

Chairman & Editor
John F. Zell
4640 NE 36th Avenue
Portland, OR 97211
(503) 282-9347

Vice Chairman
Pam Himstreet
14744 NW Bonneville Pl
Beaverton, OR 97006
(503) 645-4051

Registrar
Dan Johnson
(503) 244-8152

Membership
Barbara Frid
(503) 292-3379
(Mon-Sat)

Secretary/HOST
Andy Schrag
(206) 254-9661

Treasurer
Roy Abramowitz
(503) 221-0336

Data Manager & Records
Earl Walter
(503) 224-8273

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. (OMS). It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for subscription information. OMS is a part of United States Masters Swimming.

CALENDAR & MEET SCHEDULE 1991 - 1992

APRIL 23	O.M.S. BOARD MEETING 7:15 P.M. ANDY SCHRAG'S HOUSE
*MAY 1991	DR. SPRINT'S "SPRINT WORK-OUT POSTAL CHAMPIONSHIPS" (ENTRY DEADLINE JUNE 15, 1991)
*MAY 11	TIGARD, OREGON "SWIM THE GAP" TIGARD H.S. POOL AGE GROUP AND MASTERS OPEN INVITATIONAL (ENTRY DEADLINE APRIL 27, 1991)
MAY 16 - 19	USMS SHORT COURSE NATIONALS TRACY CAULKINS POOL NASHVILLE, TN NASHVILLE AQUATIC CLUB
MAY 22	O.M.S. BOARD MEETING 7:15 P.M. JUDY BELFORD'S HOUSE
*JUNE 1	BEAVERTON, OR TUALITIN HILLS REC. CENTER POOL 50 METER COURSE ORDER #2 (ENTRY DEADLINE MAY 18, 1991)
JULY 13	SOUTHERN OREGON LAKE SWIM HOST: RVM & DAN GRAY
JULY 13 - 14	PORTLAND, OR MULTNOMAH ATHLETIC CLUB STATE GAMES OF OREGON
JULY 20	ST. HELENS, OR EISENSCHMIDT POOL ANIMAL MEET MASTERS & AGE GROUP SWIMMERS S.C.Y. 400 I.M. - 500 FREE - 200 CHOICE = BACK, BREAST, OR FLY
JULY 27	EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL
AUGUST 10-11	REGION 12 LONG COURSE REGIONAL CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL
SEPTEMBER	UNSCHEDULED
OCTOBER	PORTLAND, OR M.A.C. CLUB CENTENNIAL
** AUGUST 20-23, 1992 USMS 1992 LONG COURSE NATIONAL CHAMPIONSHIPS FEDERAL WAY, WA GOODWILL GAMES POOL	

*MEET ENTRY FORM ENCLOSED IN THIS ISSUE

** TEAM O.M.S. -- TARGET MEET OF 1992 SEASON

Z-Man says---

Springtime and Z-Man here again and what a fantastic time of the year it is. Yes, both you and I can't keep up with our lawn and garden work cause we're either too busy working, working out or going to meets.....right? Well what ever your excuse is don't worry cause your lawn isn't going anywhere. But the big question is, are you going anywhere? In the water, that is. Or by now should I say have you gone anywhere in the water this year? By the time you are reading this issue the OMS Association Championships for 1991 will be history and many of us will be looking toward SC Nationals in Nashville. Have you achieved your goals for this year so far? I hope so. I've seen a lot of happy faces at our meets this season so I think that you are all on track for another successful year. By the looks of the schedule for the summer there will be many meets to choose from and enter.

Dr. Sprint ends our Short Course season with the 2nd Annual "Sprint Workout Postal Championships" thru the month of May. His column in this issue PUMPS YOU UP for this meet and explains what it's like to swim 20 x 50 on the 1:30. Z-Man rates this meet as required entering and swimming for all OMS members because all of us can do it in the familiar confines of our own pools. I certainly hope that we see two or three times the number of entrants this year over last. So if 20 x 50 is not your thing than maybe just a few 50s or 100s are and you'll be entering the first ever "SWIM THE GAP" meet in Tigard on May 11. This will be a Masters and Age Group (USS Swimming) combined meet that encourages a total team concept of young and old swimmers. I hope to be there as well.

You will see that we have added a meet in June to the schedule. The first Long Course meet of the summer will be held at Tualatin Hills on Sunday June 2nd. This meet will be a somewhat shortened format and seeded in nine lanes of competition to speed things along. Check out the entry form in this issue for all the details.

So much for looking ahead, let's look back for a second. On February 28th, I hosted the First Mid-Willamette Valley Masters meeting in Eugene. There were 15 of us who got together and discussed various issues on our minds concerning the sport we love and the OMS organization.

I found it very interesting and enlightening to hear what these people had to say. And what they said was very much the same type of things that are on all of our minds here in the big city and all over our State of Oregon. The main concern was the role of OMS and local groups with competitive fitness swimmers and non-competitive or less-competitive fitness swimmers. Let's face it folks, WE ARE ALL FITNESS SWIMMERS, some of us are just more (or less competitive) or non-competitive. But we all love to swim to keep in good shape and we in OMS want to increase our numbers by bringing all of these types of fitness swimmers together. Naturally, there are many good ideas to bring us all together but one way is to start at the top and the OMS board along with the Aquamaster will be addressing this issue. The Aquamaster has been very entry form heavy this year and last and I will be looking at some ways to change this a little and add more informative articles about swimming and training. I will be looking to many of you folks for some help in this direction.

In this issue you will find the results from what I consider "one of THE BEST swim meets" that I have been to in our state in the last five years. The people of Rogue Valley Masters did themselves proud this March past. An excellent meet and one hell of a party on Saturday night. There had to be between 75 and 100 people at Marianne and Leo Van Dijk's beautiful new home in Ashland along with more food that 200 people could eat. Just a great great weekend that all of us who went will always remember. It was super to see that we had so many people make the trip down south.

Thank you Rogue Valley Masters.

Well that's all for now.....

See you at Tigard for "Swim the Gap" and get ready for 20 x 50 on the 1:30,

TIGARD AQUATIC CLUB AND TIGARD MASTERS PRESENTS:

"SWIM THE GAP MEET"

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (#91-H) by USMS, INC. AND LMSC FOR OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1991 registration form and fee with this form.

MEET: "SWIM THE GAP"

DATE: SATURDAY MAY 11, 1991

PLACE: Tigard Aquatic Center (Tigard High School)

8680 S.W. Durham Road

Tigard, OR 97223

POOL: 6 lanes of competition, manual timing

No separate warm-up pool space.

HOST: Tigard Aquatic Club & Tigard Masters

Meet Director: Mr. Steve Dunne 503-692-2766 h,

503-230-3496 w, or 503-684-2100 pool

DIRECTIONS TO POOL: From I-5 take the Carman Drive exit west to Boonesferry Road. Turn left on Boonesferry traveling south to Durham Road. Turn right on Durham and travel 3/4 miles. Tigard pool is first building on your left on the Tigard High School campus.

Warm-ups begin: 7:30 A.M.

Meet begins: 8:30 A.M.

Events end by: 3:00 P.M.

Officials meeting: 8:00 A.M.

Coaches meeting: 8:15 A.M.

Concession Stand: Geritol & Gummy Worms

ENTRY DEADLINE: POSTMARKED NO LATER THAN 4 - 27 - 91 LATE ENTRIES RETURNED

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1991 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE# _____ BIRTHDATE _____ AGE _____ SEX _____ TEAM _____

Age Groups: 19-24, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, & 95+. You are limited to 4 individual events plus 2 Special Relays. Enter relays at the meet. All events will be seeded slow to fast.

SATURDAY MAY 11, 1991 TIGARD

50 FREE (1) MASTERS _____:_____._____

50 BREAST (2) MASTERS _____:_____._____

25 FREE (3&4) 8 & UNDER XXXXXXXXX

50 FREE (5&6) 14 & UNDER XXXXXXXXX

100 FREE (7&8) SENIOR XXXXXXXXX

100 FREE (9) MASTERS _____:_____._____

50 FLY (10) MASTERS _____:_____._____

25 BACK (11&12) 8 & UNDER XXXXXXXX

50 BACK (13&14) 14 & UNDER XXXXXXXX

100 BACK (15&16) SENIOR XXXXXXXX

100 BACK (17) MASTERS _____:_____._____

100 FLY (18) MASTERS _____:_____._____

25 FLY (19&20) 8 & UNDER XXXXXXXX

50 FLY (21&22) 14 & UNDER XXXXXXXX

100 FLY (23&24) SENIOR XXXXXXXXX

BREAK ---- 10 MINUTE BREAK ---- BREAK

200 FREE RELAY (30) ALL AGES

(2 MASTERS + 2 USS SWIMMERS)

25 BREAST (26&27) 8 & UNDER XXXXXXXXX

50 BREAST (28&29) 14 & UNDER XXXXXXXX

100 BREAST (30&31) SENIOR XXXXXXXX

100 BREAST (32) MASTERS _____:_____._____

50 BACK (33) MASTERS _____:_____._____

100 I.M. (34&35) 10 & UNDER XXXXXXXX

200 I.M. (36&37) SENIOR XXXXXXXX

100 I.M. (38) MASTERS _____:_____._____

BREAK ---- 10 MINUTE BREAK ---- BREAK

200 MEDLEY RELAY (39) ALL AGES

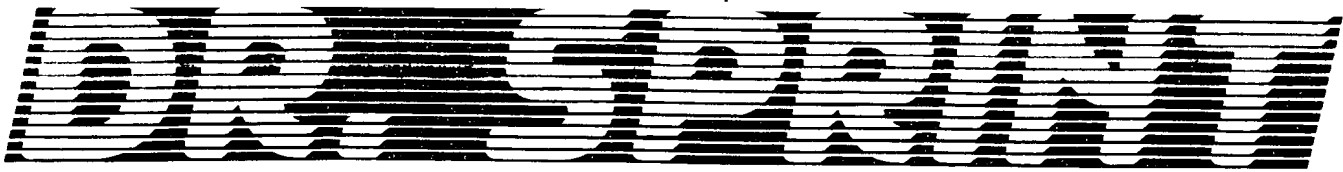
(2 MASTERS + 2 USS SWIMMERS)

The undersigned participant intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in masters Swimming.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$6.00 Send form(s) and fee(s) payable to O.M.S. to the following:

O.M.S. 2380 S.W. CHELMSFORD AVENUE PORTLAND, OREGON 97201



TORTURED AS A PRISONER OF WAR

It sounds easy. Its only 1000 yards and takes less than 30 minutes. But for me, I'm intimidated, curious and scared when contemplating a workout of twenty times 50 yard sprints. As you prepare to do the "SPRINT WORKOUT" and earn your coveted "CERTIFICATE of SPRINTING" (entry form in this issue), here is my view of the 50's challenge.

Every workout involves at least a few 50 yard sprints. They are the meat & potatoes of every sprinter. Early in the season, a few per workout is OK. Late season, I average 10 to 15. My peak for this season is 25 in one workout.

Almost always I do sprints in sets of 5 or less. The pain of doing 5 fast 50's is more tolerable with the reward of a longer rest. I call them motivation sets. You go faster and it feels so good when you stop.

There's a million ways to do 50's. The following shows some methods in order of difficulty. My favorite method is to kick the first length and swim the second (K/S). I can do more 50's this way but it's easier compared with swimming both lengths:

easy S/S @ :45 (swim-little rest)
 K/S (kick 1st/swim 2nd)
 S/K (swim 1st/kick 2nd)
 S/S @ 1:00 (swim - light rest)
 S/S @ 1:15 (swim med rest)
hard S/S @ 1:30 (lots of rest)

Obviously, as you get more rest, you must swim faster. It's the law. The faster you swim the more pain you receive. The longer you rest the more you think and the more mentally tough you become. The goal of each rest interval is asking yourself "How can I swim faster?" That's why long rest 50's are very stressful.

20 OF THEM !

Doing 20 X 50's in a row is a lot different than doing sets of 3, 4 or 5. With small sets, you can loosen and stretch out your muscles between sets. If you attempt 20 x 50's at high speeds without some forethought about pacing, you run a risk of tightening up your body. A tight body, with muscles that cannot relax and stretch, will perform poorly. Worst of all, we don't want to

train our bodies to get accustomed to this tightening. Tightness, can last for several days. Yes, it is possible to oversprint a workout.

We know now that 20 X 50's with long rest may not be the perfect daily training regime. It has too many traps to be used frequently. However, it is a great mental and physical test.

HOW TO DO IT

First, get the SPRINT WORKOUT entry blank and fixate on achieving the fastest possible AVERAGE time for all 20 of your swims. You'll have to guess at that time based upon your experience and motivation. As a rule of thumb, all your times should be within 1 second of your average. If you guess too slow the effort will be too easy. Too fast, and you will torture yourself as if you were prisoner of your own war. Just recently, I was forced to quit an attempt after about 11 X 50's. The pain was excruciating and my last time was slow by 2 seconds. I simply choose too fast an average. As a guide to your "feelings" as you progress, my successful experience is-

1-2	Easy as pie
3-9	Hurt zone. It's hard.
10-15	Pain zone. Can't catch my breath. Slowing down and I can't help it.
16-18	Why am I doing this? This is stupid. My body is screaming to stop. Focus and concentrate.
19,20	Agony zone. I want to die. End is near. Go faster.

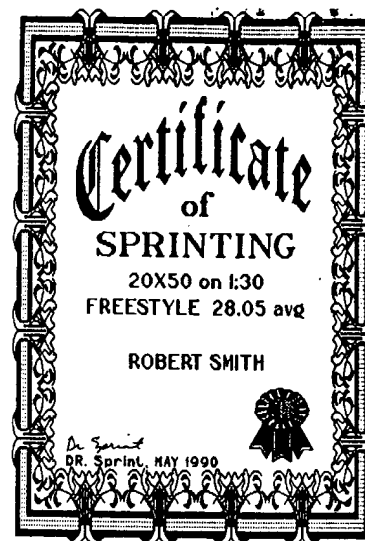
You'll glow in achievement. The locker room will feel so good.

Tomorrow, you'll be tired as you tell your swimming friends of the 1000 yard workout. They, in return, will tell you how many 1000's of yards they swam. One thousand yards can seem like a lifetime. They value yardage, you value and cherish your intensity.

Send me a note along with your SPRINT WORKOUT form. I'd love to hear your impressions and feelings.

SPRINT WORKOUT

2ND ANNUAL POSTAL CHAMPIONSHIPS



Earn your "CERTIFICATE OF SPRINTING" by doing a sprint workout in your workout pool. Compare your times against others and proudly hang up your certificate.

Unregistered masters are also invited and the cost is only two (\$2) dollars. You get the certificate and could win the grand prize!

E V E N T

You may enter up to 5 events:

1. 20 X 50 Butterfly @ 1:30
2. 20 X 50 Backstroke @ 1:30
3. 20 X 50 Breaststroke @ 1:30
4. 20 X 50 Freestyle @ 1:30
5. 10 X 50 1 length Butterfly & 1 length Backstroke @ 1:30
+ 10 X 50 1 length Breaststroke & 1 length Freestyle @ 1:30

Choose an event and swim 20 separate 50 yard sprints with all your might. Each 50 yard swim must start 1 minute 30 seconds after the previous one. In other words you will swim exactly 1000 yards and the event will last 30 minutes.

A W A R D S

Your average time for the 20 swims will be mathematically processed by Dr. Sprint and a "perfect" and "optimum" 100 yard time will be estimated for you. This time could be your future goal.

Among all ages, sex and events there will be one winner. To equalize the competition among everyone, your time will be compared against smoothed National Records. An impartial computer analysis will mathematically determine the winner.

Last year, a hard working 65 year old female freestyler won.

The grand prize is a 1 yr subscription to either:

"SWIMMING TECHNIQUE" magazine (scientific & technical)

"AQUA-MASTER" newsletter (fun and informative + Dr Sprint science)

The best prize is your personalized, colored, frameable "Certificate of Sprinting". You'll value this above your medals and ribbons.

R U L E S

The pool length must be 25 yards. (For 25 meter pools multiply your average time by .914)

Each swimmer must have a timer/verifier with an accurate stopwatch. The dedicated timer starts the watch when they see the swimmer's hand leave the edge of the pool. The timer stops the watch when they see the swimmer touch the end after 50 yards. The timer records the time to the one hundredth of a second (.01). In other words, the swimmer can have the responsibility of starting himself approximately on the 1:30 interval. The swimmer must communicate with the timer via his hand on the pool edge at least a few seconds prior to pushoff. The timer must be alert to the sleazy tricks some swimmers play to get a fast time.

If the timer screws-up a time, just average the before & after times to get that time. All current USMS rules for all strokes and turns must be observed. This means no 1 hand turns for you breast & flyers.

You must start in the water with no above water pushoffs. The swimmer must be totally underwater at a point 6 feet from the starting edge. Just like the big boy Olympians.

Your age will be computed with a meet date of May 31, 1991.

You must average your times. This is easy to do if you have a calculator. Add up the 20 times in seconds and fractions and divide the total by 20. Please double check your math.

April & May are good months and entry must be postmarked by JUNE 15, 1991.

The results will be announced & mailed to you this summer.

----- Postmarked by JUNE 15, 1991 -----

First Name	MI	Last name	sex	birth date
------------	----	-----------	-----	------------

Address

Phone number

past/present/future
club name

I have abided by the rules. My average time for the 20 X 50 on the 1:30 is
fly _____ back _____ breast _____ free _____ IM _____

Signature of swimmer

Mail entry along with \$2.00 for each certificate to:

Dr. Sprint
18476 Timbergrove Ct
Lake Grove, Oregon 97035

OREGON MASTERS SWIMMING LONG COURSE METERS MEET
SANTIONED (91-I) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1991 registration form and fee with this form. **PLEASE NOTE:** Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

MEET: JUNE T-HILLS LONG COURSE
PLACE: TUALITIN HILLS REC. CENTER POOL
BEAVERTON, OREGON

DATE: SATURDAY JUNE 1, 1991

WARM-UPS: 8:00 A.M.

9 LANES COMPETITION - ELECTRONIC TIMING

1 LANE FOR CONTINUOUS WARM-UP/DOWN

MEET STARTS: 9:00 A.M.

HOST: TUALITIN HILLS BARACUDAS LISA DAVIS, MEET DIRECTOR PHONE: 503-642-1876 (H)

DIRECTIONS TO POOL: Take Hwy 26 West to Cornell Rd. Exit - turn left - cross Hwy 26 and turn left at first stop light (S.W. 158th). Pool is on left, approximately 1/2 mile.

ENTRY DEADLINE: POSTMARKED NO LATER THAN MAY 18th, 1991
LATE ENTRY FORMS WILL BE RETURNED FILL IN COMPLETELY

-----**RETURN THIS LOWER PORTION**-----

NAME _____ **1991 USMS #** _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____
PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____
ASSOCIATION _____ **TEAM** _____

Age Groups: 19-24, 25-29, 30-34, etc up to 95+
Relay Age Groups: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 300+. You are limited are limited to a maximum of 5 individual events and 4 relays. The 400 Free, 400 I.M., and 800 Free will be deckseeded and all events will be seeded SLOW TO FAST. Enter relays at the meet.

SATURDAY JUNE 1, 1991 T-HILLS

400 FREE (1) _____	100 FLY (11) _____
BREAK BREAK BREAK	50 BREAST (12) _____
FREE RLY (2) XXXXXXXXXXXXXXX	MED RELAY (13) XXXXXXXXXXXXXXX
100 BACK (3) _____	BREAK BREAK BREAK
200 FREE (4) _____	50 BACK (14) _____
50 FLY (5) _____	100 FREE (15) _____
200 BREAST (6) _____	200 FLY (16) _____
400 I.M. (7) _____	100 BREAST (17) _____
BREAK BREAK BREAK	200 I.M. (18) _____
MXD FR RL (8) XXXXXXXXXXXXXXX	MXD MD RL (19) XXXXXXXXXXXXXXX
200 BACK (9) _____	BREAK BREAK BREAK
50 FREE (10) _____	800 FREE (20) _____

The undersigned participant intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNATURE _____ **DATE** _____
MEET ENTRY FEE: \$6.00 SEND FORM(S) AND FEE(S) PAYABLE TO O.M.S. TO:
O.M.S. P.O. BOX 8785 PORTLAND, OREGON 97207

OL' BARNACLE ... TRAVELS TO ASHLAND ...

"ol' Barnacle"

THE ROGUE VALLEY MASTERS DID JUST A SUPERB JOB IN ALL RESPECTS !!!

WE HAVE NOT BEEN ABLE TO SWIM IN ASHLAND FOR A FEW YEARS, DUE TO THE COLLAPSED ROOF FROM HEAVY SNOW FALL.

SOUTHERN OREGON STATE HAS PUT A NEW ROOF ON AND RAISED THE CEILING MAKING THE FACILITY A REALLY FINE ONE.

OUR OFFICIALS WERE ; ED LEWIS, JIM DE COURCEY, LOLA MCATEE, GAIL SMITH, NANCY GISH AND CHRIS AMORELLI.

ALL REFRESHMENTS AND FOOD WAS FURNISHED BY OUR HOSTS, WITH A SPECIAL THANKS TO BEAR CREEK CORP., MACDONALDS, SAFEWAY, AND THE BAGEL MAN.

SOUTHERN OREGON SWIM ASSN FURNISHED TIMING EQUIPMENT AS WELL AS TIMERS.

WE HAD 92 SWIMMERS, BY FAR THE BEST TURNOUT FOR THE "SOUTH" EVER, !!!

RECORDS ... SOME ... NOT SO MANY ... BUT MANY MANY GOOD TIMES & RACES !!!

NATIONAL RECORD - PETEY SMITH (65-69) 500 FREE IN 7:33.17

REGIONAL RECORDS : GINGER PIERSON (45-49) 50 FREE - 29.66
100 FREE - 1:05.61

(LAVELLE STOINOFF SET THE OLD IN APRIL 1979, NOTHING IS FOREVER !!!

EVELYN MCKEON (75-79) 50 BACK - 58.12

FACES IN IN AND AROUND THE POOL ...

MIKE REINHARD ... CHECK HIS TIMES, HE HAD A SUPER MEET (30-34)

TERI HENDRYX ... FROM MACO SWAM UP A STORM (35-39)

JASON HENNEMAN ... ALSO FROM MACO, WILL BEAR WATCHING IN THE FUTURE (19-24)

RICK RODRIGUEZ ... FROM EUGENE, EXCELLENT, BUT TOO FAR UNDER ON THE BACK !!

CHARLIE SCHARPF ... ALSO EUGENE, LOOKING BETTER AND BETTER, (40-44)

SHERIDAN JONES ... FROM NEWPORT CHURNED FOR A COUPLE OF PR'S (60-64)

TERRY AND JUDI MCCURDY ... GREAT TO SEE THEM BACK !!!

"Z" MAN AND MIKE R IN THE 200 FREE (30-34) HEAD TO HEAD, GREAT RACE !!!

JIM BIGLER (55-59) JUST GETS BETTER AND BETTER, IS NOW BREATHING HARD ON SOME OF FRED SPRENGER'S RECORDS, AD '86

GERI MATHEWSON (40-44) IS GETTING BACK IN SHAPE, WAY TO GO GERI !!!

LEOLA BAUMGARTNER (70-74) AGE IS NOT HURTING THIS LADY

SUE SMITH (35-39) TURNED IN A FINE 1650, AS DID JO ANN CULLUMBINE !!!

MIKE MOREHOUSE (60-64) WAS SECONDS AWAY FROM THE 1650 RECORD !!!

BEVERLY L'ESPERANCE BACKSTROKED TO A CLOSE VICTORY OVER MARIANNE VAN DIJK IN THE 200 (55-59) GREAT TO SEE BEVERLY BACK IN THE SWIM. MARIANNE KEEPS TURNING IN PR'S

NANCY BROOKS (45-49) HAS BEEN AWAY FAR TOO LONG, SHE IS COMING BACK STRONG HER TIMES IN THE BREAST ARE NUDGING THE RECORDS !!!

CRAIG JACOBSON (25-29) HAD A GOOD MEET !!!

DITTO - DAVE COBB(30-34) AND TED HOLDEN(40-44), FINE 200 BREASTS !!!

DAN GRAY (45-49) OUR GENIAL HOST , A GREAT 100 FLY !!!

CLAUDIA COKE (35-39) IS LOOKING GOOD !!!

MEN'S 200 FREE RELAY, CHECK THOSE RESULTS (25+) ROGUE 1:48.84, UMPQUA 1:48.86 AND EUGENE 1:49.89

SPEAKING OF RELAYS : PLEASE COMPLETE THE ENTRY CARD, CORRECTLY, WITH PROPER SPELLINGS, PROPER NAMES, PROPER AGES,

LET'S STOP BEING IN SUCH A HURRY ... IN YARDS ... THE AGE GROUPS ARE STILL ... 19 +, 25, 35, 45, 55, 65, 75, 85 ...

THE YOUNGEST SWIMMER SETS THE AGE, PLEASE HELP THE DATA MANAGER !!!

WELCOME TO ALL OF THESE FINE NEW SWIMMERS :

JO ANN CULLUMBINE
PAUL SCHURMAN
LINDA COENEN
KIMARIE GAGNON
NANCY WICHMAN
DELMAR HEALY
DAN SWANSON
DONA MADLAND
MAUREEN WILKINSON

MICHAEL ANDERSON
ERIN COKE
ROB IKOLA
CRAIG JACOBSON
PAT ABEL
KAREN MCADAMS
LINDA BAHR
ROGER DICKINSON
CAROL ADAMS

KATHLEEN EMMERSON
JEANNETTE GRIESE
ERNIE SWINN
FRANK PHILLIPS
JEFF GRIESE
JASON HENNEMAN
SYLVIA QUINN
MARGARET IMEL

PLEASE CHECK THE RESULTS, THESE PEOPLE WHO ARE NEW, WATCH FOR THEM IN FUTURE MEETS, WE HAVE SOME REAL COMERS IN THIS CROWD.

AND AS SOME OF MY SOUTHERN FRIENDS HAVE ALWAYS SAID - THE SOUTH WILL RISE AGAIN, PERSONALLY I FEEL THAT IT HAS ALREADY RISEN.

THANK YOU AGAIN ROGUE VALLEY MASTERS, WHEN IT COMES TO DOING THE JOB RIGHT, YOU FOLKS REALLY KNOW HOW TO DO IT.

A SPECIAL THANKS FROM ALL THE SWIMMERS TO MARIANNE AND LEO VAN DIJK, THEY HOSTED ONE OF THE BEST SWIMMING PARTIES AT THEIR NEW HOME WE HAVE EVER HAD IN OREGON MASTERS, WELL OVER 100 SWIMMERS, FAMILY AND FRIENDS GOT TOGETHER, WITH THE CHILDREN HAVING A TRY AT THE VAN DIJK'S NEW TURBO POOL.

THANK YOU AGAIN AND AGAIN ROGUE VALLEY, WE WILL BE BACK !!!

ASHLAND

25 YARD

03/10/91 PG 1

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

Software by R.Smith

----- 25-29 WOMEN -----

50FREE MARGARET C IMEL 29 ORE :29.62
 CAROL ADAMS 28 ORE :30.32
 KIMARIE GAGNON 28*ORE :32.17
 JEANNETTE GRIESE 25*ORE :33.50
 NANCY WICHMAN 25 ORE :36.42

100FRE CAROL ADAMS 28 ORE 1:07.22
 NANCY WICHMAN 25 ORE 1:21.14

200FRE HEATHER MCLAUCHLAN 28 MACO 2:26.44
 50BACK HEATHER MCLAUCHLAN 28 MACO :34.45
 MARGARET C IMEL 29 ORE :37.87
 CAROL ADAMS 28 ORE :39.38
 NANCY WICHMAN 25 ORE :43.40

100BAK HEATHER MCLAUCHLAN 28 MACO 1:15.47
 200BAK HEATHER MCLAUCHLAN 28 MACO 2:43.16
 50BRST KIMARIE GAGNON 28*ORE :40.59
 JEANNETTE GRIESE 25*ORE :42.00

100BRS CAROL ADAMS 28 ORE 1:30.17
 50 FLY KIMARIE GAGNON 28*ORE :35.29
 NANCY WICHMAN 25 ORE :37.17

100 IM KIMARIE GAGNON 28*ORE 1:18.46
 MARGARET C IMEL 29 ORE 1:19.69

----- 30-34 WOMEN -----

50FREE JODI MARTINEZ 31 OREG :30.24
 PAT ABEL 30*ORE :32.08
 LINDA P COENEN 32 ORE :32.22
 ERIN COKE 31 ORE :32.22
 MAUREEN WILKINSON 33 ORE :36.93

100FRE PAT ABEL 30*ORE 1:09.72
 ERIN COKE 31 ORE 1:10.75

500FRE MARY YUSE-MILLER 31 ORE 7:05.65
 ERIN COKE 31 ORE 7:18.50

1650FR MARY YUSE-MILLER 31 ORE 24:38.79
 50BACK JODI MARTINEZ 31 OREG :36.19
 PAT ABEL 30*ORE :39.83
 LINDA P COENEN 32 ORE :41.29
 MAUREEN WILKINSON 33 ORE :43.50

100BAK CHRISTINA FOX 30 ORE 1:20.95
 JODI MARTINEZ 31 OREG12:13.83

50BRST JODI MARTINEZ 31 OREG :39.08
 DORCAS L PHELAN 34 OREG :39.67
 CHRISTINA FOX 30 ORE :41.75
 LINDA P COENEN 32 ORE :42.85
 ERIN COKE 31 ORE :45.73

100BRS MARY YUSE-MILLER 31 ORE 1:25.07
 DORCAS L PHELAN 34 OREG 1:28.61

200BRS MARY YUSE-MILLER 31 ORE 3:05.31
 DORCAS L PHELAN 34 OREG 3:07.54

50 FLY PAT ABEL 30*ORE :34.92
 LINDA P COENEN 32 ORE :36.78
 CHRISTINA FOX 30 ORE :41.05

100 IM CHRISTINA FOX 30 ORE 1:19.70
 DORCAS L PHELAN 34 OREG 1:20.86
 PAT ABEL 30*ORE 1:23.00
 LINDA P COENEN 32 ORE 1:23.49

200 IM DORCAS L PHELAN 34 OREG 2:54.46

----- 35-39 WOMEN -----

50FREE LORI HOLLINGSWORTH 35 ORE :31.31
 SUE M. SMITH 38 OREG :31.34
 KARIN A CLANCEY 37 OREG :33.51
 JUNE MATHER 38 OREG :34.73
 LISSA B PARKER 39 OREG :40.59
 DONA MADLAND 39 ORE :46.78

100FRE TERI HENDRYX 37 MACO 1:04.84
 LORI HOLLINGSWORTH 35 ORE 1:08.46
 SUE M. SMITH 38 OREG 1:11.12
 GAIL M KIMBERLING 35 OREG 1:15.38
 JUNE MATHER 38 OREG 1:15.78
 JO ANN CULLUMBINE 39 ORE 1:18.71

200FRE GAIL M KIMBERLING 35 OREG 2:45.88
 KARIN A CLANCEY 37 OREG 2:48.96

500FRE LORI HOLLINGSWORTH 35 ORE 7:11.89
 JUNE MATHER 38 OREG 7:25.88

1650FR JO ANN CULLUMBINE 39 ORE 24:27.57
 SUE M. SMITH 38 OREG25:26.26

50BACK GAIL M KIMBERLING 35 OREG :47.03
 DONA MADLAND 39 ORE :51.05

100BAK CLAUDIA COKE 36 OREG 1:13.50
 TERI HENDRYX 37 MACO 1:18.27
 DEBBIE J GREGOIRE 36 OREG 1:20.36

50BRST GAIL M KIMBERLING 35 OREG :45.54
 LISSA B PARKER 39 OREG :51.32

100BRS TERI HENDRYX 37 MACO 1:25.54
 200BRS GAIL M KIMBERLING 35 OREG 3:29.74

50 FLY CLAUDIA COKE 36 OREG :31.07
 100FLY TERI HENDRYX 37 MACO 1:13.77

100 IM CLAUDIA COKE 36 OREG 1:10.19
 SUE M. SMITH 38 OREG 1:24.16

200 IM TERI HENDRYX 37 MACO 2:42.36

----- 40-44 WOMEN -----

50FREE GERI MATHEWSON 42 ORE :30.65
 JAN M PLESNER 44 OREG :31.31
 KATHLEEN EMMERSON 44*ORE :48.44
 SANDY L CROSIER 44 OREG :50.56

100FRE GERI MATHEWSON 42 ORE 1:08.25
 JAN M PLESNER 44 OREG 1:09.41
 SUSAN M GIRARD 42 OREG 1:30.37

200FRE GERI MATHEWSON 42 ORE 2:32.53
 JAN M PLESNER 44 OREG 2:38.48
 SUSAN M GIRARD 42 OREG 3:18.17
 SANDY L CROSIER 44 OREG 4:05.91

500FRE GERI MATHEWSON 42 ORE 6:51.92
 JAN M PLESNER 44 OREG 7:09.65
 SANDY L CROSIER 44 OREG10:42.38

50BACK JAN M PLESNER 44 OREG :40.04
 KATHLEEN EMMERSON 44*ORE :57.49

100BAK SANDY L CROSIER 44 OREG 2:01.21
 KATHLEEN EMMERSON 44*ORE 2:02.75

200BAK SANDY L CROSIER 44 OREG 4:16.32
 KATHLEEN EMMERSON 44*ORE 4:16.96

50BRST KATHLEEN EMMERSON 44*ORE 1:01.32
 100 IM SANDY L CROSIER 44 OREG 2:07.26

----- 45-49 WOMEN -----

50FREE GINGER L PIERSON 45 OREG :29.66+
 Oregon was- GINGER L PIERSON :29.66
 NANCY J BROOKS 48*ORE :30.94
 JOANN DENNIS 49 MACO :39.68

100FRE GINGER L PIERSON 45 OREG 1:05.61+
 Oregon was- GINGER L PIERSON 1:05.61
 JOANN DENNIS 49 MACO 1:29.75

200FRE JOANN DENNIS 49 MACO 3:19.85
 500FRE JOANN DENNIS 49 MACO 8:58.29

1650FR JOANN DENNIS 49 MACO30:18.87
 50BACK GINGER L PIERSON 45 OREG :35.20
 50BRST NANCY J BROOKS 48*ORE :38.83

100BRS NANCY J BROOKS 48*ORE 1:27.10+
 Oregon was- NANCY J BROOKS 1:27.10
 200BRS NANCY J BROOKS 48*ORE 3:09.85+
 Oregon was- NANCY J BROOKS 3:09.85

50 FLY GINGER L PIERSON 45 OREG :31.31+
 Oregon was- GINGER L PIERSON :31.31

----- 50-54 WOMEN -----

50FREE CHARLOTTE E COWAN 50 OREG :35.65
 100FRE CHARLOTTE E COWAN 50 OREG 1:19.45
 200FRE CHARLOTTE E COWAN 50 OREG 2:54.55
 500FRE CHARLOTTE E COWAN 50 OREG 7:52.18
 1650FR CHARLOTTE E COWAN 50 OREG26:53.80

----- 55-59 WOMEN -----

50FREE BEVERLY A DIRKSEN 59 OREG :40.26
 BEVERLY L'ESPERANCE 59 ORE :40.28
 CAROL A DICKINSON 56 OREG :46.41

100FRE BEVERLY A DIRKSEN 59 OREG 1:33.25
 200FRE BEVERLY A DIRKSEN 59 OREG 3:27.16
 BEVERLY L'ESPERANCE 59 ORE 3:34.66

50BACK BEVERLY L'ESPERANCE 59 ORE :49.63
 CAROL A DICKINSON 56 OREG :51.58
 MARIANNE VANDIJK 58 OREG :53.56
 BEVERLY A DIRKSEN 59 OREG :54.64

100BAK BEVERLY L'ESPERANCE 59 ORE 1:46.87
 MARIANNE VANDIJK 58 OREG 1:54.68

200BAK BEVERLY L'ESPERANCE 59 ORE 3:50.45
 MARIANNE VANDIJK 58 OREG 3:58.46

50BRST CAROL A DICKINSON 56 OREG :56.05

----- 60-64 WOMEN -----

50BRST JOYCE BAHLER 60 MACO :46.96
 100BRS JOYCE BAHLER 60 MACO 1:48.25
 200BRS JOYCE BAHLER 60 MACO 3:40.07

100 IM JOYCE BAHLER 60 MACO 1:40.45
 400 IM JOYCE BAHLER 60 MACO 7:20.10

----- 65-69 WOMEN -----

50FREE PETEY MH. SMITH 66 OREG :32.94+
 Oregon was- PETEY MH. SMITH :32.94

100FRE PETEY MH. SMITH 66 OREG 1:14.30
 500FRE PETEY MH. SMITH 66 OREG 7:33.17+
 Oregon was- PETEY MH. SMITH 7:33.17

1650FR PETEY MH. SMITH 66 OREG26:27.72

----- 70-74 WOMEN -----

50FREE LEOLA E BAUMGARTNER 73 OREG :53.47+
 Oregon was- LEOLA E BAUMGARTNER :53.47

500FRE LEOLA E BAUMGARTNER 73 OREG13:35.99
 1650FR LEOLA E BAUMGARTNER 73 OREG47:01.19

ASHLAND

* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

+ = OREGON

25 YARD

03/10/91 PG 2

Software by R.Smith

50BACK LEOLA E BAUMGARTNER 73 OREG 1:15.24

50BRST LEOLA E BAUMGARTNER 73 OREG 1:10.70

100 IM LEOLA E BAUMGARTNER 73 OREG 2:27.63

75-79 WOMEN

100FRE EVELYN MCKEON 76 OREG 1:56.73

50BACK EVELYN MCKEON 76 OREG :58.12+

Oregon was- EVELYN MCKEON :58.12

50BRST EVELYN MCKEON 76 OREG 1:12.41+

Oregon was- EVELYN MCKEON 1:12.41

100 IM EVELYN MCKEON 76 OREG 2:28.22+

Oregon was- EVELYN MCKEON 2:28.22

19-24 MEN

100FRE JASON HENNEMAN 21*MACO :54.24

200FRE JASON HENNEMAN 21*MACO 2:02.21

100BAK JASON HENNEMAN 21*MACO 1:06.69

100 IM JASON HENNEMAN 21*MACO 1:02.93

200 IM JASON HENNEMAN 21*MACO 2:19.17

25-29 MEN

50FREE RICK A RODRIGUEZ 28 OREG :24.25

CRAIG JACOBSON 27*ORE :26.81

ROB IKOLA 29*ORE :35.00

100FRE RICK A RODRIGUEZ 28 OREG :52.21

JEFF GRIESE 28*ORE 1:01.29

CRAIG JACOBSON 27*ORE 1:03.89

ROB IKOLA 29*ORE 1:11.59

200FRE JEFF GRIESE 28*ORE 2:26.47

50BACK RICK A RODRIGUEZ 28 OREG :28.81

50BRST CRAIG JACOBSON 27*ORE :32.78

ROB IKOLA 29*ORE :36.06

100BRS CRAIG JACOBSON 27*ORE 1:14.83

50 FLY CRAIG JACOBSON 27*ORE :30.74

JEFF GRIESE 28*ORE :33.49

100 IM RICK A RODRIGUEZ 28 OREG :59.36

30-34 MEN

50FREE MICHAEL REINHARD 31 ORE :23.57

DELMAR HEALY 31*ORE :27.20

100FRE MICHAEL REINHARD 31 ORE :53.63

DAVID M COBB 31 OREG :56.17

DELMAR HEALY 31*ORE 1:03.23

200FRE JOHN F ZELL 34 OREG 2:01.53

MICHAEL REINHARD 31 ORE 2:03.07

500FRE MICHAEL REINHARD 31 ORE 5:39.97

MICHAEL E JOHNSON 31 OREG 5:40.35

1650FR MICHAEL E JOHNSON 31 OREG19:53.15

50BACK DAN SWANSON 32*ORE :33.04

DELMAR HEALY 31*ORE :33.36

100BAK JOHN F ZELL 34 OREG 1:02.24

DAN SWANSON 32*ORE 1:11.87

DELMAR HEALY 31*ORE 1:16.90

200BAK JOHN F ZELL 34 OREG 2:16.07

100BRS DAVID M COBB 31 OREG 1:10.70

200BRS DAVID M COBB 31 OREG 2:35.07

50 FLY DAN SWANSON 32*ORE :30.10

100 IM DAN SWANSON 32*ORE 1:09.83

DELMAR HEALY 31*ORE 1:14.27

200 IM MICHAEL E JOHNSON 31 OREG 2:31.56

400 IM JOHN F ZELL 34 OREG 4:56.52

DAVID M COBB 31 OREG 5:15.81

35-39 MEN

50FREE MICHAEL ANDERSON 37*ORE :31.10

100FRE CRAIG S MATHER 39 OREG 1:06.35

MICHAEL ANDERSON 37*ORE 1:10.20

200FRE CRAIG S MATHER 39 OREG 2:26.94

500FRE CRAIG S MATHER 39 OREG 6:32.61

1650FR CRAIG S MATHER 39 OREG22:19.72

MICHAEL ANDERSON 37*ORE 27:07.54

50BRST MICHAEL ANDERSON 37*ORE :35.84

100BRS MICHAEL ANDERSON 37*ORE 1:22.97

200BRS MICHAEL ANDERSON 37*ORE 3:08.92

40-44 MEN

50FREE CHARLIE SCHARPF 40 ORE :24.65

RICHARD J SMITH 41 OREG :25.22

GREG FROWNFELTER 42 OREG :26.03

MICHAEL L DUFFY 44 OREG :26.48

CARLYLE STOUT 42 OREG :26.64

TOM M MYERS 40 OREG :28.55

RON E JERSEY 42 OREG :29.73

100FRE CHARLIE SCHARPF 40 ORE :53.73

GREG FROWNFELTER 42 OREG :57.57

RICHARD J SMITH 41 OREG :58.16

MICHAEL L DUFFY 44 OREG 1:01.88

GARY J MACGRAW 40 OREG 1:03.10

CARLYLE STOUT 42 OREG 1:03.49

TOM M MYERS 40 OREG 1:04.26

RON E JERSEY 42 OREG 1:06.03

TED HOLDEN 43 OREG 1:09.22

200FRE CHARLIE SCHARPF 40 ORE 2:03.98

TOM M MYERS 40 OREG 2:20.49

RON E JERSEY 42 OREG 2:27.31

500FRE TOM M MYERS 40 OREG 6:29.28

RON E JERSEY 42 OREG 6:48.18

1650FR TOM M MYERS 40 OREG22:54.53

RON E JERSEY 42 OREG23:52.90

RICHARD J SMITH 41 OREG27:08.12

50BACK RICHARD J SMITH 41 OREG :35.09

100BAK RICHARD J SMITH 41 OREG 1:15.40

200BAK RICHARD J SMITH 41 OREG 2:54.22

100BRS TED HOLDEN 43 OREG 1:25.76

200BRS TED HOLDEN 43 OREG 3:03.46

50 FLY GREG FROWNFELTER 42 OREG :29.70

100 IM GREG FROWNFELTER 42 OREG 1:07.96

MICHAEL L DUFFY 44 OREG 1:14.47

RON E JERSEY 42 OREG 1:22.85

400 IM GREG FROWNFELTER 42 OREG 5:39.40

45-49 MEN

50FREE JAMES S EDWARDS 48 OREG :26.12

FRANK PHILLIPS 48 ORE :27.70

STEVEN J SIMPSON 45 OREG :29.64

TUCKER WHITSON 46 ORE :29.65

100FRE JAMES S EDWARDS 48 OREG :59.54

FRANK PHILLIPS 48 ORE 1:01.76

STEVEN J SIMPSON 45 OREG 1:05.92

TUCKER WHITSON 46 ORE 1:07.38

200FRE TERRY STEGNER 45*SPMS 2:21.52

500FRE KEITH A FINZER 46 OREG 6:33.04

TERRY STEGNER 45*SPMS 6:36.42

TUCKER WHITSON 46 ORE 7:02.73

1650FR STEVEN J SIMPSON 45 OREG23:44.03

50BACK TUCKER WHITSON 46 ORE :33.99

FRANK PHILLIPS 48 ORE :36.00

100BAK TUCKER WHITSON 46 ORE 1:16.76

50BRST STEVEN J SIMPSON 45 OREG :34.97

FRANK PHILLIPS 48 ORE :35.48

KEITH A FINZER 46 OREG :36.77

100BRS STEVEN J SIMPSON 45 OREG 1:15.92

50 FLY JAMES S EDWARDS 48 OREG :30.16

DANIEL R GRAY 45 OREG :31.13

100FLY DANIEL R GRAY 45 OREG 1:13.59

200 IM KEITH A FINZER 46 OREG 2:44.60

50-54 MEN

100FRE TOM W GIESEN 50 OREG 1:11.26

500FRE TOM W GIESEN 50 OREG 6:55.02

1650FR TOM W GIESEN 50 OREG23:35.39

55-59 MEN

50FREE LEO J VANDIJK 58 OREG :30.80

DAVID F PUTNAM 59 OREG :32.64

PHILIP L JENSEN 55 ORE :33.36

ROGER DICKINSON 57 ORE :36.71

100FRE JIM BIGLER 55 MACO 1:03.75

LEO J VANDIJK 58 OREG 1:10.84

DAVID F PUTNAM 59 OREG 1:12.76

PHILIP L JENSEN 55 ORE 1:15.44

200FRE JIM BIGLER 55 MACO 2:21.32+

Oregon was- JIM BIGLER 2:21.32

LEO J VANDIJK 58 OREG 2:44.30

DAVID F PUTNAM 59 OREG 2:46.88

PHILIP L JENSEN 55 ORE 2:52.96

500FRE JIM BIGLER 55 MACO 6:35.81

DAVID F PUTNAM 59 OREG 7:37.89

1650FR PHILIP L JENSEN 55 ORE 27:05.68

50BACK LEO J VANDIJK 58 OREG :41.91

PHILIP L JENSEN 55 ORE :42.36

ROGER DICKINSON 57 ORE :51.23

200BRS JIM BIGLER 55 MACO 3:09.66

50 FLY LEO J VANDIJK 58 OREG :36.84

DAVID F PUTNAM 59 OREG :40.31

60-64 MEN

50FREE TERRY C MCCURDY 61 OREG :37.52

SHERIDAN D JONES 63 ORE :44.84

100FRE TERRY C MCCURDY 61 OREG 1:29.16

SHERIDAN D JONES 63 ORE 1:58.92

1650FR MICHAEL L MOREHOUSE 64 OREG25:55.45

50BACK TERRY C MCCURDY 61 OREG :56.43

SHERIDAN D JONES 63 ORE :56.97

100BAK TERRY C MCCURDY 61 OREG 2:03.52

200BAK TERRY C MCCURDY 61 OREG 4:17.35

50BRST MICHAEL L MOREHOUSE 64 OREG :40.86

100BRS MICHAEL L MOREHOUSE 64 OREG 1:31.02

200BRS MICHAEL L MOREHOUSE 64 OREG 3:22.80

65-69 MEN

500FRE EARL WALTER 69 OREG 8:42.60

50BACK EARL WALTER 69 OREG :37.01

100BAK EARL WALTER 69 OREG 1:24.93

200BAK EARL WALTER 69 OREG 3:18.76

400 IM EARL WALTER 69 OREG 7:00.62

03/10/91

35+	MIXED	8	200	FREE RELAY	GARY J MACGRAW, 40 ***	DANIEL R GRAY, 45 ***	JO ANN CULLUMBINE, 39 ***	JUNE MATHER, 38 ***	RVM	2:05.09
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MINUTES OF BOARD MEETING
OREGON MASTERS SWIMMING, INC.
March 19, 1991

Attendees: John Zell, Roy Abramowitz, Sandi Rousseau, Kathy Buck, Judy Belford, Jayne Chastain-Arvidson, Ginger Pierson, Barbara Frid, Pam Himstreet.

Call to order: 7:25 p.m.

Secretary's Report: Andy Schrag, not present. Minutes of February meeting accepted as written.

Host/Social: Andy Schrag. No report.

Treasurer's Report: Roy Abramowitz. Roy reported a January 31st fund balance of \$13,760 which is about the same as last year. Expenses were a bit higher because of contributions.

Vice-Chair's Report: Pam Himstreet. There will be a LC meet June 2nd at Tualatin Hills, but because of limited time all distance events may not be held. There has been a request from Parkrose for an October meet. Because the MAC has scheduled a meet as part of their celebration, we will suggest a September meet instead. If they would rather have a November meet, we will ask them to go through the normal bid process when the meet bid packets are presented. There was a lengthy discussion resulting from a request for an approval or sanction from another sport festival. It was the general feeling that because of the effort involved, a sanction or approval fee would be justified. Kathy buck moved that we establish separate fees for approvals and sanctions for non-OMS sponsored events. Sandi seconded. Motion passed. Kathy moved, Pam seconded that we charge \$25.00 for sanction and \$40.00 for an approval. motion carried. Discussion then followed concerning the Southern Oregon lake swim as to whether they should also be charged a sanction fee. Pam moved we amend Kathy's original motion to read that we establish separate fees for sanctions and approvals for events whose entry fees are not processed by OMS. Motion carried.

Committee Reports:

Registration: Dan Johnson. No report.

Membership: Barbara Frid. No report.

Aquamaster: John Zell. No report.

Records/Data Manager: Earl Walter. Not present. All records are up to date and trophies, awards and patches for the association meet have been ordered.

Old Business:

1991 Rule Books were distributed.

Tee-shirt cost will be \$5.25 for 2 color printing on 100% cotton shirts. Sweatshirts will be \$10.40 each. John will order 60 shirts and 30 sweats in a variety of colors. Shirts will sell for \$7.50, sweatshirts for \$12.50. Caps will be ordered in 5 colors. Cost will be \$2.00 each and sale price will be \$2.50.

Ashland hosted a great meet, offered super hospitality, and will be awarded their full amount.

New Business:

Due to lack of time only a brief discussion was held about encouraging fitness swimmers to join OMS. John will make an effort to make the AquaMaster less competition oriented by including articles of interest to everyone interested in fitness and training.

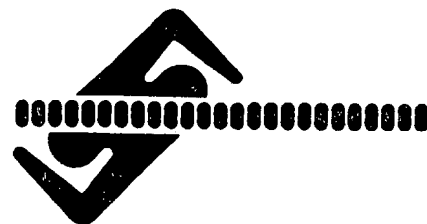
John also reported that his mid-valley meeting was a success with 15 in attendance, and that it rekindled interest among those present in hosting another championship meet in the future.

The next meeting will be April 23rd at Andy's.

The May meeting will be May 21st at Judy Belford's. Barbara will check to see if that is O.K. with her.

Adjournment: 9:40 p.m.

**United States
Masters
Swimming**



February 2, 1991

TO: USMS Board of Directors and LMSC Chairmen

FR: June Krauser, Rules Chairman

RE: Amendments to Backstroke Rules

At the FINA Extraordinary General Congress held in Perth, Australia on 1 January 1991, two proposed changes to the FINA Constitution were adopted. 1) A Technical Congress was added for Masters. 2) Technical rules agreed upon by the Congress shall not become effective earlier than two (2) months after the decision has been made.

At the FINA Swimming Technical Congress held in Perth, Australia on 2 January 1991, amendments to the backstroke rules were adopted.

Our Technical Rules are based on Articles 101 and 102 of the U.S. Swimming Technical Rules which, as amended, will govern all Masters competitions. Enclosed is the new USS wording for BACKSTROKE effective March 4, 1991.

USMS will follow this USS revised rule EXCEPT for the Short Course Backstroke start. Swimmers will be able to:

1. Remain completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn.
2. Do a one arm cross over pull turn without touching with the hand.
3. Roll into the turn and pull with both arms without touching the wall with a hand.

Swimmers will NOT be allowed to roll onto the stomach and kick into the wall. The past vertical position will be allowed only during the turn.

Please see that your swimmers are informed of this change in Backstroke rules. All officials should also be informed. In order to check the distance under water, place a cone or bright tape at the point of 15 meters or 16.4 yards.

President
Daniel F. Grossman
3329 N. Valencia Lane
Phoenix, AZ 85018
(602) 994-1560

Vice President
Nancy Rickard
590 Sunset Parkway
Novato, CA 94947
(415) 892-0771

Secretary
Mel Goldstein
6456 Broadway
Indianapolis, IN 46220
(317) 253-3652

Treasurer
Suzanne Rizzo
263 West End Ave. #9C
New York, NY 10023
(212) 496-7094

Legal Counsel
Jack Geoghegan
155 Osborn Road
Rye, NY 10580
(914) 967-8167

Past President
Thomas D. Book, Jr.
12000 Saw Mill Rd. #110
The Woodlands, TX 77380
(713) 363-0672

Zone Chairman
Mary Pat Moley
5450 Foley Road
Cincinnati, OH 45238
(513) 922-7954

AMENDMENT TO PART 1 OF THE CODE
(Adopted by the USS Rules Committee January 26, 1991)

EFFECTIVE MARCH 4, 1991 Section 101.3 of the USS Rules & Regulations is revised to read as follows:

101.3 BACKSTROKE

.1 Start

- A The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.
- B Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

- .2 Stroke** - Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

- .3 Turns** - Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

- .4 Finish** - The swimmer shall have finished the race when any part of his person touches the wall at the end of the course.

EFFECTIVE MARCH 4, 1991

PRIOR TO MARCH 4, 1991 ALL QUALIFYING TIMES IN BACKSTROKE EVENTS MUST BE SWUM IN ACCORDANCE WITH CURRENT USS RULES AND REGULATIONS.

OL' BARN SALUTES OMS' SHORT COURSE METERS NATIONAL TOP TENNERS ...

1990 WAS A GREAT YEAR FOR OUR SWIMMERS, LEADING THE WAY WERE 13 ALL AMERICANS :

LEISSA MILLS (25-29) # 1 FOR THE 50 AND 400 M FREESTYLE
GRACIE GODDARD (30-34) # 1 IN THE 50, 100 AND 200 M FREESTYLE
GINGER PIERSON (40-44) SHOWED THE WAY IN THE 50,100 AND 200 BREAST
PETEY SMITH (65-69) TOPS IN THE 50 AND 1500 M FREESTYLE
JOHN WICKHAM (19-24) BEST IN THE 100 M BUTTERFLY
STEVE DURAPAU (40-44) LED THE WAY IN THE 400 AND 800 FREE.
ALLEN STARK (40-44) NUMERO UNO IN THE 50 M BREAST
RICHARD BOYD (45-49) # 1 IN THE 800 FREE AND 400 I.M.
ROBERT SMITH (45-49) BEST IN THE 200 BREAST AND 100 I.M.
TOM FANNING (50-54) LED EVERYONE IN THE 200 M BACK
ANDREW HOLDEN (70-74) # 1 - 50 FREE AND THE 50 FLY
JACK HOEY (80-84) SWEEPED THE BACKSTROKE HONORS, 50, 100 AND 200.
HERB EISENSCHMIDT (80-84) # 1 IN THE 200 AND 400 I.M.

OMS CAN POINT WITH PRIDE ALSO TO THESE PEOPLE WHO WERE AMONG THE ELITE IN THE U.S. TOP TEN :

SANDI HYDE (19-24) 50,100,200 FREE, PLUS 100 FLY
LINDA FINLEY (25-29) 100 & 200 FREE, PLUS 100 AND 200 IM
HEATHER MCLAUCHLAN (25-29) HONORED IN THE 200 BACK
KRISTI GUSTAFSON (30-34) 100 AND 200 BACK
KIMBERLY PHILLIPS (30-34) 200 BREAST
KATHLEEN BUCK (35-39) FOR THE 400 I.M.
SANDI ROUSSEAU (40-44) 50 AND 100 M FREE, PLUS THE 100 FLY
SUSAN CASE (40-44) 50,100,200 BACK PLUS 50,100 AND 200 BREAST AND 400 I.M.
BARBARA FRID (45-49) 200,400,800 FREE, 50,100,200 BACK, 50 AND 100 BREAST
BEVERLY UNDERWOOD (55-59) 400 M I.M.
ELFIE STEVENIN (65-69) 200 FLY AND 400 IM.
HELENA HOFFMAN (70-74) 800 FREE,100 BACK,200 BRST,100 AND 200 FLY
JUDY MELCHER (70-74) 50 AND 100 M BREAST
DOREEN MORRIS (75-79) 200 M BACK
HAZEL BRESSIE (80-84) 400 FREE,100 & 200 BACK,200 BRST,50,100 & 200 FLY PLUS THE 100 AND 400 IM
BOB SELTZER (19-24) 100 FREE,100 BRST,100 FLY, AND 200 I.M.
HUNTER GRAHAM (25-29) 400 M I.M.
DAVID BURLESON (30-34) 100 FREE,100 AND 200 BACK, PLUS THE 100 I.M.
JEFF MICHEL (30-34) 50,100, AND 200 BACK
JOHN ZELL (30-34) 200 M BACK AND 400 I.M.
JOHN FISCHER (30-34) 50 AND 100 FLY
MIKE PENDLETON (35-39) 100 M FREE
ROY ABRAMOWITZ (35-39) 200 FREE, 200 FLY, AND 100 I.M.
GARY HAFFER (35-39) 50,100,200 BACK PLUS THE 100 I.M.
DAN JOHNSON (35-39) 200 M BREAST
VERN DASCH (40-44) 50,100,200,400 FREE, PLUS 200 I.M.
CHARLES SCHARPF (40-44) 50 & 100 FREE, PLUS 100 AND 200 I.M.
STEVE BARRETT (40-44) 200 AND 800 FREE
BERT PETERSEN (50-54) 200 FLY AND 200 I.M.
JIM BIGLER (55-59) 100, 200 AND 1500 M FREESTYLE
JOHN ENGLISH (55-59) 50, 100 AND 200 M BACK
MILTON (MICKEY) MARKS (55-59) 50,100 AND 200 BREAST
ART WELCH (55-59) 100 M BUTTERFLY
ERIC GUEST (60-64) 50 FREE, AND 200 I.M.
MICKEY MARKS (60-64) 50 BREAST, AND 100 AND 400 I.M.
HUGH RICHARDS (65-69) 50 M FREE, AND 50 M FLY
GIL YOUNG (65-69) 1500 FREE, AND 50 AND 200 BACK
EARL WALTER (65-69) 50 AND 100 M BACKSTROKE
ROBERT MORRISON (65-69) 50 BACK, 50,100 AND 200 M BREAST. PLUS 100 M I.M.
KHOSROW SHADBEH (65-69) 200 M BREAST
GERALD HUESTIS (70-74) 200 M FREE, 100 BACK, 100 I.M.
FORBES MACK (70-74) 50,100 AND 200 BRST, PLUS THE 100 I.M.
MEL ANDERSON (70-74) 100 FLY AND 200 I.M.
SYD HENDY (75-79) 100 - 400 FREE, PLUS 50,100 AND 200 BACK
LEE "SKIP" KING (75-79) 50 M FLY

THAT'S IT FOLKS FOR 1990, WE SHOULD ALL BE VERY PROUD OF THESE SWIMMERS, WHO HAVE DISTINGUISHED THEMSELVES THROUGH HARD WORK AND DEDICATION.

OB REPORTS ON OREGON MASTERS SERVICE AWARDS FOR 1990 ...

DURING A BRIEF RESPITE FROM THE HECTIC PURSUIT OF POINTS AT THE ASSOCIATION CHAMPIONSHIPS IN NEWBERG, CHAIRMAN JOHN ZELL DID THE HONORS IN PRESENTING YOUR TOKENS OF APPRECIATION FOR SERVICES RENDERED TO PEOPLE WHO HAVE IN EVERYWAY GIVEN OF THEMSELVES THAT OUR OREGON MASTERS WILL REMAIN ONE OF THE VERY BEST MASTERS GROUPS IN THE WORLD.

THE OLD BARNACLE AWARD - GIVEN EACH YEAR TO A PERSON WHO NOT IN JUST ONE YEAR BUT IN MANY YEARS HAS GIVEN SERVICE ABOVE AND BEYOND. THIS YEARS HONOREE WAS OUR OWN CHAIR , "Z"MAN, JOHN ZELL. THIS WONDERFUL GUY HAS NOT BEEN WITH US TOO MANY YEARS, BUT, IN THOSE FEW YEARS HE HAS UPGRADED OUR MONTHLY PUBLICATION, AQUAMASTER, TO WHERE IT IS AN ACKNOWLEDGED ONE OF THE BEST IN U.S. MASTERS SWIMMING , JOHN , ALMOST SINCE DAY ONE, HAS ATTENDED AND CONTRIBUTED AT MONTHLY BOARD MEETINGS, HE WAS SINGULARLY RESPONSIBLE FOR THE FORMATION OF PORTLAND PARKS MASTERS, A CLUB NOW APPROACHING 40 IN NUMBERS, AND WHEN THE CALL FOR THE ULTIMATE WENT OUT, JOHN ACCEPTED THE MANTLE OF CHAIRMAN.

CONNIE WILSON AWARD - ESTABLISHED IN 1986 TO HONOR OUR FOUNDER CONNIE WILSON, THIS AWARD THIS YEAR WENT TO A TRULY DESERVING AND OUTSTANDING "YOUNG" MAN , ERIC GUEST. THE FOUNDER OF MOUNT HOOD MASTERS, A GROUP OF 60 OR MORE OF OUR FINEST, ERIC HAS ALWAYS FOUGHT THE BATTLE WELL. HIS EARLY YEARS WERE SPOTLIGHTED BY HIS OUTSTANDING WORK FOR 1982 AND 1986 NATIONALS. HE HAS ALWAYS BEEN WILLING TO HELP OTHER MASTERS IN THEIR QUESTS. ERIC HAS BEEN A PILLAR OF STRENGTH, ATTENDING COUNTLESS BOARD MEETINGS, SELLING ADVERTISING FOR NATIONAL PROGRAMS, STANDING TALL FOR ALL TO SEE AS A TRULY FINE REPRESENTATIVE OF FOR OREGON MASTERS.

SPECIAL SERVICE AWARD FOR OUTSTANDING SERVICE TO OREGON MASTERS - WENT TO OUR IMMEDIATE PAST CHAIR KATHLEEN BUCK. DURING HER TWO YEARS IN OFFICE, KATHY DID A SIMPLY MAGNIFICENT JOB OF STEERING OMS FURTHER DOWN THE ROAD TO GLORY. OVER THE YEARS SHE HAS CONTRIBUTED AS AN ACTIVE BOARD MEMBER. CHAIRED SPECIAL COMMITTEES, CONTINUALLY SETTING THE VERY BEST EXAMPLE OF MASTERS IS ALL ABOUT. HER WORK IN ESTABLISHING OMS IN NEWBERG, THROUGH THE CHEHALEM MASTERS, AND HOSTING MANY FINE MEETS AS WELL AS ASSOCIATION CHAMPIONSHIPS WILL ALWAYS BE A SUPERB EXAMPLE OF SERVICE.

THE STEVENS-NESS SPIRIT OF MASTERS AWARDS, NAMED FOR THE MOST WONDERFUL PEOPLE WHO PRINT , AT NO CHARGE, OUR AQUAMASTER, THEY THROUGH THE EFFORTS OF JIM SNOW, A TRULY GREAT PERSON, HAVE MADE POSSIBLE NOT ONLY A FINE PUBLICATION BUT THE SAVINGS OF COUNTLESS DOLLARS FOR OUR PROGRAM. THIS YEARS HONOREES ARE TWO OF THE VERY FINEST EXAMPLES OF MASTERS SPIRIT YOU COULD POSSIBLY FINE :

NANCY MILNER, OF MOUNT HOOD MASTERS, FOR YEARS WE HAVE ALL MARVELLED AT THIS GAL'S MOST WONDERFUL ATTITUDE, HER FRIENDLINESS, HER DEDICATION TO SWIMMING, AND THE ALWAYS SMILING FACE AND HAPPY NATURE, GIVING IT HER BEST.

GIL YOUNG, ALSO MT HOOD MASTERS , ANOTHER "YOUNG" MAN WHO CAME ALONG A FEW YEARS AGO, AND SHOWED US HOW TO SWIM THE FREESTYLE, BUT MOST IMPORTANTLY, CONTRIBUTED TO MANY BOARD MEETINGS, SOLD ADVERTISING AND HELPED STAGE THE 1982 AND 1986 NATIONALS.

CONGRATULATIONS TO NANCY AND GIL AND THANKS FOR SHOWING US HOW IT IS DONE.

OREGON MASTERS SWIMMERS OF THE YEAR ...

UNDER 50 YEARS OF AGE : GINGER PIERSON
RICHARD BOYD

50 YEARS AND OLDER : HAZEL BRESSIE
HERB EISENSCHMIDT

THESE FOUR PEOPLE HAVE BEEN AND STILL ARE MANY YEAR ALL AMERICANS, TOP ALL AROUND SWIMMERS, WHO HAVE LED OMS YEAR AFTER YEAR.

THAT'S IT FOR THIS YEAR, WHEN YOU SEE THESE PEOPLE, CONGRATULATE THEM, BUT MOST IMPORTANT, THANK THEM FOR THEIR CONTRIBUTIONS TO OREGON MASTERS.

Happy Birthday

April Birthdays

Albright, Susan A.	4/12/55	Lehman, Ross A.	4/ 7/57
Bahler, Joyce E.	4/ 7/30	Marshall, Keith L.	4/23/47
Baumgartner, Leola E.	4/20/17	Marx, Linda J.	4/16/68
Bertani, John A.	4/16/55	Mastel-Smith, Beth A.	4/19/59
Chay, Catherine F.	4/ 7/55	Mc Dogle, K.C.	4/28/53
Colton, Graham L.	4/ 2/45	Olson, Dennis S.	4/23/54
Cowan, Charlotte	4/20/40	Reinhard, Michael	4/25/90
40 Cullumbine, Jo A.	4/13/51	Reinhard, Michael S.	4/25/59
Davis, Lisa K.	4/21/64	35 Roth, Steven G.	4/16/56
60 Dirksen, Beverly A.	4/22/31	Seely, Gayle B.	4/ 7/45
Dufka, Rand S.	4/19/64	Sheridan, Judith M.	4/ 7/63
English, John C.	4/28/33	Southwell, Greg A.	4/17/52
Frid, Barbara C.	4/20/42	60 Sprenger, Fred W.	4/ 3/31
Gladstein, Jay E.	4/ 2/64	Tilden, Ross	4/26/52
40 Grant, Michael A.	4/15/51	40 Tucker, Claudia	4/17/51
Hendy, Syd	4/26/13	Watters, Roy L.	4/ 7/44
Herbison, David	4/10/62	Wells, J. D.	4/14/49
Hiatt, Chris L.	4/ 4/40	Wixon, Patricia A.	4/10/35
Huestis, Gerald A.	4/ 7/20	Young, Gilbert N.	4/12/22
Johnson, Steve M.	4/ 2/48		
Jones, Sheridan D.	4/ 3/27		
35 Killgore, Patricia L.	4/15/56		

* Age is shown for persons moving up an age group.

May Birthdays

Abramowitz, Roy	5/24/54	45 Lentell, Margaret M.	5/10/46
Anderson, Jackie L.	5/ 3/52	Mackay, Deborah L.	5/22/68
Anderson, Michael L.	5/27/53	Mann, Edward R.	5/28/57
Belz, Cynthia A.	5/21/60	Mc Daniel, Tim M.	5/13/50
35 Boothby, Elaine K.	5/ 6/56	McKeon, Evelyn	5/28/14
25 Clark, Jon A.	5/22/66	Mc Nerney, Lee Ann	5/29/64
Coke, Erin	5/24/59	Melcher, Judy M.	5/17/20
Datz, Michael R.	5/17/49	Miesen, Lee J.	5/ 3/27
de Lay, Allan J.	5/ 4/15	Miller, Richard M.	5/25/50
Dickinson, Carol A.	5/ 3/34	65 Morehouse, Michael L.	5/28/26
45 Dorr, Bill C.	5/24/46	70 Morrison, Bob A.	5/19/21
Durapau, Steve L.	5/ 7/49	Nakata, Ronald K.	5/15/39
65 Eckhardt, Fred	5/10/26	40 Nelson, Sandre S.	5/20/51
Elliott, James M.	5/13/52	Nicholson, Don E.	5/22/32
50 Gambrell, Jim	5/10/41	Perz, Dan F.	5/ 8/52
Girard, Susan M.	5/17/48	Reilly, Paul H.	5/14/52
Gray, Daniel R.	5/ 5/45	55 Schroder, Kaleo B.	5/16/36
Greer, Jerry G.	5/15/40	Smith, Nancy C.	5/31/59
Harger, Stephen F.	5/14/59	Smith, Richard J.	5/29/49
Hill, David	5/24/68	Smith, Robert S.	5/22/43
Holden, Andrew W.	5/ 7/19	35 Storie, Jeff L.	5/21/56
Hug, Sandy P.	5/23/40	Walkky, John E.	5/12/53
Hunscher, Monika	5/25/48	70 Walter, Earl	5/18/21
Ingram, Debbie B.	5/11/54	45 Williams, Michael D.	5/24/46
Johnson, Daniel P.	5/12/53	Wilson, Sara F.	5/28/62
Jones, Linda L.	5/10/42	35 Winer, Rose	5/13/56
Kalil, Adrian L.	5/12/53	Witzke, Paul E.	5/11/45
Kennedy, Frank H.	5/12/45	25 Woodworth, Lisa	5/12/66
Kimura, Takako O.	5/30/18		
Keopke, Dona L.	5/ 9/32		
Kuyper, Donald J.	5/ 1/43		

* Age is shown for persons moving up an age group.

TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1989 or 1990 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE REGISTRAR: DAN JOHNSON, 7655 SW Cedarcrest St., Portland, OR 97223 (244-8152)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE people for each registered team. Any changes in team contact/ reps should be made with Dan.

TO BE A VOTING MEMBER OF THE OMS BOARD A TEAM CONTACT/REPRESENTATIVE MUST BE A CURRENTLY REGISTERED MEMBER OF OREGON MASTERS SWIMMING.

Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Vally Masters	RVM	June Mather	482-0610
Astoria/ Seaside	North Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton	Griffith Park Ath. Club	GPA	Gabe Dries	644-3900
Beaverton	Tualatin Hills Barracudas	THB	Pam Himstreet	645-4051
Bend	Central Oregon Masters	COMA	Jo An Mann	389-3228
Corvallis	Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell	Bohemia Swim Association	BSA	Mike Dirksen	895-3594
Eugene	Downtown Athletic Club	DAC	Karen Orth	484-4011
Eugene	Eugene Family YMCA	EY	Kathy Thomas	686-9622
Eugene	Univ. of Oregon Masters	UOM	Dan Van Rossen	746-2286
Eugene	Sheldon Night Crawlers	SHNC	Dick Moody	485-1275
Grants P.	Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham	Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer	Keizer Masters	KM	D. Wayne Baker	390-1971
Klamath F.	Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego	Lake Oswego Swim Club	LOSC	Robert Smith	639-4505
Lincoln C.	Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford	Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnvil.	McMinnville Masters	MM	Judy Rex	472-0765
Newberg	Chehalem Masters	CHM	Kathleen Buck	625-5747
Newport	Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend	North Bend Masters	NBM	Alice Parsons	756-4915
Portland	Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland	Multnomah Athletic Club	MAC	Steve Roth	223-6251 x226
Portland	Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland	Parkrose Masters	PKRS	Craig Jorgensen	252-9906
Portland	Portland Comm College	PCC	Karl Von Tagen	244-6111x4201
Portland	Portland Parks Masters	PPM	John Zell	282-9347
Portland	Princeton Athletic Club	PAC	Marty Popp	222-2639
Portland	RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland	Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland	Viking Masters Swimming	VMS	Bob Morrison	234-3733
Portland	Willamette Athletic Club	WAC	Brad Thomas	295-2255
Redmond	Cascade Aquatic Masters	CAM	Sean Taylor	548-6066
Roseburg	Umpqua Valley Masters	UVM	Judy McCurdy	679-8144
Salem	Willamette H2O Masters	WHOM	John DeJarnatt	588-2060
SweetHome	Sweet Home OR Masters	SHOM	Kim Church	367-3191
Tigard	Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver,WA	Vancouver Old Timers	VOT	Andy Schrag	(206)254-9661

JOIN A TEAM OR START ONE TODAY -- YOU'LL BE GLAD YOU DID!!!

1991 OREGON MASTERS

YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from November 1, 1990 through December 31, 1991.*

Registrations are accepted for the 1991 season beginning Sept. 1, 1990.

(*Note: registration year is changing to Jan 1 - Dec. 31)

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution. Our Monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the ONLY source of meet entry forms. For \$7.00 a year your copy is delivered via bulk mail. If you move, let the registrar know so that you continue to receive this valuable publication. Your registration fee enables OMS to provide you with:

1. Local meet support.
2. National representation for all of Oregon Swimmers.
3. Promotion of Masters Swimming and social events.

\$12.00 of your \$18.00 registration is sent to the US Masters Swimming, Inc. (USMS)

They provide the following for you:

- Personal accident insurance when competing in OMS or USMS approved/sanctioned meet or practice session.
- USMS newsletter (two per year).
- Two national championships held each May and August.

Your Club designation affects eligibility to swim on a relays. Regardless of your team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

Instructions for filling out form:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. It may be up to 1 month before you receive your registration card back. Until this time you can enter your registration number on meet entry forms as "applied for". You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form NOT TO THE REGISTRAR LISTED BELOW.

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

_____ This is a new registration. _____ Renewal (registered in 1990)

**Oregon Masters Swimming
Registration**

1991

Name _____
LAST FIRST M.I.

Address _____

City _____ St _____ ZIP _____

() _____ - _____ / _____ / _____
Phone # Born (MM/DD/YY) Age Sex

Oregon Club: () OREG () MACO () UNATTACHED

Local Team (if any) _____

Reg. Fee (\$18.00) _____
Aqua Master (\$7.00) _____
Total _____

MAIL TO:
DAN JOHNSON
7655 SW CEDARCREST ST.
PORTLAND, OR 97223
Or Enclose with meet registration

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training, practice, and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, the Host facilities, meet Sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

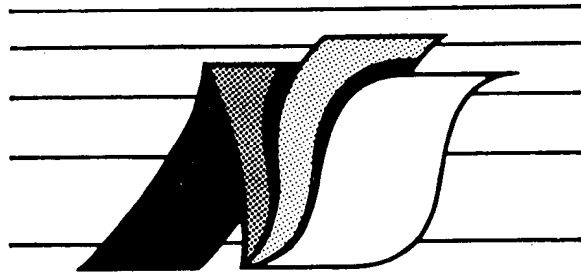
Signature: _____



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Aqua-Master

Editor
John F. Zell
4640 N.E. 36th Avenue
Portland, OR 97211-7618

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IN THIS ISSUE:
Z-MAN SAYS,
OL' BARNACLE,
DR. SPRINT,
SC METERS TOP 10,
O.M.S. AWARDS,
ASHLAND RESULTS,
AND MEET ENTRY
FORMS

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() _____ - _____ / _____ / _____
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Signature: _____

OREGON CITY RESULTS & LOTS OF ENTRY FORMS

* Meet Entry Forms

* Ol' Barnacle

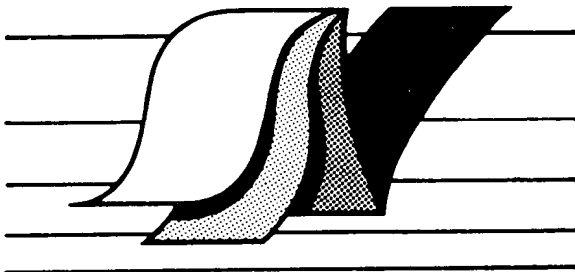
* Z-Man Says

IN THIS ISSUE

Editor
John F. Zell
4640 NE 36th Avenue
Portland, OR 97211

Aqua-Master

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