


## Dutch Masters Dethrones SOS

By Skip Thompson

This year marked the occasion of the $29^{\text {th }}$ Annual Michigan Masters Swimming State Championships. About 220 swimmers from 25 teams turned up at the Holland Community Aquatic Center facility during the weekend of April 1416 , to participate in this traditional event.

For the first time since 1988, Michigan Masters has a new Large Team Overall Combined State Champion. Dutch Masters won their first State Championship in their second year in their home pool, ending the South Oakland Seals (SOS) winning streak of 12 straight championships. Dutch Masters won all three categories with the Women's title being contested by 2 points. Congratulations to DM Coach and Meet Director Fred Nelis for a job well done.

Battle Creek YMCA (BCYM) won the Small Team Combined Championship for the 3rd time since 1994 and also added the Men's Small Team Championship which was their sixth non-combined title in a row over the last 6 years. Ford Athletic Swim \& Triathlon Club (FAST) won the Women's Small Team Championship for the third year in a row.

19 State Records were set during the course of the meet with Larry Day (50-54) getting 6 in all the events he swam and Marc Schlatter (40-44) getting 5 out of 6 events just missing the 50 Fly. Other State Records were set by Leonard Brockhahn (50-54) with 2 in the 100 and 200 Free, Corrin Convis Popps (35-39) 100 Free, Barb Bos (50-54) 200 Free,

## pools \& workouts



## information

## SOUTHDASI MICHIGAN - DEIROH \& SUBURBS

| South Oakland Seals: Skip Thompson (248) 683-2191 Royal Oak Dondero High School <br> Tue. \& Thurs. Nights - 8:30PM to 10:00PM www.southoaklandseals.com | Ford Athletic Swim \& Triathlon: <br> Paul Wright (313) 295-3132 <br> Schoolcraft College <br> Saturday - 7:15AM to 8:30AM www.swimfasttrifast.com |
| :---: | :---: |
| Livonia Area: <br> Livonia \& Larger Area Masters (LALA) deano69@flash.net (248) 926-5937 Livonia Stevenson High School MWF evenings $-5: 45 \mathrm{PM}$ to 7PM Saturday morning - 7:00AM | Farmington Area: <br> 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 |
| MICHICAN - LOWMR PDNTNSUEA |  |
| 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) Flint YMCA Various Lap Swim Times Workouts Sunday 6:15PM to 7:30PM |
| Plymouth: <br> Plymouth Canton Community Masters Leslie Greeneisen greeneisen@aol.com Central Middle School MWF evenings - 8:00PM to 9:15PM | Lansing: <br> Capitol Area Tri \& Swim Club (CATS) <br> George Runciman (517) 323-2358 Michigan Athletic Club (MAC) Mon. thru Thur. 6:00PM to 7:00PM www.michiganmasters.com/lansing.htm |
| Midland: <br> Charlie Moss (517) 631-1480 H. H. Dow High School <br> Mon. \& Wed. 8:30PM to 10:00PM Midland Community Center <br> Saturday mornings -9:00AM to 10:30AM | Holland: <br> Fred Nelis (616) 399-9588 Holland Community Aquatic Center Pool Ph. (616) 393-7595 www.holland.k12.mi.us/aquatic.center/ |
| Grand Rapids: <br> 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: <br> Vince Gallant (616) 349-1053 Loy Norrix High School <br> 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 Jcowing@tir.com | Website: <br> Michigan Masters Swimming <br> www.michiganmasters.com |

## 2001 State Championships

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Sherry Puthoff (50-54) 400 IM, Richard Chaney (50-54) 200 Back, Robert Wedell (70-74) 100 Back, and John Reese (7579) in the 50 Breast. 12 swimmers won a maximum of 7 individual events ( 7 Women and 5 Men). Results and High Point Awards for both Team and Individual are included in this newsletter.

A well deserved thank you goes out to the Dutch Masters for the planning and execution of the meet for the second year in a row. As always, a special thank you to George Newman and Ken Shively for the officiating conducted during the meet. And finally, a thank you goes out to all of the dedicated and enthusiastic swimmers that swam in the second masters state championship meet in this outstanding facility.


$T$hank you to Fred Nelis, all the Dutch Masters, and the helpful staff of the Holland Aquatic Center for the excellent State Meet that they organized. It was the second year in a row that this meet was held here. And it must have been a charm because this year the Dutch Masters won all the large team Michigan Masters' State Championships, for Men, Women and Combined Teams. SOS put up a valiant fight to protect their amazing winning streak of many years. One of the reasons that the State Meet is held in dif-
ferent areas of the state is to promote membership and participation in Masters' Swimming. Obviously, this strategy worked in Holland! Congratulations to perennial small team winners Battle Creek and FAST and the many new and old Masters swimmers who participated in the meet, won medals, set records, and swam, maybe, for the first time.

I want to congratulate, too, the Service Award winner, former Michigan Masters President Eric Nordlund, who received his award at the Mid-
land meet, who now works hard for Masters swimming in Maryland. The Performance Award winner, Mike Green, was unable to be at the State Meet, but no one would dispute his winning after seeing his great swims at Indianapolis last year.

The "Lynne" Award for courage and tenacity, was given to two individuals this year: Don Korten, from Battle Creek, who swam at the State Meet, for coming back to Masters after a heart attack, and Jewel Cooke, who
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## The Inside Lane

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returned to swimming after receiving a new hip. Jewel was awarded her cup at a special bon voyage party in May, a few days before she moved to Naperville, Illinois, to be near her daughters.

A special award was recommended by the Board, to be called the Michigan Masters Lifetime Achievement Award, for a combination of great service, continuing swimming prowess, and most of all, devotion to the sport of Masters Swimming in Michigan. This very first Award was given to Charlie Moss, rightfully so, at the Midland meet in March, in the company of all his family and beloved Midland Masters.

Though we are all very busy in the
beautiful summer of Michigan, please consider swimming in the various outdoor meets and open water swims that are held. Pool meets include: MSU on June 24, Ann Arbor on July 8, and Dearborn, July 22.

Some Open Water Swims that many Michigan Masters will swim: 2-Mile Cable National Championship in Indianapolis on June 23; the Breast Cancer Fund Raiser at Belle Isle on July 5; the 1 1/2-mile Waterloo Open Water Swim in conjunction with a Triathlon on July 15; the Grand Haven 1.75 mile swim in Lake Michigan, probably on July 21; Harbor Springs 1, 2 or 3 mile Coastal Crawl on August 5; the 6-Mile National Championship in Indianapolis on August 25; and the always popular Big Shoulders Swim at Ohio St. Beach in Chicago on September 8. I love looking at those trees, blue skies and even tall buildings, when you

## swim outside!

The biannual Elections were held at the Annual Meeting at the Holland State Meet. Congratulations to Presi-dent-Elect, Skip Thompson; Treasurer, Ralph Davis; Secretary, Paul Chafee; Sanctions, Barb Bos; Registrar, Jim Coleman; and re-appointees: Dennis McManus, Newsletter; Paul Wright, Top-Ten; Mary Fran Williams, Fitness; George Newman, Officials; Marilyn Early, Long Distance/Open Water; and Milton French, Webmaster. Thank you all for volunteering to help "run" Michigan Masters Swimming.

Time to go swim! Hope to see you in the pool, or the lake. JP



- 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


Can You Identify the Four Current Michigan Masters Swimmers in this Group?

See Answer on Back Page


Team, Club, Swim group???
Have you ever wondered which is which. I'll explain.

## CLUB:

We are all in the Club called "Michigan Masters" which is registered with the National Organization (USMS - United States Masters Swimming). You will see this on your USMS card. We only register this one club with the USMS so when we go to Regional or National Meets, we can form relays. Some of us remember winning the Long Course Nationals in 1996 since we swam together as one club.

## TEAM /SWIM GROUP

Within the club Michigan, we recognize local Swim Groups or Teams for the main purpose of State Meet (intramural) competition. (But, when you go to a larger out-of-state competition, you need to register as "Michigan Masters"). Additionally it helps us connect new swimmers with the swim groups in their area. These Swim Groups / Teams are not registered with USMS.
You will see a space on your application to declare your Swim Group/Team. This should be the team you plan to represent at the State Meet. Your card will show the group you declared just above the expiration date - or it will say "UNAT".

I hope this clarifies the difference.
Also, I've modified the USMS application slightly to clarify this terminology and to provide more space for your information.
By the way, as of April 23, we have 618 registered members - still slightly ahead of last year.
Have fun, Jim Coleman - Registrar

2001 ONE YEAR MEMBERSHIP APPLICATION

| USMS + LMSC fees: | $\$ 25.00$ |
| :--- | :--- |

Make check payable to: MICHIGAN MASTERS

$$
\begin{array}{ll}
\text { Mail to: } & \text { James Coleman } \\
& 5005 \text { Driftwood } \\
& \text { Commerce, Ml } 48382
\end{array}
$$



1, 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 Swirming (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 SWMMMING PROGRAM OR ANY ACTIMTIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO

CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAMS FOR LOSS OR DAMAGES CAUSED BY THE NEGUGENCE, ACTIVE OR PASSIVE, OF THE FOLLOMNG: UNITED STATES MASTERS SWMMMING, INC., THE LOCAL MASTERS SWMMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS,
MEET COMMITTEES, OR ANY INDIMDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTMTIES. 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 | $\square$ |  |

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## Claralif Moss nepesantiad 

By Skip Thompson
At the $26^{\text {th }}$ annual "Winters End" swim meet, which is the longest continuously scheduled local masters swim meet by any team, Charlie Moss was presented the first Lifetime Achievement Award in appreciation for his voluntary contributions to Michigan Masters Swimming and being named the Swimmer of the Century for his swimming accomplishments.

Charlie started swimming competitively, in Masters in 1973, after about 20 years away from the sport. He swam for the University of Michigan and was on the great Matt Mann teams where he was a member of the 1948 NCAA Championship team. In 1950, he won the 100 -Yard Breaststroke Big Ten Conference Title and in 1951 was the AAU National Champion in this same event. In 1974, he started the Midland Masters swim team and coached it to 6 Large Team Championships at the State Meet.

Besides being involved with the local meet for 26 years he was also Meet Director of 3 State Championship Meets. He was on the Michigan
 LMSC Board in the early years of Michigan Masters and for the past 4 years has been the Chairman of the Review Board to Michigan Masters. In 1979, he received the Chetrick Award for outstanding service to Michigan Masters. In 1989, he was instrumental in getting the University of Michigan's Canham Natatorium pool for the 1989 State and the 1990 Great Lakes Zone Championship meets. This opened the door for hosting the 1996 USMS Long Course National Meet. This past year the local U of M meet was named in his honor.

Charlie received the Lawrence Award for his outstanding swimming accomplishments in 1988. Some of his accomplishments include the following: 17 time All-American in USMS (1975-1980, 1983-1985, 1987-1990, 1993-1995, and 2000). Setting 19 World and 25 National Records since 1979. He has 48 Number 1 Swims in the World Top-Ten and 93 Number 1 Swims in the USMS National Top-Ten since 1975. Won 9 World Championship Meet Titles (1988, 1994). Won 9 International Championship Meet Titles $(1978,1989)$. Won 55 National Championship Meet Titles since 1975. Michigan Masters Men's High Point Winner at the Nationals 14 times. In 1999, he received one of the
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Lynne Awards for showing "courage and tenacity" for continuing to swim despite illness and injury. After going through radiation treatments for an eye tumor, two hip replacements, and major shoulder surgery he came back to win two National Titles at the 2000 Short Course Nationals at Indianapolis. After that meet last spring, he had a lung biopsy and required removal of tumors from his lungs as part of the lung cancer treatment. He continues to strive for excellence in his life despite any setbacks that occur.

In accepting his award, he thanked Michigan Masters for the presentation and plaque and was glad to share the experience of his career achievements with his fellow Michigan Masters swimmers. "This is an honor that means quite a lot to me, and to be recognized by my fellow swimmers is really special", Charlie stated. His family was there at the meet and they shared in the warm feeling of appreciation for this wonderful honor. Congratulations Charlie, and thanks so much for being a big part of Michigan Masters Swimming.

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By Skip Thompson
Every year Michigan Masters Swimming gives two special awards presented at the State Championship Meet. Since 1978, the Lawrence Award is given annually to those who have achieved outstanding performances in masters swimming representing Michigan Masters.

This year's Lawrence Award recipient was Michael Green. Michael started swimming competitively in Masters Swimming in 1995 after finishing a collegiate career at Michigan State University and representing Great Britain in the 1988 Olympics. In 2000, Michael won the 200 SCY IM at the Short Course Nationals and was also the Top Ten National Champion in this event thus becoming an All American. This was the second time he be-
 came an All American, the other time was in 1996 when he set a National Record in the 200 SCM IM and also had the fastest time in the World for the 100 SCM Free. He was the Michigan Masters Men's High Point winner at the 1996 Short Course Nationals. Since 1995, he has 4 Number \#1 swims in the USMS Top Ten and has won 3 USMS National Championship meet titles and was named to the Michigan Masters All Century Team. From 1998 to 2000 Michael won 21 straight Michigan Masters State meet titles resulting in 3 straight high point age group awards. To date Michael has 16 active State Records. Great swimming Michael and good luck in the future.

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

This year's Chetrick award recipient was outgoing Michigan Masters chairman Eric Nordlund. Eric started swimming competitively in Masters Swimming in the Fall of 1993 in Hilton Head, South Carolina. He moved back to Michigan in December 1994 where he is originally from. Eric attended Broomfield Hills Lasher High School, where he received All-American honors in the 200 Medley Relay, swimming the freestyle leg along with another past Michigan Master swimmer Michael Kowalski, who swam the backstroke leg. When he joined SOS he started to get involved with contributing to the Michigan LMSC. In 1995, he became Sanctions Chair, served as Vice Chairman and Chairman from 1997 to 2001. Since 1997, he has been a member of the USMS Officials Committee. At the 1999
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Long Course National Swim meet he was the Officials Liaison to the Championship Committee for the entire meet. He was Meet Director for the 1997 and 1999 Michigan Masters State Championships and also the Assistant Meet Director for the 1996 and 1998 meets as well. In 1997, he instituted the age group high point award for the State Championship meet.

Eric assisted in helping with the 1996 Long Course National Relay effort, which had 220 swimmers participate. Eric's swimming accomplishments include being named a Long Distance All American and a Long Distance All Star in 1995, in the 30-34 age group, for placing the highest in the country for the USMS Long Distance National Championships. At the 1995 YMCA Master National Championship Eric won 3 events and was the Men's High Point winner for Michigan Masters. He has been a Relay Team All-American 3 times (1996, 1998, and 2000).

In closing, Eric was a big help to me and I would not have won the Coach-of-the-Year Award without all the assistance he provided for the SOS team. Eric is still involved with the Officials Committee, is a registered official for officiating all types of meets, and holds the Records and Top-Ten Chair position in the Potomac LMSC. Congratulations Eric, and good luck in the future.


Eric Nordlund - 2001 Chetrick Award

## Midland Masters Meet Award Presentation Photos




## Bon Voyage to Jewel Cooke, "The Jewel of the Pool"

## By Skip Thompson/Mary Fran Williams



Jewel and Barbara Greenberg share a moment prior to the luncheon.

On May 18, at the Oakland Community College Pool Complex, Jennifer Parks, Ralph Davis, Dennis McManus, Carol Rhudy, Mary Williams, and Skip Thompson were joined by family, friends, water excise classmates, past AAU swimmers, coaches, former students, and instructors for a gala luncheon to honor Michigan Masters swimmer Jewel Cooke. At the age of 92, Jewel is moving on but she is not going to stop swimming. She is moving to Naperville, Illinois due to declining health and to be closer with her family. As many of you know, Jewel has had some physical setbacks in the last 3 years but still continued to swim when she could.

At the luncheon, Jewel said "I can't wait to get back in the water as soon as possible, I know I'll feel better."

Jewel began her masters competitive swimming career in 1980, after retiring from coaching a girls swim team in Garden City to 15 straight AAU State Championships. She attributed her success to emphasis on stroke technique and the practice of recruiting only those girls who were competitive in nature.

After her retirement from coaching in Garden City, she taught swimming at West Bloomfield High School by day and Livonia adult education by night. For nearly 20 years, Jewel passed on her exquisite stroke technique to her students. However, she practiced what she preached, perfecting her own strokes to an efficiency and grace that lead her to compile an impressive winning swim history with USMS.

In USMS pool competition, her accomplishments include the following: 9 times an All-American, 3 times being named a USMS All Star, 24 World Records, 47 National Records, 33 Number 1 World Swims. At the 1996 USMS Long Course National Meet she won 5 National Championship Meet Titles and was the Women's Michigan Masters High Point Winner. That same year she received the Lawrence Award from Michigan Masters for her outstanding swimming performances and accomplishments.

She swims for the South Oakland Seals masters swim club and her record performances consistently contributed to their 12 -year State Championship winning streak. She was included in the Michigan Masters Swimmers-of-the-Century team, a list compiled in 2000 from a study of National and World swimming statistics.

As magnificent as Jewel's accomplishments seemed to be in swimming, her greatest accomplishment has been realized as a by-product of competitive swimming and deep water running exercise she attends. In 2000 , she broke 3 World Records and 5 National Records in spite of hip surgery. She returned to swim practice and deep water running exercise a few weeks after the surgery, regaining her strength through the therapeutic healing and
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gentle resistance of the water. She is presently recovering from a bursitis/ infection condition that has kept her away from the water for the past several months. She has already begun weight training in eager anticipation of her return to the pool.

This past year, Jewel received the "Lynne" Award for her courage and determination and continues to be a role model for everybody in aquatics. In her lifetime, Jewel has collected an impressive list of honors throughout her coaching, teaching and swimming accomplishments.

Some additional accomplishments include: being honored as a nominee for the United Foundation Sports-Women-of-the-Year Award; named the Michigan AAU Coach-of-theYear 3 times (1967, 1968, and 1971); and honored by the American Red Cross for 75 years of volunteerism. In 1976, when she retired from coaching she received a Letter of Commendation and congratulations from President Gerald Ford.

At this luncheon, she was honored by various groups: Oakland Community College, for her involvement with water exercise classes; West Bloomfield Schools, for her teaching of swimming and water safety; past

AAU swimmers, for her fantastic coaching; and Michigan Masters Swimming, for her winning record accomplishments.

In the midst of the celebration, Jewel said, "I'm so happy to see everybody here today." "It brings back so many memories." Those in attendance will agree, this was a wonderful experience to see the tremendous respect generated toward "The Jewel of the Pool" from all these different people.


Jewel bids farewell to Michigan Masters Swimming and her many friends.

# 2001 CANADIAN NATIONALS Masters Swimming Championships <br> By Lois Kivi Nochman 

Four Michigan Masters swimmers, attended by their very own cheerleader, Bea Wolfe, entered the 2001 Canadian Nationals Masters Swimming Championships in Calgary, Alberta, May 18-21. In various stages of ill-health, these swimmers won two firsts in relays - the 200 M Mixed Medley and the 200M Free Style(280) in Top-Ten qualifying times.

Freddy Edwards, recovering from shoulder surgery, placed 1st in the 200M Freestyle; 2nd in the 50 M Breast and 50 M Fly; 4th in the 100M Breast and 50M Free Style.

Edith Glusac, suffering from tendonitis, placed 1st in the 400 M IM , the 200 M IM, the 100 M Fly (breaking the Canadian records in those races), the 100 M IM , the 100 M Back, and the 50 M Breast, and she was 2 nd in the 200 M Back. Edie so impressed a news photographer that he filmed her for the 6 O'clock News.

Donald Kroeger, groggy from medicine for his cold, had to leave the 800M Freestyle. Abandoning his prescriptions, Don recovered to take a 1st in the 200M Free, a 2nd in the 400 M Free, a 3rd in the 200M Back, a 4th in the 200 M Breast, and a 7th in the 50 M Breast.

Lois Kivi Nochman, still hurting from an automobile accident on Feb. 24 , won six firsts in the 100,200 , and $400 \mathrm{M} \mathrm{IM's}$; in the 50,100 , and 200M Fly; and was second in the 100M Free.

# Swimming with the Gods (And I Must Be Crazy!) --Memoirs of a Fledgling Master Swimmer-- 

By James Carl D'Amour

I remember now...three years ago this summer - my first open water swim....

Ilook at the water and once again, I get the heebie jeebies. I'm even afraid of deep water. I must be out of my freakin' gourd! I must definitely be crazy. Yes, I swim in the pool, but it's not the same. Oh, I trained. Yesterday, I swam $4 \times 400$ meters. My time was cruddy. My god, if I added all the times up--it would take me days for me to swim a mile--or so it seems. And jeez, D'Amour, did you have to see "Titanic" the week before the event?

I drove out to the lake later that day, put my swim trunks on, and even in the swim area, started to go. The water was so cold. The lake water was like pea soup--couldn't see a darn thing. I got out, shivering, on a 78degree day. So much for practice. That was a week ago.

Okay, why are you doing this? Reality check. Oh yeah, it seemed like the right thing to do. Meet new friends; stretch your comfort zones. I just started swimming with a Masters group the previous spring. Here I am, late thirties, and for the first time starting to think of myself as a jock.

I look around me, and man, do I see some jocks. Here are some students from the Wayne State swim team. God, do they look buff. In the water already warming up, coming out, walks a goddess, or at least one of those women you see on the cover of
sci-fi paperbacks, with Conan the Barbarian, or Xena's clone. The water accentuates her muscles. A fellow Ann Arborite sees me stare and says, "That's Sheila Taormina, the Olympic Gold Medalist." There is another fellow from Ann Arbor I recognize. He swims at Fuller Pool sometimes in a separate lane. He's hard to miss, as he walks around with two prosthetic legs. At first glance, I wonder, how. But I see him in action at Fuller, and he is probably the best swimmer in the city, if not all of SE Michigan. Jason Wiening, gold medalist for Team USA at World Paralympics at Barcelona, Atlanta -- and later Sydney.

Yes, I am swimming with the gods, and I must be crazy. Am I a jock? Naw. For the past eighteen years, all I ever did with swimming was do laps back and forth at the Y. I'd do it in quarter-mile increments, just like the chart at the Y suggested I do. All I remembered from the gym class I took when I was a student at U of M , was the freestyle. But I just started working for my wife, an association consultant and an ambitious entrepreneur. She said to me (eyeing my expanding waistline), "Hey, why don't you go for something better. Do something with your swimming?"

So I took some classes. I relearned my backstroke, finally realized how to breaststroke, and learned how to (butter) fly. I joined the Masters group in town, with sessions sponsored by the City Parks and Recreation. Trouble was they were at the crack of dawn -- 5:45 AM. But I slowly got into the groove, and
started my day with two miles worth of sets.

A fellow swimmer told me about an open-water swim at Silver Lake near Pinckney. It was one thing to stare at a black line in a serene aquamarine blue (chlorine-added of course) pool. It was another to dive into the murk. I told her that. She responded with gusto, "Don't worry, you'll get used to it. Besides that's part of the fun!" What fun? And... to do a whole...mile? Straight? When I was doing my sets, or even before, I always took rests. Where was I going to rest on the open water?

My mind slips back into the race at hand. I get "tattooed." People put a number on me. I'm number 123, as written in permanent marker. They give me a yellow swim cap with 123 written on it. I do some stretching. I feel a lot more muscle now than when I started swimming Masters three months ago. I take off my shirt. My wife says, "What happened to your gut? It's gone!" Hey, maybe I am doing something right?

My stomach is doing butterflies. I hit the head real fast. Just as I step out of the rest room, I see everyone gathered around the race director. "Okay, keep the orange buoys on your right hand side. If you're new, or a slower swimmer, you may want to be near the back or near the edge of the group. Any questions?" "Okay, everybody in the water!"

The swimmers are marching in the
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lake. Just a quick bus on the cheek to my wife, and I am in the muck (water). Everybody has churned everything up. We will be swimming in pea soup. What could be out here? I know my mind says, "Nothing," but the reptilian brain takes over, that part of the brain in our collective ancestry that used to live in waters like these. I have to fight off the urge that the Michigan Loch Ness serpent was going to reach up and grab me, and finish me off with one bite. The northern pike obviously were going to attack at any moment. Or I would get tangled on the grisly wreck of some unfortunate old steamer? (I remembered the slimy, disgusting hulk of the Titanic had been left to rest in Silver Lake, with the rotting carcasses of fish trapped on fishing lines snagged on the wreck).

## EVERYBODY SET! GO!

I set myself near the very back. I try to crawl. All I see ahead of me is pitch black--the water is cold. I can't swim this! I get back up on my feet-and some kid who isn't watching where the hell he's going thwacks me! I assume crawling in the water again. I take two strokes, and then I am gasping. I can't stand up anymore; I'm already too deep--in the muck. So I breaststroke, Tarzanstyle, head out of the water. I do this for about thirty seconds. I look back. I'm the last guy, the absolute last guy out of the chute. I'm holding dead last right now. I'm almost hyperventilating. I can barely breathe. I'm ready to stop, and turn right back. This is for the birds. I look out, and the next to last person is many, many yards ahead of me. Somehow, that annoys me.

Then it occurs to me. The water isn't that cold if I move a little faster. I bite my lip, and try to crawl for a few strokes. The water sure is murky, it definitely isn't Fuller Pool, but after six strokes, I poke my head out. That wasn't so bad. I take a few more strokes. Hey, the water's clearing up. I can see the bottom, at least a little bit. I begin to swim. As I do so, I begin to relax. I breast again, and now that first orange buoy is now, much, much closer. I keep going. As I crawl, I can see from the corner of my eye, the great orange globe of the buoy, as I keep going. Hey, I'm doing it. This is a blast.

I'm seeing a bit of a wake ahead of me. Why, it's a swimmer--moving much more slowly than I am. I pass him on my right. There's another swimmer, and then there's three--and wow, I'm back in the ball game again! Now I start to get cocky. I've got a great kick, so I decide to put the metal down for a little bit. I forget that I'm out in a lake, and swim a crawl normally like a do. I look up, and see the second buoy 45 degrees to port from where I should be. The woman in the rowboat is pretty em-pathic--she points to the buoy.

D'oh! Well, so much for the ego. I start to swim in the correct direction. A blur goes by. What was that? It suddenly occurs to me that was a swimmer going in the opposite direction (the water never goes beyond murky--this is an inland Michigan lake in the late 20th Century, after all). Better get to where I'm going, and fast. A mid-sea collision was not going to be pleasant. A few strokes I'm back on track. I remember to look now. As it turns out, I've got a
pretty good breaststroke. A couple strokes and I can get my bearings. So it goes. It gets easier. I pass the buoys. I pass my fellow swimmers too.

Of course, somewhere in there, Sheila T. passes me, with Jason hot on her heels, while the rest of us lumber along. More buoys. This is not so bad. One lap down, one to go. I was scared before, and now I'm relaxed. Five more buoys? Now I'm even starting to get bored! Time to come home. Last buoy. Time to turn on the afterburners. I turn on the kick. I can see the floating alligators the meet directors placed as the finish line. I keep going. Finally, my arms are touching sand. I can't crawl anymore in the water. I'm on my feet. I'm running. I did it!

Pretty good for a lad who failed swimming at the Y when he was a kid. I grab a refreshment and watch as the awards are handed out. My mile was done in 27 minutes. There were others who were done in half that time. I salute the Gods I swam with. I salute God and life itself. I did something I thought I could never do. I did it twice again that year, each time improving my times. As I write this, I'm looking forward to my first race on the ocean.

I stare into the evening blue skies, and would say, to anyone who has doubts--if you haven't done an open water swim, you're missing out. So c'mon out, the water's fine. And the more of you out there, the better. If a paranoid bloke like me can do it, so can you!

Hope to see you there!

# The Lure of the Open Waters Plus the Postals in the Pools = LONG DISTANCE SWIMMING 

By Mary Fran Wiliams

With the lovely, early warm weather we're having, our thoughts are turning to sandy beaches and bright blue skies, and the lure of the open waters! If you're the type who enjoys the sparkling sand and rolling waves, consider the Long Distance Swimming competition offered by USMS during the summer months. There are many opportunities to swim in any size lake you prefer, and a complete listing can be found in the May/June issue of SWIM magazine or on the USMS Long Distance website at usms. org/longdist/

# Open Water Championship Events are scheduled as follows: 

2-Mile Cable (Indianapolis) - 6/23<br>1-Mile Open Water (Long Island, NY) - 7/14<br>3K Open Water (Elk Lake, Bend, OR) - 8/4<br>6-Mile Open Water (Indianapolis) - $8 / 25$

On the other hand, if you prefer the placidity and security of the pool, there are several Postal Championship events available with entry forms also on the Long Distance website and details listed in the SWIM magazine (May/June).

## The Postal Championship dates are as follows:

5K \& 10K Postal Championship - $5 / 15$ through $9 / 30$
3000/6000 Postal Championship - 9/1 through 10/30
If you like the less stressful type of competition that long distance swimming offers, you might find your niche in these events. It can be an exhilarating experience and, if you come in first in an Open Water event, you're an ALL-AMERICAN! That's because each open water swim is a unique event that cannot be duplicated exactly at any other location or on another date, as in pool swims. Now, this applies only in Championship designated Long Distance Open Water competitions. Long Distance open water championships can be of any distance conducted in an open body of water, either natural or man-made. Pool Postal events must be over 1650 yards ( 1508.8 meters), or a time-based event equal to or greater than one hour.

There are many open water swims that are not championship events, but you can improve your skills by entering them and have fun, too. One that is coming soon in the Detroit area is the Belle Isle Swim for the Cure, July 5, Detroit, Michigan, for the benefit of the Lance Armstrong Foundation. The entry deadline is June 30, but deck entries will be allowed up to one hour prior to the start of the event. Contact Shannon Dunworth: 313-441-6215 (H), 248-477-0521 (W)
e-mail: skdunworth@aol.com He also needs volunteers to help run the meet.

# Michigan Masters Autobiography 

Compiled by Mary Fran Williams

At the last Michigan Masters organizational meeting, after the West Bloomfield meet in March, we discussed ways for the newer swimmers to become acquainted with everyone. Someone suggested that we should introduce people via the printing of individual autobiographies in this column. This sounds like a good idea, and for starters, we already found someone willing to tell all (well, maybe not all). So, may I introduce our very first autobiographer,
Kathy Beckley:


My love for swimming began when our family moved to a small borough in Pennsylvania called Rose Valley, where there were three pools in the vicinity of our home: Rose Valley, Wallingford and Springhaven Country Club. My parents joined the Rose Valley Swimming Pool Association, where I learned to dive under the tutelage of Betsy Holston, who had been an AAU champion diver. When I was ten years old, I also began swim classes at Rose Valley, but diving was my first love.

My brothers, Paul and Fred, excelled in tennis, although they
also took swim classes. My mother had been a tennis champion in her home state of North Carolina.

Eventually, I studied tap and toe dancing, ballet, musical comedy and jazz at the Florence Cowanova Dance Studio in Philadelphia. Florence Cowanova had studied with the Bolshoi Ballet Company and her assistant, Patsy Kelley Turner, had been with the New York City Ballet Company for many years. Celebrities such as Grace Kelly and Ray Bolger had studied under Miss Cowanova, and she encouraged me to continue diving, as ballet would enhance my diving skills.

By the time I was 14 , I was swimming backstroke and breaststroke, as well as 1 - and 3 -meter diving. I was mainly used as a diver on the Rose Valley Team, but would swim in relays when needed. Our team lost more than we won, but we always had a good time. One meet I remember well was the Suburban League Championship, where I swam on a Mixed Relay with John Calvert as anchor. John now swims on a Masters team on the East Coast.

I was married in 1974 and we moved to the Detroit area in 1976, where I continued to swim and dance with limited time while raising my two daughters. After both daughters and husband moved on, I decided to become more active in swimming and en-
tered the Detroit Senior Olympics meet in 1997. There I met Skip Thompson, who invited me to join the South Oakland Seals, and I've been swimming with them ever since.

Skip and my teammates, Roger Harper, Mary Williams, and Charlie Maas have encouraged me to attempt new challenges and always set goals for each meet. Thanks to their help, I now swim Backstroke, Freestyle, Butterfly, and the 100 I.M., as well as Breastroke. I also enjoy swimming in relays, especially at the State meet, where teamwork is so important. It is great to feel appreciated as one of the team, knowing that each person is needed to make a relay complete.

I teach elementary school music in Willow Run and also work as a Customer Service Representative at Fairlane Town Center, where I sign for the deaf when needed.

I enjoy people, reading, sewing, musical theater, swimming, horseback riding, dancing and signing for the deaf. Last year I completed my Masters at Wayne State University in English as a Second Language, with emphasis on Sign Language for the Deaf. I am also on the Parish Council at St. Gerard's in Detroit.

I hope this gives you and idea of who I am, and look forward to seeing you all in the pool (though not all at once)! KB

## 2000 Michigan LMSC All-Stars and All-Americans

| 2000 Long Distance All-Stars |  | 2000 Relay USMS All-Americans |  |
| :---: | :---: | :---: | :---: |
| AGE | NAME | AGE | NAME |
| W-55-59 | Jennifer Parks | 28 | Danielle Young |
| W - 75-79 | Lois Kivi Nochman | 82 | Edith Glusac |
| M - 45-49 | Frank Thompson | 3633 | Tom Lynch <br> Thomas Schardt |
|  |  |  |  |
| 2000 Pool All-Americans |  | 37 | Eric Nordlund |
| AGE | NAME | 40 | Gerald Backer |
| W - 75-79 | Lois Kivi Nochman | 36 | Kim Krause |
| W-80-84 | Edith Glusac | 38 | Karen Rosinski |
| W - 90-94 | Jewel Cooke | 31 | Erica McKee |
| M - 19-24 | Joe Tristan | 64 | Laura Gogola |
| M - 35-39 | Michael Green | 69 | Mary Fran Williams |
| M - 70-74 | Charles Moss | 76 | Lois Kivi Nochman |
| 2000 Long Distance All-Americans |  |  |  |
| AGE | NAME |  |  |  |
| W - 55-59 | Jennifer Parks |  |  |
| W - 60-64 | Susan Bond |  |  |
| W - 65-69 | Beverly Myers |  | 0 |
| W - 75-79 | Lois Kivi Nochman |  | - |
| M - 45-49 | Frank Thompson |  |  |

On May 12, 2001 three of our fellow masters swimmers received plaques from the state of Michigan for officiating in Michigan sports.

Paul Chaffee - 30 Years
Wally Dobler - 40 Years
Edith Glusac - 40 Years

Paul and Wally primarily officiate swimming in the Lansing area. They are members of the CATS team.

Edith began in basketball, then branched out to swimming and volleyball. She is currently doing just swimming at the present time.

Edith is a member of the South Oakland Seals (SOS) team and officiates primarily in the Detroit area.


ZgTH ARNUA


MEMCHT 23-25: 200!


| Michigan Masters Michigan Masters State Meet 2001 - $3 / 23 / 01$ to $3 / 25 / 01$ <br> Results - Michigan Masters State Meet $4: 42$ PM $5 / 23 / 01$ Page 1 Michigan Masters$\quad$Michigan Masters State Meet 2001 - $3 / 23$ <br> Results - Michigan Masters St |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Oomen 19.2450 Yard Free |  | Women 19-24 200 Ya <br> 1 Zuercher, Erica | d IM 12 LOCO | ${ }_{226.83}$ |  |  |  | Nomen $30-34$ 50 Yard Bach)  <br> 2 Kelly, Amy 31 FAST <br> 3 Troyer, Doreen 34 DM |  |  |  | $\begin{aligned} & 38 \\ & 37 \mathrm{n} \\ & \hline 1 \end{aligned}$ |  | Women 35-39 200 Ya <br> 1 Rosinski, Karen C | ${ }_{38 \mathrm{Fly}}^{\mathrm{d} \text { LLA }}$ |  |
| \%, hec | 23.4 | 2 |  |  |  |  |  |  |  |  |  | Women $35-39100 \mathrm{Yar}$ | 1 M |  |
|  | 27.16 30.3 | Women 19-24 400 Yard IM <br> 1 Zuercher, Erica 22 LOCO |  |  |  | ${ }_{27}^{28}$ | 2, $\begin{aligned} & 2,9.18 \\ & 3.067\end{aligned}$ |  |  |  |  |  |  |  | 12727 |  | 35 | 073 |
| 3 Vnnetclam, Suath 24 DM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | $1: 3032$ | 2:14, |  |  | Mary |  |  |  | 12643 |
| 2 Yu | 58.88 | May |  |  | 2 Sullivin | ${ }^{25}$ sos | $1: 08.16$ | Women 30.34 50 Yard Breast |  |  | Wome |  |  | Thompson, Shern |  |  |
| ${ }_{3} 3$ Bringed, Meliss ${ }^{23}$ |  | Tony |  | 34.65 |  | ${ }_{28}^{28 \mathrm{GL}}$ | 108,89 | ${ }_{3}^{2}$ Thumerensmaticiam |  | 4295 |  | ${ }^{37} \mathrm{D}$ |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 2 Klien , Jenitst3 Chares, Trecy |  |  | nen 35.3 |  |  |
| 5 Peacock, Tasha 19 WM |  |  |  |  | mss, Elizbech A |  |  | Women 30.34100 Yar |  |  |  |  |  |  |  |  |
| men 19.24200 |  |  |  |  |  |  |  | $\begin{array}{ccc}\text { Women } 30-34100 \text { Yard Breast } \\ 1 \text { Smothergil, Megan } & 30 & \text { GLA } \\ 2 \text { Cervantes, Bonnie } & 33 & \text { YAM }\end{array}$ |  | 1:13 |  |  |  | 3 Bateret, Alison | 35 |  |
|  | 20:11.62 |  | 29 | (100.88 |  |  |  | 112355 | - Masascisis, Kanilean |  | DQ | Davis, Mary | 37 | 3:1521 |
| Women 19-24 500 Yard Free |  |  | ${ }_{25}^{26}{ }_{25}$ FARMST. | 1:11.21 |  |  | 22 |  |  |  |  |  | $\begin{array}{rr}\text { Women 35-39 } 1000 \text { Yard Free } \\ 1 \text { Jasker, Janet } & 37 \text { DM }\end{array}$ |  |  | Won |  |  |
| 1 Calion, Mrimam ${ }^{23}$ UMSC | ${ }_{5} 33.35$ । | 5 Elich, , Reatel |  | . 03 |  | 28 | ${ }_{2}^{23,3}$ |  |  |  |  |  |  |  |  |  |
| men 1 |  | Women 25-2920 |  |  | Tor, Monica | 28 cL | 23.482 | 2 Cerentes, Bo | 33 Ya | 3:1.1.61 | Nut, caol | 35 Ra | 26.15 | 3 Notic ${ }^{\text {cel }}$ | ${ }_{35} \mathrm{kar}$ | 2.1123 |
| Miriam 23 UM | 18.85 | 2 Ens Ell | 28 |  |  |  |  | Women 30.3450 Yard Fly |  |  | Women 3 5-39 |  |  | Women 40.4450 Yard Pree |  |  |
| Women 19-24 1650 Yard Free |  | 3 Green Mas |  | 迷迷 | Book, Tonya |  |  |  |  | 31.03 |  |  |  |  |  |  |
|  |  | en $25-29500$ Yard Free |  |  | 29 |  |  |  |  |  | 2 Badget |  |  |  |  |  |
| 2450 |  |  |  |  | , | $\begin{aligned} & 25 \text { sos } \\ & 28 \text { LaLA } \end{aligned}$ |  |  |  |  |  |  | S535 | Women $40-44100$ Yard Free |  |  |
|  |  | 2 Young. Da |  | 6.0688 |  |  | ${ }_{6} 532325$ |  |  | Women 30.34 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 109.5 |  |  |  |  |  |  |
| Bach |  | 4 Efich, Ra | 26 FARM |  | Wom |  |  |  |  |  |  |  |  |  |  |  |
| 20, $122200{ }^{\text {Yod Bak }}$ | \| | 5 Green May | 25 Fast |  | 2 Juier, Mar |  | 31.69 |  | ${ }^{33}$ Y YAM | \|130.47 | Women 35-39 50 Yard Breast |  |  |  |  | 1:9049 |
|  |  | men $25-291000$ Yard Free |  |  |  |  |  |  |  |  |  | 35 |  |  |  |  |
|  |  | 2 Johmon, H | $\begin{gathered} \text { cof } \\ 28 \text { caid } \\ 27 \text { cats } \end{gathered}$ |  | ${ }_{5}^{4}$ Troyere Doten |  |  | Women 30.34 | dim |  |  |  |  | Ongasasorenene, She do LM |  |  |
| nen 19.2450 Y Yard Brea |  |  |  | 13:35.11 |  |  | 5887 | 2 Fuseo, Kissin $T$ | ${ }_{33}$ | 1:10.0.95 | 4 Charice, Trecy | 38 36 36 | ${ }_{40.82}^{40.68}$ | (1) Rosch, Susen |  |  |
|  | 34.00 36.11 | 950 | ${ }_{\substack{\text { Back } \\ 29 \\ \text { UN }}}$ |  |  |  |  |  | 30 31 31 FARM | ${ }_{\text {120, }}^{12097}$ | Women |  |  | 3 Ongenasireser, She 40 LM |  | ${ }_{3}^{23088}$ |
| 3 Yu, Jagueline ${ }^{23} \mathrm{~F}$ | ${ }_{3}^{3630}$ | Women $25-29100 \mathrm{Yard}$ Back |  |  |  | 33 |  |  |  |  | 2 Klein, , , enited | ${ }_{\substack{36 \\ 36 \mathrm{BCY} \\ 3 \mathrm{DM}}}$ | 1:10.18 | Women 40.44500 Yard Free |  |  |
| zuercher, |  |  |  |  |  |  |  | Women 30.34 200 Yarc |  |  |  |  |  |  |  |  |
| 5raco, 21010 |  | Snon, holly | 27 cats | \| |  | ${ }_{3}^{34} \mathbf{~ D M}$ |  | ${ }_{3}^{2}$ 2 Juiten, Matia |  | 220 |  | 38 LLAM | 1127.59 | 3 Ongena, Cretere, St |  | 9,39202 |
| \%omen 19.24100 Yard Breast |  | Women 25-29200 |  |  |  |  |  |  |  | 10.52 |  |  |  |  |  |  |
|  |  |  |  |  | , |  |  |  |  |  |  |  |  |  |  |  |
| 3 Bringud, Meisss 23 FAS |  | Women 25-59950 Y Yard Brast |  |  |  |  |  |  |  | sill 1 |  |  |  |  |  |  |
| k, Tasha |  |  |  |  |  |  |  |  |  |  | Kkin |  |  | Ongena-Greene, She |  |  |
| Women 19-24 200 Y'ard Breast <br> $\begin{array}{lll}1 & \text { Bringard, Melissa } & 23 \\ \text { FAST }\end{array}$ |  |  | 29 RaYs |  |  | $\begin{gathered} 3 \text { sos } \\ \text { 30 FRRM. } \\ \text { Bi FAST } \end{gathered}$ | 6.0302 |  |  | $\begin{gathered} 2829 \\ 29.95 \\ 29.95 \end{gathered}$ | Women 35-39 50 Y'ard Fly |  |  |  |  | ${ }^{20.47066}$ |
|  | $\begin{aligned} & 2: 4,4,2, \\ & 2.5122 \end{aligned}$ | Women 25-29 100 Yard Breast <br> 1 Erlich, Rachel 26 FARM |  |  |  |  | (6.2884 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 128.02 \| | ${ }_{5}^{4}$ K Kelly, AMy |  | 1113,49 |  |  | ${ }_{2906}^{29.6}$ | Rosimati, Kaceic | ${ }_{38}^{38}$ | ${ }^{32,69}$ | ${ }^{\text {Women }}$ | ${ }_{42}$ Loco |  |
| $\begin{array}{cr}\text { Women 19-24 } 50 \text { Yard Fly } \\ 1 \text { Yu, Jacqueline } 23 & \text { FAST }\end{array}$ <br> 2 VanderLaan, Sarah 24 DM | 34.72 |  |  | $\begin{gathered} 29.65 \\ 29.73 \end{gathered}$ |  |  |  | Smis. | ${ }_{37} \mathrm{Y} \mathrm{MM}$ |  |  |  |  | Hagen, Diane |  | (6, |
|  |  |  |  |  |  |  | Thoon | 37 dm | 33.33 | DRenen, Doxtis | 33 k | W0.30 Women $40-48.50 \mathrm{Yarardy}$ |  |  |  |  |
| Women 19-24 200 Yard FlyI Carlson, Miriam 23 UMSC |  |  |  |  |  |  | Women 35-39 100 Yard Free |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | ${ }_{1}^{1.057 .47} \mid$ |  Women 30.3450 Yard Bach 1 Anderson Susan 30 FARM |  | $27.4 .1 .98 \mid$35.17 | 2 Jasker, Janet3 Charticr, Trave |  | ${ }_{10,0.49}$ | 2 Rosinski, Karen C 38 L.AI.A |  | \|in | 2 Bums. | 11 UNA | 33.71 |
| 1 Vmedertopen. Cour 23 |  |  |  |  |  |  |  |  |  |  |  | 36 Mz | 1:03.60 |  |  |  | Hagen, Dim | 12 lin | 1285 |
| Jasqueline ${ }^{23}$ PAST |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 Results - Michigan Masters State Meet
$\overline{8}$ Women 80-84 200 Yard Back
I Gilusac, Edidh
82 SOS

Women $80-84100$ Yard Breast | Women 80-84 |
| :--- |
| I Glusac, Edith |
| Yard Breast |
| 82 |
| Women $80-84$ |
| 100 |
| Yard Fly | Women 80-84 100 Yard Fly

I Glusac, EDith $\quad 82$ sos $\begin{aligned} & \text { Women } 80-84 \\ & 1 \text { Glusac, Edith } 82 \\ & \text { Yard IM } \\ & 82\end{aligned}$ $\begin{array}{ll}1 \text { Glusac, Edith } & 82 \\ \text { Women } 80-84200 \text { Yard IM }\end{array}$ 1 Glusac, Edith 82 SOS
Women $80-84400$ Yard IM














 3:55.87

 \begin{tabular}{c|c}
Women $65-69500$ Yard Free <br>
$3: 00.79$ \& 1 Williams, Mary F <br>
69 \& SOS

 

\& \multicolumn{2}{c}{ Women 65-69 1000 Yard Free } <br>
$7: 55.66$ \& 1 Williams, Mary F \& 69 SOS

 9:46.18 $\quad$ Women 65-69 1650 Yard Free 

\& 1 Williams, Mary F
\end{tabular} 69 SOS

 |  | Women 65-69 200 Yard Fly |
| :---: | :---: |
| 1 Williams, Mary F | 69 |
| 41.03 | Women $65-69200$ Yard IM |

 | 1:28.55 | $\begin{array}{c}\text { Women } 65,69400 ~ Y a r d ~ I M ~ \\ \text { I Williams, Mary F }\end{array} \quad 69$ SOS |
| :---: | :---: |

 1:52.40 $\begin{gathered}\text { Women } 70-7450 \text { Yard Back } \\ \text { I DiGuiseppe, Teresa } \\ 73\end{gathered}$



 7:28.46| Women 70-74 400 Yard IM $\begin{gathered}\text { DiGuisppe, Teresa } \\ 73\end{gathered}$









 9:55 AM 5/25/01 Page 3

## Michigan Masters State Meet 2001-3/23/01 to 3/25/01





in




 | 1:16.93 | Women 45-49 50 Yard Breast |
| :--- | :---: |
| 1:22.30 | 1 Hant, Nancy |
| 2 | 46 SO |


 5:30.98 | Women 45-49 200 Yard Breast










 | 13:20.01 | Women $50-54100$ |
| :--- | :--- |
| 13ard Free |  |
| S1 AA |  |






 Women 40-44 200 Yard Fly Women 40-44 100 Yard IM $\begin{array}{ll}\text { I Hagen, Diane } & 42 \\ 2 \text { UNA } \\ 2 \text { Nelis, Jean } & 41 \\ \text { DM }\end{array}$

 Women 40-44 400 Yard IM
I Brown, Denise 41
41






 Women 45-49 200 Yard Free



 $\begin{array}{ll}\text { Women 45-49 } 1000 \text { Yard Free } \\ 1 \text { Childs, Martha } & 46 \text { SOS }\end{array}$ $\begin{array}{ll}1 \text { Childs, Martha } & 46 \text { SOS } \\ 2 \text { Sieinage, Lueia } & 45 \text { GH } \\ 3 \text { Danker, Peggy A } & 48 \text { FARM. }\end{array}$ | Women 45-49 | 1650 | Yard Free |
| :--- | :--- | :--- |
| 1 | Childs, Martha | 46 | $\begin{array}{ll}\text { Women 45-49 1650 Yard } & \\ 1 \text { Childs. Martha } & 46 \\ \text { SOS } \\ 2 \text { Hial, Nancy } & 46 \\ \text { sos } \\ 3 \text { Standiley, Karen } & 47 \text { UNA }\end{array}$



## 







| $\substack{\text { e Meet } \\ \text { 33．87 } \\ \text { I } \\ \text { I．05．23 }}$ |
| :--- |

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 $11: 48.03 \left\lvert\, \begin{array}{ccc}\text { Men } 35-39100 \text { Yard Free } \\ \text { I Morono Gary T } \\ 39\end{array}\right.$

 Men 19.24 SO Yan
1 Perny．Blian
2 Knucke，Danny Men 19－24 100 Yard Breast
1
Knuckle，Danny
19 1 Knucke，Dany 19 BCY
2 Buckner，Micheall 19 BCY Men $19-24200$ Yard Breast
1 Knuckle，Danny
19 Men $19-2450$ Yard Fly







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0
0
0
0 $14: 0931$｜$\quad 6$ Sothson，Micheal 33 AB



10:08 AM 5/25/01 Page 10

 $\begin{array}{ll}\text { Alay } & \\ \text { A } & 1: 35.39 \\ \text { Asselin, Eric C } 30\end{array}$
 A $\begin{aligned} & \text { VanderHoff, Brian } 32 \\ & \text { Vagnoni, Adrian } 39 \\ & \text { A } \quad 1: 5130\end{aligned}{ }^{2} \quad 1: 32$








 PLE: Li.irup, Peter / 41
Forn, Robert 1.42


 Lokenssars, Erik 58
Schal, Joseph 26 AB
Kelley, Dale T T 44
Raska, Mark. 842 Men $35+200$ Yard Free Schuldinger, Mike 39
Benner, Devin 35
 Results - Michigan Masters State Meet
40.24 Women $19+200$ Yard Medley Relay
 3.45.72 Women 35+ 200 Yard Free Relay $\underset{\varepsilon ¢ 885: 1}{9 \text { ent }}$






 2:18.64 | Women 45+200 Yard Free Reliay

.



 Men
1 Doud Bob
Men $75-791000$ Yard Free
 Men 75-79 50 Yard Back $\quad$ BCY

 1 Wisse, John L ${ }^{78}$ BCY


 $\begin{array}{ll}2 \text { Wisse, John L } & \begin{array}{l}78 \\ 3 \text { BCY } \\ 3 \text { Edwads, Freddy }\end{array} \\ 75 & \text { sos }\end{array}$

 Men 75 - 79 200 Yard Fly"
1 Dood, Bob
 1 Doud, Bob 77

 10:08 AM 5/25/01 Page 9

Michigan Masters State Meet 2001-3/23/01 to 3/25/01


Men 65-69 100 Yard Fly








 DQ $\left\lvert\, \begin{gathered}\text { Men } \\ 10 \\ \text { Weddell, Robert } \\ 70\end{gathered}\right.$

 ${ }^{2} 1$ Koren, Don ${ }_{74}{ }^{7}$ BCY

$\qquad$







| Mixed 45+ 200 Yard Medley Relay |  |
| :---: | :---: |
|  | A 2:20.48 |
| Zuidgeest,Craf, Dawn | Swano, Will |
| Lindahl, John 56 | Bos, Batb 52 |
| 2 sos | 3.70 |
| Thompson, Frank 49 | Rhudy, Carol T 58 |
| McManus, Dennis L 53 | Gogola, Laura 64 |
| 3 sos | 2:57.44 |
| Hunt, Thomas M ${ }^{\text {S }}$ | Nochman, Lois K 76 |
| Williams, May F 69 | Yacger, King 52 |


| YAM | X2:14.87 |
| :---: | :---: |
| Landry, Carol 37 | Rudolph, Eric 31 |
| Cervantes, Bonnic 33 | Julien, Maria 30 |



 Mixed $19+200$ Yard Free Relay
I DM 1:44.52| Klein, Jennifer 35
Aumaugher, Troy 24

1:47.87 | Aumaugher, |
| :--- |
| 1:47.87 |
| Bringard, Melissa 23 | Bringard, Melissa 23

Yu, Jacqueline 23 A $\quad$ X1:44.63
Peacock, Tasha 19 Peacock, Tasha
Peny, Brian 19
XI:46.81


 Wright, Paul 46
Johns, Mathew 37 WMU
Barnhorst, Chris 19
Perry, David 22 - UNA
Hagen, Diane 42
-MZ
Chartier, Tracey 36 Chartier, Tracey 36
Lot, Roben 29
Mixed $19+200$ Yard Med DM
Brenner, Steve 25
VanderLaan, Sarah 24 MZ
Butters, Mathew F24
Thomson, Richard 41
FAST FAST
Lokensgard, Erik 58
Yu, Jacqueline 23 Yu, Jacquent

- WMU
Barnhorst, Chris 19 Ped $25+200$ Yard Free R
GLA
Derks, James 44
Tory, Monica 28
SOS
Sullivan, Dani 25
Forr, Robert L42
CATS
Kaguni, Laurie S 48
Clore, Timothy 40
DM
Book, Tonya 28 DM
Book, Tonya 28
Slocum, Tom 42
 SB
Sutley, Sally 51
Johson, Micheal 33
FAST
Brys, Cecilia 51
Stuba, Richard ^ 52
FARM
Anderson, Susan 30
Gammons, Sephamie?



3 FARM.
Simon, Pete 43
Clelland, Philip 42
4 DM
Slocum, Tom 42
Creason, Paul 43
Houting, John 35
Schatter, Mare 42
2 SOS
 Chadwick, Paul 43
3 SOS
Cusack, Stephen 40 Cusack, Stephen 40
Hoffmaster, Harvey A
4 WMM

Danhof, Ken 51
Hugo, Paul 42 4 WMM


 $\begin{array}{ll}\text { Relay } & 1: 54.87 \\ \text { A } & \\ \text { VaderPoppen } & \text { Court }\end{array}$ | VanderPoppen, Courn |
| :--- |
| Aumaugher, Troy 24 | Aumaugher, Troy 24

A $\quad 2: 00.07$
Lott, Robert 29 Lott, Rober 29
Chartier, Tracey 36
2:04.12童

高






 $\begin{array}{lll}\text { Groenendyk, Jacque 36 } & \text { Bauer, Micheal A } 53 \\ \text { Rubino, Mark 41 } & \text { Thompson, Shery } 537\end{array}$

 Lindahl, tohn 56


| 2001 YMCA SHORT C | RSE NATION | S APRI | 29, 2001 |  | State | ECORD |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sarasota Aquatic | YMCA FLA |  |  | Y\# YMCA | NATIONAL | CORD |
| BARB BOS | (52) |  | LEONARD | BROCKHAHN | (50) |  |
| 100 FREE | 1:05.66 | 2ND* | 100 | FREE | :55.21 | 6 TH |
| 200 FREE | 2:23.23 | 2ND | 200 | FREE | 1:57.64 | 1ST* |
| 500 FREE | 6:17.13 | 2ND*Y\# | 500 | FREE | 5:21.29 | 1ST*Y\# |
| 1000 FREE | 13:00.66 | 1ST* | 1000 | FREE | 11:17.28 | 1 ST |
| 1650 FREE | 21:43.42 | 1ST*Y\# | 100 | BACK | 1:04.73 | 3RD |
| 100 BREAST | 1:28.93 | 3RD | 100 | FLY | 1:02.07 | 4 TH |
| 200 BREAST | 3:10.22 | 2ND | RICHARD | CHANEY | (50) |  |
| 100 I.M. | 1:20.06 | 3RD | 1000 | FREE | 12:29.37 | 8TH |
| IDA SMITH | (67) |  | 50 | BACK | :30.20 | 2ND* |
| 50 FREE | :45.69 | 4 TH | 100 | BACK | 1:05.02 | 4 TH |
| 100 FREE | 1:37.69 | 4TH | 200 | BACK | 2:20.93 | 2ND* |
| 200 FREE | 3:26.41 | 3RD | 50 | FLY | :29.76 | 18 TH |
| 50 BREAST | :46.95 | 3 RD | 100 | I.M. | 1:06.34 | 11 TH |
| 100 BREAST | 1:44.31 | 3RD | 200 | I.M. | 2:26.66 | 6 TH |
| 200 BREAST | 3:50.38 | 2ND | CHUCK OL | LSON | (51) |  |
| 50 FLY | :48.92 | 2ND | 50 | FREE | :24.28 | 4 TH |
| FRED NELIS | (46) |  | 100 | FREE | :54.41 | 2 ND |
| 50 FREE | :25.11 | 13 TH | 200 | FREE | 2:00.21 | 4 TH |
| 200 FREE | 2:00.82 | 6TH | 500 | FREE | 5:35.26 | 2ND |
| 500 FREE | 5:30.04 | 5 TH | 1000 | FREE | 11:53.64 | 5 TH |
| 1000 FREE | 11:24.13 | 4 TH | 100 | BACK | 1:08.70 | 6 TH |
| 50 FLY | :27.48 | 11TH | 200 | BACK | 2:33.10 | 6 TH |
| 100 FLY | 1:00.47 | 7TH | GAARD | ARNESON | (53) |  |
| FRANK THOMPSON | (49) |  | 200 | FREE | 2:06.82 | 6TH |
| 200 FREE | 2:06.67 | 11 TH | 500 | FREE | 5:36.42 | 3RD |
| 500 FREE | 5:35.04 | 7 TH | 1000 | FREE | 11:33.78 | 2ND |
| 1000 FREE | 12:00.22 | 9 TH | 1650 | FREE | 19:29.16 | 1 ST |
| 1650 FREE | 19:35.23 | 3RD | 200 | BACK | 2:31.10 | 5 TH |
| 100 BACK | 1:06.01 | 11TH | 200 | FLY | 2:32.54 | 3RD |
| 200 BACK | 2:21.34 | 9 TH | 400 | I.M. | 5:12.87 | 2ND |
| 200 FLY | 2:38.62 | 8TH | DONALD | KRoEGER | (57) |  |
| 400 I.M. | 5:09.40 | 10 TH | 200 | FREE | 2:15.28 | 7TH |
| Steve hansen | (49) |  | 500 | FREE | 6:16.37 | 6 TH |
| 100 BACK | 1:18.14 | 14 TH | 1000 | FREE | 13:10.10 | 3RD |
| 200 BACK | 2:45.18 | 13TH | 200 | BACK | 2:50.40 | 6 TH |
| 50 BREAST | :32.79 | 7 TH | 50 | BREAST | :35.28 | 5 TH |
| 100 BREAST | 1:11.24 | 7 TH | 200 | BREAST | 2:55.05 | 3RD |
| 200 BREAST | 2:38.38 | 5 TH | 400 | I.M. | 5:58.03 | 4 TH |
| 50 FLY | :29.85 | 18TH | RICHARD | EVANS | $(76)$ |  |
| 100 ELY | 1:05.73 | 11TH | 50 | EREE | :48.06 | 6TH |
| 200 FLY | 2:25.70 | 6 TH | 100 | FREE | 1:53.68 | 4 TH |
|  |  |  | 200 | FREE | 4:16.21 | 5 TH |
| WOMEN HIGH POINT | WINNER |  | 500 | FREE | 11:26.77 | 3RD |
| BARB BOS | 58 POINTS |  | 50 | FLY | :56.52 | 5 TH |
|  |  |  | 100 | FLY | 2:22.79 | 3RD |
| MEN'S HIGH POINT | WINNER |  | 200 | FLY | 5:35.97 | 4 TH |











[^1]ロ゚゚ン ヘin䓂菏品 $n$
nis
nis そin M 1 CHUCK OLSON
2 TERRY TATSCH
3 DENNIS MC MANUS Mixed 50 Free Mixed So Free
1 JOHN KRIEGER Mixed 100 Free Mixed 100 Free
CHUCK OLSON
 Mixed 200 Free
1 CHUCK OLSON 1 chuck olson
 1 L．BROCKHAHN
2 CHICK OLSON
3 RICHARD CHANEY Mixed 100 Back
RICHARD CHANEY

31.80




 으누 엔ㅇ
50 MID

픈응

昆



98．06：T 71 MID Mixed 100 IM
1 MITCHELL JACQUE
Mixed 200 IM
1 MITCHELL JACQUE

| 1 MITCHELL JACQUE | 71 MID | 3：51．01 |
| :---: | :---: | :---: |
| －－－Ages 75 Through <br> PL Name | $\begin{aligned} & 79--- \\ & \text { Age } \end{aligned}$ | Einals |
| Mixed 100 Free 1 RICHARD EVANS | 76 MID | 1：54．15 |
| Mixed 200 Free 1 RICHARD EVANS | 76 MID | 4：10．86 |
| Mixed 100 Fly <br> 1 RICHARD EVANS | 76 MID | 2：24．66 |
| Mixed 200 Ely <br> 1 RICHARD EVANS | 76 MID | 5：21．27 |
| $\begin{aligned} & \text { Mixed } 400 \text { IM } \\ & 1 \text { RICHARD EVANS } \end{aligned}$ | 76 MID | 10：27．82 |

[^2] bS Y5noxyl st sefy

| USMS Long Distance Calendar CHAMPIONSHIPS |
| :---: |
| 2001 USMS I Hour Postal Championship PST－LD；Greg Bruce，PO Box 22505，Seatle，WA 98122－0505，206－985－1850，bruceg $\varphi$ u washington edu； <br>  |
| IX FINA Masters World Championships－ 5 K Swim－Christchurch，NZ OW；USMS National Office，PO Box 185，Londonderry，NH 03053－0185，603－537－0203，603－537－0204（fax），usms＠usms．org：Info and packets available from USMS National Office in late 2001；www．eventnz．co．nz／worldmasters／index．htm |
| 2001 USMS 5K Open Water Championship－Atlantic Ocean，Hollywood，FL． OW；Randy Nutt，PO Box 9448，Coral Springs，FI，33075，800－356－5132（w），aquanutt ${ }^{\text {q．}}$ mindspring com： www usms org／longdistldnats01／5kresults pdf，Sanctioned by FG LMSC \＃501－001；Pre－entry（4／20／2001） |
| 2001 USMS 5K \＆10K Postal Championship PST－LD；Pam Himstreet， 3339 NW Windwood Way，Bend，OR 9770I，541－385－7770，him＠bendnet com； www．swimoregon．org／USMSSK 10Kentry2001．pdf；Sanctioned by OR LMSC；Entry Deadline 10／10／2001 |
| 2001 USMS 2 Mile Cable Championship－Eagle Creek Reservoir，Indianapolis，IN OW：Melissa Rinker，Circle City Swimwear，5060 E 62nd St \＃1 16，Indianapolis，IN 46220，800－669－7946，Indy605＠aal．com； www，usms．org／longdisU／dnats01／2micblentry．pdf；Sanctioned by IN LMSC |
| 2001 USMS 1 Mi Open Water Championship－Point Lookout，Long Island，NY OW；Bob Kolonkowski， 15 Dartmouth St，Rockville Centre，NY 11570－2412，516－766－1264（h），718－282－7804（x63011），718－504－ 3738 （fax），RPK248＠mindspring com；www．usms．org／longdist／dnats01／Imientry．pdf；Sanctioned by MR LMSC |
| 2001 USMS 3K Open Water Championship－Elk Lake，Bend，OR OW；Pam Himstreet， 3339 NW Windwood Way，Bend，OR 97701，541－385－7770，him＠bendnet．com； www．swimoregon．org／USMSEIkLakeEntry2001．PDF；Sanctioned by OR LMSC |
| 22．5 Mi FINA Marathon World Cup Ocear／Bay Swim－Atlantic City，NJ <br> OW；Sid Cassidy，Room 108，City Hall，Atlantic City，NJ 08401，609－343－3794，609－347－5211（fax），qcass＠aol．com；For 2001， non－pro relay teams of either 3 or 6 person teams， 30 minutes per swimmer water time．Limited number of non－pro solo swimmers will be considered；www，acswim．org |
| 2001 USMS 6 Mi Open Water Championship－Eagle Creek Reservoir，Indianapolis，IN OW；Melissa Rinker，Circle City Swimwear，5060 E 62nd St \＃116，Indianapolis，IN 46220，800－669－7946，Indy605＠aol com： www，usms．org／longdist／dnals0 0 I／6mientry．pdf；Sanctioned by IN LMSC |
| 2001 USMS 3000 \＆ 6000 Yd Postal Championship <br> PST－LD；Doug Brogan， 398 Elmwood Rd．，Bay Village，OH 44140－2417，440－835－0142，FitTogether＠aol．com： mww．usms．org／longdist／dnats01／30006000entry．pdf？Sanctioned by LE LMSC \＃18－103101－PO；Entry Deadline 11／10／2001 |
| 2002 USMS 1 Hour Postal Swim Championship <br> PST－LD；Margie Hutinger， 1755 Georgia Ave NE，St．Petersburg，FL，33703，727－521－1172，phut＠usms．org．Sponsored by Florida Maverick Masters；Sanctioned by FL LMSC；Entry Deadline 2／10／2002 |
| 2002 USMS 5K／10K Postal Championship <br> PST－LD；Jill Wright， 1626 Williams St，Boise，ID 83706－3576，208－338－5287，swimimw＠aol．com，Sponsored by Sawooth Masters；Sanctioned by SR LMSC；Entry Deadline 10／10／2002 |
| 2002 USMS 10 K Open Water Championship－Hartwell Lake，Clemson，SC <br> OW；Jacque Grossman，Clemson Aquatic Team，PO Box 411，Clemson，SC 29633－0411，864－654－4704，864－646－8836（d）． ielg＠innova，net：Sponsored by Clemson Aquatic Team；Sanctioned by SC LMSC |
| 2002 USMS 2－Mile Cable Championship－Chris Greene Lake，Charlottesville，VA Masters Swim Team；Sanctioned by VA LMSC OW；Patty Powis， 2112 Waters Mill Pointe，Richmond，VA 23235－2915，804－272－7291，ppowis＠aol com；Sponsored by Virginia |
| 2002 USMS 2 Mile Open Water Championship－Lake Erie，Cleveland，OH $\mathrm{O}^{*} \mathrm{H}^{+} \mathrm{I}^{*} \mathrm{O}$ Masters；Sanctioned by LE LMSC OW；Doug Brogan， 398 Elmwood Rd．，Bay Village，OH 44140－2417，440－835－0142，ElitTogether（＠laol．com；Sponsored by |
| 2002 USMS 5 Mi Open Water Championship－La Jolla Bay，San Diego，CA OW；David Lamott， 2425 Palermo Dr，San Diego，CA 92106，619－222－3436，JLamotlapacbell nel：Sanctioned by SI LMSC |
| 2002 USMS I Mile Open Water Championship－Dorena Rescrvoir，Cottage Grove，OR Sanctioned by OR LMSC OW；Haleigh Werner， 1452 W Broadway，Eugene，OR 97402，541－334－5134，werner＠pond．net；Sponsored by Emerald Aquatics： |
| 2002 USMS 3000／6000 Yard Postal Championship <br> PST－LD；Cord－Patrick Kammholz， 6720 Lancaster Cir，Cumming，GA 30040－7343，770－781－3637，swimdynamo（daol com； Sponsored by Dynamo Masters；Sanctioned by GA LMSC；Entry Deadline 11／10／2002 |

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| W6b－NGSNVH 3＾3コS | WOG－रコN甘HD aythoid |
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| steuta weal | əwen Td |



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

## FUN！FUN！FUN！FUN！FUN！

# Present：Long Course $\therefore$ Event 2001 <br> 突Sunday，June 24 this 

## MSU IM Building Outdoor Pool

8：00 AM warm up
Events Planned：

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

Free parking in lot A，next to pool．
Entry fee is a $\$ 15$ tax donation made to MSU．CATS members $\$ 10$ tax donation．

All events will be deck entered，no seed times．

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

We will be timing each other，so it would help if we bring a friend to volunteer for tim－ ing or counting．
Welcome all ages 19 to 99 ！
This is a recognized meet．You do not have to be USMS to swim．

Questions？Please feel free to contact the meet manager Holly Johnson at
$\mathrm{w}(517) 694-1153 \mathrm{~h}(517) 676-3795$
hollyjohnson＠mrilansingmi．com

## LONG COURSE SUIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Sunday, July 8, 2001

FULLER POOL

## 1519 Fuller Road Ann Arbor, MI

7:00 A.M. URRM - UP . Swimmers must enter the pool feet first in a cautious manner. Diving uill be parmitted ONLV from the designoted sprint lane.

8:00 R.M.

9:00 A.M.
EVENT \# $1 \quad 800$ FREE
EVENT \# 2 1500 fREE
(BUT NOT BEFORE)
EVENT \# 3. 200 BACK
EVENT \# 4. 50 FLY
EVENT \# 5. 200 M
EVENT \# 6. 50 BREAST
EVENT \# 7. 200 FREE
EVENT \# 8. 50 BRCK
EVENT \# 9.100 FLY
EVENT \# 10. 200 BRERST
EVENT \# 11. SO FREE (1st chance)


ENTRIES: $\quad$ COST $\$ 12.00$ ALL EVENTS WILL BE DECK ENTERED. A SUIMMER MAY ENTEA A MPXIM 'M OF FOUR (4) EVENTS.

EUGGIBIUTY: ONLY 2001 USMS REGISTERED MASTERS SUIMMERS MAY COMPETE IN THIS MEET. ALL SWIMMERS ARE RESPONSIBLE FOR THEIR USMS CRRDS AND MAY BE REQUIRED TO SHOW IT UPON REQUEST BY OFFICIALS OR MEET DIRECTOR. REGISTRATION WILL BE AVAILABLE AT THE MEET FOR $\$ 25.00$ FND UILL BE EFFECTIVE UNTIL 12-31-01.

DIRETTIONS: **US-31 EaT WEST AT GEDDES (ON US-23 BETUEEN I-94 AND M-14)
**STRAIGHT AT THE STOPUGHT AT HURON PARKWAY RND GEDDS (HURON HIGH SCHOOL ON NU CORNER). GEDDES BECOMES FULLER ROAD RT THIS INTEASECTION.
THIS WLL BE A 'TIME YOUR OWN MEET' YOU WLL BE EXPECTED TO BRING A STOP WATCH AND TIME ANDIOR COUNT FOR OTHER SWMMMERS.
** $1 / 2$ MIE UEST ON PULLER... POOL IS ON THE RIGHT.

## LONG COURSE SWIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Senction M MM1999-9

Sunday, July 22, 2001

| 8:00 A.M. | WARM-UP - | Swimmers must enter the pool feet first in a cautious manner. Diving will be permitted only from the designated sprint lane. |  |
| :---: | :---: | :---: | :---: |
| 9:00 A.M. | EVENT ${ }^{\text {\% }}$ 1. | 200 FREE | BREAK |
|  | EVENT ${ }^{\text {2 }}$ 2. | 50 BACK | EVENT ${ }^{\text {W }} 10.100$ FREE |
|  | EVENT ${ }^{\text {a }}$ 3 | 100 FLY | EVENT \#11. 200 CHOICE |
|  | EVENT ${ }^{\text {\% }}$ 4. | 50 BREAST | EVENT \#12. 100 BREAST |
|  | EVENT ${ }^{\text {\% }}$. | 400 CHOICE (free or IM) | EVENT ${ }_{\text {w }}$ 13. 50 FREE (2) |
|  | EVENT ${ }^{\text {\% }}$. | 100 BACK | EVENT ${ }^{\text {14. }} 1400$ FREE |
|  | EVENT * 7. | 50 FLY | (as time permits - posslbly - 2 per lan |
|  | EVENT *8. | 50 FREE |  |
|  | EVENT ${ }^{\text {\% }}$. | RELAYS - 200-400-800 |  |
| ENTRIES: | COST \$15.00 ALL EVENTS WILL BE DECK ENTERED. A SWIMMERS MAY ENTER A MAXIMUM OF (4) EVENTS AND (1) RELAY. THE COST ALSO INCLUDES A LUNCH "PICNIC" FOLLOWNG THE END OF THE MEET. |  |  |
| ELIGIBILITY: | ONLY REGIS SWMMMERS MEET FOR $\$ 25.0$ | ERED 2001 MASTERS SWIM HOULD HAVE THEIR USMS ERIFICATION. REGISTRATIO AND WLL BE EFFECTIVE | MERS MAY COMPETE IN THIS MEET ALL ARDS IN THEIR POSSESION AS THE WLL EE AVAILABLE AT THE MEET FOR TIL12-31-01 |

BREAK
EVENT *10. 100 FREE
EVENT \#11. 200 CHOICE
EVENT *12. 100 BREAST
(2)

- 000 FRE
(as time permits - possibly - 2 per lane)

DUNWORTH POOL

## LEAVGOOD PARK DEARBORN, MI.

## Harbor Springs Coastal Crawl

## AUGUST 5, 2001

EVENT: 1 mile, 2 mile, or 3 mile open water swim in Little Traverse Bay, Lake Michigan. There will be no USS registration this year.
TIME: Check-in begins at 7:00am and ENDS at 7:55am, ALL swimmers must be checked-in by 7:55am.
Mandatory pre-race meeting - 8:00 am. You MUST be checked-in AND ATTEND this meeting to be eligible to swim.
Starts: 3 mile @ 8:30am 2 mile @ 8:45am 1 mile @ 9:00am
Any swimmer still on the course at 10:30 am will be pulled from the water.
WHERE: Zorn Park (City Beach) * Bay Street * Harbor Springs, Michigan (See "Map to Pool" link on home page.) Average water temperature for early August has been a refreshing 65 degrees

ELIGIBILITY: Open to all swimmers. For those under the age of 13 - competency must be verified, in writing, by their coach.
ENTRY \& FEE: The fee is \$20. Mail check and application to: Hammerhead Swim Club (Also e-mail application if possible) c/o Erin Fortune - 3125 Valley View Trail - Harbor Springs, MI 49740-(231) 526-6840 - erincma@freeway.net
${ }^{* * *}$ All entry forms should be received (or postmarked) by the entry deadline July 21, 2001. A $\$ 20$ late registration fee will be required for entries postmarked or e-mailed between July $22^{\text {nd }}$ and July $28^{\text {th }}$. No entries will be permitted after this time. Registration is limited to the first 150 applicants.
***Your entry fee includes a barbecue picnic lunch, prepared by the Hammerhead Swim Club parents and volunteers. Spectators may purchase a lunch, drink, and dessert for only $\$ 6.00$.
***Local artists will again design a Limited Edition custom T-Shirt for the 2001 race. These quality shirts sell very quickly; we will have a limited number for sale at the race. Order yours when you register to be guaranteed a T-Shirt ( $\$ 15$ with pre-registration, $\$ 20$ for long-sleeve).

AWARDS: Commemorative ribbons to all finishers. The first three male and female finishers in each age group will receive medals.
AGE GROUPS: 12 \& under, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc. (Age as of day of race.)
COSTUME: NO WETSUITS ALLOWED. Flotation aids or any devices used to maintain body heat are NOT allowed.
Neoprene swim caps are permitted; however, they shall not extend to protect the neck or shoulders.
CONTACT: Marilyn Early - 6212 Emmet Hts Rd - Harbor Springs, MI 49740-(231) 526-9824 - jcowing@tir.com
Enclose an stamped/self-addressed envelope if you want entry confirmation.
Name: $\qquad$ Birthdate: $\qquad$ Gender: $\qquad$
), (first)
Address:
City, State: ${ }_{I} \quad$ Zip:__Prone: $\underbrace{}_{\text {E-mail: }}$ $\qquad$
I plan to swim: 1Mile __ 2Mile __ 3Mile __ (Changes not allowed on day of race.)
Club Affiliation: $\qquad$ USMS or USS \# (if any): $\qquad$
Entry Fee: $\$ 20.00$ ( $\$ 40.00$ if application not postmarked or e-mailed by $7 / 21 / 01$ )
T-Shirt $\$ 15.00$ or $\$ 20.00$ Style: Short Sleeve (\$15) __ Long Sleeve (\$20) __ Size: Large __ X-Large __

TOTAL ENCLOSED: $\qquad$ Make check payable to: HAMMERHEAD SWIM CLUB

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




 be governed by the rules of USMS AND USS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: $\qquad$ Date: $\qquad$
Parent/Guardian's Signature (if swimmer is under 18yrs of age): $\qquad$ Date: $\qquad$

## INSIDE this Issue

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[^0]:    Benefits of mermbership include: A Subscription to SWMM 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.
[^1]:    Event 11 Mixed 100 Free
    PL Name Age Team Finals
    Women Ages 19 Through $24-0-0$
    1 ZUERCHER, ERICA 22 MM $1: 02.59$

[^2]:    PL Ages 19 Through $24 \begin{aligned} & \text { Team Finala } \\ & \text { Team }\end{aligned}$ Mixed 200 R－Eree MID 1 ＋ 54 | Mixed 200 R－Eree | MID $1: 59,64$ |
    | :---: | :--- |
    | 1 MID $M \times-19$ | TIM MAXON－56M |
    | JOHN KRIEGER－50M | MIRIAM CARLSON－2 | ML C－NOSTHVD W甘İIW WOb－y39NIU SヨWVC

