

The Wave Eater



MICHIGAN MASTERS SWIMMING Year-End Review for 2007

DUTCH MASTERS WINS 3RD LARGE TEAM STATE CHAMPIONSHIP

This year marked the occasion of the 35th Annual Michigan Masters Swimming State Championships. About 230 swimmers from 19 teams turned up at Holland Aquatic Center Aquatic complex during the weekend of April 20 – 22, to participate in this traditional event

The Dutch Masters team won their 3rd Large Team Championships in history with the other two in 2001 and 2003. Dutch Masters also won both the Large Team Men and Women categories as well. Battle Creek YMCA (BCYM) won the Small Team combined State Championship and also won the Small Team Men's Championship. The Small Team Men's Championship marked their eleventh non-combined title in the last 11 years. Ann Arbor Masters won the Women's Small Team Championship for their third

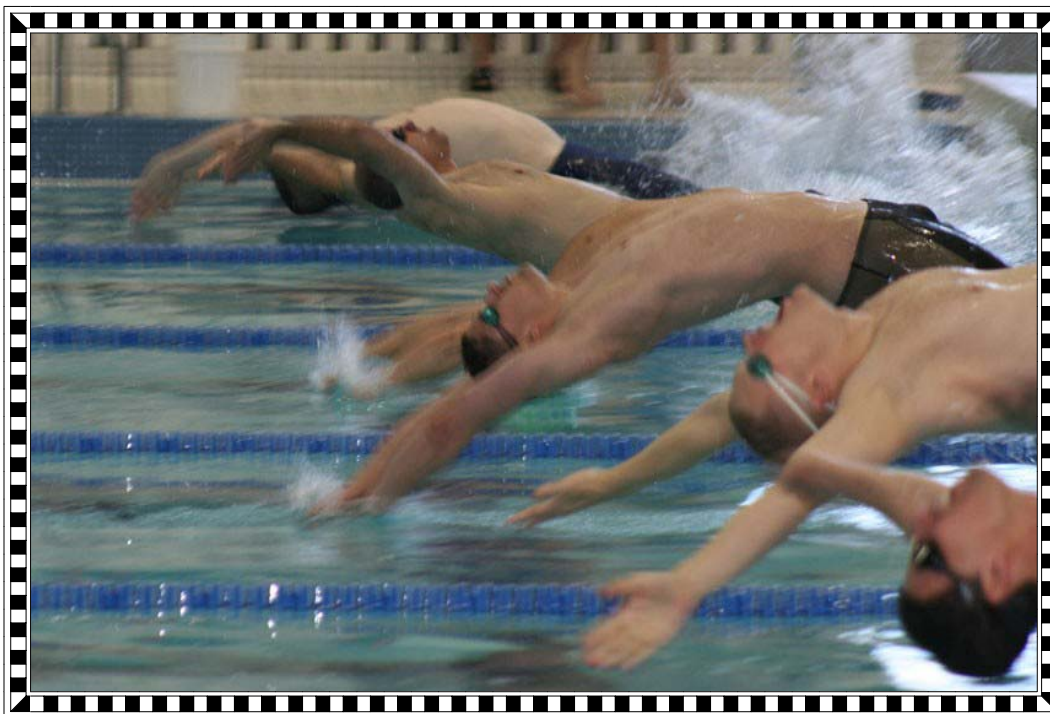
Women's Championship in a row.

Sixteen State Records were set during the course of the meet. Claire Letendre, Alec Mull, and Jim Pogue set 3 State Records. Corrin Popp set two State Records in her age group, and Kelli Stein, Miriam Nowak, Shirley Dacey, Kevin Doak, and Randy Parker each got single event records. There were 69 State Championship Meet Records (34 Women, 27 Men, and 8 Relays) set during the course of the meet. Results, Records, High Points for both Team and Individuals are included in the results section of the Michigan Masters website.

A well deserved thank you goes out to Meet Director, Fred Nelis and all of the volunteers for the planning and execution of the meet. This was the 4th time this facility hosted this event and as always Michigan Masters appreciates their efforts. Special thanks goes to George Newman and Ken Shively for their always excellent officiating conducting during the meet.

And finally a thank you goes out to all of the 230 swimmers that swam in the 35th annual meet.

By Skip Thompson





2007 MICHIGAN MASTERS AWARD WINNERS

Every year Michigan Masters Swimming gives two special awards presented at the State Championship Meet. Since 1978, The Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters. The Chetrick Award has been awarded since 1977 and is given annually to those who have given outstanding service and/or best exemplify the spirit and commitment to Michigan Masters Swimming.

This year's Lawrence Award recipient was Denise



Brown. Denise began swimming in the masters program in 1985 and in 1986 won the USMS 1 Hour Postal Swim and was named a USMS Long Distance All American. Since 1986 she has been named a USMS Pool All American 2 times (2005-2006) and a USMS Long Distance All American 3 times (1986, 2006, and 2007).

In 2005 she had the fastest time in the USMS Top Ten in the LCM 1500 Free and in 2006 had the fastest time in the USMS Top Ten in the SCY 400 IM. Both swims were performed in the Women's 45-49 age group, which is one of the most competitive in all of USMS. In Long Distance Swimming in 2006 and 2007, became the USMS National Champion in the 10K Postal Championship.

In pool competition, Denise has made the USMS Top Ten 60 times since 1993. Twenty nine of those swims are in the Top Four in the age group resulting in 2 Number 1 swims, 11 Number 2 swims, 10 Number 3 swims, and 6 Number 4 swims. She has won 14 USMS National Championship Meet titles since 2003 and was the Michigan Masters Women's High Point Winner at these meets 4 times (2005 LC, 2006 SC,

and 2007 SC & LC). Denise has been a great addition since joining Michigan Masters in 2004 and contributed to the Women's Medium Team National Championship at the 2004 Short Course Nationals in Indianapolis. Great swimming Denise and good luck in the future.

This year's Chetrick Award recipient was Jacque Groenendyk. This award is given to an individual who has exhibited outstanding service and commitment to Michigan Masters and also outstanding contributions to masters swimming at the National level. Jacque personifies these traits. Jacque has been the Michigan Masters Registrar since the Spring of 2003.

As Michigan Masters members, we all know of the time commitments that it takes to be the Registrar, especially from the November to the April time frame or when the State Meet date is. Working with new computer registration software (Leoware), online registration projects, assisting Meet Directors in getting registration data before meets, registering swimmers before the State and National Meet deadlines, and helping the USMS National Office with projects that need Registrars assistance.

Jacque was a big help in getting Registration information to Milton French when he completed the MS Access Membership data base that details a history our membership Registration in past years in Michigan Masters. She has been of assistance in keeping our website current with up to date yearly changes in registration forms, workout groups, and places to swim. She keeps the National Office up to date with the registration for both the Club and Individuals on a monthly basis. She also responsible from the Michigan LMSC for Michigan LMSC changes to the USMS Rule Book, and the LMSC Handbook. In the 2007 Registration year, she worked to have all of the registration data converted to new computer software.





LOIS KIVI NOCHMAN RECEIVES LIFETIME ACHIEVEMENT AWARD

On April 21, 2007 at the Michigan Masters State Championship Meet, eighty-two year old Lois Kivi Nochman received the prestigious Lifetime Achievement Award. The recipient of this award is an individual who has demonstrated outstanding contributions and a lifetime dedication and devotion to the objectives of Masters Swimming in Michigan. Lois's accomplishments, not only in USMS/Michigan Masters, but also in the YMCA, National Senior Olympics, Huntsman World Senior Games, and Canadian National Championships demonstrate how completely she personifies the ideals of this award.

Lois learned to swim as a child because her grandparents owned a summer cottage on an inland lake. She reminisces, "I have always loved the water – watching it, moving over it, and being in it". Growing up in Ann Arbor in the 30's and 40's, and learning to enjoy swimming, she wondered about the absence of mentors for girls in sports like swimming. At that time, city schools in Ann Arbor did not have pools nor were there any public pools. "There was a country club pool, but my family did not have either the money or time to belong. Girls were allowed to swim at the University of Michigan Union Men's pool for 15 cents from 8 to 11 AM on Saturdays (sometimes in Tuesday nights too) if we entered the building through the side door." Ann Arbor held annual city meets in which girls could compete. The events for girls were 25 yard dash, relays, and for distance, the 50 yard. At that time, medical opinion held that strenuous sports were injurious to women.

Lois's brother, Louis Kivi was a state high school swimmer and swam for the U of M team, coached by

the legendary Matt Mann. Coach Mann taught children to swim as a hobby and opened the U of M Intramural pool on Saturday mornings for this purpose. Matt noticed something special about Lois, and allowed her to join his daughter, Rosemary, and her cousin Hazel in lap swimming while he taught the children. Occasionally, he would make comments such as "Relax" "Elbows up" "Ride! Ride!" Lois also attended his swimming camp for girls (AK-O-MAK) as a junior counselor. Perhaps it was here that her interest for competitive swimming started to develop.



However, in the 30's and 40's there were no competitive athletic teams for high school or college women. Although athletically inclined girls could participate in intramural sports, these generally focused on the team sports. The University of Michigan Women's pool was built in 1952, but Title IX, which required institutions receiving Federal funds to offer equal athletic opportunities for women, was not passed by Congress until 1972, some 20 years later. Consequently, Lois never had the opportunity to compete in swimming at the high school or collegiate level and stopped swimming when she graduated from the University of Michigan.

Other interests and needs demanded Lois's attention and she did not return to swimming until her teaching and family schedule permitted. In the 1970's she began swimming laps two hours a week for exercise and fitness at the YWCA. She never thought of swimming competitively.

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LOIS KIVI NOCHMAN LIFETIME ACHIEVEMENT AWARD.....continued from Page 3

When she retired after 30 years of teaching English at Highland Park Community College, she increased her swimming at the nearby Royal Oak YMCA an hour every weekday. She also took classes to become a scuba diver, and she and her husband managed one dive trip per year for many years. She was not aware that the Masters Swimming program existed.

The mother of three, grandmother of two, and great grandmother of three began swimming competitively in the fall of 1987 when another swimmer at the Y begged her to join the local team. She said "no, at my age that is stupid". However, after thinking about it for a while, she decided to try it. At the age of 63 Lois swam in her first masters swimming meet in November 1987 at Flat Rock High School. To her surprise, she set a couple of State Records in the 60-64 age group. Apparently, she developed an appetite for victory because she won her first National title six months later, winning the 100 Fly at the 1988 YMCA Nationals in Cincinnati. Then the next year, in 1989, she won three events at the YMCA Nationals in Cleveland. In 1990, at the Long Course Nationals in Houston, she aged up to the 65-69 age group, and won two USMS National titles, in the 1500 meter Free and 100 meter Fly.

Some of Lois's thoughts from her first two years of Masters Swimming.... "Interesting, the Freestyle is now my weakest stroke. I have not been able yet to unlearn my old skills and relearn new ones. Diving from the block instead of the side of the pool was a new experience, as was the flip turn. The Fly as become my best stroke, perhaps because I had nothing to unlearn, or perhaps because not a lot of women in my age group want to do it".

In 1991, at the USMS Short Course Nationals in Nashville, she won four events and set her first national age group record in the 400 Yard IM. That same year she received the Lawrence Award for being an Outstanding Swimmer representing Michigan Masters. In 1992, she became a World Champion in the 50 meter Fly in her age group at the World

Championship meet in Indianapolis. From 1994 to 1995, Lois set 15 National Records and 9 World Records in the 70-74 age group in the Fly and IM events. From 1999 to 2000, Lois set 38 National Records and 18 World Records in the 75-79 age group. From 2004 to the end of 2007 year, she has set 35 National Records and 15 World Records in the 80-84 age group. For her USMS career, that is a total of 88 National Records and 42 World Records, almost twice as much as anyone in Michigan Masters history. Lois has amassed 796 USMS Top Ten swims from the 1987/1988 SCY season until the 2007 Long Course season. Of those swims, 152 have been #1 swims. Lois has been named a USMS Pool All American 14 times in twenty Years. To be a USMS All American, a swimmer must record the fastest time in at least one pool event in the USMS Top Ten. Being named a Pool All Star is even more demanding; a Pool All-Star must have more #1 pool swims than anyone else in their age group for that particular year. Lois has been selected a Pool All Star five times. She has participated in 16 USMS Championship meets in which she has won 40 USMS National Championship Meet titles. She has also been the Michigan Masters Women's High Point winner 10 times in these 16 meets. Lois has been a USMS Relay All-American ten times, resulting in 17 #1 relay swims in those ten years. On the world scene, since 1989 Lois has placed in the FINA World Top Ten 336 times and 61 of these have been #1 swims. She has participated in five World Championship meets around the world in which she has won 14 World Championship Meet titles.

In Long Distance Swimming, Lois has set 14 National Records in Postal and Open Water competitions and won 40 USMS Long Distance National Championships. Lois has set new records in the 5 K and 6000 yard postal swims in four different age groups. She has set the 10 K National record in three different age groups. She has been named a USMS long-distance All-American every year since 1993 (that's a total of 15 times). She has been a USMS



LOIS KIVI NOCHMAN LIFETIME ACHIEVEMENT AWARD.....continued from Page 4

All-Star in long distance swimming ten times.

Some additional accomplishments include winning 66 YMCA Masters National Championships and being the Michigan Masters high point winner 7 times..

Locally, Lois has competed in 20 Michigan Masters State Meets and won 136 of the 138 events she entered. In fact, Lois has not missed a Michigan Masters State Meet since 1988. Lois is the only swimmer ever to hold all of the state records in all of the events in all of the courses. At one time she had every available record in three age groups. She is also the only Michigan Masters swimmer to be a USMS All-Star in both pool and long-distance events and she has accomplished this five times.

Lois has accomplished just about everything there is to accomplish. With her performances in the current age group (80-84) she has cemented her reputation as not only one of the greatest swimmers in Michigan Masters but in all of USMS. Recognized as one of the great Masters-level swimmers in the world, Lois has appeared in countless swimming magazines. She even starred in an advertisement for Mack's Ear Plugs.

Though Lois thrives on the National and International stage ("All my competition lives in Florida, Arizona, or California"), she still competes in local meets with the SOS team where she races against others across all age groups. Since she is often the only swimmer in her age group, she races primarily against the clock.

Lois says "I am surprised and delighted at being listed as a world-class swimmer. My experiences as a Masters swimmer for the past 20 years have been most fulfilling, and the people I have met and the challenges I have faced. I am not burned out and I still love the water". So when will Lois lay down her goggles? She hasn't any plans to "retire" from swimming.... "I've seen somebody who's 100 years old at one of our meets." she said smiling. She has only suffered one serious injury, a torn rotator cuff in 2000. "My friends say 'how can you move like that',

because they are limping, I attribute my good health to the exercise."

Lois has been chosen twice by Swim-Swimming World Magazine (in 1995 and 2000) as one of the World Swimmers of the Year. She also received the Geezer Jock of the Year Award in her age group competing against outstanding athletes in all Masters Sports. But her most outstanding honor is being placed on the ballot for the next 10 years for the International Swimming Hall of Fame as a Masters Swimmer. She has met all the criteria to be included for induction in the ISHOF, which includes the likes of Johnny Weismuller, Donna DeVarona, Mark Sptiz, and Matt Biondi. Every year they select Masters Swimmers to be included in the ISHOF and hopefully Lois will be inducted in the near future.





MICHIGAN MASTERS SWIMMERS MIGRATE NORTH FOR THE CANADIAN NATIONAL SCM CHAMPIONSHIPS IN AUGUST 2007



A small group of Michigan Masters swimmers traveled north in May to Manitoba to attend the Canadian Masters Swimming Championships. The group is pictured above (left to right): Erik Lokensgard, Marilyn Early, John Cowing, Christine Maxbauer, and Greg Pash. The course was SCM and several of the group who have Fall birthdays, used this opportunity to get an early jump on the next age group for this short course meters meet. They definitely made up in fast swim times what they lacked in numbers....MANY new State Records were set!

2007 MICHIGAN MASTERS STATE RECORDS

Individual Event State Records set during the 2007 year

Name Age Age Group Course Event Time

Claire Letendre 21 18-24 SCY 500 Free 5:06.50

Claire Letendre 21 18-24 SCY 1000 Free 10:36.69

Claire Letendre 21 18-24 SCY 200 Fly 2:12.91

Kelli Stein 25 25-29 SCY 100 Breast 1:06.98

Julie Kern 26 25-29 LCM 200 Back 2:40.19

Miriam Novak 30 30-34 SCY 200 Fly 2:21.00

Corrin Poppo 42 40-44 SCY 200 Free 2:04.51

Corrin Poppo 42 40-44 SCY 200 Free 2:04.26

Corrin Poppo 42 40-44 SCY 50 Fly :28.65

Suzanne Grebe 47 45-49 SCM 100 Breast 1:38.29

Suzanne Grebe 47 45-49 SCM 200 Breast 3:26.74

Denise Brown 48 45-49 SCM 200 Free 2:24.43

Denise Brown 48 45-49 SCM 400 Free 4:55.67

Denise Brown 48 45-49 SCM 800 Free 10:07.24

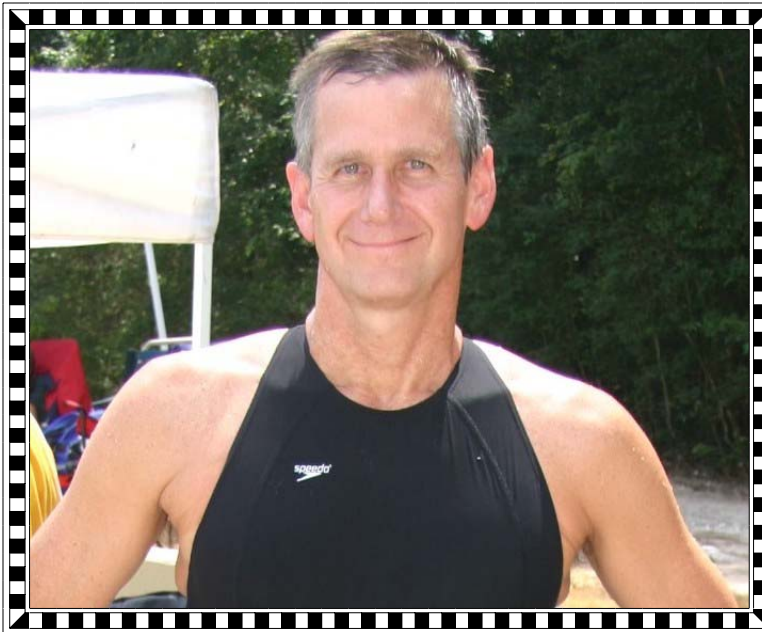
Denise Brown 48 45-49 SCM 1000 Free 11:03.32

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DAN STEPHENSON SETS THREE WORLD RECORDS AND WINS SIX EVENTS AT LONG COURSE NATIONALS

This year Dan Stephenson aged up to the 50-54 age group and decided to set some goals for the 2007 Long Course Nationals and the 2008 FINA World Masters Swimming Championships next spring. He started training last fall at the lunch time practices at the University of Michigan's Canham Natatorium. He had lost some weight and looked good in workouts. He swam at the YMCA Nationals in April, and without a taper broke the USMS National Record in the 200 Yard Free by .10 with a time of 1:47.59 and also won the 500 Free at the same meet and both times were first in the USMS National Top Ten for his age group. With these swims expectations



were high for Long Course season. The Nationals were being held at the Woodlands and Dan was very familiar with having great meets there despite the heat and humidity. In 1978, the AAU Nationals were held there and the meet also served as a World Championship Trials and an International Meet trials with Canada. Dan qualified for his first USA National team. He swam in the consolation finals and swam to the third fastest time of the meet behind Bill Forrester and Rowdy Gaines. Because he was not in the finals, he made the National team that was headed for Montreal for the dual meet with Canada. His 100 Free time from this meet (:51.89) was the 20th fastest time in the World in 1978. His time in Montreal for the 200 Meter Free was 1:51.93 for a 5th place ranking in the World in 1978 behind such swimmers as Bill Forrester, the swimmer that broke Mark Spitz's 200 Yard Fly record, Rowdy Gaines, gold medalist in the

Olympics in 1984, Bruce Furniss, gold medalist in the Olympics in 1976, and Sergey Kopliakov, gold medalist in the Olympics in 1980. If 1978 were an Olympic year, Dan probably would have made the team in the 800 Free Relay and the 200 Free and possibly both. When Dan was a freshmen at UCLA, he placed tenth at the 1976 Olympic Trials and missed making the Olympic team by .23 seconds. Seven of the swimmers that placed higher won gold medals in the Olympics and the other two swimmers received bronze medals in there individual events at the Olympics. The 1976 Olympic team is probably the most competitive and successful Men's Olympic team in history winning 12 out of a possible 13 events.

In 1990, the Long Course Nationals were held at the Woodlands and Dan entered four events in the 30-34 age group and won all four. He won the 100 Free (:54.66), 200 Free (1:58.67), 400 Free (4:16.86), and the 400 IM (4:55.57). This year at the Woodlands, Dan became the first male swimmer in Michigan Masters history to win all six of his events entered at a USMS National Championship Meet and joined Lynne Weir (1986 SCN) and Lois Nochman (2000 SCN) as the only Michigan Masters swimmers to accomplish this achievement. He set three World Records in the 100 Free (:55.11), 200 Free (2:00.34) and the 400 Free (4:16.61). He also won the 50 Free (:25.53), 800 Free (9:06.61), and the 100 Back (1:06.28). The 800 Free and 100 Back are the 2nd All time fastest times in the 50-54 age group. The 800



DAN STEPHENSONcontinued from page 7

Free was swam on the last day with 3 days of excessive heat and humidity and there were no swimmers that set any records that day. He missed the World Record by 2.78 and that is sure to be goal of his in the spring of 2008. The most impressive swim had to be the 400 Free. He broke the old record by 2.86 seconds and went 4.52 seconds faster than when he swam to a World Record in the 45-49 age group at 4:21.13, but the most impressive aspect of this swim was that it was faster than he swam 17 years ago in 1990 at the Woodlands when he was 33 years old. How many people can swim as fast now as they did 17 years ago? Most of us would like to hang on to times maybe 5 and if we are lucky possibly 10 years, but 17 years is really a milestone.

Dan received a B.S.M.E. from UCLA in 1979 and JD from the University of Michigan in 1982. Since 1982, Dan has been a trial attorney for Dykema Gossett law firm and is a member of the firm's Executive Board. His practice includes general civil litigation, with a focus on complex litigation and technology litigation. He has handled numerous cases involving intellectual property (patents and trade secrets), aviation disasters, securities fraud class action defense, pharmaceuticals, medical devices, coal mining, computer software and hardware, telecommunications, electricity generation, complex tort litigation, and a variety of breach of contract allegations. With a degree in engineering, his primary interest and focus is on disputes involving technology. With his busy schedule, he still finds time to swim. "Swimming is the best fitness regimen for me", says Dan. "Competition every once in a while motivates me to train. Even though my times get slower every year, I am still motivated by things that motivated me early on like setting and achieving goals. Plus I like to beat worthy opponents, both in practice and at meets. Swimming is the best sport there is. It gets you in shape physically and mentally. Many times in my professional career, I have drawn on lessons I learned in the pool, not the least of which is hard work really does pay off. Sometimes it pays off a long time later, and often it pays off in subtle or mysterious ways."

Swimming has always been a family tradition for Dan. His two brothers and three sisters swam for Ann Arbor Swim Club and his own children, Natalie, now 22 and Scott, both trained with Ann Arbor Swim Club and represented Ann Arbor Pioneer during the high school season. What is it about this sport that has kept Dan in the water for so many years? A sense of Pride. "I feel proud when I learn that I have provided some motivation or example to someone else," Dan explains. "My Masters swimming provided some small motivation to my kids. I used to occasionally hear that some person got into swimming because of me. I enjoy giving motivational talks to swimmers and teams."

Dan has produced a lifetime of achievements in swimming. In 1975, his senior year at Pioneer, he was ranked 14th in the 100 Free, 8th in the 200 Free, and 15th in the 500 Free in the 1975 NISCA High School All American rankings. At UCLA, he captained the team for one year and held varsity records in the 200 free and all three relays. He was a Collegiate All American all 4 years placing at every NCAA Championship meet from 1976 to 1979. He placed as high as 5th in the 200 Free in 1977. He was the Pac 10 Conference Champion in the 200 Free in 1977 and 1979, that had swimmers such as John Naber, Bruce Furniss, and Brian Goodell and was considered the toughest swim conference during that time. After graduation from UCLA, he entered law school and still trained in Ann Arbor with Coach Bill Farley in 1979/1980 in hope of making the 1980 Olympic team. He had a legitimate shot of making it but with President Jimmy Carter's boycott it was not to be. He still swam at the Olympic Trials in 1980 and finished his swimming until he started swimming masters in the summer of 1986.

In 1986, Dan began masters swimming and in his first meet won the 200 Free at the Long Course Nationals in Portland. In 1988, he won the 200, 400, and 800 Freestyles at the World Championships in Brisbane, Australia.

In 1989, Dan swam the fastest times in his age group for 9 events in the National Top Ten. He was selected

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National Swimmer of the Year in the 30-34 age group and was named to *the* USMS All Star team. In 1990, he received the Lawrence Award given annually to those who have achieved outstanding performances in masters swimming. In 1992, aging up to the 35-39 age group, he repeated his World Championship wins in the 200, 400, and 800 Freestyles but this time set World Records in each of them for his first LCM World Records. In 1997, he won the 200 and 400 Freestyles at the Long Course Nationals and missed the World Record in the 200 Free by .53 seconds. In 2002, at the Long Course Nationals in Cleveland he set 2 World Records in the 200 and 400 Freestyles and won 4 out of 5 events and just narrowly missing another World Record in the 200 IM by 0.18 seconds. . By the end of the 2007 Long Course season, he has a career total of 30 National Championship meet titles in 11 meets entered and has set 10 National and 10 World Records. Just in the two meets at the Woodlands, he is undefeated at 10 and 0 and has one third of

his National Championships at this pool. He was the Michigan Masters Men’s High Point winner for the 9th time since 1986. In a Long Course National Championship, he has never lost a 200 Meter Freestyle race and he has swam them 9 times since 1986. I do not know anybody in Michigan Masters that has an undefeated streak like this. Including this past Long Course season, he has a masters career total of 25 Number 1 swims in the FINA World Top-Ten and 34 Number 1 swims in the USMS Top Ten. He achieved USMS All American status 7 times. He has 47 State Records in five different age groups. Eleven of Dan’s FINA World Number 1 swims are on the all time list from as far back as 1988 on the FINA Masters website. There is no other swimmer in Michigan Masters that is in the all time list in four age groups (30-34, 35-39, 45-49, 50-54). This is a testament that the World Record and FINA Number 1 swims have stood the test of time. I believe with a record like this, he is one of the greatest swimmers that represents Michigan Masters.

2007 MICHIGAN MASTERS STATE RECORDS

Continued from Page 6.....

- Denise Brown 48 45-49 SCM 1500 Free 19:02.68
- Denise Brown 48 45-49 SCM 100 Fly 1:19.17
- Denise Brown 48 45-49 SCM 200 Fly 2:53.63
- Denise Brown 48 45-49 SCM 200 IM 2:49.24
- Denise Brown 48 45-49 SCM 400 IM 5:58.15
- Marilyn Early 49 45-49 SCY 50 Fly :29.71
- Marilyn Early 50 50-54 SCM 800 Free 11:31.21
- Marilyn Early 50 50-54 SCM 1500 Free 21:38.21
- Marilyn Early 50 50-54 SCM 100 Fly 1:26.15
- Marilyn Early 50 50-54 SCM 100 IM 1:20.59
- Marilyn Early 50 50-54 SCM 200 IM 3:01.77
- Marilyn Early 50 50-54 SCM 50 Free :29.32
- Marilyn Early 50 50-54 SCM 100 Free 1:05.19
- Marilyn Early 50 50-54 SCM 200 Free 2:22.84
- Marilyn Early 50 50-54 SCM 400 Free 5:03.47
- Marilyn Early 50 50-54 SCM 50 Back :36.19
- Marilyn Early 50 50-54 SCM 100 Back 1:17.31
- Marilyn Early 50 50-54 SCM 200 Back 2:50.16
- Marilyn Early 50 50-54 SCM 50 Fly 32.97
- Marilyn Early 50 50-54 SCM 100 IM1:16.18

- Marilyn Early 50 50-54 LCM 50 Free :30.76
- Marilyn Early 50 50-54 LCM 100 Free 1:07.86
- Marilyn Early 50 50-54 LCM 200 Free 2:27.86
- Marilyn Early 50 50-54 LCM 400 Free 5:20.93
- Marilyn Early 50 50-54 LCM 800 Free 11:24.37
- Marilyn Early 50 50-54 LCM 100 Back 1:24.50
- Marilyn Early 50 50-54 LCM 200 Back 3:05.13
- Marilyn Early 50 50-54 LCM 50 Fly 37.25
- Sally Guthrie 57 55-59 SCM 50 Free 33.35
- Sally Guthrie 57 55-59 SCM 50 Back 42.50
- Shirley Dacey 70 70-74 SCY 50 Free :37.89
- Shirley Dacey 70 70-74 SCY 100 Free 1:25.66
- Shirley Dacey 70 70-74 SCY 200 Free 3:06.18
- Shirley Dacey 70 70-74 SCY 500 Free 8:28.43
- Shirley Dacey 70 70-74 SCY 1000 Free 17:46.16
- Shirley Dacey 70 70-74 SCY 1000 Free 17:33.99
- Shirley Dacey 70 70-74 SCY 50 Back :44.71
- Shirley Dacey 70 70-74 SCY 100 Back 1:38.40
- Shirley Dacey 70 70-74 SCY 200 Back 3:26.27
- Shirley Dacey 71 70-74 SCM 400 Free 7:21.77

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2007 MICHIGAN MASTERS STATE RECORDS

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Shirley Dacey 71 70-74 SCM 50 Back :51.02
Shirley Dacey 71 70-74 SCM 100 Back 1:50.49
Shirley Dacey 71 70-74 SCM 200 Back 3:51.92
Jennifer Parks 63 60-64 SCY 1650 Free 25:28.39
Jennifer Parks 64 60-64 LCM 1500 Free 26:17.51
Lois Nochman 82 80-84 SCY 50 Back :51.64
Lois Nochman 82 80-84 SCY 50 Fly :50.10
Lois Nochman 82 80-84 SCY 100 Fly 1:54.16
Ruth Hildebrand 90 90-94 LCM 50 Free 2:43.27
Ruth Hildebrand 90 90-94 LCM 100 Free 7:41.67
Ruth Hildebrand 90 90-94 LCM 200 Free 14:46.76
Ruth Hildebrand 90 90-94 LCM 50 Back 3:08.10
Ruth Hildebrand 90 90-94 LCM 100 Back 6:47.39
Kevin Doak 26 25-29 SCY 50 Back :23.25
Kevin Doak 26 25-29 SCY 100 Back :51.72
Kevin Doak 26 25-29 SCY 100 Back :51.20
Kevin Doak 26 25-29 LCM 50 Back :28.03
Kevin Doak 26 25-29 SCM 50 Back :25.69
Kevin Doak 26 25-29 SCM 50 Back :25.33
Kevin Doak 26 25-29 SCM 50 Back :25.15
Kevin Doak 26 25-29 SCM 100 Back :55.69
Kevin Doak 26 25-29 SCM 100 Back :55.65
Kevin Doak 26 25-29 SCM 50 Fly :25.61
Kevin Doak 26 25-29 SCM 50 Fly :25.12
Kevin Doak 26 25-29 SCM 100 Free :51.75
Kevin Doak 26 25-29 SCM 100 IM :59.77
Jason Colwell 31 30-34 SCM 200 Breast 2:42.87
Alec Mull 35 35-39 SCM 100 Free :54.74
Alec Mull 35 35-39 SCM 50 Fly :26.63
Alec Mull 35 35-39 SCM 100 Fly 1:00.48
Alec Mull 35 35-39 SCY 50 Free :22.19
Alec Mull 35 35-39 SCY 50 Free :21.92
Alec Mull 35 35-39 SCY 50 Fly :23.52
Alec Mull 35 35-39 SCY 100 Fly :52.52
Alec Mull 35 35-39 LCM 50 Free :24.91
Alec Mull 35 35-39 LCM 50 Fly :26.27
Alec Mull 35 35-39 LCM 100 Fly :58.68
Steve Bargwell 37 35-39 SCM 200 Back 2:22.32
Steve Bargwell 37 35-39 LCM 100 Back 1:07.37
Mark Spore 39 35-39 SCM 200 Breast 2:47.78
Jeff Bailey 40 40-44 SCM 100 Free :57.36
Jeff Bailey 40 40-44 SCM 200 Free 2:09.83
John Allen 44 40-44 SCM 50 Breast :34.19
John Allen 44 40-44 SCM 100 IM 1:07.52

John Allen 44 40-44 SCM 200 IM 2:26.75
Adrian Vagnoni 45 45-49 SCM 100 Back 1:09.59
Jim Pogue 47 45-49 SCM 100 Back 1:08.38
Jim Pogue 46 45-49 SCY 50 Free :23.18
Jim Pogue 46 45-49 SCY 50 Fly :24.63
Jim Pogue 46 45-49 SCY 100 Fly :55.71
Jim Pogue 46 45-49 SCY 100 IM :59.84
Jim Pogue 47 45-49 LCM 50 Fly :27.64
Jim Pogue 47 45-49 SCM 50 Fly :27.85
Jim Pogue 47 45-49 SCM 50 Fly :27.64
Jim Pogue 47 45-49 SCM 50 Free :25.87
Jim Pogue 47 45-49 SCM 100 Fly 1:04.32
Jim Pogue 47 45-49 SCM 100 IM 1:07.52
Paul Creason 49 45-49 SCM 200 Fly 2:27.00
Jonathan Riggs 50 50-54 LCM 50 Free :28.44
Jonathan Riggs 50 50-54 LCM 50 Back :33.72
John Irwin 50 50-54 SCM 50 Free :27.97
Dan Stephenson 50 50-54 SCY 100 Free :49.66
Dan Stephenson 50 50-54 SCY 200 Free 1:47.59
Dan Stephenson 50 50-54 SCY 500 Free 4:54.38
Dan Stephenson 50 50-54 SCY 50 Back :28.39
Dan Stephenson 50 50-54 LCM 50 Free :25.53
Dan Stephenson 50 50-54 LCM 100 Free :55.11
Dan Stephenson 50 50-54 LCM 200 Free 2:00.34
Dan Stephenson 50 50-54 LCM 400 Free 4:16.61
Dan Stephenson 50 50-54 LCM 800 Free 9:06.61
Dan Stephenson 50 50-54 LCM 100 Back 1:06.28
Randy Parker 52 50-54 SCY 50 Breast :29.73
Randy Parker 52 50-54 SCY 100 Breast 1:05.97
Randy Parker 52 50-54 SCY 200 Breast 2:29.95
Frank Thompson 55 55-59 SCY 50 Back :30.20
Frank Thompson 55 55-59 SCY 100 Back 1:06.03
Frank Thompson 55 55-59 SCY 100 Back 1:05.00
Frank Thompson 55 55-59 SCY 200 Back 2:22.48
Frank Thompson 55 55-59 SCY 200 Back 2:19.87
Frank Thompson 56 55-59 LCM 50 Back :35.12
Frank Thompson 56 55-59 LCM 100 Back 1:15.34
Frank Thompson 56 55-59 LCM 200 Back 2:45.27
Frank Thompson 56 55-59 LCM 200 IM 2:48.66
Frank Thompson 56 55-59 SCM 200 Back 2:39.87
Frank Thompson 56 55-59 SCM 200 Back 2:38.41
Frank Thompson 56 55-59 SCM 50 Back :33.65
Frank Thompson 56 55-59 SCM 100 Back 1:11.98
Frank Thompson 56 55-59 SCM 400 Free 5:00.12

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2007 MICHIGAN MASTERS STATE RECORDS

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Frank Thompson 56 55-59 SCM 1500 Free 19:38.39
 Jim Makaruskas 57 55-59 SCM 50 Free :27.79
 Jim Makaruskas 57 55-59 SCM 100 Free 1:01.89
 Jim Makaruskas 57 55-59 SCY 50 Free :23.99
 Jim Makaruskas 57 55-59 SCY 100 Free :52.92
 Paul Nicholls 55 55-59 LCM 50 Breast :37.75
 Paul Nicholls 55 55-59 SCY 50 Breast :31.97
 Paul Nicholls 55 55-59 SCY 50 Breast :31.79
 Paul Nicholls 55 55-59 SCY 100 Breast 1:10.06
 Paul Nicholls 55 55-59 SCM 50 Breast :35.61
 Paul Nicholls 55 55-59 SCM 100 Breast 1:18.13
 Paul Nicholls 55 55-59 SCM 200 Breast 2:57.29
 Greg Pash 60 60-64 LCM 200 Fly 2:58.38
 Greg Pash 60 60-64 SCM 100 Free 1:05.93
 Greg Pash 60 60-64 SCM 200 Free 2:26.49
 Greg Pash 60 60-64 SCM 200 Free 2:24.63
 Greg Pash 60 60-64 SCM 400 Free 5:14.20
 Greg Pash 60 60-64 SCM 800 Free 11:25.80
 Greg Pash 60 60-64 SCM 800 Free 11:02.14
 Greg Pash 60 60-64 SCM 100 Breast 1:27.55
 Greg Pash 60 60-64 SCM 100 Breast 1:25.81
 Greg Pash 60 60-64 SCM 200 Breast 3:18.24
 Greg Pash 60 60-64 SCM 200 Breast 3:15.62
 Greg Pash 60 60-64 SCM 100 Fly 1:17.22
 Greg Pash 60 60-64 SCM 200 Fly 2:56.60
 Greg Pash 60 60-64 SCM 100 IM 1:16.08
 Greg Pash 60 60-64 SCM 200 IM 2:48.87
 Greg Pash 60 60-64 SCM 400 IM 6:16.46
 Greg Pash 60 60-64 SCM 400 IM 6:10.22
 Erik Lokensgard 65 65-69 SCM 100 Back 1:21.78
 Erik Lokensgard 65 65-69 SCM 200 Back 2:55.13
 Erik Lokensgard 65 65-69 SCM 400 IM 6:27.80

Erik Lokensgard 65 65-69 LCM 100 Back 1:23.23
 Ray Martin 70 70-74 SCM 1500 Free 26:28.74
 Ray Martin 70 70-74 SCY 200 Back 2:55.34
 Wally Dobler 73 70-74 SCY 50 Back :36.40
 Wally Dobler 73 70-74 LCM 50 Free :33.14
 Wally Dobler 73 70-74 LCM 100 Breast 1:45.67
 Carl Woolley 71 70-74 SCM 400 Free 6:08.13
 Don Korten 80 80-84 SCY 500 Free 9:36.69
 Don Korten 81 80-84 SCM 200 Breast 5:29.86
 Don Korten 81 80-84 SCM 200 IM 4:58.71

Relay Event State Records set during the 2007 year

Relay

Name	Type	Age Group	Course	Event	Time
Michigan Masters W 320 - 359	SCM	200	Free	4:33.15	
Michigan Masters W 320 - 359	SCM	200	Medley	4:40.37	
Michigan Masters M 200 - 239	SCM	200	Medley	2:14.09	
Michigan Masters W 65+	SCY	400	Medley	10:32.48	
Michigan Masters W 45+	SCY	800	Free	18:32.31	
Michigan Masters M 55+	SCY	400	Medley	4:30.74	
Midland Masters MX 18+	SCY	400	Medley	4:46.71	
SOS W 65+	SCY	200	Free	2:46.56	
SOS W 65+	SCY	200	Medley	3:19.42	
Michigan Masters M 45+	SCY	200	Free	1:33.69	
Michigan Masters W 200 - 239	LCM	400	Free	6:06.81	
Michigan Masters M 240 - 279	LCM	800	Free	11:28.07	
Michigan Masters M 200 - 239	LCM	200	Free	1:53.64	
Michigan Masters M 200 - 239	LCM	200	Medley	2:05.80	
Michigan Masters W 18+	SCY	400	Medley	5:49.00	
Michigan Masters MX 55+	SCY	400	Free	5:33.76	
Michigan Masters MX 240 - 279	SCM	200	Free	2:23.46	
Michigan Masters MX 240 - 279	SCM	200	Medley	2:54.46	
Michigan Masters M 200 - 239	SCM	400	Free	4:26.64	

TYR MASTERS GRAND PRIX SERIES – A VISION

USMS for some time has been looking for sponsors to promote masters swimming so that it helps grow participation and help ensure competitive excellence. For the past two years, TYR has been involved in setting up a Grand Prix Series to create these opportunities. With their help, Clubs and Teams can host two day championship meets and not have to worry about being pressured to have high attendance figures to deal with facility and meet operation costs. Each of the facilities used in the series was selected due to its competition characteristics. All of the facilities had 8 to 9 ft. wide lanes and were two meters deep. At each pool, there was an extra course with warm down lanes in exact size to the competition lanes. All of the meets were located in cities close to

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TYR MASTERS GRAND PRIX SERIESContinued

each other and Southwest Airlines served all. Each meet is two days to allow you more options when selecting events.

Short Course Meters was the course chosen because there is not a USMS National Championship meet and swimmers have an extra opportunity to compete in this type of environment. With Michigan Masters having only one SCM meet in 2007, these meets can be used for swimmers to swim more events and have goals at the beginning of the fall season to shoot for. Unlike short course yards meet, the times are included in the FINA World Top Ten. The meets are set up like the FINA World Cup Series only on a much smaller scale. There are no cash prizes for breaking World, National, or Championship Meet Records but swimmers earn points based on how well they do in events in their age group. You can swim up to five events a day and ten total for the meet, if you choose to do so.

Indianapolis was chosen not only for the world class facility but also because they have been running the Fall Classic meet for 20 years and this meet is the most established fall meet in the Midwest region. The University of Louisville and the University of Chicago

are new modern facilities being built in the last three years and were hosted by the college swim teams and the proceeds from the swim meet will be used to help fund swimming scholarships and support the swim team.

Nine swimmers from Michigan Masters entered the TYR Grand Prix Series meets and accounted for one World, 6 USMS National, 38 State, and 65 Meet Records. 2007 Lifetime Achievement recipient, Lois Nochman broke her own National/World Record in the 200 meter Fly in the 80-84 age group and Kevin Doak set 5 National Records in the three meets he entered in the 50 and 100 meter Back.

Meet Director, Mark Gill says he hopes this three-meet series will inspire swimmers to gather for some great competition in the future. "We not only get the local population but the out-of-state competitors as well," says Gill. "We hope to create a co-operative meet atmosphere that feeds on itself." In the fall of 2008, TYR plans to sponsor another Grand Prix series with hopes that the meets will grow to include 200 swimmers. Watch for the announcement next fall or visit www.tyrgrandprix.com



Come and Swim at the Michigan Masters State Championship meet this year!
It will be held at Eastern Michigan University
April 18 - 20, 2008
Check the website for details....

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