

Do we have your attention?

This is the last issue of the Aqua-Master that you will receive if you have not renewed your membership for 2000.



**DEAD
END**

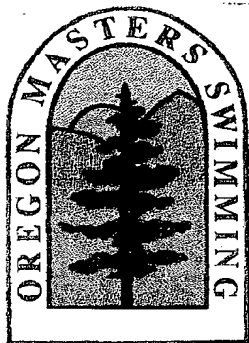
Don't be left out. Please send in that renewal! *(On back side of this page)*



**DEAD
END**

Swimming is really looking fantastic for Oregon in the year 2000. Great meets, clinics and we host our first National Open Water Championship. Be part of it - **RENEW NOW!**





OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2000 REGISTRATION

☐ Renewal—1999 USMS #379-_____

☐ New Member

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

❖ \$28.00 Single registration. Make checks payable to OMS, Inc.

❖ \$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 United States Masters Swimming Foundation.

☐ I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame 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
Circumnavigating Beavers—CBAT
Club Northwest Aquatic—CNA
Corvallis Aquatic Team—CAT
Downtown Athletic Club—DAC
Emerald Aquatics—EA
Eugene YMCA—EY
Fish Stick Masters—FISH
Grants Pass YMCA—GPY
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
South Columbia County Masters—SCCM
Steelheads—STHD
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

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

This form is available on the OMS website: www.swimoregon.org

Aqua-Master

Volume 27, Number 2 Published Monthly by OMS, Inc. February 2000

The Chair's Corner by Suzanne Rague

This month I'm highlighting preparations for the Association Meet in early April (entries due mid-March). The Tualatin Hills group and the Board are working hard to put together an exciting meet, including an awards banquet with a guest speaker.

I'd like to highlight the preparations you can make for this meet. The first is to train hard and swim the Bend meet in March to get meet-sharp. Beyond that, make sure you and your team-mates are registered with USMS for 2000, so you're not scrambling to register at the last minute.

Second, your Local Team needs to be registered in advance to be recognized at the meet. Is your local team registered? It doesn't cost anything, but you do need to sign up. Check the Local Teams list at the bottom of page 19, and get registered if you haven't already. Also, get to know your Local Team abbreviation, which you will need when you sign up to swim in the Association meet.

I look forward to receiving your entries and seeing you pool-side. Swimmingly, Suzanne

OMS
LOVES
SWIMMING
in 2000

profile

Rob Higley

The Cheesehead Swimmer

Thirty-four year old C.O.M.A. swimmer Rob Higley grew up in Green Bay Wisconsin. If he could, he'd swim wearing a cheesehead; he's still working on how to attach the bulky hat to his hair. Rob began swimming as a boy in Packerland where he swam with the Allouez Barracudas for eight years. He was strong in the backstroke and I.M. - strong enough to qualify him for the Junior Olympics.

At eighteen Rob joined the Navy and served eight years in San Diego. One of his tours was on the

continued on page 6



ol' Barnacle reviews - results - records

Ol Barn...SCM Zone Championships...

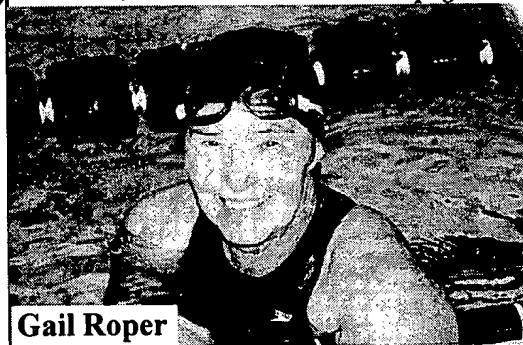
Under the direction of Bob Maestre, Meet Director and the hard work of many MAC swimmers, plus some fine officials, this meet came off in great fashion.

It was the inaugural event for MAC's new state of the art 25M Pool. The records that came out of this meet were fast and many many. Please bear with this "old" man as he tries to convey the magnitude of so many GREAT swims.

World Records:

GAIL ROPER visited from Northern California and blasted away, she is 70 now, a new age group and new records: 100 Free World Record 1:18.67, was Clara Walker '98 1:20.77. 400 Free World Record 6:27.21, was

continued on page 6



Gail Roper

Inside For You

2000 Registration	Inside Cover
The CHAIR'S CORNER	page 1
profile	page 1
ol' Barn	page 1
2000 schedule of events	page 2
Notes from Pool Side	page 3
Open Water	page 5
History - Chapter 9	page 8
Jack Hoey	page 11
Entry Blanks -	
Bend	page 12
SCY Zone	pages 13,14
OMS Association	pages 15 - 17
February Fitness Challenge	page 18
Local Team Registration	page 19

The people behind O.M.S. Inc.

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

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

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

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

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

Aqua-Master Editor
Dave Radcliff (503) 648-7141
 therads@home.com

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

Officials (for swim meets)
Stan Benson
 541-386-6733

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

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

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

Coaches
Bob Bruce
 H(5541) 317-4851 W(541)389-7665
 barbara_harris@attglobal.net

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

Records / Historian
Earl Walter
 (503) 738-3763
 oldbarn@seasurf.net

Open Water/Long Distance Events
Dan Gray
 (541) 944-0529

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

Web Master
Mark Vininski
 webmaster@swimoregon.org

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

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

2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
March 4	*SCY	Freestyle Pentathlon - Bend	Pam Himstreet - him@cmc.net
March 25,26	*SCY Zone	Pullman, WA (WSU Pool)	Doug Garcia - dagarcia@wsu.edu
April 7, 8, 9	*SCY	OMS Association Champ Beaverton, Oregon	Ed Ramsey (503) 693-8173 (home) email - tkramsey@worldnet.att.net
May 14	SCY	Parkrose (Portland)	Bert Petersen (503) 252-6081
July 8,9	LCM	State Games of Oregon	
July 22	LCM	Eugene	
July 29,30	LCM Zone	Mt. Hood Gresham, Oregon	Dave Radcliff (503) 648-7141 therads@home.com

Open Water

July 1	Open Water Clinic	Dorena Lake	Dan Gray (541) 944-0529
July 2	3000/1500	Dorena Lake	Steve Johnson (541) 683-5758
July 15	10,000K	Nat. Champ-Applegate Lake	Dan Gray (541) 944-0529
July 16	3000/1500	Applegate Lake	Dan Gray (541) 944-0529
Aug. 5	500/1500	Elk Lake	Matt Mercer (541)389-7665
Aug. 6	3000	Elk Lake	Matt Mercer (541)389-7665
Aug. 13	2/1 mile	OMS Association Champs Hagg Lake	Andrea Milano (503) 236-8959
Aug. 26	2/1 mile	Eel Lake	Trudi Gugliemini (541) 756-5566

* 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 - (541) 482-0610
	RVM Ashland, Oregon	csmather@jeffnet.org

National Championships 2000

April 27-30	SCY	Indianapolis, IN	goldstein@mindspring.com
Aug. 17-20	LCM	Baltimore, MD	Barbara Protzman barb@hotmail.com

Aqua-Master Change of Address

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

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

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

☐ Change of Address

AFFIX ADDRESS LABEL HERE

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ USMS # _____

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.



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

Several conversations following my series of 'Notes From Poolside' articles prompted me to write specifically about training month by month. This month, I will try to answer the question which arises every winter, "how should I be training now to prepare for the championships in the spring?"

Your training during February should be guided largely by your answers to these two questions:

1. How extensive has my training been during the past three or four months?
2. What events do I plan to swim in at my peak spring championship meet?

Here's a simple matrix to help guide your planning. Distances for sets are suggested in many cases, although some of you may already be doing sets, particularly aerobic sets, well beyond my recommendations.

1. You have done very little training, or your training has been erratic, since October:
 - a. You plan to swim mostly sprint events (50-100): Use your time wisely. Do a moderate aerobic set (1000-1500 yards) every day; you need to develop endurance to do good sprint training. Alternate a lactate tolerance set or a sprint set in nearly every practice.
 - b. You plan to swim mostly mid-distance events (100-500): Time is short. Your most important priority is to gain aerobic fitness through an endurance set (1200-2000 yards) nearly every practice. Do one lactate tolerance set (400-1000 yards) each week. Throw in some short sprints.
 - c. You plan to swim mostly distance events (200-1650): You're in trouble, but all is not lost. Get to the pool frequently this month, and focus on a strong aerobic set (1200-2000) every practice, with a lactate tolerance set weekly and an occasional sprint.
2. You have trained modestly and reasonably consistently since October:
 - a. Sprints: Continue developing your endurance with an aerobic set (1000-1600 yards) twice each week. Do one or two lactate tolerance sets (400-1000 yards) each week. Include some short sprinting nearly every practice.
 - b. Mid-distance: Build and maintain your endurance with an aerobic set (1000-2000 yards) each day. Do two lactate tolerance sets (400-1000 yards) each week in your main stroke(s), alternating days with some short sprint sets.
 - c. Distance: This is a heavy training month. Develop your endurance with a strong aerobic set (1200-2400) daily. Do a challenging lactate tolerance set (600-1600) once each

week. Include some short sprinting every now and then.

3. You have trained consistently and well since October:

- a. Sprints (50-100): Maintain your endurance with some aerobic swimming each practice; use this time to focus on technique. Do one or two lactate tolerance sets (400-1000 yards) each week. Include short but fast swimming, in your meet strokes, in nearly every practice
- b. Mid-distance (100-500): Keep building and maintaining your endurance with strong aerobic swimming each practice. Focus on strong lactate tolerance sets (600-1200 yards) twice each week in your main stroke(s). Include some short sprints nearly every day.
- c. Distance (200-1650): Build your distance endurance by stretching your main sets longer and by maintaining faster repeat times. Do at least one challenging lactate tolerance set (800-2000 yards) each week. Practice your secondary strokes as well as freestyle. Include some short sprinting periodically.

One last note: February is Fitness Challenge month. This challenge is an annual national masters postal event, hosted by Oregon's own Tualatin Hills Barracudas. This event challenges all swimmers to devote time to improving their aquatic fitness; this year's format recognizes not only those who swim far during February, but also those who swim often. Use the February Fitness Challenge as a motivation to boost your own swimming. For information and entry materials, contact Bill Volckening, 370 NW Island Cir. #B-5, Beaverton, OR 97006, or 503/533-5567, or billvolckening@usms.org, or www.usms.org/fitness/ffc99.pdf.

Good luck and good swimming.



Bob Bruce is all smiles as he checks out his Open Water Coaches Award Sweatshirt with the Nautical Flags.



HOST Program

(House Our Swimmers Tonight)
Guest & Host Etiquette

by Laura Schob, C.O.M.A

After enjoying my stay at Peggie Hodge's home for the MAC meet, I was shooting the breeze with my swimming buddy, George Thayer. George and I talked about how he, too, had a great experience as a guest swimmer. (He stayed with the Radcliffs.) We knocked around some etiquette ideas and I decided to share these with you. Perhaps the following will help you when you are a guest in someone's home or when you host swimmers.

Guest Etiquette

1. Prior to your stay, call your host to discuss your arrival time. If you're going to be later or earlier than planned, call and let your host know.
2. If you have allergies, let your host know. If you are allergic to cats and your host runs a cat dormitory, you may want to make other plans.
3. Bring a sleeping bag and a pillow. You can sleep in your bag on top of a bed or couch and not cause your host to have to wash sheets when you leave.
4. Show your appreciation to your host by bringing a gift, food to share, or take your host out to dinner.
5. Ask about house rules and follow them.



6. Help with cooking, cleanup, etc.
7. Bring your own food for breakfast.
8. Remember, you are saving money by staying with a swimmer host. Be generous!

Host Etiquette

1. Have food available when your guests arrive: spaghetti, fruit, sandwich makings, etc.
2. Have a schedule of the meet for your guests to review.
3. Know where your guests will sleep - hopefully a bed, couch or padded floor.
4. Have extra blankets/pillows/sleeping bags available.
5. Be able to give verbal and written directions to the pool.
6. Go over any house rules: Are shoes allowed on your carpet? Is the dog supposed to be inside? Can your swimmer guests devour everything in your refig?
7. Discuss breakfast. Will you have something available? Are your guests on their own?
8. Discuss and agree upon a time to go to the pool on race day.

When I stayed with Peggie I did not bring a sleeping bag or food, so I'm not exactly the Martha Stewart of swimming visitors. I learned from my first stay, however, and plan to not be a Neanderthal next time around. I hope to have swimmers at my home for Bend meets and try the host side, too!

Enjoying staying with other swimmers and have a great time hosting your buddies.

Short Course Yard Zone Meet Scheduled for WSU in Pullman

Great News! Inland Northwest LMSC will be hosting the SCY Zone meet on March 25, 26 in Pullman, WA. The outstanding Washington State University Pool will be the site of this meet. This meet is two weeks before our Association Championships and will be a great tune up for them. One of the goals of the Northwest Zone is to help promote swimming in all of the Northwest. This is an excellent chance for OMS to support the Northwest Zone.

Dorm rooms and the Inland Northwest HOST program will be available. Come on Oregon - let's get some car pools together and head for Pullman pool. This should be an exciting weekend. Entry Blank and Information on pages 13 and 14.

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

The last issue of the AquaMaster provided the schedule for this summer's Open Water Series, as well as a "check off" which can help you to be prepared for the USMS 10K Championship in mid July.

Bob Bruce also included the information that explains the Long Distance Postal participation. These Postal events will allow all swimmers to swim long distances. OMS plans to recognize these swimmers as well as the open water swimmers. These Postal swims will keep your long distance endurance high until you can get back to the lakes.

This is a topic I have been saving for a slow period.

BURN OUT/ EXHAUSTION/ FATIGUE

My approach to this is purely from a recent personal experience and in no way meant to be anything other than just that. The summer of '99 started in January for me. As an event director, as well as Long Distance Chair, there is constant planning going on. The amount of time required to oversee the Open Water Series is quite a bit more than I would have ever anticipated. It is great to help and to see the program grow each season; with participation at an all time high.

By the time USMS Convention rolled around, six of the prior nine weekends were consumed with open water swims, from British Columbia to San Francisco. The travel time required, made enjoyable by the pursuit of passions, will take it's toll on you if you plan on a lot of swims.

While at convention I became aware of major burnout, accompanied by severe muscle spasms in the back. Unable to get up for morning workouts I resorted to swimming at the facility pool. No way, nothing there and nobody home. I do not recall feeling this miserable regarding swimming. The big thing on my mind was that I had entered the two swims at Catalina Island just ten days away. There was no way!!

As Convention was coming to a grinding stop, the San Diego Masters organized a Saturday Morning swim at LaJolla Cove. While waiting for the bus I engaged into a conversation with Randy Nutt, organizer of the Key West swim, a fellow I have gotten to know over the last few years. He listened to my whining about the burn out and also my self-questioning fears of cold water open water events. His calm manner, simply explaining the physical effects I would soon encounter IF I went in the water.

I managed to "buddy up" with Pam Himstreet and survived the 61+degree water for half an hour without the aid of the wetsuit. Following the swim, standing around, shivering, drinking coffee, eating muffins and joking with the other swimmers being baptized in "the Cove", I began to come

out of the major funk that had me by the neck. While on the bus ride back, once again talking to Randy and Marcia Cleveland (organizer of the Swim around Manhattan and herself successful in crossing the English Channel) I began to realize that most of my self-doubts, magnified by mental fatigue, were like a cancer that doesn't allow the sun to shine. I immediately realized, that if you have lofty goals self-doubt will come up; you can help yourself by talking with, or hanging around people that have been successful in their attempts.

Following Convention I was invited to swim with "the regulars" at the Cove. I had a week to kill in San Diego until the Catalina swims so I took advantage of the invite and made daily swims in the Cove. What a special place; cold water ranging from 61-63 degrees, kelp, seals to keep you company, and when finishing up, the fish, colorful Garibaldi flashing back and forth. With each passing day my body was making the adjustments to the cold, purely a physical experience to "feel" your body emitting the warmth necessary to keep the core temp. up so you can keep swimming. I will be forever grateful to the swimmers in San Diego for their hospitality, going for coffee and bagels following the swims and sharing their swim stories. Two of the Swimmers, Bob West and Carol Sing each were successful in crossing the English Channel, Carol, at 57, had just a month earlier become the oldest female to be successful.

Being in the company of successful people has a way of being very uplifting. I actually felt I had a fighting chance to be successful at the swims at Catalina. Now, if I only had an escort!



Bill Volckening wearing the new Open Water Coaches Award Sweatshirt. The Nautical Flags spell out "OMS"

ol' Barn continued from page 1

June Krauser '96 6:28.81. 50 Breast National :49.20, was Gertrud Zint '87 :50.95

ROBERT SMITH just swam and swam right over the dam, this guy is just positively amazing !!

50 Back World Record:30.35, was Robert at 30.94. 100 I.M. World Record 1:09.02, was Robert at 1:09.43, 50 Fly swam a 29.79 - NR is 29.78. 50 Free came so close to the World, 2/100ths of a second

EARL WALTER, GERALD HUESTIS, ANDREW HOLDEN, ALLAN DELAY (320+) 200m Free Relay 2:35.71 World Record, was Coast Masters 2:49.99. 200m Medley Relay 3:00.90 World Record, was Tokyo, Japan 3:20.27

Women 19-24: AURORA TALLACKSEN (PNA) 5 Golds and 3 Zone Records, 400 Free 4:54.84(TT4) 800 Free 10:04.47(TT2) 100 Fly 1:12.05(TT3). CASTLE FUNATAKE (OR) Golded the 50/200 Breast, Silvered the 100 IM with an OMS Record 1:20.49(TT9)

Women 25-29: FRANCESCA GAMBETTI (OR) Zone Record for the 50 Free 28.58(TT3) plus OMS REC 50 Back 36.66. KATHERINE JOHNSON (PNA) new ZONE 50 Back at 32.52(TT2), also the 200 Back 2:36.91(TT6). Shauna Simpson won the 200 Free and Shiori Sugawara the 400 Free, Shauna took the silver in the 400 Free, swam the whole "bloody" thing BUTTERFLY 5:47.52 just for icing on the cake Shauna won the 100 Fly 1:13.20. LINDA HEGERBERG (PNA) Zone Record 200 Breast 2:51.28(TT4)

Women 30-34 Karen Leahy (PNA) Gold in the 50, 100 800,

1500 and the 200 IM, in the 800/1500 Karen's times 10:18.46(TT3) 19:44.78(TT3). Leslie McCullough (PNA) snagged Gold in the 50/100 Back, 50 Fly/10 IM. Laura Tyrell (OM) won the 200 Free, 100 Breast, Ellen Broido (OM) Brought home Golds in the 50 Breast, 100 Fly, and 400 IM.

Women 35-39 CAROLYN MATHEWS (PNA) Zone records 50/100/200 Back 33.62/1:13.28/2:42.22(TT4-4-5) BARBARA HARRIS (OM) Records 100 Back 1:16.50(TT7) 50 Fly 32.12(TT8), 100 IM 1:16.17(TT9). SARAH HOAGLAND (OM) 200 Back 2:50.70, close in the 800 at 10:50.31(TT5). Jeanne Thimm (OM) won the 50 Breast and Julie Sears (OM) old in the 100 Fly and 200 IM

OB's FINEST AGE GROUP PERFORMANCE REGION/ZONE EVER !!!

Women 40-44 GRACE GODDARD is back and getting to top speed, Zones 50/100/200 Free 28.77(TT2) 1:03.75(TT3) 2:24.78(TT2) just missed Zone in the 50 Fly at 33.07(TT5) for an OM record. ZENA COURTNEY (PNA) turning 40 and posting 6 Zones, 50/100/200 Back 33.38/1:11.10/2:35.19

all TT1, add 100/200/400 IM 1:14.76/2:42.37/5:51.14 TT 2/1/3 WOW. MAGGIE KINSELLA (PNA) Zones 400/800/1500, 5:10.14/10:37.18/20:04.60 (TT3,5,4) BECKY OBLETZ (MAC) Zone 200 Breast 3:00.26(TT1) add the 100 1:24.11(TT4) missing rec 1:23.81 add OR Rec 200 IM 2:49.11 (TT3) 800 Free 10:56.47(TT6) MARY JACKSON 2 OR 50 Back 35.79(TT4) 100 IM 1:16.55(TT4) KAREN ANDRUS-HUGHES

continued on page 7



**ol' Barns Finest Age Group Performance Region/Zone Ever!!
Becky Oblatz - Gracie Goddard - Maggie Kinsella - Zena Courtney**

profile continued from page 1

U.S.S. Kittyhawk and the other on the U.S.S. Nimitz. During his Navy years Rob lived the "Harley life." He rode his Harley and collected pounds, tattoos and chicks.

As he approached thirty Rob found he missed swimming and feeling in shape. He decided to get back in the water and began swimming daily.

At thirty-four, Rob is enjoying dropping pounds and once again attaining fitness. Rob swims each day at noon knowing that his passion for the water will relieve the stress of

work. No matter how difficult it is some days, he finds himself feeling centered as he sings like a happy dog on the way back to work. Along with reentering competitive swimming, Rob is taking college classes to learn more about the job of machinist.

Rob loves the people he meets in swimming, the open water swims and the thrill of competing. He feels lucky to live in Central Oregon with so many swimming opportunities and beautiful land to enjoy.

profile article written by COMA swimmer Laura Schob

ol'Barn continued from page 6

2 OR REC 100/200 Back (TT3 both) 1:15.91/2:46.35 add 200 Free Silver 2:26.63(TT3)400 Free Silver 5:15.26(TT7). Laura Worden Gold 100 Fly 1:16.90(TT2) 200 Fly 2:54.68(TT2) Silver 400 IM 6:08.20.(TT5)Silver 5 0 Fly34.66(TT7) Just FANTASTIC!

Women 45-49: First ROBIN PARISI(MAC) 5 Zone Recs 100/200 Free 1:07.54/2:32.42(TT3-6) 100 Fly 1:15.94 (TT3) 100/200 IM 1:19.54/2:50.68(TT3-3) Great Swimming! OB welcomes Danielle Ogier from the San Mateo Marlins. Holder of the NR for the 400 IM,she wins it here in 5:48.69(TT1) 100/200 Breast 1:27.22/3:10.98 (TT1-2)and the 100 IM 1:14.60(TT1) BARBARA GUNDRED(PNA) Zone Recs 100/200 Back 1:18.46/2:48.49 (TT2-3) TERI HENDRYX(MAC) an OR Rec 200 Back 2:55.14(TT7) Best event the 100 Breast: Ogier 1:27.22(TT1), Hendryx 1:28.76(TT3), Parisi 1:30.29(TT4)

Women 50-54: KATHY CASEY Zone Rec 200 Back 3:07.04(TT1) Best Event 200 Free Dills 2:43.65(TT2) Casey 2:48.89(TT4) Quattro 2:53.84(TT6) Rousseau 2:55.71(TT7) Ginger Pierson(MAC) coming back! Gold 50/100/200 Breast 41.94/1:33.61/3:22.85 all TT1 plus 200 Fly 3:21.55(TT1) BEST RACE was the 400 IM Dills 6:36.54,Casey 6:36.80 Top Ten 1&2! Sandi Rousseau (OR) Gold in the 50/10 Fly 37.18/1:31.83, both in running for TT1. Alice Zabudsky OR won the 200 IM in 3:17.77(TT4)

Women 55-59: JOY WARD (OR) 5 bright and shiny Zone Records -50/100 Free 32.75/1:18.00 (TT2-5),100 Back/ 50Fly/100 IM 1:30.36/35.78/1:28.38 (TT2-1-3) Nancy Brooke(RINC) 50/100/200 Breast 44.64/1:37.58/ 3:34.06(TT1-1-2) Sue Calnek-Morris grabbed 3 Golds and 2 Silvers, best effort was 400/800 Free 6:08.43(TT2) 12:16.11(TT3) PAM HIMSTREET upped the ante on the 200 Breast w/OR BEST 3:52.35(TT4) and a new ZONE for the 400 IM 7:32.12(TT4) Carolyn Behse(PNA) probably a TT2 in the 200 Fly 3:47.73

Women 60-64: SUSANNE SCHUMANN(MAC) 2 new Zones 50/100 Breast 48.44 (TT4) 1:46.29(TT3) JAN MILLER(PNA) swam to a ZONE 400 IM 7:42.73 (TT2)also a fine 800 14:23.54(TT6) Women 65-69: CYNTHIA ROSIK new ZONE for the 100 Fly 2:26.94(TT6). Beverly L'Esperance continues her return to better swimming turning in two TT times.

Women 70-74: Barbara Jackson from Montana garnered all three backstroke races 46.45(TT1),1:43.12(TT1) and 3:50.70(TT2)

Women 75-78: Elfie Stevenin picked off 3 Golds with a best effort in the 100 Fly 4:31.88(TT8)

Men 19-24: SEAN TEISHER put up a new OR best for the 5 0 Back 33.90 plus a 50 Breast 33.72(TT5) OM welcomes Levente

Fulop

Men 25-29: BRYAN ADDLEMAN 2 ZONE and a OR, 5 0Fly and 100 IM 25.85 (TT3) 1:00.72(TT4) and 50 Free 24.41(TT3) CURTIS TAYLOR a new Zone for the 100 Free 55.22(TT7) A big OM welcome to Brenden Banovic.

Men 30-34: ROBERT KABACY(MAC) new OR 100Back 1:04.10(TT3) and 50 Fly 27.36(TT6) GREG LATTA stood out in this age group with two new ZONES 100 Breast 1:10.11(TT3) and 100 IM 1:02.39(TT3)

Men 35-39: DOUG STEWART deserves the superlatives-Zone 200 Free 2:03.76(TT1),also 400 Free 4:21.10 (TT2), and again 800 Fr ee 9:03.99(TT2) add OR Records for the 200/400 IM 2:19.58(TT2) 4:58.82(TT1) throw in the 200 Fly 2:18.25, not a rec but TT1 2:18.25

Ol Barn have seen some swimming but this was Super Nova, WOW !!!

ROBERT FISH (PNA) a new Zone for the 100 Free 55.77(TT5) Look at a couple of events: 200 Free Stewart, Fish, Knauer 2:03.76 ,2:07.47, 2:09.08 TT1-3-5) 400 Free Stewart, Holles, Knauer 4:21.10, 4:31.13, 4:38.93 TT2-4-7) 800 Free Stewart, Holles Vininski 9:03.99, 9:16.68, 10:07.92 (TT2-3-9 (OB Comment: this age group was just SENSATIONAL) also a quick hello to Greg Holles, great to have you with us.

Men 40-44: Just get through talking about Doug Stewart and we come face to face with DAVID BURLESON(MAC) How about 6 events and 6 ZONES: 200 Free 2:05.12(TT2) 400 Free 4:27.99(TT2), 800 Free 9:24.55 (TT1), 1500 Free 18:16.62(TT2), 100 Back 1:04.39(TT3) 200 Back 2:23.01(TT3) OB Note: in many years of reporting on NW Masters, I do not ever remember anyone setting 6 Zones in one meet, maybe this new pool should be called the Burleson Aquatic Center. PAT ALLENDER gave us a 3 new Zones: 100 Breast 1:10.99(TT1), 100 Fly 1:02.42(TT3), 200 IM 2:19.29(TT3) and a TT1 for the 200 Breast in 2:33.24 and OR record. Peter Metzger swam well, 50 Back 30.76(TT3) and 100 Back 1:07.12(TT5)

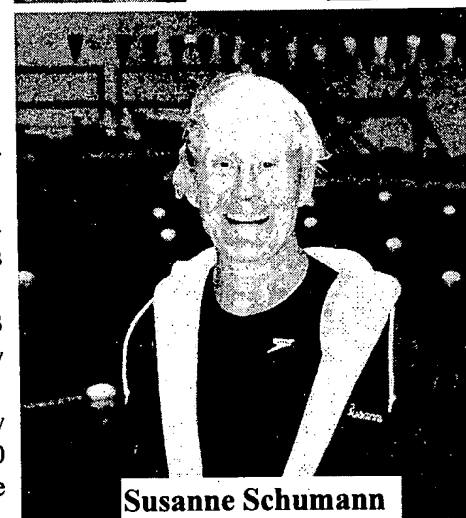
Men 45-49: TOM COFFEE offered up a new ZONE for the 100 Fly 1:07.58. Hugh Moore and Bill Krieger from PNA swam well and garnered a couple of spots on the USTT. Don't know who Donald Graham is, but this guy should be swimming for someone. Hugh Moore always swims the 200 Fly and always comes away with a TT place, 2:46.42(TT8)

Men 50-54: ALLEN STARK had a great day, with 3 new zones, 50/100/200 Breast 33.40/1:14.38/2:46.23 (TT3-3-2)

continued on page 8



Joy Ward



Susanne Schumann

ol'Barn continued from page 7

JIM TEISHER a new OR Best 400 Free 4:53.85(TT5) zone is close 4:52.85, probably his best meet ever. Steve Johnson came through with a 10:15.60 (TT2) 800 Free. OM welcomes Tom Macaulay ,this guy can paddle, and well. Robert Bruce was ecstatic re his 1500,TT10 at 21:10.90, and most important a swimming LIFE time best. Congrats Robert! Truman Sands visited from Utah and took home Golds in the 200 and 400 IM.

Men 55-59: KARL VON TAGEN(MAC) and TOM LANDIS went head to head in the 100 Free with KARL coming through with a new ZONE 1:04.44, they reversed the order in the 200 with TOM setting a new OR REC 2:23.49. LANDIS went on for 2 more OR RECS 400 Free 5:22.62(TT5) and 1500 in 21:19.64(TT6) and closing out with still another OR REC the 400 IM 6:22.15(TT4). Walt Reid(PNA) and Jim Graham(RMM) were a close match in the 100 Breast, with Walt prevailing in 1:32.65 vs 1:32.80. Richard Juhala should claim a TT7 for his 7:37.18-400 IM.

Men 60-64: Robert Norris (DAM) visited and filled his suitcase with heavy metal,400 Free 5:53.67(TT7) ,800 Free 12:11.14(TT5), 1500 23:20.31(TT3)50 Back 39.79 over Thayer 39.83,100 Back 1:24.49(TT6) and 200 Back 3:04.67(TT3) OB would say, this fellow took to heart our NW hospitality. BERT PETERSEN gave us a new ZONE REC for the 50 Fly at 31.70(TT2), RON NAKATA put up another ZONE REC in the 100 IM at 1:17.56(TT3)

MEN 65-69: DAVID RADCLIFF served up 4 ZONE bests-50 Free 29.72(TT2), 100 Free 1:06.87(TT3), 400 Free 5:30.59(TT1) and 800 11:20.66(TT1). Bill Holman continues to improve, his 400/800 are right on the door step of TT. Mickey Marks showed up and claimed 4 Golds, his 50/100/200 Breast 43.11/1:40.02/3:54.93 TT8-8-6.

Men 70-74: ERIC GUEST likes getting older, his 1:49.21(TT4) was a new Zone for the 100 Fly. Floyd Elliott was in a rut back-stroke ways:40.58/1:29.33/3:22.35 all TT2's.

Men 75-79: GIL YOUNG a new Zone for the 100 Free 1:25.89 (TT3) his efforts were all TT's. Joe Mallon swam the 1500 in 38:42.62, maybe a TT10. Rupert Fixott surprised Khosrow Shadbeh in the 50/100 Breast.

Men 80-84: In addition to being the backbone of a well known relay foursome, ANDREW HOLDEN set 2 ZONES, 50 Fly 41.87 TT2, 100 IM 1:38.56(TT1)

RELAYS-RELAYS-RELAYS (RECORDS)

Women 100+ 200 Free SIMPSON, THORNTON, GORSLINE, GAMBETTI OR 2:10.92

200 Med GAMBETTI,TYRELL, SIMPSON, MILANO ZONE 2:21.94

Women 200+ 200 Free QUATTRO, WARD, TEISHER, JACKSON ZONE 2:12.18

200 Med WARD, JACKSON, ROUSSEAU, QUATTRO ZONE 2:31.70

800 Free HODGE, PETERSON, WHITER, SCHOB ZONE 13:30.67

Men 160+ 200 Free(MAC) BURLESON, KNAUER, MAESTRE, KABACY ZONE 1:45.39

Men 200+ 800 Fr22 RADCLIFF, TOOLE, LANDIS, TEISHER

ZONE 10:29.21

Men 240+ 200 Med SMITH, NAKATA, PETERSEN, THAYER ZONE 2:16.01

MXD 120+ 200 Free(PNA) MATHEWS, HEGEBERG, AUSTIN, FISH ZONE 1:54.05

MXD 160+ 200 Med(MAC) BURLESON, OBLETZ, PARISI, KNAUER ZONE 2:09.77

MXD 200+ 400 Free JACKSON, COFFEY, WARD, SMITH ZONE 4:27.43

MXD 200+ 400 Med SMITH, STARK, HOAGLAND, WARD ZONE 5:01.88

MXD 200+ 800 Free HIMSTREET, BRUCE, HARRIS, LANDIS ZONE 10:37.13

Records from OFFICIAL SPLITS:

40-44 ORE 100m Free MARY JACKSON 1:08.93 (Leadoff 400 Free)

45-49 ORE 50m Back TERI HENDRYX(MAC) 37.85 (Leadoff 200 Med)

65-69 ZONE 200m Free DAVID RADCLIFF 2:35.44 (Leadoff 800 Free)

55-59 ZONE 50m Back JOY WARD 40.15 (Leadoff 200 Med)

55-59 ORE 800 Free TOM LANDIS 11:23.73 (Split 1500 Free)

55-59 ZONE 50 Free ROBERT SMITH 26.63 (Split off 400 Free)

50-54 ZONE 100 Free KATHY CASEY(PNA) 1:15.96 (Split off 200 Free)

Well now, if you got through all of that you deserve a medal, very AWESOME meet, we had some swimmers going strong.

History-Oregon Masters Swimming-Chapter 9-1983

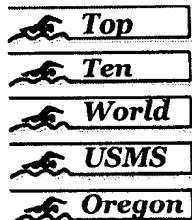
NEW YEAR-NEW LEADERS

The Jan A/M had a great letter on the front page from newly elected Chair, Art Smith, thanking people for giving him the opportunity to serve and outlining the goals for the year - New ideas for meets, ideas for membership growth, fund raisers and clinics.

The upcoming meet schedule was announced: S/C season would include meets at: Tigard (Bill Dendurent), Sheldon, in Eugene (Deb Anderson/Don Van Rossen) MAC (Ray Conlin and Steve Zak), Regionals at Tualtin Hills (Barb and Brian Frid) and SC Nationals in Ft Lauderdale (June Krauser).

The Swim Cellar Pentathlon was held on Dec 5th at TH, it had grown from 81 to 114 swimmers. Tanya Mansigh and Judy Belford in the 30-34, Barb Frid, 1981, Natl Winner(35-39) moved up to 40-44, in the 35-40 Mirjana Callahan (now Prather) 3rd, Sandi Rousseau (2nd) and Ginger Pierson 1st at 200.66 (lasted till '94). Frid won the 40-44 with a great time of 210.71, Louise Hepner swam away with the 55-59, in the 60-64 bracket, newcomer Roberta Amott set a new standard. Dawn Musselman came down from Puyallup and took the 65-69. For the men, Scott Steingraber won the 20-24, John Weston set a new SC record for 25-29, in 30-34 we had a doozer, Chris Hughes won at 169.09, Vern Dasch second in 170.67 (1999 Pentathlon was happy to see

continued on page 10



by
Murali Krishna
Top Ten
Coordinator

The Ten Most Competitive Age Groups in OMS

Ever wondered which age group is the most competitive in OMS? Here is a possible answer.

I started with the All Time Oregon Masters Top 10 SCY database (published by Earl Walter). Within each age group I looked at all the events. For each event, I took the ratio of the 10th time to the top time (up to 3 decimal places). As explained in the previous article, an event with a smaller ratio is considered more competitive than an event with a larger ratio. A small event ratio means that the top 10 times in that event are closely bunched together and vice-versa.

For example, assume that the top time for 50 free is 25 seconds while the tenth time is 27 seconds. Here the ratio is 1.08, while the difference in times is only 2 seconds. Now assume that the top time for the 1650 free is 33 minutes while the tenth time is 34.65 minutes giving us a ratio of 1.05. Notice that the average time for each 50 for the two swimmers is 60 seconds and 63 seconds respectively. Therefore the difference between these two averages is 3 seconds. Even though the difference is larger per 50 yards in the 1650 free than in the 50 free, I consider the 1650 more competitive than the 50 free because the ratio 1.05 is smaller than 1.08. The point is that the difference in times is not a good indicator of competitiveness because one can expect a larger disparity in times in an older age group rather than in a younger age group.

This is how I came up with the Top 10 most competitive age groups. Within every age group, I computed the average of the event ratios among all the events. Again, I assumed that the age group with the smallest average is the most competitive. Here are the results. The last column is the ordinal number of the age group. (19-24 is the 1st age group, 25-29 is the 2nd age group and so on).

Ten Most competitive age groups (Female):

1.106	F	25-29	2
1.116	F	19-24	1
1.116	F	40-44	5
1.125	F	35-39	4
1.129	F	30-34	3
1.167	F	45-49	6
1.438	F	50-54	7
1.469	F	55-59	8
1.498	F	75-79	12
1.573	F	60-64	9

Notice that the first 9 age groups appear in the above list.

However, the 12th age group (75-79) shows up as the 9th most competitive!

Ten Most competitive age groups (Male):

1.074	M	30-34	3
1.086	M	25-29	2
1.096	M	35-39	4
1.116	M	40-44	5
1.146	M	19-24	1
1.151	M	45-49	6
1.223	M	50-54	7
1.227	M	65-69	10
1.244	M	60-64	9
1.282	M	70-74	11

The 8th age group (55-59) does not show in the above list. Instead, the 11th age group (70-74) is present.

Ten Most competitive age groups (Combined):

1.074	M	30-34	3
1.086	M	25-29	2
1.096	M	35-39	4
1.106	F	25-29	2
1.116	F	19-24	1
1.116	F	40-44	5
1.116	M	40-44	5
1.125	F	35-39	4
1.129	F	30-34	3
1.146	M	19-24	1

Here are a few observations:

Among both the men and women, the first 5 age groups show up in the top 5 slots. These are the only age groups that show up in the combined list.

Among the women, the 10th age group (65-69) and the next age group do not show up in the top 10. Here's why! In the 65-69 age group, Lavelle Stoinoff has Top Ten times in 12 events out of a total of 18. Because her times are so fast, the ratios in these events are usually higher than 2.0. Hence her age group does not look very competitive. In the 70-74 age group Petey Smith (where is she now?) has very fast times and has Top Ten times in 12 events.

Among the men, the 8th age group (55-59) does not show up in the above list. Who are the culprits here?! Dr. Sprint (aka Robert Smith) has 9 Top Ten times in this age group. Tom Landis has 5 top ten times (fast 200-1650 free styler).

Ironically, because of the 'ratio approach' just one very good swimmer in a certain age group can make that age group look less competitive! On the other hand, one can argue that that age group is fiercely competitive because of that good swimmer in it. "I will leave you to ponder that as you swim some fast top 10 times in Y2K."

Here is some trivia for you to think about. There are ONLY nine Oregon (past and present swimmers) SCY record holders whose record are within 3% of the corresponding national record. Can you name them? These names will be featured in my next article.

History continued from page 8

Chris trying his waterwings again) Robert Smith then 35-39 was getting into it and turned in a blistering 164.46, which lasted till 1998, Dave Addelman (PNA) won his age group, Eric Guest (50-54), how could he ever be that young?, dropped his time 8 secs, Don Stevenson, 70-74 bested his record posting a 249.25, Herb E (St Helens favorite son) decided to try the PEN-TATHLON, Holden finally got the record in 1998. Rousseau, REG Fly at 30.09, Pierson 2 REG50 Breast 34.54, 100IM 1:10.95, Frid a REG 50 Back 34.19, Louise H (55-59) 50 Free 32.85, and 50 Breast 42.88, Rapid Robert spun the 50 Back in 26.52, and the 100 IM in 58.27, Herb E, trying something other than Back and Free, gave us 3 REG.

OB reviewed the LCM US Top Ten, we had 8 AA's: Tanya Mansigh, Barbara Frid, Lavelle Stoinoff, Nadine Whitehall, Martha Keller, Stan Carper, Roy Webster and Collie Wheeler. Jane Loverin (25-29) 5 events, Tanya Mansigh (30-34) 100/200 Back 1:18.15/2:49.59(AA), Sue Snyder named in 5 events 30-34, Cathy Imwalle was a stroke away from AA in the 200 Breast(3:06.96) 30-34, Mirjana Callahan(now Prather) picked in 4 events, Ginger P in 5 events, missing AA by .16 sec in the 50 Breast, Nancy Ross of Ashland, 1st year placed in 7 events, 2nds in the 50/100/400 Free, Sue Rittenhouse also scored in seven events, Barb Frid made the magic ten in 8 events!, Lavelle S kept the Free all to herself, Nadine Whitehall, TT in 7 events, AA in the 50 Fly, OMS' first "ego" plate, MaryAnn Wolfe, 6 events, Louis Hepner in 5 events, "Maggie" Wells in 6 places, Hazel Bressie took 9, Martha Keller, was placed in 13 events, 2 1sts, 6 2nds, and 5 3rds, sorry but, history is history, the East was upset with our Swiss Miss, but she just kept winning. Matt McCudden nabbed 5, Alan Cardwell 6, with 2-2nds and a 3rd, Stan Carper (25-29) AA 20Back 2:23.66, our one and only Roy Abramowitz came thru with 6 places, Vern Dasch(30-34) 6 places, Ralph Wright 5 toughies(3 Flys and 2 IMs), Art Smith grabbed 4 places, OB at 60-64 managed 7, Don Stevenson garnered 7 with 4 2nds and 1 3rd in the 70-74, Herb E 75-79 managed 7 with 4-2nds and a 3rd, Roy Webster 80-84 was named in 8 events with 3 #1's in the Breast, and Collie Wheeler-2 AA's in the 50/100 Free. This was our first NATIONALS YEAR and Oregon did it up GRAND!!, Relays, 14 Golds, 11 Silvers and 5 3rds. This was OUR first BIG year in Masters(1982) the great news is that it just got better and better. The Jan'83 AM used 6 1/2 pages to list our TOP TENNERS. OB closed with "we are starting a new year with the finest group of leaders any Masters organization in the world can point to", thanks to ALL of you, you have made Oregon Masters one of the TOP Masters swimming programs of the WORLD, and guys and gals it just got better and better.

MHCC MEET, LEADS INTO FEBRUARY

Next was a SCY meet at Mt Hood CC, Ginger Pierson and Lavelle Stoinoff gave us two National Records-100 Breast (35-39) 1:14.40, and 500 Free (50-54) 6:23.54, it is interesting to note that in '99, the 6:23 would still make 6/7 in the TT. Jim Bigler said he would swim all the 200's, plus the 50&100 Free, OB cited Jim for an Iron Man Award. OB cited Ginger P, Barb F, Lavelle S and Don S for swimming # 1 times.

We had some surveys: What do people really like about Masters

Swimming ? - well, 1. I know its good for me, so I do it. 2. I have improved my self image. 3. My Doctor tells me I am younger, etc, etc. That was a national poll, OB's poll came up with: 1. I love getting up at 5:30 AM, in the water at 6AM and someone yelling at me...1000 Warm Up, your choice, all 100's descending...and you know it's going to get tougher...Yard work hurts my back, and I can't swim with a bad back...I can get out of the house without too many questions being asked...I get to go to parties, even if my wife can't go, it's all health and fitness you know...swimming the 100 IM in the middle of a bunch of young tigers who don't know that you're drowning.

On the serious side, "To be what we are, and to become what we are capable of becoming, is the only end of life, "ROBERT LOUIS STEVENSON".

Comments from Connie Wilson-"all swimmers are granted one "grace" meet before registering", still not a bad idea. The THB had a SUPER SWIM, swim 2 miles or 1 Hour, in the 50m pool, in two "waves", half the group to swim, half to time. After the last survivor, we all go out for Pizza. We were a bit crazy then too!

New Splashers were announced: Bert Petersen and Jean Cambridge. Bert swam in Ocean Falls, Canada, after 7 months training he set the Canadian Natl Rec in the 50 Fly (15-16), at age 16 he was the first Canadian swimmer to break the one minute barrier in the 100 fly. Bert continued at US JC's with National Records, and became an AA JC Swimmer, in his first meet at OMS he swam the 50 Fly in 28.26(40-44). Jean (30-34) followed her husband's lead into Masters, and then became in Feb 1983, the first PG gal in the water. Starts in the water and no flip turns, 8 mon PG yet !!!

In the March A/M, Chehalem Masters threw the guantlet down and said they would win the Assn Champs, the Vancouver Old Timers were also in the hunt, as were the defending champs the THB's, on the quiet the host MAC was not saying anything, after all it was going to be in their pool.

MARCH WINDS and APRIL SHOWERS...

We had a great SCY meet at Tigard, some who were there and are still swimming(16years later). Darlene Pohl, Sue Snyder, Sandi Rousseau, Mirjana (Prather), Ginger Pierson, Barbara Frid(in Wash DC), Kaleo Schroder, Lavelle Stoinoff, Louise Hepner, Elfie Stevenin, Adrian Kalil, Chris Hughes, Jim Elliott, Robert Smith, Roy Lambert, Dale Vaughn, Bert Petersen, Jim Bigler, Eric Guest, Khosrow Shadbeh,

OB. How about that Sports Fans ?

The Tigard Meet was a MOVER: Mansigh with 2 Regionals, Sandi R a 1:11.82 100 Fly (35-39), Ginger P 2 Regionals 50 Breast/200 Breast 34.15 and 2:42.07. Barb Frid a Reg 50 Back (40-44) 33.72, Louise Hepner, 3 Regionals (55-59) 100/200 Free 1:16.65/2:53.45, 100Breast 1:33.75.

NATIONAL in the 50 Back by ROBERT SMITH (35-39) 25.97. OB a Reg 200 Back 60-64 2:52.94, and Herb E (75-79) NR 100 IM 1:33.25.

Some words of wisdom - There's only one place "success" comes before "work", that's in the dictionary. There's no such a thing as a loser, just a slow winner.

continued on page 11

History continued from page 10

MAC Masters were bragging about two new swimmers: Debbie Barnes and Carol Starpoli. Three new Clubs came on the scene: Lincoln City Masters, Umpqua Valley Masters and Bend Masters.

Entry for SCY Meet at MAC announced a meet for April 8, 9 and 10, the 1983 Oregon Assn Swimming Championships. Jim Holland was going to host a gala party following the meet (Sunday Nite Live on April 10th) Roy Watters was chastised, for going home from work at 10:30AM and returning at 1 PM, that doesn't sound too bad ???

For those of you with wanderlust, April's A/M had a front page filled with swim meets the world over, across the USA, New Zealand, Canada, France and West Germany. The Eugene Meet attracted 126 splashers, Deb Anderson and Don Van Rossen did a great job. Lavelle Stoinoff (50-54) set 4 Regionals and a National. Eric Guest (50-54) flied to 31.90 in the 50, down from plus 34. Don Stevenson set 3 new Regional Marks. Ardis Ross continued to improve, turning in PR's in every meet. Susi Fogelson (Schumann) was swimming the breast well, this was her first meet after a 30 year layoff. Mike Warren out of Sisters, made his debut.

Assn Champs were held at MAC, top 5 teams were THB 1559, Mt Hood 864, MAC 843, VOT 618, and Chehalem 544.

Robert Smith and Don Stevenson were planning for the Nationals at Lauderdale.

MAY - PLANS ARE LAID

A New Zealand night was planned at Lavelle Stoinoff's, looking ahead to the World's First Masters Championships in 1984.

Bob Miller and George Haines were scheduled as speakers at clinics in the Summer and Fall

Reps of OMS, Connie Wilson, Art Smith and OB were going to the National Convention in Toledo, Ohio.

Barbara Frid and Herb Eisenschmidt were recognized as OMS Top Swimmers, Brian Frid received the Old Barnacle Award.

Peter Powlison from Hawaii, visited OMS, swimming 60-64, turned in 100/200 Free 58.69/2:14.93, 200 Breast/50 Fly/100 Fly 2:55.47, 31.16 and 1:12.20, capped it all with the 400 IM in 5:43.74. Peter visited us many times in those days, as they did not have enough meets in Hawaii, stayed with OB and Sally. Remember the 200 Breast, Pete asked OB how to swim the 200 Breast, he had never swum it, OB said feel the hurt at the end of the first 100, well Peter's 2:55.47 was barely a second off the National Record. Peter was a SWIMMER w/o equal, we lost him in the Summer of 1987, after the Nationals at Stanford, where he set the National 100 Free Record which lasted for 10 years. A great swimmer and wonderful man!

Record Breaking Swim: Adele Pierce made her debut at 20-swimming 200 Free-2:12.79, then records for the 50/100/200 Breast/200 IM/34.52/1:14.00/2:41.15 and 2:27.48, she was a swimmer. In the 25-29, Ann Parks, Sharilyn Workman, Vicki Moore and Diana Waterstreet the 50/100Fr-27.05/27.33/29.23/29.40/1:02.25/1:03.32/ 1:04.61/1:05.25, WOW!

National Records-Lavelle Stoinoff(50-54)200/500/1650 2:22.86/6:20.36/21:49.47, Martha Keller(80-84) 200 Free/5:21.82, Collie Wheeler(85-89) 100/200 Free-1:56.94/4:20.00, Carolyn Wood(35-39) set 4 Reg Rec 100/200 Free, 50 Back/100 IM-1:01.26, 2:20.31, 32.55/ 1:10.28. Alan Cardwell(30-34) 2 Reg(200 Free 1:51.19/100 Fly 55.01. For the 20-24 guys we saw Tom Jackson and Tom Kelly-5 Back 27.62, TK 100 Back/100 IM/200 IM 1:00.93/57.56/2:07.34.

A Long Course meet was announced for Corvallis on June 12th.

1983 was a great year for good times, it is felt that a carry over from the '82 Nationals helped.

Chapter 9 will be continued in a future Aqua Master

Remembering John "Jack" Hoey

Oregon Masters lost one of its early All Americans on Dec 8, 1999. Jack, which he preferred, was born Sept 19, 1909 in San Francisco. He was a WWII navy veteran. The family moved to Oregon and lived in Milwaukie for 48 years. He worked with the U S Postal Service for 25 years, retired in the early 70's.

OB was fortunate to talk with his son Tim, and received some information on Jack's early swimming in the San Francisco area. He swam the North Beach to Alcatraz Swim, many times, and also was involved in many Golden Gate swims, believe this was called "Beach to Breakers Swim". Tim also related that anytime the family went anywhere, water was involved.

Jack started swimming Masters in the 65-69 age bracket and many times represented the Mt Hood Masters. He appears in 1978 swimming the 500 in 8:15.70. Then moved into the 70-74 bracket in 1981, he was a stalwart for Oregon in the 82 and 86 Nationals. One story regarding Jack, he was a member of a medley relay team, no one could swim the Fly, someone asked Jack, and he said he

would try, according to Eric Guest, it was most painful to watch, but Jack got through the 50 Fly LCM. Eric adds that Jack was game through and through, he was a great guy and I was very proud to call him friend. That wasn't the end of it, Jack shows up in the Oregon All Time as a Flyer, in addition to Freestyle, and backstroke as well as a little breaststroke.

Early on he was a freestyler and a good one, at one meet he swam the back and stayed with Herb Eisenschmidt all the way. OB suggested he turn over on his back, he did, and in 1990 in the 80-84 group he made All American, in the 50-100-200 Backstroke, OB takes no credit, Jack was a swimmer, one of the best, and just needed some suggestions now and then.

His last year of Masters was in 1993, he retired from swimming and spent his remaining years with his family. Oregon Masters has lost a dear friend and a #1 swimmer, we will miss him, but know that we are all the better, for having Jack Hoey in our midst for many wonderful years.

Central Oregon Masters Aquatics SCY Freestyle Pentathlon

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #370-02

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

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

C.O.M.A. Freestyle Pentathlon

Place: Juniper Swim & Fitness Center, Bend, OR

8 lanes competition - electronic timing

5 lane x 20 yards continuous warm up/down

Meet Director: Pam Himstreet Phone: 541-617-5830 541-385-7770 (after Feb. 15) e-mail - him@cmc.net

Directions to pool: From Hwy 97 North or South, take Hwy 20 (Greenwood Avenue) east. Turn right on 6th Street and go south 2 blocks to pool.

DATE: March 4, 2000

WARM-UPS - Saturday, 8:00 AM

MEET STARTS - Saturday, 9:00 AM

MEET INFORMATION

Format: This meet is a five event Pentathlon. The Pentathlon winners in each age group will be determined by points awarded for five completed swims. Scoring = 9-7-6-5-4-3-2-1. In case of ties the swimmer with the fastest 200 yd. time will be declared the winner. Entrants are encouraged to swim all the events but may enter less.

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

You may enter a maximum of 5 individual events plus relays. A person may swim the 200y, 400y and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500 and 1000 events will be deck seeded. **Check in will open one hour before and close 30 minutes before the event is to be swum.** All events will be seeded SLOW TO FAST.

Participation Awards: Each participant will receive an imprinted commemorative glass.

Contests during the breaks: Try your skill at the four contests listed below. Each overall winner will receive a prize.

Social: The after-meet social will be held at Baja Norte Restaurant, in downtown Bend. Bring your meet glass for a first beer at 50 cents or a free soft drink. All you can eat healthy tacos (3 kinds), rice, beans, and salad for \$6.95.

Host Hotel: The Phoenix Inn will be offering reduced rates to meet participants. Rooms include a great breakfast.

Call: 541-317-9292. COMA members will extend the hospitality of their homes for this meet.

All entrants **MUST** submit a **PHOTOCOPY**

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN February 19, 2000

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

NAME _____ (for office use) _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ BIRTHDATE _____

AGE _____ SEX _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

SATURDAY, March 4, 2000 2000 USMS# _____

100 Freestyle (1) _____:_____._____

Break: Contest: Women's plunge dive for distance. Perform a standing dive from either the starting block or edge of the pool. Remain in streamline position. Kicking or pulling will be reason for disqualification.

1000 Freestyle (2) _____:_____._____ (deck seeded event, check in required)

Break: Contest: Men's plunge dive for distance. Same rules

50 Freestyle (3) _____:_____._____

Break: Contest: Goggle Flipping. A swimmer may stand in the water (anywhere) or at the starting block end (but not on the block). Your task is to flip your goggles in the air so they land hanging from the backstroke flags.

500 Freestyle (4) _____:_____._____ (deck seeded event, check in required)

Break: Contest: Basketball shoot. Try a shot into our water friendly hoop.

200 Freestyle (5) _____:_____._____

Break

Women's Free Relays (6) XXXXXXXX

Men's Free Relays (7) XXXXXXXX

Mixed Free Relays (8) XXXXXXXX

If this meet is well attended, volunteers will be asked to swim two to a lane in the 1000.

_____ I will volunteer, if needed.

"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 _____

Entry Fee: \$12.00 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

WSU MASTERS AND INLAND NORTHWEST MASTERS SWIMMING PRESENT THE

NORTHWEST ZONE CHAMPIONSHIP MEET

SATURDAY & SUNDAY MARCH 25 & 26, 2000 • PULLMAN WASHINGTON

Date/Times: *Saturday March 25*, warm up starts at 11 am, Session 1 starts at 12 noon, second warm up at 1 pm, Session 2 beginning not before 2 pm. *Sunday March 26*, warm up starts at 8:00 am, Session 3 will begin at 9:00 am.

Sponsor: WSU Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) sanction number 3500326.

Eligibility: All swimmers must be currently registered USMS swimmers. Swimmers from outside the Inland Northwest Masters LMSC, must submit a photocopy of their registration card with their entry form.

Rules: All current USMS rules will apply. Stroke and turn judges will be present. Please consult the 2000 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: Entries must be postmarked by March 13, 2000.

Fees: Entry fee will be \$12.00, make checks payable to IWMSC. Cash will not be accepted with entry forms or at the meet. Deck entries will not be allowed

Conduct of the Meet: Each participant may swim six individual, and four relay events.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club. Swimmers may only swim one leg in a relay.

Awards: First-Third place ribbons will be available free of charge.

Banquet: Inland Northwest season end banquet will be held Saturday evening in Pullman, at a time and location to be announced, all out of LMSC guests are invited to attend.

Housing: The HOST (*House Our Swimmers Tonight*) housing program will be available, contact Peggy Bowe at 509-334-6646 for more details. Dorm housing at Washington State University will also be available, note below for prices and registration. Motel information is listed on the reverse of this form.

Directions: From Colfax WA, take Highway 195 south to Pullman. At Davis Way and Grand Ave, turn left, traveling North on Grand Ave to Stadium Way. Turn right on Stadium Way traveling to Colorado Ave and turn right, the Gym complex will be on your left. From Moscow ID, turn right on Stadium Way, turn left on Colorado Ave, the Gym complex will be on your left. Note map on the back of this form indicating parking areas.

Postmarked by:	March 13, 2000
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$12.00
Checks payable to:	IWMSC

Name _____ ☐ Male ☐ Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email: _____

USMS # _____ LMSC _____ Club _____

REGISTRATION FEES:

TOTAL

- ☐ Meet registration \$12.00 (cash will not be accepted) make checks payable to IWMSC
Please include a copy of your USMS registration card if you are from outside the IWMSC

WSU UNIVERSITY HOUSING

Note: University dorm rooms will be separate from currently enrolled WSU students

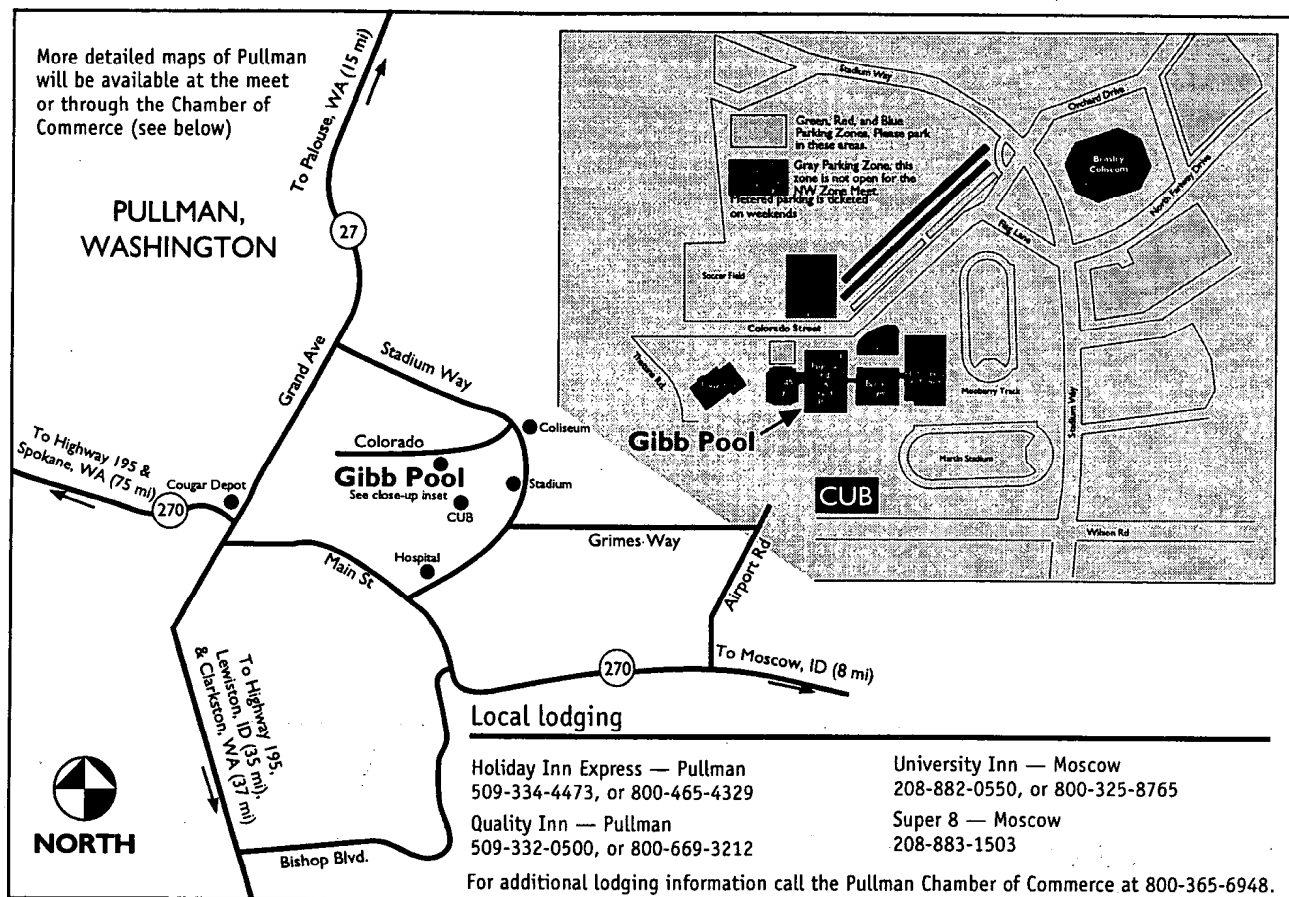
- ☐ I would like single university dormitory housing at \$25/person _____
- ☐ Overnight Friday March 24 ☐ Overnight Saturday March 25
- ☐ I would like double university dormitory housing at \$15/person (my roommate will be _____) _____
- ☐ Overnight Friday March 24 ☐ Overnight Saturday March 25

Total Enclosed (check made payable to IWMSC) _____

Please turn this form over to submit seed times

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.

Your Signature _____ Date _____



SATURDAY MARCH 25, 2000

Warm up begins at 11:00 am
Session 1 starts at 12 noon

- 1) 400 Y Ind. Medley _____
- 2) 1000 Y Freestyle _____
you may swim either the
1000 or the 1650, not both
- 3) 1650 Y Freestyle _____

Second Warm-Up at Approx. 1:00 pm
Session 2 will not start before 2:00 pm

- 4) Freestyle Relay _____

10 Minute Break

- 5) 50 Y Freestyle _____
- 6) 200 Y Butterfly _____

- 7) 100 Y Backstroke _____

10 Minute Break

- 8) 100 Y Ind. Medley _____
- 9) Mixed Medley Relay _____
- 10) 100 Y Freestyle _____
- 11) 50 Y Backstroke _____
- 12) 200 Y Breaststroke _____

SUNDAY MARCH 26, 2000

Warm up starts at 8:00 am
Session 3 starts at 9:00 am

- 13) 200 Y Backstroke _____
- 14) 50 Y Breaststroke _____
- 15) 100 Y Butterfly _____

10 Minute Break

- 16) 200 Y Ind. Medley _____
- 17) Mixed Freestyle Relay _____
- 18) 200 Y Freestyle _____
- 19) 100 Y Breaststroke _____
- 20) 50 Y Butterfly _____

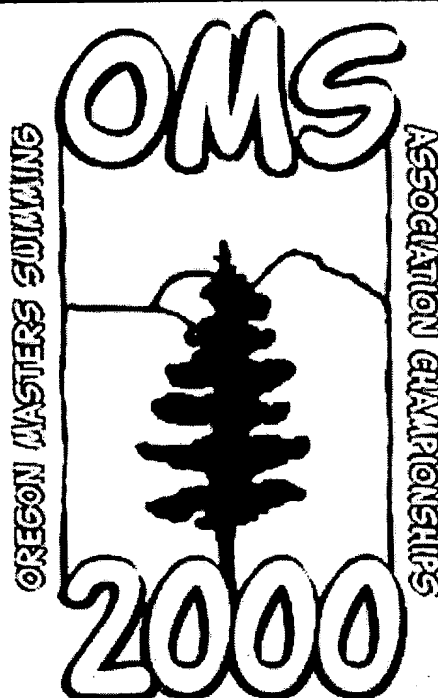
Break

- 21) Medley Relay _____
- 22) 500 Y Freestyle _____

RELAY NOTE: relay teams will have the option to swim Medley events at either 200 or 400 yards, and Freestyle events at 200, 400 or 800 yards. Teams should indicate on the relay card which distance to be swam. Heats will be provided for all distances as necessary.

ASSOCIATION CHAMPS T-SHIRT:

Don't miss your opportunity to purchase a specially designed "OMS 2000" shirt. This will be a white shirt with a full front design (4 colors with two blues, red, and black borders) and will look very sharp! Only \$12 and you must pre-order on the entry form.



OMS AWARDS BANQUET

Featuring Roque Santos

Saturday evening, April 8th, after the swim meet, OMS will host the return of the Annual Awards Banquet. OMS Service Awards, Outstanding Swimmers (pool and long distance), Inspirational Awards, USMS All Americans (Pool and Long Distance), and USMS Top Ten in Individual and Relay Events will be honored.

The dinner will be held at Elsie Stuhr Center (a Tualatin Hills Park and Recreation facility) in Beaverton and catered by Ernestos, a great Italian restaurant. This will be a good deal for the money and will feature the menu below. Don't miss socializing with your friends!!



Roque Santos, a 1992 Olympian, will be featured as the guest speaker. Roque has been described as a "high energy, entertaining, very likable, and motivational speaker by two participants in the recent Masters Olympic Training Camp.

WHEN: Saturday, April 8

WHAT: Pasta Dinner with Lasagna, Pasta Primavera (vegetarian), Caesar salad, Garlic and non-garlic bread, Cookies and Brownies, and Drink choice of Iced Tea, Lemonade, and Coffee/Tea.

GUEST: Roque Santos

WHERE: Elsie J. Stuhr Center (maps available at the pool)
5550 SW Hall Beaverton, OR

TIME: 6:30 PM Dinner
7:30 PM Roque Santos and Awards Ceremony

COST: \$13 per person. **ALL TICKETS MUST BE ORDERED WITH ENTRY.** (Limited to first 130 people and no tickets sold day of the meet.)

Olympian - Roque Santos

OMS Association Championships
April 7, 8, 9, 2000
OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK-IN DEADLINES

Friday, April 7, 400 I.M. and 1650 Free - 6:15 p.m.
Saturday, April 8, 1000 Free - Between the start of the 200 Free and the end of 50 Fly
Sunday, April 9, 500 Free - 8:45 a.m.

RELAY ENTRIES DEADLINES

Saturday, April 8, Medley Relay - 8:30 a.m.
Mixed Free Relay - By the end of the 100 Breast
Sunday, April 9, Mixed Medley Relay - 9:00 a.m.
Free Relay - By the end of the 200 Fly

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY. AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED. THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. **Only teams registered by March 24, 2000 will be able to score points.** There will be a meeting of all the team representatives on Saturday morning at 8:30 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, we have used as a guideline the groupings of 1 to 9, 10 to 19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition.

(See TEAM ABBREVIATIONS BELOW)

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
Medford Old Folks in Action - MOFIA
Metro YMCA - MY
Mittleman Jewish Comm. Ctr - MJCC
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
So. Columbia Co. Masters - SCCM
Steelheads - STHD
Tigard-Tualatin Swim Club - TTSC
Tualatin Hills Barracuda - THB
Willamette Athletic Club - WAC
Woodburn Barracuda Masters - WBM

Not Registered for 2000

Albany Masters - ALB
Blue Marlin Masters - BMM

Chehalam 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
Mid-Willamette Valley Masters - MWVM
Newport - Yaquina Bay Y - NEWP
North Coast Swim Club - NCSC
Princeton Athletic Club - PAC
Team Portland Aquatic Club - PAC
Umpqua Valley Masters - UVM
Vancouver Old Timers - VOT
WH20 Masters - WH20

UNATT - Unattached - If you are not a Member of a Local Team use UNATT. You will not score points for a team in this meet.

What you write down on your entry form is it and no exceptions will be allowed.
If you leave this space blank you will be entered as unattached for team scoring.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category along with the Trophy for the Overall Team Champion.

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT SUZANNE RAGUE AT 503-531-9051**

Oregon Masters Swimming Short Course YARDS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #370-03

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

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

OREGON MASTERS ASSOCIATION CHAMPS.**DATES: April 7, 8 and 9, 2000**

Hosted by Tualatin Hills Barracudas

Place: Tualatin Hills Aquatic Center Pool

15707 S.W. Walker Rd. Beaverton OR

8 lanes competition - electronic timing

continuous warm up / down area separated by bulkhead

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

WARM-UPS - Friday 5:30 P.M.

MEET STARTS - Friday 6:30 P.M.

WARM-UPS - Sat. & Sun. 8 A.M.

MEET STARTS - Sat. & Sun. 9 A.M.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN March 24, 2000

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

NAME _____ (for office use) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____ E-MAIL ADDRESS _____ AGE _____ SEX _____
 BIRTHDATE _____ YOUR LOCAL TEAM _____ (Official Abbreviation)
 2000 USMS#370- _____ USMS CLUB _____ (OREG, MACO, etc.)

Age Groups: Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, and 75+. You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day. Enter relays at the meet. Only 200 yard relays will be counted for team points. The 400 I.M., 500, 1000 and 1650 Freestyles will be deck seeded. See Guidelines Page regarding check-in closing times for these events and for relays. All events will be seeded SLOW TO FAST. Your Team must be registered for 2000 in order to score points. Team representatives must send in the form available in the Aquamaster by the entry deadline.

FRIDAY, April 7, 2000

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

1650 FREE (2) _____:_____._____

SATURDAY, APRIL 8, 2000

50 BREAST (3) _____:_____._____

100 FLY (4) _____:_____._____

200 FREE (5) _____:_____._____

100 I.M. (6) _____:_____._____

BREAK BREAK BREAK

MEDLEY RELAY (7/8) XXXXXXXX

100 BREAST (9) _____:_____._____

200 BACK (10) _____:_____._____

50 FLY (11) _____:_____._____

BREAK BREAK BREAK

MIXED FREE RELAY (12) XXXXXXXX

1000 FREE (13) _____:_____._____

SUNDAY, APRIL 9, 2000

500 FREE (14) _____:_____._____

100 BACK (15) _____:_____._____

50 FREE (16) _____:_____._____

200 BREAST (17) _____:_____._____

BREAK BREAK BREAK

MIXED MED. RELAY (18) XXXXXXXX

50 BACK (19) _____:_____._____

200 FLY (20) _____:_____._____

100 FREE (21) _____:_____._____

200 I.M. (22) _____:_____._____

BREAK BREAK BREAK

FREE RELAY (23/24) XXXXXXXX

"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 T-Shirt Size M _____ L _____ XL _____ XXL _____

each @ \$12 = \$ _____

Awards Dinner Saturday Evening (Pasta / see meet info)

each @ \$13 = \$ _____

MEET ENTRY FEE \$15.00

= \$15.00

(Make checks payable to Oregon Masters Swimming)

TOTAL = \$ _____

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



February Fitness Challenge 2000



Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Host: Tualatin Hills Barracudas, Beaverton, Oregon.

Sponsors: NIKE and Maxwell Medals and Awards.

Rules & Eligibility: Use of training aids and equipment IS permitted. You must be at least 19 years of age.

New Challenges: This year, we have added two new challenges: 1) count the number of days you visit the pool for an aquatic fitness activity, and 2) participate with friends for group participation awards.

Recording Results: Beginning February 1, 2000, record on the form below: EITHER the number of YARDS completed each day (for lap swim, jog-a-lap, etc.), OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for lap counting, add 10% to the meter distance to obtain the yard distance.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person on the entry form. There is no additional fee.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 19-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 29, 2000.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly totals receive awards. Any participant who visits the pool every day during the month will receive awards. Please allow 30 days after deadline for mailing of results and awards.

Group Awards: This year, group participation will be rewarded. The top three groups with the largest number of participants will receive special awards.

Entry Fees: \$8.00 for one individual challenge. Select either "Counting Laps" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to Tualatin Hills Barracudas.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2000 FFC Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 20, 2000. Late Entries will not be accepted.

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE
16055 SW Walker Road #126
Beaverton, Oregon 97006

Telephone: (503) 533-5567 -- e-mail: FitnessFrog@aol.com

International Entries: \$5.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout Brochure: Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features a diversity of adult aquatic fitness ideas, courtesy of the Tualatin Hills Park and Recreation District.

February Fitness Challenge 2000: Aquatic Entry Form (Please Print)

NAME: _____ AGE (as of 2/29/00): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP: _____ COUNTRY: _____ PHONE: _____ E-MAIL: _____
NAME OF GROUP: _____ GROUP CONTACT PHONE/ E-MAIL: _____

*Select Your Challenge(s) (please check one): 1) Counting Laps _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days	
TUE FEB 1	_____	FRI FEB 11	_____
WED FEB 2	_____	SAT FEB 12	_____
THU FEB 3	_____	SUN FEB 13	_____
FRI FEB 4	_____	MON FEB 14	_____
SAT FEB 5	_____	TUE FEB 15	_____
SUN FEB 6	_____	WED FEB 16	_____
MON FEB 7	_____	THU FEB 17	_____
TUE FEB 8	_____	FRI FEB 18	_____
WED FEB 9	_____	SAT FEB 19	_____
THU FEB 10	_____	SUN FEB 20	_____

Yards/Days		Yards/Days	
MON FEB 21	_____	SAT FEB 26	_____
TUE FEB 22	_____	SUN FEB 27	_____
WED FEB 23	_____	MON FEB 28	_____
THU FEB 24	_____	TUE FEB 29	_____
FRI FEB 25	_____		_____

MONTHLY TOTALS = _____ YARDS/DAYS

Signature: _____ Date: _____
(I attest that the above results are accurate and true)

FEES: Entry Fee \$ 8.00 _____ (required)
2nd Challenge \$ 4.00 _____ (optional)
T-Shirt _____ x 14.00 _____ (optional)
*Circle T-shirt size (s): S M L XL XXL
Swim Cap _____ x 4.00 _____ (optional)
International Fee 5.00 _____ (outside US)
TOTAL: _____ (US funds only)

(Please make checks payable to Tualatin Hills Barracudas)



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. YOU MUST BE REGISTERED BY MARCH 24 TO COMPETE AS A TEAM IN THE 2000 ASSOCIATION CHAMPIONSHIPS
THE 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
 Medford Old Folks in Action - MOFIA
 Metro YMCA - MY
 Mittleman Jewish Comm. Ctr - MJCC
 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
 So. Columbia Co. Masters - SCCM
 Steelheads - STHD
 Tigard-Tualatin Swim Club - TTSC
 Tualatin Hills Barracuda - THB
 Willamette Athletic Club - WAC
 Woodburn Barracuda Masters - WBM
Not Registered for 2000

Albany Masters - ALB
 Blue Marlin Masters - BMM

Chehalam 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
 Mid-Willamette Valley Masters - MWVM
 Newport - Yaquina Bay Y - NEWP
 North Coast Swim Club - NCSC
 Princeton Athletic Club - PAC
 Team Portland Aquatic Club - PAC
 Umpqua Valley Masters - UVM
 Vancouver Old Timers - VOT
 WH20 Masters - WH20

Aqua-Master

February 2000

Aqua-Master
1211 SW Fifth Avenue
Portland, OR 97204-3795

Nonprofit
Organization
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

Inside: SCY Zone and Association Entry Blanks

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

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

41



- LEGAL BLANKS
- COMMERCIAL PRINTING
- OFFICE SUPPLIES
- CORPORATE SUPPLIES

STEVENS-NESS
LAW PUBLISHING CO.

