

The Wave Eater



Volume 7, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 1999

Season's Greetings

ON DASHER!
ON DANCER!
ON DONNER!
ON BLITZEN!



President's Corner

By Eric Nordlund

Since the last President's Corner I went to the United States Aquatic Sports Convention in San Diego, CA., from September 15th to September 19th. Joining me were Jennifer Parks, Skip Thompson, Dennis McManus, Paul Wright, and Don Kroeger. We took this opportunity to learn about our great sport. The committees that were reported were as follows: Jennifer Parks covered Legislation and Long Distance; Skip Thompson chaired the zone meeting and covered Planning, and Coaches; Dennis McManus covered Marketing and Computer Online; Paul Wright covered Records & Top Ten and Registration; Don Kroeger covered Fitness and International; and I covered Officials and Championship.

A couple highlights of this past convention were Skip Thompson receiving a USMS Service Award for outstanding service to the National Organization representing all areas of Masters Swimming. If you know Skip, and all of his contributions to Masters Swimming, this award is long overdue and very well deserved.

I really enjoyed our swim in La Jolla Cove. The water was a refreshing 61.9 degrees. We were greeted at the beach by a local resident seal. We swam through the kelp forests for about 35 minutes before heading

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San Diego Convention

By June Krauser, Florida Gold Coast

Summary of Events

USMS CONVENTION - MASTERS *Swimming for Life* was the theme of the XX Convention held in San Diego, CA September 15-19, 1999. The Convention is held in conjunction with United States Aquatic Sports and there were over 1300 in attendance - 182 were Masters delegates. We all needed to carry a Property Map of the Town and Country Resort Hotel to help find our meeting rooms and it was a little tough navigating. The convention went very well with only one little 'glitch'.

BREAKOUT GROUPS - At the first House of Delegates meeting we separated into five groups - Fun, Leadership, Communications, Public Relations and LMSC Events. Many interesting suggestions came out of these groups.

CHAMPIONSHIP COMMITTEE - The surcharge is increased to \$30 for National Events. All swimmers will be required to sign a safety waiver form upon check-in. No copy of USMS card will be required with entry. Meet hosts may eliminate phone call check-in, but allow check-in up to the morn-

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SWIMMING FOR LIFE



President's Corner

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back to the Town and Country Resort for a day of meetings. We learned a lot and brought back a wealth of information to make Michigan Masters a better organization.

On November 14th, the 2nd General Meeting of Michigan Masters was held at the conclusion of the West Bloomfield meet. It was held during the social after an outstanding swimming meet run by Bob Crosby and the West Bloomfield High School Girls Swimming and Diving Team. Each officer who went to the San Diego convention reported their experiences. **The 2000 State Meet is scheduled for the weekend of April 14th - 16th, at the Holland Community Aquatic Center.** This will be the first Masters Swim Meet in the new facility. The Michigan Masters Board is working with Tom Bos and Fred Nelis to organize this venue. Final details will be in the next Wave Eater (March 1, 2000).

1999 final registration is down about 10% from the previous year. The final registration count was 688 swimmers. I would like to see Michigan Masters get back that 10% and grow another 10%. In the General Membership Meeting the board discussed ways to successfully implement a strategy to achieve this. We will be invoicing all 688 swimmers from 1999 plus an additional 250 swimmers that did not re-register since 1997. Hopefully with this action we will be able to meet our growth objective.

USMS Short Course Nationals are scheduled for April 27th - April 30th at the IUPUI Natatorium in Indianapolis the site of the 2000 US Olympic Trials. In 1998, at the Short Course Nationals, Michigan Masters achieved 3rd place combined team overall. Judging from that, I believe with all of the talented swimmers here in Michigan we have the potential to win our first USMS National Championship outside of the State of Michigan. Skip Thompson and myself are putting together a Michigan Masters National Team. Anyone interested in swimming relays should contact Skip or myself. Sign up sheets will be available at the beginning of the year. Let's take this opportunity to show the Nation how good we are!

General Membership Meeting 03-05-00

There will be a 3rd **General Membership Meeting** on March 5, 2000 at West Bloomfield High School open to any registered swimmers in the Michigan LMSC that wish to attend. The meeting will take place at the conclusion of the West Bloomfield Swim Meet and during the meal that follows in the cafeteria.

Topics on the meeting agenda will include: State Meet 2000; 2000 USMS Convention in Orlando, FL.; Michigan Masters 2000 Budget; Registration Goals; Officer Reports; and any additional Open Topics for discussion. Please mark your calendars and plan on attending both the meet and the meeting.

Eric Nordlund – President, Michigan Masters

<http://www.michiganmasters.com>

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ing of the event. In 1999, 20% of SC entries and 23% of LC entries were Internet entries. 2001 SCY at Santa Clara, May 17-20 and 2001 LCM at Federal Way, Aug. 16-19. A survey will be made of Top Ten swimmers to help identify possible areas of improvement for Nationals. New designs for the National Championship Patch will be solicited.

COACHES - The Coaches Manual will be available as a PDF file in the USMS web site. Will develop a method of registering and identifying coaches and develop a group of LMSC Coach Reps. Continue to have USMS Mentor Clinics, NIKE Champions Clinics and beginning to offer Open Water clinics. The Olympic Training Center Camp was a huge success and the goal is to run two or three a year. There is a Video Library and a Book Library for rental. The MACA News comes out bi-monthly as an e-mail PDF file. Ron Johnson was the 1999 recipient of the Coach of the Year award. Considering subsidizing a Coach for Munich World Championships.

COMPUTER ON LINE - Technology is moving so fast that everyone should at least have e-mail. Requesting the Executive Committee to draft a privacy statement to place on our web site. Recommend changing the Webmaster position to a contract position. Schedule a web site demonstration for next year. Discontinue offering new personal aliases unless a replacement volunteer can be found. On-line database through Hy-Tek can now be shown on the web site. Missing data on 70% of 3000 All Americans (please help). A registration area is under test that refers the swimmer directly to the LMSC registration web page and a PDF registration form for the LMSC.

CONVENTION - All new delegates should be assigned to the committee (We need help!). Closing the Hospitality suite during meeting hours next year will depend on the availability of local volunteers (Orlando, FL.).

FINANCE - Cash and cash equivalents as of 9/15/99 are \$765,610. We come out a little ahead each year. Some of the reserves might be used for USMS committee projects, the USMS Endowment Fund or for our insurance reserves. A monthly report will be sent to each registrar, as so many are not paid up. An investigation will be made as to why USMS has not received payment for the past two years (from SWIM magazine).

FITNESS - Currently there are two USMS Fitness events: The Postal Pentathlon and the Check Off Challenge. New events proposed are the Y2K Triathlon and the USMS 500 Swim. The Fitness Committee Quarterly was renamed Fitness Tips. The goal is to send out four a year to the LMSC Newsletter editors.

INSURANCE - The Policies are extended to 1/1/2001 from various dates. Voted to conditionally approve Foreign Accident coverage. Voted to increase policy liability coverage Director and Officer limits from \$500K to \$1M. Secondary Accident Insurance changes effective 1/1/2000: Deductible now \$100 (was \$250); Reduced from \$.60 to \$.55 per swimmer; \$250 per tooth limit eliminated; Chiropractic and Physical therapy limited to a maximum of \$1,000 each.

1998 INTERNAL AUDIT - Research revealed that the 1998 financial records of the organization are in excellent order. Reimbursements are now being made in a timely manner. Advised sending a monthly report to registrars.

INTERNATIONAL - The USMS Executive Secretary to send letters to venues that might be interested in bidding for the 2002 or 2004 World Masters Championships. We have compiled a list of USMS International Contacts and eventually it will be on our web site. We need an article in Swim Magazine on the starting command procedure and false start rule for International meets. The entry book for Munich is available from Tracy Grilli for \$3.

LEGISLATION - All recognitions shall be signed by the LMSC's authorized representative. Entry forms shall contain the language of the liability release as stated but may be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or addition insured(s) following "UNITED STATES MASTERS SWIMMING, INC." The Board of Directors of USMS includes each member of the Executive Committee; Each zone rep, Past presidents; the chairmen of all standing committees, the internal auditor; the controller; and the liaison from USA Swimming. All standing committees have been revised. No final report from this committee (Legislation) as yet.

LONG DISTANCE - The One-Hour Postal Swim set a new record with 1838 swimmers. LMSC's have the option of recognizing events when a sanction is inappropriate. Championship bids selected as follows:

One Hour Postal	PNA	January
5/10 K Postal	Central Oregon	May 1 5-Sept
3000/6000 Postal	O*H*I*O*	Sept/Oct
One Mile OW	Empire State	July 14



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San Diego Convention

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Two Mile Cable	Greater Indiana	June 23
1-3 Mile OW	Central Oregon	Aug 4
35 Mile OW	Florida Gold Coast	April 29
6+ Mile OW	Greater Indiana	TBA



If USMS recognizes an OW event, the USMS swimmers will be fully covered with liability and medical insurance. A non-USMS host would not be covered. The 3000/6000 postal swim is restricted to a 25-yard pool.

MARKETING/PUBLICATIONS - The USMS web site (<http://www.usms.org>) has increased our visibility. Please support our sponsors: **ALAMO** - Rent a Car; **Destinations** - nations leading hotel discount program; **Earthlink** - pre pay phone card; **Kast-A-Way Swimwear** - swimwear and swimming equipment; **MBNA MasterCard** - USMS Preferred and Gold affinity credit card; **MindSpring** - dial up internet service; **NIKE** - active sportswear; **Speedo** - innovative swim suits, apparel and accessories; **The Victor** - swimwear and training accessories; **TYR** - manufacturer of swimwear and accessories; **Ultra Swim** - hair and skin care products; and **VASA Trainer** - versatile sport-specific conditioning equipment for all sports. There is a proposal to be investigated to produce for TV a health program built around swimming and human interest snippets of individuals. It would be used to market USMS as an organization.

OFFICIALS - All certifying bodies rule differences should be added to our Appendix B. Those bodies include: USA, YMCA, CSOA and NFHS. Rule change information should be added to the MACA Newsletter, SWIM Magazine, and sent to LMSC Official's Chairs. Official's Liaisons are appointed to our Championships.

PLANNING - Suggested that a USMS liaison be appointed to the Senior Games and that the LMSC's need to become more involved to make the quality of these games more consistent. It was recommended that USMS have a booth at the Senior Games in Orlando. Also recommended was that the Committee develop a pre-packaged booth and materials display to be used at a wide range of both aquatic and non-aquatic events.

RECORDS AND TABULATION - The "as of November 1, yyyy" date will be placed on the web listed records. There will be written guidelines for Top 10 recorders to generate their Top 10 submissions. The goal is to limit the number of formats used for submission. Lake Erie LMSC will continue with the USMS Top 10 Patches.

REGISTRATION - The Registration software will be updated with all the changes discussed on one update to be mailed to all Registrars hopefully by the end of Oct. (Single sheet or tractor-fed) cards to be mailed in October. The new forms will be two up because of all the information requested. Registrar's portion of the handbook will be mailed at the beginning of October. Each LMSC registration form will be put on the Internet. Reports will be sent each month detailing the transactions that have occurred during the month. All LMSC's are requested to send registration web site links or paper forms to Craig Campesi as soon as possible to facilitate registration through the USMS web site.

RULE BOOK - Full-size rule books will be distributed to the Board of Directors, members of Rules, Long Distance, Legislation, and Rule Book Committees, and all registered USMS clubs. Both full and mini-rule books will be distributed to all LMSC registrars. Let clubs know about the mini-rule book.

RULES - Adopted the USA Relay Take-Off Judges rule. Referees may prohibit the use of any device that disrupts or interferes. I am not quite sure about the final outcome of the whistle start rule and the new false start rule but if you are swimming in a meet outside of the USA you should be aware of them. They are being used widely around the world.

SAFETY EDUCATION - The committee is going to produce a Club Safety Handbook that should be ready by 2000 convention. Articles are written for SWIM magazine.

SPORTS MEDICINE - The committee's goal is to have articles widely disseminated in national publication. The committee has a strict observance of the editorial process. Many articles are in that process.

ZONE - The guidelines and procedures used for next years election of the Zone Committee chairman will be the same as those used for this year's election of officers with the exception that there will be a candidates forum at the House of Delegates meeting when championships are voted on.

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AD HOC RECOGNITION AND AWARDS - USMS Service Award number of recipients will be left to the discretion of the committee. The Award Ring consideration will be forwarded to the Marketing committee for further evaluation.

AD HOC 1999 LEGAL COUNSELORS - While the law is evolving, at this time a hard copy of the liability release will need to be signed by swimmers who seek membership in USMS and swimmers who want to enter our national championships. A "Want Ad" for USMS member-lawyers will be created and distributed nationally. The committee will research the issue of Privacy and pursue the drafting of a privacy policy for the organization.

AD HOC 1999 USMS HISTORIAN - The committee needs to create a scheme for organizing, cataloguing, documenting and retrieving information. Encourage local Masters members to find and interview Masters pioneers. Much of this information needs to be on the web.

AD HOC 1999 USMS ENDOWMENT FUND - The fund now has \$18,356.35. USMS will increase the matching fund to \$20,000 for the year 2000 and make a 1 to 1 match instead of 50 cents to the dollar. Encourage the members to use the check off on the registration form.

AD HOC 1999 ISHOF NOMINATING - A group of individuals were suggested for consideration for 2000 and 2001. We need to collect the criteria data to determine the nominees. A letter will be sent to the LMSC of the individuals suggested to help gather this information.

Fitness: Stay Well, Don't Over Train!

By Jennifer Parks



In the last few years, I have tried to combine more "wellness" ideas into the various "fitness" classes that I teach. Sometimes my students are so oriented toward getting "fit" that they go overboard on training, and then seem to develop a propensity for getting sick or injured. For them, and for all of us who try to maintain fitness, it is important that we try to maintain balance in our training/exercising.

We can't be truly fit if we ignore what kind of fuel/food we put in our bodies. We can't be truly fit if we ignore those twinges in our shoulders or knees, and exacerbate an injury. Moderation is a hard lesson to learn. Especially this time of year, when time is tight, stress levels high, and the food plentiful, we might have a tendency to overdo training in the pool to make up for lost practice time, to calm ourselves, or to burn extra calories. It is important to know that not only can we aggravate an injury, but we also might compromise our immune system by over training, so that we're more susceptible to illness.

Balance is good; work hard enough, but rest when appropriate. I think of it as "interval training" for life: work, rest/recover, work, rest/recover...enjoy! Oh, and try to become even more of an optimist. Some research suggests you'll live better and longer, the more positive your outlook. Most Michigan Masters swimmers are upbeat and great to be around, so hope to see many more of you at the pool, in the next century...fit, balanced, healthy and happy!

Swimming is a great sport!



For Life.

REMINDER:

Submissions for the next issue of "The Wave Eater" are due to Dennis McManus by February 15, 2000, for the March publication.

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e-mail: DLMphoto@aol.com



Michigan Masters Annual Meeting

April 10, 1999 – Oakland University, Rochester Michigan

The meeting was called to order at noon by President Don Kroeger.

Marilyn Early moved and Lois Nochman seconded the motion to accept the minutes of the 1998 Annual Meeting, as distributed. The motion passed.

Ralph Davis, Treasurer of Michigan Masters, distributed his report. His comments were that Michigan Masters had financial stability; that was helped by the Board coordinating the State Meet last year so that \$3,500 could be infused to the organization. Edith Glusac moved and Eric Nordlund seconded the motion to accept the Treasurer's Report. The motion passed.

President, Don Kroeger, reported that there were more than 750 members last year. The Michigan Masters web site set up by Ken Gutowski was doing well. He mentioned the Great Lakes Zone results. He reiterated that many Michigan Masters swimmers had attained Top-Ten and All American status. He reminded that Michigan Masters would supply the recognition patches and that recipients should contact him for presentment.

President-Elect, Eric Nordlund, thanked the many people who helped with the 1999 State Meet.

Registrar, Bob Isbister, reported that there were precisely 762 members for 1998. Of the 621 members registered so far for 1999, there were 365 from the previous year who had not re-registered.

Don Kroeger reported for Sanctions Chair, Tom Moyer, that there will be two summer meets and possibly a third one.

Paul Wright, Records Chair, explained the difficulties in reporting to the Top-Ten Chair if the meet results are not correct. Swim results need to be sent in a timely manner with appropriate format. Some further discussion ensued: sanctions were discussed as a means to combat tardiness of results, possibly requiring meet deposits, cleaning up the sanction procedures while not hurting small meets, providing more incentives to get results in on time.

Dennis McManus, Newsletter Editor, reported the newsletter will be sent out quarterly: the 1st of June, September, December, and March. 1000 issues will be printed each quarter, due to economies of scale, and some changes in format will occur in future.

Ken Gutowski, Michigan Masters Webmaster, reported that he will be trying to add chat rooms and change the URL address. Some meet results will be posted as well as meet entry forms.

Marilyn Early, Open Water/Long Distance Chair, reported that on August 1 there will be a National Championship for 2-Mile. That is the same date as the Harbor Springs "Coastal Crawl." There will also be a 2-Mile Swim in the West Bay in Traverse City (on August 21). (Don Kroeger and Skip Thompson will be looking for pools to run the Long Distance events like the 5 & 10K Swims, the 3000 and 6000, and the 1-Hour Swim...additional info added by Secretary)

Tom Moyer, Safety Chair, was not able to attend the West Bloomfield meet where an incident occurred that was handled well with good results for the swimmer who was treated by volunteer CPR givers and EMS, prior to transmittal to hospital.

Jennifer Parks, Fitness Co-Chair, reported the Heart Swim had low participation conducted in December.

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Bob Isbister, newly appointed Marketing Chair, reported that Marketing would zero in on the 365 former participants who did not re-register this year.

Skip Thompson, Great Lakes Zone Chair, reported that Chicago would be hosting a National Championship Open Water Swim in September, 2000. He mentioned Michigan Masters most recent participation in the Short Course Zone Championships conducted in Indianapolis.

The By-Law Committee, chaired by Ken Gutowski, recommended certain proposals as distributed to the meeting attendees. Gail Dummer moved and Marilyn Early seconded the motion to accept these proposals to By-Law changes. Friendly amendments to correct some language problems were added. The proposal that the President-Elect office be changed to Vice-President, without the commitment to become automatically President after two years was defeated by a vote of 21-26. The proposal that Webmaster and Marketing Chair be added to the list of Board Members was accepted.

Elections: Skip Thompson and Jennifer Parks were nominated as President-Elect candidates. They each provided some background information. Jennifer Parks was elected as President-Elect. Skip Thompson was elected as Secretary. Ralph Davis was re-elected as Treasurer. Ken Gutowski was elected as Registrar. Andrea Funk was elected as Sanctions Chair.

Charlie Moss, Chairman Review Committee, had no problems to report for this year. Edith Glusac reminded the members of the May 21-22 Senior Olympics at Saginaw Valley.

There were 54 members of Michigan Masters in attendance for the Annual Meeting. The list of attendees is available on request.

Respectfully submitted, Jennifer Parks, Secretary Michigan Masters



YEAR 2000 ONE-YEAR MEMBERSHIP APPLICATION

Register with the same name you will use for competition. Print clearly.

Last Name	First Name	Middle Init.	For Office Use
Street			Apt.
City	State	Zip	Phone No. ()
Date of Birth	Age	Sex	Today's Date
MICHIGAN MASTERS			Club or Unattached
E-mail Address			

2000 Membership Application

☐ RENEWAL. My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:

\$25.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2000

Make check payable to: MICHIGAN MASTERS

Mail to: Bob Isbister
48021 Colony Farms Circle
Plymouth, MI. 48170

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

Signature

Date

If you coach Masters Swimmers, please check here ☐

Benefits of membership include: A Subscription to SWIM Magazine during the length of the membership year (\$6.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Skip Thompson Presented 1999 USMS Service Award

By Eric Nordlund



Frank "SKIP" Thompson

He has been involved in special projects such as USMS National Elections, USMS National Time Standards, and the ongoing USMS History Project. As for meet administration, he helped bring the 1996 USMS Long Course National Meet to the University of Michigan, and was responsible for maintaining USMS and FINA World Records during the meet. He was also the Coach/Team Rep responsible for getting 228 swimmers to their blocks for relays. He has been the Meet Director of 3 Zone Championship meets.

On the LMSC level, he has served as Chairman, Vice Chairman, Treasurer, Records & Top Ten Chairman, Fitness Chairman, and is currently serving a term as Secretary. He is one of only 5 people to have received both of Michigan Master's most prestigious honors; the Chetrick Award for outstanding service (1991), and the Lawrence Award for outstanding swimmer (1995). He has been Michigan Masters Team Rep at USMS National Meets predominately since 1983. He has been Coach/Team Rep of the Plymouth YMCA and the South Oakland Seals since 1984. He has been Meet Director for 6 Michigan State Championships. In addition, he has run one or two local swim meets for the past 15 years.

As a coach, Skip is the type of trainer who works with the whole team, not just the elite swimmers. He knows his swimmers very well and motivates everyone to do their best. Robert Hudek, who swam with Skip while in the Detroit area on an extended business assignment, gave Coach Thompson credit for his 400 Free World Championship title swim at Montreal in 1994. I personally have been fortunate to have trained with excellent professional coaches in my swimming career, and Skip has proven better than most in my estimation. I know that I would not have won the USMS Long Distance All Star Award in 1995, if it not for Skip pushing me in workouts. I also would not have won 3 diverse events (50, 1650 free, and 50 back) at the YMCA Masters Nationals in Buffalo, NY if not for his enthusiasm and sup-

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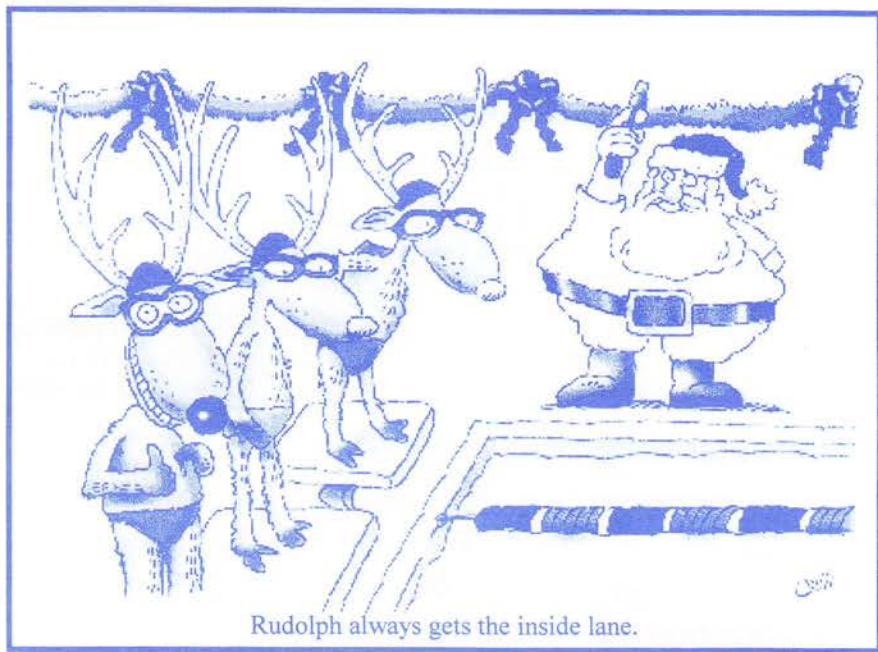
port throughout team workouts and meet preparation.

On Saturday mornings, Skip provides stroke clinics to senior citizens free of charge. I know that USMS would not be the great organization that it is today without people like Skip Thompson continuing to volunteer their talents. That is why I am going to nominate Coach Thompson for consideration as USMS Coach of the Year at the 2000 USMS Convention in Orlando, Fl. Skip is not the type of person who does this for awards. Skip loves people and also loves our great sport. For example, just this past weekend (Dec. 4-5) he drove 91 year old Jewel Cooke to Hudson, OH for a 25 meter SC meet where she was able to set 3 FINA World/USMS Records (100 Back, 200 Back, and 200 Breast) and also set 2 additional USMS National Records (50 Back and the 100 Breast) in the 5 events she swam.

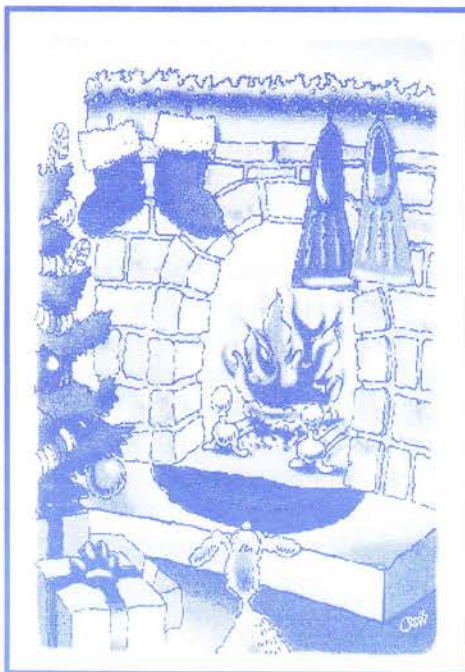
Skip's swimming accomplishments include the following: 6 time USMS All-American (2 Pool, 4 Long Distance), 6 time USMS Relay Team All American, FINA World Top Ten Champion, USMS and YMCA National Record Holder, and USMS and YMCA National Champion. He has accumulated 17 YMCA National individual titles and 12 USMS National individual titles. He has additionally been selected USMS Long Distance All Star 3 times (1996-1998). In closing, Skip is profoundly deserving of this special recognition at the National level due to the many projects he has been involved at all competitive levels, his sustained service over a long period of time, and unsurpassed enthusiasm toward a sport we all know and love. Congratulations Skip, keep up the great work!



Merry Christmas!



Rudolph always gets the inside lane.



"The stockings
were hung
by the ZOOMERS
with care...."

Celebrate 2000!



Ford Athletic Swim and Triathlon Club presents their 12th annual Michigan Masters Swim Meet. This is a sanctioned meet, open to all registered USMS swimmers ages 19 to 100+. Traditionally one of the largest non-championship meets in Michigan, attracting well over 100 participants and also the oldest SC Meters meet in Michigan. Pre registration is recommended and necessary for us to run a smooth meet.

****NOTE****

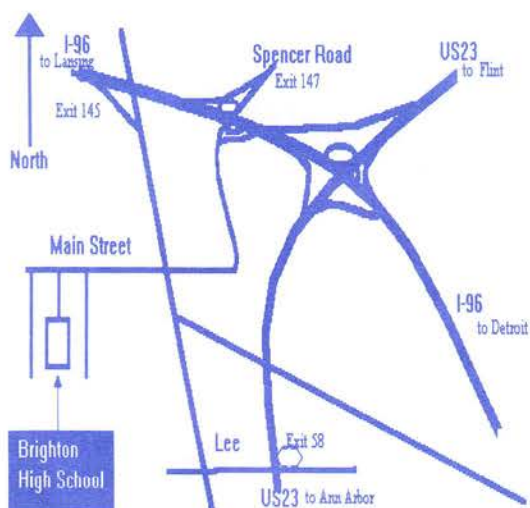
Due to time constraints:

Events #14 and #15 will be pre registered ONLY!

We also reserve the right to reduce, change or eliminate heats and / or events.

- | | |
|-----------------------|-------------------------|
| 1. 200 m Medley Relay | 8. 200 m Free Relay |
| 2. 200 m Free | 9. 200 m I. M. |
| 3. 100 m Back | 10. 100 m Free |
| 4. 50 m Fly | 11. 50 m Breast |
| 5. 100 m I. M. | 12. 100 m Fly |
| 6. 100 m Breast | 13. 50 m Back |
| 7. 50 m Free | 14. 400 m Free * |
| INTERMISSION | 15. 1500 m Free * |
| | <i>*may be combined</i> |

Map



12th Annual Valentine's Weekend Swim Meet FEBRUARY 13, 2000

BRIGHTON HIGH SCHOOL

Sanctioned by Michigan LMSC for USMS, Inc.

Sanction # 120005

Registration and warm up begins at 8:30 am

Late Registration ends at 9:15 am!

Meet begins at 10:00 am

Meet fee is \$10.00 (US) postmarked by February 8th.

After 2/7/2000; \$15.00. Not responsible for late mail!

Deck entries allowed but seeding will be next available lane.

Participants may enter up to **four** individual events and **two** relays. Relay cards are due 30 minutes prior to the event.

Ribbons will be awarded to 1st, 2nd and 3rd place finishers.

Short Course 25-Meter Pool with warm up area.

Electronic Timers run by Hy Tek Meet Master software

Part of the proceeds will be donated to the Joseph Beaudoin Memorial Fund.

FINA age breaks apply to meters meets per new USMS rule.
Your age on 12/31/2000 determines what age group you swim!

For more information call Matt Johns; (734) 326-0626 (Home)

e-mail: johns@holcroft.com (Work)

johnsm@prodigy.net (Home)

Visit our web page at www.swimfasttrifast.com

Directions

From Lansing:

I-96 South to Grand River-Exit 145; Grand River South to Main Street; Turn Right onto Main Street.

From Ann Arbor:

US-23 North to Lee Road- Exit 58; Lee Road West to Rickett Road- Turn Right and merge onto Grand River North; Grand River to Main St.- Turn Left.

From Flint:

US-23 South to I-96 west; then follow Detroit directions below.

From Detroit:

I-96 West to Spencer Road- Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go past Grand River; Spencer Road turns into Main Street.

Brighton High School is on Sage Street. Sage is off Main Street past 7th, approx. 1 mile west of Grand River.

Joseph Beaudoin Memorial Swim Meet

Sunday, February 13, 2000

Brighton High School
Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # 120005

Name:	Birth date / /	
USMS# (required)	Age on Dec 31, 2000	Male / Female
Club Name:	Phone #: ()	

Event	Seed Time	Event	Seed Time
1. 200 Medley Relay		8. 200 Free Relay	
2. 200 Free		9. 200 I. M.	
3. 100 Back		10. 100 Free	
4. 50 Fly		11. 50 Breast	
5. 100 IM		12. 100 Fly	
6. 100 Breast		13. 50 Back	
7. 50 Free		14. 400 Free	
* INTERMISSION*		15. 1500 Free	

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 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 INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date: SIGNATURE:

Make Checks Payable To: FAST

Mail To:

Matt Johns
6717 Lakeview Blvd. Apt. 6202
Westland, MI 48185

Entries must be postmarked by Monday Feb. 7, 2000

Michigan Masters Swimming and
West Michigan Masters Swim Association
Present the Thirteenth Annual

Swim Classic

at

Rockford High School Community Pool

4100 Kroes Rd. Rockford, Michigan 49341

Saturday, February 26, 2000

Meet fee is \$13.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters memberships (\$25.00 for 2000), will be available at the Meet.

The Rockford Pool features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.).

1650/1000 Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free.

Events 3 through 15 should start at approximately 12:30 p.m. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer. **See back for mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#120006

List of Events:

1. 1,650 Yard Free*
2. 1,000 Yard Free*

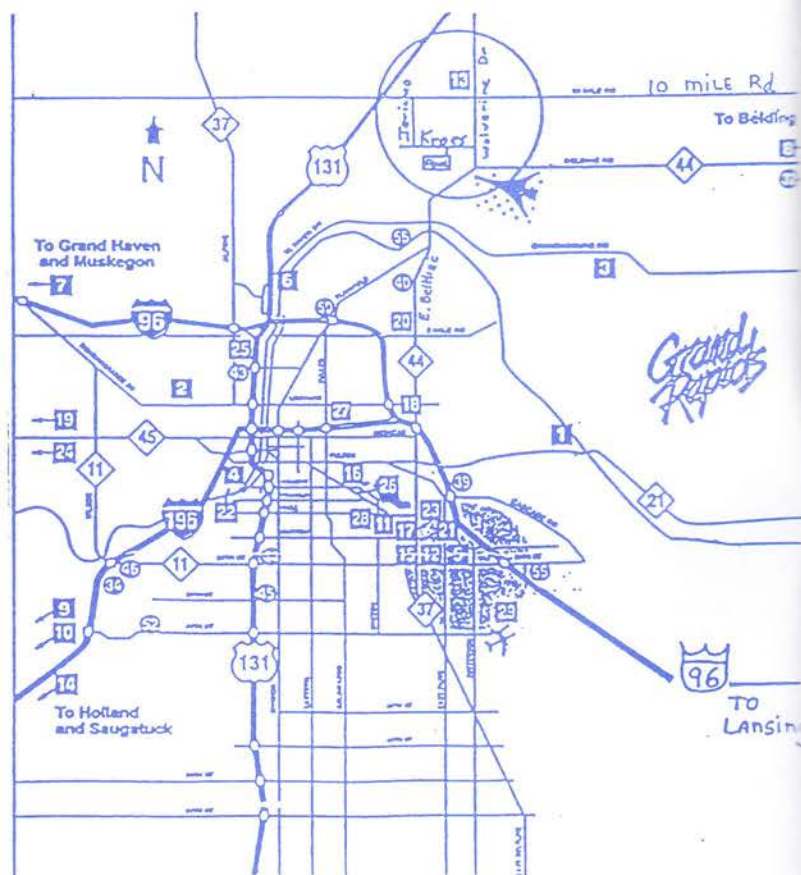
Intermission

3. 200 Yard Medley Relay
4. 200 Yard Free
5. 200 Yard Individual Medley
6. 50 Yard Free
7. 200 Yard Breast
8. 100 Yard Back
9. 50 Yard Butterfly

Intermission

10. 100 Yard Individual Medley
11. 100 Yard Free
12. 100 Yard Breast
13. 100 Yard Butterfly
14. 200 Yard Back
15. 200 Yard Free Relay

* Heats may be run concurrently. Meet Director reserves the right to "double-up" lanes.
During warm-up you must enter the water feet first and in a cautious manner.
Driving will only be allowed in designated sprint lanes.



OPTIONAL MAIL IN REGISTRATION

WEST MICHIGAN MASTERS SWIM CLASSIC SATURDAY, FEBRUARY 26, 2000 ROCKFORD HIGH SCHOOL

If you would like to register by mail for events 4-14, please complete and send this form as instructed below.

(Events 1,2,3 & 15 are deck entry only and cannot be entered by using this form).

This mail-in registration is optional.

All events may be deck entered the day of the meet during regular registration.

Swimmer Name: _____
Sex: _____ USMS# _____
Date of birth: _____
Age on 2-26-00 _____
Home Phone() _____
Address _____

Events (Check Box and give time)

4	200 Free	<input type="checkbox"/>	
5	200 IM	<input type="checkbox"/>	
6	50 Free	<input type="checkbox"/>	
7	200 Breast	<input type="checkbox"/>	
8	100 Back	<input type="checkbox"/>	
9	50 Fly	<input type="checkbox"/>	
10	100 IM	<input type="checkbox"/>	
11	100 Free	<input type="checkbox"/>	
12	100 Breast	<input type="checkbox"/>	
13	100 Fly	<input type="checkbox"/>	
14	200 Back	<input type="checkbox"/>	

Mail this completed form, a copy of your 2000 USMS card, and a check for \$13.00 payable to W.M.M.S.A. postmarked by February 16, 2000 to Ken Danhof, 4295 Carolyn St., Muskegon, Mi 49444.

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 PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS AND DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____
Date _____

US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

- SANCTION:** This meet is sanctioned by US Masters Swimming as a *recognized* swim meet. Although we encourage you to register with Michigan Masters Swimming, you don't need to be registered to compete. USMS rules will govern all competition. *Meet sanction # is 120002.*
- DATE:** Sunday, March 5, 2000
- LOCATION:** West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-539-2515 (Pool Phone)
734-425-8953 (Home Phone)
Bob Crosby-Meet Manager
- FACILITY:** West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used.
- Pool locker rooms will be available to use for changing, but **locker space is minimal.** It would be wise to bring your clothes and valuables with you on the pool deck.
- TIME:** Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** Each competitor may enter a maximum of 5 events. Swimmers should mail all entries to:
Bob Crosby-Swim Coach AT THE ABOVE ADDRESS
Or you may fax them in to: **248-539-2520** (attn. Bob Crosby)
ENTRY DEADLINE IS WEDNESDAY, MARCH 1 BY 3 PM.
If you are not able to mail or fax in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M.
PLEASE USE THE ENCLOSED ENTRY BLANK
- ENTRY FEE:** \$17.50 for entries received by the above deadline. For any entries received after the deadline, or for deck entries, the fee is \$22. Make all checks payable to the **LAKER FAN CLUB.**
- POT LUCK:** Included with your entry fee will be a post meet pot luck dinner. The meal will be supplied by the West Bloomfield Boys swimming and diving parents.

ALL PROCEEDS FROM THE MEET WILL GO TO SUPPORT WEST BLOOMFIELD SWIMMING AND DIVING! PLEASE SPREAD THE WORD ABOUT THIS MEET.

ENTRY BLANK FOR US MASTERS SWIM MEET
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

NAME _____ SEX M F

AGE _____ USMS # _____ CLUB _____

EVENT #	EVENT	SEED TIME
1	1650 FREE	
2	200 BACK	
3	50 FLY	
4	200 IM	
5	50 BREAST	
6	200 FREE	
7	50 BACK	
8	100 FLY	
9	200 BREAST	
10	50 FREE	
11	400 IM	
12	100 FREE	
13	200 FLY	
14	100 BACK	
15	100 BREAST	
16	50 FREE	
17	500 FREE	
18	1000 FREE	
PLEASE LIST YOUR SEED TIMES IN THE EVENTS YOU WOULD LIKE TO ENTER. REMEMBER, LIMIT OF 5 EVENTS!		

PLEASE MAIL YOUR ENTRY TO: BOB CROSBY, WEST BLOOMFIELD HIGH SCHOOL,
4925 ORCHARD LAKE RD., WEST BLOOMFIELD, MI 48323, OR FAX IT TO:
248-539-2520, ATTN. BOB CROSBY

***Come help celebrate the 25th annual!!!
Midland Masters Winter's End Swim Meet***

Sanctioned for USMS, Inc by Michigan Masters Sanction #200-014

Sunday, March 19th, 2000

H. H. Dow High School

3901 N. Saginaw Rd., Midland, Michigan

6 lane, 25 yard pool; 6-lane electronic display scoreboard

Michigan Masters ribbons for 1st through 3rd place



Prizes!

Special 25th Anniversary T Shirts!

Entry fee: \$15.00 per swimmer (Maximum 5 events plus relay). USMS registration required. \$25.00 for calendar year 2000 or \$10 for single-meet registration. Registration is available at the meet.

Schedule:	9:30 AM	Warmup for 500 free and 400 IM
	10:30 AM	500 Free and 400 IM
	11:00 AM	General warmup
	11:30 AM	200 butterfly begins
		Continuous warmup during meet in Lane 6.



Events: Seeding Slow to Fast

- | | | |
|--|--|--------------------|
| 1. 500 Freestyle | 7. 200 Free | 12. 50 Butterfly |
| 2. 400 Ind Medley
(30 minute warm-up) | 8. 100 Fly | 13. 100 Ind Medley |
| 3. 200 Butterfly | 9. 100 Breast | 14. 100 Free |
| 4. 25 Free | 10A. 50 Free | 15. 50 Breast |
| 5. 200 Ind Medley | 10B. 50 Free (for 1st-year
Master swimmers) | 16. 200 Free Relay |
| 6. 100 Back | 11. 200 back | |

Deck entries only; Deadline 10:15AM for 500 Free & 400 IM; 11:15 for remainder of the meet.

USMS Safety rules will be observed. During warmup, swimmers must enter the water feet-first in a cautious manner with at least one hand in contact with the deck or gutter.

Refreshments: Bagels, coffee, juice and fruit during meet, compliments of Midland Masters. Social following the meet at Frick's (across the street from the school)

For more information contact:

Louise "Weezie" Hofer or

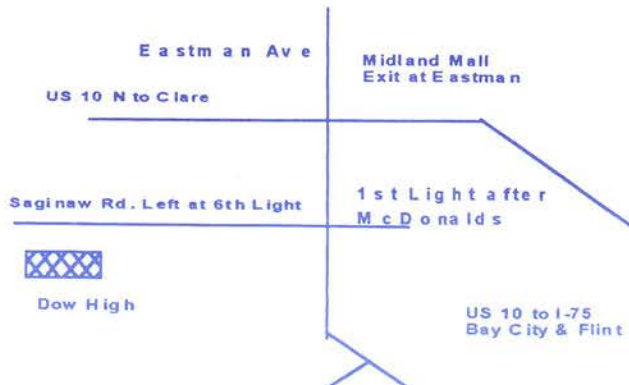
(517)-422-2054 (h)

(517)-832-7937 (o)

Dave Speth

(517) 636-7802 (h)

(517) 636-9238 (w)



MONROE YMCA PENTATHLION MASTERS SWIM MEET
November 6, 1999

RESULTS

WOMEN 18-24

50 YD FREESTYLE	
TINELLE PACKARD 24	31.36
100 YD FREESTYLE	
TINELLE PACKARD 24	1:14.09
50 YD BACKSTROKE	
TINELLE PACKARD 24	42.58
100 YD BACKSTROKE	
TINELLE PACKARD 24	1:30.75

WOMEN 30-34

500 YD FREESTYLE	
LOUISE HOEPER 30	7:47.15
100 YD BM	
LOUISE HOEPER 30	1:22.68
200 YD BM	
LOUISE HOEPER 30	3:01.73

WOMEN 25-29

50 YD FREESTYLE	
JENNIFER HERRIDAN 25	33.82
200 YD FREESTYLE	
JENNIFER HERRIDAN 25	2:56.37
100 YD BM	
JENNIFER HERRIDAN 25	1:31.30

WOMEN 35-39

50 YD FREESTYLE	
KAREN ROSINSKI 37	28.50
200 YD FREESTYLE	
ANDREA FUNK 36	2:14.76
50 YD BACKSTROKE	
KAREN ROSINSKI 37	40.61
200 YD BACKSTROKE	
ANDREA FUNK 36	2:10.05
50 YD BREAST	
KAREN ROSINSKI 37	40.35
200 YD BREAST	
ANDREA FUNK 36	3:01.45
50 YD BUTTERFLY	
KAREN ROSINSKI 37	32.94
200 YD BUTTERFLY	
ANDREA FUNK 36	2:47.43
200 YD BM	
KAREN ROSINSKI 37	2:58.46
400 YD BM	
ANDREA FUNK 36	5:26.03

WOMEN 40-44

50 YD FREESTYLE	
SUE ALT 44	35.51
200 YD FREESTYLE	
SUE ALT 44	2:59.78
500 YD FREESTYLE	
SUE ALT 44	7:55.48
50 YD BACKSTROKE	
LAUREN JOCKS 41	37.58
25 YD FLY	
LAUREN JOCKS 41	17.70
50 YD BUTTERFLY	
SUE ALT 44	43.49
100 YD BM	
LAUREN JOCKS 41	1:29.91
SUE ALT 44	1:36.49

WOMEN 45-49

50 YD FREESTYLE	
ANN GUINS 46	29.46
100 YD FREESTYLE	
MELINDA SMITH 47	1:18.64
25 YD BACKSTROKE	
GAIL DUMMER 48	24.56
100 YD BACKSTROKE	
ANN GUINS 46	1:15.06
MELINDA SMITH 47	1:38.20
200 YD BACKSTROKE	
MELINDA SMITH 47	1:45.18
25 YD BREASTSTROKE	
GAIL DUMMER 48	22.98
100 YD BREASTSTROKE	
MELINDA SMITH 47	1:38.93
GAIL DUMMER 48	1:50.73
50 YD BUTTERFLY	
ANN GUINS 46	34.74
100 YD BM	
GAIL DUMMER 48	1:58.64
200 YD BM	
MELINDA SMITH 47	3:30.12

WOMEN 50-54

50 YD FREESTYLE	
BARB BOS 50	31.91
KATHY BECKLEY 52	49.28
100 YD FREESTYLE	
BARB BOS 50	1:10.53
200 YD FREESTYLE	
BARB BOS 50	2:32.83
500 YD FREESTYLE	
BARB BOS 50	6:42.80
50 YD BACKSTROKE	
KATHY BECKLEY 52	1:02.49
50 YD BREASTSTROKE	
KATHY BECKLEY 52	54.40
100 YD BREASTSTROKE	
BARB BOS 50	1:31.65
KATHY BECKLEY 52	2:00.20
200 YD BREASTSTROKE	
BARBARA BOS 50	3:14.43
50 YD BUTTERFLY	
KATHY BECKLEY 52	1:04.23
100 YD BM	
KATHY BECKLEY 52	2:05.76

WOMEN 60-64

50 YD FREESTYLE	
BEVERLY J MYERS 64	35.44
LAURA GOGOLA 63	46.73
100 YD FREESTYLE	
LAURA GOGOLA 63	1:40.96
50 YD BACKSTROKE	
BEVERLY J MYERS 64	41.72
LAURA GOGOLA 63	52.40
100 YD BACKSTROKE	
LAURA GOGOLA 63	1:59.85
50 YD BREASTSTROKE	
BEVERLY J MYERS 64	44.62
50 YD BUTTERFLY	
BEVERLY J MYERS 64	41.07
100 YD BM	
BEVERLY J MYERS 64	1:27.33

WOMEN 65-69

200 YD FREESTYLE	
MARY F. WILLIAMS 67	3:55.41
200 YD BACKSTROKE	
MARY F. WILLIAMS 67	5:16.68
200 YD BREASTSTROKE	
MARY F. WILLIAMS 67	5:07.39
200 YD BUTTERFLY	
MARY F. WILLIAMS 67	5:14.66
400 YD BM	
MARY F. WILLIAMS 67	9:51.35

WOMEN 75-79

200 YD FREESTYLE	
LOIS KIVINOCMBAN 75	3:29.06
200 YD BACKSTROKE	
LOIS KIVINOCMBAN 75	3:51.60
200 YD BREASTSTROKE	
LOIS KIVINOCMBAN 75	4:14.33
200 YD BUTTERFLY	
LOIS KIVINOCMBAN 75	3:54.94
400 YD BM	
LOIS KIVINOCMBAN 75	7:57.66

WOMEN 80-84

25 YD FREESTYLE	
MARTHA FOSTER 8	33.81
50 YD FREESTYLE	
EDITH GLUSAC 80	1:01.07
MARTHA FOSTER 82	1:12.71
100 YD FREESTYLE	
MARTHA FOSTER 82	2:37.24
200 YD FREESTYLE	
MARTHA FOSTER 82	5:28.27
500 YD FREESTYLE	
MARTHA FOSTER 82	13:58.74
50 YD BACKSTROKE	
EDITH GLUSAC 80	1:00.88
50 YD BREAST	
EDITH GLUSAC 80	1:02.58
50 YD BUTTERFLY	
EDITH GLUSAC 80	1:21.67
100 YD BM	
EDITH GLUSAC 80	2:28.11

MONROE YMCA PENTATHLON MASTERS SWIM MEET
November 6, 1999

MEN 25-29

100 YD FREESTYLE	
BRAD HOUSTON 25	59:88
100 YD BACK	
BRAD HOUSTON 25	1:08:47
100 YD BREASTSTROKE	
BRAD HOUSTON 25	1:19:45
100 YD BUTTERFLY	
BRAD HOUSTON 25	1:07:50
200 YD IM	
BRAD HOUSTON 25	2:25:72

MEN 30-34

50 YD FREESTYLE	
BRIAN PAWLOWICZ 33	25:61
TERRY NISLEY 34	27:74
100 YD FREESTYLE	
THOMAS SCHIARDT 32	53:70
200 YD FREESTYLE	
THOMAS SCHIARDT 32	2:12:47
50 YD BREASTSTROKE	
THOMAS SCHIARDT 32	34:28
TERRY NISLEY 34	34:55
100 YD BREASTSTROKE	
BRIAN PAWLOWICZ 33	1:17:21
TERRY NISLEY 34	1:17:90
100 YD BUTTERFLY	
THOMAS SCHIARDT 32	1:06:83
100 YD IM	
BRIAN PAWLOWICZ 33	1:07:74
TERRY NISLEY 34	1:12:56
200 YD IM	
THOMAS SCHIARDT 32	2:52:32

MEN 35-39

100 YD FREESTYLE	
TIM CLORE 39	59:67
500 YD FREESTYLE	
TIM CLORE 39	5:51:91
TOM LYNCH 35	6:59:11
100 YD BACKSTROKE	
TIM CLORE 39	1:06:45
200 YD BACKSTROKE	
TIM CLORE 39	2:23:44
50 YD BREASTSTROKE	
TOM LYNCH 35	37:96
100 YD BUTTERFLY	
TOM LYNCH 35	1:30:56
200 YD BUTTERFLY	
TOM LYNCH 35	3:32:60

MEN 40-44

25 YD FREESTYLE	
JON HANSON 40	10:74
50 YD FREESTYLE	
JON HANSON 40	25:44
200 YD FREESTYLE	
BRUCE JOCKS 40	2:29:23
500 YD FREESTYLE	
BRUCE JOCKS 40	6:52:45
TOM MOON 43	7:45:83
50 YD BREASTSTROKE	
MARK J. WAGNER 40	31:16
200 YD BREASTSTROKE	
MARK J. WAGNER 40	2:35:08
TOM MOON 43	3:03:34
25 YD BUTTERFLY	
BRUCE JOCKS 40	16:16
100 YD BUTTERFLY	
MARK J. WAGNER 40	1:10:10
100 YD IM	
MARK J. WAGNER 40	1:05:12
TOM MOON 43	1:18:05
BRUCE JOCKS 40	1:23:52
400 YD IM	
MARK J. WAGNER 40	5:06:23

MEN 45-49

100 YD FREESTYLE	
DAN HELTON 48	59:52
25 YD BACKSTROKE	
RANDY MIKULA 46	16:53
50 YD BACKSTROKE	
RANDY MIKULA 46	35:72
100 YD BACKSTROKE	
DAN HELTON 48	1:06:45
RANDY MIKULA 46	1:17:56
200 YD BACKSTROKE	
RANDY MIKULA 46	2:57:60
100 YD IM	
DAN HELTON 48	DQ

MEN 55-59

25 YD FREESTYLE	
DON FERENCZ 56	14:89
50 YD FREESTYLE	
DON FERENCZ 56	33:66
200 YD FREESTYLE	
DONALD J. KROEGER 55	2:37:18
500 YD BACKSTROKE	
DONALD J. KROEGER 55	3:18:23
35 YD BREASTSTROKE	
DON FERENCZ 56	17:25
50 YD BREASTSTROKE	
DON FERENCZ 56	41:15
100 YD BREASTSTROKE	
DON FERENCZ 56	1:37:39
200 YD BREASTSTROKE	
DONALD J. KROEGER 55	3:16:35
200 YD BUTTERFLY	
DONALD J. KROEGER 55	3:27:42
400 YD IM	
DONALD J. KROEGER 55	6:27:80

MEN 70-74

50 YD FREESTYLE	
JOHN J. REESE 74	35:36
FREDDY EDWARDS 74	38:12
50 YD BACKSTROKE	
FREDDY EDWARDS 74	51:94
50 YD BREASTSTROKE	
JOHN J. REESE 74	43:5
FREDDY EDWARDS 74	47:22
50 YD BUTTERFLY	
FREDDY EDWARDS 74	48:71
100 YD IM	
FREDDY EDWARDS 74	1:46:78

MEN 50-54

50 YD FREESTYLE	
DAVE HAMMER 52	38:90
100 YD FREESTYLE	
ROBERT CASEY 54	1:01:39
DAVE HAMMER 52	1:30:31
500 YD FREESTYLE	
ROBERT CASEY 54	5:59:67
50 YD BACKSTROKE	
ROB MONTIE 51	32:64
200 YD BACKSTROKE	
ROB MONTIE 51	2:39:50
50 YD BREASTSTROKE	
ROBERT CASEY 54	38:78
DAVE HAMMER 52	42:66
25 YD BUTTERFLY	
DAVE HAMMER 52	20:56
100 YD BUTTERFLY	
ROBERT CASEY 54	1:11:54
100 YD IM	
ROBERT CASEY 54	1:12:69

MEN 60-64

25 YD FREESTYLE	
BOB HINKEL 61	22:94
50 YD FREESTYLE	
BOB HINKEL 61	49:77
100 YD FREESTYLE	
BOB HINKEL 61	1:56:33
200 YD FREESTYLE	
BOB HINKEL 61	4:15:29
500 YD FREESTYLE	
BOB HINKEL 61	11:17:87

MEN 75-79

200 YD FREESTYLE	
RICHARD EVANS 75	4:12:06
100 YD BUTTERFLY	
RICHARD EVANS 75	2:27:92
200 YD BUTTERFLY	
RICHARD EVANS 75	5:29:54
200 YD IM	
RICHARD EVANS 75	4:55:10
400 YD IM	
RICHARD EVANS 75	10:19:96

Event 1 Mixed Senior 1650 Free

PL	Name	Age Team	Finals
--- Women Ages 50 Through 54 ---			
1	BOS, BARB	50 DM	22:59.39
--- Men Ages 25 Through 29 ---			
1	DAVIS, JIM	29 UNAT	18:50.88
--- Men Ages 35 Through 39 ---			
1	MORDLUND, ERIC	35 SOS	21:24.43
--- Men Ages 40 Through 44 ---			
1	DAVIES, BILL	42 WWR	NS
--- Men Ages 45 Through 49 ---			
1	MIKALA, RANDY	46 HYD	24:14.31
2	GRUSKIN, MARK	45 SC	26:52.03

Event 2 Mixed Senior 200 Back

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	BERENS, TARA	27 FAST	2:26.90
--- Women Ages 30 Through 34 ---			
1	TEICHMAN, KAREN	51 UNAT	4:03.38
--- Women Ages 55 Through 59 ---			
1	PARKS, JENNIFER	56 CATS	3:13.15
--- Men Ages 40 Through 44 ---			
1	FURNESS, DAVID	41 WWR	2:37.17
--- Men Ages 45 Through 49 ---			
1	THOMPSON, FRANK	47 SOS	2:22.86
2	MIKALA, RANDY	46 HYD	2:59.35
--- Men Ages 70 Through 74 ---			
1	JACQUE, MITCH	70 MID	3:50.30

Event 5 Mixed Senior 50 Breast

PL	Name	Age Team	Finals
--- Women Ages 30 Through 34 ---			
1	BRIGGS, ABIGAIL	32 PCC	47.00
--- Women Ages 35 Through 39 ---			
1	EUBANKS, SARAH	36 PCC	37.29
2	WOYTUK, KIM	37 WWR	55.98
--- Women Ages 40 Through 44 ---			
1	SCHWARTZ, MARY	41 SOS	43.60
--- Women Ages 50 Through 54 ---			
1	BOS, BARB	50 DM	45.87
2	BECKLEY, KATHY	52 SOS	56.15
--- Women Ages 65 Through 69 ---			
1	YEE, F	65 WWR	NS
--- Men Ages 19 Through 24 ---			
1	LAVICTOIRE, A.	24 PCC	35.09
--- Men Ages 25 Through 29 ---			
1	ZETTEL, ERIC	25 OSC	33.67
2	CAMILL, JIM	27 LALA	37.66
3	GUTIERREZ, DAVE	27 OSC	43.11
--- Men Ages 30 Through 34 ---			
1	SMITH, PETER	32 WWR	39.26
--- Men Ages 35 Through 39 ---			
1	EUBANKS, SARAH	39 PCC	35.23
2	KUHN, DOUG	37 WWR	35.37
--- Men Ages 40 Through 44 ---			
1	WRIGHT, PAUL	44 FAST	35.22
2	HOFFMASTER, H.	43 SOS	36.16
--- Men Ages 45 Through 49 ---			
1	PEARCE, CRAIG	46 WWR	33.27
2	WEBLEY, JAMES	47 AA	35.10
3	TEMPLETON, DOUG	45 SAM	35.63
--- Men Ages 50 Through 54 ---			
1	MCNAMUS, DENNIS	52 SOS	39.71
2	FOUST, BRIAN	50 PCC	45.59

West Bloomfield Masters Extravaganza
November 14, 1999

Meet Results for Timed Finals-Yards

Event 3 Mixed Senior 50 Fly

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	SANTO, JESSICA	26 FAST	29.10
--- Women Ages 35 Through 39 ---			
1	EUBANKS, SARAH	36 PCC	30.33
2	ROSINSKI, KAREN	37 FAST	33.82
3	WOYTUK, KIM	37 WWR	45.14
--- Women Ages 40 Through 44 ---			
1	SCHWARTZ, MARY	41 SOS	38.10
2	PRATT, JANICE	44 WWR	51.50
--- Men Ages 19 Through 24 ---			
1	BUCKHEIM, TOM	24 ROME	31.91
--- Men Ages 25 Through 29 ---			
1	SCHALL, JOE	25 FAST	30.66
--- Men Ages 30 Through 34 ---			
1	SCHARDT, THOMAS	32 OHMI	27.03
2	BINGHAM, PAUL	33 PCC	28.38
3	CORAL, TOM	34 SAM	28.41
--- Men Ages 35 Through 39 ---			
1	EUBANKS, RUSTY	38 PCC	28.97
2	KUHN, DOUG	37 WWR	31.51
--- Men Ages 40 Through 44 ---			
1	HANSON, JON	40 UNAT	28.77
2	HOFFMASTER, H.	43 SOS	29.04
--- Men Ages 45 Through 49 ---			
1	WEBLEY, JAMES	47 AA	28.01
2	NYMAN, LARRY	46 CATS	NS
--- Men Ages 50 Through 54 ---			
1	MCNAMUS, DENNIS	52 SOS	30.16
2	SUBOTICH, BILL	50 DRY	31.12

Event 6 Mixed Senior 200 Free

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	BERENS, TARA	27 FAST	2:19.79
--- Women Ages 35 Through 39 ---			
1	YEE, LAUREN	37 WWR	NS
--- Women Ages 40 Through 44 ---			
1	PRATT, JANICE	44 WWR	3:21.87
--- Women Ages 50 Through 54 ---			
1	TEICHMAN, KAREN	51 UNAT	3:20.09
--- Women Ages 60 Through 64 ---			
1	GOGOLA, LAURA	63 UNAT	3:41.72
--- Men Ages 19 Through 24 ---			
1	LOCK, DANIEL	23 ROME	2:08.55
2	BUCKHEIM, TOM	24 ROME	2:26.11
--- Men Ages 25 Through 29 ---			
1	DAVIS, JIM	28 UNAT	2:01.75
2	SCHALL, JOE	25 FAST	2:30.87
--- Men Ages 30 Through 34 ---			
1	DEAN, STEVEN	30 LALA	2:10.58
--- Men Ages 35 Through 39 ---			
1	JOHNS, MATTHEW	36 FAST	2:14.69
--- Men Ages 40 Through 44 ---			
1	FURNESS, DAVID	41 WWR	2:16.66
--- Men Ages 45 Through 49 ---			
1	TEMPLETON, DOUG	45 SAM	2:17.41
2	THOMPSON, FRANK	47 SOS	2:21.41
--- Men Ages 70 Through 74 ---			
1	JACQUE, MITCH	70 MID	3:07.19

Event 4 Mixed Senior 200 IM

PL	Name	Age Team	Finals
--- Women Ages 35 Through 39 ---			
1	FUNK, ANDREA	36 CATS	2:32.51
--- Women Ages 40 Through 44 ---			
1	PRATT, JANICE	44 WWR	3:30.80
--- Women Ages 55 Through 59 ---			
1	KOWALSKI, JOYCE	57 SOS	3:23.24
--- Women Ages 75 Through 79 ---			
1	NOCHMAN, LOIS	75 SOS	3:51.11
--- Women Ages 80 Through 84 ---			
1	GLUSAC, EDITH	80 SOS	5:25.25
--- Men Ages 19 Through 24 ---			
1	TEICHMAN, MARC	21 UNAT	2:05.01
--- Men Ages 25 Through 29 ---			
1	DAVIS, JIM	28 UNAT	2:25.53
2	ZETTEL, ERIC	25 OSC	2:25.85
3	AGUILAR, KEVIN	26 FAST	2:29.29
4	ROSEBROGH, TYLER	29 OSC	2:42.12
5	GUTIERREZ, DAVE	27 OSC	2:53.87
--- Men Ages 30 Through 34 ---			
1	DEAN, STEVEN	30 LALA	2:25.17
2	DAYTON, BRYAN	34 MI	2:31.70
--- Men Ages 35 Through 39 ---			
1	CASSIDY, JOHN	35 LALA	2:20.40
2	JOHNS, MATTHEW	36 FAST	2:40.54
3	RINGER, JIM	39 MID	NS
--- Men Ages 40 Through 44 ---			
1	DAVIES, BILL	42 WWR	2:47.39
--- Men Ages 60 Through 64 ---			
1	KRATCHMAN, MIKE	60 JCC	3:56.81

Event 7 Mixed Senior 50 Back

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	BERENS, TARA	27 FAST	32.28
--- Women Ages 55 Through 59 ---			
1	PARKS, JENNIFER	56 CATS	41.88
--- Women Ages 65 Through 69 ---			
1	YEE, F	65 WWR	NS
--- Men Ages 19 Through 24 ---			
1	KAUFMAN, DAN	24 SOS	28.21
--- Men Ages 25 Through 29 ---			
1	ROSEBROGH, TYLER	29 OSC	31.75
--- Men Ages 30 Through 34 ---			
1	SCHARDT, THOMAS	32 OHMI	29.48
2	WYDRA, TOM	33 SOS	29.62
3	SMITH, PETER	32 WWR	41.25
--- Men Ages 35 Through 39 ---			
1	MORDLUND, ERIC	35 SOS	30.42
2	EUBANKS, RUSTY	38 PCC	31.19
--- Men Ages 40 Through 44 ---			
1	HOFFMASTER, H.	43 SOS	34.62
--- Men Ages 45 Through 49 ---			
1	NYMAN, LARRY	46 CATS	32.85
2	MIKALA, RANDY	46 HYD	NS
--- Men Ages 50 Through 54 ---			
1	FOUST, BRIAN	50 PCC	35.59

Event 8 Mixed Senior 100 Fly

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	SANTO, JESSICA	26 FAST	1:06.45
--- Women Ages 35 Through 39 ---			
1	FUNK, ANDREA	36 CATS	1:11.72
2	ROSINSKI, KAREN	37 FAST	1:15.99
--- Women Ages 40 Through 44 ---			
1	SCHWARTZ, MARY	41 SOS	1:37.98
--- Women Ages 55 Through 59 ---			
1	KOWALSKI, JOYCE	57 SOS	1:36.96
--- Women Ages 75 Through 79 ---			
1	NOCHMAN, LOIS	75 SOS	1:49.33
--- Women Ages 80 Through 84 ---			
1	GLUSAC, EDITH	80 SOS	2:40.77
--- Men Ages 19 Through 24 ---			
1	TEICHMAN, MARC	21 UNAT	55.97
2	KAUFMAN, DAN	24 SOS	1:02.54
--- Men Ages 25 Through 29 ---			
1	AGUILAR, KEVIN	26 FAST	1:04.12
2	DAVIS, JIM	28 UNAT	1:06.31
--- Men Ages 30 Through 34 ---			
1	CORAL, TOM	34 SAM	1:05.56
2	BINGHAM, PAUL	33 PCC	1:08.57

--- Men Ages 35 Through 39 ---

1	RINGER, JIM	39 MID	NS
--- Men Ages 50 Through 54 ---			
1	MCNAMUS, DENNIS	52 SOS	1:18.83
2	SUBOTICH, BILL	50 DRY	1:21.40

Event 9 Mixed Senior 200 Breast

PL	Name	Age Team	Finals
--- Women Ages 50 Through 54 ---			
1	BOS, BARB	50 DM	3:15.34
2	BECKLEY, KATHY	52 SOS	4:18.62
--- Men Ages 30 Through 34 ---			
1	DEAN, STEVEN	30 LALA	2:45.38
2	SMITH, PETER	32 WWR	3:29.95
--- Men Ages 40 Through 44 ---			
1	DAVIES, BILL	42 WWR	2:59.88
2	WRIGHT, PAUL	44 FAST	3:06.90
--- Men Ages 45 Through 49 ---			
1	THOMPSON, FRANK	47 SOS	2:52.13
2	WEBLEY, JAMES	47 AA	2:52.85
3	PEARCE, CRAIG	46 WWR	2:53.55

Event 10 Mixed Senior 50 Free

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	SANTO, JESSICA	26 FAST	26.06
2	TENBROEKE, M.	29 PCC	29.28
3	MILLSTEAD, CINDY	28 PCC	35.84
--- Women Ages 30 Through 34 ---			
1	BRIGGS, ABIGAIL	32 PCC	35.05
--- Women Ages 35 Through 39 ---			
1	EUBANKS, SARAH	36 PCC	29.18
2	ROSINSKI, KAREN	37 FAST	30.00
3	WOYTUK, KIM	37 WWR	35.14
--- Women Ages 50 Through 54 ---			
1	TEICHMAN, KAREN	51 UNAT	37.51
--- Women Ages 55 Through 59 ---			
1	KOWALSKI, JOYCE	57 SOS	34.03
--- Women Ages 60 Through 64 ---			
1	GOGOLA, LAURA	63 UNAT	45.08
--- Women Ages 65 Through 69 ---			
-	YEE, F	65 WWR	NS
--- Men Ages 19 Through 24 ---			
1	LOCK, DANIEL	23 ROME	25.06
2	KAUFMAN, DAN	24 SOS	25.42
3	LAVICTOIRE, A.	24 PCC	27.91
4	BUCKHEIM, TOM	24 ROME	29.74
--- Men Ages 25 Through 29 ---			
1	ZETTEL, ERIC	25 OSC	25.49
2	AGUILAR, KEVIN	26 FAST	25.71
3	ROSEBROGH, TYLER	29 OSC	28.29
4	SCHALL, JOE	25 FAST	28.72
5	GUTIERREZ, DAVE	27 OSC	29.69
6	CAMILL, JIM	27 LALA	30.46
--- Men Ages 30 Through 34 ---			
1	DAYTON, BRYAN	34 MI	24.52
--- Men Ages 35 Through 39 ---			
1	NORDLUND, ERIC	35 SOS	25.19
-	SHROSBICE, R.	37 UNAT	DQ
--- Men Ages 40 Through 44 ---			
1	HANSON, JON	40 UNAT	25.73
--- Men Ages 45 Through 49 ---			
1	TEMPLETON, DOOG	45 BAM	28.26
--- Men Ages 50 Through 54 ---			
1	FOUST, BRIAN	50 PCC	32.45
--- Men Ages 55 Through 59 ---			
1	FERENCZE, DONALD	56 DRY	34.27
--- Men Ages 60 Through 64 ---			
-	KRATCHMAN, MIKE	60 JCC	NS

Meet Results for Timed Finals-Yards

--- Women Ages 40 Through 44 ---			
1	SCHWARTZ, MARY	41 SOS	1:17.76
--- Women Ages 50 Through 54 ---			
1	TEICHMAN, KAREN	51 UNAT	1:28.50
--- Women Ages 55 Through 59 ---			
1	KOWALSKI, JOYCE	57 SOS	1:17.73
--- Women Ages 60 Through 64 ---			
1	GLUSAC, LAURA	63 UNAT	1:41.70
--- Women Ages 75 Through 79 ---			
1	NOCHMAN, LOIS	75 SOS	1:33.78
--- Women Ages 80 Through 84 ---			
1	GLUSAC, EDITH	80 SOS	2:09.91
--- Men Ages 19 Through 24 ---			
1	TEICHMAN, MARC	21 UNAT	51.56
2	LOCH, DANIEL	23 ROME	56.43
3	LAUVITTOIRE, A.	24 PCC	1:01.99
4	BUCKHEIM, TOM	24 ROME	1:07.04
--- Men Ages 25 Through 29 ---			
1	CAHILL, JIM	27 LALA	1:09.58
--- Men Ages 30 Through 34 ---			
1	SCHARDT, THOMAS	32 OHMI	55.64
2	DEAN, STEVEN	30 LALA	55.82
3	BINGHAM, PAUL	33 PCC	59.79
--- Men Ages 35 Through 39 ---			
1	SHROBICE, R.	37 UNAT	53.81
2	CASSIDY, JOHN	35 LALA	55.77
3	EUBANKS, RUSTY	38 PCC	56.83
4	JOHNS, MATTHEW	36 FAST	1:00.62
5	KUHN, DOUG	37 WWR	1:00.74
-	RINGER, JIM	39 MID	NS
--- Men Ages 40 Through 44 ---			
1	HOFFMASTER, H.	43 SOS	1:08.14
-	FUNNELL, DAVID	41 WWR	DQ
--- Men Ages 45 Through 49 ---			
1	NYMAN, LARRY	46 CATS	58.16
2	PEARCE, CRAIG	46 WWR	1:06.74
3	WESLEY, JAMES	47 AA	1:08.50
--- Men Ages 50 Through 54 ---			
1	MCMANUS, DENNIS	52 SOS	1:04.79
--- Men Ages 55 Through 59 ---			
1	FERENCZ, DONALD	56 DRY	1:17.45
--- Men Ages 70 Through 74 ---			
1	JACQUE, MITCH	70 MID	1:24.35

Event 13 Mixed Senior 200 Fly			
PL	Name	Age Team	Finals
--- Men Ages 30 Through 34 ---			
1	CURAL, TOM	34 SAM	2:46.91
Event 14 Mixed Senior 100 Back			
PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	SANTO, JESSICA	26 FAST	1:06.86
2	BERENS, TARA	27 FAST	1:10.56
3	TENBROEKE, M.	29 PCC	1:18.35
--- Women Ages 35 Through 39 ---			
1	FUNK, ANDREA	36 CATS	1:10.99
--- Women Ages 40 Through 44 ---			
1	PRATT, JANICE	44 WWR	1:41.63
--- Women Ages 50 Through 54 ---			
1	TEICHMAN, KAREN	51 UNAT	1:47.31
--- Women Ages 55 Through 59 ---			
1	PARKS, JENNIFER	56 CATS	1:28.76
--- Women Ages 75 Through 79 ---			
1	NOCHMAN, LOIS	75 SOS	1:49.27
--- Women Ages 80 Through 84 ---			
1	GLUSAC, EDITH	80 SOS	2:09.58
--- Men Ages 19 Through 24 ---			
1	KAUFMAN, DAN	24 SOS	1:01.64
--- Men Ages 25 Through 29 ---			
1	ROSEBROUGH, TYLER	29 OSC	1:09.95
--- Men Ages 30 Through 34 ---			
1	WYDRA, TOM	33 SOS	1:04.07
2	SCHARDT, THOMAS	32 OHMI	1:20.69
--- Men Ages 35 Through 39 ---			
1	CASSIDY, JOHN	35 LALA	1:06.12
-	RINGER, JIM	39 MID	NS
--- Men Ages 45 Through 49 ---			
1	THOMPSON, FRANK	47 SOS	1:06.49

Event 15 Mixed Senior 100 Breast			
PL	Name	Age Team	Finals
--- Women Ages 35 Through 39 ---			
1	FUNK, ANDREA	36 CATS	1:23.47
2	ROSINSKI, KAREN	37 FAST	1:28.91
3	WOTIUK, KIM	37 WWR	1:39.48
--- Women Ages 40 Through 44 ---			
-	SCHWARTZ, MARY	41 SOS	NS
--- Women Ages 50 Through 54 ---			
1	BECKLEY, KATHY	52 SOS	2:01.02
--- Women Ages 55 Through 59 ---			
1	KOWALSKI, JOYCE	57 SOS	1:44.32
2	PARKS, JENNIFER	56 CATS	1:50.81
--- Women Ages 75 Through 79 ---			
1	NOCHMAN, LOIS	75 SOS	1:59.36
--- Women Ages 80 Through 84 ---			
1	GLUSAC, EDITH	80 SOS	2:19.94
--- Men Ages 19 Through 24 ---			
1	TEICHMAN, MARC	21 UNAT	1:05.18
2	LAUVITTOIRE, A.	24 PCC	1:21.40
--- Men Ages 25 Through 29 ---			
1	ZETTEL, ERIC	25 OSC	1:12.55
2	AGUILAR, KEVIN	26 FAST	1:18.78
-	GUTIERREZ, DAVE	27 OSC	NS

--- Men Ages 30 Through 34 ---			
1	DEAN, STEVEN	30 LALA	1:14.06
2	DAYTON, BRYAN	34 MT	1:15.10
3	SMITH, PETER	32 WWR	1:30.15
--- Men Ages 40 Through 44 ---			
1	WRIGHT, PAUL	44 FAST	1:18.19
--- Men Ages 45 Through 49 ---			
1	PEARCE, CRAIG	46 WWR	1:16.02
2	TEMPLETON, DOUG	45 SAM	1:18.26
--- Men Ages 55 Through 59 ---			
1	FERENCZ, DONALD	56 DRY	1:41.18

Event 16 Mixed Senior 50 Free			
PL	Name	Age Team	Finals
--- Women Ages 35 Through 39 ---			
-	YEE, LAUREN	37 WWR	NS
--- Women Ages 50 Through 54 ---			
1	BECKLEY, KATHY	52 SOS	49.97
--- Men Ages 30 Through 34 ---			
1	SCHARDT, THOMAS	32 OHMI	25.12
2	CURAL, TOM	34 SAM	25.38
3	BINGHAM, PAUL	33 PCC	26.42
--- Men Ages 35 Through 39 ---			
1	EUBANKS, RUSTY	38 PCC	25.58
2	KUHN, DOUG	37 WWR	26.56
-	RINGER, JIM	39 MID	NS
--- Men Ages 40 Through 44 ---			
1	HOFFMASTER, H.	43 SOS	25.69
2	FUNNELL, DAVID	41 WWR	26.36
3	DAVIES, BILL	42 WWR	29.06
--- Men Ages 45 Through 49 ---			
1	NYMAN, LARRY	46 CATS	25.59
2	WESLEY, JAMES	47 AA	26.60
3	PEARCE, CRAIG	46 WWR	31.01
--- Men Ages 50 Through 54 ---			
1	MCMANUS, DENNIS	52 SOS	27.54
2	SUBOTICH, BILL	50 DRY	27.73

Event 17 Mixed Senior 500 Free			
PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
1	TENBROEKE, M.	29 PCC	6:25.64
--- Women Ages 35 Through 39 ---			
1	EUBANKS, SARAH	36 PCC	6:18.29
--- Women Ages 50 Through 54 ---			
1	BOS, BARB	50 DM	6:46.98
--- Women Ages 55 Through 59 ---			
1	PARKS, JENNIFER	56 CATS	8:15.78
--- Men Ages 25 Through 29 ---			
-	DAVIS, JIM	28 UNAT	NS
-	SCHALL, JOE	25 FAST	NS
--- Men Ages 30 Through 34 ---			
1	SMITH, PETER	32 WWR	8:10.61
--- Men Ages 35 Through 39 ---			
1	JOHNS, MATTHEW	36 FAST	6:01.18
2	NORDLUND, ERIC	35 SOS	6:11.57
--- Men Ages 45 Through 49 ---			
1	THOMPSON, FRANK	47 SOS	5:59.07
-	TEMPLETON, DOUG	45 SAM	NS
--- Men Ages 70 Through 74 ---			
1	JACQUE, MITCH	70 MID	8:07.98

Event 18 Mixed Senior 1000 Free			
PL	Name	Age Team	Finals
1	NORDLUND, ERIC	35 SOS	13:39.64
2	BOS, BARB	50 DM	13:52.55
3	WRIGHT, PAUL	44 FAST	15:20.53
4	CAHILL, JIM	27 LALA	16:14.17
5	JACQUE, MITCH	70 MID	17:25.43

SUMMARY OF TECHNICAL USMS RULE CHANGES FOR 2000

The following are the significant rule changes beginning January 1, 2000.

STARTING PROTOCOL: (procedure currently used for international meets)

Forward Start – At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swim wear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform the edge of the deck or on the wall. When the field has settled, the referee turns the field over to the starter by extending his/her arm towards the starter. The starter then issues the command "Take your mark" followed by the start signal as appropriate.

Backstroke Start – At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the Referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position. When the field has settled, the referee turns the field over to the starter by extending his/her arm towards the starter. The starter then issues the command "Take your mark" followed by the start signal as appropriate.

(No other commands are required by the Starter, but it is recommended that the Starter notify the swimmers of the distance and event).

FALSE STARTS: (No recall for false start if start signal has sounded)

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.

BUTTERFLY: (Multiple underwater breaststroke kicks are not allowed at start and turns)

After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull which brings the swimmer to the surface.

1999/2000 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 10, 1999	Harbor Masters	Sanctioned #199012	Harbor Springs Community School	Marilyn Early	231-526-9824
Saturday November 6, 1999	Monroe YMCA	Recognized #199012R	Monroe Family YMCA	Don Kroeger	734-242-7175
Sunday November 14, 1999	West Bloomfield Laker Fan Club	Sanctioned #199007	West Bloomfield High School	Bob Crosby	248-529-2515
Saturday December 11, 1999	Capitol Area Tri & Swim Masters	Sanctioned #199009	Dewitt High School Natatorium	Andrea Funk	517-351-3471
Sunday January 23, 2000	Jackson Masters (Short Course Meters)	Sanctioned #120001	University of Michigan Canham Natatorium	Bill or Phyllis Reid	517-592-8908
Sunday February 13, 2000	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned #120005	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132
Saturday February 26, 2000	West Michigan Masters	Sanctioned #120006	Rockford High School Community Pool	Ken Danhof	616-739-5592
Sunday March 5, 2000	West Bloomfield Laker Fan Club	Sanctioned #120002	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 19, 2000	Midland Masters	Sanctioned	Midland Dow High School	Charlie Moss	517-631-1480
Michigan Masters State Championships April 14-16, 2000	Flyer in March Newsletter	Sanctioned	Holland Community Aquatic Center Holland, Michigan	Tom Bos Fred Nelis	Flyer in March Newsletter

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

Michigan Masters Swimming Committee
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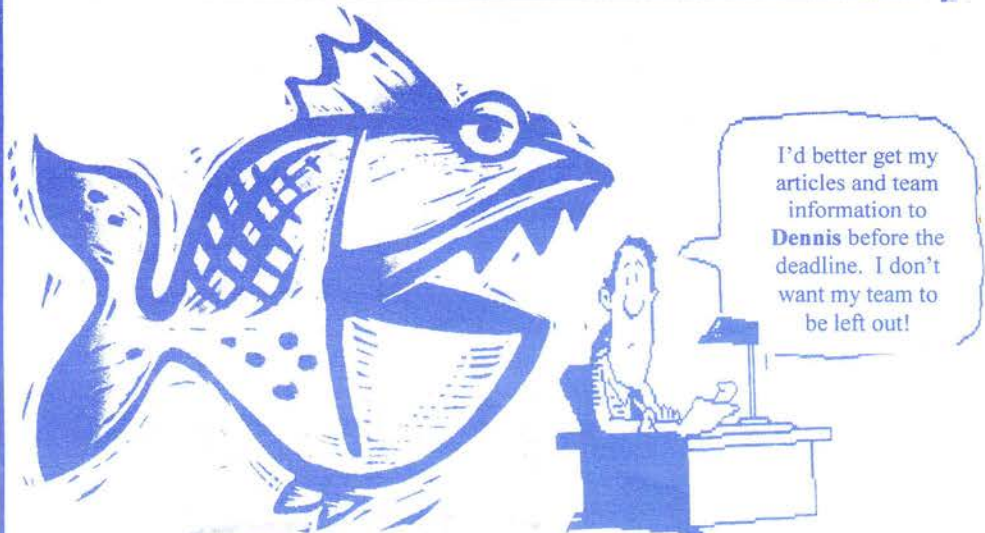
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Remember to Register for Year 2000 Now! - Michigan Masters Needs You!

In This Issue ..

- ◆ Meet Results
- ◆ 1999 USMS Convention
San Diego, CA
- ◆ 1999 Annual Meeting
Notes
- ◆ President's Corner
- ◆ Year 2000
Registration Form
- ◆ Winter Meet Flyers
- ◆ and More!

**Attention Team Reps: Deadline for the
March, 2000 Issue
is February 15, 2000!**



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