

# The Wave Eater

Volume 7, Issue 1

**MICHIGAN MASTERS SWIMMING**

March 1, 1999

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## **Oakland University Hosts 27th Annual Michigan Masters Swimming State Meet**

**T**his year marks the 27th Annual Michigan Masters Swimming State Championships hosted this occasion at the newly constructed Student Recreation and Athletic Center, Oakland University, Rochester, Michigan.

The South Oakland Seals

Masters Swim Team and Oakland University, as host committees, look forward to an exciting and well organized weekend April 9-11, 1999. Expected turnout may reach 400 swimmers and prove to be a new record for attendance. Complete Meet Flyer and further details are enclosed in this newsletter.

## **President's Corner**

By Donald J. Kroeger

**I**t's hard to believe, but another year has begun. I would like to thank all the willing and unwilling volunteers for their time spent last year to make our LMSC a successful organization. It could not have happened without their support.

Again this year we have a full schedule. The Winter schedule started in Ann Arbor on January 17th and will end April 11th at Oakland University, the site of our 27th Annual State Meet and Annual Meeting.

This year's Annual Meeting will have a number of rule changes to our by-laws for us to discuss and vote on, along with the election of a new President-Elect and LMSC Officers. Please remember, we are always looking for people with fresh ideas and a willingness to contribute to the organization.

**F**inally, stay fit and healthy and I hope to see you at one of our winter meets.



**27th Annual**

**1999**

**MICHIGAN  
MASTERS SWIMMING**

**State Championships**

**April 9 through 11  
Oakland University  
Rochester, Michigan**



# 1998 International Paralympic Committee's (IPC) World Swimming Championships

By Cheryl Angelelli

**O**n October 5, 1998, myself and 29 other swimmers from all over the United States embarked on a 10-day journey that took them half way around the world and forever changed many of their lives. After more than 30 hours of traveling, the team and coaching staff arrived safely in Christchurch, New Zealand for the start of the 1998 International Paralympic Committee's (IPC) World Swimming Championships.

This would be the youngest swim team the United States had ever sent to a world championships, leaving some to question how this group of inexperienced rookies (myself included) would perform and cope under the pressures of international competition.

The team had been selected in June at the 1998 USA Swimming Disability Championships held at the University of Minnesota. Based on their performances at this meet, the top thirty swimmers in the country with the highest world ranking were selected to the United States National Team. Also representing the Great Lake State on the National Team was Jason Wening of Ann Arbor and Assistant Coach, Gail Dummer of Lansing.

The week prior to the competition the team spent time practicing, making new friends, taking in the sites and sampling the exotic cuisine of New Zealand. The Games were officially declared open on October 11, during an opening ceremony celebration. Over 500 swimmers from 54

countries marched through the streets of Christchurch to Victoria Square amphitheatres where the teams were welcomed by several New Zealand dignitaries and IPC president Robert Steadward.

During the next six days over 70 world records would be shattered and 40 new American records set.

Jason Wening, a 1996 Paralympic medallist, won a gold medal in the 400 free in New Zealand, dropping .5 seconds off his own world record. According to Jason, this race was one of the most satisfying victories of his career. He also swam the 1500 meter free, and placed eighth in the 100 meter freestyle. In addition, the men's 4x100 free relay he swam on placed sixth.

My first international experience was not what I had hoped for. I swam the 50 meter freestyle, adding a second to my personal best time and placing tenth. I also swam the 100 meter freestyle and despite the 11 seconds I dropped off my personal best time the week prior to the competition, I only managed to shave two seconds off come race time and I came in 11<sup>th</sup> place. When the starter's final whistle blew, the United States, however, finished a respectable eighth in the medal standings, capturing 7 gold, 11 silver and 8 bronze medals.

When the team arrived in New Zealand they were 30 strangers. Some left as medallists, some new world and American record holders, but all of us left as team-

mates and friends who shared experiences and memories we will never forget.

For myself, the meet was extremely emotional. At the core of that emotion was the memory of my former life. Growing up I had been a competitive swimmer, however, my swimming career was cut short even before it began. Sixteen years ago when I was a teenager, my coach had us doing a new racing dive off the starting blocks and I piked to high and broke my neck when my head hit the bottom of the pool. The accident left me a quadriplegic. I had not even thought about swimming competitively again until a year ago, and then to find myself back in the sport, earning a spot on the national team and competing against the best swimmers in the world—well it was a little overwhelming to say the least.

Even though I have been a free lance journalist for several years, no words committed to paper would ever be able to describe how much being a part of this team and competing in New Zealand has meant to me.

On more than one occasion during the last two weeks, I had tears in my eyes and my chest swelled with pride: when I marched in the opening ceremonies parade; rooted for my teammates; put on my blue suit and cap crested with the American flag; watched the medal ceremonies, and sang the national anthem.

Personally, I did not meet my best times or expectations in New Zealand, but not everyone can

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## 1998 International Paralympic Committee's (IPC) World Swimming Championships

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make finals or win a medal. But then again, as coach Mark Maxwell reminded us, not everyone earned a spot on this team either. No one will ever be able to take that honor away from me, and for as long as I live I will be

able to tell people I got a chance to represent my country and be a part of something really great.

This was my first international meet and I have only been training seriously since I was named to the team in June. If the meet has taught me anything, it is that I need to work hard to achieve my goals.

During the final days of the competition, I took a picture of the women's S5 100m free medal ceremony, which is the classification I compete in. I did not know any of the women personally, instead I took the picture because I plan to put it on my office

wall to remind myself why I go to the pool everyday -- so that one day I might be able to stand on that podium. And I know it is not a dream I share alone.

For a complete meet results including photos of the medal ceremonies and opening ceremony parade, visit the IPC World Swimming Championships website at: [www.eventnz.co.nz/swim98/news/index.html](http://www.eventnz.co.nz/swim98/news/index.html) or the Adapted Swimming website at:

[www.usswim.org/adapted/index.html](http://www.usswim.org/adapted/index.html)

*Cheryl Angelelli is from Roseville, MI. She was a competitive swimmer growing up until she broke her neck learning a new racing dive as a teenager. Cheryl just returned to swimming last year after being away from the sport for 16 years. This was her first international competition. In addition, Cheryl works as a media relations specialist, model and a free-lance writer. Cheryl plays quad rugby and wheelchair tennis.*

### Stress Management: Part of Fitness

By Jennifer Parks

**M**ore than twenty-five years ago at the World Swim Clinic in Montreal, I listened to Hans Selye, who did much research on the modern concept and impact of stress. Since then, there has been much more research on stress, particularly looking at the impact of stress on the immune system.

Most of us who are Masters swimmers know that swimming, primarily longer distances over a period of 30-40 minutes, can trigger endorphins in the brain that can modify the stress response. Our bodies have the "flight or fight" physiology built into it; our blood pressure rises, heart rate increases, palms sweat, and our bodies accumulate, especially during chronic stress, substances that can make us susceptible to illness. What triggers each of our reactions differs, depending on our individual perceptions. Can we

change our reaction/response to perceived stressors? Yes! That boss who always pushes our buttons...can we learn to respond differently to her/his perceived threats? Yes! Can we change some patterns in our life that can modify our stress response? Yes! Are these changes easy or hard? Yes!

First of all, keep swimming, running, biking, doing any aerobic activity you like. The rhythmic, continual movement kicks in those good hormones. The next and often most simple thing we can do is to be aware when, who, why, what makes us stressed. When we can't remove ourselves from a situation/person, we can take three deep breaths before we respond; really deep, diaphragmatic (belly) breathing can bring oxygen to us and give time (a breather) to think rather than "fight" or take flight. We can also work on time management. Too much free time can be as stressful as having too little time. Being assertive about our needs and wants can help many of us not to bottle up those feelings of being used or not thanked. Getting quality rest is a way to offset the effects of stress; power naps can replenish our energy. Using the wrong fuel can make a car run poorly; the same is true with us. We need to feed and hydrate our bodies and our brains for optimal performance, and we need to feed our spirits/souls with beauty, love, challenge, quiet, whatever enhances and enriches our lives, daily.

And speaking of today, much stress is perpetuated by looking backwards at what we coulda', woulda', shoulda' done or anticipating the future as to what might happen. Mark Twain said that 90 percent of the things he worried about never came true. We spend

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***"Some left as medallists, some new world and American record holders, but all of us left as teammates and friends who shared experiences and memories we will never forget."***



## Stress Management: Part of Fitness

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a great deal of time worrying (though planning is good) about what can possibly go wrong. We all need to spend much more time living in the present. "Mindfulness" is paying attention to what we're doing at the moment... savoring it, living in it, whether it's swimming 99x50s, or lifting 5lb. weights or our children/grandchildren, eating beautiful green broccoli, paying bills, struggling with grief, illness. No matter how difficult, the present can be a gift that we can learn from, not a thing to be feared or run from. Listening to and helping each other can help nullify that old fight or flight reaction. Walking and meditating and/or praying can free us from the stress of everyday struggles, too.

These are just a few stress management concepts. There are many other ways to deal positively with stress. Being able to manage stress in our lives can help us live more fully and thus allow us to be fit as we can be. Just try one idea, even if it's just deep breathing at times of stress or getting to bed 15 minutes earlier or being aware of your anger, and see if you feel more in control, and calmer. Good health, fitness and wellness to you.

P.S. I expect to see a lot of laid back, less stressed Masters swimmers at the next meet, being mindful, even during your toughest event! Yoga, Tai Chi, massage, aromatherapy (e.g. good smelling hot baths) can also modify the stress response.



## Finding Comfort with Healing Foods

*Alternatives exist that will nourish both body and soul*

By Kristin Fusco, MA

**T**here is nothing like nourishing ourselves through foods that bring comfort, warmth and satisfaction. This is why it can be challenging to find foods that are going to leave us feeling spiritually, emotionally and physically fulfilled. If we eat for emotional comfort, (like many of us do), leaving out physical comfort - foods to enhance peak mental and physical performance - we are left feeling empty or weighed down. The more we can feed our body, mind and spirit through food, the more we will feel our vitality, strength and power.

I believe that while it is very important not to be too restrictive with our food, it can be helpful to use more whole foods that contribute to health and immune building. I am a big believer in gradually and comfortably moving towards a healthy diet and lifestyle. Keep this list and take what you can from it now. Refer back to it from time to time and see what you want to implement next.

### White flour in breads

White flour robs our body of the nutrients, wreaks havoc on our blood sugar, and sets us up for sugar cravings.

- The labeling of breads is sneaky! Make sure the package says "whole". Look at the ingredients. If, for example, whole wheat is not in the ingredients of your wheat bread, then it is NOT whole wheat bread!
- Rule of thumb: if the loaf is heavy, it is whole, if it is light, it is refined.

### White Flour in Pastas

Pastas are also very tricky. Even the fancy gourmet pastas are refined with white flour. Here are some comforting alternatives!

- Soba noodles are Japanese noodles made with buckwheat flour containing lots of fiber and B vitamins.
- Rice noodles are similar to vermicelli noodles.
- Whole-wheat pasta.
- Spaghetti squash! It has a mild flavor that will not compete with the flavor of your favorite pasta sauce, and you will be adding more vegetables to your plate!

### White Sugar and Artificial Sweeteners

Sugar does many things to compromise our health. Just to name a few, sugar can cause migraine headaches, can interfere with the absorption of proteins, calcium and magnesium, can cause food allergies, suppresses the immune system and leads to chromium deficiency (a mineral shown to be low in diabetics). So you may think that consuming artificial sweeteners is a safe alternative. **WRONG!**

"Sugar free" labels are usually loaded with artificial sweeteners. These have been shown to cause carbohydrate cravings, weight gain, depression, headaches, dizziness, fatigue, irritability, insomnia, slurred speech, panic attacks, insomnia and joint pain (sheesh!). Artificial sweeteners are aspartame, nutri-sweet, equal, etc. Some wonderful ways to transition away from white sugar

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## ***Finding Comfort with Healing Foods***

*Alternatives exist that will nourish both body and soul*

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and artificial sweeteners are:

- Becoming aware of the forms sugar takes, such as dextrose (or anything ending in "ose"), brown sugar, high fructose corn syrup, corn syrup, maltodextrin, cane juice, fruit

juice concentrate,

raisin juice, etc.

Many fat free products are loaded with sugar, or worse, artificial sweeteners.

- Your best choice is to use the herb stevia, especially if you binge or crave sugar and carbohydrates. Use it in powder or liquid form. I recommend Planetary's Stevia, found in health food stores. Stevia with alcohol is too bitter for my taste.
- Honey is still very

sweet for some people,

but may work for others. If you are replacing honey for sugar in baking substitute  $\frac{3}{4}$  cup for 1 cup sugar.

- Maple syrup is strong tasting, high in potassium and calcium. Get pure maple syrup; not the stuff made for pancakes, which has tons of added sugars.
- Brown rice syrup absorbs slowly into the bloodstream.

### **Dairy Products**

Many people are allergic to dairy, yet are concerned about getting enough calcium. Some alternatives to dairy are listed below.

- Try organic milk products. I am amazed at how many people who thought they could

not tolerate milk can tolerate organic.

- Other foods high in calcium are dark leafy greens, wheat-grass juice, almonds, sesame and sunflower seeds and sea vegetables.

### **Meat**

I admire vegetarians. From an ethical and moral point of view, I would prefer to stay as one, but it does not work for my body. However, I still love to find meals that work for my protein requirements that are meatless and lower in saturated fats.

- Tempeh is a wonderful choice for something "meaty." Made from the whole soybean, it is more filling and higher in protein than tofu.
- "Fake meats" like textured vegetable protein (TVP) and meatless hotdogs, hamburgers, etc. are processed, lacking protein and nutrients. Stay away from these especially if you are MSG sensitive.
- Sea vegetables. Funky as they may sound, they are the latest in haute cuisine. Very high in minerals and protein.
- Tofu takes on the flavor of anything you cook it with!
- Beans. If beans are cooked properly and not overeaten, these delicious little pearls will not cause digestive disorders! Add to a whole grain for a complete protein.

### **Fats That Keep Us Fat and Cause Disease**

It is not fat that is making us fat and leading to disease, it is the types of fat we consume. Fats to

avoid are refined, hydrogenated fake fats like margarine, butter substitutes and any clear, refined oils. The alternatives below can be found in natural food or gourmet stores and some supermarkets are starting to stock a wider variety of healthy oils.

- Oils good for our essential fatty acid requirement are flaxseed, borage, hemp seed, unrefined canola, and walnut oils. Keep them cold for use in dressings, or a topping to your prepared meal.
- Use monounsaturated fats for sautéing such as extra virgin olive oil, almond oil, roasted sesame oil, pistachio oil or hazelnut oil.
- Good polyunsaturated oils are unrefined sunflower, safflower or pumpkin oil. Use these in sauces and baking. There is even a pumpkin seed spread!
- For browning or frying, the best oils are butter, ghee (Indian clarified butter), or even unrefined coconut oil. Coconut oil is a medium chain saturate, which digests easily and is a great source of fuel and energy!

Begin to comfort yourself with foods that nourish mind, body and spirit. Give yourself small rewards for your accomplishments. It takes dedication and a willingness to stay open in order to transform our relationship to food.

*Kristin Fusco, MA is the director of Healing Through Whole Foods in Troy and a Michigan Masters' swimmer. As a professional chef and clinical psychologist, she offers personalized healing programs and health supportive cooking lessons. She can be reached at 248-614-1784 or [ktfusco@aol.com](mailto:ktfusco@aol.com).*

***"I admire vegetarians. From an ethical and moral point of view, I would prefer to stay as one, but it does not work for my body."***



## Detroit Common Council Honors Michigan Masters Swimmers

By Edith Glusac

**F**reddie Edwards, Edith Glusac and William Ware are current members of the Detroit Masters Sports Advisory Board. The focus of the board is to promote a healthy lifestyle for older adults by encouraging seniors to participate in sports and recreational activities.

On December 2, 1998, the Detroit Common Council honored the entire Advisory Board by presenting them with the Spirit of Detroit Award. This award is presented as an expression of gratitude and esteem of the citizens of Detroit in recognition of exceptional achievement, outstanding leadership and improving the quality of life.

Congratulations to Freddie, Edith and William for being recipients of this award along with other members.

They show their leadership and improve the quality of life by their continuous participation in Michigan Masters Swimming, Detroit City Olympics, Michigan State Olympics, National Senior Games and World Senior Games.

Keep swimming and improving!



## WINTER TRAINING (or how to beat the BIG BORE)

by J.D. Clancy

**M**ost of us Mideast triathletes and duathletes hibernate indoors during the cold dreary months (between October and April) for training, which can lead to the BIG BORE (BB).

We've all heard rumor and gossip of a few hearty souls who train strictly outdoors year round, swimming excluded (trust me, they exist). With a little imagination we don't have to be as hearty or dedicated (crazy?!) to get the perfect training base to have a good or even great season. And we all know that waiting until April for warmish sunny days to start consistent base training doesn't work if you intend to do well at those late May or early June series races or Ironman Qualifiers.

Since most training is spent on the bike, it only fits that most of our indoor winter training is spent on a wind trainer. Such an unnatural act of spinning only your legs at various speeds and various resistance levels while hunched over in the aero position and sweating like a banshee is particularly susceptible to the BB.

There are a couple of tricks to avoid the BB. One is to catch up on your reading while biking. It doesn't matter what genre absorbs you if it makes the minutes melt by. Another is to train with either a television or C.D. player/radio or both. You're really lucky if you can operate either by remote. It's best if you mute the TV while watching the Weather Channel (isn't it too bad that Southern California has a little fog and a 65

degree cold front) or the Outdoor Life Network (boy I'm glad I found out what type of cleats they're using for glacier climbs this year) and crank up the Violent Femmes or the Allman Brothers. Any type of music will suffice if it increases your pain and BB threshold.

My buddy Shrub and I usually agree to ride 1000+ miles for one of the winter months and we've learned through experience that the best way to avoid the BB is to watch videos during those long sessions. J.D.'s top 10 ten workout videos:

1. Hoosiers
2. The Right Stuff
3. Wind
4. American Flyers
5. 1989 Hawaii Ironman (the Grip vs. the Man)
6. 1995 Hawaii Ironman (the Paula bonk)
7. The Razor's Edge
8. Breaking Away
9. Raider's of the Lost Arc (the first Indiana Jones)
10. Philadelphia Story (with Tracy/Hepburn)

Running is running. However, if you have access to various workout machines at a YMCA, health club, or at home use them. Alternate running on a treadmill (use the elevation option to run hill repeats once a week) with running on a track or outside if the conditions are okay (make peace with the wind, vary your routes and put the stop watch away). There are many running clubs that train at local college or high school indoor field houses (if there's no club in your area- start one). I've

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## WINTER TRAINING

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recently discovered the Reebok Body Mill machine (cross country ski simulation) that can have even the fittest laboring instantly at maximum AT (anaerobic threshold) and crying for mommy. Try weights 2 or 3

times a week (at my club the women call me Mr. Punyverse since most of the weight training I do is for flexibility, i.e. super light weights). Stretch more (for you runners I mean more than bending over and tying your shoes).

Become a pool aficionado. Find new and different pools to swim in. Have a contest with your pals: 1 point for a work out in an under 25 yard pool, 2 points for a 25 yarder, 3 points for a 25 meter, 5 points for a 50 meter pool, and 20 points for an open water swim. Go work out with an age group, high school team or master's swim club. If you're traveling or visiting relatives call the local YMCA, triathlon club or master's team and join an organized practice. Swim with a rival or rival club. I often sneak into an unnamed Big Ten university pool for a lunch time swim when I'm in the area on business.

Use your imagination and try different sports or methods to beat the BB. Don't be limited to just activities you are familiar with. Go watch or volunteer at a high school or college swim meet, indoor track meet, etc. (great for motivation) Get outside. Mountain bike or even better cyclocross (racing a fat-tire type road-bike frame that has mountain

bike type brakes for 45 to 60 minutes on a relatively flat 2 mile loop that has 6 or 7 sets of 18" hurdles that require you to dismount quickly and carry the bike and yourself over). Try or plan a winter triathlon- skating, x-country skiing then snowshoeing (they even have such competitions). Plan or compete in an indoor triathlon which usually consists of 10-15 minutes of swimming, 20-25 minutes of biking and 15-20 minutes of running.

The most important things are to have fun and be consistent with the amount of time you spend on your activities. Vary your intensity levels (make sure to have as many easy days as moderate and hard days combined). Vary your routine. Before you know it duathlon season will be here followed by the season's first triathlon. Welcome the winter months and the opportunities presented to recharge your batteries and motivation.

### 1999 YMCA Masters National Championships April 22-25

**T**he YMCA National Short Course Championships are being hosted by the Schroeder YMCA Aquatic Center in Brown Deer, Wisconsin, approximately 20 minutes from downtown Milwaukee.

YMCA memberships are \$46 per year to the Plymouth YMCA and \$20 for Seniors over 62 years old. Many people are already members and they just have to renew.

Entry forms will be available at all future meets with all the perti-

nent information to participate. Anyone who would like to swim in the YMCA Nationals, not already affiliated with a current YMCA team, should contact Frank "Skip" Thompson at (248) 683-2191 as soon as possible.

Due to the particular team method the YMCA utilizes, which differs from USMS, all participants from a local Y must enter as a complete team. Therefore, Skip will coordinate participant entries as he has done in previous years to accomplish this task for the Plymouth YMCA.

The team entry deadline to submit entries is March 15, 1999. As a consequence, all entries and fees must be in Skip's hands at least one week prior to this date. (March 8th)

Skip has indicated, for those who may not be able to obtain an application at local meets, he will take requests by phone and mail entry information to those interested in attending. Remember, however, time is of the essence.



### 1999 YMCA Masters National Swimming Meet

Will be hosted by the Schroeder YMCA Masters

April 22-25, 1999

Schroeder YMCA  
Aquatic Center

9250 North Green Bay Road  
Brown Deer, Wisconsin 53209



# MICHIGAN MASTERS ANNUAL MEETING

March 28, 1998 - Eastern Michigan University, Ypsilanti, Michigan

Attendance: 50 Signed Members

- I. The meeting convened at approximately 12:20 p.m. There were several items that were added to the agenda under "new business." (See Section XI.)
- II. Minutes from the 1997 Annual Meeting had been published in the newsletter following last year's meeting, but were reprinted and distributed to the attendees of this year's meeting. They were accepted as published and distributed.
- III. Ralph Davis, Treasurer of Michigan Masters Swimming, distributed and reviewed the Treasurer's Report. Frank Thompson asked about the newsletter. He said previously it had been prepaid. Ralph said that the invoice would be forthcoming.  
 Frank Thompson moved that the next newsletter not be printed unless there was an invoice received. Lois Nochman seconded the motion. **The motion failed.**  
 Edith Glusac moved that the newsletter be published and Charlie Moss seconded the motion.  
**The motion passed.**
- IV. Don Kroeger, President of Michigan Masters Swimming, reported that five Board meetings had occurred in the past year, most ranging from three to eight hours. Much of the meetings had to do with setting State Meet procedures. He also praised the election of the Review Committee: Charlie Moss, Chair; Ken Danhof, Wally Dobler, Gail Dummer, Bob Heritier and Dawn Hewitt. The Board also reviewed the budget developed by Ralph. Don mentioned that MSU had withdrawn its bid to host the State Meet because the previous aquatic director had left his position, and that EMU had readily accepted the host proposal. He also thanked Ken Gutowski, our Michigan Masters Webmaster, for developing a useful website with many links. Don said that Bob Isbister had offered to help with setting up marketing strategies for Michigan Masters. Don said that there were 32 teams competing at the State Meet. He said that Frank Thompson would be the relay coordinator for the Indianapolis National meet, but needed someone for the Long Course Nationals.
- V. Eric Nordlund, the President-Elect of MM, discussed the new medals, bought at substantial savings, and thanked Dennis McManus for the new design (which was also on the State Meet t-shirt). Eric said that the high point plaques were well-accepted last year and were to be continued this year. He mentioned that Fox 2 Sports might pick up on Michigan Masters as a story.  
 Frank Thompson moved that the entire LMSC membership vote on the two awards for Outstanding Swimmer and Outstanding Service (and that officers would then be eligible to be nominated). Jay Mahler seconded the motion. **The motion failed.**  
 Further discussion ensued about awards: including giving out t-shirts, coffee cups, towels, etc. Don Korten suggested that this idea be pursued.  
 Lois Nochman moved that we appoint a committee to evaluate and suggest awards. Ken Gutowski seconded the motion. **The motion passed.**
- VI. Don reported that Bill Reid, the Registrar of Michigan Masters, now listed over 700 members of Michigan Masters Swimming, the most members ever! He thanked Bill for the excellent job he has done as Registrar.
- VII. Tom Moyer, Sanctions Chair Of MM, reported that some sanction fees were yet to be paid, that the State Meet was open for bids, that Saginaw Valley might be pursued should a West Michigan bid not be forthcoming. And, that he was anticipating meets in the summer at Fuller (Ann Arbor), Dunworth (Dearborn), and the Queen's Birthday meet in May. (Kalamazoo?)
- VIII. Jennifer Parks reported that Marilyn Early, Open Water Chair, plans to have her swim in Harbor

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## MICHIGAN MASTERS ANNUAL MEETING

March 28, 1998 - Eastern Michigan University, Ypsilanti, Michigan

Attendance: 50 Signed Members

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Springs as usual, on the first Sunday in August. JP also reported that Domino's (Ann Boyd, Athletic Ventures, 1768 Kestral Way, AA, 48103) would be sponsoring three open water swims: July 3, August 7 (Fridays at 6pm) and on Labor Day, Sept. 7, at 8:30 am. (Various distances: 1,2,3 miles). The Grand Haven/Lake Michigan swim will be held on the third Saturday in July: contact the Grand Haven Y for that one (also that Skip has some information on the Lake Erie Open Water Swim).

IX. Jennifer Parks reported that the February Fitness Month "Heart Swim" 1650 by mail would raise more than a \$100 for the American Heart Association and that we want to pursue more fitness projects next year.

X. Frank Thompson reported that the SC Zone Meet would be at Illinois/Central State Meet. He will meet with other Great Lakes Zones Chairs to discuss the Zone Meets and to share schedules. He also mentioned that USMS requires an internal audit to which Ralph Davis replied that an offer of a donated audit would be important.

### XI. New Business:

A. Gail Dummer's proposal concerning the efficient start of meets, cutting off registrations earlier to ease the input of information, was discussed. It was a consensus that meet directors continue to make appropriate choices for each particular meet, but that they could employ a cut-off time for efficiency.

B. Bethany Williston asked about returning to the addition of ages on relays. United States Masters Swimming allows that in Long Course meets but not in Short Course.

C. She also mentioned the price of the meet. A student discount was mentioned. The officers will discuss this issue. Sponsorship was also mentioned.

D. Dave Shepherd also asked for a return to slow to fast seeding, particularly in the distance events. Eric Nordlund reminded us that we have a choice on this issue.

E. The order of events was also discussed. A plea was made to vary formats somewhat. Ric Chaney moved that the order of events be changed. Jennifer Parks seconded the motion. ***The motion passed.***

XII. The meeting adjourned at 1:27 PM.

(An Open Forum had been scheduled following Saturday afternoon events but was deemed unnecessary because it appeared that all business and discussion had been handled at the midday meeting.)

Respectfully submitted, Jennifer Parks, Secretary, Michigan Masters Swimming



Michigan Masters Website

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



**1 Hour Postal Championships**

Host Team: Empire State Masters Swim Club  
 Dates: January 1 - 31 1999  
 Contact: Jon Einsidler  
 10 Waterside Plaza Apt 6D  
 NY, NY 10010  
 Phone: 212-684-2979

**1 Mile Open Water Championships**

Host Team: Seal Beach Swim Club  
 Date: July 17, 1999  
 Contact: Anne Welty  
 68 Rivo Alto Canal  
 Long Beach, CA 90803  
 Phone: 562-424-4227 Ext: 236

**5 & 10 Kilometer Postal Championships**

Host Team: Pacific Northwest Association  
 Dates: May 15 - September 30 1999  
 Contact: Jane A Moore  
 1867 Fifty-eighth St. NE  
 Tacoma, WA 98422-1517  
 Phone: 253-925-0803

**1-3 Mile Open Water Championships**

Host Team: Ohio Masters Swim Club  
 Date: August 1, 1999  
 Contact: Maureen Koss  
 3400 Wooster Apt. 215  
 Rocky River, OH 44116  
 Phone: 216-333-7521  
 Site: Lake Erie - Cleveland, OH

**2 Mile Cable Championships**

Host Team: Virginia Masters Swim Team  
 Date: July 10, 1999  
 Contact: Joyce Mullins  
 3104 Waterton Dr  
 Midlothian, VA 23113  
 Phone: 804-323-0483  
 Site: Chris Green Lake - Charlottesville, VA

**5 Kilometer Open Water Championships**

Host Team: Southern California Aquatics  
 Date: September 26, 1999  
 Contact: Tom Katsouleas  
 20452 Pacific Coast Highway  
 Malibu, CA 90265  
 Phone: 801-456-3657  
 Site: Pacific Ocean - Catalina Island

**6+ Mile Open Water Championships**

Host Team: Southern California Aquatics  
 Date: September 25, 1999  
 Contact: Bonnie Adair  
 2310 Twenty-Ninth St.  
 Santa Monica, California 90405-2010  
 Phone: 310-451-6666  
 Site: Pacific Ocean - Catalina Island

**Short Course Championships**

Host Team: Santa Clara International Swim Center  
 Date: May 13 - 16 1999  
 Contact: Alma Guimarin  
 2150 Paseo Del Oro  
 Jan Jose, CA 95142  
 Phone: 408-947-2298

**Long Course Championships**

Host Team: University of Minnesota Aquatic Center  
 Date: August 19 - 23 1999  
 Contact: Paul Windrath  
 2612 Eunice Ave  
 Red Wing, MN 55066  
 Phone: 612-388-8524

**3000/6000 Postal Championships**

Host Team: Florida Maverick Masters  
 Date: September 1 - Oct 31 1999  
 Contact: Marie Hunter  
 1755 Georgia Avenue  
 St. Petersburg, FL 33703  
 Phone: 813-521-1172

**USMS National Convention**  
 Date: September 15 - 18, 1999  
 San Diego, California

United States  
Masters  
Swimming

**1999 ONE-YEAR MEMBERSHIP APPLICATION**

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

Last Name		First Name		Middle Init.	For Office Use
Street		Apt.			
City	State	Zip	Phone No. ( )		
Date of Birth	Age	Sex	Today's Date		
MICHIGAN MASTERS					Club or Unattached
E-mail Address					

**1999 Membership Application**

☐ RENEWAL. My Current USMS

Number is: \_\_\_\_\_

☐ NEW REGISTRATION

USMS + LMSC fees:

\$25.00

(After 9/1/99, fee is \$15.00.)

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/99

Make check payable to: MICHIGAN MASTERS

Mail to: Robert Isbister  
 48021 Colony Farms Circle  
 Plymouth, MI 48170

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

If you coach Masters Swimmers, please check here ☐

Benefits of membership include: A Subscription to SWIM Magazine during the length of the membership year (\$8.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.



# 1998 USMS 5K POSTAL CHAMPIONSHIP

## WOMEN 19-24

EVA JOHNSON	19 GRIN	1:26:07.08
KRISTEN CORNWELL	20 GRIN	1:40:48.56

## WOMEN 25-29

ANN HILL	28 CRAW	1:10:15.28
CAROL PRESCOTT	29 NEM	1:18:06.47
KRIS SCHRAMER	25 GRIN	1:21:14.47
ELISABETH HONN	26 GRIN	1:28:32.87

## WOMEN 30-34

NANCY NORTH	30 SDSM	1:08:11.42**
LORI TERLOUW	34 ARKM	1:14:82.74
ANNETTE STRUTT	31 QSM	1:41:34.63
DEBBIE ANDERSON	33 GRIN	1:44:08.30

## WOMEN 35-39

THERESA NIEMI	35 MICH	1:06:03.81
MARY ANDERS	35 ARKM	1:13:02.32
STEPHANIE PORTER	36 GRIN	1:16:20.26
TANA FARRIS	37 ARKM	1:57:29.34

## WOMEN 40-44

WANDA BROWN	41 BRAT	1:13:01.69
TRACY GRILLI	41 NEM	1:15:54.39
NAN STAGER	43 GRIN	1:24:09.63
TAMRA WEBB	40 GRIN	1:31:07.89

## WOMEN 45-49

KARLENE WISE	45 CRAW	1:14:02.99
PRISCILLA KAWAKAMI	47 UTAH	1:15:05.79
PAM GEIGER	45 SPM	1:23:41.99
CHRIS SCHLEICHER	47 GRIN	1:31:40.19
JILL WRIGHT	47 SAWS	1:39:54.99
JULIET FELKINS	49 ARKM	1:40:08.71
SHARYN GILES	48 QBN	1:48:30.19
JANE MOORE	47 PNA	1:50:20.73
JUDY BROWN	48 NET	1:54:53.04

## WOMEN 50-54

JEN THOMASSON	54 QSM	1:16:57.92
JENNIFER PARKS	54 MICH	1:36:18.09
MARGO SCHNEIDER	51 SPM	1:40:50.60
FREDERICKA RAPP	54 MICH	1:49:35.01

## WOMEN 55-59

CONNIE HALLETT	59 NEM	1:16:00.00**
SARAH BROUGH	56 TULS	1:25:19.16
JAYNE LAMBKE	59 SPM	1:30:45.99
JANN GRIER	58 QBN	1:53:59.06
VIRGINIA PRESCOTT	55 EMAC	1:55:55.32
CHRISTINA DEBEUS	58 QBN	1:56:14.69

## WOMEN 60-64

KATE KNIGHT-PERRY	63 SPM	1:37:37.99**
CAROL LOWENGRUB	61 GRIN	1:45:39.47

SHIRLEY KERR	62 QBN	1:50:27.45
HELEN HOLMES	63 QSM	2:00:41.51

## WOMEN 65-69

LAVELLE STONOFF	65 MACO	1:24:41.84**
MARY BOAZ	69 SPM	2:40:04.99

## WOMEN 70-74

LOIS KIM NOCHMAN	73 MICH	1:48:49.51
OPAL EDDY	71 NET	2:19:36.08
MARY NYBERG	71 QBN	2:38:32.63

## WOMEN 75-79

NELL CAREW	79 NET	2:48:18.04
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## MEN 25-29

DAVID GOODRICH	26 GRIN	1:15:39.70
ROBERT VILLACRES	29 SPM	1:16:58.99

## MEN 30-34

JEFF ERWIN	34 SAWS	59:56.74
ROBERT GEISE	34 GCAM	1:04:48.35
W. HENRY FARRIS	34 ARKM	1:44:33.81

## MEN 35-39

JAMES BOSWELL	37 SDSM	1:10:27.59
DAN KNAUER	38 MACO	1:10:48.35
DEAN VOYLES	36 GRIN	1:17:32.68
DANIEL NARDOZZI	39 SPM	1:33:43.99
PETER NOWLAN	37 MMQ	1:35:17.67

## MEN 40-44

JIM STEWART	41 MINN	1:05:07.23
THOMAS MACK	40 NEM	1:06:44.32
DENNIS BOYD	43 RGSC	1:07:14.60
ROBERT WRIGHT	44 GRIN	1:07:24.96
TIMOTHY KENNEDY	41 SPM	1:08:04.99
TIM RATCHFORD	41 CRAW	1:14:32.60
GEORGE WALKER	42 HUMU	1:17:38.90
BARRY CLARK	44 GCAM	1:23:15.88
DAVID FERRELL	40 ARKM	1:32:55.29
TROY JUZELER	40 ARKM	2:01:22.28

## MEN 45-49

LEE MENCH	45 SDSM	1:07:22.68
FRANK THOMPSON	46 MICH	1:08:56.10
DAVID TANNER	48 GRIN	1:10:58.21
GREGORY HARRISON	46 PNA	1:13:40.76
ROBERT MAESTRE	48 MACO	1:17:18.26
JOEL STAGER	45 GRIN	1:17:34.77
WAYNE WINSTON	48 GRIN	1:20:40.08
JOEL GREENBERG	48 GRIN	1:20:42.09
STEPHEN WATT	47 GRIN	1:32:55.19

## MEN 50-54

KEITH BELL	50 TTEX	1:09:08.35**
JIM MCCLEERY	52 PNA	1:12:11.39
DONALD KROEGER	54 MICH	1:25:13.00
WALTER GANTZ	52 GRIN	1:37:30.70
THOMAS MOYER	50 MICH	1:45:34.11
ALICK SWEET	51 QBN	1:46:55.40
OWEN JOHNSON	52 GRIN	2:13:58.97

## MEN 55-59

ALAN SOMERS	57 GRIN	1:18:32.85
VINCE HERRING	55 MINN	1:19:31.39
BILL HILL	56 QBN	1:44:59.49
JACK ROLLINS	55 GRIN	1:50:03.01

## MEN 60-64

GEORGE BRUNSTAD	64 CONN	1:23:27.93
BUDDY BELSHE	64 HBSC	1:23:27.96
RICHARD COOKE	62 SAWS	1:42:27.33
MICHAEL DOOLEY	63 QBN	2:37:13.58

## MEN 65-69

GRAHAM JOHNSTON	67 TTEX	1:16:59.99
ROBERT BEACH	68 SPM	1:31:47.99
FRANK REYNOLDS	66 HBSC	1:31:48.39
RALPH PERRY	65 SPM	2:03:36.99
NED ALLEN	68 SPM	2:17:37.94

## MEN 70-74

STAN JACOBS	70 QSM	1:31:29.28
HARVEY PROSSER	70 NWM	1:32:36.11**
DOUG STRONG	73 GRIN	1:46:28.22
WILLIAM BRESKO	70 INWM	2:57:03.99

## MEN 75-79

STEVE WILKES	75 QBN	1:35:40.00
JAMES EDWARDS	75 NEM	1:39:58.99**
HARRY REDPATH	79 QSM	2:41:49.88
T.R. JOHNSON	76 NBMS	3:01:51.56

## MEN 80-84

HARRY REDPATH	80 QSM	2:49:59.34
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\*\*USMS NATIONAL RECORD PENDING VERIFICATION

KIRA DALE 26 SAWS 1:09:13.99\*\*  
(5K SPLIT IN 10K SWIM)



# 1998 USMS 10K POSTAL CHAMPIONSHIP

## WOMEN 19-24

GINA CHEUK 19 CRAW 2:49:53.90  
CATHY VORNBERG 23 CRAW 3:06:09.76  
RUTH DAVIS 23 CRAW 3:52:52.86

## WOMEN 25-29

KIRA DALE 26 SAWS 2:19:22.99\*\*  
ANN HILL 29 CRAW 2:27:30.41  
BRANDI DUPUY 26 CRAW 4:08:59.61

## WOMEN 30-34

ALLISON ROARK 31 CRAW 3:28:49.94

## WOMEN 35-39

LESLIE HENSHAW 39 TULS 2:34:47.00  
AMY WRIGHT 39 CRAW 2:43:18.82  
LESLIE STANLEY 36 CRAW 2:46:57.46  
STACEY MONDSCHEN 38 EMAC 3:09:47.99  
SUSAN BERG 39 CRAW 3:25:32.15

## WOMEN 40-44

MEG HAVILAND 40 CRAW 3:32:45.21

## WOMEN 45-49

KARLENE WISE 45 CRAW 2:31:27.60  
SHARYN GILES 48 QBN 3:41:13.13  
BECKY NASH 46 CRAW 3:41:24.33

## WOMEN 50-54

TERRY BOURKE 51 PENIN 3:10:24.72  
KATHERINE WATSON 50 OSB 3:21:15.10  
DIANA TUCKER 51 CRAW 3:27:51.16  
FREDERICKA RAPP 54 MICH 3:49:14.05

## WOMEN 55-59

JANN GRIER 58 QBN 3:58:34.11

## MEN 25-29

WILLIAM SEAMAN 27 CRAW 3:13:05.72  
SAM WILLARD 26 CRAW 4:17:28.82

## MEN 30-34

ROBERT GEISE 34 GCAM 2:12:34.56  
TIM GUGLIEMELLO 30 CRAW 3:10:08.06  
KEN ROARK 34 CRAW 3:20:46.37  
STEVE SNYDER 33 CATM 3:48:23.66

## MEN 35-39

ERIC DYBDAHL 38 PNA 2:40:40.67  
WILLIAM AHLERT 39 EMAC 2:54:40.99  
PETER NOWLAN 37 MMQ 3:03:07.45

## MEN 40-44

SANDY MACDONALD 42 SAC 2:05:27.49  
DENNIS BOYD 43 RGSC 2:20:54.10  
DAVID BURLESON 41 MACO 2:29:28.20  
ALAN BRAATEN 40 CRAW 2:40:06.22  
STEPHEN FREEBORN 43 PNA 2:45:18.75  
HUGH MOORE 44 PNA 2:52:47.19  
JIM RENALDI 40 UNA 3:07:12.63  
CHRIS UNREIN 43 SAWS 4:00:30.00

## MEN 45-49

JOHN LORIMER 47 PNA 2:37:32.52  
ALLEN KOSSOY 45 MOVY 3:46:37.25

## MEN 50-54

PAUL HEBERT 52 CRAW 2:44:38.60  
DONALD KROEGER 54 MICH 3:01:31.00  
ERIK MEYER 52 GNOM 3:17:56.19  
MICHAEL LINVILLE 50 EMAC 3:19:08.99  
WILFRED LYON 54 TGM 4:40:45.50

## MEN 55-59

ROBERT WILLIAMS 56 MARY 2:29:55.98\*\*  
STEVE THRASHER 56 PNA 2:39:21.45

## MEN 60-64

DR. KONRAD EULER 62 SPM 3:06:23.29  
RICHARD COOKE 62 SAWS 3:34:18.99

## MEN 65-69

FRANK REYNOLDS 66 HBSC 3:12:56.71

## MEN 70-74

ROBERT BLAKE 73 SLAM 3:10:57.03

## MEN 75-79

HARRY REDPATH 79 QSM 5:13:15.11  
T.R. JOHNSON 76 NBMS 6:24:55.57

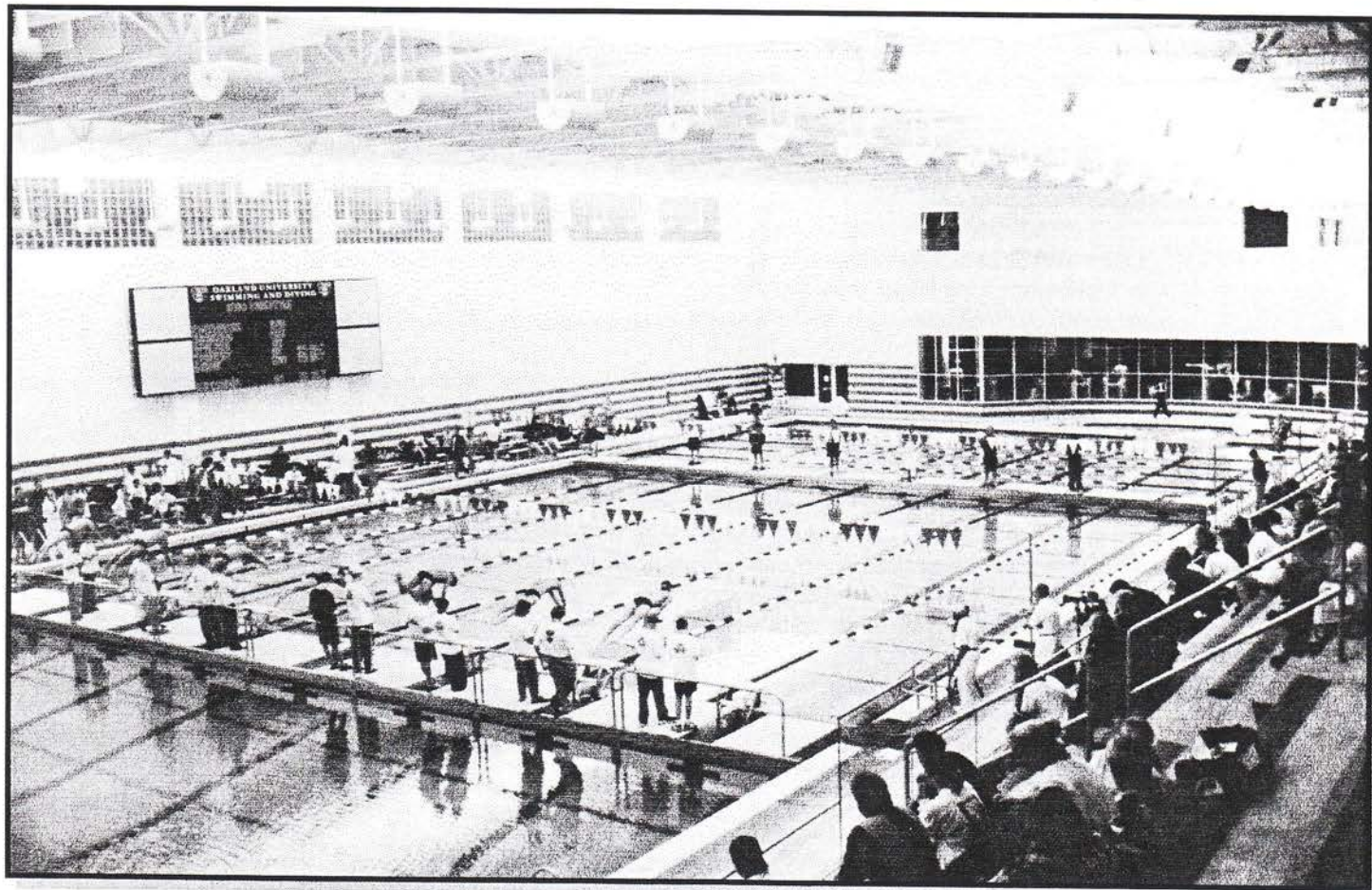
## MEN 80-84

HARRY REDPATH 80 QSM 6:07:52.99

\*\* USMS NATIONAL RECORD PENDING VERIFICATION



27th Annual  
**MICHIGAN MASTERS**  
**SWIMMING**



*1999 State Championships*



**April 9-11**  
**Oakland University**  
**Rochester, Michigan**





**MICHIGAN MASTERS 1999 STATE SHORT COURSE YARDS CHAMPIONSHIP  
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 199004  
FRIDAY - SUNDAY, APRIL 9 - 11, 1999 OAKLAND UNIVERSITY**

**HOST ORGANIZATIONS:**

South Oakland Seals Masters Swim Team and Oakland University are the Host Organizations for the 1999 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. This is the first masters swim meet held in the new Oakland University Student Recreation and Athletic Center Facility Pool.

**FACILITIES:**

Oakland University Student Recreation and Athletic Center houses the Natatorium Pool. (Map Enclosed). Modern eight-lane, 50-meter indoor pool to be configured as one 25-yard eight lane course. 8 lanes will be used for competition and other two 4 lane courses for continuous warm-up/cool down (except during the distance events which the full 14 lanes will be used). Two lanes will be available for warm-up/cool down during 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. Locker rooms are available WITH LOCKERS FOR ALL SWIMMERS.

**RULES - ELIGIBILITY:**

USMS rules apply and will be observed. 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 display scoreboard with start and recall. All events (except 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:**

Age on April 11 (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: 19+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+

**ENTRY DEADLINE:**

Swimmers (Individual and Relays) must have their entries postmarked by April 1, 1999. All entries postmarked after April 1, 1999 will not be accepted and will be returned to sender.

**SEEDING:**

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times. No time entries will be in the slowest heats. 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, 1999.  
\$16 per relay after - April 1, 1999.

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, 1999.

### ENTRY LIMITS: (excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, April 9, 1999	2
Event maximum for Saturday, April 10, 1999	4
Event maximum for Sunday, April 11, 1999	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.

### 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 9. You will only be permitted to swim either the 1650 Free or the 1000 Free on Friday, April 9, only. Depending on the number of entries for the 1650 Free and time limits, a full 14 lanes could be used with 2 lanes available for warm-up. 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 relays and the fees associated for all 4 relay events. It is requested that only one relay form be submitted for each team. The event, 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. Age group of the relay is determined by the youngest swimmer on the relay. 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. The relay swim must be completed and not be disqualified for the time to count.



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

Session #1 - Friday Night, April 9 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.

Session #1 - Friday Night, April 9 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, April 10 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #2 - Saturday Morning, April 10 - 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 10 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.

Session #3 - Saturday Afternoon, April 10 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, April 11 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.

Session #4 - Sunday Morning, April 11 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, April 11 - 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 11 - 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 9:

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:

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

### 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 issues affecting the USMS National Organization, the 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 on 2). An agenda of the meeting will be available at check-in on Friday, April 9, 1999.

### 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 State Championship 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	Michigan Masters State Championship Trophy Plaque
High Point Team - Small Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Large Team Men	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Men	Mich. Masters State Championship 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.



### **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).

### **EVENT RESULTS AND COMPLETE STATE 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 Newsletter to all Michigan Masters registered swimmers. Complete meet results (including splits for all events) can be purchased for \$8.00 at the check-in table or can be ordered on the Entry Form. 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/beverages are not allowed in the pool area, in adjacent locker rooms or spectator areas.
- C. Lockers are available but swimmers should bring their own locks. Neither Oakland 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 must wear shirts, shorts, and some kind of foot covering.

### **CONCESSIONS AND PARKING:**

Club Cappucino (food vendor) will be available. There are nearby restaurants (about 5 -10 minutes from the pool) so plan your meals /snacks accordingly. There is abundant free parking at the Varner parking lot down the hill across the front of the Oakland Student Recreation Center complex. See map for # details. There will be a minimal charge to park in the O'Dowd lot. Lot 17 is reserved for the University and is prohibited.

### **MEET DIRECTORS:**

Eric Nordlund  
2738 Berry Drive  
Bloomfield Hills, MI  
48304 (248) 334 - 5989

Frank (Skip) Thompson  
2660 Littleell Avenue  
West Bloomfield, MI  
48324 (248) 683 - 2191

### **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. ~~Sizes and cost are shown on the entry form.~~

### **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. It's the swimmers and team responsibility to pick up any awards. There will be no mailing of awards.

- \* **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 1999 STATE CHAMPIONSHIP**  
**SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION 199004**  
**FRIDAY - SUNDAY, APRIL 9 - 11, 1999 OAKLAND UNIVERSITY**  
**MICHIGAN MASTERS 1999 STATE CHAMPIONSHIP SCHEDULE OF EVENTS**

**Women Events #**

**Men's Events #**

**Session # 1 Friday, April 9, 1999**

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 10, 1999**

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

3	100 Yard Freestyle	4
5	200 Yard Back	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 10, 1999**

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

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

**Women Events #**

**Mens's Events #**

**Session # 4 Sunday, April 11, 1999**

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 11, 1999**

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



# MICHIGAN MASTERS 1999 STATE CHAMPIONSHIP MEET ENTRY FORM

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

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

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ USMS Reg. # \_\_\_\_\_

Emergency: \_\_\_\_\_ Phone: \_\_\_\_\_ Team: \_\_\_\_\_

Event #	Entry Time Women	Swimming Event	Entry Time Men	Event #
<b>Warm Up 5:00 P.M.</b>		<b>Friday Evening April 9, 1999</b>	<b>Start 6:00 P.M.</b>	
21		500 Yard Freestyle		22
9		400 Yard IM		10
43		1000 Yard Freestyle		44
1		1650 Yard Freestyle		2
<b>Warm Up 8:00 A.M.</b>		<b>Saturday Morning April 10, 1999</b>	<b>Start 9:00 A.M.</b>	
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 Freestyle Relay		12
<b>Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 12 200 Free Relay</b>				
<b>Warm Up 1:00 P.M.</b>		<b>Saturday Afternoon April 10, 1999</b>	<b>Start 2:00 P.M.</b>	
13		200 Yard Fly		14
15		50 Yard Backstroke		16
17		100 Yard Breast		18
		10 Minute Break		
		200 Yard Mixed Medley Relay		20
21		500 Yard Freestyle		22
<b>Warm Up 8:00 A.M.</b>		<b>Sunday Morning April 11, 1999</b>	<b>Start 9:00 A.M.</b>	
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
<b>Sunday Afternoon April 11, 1999</b>				
<b>Warm Up is One Hour after Event #32 is Completed. Competition starts One Hour after Warm Up</b>				
33		200 Yard Breast		34
35		100 Yard Backstroke		36
37		50 Yard Freestyle		38
39		100 Yard IM		40
		10 Minute Break		
		200 Yard Mixed Freestyle Relay		42
43		1000 Yard Freestyle		44



**MICHIGAN MASTERS 1999 STATE CHAMPIONSHIP RELEASE FORM**  
**SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 199004**  
**FRIDAY - SUNDAY, APRIL 9 - 11, 1999 OAKLAND 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. In addition, I agree to abide by and be governed by the rules of USMS.

**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 1999 STATE CHAMPIONSHIP FEES SCHEDULE**

Swimmer Entry Fee 1 Event = \$23.00 2 Events = \$27.00 3 Events = \$31.00  
4, 5, 6, and 7 Events = \$35.00 \$ \_\_\_\_\_

Relay Entry Fee (Enter the number of Relays X \$12.00 for the Total ) \$ \_\_\_\_\_  
(for information on Relays see meet information sheets)

USMS Registration Fee (If you have not registered for the 1999 season) \$ \_\_\_\_\_

Michigan Masters State Championship T-shirts - Cost is \$10.00  
Please circle size of your T-shirts M L XL XXL \$ \_\_\_\_\_  
(XXL T-shirts are \$12.00)

Final Results -(All scores both individual and team and splits for all events) \$ \_\_\_\_\_  
Cost is \$8.00 and all results will be mailed.

Please make check payable to: **South Oakland Seals**

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

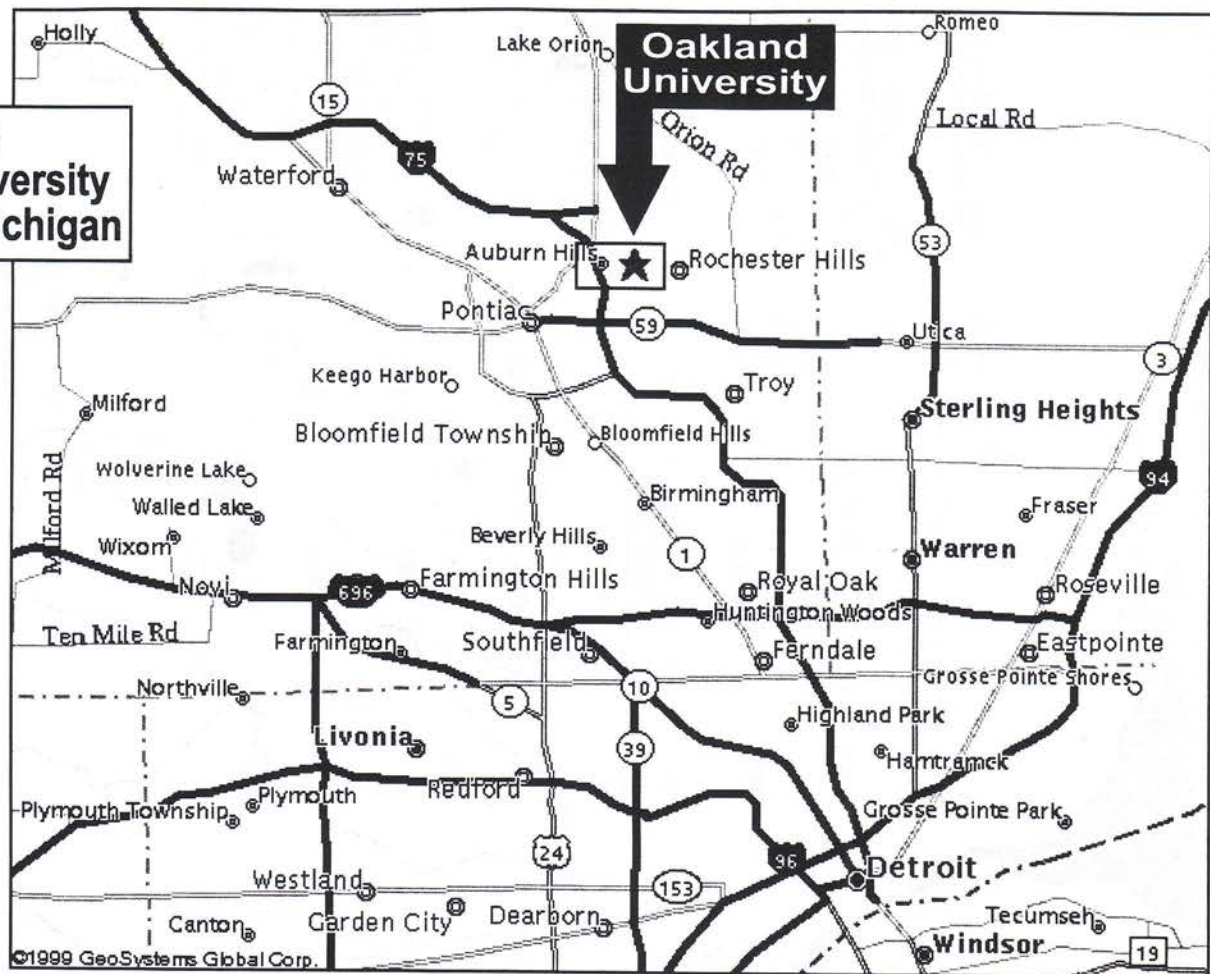
ANNUAL STATE MEET SOCIAL - A party will be held on Saturday night, approximately one hour after the conclusion of the meet. Details will be available at the meet. If you are interested in attending please mark yes or no. YES \_\_\_\_\_ NO \_\_\_\_\_

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, 1999. Each swimmer who enters the meet will need to check-in upon arrival at the Student Rec. Athletic Center Pool Oakland Univ.

**MAIL ENTRIES TO: Frank Thompson**  
**2660 Littleell Ave**  
**West Bloomfield, MI 48324 (248) 683 - 2191 Home**  
**(313) 390 - 8951 Work**



## Map to Oakland University Rochester, Michigan



**Hotels-Motels:** All within 1½ miles of Oakland University Campus Recreation Center Pool

**Amerisuites** - 1545 N. Opdyke Road, Auburn Hills, MI (248) 475-9393 Toll Free 1-800-833-1516

**Courtyard by Marriott** - 1296 N. Opdyke Road, Auburn Hills, MI (248) 373-4100 Toll Free 1-800-321-2211

**Hampton Inn** - 1461 N. Opdyke Road, Auburn Hills, MI (248) 370-0044 Rate starts at \$79.00/night.

**Holiday Inn Select Auburn Hills** - 1500 N. Opdyke Road, Auburn Hills, MI (248) 373-4550

### Directions:

Take **University Drive**  
(East) exit along **I-75**.

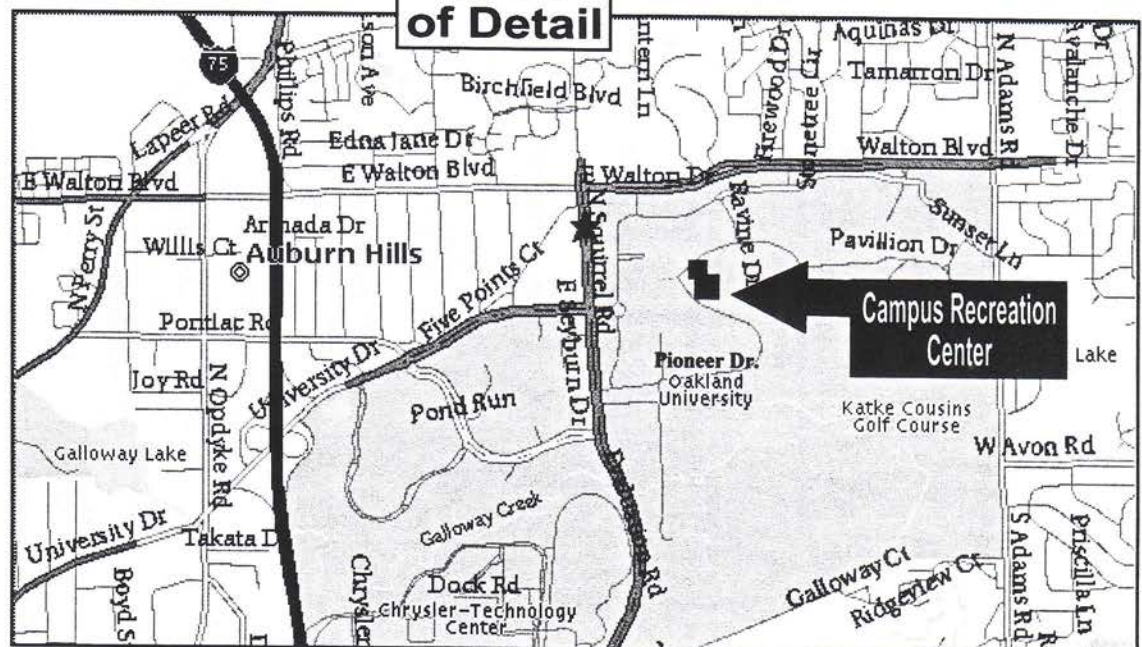
Travel east on **Univer-  
sity Dr.** to **Squirrel  
Road**.

Cross **Squirrel Rd.** to  
enter **Main Campus of  
Oakland University**.

Take first immediate  
Right (South) to reach  
**Pioneer Drive**.

Follow **Pioneer Dr.**  
(East then North) to  
**Recreation Center**.

### Area of Detail





MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
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RESULTS  
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WOMEN 19-24

WOMEN 19-24

<u>50 Y. FREESTYLE</u>			
LISA WILSON	22 NV	28.31	
KIRSTIE OTTO	24 CAN	30.28	
RENEE BOUDREAU	24 CAN	36.80	
<u>100 Y. FREESTYLE</u>			
LISA WILSON	22 NV	1:04.20	
KIRSTIE OTTO	24 CAN	1:04.44	
VICTORIA WEBBER	24 OH	1:05.97	
<u>200 Y. FREESTYLE</u>			
KIRSTIE OTTO	24 CAN	2:20.43	
<u>500 Y. FREESTYLE</u>			
KIRSTIE OTTO	24 CAN	6:09.31	
<u>50 Y. BACKSTROKE</u>			
RENEE BOUDREAU	24 CAN	42.32	
<u>100 Y. BACKSTROKE</u>			
KIRSTIE OTTO	24 CAN	1:13.08	
VICTORIA WEBBER	24 OH	1:13.52	
<u>50 Y. BREASTSTROKE</u>			
RENEE BOUDREAU	24 CAN	45.09	
<u>100 Y. BREASTSTROKE</u>			
VICTORIA WEBBER	24 OH	1:24.96	

<u>50 Y. BUTTERFLY</u>			
RENEE BOUDREAU	24 CAN	40.85	
<u>100 Y. BUTTERFLY</u>			
VICTORIA WEBBER	24 OH	1:14.52	
<u>100 Y. INDIVIDUAL MEDLEY</u>			
LISA WILSON	22 NV	1:15.72	
RENEE BOUDREAU	24 CAN	DQ	
<u>200 Y. INDIVIDUAL MEDLEY</u>			
VICTORIA WEBBER	24 OH	2:44.65	

WOMEN 25-29

<u>50 Y. FREESTYLE</u>			
ELLEN KENNY	27 CAN	27.95	
<u>100 Y. FREESTYLE</u>			
ELLEN KENNY	27 CAN	1:02.09	
<u>200 Y. FREESTYLE</u>			
ELLEN KENNY	27 CAN	2:19.61	
<u>500 Y. FREESTYLE</u>			
ELLEN KENNY	27 CAN	6:24.43	

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
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RESULTS  
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WOMEN 25-29

WOMEN 35-39

<u>100 Y. BACKSTROKE</u>			
ELLEN KENNY	27 CAN	1:11.61	
<u>WOMEN 30-34</u>			
<u>200 Y. FREESTYLE</u>			
LAURA HAYS	31 COM	2:21.85	
<u>500 Y. FREESTYLE</u>			
LAURA HAYS	31 COM	6:22.52	
<u>100 Y. BACKSTROKE</u>			
LAURA HAYS	31 COM	1:16.14	
<u>200 Y. BREASTSTROKE</u>			
LAURA HAYS	31 COM	2:56.99	
<u>200 Y. INDIVIDUAL MEDLEY</u>			
LAURA HAYS	31 COM	2:39.49	
<u>WOMEN 35-39</u>			
<u>50 FREESTYLE</u>			
SUSAN WHELAN	38 AA	31.55	
<u>100 Y. FREESTYLE</u>			
KAREN ROSINSKI	36 GC	1:07.02	

<u>50 Y. BACKSTROKE</u>			
SUSAN WHELAN	38 AA	39.69	
<u>50 Y. BREASTSTROKE</u>			
SUSAN WHELAN	38 AA	42.05	
<u>100 Y. BREASTSTROKE</u>			
KAREN ROSINSKI	36 GC	1:34.15	
<u>50 Y. BUTTERFLY</u>			
SUSAN WHELAN	38 AA	35.13	
<u>100 Y. BUTTERFLY</u>			
KAREN ROSINSKI	36 GC	1:24.16	
<u>200 Y. BUTTERFLY</u>			
KAREN ROSINSKI	36 GC	3:18.52	
<u>100 Y. INDIVIDUAL MEDLEY</u>			
SUSAN WHELAN	38 AA	1:20:50	
<u>WOMEN 40-44</u>			
<u>50 Y. FREESTYLE</u>			
AMY ROSS	44 AA	31.83	
<u>100 Y. FREESTYLE</u>			
AMY ROSS	44 AA	1:09.73	



MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7,1998

RESULTS  
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WOMEN 40-44

200 Y. FREESTYLE  
JANICE PRATT 43 CAN 3:06.12

50 Y. BACKSTROKE  
AMY ROSS 44 AA 36.09

200 Y. BACKSTROKE  
JANICE PRATT 43 CAN 3:31.36

50 Y. BUTTERFLY  
AMY ROSS 44 AA 34.61

100 Y. BUTTERFLY  
AMY ROSS 44 AA 1:17.75

100 Y. INDIVIDUAL MEDLEY  
JANICE PRATT 43 CAN 1:31.89

200 Y. INDIVIDUAL MEDLEY  
JANICE PRATT 43 CAN 3:25.88

WOMEN 45-49

NONE

RESULTS  
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WOMEN 50-54

50 Y. FREESTYLE  
KATHY BECKLEY 51 DET 52.10

25 Y. BACKSTROKE  
KATHY BECKLEY 51 DET 25.88

50 Y. BREASTSTROKE  
KATHY BECKLEY 51 DET 52.77

100 Y. BREASTSTROKE  
KATHY BECKLEY 51 DET 2:01.95

200 Y. BREASTSTROKE  
KATHY BECKLEY 51 DET 4:15.57

25 Y. BUTTERFLY  
KATHY BECKLEY 51 DET 27.19

100 Y. INDIVIDUAL MEDLEY  
KATHY BECKLEY 51 2:07.14

WOMEN 55-59

25 Y. FREESTYLE  
RUTH A RODDIN 55 WH 17.53

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7,1998

RESULTS  
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WOMEN 55-59

50 Y. FREESTYLE  
JOYCE KOWALSKI 56 MC 35.77  
RUTH RODDIN 55 WH 39.65

100 Y. FREESTYLE  
JOYCE KOWALSKI 56 MC 1:22.93

200 Y. FREESTYLE  
JOYCE KOWALSKI 56 MC 3:06.90

50 Y. BREASTSTROKE  
JOYCE KOWALSKI 56 MC 50.05

25 Y. BUTTERFLY  
RUTH RODDIN 55 WH 19.04

100 Y. INDIVIDUAL MEDLEY  
JOYCE KOWALSKI 56 MC 1:39.59

WOMEN 60-64

50 Y. FREESTYLE  
BEVERLY MYERS 63 OH 36.98

50 Y. BACKSTROKE  
BEVERLY MYERS 63 OH 42.27

RESULTS  
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WOMEN 60-64

50 Y. BREASTSTROKE  
BEVERLY MYERS 63 OH 44.61

50 Y. BUTTERFLY  
BEVERLY MYERS 63 OH 41.22

100 Y. INDIVIDUAL MEDLEY  
BEVERLY MYERS 63 OH 1:29.07

WOMEN 65-69

NONE

WOMEN 70-74

200 Y. FREESTYLE  
LOIS NOCHMEN 74 HW 3:26.94

200 Y. BACKSTROKE  
LOIS NOCHMEN 74 HW 3:45.02

200 Y. BREASTSTROKE  
LOIS NOCHMEN 74 HW 4:09.53

200 Y. BUTTERFLY  
LOIS NOCHMEN 74 HW 3:48.79



MONREO YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7,1998

RESULTS  
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WOMEN 70-74			WOMEN 70-74		
400 Y. INDIVIDUAL MEDLEY			400 Y. INDIVIDUAL MEDLEY		
LOIS NOCMEN	74 HW	7:48.83	LOIS NOCMEN	74 HW	7:48.83
WOMEN 75-79			WOMEN 75-79		
100 Y. FREESTYLE			100 Y. FREESTYLE		
EDITH GLUSAC	79 DET	2:14.80	EDITH GLUSAC	79 DET	2:14.80
100 Y. BACKSTROKE			100 Y. BACKSTROKE		
EDITH GLUSAC	79 DET	2:14.21	EDITH GLUSAC	79 DET	2:14.21
100 Y. BREASTSTROKE			100 Y. BREASTSTROKE		
EDITH GLUSAC	79 DET	2:26.88	EDITH GLUSAC	79 DET	2:26.88
100 Y. BUTTERFLY			100 Y. BUTTERFLY		
EDITH GLUSAC	79 DET	2:43.97	EDITH GLUSAC	79 DET	2:43.97
200 Y. INDIVIDUAL MEDLEY			200 Y. INDIVIDUAL MEDLEY		
EDITH GLUSAC	79 DET	5:21.64	EDITH GLUSAC	79 DET	5:21.64
WOMEN 80-84			WOMEN 80-84		
25 Y. FREESTROKE			25 Y. FREESTROKE		
MARTHA FORSTER	81 KAL	33.27	MARTHA FORSTER	81 KAL	33.27
50 Y. FREESTYLE			50 Y. FREESTYLE		
MARTHA FORSTER	81 KAL	1:03.20	MARTHA FORSTER	81 KAL	1:03.20

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVMEBER 7,1998

RESULTS  
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WOMEN 80-84			RESULTS *****		
100 Y. FREESTYLE			MEN 19-24		
MARTHA FORSTER	81 KAL	2:31.14	50 BUTTERFLY		
200 Y. FREESTYLE			JOSEPH HARRIS	23 RR	30.76
MARTHA FORSTER	81 KAL	5:16.02	PETER ROBERTS	21 CAN	32.51
500 Y. FREESTYLE			100 Y. INDIVIDUAL MEDLEY		
MARTHA FORSTER	81 KAL	13:28.00	PETER ROBERTS	21 CAN	1:14.71
25 Y. BACKSTROKE			MEN 25-29		
MARTHA FORSTER	81 KAL	44.54	50 Y. FREESTYLE		
MEN 19-24			ANDREW MULLIN	25 NV	23.71
50 Y.FREESTYLE			STEVE HEMSTEAD	27 CAN	25.40
PETER ROBERTS	21 CAN	25.07	100 Y. FREESTYLE		
500 Y FREESTYLE			STEPHEN FETYKO	25 EGR	49.38
JOSEPH HARRIS	23 RR	6:20.56	ANDREW MULLIN	25 NV	57.06
50 Y. BREASTSTROKE			STEVE HEMSTEAD	27 CAN	59.72
JIM SELF	21 MON	41.01	200 Y. FREESTYLE		
100 Y. BREASTSTROKE			STEPHEN FETYKO	25 EGR	1:51.63
JIM SELF	21 MON	DQ	50 Y. BREASTSTROKE		
50 Y. BUTTERFLY			STEVE HEMSTEAD	27 CAN	32.08
STEVE HEMSTEAD	27 CAN	32.36	50 Y. BUTTERFLY		



MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
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MEN 25-29

100 Y. BUTTERFLY			
STEPHEN FETYKE	25 EGR	55.88	
100 Y. INDIVIDUAL MEDLEY			
ANDREW MULLIN	25 NV	1:05.37	
STEVE HEMSTEAD	27 CAN	1:07.36	
400 Y. INDIVIDUAL MEDLEY			
STEPHEN FETYKE	25 EGR	4:26.88	

MEN 30-34

50 Y. FREESTYLE			
IAN DAWSON	30 CAN	26.74	

50 Y. BACKSTROKE			
IAN DAWSON	30 CAN	35.21	

50 Y. BREASTSTROKE			
IAN DAWSON	30 CAN	35.40	
THOMAS SCHARDT	31 OH	35.85	

100 Y. BREASTSTROKE			
THOMAS SCHARDT	31 OH	1:24.01	

RESULTS  
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MEN 30-34

200 Y. BREASTSTROKE			
THOMAS SCHARDT	31 OH	2:57.00	

50 Y. BUTTERFLY			
IAN DAWSON	30 CAN	30.16	

100 Y. BUTTERFLY			
THOMAS SCHARDT	31	1:13.97	

100 Y. INDIVIDUAL MEDLEY			
IAN DAWSON	30 CAN	1:11.26	

400 Y. INDIVIDUAL MEDLEY			
IAN DAWSON	30 CAN	5:51.64	

MEN 35-39

50 Y. FREESTYLE			
DOUG CROWE	35 CAN	25.83	

50 Y. BACKSTROKE			
DOUG CROWE	35 CAN	32.07	

50 Y. BREASTSTROKE			
DOUG CROWE	35 CAN	31.41	
GARY BIGGS	36 MON	43.31	

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
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MEN 35-39

100 Y. BREASTSTROKE			
GARY BIGGS	36 MON	1:35.00	

200 Y. BREASTSTROKE			
GARY BIGGS	36 MON	3:38.00	

50 Y. BUTTERFLY			
DOUG CROWE	35 CAN	28.32	

100 Y. INDIVIDUAL MEDLEY			
DOUG CROWE	35 CAN	1:04.17	

MEN 40-44

25 Y. FREESTYLE			
LORNE ZUEFFE	41 CAN	11.61	

50 Y. FREESTYLE			
BRUCE SPOELMAN	41 LAM	24.84	
LORNE ZUEFFE	41 CAN	25.59	
DENNIS CHRISTMAS	41 CAN	28.63	

100 Y. FREESTYLE			
BRUCE SPOELMAN	41 LAM	57.33	

200 Y. FREESTYLE			
BRUCE SPOELMAN	41 LAM	2:13.70	
JEFFERY RYE	41 AP	2:41.41	

RESULTS  
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MEN 40-44

500 Y. FREESTYLE			
BILL DAVIES	41 CAN	7:00.32	
JEFFERY RYE	41 AP	7:03.26	

50 Y. BREASTSTROKE			
DENNIS CHRISTMAS	41 CAN	33.08	
BILL DAVIES	41 CAN	36.79	
JEFFERY RYE	41 AP	39.64	

100 Y. BREASTSTROKE			
DENNIS CHRISTMAS	41 CAN	1:12.99	
BILL DAVIES	41 CAN	1:21.75	

200 Y. BREASTSTROKE			
JEFFERY RYE	41 AP	3:02.36	
BILL DAVIES	41 CAN	3:02.53	

25 Y. BUTTERFLY			
LORNE ZUFLE	41 CAN	12.44	

50 BUTTERFLY			
LORNE ZUFLE	41 CAN	27.86	
DENNIS CHRISTMAS	41 CAN	29.80	
BRUCE SPOELMAN	41 LAM	31.59	
BILL DAVIES	41 CAN	34.07	

100 Y. BUTTERFLY			
LORNE ZUEFLE	41 CAN	1:02.82	

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
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MEN 40-44

100 Y. INDIVIDUAL MEDLEY		
BRUCE SPOELMAN	41 LAM	1:07.08
DENNIS CHRISTMAS	41 CAN	1:09.08
BILL DAVIES	41 CAN	1:19.76

MEN 45-49

25 Y. FREESTYLE		
BILL SUBOTICH	49 WY	12.54
BILL MADDOCK	46 BC	15.50

50 Y. FREESTYLE		
BILL SUBOTICH	49 WY	27.96
BILL MADDOCK	46 BC	34.78

100 Y. FREESTYLE		
BILL MADDOCK	46 BC	1:19.20

200 Y. FREESTYLE		
BILL MADDOCK	46 BC	2:59.60

100 Y. BACKSTROKE		
DANIEL HELTON	47 RV	1:06.36

50 Y. BREASTSTROKE		
BILL MADDOCK	46 BC	47.32

RESULTS  
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MEN 45-49

25 Y. BUTTERFLY		
BILL MADDOCK	46 BC	20.20

100 Y. INDIVIDUAL MEDLEY		
DANIEL HELTON	47 RV	1:08.94
BILL MADDOCK	46 BC	1:45.86

MEN 50-54

25 Y. FREESTYLE		
THOMAS MOYER	50 SAG	15.90

50 Y. FREESTYLE		
TERRY BELL	50 OH	31.02

100 Y. FREESTYLE		
ROB MONTIE	50 RV	1:13.15
THOMAS MOYER	50 SAG	1:14.35
TERRY BELL	50 OH	1:14.42

200 Y. FREESTYLE		
ALLAN CALDMAYER	51 EGR	2:20.13
DONALD KROEGER	54 MON	2:34.13

500 Y. FREESTYLE		
ALLAN CALDMETER	51 ERG	6:44.06
THOMAS MOYER	50 SAG	7:17.46
KEN BROWNE	53 RW	8:01.66

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
\*\*\*\*\*

MEN 50-54

25 Y. BACKSTROKE		
THOMAS MOYER	50 SAG	21.45

100 Y. BACKSTROKE		
ROB MONTIE	50 RV	1:12.08
THOMAS MOYER	50 SAG	1:38.32

200 Y. BACKSTROKE		
DONALD KROEGER	54 MON	3:19.70

25 Y. BREASTSTROKE		
THOMAS MOYER	50 SAG	21.57

50 Y. BREASTSTROKE		
TERRY BELL	50 OH	37.78

100 Y. BREASTSTROKE		
THOMAS MOYER	50 SAG	1:45.57

200 Y. BREASTSTROKE		
DONALD KROEGER	54 MON	3:03.42

25 Y. BUTTERFLY		
TERRY BELL	50 OH	18.66
THOMAS MOYER	50 SAG	19.80

RESULTS  
\*\*\*\*\*

MEN 50-54

100 Y. BUTTERFLY		
ALLAN COLDAMEYER	51 ERG	1:16.16
THOMAS MOYER	50 SAG	1:51.97

200 Y. BUTTERFLY		
DONALD KROEGER	54 MON	3:16.63

200 INDIVIDUAL MEDLEY		
THOMAS MOYER	50 SAG	3:20.48

400 INDIVIDUAL MEDLEY		
DONALD KROEGER	54 MON	6:21.35

MEN 55-59

200 Y. FREESTYLE		
HUGH RODDIN	56 WH	2:34.38

200 Y. BACKSTROKE		
HUGH RODDIN	56 WH	2:39.69

200 Y. BREASTSTROKE		
HUGH RODDIN	56 WH	3:03.59

200 Y. BUTTERFLY		
HUGH RODDIN	56 WH	2:32.01



MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

RESULTS  
\*\*\*\*\*

RESULTS  
\*\*\*\*\*

MONROE YMCA MASTERS YARDS SWIM MEET  
NOVEMBER 7, 1998

MEN 55-59			
<hr/>			
200 INDIVIDUAL MEDLEY			
HUGH RODDIN	56 WH	2:37.68	
MEN 60-64			
<hr/>			
25 Y. FREESTYLE			
BOB HINKEL	60 KAL	22.47	
50 Y. FREESTYLE			
BOB HINKEL	60 KAL	51.74	
100 Y. FREESTYLE			
BOB HINKEL	60 KAL	2:01.57	
200 Y. FREESTYLE			
BOB HINKEL	60 KAL	4:33.39	
500 Y. FREESTYLE			
CARL WOOLLEY	62 AA	6:26.69	
BILL HINKEL	60 KAL	11:41.82	

MEN 70-74			
<hr/>			
50 Y. BREASTSTROKE			
J JOHN REESE	73 DB	42.67	
100 Y. BREASTSTROKE			
J JOHN REESE	73 DB	1:44.80	
50 Y. BUTTERFLY			
J JOHN REESE	73 DB	47.16	

PARTICIPANT LOCATION		
*****		
AA	ANN ARBOR, MICH	3
AP	ALLEN PARK, MICH	1
BC	BATTLE CREEK, MICH	1
CAN	WINDSOR, CANADA	11
COM	COMSTOCK PARK, MICH	1
DB	DEARBORN, MICH	1
DET	DETROIT, MICH	2
EGR	GRAND RAPIDS, MICH	2
GC	GARDEN CITY, MICH	1
HW	HUNTINGTON WOODS, MICH	1
KAL	KALAMAZOO, MICH	3
LAM	LAMBERTVILLE, MICH	1
MC	MARINE CITY, MICH	1
MON	MONROE, MICH	2
OH	TOLEDO, OH	4
RR	RIVER ROUGE, MICH	3
RV	RIVERVIEW, MICH	1
RW	ROCKWOOD, MICH	1
SAG	SAGINAW, MICH	1
WH	WOODHAVEN, MICH	2
WY	WYANDOTTE, MICH	1

TOTAL 46

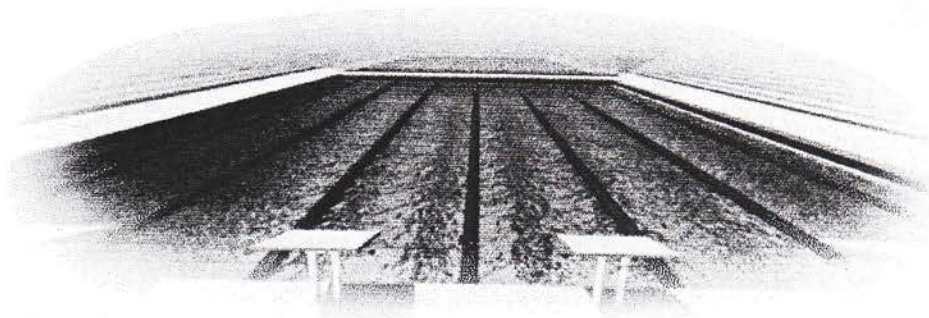
MEN 65-69

NONE

## 1999 Chetrick and Lawrence Awards

By Eric Nordlund

- Every year, Michigan Masters Swimming gives two special awards. At the state meet last year I had the honor of presenting **Wally Dobler** with the 1998 Chetrick Award, which is given to a person for outstanding service to Michigan Masters. As President-Elect, I also had the honor of presenting **Beverly Myers** with the 1998 Lawrence Award, which is given for outstanding swimming accomplishments. I am looking forward to Saturday, April 10th 1999, just before the start of the afternoon state meet session, when I get to present the 1999 award winners.
- I would like to request all members of Michigan Masters to take a moment and think of nominees for both the 1999 Chetrick and Lawrence Award. **I ask members to submit a biography on their nominees to me via e-mail or snail mail.**
- The current elected officers will vote for the 1999 award winners.



## 24<sup>th</sup> Annual Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc. By Michigan Masters  
Sanction #199-001

**Date:** Sunday March 14, 1999  
**Location:** H.H. Dow High School  
3901 N. Saginaw Road  
Midland, MI  
**Time:** 9:30a Warm-up for 500 Free/400IM  
10:30a 500Free/400IM  
11:00a General Warm-up  
11:30a Event 3 (200 Fly) Begins  
**Facility:** 6 lane, 25 yard pool; electronic timing with 6 lane display  
**Awards:** Michigan Masters ribbons for 1<sup>st</sup>-3<sup>rd</sup> place

### Events:

- 1) 500 Free
- 2) 400 IM
- (30 Minute Warm-up)
- 3) 200 Fly
- 4) 200 IM
- 5) 100 Back
- 6) 200 Free

- 7) 100 Fly
- 8) 100 Breast
- 9) 50 Free
- 10) 200 Back
- 11) 50 Fly
- 12) 100 IM
- 13) 100 Free

- 14) 50 Breast
- 15) 200 Free Relay



**Seeding:** Slow to Fast

**Warm-up:** Continuous warm-up available 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 the gutter.

**Entry Fee:** \$13.00 per swimmer (Maximum 5 events plus relay)  
Deck entries only. Deadline: 10:15 for 500 Free/400IM  
11:15 for Events 3-15

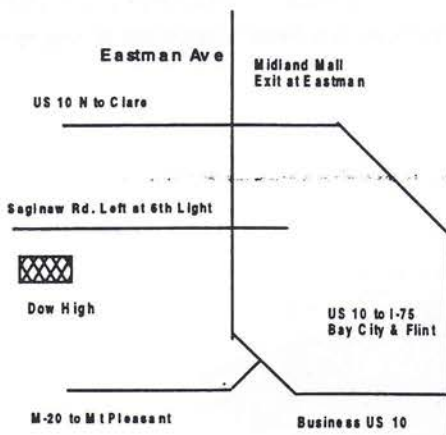
**Refreshments:** Available during the meet  
Social after the meet TBA

### For information contact:

Charles Moss  
(517) 631-1480

Dave Speth  
(517) 636-7802(h)  
(517) 636-9238(w)

**USMS Registration REQUIRED \$25.00** for 1999 calendar year. Registration available the day of the meet.





# 1998-99 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 11, 1998	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	616-526-9824
Saturday November 7, 1998	Monroe YMCA	Sanctioned	Monroe YMCA	Don Kroeger	734-642-7175
Sunday November 8, 1998	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-529-2515
Saturday November 14, 1998	Saginaw YMCA	Sanctioned #198014	Saginaw YMCA	Tom Moyer	517-249-0043
Sunday December 6, 1998	Lansing Masters	Sanctioned #198015	Michigan State University IM-West Sports Building	Wally Dobler	517-372-8096
Sunday January 17, 1999	Jackson Masters	Sanctioned #199002	University of Michigan Canham Natatorium	Bill or Phyllis Reid	517-592-8908
Sunday February 14, 1999	Ford Athletic Swim & Triathlon Club	Sanctioned #199005	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132 (evenings)
Sunday February 21, 1999	Sylvania Masters	Sanctioned Ohio #178012	Sylvania Northview High School	Tom Schardt	419-726-8010
Saturday February 27, 1999	West Michigan Masters	Sanctioned #199003	Rockford High School Community Pool	Ken Danhof	616-739-5592
Sunday March 7, 1999	West Bloomfield Laker Fan Club	Sanctioned #199006	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 14, 1999	Midland Masters	Sanctioned #199001	Midland Dow High School	Charlie Moss	517-631-1480
<b>Michigan State Championships</b> April 9, 10, 11, 1999	South Oakland Seals	Sanctioned	Oakland University Rochester, Michigan	Eric Nordlund Frank "Skip" Thompson	248-334-5989 248-683-2191

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

# Michigan Masters Swimming Committee

c/o Dennis L. McManus  
Newsletter Editor  
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Troy, Michigan 48084-1552

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## In This Issue...

- ◆ 1999 Michigan Masters State Championships
- ◆ Fitness
- ◆ Minutes: 1998 Annual Meeting
- ◆ 1998 IPC World Swimming Championships
- ◆ Finding Comfort with Healing Foods
- ◆ Calendar of Events
- ◆ Meet Flyers & Results
- ◆ and More!

Attention Team Reps: Deadline for the June, 1999 Issue  
May 15, 1999!



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