

◆ The Wave Eater ◆

Volume 6, Issue 1

February 1, 1998

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PRESIDENT'S CORNER

By Donald J. Kroeger

March 15th.

Here it February already and we're all still trying to get into the swing of thing. If you started off January in the right direction for getting back into shape after the holidays, here is the recipe to get you in shape and lose weight by summer.

January should have been a good month for beginnings with the One Hour Postal Swim and the Blue Water and Ann Arbor meets. So now that you've started getting in shape there's no sense quitting on yourself. February brings another reason for you to keep up the good work, the National "February Fitness Challenge. This promotes fitness through swimming as it encourages participants to swim regularly and to track that swimming over a monthly period. We also have the Rockford meet on the 28th of Feb. and Midland

Next we have the month of March with the Michigan State Championships at Eastern Michigan University the 27th, 28th and 29th. By then you will have been swimming regularly and will have lost weight and I know you will want to show off your newly shaped body. In addition, you just might help your local team win the meet and bring home a medal or two in the process. All of course will prove to you that sticking to your New Years' resolutions paid off and you will have had fun doing it.

Finally, when April arrives, it'll be time to get out the golf clubs. You will have lost weight and be back in shape. The hard part was setting aside "TIME" for yourself and letting anyone or anything get in the way of your goals. So keep swimming regularly, and for the health of it

February Fitness

By Jennifer Parks

Why swim distance? It triggers endorphins which can calm you, especially if you're experiencing anxiety or stress. It may help alleviate depression, even that light deprived depression, SAD, that many of us get in the winter months. You can work on your turns, push-offs, stroke corrections, do math (calculate your splits and finish times), and even sometimes get into that feeling of "flow" as you swim distance. And it's great for the heart.

I think almost all of you have a fitness story about why you swim, how it may have brought you back from inactivity, from ill health, to feeling strong and healthy and energetic. Last week I met a young woman in

(Continued on page 2)

(Continued from page 1)

the locker room of the Washtenaw Community Center. She had her 3 year son with her. Last year she was given a diagnosis of death within 2 months of a lymphoma in her hip. Last Tuesday she was going swimming with her son. What happens? And it doesn't always happen.

Last fall I listened to a cancer survivor say that his illness was a gift, that he now appreciates his body. He cares for it as much as his mind. And above all, he cares for his spirit. Sometimes, I believe that people who swim do it as much or more for the mental and spirit lift as they do for the physical lift. So swimming is really a total fitness activity! Lynne Weir told me that her doctor told her that her physical condition and mental toughness helped her in her fight with lymphoma. Swimming may help you protect and fight against illness in the future. Lots of reasons to swim, besides our very own personal reasons. Keep it up!

Don't be discouraged (even if your pool is closing for 10 months like here at Ferris -the Holiday Inn's 18 yards will help my turns!). Try one those long swims! Great for February Fitness and for the future!

President-Elect

By Eric Nordlund

All officers of Michigan Masters have been asked to provide a profile, here is mine,

My competitive swimming career began at the age of 9 at the Bloomfield Surf Club. I can still hear coach Mike Lane yelling at us to work hard, all of our hard work paid off, we won almost every dual, and championship meet while I was on the team.

In high school I attended Bloomfield Hills Lahser, I was coached by Mike Rado, former Big Ten Champion in the 200 yd IM while attending Michigan State. Coach Rado pushed us very hard. The highlight of my high-school swimming was anchoring our 200 yd medley relay to All-

American honors.

In College my freshman year I swam at Eastern Michigan University, the team won the Mid-American Conference Title that year.

While living in Hilton Head, SC some of the locals convinced me to swim in the annual city meet, I went and had lots of fun, the recruiting began. A couple of locals who swam for Paris Island Masters convinced me to join. We were coached by Richard Feters, former Michigan State men's swimming coach. I had lots of fun with the team traveling to meets, workouts, etc..

One day I went to work out at the local pool in Hilton Head and Christian Rowe, a former teammate of Rowdie Gaines at Auburn, had a sign posted instructing people to call him if they were interested in forming a local team. We formed a team, I was elected president, Christian was our coach.

When I moved back to Michigan I called Bill Reid, he gave me a few numbers to call. I called Skip Thompson to get info about the SOS pro-

(Continued on page 3)

***Take the time
during the
next swim
meet to thank
the volunteers
who make it
happen!***

(Continued from page 2)

gram. I met him one cold winter day at the Farmington Y. After one work out I new I had found the right program for me. I knew that the program would push me to achieve my aquatic goals.

A few of my personal highlights in the pool as a member of MI Masters include the following: Being

a member of our team which won USMS LC NATIONALS

in A2, Former national record holder of 5K postal swim in the 30-34 age group, winning USMS 2-mile cable swim a couple of sum-

mers ago in the 30-34 age group, swimming next to Sheila Taormina in the 1500 at Saginaw Valley State Meet, and swimming on a relay team at USMS nationals at Fort Lauderdale with 3 Big Ten Champions, we got a bronze medal, there were about 50 teams in our age group.

- Outside of the pool I have helped MI Masters in the following ways.
- In 1996 I was appointed by Pres, A. Donatio to do sanctions.
- I helped at the 1996 USMS LC Nationals in Ann Arbor on Wed eve with distance event

Desire makes winners in every walk of life!

(Continued from col.1)

check-in, I helped Skip Thompson and Don. Kroeger with keeping track of records. I also assisted Jennifer Parks, Skip, and Don finding swimmers and placing them on their appropriate relay teams.

- I was co-meet director of state meet last year, a few of the duties include the following: helped negotiate pool rental, hire staff, instituted high-point age-group award, I got my brother to design meet logo, and t-shirt, etc.

Michigan Masters is a great group of people, there are many wonderful people who donate their time to MI Masters, I am proud to be a member and look forward to the future.

See you in the pool,

Last Word

By Don Kroeger and Committee

The last few issues of the Wave Eater have been filled with many notes from different clubs concerning the 1997 Michigan Masters State Championship Swim Meet and this will be the last letter that you will see printed in this publication on this subject; it's kinda like getting the honey from a beehive. Once you decide to go after the honey you need to get close to the beehive. If you are not careful you will get the bees swarming and biting back. I will now dive into this beehive and I ask everyone not to bite back. The intention of this note is to set a few things straight and then move forward to the 1998 State Meet.

Yes, there was a protest filed concerning the State Meet last year. In fact, there were two protests filed by two different local clubs. Both clubs had

(Continued on page 4)

Your STATE meet entry form is here. Please sign up as soon as you get your entry. Fill in the name of the team (on the entry) for which you wish to swim AT the State Meet, because we will be checking this. Sign and date your form, send along a copy of your USMS card and most of all, get it in BEFORE the deadline!

***Do NOT forget to check out our website
(thanks to Ken Gutowski it is one
of Masters' best pages)***

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

(Continued from page 3)

good substance and reason to file but due to lost records and a computer crash just before the meet it was difficult, almost impossible, to completely close the issues. The findings revealed that there may have been some unethical actions but nothing that could be proven and that there were some problems with registration. This is why we have established a new process to monitor the state meet and registration at all Michigan Masters Swim meets. Your elected officials have decided to run the State Meet this year to ensure that the new procedures are followed and if more are needed we can implement them. The last thing we want to do is to eliminate team scoring from the meet. So please sign up as soon as you get your entry. Fill in the name of the team (on the entry) for which you wish to swim AT the State Meet, because we will be checking this. Sign and date your form, send along a copy of your USMS card and most of all, get it in BEFORE the deadline!

Thank you for your patience through this difficult topic and let's continue to expand this fine organization.

**Look for the
1998 State
Meet entry
form in this
edition of the
newsletter.**

Senior Swimmer

By Phyllis

Recently I found out about one of our Masters swimmers who began swimming in 1937. Freddie Edwards and his two brothers swam on the Cass Tech Swim team. During a stint in the Coast Guard where he spent 20 months at sea, Mr. Edwards showed his winning colors when in 1945 he won a medal for the 50 yard freestyle held in New York City.

Not only did he compete but at one time he also taught and was a life-guard at Belle Isle. This past Oct. at age 72, Mr. Edwards won medals in the 100, 200 and 500 freestyle events as well as medalling on a relay team at the Huntsman World Senoir Games in Utah. The Games were his first competition since his heart surgery in 1995.

Let him be an example to us all, for he swims daily to stay fit. His advice to others is to "keep healthy and stay fit - don't just sit around."

We are proud to have Mr. Freddie Edwards as a part of Masters' swimming in Michigan.

Editor Noise

By Phyllis

This is where as editor, I get to say whatever I want. Well.... almost anything!

First I would like to thank all of you who attended our meet at U of M. It is truly a pleasure to put on meets from swimmers who enjoy them. I would also like to let those of you who brought canned food know, that it went to a shelter in Jackson and they were pleased to have it!

Please, if you have Internet access, take a look at the website that Ken Gutowski created for us and maintains. He does a yeoman's job.

People keep in mind, as you fill out entry cards and forms that those pushing computer buttons don't necessarily know you. Therefore, if we cannot read what you write it makes entering data VERY hard.

Take care & everyone, swim fast!!

Top Ten and Records

Paul Wright
25745 Chernick
Street
Taylor, MI 48180
313-295-3132
pwright3@e-mail.com

Long Distance

Marilyn Early
1423 Quick Road
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When filling out your State Meet entry form, be sure too:

- * write legibly
- * include a copy of you USMS card
- * total everything
- * sign AND enclose a check
- * FILL IN WHAT TEAM YOU ARE SWIMMING FOR
- * send it in early!

One last thing...
If you move... You MUST let me know! Otherwise neither The Wave Eater or SWIM Magazine will catch up to you!

1996 World Top Tens

SHORT COURSE MTRS

200 Medley Relay:

(120-159) 1:57.53

Mike Schmidt

Darin Abrasse

William Eagen

Jon Teal

(160-199) 2:03.18

Richard Chaney

Steve Hansen

Lawrence Kinball

Leonard Brockhahn

(160-199) 2:04.37

Frank Thompson

John Hauschultz

Eric Norlund

John Olszewski

200 Medley Relay

(120-159) 1:44.49

Andrew Berger

Todd Briggs

William Eagen

Eric Shirley

(160-199) 1:47.94

Frank Thompson

John Hauschultz

John Olszewski

Eric Norlund

200 Free Relay

(120-159) 2:07.02

Nancy Servo

Laura Eibler

Suzanne Rein

Julie Zappone

(280-319) 3:30.65

Jewel Cooke

Edith Glusac

Carol Rhudy

Lois Nochman

LONG COURSE

200 Free Relay

(280-319) 3:18.19

Teresa DiGuiseppe

Bobbie Lawrence

Charles Moss

Robert Heritier

(320-359) 4:00.80

Leo Phillips

Donald May

Jewel Cooke

Martha Forster

200 Medley Relay

(320-359) 5:00.37

Leo Phillips

Donald May

Jewel Cooke

Martha Forster

(120-159) 1:57.58

Dyne Burrell

Mike Vander Mey

Michael Green

Corrin Popp

Dawn Hewitt 2:03.86

Bob Jennings

Tom Melgar

Mary Mueting

Kurt Dickson 2:05.82

Julie Zappone

Mark Hesskamp

Nancy Servo

Evelyn Lynch 2:09.39

Greg Brannick

Robert Fort

Cassandra Garry

200 Free Relay

(100-119)

Dyne Burrell 1:44.84

Susie Devlin

Michael Green

Todd Mercer

Bob Jennings 1:54.08

Mark Vander Mey

Michael Green

Todd Mercer

(120-159) 1:49.13

Corrin Popp

Mary Mueting

Kurt Dickson

Brian Sharar

Evelyn Lynch 1:56.55

Cassandra Garry

John Hauschultz

Mark Hesskamp

(240-279) 2:19.85

Wally Dobler

Beverly Myers

Joyce Kowalski

John Ries

200 Medley Relay

(100-119) 1:56.27

Kurt Dickson

Mark Vander Me

Jeff Dakin

Michael Bell

(160-199) 2:01.22

Frank Thompson

Greg Brannick

Lawrence Day

Brian Sharar

(240-279) 2:22.19

Hugh Roddin

Ronald Alsobrook

Tony Ptashnick

Ruth Hildebrand 6:13.22

Jewel Cooke

Edith Glusac

Martha Forster

(120-159) 1:42.77

Eric Nordlund

Kurt Dickson

Mark Vander Mey

Juan Tavares

February Fitness Challenge '98



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

Sponsor: Maxwell Medals & Awards

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys is permitted.

Recording Distance: Beginning February 1, 1998, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

Age: Determined by your age on February 28, 1998

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "The Need for Speed"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 16, 1998. No fax entries. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "The Need for Speed," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '98

(please print)

NAME: _____ AGE (as of 2/28/98): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

SUN FEB 1 _____ yds	SUN FEB 8 _____	SUN FEB 15 _____	SUN FEB 22 _____
MON FEB 2 _____	MON FEB 9 _____	MON FEB 16 _____	MON FEB 23 _____
TUE FEB 3 _____	TUE FEB 10 _____	TUE FEB 17 _____	TUE FEB 24 _____
WED FEB 4 _____	WED FEB 11 _____	WED FEB 18 _____	WED FEB 25 _____
THU FEB 5 _____	THU FEB 12 _____	THU FEB 19 _____	THU FEB 26 _____
FRI FEB 6 _____	FRI FEB 13 _____	FRI FEB 20 _____	FRI FEB 27 _____
SAT FEB 7 _____	SAT FEB 14 _____	SAT FEB 21 _____	SAT FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
 TOTAL MONTHLY MILEAGE = _____ MILES
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES

Entry Fee	\$ 8.00	(required)
T-Shirt	x 12.00	(optional)
Circle T-shirt size(s): S M L XL XXL		
Swim Cap	x 3.00	(optional)
Int'l Fee	3.00	(outside U.S.)
TOTAL		(U.S. funds only)
(fee payable to Crawfish Masters Swim Team)		

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 28, 1998

Meet fee is \$13.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters memberships (\$25.00 for 1998), will be available at the Meet.

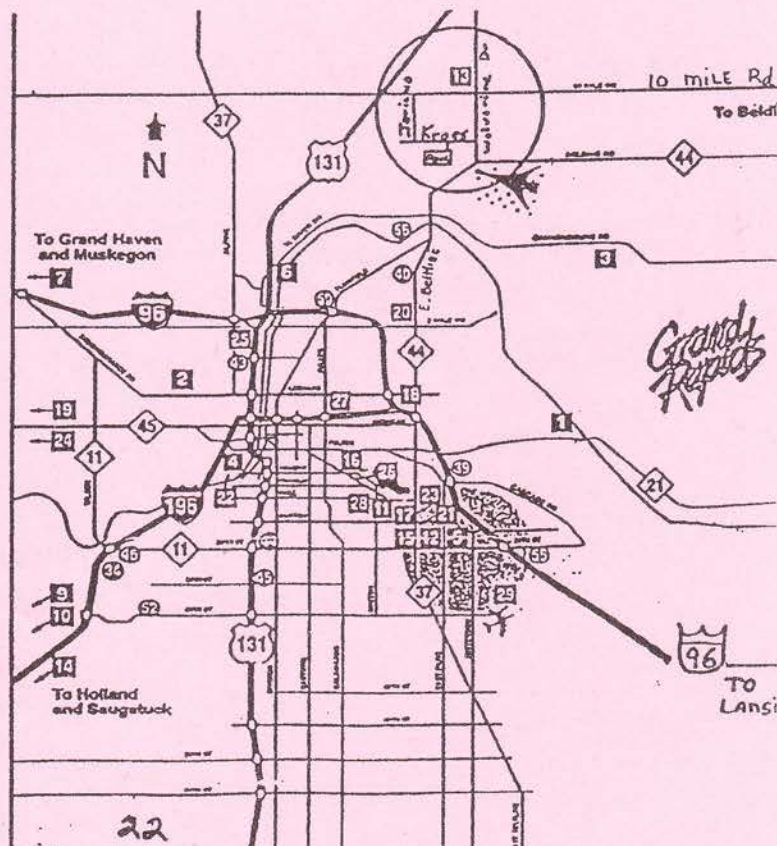
The Rockford Pool was the site of the 1995 Michigan Masters State meet. It features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

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. See back for mail-in registration. Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592 e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#198-004

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.



OPTIONAL MAIL-IN REGISTRATION

West Michigan MASTERS Swim Classic
Saturday February 28, 1998, Rockford High School Pool

If you would like to register by mail for events 4-14, please complete this form.
(Events 1,2,3 and 15 are deck entry only)

This Mail-in Registration is Optional

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

Swimmer Name _____
Sex : ____ Male ____ Female
USMS # _____
Birthdate _____
Age on Feb. 28 _____
Home Phone () _____
Address _____

Events (Check Box and give time)

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

Mail this completed form, a copy of your 1998 USMS Card , a check for \$13.00 payable to W.M.M.S.A. postmarked by Feb. 18, 1998 to Ken Danhof, 4295 Carolyn St., Muskegon, MI 49444.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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.

Signed _____

Date _____

23rd annual!! Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters
Sanction # 198006

23rd 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

Date: Sunday, March 15th, 1998

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

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

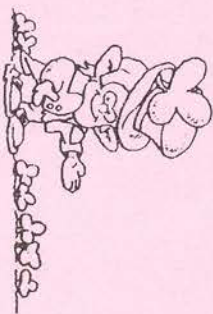
Refreshments: During meet. Social after - T.B.A.*
*TBA = To be announced

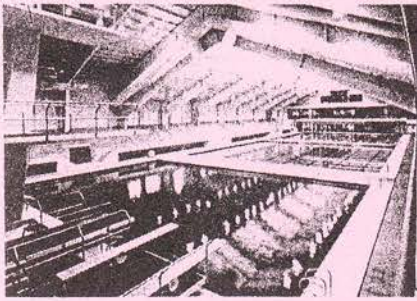
For more information contact:

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

USMS registration required: \$25.00 for 1998 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.





OLYMPIC SWIMMING—DIVING FACILITY
Donald B. Canham Natatorium,
Matt Mann Pool (Capacity 1,600)

THE UNIVERSITY OF MICHIGAN

1000 South State Street
Ann Arbor, Michigan 48109-2201

Swimming & Diving

Mark R. Lambert, Director of Aquatics
(313) 747-0500 Secretary
(313) 747-0162 Office
(313) 763-6543 Fax

January 5, 1998

To: Members of the Swimming Community in Michigan

From: Mark R. Lambert *Mark R. Lambert*
Director of Aquatics
University of Michigan

Re: 1998 Renovation Schedule for Don Canham Natatorium

The best way to prevent rampant rumors is to present the truth. I feel that this is very necessary as we are less than 90 days from the start of our renovation at U-M Donald B. Canham Natatorium.

We plan to start the drainage of the pools on the morning March 23, 1998. We are tentatively scheduled to complete all of the work by October 31, 1998. The proposed work schedule to accomplish this will probably involve two shifts per day and weekends!

Unfortunately, there is an immediate downside to this tight schedule. The 1998 MHSAA Boys Class B Swimming Championships cannot be held at DCN this year. This is due to the preparatory work that will be taking place inside the building as early as March 1, 1998. In fact, parking lot changes will be occurring that early which would make it extremely difficult to host this event.

Finally, we will not be scheduling any activities to be held in DCN until January 1999. We feel that this is the most prudent approach possible to avoid construction delays and premature expectations. After watching too many other pool projects, this is the best way for U-M!

To stay in touch during the DCN renovation:
Joyce Krohl (734) 647-0500 office
(734) 763-6543 fax

Internet [DCNREPAIRS.HTM](#) (effective 2/98)

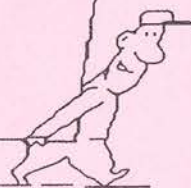
Please have a safe and successful swim season in 1998!

MRL:ldm

State Meet Preview March 8, 1998 Kalamazoo, MI



Sanctioned by Michigan Masters for USMS, Inc.



Host: Great Lakes Aquatics, Sanction No. 198003
Site: Loy Norrix High School (25 yard pool)

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

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

- | | | |
|----------|--------------------|----------------------|
| 10:00 am | 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, March 2, 1998. 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
(616) 349-9873

State Meet Preview March 8, 1998 Kalamazoo, MI
Hosted by: Great Lakes Aquatics USMS Sanction #198003

Entry Procedure: Age on March 8, 1998, determines age for the meet. Use one entry form for each swimmer entering the meet; copy the entry form as needed. Entries postmarked on or before Monday, March 2, 1998, are accepted as early entries; entries postmarked after this date are considered deck entries (add \$6.00 to entry fee). Mail all entries to:

Vince Gallant
323 Garland Ave.
Kalamazoo, MI 49001

Eligibility: This meet is open to all USMS swimmers; USMS cards may be purchased at the meet.

Seeding and Scratches: Positive check-in is required for all swimmers and events. Swimmers will be given their cards without heat and lane assignments. At the end of the check-in period, all swimmers who have not checked in will be scratched and the heats seeded. Seeded heat sheets will be posted in the pool area and all swimmers can mark their cards with their heat and lane assignments.

Swimmers who have entered the meet by mail and find that they are unable to attend may scratch by telephone. Scratches will be accepted at (616)349-9873 until Saturday night at 9:00 p.m. Scratches can be made the day of the meet at (616)337-0232 from 8:15-9:45 a.m. If you scratch by phone, we will refund \$6.00 of your entry fee.

Seeding will be slow-to-fast in all events except the 400 IM and 500 Free.

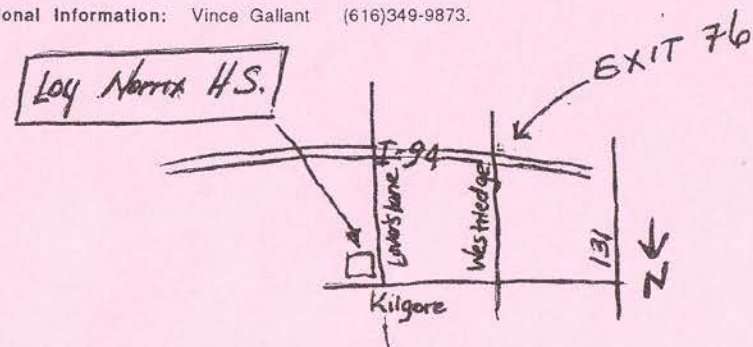
Warm-up Procedures: USS Rules guide the warm-up procedures. Swimmers are to enter the water feet first in a cautious manner; safety of all swimmers is paramount. Sprint lanes, in which racing starts may be performed, will be designated and opened by the officials with approximately ten minutes remaining in the 1500 m. warm-up and one half hour remaining in the pentathlon warm-up.

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

Timing: Colorado Electronic Timing System will be used during the meet. Splits will be taken by the system and will be posted in the pool area with the final results.

Results: Results will be mailed to each club entering five or more swimmers. Results may be purchased for \$5.00. SWIMMERS MAY WAIT AFTER THE MEET FOR INDIVIDUAL DATA.

Additional Information: Vince Gallant (616)349-9873.



Great Lakes Aquatics Short Course Masters Swim Meet
 Sanctioned by Michigan Masters for USMS Inc., Sanction No. 198003
Sunday, March 8, 1998

NAME: _____ SEX: _____ USMS#: _____

BIRTHDATE: _____ Age on Mar.8: _____ 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, March 2, 1998
 (Postmarked)

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

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

 Signature

 Date



1998 MICHIGAN MASTERS SWIMMING
STATE CHAMPIONSHIPS

SANCTION #198007
MEET INFORMATION



MICHAEL H. JONES NATATORIUM
EASTERN MICHIGAN UNIVERSITY

YPSILANTI, MICHIGAN
MARCH 27-29, 1998

SPONSORED BY: Michigan Masters LMSC

LOCATION: Eastern Michigan University, Michael H. Jones Natatorium, Ypsilanti, Michigan

POOL: Eight lane, 50 meter, indoor pool to be configured as one 25-yard, sixteen lane course. Ten lanes will be used for competition and the remaining lanes will be used for warm-up/cool-down (except during the distance events during which the full 16 lanes will be used). Six additional lanes in the north end will be available for warm-up/cool-down during the distance events.

SCHEDULE: Friday evening, March 27, 1998, check in/warm-up at 5:00 P.M.
Event 21 will start no earlier than 6:00 P.M.

Saturday morning, March 28, 1998, check in/warm-up at 8:00 A.M.
Event 3 will start no earlier than 9:00 A.M.

Saturday afternoon, March 28, 1998, check in/warm-up at 1:00 P.M.
Event 13 will start no earlier than 2:00 P.M.

Sunday morning, March 29, 1998, check in/warm-up at 8:00 A.M.
Event 23 will start no earlier than 9:00 A.M.

Sunday afternoon, March 29, 1998, check in/warm-up one hour after event 32 is completed competition will begin.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. All swimmers are responsible for their "USMS" cards and must show them upon request by officials in order to compete in the State meet.

Note: If this cannot be done, the swimmer must purchase a one meet registration in order to swim in the meet.

AGE: Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49 ... 100-104. Relay events: 19+, 25+, 35+, 45+ ... (ten year increments as high as necessary). Age for the meet is determined as of the last day of the meet (March 29, 1998).

ENTRY FEES:	<u>INDIVIDUAL FEE</u>	<u># OF INDIVIDUAL EVENTS</u>	<u># OF RELAYS</u>
	\$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

Relay Fees: \$12 per relay.

Note: Relay entry will be paid in advance and relay cards for these relays will be deck entered by the team representative/coach.

Make checks payable to "Michigan Masters"

ENTRY LIMITS: Event maximum for the entire meet: 7 Plus Relays
 Event maximum for Friday, March 27, 1998: 2
 Event maximum for Saturday, March 28, 1998: 4
 Event maximum for Sunday, March 29, 1998: 4

ENTRY DEADLINE: Swimmers (individual and relays) must have their entries postmarked by March 11, 1998. **"All entries postmarked after March 11, 1998 will not be accepted and returned to sender."**

MAIL TO: 1998 Michigan Masters State Championship
 Donald J. Kroeger
 433 Toll Street
 Monroe, Michigan 48162

DECK ENTRIES: Deck entries will not be accepted.

LANE ASSIGNMENTS: Seeding will be fast to slow for all events. Men and women will be seeded separately into heats according to seed times. "No times" will be seeded in the slowest heats.

1650, 1000, 500 Yard Freestyle and 400 Yard IM Lane Assignments and Check In:

All participants swimming the above must check in for their event 15 minutes before the start of each session on the day of their event. Any swimmer failing to check in by the deadline will be considered scratched from the event. Men and women will be seeded into heats according to seed times.

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.

Swimming Two-Per-Lane (1650, 1000 Yard Freestyle)

10 lanes will be used for one-per-lane and the other 6 lanes will be used for two-per-lane. Anyone swimming two-per-lane will start at the same time as the other swimmers in the first 10 lanes. When the last of the two-per-lane are finished swimming, the last 6 lanes will be used for one-per-lane.

TEAM

REPRESENTATIVES: All Masters Swim Groups should inform the meet director or clerk of course of one official team representative before the start of the first event of Friday, March 27, 1998 or upon the team's arrival.

RELAYS: Relay members may only swim on one relay per event and according with USMS Rule 102.9. Relay entry will be paid in advance and relay cards for these relays will be deck entered by the team representative/coach the day of the event.

AWARDS:

Place

Awards

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 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 - Large Team Women

Michigan Masters Trophy Plaque

High Point Team - Small Team Women

Michigan Masters Trophy Plaque

High Point Team - Large Team Men

Michigan Masters Trophy Plaque

High Point Team - Small Team Men

Michigan Masters Trophy Plaque

MEET T-SHIRTS: Meet T-Shirts, imprinted with the meet logo, 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. Size and cost are shown on the entry form.

POINTS:

Place	1	2	3	4	5	6	7	8
Individual Events	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

Note: 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 host committee after the entry deadline.

PROTESTS:

Any protest concerning seeding, awards, final results, eligibility, scoring, or entries will be addressed to the meet director or referee (USMS Rule 102.16). The protest shall be made by the team representative in writing and the CHAMPIONSHIP COMMITTEE shall hear all protests except for "wet" rules (Section 3 of Michigan Masters Policies and Procedures).

FACILITY**RESTRICTIONS:**

- Smoking is not allowed in any of the buildings.
- 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 designated areas.
- Lockers are not available for swimmers but we can use the locker rooms and showers.
- 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.
- Diving off any of the boards or towers is strictly forbidden.
- Swimmers in the concession areas must wear shirts, shorts, and some kind of foot covering.

MEET DIRECTOR:

Donald J. Kroeger
433 Toll Street
Monroe, Michigan 48162 (313) 242-7175

HOST**MEET COMMITTEE:**

Ralph Davis (248) 642-2108	Thomas Moyer (517) 249-0043	Eric Nordlund (810) 334-5989
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**CHAMPIONSHIP
COMMITTEE:**

Marilyn Early (616) 526-9824	Jennifer Parks (616) 796-6946	William T. Reid III (517) 592-8908	Paul Wright (313) 295-3132	David R. Shepherd (616) 463-4205
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DIRECTIONS:

See attached map.

PARKING:

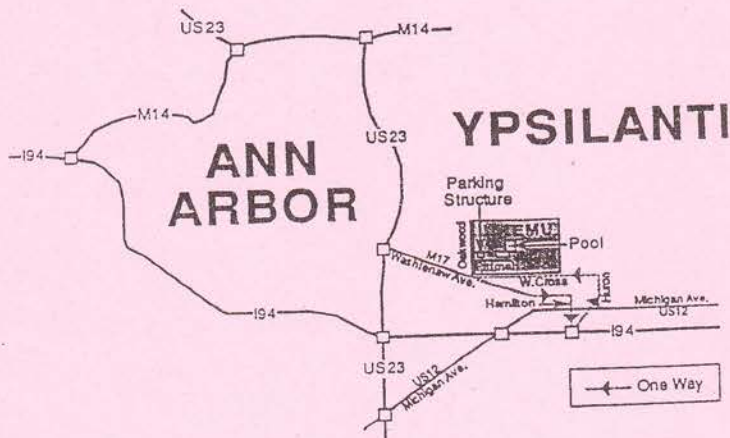
See attached map.

HOTEL/MOTEL:

Days Inn - 2380 Carpenter Road, Ann Arbor, MI 48108
(313) 971-0700 - Fax (313) 971-1492

Quality Inn - 3750 Washtenaw Avenue, Ann Arbor, MI 48104
(313) 971-2000 - Fax (313) 971-1149

Comfort Inn - 2455 Carpenter Road, Ann Arbor, MI 48108
(313) 973-6100 - Fax (313) 973-6142



EVENTS:**Women Events #****Men's Events #****Friday Evening, March 27, 1998****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

Saturday Morning, March 28, 1998**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)****Saturday Afternoon, March 28, 1998****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	
20	200 Yard Mixed Medley Relay	20
21	500 Yard Freestyle	22

Sunday Morning, March 29, 1998**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

Sunday Afternoon, March 29, 1998**Lunch/warm-up one hour after Event #32 is completed**

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

1998 MICHIGAN MASTERS SWIMMING STATE CHAMPIONSHIPS

EASTERN MICHIGAN UNIVERSITY * MICHAEL H. JONES NATATORIUM * MARCH 27-29, 1998

Sanctioned by Michigan Masters Sanction Number

198007

Name *		Sex	
Last	First	Middle Initial	
Address			
Street	City	State	Zip
Phone		Age	Birth Date
Emergency		USMS Reg. #	
Club Name or Unattached		Swim team	
<p style="text-align: center;">* PRINT NAME AS IT APPEARS ON USMS REGISTRATION CARD. A COPY OF 1998 CARD IS REQUIRED WITH ENTRY.</p>			

EVENT NO.	ENTRY TIME WOMEN	EVENT	ENTRY TIME MEN	EVENT NO.
WARM UP 5:00 PM		FRIDAY EVENING MARCH 27, 1998	START 6:00 PM	
21		500 YARD FREESTYLE		22
9		400 YARD IM		10
43		1000 YARD FREESTYLE		44
1		1650 YARD FREESTYLE		2
WARM UP 8:00 AM		SATURDAY MORNING MARCH 28, 1998	START 9:00 AM	
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)				
WARM UP 1:00 PM		SATURDAY AFTERNOON MARCH 28, 1998	START 2:00 PM	
13		200 YARD FLY		14
15		100 YARD BREAST		16
17		50 YARD BACKSTROKE		18
		10 MINUTE BREAK		
20		200 YARD MIXED MEDLEY RELAY		20
21		500 YARD FREESTYLE		22
WARM UP 8:00 AM		SUNDAY MORNING MARCH 29, 1998	START 9:00 AM	
23		200 YARD FREESTYLE		24
25		100 YARD FLY		26
27		50 YARD BREAST		28
29		200 YARD IM		30

CONTINUED ON BACK

		10 MINUTE BREAK		
31		200 YARD MEDLEY RELAY		32
SUNDAY AFTERNOON, MARCH 29, 1998 LUNCH/WARM-UP ONE HOUR AFTER EVENT #32 IS COMPLETED				
33		200 YARD BREAST		34
35		100 YARD BACKSTROKE		36
37		50 YARD FREESTYLE		38
39		100 YARD IM		40
		10 MINUTE BREAK		
42		200 YARD MIXED FREE RELAY		42
43		1000 YARD FREESTYLE		44

POSITIVE CHECK-IN REQUIRE FOR 400 IM, 500 FREE, 1000 FREE, AND 1650 FREE EVENTS.

CIRCLE ONLY IF YOU WISH TO SWIM TWO-PER-LANE, 1650 FREE, 1000 FREE.

TWO-PER-LANE SWIMMERS CANNOT CHANGE AT MEET. SWIMMERS SEEDED TWO-PER-LANES WILL SWIM IN THE SIX WARM UP LANES.

LIABILITY RELEASE:

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

Signature _____ Date _____

T. Shirt - Please Check Size: S ___ M ___ L ___ XL ___ XXL ___

FEES:		TOTAL
1 EVENT	\$23.00	
2 EVENTS	\$27.00	
3 EVENTS	\$31.00	
4, 5, 6, 7 EVENTS	\$35.00	
RELAYS - Note: Team Coach Enter # of Relays per Team	_____ X \$12.00	
T-SHIRT	\$10.00 (XXL \$12.00)	
FINAL RESULTS	\$5.00	
	TOTAL	

CHECK OR MONEY ORDER PAYABLE TO "MICHIGAN MASTERS"

MAIL TO:

1998 Michigan Masters State Championship
Donald J. Kroeger
433 Toll Street
Monroe, MI 48162

Annual meeting of Michigan LMSC will be Saturday, March 28, 1998
between morning and afternoon swimming sessions.

Masters Swim Meet
Recognized USMS, Inc. - 197013
Saturday, November 15, 1997

Mamre YMCA

Women 19-24				Dawn Hewitt 32 2:26.37			
500 FREE				Women 35-39			
Jill, Mureny	24	6:05.81		50 BREAST			
Katie Sergeant	24	6:11.26		Nancy Servo 36 37.04			
50 BREAST				100 IM			
Victoria Webber	23	39.06		Nancy Servo 36 109.16			
Jennifer Honka	21	41.93		Mary Schwartz 39 1:25.16			
100 IM				50 FREE			
Victoria Webber	23	1:12.38		Nancy Servo 36 27.08			
Katie Sergeant	24	1:14.22		50 BUTTERFLY			
Jennifer Honka	21	1:31.06		Nancy Servo 36 30.43			
50 FREE				Mary Schwartz 39 40.53			
Victoria Webber	23	28.33		50 BACK			
Jennifer Honka	21	34.03		Nancy Servo 36 33.49			
50 BUTTERFLY				Women 40-44			
Victorial Webber	23	31.31		500 FREE			
Katie Sergeant	24	33.13		Ann Guins 44 7:35.34			
200 FREE				100 BACK			
Katie Sergeant	24	2:20.60		Joan Edwards 43 1:37.43			
100 BREAST				50 BREAST			
Jennifer Honka	21	1:35.68		Ann Guins 44 39.18			
50 BACK				100 IM			
Victoria Webber	23	34.62		Ann Guins 44 1:18.49			
200 IM				Joan Edwards 43 1:35.02			
Victoria Webber	23	2:46.34		50 FREE			
Women 25-29				Ann Guins 44 29.19			
50 FREE				Joan Edwards 43 38.79			
Erika McKee	28	30.02		25 BREAST			
100 FREE				Joan Edwards 43 22.22			
Erika McKee	28	1:06.53		25 BACK			
100 BREAST				Joan Edwards 43 20.59			
Erika McKee	28	1:24.04		Women 50-54			
200 IM				50 BREAST			
Erika McKee	28	2:47.90		Kathy Beckley 50 51.63			
Women 30-34				Jean Bails 52 1:13.10			
100 BACK				100 IM			
Dawn Hewitt	32	1:03.78		Jean Bails 52 2:11.50			
100 BUTTERFLY				50 FREE			
Dawn Hewitt	32	103.10		Kathy Beckley 50 46.70			
100 FREE				Jean Bails 52 49.85			
Dawn Hewitt	32	59.34		100 FREE			
100 BREAST				Kathy Beckley 52 1:58.38			
Dawn Hewitt	32	1:24.68		50 BUTTERFLY			
200 IM				Jean Bails 52 1:04.21			

Mamre YMCA Pentathlon Masters Swim Meet, November 15, 1997

Women 50-54 continued				Women 75-79			
100 BREAST				100 BACK			
Kathy Beckley	50	2:00.97		Edith Glusac 78 2:13.84			
50 BACK				100 BUTTERFLY			
Jean Bails	52	51.03		Edith Glusac 78 2:50.38			
200 IM				100 FREE			
Jean Bails	52	4:55.98		Edith Glusac 78 2:20.49			
Women 60-64				100 BREAST			
100 BACK				Edith Glusac 78 2:25.32			
Renee Poniewozik	64	2:47.70		200 IM			
50 BREAST				Edith Glusac 78 5:23.31			
Beverly Myers	62	43.46		Men 0-18			
Renee Poniewozik	64	1:22.44		50 FREE			
100 IM				Justin Layman 18 24.93			
Beverly Myers	62	1:25.12		Men 19-24			
50 FREE				50 BREAST			
Beverly Myers	62	35.59		Eric Crombez 24 32.71			
Renee Poniewozik	64	1:40.24		Jason White 23 36.40			
50 BUTTERFLY				Chad Hoppe 22 36.66			
Beverly Myers	62	40.69		100 IM			
50 BACK				Andrew Mullin 24 1:04.31			
Beverly Myers	62	41.72		Jason White 23 1:04.88			
Women 65-69				50 FREE			
100 BUTTERFLY				Andrew Mullin 24 23.04			
Mary Williams	65	2:35.62		Jason White 23 25.09			
50 FREE				Chad Hoppe 22 27.24			
Mary Williams	65	46.24		200 BREAST			
100 FREE				Eric Crombez 24 2:40.72			
Mary Williams	65	1:49.91		100 FREE			
200 FREE				Andrew Mullin 24 52.16			
Mary Williams	65	3:51.72		Jason White 23 58.47			
25 FLY				Chad Hoppe 22 1:04.03			
Mary Williams	65	24.18		50 BUTTERFLY			
Women 70-74				Jason White 23 29.28			
400 IM				Eric Crombez 24 30.44			
Lois Nochman	73	7:43.91		200 FREE			
200 BUTTERFLY				Andrew Mullin 24 2:06.50			
Lois Nochman	73	3:51.62		100 BREAST			
200 BACK				Eric Crombez 24 1:13.91			
Lois Nochman	73	3:38.41		50 BACK			
200 BREAST				Jason White 23 32.69			
Lois Nochman	73	4:09.00					
200 FREE							
Lois Nochman	73	3:25.90					



Monroe YMCA Pentathlon Masters Swim Meet, November 15, 1997

Men

25-29

50 BREAST

Michael Cichello	29	31.02
Michael Bell	29	36.29

100 IM

Michael Bell	29	1:05.31
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100 BUTTERFLY

Jason Varrick	26	1:06.15
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50 FREE

Michael Cichello	29	24.69
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Michael Bell	29	25.53
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50 BUTTERFLY

Michael Bell	29	27.00
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Michael Cichello	29	27.84
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200 FREE

Jason Varrick	26	2:10.19
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100 BREAST

Michael Cichello	29	1:08.16
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50 BACK

Michael Bell	29	29.53
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200 IM

Jason Varrick	26	2:26.00
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Men

30-34

500 FREE

Eric Nordland	33	5:47.07
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100 BACK

Jeff Colton	33	1:00.94
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Tom Lynch	33	1:25.67
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50 BREAST

Thomas Schardt	30	35.81
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Elliot Watkins	32	37.88
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100 IM

Eric Nordland	33	1:05.42
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Jeff Colton	33	1:05.91
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Roger Harper	32	1:07.25
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200 BACK

Jeff Colton	33	2:32.03
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100 BUTTERFLY

Thomas Schardt	30	1:14.50
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Tom Lynch	33	1:17.50
-----------	----	---------

50 FREE

Eric Nordland	33	24.66
---------------	----	-------

Roger Harper	32	25.09
--------------	----	-------

Kevin Bartlett	31	25.50
----------------	----	-------

Elliot Watkins	32	28.53
----------------	----	-------

200 BREAST

Jeff Colton	33	2:41.63
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Thomas Schardt	30	3:02.59
----------------	----	---------

100 Free

Kevin Bartlett	31	58.95
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Roger Harper	32	1:00.22
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Tom Lynch	33	1:03.21
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Jeff Colton	33	1:03.79
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50 BUTTERFLY

Eric Nordland	33	27.62
---------------	----	-------

200 FREE

Kevin Bartlett	31	2:08.90
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100 BREAST

Tom Lynch	33	1:19.59
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50 BACK

Eric Nordland	33	30.49
---------------	----	-------

Roger Harper	32	32.87
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200 IM

Thomas Schardt	30	2:36.88
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Men

35-39

500 FREE

Timothy Clore	37	5:58.56
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200 BUTTERFLY

Robert Fort	39	3:01.72
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100 BACK

Timothy Clore	37	1:06.97
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50 BREAST

Keith Algernon	37	30.66
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Thomas Wyllie	35	34.98
---------------	----	-------

Doug Williams	39	35.66
---------------	----	-------

Steven Sukta	39	40.62
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100 IM

Mark Hesskamp	37	1:10.41
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Keith Algernon	37	1:05.12
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Tom Gijsbers	35	1:08.50
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Doug Williams	39	1:09.62
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Michael Cloutier	37	1:11.04
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Robert Fort	39	1:24.69
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200 BACK

Timothy Clore	37	2:21.35
---------------	----	---------

100 BUTTERFLY

Mark Hesskamp	37	58.13
---------------	----	-------

Robert Fort	39	1:11.19
-------------	----	---------

50 FREE

Keith Algernon	37	24.09
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Mark Hesskamp	37	24.27
---------------	----	-------

Thomas Wyllie	35	25.40
---------------	----	-------

Michael Cloutier	37	26.25
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Doug Williams	39	26.40
---------------	----	-------

Tom Gijsbers	35	27.53
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Robert Fort	39	28.60
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Steven Sukta	39	33.44
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Men

35-39 continued

200 BREAST

Steven Sukta	39	3:17.93
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100 FREE

Mark Hesskamp	37	53.22
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Doug Willimaas	39	57.78
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Thomas Willie	35	58.53
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Timothy Clore	37	58.88
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Robert Fort	39	1:00.94
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Michael Cloutier	37	1:04.65
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Tom Gijsbers	35	1:05.27
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50 BUTTERFLY

Mark Hesskamp	37	27.00
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Keith Algernon	37	27.13
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Tom Gijsbers	35	27.87
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Robert Fort	39	29.50
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100 BREAST

Timothy Clore	37	1:15.78
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Steven Sukta	39	1:29.18
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50 BACK

Keith Algernon	37	33.48
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Men

40-44

500 FREE

Brian Devereaux	40	6:17.31
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Thomas Costello	40	7:30.81
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Mark Gruskin	43	7:39.37
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100 BACK

Michael McInerney	40	1:14.69
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50 BREAST

Mark Gruskin	43	52.65
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25 FREE

Bruce Speolman	40	10.72
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Gregory Robinson	41	11.78
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Thomas Costello	40	13.82
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100 IM

Michael McInerney	40	1:11.31
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Brian Devereaux	40	1:15.84
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John Costello	44	1:26.53
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50 FREE

Bruce Speolman	40	25.38
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Michael McInerney	40	26.12
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Brian Devereaux	40	28.64
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John Costello	44	30.50
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Thomas Costello	40	31.82
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25 BREAST

Gregory Robinson	41	16.19
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200 BREAST

Mark Gruskin	43	4:08.37
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100 FREE

Bruce Speolman	40	56.18
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Michael McInerney	40	59.11
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Brian Devereaux	40	1:04.19
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John Costello	44	1:09.62
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50 BUTTERFLY

Gregory Robinson	41	27.85
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200 FREE

Mark Gruskin	43	2:56.06
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25 FLY

Gregory Robinson	41	12.53
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200 IM

Brian Devereaux	40	2:57.12
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Men

45-49

400 IM

William Reid	47	5:49.44
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James Kohlenberg	47	5:58.98
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200 BUTTERFLY

James Kohlenberg	47	2:59.89
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William Reid	47	3:03.91
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100 BACK

Frank Thompson	45	1:04.00
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50 BREAST

Terry Bell	49	41.03
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Thomas Liparoto	46	41.90
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100 IM

James Steffl	46	1:08.09
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Terry Bell	49	1:38.08
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200 BACK

William Reid	47	2:57.12
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James Kohlenberg	47	3:00.01
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100 BUTTERFLY

James Steffl	46	1:07.62
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50 FREE

Terry Bell	49	32.46
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200 BREAST

Frank Thompson	45	2:45.87
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James Kohlenberg	47	2:52.44
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William Reid	47	2:55.35
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Thomas Liparoto	46	3:47.03
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50 BUTTERFLY

James Steffl	46	228.48
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200 FREE

William Reid	47	2:11.28
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James Kohlenberg	47	2:38.53
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100 BREAST

Frank Thompson	45	1:16.13
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50 BACK

Terry Bell	49	44.31
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200 IM

James Kohlenberg	47	2:47.97
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Monroe YMCA Pentathlon Masters Swim Meet, November 15, 1997

Men				
50-54				
500 FREE				
James Wiley	54	8:04.66		
John Schwab	52	10:14.75		
400 IM				
Donald Kroeger	54	5:53.41		
200 BUTTERFLY				
Donald Kroeger	54	3:12.72		
50 BREAST				
James Wiley	54	41.58		
John Conslant	52	45.90		
25 FREE				
Steven Seligson	50	13.12		
100 IM				
Steven Seligson	50	1:18.41		
200 BACK				
Donald Kroeger	54	3:03.37		
50 FREE				
Steven Seligson	50	28.94		
James Wiley	54	32.76		
John Conslant	52	36.09		
200 BREAST				
Donald Kroeger	54	3:07.00		
100 FREE				
James Wiley	54	1:13.97		
John Conslant	52	1:24.228		
200 FREE				
Steven Seligson	50	2:29.10		
Donald Kroeger	54	2:33.62		
James Wiley	54	2:57.11		
100 BREAST				
John Conslant	52	1:41.25		
25 FLY				
Steven Seligson	50	15.34		

Men				
55-59				
400 IM				
Hugh Roddin	55	5:29.56		

Men				
60-64				
500 FREE				
Robert Orr	61	10:57.47		
50 BREAST				
Robert Orr	61	48.04		
100 IM				
Robert Orr	61	1:48.49		
25 BREAST				
Robert Orr	61			

Men				
60-64 continued				
50 BUTTERFLY				
Robert Orr	61	51.43		
25 FLY				
Robert Orr	61	20.81		

Men				
65-69				
400 IM				
Jae Birch	69	8:57.63		
200 BUTTERFLY				
Jae Birch	69	4:34.97		
100 BACK				
Robert Weddell	67	1:24.17		
200 BACK				
Jae Birch	69	4:29.11		
200 BREAST				
Jae Birch	69	5:15.81		
200 FREE				
Jae Birch	69	3:26.25		

Men				
70-74				
500 FREE				
Freddy Edwards	72	9:20.46		
200 BUTTERFLY				
Thomas Bolenbaugh	70	3:43.79		
50 BREAST				
Don Korten	70	42.36		
John Reese	72	43.41		
Freddy Edwards	72	50.76		
Ray Gilliland	74	52.05		
25 FREE				
Ray Gilliland	74	17.22		
100 IM				
Don Korten	70	1:24.45		
100 BUTTERFLY				
Thomas Bolenbaugh	70	1:40.15		
50 FREE				
Don Korten	70	32.15		
John Reese	72	32.69		
Charles Belknap	72	38.18		
Freddy Edwards	72	38.40		
Ray Gilliland	74	40.28		
25 BREAST				
Ray Gilliland	74	22.26		
100 FREE				
Freddy Edwards	72	1:28.32		
50 BUTTERFLY				
Don Korten	70	40.15		
Thomas Bolenbaugh	70	40.46		
John Reese	72	43.10		

Monroe YMCA Pentathlon Masters Swim Meet, November 15, 1997

Men				
70-74 continued				
25 BACK				
Ray Gilliland	74	19.61		
200 FREE				
Freddy Edwards	72	3:24.65		
100 BREAST				
Ray Gilliland	74	1:57.97		
50 BACK				
Don Korten	70	43.02		
25 FLY				
John Reese	72	17.60		

Men				
75-79				
FREE 500				
Donald May	76	11:23.85		
100 BACK				
Donald May	76	2:38.89		
200 BACK				
Donald May	76	5:50.31		
100 FREE				
Donald May	76	1:58.11		
200 FREE				
Donald May	76	4:26.98		
100 BREAST				
Donald May	76	2:55.81		

Michigan Masters

01/27/1998 11:24P Pg 1

U of M Dead Weekend SC Masters Meet
Ann Arbor, Michigan January 18, 1998

Meet Results for Timed Finals-Yards

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Event 1 Mixed Senior 1000 Free

PL	Name	Age Team	Finals

--- Women Ages 19 Through 24 ---			
1	MURANY, JILL	24 MICH	11:56.78

--- Women Ages 25 Through 29 ---			
1	BLACKBURN, L.	27 MICH	12:26.11
2	HOFFER, L.	28 MICH	15:12.79

--- Women Ages 40 Through 44 ---			
1	BRICKNER, J.	41 MICH	16:41.76

--- Women Ages 45 Through 49 ---			
1	HIRR, PATRICE	48 MICH	15:54.23

--- Women Ages 50 Through 54 ---			
1	PARKS, J.	54 MICH	15:13.76
2	RAPP, F.	53 MICH	16:17.53

--- Women Ages 80 Through 84 ---			
1	FORSTER, M.	80 MICH	29:03.82

--- Men Ages 19 Through 24 ---			
1	LOARING, J.	20 MICH	10:40.63
2	WERING, JASON	23 MICH	11:44.95

--- Men Ages 30 Through 34 ---			
1	BERGER, A.	33 MICH	12:30.16
3	NORDLUND, E.	34 MICH	12:59.43

--- Men Ages 35 Through 39 ---			
1	CLORE, TIM	37 MICH	12:27.53
2	BEAGLE, JEFF	37 MICH	12:46.93
4	JOCKS, BRUCE	38 MICH	13:47.30

--- Men Ages 40 Through 44 ---			
1	HORWITZ, LOU	44 OHIO	13:42.54
2	STAUDACHER, D	44 MICH	13:46.14
3	GRUSKIN, MARK	43 MICH	15:10.51

--- Men Ages 45 Through 49 ---			
1	BRYAN, TODD	47 MICH	10:41.06
2	BROCKHAHN, L.	47 MICH	11:55.65
3	THOMPSON, F.	46 MICH	12:33.05

--- Men Ages 55 Through 59 ---			
1	STOVER, JOHN	56 MICH	1:16.16

--- Men Ages 55 Through 59 ---			
1	CHAFFEE, PAUL	55 MICH	14:15.45
2	PTASHNIK, B.	57 MICH	15:27.11

--- Men Ages 60 Through 64 ---			
1	MAAS, CHARLES	63 MICH	13:16.94

--- Men Ages 75 Through 79 ---			
1	MAY, DONALD	77 MICH	24:39.34

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Event 2 Mixed Senior 50 Breast

PL	Name	Age Team	Finals

--- Women Ages 19 Through 24 ---			
1	FELICIANO, M.	22 MICH	41.80
2	SOCZEK, S.	24 MICH	41.93
3	DELAY, A.	19 MICH	45.85

--- Women Ages 25 Through 29 ---			
1	MOODY, JULIE	28 MICH	34.05

--- Women Ages 30 Through 34 ---			
1	WAGENER, JONI	32 MICH	36.55

--- Women Ages 35 Through 39 ---			
1	SCHWARZ, MARY	39 MICH	41.41

--- Women Ages 40 Through 44 ---			
1	BROWN, NANCY	41 MICH	44.04
2	ALT, SUSAN	42 MICH	49.43

--- Women Ages 45 Through 49 ---			
1	DUMMER, GAIL	47 MICH	46.41

--- Women Ages 50 Through 54 ---			
1	BECKLEY, K.	50 MICH	53.16
-	HAWARDEN, F.	51 MICH	DQ

--- Women Ages 60 Through 64 ---			
1	MYERS, B.	62 MICH	43.30

--- Women Ages 70 Through 74 ---			
1	NOCHMAN, LOIS	73 MICH	53.31

--- Women Ages 75 Through 79 ---			
1	GLUSAC, EDITH	79 MICH	1:00.48

Michigan Masters

01/27/1998 11:24P Pg 2

- U of M Dead Weekend SC Masters Meet
Ann Arbor, Michigan January 18, 1998

Meet Results for Timed Finals-Yards

--- Women Ages 75 Through 79 ---			
1	GLUSAC, EDITH	79 MICH	1:00.48

--- Men Ages 19 Through 24 ---			
1	GALE, JON	23 MICH	32.89

--- Men Ages 25 Through 29 ---			
1	CICHELO, M.	29 MICH	30.48
2	DAWSON, IAN	29 MICH	33.22
3	KUCERA, SHAWN	25 MICH	35.72

--- Men Ages 30 Through 34 ---			
1	ARBOUR, S.	31 MICH	41.00

--- Men Ages 35 Through 39 ---			
1	KEITH, AJ	37 MICH	30.40
2	PETRUSKA, JIM	36 MICH	30.65
3	MELGAR, TOM	36 MICH	31.13
4	MAIR, STUART	37 MICH	31.98

--- Men Ages 40 Through 44 ---			
1	PARKER, RANDY	43 MICH	30.96
2	WILCOX, G.	41 MICH	33.96
3	WRIGHT, PAUL	43 MICH	35.21
4	MORRIS, C.	42 MICH	36.29
5	COSTELLO, J.	44 MICH	40.91

--- Men Ages 45 Through 49 ---			
1	WEBLEY, JAMES	45 MICH	34.48
2	MONTIE, ROB	49 MICH	37.22
3	CHANEY, R.	47 MICH	37.48

--- Men Ages 50 Through 54 ---			
1	MAHLER, JAY	50 MICH	33.06
2	DWYER, P.	50 GRIN	35.36
3	CLARKE, GREG	50 MICH	35.77
4	KROEGER, D.	54 MICH	35.93
5	RYNO, JAY	51 MICH	36.06
6	MOYER, THOMAS	50 MICH	39.84
7	CONSTANT, J.	52 MICH	45.11

--- Men Ages 55 Through 59 ---			
1	STOVER, JOHN	56 MICH	34.38
2	PTASHNIK, B.	57 MICH	36.46
3	JAMES, DENNIS	59 MICH	42.40

--- Men Ages 60 Through 64 ---			
1	ORR, ROBERT	61 MICH	46.26

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Event 3 Mixed Senior 100 Fly

PL	Name	Age Team	Finals

--- Women Ages 25 Through 29 ---			
1	WILLISTEN, B.	26 MICH	1:05.29

--- Women Ages 65 Through 69 ---			
1	WILLIAMS, M.	66 MICH	2:28.11

--- Women Ages 75 Through 79 ---			
1	GLUSAC, EDITH	79 MICH	2:52.52

--- Men Ages 19 Through 24 ---			
1	TRISTAN, JOE	22 MICH	53.69
2	HEDSTROM, S.	19 MICH	1:00.20
3	MULLIN, A.	24 MICH	1:05.25
4	SCHELTER, S.	24 MICH	1:11.39

--- Men Ages 30 Through 34 ---			
1	PECORA, J.	30 MICH	56.61
2	LYNCH, TOM	33 MICH	1:23.13

--- Men Ages 35 Through 39 ---			
1	GIJSBERG, TOM	35 MICH	1:05.62
2	FORT, ROBERT	39 MICH	1:07.17
3	MATHENY, S.	36 MICH	1:09.36

--- Men Ages 45 Through 49 ---			
1	KIMBALL, L.	47 MICH	1:06.58
2	HELTON, DAN	47 MICH	1:08.82
3	HANSEN, STEVE	46 MICH	1:08.94

--- Men Ages 50 Through 54 ---			
1	MOYER, THOMAS	50 MICH	1:35.82

--- Men Ages 55 Through 59 ---			
1	STOVER, JOHN	56 MICH	1:16.16

U of M Dead Weekend SC Masters Meet
Ann Arbor, Michigan January 18, 1998

Meet Results for Timed Finals-Yards

Event 4 Mixed Senior 200 IM

PL	Name	Age Team	Finals
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--- Women Ages 19 Through 24 ---

1	SALTON, D.	19 MICH	2:30.20
2	MURANY, JILL	24 MICH	2:32.53
3	FELICIANO, M.	22 MICH	3:02.99

--- Women Ages 30 Through 34 ---

1	HEWITT, DAWN	32 MICH	2:27.84
2	FUNK, ANDREA	34 MICH	2:39.34

--- Women Ages 35 Through 39 ---

1	GREY, NAN	36 MICH	2:36.38
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--- Women Ages 50 Through 54 ---

1	RAPP, F.	53 MICH	3:25.86
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--- Men Ages 19 Through 24 ---

1	GALE, JON	23 MICH	2:22.00
2	SCHELTER, S.	24 MICH	2:35.28
3	WERING, JASON	23 MICH	2:37.41
-	HEDSTROM, S.	19 MICH	DQ

--- Men Ages 25 Through 29 ---

1	SAMPSON, S.	28 MICH	2:23.99
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--- Men Ages 30 Through 34 ---

1	SCHARDT, T.	30 MICH	2:34.25
2	HARPER, ROGER	32 MICH	2:40.39

--- Men Ages 35 Through 39 ---

1	SCHULDINGER, J.	36 MICH	2:18.73
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--- Men Ages 40 Through 44 ---

1	SHEPHERD, D.	42 MICH	2:13.11
2	WILCOX, G.	41 MICH	2:27.97
3	MCINERNEY, M.	40 MICH	2:33.93

--- Men Ages 45 Through 49 ---

1	STEPPL, JIM	46 MICH	2:29.29
2	THOMPSON, F.	46 MICH	2:32.47
3	CHANEY, R.	47 MICH	2:37.21

--- Men Ages 50 Through 54 ---

1	KROEGER, D.	54 MICH	2:55.72
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--- Men Ages 55 Through 59 ---

1	RODDIN, HUGH	56 MICH	2:38.05
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--- Men Ages 65 Through 69 ---

1	MOSS, CHARLES	69 MICH	3:00.99
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Event 5 Mixed Senior 50 Free

PL	Name	Age Team	Finals
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--- Women Ages 19 Through 24 ---

1	SOCZEK, S.	24 MICH	32.52
-	HARRIS, KATHY	20 MICH	DQ

--- Women Ages 25 Through 29 ---

1	KENNY, ELLEN	26 MICH	27.58
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--- Women Ages 30 Through 34 ---

1	WAGENER, JONI	32 MICH	28.21
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--- Women Ages 35 Through 39 ---

1	SCHWARZ, MARY	39 MICH	31.96
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--- Women Ages 40 Through 44 ---

1	BROWN, NANCY	41 MICH	32.09
2	ALT, SUSAN	42 MICH	33.65
3	BRICKNER, J.	41 MICH	34.27

--- Women Ages 55 Through 59 ---

1	KOWALSKI, J.	55 MICH	35.03
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--- Women Ages 60 Through 64 ---

1	MYERS, B.	62 MICH	34.55
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--- Women Ages 65 Through 69 ---

1	WILLIAMS, M.	66 MICH	47.15
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--- Women Ages 80 Through 84 ---

1	FORSTER, M.	80 MICH	1:12.92
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--- Men Ages 19 Through 24 ---

1	MULLIN, A.	24 MICH	22.95
2	PERRY, DAVID	19 MICH	24.99
3	SCHULTZ, JAY	23 MICH	25.43
4	CLARIN, MATT	20 MICH	25.49
5	SCHELTER, S.	24 MICH	27.31
6	WERING, JASON	23 MICH	31.81
7	STERLIN, S.	19 MICH	33.31

U of M Dead Weekend SC Masters Meet
Ann Arbor, Michigan January 18, 1998

Meet Results for Timed Finals-Yards

--- Men Ages 25 Through 29 ---

1	JAMES, A.	28 MICH	23.03
2	CICHELLO, M.	29 MICH	24.10
3	KUCERA, SHAWN	25 MICH	25.45

--- Men Ages 30 Through 34 ---

1	BERGER, A.	33 MICH	24.20
2	ARBOUR, S.	31 MICH	30.94
6	NORDLUND, E.	34 MICH	25.22

--- Men Ages 35 Through 39 ---

1	KEITH, AJ	37 MICH	23.75
2	FORT, ROBERT	39 MICH	24.37
3	MELGAR, TOM	36 MICH	24.51
4	PETRUSKA, JIM	36 MICH	24.62
5	MAIR, STUART	37 MICH	24.78
7	MATHENY, S.	36 MICH	25.32
8	BAILEY, CHRIS	37 MICH	27.61
9	FRALEIGH, M.	39 MICH	38.11

--- Men Ages 40 Through 44 ---

1	SPOELMAN, B.	40 MICH	25.11
2	SIMON, PETER	40 MICH	25.48
3	SMITH, DAVE	43 MICH	26.43
4	KELLY, EJ	41 MICH	27.02
-	DEVERAUX, B.	40 MICH	DQ

--- Men Ages 45 Through 49 ---

1	WEBLEY, JAMES	45 MICH	25.31
2	REID, WILLIAM	47 MICH	26.03
3	KIMBALL, L.	47 MICH	26.32
4	RICHARDSON, J	49 MICH	31.43
5	HANSEN, STEVE	46 MICH	33.31

--- Men Ages 50 Through 54 ---

1	DWYER, P.	50 GRIN	25.74
2	CLARKE, GREG	50 MICH	26.74
3	SELIGSON, S.	50 MICH	28.72
4	BROWNE, KEN	52 MICH	32.80
5	CONSTANT, J.	52 MICH	36.24

--- Men Ages 55 Through 59 ---

1	CHAFFEE, PAUL	55 MICH	26.81
2	JAMES, DENNIS	59 MICH	30.23
3	JACOBS, DAVID	57 MICH	33.47

--- Men Ages 65 Through 69 ---

1	RIES, JOHN	66 MICH	28.53
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--- Men Ages 70 Through 74 ---

1	GOLDEN, R.	72 MICH	35.80
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--- Men Ages 75 Through 79 ---

1	FROST, ELMER	75 MICH	35.52
2	MAY, DONALD	77 MICH	45.68

Event 6 Mixed Senior 800 R-Free

PL	Name	Team	Finals
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--- Mixed Ages 25 Through 34 ---

-	MICH B X-25	MICH	9:05.19
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--- Mixed Ages 45 Through 54 ---

-	MICH P X-45	MICH	9:18.81
-	MICH R X-45	MICH	11:00.96

Event 7 Mixed Senior 200 Back

PL	Name	Age Team	Finals
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--- Women Ages 25 Through 29 ---

1	WILLISTEN, B.	26 MICH	2:27.30
2	BLACKBURN, L.	27 MICH	2:32.14

--- Women Ages 30 Through 34 ---

1	HEWITT, DAWN	32 MICH	2:20.33
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--- Women Ages 40 Through 44 ---

1	MILLER, CINDY	43 GRIN	3:39.23
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--- Women Ages 45 Through 49 ---

1	HIRR, PATRICE	48 MICH	3:07.21
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--- Women Ages 50 Through 54 ---

1	PARKS, J.	54 MICH	3:02.86
2	RAPP, F.	53 MICH	3:22.96

--- Men Ages 19 Through 24 ---

1	TRISTAN, JOE	22 MICH	1:58.53
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U of M Dead Weekend SC Masters Meet
Ann Arbor, Michigan January 18, 1998

Meet Results for Timed Finals-Yards

-- Men Ages 25 Through 29 ---
1 SAMPSON, SS. 28 MICH 2:18.12

-- Men Ages 3-0 Through 34 ---
1 COLTON, JEFF 33 MICH 2:09.75
2 LYNCH, TOM 33 MICH 3:05.53

-- Men Ages 3-5 Through 39 ---
1 CLORE, TIM 37 MICH 2:19.46

-- Men Ages 4-0 Through 44 ---
1 HORWITZ, LOU 44 OHIO 2:18.66
2 KELLY, E-J 41 MICH 2:42.17
3 STAUDACHER, D 44 MICH 2:43.95

-- Men Ages 4-5 Through 49 ---
1 MONTIE, ROB 49 MICH 2:38.53
2 CHANEY, R. 47 MICH 2:43.63

-- Men Ages 7-0 Through 74 ---
1 BIRCH, JAE 70 MICH 4:04.16

Event 8 Mixed Senior 100 IM

PL	Name	Age	Team	Finals
1	WEBBER, V.	23	MICH	1:11.65
2	SOCZEK, S.	24	MICH	1:26.35
3	DELAY, A.	19	MICH	1:32.65

-- Women Ages 2-5 Through 29 ---
1 MOODY, J ULIE 28 MICH 1:04.25
2 HOFFER, L. 28 MICH 1:20.70

-- Women Ages 3-0 Through 34 ---
1 WAGENER, J ON I 32 MICH 1:13.81

-- Women Ages 3-5 Through 39 ---
1 GREY, NALN 36 MICH 1:11.70

-- Women Ages 4-0 Through 44 ---
1 ALT, SUSAN 42 MICH 1:36.90
2 MILLER, CINDY 43 GRIN 1:39.30

--- Women Ages 45 Through 49 ---
1 DUMMER, GAIL 47 MICH 1:37.70

--- Women Ages 55 Through 59 ---
1 KOWALSKI, J. 55 MICH 1:34.99

--- Women Ages 70 Through 74 ---
1 NOCHMAN, LOIS 73 MICH 1:42.19

--- Women Ages 75 Through 79 ---
1 GLUSAC, EDITH 79 MICH 2:22.06

--- Men Ages 19 Through 24 ---
1 LOARING, J. 20 MICH 59.83
2 GALE, JON 23 MICH 1:04.36
3 SCHELTER, S. 24 MICH 1:08.29
4 LAI, REUBEN 19 MICH 1:13.72

--- Men Ages 25 Through 29 ---
1 JAMES, A. 28 MICH 1:03.70
2 DAWSON, IAN 29 MICH 1:07.64

--- Men Ages 30 Through 34 ---
1 PECORA, J. 30 MICH 58.68
2 DEMPSEY, M. 33 MICH 59.27
3 DISALLE, JOHN 33 MICH 1:01.26
4 HARPER, ROGER 32 MICH 1:07.41
5 SCHARDT, T. 30 MICH 1:07.88

--- Men Ages 35 Through 39 ---
1 MAIR, STUART 37 MICH 1:02.00
2 PETRUSKA, JIM 36 MICH 1:03.21
3 KEITH, AJ 37 MICH 1:04.89
4 BEAGLE, JEFF 37 MICH 1:22.00
GIJSBERG, TOM 35 MICH DQ

--- Men Ages 40 Through 44 ---
1 PARKER, RANDY 43 MICH 1:07.45
2 WILCOX, G. 41 MICH 1:07.55
3 MCINERNEY, M. 40 MICH 1:08.96
4 SMITH, DAVE 43 MICH 1:09.70
5 DEVERAUX, B. 40 MICH 1:15.11
6 COSTELLO, J. 44 MICH 1:23.22

--- Men Ages 45 Through 49 ---
1 STEFFL, JIM 46 MICH 1:07.11
2 HELTON, DAN 47 MICH 1:08.93

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--- Men Ages 50 Through 54 ---
1 RYNO, JAY 51 MICH 1:11.52
2 DWYER, P. 50 GRIN 1:12.88
3 MAHLER, JAY 50 MICH 1:14.53
4 KROEGER, D. 54 MICH 1:17.65
5 SELIGSON, S. 50 MICH 1:21.58

--- Men Ages 55 Through 59 ---
PTASHNIK, B. 57 MICH DQ

--- Men Ages 60 Through 64 ---
1 MAAS, CHARLES 63 MICH 1:19.52
2 ORR, ROBERT 61 MICH 1:44.30

--- Men Ages 65 Through 69 ---
1 MOSS, CHARLES 69 MICH 1:19.82

Event 9 Mixed Senior 200 Breast

PL	Name	Age	Team	Finals
1	WILLISTEN, B.	26	MICH	2:41.04
1	SCHWARZ, MARY	39	MICH	3:26.76

--- Women Ages 40 Through 44 ---
1 MILLER, CINDY 43 GRIN 3:29.72

--- Women Ages 50 Through 54 ---
1 BECKLEY, K. 50 MICH 4:24.96

--- Women Ages 60 Through 64 ---
1 MYERS, B. 62 MICH 3:20.89

--- Men Ages 19 Through 24 ---
1 HEDSTROM, S. 19 MICH 2:36.18

--- Men Ages 30 Through 34 ---
1 COLTON, JEFF 33 MICH 2:34.75
2 LYNCH, TOM 33 MICH 2:52.40

--- Men Ages 40 Through 44 ---
1 WILCOX, G. 41 MICH 2:39.51
2 WRIGHT, PAUL 43 MICH 2:51.62
3 MORRIS, C. 42 MICH 2:51.79
4 HEMENWAY, P. 41 MICH 3:24.10

--- Men Ages 45 Through 49 ---
1 HANSEN, STEVE 46 MICH 2:43.8
2 WEBLEY, JAMES 45 MICH 2:48.8

--- Men Ages 50 Through 54 ---
1 MAHLER, JAY 50 MICH 2:49.5
2 MOYER, THOMAS 50 MICH 3:19.0

--- Men Ages 55 Through 59 ---
1 STOVER, JOHN 56 MICH 2:53.8

--- Men Ages 65 Through 69 ---
1 RIES, JOHN 66 MICH 3:17.0

--- Men Ages 70 Through 74 ---
1 BIRCH, JAE 70 MICH 4:54.4

Event 10 Mixed Senior 100 Free

PL	Name	Age	Team	Final
1	WEBBER, V.	23	MICH	1:04.7
2	FELICIANO, M.	22	MICH	1:10.2
3	SOCZEK, S.	24	MICH	1:16.4

--- Women Ages 25 Through 29 ---
1 KENNY, ELLEN 26 MICH 1:00.5
2 BLACKBURN, L. 27 MICH 1:02.1

--- Women Ages 30 Through 34 ---
1 HEWITT, DAWN 32 MICH 59.3
2 FUNK, ANDREA 34 MICH 1:04.4
3 WAGENER, JONI 32 MICH 1:06.4

--- Women Ages 40 Through 44 ---
1 BRICKNER, J. 41 MICH 1:16.1
2 ALT, SUSAN 42 MICH 1:17.8

--- Women Ages 50 Through 54 ---
1 RAPP, F. 53 MICH 1:20.3

--- Women Ages 55 Through 59 ---
1 KOWALSKI, J. 55 MICH 1:22.5

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-- Women Ages 65 Through 69 ---
1 WILLIAMS, M. 66 MICH 1:51.63

-- Women Ages 80 Through 84 ---
1 FORSTER, M. 80 MICH 2:43.88

-- Men Ages 19 Through 24 ---
1 TRISTAN, JOE 22 MICH 49.06
2 LOARING, J. 20 MICH 51.75
3 MULLIN, A. 24 MICH 52.72
4 PERRY, DAVID 19 MICH 55.13
5 CLARIN, MATT 20 MICH 55.80
6 SCHELTER, S. 24 MICH 1:01.79
7 STERLIN, S. 19 MICH 1:19.23

-- Men Ages 25 Through 29 ---
1 CICHELO, M. 29 MICH 54.47
2 SAMPSON, S. 28 MICH 56.85
3 KUCERA, SHAWN 25 MICH 59.73

-- Men Ages 35 Through 39 ---
1 SCHULDINGER, 36 MICH 53.57
2 PETRUSKA, JIM 36 MICH 54.76
3 MATHENY, S. 36 MICH 57.15
4 FORT, ROBERT 39 MICH 57.61
5 BAILEY, CHRIS 37 MICH 1:00.41
6 FRALEIGH, M. 39 MICH 1:27.25

-- Men Ages 40 Through 44 ---
1 SPOELMAN, B. 40 MICH 56.24
2 MCINERNEY, M. 40 MICH 58.05
3 SIMON, PETER 40 MICH 58.78
4 SMITH, DAVE 43 MICH 59.95
5 KELLY, EJ 41 MICH 1:02.29
6 COSTELLO, J. 44 MICH 1:12.78

-- Men Ages 45 Through 49 ---
1 BRYAN, TODD 47 MICH 56.26
2 REID, WILLIAM 47 MICH 56.91

-- Men Ages 50 Through 54 ---
1 CLARKE, GREG 50 MICH 59.92
2 DWYER, P. 50 GRIN 1:00.49
3 SELIGSON, S. 50 MICH 1:06.47
4 CONSTANT, J. 52 MICH 1:25.11
5 BROWNE, KEN 52 MICH 1:20.62

-- Men Ages 55 Through 59 ---
1 CHAFFEE, PAUL 55 MICH 59.83
2 JAMES, DENNIS 59 MICH 1:08.86
3 JACOBS, DAVID 57 MICH 1:14.94

-- Men Ages 70 Through 74 ---
1 GOLDEN, R. 72 MICH 1:39.98

-- Men Ages 75 Through 79 ---
1 FROST, ELMER 75 MICH 1:29.09
2 MAY, DONALD 77 MICH 1:55.08

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Event 11 Mixed Senior 200 Fly

PL	Name	Age Team	Finals
---	Men Ages 30 Through 34 ---		
1	LYNCH, TOM	33 MICH	3:24.43
-	COLTON, JEFF	33 MICH	DQ
-	PECORA, J.	30 MICH	DQ

-- Men Ages 35 Through 39 ---
1 MELGAR, TOM 36 MICH 2:37.61

-- Men Ages 40 Through 44 ---
1 SHEPHERD, D. 42 MICH 2:10.46

-- Men Ages 45 Through 49 ---
1 HANSEN, STEVE 46 MICH 2:43.82

-- Men Ages 55 Through 59 ---
1 RODDIN, HUGH 56 MICH 2:33.41
2 STOVER, JOHN 56 MICH 2:59.85

-- Men Ages 70 Through 74 ---
1 BIRCH, JAE 70 MICH 4:49.01

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Event 12 Mixed Senior 200 R-Medley

PL	Name	Team	Finals
---	Mixed Ages 19 Through 24 ---		
-	SOS A X-19	SOS	1:45.74
-	MICH B X-19	MICH	1:57.12
-	WMU X-19	WMU	2:13.07
-	DRY A X-19	DRY	2:15.80
-	WIND X-19	WIND	DQ

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Meet Results for Timed Finals-Yards

-- Mixed Ages 25 Through 34 ---
- GREY X-25 GREY 1:58.47
- MICH A X-25 MICH 2:19.26

-- Mixed Ages 35 Through 44 ---
- JAX X-35 JAX 2:08.20
- MICH B X-35 MICH 2:25.44

-- Mixed Ages 45 Through 54 ---
- LAFS X-45 LAFS 2:01.58

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Event 13 Mixed Senior 500 Free

PL	Name	Age Team	Finals
---	Women Ages 25 Through 29 ---		
1	KENNY, ELLEN	26 MICH	6:00.25
2	HOFFER, L.	28 MICH	7:13.88

-- Women Ages 30 Through 34 ---
1 FUNK, ANDREA 34 MICH 6:10.41

-- Women Ages 40 Through 44 ---
1 ALT, SUSAN 42 MICH 8:22.88

-- Women Ages 45 Through 49 ---
1 HIRR, PATRICE 48 MICH 7:41.46

-- Women Ages 50 Through 54 ---
1 PARKS, J. 54 MICH 7:34.60
2 RAPP, F. 53 MICH 7:55.90
3 HAWARDEN, F. 51 MICH 10:56.25

-- Women Ages 70 Through 74 ---
1 NOCHMAN, LOIS 73 MICH 8:54.94

-- Women Ages 80 Through 84 ---
1 FORSTER, M. 80 MICH 14:41.31

-- Men Ages 19 Through 24 ---
1 LOARING, J. 20 MICH 5:13.75
2 WERING, JASON 23 MICH 5:46.85
3 CLARIN, MATT 20 MICH 5:51.93

-- Men Ages 30 Through 34 ---
1 BERGER, A. 33 MICH 5:53.97
2 SCHARDT, T. 30 MICH 5:56.41

-- Men Ages 35 Through 39 ---
1 BEAGLE, JEFF 37 MICH 6:18.30
2 BAILEY, CHRIS 37 MICH 6:44.61

-- Men Ages 40 Through 44 ---
1 SHEPHERD, D. 42 MICH 5:10.52
2 DEVERAEUX, B. 40 MICH 6:23.99
3 MASTENBROOK, 41 MICH 6:24.27
4 STAUDACHER, D 44 MICH 6:46.84

-- Men Ages 45 Through 49 ---
1 BRYAN, TODD 47 MICH 5:14.15
2 REID, WILLIAM 47 MICH 5:41.07
3 BROCKHAHN, L. 47 MICH 5:53.40

-- Men Ages 50 Through 54 ---
1 KROEGER, D. 54 MICH 6:30.81
2 MOYER, THOMAS 50 MICH 6:32.62

-- Men Ages 55 Through 59 ---
1 JACOBS, DAVID 57 MICH 7:55.22

-- Men Ages 60 Through 64 ---
1 MAAS, CHARLES 63 MICH 6:59.79
2 ORR, ROBERT 61 MICH 10:54.03

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Event 14 Mixed Senior 50 Back

PL	Name	Age Team	Finals
---	Women Ages 19 Through 24 ---		
1	WEBBER, V.	23 MICH	34.41
2	HARRIS, KATHY	20 MICH	35.22

-- Women Ages 25 Through 29 ---
1 MOODY, JULIE 28 MICH 29.49
2 BLACKBURN, L. 27 MICH 33.31

-- Women Ages 35 Through 39 ---
1 JOCKS, LAUREN 39 MICH 38.97

-- Women Ages 60 Through 64 ---
1 MYERS, B. 62 MICH 41.49

-- Men Ages 19 Through 24 ---
1 LAI, REUBEN 19 MICH 34.36

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Meet Results for Timed Finals-Yards

-- Men Ages 25 Through 29 ---
1 SAMPSON, S. 28 MICH 28.18
2 DAWSON, IAN 29 MICH 33.41

-- Men Ages 30 Through 34 ---
1 ARBOUR, S. 31 MICH 1:06.88

-- Men Ages 35 Through 39 ---
1 MELGAR, TOM 36 MICH 30.74

-- Men Ages 40 Through 44 ---
1 HORWITZ, LOU 44 OHIO 29.31
2 KELLY, EJ 41 MICH 33.60

-- Men Ages 45 Through 49 ---
1 HELTON, DAN 47 MICH 30.80
2 CHANEY, R. 47 MICH 32.05
3 MONTIE, ROB 49 MICH 32.75

-- Men Ages 65 Through 69 ---
1 WEDDELL, R. 67 MICH 35.56

-- Men Ages 75 Through 79 ---
1 FROST, ELMER 75 MICH 40.42

Event 15 Mixed Senior 100 Breast

PL Name Age Team Finals

-- Women Ages 19 Through 24 ---
1 SALTON, D. 19 MICH 1:20.11

-- Women Ages 25 Through 29 ---
1 MOODY, JULIE 28 MICH 1:15.61

-- Women Ages 30 Through 34 ---
1 WAGENER, JONI 32 MICH 1:23.99
2 FUNK, ANDREA 34 MICH 1:26.53

-- Women Ages 35 Through 39 ---
1 SCHWARZ, MARY 39 MICH 1:35.45

-- Women Ages 40 Through 44 ---
1 MILLER, CINDY 43 GRIN 1:40.41

-- Women Ages 50 Through 54 ---
1 BECKLEY, K. 50 MICH 2:02.31

-- Women Ages 75 Through 79 ---
1 GLUSAC, EDITH 79 MICH 2:17.14

-- Men Ages 19 Through 24 ---
1 HEDSTROM, S. 19 MICH 1:09.97
2 GALE, JON 23 MICH 1:12.25

-- Men Ages 25 Through 29 ---
1 CICHELO, M. 29 MICH 1:06.40
2 JAMES, A. 28 MICH 1:07.31

-- Men Ages 30 Through 34 ---
1 HARPER, ROGER 32 MICH 1:13.50

-- Men Ages 35 Through 39 ---
1 PETRUSKA, JIM 36 MICH 1:08.76
2 SCHULDINGER, 36 MICH 1:16.05

-- Men Ages 40 Through 44 ---
1 PARKER, RANDY 43 MICH 1:08.34
2 WRIGHT, PAUL 43 MICH 1:13.24
3 MORRIS, C. 42 MICH 1:18.44

-- Men Ages 45 Through 49 ---
1 HANSEN, STEVE 46 MICH 1:13.15

-- Men Ages 50 Through 54 ---
1 MAHLER, JAY 50 MICH 1:16.04
2 RYNO, JAY 51 MICH 1:19.10
3 CLARKE, GREG 50 MICH 1:20.29
4 WEHR, JOHN 51 MICH 1:24.96
5 CONSTANT, J. 52 MICH 1:41.87

-- Men Ages 55 Through 59 ---
1 PTASHNIK, B. 57 MICH 1:24.00
2 JAMES, DENNIS 59 MICH 1:33.85

-- Men Ages 75 Through 79 ---
1 MAY, DONALD 77 MICH 2:41.73

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Meet Results for Timed Finals-Yards

Event 16 Mixed Senior 50 Fly

PL Name Age Team Finals

-- Women Ages 19 Through 24 ---
1 WEBBER, V. 23 MICH 32.01
2 SOCZEK, S. 24 MICH 37.51

-- Women Ages 70 Through 74 ---
1 NOCHMAN, LOIS 73 MICH 45.45

-- Men Ages 19 Through 24 ---
1 TRISTAN, JOE 22 MICH 24.62
2 SCHULTZ, JAY 23 MICH 28.57
3 CLARIN, MATT 20 MICH 32.09
4 STERLIN, S. 19 MICH 37.58

-- Men Ages 25 Through 29 ---
1 KUCERA, SHAWN 25 MICH 29.42
2 DAWSON, IAN 29 MICH 29.61

-- Men Ages 35 Through 39 ---
1 FORT, ROBERT 39 MICH 26.24
2 KEITH, AJ 37 MICH 27.08
3 KEELER, G. 39 MICH 29.27
4 BAILEY, CHRIS 37 MICH 32.76

-- Men Ages 40 Through 44 ---
1 PARKER, RANDY 43 MICH 29.28
2 SMITH, DAVE 43 MICH 29.67
3 SPOELMAN, B. 40 MICH 29.96
4 SIMON, PETER 40 MICH 30.60
5 DEVERAEUX, B. 40 MICH 36.80

-- Men Ages 45 Through 49 ---
1 STEFFL, JIM 46 MICH 27.21
2 KIMBALL, L. 47 MICH 27.76

-- Men Ages 50 Through 54 ---
1 KROEGER, D. 54 MICH 38.74
2 MOYER, THOMAS 50 MICH 39.85

-- Men Ages 55 Through 59 ---
1 JACOBS, DAVID 57 MICH 40.86

-- Men Ages 60 Through 64 ---
1 MAAS, CHARLES 63 MICH 35.69
2 ORR, ROBERT 61 MICH 48.34

-- Men Ages 65 Through 69 ---
1 RIES, JOHN 66 MICH 34.61

Event 17 Mixed Senior 200 Free

PL Name Age Team Finals

-- Women Ages 19 Through 24 ---
1 FELICIANO, M. 22 MICH 2:41.10

-- Women Ages 25 Through 29 ---
1 KENNY, ELLEN 26 MICH 2:10.50
2 BLACKBURN, L. 27 MICH 2:17.01

-- Women Ages 35 Through 39 ---
1 GREY, NAN 36 MICH 2:25.77
2 SCHWARZ, MARY 39 MICH 2:46.52

-- Women Ages 40 Through 44 ---
1 MILLER, CINDY 43 GRIN 3:02.36

-- Women Ages 45 Through 49 ---
1 HIRR, PATRICE 48 MICH 2:53.89

-- Women Ages 50 Through 54 ---
1 HAWARDEN, F. 51 MICH 3:29.11

-- Women Ages 55 Through 59 ---
1 KOWALSKI, J. 55 MICH 3:12.12

-- Women Ages 60 Through 64 ---
1 MYERS, B. 62 MICH 2:50.50

-- Women Ages 65 Through 69 ---
1 WILLIAMS, M. 66 MICH 4:13.40

-- Women Ages 80 Through 84 ---
1 FORSTER, M. 80 MICH 5:48.07

-- Men Ages 19 Through 24 ---
1 TRISTAN, JOE 22 MICH 1:51.04
2 PERRY, DAVID 19 MICH 2:09.49
3 MULLIN, A. 24 MICH 2:11.69
4 WERING, JASON 23 MICH 2:12.64

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Meet Results for Timed Finals-Yards

-- Men Ages 25 Through 29 ---
1 DAWSON, IAN 29 MICH 2:16.52

-- Men Ages 30 Through 34 ---
1 BERGER, A. 33 MICH 2:05.52
2 SCHARDT, T. 30 MICH 2:08.18
3 HARPER, ROGER 32 MICH 2:44.45

-- Men Ages 35 Through 39 ---
1 BEAGLE, JEFF 37 MICH 2:20.66
2 FRALEIGH, M. 39 MICH 3:26.27

-- Men Ages 40 Through 44 ---
1 SPOELMAN, B. 40 MICH 2:12.30
2 HEMENWAY, P. 41 MICH 2:44.68

-- Men Ages 45 Through 49 ---
1 BRYAN, TODD 47 MICH 2:01.11
2 REID, WILLIAM 47 MICH 2:03.92
3 BROCKHAHN, L. 47 MICH 2:14.62

-- Men Ages 55 Through 59 ---
1 CHAFFEE, PAUL 55 MICH 2:21.82
2 JAMES, DENNIS 59 MICH 2:50.44
3 JACOBS, DAVID 57 MICH 2:59.80

-- Men Ages 70 Through 74 ---
1 BIRCH, JAE 70 MICH 3:37.55

-- Men Ages 75 Through 79 ---
1 FROST, ELMER 75 MICH 4:22.46

Event 18 Mixed Senior 400 R-Free

PL	Name	Team	Finals
---	Mixed Ages 19 Through 24 ---		
-	WIND X-19	WIND	4:06.72

Event 18B Mixed Senior 400 R-Medley

PL	Name	Team	Finals
---	Mixed Ages 45 Through 54 ---		
-	LAFS X-45	LAFS	4:42.29
-	MICH A X-45	MICH	5:47.36

Event 19 Mixed Senior 100 Back

PL	Name	Age	Team	Finals
---	Women Ages 25 Through 29 ---			
1	MOODY, JULIE	28	MICH	1:03.06

---	Women Ages 30 Through 34 ---			
1	FUNK, ANDREA	34	MICH	1:15.15

---	Women Ages 75 Through 79 ---			
1	GLUSAC, EDITH	79	MICH	2:12.63

---	Men Ages 19 Through 24 ---			
1	SCHULTZ, JAY	23	MICH	1:14.62
2	LAI, REUBEN	19	MICH	1:16.86

---	Men Ages 35 Through 39 ---			
1	CLORE, TIM	37	MICH	1:05.56

---	Men Ages 40 Through 44 ---			
1	KELLY, EJ	41	MICH	1:13.58
2	STAUDACHER, D	44	MICH	1:16.92

---	Men Ages 45 Through 49 ---			
1	CHANEY, R.	47	MICH	1:11.48

---	Men Ages 65 Through 69 ---			
1	WEDDELL, R.	67	MICH	1:20.78

---	Men Ages 75 Through 79 ---			
1	MAY, DONALD	77	MICH	2:29.96

Event 20 Mixed Senior 400 IM

PL	Name	Age	Team	Finals
---	Women Ages 19 Through 24 ---			
1	SALTON, D.	19	MICH	5:36.53
2	WEBBER, V.	23	MICH	5:59.10

---	Women Ages 25 Through 29 ---			
1	WILLISTEN, B.	26	MICH	5:06.76

---	Men Ages 30 Through 34 ---			
1	HARPER, ROGER	32	MICH	5:03.36
2	SCHARDT, T.	30	MICH	6:03.03

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--- Men Ages 35 Through 39 ---
1 SCHULDINGER, 36 MICH 4:49.05
2 MAIR, STUART 37 MICH 4:59.00
3 MELGAR, TOM 36 MICH 5:25.23

--- Men Ages 40 Through 44 ---
1 SHEPHERD, D. 42 MICH 4:47.03
2 STAUDACHER, D 44 MICH 6:00.54

--- Men Ages 65 Through 69 ---
1 MOSS, CHARLES 69 MICH 6:34.08

--- Men Ages 70 Through 74 ---
1 BIRCH, JAE 70 MICH 9:09.29

Event 21 Mixed Senior 200 R-Free

PL	Name	Team	Finals
---	Mixed Ages 19 Through 24 ---		
-	WMU X-19	WMU	1:43.66

---	Mixed Ages 25 Through 34 ---		
-	SOS X-25	SOS	1:40.19

---	Mixed Ages 35 Through 44 ---		
-	LAFS X-35	LAFS	1:48.24
-	MICH A X-35	MICH	1:50.41
-	JAX X-35	JAX	2:00.10

Event 22 Mixed Senior 1650 Free

PL	Name	Age	Team	Finals
---	Women Ages 65 Through 69 ---			
1	WILLIAMS, M.	66	MICH	38:46.06

---	Men Ages 30 Through 34 ---			
1	COLTON, JEFF	33	MICH	20:36.21
2	BERGER, A.	33	MICH	20:59.08

---	Men Ages 35 Through 39 ---			
1	BEAGLE, JEFF	37	MICH	21:34.82

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Stuffed Nose?

Protect your sinuses when swimming. "Chlorinated water irritates the mucous membranes, and avid swimmers often have chronic sinus problems," says Dr. Stankiewicz. Use a nose clip when swimming and rinse your sinuses with saline as soon as possible after swimming. Saline restores the natural balance in the mucous membranes. One cup warm water with 1/2 t. salt and a pinch of baking soda. Use a spray bottle & repeat 3 or 4 times daily until the infection is gone.