

# THE WAVE EATER

Volume 4 Issue 4

Autumn 1996

## The Heart and Soul of Masters

By Wini Hartung

Many thanks to Don Korten for being persistent in getting me to join Michigan Master Swimmers, all Seniors Swim Team.

I have been swimming at the Battle Creek Y Center for twenty years. I never thought that I had a competitive bone in my body. After several years of suggesting that I join, I finally did. The first meet that I competed in was at Loy Norrix (pool in Kalamazoo). I had a ball. The next week I went to Rockford. They had beautiful facilities and I had so much fun. Then on March 30, 1996, with veteran swimmer, Bob Doud, at the wheel as our driver; we were off to the State Meet at Saginaw Valley State University. Ruth Hildebrandt, Don Korten and I were his special passengers. We swam March 30 at night and then on March 31, we were in the morning events. Starved, I went to the lunch counter and had a chili dog. It was so delicious, I had a second one. After eating those, I had pains in my chest. I had been treated by my doctor and told to take Mylanta for a stomach disorder.

After lunch was the 100 meter breast stroke event. After three laps, I just couldn't make my arms go. Bob Doud, trained as a lifeguard in his youth, recognized my plight. Teammate, Don Riegle, a retired pediatrician, jumped into the water with me. A policeman and an ambulance were on the scene almost immediately. I didn't want to go, but the alternative was to be served a court order and forced to go. The policeman smiled at me, so I complied. And so I was whisked away on a stretcher, waving good-bye to

(continued on p.3)

It is hard  
to fight  
the enemy  
who has  
outposts  
in your  
head

## SPEAK UP

For those of you who are new to the Master's organization (and a reminder to the non-newbies), you may find that competing at this level a bit different, if you have competed in the past. Never fear, the bottom line is that everyone is here to keep swimming AND to have a good time. Sometimes the meets, especially at the local level get moving in the "fast & loose" mode. Don't let it make you crazy!! You're there to swim and if someone starts combining heats (officials or host) there are two things you should do. First, try to keep track of what's happening and two, SPEAK UP!! If there's someone else assigned to your heat and lane, chances are it's only HUMAN error, so say something! First let the other swimmer know, and then and official or the host. Without a doubt something can, and will be worked out! Please don't NOT swim, but if you don't make noise no one will correct the problem. It's a bit tougher at the State meet level to adjust (which is not to say that there might not be errors), so be sure to be on top of the heat and event progress as the day goes on.

# Food for Thought

*Excerpted from Swimming Technique. Answers by Jackie Berning, M.S., R.D., ICAR Nutrition Coordinator)*

**Question:** *How much carbohydrate, fat and protein do swimmers need?*

**Answer:** It has been clearly shown that swimmers in training need more calories. These extra calories should be coming from foods that are high in carbohydrates. A swimmer's diet should contain an energy nutrient balance that includes: 12-15% protein, 25-30% fat & 55-70% carbohydrates

Research suggests that swimmers need about 0.4 to 0.9 grams of protein per pound of body weight, everyday. However, swimmers tend to eat more protein-rich foods than their sedentary friends because they eat more foods. When adolescent elite swimmers were

*(Continued on page 3)*

If  
someone  
says "can't"  
that shows  
you what  
to do

## Eat Your Way to Victory

*(The following was food in the New England Masters Newsletter dated April 1st. For those of you serious about racing, you may want to consider it! <grin> By the way NUMB stands for Not Unlikely Masters Bathers)*

A new scientific study identifies two unlikely supermarket mainstays as the ideal, unique and complete source of all the nutrients you need to train your way to optimum performance. This success guaranteed, yet simple and easy to stick-with-it diet will amaze you with how it takes you out of the lack of "also swams" and transforms you into a unique specimen built to win. Thirty-seven years of research have paid off in this once-in-a-lifetime opportunity to "get it together".

Thanks to the crackerjack staff and NUMB's relentless quest for the truth, whatever it may be, NUMB can now win big.

Our club's Laboratory for Better Things Through Junk Food has isolated both the rare speed enzyme and the endorphin that trigger the speed of Olympians and, guess what, it's found only in a secret combination of Oreo cookies and Diet Pepsi. Yes, there it was, right before our eyes (and stomachs) all the while.

Of course the club cannot divulge the exact formula of the two elements (Ores and DP) and other highly secret stuff to non-members for fear of not cashing in big when it sells the elixir through leading swim mags, but it will share this much with the world at this time, so it can have "just a taste of it" now.

*(Continued on page 4)*

(Continued from page 2)

asked if they need to take a protein supplement, 39% of the female swimmers and 44% of the male swimmer's said, "Yes." Other swimmers report that high school athletes are more likely to supplement their diet with protein than college athletes.

For most swimmers amino acid or protein supplements are unnecessary. Athletes should be aware that protein supplementation and/or amino acid supplements in large doses may cause amino acid imbalance and toxicities. (There have not been studies conducted using large doses of amino acid or protein supplements on human subjects, and therefore no official margin of safety is known.)

**Question:** *Do swimmers need to take extra vitamins and minerals?*

**Answer:** Although deficiencies of vitamins and minerals can result in poor performance, there is no evidence that vitamins and minerals taken in excess of the normal daily requirements will enhance performance. Swimmers can automatically, and more beneficially, increase their vitamin and mineral intake if they make wise food choices from the four food groups including meat, dairy products, vegetables and grain products.

Vitamin intake helps control the growth of body tissue and is essential for the release of energy in the body. The body alone cannot make most vitamins, therefore, you must supply these vitamins to your body in what you eat or drink. Vitamins are widely distributed in the foods that make up the typical diet. The major function of minerals are building cells and controlling body processes. Swimmers who constantly eat inadequate diets may require specific minerals including calcium, iodine, iron and phosphorous.

**Question:** *When is fluid replacement necessary?*

**Answer:** Drinking water is important before, during and after a workout or competition. In fact, one-half cup of water every 10-15 minutes helps replace body fluids lost as swimmers perspire during practice. Sports drinks can be beneficial especially if swimmers are training longer than 60 minutes. The rule of thumb is 6-8% carbohydrate fluids; this means 1/2 strength fruit juice and full strength sports drinks. The sports drinks formulated with 6-7% carbohydrate and sodium, replace fluids faster than water and improve performance.

Performance can suffer when a swimmer loses as little as 2% of body weight as sweat. Thirst is not an accurate indicator of how much fluid a swimmer needs. To maintain hydration levels, swimmers need to keep a fluid bottle by the side of the pool when working out and drink as often as possible. To minimize poor performance due to dehydration, swimmers should:

- \* drink 2 cups of fluid for each pound lost in workout or competition
- \* drink 4-10oz of fluid every 15-20 minutes during training
- \* remember that dark urine indicates dehydration.

(continued from p. 1)

Elmer and his wife, a couple I swim with at the Y Center; and knowing full well that I would be right back. However, it wasn't so. I am told that I was in surgery for six hours.

(Editor's note: The surgery was quintuple by-pass surgery the week following the State Meet.! As of this writing, I hear from Don Korten that Wini is doing well and continuing her swimming.

Preparation  
for something  
better comes  
with gratitude  
for what  
we have...

All things  
are  
possible  
to him  
who  
believes.

# Editor Notes

I just want to take this space to first of all thank all of the Meet Directors who got their results to me in a timely fashion as well as those who got their meet announcements to me.! Your attention to these matters are greatly appreciated. Secondly, I'd like to thank Andy Donato and Eric Nordlund for helping to chase some of you down. I apologize for being a bit short on local news and useful articles but I needed space for everything else. The Long Course as well as short course meters and yards records are included this round. Something we try to do every couple years. Thank Skip Thompson when you see him. the compilation is a tedious and thankless job!

Last but not least... I have included a number of "postal" competitions (they are grouped together). There entry date vary greatly... be sure you read them carefully!

*(Continued from page 2)*

Twelve weeks before the big race: Oreos and Diet Pepsi from two liter bottles (with ice).  
Foursweeks before the big one: Switch to double Oreos and DP from the can (no ice).

Ten days before the bigger: Lick off the white filling (reserving the brown part) and drink DP, warm and defizzed from paper cups.

Race day: Stir ground up Oreo brown parts into hot DP reduced in half by slow boiling. Let cool, congeal and cut into strips. Eat like a "power" bar.

## COUNT... One, Three, Five

This pertains to the limited folks who have to draft people to count for them when you swim long distances. You are, in general, responsible for providing the person who will count for you. That does NOT mean that someone must accompany you to the meet (although children and spouses ARE welcome). Other swimmers may count, swimmers' kids or spouses, but please do not ask the "timer" to count... or leave the matter until your heat has been called. This is not cerebral. Check around there are usually a couple heats of these odd events and you and a swimmer in another heat may count for one another. This sounds simple and is simple, but often gets left until the your heat is on the block, thus slowing things down. Also, please do not rely on the host team to supply counters as they usually have all they can do to supply timers and officials and keep things rolling along.

The other important item with counters is that it be done correctly. This way no one will be disqualified. After the swimmer makes the turn at your end of the pool, DO NOT flip to the next number until they have made their turn at the opposite end of the pool. This ensures that the counter doesn't inadvertently flip twice, forgetting the first time, thus DQing you. On occasion, it happens to the best of us, but THIS system does seem to help.

# ENTRY FORM U OF M MASTER'S MEET

NAME \_\_\_\_\_ USMS # \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

EVENT #	EVENT DESCRIPTION	SEED TIME
1	1000 YARD FREESTYLE	
2	50 YARD BREASTSTROKE	
3	100 YARD BUTTERFLY	
4	200 YARD IM	
5	50 YARD FREESTYLE	
7	200 YARD BACKSTROKE	
8	100 YARD IM	
9	200 YARD BREASTSTROKE	
10	100 YARD FREESTYLE	
11	200 YARD BUTTERFLY	
13	50 YARD BACKSTROKE	
14	100 YARD BREASTSTROKE	
15	50 YARD BUTTERFLY .	
16	200 YARD FREESTYLE	
18	100 YARD BACKSTROKE	
19	400 YARD IM	
21	1650 YARD FREESTYLE	

## MAIL ENTRY TO:

WILLIAM T. REID, III  
128 MARLBORO COURT  
BROOKLYN, MI 49230

## MAKE CHECK PAYABLE TO:

MICHIGAN MASTER'S EVENTS

POSTMARK BY: JANUARY 14, 1997

swimmers will be given their cards without heat and lane assignments. Swimmers who deck-enter the meet will prepare their own cards, again without heat and lane assignments. At the close of check-in, all swimmers who have not yet checked-in will be scratched and the heats will be seeded slow to fast. Seeded heat sheets will be posted in the pool area and all swimmers can mark their cards with their heat and lane assignments.

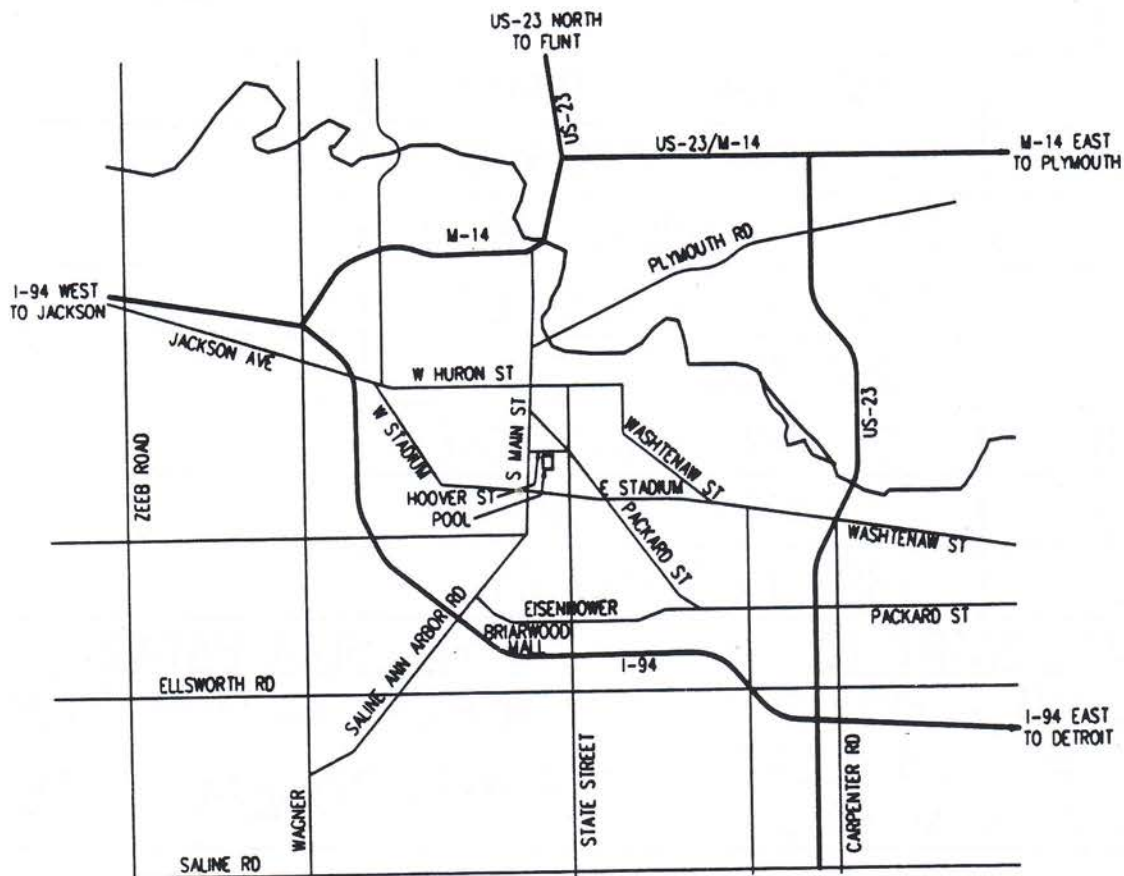
Swimmers who have entered the meet by mail and find that they are unable to attend can scratch by telephone. Before Sunday, January 19, scratches can be made at (517)592-8908. Scratches can be made on Sunday from 8:00 AM until 9:30 AM at (313)936-8850. If you scratch by phone, we will refund \$5.00 of your entry fee.

Eligibility: Only swimmers registered with the USMS for 1997 may compete in this meet. All entrants must show cards during deck entry (or check-in for swimmers who entered by mail). USMS cards can be purchased at the meet.

Refreshments: Refreshments including coffee will be available before, during and after the meet for the swimmers.

Timing, Awards and Results: Times will be taken by a Colorado electronic timing equipment on each course and connected directly to the computer. Splits will be taken from the Colorado systems and will be bound into notebooks near the awards area. Awards will be Michigan Masters ribbons for first through third with computer-printed stickers.

Location: The Don Canham Natatorium is located on Hoover Street between State Street and Main Street. Parking is available South of the Natatorium. Enter the lots North of Yost Ice Arena from State Street or West of the Natatorium from Hoover Street.



YOU ARE INVITED TO THE  
WINTER SHORT-COURSE YARDS MASTERS SWIMMING MEET  
AT THE UNIVERSITY OF MICHIGAN  
**Sunday, January 19, 1997**  
Don Canham Natatorium  
University of Michigan

Sanctioned by Michigan Master for USMS Inc.  
Sanction No. 007197

8:30-9:30 AM - Deck entry period for swimmers not yet entered and check-in period for swimmers who entered the meet by mail.

8:45-9:50 AM - Warm-up.

- |          |  |  |
|----------|--|--|
| 10:00 AM | 1. 1000 Yard Freestyle<br>2. 50 Yard Breaststroke<br>3. 100 Yard Butterfly<br>4. 200 Yard IM<br>5. 50 Yard Freestyle<br>6. 800 Yard Free Relay<br>7. 200 Yard Backstroke<br>8. 100 Yard IM<br>9. 200 Yard Breaststroke<br>10. 100 Yard Freestyle<br>11. 200 Yard Butterfly | 12. 200 Yard Medley Relay<br>13. 50 Yard Backstroke<br>14. 100 Yard Breaststroke<br>15. 50 Yard Butterfly<br>16. 200 Yard Freestyle<br>17. 400 Yard Relays (MR/FR)<br>18. 100 Yard Backstroke<br>19. 400 Yard IM<br>20. 200 Yard Free Relay<br>21. 1650 Yard Freestyle |
|----------|--|--|

Facilities The meet will be held at the Don Canham Natatorium at the University of Michigan. The long distance freestyle events (1000 free and 1650 free) will be swum in two 25 yard eight lane courses, each course with electronic timing and scoreboard. Odd numbered heats will swim in the west course and even numbered heats will swim in the east course. All other events will be swum in a single course, the west course, with the east course available for warm-ups and cool-downs. During the 1000 freestyle, the diving well will be available for warm-ups. Swimmers are reminded to enter the water feet-first during all warm-ups and cool-downs. Diving is permitted only in designated sprint lanes. If desired by the athletes, there will be a break between the 100 Yard Freestyle and the 200 Yard Butterfly.

Entries: Cost is \$15.00 for mailed-in entries and \$20.00 for deck entries. We intend to seed and score this meet with a computer. Thus we request that as many swimmers as possible enter by mail so that we will not have to do a lot of data entry on the day of the meet. Mailed-in entries must be postmarked by January 14, 1997. Relays can be deck entered without penalty. A swimmer may enter 5 individual events and 3 relays. Swimmers can swim both the 1650 free and the 1000 free. Entries should be mailed to:

William T. Reid, III  
128 Marlboro Court  
Brooklyn, MI 49230

Seeding and Scratches: Positive check-in is required for all swimmers entering by mail so we can minimize the number of open lanes and give every swimmer good races. The check-in period for all swimmers who entered by mail is from 8:30-9:30 AM. Swimmers may check-in during this period in person or by phone at (313)936-8850. During check-in,

# Lansing Masters Pentathlon and Freestyle Crescendo

Sunday, December 8, 1996

Sanction # MM006496

**Location:** IM-West Sports Building, Michigan State University. Next to the football stadium. Call Wally Dobler (517) 372-8096 if you need additional directions.

**Schedule:** Warm-up 8:30am, events 9:30am. Swimmers are reminded to enter the pool foot-first during warm-up. Dives and backstroke starts will be permitted only in designated sprint lanes. A separate diving well will be available for continuous warm-up and cool-down.

**Events:** Three "slates" of events will be offered. The **pentathlon slates** - the **Sprint** will include the 50y fly, 50y back, 50y breast, 50 free and 100y IM and the **Middle distance** includes 100 fly, 100y back, 100y breast, 100y free and 200 IM. The **freestyle crescendo** will include the 200y free, 100y free, 50y free and 500y free. Although you may enter a mixture of pentathlon and crescendo events (maximum of 5 events), you are strongly encouraged to choose either the pentathlon or crescendo and enter all of the events in that slate. All events will be seeded slow-to-fast.

**OPTIONAL:** New kick board relay - 4 people - prizes - "Get a Team"

**Scoring:** Pentathlon and crescendo winners will be determined by adding the times achieved in the relevant events (5-second penalty for each disqualification). Michigan Masters ribbons will be awarded to the 1st, 2nd and 3rd place overall winners in each age/gender group.

**Meet Director:** Wally Dobler (517) 372-8096

**Eligibility:** Swimmers must be registered with USMS, with either a 1996 or 1997 card. Michigan swimmers may complete the registration process at the meet (\$25).

-----  
**Entries:** Enter by mail before Friday, Nov 29. We need your entries prior to the meet so that we can enter names into the computer in preparation for scoring the pentathlons & crescendo. Deck entries cost extra! Deck entries will NOT be accepted after 9:00am on December 8th!!

**Name:** \_\_\_\_\_ **Age as of 12/08/96** \_\_\_\_\_ **Gender** \_\_\_\_\_

**USMS#** \_\_\_\_\_ **Club** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Enter by mail - avoid the penalty for late or deck entries!** The entry fee is \$12 for the entries received by Friday, November 29 and \$15 for late or deck entries. Submit the above entry form, a photocopy of your 1996-or 1997 USMS card and a check for \$12.00 payable to Michigan State University.

<b>Sprint Pentathlon:</b> 4. 50 yd fly _____:_____. 6. 50 yd back _____:_____. 8. 50 yd breast _____:_____. 9. 50 yd free _____:_____. 11. 100 yd IM _____:_____.  <b>Crescendo:</b> 9. 50 yd free _____:_____. 3. 200 yd free _____:_____. 5. 100 yd free _____:_____. 12. 500 yd free _____:_____. 1. 200 yd IM _____:_____.	<b>Middle distance Pentathlon</b> 2. 100 yd back _____:_____. 5. 100 yd free _____:_____. 7. 100 yd fly _____:_____. 10. 100 yd breast _____:_____. 1. 200 yd IM _____:_____.
--	--

*P.S. Lots of shopping in East Lansing or outlet malls.  
Red Roof Inn nearby as well as other national chains.*

**MAIL TO:**

Wally Dobler  
2400 Wellesley Dr.  
Lansing, MI 48911

# Hillsdale College Swim Team

presents

## 1997 MASTER'S SWIM MEET

Sanction Number 007297

**Meet Coordinator:** Amy Thayer, Hillsdale College Coach.  
Phone: (517)437-2590

**Date:** Monday, January 26, 1997.

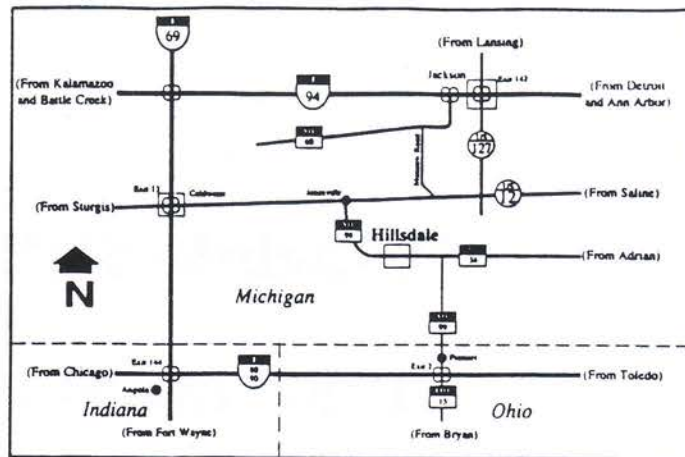
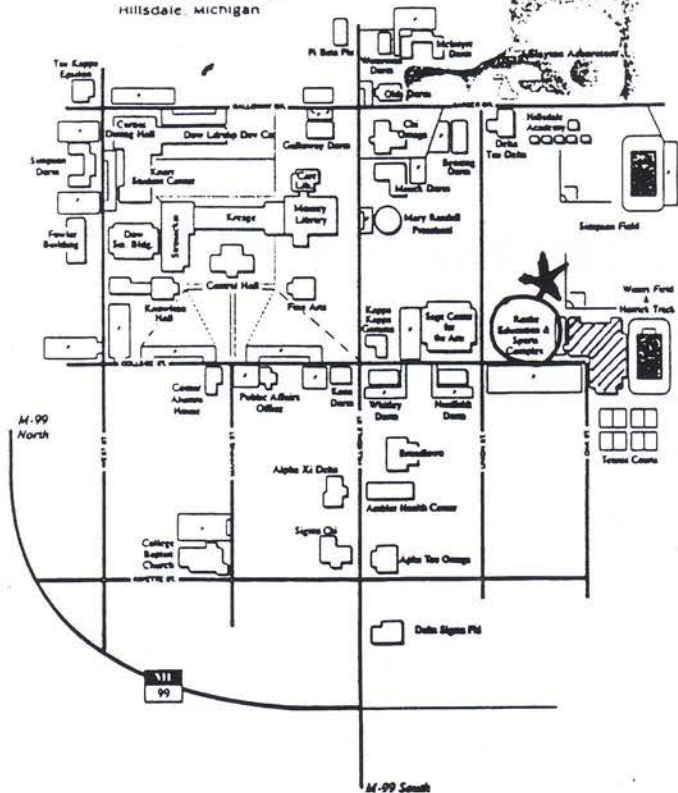
**Starting Time:** 9:00 warmup, meet starts at 10:00.

**Place:** Hillsdale College, George Roche Sports Complex - Hillsdale, Michigan.  
(directions on back)

**Format:** Each team member may compete in a maximum of FIVE events including relays. Entry form deadline is January 8, 1997. Entry fees are \$12.<sup>00</sup> per swimmer. If entry form or payment is late, entry fee will be \$15.<sup>00</sup>.

**Meet Information:** Swimmers must enter the pool feet first during the warmup. Seeding will be from slowest to fastest, and there will be awards given for first to third places. All swimmers must be registered with USMS. Those who are 19 yrs. may register with MS. Swimmers may register the morning of the meet for an annual fee of \$25.00.

Swimmer Name	EVENTS (check five and give time)		
Address	1) 50 Breaststroke		
Phone Number	2) 50 Freestyle		
Age	3) 50 Butterfly		
Gender	4) 100 Freestyle		
US / MS Number	5) 100 Backstroke		
Team Name	6) 100 Breaststroke		
Coach	7) 100 Butterfly		
Coach Phone #	8) 200 Backstroke		
<b>Send To:</b>  Amy Thayer 201 Oak St. Hillsdale, MI 48161	9) 200 Breaststroke		
	10) 200 IM		
	11) 400 Freestyle		
	12) 400 Medley Relay		
	13) 800 Free Relay		
	14) 800 Medley Relay		
	15) 1000 Freestyle		



Hillsdale is 90 miles west of Detroit and 200 miles east of Chicago.

**From Detroit:** Take I-94 West to U.S. 127 South (Exit 142). Proceed about 10 miles to the first stoplight and turn right on U.S. 12 West. At the end of downtown Jonesville, turn left onto M-99 South. Proceed about four miles to the first stoplight in Hillsdale. Turn left onto Fayette Street. Go to the flashing stoplight on Hillsdale Street and turn left. Follow the blue signs to campus.

**From Toledo:** Take I-80/90 West to Ohio State Route 15 (Exit 2) and proceed north. The road name will change to M-99 at the Michigan border, and farther north will appear to end at a stop sign. Turn left, and continue on M-99 to Hillsdale. Proceed straight through all downtown traffic lights and follow the blue signs to campus.

**From Chicago:** Take I-80/90 East to Angola, Indiana (Exit 144). Follow I-69 North about ten miles to Coldwater (Exit 13) and turn right onto U.S. 12 East. You will proceed straight through Quincy and Allen. In Jonesville, turn right onto M-99 South. Proceed about four miles to the first stoplight in Hillsdale. Turn left onto Fayette Street. Go to the flashing stoplight on Hillsdale Street and turn left. Follow the blue signs to campus.

## Release 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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States 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, as a condition of my in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

Signed, \_\_\_\_\_



# HEART SWIM 1997 MICHIGAN MASTERS

2ND FEBRUARY FERRIS STATE UNIVERSITY

SANCTION # MM007897

**1650 YARD FREESTYLE**

**NATATORIUM:** Ferris State HPE Building, Next to Top Taggart Football Stadium, NE Cr. of Campus

**TIMING:** Everyone, who swims this event will automatically be entered in the 1000 and 500 yd free.

**AWARDS:** All entrants will receive a T-Shirt. The first three finishers will receive medals, ribbons 1-8.

**AGE GROUPS:** 19-24, 25-29.....95-99, 100+, male and female. USMS rules for age groups will govern.

**ELIGIBILITY:** Open to all registered masters swimmers for the 1997 season.

**CONDUCT OF THE MEET:** The meet will be swum between 7:30 AM and 1:15 PM. Entrants will be notified of the time by phone they are to report to the deck and start. *The first 35 entries shall be accepted. This meet is mail entry - only. Entries must be received by 1-20-97.*

**INFORMATION:** Jennifer Parks, Home: 616-796-6946 Phone Mail: 616-592-2673  
Fax: 616-592-3550

**COST:** \$16.50, Checks to be made out to Jennifer Parks/Heart Swim  
Mail to: Heart Swim, Jennifer Parks, 219 Hutchinson, Big Rapids,  
MI 49307-1715

Name: \_\_\_\_\_ USMS#: \_\_\_\_\_  
Address: \_\_\_\_\_ Swim Club: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Sex: M F Phone Days: \_\_\_\_\_ Phone Evenings: \_\_\_\_\_  
Shirt Size: S M L XL XLL **Enter Your Predicted Time Here:** \_\_\_\_\_

**Release 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 of the risks inherent in Masters and Ferris State 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 Ferris State swimming meet of 2-2-1997 and any activities incident thereto, I hereby waive any and all rights to claims of loss or damages including claims for loss or damages caused by the negligence, active or passive, or the following: United States Masters Swimming, Inc., Ferris State, 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 the and Ferris State and USMS.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Feb

February Fitness Month

## 1997 MICHIGAN MASTERS



### SWIM FOR THE HEART OF IT 1650 YARD POSTAL

Sanction # MM007997

**Eligibility:** Open to all registered masters swimmers for the 1997 season.

**Conduct of the Meet:** Participants swim 1650 yards in a 25 yard pool any stroke or combination of strokes (freestyle). All times must be recorded to the 1/100 of a second. Times not reporting tenths or hundredths will have 9s inserted for the missing digits. The event must be swum between February 1, 1997 and February 28, 1997 and entries must be postmarked by March 10, 1997. Include a copy of your USMS registration card or foreign equivalent. Incomplete entries will be returned and assessed postage. All fees are non-refundable.

**Age Groups:** 19-24, 25-29,.....95-99, 100+; male and female. Age will be determined by the swimmer's age on the day the event is swum.

**Awards:** All entrants will receive a T-shirt. The first three finishers will receive Michigan Masters Medals.

**Cost:** \$16.50, Checks payable to Michigan Masters/Postal Heart Swim

**Send entries to :**

MM Postal Mile

**Information:** After 5:30 PM

Thomas Moyer

517-249-0043

3403 Binscarth Ave.

Saginaw, MI 48602

### PRINT CLEARLY I'M NEARSIGHTED

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

Address: \_\_\_\_\_ Swim club: \_\_\_\_\_

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

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

Shirt Size: **S M L XL XXL** *Enter Your Time Here:* \_\_\_\_\_

Enter the Signature of your counter/witness: \_\_\_\_\_

#### Release 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 of 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 Michigan Masters 1997 Postal 1650 and any activities incident thereto, I hereby waive any and all rights to claims of loss or damages including claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, Inc., The pool I swim the event in, 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 the USMS.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# SYLVANIA MASTERS SWIM CLUB SHORT COURSE METERS SWIM MEET



February 9th, 1997. Sylvania Northview High School  
Sanctioned by Ohio LMSC for USMS, Inc. Sanction #176702

**WHEN:**

**Sunday February 9th, 1997**

Entries: 10:00 A.M. - 11:45 A.M.

Warm up: 10:00 A.M. - 10:30 A.M.

Event 1: 10:30 A.M.

Warm Up: 11:00 A.M. - 12:00 Noon

Event 2: 12:00 Noon

**ELIGIBILITY:**

All 1997 USMS members. Ohio memberships will be available at a cost of \$25.00.

**ENTRY FEE:**

\$15.00 for a maximum of 5 individual events and 2 relays. All entries must be received by 1/30/97. Deck entries will be \$20.00. Please bring a copy of your current USMS card. (No card No swim, USMS Rule)

**FORMAT:**

All events will be swam from slow to fast. No times and deck entries will swim first. This will occur in a six lane 25 meter pool with a warm-down area. Colorado timing system will be used. There will be a maximum of three (3) heats of event 1, 800 Free. It is at the Meet Director's discretion to swim two to a lane in the 800 Free.

**LOCATION:**

Sylvania Northview High School, Sylvania Ohio.  
Take US 23 to the Sylvania exit. Turn left onto Monroe Street. Approximately 2 miles turn left onto Silica Drive (just past the library). School is on the right side.

**AWARDS:**

Awards will be given in all age groups in all events.

**ADDITIONAL  
INFORMATION:**

Contact Tim Defrain 419-893-4350  
or Tom Schardt 419-726-8010

**WARM-UP:**

Swimmers must enter pool feet first in a cautious manner with at least one hand in contact with the wall during warm-up

# Welcome to the Sylvania Masters Swim Meet.

## February 9th, 1997

### Sanctioned by Ohio LMSC for USMS, Inc. Sanction #176702

	<u>EVENTS</u>	<u>SEED TIME</u>	<u>EVENTS</u>	<u>SEED TIME</u>
<b>EVENTS:</b>	1. 800 FREE	_____	BREAK	
	BREAK		13. 200 I.M.	_____
	2. 100 BACK	_____	14. 200 FLY	_____
	3. 200 BREAST	_____	15. 200 BACK	_____
	4. 100 FREE	_____	16. 50 FREE	_____
	5. 50 FLY	_____	17. 400 I.M.	_____
	6. 100 I.M.	_____	18. 100 BREAST	_____
	7. 50 BACK	_____	19. 100 FLY	_____
	8. 200 FREE	_____	20. MENS 200 MEDLEY RELAY	
	9. 50 BREAST	_____	21. WOMENS 200 MEDLEY RELAY	
	10. MENS 800 FREE RELAY		22. MIXED 200 MEDLEY RELAY	
	11. WOMENS 800 FREE RELAY		23. 400 FREE	_____
	12. MIXED 800 FREE RELAY			

Relays are deck entered only.

One race day, choose one (1) relay category only--men, women or mixed.

Late entries and deck entries swim will first heat.

Last Name: \_\_\_\_\_ First: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Age on 2-9-97: \_\_\_\_\_ Sex M / F  
 USMS # \_\_\_\_\_ Team or Club \_\_\_\_\_

*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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS 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 \_\_\_\_\_

Please Note: It is recommended, but not required that each swimmer have a physical examination by a physician prior to competing in Masters Swimming practices and/or meets.



Write checks payable to: Sylvania Masters Swim Club

Please include a copy of your USMS Card.

Mail to: Tom Schardt, 6131 Windamar, Toledo, OH 43611

# JOSEPH BEAUDOIN MEMORIAL SWIM MEET

## February 16, 1997

Ford Athletic Swim and Triathlon Club brings you their 9th annual Michigan Masters Swim Meet. This will be a sanctioned meet, open to all registered masters swimmers; pre-registration & registration available at the meet. The meet will be held at Brighton High School, Brighton, Michigan.

The events are:

- |                     |                          |
|---------------------|--------------------------|
| 1. 400 Medley Relay | *INTERMISSION*           |
| 2. 200 Free         | 9. 200 IM                |
| 3. 100 Back         | 10. 100 Free             |
| 4. 50 Fly           | 11. 50 Breast            |
| 5. 100 IM           | 12. 200 Fly              |
| 6. 200 Breast       | 13. 50 Back              |
| 7. 50 Free          | 14. 200 Mixed Free Relay |
| 8. Fun Relay        | 15. 400/1500 Free        |



Meet begins at 10 am; warm up at 9 am

Registration begins at 9 am

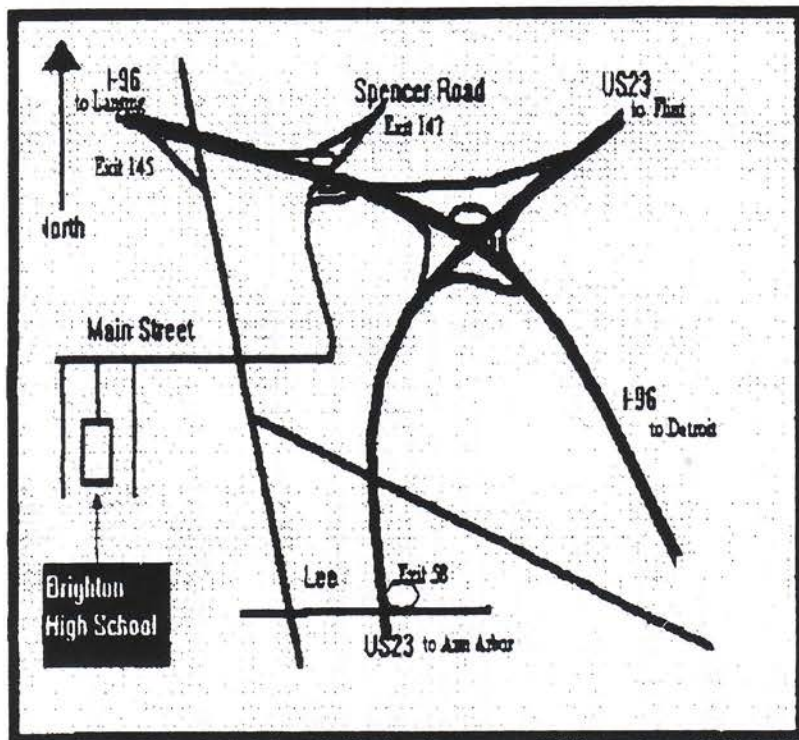
Meet Fee: \$10.00 for a maximum of four individual events plus relays. Part of the proceeds will be donated to the Joseph Beaudoin Memorial Fund

Ribbons will be awarded for 1st, 2nd, and 3rd place finishers

25 meter pool, with warm-up area

Electronic timers

For more information call Bill Eagan; work (313) 323-9403.



### From Lansing:

I-96 South to Grand River-Exit 145; Grand River South to Main Street; Turn Right onto Main Street.

### From Ann Arbor:

US23 North to Lee Road-Exit 58; Lee Road West to Rickett Road-Turn Right and merge onto Grand River north; Grand River to Main Street-turn Left.

### From Flint:

US23 South to I-96 West; I-96 West to Spencer Road-Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go pass Grand River; Spencer road turns into Main Street.

### From Detroit:

I-96 West to Spencer Road-Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go pass Grand River; Spencer road turns into Main Street.

BRIGHTON HIGH SCHOOL IS OFF OF MAIN STREET BETWEEN 7TH AND HOLLYWOOD.

# Joseph Beaudoin Memorial Swim Meet

## Sunday, February 16, 1997

Brighton High School  
Sanction # 007397

Name:	
USMS#	Age on Feb 16, 1997
Club Name:	Male / Female
Phone #:	

Event	Seed Time	Event	Seed Time
1. 400 Medley Relay		* INTERMISSION *	
2. 200 Free		9. 200 IM	
3. 100 Back		10. 100 Free	
4. 50 Fly		11. 50 Breast	
5. 100 IM		12. 200 Fly	
6. 200 Breast		13. 50 Back	
7. 50 Free		14. 200 Free Relay	
8. Fun Relay		15. 400 Free	

**ATHLETE'S RELEASE:** 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 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 INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be covered by the rules of USMS.

Date:	SIGNATURE:
-------	------------

**Make Checks Payable To: FAST**

**Mail To: William Eagan  
3932 Ann Rose Ct.  
Bloomfield MI 48301**

\*\*\*\*\*Entries must be mailed by Tuesday Feb. 11\*\*\*\*\*

Michigan Masters Swimming and  
West Michigan Masters Swim Association  
Present the Tenth Annual

*Swim Classic*  
at  
*Rockford High School Community Pool*  
4100 Kroes Rd. Rockford, Michigan

**February 22, 1997**

Meet fee is \$13.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters membership (\$25.00 for 1997), sign up available at the Meet.

The Rockford Pool was the site of the 1995 Michigan Masters State meet. It features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

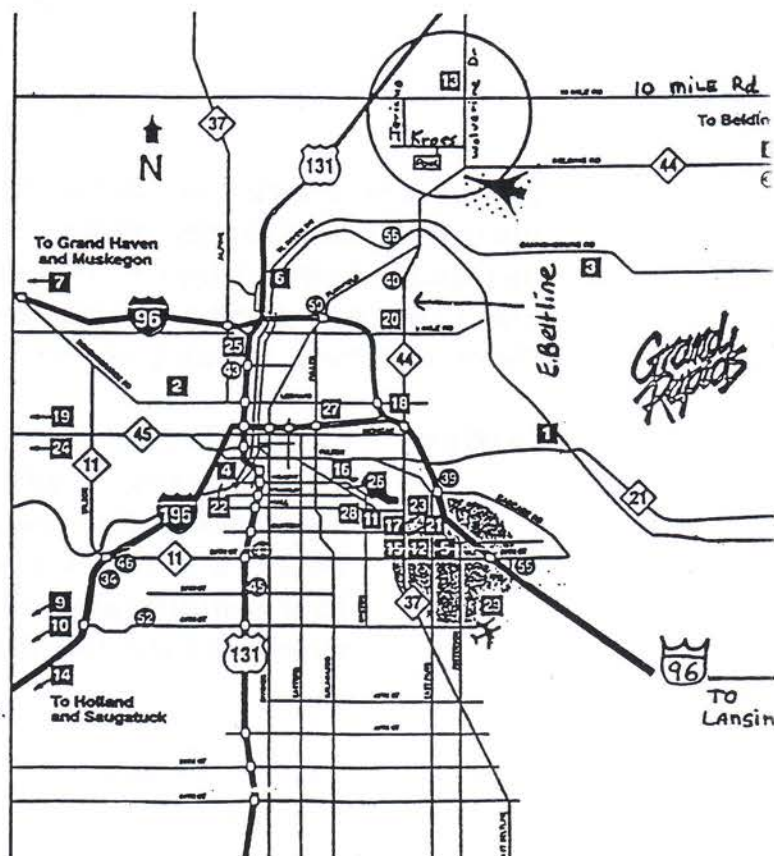
Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.). 1650/1000 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer.

**Questions:** Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592  
Sanctioned for USMS Inc. by Michigan Masters #MM007497.

**List of Events:**

1. 1,650 Yard Free\*
2. 1,000 Yard Free\*
- Intermission
3. 200 Yard Medley Relay
4. 200 Yard Free
5. 200 Yard Individual Medley
6. 50 Yard Free
7. 200 Yard Breast
8. 100 Yard Back
9. 50 Yard Butterfly
- Intermission
10. 100 Yard Individual Medley
11. 100 Yard Free
12. 100 Yard Breast
13. 100 Yard Butterfly
14. 200 Yard Back
15. 200 Yard Free Relay

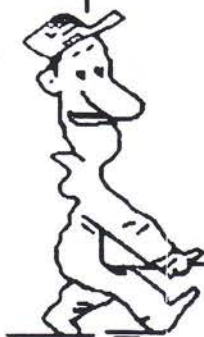
\* Heats may be run concurrently. Meet Director reserves the right to "double-up" lanes.  
During warm-up you must enter the water feet first and in a cautious manner.  
Diving will only be allowed in designated sprint lanes.



# **State Meet Preview**

## **March 2, 1997**

### **Kalamazoo, MI**



**Sanctioned by Michigan Masters for USMS, Inc.**



**Host: Great Lakes Aquatics, Sanction No. MM007597**

**Site: Loy Norrix High School (25 yard pool)**

**Time: 8:30-9:45 am Check-in and deck entry**

**9:00-9:50 am General warm-up**

- |                 |                           |                             |
|-----------------|---------------------------|-----------------------------|
| <b>10:00 am</b> | <b>1. 400 I.M.</b>        | <b>9. 100 I.M.</b>          |
|                 | <b>2. 200 Med. Relay</b>  | <b>10. 100 Breaststroke</b> |
|                 | <b>3. 200 Freestyle</b>   | <b>11. 100 Freestyle</b>    |
|                 | <b>4. 200 Butterfly</b>   | <b>12. 100 Backstroke</b>   |
|                 | <b>5. 50 Breaststroke</b> | <b>13. 100 Butterfly</b>    |
|                 | <b>6. 50 Butterfly</b>    | <b>14. 200 Choice</b>       |
|                 | <b>7. 50 Freestyle</b>    | <b>15. 400 Free Relay</b>   |
|                 | <b>8. 50 Backstroke</b>   | <b>16. 500 Freestyle</b>    |

**Swimmers are reminded to enter the water feet-first during all warm-ups and warm-downs. Diving is permitted only in designated sprint lanes. One lane will be reserved during the meet (except during the 400 IM and 500 free) for warm-downs. There will be a break between the 50 Backstroke and the 100 IM.**

**Entries: Cost is \$12.00 for mailed-in entries and \$18.00 for deck entries. Mailed-in entries must be postmarked by Monday, February 24, 1997. Relays may be entered without a penalty. A swimmer may enter four individual events and two relays. Entries should be mailed to: Vince Gallant  
323 Garland Ave.  
Kalamazoo, MI 49001**



1997 United States Masters Swimming

# One Hour Postal Swim National Championship

Sponsored by Pacific Masters Swimming

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc., Sanction Number 38-97-01

**DATE**

All swims must be performed in the month of January, 1997.

**OBJECTIVE**

To swim as far as possible in one hour. The order of finish is determined by the total number of yards swum. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE**

Any pool 25 yards or longer. For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.

**ELIGIBILITY**

Each participant must be registered with USMS for 1997 or a similar body in his/her own country. A copy of your 1997 registration card must accompany your entry.

**INDIVIDUAL**

Men and women will compete separately as individuals in the following age groups: 19-24, 25-29, 30-34, ..., 100-104. The swimmer's age on the day the event is swum determines the entrant's age.

**RELAY EVENT**

Two relays will be contested: 1) a three-swimmer same sex relay and 2) a mixed four-person relay (two men and two women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each relay member must also have entered the individual event for his/her age group. All relay members must be registered with the same club. Unattached relays are not permitted. Each relay team must select a relay captain. The captain will be responsible for submitting a single form for the entire relay. All awards, if earned, will be sent to the relay captain. Relay entries received without



the individual entry forms included will NOT be accepted.

**CLUB EVENT**

Each club will be entered automatically in the club event. Divisions, based upon the number of individual entrants from each club, are as follows: Small (15 or fewer), Medium (16-30), Large (31-49), and Extra-Large (50 or more).

**AWARDS**

USMS Championship Long Distance medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay event. First place finishers in individual and relay events also receive USMS Championship patches. Distinctive awards will be given to the top 3 clubs in each club division.

**RULES**

Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. Circle swimming is not permitted. USMS Long Distance Swimming rules require that a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits, time the event with a stopwatch, and sign the official entry form.

Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and must show the cumulative split time for each 50 to the nearest second. This split sheet, along with a photocopy of one's 1997 Masters Registration card, must be submitted by all swimmers with their entry form.

**FEES**

Individual entry fees are US \$5 per swimmer. Relay entry fees are US \$15 per relay. All fees are non-refundable. Make checks payable to Pacific Masters Swimming and mail to: 1997 One Hour Swim, c/o Chris Foote, 71 Longview Avenue, San Anselmo, CA 94960. International entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate and add \$3 surcharge for mailing costs. **DO NOT SEND** entries via any form of mail requiring a signature for delivery. Entries must be postmarked by Feb. 1 and/or received by Feb. 10, 1997. Postage meter postmarks not acceptable if received after Feb. 10th. Swimmers submitting incomplete entries will be contacted by collect phone call.

**T-SHIRTS**

A 1997 USMS One Hour Postal T-shirt is available at a cost of US \$13. The shirt will feature the logo above.

**INFORMATION**

Questions should be addressed to Nancy Ridout, Meet Director, 580 Sunset Parkway, Novato, CA 94947, (415) 892-0771, or e-mail at 75713.2314@compuserve.com. You may obtain split sheets and pace charts from the address above (include SASE) or from the PMS web site at <http://www.hooked.net/~swim/>.

# 1997 USMS ONE HOUR POSTAL SWIM SPLIT SHEET

Swimmers Name: \_\_\_\_\_

Record splits at each 50 yds/meters. Splits must show cumulative times. Mark the swimmers position in the pool at the end of the hour, convert to yards (see rules) and round down to the nearest five yard increment. Submit this sheet with your entry form.

50	1550	3050	4550
100	1600	3100	4600
150	1650	3150	4650
200	1700	3200	4700
250	1750	3250	4750
300	1800	3300	4800
350	1850	3350	4850
400	1900	3400	4900
450	1950	3450	4950
500	2000	3500	5000
550	2050	3550	5050
600	2100	3600	5100
650	2150	3650	5150
700	2200	3700	5200
750	2250	3750	5250
800	2300	3800	5300
850	2350	3850	5350
900	2400	3900	5400
950	2450	3950	5450
1000	2500	4000	5500
1050	2550	4050	5550
1100	2600	4100	5600
1150	2650	4150	5650
1200	2700	4200	5700
1250	2750	4250	5750
1300	2800	4300	5800
1350	2850	4350	5850
1400	2900	4400	5900
1450	2950	4450	5950
1500	3000	4500	6000

## HOUR SWIM PACE CHART

100 yd. Pace = yds. Swum

1:00	6,000
1:01	5,902
1:02	5,807
1:03	5,714
1:04	5,625
1:05	5,538
1:06	5,455
1:07	5,373
1:08	5,294
1:09	5,217
1:10	5,143
1:11	5,070
1:12	5,000
1:13	4,932
1:14	4,865
1:15	4,800
1:16	4,737
1:17	4,675
1:18	4,615
1:19	4,557
1:20	4,500
1:21	4,444
1:22	4,390
1:23	4,337
1:24	4,286
1:25	4,235
1:26	4,186
1:27	4,138
1:28	4,090
1:29	4,045
1:30	4,000

100 yd. Pace = yds. swum

1:31	3,956
1:32	3,913
1:33	3,871
1:34	3,830
1:35	3,789
1:36	3,750
1:37	3,711
1:38	3,673
1:39	3,636
1:40	3,600
1:41	3,564
1:42	3,529
1:43	3,495
1:44	3,462
1:45	3,428
1:46	3,396
1:47	3,364
1:48	3,333
1:49	3,303
1:50	3,273
1:51	3,243
1:52	3,214
1:53	3,186
1:54	3,158
1:55	3,130
1:56	3,103
1:57	3,077
1:58	3,051
1:59	3,025
2:00	3,000
2:01	2,975
2:02	2,951

100 yd. Pace = yds. swum

2:03	2,927
2:04	2,903
2:05	2,880
2:06	2,857
2:07	2,835
2:08	2,812
2:09	2,791
2:10	2,769
2:11	2,748
2:12	2,727
2:13	2,707
2:14	2,687
2:15	2,667
2:16	2,647
2:17	2,628
2:18	2,609
2:19	2,590
2:20	2,571
2:21	2,553
2:22	2,535
2:23	2,517
2:24	2,500
2:25	2,483
2:26	2,466
2:27	2,449
2:28	2,432
2:29	2,416
2:30	2,400
2:31	2,384
2:32	2,368
2:33	2,353
2:34	2,338

100 yd. Pace = yds. swum

2:35	2,323
2:36	2,308
2:37	2,293
2:38	2,278
2:39	2,264
2:40	2,250
2:41	2,236
2:42	2,222
2:43	2,209
2:44	2,195
2:45	2,182
2:46	2,169
2:47	2,156
2:48	2,143
2:49	2,130
2:50	2,118
2:51	2,105
2:52	2,093
2:53	2,081
2:54	2,069
2:55	2,057
2:56	2,045
2:57	2,033
2:58	2,022
2:59	2,011
3:00	2,000
3:05	1,946
3:10	1,895
3:15	1,846
3:20	1,800
3:25	1,756
3:30	1,715

FEBRUARY



# 1997 United States Masters Swimming One Hour Postal Swim National Championship INDIVIDUAL ENTRY FORM

ALL ENTRANTS MUST COMPLETE THIS FORM

Name \_\_\_\_\_ (As it appears on registration card) Registration # \_\_\_\_\_  
 Address \_\_\_\_\_ Phone # \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
 Club \_\_\_\_\_ Club Abbr. \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Month Day Year

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

I certify that I have read the rules of this competition and that

on \_\_\_\_\_ I swim \_\_\_\_\_ yards at \_\_\_\_\_  
 (Date) (Distance Swum) (Pool name/City)

(Verifier's signature & phone number)

(Swimmer's signature)

T-shirt	Quantity	FEES	
S	_____	Entry Fee	\$ 5.00
M	_____	T-Shirt (____ @ \$13)	\$ _____
L	_____	Intnl swimmer surcharge	\$ ( 3.00)
XL	_____	TOTAL	\$ _____

## MAKE SURE YOU INCLUDE:

Copy of 1997 Masters registration card.  
 Cumulative split sheet  
 Completed Entry Form  
 Check in US funds payable to Pacific Masters Swimming.  
 Send entries to: One Hour Postal Swim, c/o Chris Foote  
 71 Longview Ave., San Anselmo, CA 94960  
Must be received by February 10, 1997

# 1997 United States Masters Swimming One Hour Postal Swim National Championship RELAY ENTRY FORM

THIS FORM TO BE COMPLETED BY RELAY CAPTAIN ONLY

Club \_\_\_\_\_ (Must be USMS or National Governing Body registered) Club Abbr. \_\_\_\_\_  
 Relay Captain \_\_\_\_\_  
 Captain's Address \_\_\_\_\_  
 City/State/ZIP \_\_\_\_\_

## MAKE SURE YOU INCLUDE:

Copies of above form for each relay swimmer.  
 Check payable to Pacific Masters Swimming.  
 Entry fee. (\$15 per relay)

	NAMES OF RELAY SWIMMERS	SEX (M/F)	AGE	YARDS SWUM
Swimmer #1	_____	_____	_____	_____
Swimmer #2	_____	_____	_____	_____
Swimmer #3	_____	_____	_____	_____
Swimmer #4	_____	_____	_____	_____

Entry fee is \$15 per relay entry. Payment in US dollars from US bank or international money order only. Mail to address above.

Note: Relay entries without the individual entries will NOT be accepted.

## Michigan Masters

Saginaw YMCA Fall Classic  
Saginaw, Michigan October 12, 1996

## Event Results for Timed Finals

--- Ages 45 Through 49 ---				Mixed Senior 100 Fly				--- Ages 45 Through 54 ---			
PL	Name	Age Team	Finals	:	1 ANDY DONATO	39 MICH	1:16.62	:	PL	Name	Team Finals
Mixed Senior 50 Free				:	1 ANDY DONATO	39 MICH	2:40.00	:	Mixed Senior 200 R-Free		
1	GENEVIEVE MOYER	47 MICH	1:05.41	:	--- Ages 45 Through 49 ---				:	1 MICH A X-45	MICH 3:02.56
Mixed Senior 50 Back				:	PL	Name	Age Team Finals	:	DONALD KROEGER-52M JOE MUENZER-73M		
1	GENEVIEVE MOYER	47 MICH	58.85	:	Mixed Senior 50 Free				:	BEVERLY MYERS-61W GENEVIEVE MOYER-47W	
Mixed Senior 50 Breast				:	1 THOMAS MOYER	48 MICH	29.62	:	Mixed Senior 200 R-Medley		
1	GENEVIEVE MOYER	47 MICH	56.66	:	Mixed Senior 50 Back				:	1 MICH A X-45	MICH 2:46.53
Mixed Senior 50 Fly				:	1 THOMAS MOYER	48 MICH	36.97	:	DONALD KROEGER-52M THOMAS MOYER-48M		
1	GENEVIEVE MOYER	47 MICH	1:00.18	:	Mixed Senior 50 Breast				:	BEVERLY MYERS-61W FREDERICKA RAPP-52W	
Mixed Senior 100 IM				:	1 THOMAS MOYER	48 MICH	37.18	:			
1	GENEVIEVE MOYER	47 MICH	2:19.00	:	Mixed Senior 50 Fly				:		
--- Ages 50 Through 54 ---				:	1 THOMAS MOYER	48 MICH	36.44	:			
PL	Name	Age Team	Finals	:	Mixed Senior 100 IM				:		
Mixed Senior 100 Free				:	1 THOMAS MOYER	48 MICH	1:17.90	:			
1	FREDERICKA RAPP	52 MICH	1:21.37	:	--- Ages 50 Through 54 ---				:		
Mixed Senior 100 Back				:	PL	Name	Age Team Finals	:			
1	FREDERICKA RAPP	52 MICH	1:39.56	:	Mixed Senior 100 Free				:		
Mixed Senior 100 Breast				:	1 DONALD KROEGER	52 MICH	1:04.63	:			
1	FREDERICKA RAPP	52 MICH	1:49.41	:	Mixed Senior 100 Back				:		
Mixed Senior 100 Fly				:	1 DONALD KROEGER	52 MICH	1:31.09	:			
1	FREDERICKA RAPP	52 MICH	1:43.37	:	Mixed Senior 100 Breast				:		
Mixed Senior 200 IM				:	1 DONALD KROEGER	52 MICH	1:25.69	:			
1	FREDERICKA RAPP	52 MICH	3:19.82	:	Mixed Senior 100 Fly				:		
--- Ages 60 Through 64 ---				:	1 DONALD KROEGER	52 MICH	1:37.25	:			
PL	Name	Age Team	Finals	:	Mixed Senior 200 IM				:		
Mixed Senior 50 Free				:	1 DONALD KROEGER	52 MICH	2:59.88	:			
1	BEVERLY MYERS	61 MICH	36.60	:	--- Ages 70 Through 74 ---				:		
Mixed Senior 50 Back				:	PL	Name	Age Team Finals	:			
1	BEVERLY MYERS	61 MICH	42.59	:	Mixed Senior 25 Free				:		
Mixed Senior 50 Breast				:	1 JOE MUENZER	73 MICH	21.45	:			
1	BEVERLY MYERS	61 MICH	43.66	:	Mixed Senior 50 Free				:		
Mixed Senior 50 Fly				:	1 JOE MUENZER	73 MICH	50.66	:			
1	BEVERLY MYERS	61 MICH	40.81	:	Mixed Senior 100 Free				:		
Mixed Senior 100 IM				:	1 JOE MUENZER	73 MICH	2:08.10	:			
1	BEVERLY MYERS	61 MICH	1:29.94	:	Mixed Senior 25 Back				:		
--- Ages 35 Through 39 ---				:	1 JOE MUENZER	73 MICH	30.72	:			
PL	Name	Age Team	Finals	:	--- Ages 35 Through 44 ---				:		
Mixed Senior 100 Free				:	PL	Name	Team Finals	:			
1	ANDY DONATO	39 MICH	1:05.12	:	Mixed Senior 400 R-Free				:		
Mixed Senior 100 Back				:	1 MICH A M-35	MICH	5:31.21	:			
1	ANDY DONATO	39 MICH	1:16.38	:	DONALD KROEGER-52 ANDY DONATO-39				:		
Mixed Senior 100 Breast				:	THOMAS MOYER-48 JOE MUENZER-73				:		
1	ANDY DONATO	39 MICH	1:21.62	:					:		

# HARBOR SPRINGS OCTOBER 13, 1996 SCY

## Women 50 FREE

Ages 30-34				
PL	Name	Age	Team	Finals
1st	Susan Johnston	31	HM	32.36

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Mindy Mooradian	35	HM	32.88

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Jennifer Parks	53	HM	36.08

Ages 55-59				
PL	Name	Age	Team	Finals
1st	Sandy Ruggles		HM	47.75

Ages 65-69				
PL	Name	Age	Team	Finals
1st	Teresa Guisepppe			46.55

Ages 75-79				
PL	Name	Age	Team	Finals
1st	Martha Forster	79		1:09.08

Ages 90-94				
PL	Name	Age	Team	Finals
1st	Edith Irish	90	HM	1:47.50

## Women 100 FREE

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Jennifer Parks	53	HM	1:17.83

Ages 55-59				
PL	Name	Age	Team	Finals
1st	Sandy Ruggles		HM	1:45.63

Ages 60-64				
PL	Name	Age	Team	Finals
1st	Shirley Dacey	60	SC	16:09.79

Ages 75-79				
PL	Name	Age	Team	Finals
1st	Martha Forster	79		28:17.41

## 100 BACK

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Marilyn Early	38	HM	1:14.88

Ages 60-64				
PL	Name	Age	Team	Finals
1st	Shirley Dacey	60	SC	1:37.31

Ages 65-69				
PL	Name	Age	Team	Finals
1st	Teresa DiGuisepppe	69		2:09.11

Ages 75-79				
PL	Name	Age	Team	Finals
1st	Martha Forster	79		3:24.15

Ages 90-94				
PL	Name	Age	Team	Finals
1st	Edith Irish	90	HM	4:00.26

## 200 BACK

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Marilyn Early	38	HM	2:42.34

Ages 60-64				
PL	Name	Age	Team	Finals
1st	Shirley Dacey	60	SC	3:27.70

Ages 75-79				
PL	Name	Age	Team	Finals
1st	Martha Forster	79		7:06.83

## 50 FLY

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Jennifer Parks	53	HM	44.45

Ages 65-69				
PL	Name	Age	Team	Finals
1st	Teresa DiGuisepppe	69		1:01.29

**50 Breast****Ages 30-34**

PL	Name	Age	Team	Finals
1st	Susan Johnston	31	HM	40.61

**Ages 65-69**

PL	Name	Age	Team	Finals
1st	Teresa DiGuiseppe	69		1:03.88

**100 1M****Ages 30-34**

PL	Name	Age	Team	Finals
1st	Susan Johnston	31	HM	1:8.25

**Ages 50-54**

PL	Name	Age	Team	Finals
1st	Jennifer Parks	53	HM	1:30.33

**Ages 60-64**

PL	Name	Age	Team	Finals
1st	Shirley Dacey	60	SC	1:42.99

**200 1M****Ages 65-69**

PL	Name	Age	Team	Finals
69	Teresa DiGuiseppe	69		4:27.71

**Men 50 Free****Ages 25-29**

PL	Name	Age	Team	Finals
1st	Mark Dunn	25	HM	24.41

**Ages 30-34**

PL	Name	Age	Team	Finals
1st	Eric Nordlund	32	SOS	24.53
2nd	Stefan Orlando	30	Ogemaw	31.76
3rd	Dave Walby	34	Ogemaw	31.84

**Ages 35-39**

PL	Name	Age	Team	Finals
1st	Paul Blanchard	38	HM	28.88

**Men's 50 Free Cont'd****Ages 40-44**

PL	Name	Age	Team	Finals
1st	John Mastenbrook	40	HM	25.37
2nd	Mark Vizena	43		26.87

**Ages 45-49**

PL	Name	Age	Team	Finals
1st	Dennis McManus	49	SOS	27.33
2nd	Ralph Davis	49	SOS	30.29
3rd	Jim Kuhlman		HM	32.94

**Ages 50-54**

PL	Name	Age	Team	Finals
1st	Ken Cleeton	50	HM	30.86

**Ages 55-59**

PL	Name	Age	Team	Finals
1st	James Line	57	HM	32.31

**Ages 60-64**

PL	Name	Age	Team	Finals
1st	Maurice Karriger	64	HM	33.27

**Ages 70-74**

PL	Name	Age	Team	Finals
1st	Gerald Danin	74	HM	59.92

**100 Free****Ages 25-29**

PL	Name	Age	Team	Finals
1st	Mark Dunn	25	HM	1:07.09

**Ages 30-34**

PL	Name	Age	Team	Finals
1st	Stefan Orlando	30	Ogemaw	1:11.58
2nd	Dave Walby	32	Ogemaw	1:27.21

**Ages 35-39**

PL	Name	Age	Team	Finals
1st	Paul Blanchard	38	HM	1:07.09

**Ages 45-49**

PL	Name	Age	Team	Finals
1st	Ralph Davis	49	SOS	1:09.37

**Men's 100 Free Cont'd**

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Ken Cleeton	50	HM	1:10.53

Ages 60-64				
PL	Name	Age	Team	Finals
1st	Maurice Karriger	64	HM	1:17.54

Ages 70-74				
PL	Name	Age	Team	Finals
1st	Gerald Danin	74	HM	2:17.60

**1000 Free**

Ages 30-34				
PL	Name	Age	Team	Finals
1st	Eric Nordlund	32	SOS	11:54.52

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Paul Blanchard	38	HM	14:20.31

Ages 40-44				
PL	Name	Age	Team	Finals
1st	Mark Vizena	43		14:28.10
2nd	Paul Wright	41	FAST	14:56.84

Ages 45-49				
PL	Name	Age	Team	Finals
1st	Jim Kuhlman	41	HM	16:48.51

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Don Kroeger	52		14:15.16

Ages 60-64				
PL	Name	Age	Team	Finals
1st	Maurice Karriger	64	HM	17:58.27

**100 Back**

Ages 30-34				
PL	Name	Age	Team	Finals
1st	Eric Nordlund	32	SOS	1:05.68
2nd	Dave Walbt	32	Ogemaw	1:53.05

Ages 40-43				
PL	Name	Age	Team	Finals
1st	Frank Thompson	43	SOS	1:04.76

**100 Back Cont'd**

Ages 55-59				
PL	Name	Age	Team	Finals
1st	James Line	57	HM	1:23.28

**200 Back**

Ages 30-34				
PL	Name	Age	Team	Finals
1st	Eric Nordlund	32	SOS	2:27.79

Ages 40-43				
PL	Name	Age	Team	Finals
1st	Frank Thompson	43	HM	2:24.38

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Don Kroeger	52		3:15.53

**50 Fly**

Ages 25-29				
PL	Name	Age	Team	Finals
1st	Dave Gutierrez	25	Ogemaw	30.96

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Paul Blanchard	38	HM	30.45

Ages 40-44				
PL	Name	Age	Team	Finals
1st	John Mastenbrook	40	HM	28.32

Ages 45-49				
PL	Name	Age	Team	Finals
1st	Dennis McManus	49	SOS	29.77
2nd	Ralph Davis	49	SOS	43.56

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Don Kroeger	52		40.35

**100 Fly**

Ages 45-49				
PL	Name	Age	Team	Finals
1st	Dennis McManus	49	SOS	1:22.64

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Don Kroeger	52		1:34.14

**50 Breast**

Ages 25-29				
PL	Name	Age	Team	Finals
1st	Dave Gutierrez	25	Ogemaw	39.20

Ages 30-34				
PL	Name	Age	Team	Finals
1st	Stefan Orlando	30	Ogemaw	41.92
2nd	Dave Walby	34	Ogemaw	43.85

Ages 40-44				
PL	Name	Age	Team	Finals
1st	Mark Vizena	43		35.53
2nd	Paul Wright	41	FAST	36.02

Ages 70-74				
PL	Name	Age	Team	Finals
1st	Richard Gale	73		57.19

**200 Breast**

Ages 40-44				
PL	Name	Age	Team	Finals
1st	Frank Thompson	43	SOS	2:47.41
2nd	Paul Wright	41	FAST	2:51.17

Ages 50-54				
PL	Name	Age	Team	Finals
1st	Don Kroeger	52		3:12.28

Ages 70-74				
PL	Name	Age	Team	Finals
1st	Richard Gale	73		57.19

**100 1M**

Ages 25-29				
PL	Name	Age	Team	Finals
1st	Mark Dunn	25	HM	1:03.21
2nd	Dave Gutierrez	25	HM	1:20.32

Ages 35-39				
PL	Name	Age	Team	Finals
1st	Paul Blanchard	38	Hm	1:11.12

Ages 40-44				
PL	Name	Age	Team	Finals
1st	Mark Vizena	43		1:10.10
2nd	Frank Thompson	44	SOS	1:1.22

**100 1M Cont'd**

Ages 44-49				
PL	Name	Age	Team	Finals
1st	Dennis McManus	49	SOS	1:14.12
2nd	Ralph Davis	49	SOS	1:21.21

Ages 55-59				
PL	Name	Age	Team	Finals
1st	James Line	57	HM	1:24.04

**Mixed Free Relay**

Susan Johnston	31	HM		
Mindy Mooradian	35	HM		
Ken Cleeton	50	HM		
Chuch Beat	42	HM	2:05.48	1st
	159			

Don Kroeger	52			
Jennifer Parks	53			
Shirley Dacey	60			
Jim Kuhlman	47			
	212		2:19.94	1st

Edith Irish	90			
Sandy Ruggles	57			
Gerald Denin	74			
Maurice Karriger	64			
	285		4:12.03	1st

**Mixed Medley Relay**

Jennifer Parks	53			
Shirley Dacey	60			
Don Kroeger	52			
Jim Kuhlman	47			
	212		2:45.19	1st

**Mens Free Relay**

John Mastenbrook	40			
Jim Line	57			
Paul Blanchard	38			
Mark Dunn	25			
	160		1:51.76	1st

Blue Water Swim Club Masters Swim Meet  
Saturday, October 26, 1996

## Event Results for Timed Finals

=====				Mixed Open 200 Free				=====			
--- Ages 19 Through 24 ---				:	1 DIANE KURTZ	46 LAPS	2:58.22	:	--- Ages 75 Through 79 ---		
PL	Name	Age Team	Finals	:	Mixed Open 50 Breast			:	PL	Name	Age Team Finals
-----				:	1 DIANE KURTZ	46 LAPS	44.81	:	-----		
Mixed Open 200 Free				:	2 GENEVIEVE MOYER	47 MICH	58.90	:	Mixed Open 50 Free		
1	PATRICIA JOHNSON	24 BWSC	2:23.04	:	Mixed Open 100 Breast			:	1	BDITH GLUSAC	77 SOS 58.67
Mixed Open 100 Back				:	1 GENEVIEVE MOYER	47 MICH	2:12.44	:	Mixed Open 50 Back		
1	PATRICIA JOHNSON	24 BWSC	1:22.17	:	Mixed Open 200 Breast			:	1	BDITH GLUSAC	77 SOS 59.07
Mixed Open 100 Breast				:	1 GENEVIEVE MOYER	47 MICH	4:42.45	:	Mixed Open 50 Breast		
1	PATRICIA JOHNSON	24 BWSC	1:22.88	:	Mixed Open 50 Fly			:	1	BDITH GLUSAC	77 SOS 59.29
Mixed Open 400 IM				:	1 GENEVIEVE MOYER	47 MICH	1:01.37	:	Mixed Open 50 Fly		
1	PATRICIA JOHNSON	24 BWSC	6:04.77	:	Mixed Open 100 IM			:	1	BDITH GLUSAC	77 SOS 1:20.39
=====				:	1 DIANE KURTZ	46 LAPS	1:29.61	:	Mixed Open 100 IM		
--- Ages 25 Through 29 ---				:	=====			:	1	BDITH GLUSAC	77 SOS 2:29.67
PL	Name	Age Team	Finals	:	--- Ages 50 Through 54 ---			:	=====		
-----				:	PL	Name	Age Team Finals	:	--- Ages 19 Through 24 ---		
-----				:	-----			:	PL	Name	Age Team Finals
Mixed Open 50 Breast				:	Mixed Open 50 Free			:	-----		
1	JULIE ROGERS	28 BWSC	35.05	:	1	JOYCE KOWALSKI	54 BWSC 35.14	:	Mixed Open 50 Free		
Mixed Open 50 Fly				:	Mixed Open 100 Free			:	1	KEVIN AGUILAR	23 FAST 24.17
1	JULIE ROGERS	28 BWSC	31.08	:	1	JOYCE KOWALSKI	54 BWSC 1:21.48	:	2	GREG PRAIS	24 UNAT 26.96
Mixed Open 100 Fly				:	Mixed Open 50 Back			:	Mixed Open 100 Free		
1	JULIE ROGERS	28 BWSC	1:08.70	:	1	JEAN BAILS	51 SOS 51.74	:	1	KEVIN AGUILAR	23 FAST 53.92
Mixed Open 100 IM				:	Mixed Open 100 Back			:	2	GREG PRAIS	24 UNAT 1:01.27
1	JULIE ROGERS	28 BWSC	1:09.23	:	1	VIRGINIA NEUMAN	52 BGR 2:00.94	:	Mixed Open 50 Fly		
=====				:	2	JEAN BAILS	51 SOS 2:02.38	:	1	KEVIN AGUILAR	23 FAST 26.78
--- Ages 35 Through 39 ---				:	Mixed Open 50 Breast			:	2	GREG PRAIS	24 UNAT 30.65
PL	Name	Age Team	Finals	:	1	JOYCE KOWALSKI	54 BWSC 48.99	:	Mixed Open 100 Fly		
-----				:	2	JEAN BAILS	51 SOS 1:09.38	:	1	KEVIN AGUILAR	23 FAST 1:02.10
Mixed Open 50 Free				:	Mixed Open 100 Breast			:	2	GREG PRAIS	24 UNAT 1:17.10
1	NANCY SERVO	35 LAPS	26.74	:	1	JEAN BAILS	51 SOS 2:35.17	:	Mixed Open 100 IM		
Mixed Open 100 Free				:	1	JOYCE KOWALSKI	54 BWSC 1:39.24	:	1	GREG PRAIS	24 UNAT 1:10.35
1	NANCY SERVO	35 LAPS	59.14	:	=====			:	=====		
Mixed Open 100 Back				:	--- Ages 70 Through 74 ---			:	--- Ages 25 Through 29 ---		
1	NANCY SERVO	35 LAPS	1:12.86	:	PL	Name	Age Team Finals	:	-----		
2	GUNDULA HOFER	37 BWSC	1:22.01	:	-----			:	Mixed Open 100 Free		
Mixed Open 100 Breast				:	Mixed Open 100 Free			:	1	KEVIN GRENIER	29 FAST 53.94
1	NANCY SERVO	35 LAPS	1:21.68	:	1	LOIS NOCHMAN	71 SOS 1:31.22	:	Mixed Open 200 Free		
Mixed Open 100 Fly				:	Mixed Open 200 Free			:	1	KEVIN GRENIER	29 FAST 1:56.72
1	NANCY SERVO	35 LAPS	1:17.59	:	1	LOIS NOCHMAN	71 SOS 3:40.41	:	Mixed Open 1000 Free		
Mixed Open 100 IM				:	Mixed Open 100 Back			:	1	KEVIN GRENIER	29 FAST 11:14.31
1	GUNDULA HOFER	37 BWSC	1:16.15	:	1	LOIS NOCHMAN	71 SOS 1:46.59	:	Mixed Open 100 Back		
Mixed Open 400 IM				:	Mixed Open 100 Breast			:	1	KEVIN GRENIER	29 FAST 1:02.84
1	GUNDULA HOFER	37 BWSC	6:10.24	:	1	LOIS NOCHMAN	71 SOS 1:50.72	:	Mixed Open 100 Breast		
=====				:	Mixed Open 100 Fly			:	1	KEVIN GRENIER	29 FAST 1:12.35
--- Ages 45 Through 49 ---				:	1	LOIS NOCHMAN	71 SOS 1:49.80	:	-----		
PL	Name	Age Team	Finals	:	-----			:	-----		
-----				:	Mixed Open 100 Free			:	-----		
-----				:	-----			:	-----		
Mixed Open 100 Free				:	-----			:	-----		
1	DIANE KURTZ	46 LAPS	1:18.44	:	-----			:	-----		

## Michigan Masters

Blue Water Swim Club Masters Swim Meet  
Saturday, October 26, 1996

## Event Results for Timed Finals

--- Ages 30 Through 34 ---				--- Ages 40 Through 44 ---				Mixed Open 100 Free			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Mixed Open 50 Free				Mixed Open 50 Free				Mixed Open 50 Back			
1	DAVID SIMONELLI	32 UNAT	26.90	1	JOHN OLSZEWSKI	42 BWSC	27.28	1	ED SHUMAKER	50 BWSC	1:14.16
Mixed Open 100 Free				Mixed Open 100 Free				Mixed Open 50 Breast			
1	DAVID SIMONELLI	32 UNAT	1:01.95	1	JOHN OLSZEWSKI	42 BWSC	1:00.34	1	DONALD KROEGER	52 MICH	35.95
2	TOM LYNCH	32 MM	1:03.55	Mixed Open 200 Free				Mixed Open 50 Fly			
3	ANDY DAMORE	30 UNAT	1:04.06	1	DOUG TEMPLETON	42 STAR	2:13.57	1	DONALD KROEGER	52 MICH	32.26
Mixed Open 200 Free				2	JOHN OLSZEWSKI	42 BWSC	2:15.83	2	ED SHUMAKER	50 BWSC	35.69
1	TOM LYNCH	32 MM	2:25.65	Mixed Open 50 Breast				Mixed Open 100 IM			
Mixed Open 200 Back				1	PAUL WRIGHT	41 FAST	35.18	1	DONALD KROEGER	52 MICH	1:16.32
1	TOM LYNCH	32 MM	3:24.17	Mixed Open 100 Breast				-----			
Mixed Open 50 Fly				1	PAUL WRIGHT	41 FAST	1:16.25	--- Ages 55 Through 59 ---			
1	ANDY DAMORE	30 UNAT	27.46	Mixed Open 200 Breast				PL	Name	Age Team	Finals
Mixed Open 100 Fly				1	PAUL WRIGHT	41 FAST	3:03.52	-----			
1	TOM LYNCH	32 MM	1:24.93	Mixed Open 100 IM				Mixed Open 50 Free			
Mixed Open 100 IM				1	DOUG TEMPLETON	42 STAR	1:14.12	1	BRUCE SOULE	59 BWSC	30.18
1	ANDY DAMORE	30 UNAT	1:10.02	-----				Mixed Open 100 Free			
2	DAVID SIMONELLI	32 UNAT	1:13.75	--- Ages 45 Through 49 ---				1	BRUCE SOULE	59 BWSC	1:09.42
-----				PL	Name	Age Team	Finals	Mixed Open 200 Free			
--- Ages 35 Through 39 ---				Mixed Open 100 Free				1	BRUCE SOULE	59 BWSC	2:41.27
PL	Name	Age Team	Finals	Mixed Open 200 Free				Mixed Open 1000 Free			
Mixed Open 50 Free				1	THOMAS MOYER	48 MICH	1:05.57	1	BRUCE SOULE	59 BWSC	15:13.02
1	JOHN SUTTON	39 JCCM	24.74	Mixed Open 200 Free				-----			
2	TOM MELGAR	35 GLA	24.97	1	THOMAS MOYER	48 MICH	2:49.40	--- Ages 65 Through 69 ---			
Mixed Open 100 Free				2	RICHARD SZUBA	48 FAST	2:53.06	PL	Name	Age Team	Finals
1	JOHN SUTTON	39 JCCM	55.92	Mixed Open 50 Back				-----			
2	TOM MELGAR	35 GLA	56.84	1	RICHARD SZUBA	48 FAST	37.61	Mixed Open 50 Free			
Mixed Open 200 Free				Mixed Open 100 Back				1	ROBERT WEDDELL	66 LAFS	32.70
1	JOHN SUTTON	39 JCCM	2:06.53	1	THOMAS MOYER	48 MICH	1:21.38	Mixed Open 50 Back			
Mixed Open 50 Back				2	RICHARD SZUBA	48 FAST	1:23.02	1	ROBERT WEDDELL	66 LAFS	38.22
1	ANDY DONATO	39 BWSC	34.29	Mixed Open 200 Back				Mixed Open 100 Back			
Mixed Open 100 Breast				1	THOMAS MOYER	48 MICH	3:36.48	1	ROBERT WEDDELL	66 LAFS	1:24.73
1	TOM MELGAR	35 GLA	1:13.70	Mixed Open 100 Breast				Mixed Open 100 Fly			
Mixed Open 50 Fly				1	THOMAS MOYER	48 MICH	1:26.29	1	CHARLES MOSS	68 MID	1:20.69
1	TOM MELGAR	35 GLA	26.86	Mixed Open 100 Fly				Mixed Open 100 IM			
2	ANDY DONATO	39 BWSC	29.82	1	THOMAS MOYER	48 MICH	1:36.39	1	CHARLES MOSS	68 MID	1:23.30
Mixed Open 100 Fly				Mixed Open 100 IM				Mixed Open 400 IM			
1	TOM MELGAR	35 GLA	1:08.00	1	RICHARD SZUBA	48 FAST	1:16.48	1	CHARLES MOSS	68 MID	6:17.29
Mixed Open 100 IM				-----				-----			
1	JOHN SUTTON	39 JCCM	1:05.45	--- Ages 50 Through 54 ---				--- Ages 70 Through 74 ---			
2	ANDY DONATO	39 BWSC	1:10.77	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed Open 400 IM				Mixed Open 50 Free				-----			
1	ANDY DONATO	39 BWSC	5:44.88	1	DONALD KROEGER	52 MICH	27.71	Mixed Open 50 Breast			
				2	ED SHUMAKER	50 BWSC	30.10	1	RICHARD GALE	73 JCC	59.20
								Mixed Open 100 Breast			
								1	RICHARD GALE	73 JCC	2:52.31
								Mixed Open 200 Breast			
								1	RICHARD GALE	73 JCC	4:37.94

## Michigan Masters

Blue Water Swim Club Masters Swim Meet  
Saturday, October 26, 1996

## Event Results for Timed Finals

=====

--- Ages 95 and Over ---

PL Name Team Finals

-----

## Mixed Open 200 R-Free

1 MICH A X-160 MICH 1:55.57  
ANDY DAMORE-30M DONALD KROEGER-52M  
THOMAS MOYER-48M CHARLES MOSS-68M  
2 BWSC A X-160 BWSC 2:01.03  
JULIE ROGERS-28W ANDY DONATO-39M  
JOYCE KOWALSKI-54W JOHN OLSZEWSKI-42M  
- BWSC B X-160 BWSC DQ  
P. JOHNSON-24W BRUCE SOULE-59M  
GUNDULA HOPFER-37W ED SHUMAKER-50M

## Mixed Open 200 R-Medley

1 MICH A X-160 MICH 2:09.61  
ANDY DAMORE-30M DONALD KROEGER-52M  
THOMAS MOYER-48M CHARLES MOSS-68M  
2 BWSC A X-120 BWSC 2:14.12  
GUNDULA HOPFER-37W P. JOHNSON-24W  
JULIE ROGERS-28W JOYCE KOWALSKI-54W  
3 BWSC B X-160 BWSC 2:21.20  
ANDY DONATO-39M JOHN OLSZEWSKI-42M  
ED SHUMAKER-50M BRUCE SOULE-59M  
4 MICH B X-240 MICH 3:34.13  
JEAN BAILS-51W GENEVIEVE MOYER-47W  
EDITH GLUSAC-77W LOIS NOCHMAN-71W

USMS SWIMMERS  
1996

HARBOR SPRINGS COASTAL CRAWL  
OPEN WATER RESULTS

<u>PL</u>	<u>By Age</u>	<u>PL Overall</u>	<u>Name</u>	<u>Miles</u>	<u>Gender</u>	<u>Age</u>	<u>Time</u>
1st	1st		Ron Pohlonski	1	M	51	0:26.00
1st	2nd		Blake Bradsher	1	M	15	0:26.20
1st	3rd		Karl Kappenman	1	M	34	0:26.39
1st	10th		David Bashore	1	M	39	0:29.19
1st	59th		Ann Levine	1	F	41	0:43.47
1st	3rd		Jan Huneke	2	F	41	0:49.10
1st	11th		Jennifer Parks	2	F	51	1:00.18
1st	22nd		Joe Birch	2	M	67	1:23.56
1st	1st		Richard Kramer	3	M	30	1:06.16
1st	2nd		Kurt Dickson	3	M	28	1:08.00
1st	21st		Paul Blanchard	3	M	37	1:36.21

MONROE YMCA ANNUAL SWIMMING MEET  
MONROE, MICHIGAN NOVEMBER 9, 1996

Event Results for Timed Finals

Event 1 Mixed Senior 400 IM

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 35 Through 39 ---

-	NORTON, JUDITH	39 MM	5:36.59
---	----------------	-------	---------

--- Women Ages 70 Through 74 ---

-	NOCHMAN, LOIS	72 MM	6:04.49
---	---------------	-------	---------

--- Men Ages 50 Through 54 ---

-	KROEGER, DONALD	52 MM	7:37.47
---	-----------------	-------	---------

Event 2 Mixed Senior 500 Free

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 35 Through 39 ---

-	HEIDRICH, LORI	35 MM	6:54.48
-	BRADLEY, BETSY	35 MM	9:12.64

--- Women Ages 40 Through 44 ---

-	ALT, SUSAN	41 MM	7:52.84
---	------------	-------	---------

--- Women Ages 45 Through 49 ---

-	MOYER, BONNY	47 MM	12:37.00
---	--------------	-------	----------

--- Men Ages 35 Through 39 ---

-	COSTELLO, TOM	39 MM	7:15.83
---	---------------	-------	---------

--- Men Ages 45 Through 49 ---

-	REID, WILLIAM	46 MM	5:39.38
-	ANNEAR, GRAHAM	46 MM	6:32.59
-	MOYER, TOM	48 MM	7:44.69

Event 3 Mixed Senior 200 Fly

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 35 Through 39 ---

-	NORTON, JUDITH	39 MM	2:47.15
---	----------------	-------	---------

--- Women Ages 70 Through 74 ---

-	NOCHMAN, LOIS	72 MM	3:47.65
---	---------------	-------	---------

--- Men Ages 30 Through 34 ---

-	LYNCH, TOM	33 MM	3:15.83
---	------------	-------	---------

--- Men Ages 50 Through 54 ---

-	KROEGER, DONALD	52 MM	3:12.60
---	-----------------	-------	---------

Event 5 Mixed Senior 50 Breast

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 25 Through 29 ---

-	MOODY, JULIE	27 MM	35.95
-	BLACKBURN, L.	25 MM	38.22

--- Women Ages 35 Through 39 ---

-	SCHULTZ, BARBARA	37 MM	42.90
---	------------------	-------	-------

--- Women Ages 45 Through 49 ---

-	MCMLLEN, MARSHA	46 MM	40.59
-	MOYER, BONNY	47 MM	59.03

--- Men Ages 25 Through 29 ---

-	SCHARDT, THOMAS	29 MM	36.05
---	-----------------	-------	-------

--- Men Ages 30 Through 34 ---

-	STRECKER, ALAN	31 MM	33.38
---	----------------	-------	-------

--- Men Ages 45 Through 49 ---

-	MONTIE, BOB	48 MM	36.75
---	-------------	-------	-------

Event 6 Mixed Senior 25 Free

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 45 Through 49 ---

-	MOYER, BONNY	47 MM	26.25
---	--------------	-------	-------

--- Men Ages 65 Through 69 ---

-	WEDDELL, ROBERT	66 MM	15.27
---	-----------------	-------	-------

Event 7 Mixed Senior 100 IM

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 19 Through 24 ---

-	WEBBER, VICTORIA	22 MM	1:13.87
---	------------------	-------	---------

--- Women Ages 25 Through 29 ---

-	MOODY, JULIE	27 MM	1:07.98
-	BLACKBURN, L.	25 MM	1:12.30

--- Women Ages 35 Through 39 ---

-	SCHULTZ, BARBARA	37 MM	1:24.41
---	------------------	-------	---------

--- Women Ages 40 Through 44 ---

-	KELBLEY, PATTY	40 MM	1:26.40
---	----------------	-------	---------

--- Men Ages 19 Through 24 ---

-	MAIETTA, DAN	22 MM	1:04.69
-	HOPPE, CHAD	21 MM	1:11.53

--- Men Ages 30 Through 34 ---

-	FRINK, MARK	31 MM	1:07.00
-	STRECKER, ALAN	31 MM	1:07.12
-	DAMORE, ANDY	30 MM	1:09.33
-	DORCAS, CEDRIC	34 MM	1:15.08

--- Men Ages 35 Through 39 ---

-	SCHULTZ, MIKE	38 MM	1:13.57
-	COSTELLO, TOM	39 MM	1:25.90

--- Men Ages 40 Through 44 ---

-	MORRIS, EDDIE	40 MM	1:15.88
-	PERRY, DENNIS	42 MM	1:20.94

--- Men Ages 45 Through 49 ---

-	ANNEAR, GRAHAM	46 MM	1:19.03
---	----------------	-------	---------

Event 8 Mixed Senior 200 Back

PL	Name	Age Team	Finals
----	------	----------	--------

--- Women Ages 35 Through 39 ---

-	NORTON, JUDITH	39 MM	2:43.58
---	----------------	-------	---------

--- Women Ages 70 Through 74 ---

-	NOCHMAN, LOIS	72 MM	3:39.44
---	---------------	-------	---------

--- Men Ages 30 Through 34 ---

-	LYNCH, TOM	33 MM	3:15.83
---	------------	-------	---------

--- Men Ages 45 Through 49 ---

-	MOYER, TOM	48 MM	2:55.10
-	LIAROTO, TOM	45 MM	3:34.74

--- Men Ages 50 Through 54 ---

-	KROEGER, DONALD	52 MM	2:59.43
---	-----------------	-------	---------

MONROE YMCA ANNUAL SWIMMING MEET  
MONROE, MICHIGAN NOVEMBER 9, 1996

Event Results for Timed Finals

Event 9 Mixed Senior 100 Fly

PL	Name	Age Team	Finals
--- Women Ages 75 Through 79 ---			
-	GLUSAC, EDITH	77 MM	2:52.41
--- Men Ages 19 Through 24 ---			
-	AGUILAR, KEVIN	23 MM	1:00.69
--- Men Ages 25 Through 29 ---			
-	SCHARDT, THOMAS	29 MM	1:09.23
--- Men Ages 30 Through 34 ---			
-	DAMORE, ANDY	30 MM	1:08.60
--- Men Ages 50 Through 54 ---			
-	NAVE, HENRY	52 MM	1:21.00

Event 10 Mixed Senior 50 Free

PL	Name	Age Team	Finals
--- Women Ages 19 Through 24 ---			
-	WEBBER, VICTORIA	22 MM	29.31
--- Women Ages 25 Through 29 ---			
-	MOODY, JULIE	27 MM	27.65
-	BLACKBURN, L.	25 MM	27.69
--- Women Ages 35 Through 39 ---			
-	HEIDRICH, LORI	35 MM	29.88
--- Women Ages 40 Through 44 ---			
-	ALT, SUSAN	41 MM	33.57
--- Women Ages 45 Through 49 ---			
-	MOYER, BONNY	47 MM	59.95
--- Men Ages 19 Through 24 ---			
-	MAIETTA, DAN	22 MM	25.04
-	AGUILAR, KEVIN	23 MM	25.05
-	HOPPE, BRANDON	19 MM	25.28
-	HOPPE, CHAD	21 MM	27.09
--- Men Ages 30 Through 34 ---			
-	FRINK, MARK	31 MM	25.66
-	STRECKER, ALAN	31 MM	27.19
-	DORCAS, CEDRIC	34 MM	29.12

--- Men Ages 35 Through 39 ---

-	SCHULTZ, MIKE	38 MM	28.38
---	---------------	-------	-------

--- Men Ages 40 Through 44 ---

-	PERRY, DENNIS	42 MM	30.47
---	---------------	-------	-------

--- Men Ages 45 Through 49 ---

-	REID, WILLIAM	46 MM	25.72
---	---------------	-------	-------

-	LIAROTO, TOM	45 MM	36.34
---	--------------	-------	-------

-	MOYER, TOM	48 MM	38.28
---	------------	-------	-------

--- Men Ages 65 Through 69 ---

-	WEDDELL, ROBERT	66 MM	31.78
---	-----------------	-------	-------

Event 11 Mixed Senior 25 Breast

PL	Name	Age Team	Finals
--- Women Ages 45 Through 49 ---			
-	MCMILLEN, MARSHA	46 MM	18.66
-	MOYER, BONNY	47 MM	25.31
--- Men Ages 45 Through 49 ---			
-	LIAROTO, TOM	45 MM	18.85

--- Women Ages 45 Through 49 ---

-	MCMILLEN, MARSHA	46 MM	18.66
---	------------------	-------	-------

-	MOYER, BONNY	47 MM	25.31
---	--------------	-------	-------

--- Men Ages 45 Through 49 ---

-	LIAROTO, TOM	45 MM	18.85
---	--------------	-------	-------

Event 12 Mixed Senior 200 Breast

PL	Name	Age Team	Finals
--- Women Ages 35 Through 39 ---			
-	NORTON, JUDITH	39 MM	2:59.51
--- Women Ages 45 Through 49 ---			
-	MOYER, BONNY	47 MM	4:38.81
--- Women Ages 70 Through 74 ---			
-	NOCHMAN, LOIS	72 MM	3:58.87
--- Men Ages 40 Through 44 ---			
-	MORRIS, EDDIE	40 MM	2:53.89
--- Men Ages 50 Through 54 ---			
-	KROEGER, DONALD	52 MM	2:59.98

--- Women Ages 35 Through 39 ---

-	NORTON, JUDITH	39 MM	2:59.51
---	----------------	-------	---------

--- Women Ages 45 Through 49 ---

-	MOYER, BONNY	47 MM	4:38.81
---	--------------	-------	---------

--- Women Ages 70 Through 74 ---

-	NOCHMAN, LOIS	72 MM	3:58.87
---	---------------	-------	---------

--- Men Ages 40 Through 44 ---

-	MORRIS, EDDIE	40 MM	2:53.89
---	---------------	-------	---------

--- Men Ages 50 Through 54 ---

-	KROEGER, DONALD	52 MM	2:59.98
---	-----------------	-------	---------

Event 13 Mixed Senior 100 Free

PL	Name	Age Team	Finals
--- Women Ages 19 Through 24 ---			
-	WEBBER, VICTORIA	22 MM	1:05.28
--- Women Ages 35 Through 39 ---			
-	HEIDRICH, LORI	35 MM	1:08.28
--- Women Ages 40 Through 44 ---			
-	KELBLEY, PATTY	40 MM	1:13.16
--- Women Ages 75 Through 79 ---			
-	GLUSAC, EDITH	77 MM	2:15.37
--- Men Ages 19 Through 24 ---			
-	AGUILAR, KEVIN	23 MM	54.55
--- Men Ages 25 Through 29 ---			
-	SCHARDT, THOMAS	29 MM	54.72
--- Men Ages 30 Through 34 ---			
-	LYNCH, TOM	33 MM	1:04.06
-	DORCAS, CEDRIC	34 MM	1:04.07
--- Men Ages 35 Through 39 ---			
-	SCHULTZ, MIKE	38 MM	1:04.44
--- Men Ages 45 Through 49 ---			
-	REID, WILLIAM	46 MM	56.31
-	ANNEAR, GRAHAM	46 MM	1:05.82
-	MONTIE, BOB	48 MM	1:11.65
-	MOYER, TOM	48 MM	1:27.59
--- Men Ages 50 Through 54 ---			
-	NAVE, HENRY	52 MM	1:10.31

--- Women Ages 19 Through 24 ---

-	WEBBER, VICTORIA	22 MM	1:05.28
---	------------------	-------	---------

--- Women Ages 35 Through 39 ---

-	HEIDRICH, LORI	35 MM	1:08.28
---	----------------	-------	---------

--- Women Ages 40 Through 44 ---

-	KELBLEY, PATTY	40 MM	1:13.16
---	----------------	-------	---------

--- Women Ages 75 Through 79 ---

-	GLUSAC, EDITH	77 MM	2:15.37
---	---------------	-------	---------

--- Men Ages 19 Through 24 ---

-	AGUILAR, KEVIN	23 MM	54.55
---	----------------	-------	-------

--- Men Ages 25 Through 29 ---

-	SCHARDT, THOMAS	29 MM	54.72
---	-----------------	-------	-------

--- Men Ages 30 Through 34 ---

-	LYNCH, TOM	33 MM	1:04.06
---	------------	-------	---------

-	DORCAS, CEDRIC	34 MM	1:04.07
---	----------------	-------	---------

--- Men Ages 35 Through 39 ---

-	SCHULTZ, MIKE	38 MM	1:04.44
---	---------------	-------	---------

--- Men Ages 45 Through 49 ---

-	REID, WILLIAM	46 MM	56.31
---	---------------	-------	-------

-	ANNEAR, GRAHAM	46 MM	1:05.82
---	----------------	-------	---------

-	MONTIE, BOB	48 MM	1:11.65
---	-------------	-------	---------

-	MOYER, TOM	48 MM	1:27.59
---	------------	-------	---------

--- Men Ages 50 Through 54 ---

-	NAVE, HENRY	52 MM	1:10.31
---	-------------	-------	---------

Event 14 Mixed Senior 50 Fly

PL	Name	Age Team	Finals
--- Women Ages 25 Through 29 ---			
-	MOODY, JULIE	27 MM	31.13
-	BLACKBURN, L.	25 MM	32.94
--- Women Ages 35 Through 39 ---			
-	SCHULTZ, BARBARA	37 MM	38.81
-	HEIDRICH, LORI	35 MM	39.66

--- Women Ages 25 Through 29 ---

-	MOODY, JULIE	27 MM	31.13
---	--------------	-------	-------

-	BLACKBURN, L.	25 MM	32.94
---	---------------	-------	-------

--- Women Ages 35 Through 39 ---

-	SCHULTZ, BARBARA	37 MM	38.81
---	------------------	-------	-------

-	HEIDRICH, LORI	35 MM	39.66
---	----------------	-------	-------

### Event Results for Timed Finals

```

: --- Men Ages 65 Through 69 ---
: - WEDDELL, ROBERT 66 MM 1:22.47

```

# MEET RECORDS - MINNESOTA POSTAL PENTATHLON

## as of December 15, 1995

### WOMEN

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
<b>SPRINT</b>															
50 fly	31.76	29.26	31.28	31.12	30.97	32.70	34.19	37.10	34.16	51.65	45.42	50.46	1:09.26		
50 back	32.92	32.52	33.82	35.59	32.22	37.15	37.02	37.58	37.69	52.90	46.23	51.66	1:02.67		
50 brst	39.33	34.86	36.01	35.26	36.10	37.30	41.58	41.88	38.47	49.20	50.00	49.39	1:04.76		
50 free	27.43	28.38	27.78	26.93	27.39	29.03	29.51	32.89	31.28	37.80	40.31	44.31	54.95		
100 IM	1:11.74	1:08.49	1:09.42	1:09.41	1:07.13	1:15.70	1:18.05	1:21.03	1:21.87	1:43.50	1:37.73	1:48.10	2:15.08		
Total	3:23.18	3:13.51	3:18.31	3:18.31	3:13.81	3:31.88	3:40.35	3:50.48	3:43.47	4:55.05	4:39.69	5:03.92	6:26.72		
<b>MIDDLE</b>															
100 fly		1:10.39	1:03.12	1:12.02	1:08.18	1:16.61	1:20.52	1:36.01	1:46.66	1:49.00	1:47.11	2:02.21	2:48.57		
100 back		1:14.87	1:12.62	1:09.18	1:10.92	1:17.55	1:19.85	1:26.15	1:39.98	1:50.24	1:41.76	1:49.74	2:13.41		
100 brst	None	1:20.85	1:16.79	1:22.17	1:19.32	1:32.02	1:31.90	1:37.04	1:44.65	1:59.40	1:54.84	1:49.55	2:25.28		
100 free	Yes	1:02.99	58.41	1:02.26	59.58	1:05.43	1:09.09	1:15.70	1:29.72	1:36.27	1:31.02	1:37.04	2:06.46		
200 IM		2:29.36	2:30.72	2:37.10	2:29.30	2:48.53	2:54.59	3:10.17	3:31.92	3:53.20	3:43.92	3:56.67	5:03.07		
Total		7:18.46	7:01.66	7:22.73	7:07.30	8:00.14	8:15.95	9:05.07	10:12.93	11:08.11	10:38.65	11:15.21	14:36.79		

### MEN

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
<b>SPRINT</b>															
50 fly		23.53	25.08	26.66	25.35	25.13	26.45	27.86	28.96	29.60	33.62	34.66	46.72	50.88	1:32.89
50 back		25.84	27.22	27.50	27.22	26.98	29.66	34.82	33.55	31.30	38.18	35.23	51.19	1:01.96	1:05.91
50 brst	None	27.58	32.29	32.64	30.92	30.29	35.20	35.50	36.49	35.80	38.59	40.93	47.37	1:02.71	1:29.56
50 free	Yes	21.46	23.18	24.72	22.73	22.57	25.12	26.76	27.78	27.20	30.41	29.56	35.66	42.10	55.09
100 IM		54.50	1:00.81	1:00.37	57.80	58.37	1:03.82	1:08.82	1:10.76	1:07.80	1:17.40	1:17.06	1:43.68	2:03.23	2:48.15
Total		2:32.91	2:48.58	2:51.89	2:44.02	2:43.34	3:00.25	3:13.56	3:17.54	3:11.70	3:38.20	3:37.44	4:44.62	5:40.88	7:51.60
<b>MIDDLE</b>															
100 fly	57.12		54.99	58.91	59.20	58.45	1:07.23	1:15.72	1:17.11	1:40.32	1:38.07			2:20.21	
100 back	1:03.03	None	58.76	1:02.02	1:03.02	1:01.00	1:09.84	1:14.94	1:25.60	1:40.83	1:40.01			2:36.73	
100 brst	1:12.85	Yes	1:09.46	1:10.98	1:08.82	1:07.28	1:17.03	1:17.90	1:19.57	1:36.24	1:35.43			2:34.52	
100 free	51.63		51.67	55.36	54.71	52.30	59.12	1:04.88	1:14.36	1:16.66	1:05.78			1:48.36	
200 IM	2:14.20		2:10.32	2:09.98	2:14.17	2:12.71	2:29.62	2:38.58	2:51.84	3:23.73	3:21.92			4:53.79	
Total	6:18.83		6:05.20	6:17.25	6:19.92	6:11.74	7:02.84	7:32.02	8:08.48	9:37.78	9:21.21			14:13.61	

1996 U.S.M.S. SHORT COURSE YARDS  
NATIONAL TOP TEN TIMES  
MICHIGAN SWIMMERS

\* STATE RECORD  
Y# Y.M.C.A. NATIONAL RECORD  
# U.S.M.S. NATIONAL RECORD

MONICA BULLARD	(23)	
100 BREAST	1:13.60	10TH
SHEILA TAORMINA	(27)	
500 FREE	4:49.88	1ST*#
DYNE BURRELL	(29)	
50 FREE	:24.86	4TH
50 BACK	:28.61	4TH*
200 BACK	2:17.04	6TH*
200 I.M.	2:16.89	8TH
SUSIE DEVLIN	(29)	
50 FREE	:25.43	10TH
500 FREE	5:30.87	7TH
MARY MUETING	(31)	
50 FREE	:25.44	10TH
CORRIN POPPS	(31)	
100 BREAST	1:12.71	9TH
EVELYN LYNCH	(43)	
200 BACK	2:33.40	10TH*
PATRICE HIRR	(46)	
50 BACK	:35.29	7TH
BEVERLY MYERS	(60)	
50 FREE	:31.93	4TH*
100 FREE	1:14.15	8TH*
200 FREE	2:46.85	6TH*
500 FREE	7:34.83	7TH*
1000 FREE	15:12.74	5TH*
50 BACK	:38.68	3RD*
100 BACK	1:24.16	4TH*
200 BACK	3:08.78	8TH*
50 BREAST	:41.88	5TH*
100 BREAST	1:34.33	6TH*
200 BREAST	3:19.75	5TH*
50 FLY	:37.44	4TH*
100 I.M.	1:21.77	2ND*Y#
200 I.M.	3:00.53	3RD*Y#
IDA SMITH	(62)	
50 BREAST	:43.92	5TH
100 BREAST	1:37.43	6TH
EDITH GLUSAC	(77)	
50 BACK	:54.73	8TH
200 BACK	4:38.31	9TH
50 BREAST	:57.20	3RD
100 BREAST	1:55.26	1ST*
200 BREAST	4:45.65	5TH
200 I.M.	5:04.96	6TH
400 I.M.	11:40.73	5TH
DAVID SHEPHERD	(40)	
200 FREE	1:50.80	8TH*
500 FREE	5:01.95	4TH*
1000 FREE	10:31.95	4TH*
1650 FREE	17:31.11	3RD*Y#
400 I.M.	4:29.15	3RD*

LOIS NOCHMAN	(71)	
50 FREE	:38.00	9TH*
100 FREE	1:31.02	10TH
200 FREE	3:16.01	6TH*
500 FREE	8:51.11	6TH
1000 FREE	18:08.42	4TH
1650 FREE	29:38.45	6TH
50 BACK	:46.23	10TH*
100 BACK	1:41.76	6TH*
200 BACK	3:31.96	3RD*
50 BREAST	:47.87	5TH*
100 BREAST	1:48.44	5TH*
200 BREAST	3:49.80	2ND*
50 FLY	:41.19	2ND
100 FLY	1:45.36	1ST
200 FLY	3:51.41	1ST
100 I.M.	1:35.57	3RD*
200 I.M.	3:32.25	2ND*
400 I.M.	7:41.25	1ST
JEWELL COOKE	(87)	
50 BACK	1:10.83	3RD*
100 I.M.	2:40.42	1ST*#
200 I.M.	5:39.27	1ST
400 I.M.	12:18.61	1ST
MICHAEL GREEN	(32)	
100 FREE	:46.76	3RD*
200 FREE	1:44.35	3RD
200 I.M.	1:57.95	6TH*
MARC SCHLATTER	(37)	
50 BREAST	:28.52	7TH
LEONARD BROCKHAH	(45)	
100 FREE	:52.51	9TH*
200 FREE	1:53.83	6TH*
WILLIAM T REID	(46)	
500 FREE	5:23.51	10TH*
WILLIAM BROWN	(50)	
200 FLY	2:30.37	10TH
CARL WOOLEY	(59)	
1000 FREE	12:53.46	8TH
WALLY DOBLER	(62)	
50 FLY	:29.47	7TH
100 IM	1:08.33	4TH
WALLIE JEFFERIES	(64)	
1000 FREE	13:05.73	5TH
BOB HERITIER	(67)	
200 FREE	2:29.02	10TH
500 FREE	6:49.69	9TH
1000 FREE	13:57.00	4TH
DON KORTEN	(69)	
200 IM	3:01.02	10TH
400 IM	6:35.29	7TH
J. JOHN REESE	(70)	
50 BREAST	:38.50	7TH*

**WOMEN**

MICHIGAN MASTERS RECORDS - WOMEN - AS OF 11/01/96									
WOMEN 19-24	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	J. B. Burrell	1986	:25.30	Lori Gano	1993	:28.91	Melinda Mann	1981	:28.79
100 free	Melinda Mann	1981	:56.30	Rebecca Frayne	1996	1:07.33	Melinda Mann	1980	1:03.57
200 free	Rose Trahan	1984	2:02.82	Jill Murany	1996	2:27.23	Melinda Mann	1980	2:19.98
400/500 free	Shari Thompson	1993	5:33.28	Jill Murany	1996	5:13.19	Jill Murany	1996	5:15.26
800/1000 free	Kathy Jenkins	1989	11:32.60	Susan Colelli	1990	12:02.35	Carrie Newman	1989	11:16.97
1500/1650 free	Sarah Aterburn	1985	18:58.64	Susan Colelli	1990	22:42.29	Molly Egan	1983	23:35.58
50 back	Stefanie Kerska	1992	:28.78	Nicole Wengrofsky	1990	:33.30	Jennifer Turnbull	1996	:35.86
100 back	Ann Bollinger	1994	1:03.15	Nicole Wengrofsky	1990	1:13.14	Jennifer Turnbull	1996	1:17.98
200 back	Mary Gentry	1986	2:20.72	Nicole Wengrofsky	1990	2:39.18	Jennifer Turnbull	1996	2:46.82
50 brst	Corrin Convis	1989	:32.53	Monica Bullard	1996	:37.21	Melinda Mann	1981	:37.43
100 brst	Corrin Convis	1989	1:08.82	Monica Bullard	1996	1:22.09	Melinda Mann	1981	1:22.88
200 brst	Corrin Convis	1989	2:29.11	Monica Bullard	1996	2:55.84	Melinda Mann	1980	2:59.72
50 fly	Melinda Mann	1979	:27.87	Nicole Wengrofsky	1990	:33.73	Melinda Mann	1981	:31.19
100 fly	Melinda Mann	1981	1:01.50	Alissa Gowing	1996	1:10.14	Melinda Mann	1981	1:09.43
200 fly	Tracy Peck	1991	2:20.93				Tracy Peck	1990	2:50.35
100 IM	Corrin Convis	1989	1:01.53	Alissa Gowing	1996	1:13.59			
200 IM	Corrin Convis	1989	2:12.53	Kerry Henault	1996	2:42.05	Melinda Mann	1981	2:38.11
400 IM	Corrin Convis	1988	4:46.35				Melinda Mann	1980	5:48.10
WOMEN 25-29	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Dyne Burrell	1995	:24.45	Dyne Burrell	1996	:26.64	Melinda Mann	1983	:27.38
100 free	Dyne Burrell	1995	:52.54	Sheila Taormina	1996	:56.30	Sheila Taormina	1995	:57.76
200 free	Dyne Burrell	1995	1:56.22	Sheila Taormina	1996	1:59.78	Sheila Taormina	1995	2:02.06
400/500 free	Sheila Taormina	1996	4:49.88	Sheila Taormina	1996	4:24.18	Sheila Taormina	1995	4:13.03
800/1000 free	Shelly Schafer	1994	10:53.61	Sheila Taormina	1996	8:51.18	Shelly Schafer	1994	9:45.10
1500/1650 free	Shelly Schafer	1994	17:58.19	Sheila Taormina	1996	16:36.07	Sheila Taormina	1995	17:27.96
50 back	Dyne Burrell	1995	:28.61	Barb Church	1982	:33.22	Dyne Burrell	1996	:32.78
100 back	Barb Church	1981	1:05.64	Dyne Burrell	1996	1:12.68	Barb Church	1981	1:13.98
200 back	Dyne Burrell	1996	2:17.04	Dyne Burrell	1996	2:30.34	Barb Church	1981	2:43.88
50 brst	Melinda Mann	1982	:32.35	Heather Horne	1996	:38.57	Melinda Mann	1983	:35.80
100 brst	Corrin Convis	1991	1:07.11	Corrin Convis	1992	1:19.28	Corrin Convis	1992	1:19.31
200 brst	Corrin Convis	1991	2:25.23	Corrin Convis	1992	2:51.41	Corrin Convis	1992	2:53.85
50 fly	Mary Mueting	1994	:27.48	Sheila Taormina	1996	:28.68	Melinda Mann	1983	:30.19
100 fly	Melinda Mann	1982	1:00.41	Sheila Taormina	1996	1:01.33	Sheila Taormina	1995	1:03.67
200 fly	Melinda Mann	1982	2:17.68				Sheila Taormina	1995	2:17.51
100 IM	Corrin Convis	1991	1:00.09	Corrin Convis	1992	1:10.38			
200 IM	Corrin Convis	1991	2:10.94	Leslie Blackburn	1996	2:53.29	Corrin Convis	1992	2:33.78
400 IM	Corrin Convis	1990	4:41.28	Corrin Convis	1992	5:30.43	Bethany Williston	1996	5:34.01
WOMEN 30-34	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Corrin Convis	1995	:24.94	Mary Mueting	1996	:28.91	Corrin Pops	1996	:28.70
100 free	Corrin Convis	1995	:53.99	Mary Mueting	1996	1:00.90	Corrin Pops	1996	1:03.15
200 free	Marilyn Early	1988	2:04.18	Marilyn Early	1990	2:23.60	Lynne Allsup	1983	2:26.98
400/500 free	Patricia Leahy	1990	5:36.81	Pat Leahy-Rohner	1992	5:06.95	Pat Leahy-Rohner	1993	5:08.98
800/1000 free	Patricia Leahy	1990	11:38.29	Pat Leahy-Rohner	1992	10:35.50	Pat Leahy-Rohner	1993	10:45.80
1500/1650 free	Patricia Leahy	1990	19:12.40	Pat Leahy-Rohner	1992	20:08.91	Pat Leahy-Rohner	1993	20:24.80
50 back	Barb Church	1982	:29.96	Barb Church	1983	:34.22	Barb Church	1983	:32.42
100 back	Barb Church	1982	1:05.17	Barb Church	1983	1:13.23	Dawn Hewitt	1996	1:12.15
200 back	Barb Church	1982	2:22.38	Marilyn Early	1990	2:47.96	Dawn Hewitt	1996	2:34.55
50 brst	Melinda Mann	1990	:32.67	Julie Zappone	1996	:38.79	Leslie Wetzel	1988	:37.00
100 brst	Corrin Convis	1995	1:08.87	Julie Zappone	1996	1:26.11	Corrin Pops	1996	1:21.33
200 brst	Corrin Convis	1995	2:30.96	Dana Wood	1992	3:17.36	Leslie Wetzel	1988	3:06.16
50 fly	Mary Mueting	1995	:27.32	Mary Mueting	1996	:31.02	Lynne Allsup	1983	31.87
100 fly	Melinda Mann	1990	1:01.73	Nordine Mataya	1996	1:14.76	Mary Mueting	1996	1:14.88
200 fly	Marilyn Early	1989	2:34.04	Pat Leahy-Rohner	1993	3:04.82	Gayle Champagne	1983	3:13.44
100 IM	Corrin Convis	1995	1:01.59	Julie Zappone	1996	1:16.24			
200 IM	Corrin Convis	1995	2:13.15	Pascale Asbury	1994	2:50.18	Dawn Hewitt	1996	2:42.45
400 IM	Patricia Leahy	1990	5:15.61	Nordine Mataya	1996	6:22.87	Dawn Hewitt	1996	5:47.44

## WOMEN

MICHIGAN MASTERS RECORDS - WOMEN - AS OF 11/01/96									
WOMEN 35-39			Short Course Yards		Short Course Meters		Long Course Meters		
50 free	Leslie Wetzel	1989	:26.12	Pascale Asbury	1996	:28.96	Catherine Stidwill	1988	:29.22
100 free	Marilyn Early	1995	:57.43	Nancy Servo	1996	1:05.58	Catherine Stidwill	1988	1:03.01
200 free	Marilyn Early	1994	2:04.80	Marilyn Early	1996	2:24.36	Catherine Stidwill	1988	2:21.19
400/500 free	Marilyn Early	1994	5:42.27	Pat Leahy-Rohner	1994	5:06.36	Catherine Stidwill	1988	5:00.81
800/1000 free	Patricia Rohner	1995	11:54.06	Pat Leahy-Rohner	1995	10:35.60	Catherine Stidwill	1988	10:18.74
1500/1650 free	Patricia Rohner	1995	20:15.75	Pat Leahy-Rohner	1995	20:22.63	Lynne Weir	1976	22:01.88
50 back	Marilyn Early	1994	:31.11	Marilyn Early	1994	:36.58	Nancy Servo	1996	:36.41
100 back	Marilyn Early	1994	1:06.19	Marilyn Early	1994	1:17.99	Marilyn Early	1993	1:18.58
200 back	Marilyn Early	1994	2:24.11	Marilyn Early	1994	2:45.03	Marilyn Early	1993	2:51.20
50 brst	Leslie Wetzel	1989	:30.85	Leslie Wetzel	1989	:34.63	Leslie Wetzel	1989	:34.41
100 brst	Leslie Wetzel	1989	1:07.58	Leslie Wetzel	1989	1:16.70	Leslie Wetzel	1990	1:17.44
200 brst	Leslie Wetzel	1990	2:30.97	Leslie Wetzel	1989	2:50.93	Leslie Wetzel	1989	2:54.85
50 fly	Carolyn Deluca	1978	:29.62	Marilyn Early	1996	:33.20	Peggi Wirth	1980	:33.42
100 fly	Carolyn Deluca	1978	1:06.38	Marilyn Early	1996	1:16.78	Peggi Wirth	1980	1:13.72
200 fly	Marilyn Early	1994	2:38.08	Marilyn Early	1996	3:05.40	Carolyn Deluca	1978	3:05.51
100 IM	Leslie Wetzel	1989	1:06.28	Leslie Wetzel	1989	1:14.19			
200 IM	Sherry Puthoff	1983	2:29.59	Marilyn Early	1996	2:47.16	Catherine Stidwill	1988	2:41.54
400 IM	Marilyn Early	1996	5:29.70	Marilyn Early	1996	6:02.37	Pat Mankin	1991	6:34.17
WOMEN 40-44			Short Course Yards		Short Course Meters		Long Course Meters		
50 free	Lynne Weir	1983	:27.79	Cassandra Garry	1995	:32.35	Ann Urschel	1996	:29.92
100 free	Lynne Weir	1983	1:01.29	Cassandra Garry	1995	1:12.36	Lynne Weir	1981	1:10.36
200 free	Lynne Weir	1983	2:17.30	Patrice Hirt	1990	2:50.17	Lynne Weir	1981	2:36.57
400/500 free	Lynne Weir	1983	6:03.12	Susan Jones	1996	6:16.64	Lynne Weir	1981	5:30.89
800/1000 free	Lynne Olson	1989	12:58.94	Susan Jones	1996	12:52.52	Lynne Weir	1981	11:30.07
1500/1650 free	Lynne Weir	1985	20:40.00	Jane Guelette	1996	36:26.32	Lynne Weir	1984	21:58.52
50 back	Evelyn Lynch	1996	:31.47	Patrice Hirt	1992	:39.77	Evelyn Lynch	1996	:35.18
100 back	Evelyn Lynch	1996	1:08.45	Sherry Puthoff	1992	1:24.14	Evelyn Lynch	1996	1:17.16
200 back	Evelyn Lynch	1996	2:33.40	Sherry Puthoff	1992	3:00.73	Lynne Weir	1984	3:09.62
50 brst	Barb Dreher	1984	:38.40	Cassandra Garry	1995	:43.17	Cassandra Garry	1995	:43.32
100 brst	Lynne Weir	1983	1:23.10	Cassandra Garry	1995	1:37.12	Barb Dreher	1984	1:33.04
200 brst	Lynne Weir	1983	2:58.33	Cassandra Garry	1995	3:29.52	Barb Dreher	1984	3:24.51
50 fly	Sherry Puthoff	1988	:30.89	Sherry Puthoff	1992	:34.96	Lynne Weir	1983	:36.29
100 fly	Sherry Puthoff	1988	1:09.16	Sherry Puthoff	1992	1:18.28	Barb Dreher	1984	1:33.97
200 fly	Sherry Puthoff	1991	2:40.85				Barb Dreher	1984	3:18.00
100 IM	Evelyn Lynch	1996	1:09.56	Sherry Puthoff	1992	1:20.57			
200 IM	Evelyn Lynch	1996	2:31.73	Sherry Puthoff	1992	2:55.25	Evelyn Lynch	1996	2:52.42
400 IM	Lynne Weir	1983	5:42.87				Lynne Weir	1984	6:35.32
WOMEN 45-49			Short Course Yards		Short Course Meters		Long Course Meters		
50 free	Joyce Burrell	1986	:27.78	Ilene McIntosh	1996	:37.58	Lynne Weir	1986	:32.09
100 free	Lynne Weir	1986	1:00.73	Fredericka Rapp	1993	1:27.55	Lynne Weir	1986	1:11.24
200 free	Lynne Weir	1986	2:16.16	Fredericka Rapp	1994	3:11.68	Lynne Weir	1986	2:38.00
400/500 free	Lynne Weir	1986	6:01.10	Jennifer Parks	1992	6:39.46	Lynne Weir	1986	5:29.64
800/1000 free	Lynne Weir	1986	12:33.93	Fredericka Rapp	1993	13:27.02	Lynne Weir	1986	11:21.32
1500/1650 free	Lynne Weir	1986	20:27.74	Betty Hansen	1992	26:35.09	Fredericka Rapp	1993	28:36.79
50 back	Patrice Hirt	1994	:33.94	Fredericka Rapp	1993	:46.60	Mary Pettee	1996	:40.07
100 back	Sherry Puthoff	1993	1:15.17	Jennifer Parks	1992	1:33.28	Sherry Puthoff	1992	1:24.21
200 back	Sherry Puthoff	1993	2:40.32	Fredericka Rapp	1993	3:31.47	Sherry Puthoff	1992	3:05.10
50 brst	Barb Dreher	1986	:38.29	Ilene McIntosh	1996	:46.70	Barb Dreher	1986	:44.48
100 brst	Lynne Weir	1986	1:23.77	Betty Hansen	1992	1:45.21	Barb Dreher	1986	1:38.80
200 brst	Lynne Weir	1986	3:02.41	Betty Hansen	1992	3:51.80	Barb Dreher	1986	3:35.38
50 fly	Sherry Puthoff	1993	:31.74	Sherry Puthoff	1992	:35.91	Sherry Puthoff	1992	:34.54
100 fly	Sherry Puthoff	1993	1:11.80	Sherry Puthoff	1992	1:21.20	Sherry Puthoff	1992	1:17.31
200 fly	Barb Dreher	1986	3:07.72	Fredericka Rapp	1993	4:27.44	Barb Dreher	1986	3:49.07
100 IM	Sherry Puthoff	1993	1:13.24	Sherry Puthoff	1992	1:21.48			
200 IM	Lynne Weir	1986	2:40.80	Sherry Puthoff	1992	2:58.64	Sherry Puthoff	1992	2:57.33
400 IM	Lynne Weir	1986	5:41.30	Fredericka Rapp	1993	7:49.80	Lynne Weir	1986	6:40.78

## WOMEN

MICHIGAN MASTERS RECORDS - WOMEN - AS OF 11/01/96									
WOMEN 50-54		Short Course Yards			Short Course Meters			Long Course Meters	
50 free	Beverly Myers	1989	:31.02	Beverly Myers	1989	:36.08	Beverly Myers	1988	:37.73
100 free	Beverly Myers	1989	1:11.63	Beverly Myers	1989	1:22.22	Beverly Myers	1988	1:26.49
200 free	Fredericka Rapp	1994	2:43.90	Fredericka Rapp	1994	3:00.35	Jennifer Parks	1994	3:10.16
400/500 free	Fredericka Rapp	1994	7:16.20	Fredericka Rapp	1995	6:26.00	Jennifer Parks	1996	6:36.41
800/1000 free	Fredericka Rapp	1994	15:01.24	Fredericka Rapp	1994	13:03.17	Jennifer Parks	1996	13:17.44
1500/1650 free	Fredericka Rapp	1994	25:20.64	Jennifer Parks	1996	25:10.06	Jennifer Parks	1996	25:02.14
50 back	Beverly Myers	1989	:36.96	Jennifer Parks	1996	:41.47	Beverly Myers	1989	:42.45
100 back	Beverly Myers	1989	1:22.43	Jennifer Parks	1996	1:30.63	Jennifer Parks	1996	1:34.29
200 back	Jennifer Parks	1994	3:01.48	Jennifer Parks	1996	3:15.77	Jennifer Parks	1996	3:27.43
50 brst	Beverly Myers	1989	:39.06	Beverly Myers	1989	:45.61	Beverly Myers	1989	:46.15
100 brst	Beverly Myers	1989	1:30.79	Beverly Myers	1989	1:40.10	Beverly Myers	1990	1:45.53
200 brst	Petra Mergard	1994	3:21.60	Fredericka Rapp	1995	3:55.86	Ida Smith	1983	3:49.15
50 fly	Beverly Myers	1989	:35.28	Beverly Myers	1989	:41.58	Beverly Myers	1989	:41.55
100 fly	Ida Smith	1986	1:34.19	Fredericka Rapp	1994	1:49.77	Fredericka Rapp	1995	1:58.01
200 fly	Fredericka Rapp	1995	3:38.65	Fredericka Rapp	1994	4:10.04	Fredericka Rapp	1995	4:20.26
100 IM	Beverly Myers	1989	1:18.92	Beverly Myers	1989	1:31.08			
200 IM	Fredericka Rapp	1994	3:05.67	Fredericka Rapp	1994	3:28.79	Jennifer Parks	1996	3:40.42
400 IM	Fredericka Rapp	1994	6:39.10	Fredericka Rapp	1994	7:29.27	Fredericka Rapp	1994	7:38.10
WOMEN 55-59		Short Course Yards			Short Course Meters			Long Course Meters	
50 free	Bev Myers	1994	:32.30	Bev Myers	1995	:37.96	Bev Myers	1993	:36.95
100 free	Bev Myers	1994	1:13.41	Bev Myers	1994	1:22.42	Bev Myers	1993	1:23.69
200 free	Bev Myers	1995	2:44.15	Bev Myers	1995	3:02.07	Bev Myers	1994	3:12.91
400/500 free	Bev Myers	1995	7:20.94	Bev Myers	1995	6:32.61	Shirley Dacey	1996	7:07.26
800/1000 free	Shirley Dacey	1996	16:37.34	Shirley Dacey	1996	14:40.39	Shirley Dacey	1996	15:05.67
1500/1650 free	Carol Billingham	1984	27:57.23	Shirley Dacey	1996	27:25.45	Shirley Dacey	1996	27:56.68
50 back	Bev Myers	1994	:37.31	Bev Myers	1994	:42.75	Bev Myers	1993	:43.69
100 back	Bev Myers	1993	1:22.95	Bev Myers	1994	1:33.45	Bev Myers	1993	1:34.54
200 back	Bev Myers	1993	3:01.32	Bev Myers	1994	3:20.11	Bev Myers	1993	3:30.08
50 brst	Bev Myers	1994	:39.79	Bev Myers	1993	:47.28	Bev Myers	1993	:47.22
100 brst	Bev Myers	1993	1:27.32	Bev Myers	1993	1:42.66	Bev Myers	1994	1:44.11
200 brst	Bev Myers	1995	3:18.22	Bev Myers	1995	3:41.20	Louise Runkel	1981	4:26.95
50 fly	Bev Myers	1994	:36.06	Bev Myers	1994	:41.09	Bev Myers	1993	:41.31
100 fly	Bev Myers	1995	1:31.71				Bobbie Lawrence	1978	2:08.34
200 fly	Bobbie Lawrence	1975	4:21.40				Bobbie Lawrence	1977	5:16.02
100 IM	Bev Myers	1994	1:19.78	Bev Myers	1994	1:31.40			
200 IM	Bev Myers	1994	2:55.69	Bev Myers	1995	3:20.18	Bev Myers	1993	3:24.72
400 IM	Louise Kutcher	1985	7:41.53				Bobbie Lawrence	1978	9:22.60
WOMEN 60-64		Short Course Yards			Short Course Meters			Long Course Meters	
50 free	Bev Myers	1996	:31.93	Bev Myers	1995	:37.65	Bev Myers	1995	:38.31
100 free	Bev Myers	1996	1:14.15	Bev Myers	1996	1:24.54	Bev Myers	1996	1:24.89
200 free	Bev Myers	1996	2:46.85	Bev Myers	1996	3:02.89	Bev Myers	1995	3:12.53
400/500 free	Bev Myers	1996	7:34.83	Bev Myers	1996	6:42.94	Bev Myers	1995	6:42.71
800/1000 free	Bev Myers	1996	15:12.74	Bev Myers	1996	13:30.24	Lois Nochman	1989	16:02.57
1500/1650 free	Lois Nochman	1989	28:33.07	Lois Nochman	1989	29:28.00	Lois Nochman	1989	30:09.32
50 back	Bev Myers	1996	:38.68	Bev Myers	1996	:43.57	Bev Myers	1996	:45.23
100 back	Bev Myers	1996	1:24.16	Bev Myers	1995	1:37.83	Bev Myers	1996	1:36.96
200 back	Bev Myers	1995	3:08.78	Bev Myers	1995	3:31.54	Bev Myers	1995	3:35.45
50 brst	Bev Myers	1996	:41.88	Bev Myers	1996	:47.20	Bev Myers	1995	:50.69
100 brst	Bev Myers	1995	1:34.33	Bev Myers	1996	1:45.22	Bev Myers	1996	1:47.98
200 brst	Bev Myers	1996	3:19.75	Bev Myers	1996	3:43.64	Bev Myers	1995	3:50.78
50 fly	Bev Myers	1996	:37.44	Bev Myers	1996	:42.66	Bev Myers	1996	:43.67
100 fly	Lois Nochman	1989	1:44.56	Lois Nochman	1989	1:55.70	Lois Nochman	1989	2:02.80
200 fly	Lois Nochman	1989	3:44.51	Lois Nochman	1989	4:10.66	Lois Nochman	1989	4:25.02
100 IM	Bev Myers	1996	1:21.77	Bev Myers	1996	1:32.06			
200 IM	Bev Myers	1996	3:00.53	Bev Myers	1995	3:25.06	Bev Myers	1996	3:31.83
400 IM	Merlyn Ewbank	1981	7:47.11				Merlyn Ewbank	1981	8:52.99

## WOMEN

MICHIGAN MASTERS RECORDS - WOMEN - AS OF 11/01/96									
WOMEN 65-69	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Lois Nochman	1992	:36.67	Lois Nochman	1992	:41.65	Lois Nochman	1991	:42.21
100 free	Lois Nochman	1991	1:20.89	Lois Nochman	1990	1:36.65	Lois Nochman	1991	1:35.03
200 free	Lois Nochman	1990	3:05.06	Lois Nochman	1990	3:35.62	Lois Nochman	1992	3:33.84
400/500 free	Lois Nochman	1992	8:17.79	Lois Nochman	1992	7:22.98	Lois Nochman	1991	7:18.26
800/1000 free	Lois Nochman	1992	16:50.96	Lois Nochman	1992	15:07.53	Lois Nochman	1991	15:05.21
1500/1650 free	Lois Nochman	1992	28:05.98	Lois Nochman	1990	28:39.74	Lois Nochman	1992	28:40.30
50 back	Lois Nochman	1990	:43.58	Lois Nochman	1990	:49.70	Lois Nochman	1991	:49.91
100 back	Lois Nochman	1990	1:39.22	Lois Nochman	1990	1:51.21	Lois Nochman	1991	1:54.33
200 back	Lois Nochman	1991	3:32.55	Lois Nochman	1992	4:04.11	Lois Nochman	1991	4:00.33
50 brst	Lois Nochman	1992	:49.56	Lois Nochman	1992	:55.95	Lois Nochman	1991	:58.80
100 brst	Lois Nochman	1992	1:48.90	Lois Nochman	1993	2:04.31	Lois Nochman	1991	2:08.37
200 brst	Lois Nochman	1992	3:59.74	Lois Nochman	1992	4:32.87	Lois Nochman	1993	4:40.03
50 fly	Lois Nochman	1993	:40.07	Lois Nochman	1992	:49.27	Lois Nochman	1992	:44.88
100 fly	Lois Nochman	1994	1:39.28	Lois Nochman	1992	1:55.54	Lois Nochman	1991	1:50.65
200 fly	Lois Nochman	1991	3:32.54	Lois Nochman	1992	4:09.50	Lois Nochman	1991	4:13.21
100 IM	Lois Nochman	1992	1:34.06	Lois Nochman	1992	1:49.22			
200 IM	Lois Nochman	1992	3:27.52	Lois Nochman	1992	3:55.95	Lois Nochman	1991	4:00.88
400 IM	Lois Nochman	1991	7:22.42	Lois Nochman	1992	8:21.63	Lois Nochman	1991	8:38.34
WOMEN 70-74	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Lois Nochman	1996	:38.00	Lois Nochman	1996	:44.25	Lois Nochman	1996	:43.03
100 free	Lois Nochman	1995	1:28.53	Lois Nochman	1996	1:39.72	Lois Nochman	1996	1:40.93
200 free	Lois Nochman	1996	3:16.01	Lois Nochman	1996	3:39.25	Lois Nochman	1996	3:42.43
400/500 free	Lois Nochman	1995	8:50.90	Lois Nochman	1994	7:34.44	Lois Nochman	1996	7:59.08
800/1000 free	Lois Nochman	1995	17:52.42	Lois Nochman	1994	15:25.92	Lois Nochman	1996	15:57.53
1500/1650 free	Lois Nochman	1995	28:37.88	Lois Nochman	1994	29:06.49	Lois Nochman	1996	30:05.58
50 back	Lois Nochman	1996	:45.62	Lois Nochman	1994	:52.83	Lois Nochman	1996	:52.00
100 back	Lois Nochman	1995	1:41.76	Lois Nochman	1996	1:53.38	Lois Nochman	1996	1:55.08
200 back	Lois Nochman	1995	3:31.96	Lois Nochman	1996	4:06.71	Lois Nochman	1996	4:11.36
50 brst	Lois Nochman	1996	:47.87	Lois Nochman	1996	:53.59	Lois Nochman	1996	:55.45
100 brst	Lois Nochman	1996	1:48.44	Lois Nochman	1996	1:54.24	Lois Nochman	1996	2:01.85
200 brst	Lois Nochman	1996	3:49.80	Lois Nochman	1996	4:21.80	Lois Nochman	1996	4:29.85
50 fly	Lois Nochman	1995	:39.95	Lois Nochman	1994	:46.86	Lois Nochman	1995	:45.48
100 fly	Lois Nochman	1995	1:39.32	Lois Nochman	1994	1:54.16	Lois Nochman	1995	1:52.31
200 fly	Lois Nochman	1995	3:41.61	Lois Nochman	1994	4:05.45	Lois Nochman	1995	4:16.68
100 IM	Lois Nochman	1996	1:35.57	Lois Nochman	1996	1:49.49			
200 IM	Lois Nochman	1996	3:32.25	Lois Nochman	1994	3:57.49	Lois Nochman	1995	4:08.22
400 IM	Lois Nochman	1995	7:31.72	Lois Nochman	1994	8:22.17	Lois Nochman	1995	8:42.62
WOMEN 75-79	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Jewel Cooke	1983	:45.86	Edith Glusac	1994	1:01.47	Bobbie Lawrence	1996	1:01.89
100 free	Jewel Cooke	1985	1:49.08	Merlyn Ewbank	1996	2:11.70	Bobbie Lawrence	1996	2:05.35
200 free	Merlyn Ewbank	1994	3:51.51	Merlyn Ewbank	1996	4:44.99	Bobbie Lawrence	1996	4:30.70
400/500 free	Merlyn Ewbank	1994	10:16.75	Martha Forster	1996	12:55.21	Bobbie Lawrence	1996	9:13.58
800/1000 free	Martha Forster	1996	30:27.49	Martha Forster	1996	26:23.58	Bobbie Lawrence	1996	18:40.98
1500/1650 free	Ruth Hildebrand	1995	59:57.00				Bobbie Lawrence	1996	35:19.70
50 back	Edith Glusac	1994	:53.82	Edith Glusac	1994	1:00.72	Edith Glusac	1994	1:00.77
100 back	Edith Glusac	1994	1:56.67	Edith Glusac	1994	2:15.74	Edith Glusac	1994	2:16.50
200 back	Merlyn Ewbank	1995	4:23.78	Edith Glusac	1996	5:14.61	Edith Glusac	1996	5:05.46
50 brst	Edith Glusac	1995	:56.30	Edith Glusac	1996	1:02.88	Edith Glusac	1996	1:04.05
100 brst	Edith Glusac	1995	1:55.26	Edith Glusac	1994	2:25.03	Edith Glusac	1994	2:26.53
200 brst	Edith Glusac	1994	4:42.96	Edith Glusac	1995	5:18.29	Edith Glusac	1994	5:30.35
50 fly	Jewel Cooke	1987	:55.76	Edith Glusac	1994	1:18.90	Edith Glusac	1996	1:31.19
100 fly									
200 fly									
100 IM	Jewel Cooke	1987	2:07.17	Merlyn Ewbank	1995	2:28.00			
200 IM	Merlyn Ewbank	1995	4:29.04	Edith Glusac	1996	5:49.84	Bobbie Lawrence	1996	5:07.46
400 IM	Jewel Cooke	1988	9:58.83	Edith Glusac	1996	12:05.38	Bobbie Lawrence	1996	11:09.46

## WOMEN

MICHIGAN MASTERS RECORDS - WOMEN - AS OF 11/01/96									
WOMEN 80-84	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Jewel Cooke	1988	:49.57						
100 free	Leona Smith		2:56.60				Ruth Hildebrand	1996	3:56.08
200 free							Ruth Hildebrand	1996	7:53.26
400/500 free							Ruth Hildebrand	1996	15:37.19
800/1000 free							Ruth Hildebrand	1996	31:46.00
1500/1650 free							Ruth Hildebrand	1996	61:10.29
50 back	Jewel Cooke	1993	1:08.98						
100 back	Jewel Cooke	1991	2:23.73				Ruth Hildebrand	1996	3:51.23
200 back	Jewel Cooke	1993	5:01.01				Ruth Hildebrand	1996	7:43.75
50 brst	Jewel Cooke	1988	:59.50						
100 brst	Jewel Cooke	1989	2:22.40						
200 brst									
50 fly									
100 fly									
200 fly									
100 IM	Jewel Cooke	1993	2:25.68						
200 IM	Jewel Cooke	1989	4:51.27						
400 IM	Jewel Cooke	1988	10:00.13						
WOMEN 85-89	Short Course Yards			Short Course Meters			Long Course Meters		
50 free							Jewel Cooke	1996	1:01.36
100 free							Jewel Cooke	1996	2:12.34
200 free									
400/500 free									
800/1000 free									
1500/1650 free									
50 back	Jewel Cooke	1996	1:10.83	Jewel Cooke	1996	1:12.75	Jewel Cooke	1996	1:11.72
100 back				Jewel Cooke	1996	2:45.89	Jewel Cooke	1996	2:40.83
200 back				Jewel Cooke	1996	5:53.58	Jewel Cooke	1996	5:52.20
50 brst				Jewel Cooke	1996	1:24.48	Jewel Cooke	1996	1:27.76
100 brst				Jewel Cooke	1996	3:10.12	Jewel Cooke	1996	3:19.12
200 brst				Jewel Cooke	1996	6:53.42	Jewel Cooke	1996	6:49.30
50 fly				Jewel Cooke	1996	1:24.22	Jewel Cooke	1996	1:26.39
100 fly				Jewel Cooke	1996	3:20.81	Jewel Cooke	1996	3:13.12
200 fly				Jewel Cooke	1996	7:12.95			
100 IM	Jewel Cooke	1996	2:40.42	Jewel Cooke	1995	2:12.85			
200 IM	Jewel Cooke	1995	5:38.74	Jewel Cooke	1995	6:10.88	Jewel Cooke	1996	6:17.06
400 IM	Jewel Cooke	1995	12:00.50	Jewel Cooke	1996	13:24.08	Jewel Cooke	1996	13:15.87
WOMEN 90-94	Short Course Yards			Short Course Meters			Long Course Meters		
50 free									
100 free									
200 free									
400/500 free									
800/1000 free									
1500/1650 free									
50 back									
100 back									
200 back									
50 brst									
100 brst									
200 brst									
50 fly									
100 fly									
200 fly									
100 IM									
200 IM									
400 IM									

## MEN

MICHIGAN MASTERS RECORDS - MEN - AS OF 11/01/96									
MEN 19-24	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Don Swalwell	1989	:21.59	Matt Kanzler	1982	:25.74	Eric Troesch	1996	:25.21
100 free	Michael Creaser	1991	:48.91	Mark Dunn	1996	:57.28	Eric Troesch	1996	:56.62
200 free	Kevin Harris	1983	1:48.52	Michael Bell	1992	2:11.58	Tom Szuba	1978	2:04.24
400/500 free	Mike Schmidt	1984	4:49.80	Michael Bell	1992	4:48.86	Steve Cohen	1993	4:31.77
800/1000 free	Don Kennedy	1987	10:22.61	Michael Bell	1992	10:02.81	Steve Cohen	1993	9:14.05
1500/1650 free	Don Kennedy	1987	17:52.90	Michael Bell	1990	20:42.62	Steve Cohen	1993	17:28.17
50 back	Michael Creaser	1991	:24.82	Michael Bell	1992	:30.13	Eric Scollen	1996	:30.72
100 back	Michael Creaser	1991	:54.41	Brian Bollone	1994	1:03.31	Eric Scollen	1996	1:08.85
200 back	Michael Creaser	1991	1:57.20	Michael Bell	1993	2:27.72	Paul Ciske	1980	2:44.10
50 brst	MKanzler/R Fowler	81/82	:27.51	Matt Kanzler	1982	:32.83	Tom Sayles	1993	:35.12
100 brst	Rick Fowler	1982	1:00.02	Dan Beatty	1991	1:13.00	Matt Kanzler	1981	1:14.97
200 brst	Matt Kanzler	1981	2:13.25	Stewart Nixon	1992	2:46.74	Marc Paglia	1979	2:45.58
50 fly	Dan Carlson	1987	:24.07	Dan Beatty	1991	:26.62	Mark Hesskamp	1983	:27.78
100 fly	Dan Beatty	1991	:53.75	Dan Beatty	1991	1:01.76	Mark Hesskamp	1983	1:03.00
200 fly	Todd Briggs	1985	2:02.06	Jim Fee	1994	2:32.88	Steve Cohen	1993	2:25.26
100 IM	Dan Beatty	1991	:54.85	Brian Bollone	1994	1:03.21			
200 IM	Dan Beatty	1991	2:00.63	Dan Beatty	1991	2:23.59	Eric Scollen	1996	2:32.06
400 IM	Todd Briggs	1985	4:28.08				Marc Paglia	1979	5:14.36
MEN 25-29	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Robert Peel	1991	:19.83	Robert Peel	1993	:22.48	Robert Peel	1992	:24.14
100 free	Robert Peel	1991	:44.39	Mark Noetzel	1990	:52.29	Dan Stephenson	1986	:54.55
200 free	Todd Mercer	1994	1:44.80	Kurt Dickson	1996	2:01.15	Dan Stephenson	1986	2:01.14
400/500 free	Paul Karas	1984	4:52.26	Paul Karas	1983	4:20.55	Todd Mercer	1994	4:22.53
800/1000 free	John Miller	1989	10:22.98	Paul Karas	1983	9:14.50	Steve Roeder	1989	9:38.11
1500/1650 free	Paul Karas	1984	17:33.06	Paul Karas	1983	17:48.09	Tom Szuba	1979	18:45.86
50 back	Michael Creaser	1992	:24.59	Michael Creaser	1992	:27.76	Michael Creaser	1992	:28.41
100 back	Michael Kowalski	1990	:53.43	Michael Creaser	1992	1:00.02	Michael Creaser	1992	1:01.21
200 back	Michael Creaser	1992	1:58.24	Kurt Dickson	1996	2:13.15	Kurt Dickson	1996	2:17.49
50 brst	Mark Schlatter	1987	:26.00	Matt Kanzler	1983	:31.51	Bob Jennings	1994	:31.44
100 brst	Mark Schlatter	1987	:58.04	Bob Jennings	1992	1:08.31	Bob Jennings	1994	1:08.24
200 brst	Bob Jennings	1994	2:09.70	Bob Jennings	1992	2:32.44	Bob Jennings	1994	2:30.35
50 fly	Rick Duncan	1983	:23.71	Mark Noetzel	1990	:26.41	Bob Jennings	1993	:27.24
100 fly	Mark Noetzel	1991	:50.85	Mark Noetzel	1990	:58.93	Michael Creaser	1992	1:00.52
200 fly	Paul Karas	1984	1:58.16	Paul Karas	1983	2:13.78	Glenn Cole	1989	2:21.47
100 IM	Mark Schlatter	1987	:53.52	Bob Jennings	1992	1:02.56			
200 IM	Bob Jennings	1991	1:58.32	Bob Jennings	1992	2:17.31	Tom Szuba	1979	2:16.32
400 IM	Paul Karas	1984	4:28.93	Steve Roeder	1989	4:58.97	Tom Szuba	1979	4:54.80
MEN 30-34	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Dan Stephenson	1989	:21.64	Michael Green	1996	:24.86	Robert Peel	1996	:22.80
100 free	Michael Green	1996	:46.76	Michael Green	1996	:52.07	Dan Stephenson	1988	:53.81
200 free	Dan Stephenson	1989	1:42.56	Dan Stephenson	1989	1:53.66	Dan Stephenson	1988	1:56.64
400/500 free	Dan Stephenson	1989	4:42.77	Dan Stephenson	1989	4:16.68	Dan Stephenson	1989	4:11.81
800/1000 free	Dan Stephenson	1990	9:54.74	Dan Stephenson	1989	8:34.26	Dan Stephenson	1988	8:49.39
1500/1650 free	David Shepherd	1988	17:48.20	Dan Stephenson	1990	17:22.05	Dan Stephenson	1988	17:10.48
50 back	Ken Cooper	1994	:25.47	Ken Cooper	1994	:28.86	Dan Stephenson	1989	:30.25
100 back	Ken Cooper	1994	:54.43	Ken Cooper	1994	1:02.19	Charles Groen	1992	1:03.06
200 back	Charles Groen	1992	2:00.66	Charles Groen	1992	2:18.96	Frank Thompson	1983	2:32.05
50 brst	Dave Phillips	1990	:28.09	Michael Green	1996	:33.11	Mark VanderMay	1996	:31.06
100 brst	Dave Phillips	1990	1:00.59	Michael Green	1996	1:10.04	Mark VanderMay	1996	1:06.68
200 brst	Dave Phillips	1990	2:15.15	John Stenroos	1993	2:49.03	Mark VanderMay	1996	2:30.18
50 fly	Mike Schmitz	1990	:24.16	Michael Green	1996	28.48	Larry Day	1981	:27.96
100 fly	Dan Stephenson	1989	:52.36	Charles Groen	1992	1:01.65	Larry Day	1981	1:00.68
200 fly	Dan Stephenson	1989	2:00.38	David Shepherd	1988	2:19.80	Dan Stephenson	1991	2:18.67
100 IM	M.Schmitz/MGreen	9095	:55.25	Michael Green	1996	1:02.37			
200 IM	Michael Green	1996	1:57.95	Michael Green	1996	2:10.69	Michael Green	1996	2:18.87
400 IM	Dan Stephenson	1989	4:14.82	Charles Groen	1992	5:04.73	Dan Stephenson	1989	4:54.62

## MEN

MICHIGAN MASTERS RECORDS - MEN - AS OF 11/01/96									
MEN 35-39	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	James Baehren	1988	:22.72	Mark Lancaster	1996	:24.74	Gary LaPrise	1976	:25.89
100 free	James Baehren	1986	:49.04	Mark Lancaster	1996	:56.26	Dan Stephenson	1992	:54.46
200 free	David Shepherd	1992	1:46.14	David Shepherd	1992	2:03.59	Dan Stephenson	1992	1:57.95
400/500 free	David Shepherd	1994	4:48.15	David Shepherd	1992	4:22.27	Dan Stephenson	1992	4:15.49
800/1000 free	David Shepherd	1994	10:03.57	David Shepherd	1992	9:16.42	Dan Stephenson	1992	8:52.22
1500/1650 free	David Shepherd	1992	16:56.09	David Shepherd	1992	17:29.97	David Shepherd	1993	17:28.27
50 back	Brent Sweitzer	1991	:26.86	Jay Alt	1994	:29.16	Paul Griffith	1996	:30.66
100 back	Steve Colella	1991	:57.89	Steve Colella	1992	1:05.68	Dan Stephenson	1992	1:09.27
200 back	Steve Colella	1991	2:09.85	Frank Thompson	1991	2:29.66	Dan Stephenson	1992	2:20.95
50 brst	Mark Schlatter	1995	:27.79	Steve Colella	1992	:33.23	Mark Schlatter	1996	:32.91
100 brst	Mark Schlatter	1995	1:00.93	Greg Brannick	1992	1:12.43	Steve Hansen	1990	1:19.00
200 brst	Steve Colella	1991	2:24.72	Steve Hansen	1990	2:53.45	Steve Hansen	1990	2:56.07
50 fly	Mark Schlatter	1995	:24.95	Mark Lancaster	1996	:27.42	Brian Sharar	1996	:27.97
100 fly	Steve Colella	1990	:55.46	Steve Colella	1992	1:03.37	Dan Stephenson	1992	1:00.61
200 fly	David Shepherd	1992	1:59.50	David Shepherd	1992	2:16.87	Dan Stephenson	1992	2:15.93
100 IM	Mark Schlatter	1995	:56.91	Steve Colella	1992	1:04.78			
200 IM	David Shepherd	1991	2:06.32	David Shepherd	1992	2:23.78	Dan Stephenson	1992	2:19.28
400 IM	David Shepherd	1992	4:20.96	David Shepherd	1992	5:02.96	David Shepherd	1994	4:58.56
MEN 40-44	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Kurt Gerhardt	1991	:22.85	Kurt Gerhardt	1992	:26.19	Gary LaPrise	1980	:26.00
100 free	Kurt Gerhardt	1992	:51.23	Brent Sweitzer	1994	:59.48	Gary LaPrise	1980	:58.00
200 free	David Shepherd	1996	1:50.80	William Reid	1992	2:10.67	David Shepherd	1996	2:04.99
400/500 free	David Shepherd	1996	5:01.95	Frank Thompson	1992	4:40.03	David Shepherd	1996	4:24.21
800/1000 free	David Shepherd	1996	10:31.35	Gaard Arneson	1989	9:35.89	David Shepherd	1996	9:26.58
1500/1650 free	David Shepherd	1996	17:31.11	Frank Thompson	1992	18:49.06	David Shepherd	1996	17:46.76
50 back	Ed Gray	1986	:27.20	Kurt Gerhardt	1992	:31.51	Ed Gray	1986	:32.68
100 back	Ed Gray	1986	:59.64	Tim Clayson	1996	1:09.24	Ed Gray	1986	1:09.88
200 back	Ed Gray	1986	2:09.46	Frank Thompson	1993	2:28.34	Ed Gray	1986	2:30.70
50 brst	Mike Murphy	1990	:30.21	Steve Hansen	1996	:34.96	Greg Brannick	1996	:33.54
100 brst	Paul Reinke	1976	1:07.07	Steve Hansen	1992	1:16.84	Greg Brannick	1996	1:14.98
200 brst	Steve Hansen	1994	2:28.08	Steve Hansen	1996	2:47.47	Greg Brannick	1996	2:46.11
50 fly	Larry Day	1991	:24.59	Kurt Gerhardt	1990	:28.47	Larry Day	1992	:28.56
100 fly	Larry Day	1991	:54.76	Kurt Gerhardt	1991	1:05.27	Larry Day	1992	1:02.25
200 fly	Ed Gray	1986	2:11.35	Ian Pesses	1996	2:36.16	David Shepherd	1996	2:20.64
100 IM	Randy Schlegel	1993	1:00.25	Tim Clayson	1996	1:07.76			
200 IM	Ed Gray	1986	2:09.68	Frank Thompson	1992	2:32.86	Ed Gray	1985	2:29.45
400 IM	David Shepherd	1996	4:29.15	Frank Thompson	1992	5:27.59	David Shepherd	1996	5:05.48
MEN 45-49	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Wally Dobler	1980	:23.69	William Reid	1996	:26.80	Wally Dobler	1983	:26.44
100 free	Leonard Brockhahn	1996	:52.51	William Reid	1996	:58.46	Leonard Brockhahn	1996	:59.54
200 free	Leonard Brockhahn	1996	1:53.83	William Reid	1996	2:10.46	Leonard Brockhahn	1996	2:09.63
400/500 free	William Reid	1996	5:23.51	William Reid	1996	4:44.74	Leonard Brockhahn	1995	4:50.29
800/1000 free	Gaard Arneson	1994	11:18.06	William Reid	1996	9:50.81	Gaard Arneson	1994	10:07.15
1500/1650 free	Gaard Arneson	1994	18:51.07	Thomas Moyer	1996	21:32.34	Gaard Arneson	1993	19:25.03
50 back	Fred Dannemann	1993	:28.38	Richard TenHoor	1994	:32.59	Ray Martin	1983	:34.01
100 back	Fred Dannemann	1993	1:02.67	Daniel Helton	1996	1:11.84	Richard Chaney	1996	1:15.25
200 back	Fred Dannemann	1993	2:24.21	Daniel Helton	1996	2:34.79	Richard Chaney	1996	2:44.29
50 brst	Doug Markusic	1987	:31.17	Ron Dubois	1996	:34.56	Doug Markusic	1989	:35.59
100 brst	Ron Dubois	1994	1:09.55	Jay Mahler	1996	1:17.74	Doug Markusic	1988	1:21.00
200 brst	Tom Spear	1988	2:31.67	Larry Sprunk	1996	2:52.75	Doug Markusic	1989	3:00.72
50 fly	Wally Dobler	1980	:25.25	John Wagner	1989	:30.04	Larry Day	1996	:28.14
100 fly	Wally Dobler	1980	:58.72	John Wagner	1989	1:07.08	Larry Day	1996	1:03.51
200 fly	Tom Spear	1988	2:17.03	Richard Fortune	1992	2:51.06	Larry Day	1996	2:26.77
100 IM	Wally Dobler	1979	1:02.24	Leonard Brockhahn	1996	1:12.51			
200 IM	Leonard Brockhahn	1996	2:15.95	Richard Chaney	1996	2:37.97	Leonard Brockhahn	1996	2:35.65
400 IM	Tony Tashnick	1984	4:58.91	John Wagner	1989	5:59.27	Gaard Arneson	1994	5:42.51

## MEN

MICHIGAN MASTERS RECORDS - MEN - AS OF 11/01/96									
MEN 50-54	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Wally Dobler	1984	:24.20	Paul Chaffee	1996	:28.63	Bob Heritier	1980	:28.72
100 free	Bob Heritier	1979	:55.41	Paul Chaffee	1996	1:03.04	Bob Heritier	1980	1:04.38
200 free	Bob Heritier	1980	2:06.09	Bob Heritier	1982	2:25.50	Bob Heritier	1980	2:26.06
400/500 free	Carl Woolley	1987	5:50.65	Donald Kroeger	1995	5:27.05	Carl Woolley	1988	5:09.38
800/1000 free	Carl Woolley	1987	11:58.26	Carl Woolley	1990	11:03.12	Carl Woolley	1988	10:54.20
1500/1650 free	Carl Woolley	1988	20:18.13	Carl Woolley	1990	20:42.20	Carl Woolley	1988	20:28.17
50 back	David Diget	1991	:30.35	Hugh Roddin	1995	:35.76	Hugh Roddin	1994	:35.07
100 back	David Diget	1991	1:06.46	Hugh Roddin	1993	1:16.22	Hugh Roddin	1992	1:17.85
200 back	Hugh Roddin	1992	2:25.62	Hugh Roddin	1993	2:45.69	Hugh Roddin	1994	2:50.84
50 brst	Ron Alsobrook	1980	:31.88	Doug Marcusic	1992	:36.75	Ron Alsobrook	1980	:36.77
100 brst	Ron Alsobrook	1980	1:10.70	Tom Koenig	1978	1:23.67	John Stover	1991	1:21.38
200 brst	John Stover	1991	2:37.32	Ron Pohlonski	1996	3:04.39	Dennis Manrique	1996	3:01.75
50 fly	Wally Dobler	1985	:26.23	Charles Moss	1978	:31.18	Wally Dobler	1988	:31.35
100 fly	Wally Dobler	1985	1:00.18	Hugh Roddin	1992	1:13.01	Charles Moss	1979	1:13.36
200 fly	Wally Dobler	1984	2:24.01	William Brown	1996	2:42.63	William Brown	1996	2:59.02
100 IM	Wally Dobler	1984	1:03.87	Charles Moss	1978	1:14.76			
200 IM	Wally Dobler	1985	2:22.73	Hugh Roddin	1992	2:46.98	Dennis Manrique	1996	2:45.09
400 IM	Tom Spear	1993	5:14.78	Dennis Manrique	1996	5:55.33	Dennis Manrique	1996	5:58.83
MEN 55-59	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Wally Dobler	1989	:24.88	Wally Dobler	1989	:28.35	Bob Heritier	1983	:27.43
100 free	Bob Heritier	1985	:56.95	Charles Maas	1992	1:10.60	Bob Heritier	1983	1:04.38
200 free	Bob Heritier	1985	2:09.30	Charles Maas	1990	2:38.93	Bob Heritier	1983	2:27.93
400/500 free	Bob Heritier	1985	6:03.37	Carl Woolley	1992	5:19.76	Bob Heritier	1987	5:23.39
800/1000 free	Bob Heritier	1988	12:51.40	Carl Woolley	1992	11:12.39	Wally Jefferies	1988	11:40.59
1500/1650 free	Bill Burrell	1975	21:03.30	Carl Woolley	1992	21:14.01	Wally Jefferies	1988	21:46.89
50 back	Wally Dobler	1989	:32.31	Wally Dobler	1990	:37.93	Wally Dobler	1991	:36.36
100 back	Wally Dobler	1989	1:10.29	Steve Chambers	1996	1:33.90	Wally Dobler	1991	1:22.77
200 back	Wally Dobler	1989	2:36.05	Steve Chambers	1996	3:23.45	Charles Moss	1983	3:08.44
50 brst	Charles Moss	1985	:33.31	Charles Moss	1987	:37.24	John Stover	1996	:37.90
100 brst	Charles Moss	1984	1:15.66	Wally Dobler	1989	1:26.63	John Stover	1996	1:23.47
200 brst	Charles Moss	1986	2:50.80	Charles Moss	1987	3:10.56	Charles Moss	1985	3:12.83
50 fly	Wally Dobler	1991	:27.44	Wally Dobler	1989	:30.24	Wally Dobler	1991	:31.46
100 fly	Wally Dobler	1989	1:00.88	Wally Dobler	1990	1:13.47	Wally Dobler	1991	1:17.72
200 fly	Wally Dobler	1989	2:31.82	Charles Moss	1987	3:00.74	Charles Moss	1983	3:04.49
100 IM	Wally Dobler	1989	1:04.42	Wally Dobler	1989	1:12.79			
200 IM	Wally Dobler	1989	2:24.69	Charles Moss	1987	2:50.46	Charles Moss	1983	2:50.42
400 IM	Wally Dobler	1989	5:24.49	Carl Woolley	1992	6:08.76	Charles Moss	1985	6:17.86
MEN 60-64	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Wally Dobler	1995	:25.72	Wally Dobler	1994	:30.10	Bob Heritier	1988	:29.30
100 free	Wally Dobler	1994	:58.81	Wally Dobler	1995	1:09.26	Bob Heritier	1988	1:07.37
200 free	Bob Heritier	1989	2:13.30	John Ries	1996	2:37.36	Bob Heritier	1988	2:30.03
400/500 free	Bob Heritier	1989	6:07.81	Wallie Jefferies	1992	5:25.61	Wally Jefferies	1992	5:18.92
800/1000 free	Bob Heritier	1989	12:43.11	Charles Maas	1994	12:29.68	Bob Heritier	1988	11:13.58
1500/1650 free	Wallie Jefferies	1994	21:37.31	Wallie Jefferies	1992	21:11.35	Wally Jefferies	1991	21:03.51
50 back	Wally Dobler	1995	:32.44	Wally Dobler	1995	:37.00	Wally Dobler	1994	:38.50
100 back	Wally Dobler	1994	1:11.49	Charles Moss	1992	1:28.64	Wally Dobler	1994	1:24.45
200 back	Wally Dobler	1994	2:37.92	Don Korten	1990	3:18.17	Wally Dobler	1995	3:08.24
50 brst	Charles Moss	1988	:33.17	Charles Moss	1989	:37.99	Charles Moss	1988	:38.01
100 brst	Charles Moss	1988	1:16.31	William Austin	1990	1:34.19	Charles Moss	1990	1:33.29
200 brst	Charles Moss	1988	2:57.55	Charles Moss	1992	3:25.37	Wally Dobler	1994	3:29.25
50 fly	Wally Dobler	1994	:28.31	Wally Dobler	1995	:31.89	Wally Dobler	1994	:31.39
100 fly	Wally Dobler	1994	1:03.44	Charles Moss	1989	1:19.42	Wally Dobler	1994	1:14.98
200 fly	Wally Dobler	1994	2:36.24	Charles Moss	1989	3:06.04	Charles Moss	1988	3:05.41
100 IM	Wally Dobler	1994	1:06.41	Wally Dobler	1994	1:16.09			
200 IM	Wally Dobler	1994	2:27.99	Wally Dobler	1994	2:51.49	Wally Dobler	1994	2:55.12
400 IM	Wally Dobler	1994	5:35.32	Charles Moss	1989	6:19.49	Charles Moss	1988	6:18.89

MEN

MICHIGAN MASTERS RECORDS - MEN - AS OF 11/01/96									
MEN 80-84	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Carl Thornburg	1993	:42.60	Fred Sherriff	1992	:53.16			
100 free	Carl Thornburg	1993	2:03.65	Fred Sherriff	1992	2:13.26			
200 free	Carl Thornburg	1993	3:47.30	Fred Sherriff	1992	5:11.34			
400/500 free	Carl Thornburg	1993	10:22.04	Fred Sherriff	1992	11:06.33			
800/1000 free	Carl Thornburg	1993	21:28.67						
1500/1650 free	Carl Thornburg	1993	35:38.04						
50 back	Carl Thornburg	1994	:50.96	Fred Sherriff	1992	:59.44	Leo Phillips	1996	1:38.77
100 back	Carl Thornburg	1993	1:47.61	Leo Phillips	1996	3:43.25	Carl Thornburg	1993	2:03.70
200 back	Carl Thornburg	1994	3:57.50	Leo Phillips	1996	7:29.43	Carl Thornburg	1993	4:27.30
50 brst	George Van	1983	:54.56	Fred Sherriff	1992	1:04.71			
100 brst	Carl Thornburg	1994	2:02.22						
200 brst	Carl Thornburg	1993	4:23.48				Carl Thornburg	1993	5:28.91
50 fly	Carl Thornburg	1993	:53.91						
100 fly	Carl Thornburg	1993	2:04.60				Carl Thornburg	1993	2:46.15
200 fly	Carl Thornburg	1993	5:28.66						
100 IM	Carl Thornburg	1993	1:50.26						
200 IM	Carl Thornburg	1993	4:10.03						
400 IM	Carl Thornburg	1993	9:00.55				Carl Thornburg	1993	11:01.55
MEN 85-89	Short Course Yards			Short Course Meters			Long Course Meters		
50 free	Al Crabb	1981	1:23.78						
100 free									
200 free									
400/500 free									
800/1000 free									
1500/1650 free									
50 back									
100 back									
200 back									
50 brst									
100 brst									
200 brst									
50 fly									
100 fly									
200 fly									
100 IM									
200 IM									
400 IM									

MICHIGAN MASTERS

Make check  
payable to:

William T. Reid, III  
128 Marlboro Court  
Brooklyn, MI 49230

Mali check to:



# 1997 Membership Application

☐ RENEWAL. My Current USMS  
No. is \_\_\_\_\_

☐ NEW REGISTRATION

USMS Fee

11/1/96-8/31/97 15.00

LMSC Fee 10.00

USMS Fee

9/1/97-10/31/97 \_\_\_\_\_

Total Fee 25.00

Membership expires 12/31/97

## 1997 ONE YEAR MEMBERSHIP APPLICATION

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

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No. ( )	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr
Club or Unattached					

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 \_\_\_\_\_

If you coach Masters Swimmers, please check here ☐

Benefits of membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 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.

Please find above the 1997 registration form. If you have already registered please pass it on to a friend and get them involved in Masters.

I am very pleased to announce that we ended the '96 registration year with 678 members, up from '95 by 63 members.

FRANK THOMPSON  
2660 LITTLEFIELD AVENUE  
WEST BLOOMFIELD MI 48324

Bulk Rate  
U.S. Postage  
PAID  
Clark Lake, MI  
Permit No. 3  
Non-profit

**The Wave Eater**  
Michigan Masters Swimming  
*Phyllis J. Reid*  
128 Mariboro Ct.  
Brooklyn, MI 49230

The following coached workout times and dates will be available at  
Donald B. Canham Natatorium, University of Michigan  
Ann Arbor.

The following Sundays - 9am - 10:30am - \$4/session  
Questions call: Sarah Duttera at 313-647-0500

JANUARY 12 & 26

FEBRUARY 2 & 9

MARCH 16

APRIL 6 & 20

MAY 4

**Upcoming Newsletter DEADLINE: January 20, 1997**