in Christchurch

Day 6 - Travel to Dunedin for the New Zealand Masters Games. Swim upon arrival. EF Tour Director led sightseeing in Dunedin.

Day 7 - 9 New Zealand Masters Games swim meet. Staying in Dunedin during the meet.

Day 10 - Travel to Queenstown, stopping at sights along the way. EF Tour Director led orientation in Queenstown.. Overnight in Queenstown.

Day 11 - Skyline Gondola trip for a unique view of Lake Wakatipu and the Remarkables. Free afternoon - Optional activities include the Shotover Jet, rafting, hiking, and bungy jumping. Overnight Queenstown.

Day 12 - Cruise of Milford Sound. Overnight in Queenstown.

Day 13 - Morning flight back to Los Angeles via Auckland, or you may choose to extend your stay in Auckland for a few nights.

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Stevenson

Assn Records: Jane Loverin(25-29) 50/100/200 Breast :39.54/1:28.50/3:13.31 and 200 IM 2:49.98. Jane was an A1 swimmer, OB used to use her as a rabbit, when swimming the Breast, never stayed with her, but it did make me swim my best times. Mirjana Callahan (35-39) 50 Free/Breast/Fly:33.29/44.98/37.16. Barbara Frid (40-44) 100/200 Back 1:29.36/3:14.78. Elfie Stevenin (60-64) 200 Free 5:34.46. Steve Colella (25-29) 200 I M 2:26.51. Jon Stout (35-39) 100 Back 1:15.18. Art Smith (35-39) 100 Breast 1:19.17. Eric Guest (50-54) 50 Fly :39.95. Gil Young (60-64) 200/400 Free 3:16.01/6:51.57

OB is accenting the year of 1982, this was the year that Oregon Masters came of age in more than one way. Suddenly after the end of 1982, we could hold our own with just about anyone.

We appealed to past swimmers who had dropped by the wayside, to come back and give us points at Nationals. It worked, it helped us to the team championship. We may have been small in numbers, but talent wise we were swimming with the best of them.

The Regionals were held at MHCC, it was a great meet, but the weather was horrible. Mike Popovich and I were thinking and praying, lets not do this at Nationals, less than a month away.

Guess who swam his first meet as an Oregon Master, none other than Robert Smith at the tender age of (35-39) Two Regionals-the 50/100 Back:31.73/1:12.73 and Assn 50 Fly in 29.81. In 1998 Robert swam faster in everything at the NIKE meet. Also helping to make the Regionals great was the attendance from PNA and IEM. Relays: Men's 200 Medley 45 plus 2:26.80 Jones, Van Rossen, Slawson, Guest 200 MXD Free 25 plus 1:59.02. Loverin, Loverin, Arvidson, Lubchenco. 200 MXD Free 35 plus 2:12.00. Richards, Richards, Frid and Smith. Sam Ierulli, 53, swam the 1500 in 24:45.72, which was almost exactly a 2 Min PR, everyone was pumped !!!

OB's comment on Nationals: 205 Oregons swam, in the finest LCM ever held in this world. Highest combined team score by over a thousand points - 3,097, the women put it all together with over 1700 points, this used to be the record for combined team scores. The guys held off the amazing challenge of TOC. OB admonished, don't rest on your laurels, keep in shape, GET BACK IN THE WATER - NOW ! Something to think on: Remember this your life-time through (TIME 2/12/73)

Tomorrow there will be more to do

And failure waits for all who stay

With some success made yesterday

(This was John Wooden's favorite of all time) No, we were certainly not sitting back, the first SCY Meet of the new swimming year was announced, The Vancouver Old Timers

Short Course Swimming Meet, November 7, 1982

November AM says it all "1982 Long Course Champions" OREGON - 3,141 Points. GOLD MEDALIST: S Carper 200 Back, F Sprenger 1500 Free, Van Rossen 100/200 Breast/200 Fly, D Stevenson 200 Breast/Fly, L Webster 100/200 Breast, C Wheeler 50/100 Free, T Mansigh 100/200 Back, C Imwalle 50 Breast, D Pohl 200 Fly, B Frid 50/100/200 Back, S Rittenhouse 100/200 Fly, L Stoinoff 400,1500 Free, N Whitehall 100 Fly, L Hepner 100/200 Breast, M Keller 100/200/400/1500 Free/50 Back, E McMasters 50/100 Breast

Relay Golds: 200 Free 25+ Lubchenco, Loverin, Gannon, Mansigh . 200 Free 35+ Whitmyer, Callahan, Cox, Ross. 200 Free 45+ Stoinoff, Whitehall, Whisman, Van Rossen Women 200 Free 55+ Wells, Hughes, Hepner, Wolfe. 200 Med 25+ Rousseau, Repshas, Loverin, Lubchenco. 200 Med 35+ Whitmyer, Frid, Pierson, Ross. 200 Med 45+ Whitehall, Wilson Whisman, Stoinoff

MXD 200 Free 25+ Lubchenco, Mansigh, Dasch Cardwell 200 Free 35+ Ross, Callahan, Smith, Von Tagen. 200 Free 55+ Walter, Holland, Hepner, Wolfe. 200 Free 75+ McMasters, Keller, Wedler, Eisenschmidt

MXD 200 Med 25+ Rousseau, Carper, Colella Lubchenco 200 Med 35+ Whitmyer, A Smith, R Smith, Callahan. 200 Med 75+ Keller, McMasters, Wedler, Eisenschmidt

MEN 200 Med 25+ Cardwell, Carper, Ronkin, Dasch. 200 Med 75+ Eisenschmidt, Webster, Wedler, Larsen. Men 200 Free 75+ Wheeler, Wedler, Webster, Eisenschmidt

How about this: MXD Med 25+ OR A Gold 2:05.23, OR B Silver 2:05.32, and this, Howard Ronkin in 2 years came from very average in the 20-24, to WORLD CLASS(25-29) 2-3rds and a 4th, plus being a tower of strength on the relays, as OB has always said - Now that's growing old in style.

We had built Oregon Masters from a handful to almost 500 from 1972 through 1982, THAT's DOING SOMETHING RIGHT! SWIM FOR FITNESS ... NOW AND ALWAYS The Second Annual Swim Cellar Pentathlon was announced for Dec 5th and ... immediately following the Pentathlon there was a very important meeting for ALL swimmers. OREGON had FIVE defending SWIM SWIM National Pentathlon Champs: Sue Snyder (30-34), Barbara Frid (35-39), Susan Rittenhouse (40-44), Verne Dasch (30-34), Earl Walter (60-64)

The 1982-1983 season was announced, with the Association Champs at MAC, and Regionals at Tualatin Hills.

The December issue of AM announced Art Smith as Chair, Jim Bigler as Vice Chair, Sandi Rousseau, Secty and Roy Abramowitz as the keeper of the MONEY.

OB Comment: Roy was our Treasurer from 1982 to 1999, WOW.The new Chairman was to appoint: Persons for (1)

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Records, (2) Registration and (3) AquaMaster, giving us a 7 person voting Board of Directors, the Chair and Board would serve for two years. A most important contribution was made by Roy Lambert, lawyer and swimmer. Roy was most helpful in the finalization of our Constitution and By Laws.

The Vancouver Meet was a success with close to 100 swimmers, new records for SCY were announced. Special accolades for Ginger Pierson w/2 # 1 times in her first meet of the year. Sandi Rousseau and Mirjana Callahan will battle in the 35-39. Mike Langsdorf set 3 records in the 40-44 (50/100/200 Breast)

Oregon Masters Swimmers were prominent in the USA Top Ten: 26 swimmers made the chosen few, highlighted by: Nancy Ross of Medford was named in 9 events. Sue Rittenhouse, Oswego in 8 events, Barbara Frid, made AA in the 50 Back, Lavelle was AA in the 200/500 and 1650. Nadine Whitehall was named in 8 events. Martha Keller was named to 16 events, she missed the 200 Free, why? - she did not swim it! AA in 5 events. OB somehow made it in 8 events. Eisenschmidt was named in 7 with 3 # 2's Leroy Webster was named in 3 events. Our new Leader, Art Smith, nabbed 3 spots, w/a 3rd in the 200 Breast and 9ths for the 50 and 100.

The Second Annual Pentathlon was announced to be held at TH Dec 5, 1982. Officials were headed by Barbara and Brian Frid, the referee was Tom Loun with Dick Parker helping Tom with the Starter chores. Stroke and Turn was Bernd Gerkens. Timing and Announcing were Bob and Judy Hathaway with David Frid acting as Chief Timer and the scoring was handled by Kay Taketa and Ginny Vaughn. The after meet party at Linda Jones was announced, a map to her house was attached, OB particularly enjoyed the hard left turn at The Rock Creek Tavern, with "DO NOT STOP AT TAVERN" admonishment. The 1982 "Swim Swim" National Postal Pentathlon records were announced: Oregons named: W30-34: Sue Snyder, 35-39: Barbara Frid, 40-44: Susan Rittenhouse: M30-34: Vern Dasch and 60-64: Earl Walter. Here's a list of people who are still swimming for OMS: Ginger Pierson, Sandi Rousseau, Sue Snyder, Judy Belford, Mirjana (Callahan) Prather, Louise Hepner, Margaret Wells, Elfie Stevenin, Robert Smith, Jon Stout, Dale Vaughan, Adrian Kalil, Ron Nakata, Dick Slawson, Jim Bigler, Earl Walter, Eric Guest, Donlan Jones and Lee Miesen. Interestingly the Pentathlon was initiated with the events running, one after the other and NO BREAKS, this was finally changed to the current format, with selected breaks, as the TH Pool was too good a pool and fast, not to allow for an assault on various records.

1982 was a REALLY BIG YEAR !!! Oregon went over 500 members, Hosted and Won the National LCM Championships. Finally the DUO of Connie and Earl were

replaced with a seven member voting board. We had grown too large to be watched over by just two people, and most importantly more voices were going to be heard we were also too large to be adequately handled and directed in all of the many many facets of Masters Swimming. From 1982 on we just grew and grew. There follows some comments from 3 people who were very instrumental in the years just prior to 1982, and the growing and building Oregon Masters after that.

ERIC GUEST: In retrospect through 1981-1982 and a few comments. They were two of my most enjoyable years as a Masters Swimmer. The Oregon Masters Swimming organization was getting on its feet with Connie Wilson and Earl Walter at the helm. I entered my first Masters meet in the late 1970's. By 1980 I had the great pleasure of meeting some of the most dedicated, interesting and skilled swimmers in the world. Though Oregon Masters Swimming was in its infancy, the organization was one to be reckoned with, with Earl and Connie leading us. The camaraderie among my fellow Masters kept me interested. I was basically a sprinter then, competing solely in 50's and an occasional 100. As time went by, with the prodding of my friends Earl and Gil Young, I even entered a 200 Free. This was L-O-N-G distance for me, but I gave in to the harassment and did it, being of a competitive nature, I particularly enjoyed swimming against the younger ones in the same heat, and sometimes, being lucky enough to beat them. This, and the encouragement of fellow Masters has kept me in the water, and hopefully in good health. I owe MASTERS SWIMMING for all I have accomplished. Win or lose, there is always someone to pat you on the back and say "Good Swim". I also owe Earl Walter and Connie Wilson for getting the program growing in Oregon, and bringing it to what it is today

ART SMITH: Our phone conversation of last week, brought back all those memories from the years when I first became involved in Oregon Masters. I recall how high the energy and enthusiasm was in the early 80's, as you stepped down and turned the helm to myself and others. You had built a well oiled machine, and I think if memory serves me well, we were 300 strong, itching to make ourselves better known throughout the country. We began to actively recruit, and went after and got the bid to host the Long Course National Championships. Sandi Rosseau, along with a host of us, tackled the job, and the Championship was so well run, that we set the standard of how an event should be managed. We did an outstanding job! We won, if I remember correctly, the overall team championship, and were on our way to future continued team victories. As you know, I swam about ten years until I bowed out in about 1985, at which time, I believe we were 500 strong. I have dropped back in the pool every so often and see all new
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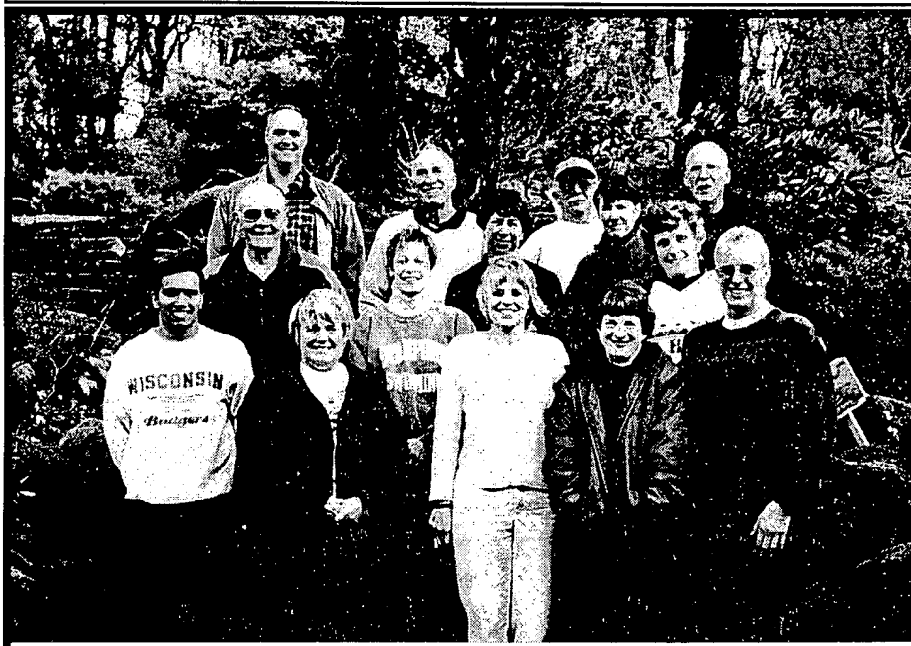
History continued from page 13

faces, so I know the beat goes on.

OB Comment: Art was responsible for the name "Old Barnacle" and with the help of others has made it stick. I

guess in some respects I was hard to get along with, maybe still am.

That's it for 1982. We will pick up with Ch. 9 in a future Aqua Master.



O M S B o a r d

Recently your Board spent a weekend at the Menucha Conference grounds planning for 2000. A lot of work, thought and effort went into the weekend. A special thanks to: front row- Murali Krishna (top ten), Pam Himstreet (Vice Chair), Sharon Glaeser (Secretary), Jody Welborn (new Secretary), Ginger Pierson (at large), second row-Eric Guest (Past Chair), Jeanne Thimm (HOST Social), June Mather (Registrar), Jeanne Teisher (Treasurer), Sandi Rousseau (Safety), back row-Bill Volckening (Swim Magazine), George Thayer (Fitness), Dan Gray (Long Distance), Dave Radcliff (Editor)

profile continued from page 1

MR: I am not sure what I would do if I were a coach. It has taken me a long time to figure out what works for me. I would try to design my workouts according to my philosophy, but it is hard to meet everyone's needs. I think Jane Samuels did a really good job when she was coaching the Barracudas. With her experience, she could tell in an instant who needed what, and I learned a lot from her.

AN: *You are originally from Germany. What brought you to the US?*

MR: I came to the US for a post doc immediately after I finished my Ph.D. in Germany. A fellowship from the Alexander-von-Humboldt foundation funded my research project in Knoxville, TN. That is also where I picked up swimming again. I had stopped swimming when I was 18 (never being any good). I had gained approximately 20 pounds and was smoking about 20-30 cigarettes a day. In Tennessee I started swimming with a really great group of people and got very much into it after a while. Today, I am faster than I was as a kid.

AN: *What brought you out here to Oregon?*

MR: Another job. I visited Oregon for the first time in 1995 when the Long Course nationals were held at Mt Hood Community College. I fell in love with Oregon and decided to give it a shot and move here. Back in Tennessee, I got on the web and explored the universities and opportunities out here. I was lucky to find a good job with outstanding possibilities.

AN: *In the past couple of years, you have been competing in triathlons. What got you into these? Describe your best triathlon experience.*

MR: Arash Kia, who swims with us, was the one who really got me hooked. I had bought a road bike in Tennessee and participated in a triathlon relay. It was a lot of fun, but I was the world's worst runner (and still am) so I had not given it any further thought. Here, Arash went riding with me and told me about all the races around here. Then he went running with me and told me how much training I needed (a lot). I started competing the next season, and it was fun. I decided to call myself a triathlete from then on. The most satisfying race was the one that I won at Hagg Lake in 1997. The medal for the most exhausting race was the Hi Tec adventure race this year at Hagg Lake where I ended up with 7 yellow jackets stinging me.

AN: *Anything else you can think of that you would like others to know about you?*

MR: No, but maybe about the Steelheads. We got started at the end of last year with just a few people, mostly those who had swum with the Barracudas. Ever since then, more and more people have joined our workouts which are written by Chris Perrett to whom we all owe a big thank you. I think what most people enjoy about swimming with us is the fact that you swim with your friends (which sometimes leads to a lot of wall drills and lunches together). There is no organizational hassle, and no form of payment (of course no form of service either). Except for the short period when Jane was coaching the Barracudas, I have never enjoyed swimming this much before.

Thanks, Martina

Profile article written by fellow Steelhead swimmer, Anne Nakagawa

Emerald Aquatics "50's Challenge" Short Course YARDS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #370-01

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

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

"50's Challenge" plus regular format MEET

Date: January 29, 2000

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

6 lanes competition - electronic timing,

heated outdoor pool available for continuous warm-up/down

Warmups: Sat. 9:30 AM

Meet Starts: Sat. 10:30 AM

Director: Lynda Christiansen

Phone: 541-687-8379 E-mail: ericandlynda@netzero.net

Directions to pool: From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Exit Beltline at Barger Rd. Take a left at Barger, heading east one block until you come to Echo Hollow Road. Turn right on Echo Hollow Rd. The pool is two blocks down on your left.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - JAN. 15, 2000

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

NAME _____ For office use _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
2000 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc.)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: Relay age groups: 19+, 25+, 35+ 45+, 55+, 65+, 75+ etc.,

You may enter a maximum of 5 individual events plus unlimited relays. Enter relays at the meet. In each relay event, relay teams may swim distances of 200y, 400y, and 800y, (800y for Free relays only). The 400y and 800y relays will be seeded in heats following the 200y relays of the same type. The 1650 Freestyle will be deck seeded. Check in will close 30 min. before the 1650 is to be swum. All events will be seeded SLOW TO FAST.

SATURDAY, JANUARY 29

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

MEDLEY RELAYS (2/3) XXXXXX

*50 BACK (4) _____:_____._____

200 FLY (5) _____:_____._____

100 FREE (6) _____:_____._____

100 BACK (7) _____:_____._____

*50 FREE (8) _____:_____._____

200 BREAST (9) _____:_____._____

BREAK BREAK BREAK

MIXED FREE RELAYS (10) XXXXXX

200 I.M. (11) _____:_____._____

100 BREAST (12) _____:_____._____

*50 FLY (13) _____:_____._____

200 FREE (14) _____:_____._____

BREAK BREAK BREAK

MIXED MEDLEY RELAYS (15) XXXXXX

*50 BREAST (16) _____:_____._____

200 BACK (17) _____:_____._____

100 FLY (18) _____:_____._____

100 I.M. (19) _____:_____._____

FREE RELAYS (20/21) XXXXXX

1650 FREE (22) _____:_____._____

50's Challenge

Enter the four 50 yd. events marked with an *. Add up your seed times for the four 50 yd. events and write your total cumulative time in the blank below. You may enter a 5th event but please do not add the 5th time into the total. The male and female swimming closest to their projected total time will win a valuable prize.

Yes, I am entering this exciting event. My projected time is _____:_____._____

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

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$11.00 Make checks payable to Oregon Masters Swimming

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

Just joining OMS or renewing for 2000? Send OMS form and fee to Suzanne with your entry.



Thank you RVM: Marianne Van Dijk (front) Leo Van Dijk, John Weston, Erin Coke, Dan Gray and June Mather for a great meet.

PL	Name	Age Team	Finals
— Ages 19 Through 24 —			
Mixed 50 Free	CORRIE BLACK	21 OREG	27.79
Mixed 100 Free	CORRIE BLACK	21 OREG	1:12.86
Mixed 200 Free	LISA GORSLINE	24 OREG	2:17.88
Mixed 500 Free	LISA GORSLINE	24 OREG	6:11.55
Mixed 1000 Free	LISA GORSLINE	24 OREG	12:41.14
Mixed 100 Back	CORRIE BLACK	21 OREG	1:26.36
Mixed 200 Breast	LISA GORSLINE	24 OREG	2:56.14
Mixed 100 Fly	LISA GORSLINE	24 OREG	1:12.03
Mixed 100 IM	CORRIE BLACK	21 OREG	1:19.20
— Ages 30 Through 34 —			
Mixed 50 Free	LINDA PARMENTIER	31 OREG	26.58
Mixed 100 Free	SUSAN THORNTON	34 OREG	35.71
Mixed 500 Free	SUSAN THORNTON	34 OREG	1:18.16
Mixed 1000 Free	SUSAN THORNTON	34 OREG	7:42.83
Mixed 100 Back	LINDA PARMENTIER	31 OREG	1:10.13
Mixed 50 Breast	LINDA PARMENTIER	31 OREG	35.28
Mixed 200 Breast	SUSAN THORNTON	34 OREG	45.88
Mixed 100 Breast	SUSAN THORNTON	34 OREG	1:37.15
Mixed 50 Fly			

1	LINDA PARMENTIER	31 OREG	29.37
Mixed 100 IM	LINDA PARMENTIER	31 OREG	1:08.55
— Ages 35 Through 39 —			
Mixed 50 Free	JANICE TACCONI	37 OREG	31.15
Mixed 100 Free	JANICE TACCONI	37 OREG	1:11.01
Mixed 50 Back	KIM HULL	36 UNATT	36.88
Mixed 100 Back	KIM HULL	36 UNATT	1:18.89
Mixed 200 Back	CHRISTINA FOX	38 OREG	1:28.81
Mixed 50 Breast	JANICE TACCONI	37 OREG	1:31.43
Mixed 100 Breast	CHRISTINA FOX	38 OREG	3:05.14
Mixed 200 Breast	KIM HULL	36 UNATT	38.02
Mixed 50 Fly	JEANNE THIMM	36 OREG	40.25
Mixed 100 Fly	KIM HULL	36 UNATT	1:25.73
Mixed 200 Fly	JEANNE THIMM	36 OREG	1:34.26
Mixed 50 IM	CHRISTINA FOX	38 OREG	1:34.49
Mixed 100 IM	CHRISTINA FOX	38 OREG	3:20.82
Mixed 200 IM	KIM HULL	36 UNATT	34.05
Mixed 500 IM	JEANNE THIMM	36 OREG	34.67
Mixed 1000 IM	JEANNE THIMM	36 OREG	1:31.35
Mixed 500 Free	KIM HULL	36 UNATT	1:15.97
Mixed 1000 Free	JEANNE THIMM	36 OREG	1:17.50
Mixed 1000 Free	JANICE TACCONI	37 OREG	1:23.42
Mixed 1000 Free	CHRISTINA FOX	38 OREG	1:29.37
Mixed 200 IM	CHRISTINA FOX	38 OREG	3:18.95
— Ages 40 Through 44 —			



The new "Dynamic Duo" Linda Parmentier (welcome to Oregon) and brother Steve Parmentier had some great swims at Ashland.

Mixed 50 Free	LAURIE MACGRAW	42 OREG	31.24
Mixed 100 Free	AMANDA MARTIN	41 OREG	35.23
Mixed 200 Free	JEANNE LANSING	40 UNATT	38.43
Mixed 500 Free	JEANNE LANSING	40 UNATT	1:29.64
Mixed 1000 Free	LAURIE MACGRAW	42 OREG	7:07.18
Mixed 50 Back	LAURIE MACGRAW	42 OREG	14:42.43
Mixed 100 Back	PARIS GEIKEN	41 OREG	15:31.41
Mixed 200 Back	JEANNE LANSING	40 UNATT	17:29.27
Mixed 50 Breast	JEANNE LANSING	40 UNATT	2:07.26
Mixed 100 Breast	LAURIE MACGRAW	42 OREG	36.23
Mixed 200 Breast	ERIN COKE	40 OREG	1:26.84
Mixed 50 Fly	JEANNE LANSING	40 UNATT	1:51.10
Mixed 100 Fly			
— Ages 45 Through 49 —			
Mixed 50 Free	JUNE MATHER	46 OREG	36.12
Mixed 100 Free	JUNE MATHER	46 OREG	7:51.59
Mixed 200 Free	JACOLE ANDERSON	47 OREG	8:43.65
Mixed 500 Free	JUNE MATHER	46 OREG	16:09.73
Mixed 1000 Free	MARY HILLS	45 OREG	40.39
Mixed 50 Breast	MARY HILLS	45 OREG	3:19.60
Mixed 100 Breast			
— Ages 50 Through 54 —			
Mixed 50 Free	GERI MATHEWSON	51 OREG	31.55
Mixed 100 Free	SANDI ROUSSEAU	52 OREG	32.06
Mixed 200 Free	GERI MATHEWSON	51 OREG	1:11.03
Mixed 500 Free	SANDI ROUSSEAU	52 OREG	1:12.11
Mixed 1000 Free	GERI MATHEWSON	51 OREG	2:38.70
Mixed 50 Back	GERI MATHEWSON	51 OREG	7:02.80
Mixed 100 Back	SANDI ROUSSEAU	52 OREG	7:22.32
Mixed 200 Back	LYNN SACKS	53 OREG	9:49.51
Mixed 50 Breast	SANDI ROUSSEAU	52 OREG	33.48
Mixed 100 Breast	SANDI ROUSSEAU	52 OREG	1:22.63
Mixed 200 Breast			
Mixed 50 Fly	SANDI ROUSSEAU	52 OREG	1:24.71
Mixed 100 Fly			
— Ages 55 Through 59 —			
Mixed 50 Free	JOY WARD	56 OREG	30.30
Mixed 100 Free	PAMELA HIMSTREET	56 OREG	34.12
Mixed 200 Free	JOY WARD	56 OREG	1:10.54
Mixed 500 Free	PAMELA HIMSTREET	56 OREG	7:36.21
Mixed 1000 Free	JOY WARD	56 OREG	37.46
Mixed 50 Back	JOY WARD	56 OREG	1:20.94
Mixed 100 Back	PAMELA HIMSTREET	56 OREG	1:40.33
Mixed 200 Back			
Mixed 50 Breast	PAMELA HIMSTREET	56 OREG	3:21.81
Mixed 100 Breast	JOY WARD	56 OREG	31.89
Mixed 200 Breast	PAMELA HIMSTREET	56 OREG	1:35.20
Mixed 500 Breast	JOY WARD	56 OREG	1:20.71
Mixed 1000 Breast	PAMELA HIMSTREET	56 OREG	3:15.58
— Ages 60 Through 64 —			
Mixed 50 Free	SANDY FRIEND	62 OREG	4:55.20
— Ages 65 Through 69 —			
Mixed 50 Free	BEVERLY L'ESPERANCE	67 OREG	44.55
Mixed 100 Free	BEVERLY L'ESPERANCE	67 OREG	1:42.10
Mixed 200 Free	BEVERLY L'ESPERANCE	67 OREG	3:44.59
Mixed 500 Free	BEVERLY L'ESPERANCE	67 OREG	55.02
Mixed 1000 Free	BEVERLY L'ESPERANCE	67 OREG	1:59.53
Mixed 50 Back	BEVERLY L'ESPERANCE	67 OREG	4:11.64
Mixed 100 Back	CYNTHIA ROSIK	66 OREG	2:10.45
Mixed 200 Back	CYNTHIA ROSIK	66 OREG	2:10.15
Mixed 500 Back	CYNTHIA ROSIK	66 OREG	4:42.71
— Ages 25 Through 29 —			
Mixed 50 Free	MARK PENNINGTON	25 UNATT	24.38
Mixed 100 Free	MARK PENNINGTON	25 UNATT	55.71
Mixed 200 Free	MARK PENNINGTON	25 UNATT	33.44
Mixed 500 Free	MARK PENNINGTON	25 UNATT	34.32
Mixed 1000 Free	MARK PENNINGTON	25 UNATT	27.64
— Ages 30 Through 34 —			
Mixed 50 Free	ROBERT KABACY	31 MACO	22.10
Mixed 100 Free	STEVE PARMENTIER	34 OREG	24.42
Mixed 200 Free	RICHARD HOBBS	33 OREG	26.94
Mixed 500 Free	ROBERT KABACY	31 MACO	49.68
Mixed 1000 Free	RICHARD HOBBS	33 OREG	58.76
Mixed 50 Breast	ROBERT HIGLEY	34 OREG	2:15.23
Mixed 100 Breast	STEVE PARMENTIER	34 OREG	26.99
Mixed 200 Breast	ROBERT KABACY	31 MACO	27.62
Mixed 500 Breast	ROBERT HIGLEY	34 OREG	33.98
Mixed 1000 Breast	ROBERT HIGLEY	34 OREG	1:14.06
Mixed 50 Fly	STEVE PARMENTIER	34 OREG	25.28
Mixed 100 Fly	RICHARD HOBBS	33 OREG	30.30
Mixed 200 Fly	STEVE PARMENTIER	34 OREG	58.67
Mixed 500 Fly	RICHARD HOBBS	33 OREG	1:10.57
Mixed 1000 Fly	ROBERT HIGLEY	34 OREG	1:10.69
Mixed 50 IM	ROBERT HIGLEY	34 OREG	1:12.05
Mixed 100 IM	ROBERT HIGLEY	34 OREG	2:31.53

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Results continued from page 16

Ages 35 Through 39

Mixed 50 Free			
1 CHARLES MIRHO	35 OREG	24.19	
2 MARK VININSKI	36 OREG	24.61	
3 RON TAYLOR	39 OREG	25.48	
4 DAVID VAN DER ZWAN	36 OREG	28.03	
Mixed 100 Free			
1 MARK VININSKI	36 OREG	52.92	
2 CHARLES MIRHO	35 OREG	53.10	
3 RON TAYLOR	39 OREG	56.39	
4 DAVID VAN DER ZWAN	36 OREG	59.96	
Mixed 200 Free			
1 RON TAYLOR	39 OREG	2:06.26	
2 BILL ROBINSON	39 OREG	2:09.44	
3 DAVID VAN DER ZWAN	36 OREG	2:13.68	
Mixed 500 Free			
1 DAVID VAN DER ZWAN	36 OREG	5:53.86	
Mixed 50 Back			
1 DAVID VAN DER ZWAN	36 OREG	37.61	
Mixed 50 Breast			
1 MARK VININSKI	36 OREG	31.11	
2 CHARLES MIRHO	35 OREG	31.19	
3 RON TAYLOR	39 OREG	34.46	
Mixed 100 Breast			
1 MARK VININSKI	36 OREG	1:10.06	
Mixed 200 Breast			
1 MARK VININSKI	36 OREG	2:34.33	



Charles Mirho with a good 100 IM

2 RON TAYLOR	39 OREG	2:44.26	
Mixed 50 Fly			
1 RON TAYLOR	39 OREG	26.87	
2 DAVID VAN DER ZWAN	36 OREG	32.73	
Mixed 100 IM			
1 CHARLES MIRHO	35 OREG	1:03.42	
Ages 40 Through 44			
Mixed 50 Free			
1 DANIEL GREENBLATT	44 OREG	31.33	
Mixed 100 Free			
1 DANIEL GREENBLATT	44 OREG	1:09.45	
Mixed 200 Free			
1 DANIEL GREENBLATT	44 OREG	2:31.93	
Mixed 500 Free			
1 DANIEL GREENBLATT	44 OREG	6:55.30	
Mixed 1000 Free			
1 DANIEL GREENBLATT	44 OREG	14:13.77	
Mixed 50 Back			
1 PETER METZGER	44 OREG	27.83	
Mixed 100 Back			
1 PETER METZGER	44 OREG	1:00.15	
Mixed 50 Fly			
1 PETER METZGER	44 OREG	26.65	
Mixed 100 Fly			
1 PETER METZGER	44 OREG	1:01.70	
Mixed 100 IM			
1 PETER METZGER	44 OREG	1:05.41	
Ages 45 Through 49			
Mixed 50 Free			
1 PATRICK BURCH	46 OREG	31.65	
Mixed 100 Back			
1 JOHN WESTON	48 OREG	1:14.76	
Mixed 200 Back			
1 JOHN WESTON	48 OREG	2:41.88	
Mixed 50 Breast			
1 JOHN WESTON	48 OREG	34.49	
2 PATRICK BURCH	46 OREG	41.99	
Mixed 100 Breast			
1 PATRICK BURCH	46 OREG	1:27.25	
Mixed 200 Breast			
1044 JOHN WESTON	48 OREG	2:52.22	
Mixed 50 Fly			
1 JOHN WESTON	48 OREG	29.68	
Mixed 100 IM			
1 JOHN WESTON	48 OREG	1:08.68	
2 PATRICK BURCH	46 OREG	1:23.23	
Ages 50 Through 54			
Mixed 50 Free			
1 GREG FROWNFELTER	51 OREG	27.02	
2 DANIEL GRAY	54 OREG	30.13	
Mixed 100 Free			
1 GREG FROWNFELTER	51 OREG	59.64	
Mixed 200 Free			
1 GREG FROWNFELTER	51 OREG	2:20.56	
2 DANIEL GRAY	54 OREG	2:31.41	
Mixed 500 Free			
1 BUZ CARRIKER	51 OREG	6:41.93	
Mixed 1000 Free			
1 ROBERT BRUCE	51 OREG	12:54.41	
Mixed 50 Back			
1 DANIEL GRAY	54 OREG	38.06	
Mixed 50 Breast			
1 GREG FROWNFELTER	51 OREG	34.99	
2 BUZ CARRIKER	51 OREG	37.93	
Mixed 200 Breast			
1 ROBERT BRUCE	51 OREG	2:58.32	
Mixed 50 Fly			
1 GREG FROWNFELTER	51 OREG	31.45	
2 DANIEL GRAY	54 OREG	33.57	
Mixed 100 IM			
1 GREG FROWNFELTER	51 OREG	1:11.72	
2 DANIEL GRAY	54 OREG	1:23.79	
Ages 55 Through 59			

Mixed 50 Free			
1 FRANK PHILIPPS	56 OREG	27.78	
Mixed 100 Free			
1 FRANK PHILIPPS	56 OREG	1:04.31	
Mixed 200 Free			
1 RICHARD JUHALA	56 OREG	2:59.70	
Mixed 500 Free			
1 FRANK PHILIPPS	56 OREG	6:43.54	
Mixed 1000 Free			
1 FRANK PHILIPPS	56 OREG	14:13.37	
Mixed 200 Back			
1 RICHARD JUHALA	56 OREG	3:25.31	
Mixed 50 Breast			
1 FRANK PHILIPPS	56 OREG	36.17	
Mixed 200 Breast			
1 RICHARD JUHALA	56 OREG	3:20.12	
Mixed 200 Fly			
1 RICHARD JUHALA	56 OREG	3:30.83	
Mixed 100 IM			
1 FRANK PHILIPPS	56 OREG	1:14.69	
Mixed 200 IM			
1 RICHARD JUHALA	56 OREG	3:15.96	
Ages 60 Through 64			
Mixed 50 Free			
1 GEORGE THAYER	63 OREG	27.84	
2 THOMAS LEVAK	61 MACO	29.52	
Mixed 100 Free			
1 THOMAS LEVAK	61 MACO	1:07.08	
2 GEORGE THAYER	63 OREG	1:07.32	
Mixed 200 Free			
1 GEORGE THAYER	63 OREG	2:47.75	
Mixed 50 Breast			
1 GEORGE THAYER	63 OREG	39.75	
Mixed 50 Fly			
1 GEORGE THAYER	63 OREG	38.41	
Mixed 100 IM			
1 GEORGE THAYER	63 OREG	1:22.55	
Ages 65 Through 69			
Mixed 50 Free			
1 LEO VAN DIJK	66 OREG	33.40	
2 WILLIAM HOLMAN	68 OREG	34.22	
Mixed 100 Free			
1 DAVID RADCLIFF	65 OREG	1:02.10	
2 WILLIAM HOLMAN	68 OREG	1:19.80	
Mixed 200 Free			
1 DAVID RADCLIFF	65 OREG	2:22.47	
2 WILLIAM HOLMAN	68 OREG	2:57.28	
Mixed 500 Free			
1 LEO VAN DIJK	66 OREG	3:00.28	
Mixed 1000 Free			
1 DAVID RADCLIFF	65 OREG	6:34.29	
2 WILLIAM HOLMAN	68 OREG	8:09.79	
Mixed 200 Back			
1 DAVID RADCLIFF	65 OREG	13:45.08	
2 WILLIAM HOLMAN	68 OREG	16:47.71	
Mixed 50 Back			
1 LEO VAN DIJK	66 OREG	43.70	
Mixed 100 Back			
1 RICHARD WEICK	65 OREG	1:18.73	
2 LEO VAN DIJK	66 OREG	1:38.32	
Mixed 200 Back			
1 RICHARD WEICK	65 OREG	2:53.20	
2 LEO VAN DIJK	66 OREG	3:29.22	
Mixed 500 Breast			
1 RICHARD WEICK	65 OREG	1:19.64	
Mixed 200 Breast			
1 RICHARD WEICK	65 OREG	3:07.22	
Ages 70 Through 74			
Mixed 50 Free			
1 ERIC GUEST	70 OREG	31.81	
2 RAYMOND ALLEN	73 OREG	45.92	
Mixed 100 Free			
1 RAYMOND ALLEN	73 OREG	1:41.45	
Mixed 200 Free			
1 ERIC GUEST	70 OREG	2:46.16	
2 RAYMOND ALLEN	73 OREG	3:46.95	
Mixed 500 Free			
1 RAYMOND ALLEN	73 OREG	9:40.42	
Mixed 1000 Free			

1 RAYMOND ALLEN	73 OREG	19:37.73	
Mixed 50 Breast			
1 ERIC GUEST	70 OREG	41.99	
Mixed 100 IM			
1 ERIC GUEST	70 OREG	1:27.14	
Ages 75 Through 79			
Mixed 50 Free			
1 GILBERT YOUNG	77 OREG	35.58	
Mixed 100 Free			
1 GILBERT YOUNG	77 OREG	1:18.99	
Mixed 200 Free			
1 GILBERT YOUNG	77 OREG	2:57.98	
Mixed 500 Free			
1 GILBERT YOUNG	77 OREG	8:15.99	
Mixed 1000 Free			
1 GILBERT YOUNG	77 OREG	17:03.91	
Ages 19 Through 24			
Female 200 R-Medley			
1 Oregon A F-19	OREG	2:29.93	
CORRIE BLACK-21 JANICE TACCONI-37 LAURIE MAC-GRAW-42 JUNE MATH-46			
Ages 25 Through 34			
Male 200 R-Medley			
1 Oregon A M-25	OREG	2:11.76	
RICHARD HOBBS-33 FRANK PHILIPPS-56 G. FROWNFELTER-51 MARK PENNINGTON-25			
Ages 35 Through 44			
Male 200 R-Medley			
1 Oregon B M-35	OREG	2:18.92	
JOHN WESTON-48 PATRICK BURCH-46 DANIEL GRAY-54 D. GREENBLATT-44			
Ages 19 Through 24			
Mixed 200 R-Free			
1 Oregon C X-19	OREG	1:51.79	
JANICE TACCONI-37F MARK PENNINGTON-25M CORRIE BLACK-21F RICHARD HOBBS-33M			
Ages 35 Through 44			
Mixed 200 R-Free			
1 Oregon D X-35	OREG	2:07.41	
D. GREENBLATT-44M JACQUE ANDERSON-47F DANIEL GRAY-54M LAURIE MACGRAW-42F			
Ages 45 Through 54			
Mixed 200 R-Free			
1 Oregon A X-45	OREG	2:02.61	
FRANK PHILIPPS-56M GERI MATHEWSON-51F JUNE MATH-ER-46F G. FROWNFELTER-51M			
Ages 55 Through 59			
1 Oregon B X-45	OREG	2:42.30	
PATRICK BURCH-46M SANDY FRIEND-62F LYNN SACKS-53F JOHN WESTON-48M			
Mixed 200 R-Free			
1 Oregon A X-45	OREG	2:06.48	
JANICE TACCONI-37F LAURIE MACGRAW-42F JUNE MATH-ER-46F CORRIE BLACK-21F			
Ages 60 Through 64			
1 Oregon B X-45	OREG	2:06.78	
SANDY ROUSSEAU-52F P. HIMSTREET-56F GERI MATHEWSON-51F JOY WARD-56F			
Mixed 200 R-Free			
1 Oregon A X-45	OREG	1:51.10	
MARK PENNINGTON-25M FRANK PHILIPPS-56M RICHARD HOBBS-33M G. FROWNFELTER-51M			
Ages 65 Through 69			
1 Oregon C X-45	OREG	2:02.17	
GEORGE THAYER-63M DANIEL GRAY-54M D. GREENBLATT-44M JOHN WESTON-48M			
Mixed 200 R-Medley			
1 Oregon A X-45	OREG	2:20.52	
JANICE TACCONI-37F RICHARD HOBBS-33M CORRIE BLACK-21F MARK PENNINGTON-25M			
Ages 70 Through 74			
1 Oregon C X-45	OREG	2:27.33	
LAURIE MACGRAW-42F PATRICK BURCH-46M JOHN WESTON-48M AMANDA MARTIN-41F			
Ages 75 Through 79			
1 Oregon B X-45	OREG	2:32.55	
JUNE MATH-ER-46F FRANK PHILIPPS-56M G. FROWNFELTER-51M GERI MATHEWSON-51F			
Mixed 200 R-Free			
1 Oregon E X-55	OREG	2:00.94	
GEORGE THAYER-63M JOY WARD-56F P. HIMSTREET-56F DAVID RADCLIFF-65M			



Host Team - The Rogue Valley Masters

OREGON MASTERS SWIMMING INC.

Minutes of Board Meeting - August 25, 1999

ATTENDEES: Sharon Glaeser, Dan Gray, Eric Guest, Phil King, Murali Krishna, Ginger Pierson, David Radcliff, Sandi Rousseau, Jeanne Thimm, Bill Volckening, Jody Welborn

CALL TO ORDER: 7:10 PM

CHAIR: Suzanne Rague – not present. Eric Guest presiding. Report given by Eric. Congratulations to June Mather on her appointment to the Board of USMS. June volunteered to step up as Chair of the Internal Audit Committee for USMS.

Ginger will fill June's OMS delegate slot for convention. June will be going as a USMS Board of Directors member.

SECRETARY: Sharon Stuart - Sharon needs to keep the voting ballots for the By-laws.

TREASURER: Jeanne Teisher – not present. Report given by Bill. Jeanne prepared the financial report in a new format. Reports in the previous format are available upon request.

VICE-CHAIR: Pam Himstreet – not present. Report given by Sandi. Motion So Passed (MSP) to award Eugene full reimbursement. Pam distributed bids for meets in 2000. The Board approved the bids for 2000 thus far:

Jan 29	Eugene 1-day
Mar 4	Bend – Freestyle Pentathlon
Apr 7-9	Associations at T-Hills
July 22	Eugene Sports Festival

We still need meet bids for Feb and June.

The Board discussed having LC Zones hosted by OMS rather than by a local team because no local team has submitted a bid. Dave Radcliff distributed a proposal. The Board discussed responsibilities. MSP that OMS sponsor the meet as per Dave's proposal. The date will be July 29,30. Elk Lake swim will be Aug 5,6. The Board further discussed how to organize timers.

COMMITTEE REPORTS

OPEN WATER / LONG DISTANCE: Dan Gray

The Board reviewed the email transactions regarding the Cottage Grove swim, and followed up with further discussion. Dave asked if OMS could purchase equipment to help with the finish area. Dan will follow up with suggestions/costs. The Board discussed OMS open water entry fees in relation to other open water swims around the country. OMS fees are in line and often lower. Phil suggested that we provide a breakdown of open water costs to our membership. About 50 swimmers attended the open water clinic at Cottage Grove. A couple scheduled coaches had car difficulties and could not show. Dan covered for them. The feedback was positive.

AWARDS / SOUVENIRS: Donna Ryan – not present. Report given by Eric. Donna is still working on a source

for T-shirts.

COACHES: Bob Bruce – not present. No report.

AQUA-MASTER: Dave Radcliff - Dave distributed a schedule of submissions. The Board approved. MSP to give a \$50 gift certificate to Stevens Ness again this Christmas. Dave added the new team registration form in the September Aqua-Master. He will add the Y2K swimmer registration form next month. Dave will start publishing currently registered teams. Dave will confirm with Suzanne the new Officials chair.

REGISTRATION: June Mather – not present. Report given by Dave. 707 registered to date. 740 at end of year 1998. Y2K registration form will be in the October Aqua-Master.

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 - Murali verified that Oregon swimmers appear in the National Top Ten list correctly. Waiting for LCM results from Eugene and Nationals. Dave announced that Murali has written two articles in the Aqua-Master – enjoyable reading.

DATA MANAGER: Suzanne Rague. No action items.

FITNESS: George Thayer – not present. No report.

HISTORIAN / RECORDS: Earl Walter – not present. Report given by Eric. OMS History is completed through 1982 (Chapter 8). Records are up-to-date with the exception of LCM. Waiting for Eugene meet and Nationals.

OFFICIALS: position to be filled. Suzanne will check with Bill Martin to find out if has accepted this position.

HOST/SOCIAL: Jeanne Thimm - Jeanne presented some ideas on how this position could contribute more. She is soliciting ideas on how to expand Host/Social as a program. Some ideas are:

- Host out-of-town swimmers.
- Identify new swimmers at meets.
- Arrange banquet for Associations.

SAFETY COORDINATOR: Sandi Rousseau. No action items.

PAST CHAIR: Eric Guest. Residing as Chair. No action items.

AD HOC SUNSHINE: Luella Petersen - not present. Bob Morrison passed away. Continuing concern over lack of communication of sunshine needs. An article was put in the Aqua-Master, but with no responses. When anyone on the Board hears of someone who needs sunshine, send mail to the entire Board just to get the information out in the open.

ON-LINE: Monika Hunscher – not present. No action items.
continued on page 20



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: ☐ M ☐ F

E-mail: _____ Are you a Masters coach? ☐ Yes ☐ No

Club: OMS is comprised of two clubs or you may register unattached. ☐ OREG ☐ MACO ☐ 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

Minutes continued from page 18

Still looking for a replacement. We have some ideas, but no commitment to date.

OLD BUSINESS: None

NEW BUSINESS:

- Review of Host program - See Host/Social report.
- Guidelines for people sponsored to the National Convention - Deferred until September meeting.
- Open Water - Bid for USMS 2000 open water mentor clinic. Dan is sending in a bid for a mentor clinic. He is sending in the bid from OMS, not a local team.
- Oregon LMSC 1-day registration fee -- review \$\$ MSP to decrease the 1-day registration fee from \$15 to \$10, effective immediately.
- Oregon LMSC cash balance - form a subcommittee to review & make recommendations. Deferred. The Board recommended that Jeanne Teisher and Murali discuss and present some ideas.
- Review key convention items and proposed Legislation changes. Sandi reviewed the Legislative proposals so the Board could provide feedback to delegates who will be voting.
- 2000 registration fee - set amount. The Board agreed to keep the registration fee the same for Y2K.
- OMS retreat - discuss possible dates and location.

Suzanne presented some ideas for locations: Kahneeta, Camp Menucha, the coast. She and June are working together. Possible dates are Nov 6,7 or Nov 20,21. The workshop will not be tied to another event.

- Board meetings after September -- preferences on dates and locations. Sandi read Pam's proposal for dates and locations. The Board reviewed the effectiveness of holding meetings in conjunction with meets. We did not get the membership participation we anticipated. The Board agreed to hold all meetings during the week at the MAC club, with the exception of the Bend meet, the Board retreat, and the annual meeting at Associations. The Board will set the meeting dates for Y2K at the retreat.

- Eugene meet reimbursement - See Vice-Chair report.

- LC Zone proposal - See Vice-Chair report.

ANNOUNCEMENTS: None

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

- When anyone on the Board hears of someone who needs sunshine, send mail to the entire Board just to get the information out in the open.

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

ADJOURNMENT: 9:50 PM

NEXT MEETING: September 22, 1999, at MAC, 7 p.m.

What A Clinic!

(If you missed the Clinic at Ashland - you missed a great one)

Bob Bruce, with TV "Snooper" Cameraman, George Thayer, put on a wonderful clinic at the Ashland Swim Meet. The Snooper camera enabled Bob and George to get underwater shots of all the swimmers. Side pictures and straight on pictures were taken of all swimmers in freestyle



How wide apart are your knees?

and one stroke of their choice. Working in small groups of four Bob would analyze the strokes and give helpful suggestions while another group was being filmed by George. Before the clinic Bob briefly outlined the main three areas of stroke mechanics that he would analyze. 1. Streamlining, 2. Rhythm and Tempo and 3. Propulsion. The sub areas that Bob mainly looked at under the 3 areas were high elbows, pitch and leverage. Swimmers were treated to a very professional and knowledgeable breakdown of their swimming techniques. All the swimmers at the Clinic extend a tremendous **Thank You**



Bob, using the Video and TV works with a small group on the mechanics of their strokes

to Bob and the "Snooperman" George. Great Job!!!!!!!!!!!!!!!!!!!!



Oregon Masters Swimming Year 2000 Local Team Registration



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

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

LOCAL TEAM NAME _____ Abbreviation (4 letters max) _____

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

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

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

ATTENTION: ALL LOCAL TEAMS MUST REGISTER FOR THE YEAR 2000. PLEASE FILL IN THE ABOVE FORM AND RETURN TO JUNE MATHER AS SOON AS POSSIBLE. 1999 LOCAL TEAMS ARE LISTED BELOW. (THE 13 HIGHLIGHTED TEAMS HAVE REGISTERED FOR 2000)

OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS.

Registered for 2000
Central Oregon Master - COMA
Cir. Beavers Aquatics - CBAT
Club Northwest Aquatic - CNA
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
Riverplace Athletic Club - RAC

Rogue Valley Masters - RVM
South Coast Aquatic Team - SCAT
Tigard-Tualatin Swim Club - TTSC
Tualatin Hills Barracuda - THB
Woodburn Barracuda Masters - WBM

Not Registered for 2000

Albany Masters - ALB
 Blue Marlin Masters - BMM
 Chelam Masters - CMST
 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 - MOFIA
 Metro YMCA - MY
 Mid-Willamette Valley Masters - MWVM
 Mittleman Jewish Comm. Ctr - MJCC
 Newport - Yaquina Bay Y - NEWP
 North Coast Swim Club - NCSC
 Princeton Athletic Club - PAC
 Steelheads - STHD
 Team Portland Aquatic Club - PAC
 Umpqua Valley Masters - UVM
 Vancouver Old Timers - VOT
 WH20 Masters - WH20

Aqua-Master

December 1999

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