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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

OCT 21, 1991	<b>OMS BOARD MEETING 7:15 P.M. JUDY BELFORD'S HOUSE</b>
*NOV10	PORLTAND, OR PARKROSE H.S. S.C.Y. #4 400 I.M. + 1000 FREE
*NOV 16 & 17	POULSBO, WA N. KITSAP H.S. S.C.Y. #1
*DEC 7	LINCOLN CITY, OR COMMUNITY POOL S.C.M. #1
*DEC 15	ANACORTES, WA ANACORTES COMMUNITY POOL S.C.M. #2
JAN ?, 1992	EUGENE, OR ECHO HOLLOW POOL S.C.Y. #2
JAN 19	KENT, WA HAZEN POOL KENT AREA DOLPHINS S.C.Y. #3
FEB 1	BEAVERTON, OR TUALITIN HILLS PENTATHLON MEET
FEB ???	PORLTAND, OR "TRI-M II" + FREE COLUMBIA POOL YOUR CHOICE OF: 100, 200, 400 I.M. OR 100, 200, 500 FREE
MARCH 7 & 8	BEND, OR JUNIPER AQUATIC CENTER S.C.M. #4
MARCH 22	BANGOR, WA BANGOR NAVAL BASE S.C.Y. #4
APRIL 3, 4, &5	ASHLAND, OR OMS ASSOCIATION CHAMPIONSHIPS SOUTHERN OREGON STATE COLLEGE S.C.Y. #1
APRIL 24-26	PORLTAND, OR LEWIS & CLARK COLLEGE N.W. ZONE S.C. REGIONAL CHAMPIONSHIPS
MAY 9	TIGARD, OR AGE GROUP INVITATIONAL W/ MASTERS
MAY 21-24	1992 USMS SHORT COURSE NATIONAL CHAMPIONSHIPS UNIVERSITY OF N. CAROLINA CHAPEL HILL, N.C.
JUNE 19	FEDERAL WAY, WA GOODWILL GAMES POOL L.C.M. #1
JUNE 25 to JULY 5, 1992	4th WORLD MASTERS SWIMMING CHAMPIONSHIPS UNIVERSITY OF INDIANA INDIANAPOLIS, INDIANA
JULY 11 & 12	PORLTAND, OR M.A.C. CLUB STATE GAMES OF OREGON
JULY 18	SOUTHERN OREGON WILLOW LAKE SWIM
JULY 26 & 27	<b>GRESHAM, OR MT. HOOD COMMUNITY COLLEGE 50M POOL TEAM O.M.S. LONG COURSE NATIONALS WARM-UP MEET</b>

**\*\* 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. Welcome to the 1991/92 Short Course season. Last month I talked about planning your season, so I can assume that you've layed these plans all out by now and begun your early season training. You know, aerobic base work, distance sets with short rest intervals. Does this sound familiar or are you still in the planning stages? Some people go through their whole life in the planning mode. The difference between those who get somewhere and those who don't is that they get off the blocks and give it a go. You can always make adjustments along the way, the important thing is to set some goals, make some simple plans, and get started. Dive in !!!

There are some changes and a new addition to our meet schedule. The good folks from Lincoln City will be hosting a Short Course Meters meet on December 7th and the "TRI-M Meet" will move to 1992. As you can see the January meet is not firm yet but by next month it will be set. Also the Mt. Hood Long Course meet has been moved from June to July so as not to conflict with the dates of the World Championships. This July 26/27 date should work well for our plans for a Team OMS warm-up meet before Nationals in Federal Way. The timing is much better. Overall we have very firm dates, so you can mark your calendar and make plans accordingly. Also make note of the date changes for the meets in Poulsbo and Anacortes, Washington in November and December.

Last month (Sept 18 to 21) OMS sent Ginger Pierson, Sandi Rousseau, Roy Abramowitz, and myself to Louisville, Kentucky to the United States Masters Swimming portion of the United States Aquatic Sports Convention. I wanted to share with you some of the highlights and news of this week. This was my first Masters Convention and I found it very interesting, informative, and beneficial. I met a lot of people who have been part of United States Masters Swimming for many years. I made some new friends, important contacts, and brought back a wealth of information and ideas that we will be using to make our organization better. Some of the highlights...

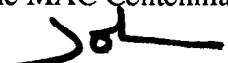
The 1993 USMS Short Course Nationals will be held at the Santa Clara Swim Club in the San Francisco Bay area and Long Course Nationals will be at the University of Minnesota in Minneapolis. You can bet

that Santa Clara will be shades of Stanford in 1987 with over 2000 competitors and the U of Minnesota aquatic center is a huge and spectacular facility.

There were a number of hotly debated issues at convention. One was to permit a one day or one meet/event registration program. The idea was that new Masters swimmers could register for the day, try out one meet, and see if they liked it. Many felt this would be an excellent way to increase our membership while others thought it would be an administrative hassle. Parts of the country who host many open water and lake swims in the spring and summer were very much in favor of one day registration. This proposal failed by a narrow margin.

The hottest debate came from the Marketing and Publications Committee. There is a need to generate more and better communication to the entire membership of USMS. This committee has been exploring ways to expand the scope and frequency of this communication. There were six possibilities discussed during the Marketing committee meeting. Their recommendation to the House of Delegates was to give every member of USMS a years subscription of "Swim Magazine" as part of their National registration fee. "Swim Magazine" would become the "Official publication of USMS", form a partnership with USMS, would expand its coverage, and be devoted to Masters swimming. USMS will have some say as to the content of their part of this publication. The increase to us members is \$3.00 per year. So the OMS/USMS annual membership fee will go to a total of \$21.00. The normal one year subscription to "Swim" is \$15.00, so this is a real bargain. I'm not sure yet what "Swim" will do for those of us who are already subscribers. More on "Swim Magazine" and an indepth convention report in next months AquaMaster. Stay tuned for more info.

There's plenty to read in this months issue. Ol' Barn reviews the 1991 USMS SC Yards All Americans and Top Ten List along with the Pride of Portland meet held August 31st. We have the 1991 OMS SC Yard Top Ten listing and an informative article intitled "Understanding the training process for swimming." That's all for now...see you at the MAC Centennial,



# **OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**

SANTIONED (92-A) 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: PARKROSE SHORT COURSE MASTERS MEET**

PLACE: PARKROSE HIGH SCHOOL

**DATE: SUNDAY NOVEMBER 10, 1991**

PORTLAND, OREGON

6 LANE 25 YARD POOL MANUAL TIMING

1 LANE FOR CONTINOUS WARM-UP/DOWN

HOST: PARKROSE SWIM TEAM

MEET DIRECTOR: Bert Peterson phone: 503-252-6081

Directions to Parkrose pool: N.E. 117th and Shaver. Travel on I-84 East to Gateway exit. Continue up Halsey to 122nd. Turn left (north) on 122nd and go to Shaver (approx. 2 miles). Turn left on Shaver and go to 117th.

**WARM-UPS: 8:30 A.M.**

**MEET STARTS: 9:30 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 26th, 1991**

**FILL IN COMPLETELY-----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. and 1000 Free will be deckseeded and all events will be seeded slow to fast.

## **PARKROSE NOVEMBER 10TH**

400 I.M.	(1)	_____	:	_____
BREAK	BREAK	BREAK		
FREE RLY	(2)	XXXXXXXXXXXXXX		
50 BREAST	(3)	_____	:	_____
100 FLY	(4)	_____	:	_____
200 FREE	(5)	_____	:	_____
50 BACK	(6)	_____	:	_____
100 I.M.	(7)	_____	:	_____
MXD FR RLY	(8)	XXXXXXXXXXXXXX		
BREAK	BREAK	BREAK		
100 BREAST	(9)	_____	:	_____
50 FLY	(10)	_____	:	_____

100 FREE	(11)	_____	:	_____
200 BACK	(12)	_____	:	_____
MED RLY	(13)	XXXXXXXXXXXXXX		
BREAK	BREAK	BREAK		
200 BREAST	(14)	_____	:	_____
200 FLY	(15)	_____	:	_____
50 FREE	(16)	_____	:	_____
100 BACK	(17)	_____	:	_____
200 I.M.	(18)	_____	:	_____
MXD MD RLY	(19)	XXXXXXXXXXXXXX		
BREAK	BREAK	BREAK		
1000 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 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 activites, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less tyhan 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: \$7.00 SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207

PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET INFORMATION: November 16-17, 1991  
Hosted by North Kitsap High School Swim Team

ORDER OF EVENTS

EVENT # EVENT

Saturday November 16

1 400 IM

2 1650 FREE

Sunday, November 17

3 200 FREE RELAY

4 50 FREE

5 100 BREAST

6 200 BACK

7 50 FLY

8 200 I.M.

5 MINUTE BREAK

9 200 MIXED FREE RELAY

10 100 FREE

11 200 BREAST

12 50 BACK

13 100 FLY

5 MINUTE BREAK

14 400 MEDLEY RELAY

15 200 FREE

16 50 BREAST

17 100 BACK

18 200 FLY

19 100 I.M.

20 200 MIXED MEDLEY RELAY

21 500 FREE

DATE: November 16-17, 1991

TIME: Sat. Nov. 16

Warmup: 4:00 p.m.

Meet starts: 5:00 p.m.

Sun. Nov. 17

Warmup: 8:30 a.m.

Meet starts: 9:30 a.m.

PLACE: North Kitsap Pool

1881 Hostmark St

Poulsbo WA

(206) 779-3790

MEET DIRECTOR: Marilyn Grindrod  
(on site)

Entries: Gordon Gray

(206) 697-1532 (Before 9 pm)

FACILITY: 6-lane 25 yd pool,  
diving area for warm-up  
available throughout  
the meet. Water temp: 82 degrees

CONCESSION STAND

RULES: Current USMS rules will  
govern the meet

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

SEEDING: Slow to fast except 400 IM  
and 1650 FREE

Directions: From Bainbridge Island ferry: Follow 305 to Poulsbo. Turn RIGHT onto Hostmark (first light in Poulsbo). Pool is .6 mile up the hill, across from the high school.

From Tacoma: Take Rt 16 over Tacoma Narrows Bridge to Hwy 3 North to Poulsbo. At the first light, Hwy 3 and 305 intersect. Continue straight on 305. Go approximately 2 miles, turn left onto Hostmark. Pool is .6 mile up the hill across from the 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

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET INFORMATION: November 16-17, 1991  
Hosted by North Kitsap High School Swim Team

ORDER OF EVENTS  
EVENT # EVENT  
20 400 IN  
21 1650 FREE

1 200 FREE RELAY  
2 50 FREE  
3 100 BREAST  
4 200 BACK  
5 50 FLY  
6 200 I.M.  
7 5 MINUTE BREAK  
8 200 MIXED FREE RELAY  
9 100 FREE  
10 200 BREAST  
11 50 BACK  
12 100 FLY  
13 5 MINUTE BREAK  
14 400 MEDLEY RELAY  
15 200 FREE  
16 50 BREAST  
17 100 BACK  
18 200 FLY  
19 100 I.M.  
20 200 MIXED MEDLEY RELAY  
21 500 FREE

DATE: November 16-17, 1991  
TIME: Sat. Nov. 16  
    Warmup: 4:00 p.m.  
    Meet starts: 5:00 p.m.  
Sun. Nov. 17  
    Warmup: 8:30 a.m.  
    Meet starts: 9:30 a.m.  
PLACE: North Kitsap Pool  
1681 Postmark St  
 Poulsbo WA  
(206) 779-3790  
  
MEET DIRECTOR: Marilyn Grindrod  
(on site)  
Entrance: Gordon Gray  
(206) 697-1532 (Before 9 pm)  
FACILITY: 6-lane 25 yd pool,  
diving area for warm-up  
available throughout  
the meet. Water temp: 82 degrees  
CONCESSION STAND  
RULES: Current USMS rules will  
govern the meet  
ELIGIBILITY: Open to all USMS 1991  
registered swimmers 19 and over  
as of the last day of the meet  
SEEDING: Slow to fast except 400 IN  
and 1650 FREE

Directions: From Bainbridge Island ferry: Follow 305 to Poulsbo. Turn RIGHT onto Postmark (first light is Poulsbo). Pool is .6 mile up the hill, across from the high school.  
From Tacoma: Take St 16 over Tacoma Narrows Bridge to Hwy 3 North to Poulsbo. At the first light, Hwy 3 and 305 intersect. Continue straight on 305. Go approximately 2 miles, turn left onto Postmark. Pool is .6 mile up the hill across from the high school.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule G8-1 if they participate in Masters competition

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET ENTRY FORM: November 16-17, 1991  
Hosted by N. Kitsap High School Swim Team  
at Kitsap High School Pool  
Sanction # 913611

NAME \_\_\_\_\_ X 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 per day plus relays

EVENT NUMBER EVENT EVENT TIME

ENTRY FEES  
SURCHARGE: \$63.00 \$9.00 (Includes LMSC surcharge of \$1)  
Individual Events @ \$1.00 (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to: Gordon Gray  
Mail fees and this entry form to: Gordon Gray TEL: 697-1532  
P.O. Box 84  
Keyport, WA 98345

ENTRIES Postmarked November 6, 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 my activities incidental 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 \_\_\_\_\_

## **OL' BARNACLE...**

## **OMS SWIMMERS MAKE 1990-91 S.C. YARDS**

### **U.S. MASTERS TOP TEN ALL AMERICANS**

**GINGER PIERSON** (40-44) # 1 - 50 BREAST AND 200 BREAST plus : 9-50 BACK, 3-100 BRST, 9-50 FLY, 4-100 IM, 8-200 IM, 8-400 IM.

AND OUR GINGER DID IT IN 2 AGE GROUPS !!! (45-49) # 1 - 50, 100 AND 200 BREAST plus 6-50 BACK, 3-100 BACK, 4-200 BACK, 6-50 FLY, 8-100 FLY, 2-200 FLY, 3-100 IM, 4-200 IM, 3-400 IM.

THAT IS REALLY FLIPPIN', FLAPPIN' AND STROKIN, - HIGH FIVES ALL AROUND.

**PETEY SMITH** (65-69) SWEPT THE FREESTYLE WITH # 1'S FOR THE 50, 100, 200, 500, 1000, AND 1650. THAT IS TRULY GREAT SWIMMING, CONGRATS PETEY !!!

**MIKE DIRKSEN** (40-44) # 1 IN THE 200 BREAST, WAY TO GO MIKE !!!

**ROBERT SMITH** (45-49) # 1 IN THE 50 BACK, plus - 2-50 FREE, 10-100 FREE, 2-100 BACK, 5-50 BRST, 5-100 BRST, 8-50 FLY, AND A 2-100 IM - DR SPRINT IS SUPER !!!

**ANDREW HOLDEN** (70-74) # 1 IN THE 100 FREE, THE 50 AND 100 FLY, AND THE 100 IM, plus - 3-50 FREE, 3-50 BACK, 3-100 BACK, 6-50 BRST, 7-100 BRST, 4-200 IM, AND A 4-400 IM. THAT FOLKS IS GREAT ALL AROUND SWIMMING !!!

**JACK HOEY** (80-84) # 1 FOR THE 50 AND 100 BACK, plus - 2-200 BACK, 8-50 FLY, AND 7-100 IM, YOU ARE JUST GREAT JACK !!!

**THERE THEY ARE FOLKS SIX OF OUR OWN, WHO ARE THE BEST !!!**

### **ADDITIONAL TOP TEN PATCH WINNERS**

**GRACIE GODDARD** (30-34) 5-50 FREE, 3-100 FREE, 5-200 FREE, 9-50 FLY AND 8-100 FLY.

**LEISSA MILLS** (30-34) 10TH IN THE 200 FREE.

**JUDY BELFORD** (40-44) 7TH IN THE 200 BACK

**SANDI ROUSSEAU** (40-44) 10TH IN THE 50 FLY

**BARBARA FRID** (45-49) 9TH-500 FREE, 8TH-1000 FREE, 3RD-1650 FREE, 7TH-50 BACK, 8TH-100 BACK, 7-100 BRST -WE MISS YOU BARB !!!

**NANCY BROOKS** (45-49) 9TH-50 BREAST, 8TH-100 BREAST, AND 8TH-200 BREAST.

**PAM HIMSTREET** (45-49) 6TH - 200 BREAST.

**JOYCE BAHLER** (60-64) 6-50 BRST, 7-100 BRST, 6-200 BRST, 10-200 IM, 5-400 IM.

**ELFIE STEVENIN** (65-69) 10TH IN 200 FLY.

**EVELYN MCKEON** (75-79) 7-100 FREE, 5-50 BACK, 7-100 BACK, 9-50 FLY, 8-100 IM AND A 6TH IN THE 200 IM.

**BARBARA HAVERCAMP** (75-79) 10TH IN THE 200 BREAST AND 400 IM.

**HELENA HOFFMAN** (75-79) 8TH IN THE 50 FLY AND 6TH IN THE 100 FLY.

**HAZEL BRESSIE** (80-84) 4-1000 FREE, 9-100 BACK, 7-200 BACK, 8-50 BRST, 5-100 BRST, 4-50 FLY, 3-100 FLY, 5-100 IM, AND 2-400 IM.

**STEVE DURAPAU** (40-44) 7TH IN THE 1650.

**ALLEN STARK** (40-44) 9TH IN THE 200 BEST

**RICHARD BOYD** (45-49) 10-200 FREE, 6-500 FREE, 3-1000 FREE, 2-1650 FREE, 4-200 BRST, AND 4TH IN THE 400 IM.

**BERT PETERSEN** (50-54) 5TH IN THE 50 FLY.

**ARTHUR WELCH** (55-59) 9TH IN THE 200 FLY.

**GIL YOUNG** (65-69) 7TH IN THE 1650.

**EARL WALTER** (65-69) 9-200 BACK AND 7-400IM.

**BOB MORRISON** (65-69) 7-50 BRST, 10-100 BRST, 9TH IN THE 200 BRST.

**GERALD HUESTIS** (70-74) 5-100 FREE, 8-200 FREE, 6-500 FREE, 4-50 BACK, 5-100 BACK, 5-200 BACK, 5-100 BRST, 6-200 BRST, 10-100 IM, 7-200 IM, AND 3-400 IM.

**ALLAN deLAY** (75-79) 7TH IN THE 50 FREE

**JOE RUDDLEY** (75-79) 7TH - 200 FLY AND 6TH - 400 IM.

**HERB EISENSCHMIDT** (80-84) 6-500 FREE, 6-50 BACK, 5-100 BACK, 4-200 BACK, 10-50 BRST, 8-100 BRST, 6-200 BRST, 4-100 IM, 2-200 IM AND 2-400 IM.

### **RELAYS TOP TEN S.C. YARDS**

**WOMEN - 200 MEDLEY -**

**35+ 6TH (FRID, PIERSON, COKE, ROSSEAU)**

**MEN - 200 FREE - 65+**

**2ND (HUESTIS, WALTER, MACK, HOLDEN)**

**MEN - 200 MEDLEY- 65+**

**2ND (WALTER, HACK, HOLDEN, HUESTIS)**

**MIXED- 200 MEDLEY -**

**45 + 2ND (SMITH, PIERSON, BOYD, FRID)**

**THAT'S YOUR OMS TOP TENNERS FOR 1991  
SHORT COURSE YARDS !!!**

**OI' BARN... HIGHLIGHTS OF PRIDE OF  
PORTLAND SWIM MEET ...COLUMBIA PARK**

ON AUGUST 31ST WAS THE SCENE OF THE FIRST ANNUAL PRIDE OF PORTLAND ATHLETIC ASSOCIATION SWIM CHAMPIONSHIPS ... ALTHOUGH THE TURNOUT WAS DISAPPOINTING, THE COMPETITION WAS FIERCE.

MEET DIRECTOR, JILL SCHULDT, DID A SUPER JOB OF ORGANIZING AND CONDUCTING A GREAT MEET, WITH THE ASSISTANCE OF STEVE DUNNE, MEET REFEREE, AND SEVERAL OTHER OREGON SWIMMING OFFICIALS.

**GOOD SWIMS AND GREAT RACES**

TYLER COLE (30-34) FINE 50 FREE - 25.91,  
AND 50 FLY - 29.96

BREASTSTROKE WAS THE STANDOUT EVENT WITH THE BEST RACES AND BEST TIMES ...

100 BRST : ELIZABETH LAURENSEN (33)  
1:26.38, ERIC BROWN (23) 1:15.70, PAUL IKEDA (32) 1:14.65, TOM CHUM (35) 1:14.32.  
50 FLY (35-39) FOR THE GOLD-MATTHEW PALMER (29.13) VS MARK WILLIAMS (30.07)  
FOR THE BRONZE-GREG SOUTHWELL AND TOM CHUM, 32.40 VS 32-90  
KEVIN SIMPSON (40) GOOD EFFORT - 200 IM -  
2:43.15

KATHLEEN DREDGE (23) 100 FREE - 1:05.62  
ELIZABETH LAURENSEN ALSO STROKED TO A 200 BRST IN 3:05.83

MARK WILLIAMS (35) TURNED IN A 30.23 FOR THE 50 BACK, 100 IM 1:07.49

FINBAR BISHOP (25-29) SWAM ALL ALONE IN THE 100 FLY AT 1:23.15

CHRISTIAN NELSON (34) NEGOTIATED THE 200 FREE IN 2:26.03

HEAD TO HEAD - 50 BRST - MEN (35-39)

CHUM AT 34.28, PALMER AT 34.89, AND SOUTHWELL A 35.46

OI' BARN HAD TO SWIM THE 400 IM ALL ALONE, AND IT WAS TERRIBLE. ROY ABRAMOWITZ TALKED THE REF INTO LETTING HIM SWIM THE 200 FLY DURING THE 200 FREE, LED ALL THE WAY WITH A FINE 2:15.52.

100 IM (MEN 30-34) FOR SILVER-TODD GUENZBURGER OVER NELSON (1:19.63 VS 1:20.56)

MEN:(35-39) FOR GOLD-CHUM OUTSWAM WILLIAMS, 1:10.84 VS 1:11.00

JILL SCHLUDT (33) CAPPED THE MEET IN THE 500 FREE WITH A GREAT 6:00.79  
NEED MORE SWIMMERS, GOOD SWIM,  
THANKS TO ALL WHO HELPED AND CONTRIBUTED.

**A LITTLE THIS N' THAT**

QUOTE FROM AMERICAN HEALTH MAG ...  
MALCOLM COWLEY ... "IF YOU'RE OVER 60  
AND WAKE UP IN THE MORNING AND  
NOTHING ACHEs, YOU KNOW YOU'RE DEAD"

**STAY WITH IT,  
STAY FIT,  
AND STAY HEALTHY !!!**

---

*YES, I am interested in swimming for Team OMS on relay(s) at L. C. Nationals.*

Name \_\_\_\_\_

My current best time or estimated best is:

Address \_\_\_\_\_

50 meter Free \_\_\_\_\_

City \_\_\_\_\_

50 meter Fly \_\_\_\_\_

Phone \_\_\_\_\_

50 meter Back \_\_\_\_\_

Age \_\_\_\_\_ (As of Aug. 23, 1992)

50 meter Breast \_\_\_\_\_

I am interested in swimming on the following type(s) of relay(s)

Freestyle \_\_\_\_\_ Mixed Freestyle \_\_\_\_\_ Medley \_\_\_\_\_ Mixed Medley \_\_\_\_\_

Return this form to: Team OMS Relays 4640 N.E. 36th Avenue Portland, OR 97211-7618

P P A A 1991

\* = FROM OUTSIDE OREGON ASSOC

RECORDS pending review by E.Walter

25 YARD

08/31/91 PG 1

Software by R.Smith

---- 19-24 WOMEN ---	200FRE FINBARR BISHOP	25 ORE 2:36.89	200FLY ROY ABRAMOWITZ	37 OREG 2:15.52+
100FRE KATHLEEN DREDGE	23 ORE 1:05.62	100FLY FINBARR BISHOP	25 ORE 1:23.15	Oregon was- MARK F WORDEN 2:15.79
200FRE KATHLEEN DREDGE	23 ORE 2:31.59	100 IM BILL KLINE	29 ORE 1:07.02	100 IM THOMAS CHUN 35 OREG 1:10.84
50BACK KATHLEEN DREDGE	23 ORE :46.98	---- 30-34 MEN ---		MARK M WILLIAMS 35 OREG 1:11.00
---- 25-29 WOMEN ---	50FREE TYLER COLE	30 OREG :25.91	GREG SOUTHWELL	39 ORE 1:14.13
100FRE CAROLYN PETERSEN	28* 2:18.33	CHRISTIAN M NELSON	34*SCAM :27.32	200 IM ROY ABRAMOWITZ 37 OREG 2:18.98
200FRE CAROLYN PETERSEN	28* 5:01.41	TODD GUENZBURGER	30 ORE :28.07	---- 40-44 MEN ---
500FRE CAROLYN PETERSEN	28* 12:35.34	100FRE CHRISTIAN M NELSON	34*SCAM 1:02.76	50FREE KEVIN SIMPSON 40*CDN :28.06
100BAK CAROLYN PETERSEN	28* 2:29.88	200FRE CHRISTIAN M NELSON	34*SCAM 2:26.03	100BAK KEVIN SIMPSON 40*CDN 1:18.15
200BAK CAROLYN PETERSEN	28* 5:13.38	500FRE PAUL IKEDA	32*PNA 7:11.12	50BRST EDWARD AMUNDSON 41* :44.62
---- 30-34 WOMEN ---	200BAK JOHN F ZELL	34 OREG 2:13.46	100 IM KEVIN SIMPSON	40*CDN 1:14.49
200FRE ELIZABETH LAURENSEN	33 OREG 2:30.99	50BRST PAUL IKEDA	32*PNA :35.05	200 IM KEVIN SIMPSON 40*CDN 2:43.15
500FRE JILL C SCHULDIT	33 OREG 6:00.79	TODD GUENZBURGER	30 ORE :39.52	---- 45-49 MEN ---
50BRST ELIZABETH LAURENSEN	33 OREG :39.06	100BRS PAUL IKEDA	32*PNA 1:14.65	50FREE JOSEPH CALLAN 48 OREG :36.02
100BRS ELIZABETH LAURENSEN	33 OREG 1:26.38	200BRS PAUL IKEDA	32*PNA 2:51.96	50BACK JOSEPH CALLAN 48 OREG :47.27
200BRS ELIZABETH LAURENSEN	33 OREG 3:05.83	50 FLY TYLER COLE	30 OREG :29.96	50BRST JOSEPH CALLAN 48 OREG :43.41
---- 40-44 WOMEN ---	CHRISTIAN M NELSON	34*SCAM :35.20	100BRS JOSEPH CALLAN	48 OREG 1:30.69
50FREE SARAH LINDEN	42* :38.79	100 IM TYLER COLE	30 OREG 1:09.34	100 IM JOSEPH CALLAN 48 OREG 1:30.58
100FRE SARAH LINDEN	42* 1:25.70	TODD GUENZBURGER	30 ORE 1:19.63	---- 70-74 MEN ---
200FRE SARAH LINDEN	42* 3:06.40	CHRISTIAN M NELSON	34*SCAM 1:20.56	500FRE EARL WALTER 70 OREG 8:40.14
500FRE SARAH LINDEN	42* 8:12.72	200 IM PAUL IKEDA	32*PNA 2:50.65	100 IM EARL WALTER 70 OREG 1:32.20
50BACK SARAH LINDEN	42* :46.71	---- 35-39 MEN ---	200 IM EARL WALTER	70 OREG 3:26.31
---- 45-49 WOMEN ---	50FREE MATTHEW PALMER	36*PNA :26.90	400 IM EARL WALTER	70 OREG 6:58.49
50FREE ARIJA ANDERSON	46* :45.63	GREG SOUTHWELL	39 ORE :27.17	---- 75-79 MEN ---
50BRST ARIJA ANDERSON	46* 1:07.03	50BACK MARK M WILLIAMS	35 OREG :30.23	100FRE SYD C HENDY 78 OREG 1:33.59
50 FLY ARIJA ANDERSON	46* :56.64	100BAK MARK M WILLIAMS	35 OREG 1:07.49	50BACK SYD C HENDY 78 OREG :52.88
---- 19-24 MEN ---	50BRST THOMAS CHUN	35 OREG :34.28	100BAK SYD C HENDY 78 OREG 1:54.72	
50BACK ERIC D BROWN	23* :31.79	MATTHEW PALMER	36*PNA :34.89	200BAK SYD C HENDY 78 OREG 4:09.56
100BAK ERIC D BROWN	23* 1:13.00	GREG SOUTHWELL	39 ORE :35.46	---- 80-84 MEN ---
50BRST ERIC D BROWN	23* :35.66	100BRS THOMAS CHUN	35 OREG 1:14.32	100FRE HERB EISENSCHMIDT 84 OREG 1:50.45
100BRS ERIC D BROWN	23* 1:15.70	50 FLY MATTHEW PALMER	36*PNA :29.13	50BACK HERB EISENSCHMIDT 84 OREG :56.92
---- 25-29 MEN ---	MARK M WILLIAMS	35 OREG :30.07	100BAK HERB EISENSCHMIDT 84 OREG 2:02.89	
50FREE BILL KLINE	29 ORE :26.02	GREG SOUTHWELL	39 ORE :32.40	200BAK HERB EISENSCHMIDT 84 OREG 4:18.55
100FRE BILL KLINE	29 ORE :59.26	THOMAS CHUN	35 OREG :32.90	100 IM HERB EISENSCHMIDT 84 OREG 2:10.13
FINBARR BISHOP	25 ORE 1:09.23			

P P A A 1991

25 YARD

08/31/91

## 19+ WOMEN

SARAH LINDEN, 42 \*\*\*

ELIZABETH LAURENSEN, 33 \*\*\*

13

200 MEDLEY

RELAY

ARIJA ANDERSON, 46 \*\*\* TPAC 3:00.69

## 19+ MEN

ERIC D BROWN, 23 \*\*\*

JOSEPH CALLAN, 48 \*\*\*

13

200 MEDLEY

RELAY

FINBARR BISHOP, 25 \*\*\* TPAC 2:13.91

## 25+ MEN

MARK M WILLIAMS, 35 \*\*\*

THOMAS CHUN, 35 \*\*\*

13

200 MEDLEY

RELAY

GREG SOUTHWELL, 39 \*\*\* BILL KLINE, 29 \*\*\* TPAC 2:02.80

## 25+ MIXED

JILL C SCHULDIT, 33 \*\*\*

JOSEPH CALLAN, 48 \*\*\*

19

200 MEDLEY

RELAY

TYLER COLE, 30 \*\*\* ELIZABETH LAURENSEN, 33 \*\*\* OREG 2:21.75

## 25+ MEN

TODD GUENZBURGER, 30 \*\*\*

MARK M WILLIAMS, 35 \*\*\*

2

200 FREE

RELAY

GREG SOUTHWELL, 39 \*\*\* BILL KLINE, 29 \*\*\* TPAC 1:47.79

**OREGON MASTERS SWIMMING SHORT COURSE METERS MEET**

SANTIONED (92-B) 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: LINCOLN CITY SHORT COURSE METERS MEET**

PLACE: LINCOLN CITY COMMUNITY CENTER POOL

**DATE: SATURDAY DECEMBER 7, 1991**

2150 OAR ST. LINCOLN CITY, OREGON

6 LANE 25 METER POOL MANUAL TIMING

**WARM-UPS: 9:00 A.M.**

1 LANE FOR CONTINOUS WARM-UP/DOWN

HOST: LINCOLN CITY MASTERS & SWIM TEAM

**MEET STARTS: 10:00 A.M.**

MEET DIRECTOR: LARRY FOWLER phone: 503-994-5208 & GAIL KIMBERLING phone: 503-994-7595

Directions to Lincoln City pool: Take Hwy 101 south through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From south take right at 22nd and right at Oar. Pool is directly behind Elks lodge in Lincoln City.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN NOVEMBER 23th, 1991**

**FILL IN COMPLETELY-----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: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. You may enter a max of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 800 Free will be deckseeded and all events will be seeded slow to fast.

**SATURDAY DECEMBER 7 LINCOLN CITY**

**400 I.M. (1)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**200 BREAST (11)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**400 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**50 BACK (12)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**BREAK BREAK BREAK**

**100 FLY (13)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**FREE RLY (3)** XXXXXXXXXXXXXXXX

**MED RLY (14)** XXXXXXXXXXXXXXXX

**50 FREE (4)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**BREAK BREAK BREAK**

**100 BREAST (5)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**200 FREE (15)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**200 BACK (6)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**50 BREAST (16)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**50 FLY (7)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**100 BACK (17)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**200 I.M. (8)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**200 FLY (18)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**MXD FR RLY (9)** XXXXXXXXXXXXXXXX

**100 I.M. (19)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**BREAK BREAK BREAK**

**MXD MD RLY (20)** XXXXXXXXXXXXXXXX

**100 FREE (10)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

**BREAK BREAK BREAK**

**800 FREE (21)** \_\_\_\_\_ : \_\_\_\_\_. \_\_\_\_\_. \_\_\_\_\_

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 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. 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: \$7.00 SEND FORM(S) & FEE(S) PAYABLE TO:**

**OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207**

**1991 TOP 10 OREGON meets 25 YARD PG 1**

R=PARADE 10/06/91 3=PP TRI M 11/4/91 P=PENTHALN 07/22/90 A=ASHLAND 3/10/91 N=MEMBERS RSCC 4/7/91 T=TIGARD 5/11/91 R.Smith

--- 19-24 WOMEN ---

50FRE SANDELL HYDE	22 P :27.86	100M LINDA MARX	22 J 1:07.95	100BK HEATHER MC LAUCHLAN	28 N 1:13.28
LINDA MARX	22 R :28.29	CYNTHIA C FERGUSON	22 N 1:11.58	ANDREE DEVINE	29 N 1:13.41
BARBARA A LASTELIC	24 P :26.72	BETH BLUMKLOTZ	19 N 1:12.50	JOY S ROMBOTON	29 T 1:15.59
KIM FRIELEY	24 P :29.09	VALERIE STEGALL	20 N 1:14.35	CAROL ADAMS	28 N 1:23.82
MARYJANE MONTGOMERY	24 T :26.63	SANDI L HYDE	22 P 1:15.77	HEATHER MC LAUCHLAN	28 A 2:13.16
VALERIE STEGALL	20 N :29.75	DAWN E MORRIS	22 N 1:19.51	SANDRIST LISA K DAVIS	26 P :36.49
CARY SCHWARZ	24 R :34.33	MARYJANE MONTGOMERY	24 T 1:19.74	NAOMI STEINBERG	29 P :37.41
NANCY L WICHMAN	24 P :36.26	NANCY L WICHMAN	24 P 1:31.15	LINDA FINLEY	26 P :37.43
LAURE HYDE	20 T :46.13	ALENE CORNO	24 T 2:19.17	KAREN E MACADAMS	28 P :37.70
ALENE CORNO	24 T :54.93	200M LINDA MARX	22 J 2:24.84+	MARGY IMEL	29 P :39.52
200FRE SANDELL HYDE	22 N :101.54	CYNTHIA C FERGUSON	22 N 2:33.25	KIMIPRIE GAGNON	28 N :39.55
BETH BLUMKLOTZ	19 N :102.38	BETH BLUMKLOTZ	19 N 2:34.04	CAROL ADAMS	28 N :40.54
HEATHER REILLY	23 N :103.34	VALERIE STEGALL	20 N 2:42.95	JEANNETTE GRIESE	25 A :42.00
VALERIE STEGALL	20 N :106.17	SANDI L HYDE	22 N 2:45.19	BECKY S MECKLEN	27 N :42.56
CARY SCHWARZ	24 N :115.63	HEATHER REILLY	23 N 2:45.21	HEIDI BISON	25 N :43.30
LAURE HYDE	20 T :148.79	DAWN E MORRIS	22 N 3:01.39	100BRS ANDREE DEVINE	29 N 1:20.40
ALENE CORNO	24 T :205.31	400M LINDA MARX	22 J 5:04.42+	CAROL ADAMS	28 N 1:29.10
200FRE LINDA MARX	22 P 2:11.49	---	25-29 WOMEN ---	JEANNETTE GRIESE	25 N 1:34.27
CYNTHIA C FERGUSON	22 N 2:15.03	50FRE KAREN MACADAMS	28 N 2:6.66	HEIDI BENSON	25 N 1:39.71
SANDI L HYDE	22 N 2:16.37	KAREN E MACADAMS	29 P :26.78	200BRS JEANNETTE GRIESE	25 N 2:34.73
SANDI BAHLER	23 N 2:18.80	LINDA FINLEY	26 P :27.18	50 FLY KAREN E MACADAMS	28 P :29.18
BETH BLUMKLOTZ	19 N 2:20.32	LISA K DAVIS	26 P :27.50	KAREN MACADAMS	28 N :29.44
KATHLEEN DREDGE	23 N 2:24.20	MARGY IMEL	29 P :28.97	LISA K DAVIS	26 P :29.73
CARY SCHWARZ	24 P :236.85	MARGARET C IMEL	29 A :29.42	LINDA FINLEY	26 P :30.80
SOFRÉ SANDELL BAHLER	23 N 6:11.58	CAROL ADAMS	28 N :29.80	NAOMI STEINBERG	29 N :32.33
SANDI L HYDE	22 N 6:18.38	NAOMI STEINBERG	29 P :30.23	MARGY IMEL	29 P :33.39
BETH BLUMKLOTZ	19 N 6:25.43	SUZANNE M ZIEGLER	28 P :30.55	KIMIPRIE GAGNON	28 N :34.22
KATHLEEN DREDGE	23 N 6:31.47	KIMIPRIE GAGNON	28 N :30.72	SUZANNE M ZIEGLER	29 P :35.68
CARY SCHWARZ	24 R 7:01.04	100FRE KAREN MACADAMS	28 N :39.54	NANCY L WICHMAN	25 N :36.68
SOBACK DAWN E MORRIS	22 N :33.53	CAROL ADAMS	29 N 1:06.97	NANCY WICHMAN	25 A :37.17
BARBARA A LASTELIC	24 P :37.75	BECKY S MECKLEN	27 N 1:09.42	100FLY KAREN MACADAMS	20 N 1:07.31
SANDI L HYDE	22 P :37.63	KIMIPRIE GAGNON	28 N 1:09.44	100M LINDA FINLEY	26 P 1:07.94
KIM FRIELEY	24 P :38.85	PAM AUSTIN	27 N 1:09.60	KAREN E MACADAMS	28 P 1:10.34
NANCY L WICHMAN	24 P :40.80	JEANNETTE GRIESE	25 N 1:16.10	KAREN MACADAMS	28 N 1:11.24
DAWN E MORRIS	22 N 1:15.12	LEE ANN MCNERNEY	26 R 1:18.00	LISA K DAVIS	26 P 1:11.88
200BRS DAWN E MORRIS	22 N 2:45.35	NANCY WICHMAN	25 A 1:21.14	NAOMI STEINBERG	29 P 1:14.90
SOFRÉ KIM FRIELEY	24 P :34.77	KATHY TISHMACK	28 T 1:26.94	HEATHER MC LAUCHLAN	28 N 1:15.27
BARBARA A LASTELIC	24 P :37.17	100FRE JUDI SHERIDAN	27 R 2:15.02	KIMIPRIE GAGNON	28 N 1:16.42
SANDI L HYDE	22 P :42.23	DAWN E MORRIS	28 A 2:26.44	JOY S ROMBOTON	29 T 1:17.25
NANCY L WICHMAN	24 P :48.34	PAM AUSTIN	27 N 2:30.60	MARGY IMEL	29 P 1:17.94
LAURE HYDE	20 T 1:02.00	LEE ANN MCNERNEY	26 R 2:47.88	CAROL ADAMS	28 N 1:18.34
100BRS SANDELL BAHLER	23 N 1:20.53	50FRE ANDREE DEVINE	29 N 5:45.14	200M KAREN MACADAMS	28 N 2:43.40
200BRS CYNTHIA C FERGUSON	22 N 2:54.90	JUDI SHERIDAN	27 R 5:52.88	KIMIPRIE GAGNON	28 N 2:47.84
HEATHER REILLY	23 N 2:56.76	100FRE PAM AUSTIN	27 N 14:10.22	BECKY S MECKLEN	27 N 2:58.45
50 FLY VALERIE STEGALL	20 N :32.77	SOFRÉ CYNTHIA C FERGUSON	29 N 6:55.22	400M ANDREE DEVINE	29 N 5:11.51+
BETH BLUMKLOTZ	19 N :33.20	100FRE KAREN MACADAMS	28 R 7:11.45	---	30-34 WOMEN ---
SANDI BAHLER	23 N :33.20	100FRE PAM AUSTIN	27 N 14:10.22	SOFRÉ CYNTHIA C FERGUSON	29 N 6:44.78+
KIM FRIELEY	24 P :33.40	SOFRÉ CYNTHIA C FERGUSON	29 N 29:28.41	PAMELA CALTABIANO	31 P :27.95
SANDI L HYDE	22 N :33.86	50BRS ANDREE DEVINE	29 N :33.38	JOLEENE M WOODARD	32 T :28.56
CARY SCHWARZ	24 P :36.24	LINDA FINLEY	26 P :33.42	KRISTEN MELTON	31 P :28.47
NANCY L WICHMAN	24 P :37.37	KAREN E MACADAMS	28 P :34.23	DEBBIE BARNES	34 N :24.65
DAWN E MORRIS	22 N :37.63	DAWN E MORRIS	28 P :34.45	KIM J BOBUS	32 N :29.80
ALENE CORNO	24 T 1:06.23	LISA K DAVIS	26 P :35.70	JODI MARTINEZ	31 A :30.24
VALERIE STEGALL	20 N :38.92	MARGY IMEL	29 P :37.62	LINDA P COENEN	32 N :31.37
SANDI L HYDE	22 T 1:20.79	MARGARET C IMEL	29 A :37.87	PAT ABEL	30 N :31.56
		CAROL ADAMS	28 A :39.38	PAT ABEL	30 A :32.08
		SUZANNE M ZIEGLER	28 P :40.32		
		NAOMI STEINBERG	29 P :40.34		

**1991 TOP 10 OREGON meets 25 YARD PG 1**

\* = from outside OREGON association + = Oregon record candidate See this line next page for meet/date code Software by R.Smith

100FRE GRACIE M GODDARD

31 N :54.06*	100BRS KIM A PHILLIPS	33 N 1:20.65	100FRE NANCY P BROWN	37 T 1:04.03
30 R :57.95	NANCY C SMITH	31 N 1:21.81	TERI HENDRYX	37 N 1:04.38
31 T 1:05.49	MARY A YUSE	31 N 1:24.77	LORI HOLLINGSWORTH	35 A 1:08.46
34 N 1:06.26	DEBBIE BARNES	31 A 1:25.07	SUE M. SMITH	38 A 1:11.12
32 N 1:07.75	KIM J BOBUS	31 T 1:25.39	CINDY A SHOEMAKER	39 N 1:11.35
30 A 1:09.72	PAT ABEL	34 N 1:25.60	CATHY HOELSCHER	35 N 1:11.70
30 N 1:10.03	PAT ABEL	32 T 1:24.92	JACKIE DIEDRICH	36 N 1:14.00
31 A 1:10.75	200BRS KIM A PHILLIPS	33 N 2:52.51	KARIN A CLANCEY	37 N 1:14.50
31 A 1:11.53	MARY YUSE-MILLER	31 N 2:58.90	GAIL M KIMBERLING	35 A 1:15.38
30 A 3:05.31	ROBIN L DURANT	34 A 1:14.63	JUNE MATHER	38 A 1:15.78
30 R 2:01.59	DORCAS L PHELAN	34 N 3:07.51	LENE MATER	38 A 1:16.03
31 N 2:18.64	LINDA P COENEN	32 N 3:29.65	100FRE NANCY P BROWN	37 N 2:29.65
31 N 2:19.89	GRACIE M GODDARD	31 P :27.77*	SUE M. SMITH	38 N 2:32.48
32 R 2:20.59	PAMELA CALTABIANO	31 P :32.29	AMY CH EMMETT	35 N 2:33.28
32 N 2:24.22	KRISTEN MELTON	31 P :33.13	CINDY A SHOEMAKER	38 P 2:38.52
34 N 2:31.62	Lauri Kiest	31 P :33.62	JACKIE DIEDRICH	34 N 2:45.14
30 N 2:35.21	PAT ABEL	30 N 2:35.62	JUNE MATHER	38 N 2:45.19
34 R 2:38.50	DORCAS L PHELAN	32 T 1:34.74	GAIL M KIMBERLING	35 A 2:45.88
31 N 6:15.97	KIM A PHILLIPS	34 N 3:36.91	KARIN A CLANCEY	37 N 2:45.92
33 N 6:17.72	KIM J BOBUS	32 N :38.03	SOFRÉ SUE M. SMITH	38 N 4:11.89
31 N 6:21.05	KRISTEN MELTON	30 A :41.05	LORI HOLLINGSWORTH	35 A 7:12.15
31 N 6:45.43	MARY A YUSE	31 P :41.65	CINDY A SHOEMAKER	38 N 25.79
31 N 6:51.47	CHRIS MOFFITT	31 P :41.65	CHRIS MOFFITT	35 N 14:15.93
31 N 6:51.47	100FLY GRACIE M GODDARD	31 P :41.88*	100FRE LORI HOLLINGSWORTH	35 N 15:03.85
31 N 1:18.44	MARY YUSE-MILLER	30 N 1:20.56	CINDY A SHOEMAKER	39 N 23:55.86
34 R 6:55.71	ROBIN L DURANT	31 P 1:06.34*	100FRE SUE M. SMITH	38 N 23:55.86
31 A 7:05.65	ERIN COKE	31 P 1:11.65	JO ANN CULLINGRINE	39 A 24:27.57
32 N 11:55.52	KIM A PHILLIPS	32 S 1:11.85	CATHY HOELSCHER	35 N 25:09.60
32 N 13:12.54	KIM J BOBUS	31 N 1:15.75	JACKIE DIEDRICH	36 N 25:34.63
31 N 13:56.30	MARY A YUSE	31 N 1:15.81	SOFRÉ PATRICIA MEKAY	35 P :133.24
31 N 23:33.07	CHRIS MOFFITT	31 N 23:33.07	CLAUDIA COKE	36 P :133.50
31 N 24:18.79	MARY YUSE-MILLER	30 N 24:18.79	D KIKO KIMURA	35 P :135.54
32 N 29:00.27	DORCAS L PHELAN	30 N 3:17.48	TERI HENDRYX	37 P :135.65
31 N 30.89	JODI MARTINEZ	30 N 3:19.70	AMY CH EMMETT	35 P :138.95
31 A 1:38.19	JILL C SCHULDT	32 R 1:19.87	NANCY P BROWN	37 N :39.57
34 N 1:37.28	Lauri Kiest	32 R 2:16.20	SUE M. SMITH	38 P :39.68
31 P :37.36	KRISTEN MELTON	32 R 2:46.80	CHRISTINA FOX	38 P :40.25
31 P :37.46	PAMELA CALTABIANO	32 R 2:50.44	MARY YUSE-MILLER	38 N :41.31
30 N 3:25.04	CHRISTINA FOX	30 N 3:25.04	JUNE MATHER	38 N :41.31
30 N 3:26.88	DORCAS L PHELAN	30 N 3:47.03	TERI HENDRYX	37 A 1:18.27
30 N 3:30.81	PAT ABEL	30 N 3:53.01	ROBIN L DURANT	34 N 3:53.20
32 R 3:06.16	LINDA P COENEN	32 R 3:54.21	DEBBIE L GREGORE	36 A 1:20.36
33 A 4:43.50	MAUREEN WILKINSON	32 S 3:54.20	100FRE KIM A PHILLIPS	35 N 1:36.62
31 N 4:43.50	CHRISTINA FOX	31 N 4:06.95*	DORCAS L PHELAN	34 N 4:07.84
30 A 12:20.95	MARY YUSE-MILLER	31 N 4:11.85	CHRIS MOFFITT	36 R :133.19
31 A 12:13.83	JODI MARTINEZ	31 N 6:12.70	CLAUDIA COKE	36 P :137.96
31 A 24:04.09	KIM J BOBUS	32 S 6:35.08	TERI HENDRYX	37 T :38.66
31 P :35.59	50BRS PAMELA CALTABIANO	31 P :37.84	PATRICIA MEKAY	35 P :139.51
31 P :37.84	GRACIE M GODDARD	31 P :37.84	CLAUDIA COKE	36 P :140.40
31 P :37.84	JILLEEN M WOODARD	32 T :38.74	SUE M. SMITH	38 P :142.65
31 P :37.84	KRISTEN MELTON	31 P :39.46	AMY CH EMMETT	35 P :143.30
31 P :37.84	NANCY C SMITH	31 N :38.95	KARIN A CLANCEY	37 N :44.73
31 P :37.84	MARY A YUSE	31 N :39.08	D KIKO KIMURA	35 P :145.54
31 P :37.84	JODI MARTINEZ	31 A :39.08	LISSA B PARKER	39 T :49.34
31 P :37.84	KRISTEN MELTON	31 P :39.46	LORI HOLLINGSWORTH	35 A :31.31
31 P :37.84	DORCAS L PHELAN	31 N :39.58	AMY CH EMMETT	35 P :31.48
31 P :37.84	CHRISTINA FOX	30 P :40.64	JUNE MATHER	38 N :32.49
32 T :41.11	LINDA P COENEN	32 T :41.11	TERI HENDRYX	37 N :34.04
			JACKIE DIEDRICH	36 N :32.81
			CINDY A SHOEMAKER	39 N :319.10
			GAIL M KIMBERLING	35 A :329.74

1991 TOP 10 OREGON meets 25 YARD PG 3  
R=PARADE 10/08/91 34PP TRI M 11/4/91 P=PENTATHLON 07/22/90 A=ASHLAND 3/10/91 N=MEMPHIS ASSC 4/7/91 T=TIGARD 5/11/91 R=Smith

50 FLY CLAUDIA COKE 36 P :30.76 1000FR JAN M PLESNER 44 N 14:19.24 100 IM GINGER L PIERSO 44 P 1:09.97+  
PATRICIA MCKAY 38 P :31.26 KRISTINA RIDDLE 42 N 17:26.46 KATHRINE CASEY 42 P 1:11.32  
TERI HENDRYX 37 P :31.90 SUSAN J GIRARD 42 N 17:55.62 SUZANNE COOPER 41 P 1:13.37  
D KIM KIMURA 35\* P :32.78 1650FR DARLENE J STALEY 41 N 22:35.22 SUSAN J CASE 41 P 1:16.30  
AMY CH EMMETT 35 P :35.25 MONIKA HUNSCHER 42 N 24:47.04 SANDI ROUSSEAU 43 P 1:18.23  
CATHY HOELSCHER 35 N :36.29 KRISTINA RIDDLE 42 N 29:01.37 MONIKA HUNSCHER 42 P 1:20.26  
SUE M. SMITH 38 P :37.14 50BACK GINGER L PIERSO 44 P :34.58 KRISTI L LOONEY 43 N 1:26.83  
KARIN A CLANCEY 37 N :40.88 SUZANNE COOPER 41 P :34.66 JUDY BEASTON 40 N 1:35.08  
CINDY A SHENAKER 38 P :43.19 SUSAN J CASE 41 P :35.75 JUDY E BEASTON 40 P 1:35.76  
100FLY TERI HENDRYX 37 N :11:28.52 KATHRINE CASEY 42 P :35.83 SANDY L CROSIER 44 A 2:07.26  
CATHY HOELSCHER 35 N :12:22.47 MONIKA HUNSCHER 42 P :38.37 200 IM GINGER L PIERSO 44 J 2:39.56  
200FLY CATHY HOELSCHER 35 N :3:04.18 SANDI ROUSSEAU 43 P :39.62 SUSAN J CASE 41 J 2:52.15  
100 IM CLAUDIA COKE 36 P :1:09.50 JAN M PLESNER 44 A :40.04 SUZANNE COOPER 40 J 2:52.20  
PATRICIA MCKAY 35 P :1:10.82 KRISTI L LOONEY 42 P :40.76 SANDI ROUSSEAU 43 N 2:57.35  
TERI HENDRYX 37 N :1:12.98 JUDITH M HOSKINS 40 T :40.86 MONIKA HUNSCHER 42 J 3:01.11  
D KIM KIMURA 35\* P :1:15.94 JUDY E BEASTON 40 P :51.19 KRISTI L LOONEY 43 N 3:11.63  
AMY CH EMMETT 35 P :1:20.74 1000BV MONIKA HUNSCHER 42 T 1:24.09 500RE GINGER L PIERSO 44 J 2:44.48  
SUE M. SMITH 38 N :1:21.17 KRISTINA RIDDLE 42 N 1:43.36 SUSAN J CASE 41 J 6:03.58  
CINDY A SHENAKER 38 P :1:25.94 SANDY L CROSIER 44 A 2:01.21 KATHLEEN P BUCK 40 N 6:04.18  
KARIN A CLANCEY 37 N :1:30.25 KATHLEEN ENNSON 44 A 2:02.75 SUZANNE COOPER 40 N 6:13.95  
LISSA B PARKER 39 T :1:38.35 200BAK SUSAN J CASE 42 N 2:45.91 ---- 45-49 WOMEN ----  
200 IM TERI HENDRYX 37 A :2:42.36 SANDY L CROSIER 44 A 4:16.32 500RE GINGER L PIERSO 45 A :29.66+  
GAIL K KIMBERLING 35 N :3:23.92 KATHLEEN ENNSON 44 A 4:16.56 PATRICIA D BIEZE 47 N :33.30  
400 IM TERI HENDRYX 37 N :5:50.77 508RST GINGER L PIERSO 44 P :35.00 JOANN DENNIS 48 A :30.94  
---- 40-44 WOMEN ---- KATHRINE CASEY 42\* P :35.46 SUZANNE COOPER 41 P :36.72 JOANN DENNIS 48 A :37.68  
50FRE KATHRINE CASEY 42\* P :20.24+ 500RE BARBARA FRID 45 A :39.54 100FR GINGER L PIERSO 45 A 1:05.61+  
GINGER L PIERSO 44 P :28.75 SUSAN J CASE 41 P :41.28 NANCY J BROOKS 48 T 1:12.48  
SANDI ROUSSEAU 43 N :29.36 SANDY L CROSIER 42 N :42.01 PAMELA HINSTREET 47 T 1:13.65  
KATHLEEN P BUCK 40 N :29.48 MONIKA HUNSCHER 40 R :42.25 JOANN DENNIS 49 A 1:29.75  
SUSANNE COOPER 41 N :30.29 KATHLEEN P BUCK 40 T :45.98 200FR BARBARA FRID 48 R :21.31  
BERI MATHESON 42 A :30.65 JUDITH M HOSKINS 40 T :45.98 500RE BARBARA FRID 49 A :31:19.85  
MONIKA HUNSCHER 42 P :30.97 KRISTI L LOONEY 42 P :46.35 JOANN DENNIS 49 A :31:19.85  
JAN M PLESNER 44 A :31.31 JUDY BEASTON 40 N :46.71 SANDY L CROSIER 45 N 4:00.86  
JUDITH M HOSKINS 40 T :31.32 100BRS SUSANNE COOPER 41 N :20.64 500RE BARBARA FRID 48 N :6:40.61  
SUSAN J CASE 41 P :31.69 KATHLEEN P BUCK 40 N :27.08 500RE BARBARA FRID 49 A :8:58.29  
100FRE KATHLEEN P BUCK 40 N :20.41 SUSAN J CASE 42 N :27.54 PATRICIA D BIEZE 47 N :8:58.66  
SANDI ROUSSEAU 43 N :1:06.52 KRISTINA RIDDLE 42 N :37.45 SANDY L CROSIER 45 N 10:25.24  
BERI MATHESON 42 A :10:08.52 KRISTINA RIDDLE 42 N :37.45 1000FR SANDY L CROSIER 45 N 20:39.48  
JAN M PLESNER 44 A :10:09.41 200BRS SUSANNE COOPER 41 N :2:58.08 1500FR PAMELA HINSTREET 47 N 24:54.55  
MONIKA HUNSCHER 42 T :12:24.24 50 FLY GINGER L PIERSO 44 P :30.76 JOANN DENNIS 49 N 29:40.41  
SUSAN M GIRARD 42 A :13:30.37 SANDI ROUSSEAU 43 P :31.76 50BACK GINGER L PIERSO 45 N :13:39+  
KATHLEEN P BUCK 40 N :2:24.69 KATHRINE CASEY 42\* P :32.61 BARBARA FRID 48 N :35.80  
BERI MATHESON 42 A :2:32.53 SUZANNE COOPER 41 P :33.10 1000FR GINGER L PIERSO 45 N 1:14.22+  
JAN M PLESNER 44 N :2:33.11 MONIKA HUNSCHER 42 P :34.86 BARBARA FRID 48 N :11:18.50  
MONIKA HUNSCHER 42 N :2:36.55 JAN M PLESNER 44 N :35.60 200BAK GINGER L PIERSO 45 N 2:41.54+  
JUDY BEASTON 40 N :2:50.44 SUSAN J CASE 41 P :35.60 BARBARA FRID 48 N :2:57.20  
SUSAN M GIRARD 42 A :3:18.17 KRISTI L LOONEY 43 N :37.96 SANDY L CROSIER 45 N 4:18.21  
STEVIE NEWCOMER 41 R :3:27.60 JUDY BEASTON 40 P :44.49 508RST NANCY J BROOKS 48 T :38.77  
SANDY L CROSIER 44 A :4:05.91 100FLY SANDI ROUSSEAU 43 N :1:14.20 PAMELA HINSTREET 47 N :41.43  
MARY E WATERS 44 N :6:06.02 KRISTI L LOONEY 43 N :2:9.76 100BRS NANCY J BROOKS 48 N :8:59.45  
500RE KATHLEEN P BUCK 40 N :6:27.39 200FLY DARLENE J STALEY 41 N :2:51.65 1000FR NANCY J BROOKS 49 N :12:55+  
BERI MATHESON 42 A :4:51.92 200FLY GINGER L PIERSO 45 N :3:14.15 BARBARA FRID 49 N :1:24.09  
JAN M PLESNER 44 N :6:54.55 KRISTI L LOONEY 43 N :3:28.95 PAMELA HINSTREET 47 T 1:29.92  
MONIKA HUNSCHER 42 N :8:57.45 KRISTI L LOONEY 43 N :3:14.15 SANDY L CROSIER 45 N 2:01.41  
KRISTINA RIDDLE 42 N :9:19.91 200BRS NANCY J BROOKS 48 A 3:07.85+ 200BRS NANCY J BROOKS 48 A :41.41  
SUSAN M GIRARD 42 N :8:43.85 KRISTI L LOONEY 43 N :3:10.86 PAMELA HINSTREET 47 N :3:10.86  
STEVIE NEWCOMER 41 R :9:13.18 50 FLY GINGER L PIERSO 45 A :31.31+ BARBARA FRID 48 P :33.37  
SANDY L CROSIER 44 A :10:42.38

1991 TOP 10 OREGON meets 25 YARD PG 4  
\* = from outside OREGON association + = Oregon record candidate See this line next page for meet/date code Software by R. Smith

100FLY GINGER L PIERSO 45 N 1:13.81+ 100BWK BEVERLY L'ESPERRANCE 59 A 1:46.87 100 IM PETEY MH. SMITH 66 P 1:37.06  
PAMELA HINSTREET 47 N 1:30.44 CAROL A DICKINSON 56 N 1:51.03 MARION CHADWICK 69 N 2:33.56  
100 IM GINGER L PIERSO 45 N 1:12.34+ MARIANNE VANDIJK 58 A 1:54.68 ELFIE J STEVENIN 69 P 2:37.91  
BARBARA FRID 48 P 1:19.80 200BAK BEVERLY L'ESPERRANCE 59 A 1:50.45 200 IM MARGARET A WELLS 65 N 4:02.14  
NANCY J BROOKS 48 P 1:21.05 MARIANNE VANDIJK 58 A 1:58.46 ELFIE J STEVENIN 69 J 6:00.78  
PAMELA HINSTREET 46 J 1:23.69 508RST CYNTHIA H ROSIK 58 P :50.31 400 IM ELFIE J STEVENIN 69 N 11:22.35+  
SANDY L CROSIER 45 N 4:27.88 50 FLY CYNTHIA H ROSIK 58 A 1:56.52 50FRE LEOLA E BAUMARTNER 73 A :53.47+  
JUDY BEASTON 40 N 1:35.08 JEANNE N KENNEDY 56 N 1:02.37 JUDY M MELCHER 70 P 1:02.61  
T 400 IM PAMELA HINSTREET 46 J 3:03.89 JEANNE N KENNEDY 56 N 1:02.37 BARBARA T HAVERCAMP 74 P 1:14.99  
---- 50-54 WOMEN ---- MARIANNE VANDIJK 58 N 1:03.41 100FRE JUDY M MELCHER 70 N 1:03.41  
50FRE CHARLOTTE E COAN 50 N :35.63 CAROL A DICKINSON 56 P 1:03.92 BARBARA T HAVERCAMP 74 P 1:20.46  
ANN GINDROZ 52\* P :34.64 100 IM CYNTHIA H ROSIK 58 P 1:52.63 500FR LEOLA E BAUMARTNER 73 A 1:35.99  
PEBBIE H HODGE 50 P :37.74 JEANNE N KENNEDY 56 N 1:35.26 1650FR LEOLA E BAUMARTNER 73 A 47:01.19  
JEAN L KINZEY-LEE 50 P :38.34 CAROL A DICKINSON 56 P 1:58.24 508ACK JUDY M MELCHER 70 P 1:12.74  
KALEO B SCHRODER 54 N :40.05 50 FLY CYNTHIA H ROSIK 58 A 1:56.52 100 IM LEOLA E BAUMARTNER 73 A 1:15.24  
BETH PAYES 53 T :41.79 500RE MARGARET A WELLS 64 R 9:25.69 508ACK JUDY M MELCHER 70 P 1:38.82  
100FRE CHARLOTTE E COAN 50 N 1:18.94 508ACK MARGARET A WELLS 64 R :51.88 508RST JUDY M MELCHER 70 P 1:04.63+  
BETH PAYES 53 T :43.06 100BWK MARGARET A WELLS 64 R 1:51.00 LEOLA E BAUMARTNER 73 A 1:10.70  
200FRE CHARLOTTE E COAN 50 A 2:54.55 508RST MARGARET A WELLS 64 R 1:51.00 BARBARA T HAVERCAMP 74 P 1:54.15  
500FR CHARLOTTE E COAN 50 A 7:52.18 100BRS JOICE BAHLER 61 N :46.56 100RS JUDY M MELCHER 70 N 2:24.61+  
1000FR CHARLOTTE E COAN 50 N 15:51.11 MARGARET A WELLS 64 R 2:06.10 50 FLY JUDY M MELCHER 70 P 1:25.17  
1650FR CHARLOTTE E COAN 50 N 26:34.69 200BRS JOICE BAHLER 61 N 3:35.41 BARBARA T HAVERCAMP 74 P 2:03.93  
50BACK PEGBIE H HODGE 50 P :49.73 100FLY MARGARET A WELLS 61 N 2:04.11 100 IM LEOLA E BAUMARTNER 73 A 2:27.63  
KALEO B SCHRODER 54 N :50.44 100 IM JOICE BAHLER 61 N 3:35.15 JUDY M MELCHER 70 J 3:29.52  
JEAN L KINZEY-LEE 50 P :51.53 MARGARET A WELLS 64 J 3:54.77 BARBARA T HAVERCAMP 74 P 3:28.76  
ANN GINDROZ 52\* P :56.51 200 IM JOICE BAHLER 61 N 3:28.46 200 IM JUDY M MELCHER 70 J 3:19.45+  
BETH PAYES 53 T :1:04.95 MARGARET A WELLS 64 J 4:01.87 400 IM JUDY M MELCHER 70 J 3:11:27.28  
100BRS KALEO B SCHRODER 54 N :58.02 400 IM JOICE BAHLER 61 N 7:17.00 ---- 75-79 WOMEN ----  
508RST PEGBIE H HODGE 50 P :46.91 MARGARET A WELLS 64 J 8:13.41 100FRE EVELYN MCKENZIE 76 A 1:56.73  
52\* P :47.97 50 FLY CYNTHIA H ROSIK 58 A :32.94+ 100FRE EVELYN MCKENZIE 76 N 2:21.77  
MARGARET A WELLS 66 A :32.94+ BARBARA T HAVERCAMP 75 N 2:41.14  
JEAN L KINZEY-LEE 50 P :49.08 50FRE PETEY MH. SMITH 66 N 1:13.67 100BRS EVELYN MCKENZIE 76 W :58.12+  
KALEO B SCHRODER 54 N :53.61 ELFIE J STEVENIN 67 P 1:04.78 50BACK EVELYN MCKENZIE 76 W 2:27.72  
50 BRS KALEO B SCHRODER 54 N 2:05.13 100FRE PETEY MH. SMITH 66 N 1:13.67 100BRS EVELYN MCKENZIE 76 N 2:10.52  
50 FLY PEGBIE H HODGE 50 P :46.79 ELFIE J STEVENIN 67 T 2:21.21 BARBARA T HAVERCAMP 75 N 3:22.27  
ANN GINDROZ 52\* P :47.17 200FRE PETEY MH. SMITH 66 N 2:43.35+ 200BRS BARBARA T HAVERCAMP 75 N 6:52.32  
JEAN L KINZEY-LEE 50 P :50.52 MARION CHADWICK 69 N 4:12.47 508RST EVELYN MCKENZIE 76 A 1:12.41+  
100 IM ANN GINDROZ 52\* P :1:34.30 500FR PETEY MH. SMITH 66 N 7:24.55+ HELENA W HOFFMAN 76 T 1:20.24+  
PEBBIE H HODGE 50 P :37.97 MARGARET A WELLS 69 N 11:01.51 100BRS EVELYN MCKENZIE 76 W 2:50.84+  
JEAN L KINZEY-LEE 50 P :39.55 100FR PETEY MH. SMITH 66 N 15:23.49 HELENA W HOFFMAN 76 N 3:04.08  
KALEO B SCHRODER 54 N :1:49.66 MARION CHADWICK 69 N 21:08.75 200BRS BARBARA T HAVERCAMP 75 N 8:40.72  
---- 55-59 WOMEN ---- 1650FR PETEY MH. SMITH 66 A 26:27.72 50 FLY HELENA W HOFFMAN 75 T 1:24.66+  
50FRE BEVERLY A DIRKSEN 59 N :58.16 MARGARET A WELLS 65 N 32:43.76 EVELYN MCKENZIE 76 N 1:29.19  
BEVERLY L'ESPERRANCE 59 N :39.61 MARION CHADWICK 69 N 37:25.43 100FLY HELENA W HOFFMAN 75 T 3:20.06+  
CYNTHIA H ROSIK 58\* P :41.47 50BACK PETEY MH. SMITH 66 P :46.81 100 IM EVELYN MCKENZIE 76 A 2:26.22+  
JEANNE N KENNEDY 56 N :42.69 MARGARET A WELLS 65 T :50.36 HELENA W HOFFMAN 75 T 2:50.80  
CAROL A DICKINSON 54 N :44.19 ELFIE J STEVENIN 69 P 1:11.71 200 IM EVELYN MCKENZIE 76 N 5:26.59+  
100FRE BEVERLY A DIRKSEN 59 N :12:59.99 100BWK MARGARET A WELLS 65 T 1:46.57+ BARBARA T HAVERCAMP 75 N 7:26.25  
JEANNE N KENNEDY 56 N :13:48.81 ELFIE J STEVENIN 69 N 2:32.52 ---- BO-B4 WOMEN ----  
200FRE BEVERLY A DIRKSEN 59 N :31:11.07 200BWK ELFIE J STEVENIN 69 N 5:06.48 50FREE HAZEL B BRESSIE 82 P 1:39.03  
BEVERLY L'ESPERRANCE 59 N :32:22.91 508RST PETEY MH. SMITH 66 P :53.74 100FR HAZEL B BRESSIE 82 N 37:09.46  
500FRE BEVERLY A DIRKSEN 59 N :8:59.45 MARGARET A WELLS 65 N :57.77 50BAX HAZEL B BRESSIE 82 P 1:29.02  
BEVERLY L'ESPERRANCE 59 N :9:13.98 ELFIE J STEVENIN 69 P 1:29.43 100BR HAZEL B BRESSIE 82 N 3:09.07  
1000FR BEVERLY A DIRKSEN 59 N :18:35.67 100BRS MARGARET A WELLS 65 N 21:10.68 200BAX HAZEL B BRESSIE 82 N 6:39.84  
50BACK CAROL A DICKINSON 56 N :48.87 200BRS MARGARET A WELLS 65 N 4:26.85+ 508RST HAZEL B BRESSIE 82 P 1:58.80  
BEVERLY L'ESPERRANCE 59 N :49.37 50 FLY PETEY MH. SMITH 66 P :46.64 100BR HAZEL B BRESSIE 82 N 4:13.81  
BEVERLY A DIRKSEN 59 N :51.48 MARGARET A WELLS 65 T :52.32 50 FLY HAZEL B BRESSIE 82 P 2:35.49  
MARIANNE VANDIJK 58 N :52.83 ELFIE J STEVENIN 69 P 1:16.41 100FLY HAZEL B BRESSIE 82 N 5:43.00  
JEANNE N KENNEDY 56 N :54.35 100FLY ELFIE J STEVENIN 69 P 2:46.81+ 100 IM HAZEL B BRESSIE 82 P 4:08.42  
CYNTHIA H ROSIK 58\* P :1:04.06 200FLY ELFIE J STEVENIN 69 N 5:47.89+ 400 IM HAZEL B BRESSIE 82 N 18:40.43

1991 TOP 10 OREGON meets 25 YARD PG 5  
R-PARKROSE 10/06/91 3-PP TRI M 11/4/91 P-PENTHALON 07/22/90 A-ASHLAND 3/10/91 NH-EMBERS ASSC 4/7/91 T-TIGARD 5/11/91 R.Smith

---- 19-24 MEN ----  
 SOFRE DAN POLAGE 23 R 1:25.58 200BRS CRAIG JACOBSON 27 N 1:49.34 500FRE CURT R LACOUNT 32 N 5:05.08  
 ROBERT K OLSEN 24 N 1:26.45 50 FLY MARK P FRIEDLEY 26 P 1:25.25 DAVID O BURLESON 34 N 5:11.03  
 TOM KAHN 25\* N 1:26.24 JOHN F ZELL 34 N 5:27.49  
 100FRE JASON HENNMAN 21 A 1:54.24 MARK WAGGNER 26 N 1:26.29 MICHAEL REINHARD 31 A 5:39.97  
 DAN POLAGE 23 R 1:56.66 HUNTER S GRAHAM 28 P 1:26.75 MICHAEL E JOHNSON 31 A 5:40.35  
 ROBERT K OLSEN 24 N 1:57.20 CHRISTOPHER LUCK 28 N 1:26.85 EDWARD R MANN 33 R 6:02.72  
 200FRE JASON HENNMAN 21 A 1:02.21 DAVID TRAVIS 25 N 1:28.35 100FRE EDWARD R MANN 33 N 1:31.01.40  
 ROBERT K OLSEN 24 N 1:08.43 CRAIG JACOBSON 27 A 1:30.74 1600FR MICHAEL E JOHNSON 31 A 19:53.15  
 DAN POLAGE 23 R 1:12.39 JEFF GRIESE 28 N 1:32.70 STEPHEN F HARGER 31 N 20:14.39  
 500FRE DAN POLAGE 23 R 6:10.16 100FLY TOM KAHN 25\* N 1:58.06 50BACK DAVID O BURLESON 33 P 1:27.41  
 100BAK JASON HENNMAN 21 A 1:06.69 100 IN MARK P FRIEDLEY 26 P 1:56.70 DOUGLAS E OTTO 31 P 1:28.76  
 50 FLY ROBERT K OLSEN 24 N 1:29.25 TOM KAHN 25\* N 1:58.91 JOHN F ZELL 34 P 1:26.94  
 100FLY ROBERT K OLSEN 24 N 1:04.54 RICK A RODRIGUEZ 28 A 1:59.36 ANDY SCHRAG 34 P 1:28.86  
 100 IM JASON HENNMAN 21 A 1:02.93 HUNTER S GRAHAM 28 P 1:59.58 RON A TAYLOR 30 N 1:26.91  
 ROBERT K OLSEN 24 N 1:08.57 RICK A. RODRIGUEZ 28 R 1:59.80 STEPHEN F HARGER 31 P 1:30.34  
 200 IM JASON HENNMAN 21 A 1:19.17 CHRISTOPHER LUCK 28 N 1:03.22 TRYG STRATTE 34 P 1:30.98  
 ---- 25-29 MEN ----  
 SOFRE RICK A RODRIGUEZ 28 N 1:22.98 CRAIG JACOBSON 27 N 1:08.57 DAVID M COBB 31 N 1:31.64  
 RICK A. RODRIGUEZ 28 R 1:23.29 TYLER COLE 29 N 1:11.78 GREG P ROMPEL 34 P 1:32.01  
 MARK P FRIEDLEY 26 P 1:23.42 DAVID W HERBISON 29 T 1:21.16 DAN R SWANSON 32 A 1:33.04  
 HUNTER S GRAHAM 28 P 1:24.54 200 IM TOM KAHN 30 N 1:26.04 100BAK DAVID O BURLESON 34 N 1:57.66+  
 JIM KRIPPAHENNE 28 N 1:24.68 HUNTER S GRAHAM 27 J 1:25.12 RON A TAYLOR 30 N 1:02.23  
 CRAIG JACOBSON 27 N 1:25.69 JIM KRIPPAHENNE 28 N 1:24.69 DAN R SWANSON 34 A 1:22.04  
 TYLER COLE 29 R 1:25.84 400 IN TOM KAHN 31 P 1:23.58 STEPHEN F HARGER 31 N 1:11.87  
 JIM E GODDARD 29 N 1:26.53 ---- 30-34 MEN ---- EDWARD R MANN 33 N 1:16.13  
 JEFF GRIESE 28 N 1:26.05 500FRE JIM RABE 30 N 1:23.19 200BAK DAVID O BURLESON 34 N 1:21.64  
 DAVID W HERBISON 29 T 1:29.99 DAVID O BURLESON 34 T 1:23.42 JOHN F ZELL 34 N 2:15.99  
 100FRE RICK A RODRIGUEZ 28 N 1:51.12 MICHAEL REINHARD 31 N 1:23.49 RON A TAYLOR 30 N 2:23.31  
 MARK WAGGNER 26 N 1:51.56 STEPHEN F HARGER 31 P 1:23.58 50BACK DAVID M COBB 31 N 1:30.54  
 TOM KAHN 25\* N 1:51.60 TRYG STRATTE 34 P 1:24.06 TRYG STRATTE 34 P 1:30.57  
 JIM KRIPPAHENNE 28 N 1:56.15 MARK WREN 32 N 1:24.16 STEPHEN F HARGER 31 P 1:30.84  
 RICK A. RODRIGUEZ 28 R 1:57.24 ANDY SCHRAG 34 P 1:24.45 DOUGLAS E OTTO 31 P 1:31.20  
 JIM E GODDARD 29 N 1:59.76 MARK B WREN 32 P 1:24.53 ANDY SCHRAG 34 P 1:31.27  
 JEFF GRIESE 28 A 1:01.29 ANDY R MOREHOUSE 30 N 1:24.54 MARK B WREN 32 P 1:33.24  
 TYLER COLE 29 R 1:02.89 RON A TAYLOR 30 N 1:24.64 GREG P ROMPEL 34 P 1:33.29  
 CRAIG JACOBSON 27 A 1:03.89 100FRE JIM RABE 30 N 1:50.92 JOHN F ZELL 34 P 1:33.57  
 ROB IKOLA 29 A 1:11.59 STEPHEN F HARGER 31 N 1:52.05 TYLER COLE 30 N 1:34.79  
 200FRE MARK WAGGNER 26 N 1:54.77 DAVID O BURLESON 34 T 1:52.74 DAVID O BURLESON 33 P 1:34.12  
 RICK A. RODRIGUEZ 28 N 1:58.74 MICHAEL REINHARD 31 N 1:52.85 100BRS DAVID M COBB 31 N 1:08.69  
 CHRISTOPHER LUCK 28 N 1:01.82 ANDY R MOREHOUSE 30 N 1:54.82 ANDY SCHRAG 33 R 1:12.33  
 JEFF GRIESE 28 N 1:20.86 STEVE ROTH 34 N 1:55.46 TRYG STRATTE 34 N 1:12.45  
 500FRE MARK WAGGNER 26 N 1:14.44 DAVID M COBB 31 A 1:56.17 STEVE ROTH 34 N 1:13.16  
 JEFF GRIESE 28 N 6:58.77 MARK WREN 32 N 1:56.48 GREG P ROMPEL 34 N 1:14.32  
 50BACK MARK P FRIEDLEY 26 P 1:27.49 GREG P ROMPEL 34 N 1:57.14 SCOTT CAMPBELL 34 N 1:22.54  
 HUNTER S GRAHAM 28 P 1:27.97 TYLER COLE 30 N 1:57.89 200BRS DAVID M COBB 31 N 2:31.18  
 RICK A. RODRIGUEZ 28 R 1:28.72 200FRE CURT R LACOUNT 32 N 1:51.66 SCOTT CAMPBELL 34 N 2:54.22  
 RICK A. RODRIGUEZ 29 N 1:28.80 DAVID O BURLESON 34 N 1:54.30 50 FLY RON A TAYLOR 30 N 1:26.15  
 TYLER COLE 29 R 1:36.24 JIM RABE 30 N 1:58.61 JIM RABE 30 N 1:26.24  
 JEFF GRIESE 29 N 1:37.55 STEPHEN F HARGER 31 N 1:59.19 ANDY SCHRAG 34 P 1:26.33  
 ROB IKOLA 29 N 1:43.08 MICHAEL REINHARD 31 N 2:00.49 MICHAEL REINHARD 31 N 1:27.15  
 100BAK RICK A RODRIGUEZ 28 N 1:00.45 JOHN F ZELL 34 A 2:01.53 MARK B WREN 32 P 1:27.35  
 RICK A. RODRIGUEZ 28 R 1:02.50 ANDY R MOREHOUSE 30 N 2:06.06 STEPHEN F HARGER 31 P 1:27.49  
 50BRST MARK P FRIEDLEY 26 P 1:29.37 GREG P ROMPEL 34 N 2:09.83 DOUGLAS E OTTO 31 P 1:27.50  
 HUNTER S GRAHAM 28 P 1:32.00 EDWARD R MANN 33 N 2:13.06 ANDY R MOREHOUSE 30 N 1:27.52  
 CRAIG JACOBSON 27 N 1:32.61 NOEL PROSSER 34 N 2:14.13 JOHN F ZELL 34 P 1:27.57  
 ROB IKOLA 29 R 1:36.06 TRYG STRATTE 34 P 1:27.67

1991 TOP 10 OREGON meets 25 YARD PG 6  
 \* = from outside OREGON association + = Oregon record candidate See this line next page for meet/date code Software by R.Smith

100FLY CURT R LACOUNT 32 N 1:53.54+ 200FRE ROY ABRAHOMITZ 36 R 1:59.43 200BRS MICHAEL A GRANT 39 R 2:57.18  
 DAVID O BURLESON 34 T 1:58.53 MIKE L PENDETON 39 N 2:01.16 GREG SOUTHWELL 36 N 2:59.76  
 JIM RABE 30 N 1:59.86 BRUCE W CHENEY 39 N 2:05.56 MICHAEL ANDERSON 37 A 3:08.92  
 JOHN F ZELL 34 N 1:01.80 DENNIS S OLSON 36 N 2:17.53 50 FLY GARY HAVER 39\* P 1:26.76  
 RON A TAYLOR 30 N 1:02.01 JAMES S ELLIOTT 38 R 2:19.72 K C McDOWGLE 37 N 2:27.50  
 ANDY CARLISLE 33 T 1:04.04 CRAIG S MATHER 39 A 2:26.94 ADRIAN L KALIL 37 P 1:29.61  
 GREG P ROMPEL 34 R 1:05.47 MARK IMHOFF 39 N 2:33.28 DANIEL P JOHNSON 37 P 1:29.68  
 MARK WREN 32 N 1:06.11 500FRE DAVID L PENDETON 39 N 5:39.67 BRUCE W CHENEY 38 R 1:29.78  
 ANDY R MOREHOUSE 30 T 1:06.34 BRUCE W CHENEY 39 N 5:42.60 JAMES M ELLIOTT 37 P 1:29.84  
 200FLY JOHN F ZELL 34 N 1:23.32 JAMES M ELLIOTT 38 N 6:00.65 GREG SOUTHWELL 39 T 1:30.64  
 GREG P ROMPEL 33 N 1:27.05 JIM E CUTTING 35 N 6:26.15 GREG JONES 38 P 1:31.55  
 100 IM DAVID O BURLESON 33 J 1:58.09 MICHAEL A GRANT 39 R 6:26.38 TIM J VERKLER 38 P 1:32.66  
 DOUGLAS E OTTO 31 P 1:00.20 STEPHEN F HARGER 31 P 1:00.57 DENNIS S OLSON 36 N 6:33.03  
 ANDY SCHRAG 34 N 1:00.61 MARK IMHOFF 36 N 6:41.50 100FLY ROY ABRAHOMITZ 36 R 1:59.32  
 JOHN F ZELL 34 P 1:01.72 100FRE BRUCE W CHENEY 39 N 12:00.53 DANIEL P JOHNSON 37 N 1:08.88  
 MICHAEL REINHARD 31 N 1:03.15 JAMES M ELLIOTT 38 N 12:30.51 100 IM ROY H CLARK 37 T 1:09.42  
 DAVID M COBB 31 P 1:03.76 GREG SOUTHWELL 38 N 13:36.37 GARY HAVER 39\* P 1:10.63  
 MARK B WREN 32 P 1:04.53 MARK IMHOFF 39 N 13:58.15 ROY ABRAHOMITZ 36 S 1:01.40  
 MARK SCHRAG 32 N 1:04.55 1600FR JAMES M ELLIOTT 38 N 21:12.25 MIKE L PENDETON 39 N 1:02.59  
 GREG P ROMPEL 33 P 1:05.23 SAT 6 KHALSA 36 N 21:17.50 K C McDOWGLE 37 N 1:03.52  
 200 IM DAVID O BURLESON 33 S 1:08.26 CRAIG S MATHER 39 A 21:19.72 ROBERT H CRAGS 37 T 1:04.49  
 STEPHEN F HARGER 31 N 1:25.10 ANDY PORTER 35 N 25:18.59 JON ALAN 37 R 1:07.12  
 JOHN F ZELL 33 S 1:26.35 MICHAEL ANDERSON 37 A 27:07.54 ADRIAN L KALIL 37 P 1:07.18  
 ANDY SCHRAG 33 S 1:20.13 50BACK: GARY HAVER 39 P 26.93 BRUCE W CHENEY 39 N 1:08.68  
 MICHAEL REINHARD 31 N 1:20.35 PETER METZGER 35 T 28.91 200 IM ROY ABRAHOMITZ 36 S 2:11.19  
 JIM RABE 30 N 1:23.00 K C McDOWGLE 37 N 29.93 MIKE L PENDETON 39 N 2:20.78  
 DAVID M COBB 31 N 1:24.51 ADRIAN L KALIL 37 P 1:32.15 DANIEL P JOHNSON 37 S 2:28.83  
 ANDY R MOREHOUSE 30 N 1:27.01 JAMES M ELLIOTT 38 P 1:33.82 JAMES M ELLIOTT 38 N 2:30.19  
 MARK WREN 32 N 1:27.34 DANIEL P JOHNSON 37 P 1:34.80 GARY HAVER 39 S 2:31.13  
 STEVE ROTH 33 N 1:27.96 TIM J VERKLER 38 P 1:35.03 400 IM ROY ABRAHOMITZ 36 S 4:50.37  
 400 IM DAVID O BURLESON 34 N 4:36.65 GREG JONES 38 P 1:35.56 DANIEL P JOHNSON 37 S 5:14.92  
 JOHN F ZELL 34 N 4:49.95 JERALD BISHOP 38 N 1:37.31 GARY HAVER 39 S 5:22.38  
 ANDY SCHRAG 33 S 5:02.91 100BAK PETER METZGER 35 N 1:03.49 JAMES M ELLIOTT 38 S 5:27.32  
 DAVID M COBB 33 N 5:12.79 JON ALLAN 37 R 1:06.13 ---- 40-44 MEN ----  
 GREG P ROMPEL 34 N 5:14.26 JAMES M ELLIOTT 38 T 1:12.93 50FRE TOM K COFFEY 40 P 1:23.87  
 STEPHEN F HARGER 31 S 5:14.36 PETER METZGER 35 S 21:31.09 KEITH MARSHALL 43 P 1:24.19  
 EDWARD R MANN 33 S 5:32.50 JAMES M ELLIOTT 38 N 2:32.03 CHARLIE SCHARFF 40 N 1:24.50  
 SCOTT CAMPBELL 34 N 2:54.22 GREG SOUTHWELL 38 N 34.53 JON D STOUT 44 P 1:24.46  
 SCOTT CAMPBELL 34 N 2:54.22 GREG JONES 38 P 2:43.10 RICHARD J SMITH 41 A 1:25.22  
 GREG JONES 38 P 27.02 MARK IMHOFF 39 N 36.26 JON D STOUT 44 P 1:25.22  
 DANIEL P JOHNSON 37 P 27.12 TIM J VERKLER 38 P 36.59 GREG FROMFELTER 42 A 1:25.22  
 JAMES M ELLIOTT 38 P 27.22 JIM E CUTTING 35 N 36.87 GREG FROMFELTER 42 A 1:26.03  
 MIKE L PENDETON 39 N 24.59 ADRIAN L KALIL 37 P 33.47 RICHARD J SMITH 41 A 1:27.75  
 ADRIAN L KALIL 37 P 24.84 GARY HAVER 39\* P 33.75 MICHAEL L DUFFY 44 P 1:26.05  
 GREG P ROMPEL 39 T 26.75 GREG JONES 38 P 34.51 TIM MC DANIEL 40 N 1:26.51  
 JON ALLAN 37 R 26.89 GREG SOUTHWELL 38 N 34.53 CARLYLE STOUT 42 A 1:26.64  
 DENNIS S OLSON 38 N 27.02 MICHAEL ANDERSON 37 A 35.04 100FRE CHARLIE SCHARFF 40 N 1:33.29  
 GREG JONES 38 P 27.02 MARK IMHOFF 39 N 36.26 KEITH MARSHALL 43 N 1:35.34  
 DANIEL P JOHNSON 37 P 27.12 TIM J VERKLER 38 P 36.59 JED P PRONIN 42 N 1:37.10  
 JAMES M ELLIOTT 38 P 27.22 JIM E CUTTING 35 N 36.87 GREG FROMFELTER 42 A 1:37.57  
 100FRE MIKE L PENDETON 39 N 35.40 ROBERT H CRAGS 37 T 1:11.12 DICK WADE 44 N 1:38.35  
 ROBERT H CRAGS 37 T 1:54.05 DANIEL P JOHNSON 37 N 1:15.92 MICHAEL L BUFFY 44 N 1:39.21  
 BRUCE W CHENEY 39 N 1:54.12 ADRIAN L KALIL 37 N 1:15.92 ROY D LAMBERT 44 N 1:40.84  
 GREG JONES 38 N 1:54.97 GREG SOUTHWELL 39 T 1:19.31 GARY J MACBROW 40 A 1:40.10  
 JON ALLAN 37 R 1:58.36 MARK IMHOFF 39 N 1:19.66 CARLYLE STOUT 42 A 1:40.94  
 DENNIS S OLSON 38 N 1:100.22 JIM E CUTTING 35 N 1:20.51 GARY J MACBROW 40 A 1:40.10  
 JAMES M ELLIOTT 38 T 1:00.79 MICHAEL ANDERSON 37 A 1:22.97 CARLYLE STOUT 42 A 1:40.94



1991 TOP 10 OREGON meets 25 YARD PG 9  
 R=PARADE 10/06/91 3-PT TRI M 11/4/91 P=FENTHORN 07/22/90 A=ASHLAND 3/10/91 N=MEMBERS ASC 4/7/91 I=16KRD 5/11/91 K=Smith

200BRS MICHAEL L MOREHOUSE 64 A 3:22.80 200BRS EARL WALTER 69 N 3:15.89 200 IN ANDREW W HOLDEN 71 3 3:04.38+  
 FRED ECKHARDT 64 N 3:34.57 DAVID BERNSTEIN 69 N 4:09.05 ANDREW HOLDEN 71# 3 3:05.42+  
 50 FLY ERIC GP. GUEST 61 N 3:33.02 50FRST ROBERT A MORRISON 69 P 3:37.03 GERALD A HUESTIS 70 3 3:07.27  
 MILTON R MARKS 60 P 3:35.36 EARL WALTER 69 P 4:07.40 400 IN GERALD A HUESTIS 70 3 6:45.42+  
 DONLAN F JONES 60 P 4:43.21 JAMES L HOLLAND 67 N 1:42.08 ANDREW W HOLDEN 71 3 6:46.33  
 100FLY FRED ECKHARDT 64 N 1:36.42 KHOSRO SHABEH 69 P 4:46.34 ----- 75-79 MEN  
 200FLY FRED ECKHARDT 64 N 1:43.07 100BRS ROBERT A MORRISON 69 N 1:28.55 50FREE ALLAN DELAY 76 T 3:33.89  
 100 IN MILTON R MARKS 60 P 1:16.08 KHOSRO SHABEH 69 T 1:44.72 SYD C HENDY 76 T 1:40.13  
 ERIC GP. GUEST 61 P 1:21.47 DAVID BERNSTEIN 68 R 2:11.61 100FRE ALLAN DELAY 76 T 1:25.18  
 DONLAN F JONES 60 P 1:28.99 200BRS ROBERT A MORRISON 69 N 3:29.70 SYD C HENDY 76 T 1:33.98  
 FRED ECKHARDT 64 N 1:36.28 KHOSRO SHABEH 69 P 3:39.96 200FRE SYD C HENDY 77 N 3:27.56  
 TERRY C MCURDY 61 N 1:56.11 50FLY ROBERT A MORRISON 69 T 1:36.46 50FREE SYD C HENDY 77 N 9:26.39  
 200 IN FRED ECKHARDT 64 N 3:36.61 EARL WALTER 69 P 38.36 JOE D RUDLEY 76 N 11:04.64  
 400 IN MILTON R MARKS 60 N 6:31.53 JAMES L HOLLAND 67 N 39.67 DONALD W STEVENSON 78 N 12:23.26  
 TERRY C MCURDY 61 N 10:12.57 KHOSRO SHABEH 69 P 49.40 100FRE JOE D RUDLEY 76 N 21:31.00  
 ----- 45-49 MEN 100FLY EARL WALTER 69 N 1:36.60 DONALD W STEVENSON 78 N 25:18.66  
 SOFREE EARL WALTER 69 P 31.29 100 IN EARL WALTER 69 P 1:22.55 1650FR JOE D RUDLEY 76 N 39:19.87  
 JAMES L HOLLAND 67 N 3:21.19 ROBERT A MORRISON 69 P 1:27.08 DONALD W STEVENSON 78 N 45:51.79  
 ROBERT A MORRISON 69 P 34.39 KHOSRO SHABEH 69 P 1:45.01 50BACK ALLAN DELAY 76 T 1:46.88  
 HERBERT W HOEPNER 69 N 35.71 200 IN EARL WALTER 69 3 3:07.89+ SYD C HENDY 77 N 47.58  
 JOSEPH A MALLON 69 P 44.39 400 IN EARL WALTER 69 3 6:50.73 DONALD W STEVENSON 78 N 54.17  
 JOSEPH A MALLON 69 N 46.44 ----- 70-74 MEN 100BRS SYD C HENDY 77 N 1:50.06  
 100FRE JAMES L HOLLAND 67 N 1:14.13 50FREE ANDREW W HOLDEN 71 N 1:29.01+ DONALD W STEVENSON 78 N 2:03.29  
 GILBERT N YOUNG 68 N 1:16.63 ANDREW HOLDEN 71# P 29.35 200BRS SYD C HENDY 77 R 4:05.33  
 HERBERT W HOEPNER 69 N 2:24.29 GEORGE KIMURA 71 N 41.84 DONALD W STEVENSON 78 N 4:29.73  
 JOSEPH A MALLON 69 N 40.77 MEL W ANDERSON 73 T 1:42.87 50FRST ALLAN DELAY 75 N 49.69  
 200FRE GILBERT N YOUNG 68 N 2:56.17 100FRE ANDREW W HOLDEN 71 N 1:04.44+ 50 FLY LEE 'KIP' KING 78 T 1:12.59  
 HERBERT W HOEPNER 69 N 3:15.34 GERALD A HUESTIS 71 N 1:07.42 200FLY JOE D RUDLEY 75 3 2:30.57  
 KHOSRO SHABEH 69 N 3:32.35 FORBES J MACK 72 N 1:17.10 100 IN JOE D RUDLEY 75 3 2:30.57  
 JOSEPH A MALLON 69 N 3:40.97 MEL W ANDERSON 73 T 1:38.14 200 IN JOE D RUDLEY 76 N 5:15.18  
 500FRE GILBERT N YOUNG 68 N 7:55.94 100BRS GERALD A HUESTIS 71 N 2:40.29+ 100BRS JACK HOYE 76 N 6:19.52  
 EARL WALTER 69 A 8:42.60 FORBES J MACK 72 N 3:13.61 ----- 80-84 MEN  
 HERBERT W HOEPNER 69 N 8:48.22 50FRST ANDREW W HOLDEN 73 N 10:53.60 50FREE JACK HOYE 81 P 4:46.48  
 JOSEPH A MALLON 69 N 9:50.48 50BACK ANDREW W HOLDEN 71# P 37.84+ 500FRE HERB EISENBERG 84 N 9:58.33  
 DAVID BERNSTEIN 69 N 9:59.10 FORBES J MACK 72 P 47.54 50BACK JACK HOYE 81 P 4:46.57  
 1000FR GILBERT N YOUNG 68 N 14:12.43 MEL W ANDERSON 73 N 1:04.01 100BRS HERB EISENBERG 84 N 52.78  
 HERBERT W HOEPNER 69 N 16:24.53 GEORGE KIMURA 71 N 1:09.56 100BRS JACK HOYE 81 P 1:47.45  
 JOSEPH A MALLON 69 N 20:09.91 50FRST ANDREW W HOLDEN 71# P 40.34+ HERB EISENBERG 84 N 1:58.74  
 DAVID BERNSTEIN 69 N 20:29.90 100BRS GERALD A HUESTIS 71 N 1:29.81+ 200BRS JACK HOYE 81 R 4:03.20  
 1650FR GILBERT N YOUNG 68 N 27:27.27 MEL W ANDERSON 73 T 2:30.72 HERB EISENBERG 84 N 4:16.44  
 HERBERT W HOEPNER 69 N 29:35.66 50 FLY ANDREW HOLDEN 71# P 32.18+ 50FRST HERB EISENBERG 84 T 1:02.46  
 JOSEPH A MALLON 69 N 34:10.19 ANDREW W HOLDEN 71 N 3:32.64+ JACK HOYE 81 P 1:18.48  
 50BACK EARL WALTER 69 A 37.01 FORBES J MACK 72 P 43.80 100BRS HERB EISENBERG 84 T 2:24.61  
 ROBERT A MORRISON 69 P 41.12 MEL W ANDERSON 73 N 1:04.01 50 FLY HERB EISENBERG 84 N 1:03.44  
 KHOSRO SHABEH 69 P 52.98 100FLY ANDREW W HOLDEN 71 N 1:21.73+ JACK HOYE 81 T 1:19.81  
 DAVID BERNSTEIN 69 N 53.72 MEL W ANDERSON 73 N 2:48.12 100FLY HERB EISENBERG 84 T 2:23.54  
 100BRS EARL WALTER 69 A 1:24.93 100 IN ANDREW HOLDEN 71# P 1:16.65+ 100 IN HERB EISENBERG 83 3 1:59.28  
 ROBERT A MORRISON 69 N 1:31.03 ANDREW W HOLDEN 71 3 1:20.19+ JACK HOYE 81 P 2:21.56  
 KHOSRO SHABEH 69 N 1:49.52 GERALD A HUESTIS 70 3 1:32.91 200 IN HERB EISENBERG 83 3 4:25.05  
 DAVID BERNSTEIN 69 N 1:50.64 MEL W ANDERSON 73 N 2:07.08 400 IN HERB EISENBERG 83 3 9:12.83

NATL OREGON 91 TOP TEN 25 YARD PG 1

19+ WOMEN 200 FREE RELAY  
 CYNTHIA C FERGUSON,22 \*\*\* KIMARIE GARNON,28 \*\*\* KAREN MACADAMS,29 \*\*\* JUDI SHERIDAN,28 \*\*\* OREG 1:55.53  
 HEIDI HENDRY,37 \*\*\* LAURI KIEST,34 \*\*\* SANDI BAHLER,23 \*\*\* VALERIE STEGALL,20 \*\*\* MACO 1:58.57  
 HEIDI BENSON,25 \*\*\* PAM AUSTIN,27 \*\*\* KRISTI L LOONEY,34 \*\*\* BETH BLUMKLOTZ,19 \*\*\* OREG 2:06.64  
 19+ WOMEN 200 MEDLEY RELAY  
 HEATHER MC LAULAHAN,28 \*\*\* TERI HENDRY,37 \*\*\* VALERIE STEGALL,20 \*\*\* DEBBIE BARNES,34 \*\*\* MACO 2:14.54  
 CHRISTINA FOX,30 \*\*\* CYNTHIA C FERGUSON,22 \*\*\* KIMARIE GARNON,28 \*\*\* KAREN MACADAMS,29 \*\*\* OREG 2:15.40  
 KRISTI L LOONEY,43 \*\*\* CINDY SHENKER,39 \*\*\* BETH BLUMKLOTZ,19 \*\*\* HEIDI BENSON,25 \*\*\* OREG 2:23.12  
 NANCY PRILL BROWN,37 \*\*\* KARIN A CLANCEY,37 \*\*\* HEATHER REILLY,23 \*\*\* JACKIE DIEDRICH,36 \*\*\* OREG 2:26.70  
 25+ WOMEN 200 FREE RELAY  
 ANDREE DEVINE,29 \*\*\* GRACIE M GODDARD,31 \*\*\* NAOMI STEINBERG,29 \*\*\* CLAUDIA COKE,36 \*\*\* OREG 1:50.32  
 KIM J BOBUS,32 \*\*\* CINDY SHENKER,39 \*\*\* LINDA COHEN,32 \*\*\* SUE M. SMITH,38 \*\*\* SUZANNE COOPER,41 \*\*\* OREG 2:02.45  
 PATRICIA A ABEL,30 \*\*\* JUNE MATHER,38 \*\*\* ERIN COKE,31 \*\*\* NANCY J BROOKS,48 \*\*\* OREG 2:06.00  
 DORCAS L PHELAN,34 \*\*\* JAN PLESNER,44 \*\*\* JO ANN CULLUMINE,39 \*\*\* CAROL ADAMS,28 \*\*\* OREG 2:09.13  
 JAN PLESNER,44 \*\*\* CAROL A DICKINSON,56 \*\*\* JEANNETTE BRIESE,25 \*\*\* PAMELA HIMSTREET,47 \*\*\* OREG 2:13.58  
 JUDY BEASTON,40 \*\*\* NANCY WICHMAN,25 \*\*\* KRISTINA RIDDLE,42 \*\*\* PAMELA HIMSTREET,47 \*\*\* OREG 2:18.77  
 25+ WOMEN 200 MEDLEY RELAY  
 SUSAN J CASE,42 \*\*\* PAMELA HIMSTREET,47 \*\*\* ANDREE DEVINE,29 \*\*\* GRACIE M GODDARD,31 \*\*\* OREG 2:12.05  
 KIM J BOBUS,32 \*\*\* MARY YUSE-MILLER,31 \*\*\* SUZANNE COOPER,41 \*\*\* PAM AUSTIN,27 \*\*\* OREG 2:19.05  
 PATRICIA A ABEL,30 \*\*\* NANCY J BROOKS,48 \*\*\* LINDA COHEN,32 \*\*\* SUE M. SMITH,38 \*\*\* OREG 2:23.35  
 CAROL ADAMS,28 \*\*\* JEANNETTE BRIESE,25 \*\*\* JAN M PLESNER,44 \*\*\* BEVERLY A DIRKSEN,59 \*\*\* OREG 2:34.19  
 DORCAS L PHELAN,34 \*\*\* ERIN COKE,31 \*\*\* JO ANN CULLUMINE,39 \*\*\* GERI MATHEWSON,42 \*\*\* OREG 2:34.33  
 HEATHER MC LAULAHAN,28 \*\*\* JOYCE BAHLER,60 \*\*\* JUNE MATHER,38 \*\*\* TERTI HENDRY,37 \*\*\* OREG 2:38.76  
 MARTIANE VANDIX,58 \*\*\* JOBI MARTINEZ,31 \*\*\* DEBBIE J GREGGIRE,36 \*\*\* JO ANN CULLUMINE,39 \*\*\* OREG 2:46.25  
 KATHLEEN EMMERSON,44 \*\*\* GAIL M KIMBERLING,35 \*\*\* KATHLEEN EMMERSON,44 \*\*\* MAUREEN WILKINSON,33 \*\*\* OREG 3:00.59  
 35+ WOMEN 200 FREE RELAY  
 SANDI ROUSSEAU,43 \*\*\* SUSAN J CASE,42 \*\*\* BARBARA FRID,48 \*\*\* MONIKA HUNSCHER,42 \*\*\* OREG 2:04.31  
 JACKIE DIEDRICH,36 \*\*\* NANCY PRILL BROWN,37 \*\*\* KARIN A CLANCEY,37 \*\*\* CATHY NOELSCHER,35 \*\*\* OREG 2:07.29  
 35+ WOMEN 200 MEDLEY RELAY  
 BARBARA FRID,48 \*\*\* GINGER L PIERSON,45 \*\*\* CLAUDIA COKE,36 \*\*\* SANDI ROUSSEAU,43 \*\*\* OREG 2:09.88  
 SS+ WOMEN 200 FREE RELAY  
 CAROL A DICKINSON,56 \*\*\* HELENA W HOFFMAN,75 \*\*\* JUDY M MELCHER,70 \*\*\* ELFIE J STEVENIN,69 \*\*\* OREG 4:01.50  
 55+ WOMEN 200 MEDLEY RELAY  
 CAROL A DICKINSON,56 \*\*\* HELENA W HOFFMAN,75 \*\*\* JUDY M MELCHER,70 \*\*\* ELFIE J STEVENIN,69 \*\*\* OREG 4:19.05  
 19+ MEN 200 FREE RELAY  
 STEVE ROTH,34 \*\*\* NOEL PROSSER,34 \*\*\* ROBERT K OLSEN,24 \*\*\* DAVID D BURLESON,34 \*\*\* MACO 1:39.60  
 19+ MEN 200 MEDLEY RELAY  
 SCOTT KRONBERG,36 \*\*\* STEVE ROTH,34 \*\*\* ROBERT K OLSEN,24 \*\*\* NOEL PROSSER,34 \*\*\* MACO 2:03.04  
 25+ MEN 200 FREE RELAY  
 JOHN F ZELL,34 \*\*\* MARK WREN,32 \*\*\* STEPHEN F HARGER,31 \*\*\* TOM KAHN,25 \*\*\* OREG 1:36.96  
 STEVE M JONSON,43 \*\*\* K C McDOWGLE,37 \*\*\* CHARLIE SCHAFER,40 \*\*\* RICK A RODRIGUEZ,28 \*\*\* OREG 1:57.35  
 EDWARD R MANN,33 \*\*\* TRYG STRATE,34 \*\*\* DAVID M COBB,31 \*\*\* TYLER COLE,30 \*\*\* OREG 1:42.45  
 DANIEL R GRAY,45 \*\*\* GREG FRONWELTER,42 \*\*\* RICHARD J SMITH,41 \*\*\* MICHAEL REINHARD,31 \*\*\* OREG 1:42.89  
 ANDY PORTER,35 \*\*\* JIM RABE,30 \*\*\* EMERSON FISHER,42 \*\*\* CHRISTOPHER LUCK,28 \*\*\* OREG 1:47.32  
 CRAIG JACOBSON,27 \*\*\* JAMES S EDWARDS,48 \*\*\* ROB IKOLA,29 \*\*\* JEFF BRIESE,28 \*\*\* OREG 1:48.86  
 RON A TAYLOR,30 \*\*\* CHUCK SHEPARD,42 \*\*\* SCOTT CAMPBELL,34 \*\*\* DICK MOODY,50 \*\*\* OREG 1:57.05

NATL OREGON 91 TOP TEN 25 YARD FG 2				NATL OREGON 91 TOP TEN 25 YARD FG 3			
<b>25+ MEN</b>	<b>200 MEDLEY RELAY</b>	<b>STEPHEN F HARGER,31 ***</b>	<b>OREG 1:48.16</b>	<b>25+ MIXED</b>	<b>200 FREE RELAY</b>	<b>DAVID C BURLESON,34 ***</b>	<b>TERI KIEST,34 ***</b>
JON F ZELL,34 ***	DAVID M COBB,31 ***	TOM KAHL,25 ***	OREG 1:55.72	STEPHEN F HARGER,31 ***	KIM J BOGUS,32 ***	MARY YUSE-MILLER,31 ***	TERI HENDRY,37 ***
DICK WADE,44 ***	JIM KRIPFARNE,28 ***	ANDY R MOREHOUSE,30 ***	MACO 1:55.72	NANCY PRILL BROWN,37 ***	JIM RABE,30 ***	KARIN A CLANCEY,37 ***	TERI HENDRY,37 ***
ROBERT S SMITH,47 ***	CHRISTOPHER LUCK,28 ***	JIM RABE,30 ***	OREG 1:56.00	GRACIE M GOODMAN,31 ***	NOAMI STEINBERG,29 ***	DANIEL P. JOHNSON,37 ***	MARK IMHOFF,39 ***
RICK A RODRIGUEZ,28 ***	STEVEN J SIMPSON,45 ***	CHARLIE SCHAFER,40 ***	OREG 1:56.46	JUNE MATHER,38 ***	DORCAS L PHELAN,34 ***	MICHAEL REINHARD,31 ***	MARK IMHOFF,39 ***
GREG P ROMPEL,34 ***	TYLER COLE,30 ***	MARK WREN,32 ***	OREG 1:59.90	CAROL ADAMS,28 ***	CRAIG JACOBSON,27 ***	JEFF BRIESE,28 ***	MARK IMHOFF,39 ***
RICHARD J SMITH,41 ***	FRANK PHILLIPS,48 ***	EDWARD R HANN,33 ***	OREG 2:01.27	JOHN F ZELL,34 ***	PAM AUSTIN,27 ***	KRISTI L LOONEY,43 ***	MARK IMHOFF,39 ***
JEFF GRIESE,28 ***	CRAIG JACOBSON,27 ***	MICHAEL REINHARD,31 ***	OREG 2:12.11	JOEL MARTINEZ,31 ***	DEBBIE J GREGORIE,36 ***	FRANK PHILLIPS,48 ***	MARK IMHOFF,39 ***
HERB EISENSTADT,64 ***	ROGER L DICKINSON,57 ***	JAMES M EDWARDS,48 ***	OREG 2:55.93	CHRISTINA FOX,30 ***	SCOTT CAMPBELL,34 ***	TUCKER WHITSON,46 ***	MARK IMHOFF,39 ***
	JIM E GOODMAN,29 ***	SYD C HENDY,77 ***		HEATHER MC LAULCHAN,26 ***	ROBERT R KIM,57 ***	TERI HENDRY,37 ***	MARK IMHOFF,39 ***
<b>35+ MEN</b>	<b>200 FREE RELAY</b>	<b>JED P CRONIN,42 ***</b>	<b>MARK IMHOFF,39 ***</b>	<b>25+ MIXED</b>	<b>200 MEDLEY RELAY</b>	<b>DAVID C BURLESON,34 ***</b>	<b>TERI HENDRY,37 ***</b>
DANIEL P JOHNSON,37 ***	L BUZ CARTRIER,43 ***	TOM FANNING,51 ***	RICHARD D BOYD,47 ***	DENNIS S DOLSON,36 ***	STEVE ROTH,34 ***	CLAUDIA COKE,36 ***	DEBBIE BARNES,34 ***
ERIC GUEST,61 ***	GARY J MAGRAN,40 ***	GREG FROMFELTER,42 ***	OREG 1:52.44	KIN J BOGUS,32 ***	ANDREE DEVINE,29 ***	JED P CRONIN,42 ***	MACO 1:47.49
DANIEL R GRAY,45 ***	ALLAN DELAY,75 ***	ALLEN L STARK,42 ***	OREG 1:52.87	TOM K AHL,25 ***	TERI HENDERSON,31 ***	TERI HENDRY,37 ***	OREG 1:47.54
FRED EKHARDT,64 ***		MIKE L PENDLETON,39 ***	OREG 2:08.67	CHRISTINA FOX,30 ***	MARY YUSE-MILLER,31 ***	CHRISTOPHER LUCK,28 ***	OREG 1:50.17
<b>35+ MEN</b>	<b>200 MEDLEY RELAY</b>	<b>ALLEN L STARK,42 ***</b>	<b>GARY N BECKLEY,40 ***</b>	<b>MIKE L PENDLETON,39 ***</b>	<b>JOHN F ZELL,34 ***</b>	<b>CHARLIE SCHAFER,40 ***</b>	<b>MARK IMHOFF,39 ***</b>
PETER METZGER,35 ***	ROY D LAMBERT,44 ***	MARK IMHOFF,39 ***	OREG 1:51.76	DENNIS S DOLSON,36 ***	KIM J BOGUS,32 ***	WILLIAM BISHOP,29 ***	MARK IMHOFF,39 ***
JED P CRONIN,42 ***	GREG FROMFELTER,42 ***	DANIEL R GRAY,45 ***	OREG 2:10.88	TOM M MYERS,40 ***	JOHN F ZELL,34 ***	CHARLIE SCHAFER,40 ***	MARK IMHOFF,39 ***
CRAIG S MATHER,39 ***	HILTON R MARKS,60 ***	KEITH MARSHALL,43 ***	OREG 2:13.44	L BUZ CARTRIER,43 ***	CAROL ADAMS,28 ***	CHRISTOPHER LUCK,28 ***	MARK IMHOFF,39 ***
FRED W SPRENGER,60 ***			OREG 2:14.30	MIKE L PENDLETON,39 ***	DEBBIE J GREGORIE,36 ***	CRAIG JACOBSON,27 ***	MARK IMHOFF,39 ***
<b>45+ MEN</b>	<b>200 FREE RELAY</b>	<b>LEO J VANDIN,58 ***</b>	<b>FRANK PHILLIPS,48 ***</b>	<b>TUCKER WHITSON,46 ***</b>	<b>OREG 2:03.04</b>	<b>NOEL PROSSER,34 ***</b>	<b>JOEL PROSSER,34 ***</b>
MICHAEL L MOREHOUSE,64 ***	LEO J VANDIN,58 ***			ANDY R MOREHOUSE,30 ***	DELMAR HEALY,31 ***	JOYCE BAHLER,61 ***	JOYCE BAHLER,61 ***
				FRANK PHILLIPS,48 ***	JAMES M ELLIOTT,38 ***	PAT ABEL,30 ***	PAT ABEL,30 ***
<b>45+ MEN</b>	<b>200 MEDLEY RELAY</b>	<b>MICHAEL L MOREHOUSE,64 ***</b>	<b>LEO J VANDIN,58 ***</b>	<b>DANIEL R GRAY,45 ***</b>	<b>OREG 2:22.50</b>	<b>KATHLEEN P BUCK,40 ***</b>	<b>BRUCE W CHENEY,38 ***</b>
ALLAY DELAY,75 ***	GEORGE KIMURA,71: ***	FRED EKHARDT,64 ***	KEITH A FINZER,46 ***	SUSANNE COOPER,41 ***	KATHLEEN P BUCK,40 ***	LEE ANN MCNEIL,38 ***	LEE ANN MCNEIL,38 ***
<b>55+ MEN</b>	<b>200 FREE RELAY</b>	<b>JIM BIGLER,55 ***</b>	<b>THOMAS P FAULK,55 ***</b>	<b>LLOYD WEISENSEE,57 ***</b>	<b>OREG 2:10.76</b>	<b>ANDY PORTER,35 ***</b>	<b>OREG 2:25.92</b>
ROBERT R KIM,57 ***	MIKE POPOVICH,63 ***	GILBERT N YOUNG,68 ***	FRED W SPRENGER,60 ***	MIKE W SPRENGER,60 ***	OREG 2:13.85		
HILTON R MARKS,60 ***							
<b>55+ MEN</b>	<b>200 MEDLEY RELAY</b>	<b>MIKE POPOVICH,63 ***</b>	<b>ERIC GP. GUEST,61 ***</b>	<b>JOSEPH A MALLON,69 ***</b>	<b>OREG 2:49.76</b>	<b>35+ MIXED</b>	<b>200 FREE RELAY</b>
GILBERT N YOUNG,68 ***						SUSAN J CASE,42 ***	SUSAN J CASE,42 ***
						JERALD B BISHOP,38 ***	JERALD B BISHOP,38 ***
<b>65+ MEN</b>	<b>200 FREE RELAY</b>	<b>FORBES J MACK,72 ***</b>	<b>ANDREW W HOLDEN,71 ***</b>	<b>GERALD A HUESTIS,71 ***</b>	<b>OREG 2:04.61</b>	<b>MARIANNE VANCIJIK,56 ***</b>	<b>OREG 2:04.61</b>
EARL WALTER,69 ***							
<b>65+ MEN</b>	<b>200 MEDLEY RELAY</b>	<b>FORBES J MACK,72 ***</b>	<b>ANDREW W HOLDEN,71 ***</b>	<b>GERALD A HUESTIS,71 ***</b>	<b>OREG 2:21.94</b>	<b>45+ MIXED</b>	<b>200 FREE RELAY</b>
EARL WALTER,69 ***						GERALD A HUESTIS,71 ***	GERALD A HUESTIS,71 ***
						CHARLOTTE E CONAN,50 ***	CHARLOTTE E CONAN,50 ***
<b>19+ MIXED</b>	<b>200 FREE RELAY</b>	<b>CYNTHIA C FERGUSON,22 ***</b>	<b>CHARLIE SCHAFER,40 ***</b>	<b>RICK A RODRIGUEZ,28 ***</b>	<b>OREG 1:44.51</b>	<b>45+ MIXED</b>	<b>200 MEDLEY RELAY</b>
STEVE ROTH,34 ***	ROBERT K OLSEN,24 ***	JOYCE BAHLER,61 ***	VALERIE STEBALL,20 ***	CHARLOTTE E CONAN,50 ***	TERRY C MCCOURY,61 ***	GINGER PIERSON,45	RICHARD BOYD,47
JAMES M ELLIOTT,38 ***	DAWN E MORRIS,22 ***	KATHLEEN P BUCK,40 ***	BRUCE W CHENEY,39 ***	TERRY C MCCOURY,61 ***		STEVEN J SIMPSON,45 ***	BARBARA FRID,48
TRYG STRATE,34 ***	BETH BLUMKLOTZ,19 ***	HEIDI BENSON,25 ***	MARK WREN,32 ***			JEANNE K KENNETH,56 ***	DAVID F PUTNAM,59 ***
STEVE SUMME,42 ***	AMY C W EMMETT,35 ***	JOHN D JOENS,59 ***	SANDI L HYDE,22 ***			SANDY L CROSIER,45 ***	BEVERLY A DIRksen,59 ***
							DAVID F PUTNAM,59 ***
<b>19+ MIXED</b>	<b>200 MEDLEY RELAY</b>	<b>BETH BLUMKLOTZ,19 ***</b>	<b>DAVID M COBB,31 ***</b>	<b>PAM AUSTIN,27 ***</b>	<b>OREG 2:00.22</b>	<b>55+ MIXED</b>	<b>200 MEDLEY RELAY</b>
PETER METZGER,35 ***	KATHLEEN P BUCK,40 ***	SCOTT CAMPBELL,34 ***	CYNTHIA C FERGUSON,22 ***	OREG 2:03.61	ROGER L DICKINSON,57 ***	HELENA W HOFFMAN,75 ***	ROGER L DICKINSON,57 ***
RICK A RODRIGUEZ,28 ***	ROBERT K OLSEN,24 ***	JIM KRIPFARNE,28 ***	VALERIE STEBALL,20 ***	OREG 2:04.00		CAROL A DICKINSON,56 ***	ROGER L DICKINSON,57 ***
HEATHER MC LAULCHAN,26 ***							
DAWN E MORRIS,22 ***	KATHLEEN P BUCK,40 ***	JAMES M ELLIOTT,38 ***	BRUCE W CHENEY,39 ***	OREG 2:09.12	<b>65+ MIXED</b>	<b>200 FREE RELAY</b>	<b>200 FREE RELAY</b>
					EARL WALTER,69 ***	FORBES J MACK,72 ***	JUDY M MELCHER,70 ***
						ELFIE J STEVENIN,69 ***	JUDY M MELCHER,70 ***

PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET INFORMATION: December 15, 1991  
Hosted by TAC Masters  
DEADLINE: Entries due: December 5, 1991

ORDER OF EVENTS  
EVENT # EVENT

DATE: December 15, 1991  
TIME: Warmup 8:30 A.M.  
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 200 M FREE RELAY  
3 100 M BACK  
4 200 M FREE  
5 50 M FLY  
6 200 M BREAST  
7 100 M I.M.

PLACE: Fidalgo Pool  
1603 22nd  
Anacortes  
(206) 293-0673

MEET DIRECTOR: Mike Bemis  
293-0673

5 MINUTE BREAK

8 400 M MIXED FREE RELAY  
9 200 M BACK  
10 50 M FREE  
11 100 M FLY  
12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool  
Warm-up area  
Water Temp: ??°  
RULES: Current USMS rules will  
govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY  
14 50 M BACK  
15 100 M FREE  
16 200 M FLY  
17 100 M BREAST

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

5 MINUTE BREAK

18 200 M I.M.  
19 200 MIXED MEDLEY RELAY

SEEDING: Slow to Fast

CONCESSIONS: Yes

**NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES**

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

**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

**PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET ENTRY FORM: December 13, 1991  
TAC Masters at Fidalgo Pool: Anacortes  
Sanction # 913612**

## **SHORT COURSE METERS**

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

**ADDRESS**

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ HOME NUMBER \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

**TEAM** **CID: UNATTACHED** **ACTIVATION**

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

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

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME

### ENTRY FEES

SURCHARGE: \$3.00      \$3.00  
Individual Events @ \$1.00

(Includes LMSC surcharge \$1)  
(No charge for relays)

## **TOTAL**

Checks payable to TAC Masters

Mail fees and this entry form to:

Mike Bemis  
P.O. Box 604  
Anacortes, WA 98221

**ENTRIES DUE:** December 5, 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 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 \_\_\_\_\_

Date

## **UNDERSTANDING THE TRAINING PROCESS FOR SWIMMING**

*by Terry Laughlin*

Last summer a participant in one of my Masters camps asked me for a training "recipe" for success in her event. I like the term, though I'd never used it before, and decided to adopt it to describe guidelines for training effectively toward a highly specific objective.

It is not difficult to identify the capacities that one must develop to perform well in a particular distance or event and then plan a training program to develop those capacities. But in talking to countless coaches and swimmers it soon becomes apparent that there are countless "recipes" for success in various events. And they work in some way for somebody. Countless paths lead to the same objective and much of the fun in training lies in mapping those routes, observing where they lead, then debating their merits with others who arrived at the same place from a different direction.

The important thing to keep in mind is that all successful recipes are based on similar guiding principles. While the application may change from person to person, the principles of training are simple and universal. They apply to national champion or novice, competitor or fitness swimmer, teenager or septuagenarian, man or woman. Knowledge and use of them will allow you to develop a systematic plan for reaching your goal with fewer missteps and wasted effort along the way.

Training is a quest for a brighter future. ..enjoyment of the training effect!...practicing to perfect skills. ..to go farther, faster, more economically by exploiting the body's capacity for growing stronger in response to stress (Remember the saying: "What doesn't kill me, makes me stronger.") The following training principles can be a reliable guide to achieving the training effect in swimming, but they can apply equally well to running, cycling, or any other endurance sport.

**1. STRESS** - In a training medium this describes, not the effect of a bounced check, failed relationship, or demanding boss, but that of a workload imposed on the body. Carefully and selectively applied, it elicits a positive training response - the body gets stronger. When the workload is too heavy, the body can't

adapt. Injury, exhaustion, frustration result. NOTE: Cumulative stress of all types must be taken into account in planning training. During times of unusual job or personal stress, the training workload must be reduced in both quantity and intensity or an overload will result.

**2. PROGRESSIVE OVERLOAD** - As the body grows stronger (in response to training), in order to stimulate further gains, we need to increase the load. Judicious and systematic increases in frequency and intensity cause the organism to "super-adapt" to yet a higher level. What was the proper training overload for your first month (or year) of training, will probably be insufficient to simulate further adaptation when you're further along. In fact, physiologists say, the body adapts to any particular type and amount of workload in a period of about 20 days. To stimulate further adaptation, the workload must be adjusted in either type or amount.

**3. SPECIFICITY** - The body adapts to the specific type of stress imposed. So training should closely approximate the type of activity you're preparing for, in distance, type, and intensity. One of the simplest yet truest expressions of training philosophy I've ever heard is: "In order to swim faster, you have to. ..swim faster." It's also important to keep in mind that efficient technique is a product of specificity in the use of highly specific stroke patterns, hand pitches, and adjustments to water pressure. Practicing poor technique, whether through fatigue or loss of concentration, means less efficient muscle groups bear the workload, and you lose the optimal training effect. Remember, practice does not necessarily make perfect, it does make permanent!

**4. CONSISTENCY** - Even if you can spare as little as 30 minutes a day for training, you can still achieve reasonably good fitness levels, just through regularity. Physiologists tell us that we need to train at least 3 to 4 days a week, year-round to maintain fitness. For higher fitness levels, we must obviously do more. (See #5) You can lose half of your endurance in a layoff of only two weeks, and it always takes longer to regain than it did to lose it. But, even if you've been working out 6 days a week you can maintain most of your aerobic endurance by working out just twice a week during a period of reduced training, if the intensity is increased. So during a period when you plan or are forced to decrease your activity, even a modest amount of training is far better than none at all.

**5. PROGRESSION** - The nearer you get to the top, the steeper is the mountain you're trying to climb. The more you improve, the harder it is to keep improving at the same rate. You'll reach 90% of your potential with a modest amount of effort, but beyond that, even small gains will come grudgingly. At that point, it becomes even more important to refine your approach, to swim smarter rather than harder. The good news : The ground that has already been won will be relatively easy to hold! (See #4)

**6. RECOVERY** - Work and rest are inseparable halves of the same equation. Appropriate recovery from hard training, to *allow* the body to adapt and successfully handle harder workloads, is essential during a set, a workout or a training cycle. You won't be able to repeatedly push your heart rate near its maximum in a set, unless it recovers near its resting level between efforts. Intense workouts must be balanced with recovery workouts. Harder goal-oriented training cycles (See #7) can be very effective, if built on a solid base of sub-maximal training.

**7. CYCLES** - Steady sub-maximal aerobic base training is like putting money in the bank. We write checks for the payoff with intensive training. Write too many checks and you'll soon be bankrupt; your body will fail to adapt (see #1.) The faster and harder you train, the sooner you'll run out of gas. This applies to individual workouts as well as training cycles of months and years. Particularly for Masters athletes whose "careers" may be measured in quarter-and half-centuries and whose primary goals are health and happiness, steady, low-intensity training is the key to remaining injury free, physically fresh, and fit for the long haul, week-in and week-out, year-in and year-out. (See #4)

**8. KNOW THYSELF** - The paramount consideration, superseding all of the seven preceding principles, is how you personally respond to training. Even in a group workout setting, 30 different swimmers, will respond to a particular workout or set in 30 individual ways. And there will likely be as many different favorite sets or drills. So it's important to personally adapt any group training regime to suit your needs for best results. Self-awareness and careful self-monitoring (especially through keeping a log) are indispensable tools to aid in this.

*Reprinted from the April/May issue of **Swim smartS**. A quarterly newsletter for Fitness & Competitive Swimmers. 381 Main St. Goshen NY 10924 \$19.95*

## **IS SWIMMING EFFECTIVE FOR WEIGHT CONTROL?**

*by Terry Laughlin*

Why does swimming seem less effective for weight control (or fat control) than running? Vigorous swimming burns as many calories per hour as does running, yet runners always seem to have a gaunt and hungry look, while few swimmers do. Grant Gwinup MD, of the University of California /Irvine Medical Center, speculates that swimmers compensate for the calories they burn by eating more. His reasoning is as follows: Water draws much more heat away from the body than air, and swimmer's bodies are sensitive to that extra heat loss. That, in turn, apparently stimulates their appetites to preserve fat layers for insulation from heat loss. (Ed. note - I can vouch for that: I never feel like eating after a run, while after swimming, I usually feel primed to strap on the feed bag.)

However, says the Tufts University Diet and Nutrition Letter, swimmers who enjoy the sport and are not in it for weight loss have no reason to give it up. Swimming is still an excellent all-around muscle toner and promotes overall fitness as well as running and cycling. Moreover, by judicious snacking on filling but low fat foods (such as fruit or fig bars) shortly after you swim, you can satisfy your overstimulated appetite without putting on weight. And if you stay properly hydrated during and after workout by drinking ample fluids, you'll have a sense of fullness that should also suppress that stimulated appetite.

It's important to note that the type of swimming you do can also help influence how much fat you burn. Studies at the University of California at Davis show that certain types of aerobic exercise gives you an afterburn, boosting your metabolism, so you continue burning extra calories for up to 12 hours after you finish your workout. And Paul Thompson, MD, a medical professor at Brown University, says that endurance exercise makes muscles "hungry" for fat. They secrete more of an enzyme called lipoprotein lipase that digests blood fats.

Those who subscribe to the "no pain, no gain" dictum of exercise may lose out on this benefit. Exercising intensely makes your muscles rely on glucose (sugar) for energy. But when muscles are exercised more moderately, they call on stored fat for energy. That's not to say that occasional hard work is without benefits. The key idea is that you don't have to be a great athlete to exercise in away that will give you maximum benefit and help you trim down.

*Reprinted from the Summer 91' issue of **SwimsmartS**.*

# 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.

## 1991 OMS TEAMS

City	Team Name	Abrv.	Contact/Rep	Phone
Albany	Albany Masters	ALB	Gus Arzner	967-4521
Ashland	Rogue Valley 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 Rossem	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	Sue Girard	697-8257
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	Pete 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 Schuldert	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

# 1991 OREGON MASTERS

## YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS

The registration year runs from November 1 through December 31, 1991.  
Registrations are accepted for the 1990-91 season.  
(Note: registration year is changing to January 1 through December 31, 1991.)  
OMS is a non-profit organization. Please consult your tax advisor regarding tax implications of meet results and find out how to enter forms. For \$7.00 you will receive a registration card which enables you to continue to receive the newsletter.

1. Local
2. National
3. Provincial

\$12.00 or more

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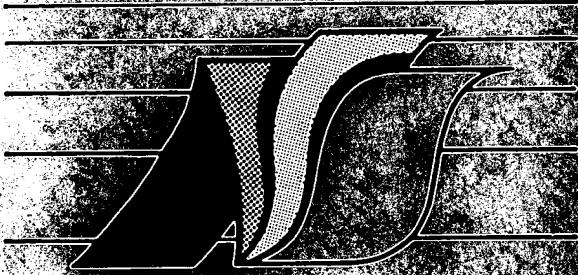
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In this issue: OMS SCY Top Ten List, P.P.A.A. meet results, Z-Man says, Ol' Barnacle, and "Understanding the training process for swimming"