

# Aqua-Master

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## The Chair's Corner by Suzanne Rague

Hello friends,

I hope you are all planning to swim in the Association meet on April 7-9, and that you will be going as a group with your swimming friends. This is the pool meet where we get to strut our stuff for our Local Team, swim lots of relays, and have the most fun that's possible in a pool. Masters swimming celebrates both swimming and camaraderie. In that spirit we're re-energizing the banquet this year, thanks to the efforts of the meet hosts Tualatin Hills Barracudas and your Board. We've kept the banquet price low and brought in a great guest speaker, Olympian Roque Santos. All we need now to make it a success is you!

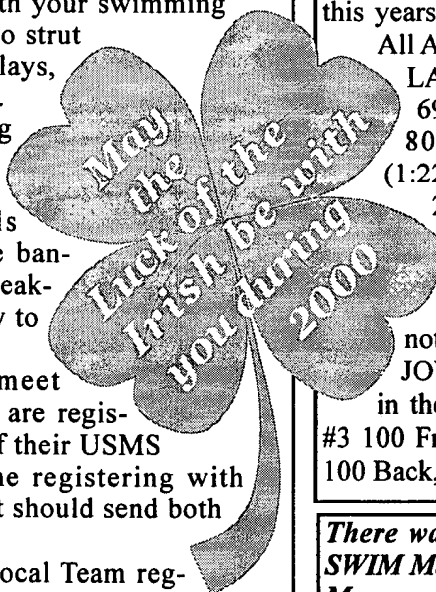
Some reminders about your Association meet entries. Make sure you and your teammates are registered with USMS for 2000, and have copies of their USMS cards to send in with their entries. Anyone registering with USMS at same time they are entering the meet should send both applications to me, the meet entry person.

Another reminder on Local Teams. Is your Local Team registered? The unregistered teams are listed on the Official Rules for the meet. If your Local Team is in the "Not Registered for 2000" column, get it registered now!

Finally, there is a Zone Championship meet in Pullman, Washington March 25-26 which I encourage you to attend. These are always fun, a chance to swim fast, and a time to make new friends with swimmers from other parts of the Northwest.

Swimmingly,

Suzanne



## ol' Barnacle reviews - results - records

**Ol Barn...1999 LCM USMS TOP TEN...**  
Oregon and MAC were well represented in this years listings. Let's take a look at the All Americans:

LAVELLE STOINOFF (MAC) (65-69) All American in 100, 200, 400, 800, 1500, and the 200 Back (1:22.19, 2:54.14, 6:04.13, 12:25.40, 23:45.66 and 3:17.57) add #2 50 Free 37.90, #4 100 Breast 1:53.56, and #3 200 Breast 2:53.52 (OB just hopes she is not retiring)

JOY WARD (55-59) All American in the 50 Fly 34.43, plus #2 50 Free, #3 100 Free, #5-200 Free, #3 50 Back, #2 100 Back, *continued on page 6*

*There was an inadvertent omission by SWIM Magazine in the Jan/Feb issue. The Mens qualifying times for the 400 IM were left off of the National Qualifying Times.*

### Men's 400 IM

19-24	5:19.07	55-59	6:03.64
25-29	4:50.98	60-64	6:45.14
30-34	4:54.54	65-69	7:25.93
35-39	5:00.27	70-74	8:36.81
40-44	5:06.53	75-79	12:14.26
45-49	5:16.43	80-84	No Time
50-54	5:37.21	85-89	No Time

## profile



**Frank Parisi**

Frank Parisi grew up in Portland, graduated in 1966 from Central Catholic High, and ran track on the H.S. team. His swimming was limited to Red Cross lessons, where he was "drown -proofed" only. He was an undergraduate at Oregon State and transferred to Reed College where he got his degree. He was a Marshall Scholar at the University of Edinburgh where he received his doctorate in Literature and Art History. He earned a law degree at the University of Oregon 1975-1978. Five years ago he and his wife Robin, also a lawyer, left their partnership at Lane, Powell Spear Lubersky to establish Parisi & Parisi, P.C., where they represent primarily clients engaged in real estate development. Frank specializes in environmental and land- use work.

Frank has many interests and is extraordinarily inquisitive. Beyond his amazing knowledge of all types of literature and writing,

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## 2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
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 21 (corrected SCY date)		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

July 2 3000/1500 Dorena Lake

July 15 10,000K Nat. Champ-Applegate Lake Dan Gray (541) 944-0529

July 16 3000/1500 Applegate Lake

Aug. 5 500/1500 Elk Lake

Aug. 6 3000 Elk Lake

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

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

### profile continued from page 1

he loves hiking, cycling, athletics in general, and, as his most casual acquaintances know, a wide variety of home "improvement" projects. His intellectual absorption in all aspects of swimming is indicative of his natural curiosity for almost any subject.

Frank took up swimming in 1988, when Robin became pregnant with their first child, Celeste. They both began swimming together in masters practices at Riverplace Athletic Club, where Frank actually learned to swim a recognizable stroke for the first time. The demands of profession and a young family (their second child, Peter was born in 1991) kept them from swimming very seriously, much less in competition. Frank did, however, learn the rudiments of the four competitive strokes, and that you didn't get dizzy when swimming more than one length if you just mastered breathing.

In the fall of 1998, Frank's family joined the Multnomah Athletic Club and its competitive swim teams. Now, a year and a half later, you would think they had been here for many years, they have become such a part of the fabric of MAC swimming. Robin, a long-time swimmer, practices with Frank, and their children, who are on the junior team, are known to give their parents a few pointers occasionally.

The family is involved in each other's swimming and can be quite competitive as evidenced from the following excerpt from Frank's 1998 Christmas Composition:

"We have a practice that involves five 100 yard sprints in the 25-yard pool. I wear Zoomers (short little fins designed to increase leg effort to provide a more aerobic

*continued on page 5*

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

When stripped to its basics, the theory of training seems quite simple. Choose a goal for which you would like to train. Apply an appropriate training stimulus, then let your body adapt. Apply another stimulus, then let your body adapt again. Continue until you have reached your goal.

I've already written, briefly and simply, about appropriate training stimuli (see my last four Aqua-Master articles about training). Now let's mention adaptation. Contrary to popular opinion, swimmers don't improve during training. They improve due to training, but they improve between training bouts. This process requires sufficient rest to accommodate adaptation to training stress.

Training is just another stress in our lives (wow, you say, is that an understatement!). And, of course, our lives are full of stress, of one kind or another. Some stresses we choose, others we put up with as part of this great adventure called life. How we accommodate to the scores of daily stresses, including swim training, determines how we view and manage our lives.

We choose to undergo the stress of training because we believe that the outcome of training is a desirable goal. To reach this goal, we have to leave room to adapt to this stress. You have all experienced changes in the volume or intensity of your own training. Remember how tired and sore and grouchy you felt as you worked through these changes. Eventually, you either got better (hopefully!) or you crashed. If you crashed, it showed that you could not manage the total stress load that you were experiencing;

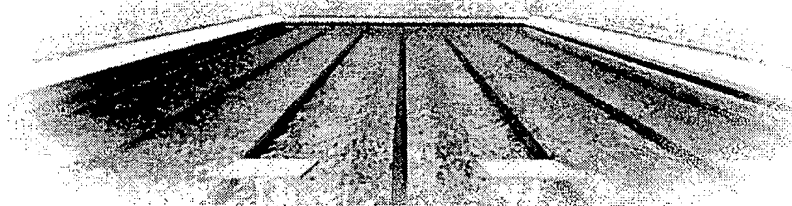
you did not have the energy to adapt to all of the stresses. If you got better, it showed that you adapted; your rest matched your workload.

High-level training, with extreme volume and/or intensity, involves traveling a razor edge between adaptation (superior performance) and non-adaptation (staleness or illness). This is the risk that world-class athletes take in their intensive training programs. This year, many candidates for our Olympic Team have deliberately dropped out of school, cut back on their working life, or placed themselves in regimented environments with few distractions. We have several such qualifiers for the Olympic Swimming Trials living and training in Bend. They tell me that they have made their lifestyle changes for training; I counter by saying that they have not done this for training (because their training changes are incremental year-by-year) but rather for adaptation. I believe that this is true for all of us.

Most of us do not have the choice to drop out of our daily lives to train; we still carry our major, stress-filled obligations to ourselves, our significant others, our families, our co-workers, and our friends. However, we can choose ways to relieve the stress overload. If we wish to dedicate ourselves to high training levels, we need to cut back on other stress-causing activity, as well as find ways to relax and rest. Without rest, we cannot adapt to training, and we will fail in our quest to reach our swimming goals.

Good luck and good swimming (and resting too!)

## A Big OMS Welcome to New Swimmers



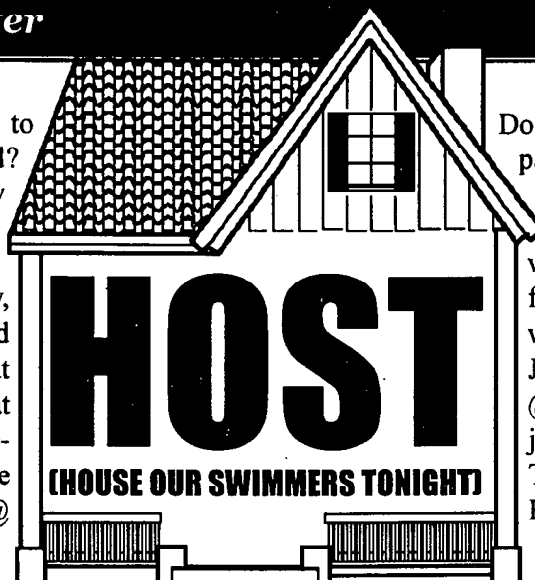
## We have a lane reserved for you in 2000

Name	Local Team		
Anderson, Ellen M		Bayless, Jessica	PEND
Arp, Rob J		Bergreen, Heather	THB
Backus, Ted	PMSC	Bork, Kay A	
Baker-Hansen, Sheryl	EA	Brand, Cam H	
Banovic, Brendan M	NCAP	Briggs, Greg G	
Barbara, Dick A	MOFIA	Bunker, Jim	MWVM
		Burton, Mark	R TTSC
		Butcher, Bryan	
		Butcher, Jennifer	MY
		Cameron, Donald F	FISH
		Carlisle, Kathie	TTSC
		Condon, John	WAC
		Conley, Larry A	
		Craig, Matthew A	PMSC
		Cramer, Elizabeth K	PMSC
		Davis, April A	HMST
		Dowd, Mike B	MACO
		Dunlap, Douglas L	UNAT
		Eckert-Mason, Kathy E	CAT
		Edwards, James S	UVM
		Estrada-Rhodaback, Christina K	
		Fields, Nancy C	SCAT
		Gaffney, Karen E	MACO
		George, Bill H	PMSC

*continued on page 4*

**HOST PROGRAM**

Hi swimmers! Planning on going to the Freestyle Pentathlon in Bend? Need somewhere to stay? Why don't you give our HOST program a try? This is a great way to make new friends and save a little money, too. There are some really fun Bend people who have let me know that they'd love to HOST a swimmer at this meet. If this sounds like something you'd like to try please call me @ 653-9753 or e-mail me @ jdthimm@regence.com.

**SOCIAL**

Do you know a swimmer who is participating in their first meet? I have put together a bag of great stuff to welcome them to OMS. Eventually we will be able to identify new swimmers from their entry forms, but for now I will have to rely on you to inform me. Just see me at the meet or call/e-mail @ 653-9753 or e-mail me @ jdthimm@regence.com. Thank you! Jeanne Thimm, HOST / Social Chair

***New Swimmers Continued from page 3***

Giuliano, Lisa J	THB
Gross, Eric	THB
Guenther, Johauna K	SCAT
Harlow, Tish E	MOFIA
Harris, Floyd A	MHM
Harris, Peggy	HMST
Harrison, Kelly A	THB
Haslach, Kathryn C	MACO
Haslach, Timothy F	MACO
Hirayama, Taka	MHM
Hodge, Peggy H	COMA
Jackson, Kelsey G	MPM
Jensen, Ben R	
Jonasson, Judy A	RVM
Juba, Kristin R	COMA
Kamp, David A	CAT
Kelley, Leah C	SCAT
Kelly, Tom B	WAC
Kiebertz, Richard B	THB
Koch, George J	THB
Lake, Brent L	COMA

Lansing, Jeanne M	
Liggett, Mary	THB
Livelybrooks, Dean	
MacCollum, Jennifer A	PMS
Manring, Ann	CAT
McDowell, Michael K	CBAT
McKay, Scott	
Meek, Alice E	WAC
Miller, Jon B N	CAP
Morrison, Laura A	CBAT
Nail, Michael R	PMSC
Nelson, Brian C	RVM
Nonweiler, Blake A	MWVM
O'Donnell, Laura C	
O'Neill, Kathy H	PMS
Peterson, Sara K	PMSC
Pownall, Elizabeth A	EA
Reichardt, William A	COMA
Robe, Joel T	EA
Robinson, Jeri L	PMS
Ross, Amy M	RVM
Samelson, Melora P	CBAT

Sears, Julie A	CNA
Smith, Paul R	SCAT
Snyder, Sarah	HMST
Soracco, Andrew	W PMS
Sorlie, Nancy W	COMA
Starman, Cliff R	MHM
Starman, Kathy A	MHM
Sugawara, NCAP	
Sundin, Pamela A	THB
Taylor, Noelle	PMSC
Teisher, Sean J	THB
Vahlsing, Anna M	PMS
Vigano, Miriam	PMS
Waters, Richard	CNA
Watson, Paul A	EA
West, Kathleen A	MY
Winestorfer, Tim N	
Winters, David A	RVM
Wolf, Gail M	UVM
Wright, Angela S	CBAT
Young, Laura M	PMSC

## 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 19 and 20.

# OPEN WATER SWIMMING



# LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

## 10K USMS National Championships July 15

*(full moon on the 16th)*

Since this swim will require swimmers to provide their escort, perhaps now is the time to make some plans. Here are a few hints to help you in your preparation.

\* find a boat kayak, inflatable kayak, paddle board, canoe all will work.

\*find your paddler: it helps to have someone that can put up with your mood swings.

\*think about your food / drinks: practice with various products to see what works for you. Plan on burning 200+ calories per hour.

\*try to do a long pool swim in the pool once each month--experiment with your foods/drinks. Gradually increase yardage until reach 85-100% of distance.

\*plan on being nice to your escort. Without an escort, you can not swim. They need to have nourishment while paddling for you!

\*extra goggles, sunscreen, mouthwash (yes, it helps refresh your tastebuds!). Items should be secured while in boat. I have lost "spare" goggles overboard when boat almost overturned.

These are just a few things to think about and to plan for. If this is your first long swim where an escort is required it may seem overwhelming.

Do not let the logistics overwhelm you, look at the endeavor as a new and exciting challenge.

### DORENA LAKE

The first swim of the Oregon Open Water Series will be at

an entirely new venue. Cottage Grove Lake was not available for the first weekend of July.

OMS is planning on another open water clinic. The aim of this clinic is MAJOR participation from OMS Coaches. There will be a two hour, coaches only, meet-ing with the mentor coach. This will be followed by a three hour clinic, with all the coaches helping the mentor coach in some aspects of the swimmers clinic. This clinic will be on Saturday, July 1, and the swim competition on Sunday July 2. All coaches will be contacted by letter informing them of the clinic and swim. OMS wants the coaches to participate and bring home the information to assist their swimmers training for open water events.

The Cascade Lake Swim Series and the Hagg Lake Swim (OMS Assoc. Championships) will be on back to back weekends this summer. We have been trying to have swims every other weekend, but, this was not possible due to OMS hosting Zone Long Course Championship and pool availability. As you can see from the schedule, it is another full summer, with the last swim scheduled for Aug. 26, at North Bend. This will be the second year at Eel Lake and this is a fine weekend at the coast. The OMS Assoc. Championships for 2001 will be at Eel Lake, so plan on participating & getting familiar with the lake and the sights.

The next issue of this column will describe in detail the context of the Oregon Open Water Series. This will update all swimmers on the individual yearly awards as well as team awards for the Association Open Water Championships.

### Writers Wanted for Open Water - Long Distance

As each year goes by, more and more Oregon swimmers participate in swims outside of our LMSC. If you do swim in an Open Water swim outside of Oregon would you please write a paragraph or two about the swim and forward it to me so we can include it in the AquaMaster. This is one way to expose Oregon swimmers to the many fine and exciting swims around the globe.

### profile continued from page 2

workout) and swim free style. MY SO-CALLED WIFE swims IM (25 yards each of butterfly, back-, breast- and free style). In all but one of the heats I keep up with her. She beats me at the end by a diving touch (just to remind me who has the racing experience in the family). But I keep up. I explain to her that this is a milestone of sorts. I tell her all I really want to do is break a minute in the 100 yard free, without fin assistance. Always the supportive spouse, she laughs. She swam a :57.0 at age 12. Later, she confesses the real reason for her laughter. She doesn't think she (let alone me, the slow spouse) will ever see that side of a minute again.

'I've got a better goal,' she says. 'look at this chart.' She shows me a chart she retrieved from the internet that shows National Masters Records for each 5-year age group.

'Instead of trying to lower your times, why not just focus on moving into a different category?' She moves her finger from the 50-54 age group over to the 65-69 age group. 'If you just keep your present time for the next 19 years, you can have the national record.' "

Frank has been attending noon practice regularly with Robin and is improving rapidly. Last summer he won the 50 meter breaststroke in the LC Zone Championships. He has been improving his 100 free time also, but has not reached a minute yet, and he has a long way to go for the national record. When asked for a quote for this article, Frank said, "the beauty of the MAC Masters program is that all of us have access to professional coaches and national Masters events whether we are lucky middle-aged guys like me, sprinters, distance swimmers, open water enthusiasts, or former champions trying to find their groove again".

# The Fitness Lane

## Stress, Fitness, and Competition by George Thayer, Fitness Chair

Most of the readers of this column are probably aware of the dangers of long term stress, but it might be helpful to know more precisely what the effects are and when stress can be put to good use. Stress is a response that organisms developed early on to escape a situation where your fitness could be seriously jeopardized. So here goes.....

A stressful event sets off a chemical chain reaction. First, the brain signals the hypothalamus (a part of the brain) to secrete a chemical signal called 'corticotrophin releasing factor' (CRF). Second, the CRF tells the pituitary gland to send corticotrophin to the adrenal glands. Next, the corticotrophin tells the adrenal glands to activate ACTH (adrenocorticotrophin hormone). This stimulates the adrenals to release adrenalin and glucocorticoids. These hormones tell the body to send energy to the muscles. Finally, when glucocorticoids reach high levels, the hippocampus signals the hypothalamus to quit secreting CRF.

Glucocorticoids do two things: they tell the body to dump sugar into the bloodstream, providing quick energy for a sprint (read 50-100 yards for us quick twitch folks) and during this emergency, they also suspend bodily processes not needed for immediate survival. (That's why very few of us every think about going to the bathroom during a 50 yard race).

## Masters

Swimming  
for life

All of the above 'techo' talk means that your body is in the "get up and get going" mode. The stress response is what we want during competition, but what many of us don't think about is shutting it down after the meet.

I wrote in a previous article about elevating your stress response before a race by using the technique of visualization, but what should you do after the meet? Try some relaxation exercises (deep breathing, visualize a warm beach in Hawaii, or whatever 'brings you down') These will help to shut down the stress response. On the other hand, with long term stress, what happens if we go to work on Monday, and Monday after Monday you are being stressed out by the commute to work and the unpleasant or messed up work environment in which you find yourself?

Recent research has found that people subjected to long term stress seem to suffer a reduction in the size of the hippocampus. This condition also seems to result from long term depression. The reduction in size of the hippocampus results from exposure to high levels of stress hormones and weakens those cells, leaving them more likely to die if their oxygen supply is interrupted, which happens during a stroke or heart attack. The reduced size also seems related to memory, which may be why we can't remember our really bad swim meets.

In summary, you want to be able to crank up your stress response for competition but get back to a relaxed state afterward. For long term fitness, check for stress indicators and strive to reduce or eliminate them.

### ol'Barn continued from page 1

#5 200 Back, #7 100 Fly, #3 200 IM, Times: (33.06, 1:17.02, 3:02.92, 41.53, 1:31.15, 3:22.25, 1:49.37 and 3:21.54. Joy set a NEW NR in the 50 Fly.

EVA MUELLER (85-89) All American in the 200 Free 5:10.71 plus #2 400 Fr, #2 100 & 200 Back, #2 in the 100 Breast and the 200 IM, times were 10:53.58, 2:45.56, 5:38.43, 3:33.47 and 6:26.81.

BILL ZOLNA (30-34) All American for the 400 IM 5:01.70, plus #10 50 Free, #9 200 Free, #8 400 Free, #5 100 Fly, #2 200 Fly, and #4 200 IM, stopping the clock at 26.28, 2:10.13, 4:38.10, 1:01.19, 2:17.05 and 2:21.22.

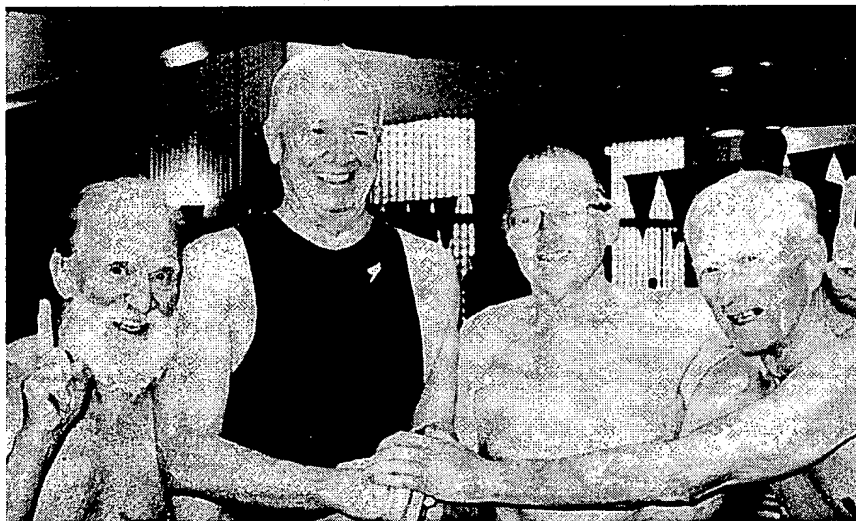
TOM LANDIS (55-59) All American for the 200 and 400 Free (2:25.88 and 5:15.80) add 6th 100 Free, 2nd 800 and 4th 200 IM (1:04.43, 10:53.83 and 2:50.72)

BERT PETERSEN (60-64) All American in the 50 and 100 Fly (30.84 and 1:17.79) Bert picked off the NR in the 50. When Bert makes his mind up, great things happen.

ANDREW HOLDEN (80-84) All American 50

and 100 Free-35.96 and a 1:21.12. Also 50/100 Fly both in NR times 41.89 and 1:47.88. The epitome of a sprinter.

RELAYS: 200 Free and Medley Relays 320+ EARL WALTER, ALLAN DELAY, GERALD HUESTIS and ANDREW HOLDEN NR 2:35.01, EARL WALTER, continued on page 7



Allan - Earl - Gerald - Andrew



*ol'Barn continued from page 6*

GERALD HUESTIS, ANDREW HOLDEN and ALLAN DELAY WR 3:05.43

800 Free 100+ JEFF KAELO, ERIC ASKERMAN, ARIO MURPHY, STEVEN JENKINS 10:56.51

400 Medley 200+MXD ROBERT SMITH, JACKIE QUATTRO, CHRIS ROTH, JOY WARD 5:23.38

800 Free 200+MXD PAMELA HIMSTREET, BARBARA HARRIS, ROBERT BRUCE, TOM LANDIS 10:51.02

**Top Ten Patch Honorees:**

Women 19-24: Castle Funatake 10 Free, 50 Breast, 100 Breast-7th 1:09.31, 10th 41.95, 9th 1:32.11

Lisa Gorsline 400 Free, 150 Free, 200 Breast, 100/200 Fly and 400 IM (9th 5:40.83, 5th 22:02.32, 10th 3:28.18, 10th 1:20.42, 3rd 3:02.00, 7th 6:16.35

Wendy Dixon 50/100/200 Breast (2nd 39.36, 3rd 1:26.05 3rd 3:05.98).

Women 25-29: Francesca Gambetti 50 Free - 9th 29.94

Shauna Simpson 9th 800 Free 11:01.95, 10th 100 Fly 1:20.07, 4th 200 Fly 2:57.26, 5th 400 IM 6:04.46

Women 35-39: Ellen Ferguson 10th 400 Free 5:04.46, 9th 200 Breast 3:15.62

Women 40-44: Grace Goddard 50 Free 5th 30.40

Becky Oblatz (MAC) 50/100/200 Breast 8th-40.87, 6th-1:29.99, 4th 3:11.77

Women 45-49: Robin Parisi (MAC) 100 Back 9th 1:22.99, 50 Fly 9th 34.20, 100 Fly 5th 1:19.85, 200 IM 5th 2:57.03

Teri Hendryx (MAC) 200 Back 4th 2:58.29, 100/200 Breast, 6th 1:32.36/3:24.28, 200 Fly 5th 3:06.53, 400 IM 3rd 6:24.74

Women 50-54: Janet Gettling 50/400/800/1500 (8th 34.69, 9th 6:16.92, 6th 12:37.37, 7th 24:35.21) 5th 50 Back 41.10, 2nd 50 Breast 45.21, 4th 100 Breast 1:38.51, 8th 50 Fly 38.44 8th 100 Fly 1:32.16, 9th 200 IM 3:23.27, 4th 400 IM 7:14.01. With 11 placings, Janet's BEST year.

Sandi Rousseau 5 Free 9th 34.75, 50 Fly 3rd 35.96, 100 Fly 7th 1:31.75.

Chris Clum 50/100/200 Breast 7th 45.21, 7th 1:39.66, 3rd 3:35.84

Women 55-59: Sue Calnek-Morris 50/100/ 200/400/ 800/1500 7th 36.69 9th 1:22.63, 6th 3:09.29, 5th 6:29.73, 4th 13:08.56, 3rd 24:28.85 OB thinks that Sue is a Freestyler. One of the best in '99.

Pamela Himstreet 200/400/800/ 1500, 9th 3:12.70, 6th 6:39.25, 5th 13:34.22, 4th 25:59.97, 100/200 Breast 7th 1:48.6 2/3rd 3:46.18, 100/200 Fly 8th 1:52.29/ 3rd 4:01.44, 200/400 IM 7th 3:40.29 /4th 7:47.50, Pam with 10 placings best show ever, Great Job Pam !

Women 60-64: Susanne Schumann (MAC) 8th 50 Free, 7th 100 Free 37.20/1:24.90 6th, 5th 6th 50/100/200 Breast 48.90/1:47.19/ 3:56.34, improving over 1998.

Women 70-74: Betsy Austen (MAC) 10th 1500 38:08.01, Margaret Wells 10th 100 Fly 2:37.82, 6th 200 Fly 5:51.07

Women 75-79: Elfie Stevenin 10th 800 Free 27:18.18, 7th 100 Fly 4:18.88, 4th 200 Fly 9:25.42, 5th 400 IM 16:22.64, Judy Melcher 9th 1500 Free 25:32.64

Women 80-84: Norma Bernardi 10th 50/100 Free, 8th 200 Free, 5th 50 Back 1:02.02, 2:22.25, 5:12.94, 1:05.50

Men 19-24: John Collins 9th 800 Free, 4th 1500 11:44.58/ 22:48.90

Men 30-34: Steve Parmentier 50/100 Back 4th 30.81 /8th 1:07.62 and 10th 50 Fly 27.66.

Radek Pospisil 10th/7th 100/200 Breast 1:17.74/2:52.00, Bill Volckening 8th 1500 21:52.26,

Erik Askerman 5th 1500 20:54.00, Kelly Hibler 4th 800 Free 9:58.81

Men 35-39: Doug Stewart 200, 400, 800, 1500 3rd 2:07.61, 2nd 4:28.64, 7th 9:49.71, 3rd 18:30.18, 200 Fly 4th 2:24.36, 400 IM 3rd 5:09.97 A most remarkable job, well done.

Ron Taylor 9th 100 Back 1:11.99, 7th 200 Back 2:38.70. Mark Vininski 9th 100 Breast 1:17.07 10th 200 Breast 2:53.57.

Men 40-44: Pat Allender 10th 200 Free 2:10.57 4th 100 Breast 1:14.12, 2nd 200 Breast 2:40.20, 2nd 400 IM 5:15.11.

Chris Roth 10th 200 Back 2:35.36, 50/100/200 Fly 8th 28.48, 5th 1:01.98, 3rd 2:20.28, 3rd 400 IM 5:18.20,

David Burleson (MAC) 9th 100 Free 58.90,

Peter Metzger 9th 50 Back 31.37

Men 50-54 Allen Stark 2nd 50 Breast, 2nd 100 Breast, 4th 200 Breast 33.85/1:17.09/2:54.19,

Doug Prentice 9th 50 Free 27.68,

Stephen Johnson 7th 800 Free 10:25.55

Men 55-59: Robert Smith 3rd 50 Back 33.63, 3rd 100 Back 1:14.13

Men 60-64: Ron Nakata 50/100 Free 8th 30.29/7th 1:09.87, 50 Fly 6th 32.45, 6th 200 IM 3:03.10,

Jim Bigler (MAC) 10th 800 Free 12:49.02.

George Thayer 6th 100 Back 1:30.55

Men 65-69: David Radcliff 50, 100, 200, 400, 800, 1500, 3rd 29.89, 2nd 1:05.95, 2nd 2:31.43, 2nd 5:34.75, 2nd 11:45.56, 2nd 22:55.86, OB counts Radcliff's 5 Silvers and a Bronze as True Grit.

Richard Weick 4th 50 Free 30.23, 6th 100 Free 1:09.80, 6th 200 Free 2:45.25, 50 Breast 6th 40.65, 50 Fly 3rd 35.20, 100 Fly 6th 1:34.61, 200 IM 3rd 3:12.53 and 5th 400 IM 7:19.30, point with pride to Weick.

Men 70-74: Floyd Elliott 50/100/200 Back 6th 43.39/ 5th 1:36.37, 3rd 3:30.56, out of retirement into the limelight

Men 75-79: Gil Young 100, 200, 400, 800, 1500 (8th 1:27.99, 4th 3:19.99, 3rd 7:06.64, 3rd 14:46.34, 3rd 29:13.07. Earl Walter 200 Back 5th 4:13.20, 200 IM 5th 4:16.83.

**RELAYS:**

200 Free Women 100+ 4th 2:07.44 - Karen Hakanson, Laura Tyrell, Wendy Dixon, Francesca Gambetti

200 Free Women 160+ 9th 2:17.76 - Janet Gettling, Sandi Rousseau, Jody Welborn, Lisa Gorsline

200 Medley Women 200+ 5th 2:43.93 - Elke Asleson, Janet Gettling, Sandi Rousseau, Pam Himstreet

*continued on page 8*

*ol' Barn continued from page 7*

200 Medley Men 120+ 9th 2:02.86 - Bill Volckening, Mark Vininski, Chris Roth, Kelly Hibler

200 Medley Men 240+ 6th 2:29.16 - Art Welch, Allen Stark, Richard Weick, David Radcliff

400 Medley Men 100+ 3rd 5:22.91 - Steven Jenkins, Jeff Kaelon, Eric Askerman, Arlo Murphy

200 Free Relay MXD 120+ 8th 1:56.12 - Bill Zolna, Karen Hakanson, Laura Tyrell, Steve Parmentier

200 Free Relay MXD 200+ 4th 2:10.72 - David Radcliff, Elke Asleson, Janet Gettling, Chris Roth

200 Free Relay MXD 240+ 5th 2:22.99 (MAC) - Lavelle Stoinoff, Thomas Levak, Jim Bigler, Susanne Schumann

200 Free Relay MXD 240+ 7th 2:23.94 - Sandi Rousseau, Arthur Welch, Pam Himstreet, Richard Weick

200 Medley MXD 76+ 4th 2:39.77 - Arlo Murphy, Janet Hailey, Steven Jenkins, Phoebe Haynes

200 Medley MXD 240+ 8th 2:46.67 - Art Welch, Pam Himstreet, Sandi Rousseau, David Radcliff

200 Medley MXD 240+ 10th 2:51.81 (MAC) - Lavelle Stoinoff, Susanne Schumann, Jim Bigler, Thomas Levak

200 Medley MXD 280+ 7th 3:19.43 - Floyd Elliott, Margaret Wells, Andrew Holden, Pam Himstreet

400 Free MXD 120+ 9th 4:58.51 - Joy Ward Jeff Kaelon, Janet Hailey, Eric Askerman

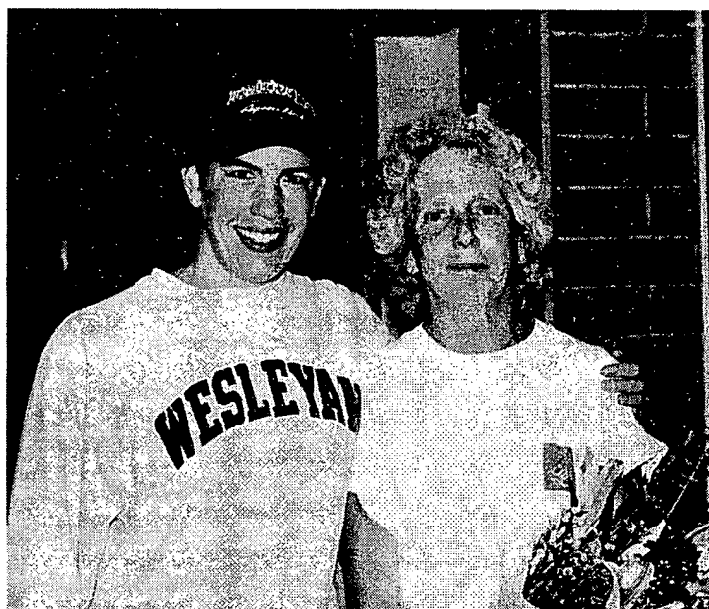
400 Free MXD 200+ 5th 5:22.22 - Robert Smith, Jackie Quattro, Douglas Prentice, Robin Young

400 Med MXD 120+ 2nd 5:58.94 - Joy Ward Eric Askerman, Jeff Kaelon, Erin Holland

Oregon Masters is proud of all of you, WELL DONE !

### Ol Barn: Swimming at Eugene

Lynda Christiansen and her wonderful crew did a bang up job with a fine meet. Showing up were many new faces and amongst those, bonifide stars and could be stars.



Lynda Christiansen and her number one crew member Anna Gallas did a super job at Eugene.

### Let's start out with a NATIONAL RELAY RECORD:

Men 55-64 800 Free NR at 9:00.83 , was 9:12.24 - TOM LANDIS, RICHARD WEICK, DAVE RADCLIFF AND ROBERT SMITH

### Zone Records:

EVA MULLER at 87 a new record in the 200 Breast, was 8:14.13 by Martha Keller in '86, Eva gives us a 6:25.58

PAUL WATSON (30-34) (welcome) swims to a new ZONE in the 50 Back at 25.23 was Robert Kabacy 25.92

DOUG STEWART (35-39) new Zone for the 1650 at 17:32.95, was Burleson 17:38.23 '96 Oregon Records:

MARY JACKSON (40-44) 100 IM new time of 1:08.85, breaks 1:09.18 by Pierson in '86

PAT ALLENDER (40-44) 1650 in 18:13.78 does away with Steve Johnson's 18:17.41 set in '88

ROBERT SMITH (55-59) 100 Breast in 1:11.63 breaks his own standard on 1:11.91 set in '99

Women 35-44 800 Free Relay, new OR 10:26.14 - JOY WARD, JACKIE QUATTRO, ROBIN YOUNG ,MARY JACKSON

### Now let's get into the swim by swim

Women 19-24: Gina Dhom was strong in the 100 Free OTT7 59.27 and the 50 Fly OTT4 29.14 ahead of '98

Women 25-29: Welcome to a galaxy of comers -Anna Galas, Jennifer Butcher, Angela Wright, Sandra Uesugi, Tess Sugahara, Jennifer Butcher. Jennifer Butcher 100 Back 1:06.57(OTT5) 200 Back 2:26.83(OTT6) and Anna Galas 100 IM 1:08.51 (OTT9)

Women 30-34: Welcome to Kathryn Bork and Ellen Broido. Linda Parmentier led the group with wins in the 50 Free 26.97(OTT9), 50 Breast 35.12 (OTT5), 50 Fly 29.56 (OTT9) and the 100 IM 1:08.78(OTT10)

Women 35-39-Many Many new faces, with Christina Fox, a veteran leading the way.

Women 40-44 - Gail Wolf and Robin Young faced off in the 100 Free. Julie James looked good in the 200 Free 2:20.23 (OTT4). Mary Jackson had a OTT1 in the 50 Back 32.09. Candace Chatt was Jackson.'s main rival.

Women 45-49: Susan Collins led the way in the group capped by a fine 400 IM 6:33.27

Women 50-54: Jackie Quattro was the guiding light most importantly she either held her own with '99 or improved, in fact improved in 3 events 50 Free, 50/100Breast. Jan Plesner was ahead of '99 in the 50 Fly and 100 IM

Women 55-59: Joy Ward was the leader, swimming well but bothered by an injury. OMS hello to Roswita Morris from Davis, Calif and congrats to Peggy Whiter for improving on '99 in the 50/100 Free, and the 5 Fly and 100 IM, Peggy bettered '99 in the 100 IM by over 4 secs.

Women 60-64: Kaleo Schroder is back in the pool, took the gold ring here

Women 65-69: Arden Adams continues to pick up the beat making the All Time Oregon 50,100,200 Back and the 50 Breast

*continued on page 13*



**Oregon's finest swimmers!**

Hello Folks:

I wanted to find out how well Oregon's finest swimmers do when compared to the finest swimmers in the country. I looked at the SCY records in Oregon and compared them with the national records. I have included below all the names of Oregon record holders whose times are within 3% of the national record. The percentage difference is shown in the first column.

% diff	sex	age group	event	OR record	Natl. record	name	date of swim
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-0.023	w	60-64	1650 Free	22:12.83	22:13.13	L. Stoinoff	4/4/93
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(The above time is better than the national record by 0.4 seconds but somehow does not show up as a national record. But not to worry, the national record also belongs to Lavelle!)

**National records held by Oregonians.**

0.000	m	19-24	200 Back	1:50.28	1:50.28	J. Keppler	4/26/92
0.000	m	19-24	400 IM	4:04.34	4:04.34	J. Keppler	4/26/92
0.000	m	25-29	200 Back	1:48.47	1:48.47	J. Keppler	4/26/92
0.000	m	45-49	50 Back	0:25.65	0:25.65	R. Smith	5/22/88
0.000	m	45-49	100 Back	0:56.14	0:56.14	R. Smith	5/22/88
0.000	m	45-49	100 IM	0:56.23	0:56.23	R. Smith	5/22/88
0.000	w	50-54	100 Brst	1:15.73	1:15.73	G. Pierson	5/12/96
0.000	w	50-54	200 Brst	2:45.26	2:45.26	G. Pierson	5/12/96
0.000	m	50-54	50 Back	0:26.24	0:26.24	R. Smith	5/23/93
0.000	m	55-59	50 Back	0:26.86	0:26.86	R. Smith	2/06/99
0.000	m	55-59	100 Back	0:59.61	0:59.61	R. Smith	5/16/99
0.000	w	60-64	200 Free	2:25.85	2:25.85	L. Stoinoff	4/30/95
0.000	w	60-64	500 Free	6:22.62	6:22.62	L. Stoinoff	4/25/93
0.000	w	60-64	1000 Free	13:12.73	13:12.73	L. Stoinoff	4/25/93
0.000	w	65-69	200 Back	2:56.66	2:56.66	L. Stoinoff	2/28/99
0.000	w	65-69	500 Free	6:39.23	6:39.23	L. Stoinoff	1/10/99
0.000	w	65-69	1650 Free	23:09.53	23:09.53	L. Stoinoff	4/05/98
0.000	m	75-79	100 Fly	1:23.77	1:23.77	A. Holden	5/16/94
0.000	m	80-84	50 Fly	0:36.46	0:36.46	A. Holden	5/16/99
0.000	m	80-84	100 Fly	1:30.06	1:30.06	A. Holden	5/16/99
0.000	m	80-84	100 Free	1:11.98	1:11.98	A. Holden	5/16/99

**Off by less than 1%.**

0.016	w	85-89	200 IM	5:21.65	5:21.60	E. Muller	4/5/98
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0.020	w	65-69	200 Free	2:32.96	2:32.93	L. Stoinoff	Nat. 98
0.128	m	19-24	200 Free	1:41.45	1:41.32	J. Keppler	4/26/92
0.282	w	65-69	1000 Free	13:53.40	13:51.06	L. Stoinoff	1999
0.285	m	60-64	100 Fly	1:03.27	1:03.09	B. Peterson	1999
0.487	w	50-54	50 Brst	0:35.06	0:34.89	G. Pierson	5/12/96
0.509	m	25-29	200 Free	1:38.64	1:38.14	J. Keppler	4/30/95
0.664	m	60-64	50 Fly	0:27.30	0:27.12	B. Peterson	1999
0.799	m	55-59	100 IM	0:59.26	0:58.79	R. Smith	Nat. 99
0.821	w	55-59	1650 Free	21:22.63	21:12.19	L. Stoinoff	4/23/89

**Off by less than 2%.**

1.027	m	55-59	50 Brst	0:30.49	0:30.18	R. Smith	Nat. 99
1.318	m	40-44	400 IM	4:22.15	4:18.74	P. Allender	Nat. 99
1.477	m	35-39	400 IM	4:12.83	4:09.15	J. Stiling	Nat. 97
1.512	m	80-84	50 Free	0:31.56	0:31.09	A. Holden	Nat. 99
1.751	m	19-24	100 Free	0:45.90	0:45.11	J. Keppler	4/26/92
1.769	m	35-39	200 IM	1:58.53	1:56.47	J. Stiling	Nat. 97
1.990	m	75-79	50 Fly	0:33.83	0:33.17	A. Holden	

5/16/94

**Off by less than 3%.**

2.182	w	85-89	100 IM	2:32.65	2:29.39	E. Muller	1/31/98
2.233	m	35-39	200 Free	1:43.46	1:41.20	J. Stiling	Nat. 97
2.332	m	75-79	50 Free	0:29.40	0:28.73	A. Holden	5/16/94
2.412	w	55-59	500 Free	6:09.83	6:01.12	L. Stoinoff	Nat. 88
2.442	m	35-39	500 Free	4:43.56	4:36.80	J. Stiling	Nat. 97
2.507	w	65-69	200 Brst	3:20.79	3:15.88	L. Stoinoff	Nat. 98
2.685	m	55-59	50 Fly	0:26.01	0:25.33	R. Smith	1999
2.740	m	55-59	50 Free	0:23.62	0:22.99	R. Smith	1999
2.787	m	30-34	1000 Free	9:50.15	9:34.15	J. Stiling	4/30/95
2.936	w	40-44	50 Brst	0:33.31	0:32.36	G. Pierson	5/4/86
2.972	m	45-49	50 Free	0:22.52	0:21.87	R. Smith	8/??/88
2.999	w	45-49	200 Brst	2:43.13	2:38.38	G. Pierson	4/30/95

A few observation: In the 51 entries above, only 9 different names appear. They are Lavelle Stoinoff (12 times), Dr. Sprint (aka Robert Smith) (11), Andrew Holden (7), John Keppler (6), Ginger Pierson (5), Jeff Stiling (5), Eva Muller (2), Bert Peterson (2), and Pat Allender (1).

Lavelle Stoinoff, Dr. Sprint, Andrew Holden, John Keppler, and Ginger Pierson have 7, 6, 4, 3, and 2 national records respectively. Robert Smith has national records in 3 different age groups!! That's consistency!

**Let the Sunshine in OMS**

Let's start the New Year out with some Sunshine for our members. We can always use 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.

So remember - "You are my Sunshine, my only Sunshine". It's up to you, so start making those Sunshine calls to

Luella.

**Emerald Aquatics "50s Challenge  
January 29, 2000**

PL	Name	Age	Team	Time
<b>— Ages 19 Through 24 —</b>				
<b>Mixed 50 Free</b>				
1	GINA DHOM	21	OREG	27.48
<b>Mixed 100 Free</b>				
1	GINA DHOM	21	OREG	59.27
<b>Mixed 200 Back</b>				
1	LISA GORSLINE	24	OREG	2:45.07



Lisa Gorsline

<b>Mixed 50 Breast</b>				
1	GINA DHOM	21	OREG	38.73
<b>Mixed 200 Breast</b>				
1	LISA GORSLINE	24	OREG	3:06.82
<b>Mixed 50 Fly</b>				
1	GINA DHOM	21	OREG	29.14
<b>Mixed 400 IM</b>				
1	LISA GORSLINE	24	OREG	5:39.26

**— Ages 25 Through 29 —**

<b>Mixed 50 Free</b>				
1	ANNA GALAS	29	OREG	27.60
2	JENNIFER BUTCHER	27	OREG	28.31
3	ANGELA WRIGHT	28	OREG	29.23
4	SANDRA UESUGI	26	OREG	31.26
5	THERESA HEIM	27	OREG	34.28
6	LEAH KELLEY	29	OREG	34.64

<b>Mixed 100 Free</b>				
1	SANDRA UESUGI	26	OREG	1:08.03
2	TESS SUGAHARA	26	OREG	1:08.23
3	THERESA HEIM	27	OREG	1:14.75

<b>Mixed 200 Free</b>				
1	TESS SUGAHARA	26	OREG	2:34.62

<b>Mixed 1650 Free</b>				
1	TESS SUGAHARA	26	OREG	23:22.92

<b>Mixed 50 Back</b>				
1	ANGELA WRIGHT	28	OREG	34.67
2	SANDRA UESUGI	26	OREG	38.10
3	THERESA HEIM	27	OREG	39.21
4	LEAH KELLEY	29	OREG	40.90

<b>Mixed 100 Back</b>				
1	JENNIFER BUTCHER	27	OREG	1:06.57
2	THERESA HEIM	27	OREG	1:19.46
	TESS SUGAHARA	26	OREG	DQ

<b>Mixed 200 Back</b>				
1	JENNIFER BUTCHER	27	OREG	2:26.83

<b>Mixed 50 Breast</b>				
1	ANGELA WRIGHT	28	OREG	37.26
2	SANDRA UESUGI	26	OREG	40.41
3	LEAH KELLEY	29	OREG	45.98

<b>Mixed 50 Fly</b>				
1	ANNA GALAS	29	OREG	29.58
2	ANGELA WRIGHT	28	OREG	33.15
3	SANDRA UESUGI	26	OREG	34.44
4	LEAH KELLEY	29	OREG	40.33

<b>Mixed 100 IM</b>				
1	ANNA GALAS	29	OREG	1:08.51
2	THERESA HEIM	27	OREG	1:22.76

<b>Mixed 200 IM</b>				
1	ANGELA WRIGHT	28	OREG	2:35.60

**— Ages 30 Through 34 —**

<b>Mixed 50 Free</b>				
1	LINDA PARMENTIER	31	OREG	26.97
2	SUZANNE TOPP	32	MVM	28.46
3	ANDREA MILANO	32	OREG	29.48
4	ANNE BERNHARD	34	OREG	29.70

5	C. ESTRADA-RHODABA	32	OREG	36.19
6	KELLY GONZALES	32	OREG	38.86

<b>Mixed 100 Free</b>				
1	KATHRYN BORK	33	OREG	1:03.66
2	ANDREA MILANO	32	OREG	1:04.63
3	SUSAN THORNTON	34	OREG	1:16.32
4	YEE HAN CHU	31	OREG	1:19.38
5	C. ESTRADA-RHODABA	32	OREG	1:24.90

<b>Mixed 200 Free</b>				
1	KATHRYN BORK	33	OREG	2:19.77
2	ANDREA MILANO	32	OREG	2:23.50
3	SUSAN THORNTON	34	OREG	2:49.98
4	YEE HAN CHU	31	OREG	2:58.73

<b>Mixed 50 Back</b>				
1	LINDA PARMENTIER	31	OREG	33.03
2	ANNE BERNHARD	34	OREG	33.95
3	SUZANNE TOPP	32	MVM	37.08
4	KELLY GONZALES	32	OREG	47.51

<b>Mixed 50 Breast</b>				
1	LINDA PARMENTIER	31	OREG	35.12
2	ANNE BERNHARD	34	OREG	39.59
3	SUZANNE TOPP	32	MVM	42.44
4	C. ESTRADA-RHODABA	32	OREG	43.98
5	KELLY GONZALES	32	OREG	46.60

<b>Mixed 100 Breast</b>				
1	C. ESTRADA-RHODABA	32	OREG	1:42.12

<b>Mixed 200 Breast</b>				
1	ELLEN BROID	34	OREG	3:13.77
2	SUSAN THORNTON	34	OREG	3:19.95

<b>Mixed 50 Fly</b>				
1	LINDA PARMENTIER	31	OREG	29.56
2	ANNE BERNHARD	34	OREG	31.69
3	KATHRYN BORK	33	OREG	32.17
4	SUZANNE TOPP	32	MVM	33.96
5	ELLEN BROID	34	OREG	34.78
6	KELLY GONZALES	32	OREG	47.89

<b>Mixed 100 IM</b>				
1	LINDA PARMENTIER	31	OREG	1:08.78
2	KATHRYN BORK	33	OREG	1:14.80
3	ANNE BERNHARD	34	OREG	1:15.21
4	SUZANNE TOPP	32	MVM	1:15.60
5	ELLEN BROID	34	OREG	1:20.14
6	ANDREA MILANO	32	OREG	1:20.37

<b>Mixed 400 IM</b>				
1	ELLEN BROID	34	OREG	6:18.80

**— Ages 35 Through 39 —**

<b>Mixed 50 Free</b>				
1	ELLEN ANDERSON	36	OREG	36.25
2	LISA GUILIANO	36	OREG	37.23
3	PAMELA SUNDIN	37	OREG	38.92



Lisa Guiliano - 1st meet

<b>Mixed 100 Free</b>				
1	JULIE SEARS	36	OREG	1:15.91

<b>Mixed 200 Free</b>				
1	JANET JANSSENS	39	OREG	2:29.51
2	PAMELA SUNDIN	37	OREG	3:22.17

<b>Mixed 1650 Free</b>				
1	SARA FAHEY WILSON	37	UNATT	23:42.52

<b>Mixed 50 Back</b>				
1	ELLEN ANDERSON	36	OREG	43.93
2	PAMELA SUNDIN	37	OREG	50.78
3	LISA GUILIANO	36	OREG	55.67

<b>Mixed 100 Back</b>				
1	JANET JANSSENS	39	OREG	1:19.44
2	CHRISTINA FOX	39	OREG	1:28.62

<b>Mixed 200 Back</b>				
1	CHRISTINA FOX	39	OREG	3:05.34

<b>Mixed 50 Breast</b>				
1	LISA GUILIANO	36	OREG	47.67

<b>Mixed 100 Breast</b>				
1	JANET JANSSENS	39	OREG	1:27.42
2	SARA FAHEY WILSON	37	UNATT	1:28.52
3	CHRISTINA FOX	39	OREG	1:33.75
4	LISA GUILIANO	36	OREG	1:53.24

<b>Mixed 200 Breast</b>				
1	CHRISTINA FOX	39	OREG	3:17.73

<b>Mixed 50 Fly</b>				
1	JULIE SEARS	36	OREG	38.03
2	PAMELA SUNDIN	37	OREG	47.13

<b>Mixed 100 Fly</b>				
1	JANET JANSSENS	39	OREG	1:15.63

<b>Mixed 100 IM</b>				
1	SARA FAHEY WILSON	37	UNATT	1:22.26
2	JULIE SEARS	36	OREG	1:25.16
3	CHRISTINA FOX	39	OREG	1:30.05
4	LISA GUILIANO	36	OREG	1:44.89

<b>Mixed 200 IM</b>				
1	SARA FAHEY WILSON	37	UNATT	2:51.14
2	JULIE SEARS	36	OREG	3:05.16

**— Ages 40 Through 44 —**

<b>Mixed 50 Free</b>				
1	MARY JACKSON	43	OREG	27.83
2	CANDACE CHATT	44	OREG	28.41
3	JULIE JAMES	41	OREG	28.76
4	MELORA SAMELSON	40	OREG	30.32
5	MARLYS CAPPAERT	41	OREG	32.08
6	ELIZABETH POWNALL	43	OREG	35.67

<b>Mixed 100 Free</b>				
1	GAIL WOLF	44	OREG	1:14.85
2	ROBIN YOUNG	44	OREG	1:15.74
3	ELIZABETH POWNALL	43	OREG	1:21.49
	JULIE JAMES	41	OREG	DQ

<b>Mixed 200 Free</b>				
1	JULIE JAMES	41	OREG	2:20.23
2	ROBIN YOUNG	44	OREG	2:44.97
3	GAIL WOLF	44	OREG	2:48.91

<b>Mixed 1650 Free</b>				
1	GAIL WOLF	44	OREG	26:41.12

<b>Mixed 50 Back</b>				
1	MARY JACKSON	43	OREG	32.09
2	MELORA SAMELSON	40	OREG	37.73
3	CANDACE CHATT	44	OREG	38.05
4	MARLYS CAPPAERT	41	OREG	38.42

<b>Mixed 200 Back</b>				
1	GAIL WOLF	44	OREG	3:10.03

<b>Mixed 50 Breast</b>				
1	MELORA SAMELSON	40	OREG	39.09
2	CANDACE CHATT	44	OREG	40.15
3	MARLYS CAPPAERT	41	OREG	43.97
4	ANE HIGDON	41	OREG	44.75

<b>Mixed 100 Breast</b>				
1	JANE HIGDON	41	OREG	1:34.82

<b>Mixed 200 Breast</b>				
1	JODY WELBORN	44	OREG	3:21.72

<b>Mixed 50 Fly</b>				
1	MARY JACKSON	43	OREG	31.96
2	CANDACE CHATT	44	OREG	32.43
3	MELORA SAMELSON	40	OREG	34.98
4	JANE HIGDON	41	OREG	36.85
5	MARLYS CAPPAERT	41	OREG	38.76
6	ROBIN YOUNG	44	OREG	39.55
7	JODY WELBORN	44	OREG	41.09

<b>Mixed 100 Fly</b>				
1	JODY WELBORN	44	OREG	1:39.58

<b>Mixed 100 IM</b>				
1	MARY JACKSON	43	OREG	1:08.85
2	CANDACE CHATT	44	OREG	1:14.57
3	MELORA SAMELSON	40	OREG	1:16.39

## Results continued from page 10

Mixed 200 Free			
1	KARIN CLANCEY	45 OREG	3:09.27
Mixed 1650 Free			
1	GAIL GRIFANTINI	45 OREG	35:41.23
Mixed 50 Back			
1	SUSAN COLLINS	47 OREG	42.13
Mixed 50 Breast			
1	SUSAN COLLINS	47 OREG	45.61
2	GAIL GRIFANTINI	45 OREG	51.04
Mixed 50 Fly			
1	SUSAN COLLINS	47 OREG	39.51
Mixed 400 IM			
1	SUSAN COLLINS	47 OREG	6:33.27
— Ages 50 Through 54 —			
Mixed 50 Free			
1	JACKIE QUATTRO	52 OREG	30.58
2	JAN PLESNER	53 OREG	33.71
3	CAROL WORRAL	50 OREG	40.16
4	TAM JENKINS	51 OREG	41.58
Mixed 100 Free			
1	JACKIE QUATTRO	52 OREG	1:10.53
2	TAM JENKINS	51 OREG	1:34.58
Mixed 200 Free			
1	TAM JENKINS	51 OREG	3:19.34
Mixed 50 Back			
1	JACKIE QUATTRO	52 OREG	38.37
2	JAN PLESNER	53 OREG	39.62
3	CAROL WORRAL	50 OREG	52.99
Mixed 50 Breast			
1	JACKIE QUATTRO	52 OREG	40.35
2	1106 JAN PLESNER	53 OREG	46.68
3	CAROL WORRAL	50 OREG	50.74
Mixed 100 Breast			
1	JACKIE QUATTRO	52 OREG	1:29.97
Mixed 50 Fly			
1	JAN PLESNER	53 OREG	39.06
2	CAROL WORRAL	50 OREG	1:03.73
Mixed 100 IM			
1	JAN PLESNER	53 OREG	1:27.76
— Ages 55 Through 59 —			
Mixed 50 Free			
1	JOY WARD	57 OREG	30.78
2	PEGGY WHITER	56 OREG	35.79
Mixed 50 Back			
1	JOY WARD	57 OREG	36.65
2	PEGGY WHITER	56 OREG	47.26
Mixed 100 Back			
1	ROSWITA NORRIS	57 DAM	1:43.63
Mixed 200 Back			
1	ROSWITA NORRIS	57 DAM	3:46.51
Mixed 50 Breast			
1	JOY WARD	57 OREG	44.88
	PEGGY WHITER	56 OREG	DQ
Mixed 100 Breast			
1	ROSWITA NORRIS	57 DAM	1:47.37
Mixed 200 Breast			
1	ROSWITA NORRIS	57 DAM	3:52.24
Mixed 50 Fly			
1	JOY WARD	57 OREG	33.61
2	PEGGY WHITER	56 OREG	47.56
Mixed 100 IM			
1	JOY WARD	57 OREG	1:23.37
2	PEGGY WHITER	56 OREG	1:41.83
Mixed 400 IM			
1	ROSWITA NORRIS	57 DAM	8:02.48
— Ages 60 Through 64 —			
Mixed 50 Free			
1	KALEO SCHRODER	63 OREG	44.87
Mixed 50 Back			
1	KALEO SCHRODER	63 OREG	51.50
Mixed 100 Back			
1	KALEO SCHRODER	63 OREG	1:54.94
Mixed 50 Breast			
1	KALEO SCHRODER	63 OREG	56.47
Mixed 100 Breast			
1	KALEO SCHRODER	63 OREG	2:10.73
— Ages 65 Through 69 —			
Mixed 50 Free			
1	ARDEN ADAMS	68 OREG	52.24
Mixed 50 Back			
1	ARDEN ADAMS	68 OREG	54.56

Mixed 100 Back			
1	ARDEN ADAMS	68 OREG	1:53.31
Mixed 200 Back			
1	ARDEN ADAMS	68 OREG	3:59.86
Mixed 50 Breast			
1	ARDEN ADAMS	68 OREG	1:07.43
— Ages 80 Through 84 —			
Mixed 50 Free			
1	LEOLA BAUMGARTNER	82 OREG	1:02.81
Mixed 50 Breast			
1	LEOLA BAUMGARTNER	82 OREG	1:26.12
Mixed 50 Fly			
	LEOLA BAUMGARTNER	82 OREG	DQ



**Leola Baumgartner - surrounded by her SCAT team from North Bend**

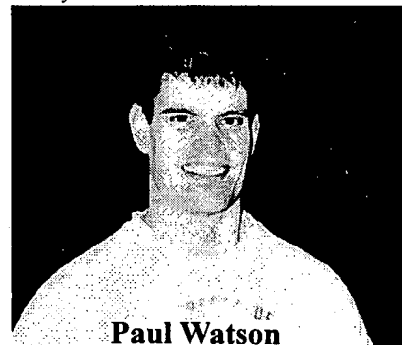
Mixed 100 IM			
1	LEOLA BAUMGARTNER	82 OREG	3:14.72
— Ages 85 Through 89 —			
Mixed 200 Free			
1	EVA MULLER	87 OREG	4:45.49
Mixed 100 Back			
1	EVA MULLER	87 OREG	2:16.52
Mixed 200 Back			
1	EVA MULLER	87 OREG	5:00.23



**Eva Muller**

Mixed 200 Breast			
1	EVA MULLER	87 OREG	6:25.58
Mixed 100 IM			
1	EVA MULLER	87 OREG	2:40.58
— Ages 30 Through 34 —			
Mixed 50 Free			
1	PAUL WATSON	30 OREG	23.43
2	ERIC ASKERMAN	32 OREG	24.45
3	D. TRACY FROMM	33 OREG	27.34
Mixed 100 Free			
1	ERIC ASKERMAN	32 OREG	51.57
2	D. TRACY FROMM	33 OREG	1:00.50
Mixed 200 Free			
1	ERIC ASKERMAN	32 OREG	1:56.27
2	GERARD OSTHEIMER	31 OREG	2:14.85
Mixed 50 Back			
1	PAUL WATSON	30 OREG	25.33
2	JOHN HUDSON	33 OREG	28.77
3	D. TRACY FROMM	33 OREG	33.66
Mixed 100 Back			
1	STEVE PARMENTIER	34 OREG	59.64
2	JOHN HUDSON	33 OREG	1:02.03
Mixed 50 Breast			

1	PAUL WATSON	30 OREG	30.49
2	JOHN HUDSON	33 OREG	31.42
Mixed 100 Breast			
1	JOHN HUDSON	33 OREG	1:07.98
Mixed 50 Fly			



**Paul Watson**

1	PAUL WATSON	30 OREG	25.67
2	GERARD OSTHEIMER	31 OREG	31.73
Mixed 100 Fly			
1	STEVE PARMENTIER	34 OREG	59.08
2	JOHN GABRIEL	34 OREG	1:06.12
3	ROBERT HIGLEY	34 OREG	1:12.66
4	GERARD OSTHEIMER	31	OREG
1:14.31			
Mixed 100 IM			
1	ROBERT HIGLEY	34 OREG	1:12.79
2	GERARD OSTHEIMER	31 OREG	1:16.01
Mixed 200 IM			
1	ROBERT HIGLEY	34 OREG	2:32.55
Mixed 400 IM			
1	ROBERT HIGLEY	34 OREG	5:23.15
	JOHN GABRIEL	34 OREG	DQ
— Ages 35 Through 39 —			
Mixed 50 Free			
1	ROB ARP	36 UNATT	25.17
2	RICK RODRIGUEZ	37 OREG	25.22
3	RON TAYLOR	39 OREG	26.17
4	D. VAN DER ZWAN	37 OREG	28.04
5	ROBIN BRAGG III	39 OREG	34.61
Mixed 100 Free			
1	D. VAN DER ZWAN	37 OREG	1:00.99
2	ROBIN BRAGG III	39 OREG	1:19.96
Mixed 200 Free			
1	D. VAN DER ZWAN	37 OREG	2:16.45
2	ROBIN BRAGG III	39 OREG	2:55.64
Mixed 1650 Free			
1	DOUG STEWART	35 OREG	17:32.95
2	D. VAN DER ZWAN	37 OREG	21:07.60
3	ROBIN BRAGG III	39 OREG	27:35.05
Mixed 50 Back			
1	ROB ARP	36 UNATT	28.78
1	RICK RODRIGUEZ	37 OREG	28.78
3	RON TAYLOR	39 OREG	29.64
4	D. VAN DER ZWAN	37 OREG	37.03
Mixed 100 Back			
1	DOUG STEWART	35 OREG	1:00.91
Mixed 50 Breast			
1	ROB ARP	36 UNATT	32.92
2	BRADLEY MYERS	39 OREG	33.42
3	RICK RODRIGUEZ	37 OREG	33.76
4	BILL ROBINSON	39 OREG	34.07
5	RON TAYLOR	39 OREG	34.14
Mixed 100 Breast			
1	DOUG STEWART	35 OREG	1:09.68
2	BILL ROBINSON	39 OREG	1:14.69
Mixed 200 Breast			
1	BRADLEY MYERS	39 OREG	2:47.10
Mixed 50 Fly			
1	RON TAYLOR	39 OREG	26.66
2	RICK RODRIGUEZ	37 OREG	27.19
3	ROB ARP	36 UNATT	27.31
4	BRADLEY MYERS	39 OREG	30.85
Mixed 100 Fly			
1	DOUG STEWART	35 OREG	58.55
Mixed 100 IM			
1	RICK RODRIGUEZ	37 OREG	1:01.63
2	ROB ARP	36 UNATT	1:03.25

continued on page 12

results continued from page 11

Mixed 400 IM

1	DOUG STEWART	35 OREG	4:33.20
2	RON TAYLOR	39 OREG	5:13.92

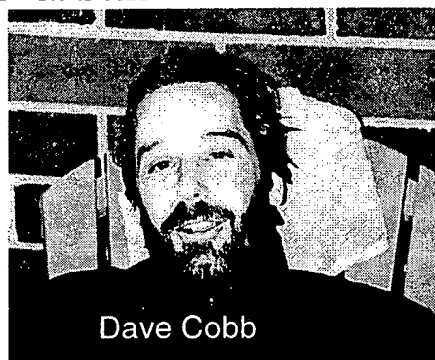
— Ages 40 Through 44 —

Mixed 50 Free

1	MICHAEL MCDOWELL	42 OREG	25.83
2	LYNN TAYLOR	43 UNATT	28.31
3	JAN T. DE WERD	44 OREG	28.97
4	GUY MARCHIONE	42 OREG	29.11
5	CHARLES HELM	43 OREG	30.89

Mixed 100 Free

1	MICHAEL MCDOWELL	42 OREG	55.98
2	DAVID COBB	40 OREG	58.87



Dave Cobb

3	JONATHAN ISTOK	44 OREG	1:03.12
4	GUY MARCHIONE	42 OREG	1:03.54

Mixed 200 Free

1	PAT ALLENDER	41 OREG	1:54.13
2	JAN T. DE WERD	44 OREG	2:18.22
3	JONATHAN ISTOK	44 OREG	2:19.58

Mixed 1650 Free

1	PAT ALLENDER	41 OREG	18:13.78
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Mixed 50 Back

1	MICHAEL MCDOWELL	42 OREG	32.67
2	LYNN TAYLOR	43 UNATT	33.34
3	GUY MARCHIONE	42 OREG	35.41
4	CHARLES HELM	43 OREG	51.17



Peter Metzger

Mixed 100 Back

1	PETER METZGER	44 OREG	1:00.30
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Mixed 200 Back

1	PAT ALLENDER	41 OREG	2:17.45
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Mixed 50 Breast

1	DAVID COBB	40 OREG	33.12
2	LYNN TAYLOR	43 UNATT	36.41
3	MICHAEL MCDOWELL	42 OREG	37.16
4	GUY MARCHIONE	42 OREG	38.36
5	CHARLES HELM	43 OREG	46.94

Mixed 100 Breast

1	PAT ALLENDER	41 OREG	1:04.66
2	DAVID COBB	40 OREG	1:12.47
3	JONATHAN ISTOK	44 OREG	1:20.93

Mixed 200 Breast

1	PAT ALLENDER	41 OREG	2:25.72
2	JONATHAN ISTOK	44 OREG	2:52.77

Mixed 50 Fly

1	PETER METZGER	44 OREG	27.10
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2	MICHAEL MCDOWELL	42 OREG	28.70
3	LYNN TAYLOR	43 UNATT	29.45
4	GUY MARCHIONE	42 OREG	36.29
5	CHARLES HELM	43 OREG	39.12

Mixed 100 Fly

1	PETER METZGER	44 OREG	1:03.31
2	LYNN TAYLOR	43 UNATT	1:10.58
3	RANDY JOHNSON	43 OREG	1:11.42

Mixed 100 IM

1	DAVID COBB	40 OREG	1:06.01
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Mixed 200 IM

1	RANDY JOHNSON	43 OREG	2:41.97
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— Ages 45 Through 49 —

Mixed 50 Free

1	JULES DEGIULIO	47 OREG	25.55
2	JOEL ROBE	45 OREG	26.64
3	VIC TREMBLAY	49 OREG	28.20
4	JON MILLER	48 OREG	34.16
5	DALLAS FIGLEY	47 OREG	35.46

Mixed 100 Free

1	JULES DEGIULIO	47 OREG	56.96
2	JOEL ROBE	45 OREG	1:02.40
3	MICHAEL WIDMANN	46 OREG	1:03.44
4	JON MILLER	48 OREG	1:16.05
5	DALLAS FIGLEY	47 OREG	1:16.13

Mixed 200 Free

1	LARRY PHILBRICK	47 OREG	2:05.80
2	JULES DEGIULIO	47 OREG	2:12.01
3	JOHN DOWNEY	47 OREG	2:27.41
4	JOHN COLLINS	48 OREG	2:43.35
5	DALLAS FIGLEY	47 OREG	2:49.01

Mixed 1650 Free

1	JOHN DOWNEY	47 OREG	22:28.76
2	JOHN COLLINS	48 OREG	25:10.74
3	DALLAS FIGLEY	47 OREG	25:39.42

Mixed 50 Back

1	VIC TREMBLAY	49 OREG	36.81
2	JON MILLER	48 OREG	50.42

Mixed 200 Back

1	LARRY PHILBRICK	47 OREG	2:21.74
2	JOHN COLLINS	48 OREG	3:20.09

Mixed 50 Breast

1	MICHAEL WIDMANN	46 OREG	36.05
2	JOEL ROBE	45 OREG	37.61
3	VIC TREMBLAY	49 OREG	40.41
4	JON MILLER	48 OREG	48.38

Mixed 100 Breast

1	JOEL ROBE	45 OREG	1:20.69
2	JOHN DOWNEY	47 OREG	1:26.48

Mixed 200 Breast

1	LARRY PHILBRICK	47 OREG	2:39.51
2	MICHAEL WIDMANN	46 OREG	2:51.28

Mixed 50 Fly

1	MICHAEL WIDMANN	46 OREG	30.97
2	VIC TREMBLAY	49 OREG	32.76
3	JON MILLER	48 OREG	1:02.33

Mixed 100 Fly

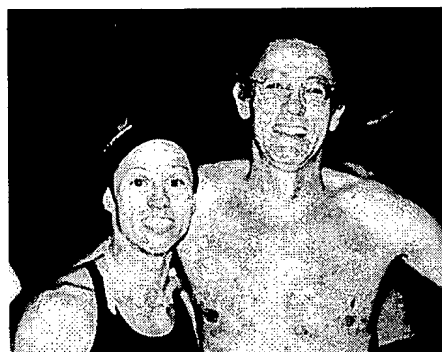
1	MICHAEL WIDMANN	46 OREG	1:17.93
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Mixed 200 Fly

1	JOHN COLLINS	48 OREG	3:35.62
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Mixed 100 IM

1	JULES DEGIULIO	47 OREG	1:12.52
2	JOEL ROBE	45 OREG	1:14.66
3	JOHN DOWNEY	47 OREG	1:21.01



Steve Johnson welcomes Olympic Marathoner Julie James to swimming

Mixed 200 IM	1	JULES DEGIULIO	47 OREG	2:34.50
	2	JOHN COLLINS	48 OREG	3:14.88

Mixed 400 IM

1	JOHN DOWNEY	47 OREG	6:04.41
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— Ages 50 Through 54 —

Mixed 50 Free

1	PAUL WITZKE	54 OREG	29.47
2	ROBERT HUIZENGA	50 OREG	29.58

Mixed 100 Free

1	STEVE JOHNSON	51 OREG	58.45
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Mixed 200 Free

1	STEVE JOHNSON	51 OREG	2:05.12
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Mixed 50 Back

1	PAUL WITZKE	54 OREG	36.45
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Mixed 50 Breast

1	ROBERT BRUCE	51 OREG	36.81
2	PAUL WITZKE	54 OREG	37.34
3	ROBERT HUIZENGA	50 OREG	43.47

Mixed 50 Fly

1	ROBERT BRUCE	51 OREG	30.03
2	PAUL WITZKE	54 OREG	33.43
3	ROBERT HUIZENGA	50 OREG	34.02

Mixed 100 IM

1	ROBERT BRUCE	51 OREG	1:10.08
2	PAUL WITZKE	54 OREG	1:15.28
3	ROBERT HUIZENGA	50 OREG	1:23.36

— Ages 55 Through 59 —

Mixed 50 Free

1	AMES EDWARDS	57 OREG	28.13
2	RICHARD JUHALA	56 OREG	37.20

Mixed 100 Free

1	ROBERT SMITH	56 OREG	55.75
2	TOM LANDIS	57 OREG	58.13
3	JAMES EDWARDS	57 OREG	1:03.87

Mixed 200 Free

1	JAMES EDWARDS	57 OREG	2:37.82
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Mixed 50 Back

1	RICHARD JUHALA	56 OREG	46.28
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Mixed 50 Breast

1	RICHARD JUHALA	56 OREG	44.30
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Mixed 100 Breast

1	ROBERT SMITH	56 OREG	1:11.63
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Mixed 50 Fly

1	RICHARD JUHALA	56 OREG	45.57
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Mixed 200 IM

1	TOM LANDIS	57 OREG	2:50.94
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Mixed 400 IM

1	RICHARD JUHALA	56 OREG	7:10.65
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— Ages 60 Through 64 —

Mixed 50 Free

1	TOM LEVAK	61 MACO	28.62
2	GEORGE THAYER	63 OREG	28.78
3	JOHN RIGDON	63 UNATT	32.18
4	HUGH O'HAIRE	61 OREG	34.31

Mixed 100 Free

1	TOM LEVAK	61 MACO	1:04.10
2	HUGH O'HAIRE	61 OREG	1:23.40

Mixed 200 Free

1	ROBERT NORRIS	61 DAM	2:40.05
2	HUGH O'HAIRE	61 OREG	3:13.77

Mixed 1650 Free

1	ROBERT NORRIS	61 DAM	24:14.49
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Mixed 50 Back

1	GEORGE THAYER	63 OREG	35.83
2	ROBERT NORRIS	61 DAM	36.36

Mixed 100 Back

1	ROBERT NORRIS	61 DAM	1:18.77
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Mixed 200 Back

1	ROBERT NORRIS	61 DAM	2:50.30
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Mixed 50 Breast

1	GEORGE THAYER	63 OREG	39.83
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Mixed 50 Fly

1	GEORGE THAYER	63 OREG	37.89
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— Ages 65 Through 69 —

Mixed 50 Free

1	RICHARD WEICK	65 OREG	27.72
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Mixed 50 Back

1	RICHARD WEICK	65 OREG	35.15
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Mixed 200 Breast

1	DAVID RADCLIFF	65 OREG	3:18.32
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Mixed 50 Fly

continued on page 13

results continued from page 12

1 RICHARD WEICK 65 OREG 32.50  
Mixed 200 Fly  
1 DAVID RADCLIFF 65 OREG 3:16.41  
— Ages 75 Through 79 —  
Mixed 100 Free  
1 KHOSROW SHADBEH 78 OREG 1:52.97  
Mixed 50 Back

1 KHOSROW SHADBEH 78 OREG 1:05.80  
Mixed 50 Breast  
1 KHOSROW SHADBEH 78 OREG 57.23  
Mixed 100 Breast  
1 KHOSROW SHADBEH 78 OREG 2:09.14  
Relays  
— Ages 35 Through 44 —  
Female 800 R-Free

1 OREG 10:26.14 -JOY WARD-57, JACKIE QUATRO-52, ROBIN YOUNG-44, MARY JACKSON-43

— Ages 55 Through 64 —

Male 800 R-Free

1 OREG 9:00.83 -TOM LANDIS-57, RICHARD WEICK-65, DAVID RADCLIFF-65, ROBERT SMITH-56



Khosrow Shadbeh and his wife

Tom Landis, Dick Weick, Dave Radcliff and Robert Smith celebrate a New National Record in the 55-64 Mens 800 yard Free Relay: 9:00.83



ol'Barn continued from page 8

Women 75-79: Pauline Stangel was entered but did not swim, miss this dynamo, hope things are OK healthwise for her guy

Women 80-84: Leola Baumgartner swam for the first time in a while, gave us a OTT4 in the 50 Breast

Men 30-34: Paul Watson promises to be a force, John Hudson and Robert Higley looking good, Steve Parmentier looks to be getting back in the groove. Eric Askerman looks to be in early form.

Men 35-39: Rob Arp, Rick Rodriguez and Ron Taylor swam well with Doug Stewart leading the way.

Men 40-44: Pat Allender showed the way in this group, Michael McDowell shows promise, Peter Metzger looked fine in early season form, and it was great to see David Cobb joining in the swim again.

Men 45-49: Larry Philbrick's 200 Back 2:21.74(OTT3)

and 200 Breast 2:39.51 (OTT4) Good to see Jules Degiulio, John Collins and Michael Widman getting a head start on the season.

Men 50-54: Steve Johnson appears to be looking for some good times this season. Paul Witzke and Robert Bruce splashed away at each other in some very good swims.

Men 55-59: Welcome to James Edwards

Men 60-64: Tom Levak of MAC improved on his 1999 times particularly in the 100 Free a 1:04.10 vs 1:07.33 Robert Norris of Davis Aquatic Masters swam with us and swam very well

Men 65-69: Richard Weick put in some fine early season times. Dave Radcliff tried his luck at the 200 Breast OTT4 at 3:18.32, OTT2 in the 200 Fly with a 3:16.41 which should be TT6. We had more relays but the results were not received in time for OB's comments. Thanks a heap Eugene.

## HELP WANTED

Oregon Masters Swimming is seeking a computer operator for our Hy-Tek system used at Masters swimming meets.

Hy-Tek is a meet management program. This position involves processing results during swim meets. OMS provides a lap top computer with meet data entry already completed.

**Requirements:** Computer familiarity. A trained operator will show you how to run Hy-Tek at your first meet.

**Salary:** \$1 per swimmer entered in the meet plus \$25 for each extra day over one day.

**Benefits:** If out of town travel is involved, you will be compensated for mileage and accommodations.

**Obligations:** Meet schedules vary from year to year, and OMS has other Hy-Tek operators in some parts of the state. Typically you may be requested to be available for 3-4 meets per year ranging from one day to two days plus an evening.

**Payment Example:** In April, 2000, we host our Association Championship meet at Tualatin Hills Recreation Center. This will be a three day meet with approximately 225 swimmers. Payment would be 225 + 2 extra days @\$25 per day equaling \$275. Hours of work would be approximately 17 hours. Rate of pay would be approximately \$16 per hour. Hours will vary from meet to meet.

**If interested in additional information, please contact:**  
Suzanne Rague (503) 531-9051

# **O M S   S w i m m e r   S u r v e y**

Please circle the answer that best reflects your opinion regarding the importance of each item to you.

**3 = Very Important, 2 = Important, 1 = Not Important, NA = Not applicable / No opinion**

## **Swimming Events**

- |  |   |   |   |    |
|--|---|---|---|----|
| 1. Postal Long Distance Events (e.g., February Fitness Challenge, One Hour Swim, 5K/10K, etc.) | 3 | 2 | 1 | NA |
| 2. Other Fitness Events (e.g., Check-off Challenge, Postal Pentathlon)                         | 3 | 2 | 1 | NA |

Please specify: \_\_\_\_\_

- |  |   |   |   |    |
|--|---|---|---|----|
| 3. Relay Entry Fees at Nationals   | 3 | 2 | 1 | NA |
| 4. Scholarships for OMS registration and/or entry fees                                     | 3 | 2 | 1 | NA |
| 5. Supplies and Equipment for meets (e.g. open water electronic timer, stop watches, etc.) | 3 | 2 | 1 | NA |

## **Social Events**

- |  |   |   |   |    |
|--|---|---|---|----|
| 6. Social at Association Championships | 3 | 2 | 1 | NA |
| 7. Social at Zone Championships        | 3 | 2 | 1 | NA |
| 8. Yearly banquet or picnic            | 3 | 2 | 1 | NA |

## **Coaching**

- |  |   |   |   |    |
|--|---|---|---|----|
| 9. Coach on deck at zone or association championship meets | 3 | 2 | 1 | NA |
| 10. Coach on deck at national championship meets           | 3 | 2 | 1 | NA |
| 11. Coach on deck at local (non-championship) meets        | 3 | 2 | 1 | NA |
| 12. Travel compensation for coach on deck at local meets   | 3 | 2 | 1 | NA |
| 13. OMS coach subsidized to visit non-coached local teams  | 3 | 2 | 1 | NA |

## **Clinics**

- |  |   |   |   |    |
|--|---|---|---|----|
| 14. Stroke clinics                     | 3 | 2 | 1 | NA |
| 15. Open water / long-distance clinics | 3 | 2 | 1 | NA |
| 16. Clinics in the metro area          | 3 | 2 | 1 | NA |
| 17. Clinics in outlying areas          | 3 | 2 | 1 | NA |
| 18. Underwater filming for clinics     | 3 | 2 | 1 | NA |

## **Recognition**

- |  |   |   |   |    |
|--|---|---|---|----|
| 19. Special awards to OMS contributors   | 3 | 2 | 1 | NA |
| 20. Special awards to top competitive swimmers each year – pool and open water | 3 | 2 | 1 | NA |
| 21. Individual awards at meets   | 3 | 2 | 1 | NA |
| 22. Rate individual awards in order of priority (3 =highest, 1=lowest)         |   |   |   |    |
| Ribbons for places 1-3 for all local meets                                     | 3 | 2 | 1 |    |
| Ribbons for places 1-6 for all local meets                                     | 3 | 2 | 1 |    |
| Medals for places 1-3 for all local meets                                      | 3 | 2 | 1 |    |
| 23. Team awards for Association Championship meets                             | 3 | 2 | 1 | NA |
| 24. Participation awards to new members  | 3 | 2 | 1 | NA |
| 25. OMS shirts, pins, caps for sale to members                                 | 3 | 2 | 1 | NA |

## **Communication**

- |   |   |   |   |    |
|---|---|---|---|----|
| 26. Aqua-Master (the official OMS newsletter)   | 3 | 2 | 1 | NA |
| 27. OMS web site (www.swimmoregon.org)  | 3 | 2 | 1 | NA |
| 28. Library of training videos, books, etc. (OMS purchase and loan to members)              | 3 | 2 | 1 | NA |
| 29. Public Service Announcement (played by public networks in several areas of the state)   | 3 | 2 | 1 | NA |
| 30. Information on how to start a local team  | 3 | 2 | 1 | NA |
| 31. OMS-subsidized visits of Board representatives to local team meetings                   | 3 | 2 | 1 | NA |
| 32. OMS-subsidized visits of Board representatives to areas without an organized local team | 3 | 2 | 1 | NA |

**I would be interested in attending OMS Board meetings and/or becoming active on the OMS Board of Directors**

Yes \_\_\_\_\_ No \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ email \_\_\_\_\_

Additional Comments:

**Please return the Survey to: Sharon Glaeser, 6523 SE 18th Ave. Portland, OR 97202**



## 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. &amp; Sun. 8 A.M.

MEET STARTS - Sat. &amp; 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) XXXXXX

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) XXXXXXXXX

" 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**

**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  
Emerald Aquatics - EA  
Fish Stick Masters - FISH  
Grants Pass YMCA - GPY  
Hillsboro Mst. Swim Team - HMST  
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  
Umpqua Valley Masters - UVM  
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  
Eugene YMCA - EY  
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  
Vancouver Old Timers - VOT

**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.**

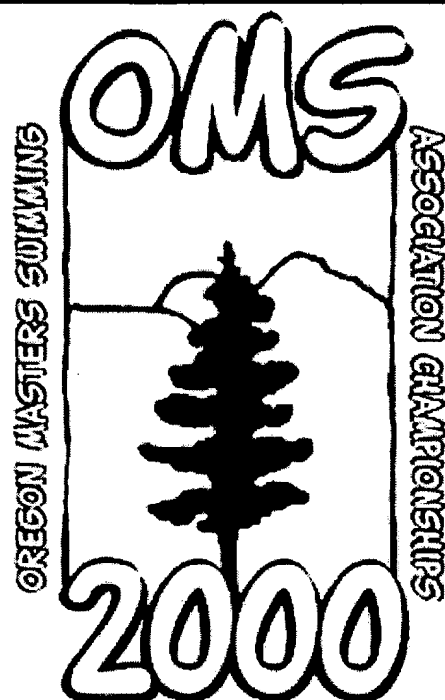
**What you write down on your entry form is it and no exceptions will be allowed.**  
**If you leave this space blank you will be entered as unattached for team scoring.**

**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**

# 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**

## Parkrose Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-4

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

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

### Parkrose "Spring Fling" Meet

Place: Parkrose Community Pool

12003 NE Shaver, Portland, OR 97220

6 lanes competition - electronic timing

1 lane continuous warm up/down area, 1 buffer lane

Meet Director: Bert Petersen 503-252-6081 (home), 503-408-2699 (work)

Directions to Parkrose Pool: Going East from Portland on I-84, take the 122<sup>nd</sup> St. exit. Turn right (north) on 122<sup>nd</sup> St. Turn left at second light (Shaver). Go to end of high school and turn right into pool parking lot. Coming into Portland from the east on I-84 take the 181<sup>st</sup> exit. Go south on 181<sup>st</sup> to Halsey. Turn right and take Halsey to 122<sup>nd</sup> St. Turn right and go up to Shaver. Turn left and go to end of high school.

**DATE: Sunday, May 21, 2000**

**WARMUPS: Sunday 9:00 AM**

**MEET STARTS: Sunday 10:00 AM**

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

**ENTRY DEADLINE: POSTMARKED NO LATER THAN May 5, 2000**

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

NAME \_\_\_\_\_ (for office use) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ 2000 USMS# 370- \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_  
SEX \_\_\_\_\_ Your e-mail \_\_\_\_\_ USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, You may enter a maximum of 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 Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the event is to be swum. All events will be seeded SLOW TO FAST.

### Sunday, May 21st

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

FREE RELAYS (2-7) XXXXXXXXX

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

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

50 FLY (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

MXD FREE RELAYS (12-14) XXXX

200 BACK (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

100 FLY (17) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

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

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

BREAK BREAK BREAK

MED RELAY (21/24) XXXXXXXXX

200 FLY (25) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (26) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BREAST (27) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

MXD MED RELAY (28-29) XXXXX

100 I.M. (30) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

500 FREE (31) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**MEET ENTRY FREE: \$11.00** Make checks payable to Oregon Masters Swimming  
Mail form(s) and fee(s) to: Suzanne Rague, 935 N.W. 170<sup>th</sup> Place, Beaverton, OR 97006

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.

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

Name \_\_\_\_\_ ☐ Male ☐ Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

USMS # \_\_\_\_\_ LMSC \_\_\_\_\_ Club \_\_\_\_\_

## REGISTRATION FEES:

- ☐ 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

TOTAL \_\_\_\_\_

## WSU UNIVERSITY HOUSING

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

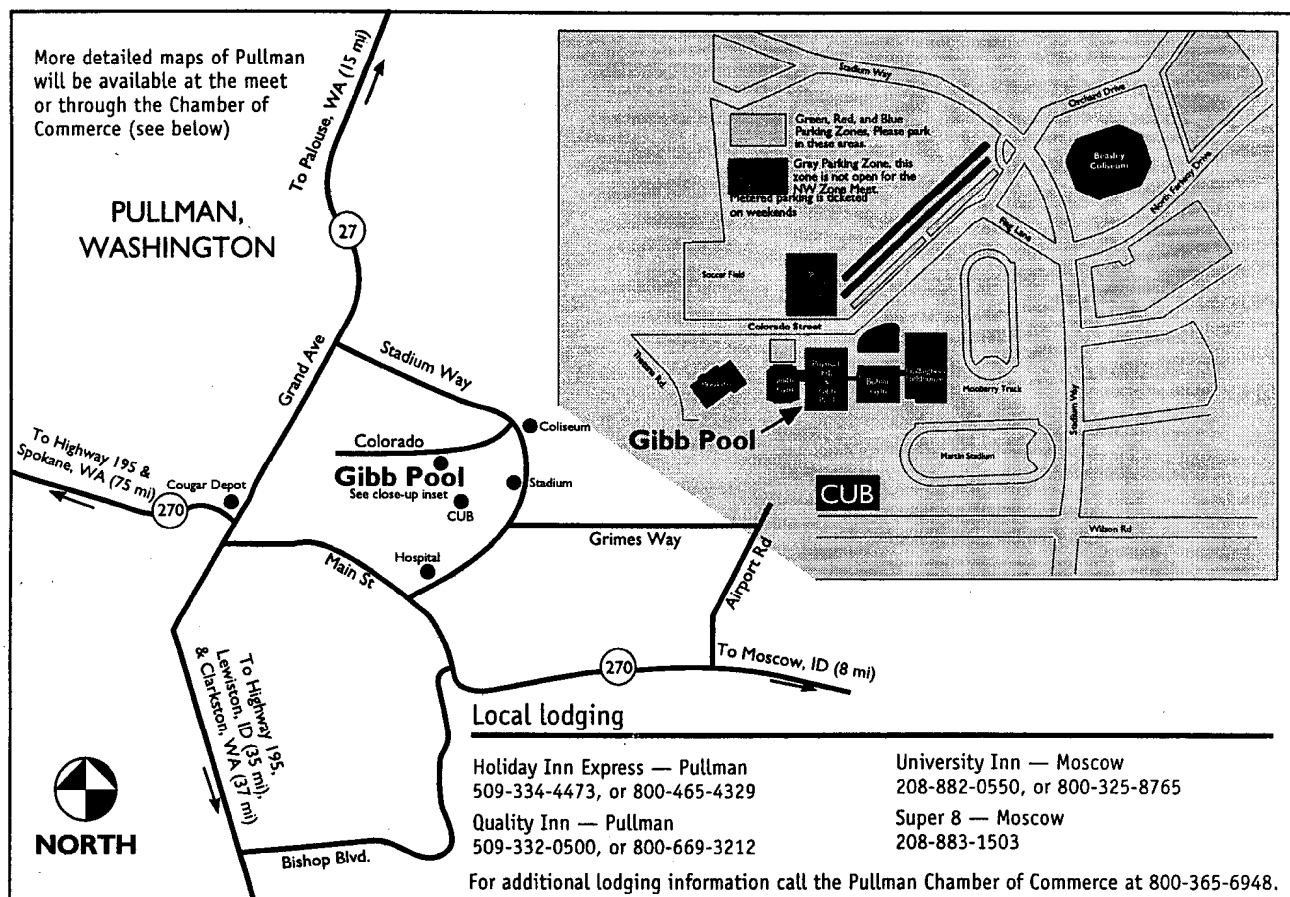
- ☐ I would like single university dormitory housing at \$25/person  
☐ Overnight Friday March 24 ☐ Overnight Saturday March 25
- ☐ I would like double university dormitory housing at \$15/person (my roommate will be \_\_\_\_\_ )  
☐ Overnight Friday March 24 ☐ Overnight Saturday March 25

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.





## 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  
 Emerald Aquatics - EA  
 Fish Stick Masters - FISH  
 Grants Pass YMCA - GPY  
 Hillsboro Mst. Swim Team - HMST  
 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  
 Umpqua Valley Masters - UVM  
 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  
 Eugene YMCA - EY  
 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  
 Vancouver Old Timers - VOT  
 WH20 Masters - WH20

# Aqua-Master

March 2000

Aqua-Master  
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Portland, OR 97204-3795

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