

◆ The Wave Eater ◆

Volume 5, Issue 4

October 1, 1997

THINGS TO TAKE TO A SWIM MEET!

USMS card!! This is a **REQUIRED** this year.

Swimsuits (not one, two... maybe even 3! This is **NOT** about fashion, but about comfort)

Towels (Again preferably more than 1)

Goggles (2 prs. - both that you have done "starts" in)

A buddy (to count for you if you are doing a long-distance event)

WaterBottle (staying hydrated is the only healthy way to go.)

Snack Food (Few places have food on sight. Keep that blood sugar up)

Patience (Remember this is a Volunteer organization, people have given up their free time to make these meets possible. Please take a moment to thank the timers after you swim!)

PRESIDENT's CORNER

By Donald J. Kroeger

Well folks, here we are again, Spring was cold, I did not get in much swimming. Summer was short and I didn't get in much swimming AND Fall is here! It's time to get back in the pool with our friends and start getting back in shape. This fall we have four Masters Swim meets scheduled in Michigan and the Great Lakes Zone (SCM) meet will be held at IUPUI Natatorium in Indianapolis. It will be held the first weekend in November (Nov. 1 & 2). There is an entry form here in the newsletter.

Getting back to the Masters meets in Michigan. Two of the meets, Harbor Springs (Oct. 12) and the Lansing meet at MSU (Dec. 7) are known as "Sanctioned" meets. The other two, Saginaw YMCA (Oct 4) and the Monroe YMCA meet (Nov. 15)

are "Recognized" Masters meets. The reason I am bringing this to your attention is that "Sanctioned" meets are ONLY for USMS registered Masters swimmers. All of the sanctioned meet swimmers' event times are automatically sent in for State and National records and Top Ten listing. Where as "Recognized" Masters swim meets anyone can swim in them. However, only USMS registered Masters swimmers event times can be sent in for any State, National or Top Ten listings.

The point I am trying to make is that the two recognized Masters meets are an excellent opportunity for lap swimmers or your workout buddies to swim in a Masters meet. Just maybe, they'll like it! Who knows, you may be

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Records & Top Ten Person

By Paul Wright

I was recently appointed to this position and was asked by Phyllis Reid to write a bio to introduce myself to the membership. I know how hard it is to get a paper out on time because I was, for 2 years, the newsletter editor for the Ford Swim and Triathlon Club (FAST). I'm now the VP of Swimming for FAST. I also have two new babies, P.J. & Patricia; Well, I flat out missed her previous deadline(s).

I decided to re-publish an article I wrote a year ago, but with some changes to reflect current events. People that know me, would tell you that I'm not afraid to speak my mind.

You may have read Ken Gutowski's article

(Continued on page 2)

(Continued from page 1)

able to recruit them to swim on your team at the Michigan State Championships.

Next, speaking of the State Meet, I am sorry to report that it will not be held at Michigan State University due to personnel changes and conflicts in pool scheduling. We will be having the State Championships, March 27, 28 & 29 but, they will be held once again at Eastern Michigan University in Ypsilanti.

Questions or comments, call or write: Donald J. Kroeger, 433 Toll Street, Monroe, MI 48162 - (313) 242-7175

P.S. Swim fast and for the health of it!

Editor Noise

By Phyllis Reid

Please vote for 5 members of the review committee. (on p. 7) At this year's State Meet several swimmers swam while not being registered with USMS. This board will, in the future, review such matters. Perhaps the cheating will finally be stopped!!

(Continued from page 1)

in the last issue about the '97 State Meet. He was more diplomatic than I would have been. I would have used the word "cheating" to describe what was going on behind the scenes.

12/1/96

My Dad died 14 years ago today. He was 65 when cancer ended his life. He had prostate cancer that, when discovered, had metastasized to the rest of his body. Early detection would probably have extended his life considerably. We all want to live longer. My dad was no exception.

Dad married mom just prior to serving in World War II. He survived a tour of North Africa and Europe as a foot soldier. One vivid recollection of the stories he used to tell was his brush with death when he rode a military Harley Davidson bike and the throttle stuck wide open. He cautioned us to never ride a motorcycle because they were certain to kill us at an early age. Consequently, every one of his sons became avid motorcycle enthusiasts. Such a warning was much too enticing for the four daredevil Wright boys.

After the war, my dad settled in Ann Arbor, chosen as a suitable site to raise a family. I was born in 1954. We grew up in a college town surrounded by books and little if any television. This was ironic because he sold TV's for a living. I became an avid reader. I read everything I could get my hands on. My life however was not all bibliomaniacal pursuits.

Around 1963, my dad suffered a debilitating back strain while helping lift a refrigerator. After the injury his doctor encouraged him to exercise and recommended swimming because it put less strain on his back. He began swimming daily. We swam too. When not in school, he dragged us along. We assimilated readily into the new environment.

We lived on Morton street back then. Across the street lived the U of M foot ball coach "Bump" Elliot (and his daughter Betsy, my first girlfriend!). He introduced my dad to Gus Stager, the U of M swim

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**Ladies...
remember to do
breast exams
and
gentleman
have a prostate
blood level
done, today!**

(Continued from page 2)

coach. Dad was a personable and charming sort that made friends easily. This introduction was the start of a long relationship with the U of M swim team that lasted for many years.

He swam every day at Michigan's Matt Mann pool. (this was before

*Time
has no
limit
on the
road to
excellence!*

Canham pool was built.) He encouraged us to swim too. All the time we were associating with famous Olympic swimmers and divers. Back then I just took it for granted and

never gave it much thought. Dad was well liked by, Gus, Dick Kimball and the team. His relationship with them was secured by nothing more than his charisma. He even had his own locker in the Varsity dressing room. He helped out at meets and volunteered to pick up swimmers at the airport. He never was a good swimmer, just persistent. He never swam competitively except for a brief try at Masters swimming. I still have his trophies. My competitive swimming career didn't start until later. My older

brother, Dave swam in high school. I gave it a try in junior high, but dropped out shortly thereafter. That would have been the end of it had not another fateful turning point happened.

In the fall of 1969 I was walking home from my first semester of Pioneer high school. A car pulled up to the curb and a Senior rolled down the window. "Want a ride?" he asked. "Sure!" I said. It was over a mile home and my book bag was already getting heavy. The Senior was Dave Dillon. His family knew mine and serial killers hadn't been invented yet, so I got in. We chatted about nothing until he asked me if I was interested in joining the swim team.

I was flattered that he thought I might be competitive material. The offer was enticing to a member of the lowly freshman caste. I was unsure if I could fulfill this unearned reputation. It brought me back to when we first moved to N. Seventh St. in '64 and as the new kid on the block I was invited to play soft ball with the In Crowd. My first two swings fanned air, but my third and final swing got real lucky. With a resounding

CRAAACK. the ball arced through the air to the other end of the field. An easy home run. I was instantly on the "A" list. I should have quit while I was ahead and retired from the game a legend. I kept at it however and my luck at hitting or throwing a baseball never returned. My status slid all the way to "last pick" and I've avoided so called "team" sports ever since.

As I opened the door at the end of the ride. Dave said I should at least check out the orientation meeting on Thursday after school. I said I'd think about it and thanked him for the ride.

That Thursday, I wandered over to the portable classroom where the meeting was held and found a seat near the back. The place was packed. Lots of broad shouldered older boys in varsity jackets filled the room with jet pilot bravado. There was one lone girl, Jenny Ogle. This was before Title IX came into effect, so it was most unusual for a girl to be on a boys swim team. She definitely could hold her own with any of us. Later more girls would be part of the team.

Denny Hill, a science

(Continued on page 4)

teacher and the swim coach came in. He was a heavy set ex-distance swimmer with a corny sense of humor. He said something that changed my life. He said that even if we didn't win a single race, swimming would give us a sense of true team spirit, friendship, personal confidence and a sense of well being that only healthy activity can provide.

I was hooked. I swam for the next three years. I gradually turned into a 6' 1" senior with 162 lbs. of broad shoulders and muscle packed into a size 28 Speedo. I never set any records, (except maybe for my lone 100 yard underwater swim), but my confidence did grow and many new friends were made.

I drifted away from swimming after one year at EMU. Racing motorcycles and cars became my new obsession. Drag racing, road racing, circle track, demolition derby. Any kind of racing was interesting to me. I spent a lot of time and money trying to win. In spite of my best efforts winning was elusive. I soon learned why. The old adage is in racing is that there are cheaters and there are losers. "Creative

rule interpretation" or cheating is rampant in most forms of wheeled racing. Even the soap box derby I raced in as a kid was rocked with cheating scandals.

Cheating soured my enthusiasm for motor racing, but I still had the urge to compete. I went to work for a prominent racer and engineer. I eventually was placed at Ford and have been there ever since.

18 years would pass until one fateful day I discovered the FAST electronic bulletin board on the Ford info highway. I called the number listed and reached the VP of swimming, Julie Harris (now Pierce). She was very nice and suggested that I come to the FAST Brighton meet.

In the five years since I joined the club I have lost 24 lbs and gained many new friends. Every meet is an adventure. We unfortunately don't have nude coed sauna parties like in high school, but we still have fun.

Let's keep swimming fun by not resorting to cheating.



The optimist believes we live in the best of all possible worlds.
The pessimist fears this is true.

Fabulous Fall Fitness

By Jennifer Parks

For the November newsletter, please send me (or call me) your "fitness make over" story, i.e. how you went from 1000 yards a week to 10,000 yards, lost weight or gained strength or, overcame illness/disability, etc. I'm on a sabbatical from Ferris, taking classes in the "Holistic Health" program at Western Michigan University. I may be reached by e-mail at, JenSwims@aol.com or 616-796-6946, Thurs.-Sun. Also, please send any fitness event ideas for us or that you use in your pool/program!

Mental Fitness and Wellness!

Remember, swimming is fun, swimming is challenging! Don't make your swimming another source of overt stress. Plan your

(Continued on page 5)

*Just for the
HEALTH
of it...
This month:
Give Blood
(someone
may need
YOUR help!)*

Attitudes are nothing more than habits of thought... and habits can be acquired.

(Continued from page 4)

practice time so you don't have to rush to and from it. Don't get hung up on set yardage needed to be done that it becomes a source of stress if you don't do a certain amount. Don't forget to stretch during and after warm-up...and, after you warm/cool down. It's not only important for your body but may also enhance your relaxation response. Also, build your base this fall with some longer distance swims occasionally - and trigger endorphins that may moderate your stress response for hours. Challenge yourself in your work-outs by increments; reduce your rest interval on a favorite set by 5 seconds initially, rather than 15, so you can experience success. Setting goals too high and

hard may disappoint and unnecessarily stress you when you don't do the times you expect. Small victories in workouts may move you most comfortably toward good swims later.

Fall Total Fitness Reminders:

- ♦ Build that strength development/ weight training into your fitness and wellness program - help avoid injuries and offset osteoporosis, as well as tone your muscles.
- ♦ Bring your water bottle to practice and drink from it often! You might have a better practice-hydrated!
- ♦ Try tai chi (good for balance, too), yoga (excellent for flexibil-

ity), and any other form of meditation (such as "mindful" while you're swimming the 3,000 or 6,000 yard swim before Oct. 31)

- ♦ Have a massage(they feel great) if you are experiencing high stress; they may reduce heart rate and/ high blood pressure.
- ♦ Work on getting "five a day" veggies and fruit, great for vitamins, minerals and fiber- as well as energy.

See you in the pool. Enjoy the great beauty of the fall (looking at vistas has been shown to reduce stress)-perhaps with a trip to Saginaw, Harbor Springs, Monroe or East Lansing meets. Swimming with good friends in Masters may be the best mental medicine!

Grand Haven Open Water Swim

By Ken Danhof

July 19, 1997.

The Third annual 1.75 mile Lake Michigan swim is held at Grand Haven pier. This year the water temperature of 70 de-

grees was in stark contrast to last years 49 degrees. The 73 swimmers appreciated that along with excellent sunny conditions and calm seas. This made for a very fast race with Todd Mercer of Ann Arbor winning with a time of 34:31! The overall womens winner

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Make your time here count, be a volunteer!

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was Kate Flickema of Grand Rapids at 39:30.

Older age groups were well represented with Paul Creason of Grand Haven winning the 30-39 males in 39:06. 30-39 females was won by Lezlie Gruenler of Los Angeles in 43:20.

In the 40-49 males Michael Landis of Holland clocked a 41:01 and the females' was won by Lucy Steinlage of Grand Haven in 44:45

The 50-59 males was won by Dave Klinger of Rockford at 55:24. There were no females in this group.

The 60 and over males (also no females, perhaps with age comes wisdom!) was won by the "father" of this event David Siebold of Spring Lake.

This is a fun event if you have teenagers who are swimming as the age groups start at 19 and under. In fact there were 11 females under 19 swimming this year. This event is not a sanctioned Masters event and as such times are not official (also wet suits are allowed). However, the only cost is the entry fee (\$15) and you get a neat T-shirt.

Plan to visit Grand Haven in July 1998 and bring your family. For details contact Lynn DeMarse at the Grand Haven YMCA 616 842-7051.

Pan-Pacific Games

By Mary Fran Williams

Hawaii was wonderful -- beautiful flowers, people, music -- the weather was perfect and the water was GREAT! It was an exciting meet -- over 1100 swimmers from 22 countries -- at least 38 records were set or broken. Aileen Soule was there (the 1920 Olympic Gold Medallist) and broke a World Record at age 91.

In addition to the meet there were plenty of other things to do. My brother, Charlie Maas, bike down the volcano, Mt Haleakala -- 38 miles -- in the rain!! (I followed in the car -- swimming is enough for me!) It was really cold at the top of the mountain -- 45 degrees at 10,000 feet elevation, when it was 85 at the base. He had rented a bike and a suit for the rain -- it always rains on the

volcano. Charlie nearly got frostbitten because he did not have any warm gloves. I had the heat on in the car, but it took him at least half an hour to completely defrost when we got to the base.

Then Charlie and I both did the Kanaa-pali Open Water Swim. The water was so rough -- 6' to 8' waves -- we probably swam an extra mile going off course and getting back on it. We couldn't see the buoys because the waves were higher than they were!! Over 385 swimmers registered to swim, but 100 scratched when they saw how rough it was. But we slugged it out and both finished. I thought it would be easy, with the water so much warmer than the lakes here -- WRONG!! (Next time, I'll know better!)

***Get involved
with Michigan
Masters, be sure
to vote for
your choices for
the Review
Committee in
this issue.***

***Next issue
we will
have
pictures of
your officers
and some that
others have
sent in from
events.***

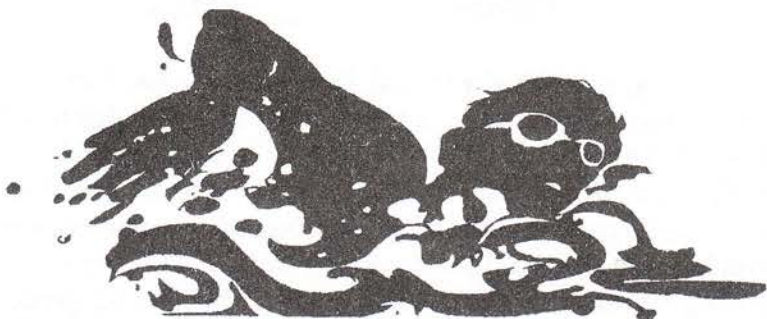
***Don't forget to check out our
new website:***

[http://www.flash.net/
~kgutowski/mmasters.htm](http://www.flash.net/~kgutowski/mmasters.htm)
AND

Watch for your USMS
re-registration
invoice in the mail in
EARLY November

YMCA of Saginaw
1915 Fordney
Saginaw, MI 48601
(517) 753-7721

SWIMMING MEET OCTOBER 4, 1997



Registration: 12:00 - 12:45 PM
Warm-Ups: 12:30 - 1:15 PM
Meet: Begins Approximately at 1:15 PM
Recognition #: 197009

EVENTS

- | | | |
|------------------------|----------------------|-------------------------|
| 1. 200 IM | 7. 25 Breaststroke | 13. 100 IM |
| 2. 50 Breaststroke | 8. 100 Freestyle | 14. 100 Backstroke |
| 3. 25 Backstroke | 9. 200 Medley Relay | 15. 50 Freestyle |
| 4. 200 Freestyle Relay | 10. 100 Breaststroke | 16. 25 Fly |
| 5. 100 Fly | 11. 50 Fly | 17. 400 Freestyle Relay |
| 6. 50 Backstroke | 12. 25 Freestyle | 18. 400 Medley Relay |

**INDIVIDUAL AGE GROUP
GROUPS**

18-24	45-49	70-74
25-29	50-54	Etc.
30-34	54-59	
35-39	60-64	
40-44	65-69	

RELAY AGE

19 & up
25 & up
35 & up
45 & up
55 & up
Etc.

Entry Fee: \$2.00 per event (5 event maximum, plus relays)

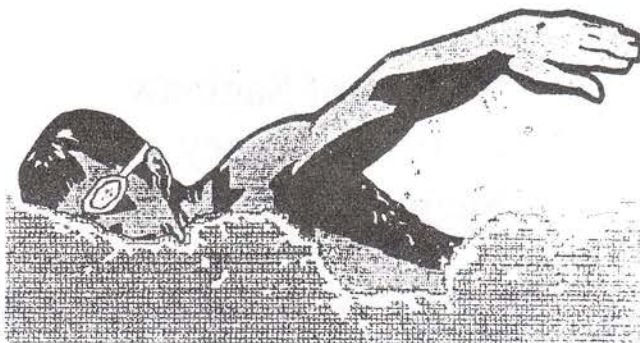
Ribbons awarded to 1st, 2nd, and 3rd place

NT(no time) will swim in the slowest heat

We have a five lane, 25 yard pool and a warm up cool down 20 yard pool.

Swimmers must enter the pool feet first in a cautious manner.

Diving will be permitted only from the designated sprint lane.



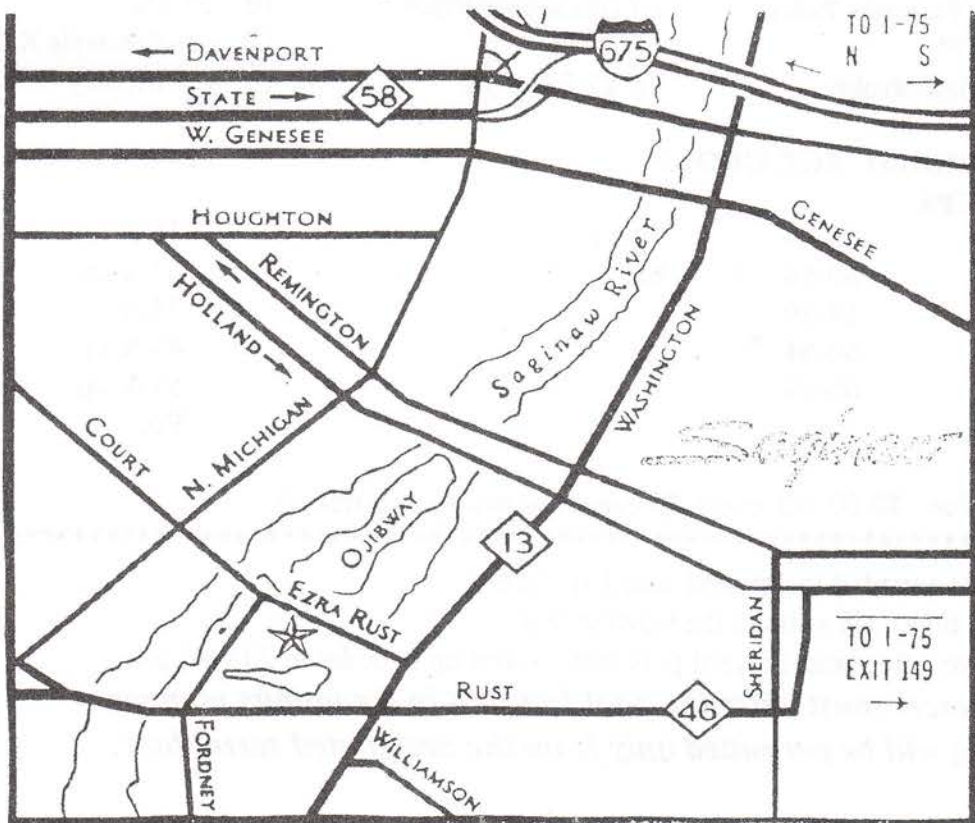
Name: _____ USMS#: _____ YMCA: _____

Release from Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters and YMCA Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the YMCA of Saginaw swimming meet of 10-06-1997 and any activities incident thereto, I hereby waive any and all rights to claims of loss or damages including claims for loss or damages caused by the negligence, active or passive, or the following: United States Masters Swimming, Inc., The YMCA, the Local Masters Swimming committees, the clubs, host Facilities, Meet sponsors, Meet Committees or any individuals Officiating at the meets or supervising such activities. In addition I agree to abide by and be governed by the rules of the YMCA and USMS.

Competitor's Signature: _____ Date: _____

Saginaw Recognized Meet Oct. 6, 1997



Harbor Springs Harbor Masters
Invites you to the
HARBOR SPRINGS FALL MEET

Sanctioned By: Michigan Masters for USMS, Inc. # 197 011

DATE: Sunday October 12, 1997

PLACE: Harbor Springs Community Pool
Harbor Springs High School
Harbor Springs, MI 49740

DIRECTIONS: M-119 to Hoyt Street - turn right. At Pine St. turn left.
School several blocks down on left.

TIME: Warm-up/Registration 11:00 a.m.
Swimmers must enter the pool feet first in a
Cautious manner. Diving will be permitted only
from the designated sprint lane. One lane will remain
Open for warm-up/warm-down, except perhaps during
The 1000.

1000 Free begins at 11:30am
Second Warm-up following the 1000
Remainder of the meet will begin at 1 pm.

FACILITY: 6 Lane, 25yd pool, electronic timing, hot tub,
starting blocks in deep end.

AWARDS: Michigan Masters ribbons for 1st thru 3rd

ENTRY FEE: \$10.00 PER SWIMMER
(Maximum 5 events plus relay)

DEADLINE: Deck entries ONLY - close at 12:45 pm
Seeding - slow to fast



**REFRESHMENTS AVAILABLE
THROUGHOUT MEET**

AFTER PARTY: Pizza at Trout Creek Condos on
Pleasantview Rd. (Map at Meet)

**USMS Registration required: Bring card or
photo copy. Single meet registration \$10.
Registration for remainder of '97 \$15.**

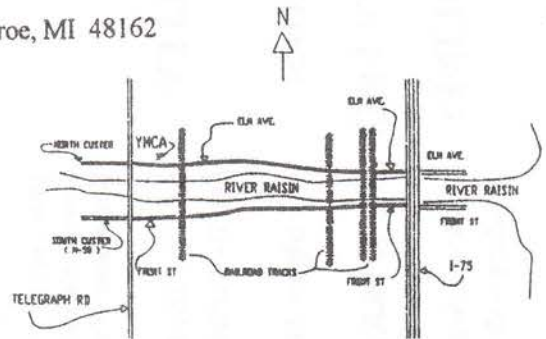
EVENTS:	1.	1000 FREE (Begins at 11:30 am)
	2.	200 Medley Relay
	3.	50 Free
	4.	100 Back
	5.	50 Fly
	6.	50 Breast
	7.	100 IM
	8.	50 Back
	9.	100 Free
	10.	25 Free
	11.	100 Breast
	12.	200 Free
	13.	200 Free Relay

For more information call: Marilyn Early (616) 526-9824

Short Course Yards Recognized by Michigan Masters for USMS, Inc. - 197013
Saturday, November 15, 1997

NOTE: To those swimmers wishing to establish times for Postal Pentathlon Swim Meet, all Sprint Middle Distance Ironman individual events will be swam (see reverse side).

LOCATION: Monroe Family YMCA, 1111 West Elm Avenue, Monroe, MI 48162



ENTRIES: Cost \$2.00 per event. All events deck entered. Make checks payable to the Monroe YMCA.

AWARDS: The first three male and three female finishers in each age group will receive ribbons (19-24, 25-29, 30-34, etc.)

ELIGIBILITY: Open to all swimmers. Masters Swimmers "**must**" have a photocopy of USMS registration card attached to their entry form to have times recognized for top 10 awards.

REGISTRATION: 11:30/12:00 PM - for 500 Yd Free/400 Yd IM. Note: Open only to the first 30 participants.
11:30/1:00 PM - Registration for all other events

11:45/12:15 PM Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

12:15 PM Event #1 - 500 Yd Free/400 Yd IM

13:00 PM/13:30 PM Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

1:30 PM Event #2 - 200 Butterfly
Event #3 - 100 Back
Event #4 - 50 Breast
Event #5 - 25 Free (40 and over)
Event #6 - 100 IM
* **BREAK 5 MINUTES**
Event #7 - 200 Back
Event #8 - 100 Butterfly
Event #9 - 50 Free
Event #10 - 25 Breast (40 and over)

* **BREAK 5 MINUTES**

Event #11 - 200 Breast
Event #12 - 100 Free
Event #13 - 50 Butterfly
Event #14 - 25 Back (40 and over)

* **BREAK 5 MINUTES**

Event #15 - 200 Free
Event #16 - 100 Breast
Event #17 - 50 Back
Event #18 - 25 Fly (40 and over)
Event #19 - 200 IM

SOCIAL: There will be a Social beginning half-way through the meet. (Donations will be accepted.)

Donald Kroeger, Meet Director (313) 242-7175. For additional information - Jason Vavrick, Aquatic Director, Monroe YMCA (313) 241-2622

Name _____ Sex _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

Phone _____ Team _____ USMS # _____

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

Signature _____ Date _____

Lansing Masters Pentathlon and Freestyle Crescendo

Sunday, December 7, 1997

Sanctioned for USMS, Inc. by Michigan Masters - Sanction # 197011

- Location:** IM-West Sports Building, Michigan State University. Next to the football stadium. Call Wally Dobler (517) 372-8096 if you need additional directions.
- Schedule:** Warm-up 8:30am, events 9:30am. Swimmers are reminded to enter the pool foot-first during warm-up. Dives and backstroke starts will be permitted only in designated sprint lanes. A separate diving well will be available for continuous warm-up and cool-down.
- Events:** Three "slates" of events will be offered. The **pentathlon slates** - the **Sprint** will include the 50y fly, 50y back, 50y breast, 50 free and 100y IM and the **Middle distance** includes 100 fly, 100y back, 100y breast, 100y free and 200 IM. The **freestyle crescendo** will include the 200y free, 100y free, 50y free and 500y free. Although you may enter a mixture of pentathlon and crescendo events (maximum of 5 events), you are strongly encouraged to choose either the pentathlon or crescendo and enter all of the events in that slate. All events will be seeded slow-to-fast.
- OPTIONAL:** New kick board relay - 4 people - prizes - "Get a Team"
- *** NOTE:** **You also may swim just two or three of the events**
- Scoring:** Pentathlon and crescendo winners will be determined by adding the times achieved in the relevant events (5-second penalty for each disqualification). Michigan Masters ribbons will be awarded to the 1st, 2nd and 3rd place overall winners in each age/gender group.
- Meet Director:** Wally Dobler (517) 372-8096
- Eligibility:** Swimmers must be registered with USMS, with either a 1997 or 1998 card. Michigan swimmers may complete the registration process at the meet (\$25).

Entries: Enter by mail before Friday, Nov 28. We need your entries prior to the meet so that we can enter names into the computer in preparation for scoring the pentathlons & crescendo. Deck entries cost extra! Deck entries will NOT be accepted after 9:00am on December 7th!!

Name: _____ **Age as of 12/07/96** _____ **Gender** _____

USMS# _____ **Club** _____

Address: _____

Enter by mail - avoid the penalty for late or deck entries! The entry fee is \$12 for the entries received by Friday, November 28 and \$15 for late or deck entries. Submit the above entry form, a photocopy of your 1997-or 1998 USMS card and a check for \$12.00 payable to Michigan State University. (tax deductible)

Sprint Pentathlon:	Middle distance Pentathlon
4. 50 yd fly _____:_____._____	2. 100 yd back _____:_____._____
6. 50 yd back _____:_____._____	5. 100 yd free _____:_____._____
8. 50 yd breast _____:_____._____	7. 100 yd fly _____:_____._____
9. 50 yd free _____:_____._____	10. 100 yd breast _____:_____._____
11. 100 yd IM _____:_____._____	1. 200 yd IM _____:_____._____
Crescendo:	
9. 50 yd free _____:_____._____	5. 100 yd free _____:_____._____
3. 200 yd free _____:_____._____	12. 500 yd free _____:_____._____

P.S. Lots of shopping in East Lansing or outlet malls.
Red Roof Inn nearby as well as other national chains.

MAIL TO:

Wally Dobler
2400 Wellesley Dr.
Lansing, MI 48911

Date	Club	Sanction	Location	Meet Directors	Phone
SATURDAY OCTOBER 4th	SAGINAW YMCA	Recognized 197009	SAGINAW, MI	TOM MOYER	517-249-0043
SUNDAY OCTOBER 12th	HARBOR MASTERS	Sanctioned 197011	HARBOR SPRINGS, MI	MARILYN EARLY	616-526-9824
SAT. & SUN NOV. 1 & 2	GRIN	Sanctioned 167S15	IUPUI NATATORIUM Indianapolis, IN	MELISSA RINKER	317-845-1390
SATURDAY NOV. 15	MONROE YMCA	Recognized 197010	MONROE, MI	DONALD J. KROEGER	313-242-7175
SUNDAY DECEMBER 7	LANSING MASTERS	Sanctioned 197012	MSU E.Lansing, MI	WALLY DOBLER	517-372-8096
SATURDAY JANUARY 10	BLUE WATER SWIM CLUB	Sanctioned 198002	ST. CLAIRE HIGH SCHOOL	ANDY DONATO	810-364-4974
SUNDAY JANUARY 18	JACKSON AREA MASTERS	Sanctioned 198001	U of M ANN ARBOR, MI	BILL REID	517-592-8908
SUNDAY FEBRUARY 15	F.A.S.T.	Sanctioned 198005	BRIGHTON, MI	PAUL WRIGHT	313-295-3132
SATURDAY FEBRUARY 28	WESTERN MI MASTERS	Sanctioned 198004	ROCKFORD, MI	KEN DANHOF	616-739-5592
SUNDAY MARCH 8	GREAT LAKES AQUATICS	Sanctioned 198003	KALAMAZOO, MI	VINCE GALLANT	616-349-9873
SUNDAY MARCH 15	MIDLAND MASTERS	Sanctioned 198006	MIDLAND, MI	CHARLES MOSS DAVID SPETH	517-631-1480 517-636-7802
MARCH 27, 28 & 29	MICHIGAN MASTERS	Sanctioned 198007	EASTERN MI UNIVERSITY	ELECTED OFFICIALS	313-242-7175 (Donald J. Kroeger)
APRIL 23-26	YMCA SC NATIONAL CHAMPIONSHIPS	Sanctioned	HALL OF FAME FT. LAUDERDALE	GENE DONNER	716-652-9151
MAY 7-10	USMS SC CHAMPIONSHIPS	Sanctioned	IUPUI NATATORIUM INDIANAPOLIS, IN	SHARON WISE	317-247-71290
AUGUST 20-23	USMS LC CHAMPIONSHIPS	Sanctioned	HALL OF FAME FT. LAUDERDALE	STU MARVIN	954-468-1580

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

**1997 GReater INdiana Masters Fall Classic
Great Lakes Zone Championships**

Mail to: 1997 GReater INdiana Fall Classic % Melissa Rinker
8821 Appleby Lane
Indianapolis, IN 46256

Entry Fee: \$30.00 SIX EVENTS. Entries due by **October 15, 1997.**

Include price for t-shirt if ordering. Deck Entry day of meet \$40.00. Make checks payable to **GRIN**. Relays are \$4.00 - Payable day of meet

Name: _____

Sex: _____ Age: _____ Birthdate: _____

Address: _____

City: _____

State: _____ Zip: _____ E-Mail: _____

Phone: (____) _____ T-SHIRT@\$11.00 Size: M L XL XXL

Team: _____ USMS#: _____
YOU MUST INCLUDE A COPY OF YOUR 1997 USMS CARD WITH YOUR ENTRY. IF
YOU CANNOT SHOW PROOF OF USMS REGISTRATION, YOU WILL NOT BE
ALLOWED TO SWIM UNTIL YOU JOIN USMS/GRIN. 1998 Registrations available 11/01/97.

DAY	EVENT NUMBER	EVENT NAME	SEED TIME
SAT			
SAT			
SA/SU			
SA/SU			
SUN			
SUN			

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

Date: ____/____/____ Signature: _____

**13th Annual 1997 GReater INdiana Masters
Fall Swimming Classic**

**Great Lakes Zone Short Course Meters Championships
Saturday, November 1, and Sunday, November 2, 1997**

Location: Indiana University Natatorium
located on the IUPUI Campus
901 West New York Street
Indianapolis, IN

MEET DIRECTOR: Melissa Rinker
8821 Appleby Lane
Indianapolis, IN 46256
Phone: 317-845-1390
FAX: 317-257-0508 - Inquiries Only
E-Mail: indy605@aol.com

SANCTIONED BY:
GReater INdiana Masters
Swimming Association
for USMS, Inc.

Sanction Number 167S15

FACILITY: The IU Natatorium is an 8 lane 50 meter pool. The pool will be divided into two courses, with competition being held at the twenty-five meters end using non-turbulent lane lines and automatic timing. The other end of the pool will be available for warm up. NO SWIMMING WILL BE ALLOWED IN THE DIVING POOL.

WARM-UP/COOL-DOWN: THERE WILL NO WARM-UPS OR COOL-DOWNS IN THE DIVING POOL. Swimmers must enter the pool feet first in a cautious manner. Diving will be permitted only from the blocks in designated sprint lanes. No kickboards, paddles, fins, or pull buoys will be allowed during warm-up. A swimmer may be disqualified at the discretion of the Meet Director or Meet Officials for failure to comply with these rules.

ELIGIBILITY: All swimmers must be currently registered (1997) with the United States Masters Swimming, Inc. Swimmers 19 years of age and over may register with USMS. 1998 Registrations available after 11/01/97.

AGE GROUPS: 19-24, 25-29, 30-34, and so on up to 90-94 and 95+.

MEET CONDUCT: 1997 USMS Rules will govern the conduct of the meet.

SEEDING: All events will be timed finals. Events will be seeded by time and the sexes will be swum separately except in the 800 meter Free, 1500 Free and 400 meter IM where the sexes may be mixed. These 3 events will also be deck seeded. Heats will be swum slowest to fastest. Participants are limited to four events per day plus relays, but a total of

six individual events for the entire meet. Swimmers attempting records must notify the starter to assure that three timers are available. Heat sheets will be posted around the pool deck. It is the responsibility of the swimmer to be at his/her starting block at the beginning of his/her heat. Swimmers who miss their heat will not be allowed to swim in another heat unless successfully protested to the Meet Director and Meet Referee.

NO SEED TIMES will be swum in the slowest heats.

DECK ENTRIES on the day of the meet will be seeded in the slowest heat, their own heat, or where an open lane is available in existing pre-seed heats at the discretion of the Meet Director. It is to the swimmer's advantage to enter prior to October 15, 1997. **Deck entries will be accepted on November 1, from 11:00 AM to 12 Noon for Saturday and Sunday's events. Deck entries for Sunday's events will also be accepted from 7:30 -8:00 AM on Sunday.** 800 Free, 1500 Free and 400 IM will be deck seeded day of meet.

POOL OPEN TIME: The pool will be open when pre-registered swimmers check-in is open. On Saturday, November 1, the pool will be open for warm-up at 11:00 AM. The meet will start at 12:00 PM local time for the 1500 Free. On Sunday, November 2, the pool will be open for warm-up at 7:30 AM. The meet will start at 8:30 AM local time.

DRAWING: Pre-registered swimmers will be eligible for drawing for two turkeys (one for a female swimmer and one for a male swimmer).

AWARDS: Awards will be presented to the first through sixth place finishers in individual events. Awards will be given for the relays.

RELAYS: Relays will be swim with 4 women, 4 men, or mixed (2 men and 2 women). Swimmers must be entered in the meet. **ALL SWIMMERS ON A RELAY MUST BELONG TO THE SAME USMS REGISTERED CLUB.** Mixed relays will follow the women's relays. **Relay cards must be filled out according to the directions outlined at relay card pick-up table.** NO EXCEPTIONS. Payment for relays due day of meet with relay cards. \$4.00 PER RELAY cash or check accepted.

ENTRY FEE: The entry fee prior to October 15, 1997 is a flat \$30.00. \$4.00 per relay. Swimmers who deck enter on the day of the meet will be charged a flat \$40.00 fee. Make checks payable to GRIN. **No refunds once the entry has been received.** FAX entries not accepted.

DEADLINE: To facilitate the running of the meet, it would be appreciated if entries were received by October 15, 1997. Entries postmarked and received after that date may be considered **DECK ENTRIES** and will be treated as such. Once an entry has been processed, **events will not be changed.** FAX entries will not be accepted.

T-SHIRTS AVAILABLE: BEEN THERE, DONE THAT, AT THE NAT. PRE-ORDERS COST \$11.00. **DAY OF MEET COSTS \$13.00 WHILE**

SUPPLIES LASTS. T-shirt lists all Masters events that have been held at the IU Natatorium! Include payment with entry fee

MAIL ENTRIES TO: GReater INdiana FALL CLASSIC
8821 Appleby Lane
Indianapolis, IN 46256

IMMEDIATE DOWNTOWN HOTELS: Hyatt Regency (800-228-9000 or 317-632-1234); University Place (317-269-9000); 2 Courtyards by Marriott (800-321-2211(West St or Senate); Crown Plaza - Union Station (317-631-2221); Westin (317-262-8100), Ramanda Plaza Hotel On the Circle (317-635-2000), Omni Hotel (317-634-6664), Comfort Inn, 500 S Capitol Street (317-578-9000) . Less expensive hotels/motels are located in Speedway and around I-465.

SATURDAY (EVENTS 1-24)			SUNDAY (EVENTS 25-46)		
M	EVENT	W	M	EVENT	W
1	1500 FREE	2	25	800 FREE	26
3	200 FREE RELAY	4	27	200 MEDLEY RELAY	28
5	200 INDIVIDUAL MEDLEY	6	29	50 FLY	30
7	50 FREE	8	31	200 BREAST	31
9	100 BACK	10	33	50 BACK	34
11	200 FLY	12	35	800 FREE RELAY	36
	15 MINUTE BREAK			15 MINUTE BREAK	
13	50 BREAST	14	37	100 FREE	38
15	100 INDIVIDUAL MEDLEY	16	39	400 INDIVIDUAL MEDLEY	40
17	200 FREE	18	41	200 BACK	42
19	100 BREAST	20	43	100 FLY	44
21	400 MEDLEY RELAY	22	45	400 FREE RELAY	46
23	400 FREE	24			

RELAYS ARE DECK ENTERED ONLY.

TEAM AWARDS: Team awards will be presented in three categories: Large, medium, and small. Categories will be determined by size of team after deck entries have been completed. **Local Indiana team name designated on entry will determine GRIN swimmer's alliance.** (Local Indiana affiliations accepted as designated team.) Swimmer's (from outside of the GRIN LMSC) team will be determined by club listed on USMS card, not what is listed on entry form.

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

Swim Classic

at

Rockford High School Community Pool

4100 Kroes Rd. Rockford, Michigan

February 28, 1998

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

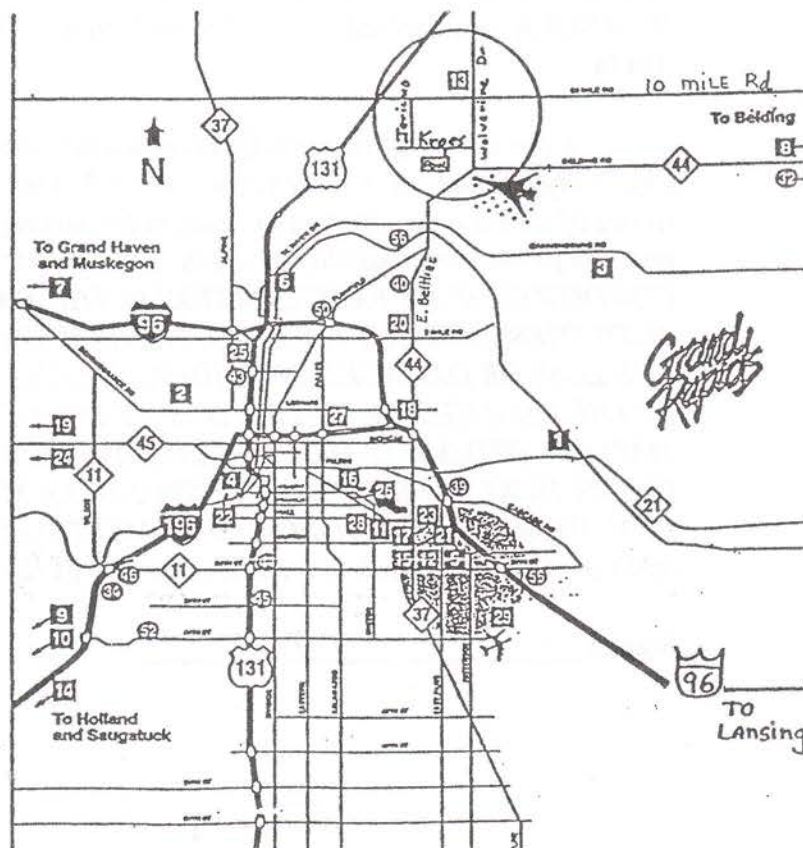
The Rockford Pool was the site of the 1995 Michigan Masters State meet. It features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.). 1650/1000 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer. See back for mail-in registration. Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592 e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#198-004

List of Events:

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

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



OPTIONAL MAIL-IN REGISTRATION

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

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

This Mail-in Registration is Optional

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

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

Events (Check Box and give time)

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

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

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

Signed _____

Date _____



1996 USMS Top Ten by LMSC Detail - SCM for Michigan

This file is believed to be reasonably accurate and complete, but in the event of discrepancy reference should be made to the official USMS published results. Please report any errors, omissions or suggestions to the Web Steward. (updated 8/7/97)

Name	Age	LM SC Club	Sex	Agegrp	Distance	Course	Stroke	Time	Place
Women 19-24 (1996)									
REBECCA FRAYNE	24	19 MICH	W	19-24	50 SCM	FREE		29.87	8
REBECCA FRAYNE	24	19 MICH	W	19-24	100 SCM	FREE		1:07.33	10
JILL MURANY	22	19 MICH	W	19-24	200 SCM	FREE		2:27.23	6
REBECCA FRAYNE	24	19 MICH	W	19-24	200 SCM	FREE		2:28.38	7
MONICA BULLARD	23	19 MICH	W	19-24	200 SCM	FREE		2:30.02	8
JILL MURANY	22	19 MICH	W	19-24	400 SCM	FREE		5:13.19	5
MONICA BULLARD	23	19 MICH	W	19-24	400 SCM	FREE		5:22.86	9
REBECCA FRAYNE	24	19 MICH	W	19-24	50 SCM	BACK		35.82	7
MONICA BULLARD	23	19 MICH	W	19-24	50 SCM	BRST		37.21	3
ALISSA GOWING	24	19	W	19-24	50 SCM	BRST		40.06	6
KERRY HENAUULT	24	19	W	19-24	50 SCM	BRST		40.48	7
REBECCA FRAYNE	24	19 MICH	W	19-24	50 SCM	BRST		41.40	10
MONICA BULLARD	23	19 MICH	W	19-24	100 SCM	BRST		1:22.09	2
MONICA BULLARD	23	19 MICH	W	19-24	200 SCM	BRST		2:55.84	2
JILL MURANY	22	19 MICH	W	19-24	200 SCM	BRST		3:07.83	4
ALISSA GOWING	24	19	W	19-24	100 SCM	FLY		1:10.14	1
KELLY RISCHE	24	19 MICH	W	19-24	100 SCM	FLY		1:20.42	9
ALISSA GOWING	24	19	W	19-24	100 SCM	IM		1:13.59	1
KERRY HENAUULT	24	19	W	19-24	100 SCM	IM		1:14.55	5
MONICA BULLARD	23	19 MICH	W	19-24	100 SCM	IM		1:16.50	10
KERRY HENAUULT	24	19	W	19-24	200 SCM	IM		2:42.05	5
JILL MURANY	22	19 MICH	W	19-24	200 SCM	IM		2:46.82	9
Women 25-29 (1996)									
DYNE BURRELL	29	19 MICH	W	25-29	50 SCM	FREE		26.64	1
SHEILA TAORMINA	27	19 MICH	W	25-29	100 SCM	FREE		56.30	1
DYNE BURRELL	29	19 MICH	W	25-29	100 SCM	FREE		57.92	2
SUSIE DEVLIN	29	19 MICH	W	25-29	100 SCM	FREE		1:00.94	4
SHEILA TAORMINA	27	19 MICH	W	25-29	200 SCM	FREE		1:59.78	1
DYNE BURRELL	29	19 MICH	W	25-29	200 SCM	FREE		2:09.62	2
BETHANY WILLISTON	25	19 MICH	W	25-29	200 SCM	FREE		2:18.95	8
HEATHER HORNE	25	19	W	25-29	200 SCM	FREE		2:21.94	9
SHEILA TAORMINA	27	19 MICH	W	25-29	400 SCM	FREE		4:24.18	1
SUSIE DEVLIN	29	19 MICH	W	25-29	400 SCM	FREE		4:52.68	8
SHEILA TAORMINA	27	19 MICH	W	25-29	800 SCM	FREE		8:51.18	1
BETHANY WILLISTON	25	19 MICH	W	25-29	800 SCM	FREE		9:57.96	6
SHEILA TAORMINA	27	19 MICH	W	25-29	1500 SCM	FREE		16:36.07	1

DYNE BURRELL	29	19 MICH	W	25-29	100 SCM	BACK	1:12.68	4
DYNE BURRELL	29	19 MICH	W	25-29	200 SCM	BACK	2:30.34	1
HEATHER HORNE	25	19	W	25-29	50 SCM	BRST	38.57	8
BETHANY WILLISTON	25	19 MICH	W	25-29	200 SCM	BRST	2:56.11	5
SHEILA TAORMINA	27	19 MICH	W	25-29	50 SCM	FLY	28.68	1
SUSIE DEVLIN	29	19 MICH	W	25-29	50 SCM	FLY	31.70	6
SHEILA TAORMINA	27	19 MICH	W	25-29	100 SCM	FLY	1:01.33	1
BETHANY WILLISTON	25	19 MICH	W	25-29	400 SCM	IM	5:30.62	3

Women 30-34 (1996)									
MARY MUETING	31	19	MICH	W	30- 34	50 SCM	FREE	28.19	2
MARY MUETING	31	19	MICH	W	30- 34	100 SCM	FREE	1:00.90	2
JULIE ZAPPONE	31	19		W	30- 34	50 SCM	BRST	38.79	5
JULIE ZAPPONE	31	19		W	30- 34	100 SCM	BRST	1:26.11	7
MARY MUETING	31	19	MICH	W	30- 34	50 SCM	FLY	31.02	4

Women 35-39 (1996)									
PASCALE ARBURY	36	19	W	35- 39	50 SCM	FREE	28.96	3	
NANCY SERVO	35	19	MICH	W	35- 39	50 SCM	FREE	29.67	5
MARILYN EARLY	38	19	MICH	W	35- 39	50 SCM	FREE	29.92	7
NANCY SERVO	35	19	MICH	W	35- 39	100 SCM	FREE	1:05.58	4
MARILYN EARLY	38	19	MICH	W	35- 39	200 SCM	FREE	2:24.36	5
NANCY SERVO	35	19	MICH	W	35- 39	200 SCM	FREE	2:28.36	10
MARILYN EARLY	38	19	MICH	W	35- 39	400 SCM	FREE	5:07.77	5
PASCALE ARBURY	36	19	W	35- 39	100 SCM	BACK	1:18.59	6	
PASCALE ARBURY	36	19	W	35- 39	200 SCM	BACK	2:46.36	2	
MARILYN EARLY	38	19	MICH	W	35- 39	200 SCM	BACK	2:46.46	3
PASCALE ARBURY	36	19	W	35- 39	50 SCM	BRST	38.97	5	
NANCY SERVO	35	19	MICH	W	35- 39	50 SCM	BRST	40.06	9
PASCALE ARBURY	36	19	W	35- 39	100 SCM	BRST	1:24.10	2	
PASCALE ARBURY	36	19	W	35- 39	200 SCM	BRST	3:02.61	5	
MARILYN EARLY	38	19	MICH	W	35- 39	50 SCM	FLY	33.20	10
MARILYN EARLY	38	19	MICH	W	35- 39	100 SCM	FLY	1:16.78	5
MARILYN EARLY	38	19	MICH	W	35- 39	200 SCM	FLY	3:05.40	5
NANCY SERVO	35	19	MICH	W	35- 39	100 SCM	IM	1:17.64	6
MARILYN EARLY	38	19	MICH	W	35- 39	100 SCM	IM	1:18.41	8
MARILYN EARLY	38	19	MICH	W	35- 39	200 SCM	IM	2:47.16	6
MARILYN EARLY	38	19	MICH	W	35- 39	400 SCM	IM	6:02.37	5

Women 50-54 (1996)									
FREDERICKA RAPP	51	19 MICH	W	50- 54	100 SCM	FREE	1:26.06	8	
FREDERICKA RAPP	51	19 MICH	W	50- 54	200 SCM	FREE	3:03.80	8	
JENNIFER PARKS	52	19 MICH	W	50- 54	400 SCM	FREE	6:26.30	10	
JENNIFER PARKS	52	19 MICH	W	50- 54	800 SCM	FREE	13:24.03	8	
FREDERICKA RAPP	51	19 MICH	W	50- 54	800 SCM	FREE	13:35.36	10	
JENNIFER PARKS	52	19 MICH	W	50- 54	1500 SCM	FREE	25:10.06	3	
FREDERICKA RAPP	51	19 MICH	W	50- 54	1500 SCM	FREE	26:27.86	6	
JENNIFER PARKS	52	19 MICH	W	50- 54	50 SCM	BACK	41.47	5	
JENNIFER PARKS	52	19 MICH	W	50- 54	100 SCM	BACK	1:30.63	4	
FREDERICKA RAPP	51	19 MICH	W	50- 54	100 SCM	BACK	1:35.39	7	
JENNIFER PARKS	52	19 MICH	W	50- 54	200 SCM	BACK	3:15.77	3	
FREDERICKA RAPP	51	19 MICH	W	50- 54	200 SCM	BACK	3:30.71	5	
JENNIFER PARKS	52	19 MICH	W	50- 54	50 SCM	BRST	48.65	10	
FREDRICKA RAPP	51	19 MICH	W	50- 54	100 SCM	FLY	1:55.31	7	
FREDERICKA RAPP	51	19 MICH	W	50- 54	200 SCM	FLY	4:16.17	6	
FREDERICKA RAPP	51	19 MICH	W	50- 54	200 SCM	IM	3:32.43	6	
FREDERICKA RAPP	51	19 MICH	W	50- 54	400 SCM	IM	7:32.36	4	

Women 55-59 (1996)								
SUE STRALY	59	19 MICH	W	55- 59	100 SCM	FREE	1:30.49	8
SUE STRALY	59	19 MICH	W	55- 59	200 SCM	FREE	3:12.94	6
SHIRLEY DACEY	59	19 MICH	W	55- 59	200 SCM	FREE	3:15.37	9
SHIRLEY DACEY	59	19 MICH	W	55- 59	400 SCM	FREE	7:01.13	10
SHIRLEY DACEY	59	19 MICH	W	55- 59	800 SCM	FREE	14:40.39	9
SHIRLEY DACEY	59	19 MICH	W	55- 59	1500 SCM	FREE	27:22.10	5

P. STRICKLAND	55	19	W	55- 59	1500 SCM FREE	30:07.49	10
SHIRLEY DACEY	59	19	MICH	W	55- 59	50 SCM BACK	49.00 6
SUE STRALY	59	19	MICH	W	55- 59	100 SCM BACK	1:38.41 3
SHIRLEY DACEY	59	19	MICH	W	55- 59	100 SCM BACK	1:41.77 4
SHIRLEY DACEY	59	19	MICH	W	55- 59	200 SCM BACK	3:40.85 5
SUE STRALY	59	19	MICH	W	55- 59	100 SCM BRST	1:44.72 5
SUE STRALY	59	19	MICH	W	55- 59	100 SCM IM	1:37.00 4

Women 60-64 (1996)

BEVERLY MYERS	61	19	MICH	W	60- 64	50 SCM FREE	37.69 2
BEVERLY MYERS	60	19	MICH	W	60- 64	100 SCM FREE	1:24.54 2
IDA SMITH	62	19	MICH	W	60- 64	100 SCM FREE	1:38.82 6
BEVERLY MYERS	60	19	MICH	W	60- 64	200 SCM FREE	3:02.89 2
IDA SMITH	62	19	MICH	W	60- 64	200 SCM FREE	3:34.58 4
BEVERLY MYERS	61	19	MICH	W	60- 64	400 SCM FREE	6:40.14 3
IDA SMITH	62	19	MICH	W	60- 64	400 SCM FREE	7:39.07 6
BEVERLY MYERS	60	19	MICH	W	60- 64	800 SCM FREE	13:30.24 2
MARY WILLIAMS	64	19	MICH	W	60- 64	800 SCM FREE	19:57.32 10
BEVERLY MYERS	60	19	MICH	W	60- 64	50 SCM BACK	43.57 2
BEVERLY MYERS	60	19	MICH	W	60- 64	100 SCM BACK	1:39.64 4
BEVERLY MYERS	60	19	MICH	W	60- 64	200 SCM BACK	3:28.55 3
BEVERLY MYERS	60	19	MICH	W	60- 64	50 SCM BRST	47.20 2
IDA SMITH	62	19	MICH	W	60- 64	50 SCM BRST	47.97 5
BEVERLY MYERS	60	19	MICH	W	60- 64	100 SCM BRST	1:43.47 3
IDA SMITH	62	19	MICH	W	60- 64	100 SCM BRST	1:48.83 6
BEVERLY MYERS	60	19	MICH	W	60- 64	200 SCM BRST	3:43.64 2
IDA SMITH	62	19	MICH	W	60- 64	200 SCM BRST	3:57.73 6
BEVERLY MYERS	60	19	MICH	W	60- 64	50 SCM FLY	42.66 1
IDA SMITH	62	19	MICH	W	60- 64	50 SCM FLY	48.01 6
BEVERLY MYERS	60	19	MICH	W	60- 64	100 SCM IM	1:32.06 2
BEVERLY MYERS	60	19	MICH	W	60- 64	200 SCM IM	3:25.88 1

Women 70-74 (1996)

LOIS NOCHMAN	71	19	MICH	W	70- 74	50 SCM FREE	44.25 7
LOIS NOCHMAN	72	19	MICH	W	70- 74	100 SCM FREE	1:37.71 6
LOIS NOCHMAN	72	19	MICH	W	70- 74	200 SCM FREE	3:38.94 5
LOIS NOCHMAN	72	19	MICH	W	70- 74	400 SCM FREE	7:49.96 5
LOIS NOCHMAN	71	19	MICH	W	70- 74	800 SCM FREE	15:36.34 3
LOIS NOCHMAN	72	19	MICH	W	70- 74	1500 SCM FREE	30:08.27 2
LOIS NOCHMAN	72	19	MICH	W	70- 74	50 SCM BACK	54.43 5
LOIS NOCHMAN	72	19	MICH	W	70- 74	100 SCM BACK	1:50.60 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200 SCM BACK	4:06.71 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	50 SCM BRST	53.59 3
LOIS NOCHMAN	71	19	MICH	W	70- 74	100 SCM BRST	1:54.24 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200 SCM BRST	4:21.80 3
LOIS NOCHMAN	72	19	MICH	W	70- 74	50 SCM FLY	46.05 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	100 SCM FLY	1:59.29 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200 SCM FLY	4:05.36 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	100 SCM IM	1:48.40 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	200 SCM IM	4:01.09 2
LOIS NOCHMAN	71	19	MICH	W	70- 74	400 SCM IM	8:27.18 2

Women 75-79 (1996)

MERLYN EWBANK	76	19	MICH	W	75- 79	200 SCM FREE	4:44.99 7
MARTHA FORSTER	79	19	MICH	W	75- 79	800 SCM FREE	24:09.63 3
RUTH HILDEBRAND	79	19	MICH	W	75- 79	800 SCM FREE	33:34.36 4
EDITH GLUSAC	77	19	MICH	W	75- 79	50 SCM BACK	1:05.67 4
EDITH GLUSAC	77	19	MICH	W	75- 79	100 SCM BACK	2:26.33 8
MERLYN EWBANK	76	19	MICH	W	75- 79	100 SCM BACK	2:28.35 10
EDITH GLUSAC	77	19	MICH	W	75- 79	200 SCM BACK	5:14.61 7
MERLYN EWBANK	76	19	MICH	W	75- 79	200 SCM BACK	5:20.09 8
EDITH GLUSAC	77	19	MICH	W	75- 79	50 SCM BRST	1:02.88 2
EDITH GLUSAC	77	19	MICH	W	75- 79	100 SCM BRST	2:28.67 3
EDITH GLUSAC	77	19	MICH	W	75- 79	200 SCM BRST	5:29.41 3
EDITH GLUSAC	77	19	MICH	W	75- 79	50 SCM FLY	1:28.39 6

EDITH GLUSAC	77	19	MICH	W	75- 79	100 SCM IM	2:37.26 8
EDITH GLUSAC	77	19	MICH	W	75- 79	200 SCM IM	5:47.03 2
EDITH GLUSAC	77	19	MICH	W	75- 79	400 SCM IM	12:05.38 1

Women 85-89 (1996)

JEWEL COOKE	87	19	MICH	W	85- 89	100 SCM FREE	2:06.30 1
JEWEL COOKE	87	19	MICH	W	85- 89	50 SCM BACK	1:12.75 1
JEWEL COOKE	87	19	MICH	W	85- 89	100 SCM BACK	2:45.89 1
JEWEL COOKE	87	19	MICH	W	85- 89	200 SCM BACK	5:53.58 1
JEWEL COOKE	87	19	MICH	W	85- 89	50 SCM BRST	1:24.48 2
JEWEL COOKE	87	19	MICH	W	85- 89	100 SCM BRST	3:10.12 2
JEWEL COOKE	87	19	MICH	W	85- 89	200 SCM BRST	6:53.42 1
JEWEL COOKE	87	19	MICH	W	85- 89	50 SCM FLY	1:24.22 1
JEWEL COOKE	87	19	MICH	W	85- 89	100 SCM FLY	3:20.81 1
JEWEL COOKE	87	19	MICH	W	85- 89	200 SCM FLY	7:12.95 1
JEWEL COOKE	87	19	MICH	W	85- 89	100 SCM IM	2:40.42 1
JEWEL COOKE	87	19	MICH	W	85- 89	200 SCM IM	6:12.70 1
JEWEL COOKE	87	19	MICH	W	85- 89	400 SCM IM	13:24.08 1

Men 19-24 (1996)

ERIK SCOLLON	24	19	MICH	M	19- 24	50 SCM FREE	26.05 8
MARK DUNN	24	19	M	M	19- 24	50 SCM FREE	26.27 10
MARK DUNN	24	19	M	M	19- 24	100 SCM FREE	57.28 5
GREG PRAIS	24	19	M	M	19- 24	400 SCM FREE	5:24.85 9
RAY ESPER	24	19	MICH	M	19- 24	400 SCM FREE	5:26.86 10
RAY ESPER	24	19	MICH	M	19- 24	800 SCM FREE	11:26.46 8
WADE LOVE	24	19	MICH	M	19- 24	800 SCM FREE	13:08.04 9
RAY ESPER	24	19	MICH	M	19- 24	1500 SCM FREE	22:09.43 9
ERIK SCOLLON	24	19	MICH	M	19- 24	50 SCM BACK	29.22 2
ERIK SCOLLON	24	19	MICH	M	19- 24	200 SCM BACK	2:23.62 3
MICHAEL WILLMER	19	19	M	M	19- 24	50 SCM BRST	33.09 6
GREG PRAIS	24	19	M	M	19- 24	200 SCM BRST	3:08.18 8
ERIK SCOLLON	24	19	MICH	M	19- 24	100 SCM IM	1:02.14 1
MARK DUNN	24	19	M	M	19- 24	100 SCM IM	1:07.85 5
MICHAEL WILLMER	19	19	M	M	19- 24	100 SCM IM	1:09.05 7
ERIK SCOLLON	24	19	MICH	M	19- 24	200 SCM IM	2:27.92 6
MARK DUNN	24	19	M	M	19- 24	200 SCM IM	2:31.12 8
ERIK SCOLLON	24	19	MICH	M	19- 24	400 SCM IM	5:01.38 3

Men 25-29 (1996)

JON TEAL	25	19	M	M	25- 29	50 SCM FREE	23.80 2
KURT DICKSON	28	19	MICH	M	25- 29	200 SCM FREE	2:01.15 2
JEREMY PECORA	28	19	MICH	M	25- 29	200 SCM FREE	2:05.56 4
KEVIN GRENIER	29	19	MICH	M	25- 29	200 SCM FREE	2:09.01 8
KURT DICKSON	28	19	MICH	M	25- 29	400 SCM FREE	4:21.21 1
KEVIN GRENIER	29	19	MICH	M	25- 29	400 SCM FREE	4:38.97 9
KEVIN GRENIER	29	19	MICH	M	25- 29	800 SCM FREE	9:56.03 7
KURT DICKSON	28	19	MICH	M	25- 29	50 SCM BACK	29.53 6
KURT DICKSON	28	19	MICH	M	25- 29	100 SCM BACK	1:02.91 3
KURT DICKSON	28	19	MICH	M	25- 29	200 SCM BACK	2:13.15 1
KURT DICKSON	28	19	MICH	M	25- 29	200 SCM FLY	2:18.74 2
KEVIN GRENIER	29	19	MICH	M	25- 29	400 SCM IM	5:20.30 7

Men 30-34 (1996)

MICHAEL GREEN	32	19	MICH	M	30- 34	50 SCM FREE	24.86 4
MIKE SCHMIDT	33	19	M	M	30- 34	50 SCM FREE	25.16 6
MICHAEL GREEN	32	19	MICH	M	30- 34	100 SCM FREE	52.07 1
ERIC NORDLUND	32	19	MICH	M	30- 34	400 SCM FREE	4:36.01 10
ERIC NORDLUND	32	19	MICH	M	30- 34	800 SCM FREE	9:46.70 10
JOHN BURCHETT	34	19	MICH	M	30- 34	50 SCM BACK	29.29 1
MICHAEL GREEN	32	19	MICH	M	30- 34	100 SCM BACK	1:05.66 5
TODD BRIGGS	33	19	M	M	30- 34	200 SCM BACK	2:23.37 5
MICHAEL GREEN	32	19	MICH	M	30- 34	50 SCM BRST	33.11 7
MICHAEL GREEN	32	19	MICH	M	30- 34	100 SCM BRST	1:10.04 4
JOHN BURCHETT	34	19	MICH	M	30- 34	50 SCM FLY	27.20 3

MICHAEL GREEN	32	19	MICH	M	30- 34	50 SCM FLY	28.48	10
MIKE SCHMIDT	33	19	M	M	30- 34	100 SCM FLY	1:02.84	9
TODD BRIGGS	33	19	M	M	30- 34	200 SCM FLY	2:23.00	7
MICHAEL GREEN	32	19	MICH	M	30- 34	100 SCM IM	1:02.37	3
JOHN BURCHETT	34	19	MICH	M	30- 34	100 SCM IM	1:04.55	6
MICHAEL GREEN	32	19	MICH	M	30- 34	200 SCM IM	2:10.69	1

Men 35-39 (1996)								
MARK LANCASTER	35	19	M	M	35- 39	50 SCM FREE	24.74	2
MARK LANCASTER	35	19	M	M	35- 39	100 SCM FREE	56.26	5
MARK LANCASTER	35	19	M	M	35- 39	50 SCM FLY	27.42	5
ROBERT FORT	37	19	MICH	M	35- 39	50 SCM FLY	27.97	8

Men 40-44 (1996)								
JOHN OLSZEWSKI	41	19	M	M	40- 44	200 SCM FREE	2:16.59	9
FRANK THOMPSON	44	19	MICH	M	40- 44	800 SCM FREE	10:01.61	10
FRANK THOMPSON	44	19	MICH	M	40- 44	1500 SCM FREE	19:02.38	5
TIMOTHY CLAYSON	42	19	M	M	40- 44	100 SCM BACK	1:09.24	6
FRANK THOMPSON	44	19	MICH	M	40- 44	100 SCM BACK	1:09.81	8
FRANK THOMPSON	44	19	MICH	M	40- 44	200 SCM BACK	2:33.63	5
STEVE HANSEN	44	19	MICH	M	40- 44	50 SCM BRST	34.96	9
STEVE HANSEN	44	19	MICH	M	40- 44	200 SCM BRST	2:47.47	3
PAUL WRIGHT	41	19	MICH	M	40- 44	200 SCM BRST	2:56.64	8
IAN PESSES	42	19	M	M	40- 44	200 SCM FLY	2:36.16	8
TIMOTHY CLAYSON	42	19	M	M	40- 44	100 SCM IM	1:07.76	10
TIMOTHY CLAYSON	42	19	M	M	40- 44	200 SCM IM	2:33.56	7

Men 45-49 (1996)								
WILLIAM REID	45	19	MICH	M	45- 49	50 SCM FREE	26.80	5
WILLIAM REID	45	19	MICH	M	45- 49	100 SCM FREE	58.46	3
WILLIAM REID	45	19	MICH	M	45- 49	200 SCM FREE	2:10.46	4
LEONARD BROCKHAHN	45	19	MICH	M	45- 49	200 SCM FREE	2:15.77	9
WILLIAM REID	45	19	MICH	M	45- 49	400 SCM FREE	4:44.74	4
DANIEL HELTON	45	19	M	M	45- 49	400 SCM FREE	4:58.69	9
WILLIAM REID	45	19	MICH	M	45- 49	800 SCM FREE	9:50.81	4
DANIEL HELTON	45	19	M	M	45- 49	50 SCM BACK	32.60	8
LEONARD BROCKHAHN	45	19	MICH	M	45- 49	50 SCM BACK	33.27	10
DANIEL HELTON	45	19	M	M	45- 49	100 SCM BACK	1:11.84	6
RICHARD CHANEY	45	19	MICH	M	45- 49	100 SCM BACK	1:11.94	7
DANIEL HELTON	45	19	M	M	45- 49	200 SCM BACK	2:34.79	5
RICHARD CHANEY	45	19	MICH	M	45- 49	200 SCM BACK	2:36.78	7
RONALD DUBOIS	47	19	M	M	45- 49	50 SCM BRST	34.56	8
JAY MAHLER	48	19	MICH	M	45- 49	50 SCM BRST	35.20	9
JAY MAHLER	48	19	MICH	M	45- 49	100 SCM BRST	1:17.74	6
RONALD DUBOIS	47	19	M	M	45- 49	100 SCM BRST	1:18.63	10
LARRY SPRUNK	48	19	M	M	45- 49	200 SCM BRST	2:52.75	7
JAY MAHLER	48	19	MICH	M	45- 49	200 SCM BRST	2:53.72	9
LEONARD BROCKHAHN	45	19	MICH	M	45- 49	100 SCM FLY	1:08.94	8
LEONARD BROCKHAHN	45	19	MICH	M	45- 49	100 SCM IM	1:12.51	8
RICHARD CHANEY	45	19	MICH	M	45- 49	200 SCM IM	2:37.97	7
DANIEL HELTON	45	19	M	M	45- 49	200 SCM IM	2:39.74	9

Men 50-54 (1996)								
DONALD KROEGER	52	19	MICH	M	50- 54	200 SCM FREE	2:25.99	8
RON POHLONSKI	52	19	MICH	M	50- 54	200 SCM FREE	2:27.99	10
PAUL CHAFFEE	53	19	MICH	M	50- 54	400 SCM FREE	5:30.37	10
PAUL CHAFFEE	53	19	MICH	M	50- 54	800 SCM FREE	11:36.11	4
DONALD KROEGER	53	19	MICH	M	50- 54	800 SCM FREE	11:37.01	5
DENNIS MANRIQUE	50	19	MICH	M	50- 54	1500 SCM FREE	20:44.00	2
DONALD KROEGER	53	19	MICH	M	50- 54	1500 SCM FREE	22:18.80	6
TIM MAXSON	52	19	M	M	50- 54	200 SCM BACK	2:56.15	10
RON POHLONSKI	52	19	MICH	M	50- 54	200 SCM BRST	3:04.39	8
WILLIAM BROWN	50	19	MICH	M	50- 54	200 SCM FLY	2:42.63	4
DENNIS MANRIQUE	50	19	MICH	M	50- 54	400 SCM IM	5:55.33	5
DONALD KROEGER	52	19	MICH	M	50- 54	400 SCM IM	6:27.40	10

Men 55-59 (1996)								
TOM MEISEL	56	19	M	M	55- 59	50 SCM BRST	38.92	6

Men 60-64 (1996)								
JOHN RIES	64	19	MICH	M	60- 64	50 SCM FREE	30.78	6
JOHN RIES	64	19	MICH	M	60- 64	100 SCM FREE	1:09.88	5
JOHN RIES	64	19	MICH	M	60- 64	200 SCM FREE	2:37.36	5
ELMER EGELKRAUT	62	19	MICH	M	60- 64	200 SCM FREE	2:48.67	10
ELMER EGELKRAUT	62	19	MICH	M	60- 64	400 SCM FREE	6:05.53	7
ELMER EGELKRAUT	62	19	MICH	M	60- 64	800 SCM FREE	13:04.46	6
WALLY DOBLER	62	19	MICH	M	60- 64	50 SCM BRST	40.22	3
WALLY DOBLER	62	19	MICH	M	60- 64	50 SCM FLY	34.47	4
ELMER EGELKRAUT	62	19	MICH	M	60- 64	100 SCM FLY	1:39.08	10
ELMER EGELKRAUT	62	19	MICH	M	60- 64	200 SCM FLY	3:38.42	4
WALLY DOBLER	62	19	MICH	M	60- 64	100 SCM IM	1:19.50	3

Men 65-69 (1996)								
JOHN RIES	65	19	MICH	M	65- 69	50 SCM FREE	31.04	4
JOHN RIES	65	19	MICH	M	65- 69	100 SCM FREE	1:08.90	2
DON KORTEN	69	19	MICH	M	65- 69	800 SCM FREE	13:59.27	7
DON KORTEN	69	19	MICH	M	65- 69	1500 SCM FREE	26:14.55	6
ALFRED KAPTOR	69	19	MICH	M	65- 69	50 SCM BACK	42.18	9
CHARLES MOSS	67	19	MICH	M	65- 69	100 SCM BACK	1:30.44	5
DON KORTEN	69	19	MICH	M	65- 69	200 SCM BACK	3:47.27	6
CHARLES MOSS	67	19	MICH	M	65- 69	50 SCM BRST	41.26	3
CHARLES MOSS	67	19	MICH	M	65- 69	100 SCM FLY	1:31.63	5
CHARLES MOSS	67	19	MICH	M	65- 69	200 SCM FLY	3:30.10	3
CHARLES MOSS	67	19	MICH	M	65- 69	100 SCM IM	1:25.75	6
JOHN RIES	65	19	MICH	M	65- 69	100 SCM IM	1:26.72	7
DON KORTEN	69	19	MICH	M	65- 69	100 SCM IM	1:31.39	10
CHARLES MOSS	67	19	MICH	M	65- 69	200 SCM IM	3:11.84	4
CHARLES MOSS	67	19	MICH	M	65- 69	400 SCM IM	7:07.84	2
DON KORTEN	69	19	MICH	M	65- 69	400 SCM IM	7:38.84	5

Men 70-74 (1996)								
JOHN REESE	70	19	M	M	70- 74	50 SCM FREE	35.46	7
BOB DOVD	72	19	M	M	70- 74	1500 SCM FREE	32:48.11	6
JOHN REESE	70	19	M	M	70- 74	50 SCM BRST	45.44	5
JOHN REESE	70	19	M	M	70- 74	100 SCM BRST	1:51.06	6
RICHARD EVANS	71	19	MICH	M	70- 74	100 SCM FLY	2:22.74	7
BOB DOVD	72	19	M	M	70- 74	100 SCM FLY	2:37.38	8
RICHARD EVANS	71	19	MICH	M	70- 74	200 SCM FLY	5:06.32	5

Men 75-79 (1996)								
DONALD MAY	75	19	MICH	M	75- 79	800 SCM FREE	19:35.26	10
DONALD MAY	75	19	MICH	M	75- 79	1500 SCM FREE	39:11.72	7

Men 80-84 (1996)								
LEO PHILLIPS	80	19	M	M	80- 84	200 SCM BACK	7:29.43	8

1997 U.S.M.S. LONG COURSE NATIONALS AUGUST 14 - 18, 1997

YMCA AQUATIC CENTER ORLANDO, FLORIDA

* STATE RECORD

MICHIGAN MASTERS

SWIMMERS

U.S.M.S. NATIONAL RECORD

DAWN HEWITT (32)

200 FREE 2:22.61 3RD*

100 BACK 1:12.53 1ST

200 BACK 2:34.56 1ST

50 FLY :31.36 3RD*

100 FLY 1:11.65 3RD*

200 FLY 2:41.85 1ST*

SHIRLEY DACEY (60)

200 FREE 3:32.67 3RD

400 FREE 7:29.13 2ND

800 FREE 15:13.12 3RD*

1500 FREE 28:13.02 1ST*

200 BACK 3:54.94 1ST

400 I.M. 9:17.89 3RD

LOIS NOCHMAN (72)

100 BACK 1:58.19 3RD

200 BACK 4:09.01 4TH*

100 BREAST 2:07.68 2ND

50 FLY :47.12 1ST

200 I.M. 4:15.98 3RD

EDITH GLUSAC (78)

100 BACK 2:23.73 4TH

50 BREAST 1:06.36 2ND

100 BREAST 2:32.05 2ND

200 BREAST 5:38.95 3RD

100 FLY 3:10.99 3RD

200 I.M. 5:54.18 4TH

DAN STEPHENSON (40)

50 FREE :25.97 4TH*

100 FREE :56.23 2ND*

200 FREE 2:01.69 1ST*

400 FREE 4:28.07 1ST

800 FREE 9:24.98 1ST*

200 I.M. 2:21.34 2ND*

FRANK THOMPSON (45)

400 FREE 4:47.36 2ND*

800 FREE 9:57.76 2ND*

1500 FREE 19:50.79 3RD

100 BACK 1:10.77 3RD*

200 BACK 2:32.93 1ST*

400 I.M. 5:38.87 1ST*

GAARD ARNESON (49)

200 FREE 2:19.85 3RD

400 FREE 4:51.22 4TH

800 FREE 10:00.17 3RD

1500 FREE 19:57.81 4TH

200 FLY 2:47.61 5TH

400 I.M. 5:48.38 3RD

DENNIS McMANUS (49)

50 FREE :30.59 21ST

200 FREE 2:55.53 20TH

50 FLY :33.33 17TH

100 FLY 1:28.06 14TH

200 FLY 3:36.29 6TH

200 I.M. 3:20.11 17TH

JOHN RIES (65)

50 FREE :32.44 7TH

100 FREE 1:12.96 3RD

TOM HUNT (50)

50 BACK :37.58 5TH

100 BACK 1:23.11 5TH

200 BACK 3:04.60 5TH

200 I.M. 3:04.37 7TH

400 I.M. 6:49.10 10TH

STEVE SELIGSON (50)

50 FREE :32.70 12TH

100 FREE 1:12.59 9TH

200 FREE 2:44.55 8TH

400 FREE 5:55.77 5TH

400 I.M. 7:04.90 11TH

RALPH DAVIS (50)

50 FREE :37.58 14TH

100 FREE 1:21.69 12TH

200 FREE 3:03.18 11TH

400 FREE 6:42.80 9TH

50 FLY :42.09 14TH

BOB HERITIER (69)

50 FREE :32.18 5TH

400 FREE 6:05.93 1ST

800 FREE 12:56.26 1ST

WOMEN'S 200 FREE RELAY

AGE 240+ MICH AGES 3:03.51 1ST

DAWN HEWITT 32

EDITH GLUSAC 78

LOIS NOCHMAN 72

SHIRLEY DACEY 60

WOMEN'S 200 MEDLEY RELAY 3:16.00 1ST*

AGE 240+ MICH

DAWN HEWITT 32

EDITH GLUSAC 78

LOIS NOCHMAN 72

SHIRLEY DACEY 60

MIXED 200 FREE RELAY TIME

AGE 240+ MICH AGES 2:49.08 6TH

LOIS NOCHMAN 72

EDITH GLUSAC 78

DENNIS McMANUS 49

RALPH DAVIS 50

MIXED 200 MEDLEY RELAY TIME

AGE 240+ MICH AGES 3:18.98 7TH

LOIS NOCHMAN 72

EDITH GLUSAC 78

DENNIS McMANUS 49

RALPH DAVIS 50

WOMEN'S HIGH POINT WINNER

DAWN HEWITT 57 POINTS

MEN'S HIGH POINT WINNER

DAN STEPHENSON 58 POINTS

MENS MEDIUM TEAM 104 POINTS 8TH

WOMEN SMALL TEAM 247 POINTS 1ST

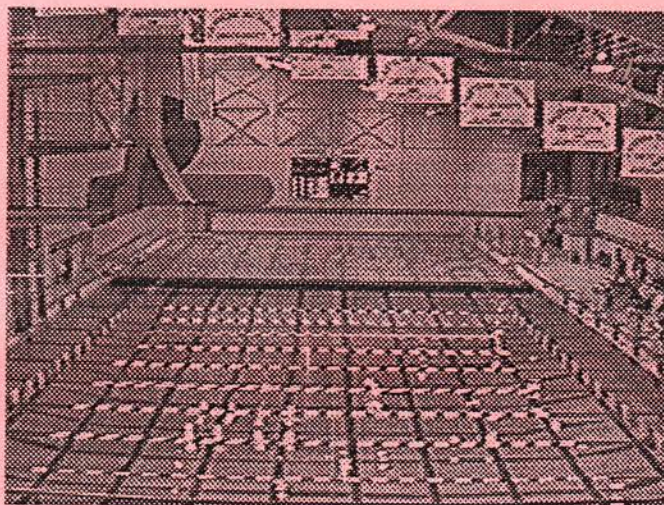
COMBINED TEAM 504 POINTS 3RD

EASTERN MICHIGAN UNIVERSITY

Office of Recreation/Intramural Sports
announces the new

Age Group Swimming Program

Michael H. Jones Natatorium



- Coaching and training for beginning competitive swimmers and all levels of competitive swimmers.
- Parents can bring their kids to swim practice and enjoy all the facilities of our Olds-Robb Recreation/Intramural Complex, including racquetball courts, weight room, Nautilus room, club pool, basketball courts, indoor jogging track, billiards hall and combatives room.

Practices run from 5:45 p.m. - 7:45 p.m., Monday-Friday
Program costs vary.

For more information, or to register for the program, call EMU swim coach Mike Jones at:

313/487-0446

or

stop by the Pool Office in the Olds-Robb Recreation/Intramural Building.

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2660 LITTLELL AVENUE
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