



AQUA-MASTER

VOL. 8 No. 5

FEBRUARY 1982

OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE

ALL AMERICA 1981

LAVELLE STAINOFF: Five TOP TEN Short Course places with a FIRST in the 500 free. Holder of the 500 and 1650 Freestyle National Records. Capped off with 2nds in the 200 and 1500 meter free.

MARTHA KELLER: Martha holds 17 National records in her age group, was named SWIM SWIM ALL STAR for 1981 in the 80-84 age group. Took 9-1st placings in TOP TEN Short Course, and 8-1st placings in the LONG COURSE TOP TEN.

ARTHUR SMITH: Placed in the TOP TEN 5 times with a 1st in the 200 yard breaststroke. Art is the National record holder for the 200 yard Breaststroke, outstanding all around swimmer in the 35-39 age group.

Entry Enclosed

1982 SWIMMING SCHEDULE

March 5th and 6th	Multnomah Athletic Club	Stephen Zak
April 3rd and 4th	Corvallis Aquatic Center Association Championships	Mark Worden
April 30, May 1 & 2	Region XII Championships Cheney, Washington	Harry Lewis
May 21 thru 24	National Short Course Championships	Woodlands, Texas Thomas D. Boak Jr 2720 N. Logrun, Woodlands, Houston, Texas
June 26th & 27th	Long Course - Albany, Oregon	T.B.A.
July 30, 31 & Aug 1	Region XII Long Course Championships	Mike Popovich M.H.C.C.
Aug 26 thru 29	National Long Course Championships at Mt Hood Comm College	Barbara Frid, Swim Cellar 10230 S W Parkway Portland, OR 97225

"SELF DISCIPLINE IS WHEN YOUR CONSCIENCE TELLS YOU TO DO SOMETHING,
AND YOU DON'T TALK BACK"

W.K.HOPE

EUGENE MASTERS
 SHORT COURSE MASTERS
 January 10, 1982
 Eugene, Oregon

Women 25-29

50 Free
 June Mather 28 :32.30
 Cathy Dukeminier 28 :36.10
 Morley Hegstrom 29 :39.00
 Priscilla Elder 29 :40.70
 Nancy Stockton 26 :41.45

100 Free
 June Mather 28 1:12.20
 Morley Hegstrom 29 1:29.15
 Priscilla Elder 29 1:31.75

200 Free
 June Mather 28 2:43.37
 Cathy Dukeminier 28 3:04.75

500 Free
 Karen Burlison 26 6:28.75
 Marilee Eaton 26 7:17.30
 Nancy Stockton 26 8:35.90

50 Back
 Marilee Eaton 26 :43.35
 Priscilla Elder 29 :48.85

100 Back
 June Mather 28 1:31.85

200 Back
 Karen Burlison 26 2:44.00

50 Breast
 Debra Angello 28 :39.18
 Nancy Stockton 26 :47.55
 Cathy Dukeminier 28 :48.05
 Morley Hegstrom 29 :45.40
 Priscilla Elder 29 :51.90

50 Fly
 Marilee Eaton 26 :37.04

100 IM
 Debra Angello 28 1:17.75
 Marilee Eaton 26 1:25.60
 Morley Hegstrom 29 1:39.20

200 IM
 Karen Burlison 26 2:48.75

400 IM
 Karen Burlison 26 5:49.10

Women 30-34

50 Free
 Cheryl Shay 34 :31.25
 Nancy Milner 30 :33.00
 Sharon Capron 32 :35.05
 Bonnie Todis 32 :40.20
 Karin Carlson 34 :45.85

100 Free
 Tanya Manisgh 32 1:03.70
 Cheryl Shay 34 1:08.40
 Marianne Powell 31 1:13.70
 Sharon Capron 32 1:16.45
 Karin Carlson 34 1:47.65

200 Free
 Cheryl Shay 34 2:33.60
 Marianne Powell 31 2:45.90
 Sharon Capron 32 2:46.45
 Pam Kahler 33 2:48.55
 Nancy Milner 30 2:50.80
 Polly Ashworth 30 3:21.80

500 Free
 Darlene Pohl 31 6:31.70
 Cheryl Shay 34 7:00.40
 Sharon Capron 32 7:23.95
 Nancy Milner 30 7:30.00

50 Back
 Tanya Mansigh 32 :34.20
 Nancy Haire 32 :42.10
 Bonnie Todis 32 :51.65

100 Back
 Tanya Mansigh 32 1:13.25

200 Back
 Sue Snyder 32 2:44.70

50 Breast
 Sue Snyder 32 :37.80
 Karyn Hale 30 :39.35
 Marianne Powell 31 :45.35
 Bonnie Todis 32 :50.00
 Karin Carlson 34 :53.65

100 Breast
 Sue Snyder 32 1:22.88
 Karyn Hale 30 1:25.00
 Nancy Haire 32 1:30.8

200 Breast
 Sue Snyder 32 2:53.90
 Karyn Hale 30 3:02.00
 Nancy Haire 32 3:16.00

50 Fly
 Darlene Pohl 31 :32.50
 Pam Kahler 33 :37.00
 Nancy Milner 30 :37.80

100 Fly
 Darlene Pohl 31 1:12.25
 100 IM
 Tanya Mansigh 32 1:11.80
 Karyn Hale 30 1:17.25
 Pam Kahler 33 1:21.60
 Nancy Haire 32 1:24.20
 Nancy Milner 32 1:26.75
 Polly Ashworth 30 1:37.50

200 IM
 Tanya Mansigh 32 2:38.25

Women 35-39

50 Free
 Lynn Cox 36 :30.75

100 Free
 Lynn Cox 36 1:10.65

500 Free
 Linda Jones 39 7:36.00
 Sandra Simons 36 8:30.50

50 Back
 Linda Jones 39 :39.30
 Lynn Cox 36 :39.75

100 Back
 Sandra Simons 36 1:39.90

200 Back
 Linda Jones 39 3:06.65
 Sandra Simons 36 3:35.30

50 Breast
 Lynn Cox 36 :42.57

100 Breast
 Linda Jones 39 1:36.20

100 IM
 Lynn Cox 36 1:25.30

Women 40-44

50 Free
 Nancy Ross 44 :29.35
 Harriet Lynch 42 :37.90

50 Back
 Nancy Ross 44 :38.10
 Chaya Amiad 43 :41.55
 Harriet Lynch 42 :44.35

100 Back
 Chaya Amiad 43 1:34.35

200 Back
 Nancy Ross 44 3:00.20

EUGÈNE MASTERS			100 IM		200 Back		
SHORT COURSE MASTERS			Marilyn Stauber	51	1:40.85	Steve Loosley	27 2:44.55
January 10, 1982							
Eugene, Oregon			Women 55-59			50 Breast	
Women 40-44 - Cont.			200 Free			Howard Ronkin	26 :31.20
			Maggie Wells	55	3:15.00	John Thayer	29 :31.90
50 Breast			500 Free			100 Breast	
Chaya Amiad	43	:45.40	Maggie Wells	55	8:31.45	Howard Ronkin	26 1:09.50
100 Breast			100 Back			200 Breast	
Nancy Ross	44	1:33.20	Maggie Wells	55	1:37.15	Howard Ronkin	26 2:31.95
200 Breast			200 Back			50 Fly	
Harriet Lynch	42	3:26.55	Maggie Wells	55	3:33.40	John Thayer	29 :26.30
50 Fly			Women 60-64			T. J. Murphy	25 :28.50
Chaya Amiad	43	:42.65	500 Free			Howard Ronkin	26 :28.90
Harriet Lynch	42	:46.50	Elfie Stevenin	60	13:32.30	100 IM	
100 IM			200 Back			Tom Patapoff	25 1:00.25
Harriet Lynch	42	1:30.20	Elfie Stevenin	60	4:58.60	John Thayer	29 1:02.15
Chaya Amiad	43	1:32.45	200 Fly			Howard Ronkin	26 1:03.70
Women 45-49			Elfie Stevenin	60	7:25.80	T.J. Murphy	25 1:11.80
50 Free			200 IM			200 IM	
Joan Whisman	45	:32.80	Elfie Stevenin	60	5:37.65	Tom Patapoff	25 2:20.25
200 Free			400 IM			John Thayer	29 2:20.75
Joan Whisman	45	2:57.05	Elfie Stevenin	60	11:34.90	Men 30-34	
100 Back			Women 70-74			50 Free	
Connie Wilson	47	1:24.30	100 Free			Thomas Anderson	30 :24.50
200 Back			Helen Joseph	74	1:50.50	Bob Wienert	34 :26.45
Connie Wilson	47	3:08.58	200 Free			Alan Shiell	32 :26.55
50 Fly			Helen Joseph	74	4:09.50	Charles Nordgaard	32 :29.70
Nadine Whitehall	47	:34.30	Men 25-29			100 Free	
Joan Whisman	45	:40.70	50 Free			Thomas Andersen	30 :55.05
200 Fly			Tom Patapoff	25	:24.20	Bob Wienert	34 :58.85
Nadine Whitehall	47	3:19.20	Joe Alsup	29	:25.87	Alan Shiell	32 1:00.45
100 IM			T.J. Murphy	25	:26.05	Charlie Swanson	30 1:02.75
Joan Whisman	45	1:26.6	100 Free			Craig Mather	30 1:06.35
400 IM			Tom Patapoff	25	:54.50	Charles Nordgaard	32 1:09.10
Nadine Whitehall	47	6:35.65	200 Free			200 Free	
Women 50-54			Tom Patapoff	25	2:07.40	Thomas Anderson	30 2:08.55
50 Free			Joe Alsup	29	2:14.60	Bob Wiernert	34 2:14.15
Marilyn Stauber	51	:38.05	500 Free			Craig Mather	30 2:27.80
200 Free			John Thayer	29	5:45.40	500 Free	
Marilyn Stauber	51	3:15.70	Steve Loosley	27	5:52.20	Bob Wienert	34 6:20.00
Joyce Briggs	51	3:53.60	Joe Alsup	29	6:08.50	Craig Mather	30 6:55.30
Ann Mention	52	4:01.30	50 Back			50 Back	
500 Free			T. J. Murphy	25	:31.25	Thomas Anderson	30 :31.85
Joyce Briggs	51	10:17.50				Alan Shiell	32 :32.50
Ann Mention	52	10:24.00				Charles Nordgaard	32 :39.30
						100 Back	
						Alan Shiell	32 1:12.90
						Craig Mather	30 1:22.70

EUGENE MASTERS
 SHORT COURSE MASTERS
 January 10, 1982
 Eugene, Oregon

			100 Breast				50 Breast		
			Frank Burlison	35	1:17.30		Gerald Little	46	:35.80
			Cecil Kribs	39	1:31.80		Harry Hutton	48	:40.95
Men 30-34 - Cont.			200 Breast				100 Breast		
			Frank Burlison	35	2:51.00		Gerald Little	46	1:18.35
50 Breast			50 Fly				50 Fly		
Charlie Swanson	30	:32.50	Jim Balz	35	:34.45		John Orbell	45	:33.95
100 Breast			100 IM				100 IM		
Charlie Swanson	30	1:11.20	Roy Watters	37	1:10.75		John Orbell	45	1:18.30
			Jim Balz	35	1:15.60				
200 Breast			200 IM				Men 50-54		
Charlie Swanson	30	2:38.65	Frank Burlison	35	2:41.20		50 Free		
50 Fly			Men 40-44				Eric Guest	52	:28.65
Craig Mather	30	:33.00	50 Free				200 Free		
100 IM			Chris Hiatt	41	:27.00		Eric Guest	52	2:41.10
Thomas Anderson	30	1:06.50	Bill Meltzer	42	:28.75		50 Breast		
Alan Shiell	32	1:09.50	100 Free				Don Van Rossen	52	:34.15
Men 35-39			Chris Hiatt	41	1:01.60		100 Breast		
50 Free			200 Free				Don Van Rossen	52	1:18.15
Douglas Kastner	38	:24.90	Bill Meltzer	42	2:34.25		200 Breast		
Roy Watters	37	:26.80	500 Free				Don Van Rossen	52	2:54.40
Jim Balz	35	:29.00	Bill Meltzer	42	7:07.70		100 IM		
Richard Swartz	38	:31.45	James Clyne	40	7:13.30		Eric Guest	52	1:20.95
100 Free			50 Back				Men 55-59		
Douglas Kastner	38	:57.20	Chris Hiatt	41	:31.90		50 Free		
Roy Watters	37	1:00.65	50 Breast				Gil Young	59	:33.40
Cecil Kribs	39	1:03.40	Richard Gordon	40	:40.50		500 Free		
Richard Swartz	38	1:09.20	100 Breast				Gil Young	59	7:08.70
Riley Fing	38	1:15.30	Richard Gordon	40	1:29.70		50 Back		
200 Free			Men 45-49				Gil Young	59	:40.20
Roy Watters	37	2:19.49	50 Free				200 Back		
Richard Swartz	38	2:33.45	Jim Bigler	46	:28.50		Gil Young	59	3:22.15
Riley King	38	2:46.55	Gerald Little	46	:29.90		Men 60-64		
500 Free			Harry Hutton	48	:32.05		50 Back		
Frank Burlison	35	6:40.35	100 Free				Earl Walter	60	:35.5
Richard Swartz	38	6:51.20	Jim Bigler	46	1:04.50		100 Back		
Riley King	38	7:19.80	Harry Hutton	48	1:13.25		Earl Walter	60	1:18.35
50 Back			200 Free				200 Back		
Cecil Kribs	39	:33.90	Jim Bigler	46	2:24.75		Earl Walter	60	2:57.20
Jim Balz	35	:37.60	500 Free				Earl Walter	60	2:57.20
100 Back			Jim Bigler	46	6:50.50				
Cecil Kribs	39	1:17.20	200 Back						
Riley King	38	1:34.45	Jim Bigler	46	3:05.05				
200 Back			50 Breast						
Cecil Kribs	39	2:49.55	Jim Balz	35	:38.35				
Riley King	38	3:28.80							

EUGENE MASTERS
 SHORT COURSE MASTERS
 January 10, 1982
 Eugene, Oregon

Men 65-69

200 Free Relay
 Women 35 & Up
 Lynn Cox
 Sandra Simons
 Marilyn Stauber
 Harriet Lynch 2:23.15

200 Back
 Don Stevenson 69 3:24.70

200 Mixed Medley
 25 & Up
 T. J. Murphy
 Nancy Haire
 Pam Kahler
 Harry Hutton 2:17.80

100 Breast
 Don Stevenson 69 1:42.30

200 Breast
 Don Stevenson 69 3:24.95

25 & Up
 Jim Balz
 Craig Mather
 June Mather
 Cathy Dukeminier 2:33.35

200 IM
 Don Stevenson 69 3:26.00

Men 70-74

50 Back
 Max Strauss 72 :53.40

25 & Up
 Sandra Simons
 Nancy Stockton
 Charlie Swanson
 Charles Nordgaard 2:34.50

50 Breast
 72 :51.55

RELAYS:

200 Medley Relay
 Men 25 & Up
 Joe Alsop
 Charlie Swanson
 John Orbell
 Charles Nordgaard 2:07:20

35 & Up
 Chris Hiatt
 Harriet Lynch
 John Orbell
 Lynn Cox 2:18.70

200 Free Relay
 Men 25 & Up
 Joe Alsop
 Charles Nordgaard
 Chris Hyatt
 Charlie Swanson 1:54.95

200 Mixed Free Relay
 25 & Up
 Craig Mather
 June Mather
 Jim Balz
 Cathy Dukeminier 2:09.65

200 Medley Relay
 Women 25 & Up
 Polly Ashworth
 Nancy Stockton
 Marilee Eaton
 Morley Hegstrom 2:47.25

Women 35 & Up
 Sandra Simons
 Harriot Lynch
 Marilyn Stauber
 Lynn Cox 2:48.10

200 Free Relay
 Women 25 & Up
 Nancy Stockton
 Morley Hegstrom
 Karin Carlson
 Marilee Eaton 2:44.15

Region XII : 1981 - 1982 , Meet Schedule (In Addition to Oregon Assn)

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

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

~~February 29/4th Seattle Area~~
 Feb. 28 - Tri-Cities, Washington
 Apr. 3/4 - IEA Champs, Spokane
 Apr 30, Reg XII S/C Championships
 May1/2 - Eastern Washington Univ
 Cheney, Washington

~~February 29/4th Seattle Area~~
 February 20/21 - Seattle Area
 March 13/14 - Seattle Area
 April 3 & 4 - PNA Championships
 June 5/6 - S/C, Seattle Area
 July 10/11 - L/C, Seattle Area

Snake River Assn (So. Idaho) Contact :
 Sharon Colby, 3600 Kootenai, Boise, Idaho 83705



Name _____

Address _____

City _____

State _____ Zip _____

Age _____ Male Female

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EUGENE MASTERS
SHORT COURSE MASTERS
January 10, 1982
Eugene, Oregon

Women 20-24

50 Free
Eileen Cavanaugh 23 :32.85
Cathy Thomas 23 :33.95

500 Free
Olivia Klassen-Keim 24 7:47.00

50 Breast
Tami Pearson 23 :36.75
Deb Anderson 24 :38.30
Eileen Cavanaugh 24 :40.50
Cathy Thomas 23 :41.35

100 Breast
Tami Pearson 23 1:20.00
Deb Anderson 24 1:24.40
Eileen Cavanaugh 24 1:31.85
Cathy Thomas 23 1:35.50

200 Breast
Deb Anderson 24 3:01.70

50 Fly
Tami Pearson 23 :34.95

100 IM
Tami Pearson 23 1:17.90

RELAYS

200 Medley Relay

20 & Up
Tami Pearson
Sharon Capron
Tanya Mansigh
Cheryl Shay 2:25.90

20 & Up
Priscilla Elder
Bonnie Todis
Deb Anderson
Cathy Thomas 2:45.95

Men 20-24

50 Free
Timothy Smith 24 :27.20
Dan Bloyer 24 :29.25

100 Free
Timothy Smith 24 1:03.40
Dan Bloyer 24 1:04.40

200 Free
Timothy Smith 24 2:27.60

500 Free
Timothy Smith 24 6:46.40

50 Breast
Mike Bettancourt 24 :34.55
Dan Bloyer 24 :37.50

100 Breast
Mike Bettancourt 24 1:21.35

200 Breast
Mike Bettancourt 24 3:02.70

EUGENE MEET JUST THE FINEST !!!!!

In spite of weather that was only fit for penguins, many of us journeyed to Eugene for what turned out to be the biggest and best swim meet ever held outside the metropolitan Portland area. Ice skates were needed just to get to the pool - Caroline and Jim Bigler took their van on a full 900 degree swing, ended up facing back home but hung in there and continued South.

Deb Anderson was our meet director, she ran what most people felt was just about the finest meet ever. Deb was assisted ably by ; Starters : Joe Alsup and Teri Russom. Our scorer was Aarnie. Head Timer was Marty Cooksey with help from ; Bill Cox, Leo Stauber, John Baldwin, Peter Brodtkin, Jackie Glover, Herschel, Dana Hiatt, John Hiatt, Heather Hiatt (where would Oregon Masters be without the Hiatt family ?), and Bob Mention.

ALSO WE WANT TO PASS A BIG THANKS TO THE FOLKS AT ECHO HOLLOW POOL !!!!!

REGIONAL RECORDS :

Maggie Wells (55-59) 100 Back - 1:37.15
200 Back - 3:33.40
Elfie Stevenin (60-64) 200 Fly - 7:25.80
400 IM - 11:34.90
Helen Joseph (70-74) 100 Free - 1:50.50
200 Free - 4:09.50
Earl Walter (60-64) 100 Back - 1:18.35
200 Back - 2:57.20

ASSOCIATION RECORDS :

Maggie Wells (55-59) 200 Free - 3:15.00
500 Free - 8:31.45
Elfie Stevenin(60-64) 200 Back - 4:58.60
200 I.M. - 5:37.65

ASSN RECORDS (cont) :

Don Van Rossen (50-54) 200 Breast 2:54.40
Gil Young (55-59) 500 Free 7:08.70
Don Stevenson (65-69) 200 Breast 3:24.95
Nadine Whitehall (45-49) 400 I.M. 6:35.65

NEW FACES (Welcome !!!) ; June Mather, Cathy Dukeminier, Morley Hegstrom, Priscilla Elder, Nancy Stockton, Marilee Eaton, Bonnie Todis, Karin Carlson, Pam Kahler, Polly Ashworth, Marianne Powell, Sandra Simons, Joyce Briggs, Ann Mention, Joe Alsup, Alan Shiell, Charles Nordgaard, Craig Mather, Charles Swanson, Jim Balz, Riley King, James Clyne, Richard Gordon, Gerald Little, Harry Hutton, Olivia Klassen-Keim, Eileen Cavanaugh, Cathy Thomas, and Dan Bloyer.

THANKS SO MUCH - EUGENE !!!!!

MULTNOMAH ATHLETIC CLUB
1849 S.W. SALMON ST.
MAIL: P.O. BOX 390
PORTLAND OR 97207

I-5 from Vancouver
Follow 405 South to
Exit 2A Couch/Burnside
Take 15th St. past Burn-
side to Morrison & turn
right. Take a left onto
18th at Civic Stadium.
Turn right onto Salmon.

Hwy 30 St Helens
Proceed into Portland
on Hwy 30. Follow 19th
St. past Civic Stadium.
Turn right onto Salmon.

Oregon 26 Sunset Hwy
Proceed on 26E into
Portland. Take Stadium
Exit. Follow signs to
Civic Stadium. Proceed
on 18th St. to Salmon
Turn left onto Salmon.

84N
To the Dalles

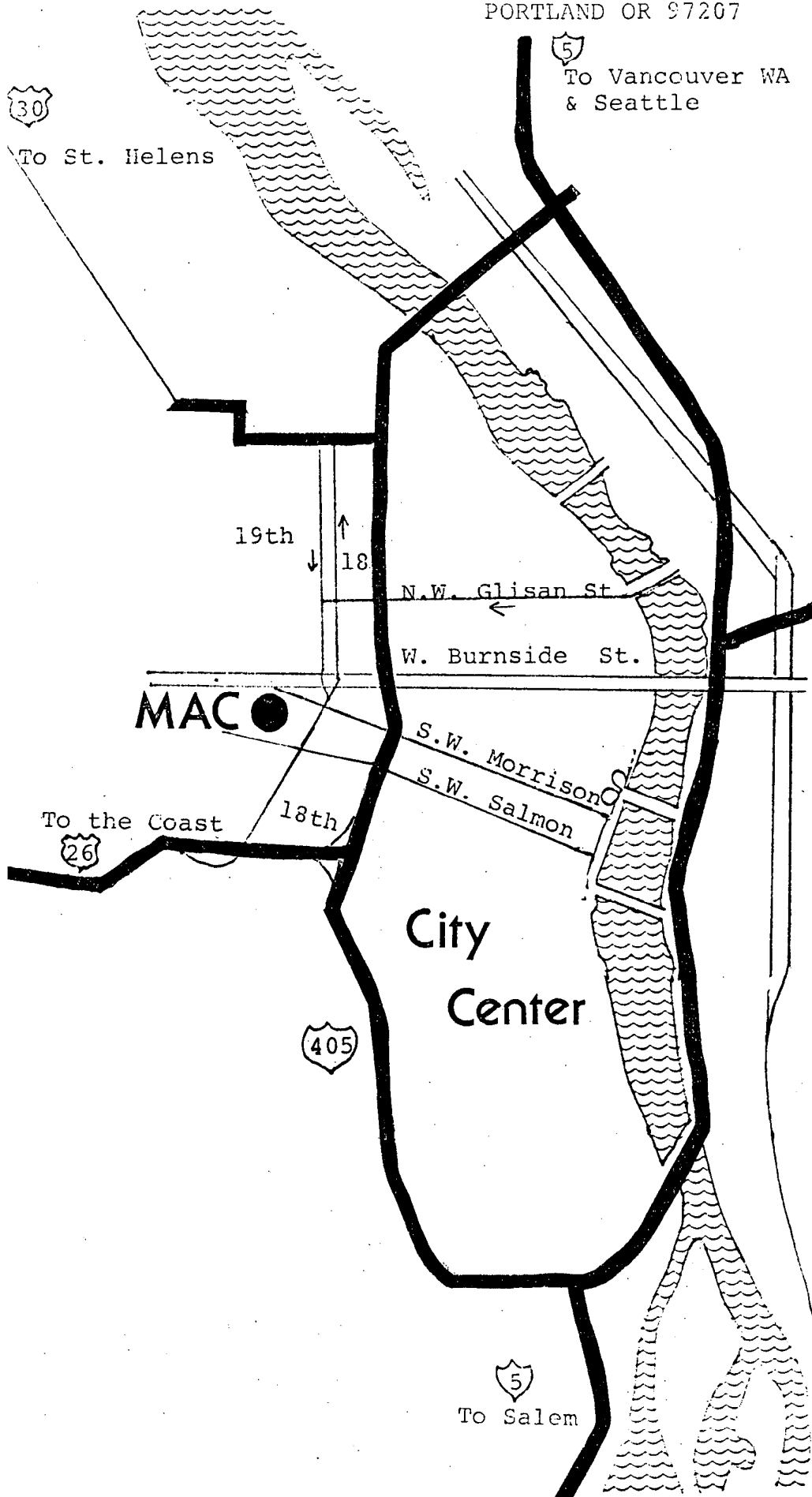
Oregon 84N The Dalles
Head west on 84N into
Portland. Follow I-5
south & 405 signs. Pro-
ceed over the Marquam
Bridge. Follow signs to
City Center & 405. Take
"Salmon St. Exit Only" onto
14th St. Turn left onto
Taylor. Turn left onto
18th and an immediate
right onto Salmon St.

I-5 South Salem
Follow signs to City
Center & 405N. Take
"Salmon St. Exit Only" onto
14th St. Turn left onto
Taylor. Turn left onto
18th and an immediate
right onto Salmon

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Swim Office ext 224

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Oregon City

5
To Salem



MANY OF YOU HAVE ASKED FROM TIME TO TIME
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189 Days

!!! REGISTER NOW !!!

Your 1981 registration runs out this month. Please use the form below and get your 1982 registration to me ASAP. This is our big year!!!! NATIONALS IN OUR OWN BACKYARD!!!! Look at your address label. If it says 1981 you need to renew.

Register and Swim ???

↓ 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.

----- 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.

Name of
 Local Team →

signature: →

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 \$

MAC MASTERS SHORT COURSE SWIMMING MEET

Multnomah Athletic Club - March 5th & 6th, 1982

Meet Director : Stephen Zak, MAC Swim Office, Phone : (503) 223 6251(Ext 224)

Mail Entry Forms and Fees to : Stephen Zak, Swim Office, Multnomah Athletic Club
P O Box 390, Portland, Oregon 97207

Entries will CLOSE : March 1, 1982 - Monday 3/1/82

Make Checks Payable to : Oregon Masters Swimming (O.M.S.)

Please Circle you Age Group : (20-24) (25-29) (30-34) (35-39) (40-44)
(45-49) (50-54) (55-59) (60-64) (65-69)
(70-74) (75-79) (80-84) (85-89) (90- +)

Name _____ M ___ F ___ Birthday _____ Age ___ As of 1st Day of Meet

Address _____ City _____ State _____ Zip _____ Phone _____

Assn : OR ___ PNA ___ IEA ___ SRA ___ Reg. No. _____ (Fill in # !!!)

Events Entered and Best Times(Short Course) - Enter Relays at the Meet.

Friday, March 5th - Warm Ups at 6 P.M. , Meet Starts at 6:30 P.M.

Circle Event # and enter best time : Please remember that excluding relays, you can enter five (5) events and swim a maximum of five (5) events.

<u>W</u>	<u>M</u>	<u>Best Time</u>	<u>W</u>	<u>M</u>	<u>Best Time</u>
1	2	400 Ind Medley	3	4	1650 Freestyle

Saturday, March 6th - Warm Ups at 9 A.M., Meet Starts at 10 A.M.

<u>W</u>	<u>M</u>	<u>Best Time</u>	<u>W</u>	<u>M</u>	<u>Best Time</u>
5	6	200 Free	25	26	200 Back
7	8	100 Back	27	28	50 Free
9	10	50 Fly	29	30	200 Breast
11	12	100 Breast	31	32	100 I.M.
		5 Minute Break			5 Minute Break
13	14	200 Medley Relay XXXXXX (5 Min Break)	33	34	200 Mixed Medley Relay XXXXX (5 Min Break)
15	16	200 Fly	35	36	50 Back
17	18	50 Breast	37	38	100 Fly
19	20	100 Free	39	40	500 Free
21	22	200 Ind Medley			5 Minute Break
		Five Minute Break	41	42	200 Free Relay
23	24	200 Mixed Free Relay XXXXXX			Maximum 5 Individual Events

For Best Times , Be Sure to use Short Course Times

Entry Fee : Entry (Surcharge) - \$ 5.00

Make Checks Payable to :

Awards : Pay for them as you earn them (\$ 1.50)

OREGON MASTERS SWIMMING

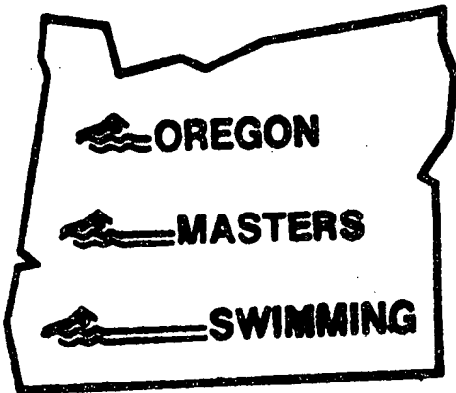
Deadline : Monday - March 1, 1982

Directions : See Map Enclosed , Enter Club thru Athletes Entry , this is door adjacent to main entrance on Salmon Street.

This Meet is sanctioned by Oregon Masters Swimming See You There !!!!

IF YOU ARE NOT REGISTERED - YOU MUST REGISTER AT THE MEET - SEE CONNIE WILSON

IF YOU ARE FROM OUTSIDE OF REGION XII - ENTER YOUR AFFILIATION & REG. NUMBER.



first class mail

Connie Wilson
8383 S.E. Battin Rd., No. 1
Portland, OR 97266