

The Wave Eater

Volume 9, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2001



09-11-01

Lest We
Never
Forget

Postponed USMS Convention Conducted in Louisville, KY

The 2001 USMS Annual Convention was held November 15-18, 2001 at the Galt House Hotel in Louisville, KY. As many of you are aware, this convention was originally scheduled in September at the Dearborn Hyatt Regency in conjunction with the United States Aquatic Sports (USAS) convention, with Michigan Masters as the host LMSC. Due to the tragic events of September 11, the USMS portion had to be rescheduled and relocated to Louisville.

Since this was both an election and legislative year, it was imperative the organization's business be handled this calendar year and not carried over to the 2002 convention. As a result of condensed schedule, the four Michigan delegates, representing Michigan Masters 688 members, had to work diligently to cover all legislative matters and support both Holland Community Aquatic Center bid for 2003 Masters LC Nationals and candidacy of Skip Thompson for National Secretary.

Congratulations to the USMS newly elected Executive Committee Officers:

- President - Jim Miller
- Vice President - Scott Rabalais
- Secretary - Sally Dillon
- Treasurer - Doug Church

*See complete organizational listing inside



U of M Swim Meet Canceled

The Michigan Masters swim meet originally scheduled for January 20, 2002, in the Don Canham Natatorium at the University of Michigan has been canceled. Due to unforeseen difficulties associated with changes in pool management and school policy, the Meet Director was unable to secure University approval to conduct the meet for the new year.

This turn of events is obviously a great disappointment to Michigan Masters Swimming and to all participants and volunteers who looked forward next year to visiting and competing in a world class facility.

As point of reference last year's meet, with exception of the State Meet, was our most popular local masters meet with approximately 150 participants. Masters meets conducted at U of M in prior years have consistently exceeded 100 swimmers.

Naturally, efforts will continue to be made to secure this location for masters meets in future years. In the meantime, other venues are being approached in an attempt to replace this meet for January. We will keep the membership informed as to any success in finding a replacement meet on such short notice.

*See EXTRA! Page 3

pools & workouts



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals: Skip Thompson (248) 683-2191 Royal Oak Dondero High School Tue. & Thurs. Nights – 8:30PM to 10:00PM	Ford Athletic Swim & Triathlon: Matt Myers (313) 592-2797 mmyers2@ford.com Schoolcraft College Saturday - 7:15AM to 8:30AM www.swimfasttrifast.com
Livonia Area: Livonia & Larger Area Masters (LALA) deano69@flash.net (248) 926-5937 Livonia Stevenson High School MWF evenings – 5:45PM to 7PM Saturday morning – 7:00AM	Farmington Area: Bill Hughes (248) 474-2858 after 6PM Farmington YMCA – Farmington Hydrofoils Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM Must be a Farmington YMCA member and USMS member
<h3>MICHIGAN - LOWER PENINSULA</h3>	
Ann Arbor: 734-994-2898 Mack Pool M-F mornings 6:00AM to 7:30AM MWF evenings 6:00PM to 7:00PM Fuller Pool Summers: 6:30PM to 8:00PM	Flint: Charlie Case (810) 232-9622 Flint YMCA Various Lap Swim Times Workouts Sunday 6:15PM to 7:30PM
Plymouth: Plymouth Canton Community Masters Leslie Greeneisen greeneseisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM	Lansing: Capitol Area Tri & Swim Club (CATS) George Runciman (517) 323-2358 Michigan Athletic Club (MAC) Mon. thru Thur. 6:00PM to 7:00PM www.michiganmasters.com/lansing.htm
Midland: H. H. Dow High School Mon. & Wed. 8:30PM to 10:00PM Midland Community Center Saturday mornings – 9:00AM to 10:30AM	Holland: Fred Nelis (616) 399-9588 Holland Community Aquatic Center Pool Ph. (616) 393-7595 www.holland.k12.mi.us/aquatic.center/
Grand Rapids: West Michigan Masters Carolyn Calcutt (616) 785-9544 Grand Rapids Community College Ford Pool Mon. & Wed. 7:00PM to 8:00PM Friday 6:00PM to 7:00PM	Kalamazoo: Vince Gallant (616) 349-1053 Loy Norrix High School M-F 5:40AM to 7AM, M-Th. 5:00PM to 7:30PM, F 5:00PM to 6:30PM, Sat. 8:00AM to 10:30AM
Open Water: Marilyn Early (231) 526-9824 jcowling@tir.com	Website: Michigan Masters Swimming www.michiganmasters.com



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REPLACEMENT MEET SCHEDULED FOR JAN. 20 HOSTED BY LAKE ORION CLASSIC OLDIES

Great News Everyone! The Lake Orion Classic Oldies masters swim club has agreed to host a Michigan Masters swim meet at Lake Orion Natatorium on January 20, 2002, as **replacement for the U of M meet** recently canceled. Meet Director, Greg Palmer, has worked overtime to enlist team support, volunteers and an incredible facility that Michigan Masters swimmers will truly enjoy for competition and camaraderie. Many thanks are in order for Greg and his organization's willingness and ability to "step up" during this time of need.

The Lake Orion Natatorium consists of two pools. The centerpiece is a 25 yd. 11 lane competition pool with 8 ft. deep racing lanes with 7 ft. starts and 9.8 to 13 ft. turn end and non-turbulent racing lines. The second pool is a 25 yd. 4 lane pool, which will be open during the whole meet for warm-up and cool-down. Both pools are handicapped accessible. There is an automated Colorado Timing System with High-Speed display board. Spectator seating in balcony for 600+ and deck seating for 300. They will be using Hy-Tek Meet Manager for the meet so results will be posted and also available for sale for a fee, which can be included in meet entry form. **In addition, electronic results will be available for free if you bring a floppy disk.**

Those of you planning to attend this meet from great distances, can rest assured that Greg has arranged the availability of overnight accommodations, if required, at reasonable rates close-by the pool.

Complete details are included in the meet flyer enclosed in this newsletter. Michigan Masters enthusiastically recommends all USMS members consider attending this meet at an exciting new facility.

2002 YMCA Masters National Championships



The YMCA Masters National Short Course Championships are being hosted by the International Swimming Hall of Fame (ISHOF) complex in Fort Lauderdale, Florida the weekend of April 18-21, 2002.

YMCA memberships are \$46 per year at the Plymouth YMCA and \$20 for seniors over 62 years of age. Many people are already Y members and they just have to renew for next year. Entry forms will be available at all future Michigan Masters meets with pertinent information as to how to participate.

Anyone who would like to swim in the YMCA Nationals, not already affiliated with a current YMCA team, should contact Skip Thompson at (248) 683-2191 or e-mail: frankskipthompso@aol.com, as soon as possible.

Due to the particular team method the YMCA utilizes, which differs significantly from USMS, **all participants from a local Y must enter as a complete team.** As a convenience, Skip Thompson will coordinate participant entries as he has done in prior years to accomplish this task for the Plymouth YMCA.

The team entry deadline to submit entries for this competition is March 28, 2002. As a consequence, all entries and fees must be in Skip's hands at least one week prior to this date. In other words, March 21, 2002.

Skip has indicated, for those who may not be able to obtain an application, he will take requests by phone and e-mail, then snail mail entry information to those interested in attending.

- ♦ To learn more about swimming or to try different workouts on your own, check out these valuable web sites:
www.swiminfo.com
www.usms.org
www.usswim.org



The Inside Lane

By Jennifer Parks

Congratulations to some very deserving Michigan Masters swimmers on their various awards and special recognition's. First, many kudos go to Gail Dummer, for her National Award from the Swimmers with Disabilities. Gail has worked so hard for this group, as she has for United States Masters Swimming and USA/Michigan Swimming before them.

Posthumously, Charlie Moss received the USMS Service Award for his great devotion and service to Masters Swimming at postponed national convention in Louisville. Nancy Ridout, outgoing USMS President, will be sending that award to his family.

Dennis McManus, editor of *The Wave Eater* of Michigan Masters, and the newsletter itself, were recognized among the Top-Ten newsletters in all USMS, where there are not only State/LMSC newsletters, but many club newsletters.

Frank "Skip" Thompson was a nominee for National Secretary of USMS and fared quite well, though Sally Dillon, former chair of the Long Distance Committee, was eventually elected. Skip is to be congratulated for his willingness to debate and describe his views, and to put himself under the scrutiny of this large organization.

Dutch Masters and the Holland Community Aquatic Center submitted a bid for the USMS Long Course National Championship in 2003. They developed their budget, carved some special USMS wooden shoes, and

created a fine presentation which was well received. Rutgers University in New Jersey received the most delegate votes for the meet but Holland is willing to bid again and we think it will be received quite favorably with some reworking and additions to the original presentation.

Some bad news, the University of Michigan meet scheduled January 20, 2002 will not be held. I spoke to Pat Lilley, the meet director last year, who said that with changes of personnel in pool management and other changes, the meet will not be conducted in the new year. There were over 150 swimmers last year so this turn of events is very disappointing since it takes a lot of time and effort to put on a meet.

In addition, Marilyn Early and company will not be hosting the October meet next year in Harbor Springs. After the past two years of very small meets, though she tried to get more Northern Michigan swimmers to come this year, the attendance was just not there to continue. We will miss the hot tub between events, overlooking Little Traverse Bay at the height of fall color, as well as the hospitality of the hosts. The open water swim in August will continue as usual.

And now for some good news! The newly added meet in late October at Western Michigan University was lots of fun, with great hospitality. What a lift it is to see so many young people enthusiastically participating in Masters Swimming. The West Bloomfield meet was the largest yet

with 86 swimmers. Bob Crosby and all the young swimmers who timed and counted, along with their parents, who helped organize the meet and fed us, gave all the swimmers such great support. I couldn't attend the Monroe meet because of the USMS convention but Don Kroeger is really great about putting on this meet each year. Thanks also are deserved by the organizers of the Dewitt meet. They do such a wonderful job of putting on a fun meet just prior to the holidays.

Let's consider making a great effort in Michigan Masters to do the Hour Swim in January. We could really have some good relays. Don Kroeger enthusiastically collects all the times and organizes the teams by age, gender, and sends them into USMS. We've had many Long Distance Postal winners, individual and team, over the years. It is the first National Championship of the year! There's also a good meet at Miami University in Ohio in late January to possibly make up for the U of M meet. And, please, support your local meets in the new year like **Brigh-ton**, (short course meters) in early February, a new venue for West Michigan at **Grand Haven**, in late February, the famous **Midland** meet in March, and of course, the State Meet, at EMU, in April.

Have a renewing and restful holiday season. Try to keep swimming wherever you are and bring some family with you, too. As one swimming family used to say, a family that swims together, stays together. I wish peace and joy for all of you. JP

From the Registrar



From your registrar - Jim Coleman

Renew Now !!! - please Avoid the January Rush...

Please use this application to expedite your 2002 USMS membership.
Reasons: It helps Michigan Masters administration by:

- ☐ Avoids long lines at the January meets.
- ☐ Improves "Swim Magazine" distribution.
- ☐ Avoids last minute confusion for the State Meet.

Thanks for renewing now.



2002 Membership Application

☐ RENEWAL My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:
(\$15 Sept. 1 - Oct. 31, 2002)

\$25.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2002

Make check payable to: **MICHIGAN MASTERS**

Mail to: James Coleman
5005 Driftwood
Commerce, MI 48382

2002 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. eve ()		
Date of Birth	Age	Sex	Phone No. day ()		
CLUB : MICHIGAN MASTERS				Team or Swim group, if any	
E-mail Address					

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.

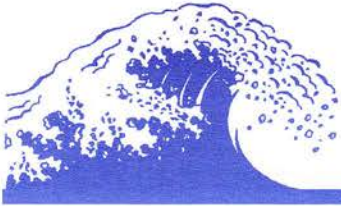
Signature

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.



FITNESS

WINTER, WINTER EVERYWHERE, AND NOT A SIGN OF SUN?

Mary F. Williams

When you read the following card from Jewel Cooke, you should be shamed into running to the nearest pool and swimming two or three thousand yards **immediately!**

"SWIM WHILE YOU CAN", says Jewel – She doesn't have the opportunity that we have, so **take advantage of your ability to GET THERE, AND GET THERE!!!**

But before you go, send a note or card to Jewel Cooke – she misses us and we need to cheer her on, too! Keep in mind that some day we may be confined to a place without a pool – there, but for the grace of God, goes any one of us!

MONET

Claude Monet (French, 1840–1926)

The Water Lily Pond, 1904

Oil on canvas, 89 x 92 cm (35 1/8 x 36 1/4 in.)



Thank you for remembering me, I think of you people swimming to your heart's content and me cheering for you. **SWIM while you can!** I am still waiting for Dr. permission-if ever. **ULcers! Breaks!** There are pools not far. **Love ALL of you!**

FROM: JEWEL COOKE
504 N. RIVER RD.
NAPERVILLE, IL.

To: 630.548 60563
-5619

Mary Williams
9269 Centralia Av
Redford Twp
48239

Denver Art Museum, The Helen Dill Collection (1955-14)
© Denver Art Museum

Jewel

(Continued from page 6)

The following information is from the American Health Foundation and may prove helpful in designing your workout/exercise strategy. Notice how swimming burns as many calories as basketball or cross-country skiing? Just think of how fortunate we are to be involved in such a beneficial sport/fitness activity!

EXERCISE RECOMMENDATIONS FOR CARDIOVASCULAR FITNESS

The American Health Foundation strongly recommends regular exercise as one part of the lifelong program to maintain a lifetime of good health.

Regular aerobic exercise strengthens the heart and blood vessels, lowers high blood pressure, helps regulate high blood sugar and tones the body while keeping body fat down. Using large muscle groups, such as the legs in rhythmic activity, aerobic exercise can keep you fit when performed for at least 30 minutes three times a week. Brisk walking is the ideal aerobic exercise. It requires no equipment and anyone, regardless of age can do it.

If you are healthy but not active, do not over do it. Check with your doctor before starting an exercise program, especially if you are 35 or older or may be at special risk for coronary heart disease.

The chart below gives an estimate of calories burned by an average 150 lb. person exercising for one hour

AEROBIC ACTIVITIES	Calories Burned/Hr
Basketball	360-660
Bicycling	240-420
Bicycling (uphill)	500
Cross-country skiing	600
Dancing	240-420
Rowing	250-420
Running (11 min. mile)	540
Skating	350-400
Squash/Handball	600
Swimming	540-660
Tennis (singles)	420
Walking	210
ANAEROBIC ACTIVITIES	Calories Burned/Hr
Calisthenics, Sprints, Dashes	360

HEALTH GLOSSARY

These definitions are provided to assist you in understanding the Health Passport and how it can help you have a healthier life through exercise, good nutrition, avoidance of tobacco products and a periodic program of medical check-ups.

Aerobic Exercise – Exercise "with oxygen," that is, oxygen is used to produce energy so that the muscles can work over extended periods (22 minutes or longer). Aerobic exercise, for example, brisk walking, swimming, jogging, bicycling, rowing, is recommended to help achieve cardiovascular fitness.

Anaerobic Exercise – Exercise "without oxygen," that is, exercise performed in short, fast bursts so that the heart does not have time to supply oxygen needed for energy by the working muscle. Anaerobic exercise, for example, swimming sprints, running dashes, lifting weights or performing calisthenics, can improve speed and strength but does not necessarily improve cardiovascular fitness.

Alcoholism – Dependence on alcohol to such a degree that it interferes with physical or mental health, personal relations and economic functioning. Consumption of any alcoholic beverage beyond moderate levels is not considered safe. A standard sized drink of beer, wine or distilled spirits each has equal alcohol content. Each probably has equal risk for promoting alcohol-related diseases.

Blood Pressure – Pressure within the blood vessels, measured with a two-number ratio, for example, the ideal blood pressure is 120/80 (systolic/diastolic).

Systolic blood pressure – Measure of the pressure within the blood vessels during contraction of the heart; ideal levels are up to 120.

Diastolic blood pressure – Measure of the pressure within the blood vessels between heart beats; ideal levels do not exceed 80.

Calorie – Measure of potential energy or fuel value of food.

Carbohydrate – Sugar and starch found in fruits, vegetables and grain products.

Sugars include glucose (blood), sucrose (table sugar), lactose (milk), fructose (fruit)

Starches are found in plant matter (flour, bread, potatoes, pasta)

Cholesterol – Fatty substance required by the body to make cell membranes; derived only from two sources, the human liver and foods of animal origin. Cholesterol can be a health risk when it exceeds recommended blood levels, 180 mg/dl for adults and 140 mg/dl for children.

HDL (High Density Lipoprotein) Cholesterol – Form that is transported away from human tissues and excreted.

LDL (Low Density Lipoprotein) Cholesterol – Form that causes damage by depositing cholesterol on artery walls; high LDL levels indicate increased risk of heart disease.

Fat – Most concentrated source of food energy, yielding more than twice the calories per gram as proteins and carbohydrates; fat soluble vitamins A, D, E, and K are carried by fatty foods.

Monounsaturated fat – Found in plant and animal foods and thought to lower blood cholesterol; olive oil, for example, is rich in monounsaturated fatty acids.

Polyunsaturated fat – Usually of vegetable origin and liquid at room temperature, for example, safflower, corn and fish oils; tends to lower blood cholesterol.

Saturated fat – Usually of animal origin, solid at room temperature, for example, butter, lard and fat in meat, poultry and milk products; tend to increase blood cholesterol.

Fiber – Nondigestible or partly digestible carbohydrate found in grains, cereals, fruits, vegetables and nuts. Some types have been found to be especially valuable in reducing cancer of the bowel; other types seem to reduce high a serum cholesterol levels.

P:S Ratio – Numerical relationship between Polyunsaturated and Saturated (P:S) fats in diet; recommended level is 1.0, which usually requires a decrease in saturated fats.

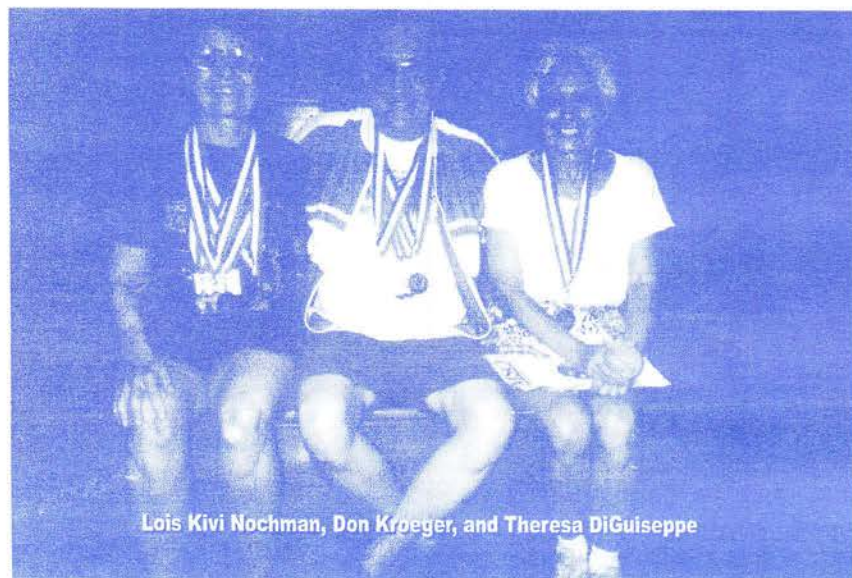
Protein – Source of amino acids necessary to make and repair body parts, such as skin, blood, bone and muscles; and body chemicals, such as enzymes, hormones, hemoglobin and antibodies; recommended low-cholesterol sources include fish, poultry, lowfat yogurt, beans, nuts and lowfat dairy products; high cholesterol sources, which should be limited, include red meat, eggs and cheese.



Making Waves in the LMSC

National Senior Games Baton Rouge, LA

Three Michigan Masters swimmers won medals at the National Senior Olympics held in Baton Rouge, LA, July 16-26, 2001.



Lois Kivi Nochman, Don Kroeger, and Theresa DiGuiseppe

Theresa DiGuiseppe (70-75) of Holland, placed third in the 100 yd. Butterfly, winning a bronze medal. Don Kroeger (55-60) of Monroe, won three gold metals in the 100, 200, 500 yd. Freestyle and silver in the 50 yd. Freestyle.

And finally, Lois Kivi Nochman (75-79) of Huntington Woods, won three gold medals in the 50, 100 yd. Butterfly and 200 yd. IM with another three bronze metals in the 50, 100 and 200 yd. Freestyle.

SWIMMING... A Life's Passion



Edith Glusac in Las Vegas



On the Road Again

Michigan Masters swimmers Freddy Edwards, Edith Glusac, Lois Kivi Nochman and chief rooter Bea Wolfe visited Las Vegas, Nevada (to swim & gamble a little) and St. George, Utah, in October to participate in the Nevada Senior Games and the World Senior Games respectively.

Their success in medals garnered in Las Vegas was outstanding:

Freddy	4 Gold, 2 Silver
Edith	6 Gold
Lois	3 Gold, 2 Silver

Even more success in St. George:

Freddy	3 Gold, 4 Silver, 1 Bronze
Edith	8 Gold, 1 Silver, 2 1st Relays
Lois	9 Gold, 2 1st Relays

Metal totals for the trio – 33 Gold, 7 Silver, 1 Bronze. Not too "shabby" for our senior swimmers.



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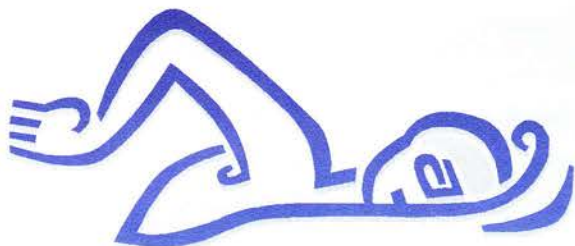
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YMCALiaison@usms.org



NEW EVENT FOR MICHIGAN MASTERS!!! MICHIGAN MASTERS MILEAGE MARATHON

Sanction #120128

Promotes fitness, year-round swimming!!!

Starts January 1, 2002 through December 31, 2002

Chart your mileage for each month, and total it for the year! Updates in June and September newsletters.

Males compete against males, females against females: 19 & up, 30 & up, 40 & up, 50 & up, 60 & up, 70 & up, 80 & up, 90 & up.

Entry Fee: \$10

After costs for awards, sanction fees, and mailing, all monies will go to the American Red Cross "Learn to Swim" program, possibly in Big Rapids, Detroit, and Grand Rapids, depending on the number of entries.

Awards: Certificates for all, T-shirts for winners, will be awarded in February, 2003.

Register below and send along with entry fee and self-addressed envelope to:

Jennifer Parks, 219 Hutchinson, Big Rapids, MI, 49307

I will send you a form to count your yardage.

Call 231-591-2673, 231-796-6946 or 231-580-4171

or e-mail jenswims@aol.com, if you have questions.

Rules: You may count warm-up lengths, cool down lengths, meet yardage, as well as regular practice/work-outs. You may not count walking partial lengths, hot tub widths or "visualizing" yardage! :-). You must have another Michigan Masters member verify that you have done this yardage when you send the final tally in. And you must do the math for meters to convert to yards, then I will convert that to miles!

Entry:

Name: _____ Age: _____ (You'll swim the age-group you finish in 2002, just like meters rules...!)

Age-Group: _____ Male: _____ Female: _____

Registration Number: _____

Fee: \$10

Mail this, a copy of your 2002 registration card and self-addressed, stamped envelope to the address above and a form will be mailed to you for counting and verifying yardage.
(Make a copy of this form for your records.)

Note: Hope to have lots of you participating in this event! I just passed 500,000 yards for the year and am aiming for 300 miles (approximately 528,000 yards...I only counted in yards because I didn't swim meters very much!) Think it's time we did something for charity, too! Can't wait to see Skip and Don knocking out those yards, but watch those shoulders! JP



**US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL**

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

NAME _____ SEX ☐ M ☐ F

AGE _____ USMS # _____ CLUB _____

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.

DATE: Sunday, March 3, 2002

LOCATION: West Bloomfield High School (4 1/2 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 THURSDAY, FEBRUARY 28, BY 3 P.M.
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 pot meet pot luck dinner. The meal will be supplied by the West Bloomfield Girls 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.

EVENT #	EVENT	SEED TIME
SESSION 1 - BEGINS AT 7:45 A.M.		
1	1650 FREE	
SESSION 2 - BEGINS AT 9:30 A.M.		
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!		
MAKE CHECKS PAYABLE TO: LAKER FAN CLUB		

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

Lake Orion Classic Oldies "Roll in The Snow"

SCY Masters Meet

Sunday, January 20th, 2002

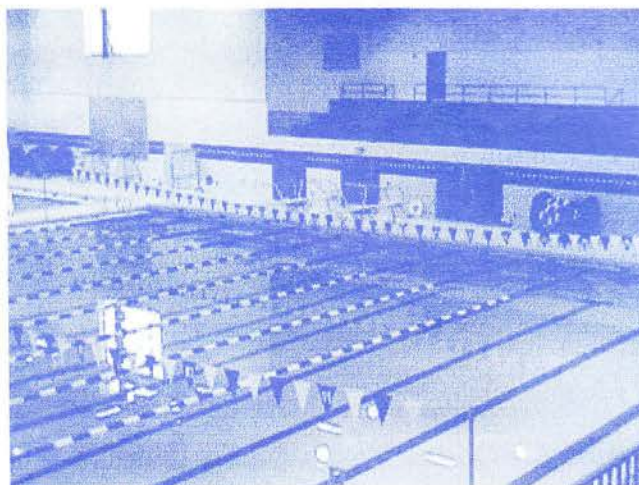
Sanctioned by Michigan LMSC.
Sanction #120201

Host Team: Lake Orion Classic Oldies

Location: Lake Orion Natatorium
495 E. Scripps Rd.
Lake Orion, MI 48360
248-814-1715

Maps are available at the website:

www.geocities.com/lakeorionswimming/masters



Meet Schedule:

The meet will start at 11:00 AM. Meet check-in and warm-ups will start at 10:00 AM. Deck entries will only be accepted until 10:30 AM. There will be a short intermission after the 500 Free to allow for warm-ups using both pools.

Facility:

We have 2 pools. A 25 yd. 11-lane competition pool with 8 deep racing lanes with 7 ft. starts (with starting blocks), 9.8 to 13 ft turn end and non-turbulent racing lines. The second pool is a 25 yd. 4-lane pool, which will be open during the whole meet for warm-up and cool-down. Both pools are handicapped accessible. Also there is an elevator in the main lobby of the pool area. There is spectator seating for 600+ and 300 on deck. There is an automated Colorado Timing System with High-speed display board. We will be using Hy-Tek Meet Manager for the meet so results will be posted and available for sale for a fee, which can be included in your meet entry. **Also, electronic results will be available for free if you bring a disk.**

Eligibility:

Open to all registered USMS members. You must provide a copy of your card with your meet entry. Also your registration must be brought with you in case of proof of registration with USMS is needed at the meet. If you need to register for USMS a representative will be available during check-in. Please have your checkbook ready.

Ages:

The standard age groups for Michigan Swimming will be used. (19-24, 25-29, 30-34...etc) The youngest swimmer will determine age of the relays.

Awards:

Awards will be ribbons for 1st through 3rd for all gender/age divisions. Relays 1st through 3rd. All awards handled by Michigan Masters Swimming.

Seeding:

Seeding and lane assignments will be standard seeding slow to fast by entry time. All events will be mixed but awards will be separate for age and gender divisions. All those with NT (no time) will be placed in the slower heats.

Entries:

Mail-in or pre-entry is preferred please!

You can call for us to mail an entry form to your club, it is also available on line at www.geocities.com/lakeorionswimming/masters, or it can be e-mailed to you. Entry forms below must be submitted with a check cash. The fee will be \$15.00 flat fee. Must be received by January 14th. Deck entry fee will be \$25.00 flat fee. The entry limits are 5-individual and 2-relays. A copy of your USMS card must accompany your registration form. Electronic entries are very welcome. Via- Meet Manager or Team Manager. All electronic entries must be accompanied by paper as well, for back up and double checking entries. Electronic entries may be mailed or e-mailed to Greg Palmer at gspalmer1@home.com. All other entries must be mailed to the following address:

Lake Orion Natatorium
c/o Greg Palmer-Meet Director
495 E. Scripps Rd
Lake Orion, MI 48360

MEET DIRECTOR:
Greg Palmer
gspalmer1@home.com
(cell) 396-7031

Relays:

Relays may be deck entered for no additional charge if already pre-registered and not already over the entry limit. All relay names are due at the time of check-in. The youngest swimmer on the relay will determine relay age. Mixed relays must have at least 2 female participants.

Warm Up & Cool Down:

The main pool will be open for warm-up one hour before the meet and a 15-minute intermissions at the conclusion of the 500 Free. The smaller 4-lane pool is open during the entire meet.

Directions:

From the south: take I-75 north to Lapeer Rd (M-24) north. Go about 6-miles north to Scripps Rd. Take a right and the Pool is at the High School at the end of Scripps Road (about a 1/2 mile east of M-24). Park in the north Parking lot and you will see the pool entrance is clearly labeled.

From the north: if north of Pontiac just take I-75 south.

Maps available at Lake Orion Swimming Web Site:
www.geocities.com/lakeorionswimming/masters

Accommodations:

The best place to stay is only a mile south from us. They are new, clean and very reasonable. There will be limited rooms set aside for the meet. So please call early. There is a restaurant right next door.

Best Western Palace Inn
2755 Lapeer Rd
Lake Orion, MI 48360
(248) 391-2755

(About 1-1.5 miles from pool)

*There are other hotels only 6-7 miles from the pool in Auburn Hills.

ENTRY FORM for "Roll in The Snow"

Name:			
Street Address:			
City:	State:		Zip:
Phone #:	Sex: (m/f)	Age:	USMS #:

Attach a copy of your USMS card to this form.

Circle event # and write in the entry time in on the appropriate side: (NT for No time)
Only 5-individual and 2-relays!

Event #	Event Name	Entry Time
1	200 Medley Relay	
2	1000 Freestyle	
3	50 Freestyle	
4	400 Individual Medley	
5	200 Freestyle	
6	200 Individual Medley	
7	100 Breaststroke	
8	100 Backstroke	
9	100 Butterfly	
10	500 Free	
	15 Minute Intermission	
11	100 Freestyle	
12	50 Breaststroke	
13	50 Backstroke	
14	50 Butterfly	
15	200 Free-Relay	
16	100 Individual Medley	
17	200 Breaststroke	
18	200 Backstroke	
19	200 Butterfly	
20	400 Medley-Relay	

Deadline for Entry is January 14th:

Fees
No. of mail-in entries - x \$15.00
No. of deck entries - x \$25.00 (forms available at pool if choosing to deck enter)
No. of paper results - x \$1.00 (bring a 3.5" disk for free results 1ly-1ex Or 1JTYL can be given.)
Total enclosed =

Mail this form with payment to:
Lake Orion Natatorium
c/o Greg Palmer
Lake Orion, MI 48360

Please check one of the following: Make check payable to LOCS
Check: Cash:
Check #:



Ford Athletic Swim and Triathlon Club presents their 14th annual Michigan Masters Swim Meet. This is a sanctioned meet, open to all registered USMS swimmers ages 19 to 100+. This is Michigan's oldest SC Meters meet in Michigan. Pre registration is recommended and necessary for us to run a smooth meet.

****NOTE****

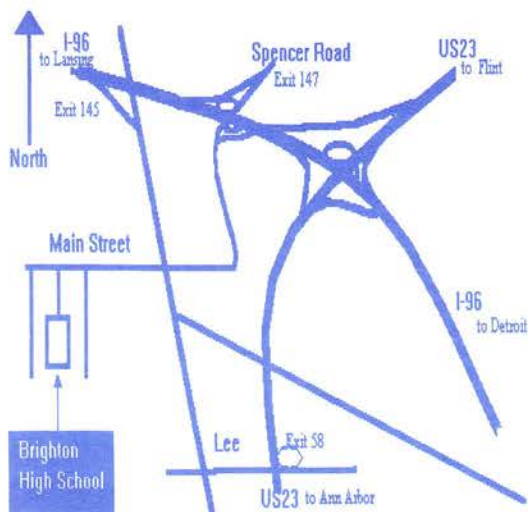
Due to time constraints:

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./Choice |
| 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



14th Annual Valentine's Weekend Swim Meet

FEBRUARY 10, 2002

BRIGHTON HIGH SCHOOL

Sanctioned by Michigan LMSC for USMS, Inc.
Sanction # 120125

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 \$15.00 (US) postmarked by February 2nd.

After 2/3/2002; \$20.00. 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 HyTek Meet Master software

FINA age breaks apply to meters meets per new USMS rule.
Your age on 12/31/2002 determines what age group you swim!

For more information call Joe Schall; (734) 675 - 9913 (Home)

E-mail: schalljo@ili.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.

Valentine's Weekend Swim Meet Sunday, February 10, 2002

Brighton High School
Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # 120125

Name:	Birth date / /	
USMS# (required)	Age on Dec 31, 2002	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./Choice	
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: Paul Wright
25745 Chernick
Taylor MI 48180

*****Entries must be Postmarked by Saturday Feb. 2, 2002*****

**Michigan Masters Swimming and
West Michigan Masters Swim Association
Present the Fourteenth Annual
*Swim Classic***

at

Grand Haven Community Pool (New Location)
17001 Ferris St Grand Haven, Mi 49417

Saturday, February 23, 2002

Meet fee is \$15.00 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 2002) will be available at the Meet.

The Grand Haven Pool is 3 years old. It 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.

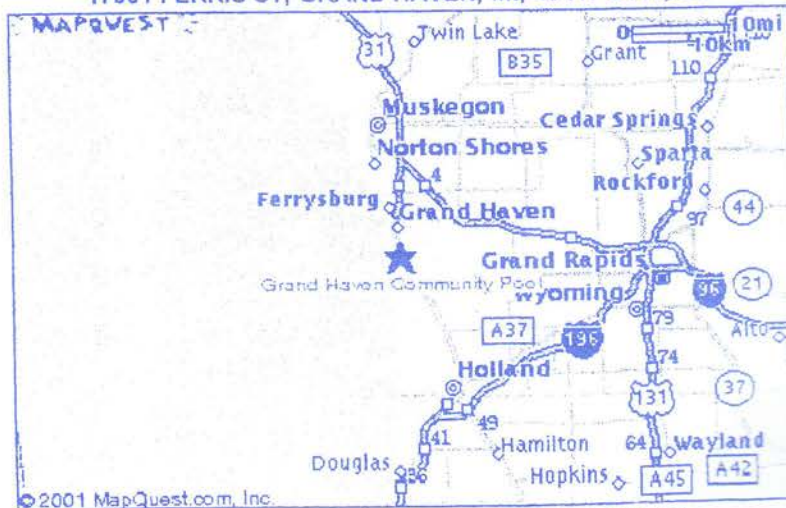
Events 3 through 15 should start at approximately 12:30 p.m. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer. **See back for optional mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn St. Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#120126

List of Events:

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

17001 FERRIS ST, GRAND HAVEN, MI, 49417-9441, US



* 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.

Diving will only be allowed in designated sprint lanes.

OPTIONAL MAIL IN REGISTRATION

WEST MICHIGAN MASTERS SWIM CLASSIC SATURDAY, FEBRUARY 23, 2002 Grand Haven Community Pool

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 2-23-02 _____

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 2002 USMS card, and a check for \$15.00 payable to W.M.M.S.A. postmarked by February 11, 2002 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 _____

**Come Enjoy the 27th Annual
Midland Masters Winter's End Swim Meet**

Sanctioned for USMS, Inc by Michigan Masters

Sunday, March 17th, 2002

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

Entry fee: \$15.00 per swimmer (Maximum 5 events plus relay)

USMS registration required. \$25.00 for 2002 calendar year. (or \$10 single-meet registration).

Registration available at the meet.

Schedule:

9:30AM Warm-up for 500 free and

400 IM

10:30AM 500 Free and 400 IM

11:00AM General warm-up

11:30AM 200 butterfly begins

Continuous warm-up during meet in

Lane 6



Events: Seeding Slow to Fast

1. 500 Freestyle

2. 400 Ind Medley

(30 minute warm-up)

3. 200 Butterfly

4. 25 Free

5. 200 Ind Medley

6. 100 Back

7. 200 Free

8. 100 Fly

9. 100 Breast

10A. 50 Free

10B. 50 Free (for

1st-year Master

swimmers)

11. 200 back

12. 50 Butterfly

13. 100 Ind Medley

14. 100 Free

15. 50 Breast

16. 200 Free Relay

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 warm-up, 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

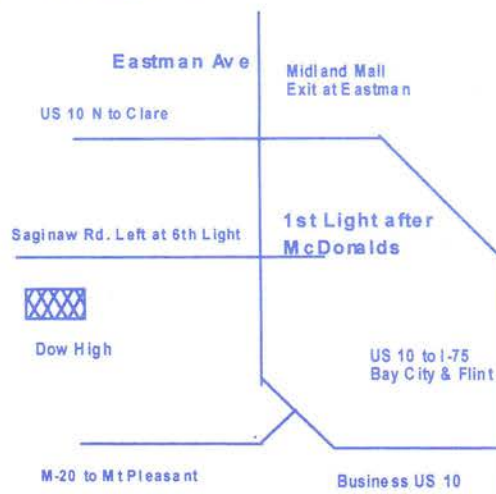
517-422-2054 (h)

517-832-7937 (o)

or Dave Speth

(517) 636-7802 (h)

(517) 636-9238 (o)



2001/2002 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 7, 2001	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	231-526-9824
Sunday November 11, 2001	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Saturday November 17, 2001	Monroe YMCA	Recognized	Monroe Family YMCA	Don Kroeger	734-242-7175
Saturday December 8, 2001	Capitol Area Tri & Swim Masters	Sanctioned	Dewitt High School Natorium	Gail Dummer & Mike Keavan	517-887-8416 517-668-3170
Sunday January 20, 2002	Lake Orion Classic Oldies	Sanctioned	Lake Orion Natorium	Greg Palmer	(cell) 396-7031
Sunday February 10, 2002	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Joe Schall	734-675-9913
Saturday February 23, 2002	West Michigan Masters	Sanctioned	New Location Grand Haven Community Pool	Ken Danhof	616-739-5592
Sunday March 3, 2002	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 17, 2002	Midland Masters	Sanctioned	Midland Dow High School	Dave Speth	517-636-7802
Michigan Masters State Championships April 12-14, 2002	South Oakland Seals	Sanctioned	Eastern Michigan University	Skip Thompson	248-683-2191

*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
c/o Dennis L. McManus
Newsletter Editor
1790 McManus Drive
Troy, Michigan 48084-1552

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U. S. POSTAGE PAID
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FRANK L THOMPSON
2660 LITTLETELL AVE
WEST BLOOMFIELD MI 48324



The Wave Eater

Volume 9, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2001



Happy New Year



Attention Team Representatives: Deadline for the
March 2002 Issue
is *February 15, 2002*



I'd better send my
team report to Dennis
before the deadline.
I don't want my
team to be left out!

Dennis McManus: Ph: 248-649-6085 e-mail: DLMphoto@aol.com

Season's Greetings!