

Aqua-Master



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The Chair's Corner by Suzanne Rague

Hello Friends,

This is my final "Chair's Corner," as my two-year term finishes and the Local Team reps elect a new Chair this month.

In my first Chair's Corner I said my main goal was not to foul things up, as we had a terrific LMSC due to the efforts of so many talented, dedicated members. Looking back, and forward to the plans for the 2000/2001 season, I see that we have: steady growth and prompt accurate registrations; a great schedule of pool meets which are fun, safe, and well officiated; one of the best newsletters in the country; one of the best web sites in the country; an open water schedule that has grown from infancy to maturity in just a few years; great awards and souvenirs; timely Top Ten submissions, complete LMSC records and a growing history, informative fitness articles reaching our members; and accurate minutes and financial statements.

Each of these areas is headed by a Board member who has made good things happen. Friends on the Board, you have my appreciation for your work over the past two years and I know you will help my successor look good, as you did for me.

Swimmingly, Suzanne

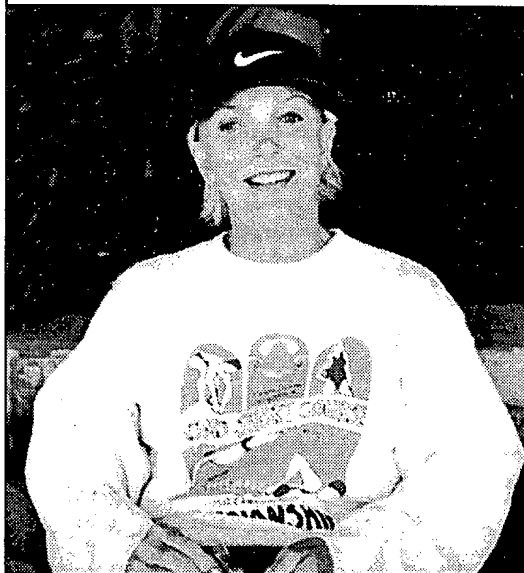
profile



Lavelle Stoinoff

LAVELLE STOINOFF - INDUCTED into the OREGON SPORTS HALL of FAME

On August 19th, our Lavelle Stoinoff was inducted into the Oregon



Sports Hall of Fame. Not only was this an honor for Lavelle, but it also was for Oregon Masters Swimming, Lavelle being the first swimmer to be so honored.

No one could be more deserving..Lavelle started swimming as an age grouper for Al Sehorn at the old Aero Club and the Cosmopolitan Club, she

continued on page 4

ol' Barnacle reviews - results - records

Ol Barn...FINA World Top Ten...

When you make these lists you are literally on TOP OF THE WORLD.

Short Course Meters:

Grace Goddard (40-44) 6th 50 Free 28.77, 4th 100 Free 1:03.75, 9th 200 Free 2:24.78, 9th 50 Fly 33.07.

Mary Jackson (40-44) 10th 50 Back 35.79.

K Andrus-Hughes (40-44) 7th 100 Back 1:15.91, 10th 200 Back 2:46.35

Becky Oblatz (40-44) 10th 100 Breast 1:26.11,

2nd 200 Breast 3:00.26, 9th 200 I M 2:49.11

Laura Worden (40-44) 10th 100 Fly 1:16.90, 9th 200 Fly 2:54.68,

Robin Parisi (45-49) 8th 100 Free 1:07.54, 3rd 100 Fly 1:15.94, 9th 100 I M 1:19.54, 3rd 200 I M 2:50.68

Teri Hendryx (45-49) 10th 200 Breast 3:15.30, 6th 200 Fly 3:05.65.

Ginger Pierson (50-54) 7th 50 Breast 41.11, 10th 100 Breast 1:31.90, 9th 200 Breast 3:22.52, 6th 200 Fly 3:17.53

Joy Ward (55-59) 6th 50 Free 32.75, 10th 100 Free 1:18.00, 8th 50 Back 40.15, 8th 100 Back 1:30.36, 2nd 50 Fly 35.78, 10th 100 I M 1:28.38

Sue Calnek-Morris (55-59) 6th 400 Free 6:08.43 1st 800 Free 12:16.11. OB's congrats to Sue, just great !!!

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2000 Calendar and Meet Schedule

Pool

Date	Event	Location	Contact
Oct. 7,8	SCM Zone	Federal Way, WA	Jim Stephens (425 228-0455 stephens@netos.com
Oct 28	*SCY	Pentathlon - T Hills Beaverton	Sandi Rousseau - (503) 642-3679 tsrousse@ix.netcom.com
Nov. 19	*SCY	Tigard-Tualatin	Rose Gerstmar -(503) 620 3871 glenngers@aol.com
Dec. 9	*SCM	Multnomah Athletic Club	Sean Taylor 503-223-8370 staylor@themac.com
Jan. 27	SCY	Eugene	Lynda Christiansen 541-687-8379 ericandlynda@netzero.net
Mar 30,31 Apr. 1	SCY	Ass'n Champs. Ashland	Dan Gray 541-944-0529 dangray45@hotmail.com

Postal Championships

Sept. 1 - Oct. 31	3000/6000 Postal Swim RVM Ashland, Oregon	June Mather - (541) 482-0610 csmather@jeffnet.org
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National Championships 2001

May 17-20, 2001	SCY	Santa Clara, CA	Alma Guimarin aguimarin@aol.com
Aug. 4, 2001	2 Mile	Elk Lake, Oregon	Pam Himstreet - (541) 385-7770 him@bendnet.com
Aug. 16-19, 2001	LCM	Federal Way, WA	Hugh Moore - weswim@mindspring.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

(Note: Minutes of OMS Board meetings will now appear on the OMS Web Page. They will no longer be printed in the Aqua-Master)

Attention

Coaches, Pool Managers and Meet Directors

Please help us fill the holes in our schedule. We need you to host a meet

1. During the weekends of Feb 17 through Mar 17. Can be SCY or SCM. You have a whole month of dates from which to choose.
2. April- weekends of the 13, 21, or the 28. We need a day and a half for the SCY Zone meet. It's Oregon's turn to host this meet.
3. Early June - SCM or LCM Take your pick for a fun one day meet.

Please call or e-mail Pam Himstreet if any of these dates will work for your pool. Remember, the money is even better this year so your team will profit in many ways from this venture!

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. or Oregon Masters Swimming.

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IT'S OFFICIAL

Gary Wallis, Officials Chair

Last month we reviewed the start and stroke rules for butterfly. This month we'll review the rules for kicks, turns and the finish. The 2000 USMS rule is provided in italics, my comments are in straight text.

If you would like your own copy of the rule book it may be purchased from USMS at their web site: www.usms.org or viewable on-line at www.usms.org/rules. Be aware that USMS rules vary from FINA and USA Swimming in a few places. We'll touch on these differences as we go through each stroke and again in a later article.

Kick: All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish. A scissors kicking movement is not permitted.

The breaststroke kick is one of the few differences between USA Swimming, FINA and USMS rules. If you use this kick, remember there is only one breaststroke kick per stroke. You may mix dolphin kicks with a breaststroke kick. It only takes one alternating (flutter type) kick to result in a DQ.

Turns: At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at,

above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Through a recent rule change the shoulders no longer need to be level with the surface of the water at the turn or finish. When the touch is made the hands may be together, apart or one on top of the other. The important part of the touch is that it be simultaneous. A one handed touch or a 'pit-pat' (non-simultaneous) touch as officials call it is not allowed.

Finish: At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast.

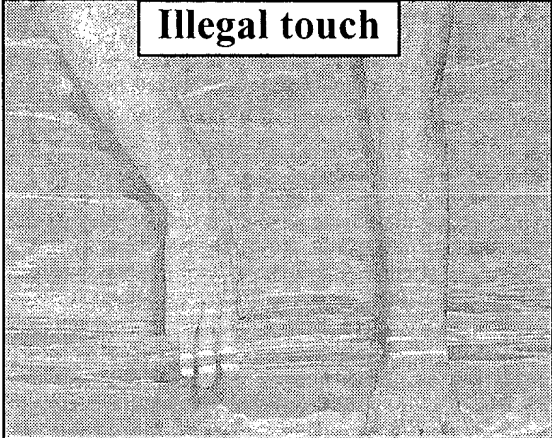
Touch rules are the same as for turns. Remember the rules say all recovery must be over the water, so as you approach the wall do not take a short breaststroke pull because the recovery is below the water. If you are too close to the wall to take another full stroke try kicking into the wall. (that's a helpful hint, not a rule.)

Frequent DQ Areas

These are the infractions that are most commonly observed:

1. Alternating kicks during the start, turns or swim.
2. One handed touch at the turns.
3. Non-simultaneous touch at the turn or finish.
4. Recovery under the surface of the water at the finish or during the swim.
5. Non-simultaneous arm movement as part of the recovery.

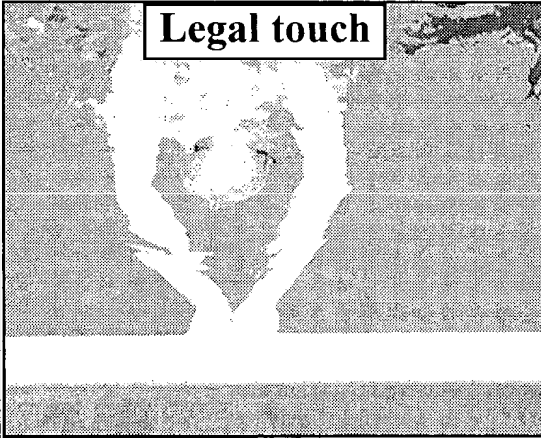
Illegal touch



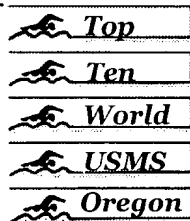
Turns: At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface.

Finish: At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast.

Legal touch



3000/6000 Yard USMS Postal National Championships:
October is your last month to be part of this National
Postal Event which is hosted by Rogue Valley Masters.
Entry Blank on pages 17 - 18 - (as they say in Nike Land Just do It)



by
Murali Krishna
Top Ten
Coordinator

Women are better long distance swimmers and men are better sprinters

"Women float better in the water than men. Men can sprint in short bursts better than women can". This is something we all have heard several times. I wanted to confirm this with real data.

First, let me outline what I mean by a better long distance swimmer with an example. Assume two swimmers can swim 50 yards each in 40 and 30 seconds respectively. Further assume that they can swim 200 yards in 176 and 144 seconds. Clearly swimmer B is faster in both cases. But swimmer A has slowed down only 10% for each 50 ($1.10 = 176/(4 \times 40)$) while swimmer B has slowed down 20% ($1.2 = 144/(4 \times 30)$). Makes sense, right? I shall call these ratios the slowness ratios. These ratios will always be greater than 1. The lower the value, the better as that indicates that a swimmer is not slowing down as much. With this in mind, I looked at the USMS SCY free style records on the web (www.usms.org) for the first 14 age groups (19-24 thru 85-89).

There are a total of 6 free style events (50, 100, 200, 500, 1000, and the 1650). Let's consider the records in each of these distances for women in the 19-24 age group. These are 23.89, 52.08, 112.55, 296.93, 633.71, and 1051.70 seconds respectively. I added 1.25 seconds to each of these times to eliminate the time saved due to the racing start (starting off the blocks saves about 1.0 to 1.5 secs, so I took the average). I then computed the 5 slowness ratios

using the time for 50 seconds ($23.89+1.25=25.14$) as the base. I did the same for the men in the 19-24 age group. This is what I got.

	100/50	200/50	500/50	1000/50	1650/50
women 19-24	1.061	1.132	1.186	1.263	1.269
men 19-24	1.078	1.193	1.280	1.327	1.384

Notice that the slowness ratio is always smaller for the women than for the men in all the 5 cases!! ($1.061 < 1.078$, $1.132 < 1.193$ etc.) This indicates that the women are slowing down less than the men as they swim longer distances. I then repeated these set of calculations for the remaining age groups. I ended up with a total of 70 (14x5) pairs of slowness ratios.

Amazingly in 61 cases, the women had lower slowness ratios! Does this also mean that women have better endurance than men?

I should point out one problem in my analysis. It is not the same woman or man who has set the records in all the six races! Obviously, it would be very unlikely for a sprinter to also do well in a longer race. But it still seems significant that the slowness ratios are so much better for the women. Finally I decided to compare two elite Oregon swimmers, one female (Lavelle Stoinoff) and one male (Dave Radcliff). Fortunately, both of them swim all the six free style distances. I took their times (65-69 age group) and computed the slowness ratios.

	100/50	200/50	500/50	1000/50	1650/50
Lavelle	1.061	1.132	1.186	1.263	1.269
Dave	1.078	1.193	1.280	1.327	1.384

Again, the numbers here indicate that Lavelle does not slow down much but Dave does! Hello editor, hope you are reading this!!

(Now you see why Lavelle is in the Oregon Sports Hall of Fame and the old Editor better start training a little bit more)

Profile continued from page 1

was 12. She made her first Masters appearance on Dec 18th 1976, age 43, swam the 200 Free in 2:48.60, at the age of 63, she swam it in 2:25.85, which is the current 60-64 Nat-ional Record.

Lavelle currently holds

National Records(Yards)-

60-64	200 Free	2:25.85	65-69	2:32.93
	500 Free	6:22.62		6:39.23
	1000 Free	13:12.73		13:51.06
	1650 Free	22:13.13		23:09.53
	200 Back			2:56.66

World Records (as of 11/1/99) LCM

60-64	800 Free	12:01.79	65-69	400 Free	5:54.90
	1500 Free	22:50.81		800 Free	12:23.32
				1500 Free	23:42.01
				200 Back	3:16.02

In 1977 she won the National 1500m Free in Spokane, her first Gold. In 1978, she was listed #1 in the world 45-49: 100, 200, 400, 1500 Free and the 100/200 Back (all LCM). At the First World Masters 1988 in Australia, she was the Gold Medalist: 400/800 Free, 200 Back and 200 Breast, 400 Ind Medley.

1988 Speedo World Rankings:

1 - 50/100/200/400/800/ and 1500 Free

100/200 Back, 200 Breast and 400 Ind Medley

Every year from 1978, ranked #1 World, in various events. Lavelle showed us all what real dedication was, her workouts were: Swimming-6 days a week, weight training, running, and stretching. It was interesting to know that she swam against the age group swimmers at MAC, to get the competition she needed.

There is no person in athletics more deserving of high honors than Lavelle Stoinoff. *Profile written by Ol Barnacle*

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

The Oregon open water season closed at the EEL LAKE SWIM on August 26th. The hosts from South Coast Aquatics held a wonderful event and even had the cooperation of mother nature. The winds did pick up for the one mile swim & created a challenge for all the swimmers. This was the first swim of the season that actually had a "challenge" other than distance. This will be the venue for next years Oregon Assoc. Championships---hopefully many will take advantage of a trip to the coast.

OPEN WATER SERIES AWARDS

OUTSTANDING SWIMMERS:

Sara Quan	COMA	126pts
Amy Halligan	COMA	126pts
Eric Steinhauft	COMA	126pts
Steve Johnson	EA	126pts
Tom Landis	COMA	126pts

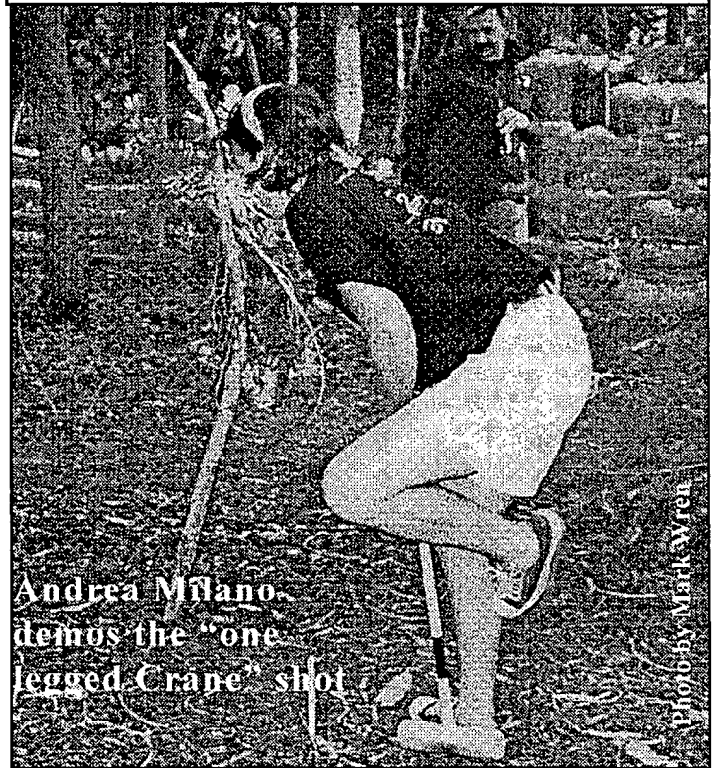
AGE GROUP WINNERS:

19-24 FEMALE	MALE
Gina Dohm EA 63	Andy Lachman MACO 120
25-29	
Sara Quan COMA 126	
Liz Henderson COMA 40	
Miriam Vigano PMS 28	
30-34	
Amy Halligan COMA 126	Eric Askerman THB 59
Shelly Birnie COMA 82	Jeff Hackley THB 35
Kristine Lewis THB 71	Phil Reget COMA 28
35-39	
Kristin Juba COMA 118	Rob Higley COMA 110
	David VanDerZwan MOFIA 88
	Sean Taylor MACO 39
40-44	
Laura Schob COMA 106	Eric Steinhauft COMA 126
Amanda Martain RVM 39	Mike Douglas COMA 90
	Mark Fairlee COMA 56
45-49	
Kristi Gustafson MHM 78	Mike Tennant COMA 106
Deb Gregiore COMA 78	Dallas Figley WBM 43
June Mather RVM 78	Keith Dow UNAT 41
50-54	
Jani Sutherland COMA 61	Steve Johnson EA 126
	Bob Bruce COMA 103
	Jim Teisher THB 52
55-59	
Peggy Whiter COMA 84	Tom Landis COMA 126
Pam Himstreet COMA 84	Dan Gray RVM 105
	Rich Juhala NCMS 46

continued on page 7



Outstanding Swimmers: Steve Johnson, Amy Halligan and Tom Landis at Eel Lake.



Andrea Milano
demos the "one
legged Crane" shot

Photo by Mark Wren

Wilderness Croquet is the latest rage at the Open Water Campouts. Team PMS started the tradition. At Elk Lake the games went on late into the night and had to be played by lantern light. This created even more challenges as you went around the trees and over the rocks and twigs and through the hoops.

EEL LAKE - 1 MILE MASTERS OPEN WATER SWIM

FEMALE

Pl.	Name	Age	Time	Team	Over Pl.
25-29 1	Julie Himstreet	29	22:09	EA	5
2	Nikki Moore	25	30:59	SCAT	24
30-34 1	Amy Halligan	33	21:25	COMA	4
2	Kristina Lewis	30	25:00	THB	16
3	Cythia Smidt	30	28:32	COMA	20
35-39 1	Kristin Juba	35	24:22	COMA	14
2	Laura Collette	36	27:12	CSPF	19
40-44 1	Amy Nasim	44	40:18	SCAT	34
45-49 1	Debbie Gregoire	46	24:23	COMA	15
2	June Mather	47	33:50	RVM	27
3	Gail Grifantini(DQ)	45	38:12	SCAT	35
50-54 1	Carol Worral	51	36:10	SCAT	28
55-59 1	Pam Himstreet	56	30:52	COMA	23
60-64 1	Peggie Hodge	60	36:18	COMA	29
2	Nancey Radcliff	60	46:50	THB	34

MALE

30-34 1	Phil Reget	31	24:08	COMA	13
35-39 1	Charles Mirho	36	21:21	THB	3
2	Robert Higley	35	22:22	COMA	8
3	David Van Der Zwan	37	23:47	MOFIA	12
40-44 1	Micheal Douglas	43	22:18	COMA	7
2	Robin Bragg	40	31:57	NCMS	25
45-49 1	Kieth Dow	45	24:53	NCAP	18
50-54 1	Steve Johnson	52	20:59	EA	1
2	Jim Teisher	50	23:31	THB	9
3	Bob Bruse	52	23:32	COMA	10
55-59 1	Ton Landis	58	22:14	COMA	5
2	Dan Gray	55	28:33	RVM	21
3	Richard Juhala	57	33:02	NCAP	26
60-64 1	Brent Lake	62	30:38	COMA	22
2	James Beggs	60	36:50	N/A	30
3	Hugh O'Haire	62	36:51	SCAT	31
65-69 1	William Holman	69	38:09	NCAP	32

WETSUIT

35-39 1	Billy Schipper	35	25:36	COMA	17
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EEL LAKE 12 & UNDER 500 YRD SWIM (USA)

FEMALE

1	Nicole Smith	9	14:58	SCAT	1
2	Arielle Zamora	10	15:00	SCAT	2
3	Amanda Gugliemini	8	15:18	SCAT	3
4	Thereas Sundin	9	15:25	THSC	4
5	Morgan Azinger	10	15:44	THSC	5

MALE

1	Zack Douglas	11	17:30	BEND	6
2	Chase Kelly	8	20:57	SCAT	7

EEL LAKE 1 MILE OPEN WATER SWIM (USA)

FEMALE

13-14 1	Kimberly Jasmer	13	20:58	SCAT	1
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MALE

15-16 1	Luke Stewart	15	22:46	SCAT	9
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EEL LAKE 2 MILE OPEN WATER SWIM (USA)

FEMALE

15-16 1	Jasmine Zamora	16	38:50	SCAT	
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MALE

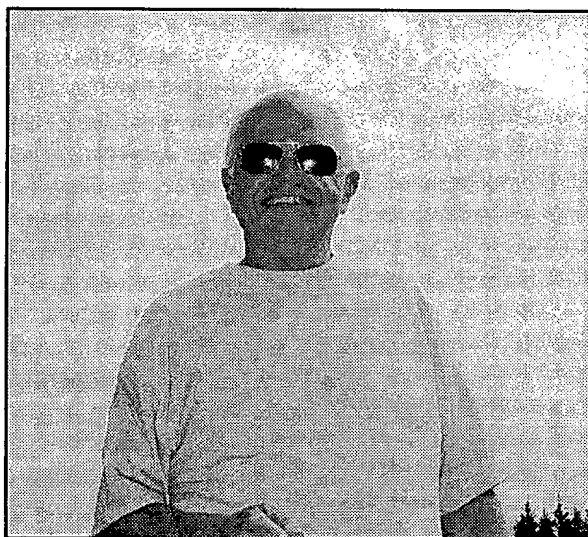
17-18 1	Eli Thompson-Poore	17	39:58	SCAT	
2	Aaron Miller	17	43:10	SCAT	



Peggy Hodge, Eel and Age Groups Series Winner

Open Water/Long Distance Committee Meeting

The meeting will take place at Steve Johnson's in Eugene on October 21 at 10:30 am. This is the annual planning meeting for those wishing to hold an open water event for the following season. The meeting is open to all, however, this is a working meeting & an agenda will be followed. If you would like to attend & receive an agenda, please e-mail me. If you have any topic to include on the agenda, please let me know by Oct. 1, 2000. This meeting covers a large amount of material, be prepared--bring a lunch. RSVP to dangray45@hotmail.com if you plan to attend. I will see to it that you are provided with an agenda and a map to Steve's house.



Brent Lake, Eel and Age Groups Series Winner

EEL LAKE 2 MILE MASTER OPEN WATER SWIM

FEMALE

19-24	1	Kellie Cook	22	45:37	SCAT	14
25-29	1	Julie Himstreet	29	38:39	EA	4
30-34	1	Amy Halligan	33	38:26	COMA	2
	2	Kristina Lewis	30	43:40	THB	13
35-39	1	Kristin Juba	35	41:33	COMA	8
	2	Laura Colette	36	45:55	CSPF	15
	3	Pamela Sundin	37	53:40	THB	22
40-44	1	Helen Moss	41	1:12:43	PMSC	24
45-49	1	Debbie Gregoire	46	43:18	COMA	11
	2	June Mather	47	51:41	RVM	20
55-59	1	Pam Himstreet	56	49:53	COMA	18
60-64	1	Peggie Hodge	60	54:50	COMA	23
MALE						
35-39	1	Robert Higley	35	38:40	COMA	5
	2	David Van Der Zwan	37	41:29	MOFIA	7
40-44	1	Michael Douglas	43	38:40	COMA	5
	2	Jonathon Istuk	44	43:36	CBAT	12
	3	Robin Braggs	40	50:47	NCMS	19
50-54	1	Steve Johnson	52	38:23	EA	1
	2	Bob Bruse	52	41:21	COMA	6
	3	Jim Teisher	50	41:34	THB	9
55-59	1	Tom Landis	58	38:32	COMA	3
	2	Dan Gray	55	49:16	RVM	16
	3	Richard Juhala	57	53:13	NCAP	21
60-64	1	Brent Lake	62	49:43	COMA	17
65-69	1	David Radcliff	66	42:30	THB	10

open water continued from page 5

Female - 60-64

Peggy Hodge COMA 112

Nancy Radcliff THB 36

Male

Brent Lake COMA 120

65-69

Dave Radcliff THB 84

To be eligible for the age group awards, swimmers had to participate in at least three venues.

The Survivors

"The Survivors" (see page 8) swam all events at all venues: Amy Halligan, Kristin Juba, Kristine Lewis, Rob Higley, David VanDerZwan & Bob Bruce, while not swimming every event, these folks also swam at all venues: Keith Dow, Brent Lake & Dan Gray.

Association Championship Awards

If you left before the awards were presented and would like to receive your award, please e-mail me at dangray45@hotmail.com. within the next month. We will see to it that you receive your medal.

This past season was something to remember: the USMS open water clinic by Lisa Hazen gave many dynamic insights to the "art of open water swimming." The clinic gave preparation for the USMS National Championship swim at Applegate Lake--a challenge that was accepted by 57 Oregon & MACO swimmers. The Association Championship was the largest yet, with 132 swimmers taking part. There were 280 swimmers that participated in at least one venue, more than a 10% increase from last year.

A very special thanks to the Organizers of these events: Emerald Aquatics, Rogue Valley Masters, Central Oregon Masters, Portland Masters & South Coast Masters.

LANDIS AND LACHMAN EXCEL AT WAIKIKI

Tom Landis of COMA and Andy Lachman of MAC continued their great Oregon Open Water season with outstanding swims in the annual Waikiki Rough Water swim. Over 950 swimmers were entered and the two Oregonians were right there at the finish. Tom won his age group and Andy place third in his age group.

SOME INTERESTING THOUGHTS ABOUT OPEN WATER SWIMMING

Mr. Stern, a former varsity swimmer at Yale, says:

"Open-water swimming is great exercise that lets you feel at one with nature. There's a freedom you can't get in a lap pool, where you have to keep turning around. And you don't have all those pool chemicals."

A plaque in the Swimming Hall of Fame dwells on the drama of it all:

"No more profound elemental challenge exists for an athlete than to breathe upon the face of unfathomable depths and to endure the perilous adventures of the open water."

Reprinted from an article sent to the Aqua Master by Steve Johnson of Emerald Aquatics

Dan Gray says:

"Once you accept the challenge of Open Water Swimming you will never be the same again."



Mike Douglas's son, Zack accepts his first place Eel Lake plaque from Trudi. COMA's future is looking good.



**"The Survivors" swam all events at all venues:
Kristine Lewis, David VanDerZwan, Rob Higley, Kristin Juba, Amy Halligan, & Bob Bruce**

OMS : History - Chap 10 - 1984

January : Art Smith was Chair and welcomed the new year, with the support of Roy Watters (VC), Secty-Sandi Rousseau, Treas-Roy Abramowitz, Connie Wilson was Admin Chair. Ginger Pierson headed up the AM. The 1983 Swim Cellar Pentathlon was a success and had 16 new swim hopefuls, of these, Mary Ellen Hunsicker was to stay and contribute the most, we have lost her now. The list of birthday babies revealed that we had 4 New Years Day babies, Mirjana Prather headed the list. Still with us Lavelle Stoinoff.

Dale Vaughn and Vern Dasch made the news with a crash on the ski slopes. Sawtooth Masters in Boise sent us an invite to their meet in Boise the end of January. Dick Cooke, Chair of Sawtooth, sent us a personal invitation. A SCY meet was announced for Lewis and Clark to be held on Jan 17th. A full schedule was announced with 6 SCY meets and 3 LCM, with the first World at Christchurch, New Zealand.

February : Chair Art asked for names of persons to be honored for Service Rendered and Swimming Ability. Maggie Wells told us what it was like to swim the 1650 in the lane next to Karl Von Tagen, all it is, is being passed, passed and passed. PNA had a great meet in Burien, OMS had one rep-Bert Petersen, who did just FINE-4 Golds with 3 for

Regional Records, when Bert was young he did silly things, like swim the 400 IM. Bert (Alias - The Fantum, gave us a very good description of the various organizations in Swimming, only problem, was he included the AAU, and someone promptly nailed him, the AAU no longer existed. There was a great article about Herb Eisenschmidt, with special emphasis on the fact that the new St Helens Pool, would be known as The Eisenschmidt Swim Pool. Of the 19 Feb birthdays, we still have Chris Hughes and Susan Case in the pool with us. Jan and Chuck Richards headed the Pentathlon excitement, by hosting a most wonderful party following the meet. New overall Pent Records were set by: Ginger Pierson, Barb Frid, Sue Rittenhouse, Lavelle Stoinoff, Louise Hepner, Roberta Amott, Dawn Musselman, Tom Kelly, Roy Abramowitz and Robert Smith. In the 35-39, Chuck Richards and Art Smith, both team mates at Indiana, had a good one going, with Chuck at 175.23 and Art turning in 176.03. In the 40-44 Men, the battle for 2nd was waged by: Stoddart Smith, Bert Petersen, Karl Von Tagen, Walt Reid and Ron Nakata, the point spread was 189.12-192.32, 3 plus seconds. The 40-44 group was headed by Robert Smith with a new Pent Record 165.57. Brian and Barb Frid were profusely

continued on page 10

Tualatin Hills Pentathlon*"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year."*

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by the Oregon LMSC for USMS, Inc. Sanction # 370-07

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

Unregistered swimmers must submit a 2000 registration form and fee with this form**TUALATIN HILLS PENTATHLON****DATE: Oct 28, 2000**

Place: TUALATIN HILLS AQUATIC CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES -

HOST: Tualatin Hills Barracudas

Meet Director: Sandi Rousseau 503- 642-3679 (home) email - tsrousse@ix.netcom.com

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

ENTRY DEADLINE: POSTMARKED NO LATER THAN: Oct 14, 2000**MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS****WARM-UPS: 8:00 A.M.****MEET STARTS: 9:00 A.M.**

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

NAME _____ 2000 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE(____) _____ BIRTHDAY _____ AGE _____ SEX _____ Email _____

USMS CLUB _____ (Oreg, MACO, PNA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+)

"Enter as many as five events. If you choose to not enter five events, you will not be scored as a pentathlon."

(SPRINT)	EVENT	TIME*	(MID. DISTANCE)	EVENT	TIME*
50	FLY	1) _____	100	FLY	2) _____
50	BACK	3) _____	100	BACK	4) _____
50	BREAST	5) _____	100	BREAST	6) _____
50	FREE	7) _____	100	FREE	8) _____
100	I.M.	9) _____	200	I.M.	10) _____

Events 11-16: Free, Medley, Mixed Free and Mixed Med. Relays in all distances will be offered at the end of the meet. (Enter at meet)

Please enter your best time or estimated times. Do not use NT (No Time). Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all ... Thanks*Rules:** A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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 _____

MEET ENTRY FEE:\$15.00T-Shirt (circle size) M L XL XXL
(\$12) (\$14)Send form(s) & fee(s) payable to: OREGON MASTERS SWIMMING
c/o Gary Whitman, 11015 NE Mason Street, Portland, OR 97220**Entry Fee \$ 15.00****T- Shirt \$ _____****Total \$ _____****All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2000 REGISTRATION FORM WITH THIS ENTRY**

History continued from page 8

thanked for staging their 3rd Pentathlon. At Lake Oswego High we had the first annual 1650/400IM Meet. Jack and Earline Dawes were again our officials. OB gave a Tip of the Hat to Joe Bilbao, who finished both events. Joe was a most illustrious example for all of us, he was paralyzed from the waist down due to Polio, but he never quit.

March: The front cover of the AquaMaster showed the image of a huge fish with mouth open, about to gobble down the Barracuda Swim Club. From Bert Petersen to Mt Hood Masters, "Try not to come in second", Nona Hanan wrote from Roseburg, the year before they had just started their team, and out of 17 teams they had come in sixth, we would like to have full relays, fill all the spots and cream everyone. Entry form for Assn Champs was enclosed, they would be held at Corvallis, Mar 30,31 and Apr 1. The Banquet was to be held at the Big O Restaurant in Corvallis. The Sawtooth Masters of Boise, Idaho held their first meet, attending from Oregon were Art Smith Pat Caudill, Jean Scott, Kim Horenstein, Karl Von Tagen, Fritz Von Tagen, rom PNA ,Kiko Kimura, Fred Wiggin and Donna Phalen. A participation medal had been ordered by Connie Wilson and they had arrived. SC Nationals were announced for Industry Hills, CA. Ol Barn was again ranting and raving that he had gotten out of the sack at 4:30 AM and had swum a 2,000m workout, my how times change. OB also announced that our friend from Hawaii, Peter Powlison was coming to visit again and would be with us at Corvallis, the finest swimmer in the world in the 60-64 age group. Records et al from the Lewis and Clark meet were in the AM: Pat Giordano, Mirjana Callahan, Lavelle Stoinoff, Hazel Bressie, John Weston and Robert Smith set Regional Records. Pat flew the 100 in 1:17.21, Mirjana the 100 IM in 1:13.74 both 40-44.

John Weston 25-29 the 200 Free in 1:48.44 and Robert(40-44) Smith the 100 Free in 51.93. Chris Hughes(31) had PR 100 Free in 50.92. Margaret Wells(57) had a PR in the 1650 at 28:50.48. We listed our National Record Holders: Ginger Pierson, Lavelle Stoinoff Martha Keller, Robert Smith and Collie Wheeler. We had two NR relays:

MXD MED 35Plus 1:50.69 :Robert Smith, Back, Ginger Pierson, Breast, Sandi Rousseau, Fly, and Ralph Wright, Free. Women 200 Med 2:03.66 Barb Frid, Ginger Pierson, Sandi Rousseau, Ann Wittmyer. We had 145 swimmers at L&C, which was a great turnout in those days. We closed out that edition of A/M with the statement, that we were then over 300 strong.

April: Entry for the First International Masters Swimming Championships was enclosed in AM. Regionals were announced to be hosted by PNA. Short Course Nationals were to be at Industry Hills, Calif., with LCM Champs at Raleigh, North Carolina. Sandi Rousseau was peddling NZ

T-Shirts. Lavelle Stoinoff and Bob Needham were announced All Americans in Masters Long Distance Swimming. The following were commended for having participated in 10 OMS Championship Meets: Donlan Jones, Earl Walter, William Weaver, Susan Case, Elfie Stevenin, Hazel Bressie, James Kesselring, and the 11th for Connie Wilson. Under the guidance of Jim McMaster, 150 swimmers swum at the Newberg Pool. Laura Baumhofer(now Worden) was commended for 31.25/1:08.88 for the 50/100 Fly, Jean Kinzey Lee had a PR in the 1650, Nona Hanan swam the 400 IM in 7:00.86, a PR, Roy Abramowitz continued his quest for under 2 minutes in the 200 Fly, 4 100ths to go, Steve Rosenberg left the Triathlon long enough for a 1650 in 18:52.01. David Clarke had a great meet. Dr Robert Cutter swam his first Masters Meet. It was an L shaped pool and Dave Addleman(PNA) swimming backstroke in the outside lane, came up out of his lane and swam full tilt into the wall of the "L", then to make matters worse he got DQ'd. OB said "There are no losers in Masters, just slow winners" April BD's were announced for Roy Watters, Susan Albright, Tom Landis ,Gil Young, people who are still competing with us. A LCM meet was announced for Mt Park to be held June 15 & 16.

May: Harriet Lynch, one of OMS's best was kind enough to write for and produce an entire issue of AM dedicated to the New Zealand Trip, as it was a FIRST in all respects it certainly was a first for the Oregons. At first this was to be the first World Championships, but a flap with FINA changed that, it was resolved that the meet be called the First International Masters Swimming Championships. Oregons: Hazel Bressie, Mirjana Callahan, Bev Dirksen, Sue Girard, Nona Hanan, Laurie Harpool, Louise Hepner, Dorothy Hunter, Martha Keller, Jean Kinzey-Lee, Harriet Lynch, Nancy McKenzie, Ginger Pierson, Susan Rittenhouse, Sandi Rousseau, Bev Underwood, Nadine Whitehall, Connie Wilson, Eric Guest, Robert Hunter Joe Ruddley, Jim Ryan, Don Stevenson, Karl Von Tagen, Earl Walter, Frank Warner, Collie Wheeler and Mark Worden. Gold Medalists were: Mark Worden, Sandi Rousseau, Frank Warner, Mirjana Callahan, Sue Rittenhouse, Louise Hepner, Don Stevenson, Hazel Bressie, Martha Keller, Roy Webster and Collie Wheeler. Medalling were Ginger Pierson, Karl Von Tagen, Harriet Lynch, Nadine Whitehall, Earl Walter. The meet ran 5 days, with the first day ending at 11:30PM, they had 1100 swimmers from 16 countries, the oldest swimmer was Collie Wheeler at 90. The officials were simply TOPS, received a standing ovation from the crowd on the last day, one swimmer kissed the referee. Joe Bottom the Olympian, won the 100 Free in his age group in 56.21 swimming Fly. We had the first daily paper Koro's *continued on page 12*

Tigard-Tualatin Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-08

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

Unregistered swimmers must submit a **2000 or 2001** registration form and fee with this form.

Tigard-Tualatin Masters' First Meet

DATE: Sunday, Nov. 19, 2000

Place: Tualatin Swim Center

22300 SW Boones Ferry Road, Tualatin, OR

WARMUPS: Sunday 8:30 AM

MEET STARTS: Sunday 9:30 AM

6 lanes competition, 1 lane buffer,

1 lane continuous warm up/down area, - electronic timing

Meet Director: George Johnson, work: 503-524-3983, home: 503-590-6348

e-mail: george.johnson@philips.com Entry issues: Margaret McMillan, Phone: 503-620-9425

e-mail: mcmillan@hevanet.com

Directions to Tualatin Swim Center: From I-5 take exit #286. Turn west and head north on Boones Ferry Rd. Tualatin High School will be on your right approximately 1.3 miles from I-5.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 3, 2000

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

NAME _____ (for office use) _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ 2000/01 USMS# _____ BIRTHDATE _____ AGE _____
SEX _____ Your e-mail _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, etc. You **may enter a maximum of 5 individual events plus relays**. A person may swim the 200y, 400y, and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500 Freestyle will be deck seeded. Check in will close **at 9 AM**. All events will be seeded SLOW TO FAST.

Sunday, November 19, 2000

500 FREE (1) _____:_____._____

15 min warmup after 500 free

100 BREAST (2) _____:_____._____

200 FREE (3) _____:_____._____

50 FLY (4) _____:_____._____

200 I.M. (5) _____:_____._____

5 MINUTE BREAK (6) XXXXX

FREE RELAYS (7-12) XXXXXXXXX

100 BACK (13) _____:_____._____

200 FLY (14) _____:_____._____

50 FREE (15) _____:_____._____

100 I.M. (16) _____:_____._____

5 MINUTE BREAK (17) XXXXX

MXD FREE RELAYS (18-20) XXXX

100 FLY (21) _____:_____._____

200 BACK (22) _____:_____._____

50 BREAST (23) _____:_____._____

400 I.M. (24) _____:_____._____

5 MINUTE BREAK 25) XXXXX

MEDLEY RELAY (26/29) XXXXX

100 FREE (30) _____:_____._____

200 BREAST (31) _____:_____._____

50 BACK (32) _____:_____._____

5 MINUTE BREAK (33) XXXXX

MXD MED RELAY (34-35) XXXXX

"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 _____

MEET ENTRY FREE: \$15.00 Make checks payable to: Oregon Masters Swimming
Mail form(s) and fee(s) to: Margaret McMillan, 14040 SW 98th Ave, Tigard, OR 97224

History continued from page 10

Castle. The Italians had the most colorful and expensive warmups and were threatened by their government if they gave them away. We had a Japanese night, to launch the Tokyo 1986 Masters Games. Martha Keller before one of her events, "Martha, are you concentrating or praying" Both, was her answer. Another lady had been swimming 9 years, she started when she was 75. The Author jestering toward the reader board, "My name in lights at last". Before saying "30", Tom Rosseau a real fitness buff, was seen shipping his back pack via a cab to the next hostel, while everyone walked. In closing many of Oregons Relay teams won golds and silver, it was a great meet, Oregon was well represented, also I almost forgot, Collie was entered in the 400 Free, young people swam first in those days, his event started after 11 PM, he did not finish, that was a big point in later meets starting with the oldest first and working down to the youngest.

June: The results of the Association Meet were announced - The top three teams: Tualatin Hills 1521, Mt Hood 1321, Corvallis 828, we did not separate divisions early on. A highlight of the meet was Bend's "special team", Coached by Dr Nick Norton, Medical adviser, Dr Steriod Cutter, team members were: Ludmilla Smithoski, (Don Smith), Natasha, (Mike Carew), Olga, (Mike Warren) and Helga, (Steve Mann), sorry I have no idea what their time was.

The article by Ralph Mohr, "The Pleasures of Swimming 10,000 Meters" was featured, he completed the swim in 2 Hours, 42 Minutes and 49.34 Seconds, wound up taking 4th place nationally. Results of the Assn Champs at Corvallis were printed: People who are still in the game: Andree Devine(22) 200 Fly 2:38.99, Susan Albright(28) 1650 23:35.83, Laura Baumhofer(26) 100 Fly 1:07.60, Cathy Imwalle(34) 200 Free 2:18.03, Darlene Pohl 1650 22:39.42, Sandi Rousseau(36) 50 Fly 29.78, Susan Case(35) 100 Free 1:08.09, Ginger Pierson(38) 100 Breast 1:13.20 Mirjana Callahan(40) 100 IM 1:11.97, Peggy Hodge(43) 100 Free 1:17.86, Susi Fogelson(46) 50 Breast 41.40 Kaleo Schroder(47) 100 IM 1:49.20 Kathy Hughes(57) 50 Free 45.67, Margaret Wells(58) 200 Free 3:26.95 Elfie Stevenin(62) 1650 45:32.18, Steve George(24) 50 Free 22.42, Mark Becker(29) 200 Fly 2:25.54, Vern Dasch(34) 50 Free 23.35, Mark Worden(32) 100 Free 52.76, John DeJarnatt(34) 100 Free 57.81, Buz Carriker(36) 100 Free 1:04.27, Roy Lambert(37) 100 Free 1:04.57, Karl Von Tagen(40) 50 Free 23.52, Roberyt Smith(40) 100 Back 59.34, Bert Petersen(45) 50 Fly 27.40, Eric Guest(54) 50 Free 27.39, Mike Popovich(56) 50 Free 40.95, Gil Young(61) 50 Free 32.57, Khosrow Shadbeh(63) 50 Breast 45.51, Joe Mallon(62) 50 Free 41.95, Earl Walter(62) 50 Back 36.72, hope you did not mind this, but have always wanted to

really list old vs new. It was a great meet with a lot of swimmers and a great venue with great officials.

July: Headline on the front page touted the Second Annual OMS Picnic for Sunday July 22. Birthdays for July and August were announced, still with us: Karl Von Tagen, Khosrow Shadbeh, Doug Prentice. Nancy Milner-August: Judy Belford, Louise Hepner, Vern Dasch, Ralph Mohr, Elfie Stevenin and Mark Becker. Entry for LCM at Coleman was enclosed, Coleman was something else, it was on the Sound and contained a mixture of salt and fresh water, Gad it bothered the eyes. Entry for Regionals was also enclosed for MHCC

Aug 10,11,12, Mike Popovich to be Meet Director. Pat Caudill, records keeper, made an appeal for people to send him their times from an out of state meet, we still need that. Roy Abramowitz accomplished his goal of breaking the 200 Fly Regional of 1:59.30 for the 200 Fly, Roy swam a 1:59.28, WOW, it was great OB was there. OB's column touted Robert Smith, who made AA in two Age groups and set 5 NR's in 3 different strokes, "possibly the finest TRUE sprinter in Masters today". Still with us people who set records at the Assn Meet in Corvallis: Cathy Imwalle(Bend) 30-34, 50/100/200 Breast 34.41/1:15.43 /2:43.17, Sandi Rousseau(35-39) 50 Free, 50/100/200 Fly, 27.58, 29.78, 1:08.62, 2:44.08, Ginger Pierson(35-39) 200 IM 2:36.93, Mirhana Prather was Callahan, 50/100 Breast and 100 IM 38.21/1:21.65/1:11.97, Susi Fogelson now Schumann(45-49) 50/100/200 Breast 41.40/1:30.43 /3:19.63, Steve George(20-24) 50/100 200 Free and 100 Fly(22.42/49.60/1:52.60/56.75, Karl Von Tagen(40-44) 200/500 Free(1:58.58/5:30.60) Robert Smith(40-44) 200 IM-2:15.29. Bert Petersen(45-49) 50 Fly-26.70 Reg Rec. Also at this meet we had the famous SMITH relay (Medley) Robert, Arthur, Donald and K Von Tagen who swam the 200 in 1:44.57, which by the by is still the RECORD.

We had a terrible loss in attrition following the Nationals in 1982, a loss of 45% of our membership. Scoring points for OMS at Regionals in Seattle, Early May were: Andree Devine, Laura Baumhofer, Darlene Pohl, Judy Belford, Susanne Fogelson, Maggie Wells, Elfie Stevenin, Roy Abramowitz, John DeJarnatt, Roy Lambert, Robert Smith, Bert Petersen, Lee Miesen, Khosrow Shadbeh and Gil Young. An LCM meet was held at Mtn Park, some times: Andree Devine(22) 400 Free 5:44.89, Darlene Pohl(34) 400 Free 5:46.61, Susan Case(35) 1500 24:40.80, Ginger Pierson(38) 100 Breast 1:28.19, Peggy Hodge(44) 100 Breast 1:52.12, Elfie Stevenin(62) 400 Free 11:55.99, John DeJarnatt(34) 100 free 1:09.90, Tom Coffey(33) 100 Free 1:09.97, Buz Carriker(36) 50 Breast 42.70, Roy Lambert(37) 200 Breast 3:12.51, Robert Smith(41) 50 Free

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Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-09

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

Unregistered swimmers must submit a 2000 or 2001 registration form and fee with this form.

Place: Multnomah Athletic Club

DATES: December 9, 2000

New 25 meter pool

Warm-ups: Saturday 8:00 AM

1849 SW Salmon, Portland

Meet Starts: Saturday 9:00 AM

7-8 lanes competition, all 9 1/2 ft. deep - electronic timing

6 lanes separate continuous 25 yard warm-up/down pool

Meet Director: Frank Parisi Phone: 503-417-1141

Directions to Multnomah Athletic Club

E-Mail: frank@parisi-parisi.com

SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. **NORTHBOUND** - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 24, 2000

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

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____ PHONE _____
E-Mail _____ BIRTHDATE _____ AGE _____
SEX _____ 2000 or 2001 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. **You may enter a maximum of 5 individual events plus unlimited relays.** Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400 and 800 Freestyles will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, December 9

400 I.M. (1) _____ : _____ . _____
50 FLY (2) _____ : _____ . _____
200 BACK (3) _____ : _____ . _____
100 FREE (4) _____ : _____ . _____
5 MINUTE BREAK (5) XXXXX
MXD FREE RELAYS (6-8) XXXXX
50 BACK (9) _____ : _____ . _____
200 FLY (10) _____ : _____ . _____
100 BREAST (11) _____ : _____ . _____
100 I.M. (12) _____ : _____ . _____
400 FREE (13) _____ : _____ . _____
5 MINUTE BREAK (14) XXXXX
MEDLEY RELAYS (15-18) XXXXXX
50 FREE (19) _____ : _____ . _____

200 BREAST (20) _____ : _____ . _____
100 FLY (21) _____ : _____ . _____
200 I.M. (22) _____ : _____ . _____
5 MINUTE BREAK (23) XXXXX
MXD MED RELAY (24-25) XXXXXXXX
50 BREAST (26) _____ : _____ . _____
200 FREE (27) _____ : _____ . _____
100 BACK (28) _____ : _____ . _____
5 MINUTE BREAK (29) XXXXX
FREE RELAY (30-35) XXXXXXXXX
800 FREE (36) _____ : _____ . _____

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SIGNATURE _____

DATE _____

MEET ENTRY FREE: \$15.00 Make checks payable to Oregon Masters Swimming.

Mail form(s) and fee(s) to: Gary Whitman, 11015 NE Mason Street, Portland, OR 97220

History continued from page 12

27.78, Karl Von Tagen(40)50 Free27.90, Bert Petersen(45)400 IM6:31.50, Eric Guest(54) 50 Free 30.93, Lee Miesen(57)50 Breast 46.61, Joe Mallon(63)1500 35.13.20

Sept : Vol 11 No 10 : We had 31 September BD Babies, still with us: Pat Alderin, Eric Guest and Jayne Chastain. Participating in the 2nd Annual Eugene Masters Sports Festival: Elfie Stevenin, Margaret Wells, Eric Guest, Joe Mallon and Gil Young.

Hage Lake Triathlon: Mark Becker, Vern Dasch, and Dale Vaughan.

Marriage Congratulations to Mirjana Callahan and Vern & Kay Dasch

Association Championships : To encourage the development of smaller teams a 3 tiered level of team sizes will be used starting in 1985, it was about time. Somebody got a little carried away with the announcement of a SCM meet in Bend, supposedly no standards had been set for SCM in the WORLD, you could set a WORLD record, OUCH!

Tax Deductible Donations for OMS were solicited, still and always not a bad idea.

OMS Results from Industry Hills SCY Nationals:

Roy Lamebert(35-39) had a 23rd in the 100 Breast at 1:15.28. Ginger Pierson(35-39) 3 Golds in the Breast(33.52/1:13.40/2:40.98). Bert Petersen(45-49) Gold in the 100 Fly 59.30. Robert Smith(40-44) Golds in the 50/100 Back and 100 IM (26.12,58.00 and 57.87. Maggie Wells(55-59)2 5ths-200 Fly 3:52.21,200IM 3:37.55 Gil Young(60-64) 5/6 in the 100/200 Back 1:30.11,3:18.36

Announcement of the Annual General Meeting was made, Chairperson and Secretary positions were up for election.

Results from LCM Champs at Raleigh, NC were announced: Judy Belford(35-39)50 Back 3rd38.63/100 Back 2nd1:25.13/200 Back2nd3:00.77. Ginger Pierson(35-39)Gold 50/200 Breast 38.13/3:07.73, 2nd100 Breast 1:25.09

The World's First Masters Games were announced for Toronto, Canada,to be held August 7-25, 1985, It would be an 8 day affair.

The FIRST Issue of Swim Magazine was announced as coming in October of 1984, now you get this free as a member of USMS

Results of Regionals at Mt Hood were announced, we had a great group helping: Dick Parker, Jack and Earlene Dawes, Don Meador, Bob Hathaway, Sue Wadd, Bernie Hayden and T D Hughes. OMS swimmers were castigated by OB for non attendance. Greg Harrison(PNA) broke Tony Canlis' 200 Breast record(10 years)2:40.80, Greg

swam a 2:37.93.

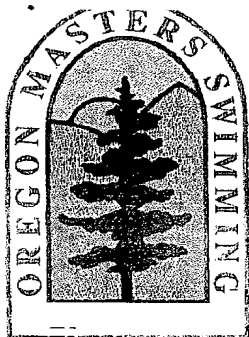
OMS Record Setters still around: Bert Petersen(45-49) 4 Regionals 50/100/200 Fly 30.15/1:09.49 /3:02.53,200 IM3:00.69, Gil Young(60-64)1500 25:38.27, Ron Nakata(45-49)100 Free 1:07.82. At Mtn Park we had some great swims: Regionals-Karl Von Tagen(40-44) 400 Free 5:14.34, 200 IM 2:48.55, Robert Smith(40-44)100 Back 1:13.41, Bert Petersen 50 Fly 30.29/400 IM 6:31.50, in addition Eric Guest(54)spun the 50 Free in 30.93 and 50 Fly 36.67.

Oct:The BIG news was Arthur Smith and Bert Petersen representing OMS at Indianapolis, were successful in our bid for the 1986 LCM Nationals. Ginger Pierson made a plea for people to swim on relays at the Masters Games in Toronto. Two new events were put into the Masters Meet possibilities, the 800m Free and 1000yd Free. October birthdays: Sandi Rousseau and Jim Bigler, November B-Days Joe Ruddley, Arthur Smith, Susi Fogelson, Pam Himstreet, Roy Lambert, Laura Baumhofer, Steve George and Buz Carriker. Short Course USMS Top Ten was announced with 8 OMS swimmers making AA: Ginger Pierson, Sue Rittenhouse, Lavelle Stoinoff, Martha Keller, Robert Smith, Bert Petersen, Herb Eisenschmidt and Collie Wheeler. A special brief note on Herb's making AA, it took 6 years, but he did it, and did it every year after that, as long as he swam. Still in the swim who made TT: Cathy Imwalle, Sandi Rousseau, Mirjana Prather, Suzanne Schumann, Margaret Wells, Karl Von Tagen and Earl Walter. Our Officers at this time: Art Smith, Chair, Mark Becker, Vice Chair, Sandi Rousseau, Secty, Records OB, AquaMaster-Ginger Pierson.

December: Greatest Little Meet, that ever was, Bend SCM Oct 7th, we had a great party at Don and Nancy Smith's house with Joe Bilbao serving up the ham.We had all kinds of records: Andree Devine (20-24) 100/400 1:12.34, 5:26.63, Susan Albright(25-29) 50/100 Breast 44.13/1:35.96, Cathy Imwalle(30-34) 400 Free 5:36.31, 50/100/200 Breast 38.86/1:24.50/3:06.57,100 IM 1:18.95, Sandi Rousseau(35-39) a full hand of 50's 33.82,44.31,47.04 and 34.86, Margaret Wells(55-59) 400 Free 8:11.85, 200 IM 4:21.79,50/100/200 Fly 55.68 /2:07.57 /4:46.13. Elfie Stevenin(60-64) 400 Free 11:53.77, 200 IM 6:41.54,100/200 Fly 4:01.08 and 8:37.80. Mark Becker(30-34)100/200 Fly 1:11.81/2:48.34 Of the above Imwalle's 50 Breast still stands in the record books.

December BD's were: Bert Petersen, Mark Worden and Dale Vaughn.

The General Meeting was held Dec 1st, as of the Dec A/M, we had no announcements, will have in Chapter 11.



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING 2001 REGISTRATION

☐ Renewal—2000 USMS #370-_____

☐ New Member

Last Name:

(Please register with the name you will use for competition.)

First Name:

M.I.:

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail:

Do you coach a Masters team?

☐ Yes

☐ No

Club: OMS is comprised of two clubs or you may register unattached. ☐ OREG ☐ MACO ☐ UNATTACHED

Local Team: Use abbreviation from list below. _____ (Unattached members cannot swim in relays.)

\$28.00 Single registration. Valid November 1, 2000 to December 31, 2001. Make checks payable to OMS, Inc.

\$49.00 Joint registration. Two members at one address/one Aquamaster. One form per member please.

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

*****In 2000, I participated in:** ☐ Pool Meets ☐ Open Water Competitions.

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** _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Masters—ALB
Central Oregon Masters—COMA
Chehalem Masters—CMST
Circumnavigating Beavers—CBAT
Club Northwest Aquatic—CNA
Corvallis Aquatic Team—CAT
Emerald Aquatics—EA
Fish Stick Masters—FISH
Grants Pass YMCA—GPY
Hillsboro Masters—HMST
Klamath Falls Masters—KLF
Lincoln City Masters—LCM

Medford Old Folks in Action—MOFIA
Metro YMCA—MY
Mittleman Jewish Comm. Ctr.—MJCC
Mt. Hood Masters—MHM
Mountain Park Masters—MPM
Multnomah Athletic Club—MACO
No. Clackamas Masters Swimming—NCMS
North Coast Swim Club—NCSC
Parkrose Masters Swim Club—PMSC
Pendleton Masters—PEND
Portland Masters Swimming—PMS
Riverplace Athletic Club—RAC

Rock Creek Masters—ROCX
Rogue Valley Masters—RVM
Salem Courthouse Crew—SCC
South Coast Aquatic Team—SCAT
Steelheads—STHD
Tigard-Tualatin Swim Club—TTSC
Tualatin Hills Barracudas—THB
Umpqua Valley Masters—UVM
Willamette Athletic Club—WAC
Woodburn Barracuda Masters—WBM
No Local Team—NLT

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

This form is available on the OMS website: www.swimoregon.org

ol'Barn continued from page 1

Pam Himstreet (55-59) 10th 1500 Free 25:55.02, 10th 200 Fly 3:52.35, 9th 400 I M 7:32.12

Bryan Addleman (25-29) 5th 50 Fly 25.85, 8th 100 I M 1:00.72

Doug Stewart (35-39) 9th 200 Free 2:03.76, 5th 400 Free 4:21.10, 5th 800 Free 9:03.99, 9th 200 Fly 2:18.25, 9th 200 I M 2:19.58, 8th 400 I M 4:58.82

Greg Holles (35-39) 10th 800 Free 9:16.68

David Burleson (40-44) 6th 200 Free 2:05.12, 5th 400 Free 4:27.99, 4th 800 Free 9:24.55, 10th 1500 Free 18:16.62, 6th 100 Back 1:04.39, 8th 200 Back 2:23.01

Pat Allender (40-44) 6th 100 Breast 1:10.99, 2nd 200 Breast 2:33.24, 7th 100 Fly 1:02.42, 9th 100 I M 1:04.58, 1st 200 I M 2:19.29 OB's Congrats to Pat !!!

Jim Teisher (50-54) 8th 400 Free 4:53.85

Stephen Johnson (50-54) 6th 800 Free 10:15.60

Allen Stark (50-54) 1st 50 Breast 33.40, 1st 100 Breast 1:14.38, 4th 200 Breast 2:46.23 OB's Congrats to Allen!!!

Robert Smith (55-59) 2nd 50 Free 26.63, 1st 50 Back 30.35, 1st 100 Back 1:10.79, 6th 50 Fly 29.79 1st 100 I M 1:09.02 OB's Congrats to Robert !!!

Tom Landis (55-59) 7th 200 Free 2:23.49, 6th 1500 Free 21:19.64

Karl Von Tagen (55-59) 9th 200 Free 2:25.70

Bert Petersen (60-64) 3rd 50 Fly 31.70

Ronald Nakata (60-64) 6th 100 I M 1:17.56

David Radcliff (65-69) 3rd 50 Free 29.72, 1st 100 Free 1:06.87, 4th 200 Free 2:35.44, 1st 400 Free 5:30.59, 1st 800 Free 11:20.66 OB's Congrats to Dave !!!

Floyd Elliott (70-74) 5th 50 Back 40.58, 3rd 100 Back 1:29.33, 5th 200 Back 3:22.35

Gilbert Young (75-79) 7th 200 Free 3:16.79, 10th 400 Free 7:15.21, 3rd 800 Free 14:40.05

Andrew Holden (80-84) 1st 50 Fly 41.87, 2nd 100 I M 1:38.56 OB's Congrats to Wally !!!

RELAYS: Women 200-239 200 Free 2nd 2:12.18

Jackie Quattro, Joy Ward, Jeanne Teisher, Mary Jackson

Women 200-239 200 Medley 3rd 2:31.70 Joy Ward,

Mary Jackson, Sandi Rousseau, Jackie Quattro Men

160-199 200 Free 7th 1:45.39 David Burleson, Daniel

Knauer, Robert Maestre, Robert Kabacy Men 200-239

200 Free 3rd 1:53.69 Tom Landis, Eric Askerman,

George Thayer, Robert Smith Men 280-319 200 Free

7th 2:26.53 Eric Guest, Gil Young, William Holman, David

Radcliff

Men 320-359 200 Free 2nd 2:35.71 Earl Walter,

Gerald Huestis, Andrew Holden, Allan De Lay

Men 240-279 200 Medley 4th 2:16.01 Robert Smith,

Ronald Nakata, Bert Petersen, George Thayer Men 320-

359 200 Medley 1st 3:00.90 Earl Walter, Gerald

Huestis, Andrew Holden, Allan De Lay

MXD 160-169 200 Medley 10th 2:09.77 David

Burleson, Becky Oblatz, Robin Parisi, Daniel Knauer

MXD 200-239 200 Medley 5th 2:19.96 Teri Hendryx,

Ginger Pierson, Karl Von Tagen, Robert Maestre

LONG COURSE METERS

Teri Hendryx (45-49) 10th 100m Back 1:21.64, 7th 200m

Back 2:58.29, 7th 200m Fly 3:06.53, 6th 400m I M 6:24.74

Robin Parisi (45-49) 8th 100m Fly 1:19.85

Sandi Rousseau (50-54) 7th 50m Fly 35.96

Joy Ward (55-59) 7th 50m Free 33.06, 8th 100m Free

1:17.0, 10th 50m Back 41.53, 7th 100m Back 1:31.15, 9th

200m Back 3:22.25, 2nd 50M FLY 34.43, 9th 200M I M

3:21.54

Sue Calneck Morris (55-59) 3rd 1500M Free 24:28.85

Pam Himstreet (55-59) 10th 1500M Free 25:59.97, 10th

400M I M 7:47.50

Lavelle Stoinoff (65-69) 4th 50M Free 37.90, 2nd 100M

Free 1:22.19, 2nd 200M Free 2:54.14, 1st 400M Free

6:04.13, 1st 800M Free 12:25.40, 1st 1500M Free

23:45.66, 1st 200M Back 3:17.57, 7th 200M Breast

3:53.52 OB: Congrats to Lavelle !!!

Elfie Stevenin (75-79) 7th 200M Fly 9:25.42

8th 400M I M 16:22.64

Eva Muller (85-89) 2nd 200M Free 5:10.71, 3rd 400M Free

10:53.38, 3rd 100M Back 2:45.36, 2nd 200M Back

5:38.43, 2nd 100M Breast 3:33.47, 2nd 200M I M 6:26.81

Bill Zolna (30-34) 5th 200M Fly 2:17.05, 3rd 400M I M

5:01.70

Doug Stewart (35-39) 4th 400M Free 4:28.64

5th 1500M Free 18:30.18, 10th 200M Fly 2:24.36

5th 400M I M 5:09.97

Pat Allender (40-44) 9th 100M Breast 1:14.12, 3rd 200M

Breast 2:40.20 2nd 400M I M 5:15.11

Chris Roth (40-44) 4th 100M Fly 1:01.98, 3rd 200M Fly

2:20.58, 4th 400M I M 5:18.20

Stephen Johnson (50-54) 8th 800M Free 10:25.55

Allen Stark (50-54) 2nd 50M Breast 33.85, 2nd 100M Breast

1:14.13, 4th 200M Breast 2:54.19

Tom Landis (55-59) 7th 200M Free 2:25.88, 5th 400M Free

5:15.80, 5th 800M Free 10:53.83

Robert Smith (55-59) 5th 50M Back 33.63, 4th 100M Back

1:14.13

Bert Petersen (60-64) 2nd 50M Fly 30.84, 5th 100M Fly

1:17.79

David Radcliff (65-69) 4th 50M Free 29.89, 3rd 100M Free

1:05.95, 2nd 200M Free 2:31.43, 2nd 400M Free 5:34.75,

2nd 800M Free 11:45.56, 2nd 1500M Free 22:55.86

Richard Weick (65-69) 7th 50M Free 30.23, 8th 100M Free

1:09.80, 7th 50M Fly 35.20, 8th 200M I M 3:12.53, 8th

400M I M 7:19.30

Floyd Elliott (70-74) 7th 200m Back 3:30.56

Gil Young (75-79) 9th 200M Free 3:19.99, 7th 400M Free

7:06.64, 7th 800M Free 14:46.34, 8th 1500M Free 29:13.07

Andrew Holden (80-84) 3rd 50M Free 35.96, 1st 100M Free

1:21.12, 2nd 100M Back 1:45.64 OB's Congrats to Wally !!!

RELAYS

Men (320-359) 200 Free 2nd 2:35.01 Earl Walter,

Allan De Lay, Gerald Huestis, Andrew Holden

Men (320-359) 200 Medley 1st 3:05.43 Earl Walter,

Allan De Lay, Gerald Huestis, Andrew Holden

That's it for 1999, Good Swimming - OREGONS !!!



3000/6000 Yard USMS Postal National Championships



Rogue Valley Masters

SANCTION & HOSTS: Sanction #POS01-00. Sanctioned by Oregon LMSC for USMS Inc. Hosted by Rogue Valley Masters.

EVENT: Individual swimmers must complete either 3000 yards (120 lengths) and/or 6000 yards (240 lengths) in a 25-yard pool anytime on or between **September 1, 2000 and October 31, 2000**. Relay teams, comprised of either 3 or 4 members, must complete either distance individually. No conversions from metric pools are permitted.

ELIGIBILITY: All swimmers currently registered with USMS or a similar body in their own countries. **A copy of the 2000 registration card must accompany all entries – no exceptions.**

CATEGORIES:

- **Individual:** Age groups are: 19–24, 25–29, 30–34...100+. The swimmer's age on the day of the swim determines the entrant's age group.
- **Individual Dual Entries:** Swimmers who change age groups during September or October may enter in each age group, but must swim twice, once at each age.
- **Team Relay Events:** Three types of team competitions are available: three women, three men, and four swimmer mixed (2 women & 2 men.) Each team member must also have entered the individual event and be registered with the same club. The cumulative time for the individual swims will be the team time. The age of the youngest team member on the day of the swim determines the age group of the team (19+, 25+, 35...95+.) Unattached teams are not permitted.

AWARDS: USMS Championship Long Distance medals will be awarded to the first three places in each age group in the individual and the team events. The first place winners also receive USMS Long Distance championship patches. Club scoring will be tabulated based on the top ten individual finishers in each age group (pts=11-9-8-7-6-5-4-3-2-1.) In addition, the top three clubs will also receive awards.

RULES: Drafting other swimmers, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require an adult acting as starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stop watch, and sign the official entry form, as must the swimmer. **Please use the split sheet included with the entry form.** Final time for 3000 or 6000 yards must be recorded to the hundredth of a second. A 3000 yard split in the 6000 yard event may be submitted for a record, but will not be accepted as an entry for the 3000 yard event. **Events must be swum separately.**

FEES: **Individual entry fee** for each event is \$10 per swimmer. USMS registered clubs that submit 10 or more individual entries in the same envelope will be eligible for a reduced individual entry fee of \$8 each. **Relay entry fees** are \$12 per relay team. Results and awards for clubs taking advantage of reduced fees will be sent to the club representative. **All fees are non-refundable.**

DEADLINE: Entries (including a copy of your 2000 registration card) must be **RECEIVED BY NOVEMBER 10, 2000**. Late entries will be returned to the sender. Incomplete or incorrect entries will be returned and must be resubmitted by the deadline.

RESULTS: Complete results will be sent to all entrants by December 10, 2000.

T-SHIRTS: A 3000/6000 Postal T-shirt may be ordered for \$15 with the individual entry.

INFORMATION: June Mather/1056 Hillview Dr/Ashland, OR 97520. Phone: 541-482-0610. E-mail: oregregistrar@usms.org

USMS 3000/6000-Yard Postal National Championship

Name _____ USMS Reg # _____ Sex _____ Birthdate ____/____/____
 Address _____ City _____ State _____ Zip _____ Country _____
 Phone _____ E-Mail _____ Team Name _____ Team Initials _____

SPLIT SHEET: Record CUMULATIVE time for each 50 yards (to 10ths) and final time (to 100ths.)

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

RELAY ENTRY	Event:	Swimmer 1 _____	Age _____ M _____ F _____	Time: _____:_____:_____
	3000 _____ 6000 _____	Swimmer 2 _____	Age _____ M _____ F _____	Time: _____:_____:_____
	Age Group:	Swimmer 3 _____	Age _____ M _____ F _____	Time: _____:_____:_____
	_____	Swimmer 4 _____	Age _____ M _____ F _____	Time: _____:_____:_____
	Category:	<i>Relay entries without individual entries & payment not accepted!</i>		
	4-Mixed _____ 3-Women _____ 3-Men _____	Total Time: _____:_____:_____		

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.

I certify that I have read the rules of this event and on ____/____/____, 2000 I swam (____ 3000) (____ 6000) yards in _____:_____:_____.

Swimmer Signature _____ Date _____ Verifier Signature _____

_____ = \$15 each for T-shirts: M _____ L _____ XL _____ XXL _____
 _____ = \$10 entry fee (1-9 swimmers,) OR
 _____ = \$8 entry fee (10+ swimmers,) AND/OR
 _____ = \$12 relay entry fee (one per team)
_____ TOTAL ENCLOSED

Make checks payable to: 3000/6000 Postal Swim
 Send to:
 June Mather
 1056 Hillview Dr.
 Ashland, OR 97520

**Attach a copy of your
 2000 Registration card.
 NO CARD.....NO ENTRY!!
 Entry Deadline: Nov 10, 2000**



Dave VanderZwan, Dan Gray, Rob Higley, Brent Lake, Keith Dow, Bob Bruce (back row) Kristine Lewis, Amy Halligan (daughter MacKenzie) and Kristin Juba swam at all five open water lakes.

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