



# AQUA-MASTER

VOL. 8 No. 2 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE November 1981

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OKAY - ENOUGH OF THIS LOLLY GAGGING AROUND .....

EVERYONE IN THE POOL !!!!!

*second warning!*

Editor's Note :  
At least 95 heeded my  
call for Vancouver !!!

1981 - 1982 Swimming Meet Schedule

*Entry Enclosed*

THE SWIM CELLAR PENTATHALON - THIS WILL BE A REAL FUN THING !!!!!

|                     |                                 |  |
|---------------------|---------------------------------|--|
| December 6th        | Tualatin Hills                  | Brian Frid, Meet Director                        |
| January 10th        | Eugene (Echo Hollow)            | Deb Anderson, Meet Director                      |
| February 6 & 7      | Tigard                          | Bill Dendurant, Meet Director                    |
| March 6 & 7         | Multnomah A.C.                  | Bill Muter, Meet Director                        |
| April 9 & 10        | Corvallis<br>Assn Championships | Mark Worden, Meet Director                       |
| April 30, May 1 & 2 | I E A<br>Region XII Champ       | Harry Lewis                                      |
| May 21 thru 24      | Woodlands, Texas                | Natl Short Course Champs                         |
| June 26 & 27        | Albany, Oregon                  | TBA  |
| July 30-31, Aug 1   | Region XII L/C Champs<br>MHCC   | Mike Popovich, Meet Director                     |
| Aug 26th thru 29th  | National L/C Champs<br>MHCC     | Earl Walter and<br>Mike Popovich, Meet Directors |

HOW'S THAT FELLOW PADDLERS - IF THAT DOESN'T WHET YOUR APPETITE, NOTHING WILL - 1981 thru 1982 will be the greatest year of all in Masters !!!!!

QUESTION OF THE MONTH : WHAT IS OUR GOAL FOR 1982 ???? - OL' BARN PROMISES THE FIRST 10 WITH THE CORRECT ANSWER A PRIZE !!!!!

THE COUNT DOWN  
CONTINUES :

*N-Day minus 291*

Ol' Barn wishes to apologize to those of you who were Journalism majors - this issue of AquaMaster will be known for all eternity as "the sprinters' issue, fast and splashy" , We have been waiting anxiously for the release from National of registration materials, they have arrived in the very nick of time, and hopefully our haste in getting you this vital information plus the entry for "The Swim Cellar Pentathalon" will be understood.

EUGENE MEET - JAN 10th

We are all set and Deb Anderson is eagerly awaiting all of us. This meet is designed particularly with those of you in mind from ; Medford, Klamath Falls, Grants Pass, Roseburg, North Bend , Coos Bay, Corvallis , Albany , Bend , Junction City , etc. etc. .... Deb will be our meet director. The meet will be at the Echo Hollow pool in Eugene ..... special note to those who have been there - THE DOORS WILL BE CLOSED - this is a short course meet. Warm Ups will be at 8:30 AM with the meet starting at 9:30 AM. This is a special appeal to those of you in the Portland Metro Area - all of these fine people support our meets in the Portland area - we MUST support theirs... OKAY ??? Thanks !!!

REGIONAL SHORT COURSE

RECORDS

The current and latest SC records for Region XII have been released by Harry Lewis of the Inland Empire Assn ( thanks Harry for a magnificent job as usual ) This folks is a true labor of love. Copies of these records are in the mail to all clubs and areas in the Oregon Association. Ol' Barn is proud to pass on a bit of trivia --- The Oregon Association holds 161 of these records of a possible 440 for a whopping 36.59 % --- How about that sports fans !!! - The bad news - in the 60-64 age group we have none - zero , it is hoped that this situation will be rectified during the upcoming season.

Again - thanks to Harry Lewis, a great guy, great swimmer, and one h--- of a worker !!!

REGION XII - 1981 - 1982 , MEET SCHEDULE ( in addition to Oregon Assn)

PNA : Contact - Russ Hall  
12518 S E 232nd  
Kent, WA 98031

IEA : Contact - Harry J. Lewis  
944 - E. 39th Ave  
Spokane, WA 99203

December 12/13 - Seattle Area  
January 23/24 - Seattle Area  
February 20/21 - Seattle Area  
March 13/14 - Seattle Area  
April 3 & 4 - PNA Championships  
June 5/6 - S/C in Seattle Area  
July 10/11 - L/C in Seattle Area

December 13 - Coeur d'Alene, Idaho  
January 31 - Pullman, Washington  
February 28th - Tri-Cities, Washington  
April 3/4 - IEA Championships, Spokane  
April 30, May 1/2 - Region XII Short  
Course Champs - Cheney, Washington  
Eastern Washington University

Snake River Association (Southern Idaho) Contact : Sharon Colby  
3610 Kootenai  
Boise, Idaho 83705

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Good News from Eugene : Through the efforts of Deb Anderson and Don Van Rossen we can expect a strong resurgence of Masters Swimming interest in that area. This is the year to get excited !!!!

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# SWIM CELLAR PENTATHALON

\*SANCTIONED BY OREGON MASTERS\*

DATE: Sunday, December 6th, 1981

LOCATION: Tualatin Hills Rec. Center, 15707 SW Walker Rd., Beaverton, OR.

TIME SCHEDULE: Warmups: 9:00 AM Meet starts: 10:00 AM

EVENT ORDER: 1) 50-Fly, 2) 50-Back, 3) 50-Breast, 4) 50-Free, 5) 100 I.M.  
Breaks are scheduled between events. Electronic timing used.

ENTRIES: Entry fee is \$5.00 (includes awards). Entry deadline is Nov. 28th.  
Deck entries will be accepted until 30 minutes prior to meet time,  
but will be assessed an additional \$2.00 late charge.

AWARDS: Special custom awards will be presented in each age group, based  
upon total accumulated times. To be eligible for an award,  
swimmers must swim all five events.

## SPECIAL RULES FOR SWIM CELLAR PENTATHALON:

1. Any swimmer disqualified for false starts may swim the event,  
but a 10-second penalty will be added to score.
2. Disqualification for stroke-and-turn infractions will also  
result in a 10-second penalty.
3. Swimmers using the wrong stroke in any event to gain a time  
advantage, will be disqualified and not be eligible for awards.

## NATIONAL POSTAL PENTATHALON:

The reverse side of this entry gives the details for a national postal  
pentathalon, sponsored by Swim Swim Magazine. With special permission  
from the publisher, our results will be accepted past the due date.  
All entrants will receive a copy of Marion Brems book 101 Favorite  
Swimming Workouts. Entry fee for this event is also \$5.00 and should  
accompany this entry. The Swim Cellar will submit all fees and times.

ENTRY FORM: Detach and mail, with fee payable to Swim Cellar, to:  
Swim Cellar, 10230 SW Parkway, Portland, OR 97225

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

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

PHONE \_\_\_\_\_ REG. #: \_\_\_\_\_ OR \_\_\_\_\_ PNA \_\_\_\_\_ OTHER \_\_\_\_\_

| <u>EVENT #</u> |          | <u>EVENT</u> | <u>TIME*</u> |  |
|----------------|----------|--------------|--------------|--|
| <u>W</u>       | <u>M</u> |              |              |  |
|                |          |              |              | 1. ENTRY FEE \$5.00  |
| 1              | 2        | 50 Fly       | _____        | 2. NATIONAL EVENT _____  |
| 3              | 4        | 50 Back      | _____        | TOTAL: _____   |
| 5              | 6        | 50 Breast    | _____        | Checks payable to: Swim Cellar   |
| 7              | 8        | 50 Free      | _____        | Questions???   |
| 9              | 10       | 100 I.M.     | _____        | Call Barbara or Brian Frid at<br>the Swim Cellar: 292-3379 or<br>at home: 644-9645 |

\*Enter best recent time, or no time (N.T.)

# National POSTAL PENTATHLON™

**SWIM SWIM**  
M A G A Z I N E

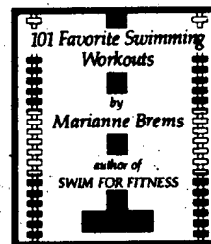


Individuals! Teams! Clubs! Associations! At last -- a postal event for the true-grit sprinter (any swimmer who fears hallucinations or disorientation during distances greater than 100 yards) or anyone who enjoys maximum speed over short distances. Measure your all-around sprinting ability with other swimmers from all over the country. It's fun and a great way to encourage club or team participation. Individuals or teams may submit already-completed Masters pentathlon results (1981 only) or organize your own meet! Here are the rules:

**DATE:** Any time during 1981, but before December 1.  
(Entry postmarked by December 1, 1981)

**LOCATION:** Any 25-yard pool

**EVENTS:** 50-yard Butterfly  
50-yard Backstroke  
50-yard Breaststroke  
50-yard Freestyle  
100-yard Individual Medley



**101 WORKOUTS BOOK  
TO ALL  
PARTICIPANTS!!**

Each swimmer must swim all five separate events on the same day. Order of events swum is not important and it's OK to rest between them. Swimmer adds all five individual times together to determine total time score.

**NOTE:** This postal competition is not a sanctioned U.S. Masters Swimming event. But, we invite you to submit times from your local Masters pentathlon meets during 1981. Or organize your own competition! Just swim all 5 events on the same day. Remember -- it's the honor system.

**AGE DIVISIONS:** Men and Women: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

**ELIGIBILITY:** Open to any swimmer 19 years old or over. You do not need to be registered with the AAU to participate in this event.

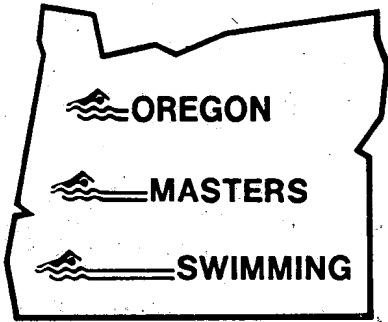
**ENTRY FEE:** \$5.00 postmarked by December 1, 1981.  
(Foreign entrants: \$7.00 U.S. currency)

**AWARDS:** ALL participants will receive a free copy of the book 101 Favorite Swimming Workouts by Marianne Brems.

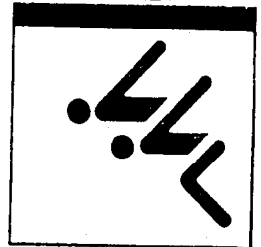
**RESULTS:** Swimmers' names and times will be published in SWIM SWIM. Entries will be ranked within each sex and age group by time score.

← (OVER)

# IMPORTANT



# NOTICE



## TIME TO REGISTER FOR 1982

This will be the 10<sup>th</sup> Anniversary of Masters Swimming in Oregon, and in the Northwest, and will be our GREATEST year yet.

In case you haven't heard, WE ARE HOSTING the Long Course NATIONAL CHAMPIONSHIP MEET at Mt. Hood C.C. in August 1982. DON'T MISS OUT - IT'S OPEN TO ANYONE OVER 25 - NO TIME STANDARDS. Participation in a National Championship is an unforgettable experience --- TRY IT, YOU'LL LIKE IT!!!!

### PLEASE READ

Our Newsletter, AQUA MASTER, is optional but is our ONLY means of communicating with you. It's the only source of entry forms, meet results, meet schedules and other vital information. (It's a BARGAIN at only \$4 per year.)

We had several unhappy people last year that forgot to send enough for their Newsletter and then didn't know when the meets were being held.

QUESTIONS?  
CALL EARL WALTER-292-1611  
OR CONNIE WILSON-771-1663

CLIP AND MAIL

UNITED STATES MASTERS SWIMMING, INC.  
MEMBERSHIP APPLICATION FORM

## FOR 1982



PLEASE PRINT OR TYPE INFORMATION - THANK YOU

last name \_\_\_\_\_ first name \_\_\_\_\_ middle \_\_\_\_\_ date \_\_\_\_\_  
mo. day yr

street address \_\_\_\_\_ phone \_\_\_\_\_ sex \_\_\_\_\_ age \_\_\_\_\_ birth date \_\_\_\_\_  
mo. day yr

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ club name - **OREGON MASTERS SWIMMING**

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee listed below.

signature: \_\_\_\_\_

Name of \_\_\_\_\_  
Local Team \_\_\_\_\_

MAKE CHECK PAYABLE TO: **OREGON MASTERS SWIMMING**

FEES

Send to Local Masters Sports Committee: →

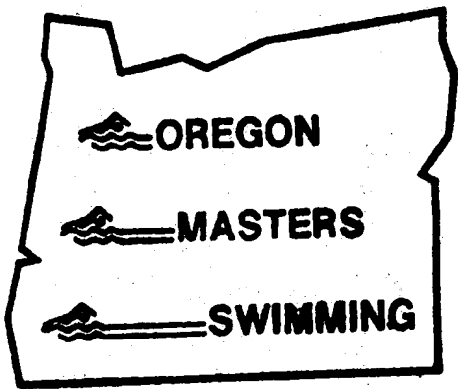
Connie Wilson, Reg. Chrm.  
OREGON MASTERS SWIMMING  
8383 S.E. Battin Rd.  
Portland, OR 97266

Registration(\$8.00)- \_\_\_\_\_

Newsletter (\$4.00)- \_\_\_\_\_

TOTAL

\$ \_\_\_\_\_



first class mail

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