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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
membership and subscription
information.

OMS is a part of United States
Masters Swimming, Inc.

CALENDAR & MEET SCHEDULE 1991 - 1992

- *MAY 15-OCT 15 10,000 METER 2 PERSON POSTAL MEET RELAY
- JULY 24 O.M.S. BOARD MEETING 7:15 P.M. SANDI ROUSSEAU'S HOUSE
- *JULY 27 EUGENE, OR 9th ANNUAL SENIOR MASTERS SPORTS FEST
SWIMMING EVENTS AT ECHO HOLLOW 50 METER POOL
(ENTRY DEADLINE JULY 22nd)
- *JULY 28 PORT ORCHARD, WA SO. KITASP H.S. 50 METER POOL
(ENTRY DEADLINE JULY 18th)
- *AUGUST 3 3rd ANNUAL O.M.S. DESCHUTES RIVER RAFT TRIP
(SIGN-UP DEPOSIT DUE JULY 15th)
- *AUGUST 10-11 REGION 12 LONG COURSE REGIONAL CHAMPIONSHIPS
FEDERAL WAY, WA GOODWILL GAMES POOL
(ENTRY DEADLINE JULY 26, 1991)
- AUGUST 15-18 1991 USMS LONG COURSE NATIONAL CHAMPIONSHIPS
ELIZABETHTOWN, KENTUCKY
- *AUGUST 31 THE PORTLAND GAY & LESBIAN SPORTS FESTIVAL
SWIMMING EVENTS AT COLUMBIA POOL 25 YARD
(ENTRY DEADLINE AUGUST 10th)
- SEPT 18-22 1991 USMS CONVENTION LOUISVILLE, KENTUCKY
- OCT 19 PORTLAND, OR M.A.C. CLUB CENTENNIAL
- MAY 14-17, 1992 1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS
UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.
- JUNE 25 to 4th WORLD MASTERS SWIMMING CHAMPIONSHIPS
JULY 5, 1992 UNIVERSITY OF INDIANA INDIANAPOLIS, INDIANA
- ** 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---

Greetings my friends....Z-Man here. Welcome to our summer. Yes, so far it may not have been much of a summer to remember. I believe we were above our average rainfall for May and June. Though it has been a bit dismal or discouraging outside, I think the extra rainfall should be welcome. With all the talk of drought over the last few years we need all we can get. It will turn around and July, August, September and into October will be our summer.

How many of you are working out in an outdoor pool now? If you haven't swam outside this year you owe yourself this treat. Nothing beats swimming outdoors fresh air, sunshine, and new or different surroundings. In the Portland area, the city parks outdoor pools are all open now as is probably true of many cities around the state. Mt. Hood Community College's outdoor 50 meter pool is open and yours truly bought a 20 visit pass and I hope to get out there once or twice a week to swim long course and enjoy the outdoors. You really need to check out the outdoor pool(s) in your area and enjoy.

Another hot topic that goes hand in hand with swimming in an outdoor pool is PROPER LAP SWIMMING ETIQUETTE. Summertime means a lot more swimming pools go into operation and more lap swimmers "come out of the woodwork." Many of these fair weather lap swimmers may only swim in the summer. They may have no concept of lap swimming rules or etiquette. Many of us swim at the same pool throughout the fall, summer, and spring then go to other outdoor pools in the summer. You may have an established group of "regulars" at your normal pool that swim and get along well together but when you venture to foreign territory you've got to change your thinking. I've been to some outdoor pools for an "adult lap swim" session and seen one or two inconsiderate swimmers almost come to fisticuffs over basic violations in proper lap swimming etiquette. As I see it, it always boils down to a lack of communication between those swimming together in a lane that gets people pissed-off at each other over the most simplest of lap swimming rules. When you step into a lane of a different pool it only takes a few seconds to stop any people in the lane and find out what they are doing or would like to do so that the session can be a fun time for all. I have travelled all over this great state and

swam in many different pools and I've discovered a very simple thing. When I step into the fast lane at a "lap swim" session I always first size up the people I'm going to be swimming with and then after a few of warm-up laps I usually stop everyone in the lane and see what they are doing and if they would like to do a workout together. If you can get the folks in your lane to all "be on the same page," then it usually ends up to be fun and productive for all. All Masters Swimmers should know proper lap swimming etiquette and it is your duty to share with those around you what it takes to swim together so that all can enjoy and get along.

As you can see by the schedule page and the various entry deadline dates this issue is a last minute shot for you to enter a number of events coming up in July and August. Check your calendar and jump on any of these meets pronto. Cause if you snooze you loose.

Ol' Barnacle brings you the 1990 Top 10 in the World review in this months issue. We are all very proud of these fine swimmers who made this list. Earl also remembers Fred Wiggins with some fine words.

This month's issue debuts a new column entitled "Fitness" which is targeted for both competitive and less competitive fitness swimmers. It the goal of this editor to bring you more training and/or fitness oriented articles and features. This month is an article that announces the formation of a Fitness Committee within the O.M.S. Board and membership.

You will find the final printing of the OMS Raft Trip form with a map of Maupin. There is interesting info regarding a "Masters Workout Manager" software program for your review. This is an IBM based program that functions as a Lotus 123 template. You folks who are computer-nuts should check this out.

Next month we will have the long awaited results of Dr. Sprint's Sprint Workout Postal Championships and the outcome of the Good Doctor vs. godZELLa.

Hope you like the looks of the new front cover. The general idea is there and there will be some minor changes coming.

See you at L. C. Regionals,






NINTH ANNUAL SENIOR MASTERS SPORTS FESTIVAL JULY 22 - 28, 1991

GENERAL INFORMATION

For information concerning your sports, contact your chairperson.

With questions about the festival, contact Lou Zasloff, Executive Director, % Eugene Senior Sports, Inc., P.O. Box 5002, Eugene, OR 97405, 503-484-0240

Chairperson	Event	Place	Time	Date	Entry Fee Enter Amount
 SWIMMING (30+) Meet Director Doug Smith 503-687-5525		Don Van Rossen Program Advisor Echo Hollow Pool 1655 Echo Hollow Road Eugene, OR 97402	8 am (warm up) 9 am	7/27	Limited to \$5 _____ 5 events
Pin ribbon for 1st, 2nd, 3rd in each bracket					

• **Deadlines:** Fees and entry form must be in by July 22, 1991. Early entry, festival fee and entry fees would be most helpful and appreciated. Request for refunds must be made by July 22, 1991, the start of the Sports Festival.

• **Festival Dinner Party:** The ending of the competition and socially bringing together of all the sports participants and their guests for a social and entertaining finale has been a tradition of the Sports Festival. Additional non-participant guests are encouraged. Cost for guest is \$7.00

• **Festival Fee, Plus Entry Fee:** There is only one Festival fee (\$12.00), no matter how many sports are entered. Festival fee covers: (1) Festival dinner party, (2) coffee, bagels and cream cheese at all points of play, (3) Festival T-shirt, and (4) management operations. Entry fees are listed for each sport and for the number of events entered. Make check payable to The Eugene Senior Sports Group, Inc.

Mall Entries and Check To:

The Eugene Senior Sports Group
Post Office Box 5002
Eugene, OR 97405

ENTRY FORM

1. **Registration.** Mail your total amount, with this form, to: The Eugene Senior Sports Group, Inc.

Entry Fees Subtotal \$ _____
Additional Dinner Guest (\$7.00 per guest) \$ _____
Festival Fee \$ **\$12.00**
Total Amount (enclosed) \$ _____

P.O. Box 5002
Eugene, OR 97405

Dinner Guest Information:
☐ I will attend dinner party
☐ I will bring a dinner guest

Shirt Size (please circle one)
medium large extra-large

2. **Groupings.** Place an "X" next to your age category and sex.

☐ MALE ☐ FEMALE

☐ 30-34 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 ☐ 85-89 ☐ 90 +

* ☐ **Swimming (30+)** order of events to be held at Echo Hollow Pool-1655 Echo Hollow Rd., Eugene, OR 97402

M	W		M	W
<input type="checkbox"/> 1	<input type="checkbox"/> 2	400 meter free	<input type="checkbox"/> 17	<input type="checkbox"/> 18
<input type="checkbox"/> 3	<input type="checkbox"/> 4	50 meter breast	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> 5	<input type="checkbox"/> 6	100 meter fly	<input type="checkbox"/> 21	<input type="checkbox"/> 22
<input type="checkbox"/> 7	<input type="checkbox"/> 8	50 meter free	<input type="checkbox"/> 23	<input type="checkbox"/> 24
<input type="checkbox"/> 9	<input type="checkbox"/> 10	50 meter back	<input type="checkbox"/> 25	<input type="checkbox"/> 26
<input type="checkbox"/> 11	<input type="checkbox"/> 12	200 meter free relay	<input type="checkbox"/> 27	<input type="checkbox"/> 28
<input type="checkbox"/> 13	<input type="checkbox"/> 14	100 meter breast	<input type="checkbox"/> 29	<input type="checkbox"/> 30
<input type="checkbox"/> 15	<input type="checkbox"/> 16	50 meter fly	<input type="checkbox"/> 31	<input type="checkbox"/> 32

Doug Smith 687-5525
50 Meter Pool
7/27/91
Warm-ups - 8AM
Meet Starts - 9AM
\$5.00 - 5 events max.

Open to registered Masters Swimmers as well as unregistered swimmers.

Must be USMS registered to qualify for Masters records. Approved but not sanctioned meet.

Festival Dinner Party, July 27th, 6PM at Alton Baker Park, Eugene, OR

Name _____ Age _____

Address _____ Phone _____

Street

City

State

Zip

MEET INFORMATION: REGION XII LONG COURSE CHAMPIONSHIPS
AUGUST 10-11, 1991

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world. The competition pool has eight nine-foot-wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up and warm-down during competition.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

Please note: Swimmers under the age of 25 are advised they might jeopardize their amateur status under FINA rule GR-1 if they participate in Masters competition.

ENTRIES **MUST** BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY JULY 26, 1991. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 26, 1991, ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1991 USMS REGISTERED SWIMMERS 19 AND OVER AS OF AUGUST 11, 1991.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

MEET DIRECTOR: HUGH MOORE
29920 2ND PL SW
FEDERAL WAY, WA 98023
(206)941-3100 before 9 PM

TIMES: Saturday, August 10th:
warm-up: 1 - 1:50 PM meet: 2 PM
Sunday August 11th:
warm-up: 8:00-8:50 AM meet: 9:00 AM

SATURDAY AUGUST 10

1 400 IM
2 200 FREE
3 100 BREAST
4 50 FLY
5 200 MIXED MEDLEY RELAY
(ENTRIES DUE AT 2 PM)
5 MINUTE BREAK
6 200 BACK
7 50 FREE
8 100 FLY
9 200 FREE RELAY
(ENTRIES DUE AT 4 PM)
5 MINUTE BREAK
10 800 FREE (CHECK-IN 4 PM)

SUNDAY AUGUST 11

11 400 FREE
12 200 BREAST
13 100 FREE
14 50 BACK
15 200 IM
16 200 MEDLEY RELAY
(ENTRIES DUE AT 9 AM)
5 MINUTE BREAK
17 200 FLY
18 100 BACK
19 50 BREAST
20 200 MIXED FREE RELAY
(ENTRIES DUE AT 11 AM)
5 MINUTE BREAK
21 1500 FREE (CHECK-IN 11 AM)

NOTE CHECK-IN TIME FOR 800 & 1500 FREE AND ENTRY DEADLINE FOR RELAYS.

REGION XII LONG COURSE CHAMPIONSHIPS
AUGUST 10-11, 1991 SANCTION # 913608
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.
HOSTED BY PACIFIC NORTHWEST ASSOCIATION

NAME _____ M F AGE as of 8/11/91 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event #	EVENT	ESTIMATED TIME
---------	-------	----------------

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

Surcharge: \$5.00 \$5.00

Individual events @ \$1.00 each

Submarine Sandwich Social @\$5.00

TOTAL

Note: Relays are free and entered at the meet

CHECKLIST

Checks payable to PNA

Phone (206)941-3100 before 9 PM

Mail to: Hugh Moore

29920 2ND PL SW

Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR USMS REGISTRATION CARD. ENTRIES MUST BE POSTMARKED BY JULY 26, 1991. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 26, 1991,1 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED.

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 risks inherent in Masters swimming (training 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 my participation in the Masters swimming 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.

SIGNED _____

DATE _____

SOCIAL

PNA will host a submarine sandwich social which will start during the 1500 on Sunday. Talk, eat, and rest before starting the drive home. The social will continue long enough for the competitors in the last heat to participate. Snacks, drinks, and dessert will be included for \$5.

ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel (Best Western) 31611 20th Ave. S, Federal Way	941-5888 1-800-528-1234	yes	6 miles
Super 8 Motel 1688 S 348th St, Federal Way	838-8808 1-800-848-8888	no	2 miles
Executive Inn (Best Western) 5700 Pacific Hwy E, Fife	922-0080 1-800-528-1234	yes	8 miles
Comfort Inn 5601 Pacific Hwy E, Fife	926-2301 1-800-228-5150	no	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500 1-800-422-3051	yes	8 miles
Motel 6 - Fife 5201 20th St E, Fife	922-1270	no	8 miles
Econo Lodge 3518 Pacific Hwy E, Fife	922-0550 1-800-446-6900	yes	8 miles
Portage Inn 3021 Pacific Hwy E, Fife	922-3500 1-800-448-5544	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea-Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

CERTAIN TO BE MORE FUN THAN ANY 200 FLY OR 1650
"The 3rd Annual OMS Deschutes River raft Trip!"
Quickly becoming one of OMS' premier events!
SATURDAY AUGUST 3RD

For OMSters, friends and family.

This is a real opportunity to show just what an Aquamaniac you really are.

COST: \$54 per person (assumes in excess of 10 participants.)

Includes a terrific lunch which will be waiting for us on the banks of the river at noon. Do you like shrimp cocktail, crab cocktail, grilled steaks and chicken, Oregon wines and homemade pie? Non-alcoholic beverages included although you're welcome to bring something with a little more "character" if you choose as the rafts have coolers in them. Bring swimsuit, sunglasses and sunblock!

This is a fully guided raft trip, you need to know nothing about rafting, all we need to do is enjoy the scenery, (and hang on occasionally!)

The weather can be variable, usually quite nice in Central Oregon this time of year but bring something warm just in case it is cooler.

The rafting outfit we have hired provides all equipment, we just show up and enjoy!

We meet the guides at Ewings White Water in Maupin, Oregon at 10:00 a.m. on Saturday, August 3rd. Driving time from Portland is about 2 -1/2 hours so plan to leave about 7:00 a.m. if you live in the Portland area. After the July 15th sign up deadline I will send each of you a list of who else is going so we can car pool.

Send \$10 non-refundable deposit per person by the sign up deadline which is July 15th. Even though we're giving you 'til July 15th to sign up, if you'd like to go please sign up much earlier than that so we might actually be organized about it, it's a big help!

Make checks payable to Ewings White Water, the balance (\$44 per person) is due on the day of the trip.

Travel instructions, directions etc., in next Aquamaster.

Contact person for OMS: Andy Schrag
(206) 693-9242 - days
(206) 254-9661 - eves

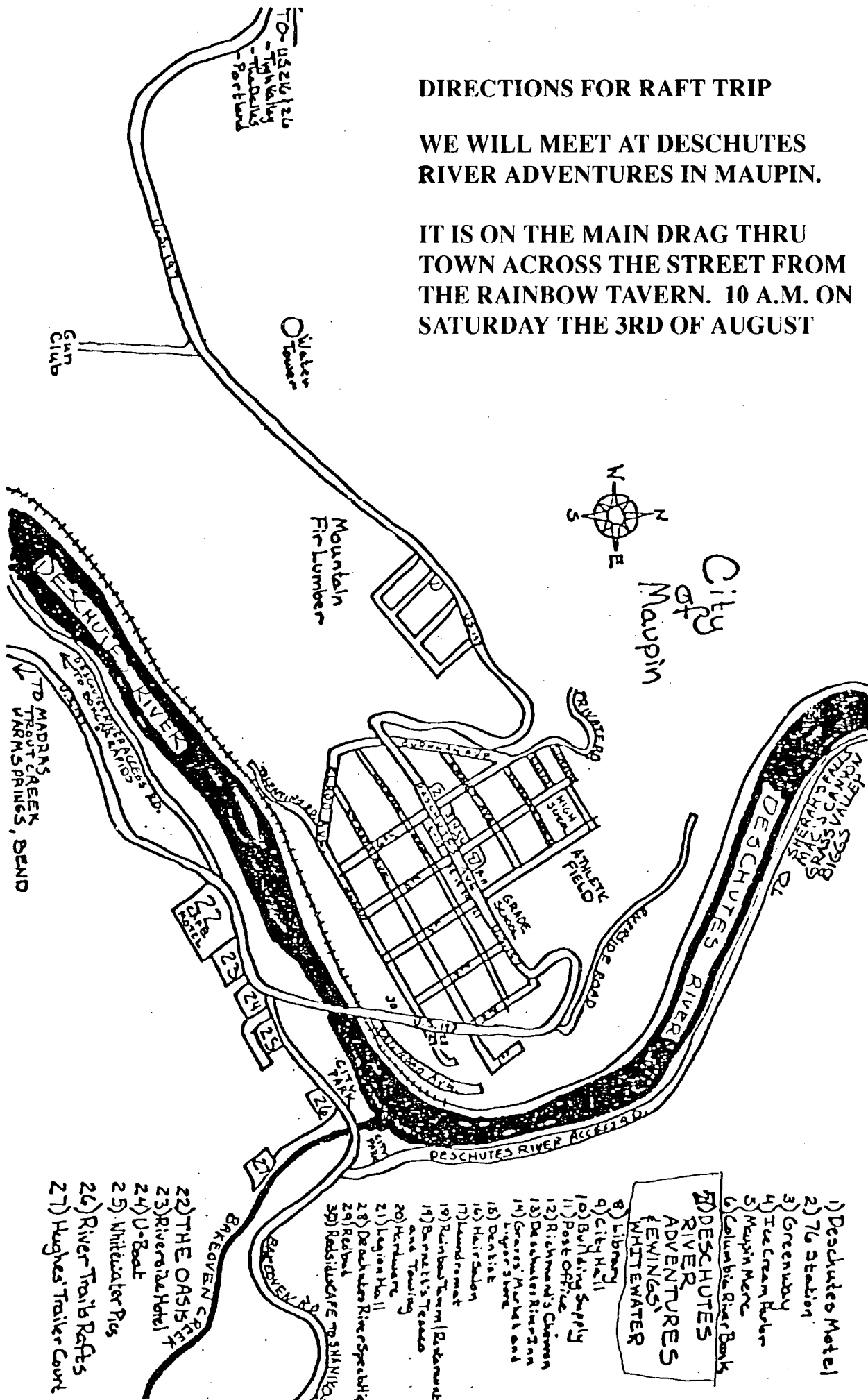
People _____ Amount Enclosed \$ _____

Send to: Andy Schrag
4301D East Fourth Plain Blvd.
Vancouver, WA 98661

In consideration for its agreement to allow me to participate in this raft trip, I hereby waive, release and discharge Oregon Masters Swimming, Inc., its directors, officers, employees, agents and representatives from any and all claim, loss or damage arising or resulting from my participation in this raft trip and in travel to and from such trip, including specifically, any and all negligence of Oregon Masters Swimming Inc., its directors, officers, employees, agents or representatives, in planning or conducting any aspect of this raft trip and travel to and from it.

Signature _____ Date _____

**IT IS ON THE MAIN DRAG THRU
TOWN ACROSS THE STREET FROM
THE RAINBOW TAVERN. 10 A.M. ON
SATURDAY THE 3RD OF AUGUST**



MEET INFORMATION: July 28, 1991

Hosted by South Kitsap Masters
Sanctioned by PNA LMSC #913610

DATE: Sunday July 28, 1991
TIME: Warmup: 8:30 A.M.
Meet: 9:30 A.M.

PLACE: South Kitsap H.S. Pool
Port Orchard
(206) 876-7385

MEET DIRECTOR: BOBBY GALLEGOS
(206) 876-0960
(Leave message)

FACILITY: 6-lane, 50M pool;

RULES: Current USMS rules will
govern the meet

ELIGIBILITY: Open to all USMS registered
1991 swimmers 19 and over as
of the day of the meet

SEEDING: Slow to fast all events

CONCESSIONS: Available during the meet.

ORDER OF EVENTS
EVENT # EVENT

- 1 400 FREE RELAY
- 2 200 FLY
- 3 200 BACK
- 4 50 BREAST
- 5 100 FREE
- 5 MINUTE BREAK
- 6 200 IM
- 7 50 FLY
- 8 100 BACK
- 9 200 BREAST
- 10 50 FREE
- 5 MINUTE BREAK
- 11 200 MEDLEY RELAY
- 12 100 FLY
- 13 50 BACK
- 14 100 BREAST
- 15 200 FREE
- 5 MINUTE BREAK
- 16 400 FREE

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: FROM SOUTHWORTH FERRY: Take a left onto Sedgwick and follow
around to Jackson. Take a right on Jackson and follow downhill to
stoplight. Turn left; approx. 1/2 mile to H.S.

FROM MARROWS BRIDGE: Take Highway 16, take Sedgwick exit. Turn right on
Sedgwick. Go to stoplight on Bethel. Left on Bethel to Y in road. Bear
right at Y onto Mitchell. Approximately 1 mile to high school.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might
jeopardize their amateur status under FINA Rule GR-1 if they
participate in Masters competition.

MEET ENTRY FORM: July 28, 1991

Hosted by South Kitsap Masters
at South Kitsap H. S. Pool
Sanction # 913610

NAME _____ M—F—AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90+

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER EVENT EVENT TIME

ENTRY FEES

SURCHARGE: \$3.00

93.00 (Includes LMSC surcharge \$1)

Individual Events @ \$1.00

(No charge for relays)

TOTAL

Checks payable to South Kitsap Masters

Mail fees and this entry form to: Bobby G

340 Tremont Street West
Port Orchard, WA 98366

ENTRIES DUE: July 18, 1991

STATEMENT OF RELEASE

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 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 Swimming program or any activities incident thereto
against United States Masters Swimming, Inc., the Local Masters Swimming Committees,
the clubs, boat 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.

SIGNED _____ DATE _____

MASTERS WORKOUT MANAGER

By Guy Edson

April 1991

If you're involved with Masters Swimming...
either as a coach or swimmer,
and
if you like to play with computers and software,
especially Lotus 123,
and
if you like to carefully, plan, and analyze your workouts
then I have an excellent program for you.

MASTERS WORKOUT MANAGER is a fully programed, menu driven,
Lotus 123 template. I wrote and revised this program over
a four year period for use with my senior teams. It's
been tested in day to day use and it works just great.

You will be amazed at how well this program helps you
plan, analyze, and even graph your personal workouts. At
the beginning of each week you plan your workouts for the
week while keeping an eye on the automatically calculated
percentages of work in each energy system set and then
print out your workouts. Then at the end of the week you
can update any changes you made and print four detailed
year to date reports and five revealing graphs.

It costs just \$19.95.

The enclosed flyer gives a few more details about the
program as well as ordering information. I hope to hear
from you soon!

Sincerely,



MASTERS WORKOUT MANAGER

by Guy Edson

MASTERS WORKOUT MANAGER is a programed Lotus 123 template that provides a Masters swimmer with the means to plan, record, update, analyze, and graph workout yardage over the course of a full season. The reports and graphs it generates are very revealing of training progress and can be invaluable in preparation for tapering. The program is menu driven and easy to use. However, users should be familiar with Lotus 123. Advanced Lotus users can customize the template to fit their individual needs. A 45 page USER'S MANUAL provides a detailed reference and a self guided tour. A Quick Reference sheet is also provided. MASTERS WORKOUT MANAGER requires an IBM compatible computer with at least 512k, a graphics printer, and Lotus 123, version 2.01 or later. The price is just \$19.95 including shipping.

Here's what it does...

Enter up to twelve workouts, like the one below, in each week. Hit the "calc" key and the total yards and time for each set, for each workout, and for the whole week are displayed. Triathletes can record the time spent on running and bicycling each day.

THE MONDAY WORKOUT SCREEN

THE MONDAY WORKOUT SCREEN											
A	B	C	D	E	F	G	H	I	BV		
21	MONDAY P.M.								126	EASY	
22									127		1200
23	REPS	DIST	ST	DESCRIPTION	INT	EFFORT	TOTAL	TIME	128	40%	
24									129	MOD	
25	3	100	FR	LOOSEN	2.20	EASY	300	7	130	800	
26	3	100	FR	LOOSEN	2.10	EASY	300	6	131	27%	
27	3	100	FR	BUILD	2.00	MOD	300	6	132	AT	
28	5	100	BR	EVEN SPLIT	2.30	FAST	500	12	133	0	
29	1	300	C	W-DOWN	7.00	EASY	300	7	134	0%	
30	2	200	IM	BRKN 75,50,50,25	6.00	RACE	400	12	135	FAST	
31	1	300	C	W-DOWN	7.00	EASY	300	7	136	500	
32	10	50	K	BREAST	1.30	MOD	500	15	137	17%	
33	4	25	BR	GOAL SWIMS	2.00	SPRINT	100	8	138	RACE	
34									139		400
35									140		13%
36									141	SPRINT	
37	Running	(min):	45	TOTALS:			3000	81	142	100	
38	Bicycling	(min):	0						143	1%	
39	Notes:								144	TOTAL	
40									145	3000	

This right window displays the total amount and percentage of work done in each energy system for the week. As you enter each set you can see how it affects your weekly totals.

Four different year to date reports tell you exactly how much work you have done through the season. A sample of one report, Workout Analysis Part I, is printed below.

Date of Report: 20-Jul-88

RICHARD WILLIAMS

WORKOUT ANALYSIS PART I:

TRAINING DISTANCES

WEEK OF:	WORKOUT EMPHASIS	TOTAL YARDS:		AT	FAST	RACE	SPRINT	TOTAL	PERCENT OF TOTAL TRAINING:					
		EASY	MOD						EASY	MOD	AT	FAST	RACE	SPRINT
1 APR 11	START	2900	8600	2400	1000			14900	19%	58%	16%	7%		
2 APR 18		3200	10700	2800	1200		300	17900	18%	60%	16%	7%		1%
3 APR 25		3600	12000	3200	1500	600	300	21200	17%	57%	15%	7%	3%	1%
4 MAY 2	MEET	3100	13000	2800			300	19200	16%	68%	15%			1%

Workout Analysis Part II shows the amount of training time devoted to swimming, running and bicycling. Workout Analysis Part III, sample shown below, shows the amount of work done in different strokes. Part IV shows the amount of work done in different stroke sets.

Date of Report: 20-Jul-88

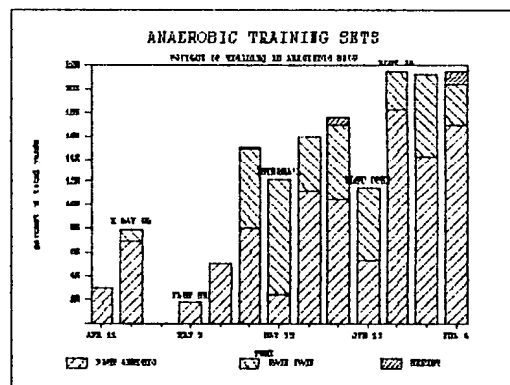
RICHARD WILLIAMS

WORKOUT ANALYSIS PART III: TRAINING COMPLETED IN EACH STROKE

WEEK OF:	EMPHASIS:	FREE	BACK	BREAST	FLY	IN	STROKE	KICK	SWIM/KICK	CHOICE	DRILL
1 APR 11	START	7500 50%		3500 23%		1000 7%		1000 7%		1500 10%	400 3%
2 APR 18		8200 46%	800 4%	4000 22%	800 4%	1200 7%		2000 11%		900 5%	
3 APR 25		9300 44%	1000 5%	4200 20%	1000 5%	1500 7%		2000 9%		1000 5%	1200 6%
4 MAY 2	MEET	8700 45%	800 4%	4000 21%	800 4%	1500 8%		1500 8%		1000 5%	900 5%

GRAPHS...

WORKOUT MANAGER is programed to produce five graphs automatically. The graph shown on the right displays anaerobic training set yardage. One graph displays total yards swum per week. One graph displays aerobic set yardage. One graph displays stroke sets. A fifth graph displays time spent training in the pool, road running, and bicycling. Graphs can be printed directly from the screen on some systems or they can be printed with the Lotus Printgraph program which comes with Lotus 123. (The actual printed graphs are more than twice this size.)



The author of this program, Guy Edson, is a certified computer nut. He is also the Technical Programs Director for The American Swimming Coaches Association. He formally was an overorganized but successful High School and USS club coach for 16 years.

MASTERS WORKOUT MANAGER is available on 3½ inch or 5¼ inch diskettes. Please fill out form below and mail with check for \$19.95 to Guy Edson, 1526 SW 22nd Street, Fort Lauderdale, FL 33315. Product will be sent first class mail in 7 to 10 days. Additional information is available by calling Guy Edson at (305) 522-0651 after 7:00 p.m. eastern time.

(A team version is available for \$29.95. The MASTERS TEAM WORKOUT MANAGER uses each swimmer's attendance record to report each individual's workout data and compares that data as a percentage against the team data.)

WARNING. MASTERS WORKOUT MANAGER WILL NOT WORK on any Lotus 123 - like program including Lucid 3-D, Quattro Pro or Excel. It will not run on Lotus 123 version 2.0 or earlier.

MASTERS WORKOUT MANAGER

Please send:

[] MASTERS WORKOUT MANAGER on 3½ [] or 5¼ [] at \$19.95
 [] MASTERS TEAM WORKOUT MANAGER on 3½ [] or 5¼ [] at \$29.95

Name _____ phone _____

Address _____

City _____ State _____ ZIP _____

"ol' Barnacle"

OL' BARN ... REPORTS ON 1990 MASTERS SWIMMING WORLD RANKINGS

THANKS TO THE FINE WORK OF GAIL DUMMER AND WALT REID, PLUS THE SPONSORSHIP OF SPEEDO, WE HAVE THE 1990 TOP TEN RANKINGS FOR SHORT COURSE METERS AND LONG COURSE METERS.

THE 1990 WORLD RANKINGS ARE BASED ON INFORMATION FURNISHED BY 31 COUNTRIES.

OREGON MASTERS CAN POINT WITH PRIDE TO OUR MANY SWIMMERS WHO ARE "WORLD CLASS"

LONG COURSE METERS ...LEADING OFF WITH # 1'S ...

LEISSA MILLS (30-34) 100 M AND 200 M FREE
PLUS - 50 FREE (8TH), 200 IM (2ND)

GINGER PIERSON (40-44) 100 M BREAST
PLUS - 50/200 BRST (2ND) 200 FLY (5TH) 200 IM (8TH) 400 IM (6TH)

PETEEY SMITH (65-69) 1500 M FREE
PLUS - 100/400/800 FREE (2ND) 50/200 FREE (3RD) 50 FLY (9TH) AND
200 IM (8TH)

RICHARD BOYD (45-49) 1500 M FREE
PLUS - 800 FREE (2ND) 400 FREE/400 IM (3RD) 200 FREE/200 BRST
AND 200 IM (4TH)

ANDREW HOLDEN (70-74) 100 M FREE, 50/100 AND 200 M FLY
PLUS - 50 FREE (2ND) 50 BACK (4TH) 100 BACK (5TH)

JACK HOEY (80-84) 50/100/200 M BACK
PLUS - 50 FLY (10TH)

ADDITIONAL WORLD TOP TEN MASTERS ...

GRACIE GODDARD (30-34) 50 FREE (4TH) 50 FLY (9TH) 100 FLY (10TH)

CATHERINE CHAY (35-39) 200 FREE (7TH) 400 FREE (5TH)

CAROLYN WOOD (40-44) 50 BACK (9TH)

SUSAN CASE (40-44) 200 BACK (8TH)

BARBARA FRID (45-49) 400 FREE (5TH) 800 FREE (4TH)

PAM HIMSTREET (45-49) 1500 FREE (8TH)

JOYCE BAHLER (60-64) 400 I M (8TH)

HAZEL BRESSIE (80-84) 100 FREE (8TH) 200 FREE (5TH) 400 FREE (8TH) 800 FREE
(3RD) 100 BACK (9TH) 200 BACK (8TH) 100 BRST (8TH) 200 BRST (7TH) 50 FLY (4TH)
100 FLY (4TH) 200 FLY (3RD) 200 IM (6TH) 400 IM (4TH)

STEVE JOHNSON (40-44) 800 FREE (4TH)

STEVE DURAPAU (40-44) 1500 FREE (3RD)

ALLEN STARK (40-44) 100 BRST (4TH) 200 BRST (4TH)

ART WELCH (55-59) 800 FREE (7TH)

EARL WALTER (65-69) 200 FLY (9TH) 400 IM (8TH)

FORBES MACK (70-74) 200 BRST (10TH)

JOE RUDDLEY (75-79) 200 FLY (5TH) 400 IM (6TH)

HERB EISENSCHMIDT (80-84) 200 FREE (8TH) 400 FREE (6TH) 50 BACK (3RD) 100 BACK (3RD) 200 BACK (2ND) 200 BRST (6TH) 50 FLY (8TH) 200 IM (5TH)

WOMEN 200 M MEDLEY RELAY (3RD) B FRID, G PIERSON, A DEVINE, P HIMSTREET

SHORT COURSE METERS ... LEADING THE WAY AS # 1'S ...

GRACIE GODDARD (30-34) 50M FREE, 100 M FREE
PLUS 200 FREE (2ND)

GINGER PIERSON (40-44) 200 M BRST
PLUS - 200 BACK (9TH) 50 BRST (4TH) 100 BRST (2ND) 100 FLY (4TH) 200 FLY (5TH) 200 IM (5TH) 400 IM (3RD)

PETHEY SMITH (65-69) 1500 M FREE
PLUS - 50 FREE (2ND) 100 FREE (3RD) 200 FREE (3RD) 50 FLY (9TH)

STEVE DURAPAU (40-44) 400 M FREE
PLUS - 200 FREE (4TH) 800 FREE (3RD) 1500 FREE (3RD)

RICHARD BOYD (45-49) 400 M I M
PLUS - 800 FREE (2ND)

ROBERT SMITH (45-49) 100 M I M
PLUS - 200 BRST (3RD)

ANDREW HOLDEN (70-74) 50 M FREE AND 50 M FLY

JACK HOEY (80-84) 200 M BACK
PLUS - 100 FREE (10TH) 50 BACK (4TH) 100 BACK (2ND)

HERB EISENSCHMIDT (80-84) 200 M IM AND 400 M IM
PLUS - 200 BACK (2ND) 100 IM (8TH)

RELAYS - NUMBER ONE IN THE WORLD - SHORT COURSE METERS ...

MEN - 200 M FREE - 280 +
EARL WALTER, FORBES MACK, GERALD HUESTIS, ANDREW HOLDEN

MEN - 200 M MEDLEY - 200 +
ROBERT SMITH, ALLEN STARK, BERT PETERSEN, HUGH RICHARDS

MEN - 200 M MEDLEY - 280 +
EARL WALTER, FORBES MACK, ANDREW HOLDEN, GERALD HUESTIS

MIXED - 200 M MEDLEY - 200 +
ROBERT SMITH, GINGER PIERSON, BERT PETERSEN, PETHEY SMITH

ADDITIONAL WORLD TOP TEN MASTERS ...

LEISSA MILLS (25-29) - 100 FREE (5TH) 400 FREE (3RD) 100 FLY (10TH)

SUSAN CASE (40-44) 200 BACK (7TH) 400 IM (7TH)

SANDI ROUSSEAU (40-44) 100 FLY (8TH)

BARBARA FRID (45-49) 200 FREE (8TH) 400 FREE (5TH) 800 FREE (2ND) 200 BACK
(6TH) 50 BRST (10TH) 100 BRST (9TH)

ELFIE STEVENIN (65-69) 200 FLY (7TH)

HELENA HOFFMAN (70-74) 200 FLY (6TH)

DOREEN MORRIS (75-79) 200 BACK (7TH)

HAZEL BRESSIE (80-84) 200 FREE (2ND) 100 BACK (6TH) 200 BACK (5TH) 200 BRST
(4TH) 100 FLY (3RD) 200 FLY (3RD) 100 IM (3RD) 400 IM (2ND)

DAVID BURLESON (30-34) 100 BACK (3RD)

ROY ABRAMOWITZ (35-39) 200 FREE (10TH) 200 FLY (10TH)

GARY HAFER (35-39) 50 BACK (10TH) 100 BACK (6TH)

VERNON DASCH (40-44) 100 FREE (9TH) 200 FREE (3RD) 400 FREE (9TH)

ALLEN STARK (40-44) 50 BRST (2ND) 100 BRST (3RD) 200 BRST (2ND)

TOM FANNING (50-54) 200 BACK (6TH) 400 IM (2ND)

BERT PETERSEN (50-54) 200 FLY (7TH)

JIM BIGLER (55-59) 1500 FREE (7TH)

ART WELCH (55-59) 100 FLY (7TH)

ERIC GUEST (60-64) 200 IM (10TH)

MILTON MARKS (60-64) 400 IM (6TH)

HUGH RICHARDS (65-69) 50 FREE (7TH) 50 FLY (4TH)

GIL YOUNG (65-69) 1500 FREE (5TH)

BOB MORRISON (65-69) 200 BRST (9TH)

GERALD HUESTIS (70-74) 200 FREE (2ND) 100 BACK (3RD) 100 IM (3RD)

FORBES MACK (70-74) 100 BRST (10TH) 200 BRST (8TH)

SYD HENDY (75-79) 400 FREE (4TH) 100 BACK (10TH) 200 BACK (6TH)

CONGRATULATIONS TO ALL OF THESE FINE SWIMERS !!!

IF YOU DESIRE A COPY OF THE COMPLETE LISTINGS, SEND \$ 5.00 TO :
WALT REID
P O BOX 8800 A
STEILACOOM, WA 98388

STAY WITH IT ... KEEP PADDLING ... STAY FIT !!!

BELL LAP RINGS FOR FRED WIGGIN

FRED WIGGIN, ONE OF THE TRULY OUTSTANDING MASTERS SWIMMERS, SUFFERED A HEART ATTACK DURING THE 400 IM IN NASHVILLE AT THE USMS NATIONALS, AND DIED.

FRED SWAM 20 YEARS WITH PNA, BUT HE WAS EQUALLY WELL KNOWN AND RESPECTED BY HIS COUNTER PARTS IN OREGON MASTERS, NATIONALLY, AND INTERNATIONALLY.

THIS WRITER HAD KNOWN FRED SINCE 1975, A GREAT COMPETITOR, SETTING RECORDS RIGHT AND LEFT AS HE PROGRESSED THROUGH VARIOUS AGE GROUPS. FRED WAS MOST SUPPORTIVE OF MASTERS SWIMMING EVERYWHERE. HE ALWAYS HAD A CHERRY HELLO FOR ALL OF US, PLUS WORDS OF ENCOURAGEMENT, AS WELL AS ADVICE FOR HIS FELLOW MASTERS.

FRED WAS A STALWART AT YALE UNDER THE COACHING OF BOB KIPHUTH, ALL IVY LEAGUE. HE WAS HONORED BY U S SWIMMING DURING THE SPRING NATIONALS, WHEN HE PRESENTED THE BOB KIPHUTH OUTSTANDING SWIMMER AWARD TO JANET EVANS.

FRED WENT OUT THE WAY HE WOULD HAVE WANTED TO, IN THE WORDS OF MARGE WIGGIN, HIS WIFE, "HE DIED DOING WHAT HE LOVED TO DO MOST". MASTERS SWIMMING HAS LOST A MAN WHO WAS A LEADER IN ALL RESPECTS, A GREAT GREAT GUY, WE WILL ALL MISS HIM. THE NEXT TIME I SWIM THE 400 IM I WILL BE THINKING OF FRED, AND HOPING I DO AS WELL AS HE WOULD HAVE WANTED ME TO.

GOODBYE FRED WIGGIN, YOU HAVE PASSED OUR WAY, AND HAVING PASSED HAVE LEFT YOUR NAME AND THOUGHTS WITH US, WE WILL NOT FORGET.

EARL WALTER, OREGON MASTERS SWIMMING

THE FAMILY HAS ASKED THAT MEMORIALS TO FRED BE MADE TO : PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS. C/O JANE MOORE, 29920-2ND PL. SW, FEDERAL WAY, WA. 98023.

Aqua-Master

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.

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____ PHONE _____

ASSOC _____ TEAM _____ AGE _____

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10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1991

Sponsored by: Virginia Masters Swim Team

Eligibility: Open to all swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

For the purposes of this competition, 5480, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please ensure accuracy by paying strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medals (possibly keychains) to the top three team finishers (men's, women's, mixed) in each age group.

Entry: Enter as often as you like (\$16 entry fee required for each new team.)

Entry fee: \$16 per team. Event must be swum between May 15 and October 15, 1991. Form must be in the hands of Meet Director by October 30, 1991.

Mail entry form and \$16 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

**10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808**

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$8 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Swimmer's Name _____

Swimmer's Name _____

Total Time _____

Medical: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to

have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypothermia, and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in a reasonable time.

RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1991 10K•2 RELAY

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$8 each: _____		
My size is circled:	small (32-34)	medium (36-38)
	large (40-42)	extra large (44-46)

10K•2 ALL TIME BESTS AND AVERAGE WINNING TIMES (1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA	1:54.35	1990
	Bill Kloppe (18)	Richmond, VA		
	Average Winning Time		2:17.15.20	
20-24	Scott Erba (21)	Davis, CA	1:39:59.28**	1990
	Michael Collins (24)	Davis, CA	ALL TIME 10K•2 BEST	
	Average Winning Time		2:15.30.21	
25-29	Gary Antonick (25)	Virginia Beach, VA		1988
	Perry Lange (32)	Virginia Beach, VA	1:41.59.74	
	Average Winning Time		2:07.46.06	
30-34	Steve Breiter (33)	Lafayette, CA		1989
	Charlie Hansen (36)	Lafayette, CA	1:45.54.36	
	Average Winning Time		1:59.58.90	
35-39	Bruce Mallette (35)	Raleigh, NC		1988
	Eddie Echols (36)	Greensboro, NC	1:50.18.34	
	Average Winning Time		2:05.08.10	
40-44	James Montagne (40)	Boca Raton, FL		1988
	Jim Manchester (41)	Plantation, FL	1:48.16.69	
	Average Winning Time		2:12.19.87	
45-49	Mel Goldstein (46)	Indianapolis, IN		1985
	David Costill (49)	Muncie, IN	2:00.41.74	
	Average Winning Time		2:17.49.78	
50-54	Bill Mulliken (50)	Chicago, IL	2:04.28	1990
	Sam Kooistra (55)	Chicago, IL		
	Average Winning Time		2:14.55	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		1988
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	
	Average Winning Time		2:26.46.72	
60-64	Forrest M. Sullivan (60)	Virginia Beach, VA	2:31.47	1990
	Francis Hall (63)	Virginia Beach, VA		
	Average Winning Time		2:50.26.97	
65-69	Donald Crawford (65)	Frederick, MD		1985
	Donald Leatherman (73)	Frederick, MD	3:39.43	
	Average Winning Time		3:59.07	
75-79	John M. Burnside (79)	Palos Verdes Estates, CA		1989
	Alfred Guth (80)	San Pedro, CA	4:00.28	
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		1988
	Alfred Guth (80)	San Pedro, CA	4:04.00	
	Average Winning Time		4:13.30.14	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
15-19	Stephanie Rosenthal (18)	Boca Raton, FL	2:16.30.80	1990
	S. Carlisle-Sellani (27)	Boca Raton, FL		
	Average Winning Time		2:37.17.15	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL	2:03.11	1990
	Jamie Herrington (24)	Hollywood, FL		
	Average Winning Time		2:24.22	
25-29	Wendy Pratt (29)	Davis, CA	1:57.27.18	1990
	Nancy Corstorphine (29)	Davis, CA		
	Average Winning Time		2:22.32	
30-34	Mary L. Hughes (31)	Austin, TX	2:02.37.97	1990
	Huddie Murray (33)	Austin, TX		
	Average Winning Time		2:15.35	
35-39	Anita Allen (35)	Coral Springs, FL		1989
	Kathy Grant (39)	Deerfield Bch., FL	2:16.25	
	Average Winning Time		2:55.48	
40-44	Judy Decker (44)	Virginia Beach, VA		1986
	Betsy Durrant (44)	Virginia Beach, VA	2:31.04	
	Average Winning Time		2:52.53	

Women's Teams (cont')

45-49	Betsy Durrant (45)	Virginia Beach, VA		1987
	Judy Decker (45)	Virginia Beach, VA	2:27.27	
	Average Winning Time		2:29.22	
50-54	Susan Munn (51)	Davis, CA	2:40.12	1990
	Patricia Gay (60)	Woodland, CA		
	Average Winning Time		3:19.28	
55-59	Malchia Olshan (57)	Carpinteria, CA		1988
	Grace Altus (64)	Santa Barbara, CA	3:09.13.00	
	Average Winning Time		3:10.21.16	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Patricia McGuire (14)	Upper Marlboro, MD		1987
	David Streight (18)	Gambrills, MD	2:02.15	
	Average Winning Time		2:28.31.98	
20-24	Rose Van Metre (24)	Summerville, SC		1989
	C. A. Shoemaker (36)	Charleston, SC	2:17.28	
	Average Winning Time		2:32.49.07	
25-29	Kirk Johnson (25)	Richmond, VA		1985
	Deborah Cain (28)	Richmond, VA	1:54.05.02	
	Average Winning Time		2:10.49.06	
30-34	Steve Breiter (34)	Citrus Heights, CA	1:48.17.62	1990
	Carol Lee-Heltzel (35)	Citrus Heights, CA		
	Average Winning Time		2:12.07	
35-39	Shirley Loftus (38)	Afton, VA	1:55.47.01	1990
	John Shrum (41)	Charlottesville, VA		
	Average Winning Time		2:16.13.98	
40-44	Terry Sue Gault (40)	Midlothian, VA	2:07.57	1990
	Jim Miller (40)	Midlothian, VA		
	Average Winning Time		2:30.19.32	
45-49	John Felder (46)	Slidell, LA		1987
	Jayne Lambke (48)	Mandeville, LA	2:30.10	
	Average Winning Time		3:05.03.33	
50-54	Susan Munn (52)	Davis, CA	2:20.00	1990
	E. L. Fitzhugh (52)	Dixon, CA		
	Average Winning Time		2:59.19.03	
55-59	David W. Lamott (55)	San Diego, CA	2:58.12.22	1990
	Adrienne S. Pipes (56)	San Diego, CA		
	Average Winning Time		2:58.12.22	
60-64	Eric Youngquist (60)	Nashville, TN		1988
	Mary Lee Watson (66)	Nashville, TN	2:37.15	
	Average Winning Time		3:09.20.58	
65-69	Babs Carter (65)	Hampton, VA		1989
	Calvin Barnes (65)	Hampton, VA	3:11.34	
	Average Winning Time		3:40.15.50	



FITNESS

As the accompanying article proclaims: "This is the Year of the Fitness Swimmer." The fitness swimmer is, like many in Masters, one who enjoys and prefers the physical exertion of swimming to the adrenaline rush of competition. The fitness swimmer is an integral part of our membership. USMS recognizes this and so does Oregon Masters Swimming.

It is with the full support of the O.M.S. Board that an Ad Hoc Fitness Committee has been formed to elevate and promote the status of the fitness swimmer. Over the past several years very little has been done to benefit the fitness swimmer other than to provide pool space and occasional workouts. We want to change that but we can't succeed without your support !!! The Ad Hoc Fitness Committee, consisting of Roy Abramowitz, Jayne Chastain-Arvidson, Judy Belford, and John Zell needs not only your ideas but especially needs you to volunteer your precious time. The Committee meets monthly and we would like you to attend. Please contact any of us for further info.

Roy 641-3996(h) - 221-0336(w) Judy 229-7521(h)

The 1990 United States Masters Swimming Convention proclaimed this to be the "Year of the Fitness Swimmer." Is it possible for Masters to accomodate both the fitness swimmer and the competitive swimmer? In many peoples' minds this is a more difficult question than it seems on the surface.

For those who have been involved since Ransom Arthur founded the Masters program, USMS is a competition-based organization. A primary way of meeting the goal of being a fit adult is competition, be it local, regional or national, to give meaning and measure to the many laps we swim and techniques we learn. For these swimmers, being the best isn't necessarily the objective, but being the best they can be is. These swimmers also often develop a team loyalty which may become as much or more important than the laps they do. Competition is the foundation of Masters, it makes us unique and more than a lap swimming program. Also, from this group come most of those who volunteer their time to run USMS.

On the other side, many of the swimmers who joined Masters in the past five years did so only because all members of a workout group must be members of USMS or USS for a team's workouts to be covered by USMS insurance. This contingent is now a sizable portion of our membership! The majority of these swimmers seem to want to do their 50 or 100 laps and be done with it. They do not want to swim in meets, help with fund raisers, receive newsletters, or pay the annual fee to the Masters program. What they do want is a pool available for them to do their own workout at a convenient time, with little hassle at a nominal price. And, they love to swim, to improve, and appreciate good coaching.

As is evident from the 1990 USMS Convention, the delegates are concerned about their responsibility to those who pay their dues but do not participate in meets. But the question remains, can we work together? Can our organization encompass both ends of the spectrum and offer a program that covers the gamut of interests and needs? In our minds, there is no doubt that it **MUST!**

Though our organization was grounded in competition, our purpose has always recognized "fun and fitness." Competition isn't for everyone, and even competitors take breaks from meets. But being physically fit **IS** for everyone all the time! Recent studies have shown that swimming is the most participatory sport in the USA. The Masters program has a lot to offer to adult swimmers. We are not a learn-to-swim program (yet), but we can lend our support and considerable talents to keeping pools open for fitness and training, seeing that communities build suitable pools and schedule sufficient hours for public use and adult swimming, and spread the word to existing facilities of the benefits of the Masters program. This newsletter tries to be of interest to all members. We hope all levels of Masters will participate in this issue's **2,000 YARD SWIM CHALLENGE!** There is a lot of interest in the **SUPER SET** developed by Pacific Masters, and postal swims are attracting many swimmers who may never enter a conventional meet. USMS President Dan Gruender has appointed an Ad Hoc Committee on Fitness to investigate the needs and desires of non-competitors.

Will the proponents of competition have to make compromises to accomodate the non-competitive majority? So far, this hasn't happened because our fitness programs are in the inception stage. Right now our main challenge is to develop meaningful programs that meet the needs of fitness swimmers. But the time is coming when both sides will compete for funding. In the long term, we cannot afford to neglect either aspect of our program. Competition makes us unique and offers tangible and intangible rewards. Swimming laps stimulates total body fitness.

There is room for both ends of the spectrum in Masters swimming. Our goal should be to eliminate the perception of "competition versus fitness," to serve all our members, and to integrate our diverse interests. Our responsibility today is to a program that will take a long look at fitness in America in the years to come, and be at the innovative forefront of serving adult swimming enthusiasts into the twenty-first century.

Reprinted from "Watermarks" USMS Newsletter

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (91-K) 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: THE PORTLAND GAY & LESBIAN SPORT FESTIVAL (Swimming competition portion)

PLACE: COLUMBIA PARK POOL

DATE: SATURDAY AUGUST 31, 1991

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

WARM-UPS: 9:00 A.M.

SEPARATE CONTINUOUS WARM UP/DOWN POOL

MEET STARTS: 10:00 A.M.

HOST: Pride of Portland Athletic Association MEET DIRECTOR: Jill Schuldt & Joesph Callan 503-228-1596

DIRECTIONS TO POOL: 7701 N. CHAUTAUQUA From I-5 north take exit 305-B Lombard West - go west on Lombard 1.4 miles to Chautauqua - turn right & go north 1-1/2 blocks - pool on left. From I-5 south take exit 306-B Interstate Avenue - follow denver Avenue south to Lombard - turn right & go west 1 mile on Lombard to Chautauqua - turn right & go north 1-1/2 blocks - pool on left.

ENTRY DEADLINE : POSTMARKED NO LATER THAN AUGUST 10th, 1991

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

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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. & 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY AUG 31, 1991

400 I.M. (1) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (2) XXXXXXXXXXXXXXX

50 FREE (3) _____:_____:_____

100 BREAST (4) _____:_____:_____

200 BACK (5) _____:_____:_____

50 FLY (6) _____:_____:_____

200 I.M. (7) _____:_____:_____

MXD FR RLY (8) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (9) _____:_____:_____

200 BREAST (10) _____:_____:_____

50 BACK (11) _____:_____:_____

100 FLY (12) _____:_____:_____

MED RLY (13) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (14) _____:_____:_____

50 BREAST (15) _____:_____:_____

100 BACK (16) _____:_____:_____

200 FLY (17) _____:_____:_____

100 I.M. (18) _____:_____:_____

MXD MD RLY (19) XXXXXXXXXXXXXXX

BREAK BREAK BREAK

500 FREE (20) _____:_____:_____

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 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 Swimming 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: \$10.00 SEND FORM(S) & FEE(S) PAYABLE TO:

THE PRIDE OF PORTLAND ATHLETIC ASSOCIATION P.O. BOX 6803 PORTLAND, OR 97209

\$1.00 of the entry fee is being contributed to a local Gay and Lesbian organization that provide much needed support and service to the community.

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 you 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.

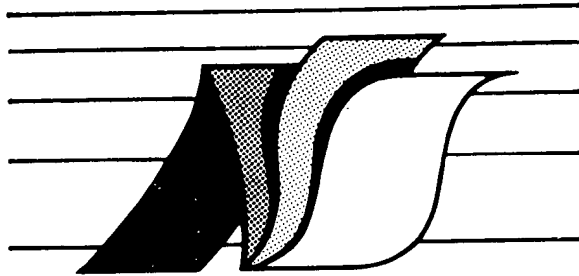
Signature: _____



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**In this issue: Z-MAN SAYS, OL' BARNACLE, FITNESS,
and OREGON MASTERS TOP 10 WORLD LIST**