

# Aqua-Master

Volume 27, Number 6

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June 2000

**CENSORED**

*profile*

**Ray Allen**



Northern Oregon may have "Rapid Robert", but we in the south have "Rapid Raymond". Since we at MOFIA (Medford Old %#@\*s In Action!) are a very small group (10 to 15 at any one time) and not quite as competitive as some of the other areas, we feel honored to have Ray Allen as a stalwart of the team. He feels swimming is good

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## The Chair's Corner by Suzanne Rague

Hello Friends,

One of the enjoyable tasks of the Oregon LMSC Board is to recognize members who have contributed to our sport. Six people received our 1999 awards, which were presented at the Awards Banquet on the weekend of the Association Championships: Dave and Nancy Radcliff received the Ol' Barn Award, Sharon Glaeser and Bob Bruce received Special Service Awards, and Laura Schob and Charlie Helm received the Hazel Bressie Spirit Awards. Finally, I never had the pleasure of meeting Connie Wilson, but I know from her friends who treasure her memory what a fine person and leader she was, which makes me especially honored to receive the Connie Wilson Memorial Award.

Finally, let me also recognize our two National Champions from May's Short Course Nationals held in Indianapolis -- Shauna Simpson in the 1000 Free and 200 Fly, and Pam Himstreet in the 200 Breast. Congratulations all!

Swimmingly, Suzanne

## ol' Barnacle reviews - results - records

OIBarn

### Association Championships - 2000

Ed Ramsay was our Meet Director, we showed up with 320 swimmers, the biggest turnout ever for an OMS Meet, it was a *continued on page 8*

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## 2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
July 8,9	*LCM	State Games of Oregon	Mike Conrath 503 669-7839
July 22	LCM	Eugene	
July 29,30	*LCM Zone	Mt. Hood Gresham, Oregon	Dave Radcliff (503) 648-7141 therads@home.com
Oct. 7,8	SCM Zone	Federal Way, WA	
<b>Open Water</b>			
July 1	*Open Water Clinic @ Dorena Lake (Featuring Karlyn Pipes-Nielsen)		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

### 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 csmather@jeffnet.org
	RVM Ashland, Oregon	

### National Championships 2000

June 17	1 mile	Indianapolis, IN	Mel Goldstein - goldstein@mindspring.com
June 24	3 mile	Cape Cod, MA	Gus Frederick - leisure@cape.com
July 8	2 mile/cable	Charlottesville, VA	Patty Powis - ppowis@aol.com
July 15	*10,000K	Applegate Lake - OR	Dan Gray (541) 944-0529
Aug. 17-20	LCM	Baltimore, MD	Barbara Protzman - barb@hotmail.com
Sept. 10	5 K	Chicago, IL	Chris Sheean - Chris@bigshoulders.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

## 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:

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

**Change of Address**

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

### AFFIX ADDRESS LABEL HERE

NAME \_\_\_\_\_

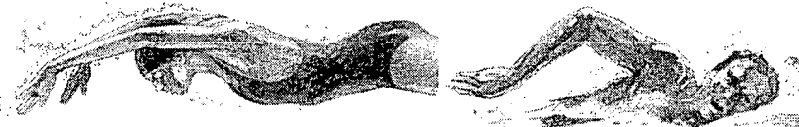
ADDRESS \_\_\_\_\_

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. or Oregon Masters Swimming.

**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

The National Postal Swims are intended to motivate and encourage swimmers to participate in this series of challenging distance fitness events. Most participating swimmers can do the one-hour swim, the 3000-yard swim, and the 6000-yard swim in their local training pools. However, the 5K & 10K postal swims present a challenge to many Oregon swimmers, since we have few of the 50-meter pools required for these two events.

Knowing this, Coach Bill Volckening has graciously arranged for other Oregon masters swimmers to join the Tualatin Hills Barracudas, on a space permitted basis, for 5K & 10K events on June 4th and June 25th at the Tualatin Hills Recreation Center. If you would like to swim these events then, contact Bill at volckening@aol.com as noted in the list below.

The 5K & 10K postal swim season runs from May 15 through September 30. A number of our swimmers plan to use one or both of these events as preparation for upcoming open water swims, particularly the National Open Water 10K swim on July 15th. Other swimmers plan to swim these events after the open water season. I am continuing to develop other possible August and September dates; keep your eyes peeled in my column for further information. Of course, if you and your local team have access to a 50-meter pool, plan and do your swims there.

Here's a checklist for participating in the 5K or 10K postal swim at a pool other than your own:

- Join OMS/USMS. You must be a member to be covered for liability and insurance. You can find and download membership applications from the OMS website ([www.swimoregon.org](http://www.swimoregon.org)).
- Review the rules and required conditions for the events. You can find and download information and entry blanks from the USMS website ([www.usms.org/longdist/ldnats00/5k10kentry.pdf](http://www.usms.org/longdist/ldnats00/5k10kentry.pdf)).
- Contact the host at least one week before the event, letting him/her know which event you plan to swim. Remember that the host team usually has priority pool time and space; after all, they are organizing the swim.
- Bring your timer/counter, a stopwatch, and a copy of the entry form to the event.
- Consider giving a small gratuity (I suggest \$5) to the event host, to help to defray the costs of opening the pool.
- Sign the liability waiver.

• Swim. Stay fit. Have fun.

• Complete your entry form, photocopy it, and submit it as specified on the form.

• Send a photocopy of your completed national entry form to the Oregon Postal Swim Coordinator [Bob Bruce, 61200 Parrell Rd., Bend, OR 97702], with a note confirming that you have officially entered the national event, before October 3rd. This enters you automatically, for free, in the Oregon Postal Swim event & series, and makes you eligible for entry in possible Oregon 5K or 10K national relays, also for free.

Here's a checklist of reasons why you should do this (check all that apply--most do):

- ☐ Everyone (even sprinters!) gets a terrific and efficient dose of aerobic work.
  - ☐ With reasonable pace and good effort, the results can serve as a measure of your current anaerobic threshold level, thus helping you to plan more effective practice intervals for the next few weeks after the swim.
  - ☐ Distance swimmers often need, and should welcome, a good distance effort beyond normal pool racing distances.
  - ☐ Triathletes love the challenge of the long swim.
  - ☐ It's a great potential team building activity, complete with cooperation, bragging rights, and (if planned the way I think you like it planned) a well-deserved brunch, dinner, or snack afterwards, including the required fluid replacement.
  - ☐ Glory. Possible national and local recognition.
  - ☐ Because it's there!
- Good luck and good swimming.



John Hartman, Honored Open Water Coach of PMS

## The Fitness Lane



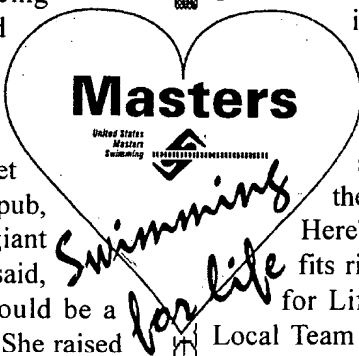
by George Thayer, OMS Fitness Chair

### A Different Kind of Fitness Challenge

You may remember that a couple of months ago, I raised the issue of fitness challenges being mostly how far or how fast you could swim in a given time. Well, our OMS women's spirit winner, Laura Schob came up with a whole different fitness challenge. After our all comers relay meet in April, our team was at the local brew pub, quaffing refreshments with a repast of giant burritos and other such fare, when Laura said, "Our team needs to lose weight! We could be a healthier, faster, more streamlined team." She raised the challenge of the team losing 200 pounds by the

National 10k open water swim in July. Everyone thought it was a great idea, except tri-athlete Jani Sutherland (about 8% body fat) and we raised our glasses to the idea. We held a weigh-in the last week in April. In order not to embarrass anyone we used the last four digits of our social security number. A total of 28 swimmers have signed up. Can we do it? We think so! Now, how about those other teams out there?

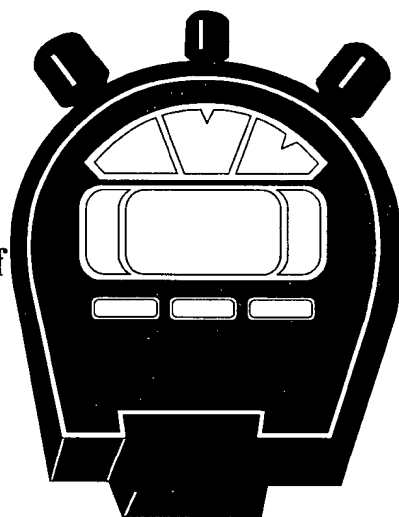
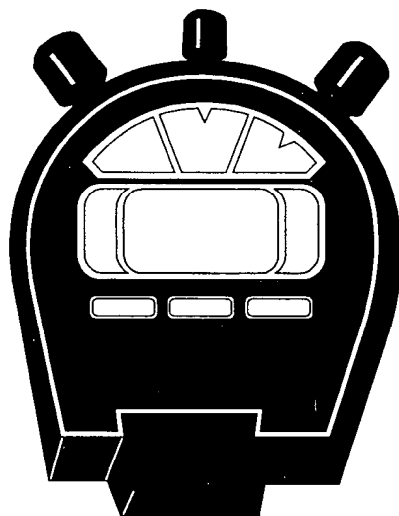
Here's a weight fitness challenge for you that fits right into our USMS Motto of "Swimming for Life". Let me know how you and/or your Local Team members are doing. I will announce the winning team in a future Fitness Lane column.



## TIMERS NEEDED

OMS is Hosting the LCM Zone Meet at Mt. Hood Community College on July 29 and 30, 2000.

We need a group (18) to time! The pay is \$400 (\$200 per day). If you know of a group that would be interested in timing please contact Dave Radcliff  
(503) 648-7141 or  
therads@home.com



## SAVE THIS DATE - August 13, 2000 The Henry Hagg Lake Open Water Swim

The OMS Association Open Water Championship will be determined by the 1 mile race  
*sponsored by Portland Masters Swimming*

2 mile race starts at 8:30 a.m

1 mile OMS Association Championship race starts at 11:30 a.m.

New - for the 12 and under set, a 500 meter swim starting at 10:15a.m.

Bring your family for fun in the sun at Henry Hagg Lake.

We'll have a hot lunch BBQ, t-shirts, a raffle and lots of prizes.

Look for your entry form in the July issue of The Aqua-Master  
or call Andrea Milano at (503) 236-8959 for details

# OPEN WATER SWIMMING



# LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

## 5-4-3-2-1

The countdown has begun and we are beginning a new open water season. Now is the time for those familiar with open water swimming to encourage team mates to join with you to welcome the challenges that the open water swims have to offer. This seasons clinic comes at a great time----before the first swim of the season. For those of you new to the open water arena, this clinic should help answer all of your questions and ease any uncomfortable thoughts.

**DORENA LAKE CAMPING:** I have reserved a group campsite (#F) for the clinic and swim. This space will accommodate up to 60 tents but only 20 vehicles. Twenty additional (visitor) vehicles are OK for the clinic. Beyond the 20 vehicle limit I recommend that people reserve additional campsites.(877-444-6777). There is also camping at Baker Bay, but, will be full of 4th of July campers. Much quieter at Schwarz. Cost for group camping at Schwarz will be \$6.00 per vehicle. Do not set up camp during clinic!!!!!!

Congratulations to Richard and Trudy Gugliemini from

**Sorry. Due to last minute changes we cannot give the name of the clinician at the time of printing. Please check the Oregon Masters Swimming Web site at [www.swimoregon.org](http://www.swimoregon.org) or call Dan Gray at 541-944-0529.**

North Bend. It's a boy !!! Born at 12:30 PM on May 2nd. Trudy spearheads the SCAT swim at Eel Lake on Aug. 26. Another future Masters swimmer !!! Anyone who wants to volunteer as an escort for a fellow swimmer (for the 10K swim) can still sign up. I have had some swimmers step forward, perhaps an honest reason for not swimming? If you are coming down for the swims the following day, you might enjoy participating

on a different level. You will become the MVP of the day, as swimmers may not swim without an escort.

Thanks !!!!!!!!

Hopefully you have reregistered for OMS and have been receiving your AquaMasters for the past few months. The Open Water Series concept has been covered in detail and the up coming events have been covered. Basically, you need to participate at three venues to be eligible for season awards. The OMS Open Water Championship (team and individual) will be at Hagg Lake on Sunday August 13. This event should be huge as lots of teams will strive for team Champions. Be sure to mark the date on your calendar.

## Escort Paddlers Wanted for 10K

*"Anyone who wants to volunteer as an escort for a fellow swimmer (for the 10K swim) can still sign up..."*



*You will become the MVP of the day, as swimmers may not swim without an escort."*  
**Call Dan Gray at 541 944-0529**

# USMS OPEN WATER CLINIC

Sanationed by OREGON MASTERS SWIMMING, Inc. FOR USMS, Inc  
SANCTION # OPN -10-00

## Presented by Mystery Guest

- WHO:** OMS is hosting this clinic for all USMS registered swimmers & coaches.
- WHAT:** The scope of the clinic will be to discuss open water techniques, training, pacing, swimming in crowds, wet suit options, safety, navigation, and nutrition (before, during, after). The clinic will be divided into two sessions: *morning session* will be for coaches, *afternoon session* for swimmers with coaches assisting the clinic conductor.
- WHEN:** Saturday July 1, 2000 first session 10:00AM- 12:00 Noon. COACHES followed by lunch break (lunch will be provided for coaches)  
second session 1:00PM- 4:30PM for SWIMMERS
- WHERE:** Schwarz Park, located at the base of dam at Dorena Lake. Group Campsite # F.
- CAMPING:** Group site # F has been reserved for clinic & camping. It will hold up to sixty tents; but only 20 vehicles. During the clinic, 20 extra visitor vehicles will be allowed at the site. Camping will cost \$6.00 per vehicle (pay Dan Gray at the site). *If you are not attending the clinic, PLEASE do not set up your camp while clinic is ongoing.* If you desire individual campsites, call 877-444-6777 to make reservations.
- COSTS:** \$20:00 for swimmers participating in Dorena Lake Swim  
\$25.00 for swimmers **not** participating in swim.  
(make checks for clinic payable to: OREGON MASTERS SWIMMING)
- CONTACT:** Dan Gray, Long Distance Chair, OMS. (541) 944-0529
- DIRECTIONS:** Follow I-5 to Cottage Grove, (Ex #174 ) take turnoff to Dorena Lake. Travel East on Row River. Rd. Follow signs to Schwarz Park. **Clinic is not at race venue.**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ BIRTHDAY \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS/CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

USMS REG.# \_\_\_\_\_ CLUB \_\_\_\_\_ COACH yes no

(must attach copy of registration)

\_\_\_\_\_ I am participating in the Dorena Lake Swim COST \$20.00

\_\_\_\_\_ I am not participating in the Dorena Lake Swim COST \$25.00

(make checks payable to Oregon Masters Swimming: send to Dan Gray,  
8975 Hwy. 66, Ashland, Or. 97520)

"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: US 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."

"Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

EMERALD AQUATICS 2000 LAKE SWIM - DORENA LAKE  
 SUNDAY, JULY 2  
 SPONSERED BY EMERALD AQUATICS  
 WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

**Sanctioned by OMS, Inc. for USMS, Inc.** Every swimmer must be a current OMS or USMS member to compete.  
**USMS Sanction #:** OPN001-00 One-event OMS registration will be available at check-in for a fee of \$10.00.

**Schedule:** 2 Mile: Check-in closes 8:30 AM Pre-race instructions 8:45 AM Race starts 9:00 AM  
 1 Mile: Check-in closes 10:30 AM Pre-race instructions 10:45 AM Race starts 11:00 AM

**Course:** The course will be an isosceles triangle marked by buoys. Water temperature is expected to be 72-74 degrees and will be posted at check-in.

**Equipment:** The use of pull buoys or fins is not allowed. Swimmers wearing wetsuits swim in their own classification.

**Awards:** Awards will be given to all finishers.

**Picnic:** Following the swim, Emerald Aquatics will host a lunch. All swimmers and friends invited.

**Clinic:** There will be a clinic from 1:00 -4:30 PM Saturday July. Coaches and a nationally recognized expert on open-water swimming will give information and instruction on race techniques, training, and unique open-water experiences. The clinic will be at Schwartz park, see the Aquamaster for details and fees.

**Directions:** From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road.

**Camping:** There is camping below the reservoir at Schwartz Park (for reservations call: 877-444-6777), and on the South side of the lake at Baker Bay (First come/First serve only, call: 541-942-7669). OMS has reserved a group site, call Dan Gray (541-944-0529).

**Information:** Dean Livelybrooks, Race Director, (541) 935-9502. For the clinic call Dan Gray (541-944-0529).

**ENTRIES MUST BE POSTMARKED BY JUNE 19**

Mail entries to: EA Lake Swim  
 P.O. Box 3708  
 Eugene, OR 97403

USMS Reg# \_\_\_\_\_

Please attach a copy of your OMS/USMS registration card.

Before 6/19      After 6/20

2 mile \$23.00      \$28.00

1 mile \$23.00      \$28.00

Both \$28.00      \$33.00

T-shirt: S M L XL XXL

**TOTAL**

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Local Team \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

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 & competitions), 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, OR 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. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*ol'Barn continued from page 1*

frothy pool with many close and fast races.

### Team Chamionships

Large Teams: THB 6270, PMS 3535

Medium Teams: COMA 2259, MAC1964, NCAP 1833

Sm. Teams: FISH 1112, TIGARD 513, PENDLETON 415

NATIONAL RECORDS: We had 5...GAIL ROPER (70-74) came North from California and liked what she saw, posting 2 NR's and just missing 2 more: 500 Free 7:13.15 was Krauser at 7:24.26, 100 Breast: 1:32.12 was Taylor 1:34.61. Missed 50 Breast 43.63 vs 43.46, 400 IM 6:43.44 vs 6:41.58.

MICHAEL BURTON (19-24) from Bend gave us two NR and almost a 3rd. 50 Breast: 25.64, was Crock at 26.14. 100 Breast: 55:86, was Rodel at 57.68.

ANDREW HOLDEN (80-84) from Longview came on in the

100 IM: 1:26.72 was De La Rosa at 1:26.77, also new Zone: 200 IM 3:21.39 was Eisenschmidt 3:48.22 '87.

Women 19-24: Sarah Conroy(29.72) and Wendy Dixon(29.74) went after the 50 Free, Behind Shannon Olson in the 500, Hamm the Silver at 6:53.61, Conroy Bronze in 6:54.71. Lisa Gorsline bagged 6 Golds while Shannon Olson grabbed 4.

Women 25-29: Fran Gambetti took home 5 Golds and almost the 50 Free record(25.58 vs 25.36). Shauna Simpson picked 5 Golds, newcomer Jenn MacCollum swam for 4 Golds overcoming a couple of close ones: 200 Free 2:22.11/Uesugi 2:23.26, 200 Back 2:46.86/Funatake 2:46.93. Gambetti(100 IM 1:07.01, Anna Galas(welcome)1:07.64 and the 50 Fly 28.55, Galas 28.65. Funatake and Simpson in the 200 IM Castle in at 2:28.31, Shauna 2:28.40.

Women 30-34: LINDA PARMENTIER new OMS 50 Breast 33.88 was Imwalle 34.41('84) on her way to 5 Golds, Toni Hecksel over Topp 100 Free 1:00.25/ 1:00.92, and 200 Free 2:11.58, Werner 2:12.29. Amy Halligan stood out winning the 500/1000/1650/200/400 IM, Bend is strong, Kristine Lewis(THB) came away with the 100/200 Breast/100/200 Fly. Ralle and Halligan went stroke for stroke in the 200 Back with Martina 2:32.16/Amy 2:32.52.

Women 35-39: Sarah Hoagland stood out with 5 Golds, Back and Fly. Dianne Viales grabbed 4 Golds for MHM, while Ferguson and Thimm looked fine with 2 Golds each. Thimm and Glaeser went after the 100 IM Jeanne in at

1:13.63/Glaeser 1:14.39.

Women 40-44: GRACE GODDARD posted a Zone 50 Free(25.70 vs 26.22 was Moore/PNA) and a OMS best 100 57.51 vs Chatt 1:00.08. KAREN ANDRUS-HUGHES was scintillating with a Zone 50 Back 30.77 was Courtney 30.88 (she had help Harris 31.43/Jackson 31.56) 3 OMS 200 Free 2:12.88 was Bullock 2:13.93(Obletz helped here at 2:13.55, which also broke the record), 100 Back Karen at 1:06.81 OMS was Goodman 1:12.42 (Jackson 1:07.75, Harris 1:09.19 and Goodman 1:11.89 also broke the old standard-WOW, 200 Back Karen at 2:29.40 was Gustafson 2:37.18 (Barb Harris

also at 2:34.87) OB hopes you are memorizing all of this. BARBARA HARRIS 50 Fly OMS best at 28.83 was Pierson 30.09 (Goddard also at 29.16) another for Harris in the 100 IM, 1:07.49 was 1:08.85 (Mary Jackson also 1:08.31)



**Large Team Champions - Tualatin Hills Barracudas**

COLETTE CRABBE 200 IM 2:30.44, was Crabbe 2:32.25 (Obletz at 2:30.87 also) this is an age group !!! add Lauren Worden in the Fly. OB has a hunch that they may have rewritten the All Time Oregon Top Ten in the 40-44.

Women 45-49: ROBIN PARISI (MAC) toured the 100 Free in 58.87 for a new Zone best, was 1:00.60 Davis, also new ORE which was 1:05.53 by Jeanne Teisher, Jeanne came up with a 1:03.95. TERI HENDRYX (MAC) new ORE 100 and 200 Back, were 1:12.83/2:37:48 now 1:12.17 and 2:36.55. Parisi also spun the 100 Breast in 1:17.85 which could be a TT2, Robin then picked off 2 ORE 50/100 Fly 29.61 was Pierson 30.64 from '88, 1:06.45 was Hendryx 1:13.44. Followed all this up with Zones in the 100/200 IM- 1:07.81/2:29.27, were Davis(PNA) 1:09.53/2:34.10. Teri Hendryx almost brought the curtain down with a 400 IM at 5:33.13 vs Imwalle's record of 5:33.00 from 1995.

Women 50-54: CATHY IMWALLE (Bend) really came to swim, started off with a new ORE 200 Free 2:21.64 was Stoinoff 2:22.04 '85, then we got into the Breaststroke battles, Cathy is just 50, and Ginger is 54 - 50 Breast Pierson 36.22, Imwalle 36.56, 100 Breast Imwalle 1:19.57 TT1, Pierson 1:20.39, 200 Breast Imwalle 2:51.27, Pierson 2:57.65, this should be TT1&2. Then Cathy turned her mind to the IM's- 200 new Zone mark 2:38.25 was Pierson 2:43.34 (96) the 400, Cathy new Zone at 5:42.91, record was Pierson 5:50.03 (96) Darlene Staley turned in a 6:04.47, they should be

*continued on page 10*



# 2000 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #370-5

MT. Hood Community College Gresham, Oregon  
26000 SE Stark, Gresham  
8 lanes competition, elec.timing, 1 lane warm-up/down  
Packet pick-up at pool only.  
Meet Director: Mike Conrath Phone: 503-669-7839  
E-mail: mconrath@earthlink.net  
Meet Hotels: Inn America 1000 NW Gresham Rd. - 492-2900,  
Phoenix Inn 477 NW Phoenix Dr. - 669-6500. Both are in Troutdale.

ELIGIBILITY: STATE OF OREGON RESIDENT  
AND/OR REGISTERED OMS MEMBER

**DATE: JULY 8-9, 2000**

Warm-ups: 1:00 p.m. Sat. & Sun.  
Meet Starts: 2:00 p.m. Sat. & Sun.

**ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY JUNE 21, 2000**  
**LATE ENTRIES WILL NOT BE ACCEPTED**

All registered Masters Swimmers MUST have a current copy  
of their current USMS REGISTRATION CARD with them.

-----RETURN THIS LOWER PORTION-----

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ for office use \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ COUNTY \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

If you are a registered Masters Swimmer, please enter your 2000USMS # \_\_\_\_\_

USMS Club (OREG, MACO, etc.) \_\_\_\_\_ Is this your first Oregon Masters meet? \_\_\_\_\_

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: \_\_\_\_\_ SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24,25-29,30-34,etc. up to 95+. RELAY AGES: 76-99, 100-119, 120-159,160-199, 200-239, 240-279, 280-319, & 320-359. Disabled swimmers may enter as "disabled" and be treated as a separate age group category for awards. ENTER RELAYS AT THE MEET. 200, 400, and 800m relays will be available with the longer relays swum after 200 relays of the same type. The 400 and 1500 Frees will be deck seeded. Check in prior to 30 minutes before these events required. All events will be seeded SLOW TO FAST.

## SATURDAY, JULY 10

400 M I.M. (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
BREAK BREAK BREAK  
FREE RELAYS (2/3) XXXXXXXXXXXXX  
100 M BACK (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 M FREE (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 M FLY (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
BREAK BREAK BREAK  
200 M BREAST (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 M BACK (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 M FREE (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
MXD FREE RELAYS (10) XXXXXXXXXXXXX  
1500 M FREE (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## SUNDAY, JULY 11

400 M FREE (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
MEDLEY RELAYS (13/14) XXXXXXXXXXXXX  
BREAK BREAK BREAK  
100 M FLY (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 M BREAST (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 M BACK (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 M FREE (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
BREAK BREAK BREAK  
50 M FLY (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 M BREAST (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 M I.M. (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
MXD MED RELAYS (22)XXXXXXXXXXXXXXXXXX

I am a disabled swimmer and wish to enter the meet in this special category. \_\_\_\_\_ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

Signature of athlete: \_\_\_\_\_ DATE \_\_\_\_\_

ENTRY FEE: \$21.00 for 2 events plus \$ 4.00 for each additional event. Limit of 6 individual events, 5 events per day.

MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON

4840 SW Western Ave., Suite 900 Portland, OR 97005

*ol'Barn continued from page 8*

TT2&4. Darlene Staley had a great meet winning 4 Golds. Ginger P and Darlene went at it in the 200 Fly, Ginger won in 2:58.41, Darlene second at 2:58.97 should be TT3/4. Jackie Quattro and Sandi R went at it for the 100 Free, Quattro 1:09.73, Rousseau 1:09.87. Rosseau picked off the 50/100 Fly. Jackie Quattro won the 50/100 Back, are you still with me?

Women 55-59: Joy Ward picked off 5 Golds, swam what looks like two TT1's: 50 Back 36.50 and 50 Fly 31.63, just missing her record of 31.60. Sue Calnek Morris had 4 Golds and 2 Silvers, it is interesting to note that all of Calnek's and Ward's will make TT. Alice Zabudsky and Sue Calnek were neck and neck in the 500 Free, Calnek in at 7:02.67, Alice at 7:03.49. ALICE ZABUDSKY set a new ORE for the 200 Fly at 3:21.54 was Himstreet 3:27.87. Ward, Calnek, Himstreet and Zabudsky make this a very strong group.

Women 60-64: Susanne Schumann (MAC) stood out with 5 Golds, with all her breast events making high TT. We were treated

to our Editor's Nancy's contributions to the Cudas, 2 Silvers with a Gold in the 200 Free at 3:55.60. Peggy Hodge swimming for COMA came close to the record in the 100 Fly, posting a 1:47.68 vs 1:46.97. Kaleo Schroder went home with Silvers and Golds.

Women 65-69: Beverly L'Esperance took home 6 Golds for Klamath Falls, it is great to see her coming back from serious medical problems.

Women 70-74: Kathy Hughes grabbed 3 Golds and a Silver, while Betsy Austen (MAC) took hold of 2 Golds and a Silver. Margaret Wells in the "twilight zone" at 74, swam away with 4 Golds and 2 Silvers.

Women 75-79: Pauline Stangel returned to the aquatic wars in great fashion, although she may not have regained her earlier form, she swam well and posted great times. She took home to Albany Six Golds. Lois Allen swimming for the Cudas grabbed 2 Golds and 3 Silvers, while Elfie Stevenin and Judy Melcher added 2 Golds and 2 Silvers each.

Men 19-24: Justin Steel, welcome to OMS, Justin had a good meet winning the 200 Free in 2:10.79, the 50/100 Fly 29.73, 1:05.07.

Men 25-29: CURTIS TAYLOR, another new name, tied Kabacy's ORE standard in the 100 Free at 48.40, came close in the 50 at 22.23, OMS welcome to Justin Yee, who won the 100/200 Breast and the 100 Fly. Brenden Banovic and Steve Stoneham gathered in points with fine swims. Sean Teisher and Shawn Cooney locked horns in the 50 Fly, Sean winning

in 27.96 over 28.15.

Men 30-34: Robert Kabacy (MAC) was close to his records in the 50/100 Free 22/05 vs 21.85, 48.93 vs 48.70. Phil Reget, Dixon Soracco and Eric Askerman went after the Silver in the 100(50.28/50.36 and 50.92) In the 200 Free we saw 4 under 2:00 with Reget winning in 1:52.75. Eric Askerman dominated the mid distances. Dixon Soracco won the 50/100 Breast-29.51/1:06.61. Welcome PAUL WATSON from Eugene 3 ZONES 50/100/200 Back-24.82/53.59/1:59.14 plus an ORE for the 100 IM 55.55. BILL ZOLNA tallied ORE bests in the 100/200 Fly-53.47 was LaCount 53.46 from '91, and

Abramowitz 1:58.86 from '87. Then along came PHIL KING with a new ORE best in the 200 IM at 2:04.02 was Abramowitz 2:04.18 fr '87.

Men 35-39: DENNIS BAKER returns and makes waves: started with a 49.87 vs rec 49.62, another close one in the 50 Fly 24.51 vs 24.28. Then 2 ORE: 100 Fly 52.65 was Stiling 53.58, and 200 Fly 1:55.25 was Chris Roth 2:02.27, both from '97. GREG HOLLIS showed us a new



**Medium Team Champions - Central Oregon Masters**

ZONE at 1650 17:32.07 vs 17:32.95 (was Stewart), Rick Rodriguez and Robert Moore, side by side in the 50/100 Back-27.79/27.95 and 59.68/59.93. The 200 Free was a breath catcher: Rodriguez, Drew, Steinbrinck, and Gray spread from 2:00.17 to 2:00.84.

Men 40-44: PAT ALLENDER, a new ORE 200 Free 1:49.82 vs 1:51.72 (his), DAVID BURLESON, also ORE best 1650 18:08.97 was 18:13.78, was Allender 18:13.78, Peter Metzger at 44, probably had one of his best meets ever-won the 50/100 Back over George/Burleson, then grabbed the 50/100 Fly, and 2 Silvers in the 100/200 IM. Pat Allender's Golds in the 200/400 IM should rate TT4 and TT2, 2:04.78 and 4:26.29.

Men 45-49: CLIFF STEVENS dominated the Back 50/27.79, 100/1:00.42 capped with a new Zone at 200-2:10.67 was 2:10.96. Stephens and Tom Coffey went head to head in the 50 Fly (27.19/27.29) Big OB welcome home to Mark Becker, Mark turned the 200 Fly in 2:40.72, then Coffey, Larry Philbrick and Stephens went at it in the 100 IM, 1:01.50/1:02.13/1:02.50.

Men 50-54: STEVE JOHNSON turned 200 Free at 1:59.71 breaking his ORE best of 2:02.23. Doug Prentice, Vern Dasch, Jon Stout, Jed Cronin did the 50 Free 24.53 to 25.47. Then Prentice again in the 100 55.11, Robert Bruce 55.74 and Steve Johnson 55.96. It did this old man's heart good to see Vern Dasch covorting around the lanes.

*continued on page 12*

# 18<sup>th</sup> ANNUAL SENIOR MASTERS SPORTS FESTIVAL

Oregon Masters Swimming Long Course Meters Meet

Recognized by Oregon LMSC for USMS, Inc. #370R-05.1

July 22, 2000

**WARM-UPS: SAT. 12:00 Noon**  
**MEET STARTS: SAT. 1:00 PM**

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

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

Open to both USMS and unregistered

swimmers, **30 years of age and older.**

Meet Director: Arden Adams Phone: 541-688-4013

E-mail: AAdamsswim@aol.com

Awards: Festival Awards for First, Second, Third Places

Banquet: July 22, 6PM at Alton-Baker Park in Eugene

**Directions to pool:** From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger, heading east until you come to Echo Hollow Road. Turn right and pool will be on your left. Pool is at 1655 Echo Hollow Rd., next to Willamette High School

**All registered Masters Swimmers MUST submit a PHOTOGRAPH OF THEIR CURRENT USMS REGISTRATION CARD OR OREGON REGISTRATION FORM WITH THIS ENTRY**

**ENTRY DEADLINE: POSTMARKED NO LATER THAN - July 7, 2000**

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

NAME \_\_\_\_\_ (Office Use) \_\_\_\_\_

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

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

YOUR E-MAIL ADDRESS \_\_\_\_\_

If USMS member, 2000 USMS# \_\_\_\_\_ USMS CLUB \_\_\_\_\_ (OREG, MACO, etc.)

Age Groups: 30-34, 35-39, 40-44, etc. up to 100+. Relay age groups: 120-159, 160-199, 200-239, and upward in 40 year increments. You may enter a maximum of 5 individual events plus unlimited relays. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400m and 800m Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swim. All events will be seeded SLOW TO FAST.

**SATURDAY July 22, 2000**

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

FREE RELAYS (2/7)XXXXXX

100 BACK (8) \_\_\_\_\_: \_\_\_\_\_.

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

200 FREE (10) \_\_\_\_\_: \_\_\_\_\_.

100 BREAST (11) \_\_\_\_\_: \_\_\_\_\_.

BREAK (12) BREAK

MIXED FREE RLYS (13-15) XXXXX

200 FLY (16) \_\_\_\_\_: \_\_\_\_\_.

50 FREE (17) \_\_\_\_\_: \_\_\_\_\_.

200 I.M. (18) \_\_\_\_\_: \_\_\_\_\_.

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

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

BREAK (21) BREAK

MEDLEY RELAYS (22/25) XXXX

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

100 FLY (27) \_\_\_\_\_: \_\_\_\_\_.

200 BREAST (28) \_\_\_\_\_: \_\_\_\_\_.

50 BACK (29) \_\_\_\_\_: \_\_\_\_\_.

BREAK (30) BREAK

MIXED MED. RLYS (31-32)XXXX

800 FREE (33) \_\_\_\_\_: \_\_\_\_\_.

In consideration of the right to participate in the 2000 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said event to be held on July 22, 2000 or which may hereafter occur to me as a result of my participation, against the Eugene Sports Group, Inc., the sanctioning bodies, the City of Eugene, Echo Hollow Pool, Albertsons, Inc., Oakway Golf Course, Fiddler's Green, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers and agents thereof. I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above. I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 22, 2000 without any remuneration. I certify that I have read and understand the above.

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

Sports Festival fee includes a catered banquet with door prizes and Festival souvenir.

**Festival Fee: \$14.00 + OMS Entry Fee \$11.00 Total Cost: \$25.00**

*Make checks for entire amount payable to Oregon Masters Swimming*

*Ol'Barn continued from page 10*

Allan Stark won the Breast events-30.49/ 1:08.77/ 2:31.49, all close to a second from his Records. Jed Cronin, Doug Prentice/Steve Johnson went the 50 Fly-27.65/28.21/28.24.

Men 55-59: Tom Landis 50/100 Free 25.09/55.66. Landis again in the 200 at 2:04.80/ Von Tagen 2:08.33 TT5/TT8. Landis showed a TT5/3/4 for the 500/1000/1650. It was great to see Earl Showerman swimming again, it's been a while Earl, stay with it and stay fit. Robert Smith was on cruise control. Richard Juhala brought home Golds in the 200 Breast/200 Fly/400 IM(True Grit)

Men 60-64: Ron Nakata turned 60 and was ready as always, he and George Thayer tangled in the 50 Free, 27.10/28.07. Bert Petersen grabbed the 500/1000/50/100/200 Fly with a Zone in the 200 Fly 2:55.59 was 2:57.69(Bert) Ron was close in the 100/200 IM, just missed his record in the 100 1:08.68 vs 1:08.68.

Men 65-69: Richard Weick broke his Zone best with a 26.76 for the 50 Free, also the 200 IM was his at 2:48.63, still his at 2:47.96. Richard and Mickey Marks pretty well shared this age group, with Mickey getting 3 Golds and 3 Silvers while Weick brought home 6 Golds.

70-74: Lee Miesen (MAC) made his comeback and well with 3 Golds in the Breast, his 100 was less than a 2nd off the record, both his 50/100 should make TT. Eric Guest logged 5 Golds and a Silver.

75-79: Joe Mallon, Rupert Fixott and Khosrow Shadbeh swam well and picked up heavy metal.

80-84: Allan DeLay(84) swam a personal best in the 50 Free 38.32, GERALD HUESTIS picked off 4 Zone records-50/100/200 Breast and 400 IM. 46.74 was Holden 47.09 1:45.93 was Penfield(PNA), 1:47.86, 3:59.78 was Penfield 4:33.89, 7:53.77 was Eisenschmidt 8:27.54.

**RELAYS:**

Women 45+ 200 Free New ORE best 2:03.90 was 2:06.53 Jeanne Teisher, Sandi Rousseau, Darlene Staley, Susan Collins (same team came within less than a second of the Medley)

Women 65+ 200 Med New ORE 4:56.33, was Open Judy Melcher, Lois Allan, Elfie Stevenin, Kathy Hughes

MXD 75+ 200 Free, New ORE 3:52.87, was Open Earl Walter, Elfie Stevenin, Judy Melcher, Allan DeLay

MXD 75+ 200 Medley, New ORE 4:16.39, was Open Judy Melcher, Gerald Huestis, Elfie Stevenin, Allan DeLay

That my friends was a meet to be remembered, swimmers by the jillions, and records abounded. Many thanks to Tulatin Hills for hosting, they did a great job. See you at Parkrose.

**Ol Barn: Reports on the Awards Banquet..**

Our Master of Ceremonies for this gala evening was Jeanne

Teisher, who certainly did a great job. It was held at the Elsie Stuhr Center in Beaverton, on Saturday evening, during the OMS CHampionships.

Our Speaker for the evening was Roque Santos, Olympian, who caught everyone in his repartee, and did a great job in handing out the All American Awards to 15 OMS people who gained that honor in 1999: Lavelle Stoinoff, Joy Ward, Eva Muller, Sue Calnek Morris, Becky Oblatz, Pat Allender, Bill Zolna, Bryan Addleman, Andrew Holden, Robert Smith,

Tom Landis, Gil Young, David Radcliff, Allen Stark and Bert Petersen.

The awards program actually led off with Top Ten Patches being awarded by Board Members to 95 swimmers.

This was followed by the presentation of the Hazel Bressie Inspiration Awards, in a great touch, last years winners: Kristi Riddle and George Thayer did the honors, the honorees were Charlie Helm and Laura Schob. Sharon Glaeser and Robert Bruce received Special Service Awards.

Then Pam Himstreet Vice

Chair for OMS presented the Outstanding Swimmers Awards: Women 49 and Under: Teri Hendryx, Robin Parisi, and Becky Oblatz - Women 50 and Over: Lavelle Stoinoff, Joy Ward and Pam Himstreet - Men 49 and Under: Doug Stewart, Pat Allender, Dave Burleson - Men 50 and over: Andrew Holden, Robert Smith, Tom Landis.

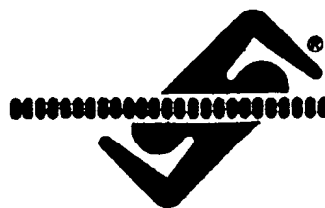
Dan Gray, Long Distance Chair, awarded the Long Distance Swimmer Awards to Mark Fairlee and Debbie Gregoire. He then recognized the following outstanding Open Water Coaches: Bill Volckening of THB, John Hartman of PMS, Suha Tokman of RVM, Eric Camus of EA and Jeff Kaelon of NCAP.

Earl Walter, alias Ol Barn, presented the Connie Wilson Memorial Award to Suzanne Rague, who has headed up OMS as Chair, and spent many a long hours on the Top Ten, Data Entry, and keeping everyones head screwed on. Thank you Suzanne for many many hours, without which OMS, would not have moved forward and upward.

Lastly it was my pleasure(OB) to present the Ol Barn Award. This year it went to David and Nancy Radcliff, David and Nancy have headed up the AquaMaster for the past 4/5 years. They have made it into a news organ we can all be proud of. In addition to this David has been the NW Zone Representative, very very active and doing a great job.

It was a great evening and before we forget, the dinner was excellent, everyone had a great time, and this writer hopes that this scheme of things, is followed each and every year. We really need this atmosphere for the presentations, that only come once a year.





United States  
Masters  
Swimming

**USMS Open Water National Championship**  
**10K Swim—July 15, 2000**  
**Applegate Lake—Southern Oregon**  
**Sponsored by Rogue Valley Masters**  
**With the cooperation of the US Forest Service**

**Sanctions:** Sanction#OPN-002-00.

Sanctioned by OMS, Inc. for USMS, Inc. All participants must be registered USMS members. A copy of your 2000 USMS registration card or similar registration for another country must be included with race entry.

**Fee:** \$25.00. All entries (including a copy of current registration) must be received by **July 5, 2000** and are **non-refundable**. Entry fees include: Cap, T-shirt, results and post-race lunch for entrant and one guest.

**Late entries will not be accepted and no race day entries will be allowed!**

**Rules:** The use of neoprene wetsuits or other non-porous attire shall render a swimmer ineligible for USMS National Championship awards. Flotation and propulsive devices are not permitted and current USMS rules will apply. In addition, all swimmers must wear the cap provided for this race. Every swimmer must have an escort throughout the entire race (see below.)

**Awards:** USMS National Championship medals will be awarded to the top six finishers in each age group. Age group divisions are: 19-24, 25-29, 30-34... (male and female.) In addition, the top overall male and female winners will receive special awards. Swimmers wearing wetsuits are not eligible to receive USMS National Championship awards. There will be a separate category for wetsuit results with separate awards.

**Escorts:** Every swimmer must have an escort in a non-motorized craft accompanying them throughout the swim. If you need assistance with escorts and/or crafts, contact the Race Director by June 25.

Escort craft rental: \$20.00/Escort service for hire.

**7:30am-8:15am:** Check-in

**8:30am:** Pre-race instructions. **All swimmers and escorts must be present.**

**9:00am:** Race begins

**12:00pm:** Barbeque lunch

**2:00pm:** Cut-off time for finishers

Awards ceremony begins

**Lunch:** Rogue Valley Masters will host a barbeque lunch for swimmers, guests and escorts beginning at 12 Noon. The entry fee covers lunch for the swimmer and one guest. Additional lunches may be purchased for \$3.00 per person, payable with your entry or on race day.

**Race Director:** Dan Gray, 541-944-0529.

E-mail: [oregopenwater@usms.org](mailto:oregopenwater@usms.org)

This entry form is available on two websites:

—[www.usms.org/longdist](http://www.usms.org/longdist)

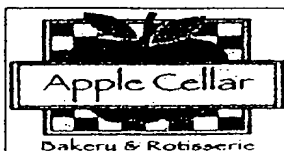
—[www.swimoregon.org](http://www.swimoregon.org)

**Sunday Races:** July 16: 3000 and 1500 meter swims at Applegate Lake. Entry forms will be in the Aquamaster and on the OMS webpage ([www.swimoregon.org](http://www.swimoregon.org).) Race day entries will be accepted.



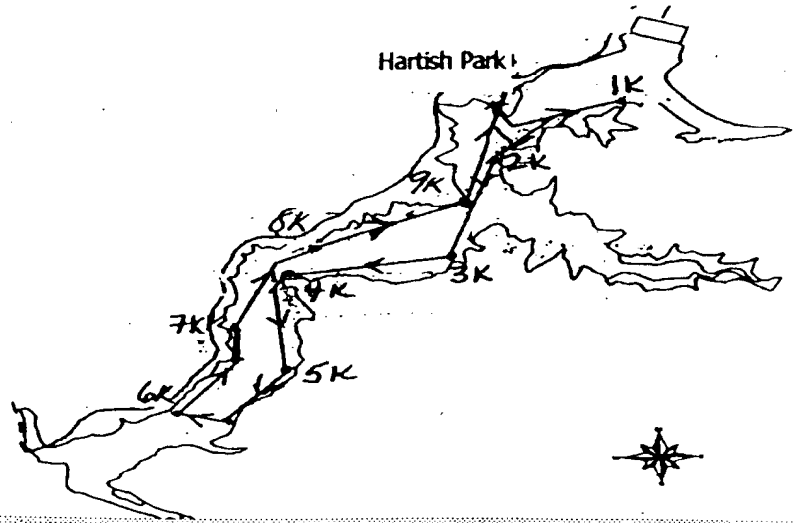
**ROGUE VALLEY MASTERS**

Rogue Valley Masters would like to thank these sponsors:



## Applegate Lake

The 10K (6.2 mile) course will begin at Hartish Park and follow a circular path around Applegate Lake. Large orange buoys will be placed approximately every 1000 meters to mark the course. There may also be smaller intermediate buoys. The course will be patrolled by safety craft. Water temperature is usually between 71-74 degrees and will be posted at registration. There will be a 5-hour cut-off time for all swimmers.



**Location:** Applegate Lake is located in southern Oregon, 25 miles southwest of Medford. The closest airport is Rogue Valley International Airport in Medford with direct flights from Portland and San Francisco. For further information about the area: Jackson County Visitors Bureau—541-779-4847 or Jacksonville Chamber of Commerce—541-899-8118.

**Directions:** From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Upon reaching the lake, there is a road which crosses the dam on your left. Continue straight, however, for another .7 miles until you reach Hartish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hartish Park.

**Parking/Camping:** There is day-use parking at Hartish Park costing \$3.00 per vehicle. Rogue Valley Masters has reserved all the individual campsites at Hartish Park to serve as one large group campsite. Please indicate on the entry form if you would like to camp. The cost is \$2.00/person/per night. Your camping fee includes parking. Pre-reserved RV camping is also available at \$10.00/nt, payable at the park. Phone 541-899-6869 for reservations. There are no hookups.

**U.S. Forest Service rules: No pets are allowed at Hartish Park.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

USMS Reg #: \_\_\_\_\_ Team Code: \_\_\_\_\_ Predict your swim time: \_\_\_\_\_  
(Please attach copy of card)

\_\_\_\_\_ Escort needed (\$\$\$) \_\_\_\_\_ Escort craft needed (\$20) \_\_\_\_\_ Will provide own escort & craft

Entry Fee:	\$25.00	_____	T-Shirt: S M L XL XXL
Escort Craft:	\$20.00	_____	
Escort T-shirt:	\$12.00	_____	Size: S M L XL XXL
Extra Lunches:	\$3.00pp	_____	
Campsite Fee:	\$2.00pp/nt	_____	
TOTAL:		_____	

Make checks payable to:  
RVM Lake Swim/10K  
8975 Highway 66  
Ashland, OR 97520

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: US 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Southern Oregon Lake Swim**  
**Sunday, July 16, 2000**  
**Hartish Park, Applegate Lake**  
**Sponsored by Rogue Valley Masters**  
**(with the cooperation of the U.S. Forest Service)**



Sanctioned by Oregon LMSC for USMS, Inc. (#OPN-03-00.) Sanctioned by Oregon Swimming—  
(Sanction # Q-070. All swimmers must be currently registered USMS or USA members. One-event  
USMS (not USA) registration will be available for \$10.00 at check-in.

**3000 Meters:** Check in: 8:15am-9:00am Pre-race instructions: 9:15am Race begins: 9:30am  
**1500 Meters:** Check in: 8:15am-10:00am Pre-race instructions: 11:00am Race begins: 11:15am

Following the events, Rogue Valley Masters will host a barbeque lunch at 12Noon. All swimmers  
and guests are invited. The awards presentation will take place after lunch.

**Fees:** Entries must be postmarked by July 3. (Entries postmarked after July 3 are late entries.)  
\$23.00 — One event \$18.00 — One event (for 10K participants)  
\$28.00 — Two events \$23.00 — Two events (for 10K participants)  
\$5.00 — Late entry fee **All costs are non-refundable.**

These fees include caps, T-shirts, and post-race lunch for all swimmers and guests.  
\*\*\*\*Entries postmarked after July 3 will be considered late entries (\$5.00 surcharge)\*\*\*\*

**Course:** Both events will be out-and-back courses marked by orange buoys. Expected water  
temperature: 70-74 degrees. The use of pull buoys and/or fins is prohibited. Swimmers  
wearing wetsuits will be considered in a separate category for results and awards.

**Awards:** Individual awards for the top three finishers in each age group in each race (Masters:  
19-24, 25-29, etc. USA: 11-12, 13-14, 15-16, 17-19.) There will also be awards for the  
fastest (non-wetsuit) male and female swimmers in each event.

**Race Director:** Dan Gray. Phone: 541-944-0529  
openwater@swimoregon.org

**US Forest Service Rules:**  
**No pets allowed in Hartish Park!**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Team Code: \_\_\_\_\_

USMS Reg #: \_\_\_\_\_  
(Please attach copy of card)

I am entering: 1.5K \_\_\_\_\_ 3K \_\_\_\_\_

T-Shirt size: S M L XL XXL

Mail entries to: RVM Lake Swim  
8975 Highway 66/Ashland, OR 97520

One Event: \$ \_\_\_\_\_

Two Events: \$ \_\_\_\_\_

Late Entry: \$5.00

Camping: \$ \_\_\_\_\_ \$2.00pp/nt

TOTAL: \$ \_\_\_\_\_

**ALL FEES ARE NON-REFUNDABLE.**

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: US 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Must be signed by a parent or guardian if swimmer is under 18 years of age.)



### Additional Information for the Southern Oregon Lake Swim

**Directions:** From either north or south on 1-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Upon reaching the dam (don't cross the dam,) continue straight for another .7 miles until you reach Hartish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hartish Park.

**Parking/Camping:** There is day-use parking at Hartish Park costing \$3.00 per vehicle. The gate to the park closes at 9:30pm. The concession stand is within walking distance and sells cold drinks, ice cream and fishing licenses. There is a pay phone nearby and boat rental is also available. Rogue Valley Masters has reserved all the individual campsites at Hartish Park to serve as one large group campsite. Please indicate on the entry form if you would like to camp. The cost is \$2.00/person/per night. Your camping fee includes parking. Pre-reserved RV camping is also available at \$10.00/night, payable at the park. Phone 541-899-6869 for reservations. There are no hookups.

**U.S. Forest Service rules: No pets are allowed at Hartish Park.**

#### Local Events:

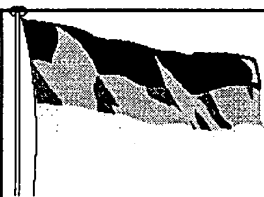
Jackson County Visitors Bureau: (541) 779-4847

Britt Festivals: (800) 882-7488

Sat, July 15: Cassandra Wilson & Kevin Eubanks

Sun, July 16: Merle Haggard & Ray Wylie Hubbard

Oregon Shakespearean Festival: (541) 482-4331

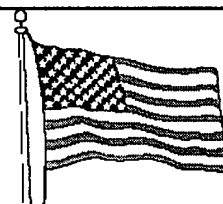


## Going to Munich?

### FINA World Masters Championships

July 29 - August 4

5K Open Water - August 5



Entry deadline is June 27. Info/entry blank available at the USMS National Office (\$3). Check out the USMS web site for additional information. Pam Himstreet is organizing the Oregon Relays for the World Championships this summer in Munich. Give her a call or email if you are going. We know of two men and one woman so far who are planning on attending. Please get in touch with Pam and be part of an OMS Relay. (541) 385-7770 or him@cmc.com

#### profile continued from page 1

health insurance, not putting a lot of strain on the body as some other sports do.

At 74, he also happens to be the eldest though his motto is "We don't get older, we just get better". He also epitomizes what Masters Swimming is all about. He did not start competitive swimming until 4 years ago although he has been swimming for 20 years. In the last meet he competed in six events and set five PR's, being DQ'ed in the sixth (one he had never swum). Not bad!!

His goal is to one day go to Nationals, but work his way up through State and Regional meets first, although his second motto is: "It doesn't matter how well you do, just so you look good!" He is also an integral member of the team, offering help whenever needed and

participating in most of our activities besides the swimming. He and his wife, Jean have four daughters and numerous grand- and great grand- children.

Unfortunately, in November of 1999, Ray had back surgery (not related to his swimming, lest you ask) which slowed him down a tad, but by January he was back in the pool swimming 1000 yards a day (very carefully!) five days a week and by the middle of March he is back to 2000 yards a day. I don't know of many younger swimmers who could recover like that. He is planning on competing in the National Open Water event at Applegate this summer, swimming the 1500 yd. and 3000 yd. event (he said the 10K was an intelligence test: anyone who entered, failed!) so my advice is if any of you are in his age group, get with it 'cause our "Rapid Raymond" will be rarin' to go by then!



# Northwest Zone Long Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-06

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

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

**DATES: JULY 29-30, 2000**

MT. Hood Community College-Gresham, Oregon

26000 SE Stark, Gresham

8 lanes competition, elec.timing, 1 lane warm-up/down

Meet Hotels: Inn America 1000 NW Gresham Rd. - 503-492-2900,

Phoenix Inn 477 NW Phoenix Dr. - 503-669-6500. Both are in Troutdale.

Meet Director: Dave Radcliff Phone: 503-648-7141 E-mail- therads@home.com

Warm-ups: Saturday 11:00 AM

Meet Starts: Saturday 12:00 NOON

Warm-ups: Sunday 8:00 AM

Meet Starts: Sunday 9:00 AM

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

**ENTRY DEADLINE: POSTMARKED NO LATER THAN July 14, 2000**

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

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

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

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

SEX \_\_\_\_\_ 2000 USMS# \_\_\_\_\_ YOUR E-MAIL ADDRESS \_\_\_\_\_

USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, etc) Are you a new OMS swimmer? \_\_\_\_\_

Age Groups: 19-24, 25-29, 30-34 etc up to 95. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 6 individual events plus unlimited relays with no more than 5 individual events per day. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400, 800, and 1500 Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. Check in for the 1500 will not open until one hour before the event is to be swum. All events will be seeded SLOW TO FAST.

## Saturday, July 29

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

20 minute warm-up.

Event 2 will not start before 12:45 PM

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

100 BREAST (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FLY (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK (5) XXXXXXX

MEDLEY RELAYS (6-9) XXXXXXX

400 I.M. (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

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

100 FLY (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK (14) XXXXXXX

MXD FREE RELAYS (15-17) XXXXX

## Sunday, July 30

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

20 minute warm-up.

Event 19 will not start before 9:30 AM

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

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

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

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

BREAK (23) XXXXXXX

MXD MEDLEY RELAYS (24/25) XXX

200 FLY (26) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (27) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BREAST (28) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK (29) XXXXXXX

FREE RELAYS (30-35) XXXXXXXX

1500 FREE (36) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

ZONE T-SHIRTS: \$12.00 EACH / \$14.00 for XXL

M L XL XXL

"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: \$18.00

T-Shirts: @ \$12.00/\$14.00: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

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

Oregon Master's Swimming, Inc.  
Minutes of Board Meeting, April 8, 2000  
Tualatin Hills Recreation Center

Present: Suzanne Rague, Jeanne Thimm, George Thayer, Jeanne Teisher, Pam Himstreet, Murali Krishna, Donna Ryan, Bob Bruce, Gary Wallis, Sandi Rousseau, June Mather, Dan Gray, Bill Volckening, and Jody Welborn.

The meeting was called to order at 4:15 pm.

Chairman's report: Suzanne Rague-Sandi Rousseau's name has been submitted for the Ransom Arthur award. The results will be announced at Short Course Nationals.

Reminders for upcoming meetings:

a) This is the year for rule changes at the national meeting. Proposed rule changes will be discussed at the June meeting.

b) We will need to begin thinking about delegates to the national meeting. We need to find out who is interested in going, how many delegates do we want to send. The decision needs to be made at the May or June meeting.

c) When are elections for board positions? (Is it September?). Past minutes will need to be reviewed.

Secretary's report: Jody Welborn-Minutes from the lengthy meeting at Bend are still being completed. A summary of action items will appear in the next AquaMaster.

Treasurer's report: Jeanne Teisher-Handout showing month to date and year to date budget. Budget was discussed. It is noted that Dave Radcliff was successful in obtaining sponsorship for the AquaMaster.

HOST/Social: Jeanne Thimm-There were no new swimmer packets passed out at the Association Meet on Saturday. However, an announcement will be made on Sunday that the packets will be available at the registration table.

A question will be added to the OMS registration form: Are you a new OMS swimmer?

Discussion was held regarding additional items to be put in the new swimmer packets. This included discussion about a performance booklet, for recording times. The cost to OMS would be \$1.50 per book. At the present time we will not purchase the performance books.

Vice President's report: Pam Himstreet-Hytek operator trainees are at this meet. Operators are still needed for the State Games. A proposal was made that OMS hold a scrimmage meet for the purpose of training Hytek operators in a less intense environment (than the Association Meet). Alternatively, it is proposed that the host team provide the Hytek operators.

Meet bid packets will go out in May. It should be noted that the packets will go out before the event order committee revises the order of events. This will be noted in the packets.

The entry form for the State Games is done and there will be no change in the order of events.

In the bid packets for the Association Meet, there needs to be some comment about the awards banquet. In addition, feedback should be provided to Pam via e-mail about whether you liked the banquet or not.

Finances of the award banquet were discussed. If the host team has a financial loss on the banquet, OMS will make up the difference. If the host team makes a profit, the host club keeps it.

There was discussion about whether the next Association meet is to be held in the Metro area or out. The minutes will be checked regarding the previous decision.

Open Water: Dan Gray-There will be a USMS Open Water Clinic at Dorena Lake on 7/1. Clinicians are still being identified.

An Open Water committee meeting is planned to look at the whole program and decide what to keep in and what to throw out.

The open water surcharge will likely begin in 2001.

Safety Committee: Sandi Rousseau

Discussion was held regarding placement of the No Diving signs. When they are placed on the ground, swimmers slip on them. The signs need to be put on signboards.

A swimmer dislocated his shoulder during the 50 fly. Luella Petersen will send a get well card.

Awards Committee: Donna Ryan-Award plaques cost \$500. A banner will be awarded for the first place team and plaques will be awarded to the second and third place teams.

We have enough award ribbons to last through the Parkrose meet at the minimum. When we order new ribbons, we will reverse the color scheme.

Coaches Committee: Bob Bruce-The descriptions of the awards were reviewed and discussed. Changes in the wording were recommended including a change in the wording of the Connie Wilson award to include leadership and a change in the wording of the Old Barn award to "dedication and devotion". MSP to accept wording as presented with the above changes.

One Hour Postal Swim: The results are available.

5K/10K swims: Dates for the Metro area include June 4th and 25th for Tualatin Hills and June 11th for Mt.Hood.

Meet events and order project: The board will look at the proposed event order at the May meeting.

OMS Technique camp: Discussion was held regarding what was needed and what still needed to be done to be able to do an OMS sponsored camp. Because the staff is not yet set and all the details not worked out, the camp will not be advertised in the AquaMaster (as the deadline cannot be met) and a promotional flyer will need to be mailed out. The estimated cost of this is \$225-250. It was recommended that we do not hold a technique camp this year.

Registration Committee: June Mather-A handout was passed out regarding the people and organizations who get complimentary AquaMasters.

645 people are registered at this time, which is 75 less than registered at the end of 1999. The number of swimmers who did not re-register and we would like to invoice is 150. We will invoice those swimmers and track the results. This will be done by the end of April.

Top Ten: Murali Krishna-All applications for records have been sent in. Not all of the Oregon swimmers in the Top Ten were listed as being from Oregon. This is due to a problem with the national database. We will let it be for now, but it will be discussed at the national level with Pieter Cath.

Data Manager: Suzanne Rague-Suzanne would like to resign as soon as a new Data Manager is identified. There will be an announcement in the AquaMaster about the position. It will also be posted on the website. If anyone is interested, please let Suzanne know.

Fitness Committee: George Thayer

The article by Jody Welborn appeared in the last AquaMaster and further articles by members of the committee are planned.

Officials Committee: Gary Wallis-Report will be deferred until the May meeting.

Other business: The use of the OMS logo was discussed and the issues identified. Donna Ryan requests that the logo be used only with the original shape. This would include the drawing of the tree and mountain under the arch. Discussion was tabled.

Meeting was adjourned at 5:20 pm

Next meeting: May 24th, Multnomah Athletic Club at 7:00 pm.

# 2000 United States Masters Swimming

## 5 Kilometer & 10 Kilometer Postal National Championships

Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers. Sanction # 003605.

**EVENT:** Both the 5 Kilometer (5000 meters) and the 10 Kilometer (10,000 meters) postal swims are National Championship Events.

**LOCATION:** Any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths of a 50 meter pool.

**DATE:** The swim must be completed on or between May 15 and September 30, 2000. **THE EVENT DIRECTOR MUST RECEIVE ENTRIES BY OCTOBER 10, 2000.**

**ELIGIBILITY:** Open to all USMS members with valid 2000 registration. **A PHOTOCOPY OF YOUR 2000 USMS CARD MUST BE SENT WITH YOUR ENTRY.** Foreign swimmers 19 years of age and older are invited to participate. Proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

### **CATEGORIES:**

**INDIVIDUAL:** Men and women will compete separately as individuals in five year age groups 19-24, 25-29, 30-34,...100+. The swimmer's actual age on the day of the swim determines the entrant's age group.

**INDIVIDUAL DUAL ENTRY:** Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

**TEAM EVENTS:** Team competitions will be held in 3 categories: Men (3 male swimmers), Women (3 female swimmers), and Mixed (2 male and 2 female swimmers). The team whose swimmers have the lowest cumulative time shall be declared the winner. The next lowest cumulative times will be used to determine second, third, and subsequent places. Each member of a team must also have entered the individual event for their age group. All team members must be registered with the same club. Unattached teams are not permitted. All entries must be made by registered clubs and signed by an authorized official of the club making the entry. The age of the youngest team member shall determine the age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+, ...95+.

**SCORING:** Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and Combined.

**AWARDS:** USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships for men, women, men's teams, women's teams, and mixed teams. First place finishers in each age group will also receive USMS Championship patches. Certificates will be presented to the top three clubs in each category.

**RULES:** The 2000 USMS Rules govern this event. Drafting, flotation and propulsive devices (pull buoy, fins, paddles, wet suits, etc.) are not permitted. When two swimmers are sharing the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

There shall be an adult acting as a starter/head timer/referee present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for a maximum of two swimmers per heat. A stopwatch or electronic timing system may be used. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second.

A 5K National Record may be established by using a swimmer's 5K split time from a completed 10K swim if the intent to record a split time is brought to the attention of the event director in writing.

**FEES:** The individual entry fee for each event is \$10.00 per swimmer. The team entry fee is \$12.00 per team. All fees are non-refundable. Do not send cash. Make checks payable to PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

**RESULTS:** Results will be mailed to each entrant. Please allow 4-6 weeks after entry deadline for delivery of results, T-shirts, and awards.

**T-SHIRTS:** Commemorative T-shirts may be purchased for \$15. For non-US delivery include \$5 for foreign postage for each shirt.

**INFORMATION:** Questions should be addressed to Jane Moore, Event Director, 1867 58<sup>th</sup> ST NE, Tacoma, WA 98422; 253-925-0803 (before 10 PM Pacific Time);  
e-mail: weswim@mindspring.com.

### **TEAM ENTRY FORM:**

Club Name: _____	Club Code: _____	M	F	Mixed	Age Group: _____	5K	10K
Swimmer's Name				Age		Time	
#1 _____	M	F					
#2 _____	M	F					
#3 _____	M	F					
#4 _____	M	F					
							TOTAL TIME
Club Rep Signature: _____					Date: _____		

## 2000 USMS 5K & 10K Postal National Championships

### INDIVIDUAL ENTRY FORM:

e-mail address: \_\_\_\_\_

Name: \_\_\_\_\_ M F Age: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS#: \_\_\_\_\_ - Club Name &amp; Code: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

LIABILITY RELEASE: 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: \_\_\_\_\_

OFFICIAL TIME: \_\_\_\_: \_\_\_\_: \_\_\_\_ Final time must be recorded to the nearest one-hundredth second.

We certify that on \_\_\_\_/\_\_\_\_/\_\_\_\_ (date) the entrant completed the 5K\_/10K\_ (check only one), in the official time recorded above.

Signature of Swimmer (Required) \_\_\_\_\_

Signature of Verifier (Required) \_\_\_\_\_

Mail to: Jane Moore 1867 58th ST NE Tacoma, WA 98422-1517 USA

Include: ☐ completed entry form ☐ split sheet with time for each 100 meters ☐ photocopy of USMS card  
☐ signed liability release ☐ check for entry fees (entry, T-shirt, & foreign postage) or proof of membership if  
☐ signed time verification ☐ self addressed, stamped postcard for entry receipt verification from another country

FEES: Individual Entry Fee (\$10.00 each) \_\_\_\_\_

Team Entry Fee (\$12.00 per team) \_\_\_\_\_

TOTAL - payable to PNA Masters Swimmers

T-shirts (\$15.00 each) Size(s) S \_ M \_ L \_ XL \_ XXL \_ \_\_\_\_\_

Foreign T-shirt postage (\$5.00) \_\_\_\_\_

### SPLIT SHEET:

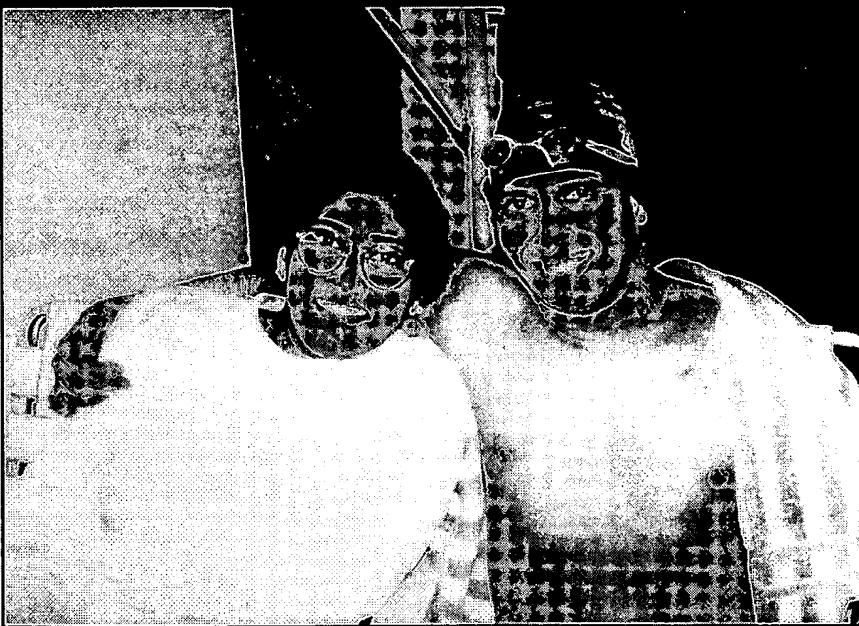
Record CUMULATIVE time for each 100 meters (to 10ths) and final time (to 100ths).

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

In the April issue we requested Sponsors who would be willing to make a donation to cover the cost of mailing the Aqua-Master. A big OMS **Thank You** to Murali Krishna and Informix Software Inc., the company for which he works. Informix Software Inc. has agreed to place an ad for the whole year which will pay for the mailing of the Aqua-Master.

Several years ago Murali was the recipient of the OMS Spirit Award. His outstanding spirit for swimming and OMS is still continuing and very evident. Murali is currently serving as the Top Ten Chair for Oregon and has started writing great Top Ten statistical articles for the Aqua-Master.

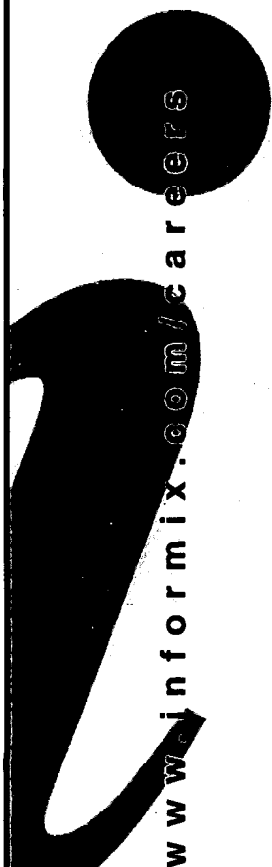
OMS also sends **congratulations** and **best wishes** to Murali and Sahithya on their recent marriage.



Murali and his new wife, Sahithya, at the Association Meet.

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# Aqua-Master

June 2000

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