

Aqua-Master

Volume 24, Number 1 January, 1997



THE CHAIR'S CORNER

by Eric Guest

The workout for January is by Steve Tarpinian author of **THE ESSENTIAL SWIMMER**. Copyright 1996 by Steve Tarpinian. Reprinted from **The Essential Swimmer** with permission of Lyons & Burford, Publishers. 31 W. 21st Street, NY, NY 10010. (212-620-9580)

1. Warm-Up 200-500, easy pace
2. Drills 3 x 100 drills (basic and specific for you)
3 - 5 x 100 kick on side drill
3. Main Set (Mr. Tarpinian describes a variety of main sets - here are several examples)
Tarp's Torture- 6 -12 x 100. Drop the inter-
continued on page 4

This New Year brings another exciting array of meets scheduled, pool and open water, thanks mainly to the hard work of Vice Chair Tim Waud and Open Water Chair Dan Gray. The hard work does not end here. After each meet has been awarded and sanctioned, the Meet Director has to arrange for all the officials, timers, life guards and a number of support personnel i.e. electronics, safety marshals, runners and hospitality etc. not to forget pool condition and temperature. I am sure I have omitted a step or two, but my point is this is all done voluntarily for our enjoyment, competition and camaraderie. So if you walk by the personnel working these meets, please stop and tell them how much you appreciate what they are doing. Next, I would like to put in print, my thanks to a very busy chap who has received a lot of flack from the board for being a bit tardy getting the news out to you, the

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Barnacle

reviews results records

by Earl Walter

1996 NW Zone SCM Championships
Oak Harbor, Washington

Your reporter's correspondent, Dave Radcliff, was "Jonny on the Spot", delivering the results to OB and rendering comments. Dave said: "The meet at Oak Harbor was excellent, nice facility, nice people, a fun pizza get together Saturday night". It was appropriate that Dave (Cal Bear), stood in for OB, who skipped the meet to root his Ducks on to victory. Event by event results are speedy, but necessitate a person by person report according to the order of events, so, "and away we go":

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Calendar and Meet Schedule 1997

Date	Event	Location
*Feb 1-28	Postal	USMS February Fitness Challenge
Feb 1-2	SCM	Spokane, WA Fairchild Airforce Base
Feb 14-15	SCY	Anchorage, AK Alaska Masters State Championships
*Feb 14-16	SCY	Federal Way, WA PNA Championships
Mar 2	SCY	Yakima, WA Lyons Pool
*Mar 8-9	SCM	Bend, OR Juniper Aquatic Center
*Mar 15-16	SCY	Gresham, OR Mt. Hood Aquatic Center
March 22	SCY	Seattle, WA Helene Madison Pool
*April 4-6	SCY	Ashland, OR Oregon Association Championships
April 12-13	SCY	Bangor, WA Bangor Naval Base
April 25-27	SCY	Boise, ID NW Zone SC Yards Championships
May 15-18	SCY	Federal Way, WA USMS National S.C. Championships
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
July 19	Open Water	Ashland, OR Southern Oregon Lake Swim Squaw Lake
Aug 14-18	LCM	Orlando, FL USMS National L.C. Championships
Aug 1998	LCM	Gresham, OR Nike World Masters Games

*** Meet entry form enclosed in this issue**

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803.

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

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.

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Shauna Simpson, one of our new swimmers, 25, started off with a gold in the 400 Free at 5:07.65 (TT6), gold in the 50 Fly on a new OMSR at 33.52, add a gold at 5:46.00 (TT9) in the 400 IM, just missing the OMSR 5:45.02.

Jeanne Thimm (33) picked up the gold for the 400 Free at 6:27.00, plus a silver for the 200 in 3:04.73, add a gold for the 100 Back at 1:33.87, a 4th gold for the 100 Free in 1:14.21, more Gold for the 200 IM swum in 3:27.32. Way to go-Jeanne!

S.Stoneham (25) Welcome to OMS - 400 Free in 4:49.94 for silver(OMSR is 4:42.88), gold in the 50 Free at 27.38, bronze for the 200 Free at 2:16.17, gold for the 1500 in 19:33.26, a new OMSR, was M Jonson from '87, silver-100 Free at 1:02.06, winding down with a bronze for the 100 IM in 1:13.02.

David Radcliff (62) 400 Free in 5:30.60, ZR(TT4) was Welsh free '92, 200 Free at 2:32.08, ZR(TT1?) was Welsh '92, then a 21:47.84, ZR(TT1?) for the 1500, was Young '86. Summary : 3 swims, 3 Zones, 3 Golds. WOW and WOW

Gil Young (74) gold 400 Free in 6:43.67 (TT7) record, his at 6:41.85, compare to 6:49.66 his best in '95, gold 200 Free at 3:09.83(TT6), compare w/3:13.07 '95, gold 800 Free in 13:56.51(TT5)'95-14:13.78. Now that-sports fans-is growing old in style!

John Zell (39) Gold-200 Back-2:29.81, Gold-100 Back-1:08.69, will be turning 40 on Jan 7th, watch out TT here comes Z Man!

George Thayer an update-George was entered in this meet, but was sidelined by a heart attack. OB is overjoyed to report that our latest All American is recovering, had open heart surgery, His surgeon said that his recovery was the fastest he had seen in 15 years of practice. We are with you George, all the way!

Eric Guest (67), swam for a gold in the 50 Free (33.48-TT4), plus gold for the 50 Fly in 40.94, and a 3rd gold for the 100 Free at 1:18.30 (TT10)

Ginger Pierson (50) Gold-100 Breast (1:27.34 TT1), Gold-100 Back (1:27.23 ZR TT1), Gold-50 Breast (39.75 ZR TT2), Gold-200 IM (3:02.30 ZR TT2), Gold-50 Back (40.08 ZR TT1) If Ginger does not make, USMS Swimmer of the Year in her age group for 1996, then patient readers your reporter has bats in his belfrey. As your records keeper, I am looking forward to 1997, Ginger will swim in one age group only. Almost forgot, SCM at Mountain View, CA. GP swam up a storm in the Pacific Masters SCM CHAMPS, picked up 4 Golds and 2 Silvers, those splashes added up to 3 new Zone Records. Not too shabby.

Tim Waud (29) Gold-100 Breast(1:16.98-OMSR is 1:15.48), Gold-50 Breast(35.20), Gold-200 Breast (2:49.33-OMSR was M. Roth free '93, and should be TT7), plus a gold for the 100 IM at 1:08.23, Vice Chair you did good!

Pat Allender (38) Gold-100 Breast (1:14.73 TT8), Gold-50 Fly (29.78), Gold-400 IM (5:17.37 TT6, OMSR is 5:10.95, Pat swam a 5:17.15 in '95, Gold-50 Breast (37.41), all capped with OMSR in 200 IM(2:25.21 TT3) was Burleson free '94, plus OMSR for the 200 Breast at 2:38.56 TT3, was Allen Stark from '88. Outstanding!

Allen Stark (47) Gold-50 Fly (30.97) Gold-50 Breast (33.34 ZR, was Stark 33.35, also should hold for TT3), Gold-200 Breast (2:46.11 TT3), last but not least a gold for the 100 Breast (1:14.04 TT4) Allen, you are great!

OB has seen some heavy metal mined in 20 plus years with OMS, but this small band of STARS really did a number, Congratulations !

This n That ...A most wonderful surprise, a letter from LOUISE HEPNER. Hepner swam for us back in the early 80's, was then, and is now, one of the very best Masters swimmers anywhere. Sorry to say she is swimming in the Islands for Kamehameha Masters. Just entered her first meet in many many years, take a look at these swims : at 71 years young ... Long Course Meters ...100 Breast - 2:03.93 (TT7),

"the Workout" continued from page 1

val by 10 seconds every two 100s. Start with interval 1:10 slower than best 100 time. Set is over when you cannot make interval. Example: if best 100 time is 1:00, first two 100s on 2:10. Next two on 2:00, etc.

25 / 75 Hike! 10 x 75s with 30 seconds rest.
steady pace.
20 x 25s, alternate easy/hard,
with 30 seconds rest. Note:
Really go for speed on the 25s.

4. Drills 200, stroke drills

5. Cool down 200 - 500, easy swim

A HALF-HEARTED WORKOUT TO PREPARE FOR THE RACE OF MY LIFE

by George Thayer

Heeding the call for copy to the Aquamaster, I had been toying for months with ideas to send from Central Oregon Masters. On November 11, after a Monday workout a story idea came to me in a most graphic way.

Monday workouts always feel hard. It's like you have to start over each week. I wasn't going to do too much on Nov. 11, since it was a holiday and I was going to bring my mother over to dinner. The last of the workout, Leroy and I decided to do a set of five descending 50's. On the last one we pushed pretty hard and afterward I just wasn't recovering. It hurt across the top of my chest and I couldn't do my usual warmdown. I just lay on my back and kicked a little. Things subsided, but it still didn't feel right. I slowly dressed and went to the store to get dinner food. The pain and tightness had subsided, but I had a continued unsettling feeling. I was driving down the hill past St. Charles hospital and Bend Memorial Clinic when I broke out in a total sweat and became nauseous. I stopped in the clinic parking lot incase I was to get sick, thinking that this flu had really come on fast. I got out of the car, and after a few deep breaths the nausea went away, but I caught a glimpse of myself in the side view mirror as I was getting back into the car. I didn't like what I saw so I decid-

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IT'S TOUCH FREESTYLE TIME

by Debbie Gregoire

Some call it "catch-up freestyle". Either way, most people make a nasty face when told it is time for this invaluable drill. "Touch freestyle" is described as: streamline off the wall, the right arm pulls down the center of the body under water, recovers, then touches the left outstretched hand before the left arm does the same thing. The left arm touches the right hand before the right arm strokes again.

When swimming, people think of a variety of tunes, incidences of the day, and what's for dinner, but few think about their stroke. Everyone's stroke needs a tune-up every now and then. Listen carefully, you may learn something here....

When swimming "touch freestyle" the stroke is lengthened by making sure the pull starts from a position above the the head, pulling all the way under water, and exiting the water at the thigh before recovering and touching the other hand. The kick HAS to become stronger because the stroke has slowed down. Because of fewer strokes, "touch freestyle" should not be swum fast - it is a DRILL and should enable the swimmer to think about what the stroke is doing.

I had Fred swim 25 yards of regular freestyle - the stroke he would use for a typical long distance workout. Fred COUNTED HIS STROKES. How many strokes/ Let's critique Fred's length. Fred swam his first length in 25 strokes, which would amount to 100 strokes per 100 yards. (Wow - that's a lot of strokes if he's swimming a 500 or longer.) Fred then swam a length using "touch freestyle". Fred swam that second length in 15 strokes. That's a full 10 strokes less PER LENGTH than before.

Fred then swam a few more lengths using "touch freestyle". Each length he counted his strokes - which was about 14 or 15. "How did that feel?" is a phrase that should be used here. Asking Fred how it felt told me the answer I needed to hear. "My arms feel more tired than when I usually swim a few lengths." So, what we have here is: Fred is swimming four lengths in approximately

continued on page 7

AH THE GLORY DAYS OF OREGON MASTER SWIMMING

A letter to John Zell from Susan Manning

Dear John,

I remember Oregon as if I were swimming with my old water chums just yesterday. It feels like I should be hearing the golden voice of John Zell making fun of my last place finish over the entire pool, or perhaps see Eric Guest's inspirational cheering as I struggle through a 400 m for the first time. The memories of seeing Phil King kick some bootie in events I never knew he could swim or Ginger Pierson capturing yet another gold. I miss the days of meetings for the 1995 Long Course National Championships, those baskets of popcorn amidst the friendly faces trying to accomplish a huge task that the whole state would be proud to host. I miss my small, yet strong family-like **Riverplace Athletic Club Masters** that kept me going through so much change and my decision to be stupid enough to leave Oregon.

But the thing I miss the most is the outstanding newsletter that is put together each month! I never knew how good I had it until I left!

Upon my return home I immediately signed up for our local club and was hoping to experience those same feelings of union withing a state, of information being shared from team to team, list of events that boggled the mind (not to mention the body!).

Alas, I am with an inferior organization that has long since let the newsletter become part of history. No more calendar, list of officers, results from local meets and those abroad, no entry forms, membership slips and worse yet, no wonderfully inspirational articles written by the authorities supporting the Oregon Masters Swimming Organization. In fact, our local committee does not sponsor a state meet anymore and has been taken over by the largest team in the state in order to provide the one of only a few meets throughout the year in Illinois. We have no holiday festival, no end of the year banquet, no coaches clinic or state wide sponsored events of any kind. When we went to the 1996 USMS Long Course National Championships at University of Michigan we couldn't even get our relays right because an individual took the responsibility to handle the task without support from the local committee. *continued on page 6*

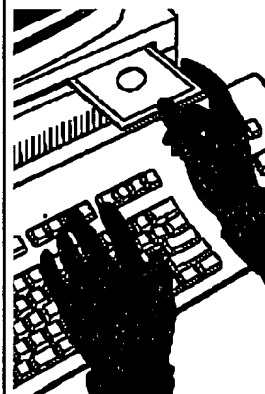
If you enjoy reading things other than meet results and entry forms.....

It's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.

Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.



For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your point total moving you up the ladder of certified levels.



Please make a contribution to something you and your fellow members enjoy reading each month.

Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word,

Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII text file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact John Zell at 503-282-9347. Mail your articles to: Aqua-Master, 4640 N.E. 36th Ave., Portland, OR 97211-7618



IT'S YOUR NEWSLETTER!

HELP WANTED

Oregon Masters Swimming is seeking computer literate individuals to operate it's HyTek® meet management program at swim meets.

THIS IS A PAID POSITION !!

For more information,
please contact

Tim Waud at 503-655-7131.

AH THE GLORY DAYS *continued from page 5*

So my point guys and gals is this, you never appreciate what you have until it's gone and right about now, I am REALLY missing Oregon Masters Swimming. So do yourself a favor and be proud to be an Aqua-Master receiver, reader **AND A CONTRIBUTOR!** Don't let your fabulous newsletter go to the wayside. You have a great source of information and an excellent organizational tool to inspire you and bond you as a state-wide team. Thank you for letting me be part of that team during my stay in Oregon and I'll see you at the next National Short Course Championships in Federal Way!

Best regards, Susan Manning

P.S. Hi to my cross-training cohorts, Chilly Willy, Joy Joy, and Cowboy!

ol'Barn *continued from page 3*

100 Free-1:32.03 (TT4), 200 Free-3:28.94 (TT6) 50 Free-39.01 (TT3). Louise, move back to Oregon! Louise chided herself for being DQed in the 50 Breast, failed to touch with 2 hands together, yes, there's been sometime out of the loop. Her time for 50 Breast was not accepted, but, 49.89, the NR is 50.08, OUCH! Also, she used her OMS # to sign up for the meet, too bad, they must have caught that, as she is entered KMST.

Those who would write:

Louise Hepner

46-159 Meheanu Loop #3258

Kaneohe, HI 96744

or call : 808 236 1388

The 50m pool at Kaneohe is one of the finest, I am jealous. Anyway, this is great news from a wonderful woman and Masters swimmer, it has definitely made my day. Thanks for a short stroll down memory lane.

That's it for now sports fans, see you the Barracuda Pentathlon, swim well and swim often.

The CHAIRS CORNER *continued from page 1*

membership. Thank you "Z-Man" for all the time and work you put into our publication. Susan Manning, the 1995 Long Course Nationals Publicity Chair, has written a letter stating that she still receives the Aqua Master and commends us on the best news letter she has had the pleasure to read. Now with the able help of Dave Radcliff, the Aqua-Master should even better. While I am on the subject, I would like to extend my thanks to STEVENS-NESS, LAW PUBLISHING CO. for printing the Aqua-Master for us. We appreciate their support over the years.

On 16-17 November, a small group from Oregon attended the SCM Zone meet at the John Vanderzicht Pool in Oak Harbor. It was a well run meet but the weather was terrible. Anyway, it was there I learned one of our standouts ticker gave him some trouble and had heart surgery. We missed you George Thayer and we wish you a speedy recovery. Dave needs the competition. In closing, I would like to assure you that all the OMS Board have your interest at heart and have done a great job. Each one of them have my gratitude - it has been a pleasure working with them. I wish you all great swimming and good health in 1997 - see you in the pool.

Welcome home Sharon Stuart it is good to have you back.

Touch freestyle continued from page 4

60 strokes compared to his old count of 100 strokes every four lengths, yet he is more tired. Wow - what a concept - taking fewer strokes, yet the arms feel more tired! What happened to Fred's stroke is this: he became more efficient by taking longer, stronger and fewer strokes, thus pulling more water under water, by taking less strokes. When a swimmer realized the concept of what "touch freestyle" can do to a stroke, and it is drilled enough into the subconscious, then the stroke can be modified to an "almost touch freestyle" where the left arm that is above the head starts to pull under water just before the right arm recovers and touches the left hand. Longer, stronger strokes can improve efficiency and build endurance. The "touch freestyle" stroke is not the stroke the swimmer uses in a meet. It can be used for critiquing and up-dating an inefficient stroke. Quit singing "Devil in a Blue Dress" long enough now and then and check your stroke by counting your "touch freestyle" strokes!

In short:

1. Swim a length, count your strokes.
2. Swim a length, using "touch freestyle" and count your strokes.
3. Compare and critique
 - a. Was my kick stronger?
 - b. What was the difference in the number of strokes per length?
 - c. How do my arms feel?
4. Swim 2 lengths - count your strokes
5. Compare and critique
 - a. Was I able to remember to do "touch freestyle" for two length.
 - b. How do my arms feel?
6. Swim 200 yards - count the strokes and critique
 - a. Arms tired? If so, now you know why. Because they are more efficient.
7. Do an "almost touch freestyle"
 - a. Feel a difference?
 - b. Stroke should be long, strong, smooth and efficient

I've had great success in using this drill with pre-swim team levels and higher. Since we're all adults here, YOU can benefit by trying this with your own stroke. (The most fun I've had in years is swimming the 3000m and 1500 m at the lake swim the Rogue Valley

Masters put on at Squaw Lake last July. Boy, those hamburgers were good!) Happy swimming.

Debbie Gregoire is a varisty high school swim coach, teaches private swim lessons, swims Masters, and coaches a pre-swim team in Medford.

Open Water News

by Dan Gray

When I accepted the invitation to become the OMS Open Water Chair my initial goals were: #1 to help develop a set of guidelines to set standards for Oregon open water events, #2 to promote Open Water swimming within the state so that swimmers who are interested can have a variety of events to choose from, & #3 to bring a National Championship Open Water event to Oregon. Timing is everything, and because there are some very dedicated members within OMS who are willing to host events in the coming year, I believe the three original goals will be met before too long.

The one major realization I have encountered is that most of Oregon swimmers have been in the Dark-Ages regarding Open Water events. While my primary interest is to see open water swimming in Oregon grow in popularity, I also have interest in events held outside of Oregon, so if you have information to share.....

There will always be space in the Aqua Master for tidbits of information, stories, personal experiences and debate regarding Open Water swimming. If you have any ideas or comments please feel free to mail them to me and I will see that they are printed in the Open Water News portion of the Aqua Master. Again, please send them to me, and then I can forward the news to John & David.

OPEN WATER SWIMS

1997 Tentative Schedule

June 7th	1 & 2 Mile	Lake Berryessa, CA.
June 15th	Alcatraz 1.5 Mile	San Francisco, Ca.
July 19th	1 & 2 Mile	S. O. Lake Swim
Aug 2&3rd	1&2Mile+500Sprint	Bend , OR.
Aug 3rd	7.38 Mile	Penticton, BC. Skaha Lake
Aug 9th	2.8 Mile	Donner Lake, CA.
Sept 7th	1&2 Mile	Whiskeytown Lake CA.
Oct. 4th	Alcatraz II	San Francisco, Ca.
Oct 5th	Golden Gate II	San Francisco, Ca.

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A Half Hearted Workout continued from page 4

ed to go right into the clinic's urgent care. It's thebest decision I ever made. The doctor took one look at me, gave me some aspirin to chew, a nitro to put under my tongue and slid an IV in me. By this time the pain had subsided and I wondered why we had to go over to the hospital. To cut the story short, the cardiologist said I had a total blockage in the very worst place I could have one, at the top of the left coronary artery, and that if I had been 10 minutes later, he wouldn't have been able to help me. I think he may have been exaggerating; I probable could have gone 11 or 12 minutes. After all, I'm used to going anaerobic.

Now here's the part of the story that might be of interest to those of your who train hard. The left coronary artery was 70-80% occluded (blocked) before the attack, thus the title of 'half=hearted workouts'. I just figured that I was a fast twitch guy and anything over 100 yards was not my race. But here's the kicker: the surgeon said that I had the largest right side artery he had ever seen. It seems to me that some of the left side vessels had snuck over and were getting some nourishment from the right as a result of five years of masters training. The explanation for the second part of the title, 'race of my life', pertains to what the surgeon told me after the double by-pass operation. He said that in 15 years of doing bypass surgery, I was the first person he had seen survive this particular blockage. I attribute the survival largely to my conditioning and training.

My message to you swimmers is to keep in condition and train, but definitely be in tune with your body. I had been having little indicators for the past couple of weeks; a little tightness at the top of the chest during warm-up and one of my fellow swimmers asking if I felt O.K. In response to the first indicator, the tightness went away after warm-up, but I was going to look into it after NW Zones on Nov. 15 - 17. For the second indicator, if someone who knows you notices changes, it might pay to check your self a little more carefully; sometimes others see things that you don't. It doesn't mean to run to the doctor every time there is some little change, but to monitor yourself. Does it persist? Is it new? Can you feel muscle sore-

ness as opposed to something that doesn't change when you squeeze or poke it? If anyone has had similar experiences, or is anticipating having them, I would be happy to share information with your. If you have e=mail, my address is george_thayer@bendnet.com.

Finally, what a lift to my recovery to get notes and calls from my Central Oregon Masters group and from swimmers around the state. A real lift was the message left by Earl Walter the night I came out of surgery. He said that I had gotten #1 time in the nation in the 50 free long course, my first individual All American. And to think, it was only a 'half-hearted' attempt. My recovery lift shows that the village of masters swimmers supporting each other is indeed important. I hope to see all of you in the pool for Nationals in May. Anything I do there will be frosting on the cake, because I just won 'the race of my life'.

"Open Water News" continued from page 7

This schedule represents a few of the open water events planned for 97..In the next issue there should be a few more events that are planned for Oregon.

Open Water Guidelines

At the present time, OMS is developing a set of Open Water Guidelines to help race directors & swimmers by establishing a framework to conduct open water events. These guidelines are near completion and a copy will be sent to each race director who submits a request for an open water bid form. These guidelines will also be available upon request by any member of OMS or copies could be available at open water events.

If your club is interested in hosting an Open Water event for 1997, please have your race director request an Open Water Bid Form as soon as possible. Following the acceptance of the bid form, the Open Water Chairperson will mail a sanction form & a copy of the newly established Oregon Open Water Guidelines. These open water meet bid forms can be requested by calling Dan Gray 541 944-0529 in the evenings, or by mail..

February Fitness Challenge '97



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

Sponsor: Maxwell Medals & Awards

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1997, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

Age: Determined by your age on February 28, 1997

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Winter in the Water"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 18, 1997. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820 USA
Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Improving Your Swimming (Without Getting Wet)," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '97

(please print)

NAME: _____ AGE (as of 2/28/97): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

SAT FEB 1 _____ yds	SAT FEB 8 _____	SAT FEB 15 _____	SAT FEB 22 _____
SUN FEB 2 _____	SUN FEB 9 _____	SUN FEB 16 _____	SUN FEB 23 _____
MON FEB 3 _____	MON FEB 10 _____	MON FEB 17 _____	MON FEB 24 _____
TUE FEB 4 _____	TUE FEB 11 _____	TUE FEB 18 _____	TUE FEB 25 _____
WED FEB 5 _____	WED FEB 12 _____	WED FEB 19 _____	WED FEB 26 _____
THU FEB 6 _____	THU FEB 13 _____	THU FEB 20 _____	THU FEB 27 _____
FRI FEB 7 _____	FRI FEB 14 _____	FRI FEB 21 _____	FRI FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 8.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to Crawfish Masters Swim Team)	

Oregon City SCM Meet, 12/15/96

Meet Results for Session 1 - SATURDAY, DECEMBER 15, 1996 - SC Meters

Ages 19 Through 24 ---				Ages 30 Through 34 ---				Mixed 50 Breast			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Mixed 50 Free				Mixed 1500 Free				Mixed 100 Breast			
1	LAURA JUCKELAND	23 MACO	31.92	1	JEANNE THIMM	33 OREG	25:09.13	1	SUSAN CASE	47 OREG	48.91
2	JUSTINE HANSEN	20 OREG	32.30					2	BONNIE SUMMERS	45 OREG	1:02.10
Mixed 100 Free				Mixed 50 Back				Mixed 200 Breast			
1	JUSTINE HANSEN	20 OREG	1:09.86	1	JEANNE THIMM	33 OREG	42.44	1	BONNIE SUMMERS	45 OREG	2:13.30
2	LAURA JUCKELAND	23 MACO	1:10.77					1	SUSAN CASE	47 OREG	3:42.37
Mixed 200 Free				Mixed 100 Back				Mixed 50 Fly			
1	JUSTINE HANSEN	20 OREG	2:34.36	1	JEANNE THIMM	33 OREG	1:31.54	1	SANDI ROUSSEAU	49 OREG	38.84
Mixed 400 Free				Mixed 50 Fly				Mixed 100 Fly			
1	JUSTINE HANSEN	20 OREG	5:30.82	1	JEANNE THIMM	33 OREG	37.14	1	SANDI ROUSSEAU	49 OREG	1:32.83
Mixed 200 Back				Ages 40 Through 44 ---				Mixed 100 IM			
1	LAURA JUCKELAND	23 MACO	2:34.73	PL	Name	Age Team	Finals	1	SANDI ROUSSEAU	49 OREG	1:35.81
Ages 25 Through 29 ---				Mixed 50 Free				2	BONNIE SUMMERS	45 OREG	2:09.72
PL	Name	Age Team	Finals	1	DEBBIE ANDERSON	44 OREG	37.46	Ages 50 Through 54 ---			
Mixed 50 Free								PL	Name	Age Team	Finals
1	CATHY LAW	29 OREG	34.70	Mixed 100 Free				Mixed 100 Free			
2	SANDY LIU	26 OREG	35.25	1	GLORIA CALIFF	43 OREG	1:32.25	1	JEANNE ENSIGN	50 PNA	1:35.95
Mixed 100 Free				2	MARGARET TOOLE	44 OREG	1:32.35	Mixed 1500 Free			
1	CHANDRA HAISLET	27 OREG	1:05.62	Mixed 50 Back				1	PAMELA HIMSTREET	53 OREG	25:50.37
2	SANDY LIU	26 OREG	1:23.26	1	DEBBIE ANDERSON	44 OREG	42.54	2	JEANNE ENSIGN	50 PNA	27:12.81
Mixed 200 Free				Mixed 100 Back				Mixed 100 Breast			
1	CHANDRA HAISLET	27 OREG	2:31.10	1	MARGARET TOOLE	44 OREG	1:48.06	1	PAMELA HIMSTREET	53 OREG	1:45.25
Mixed 100 Back				Mixed 100 IM				Mixed 200 Breast			
1	JULIE AHRENDT	26 OREG	1:23.27	1	GLORIA CALIFF	43 OREG	1:44.11	1	PAMELA HIMSTREET	53 OREG	3:42.04
Mixed 50 Breast				2	MARGARET TOOLE	44 OREG	1:45.96	Ages 60 Through 64 ---			
1	CATHY LAW	29 OREG	45.71	Mixed 200 IM				PL	Name	Age Team	Finals
2	SANDY LIU	26 OREG	50.25	1	GLORIA CALIFF	43 OREG	3:43.63	Mixed 400 Free			
Mixed 100 Breast				Ages 45 Through 49 ---				1	LAVELLE STOINOFF	63 MACO	5:58.09
1	CHANDRA HAISLET	27 OREG	1:22.44	PL	Name	Age Team	Finals	Mixed 50 Back			
2	JULIE AHRENDT	26 OREG	1:22.45					1	LAVELLE STOINOFF	63 MACO	44.72
Mixed 200 Breast				Mixed 50 Free				Mixed 50 Breast			
1	JULIE AHRENDT	26 OREG	2:59.65	1	SANDI ROUSSEAU	49 OREG	35.57	1	LAVELLE STOINOFF	63 MACO	51.15
Mixed 100 Fly				2	FURMAN LORRAINE	47 OREG	41.13	Mixed 100 Breast			
1	JULIE AHRENDT	26 OREG	1:14.54	Mixed 100 Free				1	LAVELLE STOINOFF	63 MACO	1:47.85
Mixed 100 IM				1	SANDI ROUSSEAU	49 OREG	1:21.03	Ages 75 Through 79 ---			
1	CHANDRA HAISLET	27 OREG	1:14.72	2	FURMAN LORRAINE	47 OREG	1:30.60	PL	Name	Age Team	Finals
2	CATHY LAW	29 OREG	1:31.14	3	BONNIE SUMMERS	45 OREG	1:56.99	Mixed 100 Back			
Mixed 200 IM				Mixed 1500 Free				1	ELFIE STEVENIN	75 OREG	3:03.17
1	CHANDRA HAISLET	27 OREG	2:39.03	1	KATHY YOUNG	47 OREG	31:39.39	Mixed 200 Back			
2	JULIE AHRENDT	26 OREG	2:47.65	Mixed 50 Back				1	ELFIE STEVENIN	75 OREG	6:26.88
				1	SUSAN CASE	47 OREG	41.72	Mixed 100 Fly			
				Mixed 100 Back				1	ELFIE STEVENIN	75 OREG	3:58.47
				1	SUSAN CASE	47 OREG	1:39.61				
				Mixed 200 Back							
				1	SUSAN CASE	47 OREG	3:19.63				

Oregon City SCM Meet, 12/15/96

Meet Results for Session 1 - SATURDAY, DECEMBER 15, 1996 - SC Meters

Mixed 400 IM					Mixed 100 Fly					Mixed 200 IM						
1	ELFIE STEVENIN	75	OREG	15:55.71	:	-	A. SHAEVITZ	26	OREG	DQ	:	1	PAT ALLENDER	38	OREG	2:23.50
=====					:	Mixed 200 IM					:	2	STEVE GEORGE	37	OREG	2:28.22
--- Ages 80 Through 84 ---					:	1	A. SHAEVITZ	26	OREG	2:43.45	:	=====				
PL	Name	Age	Team	Finals	:	=====					:	--- Ages 40 Through 44 ---				
-----					:	--- Ages 30 Through 34 ---					:	PL	Name	Age	Team	Finals
-----					:	PL	Name	Age	Team	Finals	:	-----				
Mixed 200 Free					:	-----					:	Mixed 50 Free				
1	HELENA HOFFMAN	80	OREG	5:41.60	:	-----					:	1	ANDY SCHRAG	40	OREG	27.00
Mixed 200 Back					:	Mixed 200 Free					:	2	MARK CONNELL	42	OREG	30.72
-	HELENA HOFFMAN	80	OREG	DNF	:	1	JEFF KAELO	30	OREG	2:30.68	:	3	GARY HOLSWORTH	42	OREG	35.86
Mixed 200 Breast					:	Mixed 1500 Free					:	4	CHARLES HELM	40	OREG	36.31
1	HELENA HOFFMAN	80	OREG	7:27.77	:	1	JEFF KAELO	30	OREG	21:03.97	:	5	PAUL HARWOOD	40	OREG	38.12
Mixed 200 Fly					:	Mixed 200 Back					:	Mixed 100 Free				
1	HELENA HOFFMAN	80	OREG	8:44.16	:	1	PHILLIP KING	30	OREG	2:18.74	:	1	ANDY SCHRAG	40	OREG	1:00.30
Mixed 200 IM					:	Mixed 100 Fly					:	2	JESS HICKERSON	44	OREG	1:02.16
1	HELENA HOFFMAN	80	OREG	7:20.17	:	1	JEFF KAELO	30	OREG	1:20.88	:	3	CLIFF STEPHENS	41	OREG	1:06.93
=====					:	Mixed 400 IM					:	4	MARK CONNELL	42	OREG	1:09.27
--- Ages 19 Through 24 ---					:	1	PHILLIP KING	30	OREG	5:04.09	:	5	GARY HOLSWORTH	42	OREG	1:19.27
PL	Name	Age	Team	Finals	:	=====					:	6	PAUL HARWOOD	40	OREG	1:21.30
-----					:	--- Ages 35 Through 39 ---					:	Mixed 200 Free				
Mixed 50 Free					:	PL	Name	Age	Team	Finals	:	1	MARK CONNELL	42	OREG	2:37.36
1	MATT BOLES	23	OREG	27.33	:	-----					:	2	GARY HOLSWORTH	42	OREG	3:03.38
Mixed 200 Back					:	Mixed 50 Free					:	3	PAUL HARWOOD	40	OREG	3:10.99
1	MATT BOLES	23	OREG	2:22.51	:	1	STEVE GEORGE	37	OREG	25.87	:	Mixed 400 Free				
Mixed 100 Fly					:	2	JOSEPH RUWITCH	38	OREG	30.93	:	1	MARK CONNELL	42	OREG	5:43.75
1	MATT BOLES	23	OREG	1:04.88	:	Mixed 100 Free					:	2	GARY HOLSWORTH	42	OREG	6:07.22
Mixed 400 IM					:	1	JOSEPH RUWITCH	38	OREG	1:09.39	:	Mixed 50 Back				
1	MATT BOLES	23	OREG	5:16.57	:	Mixed 200 Free					:	1	CLIFF STEPHENS	41	OREG	34.35
=====					:	1	DAVID BURLESON	39	MACO	2:07.43	:	2	CHARLES HELM	40	OREG	1:00.35
--- Ages 25 Through 29 ---					:	2	JOSEPH RUWITCH	38	OREG	2:37.34	:	Mixed 200 Back				
PL	Name	Age	Team	Finals	:	Mixed 400 Free					:	1	JESS HICKERSON	44	OREG	2:53.23
-----					:	1	DAVID BURLESON	39	MACO	4:39.92	:	Mixed 50 Breast				
Mixed 50 Free					:	2	JOSEPH RUWITCH	38	OREG	5:47.74	:	1	CHARLES HELM	40	OREG	58.13
1	BACH LE	29	OREG	28.87	:	Mixed 100 Back					:	Mixed 50 Fly				
Mixed 100 Free					:	1	DAVID BURLESON	39	MACO	1:04.81	:	1	ANDY SCHRAG	40	OREG	30.51
1	BACH LE	29	OREG	1:06.02	:	2	STEVE GEORGE	37	OREG	1:05.31	:	2	CLIFF STEPHENS	41	OREG	30.99
Mixed 50 Back					:	3	JOHN ZELL	39	OREG	1:09.66	:	Mixed 100 Fly				
1	HORST NIEHAUS	28	OREG	30.97	:	Mixed 200 Back					:	1	ANDY SCHRAG	40	OREG	1:10.99
Mixed 100 Back					:	1	DAVID BURLESON	39	MACO	2:18.91	:	2	JESS HICKERSON	44	OREG	1:21.05
1	HORST NIEHAUS	28	OREG	1:05.58	:	2	JOHN ZELL	39	OREG	2:30.01	:	Mixed 100 IM				
Mixed 200 Back					:	Mixed 100 Breast					:	1	MARK CONNELL	42	OREG	1:25.12
1	HORST NIEHAUS	28	OREG	2:21.58	:	1	PAT ALLENDER	38	OREG	1:13.42	:	=====				
2	A. SHAEVITZ	26	OREG	2:57.02	:	Mixed 200 Breast					:	--- Ages 45 Through 49 ---				
Mixed 50 Breast					:	-	PAT ALLENDER	38	OREG	DQ	:	PL	Name	Age	Team	Finals
1	TIMOTHY WAUD	29	OREG	34.80	:	Mixed 50 Fly					:	-----				
2	BACH LE	29	OREG	38.09	:	1	JOSEPH RUWITCH	38	OREG	38.35	:	Mixed 50 Free				
Mixed 100 Breast					:	Mixed 200 Fly					:	1	ROBERT MAESTRE	46	MACO	27.19
1	TIMOTHY WAUD	29	OREG	1:16.36	:	1	PAT ALLENDER	38	OREG	2:33.91	:	2	DOUG PRENTICE	48	OREG	27.28
2	BACH LE	29	OREG	1:22.50	:	-----					:	3	CHRISTOPHE TOOLE	45	OREG	35.26
-----					:	-----					:	4	DAVID ROSE	45	OREG	35.56
-----					:	-----					:	-----				

Oregon City SCM Meet, 12/15/96

Meet Results for Session 1 - SATURDAY, DECEMBER 15, 1996 - SC Meters

Mixed 100 Free				Mixed 100 Back				Mixed 200 Back								
1	MARK WORDEN	45	OREG	1:01.59	:	1	ROBERT SMITH	53	OREG	1:10.28	:	1	JOHN JOENS	65	OREG	4:25.11
2	CHRISTOPHE TOOLE	45	OREG	1:21.87	:	Mixed 100 Breast				:	Mixed 50 Breast					
3	DAVID ROSE	45	OREG	1:30.11	:	1	RICHARD JUHALA	53	OREG	1:46.45	:	1	MILTON MARKS	66	OREG	41.35
Mixed 200 Free				:	Mixed 50 Fly				:	Mixed 100 Breast						
1	CHRISTOPHE TOOLE	45	OREG	3:05.74	:	1	ROBERT SMITH	53	OREG	30.48	:	2	JOHN JOENS	65	OREG	1:04.66
Mixed 1500 Free				:	Mixed 200 IM				:	Mixed 100 Breast						
1	MARK WORDEN	45	OREG	20:30.17	:	1	RICHARD JUHALA	53	OREG	3:46.80	:	1	MILTON MARKS	66	OREG	1:38.40
2	ROBERT MAESTRE	46	MACO	21:00.25	:	=====				:	1	MILTON MARKS	66	OREG	3:44.28	
Mixed 50 Back				:	--- Ages 55 Through 59 ---				:	Mixed 100 Fly						
1	GARY HAFER	45	PNA	31.68	:	PL	Name	Age	Team	Finals	:	1	ERIC GUEST	67	OREG	1:41.59
2	DOUG PRENTICE	48	OREG	34.65	:	-----				:	Mixed 100 IM					
Mixed 100 Back				:	Mixed 50 Free				:	Mixed 100 Fly						
1	GARY HAFER	45	PNA	1:10.16	:	1	RONALD NAKATA	57	OREG	29.95	:	1	ERIC GUEST	67	OREG	1:34.65
Mixed 200 Back				:	Mixed 50 Fly				:	Mixed 200 IM						
1	TOM COFFEY	45	OREG	2:33.34	:	1	RONALD NAKATA	57	OREG	33.18	:	1	ERIC GUEST	67	OREG	3:29.90
2	GARY HAFER	45	PNA	2:37.37	:	2	BERT PETERSEN	58	OREG	33.42	:	=====				
Mixed 50 Breast				:	=====				:	--- Ages 70 Through 74 ---						
1	DOUG PRENTICE	48	OREG	37.34	:	--- Ages 60 Through 64 ---				:	PL	Name	Age	Team	Finals	
2	DAVID ROSE	45	OREG	52.61	:	PL	Name	Age	Team	Finals	:	-----				
Mixed 100 Breast				:	-----				:	Mixed 50 Free						
1	CHRISTOPHE TOOLE	45	OREG	1:41.39	:	Mixed 50 Free				:	1	GILBERT YOUNG	74	OREG	39.35	
2	DAVID ROSE	45	OREG	1:57.14	:	1	FLOYD GELLER	63	OREG	43.79	:	Mixed 400 Free				
Mixed 50 Fly				:	Mixed 100 Free				:	Mixed 400 Free						
1	DOUG PRENTICE	48	OREG	31.45	:	1	DAVID RADCLIFF	62	OREG	1:05.35	:	1	DAVID BERNSTEIN	74	OREG	9:55.74
Mixed 100 Fly				:	Mixed 400 Free				:	Mixed 1500 Free						
1	TOM COFFEY	45	OREG	1:08.54	:	1	DAVID RADCLIFF	62	OREG	6:03.33	:	1	GILBERT YOUNG	74	OREG	26:52.98
Mixed 200 Fly				:	Mixed 100 Back				:	Mixed 50 Back						
1	MARK WORDEN	45	OREG	2:42.70	:	1	DICK SLAWSON	60	OREG	1:32.09	:	1	GILBERT YOUNG	74	OREG	50.27
Mixed 200 IM				:	2	ARTHUR WELCH	64	OREG	1:41.79	:	2	DAVID BERNSTEIN	74	OREG	1:03.24	
1	ROBERT MAESTRE	46	MACO	2:47.01	:	Mixed 200 Back				:	Mixed 100 Back					
Mixed 400 IM				:	1	DICK SLAWSON	60	OREG	3:22.67	:	1	GILBERT YOUNG	74	OREG	1:56.89	
1	TOM COFFEY	45	OREG	5:34.00	:	2	ARTHUR WELCH	64	OREG	3:34.09	:	2	DAVID BERNSTEIN	74	OREG	2:17.90
2	ROBERT MAESTRE	46	MACO	6:04.86	:	Mixed 100 Breast				:	Mixed 200 Back					
=====				:	1	ARTHUR WELCH	64	OREG	2:12.64	:	1	DAVID BERNSTEIN	74	OREG	4:52.51	
--- Ages 50 Through 54 ---				:	Mixed 200 Breast				:	=====						
PL	Name	Age	Team	Finals	:	1	DICK SLAWSON	60	OREG	3:36.53	:	--- Ages 75 Through 79 ---				
-----				:	2	ARTHUR WELCH	64	OREG	4:43.52	:	PL	Name	Age	Team	Finals	
-----				:	-----				:	-----						
Mixed 50 Free				:	Mixed 50 Fly				:	Mixed 50 Free						
1	ROBERT SMITH	53	OREG	26.81	:	1	ARTHUR WELCH	64	OREG	43.76	:	1	ANDREW HOLDEN	77	OREG	35.00
2	JON STOUT	50	OREG	27.88	:	=====				:	2	EARL WALTER	75	OREG	37.28	
3	RICHARD JUHALA	53	OREG	44.13	:	--- Ages 65 Through 69 ---				:	3	RUPERT FIXOTT	75	OREG	48.43	
Mixed 100 Free				:	PL	Name	Age	Team	Finals	:	4	JOSEPH MALLON	75	OREG	57.11	
1	RICHARD JUHALA	53	OREG	1:36.50	:	-----				:	5	BERLAN LEMON	76	OREG	58.35	
Mixed 50 Back				:	Mixed 50 Free				:	Mixed 100 Free						
1	ROBERT SMITH	53	OREG	30.46	:	1	JOHN JOENS	65	OREG	48.42	:	1	KHOSROW SHADBEH	75	OREG	1:56.00
2	JON STOUT	50	OREG	33.28	:	Mixed 50 Back				:	Mixed 200 Free					
3	RICHARD JUHALA	53	OREG	49.61	:	1	JOHN JOENS	65	OREG	59.49	:	1	JOSEPH MALLON	75	OREG	4:45.18
				:					:							
				:					:	2 BERLAN LEMON 76 OREG 5:14.09						

Oregon City SCM Meet, 12/15/96

Meet Results for Session 1 - SATURDAY, DECEMBER 15, 1996 - SC Meters

Mixed 1500 Free

1 JOSEPH MALLON 75 OREG 36:46.45

Mixed 50 Back

1 ANDREW HOLDEN 77 OREG 44.81

2 EARL WALTER 75 OREG 45.36

3 RUPERT FIXOTT 75 OREG 58.06

4 BERLAN LEMON 76 OREG 1:09.18

Mixed 100 Back

1 KHOSROW SHADBEH 75 OREG 2:19.71

2 BERLAN LEMON 76 OREG 2:38.14

Mixed 200 Back

1 BERLAN LEMON 76 OREG 5:42.02

Mixed 50 Breast

1 EARL WALTER 75 OREG 50.18

1 BOB MORRISON 75 OREG 50.18

3 ANDREW HOLDEN 77 OREG 50.56

4 RUPERT FIXOTT 75 OREG 56.24

Mixed 100 Breast

1 BOB MORRISON 75 OREG 2:04.89

2 KHOSROW SHADBEH 75 OREG 2:08.79

Mixed 50 Fly

1 ANDREW HOLDEN 77 OREG 41.61

2 EARL WALTER 75 OREG 48.25

Mixed 100 IM

1 EARL WALTER 75 OREG 1:40.69

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

Mixed 100 Free

1 ALLAN DE LAY 81 OREG 1:43.11

Mixed 50 Free

1 ALLAN DE LAY 81 OREG 40.99

=====

: --- Ages 160 Through 199 ---

: PL Name Team Finals

: -----

: Male 200 R-Free

: 1 OREG A M-160 OREG 1:48.06

: STEVE GEORGE-37 JESS HICKERSON-44

: MARK WORDEN-45 PAT ALLENDER-38

: Male 200 R-Medley

: 1 OREG C M-160 OREG 2:03.04

: STEVE GEORGE-37 PAT ALLENDER-38

: MARK WORDEN-45 JESS HICKERSON-44

: =====

: --- Ages 120 Through 159 ---

: PL Name Team Finals

: -----

: Mixed 200 R-Free

: 1 OREG H X-120 OREG 2:21.27

: C. TOOLE-45M PAUL HARWOOD-40M

: DAVID ROSE-45M CHANDRA HAISLET-27F

: =====

: --- Ages 160 Through 199 ---

: PL Name Team Finals

: -----

: Mixed 200 R-Free

: 1 OREG F X-160 OREG 2:37.81

: CLIFF STEPHENS-41M JUSTINE HANSEN-20F

: FLOYD GELLER-63M BONNIE SUMMERS-45F

: =====

: Event 24 Male 400 R-Free

: =====

: PL Name Team Finals

: -----

: --- Ages 200 Through 239 ---

: 1 OREG A M-200 OREG 4:07.35

: COFFEY, TOM-45 PRENTICE, DOUG-48

: RADCLIFF, DAVID-62 SMITH, ROBERT-53

: =====

: --- Ages 280 Through 319 ---

: 1 OREG D M-280 OREG 5:44.50

: YOUNG, GILBERT-74 WALTER, EARL-75

: MARKS, MILTON-66 GUEST, ERIC-67

: =====

: PL Name Team Finals

: -----

Female 200 R-Medley

1 OREG A F-160 OREG 3:30.55

KATHY YOUNG-47 BONNIE SUMMERS-45

GLORIA CALIFF-43 FURMAN LORRAINE-47

Problems with these
results? Call Data
Manager Suzanne Rague
@ (503) 531-9051.

**OREGON MASTERS SWIMMING INC.
Minutes of Board Meeting
November 20, 1996**

Attendees: Phil King, John Zell, Dave Radcliff, Ginger Pierson, Sandi Rousseau, Eric Guest, Gil Young, Dave Cobb, Dan Gray, Tim Waud, Roy Abramowitz, Stephen Harger, Sharon Stuart

Call to Order: 7:08 PM

Secretary: Sharon Stuart

Minutes accepted as written by acting Secretary, John Zell

Treasurer: Roy Abramowitz

Roy distributed the financial report for the year-to-date.

Roy presented the Internal Audit report prepared by Suzanne Rague. The Board discussed specific recommendations. As a result, Roy will generate an expense form for Board expenses. The Secretary will complete the forms with submitted expenses and give the completed forms to the Treasurer.

Roy will write a check to Mt. Hood for additional Nationals souvenirs revenue.

Vice-Chair: Tim Waud

Tim reviewed the current meet schedule. The new Oregon meets are scheduled for March 8-9 in Bend and March 15-16 at Mt. Hood.

Committee Reports

Host/Social: Jayne Chastain-Arvidson - not present. No report.

Registration: Stephen Harger

Stephen presented the new registration forms generated on a new computer application.

Membership: Phil King

The brochure is finished and is at the printer. Contacting the team reps needs to be ongoing.

Aqua-Master: John Zell

The current issue is at the printer. The Board discussed scheduling of the Aqua-Master.

Top Ten / Data Manager: Suzanne Rague - not present.

Eric will follow-up with Suzanne.

Fitness: Teri Hendryx - not present. No report.

Officials: Larry Snead - not present. No report.

Coaches: Chris Perret - not present.

Chris resigned as committee chair. Simone La Pay has shown interest.

Historian / Records: Earl Walter - not present.

Dave reported that Earl is working on an article covering the first couple years of OMS.

Awards / Souvenirs: Jayne Chastain-Arvidson - not present. No report.

Safety Coordinator: Sandi Rousseau

The guidelines have been sent and T-shirts are finished.

Past Chair: Dave Cobb. No report.

Ad Hoc Sunshine: Luella Peterson - not present.

The Board discussed a few people who could use a little sunshine. Various members are following up.

Open Water / Long distance: Dan Gray

Dan has some good ideas and would welcome feedback from the Board. The Board discussed different sources of information.

Old Business:

1998 Nike World Masters Games Update.

Eve McDermott presented her report on potential income for WMG.

Sandi Rousseau discussed entries information, scheduling, printing.

New Business:

Schedule of OMS Annual Meeting..

OMS web site.

1997 Rule Books. The Board passed a motion to order 12 books.

USMS decals.

Guidebook for swim club locations.

New meeting day. The Board agreed to change the day of the meeting to Tuesday.

Policy on promotion and endorsement.

OMS ballots to be sent to elect President and Secretary.

Adjournment: 9:15 PM

Next Meeting: December 18, 7pm

PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIP MEET
FEBRUARY 14-16, 1997

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world and will be the site of the 1997 USMS Short Course National Championship. The competition pool has two courses, each with eight nine foot wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

DIRECTIONS:

- a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. Go west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1st AVE S). The pool is on your right about 1/2 mile past 1st AVE S.
- b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES **MUST** BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY JANUARY 31ST, 1997. ALL SWIMMERS **MUST** HAVE A VALID 1997 USMS REGISTRATION PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31, 1997 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

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

ELIGIBILITY: OPEN TO ALL 1997 USMS REGISTERED SWIMMERS 19 AND OVER AS OF FEBRUARY 16, 1997.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

MEET DIRECTORS: JANE & HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES Friday, Feb. 14th: WARM-UPS: 5:00 to 5:50 PM; EVENTS 6:00 PM
 Saturday, Feb.15th WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM
 Sunday, Feb. 16th WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM.

FRIDAY - FEBRUARY 14th

 400 IM
 1650 FREE (check-in 6 PM)

SATURDAY FEBRUARY 15TH

3 50 Breast
4 100 Fly
5 200 Free
6 200 Medley Relay (check-in 9 AM)
7 100 Breast
8 200 Back
9 50 Fly
10 100 IM
11 200 Mixed Free Relay
 (check-in 12 noon)
12 500 Free (check-in 12 noon)

SUNDAY FEBRUARY 16TH

13 100 Back
14 50 Free
15 200 Breast
16 200 Free Relay (check-in 9 AM)
17 50 Back
18 200 Fly
19 100 Free
20 200 IM
21 200 Mixed Medley Relay
 (check-in 12 noon)
22 1000 Free (check-in 12 noon)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

PNA INDIVIDUAL AWARDS WILL BE AVAILABLE. TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO JANUARY 31ST, 1997 TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.

PACIFIC NORTHWEST SHORT COURSE CHAMPIONSHIP

FEBRUARY 14-16, 1997

**Hosted and Sanctioned by Pacific Northwest Association for USMS, INC.
(SANCTION # 973604)**

NAME _____ M F AGE as of 2/16/96 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

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

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) - plus relays.

<u>Event #</u>	<u>EVENT</u>	<u>ESTIMATED TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

SURCHARGE: _____ \$9.00
Individual events @ \$1 each (no charge for relays) _____
T-shirts: size(s) () M () L () XL @ \$10.00 each. Extra T-shirts will NOT be available at the meet. _____
TOTAL _____

CHECKLIST

Checks payable to PNA Mail to: Jane & Hugh Moore
Phone (206)925-0803 before 9 PM 1867 58th ST NE
 Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. PNA MEMBERS SHOULD ALSO VERIFY THAT THE CORRECT TEAM NAME IS ENTERED (ASK YOUR COACH OR TEAM REP)! ENTRIES MUST BE POSTMARKED BY JANUARY 31, 1997. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31ST ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. **LIABILITY RELEASE MUST BE SIGNED!**

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. 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 DAMAGE, 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.

SIGNED _____ DATE _____

Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-03

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Bend Masters Meet

DATE: March 9, 1997

Place: Juniper Aquatic Center

Bend, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: Matt Mercer 503-389-7665 work 503-388-1952 home

Directions to pool: From Hwy 97 North or South, take Hwy 20, or Greenwood Avenue, east. Turn right on 6th Street and go south 2 blocks to pool.

**WARM-UPS: SUNDAY 8:00 A.M.
MEET STARTS: SUNDAY 9:00 A.M**

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

ENTRY DEADLINE: POSTMARKED NO LATER THAN FEBRUARY 22, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, & 800 Frees will be deckseeded and all events will be seeded slow to fast.

SUNDAY MARCH 9

400 FREE (1) _____:_____._____

400 I.M. (2) _____:_____._____

BREAK BREAK BREAK

FREE RLY (3/4) XXXXXXXXXXXXXXXX

50 BREAST (5) _____:_____._____

100 FLY (6) _____:_____._____

200 FREE (7) _____:_____._____

50 BACK (8) _____:_____._____

100 I.M. (9) _____:_____._____

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (11) _____:_____._____

50 FLY (12) _____:_____._____

100 FREE (13) _____:_____._____

200 BACK (14) _____:_____._____

MED RLY (15/16)XXXXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (17) _____:_____._____

200 FLY (18) _____:_____._____

50 FREE (19) _____:_____._____

100 BACK (20) _____:_____._____

200 I.M. (21) _____:_____._____

MXD MD RLY (22) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

800 FREE (23) _____:_____._____

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: \$9.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

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 1997 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 MEMBERSHIP CHAIR: Phil King at 503-241-9091 (home) or 503-667-7243 (work)

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 Eric Guest or Phil King

A Team Contact / Representative must be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board meeting.

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Pauline Stangel	926-0468
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	Judy Belford	244-6245
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Coos Bay / Bay Area Masters	BAM	Alice Parsons	267-7860
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 / Sloths Masters	SLO	Robert Huizenga	485-6621
Forest Grove / F.G. Dragon Masters		Chandra Haislet	359-3238
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Hood River / Hood River BALD Eagles	HRBE	Micheal Pendleton	386-5421
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
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
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 / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
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	Aquatic Dept	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(360)546-0079

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Mt. Hood Masters Meet

Place: Mt Hood Community College

Gresham, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: Mike Conrath 503-669-7839 (h)

Directions to pool: Take I-5 or I-205 to I-84 east. Follow signs to Mt. Hood Community College.

DATE: March 15-16, 1997

WARM-UPS: SATURDAY 5:00 P.M.

MEET STARTS: SATURDAY 6:00 P.M.

WARM-UPS: SUNDAY 8:00 A.M.

MEET STARTS: SUNDAY 9:00 A.M.

All entrants MUST submit a PHOTOCOPY

OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARKED NO LATER THAN MARCH 1, 1997

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

NAME _____ **1997 USMS #** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 3 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, and 1000 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY MARCH 15

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

BREAK BREAK BREAK

50 FREE (2) _____

100 BREAST (3) _____

200 BACK (4) _____

50 FLY (5) _____

SUNDAY MARCH 16

1000 FREE (6) _____ *****

BREAK BREAK BREAK

200 I.M. (7) _____

MIXED FR RELAY (8) XXXXXXXXXX

100 FREE (9) _____

200 BREAST (10) _____

50 BACK (11) _____

100 FLY (12) _____

BREAK BREAK BREAK

MIXED KICK RELAY (13) XXXXXXXXXX

200 FREE (14) _____

50 BREAST (15) _____

100 BACK (16) _____

200 FLY (17) _____ *****

100 I.M. (18) _____

MIXED T-SHIRT RELAY (19) XXXXXXXX

BREAK BREAK BREAK

500 FREE (20) _____

*** SPECIAL IRON-MAN EVENTS** Swimmers who enter and complete all three events will be eligible for special award.

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: \$11.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

TEAMS TEAMS TEAMS

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Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
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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 / Sloths Masters	SLO	Robert Huizenga	485-6621
Forest Grove / F.G. Dragon Masters		Chandra Haislet	359-3238
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Hood River / Hood River BALD Eagles	HRBE	Micheal Pendleton	386-5421
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
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
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 / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
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	Aquatic Dept	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(360)546-0079

OMS Association Championships
April 4-6, 1997
OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK IN TIME

Friday April 4th 400 I.M. - 5:45 p.m. 1650 Free - 5:45 p.m.
Saturday April 5th 1000 Free - By the end of the 100 I.M.
Sunday April 6th 500 Free - By the end of Sunday's 30 minute awards break.

RELAY ENTRIES CUT-OFF TIME

Saturday April 5th **Free Relay** - 8:45 a.m.
Mixed Free Relay - By the finish of the 100 I.M.
Sunday April 6th **Medley Relay** - 8:45 a.m.
Mixed Medley Relay - By the end of the 30 minute awards break.

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

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

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

***What you write down on your entry form is it and no exceptions will be allowed.
If you leave this space blank you will be entered as unattached for team scoring.***

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

OMS Board Meeting: At the conclusion of Saturdays events, an OMS Board meeting will be held in the hospitality room adjacent to the pool. All OMS members are welcome and encouraged to attend. If you have any specific issues you'd like to see on the agenda, please contact Eric Guest, OMS Chairman, at 503-668-4465; or the meet director.

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT JUNE MATHER AT 541-482-0610 EVENINGS ONLY AFTER 7 P.M.***

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-05

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Oregon Masters Association Championships

DATE: April 4-6, 1997

Place: Southern Oregon State College

McNeal Hall - Ashland, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Meet Director: June Mather 541-482-0610 (home)

Directions to pool: Take exit 14 off I-5 and turn right (west) onto Ashland St. Proceed one mile to Stadium Way and turn right. Go two blocks to Webster St, turn left and the pool is directly ahead.

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

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

ENTRY DEADLINE: POSTMARKED NO LATER THAN MARCH 22, 1997

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

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

Your Local TEAM _____ (USE OFFICIAL TEAM ABBREVIATION - consult "Teams" page in this issue)

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast. **SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET**

FRIDAY APRIL 4

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

1650 FREE (2) _____:_____:_____

SATURDAY APRIL 5

FREE RELAY(3 / 4) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BACK (5) _____:_____:_____

200 FREE (6) _____:_____:_____

50 FLY (7) _____:_____:_____

200 BREAST (8) _____:_____:_____

100 I.M. (9) _____:_____:_____

30 MINUTE AWARDS BREAK

MXD FR RLY (10) XXXXXXXXXXXXXXXX

200 BACK (11) _____:_____:_____

50 FREE (12) _____:_____:_____

100 FLY (13) _____:_____:_____

BREAK BREAK BREAK

1000 FREE (14) _____:_____:_____

Oregon Masters Board Meeting after 1000's on Saturday

SUNDAY APRIL 6

50 BREAST (15) _____:_____:_____

MED RLY (16 / 17) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (18) _____:_____:_____

100 FREE (19) _____:_____:_____

200 FLY (20) _____:_____:_____

30 MINUTE AWARDS BREAK

100 BREAST (21) _____:_____:_____

200 I.M. (22) _____:_____:_____

MXD MD RLY (23) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

500 FREE (24) _____:_____:_____

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 T-Shirt SIZE: M _____ L _____ XL _____ each @ \$10.00 = _____

Pasta Dinner (at Ashland Community Center Sat. 4-5-96 5:30 p.m.) Adult _____ each @ \$9.00 = _____

Pasta Dinner Child under age 12 _____ each @ \$4.50 = _____

MEET ENTRY FEE + \$13.00

Total enclosed _____

Send form(s) & fee(s) payable to: Oregon Masters Swimming c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

1997 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1997 through December 31, 1997.

Registrations are accepted for 1997 beginning November 1, 1996 and for 1998 on November 1, 1997.

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by *you* in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. 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.

If you move, let the registrar know, so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 registration is sent to the United States Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized 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 THIS 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 and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1997**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address.
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----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, 1997)

_____ This is a *NEW* registration. _____ Renewal (registered in 1996)

Did you swim in any meet in the 1995/96 season? Yes _____ No _____

**Oregon Masters Swimming
Registration 1997**

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____
(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

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

USMS Club: () OREG () MACO () UNATTACHED

ARE YOU A MASTERS COACH? YES _____

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. 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: _____

MAIL TO: STEPHEN HARGER P.O. BOX 4856 PORTLAND, OR 97208 - 4856

Aqua-Master

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Please advise the registrar of address changes

In this issue: "A Half-hearted Workout", "Ah the Glory Days",
"It's Touch Freestyle Time", Open Water News, & more.

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