

## Yoar 2000 Michigan Mastors State Ghampionships

This year marks the 28th Annual Michigan Masters Swimming State Championships hosted this occasion at the newly constructed Holland Community Aquatic Center in Holland, Michigan.

Dutch Masters Swim Team and Holland Community Aquatic Center, as the Host Organizations, look forward to an exciting and well organized weekend scheduled for April 14-16, 2000.

When you visit Holland you'll be greeted by the old-world charm of the Netherlands in a thriving, modern community. Downtown Holland is listed on the National Register of Historic Places and is home to more than 100 specialty shops, restaurants and galleries; as well as a fabulous new pool!

Be sure to make your reservations early to secure a place close to the Aquatic Center. Complete meet flyer and details are enclosed in this newsletter.

## Presidents Gorner

By Eric Nordlund

Judging by the warm weather yesterday (February 23), I think that Spring is almost here! Now is the time to begin preparing for our State Meet in Holland, Michigan (April 14-16) and United States Masters Swimming Short Course Nationals at the IUPUI in Indianapolis, IN (April 27-30).

We are very fortunate to have another wonderful facility to host our first State Championship Meet of 2000. The Holland Community Aquatic Center is so nice it was featured in the Oct. ' 99 issue of Swim Technique Magazine, as one of the premier facilities in the United States. I am sure that Meet Director Fred Nelis and crew will run a very nice meet. With Michigan Masters membership being at an all-time high for this time of the year, I am sure the meet will be well attended.

Just a couple weeks after the State Meet our Michigan Masters National Team will be in Indianapolis for the 2000 SCY Nationals. The crew in Indianapolis runs exciting meets. Their pool is one of the best and fastest in the world.

Coach Frank "Skip" Thompson and I are putting the relays together. Please talk to Skip ASAP and let him know that you will be available for relays. I hope that we get a big turnout for SCY Nationals! It would

## President's Gorner

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(Continued from page I)
be nice to see our team win a Nationals outside of the state. I know we have the potential!
I would like to congratulate Barb Bos on being the first Michigan Masters Swimmer to be selected to attend the High Altitude Training Camp conducted at the United States Olympic Training Center (OTC) in Colorado Springs, CO. I spoke with her about her experiences at the camp while competing at the recent Brighton Meet. I especially look forward to reading her summary article in this issue of the Wave Eater.

I would like to offer best wishes to Michigan Masters Sanctions Chairperson Andrea Funk on her engagement to Larry Nyman of Minnesota. The couple met at Long Course Nationals this past summer. Andrea has done a great job with sanctions and she will be missed when she moves to Minnesota.

I would like to thank Ken Gutowski, former Registrar, for his service to Michigan Masters. Ken is on an extended assignment in Japan. I would also like to thank Bob Isbister for jumping back into the Registrar's position when Ken had to resign. I know that Bob's wife is about to retire and they have travel plans, so if anyone is interested in being the new Registrar please contact me.

With regret, I inform you that our friend, teammate, and former Michigan Masters Board Member, Tom Moyer recently passed away. Tom loved Michigan Masters Swimming. At the funeral home, I was talking to his wife Genevieve and she told me that he had her renew their memberships for 2000 in Michigan Masters. That really tells us how much Tom valued his friends, teammates and associates of Michigan Masters. We express our sympathy and condolences to his family. We will miss you Tom.

# Masters Swimming Olympic Training Gamp 

By Barb Bos
From One Camper's Perspective.....

## Third Annual USMS/USA Swimming High Altitude Training Camp February 6-9, 2000 - Olympic Training Center (OTC), Colorado Springs, CO.

I went to Colorado Springs anticipating four days of rigorous workouts with a bit of anxiety training at 6,800 feet. I left with 19,000 meters logged in and a ton of information to process! I feel overwhelmingly blessed to have been selected for the 2000 USMS/OTC training camp.

I swim for the Dutch Masters in Holland, Michigan, although we are not able to have organized workouts with a coach. So, for me to have the tutelage of five coaches available at the training camp proved to be a luxury! Our coaches, from all over the country, were some of the best in USMS: Scott Rabalais, Kerry O'Brien, Bill Volkening, Janet Renner, and Flexibility coach, Mark Stoker.

Our fabulous four days began on Sunday at 8 am with an hour in the 50 -meter OTC pool, to warm up and acclimate to 6,800 feet. We had a "get acquainted" session later that morning where we shared our swimming background, profession, and goals. Flexibility/ROM assessments were performed by Mark Stoker on each of the 12 campers the rest of the morning and into the afternoon. We were able to fit in a tour of the OTC and also hit the store! Our first workout was from $4-6 \mathrm{pm}$, with the last 20 minutes for

> (Contimued on page 3)
（Continued from page 2）
flexibility．The effects of the altitude were definitely a part of that first drill／training session of 4,000 meters．All workouts were re－ viewed on deck with us 15 minutes prior to the session，and also written on a large board（for those of us who would forget the work－ out！）．Each session had a major section of specific drill sets．Meals were a welcome part of camp！They were cafeteria style and the food was awesome！We also developed a close camaraderie with campers and staff at all meals．That evening we feasted on a spec－ tacular presentation by 2000 Olympic hopeful，Byron Davis．After missing the＇ 96 Olympic team in the 100 meter Butterfly by 6 one hundredths of a second（he was third in the trials），Byron quit swimming for good．But，the passion of swimming would tug at his heart for the next year．He made a decision two years ago to commit his life to success，which in Byron＇s words is＂exercising ordinary qualities extraordinarily well．＂He learned that＂failure is never final；it can be used as a fertilizer for future success．＂His training focus turned to identifying and applying what was necessary for winning．He had made a choice，which would change his life forever．We were all inspired by the 29－year－old，and will certainly be cheering for him this summer at the trials！

Monday morning，up at 5：30am for blood draws at the USA Swimming building．Next came stroke filming in the flume with approximately 10 minutes per swimmer．We all had specific times for our session，and were able to have 4 different strokes or speeds of a particular stroke filmed．The first session of the heart rate／lactate threshold flume testing began，after everyone had been filmed．Again，we were all on a strict schedule with 30 －minute sessions for each of us．With a heart rate monitor intact，we started the test with a seven－minute swim at $50 \%$（very easy swimming！）；then 5 minutes at $75 \%, 4$ minutes at $85 \%$ ，and finally 3 minutes at race pace for a 200 －meter freestyle．At the end of each session，a whistle was blown and we grabbed the side rail（to keep from be－ ing swept into the rear net）．Our heart rate was recorded，and also blood taken for lactic acid with an ear prick．Actually，with much of our apprehension with the flume testing，I thought it went smoothly．I really enjoyed this part，and the video we received with our final feedback sessions is invaluable！Sometimes called the＂swimmer＇s treadmill＂，it feels much like standing in a river．The flume is about three feet deep with two rows of fish on the bottom for position marking during filming．Since we were all back to back in the testing，we cheered for each other，especially the final three minutes！This definitely helped．During the afternoon，we had lec－ tures／discussions on all four strokes．Our 2，200 meter pool workout from $3-5 \mathrm{pm}$ also included individual camera tracking of our 200 meter individual medley．That evening we enjoyed a Nutrition presentation by Paige Holm，RD at the USOTC．Lights were defi－ nitely out by 10 pm ！

Tuesday，we were up at 5：45am for our 6：30am pool workout．Morning sessions in the classroom included a Biomechanics presentation by Scott Riewald，who had done all our video taping in the flume；Sports Psychology by Dr．Suzie Tuffey；Physiologi－ cal Testing by Dr．Genaijus Sokolovas，who performed our lactate threshold／heart rate testing in the flume．These all proved to be very informative．After a quick lunch，we were off to the Weight training building for a terrific presentation by Strength Training／ ROM director，Tony Bellofatto．We were able to experiment with different exercises on the Physioball－great for abdominal strength and balance！Our afternoon workout went very well for me－approximately 2,500 meters，including some great freestyle and backstroke drills．This was a good workout，especially after all the abdominal work we did at the weight training session．Our coaches each had presentations in the evening：Scripting the 100 －by Kerry O＇Brien；The Art of Tapering－by Scott Rabalais；Psy－ chological Aspects of Swimming Performance－by Bill Volkening；and Why Flexibility－by Mark Stoker．

Wednesday，up again at 5：45am for our 6：30am pool workout．The rest of the morning was an individual Data Feedback session for each of the areas in which we were tested：Biomechanics，Physiology（including our blood work results），Sports Psychology， Videotape review，and ROM assessment．Each specialist spent 30 minutes reviewing and critiquing us．This was an excellent time to ask questions and just absorb all the information．I am still processing much of what I received！We had our final pool workout from 3－5pm，then a Camp Wrap Up Time with coaches，where we all received fun＂Camper Awards＂！Okaaay．I got the Abs of Steel Award（a six pack of V8）$\square$ ．

We were out on the town Wednesday night－Finally！We had a great dinner together at Phantom Canyon！Most all of us stayed over night and flew out the next morning．

This was one of the most memorable swimming experiences for me！I encourage anyone who is interested in a＂total swimming camp＂tọ consider applying for next year＇s camp．The next USMS／USA Swimming Camp will be held in February 2001.


## REMINDER：

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

Ph．248－649－6085

## Michigan Masters <br> Swimmers of the Gentury

By Skip Thompson

## The Team

Choosing the top Masters Swimmers of the past 30 years was a formidable task. Masters swimming began in 1970 so compared to other sports 70 years were cut off. The criterion that was used was Masters Swimmers performances against USMS National Competition. USMS All American Selections, National and World Number One Swims in the Yearly Top Ten Rankings, National and World Records, USMS National Championship Meet and World Championship Meet Titles, and World and USMS National Top Ten Rankings. What was not used in the criteria was YMCA National Records, YMCA Championship Meet Titles, Michigan Masters State Number One Swims, Michigan Masters State Records, and Michigan Masters State Meet Championship Titles. USMS Long Distance Swimming was not used because records were harder to find going back 30 years. There are records and databases for all USMS All Americans, National Top Ten Number 1 Swims, USMS National Top Ten Swims, and USMS National Meet Championships for both Short Course and Long Course since 1970. Currently on the USMS Web Site there is a section called USMS Historical Archives which was started and maintained by Carl House. This is where the majority of the information was to pick a team of 36 Masters Swimmers. It can be found at www.swimgold.org/. The majority of swimmers named have been selected All American twice, won at least 2 USMS National Meet Championships, and have 3 Number 1 Swims in the USMS National Top Ten. Any Master Swimmer in Michigan that set a National Record and was named All American was automatically on the team. All of the Swimmers except two won a USMS National Meet Championship and the two that didn't set USMS National Records and were named All American at least twice.

All of the swimmers were active in Michigan Masters Swimming at least 3 years. Some of the Swimmers included that met the criteria moved away from Michigan and are still swimming masters for other LMSC's and Clubs, such as Melinda Mann, Matt Kanzler, Bob Jennings, Mark Noetzel, and Tom Szuba. 36 Masters Swimmers ( 17 Women, 19 Men) met the criteria. 17 of 19 Men Swimmers and 12 of 17 Women Swimmers named set USMS National Records. All of the Men won at least 2 USMS National Meet Championships and 15 of the 17 Women won at least 1 USMS National Meet Championship. In using the USMS Archives and with the database Carl House has built I was able to narrow down considerably to a list of 36 people. The people are listed in alphabetical order and their accomplishments are provided in comprehensive detail. The lists do not make comparisons between Swimmers and does not attempt to name the single best swimmer. The readers can be that judge. I am sure that you will all agree that all these swimmers deserve accolades for their excellent swimming and some are still performing those feats today. I would like to thank Carl House for taking the initiative of starting this USMS History Project. I was a member of a team of people that got this started, without them this could not be possible to do.

## Michigan Masters Women's Team of the Century - 17

Dyne Burrell - Two-time All American (1995, 1996). In 1996, set 2 World and 2 National Records in the 50 SCM Free and 100 SCM Free. Has 5 Number 1 Swims in the USMS National Top Ten. Has 2 Number 1 Swims in the World Top Ten in 1996 (50 SCM Free, 100 LCM Free). Won 4 National Championship Meet Titles. Michigan Masters Women's High Point Winner at the 1995 Short Course Nationals.

Barb Church - Three time All American (1981-1983). In 1983 set a National Record in the 30-34 50M Back. Has 4 Number 1 and 9 Number 2 Swims in the USMS National Top Ten. Won 9 National Championship Meet Titles in three meets entered in the 50, 100, and 200 Backstrokes.

Corrin Convis - Five time All-American (1989-1992) and 1995. Set 4 National Records in the 50 SCY Breast, 200 SCY Breast twice, and the 200 SCY IM. Has 11 Number 1 Swims in the USMS National Top Ten from 1989 to 1995. Won 6 National Championship Meet Titles. Michigan Masters Women's High Point Winner two times (1990 and 1992 Short Course Nationals).

Jewel Cooke - Eight time All American (1984, 1987, 1989, 1995-1999). Set 24 World Records and 42 National Records since 1980. Has 22 Number 1 World Swims in the FINA World Top Ten since 1995. Has 51 Number 1 Swims in the USMS National Top Ten since 1980. Won 5 National Championship Meet Titles. Michigan Masters Women's High Point Winner at the 1996 Long Course Nationals.

Merlyn Ewbank - Two-time All American (1980, 1991). Has 3 Number 1 Swims in the USMS National Top Ten. Won the 200 Back in both Short Course and Long Course in 1980 for the $60-64$ age group in the USMS National Top Ten.
(Continued from page 4)
Edith Glusac - Two-time All American $(1996,1999)$. Has 7 Number 1 Swims in the USMS National Top Ten. National Meet Champion in the 100 SCY Breast in the $75-79$ age group in 1994. Pan Pacific International Meet Champion in the 200 LCM IM in the 75-79 age group in 1997. Michigan Masters Women's High Point Winner at the 1994 Short Course Nationals. Has 151 USMS Top Ten Swims since 1993.

Dawn Hewitt - Three time All American (1987-1988, 1998). Set 3 National Records in 1987 in the 50 and 100 SCY Back, and the 100 LCM Back for the 19-24 age group. Has 5 Number 1 Swims in the USMS National Top Ten since 1987. Won 7 National Championship Meet Titles. Long Course National Meet Champion in the 200 Back in the $30-34$ age group for 3 straight years (1996-1998). Michigan Masters Women's High Point Winner two times (1997 and 1998 Long Course Nationals).

Melinda Mann - Swam in Michigan Masters from 1979 to 1990. Three time All American (1981-1983). Set 5 National Records from 1981 to 1985. Has 10 Number 1 Swims in USMS National Top Ten and won 15 National Championship Meet Titles. Since 1996, living in Wisconsin has added 14 Number 1 Swims and won 11 National Championships totaling 24 Number 1 Swims and 26 National Championships. Since 1996 has also set 2 National Records making a total of 7 and been named All American 4 times (1996-1999). Michigan Masters High Point Winner three times (1981, 1983 Long Course Nationals and 1985 Short Course Nationals).

Beverly Myers - Five time All American (1990-1991, 1995-1997). Has 11 Number 1 Swims in the USMS National Top Ten since 1990. Was the 1991 World Top Ten Champion in the 100 LCM Back for the $55-59$ age group. Won 9 National Championship Meet Titles since 1991. Has 326 USMS National Top Ten Swims since 1988. Michigan Masters Women's High Point Winner two times (1993 and 1994 Long Course Nationals).

Lois Nochman - Seven time All American (1990-1992, 1994-1996, 1999). Has 39 Number 1 Swims in the USMS National Top Ten. Has 17 Number 1 Swims in the World Top Ten. Set 18 World and 23 National records since 1991. Won 21 National Championship Meet Titles since 1990. Has 429 USMS National Top Ten Swims and 137 World Top Ten Swims since 1988. Michigan Masters Women's High Point Winner 5 times (1991 Short Course and Long Course Nationals, 1993, 1995, 1999 Long Course Nationals).

Jennifer Parks - Three time All American (1975-1976, 1979). Set 9 National Records in the 100 Back, 200 Back, and 200 IM and has 10 Number 1 Swims in the USMS National Top Ten from 1975 to 1979. Won 12 National Championship Meet Titles. Michigan Masters Women's High Point Winner three times (1975 Short Course and Long Course Nationals, and 1979 Long Course Nationals.

Sherry Puthoff - Two-time All American (1992, 1998). Has 4 Number 1 swims in the USMS National Top Ten. Won 5 National Championship Meet Titles at the 1998 Short Course Nationals and was also Michigan Masters Women's High Point Winner. 1992 World Meet Champion in the 100 LCM Fly for the $45-49$ age group.

Shelly Schafer - Two-time All American (1994, 1998). Has 7 Number 1 Swims in the USMS National Top Ten. Won 6 National Championship Meet Titles. 1994 World Meet Champion in the 800 LCM Free and 1994 World Top Ten Champion in the 1500 LCM Free both in the 25-29 age group.

Sheila Taormina - Four time All American (1995-1996, 1998-1999). Former Olympic Gold Medallist. Set 15 National Records and 7 World Records since 1995. Has 20 Number 1 Swims in the USMS National Top Ten and 17 Number 1 Swims in the World Top Ten since 1995.

Leslie Wetzel - 3 time All American (1989-1991). Set 9 National Records and 6 World Records in the 50, 100, and 200 Breaststroke. Has 17 Number 1 Swims in the USMS National Top Ten and 11 Number 1 Swims in World Top Ten in Breaststroke events from 1989 to 1991. Won 17 National Championship Meet Titles since 1988. Michigan Masters Women's High Point Winner two times (1989 Short Course and 1990 Long Course Nationals).

Lynne Weir - Five time All American (1976, 1977, 1981, 1984, and 1986). Set World Record in the 800 LCM Free in 1986 in the $45-49$ age group. Set 9 National Records. Has 21 Number 1 Swims in the USMS National Top Ten since 1975. Won $15 \mathrm{Na}-$ tional Championship Meet Titles. Set National Records in all Freestyle events from 50 to 1650. Michigan Masters Women's High Point Winner 5 times (1976, 1983, 1984,1986 Short Course Nationals and 1976 Long Course Nationals).

## Michigan Masters <br> Swimmers of the Century

(Continued from page 5)
Peggi Wirth - Two-time All American (1977,1978). Set 5 National Records in 50 Fly, 100 Fly, 100 IM twice, and the 200 IM. Has 6 Number 1 Swims in the USMS National Top Ten. Won 6 National Championship Meet Titles. Michigan Masters Women's High Point Winner 3 times (1977, 1978 Short Course Nationals and 1980 Long Course Nationals). Swam in Michigan Masters from 1974 to 1980.

## Michigan Masters Men's Team of the Century - 19 <br> 2005

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Wally Dobler - Eighteen time All American (1976-1986, 1989-1991, 1994-1996, 1999). Set 13 National Records and 5 World Records in the 50 and 100 Fly. Has 10 Number 1 World Top Ten Swims and 51 Number 1 Swims in the USMS Top Ten since 1976. Won 19 National Championship Meet Titles since 1973. Won 2 World Meet Championship Titles (1994) and 4 International Championship Meet Titles (1978, 1989). 50 Fly Short Course Yards Top Ten Champion from 1976 to 1986, 11 straight years. Michigan Masters Men's High Point Winner 3 times ( 1973 Long Course and 1980, 1989 Short Course Nationals).

Ed Gray - Two-time All American (1985-1986). Set World/National Record in the 800 LCM Free in 1986 in the $40-44$ age group. Has 2 Number 1 Swims in the World Top Ten and 3 Number 1 Swims in the USMS Top Ten. National Meet Champion and National Top Ten Champion in the 200-Yard Back in 1986 in the 40-44 age group. Michigan Masters Men's High Point Winner at the 1986 Short Course Nationals.

Michael Green - All-American 1996. Set a National Record in the 200 SCM IM in 1996 in the 30-34 age group. Has 1 Number 1 Swim in the World Top Ten in the 100 SCM Free in the 30-34. Has 3 Number 1 swims and 5 Number 2 Swims in the USMS Top Ten. Won 2 National Championship Meet Titles in 1996. Michigan Masters Men's High Point Winner at the 1996 Short Course Nationals.

Bob Heritier - Ten time All American (1978-1980, 1983-1985, 1988-1990, 1995). Set 2 World and 3 National records in the 50 LCM and 100 LCM Free in 1983 in the 55-59 age group and the 200 SCY Free in 1980 in the $50-54$ age group. Has 7 Number 1 Swims in the World Top Ten and 20 Number 1 Swims in the USMS National Top Ten. Won 47 National Championship Meet Titles since 1975. Michigan Masters Men's High Point Winner 13 times (1979, 1981, 1982, 1991, 1997, 1999 Short Course Nationals and 1974, 1977, 1978, 1980, 1982, 1995, 1998 Long Course Nationals).

Bob Jennings - Three time All American (1992-1994). Set a National Record in the 200 LCM in the 25-29 age group in 1994. Has 2 Number 1 Swims in the World Top Ten in the 100 LCM Breast in 1993 and 1994. Has 8 Number 1 Swims and 9 Number 2 Swims in the USMS National Top Ten. Won 2 World Championship Meet Titles in 1994 and 2 National Championship Meet Titles in 1993.

Matt Kanzler - Swam in Michigan Masters from 1980 to 1986. Two-time All American (1984-1985). Set a National Record in the 200 SCY Breast in 1984 in the 25-29 age group. Has 3 Number 1 Swims in the USMS National Top Ten. Won 11 National Championship Meet Titles from 1982 to 1986.

Gary Laprise - Four time All American (1975-1976, 1980-1981). Set 4 National Records in the 50, and 100 SCY Free, 50 SCY Fly in 1975-1976 in the 35-39 age group and the 100 LCM Free in 1980 in the $40-44$ age group. Has 7 Number 1 Swims in the USMS National Top Ten. Won 9 National Championship Meet Titles in 50, 100 Free, and 50 Fly.

Ray Martin - Two-time All American $(1974,1976)$. Set a National Record in the 200 LCM Back in 1973 in the $35-39$ age group. Has 6 Number 1 Swims in the USMS National Top Ten from 1973-1976. Won 8 National Championship Meet Titles. Michigan Masters Men's High Point Winner 4 times (1973,1974, 1975 Short Course Nationals and 1976 Long Course Nationals).

Charles Moss - Sixteen time All American (1975-1980, 1983-1985, 1987-1990, 1993-1995). Set 19 World and 25 National records since 1979. Has 48 Number 1 Swims in the World Top Ten and 91 Number 1 Swims in the USMS Top Ten since 1975. Won 9 World Championship Meet Titles $(1988,1994)$. Won 9 International Championship Meet Titles (1978, 1989). Won 53 National Championship Meet Titles since 1975. Michigan Masters Men's High Point Winner 13 times (1976, 1978, 1983, 1985, 1988,
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1990, 1993, 1994, 1995 Short Course Nationals and 1975, 1988, 1993, 1994 Long Course Nationals).
Mark Noetzel - Swam in Michigan Masters from 1987 to 1991. Four time All American (1987-1990). Set 3 National Records in the 50, 100 SCY Free and the 50 SCY Fly in 1987 in the 19-24 age group. Set 2 National and 2 World Records in the 50 and 100 SCM Free in 1990 in the $25-29$ age group. Has 3 Number 1 Swims in the World Top Ten and 9 Number 1 Swims in the USMS Top Ten from 1987 to 1990. Since 1992, living in Hawaii has added 17 Number 1 Swims totaling 26 Number 1 Swims. Set a National Record in the 100 SCM Free in 1999 making a total of 6 and been named All American 6 times (1994-1999).

Robert Peel - Three time All American (1991,1993,1996). Set 2 World and 3 National records in the 50 SCY, 50 LCM Free and the 100 SCY Free. Has 2 Number 1 Swims in the World Top Ten and 4 Number 1 Swims in the USMS National Top Ten. Won 2 National Championship Meet Titles at the 1991 Short Course Nationals.

Paul Reinke - Three time All American (1975-1976, 1979). Set 5 National Records in the 50, 100, and 200 SCY Breast, and the 50 and 200 LCM Breast. Has 7 Number 1 Swims in the USMS National Top Ten from 1975 to 1979. Won 4 National Championship Meet Titles at the 1975 and 1976 Nationals.

David Shepherd - Six time All American (1991-1994, 1996, 1998). Set National Record in the 1000 SCY Free in 1994 in the 35-39 age group. Has 11 Number 1 Swims in the World Top Ten and 19 Number 1 Swims in the USMS National Top Ten. Won 13 National Championship Meet Titles and 1 World Championship Meet Title in the 200 LCM Fly in 1994 in the 35-39 age group. Michigan Masters Men's High Point Winner two times (1996 Long Course and 1998 Short Course Nationals). Has 75 USMS National Top Ten Swims since 1990.

Dan Stephenson - Five time All American (1988-1990, 1992, 1997). Set 5 World and 5 National Records in 1989 in the 200 and 800 SCM Free in the $30-34$ age group and in 1992 in the 200,400 , and 800 LCM Free in the $35-39$ age group. Has 15 Number One Swims in the World Top Ten and 24 Number 1 Swims in the USMS Top Ten. Won 20 National Championship Meet Titles in 9 meets entered. Won 6 World Championship Meet Titles (1988, 1992). Won 2 Pan Pacific International Championship Meet Titles in 1989. Michigan Masters Men's High Point Winner 7 times (1986, 1989, 1990, 1991, 1992, 1997 Long Course and 1987 Short Course Nationals).

Tom Szuba - All-American in 1979. Set 2 World and 2 National Record in the 200 and 400 LCM IM in 1979. Won 5 National Championship Meet Titles and was the Michigan Masters Men's High Point Winner at the 1979 Long Course Nationals. Has 3 Number One Swims in the World Top Ten and 5 Number 1 Swims in the USMS National Top Ten.

Tony Tashnik - Three time All American (1977, 1983-1984). Set 2 National Records in the 50 SCY Fly in 1977 in the 35-39 age group and in the 100 LCM Fly in 1979 in the $40-44$ age group. Has 6 Number 1 Swims in the USMS National Top Ten. Won 6 National Championship Meet Titles in 3 meets entered. Michigan Masters Men's High Point Winner two times (1981 and 1983 Long Course Nationals).

Carl Thornburg - Five time All American (1987-1990, 1993). Has 12 Number 1 Swims in the USMS National Top Ten. Won 11 National Championship Meet Titles. Won 2 Pan Pacific International Championship Meet Titles in 1989. Michigan Masters Men's High Point Winner two times (1987, 1990 Long Course Nationals).

Joe Tristan - Three time All American (1997-1999). Set 5 National Records in the 200 SCY Free, 100 LCM Free (twice), 200 LCM Free, and the 200 LCM Back in 1998-1999. Has 17 Number One Swims in the USMS National Top Ten since 1997. Won 2 National Championship Meet Titles at the 1999 Short Course Nationals.

Carl Woolley - Four time All American (1978, 1988, 1990, 1992). Has 2 Number 1 Swims in the World Top Ten and 5 Number 1 Swims in the USMS Top Ten. Won 7 National Championship Meet Titles. 1992 World Meet Champion in the 400 LCM IM for the 55-59 age group.


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| 50 yard breaststroke |  |  |  |
| :---: | :---: | :---: | :---: |
| 1．Bradford Ordell | CATS | 23 | 32.79 |
| 50 yard butterfly |  |  |  |
| 1．Bradford Ordell | CATS | 23 | 31.73 |
| 100 yard 1M |  |  |  |
| 1．Bradford Ordell | CATS | 23 | 1：09．42 |
| 2．Joshua Schnable | UN | 22 | 1：11．45 |
|  | Men 25－2 |  |  |
| 50 yard freestyle |  |  |  |
| 1．Jim Cahill | LALA | 27 | 30.31 |
| 100 yard freestyle |  |  |  |
| 1．Jim Cahill | L．ALA | 27 | 1：06．47 |
| 200 yard freestyle |  |  |  |
| 1．Jim Cahill | LALA | 27 | 2：35．68 |
| 500 yard freestyle |  |  |  |
| 1．Jim Cahill | LALA | 27 | 7：19．75 |
| 50 yard breaststroke |  |  |  |
| 1．Jim Cahill | LALA | 27 | 39.42 |
| Crescendo（ 50 free +100 free +200 frec +500 free） |  |  |  |
| 1．Jim Cahill | LALA | 27 | 11：32．21 |
|  | Men 30－34 |  |  |
| 50 yard freestyle |  |  |  |
| 1．Scott Kollins |  | 30 | 24.48 |
| 2．Thomas Schardt | OHMI | 32 | 25.10 |
| 100 yard freestyle |  |  |  |
| 1．Thomas Schardt | OHMI | 32 | 55.41 |
| 200 yard freestyle |  |  |  |
| 1．Thomas Schardt | OHMI | 32 | 2：07．23 |
| 500 yard freestyle |  |  |  |
| 1．Thomas Schardt | OHMI | 32 | 6：01．14 |
| 50 yard backstroke |  |  |  |
| 1．Scott Kollins |  | 30 | 30.12 |
| 50 yard breaststroke |  |  |  |
| 1．Scott Kollins |  | 30 | 32.06 |
| 50 yard butterfly |  |  |  |
| 1．Scott Kollins |  | 30 | 26.17 |
| 100 yard IM |  |  |  |
| 1．Scott Kollins |  | 30 | 1：01．24 |
| Pentathlon（ 50 free +50 back +50 brst +50 fly +100 IM ） |  |  |  |
| 1．Scott Kollins |  | 30 | 2：54．07 |
| Crescendo（ 50 free +100 free +200 free +500 free） |  |  |  |
| 1．Thomas Schardt | OHMI | 32 | 9：28．88 |
|  | Men 35－3 |  |  |
| 50 yard freestyle |  |  |  |
| 1．Gary Morton |  | 37 | 23.07 |



MAY $18-21,2000$

## Augusta Aquatics Center 3157 Damascus Road Augusta, Georgia 30909

## Thichigan IThsicrs swimming



## April 14 thru 16 Holland Community Aquatic Center <br> Holland, IVichigan



## Welkom to Holland!



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## MI Master Swimming State Championship

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## HOST ORGANIZATIONS:

Dutch Masters Swim Team and Holland Community Aquatic Center are the Host Organizations for the 2000 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well-organized event for participants and spectators alike. This is the first masters swim meet held in the new Holland Community Aquatic Center Facility Pool.

## FACILITIES:

Holland Community Aquatic Center houses two pools. The Natatorium Pool is a modern eightlane, 50 -meter indoor pool to be configured as one 25 -yard sixteen-lane course. 8 lanes will be used for competition and other two 8 lane courses for continuous warm-up/cool down (except during the distance events which the full 16 lanes will be used). The other pool a 6 -lane 25 -yard course will be available for warm-up/cool down during distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in designated sprint lanes. Locker rooms are available WITH LOCKERS FOR ALL SWIMMERS.

## RULES - ELIGIBILITY:

USMS rules apply and will be observed. All swimmers will be required to enclose a photo copy of their USMS card with the entry form or write "APPLIED FOR" on the entry form AND send the registration application along with the USMS fee of $\$ 25.00$ (this is in addition to the meet entry fee). It is recommended that swimmers pre-registered for the Meet be pre-registered with USMS by the Entry Deadline. If a swimmer is not registered or hasn't applied for registration by the entry deadline they will not be permitted to swim in the meet. A swimmer not registered with Michigan Masters LMSC cannot establish a Michigan State Record.

## TIMING:

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

## AGE GROUPS:

Age on April 16 (last day of the meet) determines his/her age for the entire meet. Individual Events: $19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74$, etc. through $100+$. Relay Events: $19+, 25+, 35+, 45+, 55+, 65+, 75+$, and $85+$

## ENTRY DEADLINE:

Swimmers (Individual and Relays) must have their entries postmarked by April 3, 2000. All entries postmarked after April 3, 2000 will not be accepted and will be returned to sender.

## SEEDING:

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times. No time entries will be in the slowest heats. Consult your heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers' responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in another heat of the same event. The Meet Director reserves the right to RESEED the distance events if there is a significant number of scratches after check-in to eliminate the use of empty lanes during the swimming of the event.

## ENTRY FEES:

Individual:

| Fee | \# of Individual Events | $\#$ of Relays |  |
| :--- | :---: | :--- | :---: |
| $\$ 19$ | 0 | Up to 1 of each event to 4 total |  |
| $\$ 23$ | 1 | Up to 1 of each event to 4 total |  |
| $\$ 27$ | 2 | Up to 1 of each event to 4 total |  |
| $\$ 31$ | 3 | Up to 1 of each event to 4 total |  |
| $\$ 35$ | $4,5,6,7$ | Up to 1 of each event to 4 total |  |

Relays Fees: $\quad \$ 12$ per relay prior to April 3, 2000.
$\$ 16$ per relay after - April 3, 2000.

Deck Entries will be taken from 4:45-5:30 P.M. on Friday, and 7:45-8:30 A.M. on Saturday and Sunday for Relays only that were not pre-entered by April 3, 2000.

## ENTRY LIMITS: (excluding relays)

Event maximum for the entire meet: 7
Event maximum for Friday, April 14, $2000 \quad 2$
Event maximum for Saturday, April 15, $2000 \quad 4$
Event maximum for Sunday, April 16, $2000 \quad 4$

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


## ENTRY PROCEDURE - INDIVIDUAL EVENTS:

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seedtime will swim in the slowest heats.

## ENTRY PROCEDURE - DISTANCE EVENTS:

The 500 Free, 400 IM , and 1000 Free will be offered two separate times during the course of the meet. You may swim these events ONCE during the course of the three-day meet. The 1650 Free will be offered ONCE on Friday, April 14. You will only be permitted to swim either the 1650 Free or the 1000 Free on Friday, April 14, only. Depending on the number of entries for the 1650 Free and time limits, a full 16 lanes could be used. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area.

## ENTRY PROCEDURE RELAYS:

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

Session \#1 - Friday Night, April 14 Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.
Session \#1 - Friday Night, April 14 Competition begins - 6:00 P.M.
Session \#2 - Saturday Morning, April 15 Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.
Session \#2 - Saturday Morning. April 15 Competition begins - 9: 00 A.M.
ANNUAL MEETING - MICHIGAN LMSC
LMSC MEETING TO START 20 MINUTES AFTER EVENT \#12 200 FREE RELAY
Session \#3 - Saturday Afternoon, April 15 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M. Session \#3 - Saturday Afternoon, April 15 - Competition begins - 2:00 P.M.

Session \#4 - Sunday Morning, April 16 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M. Session \#4 - Sunday Morning, April 16-Competition begins - 9:00 A.M.

Session \#5 - Sunday Afternoon, April 16 - Check-in and Warm-up - ONE HOUR AFTER EVENT \#32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session \#5 - Sunday Afternoon, April 16 - COMPETITION BEGINS ONE HOUR AFTER CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

DISTANCE EVENTS CHECK - IN FRIDAY NIGHT APRIL 14:
500 FREE AND 400 IM - BY 5:30 P.M. AND NO LATER.
1000 FREE AND 1650 FREE - BY 5:45 P.M. AND NO LATER.
SCORING:

| PLACE | $\mathbf{1}$ | $\mathbf{2}$ | $\mathbf{3}$ | $\mathbf{4}$ | $\mathbf{5}$ | $\mathbf{6}$ | $\mathbf{7}$ | $\mathbf{8}$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Individual Event | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relays | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

## ANNUAL MEETING:

All swimmers are encouraged and should plan to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. The meeting will get started 20 Minutes after the morning session (Session on 2). An agenda of the meeting will be available at check-in on Friday, April 14, 2000.

## AWARDS:

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

## AWARDS

Mich. Masters State Championship Trophy Plaque Mich. Masters State Championship Trophy Plaque

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

## PROTESTS:

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

## EVENT RESULTS AND COMPLETE STATE MEET RESULTS:

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick pp your awards. Meet results (events, ages, names - individual and relay, times, and tear soores $=$ will be published in the Newsletter to all Michigan Masters registered swimmers. Cor-plest meet resuls finclazing spliss for all events) can be purchased for 58.00 at the check-in whle or can he ardered on the Entry Form. Results will be mailed.

## FACILITY RULES AND MICHIGAX MASTERS STATE MEET GIIDEINES

THESE ARE STRICTLY ENFORCED
A. Smoking is not allowed in the bullding
B. Food beverages are not allowed in the pool area in afjacent locker moms ar specuner areas
C. Lockers are available but swimmers should bring their 0 wn lock. Nerther Binllund Community Aquatic Center or Michigan Masters will assume repponsitility for last ar stmien aricles.
D. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANVED SWILDERS WHO LSE THESE SUBSTANCES WILL BE HELD RFSPONZBUE AND BE DEQUAIFIFD.
E. Diving off any of the boards is strictly forbidden

## CONCESSIONS AND PARKING:

Concessions will be available at the Holland Community Aquenic Center, Thert are nearty restaurants (about 5 minutes from the pooi) so plan your meals soack wourdingl? There is abundant free parking in the parking lot at the Aquatic Center.

MEET DIRECTOR: Fred Nelis
2221 Sunset Bluff
Holland, MI 49424
(616) 399-9588

## MEET T-SHIRTS:

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

## AWARDS CEREMONIES:

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

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

MICHIGAN MASTERS 2000 STATE CHAMPIONSHIPS
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION \#120007
FRIDAY-SUNDAY, APRIL $14-16,2000$, HOLLAND COMMUNITY AQUATIC CENTER MICHIGAN MASTERS 2000 STATE CHAMPIONSHIPS SCHEDULE OF EVENTS
Women Events \#
Session \# 1 Friday, April 14, 2000 Men's Events \#
Warm up - 5:00 P.M. Meet begins at 6:00 P.M.

21
9
43
1

3
5
7
9
11
$\begin{array}{lr}500 \text { Yard Freestyle } & 22 \\ 400 \text { Yard IM } & 10 \\ 1000 \text { Yard Freestyle } & 44 \\ 1650 \text { Yard Freestyle } & 2\end{array}$
Session \# 2 Saturday, April 15, 2000
Warm up - 8:00 A.M. Meet begins at 9:00 A.M
100 Yard Freestyle 4
200 Yard Back 6
50 Yard Fly 8
400 Yard IM $\quad 10$
10 Minute Break
200 Yard Free Relay 12

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

Session \# 3 Saturday, April 15, 2000
Warm up - 1:00 P.M. Meet begins at 2:00 P.M
13
15
17

21

Women Events \#

|  | Session \# 4 Sunday, April 16, 2000 <br> Warm up - 8:00 A.M. Meet begins at 9:00 A.M |  |
| :--- | :--- | :--- |
|  | 20 Yard Freestyle |  |
| 23 | 100 Yard Fly | 24 |
| 25 | 50 Yard Breast | 26 |
| 27 | 200 Yard IM | 28 |
| 29 | 10 Minute Break | 30 |
| 31 | 200 Yard Medley Relay | 32 |

Session \# 5 Sunday, April 16, 2000
Warm/up - One hour after Event \#32 200 Medley Relay - Expected Time 12:00 P.M. TO 1:00 P.M. Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

33
35
37
39

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Holland, MI 49423 616-396-1424
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1 Country Inn by Carlson
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Holland, MI 49424 616-396-6677
limited rooms available

Days Inn
7
717 Hastings Ave.
Holland, MI 49423 616-392-7001
$\$ 50+$ tax, 2 adults, 2 db . Beds
5 Fairfield Inn
8
2854 West Shore Dr.
Holland. MI 49424 616-786-9700
$577+$ tax. Cont. Breakfast
Hampton Inn
12427 Feich 54
Holland. MI 49423 616-399-8500
588 + tax. Cont. Breakfast

2 Holiday Inn 650 E. 24th St.
Holland, MI 49423 616-394-0111
$\$ 109+\operatorname{tax}$, no breakfast for masters
$\$ 89+$ tax, deluxe Breakfast, fridge, micro. limited rooms available

Super 8
680 E 24th St
Holland MO 49+23 616-396-5822
$560+\operatorname{lax} .1$ queen. 56588.2 db . Beds

| $\mathrm{W}-\mathrm{Z} \mathrm{t} \mathrm{~h}+\mathrm{St}+++++$ |  | Nath St El ont St |  | Haworth Inn \& Conference Center 225 College Ave. <br> Holland, MI 49423 616-395-7200 <br> Near downtown area, on Hope College's Campus, limited rooms available 569 + tax. Cont. Breakfast |  |
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Please call for Reservations as soon as possible identity yourseif as a Michigan Masters to entitle you to special group rates


Name: $\qquad$
Address: $\qquad$
Phone: $\qquad$ Birthdate: $\qquad$ Age: $\qquad$ USMS Reg. \# $\qquad$
Emergency: $\qquad$ Phone: $\qquad$ Team:

| Event \# | Entry Time Women | Swimming Event | Entry Time Men |  |
| :---: | :--- | :--- | :--- | :--- |
| Warm Up 5:00 P.M. |  | Friday Evening April 14, 2000 | Start 6:00 P.M. |  |
| 21 |  | 500 Yard Freestyle |  | 22 |
| 9 |  | 400 Yard IM |  | 10 |
| 43 |  | 1000 Yard Freestyle |  | 44 |
| 1 |  | 1650 Yard Freestyle |  | 2 |
| Warm Up 8:00 A.M. |  | Saturday Morning April 15, 2000 |  |  |
| 3 |  | 100 Yard Freestyle | Start 9:00 A.M. | 4 |
| 5 |  | 200 Yard Backstroke |  | 6 |
| 7 |  | 50 Yard Fly |  | 8 |
| 9 |  | 400 Yard IM |  | 10 |
|  |  | 10 Minute Break |  |  |
| 11 |  | 200 Yard Freestyle Relay |  | 12 |


|  | Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 12200 Free Relay |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Warm Up 1:00 P.M. | Saturday Afternoon April 15, 2000 | Start 2:00 P.M. |  |
| 13 |  | 200 Yard Fly |  | 14 |
| 15 |  | 50 Yard Backstroke |  | 16 |
| 17 |  | 100 Yard Breast |  | 18 |
|  |  | 10 Minute Break |  |  |
|  |  | 200 Yard Mixed Medley Relay |  | 20 |
| 21 |  | 500 Yard Freestyle |  | 22 |
|  | Warm Up 8:00 A.M. | Sunday Morning April 16, 2000 | Start 9:00 A.M. |  |
| 23 |  | 200 Yard Freestyle |  | 24 |
| 25 |  | 100 Yard Fly |  | 26 |
| 27 |  | 50 Yard Breast |  | 28 |
| 29 |  | 200 Yard IM |  | 30 |
|  |  | 10 Minute Break |  |  |
| 31 |  | 200 Yard Medley Relay |  | 32 |

## Sunday Afternoon April 16, 2000

## Warm Up is One Hour after Event \#32 is Completed. Competition starts One Hour after Warm Up

| 33 |  | 200 Yard Breast |  | 34 |
| :---: | :--- | :--- | :--- | :---: |
| 35 |  | 100 Yard Backstroke |  | 36 |
| 37 |  | 50 Yard Freestyle |  | 38 |
| 39 |  | 100 Yard IM |  | 40 |
|  |  | 10 Minute Break |  |  |
|  | 200 Yard Mixed Freestyle Relay |  | 42 |  |
| 43 |  | 1000 Yard Freestyle |  | 44 |

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Master's Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVIIIES INCIDENT THEREIO, I HEREBY WAIVE ANY AND ALL RIGHIS TO CLAIM FOR LOSS OR DAMAGES, INCLUDNG ALL CLADSS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING 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.

PARTICIPANT'S NAME
USMS NUMBER
DATE

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

MICHIGAN MASTERS 2000 STATE CHAMPIONSHIP FEES SCHEDULE
Swimmer Entry Fee 1 Event $=\$ 23.00 .2$ Events $=\$ 27.00 \quad 3$ Events $=\$ 31.00$

$$
4,5,6, \text { and } 7 \text { Events }=\$ 35.00
$$

\$
\$
Relay Entry Fee (Enter the number of Relays X $\$ 12.00$ for the Total )
(for information on Relays see meet information sheets)
USMS Registration Fee (If you have not registered for the 2000 season)
\$ $\qquad$
Michigan Masters State Championship T-shirts - Cost is $\$ 10.00$
Please circle size of your T-shirts M L XI XXI \$ $\qquad$ (XXL T-shirts are \$12.00)

Meet Social (Tickets can be purchased until the end of Saturday morning session) $\$$ $\qquad$
Final Results - (All scores both individual and team and splits for all events)
5 $\qquad$ Cost is $\$ 8.00$. Results will be mailed

Please make check payable to: Holland Aquatic Center
GRAND TOTAL $\$$ $\qquad$
ANNUAL STATE MEET SOCIAL - A party will be held on Saturday night, approximately one hour after the conclusion of the meet. Details will be available at the meet. A Buffet will be served: Adults \$17.00 Children \$9.00 Cash bar. If you are interested in attending please include a prepayment above with other State Meet Championship fees.

You must enter this meet by mail, a swimmer should complete the attached entry form, sign the liability release, and send a photo copy of your USMS registration card. All entries must be postmarked by April 3,2000. Each swimmer who enters the meet will need to check-in upon arrival at the Holland Community Aquatic Center.

## MAIL ENTRIES TO: Holland Aquatic Center 550 Maple Ave. <br> Holland, MI 49424 <br> (616) 399-9588 Home <br> (616) 396-2063 Work



| 29. $20: 1$ | нวtu | NYO |
| :---: | :---: | :---: |
| 21.25 | Hכ1\% 52 | 300 'xvistal |

WOnen Ages 40 Through 44
SCMMARTZ, MARY 42 HICH
3:29.40 $\begin{array}{llll}\text { Hen Ages } 19 \text { Through } 24 & \cdots \\ \text { HOCON, TERRY } & 20 \text { UIM } & 3: 08.77\end{array}$

 Hen Ages 30 Through $34 \cdots$
1 GOMBAI, STEVEN
30 wIN
G:20.49



 Men Ages 45 Through 49 ....
HANSEN, STEVE 49 MICH $2: 57.29$


 Meet

## Meet Manager Pg 1

Meet Results for Timed Finals-SC Meters
 PRICE, KAREM - 30 mich



 $\begin{array}{llll}6 \\ 7 \text { MERKXX-OUINS, ML } & 39 \text { MICH } & 38.64\end{array}$
 $\begin{array}{lll}\text { HODRE } \\ \text { HIR, PATRICE } & 51 \text { MICM } & 36.62 \\ \text { WEMER JOANE } & \text { SO MICM } & 35.49\end{array}$
 $\begin{array}{lll}4 \text { Laferriere, L. } & 52 \mathrm{MICH} & 44.56 \\ 5 \text { Brzys, cecilita } & 51 \mathrm{MICH} & 50.13\end{array}$ $\begin{array}{lllll}\text { Wonen Ages } & 55 \text { through } 59 & \\ 1 & \text { KOUALSKI, Jorce } & 58 \text { MICH } & 38.87\end{array}$

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\begin{aligned}
& \text {. Wonen Ages } 35 \text { through } 39 \text {.... } \\
& \text { I MERKX-QUINN, ML } 39 \text { HICH } 47.08
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|  | YOUMG, DANIELLE | E 28 MICH | 5:23.38 |
| :---: | :---: | :---: | :---: |
|  | Women Ages 30 t | Through 36 | ... |
|  | MCKEE, ERIKA | 31 мıCH | 5:44.97 |
|  | Women Ages 35 | Through 39 | ... |
|  | FUuK, ANOREA | 37 MICH | 5:06.58 |
|  | Homen Ages 50 | Through 54 | $\ldots$ |
|  | bos, barbara | 51 MICH | 5:47.55 |
| ... Women Agees 55 Through $59 . .$. |  |  |  |
|  | parks, Jewhifer | ER 57 MICH | 6:52.00 |
|  | Women Agea 60 | Through 64 |  |
|  | BOWD, SUSAN | 64 WICH | 7:39.5 |



$$
\text { Event } 14 \text { Mixed Senior } 50 \text { Back }
$$

.. Women Ages 60 through $64 \cdots$
1 GOgola, LAURA $\quad 64$ MICH 57.05


Event 14 Mixed Senior 50 Back
PL Name Age Team
 YU, JACOUELIME 22 NICH 37.63
Wonen Ages 25 Through 29 ... $\begin{array}{lrrr}\text { Wonen Ages } 25 \text { Through } 29 & \ldots \\ \text { SANTO, JESSICA } & 27 \text { MICH } & 34.24 \\ \text { BERENS, TARA } & 28 \text { MICK } & 35.38\end{array}$ Women Ages 30 Through $34 \cdots$
CERVAMTES, B. $\quad 31$ HICH $\quad 49.49$ Women Ages 35 Through $39 \cdots$
MERKX-OUINM, ML $\quad 39$ HICH $\quad 47.08$ Women Ages 40 Through $44 \cdots$
NELIS, JEAN $\quad 41$ MICK $\quad 42.33$

 | Women Ages 50 Through $54 \cdots$ |
| :--- |
| HIRR, PATRICE $\quad 51$ MICH |
| 22.15 |






# .. Men Ages 19 Through 2 Dragsira, LUKE 24 WICH $5: 22.41$ 










 ... Women ages 60 Through 64 ....
1 GOGOLA, LAURA 64 WICH 57.05



$\begin{array}{lll}1 \text { SCHARDT，THOMAS } & 33 \text { MICH } & 28.03 \\ 2 \mathrm{BELL}, \text { MICAHEL } & 32 \text { MICH } & 28.46\end{array}$ベゅ
 1 HEPBURM，UKA 43 MICH 34.86

$\begin{array}{llll}\text { CUTHRIE，SALIY } & 50 \mathrm{MICH} & 35.73 \\ 2 \text { BRZYS，CECLIA } & 51 \mathrm{MICH} & 50.39\end{array}$ Women Ages 55 Through $59 \cdots$
1 Vanderbrulle，k． 56 MICH $\quad 49.08$
 Men Ages 30 Through 34 ．．．






 2 DUMASK1，MARK


1 MICH $A X-120$ HICH $2: 26.00$
BERENS，TARA－28U SANTO，JESSICA－2TA BERENS，TARA－28W SANTO，JESSICA－27
KRRUSE，K． 36 W
ROSINSKI，K．
… Mixed Ages 280 through $319 \ldots$
I MICH K X－280 MICH $3: 15.66$ $\begin{array}{ll}\text { REESE，JOHM－TSM } & \text { EVANS，RICHARO－76M } \\ \text { FEREYCZ，DOW－57M } & \text { DOWD，BOB－77M }\end{array}$ Event 2 Nixed Senior 200 free Pl Home Age team Finals
 2 PHILITPS，A． 39 भICH $2: 39.93$
Homen Ages 40 Through 44 ．．．
REPBURN，UNA 63 NICH $2: 51.65$ Women Ages 45 Through $49 \cdots$
CHILOS，MRTHA 46 MICH $2: 51.38$ ．Women Ages 50 Through 56
1 BOS，
51 MICH
$2: 63.63 .91$ 2 CUTHRIE，SALLY SO MICH $2: 53.71$ 3 RRZYS，CECLIA 51 MICH 4：32．96 Woocur，JOSEPRIWE TS NICH $4: 17.88$ $\begin{array}{llll}\text { Uomen Ages } 90 & \text { Through } 94 & \ldots \\ \text { COOKE，JEMEL } & 92 \text { MICH } & 5: 45.22\end{array}$ $\begin{array}{llll}\text { Men Ages } 30 \text { Through } 36 & \cdots \\ \text { SEVERT，CARY } & 30 \text { MICH } & 2: 32.26 \\ \text { SCHRRDT，YMOMS } & 33 & \text { MICK } & 2: 44.36\end{array}$ $\begin{array}{lll}\text { Nen Ages } \\ \text { G GREN，MICMAEL } & 37 \text { MICH } & 2: 06.93 \\ 2 \text { BERGER，AHOREW } & 36 \text { MICH } & 2: 20.87\end{array}$

Meet Results for Timed Finals-SC Meters


## Year 2000 Chetrick and Lawrence Awards By Eric Nordlund

- Every year, Michigan Masters Swimming gives two special awards. At the state meet last year I had the honor of presenting Don Korten with the 1999 Chetrick Award, which is given to a person for outstanding service to Michigan Masters. I also had the honor of presenting Edith Glusac with the Lawrence Award, which is given for outstanding swimming accomplishments. On Saturday, April 15th, just before the start of the State Championships afternoon session, the Year 2000 award recipients will be announced.
- I would request all members of Michigan Masters take a moment and think of worthy nominees for both the 2000 Chetrick and Lawrence Awards. I ask members to submit a brief biography of their nominees to me via e-mail (ericswims@yahoo.com) or snail mail.
- The current elected officers will vote for the Year 2000 award winners.



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

- 2000 Michigan Masters State Championships
- President's Corner
- Michigan Masters Swimmers of the Century
- Camper's Perspective Olympic Training Camp
- CATS Meet Results
- Ann Arbor Meet Results
- Brighton Meet Results


## Attention Team Reps: Deadline for the June, 2000 Issue is May 15, 2000!



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

