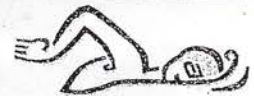


The Wave Eater

Volume 11, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 2003



Bob Heritier Presented Lifetime Achievement Award

On July 20th 2003 at the long course swim meet in Dearborn, Bob Heritier was presented with the second Lifetime Achievement Award. The recipient of this award is an individual who has demonstrated continuous swimming accomplishments along with outstanding voluntary contributions and lifetime dedication and devotion to the objectives of Masters swimming in Michigan.

Prior to 1974, to take a break from the long hours of his law practice (working as a corporate and tax attorney) and to maintain a reasonable level of exercise, Bob swam 500 to 1000 yards a day in the Detroit Athletic Club (DAC) pool. He learned about Masters Swimming from a friend who mentioned that it was a new program for competition that was becoming popular. Bob jumped in with a vengeance and within a year won his first national championship in the 200 meter backstroke. In 1977 he won the 200 meter freestyle at Nationals and at age 49, this highly motivated, discipline, and competitive athlete was swimming better times than he had at Wayne State as a 20 year-old.

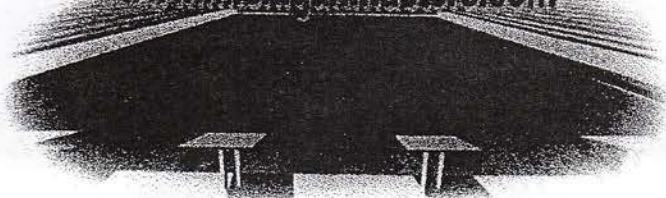
In the early years of Michigan Masters he became involved and started contributing to the organization in various positions. Some of the positions he held were: Men's Records, Sanctions, Vice-President, and he remains a member of the Review Committee to Michigan Masters. In 1980 he received the Chetrick Award for outstanding service to Michigan Masters.

Bob received the Lawrence Award for his swimming accomplishments in 1997. He was a ten-time All American in USMS (1978-80, 1983-35, 1988-90, 1995). He set two National/World records in 1983 in the 55-59 age-group, in the 50 and 100 LCM freestyle. These records remained unbroken until 1988. In 1979-80, in the 50-54 age-group, he set two National records in the 100 SCY and 200 SCY freestyle. He won two World Championship meet titles in the 50 and 100 LCM freestyle and was second in the 200 freestyle at the 1988 World Swimming Championships in Brisbane, Australia. He has nine Number One Swims in the World Top Ten, and 22 Number One Swims in the USMS Top Ten.

Starting in the summer of 1974 until the spring of 2000 he attended 51 USMS National Championship meets, missing only the 1989 LCM meet due to an injury. Currently there is no Michigan Masters swimmer with this record of sustained consistency at National Championship meets. He won 48 National Championship meet titles, also placed second 63 times, and third 32 times for a total of 143 top-three finishes during this time period. Again, there is no other Michigan Masters swimmer who has consistently placed as well at National Championships. He has been Michigan Masters High Point winner at Nationals 13 times.

pools & workouts

www.michiganmasters.com



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals:

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

Ford Athletic Swim & Triathlon:

Matt Myers - (313) 592-2797
mmyers2@ford.com
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

Warren Area:

Star Aquatics - www.staraquatics.com
Saturdays 7:00 AM - 8:30 AM (Approximate)
Warren Woods Tower High School Pool
27900 Bunert Rd., Warren MI 48088
Contact: Tom Cobau - (313) 640-9189

Grosse Pointe Area:

Pointe Aquatics - www.pointeaquatics.com
Tue. & Thur - 7:30 - 9:00 PM
MWF 6:00 - 7:00 AM
Community Rec & amp;
Ed - (313) 432-3880

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:

Contact: Ric Chaney
(810) 720-2200 Day - (810) 720-1341 Eve.
Hurley Health & Fit. Center (810) 235-8544
(membership not required)
M & W evenings 6:30PM

Plymouth:

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

Lansing:

CATS - www.teamcats.com
Contact: Wally Dobler: Oak Park Y,
517-684-3901
Michigan Athletic Club (MAC)
Mon. thru Thur. 6:30PM to 7:30PM

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
Monday 7-8PM
Wednesday 5:30-6:30PM
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

Harbor Springs:

Marilyn Early
(231) 526-9824
Jcowing@tir.com

Grand Haven:

Masters Swim Club, Mick Homan - Aquatics Coordinator
616-850-6292, 616-850-6295 fax swcoach7@aol.com
17001 Ferris St., Grand Haven, MI 49417



MICHIGAN MASTERS SWIMMING

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jcoleman@writeme.com

In 2000 he received one of the Lynne Awards for showing "courage and tenacity for continuing to swim despite illness or injury". Bob went through surgery and came back to win the 1000 freestyle at SCY Nationals. In the fall of 2000 he was diagnosed with Parkinson's Disease. His initial symptoms included a minor tremor in his right arm, a loss of balance, and a loss of strength due to rigidity. In an interview in Swim Magazine (July/August 2002) he stated that he thought he had probably had the disease for several years but hadn't realized it due to its slow progression. While Bob has found that the Parkinson's has had little to no effect on his training, he doesn't feel that he can compete because the loss of strength has made him considerably slower. Bob hasn't competed since 2000, but fellow swimmers are hoping that this is just a temporary break.

Rex Aubrey, an ex-Olympic swimmer, coach, and retired aquatic director of the DAC has said that the accomplishments of Bob Heritier over the years have made him the most outstanding athlete competing for the DAC. Bob was named to the Michigan Masters "Swimmer of the Century" for his outstanding performances. He continues to swim, and recommends swimming for people with Parkinson's Disease. He says "Swimming is essential in my life. It makes me feel good physically and mentally and I'm probably addicted to the good feeling that results from training".

Congratulations, Bob! And thanks so much for being a big part of Michigan Masters swimming.

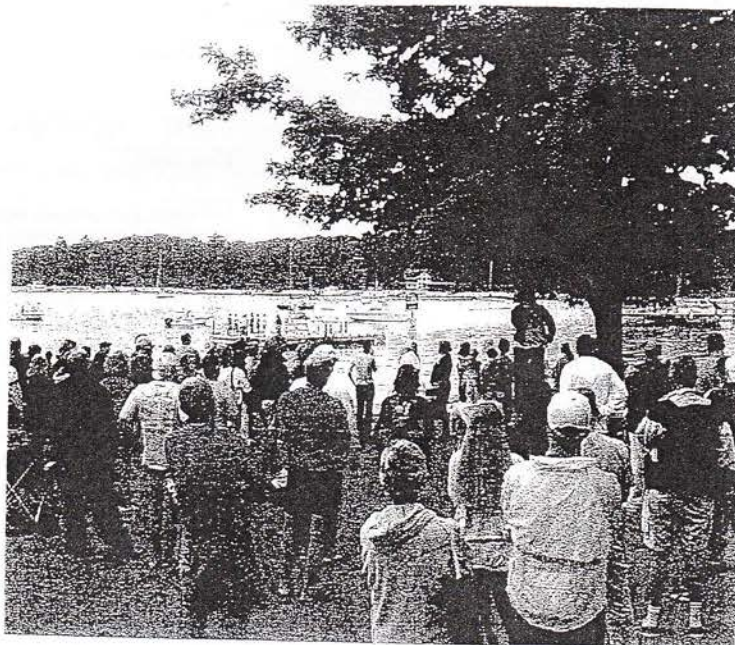
*Thank
You*

*To you and the
individuals from the
Michigan Masters
Swimming Organization
a thank you for your
generous gift of \$50.00
to be used for
swimming lessons.
It's people like you
who make the world a
better place to live.
Sincerely,
Pat*



*10 Great Years
of Open Water
Swimming...
Thanks, MarDyn!*

2003 Hammerhead Coastal Crawl



From the Registrar

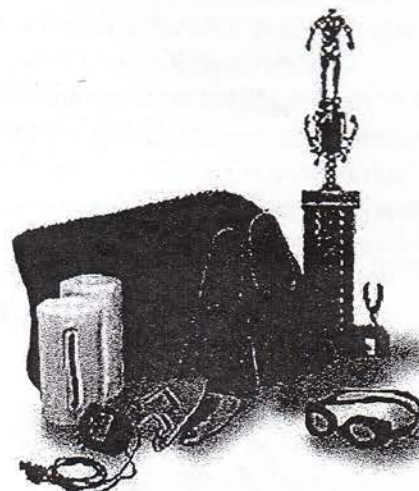
MICHIGAN MASTERS SWIMMERS !

REMINDER...

NEW REGISTRAR: Jacque Groenendyk is the new Registrar. Her address is listed below; please use this when you register this fall and winter.

Please send your registration in time for the

Registrar to mail your card before your event!



2003 Membership Application

☐ RENEWAL. My Current USMS

Number is:

☐ NEW REGISTRATION

USMS + LMSC fees:

(\$20 Sept. 1 - Oct. 31, 2003)

Donation to USMS Foundation

Donation to Int'l Swim. Hall of Fame

\$30.00

\$

\$

Total enclosed

\$

Membership expires 12/31/2003

Make check payable to: **MICHIGAN MASTERS**

Mail to: Jacque Groenendyk

3164 Pottawatomie Trail

Saugatuck, Mi 49453

2003

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.

"THE OUTSIDE LANE"

by Frank "Skip" Thompson, President/Chair, Michigan Masters Swimming

First off I would like to congratulate the 13 Michigan Masters swimmers who competed in the Long Course Nationals at Rutgers University. Michigan Masters had four National Champions. Edith Glusac won four events, Miriam Carlson won two, and Sally Guthrie and Keith Fuhrhop each won one event.

At the general membership meeting held on July 20th, following the Dearborn swim meet, there was discussion about the future meet schedule, the newsletter, registration, meet administration, and the goals/objectives of the next two years.

Registration is down about 20% from last year's levels. An effort will be made to keep in contact with the people who did not re-register for 2003. Hopefully we can get back the people who did not re-register and also register new swimmers for 2004. This also results in the State taking in less revenue to finance Masters programs. Meet participation was down for 2002 and the state received less in sanction fees.

One of the areas discussed was the mailing of the newsletter and the option was to put it online on the Michigan Masters website. This could save Michigan Masters a significant amount of money. People who would still want a hard copy could pay an extra \$5 per year.

Also discussed at the meeting the possibility of sending an email renewal registration form to all Michigan Masters swimmers in the current database. Milton French and Jacque Groenendyk are constructing a Michigan Masters database that contains members going back several years. There will be a questionnaire with the renewal registration form that will be emailed to everyone in the database. Officers, coaches, and volunteer swimmers will attempt to follow up by contacting those who do not have email addresses. We would like to encourage the membership to renew early in the year so that we can avoid problems such as missing potential Top Ten submissions. For example: if you register on the day of a meet, and do not have a USMS number or USMS card, Michigan Masters cannot guarantee that your times will be submitted to the National USMS organization in a timely fashion for Top Ten consideration. Early renewal also assures that the distribution of both Swim magazine and the Wave Eater will not be interrupted.

Meet administration was discussed and all meet managers will be using Hytec meet software. The goal is to get all meet results on to the website ASAP. We are hoping to have the University of Michigan Charles Moss meet in 2004, in January. This meet was last held in 2001.

From September 10th to 14th, Michigan Masters will have five representatives attend the USAS Convention in San Diego. One of the goals of this yearly convention is to provide a framework for the future direction of LMSCs such as Michigan Masters. Anyone who is interested in the USAS convention proceedings can obtain a complete packet of information from the USMS website.

There will be general membership meetings after the Kalamazoo and West Bloomfield swim meets.

USMS High Altitude Camp

I walked into the dorm and my jaw dropped to the ground. The room was in worse shape than any college dorm room I had ever seen. The tiles were falling off the ceiling, the carpeting had been cut out of one corner of the room where there was a hole in the floor through which the pipe to the missing sink was supposed to run. But then I remembered the reason I was there -- to swim. I looked down at the badge hanging around my neck and smiled...I was at the Olympic Training Center (OTC) in Colorado Springs.

I was one of 12 masters swimmers invited to train for a week at 6800 feet at the OTC the first week of February. At dinner that first night I met my fellow campers: people like Laura Val, Kurt Dickson, and my roommate, Joanne Reiersen. The first night was spent getting to know each other and looking at the facility. While the dorm had been disappointing, the pool was amazing -- a beautiful 50 m pool with 9 cameras poised to tape a swimmer from the side or front underwater and from above. Before we retired to our dorms for our first night at the OTC, we spent an hour listening to the story of Cristina Teuscher, who represented the United States at the '96 and '00 Olympics. She had since retired from swimming, but would be joining us for our first full day of camp the next day.

Our week consisted of swimming and talking about swimming. Does it get any better than that?!! We had practice twice every day: every morning at 6:00 AM and in the afternoon just before dinner. For the morning practices, it was made very clear to us that we were to be IN the water at 6, not simply on deck. The first day we spent most of our workout doing drills and acclimating to the altitude. However, we also had the opportunity to be videotaped while swimming a 200 IM. Something difficult to do when you live near sea level and are swimming at 6800 feet. We also worked on starts and turns. Both of which were videotaped. We had a stretching coach who taught us 6 stretches to do after every workout. At every pool session, we left 15 minutes at the end to stretch in the hot tub. He also gave us a flexibility assessment the first day. He used those results to prepare a personalized stretching routine for each of us, which we received the last day of camp. In between swimming practices, we had lectures about high altitude training and the need to drink a lot of water. The three USMS coaches there also spent several hours presenting lectures on stroke technique.

We started the second day by getting our blood drawn. We were all very happy to get that behind us! We talked about nutrition with USA Swimming's nutritionist and she analyzed a day's diet from each of us. For those of you who have seen me eat (and who hasn't?? It seems like I'm always eating something!), the nutritionist informed me that I actually need to eat more calories! So, that's something I've been working on!! Our workout the second day still consisted of mainly drills but the sets were getting a bit more challenging. We also had some strength evaluations performed by the biomechanics department at the OTC. That was, again, something new for me, but very interesting.

The third day was actually my favorite. By this point, we were all getting used to

the altitude, so our workouts were almost back to what you would normally swim at practice. Our workout this morning consisted of a warm up and then 5x200 descending. We were supposed to swim the 200's at 76, 83, 87, 93, and 100% speed. In-between each 200, we had to give our timer the reading off the heart monitor we were wearing and then we had to hop out of the pool and have blood drawn from our earlobes. The blood was analyzed for lactic acid. This was just incredibly interesting to me! A sprinter will experience a high rate of lactic acid production and then a slow rate of lactic acid removal from the blood after exercising. While a distance person will experience a slow rate of lactic acid production but a fast rate of lactic acid removal after exercising. So, based upon how quickly our bodies started producing lactic acid, how high the concentration got, and how quickly the lactic acid concentration decreased after exercising, the staff could tell us if we were sprinters, middle distance, or distance swimmers.

After our first workout and breakfast, we had a session where we discussed core body strength. We learned to do many core body strength exercises, which were very similar to pilates. It was the funniest part of the camp, with all of us falling off the physioballs and rolling around on the floor. I think we all learned we could improve greatly in terms of our core body strength. After that session we each got a personal session in the dreaded flume.

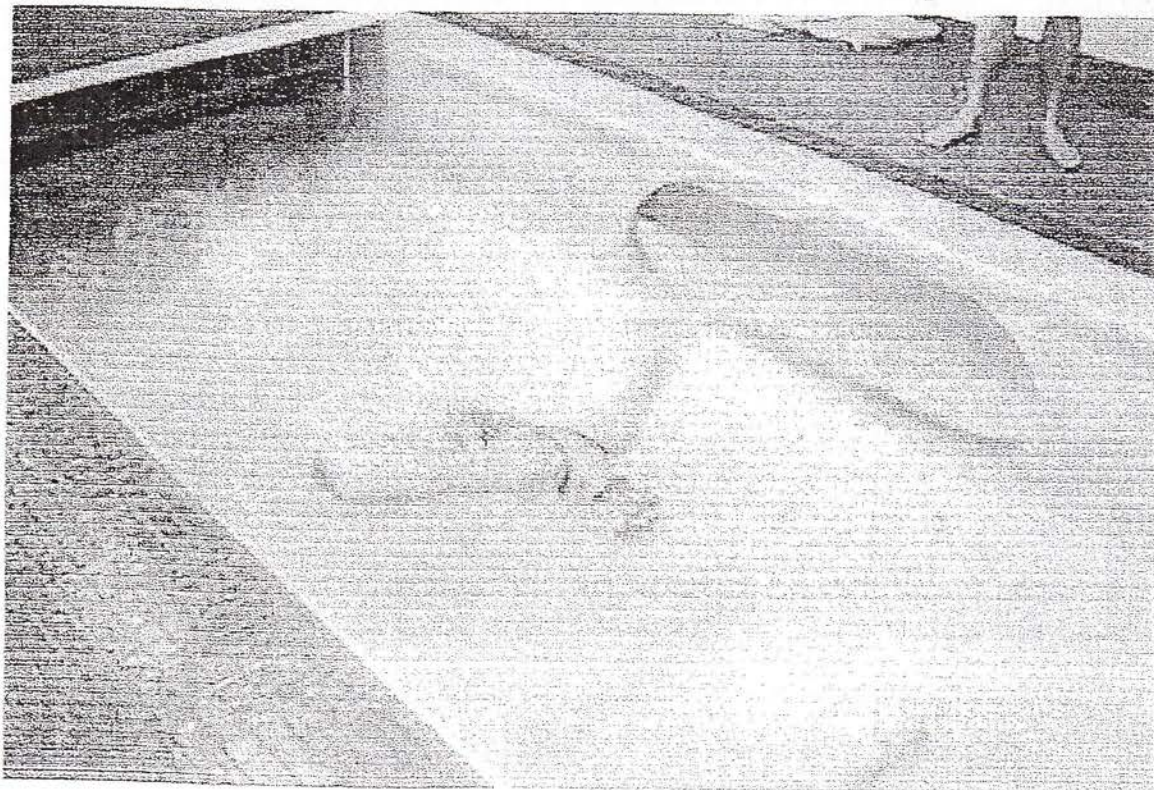
We spent the whole morning making each other nervous about swimming in the famed "flume". It is an apparatus that circulates a stream of water through a hypobaric chamber. We weren't going to be changing the air pressure while we swam, we were just going to be changing the velocity of water. The plan was to spend 5 minutes with the water flowing at 3 m/s (that's a 30 second 100 m swim!) to practice streamlining. And then to spend another 5 minutes swimming our favorite stroke with the water velocity at whatever velocity we should choose. The first 6 swimmers went and as Laura Val was cooling down, I hopped in the water to warm up. The water velocity was still pretty strong and when I stopped swimming, I had to grab a bar on the edge of the flume to hold on for dear life. No sooner had I grabbed a hold of the bar but the power went out in the entire OTC. So, I hopped back out and waited for power to be restored, when it finally was restored, I got back in. I tied a rope to my left wrist and prepared for the water velocity to increase so I could practice my streamline. Then, the moment of truth: swimming butterfly in the flume. There is a red line painted on the bottom of the flume over which you are supposed to keep your head. Not only does this ensure that you are swimming where the camera will be able to videotape your stroke, but it prevents you from being pushed back into the net. The OTC staff had told us that no one had ever hit the net that was supposed to prevent a swimmer from being pushed down into the pumps before resurfacing in the swimming area. They were joking, we thought. But even if they had not been pulling our legs, one of the guys ahead of me had been swimming backstroke and had ended up in the net. While that meant he finished his swim without taking a ride through the pumps, he did exit the flume with a nice waffle mark on his leg. I sure didn't want to come out with a battle wound! So I swam butterfly for all I was worth. And it was a lot of fun. I could definitely tell that my speed slows down when I breathe, because I would fall back off the red line. It was a great learning experience. (see pictures)

That night, fully exhausted from the sprints in the morning and the flume in the

afternoon, we had our second pool practice of the day. Again, we were videotaped while swimming a 200 IM. This was useful because we could try the new things we learned to see how they looked while we were swimming and to get feedback from the coaches that we could take back with us. We finished the day with presentations on race strategies for sprints, middle distance, and distance/open water races. I slept well that night!

The last day began with our usual 6 AM practice followed by one of my favorite meals of the day: breakfast. Then we spent the rest of the day getting results back from all the "tests" we had done. We met with the USA Swimming physiologist to discuss our strength assessment and from that he told us what our weak and strong areas are and what to do to help the weak areas. We got the lactic acid results back and discussed what kind of swimmer we are and what kind of shape we are in. And we also reviewed our IM videos with USA Swimming staff. And that was the coolest thing! They have this nifty computer program that allows them to take both of the videos, put them side by side, and analyze your strokes along with any changes you have made over the week. I got to bring home this wonderful videotape with 40 minutes of my swimming on it: my two 200 IM's, my time in the flume, and then this data feedback session complete with the comments I was given. It's awesome!

We ended our camp with a dinner off site. It was snowing pretty hard that night, but we managed to fit 16 of us in the van and Nancy Ridout (who lives in CA and hasn't driven in 6 inches of snow in quite some time) drove us to the restaurant. It was a great way to end a great week. I met some fantastic people and I learned an incredible amount of information. I came back with about 40 lbs of handouts, pictures from camp, and magazines. I wish I could go to this camp again, because I know I have already forgotten much of the information I was given. I would highly recommend this camp to everyone! I guarantee you will learn a lot and have a great time doing it! *Miriam Carlson*



9th Annual Lake Michigan Swim

#	TIME	Name	Age
Ages 19 & under			
1	39:20.00	Kate Spelman	18
2	45:18.00	Julia Schroeder	18
3	55:56.00	Emily Hamstra	18
4	40:20.00	David Krzemin	18
5	42:27.00	David Krzemin	18
Ages 20-29			
6	45:37.00	Lauren Johnson	20
7	33:52.00	Brad Gregson	21
8	44:48.00	Kate Hamstra	21
9	44:23.00	Anna Krzemin	21
10	39:02.00	Dan Johnson	21
11	44:06.00	Tara Dominski	21
12	58:53.00	Mark Damwald	29
13	52:55.00	Jason MacGregor	29
14	47:42.00	David Chandler	29
Ages 30-39			
15	55:28.00	Darrin Jamasco	31
16	39:00.00	Keneth McGuire	32
17	39:03.00	Chris Hackett	33
18	38:07.00	Steve Barrows	33
19	55:47.00	Todd Anthes	33
20	37:44.00	Michael Bell	34
21		Kevin Rice	39
22	43:51.00	Laura Hays	39
23	45:11.00	Dan Braak	34
24	53:01.00	Dan Socie	39
25	43:25.00	Kate Diepholz	39
26	1:04:49	Tod Elzinga	39
27	39:37.00	Andrew Matson	31
28	47:34.00	Jeff Lambert	31
Ages 40-49			
29	49:14.00	Jeanie Colella	40
30	40:29.00	Andrea Hines	40
31	44:37.00	John McAree	41
32	46:43.00	Ann Stacey	42
33	1:02:35	Pam Prosser	42
34	48:18.00	J.P. Moyer	42
35	50:49.00	Carolyn Calcutt	42
36	55:19.00	Mary Andreasen Lane	44
37	40:04.00	Dave Dewitt	44
38	47:56.00	Nancy Leist	44
39	51:39.00	Bob Pratt	45
40	43:39.00	Paul Gresson	45
41	44:06.00	Bruce Morse	45
42	40:21.00	Mark Schroeder	46
43		Bruce Spelman	46
44		Nancy Hays	46
45	1:21:38	James Falls	46
46	1:28:28	Marlene Kozgysky	46
Ages 50-59			
47	55:55.00	Kan Daniloff	50
48	1:32:38	John Kozgysky	51
49	51:11.00	Bob Anderson	53
50	37:05.00	Rob Wilson	54
51	42:52.00	John Calcutt	55
52	48:38.00	Allan Caldemeyer	55
53	44:23.00	Ron Portonski	55
54	55:49.00	Dan Johnson	59
55	59:07.00	Jerry Dykema	58
56	1:02:59	Gerrit Bultenrus	59
57	50:43.00	John Nash	60
Ages 60 & over			
58		Star Jachalski	65
59	1:15:32	Karl Lowenberg	65
60	1:03:22	Dave Seibold	65

Harbor Springs Hammerheads SC

Harbor Springs Coastal Crew 12003
Hammerheads Swim Club
Results

Event 1 Girls 12-14 Under 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Bonaventura, Rickal	12	CC	28:00.60
2 Harding, Jennie	11	CC	24:15.60
3 Oelke, Elizabeth	12	CC	37:43.10
4 Jural, Kate	11	CC	47:25.10

Event 1 Girls 15-17 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Oelke, Natalie	13	CC	30:22.70
2 Bonaventura, Amy	14	CC	36:28.40
3 Oelke, Caroline	13	CC	39:21.00
4 Vasser, Sam	14	CC	37:43.40
5 Wain, Marissa	13	CC	37:41.00
6 Jural, Megan	14	CC	51:43.50

Event 1 Women 18-19 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Jural, Michael	18	CC	24:38.20
2 Oelke, Megan	18	CC	24:20.40
3 Oelke, Jennifer	18	CC	28:56.50
4 Oelke, Jessica	18	CC	29:21.70
5 Falls, Carrie	18	CC	39:37.70

Event 1 Women 20-29 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Chappell, Cathy	21	CC	27:24.00
2 Boyer, Andrea	19	CC	29:40.00
3 Boyer, Dana	23	CC	29:16.20
4 Lyons, Miranda	23	CC	38:28.80

Event 1 Women 30-39 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Rouse, Michelle	26	CC	25:51.20

Event 1 Women 40-49 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 McSpoden, Mable	33	CC	32:47.50

Event 1 Women 50-59 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Blazoff, Kathy	43	CC	43:44.10
2 Oelke, Linda	43	CC	49:01.80

Event 1 Women 60-69 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Holley, Lisa	41	CC	37:27.20
2 Clark, Ginny	45	CC	39:42.00
3 Stephens, Janet	47	CC	38:40.70
4 Jural, Carol	43	CC	47:31.00
5 Schorff, Liane	49	CC	51:21.10

Event 1 Women 70-79 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Schorff, Val	21	CC	55:55.50

Event 1 Women 80-89 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Pallas, Christine	27	CC	39:28.00

Event 1 Men 12-14 Under 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Greenberg, Ben	11	CC	32:16.80

Event 1 Men 15-17 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Fontaine, Ryan	14	CC	32:28.40

Event 1 Men 18-19 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Duenkel, Colin	15	CC	24:22.50
1 Solski, Jason	17	CC	20:42.70

Event 1 Men 20-29 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Rose, Kevin	20	CC	20:50.30

Event 1 Men 30-39 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Gansky, Thomas	45	CC	28:40.00
2 Cooper, Paul	41	CC	31:14.90
3 Reynolds, Tim	43	CC	39:34.70

Event 1 Men 40-49 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Reynolds, Sherman	46	CC	31:00.50

Event 1 Men 50-59 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Lando, Mike	51	CC	25:28.20
2 Dunsda, Mark	51	CC	26:28.40
3 Batka, Bob	52	CC	26:52.70
4 Kohlman, James	54	CC	32:27.70
5 Schorff, John	52	CC	38:14.20
7 Vohous, Gregory	51	CC	43:55.00

Event 1 Men 60-69 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Hensley, Albert	65	CC	31:43.10

Event 1 Men 70-79 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Richard, Whitney	15	CC	37:42.50
2 Hill, Amanda	15	CC	1:03:42.30

Event 1 Men 80-89 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Chomont, Nicolas	15	CC	1:06:10.20
2 Kinnick, Ashley	15	CC	1:06:10.20

Event 1 Men 90-99 1700 Yard / 1 Mile

Name	Age	Team	Finish Time
1 Hensley, John	64	CC	1:47:41.20
2 Street, Bob	63	CC	1:56:02.70

Event 2 Women 18-19 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Greenberg, Ben	11	CC	1:05:34.20
2 Chappell, Caroline	13	CC	1:05:35.40
3 Bonaventura, Amy	14	CC	1:05:37.00

Event 2 Women 20-29 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Hill, Nancy	21	CC	1:05:35.50
2 Greenberg, Ben	11	CC	1:05:35.50

Event 2 Women 30-39 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Early, Marissa	13	CC	51:51.90
2 Ford, Christine	18	CC	1:08:25.00
3 Oelke, Carol	18	CC	1:18:14.80
4 Hill, Heidi	18	CC	1:35:49.00

Event 2 Women 40-49 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Ames, Linda	51	CC	1:05:19.90
2 Lando, Mike	51	CC	1:10:54.20
3 Oelke, Carol	51	CC	1:16:24.20
4 Clark, Mary	52	CC	1:36:14.00

Event 2 Women 50-59 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Parks, Jennifer	39	CC	1:03:44.00

Event 2 Women 60-69 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Wall, Frances	60	CC	1:35:29.50

Event 2 Men 20-29 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Hackett, Christopher	22	CC	46:51.00
2 McDermott, Kim	22	CC	1:03:58.20

Event 2 Men 30-39 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Shorff, Stephen	43	CC	55:15.50
2 Collins, Marcus	42	CC	55:43.50

Event 2 Men 40-49 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Ames, Bruce	43	CC	56:33.20
2 Simon, Peter	40	CC	1:01:42.00
3 Falls, James	40	CC	1:21:58.50

Event 2 Men 50-59 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Thompson, Frank	51	CC	46:56.50
2 Baird, Brett	52	CC	1:04:32.40
3 Oelke, Timothy	54	CC	1:04:07.20
4 Michaels, Randy	50	CC	1:09:27.80

Event 2 Men 60-69 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Fehrmann, Ken	60	CC	55:12.50

Event 2 Men 70-79 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Schorff, Doug	64	CC	1:07:08.20

Event 2 Men 80-89 3520 Yard / 2 Mile

Name	Age	Team	Finish Time
1 Bick, Steve	80	CC	1:35:15.00

Event 2 Women 18-19 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Chase, Ellen	18	CC	1:26:06.50

Event 2 Women 20-29 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Hensley, John	21	CC	1:18:04.80

Event 2 Women 30-39 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Duenkel, Colin	15	CC	1:22:07.40

Event 2 Women 40-49 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Oelke, Carol	43	CC	1:43:01.10

Event 2 Men 18-19 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Rouse, Michelle	26	CC	1:27:07.20

Event 2 Men 20-29 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Steffen, Mike	27	CC	1:15:31.40

Event 2 Men 30-39 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Adams, David	43	CC	1:12:51.00

Event 2 Men 40-49 5280 Yard / 3 Mile

Name	Age	Team	Finish Time
1 Chappell, Paul	43	CC	1:17:57.50
2 Webster, Russell	43	CC	1:25:09.50
3 MacKay, Bill	45	CC	1:30:58.20

Event 2 Men 50-59 5280 Yard / 3 Mile

3rd Annual Bronco Splash

Where: WMU Gabel Natatorium / Lawson Ice Arena

Kalamazoo, MI 49008

Sanction Number: 193-009-S

When: October 5, 2003

Warm up time: 8:00 – 9:00 AM

Start time: 9:15 AM

Event No. Female	Event	Event No. Male
1	100 IM	2
3	100 FR	4
5	200 BK	6
7	50 FLY	8
9	200 BR	10
11	100 BK	12
13	50 FR	14
15 (Sign up on day of meet)	200 Medley Relay	16 (Sign up on day of meet)
17 (Sign up on day of meet)	200 Mixed Medley Relay	18 (Sign up on day of meet)
19	500 FR	20
	15 Minute Break	
21	200 IM	22
23	50 BR	24
25	100 FLY	26
27	200 FR	28
29	50 BK	30
31	100 BR	32
33	200 FLY	34
35 (Sign up on day of meet)	200 Free Relay	36 (Sign up on day of meet)
37 (Sign up on day of meet)	200 Mixed Free Relay	38 (Sign up on day of meet)
39	1000 FR	40

Mail Entry and Fees to:

Attn Jayne Fraley-Burgett

WMU/Gabel Pool

Kalamazoo, MI 49008

Fax: 269 387-3051

Ph: 269 387-2550

Fees: Early Registration: (before 9/26/03) \$20

Late Registration: (after 9/26/03) \$30

*Entry forms, as well as USMS registration will be taken until 8:45 AM on 10/05/03

Check or money order payable to:

Swim Club of WMU

For any other further information please contact

Erin Lucarotti @ (269) 342-5690

or email @ Corkey126@aol.com

Directions:

From Detroit – Take 94E to exit 74B to exit 36A (Stadium Dr East) continue with directions below *

From Lansing – Take 69 S to 94 E to exit 74 B to exit 36A (Stadium Dr East) continue with directions below *

From Grand Rapids – Take 131 S to exit 36A (Stadium Dr East) continue with directions below *

*Take Stadium to Howard, and turn Left on Howard, signs for the pool will be on you right

Address of WMU:

1903 W. Michigan

Kalamazoo, MI 49006

COACHING IDEAS FOR FALL SWIMMING

Fred Nelis, swimmer/coach of the State Champion "Dutch Masters," has some ideas for early fall Masters swimmers. You might want to pick and choose among these sets, which he used last year to start the season. One major thing he does is start with kicking with fins; he says that it "helps w/warm up, allows for stragglers, usually avoids cramps, good cardio training, gets in about 25% of training." He tries to start w/3400 and adds 100 a week, up to about 4000. People can do almost whole workout with fins to keep up, but must do one set without them. He puts a 300 swim between kicking, drill set and main set, 300 pull after main sets, before sprints, and finishes with 100 Easy.

Kick sets: 250 kick choice; 12x50 K on 1; 10x200K on 3:30; 25/50/75/100K; 6 min.wall K, hard, easy

Drill sets: 6x50 drill on 1, choice; 6x75 drill on 1:30, drill/swim/drill; drill 5x50 "catch-up" on 1; drill 5x50 head up

Swim sets: 200/100/50 on 3:30/2/1 x 4,5 or 6; 3x4x125 on 2/1:50/1:45

Sprint/short sets; 12x25 IM, on 45 (also could finish with some of the drill sets)

Remember, too: Keep working on your strokes, efficiency is the bottom line. This time of year, it's important to get a good aerobic base. Rest when you need it; work smartly, but challenge yourself. Stay healthy, too! Send in your workouts for the next newsletter!

"Michigan Masters 'Mush' to Metrics" by Edith Glusac

Starting on April 3, thinking spring weather was here, Laura Gogola and I set forth on a personal quest. With thoughts of arriving in Oshawa, Ontario for an overnight stay by 7p.m., we left at 1:30. Lo and behold we met a monster snowstorm. Laura drove the 50 miles through greater Toronto, which took 5 hours (some people can swim almost that fast). Laura has added that horrific drive to her list of drives through hell. Roger Harper, another Michigan swimmer, had his terrible drive, too, to Canadian Masters Nationals. All in all, though, we were successful in swimming meters, despite the awful driving.

Michigan Swimmers Shine at Senior Olympics

Twenty-two swimmers from Michigan took part in the 2003 Summer National Senior Games, also known as The Senior Olympics. The games this year were held in Hampton Roads, VA from June 5 through June 8. The swimming facility, Midtown Community Center in Newport News, was first class. Many swimmers achieved personal bests in the super-fast pool. The host club, Coast Guard Blue Dolphins, did a fine job of running the three day meet.

The 22 swimmers brought home two gold medals, seven silver and twelve bronze medals. The athletes won an additional 47 place (4th through 10th) ribbons.

The women participating were Edie Glusac, Lois Nochman, Teresa Diquiseppe, Mary Clark, Laura Gogola, Kitty Buck, Peggy Bruin, Kathy Beckley, Loraine LaFerriere, Karen Teichman, and Marilyn Enmark. The men were Rex Sheathelm, Arlon Quigley, Richard Graves, William LeSage, Ernest Schillinger, Michail Medvesky, Paul Chaffee, Donald Kroeger, Cecil Henry, Michael Bauer and Thomas Teichman.

2003 U.S.M.S. LONG COURSE NATIONALS - MICHIGAN SWIMMERS
 SONNY WERBLIN RECREATION CENTER - RUTGERS UNIVERSITY AUGUST 13 - 17, 2003
 PISCATAWAY, NEW JERSEY * STATE RECORD

EMILY JACKSON	(23)	
100 FREE	1:06.74	4TH
200 FREE	2:28.77	6TH
50 BREAST	:39.18	2ND
100 BREAST	1:28.81	2ND
50 FLY	:32.54	2ND
MIRIAM CARLSON	(26)	
50 FREE	:29.23	1ST
200 FREE	2:14.00	1ST
200 FLY	2:32.10	2ND
MARILYN EARLY	(46)	
100 FREE	1:06.47	2ND*
200 FREE	2:27.90	4TH*
400 FREE	5:16.18	4TH*
50 BACK	:37.10	5TH*
100 BACK	1:21.09	5TH*
200 BACK	2:53.71	3RD*
SALLY GUTHRIE	(53)	
100 FREE	1:13.77	5TH*
200 FREE	2:44.42	6TH*
400 FREE	5:48.89	3RD
800 FREE	11:50.91	3RD*
1500 FREE	22:44.31	2ND*
100 FLY	1:24.89	1ST*
JENNIFER PARKS	(60)	
800 FREE	13:42.68	4TH*
1500 FREE	27:15.63	3RD
50 BACK	:45.90	4TH
LAURA GOGOLA	(67)	
100 FREE	1:38.58	5TH
400 FREE	7:56.69	3RD
800 FREE	15:55.54	2ND
50 BACK	:53.42	5TH
100 BACK	2:11.24	7TH
200 BACK	4:42.63	5TH
EDITH GLUSAC	(85)	
100 BACK	2:35.99	1ST*
100 BREAST	3:01.59	2ND*
50 FLY	1:38.81	1ST
100 FLY	3:27.67	1ST
200 I.M.	6:30.92	1ST
KEITH FUHRHOP	(26)	
100 FREE	:58.07	8TH
200 FREE	2:07.24	2ND
100 BACK	1:06.27	3RD
200 BACK	2:19.65	2ND
200 I.M.	2:23.21	1ST
400 I.M.	5:13.82	2ND
FRANK THOMPSON	(51)	
200 FREE	2:24.33	14TH
400 FREE	5:16.11	10TH
800 FREE	10:37.37	7TH
1500 FREE	20:00.25	7TH
100 BACK	1:14.26	7TH
200 BACK	2:40.31	7TH

STEVE HANSEN	(51)	
50 BREAST	:37.12	7TH
100 BREAST	1:24.40	5TH
200 BREAST	3:05.75	5TH
50 FLY	:37.15	15TH
100 FLY	1:17.52	10TH
200 FLY	2:56.14	4TH
JOHN COWING	(54)	
100 FREE	1:12.24	24TH
200 FREE	2:38.25	22ND
400 FREE	5:46.85	14TH
50 BACK	:39.16	10TH
100 BACK	1:27.00	13TH
200 BACK	3:08.94	13TH
GAARD ARNESON	(55)	
200 FREE	2:24.98	4TH*
400 FREE	5:02.49	5TH*
800 FREE	10:22.13	3RD*
1500 FREE	19:51.69	2ND*
200 BACK	3:02.90	5TH
400 I.M.	6:04.93	2ND*
J. JOHN REESE	(78)	
50 FREE	:38.07	5TH
50 BACK	:49.22	5TH
50 BREAST	:47.97	4TH*
100 BREAST	2:07.97	7TH
50 FLY	:53.54	3RD*
MIXED 200 MEDLEY	RELAY	TIME
AGE 200-399 MICH	AGES	2:23.24
FRANK THOMPSON	(51)	5TH*
STEVE HANSEN	(51)	
SALLY GUTHRIE	(53)	
MARILYN EARLY	(46)	
MIXED 200 MEDLEY	RELAY	TIME
AGE 280-319 MICH	AGES	3:20.12
EDITH GLUSAC	(85)	2ND
J. JOHN REESE	(78)	
JOHN COWING	(54)	
LAURA GOGOLA	(67)	
WOMEN HIGH POINT WINNER		
EDITH GLUSAC	53 POINTS	
MEN'S HIGH POINT WINNER		
KEITH FUHRHOP	49 POINTS	
TEAM SCORING	PLACE	SCORING
WOMENS MEDIUM	5TH	274 PTS
MENS SMALL TEAM	10TH	167 PTS
COMBINED SMALL	8TH	471 PTS

SHORT COURSE METERS AT ANCHOR BAY

DATE November 1, 2003

Sanctioned by Michigan Masters for USMS, Inc.
Sanction # 193-011-5

LOCATION Anchor Bay Aquatic Center
52410 Ashley
New Baltimore, Mi. 48047

FACILITY 6 lane short course meters
with warm up-cool down area
Colorado timing

ENTRIES maximum 5 events plus relay
\$17.00 for entries received by
Oct. 29, 2003
\$22.00 for late and deck entries

Send Entries to:

Joyce Kowalski-Anchor Bay Masters
6656 Shea Rd.
Marine City, MI. 48039

DIRECTIONS From eastbound I-94 exit 247 turn right. Go about 2 miles to LIGHTHOUSE SCHOOL on left. Turn left into first driveway before school. Pool is in building behind school.

From westbound I-94 exit 248 (Marine City Highway) and turn right. Go to first light (New Haven Rd.) and turn left and go approximately 3 miles to LIGHTHOUSE SCHOOL on left. Turn left into first driveway before school. Pool is in building behind school.

ENTRY BLANK FOR ANCHOR BAY SHORT COURSE METERS

NAME _____ SEX M F

AGE _____ USMS # _____ USMS registration required and will be available for purchase at the meet.

Event	Seed Time
1. 800 Free @ 8:30	
2. 200 IM @ 10:00	
3. 100 Free	
4. 50 Back	
5. 100 IM	
6. 50 Breast	
7. 200 Free	
8. 400 Relay	
9. 100 Back	
10. 50 Fly	
11. 100 Breast	
12. 50 Free	
13. 100 Fly	
14. 400 Free / IM	

Event # 1 starts at 8:30 A.M.

Event # 2 starts at 10:00 A.M.

Please mail your entry by Oct. 29 to:

Joyce Kowalski -
Anchor Bay Masters
6656 Shea Rd.
Marine City, MI 48039

For more information contact
Joyce at 810-765-5964 or
joyski@juno.com

MICHIGAN MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

SANCTION: This meet is sanctioned by Michigan 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. Our sanction number is 193-008R.

DATE: Sunday, November 9, 2003

LOCATION: West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-865-6748 (Pool Phone) **School Fax #: 248-865-6756**
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: 248-865-6756 (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, November 6th 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: \$18 for entries received in the mail by the above deadline. For any entries received by fax, the entry fee is \$20, 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.

US MASTERS SWIM MEET HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

ENTRY BLANK FOR _____ SEX M F AGE _____



USMS # _____ CLUB _____

HOME PHONE # _____ WORK PHONE # _____

EVENT #	EVENT	SEED TIME
WARM-UP 7:15-7:45 A.M.		
SESSION 1 - BEGINS AT 7:45 A.M.		
1	1650 FREE	
WARM-UP 9:00-9:30 A.M.		
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	
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:
248-865-6756, ATTN. BOB CROSBY

Capitol Area Triathletes & Swimmers (CATS) Swim Meet
DeWitt High School Natatorium
Saturday, December 6, 2003

- Sanction:** Sanctioned by Michigan Masters. **193-010-5**
- 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 (exit 85). 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. Note: some people will need to take I-96 to 127 north (exit 106B) to get to I-69. Once on I-69 follow the above directions.
- 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:**
- | | |
|--|---|
| <ol style="list-style-type: none">1. 50 yard butterfly2. 200 yard freestyle3. 50 yard backstroke<u>Break:</u> Plunge dive for distance/men4. 100 yard freestyle5. 50 yard breaststroke<u>Break:</u> Plunge dive for distance/women6. 50 yard freestyle<u>Break:</u> Goggle-flipping contest7. 100 yard IM8. 500 yard freestyle | <p>Please enter either the crescendo or the pentathlon:</p> <ul style="list-style-type: none">• Crescendo = 50 free + 100 free + 200 free + 500 free• Pentathlon = 50 fly + 50 back + 50 brst + 50 free + 100 IM <p>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.</p> |
|--|---|
- 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. Special Award: Consanguineous Plaque (two relatives, blood-related, and Masters swimmers on each team compete in a 100 yd. Relay).
- Eligibility:** Swimmers must have either a 2003 or 2004 registration with United States Masters Swimming. Swimmers who cannot verify their membership status must purchase a 2004 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 Paul Chaffee (chaffee@shianet.org or 989/725-2863), Amy Sayers (517/230-7905), Andrea Funk (616/749-9249), Wally Dobler (517/372-8096).

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 5, 2003	Swim Club of WMU	Sanctioned #193-009S	WMU Gabel Natatorium	Jayne Fraley-Burgett	269-387-2550
Saturday November 1, 2003	Anchor Bay Masters (Short Course Meters)	Sanctioned #193-011S	Anchor Bay Aquatic Center	Joyce Kowalski	810-765-5964
Sunday November 9, 2003	West Bloomfield Laker Fan Club	Recognized #193-008R	West Bloomfield High School	Bob Crosby	248-865-6748
Saturday December 6, 2003	Capitol Area Tri & Swim Masters	Sanctioned #193-010S	Dewitt High School Natatorium	Paul Chaffee	989-725-2863
Sunday January 11, 2004	University of Michigan	Proposed	Canham Natatorium	Sally Guthrie	734-913-9282
Sunday January 25, 2004	Lake Orion Classic Oldies	Proposed	Lake Orion Natatorium	Greg Palmer	248-396-7031
Sunday February 15, 2004	F.A.S.T. (Short Course Meters)	Proposed	Brighton High school	Joe Schall	734-675-9913
Saturday February 24, 2004	West Michigan Masters	Proposed	Grand Haven High School	Ken Danhof	231-739-5592
Sunday March 7, 2004	West Bloomfield Laker Fan Club	Recognized 194-001R	West Bloomfield High School	Bob Crosby	248-865-6748
Sunday, March 14, 2004	Midland Masters	Proposed	Midland Dow High School	Dave Speth	989-636-7802
Michigan Masters State Championships	SOS	Sanctioned <i>Proposed</i>	EMU	Skip Thompson	248-683-2191

*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.*