



# AQUA-MASTER

VOL. 10 No. 2 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE Nov. 1983

Arthur H. Smith, Chairman  
Oregon Masters Swimming  
6225 S.W. Canyon Ct.  
Portland, Oregon 97221  
Bus. - 297-8065

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Secretary - Sandi Rousseau  
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Aqua-Master - Ginger Pierson  
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Connie Wilson, Admin. Chrmn.  
Oregon Masters Swimming  
8383 S.E. Battin Road #1  
Portland, Oregon 97226  
Home - 771-1663

## 3rd Annual Swim Cellar Pentathlon



You have been dealt THE PERFECT HAND. Not only are you able to compete in a meet in which you swim all five events, but you also have the opportunity to bring a newcomer (friend, parent, lap swimmer, etc.) to swim in any or all event(s) in a "special" heat. The meet and social afterwards is an ideal way to make new friends - so plan to attend!

**Wild Card**  
NEWCOMER  
The time is NOW for us all to get involved. We've all talked about the "swimmer" who (1) would like to evaluate his progress (2) is afraid or (3) would like to get involved. It is important to for us to share the Masters' Program with others if we are to continue to grow. So make the effort and bring a new-

SWIM CELLAR PENTATHALON

DATE: Saturday, December 3rd, 1983

LOCATION: Tualatin Hills Sports Center, 15707 SW Walker Road, Beaverton, OR;  
From Portland: 7 miles west on US 26 (Sunset Hwy) to Cornell Rd.  
exit, then south on 158th to pool. Phone: 645-7454.

TIME SCHEDULE: Warmups: 9:30 AM Meet starts: 10:30 AM

SANCTIONED BY: USMS, Inc. and LMSC for Oregon Association

EVENT ORDER: 1) 50-Fly, 2) 50-Back, 3) 50-Breast, 4) 50-Free, 5) 100 I.M.  
Newcomer heats will be deck seeded and swum prior to each event. Electronic timing used.

ENTRIES: Entry fee is \$5.00 (includes awards). Entries must be postmarked by Saturday, Nov. 26th. 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: A party will be held following the pentathalon. Come celebrate with good spirits, good food, and good friends. Maps will be available at the meet. Cost: \$2.50 per person.

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

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ENTRY FORM: Detach and mail, with fee payable 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	_____	
3	4	50 Back	_____	2. Party(\$2.50) _____
5	6	50 Breast	_____	TOTAL: \$ _____
7	8	50 Free	_____	
9	10	100 I.M.	_____	

\*Enter best, or estimated time. Do not enter "NT".

QUESTIONS??? Call 292-3379 (Swim Cellar), or 644-9645 (Brian Frid)

O.M.S. ANNUAL GENERAL MEETING

The annual general meeting of Oregon Masters Swimming will immediately follow the Swim Cellar Pentathlon at the Tualatin Hills Swim Center. Everyone is welcome to attend.

All Local Operating Groups(those registered with O.M.S.) will get one vote at this general meeting. Make sure a representative from your group is present to cast its vote. Contact your L.O.G. for the agenda.

-----JOB OPPORTUNITY APPLICATION-----

Your Board will post a slate for two offices which come up for reelection this year - Vice President and Treasurer. We have been inquiring throughout the state for interested persons to fill these positions, but we may have missed you. If you are interested or know of someone who has expressed interest contact Arthur Smith 297-8065(work) or 282-1172(home) immediately.

Duties of Officers include:

The Vice Chairperson shall: (1) execute the duties of the chairperson in his or her absence, and (2) be responsible for the scheduling, sanctioning, and conduct of all meets.

The Treasurer shall: (1) be responsible for the finances of the organization under the direction of the board, (2) receive, bank and disperse funds, and (3) provide a statement of finances as requested by the board.

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Because we want to recognize all swimmers for a job well done, information is needed from you. We want your all-time Personal Record (personal best) in each event (yards and meters) for your age group. This information should be mailed or given to Earl Walter(3904 S.W. 57th. Ave. Portland, Oregon 97221).

Ol' Barn does a great job in the water as well as writing articles - give him the ammo and watch what he'll do!

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NOVEMBER HAPPY BIRTHDAYS

Nov.		Nov.		Nov.	
Jane Arnold	1	Susi Fogelson	8	Mike Fehler	15
Allyn Brown	1	Shelley Blumberg	9	Herb Eisenschmidt	16
Jill Henson	1	Helen Joseph	9	Lawrence Carricker	17
Sue Rittenhouse	1	Alice Ellison	10	Chris Moran	20
Bob Rohde	1	Mike McRae	10	Richard Branchik	25
Connie Wilson	2	Pam Himstreet	11	Mike Johnson	26
Brian Haliski	5	Don Houghton	12	Bobbie Lisa Chamberlain	27
Jim Hammond	6	Roy Lambert	12	Nancy Helget	27
Joe Ruddley	7	Sharilyn Workman	12	Brad Elliott	28
Arthur Smith	7	Doug Hunsicker	13	Jean Ridings	28
Enid Webb	7	Robert Amott	15	Ed Urbanski	29

# Happy Birthday

## QUIPS AND QUOTES

On September 18, Blue Lake Park hosted a mini - triathlon. It may have been "mini" but the miserable weather made it especially difficult. The 1000 meter swim took place in the chilly lake; the 25 mile bike course traversed Troutdale, with the 10K grass course run in the park.

Several Master Swimmers entered and fared well: Joan Whiseman(40-49) 2nd: 3hr. 11 min.(even with 7 min. for clothes change); Tom Herber(30-39) 5th: 2:29; Bob Miller (50-59) 1st; Adrian Kalil(20-29) 8th: 2:34.

Way to go triathletes! What fantastic condition you must be in.

# HELP

I used to complain and listen to complaints about how the "Swim Master"(the national publication newsletter)included stories or pictures of swimmers from the East(especially Florida)and ignored us on the West Coast. Well, I internalized this thought with the

Aqua Master. Unless stories and photos(black and white) are sent to the editor, he/she will print only what he/she is made aware.

Therefore, to include those interesting stories, events, biographies, photos, etc. please send them in as you learn of them. They may be about yourself(boast please) or someone else but send them so I can publish it(space available)in future Aqua Masters.

We're all interested - aren't you? Thanks, Ginger Pierson

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#### WHO WILL BE NEXT?

According to unrevealed sources a new masters team has formed at the Metro Y.M.C.A. They boast a coach with a team 24 members strong who are enthusiastic and fitness oriented. They promise to pose a threat at the Association Meet.(Keep in mind, the Barracudas won with only 28 members.)

Welcome aboard Kenna Jones(coach) and team. We hope to see you "in the swim" soon.

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#### ... a polka dot BIKINI?

Bert Peterson(Mt. Hood Community College)was so excited about a team members progress that he took him to a swim meet in Bellevue, Washington, Sunday, October 16.

Buz Carriker(35-39), swimming in his first meet ever, came away with two new PR's: 50 Breast - 5th. - 37.77; 100 Breast - 4th - 1:23.41. Those are super swims - keep up the great work. We're all proud of you.

Bert(40-44)left P.N.A. with a lasting impression himself. Not only did he win 3 events but established as many records: 50 fly - 1st - 27.0; 100 fly - 1st - 1:02.27 - association record; 200 fly - 1st - 2:38.28 - regional record; 200 breast - 3rd - 2:54.51 - personal record.

Bert is a real inspiration - you just have to meet him! Congratulations.

(The bikini you ask about - you read the article didn't you?)

1984 UNITED STATES MASTERS SWIMMING  
NATIONAL SHORT COURSE CHAMPIONSHIPS

sponsored by: Industry Hills Aquatics Club

May 26-29, 1984 at  Industry Hills & Sheraton Resort 

City of Industry, California

TO ALL MASTERS SWIMMERS: the Industry Hills Aquatics Club invites you to plan to spend your 1984 Memorial Day weekend at the magnificent pool and facility which will provide you with fast water and luxurious surroundings; we expect outstanding competition for everyone. Please return the form below and we will mail to you as many entry packets as you request. We plan to begin mailing by March 1st. THANK YOU AND WELCOME.

- - - - - tear here - - - - -

REQUEST FOR ENTRY FORM(S) and INFORMATION

NAME \_\_\_\_\_  
please print all information

For Office Use

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

YOUR TEAM \_\_\_\_\_ YOUR ASSOCIATION (LMSC) \_\_\_\_\_

HOW MANY SETS OF ENTRY FORMS? \_\_\_\_\_

IS THIS FOR YOUR ENTIRE TEAM? \_\_\_\_\_ LMSC? \_\_\_\_\_

(please do not duplicate an order; we would prefer mailing to one person for an entire team or LMSC)

RETURN THIS FORM TO: Tina Martin, Meet Director  
3320 Primavera Street  
Pasadena, California 91107



OR DELIVER BY HAND AT THE MEET TO: Margaret Season, Chairman  
USMS International Committee

1983 - 1984 MEET SCHEDULE

SHORT COURSE

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

**UNITED STATES MASTERS SWIMMING, INC.  
MEMBERSHIP APPLICATION FORM FOR 1984**



PLEASE PRINT OR TYPE INFORMATION — THANK YOU

last name	first name	middle	date
			mo. day yr.
			/ /
street address	phone	sex age	brith 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 Group

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

FEES:

Send to Local Masters  
Sports Committee:

Connie Wilson, Reg. Charm.  
OREGON MASTERS SWIMMING  
8383 S.E. Battin Rd. #1  
Portland, OR 97266

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

Newsletter (\$5.00) \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**WANTED:** color slides or color photo  
negatives to be used for  
Masters slide show. Will  
return immediately after  
reproduction. Please send  
to Ginger Person:  
14278 N.E. 14th. St.  
Vancouver, Wa. 98664

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**Board Meeting:** Tuesday, November 29  
1:30 Rec. Center  
Everyone Welcome

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**Annual General Meeting:** Saturday  
December 3  
After Pentathlon  
Rec. Center  
Everyone Welcome



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

Portland, Oregon 97204

916 S.W. Fourth Avenue

STEVENS-NESS

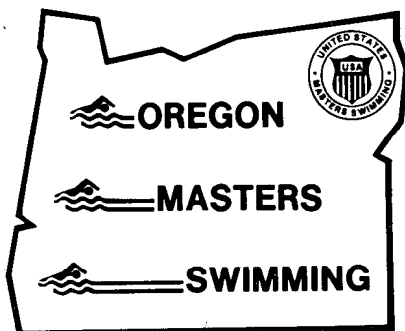
223-3137

For your PRINTING and OFFICE SUPPLY needs call

STEVENS-NESS LAW PUBLISHING CO.

the courtesy of sometime swimmer Jim Snow and

This issue of your AQUAMASTER was donated through



**first class mail**

Connie Wilson  
8383 S.E. Battin Road #1  
Portland, Oregon 97226