



Etcetera, Etcetera

Meet Announcements and Other Usable Tidbits!

First of all let me apologize to Ric Chaney for having left his meet flyer out of the latest edition of *The Wave Rider*. I put it together in the computer and then forgot to print it and include it in the newsletter. In addition, since I don't own a full page scanner, I retype everything I receive that goes into the newsletter and I failed to run the spell checker on several articles the last time out. Again I appreciate Ric Chaney's understanding as it happened on his article about the Internet. Ric can spell, I can't.

Please note that all three of the meets included herein have become pre-entered meets. Please don't misunderstand, all three **will** also **have** deck entries up until 15 minutes before to beginning of each meet. As Michigan Masters has increased in number, the meet attendance has also increased. Having pre-entries helps the meet directors stay ahead of the fray. Some will be computerized, some won't. But hopefully the pre-entries will help eliminate some of the meet day crazies for those running the meet. Thus creating a smoother running meet for you as participants.

Be sure to read each meet announcement carefully as each meet host has his or her way of doing things. We, as the hosts of the National's Tune-Up Meet (formerly the Jackson meet) look forward to having a good time, seeing lots of old faces and having the opportunity to meet many of the newly registered Masters. If you have not competed before, please know that every other competitor was once in your place and everyone is willing to offer tips from how not to be nervous to how to swim your race!



Join the Flint "Homeboys"
as they burn those extra
calories in the Flint "Y"
Thanksgiving Tune-up Meet
the Sunday prior to the
holiday!

Coming: Masters Business Directory

As time passes and discussions with other Masters abound so do new ideas about ways in which to serve the organization as well as ways to create interaction among the membership.

Having been raised in a small town (Howell to be exact) I was raised that when I needed to purchase something I first looked in my own back yard. As the malls began to develop I learned how important it was to support the local merchants. I know that as we get to know more and more of the Masters in Michigan that many are in a variety of fields. I decided that I would like to put together "Masters Business Directory". The purpose of making it available to the membership is so that we can all begin to support one another. As we go through making decisions about where we might purchase an item or service we can consider some of the people that you see only at meets or clinics. I don't know about you, but I would just as soon support a member of Masters as go to someone that I may never see again.

So, when you sign-up for your 1996 USMS registration, the lower half of the form will be information about your occupation and/or areas of expertise. The purpose of this directory will be for private use only. Not for mailing lists or for the purpose of solicitation.

Here are the upcoming
deadlines for the newsletter,
these are cut-off dates:

November 13, 1995	September 3, 1996
January 29, 1996	November 11, 1996
April 15, 1996	June 25, 1996
January 20, 1997	



Just Do It! ... Be A Part of the Winning Team!

August of 1996 is just around the corner as are the United States Masters Swimming Long Course Nationals, which are going to be held in our very own back yard... Ann Arbor at the University of Michigan!!

This is EVERYONE'S (I'm talking Michigan Masters) chance to participate in a National Championship without having to pay hefty airfares or be gone for almost an entire week due to travel plans. You'll be able to swim the events you want and stay and cheer on your teammates or head back home. This week-end I spoke with someone who may only be able to come down to the championships for one day. But there are others who will arrive the first day of registration and stay until the last event is out of the water and all of the participants are dry.

When I say EVERYONE I do mean EVERYONE!! Everyone can swim at least three events in addition to swimming on relays. In National Championships everyone may swim three events without meeting National Qualifying Times. They may then add events in which they can meet the qualifying times up to six events, plus relays. Medals and points are given for places one through ten. With relays scoring double what individual events can score, the potential is out there in your swimming pools and local clubs for Michigan to be the National Long Course Champions in ALL three divisions (MEN's, WOMEN'S and COMBINED). The winning plaques will circulate to the pools of all the participating teams within Michigan Masters.

This means that 10 months from now, you and all the Michigan Masters you know (and many you don't know) can come together and as an individual and a team win BIG! I should also say that at Nationals all local teams within Michigan swim as one team, *Michigan Masters*

Later in this publication I will have a listing of the **tenth place** times in each event from this year's Long Course Nationals. Please take the time to look at these times. In some events you will notice that the place listed is something other than tenth. That means the place listed was the last place there was a swimmer that was present and not DQ'd! In many events (depending on the age groups) you will notice that there was not a full field of 10 swimmers... especially in relays.

As the ads say... ***Just Do It!***

No Logo?

Have you ever noticed that various and sundry people wear caps or jackets that simply say Michigan Masters? I have... but as far as I know, there currently is no logo for Michigan Masters. As the Nationals approach I think we should have a logo to unite us. I will be submitting to Andy Donato a logo to be voted on at the annual meeting and suggest that if you are interested, you should submit a design as well!

E-Mail Addresses Anyone?

We have moved into the age of computers... or a great many of us have! I can tell you it at it's best can be very informative and a great deal of fun. And at its worst it can be the biggest pain in the..., you've ever been exposed to.

I recently had a request by Jennifer Parks up in Big Rapids to put together and/or publish Masters' E-mail addresses. At this point I will say, if you are interested in having me pass along your E-mail address along please E-mail me at SWIMNEWS@aol.com.

In addition, if you have any ideas about possible fitness events and/or workouts please E-mail (or send it to me by regular mail) our new Fitness Chair, Jennifer Parks at:

JENSWIMS@AOL.COM.

Don't count
the days,
Make the
days count!

Flint "Y" Masters Thanksgiving Tune-Up

Sunday, November 19, 1995

Sanctioned for USMS, Inc. by Michigan Masters - Sanction # MM199533



Location: Flint Southwestern Academy (6 lane, 25 yard pool with non-turbulent lane lines and electronic timing).

12th Street and Hammerberg Rd. From I-69 take the Hammerberg Rd. exit (the first exit east of I-75), turn south on Hammerberg Rd. At first traffic light turn left on 12th Street. At next traffic light turn left into the SWA parking lot. Use entrance closest to parking lot.

Schedule: Warm-up 9 am, events 10 am

Swimmers must enter the pool feet-first in a cautious manner. One lane will be available for warm-up/cool-down during the meet.

Events: This will be a pre-entered meet, with deck entries allowed until 9:45am. All events will be seeded slow to fast. Entry limit is five individual events plus relays. Entry fee \$10 per swimmer.

- | | |
|---------------------|--------------------|
| 1. 200 Medley Relay | 8. 200 Open |
| 2. 200 Free | 9. 100 Free |
| 3. 50 Fly | 10. 50 Breast |
| 4. 100 Breast | 11. 100 Fly |
| 5. 50 Free | 12. 50 Back |
| 6. 100 Back | 13. 200 Free Relay |
| 7. 4x100 IM Relay | 14. 1000 Free |
| <i>Break</i> | |

Eligibility: Swimmers must show proof of registration with USMS at sign-up. Swimmers may register with USMS the morning of the meet, at registration.. The 1996 fee is \$25.00, (and will be good thru 12/31/96) please pay with a separate check.

Make Entry Checks Payable To: *FSWA Boys Swim Team*

Meet

Director: Richard Chaney (313) 239-6880

Also of interest - A craft show will be taking place at the high school during our swim meet. Bring your non-swimming spouses, significant others, friends and family.

Flint "Y" Masters Thanksgiving Tune-Up

Sanctioned for USMS, Inc. by Michigan Masters - MM199533

Sunday, November 19, 1995

Flint Southwestern Academy

Name: _____

USMS # _____


Age (on 11/19/95) _____

Male or Female

CIRCLE ONE

Club Name: _____

Phone Number: _____

Event Number	EVENT	Seed Time
1	200 MEDLEY RELAY	
2	200 FREESTYLE	
3	50 BUTTERFLY	
4	100 BREASTSTROKE	
5	50 FREESTYLE	
6	100 BACKSTROKE	
7	4 X 100 IM RELAY	
		
8	200 OPEN	
9	100 FREE	
10	50 BREAST	
11	100 BUTTERFLY	
12	50 BACKSTROKE	
13	200 FREE RELAY	
14	1000 FREESTYLE	

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: FSWA Boys Swim Team

Mail To:

Richard Chaney
861 N. Chevrolet Ave.
Flint, MI 48504

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.

Eligibility: Only registered masters swimmers (with USMS or their National Governing Body) for 1996 may compete in this meet. All entrants must show cards during deck entry (or check-in for swimmers who entered by mail). USMS cards can be purchased at the meet.

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

Timing, Awards and Results: Times will be taken by a Colorado 4000 electronic timing equipment on each course and connected directly to the computer. Splits will be taken from the Colorado systems and will be bound into notebooks placed near the awards area. Awards for both individual and relay events will be Michigan Masters ribbons for first through third with computer-printed stickers.

Meet Hotel: The meet hotel is the Sheraton Inn in Ann Arbor, Michigan which is a 10 minute drive from the pool. The Sheraton has set a special rate of \$52.00 for this meet and has blocked 40 rooms with a release date of January 8, 1996. In order to obtain this rate, swimmers must call (800)848-2770 and ask for the "Tune-up Meet" rate. This rate is not commissionable to travel agents.

SPRING '96 STROKE CLINIC, University of Michigan

NAME: _____ **AGE:** _____ **USMS #** _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

PHONE #: _____

Mark ONE of the 4 clinics: **Breaststroke Clinic:** _____ **Strokes Clinic:** _____

Freestyle Clinic: _____ **Triathlon Clinic:** _____

MAIL TO: *William T. Reid, III*
128 Marlboro Court
Brooklyn, MI 49230
(517) 592-8908

Make checks payable to:
Michigan Masters Events

Nationals Tune-Up Meet

Sanctioned for USMS, Inc. by Michigan Masters - MM199526

Sunday, January 21, 1996

Donald Canham Natatorium - University of Michigan

Name: _____

USMS # _____ Age (on 1/21/96) _____ Male or Female
CIRCLE ONE

Club Name: _____ Phone Number: _____

Women's Event #s	SEED TIME	Events	Men's Event #s	SEED TIME
1		1000 YARD FREESTYLE	2	
3		400/800 YARD RELAYS	4	
5		400 YARD IM	6	
7		200 YARD MEDLEY RELAY	8	
9		200 YARD FREESTYLE	10	
11		200 YARD BACKSTROKE	12	
13		100 YARD IM	14	
15		50 YARD BUTTERFLY	16	
17		50 YARD BREASTSTROKE	18	
19		50 YARD FREESTYLE	20	
21		50 YARD BACKSTROKE	22	
23		200 YARD IM	24	
25		200 YARD BUTTERFLY	26	
27		100 YARD BREASTSTROKE	28	
29		100 YARD FREESTYLE	30	
31		100 YARD BACKSTROKE	32	
33		100 YARD BUTTERFLY	34	
35		200 YARD BREASTSTROKE	36	
37		200 YARD FREESTYLE RELAY	38	
39		1650 YARD FREESTYLE	40	

Make checks payable to:
Michigan Masters Events

Mail entry to: William T. Reid, III
P.O. Box 100
Brooklyn, MI 49230

Results from the 1995 Long Course National Championships

The listing that follows lists the times from the National Championships. Under the event there are two things listed, first is the place followed by the time for that place. Where you see the number 10, there may have been more swimmers but that was the time necessary to win a medal this year. Places less than 10 indicate that there were only that many swimmers in that particular event.

WOMEN'S AGES 19-24	WOMEN'S AGES 25-29	WOMEN'S AGES 30-34	WOMEN'S AGES 35-39	WOMEN'S AGES 40-44	WOMEN'S AGES 45-49	WOMEN'S AGES 50-54	WOMEN'S AGES 55-59
50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE
9th 35.23	10th 31.62	10 32.84	10 31.91	10 33.33	10 35.40	7 38.88	10 1:39.34
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE
10th 1:19.65	10th 1:10.35	10 1:11.79	10 1:08.75	10 1:23.05	10 1:22.70	6 1:49.13	8 3:40.66
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
8th 2:48.72	8th 2:43.84	10 2:36.80	10 2:30.12	10 3:08.27	10 3:35.98	6 3:41.01	7 3:28.82
400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE
5th 5:52.87	10th 5:21.71	10 5:12.84	10 5:22.32	10 6:52.53	10 6:39.55	9 8:12.01	10 7:43.05
800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE
2nd 12:11.97	4th 13:22.05	5 12:01.68	10 12:26.25	4 13:38.37	8 16:02.23	3 12:38.49	6 14:59.83
1500 FREE	1500 FREE	1500 FREE	1500 FREE	1500	1500 FREE	1500 FREE	1500 FREE
No Participants	1st 20:37.34	9 23:49.84	7 28:19.10	10 26:55.81	7 32:03.89	6 31:44.27	3 29:36.37
50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK
3rd 45.12	10th 39.52	5 42.94	4 45.46	10 42.66	8 49.12	9 52.02	10 1:52.04
100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK
5th 1:30.62	10 1:26.04	10 1:28.94	10 1:39.22	10 1:33.12	10 1:37.40	7 1:59.18	10 2:03.63
200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK
2nd 2:51.32	10 3:24.14	10 3:06.45	8 3:32.76	8 3:56.63	10 4:26.40	3 3:39.28	7 4:41.30
50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST
8th 44.04	10 46.31	10 42.29	10 42.73	10 46.02	10 48.15	9 55.56	9 1:05.24
100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST
4th 1:29.04	10 1:41.61	10 1:34.65	10 1:32.52	10 1:42.40	10 1:47.88	10 2:03.36	10 2:16.98
200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST
6th 3:16.87	7 3:24.14	9 3:46.95	10 3:30.95	10 3:40.90	10 3:52.93	6 4:04.13	5 4:49.00
50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY
5th 39.15	10 35.46	10 35.46	10 38.38	10 38.86	10 1:11.68	8 52.65	9 50.44
100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY
6th 1:36.25	10 1:22.84	10 1:15.92	10 1:39.94	10 1:36.20	7 1:51.86	2 1:58.46	5 1:46.15
200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY
2nd 2:57.25	5 3:05.14	8 3:46.72	6 3:38.08	10 4:02.19	6 4:08.88	2 4:28.28	3 3:59.41
200 IM	200 IM	200 IM	200 IM	200 IM	200 IM	200 IM	200 IM
8TH 2:58.20	10 2:52.92	10 2:52.11	10 2:53.33	10 3:38.00	9 3:36.96	6 4:22.74	6 4:02.43
400 IM	400 IM	400 IM	400 IM	400 IM	400 IM	400 IM	400 IM
4th 6:21.81	5 6:52.17	10 6:59.95	10 6:25.54	10 8:17.92	7 9:02.18	4 10:48.88	3 8:33.53

Results from the 1995 Long Course National Championships (con't)

The listing that follows lists the times from the National Championships. Under the event there are two things listed, first is the place followed by the time for that place. Where you see the number 10, there may have been more swimmers but that was the time necessary to win a medal this year. Places less than 10 indicate that there were only that many swimmers in that particular event.

WOMEN'S AGES 60-64 50 FREESTYLE	WOMEN'S AGES 65-69 50 FREESTYLE	WOMEN'S AGES 70-74 50 FREESTYLE	WOMEN'S AGES 75-79 50 FREESTYLE	WOMEN'S AGES 80-84 50 FREESTYLE	WOMEN'S AGES 85-89 50 FREESTYLE	RELAYS WOMEN'S Ages 76-99
10 53.21	9 1:13.27	10 53.79	3 1:00.57	3 1:08.80	2 1:25.73	
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	
10 1:47.21	7 2:03.11	10 2:58.98	4 2:19.29	4 2:58.64	1 2:00.68	
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
10 3:33.45	8 4:40.59	9 6:19.71	5 5:25.57	3 4:54.06	1 4:50.79	1 2:05.79
400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	1500 FREE	200 MEDLEY
10 8:49.45	8 9:04.80	7 12:57.72	2 11:18.79	5 12:55.64	1 43:35.59	1 2:21.63
800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	50 BACK	Ages 100-119
6 17:57.94	6 19:28.33	3 19:31.45	No Participants	2 25:18.29	2 2:59.39	200 FREE
1500 FREE	1500 FREE	1500 FREE	1500 FREE	1500 FREE	50 FLY	1 2:16.61
6 33:43.11	2 33:43.07	4 50:44.36	1 31:24.03	2 43:12.89	1 3:09.93	200 MEDLEY
50 BACK	50 BACK	50 BACK	50 BACK	50 BACK		2 2:31.29
6 1:44.92	6 1:06.78	7 1:25.32	4 1:41.00	3 1:37.99		Ages 120-159
100 BACK	100 BACK	100 BACK	100 BACK	100 BACK		200 FREE
10 2:41.36	5 2:24.29	8 3:27.94	5 3:41.64	5 2:57.70		9 2:39.96
200 BACK	200 BACK	200 BACK	200 BACK	200 BACK		200 MEDLEY
8 5:49.05	5 5:02.26	5 7:17.92	5 7:33.92	5 6:42.50		9 3:20.53
50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST		Ages 160-199
8 1:16.41	4 1:09.52	6 1:24.91	6 1:24.91	3 1:57.44		200 FREE
100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST		8 2:28.56
10 2:16.38	4 2:37.35	6 3:07.59	5 2:50.18	3 3:42.96		200 MEDLEY
200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST		7 3:01.80
7 5:41.88	3 4:46.91	6 6:59.59	5 6:02.93	3 8:04.94		Ages 200-219
50 FLY	50 FLY	50 FLY	50 FLY	50 FLY		200 FREE
6 1:33.30	3 1:00.53	7 1:05.88	4 1:36.79	2 1:24.64		7 3:21.49
100 FLY	100 FLY	100 FLY	100 FLY	100 FLY		200 MEDLEY
5 2:02.82	4 2:37.39	5 3:36.95	2:43.35	3 3:27.73		5 3:15.03
200 FLY	200 FLY	200 FLY	200 FLY	200 FLY		Ages 240-279
4 4:42.77	2 5:18.98	6 9:50.30	NS	2 7:46.55		200 FREE
200 IM	200 IM	200 IM	200 IM	200 IM		3 3:18.03
4 4:11.91	2 4:31.00	6 7:20.19	4 6:29.56	3 6:51.30		200 MEDLEY
400 IM	400 IM	400 IM	400 IM	400 IM		2 3:30.63
4 8:52.29	2 9:28.29	6 15:32.54	1 14:51.11	2 14:33.41		

Results from the 1995 Long Course National Championships (con't)

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MEN'S AGES 19-24	MEN'S AGES 25-29	MEN'S AGES 30-34	MEN'S AGES 35-39	MEN'S AGES 40-44	MEN'S AGES 45-49	MEN'S AGES 50-54	MEN'S AGES 55-59
50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE
9 30.21	10 26.23	10 27.29	10 27.221	10 27.43	10 28.75	10 30.50	8 36.82
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE
8 1:00.21	10 59.95	10 59.45	10 59.53	10 1:01.05	10 1:02.33	10 1:07.99	8 1:23.81
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE
8 2:31.25	10 2:15.45	10 2:26.09	10 2:10.12	10 2:19.71	10 2:20.38	10 2:39.26	6 3:05.27
400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	400 FREE
4 4:44.96	9 5:39.02	10 5:33.45	10 4:56.54	10 4:52.13	10 5:01.97	10 6:04.08	6 6:33.68
800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	800 FREE
1 8:47.95	2 9:54.61	3 10:27.93	10 10:28.10	4 14:29.44	8 19:45.26	10 15:05.45	1 11:07.03
1500 FREE	1500 FREE	1500 FREE	1500 FREE	1500	1500 FREE	1500 FREE	1500 FREE
1 18:56.85	3 21:09.14	7 21:25.88	2 19:19.05	10 21:00.71	7 22:15.75	10 30:28.26	7 25:47.69
50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK	50 BACK
6 34.27	6 38.65	5 34.83	10 34.60	10 34.54	8 37.37	8 44.81	6 44.69
100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	100 BACK
6 1:15.37	7 1:13.82	10 1:19.24	10 1:13.50	10 1:16.26	10 1:19.74	8 1:39.65	8 1:51.69
200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	200 BACK
3 2:40.22	10 2:44.46	7 2:48.99	9 2:48.91	8 2:49.11	10 2:51.24	7 3:42.68	8 3:22.89
50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST
5 35.90	10 51.23	10 34.82	10 36.40	10 37.59	10 38.03	10 40.77	10 42.11
100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST
3 1:21.29	10 1:24.16	10 1:20.01	10 1:20.55	10 1:23.59	10 1:33.52	10 1:30.82	9 1:42.47
200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST
2 3:02.15	6 3:06.15	5 3:09.64	10 2:58.39	10 3:52.13	10 3:55.38	10 3:29.46	7 3:43.06
50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	50 FLY
6 28.16	10 32.40	10 29.32	10 29.02	10 30.20	10 30.18	10 33.57	10 37.51
100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	100 FLY
7 1:13.10	10 1:05.31	10 1:19.91	10 1:06.09	10 1:10.09	10 1:08.96	8 1:59.38	5 1:40.19
200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY	200 FLY
2 2:20.35	7 2:33.26	6 2:53.85	9 3:02.67	10 3:01.56	7 4:43.68	3 3:27.31	3 3:59.39
200 IM	200 IM	200 IM	200 IM	200 IM	200 IM	200 IM	200 IM
3 2:36.33	10 2:33.45	10 2:36.71	102:33.65	10 2:37.60	9 2:44.79	8 3:12.60	8 3:26.55
400 IM	400 IM	400 IM	200 IM	400 IM	400 IM	400 IM	400 IM
3 5:28.67	7 5:55.61	10 5:48.19	10 6:25.54	10 5:54.28	7 6:07.87	8 8:52.76	5 7:03.20

Results from the 1995 Long Course National Championships (con't)

The listing that follows lists the times from the National Championships. Under the event there are two things listed, first is the place followed by the time for that place. Where you see the number 10, there may have been more swimmers but that was the time necessary to win a medal this year. Places less than 10 indicate that there were only that many swimmers in that particular event.

MEN'S	MEN'S	MEN'S	MEN'S	MEN'S	MEN'S	RELAYS	200 MEDLEY
AGES 60-64	AGES 65-69	AGES 70-74	AGES 75-79	AGES 80-84	AGES 85-89	MEN'S	1
50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	50 FREESTYLE	AGES 76-99	Ages 100-119
10 33.39	10 35.48	7 43.80	3 37.30	4 1:05.98	2 52.95	200 MEDLEY	200 FREE
100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	100 FREE	1 1:49.35	5 1:57.49
10 1:23.26	10 1:42.31	10 1:47.17	3 1:29.12	5 3:37.45	1 2:02.38	Ages 100-119	200 MEDLEY
200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	200 FREE	4 2:25.05
10 2:57.81	8 3:32.38	9 4:53.97	4 3:36.06	3 6:23.72	1 4:27.05	3 1:55.38	Ages 120-159
400 FREE	400 FREE	400 FREE	400 FREE	400 FREE	100 BACK	200 MEDLEY	200 FREE
10 7:03.28	8 8:20.33	10 10:13.95	2 7:05.59	5 15:50.38	1 2:17.72	2 2:09.70	10 2:09.92
800 FREE	800 FREE	800 FREE	800 FREE	800 FREE	50 BREAST	Ages 120-159	200 MEDLEY
8 14:53.74	4 14:23.99	6 19:35.38	1 14:55.20	4 31:18.98	1 1:02.92	200 FREE	10 2:15.83
1500 FREE	1500 FREE	1500 FREE	1500 FREE	1500 FREE	50 FLY	10 1:58.01	Ages 160-199
6 27:49.35	4 31:56.29	10 39:16.56	3 28:09.79	2 44:30.51	1 1:04.63	200 MEDLEY	200 FREE
50 BACK	50 BACK	50 BACK	50 BACK	50 BACK		9 2:21.64	10 2:08.96
10 41.97	10 1:00.08	9 1:06.07	3 46.74	5 1:07.87	MEN'S	Ages 160-199	200 MEDLEY
100 BACK	100 BACK	100 BACK	100 BACK	100 BACK	AGES 90-94	200 FREE	10 2:25.40
10 1:36.02	5 1:41.92	8 2:20.30	4 2:12.49	6 3:20.89	50 BACK	10 2:00.41	Ages 200-239
200 BACK	200 BACK	200 BACK	200 BACK	200 BACK	1 1:13.80	200 MEDLEY	200 FREE
10 3:38.92	5 3:48.43	7 5:05.15	4 4:36.78	7 7:33.32	100 BACK	9 2:16.93	10 2:26.38
50 BREAST	50 BREAST	50 BREAST	50 BREAST	50 BREAST	1 2:55.14	Ages 200-239	200 MEDLEY
10 43.50	10 51.44	7 1:05.79	2 1:30.23	4 1:27.61	50 BREAST	200 FREE	10 2:37.86
100 BREAST	100 BREAST	100 BREAST	100 BREAST	100 BREAST	1 1:16.01	8 2:17.32	Ages 240-279
10 1:43.99	9 2:14.28	10 3:03.21	1 1:46.89	4 3:05.74	100 BREAST	200 MEDLEY	200 FREE
200 BREAST	200 BREAST	200 BREAST	200 BREAST	200 BREAST	1 3:17.73	5 2:32.40	8 3:12.49
9 4:13.03	5 4:03.09	10 3:59.25	1 4:00.71	1 6:14.07	200 BREAST	Ages 240-279	200 MEDLEY
50 FLY	50 FLY	50 FLY	50 FLY	50 FLY	1 6:53.87	200 FREE	10 4:23.04
9 45.26	7 42.10	9 1:23.96	3 1:28.07	2 1:35.14	200 IM	7 2:32.64	Ages 280-319
100 FLY	100 FLY	100 FLY	100 FLY	100 FLY	1 7:23.22	200 MEDLEY	200 FREE
9 2:19.68	4 1:43.07	7 3:36.86	1 1:40.74	1 2:51.40		6 4:00.66	4 3:50.35
200 FLY	200 FLY	200 FLY	200 FLY	200 FLY		Ages 280-319	200 MEDLEY
5 5:11.61	3 4:05.24	4 5:21.01	3 4:37.74	1 6:15.25		200 FREE	3 4:18.05
200 IM	200 IM	200 IM	200 IM	200 IM		5 3:48.18	Ages 320-359
9 3:47.07	5 3:55.55	7 6:14.04	4 4:52.31	2 6:19.30		200 MEDLEY	200 FREE
400 IM	400 IM	400 IM	400 IM	400 IM		4 4:09.08	1 4:07.21
8 8:56.22	5 8:19.33	7 11:59.42	2 8:15.46	1 11:26.46		MIXED RELAYS	200 MEDLEY
						Ages 79-99	1 4:33.50
						200 FREE	
						2 2:11.86	



Abbreviations Abound

I don't know about you but I find it very annoying in this day in age that everything new that we get involved with comes with its own language... or at the very least abbreviations. I thought I would take a little space here and sort out several abbreviations that might help our neophytes. (Actually, from what I hear sometimes it may help some of our veteran members as well.)

USMS - United States Masters Swimming - Our parent organization

LMSC - Local Masters Swimming Committee - USMS's generic term for registered Masters organizations - ie. Michigan Masters

SCY - Short Course Yards - 25 yard pools

SCM - Short Course Meters - 25 meter pools (longer than yards' pools)

LC - Long Course - 50 meter pools ("Olympic size pools")

Don't try to duplicate past performances; just do the best you can today.

Man Lands on Mars

Bruce **Man** landed right on top of **Mars** Swensen in the warm-up lane of a recent Masters swim meet in Florida. Man disregarded the USS and USMS rules that prohibit diving in the warm up/warm down lanes before or during a meet. You are only allowed to dive in one of the "designated sprint lanes". Man should have jumped in feet first after checking for any swimmers that may have been in his way, therefore avoiding a collision. If you are sponsoring and/or hosting a meet, you should designate a Safety Marshall to watch over the warm up lanes and enforce the safety rules.

As a matter of fact Karen Pearson, the new Secretary of our LMSC is also recently been named Safety Chair by Andy Donato our current LMSC Chair. If you have any questions or suggestions please let her know, I know she has some good ideas that she'll be passing along in the next *Wave Eater*.

Snack Food for Race Day

Many people give no thought to what they should eat on the day of the meet. I have noticed that the people who survive the best on race day plan a little ahead. Here are a few snacks for your consideration. They'll keep your blood sugar level and your energy up!!!

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

Here are the upcoming deadlines for the newsletter, these are cut-off dates:

November 13, 1996	January 18, 1997
January 29, 1996	June 25, 1996
November 11, 1996	September 3, 1996

FRANK THOMPSON
2660 LITTLELL AVE
WEST BLOOMFIELD, MI 48324

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

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



FRONT OF T-SHIRT

Top Ten Reasons Go To Ann Arbor, Michigan forThe 1996 LC Nationals:

10. For the opportunity to meet Ann Arbor.
9. To visit a football stadium with 102,501 person capacity.
8. To swim with old and new friends on an "Alumni team".
7. Because I want to hang out with over 1100 scantily clad men & women.
6. So I can hug a cuddly "wolverine".
5. To compete in the same pool where the 1995 NCAA and Big Ten Champs train.
4. To find out the true meaning of the acronym "HOMES".
3. To learn the difference between "maize" and "corn".
2. So I can swim a championship meet in a state which has Great Lakes.

BACK OF
T-SHIRT

1. To see Meet Directors
Mark Lambert & Bill Reid
swim the 200 BUTTERFLY!

We will have a limited number of "training" T-shirts available at the meets. They will be \$10. If you are interested, give me a call or see Bill, Karen Pearson or me at a meet. If you want a size other than large or extra large I will gladly order it for you. Please let me know.

- SHIRTS ARE ASH GREY -

