

# THE WAVE EATER

Volume 5 Issue 1

February 1997

## Barge into Breaststroke

*by Bill Volkening - Peddie Aquatics Assoc.*

Put away the pull-buoy. There's another toy for breaststroke pull sets. We call it the "barge". At first, it may appear to be an exercise in absurdity. Adults paddling around the pool in rubber tubes? As ridiculous as this idea may seem, it works.

Although it's not clear who first developed the concept, Peddie swimmers have used the "barge" since former Head Coach Chris Martin was working with Olympian Nelson Diebel. The 1992 Olympic 100m breaststroke final (where Diebel pulled-off a stunning upset victory) is strong testimony to the power of good "barge" training. In reviewing a videotape of the race, Diebel's colossal underwater pullout (off the turn) is convincing. Even more convincing is the final 15 meters of the race, where Diebel's upper body strength was the key. Ironically, while the television announcer comments on Diebel's kick, it is more enlightening to watch what his upper body is doing.

"Barge" drill is an effective method for breaststroke pull because it helps the swimmer achieve a comfortable, efficient and viable body position, while allowing the arms and upper body to work independently of the legs. Replacing the pull-buoy with an inner-tube changes the swimmer's center of gravity by shifting the flotation to a position above the hips. This change results in an ideal body position for training all types of breaststrokers, particularly those swimmers who are learning the principals of "wave-action" breaststroke.

The equipment is simple. Diebel used a small vinyl tube, no larger than 3 feet in diameter and about 6 inches thick. In more recent years Peddie swimmers have successfully used larger, black rubber tubes from a water-skiing supply store. These larger tubes are similar to the kind of tube found in a small truck tire, but the valve is concealed for safety. Try to avoid using tubes with exposed valves. When using the larger tubes, we usually under-inflate them to avoid having the body sitting too high in the water.

*(continued on p.3)*

## YMCA Nationals

May 1- 4, 1997

YMCA1996 was a good year for Michigan Masters. We hosted the Long Course Nationals and won convincingly in the Men's, Women's and Mixed categories. Many of the teams from around the country didn't think it was a big deal because we were the host team and every host team of the LC Nat'l's since 1989 has won. The challenge for 1997 is to see if we can do it again away from home. The YMCA Short Course National Championships are being held by GRIN (Greater Indiana Masters) in Indianapolis about four hours south of Ann Arbor. I think we can win this championship as well if we can get people to commit themselves to it and go. YMCA memberships are \$10.00 per year for the Plymouth YMCA and you have to be a member for 90 before the meet starts. Most people are members, they simply have to renew. Entry forms will be available at all of the meets with all the important information to enter. If you would like to swim in the YMCA Nationals fill in the YMCA form below and send it back to me with \$10. Make the check payable to the Plymouth for the mem-

*(Continued on page 3)*

Everything  
that is,  
is  
within

Learn  
to love  
water

# Just for the Heart of It

*By Jennifer Parks, fitness chair*

United States Masters Swimming has declared February as "Fitness Month." To celebrate that and encourage swimmers to participate in an event, Michigan Masters has inaugurated two related fitness events: the "Swim for Your Heart" month long chance to swim the 1650 at home and send the time to Tom Moyer (entries in this newsletter!). Though it costs a penny a yard, you will receive a t-shirt, and there will be medals/ribbons for places in your age group. AND, best of all, any proceeds of the entries for that event, and our little 500/1000/1650 "Heartswim" event being held at Ferris on Feb. 2, will go to the American Heart Association. For several years, I have lobbied to do a charity event. I thought that this was an almost perfect fit...we're trying to be fit in Masters Swimming, and in the process, we help to prevent cardiovascular disease, which is the main goal of the American Heart Association. I attended the local chapter meeting and the regional director was there, and she's very enthused about our inaugurating these events.

So, please, consider swimming the 1650-no excuses, sprinters, it's good to try a long swim once in a great while- and let's hope we make a nice initial donation to the American Heart Association.

## Safety First

*By Karen Pearson  
Safety Chairman, Michigan Masters*

USMS Safety Chairman, Forest Sullivan, from Virginia, mailed me a "Warm-Up Procedures" card. It is to be used as a guide for the Safety Marshalls at local and state meets. I will be mailing a copy of the card to each of the Meet Directors for the remainder of the season. The contents of the card are as follows... please read and practice these precautions.

### Warm up Procedures

As a Safety Marshall you are responsible for enforcing the warm-up procedures listed below. Please read these procedures and ask the Meet Director of Safety Marshall Coordinator if you have any questions.

- 1. WATER ENTRY:** Swimmers must enter the pool feet first in a cautious manner. No diving is allowed except in designated sprint lanes.
- 2. RACING STARTS:** Racing starts (including backstroke starts) maybe made only in designated SPRINT lanes during the pre-meet warm-up session.
- 3. SPRINT LANES:** One or two lanes shall be designated ONE WAY SPRINT lanes during the pre-meet warm-up session. Timing of the designation of the sprint lane may be determined by officials or by the request of swimmers desiring a sprint lane to be designated.
- 4. MISCELLANEOUS EQUIPMENT:** Usage of hand paddles, kick boards, pull buoys and fins swimmers shall be prohibited during warm-ups.
  - \* Keep your eyes on the pool area at all times
  - \* Refer questions about the meet to other meet personnel.
  - \* An entry into the water other than feet first in a cautious manner may disqualify a swimmer from the meet at the referee's discretion. Watch the swimmers and anticipate how he/she is planning to enter the water. Remind the swimmer about the feet first entry if his/her behavior suggests that other than a cautious feet first entry may be used. IT IS YOUR JOB TO EDUCATE ANY SWIMMER WHO IS UNAWARE OF THIS WARM-UP POLICY.
  - \* If a swimmer does dive into the pool, please stop him/her when they return to your end of the pool and politely inform them about the policy and ask them to adhere to the warm-up procedures. If you encounter and problems, please contact the Meet referee, Meet Director and/or other Meet personnel that have been designated to you.
  - \* Only USMS registered swimmers are permitted to swim in the designated warm-up/warm-down lanes. Please stop any persons who are not likely to be USMS members, e.g. children.

(Continued from page 1)

The "barge" drill was developed specifically for breaststroke pull and body position. When doing the drill we do not use the legs at all. Get into the tube through the center hole. Set the inside of the tube between the hips and the lower rib cage. While pulling forward, the legs and most of the tube will trail behind.

Pull with high elbows, bending the arms at the elbow. Try to keep the forearms at a right angle to the upper arms during the scull. Recover with the hands at (or above) the surface of the water. During the recovery try to lunge forward with the arms and upper body. The tube holds the hips high in the water, simulating an efficient body position, with the legs trailing behind instead of dragging. You'll know you're doing it correctly if you experience a killer forearm burn.

Remember, it may look ridiculous to others -- but it's much better to look like a fool in practice than in a race.

*Editor's note: Bill Volckening is a dear friend that we met during the LC Nationals. He is the founder of the Peddie Aquatics Association Masters Team in Hightstown, N.J.*

**If you have a favorite drill or workout, please share it by sending it to me to include in the newsletter.**

(Continued from page 1)

bership. If you do not pick up an entry form at the meets I will send the entry information back to you. The entry deadline for me to send the entries in for the National YMCA meet is April 1, 1997. The YMCA works a little differently than USMS in that everyone must enter as a team. I will coordinate this as I have done in the past. I will need completed entries back the week prior to April 1st.

Let's try to do what was done in 1996 in 1997 and show people that Michigan Masters Championship was not a home team fluke. Michigan Masters has never won a large team championship outside Michigan in its history. Let's try to win back to back Championships. My address and phone number are as follows: Frank Thompson, 2660 Littletell Ave., W. Bloomfield, MI 48234 (810) 683-2191

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

Last Name \_\_\_\_\_ ☐ New  
☐ Renewal

**Plymouth YMCA Membership Card** Receipt # \_\_\_\_\_

Please check membership desired: Amount Paid \_\_\_\_\_ ☐ Card Given

☐ Century Club ..... ☐ Adult Individual Membership .....

☐ Family ..... ☐ Youth Individual Membership .....

☐ Senior Membership .....

Name \_\_\_\_\_ Home # \_\_\_\_\_

Address \_\_\_\_\_ Work # \_\_\_\_\_

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

Children's Names \_\_\_\_\_

Date \_\_\_\_\_ Receipt # \_\_\_\_\_ /pd. Expiration Date \_\_\_\_\_

Date \_\_\_\_\_ Receipt # \_\_\_\_\_ /pd. Expiration Date \_\_\_\_\_

Date \_\_\_\_\_ Receipt # \_\_\_\_\_ /pd. Expiration Date \_\_\_\_\_

Progress  
is our  
most  
important  
product.

(Continued from page 2)

You might also consider the information about 1650 Swim by mail out of California, by Nancy Rideout's team (call me if you don't have the info.) and maybe you can do 1 swim for 2 events. (1650 Strategy: Think long and stroke for first 500, begin to press and roll on 2nd 500, think turnover on the 3rd 500, and race the last 150! Do better turns/pushoffs/breathing into and out of turns than I do, and you should have a nice swim)

This is the time that you might encourage regular lap swimmers to join Masters and swim that mile they usually do for rewards and charity. I'm doing that with a few people, too. No matter what you do in a workout, keep doing it regularly! Bad weather, dark days can be overcome with just a little swim. Some days I'm so reluctant to get in, and feel so lucky when I get out because it feels so good; share that feeling with someone else. Let's all try to bring at least one new swimmer to the pool in February. Have a great month!

## Annual Awards Nominations

The Chetrick Award is given annually to those who have given outstanding service to Michigan Masters or who best exemplifies the spirit and commitment to Michigan Masters. The Lawrence Award is given annually to those who have achieved outstanding performances in Masters Swimming competition representing Michigan Masters swimming. **Nominations for 1996 recipients should be sent to: Donald Kroeger, 433 Toll St., Monroe, MI 48162. (313)242-7175** (Past winners may not be duplicated.)

**PAST Chetrick winners:** 1996 - Ken Danhoff, 1995 - Sallie Thompson, 1994 - Bob Isbister, 1993 - Beth Rice, 1992 - George Newman, 1991 - Skip Thompson, 1990 - Jennifer Parks, 1989 - Marilyn Early, 1988 - Gail Dummer, 1987 - Richard TenHoor, 1986 - Tom Spear, 1985 - Carol Rhudy, 1984 - Lynn Weir, 1983 - Dennis Carter, 1982 - Hank Hoover, 1981 - Bo Rhudy, 1980 - Bob Heritier & Bill King, 1979 - Charles Moss, 1978 - Jean Garbus, 1977 - George Van

**PAST Lawrence Winners:** 1996 - Jewel Cook, 1995 - Skip Thompson, 1994 - David Shepherd, 1993 - Bob Jennings, 1992 - Wally Dobler, 1991 - Lois Nochman, 1990 - Dan Stephenson, 1989 - Charles Moss, 1988 - Marc Schlatter, 1987 - Paul Karas, 1986 - Ed Gray, 1985 - Lynn Allsup, 1984 - Howard Braden, 1983 - Don Hildum, 1982 - Melinda Mann, 1981 - Tom Koenig, 1980 - Ed Brown, 1979 - Jennifer Parks, 1978 - Ray Martin

## Workouts Available

Edith Glusac tells me that there is an Adult 50-meter Swim available at the Warren City Pool on Feb. 16, as well as March 2 & 16 from 9 - 10am. The Warren pool is on Campbell Rd. Coming from the west you take I-696 to VanDyke exit stay on the surface drive to Campbell. Turn left onto Campbell to pool. From the east: 696 to Schoener exit. Surface drive to Campbell and Right on Campbell to the pool.

Mark Lambert has told me that he has made the Canham Pool available to Masters for workouts under coach Sarah Duttera on the following Sundays from 9 - 10:30am. Session fee - \$4. Feb. 9, March 16, April 6 and 20 and May 6. If you have any questions please call (313) 647-0500 and ask for Sarah.

Karen Pearson has also advised me that LAFS works out with coach Larry Kimball on Tuesdays at 7:30pm at Brighton High School for a \$2/session fee.

# Numerous LAFS

LAFS originated in September 1994 with 26 swimmers from the Howell/Brighton area. Its acronym stood for Livingston (County) Area Fitness Swimmers. The team has grown to 39 swimmers now representing 7 different counties. So its acronym now stands for Lively Athletic Fun Swimmers. The team has 2 married couples, Grant and Diane Brady and Greg and Heather McNamara. Also 2 mother-daughter teams, Marlene and Suzanne Rein and Kathi and Cindi Wilhelm, which really add to the team concept. LAFS is coached by Larry Kimball (who is terrific) and they work out on Tuesday at 7:30pm at Brighton High School. If you are in the area, please feel free to join us. There is a \$2/session fee

*Real athletes swim, everyone else plays games.*

## 27,000 Workouts?

Ancient Mariner Aquatics, Inc., is about to release a unique, self-paced workout book for swimmers called *The Waterproof Coach*. This book, intended for both fitness swimmers and triathletes, is completely waterproof. Swimmers can take the book pool-side and plan their workout as they swim. The workouts are presented on heavyweight waterproof pages. Each page is cut into three segments--the first segment contains a warm up, the second a main set, and the third a cool down. Containing 30 pages of workouts, the book can easily be configured into over 27,000 different workouts by combining any warm up with any main set and any cool down. In other words, if the book is used seven days a week, it will take over 70 years before the same workout is repeated.

The book presents three levels of workouts, from beginner to intermediate. The three segments allow swimmers to mix and match their workouts by combining any of the levels together. Swimmers can simply vary their routine by flipping the segments.

The book is written in an amusing and irreverent way. Lisa Berger, a United States Masters Swimmer and author of *Feathering Your Nest*, writes, "...it's GREAT. The humor and enthusiasm are wonderfully infectious."

The author of *The Waterproof Coach* is Thomas Denes. Denes competes in Masters swimming competitions at both the national and international levels placing in events as diverse as the 50 meter freestyle and the 2 mile open water swim. Denes lives and trains in Montgomery County, Maryland, where he is founder and president of the Montgomery Ancient Mariners, a United States Masters swimming club.

The *Waterproof Coach* may be ordered for \$29.95 plus \$3.95 for shipping and handling from:

Ancient Mariner Aquatics, Inc.  
4522 Everett Street  
Kensington, Maryland 20895  
301-564-4234  
e-mail: [tdenes@worldnet.att.net](mailto:tdenes@worldnet.att.net)

A prepublication discount of 30 percent is available for all copies ordered before March 1, 1997.

*The thrill  
comes in  
doing your  
best time,  
something  
you haven't  
done  
before.*

## 1997 MICHIGAN MASTERS



### SWIM FOR THE HEART OF IT 1650 YARD POSTAL Sanction # MM007997

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

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

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

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

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

**Send entries to :**

MM Postal Mile  
Thomas Moyer  
3403 Binscarth Ave.  
Saginaw, MI 48602

**Information:** After 5:30 PM  
517-249-0043

### PRINT CLEARLY I'M NEARSIGHTED

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

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

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

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

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

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

\*\*\*\*\*

#### Release from Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Michigan Masters 1997 Postal 1650 and any activities incident thereto, I hereby waive any and all rights to claims of loss or damages including claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, Inc., The pool I swim the event in, Local Masters Swimming committees, the clubs, host Facilities, Meet sponsors, Meet Committees or any individuals Officiating at the meets or supervising such activities. In addition I agree to abide by and be governed by the rules of the USMS.

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

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

# Swim Classic

at

## Rockford High School Community Pool

4100 Kroes Rd. Rockford, Michigan

# February 22, 1997

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

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

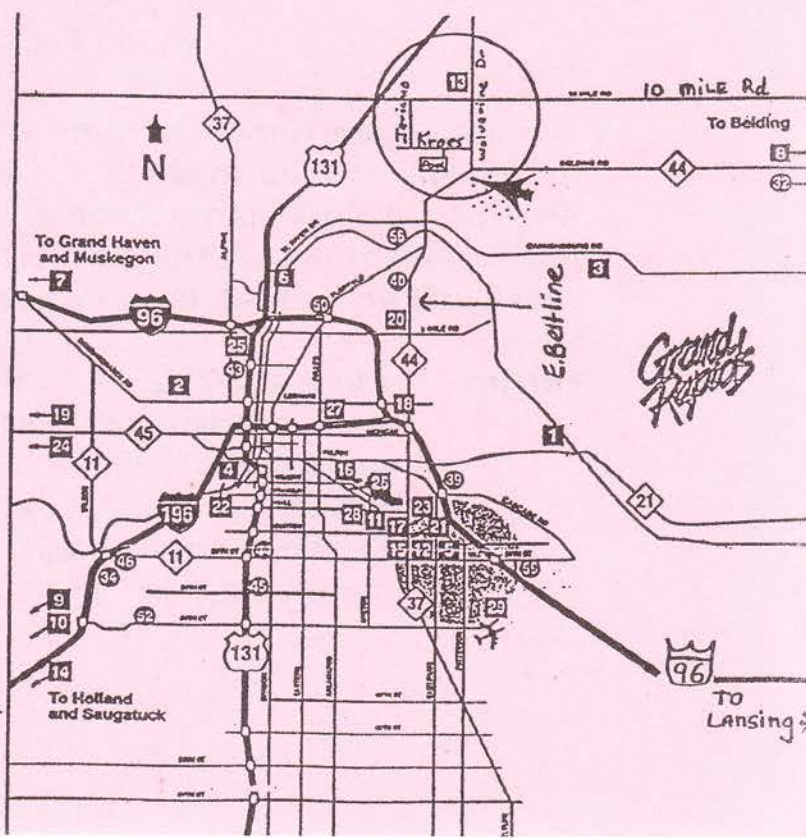
Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.). 1650/1000 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast.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

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

### List of Events:

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

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



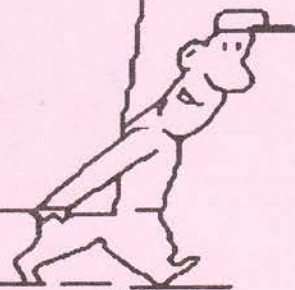
# State Meet Preview

## March 2, 1997

### Kalamazoo, MI



Sanctioned by Michigan Masters for USMS, Inc.



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

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

<b>Time:</b>	<b>8:30-9:45 am</b>	<b>Check-in and deck entry</b>
	<b>9:00-9:50 am</b>	<b>General warm-up</b>
<b>10:00 am</b>	1. 400 I.M.	9. 100 I.M.
	2. 200 Med. Relay	10. 100 Breaststroke
	3. 200 Freestyle	11. 100 Freestyle
	4. 200 Butterfly	12. 100 Backstroke
	5. 50 Breaststroke	13. 100 Butterfly
	6. 50 Butterfly	14. 200 Choice
	7. 50 Freestyle	15. 400 Free Relay
	8. 50 Backstroke	16. 500 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 400 IM and 500 free) for warm-downs. There will be a break between the 50 Backstroke and the 100 IM.

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

**Great Lakes Aquatics Short Course Masters Swim Meet**  
 Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM007597  
 Sunday, March 2, 1997

**NAME:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **USMS#:** \_\_\_\_\_

**BIRTHDATE:** \_\_\_\_\_ **Age on Mar.10:** \_\_\_\_\_ **TEAM:** \_\_\_\_\_

EVENT NUMBER	EVENT NAME	SEED TIME
1	400 Yard Individual Medley	
2	200 Yard Medley Relay	
3	200 Yard Freestyle	
4	200 Yard Butterfly	
5	50 Yard Breaststroke	
6	50 Yard Butterfly	
7	50 Yard Freestyle	
8	50 Yard Backstroke	
9	100 Yard Individual Medley	
10	100 Yard Breaststroke	
11	100 Yard Freestyle	
12	100 Yard Backstroke	
13	100 Yard Butterfly	
14	200 Yard Choice	
15	400 Yard Freestyle Relay	
16	500 Yard Freestyle	

**Entry Fee: \$12.00**

**Make checks payable to:** Great Lakes Aquatics

**ENTRY DEADLINE:**

Monday, February 24, 1997  
 (Postmarked)

**Send entries to:** Vince Gallant  
 323 Garland Ave.  
 Kalamazoo, MI 49001  
 (616)349-9873

## 22nd annual!! Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters  
Sanction #007697

**Date:** Sunday, March 16th, 1997

**Place:** H. H. Dow high school  
3901 N. Saginaw Rd., Midland, Michigan

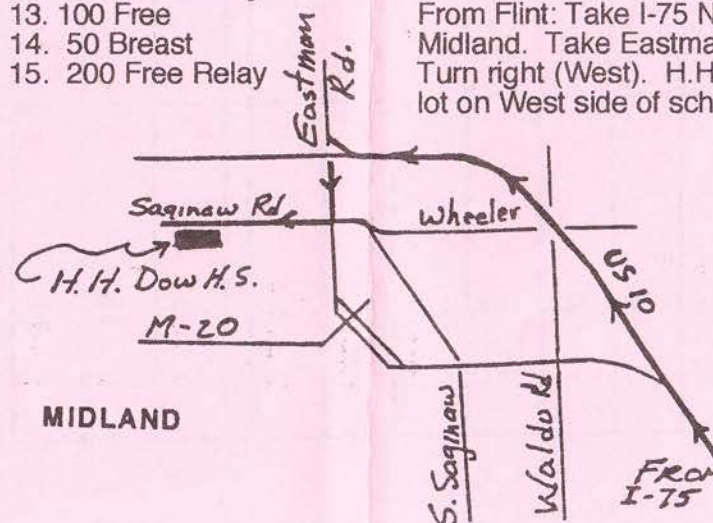
**Time:** 9:30 AM Warmup for 500 free and 400 IM  
10:30 AM 500 Free and 400 IM  
11:00 AM General warmup  
11:30 AM 200 butterfly begins

**Facility:** 6 lane, 25 yard pool; electronic timing, 6-lane electronic display scoreboard

**Awards:** Michigan Masters ribbons for 1st through 3rd place

### Events:

- |   |                    |
|---|--------------------|
| 1. 500 Freestyle                        | 8. 100 Breast      |
| 2. 400 Ind Medley<br>(30 minute warmup) | 9. 50 Free         |
| 3. 200 Butterfly                        | 10. 200 back       |
| 4. 200 Ind Medley                       | 11. 50 Butterfly   |
| 5. 100 Back                             | 12. 100 Ind Medley |
| 6. 200 free                             | 13. 100 Free       |
| 7. 100 Fly                              | 14. 50 Breast      |
|   | 15. 200 Free Relay |



## 22nd annual!! Midland Masters Winter's End Swim Meet

**Seeding:** Fast to Slow

**Warmup:** Continuous warmup during meet in Lane 6.

USMS Safety rules will be observed. Swimmers must enter the water feet-first in a cautious manner with at least one hand in contact with the deck or gutter

**Entry fee:** \$10.00 per swimmer (Maximum 5 events plus relay)

**Entry deadline:** Deck entries only; 10:15AM for 500 Free & 400 IM; 11:15 for remainder

**Refreshments:** During meet. Social after - T.B.A.\*  
\*TBA = To be announced

### For more information contact:

Charles Moss or Dave Speth  
(517) 631-1480 (517) 636-7802 (h)  
(517) 636-9238 (o)

USMS registration required. \$25.00 for 1997 calendar year.  
Registration available at the meet.

From Flint: Take I-75 North. Exit US 10. Go West (15 miles) to Midland. Take Eastman Road exit. Go South to Saginaw Road. Turn right (West). H.H.Dow H.S. is about 2 miles. Use parking lot on West side of school.

**MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP SWIM MEET AND THE  
1997 GREAT LAKES ZONE SHORT COURSE YARDS CHAMPIONSHIP  
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM007797  
FRIDAY-SUNDAY, APRIL 11 - 13, 1997 EASTERN MICHIGAN UNIVERSITY**

**HOST ORGANIZATIONS:**

Eastern Michigan University and Michigan Masters Swimming Association are the Host Organizations for the 1997 Michigan Masters State Championships and the 1997 SCY Great Lakes Zone Championship. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. EMU hosted the 1978 State Championship Meet which was in the old facility. This is the first Masters Championship Meet in the new 50 meter facility.

**USMS 1997 GREAT LAKES ZONE SHORT COURSE YARDS CHAMPIONSHIP:**

The Great Lakes Zone is a geographic section of the country that includes all LMSCs within that section. The Great Lakes Zone of USMS includes the following Local Masters Swimming Associations: Wisconsin, Central (Illinois), Indiana, Kentucky, Ohio, Lake Erie, Allegheny Mountain (Western Pennsylvania), and Michigan. At the USMS convention held on September 13 in Orlando, Fla. representatives from each of these associations voted unanimously to have Eastern Michigan University host this meet after a bid was submitted. This is the first time since Nov 1990 that the Michigan LMSC has hosted a Zone Championship meet and only the third time in the 25 year history of Michigan Masters, the other Zone meet being held in May 1981.

**FACILITIES:**

Olds Robb Student Recreation Intramural Complex houses the Michael H. Jones Natatorium at Eastern Michigan University (Map Enclosed). Modern eight-lane, 50-meter indoor pool to be configured as one 25-yard sixteen lane course. 10 lanes will be used for competition and the other 6 for continuous warm-up/cool down (except during the distance events which the full 16 lanes will be used). Six additional lanes in the north end course will be available for warm-up/cool downs during the distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in designated sprint lanes. Participants, Coaches, Officials, and Spectators should check-in and enter the Olds Robb - Jones Natatorium from the top level: "User Entrance" (CHECK-IN TIME: will began at 4:30 P.M. on Friday April 11, 1997. Locker rooms are available **WITH LOCKERS FOR ALL SWIMMERS**. Swimmers should bring their own locks and are responsible for the safety of their own belongings.

**RULES - ELIGIBILITY:**

This is a USMS sanctioned meet, USMS rules apply and will be observed. Any swimmer registered in USMS may swim in this meet. All swimmers will be required to enclose a photo copy of their USMS card with the entry form or write "APPLIED FOR" on the entry form AND send the registration application along with the USMS fee of \$25.00 (this is in addition to the meet entry fee). It is recommended that swimmers pre-registered for the Meet be pre-registered with USMS by the Entry Deadline. If a swimmer is not registered or hasn't applied for registration by the entry deadline they will not be permitted to swim in the meet. A swimmer not registered with Michigan Masters LMSC cannot establish a Michigan State Record.

**TIMING:**

Timing system is Colorado electronic system with electronic and manual back-up with 10-lane Dactronics display scoreboard with horn start and recall. All events (except for some heats of the distance events) will be timed using this system. Manual back-up timers will be provided at each lane. Swimmers are encouraged to hit the pad firmly and when swimming in relays to remain clear of the finish area until the event is completed by all swimmers. Any swimmer or relay attempting a NATIONAL RECORD should alert the Starter and make sure there is the adequate three manual timers as backup. Swimmers are required to supply their own lap counting personnel in distance events.

## AGE GROUPS:

The age reported on your entry form must reflect your actual age as registered with USMS. Age on April 13 (last day of the meet) determines his/her age for the entire meet. Individual Events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc. through 100+. Relay Events: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399.

## ENTRY DEADLINE:

Swimmers (Individual and Relays) must have their entries postmarked by April 1, 1997. All entries postmarked after April 1, 1997 will not be accepted and will be returned.

## SEEDING:

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times except for some of the distance events. Deck entries and "no time" entries will be seeded in the slowest heats. All swimmers will be seeded into heats by time regardless of age and swimmers MUST then swim in their designated heat and lane. Consult your heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in another heat of the same event. The Meet Director reserves the right to RESEED the distance events if there is a significant number of scratches after check-in to eliminate the use of empty lanes during the swimming of the event.

## ENTRY FEES:

Individual:

Fee	# of Individual Events	# of Relays
\$19	0	Up to 1 of each event to 4 total
\$23	1	Up to 1 of each event to 4 total
\$27	2	Up to 1 of each event to 4 total
\$31	3	Up to 1 of each event to 4 total
\$35	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$12 per relay prior to April 1, 1997.  
\$16 per relay after - April 1, 1997.

Deck Entries will be taken from 4:45 -5:30 P.M. on Friday and 7:45 -8:30 A.M. on Saturday and Sunday for Relays only that were not pre-entered by April 1, 1997.

## ENTRY LIMITS:

(excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, April 11, 1997	2
Event maximum for Saturday, April 12, 1997	4
Event maximum for Sunday, April 13, 1997	4

- \* An individual may compete on only one relay team per relay event for a total of 4.
- \* If more than 7 events are listed on the entry form, only the first seven will be entered
- \* Please enclose a photo copy of your USMS registration card with your entry form.
- \* You must fill in and sign the Athlete's Release to validate your entry form.

## ENTRY PROCEDURE - INDIVIDUAL EVENTS:

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seed time will swim in the slowest heats. There will be "NO DECK ENTRIES ALLOWED FOR ANY INDIVIDUAL EVENTS". Also you will not be permitted to change your events once you have submitted your entry form.

### **ENTRY PROCEDURE - DISTANCE EVENTS:**

The 500 Free, 400 IM, and 1000 Free will be offered two separate times during the course of the meet. You may swim these events ONCE during the course of the three day meet. The 1650 Free will be offered ONCE on Friday, April 11. You will only be permitted to swim either the 1650 Free or the 1000 Free on Friday, April 11, only. Depending on the number of entries for the 1650 Free and time limits, the full 16 lanes could be used with 4 lanes available for warm-up at the north end of the pool. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area.

### **ENTRY PROCEDURE RELAYS:**

To enter relays, team representatives should enter the number of relay teams and the fees associated for each event. It is requested that only one relay form be submitted for each team. The age brackets, sexes, and seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered. Official relay cards are picked up from the Clerk of the Course by the coach or team representative and is responsible to PRINT LEGIBLY all information required. Each card shall include: swimmer's name as USMS registered in order of relay swim; first name, last name, age, sex, computer ID number, and proper age group. Cards shall be returned to Clerk of the Course by the deadline announced at the meet. Once the cards are turned in and entered for heat sheets; the age group, sex of the relay, and seed time cannot be changed. Cards can be picked from the Clerk of the Course by the coach or team representative when announced at the meet. At check-in, team representatives with relays will receive a packet and relay cards with the instructions to supply the data mentioned above. Michigan Masters uses the combined aggregate ages of the four relay team members that determines the age group (USMS RULE 102.3.2B) exactly the way its done in Meters and FINI competitions. If teams would like their relays converted for USMS National Records and Top Ten (USMS RULE 102.3.2A) notify the Meet Director in writing of this intent. Also initial split times from the leadoff swimmer of a relay will be considered for USMS National Records and Top Ten if recorded by automatic timing device and the swimmer notifies the Meet Referee in writing the intent to record an initial split time. The relay swim must be completed and not be disqualified for the split time to count.

### **GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:**

Session #1 - Friday Night, April 11 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.  
Session #1 - Friday Night, April 11 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, April 12 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.  
Session #2 - Saturday Morning, April 12 - Competition begins - 9:00 A.M.

### **ANNUAL MEETING - MICHIGAN LMSC LMSC MEETING TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

Session #3 - Saturday Afternoon, April 12 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.  
Session #3 - Saturday Afternoon, April 12 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, April 13 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.  
Session #4 - Sunday Morning, April 13 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, April 13 - Check-in and Warm-up - ONE HOUR AFTER  
EVENT #32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session #5 - Sunday Afternoon, April 13 - COMPETITION BEGINS ONE HOUR AFTER  
CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

### **DISTANCE EVENTS CHECK-IN FRIDAY NIGHT APRIL 13:**

500 FREE AND 400 IM - BY 5:30 P.M. AND NO LATER  
1000 FREE AND 1650 FREE - BY 5:45 P.M. AND NO LATER.

### SCORING:

<u>PLACE</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Individual Event	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

### AWARDS:

All swimmers entered in the meet regardless of Club or LMSC are eligible for awards. A high point trophy plaque award will be given for men and women in each age group. A Combined Great Lakes Zone Visiting Team Award will be given to the high point club outside of Michigan Masters ex (not 197-00XXX registered) separate from Michigan Masters team awards. Michigan Masters will have awards for the high point team in both large and small team combined divisions. Michigan Masters and Great Lakes Zone team awards will also be given in the separate categories (Women /Men Divisions) for all teams and clubs in the meet for both large and small divisions.

<u>PLACE</u>	<u>AWARDS</u>
1st, 2nd, 3rd,	Michigan Masters State Championship Medals
4th, 5th, 6th, 7th, 8th	Michigan Masters State Championship Ribbons
High Point Award Age Group	Michigan Masters / Great Lakes Zone Trophy Plaque
High Point Team - Large Team	Michigan Masters State Championship Traveling Banner
High Point Team - Small Team	Michigan Masters State Championship Traveling Banner
High Point Team - Visiting Team	Great Lakes Zone Trophy Plaque
High Point Team - Large Team Women	Mich. Masters / Great Lakes Zone Trophy Plaque
High Point Team - Small Team Women	Mich. Masters / Great Lakes Zone Trophy Plaque
High Point Team - Large Team Men	Mich. Masters / Great Lakes Zone Trophy Plaque
High Point Team - Small Team Men	Mich. Masters / Great Lakes Zone Trophy Plaque

Two divisions shall be recognized for purposes of team scoring based upon the number of swimmers entered in the meet from each team. The number of swimmers for teams in each division will be determined by the Meet Director after the entry deadline.

### EVENT RESULTS AND COMPLETE STATE /ZONE MEET RESULTS:

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick up your awards. Meet results (events, ages, names - individual and relay, times, and team scores will be published in the Michigan Masters Summer Newsletter (The Wave Eater) to all Michigan Masters registered swimmers. Complete meet results (including splits for all individual and relay events) can be purchased for \$8.00 at the check-in table. Results will be mailed.

### FACILITY RULES AND MICHIGAN MASTERS STATE MEET GUIDELINES: THESE ARE STRICTLY ENFORCED

- A. Smoking is not allowed in any of the buildings.
- B. Food and beverages are not allowed in the pool area, in adjacent locker rooms or in spectator areas. Food and beverages are to be kept in the designated areas on the balcony concourse (this includes coolers, snacks, and quick energy treats). Plastic water bottles are permitted on the deck.
- C. Lockers are available but swimmers should bring their own locks. Neither Eastern Michigan University, or Michigan Masters will assume responsibility for lost or stolen articles.
- D. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANNED. SWIMMERS WHO USE THESE SUBSTANCES WILL BE HELD RESPONSIBLE AND BE DISQUALIFIED.
- E. Diving off any of the boards or towers is strictly forbidden.
- F. Swimmers in the concession area (hallway off the pool area and in the lounge area) must wear shirts, shorts, and some kind of foot covering. Swimmers in bathing suits and bare feet will be requested to return to the pool area. Swimmers should be prepared for this.
- G. There will be no admission fee for spectators of the swimming meet. However spectators will not be permitted on deck other than in designated walk areas.

**MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP SWIM MEET AND THE  
GREAT LAKES ZONE SHORT COURSE YARDS CHAMPIONSHIP  
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM007797  
FRIDAY-SUNDAY, APRIL 11 - 13, 1997 EASTERN MICHIGAN UNIVERSITY  
MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP SCHEDULE OF EVENTS**

**Women Events #**

**Men's Events #**

**Session # 1 Friday, April 11, 1997**

Warm up - 5:00 P.M. Meet begins at 6:00 P.M.

21	500 Yard Freestyle	22
9	400 Yard IM	10
43	1000 Yard Freestyle	44
1	1650 Yard Freestyle	2

**Session # 2 Saturday, April 12, 1997**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

3	100 Yard Freestyle	4
5	200 Yard Backstroke	6
7	50 Yard Fly	8
9	400 Yard IM	10
	10 Minute Break	
11	200 Yard Free Relay	12

**ANNUAL MEETING OF MICHIGAN LMSC  
TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

**Session # 2 Saturday, April 12, 1997**

Warm up - 1:00 P.M. Meet begins at 2:00 P.M.

13	200 Yard Fly	14
15	100 Yard Breast	16
17	50 Yard Backstroke	18
	10 Minute Break	
	200 Yard Mixed Medley Relay	20
21	500 Yard Freestyle	22

**Women Events #**

**Mens's Events #**

**Session # 4 Sunday, April 13, 1997**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

23	200 Yard Freestyle	24
25	100 Yard Fly	26
27	50 Yard Breast	28
29	200 Yard IM	30
	10 Minute Break	
31	200 Yard Medley Relay	32

**Session # 5 Sunday, April 13, 1997**

Warm/up - One hour after Event #32 200 Medley Relay - Expected Time 12:00 P.M. TO 1:00 P.M.

Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

33	200 Yard Breast	34
35	100 Yard Back	36
37	50 Yard Free	38
39	100 Yard IM	40
	10 Minute Break	
	200 Yard Mixed Free Relay	42
43	1000 Yard Freestyle	44

### **ANNUAL MEETING:**

All swimmers are encouraged and should plan to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on critical issues affecting the USMS National Organization, Michigan LMSC, your local team, and yourself. New Michigan LMSC officers will be elected at this meeting. The meeting will get started 20 Minutes after the morning session (Session 2). An agenda of the meeting will be available at check-in on Friday, April 11, 1997.

### **CONCESSIONS AND PARKING:**

A limited concession (hot dogs, coffee, pop, cookies, fruit) will be available from a concession stand run by EMU. See Facility Rules, Part B regarding this. There are nearby restaurants (about 5 -10 minutes from the pool) so plan your meals /snacks accordingly. There is abundant free parking at the parking structure (#16) behind the Olds Rob Rec/IM complex (# 62 and #63). See map for # details.

### **AREA HOTEL / MOTEL INFORMATION:**

The Days Inn at US23 and Washtenaw Avenue exit, 2380 Carpenter Road, (313) 971 - 0700 has been selected as the meet hotel. Room blocks have been arranged and a special rate to masters swimmers will be given. When you make your reservation, tell the hotel that you are involved in the Masters Championship Meet at Eastern Michigan University and you will get the discounted rate. A listing and maps are enclosed.

### **MEET DIRECTORS:**

Eric Nordlund  
2738 Berry Drive  
Bloomfield Hills, MI  
48304 (810) 334 - 5989

Leonard Brockhahn  
8267 Hidden Creek Drive  
Flushing, MI  
48433 (810) 659 - 4166

### **MEET T-SHIRTS:**

Meet T-shirts imprinted with the Meet logo (which will be the same as the current state logo which is on Michigan Masters medals and ribbons) can be ordered on the meet entry form. Some shirts will be available at the meet, but we recommend ordering with your entry to assure size selection. Sizes and cost are shown on the entry form. The color will be white with green print.

### **AWARDS CEREMONIES:**

Presentations of the individual high point award and overall team high point awards in all categories will get started 30 minutes after the completion of the last event which is the 1000 Free (event # 43 and #44). We ask all swimmers and teams to be prompt as not to delay. Its the swimmers and team responsibility to pick up any awards. There will be no mailing of awards.

### **CHANGES FROM 1996 MICHIGAN MASTERS STATE CHAMPIONSHIP MEET:**

- \* **NO DECK ENTRIES** - Every swimmer must pre-register by mail for Individual Events by the Entry Deadline of April 1, 1997 to swim in this sanctioned competition. Teams can only deck enter Relays at the meet.
- \* **NO OPEN EVENTS** - Open events will not be offered for 50's, 100's, and 200's.
- \* **NO ONE EVENT REGISTRATION** - (USMS RULE 201.1.3) This championship is not considered a single event but a 2.5 day multi -event championship. Swimmers must be fully registered by an LMSC by the entry deadline to participate in this sanctioned competition.

**MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP AND THE GREAT LAKES ZONE SHORT COURSE YARDS CHAMPIONSHIP RELEASE FORM**  
**SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM007797**  
**FRIDAY-SUNDAY, APRIL 11 - 13, 1997 EASTERN MICHIGAN UNIVERSITY**

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 Master's 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 CLAIM 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, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

**PARTICIPANT'S NAME**

**USMS NUMBER**

**DATE**

\_\_\_\_\_  
This form must be completed and signed by the swimmer and accompany the Entry Form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with this Athlete's Release Form and the Entry Form.

**MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP FEES SCHEDULE**

Swimmer Entry Fee (see entry form page) \$ \_\_\_\_\_

Relay Entry Fee (for information on Relays see meet information sheets) \$ \_\_\_\_\_

USMS Registration Fee (If you have not registered for the 1997 season) \$ \_\_\_\_\_

Michigan Masters State Championship T-shirts - Cost is \$10.00 \$ \_\_\_\_\_

Please circle size of your T-shirts      M      L      XL      XXL      \$ \_\_\_\_\_

Please make check payable to: South Oakland Seals

GRAND TOTAL \$ \_\_\_\_\_

ANNUAL STATE MEET SOCIAL - A party will be held on Saturday night, approximately one hour after the conclusion of the meet. Details will be available at the meet. If you are interested in attending please mark yes or no.      YES \_\_\_\_\_      NO \_\_\_\_\_

You must enter this meet by mail, a swimmer should complete the attached entry form, sign the liability release, and send a photo copy of your USMS registration card. All entries must be postmarked by April 1, 1997. Each swimmer who enters the meet will need to check-in upon arrival at the Jones Natatorium Pool - Eastern Michigan Univ.

**MAIL ENTRIES TO: Eric Nordlund**  
**2738 Berry Drive**  
**Bloomfield Hills, MI 48302 (810) 334 - 5989**

**MICHIGAN MASTERS 1997 STATE CHAMPIONSHIP ENTRY FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE # \_\_\_\_\_ SEX: \_\_\_\_\_ USMS # \_\_\_\_\_

AGE ON APRIL 13: \_\_\_\_\_ TEAM: \_\_\_\_\_

EVENT NUMBER:	INDIVIDUAL EVENT:	ENTRY SEED TIME: (TO THE 10TH OF A SECOND)	ENTRY FEE :
_____	_____	_____	\$23
_____	_____	_____	\$27
_____	_____	_____	\$31
_____	_____	_____	\$35
_____	_____	_____	\$35
_____	_____	_____	\$35
_____	_____	_____	\$35

If you are entering the 500 Free, 400 IM, and the 1000 Free please indicate by checking the date (ONLY ONCE) for your swimming this/these event(s).

400 IM 4-11 \_\_\_\_\_ 4-12 \_\_\_\_\_ 500 Free 4-11 \_\_\_\_\_ 4-12 \_\_\_\_\_ 1000 Free 4-11 \_\_\_\_\_ 4-13 \_\_\_\_\_

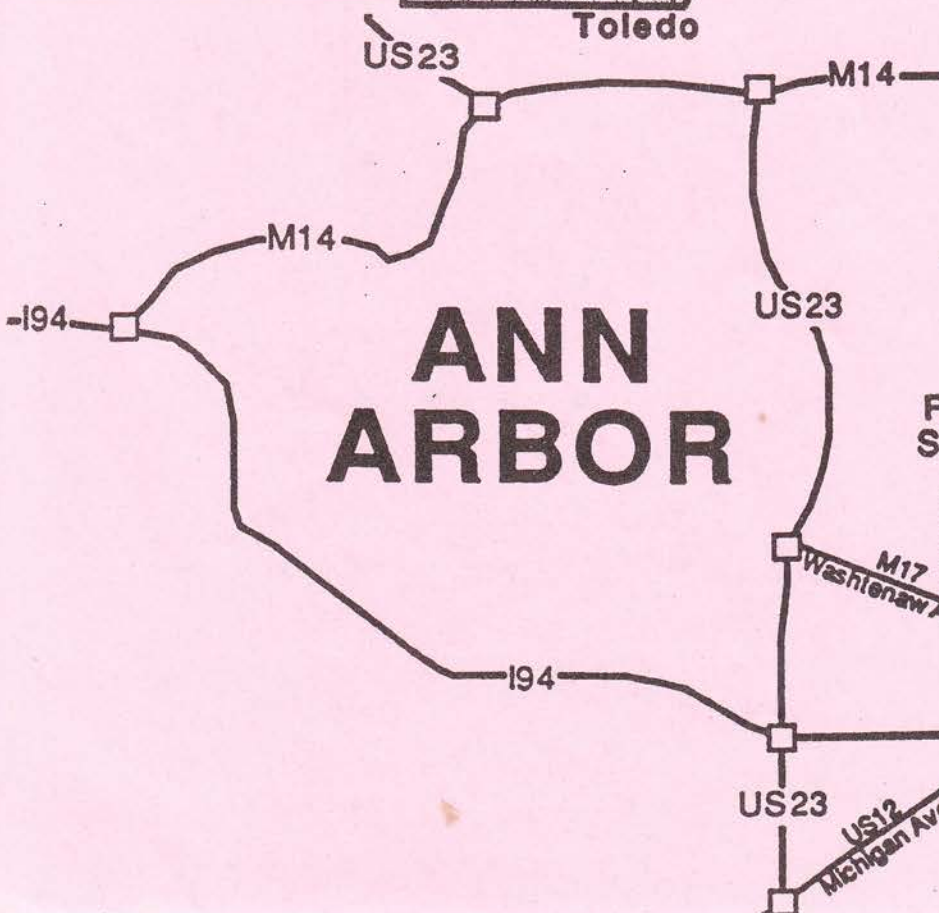
**RELAY EVENTS:**

TEAM NAME: \_\_\_\_\_ TEAM REP: \_\_\_\_\_

EVENT #	RELAY	# OF RELAY TEAMS	FEES (\$12 PER RELAY)
11 - 12	200 Free Relay	_____	_____
20	200 Mixed Medley	_____	_____
31 - 32	200 Medley Relay	_____	_____
42	200 Mixed Free	_____	_____

Please, only one relay entry form per team. Insert only the number of relay teams and the fees associated for each event. The age brackets, sexes, and seed times will not be needed until relay check-in on the day of the relay race.

Make Checks payable to: **SOUTH OAKLAND SEALS**. Mail Entries to: **Eric Nordlund, 2738 Berry Dr. Bloomfield Hills, MI 48304 (810) 334 - 5989**



# YPSILANTI

Parking  
Structure



Pool

M17  
Washtenaw Ave.

Hamilton

W. Cross

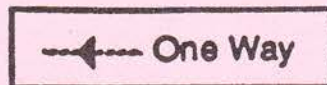
Huron

Michigan Ave.  
US12

I-94

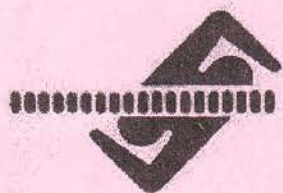
US23

US12  
Michigan Ave.



**Michigan Masters Swimming  
1997 Annual Meeting  
Eastern Michigan University  
Agenda**

- I. Call to Order                      Andy Donato / General Assembly  
    (Promptly at 20min after the 200 free relay, Saturday, April 12,1997)
- II. Minutes (review 1996)        Karen Pearson
- III. Treasurer's Report            Don Korten  
    A. Review, Amend, Approve
- IV. Review of Michigan Masters 1996 Results    Andy Donato/ Officers
- V. Special Orders  
    A. Review of 1998 Michigan Masters State Championship bids/vote.  
    B. Proposed changes in By-Laws/vote  
    C. Election of new Officers
- VI. Unfinished Business
- VII. New Business
- VII. Announcements  
    A. Zone Updates                      Skip Thompson
- VIII. **Adjournment**
- IX. Award Presentations (On Pool Deck)
- IX. Resume Competition . . . . 200m fly



Jump to the [bottom of this page](#). Jump to the [SwimGold home page](#).

## 1996 USMS Top Ten by LMSC Detail - LCM for Michigan

This file is believed to be reasonably accurate and complete, but in the event of discrepancy reference should be made to the official USMS published results. We particularly need corrections on which swimmers belong to which LMSC as we know there are errors & omissions here. See LMSC "unknown" for the list of swimmers for whom we have no LMSC code. Please report any errors, omissions or suggestions to [the Web Steward](#). (updated 1/2/97)

Name	Age	LM SC	Club	Se x	Agegrp	Dist	ur Str	Co se	Time	Pl ac e
<b>Women 19-24 (1996)</b>										
BETHANY WILLISTON	24	19	MICH	W	19- 24	200	LCM	FREE	2:23.89	7
BETHANY WILLISTON	24	19	MICH	W	19- 24	400	LCM	FREE	5:06.27	4
JILL MURANY	23	19	MICH	W	19- 24	400	LCM	FREE	5:15.26	10
JENNIFER TURNBULL	23	19	MICH	W	19- 24	50	LCM	BACK	35.86	10
JENNIFER TURNBULL	23	19	MICH	W	19- 24	100	LCM	BACK	1:17.98	10
JENNIFER TURNBULL	23	19	MICH	W	19- 24	200	LCM	BACK	2:46.82	5
MONICA BULLARD	24	19	MICH	W	19- 24	50	LCM	BRST	39.81	3
MONICA BULLARD	24	19	MICH	W	19- 24	100	LCM	BRST	1:24.91	4
MONICA BULLARD	24	19	MICH	W	19- 24	200	LCM	BRST	3:11.35	5
JENNIFER TURNBULL	23	19	MICH	W	19- 24	100	LCM	FLY	1:16.04	5
BETHANY WILLISTON	24	19	MICH	W	19- 24	100	LCM	FLY	1:16.17	6
ANDREA FRUEH	23	19	MICH	W	19- 24	400	LCM	IM	6:09.14	3

## Women 25-29 (1996)

DYNE BURRELL	29	19	MICH	W	25- 29	50	LCM	FREE	27.43	1
SHEILA TAORMINA	27	19	MICH	W	25- 29	100	LCM	FREE	59.43	1
DYNE BURRELL	29	19	MICH	W	25- 29	100	LCM	FREE	1:00.49	2
SHEILA TAORMINA	27	19	MICH	W	25- 29	200	LCM	FREE	2:02.06	1
SUSIE DEVLIN	29	19	MICH	W	25- 29	200	LCM	FREE	2:16.20	4
SHEILA TAORMINA	27	19	MICH	W	25- 29	400	LCM	FREE	4:13.03	1
BETHANY WILLISTON	25	19	MICH	W	25- 29	400	LCM	FREE	4:47.51	3
BETHANY WILLISTON	25	19	MICH	W	25- 29	800	LCM	FREE	9:57.45	2
DYNE BURRELL	29	19	MICH	W	25- 29	50	LCM	BACK	32.78	3
BETHANY WILLISTON	25	19	MICH	W	25- 29	200	LCM	BACK	2:46.79	10
BETHANY WILLISTON	25	19	MICH	W	25- 29	200	LCM	BRST	2:58.79	5
DYNE BURRELL	29	19	MICH	W	25- 29	50	LCM	FLY	31.44	6
SUSIE DEVLIN	29	19	MICH	W	25- 29	100	LCM	FLY	1:10.87	2
SHEILA TAORMINA	27	19	MICH	W	25- 29	200	LCM	FLY	2:17.51	1
BETHANY WILLISTON	25	19	MICH	W	25- 29	400	LCM	IM	5:34.01	4

## Women 30-34 (1996)

## Women 30-34 (1996)

CORRIN POPPS	31	19	MICH	W	30- 34	50 LCM FREE	28.70	3
MARY MUETING	31	19	MICH	W	30- 34	50 LCM FREE	28.96	6
CORRIN POPPS	31	19	MICH	W	30- 34	100 LCM FREE	1:03.15	6
DAWN HEWITT	31	19	MICH	W	30- 34	50 LCM BACK	34.02	5
DAWN HEWITT	31	19	MICH	W	30- 34	100 LCM BACK	1:12.15	6
DAWN HEWITT	31	19	MICH	W	30- 34	200 LCM BACK	2:34.55	3
CORRIN POPPS	31	19	MICH	W	30- 34	100 LCM BRST	1:21.33	3
MARY MUETING	31	19	MICH	W	30- 34	50 LCM FLY	32.13	6
DAWN HEWITT	31	19	MICH	W	30- 34	200 LCM IM	2:42.45	5
DAWN HEWITT	31	19	MICH	W	30- 34	400 LCM IM	5:47.44	6

## Women 35-39 (1996)

NANCY SERVO	35	19	MICH	W	35- 39	50 LCM FREE	29.93	6
MARILYN EARLY	38	19	MICH	W	35- 39	50 LCM FREE	30.59	9
PASCALE ASBURY	37	19	MICH	W	35- 39	50 LCM FREE	30.67	10
NANCY SERVO	35	19	MICH	W	35- 39	100 LCM FREE	1:05.85	7
MARILYN EARLY	38	19	MICH	W	35- 39	200 LCM FREE	2:26.01	7
NANCY SERVO	35	19	MICH	W	35- 39	200 LCM FREE	2:26.29	8
NANCY SERVO	35	19	MICH	W	35- 39	50 LCM BACK	36.41	8
MARILYN EARLY	38	19	MICH	W	35- 39	100 LCM BACK	1:19.41	8
MARILYN EARLY	38	19	MICH	W	35- 39	200 LCM BACK	2:51.47	7

## Women 40-44 (1996)

ANN URSCHER	41	19	MICH	W	40- 44	50 LCM FREE	29.92	6
EVELYN LYNCH	44	19	MICH	W	40- 44	50 LCM FREE	30.89	9
EVELYN LYNCH	44	19	MICH	W	40- 44	50 LCM BACK	35.18	5
EVELYN LYNCH	44	19	MICH	W	40- 44	100 LCM BACK	1:17.16	5
EVELYN LYNCH	44	19	MICH	W	40- 44	200 LCM IM	2:52.42	6

## Women 45-49 (1996)

JANET ZANN	45	19	MICH	W	45- 49	50 LCM FREE	32.19	5
MARY PETTEE	45	19	MICH	W	45- 49	50 LCM BACK	40.07	6
MARJORIE SHUER	45	19	MICH	W	45- 49	50 LCM BACK	41.73	10
MARJORIE SHUER	45	19	MICH	W	45- 49	100 LCM BACK	1:30.90	9
MARJORIE SHUER	45	19	MICH	W	45- 49	200 LCM BACK	3:15.72	7
JANET ZANN	45	19	MICH	W	45- 49	50 LCM FLY	35.12	4

## Women 50-54 (1996)

JENNIFER PARKS	52	19	MICH	W	50- 54	800 LCM FREE	13:17.44	9
JENNIFER PARKS	52	19	MICH	W	50- 54	1500 LCM FREE	25:02.14	7
JENNIFER PARKS	52	19	MICH	W	50- 54	100 LCM BACK	1:34.29	7
JENNIFER PARKS	52	19	MICH	W	50- 54	200 LCM BACK	3:27.43	7
FREDERICKA RAPP	52	19	MICH	W	50- 54	100 LCM FLY	2:05.20	10
FREDERICKA RAPP	52	19	MICH	W	50- 54	200 LCM FLY	4:38.87	8

## Women 55-59 (1996)

				W	55- 59	400 LCM FREE	7:07.26	9
SHIRLEY DACEY	59	19	MICH	W	55- 59	200 LCM FREE	3:22.32	10
SHIRLEY DACEY	59	19	MICH	W	55- 59	1500 LCM FREE	27:56.68	7
SHIRLEY DACEY	59	19	MICH	W	55- 59	100 LCM BACK	1:49.29	10
SHIRLEY DACEY	59	19	MICH	W	55- 59	200 LCM BACK	3:47.53	8
					800 FREE		14:51.03	10

## Women 60-64 (1996)

BEVERLY MYERS	61	19	MICH	W	60- 64	50	LCM	FREE	39.50	8
BEVERLY MYERS	61	19	MICH	W	60- 64	100	LCM	FREE	1:24.89	5
BEVERLY MYERS	61	19	MICH	W	60- 64	200	LCM	FREE	3:21.03	8
SUSAN BOND	60	19	MICH	W	60- 64	800	LCM	FREE	16:08.58	10
SUSAN BOND	60	19	MICH	W	60- 64	1500	LCM	FREE	30:18.71	6
BEVERLY MYERS	61	19	MICH	W	60- 64	50	LCM	BACK	45.23	6
BEVERLY MYERS	61	19	MICH	W	60- 64	100	LCM	BACK	1:36.96	3
BEVERLY MYERS	61	19	MICH	W	60- 64	200	LCM	BACK	3:41.62	4
BEVERLY MYERS	61	19	MICH	W	60- 64	50	LCM	BRST	50.20	4
BEVERLY MYERS	61	19	MICH	W	60- 64	100	LCM	BRST	1:47.98	5
BEVERLY MYERS	61	19	MICH	W	60- 64	200	LCM	BRST	3:56.37	6
BEVERLY MYERS	61	19	MICH	W	60- 64	50	LCM	FLY	43.67	3
MARY WILLIAMS	64	19	MICH	W	60- 64	100	LCM	FLY	3:36.15	10
MARY WILLIAMS	64	19	MICH	W	60- 64	200	LCM	FLY	7:16.23	4
BEVERLY MYERS	61	19	MICH	W	60- 64	200	LCM	IM	3:31.83	4
MARY WILLIAMS	64	19	MICH	W	60- 64	400	LCM	IM	12:03.45	8

## Women 70-74 (1996)

LOIS NOCHMAN	71	19	MICH	W	70- 74	100	LCM	FREE	1:40.93	10
LOIS NOCHMAN	71	19	MICH	W	70- 74	200	LCM	FREE	3:42.43	7
LOIS NOCHMAN	71	19	MICH	W	70- 74	400	LCM	FREE	7:59.08	7
LOIS NOCHMAN	71	19	MICH	W	70- 74	800	LCM	FREE	15:57.53	5
LOIS NOCHMAN	71	19	MICH	W	70- 74	1500	LCM	FREE	30:05.58	5
LOIS NOCHMAN	71	19	MICH	W	70- 74	50	LCM	BACK	52.00	10
LOIS NOCHMAN	71	19	MICH	W	70- 74	100	LCM	BACK	1:55.08	5
LOIS NOCHMAN	71	19	MICH	W	70- 74	200	LCM	BACK	4:11.36	4
LOIS NOCHMAN	71	19	MICH	W	70- 74	50	LCM	BRST	55.45	6
LOIS NOCHMAN	71	19	MICH	W	70- 74	100	LCM	BRST	2:01.85	5
LOIS NOCHMAN	71	19	MICH	W	70- 74	200	LCM	BRST	4:29.85	4
LOIS NOCHMAN	71	19	MICH	W	70- 74	50	LCM	FLY	50.38	3
LOIS NOCHMAN	71	19	MICH	W	70- 74	100	LCM	FLY	1:59.78	2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200	LCM	FLY	4:23.53	2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200	LCM	IM	4:08.61	3
LOIS NOCHMAN	71	19	MICH	W	70- 74	400	LCM	IM	8:43.67	2

## Women 75-79 (1996)

BOBBIE LAWRENCE	75	19	MICH	W	75- 79	400	LCM	FREE	9:13.58	6
BOBBIE LAWRENCE	76	19	MICH	W	75- 79	800	LCM	FREE	18:40.98	4
MARTHA FORSTER	79	19	MICH	W	75- 79	800	LCM	FREE	25:51.68	8
BOBBIE LAWRENCE	76	19	MICH	W	75- 79	1500	LCM	FREE	35:19.70	5
MARTHA FORSTER	79	19	MICH	W	75- 79	1500	LCM	FREE	52:01.68	8
EDITH GLUSAC	77	19	MICH	W	75- 79	50	LCM	BACK	1:04.89	9
EDITH GLUSAC	77	19	MICH	W	75- 79	100	LCM	BACK	2:23.44	10
EDITH GLUSAC	77	19	MICH	W	75- 79	200	LCM	BACK	5:38.76	10
EDITH GLUSAC	77	19	MICH	W	75- 79	50	LCM	BRST	1:08.33	7
EDITH GLUSAC	77	19	MICH	W	75- 79	100	LCM	BRST	2:36.69	8
EDITH GLUSAC	77	19	MICH	W	75- 79	200	LCM	BRST	5:32.64	5
BOBBIE LAWRENCE	76	19	MICH	W	75- 79	200	LCM	IM	5:07.46	4
EDITH GLUSAC	77	19	MICH	W	75- 79	200	LCM	IM	6:09.43	10
BOBBIE LAWRENCE	76	19	MICH	W	75- 79	400	LCM	IM	11:09.46	2
EDITH GLUSAC	77	19	MICH	W	75- 79	400	LCM	IM	12:49.11	4

## Women 80-84 (1996)

RUTH HILDEBRAND	80	19	MICH	W	80- 84	200	LCM	FREE	7:53.26	8
RUTH HILDEBRAND	80	19	MICH	W	80- 84	400	LCM	FREE	15:37.19	10

RUTH HILDEBRAND	80	19	MICH	W	80-	84	400	LCM	FREE	15:37.19	10
RUTH HILDEBRAND	80	19	MICH	W	80-	84	800	LCM	FREE	31:46.00	7
RUTH HILDEBRAND	80	19	MICH	W	80-	84	1500	LCM	FREE	61:10.29	3
RUTH HILDEBRAND	80	19	MICH	W	80-	84	200	LCM	BACK	7:43.75	9

## Women 85-89 (1996)

JEWEL COOKE	87	19	MICH	W	85-	89	50	LCM	FREE	1:01.36	2
JEWEL COOKE	87	19	MICH	W	85-	89	100	LCM	FREE	2:12.24	2
JEWEL COOKE	87	19	MICH	W	85-	89	50	LCM	BACK	1:11.72	1
JEWEL COOKE	87	19	MICH	W	85-	89	100	LCM	BACK	2:40.83	1
JEWEL COOKE	87	19	MICH	W	85-	89	200	LCM	BACK	5:52.20	2
JEWEL COOKE	87	19	MICH	W	85-	89	50	LCM	BRST	1:27.76	2
JEWEL COOKE	87	19	MICH	W	85-	89	100	LCM	BRST	3:19.12	2
JEWEL COOKE	87	19	MICH	W	85-	89	200	LCM	BRST	6:49.30	1
JEWEL COOKE	87	19	MICH	W	85-	89	50	LCM	FLY	1:26.39	1
JEWEL COOKE	87	19	MICH	W	85-	89	100	LCM	FLY	3:13.12	1
JEWEL COOKE	87	19	MICH	W	85-	89	200	LCM	IM	6:17.06	1
JEWEL COOKE	87	19	MICH	W	85-	89	400	LCM	IM	13:15.87	1

## Men 19-24 (1996)

ERIC TROESCH	23	19	MICH	M	19-	24	50	LCM	FREE	25.21	2
ERIC TROESCH	23	19	MICH	M	19-	24	100	LCM	FREE	56.62	3
ERIK SCOLLON	24	19	MICH	M	19-	24	50	LCM	BACK	30.72	2
ERIK SCOLLON	24	19	MICH	M	19-	24	100	LCM	BACK	1:08.85	3
ERIC TROESCH	23	19	MICH	M	19-	24	50	LCM	FLY	27.89	3
ERIC TROESCH	23	19	MICH	M	19-	24	100	LCM	FLY	1:06.75	5
ERIK SCOLLON	24	19	MICH	M	19-	24	200	LCM	IM	2:32.06	4
ERIK SCOLLON	24	19	MICH	M	19-	24	400	LCM	IM	5:31.44	3

## Men 25-29 (1996)

TODD MERCER	29	19	MICH	M	25-	29	100	LCM	FREE	56.15	6
TODD MERCER	29	19	MICH	M	25-	29	200	LCM	FREE	2:04.09	3
KURT DICKSON	29	19	MICH	M	25-	29	200	LCM	FREE	2:05.67	6
KURT DICKSON	29	19	MICH	M	25-	29	400	LCM	FREE	4:27.04	2
KEVIN GRENIER	28	19	MICH	M	25-	29	800	LCM	FREE	10:14.08	9
KURT DICKSON	29	19	MICH	M	25-	29	100	LCM	BACK	1:05.52	8
KURT DICKSON	29	19	MICH	M	25-	29	200	LCM	BACK	2:17.49	1
TODD MERCER	29	19	MICH	M	25-	29	200	LCM	BACK	2:24.57	10
KURT DICKSON	29	19	MICH	M	25-	29	200	LCM	FLY	2:25.48	7

## Men 30-34 (1996)

ROBERT PEEL	30	19	MICH	M	30-	34	50	LCM	FREE	22.80	1
MARK VANDER MEY	30	19	MICH	M	30-	34	50	LCM	FREE	24.89	4
MICHAEL GREEN	32	19	MICH	M	30-	34	100	LCM	FREE	54.84	4
MARK VANDER MEY	30	19	MICH	M	30-	34	100	LCM	FREE	55.49	6
JOHN BURCHETT	33	19	MICH	M	30-	34	50	LCM	BACK	31.19	4
JEFF DAKIN	33	19	MICH	M	30-	34	50	LCM	BACK	31.46	5
MARK VANDER MEY	30	19	MICH	M	30-	34	50	LCM	BRST	31.06	2
MARK VANDER MEY	30	19	MICH	M	30-	34	100	LCM	BRST	1:06.68	1
BOB JENNINGS	30	19	MICH	M	30-	34	100	LCM	BRST	1:09.56	2
MARK VANDER MEY	30	19	MICH	M	30-	34	200	LCM	BRST	2:30.18	1
BOB JENNINGS	30	19	MICH	M	30-	34	200	LCM	BRST	2:32.64	2
JOHN BURCHETT	33	19	MICH	M	30-	34	50	LCM	FLY	27.64	4
MICHAEL GREEN	32	19	MICH	M	30-	34	200	LCM	IM	2:18.87	2
BOB JENNINGS	30	19	MICH	M	30-	34	200	LCM	IM	2:18.94	3

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## Men 35-39 (1996)

PAUL GRIFFITH	38	19	MICH	M	35- 39	50 LCM BACK	30.66	8
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## Men 40-44 (1996)

DAVID SHEPHERD	40	19	MICH	M	40- 44	200 LCM FREE	2:04.99	2
DAVID SHEPHERD	40	19	MICH	M	40- 44	400 LCM FREE	4:24.21	2
DAVID SHEPHERD	40	19	MICH	M	40- 44	800 LCM FREE	9:26.58	2
DAVID SHEPHERD	40	19	MICH	M	40- 44	1500 LCM FREE	17:46.76	1
FRANK THOMPSON	44	19	MICH	M	40- 44	1500 LCM FREE	19:20.34	7
GREG BRANNICK	40	19	MICH	M	40- 44	50 LCM BRST	33.54	2
GREG BRANNICK	40	19	MICH	M	40- 44	100 LCM BRST	1:14.98	2
GREG BRANNICK	40	19	MICH	M	40- 44	200 LCM BRST	2:46.11	2
STEVE HANSEN	44	19	MICH	M	40- 44	200 LCM BRST	2:55.55	9
ROBERT BAUMAN	40	19	MICH	M	40- 44	100 LCM FLY	1:07.57	8
DAVID SHEPHERD	40	19	MICH	M	40- 44	200 LCM FLY	2:20.64	3
DAVID SHEPHERD	40	19	MICH	M	40- 44	400 LCM IM	5:05.48	1

## Men 45-49 (1996)

LEONARD BROCKHAHN	46	19	MICH	M	45- 49	100 LCM FREE	59.54	2
LEONARD BROCKHAHN	46	19	MICH	M	45- 49	200 LCM FREE	2:09.63	2
GAARD ARNESON	48	19	MICH	M	45- 49	800 LCM FREE	10:10.59	8
LEONARD BROCKHAHN	46	19	MICH	M	45- 49	50 LCM BACK	34.00	10
RICHARD CHANEY	46	19	MICH	M	45- 49	200 LCM BACK	2:44.29	10
LAWRENCE DAY	45	19	MICH	M	45- 49	50 LCM FLY	28.14	2
LAWRENCE DAY	45	19	MICH	M	45- 49	100 LCM FLY	1:03.51	2
LAWRENCE DAY	45	19	MICH	M	45- 49	200 LCM FLY	2:26.77	3
LEONARD BROCKHAHN	46	19	MICH	M	45- 49	200 LCM IM	2:35.65	6
GAARD ARNESON	48	19	MICH	M	45- 49	400 LCM IM	5:48.14	10

## Men 50-54 (1996)

DENNIS MANRIQUE	50	19	MICH	M	50- 54	800 LCM FREE	11:02.37	5
DONALD KROEGER	52	19	MICH	M	50- 54	800 LCM FREE	11:21.64	6
RONALD POHLONSKI	52	19	MICH	M	50- 54	800 LCM FREE	11:31.61	10
DENNIS MANRIQUE	50	19	MICH	M	50- 54	1500 LCM FREE	21:14.25	3
DONALD KROEGER	53	19	MICH	M	50- 54	1500 LCM FREE	22:52.49	6
DENNIS MANRIQUE	50	19	MICH	M	50- 54	100 LCM BRST	1:21.64	6
DENNIS MANRIQUE	50	19	MICH	M	50- 54	200 LCM BRST	3:01.75	6
HUGH RODDIN	54	19	MICH	M	50- 54	100 LCM FLY	1:15.99	10
WILLIAM BROWN	50	19	MICH	M	50- 54	200 LCM FLY	2:59.02	5
HUGH RODDIN	54	19	MICH	M	50- 54	200 LCM FLY	2:59.72	6
DENNIS MANRIQUE	50	19	MICH	M	50- 54	200 LCM IM	2:45.09	6
DENNIS MANRIQUE	50	19	MICH	M	50- 54	400 LCM IM	5:58.83	6

## Men 55-59 (1996)

CARL WOOLLEY	59	19	MICH	M	55- 59	400 LCM FREE	5:40.21	9
CARL WOOLLEY	59	19	MICH	M	55- 59	800 LCM FREE	11:53.54	9
CARL WOOLLEY	59	19	MICH	M	55- 59	1500 LCM FREE	22:21.79	7
JOHN STOVER	55	19	MICH	M	55- 59	50 LCM BRST	37.90	6
JOHN STOVER	55	19	MICH	M	55- 59	100 LCM BRST	1:23.47	2
JOHN STOVER	55	19	MICH	M	55- 59	100 LCM FLY	1:23.82	9
TONY TASHNICK	58	19	MICH	M	55- 59	200 LCM FLY	3:32.76	7
JOHN STOVER	55	19	MICH	M	55- 59	400 LCM IM	6:30.40	6

CARL WOOLLEY 59 19 MICH M 55- 59 400 LCM IM 6:51.51 10

## Men 60-64 (1996)

WALLY DOBLER	62	19	MICH	M	60- 64	50 LCM FREE	30.00	4
JOHN RIES	64	19	MICH	M	60- 64	50 LCM FREE	31.63	10
WALLY DOBLER	62	19	MICH	M	60- 64	100 LCM FREE	1:09.22	4
JOHN RIES	64	19	MICH	M	60- 64	100 LCM FREE	1:10.42	6
WALLY DOBLER	62	19	MICH	M	60- 64	200 LCM FREE	2:40.73	3
JOHN RIES	64	19	MICH	M	60- 64	200 LCM FREE	2:43.83	5
WALLY DOBLER	62	19	MICH	M	60- 64	50 LCM BACK	39.18	8
WALLY DOBLER	62	19	MICH	M	60- 64	50 LCM FLY	33.29	5
ELMER EGELKRAUT	62	19	MICH	M	60- 64	100 LCM FLY	1:46.09	9
ELMER EGELKRAUT	62	19	MICH	M	60- 64	200 LCM FLY	3:47.73	3
CHARLES MAAS	62	19	MICH	M	60- 64	200 LCM FLY	3:49.10	4
WALLY DOBLER	62	19	MICH	M	60- 64	200 LCM IM	2:58.05	1

## Men 65-69 (1996)

ROBERT HERITIER	68	19	MICH	M	65- 69	50 LCM FREE	31.93	9
WALLIE JEFFRIES	65	19	MICH	M	65- 69	200 LCM FREE	2:38.22	3
ROBERT HERITIER	68	19	MICH	M	65- 69	200 LCM FREE	2:51.14	10
WALLIE JEFFRIES	65	19	MICH	M	65- 69	400 LCM FREE	5:41.98	2
BOB HERITIER	68	19	MICH	M	65- 69	400 LCM FREE	6:13.21	8
WALLIE JEFFRIES	65	19	MICH	M	65- 69	800 LCM FREE	11:21.66	2
ROBERT HERITIER	68	19	MICH	M	65- 69	800 LCM FREE	12:39.10	7
ROBERT WEDDELL	66	19	MICH	M	65- 69	50 LCM BACK	40.32	6
ROBERT WEDDELL	66	19	MICH	M	65- 69	100 LCM BACK	1:31.65	7
WALLIE JEFFRIES	65	19	MICH	M	65- 69	200 LCM BACK	3:18.86	5
RONALD ALSOBROOK	66	19	MICH	M	65- 69	50 LCM BRST	40.95	4
CHARLES MOSS	68	19	MICH	M	65- 69	50 LCM FLY	36.53	6
CHARLES MOSS	68	19	MICH	M	65- 69	100 LCM FLY	1:31.82	4
CHARLES MOSS	68	19	MICH	M	65- 69	200 LCM FLY	3:24.74	3
CHARLES MOSS	68	19	MICH	M	65- 69	200 LCM IM	3:08.51	3
WALLIE JEFFRIES	65	19	MICH	M	65- 69	400 LCM IM	7:02.73	3
CHARLES MOSS	68	19	MICH	M	65- 69	400 LCM IM	7:17.69	5

## Men 70-74 (1996)

J JOHN REESE	71	19	MICH	M	70- 74	50 LCM FREE	35.37	10
BOB DOUD	73	19	MICH	M	70- 74	1500 LCM FREE	33:37.30	10
ALFRED KAPTOR	70	19	MICH	M	70- 74	50 LCM BACK	43.71	7
ALFRED KAPTOR	70	19	MICH	M	70- 74	100 LCM BACK	1:42.31	8
J JOHN REESE	71	19	MICH	M	70- 74	50 LCM BRST	45.18	4
BOB DOUD	73	19	MICH	M	70- 74	400 LCM IM	12:15.50	9

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FLINT Thanksgiving Tune-up November 24, 1996

Flint Southwestern Academy - 25 yards pool

## Event Results for Timed Finals

=====				=====			
Event 1 Mixed 200 R-Medley				Event 3 Mixed 50 Fly			
PL	Name	Team	Finals	PL	Name	Age Team	Finals
-----				-----			
--- Women Ages 45 Through 54				--- Women Ages 19 Through 24			
- MM	W-45	MM	2:43.80	1	SANTO, JESSICA	23 MM	29.28
BRADY, DIANE-40	STRALEY, SUE-60			2	BANDSTRA, ANDREA	22 MM	31.05
BIBLER, LAURA-33	WILHELM, KATHIE-53			3	WEBBER, VICTORIA	22 MM	32.23
--- Men Ages 35 Through 44				--- Women Ages 30 Through 34			
- MM	C M-35	MM	1:53.09	1	BIBLER, LAURA	33 MM	32.74
NORDLUND, ERIC-32	MILOSTAN, PETER-36			2	DIEPHOLZ, KATE	32 MM	34.01
HESSEKAMP, MARK-36	SCHULDINGER, M.-35			--- Women Ages 35 Through 39			
- MM	B M-35	MM	2:15.62	1	SERVO, NANCY	35 MM	30.36
KROEGER, DONALD-53	MOYER, THOMAS-48			2	MENDELSON, LISA	37 MM	34.74
SCHARDT, THOMAS-29	LYNCH, TOM-32			3	CUNNINGHAM, M.	35 MM	35.80
--- Men Ages 45 Through 54				--- Women Ages 45 Through 49			
- MM	A M-45	MM	2:08.82	1	PEARSON, KAREN	45 MM	42.60
WEDDELL, ROBERT-66	SZAFRAN, CHUCK-42			--- Women Ages 50 Through 54			
KIMBALL, L.-46	BRADY, GRANT-39			1	VANDENBRULLE, K.	52 MM	49.81
--- Mixed Ages 35 Through 44				--- Women Ages 60 Through 64			
- MM	B X-35	MM	2:09.21	1	DACEY, SHIRLEY	60 SM	51.57
MOYNIHAN, NANCY-41W	SERVO, NANCY-35W			--- Women Ages 70 Through 74			
DONATO, ANDY-39M	REID III, W.-46M			1	NOCHMAN, LOIS	72 MM	44.13
- MM	A X-35	MM	2:48.59	--- Women Ages 75 Through 79			
SCHWARZ, MARY-38W	HARPER, ROGER-31M			1	GLUSAC, EDITH	78 MM	1:15.19
KRIST, BOB-54M	HAWARDEN, F.-50W			--- Men Ages 19 Through 24			
--- Mixed Ages 45 Through 54				1	AGUILAR, KEVIN	23 MM	26.51
- MM	C X-45	MM	2:33.22	--- Men Ages 25 Through 29			
SUTTON, JOHN-39M	GALE, RICHARD-73M			1	SCHARDT, THOMAS	29 MM	28.23
MENDELSON, LISA-37W	GRUSKIN, MARK-42M			2	GUTIERREZ, DAVE	25 MM	31.15
=====				--- Men Ages 30 Through 34			
Event 2 Mixed 200 Free				1	NORDLUND, ERIC	32 MM	26.60
PL	Name	Age Team	Finals	2	FRINK, MARK	31 MM	27.24
-----				3	DAMORE, ANDY	30 MM	27.35
--- Women Ages 19 Through 24				4	ORLANPO, STEPAN	30 MM	39.48
1	WEBBER, VICTORIA	22 MM	2:28.16	--- Men Ages 50 Through 54			
--- Women Ages 25 Through 29				1	KROEGER, DONALD	53 MM	2:46.92
1	NEUVIRTH, JILL	28 MM	3:11.60	--- Men Ages 55 Through 59			
=====				1	SOULE, B.W.	59 MM	2:36.90
--- Women Ages 50 Through 54				=====			
1	RAPP, FREDERICKA	52 MM	2:45.80				
--- Women Ages 55 Through 59							
1	SWANTON, SUZANNE	57 MM	3:46.49				
--- Women Ages 60 Through 64							
1	MYERS, BEVERLY	61 MM	2:45.88				
2	STRALEY, SUE	60 MM	2:59.19				
3	DACEY, SHIRLEY	60 SM	2:59.87				
4	SMITH, IDA	63 MM	3:13.27				
--- Women Ages 75 Through 79							
1	EWBANK, MERLYN	77 MM	4:45.88				
--- Men Ages 25 Through 29							
1	MERCER, TODD	29 MM	1:53.61				
--- Men Ages 30 Through 34							
1	SHEARD, JOHN	31 MM	2:01.09				
2	BARTLETT, KEVIN	30 MM	2:03.77				
3	LYNCH, TOM	32 MM	2:26.24				
4	HARPER, ROGER	31 MM	2:45.73				
--- Men Ages 35 Through 39							
1	MAIR, STUART	36 MM	2:03.41				
2	SUTTON, JOHN	39 MM	2:06.92				
3	BRADY, GRANT	39 MM	2:39.59				
--- Men Ages 40 Through 44							
1	THOMPSON, FRANK	44 MM	2:04.08				
2	KELLY, E.J.	40 MM	2:18.78				
3	GRUSKIN, MARK	42 MM	2:37.67				
--- Men Ages 45 Through 49							
1	REID III, W.	46 MM	2:03.77				
2	OLSON, CHUCK	46 MM	2:14.72				
3	MOYER, THOMAS	48 MM	2:23.77				
4	SELIGSON, STEVEN	49 MM	2:28.74				
5	NEEF, DAVID	46 MM	2:41.46				

FLINT Thanksgiving Tune-up November 24, 1996  
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## Event Results for Timed Finals

--- Men Ages 35 Through 39  
 1 HESSKAMP, MARK 36 MM 25.75  
 2 FORT, ROBERT 38 MM 26.34  
 3 SCHULDINGER, M. 35 MM 26.73  
 4 MAIR, STUART 36 MM 28.49  
 5 DONATO, ANDY 39 MM 29.53

--- Men Ages 45 Through 49  
 1 KIMBALL, L. 46 MM 27.99

--- Men Ages 50 Through 54  
 1 KRIST, BOB 54 MM 36.17

===== :  
 Event 4 Mixed 100 Breast

PL	Name	Age Team	Finals
---	Women Ages 45 Through 49		
1	MOYER, GENEVIEVE	47 MM	2:07.80

--- Women Ages 60 Through 64  
 1 SMITH, IDA 63 MM 1:42.83

--- Men Ages 35 Through 39  
 1 MAIR, STUART 36 MM 1:11.91

--- Men Ages 40 Through 44  
 1 SZAPRAN, CHUCK 42 MM 1:18.50

--- Men Ages 45 Through 49  
 1 MOYER, THOMAS 48 MM 1:26.38

--- Men Ages 50 Through 54  
 1 KROEGER, DONALD 53 MM 1:21.33

--- Men Ages 65 Through 69  
 1 RIBS, JOHN 65 MM 1:27.71

--- Men Ages 70 Through 74  
 1 GALE, RICHARD 73 MM 2:32.59

===== :  
 Event 5 Mixed 50 Free

PL	Name	Age Team	Finals
---	Women Ages 19 Through 24		
1	SANTO, JESSICA	23 MM	26.12
2	BANDSTRA, ANDREA	22 MM	28.68

--- Women Ages 25 Through 29  
 1 NEUVIRTH, JILL 28 MM 38.09

--- Women Ages 30 Through 34  
 1 BIBLER, LAURA 33 MM 29.16  
 2 DIEPHOLZ, KATE 32 MM 31.50

--- Women Ages 35 Through 39  
 1 SERVO, NANCY 35 MM 26.45  
 2 GREY, NAN 35 MM 29.00  
 3 SCHWARZ, MARY 38 MM 31.17  
 4 CUNNINGHAM, M. 35 MM 32.45

--- Women Ages 40 Through 44  
 1 MOYNIHAN, NANCY 41 MM 32.08  
 2 BRADY, DIANE 40 MM 40.27

--- Women Ages 50 Through 54  
 1 RAPP, FREDERICKA 52 MM 33.45  
 2 WILHELM, KATHIE 53 MM 44.47  
 3 HAWARDEN, F. 50 MM 57.44

--- Women Ages 55 Through 59  
 1 SWANTON, SUZANNE 57 MM 47.31

--- Women Ages 60 Through 64  
 1 MYERS, BEVERLY 61 MM 34.32  
 2 SMITH, IDA 63 MM 44.00

--- Women Ages 70 Through 74  
 1 NOCHMAN, LOIS 72 MM 39.68

--- Men Ages 19 Through 24  
 1 AGUILAR, KEVIN 23 MM 24.10

--- Men Ages 25 Through 29  
 1 MERCER, TODD 29 MM 23.78

--- Men Ages 30 Through 34  
 1 NORDLUND, ERIC 32 MM 24.33  
 2 FRINK, MARK 31 MM 25.28  
 3 HARPER, ROGER 31 MM 25.58  
 4 BARTLETT, KEVIN 30 MM 25.69  
 5 ORTIZ, DANIEL 32 MM 26.55  
 6 WALBY, DAVE 34 MM 32.60

--- Men Ages 35 Through 39  
 1 HESSKAMP, MARK 36 MM 23.43  
 2 MILOSTAN, PETER 36 MM 23.49  
 3 SUTTON, JOHN 39 MM 24.42  
 4 SCHULDINGER, M. 35 MM 24.79  
 5 FORT, ROBERT 38 MM 25.32  
 6 MAIR, STUART 36 MM 25.71

--- Men Ages 40 Through 44  
 1 KELLY, E.J. 40 MM 27.24

--- Men Ages 45 Through 49  
 1 REID III, W. 46 MM 25.51  
 2 KIMBALL, L. 46 MM 25.99  
 3 CHANEY, RICHARD 46 MM 27.28  
 4 SELIGSON, STEVEN 49 MM 29.90  
 5 NEEF, DAVID 46 MM 32.23  
 6 MCCONNELL, KEN 47 MM 43.91

--- Men Ages 55 Through 59  
 1 SOULE, B.W. 59 MM 30.25

--- Men Ages 65 Through 69  
 1 WEDDELL, ROBERT 66 MM 32.41

===== :  
 Event 6 Mixed 100 Back

PL	Name	Age Team	Finals
---	Women Ages 19 Through 24		
1	WEBBER, VICTORIA	22 MM	1:16.61
---	Women Ages 55 Through 59		
1	SWANTON, SUZANNE	57 MM	2:04.43
---	Women Ages 60 Through 64		
1	STRALEY, SUE	60 MM	1:32.47

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## Event Results for Timed Finals

## --- Women Ages 75 Through 79

1	GLUSAC, EDITH	78 MM	2:14.21
2	EWBANK, MERLYN	77 MM	2:47.62

## --- Men Ages 25 Through 29

1	MERCER, TODD	29 MM	1:01.30
2	SCHARDT, THOMAS	29 MM	1:06.65

## --- Men Ages 30 Through 34

1	SHEARD, JOHN	31 MM	1:07.14
2	DAMORE, ANDY	30 MM	1:18.62
3	LYNCH, TOM	32 MM	1:27.40

## --- Men Ages 35 Through 39

1	DONATO, ANDY	39 MM	1:15.25
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## --- Men Ages 40 Through 44

1	THOMPSON, FRANK	44 MM	1:03.14
---	-----------------	-------	---------

## --- Men Ages 45 Through 49

1	OLSON, CHUCK	46 MM	1:12.74
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## --- Men Ages 50 Through 54

1	KROGER, DONALD	53 MM	1:18.10
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## --- Men Ages 65 Through 69

1	WEDDELL, ROBERT	66 MM	1:20.77
2	RIES, JOHN	65 MM	1:32.81

## Event 7 Mixed 400 R-Medley

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

## --- Men Ages 25 Through 34

- MM	M-25	MM	4:21.00
SCHULDINGER, M.-35	MILOSTAN, PETER-36		
NORDLUND, ERIC-32	HESKAMP, MARK-36		

## --- Men Ages 35 Through 44

- MM	M-35	MM	5:05.49
DAMORE, ANDY-30	FRINK, MARK-31		
MOYER, THOMAS-48	SCHARDT, THOMAS-29		

## --- Mixed Ages 35 Through 44

- MM	X-35	MM	4:58.09
SERVO, NANCY-35W	HARPER, ROGER-31M		
BIBLER, LAURA-33W	FORT, ROBERT-38M		

## Event 8 Mixed 200 Free

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

## --- Women Ages 30 Through 34

1	BIBLER, LAURA	33 MM	2:26.63
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## --- Women Ages 45 Through 49

1	PEARSON, KAREN	45 MM	3:10.52
2	MOYER, GENEVIEVE	47 MM	4:37.83 <i>BRST</i>

## --- Women Ages 50 Through 54

1	RAPP, FREDERICKA	52 MM	3:16.94 <i>BACK</i>
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## --- Women Ages 60 Through 64

1	MYERS, BEVERLY	61 MM	3:10.68
2	DACEY, SHIRLEY	60 SM	3:24.32 <i>BACK</i>

## --- Men Ages 45 Through 49

1	MOYER, THOMAS	48 MM	3:51.20 <i>FLY</i>
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## --- Men Ages 50 Through 54

1	KRIST, BOB	54 MM	3:20.53 <i>FLY</i>
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## Event 9 Mixed 100 Free

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

## --- Women Ages 19 Through 24

1	SANTO, JESSICA	23 MM	55.96
2	BANDSTRA, ANDREA	22 MM	1:02.87
3	WEBBER, VICTORIA	22 MM	1:05.41

## --- Women Ages 25 Through 29

1	NEUVIRTH, JILL	28 MM	1:23.94
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## --- Women Ages 30 Through 34

1	DIEPHOLZ, KATE	32 MM	1:08.33
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## --- Women Ages 35 Through 39

1	GREY, NAN	35 MM	1:05.08
2	CUNNINGHAM, M.	35 MM	1:14.61

## --- Women Ages 40 Through 44

1	BRADY, DIANE	40 MM	1:22.65
---	--------------	-------	---------

## --- Women Ages 50 Through 54

1	WILHELM, KATHIE	53 MM	1:57.37
---	-----------------	-------	---------

## --- Women Ages 55 Through 59

1	SWANTON, SUZANNE	57 MM	1:44.82
---	------------------	-------	---------

## --- Women Ages 60 Through 64

1	STRALEY, SUE	60 MM	1:21.31
---	--------------	-------	---------

## --- Women Ages 70 Through 74

1	NOCHMAN, LOIS	72 MM	1:36.14
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## --- Women Ages 75 Through 79

1	GLUSAC, EDITH	78 MM	2:15.55
---	---------------	-------	---------

## --- Men Ages 19 Through 24

1	AGUILAR, KEVIN	23 MM	53.53
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## --- Men Ages 25 Through 29

1	MERCER, TODD	29 MM	51.48
2	SCHARDT, THOMAS	29 MM	55.78
3	GUTIERREZ, DAVE	25 MM	1:04.08

## --- Men Ages 30 Through 34

1	SHEARD, JOHN	31 MM	54.52
2	BARTLETT, KEVIN	30 MM	57.11
3	ORTIZ, DANIEL	32 MM	1:03.18
4	LYNCH, TOM	32 MM	1:05.30
5	ORLANPO, STEFAN	30 MM	1:09.18
6	WALBY, DAVE	34 MM	1:22.46

## --- Men Ages 35 Through 39

1	HESKAMP, MARK	36 MM	53.07
2	SCHULDINGER, M.	35 MM	54.24
3	MILOSTAN, PETER	36 MM	54.89
4	FORT, ROBERT	38 MM	58.40
5	BRADY, GRANT	39 MM	1:09.06

## --- Men Ages 40 Through 44

1	THOMPSON, FRANK	44 MM	57.38
2	KELLY, B.J.	40 MM	1:01.51

## --- Men Ages 45 Through 49

1	REID III, W.	46 MM	55.59
2	OLSON, CHUCK	46 MM	57.84
3	SELIGSON, STEVEN	49 MM	1:05.85
4	NREEF, DAVID	46 MM	1:11.35
5	MCCONNELL, KEN	47 MM	1:43.75

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## Event Results for Timed Finals

--- Men Ages 50 Through 54				: --- Men Ages 70 Through 74				: --- Women Ages 35 Through 39			
1 KROEGER, DONALD	53 MM	1:00.37		1 GALE, RICHARD	73 MM	56.43		1 SERVO, NANCY	35 MM	32.81	
:				:				:			
--- Men Ages 55 Through 59				: =====				: --- Women Ages 40 Through 44			
1 SOULE, B.W.	59 MM	1:07.64		: Event 11 Mixed 100 Fly				1 MOYNIHAN, NANCY	41 MM	39.76	
:				:				: 2 BRADY, DIANE 40 MM 44.53			
:				: PL Name Age Team Finals				:			
: -----				: -----				: --- Women Ages 45 Through 49			
Event 10 Mixed 50 Breast				: --- Women Ages 35 Through 39				: 1 PEARSON, KAREN 45 MM 47.64			
PL Name	Age Team	Finals		1 MENDELSON, LISA	37 MM	1:21.25		2 MOYER, GENEVIEVE	47 MM	59.96	
:				:				:			
--- Women Ages 35 Through 39				: --- Women Ages 75 Through 79				: --- Women Ages 50 Through 54			
1 SERVO, NANCY	35 MM	37.31		1 GLUSAC, EDITH	78 MM	2:43.13		1 VANDENBRULLE, K.	52 MM	59.81	
2 GREY, NAN	35 MM	38.44		:				2 WILHELM, KATHIE	53 MM	1:06.82	
:				: --- Men Ages 19 Through 24				:			
--- Women Ages 40 Through 44				: 1 AGUILAR, KEVIN 23 MM 59.87				: --- Women Ages 60 Through 64			
1 MOYNIHAN, NANCY	41 MM	46.61		:				1 MYERS, BEVERLY	61 MM	40.22	
2 BRADY, DIANE	40 MM	55.83		: --- Men Ages 25 Through 29				:			
:				: 1 SCHARDT, THOMAS 29 MM 1:15.33				: --- Women Ages 70 Through 74			
--- Women Ages 45 Through 49				:				: 1 NOCHMAN, LOIS 72 MM 44.94			
1 PEARSON, KAREN	45 MM	49.19		: --- Men Ages 30 Through 34				:			
2 MOYER, GENEVIEVE	47 MM	57.67		1 LYNCH, TOM	32 MM	1:26.37		: --- Women Ages 75 Through 79			
:				:				: 1 EWBANK, MERLYN 77 MM 1:14.79			
--- Women Ages 60 Through 64				: --- Men Ages 35 Through 39				:			
1 STRALEY, SUE	60 MM	44.87		1 MILOSTAN, PETER	36 MM	1:02.44		: --- Men Ages 30 Through 34			
2 SMITH, IDA	63 MM	45.65		2 SCHULDINGER, M.	35 MM	1:02.96		1 FRINK, MARK	31 MM	32.31	
:				3 DONATO, ANDY	39 MM	1:12.63		2 ORTIZ, DANIEL	32 MM	40.49	
--- Women Ages 70 Through 74				:				3 WALBY, DAVE	34 MM	48.09	
1 NOCHMAN, LOIS	72 MM	49.03		: --- Men Ages 45 Through 49				:			
:				: 1 KIMBALL, L. 46 MM 1:07.83				: --- Men Ages 35 Through 39			
--- Men Ages 25 Through 29				: 2 MOYER, THOMAS 48 MM 1:30.44				: 1 HESSKAMP, MARK 36 MM 29.94			
1 GUTIERREZ, DAVE	25 MM	39.04		:				:			
:				: --- Men Ages 50 Through 54				: --- Men Ages 40 Through 44			
--- Men Ages 30 Through 34				: 1 KROEGER, DONALD 53 MM 1:23.41				: 1 KELLY, E.J. 40 MM 33.86			
1 HARPER, ROGER	31 MM	34.55		:				: 2 THOMPSON, FRANK 44 MM 51.16			
2 DAMORE, ANDY	30 MM	34.82		: --- Men Ages 65 Through 69				:			
3 ORTIZ, DANIEL	32 MM	37.78		: 1 RIES, JOHN 65 MM 1:20.62				: --- Men Ages 45 Through 49			
4 WALBY, DAVE	34 MM	42.88		:				: 1 CHANEY, RICHARD 46 MM 31.05			
:				: =====				: 2 OLSON, CHUCK 46 MM 32.29			
--- Men Ages 35 Through 39				: Event 12 Mixed 50 Back				:			
1 BRADY, GRANT	39 MM	40.47		: PL Name Age Team Finals				: --- Men Ages 50 Through 54			
:				: -----				: 1 KRIST, BOB 54 MM 41.08			
--- Men Ages 40 Through 44				: --- Women Ages 19 Through 24				: --- Men Ages 65 Through 69			
1 SZAFRAN, CHUCK	42 MM	34.99		: 1 SANTO, JESSICA 23 MM 31.00				: 1 WEDDELL, ROBERT 66 MM 35.09			
:				:				:			
--- Men Ages 45 Through 49				:				:			
1 CHANEY, RICHARD	46 MM	37.95		:				:			
2 SZUBA, RICHARD	48 MM	41.37		:				:			

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## Event Results for Timed Finals

===== :  
 Event 13 Mixed 200 R-Free : --- Men Ages 55 Through 59  
 : 1 SOULE, B.W. 59 MM 14:52.60

PL Name Team Finals :  
 ----- :  
 --- Men Ages 35 Through 44 :  
 - MM M-35 MM 1:40.08 :  
 NORDLUND, ERIC-32 SCHULDINGER, M.-35 :  
 MILOSTAN, PETER-36 HESSKAMP, MARK-36 :  
 - MM A M-35 MM 1:55.25 :  
 DAMORE, ANDY-30 LYNCH, TOM-32 :  
 KROEGER, DONALD-53 MOYER, THOMAS-48 :  
 :  
 --- Mixed Ages 35 Through 44 :  
 - MM B X-35 MM 1:47.37 :  
 REID III, W.-46M BIBLER, LAURA-33W :  
 SERVO, NANCY-35W KIMBALL, L.-46M :  
 :  
 --- Mixed Ages 45 Through 54 :  
 - MM X-45 MM 2:09.91 :  
 SZAFRAN, CHUCK-42M STRALEY, SUE-60W :  
 MOYNIHAN, NANCY-41W BRADY, GRANT-39M :  
 :  
 ===== :

Event 14 Mixed 1000 Free :

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

--- Women Ages 50 Through 54 :  
 1 RAPP, FREDERICKA 52 MM 15:54.15 :  
 :

--- Men Ages 30 Through 34 :  
 1 SHEARD, JOHN 31 MM 11:19.52 :  
 2 NORDLUND, ERIC 32 MM 12:09.07 :  
 3 BARTLETT, KEVIN 30 MM 12:52.10 :  
 :

--- Men Ages 40 Through 44 :  
 1 GRUSKIN, MARK 42 MM 14:37.20 :  
 :

--- Men Ages 45 Through 49 :  
 1 REID III, W. 46 MM 11:46.79 :  
 2 BROCKHAHN, L. 46 MM 12:30.25 :  
 3 NEEF, DAVID 46 MM 16:03.20 :  
 :

--- Men Ages 50 Through 54 :  
 1 KRIST, BOB 54 MM 12:52.10 :  
 :

## EVENT NO. 1 - 200 IM

PL-----HEAT 2-----			
1 KEVIN AGUILAR	24 MASTER	2:18.37	0.0
2 SKIP WILCOX	40 MASTER	2:25.82	0.0
3 JAMES FARRINGTON	29 MASTER	2:30.32	0.0
4 STEVE HANSEN	45 MASTER	2:42.63	0.0

PL-----HEAT 1-----			
5 BOB KRIST	55 MASTER	3:10.37	0.0
6 DON KORTEN	70 MASTER	3:13.71	0.0
7 EDITH GLUSAC	78 MASTER	5:18.67	0.0

## EVENT NO. 2 - 100 BACK

PL-----HEAT 2-----			
1 KEVIN AGUILAR	24 MASTER	1:05.15	0.0
2 SKIP WILCOX	40 MASTER	1:10.62	0.0
3 JAMES FARRINGTON	29 MASTER	1:14.70	0.0
4 ROBERT WADDELL	66 MASTER	1:22.78	0.0
5 JEAN BAILS	51 MASTER	1:48.93	0.0

PL-----HEAT 1-----			
6 STEVE HANSEN	45 MASTER	1:21.59	0.0
7 BOB KRIST	55 MASTER	1:30.00	0.0
8 DON KORTEN	70 MASTER	1:32.19	0.0
9 EDITH GLUSAC	78 MASTER	2:13.35	0.0

## EVENT NO. 3 - 200 FREE

PL-----HEAT 4-----			
1 TODD MERCER	29 MASTER	1:53.30	0.0
2 WILLIAM REID	46 MASTER	1:58.41	0.0
3 ERIC NORDLUND	32 MASTER	1:59.13	0.0
4 JOHN SHEARD	31 MASTER	2:00.59	0.0
5 THOMAS SCHARDT	29 MASTER	2:04.84	0.0
6 MARK FRINK	31 MASTER	2:15.50	0.0

PL-----HEAT 3-----			
7 CHUCK OLSON	46 MASTER	2:11.84	0.0
8 E. J. KELLY	40 MASTER	2:15.93	0.0
9 TOM LYNCH	32 MASTER	2:23.42	0.0
10 DAVID BASHORE	40 MASTER	2:25.50	0.0
11 B.W. SOULE	59 MASTER	2:32.93	0.0
12 ALBERT MORLEY	59 MASTER	2:36.94	0.0

PL-----HEAT 2-----			
13 DAVID NEEF	46 MASTER	2:11.84	0.0
14 GRAHAM ANNEAR	46 MASTER	2:20.01	0.0

15 STEVE SUKTA  
16 PAUL WRIGHT  
17 SUSAN ALT  
18 MARK GRUSKIN

38 MASTER 2:23.42 0.0  
42 MASTER 2:30.15 0.0  
41 MASTER 2:36.94 0.0  
42 MASTER 2:41.78 0.0

PL-----HEAT 1-----			
19 MARCIS BENNETT	36 MASTER	1:23.97	0.0
20 SUSAN JONES	41 MASTER	2:43.68	0.0
21 J PARKS	53 MASTER	2:50.56	0.0
22 BOB DUDD	73 MASTER	3:41.15	0.0

## EVENT NO. 4 - 50 FLY

PL-----HEAT 5-----			
1 RANDY PARKER	42 MASTER	27.56	0.0
2 TOM MELGAR	35 MASTER	27.71	0.0
3 LAWRENCE KIMBALL	50 MASTER	27.99	0.0
4 KIRK BRISTOR	32 MASTER	28.32	0.0
5 JOHN RIES	65 MASTER	33.46	0.0

PL-----HEAT 4-----			
6 JULIE MOODY	27 MASTER	29.49	0.0
7 TIMOTHY CLORE	36 MASTER	29.52	0.0
8 JOSEPH HARRIS	21 MASTER	30.19	0.0
9 LARRY SPRUNK	49 MASTER	30.55	0.0
10 ROBERT W. LUNDY	45 MASTER	31.67	0.0

PL-----HEAT 3-----			
11 NORDINE MATAYA	31 MASTER	30.29	0.0
12 VICTORIA WEBBER	22 MASTER	31.40	0.0
13 JOHN STOVER	55 MASTER	31.65	0.0
14 JAMES COLEMAN	52 MASTER	35.41	0.0
15 ELAINE THROOP	43 MASTER	36.35	0.0

PL-----HEAT 2-----			
16 BOB GLASSBURN	48 MASTER	32.68	0.0
17 ROB MONTIE	48 MASTER	32.75	0.0
18 CEDRIC DORCAS	34 MASTER	33.65	0.0
19 BILL PTASHNIK	56 MASTER	34.15	0.0
20 GAIL DUMMER	46 MASTER	41.75	0.0

PL-----HEAT 1-----			
21 MARY SCHWARZ	38 MASTER	36.61	0.0
22 LUKKAIN LASERRAIRE	48 MASTER	44.73	0.0
23 KITTY VANDENBRULLE	52 MASTER	49.95	0.0

## EVENT NO. 5 - 100 FREE

PL-----HEAT 6-----			
1 TODD MERCER	29 MASTER	52.14	0.0
2 ERIC NORDLUND	32 MASTER	53.74	0.0

EVENT NO. 5 - 100 FREE  
( CONTINUED FROM PAGE 1 )

7 LAWRENCE KIMBALL  
8 ROBERT W. LUNDY  
9 ROBERT WADDELL

50 MASTER 33.13 0.0  
45 MASTER 34.90 0.0  
66 MASTER 35.16 0.0

3 KEVIN AGUILAR 24 MASTER 54.06 0.0  
4 JOHN SHEARD 31 MASTER 54.07 0.0  
5 MICHAEL JOHNSON 39 MASTER 55.32 0.0  
6 THOMAS SCHARDT 29 MASTER 55.42 0.0

PL----- HEAT 5 -----  
7 WILLIAM REID 46 MASTER 54.01 0.0  
8 CHUCK OLSON 46 MASTER 57.54 0.0  
9 JAMES FARRINGTON 29 MASTER 59.84 0.0  
10 E. J. KELLY 40 MASTER 1:01.71 0.0

PL----- HEAT 4 -----  
11 SKIP WILCOX 40 MASTER 58.90 0.0  
12 DAVID BASHORE 40 MASTER 1:04.84 0.0  
13 TOM LYNCH 32 MASTER 1:05.17 0.0  
14 B.W. SOULE 59 MASTER 1:07.51 0.0  
15 PAUL WRIGHT 42 MASTER 1:08.06 0.0

PL----- HEAT 3 -----  
16 GRAHAM ANNEAR 46 MASTER 1:04.69 0.0  
17 STEVE SUKTA 38 MASTER 1:09.98 0.0  
18 ALBERT MORLEY 59 MASTER 1:10.38 0.0  
19 STEVE HANSEN 45 MASTER 1:11.59 0.0  
20 DAVID NEEF 46 MASTER 1:11.80 0.0

PL----- HEAT 2 -----  
21 SUSAN JONES 41 MASTER 1:12.92 0.0  
22 MARK GRUSKIN 42 MASTER 1:14.77 0.0  
23 BOB KRIST 55 MASTER 1:15.38 0.0  
24 SUSAN ALT 41 MASTER 1:17.36 0.0  
25 J PARKS 53 MASTER 1:20.20 0.0

PL----- HEAT 1 -----  
26 KENNETH MCCONNELL 47 MASTER 1:35.08 0.0  
27 BOB DOUD 73 MASTER 1:35.61 0.0  
28 EDITH GLUSAC 78 MASTER 2:20.89 0.0

EVENT NO. 6 - 50 BACK

PL----- HEAT 5 -----  
1 JULIE MOODY 27 MASTER 29.89 0.0  
2 TOM MELGAR 35 MASTER 30.21 0.0  
3 RANDY PARKER 42 MASTER 32.16 0.0  
4 TIMOTHY CLORE 36 MASTER 32.42 0.0

PL----- HEAT 4 -----  
5 ROB MONTIE 48 MASTER 31.87 0.0  
6 NORDINE MATAYA 31 MASTER 32.80 0.0

PL----- HEAT 3 -----  
10 KIRK BRISTOR 32 MASTER 34.03 0.0  
11 VICTORIA WEBBER 22 MASTER 34.60 0.0  
12 JOSEPH HARRIS 21 MASTER 35.28 0.0  
13 BOB GLASSBURN 48 MASTER 35.57 0.0  
14 CEDRIC DORCAS 34 MASTER 36.31 0.0  
15 JOHN RIES 65 MASTER 44.18 0.0

PL----- HEAT 2 -----  
16 LARRY SPRUNK 49 MASTER 38.07 0.0  
17 JOHN STOVER 55 MASTER 39.67 0.0  
18 MARY SCHWARZ 38 MASTER 41.17 0.0  
19 JAMES COLEMAN 52 MASTER 41.82 0.0

PL----- HEAT 1 -----  
20 ELAINE THROOP 43 MASTER 41.09 0.0  
21 BILL PTASHNIK 56 MASTER 43.92 0.0  
22 GAIL DUMMER 46 MASTER 46.91 0.0  
23 KITTY VANDENBROUKE 52 MASTER 47.00 0.0  
24 JEAN BAILEY 51 MASTER 47.17 0.0  
25 LORRAINE LASERRAIRE 48 MASTER 52.21 0.0

EVENT NO. 7 - 100 FLY

PL----- HEAT 2 -----  
1 KEVIN AGUILAR 24 MASTER 1:01.73 0.0  
2 JAMES FARRINGTON 29 MASTER 1:09.13 0.0  
3 STEVE HANSEN 45 MASTER 1:09.45 0.0  
4 SKIP WILCOX 40 MASTER 1:09.92 0.0

PL----- HEAT 1 -----  
5 DON KORTEN 70 MASTER 1:14.69 0.0  
6 BOB KRIST 55 MASTER 1:31.27 0.0  
7 EDITH GLUSAC 78 MASTER 2:47.95 0.0

EVENT NO. 8 - 50 BREAST

PL----- HEAT 6 -----  
1 RANDY PARKER 42 MASTER 30.94 0.0  
2 TOM MELGAR 35 MASTER 31.52 0.0  
3 LARRY SPRUNK 49 MASTER 32.94 0.0  
4 JOHN STOVER 55 MASTER 35.17 0.0  
5 ANDY DANORE 30 MASTER 36.93 0.0

PL----- HEAT 5 -----  
6 BOB GLASSBURN 48 MASTER 33.84 0.0  
7 TIMOTHY CLORE 36 MASTER 34.13 0.0

EVENT NO. 8 - 50 BREAST  
( CONTINUED FROM PAGE 2 )

8 JULIE MOODY	27 MASTER	35.30	0.0
9 LAWRENCE KIMBALL	50 MASTER	36.33	0.0
10 PAUL WRIGHT	42 MASTER	36.83	0.0

PL-----HEAT 4-----			
11 BILL PTASHNIK	56 MASTER	37.41	0.0
12 JOSEPH HARRIS	21 MASTER	38.27	0.0
13 ROBERT W. LUNDY	45 MASTER	39.07	0.0
14 JAMES COLEMAN	52 MASTER	39.55	0.0
15 JOHN RIES	65 MASTER	40.26	0.0
16 JON RICHARDSON	47 MASTER	49.89	0.0

PL-----HEAT 3-----			
17 KIRK BRISTOR	32 MASTER	38.11	0.0
18 VICTORIA WEBBER	22 MASTER	38.54	0.0
19 CEDRIC DORCAS	34 MASTER	38.85	0.0
20 MARY SCHWARZ	38 MASTER	40.99	0.0
21 ELAINE THROOP	43 MASTER	46.97	0.0

PL-----HEAT 2-----			
22 STEVE SUKTA	38 MASTER	39.75	0.0
23 NORDINE MATAYA	31 MASTER	40.19	0.0
24 GAIL DUMMER	46 MASTER	46.86	0.0

PL-----HEAT 1-----			
25 LORRAINE LASERRAIRE	48 MASTER	49.98	0.0
26 KITTY VANDENBRULLE	52 MASTER	50.94	0.0
27 JEAN BAILS	51 MASTER	1:04.69	0.0

13 ROB MONTLE  
14 JOHN RIES

PL-----HEAT 6-----			
15 KIRK BRISTOR	32 MASTER	26.70	0.0
16 JULIE MOODY	27 MASTER	26.84	0.0
17 JOSEPH HARRIS	21 MASTER	28.36	0.0
18 DAVID BASHORE	40 MASTER	28.43	0.0
19 TOM LYNCH	32 MASTER	29.52	0.0

PL-----HEAT 5-----			
20 BOB GLASSBURN	48 MASTER	28.15	0.0
21 CEDRIC DORCAS	54 MASTER	28.77	0.0
22 VICTORIA WEBBER	22 MASTER	29.33	0.0
23 LARRY SPRUNK	49 MASTER	29.54	0.0
24 PAUL WRIGHT	42 MASTER	30.37	0.0
25 JON RICHARDSON	47 MASTER	31.72	0.0

PL-----HEAT 4-----			
26 B.W. SOULE	59 MASTER	29.29	0.0
27 JOHN STOVER	55 MASTER	29.91	0.0
28 ROBERT W. LUNDY	45 MASTER	30.15	0.0
29 JAMES COLEMAN	52 MASTER	30.34	0.0
30 MARY SCHWARZ	38 MASTER	31.51	0.0
31 ELAINE THROOP	43 MASTER	32.79	0.0

PL-----HEAT 3-----			
32 NORDINE MATAYA	31 MASTER	29.50	0.0
33 BILL PTASHNIK	56 MASTER	31.39	0.0
34 DAVID NEEF	46 MASTER	32.14	0.0
35 ALBERT MORLEY	59 MASTER	32.38	0.0
36 ROBERT WADDELL	66 MASTER	32.44	0.0
37 SUSAN ALT	41 MASTER	33.80	0.0

EVENT NO. 9 - 50 FREE

PL-----HEAT 9-----			
1 TODD MERCER	29 MASTER	23.94	0.0
2 MICHAEL JOHNSON	39 MASTER	24.17	0.0
3 ERIC NORDLUND	32 MASTER	24.19	0.0
4 TOM MELGAR	35 MASTER	24.63	0.0
5 THOMAS SCHARDT	29 MASTER	25.41	0.0

PL-----HEAT 8-----			
6 JOHN SHEARD	31 MASTER	24.80	0.0
7 RANDY PARKER	42 MASTER	24.88	0.0
8 WILLIAM REID	46 MASTER	25.27	0.0
9 LAWRENCE KIMBALL	50 MASTER	25.79	0.0

PL-----HEAT 7-----			
10 CHUCK OLSON	46 MASTER	26.21	0.0
11 TIMOTHY CLORE	36 MASTER	26.26	0.0
12 E. J. KELLY	40 MASTER	27.42	0.0

PL-----HEAT 2-----			
38 GRAHAM ANNEAR	46 MASTER	30.34	0.0
39 MARK GRUSKIN	42 MASTER	34.47	0.0
40 J PARKS	53 MASTER	35.98	0.0
41 GAIL DUMMER	46 MASTER	39.24	0.0
42 KITTY VANDENBRULLE	52 MASTER	39.84	0.0

PL-----HEAT 1-----			
43 SUSAN JONES	41 MASTER	33.54	0.0
44 LORRAINE LASERRAIRE	48 MASTER	40.64	0.0
45 BOB DOUD	73 MASTER	43.16	0.0

EVENT NO. 10 - 100 BREAST

PL-----HEAT 2-----			
1 STEVE HANSEN	45 MASTER	1:13.43	0.0
2 SKIP WILCOX	40 MASTER	1:14.77	0.0
3 KEVIN AGUILAR	24 MASTER	1:16.32	0.0
4 JAMES FARRINGTON	29 MASTER	1:18.28	0.0

EVENT NO. 10 - 100 BREAST  
( CONTINUED FROM PAGE 3 )

EVENT NO. 12 - 500 FREE

5 STEVE SUKTA 38 MASTER 1:29.18 0.0

PL----- HEAT 1 -----

6 BOB KRIST 55 MASTER 1:34.95 0.0

7 DON KORTEN 70 MASTER 1:35.26 0.0

8 EDITH GLUSAC 78 MASTER 2:12.27 0.0

PL----- HEAT 4 -----

1 TODD MERCER 29 MASTER 5:16.23 0.0

2 WILLIAM REID 46 MASTER 5:33.27 0.0

3 ERIC NORDLUND 32 MASTER 5:37.09 0.0

4 THOMAS SCHARDT 29 MASTER 5:50.24 0.0

EVENT NO. 11 - 100 IM

PL----- HEAT 5 -----

1 RANDY PARKER 42 MASTER 1:03.90 0.0

2 MICHAEL JOHNSON 39 MASTER 1:04.28 0.0

3 TOM MELGAR 35 MASTER 1:04.56 0.0

4 JULIE MOODY 27 MASTER 1:06.98 0.0

PL----- HEAT 3 -----

5 CHUCK OLSON 46 MASTER 6:15.11 0.0

6 E. J. KELLY 40 MASTER 6:24.71 0.0

7 GRAHAM ANNEAR 46 MASTER 6:34.20 0.0

8 TOM LYNCH 32 MASTER 6:35.54 0.0

9 DAVID BASHORE 40 MASTER 6:42.52 0.0

10 SUSAN JONES 41 MASTER 7:29.78 0.0

PL----- HEAT 4 -----

5 TIMOTHY CLORE 36 MASTER 1:05.53 0.0

6 LARRY SPRUNK 49 MASTER 1:11.62 0.0

7 LAWRENCE KIMBALL 50 MASTER 1:12.44 0.0

8 KIRK BRISTOR 32 MASTER 1:12.89 0.0

9 ROB MONTIE 48 MASTER 1:13.25 0.0

10 JOHN STOVER 55 MASTER 1:13.87 0.0

PL----- HEAT 2 -----

11 PAUL WRIGHT 42 MASTER 7:07.27 0.0

12 MARK GRUSKIN 42 MASTER 7:13.56 0.0

13 B.W. SOULE 59 MASTER 7:13.73 0.0

14 ALBERT MORLEY 59 MASTER 7:21.81 0.0

15 DAVID NEEF 46 MASTER 7:34.07 0.0

PL----- HEAT 3 -----

11 VICTORIA WEBBER 22 MASTER 1:13.06 0.0

12 CEDRIC DORCAS 34 MASTER 1:13.54 0.0

13 ROBERT W. LUNDY 45 MASTER 1:18.19 0.0

14 JOHN RIES 65 MASTER 1:21.01 0.0

PL----- HEAT 1 -----

16 WEBBER 23 7:12.73 0.0

17 J PARKS 53 MASTER 7:27.19 0.0

18 7:50.83 0.0

19 BOB DOUD 73 MASTER 10:02.28 0.0

PL----- HEAT 2 -----

15 JOSEPH HARRIS 21 MASTER 1:13.10 0.0

16 NORDINE MATAYA 31 MASTER 1:13.67 0.0

17 BOB GLASSBURN 48 MASTER 1:13.75 0.0

18 JAMES COLEMAN 52 MASTER 1:20.55 0.0

19 MARY SCHWARZ 38 MASTER 1:22.83 0.0

PL----- HEAT 1 -----

20 BILL PTASHNIK 56 MASTER 1:23.17 0.0

21 ELAINE THROOP 43 MASTER 1:30.60 0.0

22 STEVE SUKTA 38 MASTER 1:35.01 0.0

23 GAIL DUMMER 46 MASTER 1:37.38 0.0

24 KITTY VANDENBRULLE 52 MASTER 1:41.87 0.0

25 LORRAINE LASERRAIRE 48 MASTER 1:47.18 0.0

MASTER MEET 96 - FINAL RESULTS

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IST

December 8, 1996

12/08/96

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Questions call: Sarah Duttera at 313-647-0500

FEBRUARY 2 & 9  
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**Upcoming Newsletter DEADLINE: April 14, 1997**