

The Wave Eater



Volume 8, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 2000

FALL back

(breast, fly, & free)

into

SWIMMING

2000 Long Course Championships

By Skip Thompson

Thirteen Michigan Masters Swimmers (7 Men, 6 Women) attended the 2000 Long Course Nationals held at the University of Maryland's Baltimore campus. 1380 swimmers were entered in the meet from 163 teams making this the largest Masters Long Course Nationals ever. In total, 51 World, 77 USMS National, and 6 State Records were set during the course of the four day meet. The Michigan Masters Women's team took 6th place and the Men's team took 14th place. The Combined Michigan Masters team placed 10th overall. All the teams were in the Small Team Division.

The high point winner for the Men's Division was Wally Dobler with 34 points. Wally won the 200 IM for his first National Championship since 1996. This was Wally's fourth High Point win and he now has a career total

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President's Corner

By Eric Nordlund

It's been a very busy summer for Michigan Masters Swimmers. We had 3 long course local swim meets, two Open Water National Championships in the Great Lakes Zone, and the annual Harbor Springs Coastal Crawl.

I would like to congratulate Michigan Masters Swimmer Sheila Taormina on winning the U. S. Women's Triathlon Olympic Trials, thus making the 2000 United States Olympic Team in the first ever year for the sport of Olympic Triathlon. As many of you know, Sheila won a gold medal in Swimming as a member of the Women's 800 Free Relay at the 1996 Atlanta Olympic Games. Consequently, Sheila could possibly be the first person ever to win back to back Olympic Gold Medals in two different sport venues. All of Michigan Masters will be rooting for you!

Additionally, I would like to congratulate Jason Wening for qualifying at the USA Disability Championships to represent the USA at the Paralympic Games in Sydney, Australia this October. Jason swims for the Ann Arbor Swim Club and recently became a USMS National Open Water champion in the 5K distance. Good luck Jason!

The 2000 USMS Long Course Nationals were just completed in Baltimore. I would like to thank Barb

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SWIMMING... A Life's Passion



President's Corner

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Protzman and her crew for running a terrific meet! I would like to thank the thirteen swimmers from Michigan Masters who swam in the meet. The Michigan Masters Women's team took 6th place, the Men's team took 14th place, and Combined team finished a respectable 10th. Once again, Lois Nochman stole the spotlight winning 4 out of 5 events just missing a 5th victory in her last event, the 200 IM, in which she was less than a second away from winning. Lois not only looked great in the pool, but also on the back cover of the meet program in her national ad which has also appeared in Fitness Swimmer and Swim Magazine. Besides Lois, Beverly Myers won two events and Wally Dobler won one to be crowned National Champions. Again, congratulations to all.

I am sorry to report that Andrea Funk's husband Larry Nyman recently passed away. Andrea, ex Michigan Masters Sanction's Chair, met Larry at the 1999 Long Course Nationals in Minnesota. You two our in our thoughts and prayers.

The 2000 United States Aquatic Sports Convention (USAS) will be held on October 11th through the 15th in Kissimmee, Florida. Jennifer Parks, Skip Thompson, Ralph Davis, Dennis McManus, and I will represent Michigan Masters. This is a rules change year and the proposals for new rules are online on the USMS website. If anyone has any ideas, suggestions, and recommendations, get a hold of any one of the officers going to convention. The committees will be covered as follows: Jennifer will handle Legislation, Long Distance, and Fitness; Skip will handle Coaches, Records & Top Ten, and planning; Dennis will handle Marketing, Registration, and Computer Online; Ralph will cover Finance, Insurance, and Legal Counselors. I will handle Officials, Championship, and International. We will all try to cover the Rules meeting. The 2001 USAS Convention will be at the Hyatt in Dearborn, MI., whereby Michigan Masters will be the host LMSC.

I would like to remind everyone that there will be a General Membership Meeting on November 12, 2000 after the conclusion of the West Bloomfield Meet. Remember, there is a free lunch picnic for all swimmers in the meet so I hope a lot of people stick around for the meeting. See you in the pool!

Eric Nordlund, Chairperson Michigan Masters Swimming

General Membership Meeting 11-12-00

There will be a General Membership Meeting on November 12, 2000, at the West Bloomfield Meet open to any registered Michigan Masters swimmers who wish to attend. The meeting will take place following the meet and during the traditional meal in the cafeteria.

Topics on the agenda will include: Michigan State Meet 2001, 2000 USAS Convention in Orlando, FL., and any additional Open Topics for discussion. Please mark your calendars and plan to attend both swim meet and membership meeting.

<http://www.michiganmasters.com>

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of 20 National Championship Meet Titles. Leonard Brockhahn had 33 points and swam for two seconds, one third, and one forth place and set 4 State Records.

The high point winner for the Women's Division was Lois Nochman with 55 points. Lois won 4 out of 5 events being edged out in the 200 IM. Before that race Lois had a streak of winning 15 straight USMS National Meet Championships dating back to 1999. Lois now has a career total of 31 National Championships and 7 Individual High Point wins.

Beverly Myers won 2 events (50 Back, 200 IM) and set 3 State Records during the meet. Edith Glusac swam to four 2nd place finishes and set one State Record. Mary Fran Williams swam for two 2nd place finishes. Five Relays were entered and they all placed in the top 8. I would like to thank everyone that swam in the meet and helped contribute to the Michigan Masters team effort.

2000 YMCA Nationals

By Skip Thompson



Eight swimmers from Michigan Masters attended the 2000 YMCA Nationals at the Augusta Aquatic Center, Augusta, Georgia. A small meet of only 284 swimmers competed at these National Championships. Lois Nochman was the Women's High Point Winner winning all 8 of her events. Chuck Olson was the Men's High Point Winner winning 4 events and setting 2 State Records. Other Championship swims were by Beverly Myers who won 4 events, Leonard Brockhahn won 3 events, and Richard Evans won 2 events. The 2001 YMCA Nationals are scheduled to be in Sarasota, Florida.

Fall Fitness Plan: Setting Goals

By Jennifer Parks



One of the main points of fitness/exercise/sports psychology is to set goals for ourselves; it gives us a purpose, a direction. It is good to think about what some long term goals might be, i.e. finishing a 1650 for the first time in a race...say maybe next February at Rockford or at the West Bloomfield meet in March, then backing up and asking what must be done to prepare to do that? That's how we begin to set intermediate goals, like trying to swim a certain number of times a week this fall and trying to reach a certain yardage goal by Thanksgiving.

But to get where we want to be in February and March and beyond, we must continue to have short term/weekly/daily goals, too, like never swimming less than 2000 yards in a workout (unless our boss needs us to come early to a meeting!). Meets give us an opportunity to see our progress. This is why Fitness swimmers can really reap some good information at meets..."Do I need to work on turns and pushoffs more"?...or "My backstroke is getting stronger."...or "I need to work on a consistent breathing pattern in my 50." It's really a race against yourself, as well as others. Swimming events at a meet can help you focus better on your goals, which give you some structure to your fitness plan. Try to set

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REMINDER:

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

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Fall Fitness Plan: Setting Goals

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goals that are challenging but not so difficult that you can't have some success. Re-evaluate them every so often. But come to meets, fitness swimmers; they're really a great way to check out what you're doing daily in the pool, and you can meet other people who have similar ages, workouts, and check out what they're doing to reach their goals.

Hope to see you at the Fall meets. Oh, and write your goals down, you're more likely to reach them if you do. Good luck. Challenge yourself, but have fun, too. See you in the pool. JP

The Joys of Open Water Swimming

By Jennifer Parks



For many Masters' swimmers in Michigan, summer is finally the time that we can swim outside, often in open water. The first open water competition was in Indianapolis at Eagle Creek in June. You may read about results from that elsewhere in this issue, but let me describe the swim. It was straightaway on the rowing course, then a slight turn and a 50 sprint into shore and a short run...a young man I had just passed in the water ran right by me at the finish! Water was cool, not cold, but ok for a mile swim. One could aim at the rise. There will be a 6-Mile race there next year. It was a fun swim.

The next open water in Michigan was a "Swim for the Cure" on July 5th at Belle Isle Beach. Remember the current in the Detroit River, keeps the water pretty clean! The course was a long triangle, short angled swim northwest into the current from the beach, the long side with the current, then a short northeast swim into the beach for the one mile, two times around for the two mile race. Lots of Michigan age group swimmers and just a few Masters, but good to swim for a cause. Shannon Dunworth did a great job getting it started. Hope many more will try it next year.

Waterloo Triathlon, northeast of Jackson, had a 1 1/2-mile open water after the regular Triathlon got started. Sponsored by Dominos, this is the second year that they've run it at this lake...much less mucky than Silver Lake. The Lansing/Kalamazoo guys who love open water were there...Pohlonski brothers, John, Bullock, Jay Lane; our Top 10 guy, Paul Wright, who won his age group, Gaard Arneson, from Ann Arbor. A former swimmer from U of M women's team won overall. It was a rectangular course. My nephew, who did the triathlon there, asked the winner of the Triathlon about the swim and he said, "What else would you want to be doing at 7 o'clock on a beautiful summer morning but swimming while sun rises"?

And then there was Harbor Springs, a little cloudier than usual, a teeny nippy. Decided to swim the 3-Mile this year. My swimming buddy from Lansing, John Hershey, asked me if I had planned to swim to Milwaukee; I got so off course.

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For Life.



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Going around the point was almost like swimming in place, and on the way back around, the waves pushed us so shallow that I had to swim backstroke with my heels hitting the bottom. It was a challenge, but always a treat to know that Marilyn Early and her hundreds of hospitable helpers would be there with hot chocolate at the finish.

Swam on triathlon team with my nephews at Three Rivers. The swim was just a 1k but it had a 200-yard run at the end, up a hill, to tag the bike person. Was near the front of the pack in our swim wave, women and teams, but my nephew, the runner, ran up the hill with me (yelling "go JP, you can make it), trying to keep me going while several slower swimmers passed me with their fleet feet and land legs. An elephant landed on me at the top of the hill, but I did make it. The swim was a down and back, into the sun, but fun.

And now, we're getting to the end of the outdoor/open water season with the Big Shoulders National Championship coming up. We swim at Ohio Street Beach and usually do a triangle course, unless it's really rough, and then we do a rectangular course in closer to the "Boardwalk." The water has been 68 or 78 or in between. It's fun to aim at the Sears building as a marker. It's fun to watch the strollers, runners, rollerbladders on the boardwalk. The water is usually quite clear.

There are many other interesting open water swims that you could try. Think about it for next year as a summer challenge. No lane lines, more waves, no flags, but big skies, sightseeing galore, and a great feeling when you finish, the joys of open water swimming!

2001 USMS Membership Application



YEAR 2001 ONE-YEAR MEMBERSHIP APPLICATION

2001 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 12/31/2001

Make check payable to: MICHIGAN MASTERS

Mail to: James Coleman
5005 Driftwood
Commerce, MI. 48382

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			

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

Signature

Date

If you coach Masters Swimmers, please check here

☐

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

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



Michigan Masters Annual Meeting

MICHIGAN MASTERS SWIMMING

Annual Meeting, April 15, 2000

Holland, Michigan

The meeting was called to order by President Eric Nordlund. More than thirty members attended the meeting.

Minutes: The minutes of the 1999 Annual Meeting were accepted as distributed (at the July meeting and in the "Wave Eater" Newsletter). The motion to accept was made by Charlie Moss and seconded by Eric Nordlund.

Treasurer: Ralph Davis, Treasurer, said that we have a "strong treasury", with a conservative cash flow. He congratulated Bob Isbister for doing a great job as the Registrar. He said that revenues equaled expenses. (The financial report was distributed at this time.) Jennifer Parks moved and Eric Nordlund seconded the motion to accept the Financial Report. The motion passed.

President: Eric Nordlund reminded us of the upcoming performance and service awards to be given at the beginning of the afternoon session. He also told us that this was the fourth open General Meeting of the year. He said that the goal for the coming year was "membership retention." We now have 560 members. The highlight of the year was the 25th Midland Masters Swim meet in March, where a special award was given to Charlie Moss. Eric noted that Andrea Funk had resigned (She's getting married and moving to Minnesota) from the Sanctions position and that Barb Bos of Holland will be assuming that position.

President Elect: Jennifer Parks mentioned the "Lynne" award(s) that would also be presented this afternoon. She reminded us that the United States Aquatic Convention will be held in Dearborn at the Hyatt-Regency in 2001. Edith Glusac and volunteers will be helping with hospitality.

Registrar: Bob Isbister is fazing himself out of the registrar's position while Jim Coleman moves into the position. Some discussion ensued and it is possible that Michael Bell will be a back-tip for Jim.

Sanctions: There was discussion about whether the June 25th meet at MSU should be sanctioned or recognized. Other summer meets on July 9th and July 23rd were mentioned as well. We were reminded to apply to Barb Bos for sanctions for upcoming meets.

Top Ten/Results: Paul Wright discussed briefly the changes in reporting. He seemed relatively pleased at the results he has been getting from meet managers. Later on in the meeting there was further discussion about records notifications procedures.

Newsletter: Dennis McManus said that he is not having as many newsletters printed as before, about 800 per quarterly newsletter. He needs information for each newsletter by May 15, Sept. 15, Dec.15, and Mar.15 (though this newsletter might go out earlier because of State meet information). Some questions were asked about sending newsletters to new members. E-mail delivery of the newsletter was discussed. Some education must occur and then it may be possible.

Webmaster: Ken Gutowski, our webmaster via Japan, is trying to keep the website current. Skip Thompson said that

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Carl House from Florida was doing some statistics for Michigan.

Open Water/Long Distance: Marilyn Early will be having her "Coastal Crawl" in Harbor Springs on August 6. Other dates coming up are the I Mile National Championship in Indianapolis on June 17, and the 'Big Shoulders' 5k National Championship on September 10.

Fitness: Mary Fran Williams and Jennifer Parks are hoping to write about some of the "fitness" swimmers in Michigan Masters in the Newsletters ahead. Some motivational ideas to get more people to participate were discussed, i.e. towels, social gatherings, etc.

Marketing: Bob Isbister discussed that mailers and newsletters will be sent to people who were former Michigan Masters members, from the past two years.

Records: Meet managers and individuals must remind Paul Wright of records that are set. National records must have previous written notification. Please save meet results for one year. Packets for meet directors will be sent with sanction.

Zone: Eric thanked Skip Thompson for his seven years as Great Lakes Zone Chair. Melissa Rinker of Indianapolis is the new Zone Chair. The Indiana short course meet in October is still designated as the Great Lakes Zone Meet.

Review Committee: Charlie Moss reported that there had been only one inquiry to the Review Committee this past year. Charlie was nominated to be Chair again by Ralph Davis, seconded by Wally Dobler, and the motion passed. A replacement for Dawn Hewitt will be selected. (Marilyn Early was subsequently chosen.)

USAS 2000 Convention, Orlando, FL.: Eric said that we will be asking for an at-large voting position. We should hear about this in July. We have two voting positions already.

2001 Budget: We have to add the possibility of expenses for the host/hospitality room at the 2001 USAS Convention in Dearborn, as well as the Masters "social" held on Friday night.

Old Business: None

New Business: Ken Danhof suggested that we should target younger members, since most of the participants at this meet were over 40. Dennis mentioned that we should be getting a bump from the Olympics. We were reminded of the Baltimore Nationals this summer. Eric was congratulated on his upcoming marriage. The next meeting will be at Dearborn, July 23rd. Edith Glusac moved that the meeting be adjourned. The meeting adjourned at 12:45 PM.

Respectfully submitted, Skip Thompson, Secretary, Jennifer Parks, Acting Secretary



2000 YMCA SHORT COURSE NATIONALS
AUGUSTA AQUATIC CENTER
AUGUSTA, GEORGIA MAY 18-21, 2000

MICHIGAN SWIMMERS
* STATE RECORD
Y# YMCA NATIONAL RECORD

BEVERLY MYERS (64)
50 FREE :34.90 1ST
50 BACK :40.44 1ST
100 BACK 1:26.96 2ND
200 BACK 3:10.27 2ND
50 FLY :39.05 1ST
100 I.M. 1:26.71 1ST

LEONARD BROCKHAHN (49)
100 FREE :52.32 3RD
200 FREE 1:54.73 1ST
500 FREE 5:13.51 1ST
1000 FREE 11:09.96 1ST
100 BACK 1:02.73 3RD
100 FLY :59.85 2ND

LOIS NOCHMAN (75)
50 BREAST :51.21 1ST
100 BREAST 1:54.28 1ST
50 FLY :44.22 1ST
100 FLY 1:45.10 1ST
200 FLY 3:47.64 1ST
100 I.M. 1:45.15 1ST
200 I.M. 3:47.01 1ST
400 I.M. 7:56.17 1ST

CHUCK OLSON (50)
50 FREE :24.53 2ND
100 FREE :54.86 1ST*
200 FREE 1:58.29 1ST*
500 FREE 5:34.42 2ND
1000 FREE 11:51.32 1ST
50 BACK :30.77 4TH
100 BACK 1:06.60 2ND
200 BACK 2:27.77 1ST

STEVE HANSEN (49)
50 BREAST :32.29 4TH
100 BREAST 1:10.51 3RD
200 BREAST 2:37.60 4TH
100 FLY 1:06.12 7TH
200 FLY 2:29.47 3RD
200 I.M. 2:30.37 7TH
400 I.M. 5:30.60 8TH

DONALD KROEGER (56)
100 FREE 1:01.61 2ND
200 FREE 2:17.45 2ND
500 FREE 6:40.20 2ND
1000 FREE 13:38.13 2ND
50 BREAST :36.19 5TH
100 BREAST 1:23.65 5TH
200 BREAST 3:08.58 4TH
400 I.M. 6:07.00 5TH

RICHARD CHANEY (49)
50 FREE :26.12 8TH
1000 FREE 12:24.34 3RD
50 BACK :29.23 2ND
100 BACK 1:03.61 4TH
200 BACK 2:18.27 4TH
50 FLY :28.53 6TH
100 I.M. 1:07.75 10TH
200 I.M. 2:20.47 3RD

RICHARD EVANS (75)
100 FREE 1:47.97 2ND
200 FREE 3:59.18 2ND
500 FREE 10:46.69 2ND
50 FLY :52.44 2ND
200 FLY 4:52.39 1ST
100 I.M. 2:05.10 1ST
200 I.M. 4:46.31 2ND

MEN'S 200 MEDLEY RELAY TIME
AGE 45+ MICHIGAN AGES 1:50.66
RICHARD CHANEY (49)
STEVE HANSEN (48) PLACE
L. BROCKHAHN (49) 2ND
CHUCK OLSON (50)

MEN'S 200 FREE RELAY TIME
AGE 45+ MICHIGAN AGES 1:42.18
CHUCK OLSON (50)
STEVE HANSEN (48) PLACE
RICHARD CHANEY (49) 2ND
L. BROCKHAHN (49)

Michigan LMSC Results from 2000 USMS Long Course Championships

MICH Michigan Masters

Arneson, Gaard M52
 800 Free 10:30.13 4
 400 IM 5:54.92 8
 200 Free 2:24.31 13

Brockhahn, Leonard M50
 200 Free 2:13.68 2*
 400 Free 4:50.65 3*
 50 Fly :31.49 14
 100 Fly 1:08.43 2*
 100 Free 1:00.43 4*

Cervantes, Bonnie J F32
 50 Back :48.70 17
 100 Breast 1:37.30 9
 200 Breast 3:31.20 8
 200 IM 3:37.61 20
 50 Breast :43.69 13

Dobler, Wally M66
 50 Fly :34.54 2*
 50 Free :32.50 5
 200 IM 3:10.47 1
 100 Fly 1:25.89 3

Edwards, Freddy M75
 50 Back :54.66 4*
 100 Breast 2:13.48 3
 50 Free :42.76 8
 50 Breast :56.13 3

Glusac, Edith S F82
 50 Breast 1:11.09 2
 100 Breast 2:51.28 3
 50 Fly 1:26.06 2
 200 IM 6:17.72 2
 100 Fly 3:14.32 2

Kroeger, Donald J M57
 1500 Free 23:05.30 5
 100 Breast 1:36.02 12
 200 Breast 3:31.00 14
 200 IM 3:11.92 12
 100 Free 1:09.69 9

McKee, Erika K F31
 400 IM 6:21.49 7
 50 Back 39.89 13
 100 Breast 1:29.10 5
 400 Free 5:31.16 19
 50 Breast 40.93 8

Myers, Beverly J F65
 50 Back 45.33 1
 100 Breast 1:48.56 3
 50 Fly 45.22 2
 200 IM 3:35.74 1
 50 Breast 49.81 3

Nochman, Lois Kivi F76
 400 IM 9:09.34 1
 200 Fly 4:21.23 1
 50 Fly 51.50 1
 200 IM 4:21.96 2
 100 Fly 2:01.56 1

Nordlund, Eric R M37
 800 Free 10:33.54 4
 50 Back 34.08 12
 400 Free 5:02.24 14
 50 Free 28.17 18
 200 Back 2:51.99 11

Thompson, Frank L M49
 800 Free 10:19.72 5
 400 Free 4:57.83 8
 100 Back 1:16.91 8
 200 Back 2:44.28 8

Williams, Mary F F69
 200 Fly 6:09.52 2
 50 Fly 1:13.64 5
 200 IM 5:41.43 3
 100 Fly 2:40.36 2

Women 200 Medley Relay 3:53.04 4
 Glusac, Edith S F82
 Myers, Beverly J F65
 Nochman, Lois Kivi F76
 Williams, Mary F F69

Men 200 Medley Relay 2:39.25 8
 Thompson, Frank L M49
 Edwards, Freddy M75
 Kroeger, Donald J M57
 Dobler, Wally M66

Women 200 Free Relay 3:39.36 4
 Myers, Beverly J F65
 Glusac, Edith S F82
 Williams, Mary F F69
 Nochman, Lois Kivi F76

Men 200 Free Relay 2:17.37 4
 Dobler, Wally M66
 Edwards, Freddy M75
 Kroeger, Donald J M57
 Thompson, Frank L M49

Mixed 200 Medley Relay 3:38.69 8
 Glusac, Edith S F82
 Edwards, Freddy M75
 Kroeger, Donald J M57
 Williams, Mary F F69

2000 CANADIAN NATIONAL MASTERS SWIMMING CHAMPIONSHIPS DALPLEX POOL
DALHOUSIE UNIVERSITY HALIFAX NOVA SCOTIA - MAY 12 - 15, 2000

LOIS NOCHMAN	(76)		LOIS NOCHMAN	(76)	
400 FREE	7:50.82	1ST*	200 FLY	4:14.20	1ST
50 FLY	:50.86	1ST	200 I.M.	4:15.39	1ST
100 FLY	1:59.88	1ST	400 I.M.	8:47.52	1ST
EDITH GLUSAC	(82)		EDITH GLUSAC	(82)	
50 BACK	1:04.45	1ST	100 FLY	3:06.89	1ST
200 BACK	5:22.58	1ST*	200 I.M.	5:54.71	1ST
100 BREAST	2:46.04	1ST	400 I.M.	13:00.18	1ST
FREDDY EDWARDS	(75)		FREDDY EDWARDS	(75)	
100 FREE	1:36.29	2ND	100 BREAST	2:03.77	1ST*
50 BACK	:56.33	1ST	50 FLY	:54.46	2ND*
50 BREAST	:51.19	1ST	100 FLY	2:03.39	2ND*

2000 VIII WORLD MASTERS SWIMMING CHAMPIONSHIPS * STATE RECORD
OLYMPIC POOL MUNICH GERMANY JULY 27 - AUGUST 9, 2000

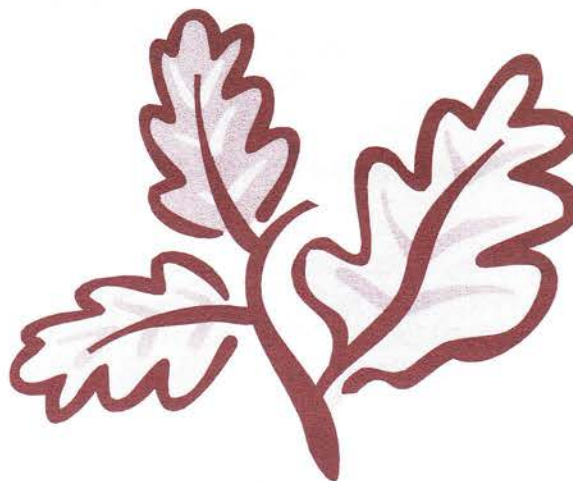
LOIS NOCHMAN	(76)		BOB HERITIER	(72)	
800 FREE	16:30.56	2ND	50 FREE	:37.84	17TH
50 FLY	:50.96	1ST	400 FREE	7:14.61	12TH
100 FLY	2:02.13	1ST	800 FREE	14:43.45	9TH
200 FLY	4:25.16	1ST	RANDY MIKULA	(45)	
400 I.M.	9:32.81	1ST	100 FREE	1:15.34	57TH
DONALD KROEGER	(56)		400 FREE	6:14.68	32ND
200 FREE	2:38.14	23RD	50 BACK	:40.33	44TH
400 FREE	5:49.14	20TH	200 BACK	3:29.20	20TH
800 FREE	11:54.02	16TH	GERALD BACKER	(40)	
200 I.M.	3:16.25	26TH	50 BACK	:31.78	14TH*
400 I.M.	6:51.60	16TH	100 BACK	1:08.20	5TH*
			200 BACK	2:29.05	5TH*



Harbor Springs Harbor Masters
Invites you to the

HARBOR SPRINGS FALL COLOR TOUR SWIM MEET

Date: Sunday, October 8, 2000



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 - \$15.00

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@tir.com

16th Annual GRIN FALL CLASSIC 2000

GREATER Indiana Masters Swimming (GRIN) & USMS Great Lakes Zone, SCM Championship
October 21-22, 2000,

Sanctioned by GRIN for USMS, Inc. Sanction Number: 160S10

Meet Director: Dick Sidner, 305 Baywood CT, Noblesville, IN 46060. (317) 877-6751.
Email: DickSidner@aol.com

Facility: The IU Natatorium (site of 2000 Olympic Trials) is an 8-lane 50-meter pool. The pool will be divided into two courses, with competition being in the south-end, 25-meter course. The north-end will be used for warm-up/cool-down. The diving pool will not be available.

Warm-up/cool down: Warm-ups will be in the competition pool for 1 hour prior to meet. After the 1500M, there will be a 15-min. warm-up in the competition pool with sprinting in designated lanes. Warm-up/cool-down will be in the north end for the remaining events. Swimmers must enter the pool feet-first in a cautious manner. No kickboards, paddles, fins, or pull-buoys permitted.

Eligibility: All swimmers must be registered with USMS. Proof of registration is required. If you are not currently registered, contact your LMSC Registrar. Important Eligibility Rule: RULE 102.2: For short course meters and long course meters competitions, the eligibility of a participant for a particular age group shall be determined as of Dec. 31st of the year of the competition.

Age Groups: 19-24, 25-29, 30-34, 35-39, etc up to 95+

Meet Conduct: 2000 USMS Rules will govern conduct of this meet.

Seeding: All events will be timed finals, with events being seeded by time. Sexes will be swum separately, except in the 1500M, 800M and 400M Free, and the 400M IM which may be mixed.

PLEASE NOTE! Entrants may choose the 1500M or 800 M Free, but not both! Heats will be swum slowest to fastest. Participants may swim 3 events on Saturday and 5 events plus relays on Sunday, for a total of eight (8) individual events for the entire meet.

Records: Swimmers attempting to set records during the meet must notify the Starter to assure that 3 official timers will be present.

Heats: Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without 'seed times' may be placed in the slowest heats.

Deck entries: Deck entries will be seeded at discretion of Meet Director. Deck entries will be accepted on Oct. 21st from 11 to 11:45 AM, and on Oct. 22nd from 7 to 7:45 AM. Entries for the 1500M, 800M, and 400M Free and the 400M IM will be deck seeded.

Pool Opens: Saturday, October 21st, at 11AM. Competition will begin at Noon local time.

Pool Opens: Sunday, October 22nd, at 7AM. Competition will begin at 8AM.

Awards: Awards will be given for 1st through 6th place.

Relays: Relays will be swum with 4 women, 4 men, or mixed (2 women, 2 men). Swimmers must be entered in the meet to swim on relays. All swimmers on a relay must be registered with the same USMS registered club. Mixed relays will follow the women's relay. Relay cards must be completed according to the directions at the relay card pick-up table. Payment for relays must be submitted with the relay cards on the day of the meet. \$4.00/relay - cash or check. NO REFUNDS.

Entry Fee: \$15 Prior to Oct. 7th with a \$3.00 fee per event (max. 8 events: 3 events Sat., 5 events Sun. **\$25 after Oct 7th**, also with a \$3 fee per event. **The \$15 Entry Fee includes both days.**

Team Awards: Awards go to the Top 3 teams.

Hotels: Hyatt Regency (317) 632-1234; University Place Hotel (317) 269-9000, Indianapolis Marriott (317) 352-1231, Residence Inn by Marriott (on the Canal downtown) (317) 822-0840, Westin Hotel (317) 262-8100. Embassy Suites Hotel (317) 236-1800.



Attention! New Event Format and Low Entry Fee!

To accommodate all schedules and budgets,
you can swim either or both days for only \$15 plus \$3 per event!

GRIN FALL CLASSIC 2000 Entry Form			
Saturday Oct 21, 2000: Pool opens 11AM, meet starts Noon (EST)			
Event # (circle)			
Women	Men	Event	(\$3 each)
1	2	1500M Free* max 24 swimmers – 3 heats	\$
3	4	200M Swimmer's Choice**	\$
5	6	400 IM	\$
7	8	800 Free* max 24 swimmers – 3 heats	\$
Saturday Total =			\$
Sunday Oct 22, 2000: Pool opens 7AM, meet starts 8AM (EST)			
Women	Men	Event	
9	10	200 Free Relay – deck enter only	xxxxxxx
11	12	200 IM	\$
13	14	50 Free	\$
15	16	100 Back	\$
17	18	200 Fly	\$
19	20	50 Breast	\$
21	22	400 Medley Relay – deck enter only	xxxxxxx
23	24	100 IM	\$
25	26	200 Free	\$
27	28	100 Breast	\$
29	30	50 Fly	\$
31	32	200 Breast	\$
33	34	50 Back	\$
35	36	200 Medley Relay – deck enter only	xxxxxxx
37	38	100 Free	\$
39	40	200 Back	\$
41	42	100 Fly	\$
43	44	400 Free Relay – deck enter only	xxxxxxx
45	46	400 Free max 24 swimmers–3 heats	\$
Official Use Only		Sunday Total	\$
Rec'd date _____		Saturday Total (from above)	\$
___ Waiver		Meet Entry Fee: \$15 by Oct 7; \$25 after Oct 7	\$
___ USMS Card		Meet Total =	\$
___ Check \$ _____			

*You may swim the 1500M or the 800M, but not both.
 ** Pick your stroke -- Scoring determined on Sunday.

Last Name _____	First Name _____	USMS # _____
Street _____		City _____
State _____	Zip _____	Phone (____) _____
Birthdate _____	Age on Dec. 31, 2000 _____	Gender _____ TEAM _____

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.

Date _____ Signature _____ Printed Name _____

Please Check -- Did you: ☐ Sign the waiver ? ☐ Include check payable to GRIN? ☐ Include copy of USMS card?
 Copy Entry Form and mail to: Dick Sidner, 305 Baywood CT., Noblesville, In 46060. Dicksidner@aol.com

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.
- DATE:** Sunday, November 12, 2000
- LOCATION:** West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-539-2515 (Pool Phone)
734-425-8953 (Home Phone)
Bob Crosby-Meet Manager
- FACILITY:** West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used.
- Pool locker rooms will be available to use for changing, but **locker space is minimal**. It would be wise to bring your clothes and valuables with you on the pool deck.
- TIME:** Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** Each competitor may enter a maximum of 5 events. Swimmers should mail all entries to:
Bob Crosby-Swim Coach AT THE ABOVE ADDRESS
Or you may fax them in to: **248-539-2520** (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, NOVEMBER 9TH 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
SESSION 1 - BEGINS AT 7:45 A.M.		
1	1650 FREE	
SESSION 2 - BEGINS AT 9:30 A.M.		
2	200 BACK	
3	50 FLY	
4	200 IM	
5	50 BREAST	
6	200 FREE	
7	50 BACK	
8	100 FLY	
9	200 BREAST	
10	50 FREE	
11	400 IM	
12	100 FREE	
13	200 FLY	
14	100 BACK	
15	100 BREAST	
16	50 FREE	
17	500 FREE	
18	1000 FREE	
PLEASE LIST YOUR SEED TIMES IN THE EVENTS YOU WOULD LIKE TO ENTER. REMEMBER, LIMIT OF 5 EVENTS!		
MAKE CHECKS PAYABLE TO: LAKER FAN CLUB		

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

Monroe YMCA Pentathlon Masters Swim Meet

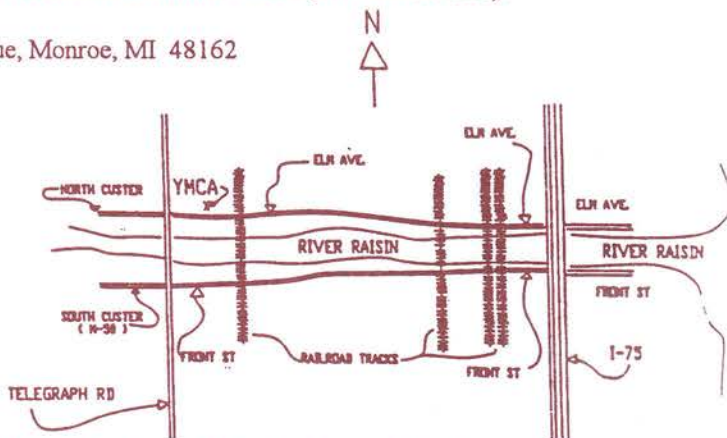
Short Course Yards Recognized by Michigan Masters for USMS, Inc. - 120013

Saturday, November 18, 2000

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 \$2.50 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 #3 - 100 Back
Event #4 - 50 Breast
Event #5 - 25 Free (40 and over)
Event #6 - 100 IM
* **BREAK 5 MINUTES**
Event #7 - 200 Back
Event #8 - 100 Butterfly
Event #9 - 50 Free
Event #10 - 25 Breast (40 and over)
* **BREAK 5 MINUTES**

Event #11 - 200 Breast
Event #12 - 100 Free
Event #13 - 50 Butterfly
Event #14 - 25 Back (40 and over)
* **BREAK 5 MINUTES**
Event #15 - 200 Free
Event #16 - 100 Breast
Event #17 - 50 Back
Event #18 - 25 Fly (40 and over)
Event #19 - 200 IM

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 - 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 _____

* 2000 POSTAL PENTATHLON SWIM MEET *

Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.

Eligibility: Open to all registered masters swimmers for the 2000 or 2001 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, 2000 to December 15, 2000 and the entries must be postmarked by December 24, 2000, 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, 2000.

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: \$10.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to: **2000 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.

Capitol Area Swimming & Triathlon (CATS) Swim Meet
DeWitt High School Natatorium
Saturday, December 9, 2000

Sanction: Sanctioned by Michigan Masters #120012.

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. We may need your help in calculating crescendo and pentathlon results.

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.



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 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 2000 or 2001 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: \$20 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.

Questions? The meet directors are Gail Dummer (dummer@msu.edu or 517/887-8416) and Mike Keegan (517/668-3170).

Preliminary 2000/2001 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 8, 2000	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	231-526-9824
Sunday November 12, 2000	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Saturday November 18, 2000	Monroe YMCA	Recognized #120013	Monroe Family YMCA	Don Kroeger	734-242-7175
Saturday December 9, 2000	Capitol Area Tri & Swim Masters	Sanctioned #120012	Dewitt High School Natorium	Gail Dummer & Mike Keegan	517-887-8416 517-668-3170
Sunday January 21, 2001	Jackson Masters	Sanctioned	University of Michigan Canham Natatorium	Pat Lilly	
Sunday February 11, 2001	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132 (evenings)
Saturday February 24, 2001	West Michigan Masters	Sanctioned	Rockford High School Community Pool	Ken Danhof	616-739-5592
Sunday March 4, 2001	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 18, 2001	Midland Masters	Sanctioned	Midland Dow High School	Charlie Moss	517-631-1480
Michigan Masters State Championships Late March/Early April	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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Remember to Register for Year 2000/2001 Now! Michigan Masters Needs You!

In This Issue ...

- ◆ President's Corner
- ◆ Year 2001
Registration Form
- ◆ 2000 USMS Long Course
Nationals
- ◆ 2000 YMCA Nationals
- ◆ Fall Fitness
- ◆ Fall Meet Flyers

Attention Team Reps: Deadline for the
December, 2000 Issue
is November 15, 2000!



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