

The Wave Eater

Volume 6, Issue 4

MICHIGAN MASTERS SWIMMING

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President's Corner

By Donald J. Kroeger

Short Course Meter Season (September through December) is just about over and the start of Short Course Yards Season (January through May) is about to begin.

Since September, your State Council has met and finished off the Winter Swim Meet schedule, and reviewed and approved our policies and procedures for "all" Michigan Masters Swim Groups to utilize our Internet web site. The Council has approved the venue for the 1999 Michigan Masters Swimming State Championships Meet (tentatively scheduled April 9-11), which will be held at the new Oakland University Student Recreation Center in Rochester, Michigan. Also, in October, five members of your State Council attended the United States Masters Swimming convention in Cincinnati, Ohio, for training and workshop meetings covering their respective areas of responsibility.

Next, the rest of the news. Beginning in September, our

long time Registrar, William Reid III, and his wife, Phyllis, our News Editor, resigned from their offices effective October 1st and November 1st, respectively. On behalf of the organization, I want to sincerely thank them for all the productive years and hundreds of volunteer hours they have given to Michigan Masters. Their generous contributions have not gone unnoticed by others or myself. I gratefully appreciate their support and wish them continued happiness for the future. To finish out their terms of office, I appointed Robert Isbister as Registrar and Dennis McManus as News Editor, with the State Council's approval.

Finally, two things, twelve members of Michigan Masters participated in the Zone Short Course Meters Swimming Championship and finished second overall. If you have any questions, or would like to host a Masters Meet, give me a call at 734-242-7175.

For now, keep on swimming!

Michigan TOP TEN Report

By Paul Wright

After almost two years and in light of current events, I felt it was time to give my fellow swimmers an update on TOP TEN swim time reporting for Michigan.

The position of Top Ten and Records is a presidential appointed post. It has no voting rights on the board, requires many hours of unpaid work and a lot of expensive computer equipment to administer. Why would anyone take on such an assignment? Well, in my case Don Kroeger called me after the '97 State Meet asking me if I wanted to take one of two openings he had. One was Open Water Swim chairperson and the other was Top Ten. Since I had a background in database design and liked doing computer work, I chose the latter.

Little did I know what was involved. Previously, top ten was done by scanning results for potential times and adding them to the State Meet computer file and submitting it. If any one was missed (meaning they complained) then they were submitted to the "Errata" section of the next top ten report. If they didn't complain then they never got credit for what they swam, (Don't panic...I don't know for sure

(Continued on page 2)

Michigan TOP TEN Report

(Continued from page 1)

this ever happened, but it's possible).

Shortly after I took office, Walt Reid, the then National TOP TEN person, made a change to the way top ten times were to be reported. Submissions were to be submitted in a standard ASCII (a computer acronym) "comma delimited" data format. He provided custom software that he developed to enable this. Michigan Masters also had to upgrade our Hy-Tek meet software to the latest version.

The goal was to reduce the amount of work that the national office had to do to process the times from all 50 State representatives. By standardizing the format this would make their task much simpler. The other goal was to reduce and possibly eliminate the use of the "Errata" as a method of reporting times. Submit times and wait to see who complains was not the what the "Errata" was intended for.

These changes made things more difficult for the local top ten person. In Michigan, for '98 SCY, there were over 3,000 individual swim times! Because of the enormous volume of data, all the swim times have to be entered into a computer to be processed. To make matters worse, local meets are not all run with the Hy-Tek software necessary to be compatible with the National format. Some meets are not even processed electronically at all. I'd have to wait for the results of that meet to be typed up, sent to the newsletter, and when I'd get my copy I'd have to RETYPE everything in the correct format into the computer. Not the most efficient method of doing top ten. I also discovered problems even

with the meets that were submitted in Hy-Tek format. If it was a meet in January like BWSC or Ann Arbor, many swimmers were renewing their cards at the meet. Swimmers without a valid USMS card number were getting text like "Applied for" or nothing at all entered where a "198-xxxxx" number should go. The computer program takes the **first two characters** in this field and uses it for the State LMSC code. (19 is the code for Michigan, 17 for Ohio, etc.). The computer only does what it is programmed to do. It dutifully puts "AP" in that field if the swimmer is "Applied for". One program filters these out when it screens for invalid or Canadian LMSC codes! No less than five different programs were involved to translate the various formats submitted.

Name misspelling, wrong ages, out of state swimmers, relay rosters without last names, late results, were some of the other problems I encountered. One meet had swim times that were hopelessly incorrect. Two meets never sent any times at all!

If your eyes haven't glazed over by now and you're still reading this.... the bottom line is that even after proof reading the preliminary top ten results by myself and Skip Thompson, several people's times were missed and they didn't get the credit due. Once the report was published the phone calls and letters came in. It took me awhile to diagnose why the missing times were dropped.

Even after much discussion and appealing to the current National Top Ten person, Pieter Cath, they will not be included in the

"Errata". The decision of the National office is to stand by their policy.

I apologize to these people and take full responsibility. As a consolation, here are the names and times that should have been included:

Joe Tristan 22M
200 Free 1:51.04
200 Back 1:58.53
100 Fly 53.69

Charles Maas 66M
1000 Free 13:16.94

John Ries 67M
100 Fly 1:22.54
200 I.M. 2:57.54

Lois Nochman 73F
100 Back 1:43.62

To prevent this from happening again, some changes need to be made. I am empowering myself to institute some new policies where I can and make **suggestions** (italicized/bold) where I can't:

1. All meet directors need to submit accurate, proofread and corrected meet results in the correct format no later than 30 days after the meet. Meet directors are responsible for accurately recording meet times and swimmer info. Swimmers are responsible for accurately filling out entry forms and cards. Spell your name the way it is on your USMS card.

2. All meet results have to be in Hy-Tek format, Comm-Link format or simple ASCII format, (as prescribed on page 4 of the Top Ten section of the USMS "White" book), and transmitted to me electronically or delivered on a std. 3.5" disk, I can provide

(Continued on page 3)

Michigan TOP TEN Report

(Continued from page 2)

copies of the Hy-Tek software and/or instruction to any valid meet director. Computers are readily available at most schools, businesses and public libraries.

3. The Sanctions person *should* provide copies of the national format with the sanction information. The Sanctions person *should* review any meets not complying with procedures and refuse future sanctions if they don't comply.

"I want to keep competitive swimming fair to everyone and give credit to those who earn it!"

4. Preliminary top ten times will be posted by Pieter Cath on the National USMS web page for review by all swimmers. Any corrections or omissions need to be sent to me prior to posted deadline. (If the first three items are successfully carried out, there should be few if any mistakes).

5. I *recommend* that everyone renew their USMS cards early so they have a valid number when they swim. I also *recommend* that any large team appoint **one** central person to report errors.

This will help me for obvious reasons. Please no more letter bombs. I can't type very fast without my fingers!

6. Providing meet results promptly and on disk will help the LMSC webmaster and newsletter editor cascade results faster to the membership.

7. The preliminary top ten report can be distributed to team reps for handing out to interested individuals if they don't have access to the Internet. Let us know who the team reps are!

I want to keep competitive swimming fair to everyone and give credit to those that earn it! I need your support to make it happen.

REMINDER:

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

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FITNESS: Body, Mind and Spirit for the Holiday Season!

By Jennifer Parks

Since we're getting into the "meat" of the indoor season, I thought I'd write something about strength and flexibility for all swimmers. But at this time of year, as we approach the holidays and look forward to caring for our spirits, it is important to continue to try to swim whenever we can.

Our lives can get so busy that we

might give short shrift to some aspect of fitness, physical, mental or spiritual. Now is the time to check on when pools are open over the holidays. If you can't get into the pool, try lifting your 5 or 10 lb. weights, doing some "crunches" (always need that abdominal strength!) while the commercials are on, etc. If pools near you are closed, try the mall

(early, before shoppers) or an indoor track to walk for your endurance.

It's estimated that people gain an average of 6 lbs. over the holidays. Try drinking more water with your meal, and less wine or beer. Carry an orange if you're overly tempted by Christmas cookies. Give a massage as a gift to your favorite Masters swimmer (the human touch can be an amazing restorative for the body and the spirit). And in the pool, do some longer swims, looking at the clock every 100, and try descending or negative splitting (the math work in a 1000 or 1650 can help keep one mentally fit!).

And finally, to celebrate the last New Year of this century try 99x50 on 50 or 55 or 1:00, or even 99 x25s, together with your Masters' swimming friends, and celebrate together afterward, the very best reward for your spirit.

Wally Dobler - Recipient of Chetrick Award

By Eric Nordlund

I was training at historic Brennen Pools the other afternoon, getting ready for USMS Long Course Nationals in Fort Lauderdale, and in the middle of my 1500 meter swim I was thinking how fortunate we are to have so many great volunteers in our organization.

Without people such as Wally Dobler, the 1998 recipient of the Michigan Masters Chetrick Award (given for outstanding service to MM Swimming), USMS would not exist. There would be no nationals to attend, no state meets, or local meets which some 34,000 members from all over the country have the opportunity to enter.

(Continued on page 4)

Wally Dobler

(Continued from page 3)

Wally D. swam on the 1957 Michigan State University Big 10 Champion team. Wally began swimming for MM in 1972. From 1975-1977 he was MM Treasurer, from 1977-1979 he was Vice-President. Wally has coached masters at the Oak Park YMCA for the last 14 years and at the Michigan Athletic Club for the last 7 years. Wally has his National Federation State High School Swimming and Diving Officials certification.

Wally has been meet director, or a volunteer, for 5 MM State meets held at MSU (1976, 1979, 1981, 1986, and 1990). Wally has been meet director for the last 10 years for the Lansing Pentathlon Meet. In 1997, Wally was elected by his peers to serve on the MM Review Board.

Wally has also performed very well in the pool. In 1992, he won the Lawrence Award given annually to a MM member for outstanding swimming performances. Wally is the MM leader in All-American rankings in the pool. He is a consistent Top Ten performer and USMS National Champion.

On behalf of all of Michigan Masters membership, I would like to thank you Wally for your years of dedicated service to MM. Keep up the great work, we are all proud of all of your swimming accomplishments both in and out of the pool. Without people like you, MM and USMS would not exist.



ESCAPE FROM ALCATRAZ

— May 31, 1998 —

By Mary Fran Maas Williams

Despite what most people think, sharks are not the most frightening element facing a swimmer in San Francisco Bay. Mercifully, sharks do not venture beyond the Golden Gate Bridge into the Bay! The cold water — 56 degrees the day we swam — IS a definite threat, however, and even the best wet suits don't cover everything. Mine was an elbow/knee length, which I borrowed from a friend, and I wore a long-sleeved nylon jersey under it to protect my arms. I had experienced the Bay waters without the jersey a couple days before the swim, and my arms had no feeling after 800 yards. As the distance from Alcatraz to the shore is 1.5 miles, the possibility of hypothermia entered my mind and the shirt was added. I had also tried the Bay in a heavier, full-length suit, but the weight proved to be exhausting and slowed me down considerably. There are lighter-weight complete suits on the market at \$200 and up, but none were available to rent, and I had no plans to swim waters like these again.

There were 759 competitors entered in the Fitness Escape From Alcatraz Triathlon that day, and I was among the 26 who were competing in the swim leg only. I had great admiration and awe for those who were completing the entire course, which began with the 1.5 mile swim, followed by an 18-mile bike and an eight-mile run!

All of us were ferried out to Alcatraz and the competition officially started as each of us jumped from the boat into the frigid Bay. As I

waited my turn to jump, I thought about the Titanic passengers who perished in the icy waters of the Atlantic. I had seen the movie the week before (big mistake!) and had a nightmare about it the night prior to the swim. I was having real doubts about survival as I looked down into the choppy waves. Immersed in utter dread of what was ahead, I kept repeating Franklin Delano Roosevelt's famous words during the Great Depression, "The only thing to fear is fear itself!"

As I was in the last "wave" of swimmers queued for the jump, I probably had too much time to ruminate on the dangers facing us. When it was finally my turn, it was actually a relief; but as I hit the water and realized the enormity of the ocean's power and its shocking, oppressive cold, my fears became a monstrous reality. I was asking myself the inevitable question, "Why am I doing this??" — and then, "Is there any way out of this?" My immediate response to myself of course was, "SWIM!! SWIM!! -- It's the ONLY way out!!!"

We did have some advantages over the prisoners who had attempted this feat -- kayaks and power boats were guiding us, theoretically in the best direction, with the tides and currents in our favor. I was fortunate to have one of the best kayakers piloting me, a friend who lives near the Bay and has swum from Alcatraz many times.

My friend, Diane Davis, not only read the tide and currents correctly, but kept yelling "Keep swimming! Keep swimming! -- SWIM!!", providing the hope and

(Continued on page 5)

ESCAPE FROM ALCATRAZ

— May 31, 1998 —

(Continued from page 4)

encouragement I needed to push forward when I was tired and the end seemed so far. Thanks to her help, AND my desperate determination to finish, I completed the course in 33:33. This was faster than my time for a 1650 in pool

"...the cold water and fierce, choppy waves just literally beat the life out of a swimmer!"

yards, placing 3rd overall among the five women who competed in the swim leg only. At 66, I was the oldest, followed by two women aged 34 and 30, with times of 48:36 and 36:54 respectively. First and second place finishers were 27- and 22-year

olds, with times of 32:21 and 33:08.

Although we had traveled with the current, when I finally reached the shore, I felt as though I had swum twice the distance -- the cold water and fierce, choppy waves just literally beat the life out of a swimmer! This was a major factor in the selection of the island of Alcatraz in 1934 for the Federal Penitentiary where the most incorrigible prisoners would be kept. And during its 29 years of operation, no prisoner ever escaped from Alcatraz and only one had survived the swim to shore.

On December 14, 1962, John Paul Scott made it to the rocky shore at the southern end of the Golden Gate Bridge. He was barely clinging to life, badly bruised and suffering from hypothermia, when the police picked him up and rushed him to the hospital. He was returned to Alcatraz upon his recovery, but reporters managed to interview him during his stay. His accounts

of the prison's deplorable living conditions and inhumane treatment of prisoners made headlines around the country. After the local and national outcry which followed, the prison was finally closed by Attorney General Robert Kennedy in March 1963.

When asked if this was a rewarding experience and if I'd ever do it again, I assess its value in the knowledge gained about the ocean and its unrelenting power; and for this reason I do not plan to repeat this feat.

My strongest advice to anyone planning it is: #1 - Get close to a great kayaker; #2 - Invest (or rent) a swimmer's (not diver's) wet suit; #3 - Train in the Bay for a week prior to the swim to acclimate your body to the cold water; and DON'T watch the movie "Titanic" before you swim!

Highlights of USMS Convention

By Jennifer Parks

Skip Thompson, Don Kroeger, Eric Nordlund, Bob Isbister and I all attended many different meetings. Skip, who is the Zone Chair for our Great Lakes Zone, ran an excellent meeting with much fruitful discussion, and some of it about Zone Meets. The Indianapolis Short Course Meet in October will have served as the Zone Championships for the year.

Don attended several meetings including Fitness, where many ideas were discussed, with a changing philosophy on fitness swimmers emerging. Bob attended several meetings and

spent much time with other registrars and marketing people, picking their brains for ideas for Michigan Masters. Eric and I attended the Long Distance meeting where Indiana won over Harbor Springs for an open water swim. We were disappointed, but became even more determined to get a future bid (maybe the 2001 6-Mile Championship, which is twice around the perfect Harbor Springs course). Eric also attended the officials meetings: they are becoming quite professional. The Legislation committee, to which I was re-appointed, had a short meeting so I also attended the Rules meeting, which was quite enlightening.

At the general meeting, the birthday date for meters swimming was changed to the calendar year (ask Skip to explain it). There will be another USMS staff position known as Comptroller. Skip and I attended a last meeting on Sunday morning, where United States Aquatics Sports President Ross Wales officially made United States Masters Swimming an equal partner to USA Swimming, Diving, Synchronized Swimming and Water Polo. Hurrah!

Other highlights: Everybody went to practice at Keating Natatorium at least once...and worked very hard. Skip coached one morning, too! I even won a couple of special contests. All in all, it was an excellent convention, talking with and learning from the fine people who run this great organization. (Minutes of meetings were available a few hours after the conclusion of each session, should anyone be interested.)



1999 Elections

By Eric Nordlund

Dear Michigan Masters Swimmers:

1999 is an election year for Michigan Masters. At our annual meeting, after Saturday morning events at the State Meet, we will be voting for elected officers.

As outlined in Article IV of our bylaws, there are 6 elected officers. The elected officers are: President, President-Elect, Secretary, Treasurer, Registrar, and Sanctions Chairperson.

The appointed officers are: Records Chairperson, Newsletter Editor, Safety, Long Distance (Open Water), Webmaster, and Fitness.

ELIGIBILITY- Any Michigan swimmer holding a current USMS registration card is eligible to hold office.

TERM OF OFFICE- Each elected officer shall serve for a term of two (2) years commencing on June 1. Each appointed officer shall serve for a term of one (1) year. The President-Elect ascends to the office of President automatically at the end of his or her term.

NOMINATION- I have been appointed by the President to chair the Nominating Committee. I am asking anyone who is interested in an elected or appointed position to send to me in writing or e-mail in 75 words or less a brief biography and what they plan to contribute to Michigan Masters. I would like to receive this information by Feb. 1, 1999 so we can print the information in "The Wave Eater". Of course, additional nominations may be made from the floor at

election time.

DUTIES-

1. President- President shall be responsible for the day to day management of the business affairs of the MMSA. He shall call meetings when deemed necessary and preside at such meetings. He shall, with approval of the MMSC, appoint committees as necessary to fulfill the responsibilities of the MMSA.

2. President-Elect- President-elect serves as replacement for the president whenever he is absent or unable to perform his duties. He assists the President whenever required. He chairs an awards committee to give recognition to deserving registered swimmers.

3. Secretary- Secretary is responsible for keeping records of all meetings, preparing official correspondence, keeping minutes of meetings and making reports as may be required by the MMSA and/or USMS.

4. Treasurer- Treasurer shall receive all monies and pay all bills approved by MMSC or authorized separately by the General Assembly. He shall maintain all financial records and make timely reports as requested by the MMSC. He shall chair a committee of the MMSC to formulate and present an annual budget to the General Assembly.

5. Registrar- Registrar shall be responsible for the registration of swimmers and maintenance of an up to date list of all registrants.

6. Sanctions Chairperson- Sanctions Chairperson shall assist meet managers in acquiring meet sanctions.

7. Records Chairperson- Records Chairperson shall maintain timely

swimming records of Michigan swimmers for events recognized by the USMS. He will publish these records as may be required and post the requirements before a record can be recognized.

8. Newsletter Editor- Newsletter Editor is responsible for all editorial and publishing duties of the "Wave Eater". Publication dates will be determined by the MMSC.

9. Open Water Chairperson- The person in this position sanctions and encourages USMS open water/long distance events in our LMSC. That means that the specific rules concerning open water must be followed, and particularly, the safety measures, i.e. lifeguards, boats, etc.

10. Fitness- The person in this position should be setting up some fitness events that might encourage non or sometime meet swimmers to participate in our Masters Swim program. The little postal event we have run for the past two years in February, which is the USMS Fitness Month, tried to make the connection between American Heart Association, trying to promote heart health and aerobic exercise, such as Masters Swimming.

11. Webmaster- Responsibilities:

1. Secure a cost effective internet provider that can be read by Michigan Masters members and potential members.

2. The Webmaster will provide and manage small webpages for those local swim groups that cannot create or maintain a website.

3. The Webmaster shall review any local swim group's website to ensure that items posted are consistent with USMS and Michigan Masters guidelines.

4. Webmaster shall investigate all complaints, concerning local

(Continued on page 9)

9 Steps for Increasing Energy Through Food

By Kristin Fusco

Energy is defined as the "capacity for action or accomplishment. Strength and vigor; force". When I see someone with energy, I see someone who physically looks strong, has good color in their face, and expresses themselves with integrity. Obtaining energy through food choices is more than just being able to last the day without wanting an afternoon siesta. It is about having an action plan to accomplish what we are meant to in our life and in our swimming!

Although it sometimes seems difficult to modify your food choices to maintain and increase your energy, if you take it one step at a time, the task becomes much easier.

Step One: Relax while eating.

Do you eat in a fitful hurry on the way to practice while driving? Do you eat with distractions like the television, reading, and even certain people? Do you eat in loud places or hurry through your meals often?

These are some ways we eat unconsciously and stress our bodies, prohibiting essential vitamins and nutrients from fully doing their jobs. When tense and distracted, we tend to overeat and use too much of our energy supply for digestion. Start to take a body check and begin to notice if you are unconsciously uptight, and stressed while eating.

Step Two: Fresh, fresh, fresh.

Increase your consumption of fresh, whole, preferably organic, local and seasonal foods. Many of my clients notice an immediate increase in energy when they start implementing this step, while eliminating frozen meals and meal replacement drinks!

Step Three: Eliminate processed foods

Processed foods are those that are separated from the minerals, vitamins, protein, and fiber that originally assisted them. These are simple carbohydrates (sugars), such as white sugar, white flour (yes, even pasta), fruit juice, corn syrup, etc. Processed foods have two main energy-draining effects on our bodies.

First, our bodies have no way of metabolizing simple carbohydrates, since they are not whole foods with fiber, vitamins and minerals. So the body takes these missing nutrients (needed as catalysts in the digestive process) from other sources. These sources can be either other foods present in the same meal or taken from the body's own tissues. For that reason, when we consume straight white sugar (as well as white flour), we lose B vitamins, calcium, phosphorus, iron and other nutrients directly related to athletic performance.

The second reason processed, simple carbohydrates leave us feeling tired, is that they spike then plummet our blood sugar levels. Too much insulin gets released, thus transferring too much sugar from our blood to our cells. About 25% of the population does not feel this happening, (and do well eating lots of carbohydrates) yet for the other 75%, if too much sugar is taken from their blood than is needed, they experience low blood sugar, or "hypoglycemia". Adrenal fatigue is another result of this roller coaster blood sugar ride. Our adrenals go into "fight or flight" mode when our blood sugar drops, constantly putting them under stress. Energy and moods fluctuate all day when we are reacting to sugar influx, and it becomes a vicious cycle of turning to sugar or simple carbohydrates to keep our energy going.

Step Four: Eating whole foods.

Try to eat fiber-rich, whole foods as close to their natural state as possible. This list of foods includes complex carbohydrates such as whole fruit, unrefined grains, beans, vegetables, as well as nuts, seeds, etc. The

(Continued on page 8)

9 Steps for Increasing Energy Through Food

(Continued from page 7)

fiber in these whole foods slows down the release of sugar into our blood, which helps sustain our energy.

Step Five: Increase good fats and protein.

Fats and proteins (as well as fiber) help stabilize blood sugar, and thus energy. However, all fats are not created equal. Look for essential fatty acids found in fish and unrefined oils (i.e., dark sesame, flax, hemp, pumpkin). These fats actually burn body fat, not increase it! Fats which drain energy (and pack on the pounds) are refined, fried, and hydrogenated oils. Examples of these are margarine and supermarket oils. In addition to looking for "good" fats, quality protein in every meal is a real energy boost for swimmers and athletes alike. Quality protein is organic lean meats, farm-raised fish, beans and soy in its natural state.

Step Six: Eat light at night.

Many swimmers practice late at night, then go home to a meal. My suggestion is eating a light meal before practice then coming home to a high fiber snack after working out. By eating a light at night, we have more energy to renew ourselves during sleep. We awake more alert and refreshed.

Step Seven: Oxygenate your cells.

By giving our cells the oxygen they deserve, we feel more energy. The cell is where health begins. Healthy cells make healthy tissues that make healthy organs that make healthy systems that make healthy bodies. Specific foods to help oxygenate the cells are dark leafy greens (and other green foods), good essential fats, and vegetables.

Step Eight: Water.

We know this, but I can not stress it enough. If you are getting headaches frequently and/or experiencing muscle fatigue, you may not be drinking enough water. Many things contribute to needing more water (stress, supplements, etc), especially swimming in a chlorinated pool. So drink up constantly!

Step Nine: Cook for yourself

This step isn't always easy. Believe me, even as a professional chef, I have spent plenty of time living on power bars, bagels and cereal, rarely cooking for myself. I hated cooking in a home kitchen! Now I see that the energy we put into preparing our own food gives our body the message that it is important, and it rewards us by feeling good. This does not mean spending all your free time in a kitchen, either.

Scientists have known for years that the body has the ability to heal itself. The challenge is to provide the body with what it needs in order to accomplish all that it (and you) can do.

Kristin Fusco, M.A., is a professional chef and clinical psychologist (and Michigan Masters Swimmer). As the director of Healing Through Whole Foods, she is a personal trainer for healthier lifestyles. She offers private and public cooking classes, personalized healing programs and corporate training and seminars. She can be reached at 248-614-1784 or ktfusco@aol.com.



1999 Elections

(Continued from page 6)

swim group websites and report his/her findings to MM LMSC board for review.

5. Webmaster shall review, at least once a year, the Michigan Masters webpage content and other local swim group website content.

6. The Webmaster will notify the appropriate webmaster for national or other LMSC websites of any discrepancies within their websites.

12. **Safety-** The safety person educates members on safety procedures, which are established by USMS, and must be followed to decrease the likelihood of an accident. Their role is more of an educator than a traffic cop.

I look forward to receiving all of your biographies. Michigan Masters members have a wealth of talent and experiences that they can draw upon to make our organization even better than it is today. I am confident that our membership will elect a board which will help make my administration a successful one.

Sincerely,
Eric Nordlund
President-Elect
Michigan Masters Swimming



Michigan Masters Swimming LMSC Webpage Policies and Procedures

By Ken Gutowski

Purpose:

The Michigan Masters Internet Webpages shall...

1. Promote Michigan Masters Swimming in line with the present organizational by-laws.
2. Provide a means for local Michigan Masters clubs to promote themselves, as long as it doesn't conflict with Michigan Masters Swimming.
3. Provide a way of getting information to its members (meet schedules, race applications, meet results, etc.).

Roles/Responsibilities:

1. Appointment by the Michigan Masters LMSC Board:

The Michigan Masters LMSC board will appoint a person to manage an external website and the person shall be called the Webmaster. The webmaster is an appointed, non-voting member of the board.

2. Webmaster Responsibilities:

2.1. The Webmaster is responsible to secure a cost effective Internet provider that can be read by most Michigan Masters members and potential Michigan Masters members.

2.2. The Webmaster may procure necessary services and software to manage the website as long as costs remain within the approved budget.

2.3. The Webmaster will create and maintain small webpages for those local swim groups that cannot create or maintain a website. The amount of changes to this website will be limited, and at the discretion of the webmaster, and should be based on workload and cost issues.

2.4. The Webmaster shall periodically review local swim group's website, which are not directly loaded under the Michigan Masters website, to ensure that items posted are consistent with USMS and Michigan Masters guidelines.

2.5. The Webmaster shall investigate all complaints, concerning local Michigan Master swim group websites and report his/her findings to the Michigan Masters LMSC board for their review.

2.6. The Webmaster shall provide, at a minimum every year, a review of the Michigan Masters webpage content and other local swim group website content.

(Continued on page 10)

Michigan Masters Swimming LMSC Webpage Policies and Procedures

(Continued from page 9)

2.7. The Webmaster will notify the appropriate webmaster for national or other LMSC websites of any discrepancies within their website.

Policies:

1. All content, which is posted, shall conform to USMS guidelines and be consistent with Michigan Masters policies and procedures.

1.1. Advertising

Advertising will be allowed, but must be approved by the Michigan Masters LMSC board. Costs will be determined by the board at the time of the approval.

1.2. Local swim groups links/webpages:

1.2.1. If a local swim group has their own Internet address, if they are in good standing with the Michigan Masters LMSC board, and meet the general intent of USMS and Michigan Masters swimming, a link will be provided from the Michigan Masters website. The remote website must include an e-mail address for the their webmaster.

1.2.2. The LMSC officers will be the governing body concerning the appropriateness of any local work group's website content.

1.2.3. The link may be removed, after 2-business days notice, if the Michigan Masters LMSC board believes that the content is not consistent with the USMS or Michigan Masters LMSC principles, or is considered inappropriate. The notice will be provided to the webmaster of that local swim group electronically.

1.2.4. If a club has their link removed, they may petition the Michigan Masters LMSC President or LMSC board. The Michigan Masters LMSC board will then discuss this issue and decide on actions. A written response will be provided to the local swim group by the Michigan Masters LMSC board.

1.3. Space Allocation

1.3.1. Space to post their own website, designed and maintained by their own local swim group, will be provided to any local Michigan Masters local swim group, as long as there is sufficient space.

1.3.2. If there isn't sufficient space, additional space may be purchased by the local swim group, through the Michigan Masters Webmaster. Cost will be determined by the Michigan Masters Webmaster and based on actual costs required by the server and approved by the Michigan Masters LMSC board.

2. Links to the National or zone links will be provided, but Michigan Masters LMSC is not responsible for its accuracy or content.

3. The website shall not violate any copyright laws.

Michigan Masters Website

<http://www.flash.net/~kgutowsk/mmasters.htm>

Lights, Camera,Action!

It seems Michigan Masters swimmers can be regularly seen on TV as part of a movement highlighting senior citizens with active lifestyles.

Currently, **Edith Glusak** appears in a commercial for the Wellness Plan where she swims and runs along the beach in the the early morning hours.

"The objective is to show that people of all ages are healthier if they remain physically active throughout their lives."

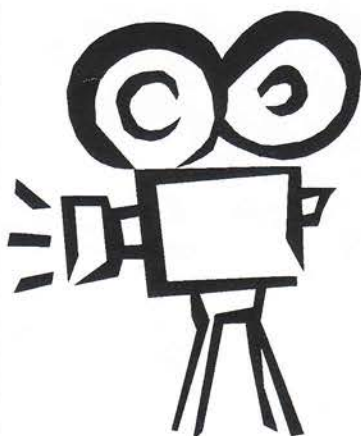
Also, **Mary Fran Williams** and **Lois Nochman** have recently completed a commercial for St. John's Hospital, in which people from all walks of life can be seen in various athletic activities.

The objective for both TV spots is to show that people of all ages are healthier if they

remain physically active throughout their lives.

The St. John's commercial is expected to air in January, 1999.

Congratulations ladies, could Hollywood be only a hop, skip, jump, and splash away?



Mid-Michigan Athletes Form New Club

By Andrea Funk

LANSING - Swimmers and triathletes in the Mid-Michigan area have united to establish a new team under which to compete, — Capital Area Tri & Swim (CATS). In the past, swimmers in the greater Lansing area swam under the header of Lansing Masters, which in recent years has been a team in name only. This fall the CATS were formed to bring area swimmers and triathletes together as a real team.

Although the team does not practice together as a whole, smaller segments are discovering each other through word of mouth and are getting together to work out. The CATS eventually hope to secure a common pool and schedule for organized team workouts once or twice a month. The harsh reality of the pool situation in the Lansing area, combined with schedules of so many athletes, makes weekly group workouts nearly impossible.

The CATS were established not just for swimmers, but for triathletes as well. It's no surprise that many swimmers cross-train in biking and running during the off season. By including triathletes, the team provides a unified title for athletes in compete under during the entire year. The team also hopes to gain swimmers by encouraging triathletes who are not predominately swimmers to train as swimmers in the winter.

Last year at the State Meet, Lansing area swimmers were alone, non-unified and longingly envious of other teams such as FAST and SOS. This year CATS will be a small but growing force competing at the State Meet. **Look for us, we will be out there!**

Mid-Michigan swimmers are encouraged to register this year as part of the Capital Area Tri & Swim team. **Wet CATS can be fun!**

Suzanne Swanton Earns a Spot in Saginaw Swimming Hall of Fame

The Saginaw Swimming Officials Association has recently honored **Suzanne Swanton** by inducting her into the Saginaw Swimming Hall of Fame.

The 58-year-old, mother of six, started swimming when she was 6 and has watched the sport change firsthand over the years. Many changes also occurred in Swanton's own involvement in swimming. As reported by the *Saginaw News*, she went from being a swimmer in the local recreation leagues, to swimming in USMS, to officiating high school swim meets.

Her lengthy list of achievements includes the fact that all six of her children followed her steps into competitive swimming. Since her high school did not provide a girls competitive swim program, she swam for the Saginaw Recreation and Saginaw Swimming Association. During

(Continued on page 12)

Suzanne Swanton Earns a Spot in Saginaw Hall of Fame

(Continued from page 11)

those years, she set numerous city, pool, and state records in the backstroke. Suzanne stayed in swimming after high school, moving from lifeguarding to instructing. All of this came through the Red Cross.

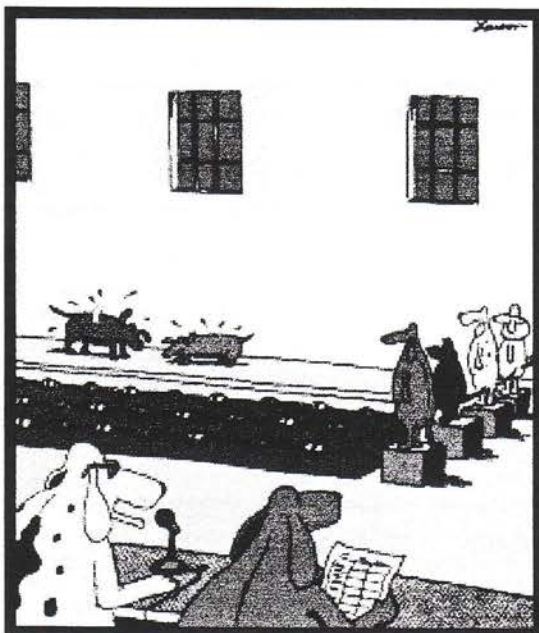
She helped start the first Saginaw YMCA girls swim team in 1967, and served as coach and remained an assistant coach from 1971-74. Due to a shortage of officials at one of her son's swim meets in 1975, she volunteered to officiate on the spot. Later she joined the officials association and worked at meets the rest of that year, becoming its first female member. In 1984-85 she became the organization's first women president.

Suzanne has swum as a masters swimmer since 1971, and continues to this day. She makes a point of attending a meet every month and has been a member of the Michigan Masters team at national events.

Recently her swimming has been curtailed due to foot surgery. She was able to successfully overcome serious complications and is reported recovering satisfactorily.

When quoted by the newspaper during her Hall of Fame induction, she said, "I can swim in the masters as long as I live, —as long as I have the time to get to the pool I will swim."

Congratulations on all your achievements, Suzanne! We'll see you at the pool.



"Well, we're ready for the male's 100-meter freestyle, and I think we can rest assured that most of these athletes will select the dog paddle."

Michigan Masters Women Score Again!

By Edith Glusac

Last Chance Long Course Meet
Hendersonville, North Carolina

Five ladies from Michigan ventured into North Carolina and came home victorious.

As an out-of-state team they placed first, and on an overall basis they were third. Contributing to the success of the team:

Kathy Beckley

5 - Seconds, 1 - Third

Edith Glusac

5 - Firsts, 1 - Second

Joyce Kowalski

6 - Firsts

Beverly Myers

6 - Firsts

Mary Fran Williams

6 - Firsts

This was the third trip for both Edith and Mary Fran to attend this meet. Mary Fran has received high point award all three years. The first year, the ladies placed 2nd as an out-of-state team, with the remaining two years garnering first place.

GO - GO - LADIES!



December 1 through January 1

Sanction #198017

1650 YARD FREESTYLE

Heart Swim 1998-99
Michigan Masters

Heart Swim 1998-99

When: Will run December 1 through January 1 (to include those New Year's morning swims)

1650 yd. Freestyle by mail, counted and verified time by timer/counter/official.

Cost: \$16.50 — includes awards and T-Shirt. Checks to made payable to Heart Swim

All other proceeds (after costs) go to the American Red Cross. (where most of us learned to swim) You will receive a receipt for tax purposes, upon request.

Awards: Medals - 1, 2, 3 Ribbons 4-8 places.

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

Eligibility: Open to all registered masters swimmers for the 1998 season. (send a copy of card)

Entries Due: January 11, 1999.

Information: Jennifer Parks, Home: 616-796-6946 or e-mail: JenSwims@aol.com

Mail To: Heart Swim, Jennifer Parks, 219 Hutchinson, Big Rapids, MI 49307.

West Bloomfield High School Hosts Masters Swim Meet

By Dave Neef

West Bloomfield High School coach, Bob Crosby, his women's swim team and their parents treated a small field of Masters swimmers to an unforgettable inaugural meet on Sunday, November 7. Well-organized heats, quick posting of results, and a fast pool with state-of-the-art electronic scoreboard and timing are sure to attract a larger field of hard-core competitors to future West Bloomfield events. The rest of us enjoyed Crosby's personalized lane announcements, encouragement from the WBHS girls who timed and counted laps and, especially, the homemade post-meet buffet served by WBHS parents in the new "Laker Commons" facility. Complete race results were distributed to all and the food and fellowship completed an outstanding swim meet.

Extraordinary events: Immediately preceding **Jewel Cook's national record** (women, age 90-94, 400 yard IM in 13:06.38), **Jim Kohlenberg**, a local physician who swims with the JCC Marlins, led heroic CPR efforts when **Bob Golden**, also with JCC, collapsed with an apparent heart attack. EMS arrived promptly and resuscitated Bob, who is now recovering.

Participants left the meet feeling a renewed sense of community with swimmers of all ages, motivation to learn CPR and looking forward to the next WBHS event. Fortunately, we only have to wait until March 7, 1999, when the men's team will sponsor the next WBHS masters swimming meet.

Red Cross: In 1914 Commodore Wilbert E. Longfellow established the volunteer based Life Saving Service of the American Red Cross. His objective was to "water proof" America.

Take a cardiopulmonary resuscitation (CPR) and First Aid course so you'll know what to do in an emergency. It takes less than a day, and you may save someone's life.

YOU ARE INVITED TO THE
DEAD WEEKEND SHORT COURSE MASTERS SWIMMING MEET
AT THE UNIVERSITY OF MICHIGAN
Sunday, January 17, 1999
Don Canham Natatorium, University of Michigan

Sanctioned by Michigan Master for USMS Inc.
Sanction No. 199002

Come be one of the first Masters to race in the Newly Tiled, Remodeled, Re-lighted, Re-ventilated and better than ever Canham Natatorium!

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 | 12. 200 Yard Medley Relay |
| | 2. 50 Yard Breaststroke | 13. 500 Yard Freestyle |
| | 3. 100 Yard Butterfly | 14. 50 Yard Backstroke |
| | 4. 200 Yard IM | 15. 100 Yard Breaststroke |
| | 5. 50 Yard Freestyle | 16. 50 Yard Butterfly |
| | 6. 800 Yard Free Relay | 17. 200 Yard Freestyle |
| | 7. 200 Yard Backstroke | 18. 400 Yard Relays (MR/FR) |
| | 8. 100 Yard IM | 19. 100 Yard Backstroke |
| | 9. 200 Yard Breaststroke | 20. 400 yard IM |
| | 10. 100 Yard Freestyle | 21. 200 Yard Free Relay |
| | 11. 200 Yard Butterfly | 22. 1650 Yard Freestyle |

Facilities

The meet will be held at the Don Canham Natatorium at the University of Michigan. The long distance freestyle events (500 Free, 1000 Free and 1650 Free) will be swum in two 25 yard eight lane courses, each course with electronic timing. 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, 500 and 1650 yard freestyles, 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 200 Yard Butterfly and the 200 Yard Medley Relay.

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 11, 1999. Relays will be deck entered. 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:

Phyllis J. Reid
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 (517)262-3740. During check-in, 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.

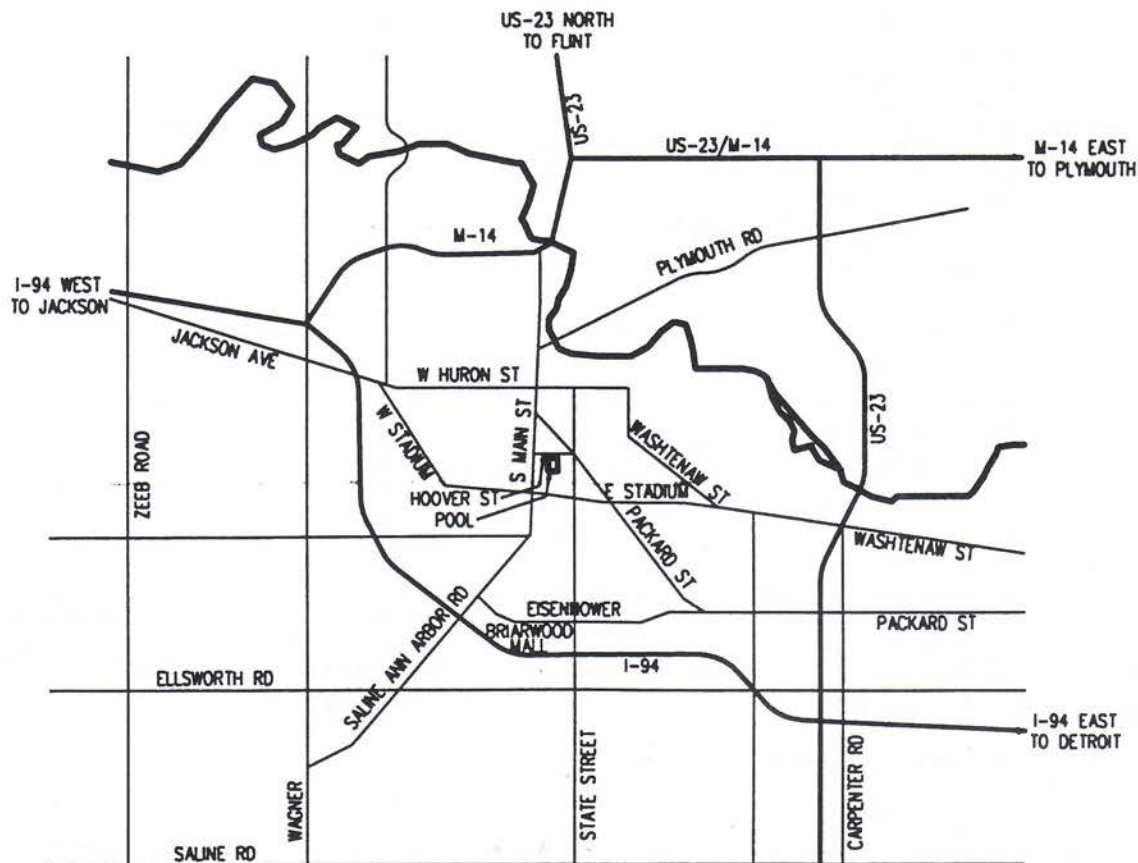
Swimmers who have entered the meet by mail and find that they are unable to attend can scratch by telephone. Before Sunday, January 17, scratches can be made at (517)592-8908. Scratches can be made on Sunday from 8:00 AM until 9:30 AM at (517)262-3740. If you scratch by phone, we will refund \$5.00 of your entry fee.

Eligibility: Only swimmers registered with the USMS for 1999 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. 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.

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.





**Eleventh Annual
Valentine's Weekend Swim Meet
FEBRUARY 14, 1999
BRIGHTON HIGH SCHOOL
Sanctioned by Michigan LMSC for USMS, Inc.
Sanction # 199005**

Ford Athletic Swim and Triathlon Club presents their 11th annual Michigan Masters Swim Meet. This is a sanctioned meet, open to all registered USMS swimmers ages 19 to 100+. Traditionally one of the largest non-championship meets in Michigan, attracting well over 100 participants and also the only SC Meters meet in Michigan. Pre registration is recommended and necessary for us to run a smooth meet.

****NOTE****

Due to time constraints:

Events #14 and #15 will be pre registered ONLY!

We also reserve the right to reduce, change or eliminate heats and / or events.

- | | |
|-----------------------|---------------------|
| 1. 200 m Medley Relay | 8. 200 m Free Relay |
| 2. 200 m Free | 9. 200 m I. M. |
| 3. 100 m Back | 10. 100 m Free |
| 4. 50 m Fly | 11. 50 m Breast |
| 5. 100 m I. M. | 12. 100 m Fly |
| 6. 100 m Breast | 13. 50 m Back |
| 7. 50 m Free | 14. 400 m Free * |
| INTERMISSION | 15. 1500 m Free * |
| | *may be combined |

Registration and warm up begins at 9:00 am

Late Registration ends at 9:30 am!

Meet begins at 10:00 am

Meet fee is \$10.00 (US) postmarked by February 8th.

After 2/8/98; \$15.00. Not responsible for late mail!

Deck entries allowed but seeding will be next available lane.

Participants may enter up to **four** individual events and **two** relays. Relay cards are due 30 minutes prior to the event.

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

Short Course 25 Meter Pool with warm up area.

Electronic Timers run by Hy Tek Meet Master software

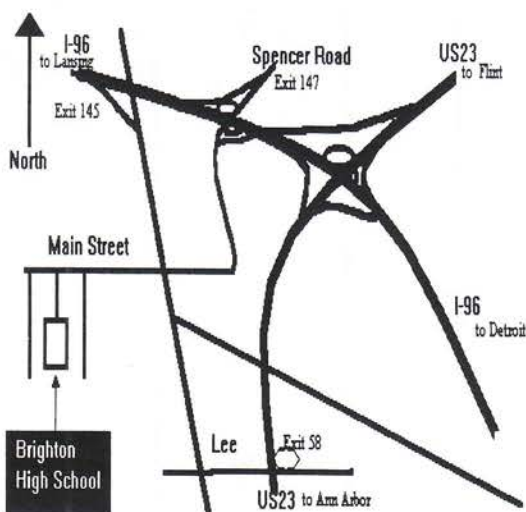
Part of the proceeds will be donated to the Joseph Beaudoin Memorial Fund.

**FINA age breaks apply to meters meets per new USMS rule.
Your age on 12/31/99 determines what age group you swim!**

For more information call Paul Wright; (313) 390-4820 (days)
(313) 295-3132 (eve.)

Visit our web page at <http://www.flash.net/~kgutowsk>

Map



Directions

From Lansing:

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

From Ann Arbor:

US-23 North to Lee Road- Exit 58; Lee Road West to Rickett Road- Turn Right and merge onto Grand River North; Grand River to Main St.- Turn Left.

From Flint:

US-23 South to I-96 west; then follow Detroit directions below.

From Detroit:

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

Brighton High School is on Sage Street. Sage is off Main Street past 7th, approx. 1 mile west of Grand River.

Joseph Beaudoin Memorial Swim Meet

Sunday, February 14, 1999

Brighton High School
Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # 199005

Name:	Birth date	/ /
USMS# (required)	Age on Dec 31, 1999	Male / Female
Club Name:	Phone #:()	

Event	Seed Time	Event	Seed Time
1. 200 Medley Relay		8. 200 Free Relay	
2. 200 Free		9. 200 I. M.	
3. 100 Back		10. 100 Free	
4. 50 Fly		11. 50 Breast	
5. 100 IM		12. 100 Fly	
6. 100 Breast		13. 50 Back	
7. 50 Free		14. 400 Free	
* INTERMISSION*		15. 1500 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 governed by the rules of USMS.

Date:	SIGNATURE:
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Make Checks Payable To: FAST

Mail To: Paul Wright
25745 Chernick St.
Taylor, MI 48180

*****Entries must be Postmarked by Monday Feb. 8, 1999!*****



**Sylvania Masters Swim Club
Short Course Meters Swim Meet**



Sunday February 21, 1999 Sylvania Northview High School
Sanctioned by Ohio LMSC, Inc. Sanction # 178012

- WHEN:** **Sunday February 21, 1999**
Entries: 10:00am - 11:30am
Warm-up: 10:00am - 10:30am
Event 1: 10:30am
Warm-up: 11:00am - 12:00 noon
Event 2: 12:00 noon
- ELIGIBILITY:** All 1999 USMS members. Submission of a photocopy of USMS registration card with entry form is required. If a swimmer is not currently registered with USMS, application and registration fees will be taken at the meet.
- ENTRY FEE:** \$15.00 for a maximum of 5 individual events and 2 relays. All entries must be received by 2/12/98. Deck entries will be \$20.00. Please bring a copy of your current USMS card. (**No** card **No** swim, USMS Rules)
- FORMAT:** All events will be swam from slow to fast. No times will swim first. This will occur in a six lane 25 meter pool with an adjacent warm-up/warm-down area. Colorado timing system will be used. There will be a maximum of three (3) heats of event #1 (800 Free).
- LOCATION:** Sylvania Northview High School, Sylvania, Ohio. Take US 23 to the Sylvania exit. Turn left onto Monroe Street. Proceed approximately 2 miles and turn left at the light on Silica Drive (just past the library). The High School will be on your right.
- AWARDS:** Award certificates given to all participants (all age groups/all events).
- ADDITIONAL INFORMATION:** Contact: Tom Schardt (419)726-8010
(Snacks will be provided by Sylvania Masters Swim Club)
- WARM-UP/
WARM-DOWN
PROCEDURES:** *Swimmers must enter the pool feet first in a cautious manner with at least one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lane during warm-up. The shallow area adjacent to the six sprint lanes will be maintained as a continuous warm-up/warm-down area during the entirety of the meet. ABSOLUTELY NO DIVING will be permitted in this area at any time. Instructions given by a designated official will be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Officials for failure to comply with these rules.*

Welcome to the Sylvania Masters Swim Meet

Sunday, February 21, 1999

Sanctioned by Ohio LMSC for USMS, Inc. - Sanction #178012

Events:	Events:	Seed Time	Events	Seed Time
1. 800 FREE			BREAK	ZZZZZZZZ
	BREAK	ZZZZZZZZ	11. 200 I.M.	
2. 100 BACK			12. 200 FLY	
3. 200 BREAST			13. 200 BACK	
4. 100 FREE			14. 50 FREE	
5. 50 FLY			15. 400 I.M.	
6. 100 I.M.			16. 100 BREAST	
7. 50 BACK			17. 100 FLY	
8. 200 FREE			18. 200 MEDLEY RELAY	
9. 50 BREAST			19. 400 FREE	
10. 800 FREE RELAY				

Relays are deck entered only.

Deck entries for Event 1 (800 FREE) accepted between 10:00am -10:15am

Last Name: _____ First Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Age on 2-21-99: _____ 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 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. rule book Article 203.1

Signature _____ Date _____

Write checks payable to: Sylvania Masters Swim Club

Please include a photocopy of your USMS card.

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

**Michigan Masters Swimming and
West Michigan Masters Swim Association
Present the Eleventh Annual**

Swim Classic

at

Rockford High School Community Pool

4100 Kroes Rd. Rockford, Michigan

Saturday February 27, 1999

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 memberships (\$25.00 for 1999), will be available at the Meet.

The Rockford Pool 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.).

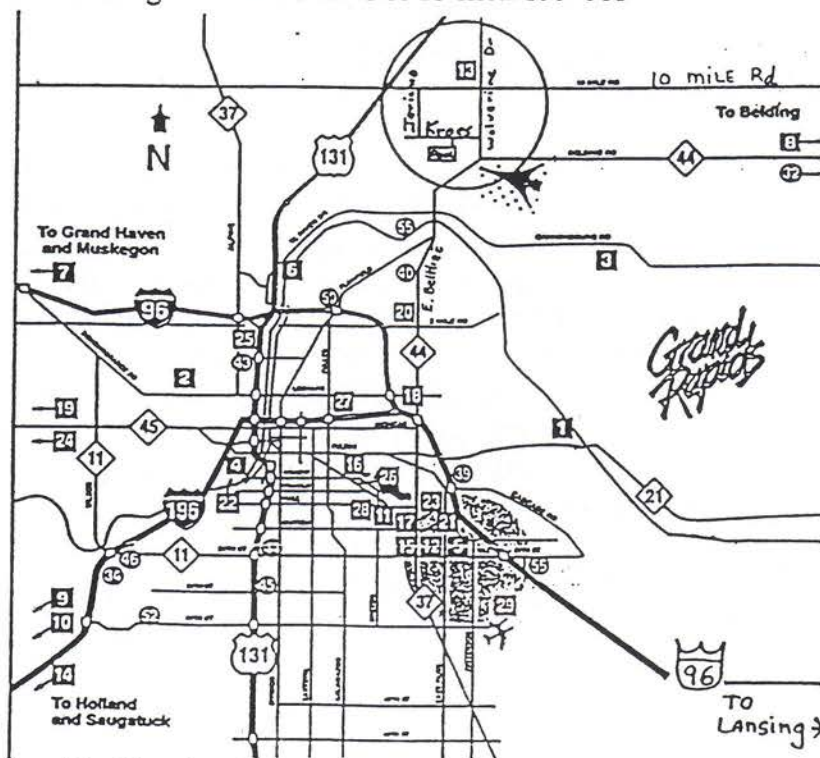
1650/1000 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free.

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. See **back for mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592
e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#199-003

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" swimmers.
All swimmers must enter the water "feet first" and in a cautious manner.

OPTIONAL MAIL IN REGISTRATION

WEST MICHIGAN MASTERS SWIM CLASSIC SATURDAY FEBRUARY 27, 1999 ROCKFORD HIGH SCHOOL POOL

If you would like to register by mail for events 4-14, please complete and mail this for as instructed below.

(Events 1,2,3 & 15 are deck entry only and cannot be entered by using this form).

This mail-in registration is optional.

All events can be deck entered the day of the meet during regular registration.

Swimmer Name _____

Sex: _____

USMS # _____

Date of birth _____

Age on Feb 27 _____

Home phone(____) _____

Address _____

Events (Check Box and give time)

4	200 Free	<input type="checkbox"/>	
5	200 IM	<input type="checkbox"/>	
6	50 Free	<input type="checkbox"/>	
7	200 Breast	<input type="checkbox"/>	
8	100 Back	<input type="checkbox"/>	
9	50 Fly	<input type="checkbox"/>	
10	100 IM	<input type="checkbox"/>	
11	100 Free	<input type="checkbox"/>	
12	100 Breast	<input type="checkbox"/>	
13	100 Fly	<input type="checkbox"/>	
14	200 Back	<input type="checkbox"/>	

Mail this completed form , a copy of your 1999 USMS card, and a check for \$13.00 payable to W.M.M.S.A. postmarked by February 17,1999 to Ken Danhof 4295 Carolyn St., Muskegon, MI. 49444.

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 PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS AND 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.

Signed _____ Date _____

US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

SANCTION: This meet is sanctioned by US Masters Swimming as a *recognized* swim meet. USMS rules will govern all competition. Our Sanction # is 199006.

DATE: Sunday, March 7, 1999

LOCATION: West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-539-2515 (Pool Phone)
Bob Crosby-Meet Manager

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

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

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

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

Bob Crosby-Swim Coach
AT THE ABOVE ADDRESS

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

ENTRY DEADLINE IS WEDNESDAY, MARCH 3RD, 1999 BY 3 PM

If you are not able to mail or fax in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M.

PLEASE USE THE ENCLOSED ENTRY BLANK

ENTRY FEE: \$17 for entries received by the above deadline. For any entries received after the deadline, or for deck entries, the fee is \$22. Make all checks payable to the **LAKER FAN CLUB**.

POT LUCK: Included with your entry fee will be a post meet pot luck dinner. The meal will be supplied by the West Bloomfield Boys swimming and diving parents.

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

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

NAME _____ SEX M F

AGE _____ CLUB _____

PLEASE ENTER EVENT #, EVENT NAME, AND ENTRY TIME BELOW
FOR EACH EVENT YOU PLAN TO ENTER.

<u>EVENT #</u>	<u>EVENT NAME</u>	<u>SEED TIME</u>

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

US MASTERS SWIMMING
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL
ORDER OF EVENTS

SESSION 1 – WARM-UP 7:15 A.M.

SESSION 1 BEGINS 7:45 A.M.

EVENT #1 – 1650 FREE

2 HEATS – FASTEST 12 ENTRIES
(ENTRIES FOR THIS EVENT MUST BE RECEIVED BEFORE THE
ENTRY DEADLINE)

SESSION 2 WARM-UP – 9:00 A.M.

SESSION 2 BEGINS AT 9:30 A.M.

EVENT #2 – 200 BACK
EVENT #3 – 50 FLY
EVENT #4 – 200 IM
EVENT #5 – 50 BREAST
EVENT #6 – 200 FREE
EVENT #7 – 50 BACK
EVENT #8 – 100 FLY
EVENT #9 – 200 BREAST
EVENT #10 – 50 FREE
EVENT #11 – 400 IM
EVENT #12 – 100 FREE
EVENT #13 – 200 FLY
EVENT #14 – 100 BACK
EVENT #15 – 100 BREAST
EVENT #16 – 50 FREE
EVENT #17 – 500 FREE

IF TIME ALLOWS AN ADDITIONAL 1000 FREE EVENT WILL BE
OFFERED WITH SWIMMERS SWIMMING TWO PER LANE HAND
TIMED.

MAKE ALL CHECKS PAYABLE TO THE LAKER FAN
CLUB

SAGINAW YMCA SWIMMING MEET

Short Course - 25 Yards

1

1915 Fordney, Saginaw, MI 48601

November 14, 1998

Recognition #198014

200 IM**Women 35-39**

Andrea Funk 35 2:32.00

Women 54-59

Jennifer Parks 55 3:28.68

Women 70-74

Lois Nochman 74 3:32.25

50 BREASTSTROKE**Women 50-54**

Jean Bails 53 1:07.63

Women 54-59

Joyce Kowalski 56 49.50

Women 60-64

Beverly Myers 63 44.78

Women 75-79

Edith Glusac 79 1:02.98

100 FLY**Women 35-39**

Andrea Funk 35 1:13.94

Women 70-74

Lois Nochman 74 1:48.40

50 BACKSTROKE**Women 35-39**

Jill Howard 39 38.22

Women 50-54

Jean Bails 53 56.82

Women 54-59

Joyce Kowalski 56 47.53

Women 60-64

Beverly Myers 63 42.50

Women 75-79

Edith Glusac 79 1:01.56

100 FREESTYLE**Women 35-39**

Andrea Funk 35 1:03.40

Jill Howard 39 1:09.14

Women 54-59

Jennifer Parks 55 1:25.25

Women 70-74

Lois Nochman 74 1:35.00

100 BREASTSTROKE**Women 35-39**

Andrea Funk 35 1:23.00

Women 50-54

Jean Bails 53 2:27.19

Women 54-59

Jennifer Parks 55 1:47.66

Women 70-74

Lois Nochman 74 1:56.63

50 FLY**Women 35-39**

Jill Howard 39 36.53

Women 50-54

Jean Bails 53 1:10.84

54-59

Joyce Kowalski 56 45.62

Women 60-64

Beverly Myers 63 41.35

Women 75-79

Edith Glusac 79 1:19.89

100 IM**Women 50-54**

Jean Bails 53 2:13.84

Women 54-59

Jennifer Parks 55 1:35.06

Joyce Kowalski 56 1:37.93

Women 60-64

Beverly Myers 63 1:29.94

Women 75-79

Edith Glusac 79 2:27.93

1998 USMS SHORT COURSE NATIONALS
NATATORIUM OF I.U.P.U.I.
INDIANAPOLIS, IN MAY 7 - 10, 1998

MICHIGAN SWIMMERS
* STATE RECORD
USMS NATIONAL RECORD

1

JEAN BAILS	(53)	
50 BACK	:52.05	11TH
100 BACK	1:49.24	12TH
200 BACK	3:57.21	10TH
SUSAN BOND	(61)	
50 FREE	:37.51	10TH
500 FREE	9:01.21	6TH
1650 FREE	29:55.19	3RD
L. BROCKHAHN	(47)	
100 FREE	:51.77	5TH*
200 FREE	1:53.82	6TH
500 FREE	5:11.53	5TH*
100 FLY	:59.81	11TH
200 I.M.	2:14.47	11TH
MONICA BULLARD	(26)	
50 FREE	:28.08	28TH
100 FREE	1:00.71	25TH
500 FREE	6:05.34	15TH
100 BREAST	1:15.73	14TH
200 BREAST	2:48.01	12TH
SUE CAHILL	(36)	
500 FREE	5:24.02	2ND*
400 I.M.	4:46.84	2ND*
ALAN CALDMEYER	(51)	
50 FREE	:26.99	31ST
200 FREE	2:19.60	33RD
50 FLY	:29.67	27TH
PAUL CHAFFEE	(55)	
50 FREE	:25.23	5TH
100 FREE	:56.37	4TH*
200 FREE	2:11.42	8TH
1000 FREE	13:39.95	6TH
RICHARD CHANEY	(47)	
50 BACK	:29.43	10TH
100 BACK	1:04.13	15TH
200 BACK	2:20.12	13TH
100 I.M.	1:05.55	21ST
200 I.M.	2:22.23	23RD
MICHAEL CICHELO	(30)	
50 FREE	:23.00	18TH
50 BREAST	:28.95	13TH
100 BREAST	1:04.65	13TH
200 BREAST	2:26.21	12TH
50 FLY	:26.71	25TH
JOHN COWING	(49)	
200 BACK	2:40.07	21ST
200 I.M.	2:41.27	33RD
MICHAEL DEMPSEY	(34)	
50 FREE	:22.87	15TH
200 FREE	1:52.60	22ND
100 I.M.	:56.85	9TH
200 I.M.	2:05.34	9TH
MARK DUNN	(26)	
50 FREE	:22.90	18TH
100 FREE	:50.21	18TH
50 FLY	:25.14	16TH
100 I.M.	:58.52	19TH

CLINT DENSHAM	(21)	
50 FREE	:24.78	20TH
50 BACK	:28.43	3RD
100 BACK	1:02.90	4TH
50 FLY	:26.57	9TH
100 FLY	1:00.73	10TH
100 I.M.	1:03.46	14TH
MARILYN EARLY	(40)	
50 FREE	:26.54	5TH*
100 FREE	:57.52	4TH*
200 FREE	2:06.28	3RD*
50 BACK	:31.07	4TH*
100 BACK	1:05.64	3RD*
200 BACK	2:26.05	3RD*
ELEMER EGELKRAUT	(64)	
1650 FREE	24:05.89	4TH
ALLISON EVANS	(20)	
50 FREE	:28.57	14TH
100 I.M.	1:08.61	3RD
MARTHA FORSTER	(81)	
50 FREE	1:08.88	5TH
100 FREE	2:31.08	8TH
200 FREE	5:21.62	9TH
500 FREE	14:22.53	8TH
1000 FREE	28:50.47	1ST
ROBERT FORT	(40)	
50 FREE	:23.91	27TH
50 FLY	:26.62	21ST
100 FLY	1:06.01	43RD
ELEMER FROST	(75)	
50 FREE	:34.40	3RD
100 FREE	1:20.61	5TH
200 FREE	3:16.78	7TH
500 FREE	9:54.52	7TH
1000 FREE	19:37.45	5TH
50 BREAST	1:07.16	5TH
KRISTIN FUSCO	(30)	
50 FREE	:29.16	29TH
100 FREE	1:02.15	31ST
200 FREE	2:16.42	31ST
100 BACK	1:14.73	19TH
CASSANDRA GARRY	(43)	
50 FREE	:31.45	37TH
50 FLY	:37.36	24TH
200 FLY	3:25.67	11TH
EDITH GLUSAC	(79)	
50 BREAST	:58.58	2ND
100 BREAST	2:15.87	3RD
200 BREAST	5:08.82	3RD
100 FLY	2:47.98	2ND
400 I.M.	11:14.33	3RD
MICHAEL GREEN	(34)	
100 FREE	:47.37	3RD
200 FREE	1:44.69	2ND
200 I.M.	1:58.32	2ND
RODNEY GYURKE	(31)	
200 FREE	1:51.72	18TH

LESLIE GRUENLER (35)
100 FREE 1:01.55 21ST
500 FREE 6:05.63 18TH
50 FLY :31.52 17TH
100 I.M. 1:10.39 15TH
STEVE HANSEN (46)
50 BREAST :32.55 11TH
100 BREAST 1:10.94 14TH
200 BREAST 2:34.98 12TH
50 FLY :29.32 32ND
100 FLY 1:06.15 24TH
ROGER HARPER (32)
50 FREE :25.17 37TH
50 BREAST :32.29 24TH
100 BREAST 1:12.69 31ST
200 BREAST 2:40.03 18TH
STEVEN HEDSTROM (20)
50 BREAST :30.82 7TH
100 BREAST 1:08.07 8TH
200 BREAST 2:34.74 4TH
100 FLY :59.89 8TH
400 I.M. 5:07.76 6TH
BOB HERITIER (69)
50 FREE :29.07 9TH
200 FREE 2:35.13 8TH
1000 FREE 14:42.72 2ND
DAWN HEWITT (33)
50 BACK :28.48 3RD
100 BACK 1:02.91 5TH
200 BACK 2:14.54 2ND
100 I.M. 1:05.38 4TH
200 I.M. 2:22.42 8TH
400 I.M. 5:04.34 5TH
JILL HOWARD (38)
50 FREE :30.11 32ND
50 FLY :35.24 26TH
GREG KEELER (39)
50 FREE :26.99 52ND
50 FLY :28.39 44TH
100 I.M. 1:08.48 42ND
ALGERNON KEITH (37)
50 FREE :23.29 24TH
100 FREE :51.97 26TH
50 BREAST :29.47 18TH
100 BREAST 1:06.95 24TH
LARRY KIMBALL (47)
50 FREE :25.30 29TH
100 FREE :58.09 42ND
50 FLY :27.30 19TH
100 FLY 1:03.28 19TH
JOYCE KOWALSKI (56)
50 FREE :34.00 6TH
100 FREE 1:17.53 6TH
200 FREE 3:03.91 13TH
50 BREAST :48.97 10TH
50 FLY :43.34 10TH
100 I.M. 1:32.86 5TH

BARBARA KRAUSE (38)
500 FREE 6:04.06 7TH
1000 FREE 12:11.64 7TH
100 FLY 1:07.22 10TH
200 FLY 2:29.62 7TH*
400 I.M. 5:17.95 12TH
DONALD KROEGER (54)
1000 FREE 13:13.82 8TH
EVELYN LYNCH (45)
50 BACK :31.52 4TH*
100 BACK 1:07.14 3RD*
200 BACK 2:31.22 2ND*
50 FLY :31.24 5TH*
100 I.M. 1:10.43 6TH*
200 I.M. 2:32.89 2ND*
TOM LYNCH (33)
100 BREAST 1:17.12 34TH
200 BREAST 2:51.53 19TH
200 FLY 3:08.54 11TH
STUART MAIR (38)
100 BREAST 1:06.66 21ST
200 BREAST 2:23.15 10TH
100 FLY :59.48 31ST
100 I.M. :59.44 24TH
200 I.M. 2:08.60 17TH
400 I.M. 4:45.11 11TH
DONALD MAY (77)
1650 FREE 38:59.87 4TH
200 BACK 5:43.12 10TH
200 BREAST 5:54.93 3RD
PHIL McLURG (26)
50 BACK :26.50 7TH
100 BACK :55.62 9TH
100 BREAST 1:03.81 16TH
TOM MELGAR (36)
50 FREE :23.82 33RD
100 FREE :54.20 41ST
200 FREE 2:00.80 38TH
500 FREE 5:43.93 19TH
50 FLY :26.28 34TH
100 FLY 1:02.39 39TH
TOOD MERCER (30)
100 FREE :48.90 10TH
200 FREE 1:48.69 9TH
100 BACK :57.03 8TH
200 BACK 2:01.27 5TH
100 FLY :54.60 8TH
ALBERT MORLEY (60)
100 FREE 1:08.34 14TH
200 FREE 2:33.99 11TH
500 FREE 7:05.23 8TH
1000 FREE 14:45.32 4TH
200 BACK 3:12.17 10TH
GREG ROBINSON (41)
50 BREAST :34.50 36TH
50 FLY :26.97 36TH
100 FLY 1:03.11 25TH

1998 USMS SHORT COURSE NATIONALS
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MICHIGAN SWIMMERS
* STATE RECORD
USMS NATIONAL RECORD

3

BEVERLY MYERS (62)
50 FREE :33.54 4TH
100 FREE 1:15.18 4TH
50 BACK :40.06 2ND
100 BACK 1:24.74 2ND
50 FLY :37.59 1ST
100 I.M. 1:25.61 1ST
LOIS NOCHMAN (73)
50 BACK :45.67 1ST
200 BACK 3:36.45 1ST
50 BREAST :52.34 2ND
50 FLY :42.04 1ST
100 FLY 1:40.39 2ND
200 FLY 3:45.01 3RD
CHUCK OLSON (48)
50 FREE :24.81 22ND
100 FREE :53.40 11TH
200 FREE 1:58.99 15TH
500 FREE 5:35.29 12TH
NICHOLAS PELLEGRINO (28)
50 FREE :22.33 12TH
100 FREE :48.13 8TH
200 FREE 1:48.98 7TH
50 BREAST :28.61 8TH
100 BREAST 1:02.25 10TH
200 BREAST 2:18.46 8TH
EVAN PRICE (19)
50 FREE :23.95 17TH
100 FREE :52.79 17TH
200 FREE 1:59.26 11TH
50 FLY :26.61 11TH
100 FLY :59.41 6TH
SHERRY PUTHOFF (50)
100 BACK 1:15.73 2ND*
200 BACK 2:41.47 1ST*
50 FLY :31.88 1ST*
100 FLY 1:12.58 1ST*
100 I.M. 1:13.16 1ST*
200 I.M. 2:40.00 1ST*
JOHN RIES (66)
50 FREE :28.34 6TH
100 FREE 1:01.47 3RD
200 FREE 2:19.62 2ND
50 FLY :33.93 6TH
AMY ROSS (44)
50 FREE :30.77 34TH
50 FLY :33.49 21ST
100 FLY 1:17.51 19TH
DANIELLE SALTON (20)
50 FREE :27.66 7TH
100 FREE 1:00.81 7TH
50 BREAST :35.06 2ND
100 BREAST 1:16.17 4TH
200 I.M. 2:28.29 4TH
400 I.M. 5:22.29 2ND

SHELLY SCHAFFER (31)
200 FREE 2:02.27 8TH*
500 FREE 5:18.38 1ST*
1650 FREE 18:04.94 1ST*
THOMAS SCHARDT (30)
50 FREE :24.24 33RD
100 FREE :54.32 32ND
50 BACK :29.36 12TH
50 FLY :26.95 28TH
200 I.M. 2:33.58 34TH
MARC SCHLATTER (39)
50 BREAST :28.41 9TH
MIKE SCHULDINGER (36)
100 FREE :51.34 22ND
200 FREE 1:53.82 23RD
100 FLY :58.74 28TH
200 FLY 2:13.16 13TH
200 I.M. 2:09.88 21ST
400 I.M. 4:41.06 10TH
AMANDA SCHUSTER (30)
100 FREE :59.45 24TH
200 FREE 2:11.20 22ND
1650 FREE 20:16.85 6TH
200 BACK 2:30.35 10TH
200 I.M. 2:32.18 15TH
NANCY SERVO (37)
50 FREE :25.93 3RD*
100 FREE :56.98 5TH*
200 FREE 2:10.33 16TH
50 BREAST :34.90 9TH
50 FLY :29.62 9TH*
100 I.M. 1:07.34 5TH
BRIAN SHARAR (36)
50 FLY :24.93 19TH*
100 FLY :55.68 19TH
DAVID SHEPHERD (42)
200 FREE 1:49.04 4TH*
500 FREE 4:53.10 1ST*
1650 FREE 16:58.23 1ST*
200 FLY 2:02.15 3RD*
400 I.M. 4:27.04 4TH*
MARIA SIMOS (26)
50 BREAST :37.96 22ND
100 BREAST 1:24.18 22ND
50 FLY :33.04 21ST
DAVID SMITH (43)
50 FREE :25.99 59TH
50 FLY :29.89 47TH
FRANK THOMPSON (46)
500 FREE 5:44.99 14TH
1000 FREE 11:16.61 5TH
100 BACK 1:02.54 11TH
200 BACK 2:17.63 11TH
200 I.M. 2:22.94 25TH
400 I.M. 5:00.45 13TH

1998 USMS SHORT COURSE NATIONALS
NATATORIUM OF I.U.P.U.I.

MICHIGAN SWIMMERS
* STATE RECORD
USMS NATIONAL RECORD

4

FRANK BONGIORNO (53)
200 FLY 3:15.89 11TH
200 I.M. 3:01.09 20TH
HUGH RODDIN (56)
100 BACK 1:07.25 1ST*
200 BACK 2:27.52 2ND
100 FLY 1:04.30 4TH
200 FLY 2:25.50 1ST*
200 I.M. 2:28.37 5TH
JOHN STOVER (56)
100 BREAST 1:14.21 7TH
200 BREAST 2:46.72 8TH
200 FLY 2:50.91 7TH
VICTORIA WEBBER (23)
50 FREE :28.26 11TH
100 FREE 1:02.90 10TH
50 BACK :33.12 10TH
50 FLY :31.42 5TH
100 I.M. 1:10.79 7TH
GEORGE WILCOX (42)
100 BREAST 1:13.64 35TH
200 BREAST 2:41.60 43RD
100 I.M. 1:06.04 21ST
200 I.M. 2:23.30 31ST
ROBIN YEAGER (40)
50 FREE :27.57 11TH
50 FLY :30.35 10TH
100 I.M. 1:12.37 13TH

WOMEN'S 200 FREE RELAY TIME
AGE 19+ MICHIGAN AGES 1:48.81
DAWN HEWITT (33)
DANIELLE SALTON (20) PLACE
AMANDA SCHUSTER (30) 2ND
VICTORIA WEBBER (23)

WOMEN 200 MEDLEY RELAY TIME
AGE 19+ MICHIGAN AGES 2:20.66
MARIA SIMOS (26)
CASSANDRA GARRY (43) PLACE
ROBIN YEAGER (40) 7TH
AMY ROSS (44)

WOMEN'S 200 FREE RELAY TIME
AGE 35+ MICHIGAN AGES 1:46.70
NANCY SERVO (37)
EVELYN LYNCH (45) PLACE
SUE CAHILL (36) 2ND*
MARILYN EARLY (40)

WOMEN 200 MEDLEY RELAY TIME
AGE 35+ MICHIGAN AGES 2:02.68
MARILYN EARLY (40)
SUE CAHILL (36) PLACE
EVELYN LYNCH (45) 5TH*
NANCY SERVO (37)

WOMEN 200 MEDLEY RELAY TIME
AGE 45+ MICHIGAN AGES 2:59.44
JEAN BAILS (53)
EDITH GLUSAC (79) PLACE
JOYCE KOWALSKI (56) 8TH
LOIS NOCHMAN (73)

MEN'S 200 FREE RELAY TIME
AGE 19+ MICHIGAN AGES 1:35.62
EVAN PRICE (19)
STEVEN HEDSTROM (20) PLACE
CLINT DENSHAM (21) 9TH
MARK DUNN (26)

MEN'S 200 MEDLEY RELAY TIME
AGE 19+ MICHIGAN AGES 1:47.88
CLINT DENSHAM (21)
STEVEN HEDSTROM (20) PLACE
EVAN PRICE (19) 9TH
MARK DUNN (26)

MEN'S 200 FREE RELAY TIME
AGE 25+ MICHIGAN AGES 1:33.76
PHIL McLURG (26)
THOMAS SCHARDT (30) PLACE
ROGER HARPER (32) 10TH
TOOD MERCER (30)

MEN'S 200 MEDLEY RELAY TIME
AGE 25+ MICHIGAN AGES 1:41.48
PHIL McLURG (26)
MICHAEL CICHELO (30) PLACE
MICHAEL GREEN (34) 11TH
TOOD MERCER (30)

MEN'S 200 FREE RELAY TIME
AGE 35+ MICHIGAN AGES 1:35.01
TOM MELGAR (36)
ALGERNON KEITH (37) PLACE
GREG ROBINSON (41) 9TH
ROBERT FORT (40)

MEN'S 200 MEDLEY RELAY TIME
AGE 35+ MICHIGAN AGES 1:45.11
BRIAN SHARAR (36)
GREG ROBINSON (41) PLACE
GREG KEELER (39) 11TH
ROBERT FORT (40)

MEN'S 200 FREE RELAY TIME
AGE 45+ MICHIGAN AGES 1:38.78
CHUCK OLSON (48)
RICHARD CHANEY (47) PLACE
LARRY KIMBALL (47) 8TH
L. BROCKHAHN (47)

1998 USMS SHORT COURSE NATIONALS
NATATORIUM OF I.U.P.U.I.
INDIANAPOLIS, IN MAY 7 - 10, 1998

MICHIGAN SWIMMERS
* STATE RECORD
USMS NATIONAL RECORD

5

MEN'S 200 MEDLEY	RELAY	TIME
AGE 45+ MICHIGAN	AGES	1:52.41
RICHARD CHANEY	(47)	
STEVE HANSEN	(46)	PLACE
LARRY KIMBALL	(47)	5TH
L. BROCKHAHN	(47)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:51.56
MARILYN EARLY	(40)	
ALGERNON KEITH	(37)	PLACE
ROBERT FORT	(40)	7TH
NANCY SERVO	(37)	

MEN'S 200 FREE	RELAY	TIME
AGE 65+ MICHIGAN	AGES	2:58.91
DONALD MAY	(77)	
BOB HERITIER	(69)	PLACE
JOHN RIES	(66)	8TH
ELEMER FROST	(75)	

MIXED 200 FREE	RELAY	TIME
AGE 45+ MICHIGAN	AGES	1:46.85
EVELYN LYNCH	(45)	
SHERRY PUTHOFF	(50)	PLACE
CHUCK OLSON	(48)	4TH
L. BROCKHAHN	(47)	

MIXED 200 FREE	RELAY	TIME
AGE 19+ MICHIGAN	AGES	1:48.44
EVAN PRICE	(19)	
DANIELLE SALTON	(20)	PLACE
KRISTIN FUSCO	(30)	18TH
MARK DUNN	(26)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 45+ MICHIGAN	AGES	1:59.24
EVELYN LYNCH	(45)	
STEVE HANSEN	(46)	PLACE
SHERRY PUTHOFF	(50)	5TH
CHUCK OLSON	(48)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 19+ MICHIGAN	AGES	1:56.42
CLINT DENSAM	(21)	
STEVEN HEDSTROM	(20)	PLACE
VICTORIA WEBBER	(23)	16TH
DANIELLE SALTON	(20)	

MIXED 200 FREE	RELAY	TIME
AGE 55+ MICHIGAN	AGES	2:13.06
ALBERT MORLEY	(60)	
JOYCE KOWALSKI	(56)	PLACE
BEVERLY MYERS	(62)	8TH
PAUL CHAFFEE	(55)	

MIXED 200 FREE	RELAY	TIME
AGE 25+ MICHIGAN	AGES	1:37.39
TOM MELGAR	(36)	
SUE CAHILL	(36)	PLACE
DAWN HEWITT	(33)	11TH
MICHAEL GREEN	(34)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 55+ MICHIGAN	AGES	2:38.94
ALBERT MORLEY	(60)	
JOHN RIES	(66)	PLACE
BEVERLY MYERS	(62)	9TH
JOYCE KOWALSKI	(56)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 25+ MICHIGAN	AGES	1:51.38
PHIL McLURG	(26)	
MONICA BULLARD	(26)	PLACE
TOOD MERCER	(30)	18TH
SUE CAHILL	(36)	

MIXED 200 FREE	RELAY	TIME
AGE 75+ MICHIGAN	AGES	3:37.80
MARTHA FORSTER	(81)	
EDITH GLUSAC	(79)	PLACE
DONALD MAY	(77)	2ND*
ELEMER FROST	(75)	

MEN'S 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:49.32
CHUCK OLSON	(48)	
ALGERNON KEITH	(37)	PLACE
MIKE SCHULDINGER	(36)	17TH
TOM MELGAR	(36)	

MIXED 200 MEDLEY	RELAY	TIME
AGE 75+ MICHIGAN	AGES	4:37.53
DONALD MAY	(77)	
ELEMER FROST	(75)	PLACE
EDITH GLUSAC	(79)	1ST*
MARTHA FORSTER	(81)	

MIXED 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:39.99
MARILYN EARLY	(40)	
ALGERNON KEITH	(37)	PLACE
ROBERT FORT	(40)	9TH
NANCY SERVO	(37)	

TEAM SCORING	MICHIGAN	MASTERS
	PLACE	SCORING
WOMEN LARGE TEAM	4TH	605.0
MEN'S LARGE TEAM	4TH	407.5
COMBINED LARGE	3RD	1094.5

1998 U.S.M.S. LONG COURSE NATIONALS - MICHIGAN SWIMMERS
 INTERNATIONAL SWIMMING HALL OF FAME * STATE RECORD
 FORT LAUDERDALE FLA. - AUGUST 20-23, 1998 # U.S.M.S. NATIONAL RECORD

JULIE MOODY (29)
 50 BACK :33.20 3RD
 100 BACK 1:12.76 2ND*
 200 BACK 2:44.42 3RD
 50 BREAST :37.32 3RD
 200 BREAST 3:07.01 5TH
 200 I.M. 2:46.26 5TH

JILL OVIATT (31)
 50 BREAST :39.04 3RD
 100 BREAST 1:28.26 4TH
 50 FLY :34.18 9TH
 100 FLY 1:15.99 6TH

DAWN HEWITT (33)
 800 FREE 10:14.78 2ND*
 100 BACK 1:13.00 2ND
 200 BACK 2:33.89 1ST*
 50 FLY :31.54 3RD
 200 I.M. 2:40.37 4TH*
 400 I.M. 5:44.54 3RD*

SHIRLEY DACEY (61)
 800 FREE 15:12.08 3RD*
 1500 FREE 28:08.57 2ND*
 200 BACK 3:55.44 4TH
 200 BREAST 4:34.24 6TH
 400 I.M. 9:16.18 4TH

DEVIN BENNER (32)
 50 FREE :27.60 14TH
 100 FREE 1:05.04 17TH

ERIC NORDLUND (34)
 50 FREE :27.73 15TH
 400 FREE 5:06.59 12TH
 800 FREE 10:52.91 10TH
 1500 FREE 20:40.70 7TH
 50 BACK :33.34 9TH
 200 BACK 2:44.66 6TH

ALGERNON KEITH (38)
 50 FREE :25.85 8TH*
 100 FREE 1:00.66 17TH
 50 BREAST :34.30 6TH
 100 BREAST 1:17.70 13TH*
 50 FLY :30.94 12TH

FRANK THOMPSON (46)
 400 FREE 4:51.56 4TH
 800 FREE 9:59.02 3RD
 1500 FREE 19:27.41 3RD
 100 BACK 1:13.10 9TH
 200 BACK 2:41.82 10TH
 400 I.M. 6:03.76 5TH

DENNIS McMANUS (50)
 50 FREE :30.71 14TH
 50 BREAST :45.16 13TH
 50 FLY :35.12 12TH
 100 FLY 1:29.22 10TH
 200 FLY 3:43.27 8TH

BOB HERITIER (70)
 100 FREE 1:19.88 2ND*
 200 FREE 3:00.26 1ST
 400 FREE 6:26.70 2ND
 800 FREE 13:07.91 2ND*
 1500 FREE 25:30.62 1ST*

STEVEN SELIGSON (51)
 100 FREE 1:11.45 15TH
 200 FREE 2:39.00 12TH
 400 FREE 5:38.32 12TH
 800 FREE 11:53.13 6TH
 1500 FREE 23:12.95 11TH

DONALD KROEGER (54)
 100 FREE 1:10.10 13TH
 200 FREE 2:52.47 17TH
 400 FREE 5:55.02 16TH
 800 FREE 12:18.57 9TH
 1500 FREE 24:27.69 14TH
 200 I.M. 3:14.83 13TH

LORRAINE LAFERRIERE (50)
 50 FREE :44.26 9TH
 100 BACK 2:18.05 6TH
 50 BREAST :53.37 12TH
 200 I.M. 4:43.87 8TH

WOMEN'S 200 FREE RELAY TIME
 AGE 120 MICHIGAN AGES 2:12.72
 JULIE MOODY (29)
 JILL OVIATT (31) PLACE
 SHIRLEY DACEY (61) 7TH
 DAWN HEWITT (33)

WOMEN 200 MEDLEY RELAY TIME
 AGE 120 MICHIGAN AGES 2:26.47
 JULIE MOODY (29)
 JILL OVIATT (31) PLACE
 DAWN HEWITT (33) 4TH
 SHIRLEY DACEY (61)

MEN'S 200 FREE RELAY TIME
 AGE 200 MICHIGAN AGES 2:01.15
 FRANK THOMPSON (46)
 STEVEN SELIGSON (51) PLACE
 DENNIS McMANUS (50) 8TH
 DONALD KROEGER (54)

MEN'S 200 MEDLEY RELAY TIME
 AGE 200 MICHIGAN AGES 2:19.53
 FRANK THOMPSON (46)
 DONALD KROEGER (54) PLACE
 DENNIS McMANUS (50) 9TH
 STEVEN SELIGSON (51)

MIXED 200 FREE RELAY TIME
 AGE 120 MICHIGAN AGES 1:53.51
 ALGERNON KEITH (38)
 JILL OVIATT (31) PLACE
 DAWN HEWITT (33) 3RD
 ERIC NORDLUND (34)

MIXED 200 MEDLEY RELAY TIME
 AGE 120 MICHIGAN AGES 2:06.67
 DAWN HEWITT (33)
 ALGERNON KEITH (38) PLACE
 JILL OVIATT (31) 4TH
 ERIC NORDLUND (34)

1998 YMCA SHORT COURSE NATIONALS - MICHIGAN SWIMMERS
INTERNATIONAL SWIMMING HALL OF FAME * STATE RECORD
FORT LAUDERDALE FLA. - APRIL 23-26, 1998 Y# YMCA NATIONAL RECORD

BEVERLY MYERS (62)			DONALD KROEGER (54)		
200 FREE	2:48.96	3RD	200 FREE	2:17.37	10TH
50 BREAST	:42.35	2ND	500 FREE	6:10.17	4TH
100 BREAST	1:33.33	2ND	1000 FREE	13:07.76	3RD
200 BREAST	3:18.01	2ND*	200 BACK	2:50.83	5TH
50 FLY	:38.09	2ND	50 BREAST	:34.87	7TH
100 I.M.	1:23.75	2ND	400 I.M.	5:59.33	4TH
200 I.M.	3:02.45	1ST			
LOIS NOCHMAN (73)			DON KORTEN (71)		
50 BACK	:48.34	5TH	200 FREE	2:48.28	1ST
100 BREAST	1:51.96	1ST	500 FREE	7:43.81	1ST
50 FLY	:42.38	2ND	1000 FREE	16:22.80	2ND
100 FLY	1:43.17	2ND	1650 FREE	27:49.16	1ST
200 FLY	3:46.18	2ND	100 FLY	1:42.57	2ND
100 I.M.	1:39.57	2ND	200 FLY	3:52.24	2ND
200 I.M.	3:42.19	2ND	200 I.M.	3:15.20	2ND
400 I.M.	7:41.33	2ND	400 I.M.	7:17.02	1ST
EDITH GLUSAC (79)			DONALD MAY (77)		
200 BACK	5:07.34	2ND	100 FREE	1:53.28	1ST
50 BREAST	:59.84	1ST	200 FREE	4:18.75	2ND
100 BREAST	2:19.96	1ST	500 FREE	11:41.32	2ND
100 FLY	2:46.52	1ST	1000 FREE	24:59.80	1ST
200 I.M.	5:07.34	2ND	1650 FREE	42:20.13	2ND
400 I.M.	11:15.11	1ST	100 BACK	2:47.14	2ND
			200 BACK	5:47.53	2ND
			200 BREAST	5:52.61	1ST
WALLY DOBLER (64)			WOMEN HIGH POINT WINNER		
50 FREE	:26.94	5TH	LOIS NOCHMAN	55 POINTS	
100 FREE	1:01.68	7TH			
50 BACK	:34.03	4TH	MEN'S HIGH POINT WINNER		
100 I.M.	1:09.78	2ND	DON KORTEN	64 POINTS	
200 I.M.	2:37.91	1ST			

1998 VII WORLD MASTERS SWIMMING CHAMPIONSHIPS MOHAMED COMPLEX
CASABLANCA, MORROCO JUNE 19-30, 1998

DENNIS MANRIQUE (52)			DONALD KROEGER (55)		
800 FREE	10:50.67	7TH*	200 FREE	2:52.47	5TH
100 BREAST	1:21.83	5TH	400 FREE	5:55.02	5TH
200 BREAST	3:00.36	4TH*	800 FREE	12:18.57	8TH
200 I.M.	2:49.05	6TH	200 I.M.	3:14.83	9TH
400 I.M.	5:59.51	4TH	400 I.M.	5:59.51	7TH
BOB HERITIER (70)			1998 U.S.M.S. SHORT COURSE NATIONALS		
50 FREE	:33.31	2ND*	WOMEN HIGH POINT WINNER		
100 FREE	1:20.43	3RD*	SHERRY PUTHOFF	64 POINTS	
200 FREE	2:58.07	4TH*			
400 FREE	6:21.85	4TH*	MEN'S HIGH POINT WINNER		
800 FREE	13:12.17	3RD*	HUGH RODIN	44 POINTS	
			DAVID SHEPHERD	44 POINTS	

1998 U.S.M.S. LONG COURSE NATIONALS -					
MEN'S HIGH POINT WINNER			WOMEN HIGH POINT WINNER		
BOB HERITIER	49 POINTS		DAWN HEWITT	52 POINTS	

1998-99 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 11, 1998	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	616-526-9824
Saturday November 7, 1998	Monroe YMCA	Sanctioned	Monroe YMCA	Don Kroeger	734-642-7175
Sunday November 8, 1998	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-529-2515
Saturday November 14, 1998	Saginaw YMCA	Sanctioned #198014	Saginaw YMCA	Tom Moyer	517-249-0043
Sunday December 6, 1998	Lansing Masters	Sanctioned #198015	Michigan State University IM-West Sports Building	Wally Dobler	517-372-8096
Sunday January 17, 1999	Jackson Masters	Sanctioned #199002	University of Michigan Canham Natatorium	Bill or Phyllis Reid	517-592-8908
Sunday February 14, 1999	Ford Athletic Swim & Triathlon Club	Sanctioned #199005	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132 (evenings)
Sunday February 21, 1999	Sylvania Masters	Sanctioned Ohio #178012	Sylvania Northview High School	Tom Schardt	419-726-8010
Saturday February 27, 1999	West Michigan Masters	Sanctioned #199003	Rockford High School Community Pool	Ken Danhof	616-739-5592
Sunday March 7, 1999	West Bloomfield Laker Fan Club	Sanctioned #199006	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 14, 1999	Midland Masters	Sanctioned #199001	Midland Dow High School	Charlie Moss	517-631-1480
Michigan State Championships April 9, 10, 11, 1999	South Oakland Seals	Sanctioned	Oakland University Rochester, Michigan	Eric Nordlund	810-334-5989

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

Michigan Masters Swimming Committee

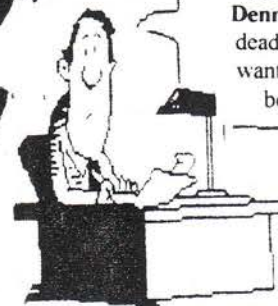
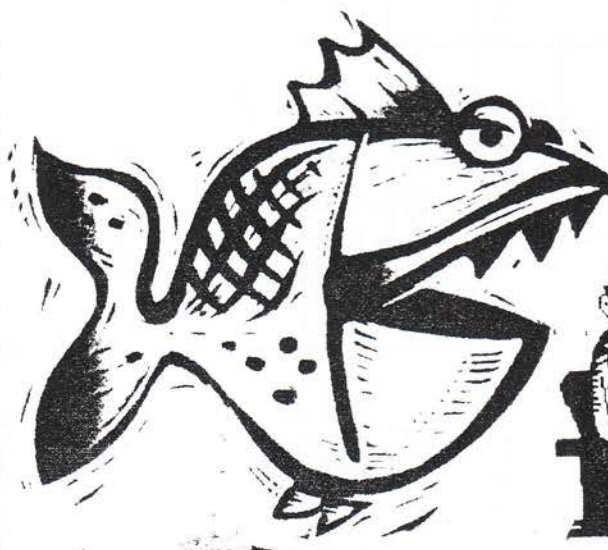
c/o Dennis L. McManus
Newsletter Editor
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In This Issue...

- ◆ Michigan TOP TEN Report
- ◆ Fitness
- ◆ Escape From Alcatraz
- ◆ 9 Steps for Increasing Energy Through Food
- ◆ 1999 Officer Elections
- ◆ Calendar of Events
- ◆ Meet Flyers
- ◆ and More!

**Attention Team Reps: Deadline for the February, 1999 Issue
January 15, 1999!**



I'd better get my articles and team information to **Dennis** before the deadline. I don't want my team to be left out!

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