

The Wave Eater

Volume 9, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 2001



2001 Short Course Championships

By Skip Thompson

Thirteen Michigan Masters swimmers (10 men, 3 women) attended the 2001 Short Course Nationals held at the George F. Haines International Swim Center in Santa Clara, California. Overall, a total of 1849 swimmers entered the meet resulting in 105 National Record breaking individual performances and 14 National Record breaking relays.

Michigan Masters Swimming high point winner for the Men's Division was Larry Day setting 5 State Records with 51 points. Larry won all the Fly events in the 50-54 age group just missing National Records in the 50 by .37 seconds, the 100 by .13 seconds, and the 200 by .56 seconds. He did however break National Records in the 200 IM and the 400 IM for his first ever National Records in masters swimming.

He won't be listed in the record books however because he placed 2nd in both the 200 IM and 400 IM events to Jim McConica one of Swim magazine's USMS National Swimmers of the Year for 2000.

The high point winner for the Women's Division was Sally Guthrie setting 2 State Records with 20 points.

MASTERS SWIMMING... A PASSION FOR ALL SEASONS.

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pools & workouts



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals:

Skip Thompson (248) 683-2191
Royal Oak Dondero High School
Tue. & Thurs. Nights – 8:30PM to 10:00PM

Ford Athletic Swim & Triathlon:

Paul Wright (313) 295-3132
Schoolcraft College
Saturday - 7:15AM to 8:30AM
www.swimfasttrifast.com

Livonia Area:

Livonia & Larger Area Masters (LALA)
deano69@flash.net (248) 926-5937
Livonia Stevenson High School
MWF evenings – 5:45PM to 7PM
Saturday morning – 7:00AM

Farmington Area:

Bill Hughes (248) 474-2858 after 6PM
Farmington YMCA – Farmington Hydrofoils
Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM
Must be a Farmington YMCA member and
USMS member

MICHIGAN - LOWER PENINSULA

Ann Arbor:

734-994-2898
Mack Pool
M-F mornings 6:00AM to 7:30AM
MWF evenings 6:00PM to 7:00PM
Fuller Pool
Summers: 6:30PM to 8:00PM

Flint:

Charlie Case (810) 232-9622
Flint YMCA
Various Lap Swim Times
Workouts Sunday 6:15PM to 7:30PM

Plymouth:

Plymouth Canton Community Masters
Leslie Greeneisen greeneseisen@aol.com
Central Middle School
MWF evenings – 8:00PM to 9:15PM

Lansing:

Capitol Area Tri & Swim Club (CATS)
George Runciman (517) 323-2358
Michigan Athletic Club (MAC)
Mon. thru Thur. 6:00PM to 7:00PM
www.michiganmasters.com/lansing.htm

Midland:

H. H. Dow High School
Mon. & Wed. 8:30PM to 10:00PM
Midland Community Center
Saturday mornings – 9:00AM to 10:30AM

Holland:

Fred Nelis (616) 399-9588
Holland Community Aquatic Center
Pool Ph. (616) 393-7595
www.holland.k12.mi.us/aquatic.center/

Grand Rapids:

West Michigan Masters
Carolyn Calcutt (616) 785-9544
Grand Rapids Community College Ford Pool
Mon. & Wed. 7:00PM to 8:00PM
Friday 6:00PM to 7:00PM

Kalamazoo:

Vince Gallant (616) 349-1053
Loy Norrix High School
M-F 5:40AM to 7AM, M-Th. 5:00PM to
7:30PM, F 5:00PM to 6:30PM, Sat. 8:00AM to
10:30AM

Open Water:

Marilyn Early
(231) 526-9824
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www.michiganmasters.com



The Wave Eater

MICHIGAN MASTERS SWIMMING

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USMS Long Course Championships

By Skip Thompson

Seven Michigan Masters swimmers attended the 2001 Long Course Nationals held at Weyerhaeuser King County Aquatic Center in Federal Way, Washington.

The high point winner for the Men's Division was again Larry Day with 50 points. He also repeated a sweep of the Fly events in the 50-54 age group but this time set National and World Records in both the 100M and 200M Fly. He also broke the National and World Record in the 400M IM while taking a 3rd place.

The high point winner for the Women's Division was again Sally Guthrie setting 5 State Records with 28 points in the 50-54 age group.

Larry Day sets 2 World Records and Sweeps the Fly Events



Larry Day

This year Larry Day became the first male swimmer in Michigan Masters history to win all 3 distances (50, 100, 200 Fly) in both USMS Nationals (SCY/LCM) for his

age group in a particular stroke, resulting in 6 National Championship meet titles. He joins a select group of only 3 other women who have ever accomplished this. They include: Leslie Wetzel in 1989 and 1990 in breaststroke (35-39 age group) winning 12 titles; Lois Nochman at the 1999 Long Course and at both 2000 Nationals in fly (75-79 age group) winning 9 titles; and Barb Church at 1981 LCM and 1982 SCY in backstroke (30-34 age group) winning 6 titles. This is very hard to accomplish since you have to have enough speed and agility for the shorter races and enough cardiovascular endurance and conditioning for the longer races. At the Long Course Nationals he set World Records in the 100M Fly (1:01.94) and the 200M Fly (2:22.29), after being very close several times in the last 9 years. In the current 2001 SCY Top Ten rankings he had 4 first place rankings in the 50-54 age group adding the 100 yd. IM to the fly events. By the end of the Long Course season he could have as many as seven 1st place finishes for the year.

Larry has produced a lifetime of accomplishments in swimming. In high school, he was a Relay State Champion and All-American in his Junior year for swimming the fly portion of the 200 Medley Relay. In his senior year, he was State Champion and All-American in the 100 yd. Fly (52.8), which at that time was the 6th fastest clocking in the nation. In college he swam for Gus Stager at the University of Michigan for 4 years, placing consistently in the top 6 and getting as high as 3rd place at the Big Ten Conference Meet. His competition in Fly in the Big Ten Conference meets included world record holders Mark Spitz and Gary Hall. In his first Masters State meet (1978 EMU), he did the 100 Fly (52.77) which was the 2nd fastest time in the

nation that year in the 25-29 age group, and that time lasted as a State record for 13 years. In 1981, swimming in the 30-34 age group in his first Long Course Nationals, he placed 2nd in the 50M Fly (27.96), and third in both the 100M Fly (1:00.68) and 200M Fly (2:22.44). His 100M Fly time from that meet is still a State record today, 20 years later.

In 1992, he became a World Champion (40-44 age group) in the 100M Fly (1:02.25) at the World Masters Championships in Indianapolis. He achieved his first All-American for placing first in both the National and World Top Ten LCM rankings. His time just missed the World Record (1:02.05) set by Lance Larson in 1980. In 1996, he won the 50 and 100 Fly at the LC Nationals in Ann Arbor for his first National Championship meet titles. By the end of summer 2001, he has a career total of 1 World and 8 National Championship meet titles and has set 2 World and 5 National Records. So is there more to accomplish? Yes, I believe Larry can break more National Records and World Records in Short Course Meters in his age group. His LCM time is already faster than the current SCM World Record of 1:02.54. He is within .71 seconds in the 200 Fly and .66 seconds in the 50 Fly. Also he is within 1 second of the 400 IM World Record.

I think the most impressive aspect of Larry's swimming was his clocking in the 200M Fly at 2001 LC Nationals, **a time faster than he did 20 years ago.** I have never heard of anyone doing that at the Championship level especially in so difficult an event. Most of us would like to hang on to times maybe 5 and if were lucky possibly 10 years, but 20 years is really a milestone. Congratulations Larry and good luck in the future.



The Inside Lane

By Jennifer Parks

It's early August as I write this column, so summer is still in full bloom, but probably fading into fall as you read this. Our summer in Masters' Swimming was bittersweet as we mourned the death of Charlie Moss (full obituary elsewhere in Newsletter), the first recipient of Michigan Masters Lifetime Achievement Award, given last March in Midland.

The swimming meet at Ann Arbor had many more swimmers than past years, while the Dearborn meet was well attended as usual. Thank you, Skip Thompson, for running these meets (maybe next year some Ann Arbor Masters could take over that meet?!!)

The MSU meet, though not sanctioned, was attended by a small group of swimming enthusiasts, and we thank Wally and Holly for running that meet. The Grand Haven Open Water Swim had many swimmers luxuriating in 71 degree Lake Michigan. I'm looking forward to the Harbor Springs swim, and the great sightseeing swim along the point.

We had several winners in the 2 Mile Cable National Championship in Indianapolis and may have some others in the 6 Mile

Championship in late August at the same venue. The National Long Course Championship in Washington will probably produce some winners, too.

As we turn toward our indoor season in Michigan Masters, I would like to encourage more of you to participate in our meets. You may not be able to go to all of the meets/races...most of our lives are so busy. But, for me, swimming in meets gives a chance to see how I'm doing at that point in the season.

Just working out is not enough of an incentive to challenge myself; swimming in meets/races helps me set higher goals for practices and races. Though I'm overweight and have some places on my body that "must be jello 'cause jam don't shake like that," and the idea that I might not swim as well as last year or last week, is sometimes difficult to accept, I'm still really thrilled that I can continue to swim.

We really are so lucky to be able to participate in Masters! And at meets, I can see and visit with enthusiastic veteran and new swimmers, like Mary Fran Williams, James D'Amour or my new young friend, Felicia, who swam in all three meets and did her first open

water swim this summer; they inspire me.

I hope that you will consider attending some more meets this year; we hope to have a couple of new meets: Kalamazoo in late October and Grand Haven in late February.

The United State Aquatics Sports Convention, including the 250 volunteers (delegates) who keep United States Masters Swimming organized, meeting at the Dearborn Hyatt in early September, couldn't go on without our Michigan Masters volunteers, like Edith Glusak, Ralph and Bonnie Davis, Dennis McManus, George Newman, John and Tanya Reese, Carol Rhudy, Bob Isbister, Laura Gogola, Mike Bell, Nancy Hnat, Andrea Funk, Bev Meyers, Harvey Hoffmaster, Lois Nochman, Don Krueger, Paul Wright, Jim Coleman, Paul Chaffee, Barb Bos, Fred Nelis, Bob Heritier, and especially, Skip Thompson, and any volunteers whose names I may not have at this time.

Thank you so much for everything you do and did! See you in the pool! JP





Charlie Moss 1928 – 2001

Charlie Moss, the great USMS and Michigan Masters swimmer, and former outstanding University of Michigan swimmer, died July 12, in his own bed, surrounded by his family, his favorite Sousa marches playing and sending him on his way. At the church, his son, Chuck, called him a

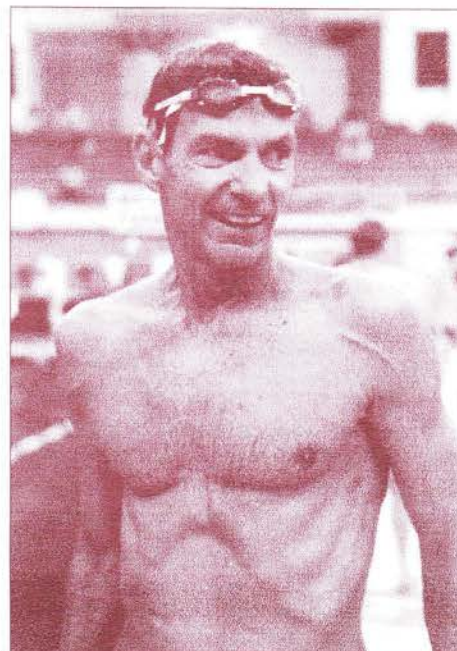
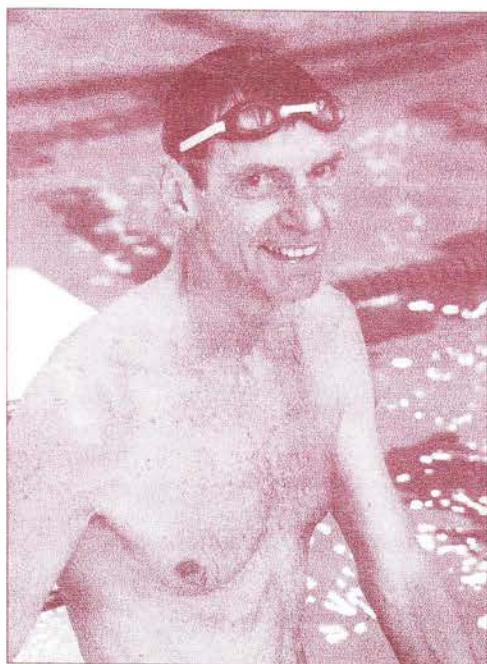
gentleman; he was truly a kind and gentle man.

Charlie was the first man to break a minute for the 100 butterfly; he was often introduced with this fact at meets. He had a fine career at U of M but had even greater success in Masters; he was a 17-time All-American, broke 25 USMS records, held 19 Masters' World records, and 48 World Top-Ten #1 swims.

In March, Charlie received the first Michigan Masters Lifetime Achievement Award at the Midland Masters Meet, a meet he ran for 26 consecutive years. He was given the award not only because of his prowess as a swimmer, his service as a meet director, but because he was an outstanding role model for all of us Masters swimmers in Michigan. He encouraged so many people to begin training for fitness and competition, which he loved. He was involved for many years with Midland Dolphins swim team, supporting his children who were swimmers. He was also

Chair of the Review Committee of Michigan Masters, because everyone knew that any disputes would be resolved fairly with his leadership. When he retired from Dow, he became the Aquatics Director at his beloved Michigan for several years. He was devoted to the sport of swimming.

His family, community and teammates concluded the funeral service by singing the Navy hymn, an almost perfect conclusion (The priest suggested the U of M's fight song, which Charlie had requested could be sung outside after the service!) for someone so devoted to water. We will miss that long, lanky guy, swimming the butterfly with a breaststroke kick, speaking with deep, polite voice, but mostly we will miss his enthusiasm for this rejuvenating and renewing sport of Masters swimming. His great spirit, though, will live on in his wonderful family and devoted Masters teammates. JP



From the Registrar

Just some brief notes for the end of year:

The membership rate is reduced in September and October from \$25 to \$15 and the membership is valid through December 31.

2002 registrations however begin November 1. Therefore, any registrations received after November 1 will have to have the \$25 enclosed. The 2002 application will be published in the December "Wave Eater" and will be available on the Michigan Masters web site November 1.

As always, if you need help, feel free to contact me.

Jim Coleman - registrar

PS: 658 registrations as of August 31 - still slightly ahead of last year.



2001 Membership Application

☐ RENEWAL My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:
(\$15 Sept. 1 - Oct. 31, 2001)

\$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

2001 ONE YEAR MEMBERSHIP APPLICATION

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

Last Name	First Name	Middle Init.	For Office Use
Street			Apt.
City	State	Zip	Phone No. eve ()
Date of Birth	Age	Sex	Phone No. day ()
CLUB : MICHIGAN MASTERS			Team or Swim group, if any
E-mail Address			

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO

CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature

Date

If you coach Masters Swimmers, please check here ☐

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

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

Michigan Masters Spotlight

Looking back I can see that I was probably born a water baby. As a small child my parents took my sister and I to the beach. Later we were sent to summer camps for a week or two. Here, the only organized sports were swimming and boating. No basketball, soccer or baseball.

Growing up and attending school in Detroit gave me opportunities to swim, which only today I recognize as being unusual. Every high school, and some junior high schools had pools that were open in the summer and offered classes to children. My mother made sure that we took advantage of the opportunity.

At Denby High School (class of 1953) I was able to take "straight swimming" as my P.E. class. Swimming every day. I was on the girl's swimming team for all four years. Most of our races were 25 yards, in a 100-foot pool. A rope in the water

marked the end of the race. The longest distance we swam was 50 yards one complete length and half-way back. The flip turn was not yet in use, and the Butterfly was just being introduced. Today, when I talk with other women my age or younger, I discover how unusual having a girl's team was, years before Title IX and the legal requirement for schools to offer equal opportunity in sports to girls and women.

After graduation, I continued my education at the University of Michigan. There was no team for girl's swimming, so I experimented with other sports: tennis, golf, ice-skating. Travel, career, marriage and family absorbed my time for the next decades. In the mid 1980s my body started to say, "Move, do something! I am rusting away!" I joined the local YMCA and begin lap swimming most mornings before school (I am a teacher.) My ability improved dra-

matically the day after I quit smoking.

The summer after my husband passed away in 1999 I read about the Oakland Senior Games, and decided to participate. Here I met Lois, Edie, Mary Fran and other wonderfully encouraging people. That Fall Lois called me to go to a meet with her in Monroe. I became hooked on Masters swimming meeting people of many different backgrounds, but with the same interests, not allowing the body, spirit and mind to deteriorate. Now I am looking forward to going to New Zealand for the World Meet. I don't expect to return with any medals, but the fun is in the journey, not the destination.

Laura Gogola



♦ To learn more about swimming or to try different workouts on your own, check out these valuable web sites:

www.swiminfo.com
www.usms.org
www.usswim.org

Corrections and Omissions

In the June '01 issue of *The Wave Eater* there were some omissions and errors that have been brought to our attention. Michigan Masters had two USMS Pool All Stars and two additional All-American swimmers that were not listed with the other Michigan LMSC All-Americans and All Stars. The 2000 Pool All Stars were **Lois Nochman** in the 75-79 age group and **Jewel Cooke** in the 90-94 age group. **Beverly Myers** should have been listed as a 2000 Pool All-American in the 65-69 age group and was correctly listed as a 2000 Long Distance All American in the 65-69 age group. **Michael Bell** should have been listed as a 2000 Long Distance All-American in the 30-34 age group.

As for the Swimmer High Point by Age Group at the 2001 State Meet in Holland, **Teresa DiGuiseppe** should have been listed as the High Point winner for the Women's 70-74 age group with 63 points. **Lois Nochman** should have been listed in the 75-79 age group with 63 points and **Edith Glusac** should have been listed in the 80-84 age group with 63 points. There were No Swimmers in the 85 89 and the 90-94 age groups.

At the 2001 YMCA Masters Short Course Nationals in Sarasota, Fla., **Gaard Arneson** should have been listed as the Men's High Point Winner with 42 points.



Michigan Masters Annual Meeting

Minutes of Michigan Masters Annual Membership Meeting

March 24, 2001

Holland Community Aquatic Center



Meeting was called to order by President Jennifer Parks at 11:30 A.M.

Minutes of the 2000 Annual Meeting were presented. Pete (?) moved and Kathy Beckley seconded that Minutes be approved. Motion passed unanimously.

Ralph Davis gave the Treasurer's Report. Currently the treasury contains \$17,115. Michigan Masters has 570 members.

Jennifer Parks presented the President's Report. She said Saginaw Valley was interested in hosting the State Meet. Holland also is interested in hosting State Meet. She thanked Fred Nelis for an excellent job as host of State Meet. Jennifer also announced that Charlie Moss was awarded the Lifetime Achievement Award for his 26 straight years of dedicated service to Masters Swimming at the local, state, and national level.

Jim Coleman gave the Register's Report. He announced that there are over 600 registered members as of today. He's also requesting clubs to update information about when and where they swim and train. He suggested that a clarification be made to designate Michigan Club Team Membership verses Local Club Membership.

Barb Bos presented the Sanctions Report. Barb expressed concern for a better form for sanctions. She also needs at least six weeks to two months for sanctioning a meet. She reminded members that there is a \$2.00 fee per swimmer at sanctioned meets. Skip Thompson commented that this summer is providing plenty of meets for swimmers to keep active.

Paul Wright provided the Records/Top Ten Report. All meet results can be immediate because of technology and computerization. Hand held timers take more time to report results. Some members would like to see a list of All-American swimmers from Michigan along with relays representing Michigan.

The Newsletter Editor's Report by Dennis McManus stated that 750 newsletters were printed and 500 were mailed to members. The report noted that the quarterly newsletters were color coordinated according to the season. Efforts are also being made to get the newsletter on-line, but no specific time table has been set. Members complimented Dennis for the format of the newsletter. Also members expressed interest in articles about swimmers and training techniques.

Skip Thompson gave the Webmaster's Report because Milton French was unable to attend the Annual Meeting. Skip noted that website is being updated on a regular basis.

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Open Water information was provided by Skip Thompson. Marilyn Early's Harbor Springs Coastal Crawl is a popular event. He also noted that "Spirit of Detroit Open Water Swim" will be held at Belle Isle this summer.

Mary Williams gave the Fitness Chair Report. She is looking for autobiographical type of stories about swimmers and their fitness training routines. She's looking for personal interest type of stories about "healthy lifestyle choices of swimmers who are not necessarily gold medal swimmers. She would also like to get some stories about swimming used as rehabilitation, weight loss, and coping with older age. Mary already knows of some great stories, but would like more which could be published in the newsletter or put on our web site.

Jennifer Parks noted in the Marketing Report that an "invoice" will be sent with a renewal application to members which hopefully will be a nice reminder.

Skip Thompson in his Zone Report announced he was selected as a zone coach responsible for helping local coaches to keep in contact with the National Organization. He said Melissa Rinker is in charge of our Zone.

There was no Review Committee Report.

Skip Thompson said a decision would be made in July about location of 2002 State Meet. Eastern Michigan University is a possibility, but details need to be address and questions answered. Dick Specht suggested that bids for 2003 State Meet be sent out a year ahead.

The 2001 USMS Convention will be held in Dearborn the second weekend in September. Michigan Masters will be providing a Hospitality Room for delegates at the Hyatt in Dearborn where convention activities will take place. Edith Glusac is looking for volunteers for the Hospitality Room. The Convention will also look at bids for the 2003 Long Course Championships.

Elections were conducted:	President Elect	Frank Thompson,	Treasurer	Ralph L. Davis,
	Secretary	Paul A. Chaffee,	Registrar	James Coleman,
	Sanctions	Barbara Bos		

No Old Business.

New Business: Edith Glusac mentioned that Wally Dobler, Paul Chaffee and Edith Glusac were recently honored by the State of Michigan High School Athletic Association for their many years of service and dedication to the sport of swimming.

A motion was made and seconded to adjourn. Meeting was adjourned at 12:30 PM. Thirty-one members were present at the Annual Meeting.

Minutes are Respectfully Submitted by
Paul A. Chaffee
Secretary Michigan Masters





THE HOTTEST, SHORTEST SUMMER . . . IN HISTORY!

Mary F. Williams

And I will not complain about the suddenly cool weather, knowing that just ten days ago we were immersed in a constant steam bath climate in Louisville, Kentucky at the Lakeside Masters Invitational Long Course Meet. We had just completed several weeks of 95-99 degree heat while training for the meet here at Brennan Pools in Detroit, an unheated 50 meter pool which actually warmed up to a record 83 degrees. However, it always seemed cool and refreshing, escaping from 95/99, (humidity 50/55) to 83. The water at the Louisville Lakeside quarry/pool was also 83, but it seemed much warmer, as the humidity and air temperature both hung at 87. We learned that it **is** far more uncomfortable when the humidity matches the temperature. It's just more painful to boil than it is to burn! In Louisville, you could **never** get **dry**! The air was so wet, you were **always** wet, in or out of the water!

That said, the meet was a fun experience, getting together with other Michigan Masters for relays, learning how to turn at the slippery, gutterless concrete walls of the quarries (not fun in the 400 I.M.). We would have enjoyed the tour of the beautiful homes surrounding the quarry/lake, if we weren't rushing to find parking places (no lot) in time for the next event. Yet this was truly a country club atmosphere, in a beautiful lake setting. There were four pools arranged around the quarry, which was partitioned so that the competition pool was separated from the recreational pools and lake rafts. This was probably the hottest, most humid day of the year, so the facility was crowded to capacity and everyone was "feeling the heat". However the local (dues paying) members of the Lakeside Swim Club showed great restraint toward the competitors (and vice-versa) and no one lost their "cool" completely. We came away with a 3rd Place Trophy, some records, and many personal best times, so none of us were complaining!

The trip home was a real joy, with the humidity diminishing as we headed north, and our clothes gradually drying out and releasing from our bodies. It brought to mind the song my Dad used to sing to us when we traveled on summer vacations in his '34 Ford (no radio): "How I wish and wish again, that I was home in Michigan. . ."

Following is a poem to sum up the short, hot, Long Course summer:

SUDDENLY, NO SUMMER!

Summer's ended, sad to say,
Gloomy winter's on its way.
Gone the warming, friendly sun,
Skies are gray 'til day is done.

Now we'll miss the poolside chats,
Mulling meet results and stats;
Sparkling water, cool and clear,
Pulling smoothly, front to rear.

Long Course challenges demand
Strength, endurance, at command;
Grueling workouts every day,
Fiercely hoping it will pay.

Top Ten's listing is our aim,
Hoping it contains our name;
But there is a greater goal:
Keeping mind and body whole.

Mary F. Williams ©

Swimming with the Gods (And I Must Be Crazy!) - Pt. 2

--Memoirs of a Fledgling Master Swimmer--

By James Carl D'Amour

Assume your station...

They were referring to the block...

Take your mark...

(Yeah, right).

GO!

I know, I know, here's where I'm supposed to jump. Okay, go...

THWACK...

Sally Guthrie, my teammate from the Ann Arbor morning group, tells me I need to work on my dive.

My chest doesn't disagree. I know I'll be Lobster Man for the rest of the day!

Three hours later, I finish my one-hundred meters. Wow. 3 hrs, 5 minutes, and .5 seconds. A personal best! Yeah!

Okay,...maybe I'm exaggerating just a little.

But not by too much.

That is my memory of my first swim meet, at Canham Natatorium in Ann Arbor last year. That was also the first time I dived off the blocks, but that is a story for another time.

I've been to nearly all the other meets since that time.

Why?

You've seen me at events. You know, the guy wearing the funny swim cap, the color-coordinated goggles (I'm gunning for the meet that awards ribbons for "best dressed"--it's the one event I know I'll win).

Like I said, you know, the guy who can't dive worth (insert expletive here).

In my age group, you'll usually see me as the guy who finishes last.

Dead last.

So why do I do it?

Why should a 40-year old guy who never swam in high school or college, who started Masters swimming only three years, is constantly beat out by men doing half-or-even less his time be taking his lobster-chested body to these meets in the first place?

A). Because it's there. You thought I was a masochist before? Hah. I do all the fly events and the longest distance events, whatever the entry limits provide. On a more serious note, though, I do it to improve my time.

B). Because it's fun. I dedicate this column for those fledgling Master swimmers who've never done these events before, or are just learning.

In the last issue, I shared my first open water experience. In columns to come, I will share my experiences as a new pool meet swimmer, and other new things that happen to this relative newcomer to the world of swimming.

What I want to bring home is the fact that swimming is fun, all around.

For those of you who haven't participated in a meet before, go for it!

You may be the swimmer who is just now getting back in the water after a several/many year sabbatical, adjusting to life-style changes. Or you just may be plain-plum burned out from the past that

included an exhaustive high-school, collegiate, or some other intense life revolving around swimming.

I say to you, come back into the water, it's fine.

What, never had the "glory days?" Me neither. Welcome to the club. And indeed, welcome. Swimming at meets, you will meet new friends, perhaps rekindle some old ones, too.

As far as winning goes. If you're competitive, that's great! The more competition the better.

What? You're what people call a "fitness swimmer"? No danger of breaking records, or winning anything (unless no one else shows, and what fun is that?). Hey, me neither.

Come to the pool meet anyway. My fellow swimmers may be competitive with each other, but I have never found collectively a more supportive group of people. We thrive on each other achieving our "personal best"

Pool meets are a great way to improve yourself. You can set measurable goals to shoot for, as well as improve upon. My fellow swimmers may be competitive with each other, but I have never found collectively a more supportive group of people. We thrive on each other achieving our "personal best". You will find a collective group of people wanting to help you make it happen.

So c'mon in, the water's fine. And the more of you out there, the better. If a crazy, color-coordinated belly-flop diver like me can do it, so can you!

Hope to see you there!

2001 U.S.M.S. LONG COURSE NATIONALS - * STATE RECORD
KING COUNTY AQUATIC CENTER
FEDERAL WAY, WASHINGTON AUGUST 16-19 2001 WR WORLD RECORD

SANTA CLARA INTERNATIONAL SWIM CENTER
SANTA CLARA, CALIFORNIA - MAY 17 - 20, 2001 * U.S.M.S. NATIONAL RECORD

SANTA CLARA, CALIFORNIA - MAY 17 - 20, 2001															
INDIVIDUAL RESULTS															
MEN'S 100 YARD															
DANI SULLIVAN	(25)	2:22.16	9TH	DEVIN BENNER	(35)	:24.20	31ST	BONNIE CERVANTES	(33)	14:17.16	8TH	DEVIN BENNER	(35)	:27.68	9TH
200 BACK				50 FREE				800 FREE				50 FREE		1:01.36	11TH
50 FLY		:28.92	7TH	100 FREE		:52.93	26TH	100 BREAST		:43.86	10TH	100 FREE		2:15.60	6TH
100 FLY		1:04.19	8TH	200 FREE		1:56.40	21ST	200 BREAST		3:36.08	10TH	400 FREE		4:53.43	10TH
200 I.M.		2:24.69	12TH	500 FREE		5:23.23	22ND	200 I.M.		3:32.71	15TH	800 FREE		10:39.69	6TH
400 I.M.		5:08.13	8TH	MICHAEL DEMPSEY	(35)			400 I.M.		7:58.48	8TH	50 FLY		:30.22	12TH
MEN'S 200 YARD															
JENNIFER KLEIN	(35)			50 FREE		:23.34	22ND	SALLY GUTHRIE	(51)			FRANK THOMPSON	(50)		
50 BREAST		:35.29	10TH	500 FREE		5:03.94	13TH	50 FREE		:34.14	8TH*	200 FREE		2:22.52	7TH
100 BREAST		1:16.33	13TH	200 I.M.		2:04.35	6TH	100 FREE		1:15.31	5TH*	400 FREE		5:00.87	5TH
200 BREAST		2:44.80	12TH	400 I.M.		4:29.35	7TH	200 FREE		2:48.99	7TH	800 FREE		10:13.11	3RD*
100 I.M.		1:09.48	22ND	ADRIAN VAGNONI	(39)			400 FREE		5:56.70	5TH*	100 BACK		1:14.10	3RD*
200 I.M.		2:30.85	16TH	50 FREE		:23.32	21ST	800 FREE		12:05.28	3RD*			2:41.24	3RD
400 I.M.		5:18.19	13TH	50 BACK		:27.32	10TH	50 FLY		:40.87	10TH*				
MEN'S 400 YARD															
SALLY GUTHRIE	(51)			100 BACK		1:00.15	12TH	GAIL DUMMER	(51)			STEVE HANSEN	(50)		
50 FREE		:29.18	10TH*	200 BACK		2:14.58	15TH	50 FREE		:44.42	20TH	50 BREAST		:36.28	9TH*
100 FREE		1:04.69	5TH*	50 FLY		:26.68	22ND	100 FREE		1:44.02	12TH	100 BREAST		1:21.86	6TH
200 FREE		2:25.24	7TH	DON McNEIL	(44)			200 FREE		3:50.50	17TH	200 BREAST		2:59.13	8TH*
500 FREE		6:30.79	7TH	50 FREE		:24.07	26TH	50 BREAST		:52.57	17TH	100 FLY		1:13.85	10TH
1000 FREE		13:35.42	6TH	50 BACK		:27.41	12TH	100 BREAST		2:00.22	14TH	200 FLY		2:50.39	8TH
50 FLY		:36.81	16TH	100 BACK		1:00.94	16TH								
MEN'S 800 YARD															
CAMERON McNEIL	(19)			50 FLY		:25.81	14TH	WOMEN HIGH POINT		WINNER		LARRY DAY	(50)		
100 FREE		:50.83	16TH	100 I.M.		1:00.04	18TH	SALLY GUTHRIE		23 POINTS		200 BACK		2:33.50	2ND*
50 BACK		:26.41	3RD	LARRY DAY	(50)			MICHIGAN WOMEN		35 POINTS		50 FLY		:28.21	1ST*
100 BACK		:56.84	4TH	50 FLY		:24.99	1ST*	MICHIGAN MEN		111 POINT		100 FLY		1:01.94	1ST*# WR
200 BACK		2:04.31	3RD	100 FLY		:54.61	1ST*					200 FLY		2:22.29	1ST*# WR
50 FLY		:25.31	9TH	200 FLY		2:03.12	1ST*					400 I.M.		5:17.96	3RD*# WR
100 I.M.		:57.89	7TH	200 I.M.		2:07.01	2ND*#								
MEN'S 1600 YARD															
MICHAEL CULLIP	(34)			400 I.M.		4:33.06	2ND*#	WOMEN'S HIGH POINT		WINNER		LARRY DAY	(50)		
100 FREE		:53.77	37TH	BOB HERITIER	(72)			MICHIGAN TOTAL		146 POINT		50 POINTS			

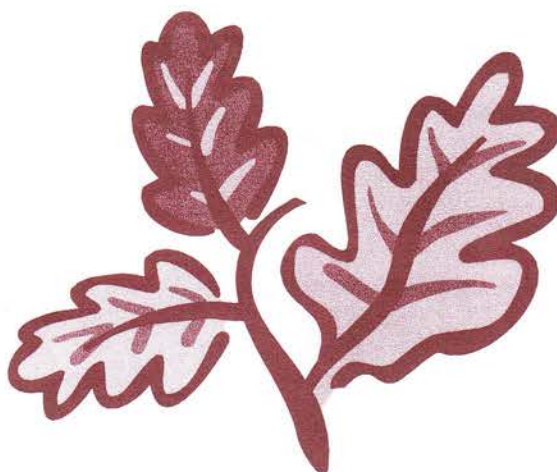
MSU/CATS: Long Course Event 2001
Sunday, June 24, 2001

MSU/CATS: Long Course Event 2001
Sunday, June 24, 2001

EVENT	Name	Age	Time	Place
Event 1 400 Free	Felicia Bergman	24	7:01.67	1 st
	Monica Tory	29	5:32.30	1 st
	Alison Badger	35	6:03.75	2 nd
	Andrea Funk	37	5:54.33	1 st
	Sally Guthrie	51	6:07.36	1 st
	Jennifer Parks	58	7:20.01	1 st
	Laura Gogola	65	8:22.48	1 st
Event 2 50 Back	Louis Kivi Nochman	77	8:28.25	1 st
	Pierce Cole	25	5:25.90	1 st
	James D'Amour	39	6:59.90	1 st
	Andrea Funk	37	39.57	1 st
	Kristi Malone	41	48.47	1 st
	Laurie Kaguni	48	44.26	1 st
	Jennifer Parks	58	50.62	1 st
Event 3 50 Breast	Laura Gogola	65	59.57	1 st
	Edith Glusac	83	1:14.73	1 st
	Pierce Cole	25	41.59	1 st
	Alison Badger	35	47.73	2 nd
	Andrea Funk	37	47.21	1 st
	Edith Glusac	83	1:17.92	1 st
	Pierce Cole	25	41.73	1 st
Event 4 50 Butterfly	Marc VanSoest	25	44.52	2 nd
	Carl VanFaassen	31	44.56	1 st
	James D'Amour	39	58.34	1 st
	Monica Tory	29	34.31	1 st
	Alison Badger	35	38.74	1 st
	Andrea Funk	37	41.06	2 nd
	Laurie Kaguni	48	43.65	1 st
Event 5 50 Free	Sally Guthrie	51	41.91	1 st
	Lois Kivi Nochman	77	59.38	1 st
	Pierce Cole	25	35.18	1 st
	James D'Amour	39	54.08	1 st
	Monica Tory	29	32.53	1 st
	Andrea Funk	37	37.04	1 st
	Kristi Malone	41	37.87	1 st
Event 6 200 Free	Sally Guthrie	51	34.28	1 st
	Laura Gogola	65	47.61	1 st
	Pierce Cole	25	29.63	1 st
	Marc VanSoest	25	34.12	2 nd
	Carl VanFaassen	31	31.87	1 st
	Greg Upshur	46	32.67	1 st
	Jon Richardson	52	34.54	1 st
Event 7 100 Back	Felicia Berryman	24	3:24.30	1 st
	Monica Tory	29	2:39.50	1 st
	Alison Badger	35	3:38.00	1 st
	Laurie Kaguni	48	3:45.36	1 st
	Jennifer Parks	58	3:58.32	1 st
	James D'Amour	39	4:13.00	1 st
	Pierce Cole	25	2:36.31	1 st
Event 8 100 Breast	James D'Amour	39	1:56.00	1 st
	Paul Chaffee	58	1:32.30	1 st
	Pierce Cole	25	1:34.65	1 st
	Paul Chaffee	58	2:16.49	1 st
	Monica Tory	29	1:36.61	1 st
	Alison Badger	35	1:40.05	1 st
	Andrea Funk	37	1:49.04	2 nd
Event 9 100 Butterfly	Edith Glusac	83	2:56.12	1 st
	Pierce Cole	25	1:09.25	1 st
	James D'Amour	39	1:39.21	1 st
	Greg Upshur	46	1:18.82	1 st
	Alison Badger	35	3:17.50	2 nd
	Andrea Funk	37	3:06.57	1 st
	Laurie Kaguni	48	3:49.07	1 st
Event 10 100 Free	Pierce Cole	25	3:36.43	1 st
	Laurie Kaguni	48	16:53.00	1 st
	Sally Guthrie	51	12:47.57	1 st
	Felicia Berryman	24	30.00.83	1 st
	Kristi Malone	41	27.28.00	1 st
	Jennifer Parks	58	28.24.68	1 st
	Carl VanFaassen	31	23.08.71	1 st
Event 11 200 IM	James D'Amour	39	27:16.37	1 st
	Paul Chaffee	58	28:47.67	1 st
	Wally Dobler	67	28:16.35	1 st
	Monica Tory	29	1:13.02	1 st
	Andrea Funk	37	1:21.62	1 st
	Sally Guthrie	51	1:18.31	1 st
	Laura Gogola	65	1:49.27	1 st
Event 12 800 Free	James D'Amour	39	1:56.87	1 st
	Monica Tory	29	1:13.02	1 st
	Andrea Funk	37	1:21.62	1 st
	Sally Guthrie	51	1:18.31	1 st
	Laura Gogola	65	1:49.27	1 st
	Pierce Cole	25	1:09.25	1 st
	James D'Amour	39	1:39.21	1 st
Event 12 1500 Free	Greg Upshur	46	1:18.82	1 st
	Alison Badger	35	3:17.50	2 nd
	Andrea Funk	37	3:06.57	1 st
	Laurie Kaguni	48	3:49.07	1 st
	Pierce Cole	25	3:36.43	1 st
	Laurie Kaguni	48	16:53.00	1 st
	Sally Guthrie	51	12:47.57	1 st

Harbor Springs Harbor Masters
Invites you to the

HARBOR SPRINGS FALL COLOR TOUR SWIM MEET



Date: **Sunday, October 7, 2001**

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. 1,000 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

US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

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.

SANCTION:

NAME _____ SEX ☐ M ☐ F

DATE: Sunday, November 11, 2001

AGE _____ USMS # _____ CLUB _____

LOCATION:

West Bloomfield High School (4 1/2 miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-539-2515 (Pool Phone)
734-425-8953 (Home Phone)
Bob Crosby-Meet Manager

FACILITY:

West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used.

Pool locker rooms will be available to use for changing, but locker space is minimal. It would be wise to bring your clothes and valuables with you on the pool deck.

TIME:

Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 Free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)

ENTRIES:

Each competitor may enter a maximum of 5 events. Swimmers should mail all entries to:

Bob Crosby-Swim Coach AT THE ABOVE ADDRESS

Or you may fax them in to: 248-539-2520 (attn. Bob Crosby)

ENTRY DEADLINE IS THURSDAY, NOVEMBER 8th 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.

POTLUCK:

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

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

17th Annual GRIN FALL CLASSIC 2001

Greater Indiana Masters Swimming (GRIN) & USMS Great Lakes Zone

SCM Championship, October 27-28, 2001,

Sanctioned by GRIN for USMS, Inc. Sanction Number: 161S11

Meet Director: Dick Sidner, 305 Baywood CT, Noblesville, IN 46060.

Phone (317) 877-6751 (before 9PM); Email: DickSidner@aol.com

Facility: The IU Natatorium in Indianapolis, site of the 2000 Olympic Trials, is an 8-lane 50-meter (M) pool. The pool will be divided into two courses, with competition being in the south-end, 25M 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) or you may apply for "One Event Registration" on deck for \$10. 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: 2001 USMS Rules will govern conduct of this meet.

Seeding: All events will be timed finals, with events being seeded by time. Genders will swim separately, except in the 1500, 800 and 400M Free, and the 400M IM which may be mixed. PLEASE NOTE! Entrants may choose the 1500M or 800M 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. 27th from 11 to 11:45 AM, and on Oct. 28th 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 27th, 11AM. Competition will begin Noon local time (EST; not EDT).

Pool Opens: Sunday, October 28th, 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: **\$18 by Oct. 15th plus \$3.00 per event (max. 8 events: 3 events Sat; 5 events Sun).**
\$28 after Oct 15th, plus \$3 per event. The Entry Fee includes both days.

Team Awards: Awards go to the Top 3 teams.

Hotels: University Place Hotel: short walk to pool; special rate: \$119 single or double. 800 627-2700. Hyatt Regency (317) 632-1234; Indy Marriott (317) 352-1231, Residence Inn by Marriott (on the Canal downtown) (317) 822-0840, Westin (317) 262-8100. Embassy Suites Hotel (317) 236-1800.



Attention! Same great event format as last year, with addition of the 'World's Fastest' 25-meter sprint event. To accommodate all schedules and budgets, you may swim either or both days for only \$18 plus \$3 per event!

For information about **GRIN** and for meet results, go to www.indy.net/~dwo/GRIN/
 For info about the IU Natatorium at IUPUI, go to <http://iunat.iupui.edu/>



GRIN FALL CLASSIC 2001 Entry Form (Sanction #161S11)				
Saturday Oct 27, 2001: Pool opens 11AM, meet starts Noon (EST)				
Event # (circle)				
Women	Men	Event (short course meters) SCM	Seed Time	(\$3 each)
1	2	1500M Free* max 24 people -3 heats		\$
3	4	400M IM		\$
5	6	25M Free - 'World's Fastest'**		\$
7	8	800M Free* max 32 people - 4 heats		\$
Saturday Total =				\$
Sunday Oct 28, 2001: Pool opens 7AM, meet starts 8AM (EST)				
Women	Men	Event (short course meters) (SCM)	Seed Time	(\$3 each)
9	10	200M Free Relay - deck enter only		xxx
11	---	Mixed 200M Free Relay- deck enter only		xxx
13	14	200M IM		\$
15	16	50M Free		\$
17	18	100M Back		\$
19	20	200M Fly		\$
21	22	50M Breast		\$
23	24	400M Medley Relay - deck entry only		xxx
25	26	100M IM		\$
27	28	200M Free		\$
29	30	100M Breast		\$
31	32	50M Fly		\$
33	34	200M Breast		\$
35	36	50M Back		\$
37	38	200M Medley Relay - deck enter only		xxx
39	---	Mixed 200M Medley Relay - deck enter only		xxx
41	42	100M Free		\$
43	44	200M Back		\$
45	46	100M Fly		\$
47	48	25M Free - 'World's Fastest'**		\$
49	50	400 Free Relay - deck enter only		xxx
51	52	400 Free max 24 swimmers-3 heats		\$
Sunday Total				\$
(See arrow from above) Saturday Total				\$
Meet Entry Fee: \$18 by Oct 15; \$28 after Oct 15				\$18 or \$28
Meet Total =				\$

Official Use Only
 Rec'd date _____
 Waiver _____
 USMS Card _____
 Check # _____
 Check \$ _____

*You may swim the 1500M or the 800M, but not both.
 ** Swim the 25M either day - once only -- scoring determined Sunday

Last Name _____		First Name _____		USMS # _____
Street _____		City _____	State _____	Zip _____
Phone () _____		Birth date _____		Age on Dec. 31, 2001 _____
Gender _____	TEAM _____		Email (print) _____	

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..

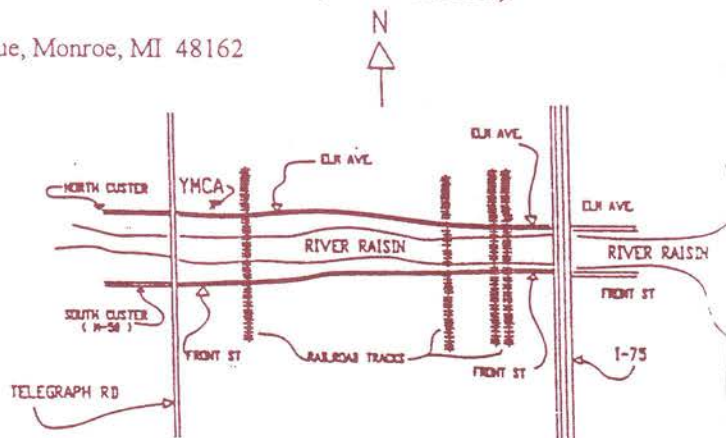
Date _____ Signature _____ Printed Name _____

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

Monroe YMCA Pentathlon Masters Swim Meet
Short Course Yards - Recognized by Michigan Masters for USMS, Inc.
Saturday, November 17, 2001

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 #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	* BREAK 5 MINUTES
	* BREAK 5 MINUTES	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
	* BREAK 5 MINUTES	

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 _____

Capitol Area Swimming & Triathlon (CATS) Swim Meet
DeWitt High School Natatorium
Saturday, December 8, 2001

Sanction: Sanctioned by Michigan Masters.

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 less than a mile 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 less than a mile 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 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. **Special Award: Consanguineous Plaque** (two relatives, blood related, on each team compete in a 100 yd. Relay)

Eligibility: Swimmers must have either a 2001 or 2002 registration with United States Masters Swimming. Swimmers who cannot verify their membership status must purchase a 2002 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), Mike Keewan (517/668-3170), and Andrea Funk (517/351-3471).

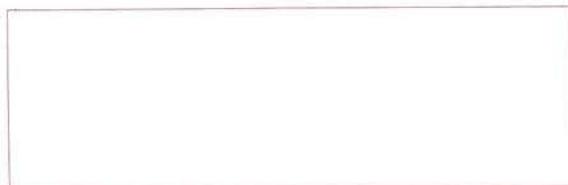
Preliminary 2001/2002 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 7, 2001	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	231-526-9824
Sunday November 11, 2001	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Saturday November 17, 2001	Monroe YMCA	Recognized	Monroe Family YMCA	Don Kroeger	734-242-7175
Saturday December 8, 2001	Capitol Area Tri & Swim Masters	Sanctioned	Dewitt High School Na- tatorium	Gail Dummer & Mike Keewan	517-887-8416 517-668-3170
Sunday January 20, 2002	Jackson Masters	Sanctioned	University of Michigan Canham Natatorium	Pat Lilley	734-944-8634
Sunday February 10, 2002	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132 (evenings)
Saturday February 23, 2002	West Michigan Masters	Sanctioned	Grand Haven	Ken Danhof	616-739-5592
Sunday March 3, 2002	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 17, 2002	Midland Masters	Sanctioned	Midland Dow High School	Dave Speth	517-636-7802
Michigan Masters State Championships 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 48084-1552

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MICHIGAN MASTERS SWIMMING

September 1, 2001

SWIMMING... A Life's Passion

Attention Team Representatives: Deadline for the
December 2001 Issue
is *November 15, 2001*



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