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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 1993/94**

**\*SEP 1-NOV 31 1993 USMS 6000 YARD POSTAL SWIM**

**OCT 30 SEATTLE, WA JUANITA POOL**

**N.W. ZONE CHAMPIONSHIPS S.C. METERS**

**\*NOV 20-21 PORTLAND, OR LEWIS & CLARK COLLEGE S.C.Y. #2**

**\*DEC 4-5 GRANTS PASS, OR GRANTS PASS YMCA S.C.Y. #3**

**JAN, 94 PORTLAND, OR DISHMAN POOL TRI-M IV + FREE**

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

**FEB 5 BEAVERTON, OR BARRACUDA PENTATHLON**

**FEB 12 SEATTLE, WA GLAD DISTANCE MEET S.C.Y.**

**FEB 13 SEATTLE, WA ORCA SHORTER EVENTS MEET S.C.Y.**

**MARCH 5-6 BEND, OR JUNIPER AQUATIC CENTER S.C. M. #2**

**MAR 20 BANGOR, WA SHORT COURSE YARDS MEET**

**MAR 25-27 ROSEBURG, OR ROSEBURG Y.M.C.A.**

### **OREGON MASTERS ASSOCIATION CHAMPIONSHIPS**

**APRIL 8-10 FEDERAL WAY, WA P.N.A. ASSOCIATION CHAMPS**

**MAY 13-16 U.S.M.S. SHORT COURSE NATIONALS**

**A.S.U. TEMPE, ARIZONA**

**JULY 4-10 WORLD MASTERS CHAMPIONSHIPS**

**MONTREAL, CANADA**

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

**ERIE C.C. BUFFALO, NY**

**AUGUST, 1995 U.S.M.S. LONG COURSE NATIONALS**

**MT. HOOD COMMUNITY COLLEGE GRESHAM, OR**

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

*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.*

# Z-Man says ---

by John Zell

**B**y a slim 9 votes. Z-Man and Oregon Masters fell the mighty Stanford Masters. Now the work begins. It won't be easy but we've got an experienced group who have done it before. I'm very pleased to announce that Oregon Masters Swimming has won the bid and will host the 1995 U.S.M.S. Long Course National Championships at Mt. Hood Community College. The official dates are August 24-27, 1995. This is a Thursday through Sunday and the distance events will be on the first day. Let me tell you about our recent trip to the U.S.M.S. Convention in Los Angeles.

***"Oregon Masters Swimming has won the bid and will host the 1995 U.S.M.S. Long Course National Championships at Mt. Hood"***

Our Oregon delegation was: Eric Guest and Sandi Rousseau as our two official delegates, Ginger Pierson held delegate-at-large status, Roy Abramowitz is the U.S.M.S. controller and Suzanne Rague is the U.S.M.S. Treasurer thus are automatic delegates, and yours truly is a delegate by way of being a member of the Legislation Committee. To say the least, Oregon is well represented on the National level and this trend will continue and it should improve next year. This was an election year for new officers. Mel Goldstein from Indianapolis is our new U.S.M.S. President and Dr. Jim Miller from Virginia is the new Vice President. Mel Goldstein brings a totally new course for change within our organization and there is a great deal of excitement with Mel at the controls for the next four years. Our own **Suzanne Rague** is the new Secretary (moves up from Treasurer) of U.S.M.S. and Lucy Johnson-Trapp (former Chairman of the Finance Committee) is the new Treasurer. With a new group of officers, changes will probably take place in the Chairmanships of the various Committees within U.S.M.S. Sandi Rousseau is the leading candidate for Chairman of the Championship Committee. Yours truly is a possible candidate to Chair the Coaches Committee. And, as of this convention, I've taken a new position

within our region. I am your new N.W. Zone Rep and succeed the famous Kathy Casey. I only hope I can do half the job that Kathy has done over the years. I have your phone number Kathy and will use it often.

Anyway, I got a little off the subject. You wanted to know about how the bid went. Well, just before I left for convention I had some buttons made to promote our cause. They read, "Mt. Hood '82 - '86 - '95". All of us from Oregon passed them out to the Masters delegates from around the country and pitched them to vote for Mt. Hood. The buttons and our words were well received but I knew we were in for a battle against Stanford. As the week went on I polished my presentation. Friday morning I appeared before the Championship Committee and the anticipated questions were asked and answered favorably. Then Friday night the bid presentations before the House of Delegates. The folks from Stanford took out all the stops. They had five different people speak on their behalf and two were World Famous coaches. Skip Kenney and Richard Quick, the Men's and Women's Stanford Swim Team coaches took the podium and said a few words in support of Stanford Masters. I definitely had a tough act to follow. Nervous, was an understatement. But just like swimming a race, I left the nerves on the blocks. After I got up there and got going I felt fine. They all said I did a great job. Big smiles all

***"We have a great deal of work ahead of us. As meet director, I know I can count on all of you for help and support over these next two years."***

around. But the real nervous time was waiting for the results of the vote. Man, I was on cloud nine when Bill Barthold announced that we would be going to Mt. Hood in 1995. We have a great deal of work ahead of us. As meet director, I know I can count on all of you for help and support over these next two years. As Bill Schonly always says, "Nobody said it was going to be easy." I'll have more about Nationals each month now in the newsletter. Stay tuned.

For now, enjoy this issue and train hard,

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-12

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 OR FORM WITH THIS ENTRY.**

**MEET: Pride Masters S.C. Meet**

**DATE: November 20th & 21st, 1993**

**PLACE: ZEHTBAUER AQUATIC CENTER**

Lewis and Clark College  
0615 S.W. Palatine Hill Road  
Portland, OR

**SATURDAY NOV 20**  
**WARM-UPS: 5 P.M.**  
**MEET STARTS: 6 P.M.**

**SUNDAY NOV 21**  
**WARM-UPS: 8 A.M.**  
**MEET STARTS: 9 A.M.**

6 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Pride Masters **Meet Director: Don King 503-768-7189 work**

**DIRECTIONS TO POOL:** DIRECTIONS TO POOL: I-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 November 6th, 1993**

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

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

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

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

ASSOCIATION \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+.

You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1000 Free will be deck seeded. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**SATURDAY NOV 20**

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

**1000 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**SUNDAY NOV 21**

**500 FREE (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**FREE RLY (4)** XXXXXXXXXXXXXXXX

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

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

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

**200 BREAST (8)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 I.M. (9)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**BREAK BREAK BREAK**

**MXD FR RL (10)** XXXXXXXXXXXXXXXX

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

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

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

**50 BREAST (14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MED RELAY (15)** XXXXXXXXXXXXXXXX

**BREAK BREAK BREAK**

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

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

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

**100 BREAST (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 I.M. (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MXD MD RL (21)** XXXXXXXXXXXXXXXX

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. 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**

# '93 O.M.S. Mini-Clinic Series

Oregon Masters Swimming is proud to announce a new addition to our meet schedule offering. This year we will launch a mini-clinic series in conjunction with our swim meets. These clinics will take place either before, during, or after each of our meets. This will add greater value to attending a meet.

There is a wealth of knowledge of swimming, related topics, and expertise in various skills among our fellow masters swimmers. The following is the subject schedule for the upcoming meets.

## **October 17 (7-8 a.m.) Mt. Hood - Bert Petersen**

***"Drill your way to an efficient swim"*** Bert will lead you in swim drills for each stroke that can be used in a workout. **Larry Snead** - A official starter from Oregon Swimming will give you tips on how to perform a **"legal fast start"** from the blocks.

**November 21 (following the meet - 1 hour) Lewis & Clark - Dr. Sprint**  
***"Training Philosophies"*** Robert will review energy systems for events, muscle requirements, and training in corresponding workouts. Special emphasis on sprinting. Snacks provided for those who attend.

**December 4-5 (during meet) Grants Pass *"The New Backstroke Turn"*** A continuous videotape of the new backstroke turn will be played throughout the meet. Charts, handouts, and narration should provide you with enough information to understand what a legal turn is.

Ginger Pierson is the coordinator of the mini-clinic series. If you have an idea for or would like to put on a clinic at an upcoming meet, please give Ginger a call at 503-000-0000 or you can drop her a line at 0000 S.W. Crestline Portland, OR 97000

Stay tuned to each and every issue of the Aqua-Master for the latest mini-clinic schedule.

# Barnacle

reviews results records

## 4th Annual Pride of Portland Meet

**U**nder the direction of Jill Schuldt and Joseph Callan and with a great assist from Oregon Swimming for officials, we had an excellent meet at the new Dishman Aquatic Center.

### Good Swims and Good Times..

**Tom Seifts** (25-29) ORCA-PNA...Was the outstanding performer of the meet. Swam the 50 and 100 Free in :24.59 and :54.20. Plus the 100 and 200 IM at 1:02.55 and 2:18.85

**Sue Calnek** (50-54) Three good swims in the 50, 100 and 200 Free in times of :32.45, 1:11.29, and 2:40.23.

**Adrian Kalil** (40-44) A fine 200 Free at 2:14.49.

**Jill Schuldt** (35-39) A good time at 500 Free in 6:08.14

**Mark Williams** (35-39) Cruised the 50 and 100 Back in :29.89 and 1:06.74.

**Syd Hendy** (80-84) Excellent early season form in the 200 Back with a 4:14.94.

**Paul Ikeda** (30-34) From PNA, strokes the 50 and 100 Breast in times of :34.34 and 1:16.63.

**Greg Southwell** (40-44) Looking good, 50 Breast in 36.97.

**Joe Callan** (50-54) Ditto in the 100 Breast at 1:31.26.

**Gail Bruner** (30-34) Also from PNA, swims the 50 and 100 Fly in :32.63 and 1:14.35.

**Walt Griego** (40-44) A Flyer, swam the 50 and 100 in respectable :28.82 and 1:05.62.

**Laurie Kilbourn** and **Sarah Linden** has excellent swims in both Free and Back events.

The Princeton Athletic Club won both relays handily...the 200 Free in 1:43.07 and Medley in 1:59.73 for the men.

Although a small meet in numbers, the swimming for early season was excellent and those of you who have not swum at Dishman should watch for meets at this fine facility. Like maybe the TRI-M + Free in January.

*That's it for now... "Stay with it and Stay Fit !!"*

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## The 3rd Annual COLUMBIA RIVER CHALLENGE

### 2.5 Mile Swim

September 12, 1993

Skamania Island

1st Dan Jorgensen	44:55	13th Steffan Brocks	1:01:27
2nd John Weston	45:20	14th Terry Olson	1:02:25
3rd Mark VanAchte	51:32	15th Mike Lenahan	1:03:17
4th Michael Johnson	54:31	16th Mark Imhof	1:03:26
5th Patrick O'malley	55:11	17th Ed Smith	1:07:54
6th Peter Courqen	55:20	18th Kristi Gustafson	1:09:35 (3rd Woman)
7th Jeff Anspach	56:59	19th James Bigler	1:17:13
8th Christian Sinai	58:12	20th Pam Himstreet	1:18:01 (4th Woman)
9th John Zell	58:21	21 st Steve Burch	1:18:17
10th Scott Sinai	58:48	22nd Patti Vanachte	1:19:09 (5th Woman)
11th Judi Sheridan	58:48	23rd Bill George	1:20:24
1st Woman!		24th Tim Danial	1:20:31
12th Deborah Heim	58:49 (2nd Women)		

**Bill Parker wants to thank all who swam and hopes to see everyone again next year.**

# SPORTS FESTIVAL 25 YARD 09/04/93 PG 1

1-12 = rank in 1992 U.S. TOP 10 + = OREGON RECORD pending review by E.Walter \* = FROM OUTSIDE OREGON Software by R.Smith

## 25-29 WOMEN

50 FRE MARY ANNE PETERSEN 27 ORE :31.39  
50 BAK LAURIE J KILBOURN 26 OREG :41.29  
50 BRS MARY ANNE PETERSEN 27 ORE :40.78  
LAURIE J KILBOURN 26 OREG :42.30  
50 FLY LAURIE J KILBOURN 26 OREG :35.03  
100 IM LAURIE J KILBOURN 26 OREG 1:22.68

## 30-34 WOMEN

100FRE GAIL BRUNER 34\*PNA 1:13.34  
100BAK GAIL BRUNER 34\*PNA 1:33.12  
50 FLY GAIL BRUNER 34\*PNA :32.63  
100FLY GAIL BRUNER 34\*PNA 1:14.35

## 35-39 WOMEN

500FRE JILL C SCHULT 35 OREG 6:08.14

## 40-44 WOMEN

50 FRE SARAH E LINDEN 44 OREG :39.41  
100FRE SARAH E LINDEN 44 OREG 1:25.83  
200FRE SARAH E LINDEN 44 OREG 3:04.26  
50 BAK SARAH E LINDEN 44 OREG :46.90

## 50-54 WOMEN

50 FRE SUE CALNEK 50 OREG :32.45  
100FRE SUE CALNEK 50 OREG 1:11.29  
200FRE SUE CALNEK 50 OREG 2:40.23

## 25-29 MEN

50 FRE TOM SEIFTS 27\*ORCA :24.59  
KEVAN SHORY 29\* :26.26  
ERIC TOOLEY 25 OREG :26.60  
100FRE TOM SEIFTS 27\*ORCA :54.20  
ERIC TOOLEY 25 OREG :59.62  
KEVAN SHORY 29\* :59.65  
50 BAK TOM SEIFTS 27\*ORCA :31.21

## 50 FLY ERIC TOOLEY

25 OREG :30.86  
KEVAN SHORY 29\* :31.05  
100 IM TOM SEIFTS 27\*ORCA 1:02.55  
KEVAN SHORY 29\* 1:09.21  
200 IM TOM SEIFTS 27\*ORCA 2:18.85

## 30-34 MEN

50 FRE BILL KLINE 31 ORE :25.99  
MIKE NAYLOR 33\*ORCA :35.94  
JOHN GLISSMEYER 34 OREG 9:99.99  
100FRE BILL KLINE 31 ORE :56.69  
MIKE NAYLOR 33\*ORCA 1:22.28  
JOHN GLISSMEYER 34 OREG99:99.99

## 500FRE PAUL J IKEDA

34\*PNA 6:54.88  
50 BRS PAUL J IKEDA 34\*PNA :34.34  
MIKE NAYLOR 33\*ORCA :40.11  
JOHN GLISSMEYER 34 OREG 9:99.99  
100BRS PAUL J IKEDA 34\*PNA 1:16.63  
100 IM BILL KLINE 31 ORE 1:07.96

## 35-39 MEN

50 FRE LEN MCCOLLAM 35\*ORCA :27.44  
100FRE LEN MCCOLLAM 35\*ORCA :59.98  
200FRE ANDY MCKIM 37\*ORCA 2:24.72  
500FRE ANDY MCKIM 37\*ORCA 6:24.81

## 50 BAK MARK M WILLIAMS

37 OREG :29.89  
100BAK MARK M WILLIAMS 37 OREG 1:06.74  
100BRS MATTHEW C PALMER 38\*PNA 1:19.75  
50 FLY LEN MCCOLLAM 35\*ORCA :29.67  
MARK M WILLIAMS 37 OREG :30.19  
MATTHEW C PALMER 38\*PNA :32.80  
100FLY LEN MCCOLLAM 35\*ORCA 1:09.96

## 40-44 MEN

50 FRE WALT GRIEGO 40\* :25.48  
ADRIAN L KALIL 40 OREG :26.23  
BRUCE BETZ 42\*ORCA :33.50  
TIM CALLAHAN 40\*ORCA :35.24  
100FRE WALT GRIEGO 40\* :55.72

ADRIAN L KALIL 40 OREG :59.48  
GREG SOUTHWELL 41 OREG 1:02.73

200FRE ADRIAN L KALIL 40 OREG 2:14.49  
50 BAK ADRIAN L KALIL 40 OREG :33.96  
50 BRS GREG SOUTHWELL 41 OREG :36.97  
TIM CALLAHAN 40\*ORCA :39.77

## 100BRS GREG SOUTHWELL

41 OREG 1:22.24  
50 FLY WALT GRIEGO 40\* :28.82  
100FLY WALT GRIEGO 40\* 1:05.62  
100 IM ADRIAN L KALIL 40 OREG 1:10.85

## 45-49 MEN

50 FLY REX GARDNER 45\*PNA :34.03  
100FLY REX GARDNER 45\*PNA 1:22.67

## 50-54 MEN

50 BRS JOSEPH G CALLAN 50 OREG :42.08  
100BRS JOSEPH G CALLAN 50 OREG 1:31.26  
50 FLY JOSEPH G CALLAN 50 OREG :42.12  
100 IM JOSEPH G CALLAN 50 OREG 1:29.71

## 70-74 MEN

400 IM EARL WALTER 72 OREG 7:07.90

## 80-84 MEN

50 BAK SYD C HENDY 80 OREG :51.11  
100BAK SYD C HENDY 80 OREG 2:00.93  
200BAK SYD C HENDY 80 OREG 4:14.94

## SPORTS FESTIVAL 28 ENTRANTS

# SPORTS FESTIVAL 25 YARD 09/04/93

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

## 25+ WOMEN 13 200 MEDLEY RELAY

GAIL BRUNER,34 \*\*\* JILL C SCHULT,35 \*\*\* MARY ANNE PETERSEN,27 \*\*\* SARAH E LINDEN,44 \*\*\* ORCA 99:99.99

## 25+ MEN 13 200 MEDLEY RELAY

MARK M WILLIAMS,37 \*\*\* GREG SOUTHWELL,41 \*\*\* WALT GRIEGO,40 \*\*\* ERIC TOOLEY,25 \*\*\* ORCA 1:59.73 12  
TOM SEIFTS,27 \*\*\* PAUL J IKEDA,34 \*\*\* MATTHEW C PALMER,38 \*\*\* LEN MCCOLLAM,35 \*\*\* ORCA 2:01.06 12  
BILL KLINE,31 \*\*\* JOSEPH G CALLAN,50 \*\*\* KEVAN SHORY,29 \*\*\* ADRIAN L KALIL,40 \*\*\* TPAC 2:09.39  
MIKE NAYLOR,33 \*\*\* BRUCE BETZ,42 \*\*\* REX GARDNER,45 \*\*\* TIM CALLAHAN,40 \*\*\* ORCA 2:44.03

## 25+ WOMEN 2 200 FREE RELAY

GAIL BRUNER,34 \*\*\* SUE CALNEK,50 \*\*\* SARAH E LINDEN,44 \*\*\* MARY ANNE PETERSEN,27 \*\*\* 2:16.15

## 25+ MEN 2 200 FREE RELAY

WALT GRIEGO,40 \*\*\* MARK M WILLIAMS,37 \*\*\* BILL CLUE,31 \*\*\* ERIC TOOLEY,25 \*\*\* OREG 1:43.07 12  
KEVAN SHORY,29 \*\*\* ADRIAN L KALIL,40 \*\*\* GREG SOUTHWELL,41 \*\*\* JOSEPH G CALLAN,50 \*\*\* TPAC 1:56.09  
ANDY MCKIM,37 \*\*\* MATTHEW C PALMER,38 \*\*\* PAUL J IKEDA,34 \*\*\* TIM CALLAHAN,40 \*\*\* ORCA 1:57.06  
REX GARDNER,45 \*\*\* LEN MCCOLLAM,35 \*\*\* MIKE NAYLOR,33 \*\*\* TOM SEIFTS,27 \*\*\* ORCA 2:00.88

## 25+ MIXED 8 200 FREE RELAY

MARY ANNE PETERSEN,27 \*\*\* LAURIE J KILBOURN,26 \*\*\* BRUCE BETZ,42 \*\*\* GAIL BRUNER,34 \*\*\* ORCA 2:08.27

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-13

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 OR FORM WITH THIS ENTRY.**

**MEET: G.P. "Y" Masters S.C. Meet**

**DATE: December 4th & 5th, 1993**

**PLACE: GRANT PASS FAMILY YMCA**

1000 REDWOOD AVENUE

GRANTS PASS, OR

5 LANES COMPETITION

MANUAL TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Grants Pass Y Masters **Meet Director:** Lisa Glen 503-474-0001 work

**DIRECTIONS TO POOL:** From I-5 Southbound take exit 58. South Street South to Hwy 199. Turn right onto 199 to Redwood Avenue frontage road (on right side). YMCA is on right just past Fairgrounds.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 20th, 1993**

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

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

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

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

ASSOCIATION \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1650 Free will be deck seeded. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

## SATURDAY DEC 4

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

1650 FREE (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

## SUNDAY DEC 5

FREE RLY (3) XXXXXXXXXXXXXXXX

200 FLY (4) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BACK (5) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BREAST (6) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 FREE (7) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MXD FR RLY(8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 I.M. (9) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (10) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

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

50 FREE (12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FREE (DISABLED) (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

MED RLY (14) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (15) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BACK (16) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BREAST (17) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 FREE (18) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

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

MXD MD RLY (20) XXXXXXXXXXXXXXXX

500 FREE (21) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. 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

# Barnacle

by E. Walter

## reviews results records

### 1992 ALL WORLD & FINA TOP TEN

What's better than All-World...when you are #1 in the Top Ten...you're on the top of the heap!!!

Ginger Pierson, 50 and 200 Breast, SCM

Lavelle Stoinoff, 800 and 1500 Free, SCM

Dave Burleson, 200 Back, SCM

Steve Johnson, 800 Free, SCM

Art Welch, 800 Free, SCM

Andrew Holden, 50 Fly, SCM

Gracie Goddard, 50 Free, LCM

Lavelle Stoinoff, 200, 400, 800, and 1500 Free, LCM

John Keppeler, 200 Free, 100 & 200 Back, 100 Fly, LCM

Andrew Holden, 100 and 200 Fly, LCM

MAC 100+Medley, Keppeler, Cooper, Marshall, Stiles, LCM

ORE 280+Medley, Elliott, Morrison, Holden, Huestis, LCM

ORE 280+Mixed Free, Huestis, Holden, Smith, Stangel, LCM

ORE 280+MixedMedley, Huestis, Stangel, Holden, Smith, LCM

#### Short Course Meters - FINA World Top Ten

Lieu Verke, 1500-9th.

Ellen Ferguson, 200 Free-6th, 800 Free-2nd.

Leissa Mills, 200 Back-5th, and 100 IM-5th.

Jan Plesner, 800 Free-10th.

Ginger Pierson-50 Back-10th, 100 Breast-2nd, 50 Fly-10th, 100 Fly-5th, 200 Fly-2nd, 100 IM-7th, 200 IM-2nd, and 400 IM-2nd. Very busy lady !!!

Pam Himstreet, 200 Breast-10th.

Saudi Rousseau, 50 Fly-8th, and 100 Fly-6th.

Lavelle Stoinoff, 200 Back-3rd, and 200 Breast-5th.

Petey Smith, 200 Free-2nd, 400 Free-3rd, 100 Back-8th, 200 Back-7th, and 50 Fly-9th.

Elfie Stevenin, 1500 Free-9th, 200 Fly-9th, and 400 IM-9th.

Helena Hoffman, 100 Fly-4th, 200 Fly-4th, 100 I.M.-7th, and 400 IM-3rd.

Barbara Havercamp-200 I.M.-7th.

Matt Roth, 800 Free-8th.

David Burleson, 200 Free-4th, 400 Free-8th, and 400 I.M.-4th.

Steve Johnson, 200 Free-5th.

Allen Stark, 50 Breast-5th, 100 Breast-4th, and 200 Breast-7th.

Robert Smith, 50 Free-6th, 50 Back-2nd, 100 Back-3rd, 100 Breast-5th and 100 I.M.-5th.

Arthur Welch, 200 Free-9th, 400 Free-6th, and 100 Fly-7th.

Floyd Elliott, 50 Back-4th, 100 Back-3rd, and 200 Back-3rd.

Lee Miesen, 200 Breast-4th.

Andrew Holden, 50 Free-6th, 50 Back-5th, 100 Back-4th, and 100 Breast-10th.

Gerald Huestis, 100 Free-10th, 200 Free-5th, 100 I.M.-4th, and 400 IM-2nd.

Gil Young, 400 Free-6th, and 800 Free-5th.

Bob Morrison, 50 Breast-5th, 100 Breast-9th, and 200 Breast-5th.

Herb Hoeptner, 1500 Free-3rd.

Jack Hoey, 50 Back-8th, 100 Back-4th, and 200 Back-2nd.

Lee "Kip" King, 50 Fly-8th.

100+ Mixed Free-2nd, Roth, Waud, Goddard, Mills.

160+Mixed Free-7th, MAC-Burleson, Hendryx, Drake, Stoinoff

#### Long Course Meters FINA Top Ten

Gracie Goddard, 100 Free-5th, 200 Free-6th, and 50 Fly-3rd.

Leissa Mills, 100 Free-6th, 200 Free-5th, 400 Free-7th, 100 Back-10th, 100 Fly-7th, and 200 I.M.-7th.

Lavelle Stoinoff, 100 Back-6th, 200 Back-3rd, & 200 Breast-2nd

Joyce Bahler, 100 Breast-10th, 200 Breast-7th, 200 Fly-8th, and 400 IM-6th.

Petey Smith, 50 Free-8th, 100 Free-3rd, 200 Free-3rd, 400 Free-4th, 800 Free-5th, and 400 I.M.-7th.

Margaret Wells, 200 Fly-8th.

Pauline Stangel, 1500 Free-4th.

Elfie Stevenin, 200 Fly-10th.

Helena Hoffman, 100 Fly-8th, 200 IM-5th, and 400 I.M.-9th.

Hazel Bressie, 200 Back-7th.

John Keppeler, 100 Free-2nd.

Dirk Marshall, 100 Free-6th, 50 Fly-2nd, and 100 Fly-2nd.

Alex Stiles, 400 Free-3rd, 200 Back-8th, and 200 I.M. 9th.

Curt LaCount, 50 Back-9th.

David Burleson, 200 Back-10th.

Steve Johnson, 400 Free-9th, 800 Free-10th, and 1500 Free-3rd

Allen Stark, 50 Breast-5th, and 100 Breast-9th.

Mike Dirksen, 100 Breast-4th, 200 Breast-2nd, and 50 Fly-2nd.

Richard Boyd, 1500 Free-3rd, 200 Breast-5th, 400 I.M.-6th.

Robert Smith, 50 Back-6th, and 100 Back-7th.

Floyd Elliott, 50 Back-4th, 100 Back-4th, and 200 Back-3rd.

Andrew Holden, 50 Free-5th, 100 Free-5th, and 50 Fly-2nd.

Gerald Huestis, 200 Free-9th, 50 Back-9th, 400 I.M.-3rd.

Bob Morrison, 50 Breast-6th.

Earl Walter, 100 Fly-9th, and 200 I.M. 8th.

Jack Hoey, 200 Back-7th.

and Relays....

Women 120+Free-2nd, Davis, Austin, Hecksel, McKay  
160+Free-8th, Rousseau, Belford, Hunscher, Cooper  
240+Free-6th, MAC-Stoinoff, Austen, Bahler, Wolfe  
120+Medley-10th, Krehbiel, Austin, Smith, Davis  
160+Medley-6th Belford, Himstreet, Rousseau, McKay  
240+Medley-7th, MAC Austen, Stoinoff, Bahler, Wolfe

Men 100+Free-4th, Kahl, Roth, Watkins, Walker  
120+Free-6th, MAC, Marshall, Burleson, Morehouse, Keppeler  
160+Free-9th, Dasch, Pendleton, Scharpf, Hickerson  
200+Free-10th, Petersen, Smith, Boyd, Fanning  
280+Free-4th, Huestis, Elliott, Walter, Holden  
10th, Mack, Young, Hoeptner, Morrison  
100+Medley-3rd, Roth, Watkins, Kahl, Walker  
160+Medley-6th, Zell, Stark, Pendleton, Dasch  
200+Medley-7th, Smith, Boyd, Petersen, Thayer  
280+Medley-7th, Young, Eckhardt, Walter, Mack  
100+Mixed Free-5th, Roth, Goddard, Potter, Mills  
9th, Marshall, Lampi, Bahler, Keppeler  
120+Mixed Free-2nd, Reinhard, Goddard, Mills, Schrag  
100+Mixed Medley-6th, Roth, Potter, Heim, Goddard  
120+Mixed Medley-3rd, LaCount, Schrag, Goddard, Mills  
160+Mixed Medley-6th, McKay, Dasch, Stark, Rousseau  
9th, Belford, Dirksen, Pendleton, Cooper

**Congratulations to all of you !!** You have received the highest honor that Masters Swimming can bestow. FINA Top Ten Patches are available for \$5.00 and the numerical year patch which goes along with it is \$3.00. The 1992 FINA Top Ten was compiled from information submitted by 20 countries around the world. That's it for now...Stay with it and stay fit !!



# **1993 USMS LONG DISTANCE NATIONAL CHAMPIONSHIP 6000 YARD POSTAL SWIM**

**&**

## **1993 MCCM MASTERS 1000 YARD POSTAL SWIM Sponsored by the MCCM Masters Swim Team**

### **6000 CHAMPIONSHIP POSTAL SWIM**

#### **AWARDS**

- USMS Championship medals will be awarded to the top three finishers in each category. Patches will go to all winners.

#### **COURSE**

- 6000 yards (240 lengths) in any pool 25 yards in length.

#### **RELAYS**

- Relay times shall consist of the cumulative time of three swimmers entered in the individual 6000 event.

#### **SANCTION**

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND93/94 1 SC.

### **1000 YARD POSTAL SWIM**

#### **AWARDS**

- Ribbons will be awarded to the top three finishers in each category.

#### **COURSE**

- 1000 yards (40 lengths) in any pool 25 yards in length.

#### **RELAYS**

- Relay times shall consist of the cumulative time of six swimmers entered in the 1000 swim event.

#### **SANCTION**

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND 93/94 2 SC.

### **AGE GROUPS**

- **INDIVIDUAL:** Male and female in five year age groups 19-24, 25-29, etc. to 95+.
- **RELAYS:** 19+, 25+, 35+, etc. to 95+ with teams composed of competitors who have entered the individual event. Age of the youngest swimmer determines age of relay. Relay members must be registered with the same club, no unattached relays.

### **DATES**

- Swim must be completed between September 1, 1993 and November 31, 1993. Entries must be postmarked no later than December 15, 1993 and received by December 26, 1993.

### **ELIGIBILITY**

- Open to all currently registered Masters swimmers nineteen years of age and older as of November 30, 1993. Swimmers who change age groups during the event may enter twice but must swim twice (before and on or after the birth date).

### **ENTRY FEES**

- **INDIVIDUAL:** \$8.00 U.S. funds -- **RELAYS:** \$12.00 U.S. funds.

### **OBJECTIVE**

- To determine the top three finishers in each category by time. Should more than one swimmer complete the event in the same time, a tie will be declared.

### **RELAYS**

- Must be submitted on a separate form which includes relay member's names and cumulative time and mailed with the individual entries or a photocopy of members' individual entries.

### **RESULTS**

- Results will be compiled and distributed to all participants.

### **RULES**

- Current USMS rules will govern the conduct of the meet. No drafting.
- Results must be submitted with 100 yard splits (form attached).
- A starter/referee and timer/recorder/witness to count laps/record splits/final time must be present.
- Swimmer, witness and official must sign the official entry form.
- Copy of current USMS registration card must accompany entry.

### **T-SHIRTS**

- Commemorative t-shirts may be ordered. MCCM Masters reserves the right to return orders if there are insufficient numbers.

# OFFICIAL ENTRY FORM -- 6000 NATIONAL CHAMPIONSHIP/1000 POSTAL SWIM

(Legible photocopies of this form are acceptable)

## RELAYS MEMBERS

RELAY ENTRY TIME 6000 X 3 swimmers \_\_\_\_\_ \$12.00 \_\_\_\_\_  
 RELAY ENTRY TIME 1000 X 6 swimmers \_\_\_\_\_ \$12.00 \_\_\_\_\_  
 INDIVIDUAL ENTRY TIME 6000 \_\_\_\_\_ \$ 8.00 \_\_\_\_\_  
 INDIVIDUAL ENTRY TIME 1000 \_\_\_\_\_ \$ 8.00 \_\_\_\_\_  
 T-SHIRT S-M-L-XL (circle size) \_\_\_\_\_ \$10.00 \_\_\_\_\_  
 TOTAL ENCLOSED \$ \_\_\_\_\_

NAME \_\_\_\_\_  
 NAME \_\_\_\_\_  
 NAME \_\_\_\_\_  
 NAME \_\_\_\_\_  
 NAME \_\_\_\_\_

CHECK (U.S. FUNDS) payable to MCCM Masters Swim Team.  
COPY OF USMS/CASA REGISTRATION CARD must be included.  
WAIVER must be signed.  
WITNESSING SIGNATURES & SPLIT SHEET must be completed.

MAIL ENTRIES TO:  
 MCCM Masters Swim Team  
 C/O Betty J. Barry  
 1403 Victor Holcomb Road  
 Victor, New York 14564-9310

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

Competitor's Signature \_\_\_\_\_ Date \_\_\_\_\_

Counter/Verifier's Signature \_\_\_\_\_ Date \_\_\_\_\_

Official's Signature \_\_\_\_\_ Date \_\_\_\_\_

NAME: \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ USMS# \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS: \_\_\_\_\_

	City	State	Zip	Phone #
50 _____	1050 _____	2050 _____	3050 _____	4050 _____
100 _____	1100 _____	2100 _____	3100 _____	4100 _____
150 _____	1150 _____	2150 _____	3150 _____	4150 _____
200 _____	1200 _____	2200 _____	3200 _____	4200 _____
250 _____	1250 _____	2250 _____	3250 _____	4250 _____
300 _____	1300 _____	2300 _____	3300 _____	4300 _____
350 _____	1350 _____	2350 _____	3350 _____	4350 _____
400 _____	1400 _____	2400 _____	3400 _____	4400 _____
450 _____	1450 _____	2450 _____	3450 _____	4450 _____
500 _____	1500 _____	2500 _____	3500 _____	4500 _____
550 _____	1550 _____	2550 _____	3550 _____	4550 _____
600 _____	1600 _____	2600 _____	3600 _____	4600 _____
650 _____	1650 _____	2650 _____	3650 _____	4650 _____
700 _____	1700 _____	2700 _____	3700 _____	4700 _____
750 _____	1750 _____	2750 _____	3750 _____	4750 _____
800 _____	1800 _____	2800 _____	3800 _____	4800 _____
850 _____	1850 _____	2850 _____	3850 _____	4850 _____
900 _____	1900 _____	2900 _____	3900 _____	4900 _____
950 _____	1950 _____	2950 _____	3950 _____	4950 _____
1000 _____	2000 _____	3000 _____	4000 _____	5000 _____
				6000 _____

# PLANNING THE SEASON - PART TWO

*by Mary Lou Monteith*

The last newsletter contained some suggestions for planning a swim season that incorporated a number of different types of training designed to develop the various anatomical and physiological systems that contribute to optimum swimming performance. Utilizing a variety of training techniques also serves to keep swimmers interested and motivated. Following is an outline of five types of training, the physiological systems they are designed to develop, and some general principles for workout design. Also included is a chart with some specific workout suggestions, but please keep in mind that these are only a few of many possibilities. Almost any repeat distance can be used in each category (except speed) if the **intensity** and **rest intervals** are properly controlled.

Suggestions for emphasis on the different types of training during different parts of the swimming season are given at the end of the article.

## AEROBIC TRAINING

Aerobic training provides the base upon which all the other types of training can build. Overloading by means of gradually increasing volume, it stimulates all the mechanisms involved in oxygen utilization. By itself it does not prepare the swimmer to compete in repetitive manual efforts (the typical swim meet), but enhances quick recovery from more intensive training and competition and increases the ability to tolerate stress. Stimulation is provided to both the circulatory and respiratory systems as well as specific swimming musculature.

Aerobic training is accomplished through high volume, steady pace work at 60%-75% effort, long moderate intensity repeats with short rests, and the progressive increase of intensity from easy to moderately intense within one workout.

## ANAEROBIC THRESHOLD TRAINING

The anaerobic threshold is the intensity at which the production of lactic acid exceeds the ability of the body to remove it. With proper training, the athlete can work at a higher percentage of his maximum ability ( $\text{MAX VO}_2$ ), without excess lactate accumulation, due to a higher anaerobic threshold.

This type of training elicits feelings of mild distress, with heart rates from 71%-75% earlier in the season up to 85% as the athlete raises his threshold later in the year. A general rule for intervals is to have the rest equal to the swim time.

## MAXIMAL OXYGEN CONSUMPTION ( $\text{MVO}_2$ )

Both the central and peripheral parts of the oxygen delivery system have to be developed maximally for optimum performance. This means that these systems must be overloaded for periods long enough for all systems to be brought into play, at least three minutes at heart rates of 85%-90%. Shorter work intervals at high intensity with short rest periods can also be effective through a cumulative effect. This type of workout is quite stressful, with breathing quite laboured at the end of each repeat.

## LACTIC ACID TOLERANCE TRAINING

The purpose of this type of training is to develop buffering systems, enhance removal mechanisms, and develop tolerance for the acidic effect and pain of lactic acid accumulation. This capacity is essential for strong finishes. This type of training has to be painful, as the objective is to cause lactate accumulation so that the athlete learns to tolerate and adapt. The intensity is maximum or near maximum, with rest intervals between sets long enough for lactate removal, so that the high intensity effort can be repeated.

## SPEED (PHOSPHATE SYSTEM) TRAINING

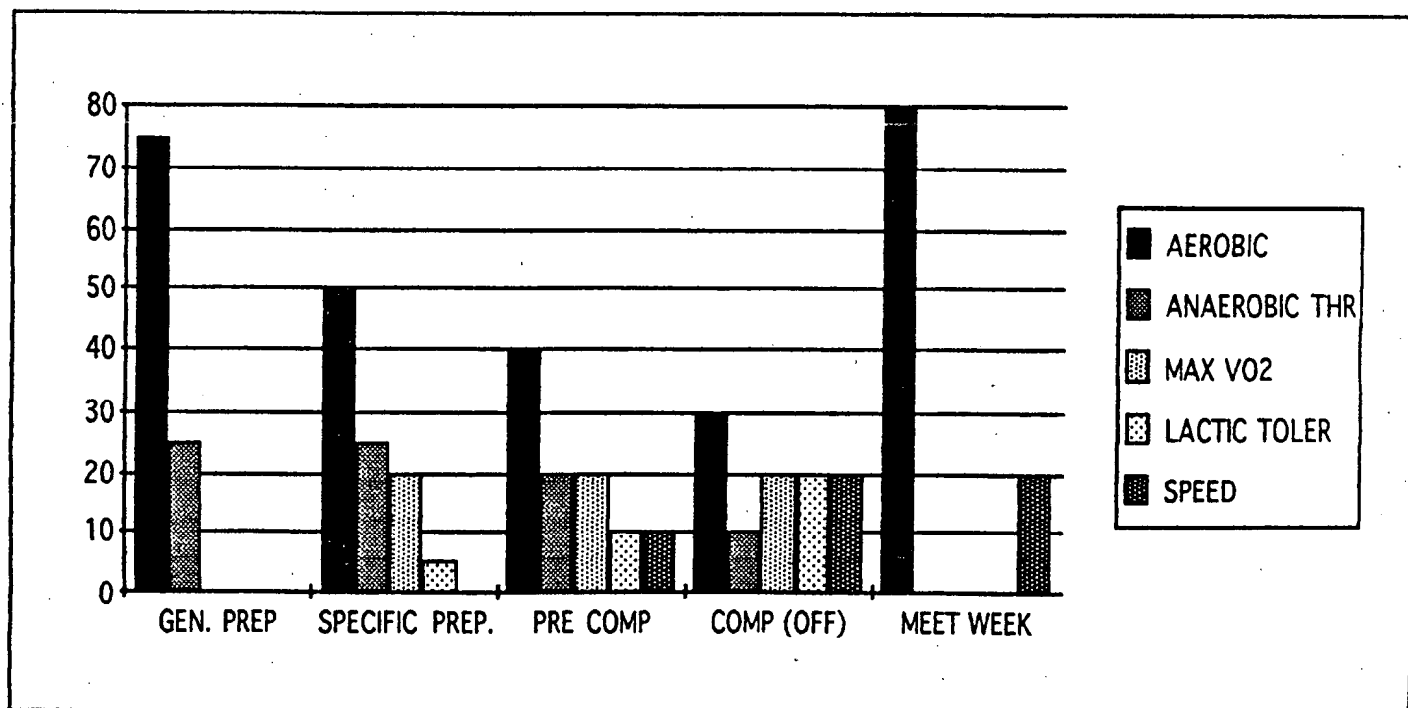
The working muscles' immediate source of energy is the stored ATP-CP, which is used until the anaerobic (lactate) and aerobic systems kick in. To increase the supply of stored ATP-CP, and the enzymes necessary for its use, requires a specific type of training. At the same time, neuromuscular responses involving fast twitch muscle fibres are being stimulated.

Very short work periods (4-15 seconds) at close to maximum effort are required, with lots of rest in between. Speed training should not hurt, since muscle pain is a sign of lactic acid accumulation. While the current trend in coaching is to introduce speed work earlier in the season than previously, it is important that muscles, ligaments and tendons are properly prepared before maximum efforts are attempted. 25-metre acceleration swims provide an excellent lead-in to speed work.

### SUGGESTED WORKOUTS FOR THE DIFFERENT TRAINING TYPES

TYPE	DISTANCE (M)	REST INTERVAL	HEART RATE	EFFORT/SPEED	
				EARLY	LATE
<b>AEROBIC</b>	10 x 100 6 x 200 4 x 400	15-30 sec. 30 sec. - 1 min. 1 - 2 min.	65% -75%	> 60%	> 60%
<b>ANAEROBIC THRESHOLD</b>	5 x 100 3 x 200	1.5 min. 3 min.	75% - 85%	75% - 85%	85% - 90%
<b>MAX VO<sub>2</sub></b>	4 x 200 2 x 400	1.5 min. 3 min.	90%	80% - 85%	85% - 90%
<b>LACTATE TOLERANCE</b>	4 x 50 x 2 8 x 100 4 x 200	30 sec./5 min. 3 min. 5 min.	95% - 100%	> 85%	> 95%
<b>SPEED</b>	16 x 12.5	2 min.			> 95%

### PERCENTAGE OF TRAINING TIME DEVOTED TO THE DIFFERENT TRAINING TYPES DURING THE SEASONS' PHASES



## COMPETITIVE PERIOD

### PRE PHASE - late November to late January

GENERAL OBJECTIVES	Refine strokes Refine starts, turns, finish Develop pacing strategies Develop mental strategies for competition
TYPES OF TRAINING	Aerobic 40%, H.R. 65%-75%, feeling easy Anaerobic Threshold 20%, H.R. 75%-85%, moderately intense Max VO <sub>2</sub> 20%, H.R. 85%-90%, breathing really hard Lactate Tolerance 10%, H.R. near max., muscles really hurt Speed 10%, H.R. not applicable, effort max. but no muscle pain
GENERAL CHARACTERISTICS	Volume remains high until latter part, then drops Intensity gradually increases to high

### MAIN PHASE - late January to mid-May

GENERAL OBJECTIVES	Maintain strokes, starts, turns Adjust pacing strategies Fine-tune mental strategies
TYPES OF TRAINING	<b>With no competition on weekend:</b> Aerobic 30% Anaerobic Threshold 10% Max VO <sub>2</sub> 20% Lactate Tolerance 20% Speed 20% <b>With competition on weekend:</b> Aerobic 80% Speed 20%
GENERAL CHARACTERISTICS	Volume generally low but higher in non-competition weeks Intensity high but non-stressful training in competition weeks

I hope that you will find these suggestions for season planning and workout design helpful. Please remember that these are general guidelines only. It is essential to understand the basic principles and be prepared to adjust to the specific situation and the individual athlete. Above all, it is important that workouts be something that the swimmers look forward to. Keep them varied and fun.

## LORDY, LORDY, LOOK AT ALL THE WOMEN TURNING 40 !!!

*Theresa Baisley, Nancy Brown, Kathi Bullock, Teri Hendrix, Al Lien, June Mather, and Belinda Wheeler*

They are celebrating their 40th birthdays by inviting up to 15 people to swim a POWER WORKOUT.

How 'bout it ?? 40 x 100's on 1:30...or...20 x 100's on 3:00...or...40 x 50's on 1:30...or...

**A fun time will be had by all. Sign-up early, SPACE IS VERY LIMITED.**

**Call Kathi Bullock at 636-3815 to reserve a space.**

**Saturday, November 6th 7:00 - 8:15 a.m. Lewis and Clark pool**

# 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
Eugene / Slow Masters	SLO	Robert Huizenga	485-6621
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**

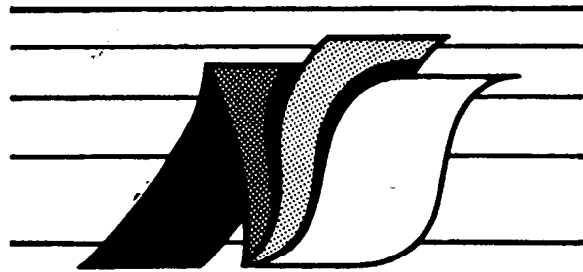
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**In this issue: Pride of Portland meet results, Ol' Barnacle, "Planning A New Season - Part II", & meet entry forms.**