

# The Wave Eater



Volume 7, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 1999

## SUMMER OPEN WATER SWIMS



*Michigan Masters Swimmers displaying their medals after Cleveland Open Water Swim.*

### Cleveland Open Water

By Mary Fran Williams

There was a storm the night before the swim and waves were 6-8 foot high with even higher swells. Over 150 started but it seemed nearly half did not finish. People doing freestyle-only were getting seasick from the swell/wave motion. Those who finished were using mostly breaststroke, as I did. It's a slower stroke, but you could at least focus on something ahead of you, so it kept you moving forward instead of getting sick.

The water was warm -- probably 80-81 degrees -- but this was an exhausting battle with the waves and the swells. Looking back on last year's "Escape from Alcatraz", this was even tougher, because we really were caught in the tail end of a Great Lakes storm. Lake Erie is the shallowest of all the Great Lakes, and consequently it becomes more turbulent and the waves don't break -- they just swell way up there and then push you down. They didn't have enough buoys out there, and you couldn't see the few they had because of the giant waves. And there weren't enough kayaks or other boats under those conditions, as most of them were busy rescuing sick swimmers and taking them back. Only at the last 1/4-mile, we saw more of them ahead to

*(Continued on page 3)*

## President's Corner

By Eric Nordlund

It's been a very busy summer of swimming for Michigan Masters Swimmers. I had the opportunity to swim a USMS National Postal 5K swim this summer, I went to Cleveland for the USMS National 2-Mile Open Water Championship Swim, and I just got back from Minneapolis from the USMS 1999 Long Course National Championships. I am very proud of fellow Michigan Masters Swimmer's performances in the pools and lakes this summer.

In this edition of the Wave Eater you will find a partial schedule of Michigan Masters Meets for the 1999-2000 season. Please mark your calendar early and plan to attend as many meets as possible. We are currently working with the new facility in Holland with regard to the 2000 Michigan Masters State Meet. As soon as plans are finalized we will publish the dates of the competition so you can make your plans to attend our Championship Meet.

For those of you planning on going to USMS Short Course Nationals in the

*(Continued on page 2)*





## President's Corner

*(Continued from page 1)*

spring of 2000, there has been a change of location of the meet. Due to local zoning regulations, the meet has been moved from Phoenix, AZ to IUPUI Natatorium in Indianapolis. Indy was the second place bid at last year's convention, consequently they were awarded the meet when Phoenix backed out. The dates of competition will be April 27-30, 2000. With all of the talented swimmers here in Michigan and our proximity to Indy I know we should be able to send lots of swimmers to IUPUI. I would like to see our team take home lots of hardware and an additional Championship Banner!

Paul Windrath and crew put on a great USMS Long Course Nationals from August 19-23, 1999. Michigan Masters Swimmers swam very well. In the meet overall there were 68 World Records, 95 National Records, and 40 Michigan Masters State Records set. Our very own Lois Kivi Nochman stole the spotlight setting 5 World Records! Lois set new marks in all three butterfly events and in both the 200 and 400 IM. We are all very proud of you Lois!

We had six individual USMS National Champions in Minneapolis. Additionally, one relay team was crowned champion. As a team, we placed 3rd overall in the medium team division, and our women placed 2nd in the ladies medium team division. Martha Forster, Andrea Funk, Edith Glusac, Bob Heritier, Lois Nochman, and Hugh Roddin were our individual champions. The 280 age group men's free relay of Freddie Edwards, Bob Heritier, Charles Moss, and John Ries brought home the gold and USMS National Champion Patches.

As soon as Andrea Funk won her 1500-meter free, we boarded a charter bus for an hour and a half journey to Wisconsin to swim across the Mississippi River. The 2.5-mile swim was beautiful; the water was flat, unlike the 2-mile event in Cleveland that I am about to talk about. We swam across the river as the sun was setting. A perfect ending to a great event.

I will never forget the smile on Lois' face after she set her 5th world record of the meet. I enjoyed helping out as an official at the meet. I was even the starter for the Woman's 100 freestyle. My greatest memory of the meet was giving Debbie Morrin her wedding engagement ring on Wednesday afternoon prior to the start of competition. Debbie's love is the greatest gift I have received in all of my years of swimming.

On August 1st, 1999 twelve Michigan Masters Swimmers braved the high surf on Lake Erie for the USMS National 2 Mile Championship Open Water Swim. Race officials shortened the course to 1.5-miles due to the adverse conditions. Susan Bond, Lois Nochman, Freddie Rapp, and Mary Fran Williams won their age groups making them both USMS Champions and USMS Long Distance All-Americans. Good job ladies! Ron and Dave Pohlonski placed 2nd in their age groups. Andrea Funk placed 3rd in her age group.

In the middle of September, Don Kroeger, Dennis McManus, Jennifer Parks, Paul Wright, Skip Thompson, and myself will be in San Diego, CA for the United States Aquatic Sports Convention. We are looking forward to this opportunity to learn more about our great sport. What we learn in San Diego we will bring back to Michigan to make Michigan Masters even a better organization than it is today.

In closing, I would like to see USMS grow. We have all grown as a result of our participation in masters swimming. Bring an old teammate or a coworker to swim practice. I am sure they will thank you.

See you in the pool, Eric Nordlund  
President- Michigan Masters Swimming

**NEW! Michigan Masters Swimming Web Site**



**<http://www.michiganmasters.com>**



## Grand Haven Open Water

Here's my take on the Grand Haven Swim on 7-17-99..... At 8:18 AM, minutes after the Required Swimmer's meeting, the Grand Haven

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YMCA Swim Organizers, after consultation with the Coast Guard, decided they could not sanction the swim and officially "cancelled" it. Telling 75 swimmers standing in the water, ready and willing to get going that the swim was "cancelled" is like telling a group of 6 year olds, after standing in line for 1 hour, that the ice cream stand is all out of ice cream. They then said we could "swim it at our own risk" and one daring soul raised his hand and said, "Let's swim it as a group." He then dove in, and away everyone went. The outer perimeter boats maintained their positions and off they went. Because of the overcast day, it was difficult to see very far in the water, but for the most part, I was swimming in about 5-7 feet of water. So how "dangerous is this?" The water temperature, as reported at the Grand Haven State Park station was 75. Others at the meet said it was about 71. Definitely warmer than anything I have swam in at Harbor Springs. The closer we got to the finish line, the less we received the

benefit of the Pier as a break-water and the swells grew. The biggest I saw were about 3 feet. About 2000 yards into my swim, the Coast Guard life boat came up and "ordered" us out of the water, due to lightning. While I was disappointed at the time, their "wisdom" proved to be accurate, as about 10 minutes after reaching the "finish line" pavilion, about 1 mile off shore was a huge lightning bolt, then came the torrential rains. I think about 12 members of CATS were in attendance at the swim and most are looking forward to the Harbor Springs Coastal Crawl on 8-1-99. I am sure Paul Chaffee would welcome other comments for the Cats Newsletter. Send them to "chaffee@shianet.org". Hopefully the group photos taken of the Cats will turn out and we will have something to add to our Web-page. Keep on swimming!

Greg Veltema

## Cleveland Open Water

(Continued from page 1)

guide us. This was truly a nightmare of a swim, and it could have been a disaster. It was also hazy and this exacerbated the visibility problem. They shortened it to a mile-and-a-half, but they probably should have canceled it. However, I'm glad they didn't, because I did finish and it's a great feeling to be called an All American in anything -- Short or Long Distance. Anyone who finished under those circumstances earned the title!

As noted above, at race time the water was so rough and foreboding that of the 156 swimmers who entered the competition

(Continued on page 4)



### REMINDER:

Submissions for the next issue of "The Wave Eater" are due to Dennis McManus by **November 15, 1999**, for the December publication.

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## Cleveland Open Water

(Continued from page 3)

in reality only 129 completed it, a 17% dropout rate! Twelve swimmers took one look at the 6-8 foot waves and never entered the water, the other fifteen apparently were too exhausted or seasick to finish. Anyone who thinks the road to a Long Distance All-American Championship is a piece of cake ought to try this swim sometime!

These are official results of Michigan Masters Swimmers who competed and finished the Cleveland Open Water National Championship on Aug. 1:

### WOMEN:

Age 35-39

3rd

**Andrea Funk** (36) 47:24

Age 55-59

1st

**Fredericka Rapp** (55) 1:11:03 All American Long Distance Champion

Age 60-64

1st

**Susan Bond** (63) 1:25:41 All American Long Distance Champion

Age 65-69

1st

**Mary Williams** (67) 1:37:26 All American Long Distance Champion

Age 70-74

1st

**Lois Nochman** (74) 1:31:23 All American Long Distance Champion

### MEN:

Age 35-39

9th

**Eric Nordlund** (35) 48:52

Age 40-44

9th

**Harvey Hoffmaster** (43) 53:49

Age 45-49

8th

**Frank Thompson** (47) 1:02:43

Age 50-54

2nd

**David Pohlonski** (50) 45:26

10th

**Thomas Moyer** (51) 1:12:23

Age 55-59

2nd

**Ron Pohlonski** (55) 45:43

7th

**Donald Kroeger** (55) 59:45



## Harbor Springs Open Water

By Jennifer Parks

### LAKE MICHIGAN:

The Harbor Springs Coastal Crawl had the warmest water, in the lower 70s (John Mastenbrook took a reading of 73 out in the Bay) since its inception six years ago. There was the usual combination of Age Group, since it's a Michigan Swimming State Championship, and Masters swimmers, reminding all that swimming is the sport of a lifetime! The water was quite calm, except for a little chop in the shallows around the point. Marilyn Early's "Hammerhead" volunteers were great and gracious as usual and we received a new medal designed specifically for the Coastal Crawl. Three weeks later, the Traverse City West Bay Swim was a good one, too. It's their second year and the proceeds go to

(Continued on page 5)

## Harbor Springs Open Water

(Continued from page 4)

a fund to help build a second pool in TC (The Civic Center pool is very busy, and the area is booming!). Once again, the water was fine and the day beautiful. We swam in the "U" of the bay, with the start right at the City Beach. There were more people this year, both young and old. So come to the great "up north" next year for some good swimming and beautiful scenery. Looking forward to the southern Lake Michigan swim, "Big Shoulders," at the Ohio Street Beach off Navy Pier in September, where many Michigan Masters plan to swim as a prelude to the National Championship being held there next year.

As reported to the Holt Community News:

### FOR IMMEDIATE RELEASE:

### "LANSING SWIMMERS HAUL HOME THE HARDWARE"

Today, on Sunday, August 1st, 1999 at the 6th Annual Harbor Springs "Coastal Crawl" 1-Mile, 2-Mile and 3-Mile Open Water swim competition swam in Little Traverse Bay on Lake Michigan in Harbor Springs the following Greater Lansing swimmers, many of whom belong to the "Capitol Area Triathlete & Swim Club" (CATS), brought home the following honors:

#### In the 1-Mile Event

Josh Schnable, age 22, came in 2nd in the 20-24 age group with a time of 29:12.3

Andrea Daniels, age 27, came in 1st in the 25-29 age group, with a time of 30:00.0

Dave Johnson, age 42, came in 1st in the 40-44 age group with a time of 33:16.3

In the 45-49 age group, 49 year old John Bullock came in 1st with a time of 28:47.0

John Schnable, age 48, came in 3rd with a time of 37:39.0

Greg Veltema, age 47, came in 4th with a time of 38:38.9

In the Old Timer's division, George Runciman, age 57, came in first place, winning a Blue Ribbon with a Medal for setting the pace at 36:18.5

Close behind was Jay Lane, Age 58, coming in 2nd with a time of 36:48.0

#### In the 2-Mile Event

Kelly Zeller, age 19, came in 1st with a time of 1:03:34.0

Lisa Williams, age 19, came in 2nd with a time of 1:03:34.8

Gretchen Holt, age 19, came in 3rd with a time of 1:03:35.4

Kelly, Lisa and Gretchen are former stand-outs with the Dewitt Women's High School Swim Team.

32 year old Suzanna Vansant came in 1st place in her age group and 2nd overall with a time of 48:45.8

Jennifer Parks, age 55 came in 1st in her age group with a time of 1:01:05.0

#### In the 3-Mile Event

"Ironman" John Hershey took a Blue Ribbon 1st place finish with a time of 1:33:51.0. In a post race interview, he casually remarked "I feel great!"

The meet began today at 8:00 AM in Zorn Park in Harbor Springs, Michigan and was sponsored by the Hammerhead Swim Club of Harbor Springs, Michigan. Former MSU swimming champion, Marilyn Early was the Meet Director. The water temperature was 73 degrees according to (Everett High School coach) John Bullock's hand thermometer.



# For Life.



# The "Lynne" Award

By Jennifer Parks

## THE "LYNNE" AWARD

The "Lynne" Award was given this spring to **Gail Dummer**, **Charlie Moss**, and **Tom Moyer** for "courage and tenacity," for continuing to swim despite illness or injury. The award is named in honor of **Lynne Weir**, former President of Michigan Masters and great swimmer, who died last year, less than a year after she swam around Key West. Her husband, Bill, and children, Bill and Ken, are very pleased that this award was instituted. Bill said that he tries to follow Lynne's lead in "looking forward" despite adversity! The awardees, too, continue to do that! They are true heroes, as was Lynne.

Dear "Wave Eater" Editor

06/27/99:

At the Ann Arbor Fuller Pool meet this week, Jennifer Parks presented me a personalized coffee mug symbolizing "The Lynne" award for courage and tenacity. This is named for Lynne Weir who certainly personified these values. This award means a lot to me because I admired and liked Lynne Weir very much. She set such very high personal goals for herself -- and usually achieved them. For me, it's been a challenge to show courage and tenacity through radiation treatment for an eye tumor, two hip replacements, and a major shoulder surgery. This "Lynne" award will help me by reminding me of how Lynne Weir maintained her high goals through some very challenging times.

Charlie Moss – Midland Masters



## YEAR 2000 ONE-YEAR MEMBERSHIP APPLICATION

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

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

### 2000 Membership Application

☐ RENEWAL. My Current USMS

Number is: \_\_\_\_\_

☐ NEW REGISTRATION

USMS + LMSC fees:

\$25.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2000

Make check payable to: MICHIGAN MASTERS

Mail to:

Ken Gutowski

37875 Fleetwood Dr.

Farmington Hills, MI 48331

Signature

Date

If you coach Masters Swimmers, please check here ☐

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

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



# 1999 Long Course Nationals

By Skip Thompson

Minneapolis, MN – August 19-23:

Twenty-four Michigan Masters swimmers (14 men, 10 women) attended the 1999 USMS Long Course Nationals held at the University of Minnesota Aquatic Center. Overall, 949 participants representing 143 teams from all 50 states excluding Arkansas and Alabama were competing for championship recognition.

The Michigan Masters Women's Team took 2nd Place and the Men's Team took 6th Place in both Medium Team Divisions. The Combined Michigan Masters Team placed 3rd overall in competition with 13 other Medium Team entries.

In total, 68 World, 95 National and 45 Michigan State records were set during the course of the 5 day meet.

The high point winner for the Men's Division was **Hugh Roddin** with 52 points and **6 Michigan State records**. The high point winner for the Women's Division was **Lois Nochman**, with 55 points and **5 State, National and World Records**.

**Barb Bos** and **Gaard Arneson** also garnered 6 Michigan State records in all the events they swam. **Charles Moss** achieved 4 state records and **Shirley Dacey** and **Andrea Funk** each had 3 state records. Individual event National Champions were **Andrea Funk**, **Martha Forster**, **Edith Glusac** (2), **Bob Heritier**, **Lois Nochman** (5), and **Hugh Roddin**. Congratulations to all that swam!

## Lois Nochman Sets Five World Records for 2nd Time in Masters Swimming

By Skip Thompson



At the 1999 USMS Long Course Nationals, Lois Nochman became the first person in Michigan Masters history to set 5 World Records in all 5 events she swam in at a USMS National Meet. She was one of three people to accomplish this at the meet; the others being Drury Gallagher in the Men's 60-64 age group from New York, and Jean Durston in the Women's 85-89 age group from Walnut Creek. This is the second time Lois has done this, the other occasion being the Fall Classic Great Lakes Zone Championships in Indianapolis in November 1994. In that meet, Lois did the same thing in the same events in Short Course Meters, and did one extra by setting a USMS National Record in the 100 IM. In the Canadian Nationals this past year, Lois set 2 World Records to go along with 4 World Records she set in a meet in February, 1999 in Sylvania, Ohio. That is a total of 10 World Records for the year! Lois missed the 100 IM record by 1 1/2 seconds and that's one goal she is going to work for this fall.

Lois started swimming competitively in masters in the fall of 1987 and made progress each year to become a World Champion. In the spring of 1988, Lois won the 100-Yard Fly in her age group at the YMCA Nationals. In 1989 she won 3 events at the YMCA Nationals. In 1990, at the USMS Long Course Nationals in Houston she won 2 events (1500 Free, 100 Fly). In 1991, at the Short Course Nationals in Nashville she won the 4 events and set a USMS National Record in the 400 IM. In 1992, she became a World Champion in her age group in the 50-Meter Fly at the World Championships in Indianapolis. That same year she received the Lawrence Award for being an Outstanding Swimmer repre-

(Continued on page 8)





## 1999 Long Course Nationals

*(Continued from page 7)*

senting Michigan Masters. From 1994 to 1996, Lois set 12 USMS National Records and 8 FINI World Records mainly in the Fly and IM events. With the addition of this year's activity, that's a total of 23 USMS Records and 18 FINI World Records. In Long Distance swimming, Lois is the current USMS National Record holder in half of the events listed (6000 Yard, 5K, and 10K) in both the 65-69 and 70-74 age groups. Lois is the only swimmer in Michigan Masters history to be a USMS All Star in both Pool Events (1995) and Long Distance Events (1995-1998).

With the end of the 1999 Long Course season approaching, Lois holds all the Michigan State records in the 65-69, 70-74, and 75-79 age groups in Long Course Meters. Lois is the only swimmer in Michigan Masters history to ever hold all of the available State Records in 3 different age groups. Since 1988, Lois has made the USMS Top Ten 376 times and the World Top Ten 137 times which is more than any swimmer in Michigan during this time period. Lois has 28 USMS Top Ten National #1 Swims and 11 FINI World Top Ten #1 Swims. Lois has 21 USMS Championship meet titles in 11 USMS National meets entered. Since 1990, Lois has been a 12 time USMS All American, 6 Pool (90-92, 94-96) and 6 Long Distance (93-98).

Lois has accomplished just about everything there is to accomplish. With this last USMS meet, she has become the most consistent performer in Michigan Masters swimming competition in the last ten years. I have not even touched on her accomplishments in YMCA, Senior Games, and US Senior Nationals that Lois has excelled in every year. In Michigan Masters State Championship Meets, Lois has won 82 of 83 events, her only second place occurred in 1993 in the 100-Yard Free by less than a half a second. As a coach and teammate of Lois', you couldn't ask for anything more. Lois has accomplished more in the last 10 years than most people accomplish in a lifetime of swimming. Whatever happens to Lois in the next century is anybody's guess. I know the IUPUI in Indianapolis is one of Lois' favorite places to swim and she has set National and World Records there in Short Course Meters and Long Course Meters. In next years USMS Short Course Nationals she will be there and I am willing to bet that Lois will be setting National Records in Short Course Yards to complete a sweep of the masters courses.

Congratulations Lois, and keep on shining!

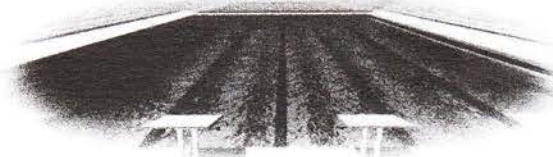
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### General Membership Meeting 11-14-99

There will be a 2nd **General Membership Meeting** on November 14, 1999 at West Bloomfield High School open to any registered swimmers in the Michigan LMSC that wish to attend. The meeting will take place at the conclusion of the West Bloomfield Swim Meet and during the meal that follows in the cafeteria.

Topics on the meeting agenda will include: State Meet 2000, 1999 USMS Convention in San Diego, and any additional Open Topics for discussion. Please mark your calendars and plan on attending both the meet and the meeting.

Eric Nordlund – President, Michigan Masters





1999 U.S.M.S. LONG COURSE NATIONALS AUGUST 19 - 23, 1999  
 UNIVERSITY OF MINNESOTA AQUATIC CENTER \* STATE RECORD WR WORLD RECORD  
 MINNEAPOLIS, MN MICHIGAN SWIMMERS # U.S.M.S. NATIONAL RECORD

ANDREA FUNK	(36)		ANN HARRITY	(66)	
800 FREE	10:48.87	5TH	50 FREE	1:14.33	6TH
1500 FREE	20:21.84	1ST*	MARTHA FORSTER	(82)	
50 BACK	:35.73	4TH	50 FREE	1:20.82	4TH
100 BACK	1:16.67	3RD*	100 FREE	2:52.47	5TH
200 BACK	2:45.11	3RD*	200 FREE	6:09.85	5TH
BARBARA BOS	(50)		400 FREE	12:55.17	4TH
100 FREE	1:17.15	3RD*	800 FREE	25:31.71	3RD*
200 FREE	2:47.82	3RD*	1500 FREE	48:42.62	1ST*
400 FREE	5:57.49	3RD*	RANDY MIKULA	(46)	
800 FREE	12:25.18	3RD*	50 BACK	:39.68	19TH
1500 FREE	23:16.75	2ND*	100 BACK	1:28.07	18TH
200 BREAST	3:46.10	3RD*	200 BACK	3:14.58	19TH
SHIRLEY DACEY	(63)		DEVIN BENNER	(33)	
400 FREE	7:06.84	4TH	50 FREE	:28.38	12TH
800 FREE	14:24.77	3RD*	100 FREE	1:04.13	13TH
1500 FREE	27:07.12	3RD*	ERIC NORDLUND	(36)	
100 BACK	1:48.69	4TH	400 FREE	5:30.52	12TH
200 BACK	3:54.56	2ND	800 FREE	11:36.04	10TH
400 I.M.	8:46.73	5TH*	1500 FREE	22:00.00	4TH
BEVERLY MYERS	(64)		50 BACK	:34.96	7TH
50 BACK	:46.52	2ND	100 BACK	1:17.73	7TH
100 BACK	1:40.15	2ND	200 BACK	2:56.50	6TH
50 BREAST	:49.64	5TH	FRANK THOMPSON	(48)	
100 BREAST	1:48.39	4TH	400 FREE	5:01.38	14TH
50 FLY	:43.97	2ND	800 FREE	10:27.63	11TH
200 I.M.	3:32.95	3RD	1500 FREE	20:23.57	8TH
MARY WILLIAMS	(68)		100 BACK	1:14.49	14TH
400 FREE	9:58.56	7TH	200 BACK	2:44.80	14TH
800 FREE	20:17.16	6TH	400 I.M.	6:02.70	13TH
1500 FREE	39:08.63	4TH	STEVE HANSEN	(48)	
100 FLY	3:00.18	3RD	50 BREAST	:36.28	9TH
200 FLY	6:32.83	2ND	100 BREAST	1:22.56	8TH
LOIS NOCHMAN	(75)		200 BREAST	3:02.36	10TH
50 FLY	:47.86	1ST*#WR	100 FLY	1:16.25	17TH
100 FLY	1:56.92	1ST*#WR	200 FLY	2:52.40	12TH
200 FLY	4:19.81	1ST*#WR	400 I.M.	6:12.83	14TH
200 I.M.	4:08.03	1ST*#WR	GAARD ARNESON	(51)	
400 I.M.	8:59.25	1ST*#WR	200 FREE	2:20.90	6TH*
EDITH GLUSAC	(81)		400 FREE	4:56.92	3RD*
50 BACK	1:04.68	2ND	800 FREE	10:13.60	2ND*
200 BACK	5:17.32	2ND*	1500 FREE	19:49.94	3RD*
100 BREAST	2:49.23	2ND	200 FLY	2:51.11	2ND*
100 FLY	3:13.70	1ST	400 I.M.	5:54.18	3RD*
200 I.M.	6:07.82	1ST	DONALD KROEGER	(56)	
ALGERNON KEITH	(39)		400 FREE	5:47.30	7TH
50 FREE	:26.14	7TH	800 FREE	12:55.13	10TH
100 FREE	1:01.01	14TH	1500 FREE	24:42.75	9TH
50 BREAST	:33.41	6TH	200 BACK	3:25.74	9TH
100 BREAST	1:16.51	9TH*	200 BREAST	3:40.91	11TH
200 BREAST	2:58.60	12TH	400 I.M.	7:04.18	6TH



## 1999 U.S.M.S. LONG COURSE NATIONALS AUGUST 19 - 23, 1999

UNIVERSITY OF MINNESOTA AQUATIC CENTER  
MINNEAPOLIS, MN MICHIGAN SWIMMERSWOMEN 200 FREE RELAY  
AGE 280+ MICHIGAN AGESTIME  
3:28.49 2ND\*LEONARD BROCKHAHN (49)  
100 FREE 1:00.94 14TH  
200 FREE 2:12.26 7TH  
400 FREE 4:47.25 7TH\*SHIRLEY DACEY (63)  
EDITH GLUSAC (81)  
MARY WILLIAMS (68)  
LOIS NOCHMAN (75)100 FLY 1:09.65 12TH  
HUGH RODDIN (57)  
50 BACK :36.27 4TH\*  
100 BACK 1:17.26 4TH\*  
200 BACK 2:51.97 2ND\*  
100 FLY 1:12.55 2ND\*  
200 FLY 2:54.38 1ST\*  
400 I.M. 6:12.05 2ND\*MEN'S 200 MEDLEY RELAY TIME  
AGE 160+ MICHIGAN AGES 2:10.64 10TH  
ERIC NORDLUND (36)  
STEVE HANSEN (48)  
FRANK THOMPSON (48)  
ALGERNON KEITH (39)JOHN RIES (68)  
50 FREE :33.56 9TH  
100 FREE 1:12.22 8TH  
200 FREE 2:46.66 8TH  
100 FLY 1:43.33 5TH  
200 I.M. 3:40.62 4THMEN'S 200 FREE RELAY TIME  
AGE 280+ MICHIGAN AGES 2:26.26 1ST\*  
JOHN RIES (68)  
CHARLES MOSS (71)  
FREDDY EDWARDS (74)  
BOB HERITIER (71)BOB HERITIER (71)  
50 FREE :34.60 4TH  
200 FREE 3:10.35 5TH  
400 FREE 6:44.26 4TH  
800 FREE 13:43.25 2ND  
1500 FREE 25:42.62 1STMEN'S 200 MEDLEY RELAY TIME  
AGE 280+ MICHIGAN AGES 2:58.47 4TH\*  
CHARLES MOSS (71)  
FREDDY EDWARDS (74)  
JOHN RIES (68)  
BOB HERITIER (71)CHARLES MOSS (71)  
50 BREAST :44.96 4TH\*  
100 BREAST 1:46.30 6TH\*  
100 FLY 1:40.32 4TH\*  
200 FLY 3:52.41 3RD\*  
200 I.M. 3:28.63 4TH\*MIXED 200 MEDLEY RELAY TIME  
AGE 120+ MICHIGAN AGES 2:17.64 11TH  
ANDREA FUNK (36)  
BARBARA BOS (50)  
DEVIN BENNER (33)  
ALGERNON KEITH (39)FREDDY EDWARDS (74)  
50 FREE :42.94 11TH  
50 BACK :54.66 9TH  
50 BREAST :51.81 10TH  
100 BREAST 2:07.47 11TH  
200 BREAST 5:05.34 10TH  
50 FLY :53.49 6THMIXED 200 FREE RELAY TIME  
AGE 160+ MICHIGAN AGES 1:59.89 11TH  
ALGERNON KEITH (39)  
BARBARA BOS (50)  
ANDREA FUNK (36)  
ERIC NORDLUND (36)WOMEN 200 MEDLEY RELAY TIME  
AGE 200+ MICHIGAN AGES 2:50.20 5TH\*  
ANDREA FUNK (36)  
BARBARA BOS (50)  
LOIS NOCHMAN (75)  
APRIL WYNCOTT (41)MIXED 200 FREE RELAY TIME  
AGE 240+ MICHIGAN AGES 2:46.89 8TH  
EDITH GLUSAC (81)  
FRANK THOMPSON (48)  
SHIRLEY DACEY (63)  
LEONARD BROCKHAHN (49)WOMEN 200 MEDLEY RELAY TIME  
AGE 280+ MICHIGAN AGES 4:21.34 2ND\*  
BEVERLY MYERS (64)  
EDITH GLUSAC (81)  
SHIRLEY DACEY (63)  
MARTHA FORSTER (82)MIXED 200 FREE RELAY TIME  
AGE 280+ MICHIGAN AGES 2:42.29 3RD\*  
BEVERLY MYERS (64)  
FREDDY EDWARDS (74)  
LOIS NOCHMAN (75)  
CHARLES MOSS (71)MIXED 200 MEDLEY RELAY TIME  
AGE 280+ MICHIGAN AGES 3:18.65 6TH  
EDITH GLUSAC (81)  
FREDDY EDWARDS (74)  
CHARLES MOSS (71)  
SHIRLEY DACEY (63)



Harbor Springs Harbor Masters  
Invites you to the

## HARBOR SPRINGS FALL COLOR TOUR SWIM MEET

**Date:** Sunday, October 10, 1999



**PLACE:** Harbor Springs Community Pool      After Party: YES, place to be  
Harbor Springs High School      announced.  
Harbor Springs, MI 49740      Refreshments during meet.

**DIRECTIONS:** M-119 to Hoyt Street turn right. At Pine Street turn left. School  
several blocks down on left.

**TIME:** Warm-up/Registration 11:00 AM  
Swimmers must entry the pool feet first in a cautious manner. Diving will be  
permitted only from the designated sprint lane. One lane will remain open for  
warm-up/warm-down except perhaps during the 1000.

1000 Free begins at 11:30 AM  
Second warm-up following the 1000  
Remainder of the meet will begin at 1 PM.

**FACILITY:** 6 lane, 25-yd. pool, hand timing, hot tub, starting blocks in deep end.

**AWARDS:** Michigan Masters ribbons for 1st through 3rd

**ENTRY FEE:** \$12.00 per swimmer (Maximum 5 events plus relays)  
USMS Registration required: One day registration - \$10.00

**ENTRY DEADLINE:** Deck entries **ONLY** - close at 12:45 PM  
Seeding slow to fast.

**EVENTS:**

1. 1000 Free (Begins at 11:30 AM)	7. 200 Free	13. 100 Fly
2. 200 IM (Begins at 1 PM)	8. 25 Fun Free	14. 200 MR
3. 100 Free	9. 100 Back	15. 200 FR
4. 50 Back	10. 50 Fly	
5. 100 IM	11. 100 Breast	
6. 50 Breast	12. 50 Free	

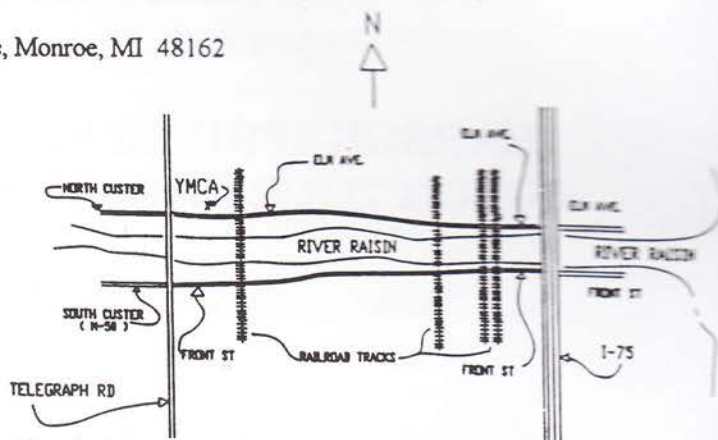
**For more information contact:** Marilyn Early (231) 526-9824/email: jcowing@gr-lakes.com



**Monroe YMCA Pentathlon Masters Swim Meet**  
Short Course Yards Recognized by Michigan Masters for USMS, Inc. - 199012R  
Saturday, November 6, 1999

**NOTE:** To those swimmers wishing to establish times for Postal Pentathlon Swim Meet, all Sprint, Middle, & Distance Ironman individual events will be swam (see reverse side).

**LOCATION:** Monroe Family YMCA, 1111 West Elm Avenue, Monroe, MI 48162



**ENTRIES:** Cost \$2.00 per event. All events deck entered. Make checks payable to the Monroe YMCA.

**AWARDS:** The first three male and three female finishers in each age group will receive ribbons (19-24, 25-29, 30-34, etc.)

**ELIGIBILITY:** Open to all swimmers. Masters Swimmers **"must" have a photocopy of USMS registration card** attached to their entry form to have times recognized for top 10 awards.

**REGISTRATION:** 11:30/12:00 PM - for 500 Yd Free/400 Yd IM. Note: **Open only to the first 30 participants.**  
11:30/1:00 PM - Registration for all other events

11:45/12:15 PM Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.  
12:15 PM Event #1 - 500 Yd Free/400 Yd IM  
13:00 PM/13:30 PM Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

1:30 PM	Event #2 - 200 Butterfly	Event #11 - 200 Breast
	Event #3 - 100 Back	Event #12 - 100 Free
	Event #4 - 50 Breast	Event #13 - 50 Butterfly
	Event #5 - 25 Free (40 and over)	Event #14 - 25 Back (40 and over)
	Event #6 - 100 IM	* <b>BREAK 5 MINUTES</b>
	* <b>BREAK 5 MINUTES</b>	Event #15 - 200 Free
	Event #7 - 200 Back	Event #16 - 100 Breast
	Event #8 - 100 Butterfly	Event #17 - 50 Back
	Event #9 - 50 Free	Event #18 - 25 Fly (40 and over)
	Event #10 - 25 Breast (40 and over)	Event #19 - 200 IM
	* <b>BREAK 5 MINUTES</b>	

**SOCIAL:** There will be a Social beginning half-way through the meet. (Donations will be accepted.)

Donald Kroeger, Meet Director (734) 242-7175. For additional information - Cynthia Roof, Aquatics Coordinator, Monroe YMCA (734) 241-2622

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Team \_\_\_\_\_ USMS # \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_



# ★ 1999 POSTAL PENTATHLON SWIM MEET ★

**Sponsors:** Minnesota Masters Swim Club and Minnesota LMSC.

**Eligibility:** Open to all registered masters swimmers for the 1999 or 2000 season.

**Conduct of Meet:** Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - **no mixed courses**), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits. The pentathlon must be swum from September 15, 1999 to December 15, 1999 and the entries must be postmarked by December 24, 1999, include a copy of your USMS registration card or foreign equivalent. Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.

**Age Groups:** 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 1999.

**Awards:** Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US). Certificates of completion are available for \$3.00(US) per course.

**Entry Fee:** \$7.50(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to:  
**1999 Postal Pentathlon**  
**570 - 96th Lane**  
**Blaine MN 55434 USA**

**Questions:** Wayde Mulhern Phone-Day: (651) 635-5167 Evenings/Fax: (612) 784-7020 E-Mail: Wayde.Mulhern@Unisys.Com

*PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.*

Name: \_\_\_\_\_ USMS or foreign registration #: \_\_\_\_\_

Address: \_\_\_\_\_ Swim Club: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Sex: M F Phone Days: \_\_\_\_\_ Evenings: \_\_\_\_\_

Shirt Size: S M L XL XXL Shirt Type: **Sprint Middle Distance Ironman** Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Entry Fee: \$ \_\_\_\_\_ Shirt: \$ \_\_\_\_\_ Certificate: \$ \_\_\_\_\_ Total Fees: \$ \_\_\_\_\_ MON / DAY / YEAR

*Enter your times for each individual event. Circle pool type: Yards / Meters.*

**Sprint course** 50 Yards/Meters each stroke and 100 IM Date Swum \_\_\_\_/\_\_\_\_/\_\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Middle distance** 100 Yards/Meters each stroke and 200 IM Date Swum \_\_\_\_/\_\_\_\_/\_\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Ironman course** 200 Yards/Meters each stroke and 400 IM Date Swum \_\_\_\_/\_\_\_\_/\_\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

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

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

## IRONMAN

## 200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT  
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE  
100 FLY, BACK, BREAST, CRAWL, 200 I.M.



US MASTERS SWIMMING  
MEET INFORMATION  
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

- SANCTION:** This meet is sanctioned by US Masters Swimming as a *recognized swim meet*. Although we encourage you to register with Michigan Masters Swimming, you don't need to be registered to compete. USMS rules will govern all competition. *Meet sanction # is 199007.*
- DATE:** Sunday, November 14, 1999
- LOCATION:** West Bloomfield High School (4 ½ miles north of the I-696 freeway)  
4925 Orchard Lake Rd.  
West Bloomfield, MI 48323  
248-539-2515 (Pool Phone)  
734-425-8953 (Home Phone)  
Bob Crosby-Meet Manager
- FACILITY:** West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used.
- Pool locker rooms will be available to use for changing, but **locker space is minimal**. It would be wise to bring your clothes and valuables with you on the pool deck.
- TIME:** Session 1 warm-up-7:15-7:45 A.M.  
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.  
Session 2 warm-up-9:00-9:30 A.M.  
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** Each competitor may enter a maximum of 5 events. Swimmers should mail all entries to:  
**Bob Crosby-Swim Coach AT THE ABOVE ADDRESS**  
Or you may fax them in to: **248-539-2520** (attn. Bob Crosby)  
**ENTRY DEADLINE IS WEDNESDAY, NOV. 10, 1999 BY 3 PM.**  
If you are not able to mail or fax in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M.  
**PLEASE USE THE ENCLOSED ENTRY BLANK**
- ENTRY FEE:** \$17.50 for entries received by the above deadline. For any entries received after the deadline, or for deck entries, the fee is \$22. Make all checks payable to the **LAKER FAN CLUB**.
- POT LUCK:** Included with your entry fee will be a post meet pot luck dinner. The meal will be supplied by the West Bloomfield Girls swimming and diving parents.

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



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

NAME \_\_\_\_\_ SEX M F



AGE \_\_\_\_\_ USMS # \_\_\_\_\_ CLUB \_\_\_\_\_

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

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



**Capitol Area Swimming & Triathlon (CATS) Swim Meet**  
**DeWitt High School Natatorium**  
**Saturday, December 11, 1999**

- Sanction:** Sanctioned by Michigan Masters #199009.
- Schedule:** Warm-up 10:00 a.m., Events 11:00 a.m. Social in cafeteria following the meet.
- Facility:** DeWitt High School Natatorium. New facility opened in April 1999. The eight-lane pool has state-of-the-art Paragon side step-up starting blocks, a Colorado timing system with a full matrix scoreboard, and seating for over 400 spectators.
- Directions:** From the east side of the State, take I-69 west following the signs to Fort Wayne/Grand Rapids. Exit onto DeWitt Road. Turn left at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west until you see the sign for DeWitt High School on the right-hand side of the road.
- From the west side of the State, take I-69 east following the signs to Flint. Exit onto DeWitt Road. Turn right at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west until you see the sign for DeWitt High School on the right-hand side of the road.
- Events:**
1. 50 yard butterfly
  2. 200 yard freestyle
  3. 50 yard backstroke
  - Break: Plunge dive for distance/men
  4. 100 yard freestyle
  5. 50 yard breaststroke
  - Break: Plunge dive for distance/women
  6. 50 yard freestyle
  - Break: Goggle-flipping contest
  7. 100 yard IM
  8. 500 yard freestyle
- Please enter either the crescendo or the pentathlon:
- Crescendo = 50 free + 100 free + 200 free + 500 free
  - Pentathlon = 50 fly + 50 back + 50 brst + 50 free + 100 IM
- Times will be added across your events to determine winners in each age group for men and women. The lowest total wins.
- Contests:**
-   


Plunge dive for distance. The swimmer performs a standing dive for distance from either the starting block or edge of the pool. Kicking or pulling will be reason for disqualification. The CATS records are 43 feet for men and 38 feet for women.

Goggle-flipping contest. The swimmer may stand in the water (anywhere) or at the starting block end of the pool. The swimmer's task is to flip her/his goggles in the air so that they land hanging from the backstroke flags.
- Awards:** Michigan Masters ribbons for the 1st, 2nd, and 3rd place winners in each event. Special awards for pentathlon and crescendo winners in each age group for males and females. Special prizes for the overall male and female winners of the plunge dive for distance and for anyone who succeeds in the goggle-flipping contest.
- Eligibility:** Swimmers must have either a 1999 or 2000 registration with United States Masters Swimming. Swimmers who cannot verify their membership status must purchase a 2000 membership at the meet. Standard masters swimming age groups: 19-24, 25-29, 30-34, 35-39 ... etc.
- Entry fees:** \$18 per swimmer payable to DeWitt High School Swim Team. Deck entries only. Meet profits will go to the DeWitt High School girls and boys swimming teams.
- FOOD!** The DeWitt High School swim team invites you to a social (FREE FOOD) in the school cafeteria following the meet.
- EMS:** An athletic trainer will be on duty during the meet. An emergency action plan has been communicated to the area EMS service.
- Questions?** Before the meet, feel welcome to contact meet directors Andrea Funk (517) 351-3471 or Gail Dummer (517) 887-8416.



# *U of M Coldest Masters SCM Swim Meet*

Donald B. Canham Natatorium—Ann Arbor, Michigan

**Sunday, January 23, 2000**

Sanctioned for USMS, Inc. by Michigan Master Sanction #120001

This meet will be swum as **Short Course Meters (SCM)**. (An option offered to and accepted by the Michigan Masters Board). The following events will be offered: 50, 100, 200, 400, 800, and 1500 Free, 200, 400, 800m Free Relays, 50, 100, 200m Back, 50, 100, 200m Breast, 50, 100, 200m Fly, 100, 200, 400m IM and the 200, 400m Medley Relays.

Long distance events will be swum in two pools in order to cut down on the time. In addition, as in the past, we will be swimming from posted heat sheets as opposed to cards as a result of our meet computerization.

<b>8:15 AM EST</b>	DCN - doors open
<b>8:30—9:30 AM</b>	Registration
	<u>All swimmers must check in and sign the Athlete's Waiver.</u>
<b>8:45 AM</b>	Warm-up Begins
	Swimmers <b>MUST</b> enter the pool <b>FEET</b> first in a cautious and safe manner.
<b>9:30 AM</b>	Deck registration <b>CLOSES</b>
<b>9:45 AM</b>	Competition course(s) close
<b>10:00 AM</b>	<b>Meet Begins</b>

**Eligibility:** Only swimmers who have a current USMS membership will be allowed to compete. Cards will be requested to be shown at the meet. Registrations may be purchased the morning of the meet at the natatorium.

**Entries:** Pre-Entries are \$15; deck entries the morning of the meet will be \$20. We would appreciate as many pre-entries as possible as it saves confusion and time on the morning of the meet. With generally in excess of 125 swimmers, confusion will be at a premium! Swimmers may swim a maximum 5 individual events.

**Relays:** ALL relays be deck entered.

**Refreshments:** Complimentary fruit, bagels and beverages will be available for swimmers.

**Location:** Canham Natatorium at the University of Michigan, State Street south of Hoover, accessed through the Athletic Campus Parking Lot (SC20). There will be signs. Legal parking is free

**Meet Director:** Phyllis Reid (517) 592-8908

**Meet Telephone:** (734) 936-8850

**Meet Director:** Phyllis Reid



# U of M Coldest Masters Meet Entry

Canham Natatorium

January 23, 2000

NAME:

Meet Use

STREET ADDRESS:

CITY:

STATE:

ZIP:

PHONE #:

SEX:

AGE:

USMS#

EVENT#	EVENT	SEED TIME
1	800 meters Freestyle	
2	50 meter Breaststroke	
3	100 meter Butterfly	
4	200 meter IM	
5	50 meter Freestyle	
6R	800 meter Free Relay	Will be deck entered
7	200 meter Backstroke	
8	100 meter IM	
9	200 meter Breaststroke	
10	100 meter Free	
11	200 meter Butterfly	
12R	200 meter Medley Relay	Will be deck entered
13	400 meter Freestyle	
14	50 meter Backstroke	
15	100 meter Breaststroke	
16	50 meter Butterfly	
17	200 meter Freestyle	
18R	400 meter Relays (MR/FR)	Will be deck entered
19	100 meter Backstroke	
20	400 meter IM	
21R	200 meter Freestyle Relay	Will be deck entered
22	1500 meter Freestyle	

**Mail Entry To:**

Phyllis J. Reid  
P.O. Box 1  
Clark Lake, MI 49234

**Make Checks Payable to:**

Michigan Masters Events  
Postmark By: January 17, 2000

# Preliminary 1999/2000 Michigan Masters Meet Schedule

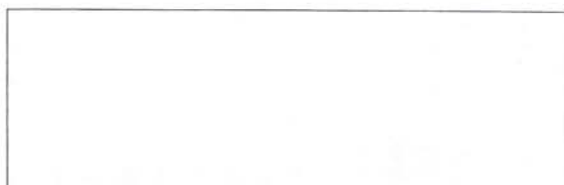
Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 10, 1999	Harbor Masters	Sanctioned #199012	Harbor Springs Community School	Marilyn Early	616-526-9824
Saturday November 6, 1999	Monroe YMCA	Recognized #199012R	Monroe Family YMCA	Don Kroeger	734-242-7175
Sunday November 14, 1999	West Bloomfield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

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



**Michigan Masters Swimming Committee**  
c/o Dennis L. McManus  
Newsletter Editor  
1790 McManus Drive  
Troy, Michigan 48064-1552

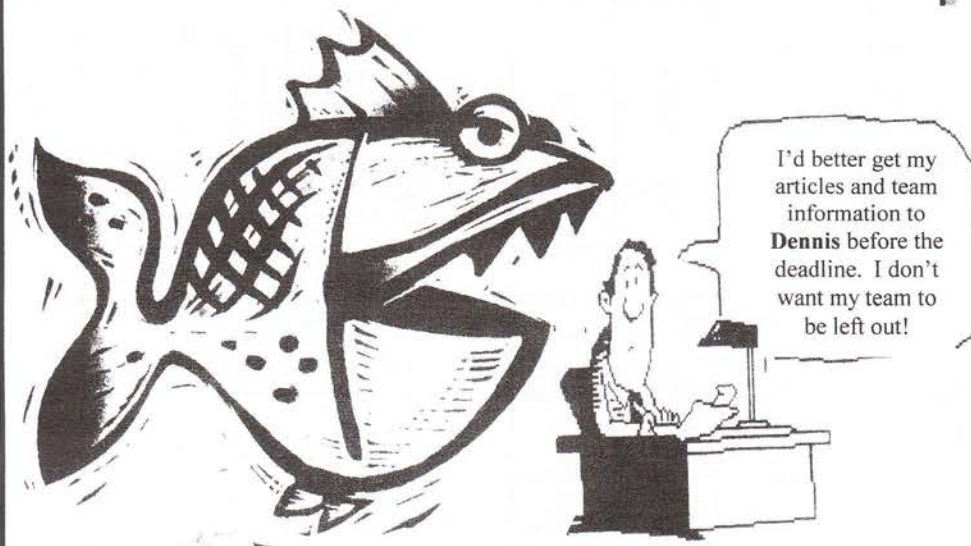
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### **In This Issue...**

- ◆ **Summer Open Water Swims**
- ◆ **1999 USMS Long Course Nationals**
- ◆ **President's Corner**
- ◆ **Year 2000 Registration Form**
- ◆ **Fall Meet Flyers**
- ◆ **and More!**

**Attention Team Reps: Deadline for the Dec., 1999 Issue is November 15, 1999!**



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