

Michigan Masters Swimming

United States
Masters
Swimming



Change

A Note from Your Editor

I have been informed on a number of occasions that I will probably hate this job as newsletter editor. Especially getting the first issue out. Well, I've decided that I'm up for the challenge and I know that I will have good help from those who are running the meets. Because I know that they will get their results to me just as soon as is humanly possible, because they know everyone is anxious to see things in print. Plus, since each meet director hopes to have his or her meet well attended, I know they will get their meet announcements to me well in advance of the **deadline**. **What deadline**, you ask? The following dates will be the cut-off dates for material for that particular newsletter. This way the newsletter should be in your hands by the first of the next month!

WINTER	NOV. 15
SPRING	FEB. 15
SUMMER	MAY 15

I'm going to try a different layout and a little bit different approach to this. One change is that meet announcements will appear on colored paper, so they're easier to pick out! And all news will precede meet results. I'll look forward to hearing any comments, especially anything new you'd like to see tried. We really want to see this become an organization with member participation not an association for and about a handful of elite swimmers. I'd like to keep this publication ever evolving, but I need YOUR input!!

Thanks - Phyllis



April 8, 9 & 10

U of M Canham Natatorium

On April 8, 9 & 10, 1994 the State Championships will be held at the University of Michigan's Canham Natatorium for the second year in a row. Last year we had an good turnout with 247 swimmers making approximately 1500 splashes. However, we feel that this year our turnout will be even better. First of all, we have missed both the change to Daylight Savings Time and Palm Sunday. Secondly, we have hopefully avoided a few more spring vacations and thirdly, we're hoping that those of you who attended last year will spread the word about this fabulous facility!

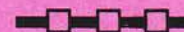
We also understand that the Lake Erie LMSC has decided to abandon their State meet in lieu of ours. In addition to routine scoring the State meet will be scored as a dual meet between Ohio and Michigan.

Mark Lambert, the director of the natatorium, did his best to make last years' State meet a success so we are really looking forward to working with him again this year and benefiting from what we learned last year and making this year's meet **spectacular!**

Bill Reid

From Your President

As the veteran Masters know, I am jumping the gun by a couple of weeks writing the President's column. I am still President-elect until after the USMS Convention which is at the end of September.



However I want to take a little newsletter space to talk about my hopes and plans for the Michigan LMSC for the next two years. My highest priority is to reflect the wishes of members of the Michigan LMSC in all decisions that I make. In order to know your wishes, I will be attending (hopefully) all of the meets. I will try to see as many people as I can. If you have complaints, suggestions or even compliments, please rattle my chain.

I also have begun to set up a network of "team coordinators" from whom I can get information and through whom I can send or request information.

"There is only one thing worse than being talked about and that is, not being talked about."

Oscar Wilde

News

Who's Doing What ?

Two Lansing area Masters' swimmers were involved in the first-ever World Dwarf Games, held over the July 4th weekend at DuPage College, near Chicago. **Gail Dummer** was the meet director and **Camille Waddell** was an outstanding competitor. Athletes from the following nations were represented at the competition: USA, Sweden, Germany, Great Britain, New Zealand, Australia and Canada.

Camille, who also swam on Team USA at the Barcelona Paralympics set new marks in the Women's Open 50yd freestyle (39.05), 50yd breaststroke (48.07) and the 100 yd breaststroke (1:45.54).

Camille spends much of her training time with "regular" teams, swimming at different times with the Holt Swim Club, Grand Ledge Swim Club and the Michigan Masters. Camille noted that her "record swims at the Paralympics and the World Games were due in large part to racing experience in U.S. Swimming and U.S. Masters Swimming meets".

Congratulations *Camille* on your hard work and Congratulations to *Gail Dummer* for once again running a very successful meet!

Meanwhile, John Stover of the Jackson Area Masters (JAMS) has been spending the summer training for the World Triathlon Championships in Bolton, Manchester, England, where he placed 4th among Americans and 13th

overall! **BRAVO JOHN!!**

John's "backyard" method of training was written up in *Inside Triathlon* magazine in July. At 52, he likes to vary his workouts to avoid boredom. While swimming is the least structured of the triathlon disciplines, he starts most summer mornings with a 1000 to 2000 yard swim in Brown's Lake, right out the front door. While many Masters knock-off for the summer John just broadens his scope. Due to his triathlon training, biking and running play a large part in his regime, but canoeing, water skiing and shooting baskets in the back yard figure in as well. To top it off, when the snow flies, he adds competitive cross-country skiing to the line up. This all goes to prove that if you want to stay fit, there is more than one way to skin a cat!

Tim Clore, of JAMS, and his wife Deb, had a baby boy, Jon Mark on June 29, weighing in at 8lbs. 7 oz.. Both mom and baby are doing well. Tim and Deb have 3 other children.

When Dave Shepherd arrived a bit bleary eyed at the Ann Arbor meet, I asked if he was a Daddy yet? And sure enough, his wife Susanna had a baby boy, Neal Rushby on May 22, tipping the scales at 7lbs. 12 oz. Dad says he is "a full time employee of Neal". Neal is already exploring the backyard pool.

Let us know if there are any other NEW potential swimmers this summer!

From Tom Moyer in the Monroe area we extracted the following news. "We are trying to form a new team for Michigan Masters. The members would come from Monroe & Lucas Counties. The name is "OHMI", which is a vague but effective answer to most swimming questions! ... Don Kroeger is closing in on his 100th swimming win of the 1993 season. He would write, but I

can't get him out of the pool."

Tom has asked me to include a note about a (**unsanctioned**) YMCA meet in Monroe, on Saturday, November 20th. The contact person on that is: Kelly Anwiler at the Monroe Family YMCA (313) 241-2606. Or you can get in touch with Tom Moyer or me. These informal meets are not only fun but they also are a way to get more folks involved in swimming as an ongoing activity. And by Masters attending some of these functions in different areas, people will realize what Masters is about and hopefully want to get involved.

Thanks Tom for your input!

From Barbara Larsen, the registrar of Greater Indiana Masters I received information about the **Sugar Creek Masters** meet in Crawfordsville, IN (near Greencastle) on Sat. October 9. Entry deadline is Oct. 1st. If anyone is interested I have an entry form and would be happy to send you one. Just let me know!

Also from Barbara, I received the information and entry form for the **Fall Classic (Short Course Meters)** to be held Nov. 7. A copy of it may be found at the end of this newsletter!

For those of you who helped by contributing local news, would like to thank you for taking the time and making the effort! I hope to have more local information from some of the other team co-ordinators for the next newsletter. I'm open for most anything, whether it's training info, diet, cartoons, poems, whatever you'd like to pass on to other Masters!

Phyllis

**T - Together
E - Everyone
A - Achieves
M - More**

President's note (con't)

My current list of coordinators and their teams are:

Gaard Arneson - Ann Arbor
 Mike Conley - SOAK
 Ken Danhof - Muskegon
 Andy Donato - Marysville
 Gail Dummer - Lansing
 Marilyn Early- Harbor Masters
 Brad Henson - Grand Rapids
 Bill Hughes - Hydrofoils
 Don Korten Battle Creek
 Stuart Marvin - A2QUA
 Fred Nelis - Holland
 Dave Speth - Midland
 Richard TenHoor - Rockford
 (W.Michigan)
 Skip Thompson - SOS.

If you have information for the "Who's Doing What" column, get it to your team coordinator or send it directly to Phyllis. If you have suggestions or want to be heard, again let your team coordinator know or call me. Finally, if I have missed a team and you want to be team coordinator, please call me.

As you will see as you peruse the newsletter, we have completed our winter meet schedule. We finished our schedule before any other LMSC in the Zone and that finished schedule is due to the hard work of a lot of Michigan Masters. My thanks go to the meet directors who made their plans and reserved their pools. My thanks also go to Gail Dummer, our Sanctions

Chairperson who assembled all of the data into a finished schedule. Michigan has more meets than almost all other LMSC's in the Zone (many of which have more registrants than we have). Our great schedule of meets is due to the hard work of a lot of people. When you attend their meet, thank the workers for their efforts!

As you look over the schedule, note that we are trying a few new activities this year. Mark Lambert graciously offered the University of Michigan Pool for two stroke clinics this year. These clinics are for the benefit of the members and are not designed to make money for an organization. Also Skip Thompson (as fitness chairman) has tentatively planned a one-hour swim in early January. This swim can be used to enter the USMS one-hour swim and can also be used to enter Gail Dummer's 1K/3K/5K swim. We

are hoping to swim at the U of M but have not confirmed the January date. If you appreciate these new activities, please support them with your presence.

In closing (finally!?!?) please let me know what I can do to make the LMSC do what you want it to do. I will try to search you out for your input, but don't wait for me. If you have suggestions for me, let me know. HAVE FUN & SWIM FAST!



Chuck Cigrand and Sallie Thompson, our Registrars, have changed addresses. Their new address is as follows:
Cigrand-Thompson
P.O. Box 282
Petoskey, MI 49770

YOUR NEW OFFICERS

Their term will be from Sept. '93 to Sept. '95, they are looking for new ways to do things and would appreciate everyone's help!

Bill Reid
Andy Donato
Don Korten
Leslie Hankins
Phyllis Reid

Gail Dummer
Chuck Cigrand
Sallie Thompson
Skip Thompson

President (517)592-8908
President - Elect
Treasurer
Awards
Newsltr. Editor/Secretary
(517) 592-8908
Sanctions/Officials
Registrar
Registrar
Great Lakes Zone Rep.

1993-94 Michigan Masters Meet Schedule

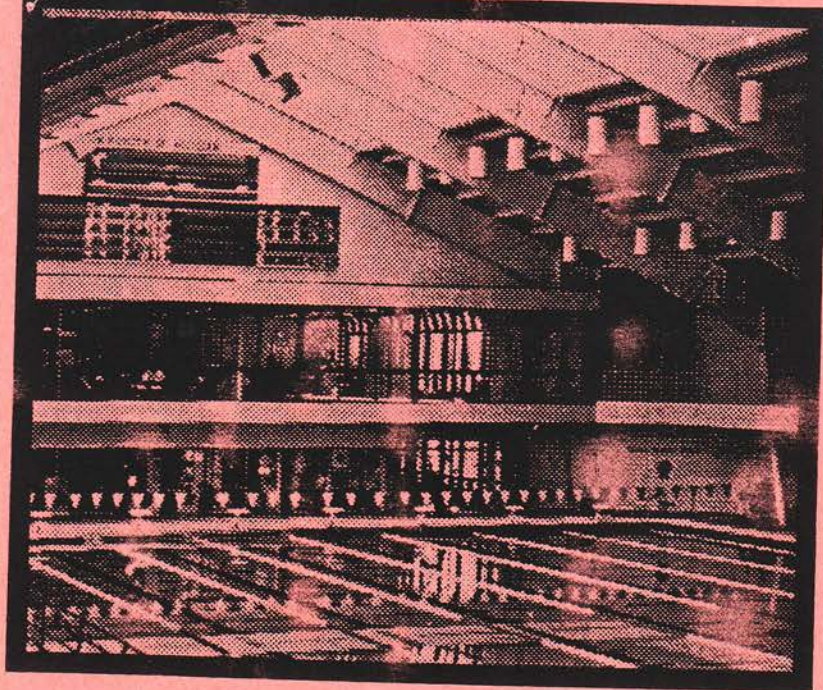
DATE	CLUB	LOCATION	Sanction Number	Meet Director	PHONE
October 17	MI Masters Stroke Clinic	U of M,	MM199412	Bill Reid	(517) 592-8908
October 30	Western Michigan Masters	Grand Rapids Comm. Coll.	MM199409	Brad Henson	(616) 532-7024
November 7	Harbor Springs Masters	Harbor Springs High School	MM199410	Marilyn Early	(616) 526-9824
Nov15-Jan31	MI Swimming Postal Meet	Any 25yd or 25mtr pool	MM199401	Gail Dummer	(517) 887-8416
November 21	Flint "Y" Masters	Southwestern Academy, Flint	MM199402	Richard Chaney	(313) 233-6749
December 12	Lansing Masters*	Michigan State	MM199403	Gail Dummer	(517) 887-8416
January 9	USMS 1 Hour Swim	U of M (tentative)	Nat'l sanction	Skip Thompson	(313) 683-2191
January 16	Rockford Masters(25 mtrs)	Rockford High School	MM199411	Richard Ten Hoor	(616) 866-6328
January 23	MI Masters Stroke Clinic	U of M	MM199413	Bill Reid	(517) 592-8908
January 30	Jackson Masters*	Jackson Y-Center	MM199404	Bill Reid	(517) 592-8908
February 13	Ford Masters	Brighton High School	MM199405	Julie Harris	(313) 471-7287
February 26	Western Michigan Masters	East Kentwood High School	MM199406	Ken Danhof	(616) 739-5592
March 20	Midland Masters	Midland Dow High School	MM199407	Charles Moss	(517) 631-1480
				David Speth	(517) 636-7802
April 8-10	State Meet/JacksonMasters*	University of Michigan	MM199408	Bill Reid	(517) 592-8908
April 21-24	YMCA Nationals*	IUPUINatatorium, Indianapolis	IN sanction	Mel Golstein	(317) 253-3652
				Skip Thompson	(313) 683-2191
May 13-16	USMS Short Courde Nat'ls*	Arizona State - Tempe, AZ	AZ sanction	TempeRioSalado	PO Box 27523 Tempe,AZ 85285-7523
August 25-28	USMS Long Course Nat'ls*	Buffalo, New York	NY sanction	Gene Donner	717 South Rd E. Aurora,NY 14052

Michigan Masters must be registered with USMS (\$25 annual fee) to compete in the above meets.

* Meets marked with an asterisk are ADVANCE entry meets. Please read the meet announcements for entry details.

Michigan Masters long course meets have not yet been scheduled.

Please post on workout board !



United States
Masters
Swimming



Michigan LMSC Sanction # MM199412

FALL 1993 Stroke Clinic

October 17, 1993

9:00AM to 4:00PM

University of Michigan
Canham Natatorium
Ann Arbor, Michigan

COACHES: Jim Richardson and Staff Head Women's Swim Coach U of M

SCHEDULE: 9:00 AM - NOON & 1:00 PM - 4:00 PM
MORNING POOL SESSION: Freestyle Videotaping
AFTERNOON POOL SESSION: Stroke Critiques and Freestyle drills practice
Strokes Videotaping (select 1 of 3)
CLASSROOM SESSIONS: Stroke Critiques & Stroke drills practice
Early season workout planning
Long distance & cardiovascular conditioning
Early season weight training

Cost : \$30 *Pre-registration requested.*

Eligibility: 30 Swimmers maximum. USMS registration is required to attend this clinic.

Follow-up: Save a space on your 1994 calendar to attend the Winter Clinic on January 23, 1994.

FALL 1993 STROKE CLINIC, University of Michigan

NAME: _____ **AGE:** _____ **USMS #** _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

PHONE #: _____

MAIL TO: Bill Reid
128 Marlboro Court
Brooklyn, MI 49230
(517) 592-8908

Make checks payable to: Michigan Masters



WEST MICHIGAN MASTERS SWIM ASSOCIATION

PRESENTS THE FALL FORD SWIM CLASSIC

GRAND RAPIDS COMMUNITY COLLEGE FORD POOL

OCTOBER 30, 1993

DOWNTOWN AT

226 RANSOM

LIST OF EVENTS:

- 1 200 YARD MEDLEY RELAY
- 2 200 YARD FREE
- 3 200 YARD INDIVIDUAL MEDLEY
- 4 200 YARD BACK
- 5 200 YARD BREAST
- 6 50 YARD FLY
- 7 50 YARD FREE
- INTERMISSION
- 8 500 YARD FREE
- 9 100 YARD BACK
- 10 100 YARD INDIVIDUAL MEDLEY
- 11 100 YARD FREE
- 12 100 YARD FLY
- 13 100 YARD BREAST
- 14 200 YARD FREE RELAY

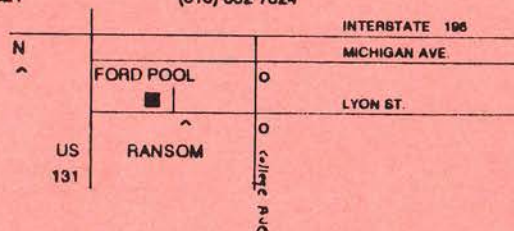
SANCTION # MM199409

INFORMATION:

FEE \$3.00 PER EVENT RELAYS FREE
MICHIGAN MASTERS MEMBERSHIPS REQUIRED
SEEDING SLOW TO FAST
REGISTRATION 10 AM MEET AT 11 AM
ELECTRONIC TIMING

MEET DIRECTOR:

BRAD HENSON
4100 ILLINOIS SW
WYOMING, MI 49509
(616) 532-7024



HARBOR SPRINGS FALL MEET (SANCTION #MM199410)

MASTERS SWIMMERS CURRENTLY HOLD ALL BUT TWO OF THE RECORDS IN THIS POOL! MAKE YOUR MARK BY ESTABLISHING A NEW POOL RECORD!!!

DATE: SUNDAY, NOVEMBER 7, 1993

PLACE: HARBOR SPRINGS COMMUNITY POOL
HARBOR SPRINGS HIGH SCHOOL
(ENTER OFF OF PINE STREET)
HARBOR SPRINGS, MI 49740

TIME: WARM-UP/REGISTRATION AT 11:30 AM
500 FREE BEGINS AT 12 NOON
REMAINDER OF MEET WILL BEGIN AT 12:30

FACILITY: 6 LANE, 25 YARD POOL, HAND TIMING, HOT TUB,
STARTING BLOCKS IN DEEP END, 1 LANE CONTINUOUS
WARM-UP THROUGHOUT MEET (FEET ENTRY ONLY)

AWARDS: MICHIGAN MASTERS RIBBONS FOR 1ST TO 3RD PLACE

ENTRY FEE: \$10.00 PER SWIMMER
(MAXIMUM OF 5 EVENTS PLUS RELAY)

ENTRY DEADLINE: DECK ENTRIES ONLY - CLOSSES AT 12:30
SEEDING SLOW TO FAST

REFRESHMENTS AVAILABLE DURING MEET

AFTER PARTY: TO BE ANNOUNCED

USMS SANCTIONED (SANCTION #MM199410).
USMS REGISTRATION REQUIRED. REGISTRATION AVAILABLE AT
THE MEET FOR \$25.00.

EVENTS: 500 FREE (BEGINS AT 12 NOON) FOR MORE
100 BREAST (BEGINS AT 12:30) INFORMATION:
50 FREE
100 BACK
50 FLY
50 BREAST
100 IM
200 BACK
100 FREE
100 FLY
400 IM
200 FREESTYLE RELAY

MARILYN EARLY
616-526-9824

**9th Annual 1993 Indiana Masters
Fall Short Course Meters Swimming Classic
Sanction 163S15
Sunday, November 7, 1993**

LOCATION: Indiana University Natatorium, 901 W. New York Street located on the IUPUI Campus, Indianapolis, IN.

MEET MANAGER: Phil Bogan 609 Waterview Blvd Greenfield, IN 46140; 317-462-7078

FACILITY: The IU Natatorium is an 8 lane 50 meter pool. The pool will be divided into two courses, with competition being held at twenty-five meters end using non-turbulent land lines and automatic timing. Other end of pool will be available for warm-up. There will be no warm-up or warm-down in the diving pool.

ELIGIBILITY: All swimmers must be currently registered (1993) with the United States Masters Swimming, Inc. Swimmers 19 years of age and over may register with USMS. 1994 USMS registrations will be acceptable after November 1, 1993.

AGE GROUPS: 19-24, 25-29, 30-34, and so on up to 90-94 and 95+. Your age on November 7, 1993 determines your age group for the meet.

SPECIAL EVENTS: There will be no age groups for three special meet Sprint Championship events: the 25 meter Free, the 100 meter Medley Relay, and the 100 meter Free Relay. There will be separate championships for each sex. Awards for first place only in these events which will consist of a special certificate proclaiming the fastest time FOR EACH SEX (NO MIXED RELAYS) as 1993 FALL CLASSIC ALL AGE-GROUP SPRINT CHAMPION. Deck entries only day of meet. No entry fee for the three Sprint Championship events.

MEET CONDUCT: 1993 USMS Rules will govern the conduct of the meet.

SANCTIONED BY: Sanctioned by Greater Indiana Masters Swimming Association for USMS, Inc., Sanction #163S15.

SEEDING: All events will be timed finals. Events will be seeded by time and the sexes will be swum separately except in the 800 meter and 400 meter Free where the sexes may be mixed. Heats will be swum slowest to fastest. Participants are limited to five events per day (EXCLUDING SPRINT CHAMPIONSHIPS) plus relays. Swimmers attempting records must notify the starter to assure that three timers are available. NO SEED times will be swum in the slowest heats.

WARM-UP: Warm-up for the 400 meter Free will be at 7:30 A.M. LOCAL TIME. Heats for the 400 meter Free will begin at 8:00 A.M. LOCAL TIME. The rest of the meet will begin after the 400 meter Free starts, but not before 9:00 A.M. LOCAL TIME. Deck entries will be accepted up to 8:30 A.M. on the day of the meet.

DRAWING: A drawing will be held for two turkeys donated by Greater Indiana Masters Swimming. However, only those swimmers who have submitted their entries before the deadline (October 30st), will be eligible to win (one for men and one for women.)

AWARDS: Awards will be presented to the first through sixth place finishers in individual events except in MEET SPRINT CHAMPIONSHIP EVENTS. No Awards will be given for the relays.

DEADLINE: To facilitate the running of the meet, it would be appreciated if entries were received by October 30st, 1993. Deck entries will be accepted up to 8:30 A.M. on the day of the meet. No deck entries for 400 meter Free.

MAIL ENTRIES TO: Barbara H. Larsen, 5223 North Pennsylvania Street, Indianapolis, IN 46220-3056

ENTRY FEE: The entry fee (prior to October 30st) is \$3.00 per event plus a \$6.00 surcharge. NO CHARGE FOR RELAYS OR SPRINT CHAMPIONSHIPS. Swimmers who deck enter on the day of the meet will be charged \$5.00 per event plus a \$7.00 surcharge. Make checks payable to GIMSA.

IMMEDIATE DOWNTOWN HOTELS: Hyatt Regency (800-228-9000 or 317-632-1234); University Place (3127-269-9000); Courtyard by Marriott (800-3212-2211 or 317-635-4443); Holiday Inn-Union Station (317-631-2221); Westin (317-262-8100); Hilton at the Circle (317-635-2000); Omni Hotel (317-634-6664). Less expensive hotels/motels located in Speedway and around 465.

Be prepared to pay a parking fee for use of the Sports Garage

1993 INDIANA MASTERS FALL SWIMMING CLASS

EVENTS:

MEN	EVENT	WOMEN	MEN	EVENT	WOMEN
1.	400 M FREESTYLE	2.	23.	100 M BACKSTROKE	24.
3.	200 M MEDLEY RELAY*	4.	25.	200 M BREASTSTROKE	26.
5.	200 M IND MEDLEY	6.	27.	50 M BUTTERFLY	28.
7.	50 M FREESTYLE	8.	29.	200 M FREESTYLE	30.
9.	100 M BUTTERFLY	10.	31.	100 M MED RELAY*	32.
11.	50 M BACKSTROKE	12.	33.	400 M IND MEDLEY	34.
13.	200 M BACKSTROKE	14.	35.	25 M FREESTYLE*	36.
15.	100 M IND MEDLEY	16.	37.	100 M BREASTSTROKE	38.
17.	50 M BREASTSTROKE	18.	39.	200 M BUTTERFLY	40.
19.	100 M FREESTYLE	20.	41.	200 M FREE RELAY*	42.
21.	100 M FREE RELAY*	22.	43.	800 M FREESTYLE	44.

*NO ENTRY FEE*DECK ENTRY ONLY*

Mail to: Barbara H. Larsen, 5223 N. Pennsylvania Street, Indianapolis, IN 46220.

Make checks payable to **GIMSA**.

_____ (# of individual events) X \$3.00 + _____ + \$6.00 = _____ Total Individual Fee

Name _____ Sex _____ Age _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone(_____) _____ Team _____ USMS# _____

YOU MUST INCLUDE A COPY OF YOUR 1993 USMS CARD WITH YOUR ENTRY. (1994 REGISTRATIONS WILL BE ACCEPTED WITH DECK ENTRIES.) IF YOU CAN NOT SHOW PROOF OF USMS REGISTRATION, YOU WILL NOT BE ALLOWED TO SWIM. **SPECIAL SPRINT EVENTS ARE DECK ENTRIES ONLY - DO NOT INCLUDE AS PART OF FIVE (TOTAL) LISTED BELOW**

EVENT NUMBER	EVENT NAME	AGE GROUP	SEED TIME

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 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, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

Date _____ Signature _____

Flint "Y" Masters Thanksgiving Tune-up

Sunday, November 21, 1993

Sanction #MM199402

Location:

Flint Southwestern Academy (6 lane, 25 yard pool with non-turbulent lane lines and electronic timing).

12th Street and Hammerberg Rd. From I-69 take the Hammerberg Rd. exit (the first exit east of I-75), turn south on Hammerberg Rd. At first traffic light turn left on 12th Street. At next traffic light turn left into SWA parking lot. Use entrance closest to parking lot.

Schedule:

Warm-up 9a.m., Events 10a.m.

Swimmers must enter the pool feet-first in a cautious manner with at least one hand in contact with the deck or gutter. One lane will be available for warm-up/cool-down during the meet.

Events:

All events deck entered, seeded slow to fast. Entry limit five individual events plus relays. Entry fee \$10 per swimmer.

1. 200 Medley Relay
2. 200 Free
3. 50 Fly
4. 100 Breast
5. 50 Free
6. 100 Back
7. Break
7. 200 Open
8. 100 Free
9. 50 Breast
10. 100 Fly
11. 50 Back
12. 4x100 IM Relay
13. 1000 Free

Eligibility:

Swimmers must show proof of registration with USMS at sign-up. Michigan swimmers may register with USMS at sign-up. The 1994 fee is \$25.00, please pay with separate checks.

Meet

Director:

Richard Chaney (313) 239-6880

Be sure that your USMS membership is up to date, as you will need it to compete in any and all approved and sanctioned meets. Don't leave it to the morning of the meet!

Make copy & send it in, due to entry form on reverse.

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

Last Name		First Name		Init	
Street		Apt		For Office Use	
City		State		Zip	
Date of Birth		Age		Sex	
Mo. Day Yr		Mo. Day Yr		Today's Date	
Club or Unattached		Michigan Masters			

Signature _____

Membership expires 12/31/93

USMS Fee \$15.00

LMSC Fee \$10.00

Total Fee: \$25.00

Make check payable to: Michigan Masters P.O. Box 282 Petoskey, MI 49770

Mail check to:

Application 1993 Membership

United States Masters Swimming

RENEWAL My Current USMS

NEW REGISTRATION

Lansing Masters Pentathlon and Freestyle Crescendo

Sunday, December 12, 1993

Sanction# MM199403

Location: IM-West Sports Building, Michigan State University. From I-96, take US #127 North. Exit east onto Trowbridge Road. Continue to Harrison Road, then turn north (left). Continue to Kalamazoo Street, then turn east (right). Continue to the Sparty statue, turn right, and park in the lot in front of the IM-West Sports Building next to Spartan Stadium.

Schedule: Warm-up 9:00, events 10:00. 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: Two "slates" of events will be offered. The **pentathlon slate** will include the 50y fly, 50y back, 50y brst, 50y free, and 100y IM. The **freestyle crescendo slate** will include the 50y free, 100y free, 200y 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.

- | | | | |
|--------------|--------------|-------------|--------------|
| 1. 200y free | 3. 50y back | 6. 50y free | 7. 100y IM |
| 2. 50y fly | 4. 100y free | <break> | 8. 500y free |
| <break> | 5. 50y brst | <break> | |
| | <break> | | |

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: Gail Dummer, (517) 887-8416.

Eligibility: Swimmers must be registered with USMS, with either a 1993 or 1994 registration card. Michigan swimmers may complete the registration process at the meet (\$25 fee).

Entries: Enter by mail before Friday, December 3. We need your entries prior to the meet so that we can enter names into the computer in preparation for scoring the pentathlon and crescendo. There will be a penalty for deck entries! Deck entries will not be accepted after 9:30 on December 12.

Name _____ Age as of 12/12/93 _____ Gender _____
USMS# _____ Club _____
Address _____

Pentathlon:	Crescendo:
2. 50 yard fly _____	1. 200 yard free _____
3. 50 yard back _____	4. 100 yard free _____
5. 50 yard brst _____	6. 50 yard free _____
6. 50 yard free _____	8. 500 yard free _____
7. 100 yard IM _____	

Enter by mail - avoid the penalty for late or deck entries! The entry fee is \$10 for entries received by Friday, December 3, and \$15 for late or deck entries. Submit the above entry form, a photocopy of your 1993 or 1994 USMS card, and a check for \$10 payable to Michigan State University to:

Gail Dummer
3100 Scarborough
Lansing, MI 48910
(517) 887-8416

Jackson Y-Center Short Course Masters Swim Meet
Sanctioned by Michigan Masters for USMS Inc, Sanction No. MM199404

Sunday, January 30, 1994 at the Jackson Y-Center
127 Wesley Street, Jackson, Michigan

8:30-9:30 AM Check-in and deck entry
9:00 AM Warm-up

10:00 AM	1. 200 Yard Medley Relay	9. 100 Yard Breaststroke
	2. 200 Yard Freestyle	10. 100 Yard Freestyle
	3. 200 Yard Backstroke	11. 100 Yard Backstroke
	4. 50 Yard Breaststroke	12. 100 Yard Butterfly
	5. 50 Yard Butterfly	13. 200 Yard Breaststroke
	6. 50 Yard Freestyle	14. 400 Yard Freestyle Relay
	7. 50 Yard Backstroke	15. 1000 Yard Freestyle
	8. 200 Yard IM	16. 1650 Yard Freestyle

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 1000 free and 1650 free) for warm-downs. Seeding will be slow-to-fast. There will be a break between the 200 Yard IM and the 100 Yard Breaststroke. Some 1000 free and 1650 free swimmers may be combined into one heat if necessary to expedite the meet.

Entries: Cost is \$8.00 for mailed-in entries and \$15.00 for deck entries. We intend to seed and score this meet with a computer. Thus we request that as many swimmers as possible pre-enter 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 24, 1994. Relays can be deck entered without penalty. A swimmer may enter 4 individual events and 2 relays. A swimmer may either swim the 1000 free or the 1650 free but not both.

Eligibility: Only swimmers registered with the USMS for 1994 may compete in this meet. All entrants must show cards during deck entry (or check-in for swimmers who pre-entered). USMS cards can be purchased at the meet.

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

Directions: From the North, East or West
Take US-27 south, I-94 east or I-94 west to US-127 south. At the junction of I-94, US-127 becomes West Avenue. Take West Avenue south into Jackson until the intersection of West Avenue and Michigan Avenue. Turn Left on Michigan Avenue and travel east until the road splits. Bear to the right and the road will become a one-way street (Washington Avenue). Pass two lights and just past a church (on your right), turn into a parking lot on your right. The Y-Center is south of the parking lot.

From the South
Take US-127 north or M-50 west to their junction. Take M-50 into Jackson. As you approach downtown, you will pass the Southridge Park apartments on your left. Look for Wesley Street on your left. Wesley street is just before an electrical repair shop. Turn left and travel past two stop signs. After the second stop, the parking lot is on your right and the Y-Center is on your left.

Additional Information: Bill Reid (517)592-8908 (home), (517)787-3877 (work)

Jackson Center Short Course Masters Swim Meet

Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM 199404

SUNDAY, JANUARY 30, 1994

NAME: _____ SEX: _____ USMS#: _____

BIRTHDATE: _____ Age On Jan.30: _____ TEAM: _____

EVENT #	EVENT NAME	SEED TIME
1	200 YARD MEDLEY RELAY	
2	200 YARD FREESTYLE	
3	200 YARD BACKSTROKE	
4	50 YARD BREASTSTROKE	
5	50 YARD BUTTERFLY	
6	50 YARD FREESTYLE	
7	50 YARD BACKSTROKE	
8	200 YARD IM	
	<i>BREAK</i>	
9	100 YARD BREASTSTROKE	
10	100 YARD FREESTYLE	
11	100 YARD BACKSTROKE	
12	100 YARD BUTTERFLY	
13	200 YARD BREASTSTROKE	
14	400 YARD FREESTYLE RELAY	
15	1000 YARD FREESTYLE	
16	1650 YARD FREESTYLE	

ENTRY FEE: \$8.00

ENTRY DEADLINE:

MONDAY, JANUARY 24, 1994

(postmarked)

Ann Arbor Masters Long Course Swim Meet
Sunday, June 13, 1993
Fuller Pool, Ann Arbor, Michigan

50 Meter Freestyle

Women 25 - 29			
1. Genevieve Mellos	25 AA	32.59	
2. Lisa Cameron	26 SOS	44.28	
Women 30 - 34			
1. Canille Waddell	31 LANS	47.30	
Women 35 - 39			
1. Karen Haley	39 LANS	41.73	
Women 40 - 44			
1. Gail Dunner	42 LANS	43.59	
Women 45 - 49			
1. Lorraine Lafernere	42 UNT	49.80	

100 Meter Freestyle

Women 25 - 29			
1. Genevieve Mellos	25 AA	1:15.28	
2. Lisa Cameron	26 SOS	1:47.61	
Women 35 - 39			
1. Karen Haley	39 LANS	1:32.74	

200 Meter Freestyle

Women 25 - 29			
1. Kristi Dean	28 SOS	3:04.75	
Women 40 - 44			
1. Gail Dunner	42 LANS	3:55.24	
2. Lois Revenaugh	42 FLY	4:11.37	

400 Meter Freestyle

Women 70 - 74			
1. Merlyn Eubank	73 MIDL	8:54.19	

800 Meter Freestyle

Women 25 - 29			
1. Carrie Newman	26 UNT	12:19.21	

50 Meter Back

Women 25 - 29			
1. Kristin Nelsen	27 SOS	40.92	
2. Kristi Dean	26 SOS	43.96	
Women 45 - 49			
1. Lorraine Lafernere	42 UNT	55.68	

200 Meter Backstroke

Women 25 - 29			
1. Kristi Dean	28 SOS	3:30.47	
Women 70 - 74			
1. Merlyn Eubank	73 MIDL	4:45.71	

50 Meter Breaststroke

Women 25 - 29			
1. Kristin Nelsen	27 SOS	42.78	
2. Lisa Cameron	26 SOS	56.22	
Women 30 - 34			
1. Canille Waddell	31 LANS	59.91	
Women 35 - 39			
1. Karen Haley	39 LANS	54.69	

100 Meter Breaststroke

Women 25 - 29			
1. Kristin Nelsen	27 SOS	1:32.25	
2. Lisa Cameron	26 SOS	2:04.00	
Women 30 - 34			
1. Canille Waddell	31 LANS	2:06.42	
Women 35 - 39			
1. Karen Haley	39 LANS	1:56.40	
Women 45 - 49			
1. Lorraine Lafernere	42 UNT	2:15.77	

200 Meter Breaststroke

Women 70 - 74			
1. Merlyn Eubank	73 MIDL	5:10.49	

50 Meter Fly

Women 25 - 29			
1. Kristin Nelsen	27 SOS	34.47	
2. Kristi Dean	26 SOS	42.19	

100 Meter Fly

Women 25 - 29			
1. Genevieve Mellos	25 AA	1:26.33	
2. Carrie Newman	26 UNT	1:30.75	

200 Meter IM

Women 25 - 29			
1. Carrie Newman	26 UNT	3:12.54	

50 Meter Freestyle

Men 25 - 29			
1. Todd Mercer	25 SOS	28.62	
2. Pat McCarley	29 LANS	29.64	
Men 30 - 34			
1. Harold Sleicher	31 UNT	29.66	
2. John Stenroos	30 SOS	31.16	
Men 35 - 39			
1. John Olszewski	39 SOS	30.93	
2. Doug Templeton	38 UNT	32.56	
Men 40 - 44			
1. William T Reid	43 JACK	29.33	
2. Leonard Brockhahn	42 FLY	30.10	
3. Richard Chaney	42 FLY	31.42	
4. Kelly Revenaugh	42 FLY	32.15	
Men 45 - 49			
1. Dennis McManus	45 MAC	32.45	
Men 55 - 59			
1. Charles Maas	59 SOS	36.13	
Men 60 - 64			
1. Eli M. Ladin	64 AA	38.05	
Men 65 - 69			
1. Charles Belknap	67 DRY	42.00	

100 Meter Freestyle

Men 25 - 29			
1. Thomas Schardt	25 SYLV	1:08.05	
2. Pat McCarley	29 LANS	1:09.55	
Men 35 - 39			
1. John Olszewski	39 SOS	1:08.65	
2. Jim Weyand	38 SOS	1:11.97	
3. Don Law	37 MIDL	1:10.43	

100 Meter Freestyle

Men 25 - 29			
1. Thomas Schardt	25 SYLV	1:08.05	
2. Pat McCarley	29 LANS	1:09.55	
Men 35 - 39			
1. John Olszewski	39 SOS	1:08.65	
2. Jim Weyand	38 SOS	1:11.97	
3. Don Law	37 MIDL	1:10.43	

100 Meter Freestyle

Men 40 - 44			
1. Leonard Brockhahn	42 FLY	1:04.38	
2. William T Reid	43 JACK	1:05.06	
3. Kelly Revenaugh	42 FLY	1:17.42	
Men 45 - 49			
1. Donald Kroeger	49 MONR	1:14.64	
Men 60 - 64			
1. Eli M. Ladin	64 AA	1:22.84	

200 Meter Freestyle

Men 35 - 39			
1. Don Law	37 MIDL	2:54.88	
Men 40 - 44			
1. Frank Thompson	41 SOS	2:20.69	
Men 45 - 49			
1. Tom Moyer	45 MONR	2:42.00	
Men 60 - 64			
1. Bob Heritier	64 DAC	2:53.74	

400 Meter Freestyle

Men 35 - 39			
1. David Shepherd	37 NICH	4:52.51	
2. Don Law	37 MIDL	6:13.78	

800 Meter Freestyle

Men 35 - 39			
1. Doug Templeton	38 UNT	12:18.31	
2. Paul Wright	38 FAST	14:29.27	
Men 60 - 64			
1. Bob Heritier	64 DAC	12:43.40	

1500 Meter Freestyle

Men 35 - 39			
1. David Shepherd	37 NICH	19:28.31	
Men 40 - 44			
1. David Spaulding	43 FLY	21:29.90	
Men 45 - 49			
1. Gaard Arneson	45 AA	19:41.81	
2. Richard Fortune	45 AA	23:49.83	

50 Meter Back

Men 25 - 29			
1. Todd Mercer	25 SOS	35.62	
2. Thomas Schardt	25 SYLV	36.20	
Men 30 - 34			
1. Harold Sleicher	33 AA	35.74	
Men 40 - 44			
1. Richard Chaney	42 FLY	36.59	
2. Kelly Revenaugh	42 FLY	38.44	
Men 45 - 49			
1. Thomas Hunt	45 MAC	39.69	
2. Dennis McManus	45 MAC	43.70	

100 Meter Backstroke

Men 25 - 29			
1. Thomas Schardt	25 SYLV	1:32.33	
Men 30 - 34			
1. Harold Sleicher	33 AA	1:10.57	
Men 40 - 44			
1. Richard Chaney	42 FLY	1:20.71	
Men 45 - 49			
1. Thomas Hunt	45 MAC	1:24.75	
2. Donald Kroeger	49 MONR	1:40.77	

200 Meter Backstroke

Men 25 - 29			
1. Thomas Schardt	25 SYLV	3:11.00	
Men 40 - 44			
1. Richard Chaney	42 FLY	2:57.67	
Men 45 - 49			
1. Thomas Hunt	45 MAC	3:07.75	
2. Tom Moyer	45 MONR	3:23.68	
Men 50 - 54			
1. Hugh Rodin	51 NICH	3:00.12	

50 Meter Breaststroke

Men 25 - 29			
1. Tom Lynch	29 MONR	42.39	
2. Todd Mercer	25 SOS	42.44	
Men 35 - 39			
1. Doug Templeton	38 UNT	42.42	
2. Paul Wright	38 FAST	42.65	
Men 40 - 44			
1. Steve Hansen	41 FLY	39.09	
2. William T Reid	43 JACK	40.81	
3. Kelly Revenaugh	42 FLY	45.69	
Men 45 - 49			
1. Dennis McManus	45 MAC	45.99	

100 Meter Breaststroke

Men 30 - 34			
1. John Stenroos	30 SOS	1:18.09	
Men 35 - 39			
1. Doug Templeton	38 UNT	1:32.66	
Men 40 - 44			
1. Steve Hansen	41 FLY	1:25.37	
Men 45 - 49			
1. Donald Kroeger	49 MONR	1:43.24	

200 Meter Breaststroke

Men 35 - 39			
1. Andy Donato	36 SOS	3:34.20	
Men 45 - 49			
1. Tom Moyer	45 MONR	3:54.78	

50 Meter Fly

Men 25 - 29			
1. Todd Mercer	25 SOS	30.44	
2. Pat McCarley	29 LANS	32.85	
3. Tom Lynch	29 MONR	41.64	
Men 40 - 44			
1. Leonard Brockhahn	42 FLY	32.19	
2. Steve Hansen	41 FLY	34.29	
3. William T Reid	43 JACK	35.49	
Men 45 - 49			
1. Dennis McManus	45 MAC	35.78	
2. Donald Kroeger	49 MONR	42.41	

100 Meter Fly

Men 25 - 29			
1. Pat McCarley	29 LANS	1:16.15	
2. Tom Lynch	29 MONR	1:44.03	
Men 35 - 39			
1. Jim Weyand	35 SOS	1:23.50	
Men 40 - 44			
1. Leonard Brockhahn	42 FLY	1:13.59	
2. Steve Hansen	41 FLY	1:20.19	

100 Meter Fly

Men 45 - 49			
1. Donald Kroeger	49 MONR	1:46.63	
Men 50 - 54			
1. Hugh Rodin	51 NICH	1:22.89	
Men 55 - 59			
1. Charles Maas	59 SOS	1:45.26	

200 Meter Fly

Men 35 - 39			
1. Andy Donato	36 SOS	3:35.65	
Men 55 - 59			
1. Charles Maas	59 SOS	3:52.41	

200 Meter IM

Men 30 - 34			
1. Harold Sleicher	33 AA	2:50.49	
Men 35 - 39			
1. David Shepherd	37 NICH	2:38.15	
Men 40 - 44			
1. Frank Thompson	41 SOS	2:39.62	
Men 45 - 49			
1. Thomas Hunt	45 MAC	3:16.88	
2. Tom Moyer	45 MONR	3:32.92	

400 Meter IM

Men 35 - 39			
1. David Shepherd	37 NICH	5:35.20	
2. Andy Donato	36 SOS	6:56.92	
Men 40 - 44			
1. Frank Thompson	41 SOS	5:42.76	
Men 45 - 49			
1. Tom Moyer	45 MONR	7:25.45	

SOS Masters Long Course Swim Meet
Sunday, June 14, 1993
Dunworth Pool, Dearborn, Michigan

50 Meter Freestyle

Women 25 - 29			
1. Genevieve Mellos	25 AA	32.23	
Women 35 - 39			
1. Patricia C. O'Brien	38 AA	39.35	
Women 40 - 44			
1. Genevieve Moyer	44 MONR	1:12.64	
Women 45 - 49			
1. Fredericka Rapp	49 NICH	40.00	
Women 55 - 59			
1. Beverly Myers	58 NICH	37.74	
Women 60 - 64			
1. Mary Williams	61 SOS	56.40	

100 Meter Freestyle

Women 25 - 29			
1. Genevieve Mellos	25 AA	1:12.57	
Women 35 - 39			
1. Ann Guins	39 TONS	1:15.71	
2. Patricia C. O'Brien	38 AA	1:32.96	
Women 40 - 44			
1. Gail Dunner	42 LANS	1:46.74	
Women 60 - 64			
1. Mary Williams	61 SOS	2:08.54	

SOS Masters Long Course Swim Meet
Sunday, June 14, 1993
Dunworth Pool, Dearborn, Michigan

200 Meter Freestyle
Women 25 - 29

1. Kim Krause	28	SOS	2:32.05
1. Lois Revenaugh	42	FLY	4:05.62
1. Fredericka Rapp	49	MICH	3:24.17
1. Beverly Myers	58	MICH	3:13.91
1. Mary Williams	61	SOS	4:41.91

400 Meter Freestyle
Women 25 - 29

1. Kim Krause	28	SOS	5:24.41
2. Sandra L. Carosi	27	MIDL	5:26.03
1. Jennifer Parks	49	MICH	6:56.65
1. Carol Rhudy	50	SOS	8:48.09

800 Meter Freestyle
Women 25 - 29

1. Sandra L. Carosi	27	MIDL	11:18.65
1. Pat Rohner	31	SOS	11:10.67

50 Meter Back
Women 35 - 39

1. Ann Guins	39	TOMS	38.75
1. Edith Glusac	74	SOS	1:02.94

100 Meter Backstroke
Women 35 - 39

1. Ann Guins	39	TOMS	1:26.34
1. Jennifer Parks	49	MICH	1:38.08
2. Fredericka Rapp	49	MICH	1:47.31
1. Lois Mochnan	68	SOS	1:59.79

200 Meter Backstroke
Women 25 - 29

1. Fredericka Rapp	28	SOS	3:51.37
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50 Meter Breaststroke
Women 35 - 39

1. Patricia C. O'Brien	38	AA	47.44
1. Gail Dummer	42	LANS	53.12
2. Genevieve Moyer	44	MONR	1:04.92
1. Carol Rhudy	50	SOS	55.53
1. Beverly Myers	58	MICH	49.20
1. Lois Mochnan	68	SOS	1:00.07
1. Edith Glusac	74	SOS	1:05.49

100 Meter Breaststroke
Women 25 - 29

1. Kristin Melsen	27	SOS	1:26.02
1. Patricia C. O'Brien	38	AA	1:44.08
1. Genevieve Moyer	44	MONR	2:33.99
1. Carol Rhudy	50	SOS	2:06.31
1. Lois Mochnan	68	SOS	2:10.77
1. Edith Glusac	74	SOS	2:31.25

200 Meter Breaststroke
Women 25 - 29

1. Kristin Melsen	27	SOS	3:10.16
1. Carol Rhudy	50	SOS	4:37.30
1. Lois Mochnan	68	SOS	4:40.03

50 Meter Fly
Women 25 - 29

1. Kristin Melsen	27	SOS	33.75
2. Genevieve Mellos	25	SOS	35.95
3. Sandra L. Carosi	27	MIDL	39.59
1. Genevieve Moyer	44	MONR	1:12.41
1. Mary Williams	61	SOS	1:16.13

200 Meter IM
Women 25 - 29

1. Sandra L. Carosi	27	MIDL	3:05.87
1. Mary Williams	61	SOS	5:36.04

50 Meter Freestyle
Men 25 - 29

1. Thomas Schardt	25	SYLV	28.84
1. John Stenroos	30	SOS	27.71
2. Tom Potter	31	FAST	28.10
1. Bill Kloote	39	SOS	31.57
2. Paul Wright	38	FAST	33.65
1. Leonard Brockhahn	42	FLY	29.29
2. Richard Chaney	42	FLY	30.47
3. Kelly Revenaugh	42	FLY	30.82
4. J. Richardson	44	WMS	34.38
5. Forest Chaffee	42	SOS	39.60
1. Dennis McManus	45	MAC	30.85
1. George Runciman	51	LANS	37.81
2. Jay Lane	52	LANS	43.85
1. Charles Maas	59	SOS	34.57
2. Dennis James	55	SOS	34.86
1. J. John Reese	67	MICH	37.23
2. Charles Belknap	68	DRY	44.54
1. Ray Gilliland	70	MONR	45.61

100 Meter Freestyle
Men 30 - 34

1. Tom Potter	31	FAST	1:02.41
1. Leonard Brockhahn	42	FLY	1:03.56
2. Graham Annear	42	AUST	1:11.10
3. John Bullock	43	LANS	1:12.05
4. Kelly Revenaugh	42	FLY	1:16.00
1. Ron Pohlonski	49	LANS	1:08.90
2. Donald Kroeger	49	MONR	1:15.85
1. Dennis James	55	SOS	1:20.54
1. Charles Belknap	68	DRY	1:54.80

200 Meter Freestyle
Men 25 - 29

1. Thomas Schardt	25	SYLV	2:35.04
2. Tom Lynch	29	MONR	2:47.47
1. Tom Potter	31	FAST	2:21.70
1. Graham Annear	42	AUST	2:29.99
2. John Bullock	43	LANS	2:42.25
1. Ron Pohlonski	49	LANS	2:36.88
2. Jay Lane	52	LANS	3:41.30
1. Charles Maas	59	SOS	3:08.58

400 Meter Freestyle
Men 19 - 24

1. Steve Cohen	21	SOS	4:42.16
1. Graham Annear	42	AUST	5:25.17
2. John Bullock	43	LANS	6:00.01
2. Jay Lane	52	LANS	7:49.30

800 Meter Freestyle
Men 19 - 24

1. Steve Cohen	21	SOS	9:57.29
1. Paul Wright	38	FAST	14:27.32
1. Larry Day	42	FLY	10:21.78
2. David Spaulding	42	FLY	11:02.66
3. John Bullock	43	LANS	12:22.49
1. Gaard Arneson	45	AA	10:14.55
1. Thomas Hunt	45	MAC	12:27.03
1. Dave Malbrough	80	LINC	16:49.05

50 Meter Back
Men 19 - 24

1. Tom Sayles	21	SOS	39.26
1. Bill Kloote	39	SOS	40.16
1. Richard Chaney	42	FLY	36.43
2. Kelly Revenaugh	42	FLY	37.02
3. Forest Chaffee	42	SOS	45.00

50 Meter Back
Men 45 - 49

1. Thomas Hunt	45	MAC	37.67
2. Donald Kroeger	49	MONR	39.87
3. Dennis McManus	45	MAC	42.15
1. Dave Malbrough	80	LINC	49.38

100 Meter Backstroke
Men 40 - 44

1. Richard Chaney	42	FLY	1:20.56
1. Thomas Hunt	45	MAC	1:21.28
2. Tom Moyer	45	MONR	1:34.41
3. Ron Pohlonski	49	LANS	1:41.30
1. Dave Malbrough	80	LINC	2:02.44

200 Meter Backstroke
Men 40 - 44

1. Richard Chaney	42	FLY	2:57.32
1. Tom Moyer	45	MONR	3:11.54

50 Meter Breaststroke
Men 19 - 24

1. Tom Sayles	21	SOS	35.00
1. Tom Lynch	29	MONR	42.54
2. Thomas Schardt	25	SYLV	42.66
1. John Stenroos	30	SOS	34.92
1. Paul Wright	38	FAST	41.77
2. Bill Kloote	39	SOS	45.41
1. Steve Hansen	41	FLY	37.96
2. Kelly Revenaugh	42	FLY	44.36
3. Forest Chaffee	42	SOS	50.68

100 Meter Breaststroke
Men 35 - 39

1. Donald Kroeger	49	MONR	41.35
2. Dennis McManus	45	MAC	45.30
1. George Runciman	51	LANS	42.86
1. Dennis James	55	SOS	48.58
1. J. John Reese	67	MICH	50.68
1. Ray Gilliland	70	MONR	56.32
1. Carl Thornburg	80	HLJ	1:13.99

100 Meter Breaststroke
Men 30 - 34

1. John Stenroos	30	SOS	1:21.79
1. Paul Wright	38	FAST	1:31.22
1. Steve Hansen	41	FLY	1:22.36
1. Donald Kroeger	49	MONR	1:39.05
1. George Runciman	51	LANS	1:39.02
1. Dennis James	55	SOS	1:48.84

200 Meter Breaststroke
Men 30 - 34

1. John Stenroos	30	SOS	2:56.35
1. Steve Hansen	41	FLY	3:01.14
1. Tom Moyer	45	MONR	3:45.16
1. George Runciman	51	LANS	3:45.19
1. Dennis James	55	SOS	3:50.60

50 Meter Fly
Men 25 - 29

1. Thomas Schardt	25	SYLV	34.48
2. Tom Lynch	29	MONR	42.12
1. Tom Potter	31	FAST	31.91
2. Bill Kloote	39	SOS	32.70

100 Meter Fly
Men 25 - 29

1. Leonard Brockhahn	42	FLY	31.60
1. Dennis McManus	45	MAC	33.17
2. Donald Kroeger	49	MONR	40.75
1. George Runciman	51	LANS	45.24
1. J. John Reese	67	MICH	52.69

100 Meter Fly
Men 25 - 29

1. Tom Lynch	29	MONR	1:45.12
1. Leonard Brockhahn	42	FLY	1:10.86
1. Tom Moyer	45	MONR	1:51.92
1. Carl Thornburg	80	HLJ	2:49.09

200 Meter Fly
Men 19 - 24

1. Steve Cohen	21	SOS	2:33.95
1. Charles Maas	59	SOS	3:45.68

200 Meter IM
Men 40 - 44

1. Graham Annear	42	AUST	3:11.59
1. Thomas Hunt	45	MAC	3:00.05

800 Free Relay 200 +

1. Fredericka Rapp	49	MICH	
2. Beverly J. Myers	58	MICH	
3. Thomas Moyer	45	MICH	
4. Donald Kroeger	49	MICH	

1993 YMCA SHORT COURSE NATIONALS * STATE RECORD
INTERNATIONAL SWIMMING HALL OF FAME Y# YMCA NATIONAL RECORD
FORT LAUDERDALE, FLORIDA APRIL 22 - 25, 1993

MARILYN EARLY (35)		JOHN STENROOS (29)	
50 FREE :26.98 1ST		50 FREE :23.68 6TH	
100 FREE :58.45 2ND		100 FREE :51.83 6TH	
200 FREE 2:06.55 2ND*		50 BREAST :29.61 3RD	
500 FREE 5:52.90 4TH*		100 BREAST 1:02.73 2ND	
50 BACK :31.72 1ST*		200 BREAST 2:19.17 2ND	
100 BACK 1:08.16 3RD*		100 I.M. :58.84 6TH	
200 BACK 2:26.71 3RD*		ROBERT HUDEK (30)	
FREDERICKA RAPP (49)		100 FREE :49.23 2ND	
50 FREE :33.47 3RD		200 FREE 1:46.85 2ND	
100 FREE 1:15.06 5TH		500 FREE 4:47.93 1ST	
200 FREE 2:49.75 8TH		1650 FREE 16:49.31 1ST	
50 BACK :40.69 3RD		100 BREAST 1:05.19 3RD	
100 BACK 1:26.51 3RD		200 I.M. 2:03.20 2ND	
200 BACK 3:01.81 2ND		400 I.M. 4:25.07 2ND	
50 FLY :39.89 7TH		DAVID SHEPHERD (37)	
LOIS NOCHMAN (68)		100 FREE :51.04 3RD	
50 FREE :37.89 2ND		200 FREE 1:51.37 2ND	
200 FREE 3:08.57 2ND		500 FREE 5:02.82 2ND	
1000 FREE 17:35.11 1ST		1000 FREE 10:38.26 1ST	
50 FLY :40.07 1ST*Y#		100 FLY :56.77 2ND	
100 FLY 1:46.21 1ST		200 FLY 2:05.63 2ND	
200 FLY 3:38.70 1ST		400 I.M. 4:33.92 2ND	
200 I.M. 3:35.92 3RD		ROGER LYONS (40)	
EDITH GLUSAC (74)		50 FREE :24.37 8TH	
50 FREE :51.65 4TH		100 FREE :55.82 11TH	
50 BACK :54.80 2ND		50 FLY :27.05 9TH	
100 BACK 2:00.12 2ND		100 FLY 1:03.31 9TH	
50 BREAST :57.84 2ND		200 FLY 2:52.23 13TH	
100 BREAST 2:04.10 1ST		RANDY SCHLEGEL (40)	
100 I.M. 2:11.41 3RD		50 FREE :24.10 4TH	
SEAN HORNBERGER (20)		100 FREE :52.92 3RD	
50 FREE :25.33 6TH		200 FREE 1:56.31 4TH*	
100 FREE :57.39 4TH		500 FREE 5:17.11 5TH	
200 FREE 2:10.24 5TH		100 BACK 1:01.26 4TH	
500 FREE 5:59.41 2ND		100 I.M. 1:00.25 3RD*	
1000 FREE 12:47.46 2ND		200 I.M. 2:12.04 3RD	
BOB JENNINGS (26)		FRANK THOMPSON (41)	
50 BREAST :27.09 1ST		200 FREE 1:59.29 7TH	
100 BREAST :58.86 1ST		500 FREE 5:17.09 4TH	
200 BREAST 2:11.81 1ST		1000 FREE 10:53.80 3RD*	
50 FLY :24.14 1ST		100 BACK 1:01.00 2ND	
100 I.M. :54.44 1ST		200 BACK 2:10.39 4TH	
200 I.M. 2:00.06 1ST		200 I.M. 2:15.48 4TH	
WILLIAM T REID (42)		400 I.M. 4:48.57 7TH	
50 FREE :24.47 9TH		ROBERT PEEL (27)	
100 FREE :52.99 4TH		50 FREE :21.32 1ST	
200 FREE 1:59.36 8TH			

1993 YMCA SHORT COURSE NATIONALS * STATE RECORD
INTERNATIONAL SWIMMING HLL OF FAME Y# YMCA NATIONAL RECORD
FORT LAUDERDALE, FLORIDA APRIL 22 - 25, 1993

CHRIS WEBB (42)		WALLY DOBLER (59)	
100 FREE :57.66 17TH		50 FREE :26.03 1ST	
200 FREE 2:04.99 16TH		100 FREE 1:01.59 4TH	
500 FR : 5:40.12 9TH		200 BACK 2:43.18 2ND	
1650 FREE 19:32.74 3RD		100 FLY 1:04.40 1ST	
100 FLY 1:06.30 11TH		100 I.M. 1:06.58 2ND	
200 FLY 2:29.30 7TH		200 I.M. 2:32.42 2ND	
400 I.M. 5:27.71 13TH		LARRY THOMPSON (62)	
KURT GERHARDT (42)		50 FREE :34.24 13TH	
50 FREE :23.26 1ST		100 FREE 1:20.27 15TH	
100 FREE :52.32 2ND		50 BACK :44.13 11TH	
200 FREE 2:02.20 12TH		100 BACK 1:45.79 13TH	
50 FLY :25.10 2ND		200 BACK 3:57.71 10TH	
100 I.M. 1:01.35 7TH		50 FLY :46.88 9TH	
THOMAS HUNT (45)		100 I.M. 1:49.84 9TH	
50 BACK :31.54 7TH		DON KORTEN (66)	
100 BACK 1:07.64 5TH		200 FREE 2:35.17 3RD	
200 BACK 2:35.95 5TH		500 FREE 7:13.35 3RD	
100 FLY 1:08.86 6TH		1000 FREE 14:59.00 1ST Y#	
100 I.M. 1:06.51 5TH		50 BACK :38.20 2ND	
200 I.M. 2:31.20 5TH		200 BACK 3:11.41 3RD	
400 I.M. 5:35.21 5TH		200 I.M. 3:03.13 2ND	
DENNIS McMANUS (45)		400 I.M. 6:40.07 3RD	
50 FREE :26.91 12TH		RICHARD EVANS (68)	
100 FREE 1:01.72 12TH		100 FREE 1:31.54 10TH	
50 BREAST :38.01 9TH		200 FREE 3:33.92 11TH	
50 FLY :29.33 6TH		500 FREE 9:29.33 10TH	
100 FLY 1:13.16 9TH		50 FLY :45.13 5TH	
100 I.M. 1:10.26 6TH		100 FLY 1:50.32 4TH	
DONALD KROEGER (49)		200 FLY 4:13.25 2ND	
200 FREE 2:14.88 7TH		400 I.M. 8:52.94 7TH	
500 FREE 6:22.34 4TH		DONALD MAY (72)	
1650 FREE 22:07.51 3RD		50 FREE :38.53 8TH	
50 BACK :32.51 9TH		100 FREE 1:34.43 7TH	
100 BACK 1:13.43 8TH		200 FREE 3:45.62 4TH	
200 BACK 2:44.68 6TH		500 FREE 10:17.74 4TH	
200 I.M. 2:41.63 7TH		1000 FREE 20:09.00 3RD	
THOMAS SPEAR (50)		GIL SPEAR (78)	
100 BREAST 1:16.00 2ND		50 FREE :41.63 4TH	
200 BREAST 2:38.99 1ST		100 FREE 1:38.93 3RD	
100 FLY 1:08.78 2ND		200 FREE 3:37.35 4TH	
200 FLY 2:36.31 2ND		500 FREE 10:33.50 4TH	
400 I.M. 5:14.78 2ND*		50 FLY :56.50 4TH	
HAM MORNINGSTAR (76)		100 I.M. 1:58.99 2ND	
50 FREE :32.91 1ST*		200 I.M. 4:27.67 2ND	
200 FREE 3:21.51 3RD			
500 FREE 9:17.45 2ND*			
100 I.M. 2:16.31 3RD			

Twenty-seven Michigan swimmers, from FIVE different teams participated in the YMCA Nationals held, in Ft. Lauderdale at the International Hall of Fame. The Plymouth YMCA took 1st place in the Small Team division out of 101 teams made up of 470 total participants. Michigan swimmers set 12 State and 2 National YMCA records. The High Point winner for the Men's Division was Bob Jennings with 62 points and the Women's High winner was Lois Nochman with 60 points.

1993 YMCA SHORT COURSE NATIONALS RELAYS
INTERNATIONAL SWIMMING HALL OF FAME
FORT LAUDERDALE, FLORIDA APRIL 22 - 25, 1993

MEN'S 200 FREE AGE 25+ MICHIGAN ROBERT HUDEK RANDY SCHLEGEL JOHN STENROOS BOB JENNINGS	RELAY AGES 30 40 29 27	TIME 1:32.17 23.29 23.83 22.71 22.34	2ND	MEN'S 200 MEDLEY AGE 25+ MICHIGAN FRANK THOMPSON JOHN STENROOS BOB JENNINGS ROBERT HUDEK	RELAY AGES 40 29 27 30	TIME 1:43.43 28.55 28.43 23.92 22.53	1ST
MEN'S 200 FREE AGE 35+ MICHIGAN KURT D GERHARDT CHRIS J WEBB ROGER E LYONS WILLIAM T REID	RELAY AGES 42 42 40 42	TIME 1:35.92 23.40 25.40 23.96 23.16	3RD	MEN'S 200 MEDLEY AGE 35+ MICHIGAN KURT D GERHARDT WILLIAM T REID ROGER E LYONS CHRIS J WEBB	RELAY AGES 42 42 40 42	TIME 1:51.57 28.16 31.96 26.38 25.07	4TH
MEN'S 200 FREE AGE 45+ MICHIGAN THOMAS HUNT LARRY THOMPSON DENNIS McMANUS DONALD KROEGER	RELAY AGES 45 62 45 49	TIME 1:52.32 26.93 32.94 25.78 26.67	6TH	MEN'S 200 MEDLEY AGE 45+ MICHIGAN THOMAS HUNT DONALD KROEGER THOMAS SPEAR DENNIS McMANUS	RELAY AGES 45 49 50 45	TIME 2:01.19 32.04 33.50 29.49 26.16	3RD
MEN'S 200 MEDLEY AGE 65+ MICHIGAN HAM MORNINGSTAR GIL SPEAR RICHARD EVANS DONALD MAY	RELAY AGES 76 78 68 72	TIME 3:37.00 1:07.78 1:00.92 46.67 41.63	2ND	MIXED 200 MEDLEY AGE 65+ MICHIGAN EDITH GLUSAC LOIS NOCHMAN RICHARD EVANS DONALD MAY	RELAY AGES 74 68 68 72	TIME 3:07.40 54.01 49.48 45.24 38.67	

1993 U.S.M.S. SHORT COURSE NATIONALS - MICHIGAN SWIMMERS
SANTA CLARA INTERNATIONAL SWIM CENTER
SANTA CLARA, CALIFORNIA - MAY 20 - 23, 1993

MICHAEL CREASER (27) 50 FREE :22.54 11TH 100 BACK :54.32 4TH 50 FLY :24.21 6TH	BOB HERITIER (64) 50 FREE :27.79 6TH 200 FREE 2:23.40 5TH 500 FREE 6:31.47 5TH
GAARD ARNESON (45) 200 FREE 2:02.31 10TH 500 FREE 5:25.65 6TH* 1650 FREE 19:11.80 1ST* 200 FLY 2:26.31 10TH 200 I.M. 2:23.33 13TH 400 I.M. 5:00.92 6TH	CHARLES MOSS (65) 200 BREAST 2:59.03 2ND* 100 FLY 1:12.01 2ND* 200 FLY 2:41.99 1ST*# 100 I.M. 1:11.97 2ND* 200 I.M. 2:35.07 1ST*# 400 I.M. 5:34.61 1ST*#
CHARLES MAAS (58) 50 FREE :28.38 16TH 100 FREE 1:02.98 12TH 200 FREE 2:28.10 13TH 500 FREE 6:48.22 10TH 1650 FREE 23:07.75 6TH 200 FLY 3:09.24 5TH	HAM MORNINGSTAR (76) 50 FREE :33.53 4TH 100 FREE 1:22.76 3RD 200 FREE 3:15.65 4TH
JOHN RIES (61) 50 FREE :28.42 9TH 100 FREE 1:02.84 5TH 200 FREE 2:24.32 7TH 500 FREE 6:48.10 8TH	CARL THORNBURG (80) 200 BACK 4:03.77 1ST* 200 BREAST 4:35.72 1ST* 100 FLY 2:04.60 2ND* 200 I.M. 4:11.82 1ST* 400 I.M. 9:10.14 1ST*

* STATE RECORD
U.S.M.S. NATIONAL RECORD

Eight swimmers attended the Short Course Nationals held in Santa Clara, California. This year was the second largest Masters' Nationals ever, with 2049 participants. Charles Moss was the High Point winner in the Men's Division with 60 points!

Encapsulated Results from the Long Course Nationals Minneapolis, Minnesota

COMBINED Large Team Results:	1st Place	Minnesota Masters	1923 points
	2nd Place	Lincoln Masters	1143 points
	3rd Place	Michigan Masters	778.5points
MENS Large Team Results:	1st Place	Minnesota Masters	1176 points
	2nd Place	The Olympic Club	868.5points
	3rd Place	Michigan Masters	479.5points
WOMENS Small Team Results:	1st Place	Walnut Creek Masters	464 points
	2nd Place	St. Petersburg Masters	322 points
	3rd Place	New England Masters	301 points
	4th Place	D.C. Masters	299 points
	5th Place	Virginia Masters	277 points
	6th Place	Michigan Masters	263 points

Charles Moss of Midland set **TWO World** and **TWO National** Records in the following events:

Mens: 65-69	200 IM	2:57.61
	400 IM	6:25.02

CONGRATULATIONS CHARLIE ON YOUR TERRIFIC SWIMMING!!

The 3rd Place Banner for the Men's Large Team was brought back to Michigan by Charles Moss and at this point in time will be residing in the Midland pool. It is also my understanding that Marilyn Early generously offered the 3rd Place Banner for the Combined Large Team a place on the wall at the pool in Harbor Springs. Gail Dummer has suggested that should anyone wish to display these banners during their meet at their respective pools, simply contact Marilyn or Charlie.

I'd like to thank Gail for bringing this information back from Minneapolis, as the complete results will take a little time!



This appears to be a busy fall for everyone! I'd like to take this space to thank everyone who helped to get this first "new" newsletter out. Due to vacations and a delay in the approval of the bulk mail permit transfer, it is a bit later than I had hoped.

If anyone has any suggestions or feels that there are traditional items that I have failed to include, please feel free to let me know.

For those of you with meets after December, the DEADLINE for your meet announcements to get to me is November 15. Don't forget they need to be sanctioned and approved by Gail Dummer BEFORE the deadline. We still want local NEWS, just drop it in an envelope, in any form, I'll spiff it up and get it in.

GOOD LUCK EVERYONE... IN THE FALL MEETS!!