

The Wave Eater

Volume 13, Issue 1

MICHIGAN MASTERS SWIMMING

March 1, 2005

EASTERN MICHIGAN
UNIVERSITY

2005



Michigan Masters Swimming State Championships

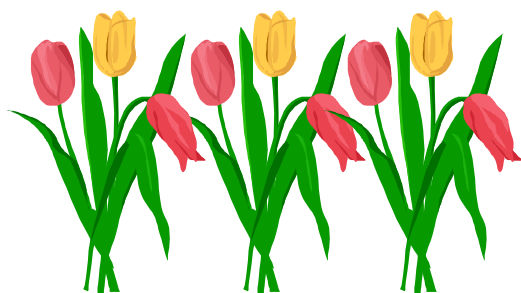
*T*his year marks the 33rd Annual Michigan Masters Swimming State Championships hosted on this occasion at the Michael H. Jones Natatorium of Eastern Michigan University, Ypsilanti, Michigan.

Eastern Michigan University and South Oakland Seals Swim Team, as host organizations, look forward to an exciting weekend and well organized event for participants and spectators alike scheduled for April 15-17, 2005.

This will be the sixth Michigan Masters State Championships held at the EMU facilities. For those new to this venue, we recommend bringing a swim bag sufficient to hold all clothing and footwear items on deck due to limited locker facilities. As many of you know, this pool is determined to be fast and well suited for personal best performances.

All swimmers are encouraged and should plan to attend the 2005 Annual Membership Meeting held during the lunch break on Saturday, April 16. This is the time to vote on critical issues affecting the USMS organization, Michigan LMSC, your local team and yourself. New Michigan LMSC officers will be elected at this meeting.

Be sure to make reservations and file entries early to secure a place close to the natatorium. Complete meet flyer and details are now available in this web site. **Mark your calendars now to be a part of Michigan Masters Swimming 33rd Anniversary event!**



Think Spring!



pools & workouts



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 www.swimfasttrifast.com	Rochester Area: Oakland Aquatic Club Oakland University Rec. Center Daniel Plamondon – (248) 370-4533 Tue & Thur 7-8:30PM Sat. 10 AM-12 PM Sun. 12 PM-2 PM, Must be USMS member & Web: www.oakland.edu/unit/campus_rec/index.html
Livonia Area: Livonia & Larger Area Masters (LALA) deano69@flash.net – (248) 926-5937 Livonia Stevenson High School MWF evenings – 5:45PM to 7PM Saturday morning – 7:00AM	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 USMS member	Lake Orion Area: Lake Orion Classic Oldies (LOCO) Lake Orion High School Mon.-Fri. 5:30-6:30PM Dick Specht (248) 391-0728 www.lakeorion.k12.mi.us
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 Contact: Tom Cobau – (313) 640-9189	Grosse Pointe Area: Pointe Aquatics – www.pointequatics.com Tue. & Thur – 7:30 - 9:00 PM MWF 6:00 – 7:00 AM Community Rec & amp; Ed – (313) 432-3880	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 Must be YMCA member & USMS member

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 Summers: 6:30PM to 8:00PM	Flint: Contact: Ric Chaney (810) 720-2200 Day – (810) 720-1341 Eve. Hurley Health & Fit. Center (810) 235-8544 (membership not required) M & W evenings 6:30PM	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 Contact: Keith Kennedy – (419) 531-7121
Plymouth: Plymouth Canton Community Masters Leslie Greeneisen – greeneisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM	Lansing: CATS – www.teamcats.com Contact: Mark Lisenby, Wally Dobler, Andrea Funk Michigan Athletic Club (MAC) Mon. thru Thur. 6:30PM to 7:30PM	Muskegon: West Michigan Masters Swim Association Muskegon YMCA Pool Mon., Tues., Thurs. 8:30-9:45 PM Contact: Ken Danhof, (231) 739-5592 Must be a USMS member
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
Long Distance: Miriam Nowak & Marilyn Early (231) 526-9824 jcowing@surfbest.net	Grand Haven: Masters Swim Club, Mick Homan - Aquatics Coordinator 616-850-6292, 616-850-6295 fax swcoach7@aol.com 17001 Ferris St., Grand Haven, MI 49417	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 13 • Issue 1
March 2005**

Editor (Interim)
Dennis McManus
1790 McManus Drive
Troy, Michigan 48084
(248) 649-6085
DLMphoto@aol.com

Michigan Masters 2004-2005 Officers

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

Vice President
Dennis McManus
1790 McManus Drive
Troy, MI 48084-1552
(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

This will be my last column as President of Michigan Masters Swimming (Chair of Local Masters Swim Committee), as elections for several offices will be held at the Annual Meeting at the State Championships at EMU on Saturday April 16th. This is very important because it's the LMSC Annual Meeting and the only time of year we have representation from everyone in the State. I encourage everyone to attend, to vote on issues and officers running for election. Dennis McManus will begin his tenure as President/Chair after this meet.

We are looking forward to a great turnout at the State Meet. I encourage everyone to please register for USMS (Michigan Masters) prior to the deadline. A swimmer needs to have a USMS number processed before you can swim. The YMCA Nationals will be held in Indianapolis from April 21st until April 24th. The USMS Nationals will be held in Ft. Lauderdale from May 19th to May 22nd. We are expecting a great turnout for Michigan Masters. Relay signup sheets will be available at upcoming meets.

Registration for 2005 is at 328 swimmers as of the end of January. This is 88 less than it was at this same time last year. Hopefully we will be able to pick up the decrease in swimmers in the following months. Sixty-six percent of this year's registrants are re-registering from last year, whereas 34% are new registrants.

I would like to review some of the accomplishments of the last two years. The newsletter is online and getting favorable responses. This has resulted in a significant savings for the LMSC. We have an Access membership database in place that can generate an email registration renewal system. Meet results are usually up on the web site in a timely fashion. At the 2004 USAS Convention a rule change to allow 18 year-old swimmers to compete in any USMS competitions was proposed by Michigan Masters and approved by the USMS House of Delegates. So, currently 18 year-olds are allowed to swim at all of our competitions. Michigan Masters applied for and received National and State grants for a swim clinic that took place in Holland in November. Also, Michigan Masters applied for and received grants for funding one-year registration memberships for college students who are currently attending school or have recently graduated.

I would like to thank all of the officers, meet directors, officials, coaches, volunteers and swimmers for making the organization the success that it is.

LOVE MASTERS? - GET INVOLVED!

By Jennifer Parks – Past President

A month or so ago a member of the Executive Committee of Michigan Masters said that what our organization needs is some "new people, JP, no offense"! I am not offended but delighted when new people get involved in the Masters organization. It takes a lot of good people to keep this organization running well. At the top, in United States Masters Swimming, our organization is run almost completely by volunteers, people who swim most every day, work most every day, and then work some more to host your National Championships, organize huge postal or open water swims, manage the financial affairs of this great sport, and even do long range planning to improve Masters Swimming in the future.

Skip Thompson, MMS President/Chair has been involved in and even chaired USMS committees for more than fifteen years and was awarded USMS Coach of the Year in 2000. Former MMS President/Chair Marilyn Early once helped write the Coach's manual. Ralph Davis, MMS Treasurer, is the current Vice-Chair of the Finance Committee and on the USMS

Restructuring Committee. Dennis McManus is a member of the powerful USMS Rules Committee and Communications Committees. I have been representing MMS at the USMS House of Delegates for almost twenty-five years off and on and am now Vice-Chair of the Legislation Committee and a member of the Fitness Committee.



At the local level, our meets are organized by volunteers who commit their own time to give us the chance to swim our special events. Our entry fees go to pay for the pool time and support staff, sometimes costing \$100-\$160/hour, and if there's any money left the fees may go to help support high school or water polo teams' programs. For instance, the fees raised over twenty-three years of Ken Danhof directing the West Michigan meet, this year at Grand Haven, are supporting the "New, Young Swimmer Grant Program," that Michigan Masters is currently promoting to encourage member growth in the two youngest age groups. This year Michigan Masters scheduled twelve indoor meets, two outdoor long course meets, plus the State Meet which requires large numbers of volunteers to conduct.

Among the elected officers Dennis McManus, the President-Elect and Vice-Chair, is the Interim Webmaster and Newsletter Editor, which he works on so precisely as his time permits around his professional career. Ralph Davis, as Treasurer, develops a yearly budget and regularly monitors the finances, as we pay for awards and other items out of our treasury. Jacque Groenendyk, our Registrar, sometimes starts at 5:30 am before she goes to teach, to input your registrations (MM usually has about 700 members each year.), right around the time that many of us might be getting ready to go swim. Jim Coleman, who has volunteered as Registrar now evaluates Sanctions, he ensures that swim meets abide by requirements of USMS in order to be covered by insurance, and also comply with swimming rules, like requiring pools to be precisely measured this year. Paul Chaffee, as Secretary, keeps minutes of meetings and writes correspondence as needed.

In the state, meet results must be compiled and checked for errors and then Top-Ten times are submitted. Milton French does that, with Skip's assistance. Other appointed positions include Mary Williams as the Fitness Chair (You've read her articles on the importance of fitness, I hope.); she has also volunteered to organize and distribute the hard copy of the newsletter. With my certification as a Lifeguard Instructor Trainer, I've been designated as the Safety Chair to monitor safe conditions at meets. Miriam Carlson Nowak and Marilyn Early are the Long Distance Chairs. Miriam has lately been organizing the local individuals who participate into teams for the Long Distance Postal National Championships: the January 1 Hour Swim, the 3,000/ 6,000 Yard Fall Swims, the 5K/10K Summer Swims. Marilyn is the long-time organizer of one of the few state open water swims, at Harbor Springs each August.

And, finally, Skip Thompson, as Chair of the Michigan LMSC (Local Masters Swim Committee of United States Masters

(Continued on page 5)

(Continued from page 4)

Swimming) and who doubles as President of Michigan Masters Swimming Association/Club, does everything else. For example, he checks results for records and compiles State records, makes sure ribbons/event cards are delivered, submits names for awards, makes decisions about who should attend the Aquatic Convention, and sets the agenda for various meetings. He also, in his job as MM Club President, frequently organizes relays at National meets and this year he is also meet director of the State Meet. He, and his successor, Dennis McManus, obviously can use your help, really, really!

If you love Masters, get involved! You can run for an office. The elections are this April at the State Meet at the noon Annual Meeting on Saturday. At the very least, come to the meeting and vote! You could apprentice to Ralph, in finance, or Dennis on the web, Mary on fitness or any job or project that suits your fancy. You can help with public relations or membership promotion. You can consider submitting articles on various aspects of Masters. You can help time or officiate, as Wally Dobler and George Runciman have done for years when they aren't swimming in the meet. You can share information on the "Grant Program" if you have a lot of young, new people in your workout groups!

Some of you have complained about how things are done in Michigan Masters; my view is that good changes occur when we personally get involved to help make them happen. Please consider getting involved. We want our organization to grow and thrive and we need many more of you volunteering to help! If you love Masters, get involved! Oh, and by the way, remember to say thank you to all the people who help you enjoy our sport...timers, officials, meet management volunteers and staff at the State Meet, your volunteer coaches, and even your teammates who keep you going during a hard set!

And did I say, if you love Michigan Masters Swimming get involved? JP

FITNESS, FAIRNESS and FINISHING FIRST

..... *What is really important?*

By Mary F. Williams

"Winning isn't everything, it's the only thing!! -- We're all familiar with this famous quote of the great football coach, Vince Lombardi. Obviously, it was an effective motivational tool to get the most out of his players, but it's actually only half right -- the first half: "Winning Isn't Everything!"

In Masters Swimming, fitness is as important as winning, because if we don't keep our bodies healthy, we won't be able to compete. And if we don't keep fit, we won't "age up" to reap the "golden" benefits of outliving our competition! This reminds me of a quote by a retired professional athlete whose health was failing in his declining years, and he lamented: "If I had known I was going to live this long, I would have taken better care of myself."

But as we age up and the competition thins out, it's not realistic, in all fairness, to boast of victories over competitors whose abilities are declining due to congenital weaknesses that show up in later years. John E. Roberts, Executive Director of the Michigan High School Athletic Association, addressed this behavior at MHSAA's Sportsmanship Summits last fall:

"The most satisfying victory in sports is defeating your best opponent on his or her best day. The least satisfying victory is against a much weaker opponent, or as a result of a glaring mistake, or a bad call.....The natural instinct of people is toward sportsmanship: fairness, courtesy, kindness and respect. Sportsmanship reveals more about our character than any athletic achievement, any victory, any trophy or medal."

Last Sunday's Free Press had a feature on the "Quest for Long Life" which cited the following statistics on "Aging Healthfully":

*It is estimated that if every American older than 65 took a vitamin capsule daily, it would reduce the cost of health care more than \$1.6 billion in five years.

*Thirty minutes/day of physical activity can reduce the risk of depression.

*Almost 90% of the \$1.8 trillion spent on health care in the U.S. is spent on 30% of the population: the elderly.

A closing quote:

"When they discover the center of the universe, a lot of people will be disappointed to discover they are not in it." -- Bernard Bailey

2005 Masters YMCA Nationals

The YMCA Masters Nationals will be conducted at the IUPUI Natatorium in Indianapolis, Indiana, April 21-24, 2005.

Anyone who would like to swim in the 2005 YMCA Masters Nationals who is not already affiliated with a YMCA team can join the Plymouth YMCA. Memberships are \$20 per year and can be obtained as follows: call the Plymouth YMCA at 734-453-2904 or FAX information to 734-453-4191. You can charge your membership on your credit card. They will mail direct your membership card when your application is processed.

All participants from the YMCA must enter as a team. AS a convenience for Michigan Masters, Skip Thompson will coordinate participant entries, as he has done in previous years. A tam entry deadline is March 23rd, 2005. Consequently, all entries and fees must be in Skip's hands by March 20th, 2005. Relays will be formed based on entries.

If anyone has any questions, please contact Skip Thompson at 248-683-2191 or frankskipthompson@aol.com.

Michigan Masters State Meet



April 15 - 17, 2005
Eastern Michigan University

Eastern Michigan University



Michael H. Jones Natatorium is located in Building #62

BUILDING AND DEPARTMENT INDEX

[Alphabetical List](#)

[illegible]

Numerical List

[illegible]

PARKING FACILITIES INDEX

Commuter Guest Parking

- A. Arts, Street art
- B. Bowmore Museum, Life after 5 p.m.
- C. Hoyt, Ltd
- D. Park, Life after 5 p.m.
- E. Park, Life after 5 p.m.
- F. Park, Life after 5 p.m.
- G. Park, Life after 5 p.m.
- H. Park, Life after 5 p.m.
- I. Park, Life after 5 p.m.
- J. Park, Life after 5 p.m.
- K. Park, Life after 5 p.m.
- L. Park, Life after 5 p.m.
- M. Park, Life after 5 p.m.
- N. Park, Life after 5 p.m.
- O. Park, Life after 5 p.m.
- P. Park, Life after 5 p.m.
- Q. Park, Life after 5 p.m.
- R. Park, Life after 5 p.m.
- S. Park, Life after 5 p.m.
- T. Park, Life after 5 p.m.
- U. Park, Life after 5 p.m.
- V. Park, Life after 5 p.m.
- W. Park, Life after 5 p.m.
- X. Park, Life after 5 p.m.
- Y. Park, Life after 5 p.m.
- Z. Park, Life after 5 p.m.

Faculty/Staff Decal Parking

- A. Any Street List
- B. Bowler's Rowland List (gate code 14940)
- C. Port of England Gate Report
- D. Index - attach List
- E. National Street List
- F. General List
- G. Planning Database
- H. Public List A & B
- I. All List
- J. Street List
- K. Index List
- L. Whitham List
- M. Jones of the Street Database
- N. Jones, Map List
- O. Whitham Street List

Special Parking Areas

10. The season for fruit
 a. Mid-May, about 10° to 20° north
 11. Here: Canada, USA, etc.
 c. (about 120° to 130° west longitude)
 d. (about 10° to 20° north)
 e. (about 10° to 20° north)

- EMERGENCY/INFORMATION PHONES
(designated by a green light)
- SHUTTLE PICKUP
- MOTORCYCLE PARKING
- HANDICAPPED PARKING
- HANDICAPPED BUILDING ACCESS
- PARKING METERS
- SERVICE PARKING

**MICHIGAN MASTERS 2005 STATE SHORT COURSE YARDS CHAMPIONSHIP
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 195-005S
FRIDAY - SUNDAY, APRIL 15 - 17, 2005 EASTERN MICHIGAN UNIVERSITY**

HOST ORGANIZATIONS:

Eastern Michigan University and the South Oakland Seals Masters Swim Team are the Host Organizations for the 2005 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. This is the sixth State Championship Masters Swim Meet held at the EMU.

FACILITIES:

Olds Robb Student Recreation Intramural Complex houses the Michael H. Jones Natatorium at Eastern Michigan University (Map Enclosed). Modern eight-lane 50-meter indoor pool to be configured as one 25-yard eight lane course. 8 lanes will be used for competition and other two 4 lane courses for continuous warm-up/cool down (except during the distance events which the full 16 lanes will be used). Two lanes will be available for warm-up/cool down during distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in the designated sprint lanes. Lockers are available but are limited.

RULES - ELIGIBILITY

USMS rules apply and will be observed. All swimmers will be required to enclose a photo copy of their USMS card with the entry form or write "APPLIED FOR" on the entry form AND send the registration application along with the USMS fee of \$35.00 (this is in addition to the meet entry fee). It is recommended that swimmers pre-registered for the Meet be pre-registered with USMS by the Entry Deadline. If a swimmer is not registered or hasn't applied for registration by the entry deadline they will pay a \$5.00 processing to be permitted to swim in the meet. A swimmer not registered with Michigan LMSC cannot establish a Michigan State Record.

TIMING:

Timing system is Colorado electronic system with electronic and manual back-up with display scoreboard with start and recall. All events (except some heats of the distance events will be timed using this system. Manual back-up timers will be provided at each lane. Swimmers are encouraged to hit the pad firmly and when swimming in relays to remain clear of the finish area until the event is completed by all swimmers. Any swimmer or relay attempting a NATIONAL RECORD should alert the Starter and make sure there is the adequate three manual timers as backup. Swimmers are required to supply their own lap counting personnel in distance events.

AGE GROUPS:

Age on April 17 (last day of the meet) determines his/her age for the entire meet. Individual Events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc. through 100+. Relay Events: 19+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+

ENTRY DEADLINE:

Swimmers (Individual and Relays) must have their entries postmarked by April 6, 2005. All entries postmarked after April 6, 2005 will not be accepted and will be returned to sender.

SEEDING:

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times. No time entries will be in the slowest heats. Consult the heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in

ENTRY FEES:

Individual:

Fee	# of Individual Events	# of Relay
\$28	0	Up to 1 of each event 4 total
\$32	1	Up to 1 of each event to 4 total
\$36	2	Up to 1 of each event to 4 total
\$40	3	Up to 1 of each event to 4 total
\$45	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$12 per relay prior to April 6, 2005.

\$16 per relay after - April 6, 2005.

Deck Entries will be taken from 4:45 -5:30 P.M. on Friday and 7:45 -8:30 A.M. on Saturday and Sunday for Relays only that were not pre-entered by April 6, 2005.

ENTRY LIMITS: (excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, April 15, 2005	2
Event maximum for Saturday, April 16, 2005	4
Event maximum for Sunday, April 17, 2005	4

- * An individual may compete on only one relay team per relay event for a total of 4.
- * If more than 7 events are listed on the entry form, only the first seven will be entered
- * Please enclose a photo copy of your USMS registration card with your entry form.
- * You must fill in and sign the Athlete's Release to validate your entry form.

ENTRY PROCEDURE - INDIVIDUAL EVENTS:

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seed time will swim in the slowest heats. The 500 Free on Friday, April 15, will be limited to the first 32 entries (16 men; 16 women) received. All other 500 Free entries will be swum on Saturday April 16.

ENTRY PROCEDURE - DISTANCE EVENTS:

The 500 Free, 400 IM, and 1000 Free will be offered two separate times during the course of the meet. You may swim these events ONCE during the course of the three day meet. The 1650 Free will be offered ONCE on Friday, April 15. You will only be permitted to swim either the 1650 Free or the 1000 Free on Friday, April 15, only. Depending on the number of entries for the 1650 Free and time limits, a full 16 lanes could be used with 2 lanes available for warm-up. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area.

ENTRY PROCEDURE RELAYS:

To enter relays, team representatives should enter the number of relays and the fees associated for all 4 relay events. It is requested that only one relay form be submitted for each team. The event, age brackets, sexes, and seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered. Official relay cards are picked up from the Clerk of the Course by the coach or team representative and is responsible to PRINT LEGIBLY all information required. Each card shall include: swimmer's name as USMS registered in order of relay swim; first name, last name, age, sex, computer ID number, and proper age group. Cards shall be returned to Clerk of the Course by the deadline announced at the meet. Once the cards are turned in and entered for heat sheets; the age group, sex of the relay, and seed time cannot be changed. Cards can be picked from the Clerk of the Course by the coach or team representative when announced at the meet. At check-in, team representatives with relays will receive a packet and relay cards with the instructions to supply the data mentioned above. Age group of the relay is determined by the youngest swimmer on the relay.

GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:

Session #1 - Friday Night, April 15 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.

Session #1 - Friday Night, April 15 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, April 16 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #2 - Saturday Morning, April 16 - Competition begins - 9:00 A.M.

ANNUAL MEETING MICHIGAN LMSC**LMSC MEETING TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

Session #3 - Saturday Afternoon, April 16 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.

Session #3 - Saturday Afternoon, April 16 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, April 17 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #4 - Sunday Morning, April 17 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, April 17 - Check-in and Warm-up - ONE HOUR AFTER

EVENT #32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session #5 - Sunday Afternoon, April 17 - COMPETITION BEGINS ONE HOUR AFTER CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

DISTANCE EVENTS CHECK-IN FRIDAY NIGHT April 15:

500 FREE AND 400 IM - BY 5:30 P.M. AND NO LATER.

1000 FREE AND 1650 FREE - BY 5:45 P.M. AND NO LATER.

SCORING:

PLACE	1	2	3	4	5	6	7	8
Individual Event	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

ANNUAL MEETING:

All swimmers are encouraged and should plan to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. New Michigan LMSC officers will be elected at this meeting. The meeting will get started 20 Minutes after the morning session (Session on 2). An agenda of the meeting will be available at check-in on Friday, April 15, 2005.

AWARDS:

PLACE	AWARDS
1st, 2nd, 3rd,	Michigan Masters State Championship Medals; Individual event
4th, 5th, 6th, 7th, 8th	Michigan Masters State Championship Ribbons; Individual event
1st - 8th	Michigan Masters State Championship Ribbons; Relay event
High Point Award Age Group	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Small Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Large Team Men	Mich. Masters State Championship Trophy Plaque

Two divisions shall be recognized for purposes of team scoring based upon the number of swimmers entered in the meet from each team. The number of swimmers for teams in each division will be determined by the Meet Director after the entry deadline.

PROTESTS:

Any protest concerning seeding, awards, final results, eligibility, scoring, or entries will be addressed to the meet director or referee (USMS Rule 102.16). The protest shall be made by the team representative in writing and the Championship Committee shall hear all protests except for "wet" rules (Section 3 of Michigan Masters Policies and Procedures).

EVENT RESULTS AND COMPLETE STATE MEET RESULTS:

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick up your awards. Meet results (events, ages, names - individual and relay, times, individual high point winners and team scores will be published in the Newsletter (printed mailed and e-mailed website) to all Michigan Masters registered swimmers. Complete meet results (including splits for all events) can be purchased for \$10.00 at the check-in table or can be ordered on the Entry Form. Results will be mailed.

**FACILITY RULES AND MICHIGAN MASTERS STATE MEET GUIDELINES:
THESE ARE STRICTLY ENFORCED**

- A. Smoking is not allowed in any of the buildings.
- B. Food/beverages are not allowed in the pool area, in adjacent locker rooms or spectator areas.
- C. Lockers are available but swimmers should bring their own locks. Neither Eastern Michigan University or Michigan Masters will assume responsibility for lost or stolen articles.
- D. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANNED. SWIMMERS WHO USE THESE SUBSTANCES WILL BE HELD RESPONSIBLE AND BE DISQUALIFIED.
- E. Diving off any of the boards or towers is strictly forbidden.
- I. Swimmers in the concession area must wear shirts, shorts, and some kind of foot covering.

CONCESSIONS AND PARKING:

Concessions will be available at the Olds Robb Student Recreation Center. See Facilities Rules Part B regarding this. There are nearby restaurants (about 5 – 10 minutes from the pool) so plan your meals and snacks accordingly. There is abundant free parking at the parking structure (#16) and in front of Bowen Field House (#21) both in front of the Olds Rob Recreation Center and Jones Natatorium Pool (#61 and #62). See map for # details.

MEET DIRECTOR: Frank (Skip) Thompson
 2660 Littleell Avenue
 West Bloomfield, MI 48324-1753
 Phone - (248) 683-2191 E-mail – FrankSkipThompso@aol.com

MEET T-SHIRTS:

Meet T-shirts imprinted with the Meet logo can be ordered on the meet entry form. Some shirts will be available at the meet, but we recommend ordering with your entry to assure size selection. Sizes and cost are shown on the entry form.

AWARDS CEREMONIES:

Presentations of the individual high point award and overall team high point awards in all categories will get started 30 minutes after the completion of the last event which is the 1000 Free (event # 43 and #44). We ask all swimmers and teams to be prompt as not to delay. It's the swimmers and team responsibility to pick up any awards. There will be no mailing of awards.

- I. **NO ONE EVENT REGISTRATION - (USMS RULE 201.1.3)** This championship is not considered a single event but a 2.5 day multi-event championship. Swimmers must be fully registered by an LMSC by the entry deadline to participate in this sanctioned competition.

MICHIGAN MASTERS 2005 STATE CHAMPIONSHIP
 SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 195-005S
 FRIDAY - SUNDAY, APRIL 15 - 17, 2005 EASTERN MICHIGAN UNIVERSITY
 MICHIGAN MASTERS 2005 STATE CHAMPIONSHIP SCHEDULE OF EVENTS

Women Events #**Men's Events #****Session # 1 Friday, April 15, 2005**

Warm up - 5:00 P.M. Meet begins at 6:00 P.M.

21	500 Yard Freestyle	22
9	400 Yard IM	10
43	1000 Yard Freestyle	44
1	1650 Yard Freestyle	2

Session # 2 Saturday, April 16, 2005

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

3	100 Yard Freestyle	4
5	200 Yard Backstroke	6
7	50 Yard Butterfly	8
9	400 Yard IM	10
	10 Minute Break	
11	200 Yard Freestyle Relay	12

ANNUAL MEETING OF MICHIGAN LMSC
TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY

Session # 3 Saturday, April 16, 2005

Warm up - 1:00 P.M. Meet begins at 2:00 P.M.

13	200 Yard Butterfly	14
15	50 Yard Backstroke	16
17	100 Yard Breaststroke	18
	10 Minute Break	
	200 Yard Mixed Medley Relay	20
21	500 Yard Freestyle	22

Women Events #**Mens's Events #****Session # 4 Sunday, April 17, 2005**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

23	200 Yard Freestyle	24
25	100 Yard Butterfly	26
27	50 Yard Breaststroke	28
29	200 Yard IM	30
	10 Minute Break	
31	200 Yard Medley Relay	32

Session # 5 Sunday, April 17, 2005

Warm/up - One hour after Event #32 200 Medley Relay - Expected Time 12:00 P.M TO 1:00 P.M.
 Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

33	200 Yard Breaststroke	34
35	100 Yard Backstroke	36
37	50 Yard Freestyle	38
39	100 Yard IM	40
	10 Minute Break	
	200 Yard Mixed Freestyle Relay	42

Hotels/Accommodations near Eastern Michigan University

1.11 mi.	Harmony House Motel 615 E Michigan Ave Ypsilanti, MI 48198-5727 Phone: (734)485-4200	5.64 mi.	Microtel Inns & Suites 610 Plymouth Rd Ann Arbor, MI Phone: (734)997-0921
1.19 mi.	Marriott Ypsilanti 1275 S Huron St Ypsilanti, MI 48197-7020 Phone: (734)487-2000	5.77 mi.	Hampton Inn 2300 Green Rd Ann Arbor, MI Phone: (734)996-4444
1.33 mi.	Your Motel 829 E Michigan Ave Ypsilanti, MI 48198-5847 Phone: (734)483-9300	5.77 mi.	Sheraton 3200 Boardwalk St Ann Arbor, MI Phone: (734)996-0600
2.37 mi.	Mc Auley Inn 5301 E Huron River Dr Ypsilanti, MI 48197-1051 Phone: (734)712-2600	5.77 mi.	Courtyard By Marriott 3205 Boardwalk St Ann Arbor, MI Phone: (734)995-5900
3.09 mi.	Comfort Inn 2455 Carpenter Rd Ann Arbor, MI 48108-1194 Phone: (734)973-6100	5.79 mi.	Studioplus At Ann Arbor 3265 Boardwalk St Ann Arbor, MI Phone: (734)997-7623
3.11 mi.	Days Inn 2380 Carpenter Rd Ann Arbor, MI 48108-1195 Phone: (734)971-0700	5.79 mi.	Fairfield Inn 3285 Boardwalk St Ann Arbor, MI Phone: (734)995-5200
3.41 mi.	Motel Manor 2805 E Michigan Ave Ypsilanti, MI 48198-6050 Phone: (734)482-2204	5.83 mi.	Hampton Inn 925 Victors Way Ann Arbor, MI Phone: (734)665-5000
3.47 mi.	Ann Arbor Suites 3750 Washtenaw Ave Ann Arbor, MI 48104-5253 Phone: (734)971-2000	5.92 mi.	Residence Inn 800 Victors Way Ann Arbor, MI Phone: (734)996-5666
3.47 mi.	Ramada Inn 3750 Washtenaw Ave Ann Arbor, MI 48104-5298 Phone: (734)971-2000	6.00 mi.	Exec-U-Suites 3135 S State St Ann Arbor, MI Phone: (734)662-0441
4.79 mi.	Lamp Post Inn 2424 E Stadium Blvd Ann Arbor, MI 48104-4813 Phone: (734)971-8000	6.01 mi.	Extended Stayamerica 1501 Briarwood Cir Ann Arbor, MI Phone: (734)332-1980
5.11 mi.	Red Arrow Motel 5577 Plymouth Rd Ann Arbor, MI Phone: (734)662-9944	6.02 mi.	Red Roof Inn 3505 S State St Ann Arbor, MI Phone: (734)665-3500
5.44 mi.	Ann Arbor Farms Hotel Corp 3600 Green Ct Ann Arbor, MI Phone: (734)769-3955	6.05 mi.	Motel 6 3764 S State Rd Ann Arbor, MI Phone: (734)665-9900
5.47 mi.	Hawthorn Suites Hotel 3535 Green Ct Ann Arbor, MI Phone: (734)327-0011	6.09 mi.	Holiday Inn Crown Plaza 610 Hilton Blvd Ann Arbor, MI Phone: (734)761-7800
5.61 mi.	Red Roof Inn 3621 Plymouth Rd Ann Arbor, MI Phone: (734)996-5800	6.19 mi.	Lost Beach Resort 616 Church St Ann Arbor, MI Phone: (734)761-7444
5.64 mi.	Holiday Inn 3600 Plymouth Rd Ann Arbor, MI Phone: (734)769-9800		

MICHIGAN MASTERS 2005 STATE CHAMPIONSHIP RELEASE FORM
SANCTIONED FOR USMS BY MICHIGAN MASTERS SANCTION 195-005S FRIDAY-
SUNDAY, APRIL 15 -17, 2005 EASTERN MICHIGAN UNIVERSITY

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 Master's 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 CLAIM 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, EASTERN MICHIGAN UNIVERSITY 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.

PARTICIPANT'S NAME USMS NUMBER DATE

This form must be completed and signed by the swimmer and accompany the Entry Form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with this Athlete's Release Form and the Entry Form.

MICHIGAN MASTERS 2005 STATE CHAMPIONSHIP FEES SCHEDULE

Swimmer Entry Fee 1 Event = \$32.00 2 Events = \$35.00 3 Events = \$40.00
 4, 5, 6, and 7 Events = \$45.00 \$_____

Relay Entry Fee (Enter the number of Relays X \$12.00 for the Total) \$_____
 (for information on Relays see meet information sheets)

USMS Registration Fee (\$35 - If you have not registered for the 2005 season \$_____
 and do not have a USMS number. This includes a \$5.00 processing fee.

Michigan Masters State Championship T-shirts - Cost is \$15.00
 Please circle size of your T-shirts M L XL XXL \$_____
 (XXL T-shirts are \$17.00)

Final Results - (All scores both individual and team and splits for all events) \$_____
 Cost is \$10.00 and all results will be mailed.

Please make check payable to: **South Oakland Seals** GRAND TOTAL \$_____

You must enter this meet by mail, a swimmer should complete the attached entry form, sign the liability release, and send a photo copy of your USMS registration card. All entries must be postmarked by April 6 2005. Each swimmer who enters the meet will need to check-in upon arrival at the Jones Natatorium Pool Eastern Michigan University.

MAIL ENTRIES TO:

Frank Thompson
2660 Littleell Ave
West Bloomfield, MI 48324 - 1753 (248) 683 - 2191 Home
E mail - FrankSkipThompso@aol.com

MICHIGAN MASTERS 2005 STATE CHAMPIONSHIP MEET ENTRY FORM

Name: _____

Address: _____

Phone: _____ Birthdate: _____ Age: _____ USMS Reg. # _____

Emergency: _____ Phone: _____ Team: _____

E - Mail: _____

Event #	Entry Time Women	Swimming Event	Entry Time Men	Event #
Warm Up 5:00 P.M.		Friday Evening April 15, 2005	Start 6:00 P.M.	
21		500 Yard Freestyle		22
9		400 Yard IM		10
43		1000 Yard Freestyle		44
1		1650 Yard Freestyle		2
Warm Up 8:00 A.M.		Saturday Morning April 16, 2005	Start 9:00 A.M.	
3		100 Yard Freestyle		4
5		200 Yard Backstroke		6
7		50 Yard Fly		8
9		400 Yard IM		10
		10 Minute Break		
11		200 Yard Freestyle Relay		12
Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 12 200 Free Relay				
Warm Up 1:00 P.M.		Saturday Afternoon April 16, 2005	Start 2:00 P.M.	
13		200 Yard Fly		14
15		50 Yard Backstroke		16
17		100 Yard Breast		18
		10 Minute Break		
		200 Yard Mixed Medley Relay		20
21		500 Yard Freestyle		22
Warm Up 8:00 A.M.		Sunday Morning April 17, 2005	Start 9:00 A.M.	
23		200 Yard Freestyle		24
25		100 Yard Fly		26
27		50 Yard Breast		28
29		200 Yard IM		30
		10 Minute Break		
31		200 Yard Medley Relay		32
Sunday Afternoon April 17, 2005				
Warm Up is One Hour after Event #32 is Completed. Competition starts One Hour after Warm Up				
33		200 Yard Breast		34
35		100 Yard Backstroke		36
37		50 Yard Freestyle		38
39		100 Yard IM		40
		10 Minute Break		
		200 Yard Mixed Freestyle Relay		42
43		1000 Yard Freestyle		44

2005 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
8/12 - 8/15 2004	USMS Long Course National Championships		Chatham Aquatic Center Savannah, GA	Scott Rabalais	912-927-7016
10/10/2004	Swim Club WMU Bronco Splash	Sanctioned #194-012-S	WMU Gabel Natatorium	Andrea Maurey	810-300-1627
10/30/2004	Anchor Bay Masters	Sanctioned #194-011-S	Anchor Bay Aquatic Center	Joyce Kowalski	810-765-5964
11/05-06 2004	Michigan Masters Holland Swim Clinic	Sanctioned #194-014-S	Holland Community Aquatic Center	Fred Nelis	616-399-9518
11/14/2004	West Bloomfield Laker Fan Club	Recognized #194-010-R	West Bloomfield High School	Bob Crosby	248-865-6748
12/04/2004	CATS	Sanctioned #194-013-S	Dewitt High School	Paul Chaffee	989-725-2863
01/16/2005	SOS/AA	Sanctioned #195-003-S	University of Michigan Cabham Natatorium	Sally Guthrie	734-913-9282
02/06/2005	Harper Creek Swim Boosters	Sanctioned #195-006-S	Harper Creek High School Battle Creek	Corrin Popps	269-973-1121 ext. 8467
02/20/2005	F.A.S.T.	Sanctioned #195-002-S	Brighton High School	Rich Kogelschatz	248-363-7219 kogelfamily@ aol.com
02/26/2005	West Michigan	Sanctioned #195-004-S	Grand Haven Community Pool	Ken Danhof	231-739-5592 KJandM@ comcast.net
03/06/2005	West Bloomfield	Recognized #195-001-R	West Bloomfield High School	Bob Crosby	248-865-6748
03/20/2005	Midland Masters	Sanctioned #195-007-S	H. H. Dow High School	Louise Hofer	989-422-2054
04/15 thru 04/17/2005 MMS State Champion- ships	S.O.S.	Sanctioned #195-005-S	Eastern Michigan University	Frank Thompson	248-683-2191 FrankSkip Thompso@aol. com

*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.*



Swimming - A Life's Passion.