



AQUA-MASTER

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1982 LONG COURSE CHAMPIONS

OREGON

3141 POINTS..

RIGHT ON PEOPLE....We did it, over 200 Oregon Association Masters Swimmers churned to the most impressive team victory in the history of Masters Swimming. The team total of 3140½ was more than double any winning team had ever scored at Nationals. You can be proud, hold your heads high, it was a lot of work, but am sure that when the waves settled we all felt that great feeling, that comes from "a job well done".

Particularly we want to thank Mike Popovich, Mt Hood Community College, his fine crew, Oregon Swimming plus as fine a group of officials who ever worked a meet anywhere. We of Oregon owe a lot also to Sandi Rousseau for her magnificent work on the relays. Records...you can't imagine what happened to our Association records as well as Regional and National marks. The onslaught was devastating and can only be appreciated when you see them printed and all together.

STORY CONTINUES ON THE INSIDE.....

The Scoring Breakdown
(first five only)

<u>Men's</u>		<u>Women</u>		<u>Combined</u>	
The Olympic Club	1290	OREGON	1578½	OREGON	3140½
OREGON	1216	Pac Northwest	884½	Pac Northwest	1593
Pac Northwest	556½	San Mateo Marlins	494	The Olympic Club	1290
San Mateo Marlins	520	Rinconada	484	San Mateo Marlins	1060
Rinconada	419½	St Petersburg	231	Rinconada	1021

Our women were just superb as the score attests, they were never even threatened by a fine PNA team, which by the way, totalled more points in combined than any team previously (1593), our women alone almost equalled that with a total of 1578½ - WOW!!!

For our men it was a different story, they were in a battle from event one. The Olympic Club of San Francisco purposely gathered together the strongest Mens team in Masters history, and came to Portland with the avowed purpose of winning the Men's championship, that they did, but not till after our Oregons had showed them that there are champions a plenty in our association. Better than half of the San Francisco team were former Olympic Medalists. Most interesting was the relay competition - Oregon matched the point total of TOC point for point - 246 vs 246, now that is something to be proud of...

In the "beast" divisions 25 thru 39, Oregon actually outpointed TOC, how about that sports fans. Ol' Barnacle is very proud of both our women and our men, I have dwelled a bit on the men's because TOC made such an obvious run at the championship and just narrowly squeaked through.

Now, on to the Gold Medalists :

Stan Carper (25-29) 200 m Backstroke

Fred Sprenger (50-54) 1500 m Freestyle

Don Van Rossen (50-54) 100 & 200 m Breaststroke and 200 m Fly

Don Stevenson (70-74) 200 m Breast, 200 m Fly, 400 m Ind Medley

Leroy Webster (80-84) 100 and 200 m Breaststroke

Collister Wheeler (85-89) 50 and 100 m Freestyle

Tanya Mansigh (30-34) 100 and 200 m Backstroke

Cathy Imwalle (30-34) 50 m Breast

Darlene Pohl (30-34) 200 m Butterfly

Barbara Frid (40-44) 50, 100 and 200 m Backstroke

Susan Rittenhouse (40-44) 100 and 200 m Butterfly

Lavelle Stoinoff (45-49) 400 and 1500 m Freestyle

Nadine Whitehall (45-49) 100 m Butterfly

Louise Hepner (55-59) 100 and 200 m Breaststroke

Martha Keller (80-84) 100, 200, 400, 1500 Free and 50 m Backstroke

Edith McMasters (80-84) 50 and 100 m Breaststroke

Relay Gold Medalists :

Peggy Lubchenco, Jane Loverin, Laura Gannon, Tanya Mansigh - 200 Free (25+)

Ann Whitmyer, Mirjana Callahan, Lynn Cox, Nancy Ross - 200 Free (35+)

Lavelle Stoinoff, Nadine Whitehall, Joan Whisman, Virginia Van Rossen
(200 Free - 45+)

Margaret Wells, Kathy Hughes, Louise Hepner, Mary Anne Wolfe (200 Free - 55+)

Gold Medalist - Relays - (cont)

Women 200 Medley :

Sandi Rousseau, Dale Repshas, Jane Loverin, Peggy Lubchenco (25+)
Ann Whitmyer, Barbara Frid, Ginger Pierson, Nancy Ross (35+)
Nadine Whitehall, Connie Wilson, Joan Whisman, Lavelle Stoinoff (45+)

Mixed Relays - Free Style :

Peggy Lubchenco, Tanya Mansigh, Vern Dasch, Alan Cardwell (25 +)
Nancy Ross, Mirjana Callahan, Robert Smith, Karl Von Tagen (35 +)
Earl Walter, Jim Holland, Louise Hepner, Mary Anne Wolfe (55+)
Edith McMasters, Martha Keller, Harry Wedler, Herb Eisenschmidt (75+)

Mixed Relays - Medley :

Sandi Rousseau, Stan Carper, Steve Colella, Peggy Lubchenco (25+)
Ann Whitmyer, Art Smith, Robert Smith, Mirjana Callahan (35+)
Martha Keller, Edith McMasters, Harry Wedler, Herb Eisenschmidt (75+)

Men 200 Medley :

Alan Cardwell, Stan Carper, Howard Ronkin, Vern Dasch (25+)
Herb Eisenschmidt, Leroy Webster, Harry Wedler, Art Larsen (75+)

Men 200 Free :

Collister Wheeler, Harry Wedler, Leroy Webster, Herb Eisenschmidt (75+)

Ol' Barn's Comments

When you separate Gold from Silver, the line gets mighty fine sometimes, take for example the Mixed Medley Relay 25+ , Oregon "A" of Rousseau, Carper, Colella, and Lubchenco swam a 2:05.23, for the Silver was Oregon "B" at 2:05.32 composed of Roy Abramowitz, Dale Repshas, Howard Ronkin and Tanya Mansigh.

The mercurial rise in the swimming prowess of Howard Ronkin certainly deserves a moment of consideration. Howard a few years ago, and I do mean a few was a fine young 20-24 swimmer. Howard capped off two years of work with PR's in everything he swam, culminating with a fantastic showing at Nationals - 2 3rds and a 4th in the 50, 100 and 200 Breast, along with being a tower of strength in the Relays. Howard never really swam high level competition, but at the end of August he proved he is definitely "world class" in Masters. Now that is growing old in style!!!!

Back to the fine line again...TOC "A" did a 1:59.12 in the 200 m Medley Relay, Oregon's "A" of Chuck Richards, Art Smith, Bob Smith, & Karl Von Tagen for the Silver with a fine 2:00.17.

Another one...TOC "A" in the 200 Free Relay with a 1:45.28 - Oregon "A" for the Silver at 1:45.80 comprised of Bob Smith, Karl Von Tagen, Chuck Richards and Jon Stout.

We had mentioned earlier that this was Don Stevenson's year....it certainly was with all those golds, plus two silvers and a bronze AND a bright and shiny new National Record for 400 I.M. at 8:13.30.

We have built Masters swimming in Oregon up from a handful to almost 400 people, we have as fine a program as anyone in the world...please...let's keep it that way...KEEP WORKING AND KEEP SWIMMING, FOR YOUR HEALTH'S SAKE !!!

well worth repeating...

Remember this your lifetime through..
Tomorrow, there will be more to do..
And failure waits for all who stay..
With some success made yesterday..

(from TIME, Feb 12, 1973)

Swim for
fitness....

Now
and

Always!

~ Second Annual ~
SWIM CELLAR PENTATHALON

DATE: Sunday, December 5th, 1982

LOCATION: Tualatin Hills Sports Center, 15707 SW Walker Road
Beaverton, Oregon

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). Entries must be received by Nov. 29th. NO DECK ENTRIES WILL BE ALLOWED!

AWARDS: Special custom pins will be presented to the top 6 places in each age group, based upon total accumulated times. To be eligible for an award, swimmers must swim all five events.

PARTY: Linda Jones has again invited everyone to her home following the Pentathalon. Come celebrate with good spirits, good food, and good friends. Maps will be available at the meet.

SPECIAL RULES: Swimmers disqualified for false starts or stroke-and-turn infractions will receive a 10-second penalty to be added to their score.

NATIONAL POSTAL PENTATHALON:

The reverse side of this entry is the entry 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 _____

EVENT # EVENT TIME*

<u>W</u>	<u>M</u>		
1	2	50 Fly	_____
3	4	50 Back	_____
5	6	50 Breast	_____
7	8	50 Free	_____
9	10	100 I.M.	_____

1. ENTRY FEE \$5.00

2. NATIONAL EVENT _____

TOTAL: \$ _____

Will you be able to attend party?
YES _____ NO _____ HOW MANY _____

*Enter best or estimated time.

See page 11 for further information about this exciting postal event.

SWIM SWIM
MAGAZINE

National POSTAL PENTATHLON™

ENTRY FORM

Deadline: postmarked by December 1, 1982

Name _____ Address _____

City _____ State _____ Zip _____

Sex (check one): Male Female

Circle age group (as of 12/1/81): 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+

Events

Times

50-yard Butterfly	_____	seconds
50-yard Backstroke	_____	seconds
50-yard Breaststroke	_____	seconds
50-yard Freestyle	_____	seconds
100-yard Individual Medley	_____	seconds

TOTAL TIME (IN SECONDS) _____ seconds

Signature of witness or meet director

We hope you give this postal competition your best but feel it necessary to warn you that NO ONE should undertake this event unless he/she is physically fit and sufficiently trained to participate safely. This involves a yearly examination by a physician and dedication to a regular exercise program. Sprint events, the type offered here, are potentially dangerous to untrained individuals and those with health problems.

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge SWIM SWIM, Inc. for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate.

Signature of swimmer

TO ENTER: Fold this coupon or a copy and enclose \$5.00 (foreign-\$7.00 U.S. currency) in check or money order to: SWIM SWIM Magazine, P.O. Box 5901, Santa Monica, CA 90405. Make checks payable to SWIM SWIM Magazine. Entry ENTRY DEADLINE: Postmarked by December 1, 1982

Please Read

(1) MOST IMPORTANT MEETING.....

Immediately following the swimming of the pentathalon at Tualatin hills there will be a meeting for all registered Oregon Masters Swimmers. We have reserved a meeting room at the center. This meeting will be before the party so if you are a registered Oregon Masters Swimmer this meeting is a must for you.

(2) REGISTRATION.....

We will handle registration for the coming year in the same manner as last year. You will receive a special mailing from Connie Wilson, our Registration Chairman during the month of November. Please remember it is mandatory now that you be registered if you wish to swim in Masters competition. This is not only a local ruling, but is required by National.

(3) EVERYONE..LET'S SWIM IN THE PENTATHALON AT TUALTIN HILLS

Those of you who missed it last year, missed a lot of fun, this is a fast pool. We have five defending Swim Swim National Champs :

Sue Snyder (30-34), Barbara Frid (35-39), Susan Rittenhouse (40-44)
Verne Dasch (30-34) , and Earl Walter (60-64)

REMAINING SCHEDULE FOR 1982-1983 Season :

Entry Enclosed

December 5	Swim Cellar Pentathalon	Tualatin Hills	Brian Frid
January 9	Mt Hood Community College		Mike Popovich
February 6	Tigard Swim Center		Bill Dendurant
March 5 & 6	Sheldon Pool (Eugene) (Hope to have a 1650)		Deb Anderson & Don Van Rossen
April 1,2,3	Multnomah Athletic Club (Association Championships)		Stephen Zak
April 29, 30 & May 1	Tualatin Hills (Region XII S/C Championships)		Brian/Barbara Frid et al
May 28 thru 31	SHOF Pool, Ft Lauderdale, Florida U S Masters S/C Championships		June Krauser
June 12 or 19	L/C Osborn Aquatic Center Corvallis, Oregon		Mark Worden (tent)
July 16 & 17	L/C Mt Hood Comm College		Mike Popovich (tent)
Aug 12,13,14	Witter Pool, Spokane, Washington Region XII L/C Championships		Harry Lewis (tent)

Come April 1 (April Fools' Day) and someone says they are not in shape Ol' Barnacle will have no sympathy, you have been warned, get in the pool - NOW...

Remember the stop watch and/or touch pad does not lie..swimmers do not get ranked by sportswriters.. THE FASTEST TIME ALWAYS WINS !!!!

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

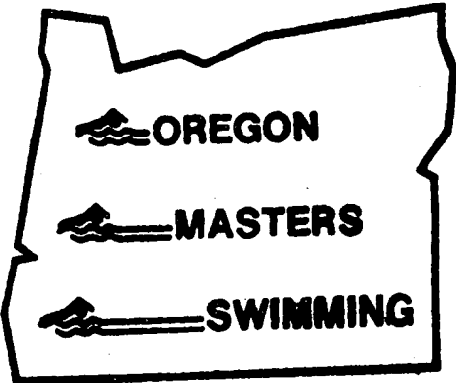
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