



# THE WAVE EATER

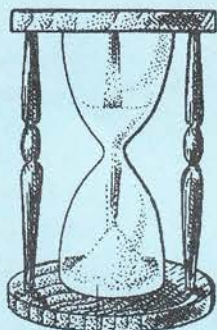
Volume 3 Issue 3

A Publication of Michigan Masters LMSC

Fall 1995

## The Clock is Ticking

**W**e just returned from this year's Long Course Nationals in Portland, Oregon and by all reports there are more than a few people who will be travelling to Ann Arbor next August.



FOR WHAT?, you say! Shame on you... for the 1996 LC Nationals which are being held at the University of Michigan's Canham Natatorium -

August 22-25th!!

We, as the Michigan Masters, are the host team and we are hoping that almost all of you will swim in the meet. What? I heard that... you don't swim long course? That's OK, you have nearly a year to practice! If nothing else you can come swim on a relay or even lend a hand with one of a number of volunteer positions.

Speaking of which, We'd like to find someone who is either currently living in or is very familiar with Ann Arbor and the surrounding areas (and "touristy things"). This person (or persons) would staff an information table during next year's Nationals. We want our guests to be able to get around with easy directions and

great suggestions. If you are interested in such a position during our Nationals, please get in touch with me.

We are also looking for a printing company (preferably owned by a Masters swimmer) that

would be interested in bidding on the printing of our Meet Program (approx. 50 DS pages and as many as 1500 copies of the program) as well as the Meet Results and possibly the entry forms. Again, if you are, or know someone who is, interested in bidding one or all of these projects, please contact me. My number is: 517-592-8908 and my address is: Phyllis J. Reid  
128 Marlboro Ct.  
Brooklyn, MI 49230

Please give it some thought!  
because...

*The Clock is Ticking...*

**ENDURANCE IS THE  
RESULT OF A DECISION  
MADE FROM WITHIN!**

## Our New Officers

**D**uring the annual meeting at the State Meet in Rockford in April, our newest slate of officers were elected. Following the convention the third weekend of this month they assume their offices. We are pleased that they are both interested and enthusiastic about working with and for the LMSC. (Local Masters Swimming Committee- Michigan Masters) The people and positions are as follows, please let them know your interests and ideas.

<b>President -</b>	Andy Donato 355 Connecticut Marysville 48040 (810) 364-4974
<b>Vice-Pres.-</b> (President-elect)	Don Kroeger 433 Toll st. Monroe 48161 (313) 242-7175
<b>Secretary</b>	Karen Pearson 4333 Muirfield Brighton 48116 (810) 220-3410
<b>Treasurer</b>	Don Korten 3861 Beadle Lake Battle Creek 49017 (616) 962-7464
<b>Sanctions</b>	Tom Hunt 632 Tennyson Rochesters Hills 48037 (810) 299-3962
<b>Registrar</b>	Bill Reid 128 Marlboro Ct. Brooklyn, 49230 (517) 592-8908



## Next Pres-Elect

Collaboration of Tom Moyer and Don Kroeger

**D**on Kroeger is the new President Elect of our LMSC. In 1994 he swam 224 races, placing first 147 times, 2nd 29 times, 3rd 19 times and other places 26 times.

While swimming these races he accomplished the following in Long Course Meters in the 50-54 age group nationally: 5K meter record, 800 Freestyle (4th), 200 Freestyle (9th) and 10th in the 1500 Freestyle. In Short Course Meters: he finished 4th in the 1500 Free, 8th in the 800 Free, 8th in the 200 Fly and 10th in the 400 Free. In addition, Don has organized many of the competing relay teams at the State, National and World Championships.

As a matter of fact, Don led twelve apostles of relays to a second place finish in the Ohio State Championships held at Cleveland States University. The meet was held April Fool's night and the next day. Some of you may have seen Don at the Michigan State Championships, the very same weekend. How did he manage to be in two places at one time? Only the his shadow knows! (We are very pleased to have Ohio residents swim with us and for us in Michigan... you are all a great contribution to the swimming community "at large".) See a picture of Michigan/Ohio crew on the page 10.

pjr

## Relay All -Americans

**T**he following swimmers made Relay All American for 1994. To achieve this honor these swimmers were members of a relay team that posted the fastest time in an event/age group in at least one course of the three official courses as listed in the USMS Top 10 Tabulation.(SCY, SCM & LCM)

Andrew Burton  
Robert Doud  
Kim Fee  
Nathan Felt  
Ray Gilliland  
Edith Glusac  
Don Korten  
Don May  
Charles Moss  
Lois Nochman  
Tom Reigel  
Tony Salez

***Congratulations to those of you  
who made this cut!***

(For those of you listed please find the form to order your patches on page 8 below the USMS registration form.)

**You need to  
compete for  
something  
greater  
than the  
experience  
of winning.**

## We All Lost...

**A**ugust was a difficult time this summer, it was filled with grief for many. The Yankees lost Mickey Mantle...Radio listeners lost JP McCarthy and Michigan Masters lost Carl Edwards to a stroke while hospitalized at Harper Hospital in Detroit.

I met Carl as a result of my husband teasing him about blowing his freestyle turns and because he and Edith Glusac were always giggling about something. (Be it a missed turn or one of Edie's competitors, he was always quick with a grin.)

Carl had an extensive background in swimming, beginning with being Midwest Aquatic Club champion in his age group from 1939-43. He participated on the Black National AAU Swimming and Diving Championship team from Brewster Center in Washington, DC in 1940. He was also a member of the first black relay team to be invited to the University of Michigan invitational in 1948.

Mr. Edwards also coached swimming, beginning it as he did swimming under the tutelage of Coach Clarence Gatliff. Among others, he coached Ernie Rogers (now a well known Motown Jazz musician) and Diana Ross. His teams placed second every year of his tenure in the Michigan AAU Water Polo Championships.

After retiring from the Detroit Dept. of Parks and Recreation in 1987, he returned to competition in the World Senior Games in St. George, Utah where he won 5 gold medals. These victories urged him on and he returned to Utah for the next

Con't on P. 3, column 3



## Michigan's Swimming Jewel

**T**his past spring I received several articles about Jewel Cooke after I had everything in the summer Wave Eater. So, I decided that I would feature some of the information and quotes here. Jewel Cooke of Farmington Hills is still blazing a trail at 86. During the Masters State Meet in April she set national records in the 200 and 400 IM. She shattered the old 400 record of 17:45 by 5 minutes, finishing in 12:00.5 and raced past the 200 standard by 45 seconds, coming in at 5:38.74.

Born and raised in Chicago on the lake Ms. Cooke learned quickly how to swim. Having coached swimming for 50 years (including the Garden City Parks and Recreation AAU teams to the last of 15 consecutive state titles, two decades ago) and competed as a Masters swimmer for the past 15 years she has a rec room full of trophies and medals.

Swimming as well as Jewel does still takes practice. She does water aerobics at Oakland Community College, but when that class is finished I don't leave the pool," she said. She stays on to swim 800 yards - 32 lengths - and she does that two or three times a week. The other two days per week, she does yoga. If you stick with it all your life, it comes pretty easy," Cooke said.

"There was never

## 10 Mile Challenge

**A**s a few of you may recall, last year I came up with a bizaare event called. "Michigan Masters Midnight Marauders 12 Mile Challenge" and it was held in October. Psych-ologically, swimming that type of distance "after dark" can be a bit grueling. So, in honor of those who came out last year, this year we are going to do it in the "daylight" hours. It'll be December 30th, and it will be a charity event with the proceeds going to a children's charity. In the next newsletter (in Nov.) we will have entry and sponsors forms, so you can solicit support for your swim. Keep you eyes open!

pjr

**Laughter helps to  
keep the child in  
each of us alive!**

## Jewel (con't)

a time when I didn't do anything. In fact, when I don't exercise or do something I'm pretty miserable."

Jewel is the senior member of the South Oakland Seals (SOS) team which in April won it's seventh consecutive state title.

*Thanks for being an inspiration to us all, Jewel.*

pjr

## Carl (con't)

3 years always coming away with GOLD!

He competed in Michigan Masters for the past four years. At meets he usually took 1st or 2nd in either the 50 (in yards or meters) in the breast, fly or free. He brought home medals from last year's LC Championships in Buffalo, NY, achieving a place in the National Top Ten in the 50 meter breaststroke and fly. He was also ranked as one of the top five male swimmers in Michigan in the 65-69 age group.

His 69 years were full of many things including a marriage and family of three sons and two daughters. He was a dedicated, loyal, benevolent, philanthropist and public servant, serving the citizen's of Detroit faithfully and with distinction.

Carl, you were a joy to know and an inspiration to many. Although you are in great company with Mickey and JP, you will be missed!... *(I assume you've found a faster relay.)*

pjr

## ATTENTION MEET DIRECTORS

Due to the amount of information we are trying to get out to you, the next newsletter **DEADLINE** will be: **November 13**. I want to get it to you around Thanksgiving.) I will need the meet announcements for all meets to be held through February in my hands **NO LATER than November 13**.

**Please**  
help me out on this!



## 1.75 Mile Swim

Contributed By Ken Danhof

**T**he First Annual YMCA Lake Michigan 1.75 Mile Swim took place on July 29, 1995 at the North Pier at Grand Haven. Swimmers swam in Lake Michigan to a small county park 1.75 miles away. The water temperature was a pleasant 70 degrees. There was a slight southerly breeze that by race end had created waves of about 10-18 inches. The course was well monitored by volunteers in kayaks, Seadoos and by the US Coast Guard. Trophies were provided to the age group winners. Wet suits were allowed and used by about 50% of the competitors. Everyone got a nice T-shirt and snacks for for the \$14.00 entry.

The event was sponsored by the tri-Cities YMCA (of Grand Haven) and they hope this will be an annual event. The following Michigan Masters were among the participants:

Dave Shepherd  
(finish time- 34 minutes),  
Rodger Mid kiff (38:31.00)  
Ken Danhoff (42:46.00).

## Other "Swims"

**W**hile most Masters cut back on their swimming during the summer there are a few "die-hards" that not only continue to swim in the pool in the summer, but also take on new challenges in the lakes. The following nine Masters participated in the **Clark Lake Triathlon** in

Con't Page 4, column 3

## Setting Personal Swimming Goals

by Michael Collins

**A**lthough most of you don't consider yourself to be a "competitive" swimmers, this is not an excuse for not setting goals in your swimming. Doing anything without some sort of purpose will become dull, boring and repetitive before too long. Goals are necessary to keep one motivated to continue (especially on very cold days, early morning workouts, etc.).

I'm sure you've been told many times, maybe from parents, teachers, bosses or even a swim coach, to set goals. What's so important about setting goals? It seems so silly to spend the time to sit down and write the things you already know you want to do. "I just want to swim," you may say. "I set goals for my career,, but I don't need to set goals for my recreation." This SOUNDS reasonable, but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at is something we all strive for, whether it's in our working world or in our personal life. What are you trying to accomplish by swimming?

Many masters swimmers lose their motivation to swim or just plain miss workouts because they can't justify it. "I'm too busy with work/school/family/etc." many say. For these people, swimming gets put into a leftover

## Others (con't)

the last two as the swimmers on teams. I have listed their times for the half mile swim portion but their age placing overall.

30-34	Todd Briggs(1)	12:24
	Jeff Beagle (2)	13:28
35-39	Ken Gutowski(4)	13:47
	George Wilcox(5)	13:35
	Greg Brannick(10)	13:57
40-44	Karen Pearson(10)	18:53
45-49	John Cowing (2)	15:44
50-54	John Stover (1)	13:55
	David Schupbach(4)	16:29

35-39	Tim Clore (1)	13:57
45-49	Bill Reid (1)	13:41

Todd Briggs was the overall winner of the triathlon.

Congratulations for all representing Masters so well!

Then in early August many brave Masters took on the chilly waters of Little Traverse Bay in the **Harbor Springs Coastal Crawl**. There were actually three races, a 1,2 & 3 mile swim.(Total competitors were 73, 28 and 21 respectively.) Hence, I will be listing them in terms of overall placement in races with their ages and times.

### One Mile

5th	Ron Pohlonski (50)	27:42
12th	David Bashore (38)	32:23
26th	Tim Wilcox (36)	36:08
41th	James Line (54)	40:50
51st	Greg Veltema (43)	42:42
55th	Kirt Gillette (37)	48:07
65th	Ann Levine (40)	50:21
70th	Donald May (70)	56:49
73rd	Ed Slezak (73)	1:19.10

Con't on P. 5, column 2

Con't on P. 6, column 3



## Swimming on the 'NET

by Ric Chaney

If you're remotely interested in computers or reluctantly disinterested, you have probably something about THE INTERNET. That mysterious network of connected computers around the world. My 14 year old son, Eric, talked me into subscribing to an Internet connection service. For \$10.00 per month, we have unlimited access at no extra charge.

Being the dedicated Masters Swimmer that I am, I decided to search for references to swimming on the 'Net. The search returned 200 titles about swimming. That's too many to mention here. If you wish an exhaustive reference you'll have to do your own search.

Some of the more interesting sites can be connected from the WEB SWIM page hosted by Donncha Redmond. It has hyperlinks (an easy way access another site) to World Swimming Records (not Masters); Advice on shoulder injuries, flip turns, and training methods; Distance per stroke article; books on swimming; and Workouts. However, when I tried to access the workouts, there was an error message denying access to that area. I had seen that page on a previous attempt, but not today. Oh well... moving on.

The Web Swim page also has links to Swim Shopping with 1996 Olympic Merchandise, and swimming accessories for sale. The listing also included

Con't Page 7, column 1

### Goals (con't)

spots of the day, behind virtually everything else. These same swimmers come back a few days or weeks later and talk about how much they missed swimming. They complain how tired and sluggish they felt without it. However, after a few days of swimming, they become discouraged with their slower times resulting from the layoff. Often they work so hard to swim the same times prior to the leave that they become sick or injured. This may cause them to miss even more workouts and thus bring their motivational level even lower since they can't justify why they were swimming in the first place.

Swimming needs to be given some priority. Maybe not first or second, but it shouldn't be last either. Goals need to be made that coincide with the priority that you put on swimming. "How do I make goals for swimming?", you may ask. Many would probably say "I don't have time or interest to compete" considering only 20% of the 400 swimmers in the club actually compete in events.

Make some short and long term goals for next year. Try to set MANY goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set the better the chance for success you have. Remember, you haven't lost anything if you don't reach a

Con't in next column

particular goal, but you HAVE accomplished something when you do achieve one. Be specific whenever possible, including numbers (distances, times, places, dates, etc.). Many of you don't realize how much progress you have made. If you put times and dates down you may be surprised by how much progress you have really made.

I have noticed that many don't set goals to improve swimming skills, or to enter events to check their progress due to a "fear of failure". When asked to do a timed swim in workout, or to enter some other event (such as the hour swim), do you say "Oh no, I'm not in shape!", "I'm too slow", or "I don't think I can do as well as last year." These are fear of failure answers. SO WHAT if you don't go as far, SO WHAT if you're not the fastest. It's the process of TRYING to improve that's important. A great quote I like to refer to goes like this: "Failure is not the worst thing in the world. The very worst is not to try." However, chances are you'll be quite pleased with results, and occasionally reach your goals. SO... get those goals SET!!

*As ye swim in  
practice, so  
shall ye swim  
in meets.*



## '96 Nationals' Accommodations

**W**hen you receive this newsletter the Long Course Nationals will be just about 11 months away. I realize that it seems much too early to be thinking about whether you plan on swimming in the Nationals, or perhaps helping out if you aren't swimming. Anyway, I wanted to let you know about places to stay in Ann Arbor since Masters from across the country are beginning to make reservations for next year. You must ask for the "Masters" rate and all rates do NOT include tax. All of the hotels listed will be on the shuttle route.

*Look for a flyer with  
more detailed descriptions  
of the hotels at our local meets.*

**Sheraton Inn:** (Meet Headquarters)  
1-800-848-2770 \$63 single/double

**Crown Plaza:** 800-2CROWNE or  
(313) 761-7800 \$68 single/double

**Fairfield Inn:** 800-228-2800 or  
313-995-5200 \$65 singles  
\$70 doubles/triples/quads

**Hampton Inn:** 800-HAMPTON or  
313-665-5000 \$77 single/double

**Courtyard by Marriott:**  
800-321-2211 or  
313-995-5900  
\$79/single \$85/double

**Motel 6:** 313-665-9900  
\$36/single \$42/double

**Wolverine Inn** (Best Western):  
800-766-4023 or 313-665-3500  
\$52 single/double

## Out of the Pool

**A**t 76 years old many folks are sitting in their rocking chairs doing nothing, not so with Edith Glusac! I recently laughed watching her at the LC Nationals dance to the Funky Chicken agreeing with one of her friends' descriptions of her as the "energizer bunny". We have seen her accomplishments in the pool but she is very active outside the pool as well.

Having been a teacher for 40 years and retiring as an assistant principal in the Detroit Public Schools, Edie served as a girl's basketball referee for 50 years, ending in 1991 when she began officiating volleyball and swimming. She decided to quit reffing basketball because she said she "figured they didn't want to see a grey-haired old lady running up and down the court".

In addition to her swimming and officiating she teaches a seniors class in bounce volleyball at the Tindell Recreation Center in Wyoming every week and bowls on two bowling teams. Then when golf season rolls around she usually plays in a couple different leagues. In 1994 she was named the Polis Super Senior Women's Champion Golfer.

Edith Glusac is always up for competition and/or good clean fun and as such she should inspire us all!

pir

## Others (con't)

### Two Mile Swim

2nd	Rodger Midkiff (39)	49:20
6th	George Runciman(52)	57:39
11th	Kent Casadonte (42)	1:03.18
21st	Jim Kuhlman (45)	1:11.28
28th	Jae Birch (66)	1:21.16

### Three Mile Swim

3rd	Kurt Dickson (27)	1:12.01
7th	Don Asselin (40)	1:23.53
16th	Jennifer Parks (50)	1:40.31

Bill and I noticed as we went through these results that some of the people are past Masters and some haven't been in Masters so if you know them, please encourage them to register or re-register for USMS and join us throughout the year and especially at the LC National in August '96.

If I have inadvertently missed someone in the listing of these names, it was exactly that...an inadvertant omission! Please accept my apologies.

Karen Pearson tells me that 17 people attended the Great Lakes LC Zone Championships down in Louisville. In fact, as a combined team they placed 3rd. Sorry I can't give you the details, no one sent them to me.

I can also report that 9 swimmers (6 men & 3 women) travelled cross-country to just north of Portland, Oregon for the LC Nationals. The weather was delightfully cool (for spectators, chilly for swimmers) and they took 11th overall as a combined team.

pir



## Step Forward

by Patricia Rohner-Leahy

**A**s many of you are already aware the 1996 Long Course Nationals will be held here in Michigan. As an undertaking the key to success is a few dedicated people leading the effort and a lot of participation by individuals who are willing to take on one task to help make the meet a success both for the swimmers and our state association. Success for the state association is at least partially stated in dollars. Many of you may not be aware that the entry fees alone do not make a meet profitable. We are at least partially dependent on our ability to sell advertisements in the meet program and sponsorships to local and national companies.

Those sponsorships and advertisements is why I am writing to you at this time. The National's Committee needs individuals who are willing to sell advertisements and sponsorships to their company or other companies to step forward. If you are willing to sell even one this can make a tremendous impact on the financial success of our nationals.

The price tags have a large range to fit the budget of even the smallest business. Packets of information will be provided to volunteers so you have powerful tools to take to your target companies. If you are willing to contribute by selling, please contact me (Pat Rohner) at (810) 356-2045 (evenings) or Bill and Phyllis Reid (517) 592-8908.

*The worst bankruptcy  
is the person who has  
lost enthusiasm.*

## Boo, Who?

**F**or those of you who have managed to weed through all the verbage in this edition hoping to find something about a Fall Stroke Clinic. I apologize. Not for you having gotten this far, but that you got this far and I have to tell you that there will not be a U of M clinic this fall. Due in part to lack of attention, on my part and due also to the fact that we couldn't come up with a date that would work. Look for info on the next clinic, in the next

### Net (con't)

University and National Swimming entries. U of M's page only had a '93-'94 Men's roster, schedule and a brief de-scription of the Canham Nata-torium, but no pictures. On the other hand Kalamazoo College's Men's Swimming page opened with anice color photo of their swimmers in midbutterfly stroke. They also had a nice photo of their captain' swimming free-style. I used to coach one of their team members, so I checked the roster and he was listed. "Jeremy Hansen, Sophomore, Freestyle, Flint, SWA". The Kalamazoo College pages were sponsored by Miller Genuine Draft.

Here is the part you've been waiting for. There is a Masters Swmning page. The address is <http://www.hk.super.net/~kffwms.html>. Don't ask what all that means, but the hk

(Con't next column)

### Net (finishes)

stands for Hong Kong. That is Kevin Francis has set up this web site and why some of the titles are for Hong Kong Masters. The listings are: Fina Rules and Constitution; World Masters Swimming Re-cords (a note here says "no entries yet, awaiting Fina approval to display records."); Chinese Swimming Records (I didn't check to see if they had separate enhanced and drug free categories.); Hong Kong Masters Records; 50M pools in HK (no pictures); HK events and membership (you can join on-line); and my favorite, Chinese Astrological Signs (you know your age-group, but do you know your Chinese Sign?)

I looked up the Hong Kong Masters records and found my friend K.Y. Chan listed several times. I met Marlon (his English name) and several of the Hong Kong Masters at the World Masters Swimming Championships in Indianapolis in 1992. I left an e-mail message for Kevin to pass along to Marlon.

One last thing if you get to the Web Swim site, make sure you check out the Old Farts Club. No, I didn't make that up. Things are always changing on the 'Net so if some of this stuff is gone, changed, or otherwise unavailable by the time you get there, don't say I didn't warn you. E-mail me at [ChiroDoc@iabbs.com](mailto:ChiroDoc@iabbs.com).

Swim Fast -  
Ric Chaney



## Free Radicals

**E**verywhere we turn today there are more and more articles talking about diet and what we should be eating to stay healthy. We should be eating lower on the food chain, things like beans, legumes, rice, fruits and vegetables. But are we? According to the United States Department of Agriculture and the guidelines issued calling for a diet rich in vegetables and fruits, at least 5 servings a day.

When was the last time you had servings of fresh fruits and vegetables?

Fruits and vegetables are full of antioxidants. "So what?" you ask. Well I'll tell you what... antioxidants help to reduce free radical damage within a typical cell in your body. Simply put a free radical is a molecule with a missing electron. An antioxidant such as vitamin C, vitamin E or beta carotene may donate one of its electron to the free radical. If an antioxidant doesn't "help," a free radical takes an electron from vital cell structures, damaging the cell and eventually leading to disease.

Antioxidants patrol the body, searching out free radicals. Free radicals are a

Con't next column

*Are you  
prepared to win  
if you get the chance?*

natural by product of the body's metabolism and are also caused by air pollution, chlorine, pesticided and cigarette smoke. Therefore those of you who bicycle and run outside and especially in the city suburbs are especially at risk. And of course, which one of us is not exposed to excessive amounts of chlorine during the fall, winter and spring? A time when fresh fruits and vegetables are fairly scarce.

By the way damage from free radicals is thought to contribute to the aging process. Research suggests that neutralizing free radicals could prolong life and reduce coronary artery disease, cancer rates and the development of cataracts.

If we aren't (for whatever reason) getting five servings of fruits and vegetables per day, how can we neutralize free radicals? Well, do what the US Water Polo and Diving Teams are doing if preparation for Atlanta in '96, take Juice Plus+. Juice Plus+ is simply fruits and vegetables freeze dried, powdered and put in capsules!! The Mexican and Canadian Track and Field Teams as well as the Ohio State Women's Basketball team all feel that Juice Plus+ gives them that extra competitive edge.

If you are interested in learning more about Juice Plus+, please catch me at one of the meets or feel free to call

Con't next column

me or drop me a line. Wouldn't you prefer to stay healthy this swim season instead of getting sick and staying sick like so many did last winter?

Phyllis (pjr)

**Success is never  
final, and failure  
is never fatal;  
it's determination  
which counts.**

## Smart Snacks

While most swimmers are very conscious of what they eat and when, some I've noticed don't have much of a clue. Here are a few suggestions for snacks:

*Fresh fruit*  
*Unsweetened Fruit & Vegetable Juices*  
*Dried fruits*  
*Canned fruit (syrup removed)*  
*Unsalted nuts*  
*Air-popped popcorn*  
*Low-fat cottage cheese with fresh fruit or drained canned fruit*  
*Low-fat cheese strips*  
*Graham crackers*  
*An occasional boiled egg*  
*Whole grain cracker*  
*Bran muffins w/ reduced sugar & oil*  
*Raw Veggies with peanut butter*



# 1995 USMS/Michigan Registration

This registration form will be in effect through December 31, 1995.

Effective Dates  
09/01/95 - 10/31/95

Michigan Fee  
\$ 5.00

USMS Fee  
\$10.00

Total Fee Due  
\$15.00

Benefits of membership include: Secondary accident insurance in all USMS/Michigan sanctioned events and supervised practices where all participants and coaches are USMS/Michigan registered members, subscription to SWIM magazine during membership year, and all Michigan mailings including the quarterly newsletter, *The Wave Eater*.

Swimmers must be a member of both USMS and Michigan Masters.

**Make checks payable to Michigan Masters.**

Mail completed (**and signed**) application and check to:

Renewal Registration\_\_\_\_\_

Bill Reid, Registrar  
128 Marlboro Court  
Brooklyn, MI 49230

New Registration\_\_\_\_\_

Previous registration #\_\_\_\_\_

Do you coach Masters?\_\_\_\_\_

REGISTER WITH THE NAME THAT YOU WILL USE TO ENTER MEETS

Name\_\_\_\_\_ Sex\_\_\_\_\_

Address\_\_\_\_\_ City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Birthdate:\_\_\_\_\_ Phone #\_\_\_\_\_ LMSC Club: Michigan Masters Local Team:\_\_\_\_\_

**The following release must be dated and signed for registration to be complete.**

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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be covered by the rules of USMS.

DATE:\_\_\_\_\_ SIGNATURE:\_\_\_\_\_

## REQUEST FORM RELAY ALL-AMERICAN PATCH AND CERTIFICATE

Relay event: circle one MEN WOMEN MIXED FREE MEDLEY

Relay distance: 200 400 800

Course: circle one scy scm lcm Year of swim\_\_\_\_\_

Relay member(s) requesting All-American patch and certificate: (\$5.00 each member)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Mail Payment to:  
U.S.M.S.  
2 Peter Ave.  
Rutland, MA 02543

Make checks payable to:  
United States Masters Swimming

Send patch and certificate to:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_





Jewel Cooke



Don Kroeger and his Ohio/Michigan  
State Masters gang.

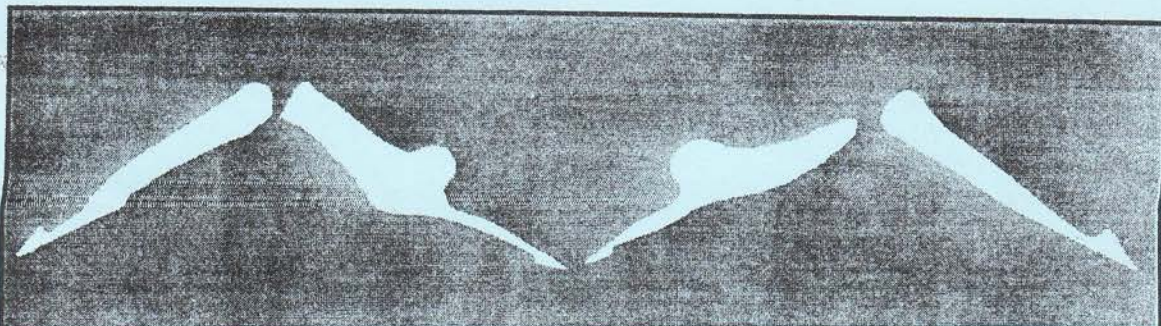


The late Carl Eadwards  
and Sr. Olympics  
teammate, Beverly  
Myers



AGE group winners at the 2 mile Cable  
in Cincinnati.  
Fredericka Rapp, Eric Nordlund and  
Heather Winiecki





WEST MICHIGAN MASTERS SWIM  
ASSOCIATION  
4100 ILLINOIS SW  
WYOMING MI 49509

**PRESENTS**  
**THE FALL FORD SWIM CLASSIC**  
**OCTOBER 28, 1995**  
**DOWNTOWN AT 226 RANSOM**  
**GRAND RAPIDS COMMUNITY COLLEGE**

**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**

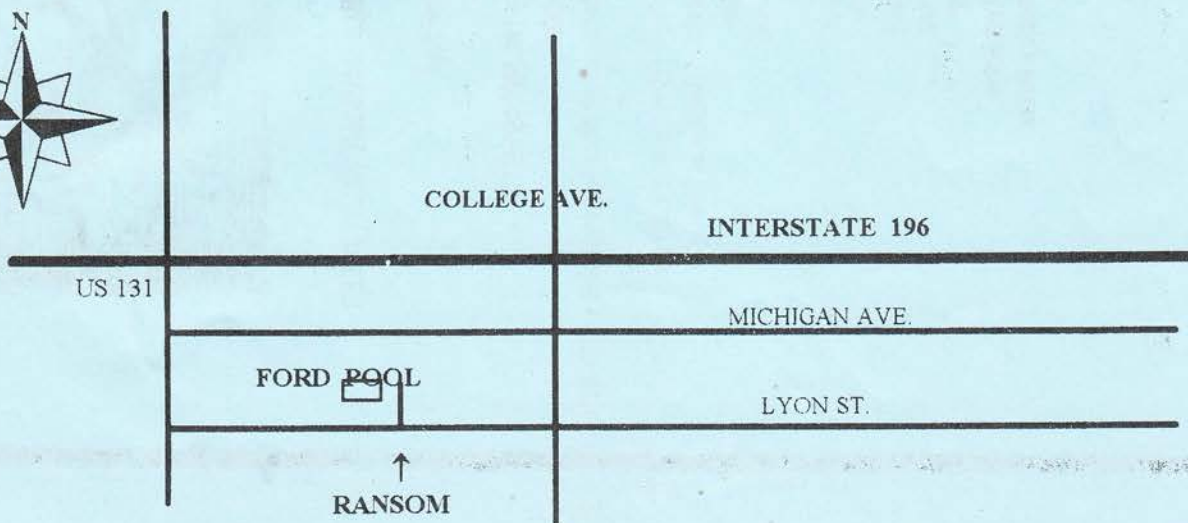
- 8) 500 YARD FREE
- 9) 100 YARD BACK
- 10) 100 YARD INDIVIDUAL MEDLEY
- 11) 100 YARD FREE
- 12) 100 YARD FLY
- 13) 100 YARD BREAST
- 14) 200 YARD FREE RELAY

**INFORMATION**

FEE IS \$10.00 FOR THE MEET  
MI MASTERS MEMBERSHIP REQUIRED  
1995 MEMBERSHIPS \$15.00  
LIMIT 5 INDIVIDUAL AND 2 RELAYS

SEEDING IS SLOW TO FAST  
REGISTRATION BEGINS AT 10:00 AM  
MEET BEGINS AT 11:00 AM  
SANCTION # MM199536

FOR PRE-REGISTRATION CONTACT:  
MEET DIRECTOR:  
BRAD HENSON  
4100 ILLINOIS SW  
WYOMING, MI 49509  
(616)532-7024  
FAX 2431730





Harbor Springs Harbor Masters  
Invites you to the  
**HARBOR SPRINGS FALL MEET**

(Sanction No. MM199527)

**DATE:** Sunday, October 8, 1995

**PLACE:** Harbor Springs Community Pool  
Harbor Springs High School  
Harbor Springs, MI 49740

**DIRECTIONS:** M-119 to Hoyt Street turn right. At Pine St.  
turn left. School several blocks down on left.

**TIME:** Warm-up/Registration 11:00am

Swimmers must enter the pool feet first in a cautious manner. Diving will be permitted only from the designated sprint lane. One lane will remain open for warm-up/warm-down, except perhaps during the 1000.

1000 Free begins at 11:30am  
Second warm-up following the 1000  
Remainder of the meet will begin at 1pm.

**FACILITY:** 6 lane, 25yd pool, hand timing, hot tub,  
starting blocks in the deep end.

**AWARDS:** Michigan Masters ribbons for 1st thru 3rd

**ENTRY FEE:** \$10.00 per swimmer  
(Maximum 5 events plus relay)

**ENTRY DEADLINE:** Deck entries ONLY - close at 12:45pm  
Seeding slow to fast



**REFRESHMENTS AVAILABLE THROUGHOUT MEET**

**AFTER PARTY:** Harbor Bar

**USMS Sanctioned:** Sanction No.MM199527

**USMS Registration required:**

One registration time fee available - only \$10

- EVENTS:**
1. 1000 Free (Begins at 11:30 am)
  2. 200 Breast (Begins at 1pm)
  3. 50 Free
  4. 100 Back
  5. 50 Fly
  6. 50 Breast
  7. 100 IM
  8. 200 Back
  9. 100 Free
  10. 100 Fly
  11. 200 Free Relay
  12. 200 Medley Relay

For more information all: Marilyn Early (616) 526-9824



**1995 GReater INdiana Masters Fall Classic  
Great Lakes Zone Championships**

Mail to: 1995 GReater INdiana Fall Classic  
5223 North Pennsylvania Street  
Indianapolis, IN 46220-3056

Entry Fee: \$25.00 before October 10, 1995.  
Deck Entry day of meet \$35.00. Make checks payable to **GRIN**

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

Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Team: \_\_\_\_\_ USMS#: \_\_\_\_\_

YOU MUST INCLUDE A COPY OF YOUR 1995 USMS CARD WITH YOUR ENTRY. IF YOU CANNOT SHOW PROOF OF USMS REGISTRATION, YOU WILL NOT BE ALLOWED TO SWIM UNTIL YOU JOIN USMS/GRIN.

DAY	EVENT NUMBER	EVENT NAME	SEED TIME
SAT			
SAT			
SA/SU			
SA/SU			
SUN			
SUN			

DO NOT INCLUDE SPECIAL EVENTS IN THE ABOVE BOX.

**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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE 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, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

**11th Annual 1995 GReater INdiana Masters  
Fall Swimming Classic  
Great Lakes Zone Short Course Meters Championships  
Saturday, October 21, and Sunday, October 22, 1995**

Location: Indiana University Natatorium  
located on the IUPUI Campus  
901 West New York Street  
Indianapolis, IN

**MEET DIRECTOR:** James Barber  
7540 Chestnut Hills Dr  
Indianapolis, IN 46278  
317-298-8885

**SANCTIONED BY:**  
GReater INdiana Masters  
Swimming Association  
for USMS, Inc.

**Sanction Number 165S07**

**FACILITY:** The IU Natatorium is an 8 lane 50 meter pool. The pool will be divided into two courses, with competition being held at the twenty-five meters end using non-turbulent lane lines and automatic timing. The other end of the pool will be available for warm up. NO SWIMMING WILL BE ALLOWED IN THE DIVING POOL. The IU Natatorium underwent renovations during the late spring and summer months in preparation for the 1996 Olympic Swimming Trials. Though assurances have been given that "all will be in order for our meet", unforeseen renovation delays may cause some minor inconveniences.

**WARM-UP/COOL DOWN:** THERE WILL NO WARM-UPS OR COOL-DOWNS IN THE DIVING POOL. Swimmers must enter the pool feet first in a cautious manner. Diving will be permitted only from the blocks in designated sprint lanes. No kickboards, paddles, or pull buoys will be allowed during warm-up. A swimmer may be disqualified at the discretion of the Meet Director or Meet Officials for failure to comply with these rules.

**ELIGIBILITY:** All swimmers must be currently registered (1995) with the United States Masters Swimming, Inc. Swimmers 19 years of age and over may register with USMS.

**AGE GROUPS:** 19-24, 25-29, 30-34, and so on up to 90-94 and 95+.

**SPECIAL EVENT:** Two special events (one each day) will be posted for deck entry on each day of the meet. Details will be posted by the swimmer deck entry table for Saturday's 50 meter kick with fins and Sunday's 25 yard bungee swim. ( You supply the fins, we supply the bungees.) Unique awards will be presented to male/female winners.

**MEET CONDUCT:** 1995 USMS Rules will govern the conduct of the meet.



**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 Free and 400 meter Free where the sexes may be mixed. Heats will be swum slowest to fastest. Participants are limited to four events per day plus relays., but a **total of six individual events for the entire meet** excluding the special events. Swimmers attempting records must notify the starter to assure that three timers are available. Heat sheets will be posted around the pool deck. It is the responsibility of the swimmer to be at his/her starting block at the beginning of his/her heat. Swimmers who miss their heat will not be allowed to swim in another heat unless successfully protested to the Meet Director and Meet Referee.

No SEED TIMES will be swum in the slowest heats.

**DECK ENTRIES** on the day of the meet will be seeded in the slowest heat, their own heat, or where an open lane is available in existing pre-seed heats at the discretion of the Meet Director. It is to the swimmer's advantage to enter prior to October 10, 1995. Deck entries will be accepted from 1:00 PM to 1:30 PM for Saturday and Sunday's events on October 21. Deck entries for Sunday's events will also be accepted from 7:30 -8:00 AM on Sunday.

**POOL OPEN TIME:** The pool will be open when pre-registered swimmers check-in is open. On Saturday, October 21, the pool will be open for warm-up at 1:00 PM. The meet will start at 2:00 PM local time. On Sunday, October 22, the pool will be open for warm-up at 7:30 AM. The meet will start at 8:30 AM local time.

**DRAWING:** Pre-registered swimmers will be eligible for drawing for two pumpkins (one male/one female).

**AWARDS:** Awards will be presented to the first through sixth place finishers in individual events. No awards will be given for the relays.

**RELAYS:** Relays will be swim with 4 women, 4 men, or mixed (2 men and 2 women). Swimmers must be entered in the meet. **ALL SWIMMERS ON A RELAY MUST BELONG TO THE SAME USMS REGISTERED CLUB.** Mixed relays will follow the women's relays. Relay cards must be filled out according to the directions outlined at relay card pick-up table.

**ENTRY FEE:** The entry fee prior to October 10, 1995 is a flat \$25.00. There is no charge for relay events. Swimmers who deck enter on the day of the meet will be charged a flat \$35.00 fee. Make checks payable to GRIN. **No refunds once the entry has been received.**

**DEADLINE:** To facilitate the running of the meet, it would be appreciated if entries were received by October 10, 1995. Entries postmarked and received after that date may be considered **DECK ENTRIES** and will be treated as such. **NO REFUNDS ONCE ENTRY HAS BEEN RECEIVED.**

**MAIL ENTRIES TO:** GREATER INDIANA FALL CLASSIC  
5223 North Pennsylvania Street  
Indianapolis, IN 46220-3056

**IMMEDIATE DOWNTOWN HOTELS:** Hyatt Regency (800-228-9000 or 317-632-1234); University Place (317-269-9000); Courtyard by Marriott (800-321-2211 or 317-635-4443); Holiday Inn - Union Station (317-631-2221); Westin (317-262-8100), Ramanda Plaza Hotel On the Circle (317-635-2000), Omni Hotel (317-634-6664). Less expensive hotels/motels are located in Speedway and around I-465.

SATURDAY (EVENTS 1-24)			SUNDAY (EVENTS 25-48)		
M	EVENT	W	M	EVENT	W
1	200 MED RELAY	2	25	800 FREE	26
3	200 IM	4	27	200 FREE RELAY	28
5	50 FREE	6	29	50 FLY	30
7	100 BACK	8	31	200 BREAST	32
9	200 FLY	10	33	50 BACK	34
11	50 BREAST	12	35	100 FREE	36
13	100 IM	14	37	400 IM	38
15	200 FREE	16	39	SPECIAL-25 BUNGEE	40
17	100 BREAST	18	41	200 BACK	44
19	400 FREE RELAY	20	43	100 FLY	46
21	400 FREE	22	45	400 MED RELAY	48
23	SPECIAL-50 FIN KICK	24			

**RELAYS AND SPECIAL EVENTS (23/24 AND 39/40) ARE DECK ENTERED ONLY**

**WEEKEND IN INDY:** Saturday, October 21, is the State Marching Band Finals at the RCA Dome. Also, in town that weekend is the Hardware Wholesalers Convention which expects to draw 12,000 persons. The long awaited Circle City Mall is expected to open September 8, and should have many stores open by the date of the meet.

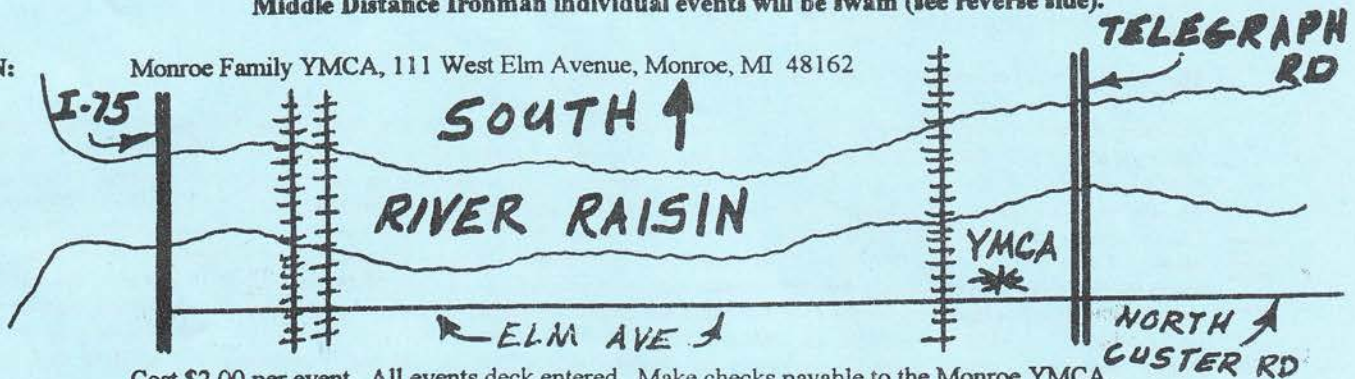


**Monroe YMCA Pentathlon Masters Swim Meet**  
Short Course Yards Recognized by Michigan Masters for USMS, Inc.  
Saturday, November 11, 1995

**NOTE:** To those swimmers wishing to establish times for Postal Pentathlon Swim Meet, all Sprint Middle Distance Ironman individual events will be swam (see reverse side).

**LOCATION:**

Monroe Family YMCA, 111 West Elm Avenue, Monroe, MI 48162



**ENTRIES:**

Cost \$2.00 per event. All events deck entered. Make checks payable to the Monroe YMCA.

**AWARDS:**

The first three male and three female finishers in each age group will receive ribbons (19-24, 25-29, 30-34, etc.)

**ELIGIBILITY:**

Open to all swimmers. Masters Swimmers "must" have a photocopy of USMS registration card attached to their entry form to have times recognized for top 10 awards.

**REGISTRATION:**

11:30/12:00 PM - for 500 Yd Free/400 Yd IM. Note: Open only to the first 30 participants.  
11:30/1:00 PM - Registration for all other events

11:45/12:15 PM

Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

12:15 PM

Event #1 - 500 Yd Free/400 Yd IM

13:00 PM/13:30 PM

Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

1:30 PM

Event #2 - 200 Butterfly

Event #3 - 100 Back

Event #4 - 50 Breast

Event #5 - 25 Free (40 and over)

Event #6 - 100 IM

**\* BREAK 5 MINUTES**

Event #7 - 200 Back

Event #8 - 100 Butterfly

Event #9 - 50 Free

Event #10 - 25 Breast (40 and over)

**\* BREAK 5 MINUTES**

Event #11 - 200 Breast

Event #12 - 100 Free

Event #13 - 50 Butterfly

Event #14 - 25 Back (40 and over)

**\* BREAK 5 MINUTES**

Event #15 - 200 Free

Event #16 - 100 Breast

Event #17 - 50 Back

Event #18 - 25 Fly (40 and over)

Event #19 - 200 IM

Donald Kroeger, Meet Director (313) 242-7175. For additional information - Betsy Bradley, Aquatic Director, Monroe YMCA (313) 241-2622

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Team \_\_\_\_\_ USMS # \_\_\_\_\_

Release by Participant from Liability: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.



# ★ 1995 POSTAL PENTATHLON SWIM MEET ★

**Approval:** By Minnesota LMSC for USMS Inc. # 305-13.

**Eligibility:** Open to all registered masters swimmers for the 1995 or 1996 season.

**Conduct of Meet:** Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1995 to December 15, 1995 and the entries must be postmarked by December 24, 1995, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

**Age Groups:** 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1995.

**Awards:** Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

**Entry Fee:** \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet**. All fees are non-refundable.

Send entries to: **1995 Postal Pentathlon Swim Meet**  
**570 - 96th Lane**  
**Blaine MN 55434 USA**

**Questions:** Wayne Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

**PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.**

Name: \_\_\_\_\_ USMS or foreign registration #: \_\_\_\_\_  
 Address: \_\_\_\_\_ Swim Club: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
 Sex: M F Phone Days: \_\_\_\_\_ Evenings: \_\_\_\_\_  
 Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Entry Fee: \$ \_\_\_\_\_ Participation Shirt: \$ \_\_\_\_\_ Total Fees: \$ \_\_\_\_\_ MON / DAY / YEAR

*Enter your times for each individual event. Circle pool type: **Yards / Meters**.*

<b>Sprint course</b> 50 Yards/Meters each stroke and 100 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
<b>Middle distance</b> 100 Yards/Meters each stroke and 200 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
<b>Ironman course</b> 200 Yards/Meters each stroke and 400 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES 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 THESE ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

## IRONMAN

## 200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT  
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE  
100 FLY, BACK, BREAST, CRAWL, 200 I.M.



# Lansing Masters Pentathlon and Freestyle Crescendo

Sunday, December 10, 1995

Sanction # MM199528

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

**Schedule:** Warm-up 9:00am, events 10:00am. 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 breast, 50 free and 100y IM. The **freestyle crescendo slate** will include the 200y free, 100y free, 50y free and 500y free. Although you may enter a mixture of pentathlon and crescendo events (maximum of 5 events), you are strongly encouraged to choose either the pentathlon or crescendo and enter all of the events in that slate. All events will be seeded slow-to-fast.

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

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

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

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

**Eligibility:** Swimmers must be registered with USMS, with either a 1995 or 1996 card. Michigan swimmers may complete the registration process at the meet (\$25).

**Entries:** Enter by mail before Friday, December 1. 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. Deck entries cost extra! Deck entries will NOT be accepted after 9:30am on December 10th!!

**Name:** \_\_\_\_\_ **Age as of 12/11/95** \_\_\_\_\_ **Gender** \_\_\_\_\_

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

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

## Pentathlon:

- |                 |               |
|-----------------|---------------|
| 2. 50 yd fly    | _____ : _____ |
| 3. 50 yd back   | _____ : _____ |
| 5. 50 yd breast | _____ : _____ |
| 7. 100 yd IM    | _____ : _____ |

## Crescendo:

- |                |               |
|----------------|---------------|
| 1. 200 yd free | _____ : _____ |
| 4. 100 yd free | _____ : _____ |
| 6. 50 yd free  | _____ : _____ |
| 8. 500 yd free | _____ : _____ |

**Enter by mail - avoid the penalty for late or deck entries!** The entry fee is \$12 for the entries received by Friday, December 1 and \$15 for late or deck entries. Submit the above entry form, a photocopy of your 1995-or 1996 USMS card and a check for \$12.00 payable to Michigan State University.

**MAIL TO:** Phyllis J. Reid  
128 Marlboro Court  
Brooklyn, MI 49230

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



DATE	CLUB	LOCATION	Meet Director	PHONE
For each of these meets you must be a registered USMS swimmer. Fee \$25 (Available at the meets)				
October 8	Harbor Masters	Harbor Springs High School	Marilyn Early	(616) 526-9824
October 21-22	Great Lakes Zone Short Course Meters Championships	IU Natatorium	James Barber	(317) 298-8885
October 28	Western Michigan Masters	Grand Rapids Community College - Ford Pool	Brad Henson	(616) 532-7024
November 11	OHMI Masters	Monroe "Y"	Don Kroeger	(313) 242-7175
November 19	Flint Masters	Southwestern Academy - Flint	Richard Chaney	(810) 233-6749
December 10	Lansing Masters	Michigan State	Wally Dobler	(517) 372-8096
December 30	MI Masters - 10 mile	Canham Natatorium -UofM	Phyllis J. Reid	(517) 592-8908
January 7	Livingston Area Fitness Swimmers	Howell Aquatic Center	Karen Pearson	(810) 220-3410
January 21	Nationals Tune-up	Canham Natatorium U of M	Bill Reid	(517) 592-8908
February 4	Ford Masters	Brighton High School	Bill Eagan	(810) 642-9130
February 24	Western Michigan Masters (SCM)	Rockford High School	Ken Danhof	(616) 739-5592
March 10	Great Lakes Aquatics		Vince Gallant	(616) 349-1053
March 17	Midland Masters	Midland Dow High School	Charlie Moss	(517) 631-631-1480
March 29-31	STATE MEET- Saginaw	Saginaw Valley JC	Bob Jennings	
April 4-8	YMCA Nationals	Orlando, Florida		
May 9-12	Short Course Nationals	DeAnza College- Cupertino, CA	Donn McPhail	(408) 253-SWIM
August 22-25	LONG COURSE NATL's	Ann Arbor - U of M	Entry Info- Phyllis Reid P.O.Box 100 Clark Lake, MI 49234	(517) 592-8908



1995 U.S.M.S. SHORT COURSE NATIONALS -  
INTERNATIONAL SWIMMING HALL OF FAME  
FORT LAUDERDALE FLA. - MAY 18-21, 1995

MICHIGAN SWIMMERS  
\* STATE RECORD  
# U.S.M.S. NATIONAL RECORD

DYNE BURRELL	(28)	
50 FREE	:24.45	1ST*
100 FREE	:52.54	1ST*
200 FREE	1:56.22	1ST*
50 BACK	:28.64	3RD*
MARY MUETING	(30)	
50 FREE	:25.11	4TH*
100 FREE	:55.98	13TH*
50 FLY	:27.67	9TH
100 FLY	1:03.46	10TH
PASCALE ASBURY	(35)	
50 FREE	:26.87	13TH
100 FREE	1:00.71	27TH
100 BREAST	1:17.65	13TH
200 BREAST	2:48.29	10TH
PAT LEAHY-ROHNER	(35)	
200 FREE	2:10.16	15TH
500 FREE	5:47.00	10TH
1000 FREE	12:04.15	8TH
MARILYN EARLY	(37)	
100 FREE	:57.43	10TH*
200 FREE	2:06.69	8TH
500 FREE	5:49.85	15TH
50 BACK	:31.45	11TH
100 BACK	1:07.59	13TH
200 BACK	2:27.05	10TH
CASSANDRA GARRY	(40)	
50 FREE	:28.46	10TH
100 FREE	1:03.63	9TH
50 BREAST	:38.94	16TH
100 BREAST	1:26.65	17TH
200 BREAST	3:06.55	11TH
100 I.M.	1:17.63	16TH
JENNIFER PARKS	(51)	
50 BACK	:38.14	10TH
100 BACK	1:23.14	8TH
200 BACK	3:06.14	10TH
THOMAS SCHARDT	(27)	
50 FREE	:24.65	38TH
1650 FREE	20:35.14	15TH
100 BACK	1:10.03	20TH
200 BACK	2:38.81	13TH
ERIC NORDLUND	(32)	
500 FREE	5:31.68	32ND
1000 FREE	11:11.33	18TH
1650 FREE	18:43.70	12TH
50 BACK	:28.92	14TH
400 I.M.	5:12.09	28TH
MARC SCHLATTER	(36)	
100 BREAST	1:00.93	5TH*
ROGER MIDKIFF	(40)	
200 FREE	1:59.49	28TH
500 FREE	5:21.83	9TH
100 I.M.	1:01.36	18TH
200 I.M.	2:11.75	16TH
400 I.M.	4:52.59	13TH

DENNIS CARTER	(41)	
50 FREE	:23.95	19TH
200 FREE	1:57.51	18TH
100 FLY	1:00.19	19TH
FRANK THOMPSON	(43)	
500 FREE	5:29.13	16TH
1000 FREE	11:34.42	14TH
100 BACK	1:01.71	17TH
200 BACK	2:15.16	16TH
400 I.M.	5:06.71	19TH
STEVE HANSEN	(43)	
50 BREAST	:31.83	22ND
100 BREAST	1:07.55	15TH
200 BREAST	2:31.18	14TH
LAWRENCE KIMBALL	(44)	
50 FREE	:25.19	43ND
100 FREE	:56.06	36TH
50 FLY	:26.93	17TH
100 FLY	1:01.79	20TH
100 I.M.	1:06.94	39TH
RICHARD CHANEY	(44)	
50 BACK	:28.94	21ST
100 BACK	1:03.14	23ND
200 BACK	2:19.66	20TH
50 FLY	:28.46	28TH
100 I.M.	1:04.99	31ST
200 I.M.	2:20.98	26TH
LEONAR BROCKHAHN	(44)	
100 FREE	:52.51	14TH
200 FREE	1:54.13	10TH*
100 FLY	:58.28	16TH
100 I.M.	1:01.63	21ST
WILLIAM T REID	(45)	
50 FREE	:24.31	13TH
100 FREE	:53.44	10TH
200 FREE	1:58.19	13TH
500 FREE	5:31.65	10TH
DENNIS McMANUS	(47)	
50 FREE	:26.76	40TH
50 FLY	:29.19	25TH
100 FLY	1:11.01	26TH
100 I.M.	1:13.23	22ND
THOMAS HUNT	(47)	
1000 FREE	12:53.69	16TH
100 BACK	1:09.48	23ND
100 FLY	1:11.01	23ND
DONALD KROEGER	(51)	
200 FREE	2:15.43	6TH
500 FREE	6:18.33	7TH
1000 FREE	12:53.32	3RD
50 BACK	:33.79	8TH
200 BACK	2:19.66	11TH
PAUL CHAFFEE	(52)	
50 FREE	:26.16	14TH
100 FREE	:58.18	17TH
200 FREE	2:13.19	19TH

1995 U.S.M.S. SHORT COURSE NATIONALS -  
INTERNATIONAL SWIMMING HALL OF FAME  
FORT LAUDERDALE FLA. - MAY 18-21, 1995

MICHIGAN SWIMMERS  
\* STATE RECORD  
# U.S.M.S. NATIONAL RECORD

CHARLES MAAS	(60)	
200 FREE	2:29.89	7TH
1650 FREE	23:40.62	6TH
100 FLY	1:22.57	8TH
BOB HERITIER	(66)	
50 FREE	:28.09	4TH
100 FREE	1:04.28	6TH
200 FREE	2:24.42	4TH
1000 FREE	13:42.73	2ND*
CHARLES MOSS	(67)	
50 BREAST	:35.00	1ST
100 BREAST	1:20.73	2ND
100 FLY	1:13.18	3RD
200 FLY	2:54.08	1ST
200 I.M.	2:48.21	1ST
400 I.M.	5:57.11	1ST
WOMEN'S 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:48.19
PAT LEAHY-ROHNER	(35)	
CASSANDRA GARRY	(40)	PLACE
PASCALE ASBURY	(35)	3RD*
MARILYN EARLY	(37)	
WOMEN 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	2:05.88
MARILYN EARLY	(37)	
PASCALE ASBURY	(35)	PLACE
PAT LEAHY-ROHNER	(35)	3RD*
CASSANDRA GARRY	(40)	
MEN'S 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:39.25
LEONA BROCKHAHN	(44)	
LAWRENCE KIMBALL	(44)	PLACE
FRANK THOMPSON	(43)	17TH
ROGER MIDKIFF	(40)	
MEN'S 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:51.04
FRANK THOMPSON	(43)	
ROGER MIDKIFF	(40)	PLACE
DENNIS CARTER	(41)	17TH
PAUL CHAFFEE	(52)	
MEN'S 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:51.96
RICHARD CHANEY	(44)	
STEVE HANSEN	(43)	PLACE
LAWRENCE KIMBALL	(44)	20TH
LEONA BROCKHAHN	(44)	
WOMEN HIGH POINT	WINNER	
DYNE BURRELL	41	POINTS
MEN'S HIGH POINT	WINNER	
CHARLES MOSS	61	POINTS

MEN'S 200 MEDLEY	RELAY	TIME
AGE 45+ MICHIGAN	AGES	1:59.07
THOMAS HUNT	(47)	
DONALD KROEGER	(51)	PLACE
DENNIS McMANUS	(47)	9TH*
WILLIAM T REID	(45)	
MIXED 200 FREE	RELAY	TIME
AGE 25+ MICHIGAN	AGES	1:36.15
DYNE BURRELL	(28)	
MARY MUETING	(30)	PLACE
THOMAS SCHARDT	(27)	8TH
ERIC NORDLUND	(32)	
MIXED 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:41.32
LAWRENCE KIMBALL	(44)	
MARILYN EARLY	(37)	PLACE
PASCALE ASBURY	(35)	11TH*
WILLIAM T REID	(45)	
MIXED 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:45.82
CASSANDRA GARRY	(40)	
RICHARD CHANEY	(44)	PLACE
PAT LEAHY-ROHNER	(35)	17TH
LEONA BROCKHAHN	(44)	
MIXED 200 MEDLEY	RELAY	TIME
AGE 25+ MICHIGAN	AGES	1:44.84
DYNE BURRELL	(28)	
MARC SCHLATTER	(36)	PLACE
MARY MUETING	(30)	3RD*
ERIC NORDLUND	(32)	
MIXED 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:55.03
MARILYN EARLY	(37)	
STEVE HANSEN	(43)	PLACE
LEONA BROCKHAHN	(44)	13TH*
PASCALE ASBURY	(35)	
MIXED 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	2:01.63
RICHARD CHANEY	(44)	
CASSANDRA GARRY	(40)	PLACE
LAWRENCE KIMBALL	(44)	26TH
PAT LEAHY-ROHNER	(35)	
TEAM SCORING	MICHIGAN MASTERS	
	PLACE	SCORING
WOMEN SMALL TEAM	13TH	95 POINTS
MENS MEDIUM TEAM	19TH	125 POINTS
COMBINED MEDIUM	15TH	242 POINTS



1995 YMCA SHORT COURSE NATIONALS APRIL 27 - 30, 1995  
 ERIE COMMUNITY COLLEGE AQUATIC CENTER BUFFALO, NY.

\* STATE RECORD  
 Y# YMCA NATIONAL RECORD

SANDRA GARRY (40)	THOMAS SCHARD (26)	WILLIAM T REID (44)	WILLIAM WARE (68)	MEN'S 200 MEDLEY	RELAY	TIME
50 FREE :28.58 3RD	100 FREE :56.47 15TH	50 FREE :24.94 14TH	50 FREE :46.81 8TH	AGE 45+ MICHIGAN	AGES	2:03.11 5TH
50 BREAST :38.96 3RD	200 FREE 2:06.07 5TH	100 FREE :54.44 11TH	50 BREAST 1:02.18 7TH	THOMAS HUNT	47	:32.05
100 BREAST 1:26.05 3RD	500 FREE 5:45.61 5TH	200 FREE 2:01.61 5TH	JAMES GRANT (36)	DONALD KROEGER	51	:34.54
200 BREAST 3:09.42 3RD	50 BACK :29.24 8TH	500 FREE 5:32.63 6TH	50 FREE :25.21 10TH	DENNIS McMANUS	47	:28.75
50 FLY :34.24 4TH	100 BACK 1:07.15 6TH	DENNIS McMANUS (47)	100 FREE :54.96 10TH	THOMAS MOYER	47	:27.77
100 I.M. 1:16.94 5TH	200 BACK 2:26.74 3RD	50 FREE :26.58 9TH	WOMEN'S 200 FREE	RELAY	TIME	
HEVIEVE MOYER (46)	400 I.M. 5:21.62 2ND	100 FREE 1:00.86 11TH	AGE 35+ MICHIGAN	AGES	2:54.15 3RD	
50 FREE :55.15 8TH	ERIC NORDLUND (31)	50 FLY :28.71 8TH	CASSANDRA GARRY	40		
50 BREAST :56.99 8TH	50 FREE :22.98 1ST	100 FLY 1:11.09 8TH	GENEVIEVE MOYER	46		
100 BREAST 2:04.86 5TH	500 FREE 5:13.61 2ND	100 I.M. 1:11.22 12TH	EDITH GLUSAC	76		
200 BREAST 4:28.01 5TH	1650 FREE 18:20.01 1ST	400 I.M. 6:27.61 7TH	LOIS NOCHMAN	70		
50 FLY :58.82 8TH	50 BACK :27.79 1ST	THOMAS MOYER (47)	WOMEN'S 200 MEDLEY	RELAY	TIME	
FREDERICKA RAPP (51)	100 BACK 1:00.90 3RD	200 FREE 2:22.60 6TH	AGE 45+ MICHIGAN	AGES	2:54.69 3RD	
200 FREE 2:50.82 1ST	200 BACK 2:15.86 2ND	500 FREE 6:22.26 3RD	EDITH GLUSAC	76		
500 FREE 7:27.89 1ST	400 I.M. 4:59.01 2ND	1650 FREE 21:48.46 2ND	GENEVIEVE MOYER	46		
1650 FREE 26:01.60 1ST	JOHN HAUSCHULTZ (42)	200 BACK 2:52.05 8TH	LOIS NOCHMAN	70		
100 BACK 1:29.69 1ST	50 FREE :24.48 8TH	200 BREAST 3:06.76 8TH	FREDERICKA RAPP	51		
200 BACK 3:08.09 1ST	50 BACK :29.60 7TH	200 FLY 3:36.93 3RD	ROBERT FORT	37		
200 FLY 3:38.65 1ST*	50 BREAST :31.96 11TH	400 I.M. 6:04.70 6TH	MEN'S 200 FREE	RELAY	TIME	
400 I.M. 6:40.82 1ST	50 FLY :28.22 10TH	THOMAS HUNT (47)	AGE 25+ MICHIGAN	AGES	1:34.01 3RD	
ERLY MYERS (59)	100 I.M. 1:03.19 12TH	1650 FREE 21:40.04 1ST	ROBERT FORT	37		
50 FREE :34.13 1ST	FRANK THOMPSON (43)	50 BACK :31.23 7TH	THOMAS SCHARD	27		
50 BACK :40.63 1ST	500 FREE 5:35.58 7TH	100 BACK 1:08.34 5TH	JOHN HAUSCHULTZ	42		
100 BACK 1:27.06 2ND	1650 FREE 11:25.52 1ST	200 BACK 2:32.94 4TH	ERIC NORDLUND	31		
50 BREAST :42.94 2ND	50 BACK :29.13 5TH	100 I.M. 1:08.01 9TH	MEN'S 200 FREE	RELAY	TIME	
50 FLY :37.47 1ST	100 BACK 1:01.77 3RD	200 I.M. 2:29.04 4TH	AGE 35+ MICHIGAN	AGES	1:39.44 7TH	
100 I.M. 1:22.49 1ST	200 BACK 2:13.94 3RD	400 I.M. 5:37.61 4TH	JAMES GRANT	36		
200 I.M. 3:02.01 1ST	200 I.M. 2:19.44 7TH	DONALD KROEGER (51)	LARRY KIMBALL	44		
A SMITH (61)	400 I.M. 5:02.67 5TH	200 FREE 2:13.40 4TH	RICHARD CHANEY	44		
100 FREE 1:28.77 2ND	STEVE HANSEN (43)	500 FREE 6:16.26 5TH	L. BROCKHAHN	44		
500 FREE 8:31.78 1ST*	50 BREAST :31.97 12TH	1000 FREE 13:33.38 6TH	MEN'S 200 FREE	RELAY	TIME	
50 BREAST :43.66 1ST	100 BREAST 1:10.28 8TH	50 BACK :33.39 6TH	AGE 45+ MICHIGAN	AGES	1:49.84 5TH	
100 BREAST 1:36.55 1ST	200 BREAST 2:37.45 6TH	200 BACK 2:48.60 6TH	THOMAS HUNT	47		
200 BREAST 3:31.29 1ST*	LARRY KIMBALL (44)	200 I.M. 2:39.23 4TH	DONALD KROEGER	51		
50 FLY :44.00 1ST	50 FREE :25.19 15TH	400 I.M. 5:51.62 2ND	DENNIS McMANUS	47		
100 I.M. 1:44.32 2ND	100 FREE :56.06 14TH	BRIAN WHALEN (54)	THOMAS MOYER	47		
LOIS NOCHMAN (70)	100 FLY 1:01.84 7TH	50 FREE :30.35 8TH	MEN'S 200 FREE	RELAY	TIME	
500 FREE 8:50.90 1ST*	100 I.M. 1:07.50 17TH	100 FREE 1:10.40 11TH	AGE 55+ MICHIGAN	AGES	2:08.63 3RD	
100 FLY 1:42.31 1STY#	RICHARD CHANEY (44)	500 FREE 7:36.65 8TH	ALBERT MORLEY	57		
200 FLY 3:41.61 1ST*Y#	50 FREE :26.15 18TH	50 BACK :43.21 9TH	CARL EDWARDS	68		
100 I.M. 1:37.16 1ST*Y#	50 BACK :29.51 6TH	100 BREAST 1:28.33 5TH	RICHARD EVANS	70		
200 I.M. 3:38.50 1ST*Y#	100 BACK 1:03.68 5TH	200 BREAST 3:36.33 6TH	JOHN RIES	63		
400 I.M. 7:31.72 1ST*Y#	200 BACK 2:19.11 7TH	CARL EDWARDS (68)	MEN'S 200 MEDLEY	RELAY A	1:53.28 7TH	
EDITH GLUSAC (75)	50 FLY :29.29 13TH	50 FREE :31.48 5TH	AGE 35+ MICHIGAN	AGES		
50 BACK :54.62 1ST	100 I.M. 1:10.30 19TH	50 BREAST :38.64 2ND	RICHARD CHANEY	44		
100 BACK 2:10.62 1ST	200 I.M. 2:23.94 11TH	50 FLY :39.25 5TH	STEVE HANSEN	43		
50 BREAST :56.30 1ST*	JOHN RIES (63)	ROBERT FORT (37)	LARRY KIMBALL	44		
100 BREAST 2:06.98 1ST	50 FREE :27.94 1ST	50 FREE :23.32 2ND	L. BROCKHAHN	44		
200 BREAST 4:52.22 1ST	100 FREE 1:02.32 1ST	100 FREE :54.01 9TH	MEN'S 200 MEDLEY	RELAY B	1:50.19 5TH	
50 FLY 1:08.45 2ND	200 FREE 2:22.71 1ST	50 FLY :25.59 2ND	AGE 35+ MICHIGAN	AGES		
100 I.M. 2:16.42 2ND	50 FLY :34.57 2ND	100 FLY 1:01.17 4TH	FRANK THOMPSON	43		
BROCKHAHN (44)	100 I.M. 1:19.02 1ST	RICHARD EVANS (70)	JOHN HAUSCHULTZ	42		
50 FREE :24.91 13TH	ALBERT MORLEY (57)	50 FREE :38.55 3RD	ROBERT FORT	37		
100 FREE :52.34 2ND	50 FREE :30.48 6TH	100 FREE 1:31.80 2ND	JAMES GRANT	36		
200 FREE 1:55.52 2ND*	100 FREE 1:06.25 4TH	200 FREE 3:39.02 3RD				
50 FLY :27.03 7TH	200 FREE 2:28.13 1ST	100 FLY 1:46.53 3RD				
100 FLY :59.07 3RD	500 FREE 6:55.01 2ND	200 FLY 4:13.68 3RD				
100 I.M. 1:02.37 10TH	1000 FREE 14:20.23 1ST	400 I.M. 9:12.42 2ND				



Ann Arbor Masters Long Course Swim Meet  
Friday, June 25, 1995  
Miller Pool, Ann Arbor, Michigan

50 Meter Freestyle

Women 19 - 24					
Kattula Maria	24	UNT	:36.31		
Women 25 - 29					
Elizabeth Curvey	27	SOS	:34.02		
Kathy Bainbridge	27	UNT	:35.89		
Women 30 - 34					
Lesli Hapak	31	WINM	:31.39		
Lauren Yee	32	WINM	:32.93		
Women 35 - 39					
Leslie Yee	35	LSD	:40.18		
Women 40 - 44					
Gail Dummer	44	LANS	:44.37		
Women 75 - 79					
Edith Glusac	76	SOS	1:07.16		

100 Meter Freestyle

Women 25 - 29					
Kathy Bainbridge	27	UNT	1:22.09		
Women 30 - 34					
Dawn Hewitt	30	JCC	1:10.63		
Lesli Hapak	31	WINM	1:13.69		
Women 55 - 59					
Prudence J. Hall	57	OHIO	1:37.31		
Women 60 - 64					
Beverly Myers	60	OHMI	1:31.74		

200 Meter Freestyle

Women 19 - 24					
Kattula Maria	24	UNT	3:03.54		
Women 50 - 54					
Fredericka Rapp	51	OHMI	3:21.84		
Women 55 - 59					
Prudence J. Hall	57	OHIO	3:25.49		

400 Meter Freestyle

Women 50 - 54					
Jennifer Parks	51	MICH	6:38.94 *		
Women 55 - 59					
Prudence J. Hall	57	OHIO	7:10.37		

800 Meter Freestyle

Women 50 - 54					
Jennifer Parks	51	MICH	13:37.05 *		

1600 Meter Freestyle

Women 50 - 54					
Fredericka Rapp	51	OHMI	28:25.52		
Women 70 - 74					
Lois Nochman	70	SOS	30:32.00 *		

50 Meter Back

Women 25 - 29					
Elizabeth Curvey	27	SOS	:38.50		
Kathy Bainbridge	27	UNT	:42.15		
Women 30 - 34					
Dawn Hewitt	30	JCC	:35.78		

50 Meter Back

Women 40 - 44					
1. Gail Dummer	44	LANS	:57.37		
Women 50 - 54					
1. Jennifer Parks	51	MICH	:45.91		
Women 70 - 74					
1. Lois Nochman	70	SOS	:53.78 *		
Women 75 - 79					
1. Edith Glusac	76	SOS	1:04.78		

100 Meter Backstroke

Women 25 - 29					
1. Elizabeth Curvey	27	SOS	1:25.92		
Women 50 - 54					
1. Jennifer Parks	51	MICH	1:25.92		
Women 75 - 79					
1. Edith Glusac	76	SOS	2:30.82		

200 Meter Backstroke

Women 25 - 29					
1. Elizabeth Curvey	27	SOS	3:01.86		
Women 30 - 34					
1. Dawn Hewitt	30	JCC	2:50.80		
Women 50 - 54					
1. Fredericka Rapp	51	OHMI	3:54.82		

50 Meter Breaststroke

Women 25 - 29					
1. Bonnie Cervantes	27	UNT	:47.25		
Women 35 - 39					
1. Leslie Yee	35	LSD	:53.73		
Women 40 - 44					
1. Gail Dummer	44	LANS	:54.82		
Women 45 - 49					
1. Genevieve Moyer	46	MONR	1:06.22		
Women 60 - 64					
1. Beverly Myers	60	OHMI	:50.69 *		

100 Meter Breaststroke

Women 30 - 34					
1. Lauren Yee	32	WINM	1:39.52		
Women 45 - 49					
1. Genevieve Moyer	46	MONR	2:31.84		
Women 60 - 64					
1. Beverly Myers	60	OHMI	1:50.99 *		
Women 70 - 74					
1. Lois Nochman	70	SOS	2:12.66 *		

200 Meter Breaststroke

Women 25 - 29					
1. Bonnie Cervantes	27	UNT	3:48.56		
Women 45 - 49					
1. Genevieve Moyer	46	MONR	5:06.04		
Women 50 - 54					
1. Fredericka Rapp	51	OHMI	4:13.02		
Women 70 - 74					
1. Lois Nochman	70	SOS	4:43.46 *		

50 Meter Fly

Women 19 - 24					
1. Kattula Maria	24	UNT	:43.18		

50 Meter Fly

Women 25 - 29					
1. Kathy Bainbridge	27	UNT	:41.34		
2. Bonnie Cervantes	27	UNT	:49.12		
Women 30 - 34					
1. Lauren Yee	32	WINM	:40.06		
Women 35 - 39					
1. Leslie Yee	35	LSD	:48.01		
Women 40 - 44					
1. Gail Dummer	44	LANS	:48.40		
Women 45 - 49					
1. Genevieve Moyer	46	MONR	1:07.66		
Women 60 - 64					
1. Beverly Myers	60	OHMI	:45.07 *		
200 Meter IM					
Women 30 - 34					
1. Lesli Hapak	31	WINM	3:02.29		
Women 55 - 59					
1. Prudence J. Hall	57	OHIO	4:02.74		
Women 75 - 79					
1. Edith Glusac	76	SOS	6:12.43 *		

MEN

50 Meter Freestyle

Men 25 - 29					
1. Michael Bell	26	SOS	:27.88		
2. Thomas Schardt	27	OHMI	:30.11		
Men 30 - 34					
1. Eric Nordlund	31	SOS	:27.79		
Men 40 - 44					
1. Curt Norman	43	JCC	:45.21		
Men 45 - 49					
1. William T Reid III	45	JACK	:29.84		
2. Jon Richardson	46	WMMS	:36.35		
Men 50 - 54					
1. Donald Kroeger	51	OHMI	:33.65		

100 Meter Freestyle

Men 25 - 29					
1. Thomas Schardt	27	OHMI	1:07.63		
Men 40 - 44					
1. Mark R. Gruskin	41	JCC	1:30.50		
Men 45 - 49					
1. William T Reid III	45	JACK	1:05.20		

200 Meter Freestyle

Men 25 - 29					
1. Thomas Schardt	27	OHMI	2:37.91		
Men 40 - 44					
1. Mark R. Gruskin	41	JCC	3:22.81		
Men 45 - 49					
1. William T Reid III	45	JACK	2:25.96		
2. Tom Moyer	47	OHMI	2:58.12		

50 Meter Breaststroke

Men 45 - 49					
1. Thomas Vollmer	47	OHMI	:43.14		
Men 70 - 74					
1. Richard Gale	72	JCC	1:01.03		

400 Meter Freestyle

Men 30 - 34					
1. Eric Nordlund	31	SOS	5:03.46		
Men 40 - 44					
1. Mark R. Gruskin	41	JCC	7:02.50		
Men 45 - 49					
2. Thomas Vollmer	47	OHMI	6:57.58		

1500 Meter Freestyle

Men 30 - 34					
1. Eric Nordlund	31	SOS	19:44.09		
Men 40 - 44					
1. Mark R. Gruskin	41	JCC	27:10.78		
Men 45 - 49					
1. Tom Moyer	47	OHMI	23:35.18		
Men 50 - 54					
1. Donald Kroeger	51	OHMI	24:34.58		

50 Meter Back

Men 25 - 29					
1. Michael Bell	26	SOS	:32.35		
Men 30 - 34					
1. Eric Nordlund	31	SOS	:33.23		
Men 40 - 44					
1. Frank Thompson	43	SOS	:34.19		
2. Curt Norman	43	JCC	:57.38		
Men 50 - 54					
1. Donald Kroeger	51	OHMI	:43.78		

100 Meter Backstroke

Men 25 - 29					
1. Michael Bell	26	SOS	1:16.44		
Men 50 - 54					
1. Donald Kroeger	51	OHMI	1:42.87		

200 Meter Backstroke

Men 25 - 29					
1. Michael Bell	26	SOS	2:43.34		
Men 40 - 44					
1. Frank Thompson	43	SOS	2:40.65		
Men 50 - 54					
1. Donald Kroeger	51	OHMI	3:43.64		

100 Meter Breaststroke

Men 25 - 29					
1. Tom Lynch	31	MONR	1:38.21		
Men 45 - 49					
1. Thomas Vollmer	47	OHMI	1:35.09		
Men 70 - 74					
1. Richard Gale	72	JCC	2:18.26		

200 Meter Breaststroke

Men 25 - 29					
1. Tom Lynch	31	MONR	3:29.31		
Men 45 - 49					
1. Thomas Vollmer	47	OHMI	3:28.24		
Men 70 - 74					
1. Richard Gale	72	JCC	4:48.28		

100 Meter Fly

Men 45 - 49					
1. Tom Moyer	47	OHMI	2:10.32		







SOS Masters Long Course Swim Meet  
Sunday, July 30, 1995  
Dunworth Pool, Dearborn, Michigan

50 Meter Breaststroke

Men 70 - 74

1. Ray Gilliland 72 MICH :51.17

Men 75 - 79

1. Paul Krup 77 OHIO :47.09

100 Meter Breaststroke

Men 30 - 34

1. Tom Lynch 31 MONR 1:36.25

Men 40 - 44

1. Paul Wright 40 FAST 1:34.12

Men 45 - 49

1. Thomas Vollmer 47 OHMI 1:33.04

Men 55 - 59

1. Dennis James 57 SOS 1:46.74

Men 70 - 74

1. Ray Gilliland 72 MICH 2:02.10 \*

Men 75 - 79

1. Paul Krup 77 OHIO 1:55.34

200 Meter Breaststroke

Men 30 - 34

1. Tom Lynch 31 MONR 3:26.27

Men 65 - 69

1. Charles Moss 67 MIDL 3:39.99 \*

50 Meter Fly

Men 25 - 29

1. Thomas Schardt 27 OHMI :34.27

Men 30 - 34

1. Eric Shirley 33 FAST :30.79

Men 35 - 39

1. Mark-Tami Hotta 35 FAST :33.38

Men 40 - 44

1. Bill Kloote 41 SOS :31.46

2. Leonard Brockhahn 44 FLY :32.46

3. Dennis McManus 47 SOS :33.11

Men 50 - 54

1. James Coleman 51 FAST :36.79

Men 60 - 64

1. Charles Maas 61 SOS :39.42

Men 75 - 79

1. Paul Krup 77 OHIO :44.87

100 Meter Fly

Men 40 - 44

1. Leonard Brockhahn 44 FLY 1:11.10

2. Bill Kloote 41 SOS 1:18.04

Men 50 - 54

1. Donald Kroeger 51 OHMI :41.74

Men 60 - 64

1. Charles Maas 61 SOS 1:44.59

200 Meter IM

Men 30 - 34

1. Tom Lynch 31 MONR 3:23.67

Men 40 - 44

1. Frank Thompson 43 SOS 2:39.02

Men 50 - 54

1. James Coleman 51 FAST 3:33.24

400 Meter IM

Men 30 - 34

1. Tom Lynch 31 MONR 7:22.54

Men 45 - 49

1. Tom Moyer 47 OHMI 7:34.64

Men 65 - 69

1. Charles Moss 67 MIDL 6:56.20

200 Free Relay 120 +

MICH 2:01.81

1. Mark-Tami Hotta 35 FAST

2. Paul Wright 40 FAST

3. Eric Shirley 33 FAST

4. Eric Nordlund 31 SOS

200 Free Relay 120 +

MICH 2:17.83

1. Ilise Rosen 26 FAST

2. Tom Lynch 31 MONR

3. James Coleman 51 FAST

4. Thomas Schardt 27 OHMI

200 Mixed Medley Relay 200+

MICH 2:54.05

1. Fredericka Rapp 50 MICH

2. Beverly J. Myers 59 MICH

3. Donald Kroeger 50 MICH

4. Thomas Moyer 46 MICH

200 Mixed Medley Relay 240+

MICH 3:49.63

1. Thomas Vollmer 47 MICH

1. Ray Gilliland 72 MICH

2. Mary Williams 63 MICH

1. Edith Glusac 76 MICH

800 Mixed Free Relay

200+ MICH 11:46.82

1. Donald Kroeger 50 MICH 2:38.17

2. Beverly J. Myers 59 MICH 3:17.09

3. Fredericka Rapp 50 MICH 3:10.86

4. Thomas Moyer 46 MICH 2:40.70



FRANK THOMPSON  
2660 LITTLELL AVE  
WEST BLOOMFIELD, MI 48324

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

Phyllis J. Reid  
*Michigan Masters*  
128 Marlboro Court  
Brooklyn, MI 49230

## The Wave Eater

### Results from Kalamazoo: Long Course Mile/Pentathlon

#### Women's:

##### 1500 Free

50-54 Jennifer Parks 25:45.06  
Kathy Nichols 34:28.31

##### 200 Breast

40-44 Cassandra Garry 3:37.02  
100 Free  
40-44 Cassandra Garry 1:16.62

#### Men's

##### 1500 Free

30-34 Tom Halmi 22:21.61  
35-39 Mark Cloyd 22:26.75  
40-44 Graham Annear 21:56.10  
Don Asselin 23:40.76  
Greg Veltema 34:06.03  
55-59 Al Morley 25:44.32

##### 200 Fly

35-39 David Shepherd 2:30.66  
James Derks 2:57.19  
45-49 Jim Rojeski 4:06.72

##### 200 Back

30-34 Eric Nordlund 2:41.56  
35-39 David Shepherd 2:47.28  
James Derks 2:57.14  
45-49 Jim Rojeski 3:54.25

##### 100 Back

30-34 Eric Nordlund 1:14.00  
40-44 Greg Veltema 2:24.22

##### 200 Breast

35-39 David Shepherd 3:03.49  
James Derks 3:12.27

##### 100 Breast

40-44 Greg Veltema 2:07.55

##### 200 Free

30-34 Eric Nordlund 2:16.89  
35-39 David Shepherd 2:12.91  
James Derks 2:30.03

55-59 Al Morley 2:59.89

##### 100 Free

30-34 Eric Nordlund 1:01.12  
40-44 Greg Veltema 1:34.14

##### 400 IM

35-39 David Shepherd 5:41.77  
James Derks 6:02.31

##### 200 IM

30-34 Eric Nordlund 2:49.96  
45-49 Jim Rojeski 3:53.24

A quick thank you to those of  
you who sent me things for this  
issue of the newsletter!