



# AQUA-MASTER

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## 1983 - 1984 MEET SCHEDULE

### SHORT COURSE

November 6	V.O.T. - Vancouver Relays	Roy Watters
December 3	Swim Cellar Pentathlon - THPRD Pool Portland (also newcomers' meet)	Barbara/Brian Frid
January 8	Lake Oswego 1650 Meet	Jayne Chastain
January 22	Lewis and Clark College, Portland 1650, 400 I.M. and Regular Meet	
January 27,28 (Fri., Sat.)	Sawtooth Masters, Boise, Idaho (snow skiing after meet)	Richard Cooke
March 3, 4	Newberg, Oregon 1650, 400 I.M. and Regular Meet	Jim McMaster
March 30, 31 April 1	Association Championships Corvallis, Oregon	Mark Worden
April 24-28	1st International Masters Swimming Championships Christchurch, New Zealand	
May 4,5,6	Regional Championships P.N.A. Washington	Kiko Kimura
May 26-29	National Short Course Championships Industry Hills, California	

### LONG COURSE

June	Mountain Park, Portland, Oregon 1500, 400 I.M. a.m., Regular meet p.m.	
July	P.N.A. Washington	
August	Mt. Hood Community College, Gresham, Oregon 1500, 400 I.M. Fri., Balance on Sat. & Sun.	
August	National Long Course Championships Raleigh, North Carolina	

# It's Not

The V.O.T. "Hold A World Record Meet"

Like myself, many people have never been part of a world record attempt - now is everybody's chance - and let me say that when each of these events has concluded you may very well find

yourself holding a world record. (At least until someone holds another meet like this.)

This meet will allow you to be teamed up, and become intimate with, people of different ages and abilities.

A hand picked team of expert matchmakers will work around the clock (for at least a few hours) taking your well thought out entries and turning them into an abomination. You will find yourself on relays with no rhyme or reason other than by expert opinion - the best possible combinations to produce the promised world records.

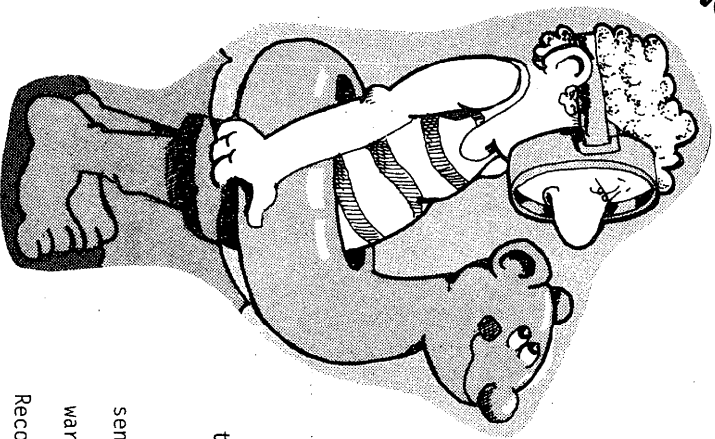
Although (no, some, many, few) awards will be presented to the winning relay, their names will be forwarded to the international "What the H--l Kind of Record is This?", commission, located in Humptulips, Washington, for inclusion in their "Acts of questionable need," Hall of Fame, right next to the man who ate 300 goldfish.

(He turned out to be a pretty good swimmer.)

If you survive the rigorous format of this get together, your next big treat will be to attend the after meet "pig out" at a place to be named in July of '86. See you there. (All food and beverage will be provided). If not enough people enter - all food and beverage will only include all the soda crackers and water you can hold.

Respectfully submerged,

Anonymous V.O.T.



JUST ANOTHER SWIMMIN' MEET!

## EVENTS 7

### Sanctioned Relays(3 official watches)

1. 200 Medley Relay
2. 200 Free Relay
3. 200 Mixed Medley Relay
4. 200 Mixed Free Relay

### Stroke Relays

5. 200 Backstroke Relay
6. 200 Breaststroke Relay
7. 200 Butterfly Relay

### Fun Relays

8. Inner Tube Relay - by sitting in inner tube, swimmer will propel himself to next relay member
9. Swim Suit Relay - the lead swimmer will wear an extra large swim suit over his own, swim to next member, disrobe "spare suit" for next member to wear
10. Kick Board Relay - kick any style with board to next member
11. Partners Relay - swimmers will hold hands and swim(any fashion) to next members
12. Ping Pong Relay - by holding a spoon in mouth(ping pong ball on spoon), swimmer will propel himself to next member
13. One swim suit Relay - All Men  
All Women

All members of perspective relay will remain unsuited in locker room until previous swimmer brings in his/her suit for next member to wear(locker rooms will be clearly marked)

- \* Optional - Carbohydrate loading Relay(you all know what kind of relay this is)
- \* Optional - For those people interested - (5 member) - put a swimmer in the cap relay will be held at the end of the meet. Timed, with 1:30 seconds maximum.

### ORDER OF EVENTS

1. 200 Medley Relay
8. 200 Inner Tube Relay
5. 200 Backstroke Relay
2. 200 Free Relay
9. 200 Swim Suit Relay
6. 200 Breaststroke Relay
3. 200 Mixed Free Relay
10. 200 Kickboard Relay
7. 200 Butterfly Relay
4. 200 Mixed Free Relay
11. 200 Partners Relay
12. 200 Ping Pong Relay
13. 200 One Swim Suit Relay
14. Carbo Loading Relay
15. Cap Stuff

\*\* See next page for OFFICIAL relay rules

OFFICIAL RELAY RULES

1. By entering the meet you agree to swim 8 relays (not including sanctioned or optional relays.)
2. All entrants names will be place in a "hat"(regardless of age or sex) and drawn randomly for placement on a relay.
3. Heat sheet will be provided to indicate which relay you are on and your team members.
4. Each swimmer must swim at least 25 yards(one length) but "team strategy" will determine the distance each will actually swim. The total distance must equal 200 yards. For example: swimmer 1. 75 yards, 2. 25 yards, 3. 50 yards, 4. 50 yards = 200 yards. It is up to your team to decide what order and what distance each member will swim. (This is an excellent time to get to know your fellow swimmers that you've only seen swim at meets.)
5. Sanctioned relays will be deck seed and will be time for an official time.
6. Warm ups are at 8:30 a.m. Meet starts at 9:00 a.m.
7. \$5.00 per entry
8. Meet will be held at Marshall Center Pool, in Vancouver, Washington, November 6
9. Entries are due October 24 to Roy Watters: 13108 N.E. 22d St., Vancouver, Wa.

\*\*\*\*\*

The V.O.T. "Hold A World Record Meet"  
ENTRY FORM

Entries due OCTOBER 24

Meet - November 6

Name \_\_\_\_\_

Age \_\_\_\_\_

Do you want to participate in the following?:

- |                        |     |    |
|------------------------|-----|----|
| 1. Carbo Loading Relay | yes | no |
| 2. Cap Stuff Relay     | yes | no |
| 3. Party               | yes | no |

Please include \$5.00 with entry form.

OCTOBER HAPPY BIRTHDAYS

Doug Adams	1	Joel Kimble	8	Jane Loverin	15
Jim Rabe	1	Jane Edwards	9	Richard Anthony	18
Stephen Albright	2	Pam Lyster	10	Vicki Gordon	22
Greg Cambridge	3	Ken Drake	11	Kathleen Sweeney Easter	22
Leo Poulin	3	Jim Anderson	12	Marilyn Stauber	24
Sandi Rousseau	5	Kent Taylor	12	Karl Von Tagen	28
Jim Bigler	6	Jo Hanna Schwartz	13	Mike Langsdorf	29
Bob Wienert	6	Lisa Shultz	13		

# Happy

# Birthday

Listed below are statistics to responses to the questionnaire seeking input regarding Oregon Masters Swimming:

Total Member Response: 38 10%

1. Evaluation of current meets: good or excellent 79%
2. Concerns the way meets are conducted: Not having enough timers seemed to the main area, however, only 5 people thought so. Half of the people who responded regarding meet format said keep it the same, the other half said vary it. In all, 60% had no concerns.
3. Clinic Participation: yes 89%
4. Additional Social Events: after meet function 48%  
No -(Keep it the same) 31%

Many good ideas were submitted for improving interest among potential masters swimmers. Several of them have been put into effect already. As the year(s) move along, your ideas and involvement will help Oregon Masters "swim" in the right direction. Feel free to input at any time. We need you!

Ol' Barn's Intervals.....Another Season, Another Reason for Makin' Splashes,  
(with a tip o' the hat to Eddie C.)

You will hear a lot more later but in brief...Art Smith, Connie Wilson,  
and Ol' Barn travelled to Concinnati and represented you all at the Annual  
Convention for Masters Swimming...some highlights ;

Bert Petersen from Mt Hood is our new National Chair for TOP TEN RELAYS, con-  
grats Bert, now the good news, for Relays only a new national policy was  
established, you will be picking TOP TWENTY !!!

Ol' Barn stuck his hand up at the wrong time is now in charge of Championship  
Meet Records, all kidding aside it is great and we look forward to taking  
care of these jobs for the good of the order.

When it all get's put in final form we will pass on to you the major changes  
that will effect all of us.

The final day of the convention found your delegates putting in a 12 ½ hour  
day, it was gruelling, Ol' Barn feels up to a 1650 this year after that.

\*\*\*\*

HIGHLIGHTS FROM 1983 LONG COURSE REGIONALS.... RECORDS !!!!!

TANYA MANSIGH...the 400 Free at 5:28.34, the 50 Back in :36.28, winding up with  
a great 400 I.M. in 6:07.25

SANDI ROUSSEAU...with a great 50 free in :31.52 followed by a 2:44.13 - 200

GINGER PIERSON...3 excellent efforts in the Breast ; a :38.50 - 50, a 1:25.57  
at a 100, winding up with a 3:08.15 - 200

BARBARA FRID...How about :35.37 in the 50 fly and a 200 IM in 3:03.74

SUE RITTENHOUSE...Picked up 3 new bright and shinies ; 50-100-200 Back in :42.58,  
1:33.21 and a 3:16.98

MARGARET WELLS...A great meet...a 1:54.12 in the 100 Fly a PR by over 8 seconds,  
and a 4:13.42 in the 200 Fly

ELFIE STEVENIN...Great Swims highlighted by a PR of 1 ½ minutes improvement in  
the 1500 Free at 44:34.10, now that is really going faster!!!

DAVID CLARKE...Fine Swims highlighted with a sparkling 200 Free in 2:27.98

BERT PETERSEN...Two great efforts; 50 Breast in :38.60, the 100 at 1:32.22

JIM BIGLER...12 seconds faster, a PR in the 200 IM movin' on at 3:12.15

ERIC GUEST...Still getting better, the 100 Free in a fine 1:11.59

GIL YOUNG...Climaxed a fine season with a PR in 1500 at 25:57.58

MANY GOLDS...topped by Martha and Ol' Barn with 6 each, Martha swam better than  
Ol' Barn.

Followed closely with 5 ; Tanya, Sandi, Barb, Nadine, Elfie, Hazel  
and Bert

We did not have enough troops, Long Course will be at Mt Hood next year , let's  
go get 'em gang !!!!!

New Faces...Andree Devine, Ruth Moreland, Nancy McKenzie and Nona Hanan.

Ken Eagon, Tom Herber, Lawrence Carriker and Joe Ruddley

...at least at Regionals...okay

Art Smith and his fine group have a banner year planned for all of you, get out  
of the sack into the rack...swim rather...anyhoo - GET WITH IT !!!!!

NEWPORT BEACH MASTER SWIMMERS

present the first annual

'TALE OF THE WHALE' PENTATHLON AND 1/2 HOUR SWIM (POSTAL)

- SANCTION: SPA/USMS # 8320
- ELIGIBILITY: Any registered U.S. Master Athlete or Master Athlete registered with a similar body in his/her own country
- LOCATION & TIME: Any pool 25 yds in length (or longer) and anytime during October, 1983
- AGE GROUPS: 19-24, 25-29, 30-34, etc., for men and women: see application form
- AWARDS: 4", 6 color, 'TALE OF THE WHALE' patches for individual 1st, 2nd, & 3rd places in each age group and sex. The SWIM CLUB with the most individual entries will receive a \$100 award
- EVENTS: (1): PENTATHLON: 50 yd fly, back, breast, free, and 100 yd individual medley. Individual strokes may be done in any order, or on separate days if you wish.  
(2): 1/2 HOUR SWIM: swim as far as you can in 1/2 hour, freestyle.
- ENTRY FEES: Pentathlon (only): \$5.00. 1/2 hour swim (only): \$5.00. BOTH events: \$8.00  
Foreign entrants please submit in U.S. funds. Checks should be made payable to Newport Beach Master Swimmers. Entry fee includes mailing of results.
- ENTRY: Mail official entry form to L. D. Farrington, 1227 Highland Drive, Newport Beach, CA 92660 - phone (714) 631-6281. All entries must be postmarked by 15 November, 1983.

OFFICIAL ENTRY FORM: 'TALE OF THE WHALE' PENTATHLON AND HALF-HOUR SWIM (POSTAL)

Last name, first name (please print)	Age

Street Address

City and State (and Country, if not USA)	Zip Code

		AGE GROUP CODES: A: 19-24 B: 25-29 C: 30-34 D: 35-39 E: 40-44
		F: 45-49 G: 50-54 H: 55-59 I: 60-64 J: 65-69
		K: 70-74 L: 75-79 M: 80-84 N: 85-89 O: 90+
Sex	Age group	

PENTATHLON TIMES

50 yd fly	
50 yd back	
50 yd breast	
50 yd free	
100 yd IM	

1/2 HOUR SWIM

Distance swum in yards   
(if pool is in meters, multiply meters by 1.0936 and round down to nearest 5 yard increment)

USMS #:    
Registration Number (1983)

Swim Club Code (leave blank)	Country Code (leave blank)

Telephone number: ( ) - -  
(in case we have questions about your entry)

CERTIFICATION: I certify to the results entered above: \_\_\_\_\_  
Signature of swimmer                      Signature of verifier

RELEASE FROM LIABILITY: As a condition of my entry in this meet, I, the undersigned, hereby absolve any sponsoring body and/or any officiating individual from any claim for loss or injury incurred by me at this meet: Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Special recognition and thanks goes to Jean Kinsey-Lee  
for typing the meet results.

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

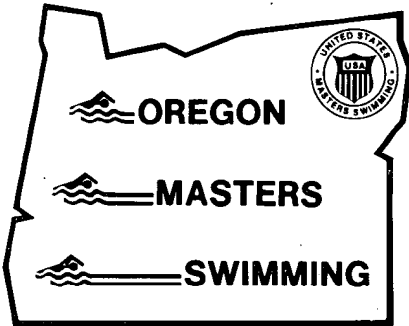
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Portland, Oregon 97226

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