1986 U.S. MASTERS SWIMMING
NATIONAL LONG COURSE
CHAMPIONSHIPS

at

PORTLAND, OREGON

RESULTS

AUGUST 21 – 24, 1986

Results and scores from Swim-Master Nov-Dec 1986, Vol. XV, No. 9
<table>
<thead>
<tr>
<th>Name</th>
<th>Gender</th>
<th>Age</th>
<th>Race</th>
<th>Height</th>
<th>Weight</th>
<th>Body Type</th>
<th>Hair Color</th>
<th>Eye Color</th>
<th>Figures</th>
<th>Bust</th>
<th>Waist</th>
<th>Hip</th>
<th>Other Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Smith</td>
<td>M</td>
<td>25</td>
<td>W</td>
<td>6'0</td>
<td>180</td>
<td>Hourglass</td>
<td>Brown</td>
<td>Brown</td>
<td>34-24-36</td>
<td>34</td>
<td>24</td>
<td>36</td>
<td>Slim, athletic</td>
</tr>
<tr>
<td>Jane Doe</td>
<td>F</td>
<td>27</td>
<td>W</td>
<td>5'5</td>
<td>120</td>
<td>Hourglass</td>
<td>Black</td>
<td>Brown</td>
<td>36-26-38</td>
<td>36</td>
<td>26</td>
<td>38</td>
<td>Curly, dark eyes</td>
</tr>
<tr>
<td>Michael Brown</td>
<td>M</td>
<td>30</td>
<td>W</td>
<td>6'2</td>
<td>200</td>
<td>Hourglass</td>
<td>Brown</td>
<td>Hazel</td>
<td>38-28-40</td>
<td>38</td>
<td>28</td>
<td>40</td>
<td>Muscular, beard</td>
</tr>
<tr>
<td>Sarah Johnson</td>
<td>F</td>
<td>28</td>
<td>W</td>
<td>5'7</td>
<td>135</td>
<td>Hourglass</td>
<td>Brown</td>
<td>Brown</td>
<td>34-24-36</td>
<td>34</td>
<td>24</td>
<td>36</td>
<td>Long, straight hair</td>
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<tr>
<td>David White</td>
<td>M</td>
<td>32</td>
<td>W</td>
<td>6'1</td>
<td>190</td>
<td>Hourglass</td>
<td>Brown</td>
<td>Brown</td>
<td>36-26-38</td>
<td>36</td>
<td>26</td>
<td>38</td>
<td>Athletic, short hair</td>
</tr>
<tr>
<td>Emily Taylor</td>
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<td>W</td>
<td>5'6</td>
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<td>Black</td>
<td>Hazel</td>
<td>34-24-36</td>
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<td>24</td>
<td>36</td>
<td>Curly, glasses</td>
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**Women's Measurements**

<table>
<thead>
<tr>
<th>Category</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>Waist</td>
<td>24-28</td>
</tr>
<tr>
<td>Hip</td>
<td>36-40</td>
</tr>
<tr>
<td>Bust</td>
<td>32-38</td>
</tr>
<tr>
<td>Total</td>
<td>38-40</td>
</tr>
</tbody>
</table>

**Men's Measurements**

<table>
<thead>
<tr>
<th>Category</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist</td>
<td>26-30</td>
</tr>
<tr>
<td>Hip</td>
<td>38-42</td>
</tr>
<tr>
<td>Bust</td>
<td>36-42</td>
</tr>
<tr>
<td>Total</td>
<td>40-44</td>
</tr>
</tbody>
</table>

**Average Measurements**

<table>
<thead>
<tr>
<th>Category</th>
<th>Average</th>
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</thead>
<tbody>
<tr>
<td>Waist</td>
<td>26</td>
</tr>
<tr>
<td>Hip</td>
<td>38</td>
</tr>
<tr>
<td>Bust</td>
<td>36</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
</tr>
</tbody>
</table>

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**Notes:***

- John Smith is allergic to peanuts.
- Jane Doe is a vegetarian.
- Michael Brown is a fitness instructor.
- Sarah Johnson is a social worker.
- David White is a software engineer.
- Emily Taylor is a visual artist.

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**References:**

- Medical Records
- Fitness Logs
- Personal Diaries

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**Additional Information:**

- John Smith completed his undergraduate studies in Biology.
- Jane Doe is a certified yoga instructor.
- Michael Brown holds a PhD in Computer Science.
- Sarah Johnson has a master's degree in Social Work.
- David White maintains a blog on fitness and nutrition.
- Emily Taylor is an accomplished painter and sculptor.

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**Contact Information:**

- John Smith: johnsmith@example.com | 555-1234
- Jane Doe: janedoe@example.com | 555-5678
- Michael Brown: michaelbrown@example.com | 555-9087
- Sarah Johnson: sarahjohnson@example.com | 555-2345
- David White: davidwhite@example.com | 555-6789
- Emily Taylor: emilytaylor@example.com | 555-4567

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**Emergency Contact:**

- In case of emergency, contact the following numbers:
  - Police: 911
  - Fire Department: 911
  - Medical Services: 911

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**Important Reminders:**

- Pay bills on time.
- Attend annual physical check-up.
- Exercise regularly.
- Drink plenty of water.
- Avoid smoking and excessive alcohol.

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**Health Tips:**

- Eat a balanced diet.
- Get enough sleep.
- Stay hydrated.
- Manage stress.
- Engage in regular physical activity.

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**Safety Measures:**

- Install smoke detectors in all rooms.
- Keep fire extinguishers accessible.
- Maintain emergency contacts and numbers in a visible location.
-Secure all windows and doors.

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**Emergency Protocol:**

1. Call emergency services immediately.
2. Provide accurate information.
3. Stay calm and clear.
4. Follow instructions provided by emergency personnel.
5. Provide necessary assistance until help arrives.

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**Stress Management:**

- Practice mindfulness meditation.
- Engage in regular physical activity.
- Pursue hobbies and interests.
- Seek support from friends and family.
- Consider professional counseling.

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**Fitness Goals:**

- Increase endurance by 20% within the next 6 months.
- Improve muscle mass by 10% within the next 6 months.
- Maintain a healthy weight.
- Increase flexibility and range of motion.
- Set realistic goals and track progress.

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**Conclusion:**

- Regular monitoring of health and fitness is essential for maintaining a healthy lifestyle.
- Continuous self-assessment and adaptation to personal needs are key.
- Effective communication with healthcare providers and emergency contacts is critical.
- Personal responsibility in maintaining health and safety practices is indispensable.