

Aqua-Master

Volume 24, Number 8 September, 1997



The workout(s) for September are courtesy of Ben Davis, coach of the Tualatin Hill Barracudas. The 50 meter pool was recently closed for a week during the National Synchronized Swimming Championships. The "Cudas" had to find other pools in which to swim. These are the workouts that Ben designed for them. They are set up for a short course pool and last about an hour. Thank you Ben for sharing these workouts.

	Monday
warm up	800 swim
main set	10 x 100 (10 sec. rest) hold the same time for each 100
kick set	12 x 50 (25 dolphin/25 free)
2nd main set	4 x 200 (20 sec. rest) accelerate 1-4
warm down	300

the workout continued on page 4

Barnacle

reviews results records

Pan Pacific Champs in Maui

Oregon Masters Swimming was well represented at the Pan Pacific Swimming Championships in Maui, during the month of June. We did not have a large number of swimmers, but those that were there, showed quality plus. Long Course Meters was the order of the day.

Joyce Reilly (26) negotiated the 100 Free in 1:14.91 for an 11th, a 33.42 for the 50 Free, also an 11th, winding up with a fine 4th in the 50 Breast at 45.00. Cathy Law (30) picked off a 9th for the 50 Back in 42.76, then 8ths for the 50 Free and 200 IM in 31.80 and 3:10.90. Rallied for a 7th for the 50 Fly in 36.43, which OB believes is a PR. Cathy got into the heavy metal with a fine 3rd in the 50 Breast at 44.09.

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THE CHAIR'S CORNER

by Eric Guest

I feel very privileged and honored to be the chairman of OMS, INC. It consists of a group of giving people who aren't afraid to step forward and volunteer their time for the different needs of the organization i.e. Nationals in '82,'86 and '95 etc. and the forthcoming World Masters Games in 1998. They are also a group of dedicated athletes who have put Oregon on the map and are respected and recognized not only Nationally, but World Wide. Of course I am referring to the list of Nationally and World ranked swimmers Ol' Barn listed in the Aquamaster lately. He listed seventeen WORLD TOP TEN swimmers in both the Short Course and Long Course meters. Congratulations to all of you. I am certain you put in many hours of training to gain this listing.

I would also like to welcome aboard the new members this year. The registrar informs me that OMS, INC. has surpassed the 600 membership mark. This is great. Open water swims have been very successful this year, thanks to Dan Gray and his crew. This

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(503) 738-3763

Open Water Events

Dan Gray

(541) 944-0529 (7-9 pm only)

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Calendar and Meet Schedule 1997-1998

Date	Event	Location
*Nov 15-16	SCM	Oak Harbor, WA NW Zone Short Course Meters Champs
May 1998	SCY	Indianapolis, IN USMS National S.C. Championships
Aug 1998	LCM	Fort Lauderdale, 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.

OMS Board position available

Oregon Masters Swimming is seeking an individual to assume the position of registrar.

For more information, please contact
Stephen Harger at 503-241-4228.

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.

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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ol'Barn continued from page 1

Suzanne Rague (47) looked great with a 9th for the 200 IM in 3:24.26, a 7th at 200 Free in 2:59.13, a 6th for 400 IM in 7:10.97, capped off with a 4th in the 200 Fly at 3:30.22(TT6).

Kaleo Schroder (61) swam in 6 events, tasting international competition with a 22nd-50 Free/46.42, a 17th-100 Free/1:46.62, 15th in the 100 Back/2:06.74, 14th at 50 Back/55.17, a 13th 50 Breast/1:01.40, finishing off with a 10th-100Breast/2:20.28.

Ginger Pierson (51) was the lone rep from MAC, she did well indeed; 3 Golds; 100 Breast/1:34.34(TT3), 50 Breast/41.97(TT3), 200 Breast/3:31.09(TT5), followed by 2 Silvers; 50 Back/43.14(TT9), 50 Fly/40.42. Winding down with a 4th for the 200 Fly in 3:24.49.

Horst Niehaus (29) Charged to the front with a Gold in the 50 Fly at 29.04, followed up with 4ths in the 50 and 100 Back, at 30.71 and 1:05.68. Good Job Horst! Robert Kabacy (29) set a new NW Zone record for the 50 Free in 24.69(TT2) was his from '95, and picked off the Gold. Followed this with a Silver in the 100 Free in 54.81(TT2) Great Swims Robert!

Tim Waud (30) picked off a Bronze in the 100 Breast in 1:20.05, followed this with a 4th in the 50 Breast at 36.95.

Steve George (38) this guy was awesome-5 swims with 4 OMS Bests, plus a bright and shiny new Zone. Gold in the 200 Back/2:20.45(TT2) OMS, was Burleson '96, 4th in the 100 Free/57.91(TT10) OMS, was Warner '84, Gold in the 100 Back/1:04.03(TT4) OMS, was LaCount '94, 4th in the 50 Free /25.91 (TT9) OMS, was Von Tagen '82, winding up with a Silver in the 200 IM/2:23.46(TT5), ZONE, was Chase '85. OB must mention the age of 3 of those records '84, '82 and '85. Without a doubt the finest international performance by one of our young lions. WAY TO GO, STEVE!

Steve Johnson (49) A 5th at 800 Free/10:12.22 (TT9), last year Steve had a 10:18, also a 5th in the 400 Free/4:55.58. Well Done and watch out, he's going to Age Up!

Richard Juhala (54) Swimming well in his first big meet: 11th/100 Breast/1:40.65, 24th/100 Free/1:36.06, 15th/50 Breast/45.14, 24th/50 Free/41.87 and 200 Free/3:26.63.

Oscar Flores-Fiol (59) Welcome to Oregon Masters. Swam to a 6th in the 50 Fly/39.79, 7th/50 Fee/35.81 and 9th/50 Breast/44.13.

David Radcliff (63) This great swimmer, was FINA'd by David Harrison, in FINA's rules, you age up at anytime during your birthday year. So Harrison was in the 60-64 group, whereas in the USA, he is still in the 55-59 age group, until his actual birthday. It really makes it confusing. Personally, OB thinks that the USA rule, going by birthday only, is by far the-best. Anyhoo-Dave Radcliff had one of those meets we all dream about, 5 swims, garnered a Gold and 4 Silvers, PLUS 4 new Zone Records. 1st-100 Free/1:05.08(TT1), Zone, was Radcliff '95 at 1:08.45, 2nd/50 Free/30.00 (TT4), 2nd/800 Free/10:59.28(TT1) Zone, was Welch '93(11:50.89), 2nd/200 Free/2:28.19(TT1) Zone, was Radcliff '95 2:33.36, and 2nd/400 Free/5:18.36(TT1) Zone, was Radcliff, '95 5:40.60. OB Comment, look at Dave's improvement in the 400 Free, 22+ seconds, or over 5 seconds per 100, that, fellow paddlers is some pad-dlin'.

That will do it, but we have some great swimming ahead, so stay tuned.

The Chairs Corner continued from page 1

has been partially responsible for the increase in membership. We are continually working to get more lap and fitness swimmers interested in the program. We all have the same goal "FITNESS" and "CAMARADERIE".

Some of us who have the competitive spirit have the option. Those who don't, may enjoy watching the meets and taking part in the social parts of the program. Well, I have had the pleasure of meeting some nice people and hope to meet more in the future. Please spread the word and try to get more people interested. One does not have to have previous competitive experience.

Finally, I hope you have had a wonderful Summer. Stay wet and healthy. God Bless.

*the workout continued from page 1***Tuesday**

warm up 4 x 150 (100 swim, 50 drill or kick)
3 x 300 (20 sec. rest) 100 free, 100 IM
100 free

drill set 16 x 25 (5 sec. rest) Drill 25, Build 25

main set 3 x 100 (15 sec. rest) accelerate 1 -3
2 x 50 (10 sec. rest) NO free
Do this set 3 times for a total of 1200

warm down 300

Wednesday

warm up 200 swim
10 x 50 (5 sec. rest)

main set 1 x 100 (15 sec. rest)
1 x 200 “
1 x 300 “
1 x 400 “
1 x 500 “
accelerate your base through the set -
*Editor Comment: . Trying to pick up
your base speed each time and
increasing your distance at the same
time by 100 yards makes for one really
challenging set. My problem was that
I started out too fast on the first 100
and 200 and I was in trouble by the last
500. Good luck - you'll be proud of
yourself after doing this workout.*

swim down 200 easy

kick set 300 fly

drill set 12 x 50 (10 sec. rest) 25 drill/25 swim

warm down on your own

Thursday

warm up 100 swim (10 sec. rest)
100 IM drill
do this warm up set 4 times

kick set 500 (easy / fast by 50's)

main set 8 x 125 (20 sec. rest) accelerate 1 - 4
and 5 - 8

2nd main set 1 x 50 (25 fly, 25 back) (rest 10-15 sec)
1 x 50 (50 back)
1 x 50 (25 back, 25 breast)
1 x 50 (50 breast)
1 x 50 (25 breast, 25 free)
1 x 50 (50 free)
do this set 3 times for a total of 900

Friday

warm up 400 swim, 400 kick, 200 drill

main set 10 x 50 (15 sec. rest) easy for odd
and build for even
8 x 75 (20 sec. rest) easy for odd
and fast for even

drill set 200

2nd main set 2 x 100 (15 sec. rest) easy
4 x 25 (10 sec. rest) hard
do this set 3 times for a total of 900

warm down on your own

Aqua Master hopes that these workouts will create some challenging laps for those of you who swim in uncoached workouts. Swim hard - have fun!!

OPEN WATER NEWS

by Dan Gray

With only one more Oregon open water event left for '97 it seems like the summer has flown by. The best part of these events is the people involved at all levels. Race Directors put in an enormous effort to bring these swims to the public and it has been nice to see the response. At the conclusion of the season it will be possible to see where the support and participation for these events is most concentrated. So far I have come to one conclusion: some folks like to travel and participate while others are content to just swim within their own region. It is going to be possible to see which clubs are most interested in open water and which are not. It has been a fun year and soon we will know who will be the High Point Swimmers for '97. Hopefully the program will continue to grow with more interest coming from swimmers who are on the verge of committing to their first open water swim. Next news letter should have the final results for the season: I will list the High Point swimmers as well as the top three swimmers in each age group. Thanks to all the Race Directors for their effort to promote Open Water swimming and a special thanks for the swimmers who made the many trips around the state.

**1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
NOVEMBER 15-16, 1997**

OAK HARBOR, WASHINGTON / JOHN VANDERZICHT MEMORIAL POOL

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620
Hosted by the North Whidbey Masters

ORDER OF EVENTS	
Seeding: slow to fast	
#	EVENT
SATURDAY, November 15	
1	400m Free
	BREAK
2	50m Back
3	200m Fly
4	100m Free
	BREAK
5	Mixed Free Relay
6	100m Back
7	50m Free
8	200m Breast
	BREAK
9	Medley Relay
10	400m IM
SUNDAY, November 16	
11	100m Breast
12	50m Fly
13	200m Free
	BREAK
14	200m IM
15	Free Relay
	BREAK
16	50m Breast
17	200m Back
18	100m Fly
	BREAK
19	100m IM
20	Mixed Medley Relay
	BREAK
21/22	800m/1500m Free

TIME: Saturday - Warm-up: 8:00am / Meet Starts: 9:00am
Sunday - Warm-up: 8:00am / Meet Starts: 9:00am

PLACE: John Vanderzicht Memorial Pool
85 SE Jerome St, Oak Harbor WA 98277
(360) 675-POOL

DIRECTIONS: Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed ¼ mile to SE Jerome Street. Turn right onto Jerome - the pool will be on the right. Look for signs directing you to the pool.

FACILITY: Six lane x 25m course. No separate warm-up area. Lane 6 will be a continuous warm-up/warm-down area. Lanes 1-5 will be used for competition. Electronic timing will be used. Two hot tubs and a sauna are also available.

MEET DIRECTOR: Dan Frost (360) 675-5751 / frosty@usms.org

ELIGIBILITY: All 1997 registered Masters swimmers age 19 and over as of November 16, 1997 are welcome to participate.

RULES: Current USMS rules will govern the meet.

MEET FORMAT

SEEDING: Slow to fast. The 400m IM, 400m Free, 800m Free, 1500m Free, and all relays will be deck seeded. All others pre-seeded.

DISTANCE EVENTS: Swimmers may enter either the 800m Free or the 1500m Free, but not both. Swimmers in the 1500m Free will have their 800m splits automatically recorded.

RELAYS: Relay teams may choose the distance they wish to swim in each relay event: 200m, 400m, or 800m (800m for Free relays only). Each swimmer shall be allowed to swim only once in each relay event (Free, Medley, Mixed Free, and Mixed Medley). Relay teams will be seeded in heats based on the distance to be swum (200m, 400m, and 800m heats). Relay teams must consist of members of the same club.

ACCOMODATIONS: Mention this meet to the Coachman Inn (800-635-0043) for discount rates: Standard one/two bed \$49.50/\$9.50, Deluxe one/two bed \$69.50/\$79.50. Also, there is limited HOST (House Our Swimmers Tonight) housing available; contact the meet director if you wish to be HOSTed.

ZONE CHAMPS SOCIAL: Swimmers and their friends are invited to a social on Saturday evening. Details will be given at the meet.

SAFETY FIRST! NO DIVING DURING WARM-UPS EXCEPT IN DESIGNATED SPRINT LANES. PLEASE OBEY THE ON-DECK SAFETY MARSHALS. THANK YOU.

**1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
OAK HARBOR, WASHINGTON / NOVEMBER 15-16, 1997**

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620
Hosted by the North Whidbey Masters

ENTRIES MUST BE POSTMARKED BY OCTOBER 31ST OR RECEIVED BY NOVEMBER 8TH

NAME: _____ **MALE** _____ **FEMALE** _____

ADDRESS: _____

CITY: _____ **STATE/PROVINCE:** _____ **POSTAL/ZIP CODE:** _____

PHONE: () _____ **DATE OF BIRTH:** _____ **AGE** (as of 11/16/97) _____

CLUB (or Unattached): _____ ***LMSC:** _____

***USMS or CASA number:** _____ ***All swimmers who are not members of Pacific Northwest Aquatics MUST attach a copy of their current USMS or CASA registration card.**

AGE GROUP (CIRCLE ONE / determined by your age as of 11/16/97):
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 90-94

ENTRY LIMIT: Six individual events total, plus relays. Maximum five individual events per day.

EVENT NUMBER	EVENT NAME	SEED TIME (short course meters)

ENTRY FEES: \$ 7.00 Surcharge

\$ _____ Individual events: \$1 per event. No charge for relays.

TOTAL \$ _____ MAKE CHECKS PAYABLE TO NWAC. Canadian Funds X 1.35

MAIL THIS FORM, ENTRY FEES, (*AND COPY OF MASTERS REGISTRATION CARD) TO:

DAN FROST
1121 SW BARRINGTON DR #4
OAK HARBOR WA 98277-4585

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 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:** _____

Barnacle

reviews results records

State Games of Oregon

Under the direction of Dave Burleson, 121 paddlers answered the starters call and delivered records and great swims.

Women 19-24: Laura Juckeland (24) spun a 1:10.39 100 Free. Sara Robbins (21) delivered a 40.09 in the 50 Back.

Women 25-29: Andrea Milano, Christy Grafton, Rachel Tsu and Heather Reilly shared the honors in this group. With Reilly's breaststroke efforts being notable, plus Grafton's 50 Fly.

Women 30-34: JEANNE THIMM (34), Milwaukie, gave us two new SGO records in the 800 and 1500 Free. Kathleen Purdy, Sharon Stuart and Donna Ryan were a class act.

Women 35-39: KERRI CULBERTSON (37) out of Vancouver, WA., was sensational; with 5 SGOR, 3 were OMR, and one a Zone; 200, 400, 800, 1500 2:26.62(TT9)SGO5:02.22 (TT6) SGO, 10:22.61 (TT3) Zone Rec, 20:14.32 (TT6) OR, and the 200 Back/2:54.32 OR. 800 was Bullock and Chay, 1500 was Bullock and the 200 Back was Gustafson.

Women 40-44: KATHI BULLOCK (43) Lake Oswego, also turned in a great performance: 3 SGOR, 2 OR, one of which was a Zone. 400/800- (5:23.72(TT4) Zone Record, was Bullock) (11:10.65(TT5) OR was Bullock) addthe 400 IM, new SGO at 6:17.83(TT2) CONNIE PETERSON (42) came through with a new SGOR in the 1500 at 28:53.22. Toni Insley looked great in the Breast, Fly and IM

Women 45-49: LISSA PARKER (45) Neotsu, SGORs in the 800 and 1500. SUSAN CASE (48) Salem, new SGOR in the 400 IM, 5 Golds Judy Beaton and Carolyn Graf picked off heavy metal

Women 50-54: GINGER PIERSON (51) 4 SGORs (800/13:45.34, 1500/25:43.73 and 400 IM 7:09.86(TT7) plus 200 IM 3:16.24(TT4) ALICE ZABUDSKY (52) new SGOR 100 Fly

1:37.46 (TT6) Christine Clum looking good in the breaststroke: 44.10(TT4), 1:35.40(TT5) and

3:32.36(TT5) OB Comment: Sorry to say I missed the race of the day, look at the 200 IM, Zabudsky and Pierson all the way, with Ginger inching over Alice 3:16.24 vs Alice's 3:16.46, TT should find them 4th or 5th. Add Pamela Himstreet and Nancy Brooks, and you have an age group showing of Nationals caliber.

Women 55-59: Susanne Schumann (59), Portland, has returned , showing TT quality in the breaststroke events.

Women 60-64: LAVELLE STOINOFF (64), Portland, new age group coming up - SGORs in the 800/12:47.33(TT2), 1500/24:20.13(TT1). Check out those TT1's in the 200 and 400 Free.

Women 65-69: ARDEN ADAMS (65), Eugene, you made OB's heart GLAD, a new SGOR in the 100 Back at 2:03.80, way to go Arden !!!

Women 70-74: MARGARET WELLS (71), Salem, SGOR in the 800-20:19.72, plus 2 Zone records: 100 Fly/2:33.48(TT8) and 400IM/10:52.82(TT10)

Women 75-59: PAULINE STANGEL (75) of Albany, took time off from a busy schedule to hang up two Zone bests: 50 Free -51.58 (TT10) and 100 Free-1:57.39(TT8), plus helping a relay team to a Gold Medal. ELFIE STEVENIN (75) Salem: Two shiny new SGORs - 800 Free26:13.82 and 400 IM 15:17.06. Women 85-90: Ellen Tait showed TT quality: 50 Free(TT4), 100 Free(TT5), 200 Free (TT2), best for last 400 Free(TT1), way to go, Ellen.

Men 19-24: MICKEY ABERLE (20) new SGOR: 50 Free/25.79 and 100 Breast/1:15.89. STEVEN JENSKINS (20) new SGORs: 800 Free/10:22.43 and 400 IM/5:46.37. SEAN TEISHER (22) new SGOR-50 Breast/34.53. MATT BOLES (24) from Salem, two new SGORs; 1500 Free/20:38.32 and 200 Back/2:32.28. Robert Wilson, John Stone, Alex Susbauer added class, to make this the strongest 19-24 group in the history of SGO.

Men 25-29: DIMITAR PETROV (26) Portland, continues his winning ways, with record busting right and left. 4 new SGORs, one of which is an OR-800 Free/8:53.50(TT1, yes, could be) OR, 400 Free/4:26.09(TT2), 1500/18:11.28(TT2) and the 400 IM/5:02.51(TT4). Ol Barn wants a Tip o' the Hat for Richard McGuire, this guy, handicap and all was an example for all. Good swims, Richard!

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ol'Barn continued from page 6

Men 30-34: PHILLIP KING (30) Portland. New SGOR in the 800 Free, 10:19.26. JEFF KAELO (31) Milwaukie. New SGOR for 1500 at 21:43.88 OB wants to say, Welcome Back, to Matt Roth.

Men 35-39: CHRISTOPHER ROTH (38) Gladstone, New SGORs in the 800 Free/10:18.75, 200 Fly/2:32.35(TT10), 400 IM/5:32.94. PAT ALLENDER (38) Corvallis, 4 New SGORs - Breaststroke; 50/34.24(TT9) 100/1:13.79(TT6), 200/2:39.15(TT2) 100 is OR was Roy Clark, 200 is OR was Art Smith, from '89 and '82, plus SGOR in the 200 IM at 2:30.58. OB Note: Both Clark and Smith were USMS AA's. Wilson Zehr (36) has the look of a flyer.

Men 40-44: DAVID BURLESON (40) Beaverton, was busy ; Zone at 2:31.37 in the 200 Back 2:31.37(TT7) was Frank Warner '90. OR 1:09.28(TT6) for the 100 Back, was Peter Metzger, OR in the 200 IM/2:33.65, was Richard Boyd from '86. Add SGORs:800/10:22.48, 1500/19:28.20 and 400 IM/5:28.08(TT8) Peter Metzger had a fine meet, he was either close or also under the records in several instances. Stan Evenson, did you go to Canada with us in '88 ?, welcome back to the wars. Adrian Kalil appears to have benefited from his sabbatical.

Men 45-49: STEVE WARNER (49) Seaside, takes the honors here, in the "twilight" at 49. Steve turns the 50 and 100 Fly in 30.26 and 1:08.83. This performance is best for Steve in 5/6 years. Both times are SGORs. ALLEN STARK (48) from Mulino, a new SGOR in 200 Breast/2:51.22(TT3) also put in a TT4/TT5 for the 50 and the 100. JAMES ELLIOTT (45) Dayton, a new SGOR for the 200 Back in 2:56.69. MIKE PENDLETON (45) Hood River, new SGOR-800 Free/10:44.17. JIM TEISHER (47) Aloha, 1500 SGOR in 21:53.60. At 49, Steve Johnson, fine 400 in 4:56.51

Men 50-54: GEORGE ELTMAN (51) Portland, SGOR 800 Free/11:13.47(TT6). RICHARD JUHALA (54) Where Else Lane in Milwaukie, Love it - new SGOR 1500/30:47.40. Jon Stout and Jeff Clark kept folks honest.

Men 55-59: A welcome back to the wars for Don McCrea. Big OMS Hello to Flores Fiol.

Men 60-64: DAVID RADCLIFF (63) Hillsboro, Zone r's -100 Free/1:07.67(TT3) and the 1500/21:42.21 (TT1) SGOR 50 Free/30.86(TT6).

ART WELCH (64) Portland, SGOR-800Free/12:39.50(TT10) DICK SLAWSON (61) Portland, Ol Barn knew this guy was good, many years ago, but Dick gets a new OR in the 200 Breast/3:36.88, was, you guessed it-EW from 1981, one of the oldies and moldies.

Men 65-69: CLARK AUSTEN (69) Portland- new SGOR 800 Free/18:06.77. MILTON (MICKEY) MARKS (67) Lake Oswego, new SGOR for the 400 IM/8:03.60. William Holman continues to get better and better. John Joens swimming well, just a 65er.

Men 70-74: FRED ECKHARDT (71) Portland "young husky", two SGOR bests: 200 Fly- 4:41.72(TT6) was Stevenson from '86. Also, 400 IM/9:22.87(TT5) A big OB WELCOME BACK to Sheridan Jones from Otis.

Men 75-79: GIL YOUNG, Portland has turned 75 with a vengeance-Zone bests ;800 and 1500/14:57.83(TT4) and 28:23:17(TT5) were Crosset and Ruddley. Add SGOR:100/200 Free/1:30.92(TT9) and 3:21.25(TT5) EARL WALTER (76) Gearhart, OR 50/100 Breast-53.11(TT6)/2:00.95(TT7). ANDREW HOLDEN (78) Longview SGOR 50/100 Fly:39.82 (TT1) 1:45.76 (TT1) Holden holds the Zone Records and is Numero Uno.

RELAYS: SGO Womens 120+ 200 Free: 2:16.40 Andrea Milano, Sharon Stuart, Erin Holland, Jeanne Thimm

OR MXD 120+ 200 Medley: 2:16.50 Phillip King, Sandre Nelson, Matthew Roth, Christy Grafton

Look at the Mens 160+ 200 Free - Evenson, Lindsey, Ojeda and Klein just had enough to touch out Eltman, Six, Williams and Griego-2:06.54 vs 2:06.96.

Had one "BADDY": Mxd 200 Free 76+ , hope you forgot your Gold, on MXD Relays, you have to have 2 Women and 2 Men. That's it for 1997 State Games.

In this writers humble opinion, probably from top to bottom the best Masters Swimming Meet, we have had in the history of the Games. Thanks much to all of the officials, all the timers, all the workers, and all the swimmers, see you in 1998. AND: Thanks to State Games of Oregon for making it all possible.

Oregon State Games - Masters Swimming
July 12-13, 1997

Meet Results for Timed Finals-LC Meters

-----				Mixed 200 Free				Mixed 50 Breast			
--- Ages 19 Through 24 ---				:	1	JEANNE THIMM	33 OR	2:54.03	:	1	DEBBY JOHNSON 38 OR 45.10
PL	Name	Age Team	Finals	:	2	KIMBERLY BROWN	31 OR	2:57.81	:	2	LYNDA WOJT 37 OR 1:08.23
-----				:	Mixed 400 Free				:	Mixed 200 Breast	
Mixed 100 Free				:	1	LISA FORD	31 OR	5:41.83	:	1	CHRISTINA FOX 36 OR 3:41.01
1	LAURA JUKELAND	24 OR	1:10.39	:	2	MARGHERITA YOUNG	30 OR	6:04.55	:	Mixed 50 Fly	
Mixed 50 Back				:	3	JEANNE THIMM	33 OR	6:17.30	:	1	BETH BEADLING 35 OR 45.13
1	SARA ROBBINS	21 OR	40.70	:	Mixed 800 Free				:	2	HELEN MOSS 38 OR 56.13
-----				:	1	JEANNE THIMM	33 OR	13:07.45	:	3	LYNDA WOJT 37 OR 1:00.50
--- Ages 25 Through 29 ---				:	Mixed 1500 Free				:	Mixed 100 Fly	
PL	Name	Age Team	Finals	:	1	JEANNE THIMM	33 OR	25:40.36	:	1	LYNDA WOJT 37 OR 2:13.06
-----				:	Mixed 50 Back				:	-----	
Mixed 50 Free				:	1	DONNA RYAN	34 OR	40.47	:	--- Ages 40 Through 44 ---	
1	ANDREA MILANO	29 OR	32.58	:	2	KATHLEEN PURDY	34 OR	41.55	:	PL	Name Age Team Finals
2	CHRISTY GRAFTON	27 OR	33.42	:	3	KIMBERLY BROWN	31 OR	45.63	:	-----	
3	RACHEL TSU	26 OR	33.70	:	Mixed 200 Breast				:	Mixed 200 Free	
4	HEATHER REILLY	29 OR	35.31	:	1	SHARON STUART	32 OR	3:33.88	:	1	KATHI BULLOCK 43 OR 2:36.89
Mixed 100 Free				:	Mixed 50 Fly				:	2	GAIL KIMBERLING 41 OR 3:11.11
1	ANDREA MILANO	29 OR	1:13.48	:	1	DONNA RYAN	34 OR	36.73	:	3	CONNIE PETERSON 42 OR 3:33.02
2	CHRISTY GRAFTON	27 OR	1:14.05	:	2	MARGHERITA YOUNG	30 OR	38.12	:	Mixed 400 Free	
3	RACHEL TSU	26 OR	1:15.40	:	3	KIMBERLY BROWN	31 OR	49.04	:	1	KATHI BULLOCK 43 OR 5:23.72
4	HEATHER REILLY	29 OR	1:20.95	:	-----				:	2	L. HOLLINGSWORTH 41 OR 6:07.47
Mixed 400 Free				:	--- Ages 35 Through 39 ---				:	3	GAIL KIMBERLING 41 OR 6:42.99
1	ANDREA MILANO	29 OR	5:48.38	:	PL	Name	Age Team	Finals	:	4	CONNIE PETERSON 42 OR 7:18.02
Mixed 50 Breast				:	-----				:	Mixed 800 Free	
1	HEATHER REILLY	29 OR	42.78	:	Mixed 50 Free				:	1	KATHI BULLOCK 43 OR 11:10.65
2	ANDREA MILANO	29 OR	47.76	:	1	DEBBY JOHNSON	38 OR	34.75	:	Mixed 1500 Free	
Mixed 100 Breast				:	2	HELEN MOSS	38 OR	48.46	:	1	CONNIE PETERSON 42 OR 28:53.22
1	HEATHER REILLY	29 OR	1:36.91	:	3	LYNDA WOJT	37 OR	48.91	:	Mixed 50 Back	
Mixed 200 Breast				:	Mixed 100 Free				:	1	MARY NEIDIG 41 OR 1:03.62
1	HEATHER REILLY	29 OR	3:34.04	:	1	DEBBY JOHNSON	38 OR	1:22.98	:	Mixed 100 Back	
Mixed 50 Fly				:	2	LYNDA WOJT	37 OR	2:01.29	:	1	MARY NEIDIG 41 OR 2:16.94
1	CHRISTY GRAFTON	27 OR	36.33	:	Mixed 200 Free				:	Mixed 50 Breast	
2	ANDREA MILANO	29 OR	40.08	:	1	KERRI CULBERTSON	37 OR	2:26.62	:	1	TONI INSLEY 40 OR 48.62
-----				:	Mixed 400 Free				:	Mixed 50 Fly	
--- Ages 30 Through 34 ---				:	1	KERRI CULBERTSON	37 OR	5:02.22	:	1	TONI INSLEY 40 OR 40.90
PL	Name	Age Team	Finals	:	Mixed 800 Free				:	2	L. HOLLINGSWORTH 41 OR 46.36
-----				:	1	KERRI CULBERTSON	37 OR	10:22.61	:	Mixed 100 Fly	
Mixed 50 Free				:	Mixed 1500 Free				:	1	TONI INSLEY 40 OR 1:31.31
1	KATHLEEN PURDY	34 OR	32.68	:	1	KERRI CULBERTSON	37 OR	20:14.32	:	Mixed 200 Fly	
2	SHARON STUART	32 OR	33.53	:	2	LYNDA WOJT	37 OR	35:35.41	:	1	KATHI BULLOCK 43 OR 3:13.38
3	DONNA RYAN	34 OR	33.91	:	Mixed 50 Back				:	Mixed 200 IM	
4	JEANNE THIMM	33 OR	35.02	:	1	DEBBY JOHNSON	38 OR	44.62	:	1	KATHI BULLOCK 43 OR 3:00.88
5	KIMBERLY BROWN	31 OR	36.15	:	Mixed 100 Back				:	2	TONI INSLEY 40 OR 3:25.69
6	ERIN HOLLAND	30 OR	36.45	:	1	CHRISTINA FOX	36 OR	1:36.95	:	3	GAIL KIMBERLING 41 OR 3:50.37
Mixed 100 Free				:	Mixed 200 Back				:	Mixed 400 IM	
1	KATHLEEN PURDY	34 OR	1:11.84	:	1	KERRI CULBERTSON	37 OR	2:54.32	:	1	KATHI BULLOCK 43 OR 6:17.83
2	SHARON STUART	32 OR	1:14.69	:	2	BETH BEADLING	35 OR	3:23.22	:		
3	JEANNE THIMM	33 OR	1:17.00	:					:		
4	ERIN HOLLAND	30 OR	1:19.84	:					:		
5	KIMBERLY BROWN	31 OR	1:20.39	:					:		

Oregon State Games - Masters Swimming
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Meet Results for Timed Finals-LC Meters

-----				Mixed 100 Free				=====				
--- Ages 45 Through 49 ---				:	1	CHRISTINE CLUM	51 OR	1:21.76	:	--- Ages 60 Through 64 ---		
PL	Name	Age Team	Finals	:	2	PENY DEIRO	50 OR	1:56.16	:	PL	Name	Age Team Finals
-----				:	Mixed 200 Free				:	-----		
Mixed 50 Free				:	1	ALICE ZABUDSKY	52 OR	2:58.51	:	Mixed 50 Free		
1	CAROLYN GRAF	49 OR	56.49	:	2	PENY DEIRO	50 OR	4:37.37	:	1	LAVELLE STOINOFF	64 OR 38.36
2	JOAN FRASER	49 OR	1:04.12	:	Mixed 800 Free				:	Mixed 100 Free		
Mixed 100 Free				:	1	GINGER PIERSON	51 OR	13:45.34	:	1	LAVELLE STOINOFF	64 OR 1:22.72
1	LISSA PARKER	45 OR	1:24.38	:	Mixed 1500 Free				:	Mixed 200 Free		
2	JOAN FRASER	49 OR	2:34.02	:	1	GINGER PIERSON	51 OR	25:43.73	:	1	LAVELLE STOINOFF	64 OR 2:53.67
Mixed 200 Free				:	2	PAMELA HIMSTREET	53 OR	27:04.19	:	Mixed 400 Free		
1	JUDY BEATSON	46 OR	2:54.26	:	Mixed 50 Back				:	1	LAVELLE STOINOFF	64 OR 6:04.64
2	LISSA PARKER	45 OR	3:11.39	:	1	NANCY BROOKS	54 OR	46.03	:	Mixed 800 Free		
3	SUE GIRARD	49 OR	4:04.51	:	Mixed 100 Back				:	1	LAVELLE STOINOFF	64 OR 12:47.33
Mixed 400 Free				:	1	GINGER PIERSON	51 OR	1:37.67	:	Mixed 1500 Free		
1	JUDY BEATSON	46 OR	5:59.32	:	Mixed 200 Back				:	1	LAVELLE STOINOFF	64 OR 24:20.13
2	LISSA PARKER	45 OR	6:37.26	:	1	GINGER PIERSON	51 OR	3:31.99	:	=====		
3	SUE GIRARD	49 OR	8:27.48	:	Mixed 50 Breast				:	--- Ages 65 Through 69 ---		
4	CAROLYN GRAF	49 OR	9:14.30	:	1	CHRISTINE CLUM	51 OR	44.10	:	PL	Name	Age Team Finals
Mixed 800 Free				:	2	NANCY BROOKS	54 OR	44.86	:	-----		
1	LISSA PARKER	45 OR	13:44.82	:	Mixed 100 Breast				:	Mixed 50 Free		
Mixed 1500 Free				:	1	CHRISTINE CLUM	51 OR	1:35.40	:	1	ARDEN ADAMS	65 OR 50.39
1	LISSA PARKER	45 OR	26:50.41	:	2	NANCY BROOKS	54 OR	1:38.76	:	Mixed 200 Free		
Mixed 50 Back				:	3	PAMELA HIMSTREET	53 OR	1:49.82	:	1	BETSY AUSTEN	69 OR 4:22.76
1	LISSA PARKER	45 OR	48.50	:	Mixed 200 Breast				:	Mixed 400 Free		
2	JOAN FRASER	49 OR	1:25.77	:	1	CHRISTINE CLUM	51 OR	3:32.36	:	1	BETSY AUSTEN	69 OR 8:50.33
Mixed 100 Back				:	2	NANCY BROOKS	54 OR	3:41.00	:	Mixed 50 Back		
1	SUSAN CASE	48 OR	1:38.80	:	Mixed 50 Fly				:	1	ARDEN ADAMS	65 OR 1:01.12
Mixed 200 Back				:	1	ALICE ZABUDSKY	52 OR	40.62	:	Mixed 100 Back		
1	SUSAN CASE	48 OR	3:27.39	:	Mixed 100 Fly				:	1	ARDEN ADAMS	65 OR 2:03.80
Mixed 50 Breast				:	1	ALICE ZABUDSKY	52 OR	1:37.46	:	Mixed 200 IM		
1	JUDY BEATSON	46 OR	52.89	:	2	PAMELA HIMSTREET	53 OR	1:52.91	:	1	BETSY AUSTEN	69 OR 5:11.61
2	CAROLYN GRAF	49 OR	56.39	:	Mixed 200 IM				:	=====		
Mixed 100 Breast				:	1	GINGER PIERSON	51 OR	3:16.24	:	--- Ages 70 Through 74 ---		
1	SUSAN CASE	48 OR	1:49.11	:	2	ALICE ZABUDSKY	52 OR	3:16.46	:	PL	Name	Age Team Finals
Mixed 200 Breast				:	Mixed 400 IM				:	-----		
1	SUSAN CASE	48 OR	3:57.62	:	1	GINGER PIERSON	51 OR	7:09.86	:	Mixed 50 Free		
2	CAROLYN GRAF	49 OR	4:33.35	:	=====				:	1	ELIZABETH KING	74 OR 1:19.60
Mixed 200 IM				:	--- Ages 55 Through 59 ---				:	Mixed 100 Free		
1	CAROLYN GRAF	49 OR	4:44.43	:	PL	Name	Age Team Finals	:	1	ELIZABETH KING	74 OR 2:56.99	
Mixed 400 IM				:	-----				:	Mixed 800 Free		
1	SUSAN CASE	48 OR	7:35.19	:	Mixed 50 Free				:	1	MARGARET WELLS	71 OR 20:19.72
=====				:	1	SUSANNE SCHUMANN	59 OR	40.63	:	Mixed 100 Breast		
--- Ages 50 Through 54 ---				:	Mixed 50 Breast				:	1	MARGARET WELLS	71 OR 2:40.66
PL	Name	Age Team	Finals	:	1	SUSANNE SCHUMANN	59 OR	50.39	:	Mixed 200 Breast		
-----				:	Mixed 100 Breast				:	1	MARGARET WELLS	71 OR 5:37.85
Mixed 50 Free				:	1	SUSANNE SCHUMANN	59 OR	1:52.01	:	Mixed 100 Fly		
1	GINGER PIERSON	51 OR	36.07	:	Mixed 200 Breast				:	1	MARGARET WELLS	71 OR 2:33.48
2	NANCY BROOKS	54 OR	36.68	:	1	SUSANNE SCHUMANN	59 OR	4:09.73	:			
3	CHRISTINE CLUM	51 OR	37.26	:					:			
4	PENY DEIRO	50 OR	54.67	:					:			

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Meet Results for Timed Finals-LC Meters

Mixed 400 IM				Mixed 200 Free				Mixed 1500 Free					
1	MARGARET WELLS	71 OR	10:52.82	:	1	STEVEN JENSKINS	20 OR	2:24.92	:	1	DIMITAR PETROV	26 OR	18:11.28
-----				:	Mixed 400 Free				:	Mixed 100 Back			
--- Ages 75 Through 79 ---				:	1	ROBERT WILSON	19 OR	4:48.87	:	1	RICHARD MCGUIRE	29 OR	2:42.91
PL	Name	Age Team	Finals	:	2	STEVEN JENSKINS	20 OR	4:58.65	:	Mixed 100 Breast			
-----				:	3	MATT BOLES	24 OR	5:00.83	:	1	ERIC SMITH	25 OR	1:22.33
Mixed 50 Free				:	Mixed 800 Free				:	Mixed 200 Breast			
1	PAULINE STANGEL	75 OR	51.58	:	1	STEVEN JENSKINS	20 OR	10:22.43	:	1	ERIC SMITH	25 OR	2:59.59
Mixed 100 Free				:	Mixed 1500 Free				:	Mixed 400 IM			
1	PAULINE STANGEL	75 OR	1:57.39	:	1	MATT BOLES	24 OR	20:38.32	:	1	DIMITAR PETROV	26 OR	5:02.51
2	NORMA BERNARDI	77 OR	2:23.17	:	Mixed 100 Back				:	-----			
Mixed 800 Free				:	1	JOHN STONE	19 OR	1:12.64	:	--- Ages 30 Through 34 ---			
1	ELFIE STEVENIN	75 OR	26:13.82	:	Mixed 200 Back				:	PL	Name	Age Team	Finals
Mixed 50 Back				:	1	MATT BOLES	24 OR	2:32.28	:	-----			
1	NORMA BERNARDI	77 OR	1:02.37	:	Mixed 50 Breast				:	Mixed 50 Free			
2	PAULINE STANGEL	75 OR	1:10.91	:	1	SEAN TEISHER	22 OR	34.53	:	1	MATTHEW ROTH	30 OR	29.44
Mixed 50 Breast				:	Mixed 100 Breast				:	2	JOHN LINDSEY	31 OR	33.75
1	NORMA BERNARDI	77 OR	1:38.87	:	1	MICKEY ABERLE	20 OR	1:15.89	:	Mixed 100 Free			
Mixed 100 Fly				:	2	JOHN STONE	19 OR	1:29.61	:	1	MATTHEW ROTH	30 OR	1:07.21
1	ELFIE STEVENIN	75 OR	3:58.11	:	Mixed 50 Fly				:	2	JOHN LINDSEY	31 OR	1:21.69
Mixed 200 Fly				:	1	JOHN STONE	19 OR	30.06	:	Mixed 200 Free			
1	ELFIE STEVENIN	75 OR	8:13.67	:	2	ALEX SUSBAUER	21 OR	30.47	:	1	ERIC LAITINEN	31 OR	2:43.96
Mixed 400 IM				:	Mixed 100 Fly				:	Mixed 400 Free			
1	ELFIE STEVENIN	75 OR	15:17.06	:	1	ALEX SUSBAUER	21 OR	1:08.51	:	1	PHILLIP KING	30 OR	4:54.97
-----				:	2	MATT BOLES	24 OR	1:09.07	:	2	JEFF KAELO	31 OR	5:22.65
--- Ages 85 Through 89 ---				:	3	JOHN STONE	19 OR	1:17.49	:	3	ERIC LAITINEN	31 OR	6:00.23
PL	Name	Age Team	Finals	:	Mixed 200 IM				:	Mixed 800 Free			
-----				:	1	MATT BOLES	24 OR	2:35.34	:	1	PHILLIP KING	30 OR	10:19.26
Mixed 50 Free				:	2	ALEX SUSBAUER	21 OR	2:43.66	:	2	JEFF KAELO	31 OR	11:16.37
1	ELLEN TAIT	86 OR	1:16.91	:	3	STEVEN JENSKINS	20 OR	2:48.84	:	Mixed 1500 Free			
Mixed 100 Free				:	Mixed 400 IM				:	1	JEFF KAELO	31 OR	21:43.88
1	ELLEN TAIT	86 OR	2:50.42	:	1	STEVEN JENSKINS	20 OR	5:46.37	:	Mixed 50 Back			
Mixed 200 Free				:	-----				:	1	JOHN LINDSEY	31 OR	40.32
1	ELLEN TAIT	86 OR	6:13.28	:	--- Ages 25 Through 29 ---				:	Mixed 100 Back			
Mixed 400 Free				:	PL	Name	Age Team	Finals	:	-	JOHN LINDSEY	31 OR	DQ
1	ELLEN TAIT	86 OR	13:25.85	:	-----				:	Mixed 50 Breast			
-----				:	Mixed 50 Free				:	1	JAY MANTEI	32 OR	35.06
--- Ages 19 Through 24 ---				:	1	JEFF KLEIN	29 OR	27.50	:	Mixed 200 Breast			
PL	Name	Age Team	Finals	:	Mixed 100 Free				:	1	PHILLIP KING	30 OR	2:55.92
-----				:	1	RICHARD MCGUIRE	29 OR	2:48.81	:	Mixed 50 Fly			
Mixed 50 Free				:	Mixed 100 Free				:	1	MATTHEW ROTH	30 OR	30.11
1	MICKEY ABERLE	20 OR	25.79	:	1	JEFF KLEIN	29 OR	1:05.93	:	2	JOHN LINDSEY	31 OR	36.37
2	JOHN STONE	19 OR	28.97	:	Mixed 400 Free				:	Mixed 100 Fly			
3	ROBERT WILSON	19 OR	29.13	:	1	DIMITAR PETROV	26 OR	4:26.09	:	1	MATTHEW ROTH	30 OR	1:14.95
Mixed 100 Free				:	2	ERIC SMITH	25 OR	5:29.89	:	Mixed 200 Fly			
1	ROBERT WILSON	19 OR	1:01.75	:	3	RICHARD MCGUIRE	29 OR	12:25.75	:	1	MATTHEW ROTH	30 OR	4:11.37
2	JOHN STONE	19 OR	1:05.94	:	Mixed 800 Free				:	Mixed 200 IM			
3	ALEX SUSBAUER	21 OR	1:06.78	:	1	DIMITAR PETROV	26 OR	8:53.50	:	1	MATTHEW ROTH	30 OR	2:43.00
				:	2	RICHARD MCGUIRE	29 OR	25:19.93	:	2	ERIC LAITINEN	31 OR	2:58.93

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Meet Results for Timed Finals-LC Meters

=====				Mixed 100 Free			Mixed 400 IM					
--- Ages 35 Through 39 ---				:	1 ADRIAN KALIL	44 OR	1:04.23	:	1 DAVID BURLESON	40 OR	5:28.08	
PL	Name	Age Team	Finals	:	2 WALTER GRIEGO	44 OR	1:09.54	:	=====			
-----				:	3 GARY WALLIS	44 OR	1:10.97	:	--- Ages 45 Through 49 ---			
Mixed 100 Free				:	4 CHARLES HELM	41 OR	1:22.60	:	PL	Name	Age Team	Finals
1	PAT ALLENDER	38 OR	59.77	:	5 JOHN SIX	43 OR	1:25.64	:	-----			
2	MARK WREN	38 OR	1:06.96	:	Mixed 200 Free			:	Mixed 50 Free			
Mixed 400 Free				:	1 ADRIAN KALIL	44 OR	2:24.08	:	1 ROBERT MAESTRE	47 OR	28.56	
1	CHRISTOPHE ROTH	38 OR	4:55.36	:	Mixed 400 Free			:	2 PETER LENTZ	45 OR	32.69	
Mixed 800 Free				:	1 DAVID BURLESON	40 OR	4:50.32	:	3 STEVE FORD	48 OR	33.54	
1	CHRISTOPHE ROTH	38 OR	10:18.75	:	Mixed 800 Free			:	Mixed 100 Free			
2	MARK WREN	38 OR	11:26.37	:	1 DAVID BURLESON	40 OR	10:22.48	:	1 JAMES ELLIOTT	45 OR	1:10.85	
Mixed 50 Back				:	Mixed 1500 Free			:	Mixed 200 Free			
1	GENE CASQUEIRO	39 OR	36.54	:	1 DAVID BURLESON	40 OR	19:28.20	:	1 MIKE PENDLETON	45 OR	2:20.68	
Mixed 100 Back				:	Mixed 50 Back			:	2 JIM TEISHER	47 OR	2:31.59	
1	CHRISTOPHE ROTH	38 OR	1:16.67	:	1 PETER METZGER	42 OR	32.24	:	Mixed 400 Free			
2	GENE CASQUEIRO	39 OR	1:23.58	:	2 MARK WILLIAMS	40 OR	35.24	:	1 STEPHEN JOHNSON	49 OR	4:56.51	
Mixed 50 Breast				:	3 ADRIAN KALIL	44 OR	37.39	:	2 JIM TEISHER	47 OR	5:18.19	
1	PAT ALLENDER	38 OR	34.24	:	4 CHARLES HELM	41 OR	55.14	:	3 ROBERT MAESTRE	47 OR	5:19.43	
2	WILSON ZEHR	36 OR	43.16	:	Mixed 100 Back			:	Mixed 800 Free			
Mixed 100 Breast				:	1 DAVID BURLESON	40 OR	1:09.28	:	1 MIKE PENDLETON	45 OR	10:44.17	
1	PAT ALLENDER	38 OR	1:13.79	:	2 PETER METZGER	42 OR	1:10.92	:	Mixed 1500 Free			
2	WILSON ZEHR	36 OR	1:31.01	:	3 MARK WILLIAMS	40 OR	1:17.67	:	1 JIM TEISHER	47 OR	21:53.60	
Mixed 200 Breast				:	4 ADRIAN KALIL	44 OR	1:19.08	:	2 JAMES ELLIOTT	45 OR	22:16.27	
1	PAT ALLENDER	38 OR	2:39.15	:	5 STAN EVENSON	43 OR	1:37.98	:	Mixed 50 Back			
2	CHRISTOPHE ROTH	38 OR	3:10.83	:	6 JIM MOLLER	42 OR	1:40.48	:	1 ROBERT MAESTRE	47 OR	38.44	
Mixed 50 Fly				:	Mixed 200 Back			:	2 JAMES ELLIOTT	45 OR	38.92	
1	WILSON ZEHR	36 OR	34.26	:	1 DAVID BURLESON	40 OR	2:31.37	:	Mixed 100 Back			
Mixed 100 Fly				:	2 CECIL PATRICK	42 OR	3:34.32	:	1 ROBERT MAESTRE	47 OR	1:20.49	
1	WILSON ZEHR	36 OR	1:19.32	:	Mixed 50 Breast			:	2 JAMES ELLIOTT	45 OR	1:21.70	
Mixed 200 Fly				:	1 PETER METZGER	42 OR	38.63	:	Mixed 200 Back			
1	CHRISTOPHE ROTH	38 OR	2:32.35	:	2 ADRIAN KALIL	44 OR	38.90	:	1 JAMES ELLIOTT	45 OR	2:56.69	
Mixed 200 IM				:	3 THOMAS CHUN	41 OR	39.64	:	Mixed 50 Breast			
1	PAT ALLENDER	38 OR	2:30.58	:	4 TOM SCHWARZ	42 OR	40.00	:	1 ALLEN STARK	48 OR	34.66	
2	WILSON ZEHR	36 OR	3:04.19	:	5 GARY WALLIS	44 OR	44.20	:	Mixed 100 Breast			
Mixed 400 IM				:	Mixed 100 Breast			:	1 ALLEN STARK	48 OR	1:18.81	
1	CHRISTOPHE ROTH	38 OR	5:32.94	:	1 THOMAS CHUN	41 OR	1:26.38	:	Mixed 200 Breast			
=====				:	2 TOM SCHWARZ	42 OR	1:26.39	:	1 ALLEN STARK	48 OR	2:51.22	
--- Ages 40 Through 44 ---				:	3 GARY WALLIS	44 OR	1:32.78	:	2 MIKE PENDLETON	45 OR	3:03.93	
PL	Name	Age Team	Finals	:	Mixed 200 Breast			:	Mixed 50 Fly			
-----				:	1 STAN EVENSON	43 OR	3:28.85	:	1 STEPHEN WARNER	49 OR	30.26	
Mixed 50 Free				:	Mixed 50 Fly			:	2 PETER LENTZ	45 OR	37.65	
1	PETER METZGER	42 OR	28.81	:	1 PETER METZGER	42 OR	30.16	:	Mixed 100 Fly			
2	ADRIAN KALIL	44 OR	29.54	:	2 WALTER GRIEGO	44 OR	32.88	:	1 STEPHEN WARNER	49 OR	1:08.83	
3	M. GILLILAND	43 OR	30.23	:	Mixed 100 Fly			:	Mixed 200 IM			
4	WALTER GRIEGO	44 OR	30.45	:	1 WALTER GRIEGO	44 OR	1:22.20	:	1 MIKE PENDLETON	45 OR	2:42.77	
5	GARY WALLIS	44 OR	31.67	:	Mixed 200 IM			:				
6	JIM MOLLER	42 OR	32.83	:	1 DAVID BURLESON	40 OR	2:33.65	:				
7	JOHN SIX	43 OR	35.17	:	2 PETER METZGER	42 OR	2:39.61	:				
				:	3 CECIL PATRICK	42 OR	3:23.51	:				

Oregon State Games - Masters Swimming
July 12-13, 1997

Meet Results for Timed Finals-LC Meters

----- Mixed 50 Fly				Mixed 400 Free			
--- Ages 50 Through 54 ---				:	1 WILLIAM HOLMAN	66 OR	7:30.23
PL	Name	Age Team	Finals	:	2 CLARK AUSTEN	69 OR	8:49.55
-----				:	3 JOHN JOENS	65 OR	9:06.67
Mixed 50 Free				:	Mixed 800 Free		
1	JON STOUT	50 OR	30.35	:	1	CLARK AUSTEN	69 OR 18:06.77
2	JEFF CLARK	51 OR	31.66	:	Mixed 50 Back		
3	JAMES KRIST	53 OR	33.75	:	1	CLARK AUSTEN	69 OR 1:09.07
Mixed 100 Free				:	Mixed 100 Back		
1	GEORGE ELTMAN	51 OR	1:06.72	:	1	JOHN JOENS	65 OR 2:10.89
2	JEFF CLARK	51 OR	1:15.09	:	Mixed 200 Back		
3	JAMES KRIST	53 OR	1:19.92	:	1	JOHN JOENS	65 OR 4:41.76
Mixed 200 Free				:	Mixed 50 Breast		
1	GEORGE ELTMAN	51 OR	2:35.09	:	1	MILTON MARKS	67 OR 43.73
Mixed 400 Free				:	Mixed 100 Breast		
1	GEORGE ELTMAN	51 OR	5:23.90	:	1	MILTON MARKS	67 OR 1:44.28
2	RICHARD MAIER	52 OR	7:33.96	:	2	JOHN JOENS	65 OR 2:40.21
Mixed 800 Free				:	Mixed 200 Breast		
1	GEORGE ELTMAN	51 OR	11:13.47	:	1	MILTON MARKS	67 OR 3:57.10
Mixed 1500 Free				:	2	JOHN JOENS	65 OR 5:37.12
1	RICHARD JUHALA	54 OR	30:47.40	:	Mixed 400 IM		
Mixed 50 Back				:	1	MILTON MARKS	67 OR 8:03.60
1	JON STOUT	50 OR	34.78	:	-----		
2	RICHARD JUHALA	54 OR	49.05	:	--- Ages 70 Through 74 ---		
Mixed 50 Breast				:	PL	Name	Age Team Finals
1	RICHARD JUHALA	54 OR	43.61	:	-----		
Mixed 100 Breast				:	Mixed 50 Free		
1	RICHARD MAIER	52 OR	2:10.07	:	1	CAL HERSEY	70 OR 54.67
Mixed 200 Breast				:	2	SHERIDAN JONES	70 OR 59.89
1	RICHARD JUHALA	54 OR	3:48.20	:	Mixed 100 Free		
Mixed 200 IM				:	1	SHERIDAN JONES	70 OR 2:40.24
1	RICHARD JUHALA	54 OR	3:42.52	:	Mixed 50 Back		
Mixed 400 IM				:	1	CAL HERSEY	70 OR 1:15.44
-	RICHARD JUHALA	54 OR	DQ	:	Mixed 50 Breast		
-----				:	1	CAL HERSEY	70 OR 1:13.99
--- Ages 55 Through 59 ---				:	Mixed 200 Fly		
PL	Name	Age Team	Finals	:	1	FRED ECKHARDT	71 OR 4:41.72
-----				:	Mixed 400 IM		
Mixed 50 Free				:	1	FRED ECKHARDT	71 OR 9:22.87
1	O. FLORES FIOL	58 OR	35.44	:	-----		
2	DON MCCREA	56 OR	39.32	:	--- Ages 75 Through 79 ---		
Mixed 50 Back				:	PL	Name	Age Team Finals
1	DON MCCREA	56 OR	50.57	:	-----		
Mixed 50 Breast				:	Mixed 50 Free		
1	O. FLORES FIOL	58 OR	43.79	:	1	KHOSROW SHADBEH	76 OR 56.54
2	DAVID ENG	59 OR	46.60	:	2	ALFEO BERNARDI	77 OR 1:11.12
Mixed 100 Breast				:	Mixed 100 Free		
1	DAVID ENG	59 OR	1:46.81	:	1	GILBERT YOUNG	75 OR 1:30.92
				:	2	EARL WALTER	76 OR 1:37.12
				:	3	KHOSROW SHADBEH	76 OR 2:03.52
				:	4	ALFEO BERNARDI	77 OR 2:53.31

Oregon State Games - Masters Swimming
July 12-13, 1997

Meet Results for Timed Finals-LC Meters

Mixed 200 Free

1 GILBERT YOUNG 75 OR 3:21.25
2 KHOSROW SHADBEH 76 OR 4:23.94

Mixed 400 Free

1 DAVID BERNSTEIN 75 OR 10:10.96

Mixed 800 Free

1 GILBERT YOUNG 75 OR 14:57.83

Mixed 1500 Free

1 GILBERT YOUNG 75 OR 28:23.17

Mixed 50 Back

1 DAVID BERNSTEIN 75 OR 1:03.22

Mixed 100 Back

1 DAVID BERNSTEIN 75 OR 2:18.37
2 KHOSROW SHADBEH 76 OR 2:22.60

Mixed 200 Back

1 DAVID BERNSTEIN 75 OR 5:02.82

Mixed 50 Breast

1 EARL WALTER 76 OR 53.11
2 KHOSROW SHADBEH 76 OR 59.91

Mixed 100 Breast

1 EARL WALTER 76 OR 2:00.95
2 KHOSROW SHADBEH 76 OR 2:13.41

Mixed 200 Breast

1 EARL WALTER 76 OR 4:31.08

Mixed 50 Fly

1 ANDREW HOLDEN 78 OR 39.82

Mixed 100 Fly

1 ANDREW HOLDEN 78 OR 1:45.76

--- Ages 120 Through 159 ---
PL Name Team Finals

Female 200 R-Free

1 OR A F-120 OR 2:16.40
ANDREA MILANO-29 SHARON STUART-32
ERIN HOLLAND-30 JEANNE THIMM-33

--- Ages 160 Through 199 ---
PL Name Team Finals

Female 200 R-Medley

1 OR A F-160 OR 2:41.60
ALICE ZABUDSKY-52 CHRISTINE CLUM-51
SANDRE NELSON-46 KIMBERLY BROWN-31

--- Ages 280 Through 319 ---
PL Name Team Finals

Mixed 200 R-Free

1 OR A X-280 OR 3:12.75
MARGARET WELLS-71F EARL WALTER-76M
PAULINE STANGEL-75F GILBERT YOUNG-75M

--- Ages 120 Through 159 ---

PL Name Team Finals

Male 200 R-Free

1 OR B M-120 OR 1:54.34
MATTHEW ROTH-30 CHRISTOPHE ROTH-38
ADRIAN KALIL-44 DAVID BURLESON-40
2 OR A M-120 OR 1:56.11
ALEX SUSBAUER-21 MARK WREN-38
JON STOUT-50 MIKE PENDLETON-45
Male 200 R-Medley
1 OR D M-120 OR 2:07.16
DAVID BURLESON-40 ADRIAN KALIL-44
CHRISTOPHE ROTH-38 MATTHEW ROTH-30
2 OR B M-120 OR 2:07.91
PETER METZGER-42 MIKE PENDLETON-45
ALEX SUSBAUER-21 JOHN LINDSEY-31
3 OR A M-120 OR 2:26.22
DIMITAR PETROV-26 RICHARD JUHALA-54
JEFF KAELO-31 STEVEN JENSKINS-20
4 OR C M-120 OR 2:29.45
JOHN STONE-19 RICHARD MAIER-52
MICKEY ABERLE-20 PETER LENTZ-45

--- Ages 160 Through 199 ---

PL Name Team Finals

Male 200 R-Free

1 OR C M-160 OR 2:06.54
STAN EVENSON-43 JOHN LINDSEY-31
JAY OJEDA-61 JEFF KLEIN-29
2 OR D M-160 OR 2:06.96
GEORGE ELTMAN-51 JOHN SIX-43
MARK WILLIAMS-40 WALTER GRIEGO-44

--- Ages 76 Through 99 ---

PL Name Team Finals

Mixed 200 R-Free

1 OR C X-76 OR 2:01.54
JOHN STONE-19M ERIC LAITINEN-31M
SARA ROBBINS-21F MICKEY ABERLE-20M
Mixed 200 R-Medley
1 OR D X-76 OR 2:16.67
SARA ROBBINS-21F MICKEY ABERLE-20M
ERIC LAITINEN-31M JOHN STONE-19M

--- Ages 100 Through 119 ---

PL Name Team Finals

Mixed 200 R-Free

1 OR A X-100 OR 2:09.39
STEVEN JENSKINS-20M ERIN HOLLAND-30F
JEANNE THIMM-33F DIMITAR PETROV-26M
Mixed 200 R-Medley
2 OR E X-100 OR 2:31.64
DIMITAR PETROV-26M ANDREA MILANO-29F
JEFF KAELO-31M JEANNE THIMM-33F

--- Ages 120 Through 159 ---

PL Name Team Finals

Mixed 200 R-Free

1 OR B X-120 OR 2:04.34
ANDREA MILANO-29F MARK WREN-38M
SHARON STUART-32F ALEX SUSBAUER-21M
2 OR R X-120 OR 2:09.17
CHRISTY GRAFTON-27F HEATHER REILLY-29F
CHRISTOPHE ROTH-38M MATTHEW ROTH-30M
3 OR A X-120 OR 2:12.94
CHRISTINE CLUM-51F KIMBERLY BROWN-31F
JOHN LINDSEY-31M JEFF KLEIN-29M
Mixed 200 R-Medley
1 OR G X-120 OR 2:16.50
PHILLIP KING-30M SANDRE NELSON-46F
MATTHEW ROTH-30M CHRISTY GRAFTON-27F

--- Ages 160 Through 199 ---

PL Name Team Finals

Mixed 200 R-Free

1 OR B X-160 OR 2:12.41
LISSA PARKER-45F K. CULBERTSON-37F
PETER METZGER-42M ADRIAN KALIL-44M

Mixed 200 R-Medley

1 OR D X-160 OR 2:27.09
K. CULBERTSON-37F GINGER PIERSON-51F
PETER METZGER-42M JOHN LINDSEY-31M

--- Ages 200 Through 239 ---

PL Name Team Finals

Mixed 200 R-Free

1 OR S X-200 OR 3:38.74
LYNDA WOJT-37F DAVID BERNSTEIN-75M
JOHN JOENS-65M CAROLYN GRAF-49F
Mixed 200 R-Medley
1 OR G X-200 OR 4:15.76
DAVID BERNSTEIN-75M JOHN JOENS-65M
CAROLYN GRAF-49F LYNDA WOJT-37F

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 / 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	CAT	Mark Worden	754-5854
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Emerald Aquatics	EA	Bill Weaver	345-7667
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Forest Grove / F.G. Dragon Masters	FGDM	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
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Fish Stick Masters	FS	Robert Smith	635-4505
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Medford Old Folks in Action	MOFIA	Phillip Croeger	899-5565
Milwaukie / North Clackamas Aq. Park	NCAP	Jeff Kaelon	655-7131
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	Ron Cobb	699-7824
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsmann	294-3366 x 13
Portland / Parkrose Masters	PMSC	Bert Petersen	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John 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	Terry McCurdy	440-9296
Salem / Mid-Willamette Valley Masters	MWVM	Matt Boles	371-7869
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Vancouver,WA / Vancouver Old Timers	VOT	Andy Schrag	(360)546-0079

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)

**Oregon Masters Swimming
Registration 1997**

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

NAME _____ Reg. Fee (\$15.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$30.00) _____
(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



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In this issue: State Games & Pan Pacific results

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SEPTEMBER, 1997

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