

FAST

A Publication of the
Michigan LMSC

ITEMS OF NOTE

You may have noticed that as you opened this newsletter that I began with a meet announcement. Not something that I would normally do, but I felt I owed it to Wally Dobler, the meet director. One night I got a call from Wally and he was wondering if he was on my "bad guy list"? when I asked him why, it turns out I left him out of the Clark Lake Triathlon where he finished 219th overall and 2nd in the 60-64 age group. As it turns out I went through and picked names I knew out of the results and frankly I stopped after 55. (Somehow Wally you don't belong in the age group you're in!) and since I had included his meet flyer in the fall newsletter, I didn't put it in the "Ecetera". SO... as a courtesy to Wally I decided I would publish it first! (Since neither of us are U of M grads, we really have nothing against MSU... honest!)

You will find in this newsletter the results from both the Harbor Springs and the Grand Rapids meet thanks to Andy Donato taking over the computer operations of both. Hence any questions on those should be directed to Andy. In addition, Skip Thompson extracted the results from this year's LC Nationals (in Oregon) and compiled the Top Ten Times for Michigan. Therefore, if you have any compliments or complaints please direct them to the appropriate people.

Next item on the list concerns address changes. If you relocate you **MUST** notify us of your change of address. Since we bulk mail the newsletters, they will **NOT** follow you to your new address! Just drop us a card or give us a call. PLEASE.

Last but not least, once again our USMS/Michigan registrations continue to be \$25 for the year. This year for the first time we will be invoicing for 1996 registrations in December. Here's how it will work. In early December, you will receive a mailing which will include a 1996 registration combined with an optional professional survey (I am going to make it into a directory of members that will be available to members for PRIVATE use only) and a return envelope. If you return it prior to the end of December your SWIM magazine subscription will not lapse.

I'd also like to thank the meet director's who got their announcements to me as well Karen Pearson and Andy Donato. Also thanks to the coaches for their direction.



Baby Boom

Paul and Mary Catherine Wright have a new addition to their family, Patrick Joseph. Even though he arrived on a month early on Oct. 26th he weighed 6lbs 2 oz. 19" long. Paul says, "He's cute as a button and he has a hell of a "Frog Kick". Might be breaststroker potential.

Another Masters swimmer, Julie Zayan and her husband Paul are the proud parents of a new little girl. Kristen Lynne was born on Sept. 12 weighing 8lbs, 10oz. and is 21 3/4" long.

(Both Paul Wright and Julie Zayan are members of FAST)

September 27th brought Sandra Carosi and Joe the arrival of their son Andrew Joseph weighing in at 9lbs 1 oz. 21 1/2". Sandra swims with Midland and figures that her little guy has already logged about 500 miles with her in the pool!

Last and threatened with the publication of the newsletter prior to delivery, Kathy and Bob Vitu from Saginaw (swims with Midland) added another little guy to their existing brood of 3. Preceded by brothers Robby and Daniel and sister Lauren, Samuel Kennedy Vitu was born November 10th. Weighing in at 8lbs. Xoz. inches long Kathy says he has a full head of dark hair and his brothers and sister think he's a great new toy.

By a reports all moms (other than being short of sleep) and babies are currently doing very well. Dad's too!

President/Chairman Donato

To: Michigan Masters, LMSC
From: Andy Donato, President
RE: USAS '95

Growth and development were the undercurrents of the Houston, USAS convention this year. My awareness of how US Masters Swimming governs the sport has also grown considerably, as this was my third year at convention. Now as President/Chairman of our LMSC (Michigan Masters), I am more committed than ever to be a catalyst to the themes identified as important by the delegation at Convention. Some of these themes/practices have grown differently at the National level than at our local level requiring some "catch up" in Michigan, if we want to stay current with the organization. As a Michigan Delegate and Chairman I had to do some catching up on the spot, without the approvals we are familiar with at our Michigan Annual meetings. This letter to Michigan Masters is to identify those areas and solicit input and encouragement to make these themes/offices/programs apart of our business. First, the offices the National body now suggest to run an LMSC differ slightly than the format we've used in Michigan. Since Michigan is not exactly an island universe I tried to comply. Here's a list:

Nationally suggested LMSC Officers

Chairman
Vice-Chairman
Treasurer
Sanctions
Registrar
Safety
Editor
Records/Top Ten
Fitness
Long Distance

Michigan Officers

President
President-Elect
Treasurer
Sanctions
Registrar
Secretary
Editor
Records/Top Ten

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*"Even if you're
on the right
track, you'll get
run over if you
just sit there!"*

10 Mile Swim Cancelled

Due to a number of circumstances including picking a poor date during the holidays the 10 Mile Swim has been cancelled for this year. Maybe next year I will be able to secure a better date earlier in the season.

I have heard from a number of you that you weren't really interested in doing the entire 10 miles but wanted a nice 3-5,000 yard workout in a long course pool. Well, there is a way for you to get that on 2 Sundays per month at Canham Natatorium. Tracy Crane coaches a workout there from 9-10:30am for a minimal cost of \$4 per session which covers the pool fee as well as the coaching fee. The upcoming schedule is as follows: Nov. 26, Dec. 10 & 31 and there will be Jan. dates as well... later on.

Beware of Drunk Drivers

Recently Brian Byndas' sister-in-law, Caryn Casaz was killed by a drunk driver while running on Hines Park Drive. It's my understanding that she was hit from behind. I make the suggestion that in Caryn's memory, during this holiday season we each tie a red ribbon on our cars indicating that we are all against DRIVING WHILE DRUNK!! In addition, I recommend that everyone be especially careful when biking or running on any roads, there are definitely maniacs out there!! Our thoughts are with Brian and his wife and her family.

JUST FOR LAFS...

By Karen Pearson

But not a laughing matter! Livingston Area Fitness Swimmers (LAFS) are in their second year and have increased their membership from 26 last year (their first year) to 32 this year. Welcome to the new Masters swimmers!! We also have a new coach, Paul Avery. Paul swam at Eastern Michigan for four years and was captain of the team his senior year. He is enjoying his first year as a physical education teacher, a recent engagement, and coaching us, of course!

We want to recognize two swimmers on the team who have swum every meet so far this year: Wayne Blanchard and Ralph Silver. Super, guys! (And they are super guys!)

On the charitable side, our team has decided to put together a food basket at the holidays for a needy family in Livingston County this year. Also, at our meet in January, we will donate \$1.00 of every entry fee to Children's Hospital. We encourage other teams to do something along these times to help others!

We all look forward to seeing our fellow Michigan Masters at upcoming meets and sharing a few LAFS with all of you (laughs that is).

*LAFS
membership
increases from
26 to 32 in its
second year
ever!*

*One does not stop with sport because one gets older.
One gets older because one stops with sport.*

Seniors Shine in the West

In the West Michigan Golden Games, the following Masters' swimmers participated: Wally Dobler, Theresa Di Guiseppe, Edith Glusac, Martha Forster, Don Korten, William Le Sage and Donald May. Some of the swimmers showed that they had other talents. Don Korten and Don May both came in 1st in their age categories in Bocci Ball. Wally Dobler ran the 50 and the 100 meter dashes and came in 3rd. Martha Forster took on cycling, while Edith Glusac played table tennis and came in second. After all of this, they then headed for the pool to do their swimming.

In the swimming events (which were only 25 yards): Theresa Di Guiseppe dominated the 65-69 year olds, Edith Glusac the 75-79, Don Korten the men's 65-69, Wally Dobler the 60-64, with William LeSage coming in second to Wally Dobler. Donald May and Martha Forster found their competition a bit stiffer and came in third. Not a bad showing for Michigan Masters swimmers.

In addition, Edith Glusac travelled to St. George, Utah to compete in the Word Senior Games. She entered 6 individual events and three relays and managed to come home with 9 gold medals. She broke her record in the 50 yd backstroke and a 100 yard breaststroke record - a personal best for her, a 1:55.26 (That was for Carl!)

Sally Thielen from Lapeer also swam in St. George. brought home some medals as well i understand. However, when I tried to reach her the night before this printing I couldn't reach her. Sally is an artist as well who recently had a showing in Muskegon.

Convention Copy

By Karen Pearson

Last year, attending my first National Convention, I was pretty overwhelmed. But this year, I settled in and focused on the information and how it would affect our LMSC. There are seventeen different committees that meet for Masters and I'll give you a quick run down on the ones I attended.

First of all, I am a member of the *Fitness Committee*. We are currently working on a Fitness Swimming Award co-sponsored with SPEEDO. It is designed to honor USMS swimmers who have overcome adversity or handicaps and maintained their fitness level or significantly influenced the fitness of other swimmers. You will hear more about it when the details have been worked out. There is also a packet of fitness articles that can be obtained by calling Jennifer Parks, our State Fitness Rep. at work (616) 592-2673 or home at (616) 796-6946. There was a discussion about USMS promoting fitness swimming at Corporate Wellness Conventions and through their publications. We reviewed current fitness events like the Check Off Challenge that was in the last SWIM magazine and we also approved three more fitness events that you will see in upcoming issues.

I also attended the *Registration Committee* meeting. You will notice as a result of this meeting that on the 1996 registration form, it will state that six dollars of the fee goes toward SWIM magazine. There was a discussion about couples who are members and think they should reduce fee by six dollars because they don't need two magazines. There was also a discussion about the One Event Registration, whether it should be retained or eliminated and it was

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...packet of fitness articles is available from Jennifer Parks... please feel free to contact her for a copy of them.

Coaches Corner

By Dawn Hewitt - Masters Coach at
the Jewish Community Center

Phyllis ask me if I would write an article for the newsletter some months ago. There are so many things to write about! I thought I'd begin with DPS (distance per stroke) which our group of swimmers has been working on. The goal is to swim as efficiently as possible for as long as possible whether as sprinter stroke/middle distance or distance swimmer.

Here's a sample set for practicing and improving your DPS:

500 choice warm-up

2 x 50 - count strokes each 25, swimming as you usually would.

2 x 50 - count strokes and strive to drop stroke count per 25 by 2-4 strokes.

Do this by lengthening your reach and finish of each pull - use your kick and streamline off the wall.

12 x 50 descending by 3's to 90% max - i.e. #1 40.0 sec., #2 38.0 sec., #3 36.0. As your speed increases, strive not to add more than 2 strokes per 25.

The above example works best for backstroke and freestyle. For butterfly and breaststroke, strive to drop your stroke count by 2 and increase only 1 stroke per 25 on descending 50's. By swimming more efficiently we swim fast, not hard. We produce speed with less work. The easy time to be efficient is in the beginning of a race or workout. The key to swimming your best is to swim efficiently when it hurts, when you're tired at the end of a race. Of course the only way to achieve that is to incorporate efficiency in your workouts - start to finish.

Have a question or idea? Let me know!
Good Luck and Great Swimming!!

Safety First

Contributed by: Karen Pearson

We're never too old, too wise or too good of a swimmer to think that we can ignore safety rules! Some safety rules like NEVER SWIM ALONE will always stand the test of time. Some safety considerations have changed slightly over the last couple of years with regard to Masters meets. Last years meet announcements contained the fine print stating, "All swimmers must enter the feet first in a cautious manner with at least one hand in contact with the pool edge or gutter." The rules committee has modified this slightly, eliminating the last part, so that this year's meet announcements will inform swimmers that, "All swimmers must enter the water feet first in a cautious manner." Please remember that this safety precaution should apply to your practices as well. Also, there should always be a lifeguard on duty for all your practices and meets.

One last reminder for now. In order to be covered by the secondary insurance from USMS, EVERY SWIMMER AND COACH at your practices must have a current USMS registration. In other words, if even one swimmer at your practice does not have a USMS membership, that will void the secondary insurance coverage for the rest of the swimmers even if they have a current USMS membership. This also pertains to children! At meets and practices, no children of swimmers, coaches, officials or anyone else may be in the pool or diving well or this will void coverage. Masters swimmer's motto is FUN, FITNESS, FELLOWSHIP but none of these are possible without "SAFE SWIMMING"!

*The USMS
motto is "FUN,
FITNESS and
FELLOWSHIP"
but this is not
possible without
SAFETY FIRST!*

There comes a moment when you begin to realize that virtually anything is possible - that nothing is too good to be true.

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This national format shouldn't be viewed as fixed-in-stone but it coincides well with committees already established at the convention. This makes pipe-lining information easier. Since I had to fill out a form in this format for our LMSC, I had to scramble for some names (volunteers). Here is how it turned out:

Chairman	Andy Donato	President
Vice-Chairman	Don Kroeger	President-Elect
Treasurer	Don Korten	Treasurer
Sanctions	Tom Hunt	Sanctions
Registrar	Bill Reid	Registrar
Safety	Karen Pearson	Secretary
Editor	Phyllis Reid	Editor
Records/Top Ten	Skip Thompson	Records/Top Ten
Fitness	Jennifer Parks	
Long Distance	Marilyn Early	

An important difference, something I truly support, is an officer for Safety. We do not want to get hurt or hurt others in a sport we want to enjoy for the rest of our lives. Having someone in our LMSC connected to the National committee on this broad subject is something we should value. Two other important areas for development are Fitness and Long Distance. The Distance Swims are ever-increasing in popularity. The National Body has organized these swims in three distance ranges. Again, having someone connected Nationally should cultivate our Michigan program. The other area, rich in issues, is Fitness. It's undisputed this is the program from which we recruit. Having an awareness of the "watch-out-for's" and "how-best-to's" is what we need as Ambassadors to growth. An office the National body, as well as Michigan Masters, recognizes as invaluable is that of Editor. Communicating all this great information to the LMSC through the Newsletter is our No.1 development tool. My sincere hope is that these offices, pipe-lining to USMS, and an already great Newsletter (thanks to the Editor), continues to provide something for everyone.

Sponsor An Event At Nationals

As a part of raising money for the 1996 LC Nationals the steering committee has decided to sell "Event sponsorships" for \$100. For this the sponsor will receive a lovely wooden plaque with the meet logo laser-cut into it and a black-lacquered brass plate affixed to it and laser engraved with the event and acknowledgment of the sponsor. They will also be listed in the Meet Program. The following list indicates which events have been purchased thus far: (M indicates men's - W indicates women's and MX for mixed)

Bill Reid - M 200 Free, Don Asselin - M 400 Free, Don Kroeger - M 800 Free, Dave Goble - M 1500 Free, Mark Lambert - M 200 Fly, Andy Donato - M 400 IM, Cathy Barry - W 50 Free, Pat Rohner - W 1500 Free, Jay Ryno - W 200 Fly, and Karen Pearson - W 200 IM.

The following events are still available. If you are interested in sponsoring an event, please call me to verify that it is still available. I (Phyllis Reid) may be reached at (517) 592-8908. I will list the Men's events, followed by the Women's finally ending with the mixed. M 50 & 100 free, 50, 100 & 200 breast, 50, 100 & 200 back, 50 & 100 fly, 200 IM, 200 medley and 200 free relays. W 100, 200, 400 & 800 free, 50, 100 & 200 breast, 50, 100 & 200 back, 50 & 100 fly, 400 IM, 200 medley and free relays. MX 200 free relay and 200 medley relay.

Along with the "Training T-shirts" we will have a sample of the "Sponsorship plaques" with us at upcoming meets. Both of these items will help to defray some of the basic costs of putting the National meet together, so we appreciate everyone's support and enthusiasm!

"Teamwork is the ability to work together toward a common goal. With that nothing is impossible."

(Continued from page 4)

decided to wait one more year. There was emphasis on the Registrar filling out USMS cards correctly and uniformly. There was also a long discussion on citizen's living abroad and how they should be registered, with no resolution.

The *Safety Committee* had always been an ad hoc committee but it was voted unanimously to be given full standing committee status. There was a discussion on the issue of insurance coverage (see *Safety First* article). Accident reports were reviewed; only two were made this year. Of the seventy-nine claims made in the past ten years, twenty-one occurred in open water swims. The coverage has just been increased to \$5million per occurrence. Briefly, USMS has no policy regarding blood-borne pathogens. Massage therapists at meets must have their own liability insurance.

The *Marketing Committee* was interesting and there was so much discussed it could take the whole newsletter. But I want to make sure that everyone knows there is a booklet you can purchase called "Places to Swim", costing six dollars. If interested, send to USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Also I would encourage all of you to sign up for the USMS MasterCard. USMS receives ten dollars for the Silvercard and fifteen dollars for the Goldcard. There is no fee, no obligation, just sign up. (See back of Lansing flyer.) Be sure to use the priority code at the bottom. We saw a sneak preview of a video being worked on to advertise USMS through public service announcements on TV. The sale of USMS clothing and merchandise through Kast-A-Ways is doing well and new products will be introduced soon.

I was especially proud to attend the *Championship Committee* meeting where Bill Reid gave an impressive presentation about the 1996 LC Nationals. The committee members and audience were impressed with everything from the medals to team awards to the timing system. I also attended a most informative Sports Medicine lecture. Skip Thompson chaired a good meeting for the Great Lakes Zone delegates. And lastly, I'm proud of myself for making it to two out of three early morning workouts.

Last Gasp!

By Vince Gallant of Great Lakes Aquatics

(Editor's Note: This piece is basically a DECK ENTRY and after I had already finished the newsletter, but since I think quite a few people are interested, I decided to add it at the last minute.)

Swimming faster is fun. One of the true joys of swimming is improving performance; another is setting and achieving a specific goal. Competition begs the eternal question: if all things were equal, may a change in one variable cause a different outcome? Where is the real strength of a sport? Mental strength is indeed an essential ingredient to success in any endeavor, and physical handicaps can always be overcome. That is the beauty of swimming: physical handicaps may not pose a barrier to successful participation in this life-long sport. In fact, cardiovascular fitness, muscular strength, mental discipline, and flexibility may all be enhanced through active participation. Not so surprisingly, movements in swimming demand full attention until they are finely tuned. (After all, fish are always swimming, so if you desire to swim like a fish, you should literally live in the water!) Swimming is the challenge to move through the water with efficiency and speed. Body alignment and use of the trunk muscles play a most critical role in efficient swimming.

Efficiency in swimming is usually measured by determining the number of strokes needed to complete a length of the pool ("strokes per length" or "SPL"). Stroke length combined with stroke rate (distance x time) predicts speed. An example would be: if a person had a stroke length of 2 meters and a stroke rate of 0.8 seconds, how long would it take to cover a distance of 100 meters (metres)? Answer:

$$\begin{aligned} 2 \text{ m} &= 100 \text{ m} \\ 0.8 \text{ s} &\times \text{ s.} \\ 2x &= 0.8 \times 100 \\ 2x &= 80 \\ x &= 80/2 = 40 \text{ seconds!} \end{aligned}$$

Doesn't that sound easy? How does this help your case? Efficiency is an art that everyone can evolve: swimming requires body position at the core before you do anymore...think about hip undulation in fly and breaststroke and hip rotation in back and freestyle. Being "shipshape" for the swimmer may have a nutritional, psychological, or physical connotation; physically, this means that the swimmer's body position takes up less space, consequently decreasing the disturbance to as many water molecules as possible, attempting to advance through the fluid as quickly and effortlessly as is humanly possible! This is a major portion of swimming faster: how can you get hip rotation/undulation to work for you?

Drills that increase body awareness in the water may also promote efficiency moving through the water. Streamline kicking with arms at side in all strokes appear to increase a swimmer's ability. By consistently taking time to kick with your arms at your side, you experience how to move through the water having only your torso and legs generating the propulsive force. Once the movement with legs is improved, adding one arm at a time, with special emphasis on the weaker limb, kinesthetic awareness is dramatically increased.

For freestyle and backstroke, 3/4 or 4/4 time kicking drills work well to increase sensitivity to timing and hip rotation. This drill can be done with or without fins in both back and freestyle: attempt to keep hips in as vertical a position as possible for three or four kicks ("one, two, three, on the right hip, one, two, three on the left hip, ..."). The drill may be considered as well done when the hips can be maintained in the near vertical position (>45 degrees from horizontal) for the majority of the kick.

(continued on p. 8)

*"If living your
own life seems
difficult,
remember that
no one has ever
attempted your
life before!"*

(continued from p. 7)

or butterfly and breaststroke, the undulation drill works well. In fly, practice dolphin kicking with your head and feet as points on a line from one end of the pool to the other, breathing every second, fourth or sixth kick. Success is felt when the breathing action causes little or no disturbance to the kicking cycle. Breathing is required every stroke in the breast, and once the body is attuned with the kick, the arms must conform to the rhythm.

Essentially, well-executed body position is a crucial factor to improved efficiency in sports. In swimming, kinesthetic awareness may be improved through kicking drills in all strokes at all speeds.

Which brings us back to the question: if two swimmers, one 5'10" and the other 6'7" are both swimming efficiently, should their stroke count be close to the same? The answer is relative to the degree of established efficiency, and more important, the perception of efficiency as defined by the beholder (i.e., nobody's perfect, and we're not getting older, we're getting more used to it...). Personally, if all other things were equal, I'd bet on the big man!

Thanks to: Phyllis for the questions
all the people who talk and think about swimming

References:

C.M. Colwin, Swimming Into the 21st Century
D.L. Costill, E.W. Maglischo, & A.B. Richardson, Swimming
E.W. Maglischo, Swimming Faster

*"Age, cunning
deceit and
treachery can
defeat youth and
skill"*

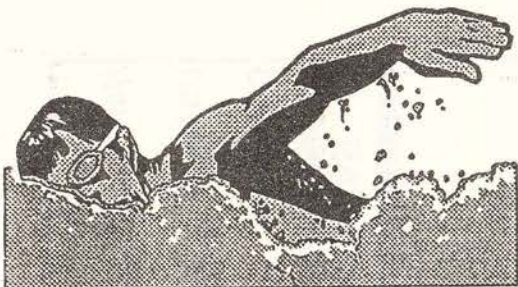
(Not really!)

THE WIZARD OF ID by Brant Parker and Johnny Hart



THE WIZARD OF ID By Brant Parker and Johnny Hart





Livingston Area Fitness Swimmers

proudly hosts the second annual

New Years Masters Meet

Sanctioned for USMS, Inc. by Michigan Masters - Sanction No. MM199529



DATE: Sunday, January 7, 1996

PLACE: Howell Area Aquatic Center
Grand River Avenue
Howell, Michigan

TIME: Warm-up/Registration 11:00am
Events Noon

FACILITY: 6-Lane, 25 meter pool, Hand Timing,
Hot tub, Refreshment lounge. (The water
temperature will be cooler this year!)

AWARDS: Michigan Masters ribbons for 1st to 3rd

ENTRY: \$10.00 per Swimmer
Maximum of 5 events plus relays
Seeding slow to fast
USMS Registration Required
Pre-entered meet with deck entries allowed
until 11:45 am

EVENTS: 200 Medley Relay
200 Free
100 IM
200 Breast
50 Free
100 Back
50 Fly
50 Breast
100 Free
200 IM
50 Back
100 Breast
400 Free
200 Free Relay

Swimmer must enter the pool feet first in a cautious manner. Diving will only be allowed in designated sprint lanes. One lane will remain open for warm-up/cool down.

For more information, contact: **Karen Pearson**
(810)220-3410

New Years L.A.F.S. Masters Meet

Sanctioned for USMS, Inc. by Michigan Masters - MM199529

Sunday, January 7, 1996

Howell Area Aquatic Center

Name: _____

USMS # _____

Age (on 1/7/96) _____

Male or Female

CIRCLE ONE

Club Name: _____

Phone Number: _____

Event Number	EVENT	Seed Time
1	200 METER MEDLEY RELAY	
2	200 METER FREESTYLE	
3	100 METER IM	
4	200 METER BREASTSTROKE	
5	50 METER FREESTYLE	
6	100 METER BACKSTROKE	
7	50 METER BUTTERFLY	
8	50 METER BREASTSTROKE	
9	100 METER FREESTYLE	
10	200 IM	
11	50 METER BACKSTROKE	
12	100 METER BREASTSTROKE	
13	400 METER FREESTYLE	
14	200 METER FREE RELAY	

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

DATE: _____

SIGNATURE: _____

Make Checks

Payable To:

Howell Area Aquatic Center

Mail To:

Karen Pearson

4333 Muirfield Dr.

Brighton, MI 48116

MICHIGAN MASTERS WEEKEND AT THE UNIVERSITY OF MICHIGAN

Saturday and Sunday, January 20-21, 1996

Don Canham Natatorium, University of Michigan

Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM199526

Come join us at the University of Michigan for a celebration of Masters Swimming in Michigan. Saturday afternoon, Jim Richardson (U. of M. Women's Head Coach) and members of the coaching staff at the University of Michigan will give Masters a sampling of the coaching that helped the Michigan Teams to their first place finish (men) and second place finish (women) in the 1995 NCAA Championships. On Sunday, join the 1996 USMS LC Nationals Organizing Committee for a swimming meet to tune up the equipment and people for the 1996 USMS LC Nationals.

Stroke Clinic - Saturday, January 20, 1996

11:30 AM-12:00 - Noon Check-in for Stroke Clinic.

12:00 Noon-3:20 PM - Stroke Clinic (4 - 50 minute sessions).

Session 1 - Underwater video taping with critique.

Session 2 - Above water video taping with critique.

Session 3 - Stroke drills and critique.

Session 4 - Starts and turns.

The clinic will be held at the Don Canham Natatorium at the University of Michigan. The clinic will be restricted to 4 groups of 10 swimmers. One group will be a breaststroke group and the remaining three groups will (probably) be one stroke group, one freestyle group and one triathlon group. Attendance at the Clinic is restricted to the first 40 swimmers to register.

Nationals Tune-up Meet - Sunday, January 21, 1996

8:30-9:45 AM - Check-in and deck entry for swimming meet

9:00-9:50 AM - Warm-up for Sunday's events

10:00 AM 1/2. 1000 Yard Freestyle. 5/6. 400 Yard IM
 3/4. 400/800 Yard Relays

15 Minute Break/Warm-up

7/8. 200 Yard Medley Relay
9/10. 200 Yard Freestyle
11/12. 200 Yard Backstroke
13/14. 100 Yard IM
15/16. 50 Yard Butterfly
17/18. 50 Yard Breaststroke
19/20. 50 Yard Freestyle
21/22. 50 Yard Backstroke
23/24. 200 Yard IM

25/26. 200 Yard Butterfly
27/28. 100 Yard Breaststroke
29/30. 100 Yard Freestyle
31/32. 100 Yard Backstroke
33/34. 100 Yard Butterfly
35/36. 200 Yard Breaststroke
37/38. 200 Yard Freestyle Relay
39/40. 1650 Yard Freestyle

The swimming meet will also be held at the Don Canham Natatorium which is the site of the 1996 USMS Long Course Nationals. The Tune-Up Meet events will be swum in two 25 yard eight lane courses, each course with electronic timing and scoreboard. The women will swim in the east course (odd numbered events) and men will swim the west course (even numbered events). 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 in each course will be reserved during the meet for warm-ups/warm-downs. There will be a break between the 400/800 Yard Relays and the 200 Yard Medley Relay and another between the 200 Yard IM and the 200 Yard Butterfly.

Registration for clinic: Cost for the clinic is \$35.00 for mailed-in registration and \$40.00 for registration on the day of the clinic. Note that normally these clinics sellout and thus there may not be space available on the day of the clinic.

Entries for swimming meet: Cost to enter the meet is \$15.00 for mailed-in entries and \$20.00 for deck entries. We intend to seed and score this meet with a computer. Thus we request that as many swimmers as possible enter by mail so that we will not have to do a lot of data entry on the day of the meet. Mailed-in entries must be postmarked by January 16, 1995. Relays can be deck entered without penalty. A swimmer may enter 5 individual events and 3 relays. Swimmers can swim both the 1650 Yard Freestyle and the 1000 Yard Freestyle. Checks for entry fees should be made out to Michigan Masters Events. Entries should be mailed to:

William T. Reid, III
P.O. Box 100
Clark Lake, MI 49234

Seeding and Scratches: Positive check-in is required for all swimmers in events longer than 200 yards so that we can minimize the number of open lanes and give every swimmer good races. The check-ins for the 1650 Yard Freestyle and the 400 Yard IM will close at 9:45 AM on Sunday. The check-ins for the 1000 Yard Freestyle will close at the beginning of the break after the 200 IM on Sunday. At check-in, swimmers in the distance events 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 slow to fast. Seeded heat sheets will be posted in the pool area and all swimmers can mark their cards with their heat and lane assignments. All other events of 200 yards and shorter will be seeded slow to fast by computer with heat and lane assignments shown on heat sheets. No cards will be printed for events of 200 yards or shorter.

Swimmers who have entered events longer than 200 yards by mail and find that they are unable to attend can scratch by telephone at (313)747-0159. Scratches will be accepted on Saturday from 11:30 AM to 3:30 PM. Scratches can be made on Sunday from 8:00 AM until 9:45 AM. If you scratch by phone, we will refund \$5.00 of your entry fee.

JOSEPH BEAUDOIN MEMORIAL SWIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Sanction # MM1995-34

February 4, 1996

Ford Athletic Swim and Triathlon Club brings you their 9th annual Michigan Masters Swim Meet. This will be a sanctioned meet, open to all registered masters swimmers; pre-registration & registration available at the meet. The meet will be held at Brighton High School, Brighton, Michigan.



The events are:

- | | |
|---------------------|--------------------------|
| 1. 400 Medley Relay | *INTERMISSION* |
| 2. 200 Free | 9. 200 IM |
| 3. 100 Back | 10. 100 Free |
| 4. 50 Fly | 11. 50 Breast |
| 5. 100 IM | 12. 200 Fly |
| 6. 200 Breast | 13. 50 Back |
| 7. 50 Free | 14. 200 Mixed Free Relay |
| 8. Fun Relay | 15. 400/1500 Free |

Meet begins at 10 am; warm up at 9 am

Registration begins at 9 am

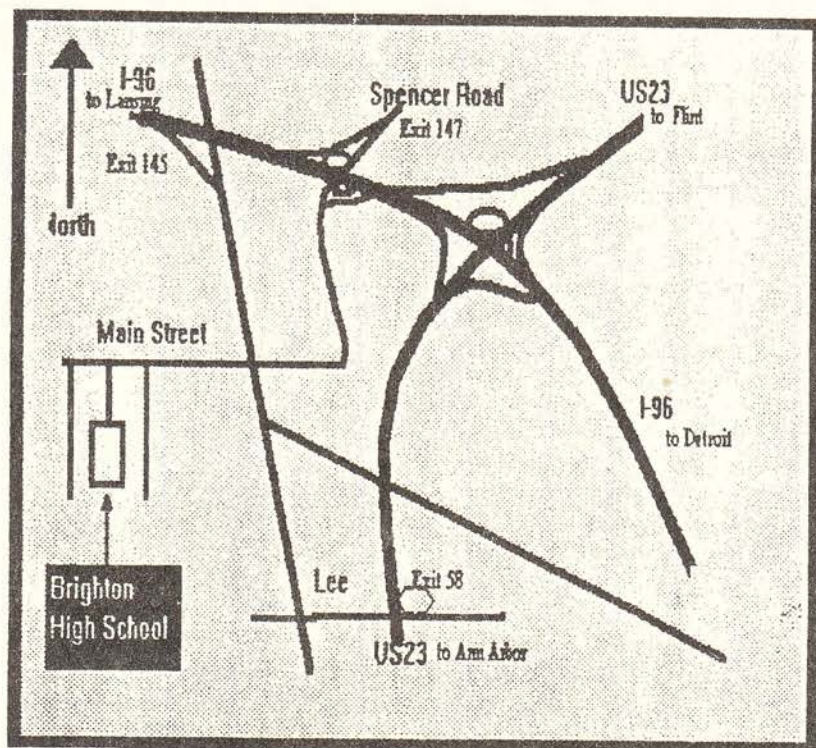
Meet Fee: \$10.00 for a maximum of four individual events plus relays. Part of the proceeds will be donated to the Joseph Beaudoin Memorial Fund

Ribbons will be awarded for 1st, 2nd, and 3rd place finishers

25 meter pool, with warm-up area

Electronic timers

For more information call Bill Eagan; work (313) 323-9403.



From Lansing:

I-96 South to Grand River-Exit 145; Grand River South to Main Street; Turn Right onto Main Street.

From Ann Arbor:

US23 North to Lee Road-Exit 58; Lee Road West to Rickett Road-Turn Right and merge onto Grand River north; Grand River to Main Street-turn Left.

From Flint:

US23 South to I-96 West; I-96 West to Spencer Road-Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go pass Grand River; Spencer road turns into Main Street.

From Detroit:

I-96 West to Spencer Road-Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go pass Grand River; Spencer road turns into Main Street.

BRIGHTON HIGH SCHOOL IS OFF OF MAIN STREET BETWEEN 7TH AND HOLLYWOOD.

Joseph Beaudoin Memorial Swim Meet
Sunday, February 4, 1996
Brighton High School

Name:		
USMS#	Age on Feb 4, 1996	Male / Female
Club Name:		Phone #:

Event	Seed Time	Event	Seed Time
1. 400 Medley Relay		* INTERMISSION*	
2. 200 Free		9. 200 IM	
3. 100 Back		10. 100 Free	
4. 50 Fly		11. 50 Breast	
5. 100 IM		12. 200 Fly	
6. 200 Breast		13. 50 Back	
7. 50 Free		14. 200 Free Relay	
8. 4x100 IM Relay		15. 400 Free	

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

Date:	SIGNATURE:
-------	------------

Make Checks Payable To: FAST

Mail To:

William Eagan
3932 Ann Rose Ct.
Bloomfield MI 48301

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

Swim Classic
at
Rockford High School Community Pool
4100 Kroes Rd. Rockford, Michigan

February 24, 1996

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

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

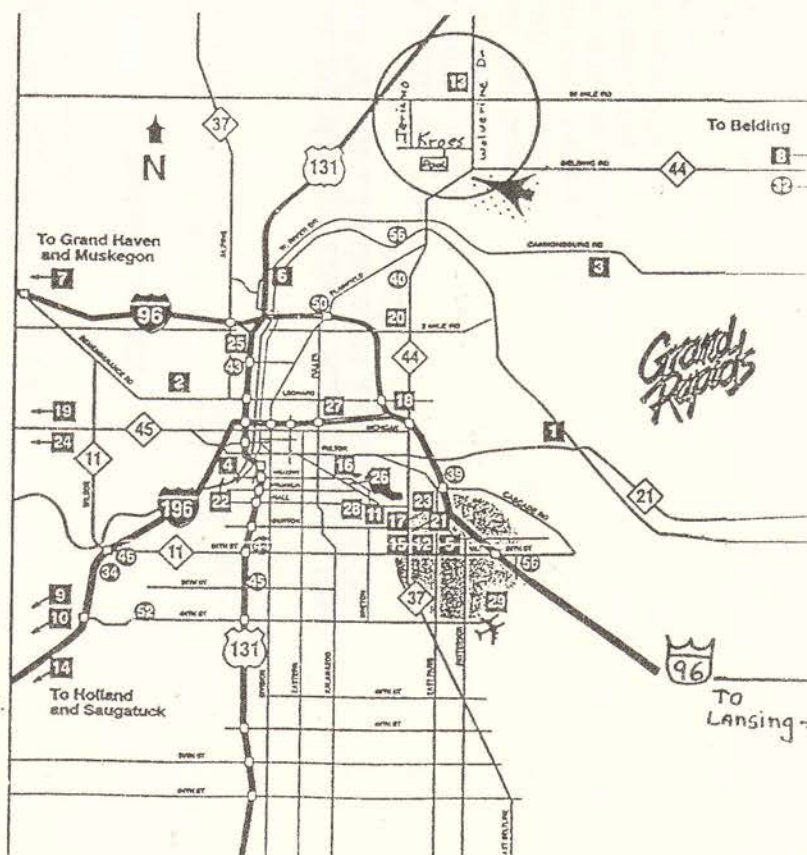
Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.). 1000/1650 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast.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

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592
Sanctioned for USMS Inc. by Michigan Masters #MM199530.

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.



21st annual!! Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters
Sanction # MM199532

Date:

Sunday, March 17th, 1996

Place:

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

Time:

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

Facility:

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

Awards:

Michigan Masters ribbons for 1st through 3rd place

Events:

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

Seeding:

Fast to Slow

21st annual!! Midland Masters Winter's End Swim Meet

Warmup:

Continuous warmup during meet in Lane 6.
USMS Safety rules will be observed. Swimmers must enter the water feet-first in a cautious manner with at least one hand in contact with the deck or gutter

Entry fee:

\$10.00 per swimmer (Maximum 5 events plus relay)

Entry deadline:

Deck entries only; 10:15AM for 500 Free; 11:15 for remainder

Refreshments:

During meet. Social after - T.B.A.*

*TBA = To be announced

For more information contact:

Charles Moss
(517) 631-1480

or

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

**USMS registration required. \$25.00 for 1996
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.

Great Lakes Zone Meets

September 1-November 30, 1995 USMS 3000 yd
National Postal Championships, Gulf EMS
Contact: Emmet Hines 215-748-7946

September 15 - December 15, 1995 Postal Pentathlon
Minnesota EMSC
Contact: Wayne Mulhern
612-635-5167 (AM) or 612-783-1282 (PM)

October 8, 1995 O*H*I*O Masters (SCY)
Orange High School, Pepper Pike
Contact: Pieter Cath 216-248-8270

October 8, 1995 Harbor Springs, MI
Contact: Marilyn Early 616-526-9824

October 21-22, 1995 FALL CLASSIC (SCM)
Contact: Jim Barber 317-298-8885

October 28, 1995 Grand Rapids, MI
Contact: Brad Henson 616-532-7024

November 11, 1995 Monroe, MI
Contact: Dohn Kroeger 313-242-7175

November 12, 1995 Park Ridge 1650 Yards
Contact: Barry Dayton
221 North Washington
Park Ridge, IL 60068

November 18-19, 1995 Kent, OH O*H*I*O Masters
Contact: Pieter Cath 216-248-8270

November 18-19, 1995 Greater Columbus Masters
Columbus, OH
Contact: Jack Kangas 614-294-1171

November 19, 1995 Flint, MI
Contact: Richard Chaney 810-0233-6749

December 2-3, 1995 Hudson (SCM) O*H*I*O Masters
Contact: Pieter Cath 216-248-8270

December 3, 1995 NASTI/GRIN Fitness Series
Noblesville, IN
Contact: Diane & Dick Sidner 317-877-6751

December 2-3, 1995 Evanston Masters
Contact: David Gaffney
880B Forest Avenue
Evanston, IL 60202

December 10, 1995 East Lansing, MI
Contact: Wally Dobler 517-372-8006

December 30, 1995 Ann Arbor, MI
Contact: Phyllis Reid 517-592-8908

January 4, 1996 NASTI/GRIN Fitness Series
Noblesville, IN
Contact: Diane & Dick Sidner 317-877-6751

January 7, 1996 Lattof YMCA
Contact: Mary Jo Ferns
115 Honeysuckle Court
Rolling Meadows, IL 60008

January 7, 1996 Livingston, MI
Contact: Karen Pearson 810-220-3410

January 27, 1996 SUGAR CREEK MASTERS
Crawfordsville, IN (SCY)
Contact: Dewey Wyatt 317-364-0983

January 21, 1996 Washington Township Masters
Dayton, OH
Contact: Jack Kangas 614-294-1171

January 21, 1996 Ann Arbor, MI
Contact: Bill Reid 517-592-8908

January 28, 1996 Elmhurst Masters
Contact: Mary Morris
17W 771 Kirkland Lane
Villa Park, IL 60181

January 28, 1996 Solon (O*H*I*O Masters (SCY)
Contact: Pieter Cath 216-248-8270

February 3, 1996 Buckeye Masters, Columbus, OH
Contact: Jack Kangas 614-294-1171

February 4, 1996 Ford, MI
Contact: Bill Eagan 810-642-9130

February 17, 1996 IU Masters-Bloomington, IN
(Royer Pool or new Counsilman Aquatic Center)
Contact: Dave Tanner 812-855-8032

February 24, 1996 Rockford High School (SCM)
Contact: Ken Danhof 616-739-5592

February 25, 1996 NASTI/GRIN Fitness Series
Noblesville, IN
Contact: Dick & Diane Sidner 317-877-6751

February 25, 1996 Rockford YMCA
Contact: Patrick Burns
Rockford YMCA
200 Y Boulevard
Rockford, IL 61107

February 25, 1996 Swim Your Heart Out
Contact: Steve Young
746 Addison Street #1E
Chicago, IL 60613

March 2-3, 1996 O*H*I*O Masters (SCY)
GREAT LAKE ZONE CHAMPIONSHIP
Cleveland State University, Cleveland
Pieter Cath 216-248-8270

March 3, 1996 Central Illinois
Contact: David Gibson
3209 Cambria
Bloomington, IL 61704

March 10, 1996 Great Lakes Aquatics, MI
Contact: Vince Gallant 616-349-1053

March 10, 1996 Du Page Masters
Contact: Valerie Braschel
452 Taylor Avenue
Glen Ellyn, IL 60137

March 16, 1996 MICHIANA MASTERS (SCY)
South Bend, IN
Contact: John Ford 219-233-1194

March 17, 1996 Midland, MI
Contact: Charlie Moss 517-631-1480

March 29-31, 1996 Saginaw, MI
Contact: Bob Jennings

March 16-17, 1996 State of Ohio Championship Meet
Miami University, Oxford, OH (SCY)
Contact: Chris Gilligan 513-232-0296

contact: Wayne Anders
77 Surrey Lane
Barrington, IL 60010

T.B.A. COLE FAMILY YMCA (SCY)
Kendallville, IN

April 6, 1996 GRIN State Meet TENTATIVE (SCY)
Columbus, IN
Contact: Max Henry 812-342-9881

April 13-27, 1996 International Senior Games -Bermuda
Contact: In Connecticut 203-352-0532

April 12-14, 1996 CMSA State Meet
Contact: Greg Hamilton
15W611 Fillmore
Elmhurst, IL 60126

April 18-21, 1996 YMCA National Championships
Orlando, FL (SCY)
Contact: Gerald Meyer 216-651-7928

May 9-12, 1996 USMS SCY Nationals
Cupertino, CA
Look for Entry in SWIM Magazine

May 25-26, 1996 Smelts
Contact: Steve Young
746 Addison Street #1E
Chicago, IL 60613

June 22-29, 1996 FINA VI World Championships
Sheffield, England (LCM)
Contact: FAX 011-42-1-114-273-6731

June 29, 1996 Park Ridge 1500 Meters
Contact: Barry Dayton
221 North Washington
Park Ridge, IL 60068

July 19-21, 1996 Hoosier State Games
Contact: Indiana Sports Corporation

August 22-25, 1996 USMS LC Nationals
Ann Arbor, MI (U of M)
Contact: Phyllis Reid
P O Box 100 Clark Lake, MI 49234
Phone: 517-592-8908

DATE	CLUB	LOCATION	Meet Director	PHONE
For each of these meets you must be a registered USMS swimmer. Fee \$25 (Available at the meets)				
October 8	Harbor Masters	Harbor Springs High School	Marilyn Early	(616) 526-9824
October 21-22	Great Lakes Zone Short Course Meters Championships	IU Natatorium	James Barber	(317) 298-8885
October 28	Western Michigan Masters	Grand Rapids Community College - Ford Pool	Brad Henson	(616) 532-7024
November 11	OHMI Masters	Monroe "Y"	Don Kroeger	(313) 242-7175
November 19	Flint Masters	Southwestern Academy - Flint	Richard Chaney	(810) 233-6749
December 10	Lansing Masters	Michigan State	Wally Dobler	(517) 372-8096
December 30	MI Masters - 10 mile	Canham Natatorium -UofM	Phyllis J. Reid	(517) 592-8908
January 7	Livingston Area Fitness Swimmers	Howell Aquatic Center	Karen Pearson	(810) 220-3410
January 21	Nationals Tune-up	Canham Natatorium U of M	Bill Reid	(517) 592-8908
February 4	Ford Masters	Brighton High School	Bill Eagan	(810) 642-9130
February 24	Western Michigan Masters (SCM)	Rockford High School	Ken Danhof	(616) 739-5592
March 10	Great Lakes Aquatics	Kalamzoo	Vince Gallant	(616) 349-1053
March 17	Midland Masters	Midland Dow High School	Charlie Moss	(517) 631-631-1480
March 29-31	STATE MEET- Saginaw	Saginaw Valley JC	Bob Jennings	
****April 18-21	YMCA Nationals	Orlando, Florida		
May 9-12	Short Course Nationals	DeAnza College- Cupertino, CA	Donn McPhail	(408) 253-SWIM
August 22-25	LONG COURSE NATL's	Ann Arbor - U of M	Entry Info- Phyllis Reid P.O.Box 100 Clark Lake, MI 49234	(517) 592-8908

****This is a date change!!!

MICHIGAN MASTERS MEETS 1995-96

1995 U.S.M.S. LONG COURSE NATIONALS AUGUST 24 - 27, 1995
 MT. HOOD COMMUNITY COLLEGE AQUATIC CENTER GRESHAM, OREGON
 MICHIGAN SWIMMERS

GENEVIEVE MOYER (46)
 100 BREAST 2:27.02 14TH
 200 BREAST 5:14.00 14TH
 50 FLY 1:11.68 10TH

LOIS NOCHMAN (70)
 50 FLY :45.76 1ST
 100 FLY 1:57.17 1ST
 200 FLY 4:16.68 1ST*# WR
 200 I.M. 4:08.22 2ND*
 400 I.M. 8:42.62 2ND*

EDITH GLUSAC (76)
 50 BACK 1:04.42 3RD
 100 BACK 2:20.99 3RD
 200 BACK 5:24.70 4TH
 50 BREAST 1:07.50 4TH
 100 BREAST 2:30.06 3RD
 200 BREAST 5:36.78 4TH

WILLIAM T REID (45)
 50 FREE :28.30 7TH
 100 FREE 1:02.33 10TH
 200 FREE 2:16.42 7TH
 400 FREE 4:56.38 7TH
 800 FREE 10:31.77 6TH

THOMAS MOYER (47)
 1500 FREE 22:33.08 11TH
 100 BREAST 1:43.29 12TH
 200 BREAST 3:55.38 10TH
 200 FLY 4:43.68 7TH
 400 I.M. 7:17.82 12TH

JOHN PAYOTELIS (60)
 100 FREE 1:26.34 12TH
 200 BREAST 3:51.71 7TH

JOHN RIES (64)
 50 FREE :32.48 8TH
 100 FREE 1:12.29 5TH
 200 FREE 2:45.92 5TH

DONALD KROEGER (51)
 200 FREE 2:36.04 8TH
 400 FREE 6:04.08 10TH
 800 FREE 12:07.34 7TH
 100 BREAST 1:30.82 10TH
 200 BREAST 3:29.46 10TH
 400 I.M. 7:07.14 7TH

BOB HERITIER (67)
 50 FREE :32.17 2ND
 200 FREE 2:48.90 2ND
 400 FREE 6:05.77 2ND
 800 FREE 12:36.33 2ND

MEN'S 200 MEDLEY RELAY TIME
 AGE 200+ MICH AGES 2:32.40
 THOMAS MOYER 47 5TH
 DONALD KROEGER 51
 WILLIAM T REID 45
 JOHN RIES 64

MIXED 200 MEDLEY RELAY TIME
 AGE 240+ MICH AGES 3:18.98
 THOMAS MOYER 47 9TH
 EDITH GLUSAC 76
 LOIS NOCHMAN 70
 BOB HERITIER 67

WOMEN HIGH POINT WINNER
 LOIS NOCHMAN 51 POINTS

MEN'S HIGH POINT WINNER
 BOB HERITIER 36 POINTS

WOMEN SMALL TEAM 97 POINTS 11TH

MEN'S SMALL TEAM 104 POINTS 17TH

COMBINED TEAM 205 POINTS 11TH

* STATE RECORD
 # U.S.M.S. NATIONAL RECORD
 WR WORLD RECORD

1995 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

DYNE BURRELL	(28)	
50 FREE	:24.45	2ND*
100 FREE	:52.54	1ST*
200 FREE	1:56.22	1ST*
50 BACK	:28.64	5TH*
SHELLY SCHAFER	(28)	
1650 FREE	18:06.07	2ND
MARY MUETING	(30)	
50 FREE	:25.11	4TH
50 FLY	:27.32	6TH*
CORRIN CONVIS	(30)	
50 FREE	:24.94	2ND*
100 FREE	:53.99	4TH*
100 BREAST	1:08.87	1ST*
200 BREAST	2:30.96	2ND*
100 I.M.	1:01.59	3RD*
200 I.M.	2:13.15	2ND*
MARILYN EARLY	(37)	
100 FREE	:57.43	10TH*
200 FREE	2:06.69	10TH
SHERRY PUTHOFF	(47)	
100 FLY	1:13.29	6TH
FREDERICA RAPP	(51)	
1650 FREE	25:36.52	8TH
200 FLY	3:38.65	10TH*
400 IM	6:40.82	8TH
BEVERLY MYERS	(59)	
100 FREE	1:13.41	8TH*
200 FREE	2:44.15	10TH*
50 BACK	:38.54	3RD
100 BACK	1:24.19	6TH
200 BACK	3:04.41	6TH
50 BREAST	:42.13	10TH
100 BREAST	1:32.19	8TH
200 BREAST	3:18.22	6TH*
50 FLY	:37.47	6TH
100 FLY	1:31.71	10TH*
100 I.M.	1:22.49	6TH
200 I.M.	2:59.54	3RD
IDA SMITH	(60)	
50 BREAST	:43.66	5TH
100 BREAST	1:35.50	5TH*
200 BREAST	3:31.29	5TH*
MERLYN EWBANK	(75)	
50 FREE	:47.57	9TH
200 FREE	3:51.51	7TH*
500 FREE	10:16.75	7TH*
100 BACK	2:07.54	8TH
200 BACK	4:23.78	6TH*
50 FLY	1:03.16	7TH
200 I.M.	4:29.04	3RD*
JEWELL COOKE	(86)	
200 I.M.	5:38.74	1ST*#
400 I.M.	12:00.50	1ST*#

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

LOIS NOCHMAN	(70)	
50 FREE	:38.89	6TH*
100 FREE	1:28.53	6TH*
200 FREE	3:16.86	3RD*
500 FREE	8:50.90	5TH*
1000 FREE	17:52.42	4TH*
1650 FREE	28:37.88	3RD*
100 BACK	1:45.13	7TH*
200 BACK	3:41.19	6TH*
50 BREAST	:50.20	5TH*
100 BREAST	1:51.45	4TH*
200 BREAST	3:58.96	4TH*
50 FLY	:39.95	1ST*#
100 FLY	1:39.32	1ST*#
200 FLY	3:41.61	1ST*#
100 I.M.	1:37.16	1ST*
200 I.M.	3:38.50	1ST*
400 I.M.	7:31.72	1ST*#
EDITH GLUSAC	(76)	
50 BACK	:54.62	6TH
100 BACK	2:06.35	5TH
200 BACK	4:33.47	10TH
50 BREAST	:56.30	4TH*
100 BREAST	2:06.98	5TH
200 BREAST	4:45.84	4TH
50 FLY	1:08.45	10TH
100 I.M.	2:15.55	10TH
200 I.M.	5:09.67	9TH
MARC SCHLATTER	(36)	
50 BREAST	:27.79	6TH*
100 BREAST	1:00.93	5TH*
100 IM	:56.91	9TH*
DAVID SHEPHERD	(39)	
1650 FREE	17:31.25	5TH
200 FLY	2:04.93	5TH
400 I.M.	4:31.43	10TH
CARL WOOLEY	(58)	
1000 FREE	13:09.99	8TH
1650 FREE	21:46.52	8TH
CHARLES MAAS	(60)	
200 FLY	3:08.37	6TH
WALLY DOBLER	(61)	
50 FREE	:25.72	1ST*
50 BACK	:32.44	4TH*
100 BACK	1:12.99	5TH
200 BACK	2:42.58	3RD
50 FLY	:28.87	1ST
100 IM	1:11.96	5TH
200 IM	2:43.48	6TH
BOB HERITIER	(66)	
50 FREE	:28.09	5TH
100 FREE	1:04.28	8TH
200 FREE	2:24.42	6TH
500 FREE	6:43.80	3RD
1000 FREE	13:42.73	2ND*

1995 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

JOHN RIES	(63)	
100 FREE	1:02.32	7TH
200 FREE	2:20.07	5TH
CHARLES MOSS	(67)	
50 BACK	:36.01	9TH
100 BACK	1:16.98	5TH
200 BACK	2:54.20	5TH
50 BREAST	:35.00	1ST
100 BREAST	1:20.73	2ND
200 BREAST	3:00.02	2ND
50 FLY	:31.81	5TH
100 FLY	1:12.45	1ST
200 FLY	2:54.08	1ST
100 IM	1:12.84	2ND
200 IM	2:44.45	2ND
400 IM	5:57.11	1ST
DON KORTEN	(67)	
1000 FREE	15:42.20	9TH
1650 FREE	25:33.80	6TH
100 IM	1:18.11	7TH
200 IM	3:01.14	7TH
400 IM	6:47.14	8TH
WOMEN 200 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	1:48.19
PAT LEAHY ROHNER	35	
CASSANDRA GARRY	40	3RD*
PASCALE ASBURY	35	PLACE
MARILYN EARLY	37	
WOMEN 200 MEDLEY	RELAY	TIME
AGE 35+ MICHIGAN	AGES	2:05.88
MARILYN EARLY	37	
PASCALE ASBURY	35	7TH*
PAT LEAHY ROHNER	35	PLACE
CASSANDRA GARRY	40	
MEN'S 400 FREE	RELAY	TIME
AGE 45+ MICHIGAN	AGES	4:02.47
DONALD KROEGER	51	
THOMAS HUNT	47	5TH*
THOMAS MOYER	47	PLACE
JAY RYNO	48	
MEN'S 400 MEDLEY	RELAY	TIME
AGE 55+ MICHIGAN	AGES	4:42.83
THOMAS HUNT	47	
DONALD KROEGER	51	3RD*
THOMAS MOYER	47	PLACE
JAY RYNO	48	

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

MEN'S 800 FREE	RELAY	TIME	PLACE
AGE 45+ MICHIGAN	AGES	9:07.00	2ND*
DONALD KROEGER	51		
THOMAS HUNT	47		
THOMAS MOYER	47		
JAY RYNO	48		
MIXED 200 FREE	RELAY	TIME	PLACE
AGE 25+ MICHIGAN	AGES	1:36.15	10TH
DYNE BURRELL	28		
THOMAS SCHARDT	27		
MARY MUETING	30		
ERIC NORDLUND	31		
MIXED 200 MEDLEY	RELAY	TIME	PLACE
AGE 25+ MICHIGAN	AGES	1:44.84	3RD*
DYNE BURRELL	28		
MARC SCHLATTER	27		
MARY MUETING	30		
ERIC NORDLUND	31		
MIXED 400 FREE	RELAY	TIME	PLACE
AGE 35+ MICHIGAN	AGES	4:28.43	5TH*
BARBARA SCHULTZ	36		
MICHAEL SCHULTZ	37		
CASSANDRA GARRY	40		
THOMAS MOYER	47		
MIXED 400 MEDLEY	RELAY	TIME	PLACE
AGE 45+ MICHIGAN	AGES	5:22.43	7TH*
FREDERICA RAPP	50		
BEVERLY MYERS	59		
THOMAS HUNT	47		
JAY RYNO	48		
MIXED 800 FREE	RELAY	TIME	PLACE
AGE 35+ MICHIGAN	AGES	10:20.07	8TH*
BARBARA SCHULTZ	36		
MICHAEL SCHULTZ	37		
CASSANDRA GARRY	40		
THOMAS MOYER	47		
MIXED 800 MEDLEY	RELAY	TIME	PLACE
AGE 45+ MICHIGAN	AGES	10:15.03	4TH*
BEVERLY MYERS	59		
THOMAS MOYER	47		
FREDERICA RAPP	50		
DONALD KROEGER	51		

Harbor Masters Fall Color Tour Swim Meet

Harbor Springs, Michigan

--- Ages 25 Through 29 ---				--- Ages 55 Through 59 ---				--- Ages 30 Through 34 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free				Mixed 50 Free				Mixed 50 Free			
1	SUZANNE REIN	28 LAPS	33.00	1	MARLENE REIN	59 LAPS	50.40	1	ERIC NORDLUND	31 SOS	23.81
Mixed 100 IM				Mixed 100 Free				2 JAY ROY			
1	SUZANNE REIN	28 LAPS	1:30.22	1	MARLENE REIN	59 LAPS	1:53.63	Mixed 100 Free			
-----				Mixed 1000 Free				1 ERIC NORDLUND			
--- Ages 30 Through 34 ---				1 SHIRLEY DACEY				59 SOO 17:04.40			
PL	Name	Age Team	Finals	Mixed 100 Back				2 JAY ROY			
-----				1 SHIRLEY DACEY				59 SOO 1:42.37			
Mixed 50 Free				2 MARLENE REIN				59 LAPS 2:35.93			
1	LAURA SMITH	31 MM	36.06	Mixed 200 Back				1 ERIC NORDLUND			
2	C. CORREOLOR	30 MM	40.19	1 SHIRLEY DACEY				59 SOO 3:35.87			
-----				Mixed 50 Breast				1 ERIC NORDLUND			
--- Ages 35 Through 39 ---				1 SHIRLEY DACEY				59 SOO 51.66			
PL	Name	Age Team	Finals	Mixed 200 Breast				-----			
-----				1 SHIRLEY DACEY				59 SOO 3:51.63			
Mixed 50 Free				-----				--- Ages 35 Through 39 ---			
1	SARALEE BLOESE	38 LAPS	36.59	--- Ages 75 Through 79 ---				PL Name Age Team Finals			
Mixed 1000 Free				PL Name Age Team Finals				Mixed 50 Free			
1	MARILYN EARLY	37 HM	13:29.81	-----				1 JOHN MASTERBROOK 39 HM 24.64			
Mixed 50 Breast				Mixed 50 Free				2 PAUL BLANCHARD 37 MM 29.72			
1	SARALEE BLOESE	38 LAPS	48.05	1 MARTHA FORSTER 78 BCYM 1:12.94				Mixed 100 Free			
Mixed 200 Breast				Mixed 100 Free				1 PAUL BLANCHARD 37 MM 1:05.81			
1	ASBURY PASCALE	36 HM	2:49.22	1 MARTHA FORSTER 78 BCYM 3:07.58				Mixed 1000 Free			
Mixed 50 Fly				Mixed 1000 Free				1 PAUL BLANCHARD 37 MM 15:01.80			
1	MARILYN EARLY	37 HM	31.02	1 MARTHA FORSTER 78 BCYM 32:41.00				2 TIM WILCOX 37 MM 15:34.50			
Mixed 100 Fly				Mixed 100 Back				Mixed 100 Back			
1	MARILYN EARLY	37 HM	1:13.08	1 MARTHA FORSTER 78 BCYM 3:22.00				1 ANDY DONATO 38 SOS 1:15.53			
Mixed 100 IM				Mixed 200 Back				Mixed 50 Fly			
1	MARILYN EARLY	37 HM	1:12.78	1 MARTHA FORSTER 78 BCYM 7:13.28				1 JOHN MASTERBROOK 39 HM 28.11			
-----				-----				2 PAUL BLANCHARD 37 MM 31.56			
--- Ages 50 Through 54 ---				-----				Mixed 100 Fly			
PL	Name	Age Team	Finals	--- Ages 19 Through 24 ---				1 ANDY DONATO 38 SOS 1:10.65			
-----				PL Name Age Team Finals				Mixed 100 IM			
Mixed 100 Free				Mixed 50 Free				1 ANDY DONATO 38 SOS 1:07.81			
1	JENNIFER PARKS	52 MM	1:21.13	1 MARK DUNN 24 HM 24.12				2 PAUL BLANCHARD 37 MM 1:13.44			
Mixed 1000 Free				Mixed 100 Free				-----			
1	JENNIFER PARKS	52 MM	15:41.34	1 MARK DUNN 24 HM 54.72				--- Ages 40 Through 44 ---			
Mixed 200 Breast				Mixed 50 Breast				PL Name Age Team Finals			
1	JENNIFER PARKS	52 MM	3:37.04	1 MARK DUNN 24 HM 35.56				-----			
Mixed 100 IM				-----				Mixed 100 Back			
1	JENNIFER PARKS	52 MM	1:28.82	-----				1 FRANK THOMPSON 43 SOS 1:06.70			
-----				--- Ages 25 Through 29 ---				Mixed 200 Back			
PL Name Age Team Finals				PL Name Age Team Finals				1 FRANK THOMPSON 43 SOS 2:34.55			
-----				-----				Mixed 50 Breast			
Mixed 50 Free				Mixed 50 Free				1 FRANK THOMPSON 43 SOS 35.18			
1 ANDY ARMSTRONG 27 HM 25.87				1 ANDY ARMSTRONG 27 HM 58.48				Mixed 200 Breast			
Mixed 100 Free				Mixed 50 Breast				1 FRANK THOMPSON 43 SOS 2:48.84			
1 ANDY ARMSTRONG 27 HM 32.08				1 ANDY ARMSTRONG 27 HM 32.08							
Mixed 100 IM				Mixed 100 IM							
1 ANDY ARMSTRONG 27 HM 1:10.50				1 ANDY ARMSTRONG 27 HM 1:10.50							

Harbor Masters Fall Color Tour Swim Meet

Harbor Springs, Michigan

--- Ages 45 Through 49 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	WILLIAM REID	45 LAFS	26.06
2	DENNIS MCMANUS	48 SOS	27.73
3	KENNETH CLESTON	49 HM	30.25
4	RALPH DAVIS	48 SOS	30.44

Mixed 100 Free

1	WILLIAM REID	45 LAFS	57.29
2	KENNETH CLESTON	49 HM	1:07.89
3	DENNIS MCMANUS	48 SOS	1:07.94
4	RALPH DAVIS	48 SOS	1:10.78
5	JIM KUHLMAN	46 HM	1:14.81

Mixed 1000 Free

1	JIM KUHLMAN	46 HM	17:06.30
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Mixed 100 Back

1	THOMAS HUNT	48 SOS	1:11.32
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Mixed 50 Breast

1	WILLIAM REID	45 LAFS	34.52
2	THOMAS HUNT	48 SOS	34.57
3	DENNIS MCMANUS	48 SOS	37.88

Mixed 50 Fly

1	DENNIS MCMANUS	48 SOS	29.47
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Mixed 100 IM

1	THOMAS HUNT	48 SOS	1:11.74
2	DENNIS MCMANUS	48 SOS	1:17.24
3	RALPH DAVIS	48 SOS	1:21.52

--- Ages 50 Through 54 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	PAUL CHAFFEE	52 MM	28.28
2	DAVE STRAWBRIDGE	50 MM	31.91

Mixed 100 Free

1	PAUL CHAFFEE	52 MM	1:04.93
2	DAVE STRAWBRIDGE	50 MM	1:13.54

Mixed 1000 Free

1	PAUL CHAFFEE	52 MM	14:52.00
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Mixed 50 Breast

1	PAUL CHAFFEE	52 MM	51.66
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Mixed 50 Fly

1	PAUL CHAFFEE	52 MM	44.81
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--- Ages 55 Through 59 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	JAMES LINE	56 HM	31.41
2	KEVIN ONEIL	58 HM	43.90

Mixed 100 Free

1	JAMES LINE	56 HM	1:18.12
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Mixed 100 Back

1	JAMES LINE	56 HM	1:24.67
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--- Ages 60 Through 64 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	MAURICE KARRIGER	63 HM	31.86
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Mixed 100 Free

1	MAURICE KARRIGER	63 HM	1:15.37
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Mixed 1000 Free

1	MAURICE KARRIGER	63 HM	17:41.48
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--- Ages 65 Through 69 ---

PL	Name	Age Team	Finals
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Mixed 200 Back

1	JAE BIRCH	67 BCYM	4:01.50
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Mixed 200 Breast

1	JAE BIRCH	67 BCYM	4:49.72
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Mixed 50 Fly

1	JAE BIRCH	67 BCYM	44.02
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Mixed 100 Fly

1	JAE BIRCH	67 BCYM	1:56.97
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Mixed 100 IM

1	JAE BIRCH	67 BCYM	1:46.97
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--- Ages 70 Through 74 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	WAYNE BLANCHARD	73 LAFS	38.62
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Mixed 100 Free

2	RALPH SILVER	73 LAFS	48.94
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Mixed 1000 Free

1	WAYNE BLANCHARD	73 LAFS	1:41.03
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Mixed 100 Back

2	DONALD MAY	74 BCYM	2:00.97
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Mixed 1000 Free

1	DONALD MAY	74 BCYM	22:31.98
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Mixed 100 Back

1	DONALD MAY	74 BCYM	2:23.79
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Mixed 200 Back

1	DONALD MAY	74 BCYM	5:32.79
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Mixed 50 Breast

1	RALPH SILVER	73 LAFS	56.40
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Mixed 1000 Free

2	DONALD MAY	74 BCYM	1:05.25
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--- Ages 80 Through 84 ---

PL	Name	Age Team	Finals
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Mixed 100 Free

1	ED SLEZAK	81 BCYM	2:21.31
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Mixed 1000 Free

1	ED SLEZAK	81 BCYM	28:25.31
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Mixed 50 Breast

1	ED SLEZAK	81 BCYM	1:07.27
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Mixed 200 Breast

1	ED SLEZAK	81 BCYM	4:58.90
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Mixed 50 Fly

1	ED SLEZAK	81 BCYM	1:18.19
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--- Ages 45 Through 54 ---

PL	Name	Team	Finals
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Mixed 200 R-Medley

1	SOS M-45	SOS	2:08.11
FRANK THOMPSON-43	DENNIS MCMANUS-48		
RALPH DAVIS-48			

--- Ages 35 Through 44 ---

PL	Name	Team	Finals
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Mixed 200 R-Free

Sponsor: SOS			
1 LAFS X-35	LAFS	2:08.22	
WILLIAM REID-45M	SARALEE BLOESE-38W		
LAURA SMITH-31W	D. STRAWBRIDGE-50M		

Mixed 200 R-Medley

- HM H X-35	HM	2:07.30	
MARILYN EARLY-37W	ASBURY PASCALE-36W		
ANDY DONATO-38M	MARK DUNN-24M		

--- Ages 45 Through 54 ---

PL	Name	Team	Finals
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Mixed 200 R-Free

Sponsor: SOS			
1 SOS X-45	SOS	1:54.93	
DENNIS MCMANUS-48M	RALPH DAVIS-48M		
FRANK THOMPSON-43M			
- HM H X-45	HM	2:07.09	
KENNETH CLESTON-49M	JIM KUHLMAN-46M		
JAMES LINE-56M	WAYNE BLANCHARD-73M		

--- Ages 65 Through 74 ---

PL	Name	Team	Finals
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Mixed 200 R-Free

Sponsor: SOS			
- BCYM B X-65	BCYM	4:10.69	
DONALD MAY-74M	ED SLEZAK-81M		
MARTHA FORSTER-78W	JAE BIRCH-67M		
Mixed 200 R-Medley			
- BCYM B X-65	BCYM	4:31.15	
DONALD MAY-74M	ED SLEZAK-81M		
MARTHA FORSTER-78W	JAE BIRCH-67M		

WEST MICHIGAN MASTERS SWIM ASSOCIATION THE FALL FORD SWIM CLASSIC

Event Results for Timed Finals

Ages 19 Through 24 ---				Ages 50 Through 54 ---				Ages 19 Through 24 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Free				Mixed 50 Free				Mixed 50 Free			
1	MONICA BULLARD	23 TCM	28.34	1	JENNIFER PARKS	52 HM	34.93	1	MARK DUNN	24 HM	24.42
2	MEGHAN DUFFY	19 WMSA	31.28	Mixed 500 Free				Mixed 100 Free			
Mixed 100 Free				1	JENNIFER PARKS	52 HM	7:35.41	1	MARK DUNN	24 HM	53.81
1	MONICA BULLARD	23 TCM	1:04.02	Mixed 100 Back				Ages 25 Through 29 ---			
2	MEGHAN DUFFY	19 WMSA	1:07.63	1	JENNIFER PARKS	52 HM	1:25.19	PL Name Age Team Finals			
Mixed 200 Free				Mixed 100 Breast				Mixed 50 Free			
1	MONICA BULLARD	23 TCM	2:20.72	1	JENNIFER PARKS	52 HM	1:39.02	1	JOHN VANDERSLOOT	27 MICH	24.37
2	MEGHAN DUFFY	19 WMSA	2:21.89	Ages 65 Through 69 ---				Mixed 100 Free			
Mixed 100 Breast				PL Name Age Team Finals				1	JOHN VANDERSLOOT	27 MICH	53.37
1	MONICA BULLARD	23 TCM	1:03.60	Mixed 50 Free				Mixed 200 Free			
Mixed 200 Breast				1	T. DI GUISEPPE	68 MICH	46.35	1	KURT DICKSON	28 MICH	1:56.29
1	MEGHAN DUFFY	19 WMSA	3:03.87	Mixed 100 Free				2	JOHN VANDERSLOOT	27 MICH	1:57.37
Mixed 100 IM				1	T. DI GUISEPPE	68 MICH	1:44.75	Mixed 500 Free			
1	MONICA BULLARD	23 TCM	1:10.59	Mixed 50 Fly				1	JOHN VANDERSLOOT	27 MICH	5:29.17
2	MEGHAN DUFFY	19 WMSA	1:20.34	1	T. DI GUISEPPE	68 MICH	57.89	Mixed 100 Back			
Ages 30 Through 34 ---				Mixed 100 IM				1	KURT DICKSON	28 MICH	59.29
PL Name Age Team Finals				1	T. DI GUISEPPE	68 MICH	2:00.67	Mixed 200 Back			
Mixed 50 Free				Mixed 200 IM				1	KURT DICKSON	28 MICH	2:09.97
1	CAROLYN CALCUTT	34 WMSA	35.61	1	T. DIGUISEPPE	68 MICH	4:27.63	Mixed 50 Fly			
Mixed 100 Free				Ages 70 Through 74 ---				1	KURT DICKSON	28 MICH	27.02
1	CAROLYN CALCUTT	34 WMSA	1:20.61	PL Name Age Team Finals				Mixed 100 Fly			
Mixed 200 Free				Mixed 100 Free				1	KURT DICKSON	28 MICH	59.25
1	CAROLYN CALCUTT	34 WMSA	2:53.84	1	LOIS NOCHMAN	70 SOS	1:31.02	Ages 30 Through 34 ---			
Mixed 500 Free				Mixed 100 Back				PL Name Age Team Finals			
1	CAROLYN CALCUTT	34 WMSA	7:39.81	1	LOIS NOCHMAN	70 SOS	1:41.76	Mixed 50 Free			
Ages 35 Through 39 ---				Mixed 100 Breast				1	THOMAS DOANE	32 ROCK	28.68
PL Name Age Team Finals				1	LOIS NOCHMAN	70 SOS	1:54.84	2 PATRICK SHOOLTZ			
Mixed 50 Fly				Mixed 100 Fly				Mixed 100 Free			
1	MARILYN EARLY	38 HM	30.24 ✓	1	LOIS NOCHMAN	70 SOS	1:47.11	1	TOM LYNCH	31 MON	1:02.76
Mixed 100 Fly				Mixed 200 IM				2	THOMAS DOANE	32 ROCK	1:06.24
1	MARILYN EARLY	38 HM	1:10.09 ✓	1	LOIS NOCHMAN	70 SOS	3:43.92	3	PATRICK SHOOLTZ	31 WMSA	1:09.72
Mixed 200 IM				Ages 75 Through 79 ---				4	JAMES MC ENANLY	34 MICH	1:28.60
1	MARILYN EARLY	38 HM	2:32.89	PL Name Age Team Finals				Mixed 200 Free			
Ages 40 Through 44 ---				Mixed 50 Free				1	TOM LYNCH	31 MON	2:20.44
PL Name Age Team Finals				1	MARTHA FORSTER	78 BCYM	1:14.09	2	PATRICK SHOOLTZ	31 WMSA	2:39.04
Mixed 50 Free				Mixed 100 Free				3	JAMES MC ENANLY	34 MICH	3:14.94
1	MARY LOUCKS	42 TCM	34.12	1	MARTHA FORSTER	78 BCYM	2:56.26	Mixed 500 Free			
Mixed 100 Free				Mixed 200 Free				1	PATRICK SHOOLTZ	31 WMSA	7:29.24
1	MARY LOUCKS	42 TCM	1:18.97	1	MARTHA FORSTER	78 BCYM	6:07.18	Mixed 100 Back			
Mixed 200 Free				Mixed 500 Free				1	TOM LYNCH	31 MON	1:29.29
1	MARY LOUCKS	42 TCM	2:56.50	1	MARTHA FORSTER	78 BCYM	15:57.15	Mixed 200 Back			
Mixed 100 Back				Mixed 200 Back				1	PATRICK SHOOLTZ	31 WMSA	3:18.88
1	MARY LOUCKS	42 TCM	1:38.21	1	MARTHA FORSTER	78 BCYM	6:48.53	Mixed 100 Breast			
Mixed 100 IM				Mixed 200 Breast				1	THOMAS DOANE	32 ROCK	1:28.96
1	MARY LOUCKS	42 TCM	1:42.96	Mixed 50 Fly				1	JAMES MC ENANLY	34 MICH	1:51.73
								Mixed 200 Breast			
								1	JAMES MC ENANLY	34 MICH	4:04.30
								Mixed 50 Fly			
								1	TOM LYNCH	31 MON	37.32

WEST MICHIGAN MASTERS SWIM ASSOCIATION THE FALL FORD SWIM CLASSIC

--- Ages 35 Through 39 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	JOHN MASTENBROOK	39 HM	25.38
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Mixed 100 Free

1	JAMES DERKS	38 GLA	54.28
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2	JOHN MASTENBROOK	39 HM	57.52
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Mixed 200 Free

1	JAMES DERKS	38 GLA	2:01.35
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Mixed 500 Free

1	JAMES DERKS	38 GLA	5:44.28
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2	ANDY DONATO	38 MICH	6:33.10
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Mixed 50 Fly

1	JOHN MASTENBROOK	39 HM	27.08
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Mixed 100 Fly

1	ANDY DONATO	38 MICH	1:11.38
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Mixed 200 IM

1	JAMES DERKS	38 GLA	2:19.73
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2	ANDY DONATO	38 MICH	2:35.30
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--- Ages 40 Through 44 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	RODGER MIDKIFF	40 WMSA	25.82
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2	MARK VIZENA	42 LAPS	26.11
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Mixed 100 Free

1	DANA PRESSNALL	41 MID	59.06
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2	GREGORY VELTEMA	43 BBD	1:24.37
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Mixed 200 Free

1	DANA PRESSNALL	41 MID	2:12.38
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2	MARK CLOYD	40 GLA	2:13.87
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3	MARK VIZENA	42 LAPS	2:22.88
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4	GREGORY VELTEMA	43 BBD	3:07.29
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Mixed 500 Free

1	RODGER MIDKIFF	40 WMSA	5:30.58
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2	MARK CLOYD	40 GLA	6:01.38
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3	DANA PRESSNALL	41 MID	6:09.27
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4	GREGORY VELTEMA	43 BBD	8:52.59
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Mixed 100 Back

1	KENNETH DANHOF	42 WMSA	1:09.49
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Mixed 200 Back

1	RODGER MIDKIFF	40 WMSA	2:22.22
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2	KENNETH DANHOF	42 WMSA	2:27.43
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Mixed 100 Breast

-	TOM TOPOLSKI	41 MICH	1:13.50
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-	MARK VIZENA	42 LAPS	1:18.87
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-	LARRY AMPULSKI	43 MICH	1:25.57
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-	GREGORY VELTEMA	43 BBD	2:21.77
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Mixed 200 Breast

-	LARRY AMPULSKI	43 MICH	3:22.05
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-	GREGORY VELTEMA	43 BBD	4:22.60
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Mixed 50 Fly

1	TOM TOPOLSKI	41 MICH	28.12
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2	LARRY AMPULSKI	43 MICH	36.89
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Mixed 100 IM

-	TOM TOPOLSKI	41 MICH	1:06.89
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-	MARK VIZENA	42 LAPS	1:08.89
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-	KENNETH DANHOF	42 WMSA	1:11.09
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-	LARRY AMPULSKI	43 MICH	1:19.89
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Mixed 200 IM

1	TOM TOPOLSKI	41 MICH	2:29.93
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2	LARRY AMPULSKI	43 MICH	3:03.06
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--- Ages 45 Through 49 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	JERRY FISH	49 MICH	27.00
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2	BOB GLASSBURN	47 MICH	28.66
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3	JON RICHARDSON	46 MICH	30.24
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4	JOHN CALCUTT	47 WMSA	32.90
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Mixed 100 Free

1	JERRY FISH	49 MICH	1:03.66
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2	JOHN CALCUTT	47 WMSA	1:08.05
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Mixed 200 Free

1	JOHN CALCUTT	47 WMSA	2:29.96
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2	JERRY FISH	49 MICH	2:33.06
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Mixed 500 Free

1	JOHN CALCUTT	47 WMSA	6:33.62
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Mixed 100 Breast

-	JON RICHARDSON	46 MICH	1:56.47
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Mixed 200 Breast

-	BOB GLASSBURN	47 MICH	2:58.85
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--- Ages 55 Through 59 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	BRIAN WHALER	55 GRY	31.06
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Mixed 100 Free

1	BRIAN WHALER	55 GRY	1:12.30
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Mixed 200 Free

1	BRIAN WHALER	55 GRY	2:53.11
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Mixed 500 Free

1	BRIAN WHALER	55 GRY	8:02.29
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Mixed 100 Breast

-	BRIAN WHALER	55 GRY	1:38.34
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--- Ages 65 Through 69 ---

PL	Name	Age Team	Finals
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Mixed 200 Free

1	JAB BIRCH	67 BCYM	3:04.91
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2	H DERKS	68 WMSA	3:32.29
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Mixed 500 Free

1	H DERKS	68 WMSA	9:20.67
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Mixed 200 Back

1	JAB BIRCH	67 BCYM	3:54.77
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Mixed 100 Breast

-	JAB BIRCH	67 BCYM	2:14.37
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Mixed 50 Fly

1	JAB BIRCH	67 BCYM	45.90
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Mixed 100 IM

-	JAB BIRCH	67 BCYM	1:46.28
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--- Ages 70 Through 74 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	WAYNE BLANCHARD	73 MICH	38.99
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2	RALPH SILVER	73 LAPS	49.55
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Mixed 100 Free

1	DONALD MAY	74 BCYM	1:49.95
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Mixed 200 Free

1	DONALD MAY	74 BCYM	4:06.50
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Mixed 500 Free

1	DONALD MAY	74 BCYM	11:17.52
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Mixed 100 Back

1	RALPH SILVER	73 LAPS	2:38.43
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Mixed 200 Back

1	DONALD MAY	74 BCYM	5:21.86
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Mixed 100 Breast

-	RALPH SILVER	73 LAPS	2:14.02
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-	DONALD MAY	74 BCYM	2:37.06
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--- Ages 80 Through 84 ---

PL	Name	Age Team	Finals
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Mixed 50 Free

1	DAVE MARLBROUGH	82 IM	45.22
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Mixed 100 Back

1	DAVE MARLBROUGH	82 IM	1:47.20
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--- Ages 35 Through 44 ---

PL	Name	Team	Finals
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Mixed 200 R-Free

-	HM X-35	HM	1:53.66
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-	MICH X-35	MICH	2:10.17
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Mixed 200 R-Medley

-	HM X-35	HM	1:55.39
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-	WMSA X-35	WMSA	2:32.33
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