

The Wave Eater

Volume 12, Issue 2

MICHIGAN MASTERS SWIMMING

June 1, 2004



Ann Arbor Wins First Championship Title

By Skip Thompson

This year marked the occasion of the 32nd Annual Michigan Masters Swimming State Championships. About 286 swimmers from 26 teams turned up at Eastern Michigan University's Michael Jones Aquatic complex during the weekend of March 26-28, to participate in this traditional event.

The Ann Arbor Master won their 1st Large Team Championship in their 32 year history. It was their team's best finish since 1989, when they were second overall. AA won both the Large Team Men and Combined Team categories. SOS won the Women's Large Team Category for a third straight women's championship. Battle Creek YMCA (BCYM) won the Small Team Combined Championship by the closest of margins of 2.5 points. It was their 5th Small Team Combined title since 1994.

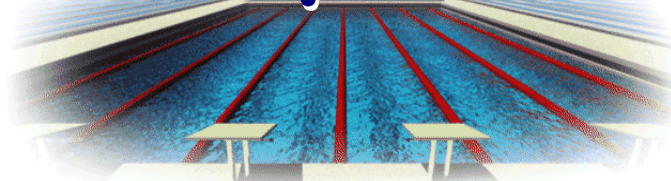
CATS of Lansing won the Men's Small Team Championship, which was their first championship title in their history and the first for Lansing team since 1987. The Farmington YMCA Hydrofoils won the Women's Small Team Championship which was their first championship since taking the Women's title in 2002, and 1991 for their third non-combined title in their history.

44 State Records were set during the course of the meet with Denise Brown and Jay Mahoney, both in the 40-44 age group winning 7 records out of the 7 events they swam. Sherry Puthoff (55-59), David Diget (65-69), and Wally Dobler (70-74) each got 4 wins in their age groups. Barb Church (50-54) got 3 victories in the backstroke events and Marilyn Early (45-

(Continued on page 4)

pools & workouts

www.michiganmasters.com



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals: Wayne, Oakland & Macomb Counties Skip Thompson – (248) 683-2191 Royal Oak Dondero High School Tue. & Thurs. Nights – 8:30PM to 10:00PM	Ford Athletic Swim & Triathlon: Matt Myers – (313) 592-2797 mmyers2@ford.com Schoolcraft College Saturday - 7:15AM to 8:30AM	Rochester Area: Oakland Aquatic Club Oakland University Rec. Center Terri Eudy – (248) 370-4533 M & W 8-9:30PM Fri. 6-7:30PM Sat. 10:30-12AM
Livonia Area: Livonia & Larger Area Masters (LALA) deano69@flash.net – (248) 926-5937 Livonia Stevenson High School MWF evenings – 5:45PM to 7PM	Farmington Area: Bill Hughes – (248) 474-2858 after 6PM Farmington YMCA – Farmington Hydrofoils Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM Must be a Farmington YMCA member and	Lake Orion Area: Lake Orion Classic Oldies (LOCO) Lake Orion High School Mon.-Fri. 5:30-6:30PM Dick Specht (248) 391-0728
Warren Area: Star Aquatics – www.staraquatics.com Saturdays 7:00 AM - 8:30 AM (Approximate) Warren Woods Tower High School Pool 27900 Bunert Rd., Warren MI 48088	Grosse Pointe Area: Pointe Aquatics – www.pointeaquatics.com Tue. & Thur – 7:30 - 9:00 PM MWF 6:00 – 7:00 AM Community Rec & amp;	Royal Oak Area: South Oakland Aquatic Club (SOAK) South Oakland YMCA Pool Thurs. 7:30-8:30 PM, Sun. 10 AM-12 Noon Contact: Mike Dorsch (248) 548-2493

MICHIGAN - LOWER PENINSULA & OTHER AREAS

Ann Arbor: 734-994-2898 Mack Pool M-F mornings 6:00AM to 7:30AM MWF evenings 6:00PM to 7:00PM Fuller Pool	Flint: Contact: Ric Chaney (810) 720-2200 Day – (810) 720-1341 Eve. Hurley Health & Fit. Center (810) 235-8544 (membership not required)	Toledo, Ohio: Greater Toledo Aquatic Club St. Francis De Sales High School Tues. & Thurs. 7-8:30 PM Tues. – Fri. 6:00-7:45 AM Sun. 4:30-6:00 PM
Plymouth: Plymouth Canton Community Masters Leslie Greeneisen – greenisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM	Lansing: CATS – www.teamcats.com Contact: Mark Lisenby, Mark Keevan, Wally Dobler, Andrea Funk Michigan Athletic Club (MAC)	Muskegon: West Michigan Masters Swim Association Muskegon YMCA Pool Mon., Tues., Thurs. 8:30-9:45 PM Contact: Ken Danhof, (231) 739-5592
Midland: H. H. Dow High School Mon. & Wed. 8:30PM to 10:00PM Midland Community Center Saturday mornings – 9:00AM to 10:30AM	Holland: Fred Nelis – (616) 399-9588 Holland Community Aquatic Center Pool Ph. (616) 393-7595 www.holland.k12.mi.us/aquatic.center/	Tecumseh: Tecumseh Masters Tecumseh High School Pool Mon., Wed., Fri., 8-9 PM Contact: Sarah Eubanks, (517) 424-1562
Grand Rapids: West Michigan Masters Carolyn Calcutt – (616) 785-9544 Grand Rapids Community College Ford Pool Monday 7-8PM Wednesday 5:30-6:30PM Friday 6:00PM to 7:00PM	Kalamazoo: Vince Gallant – (616) 349-1053 Loy Norrix High School M-F 5:40AM to 7AM, M-Th. 5:00PM to 7:30PM, F 5:00PM to 6:30PM, Sat. 8:00AM to 10:30AM	Harbor Springs: Harbor Springs Community Pool Mon., Wed., Fri. 6-8 AM, Harbor Springs High School Mon. thru Sun. 5:30-6:30 PM Contact: Marilyn Early – (231) 526-9824
Open Water: Marilyn Early (231) 526-9824 Jcowing@tir.com	Grand Haven: Masters Swim Club, Mick Homan - Aquatics Coordinator 616-850-6292, 616-850-6295 fax swcoach7@aol.com	Traverse City: Traverse City Masters Traverse City Civic Center Mon. thru Fri. 6:30-8:50 AM & Noon-12:50 PM John Horton & Ron O'Brien (231) 922-4814



MICHIGAN MASTERS SWIMMING

Volume 12 • Issue 2

Editor (Interim)

*Dennis McManus
1790 McManus Drive
(248) 649-6085
DLMphoto@aol.com*

Michigan Masters 2004-2005 Officers

President

*Frank Thompson
2660 Littleell, W. Bloomfield, MI 48033
(248) 683-2191
frankskipthompso@aol.com*

Vice President

*Dennis McManus
1790 McManus Drive
Troy, MI 48064-1552
(248) 649-6085
DLMphoto@aol.com*

Treasurer

*Ralph L. Davis
2683 Cades Cove
Brighton, MI 48114-8985
(810)-844-2112
rdavis6114@aol.com*

Secretary

*Paul A. Chaffee
5172 Hickory Hollow Ln.
Owosso, MI 48867
(989) 725-2863
chaffee@shianet.org*

Registrar

*Jacque Groenendyk
3164 Pottawatomie Trail
Saugatuck, MI 49453
269-857-3430
jgroenen@iserv.net*

Sanctions

*James Coleman
5005 Driftwood,
Commerce, MI 48382
(248) 685-0227
jcoleman@write.me.com*

The Outside Lane

By Skip Thompson

I would like to thank all of the 286 swimmers who swam in the State Meet. Ann Arbor Masters won their first combined championship and Michigan Masters had five different champions in other categories. I would like to congratulate Ralph Davis for receiving the Chetrick Award for service to Michigan Masters, and Sherry Puthoff for receiving the Lawrence Award for her outstanding lifetime swimming accomplishments as a Michigan Masters swimmer. The Lynne Award was given to Wally Dobler for showing "courage and tenacity" for continuing to swim despite illness or injury.

I attended both the YMCA and USMS National Swim Meets. At the YMCA Nationals in Ft. Lauderdale, the new champions were Sally Guthrie, Wally Dobler, Don Korten, and Bob Doud. Fifty-four people from Michigan Masters attended the USMS Nationals in Indianapolis. Michigan Masters produced six National Champions including Miriam Nowak (Carlson), Jenny Domino, Denise Brown, Lois Nochman, Edith Glusac, and John Ries. The Michigan Women won the Medium Team championship with the Michigan Men taking fourth place, and the combined Michigan Masters team also taking fourth place in the Medium Team division.

One of the highlights of the USMS National meet was the tribute to the great collegiate swim coach, Doc Councilman. A video entitled "Celebration of Life" detailed the great things he accomplished during his coaching career at Indiana. Also, the Race Club attended the USMS Nationals. This is a professional sprint club organized by Gary Hall composed of swimmers having definite Olympic potential. All of the Race Club swims were interesting, enlightening, and entertaining. Sabir Muhammad set three National Records. Two of the three records he broke were set back in 1991 by Robert Peel of Michigan Masters. These records had stood for 13 years, the longest standing records ever set by a Michigan Masters swimmer.

There will be a general membership meeting on July 18, following the Dearborn meet, to discuss the future swim schedule and goals/objectives for the next year including registration and membership retention. At the current time we have 602 members, in comparison to 646 in 2003. Hopefully, we will be able to equal and exceed last year's membership. Meet participation is up in total, with nine local meets and the State Meet. Next year we look to expand to ten local meets, with an additional meet in Harper Creek.

Major accomplishments in the last year include the following: newsletter moving to online, membership database established, and the initiation of an email registration renewal system. In the next year we will expand those

(Continued on page 4)

(Continued from page 1)

49) garnered 2. Diane Johnson (25-29) 50 Free, Corrin Popp (35-39) 50 Fly, Nancy Servo (40-44) 50 Breast, Sally Guthrie (50-54) 100 Free, Jennifer Parks (60-64) 1650 Free, and Edith Glusac (85-89) 50 Fly, got single event women records. Jared Troyer (19-24) 200 Fly, Michael Winkleman (35-39) 200 Breast, Rick Fowler (45-49) 200 Breast, Dan Stephenson (45-49) 400 IM, Paul Nicholls (50-54) 50 Breast, Ron Dubois (55-59) 200 Breast, and Elmer Egelkraut (70-74) 1650 Free. 17 swimmers won a maximum of 7 events (11 Women and 6 Men). Results and High Point Awards for both Team and Individuals are included on the Michigan Masters website: www.michiganmasters.com.

A well deserved thank you goes out to all the volunteers for the planning and execution of the meet. This was the 5th time this facility hosted the event and as always Michigan Masters appreciates their efforts. Special thanks are well deserved to George Newman and Ken Shively for their unceasingly excellent officiating during the entire meet. And finally a thank you goes out

FITNESS

What it means to me – And why I really swim

By Mary F. Williams

Due to illnesses and deaths in my husband's family, the year of 2003 passed without any opportunity for me to compete or even work out on a regular basis. And so far this year I've only been able to make W. Bloomfield and the State Meet. Upon returning to swimming competition, I realized that what my mind has missed most, is having a goal to work toward. Having been retired for the past six years,

The Outside Lane

(Continued from page 3)

capabilities, plus work with the swim groups, coaches, and team representatives to serve the membership, while trying to improve membership retention and increase membership by attracting new swimmers. At this time 34% of our total registration is composed of new swimmers, while 66% are renewals.

At the State Meet membership meeting, two significant proposals were passed. First, Western Michigan Masters Swim Association (WMMSA) proposed a \$1000 grant to allow graduating college swimmers the opportunity to swim for Michigan Masters for no charge for the first year. Michigan Masters will commit the State LMSC fee (\$10) for each of these swimmers (up to a total of 50 swimmers), with WMMSA paying the National fee (\$20). More details of this program will be reported later. The second proposal was for the Michigan LMSC to submit a rule change proposal to the National Convention in September to allow 18 year-olds to have full privilege memberships. That means that they would be able to compete in all USMS meets, including the USMS championship meets. Currently, 18 year-olds may register however not compete in Sanctioned meets unless they are 19 years of age. Hopefully we can get this to pass at the national level. This year I know of six swimmers who could not compete in the State Meet or the National Championship meets because of the current rule.

This summer there are an abundance of long course pool meets and open water swims. Good luck and I hope everyone has a good summer

there aren't many days when there's a clear objective ahead to be accomplished. But the real loss resulting from the absence of swimming competition as a motivator to work out, has been its effect on my overall physical condition. It's so much harder to keep the weight down, the skin and hair are not as healthy, the endurance is gone, everything takes a lot more effort! And even more important, I really missed all the wonderful people we are fortunate enough to swim with – there is something essential to a person's well-being to **belong** somewhere – doing things with your peers that you all enjoy.

A camaraderie like this is a rare and precious gift; how little we appreciate this experience until we are without it for a while. It is so warm and uplifting to be with all of you once again!! So I have written a poem to express my hopes for all of us this year:

Spring to Summer!

Today I heard a robin sing –
He seemed to cry: "It's spring, it's
spring!"
And now the grass is turning green
And rains have washed the pavement
clean
As old and young absorb the sun
That shines again for everyone,
And melts away drab winter's grief
With gracious smile of warm relief.

And soon sweet summer will be here:
Hot sun, blue water, brightness, cheer!
Let's swim together, lake or pool,
Improve our times and be SO COOL!

See you in the water!

Love,
Mary

2004 Michigan Masters Award Winners

By Skip Thompson and Dennis McManus

Each year Michigan Masters Swimming presents two special awards during the State Championship Meet. Since 1978, The Lawrence Award is given annually to the individual having achieved outstanding performances in masters swimming representing Michigan Masters.

The Chetrick Award has been awarded since 1977, and is presented annually to the individual who have given outstanding service and/or best exemplifies the spirit and commitment to Michigan Masters Swimming.



Ralph Davis and Sherry Puthoff,
recipients of the Chetrick and Lawrence Awards respectively.

This year's Lawrence Award recipient was Sherry Puthoff. Sherry began swimming competitively in masters in 1980 and has swam every year for the past 25 years. In the current 2003 Top Ten rankings Sherry had three 1st places, two 2nd places, four 3rd places and two 4th places in 11 events entered and swam. She was named a USMS Masters All-American for the Year 2003 and has made All-American status on two previous occasions (1992, 1998). She has made the USMS Top-Ten 84 times resulting in 7 Number 1 swims, 6 Number 2 swims, 12 number 3 swims, and 13 number 4 swims. Sherry has won 6 National Championships meet titles at the 1998 and 2003 Short Course Nationals. Additionally, she was Michigan Masters Women's

High Point winner at both those meets.

In 1992, Sherry became a World Champion 45-49 age-group in the 100 LCM Fly at the World Championships in Indianapolis. This year, she currently has the Number 1 time in the 100 Yard IM in the 55-59 age group. Great swimming Sherry and good luck in the future.

This year's Chetrick Award recipient was Ralph Davis. Ralph had not swum competitively since 1965, when he was co-captain of the Royal Oak Dondero High School boys swim team. After completing his BA and MBA at Western Michigan University in 1970, and completing more than a 20-year career as International Comptroller at Federal Mogul Corporation, Ralph began swimming competitively in masters in 1992. Normally accustomed to middle distance freestyle in high school, Ralph transitioned to masters sprint events in backstroke, butterfly, breaststroke as well as freestyle. In fact, in 2002 Ralph was the Michigan Masters State Meet Champion in the 50 butterfly (55-59).

Since assuming the role of Michigan Masters Treasurer in 1997 (now 8 years), Ralph has been steadfast in his commitment to Michigan Masters swimming. He has utilized his exceptional skills in organization and accounting principals to establish and maintain a strong balance sheet as well as volunteer time toward both national and state initiatives. He demonstrated a strong presence in the 1996 Long Course Nationals and has been instrumental in the success of every Michigan Masters State Meet since then. Additionally, he served as a liaison to the USMS National Convention hosted in Detroit in 2001.

Ralph has attended the USMS National Convention each year since 2000, and so impressed the delegates as to be selected to the powerful Finance Committee and eventually appointed its Vice Chairman in 2002. Additionally, and to his credit, he has subsequently been appointed to the newly established Ad Hoc Legal Counselors Committee.

Congratulations Ralph, and good luck in all your future endeavors.

Jewel Cooke Presented Lifetime Achievement Award

By Skip Thompson

On March 27th 2004 at the Michigan Masters State Championship Meet, Jewel Cooke was presented the prestigious Lifetime Achievement Award. The recipient of this award is an individual who has demonstrated continuous swimming along with outstanding voluntary contributions and a lifetime dedication and devotion to the objectives of Masters swimming in Michigan. Jewel pretty much demonstrates this in all of the aquatic endeavors she has been involved with and is established as the “jewel of the pool” in Michigan swimming for the last 45 years. At the age of 95, Jewel is retiring from masters swimming due to declining health and physical setbacks. Jewel leaves a legendary and honorary career in swimming.

As Jewel Cheatwood, she was a Canadian breaststroke champion while attending the Margaret Eaton School in Toronto where she majored in physical education. “I never swam on an Olympic team, but I did earn my way through college during the depression of the 1930’s by winning money prizes, especially for long distance swim events. Unlike today’s much longer marathon swims, our distances then were usually 10 miles”. A native of Chicago, she returned there after graduation and taught physical education in the school she had attended as a girl.

During World War II, she and her husband Horace moved to Detroit. She began coaching swimming at Greenfield Village. The team needed a sponsor and Garden City agreed to lend the team its name. In 20 years of coaching, Jewel became a national authority in age group swimming. At her retirement in the spring of 1976, no Michigan coach developed more age-group champions. Her Garden City girls won 15 straight AAU State championships. Also during this time she served as Michigan chairperson for the national committee of age group swimming and secretary and board member of the Michigan AAU. She also was chairperson of western Wayne County American Red Cross.

After her retirement from coaching in Garden City she continued as volunteer in the Michigan AAU as the age group top ten swimming tabulator. She began to teach swim lessons at West Bloomfield High School by day and Livonia adult education by night. For the next 20 years, she passed on her exquisite stroke technique to her students. In 1981, while taking a water aerobics class at OCC, she heard and got interested in the Masters swimming program. She had always known about the program but never had time to pursue it. Carol Rhudy and Lynn Weir kind of inspired her to try swimming in a local meet at Oakland Community College in the fall of 1981 at the age of 72. In 1984, aging up to the 75-79 age group she set 2 National Records and achieved 3 first places in the National Top Ten. In 1989, in the 80-84 age group, she set 4 National records in the 50 Breast, 200 Breast, and both the 200 IM and 400 IM.

In 1995 and 1996, in the 85-89 age group set 13 World Records and 17 National Records. In 1999 and 2000 in the 90-94 age group set 11 World Records and 23 National Records. In USMS pool competition, her accomplishments include the following: 10 times named a USMS All American, 3 times being named a USMS All Star, 74 Number 1 National Swims, and 33 Number 1 World Swims. Jewel set 47 National Records which is more than anyone in Michigan Masters history. She is the only swimmer in Michigan Masters history to set a National Record and World Record in every stroke. At the 1996 USMS Long Course Nationals which is the only National Championship Meet she swam, she won 5 National Championship Meet Titles and was the Women’s Michigan Masters High Point Winner. That same year she received the Lawrence Award from Michigan Masters for her outstanding swimming performances and accomplishments. At the present time, Jewel holds 19 National Records and 7 World Records.

In spite of Jewel’s accomplishments it was not always easy. In the last 10 years she broke her foot, had hip surgery, had a bursitis/infection condition, and encountered other injuries that kept her from swimming. In 2001 before she moved to Naperville to be closer to her family, she received the “Lynne Award” for courage and determination to swim despite illness and injury. Unfortunately since 2001 she has not been able to swim because of health setbacks. In her lifetime, Jewel has collected an impressive list of honors throughout her coaching, teaching, and swimming accomplishments.

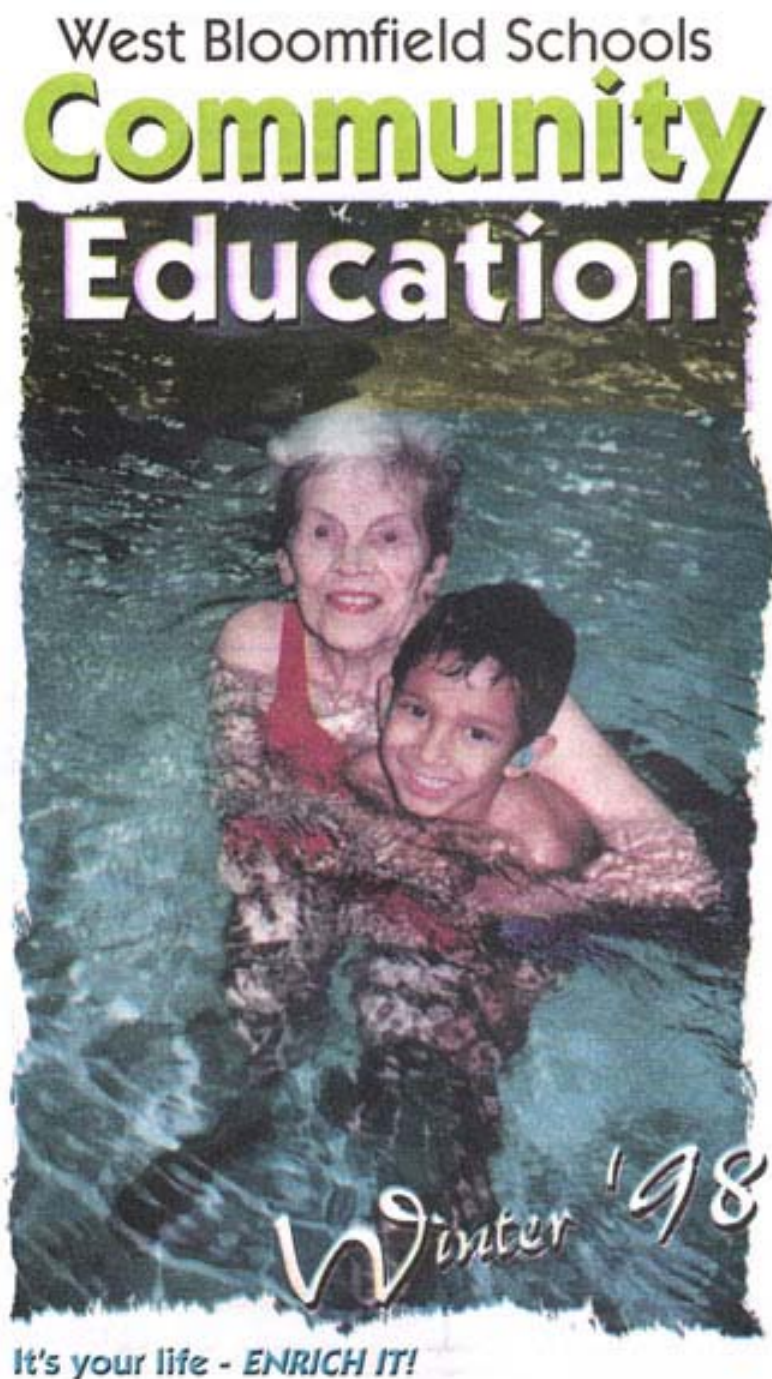
Some additional accomplishments include: being honored as a nominee for the United Foundation Sports Women-of-the-Year Award; named Michigan AAU Coach-of-the-Year 3 times (1967, 1968, and 1971); and honored by the American Red Cross for 75 years of volunteerism and having taught more than 2000 swimmers in the Red Cross program. She

(Continued on page 7)

(Continued from page 6)

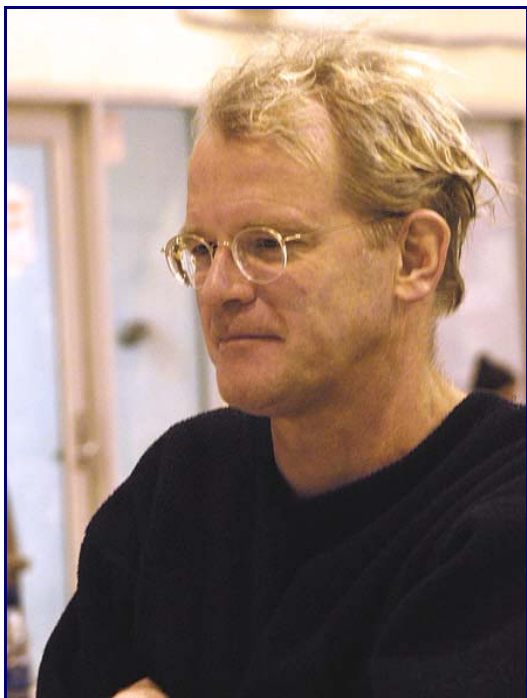
received a bronze plaque and a certificate of appreciation from the Garden City Commission. In 1976, when she retired from coaching she received a Letter of Commendation and congratulations from President Gerald Ford.

About 3 Years ago, I was lucky enough to attend a farewell luncheon paying tribute to Jewel before she was moved to Naperville, Ill. She was honored by Oakland Community College for her involvement with water exercise classes; West Bloomfield Schools for her teaching and water safety; past AAU swimmers for her fantastic coaching; and Michigan Masters swimming for her record accomplishments. I was really moved by some of nice things said and tremendous respect by this cross section of people in aquatics. Barb Greenberg said "Mrs. Cooke epitomizes the word class, she truly is a grand lady." Jewel Cooke leaves behind a legacy that will never be forgotten in the history of Michigan swimming. She will go down as one of the greatest swimming personalities ever.



Swimming - A Life's Passion.

Michigan Masters 2004 State Championships



— **CHAMPIONSHIPS** —
Open Water & Postal Swims

5/15/2004-9/30/2004

2004 USMS 5 & 10K Postal Championship

PST-LD; Bruce Hopson, 315 N 11th St. #800, St. Louis, MO 63105, 314-588-8066, 314-621-8821, bhopson@swbell.net; Sponsored by St. Louis Area Masters Swimming; www.usms.org/longdist/ldnats04/5k10kentry.pdf; Sanctioned by OZ LMSC

6/26/2004

2004 USMS 2-Mile Cable Championship - Eagle Creek Reservoir, Indianapolis, IN

OW; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com; Sponsored by YMCA Indy SwimFit; www.usms.org/longdist/ldnats04/2micblentry.pdf; Sanctioned by IN LMSC

6/27/2004

2004 USMS 1 Mi Open Water Championship - Wildwood, NJ

OW; Vicki Anders, 6 Lingate Rd, Owings Mills, MD 21117, 410-502-5395, andervi@jhmi.edu; Sponsored by Johns Hopkins and Maryland Masters; www.usms.org/longdist/ldnats04/1mientry.pdf; Sanctioned by NJ LMSC

7/10/2004

2004 USMS 10K Open Water Championship - Huntington Bay, Huntington, NY

OW; Bea Hartigan, 27 Huntington Rd, Huntington, NY 11743-1702, 631-271-3349, bea10k@yahoo.com; Sponsored by Metropolitan Swimming; www.usms.org/longdist/ldnats04/10kentry.pdf; Sanctioned by MR LMSC

7/17/2004

2004 USMS 3.5K Open Water Championship - Applegate Lake, Jacksonville, OR

OW; Dan Gray, RVM Lake Swim, PO Box 3338, Ashland, OR 97520, 541-890-5483, dangray45@hotmail.com; Sponsored by Rogue Valley Masters; www.usms.org/longdist/ldnats04/3.5kentry.pdf; Sanctioned by OR LMSC

9/1/2004-10/31/2004

2004 USMS 3000/6000 Yard Postal Championship

PST-LD; Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851, bobbruce13@attglobal.net; Sponsored by Central Oregon Masters Aquatics; www.usms.org/longdist/ldnats04/3k6kentry.pdf; Sanctioned by OR LMSC

9/1/2004-10/31/2004

3300 Yard ASA Postal National Championship

PST-LD; Sandy Neilson-Bell, 3101 Mistyglen Cir, Austin, TX 78746, 512-327-2260, sneils@austin.rr.com; Keith Bell, 512-327-2260, kbell@austin.rr.com; www.adultswimming.com; Sanctioned by Adult Swimming Association

1/1/2005-1/31/2005

2005 USMS One Hour Postal Championships

PST-LD; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com; Sanctioned by IN LMSC

This meet is going to be a blast! We expect a great turnout because everyone wants to see where the legendary Spartans live!

FUN! FUN! FUN! FUN! FUN!

MSU/CATS

Present: Long Course
Event 2004

Sunday, June 27th



MSU IM Building Outdoor Pool

8:00 AM warm-up.

8:30 AM meet starting time. Meet will end at 11:30 AM.

Free parking in lot A, next to pool.

Entry fee is a \$15 tax donation made to MSU. CATS members \$10 tax donation.

All events will be deck entered, no seed times.

Rain or Shine!! Hopefully shine! You can swim as many events as you want.

We will be timing each other, so it would help if we bring a friend to volunteer for timing or counting.

Welcome all ages 19 to 99!

This is a recognized meet. You do not have to be USMS to swim. (#194-009 R)

Questions? Please feel free to contact the meet manager: Wally Dobler at – 517-372-8096 or Geo. Runciman at guppie333@juno.com

Events Planned:

400 Free or IM

50 Back

50 Breast

50 Fly

10 Minute Break

50 Free

200 Choice Event

100 Back

100 Breast

10 Minute Break

100 Fly

100 Free

200 IM

800/ 1500 Free — If time remaining



Dearborn, MI

Long Course Meters Masters Swim Meet



USMS sanction # 194-008S



Sunday, July 18, 2004 Dunworth Pool
Located in Levagood Park, in Dearborn MI

8:00 AM Warm-up Swimmers must enter the pool feet first in a cautious manner.
Diving will be permitted only from the sprint lane.

9:00 AM	Event#1	200 Free	Event#9	Relays: 200, 400, 800
	Event#2	50 Back		BREAK
	Event#3	100 Fly	Event#10	100 Free
	Event#4	50 Breast	Event#11	200 Choice
	Event#5	400 Choice	Event#12	100 Breast
	Event#6	100 Back	Event#13	50 Free
	Event#7	50 Fly	Event #14	800 Free
	Event#8	50 Free		(as time permits, possibly 2/lane)

ENTRIES Cost: \$15.00. All events will be deck entered. Swimmers may enter a maximum of (4) events and (1) relay. The cost also includes a picnic lunch of pizza and pop following the meet, in the adjacent park area.

ELIGIBILITY: Only 2004 USMS "registered" swimmers may compete in this meet. All swimmers must have their USMS cards in their possession for verification. Registration will be available at the meet for \$30.00 and will be effective through 12/31/04. THIS WILL BE A "TIME YOUR OWN MEET". YOU WILL BE EXPECTED TO TIME AND OR COUNT FOR OTHER SWIMMERS!

IF you need additional information call Skip Thompson @ 248-683-2191



Harbor Springs, Michigan
Harbor Springs Coastal Crawl
AUGUST 1, 2004

EVENT: 1 mile, 2 mile, or 3 mile open water swim in Little Traverse Bay, Lake Michigan. There will be no USS registration this year.

TIME: Check-in begins at 7:00am and ENDS at 8:00am, **ALL** swimmers must be checked-in by 8:00am.

Mandatory pre-race meeting - 8:15 am. You MUST be checked-in AND ATTEND this meeting to be eligible to swim.

STARTS: 3 mile @ 8:30am 2 mile @ 8:45am 1 mile @ 9:00am

ANY SWIMMER STILL ON THE COURSE AT 10:30 AM WILL BE PULLED FROM THE WATER.

WHERE: Zorn Park (City Beach) * Bay Street * Harbor Springs, Michigan (See "Map to Pool" link on home page.)

Average water temperature for early August has been a refreshing 65 degrees

ELIGIBILITY: Open to all swimmers. For those under the age of 13 - competency must be verified, in writing, by their coach.

ENTRY & FEE: The fee is \$30. Mail check and application to: Hammerhead Swim Club (Also e-mail application if possible)

C/o Erin Fortune - 3125 Valley View Trail - Harbor Springs, MI 49740 - (231) 526-6840 - erincma@freeway.net

***All entry forms should be received (or postmarked) by the **entry deadline July 25, 2004**. A \$20 late registration fee will be required for entries postmarked or e-mailed after July 25th. Race day registration is allowed but must be completed by 8am.

***Your entry fee includes a barbecue picnic lunch, prepared by the Hammerhead Swim Club parents and volunteers. Spectators may purchase a lunch, drink, and dessert for only \$6.00.

***Local artists will again design a Limited Edition custom T-shirt for the 2004 race. These quality shirts sell very quickly; we will have a **limited** number for sale at the race. Order yours when you register to be guaranteed a T-shirt.

AWARDS: Commemorative ribbons to all finishers. The first three male and female finishers in each age group will receive medals.

AGE GROUPS: 12 & under, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc. (Age as of day of race.)

NEW: WETSUIT DIVISION. All ages competing together. Awards only for overall male/female winner in 1, 2 and 3 mile. For medical reasons WETSUIT DIVISION WILL BE CANCELLED IF THE WATER TEMPERATURE IS ABOVE 78 DEGREES FAHRENHEIT. Swimmers will be allowed to compete without wetsuits in that event.

COSTUME: Flotation aids or any devices used to maintain body heat are **NOT** allowed. Neoprene swim caps are permitted; however, they shall not extend to protect the neck or shoulders.

CONTACT: Erin Fortune - 3125 Valley View Trail - Harbor Springs, MI 49740 - (231) 526-6840 - erincma@freeway.net

Enclose a stamped/self-addressed envelope if you want entry confirmation.

Name: _____ Birthdate: _____ Gender: _____
(last), (first)

Address: _____ Phone: (_____) _____
City, State: _____ Zip: _____ E-mail: _____

I plan to swim: 1-Mile ___ 2-Mile ___ 3-Mile ___

Wetsuit: Yes ___ No ___

Club Affiliation: _____ USMS or USS # (if any): _____

Entry Fee: \$30.00 (\$50.00 if application not postmarked or e-mailed by 7/25/04)

Short Sleeve T-Shirt: (\$15) Small ___ Medium ___ Large ___

Short Sleeve T-shirt: (\$20) X-Large ___ XX-Large ___

TOTAL ENCLOSED: _____ Make check payable to: **HAMMERHEAD SWIM CLUB**

Sorry, there will be NO refunds granted after the entry deadline. Shirts will be distributed ONLY on race day, at registration.

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 OPEN WATER SWIMMING, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE HARBOR SPRINGS COASTAL CRAWL 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., UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE HAMMERHEAD SWIM CLUB, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING AT THE EVENT. In addition, I agree to abide by and be governed by the rules of USMS AND USS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____ Date: _____

Parent/Guardian's Signature (if swimmer is under 18yrs of age): _____ Date: _____



Motown Medleys Meet

Williams Natatorium, Cranbrook, Michigan • August 14, 2004

Additional details at www.motownmedleysmeet.org home of TDA, www.teamdetroitaquatics.com

Hosted by...



TEAM DETROIT
AQUATICS

Name: _____

Address: _____

City: _____

State/Province: _____

Country: _____

Zip/Postcode: _____

Telephone: _____

Email: _____

Date of Birth: _____

Age (as of 8/14/04): _____

Team: _____

Gender: ☐ Male ☐ Female

USMS# (or Foreign Equivalent): _____

Meet Information

Warmup: 8:00-8:45 AM

Meet starts: 9:00 AM

Short Course Yards

Swimmers are limited to 4 (four) individual events

Michigan Masters Sanction #194-007S

Event Selection	Choose	Entry Time (0.00.00)		Choose	Entry Time (0.00.00)
1) 1000 Free	<input type="checkbox"/>		10) 500 Free	<input type="checkbox"/>	
2) 200 Medley Relay		Deck Seeded	11) 50 Back	<input type="checkbox"/>	
3) 50 Breast	<input type="checkbox"/>		12) 100 Free	<input type="checkbox"/>	
4) 200 Free	<input type="checkbox"/>		13) 50 Butterfly	<input type="checkbox"/>	
5) 100 Butterfly	<input type="checkbox"/>		14) 200 Back	<input type="checkbox"/>	
6) 200 IM	<input type="checkbox"/>		15) 100 Breast	<input type="checkbox"/>	
7) 200 Breast	<input type="checkbox"/>		16) 100 IM	<input type="checkbox"/>	
8) 100 Back	<input type="checkbox"/>		17) 200 Butterfly	<input type="checkbox"/>	
9) 50 Free	<input type="checkbox"/>		18) 200 Free Relay		Deck Seeded

Questions? Lost? Late? E-mail Tom (mail@teamdetroitaquatics.org). Or, if urgent, contact Jack (248-568-7820).

Fees

Registration Fee (Includes \$1 IGLA fee)	Qty: _____	\$30.00
Saturday Awards Dinner/SplashDown Dance*	Qty: _____	\$35.00
Sunday Brunch*	Qty: _____	\$15.00
Motown Medleys Meet T-Shirt*: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>	Qty: _____	\$15.00
Total		
Conversion for Canadian Funds: (Total x 1.33)		

*Additional details on all events at www.motownmedleysmeet.org

Athlete's Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

Signature: _____

Date: _____

Mail (1) completed entry with (2) copy of USMS card (or foreign equivalent) and (3) check payable to:

Motown Medleys Meet, C/O The Vault, 2901 Auburn Road, Suite 100, Auburn Hills MI 48326

All entries must be received by Saturday July 24, 2004.



Motown Medleys Meet

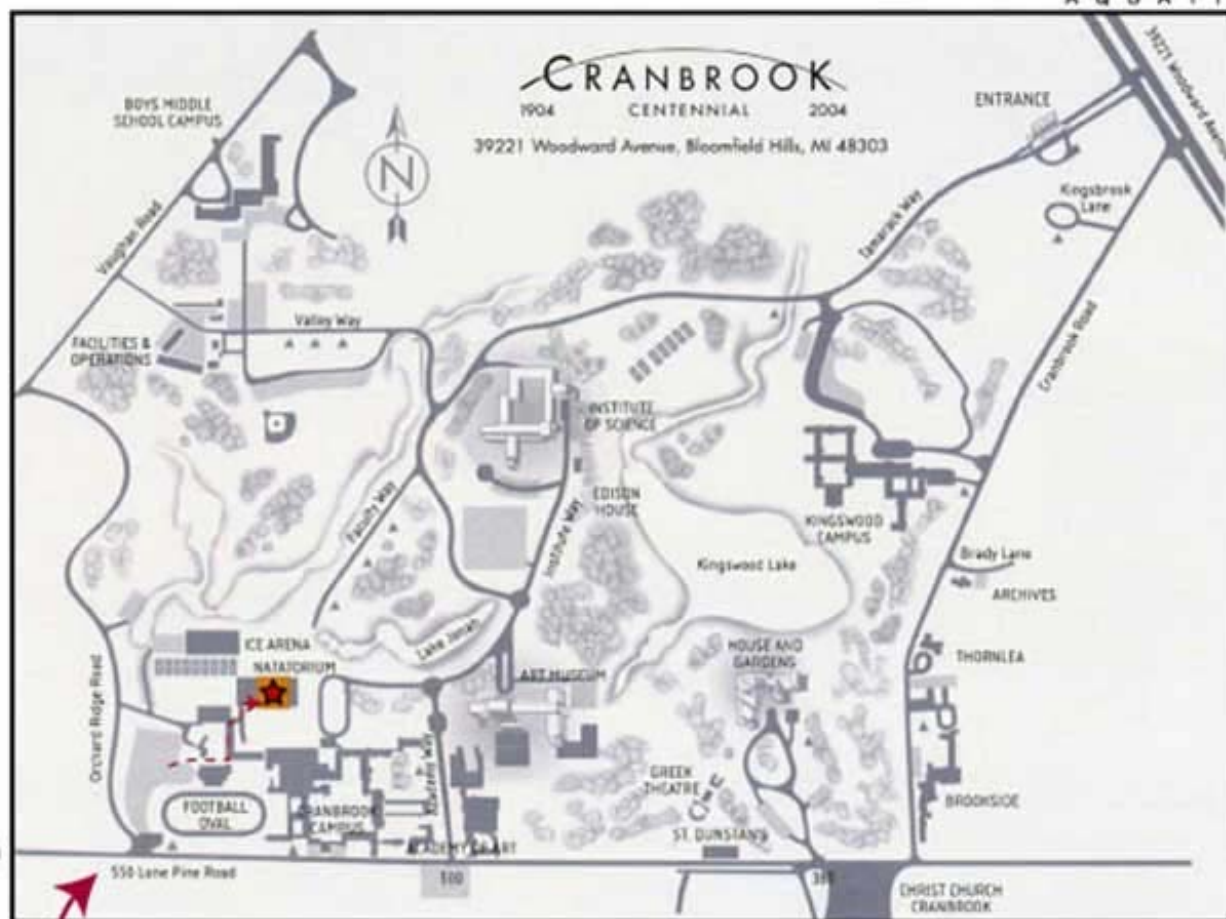
Williams Natatorium, Cranbrook, Michigan • August 14, 2004

Additional details at www.motownmedleysmeet.org home of TDA, www.teamdetroitaquatics.com

Hosted by...



TEAM DETROIT
AQUATICS



Corner entrance
at Lone Pine & Orchard Ridge



To access the Williams Natatorium do Not enter campus through the Woodward Avenue entrance. Enter the 550 Lone Pine Road parking area. This is located at the corner of Lone Pine Road and Orchard Ridge Road, between Telegraph and Woodward Avenue. The entrance to the parking lot is the opening in the brick wall. Pull up to the gate. Once you pull up to the gate it will rise. If the lot is full additional parking is available to the far north. Drive toward the parking lot exit. The additional parking is located next to the tennis courts and ice arena. Once you have parked walk up the paved ramp/drive. Follow the signs to the Williams Natatorium. At the top of the ramp/drive, just under the sheltered awning, enter the double doors on the left. Follow the long hallway. Near the end of the hallway turn right. ★ The Registration, Dinner and Brunch all take place in Ferndale, down Woodward on or near nine mile. The ★ host hotel, Somerset Inn is on Big Beaver (16 Mile) just off Woodward.



2004 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
1/18/2004	University of Michigan (SCY or SCM)	Sanctioned #194-004S	Canham Natatorium	Sally Guthrie	734-913-9282
2/8/2004	F.A.S.T. (SCM)	Sanctioned #194-006S	Brighton High School	Joe Schall	734-782-5114
2/21/2004	West Michigan Masters	Sanctioned #194-002S	Grand Haven Community Pool	Ken Danhof	231-739-5592
3/7/2004	West Bloomfield Laker Fan Club	Recognized #194-001R	West Bloomfield High School	Bob Crosby	248-865-6748
3/14/2004	Midland Masters	Sanctioned #194-003S	Midland Dow High School	Dave Speth	989-636-7802
3/26-3/28 2004	South Oakland Seals	Sanctioned #194-005S	Eastern Michigan University	Frank Thompson	248-683-2191
6/27/2004	CATS/MSU	Recognized #194-009R	Michigan State University	Wally Dobler	517-372-8096
7/18/2004	South Oakland Seals	Sanctioned #194-008-S	Dunworth Pool Levagood Park	Frank Thompson	248-683-2191
8/14/2004	Team Detroit Aquatics	Sanctioned #194-007-S	Cranbrook School Williams Natatorium	Ed Hill	248-568-7820
8/12 - 8/15 2004	USMS Long Course National Championships		Chatham Aquatic Center Savannah, GA	Scott Rabalais	912-927-7016

*In order to swim in a **sanctioned** Michigan Masters meet, **you must be a registered USMS member.**
With the **exception** of National events, USMS registration may be purchased the day of the meet.*

Michigan Masters Swimming Committee

c/o Dennis L. McManus

1790 McManus Drive

Troy, Michigan 48084 -1552

The Wave Eater

Volume 12, Issue 2

MICHIGAN MASTERS SWIMMING

June 1, 2004

**Attention Team Representatives: Deadline for the
September 2004 Issue
is *August 15, 2004***

