



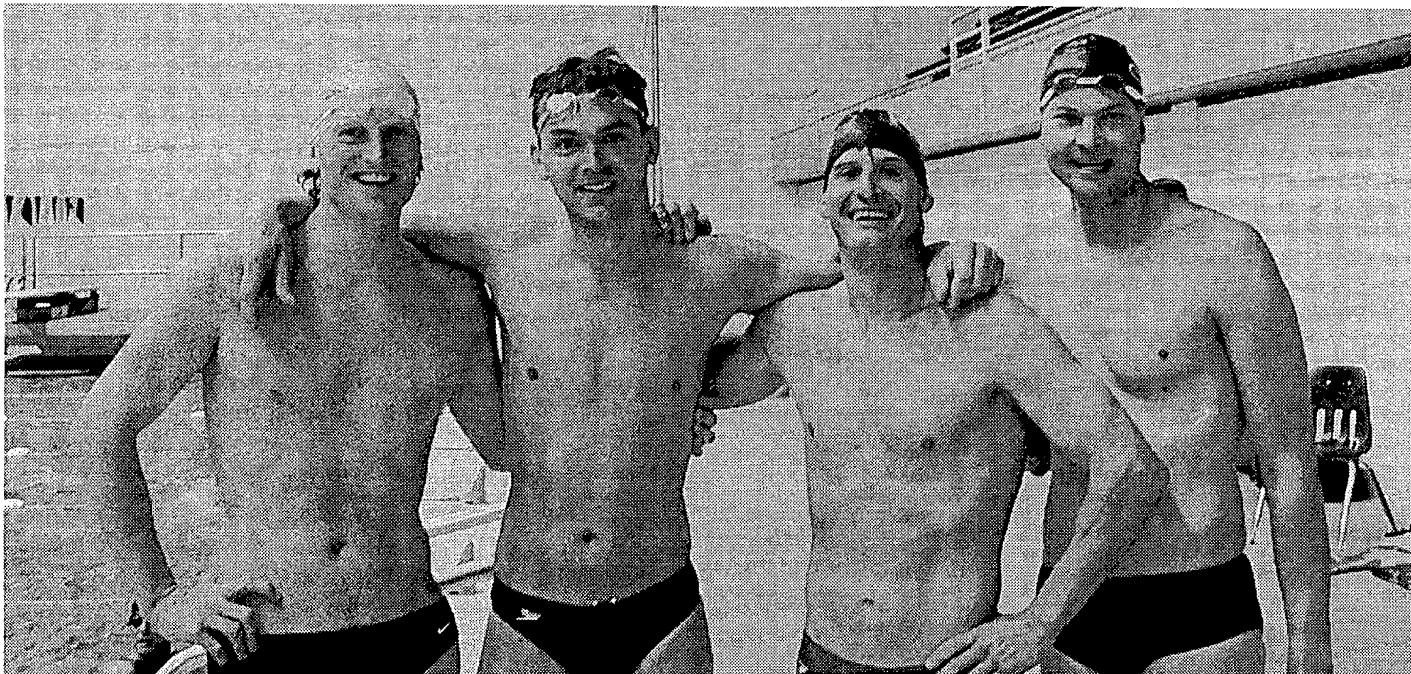
Aqua-Master



Volume 27, Number 12 Published Monthly by OMS, Inc. December 2000

"Swimming - A Life's Passion"

OREGON RELAY SMASHES MARK



The Chair's Corner by Jeanne Teisher

What did I experience this past month?

* Met a new Masters swimmer and competitor: Floyd of Mt Hood Masters

* Heard the National Anthem played on a saw?!

* Attended the Open Water committee meeting. My first...

I met Floyd of Mt Hood Masters during this year's Pentathlon. It was his first Masters swimming competition and was he ever having fun! When I met him he had just received 2 (yes, 2) disqualification slips. They were for 1 event - the 50 yard backstroke. Now most of us would have been embarrassed, mad at ourselves and/or the officials, or discouraged. Not Floyd! He was proud of his yellow slips and was even planning to frame them. It was quite obvious by his smile and comments that Floyd was having a good time. He informed me that we would be seeing a lot more of him at future swim meets. I sure do hope so because he demonstrates what Masters swimming is to many of us. FUN!

There was another treat at the Pentathlon. Hearing the National Anthem played on a shining silver saw - a tool most people use to cut wood. Allan De Lay, 85 years old, from Portland, performed our national hymn with unbelievable precision and beauty. When I
continued on page 4

**DIXON SORACCO, RADEK
POSPISIL, PETER METZGER,
STEVE PARMENTIER swim a fast
1:56.57 to set a new Northwest Zone
Record in the 200 SCM Medley Relay**

Inside For You

The CHAIR'S CORNER

2000 schedule of events

It's Official

Fitness Lane

Open Water

ol'Barn - Zone SCM

Pentathlon

profile

Notes from Pool side

Pentathlon Results

Entry Blanks -

Eugene

Mt. Hood

OMS/USMS 2001 Registration

Team Registration Form

Advertisement

page 1

page 2

page 3

page 4

page 5

page 6

page 13

page 7

page 9

page 10

page 14

page 16

page 17

page 18

page 19

The people behind O.M.S. Inc.

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

Vice Chairman/Sanctions
Pam Himstreet
 3339 NW Windwood way
 Bend, OR 97701
 (541) 385-7770
 him@bendnet.com

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

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

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

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

Data Manager (for swim meets)
Gary Whitman
 11015 NE Mason St.
 Portland, OR 97220
 503-255-3657
 all5reds@uswest.net

Officials (for swim meets)
Gary Wallis
 (503) 524-3660
 wallis@ci.wilsonville.or.us

Membership
Jeanne Thimm
 (503) 653-9753
 jdthimm@dellnet.com

Host Social
Ginger Pierson
 (360) 253-5712
 gpierson@teleport.com

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

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

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

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

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

Open Water/Long Distance Events
Dan Gray
 (541) 944-0529
 dangray45@hotmail.com

Web Master
Bill Volckening
 webmaster@swimoregon.org

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

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

2000 / 2001 Calendar and Meet Schedule

Pool

Date	Event	Location	Contact
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
Feb 18	*SCY	Mt. Hood Comm. College	Phil King 503 491-7244 (work) kingp@mhcc.cc.or.us
Mar 16-18	SCY	Ass'n Champs. Ashland	Dan Gray 541-944-0529 dangray45@hotmail.com
April 28-29	SCY Zone	Parkrose	

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)

December 8 (Friday) - Suzanna Rague - 6:00 (dinner) 7:00 (meeting)	
January 26 (Friday) - Eugene - 6:00 (dinner and meeting),	February 17 (Saturday) - MAC - 6:00
March 17 (Saturday) - Ashland (General Meeting) 4:00,	April 25 (Wednesday) - MAC - 7:00
May 25 (Wednesday) - MAC - 7:00 June - NO MEETING,	July 8 (Sunday) - MHCC (State Games) - 10:00,
August 8 (Wednesday) - MAC - 7:00	September 5 (Wednesday) - MAC - 7:00

(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

Make sure you send in your 2001 Registration Form. Great Meets are scheduled for next year, including 2 NW National Events. Don't be left out!

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.

IT'S OFFICIAL

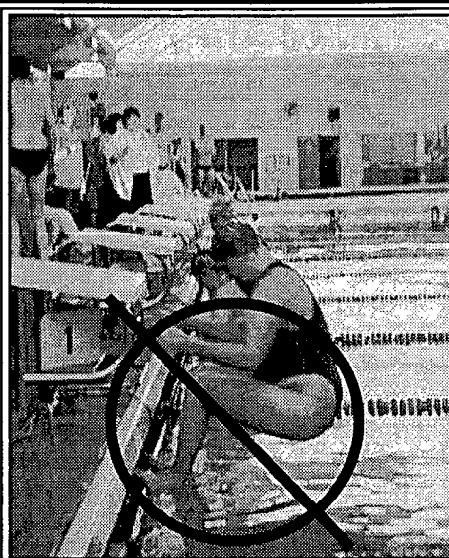
Gary Wallis, Officials Chair

Last month backstroke starts and stroke were reviewed. This month we conclude the backstroke rules. 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.

Turns:

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. (101.4.3)

Was that clear? If not, here is what officials look at on a flip turn. Once you leave a position on your back, one arm or both arms will be extended. The official will watch the arm(s) to be certain they are constantly moving. A pause of the arms at the start of the pull or during the pull constitutes a non-continuous motion and is a disqualification. If you are a two arm puller, they have to move together. Once the hand(s) reaches the hip the pull has stopped and the official's attention shifts to the head. The head must either be dipping downward or may bob upward if immediately followed by a downward dip. If neither of these head movements are observed then the turn is non-



Rule Change Backstroke Start

An important change was made that affects the backstroke start. The current rule allows toes to be above the surface of the water prior to the start in short course yard events. The new rule says the toes must be below the surface of the water at the start — yards and meters. The effective date of the change is January 1, 2001.

continuous and a disqualification occurs. Note that the rules allow kicking throughout the turn so long as the turn is continuous.

You don't have to do a flip turn. You may stay on your back, touch the wall and then turn. Once the wall is touched you may turn however you like. The official will look to see that your shoulders are at or past vertical towards the back as your feet leave the wall.

What if you turn late and crash into the wall? That's okay and grabbing the wall constitutes the end of the turn. So, simply push off the wall on your back.

What if you turn too soon and miss the wall? Too bad. Missing the wall is a disqualification and sculling back to the wall is not allowed.

Finish:

Upon the finish of the race, the swimmer must touch the wall while on the back. (101.4.4)

Pretty simple. Stay on your back until you have touched the wall. "On the back" means you can rotate but not more than 90 degrees.

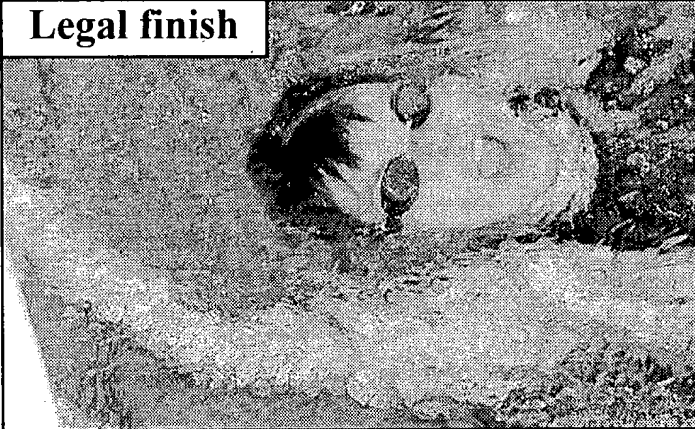
Some part of the body must be above the surface of the water after the 15 meter mark, so you might avoid a deep dive into the wall at the finish for fear that you might be totally submerged at the finish.

Frequently DQ'ed Areas

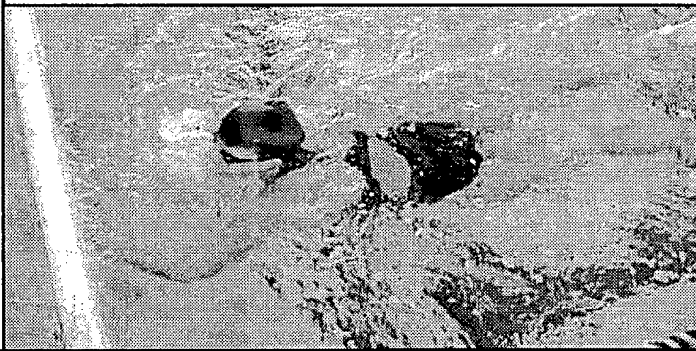
These are the infractions that are most commonly observed:

1. Non-continuous turn (generally a pause observed after the hand stops at the hips).
2. Not on back either during the swim, on the turn as the feet leave the wall or at the finish.

Legal finish



Illegal finish-swimmer rolled to stomach as she reached for the wall



The Fitness Lane

by George Thayer

COMMUNITY FITNESS

This month I am going to use some excerpts from an article written by Barbara Leighton for a masters track newsletter. She had the opportunity to visit Oregon this past summer and was able to observe a couple of our water events.

Community - loving, nurturing, passionate - hung thick in the air. I felt as though I could reach out and touch it. If I breathed deeply enough I might even be able to draw at least a bit of the benefit into my own existence.

One day in early August, as I sat watching a masters swim meet, I heard a coach talking to Ada about her training. Ada is in her eighties, and I suspect, has been swimming all her life. She only recently got involved in masters competition. After tasting the waters of competition, she has decided she needs to learn how to train in order to maximize her abilities and become more competitive in her age group. Bob Bruce, the coach, offered a few ideas and suggested he send her a training schedule. Ada mentioned that she enjoyed watching how others approached competition and wished she could interact with other swimmers during practice more often. Bob offered to work out occasional transportation for her, so she could join the local masters group in their training practices.

I thought about my own running experience. I began running when I was 37 and felt my body beginning to sag. My eight year old daughter's comment that I always seemed tired also helped to get me started (but I digress). I ran alone for three years. Then I joined a running clinic at the UMLY. The camaraderie helped as much as the running tips. After several more years of running alone, I found Fast Tracks. My running had

stagnated and I was having difficulty keeping any kind of schedule. Within six months of joining Fast Tracks I was running better and much farther than I ever thought I could.

The weekend after the pool meet I found myself a spectator at an open-water swim. The race was pretty much over and folks were just socializing, waiting for the results, when someone got on the bull-horn and said, "Hey everyone, our last swimmer is coming in. Lets all come down to the water and cheer her in." It was a heartwarming experience to join over 50 people clapping and cheering.

Returning to good old PA this past week I was greeted with a schedule of runs organized for Marathon 101 and 1/2 Marathon 101. It was great to note that, in an effort to include everyone, several options were given. Each one allowed for companionship. The purpose of these groups is to provide support and information.

Back at the track, I heard people talking about the emotional benefits of running together for those long runs. I heard women exclaim at the pride they felt when they could run 13 miles and it actually felt easy. "How difficult can two or three more be", someone said. Wendy was trying to figure out how to run all alone during her camping vacation. Someone suggested that a solitary run through the woods can be fun and invigorating.

Wendy's son chuckled at the thought of his mom running through the woods. Maybe she can find another runner to keep her company.

Community comes in countless shapes and forms. I believe underneath it all is a pair of hands held open, waiting for an opportunity to give a boost.

Chair's Corner continued from page 1

glanced around at the people in the stands and on the pool deck, I "saw" people staring at either the flag or Allan playing the saw or alternating between both. I believe most were standing at attention from being so stunned at what they were hearing. It was amazing a saw could sound so pretty.

Mid September I attended the biannual Open Water / Long Distance meeting in Eugene. Dan Gray, chair, and 7 other people from around the state spent 5 hours reviewing last season's events and planning next year's events. What a dedicated and hard working group of people, especially Dan! I'm not a long distance or open water swimmer but I got psyched for all of you who do enjoy swimming those endless events.

That's all for this month. Look for my column next month when I will share some more of my experiences and tell you about swimmers I meet.

It's also a great place to baby sit your Granddaughter



OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

Without a doubt, it has been a busy summer. Actually, my summer just ended as OMS had the annual retreat and two weeks prior, the OMS Long Distance Committee met in Eugene to plan for 2001. I would like to offer condolences

to those that will wait until next June to participate in an open water event. There are a variety of swim around the country prior to the beginning of the Oregon Open Water Series.

Since this is December, I would like to wish all of you and your families a very happy holiday season. Take some time to enjoy

the friendships you have and spend a few moments reflecting on your past year. It is my sincere hopes that 2001 is a great year for all of you.

OPEN WATER WORKSHOP 2001

The Long Distance Committee will be hosting a workshop on "hosting an open water event". the date for this has yet to be decided, so stay tuned.

The primary reason for this workshop is for the event directors to have the opportunity to share and exchange

ideas relating to hosting an event. This workshop is open to all those interested in putting on a swim. There will be no charge for this workshop. I encourage teams to have their "core group" attend, thus insuring that many people

will gain in the sharing of experience. Stay tuned for the date and time.

I would like to thank the event directors and teams that provided the swimmers with the opportunity to have a fun filled summer: Emerald Aquatics-Dean Livelybrooks and co., Rogue Valley Masters, COMA--Matt Mercer and crew, Portland

Masters Swimming--Andrea Milano (and Mark) and the gang, and last but not least, Trudy and Richard from South Coast Aquatics. I know it is a lot of work, hopefully the smiles on swimmers faces are your just rewards.

2001

Remember, COMA will host the 3000m USMS National Championship swim and SCAT will host the OMS Assoc. Open Water Championships.

Thanks Dan and RVM for our first National Championship



Orange Coast Relay

Oregonians Tom Landis, Bob Bruce, Steve Johnson and Howard Burns of San Diego took second place in the 200+ age group in the challenging Orange Coast Relay. The swimmers faced the challenges of a 13 miles relay swim in 65 degree water, cold overcast skies, jellyfish, floating kelp, gusty winds and a heavy choppy swell. Bob Bruce commented that "it was like swimming in a washing machine". In Oregon we refer to this type of swimming as Open Water Swimming. Ocean swimming in California is called Roush Water Swimming and it certainly was rough at this swim. Congratulations on a great swim.

ol' Barnacle reviews - results - records

Short Course Meters ...Zone Championships...

Under the guidance of Jim Stephens and a host of PNA folks, they had a great meet with great swims at Federal Way. Many Oregons were there and swam up a storm.

Women 19-24: WENDY DIXON swam the 50 Breast in 38.99(TT3), registered a new OMS Record for the 100 Breast 1:24.97(TT6) was Amadeo '87 1:26.41, then spun a new ZONE record for the 200 3:00.89(TT3) was Dixon from '98 3:02.03. Wendy also won the 50Fly in 39.08.

Women 25-29: Sybil Fisher - Golds 50 Free 31.94, 400 Free 5:25.65, and the 50 Back 37.10, OMS rec is 36.66, this gal adds a lot to OMS, great to have her aboard.

Women 30-34: AMY HALLIGAN swam a great 1500 for a new ZONE 19:05.91(TT3) was 19:17.08, Chay '85. 400 Free, also Gold 4:56.46(TT7). Gold again 800 10:01.96(TT4), Silver 200 Fly 2:52.69(TT9), Silver 200 IM 2:46.03(TT10), a new OMS in the 400 IM 5:46.14(TT10) was Kraker '94, she also was under the Zone but Linda Hegeberg from PNA had a 5:33.54. Sonja Wilson 2nd 50 Free 33.24, 3rd 100 Free 1:15.32.

Women 35-39: Ellen Anderson brought home some heavy metal-Silver 50 Free 39.88, Bronze 100 Free 1:33.99, Bronze in the 50 Back 50.10, and a Silver for the 5 Breast 53.89.

Women 40-44: COLETTE CRABBE picked up 5 Golds-50 Breast 38.91(TT3) ZONE Records in the 100-1:23.19(TT2) was Pierson '88, 200-2:59.71(TT-1), Zone was Oblatz '99, 100 IM 1:17.42(TT6) and 200 IM 2:46.22(TT3), JUST about one of the BEST performances ever by an OMS swimmer. It was great to see Jill Schuldts back in the swim, Gold, Silver, Gold for the 400 Free 5:50.68, 800-11:52.76, 1500-22:45.72.

Women 45-49: Karin Clancey packed home the Gold in the 50 Free 42.48, Silver 200 Free 3:33.77, Silver 100 IM 1:55.93.

Women 50-54: Lauren Binder Bronze 800 Free 12:47.96 (TT8), Ginger Pierson Gold 50/200 Breast 41.38(TT2) 3:22.20(TT2), Gold 100/200 Fly 1:29.60(TT4) 3:14.08(TT2) Bronze 100 IM 1:26.65(TT3) OB Comment-It is interesting with Ginger 54, a new age group in the offing, she is ahead of her times for 1999. Janet Gettling Gold 50 Back 42.25 (TT9, Silver 50 Breast 42.85(TT3), 4th 100 Breast 1:35.72(TT7), Silver 100 Fly 1:32.22(TT5), 4th in the 100 IM 1:27.58(TT4), Silver 400 IM 6:53.98(TT4). This was a loaded age group, with Lynn Bell(PNA), Pierson, Kathy Casey(PNA) and Gettling. Tam Jenkins (OMS) picked up a Bronze in the 400 Free.

Women 55-59: JOY WARD set a new ZONE in the 50 Fly-35.65(TT1) also posted TTI for the 100 IM 1:29.20, and the 50 Back 40.50, plus Gold 50/100 Free 33.57 (TT4),

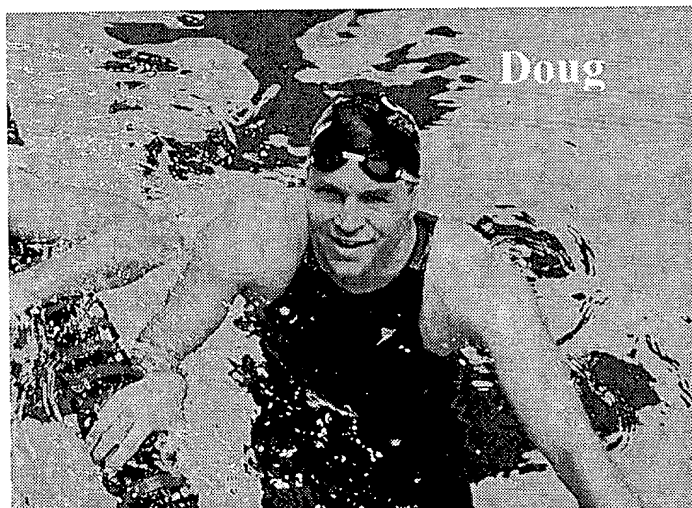
1:19.89 (TT3), oy had a GREAT meet swam against Bonnie Pronk in 4 events, wound up with AA in three events.

Women 70-74: GAIL ROPER set a WORLD Record in the 50 Free 36.15, and a NATIONAL Record in the 50 Breast 50.12.

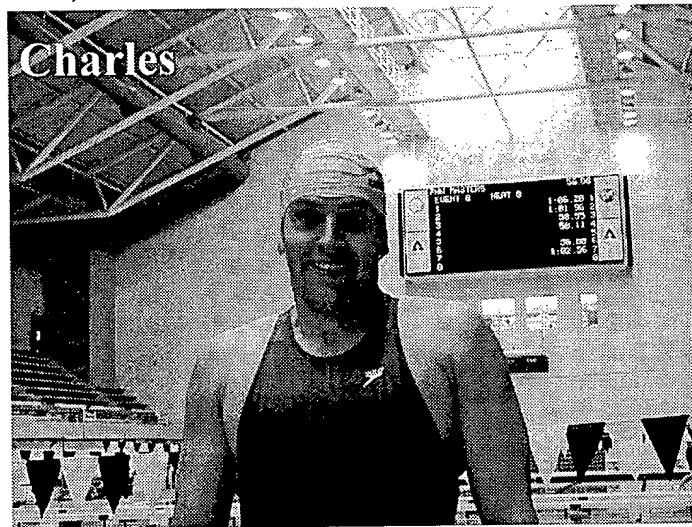
Men 25-29: Peter Bilton won the 100 Free, 400 Free, 800 Free looks to be a quality addition to OMS.

Men 30-34: Dixon Soracco, David Rice, Radek Pospisil went 1-2-3 in the 50 Free. Soracco spun a 33.86 50 Breast less than a second off the OMS Rec, also 50 Fly 28.00(Rec is 27.36) and a fine 100 IM in 1:04.76, with David Rice and Tim Lunney coming in 2nd and 3rd

Men 35-39: Doug Stewart brought home 5 Golds and a Silver, was the star of this age group-200 Free 2:05.04, 400



Free-4:21.91(TT3) 800 Free 9:04.24(TT3) 200 Fly 2:19.69(TT4), 400 IM 5:05.84(TT3), 200 Back 2:25.49 (TT5), Charles Mirho Silver 50 Free 26.55, Gold 100 Free 58.55, Gold in the 50/100 Breast 34.44, 1:17.44. STEVE



PARMENTIER OMS Rec 50 Fly 28.03, was Roth, C.'98 28.43, 100 Fly Gold also 1:04.69, Gold 50 Back 30.42 (TT7).

continued on page 8

profile



Lisa learned to swim at Multnomah Athletic Club when she was an infant, was competing by the time she was 8 years old, and hasn't stopped since. When she was 15 years old she won her age group at the Seal Beach 1-mile swim. If she isn't swimming, she's working with Special Education children, coaching swimming-or both. She was very involved with Special Olympics as a teenager, including coaching. She joined Masters Swimming when she was 19 years old while living in Arizona where she was head coach for a boys and girls USS swim team. She loves the Pacific Northwest so she moved to the Oregon coast in 1997 after graduating from Northern Arizona University. She likes to travel and has been to many places including Europe, China and Mexico; she and her sister backpacked throughout Peru where they went to Machu Picchu. She tries to swim outdoors wherever she travels because she feels it's part of experiencing each new destination. She's a regular at OMS Open Water events. Eventually, she wants to swim longer, more adventurous locations. Her favorite venues so far have been Squaw Lake and Elk Lake. (Watch for her at the 3000-Meter USMS National Swim at Elk Lake this summer!) Her favorite pool meet was the 1999 LC Nationals in Minneapolis because she felt great and had fun the whole meet. She also managed to



win the 200 M fly and placed 2nd in the 1500 M free events. The 200 M Fly is fun? Then, just for more fun she swam across the Mississippi River. When she returns home she's greeted by Miller, her 5-year-old Schnauzer

/Cocker mix she's had since he was only 5 weeks old. Lisa is currently coaching the boys and girls swim team at Molalla High School where she also teaches supported education kids. She made the move to Oregon City from the Coast to pursue a Masters Degree in Special Education. She practices with the Oregon City USS team. Lisa has several swimming goals, but feels the most important one is to continue swimming until she's at least 99 years old. YOU GO GIRL! Swimming is not just a part of her life...it's a part of her.

Profile article written by Jeanne Thimm

*Up at five
To swim some more,
Bleary-eyed
From the night before.*

*I leave the house by the
Early morning moon,
But knowing the sun
Will be up soon.*

*Why do I do this?
I ask myself.
Could it be
TO improve my health?*

*The water, it's cold,
My legs, they're like lead,
Oh, I wish I was in
My soft, warm bed.*

*My stomach is growling,
I wish I could eat,
and my coach keeps yelling,
Kick those feet!*

*Why do I do this?
I ask again.
To tell my friends
'Bout the places I've been?*

*Strain, and pull,
and hurt some more,
And after that
Do another four.*

*And now it's over
"Till afternoon,
When once again
I'll wither into a prune.*

*Why do I do this?
I really wonder
Is it to get my times
Under and under?*

*What good does it do,
Day in and day out,
There's got to be
An easier route.*

*Wet hair and red eyes,
And lap after lap,
Certainly does not put a feather
In your swimming cap.*

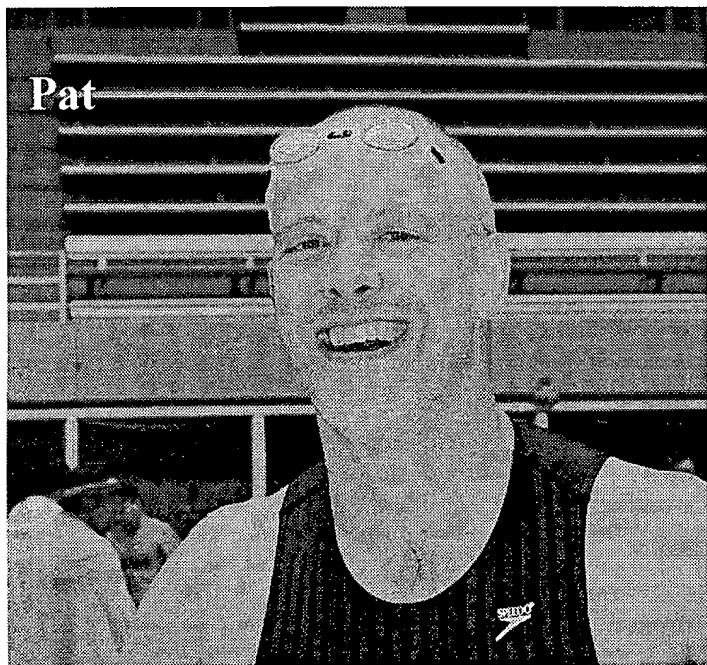
*Time has passed,
I feel to old,
To chase the rainbow
In search of gold.*

*And now that I'm wiser,
The reason, I can see,
It helped to teach
A lot about me.*

Anonymous

ol' Barn continued from page 6

Men 40-44: PAT ALLENDER was the OMS STAR of the meet, how about 4 (FOUR) new Zone Records: 100 Breast 1:10.21(TT2), 100 Fly 1:02.40 (TT3), 200 Fly 2:23.57 (TT2), 200 IM 2:17.94, and 100 IM 1:04.90(TT3), 200 Breast 2:34.06(TT2). Mike Dowd(MAC) Gold in the 200 Free 2:38.36, Bronze 50 Breast and 200 Breast.



Pat

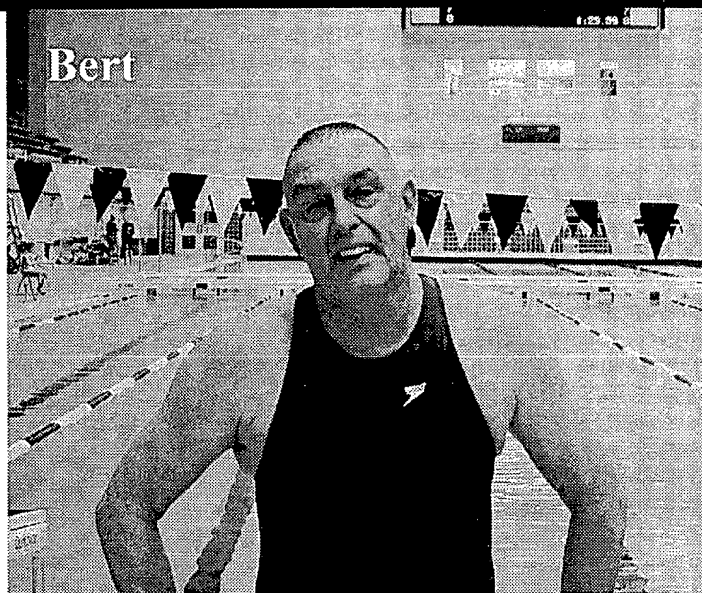
Men 45-49: Peter Metzger Gold 50 Back 31.53(TT8), 50 Fly 29.20(TT9), 100 IM 1:06.83(TT7). SWIMMER OF THE MEET has to be Rick Colella, Rick warmed up with a Silver in the 400 Free, then took off with a WORLD 200 Breast 2:34.24, followed by 4 Zones-100 Breast 1:12.65, 200 Fly 2:20.38, 200 IM 2:22.84, 400 IM 5:02.84. Steve Sussex, PNA, set three Zones: 100 Free 56.88, 400 Free 4:20.25, and 800 Free 9:07.63. One interesting point re Colella he is 49.

Men 50-54: ROBERT MAESTRE (MAC) new OMS 200 Back 2:46.79, was Fanning, he brought home Gold in the 200 Free, and 400 IM. Allen Stark made a run at his Zone records for the Breast, 50-33.78(TT1), 100-1:15.86 (TT2), 200-2:46.47(TT4). Alan Bell just turning 50, brought home 4 Golds for PNA.

Men 55-59: Richard Juhala rep OMS with Golds in the 50 Breast, and 200 Fly 3:58.11(TT10), and Silver in the 400IM.

Men 60-64: BERT PETERSEN was CLASSY: two Zones: 50 Fly 31.12 (TT1), and 100 Fly 1:14.10(TT1) they will have to make room at the top for Bert in the 2000 World Top Ten.

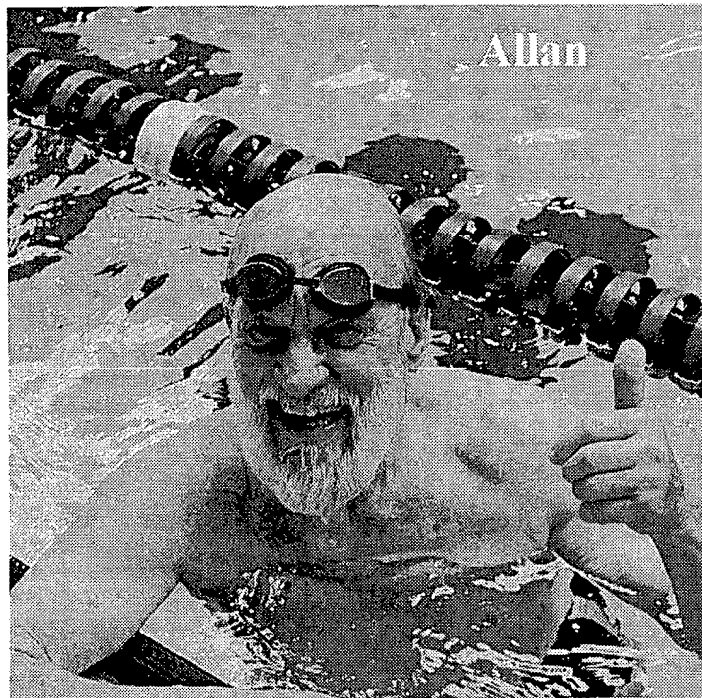
Men 65-59: DAVID RADCLIFF, a new Zone for the 1500 22:29.33(TT1), was Welch, plus 2 more TT 1's 400 Free 5:32.03, 800 11:51.80, his 50 Free at 30.84(TT2), Jim Bigler(MAC) 2nd 200 Breast 3:45.76(TT9), and Bill Holman keeps improving, he will be ready for 70-74.



Bert

Men 70-74: Eric Guest had himself a great meet-Gold 100 Free 1:27.88 (TT10), Silver 200 Free 3:14.74(TT7), Gold 100 IM 1:43.93(TT9) and Gold in the 50 Breast 48.13, almost forgot a Gold in the 50 Free. 4 Golds and a Silver pretty good haul.

Men 85-89: ALLAN DE LAY, climbed down from the tower and swam for two Zone Records: 50 Free-45.65(TT2), 100 Free-1:51.13(TT2) Allan has the dubious honor of swimming in the same age group as Woody



Allan

Bowersock.

The Oregon relay of DIXON SORACCO, RADEK POSPISIL, PETER METZGER, STEVE PARMENTIER swim a fast 1:56.57 to set a new Northwest Zone Record in the 200 SCM Medley Relay

A really outstanding meet, with many many outstanding swims, thanks PNA for a job very well done.



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

As we age, our bodies gradually change. These changes effect the way we work, eat, sleep, live, and (alas) swim. This month I will summarize some of these changes, and list some considerations to help you cope with aging.

At age twenty-five, we possess superhuman powers (well, it seems that way in retrospect). As we approach or pass our forty-fifth birthday, we notice significant change. As we approach or pass our sixtieth birthday, changes are dramatic. Here is a short list of physical changes associated with aging:

- Reduced cardiac output: our maximum heart rate slows and our stroke volume (the amount of blood moved each heartbeat) decreases.
- Lower aerobic capacity: our maximum oxygen carrying capacity declines.
- Less strength and power: our muscle mass--particularly our fast-twitch fiber--declines.
- Less flexibility: connective tissue becomes less pliable, which in turn leads to changes in stroke technique and possible injuries.
- More body fat: need I say more?

We do not accept the truth happily. It is inevitable that we get slower as we grow older. But there is good news—we don't have to accept the rapid decline of physical capacities shown in untrained people! Research has clearly shown that smart and hard training allows us to age more slowly than our couch potato counterparts. I repeat—we can slow the aging process with appropriate training!

Here are some considerations in planning your total training program to maximize your efforts and to slow or delay the aging process

- Train at the anaerobic threshold level: this accomplishes two things. First, despite the drop in aerobic capacity with age, training at this level can maintain high aerobic ability, within the limits of our maximum aerobic capacity. Second, threshold training is the least stressful kind of challenging training, allowing relatively fast recovery from

training session to session. Smart swimmers plan to do a large part of their training at or close to their anaerobic threshold level.

- Train vigorously: pure aerobic swimming isn't enough to slow the aging process. In order to maintain our fast-twitch muscle fibers, we need to swim fast during some of our training. Obviously, this is important training for sprinters, but this even applies to distance swimmers. Sprint occasionally.

- Visit the weight room regularly: The many benefits of establishing a weight-training program to supplement your swimming include building strength, maintaining bone density, and even burning fat faster. This is particularly important as you reach sixty. Plan your program carefully, start slowly (and with supervision if possible), and stay at it faithfully.

- Stretch: maintain and even increase your flexibility through daily stretching. Good flexibility allows the best stroke skills and helps to avoid injury. Stretch lightly before you swim, but focus on flexibility gains after you train, when your muscle temperature is warm and stretching gains can be greater. Work gradually and regularly to maintain a flexible frame.

- Reduce body fat and maintain body weight: the more you weigh, the more your drag through the water. Maintain diet control with your training. Of all of the above recommendations, I know that this is probably the most difficult; remember how swimmers behave at a buffet? Stay with it!

- Rest: We can retain dynamic lives and training as we age if we adjust our rest. As we age, we need to plan to increase rest in many ways. Take slightly more time between intervals (we call this the 'senior discount'). Alternate short hard anaerobic swims with lighter longer aerobic ones. Plan extra rest days into your training week. And get your sleep (naps are good too). Remember that training gains come during rest, not during training.

Some Humorous Questions sent to the Sydney Olympic Committee and even better answers.

Compiled by Don Gambril.

Q. Will I be able to see kangaroos in the street? (US)

A. Depends on how much beer you've consumed.

Q. Which direction should I drive - Perth to Darwin or Darwin to Perth - to avoid diving with the sun in my eyes? (Germany)

A. Excellent question, considering that the Olympics are being held in Sydney.

Q. My client wants to take a steel pooper-scooper into Australia. Will you let her in? (South Africa)

A. Why? We do have toilet paper here.

Q. Do you celebrate Christmas in Australia? (France)

A. Yes. At Christmas

Q. Can you give me some information about hippo racing
continued on page 19

continued on page 11

Results continued from page 10

4 Knauer, Dan	40 MACO	31.66
5 Dowd, Mike	41 MACO	41.43
6 Helm, Charles	44 OREG	50.33
— Harris, Floyd	42 OREG	DQ

Men 45-49 50 Yard Backstroke

1 Kalil, Adrian	47 OREG	32.05
2 Peyton, Michael	45 MACO	32.50
3 Tennant, Michael	47 OREG	32.54
4 Jensen, Eric	46 OREG	38.88
5 Hereim, Mark	49 OREG	39.49
6 Enbysk, Kevin	47 OREG	40.98
7 Collins, John	48 OREG	42.43
8 Minter, Richard	48 OREG	50.85

Men 50-54 50 Yard Backstroke

1 Schram, Tommy	53 OREG	40.61
2 Carriker, Buz	52 OREG	40.62
3 Huizenga, Robert	50 OREG	41.59
4 Cooper, Frank	54 OREG	42.53
5 Parisi, Frank	52 MACO	44.10
6 Poole, Donald	54 OREG	45.79
7 Truitt, Peter	54 OREG	46.68

Men 55-59 50 Yard Backstroke

1 Philipps, Frank	57 OREG	36.96
2 Juhala, Richard	57 OREG	44.58

Men 60-64 50 Yard Backstroke

1 Thayer, George	64 OREG	35.26
2 Schieltz, Jon	61 OREG	1:01.71

Men 65-69 50 Yard Backstroke

1 Weick, Richard	66 OREG	34.88
------------------	---------	-------

Men 75-79 50 Yard Backstroke

1 Young, Gilbert	78 OREG	47.17
2 Fixott, Rupert	78 OREG	54.21

Men 85-89 50 Yard Backstroke

1 DeLay, Allan	85 OREG	53.80
----------------	---------	-------

Women 25-29 100 Yard Backstroke

1 Quan, Sara	27 OREG	1:07.81
2 Funatake, Castle	25 OREG	1:11.46
3 Criscione, Anicia	26 OREG	1:20.68
4 Nguyen, Tuan	26 OREG	1:22.96
5 Gorsline, Lisa	25 OREG	1:24.28

Women 30-34 100 Yard Backstroke

1 Hecksel, Toni	34 OREG	1:14.65
2 Wildbill, Tania	30 OREG	1:18.14
3 Frewing, Louise	33 OREG	1:19.14
4 Hyde, Sandra	32 OREG	1:24.67

Women 35-39 100 Yard Backstroke

1 Ralle, Martina	35 OREG	1:08.66
2 Fox, Christina	39 OREG	1:25.84
3 Broido, Ellen	35 OREG	1:31.18

Women 40-44 100 Yard Backstroke

1 Andrus-Hughes, Karen	43 OREG	1:06.60
2 Crabbe, Colette	44 OREG	1:10.80

Women 45-49 100 Yard Backstroke

1 Asleson, Elke	48 OREG	1:29.45
2 Welborn, Jody	45 OREG	1:39.17

Women 50-54 100 Yard Backstroke

1 Staley, Darlene	50 OREG	1:24.12
-------------------	---------	---------

Women 75-79 100 Yard Backstroke

1 Stevenin, Elfie	79 OREG	2:54.37
-------------------	---------	---------

Men 25-29 100 Yard Backstroke

1 Alles, Dave	28 PNA	1:06.27
---------------	--------	---------

Men 30-34 100 Yard Backstroke

1 Grimm, Mike	31 PNA	1:13.67
---------------	--------	---------

Men 35-39 100 Yard Backstroke

1 Christensen, Douglas	37 OREG	1:02.92
2 Higley, Robert	35 OREG	1:09.19
3 Lunney, Tim	35 OREG	1:13.82

Men 40-44 100 Yard Backstroke

1 Allender, Pat	42 OREG	1:04.39
2 McMillan, Bob	42 OREG	1:08.74

Men 45-49 100 Yard Backstroke

1 Stephens, Cliff	45 OREG	1:03.40
2 Philbrick, Larry	47 OREG	1:05.27
3 Cecil, Patrick	46 OREG	1:27.20

Men 50-54 100 Yard Backstroke

1 Maestre, Robert	50 MACO	1:08.92
2 Cronin, Jed	52 OREG	1:14.83

Men 55-59 100 Yard Backstroke

1 Landis, Tom	58 OREG	1:17.74
---------------	---------	---------

Men 60-64 100 Yard Backstroke

1 Petersen, Bert	61 OREG	1:21.79
------------------	---------	---------

Women 19-24 50 Yard Breaststroke

1 Kuehnast, Amber	19 MACO	39.79
2 Peterson, Sara	23 OREG	43.95

Women 30-34 50 Yard Breaststroke

1 Tyrrell, Laura	33 OREG	36.33
2 Healey, Sandra	32 OREG	40.04
3 Topp, Suzanne	33 OREG	40.68
4 Milano, Andrea	33 OREG	41.12

Women 35-39 50 Yard Breaststroke

1 Viales, Dianne	38 OREG	37.84
2 Glaeser, Sharon	36 OREG	37.93
3 Thimm, Jeanne	37 OREG	40.56
4 Hoagland, Sarah	38 OREG	41.70
5 Drew, Tonie	37 OREG	49.94
6 Sundin, Pamela	38 OREG	59.72

Women 40-44 50 Yard Breaststroke

1 Jackson, Mary	44 OREG	35.61
2 Foley, Sharon	40 MACO	38.39
3 Sanders, Janet	42 OREG	41.22
4 Carlisle, Kathie	42 OREG	42.91
5 Warner, Malia	44 OREG	1:25.47

Women 45-49 50 Yard Breaststroke

1 Parisi, Robin	46 MACO	37.19
2 Shoemaker, Cynthia	48 Unat	45.52
3 Collins, Susan	48 OREG	45.72
4 Miles, Carole	45 OREG	49.91
5 Perrin, Shela	48 OREG	54.41

Women 50-54 50 Yard Breaststroke

1 Pierson, Ginger	54 MACO	37.03
2 Rousseau, Sandi	53 OREG	42.58
3 Martin, Sally	54 OREG	51.00

Women 55-59 50 Yard Breaststroke

1 Ward, Joy	57 OREG	44.33
2 Sitter, Darby	57 OREG	1:00.18

Women 70-74 50 Yard Breaststroke

1 Wells, Margaret	74 OREG	1:10.90
-------------------	---------	---------

Women 80-84 50 Yard Breaststroke

1 Melcher, Judy	80 OREG	1:29.72
-----------------	---------	---------

Men 19-24 50 Yard Breaststroke

1 Bogdan, Sander	22 Unat	30.82
------------------	---------	-------

Men 30-34 50 Yard Breaststroke

1 Soracco, Dixon	32 OREG	30.09
2 Zolna, Bill	31 MACO	30.59
3 Jaynes, Carl	32 OREG	32.07
4 Shaevitz, Alex	30 OREG	32.61
5 Wolf, Robert	31 OREG	34.72

Men 35-39 50 Yard Breaststroke

1 Mirho, Charles	36 OREG	31.25
2 Parmentier, Steve	35 OREG	31.34
3 Taylor, Ron	39 OREG	34.39
4 Chin, Loren	39 OREG	35.17
5 Conrath, Mike	36 OREG	36.61
6 Anspach, Jeffrey	39 OREG	37.41

Men 40-44 50 Yard Breaststroke

1 Dendy, Richard	40 Msbc	32.35
2 Bureson, David	43 MACO	32.80
3 Knauer, Dan	40 MACO	33.04
4 Dowd, Mike	41 MACO	35.49
5 Thornton, Kelly	43 OREG	36.86
6 Harris, Floyd	42 OREG	40.52
7 Helm, Charles	44 OREG	46.68

Men 45-49 50 Yard Breaststroke

1 Tennant, Michael	47 OREG	33.71
2 Peyton, Michael	45 MACO	35.99
3 Jensen, Eric	46 OREG	37.57
4 Enbysk, Kevin	47 OREG	37.61
5 Hereim, Mark	49 OREG	40.45
6 Minter, Richard	48 OREG	44.21
7 Collins, John	48 OREG	54.29

Men 50-54 50 Yard Breaststroke

1 Parisi, Frank	52 MACO	35.84
2 Schram, Tommy	53 OREG	37.92
3 Carriker, Buz	52 OREG	38.08
4 Huizenga, Robert	50 OREG	42.63
5 Truitt, Peter	54 OREG	50.45
6 Poole, Donald	54 OREG	1:08.93
— Cooper, Frank	54 OREG	DQ

Men 55-59 50 Yard Breaststroke

1 Philipps, Frank	57 OREG	36.55
2 Juhala, Richard	57 OREG	38.46

Men 60-64 50 Yard Breaststroke

1 Thayer, George	64 OREG	38.67
2 Schieltz, Jon	61 OREG	53.15

Men 65-69 50 Yard Breaststroke

1 Weick, Richard	66 OREG	37.12
------------------	---------	-------

Men 75-79 50 Yard Breaststroke

1 Young, Gilbert	78 OREG	51.18
2 Fixott, Rupert	78 OREG	52.18

Men 85-89 50 Yard Breaststroke

1 DeLay, Allan	85 OREG	1:07.86
----------------	---------	---------

Women 25-29 100 Yard Breaststroke

1 Quan, Sara	27 OREG	1:13.70
2 Funatake, Castle	25 OREG	1:19.10
3 Criscione, Anicia	26 OREG	1:25.28
4 Nguyen, Tuan	26 OREG	1:26.73
5 Gorsline, Lisa	25 OREG	1:32.76

Women 30-34 100 Yard Breaststroke

1 Hecksel, Toni	34 OREG	1:22.93
2 Hyde, Sandra	32 OREG	1:33.05
3 Frewing, Louise	33 OREG	1:33.81
4 Wildbill, Tania	30 OREG	1:35.22

Women 35-39 100 Yard Breaststroke

1 Ralle, Martina	35 OREG	1:19.76
2 Broido, Ellen	35 OREG	1:32.24
3 Fox, Christina	39 OREG	1:34.34

Women 40-44 100 Yard Breaststroke

1 Crabbe, Colette	44 OREG	1:14.30
2 Andrus-Hughes, Karen	43 OREG	1:23.92

Women 45-49 100 Yard Breaststroke

continued on page 12

Results continued from page 11

1 Welborn, Jody	45 OREG	1:35.59	1 Rousseau, Sandi	53 OREG	31.20	Women 25-29 100 Yard Freestyle		
2 Asleson, Elke	48 OREG	1:36.81	2 Pierson, Ginger	54 MACO	31.30	1 Quan, Sara	27 OREG	59.25
Women 50-54 100 Yard Breaststroke			Women 55-59 50 Yard Freestyle			2 Funatake, Castle	25 OREG	59.68
1 Staley, Darlene	50 OREG	1:31.44	1 Ward, Joy	57 OREG	29.97	3 Nguyen, Tuan	26 OREG	1:08.45
2 Martin, Sally	54 OREG	1:53.02	2 Sitter, Darby	57 OREG	45.70	4 Gorsline, Lisa	25 OREG	1:10.89
Women 75-79 100 Yard Breaststroke			Women 70-74 50 Yard Freestyle			5 Criscione, Anicia	26 OREG	1:11.12
1 Stevenin, Elfie	79 OREG	4:05.50	1 Wells, Margaret	74 OREG	52.28	Women 30-34 100 Yard Freestyle		
Men 19-24 100 Yard Breaststroke			Women 80-84 50 Yard Freestyle			1 Hecksel, Toni	34 OREG	1:01.66
1 Bogdan, Sander	22 Unat	1:06.45	1 Melcher, Judy	80 OREG	1:11.73	2 Hyde, Sandra	32 OREG	1:04.53
Men 25-29 100 Yard Breaststroke			Men 19-24 50 Yard Freestyle			3 Wildbill, Tania	30 OREG	1:07.82
1 Alles, Dave	28 PNA	1:14.17	1 Bogdan, Sander	22 Unat	28.76	4 Frewing, Louise	33 OREG	1:12.85
Men 30-34 100 Yard Breaststroke			Men 25-29 50 Yard Freestyle			Women 35-39 100 Yard Freestyle		
1 Grimm, Mike	31 PNA	1:16.29	1 Taylor, Curtis	29 OREG	21.52	1 Ralle, Martina	35 OREG	1:00.71
2 Farmer, Chris	31 OREG	1:20.91	Men 30-34 50 Yard Freestyle			2 Glaeser, Sharon	36 OREG	1:04.95
Men 35-39 100 Yard Breaststroke			1 Soracco, Dixon	32 OREG	23.04	3 Broido, Ellen	35 OREG	1:14.17
1 Mirho, Charles	36 OREG	1:07.96	2 Shaevitz, Alex	30 OREG	24.72	4 Fox, Christina	39 OREG	1:19.45
2 Christensen, Douglas	37 OREG	1:08.56	3 Zolna, Bill	31 MACO	26.46	Women 40-44 100 Yard Freestyle		
3 Higley, Robert	35 OREG	1:21.08	4 Jaynes, Carl	32 OREG	26.82	1 Andrus-Hughes, Karen	43 OREG	59.08
4 Lunney, Tim	35 OREG	1:25.69	5 Wolf, Robert	31 OREG	28.58	2 Crabbe, Colette	44 OREG	1:03.64
Men 40-44 100 Yard Breaststroke			Men 35-39 50 Yard Freestyle			Women 45-49 100 Yard Freestyle		
1 Allender, Pat	42 OREG	1:03.98	1 Parmentier, Steve	35 OREG	23.58	1 Welborn, Jody	45 OREG	1:16.47
2 McMillan, Bob	42 OREG	1:19.50	2 Chin, Loren	39 OREG	23.82	2 Asleson, Elke	48 OREG	1:17.22
Men 45-49 100 Yard Breaststroke			3 Mirho, Charles	36 OREG	24.29	Women 50-54 100 Yard Freestyle		
1 Philbrick, Larry	47 OREG	1:09.95	4 Anspach, Jeffrey	39 OREG	25.79	1 Staley, Darlene	50 OREG	1:11.02
2 Stephens, Cliff	45 OREG	1:16.90	5 Taylor, Ron	39 OREG	25.91	2 Martin, Sally	54 OREG	1:45.64
3 Cecil, Patrick	46 OREG	1:36.88	6 Conrath, Mike	36 OREG	29.76	Women 75-79 100 Yard Freestyle		
Men 50-54 100 Yard Breaststroke			Men 40-44 50 Yard Freestyle			1 Stevenin, Elfie	79 OREG	2:36.90
1 Maestre, Robert	50 MACO	1:21.15	1 Burleson, David	43 MACO	23.80	Men 25-29 100 Yard Freestyle		
1 Cronin, Jed	52 OREG	1:21.15	2 Knauer, Dan	40 MACO	23.95	1 Taylor, Curtis	29 OREG	48.41
Men 55-59 100 Yard Breaststroke			3 Dendy, Richard	40 Msbc	24.91	2 Alles, Dave	28 PNA	55.55
1 Landis, Tom	58 OREG	1:22.16	4 Thornton, Kelly	43 OREG	26.06	Men 30-34 100 Yard Freestyle		
Men 60-64 100 Yard Breaststroke			5 Dowd, Mike	41 MACO	28.00	1 Grimm, Mike	31 PNA	59.76
1 Petersen, Bert	61 OREG	1:20.93	6 Harris, Floyd	42 OREG	31.30	2 Farmer, Chris	31 OREG	1:00.42
Women 19-24 50 Yard Freestyle			7 Helm, Charles	44 OREG	31.73	Men 35-39 100 Yard Freestyle		
1 Kuehnast, Amber	19 MACO	28.21	Men 45-49 50 Yard Freestyle			1 Mirho, Charles	36 OREG	53.64
2 Peterson, Sara	23 OREG	34.15	1 Tennant, Michael	47 OREG	24.23	2 Christensen, Douglas	37 OREG	53.95
Women 25-29 50 Yard Freestyle			2 Peyton, Michael	45 MACO	25.07	3 Lunney, Tim	35 OREG	58.31
1 Fisher, Sybil	27 OREG	28.41	3 Kalil, Adrian	47 OREG	25.57	4 Higley, Robert	35 OREG	59.99
Women 30-34 50 Yard Freestyle			4 Jensen, Eric	46 OREG	27.73	Men 40-44 100 Yard Freestyle		
1 Topp, Suzanne	33 OREG	27.92	5 Hereim, Mark	49 OREG	29.36	1 Allender, Pat	42 OREG	51.39
2 Tyrrell, Laura	33 OREG	27.96	6 Collins, John	48 OREG	29.84	2 McMillan, Bob	42 OREG	57.17
3 Milano, Andrea	33 OREG	29.22	7 Enbysk, Kevin	47 OREG	30.28	Men 45-49 100 Yard Freestyle		
4 Healey, Sandra	32 OREG	30.50	8 Minter, Richard	48 OREG	36.98	1 Philbrick, Larry	47 OREG	54.73
Women 35-39 50 Yard Freestyle			Men 50-54 50 Yard Freestyle			2 Stephens, Cliff	45 OREG	57.02
1 Viales, Dianne	38 OREG	27.35	1 Schram, Tommy	53 OREG	27.55	3 Cecil, Patrick	46 OREG	1:06.65
2 Glaeser, Sharon	36 OREG	28.36	2 Carriker, Buz	52 OREG	29.12	— Kalil, Adrian	47 OREG	DQ
3 Hoagland, Sarah	38 OREG	29.52	3 Huizenga, Robert	50 OREG	29.79	Men 50-54 100 Yard Freestyle		
4 Thimm, Jeanne	37 OREG	30.35	4 Parisi, Frank	52 MACO	29.95	1 Maestre, Robert	50 MACO	56.75
5 Drew, Tonie	37 OREG	34.39	5 Cooper, Frank	54 OREG	36.04	2 Cronin, Jed	52 OREG	57.13
6 Sundin, Pamela	38 OREG	35.76	6 Truitt, Peter	54 OREG	36.09	Men 55-59 100 Yard Freestyle		
Women 40-44 50 Yard Freestyle			7 Poole, Donald	54 OREG	39.22	1 Landis, Tom	58 OREG	58.22
1 Jackson, Mary	44 OREG	27.60	Men 55-59 50 Yard Freestyle			Men 60-64 100 Yard Freestyle		
2 Foley, Sharon	40 MACO	28.47	1 Philipps, Frank	57 OREG	27.82	1 Petersen, Bert	61 OREG	1:03.38
3 Sanders, Janet	42 OREG	30.94	2 Juhala, Richard	57 OREG	34.76	Men 85-89 100 Yard Freestyle		
4 Carlisle, Kathie	42 OREG	31.24	Men 60-64 50 Yard Freestyle			1 DeLay, Allan	85 OREG	1:38.42
5 Warner, Malia	44 OREG	1:01.98	1 Thayer, George	64 OREG	28.19	Women 19-24 100 Yard IM		
Women 45-49 50 Yard Freestyle			2 Schieltz, Jon	61 OREG	39.63	1 Kuehnast, Amber	19 MACO	1:13.55
1 Parisi, Robin	46 MACO	27.83	Men 65-69 50 Yard Freestyle			2 Peterson, Sara	23 OREG	1:24.49
2 Collins, Susan	48 OREG	33.69	1 Weick, Richard	66 OREG	27.55	Women 25-29 100 Yard IM		
3 Shoemaker, Cynthia	48 Unat	34.64	Men 75-79 50 Yard Freestyle			1 Fisher, Sybil	27 OREG	1:13.70
4 Miles, Carole	45 OREG	39.24	1 Young, Gilbert	78 OREG	36.48	Women 30-34 100 Yard IM		
5 Perrin, Shela	48 OREG	40.19	2 Fixott, Rupert	78 OREG	44.31	1 Tyrrell, Laura	33 OREG	1:10.02
Women 50-54 50 Yard Freestyle			Men 85-89 50 Yard Freestyle			2 Topp, Suzanne	33 OREG	1:15.92
			1 DeLay, Allan	85 OREG	37.80	continued on page 13		

Results continued from page 12

3 Milano, Andrea	33 OREG	1:17.70	7 Helm, Charles	44 OREG	1:38.32	1 Staley, Darlene	50 OREG	2:55.82
4 Healey, Sandra	32 OREG	1:18.29	Men 45-49 100 Yard IM			75-79 200 Yard IM		
— Schmidt, Anne	34 OREG		1 Tennant, Michael	47 OREG	1:04.89	1 Stevenin, Elfie	79 OREG	7:00.88
Women 35-39 100 Yard IM			2 Peyton, Michael	45 MACO	1:07.74	Men 25-29 200 Yard IM		
1 Viales, Dianne	38 OREG	1:10.08	3 Hereim, Mark	49 OREG	1:15.93	1 Alles, Dave	28 PNA	2:18.99
2 Hoagland, Sarah	38 OREG	1:14.05	4 Jensen, Eric	46 OREG	1:18.71	Men 30-34 200 Yard IM		
3 Glaeser, Sharon	36 OREG	1:16.32	5 Enbysk, Kevin	47 OREG	1:21.15	1 Grimm, Mike	31 PNA	2:29.65
4 Drew, Tonic	37 OREG	1:34.60	6 Collins, John	48 OREG	1:27.72	— Farmer, Chris	31 OREG	DQ
5 Sundin, Pamela	38 OREG	1:46.73	7 Minter, Richard	48 OREG	1:38.22	Men 35-39 200 Yard IM		
Women 40-44 100 Yard IM			Men 50-54 100 Yard IM			1 Christensen, Douglas	37 OREG	2:16.25
1 Jackson, Mary	44 OREG	1:08.85	1 Carriker, Buz	52 OREG	1:17.55	2 Higley, Robert	35 OREG	2:28.56
2 Foley, Sharon	40 MACO	1:15.90	2 Schram, Tommy	53 OREG	1:20.82	3 Lunney, Tim	35 OREG	2:34.94
3 Sanders, Janet	42 OREG	1:19.45	3 Huizenga, Robert	50 OREG	1:21.49	Men 40-44 200 Yard IM		
4 Carlisle, Kathie	42 OREG	1:24.94	4 Parisi, Frank	52 MACO	1:21.52	1 Allender, Pat	42 OREG	2:06.63
Women 45-49 100 Yard IM			5 Truitt, Peter	54 OREG	1:34.01	2 McMillan, Bob	42 OREG	2:29.20
1 Parisi, Robin	46 MACO	1:09.99	— Poole, Donald	54 OREG	DQ	Men 45-49 200 Yard IM		
2 Collins, Susan	48 OREG	1:25.60	Men 55-59 100 Yard IM			1 Philbrick, Larry	47 OREG	2:18.88
3 Shoemaker, Cynthia	48 Unat	1:28.90	1 Philipps, Frank	57 OREG	1:12.78	2 Stephens, Cliff	45 OREG	2:24.55
4 Perrin, Shela	48 OREG	1:44.11	2 Juhala, Richard	57 OREG	1:26.61	3 Cecil, Patrick	46 OREG	2:56.16
5 Miles, Carole	45 OREG	1:46.06	Men 60-64 100 Yard IM			Men 50-54 200 Yard IM		
Women 50-54 100 Yard IM			1 Thayer, George	64 OREG	1:16.51	1 Maestre, Robert	50 MACO	2:29.25
1 Pierson, Ginger	54 MACO	1:16.71	2 Schieltz, Jon	61 OREG	1:53.35	2 Cronin, Jed	52 OREG	2:43.63
2 Rousseau, Sandi	53 OREG	1:23.46	Men 65-69 100 Yard IM			Men 55-59 200 Yard IM		
Women 55-59 100 Yard IM			1 Weick, Richard	66 OREG	1:15.97	1 Landis, Tom	58 OREG	2:34.03
1 Ward, Joy	57 OREG	1:19.80	Men 75-79 100 Yard IM			Men 60-64 200 Yard IM		
2 Sitter, Darby	57 OREG	2:05.46	1 Young, Gilbert	78 OREG	1:47.93	1 Petersen, Bert	61 OREG	2:46.12
Women 70-74 100 Yard IM			— Fixott, Rupert	78 OREG	DQ	Women 19-24 200 Yard Freestyle Relay		
1 Wells, Margaret	74 OREG	2:12.47	Women 25-29 200 Yard IM			1 MACO 'A'		1:56.78
Women 80-84 100 Yard IM			1 Quan, Sara	27 OREG	2:22.54	1) Parisi, Robin 46	2) Pierson, Ginger 54	
— Melcher, Judy	80 OREG	DQ	2 Funatake, Castle	25 OREG	2:34.61	3) Foley, Sharon 40	4) Kuehnast, Amber 19	
Men 30-34 100 Yard IM			3 Criscione, Anicia	26 OREG	2:48.06	Women 19-24 200 Yard Medley Relay		
1 Soracco, Dixon	32 OREG	58.96	4 Gorsline, Lisa	25 OREG	2:49.58	1 MACO 'A'		2:13.95
2 Shaevit, Alex	30 OREG	1:02.34	5 Nguyen, Tuan	26 OREG	2:52.52	1) Parisi, Robin 46	2) Pierson, Ginger 54	
3 Jaynes, Carl	32 OREG	1:06.88	Women 30-34 200 Yard IM			3) Foley, Sharon 40	4) Kuehnast, Amber 19	
4 Wolf, Robert	31 OREG	1:10.22	1 Hecksel, Toni	34 OREG	2:37.64	Women 25-34 200 Yard Medley Relay		
Men 35-39 100 Yard IM			2 Wildbill, Tania	30 OREG	2:48.46	1 OREG 'A'		2:20.11
1 Parmentier, Steve	35 OREG	1:00.26	3 Hyde, Sandra	32 OREG	2:52.13	1) Fox, Christina 39	2) Criscione, Anicia 26	
2 Taylor, Ron	39 OREG	1:03.72	4 Frewing, Louise	33 OREG	2:57.14	3) Hecksel, Toni 34	4) Topp, Suzanne 33	
3 Chin, Loren	39 OREG	1:05.86	Women 35-39 200 Yard IM			Men 19-24 200 Yard Medley Relay		
4 Anspach, Jeffrey	39 OREG	1:06.76	1 Ralle, Martina	35 OREG	2:31.92	OREG 'A'		X1:57.83
5 Conrath, Mike	36 OREG	1:13.95	2 Broido, Ellen	35 OREG	3:01.70	Men 25-34 200 Yard Freestyle Relay		
Men 40-44 100 Yard IM			3 Fox, Christina	39 OREG	3:07.42	1 OREG 'A'		1:47.22
1 Burleson, David	43 MACO	1:00.41	Women 40-44 200 Yard IM			1) Farmer, Chris 31	2) Ralle, Martina 35	
2 Dendy, Richard	40 Msbc	1:02.59	1 Crabbe, Colette	44 OREG	2:26.46	3) Quan, Sara 27	4) Chin, Loren 39	
3 Knauer, Dan	40 MACO	1:03.01	2 Andrus-Hughes, Karen	43 OREG	2:31.27	Men 35-44 200 Yard Medley Relay		
4 Thornton, Kelly	43 OREG	1:06.95	Women 45-49 200 Yard IM			1 MACO 'A'		2:11.20
5 Dowd, Mike	41 MACO	1:15.01	1 Asleson, Elke	48 OREG	3:13.71	1) Maestre, Robert 50	2) Pierson, Ginger 54	
6 Harris, Floyd	42 OREG	1:23.25	2 Welborn, Jody	45 OREG	3:19.88	3) Dowd, Mike 41	4) Foley, Sharon 40	
			Women 50-54 200 Yard IM					

Ol' Barnacle reviews - results - records

Ol Barn...Pentathlon 2000...

October 28th saw the latest swimming of the Pentathlon, there were many entrants and many good times, however if this writer may make an observation, he would recommend that the meet be held in February at the earliest, then I believe the contestants would be in better shape and the times would be more reflective of what the swimmers are capable of.

Under the guidance of Sandi Rousseau with a cast of 100's,

the officials did a great job and the meet went off very smoothly.

Women 19-24: Amber Kehnast MAC won all five events with Sara Peterson taking 5 Silvers.

Women 25-29: Sara Quan was the leader here with Castle Funatake giving her the most competition. We saw a great race in the 100 Free with Sara in at 59.25 and Castle at 59.68. Sara's 100 Breast of 1:13.70 came close the record of 1:12.73.

Women 30-34: Suzanne Topp and Laura Tyrrell had a shootout in the 50 Free with Topp at 27.92 and Tyrrell

continued on page 15

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

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

6 lanes competition - electronic timing,

Heated outdoor pool available for

continuous warm-up/down

Date: January 27, 2001

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 500 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) XXXXX

MEDLEY RELAYS (6-9) XXXXXX

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

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

*50 FLY (13) _____:_____._____

5 MINUTE BREAK (14) XXXXX

MIXED MEDLEY RELAYS (15-16)

100 BREAST (17) _____:_____._____

200 FREE (18) _____:_____._____

*50 BACK (19) _____:_____._____

200 IM (20) _____:_____._____

5 MINUTE BREAK (21) XXXXX

FREE RELAYS (22-27) XXXXXX

100 FLY (28) _____:_____._____

200 BACK (29) _____:_____._____

*50 FREE (30) _____:_____._____

5 MINUTE BREAK (31) XXXXX

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.

ol'Barn continued from page 13

27.96. Toni Hecksel swam all 100's and the 200 IM, won them all in good times, Toni will turn 35 in February. Tyrell was tops in the 50's/100 PENT while Hecksel led the 100's/200.

Women 35-39: Dianna Viales won the short PENT, while Martina Ralle was tops in the long PENT. Ralle came the closest to setting a record, posted a 1:08.66 (100 Back) the record stands at 1:07.10.

Women 40-44: This was the strongest age group for the women with MARY JACKSON, KAREN ANDRUS-HUGHES and COLETTE CRABBE leading the way, and setting records as they swam. Andrus Hughes spun the 100 Free in 59.08, eclipsing the old standard of 1:00.08, ZONE for the 100 Back, was 1:06.68, now 1:06.60(TT3). Jackson posted a new ZONE for the 50 Back in at 31.76 was 32.01, OMS in the 100 IM with 1:08.85 was 1:09.18, Crabbe posted a new OMS for the 100 Fly was 1:07.25 now 1:07.16 plus the 200 IM was 2:32.25 now 2:26.46 (TT7), Crabbe won the 100 Breast in 1:15.02(TT6). These old eyes have not seen that many records for an age group in a long time. Mary Jackson will be aging up in February. OMS welcome to Sharon Foley of MAC. Malia Warner becomes 45 on Nov 9th.

Women 45-49: ROBIN PARISI(MAC) spun the 50 Free in 27.83, the record is 27.75, 50 Back 33.71, Rec is 33.44, ORE Rec for the 50 Fly 30.01, was 30.64, also 100 IM 1:09.99(TT7) was 1:10.67(Z is 1:09.53). Jody Welborn and Elke Asleson split the honors for the folks swimming the 100's, with Elke taking the 200 IM to win the PENT.

Women 50-54: For the short PENT, Ginger edged Sandi Rousseau. They had a real head banger in the 50 Free- Sandi 31.20/Ginger 31.30. Pierson 50 Back 36.06 (TT7), 50 Breast 37.03(TT3), Sandi had a 33.86(TT9) for the 50 Fly. Darlene Staley won all events for the long PENT, best effort was 1:18.73(TT9) for the 100 Fly. Sally Martin will turn 55 for LCM. Ginger will age up in March.

Women 55-59: Joy Ward had a fine meet, no records but some excellent times-50 Free 29.97(TT3) record is 29.14, 50 Back 36.38(TT4), 50 Fly 32.64(TT2) record is 31.60, 100 IM 1:19.30(TT5) OMS hello to Darby Sitter.

Women 70-74: Margaret Wells had this all to herself, she ages up in March. OB is sad to report that Ernest Wells, a long time supporter of Margaret and OMS, is very seriously ill.

Women 75-79: Elfie Stevenin was all alone in this one, she will age up in August.

Women 80-84: Judy Melcher was all alone and lonely but her 50 Fly 1:49.63(TT9) deserves some printers ink.

Men 25-29: CURTIS TAYLOR looked super in the 50/100 Free, OMS record in the 50-21.52(TT7) was 21.85, spun

the 100 in 48.41, just missed the record of 48.40. He ages up in September.

Men 30-34: Mike Grimm(PNA) just edged Chris Farmer in the 100 Free, 59.76 vs 1:00.42. Bill Zolna, Phil King and Dixon Soracco went at in the 50 Back 27.86, 28.20, 28.50. The 50 Breast saw another close swim with Soracco edging Zolna 30.09/30.59. In the 50 Fly, Soracco 25.40, Zolna 25.44, for 3rd Phil King 26.28, Alex Shaevitz 26.50.

Men 35-39: Steve Parmentier, Loren Chin and Charles Mirho swam a tight 50 Free (23.58, 23.82, 24.29) Mirho and Doug Christensen went to the wire in the 100 Free 53.94/53.95. They seemed to like close ones, again in the 100 Breast Mirho 1:07.96, Christensen 1:08.56. Steve Parmentier took the honors in the short Pent.

Men 40-44: David Burleson(MAC) edged Dan Knauer(MAC) for the honors in the short PENT, while Pat Allender grabbed honors in the long PENT.

Men 45-49: Michael Tennant grabbed the Gold in the short PENT, just edging Michael Peyton(MAC). Larry Philbrick and Cliff Stephens matched strokes in the long PENT with Larry edging Cliff in the overall. Kalil, Peyton and Tennant went 32.05, 32.50, 32.54 in the 50 Back. Stephens bested Philbrick in the 100 Fly 1:01.82 vs 1:02.15.

Men 50-54: Robert Huizenga edged Buz Carriker and Frank Parisi in the 50 Fly-34.61/34.75/35.34. Jed Cronin and Robert Maestre went at it in the 100 Fly, with Jed at 1:04.11, Robert in 1:06.20. In the 100 Free Maestre over Cronin 56.75/57.13.

Men 55-59: Frank Phillips took home the Gold for the SHORT and Tom Landis in the LONG.

Men 60-64: Bert Petersen swam an excellent 100 Fly 1:03.91 for a possible All American rating plus 200 IM at 2:46.12(TT9) also wound up with the LONG honors, George Thayer grabbed the SHORT honors.

Men 65-69: Richard Weick, this guy from Eugene, appears to always be in shape, he registered fine swims across the board. 50 Free 27.55(TT6), 50 Back 34.88(TT9), 50 Breast 37.12, 50 Fly 31.97(TT8) and the 100 IM 1:15.97. Three out of five Top Ten efforts in October.

Men 75-79: Gil Young and Rupert Fixott, with Gil taking home the honors for the Pentathlon.

Men 85-89: ALLAN DELAY was after more spots in the record book and he certainly achieved that-Bright and shiny new Zone in the 50 Free 37.80(TT2) was 40.57, OMS records: 100 Free 1:38.42(TT2), 50 Back 53.80(TT5) and a fine 50 Breast 1:07.86(TT3) Allan appears to be swimming better and better.

That's it for the PENT this year, still feel the times would be better if we swam it in Jan or Feb. Thanks a million to all of you fine folks who put the meet together and ran it.

Mt. Hood Community College Short Course YARDS Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #371-02

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

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

Mt. Hood Community College SCY Meet

At Mt. Hood Community College

26000 Stark Street, Gresham Oregon

5 lanes competition, 1 lane continuous

warm-up/cool-down, electronic timing

Date: Sunday, Feb. 18, 2001

WARMUPS: Sunday 8:00AM

MEET STARTS: Sunday 9:00 AM

Meet Director: Phillip King Phone: work-503-491-7244, home- 503-284-8946

e-mail: kingp@mhcc.cc.or.us

Directions to Pool: From I-84 take exit 17. Turn right on SW 257 Ave.

Follow this road south past Stark St., where it becomes NE Kane Rd. Watch the college signs to your left. They will identify the left turn on NE 17th which will take you to the pool.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - FEB 3, 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 500y Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the 500y Free is to be swum. All events will be seeded SLOW TO FAST.

Sunday, February 18, 2001

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

50 FREE (2) _____:_____._____

200 BACK (3) _____:_____._____

100 FLY (4) _____:_____._____

5 MINUTE BREAK (5) XXXXX

MIXED MEDLEY RELAYS (6-7)

100 I.M. (8) _____:_____._____

50 BACK (9) _____:_____._____

200 FREE (10) _____:_____._____

100 BREAST(11) _____:_____._____

5 MINUTE BREAK (12) XXXXX

FREE RELAYS (13-18) XXXXXX

50 FLY (19) _____:_____._____

200 BREAST (20) _____:_____._____

100 FREE (21) _____:_____._____

200 IM (22) _____:_____._____

5 MINUTE BREAK (23) XXXXX

MIXED FREE RELAYS (24-26)XX

50 BREAST (27) _____:_____._____

200 FLY (28) _____:_____._____

100 BACK (29) _____:_____._____

5 MINUTE BREAK (30) XXXXX

MEDLEY RELAYS (31-34) XXXXXX

500 FREE (35) _____:_____._____

"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."

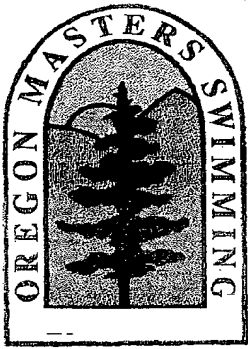
SIGNATURE _____

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.



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—GPV

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

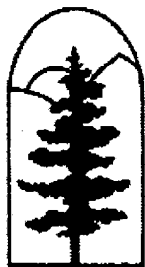
Willamette Athletic Club—WAC

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



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	- TISC
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		

Questions continued from page 9

in Australia? (US)

A. What's this guy smoking and where do I get some?

Q. Please send me a list of all doctors in Australia who can dispense

rattlesnake serum. (US)

A. There are no rattlesnakes in Australia.

Q. Which direction is north in Australia? (US)

A. Face north and you should be about right.

Q. Can you send me the Vienna Boy's Choir schedule? (US)

A. Americans have long had considerable trouble distinguishing between Austria and Australia.

Q. Are there places in Australia where you can make love outdoors? (Italy)

A. Yes. Outdoors.

Q. Are there supermarkets in Sydney and is milk available all year round? (Germany)

A. You have to be kidding

Q. Can I drive to the Great Barrier Reef? (Germany)

A. Sure, if your vehicle is amphibious.

Q. Does it ever get windy in Australia? I have never seen it rain on TV, so how do the plants grow? (UK)

A. Upwards, out of the ground.

Q. Which direction should I drive - Perth to Darwin or Darwin to Perth - to avoid diving with the sun in my eyes? (Germany)

A. Excellent question, considering that the Olympics are being held in Sydney.

Q. I want to walk from Perth to Sydney. Can I follow the railroad tracks? (Sweden)

A. Sure, it's only three thousand miles, so you'll need to have started about a year ago to get there in time for the Olympics.

Q. Is it safe to run around in the bushes in Australia? (Sweden)

A. And accomplish what?

Q. It is imperative that I find the names and addresses of places to contact for a stuffed porpoise. (Italy)

A. I'm not touching this one.

Q. Do you have perfume in Australia? (France)

A. No. Everybody stinks.

**A GENEROUS DONATION FROM INFORMIX SOFTWARE INC.
PROVIDED FOR THE MAILING OF THIS AQUA-MASTER**



The way to work.

This is the way to work—toward the future, at a company where your talent is backed by defining technology.

This is how to work together. Toward a common goal. Testing your outer reaches.

Take ownership. Take action. Take us with you. We're the first and only company to integrate e-commerce with business intelligence — all on a platform built for the internet. We're Informix Software, more than 4,000 technologists strong and growing every day.

Show us your way to work. And we'll give you the platform to perform.

Now seeking Software Developers, Product Management and Product Marketing. For information on these positions and many more, please visit our website at:

www.informix.com/careers

pdxjobs@informix.com

Fax: (650) 926-6873

Source Code: DCPJL04

Informix
SOFTWARE
way to web™

EOE

Aqua-Master

December 2000

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

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

Inside: Pentathlon Results

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

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

41



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

STEVENS-NESS
LAW PUBLISHING CO.

