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## **CALENDAR & MEET SCHEDULE 1993**

**JULY 31-AUG 1 N.W. ZONE LONG COURSE CHAMPIONSHIPS  
GRESHAM, OR MT. HOOD COMMUNITY COLLEGE**

**AUGUST O.M.S. MEET BIDS FOR THE '93/'94 SEASON  
DUE TO PAM HIMSTREET**

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

**\*SEPT 4 PORTLAND, OR PRIDE OF PORTLAND SPORTSFEST  
MATT DISHMAN COMMUNITY CENTER POOL SC YARDS**

**SEPT 6 HOOD RIVER, OR ANNUAL CROSS CHANNEL SWIM**

**SEPT 23-26 U.S.M.S. ANNUAL CONVENTION LOS ANGELES, CA**

**JAN, 94 U.S.M.S. NATIONAL ONE HOUR POSTAL SWIM CHAMPIONSHIPS**

**MAY, 94 U.S.M.S. SHORT COURSE NATIONALS A.S.U. TEMPE, ARIZONA**

**AUGUST, 94 U.S.M.S. LONG COURSE NATIONALS BUFFALO, NY**

**JULY 4-10, 1994 MONTREAL, CANADA WORLD MASTERS CHAMPIONSHIPS**

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

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# Z-Man says----

by John Zell

**W**hen was the last time you looked down the length of a 50 meter pool? Was it last summer in Federal Way at Nationals? Will you be able to say that you swam at a long course meet this summer? Will you be able to say that you even got to workout in a 50 meter pool this summer? I hope you answered positively to some or all of those questions. By the time you are reading this issue this years long course season will be just about half over. Zones and Nationals in Minnesota will be the only meets left. I hope your summer is progressing well. Weatherwise it's been a wet year for us but boy did we need it. We'll get our summer though. Good things come to those who are patient.

We officially end this years short course season in this issue with Ol' Barnacle's review of the results from Nationals at Santa Clara. Dr. Sprint brings us an interesting story that happened to him at Santa Clara. I'm in this story and it was a very trying couple hours for Bob. I've had the privilege to read all of his articles over the years and I rate this one his "Best of All Time." Read this article and then put yourself in his position for a moment and imagine that it happened to you.

Speaking of great articles, Terry Laughlin's "Longer or Faster?" is **must reading** for every swimmer. This one is very suitable for photocopying and posting on the old bulletin board at your pool. Yes Terry, you're absolutely right...Stroke count first then it's stroke count plus stroke rate. Live by it. Swim by it.

My cross town rivals (and good friends), the T-Hills Barracudas put on a great L.C. meet last month and we bring you all the results and a review by the ol'

Barn himself. Hey Cudas, thanks for leaving the flags up for me so I could swim my new event....the 1500 Back. Liked it so much I'm going for a new PR at Zones. Hope I can find a counter that can keep it straight. You waste energy talking while swimming.

I leave you with a nice poem I got from Diane Harger. Which one are you in this poem?

## *Volunteers, God Bless Them*

*Many will be shocked to find  
When the day of judgment nears  
That there's a special place in heaven  
Set aside for volunteers.  
Furnished with big recliners,  
Satin couches and footstools,  
Where there's no committee chairmen,  
No group leaders or car pools.  
No eager team that needs a coach,  
No bazaar and no bake sale,  
There will be nothing to staple,  
Not one thing to fold or mail.  
Telephone lists will be outlawed,  
But a finger snap will bring  
Cool drinks and gourmet dinners  
And treats fit for a king.  
You ask, "Who'll serve these privileged few  
And work for all they're worth?"  
Why, all those who reaped the benefits  
And not once volunteered on Earth.*

Think about it the next time you go to a workout, swim meet, or pick up your issue of the AquaMaster.

See ya in my wake,



**DO YOUR PART TO SPREAD THE WORD OF OREGON MASTERS SWIMMING...  
RECYCLE THIS ISSUE OF THE AQUA-MASTER BY SHARING IT WITH A FRIEND !!**

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANTIONED (373-10) 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.

**MEET: THE PORTLAND GAY & LESBIAN SPORT FESTIVAL** (Swimming portion)

**PLACE:** MATT DISHMAN COMMUNITY CENTER POOL

**DATE:** SATURDAY SEPT 4, 1993

PORTLAND, OREGON

5 LANES COMPETITION - MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Pride of Portland Athletic Association

MEET DIRECTORS: Jill Schuldt 503-228-1596 & Joesph Callan 503-624-9621

**DIRECTIONS TO POOL:** I-5 Southbound, take exit #302A (Broadway / City Center), off exit cross Broadway and take a left at Wiedler St. Take another left at Williams Ave. Proceed north on Williams and take a right on Knott St. I-5 north bound, take exit #302-A (Coliseum / Wiedler), off exit cross Wiedler and take a left on Broadway, get into your right-hand lane and take right on Williams Ave. Proceed north on Williams and take right on Knott St.

**WARM-UPS: 9:00 A.M.**  
**MEET STARTS: 10:00 A.M.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN AUGUST 21th, 1993**

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

NAME \_\_\_\_\_ 1993 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ASSOCIATION (LMSC) \_\_\_\_\_ TEAM \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays.

Enter relays at the meet. The 400 I.M. & 500 Free will be deckseeded and all events will be seeded slow to fast.

**SATURDAY SEPT 4, 1992**

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

BREAK BREAK BREAK

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

500 FREE (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$15.00 SEND FORM(S) & FEE(S) PAYABLE TO:

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

Entry fee includes tickets for the All Athletes Party Sunday evening. T.P.A.C. will be hosting a party on Saturday night. Details for these functions will be included in your registration packet, which may be picked up at the Embers (110 N.W. Broadway) between 6:00 and 10:00 P.M. Friday, September 3rd or the day of the race (at Dishman). Hosted housing is also available upon request. For additional information, please contact the meet directors.

# Barnacle

by E. Walter

reviews results records

## *Long Course meet at Tualatin Hills*

**C**lose to 90 of our paddlers gathered for the first long course meet of '93. The venue is one of the best, the hosts-Tualatin Hills Barracudas, plus **Peter Jensen** (meet director), **Jim Teisher** (head timer), **Carol & Roger Dickinson** (results), **Bob Godley** (referee), **Helen Brown** (electronic timing), and **Bob Brown** and **John Oxendine**, handled the starters chores. Stroke and turn was watched over by **Judy L'Roy**, **John Oxendine**, **Bob Godley** and **Bob Brown**, while the timers from Sunset High's Track and Cross Country teams. Big and bigger thanks to THPRD for the use of the pool and lifeguards. Finally a big thanks to the Barracuda Board of Directors-**Sandi Rousseau**, **Peter Jensen**, **Gracie** and **Jim Goddard**, **Toni Hecksel**, and **Judy Beaston**.

With all that help, we were sure to see some great swimming and we did...

## *World Records...*

**Lavelle Stoinoff** (60-64) Swam to new World marks in the 200 Free in 2:47.87, 800 Free in 12:18.30, and 1500 at 23:17.32. Add to this a new National 100 Free mark of 1:16.97 and new Zone for the 50 Free in 36.01.

## *Great new N.W. Zone times...*

**Deborah Heim** (19-24) 200 Breast in a great 3:10.12.  
**Laura Worden** (35-39) Swims the 200 Fly in 2:54.98.  
**Steve Johnson** (45-49) Gets two new one in the 200 Free at 2:16.47 and the 400 Free with 4:50.28.  
**Robert Smith** (50-54) Also gets two records in the 50 Free in :27.29 and the 50 Back with :32.16. He's 50!!  
**Floyd Elliott** (65-69) Breaks the 100 Back with 1:25.50 along with the 200 Back in a 3:11.63.  
**Gil Young** (70-74) Swims the 1500 in 27:30.13. That's close to a length faster than Gil's old time of 28:02.74. Now that's growing old with style !!!

## *New OMS standards...*

**Laura Worden** (35-39) 100 Fly in 1:16.74 knocks off an oldie of Anne Whitmeyer '82 plus the 400 I.M. in 6:17.46.  
**Kathi Bullock** (35-39) Breaks the 1500 Free in a time of 21:16.66 the record dates back to 1986.  
**Ginger Pierson** (45-49) Sets a new one in the 200 Back in 3:16.09 another oldie, Sue Rittenhouse 1983.  
**New OMS Relay Mens 120+ 400 Medley - 5:07.70**  
**John Zell**, **David Cobb**, **Mike Davis**, **Steve Harger**

## *Chit Chat & This n' That ...*

**Lavelle's** new Zone in the 50 Free reminds us of a great gal, Dawn Musselman, circa 1976.

**Sandi Hyde** sets a PR in the 100 Free with a 1:09.86, with **Lorlee Engler** right at her side in 1:10.85.

**David Drake** a PR in the 100 Free with a fine 59.99.

**Cathy Chay** (PNA) had a super meet. Just missed the Zone 200 Free by 2:28.95 vs 2:28.39.

Welcome to **Kurt Radtke** and **Lorlee Engler**!!

**Kathleen Gilsdorf** swam an excellent 800 in 12:07.28.

**Bert Petersen** swam the 800 Free in 12:17.21 vs Zone time of 12:06.09.

**Z-Man** swam the 1500 all the way on his back in an impressive 22:55.53.

**Dr Sprint** building some base for his new age group, swam the 1500 in 23:29.51. Sorry Robert, Lavelle was in at 23:17.32.

**Susan Case & Jeanne Teigher** (45-49) in the 50 Back a close race with Jeanne. Susan prevailing with a :41.23 versus :42.68.

**Jack Hoey** (80-84) a fine 100 Back in 2:01.41.

**Dan Dolan** looked great at :36.85 for the 50 Breast.

**George Thayer** ditto :42.40 in the 50 Breast.

**Mickey Marks** was great in the 50 Breast with a :42.90 vs record :42.10.

**Lisa Davis** swimming a fine 100 Breast in 1:33.27.

**Al Lien vs Kathy Bullock** (35-39) 100 Breast Al wins it at 1:36.07 over 1:37.85, racing side by side all the way.

**Lee Miesen** just missed the Zone record for the 100 Breast in 1:38.81 versus 1:35.29.

**Teri Hendryx** (35-39) excellent 200 Breast in 3:20.94.

**Sandi Rousseau** (45-49) getting close in the 50 Fly 36.59 vs 35.76.

**Peter Metzger** (35-39) looking good in the 50 Fly at 30.94.

**Phil King** (25-29) a fast 100 Fly in a nice 1:05.53.

Women's 400 I.M. (35-39) absolutely stupendous field. **Cathy Chay** in at 5:58.67 vs Zone of 5:54.70, **Laura Worden** breaks OMS record with 6:17.46, with **Teri Hendryx** also under the mark with 6:26.81.

On request from our chairman **David Cobb**, O.B. came up with some figures for OMS National and World records.

SCY-National bests-26

SCM-World records-24, National-6

LCM-World-14, National-1

That's a pretty note on which to end this chronicle -

**STAY WITH AND STAY FIT** - Rome was not built in a day and neither are swimming records and pr's !!

**BARRACUDAS****50 METER 06/13/93 PG 1**

1-12 = rank in 1992 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter

8 = FROM OUTSIDE OREGON

Software by R.Smith

----- 19-24 WOMEN -----

50 FRE LORLEE D ENGLER 24 VMS :32.17  
SANDI L HYDE 24 VMS :33.39  
JENNIFER DEWARD 23# :37.87  
KATHERINE MCCALL 23#PRID :41.54  
100FRE SANDI L HYDE 24 VMS 1:09.86  
LORLEE D ENGLER 24 VMS 1:10.85  
JENNIFER DEWARD 23# 1:24.52  
KATHERINE MCCALL 23#PRID 1:38.89  
200FRE SANDI L HYDE 24 VMS 2:34.27  
LORLEE D ENGLER 24 VMS 2:36.80  
400FRE DEBORAH E HEIM 24 PRID 5:22.12  
50 BRS JENNIFER DEWARD 23# :45.52  
100BRS JENNIFER DEWARD 23# 1:39.22  
KATHERINE MCCALL 23#PRID 1:53.45  
200BRS DEBORAH E HEIM 24 PRID 3:10.12  
50 FLY DEBORAH E HEIM 24 PRID :34.49  
200FLY SANDI L HYDE 24 VMS 3:36.12  
200 IM DEBORAH E HEIM 24 PRID 2:48.53  
LORLEE D ENGLER 24 VMS 3:01.07  
400 IM DEBORAH E HEIM 24 PRID 5:57.08+  
Record= JUDY DBITZ 6:53.62

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

50 FRE TONI W HECKSEL 27 THB :32.02  
KATHY ISAACS 25#PRID :34.02  
SALLY HULBURT 26 :37.67  
100FRE TONI W HECKSEL 27 THB 1:09.91  
200FRE TONI W HECKSEL 27 THB 2:34.02  
400FRE TONI W HECKSEL 27 THB 5:30.64  
LISA K DAVIS 29 THB 5:38.71  
100BAK TONI W HECKSEL 27 THB 1:28.34  
50 BRS LISA K DAVIS 29 THB :42.73  
KATHY ISAACS 25#PRID :42.97  
SALLY HULBURT 26 :49.26  
100BRS LISA K DAVIS 29 THB 1:33.27  
50 FLY LISA K DAVIS 29 THB :36.21

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

50 FRE GRACIE M GODDARD 33 THB :29.02  
SUE W KNIGHT 30 :29.94  
100FRE ELLEN FERGUSON 30 1:07.12  
SUE W KNIGHT 30 1:10.65  
ANDREE D KRAKER 31 THB 1:11.06  
JUDI M SHERIDAN 30 EM 1:11.49  
200FRE ELLEN FERGUSON 30 2:19.90  
JUDI M SHERIDAN 30 EM 2:33.14  
400FRE JUDI M SHERIDAN 30 EM 5:26.33  
800FRE KATHLEEN GILSDORF 30 PPM 12:07.28  
200BAK GRACIE M GODDARD 33 THB 2:53.17  
50 BRS KATHLEEN GILSDORF 30 PPM :44.65  
100BRS ELLEN FERGUSON 30 1:28.40  
KATHLEEN GILSDORF 30 PPM 1:34.73  
50 FLY GRACIE M GODDARD 33 THB :32.01  
SUE W KNIGHT 30 :35.22  
100FLY GRACIE M GODDARD 33 THB 1:12.62  
SUE W KNIGHT 30 1:24.33  
200 IM ANDREE D KRAKER 31 THB 2:50.32  
JUDI M SHERIDAN 30 EM 2:58.35  
400 IM ANDREE D KRAKER 31 THB 6:06.34+  
Record= TANYA MANSIGH 6:07.25

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

50 FRE NANCY P BROWN 39 LOSC :33.69  
AL LIEN 39 OREG :37.95  
100FRE KATHI BULLOCK 39 PRID 1:11.84  
NANCY P BROWN 39 LOSC 1:15.27  
AL LIEN 39 OREG 1:25.28  
200FRE CATHERINE CHAY 38#PNA 2:28.95  
400FRE CATHERINE CHAY 38#PNA 5:10.94  
NANCY P BROWN 39 LOSC 6:17.75  
1500FR CATHERINE CHAY 38#PNA 20:31.78  
KATHI BULLOCK 39 PRID21:16.66  
100BAK KATHI BULLOCK 39 PRID 1:25.62  
50 BRS TERI HENDRYX 39 MACO :43.33  
AL LIEN 39 OREG :44.38  
100BRS AL LIEN 39 OREG 1:36.07  
KATHI BULLOCK 39 PRID 1:37.85  
200BRS TERI HENDRYX 39 MACO 3:20.94  
50 FLY TERI HENDRYX 39 MACO :36.01  
100FLY LAURA A WORDEN 35 CA 1:16.74+  
Record= ANN WHITMEYER 1:17.16  
KATHI BULLOCK 39 PRID 1:30.51  
200FLY LAURA A WORDEN 35 CA 2:54.98+  
Record= ANN WHITMEYER 2:57.66  
200 IM CATHERINE CHAY 38#PNA 2:52.42  
LAURA A WORDEN 35 CA 2:59.85  
400 IM CATHERINE CHAY 38#PNA 5:58.67  
LAURA A WORDEN 35 CA 6:17.46  
TERI HENDRYX 39 MACO 6:26.81

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

50 FRE JEANNE TEISHER 41 THB :33.92  
100FRE JEANNE TEISHER 41 THB 1:18.13  
JUDY E BEASTON 42 THB 1:24.06  
200FRE JUDY E BEASTON 42 THB 3:07.16  
400FRE JUDY E BEASTON 42 THB 6:30.02  
SUSAN J CASE 44 THB 6:57.94  
1500FR JUDY E BEASTON 42 THB 25:26.42  
50 BAK JEANNE TEISHER 41 THB :41.23  
SUSAN J CASE 44 THB :42.68  
100BAK SUSAN J CASE 44 THB 1:32.31  
200BAK SUSAN J CASE 44 THB 3:18.45  
50 BRS SUSAN J CASE 44 THB :49.45  
JUDY E BEASTON 42 THB :51.96  
100BRS CATHERINE BROOKS 44#DAM 1:44.90  
KRISTI P RIDDLE 44 THB 1:51.95  
200BRS CATHERINE BROOKS 44#DAM 3:41.53  
KRISTI P RIDDLE 44 THB 4:00.70  
50 FLY JEANNE TEISHER 41 THB :40.31  
200 IM CATHERINE BROOKS 44#DAM 3:20.67

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

50 FRE SANDI ROUSSEAU 45 THB :34.71+  
Record= BARBARA FRID :33.70  
400FRE MONIKA HUNSCHER 45 THB 6:28.17  
50 BAK GINGER L PIERSON 47 THB :41.74  
MONIKA HUNSCHER 45 THB :43.19  
SANDI ROUSSEAU 45 THB :46.29  
100BAK GINGER L PIERSON 47 THB 1:30.67+  
Record= BARBARA FRID 1:32.87  
MONIKA HUNSCHER 45 THB 1:34.44

200BAK GINGER L PIERSON 47 THB 3:16.09+  
Record= SUE RITTENHOUSE 3:16.98  
MONIKA HUNSCHER 45 THB 3:25.65  
50 FLY SANDI ROUSSEAU 45 THB :36.59+  
Record= NADINE WHITEHALL :36.86  
GINGER L PIERSON 47 THB :39.82  
100FLY SANDI ROUSSEAU 45 THB 1:27.13+ 7  
Record= SUE RITTENHOUSE 1:28.72  
GINGER L PIERSON 47 THB 1:34.20  
200FLY KRISTI L LOONEY 45 PPM 3:38.81  
200 IM KRISTI L LOONEY 45 PPM 3:33.50

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

50 FRE SUE CALNEK 50 MMH :37.25  
EVELYN SINAI 53 MACO :47.14  
100FRE SUE CALNEK 50 MMH 1:23.76  
200FRE SUE CALNEK 50 MMH 3:11.57  
400FRE SUE CALNEK 50 MMH 6:52.68  
50 BRS EVELYN SINAI 53 MACO :51.83  
100BRS EVELYN SINAI 53 MACO 1:52.93  
200BRS EVELYN SINAI 53 MACO 4:05.17

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

50 FRE LAVELLE M STOINOFF 60 MACO :36.01+  
Record= PETEY MH. SMITH :37.28  
100FRE LAVELLE M STOINOFF 60 MACO 1:16.97+  
Record= LOUISE A HEPNER 1:23.16  
200FRE LAVELLE M STOINOFF 60 MACO 2:47.87+  
Record= LOUISE A HEPNER 3:02.98  
1500FR LAVELLE M STOINOFF 60 MACO23:17.32+  
Record= LOUISE A HEPNER25:49.04

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

200FRE JUDY M MELCHER 73 THB 5:33.05  
400FRE JUDY M MELCHER 73 THB 11:11.92  
100BAK ELFIE J STEVENIN 71 THB 3:15.62  
200BAK ELFIE J STEVENIN 71 THB 6:26.46  
100BRS JUDY M MELCHER 73 THB 2:49.15  
200BRS JUDY M MELCHER 73 THB 5:57.07+  
Record= HELENA W HOFFMAN 7:02.74  
100FLY ELFIE J STEVENIN 71 THB 3:21.37  
200FLY ELFIE J STEVENIN 71 THB 7:12.23  
200 IM JUDY M MELCHER 73 THB 6:10.04+  
Record= ELFIE J STEVENIN 6:41.31  
400 IM ELFIE J STEVENIN 71 THB 14:21.57

----- 75-79 WOMEN -----

200FRE BARB T HAVERCAMP 77 UN 7:14.36  
400FRE HELENA W HOFFMAN 77 THB 11:49.62  
200BAK HELENA W HOFFMAN 77 THB 7:05.37+  
Record= MARION R MUELLER 5:25.64  
BARB T HAVERCAMP 77 UN 8:22.14  
100BRS BARB T HAVERCAMP 77 UN 5:20.27  
200FLY HELENA W HOFFMAN 77 THB 8:21.07+  
Record= HAZEL B BRESSIE10:45.60  
200 IM HELENA W HOFFMAN 77 THB 6:42.34+  
Record= MARTHA KELLER 6:43.38  
BARB T HAVERCAMP 77 UN 9:24.79  
400 IM HELENA W HOFFMAN 77 THB 14:33.91+  
Record= HAZEL B BRESSIE17:30.72

----- 19-24 MEN -----

50 FRE KURT RADTKE 21 CA :28.39  
100FRE KURT RADTKE 21 CA 1:04.75

# BARRACUDAS

50 METER 06/13/93 PG 2

1-12 = rank in 1992 U.S. TOP 10

+ = OREGON RECORD pending review by E.Walter

\* = FROM OUTSIDE OREGON

Software by R.Smith

400FRE KURT RADTKE 21 CA 5:08.24  
 50 FLY KURT RADTKE 21 CA :31.23  
 ----- 25-29 MEN -----  
 100BAK PHILLIP T KING 26 MHM 1:08.92  
 100BRS PHILLIP T KING 26 MHM 1:18.36  
 100FLY PHILLIP T KING 26 MHM 1:05.53  
 200FLY MATHEW J ROTH 26 PRID 2:26.51  
 ----- 30-34 MEN -----  
 50 FRE STEPHEN F HARGER 34 PPM :27.74  
 JIM E GODDARD 31 THB :31.21  
 100FRE STEPHEN F HARGER 34 PPM 1:00.85  
 MICHAEL E JOHNSON 33 CA 1:08.26  
 DAVID R DOTTER 34 THB 1:10.34  
 MURALI M KRISHNA 33 THB 1:47.32  
 200FRE DAVID R DOTTER 34 THB 2:34.97  
 MURALI M KRISHNA 33 THB 3:45.55  
 400FRE STEPHEN F HARGER 34 PPM 5:08.07  
 MICHAEL E JOHNSON 33 CA 5:22.16  
 JIM E GODDARD 31 THB 5:40.00  
 800FRE STEPHEN F HARGER 34 PPM 11:20.29  
 JIM E GODDARD 31 THB 11:47.32  
 1500FR MURALI M KRISHNA 33 THB 32:23.49  
 50 BAK JIM E GODDARD 31 THB :38.40  
 50 BRS DAVID M COBB 33 PPM :37.43  
 MURALI M KRISHNA 33 THB :50.62  
 100BRS DAVID M COBB 33 PPM 1:22.37  
 MURALI M KRISHNA 33 THB 1:53.39  
 200BRS DAVID M COBB 33 PPM 3:03.02  
 50 FLY DAVID R DOTTER 34 THB :34.64  
 JIM E GODDARD 31 THB :35.65  
 200 IM STEPHEN F HARGER 34 PPM 2:47.99  
 ----- 35-39 MEN -----  
 400FRE JOHN F ZELL 36 PPM 4:54.53  
 1500FR JOHN F ZELL 36 PPM 22:55.53  
 50 BAK PETER METZGER 37 PPM :32.36  
 200BAK JOHN F ZELL 36 PPM 2:41.63  
 50 BRS DAN J DOLAN 37 PPM :36.85  
 100BRS DAN J DOLAN 37 PPM 1:22.98  
 200BRS DAN J DOLAN 37 PPM 3:14.87  
 50 FLY PETER METZGER 37 PPM :30.94  
 100FLY PETER METZGER 37 PPM 1:12.62  
 200 IM MIKE T DAVIS 39 PPM 3:05.62  
 ----- 40-44 MEN -----  
 50 FRE DAVID DRAKE 41 MACO :27.62  
 IRA WEINTRAUB 42 PPM :29.20  
 PETER C JENSEN 43 THB :29.94  
 GARY HAFFER 42\* :39.67  
 100FRE DAVID DRAKE 41 MACO :59.99  
 PETER C JENSEN 43 THB 1:08.12  
 IRA WEINTRAUB 42 PPM 1:10.60  
 200FRE DAVID DRAKE 41 MACO 2:17.34  
 PETER C JENSEN 43 THB 2:33.71  
 GARY HAFFER 42\* 2:53.31  
 400FRE EMERSON FISHER 44 LOSC 5:59.70

50 BAK GARY HAFFER 42\* :32.19  
 IRA WEINTRAUB 42 PPM :36.25  
 100BAK GARY HAFFER 42\* 1:12.61  
 IRA WEINTRAUB 42 PPM 1:23.75  
 200BAK GARY HAFFER 42\* 3:06.91  
 50 BRS PETER C JENSEN 43 THB :40.76  
 50 FLY IRA WEINTRAUB 42 PPM :32.40  
 ----- 45-49 MEN -----  
 200FRE STEVE M JOHNSON 45 EM 2:16.47+  
 Record= RICHARD D BOYD 2:21.70  
 400FRE STEVE M JOHNSON 45 EM 4:50.28+  
 Record= RICHARD D BOYD 4:59.86  
 1500FR STEVE M JOHNSON 45 EM 19:48.65+  
 Record= RICHARD D BOYD 19:50.38  
 FOREST C BROOKS 45\*PNA 39:46.76  
 50 BAK FOREST C BROOKS 45\*PNA 1:22.41  
 50 BRS FOREST C BROOKS 45\*PNA 1:17.38  
 100BRS FOREST C BROOKS 45\*PNA 2:50.28  
 200BRS FOREST C BROOKS 45\*PNA 6:00.72  
 50 FLY STEVE M JOHNSON 45 EM :31.33  
 ----- 50-54 MEN -----  
 50 FRE ROBERT S SMITH 50 FISH :27.29+  
 Record= BERT L PETERSEN :30.61  
 BERT L PETERSEN 54 PPM :31.09  
 100FRE JOE SANTRY 52 MACO 1:16.40  
 200FRE JOE SANTRY 52 MACO 2:55.34  
 800FRE BERT L PETERSEN 54 PPM 12:17.21+  
 Record= TOM FANNING 12:28.49  
 1500FR ROBERT S SMITH 50 FISH 23:29.51  
 50 BAK ROBERT S SMITH 50 FISH :32.16+  
 Record= DONALD F ADAMSKI :35.50  
 100BAK JOE SANTRY 52 MACO 1:31.04  
 50 FLY BERT L PETERSEN 54 PPM :31.62  
 100FLY BERT L PETERSEN 54 PPM 1:15.66+  
 Record= DON VANROSSEN 1:30.36  
 ----- 55-59 MEN -----  
 50 FRE GEORGE D THAYER 57 COMA :32.79  
 FLOYD S GELLER 59 PKRS :42.45  
 100FRE GEORGE D THAYER 57 COMA 1:14.48  
 JIM BIGLER 57 MACO 1:15.50  
 200FRE JIM BIGLER 57 MACO 2:47.35  
 400FRE JIM BIGLER 57 MACO 6:06.28  
 50 BAK GEORGE D THAYER 57 COMA :39.96  
 50 BRS GEORGE D THAYER 57 COMA :42.40  
 JIM BIGLER 57 MACO :43.11  
 FLOYD S GELLER 59 PKRS :52.41  
 100BRS FLOYD S GELLER 59 PKRS 2:00.40  
 ----- 60-64 MEN -----  
 50 FRE ERIC GP. GUEST 63 MHM :33.34  
 DICKSON LEE 61 THB :38.18  
 GEORGE H WEBER 62 PPM :40.09  
 100FRE ERIC GP. GUEST 63 MHM 1:19.97  
 GEORGE H WEBER 62 PPM 1:34.83

200FRE ERIC GP. GUEST 63 MHM 3:06.36  
 GEORGE H WEBER 62 PPM 3:43.31  
 50 BAK MILTON R MARKS 62 MHM :42.91  
 50 BRS MILTON R MARKS 62 MHM :42.90+  
 Record= BOB A. MORRISON :43.82  
 GEORGE H WEBER 62 PPM :59.74  
 400 IM MILTON R MARKS 62 MHM 7:53.64+  
 Record= EARL WALTER 7:14.64  
 ----- 65-69 MEN -----  
 50 BAK FLOYD A ELIOTT 66 FISH :38.93+  
 Record= FLOYD A ELIOTT :39.04  
 100BAK FLOYD A ELIOTT 66 FISH 1:25.50+  
 Record= FLOYD A ELIOTT 1:29.64  
 200BAK FLOYD A ELIOTT 66 FISH 3:11.63+  
 Record= FLOYD A ELIOTT 3:15.38  
 50 BRS LEE J MIESEN 66 MACO :44.32  
 100BRS LEE J MIESEN 66 MACO 1:38.81+  
 Record= ROBERT A MORRISON 1:41.28  
 200BRS LEE J MIESEN 66 MACO 3:45.40+  
 Record= ROBERT A MORRISON 3:55.35  
 200 IM LEE J MIESEN 66 MACO 4:00.12  
 ----- 70-74 MEN -----  
 50 FRE ANDREW W HOLDEN 74 THB :33.61  
 FORBES J MACK 74 THB :38.00  
 GILBERT N YOUNG 71 MHM :39.07  
 100FRE FORBES J MACK 74 THB 1:30.01  
 JOSEPH A MALLON 72 MHM 2:03.48  
 200FRE KHOSROW SHADBEH 71 MPM 4:13.50  
 400FRE EARL WALTER 72 THB 8:23.84  
 JOSEPH A MALLON 72 MHM 9:26.34  
 800FRE JOSEPH A MALLON 72 MHM 19:18.18  
 50 BAK ANDREW W HOLDEN 74 THB :49.65  
 100BAK KHOSROW SHADBEH 71 MPM 2:08.18  
 50 BRS ANDREW W HOLDEN 74 THB :51.96  
 EARL WALTER 72 THB :52.84  
 100BRS EARL WALTER 72 THB 1:58.65  
 KHOSROW SHADBEH 71 MPM 2:04.26  
 200BRS EARL WALTER 72 THB 4:19.54  
 50 FLY ANDREW W HOLDEN 74 THB :40.20  
 ----- 75-79 MEN -----  
 200FRE MEL W ANDERSON 75 PPM 5:10.59  
 50 BAK MEL W ANDERSON 75 PPM 1:06.72  
 50 BRS MEL W ANDERSON 75 PPM 1:27.69  
 50 FLY MEL W ANDERSON 75 PPM 1:38.54  
 200 IM MEL W ANDERSON 75 PPM 6:25.50  
 ----- 80-84 MEN -----  
 400FRE JACK HOEY 83 PPM 10:58.45  
 50 BAK JACK HOEY 83 PPM :55.82  
 SYD C HENDY 80 THB :59.46  
 100BAK JACK HOEY 83 PPM 2:01.41  
 SYD C HENDY 80 THB 2:17.64  
 200BAK JACK HOEY 83 PPM 4:22.55  
 SYD C HENDY 80 THB 4:50.37

## BARRACUDAS

1-12 = rank in 1992 U.S. top 10

50 METER 06/13/93

### 76+ WOMEN

KATHY ISAACS,25 \*\*\* JENNIFER DEWARD,23 \*\*\* DEBORAH E HEIM,24 \*\*\* KATHERINE MCCALL,23 \*\*\*  
200 MEDLEY RELAY  
PRID OREG 2:45.64 6

### 120+ MEN

JOHN F ZELL,36 \*\*\* DAVID M COBB,33 \*\*\* MIKE T DAVIS,39 \*\*\* STEPHEN F HARGER,34 \*\*\*  
200 MEDLEY RELAY  
PPM OREG 5:07.70

### 200+ MEN

ROBERT S SMITH,50 \*\*\* MILTON R MARKS,62 \*\*\* MATHEW J ROTH,26 \*\*\* ERIC GP. GUEST,63 \*\*\*  
200 MEDLEY RELAY  
OREG 5:15.28

### 76+ WOMEN

KATHY ISAACS,25 \*\*\* KATHERINE MCCALL,23 \*\*\* JENNIFER DEWARD,23 \*\*\* DEBORAH E HEIM,24 \*\*\*  
200 FREE RELAY  
PRID OREG 2:20.79 8

### 120+ MEN

STEPHEN F HARGER,34 \*\*\* PETER METZGER,37 \*\*\* DAVID M COBB,33 \*\*\* JOHN F ZELL,36 \*\*\*  
200 FREE RELAY  
PPM OREG 1:58.32

## USMS INSURANCE PROGRAM

### What Coverage Do I Have?

by Sandi Blumit - Jardine Insurance Brokers

One of the most frequently asked questions by USMS members is, "What coverage do I have under the USMS Insurance Program?" Hopefully, the following will help to clarify this matter.

### WHAT IS COVERED?

The **General Liability Insurance** provides coverage for claims of negligence against an insured(s) by participants or any other person or organization, resulting in bodily injury or property damage arising out of an insured activity.

The **Named Insureds** includes United States Masters Swimming, Inc, the Local Masters Swimming Committees, any member of USMS or any volunteer while acting for and with the approval of the USMS Board of Directors for insured activities, and USMS registered member clubs.

**Insured Activities** include USMS sanctioned meets, covered competitions, organized supervised practices, tryouts, and approved social and fund raising activities. **Not Covered** are such things as diving (from other than USMS approved starting platforms or poolside); automobile liability, workers compensation, disability, harassment or abuse, crime (dishonesty) and Directors & Officers liability for wrongful acts/decisions. USMS carries separate policies for bonding the USMS Treasurer and Controller, as well as the two independent contractors, National Registrar and Executive Secretary.

**Secondary Accident Insurance** is provided for athlete members during insured activities listed above. This coverage takes over after any private insurance, and there is a \$250 deductible.

Coach members may wish to consider purchasing supplemental insurance to cover Workers Compensation, Disability, Abuse and Molestation or Harassment.

If you have questions regarding any of the coverages, please call Sandi at Jardine Insurance 1-800-777-4930

# INSIDE THE TIMING WORLD DR SPRINT

At the Santa Clara Nationals, I was thrust into the official's spotlight with my 50 free race. The timing controversy caused extra hours of official labor, and gave me an inside look at how this excellent meet was timed.

This story will build your faith in officials and show off some mighty good sportsmanship. Errors can be expected in a meet that handles over 10,000 times. I count 3 errors in the story below. Can you find them?

It was the fast heat of the men's 50-54 years 50 yard freestyle. I was in lane 5. When we finished, I looked up at the 10 lane readout and saw that I was first with a new national record of 22.84 seconds. I quickly got out of the water and the old national record holder (Don Hill) came up and congratulated me and shook my hand. What a great day it was!

The timing computer was still whirring away weighing all its button time data and seconds later updated the readout board to show I was 2nd. One witness saw this change but ignored it because in his eyes, he thought I was clearly the winner.

Hours later, when I went to pick up my Gold medal, I was stunned to see I was 2nd and someone else in my heat had a faster time! They had already picked up the Gold medal and had left for home. Were all my witnesses wrong? I collected my thoughts and staggered over to the lane 8 backup timer sheets to read the written hand held stopwatch time of the guy who beat me. According to this data, he trounced me with a 22.06 time. He should have beaten me by about 4 feet! That should have been obvious to everyone.

I limped back to my friends and witnesses and told them they were wrong. They couldn't believe it. John Zell lead me to the computer timing trailer and we asked to see the timing data for my heat. We saw it briefly and started asking questions about it when a timing official firmly stated *"The computer picked lane 8 as the winner and there will be no more discussion on this matter."*

Wow, were my ears burning from that remark. I had overstepped my ground and all the officials were working at maximum warp since there were relays going on. But I thought I noticed that the computer was comparing lane 8's backup button time to my touchpad time.

I crawled back to my witnesses and really grilled them about the race. I sought out new witnesses to find someone that might agree with the published results. Everyone was adamant that I had won. My 8 witnesses may not change anything in the objective timing world but they sure gave me strength.

With renewed vigor I approached the top meet official, Head Referee, Larry Rice. After listening to my problem, he assigned referee, Anneliese Eggert to investigate. She went right to work and consulted the written log of order of finish of each heat kept by the deck referees. It showed me (lane 5) first and lane 8 as second. The Deck Referee that wrote this order of finish was by coincidence, her husband, Walt Eggert. At last, an official witness gave me some credibility.

Anneliese was now a hound dog on a fresh scent. She went to the computer trailer and looked at the raw timing data. She and the guy that burned my ears had a different view about the results. Here's the data:

Lane	5	8
touchpad time	22.84	23.17
backup button 1	22.87	22.97
backup button 2	22.88	22.63
backup time	22.88	22.80
backup/pad diff	.04	.37
hand stopwatch	?	22.06

In the rulebook, there are no rigid rules about how to handle all cases of timing discrepancies. There is a rule however that states that if the backup time (the average of button 1 & 2 times) differs from the touchpad time by greater than .30 seconds then the touchpad time may be invalid. This is to allow those swimmers that miss the pad at the finish to get a realistic time. This also allows for a pad malfunction.

The ear burning official quoted the above rule and believed that the backup time should be used for lane 8, also the stopwatch time should not be ignored. Anneliese ignored the stopwatch time since it doesn't agree with anyone. She then threw out both button times since they couldn't agree within .30 secs of each other and gave lane 8 its pad time of 23.17 seconds. She's my hero.

The process of ripping back a gold medal and a National record from someone made this a grave and serious matter. Other officials got interested



and soon there was a pack of white shirts huddled around Anneliese and the timing data.

The officials were applying their USS (non-Masters) experience and knowledge. Would USMS (Masters) rules permit the same interpretation? Meet Director, Theresa Hessler reviewed and agreed with the officials, and I breathed a sigh of relief. One more hurdle remained.

I wasn't privy to this scene but I could sense the officials readying themselves for criticism before giving the bad news to the coach for the lane 8 swimmer. Fortunately, the Olympic Club coach had witnessed the race and agreed with the findings without argument.

I walked next to Head Referee Larry Rice as we approached the final results table and he finally put my name on top. He was calm and collected. I felt like I'd just been pulled through a ring. It was the longest 50 free victory of my life. The whole process took 2 hours.

James Elder, the lane 8 swimmer, had left the meet early with the Gold medal. That night, he sat down to enjoy the video of his victory that his family took at the meet. Can you imagine his shock when the video revealed that he obviously didn't win! He decided that night, that he couldn't keep the gold medal. He called his coach the next day to seek advice on how to remedy the situation and his coach then told him the official news. I love this sport and all its people.

Did you spot the 3 errors?

**ERROR #1** One of the backup button pushers in lane 8 must have anticipated the touch. Perhaps this same person ran the stopwatch - we'll never know. The influence of a seemingly obscure button pusher in an end lane can't be underestimated.

**ERROR #2** The ear burning official should not have blindly trusted the computer. Computers have an IQ of around zero. They do exactly what they are told and nothing more.

**ERROR #3** This is a computer error. The Colorado brand computer programmer should have designed the report to alarm the operator that the two backup button times did not agree among themselves. They should not have produced a seemingly valid backup time. Computers can't always depend on the superior human brain finding and correcting their errors.

To further stimulate your thoughts...

What would have happened if the errant button pusher waited .04 seconds longer such that the two buttons were within .30 secs and Jim Elder had swum in another heat?

I guess you take the ball the way it bounces. Thank goodness for 10 lane heats.

6/93 If you have a question or comment write to: Dr Sprint, 18476 Timbergrove Ct, Lake Grove OR 97035

# NATIONAL QUALIFYING TIMES QUESTIONNAIRE

Santa Clara, CA, was the first USMS Nationals in which National Qualifying Times were utilized. The USMS Championship Committee is interested in input from all USMS swimmers, both those who attended Nationals and those who did not attend, regarding your opinions about these qualifying times, the manner in which the times were communicated to you and implemented, and whether the times had an impact upon you or anyone else you know who did not attend this meet. Swimmers who attended Nationals have already answered a similar questionnaire; this questionnaire is for those who did not attend the meet in Santa Clara.

*Please take a few minutes to fill out this questionnaire. This input will provide your USMS volunteers with valuable information and enable us to better provide quality National Championship meets in the future.*

Age \_\_\_\_\_ Sex \_\_\_\_\_ LMSC \_\_\_\_\_ Number of USMS Nationals Attended in the Past \_\_\_\_\_

How far would you have had to travel from your home to attend this meet?

\_\_\_\_\_ < 50 miles                      \_\_\_\_\_ 51 - 200 miles                      \_\_\_\_\_ 201 - 500 miles  
\_\_\_\_\_ 501 - 1000 miles                      \_\_\_\_\_ 1001 - 2000 miles                      \_\_\_\_\_ 2001 - 3000 miles  
\_\_\_\_\_ > 3001 miles

Do you enter National meets only when they are close to home? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you satisfied with the number of events you could have entered in this meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Did the use of National Qualifying Times (NQT) at this meet reduce the number of events that you could have entered? Yes \_\_\_\_\_ If yes, how many events could you have entered? \_\_\_\_\_

How many events do you usually enter? \_\_\_\_\_

How many NQT did you make? \_\_\_\_\_

No \_\_\_\_\_ Did you make the NQT in all of your events? Yes \_\_\_\_\_ No \_\_\_\_\_

Did you make the NQT in at least 3 events? Yes \_\_\_\_\_ No \_\_\_\_\_

Did the usage of NQT influence your decision not to attend this meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Mark all of the following that influenced your decision:

\_\_\_\_\_ I did not make any NQT and thought 3 events was too few events to enter.

\_\_\_\_\_ I made some NQT but not in the events I desired to swim.

\_\_\_\_\_ I thought NQT made the meet too competitive.

\_\_\_\_\_ I did not like the concept of NQT and will not attend a meet using NQT.

\_\_\_\_\_ Other reasons: \_\_\_\_\_

In general, I think NQT:

\_\_\_\_\_ Are a reasonable way to limit the size of potentially very large meets

\_\_\_\_\_ Should be implemented only when the potential meet size would be unmanageable in 4 days

\_\_\_\_\_ Should not be used because it eliminates too many people

\_\_\_\_\_ Should not be used because it is not consistent with the spirit of Masters swimming

\_\_\_\_\_ Should be used, but use slower times

\_\_\_\_\_ Should have different standards used in the younger and older age groups

Please elaborate upon what NQT should be based, i.e. what formula should be used to determine NQT :

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Are you satisfied with the way in which your age group was affected by NQT? Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_

The following are general comments regarding the size of National meets. Please check all that apply.

\_\_\_\_\_ Past National Championship meets have often been too long.

\_\_\_\_\_ Short Course \_\_\_\_\_ Long Course

\_\_\_\_\_ Past National Championship meets have not been too long.

\_\_\_\_\_ Limitation of the length of meets needs to be coordinated by USMS.

\_\_\_\_\_ Meet hosts should be allowed to accept as many entries as they desire.

\_\_\_\_\_ A reasonable goal for the length of the meet day (including warm-up) should be 10-12 hours.

\_\_\_\_\_ I find no problem with meets that run 14-16 hours each day.

Comments: \_\_\_\_\_

Do you think USMS should consider other options other than NQT to restrict the length of the meet?

Yes \_\_\_\_\_ No \_\_\_\_\_

Mark all options that you consider to be acceptable alternatives to NQT as a means to control the length of the meet:

\_\_\_\_\_ Limit the number of events that all swimmers may enter with the maximum being three events

\_\_\_\_\_ Limit the number of events that all swimmers may enter with the maximum being four events

\_\_\_\_\_ Limit the number of events that all swimmers may enter with the maximum being five events

\_\_\_\_\_ Allow swimmers who enter the meet at least two or three months before the deadline to enter six events and all those entering within the last month to enter four events.

\_\_\_\_\_ Increase the length of the meet format to five days

\_\_\_\_\_ Splitting Nationals into two meets, e.g. East and West

\_\_\_\_\_ Splitting Nationals into age groups, e.g. 19-49 and 50 & over

\_\_\_\_\_ Other \_\_\_\_\_

General Comments and ideas you would like the USMS Championship Committee to consider: \_\_\_\_\_

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Name (Optional): \_\_\_\_\_

**Please return this questionnaire by August 1, 1993, to: Sandi Rousseau, USMS  
Championship Committee, 23995 SW Drake Lane, Hillsboro, OR 97123**

# Barnacle

reviews results records

## SANTA CLARA S.C. NATIONALS

**S**ome 45 OMS swimmers did themselves proud, we had National records, Zone records and OMS records. The CHP was watching the border, but, our paddlers brought home a ton of gold, silver and bronze...Heavy metal !

**Lavelle Stoinoff**, was joined as the headliner by "**Rapid Robert Smith**", who is oh so nifty, now that he is fifty...

**Robert Smith** (50-54) showed the Masters World again why he is the epitomy of sprint...National records and gold medals in the 50 Free with a :22.84, 50 Back in :26.24 and the 100 Back in :59.49. What gets to O.B. is that here is a 50 year old breaking a minute for the 100 Back ! Add on a gold in the 50 Breast with a Zone record of :30.08, plus 2 silvers and 2 more Zone marks; 50 Fly :26.11 and the 100 I.M. :58.44. Tim Garton nosed Robert in the 100 I.M. with a N.R. of :58.15, Robert was also under the old NR !!!

**Lavelle Stoinoff** (60-64) ran into problems via the D.Q. route in the 200 Back and 200 Breast. But, she brought home 3 golds and 3 new National records; 200 Free 2:27.63, 500 Free 6:31.89 and the 1000 in 13:12.92. You've got to like this gals spirit, "Oh well, I'll get them next time", and swim fans she will !

**Maureen Haslach** (20-24) won a bronze in the 200 Breast with a fine new Zone mark of 2:35.79, a 7th in the 200 IM for OMS time of 2:20.98, plus a 13th in the 200 Free with a 2:09.94.

**Art Welch** (60-64) takes a gold in the 1000 Free with an OMS best of 13:15.94. Zone marks in the 100 Fly for 4th with a 1:18.87, this goes back to 1982, and 4th in the 500 at 6:24.40. An 8th in the 200 Free at 2:26.44 for a OMS record, add on a 5th in the 200 Back and a 13th in the 100 Back.

**Lee Miesen** (65-69) a 4th in the 100 Breast with a new Zone best of 1:24.58. Plus a 6th in the 50 Breast, 8th for the 200 and 10th and 11th in the 200 and 400 IM.

**Jill Black** (30-34) two 4ths in the 50 and 100 Back for new OMS standards of :29.60 and 1:03.85. Placed 6th in the 100 IM, missed the record by 1/2 second. Followed by 9th in the 100 Fly and 10th in the 200 Back.

**Kathi Bullock** (35-39) a 15th place in the 500 Free brought a OMS mark of 5:51.93 which goes back to 1984. Placed 8th in the 400 IM, 9th in the 200 Back and 1000, and 15th in the 200 Free.

**Matt Roth** (25-29) sets four OMS records while placing 4th in the 100 Fly in :53.53 which goes back to 1983, 6th in the 200 Back in 2:02.55, 6th in the 400 IM at 4:21.55 (Zone is 4:20.38), and 8th in the 200 IM in 2:02.33. Add a 5th in the 200 Fly at 2:00.62 (record is 1:59.28) and a 7th for the 1000 at 10:35.34, which missed record at 10:29.67.

**Dave Burleson** (35-39) 11th in the 400 IM at 4:35.77 brought a new OMS best. Plus a 10th, 11th, and 20th in the 100 Back, 200 Back and 100 IM.

**Sandra Hyde** (19-24) 15th in the 50 Free, 19th in the 100 and 15th in the 200. She placed 17th in the 50 Fly, 21st in 100 and 10th for the 200.

**Amy Young** (19-24) placed 7th in the 50 Breast, 9th in the 50 Fly, 14th in the 100 Fly and 17th in the 100 IM.

**Pam Kahl** (25-29) swam in the 100 and 200 IM plus the 100 Free in times of 1:17.14, 2:51.54, & 1:02.2.

**Terri Myers** (25-29) swam the 50 Back at :35.94.

**Nancy Olsen** (25-29) the 200 Free in a time of 2:31.48.

**Beth Beadling** (30-34) 50 Back in :39.60 and the 50 Free in :31.32.

**Linda Coenen** (30-34) the 50 Free in :30.00, 50 Back and 200 in :36.51 & 2:57.60, and the 100 IM in 1:17.13.

**Kim Gagnon** (30-34) swam the 50 Breast in :37.75, 50 Fly in :32.64, and the 100, 200 and 400 IM in times of 1:14.57, 2:41.66, and 5:48.93.

**Gracie Goddard** (30-34) in the 50 Free placed 3rd with a :24.63, the 100 Free a 5th at :54.23, and the 200 Free captured a 6th in 2:00.34. She also swam the 50 Back taking 11th at :31.60, the 50 Fly placing 2nd in :27.63 and the 100 Fly wins her a 4th in 1:02.72.

**Andree Kraker** (30-34) swam the 200 Free in 2:13.47, 200 Back in 2:32.97, 200 Breast in 2:50.84, 200 and 400 IM in 2:28.72 and 5:14.42, just missing OMS time of 5:14.09

**Judith Lampi** (30-34) swam her 50 and 100 Free in times of :29.55 and 1:04.31.

**Suzanne Rague** (40-44) placed 6th in the 1000 in 13:16.99, 8th in the 100 Fly with a 1:15.86, and 16th in the 200 Free in 2:28.91.

**Ginger Pierson** (45-49) silvers in the 100 Breast in 1:18.65 and 200 Breast in 2:50.45, while taking home bronzes in the 50 Breast in :35.97 and 200 Fly at 2:51.40. Two 4ths in the 50 Back at :35.55, and 200 Back in 2:45.01.

**Sandi Rousseau** (45-49) brings home a 5th in the 50 Fly in :31.72 and 6th 100 Fly 1:14.50 where the current OMS records stands at 1:13.81. Also takes 8ths in both the 50 Breast in :41.00 and the 100 Free at 1:06.11 along with a couple of 9th placings in the 50 Free at :29.86 and the 100 IM in 1:18.05.

**Peggy Whiter** (45-49) Peggy's first Nationals! She takes home 7th place in the 1000 Free at 15:50.92 and 8th in the 200 Back 3:46.11. Also 12th placings in the 100 Back and 100 Breast in times of 1:33.54 & 1:38.93. And finally a 13th in the 200 Breast at 3:33.86 and 20th in the 100 in 1:32.26. Way-ta-go !!

**Sue Calnek** (50-54) swam to a couple of 7th places in the 50 Free in :33.19 and the 50 Back at :42.95. She came in 8th in the 100 Free at 1:12.91 and 13th in the 200 Free in a time of 2:51.76.

**Evelyn Sinai** (50-54) placed 9th in the 100 Breast in 1:37.33, 10th in the 50 Breast :44.64, and 13th place in the 200 Breast at 3:38.53.

**Tom Kahl** (25-29) swam to good times in the 50 Fly in :25.92, 100 Back in 1:00.88, and the 100 and 200 IMs in :58.95 and 2:11.61.

**Phil King** (25-29) came in 10th place in the 100 Back in :59.33 and 19th in the 100 IM in :58.38.

**Gary Squires** (25-29) comes in 4th in the 50 Fly in :23.76, 11th in the 100 Fly at :54.53 and 14th in the 100 Free in a fast :49.72.

**Tim Waud** (25-29) places 6th in the 50 Back at :28.29 plus respectable times in the 50, 100 and 200 Breast at :30.52, 1:06.21, 2:24.98 and the 200 IM in 2:08.81.

**David Dotter** (30-34) swam the 200 Free in a 2:08.95 and the 1650 in 20:34.69.

**Steve Harger** (30-34) came in with a 50 Free time of :23.87, the 1000 in 11:39.14 and the 200 IM in 2:15.56.

**Chris Hull** (30-34) The 50 and 100 Fly in times of :29.64 and 1:09.16. And caught the Grateful Dead concert while in the Bay area.

**Brad Myers** (30-34) swam the 500 Free in 6:23.60.

**Ron Taylor** (30-34) swam some nice times in the 50 and 100 Back at :27.10 and :59.13, the 50 and 100 Fly in :25.41 and 57.17, along with a 100 IM in 1:00.14.

**John Zell** (35-39) comes back with three new lifetime PRs in the 200, 500, and 1000 Free in times of 1:57.00, 5:20.32 and 11:00.68. Also swam the 50, 100 and 200 Back in :28.12, 1:01.03 and 2:11.76.

**David Drake** (40-44) swims to times of :24.14 in the 50 Free along with the 100 Free in :52.94 and places 7th in the 200 Free with a 1:55.97.

**Robert Huizenga** (40-44) records times of 1:04.21 in the 100 Free and 2:29.80 in the 200 Free.

**Richard Smith** (40-44) 50 and 100 Back times were :33.01 and 1:09.71 along with the 1650 Free in 21:48.43.

**Steve Johnson** (45-49) placed 3rd in the 1000 Free in 11:07.43, 7th in the 200 Free at 1:59.51, along with a 10th in the 100 Fly in 1:01.10.

**Don Kuyper** (50-54) swam the 1650 Free in 31:00.35, the 200 Fly in 3:50.34, and the 200 and 400 IMs in 3:26.71 and 7:28.11.

**George Thayer** (55-59) came in 8th in the 50 Free in a :27.28 vs OMS record of :27.21. Also 10th place in the 50 Back in :35.33, 11th in the 100 Free at 1:02.19 and 100 IM in 1:13.66, 12th in the 50 Breast at :35.70 and 15th in the 200 Free at 2:28.98.

**Mike Popovich** (65-69) placed 6th in the 200 Free in 2:55.08 and 8th in the 100 Free at 1:15.54 and 50 Back in :49.22. Also swam the 50 Free in :32.64.

**Herb Hoeptner** (70-74) brought home a 6th place in both the 500 and 1000 Free in 8:25.93 and 17:52.70 and 10th in the 200 Free at 3:07.46. All PR's !

**Gil Young** (70-74) in the 200 Free gets 8th in 2:52.74, the 1000 Free a 4th in 16:07.21, the 50 Back a 5th in :42.51, the 100 Back a 3rd in 1:31.62, and the 200 Back a 4th in 3:28.37. Good job Gil !!

*RELAYS, RELAYS, RELAYS...*

200 Mixed Medley (45+) Silver Medal and a new Zone record of 2:01.01. **Robert Smith, Ginger Pierson, Sandi Rousseau, and George Thayer.**

200 Womens Medley (25+) 10th place and an OMS record dating back to 1980 in 2:01.23. **Jill Black, Andree Kraker, Gracie Goddard, Terri Mayers.**

That's it for 1993 Short Course Yards...Top Ten coming soon. See you all in Long Course meets and please hang in there !!!

# LONGER OR FASTER ?

## *Matching Stroke Length with Stroke Rate for Maximum Speed*

*by Coach Terry Laughlin Director, Total Immersion Adult Swim Camps*

If I want to swim faster, should I try to make my stroke longer or faster?" That's a question I'm asked frequently, and the answer is...it depends.

It depends mainly on how long and how fast your stroke is now and how you go about adjusting either dimension. Swimming speed is a product of stroke length *plus* stroke rate. If you take 10 stroke cycles (20 freestyle arm strokes) to travel 25 yards, then your *stroke length* is 2.5 yards per stroke cycle. If at the same time, it takes you 15 seconds to cover the distance then your *stroke rate* is 10 cycles per 15 seconds or 40 *cycles per minute*, as it is commonly measured by coaches. Smart swimmers keep track of both when training and racing.

We know from recent research that both stroke length and stroke rate are critically important to swimming faster. Neither can be ignored, but stroke length must be firmly established and maximized first. Then you should work on gradually improving stroke rate, if possible *without sacrificing* your previously established stroke length.

A computer-aided study of the swimming events at the 1988 Olympics found that stroke length was the most important factor in determining who swam fastest. According to Dr. Richard C.

Nelson-a biomechanics professor at Penn State, who conducted the study, "the faster the swimmer, the longer his or her swimming strokes were, to a significant degree." Dr. Nelson concluded that swim training should focus far more on establishing maximum stroke length.

What Dr. Nelson's study did not address (or at least his published research did not mention) was how stroke rate figured into the equation. For that information, we

***"Most adult swimmers that I have encountered should concentrate 90% of their attention on increasing stroke length."***

can refer to a study conducted at 3 consecutive U.S. Olympic Swimming Trials. Dr Albert Craig, an exercise physiologist, and Bill Boomer, the swimming coach from the University of Rochester, videotaped every length, every swimmer, every event at the 1980, 1984, and 1988 Olympic Trials. After analyzing all the races (counting each swimmer's strokes per length and timing each length), they came up with some revealing insights about

how the more successful swimmers (the finalists) balanced stroke length with stroke rate to swim fast.

They found that during the first half of most races there was little difference in stroke length and stroke rate between finalists and non-finalists, but there was a great difference in how they swam during the second half. Either of two things happened to the unsuccessful swimmers (non-finalists) to cause them to lose speed in the second half of the race. Either they maintained stroke length, but lost stroke rate (their strokes stayed as long as in the first half but slowed down) or they maintained stroke rate, but lost stroke length (they kept stroking as fast or faster, but had to take more strokes to complete each length.) In either case, the swimmers swam slower in the second half of the race and finished out of the money.

In contrast, Boomer and Craig found that, in the second half of their races, the successful swimmers (the finalists) were able to maintain stroke length, but *slightly increase* stroke rate. In other words, they won because as other swimmers around them were either slowing down or shortening their strokes, the better swimmers stroked a little bit faster and kept their strokes long. In fact, a handful of genius-level swimmers (winners all!) were able to slightly

increase both stroke rate *and* stroke length at the very end of their races.

Looking at races this way, it's easy to see that you need both efficiency and fitness to come out on top. Races among swimmers of relatively equal ability are usually decided in the second half. Though both swimmers may be even at the halfway point, if one has a slight edge in technique, he or she doesn't use as much energy getting there, and has more left to bring it home.

A less fit swimmer, meanwhile starts to run out of gas earlier so their stroke gets slower as the race goes on. A less efficient swimmer, having had to work a bit too hard to match the pace of the better swimmer in the early going, goes into oxygen debt too soon, and their stroke technique starts to get a little bit ragged. Feeling their stroke shorten and seeing the other swimmer starting to pull away, they try to compensate by moving their arms faster, but flailing at the water doesn't help.

Understanding that, how can we make effective choices about stroke length and stroke rate?

1. Most adult swimmers that I have encountered should concentrate 90% of their attention on increasing stroke length. If they're taking more than 12 cycles (24 arm strokes) per 25-yard length of freestyle, then the most productive thing they can do is work on getting their stroke count consistently in the 10-11, cycles/length range. Stroke drills and habitual stroke counting are the best tools for doing this.

2. If they're taking 10-11 cycles (20-22 arm strokes) per length, they should be working on two skills: A) to reduce stroke count slightly at slower speeds and B) to improve their ability to hold stroke count steady as they speed up.

3. If they're consistently taking 8-9 cycles (16-18 arm strokes per length, they can begin working on improving cycle rate, while maintaining cycle distance.

Every swimmer has their own ideal combination of cycle rate and cycle distance. If the Olympic 100-meter freestyle champion were to

## ***"The most effective drill.... is Swimming Golf."***

swim with the longest possible stroke, he would have to slow down his stroke rate to about 20 cycles per minute. If he then tried to stroke as fast as he could, without regard to technique, he could get up to perhaps 70 cycles per minute, but would shorten his distance per cycle by about 50 %, taking twice as many strokes to cover a given distance.

Neither extreme would produce maximum speed. At 20 cycles per minute, though he may swim with maximum efficiency, he's still moving very slowly. At 70 cycles per minute, though he's moving his arms very quickly, his stroke

becomes too inefficient to produce much actual speed. The best balance of cycle distance and cycle rate should be about midway between the two extremes. And in fact, his cycle rate in the 100-meter Olympic final was about 45 cycles per minute. You have to find your own personal balance in stroke length and stroke rate.

The most effective drill for striking that balance correctly is Swimming Golf. This drill is a series of 50-yard repeats, adding the time in seconds to the number of strokes (not cycles) taken. (It's called Swimming Golf because the scores arrived at are similar to golf scores.)

Examples:

(1) Time = 38 seconds, stroke count = 40, score = 78;

(2) 38 sec + 39 strokes = 77 score

(3) 36 sec + 42 strokes = 78 score

(4) 37 sec + 39 strokes = 76 score.

The best combination was stroke count of 39 and time of 37 for a score of 76. This indicates that, at least for now, this swimmer should aim for 39 strokes per 50 and try to gradually gain more speed while holding that stroke count consistent. Assign this exercise regularly to help your swimmers learn their ideal stroke count and rhythm. In fact, swimming golf is an excellent training set.

Final note: When working with swimmers on increasing stroke rate have them make rhythm changes in their hip rotation speed not in their hand speed. Stroke rhythm is set and controlled by the rhythm of hip rotation, so changes should start there.

*Reprinted from the Summer 1993 issue of the Masters Aquatic Coaches Newsletter.*

# 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	Skip Runkle	223-6251 x 226
Portland / Multnomah Metro YMCA	MY	Rob Romancier	294-3366
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
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	John DeJarnatt	588-2060
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)

**Oregon Masters Swimming  
Registration 1993**

\_\_\_\_\_ This is a **NEW** registration. \_\_\_\_\_ Renewal (registered in 1992)

**Did you swim in any meet in the 1991/92 season?** Yes \_\_\_\_\_ No \_\_\_\_\_

NAME \_\_\_\_\_ Reg. Fee (\$21.00) \_\_\_\_\_  
(Last name) (First) (M.I.) 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**

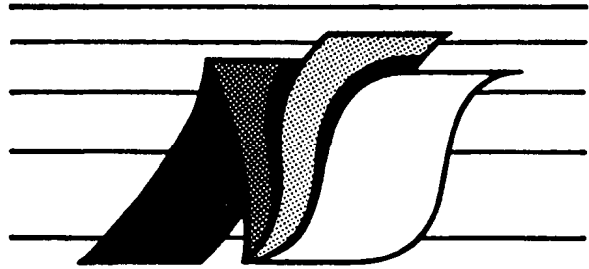
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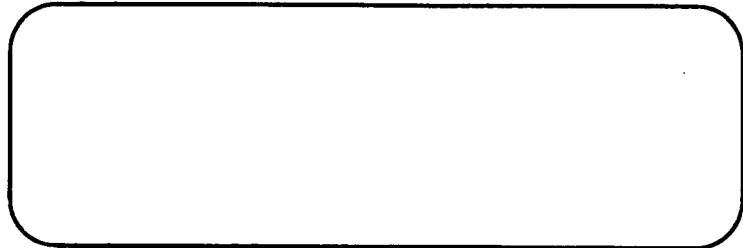


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# Aqua-Master

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To Famous Masters Swimmer:



In this issue: Barracuda L.C. meet results, Ol' Barnacle, "Longer or Faster?", & Dr. Sprint: "Inside the timing world"