



1998 REGISTRATION FORM - OREGON MASTERS SWIMMING

☐ RENEWAL. My 1997 USMS # is: 377- ☐ NEW Registration

PLEASE PRINT

Your 1998 USMS registration card is valid from
Nov. 1, 1997 - Dec. 31, 1998

NAME _____
(Last Name) (First Name) (MI)

FEES: Payable to "OMS"

ADDRESS _____

Single Registration (\$28.00) _____

CITY _____ STATE _____ ZIP _____

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

() - _____ / _____ / _____
Your Phone Number Birth Date Age Sex Club (OMS, MACO, UNATT)

Local Team (See Official Abbreviations Below)

E-Mail Address

☐ Check box if you are a Masters Coach

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 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: _____

----- CUT HERE ----- RETURN ONLY THE UPPER PORTION ----- CUT HERE -----

- * Please register with the same name you will use for competition.
- * If you are registering at the same time you are entering a meet in Oregon, you *MUST* include this application form *with your meet entry and NOT mail this to the OMS Registrar.*
- * Your 1998 USMS registration card is valid from November 1, 1997 - December 31, 1998.

OFFICIAL OREGON MASTERS LOCAL TEAM ABBREVIATIONS:

ALB - Albany Masters	KLF - Klamath Falls Masters	PCC - Portland Community College
BAM - Bay Area Masters	LCM - Lincoln City Masters	PMSC - Parkrose Masters
BSA - Bohemia Swim Assoc.	MACO - Multnomah Athletic Club	PPM - Portland Parks Masters
CAM - Cascade Aq. M. (Redmond)	MHM - Mt. Hood Masters	PRID - Pride of Oregon Masters
CAT - Corvallis Aquatic Masters	MJCC - Mittleman Jewish Cm. Ctr	RAC - RiverPlace Athletic Club
CMST - Chehalem Masters	MOFIA - Medford Old Folks I.A.	RVM - Rogue Valley Masters
COMA - Central Oregon Masters	MPM - Mt. Park Masters (L Osweg.)	SLO - Sloths Masters (Eugene)
DAC - Downtown Athl. Club	MWVM - Mid-Will. V. M (Salem)	THB - Tualatin Hills Barracudas
EA - Emerald Aquatics (Eugene)	MY - Metro YMCA (Portland)	TPAC - Team Portland Aq. Club
EY - Eugene Family YMCA	NCAP - N. Clackamas Aq. Park	UOM - Univ. of Oregon Masters
FGDM - Forest Grove Dragon M.	NCSC - North Coast Swim Club	UVM - Umpqua Valley Mast.
FS - Fish Stick Masters (L Oswego)	(Astoria/Seaside)	VOT - Vancouver Old Timers
GPY - Grans Pass Fam. YMCA	NEWP - Yaquina Bay YMCA (Npt)	WAC - Willamette Athletic Club
HRBE - Hood River Bald Eagles	PAC - Princeton Athletic Club	WH20 - WH20 Masters (Salem)

MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DRIVE, ASHLAND, OR 97520

AQUA MASTER BULLETIN BOARD

F Y I

CHECK OUT ALL THE SPECIAL ANNOUNCEMENTS FOR THE MONTHS OF NOV. AND DEC.

WEB MASTER WANTED

OMS wants to start a Web Page. If you would be interested in developing this Web Page please contact Sharon Stuart by mid-December at - (email) rouge@teleport.com

MIND SPRING

ARE YOU THINKING OF GOING ON LINE? USMS HAS SIGNED A SPECIAL VENDOR AGREEMENT WITH MIND SPRING. GIVE TRACY GRILLI A CALL AT THE USMS OFFICE (603)537-0203 OR FAX (603)537-0204 FOR MORE DETAILS.

YOUR IDEAS - WE WANT THEM

OMS'S Web Page is an exciting new concept for Oregon Swimming. We want your ideas on what you want included on these Net pages. Please email your suggestions to Sharon Stuart by mid December at rouge@teleport.com. Check out the Pacific Masters Web Pages <http://www.pacificmasters.org/> and Davis Masters Web pages <http://www.pacificmasters.org/dam> and you'll see some of the possibilities that we could incorporate into the new OMS site. Check out page 10 for more Web links.

NEW REGISTRAR

June Mather is the new Registrar for OMS. She takes over from Stephen Harger. Let's help her out and get her off to a great start by sending in your '98 Registration **NOW!!!!** June has done a superb job of promoting swimming in the Rogue Valley and OMS welcomes her.

THE TWO RULES OF PERSEVERANCE

- Rule # 1: Take one more stroke.
Rule # 2: When you don't think you can take one more stroke, refer to Rule # 1

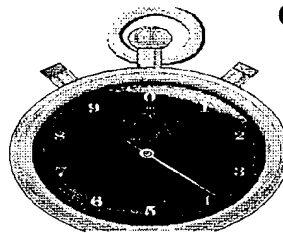
AQUA MASTER EDITOR RETIRES

In March of 1989, John Zell published his first Aqua Master. For eight years he has kept us all up to date and informed about local and National events. Thanks John for a super job. The October edition was his final publication. He will stay active on the Board and in swimming. Suzanne Rague and Dave Radcliff are your new Co-Editors.

SANDI ROUSSEAU HONORED

At the recent USMS Convention Sandi Rousseau received the National Championship Meets Award for Outstanding Contributions to USMS. As one delegate commented the meetings run by Sandi were far and away the best. Sandi is continuing as the Championship Committee Chair. That is great news because we know that we will continue to have outstanding Nationals. Congratulations and Thanks!

Call Ginger Pierson concerning financial help for the Nike World Games. Check out the article in the Oct. Aqua Master for more details.



PR

Let's see if you can set a new PR for how fast you return your '98 Registration Form. "Mark" "Go" The clock is running.

ELECTIONS

This is the year that we elect the Vice Chair and the Treasurer. Nominations should be sent to Sharon Stuart by Dec. 10, 1997. Ballots will be sent out following the December Board meeting. email nominations to rouge@teleport.com

Aqua-Master

Volume 24, Number 11 Nov./Dec., 1997

Time to Change Lanes

by John Zell

Once a month since March of 1989, I've spent a few hours producing something all of you have enjoyed receiving and reading....this publication. By my count, a total of 101 issues. In light of demands in my business, I must make a relay exchange and pass on the editorial duties to David Radcliff and Suzanne Rague. I do so knowing it is in very capable hands.

The Aqua-Master has been a great source of personal pride, a wonderful learning experience, and just plain fun. It has afforded me the opportunity to continue to learn and practice a part of my profession in the graphic arts industry. More importantly, it has been an avenue for me to give back to an organization and friends that mean so much to me.

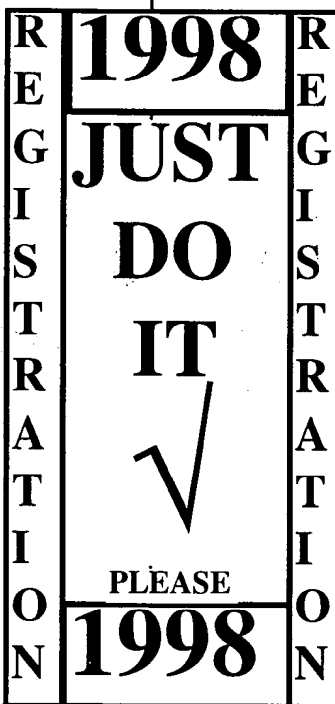
Looking through the archives of back
continued on page 5

The CHAIR'S CORNER

by Eric Guest

The USMS convention was held in Burlingame, California in September. A lot of work went into it and came out of it. The attendees for OMS INC

who attended for the first time found it very interesting and learned quite a bit. We were kept very busy going from one committee meeting to another and giving our input when it was necessary. We attended the meetings for those on our board who didn't make the trip and will pass on the information at the board meetings. If you have any questions, please don't hesitate to contact one of us. Congratulations to SANDI ROUSSEAU who received an award for all her efforts and work put into NATIONAL CHAMPIONSHIPS as she was the chairperson of the championship committee. Also recognized for his outstanding and unselfish service to MAS-TERS SWIMMING was our own EARL WALTER. On the zone side of things,
The Chair continued on page 6



Barnacle

OL' BARN
reviews results records

Ol Barn ... 1996-1997 U S Masters
Short Course Yards-Top Ten ...

Oregon Masters, including the MAC, had a fine year and here are the people who made it BIG TIME (Including one Individual, and one Relay National Record)

All Americans : Ranked # 1 in their Age Group :

GINGER PIERSON (Women 50-54) (MAC)
Portland: 100 and 200 Breast, 200 Fly and the 400
ol'Barn continued on page 3

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The people behind Oregon Masters Swimming, Inc.

Chairman of the Board

Eric Guest

44861 S.E. Hwy 26

Sandy, OR 97055

(503) 668-4465

Vice Chairman/Sanctions

Tim Waud

715 Jefferson St

Oregon City, OR 97045

(503) 655-7131

Secretary

Sharon Stuart

(503) 241-8005

Treasurer

Roy Abramowitz

(503) 221-7500

Registrar

June Mather

1056 Hillview Dr

Ashland, OR 97520

(541) 482-0610

Aqua-Master Editors

Suzanne Rague (503) 531-9051

Dave Radcliff (503) 648-7141

Data Manager (for swim meets)

Suzanne Rague

(503) 531-9051

Officials (for swim meets)

Al Smith

(503) 630-5170

Membership

Phil King

(503) 241-9091

Fitness

George Thayer

(541) 388-3392

Safety

Sandi Rousseau

(503) 642-3679

Coaches

Mark Friedley

(503) 638-0284

Awards

Donna Ryan

(503) 665-0538

Records / Historian

Earl Walter

(503) 738-3763

Open Water Events

Dan Gray

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

Past Chair

David Cobb

(503) 282-0472

Calendar and Meet Schedule 1997-1998

Date	Event	Location	
DEC. 6-7	SCM	Sandpoint, ID	**Diana Leake (208) 263-3976
7	SCM	Oregon City, Or	(Oct. Aqua Master)
13	SCM	Anchorage, AK	**Joanne Wainwright (907) 262-5308
14	SCY	Bellingham, WA	**Suzie Ness (206) 547-3309
JAN. 1-31	One Hour Postal National Champs		**Joann Stewart (703) 354-2130
10-11	SCY	Spokane, WA	**Heather Carling-Smith (509) 448-6520
31	SCY	*Echo Hollow Pool - Eugene, OR	
FEB. 7-8	SCM	Fairchild AFB(Spokane)	**Diana Leake (208) 263-3976
13-14	SCY	Alaska State Champs	**Joanne Wainwright (907) 262-5306
21-22		Senior Games, Palm Springs, CA	**Ben Green (760) 323-5689
22	LCM	Victoria Masters, BC	**Leon Politano (250) 478-3379
MAR. 8	SCY	Lyons Pool, Yakima, WA	**Diana Leake (208) 263-3976
14	SCY	Tualatin Hills Pentathalon	
21-22	SCY	Inland NW Champs(Spokane)	**Diana Leake (208) 263-3976
22	SCY	Banger, WA	**Suzie Ness ((206) 547-3309
APR.	YMCA	Masters Championships - Ft Lauderdale, Fl	
3-5	SCY	OMS Assn. Champs	Corvallis, OR
25-26	SCY	Northwest Zone Champs	Bend, OR
MAY 7-10	SCY	USMS Championships	**Judy Goldstein (317) 253-8289
		Indianapolis, IN	(before 9PM EST)
16-18	LCM	Canadian National Champs	**A Looy (430) 489-3638
		Edmont, Alberta	
JUNE 19-26	LCM	World Masters Championships, Casablanca, Morocco	
		for information, send \$2 to the USMS National Office	
AUG. 20-23	LCM	USMS Championships	**Stu Marvin (954) 468-1580
		Ft Lauderdale, FL	
10-15	LCM	Nike World Masters Games	**1 800 984-2637

OREGON OPEN WATER CALENDAR

JUNE 7	Emerald Aquatics - 1500 & 3000 + Relays	**Steve Johnson (541) 683-5758
JULY 18-19	Rogue Valley Masters - Sat. 3000 + Open Water Clinic	**Pat Burch (541) 488-5928
	Sun. 1500 OMS Open Water Championships + relays	
AUG 1-2	Central Oregon Masters - 1500 & 3000 + relays	**Matt Mercer (541) 389-7665
SEPT 13	Portland Parks Masters - 1500 & 3000	**John Zell (503) 282-9347

* Meet entry form enclosed in this issue

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

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$7.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

ol'Barn continued from page 1

IM plus: 8th-50 Free, 3rd-50 Back, 5th-100 Back, 5th-200 Back, 2nd-50 Breast 6th-50 Fly, 3rd-100 Fly, 3rd-100 IM and 3rd-200 IM

DIMITAR PETROV (Men 25-29) Portland : 1000 Free. Plus: 8th-500 Free

KYLE KIMBALL (Men 25-29) Salem : 400 IM. Plus: 5th-500 Free, 6th-200 Fly, and 4th-200 IM

JEFF STILING (Men 35-39) (MAC) Beaverton: 500 Free and the 400 IM Setting a new National Record of 4:12.83. Plus : 2nd-200 Free, 9th-100 Fly, 4th-100 IM and 2nd-200 IM

ROBERT SMITH (Men 50-54) Lake Oswego: 50 Back. Plus: 4th-50 Free, 7th-100 Free, 3rd-100 Back, 6th-50 Breast, 8th-50 Fly and 2nd-100 IM

DAVID RADCLIFF (Men 60-64) Hillsboro: 500 Free. Plus: 4th-50 Free, 5th-100 Free, 3rd-200 Free, 2nd-1000 Free and 3rd-1650 Free

GIL YOUNG (Men 75-79) Portland: 1650 Free. Plus 7th-100 Free, 3rd-200 Free, 4th-500 Free and 3rd-1000 Free

ANDREW HOLDEN (Men 75-79) Longview: 50 - 100 - and 200 Fly. Plus 2nd-50 Free, 2nd-100 Free, 2nd-100 Back and 3rd-100 IM

Womens 200 Free Relay 35+: SIMONE LA PAY (Portland), KIMBERLY ARATA (Springfield), SARAH HOAGLAND (Lake Oswego) and GRACIE GODDARD (Portland)

Mens 200 Free Relay 55+: GEORGE THAYER (Bend), DAVID RADCLIFF (Hillsboro), RICHARD WEICK (Eugene) and DICK SLAWSON (Portland)

Mens 200 Free Relay 75+: EARL WALTER (Gearhart) GERALD HUESTIS (Waldport), GIL YOUNG (Portland) and ANDREW HOLDEN of (Longview) Setting a NEW National Record of 2:19.15

Mens 400 Medley Relay 45+: ROBERT SMITH (Lake Oswego), ALLEN STARK (Mulino), JOHN COLLINS (Portland) and DOUG PRENTICE of (Portland)

Individual Top Ten Placings :

Women 19-24: Jennifer Snook (Portland) 9th-50 Back,

4th-100 Back and 7th-200 Back

Laura Juckeland(MAC) Portland:2nd-200 Back and 8th-200 IM

Women 25-29: Chandra Haislet(Portland) 8th-100 Back and 8th-50.Fly

Shauna Simpson(Portland) 9th-200 Fly

Women 30-34: Susan Moss (Baker City) 9th-100 Free

H Vaughn-Edmonds(Portland) 5th-1000 Free

Women 35-39 : Gracie Goddard(Portland) 6th-50 Free, 3rd-100 Free, 4th-200 Free, and 5th for the 50 Fly.

Simone LaPay(Portland) 7th-100 Free, 8th-200 Free, 7th-1000 Free and 9th in the 200 Back.

Kimberly Arata (Springfield) 8th-200 Fly

Women 45-49: Suzanne Cooper (Portland) 6th-50 Breast and 6th-50 Fly

Women 50-54: Christine Clum (Sandy) 10th-50 Breast, 6th-100 Breast and 5th-200 Breast

Alice Zabudsky (Estacada) 9th-50 Fly, 9th-100 Fly and 9th-200 IM

Women 60-64: Lavelle Stoinoff(MAC) Portland: 3rd-200 Free, 2nd-500 Free, 2nd-1000 Free and 4th-200 Back

Women 65-69 : Barbara Jackson(Baker City) 2nd-50 Back, 2nd-100 Back, 2nd-200 Back and 8th in the 100 IM

Women 75-79: Elfie Stevenin(Salem) 9th-1000 Free, 7th-200 Fly and 8th-

400 IM

Women 80-84: Eva Muller(Eugene) 10th-100 Free, 6th-100 Back, 6th-200 Back, 5th-100 Breast and 5th-100 IM

Helena Hoffman(Tigard) 10th-100 Breast, 6th-200 Breast, 6th-100 Fly, 3rd-200 Fly, 8th-200 IM and 2nd-400 IM

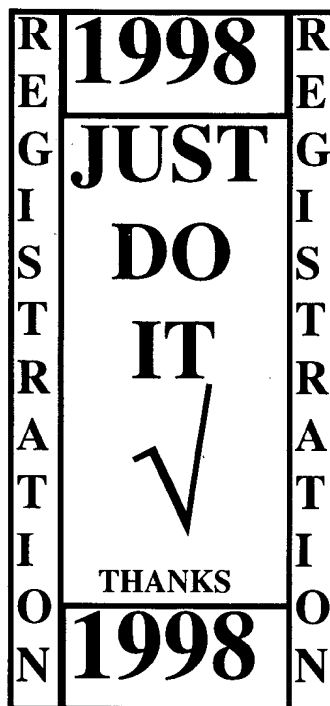
Women 85-89 : Patience Miller(Portland) 2nd-500 Free

Men 19-24 : Matt Short(Portland) 5th-50 Free and 8th-50 Back

Matthew Boles(Salem) 4th-50 Back

Robbert Van Andel(Eugene) 4th-1650 Free, 7th-200

ol'Barn continued on page 4



ol'Barn continued from page 3

Fly and 5th-400 IM Kevin Noah(Roseburg) 9th-200 Back

Men 25-29 : Stephen Stoneham(Vancouver) 6th-1650 Free

Gary DeFrang(MAC) Tigard 8th-50 Back

Gregory Sampson(Eugene) 10th-100 Breast

Matthew Gray(Portland) 4th-200 Breast and 7th-400 IM

William Zolna(Portland) 3rd-200 Fly, 7th-200 IM and 4th-400I M

Jay O'Connor(Newberg) 8th-400 IM

OB Note: I do not recall in all my years of Masters Swimming, seeing any Assn., nabbing 4 of 10 spots in any Top Ten. OM did it with Kimball #1, Zolna #4, Gray #7 and O'Connor #8 in the 400 IM. This is what prompted me to use the expression "our Young Lions".

Men 35-39: Steve George(Corvallis) 10th-50 Free, 6th-100 Back, 5th-200 Back, 8th-100 IM

Pat Allender(Corvallis) 8th-200 Breast

Chris Roth(Gladstone) 6th-200 Fly and 6th-400 IM

Men 40-44 : Peter Metzger(Portland) 5th-50 Back and 10th-100 Back

John Zell(Portland) 9th-200 Back

Men 45-45: Stephen Johnson(Eugene) 9th-1000 Free and 8th-1650 Free

Steve Mann(Bend) 10th-100 Back

John Collins(Portland) 6th-200 Back

Mike Pendleton(Hood River) 7th-200 IM

Men 60-64: Richard Weick(Eugene) 6th-50 Free, 9th-100 Free, 9th-200 Free, 10th-100 IM

George Thayer(Bend) 9th-50 Free

Arthur Welch(Portland) 10th-1000 Free and 10th 1650 Free

Dick Slawson(Portland) 3rd-200 Fly and 4th-400 IM

Men 70-74: Gil Young(Portland) 9th-1000 Free and 3rd-1650 Free

Floyd Elliott(Lake Oswego) 2nd-50 Back, 3rd-100 Back and 3rd-200 Back

Fred Eckhardt(Portland) 9th-200 Fly

Men 75-79: Bob Morrison(Lake Oswego) 6th-50 Back and 6th-50 Breast

Gerald Huestis(Waldport) 6th-200 Back and 5th-200 Fly

Earl Walter(Gearhart) 7th-200 Back, 7th-200 Breast and 6th-100 IM

Men 80-84 : Allan De Lay : 4th-50 Free

Relays: Women 45+ 200 Free(10th) Suzanne Rague(Beaverton), Lissa Parker (Neotsu), Judy Beaston (Aloha), Kristi Riddle (Beaverton)

Women 35+ 200 Medley (4th) Kerri Culbertson (Vancouver), Simone Lapay(Portland), Laura Worden(Corvallis), Gracie Goddard(Portland)

Men 19+ 200 Free(7th) Jason Schuman(Lake Oswego), Robbert Van Andel(Eugene), Patrick Herrera(Vancouver), Peter Metzger (Portland)

Men 35+ 200 Free(4th) Jeff Walker(Portland), Alan Arata(Springfield, Daniel Knauer(Portland), Steve George(Corvallis)

Men 45+ 200 Free(5th) Robert Smith(Lake Oswego), Doug Prentice(Portland), Tom Coffey(Lake Oswego), Mike Pendleton(Hood River)

Men 35+ 200 Medley(9th) Patrick Herrera (Vancouver), Peter Metzger(Portland), Robert Moore(Portland), Phil Clark(Beaverton)

Men 45+ 200 Medley(6th) Robert Smith(Lake Oswego), Doug Prentice(Portland), Tom Coffey (Lake Oswego), Mike Pendleton (Hood River)

MXD 35+ 200 Free(2nd) Simone LaPay(Portland), Gracie Goddard(Portland), Jeff Walker(Portland), Steve George(Corvallis)

MXD 35+ 200 Free(10th) Alan Arata(Springfield), Robert Moore(Portland), Sarah Hoagland(Lake Oswego), Kimberly Arat a(Springfield)

MXD 55+ 200 Free(8th) Kaleo Schroder(Klamath Falls), Susanne Schumann(Portland), David Radcliff(Hillsboro), George Thayer(Bend)

MXD 35+ 200 Medley(3rd) Peter Metzger (Portland), Pat Allender(Corvallis), Simone LaPay(Portland), Gracie Goddard(Portland)

That's it for the 1997 Short Course Yards, U S Masters National Top Ten. Oregon Masters, including the MAC, can be proud of this showing. The Oregon Masters Men, can take more pride, in having won the U S National Men's Team Championship, at Federal Way, Washington, for 1997.

**THE HARDER YOU WORK
THE LUCKIER YOU GET
GOOD LUCK IN 1998**

"Time to Change Lanes" continued from page 1

issues I can smile about how the quality, content, and look of the AM has evolved and improved. I've tried to bring you some things of interest aside from entry forms and meet results. Many of you have sent me articles and stories to include. I appreciate those efforts and certainly hope this continues.

This publication is yours. It is a feature and benefit of your membership in Oregon Masters Swimming. I truly feel that even a simple contribution by YOU (or your team) once a year is an easy way to give back to what is an important part of your life. Over the years, my job as Editor has been somewhat easy. I haven't had lots of articles or stories to pick from and decide which to run. I would hope that you would make David's and Suzanne's job of editing more difficult than the one I had. Please give him more choices.

In my years of involvement in Masters Swimming, I have seen how things work and it is not unlike what happens in many organizations. A small group of dedicated people work very hard (and for many years) for the benefit of the whole organization. These groups are always looking for help, new blood, and new ideas. Fortunately or unfortunately, over the years, the same key people are the ones doing most of the work.

So if you truly enjoy Masters Swimming, I would encourage you to become involved on some level to some degree. It can and must start with your own team or training group. Then it can evolve to participation in the local organization that makes much of the whole thing possible.

There's more to just paying your fees and showing up to pool. If you love it, give back to your team and to OMS. You'll find that it takes only a little time and is very rewarding.

Finally, I wish to thank the Board of Directors of Oregon Masters Swimming for allowing me to be a part of their circle. I have valued their friendship and advice. You can rest assured that I don't plan to just

slip over into another lane and be just one of the guys. Well not entirely anyway. I will still be involved on a team level and with OMS in some fashion, but in a reduced role. Been there, done that! It's time for others to step forward and help out.

Do you really care and are you ready to step forward?

I know you appreciate the work I've done, it's your turn now.



the **WORKOUT**

R E G I S T R A T I O N
1998
JUST DO IT
✓
WHY NOT?
1998
R E G I S T R A T I O N

The workout this month is from Clay Evans and was given to Master Swimmers attending the 1997 Convention in California. I had the fun or perhaps a better term is challenge of doing this workout. I thought some of you might enjoy it!

The workout is designed for swimmers of three different abilities. Pick the one best for you.

Warm Up: Adv - 12 x 50 (6 @ 50 and 6 @ 45)
Int - 10 x 50 (5 @ 55 and 5 @ 50)
Beg - 8 x 50 (4 @ 60 and 4 @ 55)

Warm Up #2: Adv and Int - 6 x 50 @ 50
Beg - 6 x 50 @ 60

Least number of breaths per 50 on all but next to last. Breathe all you want and go easy on next to last. Get ready for the last one - as few breaths as possible.

Mini Prep set: Adv 4 x 50 @ 35
Int - 3 x 50 @ 45
Beg - 3 x 50 @ 55

Easy 50 for all three levels

Main Set #1: Adv - 8 x 100 @ SR
Int - 7 x 100 @ SR
Beg - 6 x 100 @ SR

SR: Short Rest, this is the shortest rest possible
the Workout continued on page 12

The Chair continued from page 1

David Radcliff was elected the NORTHWEST ZONE REPRESENTATIVE and Hugh Moore of PNA was elected NATIONAL ZONE CHAIRMAN. As most of you know David took over Elin Zander's position. Elin did a great job for the Northwest and I must add my thanks to her.

I welcome GEORGE THAYER and JUNE MATHER to the board. They chair the Fitness and Registration committees respectively. I am grateful that they stepped forward and accepted these positions and am sure they will do a fantastic job. For those of down South who have any input for our board, please contact them and let them convey your concerns to us, or if you prefer, contact one of the board directly.

Our condolences go to the family of COLLISTER WHEELER who passed away on 14 Oct. 97 at the age of 104. He was a member of the Multnomah Athletic Club and OMS INC for many years. I believe he still holds many National and World Masters records. As we would say in Australia "he had great innings and played them very well". REST IN PEACE COLLIE.

Tim Waud, our Vice Chair, has mailed the bid packages for meets this coming year (1998). By the time you read this, your bid should have been received, reviewed and awarded. The meet schedule should appear in this issue of the Aqua Master. So should the 1998 registration form. You may register in November and get credit for the coming year.

The search continues for volunteers to participate in the WORLD MASTERS GAMES. You may contact Dave Cobb at 503-282-0472 who is chair for the volunteer committee. Please call him and let him know when and for how long you will be available. Hoping you all had a great and fit Summer and ready to face another year of the same. For those of you who are competitive, please try to support some of the meets outside your immediate area. Much work and many volunteers go into having a meet. Show your appreciation by attending. Stay fit. GOD BLESS.

1997 CONVENTION REPORT

This being my first convention I decided beforehand that I just wanted to listen to what was being said and try to absorb as much as possible. My primary interest was with the Long Distance/Open Water committees as well as Sports Medicine & Safety.

The days and the evenings were long; taxing the retentive capacity of my state of mind. Fortunately I did not find any of the meeting boring, just the opposite. My mind was on stimulus overload with the information that each group presented, while still maintaining their thought processes to the business at hand.

The Coaches/Program Directors workshop was very enlightening to me. The importance of coaching to each program cannot be over emphasized. This is one of the keys to successful Masters programs, or at least the coaches felt that way. The New Delegate orientation was also very important: the discussions of the direction and purpose of Masters Swimming is actually very important and needs to constantly be addressed.

Each of the long distance committee meetings were very enlightening regarding the bidding process for National Championship events. There is no doubt that Oregon will be able to host a National Championship event before too long, perhaps as soon as the year 2000 AD.

In summary I can only say that I have never been around so many people sharing the same interest, so dedicated to the preservation of that interest for the future generations, and so many people willing to share their knowledge without having to bring out your VISA to extract information. I do not know who it was that felt that I should go to this convention but I owe a sincere thanks to each person who felt that I should attend. This was one of the most enlightening events I have ever attended: watching people handle their disappointments with dignity (elections & bidding presentations), the willingness of people to share their knowledge, the dedication and passions that people share & finally, the knowledge that Masters Swimming is something that will be around long after I have swam my last lap.

In closing I want to thank Eric and Roy for seeing me through this process. Roy for his insistence of seeing that I participated in Australian Football. Also, Eric snores early and Roy snores quite a bit himself, but because Roy keeps such late hours it is easier for him to disguise this admirable trait. Thanks to all. Dan Gray

"A Very Few Became a Very Many"

- A History of Oregon Masters Swimming - Chapter Two

We sprinted past the history of U S Masters, leaving it in 1972. Before going further your historian would like to give credit, where credit is due. All of my references to U S Masters, are taken from "Master Swim History", compiled by Ham Anderson and his wife, Mildred Anderson. Comments of 1972 are in order. Short Course Nationals in 1972 hosted 325 swimmers and were held in San Mateo. Buster Crabbe entered the program at the encouragement of John Spannuth. You were allowed to enter as many events as you desired, but only actually swim 7. Charles Teas from Corpus Christi held the first Diving Meet, December 1972.

1973 : SC Nationals were held in Santa Monica, Calif. You were allowed to enter seven events and swim seven. LC Nationals were held in Chicago, each meet attracted some 500 swimmers. Relays were changed to 25+, 35+ and 45+. Later 55+ and 65+ were added. Both Nationals were held inside. Electric Timing was improved with back up hand held timers. The Masters Convention was held in West Yellowstone, with only 6 Masters representatives. Early officers, still with us are ; June Krauser, Ted Haartz, Paul Huttinger, and Ray Taft.

1974 : The first international meet was held in March of 1974 at Sidney, Australia and Matamata, New Zealand. It was mostly fun and games. It became

cold in the afternoon, Dawn Fraser swam the 50m Free and left. Jon Hendricks and his family were present. Jim Edwards took movies. Certificates were given for participation. New Zealand was consistently strong with 70 swimmers. Found an article by Bill Williams on his training for the 1650; he tried to average 30,000 yards a week, his 1974 record for the 40-44 age group was 18:29.52. They had a fine meet at the International Hall of Fame under the guidance

of Buck Dawson. Masters of those days were divided-between; one third had never swum in competition before Masters, another third were former high school swimmers, and a third who were college letter winners to Olympic Champions. Two time Olympian George Breen shaved down for the first time in his swimming career, "I thought this was silly when they did it on the 1960 Olympic team,"he said, "but this feels great!"

1975: Short Course was held at Ft Lauderdale while Long Course was at Knoxville, Kentucky. Ransom Arthur, Richard Rahe, Ham and Mildred Anderson

were awarded special badges for attending all Nationals to date. Comment, nowadays they talk of June Krauser and Oregon's Art Welch, as the only Masters, who have attended all National Meets ever held.

1976 : Masters Swimming spreading to all corners of the country, age groups starting at 25 plus through 80 plus. Short Course Championships at Mission Viejo, CA entertained 800 swimmers. Long Course was at the Sugar Creek Sports Club in St.Louis, with over 500 swimmers.This was the first four day meet. Change on All American, to be selected, you need to place # 1 in any event in your age group.

1977 : National Short Course at Ft Lauderdale. Comments : " Water temp was 77 on Thursday, it is impossible to control the temp of an outdoor pool". A new supervisor charged all entrants \$ 1.00 each for use of the

pool. "It seems to me that swimmers could get in the right lanes and in the right heats". Nancy Ridout was selected the outstanding Pacific Association Woman Swimmer of the year.

1974

In 1974 Oregon Masters picked up the baton and went right at it, with a meet at the University of Oregon on *History continued on page 8*

EARL WALTER HONORED

At the recent USMS Convention Earl Walter, the ol"Barn, was one of nine individuals honored with the Life Time Distinguished Service Award. We in Oregon are well aware of the great service that Earl provides to Master Swimming. We are gratified that the rest of the U.S. is now aware. This "History of Oregon" Swimming is just a small example of the many things that Earl has done and is continuing to do for us. Thank you Earl and Congratulations on this Award which is so richly deserved.

History continued from page 7

February 9th and 10th. Picking a few names is difficult, but here we go ; Virginia Arvidson and Don Van Rossen swam a total of 14 events, seven each, Men 45-54, Van Rossen lost the 50 Breast to Rich Shellenberger 30.78 vs 29.63. Elfie Stevenin won the 50-54-100 Breast at 2:44.30. Alice Zabudsky won the 25-34 50 Fly in 33.37. Bill McArthur, whom we lost, (died in 1997, swam and won the 50 Free 55+ in 35.82, Bill was an excellent swimmer, besides being one of the finest football coaches ever. Women's 200 Free relay was won in 2:49.51(25+), Men's was 2:09.50. Max Strauss won the 55+ 100 IM in 1:49.67. On April 25th, we held the Oregon Assn Masters Championships at the Beaverton Swim Center. Appeared to be 35-40 participants. Chuck Harrison(48), made his debut in the 200 Free at 2:46.00. Skip Roggenbuhl(40) won the 100 Breast in 1:28.00. Donlan Jones (44) and Earl Walter (52) tied in the 50 Back at 33.3. Hazel Bressie(65) swam the 50 Back in 1:25.4. Ron Bohlman(31) swam the 200 Free in 2:09.1. Connie Wilson(39) swam the 100 Back in 1:23. Karl Von Tagen(30) swam the 50 Free in 23.5. Susan Snyder(25) handled the 200 Back at 2:53.1. Alan Jones(27) swam the 1650 in 28:20, Marine "sit up" champ.

More info on Assn Champs : Steve Weiss(Aquatics Supervisor at Tualatin Hills) was Meet Director. Entry Fee-\$1.00 per event plus .50 surcharge. Age Groups:25-34, 35-44, 40-54 ?, and 55 and Up. The registration Fee at that time was \$2.50.

There is hardly anything to report, regarding the administrative work done during 1974. There is no question, but that Connie Wilson was handling everything by herself. It appears that the first addition of people to help Connie began in 1975.

1975

We led off with a meet at Portland Community College on March 16th. Darlene Pohl(25) made her debut in the 1650 at 25:03.5. Ronda Gates(35) likewise did the 200 Free in 3:20.7. Elfie Stevenin(53) won 3 events. Jon Stout(28) 50/100 Back in 28.9/1:04.9 (How about a 1:06.10 at 50) Doug Huestis(27) offspring of Gerald, long time coach at the Olympic Club in SF, teed off vs Stoddard Smith(31) for the 200 Fly(Huestis-2:24.3 Smith-2:22.5) Ron Nakata(35 vs Mark Gates(35) 200 IM

(Gates 2:35.6, Nakata 2:49.0) Nakata(57) 2:39.06 at Ashland, in 1997. Emanuel Sang swam in his first Masters meet. Jed Cronin(26) negotiated the 100 Fly in 1:02.0. James Holland(51) swam the 100 Free in 1:04.7. George Bailey(62) squared off with Kelly Bagby(60) in the 100 Breast(Bailey 1:51.03-Bagby 2:11.2) In an exhibition 200 Free Relay they reported a 1:08.0 finish, WOW! Not to worry that time never went into the record book.

April 6th, 1975, FIRST SCM Meet at the Olympic Athletic Club in Portland. Trond Williams(25) bested Von Tagen(31) in the 50-25.6 vs 26.2, Trond's time is the current 1997 OMS SCM Record for 25-29. Phil Taylor in the 50/100/200 Breast :35.4, 1:20.5, 3:04.9. This meet is where Jed Cronin got the name "Ted" with a 50/100 Fly-29.1/1:10.6. Fred Sprenger(44) 200/1500 Free-2:42.6/23.13.7. Ron Nakata(35) posted a 1:09.0-100 Free, Steve Harger negotiated a 56.82 in 6/94. Sue Snyder(26) Alice Zabudsky(30) 100 IM;1:24.7 vs 1:31.3. Eileen Biglin(56) 50 Free-56.9, 50 Back-1:53.4.

May 2, 3, 4 : Region XII SCY Champs in Issaquah. Connie Wilson picked up 3 Golds and a Silver. Elfie Stevenin had 2 Golds and 3 Silvers. Fred Sprenger, a Gold, Earl Walter 4 Golds and George Bailey returned with 2 Golds and a Silver. For the first time we had a 20-24 Age Group. PNA's Men 25+ Medley-1:50.2, Free-1:35.7. Membership was at 100 plus, but definitely not all active.

Assn SC Championships-Beaverton-June 1st : Judi Shaw(26) won the 50/100/200 Free:31.0/1:11.3/2:43.1, Darlene Pohl(25) edged Susan Snyder(26) for the 100 IM 1:15.6 vs 1:15.7. Christine Weitzer(45) won 6 Golds. Karl Von Tagen(31) edged Trond Williams in the 50 Free 23.2 vs 23.5. Gary Leach(25) edged Bob Maestre in the 200 Free 2:04.9 vs 2:05.2. Stoddard Smith(31) Ernie Glass(25) Jon Stout(28) 50 Fly-26.9, 27.2, 27.7. Fred Eckhardt(49) went 50 Fly in 40.2. Jim Snow(48) managed the 200 Free in 3:04.2, Maestre, Maher, Huestis, Gaughan handled the 200 Medley(25+) in 1:56.5.

1975 saw the birth of our first NEWSLETTER, published by Connie Wilson. It reported on upcoming Reg 12 LC Champs at Mtn Park. Also on the SC Nationals at Lauderdale. 633 swimmers took part, *History continued on page 9*

History continued from page 8

Connie took 2 Golds and a 4th. She even predicted "cut off" times. Announced a Swim-a-Lap for The Handicapped. NEWSLETTER also included an entry form for the Spokane LC Invitational plus the results of the Assn Champs and Issaquah Regionals. As of July of 1975 we were still a ONE PERSON organization.

We also saw the first listing of Region XII SC Top Ten (Announced by Harry Lewis of IEM) Darlene Pohl and Susan Snyder led the way in 2 events each for 25-29. Alice Zabudsky(30-34) was mentioned in 6 events with 4 2nd- places. Connie Wilson(35-39) picked off 2 # 1's. Trond Williams, Robert Maestre, Jon Stout, Ernie Glass, Jed Cronin, Gary Leach, and Doug Huestsis all managed spots in the 25-29. Karl Von Tagen and Stoddart Smith were high placers in the 30-34 bracket(Von Tagen picked off 1sts for the 100 Free and 100 IM. Gary Chase, Ron Nakata and Mark Gates garnered spots in the 35-39. Ron Taylor, Donlan Jones, Emmanuel Sang and Skip Roggenbuhl were placed in 40-44. Connie Wilson picked off 2 1sts(40-44) while Christine Weitzer made 4 spots in 45-49. Elfie Stevenin - 5 places (50-54), Eileen Biglin-3 places(55-59), Hazel Bressie, w/3 spots (65-69)Chuck Harris, Donlan Jones, Jim Snow, George Burgess and Fred Eckhart were tabbed (45-49). Jim Holland and Earl Walter(3-1sts) for the (50-54), George Bailey and Kelly Bagby made the 60-64 team.

CONNIE WILSON was OMS's FIRST ALL AMERICAN in 1975, with 4 Firsts in National Championships meets.

NEWSLETTER for August, gave kudos to Alice Zabudsky for her hours of selecting and typing OMS Records and Top Tenners. Also a FIRST ever listing of OMS SCY Records : Don Schollander and Steve Johnson were tied at 1:57.4 (200 Free 25-29) Karl Von Tagen held 7 in the 30-34 group. 35-39: Jim Bigler 500 Free 7:20.3, Ron Nakata 100 Back 1:23.0. 40-44 :Donlan Jones had all the Back(33.0/1:16/3:15.3- WOMEN 25-29 : 1650-Darlene Pohl 22:49.9, 200 Back-Susan Snyder 2:45.6 W-30-34 : Alice Zabudsky 100 Free-1:12.3 and 50 Fly-33.9 W-35-39 : Viginia Arvidson 200 Free 2:44.1 and Judy DeRigo 100 Fly 1:30.0 W-40-44 : Connie Wilson 100-200 Back;1:19.9/2:56.5 M-45-49 Harrison, 100 Free 1:11.9 Donlan Jones 50 Back 32.8 Rod Harmon 100

IM 1:17.8, M-50-54: 50 Free Holland 28.2, 200 Back-Walter 2:46.5, 100 IM-1.16.1. W-45-4950 Free Glenna MacKenzie 38.8, also 100 IM 1:25.8, W-55-59 Eileen Biglin 50/100 Free 47.6/1:49.6.

SCY USMS TT : Men: Karl Von Tagen, Stoddart Smith, Donlan Jones, Earl Walter George Bailey, Kelly Bagby and Doug Huestis. Women: Darlene Pohl, Susan Snyder, Connie Wilson(Nat'l Champ 100/200 Back), Glenna McKensie, Mary Miller and Hazel Bressie.

Region XII LC Champs at Mountain Park (Aug 15, 16, 17) : Judy Shaw(25-29) 1:16.2 for 100 Free, Susan Snyder 1:27.8 for 100 Fly. W(30-34) Zabudsky 100 Fly 1:33.0, W(35-39) Carol Friedley only OMS Gold 50 Breast-50.0, No doubt some of this was attributable to the emergence of Juanita Correa (39) Juanita and her husband Dr Correa, had moved to the Seattle area from Peru, she was one of several who have electrified Masters swimming worldwide, Juanita still holds records going back to '81 and '83, in this meet she swam the 50m Free and 100m Free in 32.0 and 1:12.3, the 200 & 400m Free in 2:46.2, and 5:53.0, not only a magnificent swimmer, but one of the world's beautiful people, as was her husband the Doctor.W 40-44 saw our Connie Wilson, the only OMS swimmer to snag a Gold, Connie picked off 4, highlighted by 4.0/1:37.0/3:26.9 for the backstroke. Christine Weitzer swam for 4 Golds in the 45-49 group. W(50-54) Virginia Joslin and Elfie Stevenin, 2 and 5 Golds, W(55-59) Eileen Biglin swam for 2 Golds, W(65-69) Hazel Bressie gave us 3 Golds. Men 25-29 Trond Williams had a 26.4, Maestre a 26.9 for the 50 Free, Jon Stout recorded 50/100/200 Back in 32.9/1:13.6/2:46.6. Men 30-34: Karl Von Tagen gave us 50/100 Free in 26.5/59.8 Men 35-39 Mel McElroy(PNA) swallowed us alive with 5 Golds. Men 40-44 Fred Sprenger 400/1500 Free-5:56.4/23:50.4, George Burgess gave us 5 Golds; Breast was 42.5/1:37.1/3:55.0, Men 45-49 Chuck Harrison garnered 4 Golds; ie 1500 Free-29:27.9, Fred Eckhardt swam the 100 Fly in 1:40.6 Donlan Jones gave us 4 Golds and a Silver w/ 37.4 for 50 Back and 40.4 for 50 Fly. Men 50-54 Walter 50/100/200 Back-37.5/1:25.6/3:17.8 Men 60-64 George Bailey picked off 2 Golds and Silvers. Highlight of this meet was Steve Engel's NR in the 400 IM at 5:35.5.

History continued on page 10

History continued from page 9

NEWSLETTER Oct 1975, gives us the first big change in OMS. Connie was Chairman (she preferred that to Chairperson), Earl Walter became Vice Chair, Alice Zabudsky still handling records, and the addition of Committee Members; Trond Williams and Donlan Jones. It was decided (1) Stick to the schedule (2) Get more publicity (3) Run 1 or 2 of the meets with minimum awards, using the money saved, to offset costs of NEWSLETTER, etc (4) Stamps went to 13 cts and printing costs were going up. 2 meets would be fund raisers, no awards-Jan, June & July will have high quality awards (4) We will try to work things, so that the host club will receive part of the entry monies. (OB Note: Does any of this sound familiar?) Connie wrote about getting AA, through winning 4 National Golds, she almost lost the 4th one, when she was almost beaten by an unseeded swimmer. Special Note: Age Group 20-24 added, at the local level, not yet approved by USMS. An appeal was made to keep your registration current, so as to support the program. SWIM-MASTER, official USMS publication, was selling for \$5.00 for 9 issues.

Karl Von Tagen hosted a SCY meet at PCC on Nov 9th. Clare Carey(63) made her debut (50 Free 46.3, 50 Back 54.4) Carol Fredely(36) swam the 50 Free in 34.5. Tom Anderson appeared with 50/100 Free in 25.0/54.8, 1650 20:34.8. Doug Crichton(28) negotiated the 1650 in 26:49.3. Jim Bigler(40) 50/100 Free, 28.9/1:13.2. Chuck Harrison(49) and Jim Snow(49) rassed the 100 Free (1:17.3 vs 1:17.5) OB(54) swam the 1650(WHY?) 27:41.7#

Dec '75-NEWSLETTER. The PCC Meet had 40 swimmers. National Registration was \$2.50, with \$1.00 coming back to OMS. If you were registered, you received NEWSLETTER at no cost. Comps went to Aquatic Directors and Coaches on request. National TT for 1975 : Karl Von Tagen, Susan Snyder, Hazel Bressie, Jon Stout, Earl Walter, Connie Wilson, Trond Williams, Carol Friedly, Elfie Stevenin and Donlan Jones. We had 1 AA and 10 Top Tenners. OMS in 1996 had 74 Top Tenners and 18 AA's. Olive Mucha was Aquatic Director at MAC, and hosting Masters Meets. You could swim 5 Ind. Events plus 4 Relays, there was a 50 c surcharge and \$1.10 per ind event, plus a dollar per relay team member. The MAC Meet offered 3 Special Events : 25 Dogpaddle, 50 pull-board(kick?), and a 100 Potpourri Ind Med(No expla-

nation now, maybe later). We will pick up 1976 in a later Aqua Master.

The Swimming Web Lane

As was mentioned on the Bulletin Board, OMS is planning to start a Web Page. We are looking for a Web Master to develop and coordinate this page. The information out on the Web is fantastic and we want to be part of it. If you have access to the Web check out these sites and you'll see why OMS is getting ready to go on line. Thanks to Wilson Zehr, June Mather and John Zell for compiling this list.

<http://www.swiminfo.com/>
<http://Hhcs.harvard.edu/~swim/>
<http://Hisg.cs.tcd.ie/tdinneen/swim/header.html>
<http://Hwww.atlanta.olympic.org/acog/sports/aquatics/d-SW-descr.html>
<http://www.hk.super.net/~kff/wms.html>
<http://Hwww.olympic.nbc.com/sports/swimming/index.html>
<http://Hourworld.compuserve.com/homepages/swim/>
<http://Hwww.best.com/~moswimn/>
<http://Hwww.unb.ca/web/Masters-swimming/FINAindex.html>
<http://rohan.sdsu.edu/dept/coachsci/swimming/index.html>
<http://www.icanect.net/swlmgoid/tt>
<http://www.hooked.net/~swim/>
<http://Hwww.unb.ca/web/mastersswimming/index.html>
<http://Hwww.swim.shop.com>
<http://Hwww.totalimmersion.pair.com>
<http://Hwww.speedo.com/newsflash.html>
<http://H205.159.83.130:80/-SGOU>
<http://Hwww.olympic.nbc.com/sports/swimming/records.html>
<http://Hwww.usswim.org>
<http://Hwww.tcd.net/~jj/swimlinx.html>
<http://www.swiminfo.com>
<http://Hwww.worldwideswim.com>
<http://www.pacificmasters.org/>
<http://www.pacificmasters.org/dam>
<http://ourworld.compuserve.com/homepages/swim/>
http://hcs.harvard.edu/~swim/links/big_list.html
<http://www.easystreet.com/swim/>
<http://www.usms.org/>
<http://www.werswim.com/>
<http://www.swimgold.org/>
<http://www.barracudas.portland.or.us/swim>

OPEN WATER HIGHLIGHTS

By Dan Gray

The '97 season is complete and what a long season it was! Twenty miles plus a 500 meter sprint to be exact.

Add a 2.7 Donner Lake, Alcatraz and Golden Gate and you have a full summer. Now to give a few highlights.

Five miler: Seventeen folks complete this long distance swim. Quite the undertaking.

Squaw Lake: Rogue Valley Masters held their great swim and annual get-together in mid-July. Pat Burch and his crew provided an excellent opportunity for new swimmers to get their taste of great conditions for open water.

Cascade Lake: Matt Mercer and the COMA club gave us a great weekend!! The water was on the chilly side and drove folks into their wetsuits, but Oregon's first Open Water Championship went well and was well attended. Except for a glitch in getting the results early, everyone liked the idea. The Bend group were the team winners with a huge number of participants, but there was also a large contingent from North Clackamas. Great weekend: good camping and friendly folks.

Cottage Grove Lake: Emerald Aquatics and Steve Johnson gave us a whole new way of looking at awards. How about a grab bag of donated gifts that went to each swimmer regardless of place of finish!! That and the warm water made this another of those swims that is a way to introduce yourself to open water.

Hagg Lake: The fall equinox began with a wonderful morning at Hagg Lake. Did John Zell know that they would drain the lake one week prior? Still, lots of water and lots of new swimmers who showed up to

close out the season.

A word of thanks to the race directors who all put in an enormous effort to bring you swimmers the opportunity to compete in the open water. GREAT JOB and lots of appreciation from my end for your cooperation

in making 1997 a full year for swimmers who chose to participate.

One hundred and thirty-seven swimmers competed in the openwater events this summer. Two men swam every event: Mike Douglas and Dan Gray. Steve Johnson and Mark Fairlee swam in eight races. Fantastic effort!!

HIGH POINT WINNERS

Female: **Chris Lindstrom** 67 points (5 swims)

Male: **Dan Gray** 126 points (9 swims)

Female top five: Chris Lindstrom (67 pts.), Cynthia Rompel (53 pts.), June Mather (48 pts.), Mikenzie Mattson (42 pts.), Laura Schob, Keri Culbertson, Sharon Stuart (39 pts each.)

Male top five: Dan Gray (126 pts.), Steve Johnson (112 pts.), Mike Douglas (109 pts.), Mark Fairlss (93 pts.), David Cobb (67 pts.).

Congratulations to each of you!

The next issue of the Aquamaster will have the top three place finishers in each age group as well as some more thoughts on the overall picture of Open Water '97 and plans for next year.

★ **DAN GRAY** ★
and
CHRIS LINDSTROM
TOP OPEN WATER
SWIMMERS IN
OREGON FOR 1997



Central Oregon swimmers celebrate their Championship in the first Open Water Swimming Championship. Congratulations COMA - WAY TO GO !!!

MOST LOOK UP AND ADMIRE THE STARS

A CHAMPION CLIMBS A MOUNTAIN

(AND SWIMS ELK LAKE)

AND GRABS ONE



the Workout continued from page 5

ible - the best interval you can do. Maintain a good pace so that you can make all your 100s.

Kick Break: 200 for all three levels

Main Set #2: Adv - 5 x 100 SR

Int - 5 x 100 SR

Beg- 5 x 100 SR

SR: Short Rest this time is 5 seconds less than you took in Main Set #1

Kick Break: 200 for all three levels

Main Set #3 Adv - 3 x 100 SR or Best

Int - 2 x 100 SR or Best

Beg - 2 x 100 SR or Best

SR: Short Rest this time is minus another 5 second or the best interval you can hold

Swim Down: easy 100 for everyone

Some interesting facts from this workout: In the second warm up 4 swimmers made it with no breaths, 5 with one breath, 8 with two breaths, 10 with three breaths and 10 with four breaths. In the main set #3 there were 2 swimmers who were able to hold 1:03s for all three 100s.

See Convention is not just all fun and games - we do work. But it was a fun workout. Swimming with Masters from all over is great. In one workout I got in the same lane with my idol, Graham Johnson, and I was able to chase him up and down the pool. That was the greatest.

**WORK OUT TIPS FROM MO CHAMBERS
OF MOUNTAIN VIEW MASTERS**

DPS: Distance Per Stroke Swimming all strokes with maximum distance per stroke. With free and back, emphasis a long body line, hip and shoulder rotation, minimizing resistance. With breast and fly keep the body line long in the front of your stroke. Steady rhythm and swim in the front quadrant of all strokes.

Fist Swimming: Swimming with hands completely in a fist. Concentrate on body position, using your forearm in the catch and optimum elbow bend through the stroke. When you return to swimming with an open

palm, your hands will feel as large as kickboards! Have fun and think Distance Per Stroke!

Kicking: Kicking without a kickboard will allow you to perform your kick in the same body position of the stroke. Kicking with a kickboard will allow you to get to know your lane mates.

For freestyle, kick on your side with your bottom arm (the one closer to the bottom of the pool) extended straight out of your shoulder line above your head. Keep your palm facing down and your extended hand about 8 inches under water. The top arm (the one on the surface of the water) should be relaxed at your side. Maintain a head position as though you were swimming freestyle, with your head in line with your spine. Press your chest and arm pit toward the pool bottom and your extended arm should feel weightless.

For backstroke, kick on your side as described above with your head facing up in the position for backstroke. You may also kick in a streamlined position with both hands over your head.

For breaststrokers, kick only with a soft kickboard that will allow you to maintain a good body position for breaststroke. Without a board, keep your hands extended, at your side. You may also do breaststroke kick on your back.

For butterflyers, go for it either on your side, on your back or in butterfly position. Kick from the hips and torso. Great "ab" workout.

These tips were reprinted from the Mountain View Web Page. I received permission from Mo Chambers at the Convention to reprint the information.

THE PRICE

YOU PAY A PRICE FOR GETTING STRONGER

YOU PAY A PRICE FOR SWIMMING FASTER

YOU PAY A PRICE FOR SWIMMING FARTHER

YOU PAY A PRICE FOR STAYING

JUST THE SAME

Oregon Masters Swimming Short Course Yards Meet
Sanctioned by Oregon LMSC for USMS, INC. Sanction # 378-01

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

Unregistered swimmers must submit a 1998 registration form and fee with this form.

Eugene Masters Meet

DATE: SATURDAY January 31, 1998

Place: ECHO HOLLOW POOL

1655 Echo Hollow Road (West Eugene)

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Eugene Masters Meet Director: Lynda Christiansen 541-687-8379 (h)

DIRECTIONS TO POOL: From I-5 north or south take the Beltline freeway exit and head west into Eugene. The Beltline freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger heading east until you come to Echo Hollow road. Turn right and pool will be on your left.

WARM-UPS: 12 NOON
MEET STARTS: 1:00 P.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JANUARY 17, 1998

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS

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

NAME _____ 1998 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB(OREG, MACO, PNA, IEM, 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 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 500 Free, 1000 Free, and 1650 Free will be deckseeded and all events will be seeded slow to fast.

500 FREE (1) _____:_____._____

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

BREAK BREAK BREAK

FREE RLY (3-4) XXXXXXXXXXXXXXXX

100 BACK (5) _____:_____._____

200 FREE (6) _____:_____._____

50 FLY (7) _____:_____._____

200 BREAST (8) _____:_____._____

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

MXD FR RLY (10) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BACK (11) _____:_____._____

50 FREE (12) _____:_____._____

100 FLY (13) _____:_____._____

50 BREAST (14) _____:_____._____

MED RLY (15-16) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

50 BACK (17) _____:_____._____

100 FREE (18) _____:_____._____

200 FLY (19) _____:_____._____

100 BREAST (20) _____:_____._____

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

MXD MD RLY (22) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

1000 FREE (23) _____:_____._____

---- OR ----

1650 FREE (24) _____:_____._____

(You may enter the 1000 or 1650, but not both)

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 Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fees(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 1998 REGISTRATION FORM WITH THIS ENTRY.

OREGON RECORDS — SHORT COURSE YARDS AS OF 05-18-97

WOMEN		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	95 +
50	YD. FREE	:25.90	:25.36	:24.29	:24.66	:27.72	:28.47	:29.45	:31.63	:32.02	:32.25	:34.34	:47.02	:55.81	:55.73		
100	YD. FREE	:57.03	:55.42	:52.87	:54.32	:1:02.96	:1:05.61	:1:06.41	:1:07.46	:1:08.08	:1:12.42	:1:16.87	:1:47.67	:1:57.30	:2:07.96		
200	YD. FREE	2:00.47	1:58.49	1:57.24	1:59.92	2:13.93	2:20.47	2:22.04	2:22.66	2:25.85	2:42.72	2:50.05	4:06.39	4:09.33	4:59.90		
500	YD. FREE	5:31.29	5:20.23	5:11.86	5:36.90	5:59.05	6:14.31	6:11.76	6:09.83	6:22.62	7:20.64	7:42.57	10:51.60	11:17.24	14:17.68		
1000	YD. FREE	11:00.74	11:32.30	10:59.15	11:18.56	12:18.91	12:56.20	12:44.88	12:45.02	13:12.73	15:10.10	15:53.86	27:53.91	31:09.69	32:19.92		
1650	YD. FREE	19:21.02	18:23.89	18:13.89	18:51.76	20:35.07	21:45.28	21:32.25	21:22.63	22:13.13	25:01.98	26:21.16	43:08.81	41:44.60	58:16.43		
50	YD. BACK	:28.70	:29.56	:29.60	:29.92	:33.26	:33.44	:34.81	:38.67	:38.8	:40.31	:47.40	:58.12	:1:04.40	:1:26.51		
100	YD. BACK	:1:00.87	:1:02.15	:1:03.85	:1:07.10	:1:13.11	:1:14.22	:1:14.33	:1:21.13	:1:21.86	:1:28.27	:1:43.93	:2:10.52	:2:05.80	:3:11.88		
200	YD. BACK	2:10.93	2:15.35	2:18.62	2:21.04	2:37.94	2:41.54	2:44.36	2:48.92	2:51.80	3:12.75	3:28.98	5:38.14	4:42.25	6:23.92		
50	YD. BRST	:33.82	:33.07	:34.41	:33.16	:33.31	:34.68	:35.06	:41.68	:43.05	:52.07	:52.85	:1:09.85	:1:16.86	:1:20.75		
100	YD. BRST	:1:14.00	:1:14.31	:1:13.78	:1:12.38	:1:12.49	:1:14.11	:1:15.73	:1:31.45	:1:31.70	:1:51.01	:1:58.81	:2:46.61	:2:43.61	:3:39.95		
200	YD. BRST	2:35.79	2:40.59	2:37.95	2:37.73	2:38.86	2:43.13	2:45.26	3:06.83	3:11.78	3:54.76	4:18.99	5:47.85	6:27.95	8:14.13		
50	YD. FLY	:28.20	:27.10	:27.52	:28.26	:30.09	:30.64	:32.08	:41.33	:39.05	:42.75	:48.78	:1:18.65	:1:24.01	:2:07.17		
100	YD. FLY	:1:01.92	:1:03.21	:1:01.39	:1:05.83	:1:09.41	:1:13.81	:1:14.35	:1:35.09	:1:46.97	:2:05.71	:2:47.20	:3:04.48	:2:53.90	:6:06.57		
200	YD. FLY	2:14.81	2:21.95	2:20.59	2:23.11	2:40.19	2:39.81	2:42.74	3:52.21	3:58.07	4:41.91	6:05.45	6:54.70	7:18.45	12:24.17		
100	YD. I.M.	:1:05.47	:1:02.68	:1:04.45	:1:04.53	:1:09.18	:1:10.78	:1:11.63	:1:20.41	:1:22.88	:1:33.92	:1:44.15	:2:26.33	:2:20.47	:3:02.37		
200	YD. I.M.	2:20.26	2:23.52	2:20.30	2:24.34	2:34.87	2:35.80	2:43.34	2:52.18	3:14.94	3:32.72	3:46.20	5:28.59	5:17.52	9:30.04		
400	YD. I.M.	5:04.42	5:11.51	5:13.28	4:59.82	5:34.40	5:33.00	5:50.03	5:55.35	6:46.40	7:41.48	11:26.37	12:29.62	12:16.04	17:13.92		
MEN		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	95 +
50	YD. FREE	:21.83	:21.85	:22.24	:22.23	:22.55	:22.52	:22.84	:26.12	:26.00	:27.96	:29.01	:29.40	:36.04	:46.08		
100	YD. FREE	:45.90	:48.40	:48.70	:49.62	:51.58	:51.96	:53.96	:59.65	:58.37	:1:06.08	:1:04.44	:1:08.15	:1:29.35	:1:56.94	2:06.77	
200	YD. FREE	:1:41.45	:1:38.64	:1:45.32	:1:43.36	:1:53.78	:1:56.89	:2:05.55	:2:10.16	:2:08.97	:2:37.77	:2:40.29	:2:45.17	:3:23.80	:3:53.02		
500	YD. FREE	4:54.90	4:52.57	4:44.28	4:43.56	5:15.57	5:16.75	5:37.95	6:15.22	5:57.58	7:18.69	7:14.66	7:45.22	8:58.57	10:20.15		
1000	YD. FREE	10:15.36	10:06.88	9:50.15	10:39.09	11:00.55	10:56.73	11:18.04	12:47.45	12:37.75	15:32.15	15:27.71	16:10.46	18:42.63	40:51.54		
1650	YD. FREE	17:58.34	17:09.00	17:43.67	18:02.75	18:17.41	18:07.61	18:36.67	22:26.16	22:08.28	25:40.91	26:01.87	27:00.48	31:19.59	62:35.62		
50	YD. BACK	:24.19	:25.12	:26.25	:25.97	:25.93	:25.65	:26.24	:32.37	:31.95	:34.48	:34.75	:39.36	:44.18	:55.34		
100	YD. BACK	:51.35	:54.47	:55.76	:54.87	:57.86	:56.14	:59.21	:1:11.21	:1:11.04	:1:14.50	:1:16.72	:1:23.36	:1:39.79	:2:03.23		
200	YD. BACK	:1:50.28	:1:48.47	:2:04.84	:1:59.58	:2:09.98	:2:15.30	:2:19.06	:2:41.68	:2:42.23	:2:49.84	:2:52.31	:3:12.20	:3:35.47	:4:24.65		
50	YD. BRST	:29.43	:28.06	:27.80	:28.38	:29.96	:29.42	:30.08	:33.91	:34.31	:35.89	:38.16	:42.50	:52.51	:1:03.23		
100	YD. BRST	:1:03.26	:1:00.46	:1:01.43	:1:02.77	:1:05.68	:1:04.21	:1:09.11	:1:17.93	:1:17.82	:1:24.02	:1:29.81	:1:32.24	:2:07.27	:3:01.75		
200	YD. BRST	:2:21.90	:2:13.34	:2:20.80	:2:17.91	:2:19.08	:2:26.25	:2:30.21	:2:51.80	:2:54.82	:3:07.29	:3:24.65	:3:47.57	:4:50.49	:6:59.01		
50	YD. FLY	:24.49	:23.36	:24.51	:24.28	:25.35	:25.29	:25.74	:27.11	:30.60	:32.58	:32.18	:33.83	:50.02	:1:08.73		
100	YD. FLY	:55.51	:52.63	:53.56	:53.58	:57.97	:58.72	:1:02.46	:1:03.98	:1:15.84	:1:21.20	:1:21.73	:1:23.77	:2:16.92	:2:32.32		
200	YD. FLY	:2:00.27	:1:54.98	:1:58.86	:2:02.27	:2:13.85	:2:23.96	:2:45.78	:2:44.55	:2:57.75	:3:12.75	:3:18.07	:3:29.52	:4:55.56			
100	YD. I.M.	:56.75	:56.01	:56.56	:55.38	:56.72	:56.23	:58.44	:1:07.34	:1:10.83	:1:17.56	:1:16.63	:1:22.43	:1:43.23	:2:08.36		
200	YD. I.M.	:2:07.34	:1:59.13	:2:04.18	:1:58.96	:2:12.37	:2:12.90	:2:16.56	:2:33.45	:2:40.20	:2:55.71	:3:04.38	:3:13.43	:3:48.22	:4:48.08		
400	YD. I.M.	4:04.34	4:11.49	4:15.73	4:12.83	4:47.96	4:47.29	5:14.99	5:50.19	5:48.42	6:24.17	6:45.42	10:28.32	8:27.54	9:47.85		
RELAYS		WOMEN				MEN				MIXED							
	200 YD. FREE	200 YD. MED	400 YD. FREE	400 YD. MED	800 YD. FREE	200 YD. FREE	200 YD. MED	400 YD. FREE	400 YD. MED	800 YD. FREE	200 YD. FREE	200 YD. MED	400 YD. FREE	400 YD. MED	800 YD. FREE		
19 +	1:49.98	2:04.97				1:27.86	1:44.45			4:22.70		1:42.20	1:53.26				
25 +	1:45.51	2:01.23				1:30.90	1:43.09	3:32.73	4:14.21	7:59.18	1:35.88	1:49.71			4:20.58	7:57.17	
35 +	1:45.27	2:02.99				1:30.58	1:44.57	3:57.07	4:20.54	8:38.41	1:34.08	1:48.96			4:27.87		
45 +	2:06.53	2:23.12	4:53.81	5:34.33		1:35.60	1:50.11	3:35.57	4:05.77	8:01.37	1:49.08	2:00.40			5:01.23		
55 +	3:39.03	4:11.69				1:45.08	2:18.69			10:32.66	2:06.80	2:26.00					
65 +	4:00.34					2:01.43	2:17.76	4:44.39	5:31.68	11:47.75	2:53.54	2:37.64					
75 +																	
85 +						2:19.15											

OREGON MASTERS SWIMMING INC.

Minutes of Board Meeting
September 16, 1997

Attendees:

Roy Abramowitz, Dave Cobb, Ginger Pierson, Dave Radcliff, Suzanne Rague, Sandi Rousseau, Sharon Stuart, Tim Waud, John Zell, guest: Bob Kim

Call to Order: 7:10 PM

Secretary: Sharon Stuart

Minutes approved as corrected.

Treasurer: Roy Abramowitz - no report

Vice-Chair: Tim Waud

Tim brought the tentative meet schedule for the Board to review. Discussions resulted in some minor changes to the schedule.

Tim updated the bid packet to reflect the new fee schedule.

Tim brought the solution sheets with will be included with the Hy-Tek packet.

Bob Kim (guest) is a new Hy-Tek operator.

Committee Reports

Open Water / Long distance: Dan Gray - not present. No report.

Awards / Souvenirs: Donna Ryan - not present. Report given by Sharon Stuart.
Donna has finished the design of the OMS promotional poster.

Coaches: Mark Friedley - not present. No report.

Aqua-Master: John Zell (Dave Radcliff, assistant)
The September issue is at the printer.

John will add email addresses for Board members.

Registration: Stephen Harger - not present
June Mather volunteered to become the committee chair. The Board passed a motion to elect June Mather as Registration Committee Chair.

Membership: Phil King - not present. Report given by Tim Waud. Phil is continuing with last months tasks.

Top Ten / Data Manager: Suzanne Rague - no report
Fitness: (position to be filled)

The Board passed a motion to elect **George Thayer** as Fitness Committee Chair.

Historian / Records: Earl Walter - not present. Report given by Dave Radcliff. Earl now has the history through 1977 on the computer.

The Oregon Short Course Yards is up-to-date.

Officials: Al Smith - not present. No report.

Host/Social: (position to be filled)

The Board is soliciting interested OMS members.

Safety Coordinator: Sandi Rousseau

John Zell is printing six more Safety Marshall shirts.

Past Chair: Dave Cobb. No report.

Ad Hoc Sunshine: Luella Peterson - not present. No report.

Old Business:

1998 Nike World Masters Games

After ongoing discussions, Sandi has seen what should be the final contractual agree

ment. Nevelle Johnson has to withdraw as meet referee. Sandi called Bob Brown to ask one more time if he would be interested. We need someone to take Teri Hendryx's place as Transportation representative.

There is a problem regarding hotels in the contract between the travel agent (VSI) and NWMG. Sandi will follow up. Sandi would like to plan a meeting for all committee members for the swimming competition. The date will be either 10/27 or 10/28.

Publishing entry forms in Aqua-Master.

From this point forth, entry forms will not be published in the Aqua-Master unless the event is sanctioned, recognized, or otherwise approved by the Board.

Letter from Pam Himstreet.

Tim Waud will write a follow-up letter to Pam.

Host/Social committee chair

Tim will call Phil King.

New Business:

Ginger Pierson: Lifetime Fitness award

Ginger received a certificate of honor for her lifetime commitment to swimming. She was awarded her registration for the Nike World Masters Games. Ginger has already registered, so she would like to award \$100 registration vouchers to two OMS-registered swimmers who have shown a strong commitment to fitness in any capacity. Ginger wrote a letter to be published in the Aqua-Master. Her letter requests interested members to send her a letter presenting their commitments; and Ginger will decide on the recipients.

State Games of Oregon

John Zell proposed that OMS withdraw from any association with the State Games of Oregon. OMS has experienced so many problems in past years despite the efforts of OMS; and the USS swimmers would like to have the entire day for their competition, and have so for many years. The Board will discuss this issue at the October meeting.

Action Items (arising from meeting - in addition to normal tasks)

Tim Waud: write letter to Pam, call Phil regarding Social chair.

Adjournment: 8:50 p.m.

Next Meeting: October 21, 1997, 7pm

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In this issue: Convention News and SCY Top 10

Aqua-Master
NOV/DEC, 1997

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