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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 part of United States Masters Swimming Inc.

CALENDAR & MEET SCHEDULE 1993

FEB 17 *O.M.S. BOARD MEETING 7:15 P.M. OREGON SPORTS OFFICES
TANASBOURNE MALL, SUITE 1200, BEAVERTON, OR*

***FEB 27** **EUGENE, OR MEET SCHEDULED FOR U of O
HAS BEEN MOVED TO ECHO HOLLOW POOL**

(All info on previously published Eugene meet entry form applies)

***MARCH 6-7** **YAKIMA, WA LYONS POOL SC YARDS**

***MAR 13-14** **LINCOLN CITY, OR COMMUNITY POOL S.C.M. (#1)**

MAR 14 **BANGOR, WA NAVAL BASE POOL S.C. YARDS**

APRIL 2-4 **FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPIONSHIPS**

***APRIL 2 - 4** **PORTLAND, OR LEWIS AND CLARK COLLEGE**

OREGON MASTERS ASSOCIATION CHAMPIONSHIPS (#2)

APRIL 10-17 **CHRISTCHURCH, NEW ZEALAND PAN PACIFIC MASTERS CHAMPS**

APRIL 24-26 **N.W. ZONE SHORT COURSE CHAMPIONSHIPS HOST: P.N.A.**

FEDERAL WAY, WA KING COUNTY AQUATIC CENTER

****MAY 20-23** **U.S.M.S. SHORT COURSE NATIONALS**

SANTA CLARA SWIM CLUB SANTA CLARA, CA

JUNE 13 **BEAVERTON, OR TUALATIN HILLS LONG COURSE MEET (#4)**

JUNE 19 **FEDERAL WAY, WA KING COUNTY AQUATIC CENTER 50 METER**

JULY **PORTLAND, OR STATE GAMES OF OREGON**

JULY 24/25 **GRESHAM, OR MT. HOOD COMMUNITY COLLEGE**

N.W. ZONE LONG COURSE CHAMPIONSHIPS

AUG 19-22 **U.S.M.S. LONG COURSE NATIONALS MINNEAPOLIS, MN**

***MEET ENTRY FORM ENCLOSED IN THIS ISSUE**

****TEAM O.M.S. & TEAM M.A.C. TARGET MEET OF 1993 SEASON**

Z-Man says

The Eugene meet originally scheduled to be held at the University of Oregon pool has been **MOVED TO ECHO HOLLOW POOL IN WEST EUGENE**. The same information in the entry form applies, just the site has been changed. Thanks to some work by Dick Moody, Mike Dirksen, and Doug Smith, this meet will go ahead. I hope to see you there. Echo Hollow was the site for our Association Championships two years ago and the folks in Eugene do a fine job.

My conversations with Mike Dirksen just before the Pentathlon meet left me scratchin' my head a little. Seems the folks in charge of the University of Oregon pool wanted to charge a high rental fee and didn't want to have to cancel an afternoon lap swimming session to accommodate a Masters meet. I guess I just don't understand pool management very well. As I see it, most pools "Masters swimmers" clientele usually have been part of that facility for some time and many are volunteers or just good helpers for that pool. Masters swimmers and/or lap swimmers are a pools most regular, dependable, and easiest maintenance customers. Why can't pool management see this and be open to giving a little in return. In the case of the University of Oregon, many of it's customers (users of Leighton Pool) are taxpayers, alumni, students, and faculty or ex-faculty who have given to the University in some way over the years. But folks, our world is full of people in management positions who make bad management decisions from time to time. *Nuff said Z-Man, I get the picture.*

The 1993 version of the Tualatin Hills Pentathlon is history and was another success despite somewhat lower numbers (95 entrants versus a 110 to 120 average) than usual. Don't get me wrong, everyone had a great time and swam well. You can check out those results and Ol' Barns review of the Pentathlon in this issue.

The Pentathlon is a meet for those who like to sprint and this month I've brought you an article about sprinting entitled "Speed Traps". I bet Dr. Sprint would endorse this article. It has some good points for all of us to follow in our training routines.

You will find the first printing of the entry form for this years Association Championships meet to be held at Lewis and Clark College in Portland. PLEASE... *READ IT CAREFULLY* along with the "Rules and Guidelines" page that accompanies the entry form. If you have any questions about this meet, please feel free to call me at 503-282-9347 in the *evening hours only* between 7 and 10 p.m. Lewis and Clark is a fast pool and this years Association Champs should be very interesting, if you know what I mean.

I'm very sad to report that the MAC Club has lost the services of Steve Roth as their Masters coach due to a MAC Club management decision. At this writing my information is not fully complete, so I'm not sure if they are planning to fill the position. Steve Roth is an outstanding individual who I respect greatly and was starting to get to know better. His work with the team at MAC was outstanding and I wish him the best in whatever direction his travels take him. I have a feeling we'll still see Steve around. I hope so. Thanks coach Roth...our thoughts are of the best for you.

Hope you folks are in the midst of hard training and are looking ahead to the Short Course Zone Championships in Federal Way and to maybe Nationals in Santa Clara, California in May. I know I am. I'll have the entry forms for those two meets in next months issue. Also we'll bring you the results and review of the TRI-M III meet. As I'm typing away here the TRI-M is history but you'll just have to wait til next time.

And that's all for me....stay wet and keep that heart rate up. See you in Eugene and Lincoln City,



OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

SANCTIONED (373-05) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

MEET: LINCOLN CITY MASTERS SCM DATE: MARCH 13 & 14th, 1993

PLACE: LINCOLN CITY COMMUNITY POOL
2150 Oar Street

LINCOLN CITY, OREGON

5 LANES COMPETITION - MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Lincoln City Masters and Lincoln City Swim Team

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.

SATURDAY 3/13 WARM-UPS: 4:00 P.M.

MEET STARTS: 5:00 P.M.

SUNDAY 3/14 WARM-UPS: 9:00 A.M.

MEET STARTS: 10:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN FEBRUARY 27th, 1992

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

NAME _____ 1993 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 maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400, 800, and 1500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY MARCH 13 LINCOLN CITY

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

800 FREE (2) _____ : _____ . _____

SUNDAY MARCH 14

FREE RLY (2) XXXXXXXXXXXXXXXX

50 FREE (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

200 BACK (5) _____ : _____ . _____

50 FLY (6) _____ : _____ . _____

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

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FREE (9) _____ : _____ . _____

200 BREAST (10) _____ : _____ . _____

50 BACK (11) _____ : _____ . _____

100 FLY (12) _____ : _____ . _____

MED RLY (13) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 FREE (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

100 BACK (16) _____ : _____ . _____

200 FLY (17) _____ : _____ . _____

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

MXD MD RLY (19) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (20) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$7.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

O. M. S. AWARDS

Over the past years OMS has established several awards that are presented to members of OMS at one of our swimming meets, usually our Association Championships in April of each year. The OMS Board would like to briefly explain these awards to everyone in our membership and *solicit input from anyone who would like to submit a person's name for consideration* by the Board for any of these awards.

All nominations and rationale for the nomination should be made by February 15, 1993, to Sandi Rousseau, Awards Committee Chairman, 23995 SW Drake Lane, Hillsboro, OR 97123, (503) 642-3679. All nominations will be considered by the Board at the February 17th, 1993 meeting. The various awards are as follows:

Ol' Barn Award: This award was established in 1983 in honor of our Ol' Barnacle himself, Earl Walter, who was involved in the early establishment of OMS and who has continued to contribute to OMS in a multitude of ways. This award honors a person who has made significant contributions and given a great deal of service to our organization. This award is given annually.

Connie Wilson Memorial Award: This award was established as a memorial to Connie Wilson, the founder of OMS in 1973 and long time contributor, who died in July, 1986. This award is reserved for a person who has given hours and hours of service to OMS over many years. This is not necessarily an annual award.

Special Service Award: This type of award was first given in 1985 to recognize a person(s) who has performed a specific large task(s) for OMS and/or done outstanding service in a particular area. This recognition is given whenever the Board thinks it is warranted but not more than annually.

Spirit of OMS: These awards were first given in 1986 to one male and one female swimmer per year who exemplify the spirit and camaraderie of Masters swimming. This award is based upon attitude and enthusiasm rather than service or swimming ability.

Swimmers of the Year Awards: These awards are presented annually to the four swimmers who have made the most distinguished performances in competitive swimming during the past year in all three courses, i.e. 25 yds, 25 m, & 50 m. These awards are presented to the most outstanding swimmer in the following age groups: 49 and under - male and female, 50 and over - male and female. These are based upon USMS Top Ten standings and not voted upon by the Board.

PAST AWARD RECIPIENTS

(for voted upon awards)

YEAR	OL' BARN	CONNIE WILSON	SPEC. SERVICE	SPIRIT
1983	Brian Frid	-----	Connie Wilson Earl Walter	-----
1984	Ginger Pierson	-----	-----	-----
1985	Robert Smith	-----	Bert Petersen	-----
1986	Sandi Rousseau	Earl Walter	Roy Abramowitz	Bev Underwood Art Hanlon
1987	Susan Albright	Sandi Rousseau	Judy McCurdy Terry McCurdy Ruth Hughes T.D. Hughes	Judy Melcher Warren Elliott
1988	Bert Petersen	Barbara Frid	Andree Devine	Bev L'Esperance Ron Jersey
1989	Barbara Frid	Roy Abramowitz	-----	Helena Hoffman Dan Gray
1990	John Zell	Eric Guest	Earl Walter Kathy Buck	Nancy Milner Gil Young
1991	???	???	Bert/Louella Petersen	Leo/Maryann VanDykc

WE NEED YOUR HELP TO NOMINATE WORTHY CANDIDATES FOR THESE AWARDS. PLEASE CONTACT SANDI ROUSSEAU BY MARCH 15

WORLD RECORD CERTIFICATES

MSI has announced that any swimmer who set a World Record from the starting date of 22 June 1985 that was broken by the time World Records were published 1 May 1991 may apply for a MSI World Record Certificate by sending details of event, date, place and age group to:

Peter Gillett
28 Rawlings Road
Modbury North
S.A. 5092
AUSTRALIA

Individual Certificate US \$ 5.00
Relay Certificates (5) US \$10.00
Payable to: Masters Swimming
International

Please send all inquiries to the above address.

MSI has announced that any swimmer who held a World Record on the 1 May 1991 list or the 1 Nov 1991 list that was broken as of the 1 May 1992 list will receive an MSI World Record Certificate at no cost. By the end of February all of these certificates should be in the hands of USMS recipients.

Please send all inquires to Peter Gillett.

FINA has taken the responsibility of the World Record Certificates as of 1 May 1992. All swimmers who held a World Record as of the 1 May 1992 list should have by now received a FINA World Record Certificate at no cost.

Please send all inquires to:

Walt Reid
11114-111th ST. SW
Tacoma, WA 9B498
FAX (206) 559-5321

FINA will continue to distribute World Record Certificates for any properly documented swim that breaks the published record. Certificates for records broken between 1 May 1992 and 1 Nov 1992 should be in the hands of USMS recipients by the end of Feb 1993. From this point on, the FINA office plans to distribute Certificates on a monthly basis.

Please send all inquires to Walt Reid.

1993 OMS Association Championships

DATE: APRIL 2nd to 4th, 1993

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (373-06) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

PLACE: LEWIS AND CLARK COLLEGE
S.W. Palater Road PORTLAND, OREGON
ZENNTBAUER SWIMMING PAVILION
6 LANES COMPETITION - ELECTRONIC TIMING
1 LANE CONTINUOUS WARM UP/DOWN
HOST: Pride of Oregon Swim Team Meet Director: Don King

WARM-UPS: FRIDAY 5:30 P.M. MEET STARTS: FRIDAY 6:30 P.M. WARM-UPS: SAT. & SUN. 8:00 A.M. MEET STARTS: SAT. & SUN. 9:00 A.M.
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MEET ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 20th, 1993

DISTANCE EVENTS CHECK IN TIME: Friday April 2nd 400 I.M. - 6:00 p.m. 1650 Free - 6:15 p.m.
Saturday April 3rd 500 Free - 8:30 a.m. Sunday April 4th 1000 Free - By the 30 minute Awards break

RELAY ENTRIES CUT-OFF TIME:

Saturday April 3rd **Free Relay** - 10:00 a.m.
Mixed Free Relay - Before the start of 100 I.M. heats
Sunday April 4th **Medley Relay** - Before the start of 50 Breast heats
Mixed Medley Relay - Before start of 200 Fly heats

***SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY
AT THESE TIMES AND ENTRY WILL BE OFFICIALLY CLOSED.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.***

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 9:00 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. We have used as a guideline the groupings of 1 to 9, 10 - 19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. (See TEAM ABBREVIATIONS)

TEAM ABBREVIATIONS: Please read the "TEAMS TEAMS" page of this Aqua-Master and use only the full and official team abbreviation for the team you wish to compete with. (See TEAM SCORING)

What you write down on your entry form is it and no exceptions will be allowed.

TEAM AWARDS: Trophies for First, Second, and Third Place will be awarded for each team category along with the trophy for the overall team champion.

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT JOHN ZELL AT 503-282-9347 EVENINGS ONLY AFTER 7 P.M.***

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (373-06) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

MEET: 1993 OMS Association Championships

DATE: APRIL 2nd to 4th, 1993

PLACE: LEWIS AND CLARK COLLEGE

S.W. Palater Road PORTLAND, OREGON

ZENNTBAUER SWIMMING PAVILION

6 LANES COMPETITION - ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

**WARM-UPS: FRIDAY 5:30 P.M.
MEET STARTS: FRIDAY 6:30 P.M.
WARM-UPS: SAT. & SUN. 8:00 A.M.
MEET STARTS: SAT. & SUN. 9:00 A.M.**

HOST: Pride of Oregon Swim Team Meet Director: Don King (503)-768-7060 x-7189 (Lewis & Clark pool)
DIRECTIONS TO POOL: 1-5 (either north or south) take EXIT 297 - Terwilliger Blvd/Lewis & Clark College. Travel south on Terwilliger Blvd approximately 1.5 miles to Palater Road. Stay on Palater Road and you will see Lewis and Clark College on your left. Turn left at "Gate #3" just past the football stadium and follow this road to the ZENNTBAUER SWIMMING PAVILION next to the Pamplin Sports Center.
PARKING IN AND AROUND LEWIS & CLARK IS LIMITED SO CAR POOLING IS A GREAT IDEA.

ENTRY DEADLINE : POSTMARKED NO LATER THAN MARCH 20th, 1993

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

NAME _____ **1993 USMS #** _____
ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____
PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

TEAM _____ **(USE OFFICIAL TEAM ABBREVIATION - consult "TEAMS" page in this issue)**

MASTERS ASSOCIATION _____ **(O.M.S., P.N.A., I.E.A., SNAKE RIVER, ETC)**

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 maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast.

SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET

FRIDAY APRIL 2

400 I.M. (1) _____ : _____ : _____
DISTANCE RELAY* (2) XXXXXXXXXXXXX
1650 FREE (3) _____ : _____ : _____
SATURDAY APRIL 3
500 FREE (4) _____ : _____ : _____
BREAK 10 MINUTE BREAK
FREE RLY (5) XXXXXXXXXXXXXXXX
100 BACK (6) _____ : _____ : _____
200 FREE (7) _____ : _____ : _____
BREAK 10 MINUTE BREAK
50 FLY (8) _____ : _____ : _____
200 BREAST (9) _____ : _____ : _____
100 I.M. (10) _____ : _____ : _____
BREAK (30 MIN. AWARDS BREAK)
MXD FR RL (11) XXXXXXXXXXXXXXXX
200 BACK (12) _____ : _____ : _____

* DISTANCE RELAYS ARE SPECIAL NON-SCORING EVENTS

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

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$10.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

50 FREE (13) _____ : _____ : _____
SUNDAY APRIL 4
100 FLY (14) _____ : _____ : _____
50 BREAST (15) _____ : _____ : _____
BREAK 10 MINUTE BREAK
MED RELAY(16) XXXXXXXXXXXXXXXX
50 BACK (17) _____ : _____ : _____
100 FREE (18) _____ : _____ : _____
BREAK (30 MIN. AWARDS BREAK)
200 FLY (19) _____ : _____ : _____
100 BREAST (20) _____ : _____ : _____
200 I.M. (21) _____ : _____ : _____
BREAK 10 MINUTE BREAK
MXD MD RL(22) XXXXXXXXXXXXXXXX
BREAK 5 MINUTE BREAK
DISTANCE RELAY* (23) XXXXXXXXXXXXX
1000 FREE (24) _____ : _____ : _____

OB **Barnacle**

reviews results records

by E. Walter

1993 PENTATHLON

Thanks so much for the efforts of Sandi Rousseau and a host of volunteers, who worked hard to make this edition a fine events in all respects. We also need to express our thanks to Oregon Swimming for the continued support with officials and to the T-Hills Parks and Rec District for the use of this fine facility.

Ol' Barn laments that he was not in shape to swim, and then to make matters worse, got involved with trying to extricate his dog from a dog fight. At any age you should not try to manhandle dogs, let alone at 71. To make a long story short, OB is now beached for a week or so, but is on the mend. I'm sorry I couldn't make this meet in person.

In looking over the results, all participants deserve a "well done" for their efforts. We may not have had the numbers of 1992 but there were many fine swims. To wit...

Evelyn McKeon (75-79) was the only one to set an overall record. She swam for a total of 450.79 versus the old record of 478.26. **Lisa Wright** (19-24) did a bang up job in all 5 events and missed the overall record 195.96 versus 191.58. **Lisa Davis** (25-29) improved her overall performance by 5.5 seconds over 1992. **Gracie Goddard** (30-34) managed some close ones. Her 50 Fly was :27.89 versus :27.52 record and 50 Free was :24.89 versus :24.35 record. **Kim Gagnon** (30-34) improved over 1992 with 209.78 versus 210.00. **Claudia Coke** (35-39) managed to hold off Teri Hendryx despite a :10 second penalty in the 50 Fly with 208.21 to 208.30. **Suzanne Cooper** (40-44) improved over 1992 205.13 versus 207.95. **Sandi Rousseau** (45-49) Meet Director, came close to the OMS record in the 50 Free :30.06 versus :29.66. **Pam Himstreet** (45-49) came within 2 secs of her '92 overall. **Ann Gindroz** (50-54) of PNA swam well and took home the gold. **Lavelle Stoinoff** (60-64) was entered, yet did not swim, do not know why. OB certain that another over-all record would have fallen as Lavelle just

turned 60! **Elfie Stevenin** (70-74) also improved over '92 468.82 versus 472.25 Way to go Elfie!!!

And now for the men...

Scott Woodbury (25-29) held off the challenge of **Gary Squires** 165.13 versus 167.34 Gary had a great 50 Free :22.69. **Hunter Graham** (30-34) won his age group and bettered his time of '91 169.83 versus 170.84 Way to go Hunter! **"Z" Man** (35-39) is giving ground to father time very grudgingly-faster than last year-178.84 versus 179.64. PNA's **Gary Hafer** and OMS' **Mike Pendleton** (40-44) had a real shootout at the OK Corral. Both of them were better than 1992 with Gary winning the gold 171.84 versus 172.88. **Dr. Sprint** (45-49), a.k.a. not enough rest Bob, swam 5 excellent times to barely miss his '91 record of 164.78 with a 164.84. Jon Stout, also 45-49, improved over 1992 with a 177.50 versus 178.14. **Ron Nakata** had an excellent 50 Breast :34.54 (Record is :33.91) and 50 Free with a :26.40. Great to see **Joe Santry** is back with us. **George Thayer** (55-59) came close to **Bob Kim** in spite of a penalty, Bob in at 212.57 and George at 221.13. Bob was close to overall record of 210.59. **Mickey Marks** (60-64) had an excellent win with a 214.74. **Andrew "Wally" Holden** (70-74) with another fine performance. Close to OMS records of 50 Back (:36.46 vs. :36.23), 50 Free (:29.12 vs :29.01), and the 100 I.M. (1:17.58 vs 1:16.63). Wally's 1993 total time was 218.49 versus '92 of 223.63. Great to see **Herb Eisenschmidt** (85-89) swimming again. He had a tough summer but now appears to be ready for the new year.

OB Comment: My favorite Pentathlon shootout for me was in 1988. 65 to 69 age group with **Hugh Richards** in 218.10, OB in 218.34 and **Clarence Courter** in 220.72. All 3 were under the then "Swim Cellar" record.

Another great meet in the books. Thanks to the bunch at T-Hills for a great job.

Stay with it and Stay fit. OB will be seeing you at the TRI-M meet, in Eugene for SCY, and the Lincoln City SCM meet.

PENTATHLON

25 YARD

01/23/93 PG 1

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*FROM OUTSIDE OREGON

+=PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

19-24 WOMEN

W	LISA M WRIGHT	22	UOM	:29.66	:34.72	:36.15	:27.36	1:08.07	195.96
W	AMY YOUNG	22	PPM	:31.60	:39.14	:38.04	:28.11	1:14.52	211.41
	SANDI L HYDE	24	VMS	:33.73	:38.25	:41.90	:28.43	1:15.93	218.24
W	BARBARA BAYN	24	EUG	:42.84	:46.79	:44.47	:38.57	1:35.44	268.11
W	WENDY PRICE	19	UOM						999.98

25-29 WOMEN

	LISA K DAVIS	28	THB	:29.92	:34.85	:35.92	:27.37	1:10.99	199.05
	PAM A KAHL	29	PPM	:37.35	:39.43	:43.09	:30.42	1:20.30	230.59
	TONI W HECKSEL	26	THB	:30.12					999.97
W	LAURA MCDONALD	25	UOM						999.98

30-34 WOMEN

	GRACIE M GODDARD	33	THB	:27.89 10	:31.43	:37.39	:24.89+ 8	1:06.75	188.35
	KIMARIE GAGNON	30	UOM	:32.13	:36.48	:37.25	:30.90	1:13.02	209.78
	LINDA P COENEN	34	GPY	:33.12	:37.45	:40.16	:30.47	1:17.53	218.73
	BETH ANNE BEADLING	31	MHM	:38.31	:37.84	:44.23	:31.69	1:22.87	234.94
	CHRISTINA FOX	32	UOM	:41.46	:39.25	:40.58	:33.87	1:22.23	237.39
	JUDY LAMPI	32	MACO						999.98

35-39 WOMEN

	CLAUDIA COKE	38	THB	:41.03U	:32.70	:37.50	:27.74	1:09.24	208.21
	TERI HENDRYX	39	MACO	:32.07	:36.08	:37.43	:29.39	1:13.33	208.30
	GAYLE D MILLER	36	MHM	:36.11	:42.44	:43.23	:32.30	1:25.52	239.60
	LESLIE B WINTON	38	THB	:39.59	:44.51	:44.88	:34.63	1:31.79	255.40
W	CHARLENE LAMB	35	PPM	:52.22U	:43.86	:44.08	:33.36	1:29.27	262.79

40-44 WOMEN

	SUZANNE COOPER	43	PPM	:31.35	:34.25	:37.07	:29.65	1:12.81	205.13
W	JEANNE TEISHER	41	THB	:35.00	:37.09	:43.51	:29.04	1:17.72	222.36
	MONIKA HUNSCHER	44	THB	:35.33	:37.49	:41.98	:31.31	1:22.17	228.28
	SUSAN J CASE	43	THB	:37.61	:36.39	:40.91	:33.29	1:32.04U	240.24
	JUDY E BEASTON	41		:42.59	:50.10	:44.53	:33.67	1:32.81	263.70

45-49 WOMEN

	SANDI ROUSSEAU	45	THB	:32.51 8	:40.00	:41.00	:30.06	1:18.58	222.15
	PAMELA HIMSTREET	49	THB	:37.91	:44.53	:41.24	:32.36	1:23.76	239.80
W	PEGGY S WHITER	49	COMA	:47.16	:44.06	:49.13	:34.97	1:34.84	270.16
	SANDRA L MCINTIRE	46	UVM		:55.14				999.98
	JAN M PLESNER	46	UVM						999.98

50-54 WOMEN

	ANN GINDROZ	54	*PNA	:47.60	:46.53	:49.32	:36.27	1:34.57	274.29
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55-59 WOMEN

	SUSANNE SCHUMANN	55	EM						999.98
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60-64 WOMEN

	LAVELLE M STOINOFF	60	MACO						999.98
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70-74 WOMEN

	ELFIE J STEVENIN	71	THB	1:14.60	1:14.70	1:32.28	1:03.93	2:43.31	468.82
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75-79 WOMEN

	EVELYN MCKEON	78	GPY	1:40.57	1:02.68	1:17.06	:53.45	2:37.03	450.79
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19-24 MEN

W	MIKE J DOLAN	23	UOM	:28.24	:30.23	:31.12	:25.04	1:01.38	176.01
W	MARK BONNLANDER	22	UOM						999.98

25-29 MEN

	SCOTT F WOODBURY	26	THB	:25.51	:28.23	:29.01	:23.73	:58.65	165.13
W	GARY SQUIRES	28		:24.25	:28.45	:32.13	:22.69	:59.82	167.34
	TIMOTHY P WAUD	25	PPM	:27.27	:29.13	:31.26	:25.07	1:00.63	173.36
W	RICHARD YATVIN	25	MJCC	:26.10	:30.10	:32.28	:24.44	1:00.95	173.87
	CHRISTOPHER LUCK	29	LOSC	:27.30	:31.29	:33.77	:24.85	1:04.00	181.21
	MATHEW J ROTH	26	PRID						999.98
W	JON LEONG	25	UOM						999.98

PENTATHLON

25 YARD

01/23/93 PG 2

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*-FROM OUTSIDE OREGON

+=PENDING OREGON RECORD

Software by R.Smith

			50 FLY	50BACK	50BRST	50FREE	100 IM	TOTAL
30-34 MEN								
	HUNTER S GRAHAM	30	VOT :25.98	:27.82	:31.35	:24.46	1:00.22	169.83
	STEPHEN F HARGER	33	PPM :27.73	:30.38	:31.06	:24.02	1:03.19	176.38
	MARK B WREN	34	PPM :27.68	:31.83	:32.91	:24.66	1:04.04	181.12
	DAVID M COBB	33	PPM :29.09	:31.53	:31.84	:26.03	1:03.53	182.02
W	ERIC P ZIMMERMAN	31	UVM :30.49	:34.99	:34.83	:27.42	1:10.41	198.14
	CHRISTOPHER S HULL	30	UOM :30.21	:34.42	:42.29	:27.54	1:12.40	206.86
	DAVID R DOTTER	33	THB :30.69	:37.03	:38.34	:28.31	1:14.08	208.45
	TYLER R COLE	32	PPM					999.98
35-39 MEN								
	JOHN F ZELL	36	PPM :28.08	:29.38	:33.87	:25.50	1:02.01	178.84
	RONALD E COBB	36	MJCC :27.95	:30.00	:33.70	:25.38	1:04.40	181.43
	GORDON P HALE	39	:28.59	:30.45	:32.70	:26.01	1:04.07	181.82
	EDWARD R MANN	35	PPM :29.29	:32.58	:33.93	:25.56	1:05.61	186.97
	DANIEL P JOHNSON	39	THB :29.70	:33.36	:32.07	:26.85	1:05.09	187.07
	ADRIAN L KALIL	39	PPM :30.38	:32.56	:34.49	:25.84	1:07.37	190.64
	DAVID O BURLESON	35	MACO :26.03	:27.54	:32.01	:23.89		999.94
	ANDY SCHRAG	36	VOT					999.98
	TRYG STRATTE	36	PPM					999.98
40-44 MEN								
	GARY HAHER	41	*PNA :26.87	:27.14 8	:33.63	:23.88	1:00.32	171.84
	MIKE L PENDLETON	41	PPM :26.53	:29.15	:31.92	:24.27	1:01.01	172.88
	MIKE T DIRKSEN	43	UOM :27.00	:32.34	:33.37	:26.41	1:05.57	184.69
	DAN F PERZ	40	LB :28.58	:30.59	:33.47	:27.48	1:06.37	186.49
	JED P CRONIN	44	THB :27.32	:32.50	:35.65	:25.09	1:08.05	188.61
	IRA WEINTRAUB	41	:27.98	:31.04	:37.33	:26.05	1:08.06	190.46
	PETER C JENSEN	43	THB :30.17	:33.08	:34.72	:25.69	1:08.06	191.72
W	STEVE SCHIEFELBEIN	41	:31.22	:35.17	:32.89	:27.82	1:11.47	198.57
	TIM MCDANIEL	42	MM :29.79	:35.28	:35.24	:25.74	1:13.38	199.43
	GARY N BECKLEY	41	PPM :30.22	:34.94	:38.55	:27.35	1:09.63	200.69
W	MARK HEREIM	41	:31.79	:40.68	:38.33	:29.58	1:15.21	215.59
	BILL MCCARTNEY	43	:38.07	:35.75	:39.05	:29.02	1:19.23	221.12
	TOM K COFFEY	42	FISH					999.98
45-49 MEN								
	ROBERT S SMITH	49	FISH :25.74 6	:26.48 1	:30.42+ 7	:23.14+ 4	:59.06+ 4	164.84
	JON D STOUT	46	PPM :27.79	:29.53	:32.57	:24.56	1:03.05	177.50
	ROY D LAMBERT	46	THB :33.21	:38.77	:35.31	:28.59	1:13.96	209.84
	KEITH A FINZER	48	PPM :32.38	:39.07	:36.11	:28.88	1:14.65	211.09
	L BUZ CARRIKER	45	MHM :33.88	:40.71	:36.65	:27.92	1:16.79	215.95
	VLADIMIR F DROBNY	46	:36.52	:42.13	:38.55	:34.37	1:23.27	234.84
	KARL VONTAGEN	49	MACO :27.87	:32.49	:34.31	:25.89		999.94
	JAMES C KRIST	48				:28.22		999.97
	RICHARD D BOYD	49	MHM					999.98
50-54 MEN								
	RONALD K NAKATA	53	MHM :28.66	:35.64	:34.54	:26.40	1:09.22	194.46
	JOE SANTRY	52	MACO :32.64	:36.19	:40.32	:29.94	1:15.42	214.51
W	JON D SCHIELTZ	54	:50.11	1:03.42	:53.00	:38.81	1:51.59	316.93
55-59 MEN								
	ROBERT R KIM	59	MACO :32.26	:40.45	:35.32	:29.39	1:15.15	212.57
	GEORGE D THAYER	56	BEND :36.66	:34.46	:46.42U	:27.48 12	1:16.11	221.13
	JIM BIGLER	57	MACO					999.98
60-64 MEN								
	MILTON R MARKS	62	MHM :35.57	:36.92	:35.90	:29.20	1:17.15	214.74
	ERIC GP. GUEST	63	MHM :34.10	:42.86	:39.14	:29.42	1:21.72	227.24
	GEORGE H WEBER	62		:49.82	:48.02	:35.97		999.95

PENTATHLON

25 YARD

01/23/93 PG 3

U=DQ (+10 SECS)

1-12 = RANK in last years TOP 10

*=FROM OUTSIDE OREGON

+=PENDING OREGON RECORD

Software by R.Smith

50 FLY 50BACK 50BRST 50FREE 100 IM TOTAL

70-74 MEN

ANDREW W HOLDEN	73	THB	:33.21+ 1	:36.46+ 5	:42.12	:29.12+ 4	1:17.58+ 2	218.49
KHOSROW SHADBEH	71	MPM	:53.28	:54.23	:48.77	:46.32	2:03.09U	325.69

85-89 MEN

HERB EISENSCHMIDT	86	THB	1:13.14 3	1:01.43 6	1:09.37 4	:51.82 10	2:21.63 3	397.39
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PENTATHLON

----- 95 ENTRIES -----

TUALATIN HILLS PENTATHLON RECORDS

AGE GROUP	WOMEN	TIME	YEAR
19-24	DENISE STUNTZNER	191.58	1987
25-29	LEISSA MILLS	186.12	1990
30-34	LEISSA MILLS	183.46	1992
35-39	CLAUDIA COKE	195.57	1992
40-44	GINGER PIERSON	196.85	1987
45-49	BARBARA FRID	210.98	1988
50-54	LAVELLE STOINOFF	237.33	1987
55-59	LAVELLE STOINOFF	234.45	1988
60-64	LOUISE HEPNER	244.24	1986
65-69	PETEE SMITH	277.33	1991
70-74	DAWN MUSSELMAN	292.30	1983
75-79	EVELYN MCKEON	450.79	1993
80-84	MARTHA KELLER	582.32	1981*
85-89	MARTHA KELLER	791.54	1987
90-94			

AGE GROUP	MEN	TIME	YEAR
19-24	TOM KELLY	162.42	1983
25-29	MATTHEW ROTH	159.73	1992
30-34	ROY ABRAMOWITZ	162.29	1986
35-39	ROBERT SMITH	164.46	1982
40-44	ROBERT SMITH	165.37	1988
45-49	ROBERT SMITH	164.78	1991
50-54	RON NAKATA	189.52	1990
55-59	JIM BIGLER	210.59	1992
60-64	EARL WALTER	211.06	1981*
65-69	HUGH RICHARDS	218.10	1988
70-74	ANDREW HOLDEN	216.34	1991
75-79	HERB EISENSCHMIDT	271.66	1982
80-84	HERB EISENSCHMIDT	289.37	1987
85-89	HERB EISENSCHMIDT	361.74	1992
90-94			

* DENOTES RECORD WAS SET IN FIRST YEAR OF COMPETITION

YAKIMA VALLEY MASTERS SWIM MEET

DATE: Saturday March 6, Warmup at **5:00 pm**, start at **6:00pm**, Sunday March 7, Warmup at **9:00 am**, start at **10:00am**

SPONSOR: Yakima Valley Masters, Lions Pool (25 yard). Sanctioned by IELMSC for USMS Inc. #3530306

ELIGIBILITY: *All swimmers must be currently registered with IELMSC or USMS.* New 1993 IELMSC registrations should be sent to **Elin Zander** (registrar). Current registration forms can be found in the Splashmaster or are available at the meets.

RULES: All current Masters rules will apply. Certified stroke and turn judges will be present at all IELMSC sanctioned meets. Please consult the USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast, except for the distance events.

DEADLINE: All entries must be postmarked by **02/26/93**. Incomplete or late entries will be treated as deck entries.

ENTRY FEE: **\$8.00** Send completed entries and make fee payable to: **INLAND EMPIRE LMSC**, c/o Randy Hair, 3105 N. 7th, Coeur d' Alene, Id. 83814. Payment to be made by check or money order only. **CASH will not be accepted** for entry fees or for deck entries at the meet. **DECK** Entries are \$10.00 and will be limited to four (4) individual events.

RELAYS: Submit relay cards to the clerk of course during the warmups. Individuals must be signed up with the club they represent to have their relay points count for that club.

AWARDS: First - Fourth place ribbons available free of charge. High point team trophy.

DIRECTIONS: Take I-90 west to I-82 south (few miles before Ellensburg). From I-82 take exit 33 west (Yakima/Terrace Hts.) Turn left on 6th st., go 2 blocks and turn right on Walnut. Go 11 blocks (cross RR tracks), turn left on 5th St. and right on Pine. Address S. 5th & Pine. For HOST information call Robin Durant (509)452-7622.

----- CUT HERE ----->

Name _____ M/F _____ Birthdate _____ Age _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ USMS # _____ Year _____ Club _____

Saturday March 6, Warmup at 5:00 PM, Start at 6:00 PM

!NOTE! Enter 'Yard' Times

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
1--400 Ind. Med.	_____	2--1000 Free	_____		

Sunday March 7, Warmup at 9:00AM, Start at 10:00AM

!NOTE! Enter 'Yard' Times

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
3--200 Med. Relay	XXXXXXXXXXXX	9--200 Ind. Med.	_____	15--100 Fly	_____
4--200 Fly	_____	10--50 Fly	_____	16--50 Back	_____
5--200 Back	_____	11--100 Back	_____	17--100 Breast	_____
6--50 Breast	_____	12--200 Breast	_____	18--200 Free	_____
7--100 Free	_____	13--50 Free	_____	<--BREAK-->	-----
<--BREAK-->	-----	<--BREAK-->	-----	19--100 Ind. Med.	_____
8--400 MxFreeRel	XXXXXXXXXXXX	14--200 Free Rel.	XXXXXXXXXXXX	20--500 Free	_____

NOTE: Maximum of 5 individual events and 3 relay events.

Meet Entry Fee: \$8.00

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

YOUR SIGNATURE: _____ **TODAY'S DATE:** _____

SPEED TRAPS

TEACH YOUR BODY TO SWIM FAST, NOT SLOW!

In swimming as in most other sports, speed is a "use it or lose it" asset. Yet what kind of training do adult swimmers, usually on a tight time budget, most neglect? **Sprinting.**

Fitness swimmers and triathletes discount it as irrelevant to their goals. Even Masters who compete (and even some who have been coached to know better) seldom do enough, thanks to force-of-habit and limited pool time. Those who swim only 3 to 5 hours per week instinctively look for ways to squeeze every last yard into their brief workouts. So sprint sets, which require generous rest intervals, seem like a poor use of pool time.

But fast swimming gives you results you simply won't get with endurance training: strength and power development, better energy supply, neuromuscular adaptations, even improvements in technique. These physiological effects make anyone a better swimmer at every speed and distance.

SWIMMING POWER

Muscles generate more power not by contracting individual cells harder, but by recruiting more cells to contract. Slow swimming, requiring little power, activates only a limited amount of muscle tissue—even if it goes on for 10,000 continuous yards. And unused muscle fiber gradually loses its capacity to respond fully when it is finally called upon. You get more muscle cells to fire off together only by increasing your swimming speed. The more cells, the more power, the greater the speed!

ENERGY METABOLISM

To understand how muscles provide the energy for swimming, think of two fuel tanks. Endurance training fills up the aerobic system fuel tank, but leaves anaerobic system (the one that provides the energy for fast swimming) running on fumes. You could swim 20,000 aerobic yards a week and still run out of gas in a short sprint. A training program that includes both endurance and sprint work will increase the capacity of both systems, providing increased energy so that more work can be done at a faster rate, at all speeds.

NEUROMUSCULAR ADAPTATION

A movement pattern as complex as a skilled swimming stroke is impossible to control consciously. Motor programs, and computer software recorded in the central nervous system, instruct your muscles to contract and relax in highly specific patterns. These programs are reinforced by repetition, so the movement is performed in a particular way, and at a particular speed, the more programmed we become to reproduce it.

Swimming at a slow pace trains your neuromuscular system to recognize a very limited range of stroke tempo and power production—a kind of (slow) speed rut. Distance-trained swimmers who try to swim faster than their training speed usually feel uncoordinated. Varying speeds in practice, mixing sprints with endurance training, acclimates your neuromuscular system to a wider tempo and power range.

TECHNIQUE

One of the least understood, but

most important, effects of sprinting is the exponential increase in frontal resistance that occurs as you go faster. For example, if you increase your speed by 2% (the equivalent of improving your 50-yard time from 50 to 49 seconds), the water resists you with 4% more force. Speed up by 5% (dropping that 50 time from 50 to 47.5 seconds) and the water resists you 25 percent harder. If you drop by 10% (from 50 to 45 seconds), you'll have to generate 100 percent more power to overcome the increased water resistance. This raises two important technique issues.

One, when sprinting it becomes critically important to find more effective ways of streamlining—making your body position more "slippery"—in order to eliminate as much of that resistance as possible.

Two, in order to create the horsepower to overcome the vastly higher frontal resistance that still remains, sprinters must achieve the most advantageous stroke pattern. So sprinting forces you to a better intuitive awareness of how to eliminate resistance and create power—knowledge that will help you swim better at all speeds.

So, whether you compete in sprints or distance, in the pool, or open water, or simply swim for total fitness, you'll swim better if you swim faster than your normal pace for at least part of your workout. Ten percent should be plenty. Prove to yourself that "life in the fast lane" is more than a downtown cliché.

Reprinted from the Spring '92 issue of Swimsmart.

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 1993 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 EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

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

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

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Gus Arzner	967-4521
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Griffith Park Ath. Club	GPA	Gabs Dries	644-3900
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Corvallis / Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Eugene Masters	EM	Doug Smith	687-5525
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sheldon Night Crawlers	SHNC	Chuck -----	687-5314
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Keizer / Keizer Masters	KM	Kim Phillips	390-2567
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
McMinnville/ McMinnville Masters	MM	Judy Rex	472-0765
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Newport Curmudgeons	NEWP	Petey Smith	265-3885
N. Bend / North Bend Masters	NBM	Alice Parsons	756-4915
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Steve Roth	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Bert Peterson	252-9906
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John "Z-Man" Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Ron Allen	221-1212
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Viking Masters Swimming	VMS	Bob Morrison	244-1927
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Joan Markham	548-6066
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Willamette H-2-0 Masters	WHOM	Bruce Bolton	588-6261
SweetHome / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Tigard / Tigard Sharks	TS	Steve Dunne	692-2766
Vancouver,WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661

1993 OREGON MASTERS SWIMMING REGISTRATION FORM

(YOU MUST BE A REGISTERED MASTER TO SWIM IN MASTERS MEETS)

The registration year runs from January 1, 1993 through December 31, 1993.

Registrations are accepted for the 1993 season beginning November 1, 1992 and for the 1994 season on November 1, 1993. OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections. Consult your tax advisor regarding your contribution. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the ONLY source of meet entry forms. For \$7.00 a year your copy is delivered via bulk mail. *If you move, let the registrar know so that you continue to receive this valuable publication.*

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all of Oregon Masters Swimmers at the annual United States Masters Swimming Convention.
3. Promotion of Masters Swimming and social events.

\$15.00 of your \$21.00 registration is sent to the US Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS approved/sanctioned meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues 48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

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

Instructions for filling out form:

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

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----

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

PLEASE PRINT

(JANUARY 1st to DECEMBER 31, 1993)

_____ This is a NEW registration. _____ Renewal (registered in 1992)

Oregon Masters Swimming
Registration 1993

Did you swim in any meet in the 1991/92 season? Yes _____ No _____

NAME _____
(Last name) (First) (M.I.)

Reg. Fee (\$21.00) _____
Aqua-Master (\$7.00) _____

ADDRESS _____

TOTAL = _____

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____
Your Phone number Born (MM/DD/YY) AGE SEX

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

Local Team (if any) _____ (PLEASE USE OFFICIAL TEAM ABBREVIATION)

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 damage arising out of participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

(This Registration is good for January 1, 1993 until December 31, 1993)

Signature _____ Date: _____

MAIL TO: STEPHEN HARGER 9312 N.W. SKYLINE BLVD. PORTLAND, OR 97231-2613

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In this issue: Pentathlon results, Ol' Barnacle, "Speed Traps", and meet entry forms.