



Aqua-Master



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The Chair's Corner by Jeanne Teisher

Dear Fellow Swimmers,

There is a new name in the President column. On October 1, 2000 I officially began my duties as the new OMS Chair. I am looking forward to the fun, challenges and adventures I'm expecting to experience the next two years. What I am most looking forward to, though, is the opportunity of meeting and getting to know you, the swimmer.

A few weeks ago your team representative received a list of goals I established for myself as OMS Chair and the LMSC board. I would like to share those goals with you so you know what I will be working to accomplish during my term.

- I feel the OMS Board needs to be more representative of the organization which will require recruiting swimmers from local teams around the state to serve on the Board.

- I plan to develop and incorporate a marketing plan that will educate the general public about Masters swimming and encourage more swimmers to participate in OMS.

- OMS offers a diversity in competition and training but we can offer more. I want to see the Open Water program continue to grow. There are a number of pools around the state where competitions and fitness events have not yet been hosted. I will work to try to encourage local clubs to get involved in hosting such events.

- I feel my role, as the Chair, will be to represent "you" the Masters swimmer. I am interested in hearing from you on how the organization can better meet the swimming and competition needs and interests of you and/or your team. My home telephone number and home and email address will be available to anyone who is interested in contacting me. I am a "take charge" person and will work to encourage the OMS Board of Directors to address the issues of you, the swimmer.

- I am interested in working with the Board of Directors in not only establishing some long term goals for the OMS but establishing time lines for the execution and/or completion of the goals.

- I plan to get involved at the national level because I feel it is important to the organization for me to understand all levels of USMS.

If you ever want to share your ideas, frustrations, comments, joys, etc., please feel free to contact me either by phone (503) 649-4719 or e-mail (jteisher@msn.com). Until we meet

Jeanne Teisher

ol' Barnacle reviews - results - records

Ol Barn...LCM Nationals...

OMS had seven swimmers at Long Course Nationals, our 4 gals placed 51st in small teams, the 3 guys rang up a 25th, combined OMS was 32nd in final small teams placings, out of a total of 131 clubs.

ALLEN STARK(51) broke Dick Boyd's OMS and ZONE record for the 200 Breast set in '93 at 2:52.64, Allen put in a 2:52.07, WELL DONE!!! Called Allen to congratulate him, and was reminded that when Dick swam that 2:52 plus it was the WORLD record.

Women 25-29: Jennifer Butcher placed 9th in the 50 Free and 8th in the 100. A BRONZE in the 100 Back at 1:17.21(TT8), 11th in the 100 Breast 1:34.40(TT10), 14th for the 200 IM 2:51.66.

Women 35-39: Ellen Broido 100 Breast 20th 1:44.12, 200 Breast 18th 3:44.20, a 10th for the 100 Fly 1:29.77, good job.

Women 45-49: Jody Welborn 16th in the 400 Free 6:31.27, 10th 1500 with a great time of 25:46.04 8th 200 Breast 3:50.53 and 7th 200 IM 3:41.60.

Women 50-54: Sandi Rousseau could sneak into the Top Ten with a 50/100 Free 12th 34.99, 11th 1:19.81, a 14th for the 50 Back 44.50, 5th 50 Fly

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2000 / 2001 Calendar and Meet Schedule

Pool			
Date	Event	Location	Contact
Nov. 19	*SCY	Tigard-Tualatin	Rose Gerstmar -(503) 620 3871 glenngers@aol.com
Dec. 9	*SCM	Multnomah Athletic Club	Sean Taylor 503-223-8370 staylor@thetmac.com
Jan. 27	*SCY	Eugene	Lynda Christiansen 541-687-8379 ericandlynda@netzero.net
Mar 16-18	SCY	Ass'n Champs. Ashland	Dan Gray 541-944-0529 dangray45@hotmail.com

Postal Championships 2001

January	1 Hour Postal	Sarah Welch sarah.welch@ci.seattle.wa.us
May 15-Sept. 30	5/10K Postal	Pam Himstreet him@cmc.net
Sept. 1-Oct. 31	3000/6000 Postal	Doug Brogan FitTogether@aol.com

National Championships 2001

May 17-20, 2001	SCY	Santa Clara, CA	Alma Guimarin aguimarin@aol.com
Aug. 4, 2001	2 Mile	Elk Lake, Oregon	Pam Himstreet - (541) 385-7770 him@bendnet.com
Aug. 16-19, 2001	LCM	Federal Way, WA	Hugh Moore - weswim@mindspring.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

Nov. 3-5 OMS Board Retreat/Workshop in Hood River

(Note: Minutes of OMS Board meetings will now appear on the OMS Web Page. They will no longer be printed in the Aqua-Master)

2001 Oregon Masters Swimming Brochures

Now available from Jeann Thimm (503-653-9753 or jdthimm@dellnet.com)

Call or email Jeanne for copies for your pool or team

Attention

Coaches, Pool Managers and Meet Directors

Please help us fill the holes in our schedule. We need you to host a meet

1. During the weekends of Feb 17 through Mar 17. Can be SCY or SCM. You have a whole month of dates from which to choose.

2. April- weekends of the 13, 21, or the 28. We need a day and a half for the SCY Zone meet. It's Oregon's turn to host this meet.

3. Early June - SCM or LCM Take your pick for a fun one day meet.

Please call or e-mail Pam Himstreet if any of these dates will work for your pool. Remember, the money is even better this year so your team will profit in many ways from this venture!

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.

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IT'S OFFICIAL

Gary Wallis, Officials Chair

In this month's installment of reviewing the rules of USMS swimming we will take a look at backstroke. If you would like your own copy of the rule book it may be purchased from USMS at their web site: www.usms.org. The rules are also available on-line at www.usms.org/rules. Be aware that USMS rules vary from FINA and USA Swimming in a few places. We'll touch on these differences as we go through each stroke and again in a later article.

Start:

The backstroke start shall be used. (101.4.1)

A. Short course yards-The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. The feet may be placed in any position on the wall or on the gutter of the pool, and the swimmer may assume any desired starting position that does not remove either foot completely from the water, or either hand from the starting grips or the pool edge. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

B. Short course meters and long course meters-The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to the command "Take your mark," and until the feet leave the wall at the starting signal, the swimmer's feet including the toes shall be placed under the surface of the water. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used. (101.1.2)

In any meter or long course event the toes must be below the surface prior to the start. Short course yard start rules

differ from FINA and USA Swimming. USMS rules allow the toes to be on the gutter so long as some part of the foot remains in contact with the water. Standing in or on the gutter is not permitted. However, the rules are not clear when a starting position becomes "standing" and that has sparked some controversy. USMS tells me they are considering clarification language. Until then the best guidance I can share comes from Leo Lentendre (USMS Rules Committee Chair) "... if the person is getting all of their propulsion from the top of the gutter, they probably had to be standing on the gutter. If their foot is essentially flat and parallel to the surface of the water with no attempt to get part of the foot to be touching the vertical portion of the wall, they are probably standing on the gutter."

Stroke:

Standing in or on the gutter (all courses) or curling the toes over the lip of the gutter (short course meters or long course meters) is not permitted immediately after the start. Swimmers shall push off on their backs and continue swimming on their backs throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. (101.4.2)

Pretty simple: surface by the 15 meter

mark, stay on your back and don't pull on the lane line. Next month backstroke turns and finish.



Legal Start (meters)

Notes from Poolside continued from page 4

similar to practice). In essence, Non-recognized meets are unofficial practice meets.

We host non-recognized All Comer's Masters Meets in Bend, four or five times each year for the past four years, for several reasons. These meets are designed to provide local competitive and learning opportunities for both USMS-registered and non-registered swimmers without requiring long-distance travel, remembering that our closest other masters team is more than two hours away! These meets are opportunities for first-time racers to get their suits wet in a long-key environment, for experienced racers to try new events, tactics, and challenges, and for everyone to test their fitness level. We accept that results cannot be considered for records and top ten consideration (although we have been surprised by some remarkable swims), and that USMS insurance does not apply (we are

covered by Juniper Swim & Fitness Center's insurance policy as a JSFC-sponsored program).

Our All-Comer's Meets are flexible and fun, usually attracting 8 to 15 swimmers. They work well because we have established these basic guidelines. All participants must sign a special facility liability waiver. Swimmers assist in timing when they are not swimming themselves (they are encouraged to bring others to help time). Two watches per lane are standard. An experienced swimmer, not necessarily a certified official, serves as starter and stroke & turn judge, and is authorized to enforce the technical rules (as a former official--and current authority figure--I traditionally perform this role). Short, sweet, simple--and very productive!

I urge other teams to try similar meets, and would be happy to share more details and suggestions based upon our successful experiences. Good luck and good swimming.

The Fitness Lane

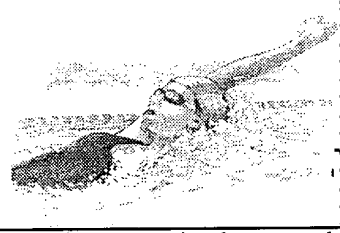
by George Thayer

RANDOM THOUGHTS ON ETHICAL FITNESS IN SPORTS

Two events that have been extensively covered by the media recently have inspired this report. The first is the story about the "winner" of the Survivor TV series and the second is Bob Knight's departure from Indiana University. The "survivor" was congratulated for winning by using trickery, lying, and deception to achieve his goal of "winning at any cost". Knight claimed that he was never told what "zero tolerance" meant. These are two examples of bad sportsmanship being glorified in the media. It brings to mind something the UCLA ombudsman wrote about some 20 years ago. He recalled his boyhood days on the streets of New York when playing games without a referee. All kids knew the rules and everyone abided by them or they would be ostracized by the group. He theorized that with the advent of referees, the idea then became seeing what you could get away with and your only sin was in getting caught.

Should there be ethical standards for participation in sports? Lawyers, doctors and other profession have courses in ethics. Shouldn't sports be held to reasonable ethical standards? Some sports are better than other in issues of sportsmanship, but several professional sports seem to follow the ethic of "the least harm to the bottom line of profit". The issues of doping and appropriate behavior during the Sydney Olympics serve to highlight this issue.

I recently participated in the long course national championships in Baltimore and was able to observe the behavior of master swimmers. Even though the meet ran way over the timeline, I didn't hear any tirades about incompetent meet officials. There were several disqualifications of swimmers, yet no one assaulted the official making the call. I'm proud of the ethical fitness displayed by the majority of masters swimmers. It contributes to our mental well being, sets a standard for other sports, and for living in general.



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

I am prompted by recent conversations with several swimmers and coaches to write this article on the various classifications of swim meets that are possible in masters swimming programs. There are three kinds of meets: sanctioned, recognized, and non-recognized. Each type of meet has a particular role to play in a comprehensive program.

Sanctioned meets are the meets with which most masters swimmers are familiar, since these meets are the most common form of meets held locally. Oregon meet directors apply to schedule and sanction their event with the appropriate official on the Oregon Masters Swimming Committee (OMS); currently, this official is OMS Vice-President Pam Himstreet. Sanctions are granted with the signing of a contract, guaranteeing that the meet-sponsoring group will endeavor to uphold United States Masters Swimming (USMS) rules, particularly the high standards concerning facility, events, health, safety, officiating, and timing. All meet participants in sanctioned meets must be current members of USMS. Results from these meets are recognized for local, zone, and national records and top ten recognition. The USMS insurance policy—a part of the USMS membership requirement—is in effect at all sanctioned meets.

We also have recognized meets in our schedule. Recognized meets are similar to sanctioned meets, with

one main exception: participants in recognized meets do not need to be current USMS members. Meets are recognized to allow other adult fitness and sports organizations to hold events in which USMS members may compete with non-members without jeopardy to their membership status; the Oregon State Games and the Eugene Sports Festival are two examples of recognized meets in the current OMS schedule. Other than the rules concerning membership, all other USMS meet rules and standards are the same as those applied to sanctioned meets. Meet Directors must apply and sign contracts with OMS. USMS meet standards are upheld. USMS-member results are recognized for records and top ten. The USMS insurance policy applies.

Non-recognized meets are those competitions that are neither sanctioned nor recognized. Hosting these meets present some interesting and creative possibilities to local teams, yet also present some problems and limitations. On the possibility side, non-recognized meets may be scheduled for a variety of objectives, at any time and place, in any format desired, with extremely flexible standards for officiating and timing. On the problem side, results of these meets will not be allowed for record or top ten consideration and the USMS insurance policy may not be in effect (unless all participants are current USMS members,

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OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

Since USMS Convention is just a week away, this month's open water column will be brief. There are a few items that need to be brought to your attention.

Salem Courthouse Crew has been moved to first place in the small team category for the Open Water Association Championships. Seems like a swimmer from North Clackamas Masters Swimming registered as a "one event" participant, which, according to USMS rules, means that swimmer is unattached. By removing the points assigned the swimmer, the team scoring changes to: SCC 35 points first place, EA 34 points second place, NCMS 33 points third place. By the time you read this, the First Place banner will have arrived at its new home.

The occurrence of errors like this can be reduced in a number of ways. It is important that every local team take charge and insure that individuals that swim with you are currently registered with USMS.

Open Water Organization Meeting will also be held within a few weeks to review last year's events and plan for next year. Hopefully there will also be an Open Water Workshop, at a later date, to review and explain the

process of putting on open water events. This workshop will be open to anyone with the interest to host an open water event. More will follow in the next newsletter.

ELK LAKE in 2001

As you may be aware, next August, the 2 mile swim at Elk Lake will be the USMS National Championships. This will give the Oregon swimmers another opportunity to participate with swimmers from the other parts of the U.S.

Basically this time of year marks the end of the Open water season for me. Not much time before we're looking at the following year. I would like to take a moment to thank each of the race organizers for their contributions to the Oregon Open Water Series. Thanks also goes to all the support crews, sponsors and everyone's families for supporting their loved ones' participation.

Another huge Thank You from me for those that voted for me during the recent OMS elections. The final tabulation was 11 to 8, with Jeanne Teisher winning. My congratulations go to Jeanne and I am sure she will work very hard to make OMS an organization that respects everyone's thoughts.

Email from the Swimming Vagabond, Tom Landis

Hi Friends,

This is a mass mailing to those of you who might be interested in my recent swim trip to Hawaii and Southern California. A lot of you asked me to let you know how I did, but, of course, this 58 year old brain is getting like a sieve, so I can't remember who I promised I'd notify. So if you don't give a fig about how Tom did, hit the delete key now.

Maui. I had a great time and this year was not prevented from swimming by sharks or leviathans. I had worried I might get phobic about swimming in the open ocean after last year, but it was wonderful and trippy. The crystal clear, warm, blue, bottomless ocean was practically psychedelic for me. The team I swam on came in fourth in our age division. The team I swam on last year came first! I guess I shoulda stuck with them, but that's what I get for diddling around so long trying to raise my own team from Oregon. My 83 year old father went along with me to Hawaii and we had a great time together; he had never been to Maui, so I had fun showing him around the island.

Waikiki. What a tourist trap, what a zoo. But for the swim I wouldn't set foot there for love nor money. Well..... The swim had about 900 competitors this year. For those of you who don't know much about it, the distance is 2.6

miles and it is roughly parallel to the length of Waikiki Beach. You swim out about a half mile then parallel to the coast then back in. I came in first in my age group, 67th overall. My time was five minutes faster than last year when I was 99th overall. The nearest guy in my age group was four minutes back.

After the swim we went out to the north shore and stayed with Cousin George at his beachfront home near Haleiwa. It was a nice contrast after the hectic days at Maui and Waikiki; good to decompress a bit.

Returning to the mainland, I went to Laguna Beach to stay with my friend, Jack Lincke, who was also going to swim at La Jolla. I had been hoping for some good surf, but there was none, probably a good thing overall because it would have no doubt blown my competitive "edge".

La Jolla. My first time in this, the grand daddy of ocean swims. 70 years they've been holding it! Funny to think that I never went in it when I was younger because it was too far. There were at least 1,000 swimmers in the various races, but I don't know the exact count.

My goal for the trip had been to win Waikiki and the 3 mile swim at LaJolla. There are two swims here, a one mile and the three mile. When I came second in the mile I

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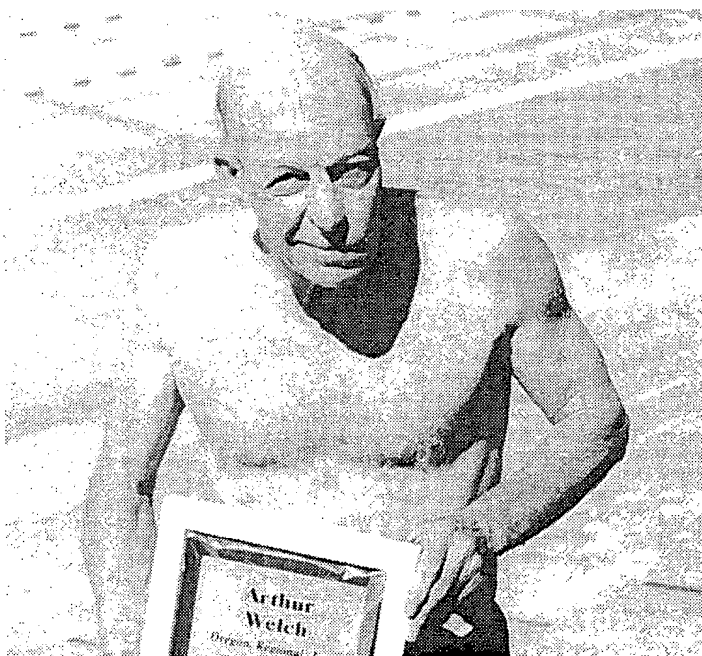
Ol' Barn continued from page 1

36.48 (TT5), 5th 100 Fly 1:30.60 (which was faster than '99)

Men 50-54: ALLEN STARK comes home a 2000 Long Course Champion in the 50/100 Breast and runner up in the 200-34.19(TT2), 1:17.27(TT3) 2:52.07(TT3), GREAT JOB ALLEN ! Plus a new ZONE Record for the 200 Breast.

Men 60-64: George Thayer picked off 6th in the 50/100 Free,

31.60/1:17.80, then on his back, he was 5th in the 50/40.90(TT9), 5th-100/1:31.21(TT7), 4th 200/3:21.49(TT8) George continues his return with faster and faster times.



Men 65-69: Art Welch, still the only male in US Masters to have swum in every National Championships, since the very beginning. Art picked off the Bronze for the 200 Free (3:14.54), 5th-400 and 4th in 800-6:51.48/14:01.24, plus 10th 100 Back and 6th/200 Back- 1:46.37 and 3:45.78, Well Done Art !

That does it for Long Course in the year 2000, Ol Barn will see you all, during the Short Course Yards season.

Ol Barn...Senior Masters Sports Festival...

Under the direction of Arden Adams, the 18th Edition of this annual event, was held on July 22nd at the Echo Hollow Pool in Eugene.

The lone record setter was EVA MULLER, 88 years young, who cast aside a record dating back to 7/27/86, Martha Keller 10:05.45. Eva handled this one easily posting 7:47.80, for a new Zone Record, OB would like to add this should also rank # 2 in the Top Ten. She also posted a likely AA for the 200 Free 5:32.01 plus #2 times for the 100/200 Back and 200 IM. Her time of 2:41.71 for the 100

Back was faster than last years effort.

Women 30-34: Julie Crisp was our only competitor here and toured the 800 in 14:50.96

Women 35-39: Sara Wilson stood out in this group taking home the Gold for the 400/800 Free, plus the 100 Fly and 200 IM, her times were excellent. Toni Jacobsen was the winner in the 50 Free, 100 Back, and 50F ly

Women 45-49: Edie Shelton took honors in the 50 Free, 50 Back, and the 50/100 Breast, her 50 Breast at 48.40 was excellent.

Women 50-54: Janet Gettling was all alone and packed off the 50/200/800 Free plus the 50 Fly-her 800 in 13:05.98 and 50F ly 40.80 have an outside chance for making TT.

Women 60-64: Kaleo Schroder won 5 events with a best effort of 2:26.72 for the 100 Breast, at 64 Kaleo will be ready for 65 at LCM Nationals next summer.

Women 65-69: Bev L'Esperance and Arden Adams split the honors here. They had a great go at each other in the 50 Back, w/Arden at 1:04.44 just edging Bev at 1:05.96. Arden posted a 4:42.69 in the 200 Back, excellent.

Women 70-74: Margaret Wells will also be aiming at a new age group come next summer, she won 4 Golds with a best effort of 6:15.62 for the 200 Breast.

Women 75-79: Pauline Stangel and Elfie Stevenin both at 79, will be looking at 80-84 next year, Pauline's 50/100 Breast 1:10.87 and 2:43.54 were FINE, while Elfie's 8:59.05 for the 200I M looked great.

Men 35-39: Rob Arp was gold minded here, he topped a fine 33.56 50 Back, with probably a TT9 1:10.91 for the 100 Back.

Men 40-44: Pat Allender swam away with 4 Golds, improving on his '99 time for the 200 Free w/a fine 2:10.36, should be close for TT in the 800 Free at 9:57.44 and in line for TT7 200 IM 2:30.09.

Men 45-49: It was great to see the return to the tank of Jim Elliott, we have missed you Jim, good swims in the 50/200 Back, Joel Robe, new to OMS, looks like a winning Freestyler 29.93/1:09.75.

Scott McCleery swam the 50 breast in 46.07, and Fly in 37.78.

Men 55-59: Tom Landis posted 3 great swims: 200 Free 2:29.07(TT2), 400 Free 5:23.29(TT3), and the 800 Free 11:45.14(TT9). Richard Juhala continues looking GREAT, 200 Fly 4:15.52 not too shabby.

Men 70-74: Cal Hersey was all alone and lonely, winning the 50 Free, 50 Back and 50 Breast.

Men 75-79: A BIG OMS welcome to John Suta

That's it for this one, still waiting for the results of LCM Nationals. Ol Barn, over and out.

Guidelines for Entering Meets

For about the past six years, swimmers have been sending their pool meet entries to me. I decided it was time for a change, and Gary Whitman is taking over as Data Manager for the Oregon LMSC. This also seemed like a good time to pass on some tips for entering meets.

Most swimmers are great, and send in clear, complete meet entry forms. Those of us who process the forms want the meet heat sheet to be perfect. This means that you are seeded in the events you want to swim, with the correct time. No one wants unhappy swimmers or confusion on the deck on meet day. But about 15% of all entries have some problem that needs to be resolved before meet day (!), which is tough on the Data Manager and potentially tough on you the swimmer. So here's my list of top do's and don'ts:

- * Double check your entry before you mail it. It's really easy to put the right time next to the wrong event, or get the seconds right but the minutes wrong on a seed time.

- * In Masters, seed times are best estimates of how fast you will swim. You don't have to have swum that time recently, and you can estimate or adjust where appropriate. I seed whatever time you give me, but I never understood seeding with hundredths of seconds in a 500 or 1650 (and fingers get tired with all those numbers!).

- * Read the meet instructions. Meets have different maximum number of events, and if you enter too many events some will have to be dropped. You might not like which events the Data Manager axes you out of.

- * You MUST send a copy of your USMS card with your entry. If your name or birthdate on the card are wrong, have the Registrar correct them. If you lose your card, get a replacement from the Registrar (cost \$2.00). Make multiple copies of your USMS card when you first get it (as June Mather suggests!).

- * No staples, please!

- * Somehow the people with problems with their entries are the ones who don't provide a phone number on their entry form. We don't sell your phone number to telemarketers! The number is for your benefit, and if there was a problem and the swimmer didn't bother providing a number, I didn't call to get help in solving the situation.

- * Enter on time. If you send an entry Fed Ex (or overnight

service), instruct the service that the envelope can be left without a signature. The Data Manager is not going to drive to Fed Ex to pick up your letter.

- * If you're dropping the entry off at the Data Manager's house, don't leave it in the mail box. That's against the law, and it could be picked up as outgoing mail. Leave it on the stoop or in the newspaper sleeve.

- * You will be entered in the meet using your name as it shows up on your USMS card, so register using the name you want to swim under.

- * Your "Club" is either OREG, MACO, or UNATT. Please enter using your Club name (this is a USMS regulation) -- Local Team names are only used for Association Championships.

- * Meet entry forms and our USMS registration form say that if you're signing up for both at the same time, mail both together to the Data Manager. It's not unusual for June Mather to receive meet entries (!), and those people risk not getting into the meet.

- * If you want confirmation that you are in a meet, please send a self-addressed stamped envelope (don't ask to be called). I always called people who entered so late they couldn't be seeded (fortunately, a rare thing).

- * If you get a note from the Data Manager about a problem with your entry, please solve it before meet day as requested! If you don't, you may be elected to be the person to track down all problems on meet day (just kidding, but I love the idea).

- * Don't mimic the fellow who took a pre-addressed envelope from his bank (which happened to be in Illinois), put on a label with my address on it, and used that to mail in his entry. I don't know what he thought the pre-printed bar code on the envelope was for, but the Post Office automatically reads that for routing the letter. Needless to say, after a trip to Illinois, the envelope finally arrived in Beaverton after the heat sheet had been printed. Spending 2c on a clean envelope is a good investment!

So my friends, it has been fun, my mail person is very happy I'm no longer Data Manager, and be good to the new Data Manager, Gary Whitman.

Suzanne Rague

Swimming Vagabond continued from page 5

realized I had some tough competition. In rough water swimming you never know where you are in relation to others in your age group, so you just have to go out there and bust your ass, hoping for the best. Which I did in the three mile! Staggered up the beach at the finish on rubbery legs, totally spent and eventually found out I had finished first. It was very satisfying to have worked hard toward an athletic goal and accomplished it.

So nice now to be back home with wonderful Madeleine. And to boot, my first grandchild was born day before yesterday and we're going over to Eugene to see him today. Hope I haven't bored you too much with this drivel.

Happy Trails, Tom

This email was received from Tom Landis, the Oregon Open Water Champion in the 55 - 59 Age Group. It's a wide world out there for Open Water Swimmers. Thanks for sharing your experiences with us.

History of Oregon Masters Swimming - Chapter 11

Sandi Rousseau was Chair. Mark Becker, Vice. Roy Abramowitz, Treas. Brian Langlais, Secty. Pat Caudill, Registration. Andree Devine, AquaMaster. Barbara Frid, Membership. Record, Earl Walter. Social Chair, Jayne Chastain with Connie Wilson-Admin Chair.

We are hearing rumbles about the many many Barracudas on the Board, (2000) this has been going on for some time, the board detailed above happens to be 100% THB. However, this does not have to be and really should not be, BUT, we had no luck at all in getting volunteers to step forward and lend a hand, and it appears we are having somewhat the same difficulty, today, 2000.

The schedule started out with a meet in Newberg, followed by and Animal Meet in Lake Oswego, Robert Smith was always throwing the gauntlet down and saying "step up if you can".

January birthdays were announced, some still around: Mirjana Callahan, Lavelle Stoinoff and John DeJarnatt, out of 31 OUCH.

Thanks to Robert Smith we were now computerized, OB recalls when Robert wanted to pass this on and OB took it over, for a Computer Dumbo, THIS was a STEP ! Thanks to Robert we learned and managed, OB recalls the AMAZING difference in time needed to do the job, as opposed to hand written entry cards and butcher paper, with 6 lanes at 3:00 AM.

A novel money raising scheme surfaced, Gift packs of California Navel Oranges, it was a great idea and showed that we were all thinking, but this one and many others did not get off the ground.

The FIRST Masters World Games was announced for Toronto, Ginger Pierson was in charge of Relays. August 7 thru 14, many of our stalwarts went.

OMS was hosting the 1986 LC Nationals, and the organizers were already "on the ball" With Art Smith and Sandi Rousseau heading up the show.

Brian Frid, sometimes referred to as Mr Barbara, sorry couldn't resist. Came up with yet another of his fine articles, this one on "starting", tell you one thing, this helped a lot in those early days, we had a couple of guys, who just loved to "jump", OB is not giving any names, they know who they are.

Art Smith had a plug for the Annual One Hour Swim National Championships during January of 1985. The entry form was also included in AM.

Pay Caudill talked up REGISTRATION at \$ 9.00, plus another \$ 6.00 for the AquaMaster. Considering how everything else has gone up in price (2000) that was really a bargain.

Stevens-Ness Law Publishing Co. was donating the printing of AM, OB would really like to know how Sally and Jim Snow are doing these days, Sally and or Jim pls give this old white haired man a call.

The February A/M started off with a letter from GG, actually from Sandi R, thanking Art Smith and his group for the past two years.

Bert Petersen was pumping for the International Meet in Japan, sked for Mid-July 1986. That's where our "world famous swimmer" came into being.

A letter from Dick Cooke, Sawtooth Masters, was included in AM, touting the upcoming meet in Boise, addressed to all Reg 12 Masters and Utah Swimmers, Feb 16 and 17, a 3 Day Pres Day holiday, Dick threw in a bit of enticement for the skiers.

Out of 37 Birthday Folks, we still have 5 swimmers still active: Donlan Jones, Chris Hughes, Susan Case(Snyder), Darlene Pohl and Jim Holland.

In OB's report on the Eugene Meet on Nov 3rd, he mentions that Robert Smith's new computer program, although it had a couple of bugs, should be the cat's meow down the road, and it was.

New Association Records were set by Susan Albright, Susanne Folgelson, Lavelle Stoinoff, Eric Guest, Don Van Rossen and Art Brugger. Susan Albright toured the 200 Breast in 2:59.31 (25-29)

The 1984 edition of the Swim Cellar was brought about by Brian and Barbara Frid. The NEW false start rule went into effect, with our first DQ, guess who, Vern Dasch.

The Richards, Jani and Chuck, put on a party which was just GREAT, in their new house, which was decked out for the Holiday Season. We had a "happening" an unwanted "guest" who became very obnoxious, it took the large shadow of Art Smith, to tell him firmly, hit the road.

In the 35-39 age group we had 18 swimmers, 1st was Chuck Richards with 178.51, 5th was Nick Cummings at 184.14, Robert Smith (40-44) 168.50, Von Tagen shading Arthur Smith 177.35 vs 178.91 for Second, Dave Addelman(PNA) and Bert Petersen in the 45-49 grp, went at it, with Dave at 187.02, Bert at 187.34. Roy Abramowitz set a new National Record in the 100IM at 57.25 (30-34).

The 1984 LCM Top Ten was announced with Pierson, Rittenhouse and Stoinoff making All American. Our "swiss miss" Martha Keller, made Top Ten in every event, with #1's in 10 events. For the "uglies" Frank Warner topped the lists in the 50/100 Back, Herb Eisenschmidt established himself as the # 1 guy nationally in the 200 Back. Collie Wheeler proved again that he was the FINEST 90 Plus swimmer in the world. Hazel Bressie came through making the Top Ten in EVERY single event !

After the DEBACLE of 1982, OB was after the Oregon Men to definitely aim for, and take # 1 at the '86 LCM Nationals. OB will never forget and/or forgive the NATIONAL decision made in declaring TOC, the mens Champs in 1982.

Still on the scene from the 1984 National LCM Top Ten: Sandi Rousseau, Ginger Pierson, Susan Case, Mirjana

continued on page 10



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING 2001 REGISTRATION

☐ Renewal—2000 USMS #370-_____

☐ New Member

Last Name:

First Name:

M.I.:

(Please register with the name you will use for competition.)

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail:

Do you coach a Masters team?

☐ Yes

☐ No

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

Local Team: Use abbreviation from list below, _____

(Unattached members cannot swim in relays.)

\$28.00 Single registration. Valid November 1, 2000 to December 31, 2001. Make checks payable to OMS, Inc.

\$49.00 Joint registration. Two members at one address/one Aquamaster. One form per member please.

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

***In 2000, I participated in: ☐ Pool Meets ☐ Open Water Competitions.

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

Signature _____ Date _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Masters—ALB
Beaver Aquatic Masters—BAM
Central Oregon Masters—COMA
Chehalem Masters—CMST
Circumnavigating Beavers—CBAT
Club Northwest Aquatic—CNA
Corvallis Aquatic Team—CAT
Emerald Aquatics—EA
Fish Stick Masters—FISH
Grants Pass YMCA—GPY
Health Experience Ath. Club—HEAC
Hillsboro Masters—HMST
Klamath Falls Masters—KLF

Lincoln City Masters—LCM
Medford Old Folks in Action—MOFIA
Metro YMCA—MY
Mittleman Jewish Comm. Ctr.—MJCC
Mt. Hood Masters—MHM
Mountain Park Masters—MPM
Multnomah Athletic Club—MACO
No. Clackamas Masters Swimming—NCMS
North Coast Swim Club—NCSC
Parkrose Masters Swim Club—PMSC
Pendleton Masters—PEND
Portland Masters Swimming—PMS

Riverplace Athletic Club—RAC
Rock Creek Masters—ROCX
Rogue Valley Masters—RVM
Salem Courthouse Crew—SCC
South Coast Aquatic Team—SCAT
Steelheads—STHD
Tigard-Tualatin Swim Club—TTSC
Tualatin Hills Barracudas—THB
Umpqua Valley Masters—UVM
Willamette Athletic Club—WAC
Woodburn Barracuda Masters—WBM
No Local Team—NLT

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

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

History continued from page 8

Callahan, Lavelle Stoinoff, Louise Hepner, Margaret Wells, Mark Worden, Karl Von Tagen, Robert Smith, Bert Petersen, Earl Walter and Gil Young.

In looking at the results of the Pentathlon, it is fun for OB to list some of our stalwarts, still in the water, staying YOUNG and swimming well: Susan Albright, Darlene Pohl, Ginger Pierson, Susan Case, Sandy Rousseau, Jan Plesner, Monika Hunscher, Pam Himstreet, Peggie Hodge, Lavelle Stoinoff, Louise Hepner, Elsie Stevenin, Chris Hughes, Mark Worden, Mark Becker, Mike Tennant, Doug Prentice, Vern Dasch, Roy Lambert, Robert Smith, Karl Von Tagen, Bert Petersen, Jim Bigler, Eric Guest, Earl Walter, Gil Young and Khosrow Shadbeh.

The heart beats faster, the times are slower, but as we move up in the age groups, it appears we are able to hold our own with the rest of the world.

March: Tualatin Hills Swim Club and the Univ of Oregon, announced hosting of the PAC 10 Swimming Championships at Tualatin Hills, to be held on March 7, 8 and 9. There was also to be a clinic hosted by Peter Daland(USC Coach) and Debbie Meyers Reyes. It was a great show and enjoyed by all that attended.

Between the Lane Lines: Ginger P was still pushing for relay swimmers for the World Meet in Toronto. Robert Cutter, Art Hanlon and Warren Elliot represented OMS in U S Masters One Hour Swim Nationals, they had a combined total of 6835 yards. Our leader Sandi was looking for an artist to give us a Logo for the 1986 Nationals.

Rogue Valley Masters Swimming announced their Winter Masters Invitational to be held Feb 23rd.

Birthdays for March, give us the opportunity to congratulate those who are still with us and paddling: Ginger Pierson, Margaret Wells and Cathy Imwalle.

OMS Board Meeting to be held on Feb 19th at THPRD, nominations were requested for Swimmers of the year, Male and Female, and the Ol Barnacle Award.

Results from Ashland(Sept 29th, 1984) give us some familiar names to tout: Ralph Mohr of Coos Bay, Dan Gray from Ashland, and Greg Frownfelter, also Ashland. Ralph(40-44) 500 Free 6:20.65, Dan(35-39) 100 Back 1:26.21, Greg(35-39)100 Breast 1:23.41. June Mather(30-34) 50 Free 32.78.

Pat Caudill, our Registrar, had the Membership application in AM.

April: Assn Champs were announced for March 29, 30 & 31 at Tualatin Hills. For the first time we would have available the 1000 Free, and to top it off, a great banquet at the Rock Creek Golf and Country Club. For \$10.00 we were offered Baron of Beef, Chicken, Fettucine, Salads, Vegetable, Potatoes, Roll w/Butter, Dessert, Coffee, Tea, Milk.

Sandi R wrote about "logs", at that time we had Mt Hood Masters, Chehalem Masters, Multnomah Athletic Club, Tualatin Hills Masters, and Courthouse Masters in Salem. Applications for NEW logs were to be sent to Brian Langlais. Between the Lane Lines: Susan Albright was complimented

for the Animal Meet T-Shirts. Sandi R was looking for ideas for an OMS LOGO to be worn by our swimmers at the US Long Course Nationals.

Region XII Championships were announced to be at the Univ of Idaho's new pool, it was a beauty. OB remebers swimming in the old one, when you stood up on the starting blocks and stretched, you hit the ceiling beams, it was 4 narrow lanes and swimming butterfly was cozy, as you touched hands and fingers with who ever was swimming next to you. Glad to see the old one go.

OB's Ramblings - This was my column, ouch-Gil Young made sure that OB knew he had set a new 500 record (60-64) 7:24.27. Carolyn Brown (20-24) records 50/100/200 Back, 31.24, 1:07.64, 2:26.71.

Newberg Meet Jan 5th headed up by Jim McMasters went off with clock like precision. Bert Petersen(45-49)50/100 Fly 26.16/59.26, both made TT #1, Robert Smith was swimming the 200 Back and Breast, why, I don't know, bestest thing to happen was that Bob Morrison and Forbes Mack had joined Masters, for years they turned in records individually and relay wise. This was the first time that Hoey showed up as "JACK", he liked it better.

The Animal Meet: Roy Abramowitz (30-34) swam the 1650 at 18:03.76, 200 Fly 2:00.69, 400 IM 4:34.81, Chris Hughes (32) 2:14.65, 4:59.73, 21:25.81, Mark Worden 2:14.67, 4:44.99, 19:05.32. Art Smith at 40-2:23.86, 4:52.10, 20:01.73 all NEW OM Records. Lee Miesen(MAC) at 57-3:47.82, 7:03.00, 29:15.00. Andree Devine (23) 2:37.00, 5:33.35, 21:37.57, Susan Case (35) 3:08.64, 6:01.88, 25:21.41, Elfie Stevenin (63) 7:29.70, 13:05.19, 51:13.82. The whole dang thing was Robert Smith's idea and by golly he swam the whole thing-2:38.88, 5:19.35, 22:50.60.

In February of 1985 we were 350 members strong.

The Newberg Meet: Donna Ryan was 21 spun the 50 Fly in 29.68. Andree Devine was 23 with a 200 Fly at 2:43.85. Laura (27) Baumhofer, better known as Laura Worden now, grabbed the Gold in 5 events, probably the best ws the 100 Fly at 1:07.69. Sandi R (37) 100 Fly 1:10.08, Ginger P (38) 50 Breast 36.40, Kaleo Schroder (48)100 Back 1:47.02, Lavelle Stoinoff (52) 200 Free 2:24.86, Darrell Artman (23) 50 Free 22.19, which stood up until early 1997, Michael Johnson, who in 2000 is living in Florida but, is still a member of OMS, swam well enough to pick up heavy metal, Miss your being here Mike. Chris Hughes burned it up and gathered in 5 Golds he was 32. He and Mark Worden had some great swims. These were the days when we had the "SMITH BROS" (Art, Don and Robert) all in the swim. Buzz Carriker was Lawrence. Joe Mallon and Khosrow Shadbeh were 63.

Bert Petersen was "pilloried" for mentioning the AAU, which no longer existed, surprising, OB caught that name in some obscure article in the Oregon, guess it still exists, but not as a sports governing body. (Does anyone know who the Fantum was?)

1985 was becoming a very GREAT year.

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Tigard-Tualatin Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-08

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

Unregistered swimmers must submit a 2000 or 2001 registration form and fee with this form.

Tigard-Tualatin Masters' First Meet

DATE: Sunday, Nov. 19, 2000

Place: Tualatin Swim Center

22300 SW Boones Ferry Road, Tualatin, OR

WARMUPS: Sunday 8:30 AM

MEET STARTS: Sunday 9:30 AM

6 lanes competition, 1 lane buffer,

1 lane continuous warm up/down area, - electronic timing

Meet Director: George Johnson, work: 503-524-3983, home: 503-590-6348

e-mail: george.johnson@philips.com Entry issues: Margaret McMillan, Phone: 503-620-9425

e-mail: mcmillan@hevanet.com

Directions to Tualatin Swim Center: From I-5 take exit #286. Turn west and head north on Boones Ferry Rd. Tualatin High School will be on your right approximately 1.3 miles from I-5.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 3, 2000

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

NAME _____ (for office use) _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ 2000/01 USMS# _____ 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+, etc. You may enter a maximum of 5 individual events plus relays. A person may swim the 200y, 400y, and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500 Freestyle will be deck seeded. Check in will close at 9 AM. All events will be seeded SLOW TO FAST.

Sunday, November 19, 2000

500 FREE (1) _____:_____._____

15 min warmup after 500 free

100 BREAST (2) _____:_____._____

200 FREE (3) _____:_____._____

50 FLY (4) _____:_____._____

200 I.M. (5) _____:_____._____

5 MINUTE BREAK (6) XXXXX

FREE RELAYS (7-12) XXXXXXXXX

100 BACK (13) _____:_____._____

200 FLY (14) _____:_____._____

50 FREE (15) _____:_____._____

100 I.M. (16) _____:_____._____

5 MINUTE BREAK (17) XXXXX

MXD FREE RELAYS (18-20) XXXX

100 FLY (21) _____:_____._____

200 BACK (22) _____:_____._____

50 BREAST (23) _____:_____._____

400 I.M. (24) _____:_____._____

5 MINUTE BREAK 25) XXXXX

MEDLEY RELAY (26/29) XXXXX

100 FREE (30) _____:_____._____

200 BREAST (31) _____:_____._____

50 BACK (32) _____:_____._____

5 MINUTE BREAK (33) XXXXX

MXD MED RELAY (34-35) XXXXX

"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: \$15.00 Make checks payable to: Oregon Masters Swimming
Mail form(s) and fee(s) to: Margaret McMillan, 14040 SW 98th Ave, Tigard, OR 97224**

History continued from page 10

April: The Fantum had a list "Motivational Stuff" I liked "DUCK", What you do when swimming 5 to a lane in a circle of flyers, this brought back memories of the Nationals at Stanford in 1987, still the biggest turnout ever. Tried to warm up and/or warm down, gave up very quickly as all it was, was ducking the flyers.

Our April Birthday Babies still hanging in there: Peggie Hodge, Fred Sprenger, Gil Young, Tom Landis and Mike Popovich.

1986 Nationals Committee was coming together, it is interesting to note how many "doers" are still with us: Sandi Rousseau, Mike Popovich, Robert Smith, Earl Walter, Art Smith, Roy Abramowitz, Ginger Pierson, Bert Petersen, Roy Lambert and Jayne Chastain.

Full page spread on Dick Hannula's upcoming clinic at Foss High School in Tacoma. Dick coached 324 consecutive undefeated high school swimming meets.

People going to Toronto for the Masters Games: Warren Elliott, Mark Worden, Nancy McKenzie, Susan Rittenhouse, Doug Adams, Eric Guest, Gil Young, Debbie Gregoire and Robert Schmidt.

Big news of the day: You did not have to fill out your entry cards with your meet entry anymore, Robert Smith's new computer programming did away with all that.

The Tigard Meet on March 3rd was a great success: Andree Devine (23) set a new OMS record in the 1000 Free at 12:49.59. Susan Albright(29) also in the 1000-14:05.28. Sandi R (37) 200 IM 2:51.23, Monika Hunscher(36) swam the 200 Breast faster than the 200 Back-3:23.55 vs 3:27.85. Pam Himstreet(41) posted a 100 Fly in 1:38.21, Margaret Wells (58) 100 Free-1:31.41, Elfie Stevenin has a "unique: time for the 1000-27:27.27, Mark Becker (30) 100 Back 1:15.71, Mark Worden 200 Back 2:24.77, Bob Smith(41) and Karl Von(41) 50 Back 31.10/31.78, Bert Petersen (46) 50/100 Fly 26.86/59.89, Eric Guest (55) new OMS 50 Fly 31.92. Joe Mallon (63) new OMS 1000-20:10.95.

Make up calls for Short Course Nationals '85 - Joan Mann (30-34) the 200 Free in 2:11.60, Ginger P, Tanya M, Robert Smith, Frank Warner, the 200 MXD FR 1:43.57 (35 plus)

The Tigard Meet was great, but not enough timers and/or watches, so many fine efforts went for naught, ie. Mark Worden 400 IM-4:42.74. Yes, in the "olden" days this was a constant worry and problem.

OB's confession from the Tigard Meet, trying to time, take splits and count for two swimmers side by side (Lavelle Stoinoff and Fred Sprenger in the 1650, OB had them both in NR time, it wasn't, they had only swum 1600. Neither of them talked to OB for a while after than one.(also answer questions re OMS from bystanders)

Forgot two of the FANTUM's motivational words:

Die: What you do at length 7 1/2 of the 200 Fly

Distance: Anything over 76 Feet.

No wonder he is a sprinter !!!

May...Association Champs: Team Results

Large: THB 1970, MHM 1345

Medium: UVM 553, RVM 313, WHO 300

Small: MAC 323, CA 321, PCC 315

The 1985 Championships were great we had 238 swimmers: Cathy Imwalle and Lavelle Stoinoff both set National Records.

The race of the day, maybe history, was in the 200 Breast(35-39) with Ginger Pierson and Cathy pairing off in the 200 Breast-Cathy won with a new NATIONAL RECORD of 2:37.73 vs Ginger's 2:37.96. What a Race! Stroke for stroke all 200 yards. In my 27 plus years of OMS, this old man has still to see a race of this proportion, closeness and significance, as a final note both swimmers eclipsed the National Record. It is also interesting to note that these times are still #1 and #2 in OMS All Time, by 7 seconds.

Lavelle also shared the spotlight with NR's in the 1000-13:04.64 and the 1650 in 21:39.29, OB would like to add that in those days Lavelle actually was improving each year.

The NEWCOMER AWARD went to Sean Broderick, with six (6) Golds in the 20-24 group, all excellent times.

Best Meet Performances: ART SMITH(40) for the men with 5 Golds and 5 New Records: 50Br 30.20, 100Breast 1:05.73, 2 Breast 2:P2.46, 100 Fly 1:00.89, 200 IM 2:12.37. Roy Abramowitz(30) New 100 Fly 54.87, also 200 IM 2:05.64. Mike Dirksen 1000 11:48.66. Ron Nakata (45) 50 Free 25.85, 100 Free 57.65, 200 Free 2:13.00, Bert Petersen(46) 1000 12:57.31, Fred Sprenger (53) 1000 12:55.38, Sam Ierulli (1000 14:38.60, 1650 24:32.94, Eric Guest (55) 100 IM 1:15.27, Gil Young (62) 1000-15:18.45, 1650-25:15.32 (This is when Gil Young started breaking records, which hasn't stopped yet) Forbes Mack(66) 50 Free 31.16, 50 Breast 39.80, 50 Fly 39.83, 100 IM 1:26.17. Collie Wheeler at 91 swam the 100Fr in 2:07.82, and at the party gave us all a Top Rated version of the HULA, this was a man. Liz Vandervalk(22) 100 Free 58.64, 200 Free 2:08.94, Lori Willamont(23) 50 Breast 33.82, Chere Benson(22) 100 Fly 1:06.86, 200 Fly 2:25.54, Susan Braun (26) 50, 100 and 200 - 26.24, 58.33, 2:08.06, Susan Albright (29) 200 Breast 2:56.59, Laura Baumhofer (27) 100/200 Fly/200 IM- 1:05.93/2:28.94/2:32.06.

Alice Parson (30) 200 Free 2:34.44, Vicki Moore (30) 1000 13:21.01, Darlene Pohl (35) 1000 13:01.52, 1650 21:33.43 200 Fly 2:43.41, Cathy Imwalle (35) 100 IM 1:07.44, 200 IM 2:29.74, Barbara Frid (42) 200, 500, 1650 2:20.70, 6:13.96, 21:29.92, Pat Giordiano (42) 100 Fly 1:14.52, Lavelle Stoinoff (52) 1000/1650 13:04.64, 21:39.29, 100 Back 1:21.18, Magargaret Wells (59) 1000 18:25.16, Barbara Havercamp (69) 200 Free 5:16.51, Hazel Bressie (76) 200 BF and IM-9:28.64, 7:06.12, Martha Keller (84) 1000 31:09.69. This may have been boring but felt that somewhere each year we had to take a close look at where we were, swimmingly.

Robert Smith began his Meet Reporting with 235 Entrants, 990 Splashes and 160 No Splashes.

continued on page 14

Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-09

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

Unregistered swimmers must submit a 2000 or 2001 registration form and fee with this form.

Place: Multnomah Athletic Club

New 25 meter pool

1849 SW Salmon, Portland

7-8 lanes competition, all 9 1/2 ft. deep - electronic timing

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

Directions to Multnomah Athletic Club

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

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 24, 2000

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

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-Mail _____ BIRTHDATE _____ AGE _____

SEX _____ 2000 or 2001 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. **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 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400 and 800 Freestyles will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, December 9

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

50 FLY (2) _____:_____._____

200 BACK (3) _____:_____._____

100 FREE (4) _____:_____._____

5 MINUTE BREAK (5) XXXXX

MXD FREE RELAYS (6-8) XXXXX

50 BACK (9) _____:_____._____

200 FLY (10) _____:_____._____

100 BREAST (11) _____:_____._____

100 I.M. (12) _____:_____._____

400 FREE (13) _____:_____._____

5 MINUTE BREAK (14) XXXXX

MEDLEY RELAYS (15-18) XXXXXX

50 FREE (19) _____:_____._____

200 BREAST (20) _____:_____._____

100 FLY (21) _____:_____._____

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

5 MINUTE BREAK (23) XXXXX

MXD MED RELAY (24-25) XXXXXXXX

50 BREAST (26) _____:_____._____

200 FREE (27) _____:_____._____

100 BACK (28) _____:_____._____

5 MINUTE BREAK (29) XXXXX

FREE RELAY (30-35) XXXXXXXXX

800 FREE (36) _____:_____._____

"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: \$15.00 Make checks payable to Oregon Masters Swimming.
Mail form(s) and fee(s) to: Gary Whitman, 11015 NE Mason Street, Portland, OR 97220

History continued from page 12

Ginger Pierson picked off the Ol Barn Award, Lavelle Stoinoff and Robert Smith were the Outstanding Swimmers for 1984.

June: Elfie Stevenin, long active in U S Swimming, was announced the Outstanding Service Award winner for "the invaluable contribution of a volunteer service to United States Swimming".

I AM ALLWET challenged Robert Smith, Arthur Smith, Bert Petersen and Karl Von Tagen, to get together and break the 45-49 US Medley Relay mark.

Harriet Lynch wrote how much she has missed her Oregon Masters friends, she was on her way to South America, to work on Masters swimming programs.

The entry blank for the Howard Prairie Lake Swim was enclosed, a tsunami wave was depicted overtaking the swimmers, we are much more aware of the possibilities of tsunami in 2000.

OMS' treasury was announced at \$ 12, 897 and we had 435 members,

Connie and I were flabbergasted, remembering how we worked with \$157 in the early years. The 1982 Nationals were mainly responsible for the big jump in our worth.

June BD's still very visible: June 12th Joe Mallon and Mary Blake, June 21-Andree Devine.

Results of the 1985 Short Course Regionals were announced from Moscow, Idaho. Hazel Bressie came home with Six Golds and Five new Regional records. Susan Albright garnered 3 Golds and a Silver. Sandi Rousseau, AKA "the great guppie" won 5 Golds. Robert Smith, 5 Golds and Karl Von Tagen 3 Golds and 2 Silvers, Eric "where in H___ is Corbett, Guest, among many medals a Assn Best 50 Fly-31.70.

1985 OMS Results from SC Nationals were announced-with Lavelle Stoinoff(52) setting 4 National Records 200/500/1650/200 Back: 2:22.04, 6:11.76, 21:32.25 and 2:49.67. Judy Belford(35) Golds 200/100 Back 2:32.50, 1:12.53, Silver 50-33.74 Ginger Pierson(34) Golds 50 Breast 33.74, 100 IM 1:09.18, Silver 200 Breast Sandi Rousseau: 3rd in the 100 Fly, 4th in the 50. Mark Worden: we did not have Mark's times but OB got the full report of 6 Events and 6 PR's. Art Smith: Silver-400 IM, Bronze 200IM/200Breast, 4th in the 50 Breast

That's it for June.

July: Birthday Babes still with us: "Fritz" Von Tagen, Khosrow Shadbeh, Mike Tennant, Steve Warner, Doug Prentice and Nancy Milner.

The Data Manager (Robert Smith) was successful in convincing the Board to by a Printer.

Laura Baumhofer(now Worden) sent out a call for all Beaver Alumni who were swimmers.

Chair Sandi asked for interested persons for Vice Chair and Treas for OMS.

National Junior Olympics, Long Course, were announced for MHCC

Elfie Stevenin gave us a map and blow by blow of her visit to

Germany, seeing her home, etc, first time since 1948.

Long Course at MAC introduced a "new event" 100m IM, you switch strokes at mid pool-Andree Devine posted 1:26.26, Mary Blake 1:31.91, John Rippey 1:22.88, Brian Langlais 1:31.47-OB said he would petition U S Masters for a new event, don't hold your breath.

Eric Guest(just 55) OMS Best 100 Free 1:14.36, and a Regional 50 Fly at 38.67-Andree Devine new OMS 1500-(20-24)-21:53.53. Bruce Prator(Seaside) 40-44, new OMS 100/200 Breast-1:31.62/3:19.88.

TRIVIA - Oldest OMS Records set in 1975, 50/100 Back: Donlan Jones(45-49) 37.40/1:26.50, OB in the next lane 37.50/1:25.60, this was of course 1985.

Toni Canlis of PNA held the oldest Regional Record-1974-30/34-100 Breast 1:11.80, AA for 1984 was 1:12.31-Roy Clark got this in 1986 with a 1:09.44.

THE FANTUM listed reasons for poor swims:

- # 1 The water was too warm, (1a) Too Cold
- # 2 It was a slow pool
- # 3 I'm not in shape yet, this was just a test meet
- # 4 I didn't taper, 4a Tapered too soon, 4b Tapered too late
- # 5 This meet didn't matter anyway, or I don't understand the question.

- # 6 The _____ (select one)

Officials, Timing, Goggles, Blocks, Lane Lines, Bus Driver, Weather, Swim Suit, Starter, Breakfast Menu, Swim Cap, Gods, Order of Events, etc-DID ME IN...

August: Birthdays those still around: Judy Belford, Louise Hepner, Vern Dasch, Ralph Mohr, Elfie Stevenin and Mark Becker.

Art Hanlon was experiencing health problems, the Board sent thier best to him.

The Beavers were still looking for their swimmers, OB wonders-Did they really have swimmers? Laura Worden, OB is talking about the Men.

OMS had 460 members as of July 15, 1985, our renewal rate of 66% was higher than the national average.

People in Albany reported they could not get officials for their meet, the Board decided to hold the meet and provide the officials and timers, my how times change, for the better.

Andree Devine, our Editor, made the trip to Roseburg and the Howard Prairie Lake Swim, Greg Frownfelter was the Meet Director. Others who were there and swam: John DeJarnatt, Dan Gray, Nancy Milney and Beverly L'Esperance.

A goodbye was said to Alan Cardwell and his wife, they were moving to North Carlina. Alan was not only a most successful coach but he was one H--- of a swimmer: in 12/79 he went under 50 for the 100, same meet a 1:49.17-200, the 500 in 4:53.00, which was the OMS record until May of 1997. His 1500 at 17:14.33 is still the Zone Record.

Tim Rumsey was also talked about, Tim was with us only a short time, but in that time he left his mark, with great swimming and a most wonderful person.

LCM Regionals at Tacoma were a success for Hazel Bressie, *continued on page 16*

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

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #371-01

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

Unregistered swimmers must submit a 2001 registration form and fee with this form.

"50's Challenge" plus regular format MEET

Date: January 27, 2001

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

6 lanes competition - electronic timing,

Heated outdoor pool available for

continuous warm-up/down

Warmups: Sat. 9:30-10:30 AM

Meet Starts: Sat. 10:45 AM

Meet Director: Lynda Christiansen

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

Directions to pool: From I-5 north or south take Exit 195B (Santa Clara, Florence). Follow Beltline Freeway seven miles. Exit Beltline at Exit 5, Barger Rd. Take a left at Barger. Go one block. Turn right on Echo Hollow Rd. The pool is two blocks down on your left.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - JAN. 12, 2001

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

NAME _____ **ADDRESS** _____

CITY _____ **STATE** _____ **ZIP** _____ **PHONE** _____

E-MAIL _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

2001 USMS# _____ **USMS CLUB** _____ (OREG, MACO, PNA, etc.)

Is this your first Oregon Masters Meet? Yes _____ **No** _____

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: Relay age groups: 19+, 25+, 35+ 45+, 55+, 65+, 75+ etc.. **You may enter a maximum of 5 individual events plus unlimited relays.** Enter relays at the meet. In each relay event, relay teams may swim distances of 200y, 400y, and 800y, (800y for Free relays only). The 400y and 800y relays will be seeded in heats following the 200y relays of the same type. The 500 Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the 400 Free is to be swum. All events will be seeded SLOW TO FAST.

SATURDAY, JANUARY 27

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

100 BACK (2) _____:_____._____

200 FLY (3) _____:_____._____

***50 BREAST** (4) _____:_____._____

5 MINUTE BREAK (5) **XXXXXX**

MEDLEY RELAYS (6-9) **XXXXXX**

100 I.M. (10) _____:_____._____

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

***50 FLY** (13) _____:_____._____

5 MINUTE BREAK (14) **XXXXXX**

MIXED MEDLEY RELAYS (15-16)

100 BREAST (17) _____:_____._____

200 FREE (18) _____:_____._____

***50 BACK** (19) _____:_____._____

200 IM (20) _____:_____._____

5 MINUTE BREAK (21) **XXXXXX**

FREE RELAYS (22-27) **XXXXXXX**

100 FLY (28) _____:_____._____

200 BACK (29) _____:_____._____

***50 FREE** (30) _____:_____._____

5 MINUTE BREAK (31) **XXXXXX**

MIXED FREE RELAYS (32-34) **XX**

500 FREE (35) _____:_____._____

50's Challenge

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

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

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

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$15.00 Make checks payable to Oregon Masters Swimming

Send form(s) and fee (s) to Gary Whitman, 11015 NE Mason Street, Portland OR 97220

Just joining OMS or renewing for 2001? Send OMS form and fee to Gary with your entry.

History continued from page 14

Bob Morrison, Gil Young and Eric Guest, who tried the 200 Free, first time he ever had to make 3 turns, turned in two OMS Bests.

A fine letter was written to Greg Frownfelter for his handling of the Howard Prairie Swim, and Bert Petersen was chastised for his failure to show.

Ashlands SCY meet was a success: OB can find only one present day woman, June Mather, while the men show: Craig Mather, Greg Frownfelter, Dan Gray, Bert Petersen, Leo Van Dijk, and Bob Morrison,

Bob Morrison at 64 swam the 50 Breast against Tom Taylor of 54 years. Not really, error in print out.

Elections brought forth Roy Abramowitz as Treasurer and Susan Albright as Vice Chair.

September: OMS picnic at Champoege Park was announced for Sept 15th, PotLuck.

Mark Worden and Corvallis(Osborn Aquatic Center) hosting SCY Meet on October 12th

September Birthdays were announced for Greg Frownfelter, Eric Guest and Jayne Chastain.

The common hamburger was written up as the ideal training food for the 100 Free, not one but TWO burgers, Fries and a choc shake, OB thinks this has been disproven.

Big story for the First FINA/MSI World Masters Swimming Championships, were formally announced for Tokyo, July 11-16 1986.

Age Groups for Relays were 119 and Under through 280 and over, no 320 plus in those days.

Great Letter from Ralph Mohr, re swimming the 10K, he went out too fast and self destructed, did not drink his fluids and just did not do it.

October: Sandi R was announced as "Hostess" for the Annual OMS General Meeting, Oct 26th at 10AM.

Meet Schedule was announced and the formal "Orders" for swim meets: #1 through #4.

Short Course Meet for TH Rec Center, Nov 10th, we were limited to 5 Individual Events in those days.

New Rules from the Convention told of one, the silliest ever: If the whip or frog kick is used for the butterfly, one arm stroke must be accomplished each pool length, glad it did not last long.

What was interesting was to watch from above and see how many were making little flips with their wrists, literally sculling when they were supposed to motionless, another standard ploy was to swim the 3rd Lap of a 200 Fly this way, it was amazing how much energy you conserved, especially at LCM.

Bert Petersen was announced as Oceania Zone Chair for USMS.

By Golly! Laura Baumhofer was at it again, advertising Beaver Football Tickets for after the Oct 12th Swim Meet at Corvallis.

LCM Regionals Results from Tacoma: Andree Devine-Regional Bests 200 Fly and 400 IM 3:06.67/6:17.27, if you

have never tried these two events in the same meet, do some time, that separates the Good from the Fair. Monika Hunscher placed in 6 events. Pam Himstreet -Golds 100 Free, 100 Back and 200 IM. Margaret Wells (formerly known as MAGGIE, had SIX GOLDS in the 55-59. Dan Johnson brought home golds for the 100 Breast and 200 IM. Bob Maestre Golds in the 50/100 Free. Bert Petersen swept the Fly. Eric Guest 4 Golds-50/100/200 Free and 50 Breast(Ed note-He became a Flyer later)Gerald Huestis swam his first Masters meet, trouble he was swimming for PNA, we worked on that one.

Mark Becker was congratulated on his never say die attitude, in getting the Albany meet to reality.

Making AA in SCY for 1985: Judy Belford, Ginger Pierson, Cathy Imwalle, Lavelle Stoinoff, Martha Keller, Robert Smith, Bert Petersen, Herb Eisenschmidt and Collie Wheeler. Connie Wilson was announced as Chair International Committe at the national level.

October BD's: Sandi Rousseau, Jim Bigler, Craig Mather, and Karl Von Tagen-November BD's: Forbes Mack, Arthur Smith, Susanne Fogelson, Tom Levak, Pam Himstreet, Roy Lambert, Laura Baumhofer.

November: Vice Chair Susan Albright and Treasurer Roy Abramotitz confirmed. AM sent congratulations to Mary Matson on the birth of her sixth child, Molly. Mary has been accused of trying to field her own swim team. Jim Edwards, of Umpqua Valley Masters, was left out, so received a belated Happy Birthday.

The Second Animal Meet was announced Dec 8th-it consisted of the 200 Fly, 400 IM and 1650 all the same day. Swam a couple of those and just about died.

We were then organized in LOGS, Local Operating Groups, was glad to see the demise of that.

Connie Wilson went to the Masters National Track and Field championships, competing in the 50-54 group, she brought home a Gold in the Discus, and a Silver in the Shot.

At a Swim meet in Tacoma, we had a once in a lifetime event, all was quiet for the start, too quiet, the starter had dropped his gun in the pool, another was found and the meet went on, and Rick Ingraham salvaged the now soaked pistol from the bottom of the pool. We were reminding everyone again and again about the False Start rule, if DQ'd that was it, not even an exhibition.

The Association Meet was scheduled for Ashland, people were then and are now calling it the State Meet, it is the ASSOCIATION MEET, the Oregon Association, includes most of the Southern strip of Washington, and that friends is why it is call Association rather than State. Okay, Vancouverites et al, get a bit testy when you call it a State Meet.

December babies were announced, current OMS members, Susan Albright, Dale Vaughan, Bert Petersen, and Mark Worden.

OB was trumpeting the 1986 LCM Nationals, to be at MHCC in 10 months, needed to make a showing like we did in 1982.

continued on page 18



Oregon Masters Swimming

Year 2001 Local Team Registration



Use this form below to register your Local Team for 2001. **This Form must be post-marked by the entry deadlines to compete as a Local Team at the 2001 OMS Association Championships and 2001 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:

Jeanne Thimm

5685 SE Gaitgill Ct.

Milwaukie, OR 97267-5100

ATTENTION: ALL LOCAL TEAMS MUST REGISTER FOR THE YEAR 2001. PLEASE FILL IN THE ABOVE FORM AND RETURN TO JEANNE THIMM AS SOON AS POSSIBLE. YOU MUST BE REGISTERED BY MARCH 14 TO COMPETE AS A TEAM IN THE 2001 ASSOCIATION POOL CHAMPIONSHIPS.

OMS LOCAL TEAMS AND ABBREVIATIONS FROM 2000

Albany Masters	- ALB	Lincoln City Masters	- LCM	Rock Creek Masters	- ROCX
Beaver Aquatic Masters	- BAM	Medford Old Folks in Action	- MOFIA	Rogue Valley Masters	- RVM
Central Oregon Master	- COMA	Metro YMCA	- MY	Salem Courthouse Crew	- SCC
Chehalem Masters	- CMST	Mittleman Jewish Comm. Ctr	- MJCC	South Coast Aquatic Team	- SCAT
Circumnavigating Beavers	- CBAT	Mt. Hood Masters	- MHM	Steelheads	- STHD
Club Northwest Aquatic	- CNA	Mt. Park Masters	- MPM	Tigard-Tualatin Swim Club	- TTSC
Corvallis Aquatic Masters	- CAT	Multnomah Athletic Club	- MACO	Tualatin Hills Barracuda	- THB
Emerald Aquatics	- EA	N. Clackamas Masters Swimming	- NCMS	Umpqua Valley Masters	- UVM
Fish Stick Masters	- FISH	North Coast Swim Club	- NCSC	Willamette Athletic Club	- WAC
Grants Pass YMCA	- GPY	Parkrose Masters Swim Club	- PMSC	Woodburn Barracuda Masters	- WBM
Health Experience Ath. Club	- HEAC	Pendleton Masters	- PEND		
Hillsboro Masters	- HMST	Portland Masters Swim	- PMS		
Klamath Falls Masters	- KLF	Riverplace Athletic Club	- RAC		

History continued from page 16

Corvallis Meet was history, standouts were: Andree Devine and Laura Baumhofer plus Mark Worden, Bert Petersen and Gil Young. Andree Devine at 24, 200 Back 2:45.50 100Fly 1:12.82. Laura Baumhofer 27, now Worden, 100 Fly 1:07.08, 200 IM 2:33.29. Susan Albright 30, 100 Breast 1:24.17, 100 Free 1:08.35. Mark Worden 33, 100 Free 51.82, 200 Free 1:54.21. Mark Becker 31, 100 Fly 1:03.11, 200 Fly 2:22.52. John DeJarnatt 35, 50 Fly 30.15, 100 Fly 1:11.92. Bert Petersen 46, 200 Free 2:19.99, 100 Back 1:18.16. Jim Bigler 50, 200 Free 2:25.03, 100 Back 1:29.82. Gil Young 63, 200 Free 2:40.49, 50 Free 31.84. Khosrow Shadbeh 64, 50 Breast 48.70, 10 Breast 1:45.67. Great Story regarding Harry Wedler, who had just died at age 78. He was a GREAT GUY! It seems that Harry started swimming Masters in Chicago, he had fibbed about his age at work, his boss was also a Masters Swimmer, so Harry had to swim in a younger age group until he retired. This man was a man who really got the job done, he is still talked about and missed, his motto was "you can do it", YES - Harry was a FINE person and Masters(John DeJarnatt)

December: Judy McCurdy from Umpqua, was person in charge of Team Sweats, order blank was enclosed, we were pushing for the TEAM LOOK. Barbara Frid had designed and put together the Oregon Masters Blue Book, a great adjunct to the program.

Janet Baumhofer (MAC) was congratulated on her wedding, she would now be swimming as Janet Buskuhl. Dorcas Phelan was thanked profusely by Pat Caudill, for her help in entering the 1986 registrations in the computer. A Short Course Meters Meet was announced for Bend, Jan 11, 1986

Thanks were mentioned for: the Frid Family, Louise Hepner, Susan Albright and Mark Becker, Christopher and Tara, Earl Walter, Robert Smith and Brian Langlais for help with AquaMaster.

January Birthdays: Mirjana Prather, Lavelle Stoinoff, Tom Coffey, and John DeJarnatt.

Stupid Swimming Jokes:

Why don't elephants need bathing suits-because they already have trunks.

Why do swimmers turn on the radio at practice-so they don't have to kick bored.

Why didn't the farmer take his rabbit to the pool-He didn't want to get his hare wet. ENOUGH

Bert Petersen was pushing the 1st FINA/MSI World Swimming Championships, scheduled for Tokyo July 11 thru 16. Historian Note: We don't hear MSI any more, it stood for Masters Swimming International.

The Tualatin Hills Meet, better known as "Darlene's Hot Tub"

Meet Director was Art Smith, Announcer-Roy Watters, Data Mgr and Results-Robert Smith and Nancy Dobbs. Louise Hepner returned to competition with a NR at age 60 for the 500 Free-7:12.76. Laura Baumhofer(27) 200 IM 2:30.63, 400 IM 5:14.99. Mark Worden(33) Roy Abramowitz(31)-200 Free - Mark 1:53.52, Roy 1:53.28. Floyd Eliot (58) made his debut as a Masters 50/100/200 Back, 33.86/ 1:15.93/2:52.66 all records. Mickey Marks (55) also debuted in the breast: 50/100/200, 36.46, 1:21.41, 3:08.35. Bob Morrison(64) new Regional 50 Breast at 37.15, did away with Walter/Frederick 37.70.

So on to the ARF Turkey Meet 11/10/85

What in the world did ARF stand for?

Susan Braun 27, set a new 500 Free mark of 5:56.71, also a new 50 Fly mark at 29.34. Laura Baumhofer 27, new 200 IM 2:30.63 and 400 IM 5:14.99

One group of women, for some reason, has held true for a long time, those people, Sandi Rousseau, Monika Hunscher, Ginger Pierson, Darlene Pohl, and Susan Case, are all still with us and doing WELL (2000) they were 35-39 in late '85. Pam Himstreet grabbed three golds(40-44), Kathy Hughes was 58, and won 3 events, Louise Hepner was 60 set 5 Oregon Records. Elfie Stevenin at 64, won 5 events. Steve Hamilton at 29 the 100 Free in 51.85, also won 4 other events. Mark Worden at 33, grabbed 3 events the 200 IM in 2:11.40. Doug Prentice was 37 won the 50 Free in 24.43 and 100 IM 1:04.24. Robert Smith had not turned the corner yet, but he was still too much to handle. Bert Petersen 46, 50 Breast 33.54. Jim Bigler 200 Free 2:22.13. Eric Guest 56 50 Fly 32.84. Forbes Mack 67, 50 Free 31.75. Don Stevenson swept the 70-74 winning 5 events as did Herb Eisenschmidt in the 75-79, Jack Hoey was beginning his backstroke years.

Louie Hepner wrote a very fine KUDO for Andree Devine's work on the AquaMaster.

That's it for 1985.

A little special, with our eyes set on 1986 Nationals, this story re Ginger Pierson in the summer of 1982. She was getting ready for the 1982 Hawaiian Iron Man Triathlon, ran into Roy Watters and Tanta Mansigh. Ginger had married and thus her last name was different from Age Group days. Saw Sandi R at workouts a couple of days before the Nationals, asked to be included on a relay,

Sandi said - you will have to beat someone out - so Ginger swam the 50 Breast off the wall in a fairly busy lane, turning in a 39.8, the WR was 39.5. She teamed w/BarbaraFrid(BACK), Ginger, Breast, Nancy Ross(Fly) and Nadine Whitehall(Free), they won the gold and set a new World Record.

This story will be added to OMS HIST from 1982.

Chapter 12 on the History of Oregon Masters Swimming will continue in a future Aqua-Master

Interesting points from the USMS Safety Committee

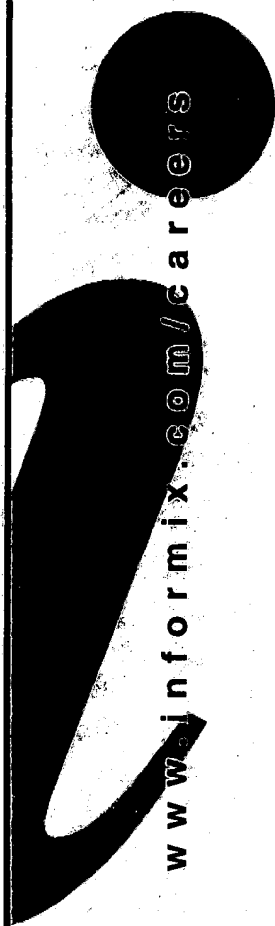
Dehydration: Water, water, everywhere. But it's easy to get dehydrated when you're swimming. Remember to drink lots of decaffeinated, non-alcoholic beverages before, during, and after swim meets and practice.

Diabetic Emergency: If the victim is conscious give them something containing sugar (candy, fruit juice, soft drink). If the person is unconscious, or the sugar doesn't improve their condition in a few minutes call 911

Don't Forget to let your coach know about any medical conditions you have. Then he or she will be better prepared to help you in an emergency.

Electrical shock is a potential problem around pools. All outlets should have ground fault interrupt circuits. Don't go in the pool when the pool vacuum cleaners are being used. Be careful with pace clocks, timing systems, loudspeaker systems etc. around the water.

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Inside: 2001 Individual and Team Registration Forms

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