

# Michigan Masters Swimming

Volume 2 Issue 1

Spring 1994

## ◆ Reviews & News

### The Happy and The Sad

I can't believe that this is actually the "Spring" newsletter. This season is just flying by. Since my last correspondence with you, we've had the Flint meet, the Lansing Pentathlon, the Rockford meet, the Jackson meet and the Winter Stroke Clinic.

Let's see, first off was the Flint meet. Unfortunately, I was unable to attend. However, I have heard very good reports. They had an excellent turnout of 58, especially for an early season meet. After all, most Michigan Masters hibernate until after the first of the year! Rick Chaney and his group did very well although the meet was a bit long due some "help" from the computer. Please be patient with those who chose to use computers, we're trying to do it for you and at times it can be nerve wracking, so please give us a break.



The Lansing meet was run by Gail Dummer. Gail wins the award for having the most officials on deck during a Masters meet. If I'm not mistaken there were 5, or was it 6? All of whom generously donated their time. Considering it was the first pre-entered meet, she had a good turn out of about 80. Due to some scratches and combining of heats, there was some initial confusion with the results, but the corrected results are included in this newsletter. Everyone had a good time. It was, however, requested that

(con't p. 2)

Old swimmers never die; they just go off their blocks!

## ◆ Injury

### Rotating Shoulders?

The following article was written by Stephen J. McIlveen, MD, Director of the Division of Sports Medicine at New York City's Columbia-Presbyterian Medical Center and found in a recent issue of MastersSports newsletter.

"If you are a regular reader of the sports pages, you probably figure

## ◆ Bill Reid

### Information and Issues

*Editors Note: Due to the fact that there were numerous topics that Bill Reid, as President wanted to cover in this issue, we decided to begin his article here and then continue it beginning on p. 4. I also made the choice to abandon the columnar format, because it would chop Bill's article up and make it even harder to follow. His article follows...*



With the winter meet season in full wing, the 1994 State Championships are not far off. Within this issue is an entry booklet for the State Meet. If you want to leave your newsletter intact or have friends who are not yet registered for 1994 (and thus are not on the newsletter list) I will be bringing entry booklets to all of the remaining meets. I will send a booklet to anyone who calls me at the house (517-592-8908) or at work (517-787-3877).

## Inside This Issue

- 1 Editor note, President's letter & Injury
- 2 Results from: Lansing & Flint
- 3 Results from: Rockford & Jackson
- 4 Midland Announcement
- 5 State Entry Form & USMS registration



◆ **Editor's notes** (con't from p.1)

in the future heats not be combined as very little time was saved, and people found themselves swimming against folks either much faster or slower. So, meet directors, you might take that into consideration as you run your meets. This is not the first and probably won't be the last time we have heard this comment.

The "COLDEST" day award goes to Lynn Benson and Richard TenHoor and the group who ran the Rockford meet! They have a brand new facility and this was a short-course meters meet. There were a fair number of records set, that can be found in the Rockford results later in this newsletter. We saw a new group of swimmers from the Kalamazoo area, these kids are young and they're HOT! Next year, we will hope for better weather and that more of you will choose to come out to swim at this new facility (providing they choose to run another meet)! One "after meet" comment that came up was that there were "too many false starts". As many of you are aware, officials differ in their method. For the most part George Newman has spoiled us. Just be aware that the officials have the option of either bringing the swimmers back up, or "holding them" until everyone is still, before the start. Also understand that if you false start, you are automatically disqualified.

Jackson "Y" Center's meet hit an all time high for participants this year with its first year of pre-registration. We had 78 pre-registered and 7 more deck entrants. There is some question as to whether we have maxed out the capacity of the pool. We didn't hear any complaints. We appreciate your co-operation with writing your own heats and lanes on your cards. It helped us by being able to scratch those who did not show, prior to running the heat sheets. On a more local note, we had a

women's relay team, for the first time in the history of the Jackson Masters.

The one suggestion we can pass along from the meets, regards planning to attend out of town meets. We suggest that EACH AND EVRY ONE of us, check the starting time for the meet. It might even be a good idea to throw the meet announcement in the car, so that you have the directions. *(Sorry guys, but it WAS a good lesson for all of us!)*

Last but not least for this issue is the Winter Stroke clinic. We had 37 participants, which were split into 3 groups. One group was for breaststroke, one for primarily freestyle and one for those who wanted taping on more than one stroke.

(con't on p. 3)

◆ **Rotator**

(con't from p.1)

throwing a ball or swimming a couple of laps is pretty risky business for your shoulder. Seems like every time a pitcher shows up on the injured list, goes off for surgery, and never plays again, the press automatically reports it was a "rotator cuff" that did him in. It must be an easy phrase to type, especially since sports writers also evidently consider it an all-purpose equivalent for "swimmer's shoulder". And from its apparent virulence among the elite, the rest of us amateurs can scarcely be blamed for concluding that the shoulder is a dangerous joint to mess with.

It's not, at least no more so than most of the others. My orthopaedic advice to masters runners or cyclists who would work out in the pool if only they wouldn't be letting themselves in for a new set of injuries is, "Go swim". The chances of you getting a rotator cuff injury - the real thing - are slight.

### **You've Outgrown Swimmer's Shoulder**

For openers, the true "swimmer's

shoulder" is seldom if ever seen in a masters-age athlete. Not only is the shoulder the most mobile joint in the body, its anatomy lends it to possibly having instability problems. So it's not surprising that a limber high school or college swimmer piling on the yardage every day at 6 a.m. can develop pain - the classic "swimmer's shoulder". The irritation comes from what's called subluxation, a tendency for an unstable joint to wobble and inflame the surrounding area. This slack is unlikely to persist into a swimmer's 30's and 40's.

Which isn't to say that heavy training can't give a master's athlete a pain in the shoulder. Like any muscles, the four little ones of the rotator cuff that hold your arm bone up in its socket don't like surprise work loads. Push them harder than usual all of the sudden, even in the freestyle swim stroke which I consider the most injury-free one of them all, and they can make you pay. Ease into your swimming program, with some weight work on the side, and the chances of any trouble are slight.

But don't head off to the gym without this warning: Repeated exercise and use of the arms in the overhead position for strength can lead to irritation of the rotator cuff. If you've already brought of shoulder pain with overuse, then your strengthening program should be changed to one that maintains the arms below the "horizontal level".

### **High Arms, High Risk**

That's why rotator cuff problems don't just affect swimmers and pitchers. Athletes in practically any of the other overhead sports, like tennis and racquetball, are susceptible too - especially athletes over 50. In addition to pushing the cuff muscles harder than they are ready for, some of these people have shoulder bones that over the years have produced sharp little outcroppings



## ♦ Rotator

(con't from p.2)

called spurs. One of those spurs rubbing over and over against an already overstressed muscle is going to produce just pain if you're lucky, pain plus a rotator cuff tear, if you're not. Surgery, when it's necessary, can a lot more easily remove a little spur than fix a tendon the spur has already torn. That latter kind of mending work can, in some cases, sideline you for as long as nine months. Fortunately, except for high-intensity professional athletes, full-blown rotator cuff tears are unusual under the age of 45.

But when it's your shoulder that hurts, what to do? Rest seems logical, except babying an inflamed shoulder joint for a couple of weeks is a good way to get a frozen shoulder, a condition whose cause is a mystery but whose symptoms are not: Your arm doesn't move, not without exquisite pain. Rarely do you want to immobilize the shoulder and risk courting this.

But for most masters athletes, muscles strong enough for the sport and properly warmed up and stretched before each workout (see box) should keep the "rotator cuff" no closer to you than the sports pages.

**Cuff Preservers**

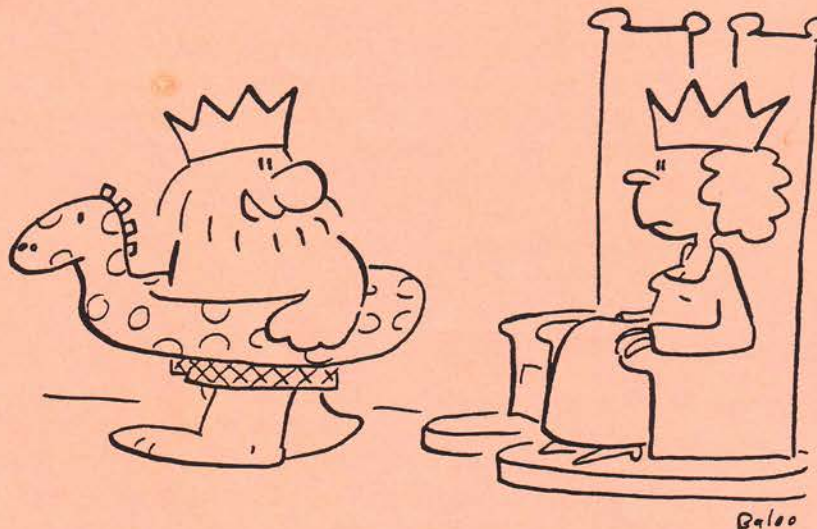
(Three stretches for those four muscles.)

Do two sets of five reps each - holding for just a few seconds - before your workout.

**1. Wall Climb:** Stand facing a wall. Stretch arms overhead touching wall, lean forward.

**2. Doorway Lean:** Standing in doorway, place both vertical forearms flat against either side of door frame (palms facing forward), and gently lean forward.

**3. Hands Up:** Place hands behind you, resting on countertop, fingers facing forward. gently bend knees, stretching arms upward.



"If anybody wants me, I'll be in the moat."

Galeo

## ♦ Editor

(con't from p.2)

The swimmers were taped both above water and underwater and had the opportunity to be critiqued on both. They also had the opportunity to work on starts. Everyone seemed to enjoy themselves and there have been inquiries as to whether there will be more clinics in the future. The answer is "YES".

With the meet news out of the way, I'll move briefly on to a bit of bad news that Don Korten passed on to me. It follows in its entirety:

*"The Battle Creek Swimmers and members of the SWIMS team are greatly saddened by the loss of George Byelich. George died at home on Dec. 12, 1993 of a heart attack.*

*George swam in the 70-74 age group. He didn't enter competition until 70 years old and for the past three years has won many Gold and Silver medals.*

*More importantly, George was a very kind and friendly person who was interested in people both young and old. His teammates will miss him!"*

One last note is about another George in Michigan Masters, George Newman, our most frequent and loved official. Many of you know, George has been limping around quite a bit this past year. So, on

March 2nd he's having a hip replacement! I know we will all hold good thoughts for George so that he will breeze through his surgery and rehab. GOOD LUCK George, we'll be thinking of you. And we look forward to you being on your feet and back with us soon!

*I'd like to thank Bill for getting this printed and mailed so that I could leave for my annual ski trip on time. Thanks dear!!*

Training is everything:  
the peach  
was once a  
bitter almond;  
cauliflower is  
nothing but  
cabbage with  
a college  
education.



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## ◆ President's Message

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We have made some improvements to last year's meet including:

1. Marriott Corporation will have food available for sale at the pool.
2. Different Strokes will have swimming equipment including suits, goggles and T-shirts for sale at the pool.
3. The Sheraton Inn is the meet hotel with a special rate for Master's Swimmers as well as the site of the Pasta Party Saturday Night.
4. We have a large assortment of colors and styles of meet shirts available for ordering with your entry.
5. We are planning to have an electronic interface between the timing system and the computer so that we can publish results with splits.
6. *We still have the fastest water in the Midwest.*

We are trying to make the 1994 State Meet the best State Meet ever and as close as possible to a mini-nationals. Plan on swimming at the University of Michigan on April 8-10!

As most know, the noon break on Saturday of the State Meet is the time for the Annual Meeting of the Michigan LMSC. This is not a year to elect officers but we do have some important business to discuss. The items of which I am aware that need to be discussed and voted upon at the meeting include:

1. Changing the bylaws to permit all registered members to vote at the Annual Meeting.
2. Selecting a site for the 1995 State Championships from the bids from Western Michigan.
3. Nominating a new Sanctions Chairperson.
4. Discussing if we want the National Registrars to send invoices with return mail envelopes for our 1995 registration renewals (at a cost of \$0.51 per registrant).
5. Discussing if we want to bid for the 1996 USMS Long Course Nationals to be held at the University of Michigan in August of 1996.
6. Discussing if we want to establish a "Grand Prix" circuit to keep running scores of individual swimmers' performances at all of the meets in a season and provide awards for the winners in each age group.
7. Discussing if we want to purchase Hy-Tec Meet Manager software for any group in the state to use to run meets.
8. Discussing if we want to allow "one-event" registration to be used in Michigan.
9. Discussing if we want to reduce the State's portion of registrations for the Fall (September and October).
10. Selecting winners of the Best Swimmer (Lawrence Award) and the Outstanding Service (Chetrick Award) for 1994.
11. Discussing the 1994 and 1995 budgets.
12. Discussing other business from the members.

I intend to publish an agenda for this meeting in the heat sheets of the State Meet. If you have a topic that you would like your fellow swimmers to discuss and vote upon, please call me or write me with the topic by April 1, 1994. I will put them into the agenda along with the items from above. Items can be brought up from the floor but the discussions will be more meaningful if we can think about the topics before the meeting. Again I would like your needs and wants to govern this LMSC. The Annual Meeting is one way to make your opinions known.

One topic that needs some attention now is a change to the by-laws. The bylaws currently empower only the officers and one representative from each team to vote at the Annual Meeting. At most Annual Meetings in the recent past all attendees have voted. I believe that we should change the bylaws to reflect this current practice. Thus the first order of business at the Annual Meeting will be to change the bylaws. In order to make this change, three bylaws will need to be changed including 2.1, 3.1 and 5.4

Article 2.1 is currently:

2.1 The membership shall consist of the following:

1. Group Members - Those swim organizations which have joined and are in good standing with the MMSA, and who have athletes registered to represent said organization in masters swimming. Each group member shall appoint a representative to the General Assembly of the MMSA. Such appointments will be made by the Chief Executive Officer of the group and may be changed by him at any time.
  2. Individual Members (unattached). - Each individual who is interested in the purposes or programs of the MMSA and who has registered with same.
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◆ **President's Message** (CONT)

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I propose that Article 2.1 be changed to:

- 2.1 The membership shall consist of all individuals who are interested in the purposes and programs of the MMSA and are registered in USMS and Michigan Masters.**

The next change required is in Article 3.1 MMSA General Assembly.

Article 3.1 is currently:

**3.1 MMSA General Assembly**

1. Members - The MMSA General Assembly shall consist of:
  - (a) Each officer of the MMSC; and
  - (b) A representative of each recognized organization in good standing, plus a member-at-large appointed from the list of unattached swimmers. This member-at-large shall be appointed by the President of the MMSC, with approval by other elected officers.
2. Each representative and each officer is entitled to one (1) vote.

I propose changing Article 3.1 to:

**3.1 MMSA General Assembly**

**The MMSA General Assembly shall consist of any members of MMSA who wish to attend the Annual Meeting. Each member of the General Assembly has one vote.**

The last required change is in Article 5.4, Quorum. Article 5.4 is currently:

- 5.4 Quorum - A quorum of Fifty (50) percent must be present to conduct business at any meeting of the General Assembly or the MMSC.**

I propose changing Article 5.4 to:

- 5.4 Quorum - A quorum of fifty percent must be present to conduct business at any meeting of the MMSC. There is no quorum required to conduct business at meetings of the General Assembly.**

According to the bylaws, any proposed changes to the bylaws need to be published in the newsletter at least one month before those changes are voted upon. This newsletter article constitutes this written notification. These changes must be approved by at least 50% of the registered members at the Annual Meeting. Assuming that these changes are approved, we can then have all members in attendance vote on the remaining items.

Another topic for the Annual Meeting is the appointment of a Sanctions Chairperson. Gail Dummer who has served the LMSC faithfully and well as Sanctions Chairperson has resigned to devote more time to her position as Chairperson of Michigan USS. The Sanctions Chairperson is appointed by the President. I would like any member of the LMSC who is interested in serving as Sanctions Chairperson to please call or write me to express their interest prior to April 1.

Other topics for this meeting are the selection of winners of the Best Swimmer (Lawrence Award) and the Outstanding Service (Chetrick Award) for 1994. I have requested that Andy Donato get nominations for both of these awards. Both awards must be given to people who have not received them before. Please call or write Andy with your nominations for these two awards by April 1.

Andy Donato  
355 Connecticut  
Marysville, MI 48040-1075  
(810) 364-4974

Andy will place the nominations before the LMSC at the Annual Meeting and all present can vote.

As some of you may know, the University of Michigan and Michigan USS are hosting the USS Junior Nationals at Canham Natatorium on March 22-26, 1994. This meet will attract top level age group swimmers from all over the Eastern and Midwestern United States. Attendees to this meet will have the chance to see some excellent swimming as well as a number of developing world-class swimmers. Mark Lambert has asked Michigan Masters to help with this meet if possible. He needs

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## ◆ President finishes up

volunteers for three shifts per day (8 AM-12 Noon, 12 Noon-4 PM and 4 PM-8 PM) on Tuesday March 22 through Saturday March 26. Since a lot of these shifts are during working hours, we are hoping the Masters Swimmers who are retired, semi-retired or work flex time can help with these weekday shifts. Mark Lambert has been very supportive of all of our projects in the past and is working with us on the 1994 State Championships and a possible bid for the 1996 USMS Long Course Nationals. He has also expressed the willingness to make the University of Michigan pool available to Michigan Masters for long course training after the USMS Short Course Nationals and prior to the opening of the outdoor long course pools. I would like very much for us to support Mark during the Junior Nationals. Andy Donato, Skip Thompson, Phyllis and I are working at the Junior Nationals in order to get the "flavor" of how a meet with about 1200 swimmers fits into the University of Michigan (the USMS Long Course Nationals are about the same size of meet as the USS Junior Nationals). We would very much appreciate any help the other Michigan Masters can give. Please call me at (517)592-8908 to volunteer your help with this important meet.

It is not too early to think about Summer and the summer meet schedule (especially after the cold weather of January)! The World Master's Championships are in Montreal in early July. Thus any team wanting to have a summer swimming meet will need to avoid that date. Ann Arbor and South Oakland have expressed interest in Long Course meets and Harbor Springs is planning an open water swim. If any other team is interested in holding a swimming meet, they should contact me (as interim Sanctions Chairman) as soon as possible. Skip Thompson (our Zone Chairman) is trying to coordinate swimming meets within all LMSC to avoid conflicting dates wherever possible.

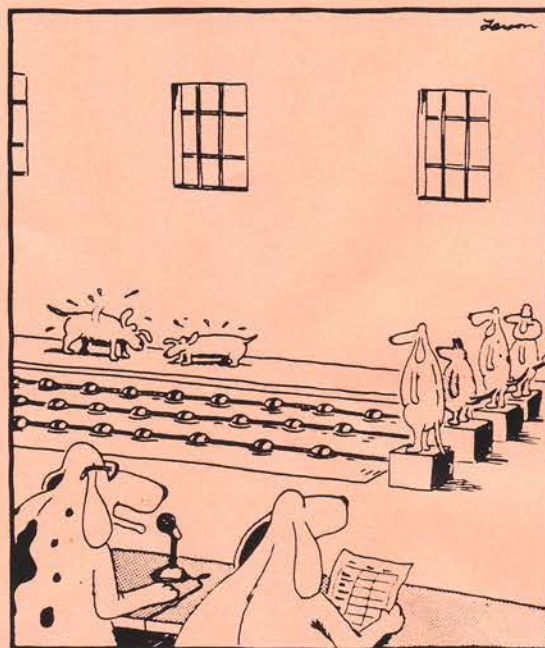
If you intend to compete this summer, please seriously consider attending the 1994 Long Course Zone Championships at Cleveland State University on June 18-19, 1994. The Lake Erie LMSC is very serious about holding a great meet at Cleveland State. They are planning to contest all of the long course events including the 400 Meter Medley Relay, 400 Meter Free Relay and 800 Meter Free Relay. These relays are rarely swum and are a real opportunity for a State record or a top-ten placing. We are trying to nurture the concept of Zone Championship Meets for long course meters and short course meters (with maybe a short course yards zone championships in the future). In order to encourage people to hold zone championships (and to help a zone championship meet to succeed here in Michigan someday) we need to support the zone meets that are currently planned. Please plan to try the outdoor version of our great sport and visit Cleveland State this summer!

## ◆ Last Minute Notes

*I know that this newsletter has been far more wordy than those you have received in the past. We feel that these are all important things as we attempt to make chances in Michigan Masters. I hope you have been able to weed through the verbage a) to form an opinion that you can bring to the annual meeting and b) to learn a couple ways to avoid getting hurt as you workout!*

*The reaction to the photos in the last newsletter was overwhelming, sorry that they are missing from this issue. I want to get better reproduction, so I skipped this issue. SO, if you have any photos you'd like included in the next issue, get them to me before May 15th, which is the next deadline! Photos, cartoons, articles, letters... all are WELCOME!!*

*Thanks! Phyllis*



"Well, we're ready for the males' 100-meter freestyle, and I think we can rest assured that most of these athletes will select the dog paddle."



19th annual Midland Masters swimming meet

**WINTER'S END**

Sanction # MM199407

**Date:** Sunday, March 20th, 1994

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

**Time:** 9:30 AM Warmup for 500 free  
10:30 AM 500 Free  
11:30 AM General warmup  
12:00 N meet begins

**Facility:** 6 lane, 25 yard pool; electronic timing, electronic display scoreboard

**Awards:** Michigan Masters ribbons for 1st through 3rd place

**Events:**

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

**Seeding:** Fast to Slow

**Warmup:** Continuous warmup during meet in Lane 6.  
USMS Safety rules will be observed.

**Entry fee:** \$10.00 per swimmer (Maximum 5 events plus relay)  
(\$8/swimmer + \$2 State Masters Fund)

**Entry deadline:** Deck entries only; 10:45AM for 500 Free; 11:45 for remainder

Refreshments during meet.

Social after - T.B.A.\*

\*TBA = To be announced

For more information contact:

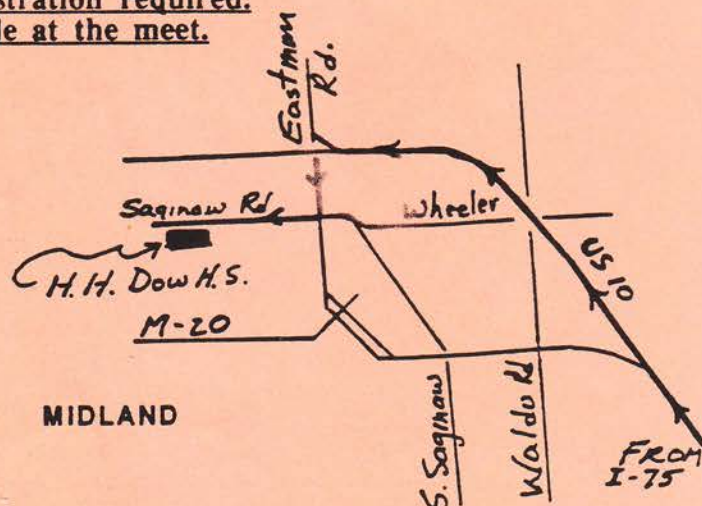
Charles Moss  
(517) 631-1480

or

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

Michigan Masters registration required.  
Registration available at the meet.

From Flint: Take I-75 North. Exit US 10. Go West (15 miles) to Midland. Take Eastman Road exit. Go South to Saginaw Road. Turn right (West). H.H.Dow H.S. is about 2 miles. Use parking lot on West side of school.





**University  
of Michigan**

**Canham  
Natatorium**



**April 8, 9 & 10**

*T-Shirt design*



**MICHIGAN 1994 STATE MASTERS CHAMPIONSHIPS**  
**SANCTIONED BY MICHIGAN MASTERS FOR USMS, INC.**  
**SANCTION NO. MM199408**  
**APRIL 8-10, 1994 AT THE UNIVERSITY OF MICHIGAN**

**HOST:**

This meet is hosted by the Jackson Y-Center Masters and the Jackson Swim Club.

**LOCATION:**

This meet will be held at the Don Canham Natatorium at the University of Michigan. The natatorium is located at the corner of Hoover and State Streets in Ann Arbor, Michigan (see map).

**FACILITIES:**

The Don Canham Natatorium will be configured as two 25 yard, eight lane courses. The west course will be used for competition and the east course will be available for continuous warm-up/warm-down (except during the distance events). The diving pool, the hot tub, the diving pool area and the equipment (including the mats) around the diving pool and the bulkhead between the two pools are off-limits at all times. All events (except for some heats of the distance events) will be timed using an eight-lane Colorado Timing System. Swimmers' names and times will be displayed on a scoreboard. A timer operating the manual back-up button and a manual back-up stop watch will be supplied for each lane. Swimmers in the east course will be timed by two timers with watches.

The Meet Phone is (313)747-0159. This phone will be answered by meet personnel on Friday Night from 4:00 PM until 9:00 PM. This phone will be answered by meet personnel on Saturday and Sunday from 7:30 AM until 4:00 PM.

**WARM-UP AND COMPETITION TIMES:**

Friday Night Session - Swimmer Check-in & Deck Entry - 4:45 PM to 5:30 PM

Warm-up - 5:30 PM to 6:00 PM

Competition begins - 6:00 PM

Saturday and Sunday Morning Sessions - Swimmer Check-in & Deck Entry - 8:00 AM to 8:45 AM

Warm-up - 8:00 AM to 8:50 AM

Competition begins - 9:00 AM

Relay cards due - 10:00 AM

Saturday and Sunday Afternoon Sessions - There will be a 1 hour lunch break after the morning session ends. After this lunch break, a one hour warm-up will begin. After the one hour warm-up ends, the competition will begin. Relay cards will be due two hours after warm-up begins.

**ELIGIBILITY:**

Any swimmer registered in USMS may swim in this meet. In order to correctly pre-enter this meet, each swimmer shall supply a copy of his or her USMS card with the entry. Failure to send a copy of the USMS card may cause the entry to be invalid, may require the swimmer to deck-enter and may require the swimmer to pay the deck-entry fee of \$10.00. "Applied for" may be entered in place of a USMS number only if a USMS registration application is enclosed with the entry form along with the \$25.00 USMS and Michigan LMSC registration fee. If an unverifiable USMS number is submitted with an entry, that swimmer will be required to buy a USMS card at check-in. Only a swimmer registered in the Michigan LMSC can establish state records. In order for a swimmer to score points for a swim club, that individual must enter by mail, postmarked by the entry deadline of March 28. Any swimmer entering after the entry deadline or deck-entering must swim unattached. In addition each late and deck entry will be assessed a deck entry fee of \$10.00.



## EVENT ENTRY LIMITS AND OTHER INFORMATION:

Event limit for entire meet (excluding relays) - 7

Event limit for Friday Night - 2

Event limit for Saturday (excluding relays) - 4

Event limit for Sunday (excluding relays) - 4

The 1000 freestyle, 500 freestyle, the 400 IM as well as the 1650 freestyle can be swum either on Friday Night (April 8) or during the weekend sessions but not both. Each swimmer shall confirm the day that he/she wishes to swim each distance event during check-in. The day selections on the entry form will not place the swimmer into a day's heats. At the check-in table will be a list of swimmers who pre-entered in each distance event. Each swimmer shall mark a "F" beside his/her name to swim the event on Friday or a "S" beside his/her name to swim the event on Saturday or Sunday. Please help us to get you into the correct day's heats by correctly marking these lists when you check-in. If you do not mark a letter beside your name by 6:00 PM on Friday Night and by 9:00 AM on Saturday and Sunday, we will scratch you from the event.

To enter this meet by mail, a swimmer should complete the attached entry form, sign the liability release on the back of the entry form and send a copy of his or her USMS card to:

William T. Reid, III  
128 Marlboro Court  
Brooklyn, Michigan 49230

All entries must be postmarked by March 28, 1994. Each swimmer who pre-enters the meet will need to check-in upon arrival at the natatorium.

## ENTRY PROCEDURE - INDIVIDUAL EVENTS:

To enter individual events, swimmers should select their events (maximum of seven), and enter a seed time (in short course yards) in the "entry time" box on the entry form. All swimmers entering with no seed time will swim in the slowest heats. All swimmers who enter more than seven events will be entered in the first seven events of the entry form. The meet director's decisions will be final in this matter. The available age groups are 19-24, 25-29, 30-34, etc.

## ENTRY PROCEDURE - OPEN EVENTS ON FRIDAY NIGHT:

In response to wishes expressed by the members at the last annual meeting, we are adding three "Open" events on Friday Night. These events are a 200 Open (Event 1), a 100 Open (Event 2) and a 50 Open (Event 3). These events are being added to allow swimmers to swim events that are located too close together in the weekend sessions. Each swimmer competing in these events shall specify what stroke that he or she intends to swim when he or she enters the event. Any swimmer not selecting a stroke when he or she enters an "Open" event will be assumed to be swimming freestyle. Each result will be entered and scored with the actual event swum later in the meet. For example a swimmer entering the 200 Yard Open (Event 1) and swimming breaststroke would actually be entered and scored with the swimmers of the 200 Yard Breaststroke (Event 16).

## ENTRY PROCEDURE - RELAYS:

To enter relays, team representatives should enter the number of relay entries of each age group in the appropriate boxes on the relay entry form. It is requested that only one relay entry form be submitted for each club. Some changes to the relay age groups will be permitted before relay cards are due. Please try to plan your entries so that the required changes are few. All changes to relay entries will increase the data entry work at the meet and will delay the completion of results and awards.

At check-in, a packet containing all relay cards and a list of swimmers (with code numbers for all swimmers) will be available for the representative of each team. Each team representative should pick up the packet for their club and supply the following data:



1. Names (first initial and last name) and code number of all swimmers. Failure to enter code numbers will delay completion of results and awards,
2. Age group in which the relay is to be entered. Relays in Michigan are "sum of the ages". Available age groups are 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 ... (forty year increments as high as is necessary).
3. Name of lead-off swimmer.
4. Seed time for the relay.

The completed relay cards shall be return to the registration table within one (1) hour after the start of competition for the session. Cards received after the one hour time limit may not score points. The meet director's decisions will be final in this matter. After receipt of all cards, the heats will be seeded by time and the cards made available to the teams. All relays will be seeded slow-to-fast with men and women swimming together. A swimmer may swim on one relay per event for a total of four relays in the meet.

### ENTRY PROCEDURE - DECK ENTERED INDIVIDUAL EVENTS & RELAYS:

Those swimmers who deck enter will fill out cards for their individual events and relays, sign the release form, show a USMS card and pay the deck entry surcharge and deck entry relay charges. Deck entered individual events will be seeded into the first heats of each event. Deck entered relays will be seeded with the other relays. Deck entered individual events and relays will not score team points.

### ENTRY FEES:

Swimmer Entry Fee for one event	\$17.00
Swimmer Entry Fee for two events	\$21.00
Swimmer Entry Fee for three events	\$25.00
Swimmer Entry Fee for four to seven events	\$29.00
Relay Entry Fee	\$ 8.00/Relay
Deck Entry Surcharge	\$10.00
Relay Deck Entry Fee	\$12.00/Relay

MEET ENTRY DEADLINE: - POSTMARKED BY MARCH 28, 1994.

### WARM-UP PROCEDURE:

The east course will be available for continuous warm-up/warm-down except during the distance events. Swimmers are reminded to enter the pools (during pre-meet and continuous warm-ups) feet first in a cautious manner with at least one hand in contact with the pool deck or gutter. (THIS IS A NEW USMS RULE). Dives and backstroke starts are permitted only in designated sprint lanes. Violators may be disqualified from their next individual event. The diving pool, the hot tub, the diving pool area and the equipment (including the mats) around the diving pool and the bulkhead between the two pools are off-limits at all times.

### SEEDING

Seeding will be slow-to-fast for all events. All swimmers who pre-enter will be seeded into heats by time and these heats will be shown on the heat sheets and the scoreboard. Heat sheets will be supplied to all entrants upon check-in at the meet. Those swimmers who deck enter will fill out cards for their events. These cards will be seeded into the first heats or available open lanes of each event.

### SCORING:

Entries for individual events and relays must be postmarked by the entry deadline in order to score team points. The ruling of the meet director concerning eligibility for scoring team points is final. Points for places are:

Place	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Individual events	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2



### AWARDS:

All swimmers entered in the meet regardless of club or LMSC are eligible for awards. Awards for the meet (for both individual and relay events) include:

Place  
1, 2 and 3  
4 through 8

Award  
Michigan Masters Medals  
Michigan Masters Ribbons

There will be an award for high point team in the large and small team divisions. The number of swimmers for teams in each division will be determined by the meet director after the entry deadline.

### MEET RESULTS:

Meet results from the Michigan 1994 State Masters Championships (events, names, ages, teams and times) will be published in the summer newsletter. Meet results (including splits for all individual and relay events) will be can be purchased for \$7.00 at the check-in table (results will be mailed).

### MEET DIRECTOR:

For information please call or write to:

William T. Reid, III  
128 Marlboro Court  
Brooklyn, Michigan 49230  
(517)787-3877 (Work)  
(517)592-8908 (Home)

### MEET SHIRTS:

Meet shirts containing the meet logo (on the front of this entry packet) can be ordered with pre-entries. Each swimmer should mark the size, color and style on the back page of the entry form. Some shirts will be available at the meet but it is suggested that swimmers order shirts with their entries in order to be sure to get their desired shirt. The available shirt sizes, the available colors, the available styles and the costs are listed on the back page of the entry form.

### REFRESHMENTS:

There will be food service by Marriott at the natatorium. In addition, food can be brought and consumed in the stands and there are restaurants nearby. There will be one-hour lunch breaks (plus a one-hour warm-up) between each morning and afternoon sessions.

### SWIMMING EQUIPMENT VENDOR:

Different Strokes (a local swimming equipment vendor) will have a booth at the natatorium on Saturday and Sunday. They will have suits, goggles and other equipment available for purchase.

### PARKING:

Parking should be available in the lot to the south of the natatorium. Please note that only the south entrance to the natatorium will be open (see map). The entrance to the pool from Hoover Street will be locked.

### MOTEL INFORMATION:

The Sheraton Inn will be the meet hotel. The Sheraton is about a 5 minute drive from Canham Natatorium. The Sheraton Inn has made special rates available to masters swimmers. These rates are:

Single (King/Queen) or double (2 double beds), single or double occupancy - \$48.00/night  
Triple or Quadruple occupancy - \$58.00/night  
Rollaways (available on first-come-first-served basis) - \$10.00/night  
(Kids stay free)  
To obtain this rate, call (800)848-2770 and request the MASTER rate



The Sheraton Inn has a restaurant featuring a full breakfast buffet for \$5.95 as well as lunches and dinners. The Sheraton also has a lounge. The Inn has an indoor/outdoor pool with a connecting swim channel, whirlpool and sauna as well as health club privileges at a nearby health club. Within walking distance of the Sheraton are "sit-down" restaurants (including Bo's Steakhouse, the Bombay Bicycle Club, Bennigans and the Olive Garden) fast food restaurants (including Kentucky Fried Chicken, Burger King and Wendy's) and the Briarwood Mall. Within the mall are seven movie theaters, a number of eateries and shopping. The Sheraton has a courtesy van available to transport family members to the mall, movie theaters and other sources of entertainment.

There are a number of other motels in the area (see map).

### PASTA PARTY

We have arranged to have a pasta party at the Sheraton Inn on Saturday Night, April 9. The party will begin at 6:00 PM. The cost for the party is \$11.00 per person and the menu includes:

Salad bar including mixed green salads with assorted salad bar toppings and 2 dressings.  
Cheese Bortelini Prima Vera and Linguine Noodles  
Toppings including Italian Meat Sauce, Marinara Sauce, Alfredo Sauce and Pesto Sauce  
Fresh Vegetables  
Garlic Bread  
Beverages including coffee, tea, iced tea and decaffeinated coffee  
Haagen Dazs Ice Cream Bar desert

There will be a cash bar available

If you are interested in attending the party please make reservations when you enter the meet. We are limited to about 200 attendees so space is first-come-first served.

### ANNUAL MEETING

All swimmers from the Michigan LMSC are encouraged to attend the annual membership meeting held in the mezzanine hospitality room at east (warm-up pool) end of the natatorium during the lunch break on Saturday (bring a lunch). Topics to be discussed during this meeting include:

1. Revising the Bylaws.
2. Selecting the site for the 1995 State Championships.
3. Selecting a Sanctions Chairperson.
4. Invoicing for 1995 USMS registrations.
5. Bidding for the 1996 USMS Long Course Nationals at the University of Michigan.
6. Purchasing of meet management software.
7. Discussing and approving the 1994 and 1995 budgets.

Other topics for discussion will be listed in the heat sheets for the state meet. The current officers of the Michigan LMSC very much want to know how to make the LMSC better for all swimmers. This meeting is a good opportunity to let them know what you want. **PLEASE COME!**



# Hotels and Motels - Ann Arbor

## Meet Headquarters Hotel: Sheraton Inn - Ann Arbor

Comfort Inn  
2455 Carpenter Rd.  
Ann Arbor, MI 48104  
313/973-6100

Hampton Inn North  
2300 Green Road  
Ann Arbor, MI 48104  
313/996-4444

Hampton Inn South  
925 Victors Way  
Ann Arbor, MI 48108  
313/665-5000

Courtyard by Marriott  
3205 Boardwalk  
Ann Arbor, MI 48108  
313/995-5900

Holiday Inn East  
3750 Washtenaw  
Ann Arbor, MI 48104  
313/971-2000

Radisson Resort  
1274 Whittaker Road  
Ypsilanti, MI 48197  
313/487-2000

Red Roof Inn  
3621 Plymouth Rd.  
Ann Arbor, MI 48105  
313/996-5800

Weber's Inn  
3050 Jackson Rd.  
Ann Arbor, MI 48103  
313/769-5000

Holiday Inn North Campus  
3600 Plymouth Rd.  
Ann Arbor, MI 48105  
313/769-9800

Bell Tower Hotel  
300 S. Thayer  
Ann Arbor, MI 48104  
313/769-3010

Woods Inn  
2887 Newport Rd.  
Ann Arbor, MI 48103  
313/665-8394

Best Western of Whitmore Lake  
9897 Main Street  
Whitmore Lake, MI 48189  
313/449-2838

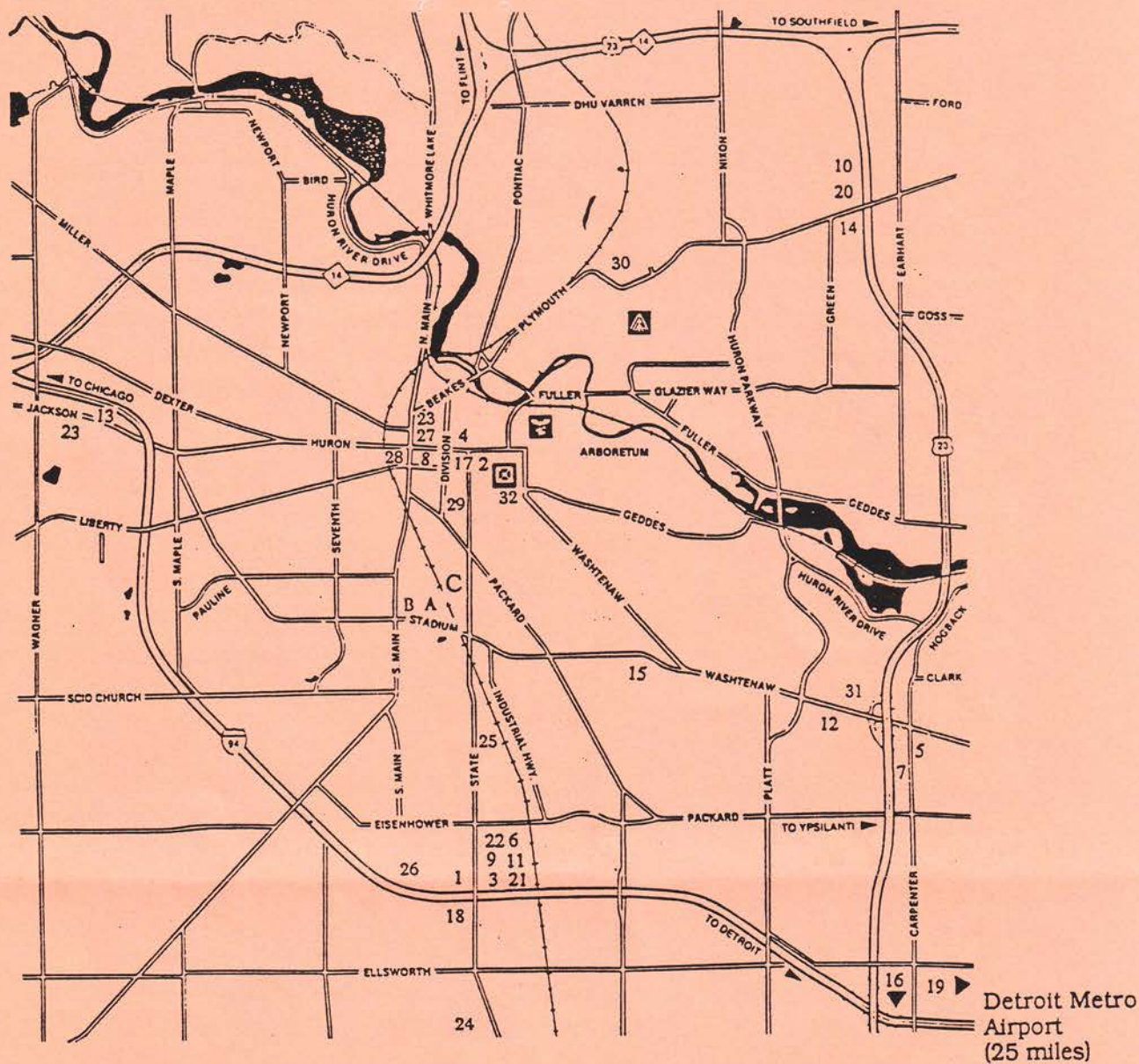
Campus Inn  
615 Huron  
Ann Arbor, MI 48103  
313/769-2200

Fairfield Inn by Marriott  
3285 Boardwalk  
Ann Arbor, MI 48108  
313/995-5200

Holiday Inn West  
2900 Jackson Rd.  
Ann Arbor, MI 48103  
313/665-4444

Days Inn  
2390 Carpenter Rd.  
Pittsfield Twnshp, MI 48108  
313/971-0700





## Legend

### Accommodations:

1. Ann Arbor Hilton
2. Bell Tower Hotel
3. Best Western Wolverine Inn
4. Campus Inn
5. Comfort Inn & Business Center
6. Courtyard by Marriott
7. Days Inn
8. Embassy Hotel
9. Fairfield Inn by Marriott
10. Hampton Inn North
11. Hampton Inn South
12. Holiday Inn East
13. Holiday Inn West
14. Holiday Inn North Campus
15. Ho Jo Inn
16. Mayflower Motel
17. Maynard House

18. Motel 6
19. Radisson on the Lake
20. Red Roof Inn
21. Residence Inn by Marriott
22. Sheraton Inn
23. Weber's Inn

### Transportation:

23. Amtrak Train Station
24. Ann Arbor Municipal Airport
25. Ann Arbor Transportation Authority Headquarters

### Shopping:

26. Briarwood Mall
27. Kerrytown & Farmers' Market
28. Main Street - Central Business District

29. State Street Shopping Area
30. North Campus Plaza
31. Arborland Consumer Mall
32. South University

### University of Michigan Buildings:

- A. Crisler Arena
- B. Michigan Stadium
- C. Canham Natatorium on Hoover (not shown) off of State

### Areas:

- North Campus
- Medical Center
- Central Campus



## RELAY ENTRY FORM

### 1994 MICHIGAN MASTERS STATE SWIMMING CHAMPIONSHIPS

SANCTIONED BY Michigan LMSC for USMS, Inc..SANCTION NO. MM199408

#### PLEASE PRINT OR TYPE.

Please place the number of relays to be entered in each age group and event in the appropriate box. Some changes will be allowed at the meet to accommodate missing swimmers. Please try to enter your relays as accurately as possible to reduce data entry work at the meet and accelerate the completion of results and the availability of awards.

**Also please send only 1 (ONE) RELAY ENTRY FORM for EACH team!**

**Team Name:** \_\_\_\_\_

AGE GROUP	EVENT #8 200 YD FREE Relay	EVENT #12 Mixed 200 YD MEDLEY Relay	EVENT #18 200 YD MEDLEY Relay	EVENT #24 Mixed 200 FREE Relay
76-99				
100-119				
120-159				
160-199				
200-239				
240-279				
280-319				
320-359				



# 1994 MICHIGAN MASTERS STATE SWIMMING CHAMPIONSHIPS

SANCTIONED BY Michigan LMSC for USMS, Inc.. SANCTION NUMBER MM199408

Be sure to enter your name exactly as it appears on your USMS card. You must fill in and sign the Athlete's Release to validate your entry. (PLEASE PRINT OR TYPE ALL INFORMATION)

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ USMS#: \_\_\_\_\_  
 BIRTHDATE: \_\_\_\_\_ Age On April 10: \_\_\_\_\_ TEAM: \_\_\_\_\_

Event #	EVENT NAME	ENTRY TIME
<b>FRIDAY, APRIL 8, 6:00 PM</b>		
13	500 YD FREESTYLE	
1	200 YD OPEN STROKE ( )	
7	400 YD IM	
2	100 YD OPEN STROKE ( )	
25	1000 YD FREESTYLE	
3	50 YD OPEN STROKE ( )	
19	1650 YD FREESTYLE	
<b>SATURDAY, APRIL 9, 9AM</b>		
4	50 YD BUTTERFLY	
5	200 YD BACKSTROKE	
6	100 YD FREESTYLE	
7	400 YD IM	
8	200 YD FREE RELAY	ENTER ON RELAY SHEET
<b>SATURDAY, APRIL 9, afternoon</b>		
9	200 YD BUTTERFLY	
10	100 YD BREASTSTROKE	
11	50 YD BACKSTROKE	
12	MIXED 200 YD MEDLEY RELAY	ENTER ON RELAY SHEET
13	500 YD FREESTYLE	
<b>SUNDAY, APRIL 10, 9AM</b>		
14	200 YD FREESTYLE	
15	100 YD IM	
16	200 YD BREASTSTROKE	
17	50 YD FREESTYLE	
18	200 YD MEDLEY RELAY	ENTER ON RELAY SHEET
19	1650 YD FREESTYLE	
<b>SUNDAY, APRIL 10, afternoon</b>		
20	100 YD BACKSTROKE	
21	50 YD BREASTSTROKE	
22	100 YD BUTTERFLY	
23	200 YD IM	
24	MIXED 200 YD FREE RELAY	ENTER ON RELAY SHEET
25	1000 YD FREESTYLE	

ENTRY DEADLINE: MARCH 28, 1994



**1994 MICHIGAN STATE MASTERS SWIMMING CHAMPIONSHIPS**  
**APRIL 8, 9 & 10, 1994**

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

<u>Participant's Name</u>	<u>USMS Number</u>	<u>Date</u>

This form must be completed and signed by the swimmer and accompany the entry form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with the registration. Failure to sign the release form or supply a copy of the USMS card will cause the registration to be incomplete and may require the payment of the deck entry surcharge upon sign-in at the meet.

**1994 CHAMPIONSHIPS FEE SCHEDULE**

Swimmer Entry Fee		\$ _____
Relay Entry Fee***	\$8.00/Relay x _____	Relays \$ _____
USMS Registration Fee (If you have not yet registered for the '94 season.)		\$ _____
Pasta Party (Sat.evening)	\$11.00/person x _____	\$ _____

**OPTIONAL items:**

Tank Tops & Long Sleeved T-shirts (100% cotton only)  
T-shirts & Sweatshirts (50/50 blend) All - black print on neon shirts, please circle size, color & style, if interested.  
Logo will be same as entry form cover. Very limited quantities will be at the meet.

___ Tank Top	\$8.00	Yellow	Green	Pink	Orange	Violet	
		S	M	L	XL		\$ _____
___ T-Shirts	\$8.00	Yellow	Green	Pink	Orange	Violet	
		M	L	XL	XXL	XXXL	\$ _____
___ Long Sleeved T-shirt	\$10.00	Ylw	Green	Pink	Orange	Violet	
		M	L	XL			\$ _____
___ Sweatshirts	\$14.00	Yellow	Green	Pink	Orange	Violet	
		M	L	XL	XXL		\$ _____

**T-shirt Total: \$ \_\_\_\_\_**

(Please make checks payable to: Michigan Masters Events)

**GRAND TOTAL: \$ \_\_\_\_\_**

**MAIL ENTRIES TO:**

**William T. Reid, III**  
**128 Marlboro Ct.**  
**Brooklyn, MI 49230**

**home#(517)592-8908**  
**wk# (517)787-3877**

\*\*\*NOTE: The number of relays, as well as the age groups, to be entered in each relay event should be marked on the Relay Entry Form. The swimmers, ages and seed time will be completed on cards prior to swimming the relays. It is requested that all relay entries for a club be entered on one entry form. For additional information concerning relays, see meet information sheets.

***Please note that all entries must be postmarked MARCH 28, 1994. All individual entries after that time will be assessed a \$10.00 deck entry surcharge. Deck entered relays will cost \$12. Deck entries will NOT be eligible to score team points.***



Saturday May 21, 1994  
9:00AM to 4:00PM

University of Michigan  
Canham Natatorium  
Ann Arbor, Michigan

<b>COACHES:</b>	<b>Jim Richardson</b>	Head Women's Swim Coach	U of M
	<b>Chrissy Rawak</b>	Asst. Women's Swim Coach	U of M
	<b>Assisted by:</b>	Nationally and Internationally Ranked Swimmers	

**EQUIPMENT:** Bring lunch and a VHS videotape (we will supply labels). It is recommended that each participant bring fins and wet suit (if you compete in a wet suit) as well as goggles, pull paddles and other training aids.

**COST:** \$50.00 per registrant

**SCHEDULE:**

**CHECK-IN: 8:45 am - 9:00 am**

**MORNING:**            **9:00 - 12:00 noon (Lecture and films)**  
                               Explanation of Physiology & Training Principles  
                               Explanation of Mechanical Principles of Strokes  
                               Workout Planning for Distance, Middle Distance and Sprints  
                               Workout Planning for Early, Mid-Season and Late Season  
                               Question & Answer Session

**12:00 - 1:00 pm      LUNCH BREAK**

**AFTERNOON: 1:00pm - 4:00pm**  
Stroke Critiques and Stroke Drill Training  
Underwater Video of Strokes  
Flip turn training (for pool workouts)



Make checks payable to: **Wolverine Swim Camps, Inc.**

Mail to: **Wolverine Swim Camps, Inc.**  
8160 Valley View  
Ypsilanti, MI 48197 (313) 484-4779

### TRIATHLETE SWIMMING CAMP

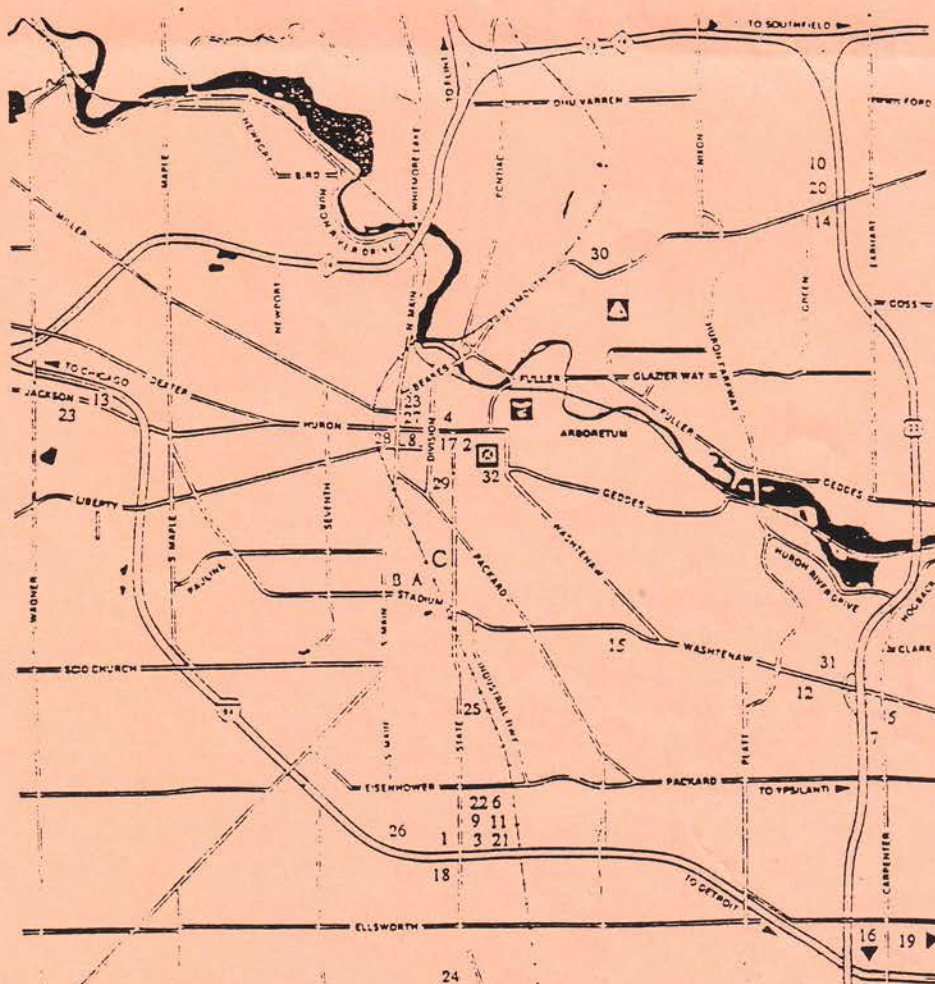
NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

PHONE: \_\_\_\_\_

*Since this event is neither USMS nor Tri-Fed sanctioned,  
neither USMS nor Tri-Fed registrations are required.*



University of Michigan Buildings:

- A. Crisler Arena
- B. Michigan Stadium
- C. Canham Natatorium  
on Hoover (not shown)  
off of State

Detroit Metro  
Airport  
(25 miles)



LONG COURSE SWIM MEET SANCTIONED BY MICHIGAN MASTERS FOR USMS INC.  
SANCTION NO. MM 1994 - 14

SUNDAY JUNE 12, 1994 FULLER POOL - 1519 FULLER ROAD ANN ARBOR, MICHIGAN.

7:00 A.M. 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. ONE LANE WILL BE OPEN FOR WARM UP DURING 800 - 1500 FREE.

7:45 A.M. CHECK IN ENDS FOR REGISTRATION OF 800 AND 1500 FREE.

8:00 A.M. EVENT # 1. 800 FREE  
EVENT # 2. 1500 FREE

8:45 A.M. CHECK IN ENDS FOR REGISTRATION OF THE REMAINDER OF THE MEET.

9:00 A.M. (BUT NOT BEFORE)

EVENT # 3.	200 BACK	EVENT # 12.	400 IM
EVENT # 4.	50 FLY	EVENT # 13.	100 FREE
EVENT # 5.	200 IM	EVENT # 14.	200 FLY
EVENT # 6.	50 BREAST	EVENT # 15.	100 BACK
EVENT # 7.	200 FREE	EVENT # 16.	100 BREAST
EVENT # 8.	50 BACK	EVENT # 11.	50 FREE (2)
EVENT # 9.	100 FLY	EVENT # 12.	400 FREE
EVENT # 10.	200 BREAST		
EVENT # 11.	50 FREE (1)		

BREAK 15 MINUTES

ENTRIES: COST \$8.00 ALL EVENTS WILL BE DECK ENTERED.  
A SWIMMER MAY ENTER A MAXIMUM OF (4) EVENTS.

ELIGIBILITY: ONLY REGISTERED 1994 MASTERS SWIMMERS MAY COMPETE IN THIS MEET. ALL SWIMMERS ARE RESPONSIBLE FOR THEIR USMS CARDS AND MAY BE REQUIRED TO SHOW IT UPON REQUEST BY OFFICIALS AND MEET DIRECTOR. REGISTRATION WILL BE AVAILABLE AT THE MEET FOR (\$25.00), AND WILL BE EFFECTIVE UNTIL 12-31-94.

THIS WILL BE A "TIME YOUR OWN MEET". YOU WILL BE EXPECTED TO BRING A STOP WATCH AND TIME/COUNT FOR OTHER SWIMMERS.

DIRECTIONS: \*\*US-23 EXIT WEST AT GEDDES (BETWEEN I-94 AND M-14)  
\*\*STRAIGHT AT STOPLIGHT AT HURON PARKWAY & GEDDES (HURON HIGH SCHOOL ON NW CORNER). GEDDES BECOMES FULLER ROAD AT THIS INTERSECTION.  
\*\*FULLER TURNS RIGHT INTO OAKWAY AFTER HURON HIGH SCHOOL.  
\*\*LEFT AT STOP SIGN AT OAKWAY & GLACIER WAY.  
(OAKWAY TURNS BACK INTO FULLER HERE).  
\*\*1/2 MILE WEST ON FULLER .... POOL IS ON THE RIGHT.

ADDITIONAL INFORMATION: CHUCK FRANTZ (313) 994 - 2783 OR 994 - 2898  
SKIP THOMPSON (810) 683 - 2191



1993 U.S.M.S. LONG COURSE METERS  
NATIONAL TOP TEN TIMES  
MICHIGAN SWIMMERS

KRISTIN NELSON	(27)	
50 BREAST	:39.78	6TH
100 BREAST	1:26.02	8TH
200 BREAST	3:06.10	3RD
PAT ROHNER	(33)	
1500 FREE	20:24.80	8TH*
MARILYN EARLY	(35)	
50 FREE	:30.43	7TH
200 FREE	2:27.81	9TH
100 BACK	1:18.58	6TH*
200 BACK	2:51.20	5TH*
BEVERLY MYERS	(58)	
50 FREE	:36.95	8TH*
100 FREE	1:23.69	5TH*
200 FREE	3:13.91	10TH*
50 BACK	:43.69	3RD*
100 BACK	1:34.54	4TH*
200 BACK	3:30.08	6TH*
50 BREAST	:47.22	7TH*
100 BREAST	1:44.97	6TH*
50 FLY	:41.31	2ND*
200 I.M.	3:24.72	2ND*
LOIS NOCHMAN	(68)	
200 FREE	3:36.06	9TH
400 FREE	7:43.54	10TH
800 FREE	16:18.56	8TH
200 BREAST	4:40.03	8TH*
50 FLY	:45.33	4TH
100 FLY	1:51.97	3RD
200 FLY	4:18.22	3RD
200 I.M.	4:08.59	8TH
MERLYN FVBANK	(73)	
50 BREAST	1:05.49	10TH
200 BREAST	5:10.49	5TH*
EDITH GLUSAC	(74)	
50 BREAST	1:05.10	9TH
100 BREAST	2:26.56	10TH
200 BREAST	5:28.66	7TH
STEVE COHEN	(21)	
200 FREE	2:09.76	6TH
400 FREE	4:31.77	3RD*
800 FREE	9:14.05	1ST*
1500 FREE	17:28.17	1ST*
200 FLY	2:25.26	3RD*
BOB JENNINGS	(27)	
50 BREAST	:32.43	3RD
100 BREAST	1:08.45	1ST*
200 BREAST	2:33.14	1ST*
50 FLY	:27.24	6TH*
100 FLY	1:01.85	8TH
200 I.M.	2:17.67	2ND
JOHN STENROOS	(30)	
50 BREAST	:33.39	9TH*
200 BREAST	2:49.70	8TH*

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

GLENN COLE	(33)	
200 FLY	2:20.28	6TH
DAVID SHEPHERD	(37)	
200 FREE	2:02.06	1ST
400 FREE	4:21.72	1ST
800 FREE	9:19.71	1ST
1500 FREE	17:28.27	1ST*
400 I.M.	5:00.63	1ST*
FRANK THOMPSON	(41)	
800 FREE	9:58.98	7TH
1500 FREE	19:04.06	6TH
100 BACK	1:10.90	7TH
200 BACK	2:32.30	6TH
400 I.M.	5:34.36	7TH
STEVE HANSEN	(41)	
50 BREAST	:34.51	6TH*
100 BREAST	1:17.55	5TH*
200 BREAST	2:51.85	6TH*
GAARD ARNESON	(45)	
200 FREE	2:19.59	10TH
400 FREE	4:52.95	8TH*
800 FREE	10:14.55	4TH*
1500 FREE	19:25.03	4TH*
200 FLY	2:53.86	6TH
400 I.M.	5:42.74	5TH*
HUGH RODDIN	(51)	
50 BACK	:35.77	9TH*
100 BACK	1:18.78	9TH
200 BACK	2:53.44	9TH
200 FLY	3:01.37	2ND*
CHARLES MAAS	(59)	
200 FLY	3:41.90	8TH
BOB HERITIER	(65)	
50 FREE	:31.03	3RD*
100 FREE	1:11.45	2ND*
200 FREE	2:41.76	2ND*
400 FREE	5:50.48	3RD*
800 FREE	11:53.84	2ND*
CHARLES MOSS	(65)	
50 FREE	:32.60	7TH
100 FREE	1:14.24	6TH
400 FREE	6:07.28	5TH
50 BACK	:40.22	6TH*
50 BREAST	:38.88	1ST*
100 FLY	1:21.75	1ST*
200 FLY	3:11.88	1ST*
200 I.M.	2:57.61	1ST*#WR
400 I.M.	6:25.02	1ST*#WR
CARL THORNBURG	(81)	
100 BACK	2:03.70	4TH*
200 BACK	4:27.30	5TH*
50 BREAST	1:13.99	10TH*
200 BREAST	5:28.91	1ST*
100 FLY	2:46.15	2ND*
400 I.M.	11:01.55	2ND*

MICHIGAN SWIMMING POSTAL LONG DISTANCE MEET  
11/15/93 THROUGH 1/31/94

WOMEN'S MASTERS 1000 YARD FREESTYLE

1	Driska McCullough	42	MM	14:29.98
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MEN'S MASTERS 1000 YARD FREESTYLE

1	Thomas Moyer	46	MM	12:53.36
2	Donald Kroeger	50	MM	14:11.11

WOMEN'S MASTERS 3000 YARD FREESTYLE

1	Fredericka Rapp	49	MM	52:36.03
2	Patricia Strickland	53	MM	53:54.79

MEN'S MASTERS 3000 YARD FREESTYLE

1	Todd Briggs	30	DDY	35:30.00
2	Thomas Moyer	46	MM	39:55.20
3	Donald Kroeger	53	MM	44:20.84

WOMEN'S MASTERS 5000 YARD FREESTYLE

1	Patricia Strickland	53	MM	91:27.99
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MEN'S MASTERS 5000 YARD FREESTYLE

1	Skip Thompson	42	MM	58:17.47
2	Todd Briggs	30	DDY	59:21.00
3	Thomas Moyer	46	MM	66:42.20
4	Donald Kroeger	50	MM	76:10.00



LANSING MASTERS PENTATHLON AND FREESTYLE CRESCENDO - DECEMBER 12, 1993 - MICHIGAN STATE UNIVERSITY

MEN'S RESULTS									
PENTATHLON	23	24	25	26	27	28	29	30	Total
David Webb - LANS	23	24	25	26	27	28	29	30	100.64
Patrick McCarthy - LANS	29	27	32	31	33	35	36	37	164.81
Thomas Schardt - STL	26	29	37	36	38	39	40	41	147.87
Tom Lynch - MONR	29	33	36	38	40	42	43	44	210.14
Timothy Cary - JACK	33	30	35	38	40	42	43	44	193.93
Peter Simon - FH	34	31	32	38	40	42	43	44	193.93
Colin Davis - STL	31	33	34	38	40	42	43	44	207.12
Roger McNeil - GRY	38	28	32	37	39	41	42	43	178.29
Keith Hightower - GMA	38	28	32	37	39	41	42	43	188.20
Avery Dennis - SOS	38	28	32	37	39	41	42	43	193.86
Roger Simpson - FH	39	30	34	38	40	42	43	44	202.58
Doug Thompson - MAL	39	30	34	38	40	42	43	44	202.58
Paul Wright - FAST	39	30	34	38	40	42	43	44	202.58
Leonard Brodwin - FLY	43	27	38	39	41	42	43	44	182.27
Lamorna Kirtell - FLY	43	28	39	40	41	42	43	44	188.48
Robert Cherry - FLY	43	30	35	38	40	42	43	44	182.78
Robert Lundy - LANS	43	32	35	38	40	42	43	44	211.40
Michael Walters - SOAK	44								211.40
Jon Richardson - WU	44								211.40
Thomas Hall - MAC	46	29	37	38	40	41	42	43	188.52
Rob Moore - DRY	45	33	39	40	41	42	43	44	201.88
Larry Spruk - DRY	46	31	39	40	41	42	43	44	202.23
Bill Hughes - FH	47	29	32	36	38	40	41	42	204.12
Bill Pearson - FH	53	32	36	44	45	46	47	48	218.47
Phil Hedberg - LANS	56								218.47
Michael Jacque - MID	64								218.47
Charles Moss - MID	65	31	35	34	37	38	39	40	203.15
Joe Birch - SWMS	65	45	46	47	48	49	50	51	280.68

MEN'S RESULTS									
CRESCENDO	24	25	26	27	28	29	30	31	Total
Bret Foster - LAPS	24	25	26	27	28	29	30	31	783.88
John Shaw - AA	29	27	32	31	33	35	36	37	517.76
Earl Carl - UN	28	21	34	33	35	36	37	38	585.93
Don Hurry - UN	29	21	34	33	35	36	37	38	600.24
David Shepherd - MAL	38	15	31	32	33	34	35	36	487.47
Greg Opatowicz - DICH	37	20	33	34	35	36	37	38	557.10
John Mendenhall - MAL	37	21	34	33	35	36	37	38	572.79
E. Kelly - FLY	37	21	34	33	35	36	37	38	578.41
Doug Williams - KZDO	36	21	34	33	35	36	37	38	586.32
Don Law - MID	37	22	35	36	37	38	39	40	641.21
Paul Wright - FAST	38								641.21
Frank Thompson - SOS	41	20	36	37	38	39	40	41	526.19
William Reed II - JACK	43	20	36	37	38	39	40	41	526.19
Paul Howard - MAL	42	20	36	37	38	39	40	41	556.36
Quentin Arner - AUSS	42	21	36	37	38	39	40	41	591.78
John Cooley - AA	44	21	36	37	38	39	40	41	614.85
Vince Locke - GMA	40	21	36	37	38	39	40	41	615.84
Steve Hansen - MID	42	21	36	37	38	39	40	41	653.09
Thomas Meyer - ORAL	45	21	36	37	38	39	40	41	653.09
Joseph Verno - LANS	47	21	36	37	38	39	40	41	653.09
Bill Kiefer - LANS	53	37	42	43	44	45	46	47	910.76
Al Moberg - BC	56	33	46	47	48	49	50	51	965.45
Phil Hedberg - LANS	56	33	46	47	48	49	50	51	965.45
John Pless - MID	62	28	41	42	43	44	45	46	670.06
Michael Jacque - MID	62	28	41	42	43	44	45	46	726.89
Tom Rangel - SWMS	63	25	38	39	40	41	42	43	756.75
Dorand May - SWMS	72	35	47	48	49	50	51	52	1034.43

LANSING MASTERS PENTATHLON AND FREESTYLE CRESCENDO  
DECEMBER 12, 1993 - MICHIGAN STATE UNIVERSITY

WOMEN'S RESULTS									
PENTATHLON	22	23	24	25	26	27	28	29	Total
Anne Lewis - FH	22	24	25	26	27	28	29	30	209.91
Jule Biederman - WY	24	23	24	25	26	27	28	29	220.93
Ann Fournier - FH	27	23	24	25	26	27	28	29	212.95
Christine Purdy - FH	27	23	24	25	26	27	28	29	240.92
Liz McGee - FH	31	20	21	22	23	24	25	26	206.71
Karen Ziegenfuss - LAPS	32	20	21	22	23	24	25	26	245.21
Patricia Hen - FLY	41	33	34	35	36	37	38	39	219.56
Jane Gaultier - LAPS	41	33	34	35	36	37	38	39	201.75
Frederica Rapp - ORAL	49	40	41	42	43	44	45	46	251.86
Barbara McInnis - MID	48	40	41	42	43	44	45	46	281.16
Loraine LaFreniere - LANS	45	40	41	42	43	44	45	46	295.00
Suzanne Shannon - MID	54	46	47	48	49	50	51	52	326.63
Beverly Myers - ORAL	58	37	38	39	40	41	42	43	226.50
Sue Strain - FLY	57	48	49	50	51	52	53	54	247.92
Karen Fortin - LAPS	56	48	49	50	51	52	53	54	288.40
Teresa DeGuzman - MAL	66	100	101	102	103	104	105	106	345.96
Edith Galtier - SOS	75	108	109	110	111	112	113	114	378.57

WOMEN'S RESULTS									
CRESCENDO	23	24	25	26	27	28	29	30	Total
Patricia Lundy-Robert - SOS	34	21	32	33	34	35	36	37	575.34
Ruth Bauer - LANS	32	22	33	34	35	36	37	38	626.97
Carol Fleming - GMA	37	23	34	35	36	37	38	39	667.03
Amy Pascoe - FLY	38	24	35	36	37	38	39	40	728.82
Phyllis Hall - ORAL	56	25	36	37	38	39	40	41	773.66
Patricia Priest - LAPS	57	33	44	45	46	47	48	49	871.05
Dee Smith - MID	60	31	42	43	44	45	46	47	843.50
Wynne Eubank - MID	74	36	47	48	49	50	51	52	944.70



Flint Masters " Thanksgiving Tune-up"-November 21, 1993-Southwestern Academy-Flint, MI-Meet  
Director: R. Chaney 861 Chevrolet Av. Flint, MI-Officials: George Newman & Brad Jones-Sanction  
#MM100402

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WOMEN'S 50 YARDS FREESTYLE			WOMEN'S 100 YARDS			MEN'S 200 FREESTYLE (CONT)					
19-24	1) ANN BOLLINGER	24	25.91	BREASTSTROKE		40-44	1) WILLIAM REID	43			
25-29	1) ANN FERRIN	27	29.61	19-24	1) AME LEWIS	22	2) L BROCKHANN	43			
	2) JOAN EVANS	28	33.88	50-54	1) PETRA MERLIARD	50	3) FRANK THOMPSON	41			
30-34	1) RUTH BEIER	32	30.81	65-69	1) SUE STRALEY	57	4) PAUL HOWARD	42			
	2) K ZEGENMEYER	32	34.50	70-74	1) MERLYN EWBANK	74	5) GRAHAM ANNEAR	43			
35-39	1) ROBBIE WOLLARD	38	29.88	75-79	1) EDITH GLUSAC	75	6) MICHAEL MATHERS	44			
	2) AMY PASCOE	38	31.16	WOMEN'S 50 YARDS BUTTERFLY		50-54	1) HUGH RODDIN	51			
40-44	1) JANE GUELETTE	41	40.14	25-29	1) ANN FERRIN	27	65-69	1) BRUCE SOULE	58		
50-54	1) PETRA MERLIARD	50	41.48	30-34	1) P. LEAHY-RUNR	34	2) CHARLES MAAS	59			
55-59	1) BEVERLY MYERS	58	33.55	35-39	1) ROBBIE WOLLARD	38	3) DENNIS JAMES	56			
	2) SUE STRALEY	57	38.93	40-44	1) PATRICIA HRR	44	65-69	1) RICHARD EVANS	59		
	3) PAT PRIEST	57	39.79	45-49	1) FREDERICKA RAPP	48	MEN'S 1000 YARDS FREESTYLE				
60-64	1) IDA SMITH	60	42.91	60-64	1) IDA SMITH	60	25-29**	1) THOMAS SHARDT	28		
	2) MARY WILLIAMS	61	48.44	65-69	1) MARY WILLIAMS	61	30-34	1) DONALD LAW	37		
65-69	1) DI GIUSEPPE	66	44.98	65-69	1) DI GIUSEPPE	66	35-39	1) PAUL WRIGHT	38		
WOMEN'S 100 YARDS FREESTYLE			1.01.19	MEN'S 200 YARDS OPEN		40-44	1) LARRY DAY	42			
19-24	1) ANN BOLLINGER	24	56.50	30-34	1) P. LEAHY-RUNR	34	2) WILLIAM REID	43			
	2) AME LEWIS	22	107.89	40-44	1) JANE GUELETTE	41	3) GRAHAM ANNEAR	43			
25-29	1) ANN FERRIN	27	107.01	45-49	1) FREDERICKA RAPP	48	4) DONALD KROEGER	50			
	2) JOAN EVANS	28	112.84	50-54	1) PETRA MERLIARD	50	55-59	1) BRUCE SOULE	58		
30-34	1) RUTH BEIER	32	107.07	50-54	1) PETRA MERLIARD	50	MEN'S 50 YARDS BACKSTROKE				
35-39	1) ROBBIE WOLLARD	38	106.30	50-54	1) MARY WILLIAMS	61	25-29**	1) THOMAS SHARDT	26		
	2) AMY PASCOE	38	110.22	MEN'S 50 YARDS FREESTYLE		30-34	1) DANIEL HELTON	43			
40-44	1) PATRICIA HRR	44	108.80	19-24	1) BRET FORFAR	24	2) RICHARD CHANEY	43			
	2) GAIL DUMMER	44	132.18	30-34	1) WILLIAM EAGAN	31	3) MICHAEL MATHERS	44			
45-49	1) FREDERICKA RAPP	48	118.68		2) ERIC SHIRLEY	31	4) ROB MONTIE	45			
50-54	1) BEVERLY MYERS	58	113.63	35-39	1) DAVE SMITH	38	5) DENNIS MOJANUS	46			
	2) SUE STRALEY	57	123.07		2) PAUL WRIGHT	38	MEN'S 100 YARDS BACKSTROKE				
	3) KAREN FORFAR	58	129.77	40-44	1) WILLIAM REID	43	25-29**	1) THOMAS SHARDT	26		
	4) PAT PRIEST	57	135.87		2) DONALD LAW	37	30-34	1) TOM LYNCH	29		
50-54	1) MARY WILLIAMS	61	145.88	40-44	1) PAUL HOWARD	42	35-39	1) PATRICK KENNY	31		
WOMEN'S 200 FREESTYLE					3) MICHAEL MATHERS	44	40-44	1) E J KELLY	37		
35-39	1) AMY PASCOE	38	245.04		4) L BROCKHANN	43	2) ANDY DONATO	36			
55-59	1) BEVERLY MYERS	58	243.98		5) JON RICHARDSON	46	3) FRANK THOMPSON	41			
	2) KAREN FORFAR	58	324.41		6) JOHN JOHNSTON	46	4) DANIEL HELTON	43			
WOMEN'S 1000 YARDS FREESTYLE					7) DENNIS MOJANUS	46	5) RICHARD CHANEY	43			
30-34	1) RUTH BEIER	32	1324.69		8) MICHAEL MATHERS	44	6) MICHAEL MATHERS	44			
35-39	1) ROBBIE WOLLARD	38	1423.12		9) BRUCE SOULE	58	7) GRAHAM ANNEAR	43			
WOMEN'S 50 YARDS BACKSTROKE					10) DENNIS JAMES	56	8) THOMAS HUNT	46			
19-24	1) ANN BOLLINGER	24	29.43		11) RICHARD EVANS	59	9) THOMAS MOYER	45			
	2) AME LEWIS	27	38.38		MEN'S 100 YARDS FREESTYLE		10) HUGH RODDIN	51			
25-29	1) ANN FERRIN	27	38.04		19-24	1) BRET FORFAR	24	11) DONALD KROEGER	50		
30-34	1) K. ZEGENMEYER	32	44.87		25-29	1) W ELLINGTON	29	MEN'S 50 YARDS BREASTSTROKE			
40-44	1) PATRICIA HRR	44	56.14		**	2) THOMAS SHARDT	28	35-39	1) DOUG TEMPLETON	38	
55-59	1) BEVERLY MYERS	58	39.84			3) TOM LYNCH	29	40-44	1) PAUL WRIGHT	38	
	2) KAREN FORFAR	58	46.25		30-34	1) WILLIAM EAGAN	31	45-49	1) STEVE HANSEN	42	
	3) PAT PRIEST	57	48.25			2) ERIC SHIRLEY	31	50-54	1) JOHN JOHNSTON	46	
65-69	1) DI GIUSEPPE	66	57.59			3) PATRICK KENNY	31	55-59	1) DENNIS MOJANUS	46	
75-79	1) EDITH GLUSAC	75	54.58			4) DAVE SMITH	38	60-64	1) DENNIS JAMES	56	
WOMEN'S 100 YARDS BACKSTROKE						5) E J KELLY	37	MEN'S 100 YARDS BREASTSTROKE			
19-24	1) ANN BOLLINGER	24	104.18			6) WILLIAM REID	43	25-29	1) W ELLINGTON	29	
	2) AME LEWIS	27	118.88			7) PAUL HOWARD	42	30-34	1) TOM LYNCH	29	
40-44	1) PATRICIA HRR	44	117.83			8) DANIEL HELTON	43	35-39	1) PATRICK KENNY	31	
	2) GAIL DUMMER	44	146.22			9) L BROCKHANN	43	40-44	1) DOUG TEMPLETON	38	
45-49	1) FREDERICKA RAPP	48	128.48			10) MICHAEL MATHERS	44	45-49	1) STEVE HANSEN	42	
55-59	1) SUE STRALEY	57	134.89			11) ROB MONTIE	45	50-54	1) THOMAS MOYER	45	
	2) KAREN FORFAR	58	137.99			12) THOMAS MOYER	45	55-59	1) DONALD KROEGER	50	
70-74	1) MERLYN EWBANK	74	155.42			13) DONALD KROEGER	50	MEN'S 50 YARDS BUTTERFLY			
75-79	1) EDITH GLUSAC	75	202.78			14) BRUCE SOULE	58	25-29**	1) THOMAS SHARDT	28	
WOMEN'S 50 YARD BREASTSTROKE						15) CHARLES MAAS	59	30-34	1) WILLIAM EAGAN	31	
19-24	1) AME LEWIS	22	38.61			16) DENNIS JAMES	56	35-39	1) ANDY DONATO	36	
25-29	1) ANN FERRIN	27	38.54			17) RICHARD EVANS	59	40-44	1) DANIEL HELTON	43	
30-34	1) K. ZEGENMEYER	32	41.86			MEN'S 200 YARDS FREESTYLE		45-49	1) THOMAS HUNT	46	
35-39	1) ROBBIE WOLLARD	38	38.87			19-24	1) BRET FORFAR	24	50-54	1) THOMAS MOYER	45
40-44	1) JANE GUELETTE	41	45.63			25-29	1) W ELLINGTON	29	55-59	1) DONALD KROEGER	50
50-54	1) PETRA MERLIARD	50	43.48			30-34	1) ERIC SHIRLEY	31	MEN'S 50 YARDS BUTTERFLY		
55-59	1) SUE STRALEY	57	48.81				2) WILLIAM EAGAN	31	25-29**	1) THOMAS SHARDT	28
60-64	1) IDA SMITH	60	44.71				3) PATRICK KENNY	31	30-34	1) DANIEL HELTON	43
65-69	1) DI GIUSEPPE	66	100.80				4) E J KELLY	37	35-39	1) THOMAS HUNT	46
75-79	1) EDITH GLUSAC	75	57.70				5) DONALD LAW	37	40-44	1) RICHARD EVANS	59

\* HILLS AUSSI MASTERS (AUSTRALIA)  
\*\* OHSO MASTERS

Flint Masters " Thanksgiving Tune-up"-November 21, 1993-Southwestern Academy-Flint, MI-Meet  
Director: R. Chaney 861 Chevrolet Av. Flint, MI-Officials: George Newman & Brad Jones-Sanction  
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MEN'S 100 YARDS BUTTERFLY				WOMEN'S 200 YARD MEDLEY RELAY				MEN'S 4X100 I.M. RELAY				
25-29	1) W ELLINGTON	29	1:08.88	100+	1) K FORFAR	88	2:48.81	100+	1) D KROEGER	80	4:52.12	
	** 2) THOMAS SHARDT	28	1:12.58		J GUELETTE	41			T MOYER	45		
35-39	1) ANDY DONATO	36	1:12.24		K ZEGENMEYER	82			B FORFAR	24		
40-44	1) L BROCKHANN	43	1:01.84		P PRIEST	87			** T SHARDT	28		
	2) STEVE HANSEN	42	1:05.41	MEN'S 200 FREESTYLE RELAY				100+	1) R CHANEY	48	4:28.47	
45-49	1) THOMAS HUNT	46	1:12.39	100+	1) D KROEGER	80	2:10.20		S HANSEN	42		
	2) THOMAS MOYER	45	1:34.46		T MOYER	45			L BROCKHANN	48		
50-54	1) HUGH RODDIN	51	1:07.81		** 2) SHARDT	28			E J KELLY	38		
	2) DONALD KROEGER	50	1:28.39		T LYNCH	39			2) A DONATO	38	4:45.26	
55-59	1) CHARLES MAAS	58	1:27.35	MEN'S 200 MEDLEY RELAY				100+	1) D HELTON	46	1:25.39	
65-69	1) RICHARD EVANS	59	1:58.00	100+	1) D HELTON	46	1:25.39		P KENNY	81		
MEN'S 200 YARDS OPEN									W EAGAN	81		
30-34	1) WILLIAM EAGAN	31	2:25.88						E SHIRLEY	81		
	2) PATRICK KENNY	31	2:32.73		100+	1) R CHANEY	48	1:57.84	200+	1) MERLYN EWBANK	74	5:02.58
35-39	1) ANDY DONATO	36	2:39.88			S HANSEN	42			RICHARD EVANS	88	
40-44	1) FRANK THOMPSON	41	2:18.71			L BROCKHANN	48			PETRA MERLIARD	50	
	2) RICHARD CHANEY	43	2:32.87			3) HANSEN	42			DONALD LAW	87	
	3) STEVE HANSEN	42	2:38.05			E J KELLY	38			* HILLS AUSSI MASTERS (AUSTRALIA)		
	4) GRAHAM ANNEAR	43	2:48.11							** OHSO MASTERS		
45-49	1) THOMAS HUNT	46	2:31.77									
	2) THOMAS MOYER	45	2:48.19									
55-59	1) CHARLES MAAS	58	3:10.37									



MASTERS SWIM MEET RESULTS  
JANUARY 16, 1994

The West Michigan Swim Masters and Rockford Community Swim Team hosted a Masters Swim Meet at Rockford High School pool on January 16. Swimmers came from throughout the state and even from Indiana to compete and try for record times in a 25 meter short course pool. Despite the cold temperatures and snowy weather conditions of the day, there were close to 60 swimmers who made the trip to Rockford. This competition is for adult swimmers age 19 and over. The age divisions are in 5 year increments. The oldest swimmer attending was 69 years old.

WOMENS RESULTS

EVENT	NAME	AGE GROUP	TIME	PLACE	RECORD
#1 200 METER MEDELY RELAY - MIXED		120-159			
	<i>Marilyn Early, Pascale Asbury, Barb St. r. Log</i>	<i>36.50 35-39 yrs</i>			
	John Mastenbrook, Ken Cleeton	155	2:19.87	1	2:11.47
#2 200 METER CHOICE		30-34			
	Pascale Asbury - IM	34	2:50.18*	1	2:52.61
	Marilyn Early - Back	36	2:45.03*	1	2:47.96
		50-54			
	Jennifer Parks - Back	50	3:24.74*	1	3:52.42
#3 200 METER FREE		25-29			2:18.99
	Shelly Schafer	27	2:15.88*	1	
	Leanne Overbeek	25	2:19.22	2	
#4 100 METER BACK		35-39			1:25.31
	Marilyn Early	36	1:17.99*	1	
		50-54			1:32.30
	Jennifer Parks	50	1:33.86	1	
		55-59			1:56.28
	Patricia Priest	57	1:54.50*	1	
#5 100 METER FLY		25-29			1:22.73
	Leanne Overbeek	25	1:18.74*	1	
#6 100 METER BREAST		25-29			1:19.28
	Teresa Malafa	27	1:40.66	1	
		30-34			1:30.88
	Pascale Asbury	34	1:28.19*	1	

MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

WOMENS RESULTS

\* NEW RECORD

EVENT	NAME	AGE GROUP	TIME	PLACE	RECORD
#8 100 METER FREE		25-29			1:04.62
	Leanne Overbeek	25	1:02.85*	1	
	Shelly Schafer	27	1:04.33	2	
	Teresa Malafa	27	1:15.98	3	
		35-39			1:07.34
	Marilyn Early	36	1:06.43*	1	
	Jeanne Brickner	37	1:31.62	2	
		50-54			1:22.22
	Jennifer Parks	50	1:30.10	1	
		55-59			1:33.81
	Patricia Priest	57	1:39.32	1	
#9 100 METER IM		30-34			1:18.52
	Kathy Benoit	34	1:48.94	1	
		40-44			1:20.57
	Lynn Benson	41	1:33.07	1	
	Jane Guelette	41	2:04.54	2	
#10 50 METER BACK		25-29			33.22
	Leanne Overbeek	25	36.31	1	
		40-44			39.77
	Jane Guelette	41	57.63	1	
		50-54			41.77
	Jennifer Parks	50	44.32	1	
		55-59			43.88
	Patricia Priest	57	55.27	1	
#11 50 METER FLY		30-34			37.95
	Kathy Benoit	34	55.21	1	
		40-44			34.96
	Jane Guelette	41	1:12.31	1	
#12 50 METER BREAST		25-29			38.61
	Teresa Malafa	27	43.83	1	
		40-44			50.04
	Lynn Benson	41	47.26*	1	
	Jane Guelette	41	56.31	2	
		50-54			45.61
	Jennifer Parks	50	53.05	1	



MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

WOMENS RESULTS

\* NEW RECORD

EVENT	NAME	AGE GROUP	TIME	PLACE	RECORD
#13 50 METER FREE		25-29			28.39
Leanne Overbeek		25	29.23	1	
Shelly Schafer		27	30.46	2	
Teressa Malafa		27	36.11	3	
		30-34			30.62
Pascale Asbury		34	31.14	1	
Kathy Benoit		34	44.79	2	
		35-39			29.20
Jeanne Brickner		37	39.52	1	
		40-44			32.93
Jane Guelette		41	51.42	1	
		55-59			38.07
Patricia Priest		57	45.84	1	
#14 200 METER FREE RELAY - MIXED		120-159			1:58.05
Marilyn Early, Pascale Asbury,					
Jim Kuhlman, John Mastenbrook		151	2:05.24	1	

These records were set in the womens division.

25 - 29 Years	200 m freestyle	2:15.88	Shelly Schafer
	100 m butterfly	1:18.74	Leanne Overbeek
	100 m freestyle	1:02.85	Leanne Overbeek
30 - 34 Years	200 m IM	2:50.18	Pascale Asbury
	100 m breaststroke	1:28.19	Pascale Asbury
35 - 39 Years	200 m Backstroke	2:45.03	Marilyn Early
	50 m Backstroke	36.58	Marilyn Early
	100 m Backstroke	1:17.99	Marilyn Early
	100 m Freestyle	1:06.43	Marilyn Early
40 - 44 Years	50 m Breaststroke	47.26	Lynn Benson
50 - 54 Years	200 m Backstroke	3:24.74	Jennifer Parks
55 - 59 Years	100 m Backstroke	1:54.50	Patricia Priest

These records were set in the men's division.

19 - 24 Years	100 m Backstroke	1:03.31	Brian Bollone
	100 m IM	1:03.21	Brian Bollone
30 - 34 Years	100 m Backstroke	1:02.19	Ken Cooper
	50 m Backstroke	28.86	Ken Cooper
35 - 39 Years	50 m Backstroke	29.16	Jay Alt
40 - 44 Years	100 m Freestyle	59.48	Brent Sweitzer
45 - 49 Years	50 m Backstroke	32.59	Richard TenHoor

MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

\* NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#1 200 METER MEDELY RELAY		120-159			1:58.79
Alt, Midkiff, Topolski, Sweeny		150	2:01.68	1	
Kroeger, Lynch, Schardt, Donato-age error		142	2:16.73	2	
VanDam, Tracey, Farmer, Uzelac		150	2:17.19	3	
		160-199			2:03.59
TenHoor, Schroeder, K. Mange, D. Mange		161	2:10.08	1	
Chaney, Hansen, Kimball, Brockhahn		171	2:12.73	2	
#2 200 METER CHOICE		35-39			
Doug Uzelac - Breast		36	2:56.67	1	2:53.45
Andy Donato - IM		37	2:55.23	1	2:23.78
		40-44			
Kenneth Danhof - Back		40	2:45.65	1	2:28.34
Frank Thompson - IM		42	2:33.23	1	2:32.86
		45-49			
Kenneth Cleeton - Breast		48	3:32.82	1	2:55.38
		55-59			
Charles Maas - Fly		59	3:29.59	1	3:00.74
#3 200 METER FREE		25-29			2:02.82
Thomas Schardt		26	2:19.57	1	
		30-34			1:53.66
Richard Farmer		33	2:47.73	1	
		35-39			2:03.59
Mark Schroeder		36	2:19.37	1	
John Mastenbrook		37	2:22.95	2	
Doug Uzelac		36	2:27.34	3	
Thomas Rademacker		39	2:28.59	4	
		40-44			2:10.67
Brent Sweitzer		40	2:15.70	1	
Leonard Brockhahn		43	2:17.54	2	
Rob Watson		44	2:34.99	3	
		45-49			2:24.51
Thomas VanDam		46	2:40.28	1	
Gerald Fish		47	3:00.93	2	
		50-54			2:25.50
Donald Kroeger		50	2:37.26	1	
		55-59			2:38.93
Bruce Soule		56	2:48.73	1	
		60-64			2:37.87
Tom Reigel		63	3:14.81	1	
Hugh Barnard		61	3:19.02	2	



MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

\* NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#4 100 METER BACK	Brian Bollone Tony Selcz	19-24			1:06.32
		22	1:03.31*	1	
		19	1:17.76	2	
	Tom Lynch	25-29			1:00.02
		29	1:38.90	1	
	Ken Cooper	30-34			1:04.48
		31	1:02.19*	1	
	Jay Alt E.J. Kelly David Mange	35-39			1:05.68
		35	1:07.26	1	
		37	1:18.65	2	
		38	1:23.60	3	
	Frank Thompson Richard Chaney Kenneth Danhof	40-44			1:09.82
		42	1:13.48	1	
		43	1:14.10	2	
		40	1:17.66	3	
	Richard TenHoor	45-49			1:15.96
		46	1:17.64	1	
	John Alt	65-69			1:32.58
		69	1:52.76	1	
#5 100 METER FLY	Jim Fee Andrew Burton	19-24			1:01.76
		19	1:05.14	1	
		20	1:15.12	2	
	Tom Lynch	25-29			58.93
		29	1:34.42	1	
	Keith Higginbottom Gregory Tracey	35-39			1:03.37
		36	1:07.64	1	
		35	1:11.55	2	
	Lawrence Kimball Leonard Brockhahn	40-44			1:05.27
		43	1:12.70	1	
		43	1:13.63	2	
	Charles Mass	55-59			1:13.47
		59	1:34.05	1	

MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

\* NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#6 100 METER BREAST	Thomas Schardt	25-29			1:08.31
		26	1:34.81	1	
	Thomas Doane	30-34			1:12.49
		30	1:38.99	1	
	Rodger Midkiff Doug Uzelac Paul Wright David Mange	35-39			1:12.43
		38	1:18.09	1	
		36	1:21.21	2	
		39	1:26.68	3	
	Kenneth Mange	38	1:49.83	4	
		40-44			1:16.84
	Donald Kroeger	41	1:30.49	1	
		50-54			1:23.67
	Tom Reigel	50	1:29.15	1	
		60-64			1:34.19
	Tom Reigel	63	2:07.20	1	
		63			
#7 400 METER IM	Andy Donato	35-39			5:02.96
		37	6:19.04	1	
	Frank Thompson - False Start	40-44			5:27.59
		42	DQ		
	Jae A. Birch	60-64			6:19.49
		66	8:56.62	1	
#8 100 METER FREE	Jim Fee Andrew Burton Nathan Felt	19-24			57.38
		19	59.51	1	
		20	1:02.70	2	
	Thomas Schardt	24	1:17.93	3	
		25-29			52.29
	Tom Lynch	26	1:04.18	1	
		29	1:12.17	2	
	Richard Farmer	30-34			54.93
		33	1:12.89	1	
	Thomas Doane	30	1:14.38	2	
		35-39			56.44
	John Mastenbrook Keith Higginbottom E.J. Kelly Thomas Rademacker David Smith	37	1:01.44	1	
		36	1:03.57	2	
		37	1:05.53	3	
		39	1:05.55	4	
		39	1:38.72	5	



MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

• NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#8 100 METER FREE					
	Brent Sveitzer	40-44			59.99
	William Ried III	40	59.48*	1	
	Leonard Brockhahn -card said age 38	43	1:02.24	2	
	Lawrence Kimball	43	1:02.51	3	
	Kenneth Mange	43	1:03.04	4	
	Rob Watson	41	1:08.62	5	
	Jim Kuhlman	44	1:08.95	6	
		44	1:25.70	7	
	Thomas VanDam	45-49			1:02.90
	Gerald Fish	46	1:09.62	1	
	Kenneth Cleeton	47	1:10.47	2	
		48	1:14.19	3	
	Donald Kroeger	50-54			1:04.81
		50	1:12.25	1	
	Bruce Soule	55-59			1:10.60
	Charles Maas	56	1:12.45	1	
		59	1:14.42	2	
	Hugh Barnard	60-64			1:09.61
	Tom Reigel	61	1:25.01	1	
		63	1:26.46	2	
#9 100 METER IM					
	Brian Bollone	19-24			1:08.94
	Tony Selcz	22	1:03.21*	1	
		19	1:13.13	2	
	Thomas Topolski	35-39			1:04.78
	Rodger Midkiff	39	1:10.47	1	
	Mark Schroeder	38	1:10.83	2	
	Doug Uzelac	36	1:13.38	3	
		36	1:15.80	4	
	Frank Thompson	40-44			1:09.92
		42	1:11.69	1	
	Thomas VanDam	45-49			1:14.23
		46	1:27.50	1	
#10 50 METER BACK					
	Tom Lynch	25-29			27.76
		29	43.23	1	
	Ken Cooper	30-34			29.41
		31	28.86*	1	
	Jay Alt	35-39			30.47
	David Mange	35	29.16*	1	
	E.J. Kelly	38	36.86	2	
	David Smith	37	37.62	3	
		39	52.03	4	

#10 50 METER BACK

Brent Sveitzer	40-44			31.51
Richard Chaney	40	32.11	1	
Kenneth Mange	43	33.66	2	
	41	38.41	3	
Richard TenHoor	45-49			35.68
Gerald Fish	46	34.65*	1	
	47	39.69	2	
Donald Kroeger	50-54			36.61
	50	39.87	1	
John Alt	65-69			40.53
Jae A. Birch	69	48.74	1	
	66	48.95	2	
#11 50 METER FLY				
Jim Fee	19-24			26.62
Tony Selcz	19	29.57	1	
	19	30.76	2	
Thomas Scharadt	25-29			26.41
	26	33.51	1	
Keith Higginbottom	35-39			29.57
John Mastenbrook	36	30.10	1	
Andy Donato	37	30.72	2	
Jay Alt	37	30.86	3	
Gregory Tracey	35	30.87	4	
Mark Schroeder	35	31.02	5	
	36	32.30	6	
Lawrence Kimball	40-44			28.47
William Ried III	43	30.86	1	
Kenneth Danhof	43	34.56	2	
	40	34.60	3	
Jae A. Birch	65-69			35.53
	66	52.72	1	
#12 50 METER BREAST				
Brian Bollone	19-24			32.83
	22	33.43	1	
Thomas Doane	30-34			33.93
	30	42.22	1	
Thomas Topolski	35-39			33.23
Rodger Midkiff	39	35.00	1	
Doug Uzelac	38	35.39	2	
	36	38.40	3	
Peter Gustafson	45-49			34.92
	48	42.02	1	
Donald Kroeger	50-54			36.75
	50	40.59	1	



MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

• NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#13 50 METER FREE	Andrew Burton	19-24			25.74
		20	28.38	1	
	Thomas Schardt	25-29			23.16
		26	28.57	1	
	Ken Cooper Richard Farmer Thomas Doane	30-34			26.23
		31	26.81	1	
		33	32.56	2	
		30	32.72	3	
	Keith Higginbottom John Mastenbrook Steve Swaney Thomas Rademacker Gregory Tracey David Munge E.J. Kelly Thomas Topolski Paul Wright David Smith	35-39			25.82
		36	27.54	1	
		37	27.79	2	
		37	28.18	3	
		39	28.82	4	
		35	29.38	5	
		38	31.10	6	
		37	31.34	7	
		39	31.54	8	
		39	32.56	9	
	William Ried III Frank Thompson Rob Watson Kenneth Munge Richard Chaney Leonard Brockhahn Jon Richardson Lawrence Kimball Jim Kuhlman	40-44			26.19
		43	27.96	1	
		42	28.64	2	
		44	29.76	3	
		41	30.74	4	
		43	31.08	5	
		43	32.30	6	
		44	33.63	7	
		43	34.50	8	
		44	37.97	9	
	Thomas VanDam Gerald Fish Kenneth Cleeton	45-49			28.53
		46	31.20	1	
		47	31.66	2	
	Bruce Soule Charles Meas	55-59			28.35
		56	32.18	1	
		59	32.81	2	
	Tom Reigel Hugh Bernard	60-64			30.13
		63	36.53	1	
	Jae A. Birch John Alt	65-69			31.77
		66	42.57	1	
		69	44.75	2	

MASTER SWIM MEET - JANUARY 16, 1994 - ROCKFORD, MI

MENS RESULTS

• NEW RECORD

EVENT	NAME	AGE GROUP	Time	PLACE	RECORD
#14 200 METER FREE RELAY	Fee, Felt, Selcz, Burton	76-99			1:43.64
		82	1:57.67	1	
	Tracey, Rademacker, Farmer, Uzelac Kroeger, Lynch, Schardt, Donato-age error	120-159			1:48.54
		143	2:00.26	1	
		142	2:00.48	2	
	Doane, VanDam, TenHoor, Reed	160-199			1:48.24
		165	2:01.05	1	





# JACKSON MEET RESULTS

## Congratulations to ALL!!

### FINAL RESULTS

### Jackson Y-Center Masters Swim Meet

1

Sunday January 30, 1994 25 YARDS

Event # 1 M/F 200 Yard Medley Relay	1 Carol D. Fleming F 37 GIMS 2:32.20	2 Cassandra Garry F 39 OHMI 2:47.98	3 Susan Alt F 39 DRY 2:55.86
WOMEN...WOMEN...WOMEN...WOMEN	1 Pat Strickland F 53 MM* 3:22.08	Edith Glusac F 75 SOS DQ	
1 Jackson Women's A F 120+ JACK 2:34.03	Jennifer Benca F 22, Jeanne Brickner F 37	Mary Jo Schaffer F 40, Shelly Wilson F 34	
MEN...MEN...MEN...MEN	1 Jeremy P. Pecora M 26 HYDR 1:57.07	2 Thomas F. Schardt M 26 OHMI 2:07.88	3 Timothy Hamrick M 28 UNAT 2:13.21
1 FAST Men's "A" M 120+ FAST 1:58.67	Keith Higginbottom M 36	Paul C. Wright M 39, Mark-Tami Hotta M 33	Eric Shirley M 31
2 Jackson Men's "A" M 120+ JACK 2:01.64	Tim Clore M 33, William T. Reid M 43	David R. Heinz M 36, Jeff Beagle M 33	Downriver M 120+ DRY 2:02.98
3 Daniel G. Helton M 43, Julie Bademian F 24	Larry J. Sprunk M 46, Bob Montie M 45	Monroe M 120+ MONR 2:07.21	Thomas F. Schardt M 26, Elmer Sperry M 39
4 Tom Lynch M 29, Andy Donato M 37	Fish M 120+ FISH 2:14.89	David W. Smith M 39, Jason Fish M 21	Kimarie Fish F 24, Gerald T. Fish M 47
1 HYDROFOILS M 160+ HYDR 2:14.91	Beverly Cornell F 47, Bill Ptashnik M 53	Tim Clayson, Jeremy P. Pecora M 26	2 MM M 160+ MM 2:23.84
Ernie Gladwell M 28, Cassandra Garry F 39	Timothy Hamrick M, Ham Morningstar M 76	1 SWIMS Men's "A" M 240+ SWIM 2:55.28	Don Korten M 67, William Clemons M 65
Tom Reigel M 63, Don May M 73	Event # 17 MIXED 200 Yard Medley Relay	1 Mich Masters MIXED M 160+ MM* 2:40.95	Donald J. Kroeger M 50
Frederica Rapp F 49, Pat Strickland F 53	Tom Mayer M 45	Event # 2 M/F 200 Yard Freestyle	WOMEN...WOMEN...WOMEN...WOMEN
1 Margie Suhs F 29 MM* 2:30.71	1 Paula Nerkowski F 25 LANS 2:43.59	1 Frederica Rapp F 49 MM* 3:11.49	continued ...

Processed by the 'EASY MEET' program

### FINAL RESULTS

### Jackson Y-Center Masters Swim Meet

2

Sunday January 30, 1994 25 YARDS

Beverly Cornell F 47 HYDR SCR	1 Cassandra Garry F 39 OHMI 38.05
1 Sue Straley F 57 FLY 3:24.69	1 Mary Jo Schaffer F 40 JACK 38.11
MEN...MEN...MEN...MEN	1 Sue Straley F 57 FLY 46.66
1 Michael Bell M 25 SOS 2:12.48	2 Tom Lynch M 29 MON 3:07.24
1 Andy Donato M 37 SOS 2:43.24	1 Frank L. Thompson M 42 SOS 2:14.48
2 Daniel G. Helton M 43 DRY 2:25.35	3 Richard Chaney M 43 FLY 2:26.54
1 Thomas E. Moyer M 46 MON 2:54.57	1 Don Korten M 67 SWIM 3:16.05
Event # 4 M/F 50 Yard Breaststroke	WOMEN...WOMEN...WOMEN...WOMEN
1 Jennifer Benca F 22 JACK 41.02	1 Margie Suhs F 29 MM* 41.22
1 Camille C. Waddell F 32 LANS 49.47	1 Mary Jo Schaffer F 40 JACK 40.36
MEN...MEN...MEN...MEN	1 Tim Clore M 33 JACK 32.50
1 Paul C. Wright M 39 FAST 35.07	1 Larry J. Sprunk M 46 DRY 34.10
2 Bob Montie M 45 DRY 37.41	1 Donald J. Kroeger M 50 MON 35.41
2 Bill Ptashnik M 53 HYDR 36.09	1 William Clemons M 65 JACK 37.18
Event # 5 M/F 50 Yard Butterfly	WOMEN...WOMEN...WOMEN...WOMEN
1 Julie Bademian F 24 DRY 33.81	2 Jennifer Benca F 22 JACK 38.55
1 Paula Nerkowski F 25 LANS 37.31	continued ...

Processed by the 'EASY MEET' program



# JACKSON MEET RESULTS

## Congratulations to ALL!!

### FINAL RESULTS

### Jackson Y-Center Masters Swim Meet

3

Sunday January 30, 1994 25 YARDS

1 Eric Shirley	M 31	FAST	24.85	1 Timothy Clayson	M 40	FARM	29.42
2 Mark-Tami Hotta	M 33	FAST	25.28	2 Daniel G. Helton	M 43	DRY	30.28
3 Jeff Beagle	M 33	JACK	29.22	3 Richard Chaney	M 43	FLY	30.50
1 Keith Higginbottom	M 36	ELKY	25.30	1 Bob Montie	M 45	DRY	32.48
2 Greg Tracey	M 35	MM*	25.51	2 Gerald T. Fish	M 47	MM*	36.92
3 E. J. Kelly	M 37	FLY	26.76	1 Phil Hillberg	M 56	MM*	43.79
4 David W. Smith	M 39	MM*	35.64	1 Ham Morningstar	M 76	MM*	1:08.70
1 William T. Reid	M 43	JACK	25.45	Event # 8 M/F 200 Yard Individual Medley			
2 Victor M. Locke	M 40	GIMS	29.66	WOMEN...WOMEN...WOMEN...WOMEN			
3 Jon Richardson	M 44	WMM	30.39	1 Jennifer Benca	F 22	JACK	2:59.29
4 Steve Hansen	M 42	MIDL	32.45	1 Paula Nerkowski	F 25	LANS	2:49.26
1 Gerald T. Fish	M 47	MM*	29.27	1 Frederica Rapp	F 49	MM*	3:18.06
2 Al Baerren	M 47	JACK	31.64	MEN...MEN...MEN...MEN			
3 Peter Engley	M 46	JACK	35.19	1 Jeremy P. Pecora	M 26	HYDR	2:14.01
1 Bill Ptashnik	M 53	HYDR	31.84	2 Thomas F. Schardt	M 26	OHMI	2:36.33
2 David Schupach	M 53	JACK	34.39	3 Tom Lynch	M 29	MON	2:42.06
3 Jay C. Lane	M 53	LANS	36.38	1 Mark-Tami Hotta	M 33	FAST	2:33.72
1 Albert Morley	M 56	BCRK	31.31	1 Andy Donato	M 37	SOS	2:34.30
2 Phil Hillberg	M 56	MM*	36.93	2 Elmer Sperry	M 39	UNAT	2:40.56
1 Tom Reigel	M 63	SWIM	31.49	1 Frank L. Thompson	M 42	SOS	2:24.64
1 William Clemons	M 65	JACK	29.92	2 John Cowing	M 44	AA	2:40.13
2 George R. Strange	M 67	DRY	46.33	Richard Chaney	M 43	FLY	SCR
1 Donald G. May	M 73	SWIM	44.18	1 Bill Hughes	M 47	HYDR	2:36.80
1 Ham Morningstar	M 76	MM*	35.50	2 Thomas E. Moyer	M 46	MON	2:46.87
Event # 7 M/F 50 Yard Backstroke				3 Frank P. Bongiorno	M 49	MM*	2:55.67
WOMEN...WOMEN...WOMEN...WOMEN				1 Ron Pohlonski	M 50	LANS	2:47.48
1 Kimarie Fish	F 24	MM*	35.41	1 Don Korten	M 67	SWIM	3:06.24
Julie Bademian	F 24	DRY	SCR	Event # 9 M/F 100 Yard Breaststroke			
1 Beverly Cornell	F 47	HYDR	48.25	WOMEN...WOMEN...WOMEN...WOMEN			
1 Edith Glusac	F 75	SOS	57.64	1 Julie Bademian	F 24	DRY	1:27.72
MEN...MEN...MEN...MEN				2 Jennifer Benca	F 22	JACK	1:29.78
1 Michael Bell	M 25	SOS	30.28	1 Margie Suhs	F 29	MM*	1:28.39
2 Ernie Gladwell	M 28	DRY	36.55	continued...			
1 Tim Clore	M 33	JACK	31.67				
1 E. J. Kelly	M 37	FLY	33.14				
2 David W. Smith	M 39	MM*	48.61				

Processed by the 'EASY MEET' program

### FINAL RESULTS

### Jackson Y-Center Masters Swim Meet

4

Sunday January 30, 1994 25 YARDS

1 Camille C. Waddell	F 32	LANS	1:46.69	1 William T. Reid	M 43	JACK	54.61
MEN...MEN...MEN...MEN				2 Daniel G. Helton	M 43	DRY	56.97
1 Tom Lynch	M 29	MON	1:17.47	3 Victor M. Locke	M 40	GIMS	1:04.23
1 Paul C. Wright	M 39	FAST	1:18.96	4 Leonard Brockman	M 43	FLY	1:36.05
1 Timothy Clayson	M 40	FARM	1:10.81	1 Bob Montie	M 45	DRY	1:00.44
2 Steve Hansen	M 42	MIDL	1:11.61	2 Gerald T. Fish	M 47	MM*	1:02.41
3 John Cowing	M 44	AA	1:22.75	3 Bill Hughes	M 47	HYDR	1:03.80
1 Larry J. Sprunk	M 46	DRY	1:12.02	4 Al Baerren	M 47	JACK	1:11.24
1 Donald J. Kroeger	M 50	MON	1:20.46	5 Peter Engley	M 46	JACK	1:18.95
2 John Stover	M 52	JACK	1:26.04	1 Jay C. Lane	M 53	LANS	1:23.02
3 Bill Ptashnik	M 53	HYDR	1:27.40	1 Charlie Maas	M 59	SOS	1:06.89
Event # 10 M/F 100 Yard Freestyle				2 Albert Morley	M 56	BCRK	1:09.44
WOMEN...WOMEN...WOMEN...WOMEN				3 Phil Hillberg	M 56	MM*	1:17.82
1 Kimarie Fish	F 24	MM*	1:03.94	1 Tom Reigel	M 63	SWIM	1:13.47
2 Julie Bademian	F 24	DRY	1:08.52	1 William Clemons	M 65	JACK	1:10.15
Camille C. Waddell	F 32	LANS	SCR	2 George R. Strange	M 67	DRY	1:47.68
1 Carol D. Fleming	F 37	GIMS	1:08.73	1 Donald G. May	M 73	SWIM	1:45.31
2 Susan Alt	F 39	DRY	1:16.98	1 Ham Morningstar	M 76	MM*	1:33.73
3 Jeanne Brickner	F 37	JACK	1:18.89	Event # 11 M/F 100 Yard Backstroke			
1 Mary Jo Schaffer	F 40	JACK	1:14.44	WOMEN...WOMEN...WOMEN...WOMEN			
1 Beverly Cornell	F 47	HYDR	1:35.23	1 Paula Nerkowski	F 25	LANS	1:15.10
1 Pat Strickland	F 53	MM*	1:36.05	1 Gail Dummer	F 43	LANS	1:36.48
1 Sue Straley	F 57	FLY	1:24.69	1 Frederica Rapp	F 49	MM*	1:30.55
1 Edith Glusac	F 75	SOS	2:11.50	2 Beverly Cornell	F 47	HYDR	1:42.64
MEN...MEN...MEN...MEN				MEN...MEN...MEN...MEN			
1 Thomas F. Schardt	M 26	OHMI	56.81	1 Michael Bell	M 25	SOS	1:02.49
2 Timothy Hamrick	M 28	UNAT	59.22	2 Ernie Gladwell	M 28	DRY	1:21.11
1 Eric Shirley	M 31	FAST	54.91	1 E. J. Kelly	M 37	FLY	1:10.90
2 Tim Clore	M 33	JACK	58.46	1 Frank L. Thompson	M 42	SOS	1:02.18
3 Mark-Tami Hotta	M 33	FAST	1:00.61	2 Brent Sweltzer	M 40	JACK	1:03.61
4 Jeff Beagle	M 33	JACK	1:02.63	3 Richard Chaney	M 43	FLY	1:05.57
1 Elmer Sperry	M 39	UNAT	1:00.00	4 Daniel G. Helton	M 43	DRY	1:11.01
2 Andy Donato	M 37	SOS	1:01.15				
3 David W. Smith	M 39	MM*	1:30.66				

Processed by the 'EASY MEET' program



# JACKSON MEET RESULTS

## Congratulations to ALL!!

### FINAL RESULTS

Jackson Y-Center Masters Swim Meet

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Sunday January 30, 1994 25 YARDS

#### Event # 12 M/F 100 Yard Butterfly

MEN.....MEN.....MEN.....MEN			
1	Jeremy P. Pecora	M 26	HYDR 58.15
1	Keith Higginbottom	M 36	ELKY 1:01.39
2	David R. Heinz	M 36	JACK 1:03.59
3	Greg Tracay	M 35	MM* 1:03.96
1	Timothy Clayson	M 40	FARM 1:00.27
2	Larry Kimball	M 43	FLY 1:03.67
3	Leonard Brockman	M 43	FLY 1:04.32
4	Steve Hansen	M 42	MIDL 1:06.36
5	Chris Webb	M 43	JACK 1:06.67
1	Frank P. Bongiorno	M 49	MM* 1:15.36
1	John Stover	M 52	JACK 1:17.89
1	Don Korten	M 67	SWIM 1:32.93

#### Event # 13 M/F 200 Yard Breaststroke

WOMEN...WOMEN...WOMEN...WOMEN			
1	Sue Straley	F 57	FLY 3:45.45
1	Edith Glusac	F 75	SOS 4:57.39
MEN.....MEN.....MEN.....MEN			
1	Thomas F. Schardt	M 26	OIMI 3:12.26
1	Paul C. Wright	M 39	FAST 2:53.76
2	Andy Donato	M 37	SOS 3:01.06
1	Larry J. Sprunk	M 46	DRY 2:39.44
2	Thomas E. Moyer	M 46	MON 3:13.68
1	John Stover	M 52	JACK 2:52.86
2	Ron Pohlonski	M 50	LAHS 2:52.90
3	Donald J. Kroeger	M 50	MON 2:54.71

#### Event # 14 M/F 400 Yard Free Relay

MEN.....MEN.....MEN.....MEN			
1	FAST Men's "A"	M 120+	FAST 3:54.80
	Keith Higginbottom	M 36	
	Mark-Tam Hotta	M 33, Paul C. Wright	M 39
	Eric Shirley	M 31	
2	Monroe	M 120+	MON 4:07.69
	Elmer Sperry	M 39, Thomas F. Schardt	M 26
	Andy Donato	M 37, Tom Lynch	M 29
1	Flint Y	M 160+	FLY 3:52.97
	E. J. Kelly	M 37, Richard Chaney	M 43
	Larry Kimball	M 43, Leonard Brockhahn	M 43
2	Farmington	M 160+	HYDR 4:11.79
	Tim Clayson	M 40, Bill Ptashnik	M 53
	Bill Hughes	M 47, Jeremy P. Pecora	M 26
1	SWIMS Men's "A"	M 240+	SWIM 5:46.00
	Donald G. May	M 73, Don Korten	M 67
	Tom Reigel	M 63, William Clemons	M 65

#### Event # 18 MIXED 400 Yard Free Relay

1	Jackson Mixed "A"	F 120+	JACK 4:15.23
	Brent Sweltzer	M 40, Jennifer Benca	F 22
	Mary Jo Schaffer	F 40, William T. Reid	M 43

#### Event # 15 M/F 1000 Yard Freestyle

WOMEN...WOMEN...WOMEN...WOMEN			
1	Margie Suhs	F 29	MM* 14:09.49
1	Shelly Wilson	F 34	JACK 17:44.25
1	Carol D. Fleming	F 37	GIMS 14:21.56
2	Jeanne Brickner	F 37	JACK 18:00.36
1	Frederica Rapp	F 49	MM* 16:12.12
MEN.....MEN.....MEN.....MEN			
1	Timothy Hamrick	M 28	MM* 21:39.88
1	Tim Clore	M 33	JACK 12:42.40

continued ...

### FINAL RESULTS

Jackson Y-Center Masters Swim Meet

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Sunday January 30, 1994 25 YARDS

1	Elmer Sperry	M 39	MM* 22:03.00
1	Victor M. Locke	M 40	GIMS 13:17.56
2	John Cowing	M 44	AA 13:40.00
1	Peter Engley	M 46	JACK 17:38.04
	Bill Hughes	M 47	HYDR SCR
1	David Schupach	M 53	JACK 15:21.54
2	Bill Ptashnik	M 53	HYDR 15:31.69
	Jay C. Lane	M 53	LAHS SCR
1	Albert Morley	M 56	BCRK 14:51.13
1	Tom Reigel	M 63	SWIM 16:33.26
1	William Clemons	M 65	JACK 15:39.81

#### Event # 16 M/F 1650 Yard Freestyle

WOMEN...WOMEN...WOMEN...WOMEN			
1	Pat Strickland	F 53	MM* 29:36.06
MEN.....MEN.....MEN.....MEN			
1	Timothy Hamrick	M 28	MM* 21:39.88
1	Jeff Beagle	M 33	JACK 21:01.47
1	Elmer Sperry	M 39	MM* 22:03.00
1	Chris Webb	M 43	JACK 19:54.62
	Frank L. Thompson	M 42	SOS SCR
1	Thomas E. Moyer	M 46	MON 22:13.03
	Charlie Maas	M 59	SOS SCR
1	Don Korten	M 67	SWIM 27:02.35
1	Donald G. May	M 73	SWIM 40:54.00



1993 U.S.M.S. LONG COURSE NATIONALS AUGUST 19 - 23, 1993  
UNIVERSITY OF MINNESOTA AQUATIC CENTER  
MINNEAPOLIS, MINNESOTA MICHIGAN SWIMMERS

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

KAREN MULDER (27)  
100 FREE 1:21.89 13TH  
200 FREE 3:02.67 10TH  
1500 FREE 25:30.18 4TH  
KRISTIN NELSON (27)  
100 FREE 1:09.78 8TH  
100 BREAST 1:26.92 3RD  
200 BREAST 3:06.10 2ND  
50 FLY :32.96 5TH  
100 FLY 1:18.61 5TH  
KRISTI DEAN (28)  
100 FREE 1:19.27 12TH  
50 FLY :39.77 11TH  
PAT ROHNER (33)  
400 FREE 5:08.98 7TH\*  
800 FREE 10:45.80 SP/1500\*  
1500 FREE 20:24.80 2ND\*  
100 FLY 1:18.00 9TH  
200 I.M. 2:48.96 7TH\*  
400 I.M. 6:08.76 4TH\*  
MARILYN EARLY (35)  
50 FREE :30.43 5TH  
200 FREE 2:27.81 7TH  
50 BACK :36.66 6TH\*  
100 BACK 1:18.58 2ND\*  
200 BACK 2:51.20 3RD\*  
KAREN PEPER (37)  
50 BREAST :44.87 10TH  
100 BREAST 1:40.81 10TH  
GAIL DUMMER (42)  
50 FREE :40.59 12TH  
50 BREAST :52.36 12TH  
100 BREAST 2:04.38 15TH  
50 FLY :45.59 10TH  
400 I.M. 8:26.02 8TH  
GENEVIEVE MOYER (44)  
100 BREAST 2:28.64 16TH  
200 BREAST 5:15.03 11TH  
50 FLY 1:06.68 12TH  
L. LaFERRIERE (45)  
50 FREE :43.57 13TH  
50 BACK :51.70 8TH  
100 BACK 2:05.06 8TH  
100 BREAST 2:12.10 12TH  
200 BREAST 4:51.03 8TH  
BEVERLY MYERS (58)  
50 BACK :44.99 4TH  
100 BACK 1:35.51 4TH  
100 BREAST 1:47.50 3RD  
50 FLY :41.40 1ST  
200 I.M. 3:24.79 1ST

MARY WILLIAMS (61)  
50 FREE :52.84 6TH  
100 FREE 2:12.41 9TH  
200 FREE 4:33.88 11TH  
50 FLY 1:12.87 5TH  
200 I.M. 5:36.19 3RD  
LOIS NOCHMAN (68)  
400 FREE 8:17.76 4TH  
800 FREE 16:18.56 3RD  
50 FLY :46.90 1ST  
100 FLY 1:55.59 2ND  
200 FLY 4:18.22 2ND  
EDITH GLUSAC (74)  
50 BACK 1:01.12 5TH  
100 BACK 2:14.42 4TH  
50 BREAST 1:05.10 3RD  
100 BREAST 2:29.18 4TH  
200 BREAST 5:34.35 2ND  
STEVE COHEN (21)  
200 FREE 2:09.76 4TH  
400 FREE 4:31.77 SP/1500\*  
800 FREE 9:14.05 SP/1500\*  
1500 FREE 17:28.17 1ST\*  
200 FLY 2:25.26 2ND\*  
TODD MERCER (26)  
100 FREE :58.34 9TH  
200 FREE 2:08.97 8TH  
50 FLY :28.54 7TH  
100 FLY 1:05.99 11TH  
BOB JENNINGS (27)  
100 BREAST 1:08.45 1ST\*  
200 BREAST 2:33.14 1ST\*  
50 FLY :27.24 4TH\*  
100 FLY 1:01.85 6TH  
200 I.M. 2:17.67 2ND  
JOHN STENROOS (30)  
50 FREE :26.16 8TH  
50 BREAST :33.39 5TH\*  
200 BREAST 2:49.70 5TH\*  
50 FLY :29.18 14TH  
GLENN COLE (33)  
100 FREE :58.21 10TH  
200 FREE 2:08.50 11TH  
50 FLY :28.48 11TH  
100 FLY 1:02.85 12TH  
200 FLY 2:20.28 4TH  
TIM MAYLEBEN (33)  
50 FREE :30.22 25TH  
100 FREE 1:08.55 23RD  
100 BREAST 1:28.17 13TH  
50 FLY :32.13 21ST

DAVID SHEPHERD (37)  
200 FREE 2:02.06 1ST  
400 FREE 4:21.72 1ST  
800 FREE 9:19.71 SP/1500  
1500 FREE 17:28.27 1ST\*  
400 I.M. 5:00.63 1ST\*  
DOUG TEMPLETON (38)  
800 FREE 11:28.46 10TH  
100 BREAST 1:28.91 13TH  
200 BREAST 3:16.61 10TH  
FRANK THOMPSON (41)  
400 FREE 4:55.23 7TH  
1500 FREE 19:15.87 5TH  
100 BACK 1:11.90 6TH  
200 BACK 2:32.30 4TH  
STEVE HANSEN (41)  
50 BREAST :34.51 6TH\*  
100 BREAST 1:17.55 5TH\*  
200 BREAST 2:51.85 5TH\*  
100 FLY 1:10.15 12TH  
200 FLY 2:45.35 10TH\*  
LEONARD BROCKHAHN (43)  
50 FREE :28.84 18TH  
100 FREE 1:01.25 9TH  
200 FREE 2:16.99 10TH  
50 FLY :31.34 11TH  
100 FLY 1:07.35 6TH  
GAARD ARNESON (45)  
200 FREE 2:19.59 9TH  
400 FREE 4:52.95 8TH\*  
1500 FREE 19:25.03 3RD\*  
200 FLY 2:53.86 4TH  
400 I.M. 5:42.74 3RD\*  
THOMAS MOYER (45)  
400 FREE 5:34.76 15TH  
1500 FREE 21:50.71 7TH  
200 BACK 3:11.47 9TH  
200 FLY 4:05.96 12TH  
400 I.M. 6:56.19 12TH  
DENNIS McMANUS (45)  
50 FREE :29.92 14TH  
100 FREE 1:11.34 18TH  
50 BACK :41.15 9TH  
50 FLY :34.13 14TH  
100 FLY 1:27.58 17TH  
THOMAS HUNT (46)  
800 FREE 11:44.55 8TH  
50 BACK :36.96 6TH  
100 BACK 1:19.59 9TH  
200 BACK 2:56.29 6TH  
200 I.M. 2:50.64 5TH

DONALD KROEGER (49)  
400 FREE 5:50.13 16TH  
1500 FREE 23:18.57 8TH  
100 BACK 1:29.05 12TH  
200 BREAST 3:24.24 9TH  
400 I.M. 7:01.18 13TH  
HUGH RODDIN (51)  
50 BACK :35.77 4TH\*  
100 BACK 1:18.78 5TH  
200 BACK 2:53.44 7TH  
100 FLY 1:15.12 4TH  
200 FLY 3:01.37 2ND\*  
BOB ISBISTER (52)  
50 FREE :31.38 15TH  
200 FREE 2:39.89 11TH  
400 FREE 5:49.74 8TH  
100 FLY 1:17.93 5TH  
CHARLES MAAS (59)  
50 FREE :33.20 7TH  
100 FREE 1:15.23 8TH  
200 FREE 2:54.53 7TH  
100 FLY 1:34.60 4TH  
200 FLY 3:41.90 3RD  
JOHN RIES (61)  
50 FREE :32.07 3RD  
100 FREE 1:12.93 5TH  
200 FREE 2:53.06 6TH  
400 FREE 6:38.29 8TH  
BOB HERITIER (65)  
50 FREE :31.03 2ND\*  
100 FREE 1:11.45 2ND\*  
200 FREE 2:41.76 2ND\*  
400 FREE 5:50.48 1ST\*  
800 FREE 11:53.84 2ND\*  
CHARLES MOSS (65)  
50 BREAST :38.88 1ST\*  
100 FLY 1:21.75 1ST\*  
200 FLY 3:11.88 1ST\*  
200 I.M. 2:57.61 1ST\*  
400 I.M. 6:25.02 1ST\*  
CHARLES BELKNAP (68)  
50 FREE :42.38 17TH  
100 FREE 1:45.45 14TH  
HAM MORNINGSTAR (76)  
50 FREE :39.62 9TH  
100 FREE 1:32.57 7TH\*  
200 FREE 3:53.82 6TH\*  
50 BACK 1:13.02 8TH  
CARL THORNBURG (81)  
100 BACK 2:03.70 2ND\*  
200 BACK 4:27.30 2ND\*  
200 BREAST 5:28.91 1ST\*  
100 FLY 2:46.15 2ND\*  
400 I.M. 11:01.55 2ND\*

MEN'S 200 FREE RELAY TIME  
AGE 200+ MICHIGAN AGES 2:01.89 5TH  
THOMAS HUNT 46  
CHARLES MAAS 59  
DENNIS McMANUS 45  
BOB ISBISTER 52  
MEN'S 200 FREE RELAY TIME  
AGE 240+ MICHIGAN AGES 2:22.12 6TH  
CHARLES MOSS 65  
CHARLES BELKNAP 68  
HAM MORNINGSTAR 76  
DONALD KROEGER 49  
MEN'S 200 MEDLEY RELAY TIME  
AGE 160+ MICHIGAN AGES 2:05.14 3RD  
FRANK THOMPSON 41  
STEVE HANSEN 41  
LEONARD BROCKHAHN 43  
DAVID SHEPHERD 37  
MEN'S 200 MEDLEY RELAY TIME  
AGE 200+ MICHIGAN AGES 2:19.66 4TH  
THOMAS HUNT 46  
DONALD KROEGER 49  
DENNIS McMANUS 45  
JOHN RIES 61  
MEN'S 200 MEDLEY RELAY TIME  
AGE 240+ MICHIGAN AGES 2:25.44 2ND\*  
HUGH RODDIN 51  
CHARLES MOSS 65  
CHARLES MAAS 59  
BOB HERITIER 65  
MIXED 200 FREE RELAY TIME  
AGE 120+ MICHIGAN AGES 1:52.10 2ND\*  
GLENN COLE 33  
KRISTIN NELSON 27  
PAT ROHNER 33  
BOB JENNINGS 27  
MIXED 200 MEDLEY RELAY TIME  
AGE 160+ MICHIGAN AGES 2:22.14 5TH  
MARILYN EARLY 35  
JOHN STENROOS 30  
FRANK THOMPSON 41  
BEVERLY MYERS 58  
MIXED 200 MEDLEY RELAY TIME  
AGE 280+ MICHIGAN AGES 3:06.21 2ND\*  
EDITH GLUSAC 74  
CHARLES MOSS 65  
LOIS NOCHMAN 68  
HAM MORNINGSTAR 76



1993 U.S.M.S. SHORT COURSE YARDS  
NATIONAL TOP TEN TIMES  
MICHIGAN SWIMMERS

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

MEN'S 200 FREE RELAY TIME  
AGE 35+ MICHIGAN AGES 1:35.92 10TH

SHARI THOMPSON	(23)	
100 FREE	:56.38	10TH
500 FREE	5:33.28	10TH*
CORRIN CONVIS	(28)	
50 BREAST	:32.60	5TH
MARILYN EARLY	(35)	
200 FREE	2:06.55	6TH*
50 BACK	:31.72	10TH*
100 BACK	1:08.16	10TH*
200 BACK	2:26.71	9TH*
SHERRY PUTHOFF	(45)	
50 BACK	:34.11	3RD*
100 BACK	1:15.17	5TH*
200 BACK	2:40.32	3RD*
50 FLY	:31.74	8TH*
100 FLY	1:11.80	5TH*
100 I.M.	1:13.24	6TH*
200 I.M.	2:41.28	4TH
BEVERLY MYERS	(57)	
100 FREE	1:14.01	8TH*
50 BACK	:38.64	6TH*
100 BACK	1:22.95	5TH*
200 BACK	3:01.32	4TH*
50 BREAST	:40.27	3RD*
100 BREAST	1:27.32	2ND*
50 FLY	:37.33	5TH*
100 I.M.	1:21.70	3RD*
200 I.M.	2:59.13	3RD*
LOIS NOCHMAN	(68)	
200 FREE	3:08.57	9TH
500 FREE	8:38.33	9TH
1000 FREE	17:35.11	7TH
1650 FREE	29:17.08	8TH
200 BACK	3:35.92	9TH
200 BREAST	3:59.74	8TH*
50 FLY	:40.07	3RD*
100 FLY	1:42.58	5TH
200 FLY	3:38.70	3RD
100 I.M.	1:40.27	10TH
200 I.M.	3:35.92	7TH
400 I.M.	7:52.16	6TH
MERLYN EWBANK	(73)	
200 BACK	3:54.74	7TH
200 BREAST	4:27.10	10TH
100 FLY	2:05.37	6TH
200 FLY	4:20.47	2ND
200 I.M.	4:01.29	5TH
400 I.M.	8:29.99	4TH
MICHAEL CREASER	(27)	
50 BACK	:25.54	5TH
100 BACK	:54.32	6TH

EDITH GLUSAC	(74)	
100 BREAST	2:04.10	9TH
JEWELL COOKE	(84)	
50 BACK	1:08.98	7TH*
200 BACK	5:01.01	4TH*
100 BREAST	2:28.83	2ND
100 I.M.	2:25.68	3RD*
MICHAEL BELL	(24)	
50 BACK	:27.12	10TH
ROBERT PEEL	(27)	
50 FREE	:21.32	3RD
BOB JENNINGS	(27)	
50 BREAST	:27.09	2ND
100 BREAST	:58.86	2ND
200 BREAST	2:11.81	2ND
100 I.M.	:54.44	7TH
200 I.M.	2:00.06	9TH
DAVID SHEPHERD	(37)	
500 FREE	5:02.82	9TH
RANDY SCHLEGEL	(40)	
200 I.M.	2:12.04	9TH
FRANK THOMPSON	(41)	
500 FREE	5:17.09	10TH
1000 FREE	10:53.80	9TH*
1650 FREE	18:42.28	8TH
200 BACK	2:10.39	10TH
KURT GERHARDT	(42)	
50 FREE	:22.99	7TH
50 FLY	:25.10	9TH
GAARD ARNESON	(45)	
500 FREE	5:25.65	9TH*
1650 FREE	19:11.80	2ND*
400 I.M.	5:00.92	9TH
THOMAS SPEAR	(50)	
200 BREAST	2:38.99	7TH
400 I.M.	5:14.78	10TH*
HUGH RODDIN	(51)	
100 BACK	1:07.37	10TH
DOUG MARKUSIC	(51)	
50 BREAST	:33.37	10TH
WALLY DOBLER	(59)	
50 FLY	:28.83	4TH
100 FLY	1:04.40	3RD
100 I.M.	1:06.58	3RD
200 I.M.	2:32.42	4TH
DON KORTEN	(66)	
500 FREE	7:13.35	9TH
1000 FREE	14:59.00	8TH
1650 FREE	25:26.43	7TH
200 I.M.	3:03.13	10TH
400 I.M.	6:34.73	8TH

BOB HERITIER	(64)	
200 FREE	2:23.40	10TH
500 FREE	6:31.47	8TH
CHARLES MOSS	(64)	
50 BREAST	:35.39	8TH
200 BREAST	3:02.13	9TH
100 FLY	1:14.99	6TH
200 FLY	2:51.48	2ND
100 I.M.	1:13.95	8TH
200 I.M.	2:44.32	5TH
400 I.M.	5:51.20	3RD
CHARLES MOSS	(65)	
200 BREAST	2:59.03	2ND*
100 FLY	1:12.01	2ND*
200 FLY	2:41.99	1ST*#
100 I.M.	1:11.97	3RD*
200 I.M.	2:35.07	1ST*#
400 I.M.	5:34.61	1ST*#
CARL THORNBURG	(81)	
200 FREE	3:47.30	8TH*
500 FREE	10:22.04	6TH*
1000 FREE	21:28.67	5TH*
1650 FREE	35:38.04	4TH*
50 BACK	:51.83	8TH*
100 BACK	1:47.61	3RD*
200 BACK	4:03.18	3RD*
50 BREAST	:55.84	6TH*
100 BREAST	2:05.62	3RD*
200 BREAST	4:23.48	1ST*
50 FLY	:53.91	3RD*
100 FLY	2:04.60	2ND*
200 FLY	5:28.66	2ND*
100 I.M.	1:50.26	1ST*
200 I.M.	4:10.03	1ST*
400 I.M.	9:00.55	1ST*

WOMEN'S 200 FREE RELAY	TIME
AGE 19+ MICHIGAN AGES	1:48.06 10TH
SHARI THOMPSON	23
AMY THAYER	26
KRISTIN NELSON	27
KIMBERLY KRAUSE	28

WOMEN'S 200 FREE RELAY	TIME
AGE 65+ MICHIGAN AGES	3:04.98 6TH*
JEWELL COOKE	84
EDITH GLUSAC	74
ALICE BRANDON	66
LOIS NOCHMAN	68

MEN'S 200 FREE RELAY	TIME
AGE 35+ MICHIGAN AGES	1:35.92 10TH
KURT GERHARDT	42
CHRIS WEBB	42
ROGER LYONS	40
WILLIAM T REID	42

MEN'S 400 FREE RELAY	TIME
AGE 35+ MICHIGAN AGES	3:44.22 9TH
KURT GERHARDT	42
ROGER LYONS	40
CHRIS WEBB	42
WILLIAM T REID	42

MEN'S 400 FREE RELAY	TIME
AGE 65+ MICHIGAN AGES	7:06.46 8TH
DONALD MAY	72
GEORGE BYELICH	72
DON KORTEN	66
TED KELLOG	66

MEN'S 400 MEDLEY RELAY	TIME
AGE 35+ MICHIGAN AGES	4:15.01 3RD
RICHARD CHANEY	42
STEVE HANSEN	41
FRANK THOMPSON	41
LEONARD BROCKHAHN	42

MEN'S 800 FREE RELAY	TIME
AGE 35+ MICHIGAN AGES	8:57.60 10TH
KEVIN WHITE	35
ANDY DONATO	36
FRANK THOMPSON	41
LEONARD BROCKHAHN	42

MIXED 200 MEDLEY RELAY	TIME
AGE 65+ MICHIGAN AGES	3:07.40 6TH
EDITH GLUSAC	74
LOIS NOCHMAN	68
RICHARD EVANS	68
DONALD MAY	72

MIXED 200 MEDLEY RELAY	TIME
AGE 75+ MICHIGAN AGES	3:48.92 3RD*
PAUL THOMPSON	83
JEWELL COOKE	84
FRANCES MORSE	76
HAM MORNINGSTAR	76

MIXED 800 FREE RELAY	TIME
AGE 45+ MICHIGAN AGES	11:12.52 4TH*
DONALD KROEGER	49
THOMAS MOYER	45
PAT STRICKLAND	52
FREDERICKA RAPP	48



**Last minute summary-**

- Please reread the article from Bill, we need your vote at the annual meeting (Saturday, April 9, during the noon break of the State Meet)

If you would like another State entry form. Please call us. (517) 592-8908

- Since I am including the USMS registration form on this page. Go ahead and renew, if you haven't already. We currently have nearly 300 on track for 500+ members this year.

- Once again, there is limited locker space at U of M, so please plan accordingly, I can NOT re-design the building just for the State meet.

The Brighton results will be in the next newsletter.

Thanks for your support as well as your comments.

# Can you believe it? Here is the infamous USMS

registration form... take the time now, before the meets.

## 1994 MEMBERSHIP APPLICATION

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

Last Name		First Name		Initial		For Office Use	
Street		City		State		Zip	
Date of Birth		Age		Sex		Today's Date	
Mo. Day Yr		Mo. Day Yr		Mo. Day Yr		Mo. Day Yr	
Club or Unattached		MICHIGAN MASTERS					

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 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 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.

Membership expires 12/31/94	
Total Fee	\$25.00
LMSC Fee	\$10.00
USMS Fee	11/1/93-8/31/94 15.00
<input type="checkbox"/> NEW REGISTRATION <input type="checkbox"/> RENEWAL My Current USMS No. is _____	



## 1994 Membership Application

Make check payable to:  
Michigan Masters  
P.O. Box 282  
Petoskey, MI 49770

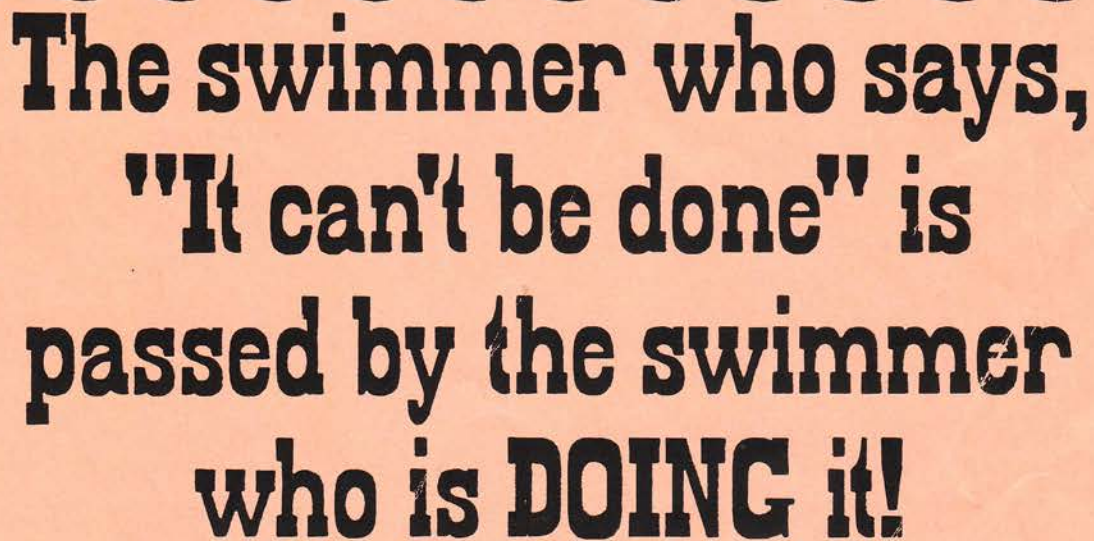
Mail check to:



THOMPSON, FRANK L  
2660 LITTLELL AV  
WEST BLOOMFIELD, MI 48324

Phyllis J. Reid  
c/o Michigan Masters Swimming  
128 Marlboro Court  
Brooklyn, Michigan 49230

**BULK RATE**  
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**PAID**  
Clark Lake, Michigan  
Permit No. 3  
Non-Profit



**The swimmer who says,  
"It can't be done" is  
passed by the swimmer  
who is **DOING** it!**