

THE WAVE EATER

Volume 4 Issue 2

Spring 1996

OBSERVATIONS FROM AFAR

Wow- looking outside at the weather tonight I can't believe the state's short course season came to an end last weekend. It culminated in approximately 206 swimmers converging on Saginaw Valley to set a fair number of state, national and world records. In fact, 116 State records, 13 National records and 12 world records were set. I believe the youngest record breaker was Sheila Taormina (at 27), the ever young Jewel Cooke (at 86) being the most chronologically advanced (both of which set world records) and Michael Bell being only male to break a National record.

My understanding is that in addition to records being broken there was some other excitement going on during this meet. Mary Williams (from SOS) evidently slipped on the deck and fairly profoundly sprained an ankle although she continued to swim. Don Korten knows how to get his swimmers to put their heart into their races. He entered Wini Hartung in the 100 breaststroke. By the end on the 3rd length Ms. Hartung was not feeling well, in fact she was having chest pains. (Something her hometown Dr. has been known to blame on indigestion!) Off she went on the stretcher waving to her fans as she went. Well, I'm pleased to report that Wini at the young age of 76 should be back in the water next year. The week following the State Meet she underwent quintuple by-pass surgery (now THAT's what I call indigestion!) and is doing well. Who says swimming isn't good for your health? I suspect she'll be swimming even faster next season, all thanks to Don Korten's recruiting.

Moving away from matters of health... and on to awards. Excitement abounds... poor Skip, not only was he short on medals, the first and second place medals that he was supposed to have, somehow mysteriously disap-

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THANK YOUS AND OTHER COMMENTS

By Ken Danhof

As the 1996 recipient of the Chetrick Award for outstanding service to Michigan Masters I am truly honored to have received this award. I would like to take a moment to express a few Thank Yous.

Thanks to the officers of Michigan Masters who voted me this award. Thanks to the swimmers who attend the meets in West Michigan. Thanks to the other people in West Michigan who help at the meets. Thanks to my regular swimming partners Sherri Puthoff and Mark Schroeder. A

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Upcoming Meets

June 9 - Ann Arbor - Fuller Pool

June 28-30 - Kalamazoo

July 14 - Dearborn - Leavgood Pool

July 20 - Grand Haven Open Water

August 4 - Harbor Springs Open
Water

August 22-25 - USMS LC Nat'l's



First Grandbaby in the Rhudy family (Carol & Bo). She was born to Brian & Lisa of Albuquerque on Nov. 1, '95. Her name is Ashley Rae.

*Anyone who
thinks the
sky is the
limit has a
limited
imagination*

Good Attitude... Makes a Whale of Difference

I was going to write an article about strength training and how it helps in all-around fitness - better posture, less injury possibilities (if done correctly, and moderately), more tone, more efficient movement, better balance, etc. So do some, don't put it off! Another area of fitness, mental and emotional fitness/positive attitude came to mind as an important topic, too. As many of our swimming buddies prepare to put on a National Championship, run other meets, do paperwork, etc. besides trying to have a reasonable on-going life, it is important maintain as healthy a mental attitude as possible. People get cranky, are tired, have job stress, and sometimes forget to say thank you for your help, like they would like to be thanked when they help. Having been a coach for a long time, I believe wholeheartedly that good "attitudes" make a difference...that you can choose your behavior/attitude, that you can try to change it if its bad/down, that we can help each other to better attitudes by treating each other and ourselves with respect, joy and enthusiasm. We train our bodies with respect and discipline for good performances; so why not train our mental/emotional behavior for good performances. Let's really work on body and mind fitness - good attitudes make a whale of a difference.

- The Wellness Whale. JP Thanks for reading

P.S. Sheila Taormina sure looked like she a whale of a positive attitude! (*Editor's note: "The Wellness Whale" is none other than Jennifer Parks our Fitness Chair*)

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really big Thanks to my wife Judy who does so much to make meets go well. She deserves 1/2 of the award (or more). Finally, and most importantly, Thanks to God for allowing me to swim and serve.

I am excited about the upcoming Nationals and I hope all of you are as well. We have a big job ahead of us as we all need to assist in having the meet go off smoothly. It is hard to believe that we voted to pursue this event 3 years ago! Now we all need to help make it a success.

One thing you and/or your fellow swimmers can do is to "sponsor" an event. The cost is \$100 per event. Your team (or as an individual) will get a beautiful plaque with the event shown. If your team doesn't have the \$100, consider a swimming fundraiser. You know, the kind all the youth groups do. Have a car wash, bake sale, garage sale. Or, just do what most people our age do...write a check!

However money alone will not make the Nationals a success. I would also like to encourage everyone to look at how you can help one day at the Nationals meet. The Wave Eater will be giving you information on jobs needing to be performed at the meet. Pick a job and make it as fun as possible by having your swimming friends or family work with you that day.

Best wishes to everyone for a great summer.

(*Editor's note: Later in the newsletter there's a chart of the event sponsorships and what's still available. At this point we're 1/2 through the needed events. Thanks to those of you who are already participating and I look forward to hearing from more of you over the next few weeks. You may mail your request in or call me at (517) 592-8908.*)

Event Sponsorship Available

As a part of raising money for the 1996 LC Nationals the steering committee has decided to sell "Event sponsorships" for \$100. For this the sponsor will receive a lovely wooden plaque with the meet logo laser-cut on it and a black-lacquered brass plate affixed to it and laser engraved with the event and acknowledgment of the sponsor. They will also be listed in the Meet Program. The following list indicates which events have been purchased thus far: (M indicates men's - W indicates women's and MX for mixed) In addition, we have been asked to set up dual sponsorships so that two people can go in together for one event. \$130 will do it! For two people wanting to sponsor an event together, they will receive 2 plaques as well as a listing in the meet program.

We still have a few of the training T-shirts left. If you have one please wear it at any meet that you attend outside of Michigan. This is a painless method of advertising in which everyone may participate, by spending a minimum and expending just enough energy to wear the T-shirt and answer questions.

At the conclusion of the Rockford results, (included later in this newsletter) there is a chart showing the events that are still available to sponsor. Please call me if you or the company for which you work are interested in sponsoring an event.
(517) 592-8908

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

Pool Training for Open Water

By Coach Michael Collins

First, remember that open water swimming is very different from pool swimming. My first open water swimmer several years ago illustrates this. I was really psyched up. I considered myself an accomplished distance swimmer, and I could swim 1,500 meters - no problem. When I got to the race, I saw all these guys I knew who had done very well at the previous year's swim meets, and I knew I wouldn't have any problem beating them, since I usually could in the pool. I went down to the start, the gun went off, and I got my butt kicked... I knew how to pool swim but I knew little about sight breathing, drafting or swimming without a line on the bottom or lane lines. Before my next open water swim, I adapted my pool workouts and had much more success with my next race. The following are tips on preparing for an open water swim without swimming in open water.

Get in two or three long, straight swims (1,000 -3,000 meters) leading up to the race. Building swimming endurance is essential. If you come out of the water totally exhausted, it's going to be a long day on the bike and run. However, long straight swims can become very boring and somewhat useless if certain goals aren't met. Keep track of your time so that you'll have a figure for comparison in the future. Calculate your goal pace per 100 and try to stick to it. If your goal workout time

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Excerpted from Swimming Technique

Answers by Jackie Berning, M.S., R.D., ICAR Nutrition Coordinator

Question: How much carbohydrate, fat and protein do swimmers need?

Answer: It has been clearly shown that swimmers in training need more calories. These extra calories should be coming from foods that are high in carbohydrates. A swimmer's diet should contain an energy nutrient balance that includes: 12-15% protein, 25-30% fat & 55-70% carbohydrates

Research suggests that swimmers need about 0.4 to 0.9 grams of protein per pound of body weight, everyday. However, swimmers tend to eat more protein-rich foods than their sedentary friends because they eat more foods. When adolescent elite swimmers were asked if they need to take a protein supplement, 39% of the female swimmers and 44% of the male swimmer's said, "Yes." Other swimmers report that high school athletes are more likely to supplement their diet with protein than college athletes.

For most swimmers amino acid or protein supplements are unnecessary. Athletes should be aware that protein supplementation and/or amino acid supplements in large doses may cause amino acid imbalances and toxicities. (There have not been studies conducted using large doses of amino acid or protein supplements on human subjects, and therefore no official margin of safety is known.)

Question: Do swimmers need to take extra vitamins and minerals?

Answer: Although deficiencies of vitamins and minerals can result in poor performance, there is no evidence that vitamins and minerals taken in excess of the normal daily requirements will enhance performance. Swimmers can automatically, and more beneficially, increase their vitamin and mineral intake if they make wise food choices from the four food

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(Continued from page 1)

peared. It seems his good friend and LMSC Chairman Andy Donato somehow fumbled the medal "hand-off" from Ken Danhof to Skip. Skip only received one of the two boxes that Andy got from Ken. Anyway, by the time this reaches you, hopefully you will either have your medals or they will be on their way.

Last but not least, I understand that Ms. Taormina caused quite a stir... signing autographs and posing for photos. For those of you who weren't there, Sheila is an Olympic team alternate for the 800 free relay. I think the following, which was sent to me after the meet by a dear friend about sums it up. "You can watch swimming videos, but there is nothing like warm-ups in the same lane with 100 pounds of "Pure Muscle", watching correct Free-style rotation, seeing flexible ankles in action as they pound through the water, each kick contacting still water, propelling an Olympic Swimmer through the water, with me "eating her bubbles" as she surges forward (Hey I got lucky... Sheila T.... jumped in my warm-up lane Saturday morning.)"

Although short course season is over for most of you, don't forget Long Course season begins soon. There are several LC meets this summer building up to Marilyn Early's Coastal Crawl and peaking with the USMS LC Nationals in Ann Arbor. We hope ALL of you will join us for the Nationals. We're looking to have a record breaking size host team and anyone who isn't swimming but wants to be involved... come help us "host" this championship.

*When you are not
practicing,
remember,
someone
somewhere is
practicing, and
when you meet
him/her, he/she
will win.*

Lois Nochman Shines

The results of the distance postal championships are in.! Lois won five events, setting National records in each (age group 70-74). The events were the 10K, 3000 yd, Sprint (50yd.ea. stroke + 100 yd IM), Middle Distance (100yd. ea. stroke + 200 IM) and the Ironman (200 ea. stroke plus 400 IM) Thus achieving All-American recognition for 1995.



Design a workout that even a fool can follow, and only a fool will use it.

(Continued from page 3)

for a 1,000 is 15:00 (1:30 average per 100), you shouldn't go in 1:18 and then be swimming 1:38's at the end. Count your strokes every fourth length or so to check the consistency and efficiency of your technique as you fatigue. In a 25-yard pool, a good stroke length is under 17 per length, 18 to 20 is pretty good, 20 to 22 is average, and over 23 is inefficient (count each time a hand goes in the water).

Stroke work, interval training and sprinting are also important. Good technique will prevent you from fatiguing too early, and a strong sprint is helpful for race starts. Perfect form cannot be practiced for long periods of time. Cut distances down to a point where you can hold excellent form the entire way (maybe 25's or 50's), rest and repeat. Eventually you will be able to maintain proper technique longer.

Practice sight-breathing (lifting your head for bearings and air without losing rhythm or speed). In Davis (California), from May through Sept., our triathlete and open-water swimmers complete most distance sets sight-breathing twice each length. The goal is to swim as fast with sight-breathing as without. At first these workouts may slow your times down considerably and tire your neck and shoulders - but it's better to learn this in a workout than a race. Occasionally practice drafting close behind others of a similar ability. Learning how to draft right behind someone else's feet can be a valuable skill, but it takes practice to perfect. We make this a game in our workouts, switching the lead every 100 to 300 yards.

Swim with your eyes closed (25's) to see how straight you swim. You will learn whether you tend to veer off to one side and can make adjustments accordingly.

The more time you spend in open water, the more comfortable and consistent a racer you will become. Practice open-water swimming if possible. Get used to cold water, murky water, waves, currents and all the variables you may experience.

On race day... don't freak! Try to stay calm and relaxed of the conditions or competition. In most circumstance, your biggest enemy isn't the weather or other racers; it's your own insecurity. A mind clear of anxiety will think much better and allow your body to perform better as well.

Good luck at the races...

You must have long-range goals to keep from being frustrated by short-term failures.

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groups including meat, dairy products, vegetables and grain products.

Vitamin intake helps control the growth of body tissue and is essential for the release of energy in the body. The body alone cannot make most vitamins, therefore, you must supply these vitamins to your body in what you eat or drink. Vitamins are widely distributed in the foods that make up the typical diet. The major function of minerals are building cells and controlling body processes. Swimmers who constantly eat inadequate diets may require specific minerals including calcium, iodine, iron and phosphorous.

Question: When is fluid replacement necessary?

Answer: Drinking water is important before, during and after a workout or competition. In fact, one-half cup of water every 10-15 minutes helps replace body fluids lost as swimmers perspire during practice. Sports drinks can be beneficial especially if swimmers are training longer than 60 minutes. The rule of thumb is 6-8% carbohydrate fluids; this means 1/2 strength fruit juice and full strength sports drinks. The sports drinks formulated with 6-7% carbohydrate and sodium, replace fluids faster than water and improve performance.

Performance can suffer when a swimmer loses as little as 2% of body weight as sweat. Thirst is not an accurate indicator of how much fluid a swimmer needs. To maintain hydration levels, swimmers need to keep a fluid bottle by the side of the pool when working out and drink as often as possible. To minimize poor performance due to dehydration, swimmers should: * drink 2 cups of fluid for each pound lost in workout or competition *drink 4-10oz of fluid every 15-20 minutes during training *remember that dark urine indicates dehydration.

Swimmers who constantly eat inadequate diets may require specific minerals including calcium, iodine, iron and phosphorous.

Further recognition arrived when SWIM magazine listed her #10 in the "... 10 Best Women's Swims of 1995", stating "Lois Nochman, 70, capture every 70-74 butterfly record, as she becomes the oldest woman to break 40 seconds for the 50 yard fly (:39.95)."

Lois currently hold six world records and seventeen National records. Three of the world records were in the 50, 100 & 200 meter butterfly.

Check out the meet annoucements for the summer long course meets and open water swims.

Chetrick and Lawrence Award Winners

Each year, Michigan Masters recognizes two members from the ranks of the membership, one for outstanding service to Michigan Masters (the Chetrick) and one for outstanding swimmer (the Lawrence). This year the recipients are Ken Danhof and Jewel Cooke.

Ken Danhof is the glue that holds Masters swimming in the western side of the state together. He began swimming at East Lansing High School and played water polo for four years at Michigan State "at the club level". Having been a member of Masters for "longer than he'd like to count" (in excess of 15 years) he not only is a swimmer but also an active participant in organizing and running meets. He has been responsible for meets at Muskegon - Grand Valley - Rockford and Kentwood. He also was put together state Championships at Grand Valley State and Rockford. His dedication and concern for Michigan Masters is boundless without being confining. Our thanks goes out to Ken and on a selfish note we hope he continues to anchor the western side of our fair state.

Jewel Cooke, indeed the "jewel in the crown" of state association. In the last two years, this grande dame of Michigan Masters has set 10 world records and 15 National records. At the chronologically gifted age of 87. In 1984, '87, '89 and '95 she achieved All-American status. She is also the only swimmers in the history of Michigan Masters to be undefeated in competition in her age group. Last and certainly not least Ms. Cooke has been nominated to be inducted into the Michigan Women's Sports Hall of Fame for her swimming accomplishments.

In recent conversation with her, Ms. Cooke told me that although she'd not swum in a 50 meter pool before she suspected that Skip would "make her swim" the LC Nationals this summer. Which reminds me that we're never too old to rise to new challenges!!

Congratualtions to both of our recipients ... you inspire us all!!!

*The actualizing
of our potential
can become
the most
exciting
adventure of
our lifetime.*

LC Nationals' Tidbits

As I write this we are rapidly approaching the USMS LC Nationals. For those of you who are either new or living in a fog... we as an organization are hosting these Nationals August 22-25. The next issue (early July) will contain more info. However, at the moment I'd like to stress two things.

- 1) If you are interested in donating some time to the running of the meet please either call Karen Pearson (810) 220-3410 or call me (517) 592-8908, or drop me a note of what amount of time you'd like to put in and when.
- 2) Relays - Skip Thompson (810) 683-2191 and Don Kroeger (313) 242-7175 will be putting them together. The idea is to enter (and) swim as many relays as is possible - MI Masters foots that bill. So, if you're interested let one of these guys know your age, stroke, gender and speed. Time to show the nation what state reigns!!!

Masters Swimmers & Coaches Clinic

GRreater INdiana Masters Swimming

June 1, 1996 at the
IU Natatorium
901 West York Street, Indianapolis, IN

Sponsored by **GR**reater INdiana Masters Swimming
in cooperation with United States Masters Swimming Sanction #166S09

Coaches: Come learn from a nationally recognized coach of Masters Swimmers, **KRISTA PHILLIPS, North Carolina Masters**. A full day clinic, including a morning session for coaches only and an afternoon stroke clinic lead by the mentor/coach. Coaches will receive a complimentary copy of the USMS Coaches' Manual.

Swimmers: An opportunity to learn about stroke technique and training tips. Underwater video analysis will also be available.

Hours: Coaches only - 10:00 AM to 12 Noon
Coaches only - lunch 12:00 Noon to 1:00 PM
Swimmers Check-in - 12:30 PM to 1:00 PM
Swimmers and Coaches - 1:00 PM to 5:00 PM

Eligibility: Open to all USMS registered members and to non-USMS swimmers who register with ONE EVENT Registration at additional cost of \$10.00 to cover insurance. Coaches should be USMS or USS registered.

Fees: Coaches - No Fee
USMS Registered Swimmers- \$20.00 advance registration, or \$30.00 on site as space allows. Copy of 1996 USMS card is required with entry form. Registration is limited.
Non-Registered USMS Swimmers - \$30.00 advance registration (includes ONE EVENT registration fee), or \$40.00 on site as space allows.

Make Checks payable to **GRIN**

Mail Check and Registration to: Sharon Wise
1025 Mount Auburn Drive
Indianapolis, IN 46224
Phone: 317- 247-7129

DETACH FORM AT RIGHT BEFORE MAILING



GRreater INdiana Masters Swimming

Swimmers and Coaches Clinic Registration June 1, 1996
IU Natatorium
901 West New York Street
Indianapolis, IN

Mail entry form, check and copy of USMS Card (IF APPLICABLE) to:
Sharon Wise, 1025 Mount Auburn Drive, Indianapolis, IN 46224

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Designate by circling: COACH SWIMMER

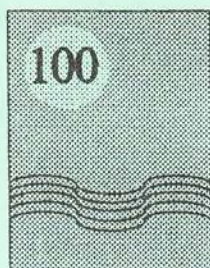
Swimmers only: USMS # _____ and submit copy of card or
Check here if ONE EVENT Registration: _____

Coaches: NO FEE; USMS Swimmers: pre-registration \$20.00 (on site \$30.00); Non-USMS Swimmers: pre-registration \$30.00 (on site \$40.00)
MAKE CHECKS PAYABLE TO GRIN

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

Date: _____ Signature: _____

ONE EVENT registrants can apply \$10.00 insurance fee toward USMS membership up to June 15, 1996.



D.A.M.P.

Dunwoody Aquatic Masters Program
Helping you enjoy swimming

**Are You in
the top 2%?
Swim the
Fitness 500!**

Less than 2% of all Americans are able to swim 500 yards. The *Fitness 500* honors those who can! Register for the *Fitness 500* and get some recognition for your accomplishments.

All you have to do is swim 500 yards or meters, send in your time, and we'll send you a *Fitness 500* swim cap and certificate of accomplishment. Many swimmers of all ages and abilities use the *Fitness 500* to monitor their fitness on an ongoing basis. Repeat the *Fitness 500* in another season to see how your performance compares, and receive a 25% discount on entry fees. Group plans are also available; call (770) 698-8020 for details.

Your time will be entered in the seasonal compilation of results which will be mailed to all participants (and we'll send a press release for your home-town newspaper if you choose). You may purchase a *Fitness 500* T-shirt signifying that you are truly one of the top 2%. The accomplishment levels below have been established based on national results for sex and age groups. Your certificate and published results will reflect the level you reach.

Concerned about swimming 500 yards? Send us a self-addressed, stamped envelope and we'll send you helpful tips on training for and completing the *Fitness 500*.

Fitness 500 Rules

Swim 500 yards or meters in the pool of your choice, any stroke or combination of strokes. If possible, have a verifier on-deck to count your laps and record your time (unverified swims are acceptable). 500 meter times will be converted to an equivalent yard time to determine the level you reach. All swimmers must be registered with United States Masters Swimming and must sign the waiver on the entry form. Entries are \$7.00, and T-shirts are \$9.00 (repeat entries are only \$5.25).

Seasons

Entries received by these dates qualify for that season's results:
Spring: Jun. 15; Summer: Sep. 15; Fall: Dec. 15; Winter: March 15.

Additional Information

The *Fitness 500* is sponsored by Dunwoody Aquatic Masters Program. Thanks to United States Masters Swimming for their encouragement! Contact Bill or Diane Black at (770) 698-8020 or via E-mail at 76216.2345@compuserve.com for more information, or to register for the *Fitness 500*. *Cyberspace Alert:* D.A.M.P. is on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>

Fitness 500 Accomplishment Levels

Age Group	Men Gold	Men Silver	Women Gold	Women Silver
19-24	7:30	10:00	8:00	10:30
25-34	8:00	10:30	8:30	11:00
35-44	8:30	11:00	9:00	11:30
45-54	9:15	11:45	9:45	12:15
55-64	10:00	12:30	10:30	13:00
65-74	11:00	13:30	11:30	14:30
75-84	12:00	14:30	12:30	15:30

The Fitness 500

Official Entry Form

Mail entry to: D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863

Name _____ Sex M or F (CIRCLE ONE) Age _____ Birth date ____/____/____
USMS No. _____ Are you a repeat entry Y or N (CIRCLE ONE) T-shirt (if desired) M L XL (CIRCLE ONE)
Address _____ City _____ State _____ Zip _____
I certify that on ____/____/____ (DATE) I swam 500 yards /meters (CIRCLE ONE) in a time of ____
Verified by _____ (VERIFIER'S SIGNATURE)
My hometown newspaper is _____ Address _____ City _____ State _____

Release from Liability

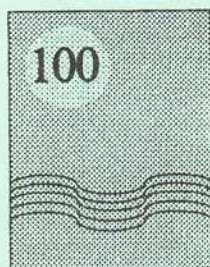
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability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

Signature: _____ Date: ____/____/____

\$7.00 entry fee, payable to D.A.M.P. (\$5.25 for repeat participants). T-shirts are an additional \$9.00. Entry fee is NON-REFUNDABLE. Enclose a copy of your current USMS registration card with your entry.

PO Box 88863 • Atlanta, Georgia 30356-8863

Phone: (770) 698-8020 • Fax: (770) 399-6731 • Internet: 76216.2345@compuserve.com



D.A.M.P.

Dunwoody Aquatic Masters Program
Helping you enjoy swimming

Take A Swimming Tour Of the World Swim the *Virtual Century Swim*

Do you ever feel like you swim and swim, but don't get anywhere? Tired of watching the same tiles and discolored spots on the bottom of the pool? How would you like to swim some of the world's most famous waterways and open water races? Now you can . . . with the *Virtual Century Swim*!

Swim where you do now, but keep track of your distance on the *Virtual Century Swim* log sheet. As you accumulate distance, you'll pass famous swimming landmarks. At 12.5 miles, your log sheet will show that you have completed the Swim Around Key West. At 28.5 miles, you've finished the Manhattan Island Swim. And at 90 miles, you'll do what Diana Nyad couldn't — cross the Straits of Florida from Havana to Key West. And,

there are many other landmarks in between. Once you have logged 100 miles through North American waterways, send in for the next log sheet in the series, and swim Europe, or Asia, or Australia!

Your entry package includes your log sheet, helpful training advice, a Century Swim cap, and post cards you can mail back to us to tell us how your travels are progressing. You set the pace, you determine how far you go each day, and you set your personal goals. We encourage you to set up a regular swimming routine for all the health and fitness benefits it can bring, but we know how life can sometimes get in the way so there are no time limits for completing the *Virtual Century Swim*.

Additional Information

The *Fitness 500* is sponsored by Dunwoody Aquatic Masters Program. Contact Bill or Diane Black at (770) 698-8020 or via E-mail at 76216.2345@compuserve.com for more information, or to register for the *Virtual Century Swim*.
Cyberspace Alert: D.A.M.P. is on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>

The *Virtual Century Swim*

Official Entry Form

Mail entry to: D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863

Name _____ Sex M or F (CIRCLE ONE) Age _____ (OPTIONAL)

Are you a repeat entry Y or N (CIRCLE ONE) T-shirt (if desired) M L XL (CIRCLE ONE)

Circle log sheet desired North America Europe Asia Australia Africa

Address _____ City _____ State _____ Zip _____

Signature: _____ Date: ____/____/____

\$5.00 entry fee, payable to D.A.M.P. \$7.00 for non-US addresses. (\$4.00/\$6.00 for repeat participants). Optional T-shirts are an additional \$9.00 (\$11.00 for non-US addresses).

How did you hear about the *Virtual Century Swim*?

- ☐ Pool where I swim
- ☐ Friend
- ☐ *Swim Magazine*
- ☐ *Fitness Swimmer Magazine*

- ☐ Club Newsletter
- ☐ D.A.M.P. mailing
- ☐ Internet / World Wide Web
- ☐ Other: _____

PO Box 88863 • Atlanta, Georgia 30356-8863
Phone: (770) 698-8020 • Fax: (770) 399-6731 • Internet: 76216.2345@compuserve.com

Here's what swimmers in 36 states, Canada and Australia are saying about the Century Swim™

A swimmer with 40 years of experience:

"A true fitness challenge at last!
Thank you DAMP!! This is what I
need to get me back into the pool!"
KC, Florida

An avid competitive swimmer:

"I have had a shoulder injury that
has kept me from competing and
swimming long workouts. Your very
innovative swim gives me another
reason for working out. Many
thanks for your terrific offer"
MB, Washington

Aquatics Director at a community fitness facility:

"The Century Swim is just what we
have been looking for! It will give
our 150 swimmers a reason to
swim, and recognize their
commitment to fitness"
JS, Canada

A mother with two preschoolers, who swims occasionally:

"I swim for myself, and don't care if
I ever beat anyone. I use the
Century Swim to help me get the
most out of the time I spend
swimming!"
DW, Virginia

**Already a Century Swimmer?
Pass this flyer along to a friend!**

Sponsored by

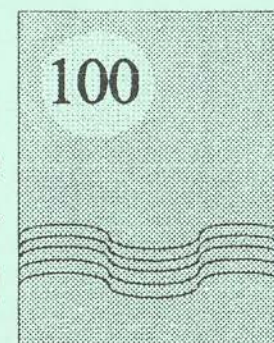
Dunwoody Aquatic Masters Program
PO Box 88863
Atlanta, GA 30356-8863

Helping you enjoy swimming

SWIMMERS

*Love the
water but
hate to
compete?*

**Join the
Century
Swim™!**



**NO competitions
NO "fastest" or "most"
JUST SWIM!**

What is a Century Swim?

"Do I have to be 100 years old?"

Finally, a program that provides the fitness swimmer with non-competitive recognition for their commitment to a swimming fitness program! The Century Swim™ is for swimmers of all abilities and interests. It celebrates completion of 100 swims by awarding successful swimmers a distinctive Century Swim pin and certificate of success. Swimmers throughout the United States and abroad have joined the Century Swim to show their dedication to swimming and fitness.

Ah, but what's a "swim"?

Let's face it—just making the time to get to the pool is often a feat! A "swim" is defined as one trip to the pool, and it is up to YOU to decide how far or how strenuous a workout is necessary to qualify. The Century Swim is completely noncompetitive—there is no need to see who can cover the most distance or swim

"A swim meet?! I'm lucky if I can get to the pool for 20 laps once a week!"

the fastest, and there is no race to the finish line. All participants receive the same awards, and can display them with the same pride.

Century Swimmers will have an official log sheet to record each trip to the pool (maximum one swim per day). The verification can be done by a lifeguard, coach, or friend at the pool, and provides a permanent record of your progress.

Swimmers will have two years from the date they register to complete 100 swims. Once the log sheet is filled, return it to receive your Century Swim pin and other goodies! *NEW for 1996* — the Century Swim T-Shirt (optional). Wear it to the pool to show your pride in your swimming fitness program.

OK, I can do that! How do I join?

The Century Swim is sponsored by the Dunwoody Aquatics Masters Program (DAMP). DAMP is based in Atlanta and is devoted to encouraging swimmers everywhere to have fun with their sport. DAMP sponsors clinics and seminars for fitness swimmers, and coordinates Masters events at the Georgia Games. We now have a fitness swimming home page on the World Wide Web — look for us at <http://ourworld.compuserve.com/homepages/swim>

To join in the Century Swim, complete the application form on the right and send to:

DAMP
PO Box 88863
Atlanta, GA 30356-8863

with a \$10.00 check or money order payable to DAMP. (\$15.00 for non-US addresses).

If you would like a Century Swim T-Shirt, enclose an additional \$9.00 (\$11.00 non-US) and indicate your shirt size on the application.

➔ **QUESTIONS?** Call (770) 698-8020 or
E-mail 76216.2345@compuserve.com

The Century Swim™ is a trademark of Dunwoody Aquatic Masters Program. We appreciate the support of the Coral Springs Masters and The Victor™

Sign me up for the Century Swim!

Name: _____

Address: _____

City: _____

State _____ Zip: _____

Country: _____

Telephone: (_____) _____

T-Shirt Size (optional) M L XL

How did you hear about the Century Swim?

- ☐ Pool where I swim
- ☐ Friend
- ☐ SWIM Magazine
- ☐ Club Newsletter
- ☐ Fitness Swimmer Magazine
- ☐ D.A.M.P. mailing
- ☐ Other: _____

Comments: _____

GO SWIM!

LONG COURSE SWIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Sanction # MM005296

SUNDAY, June 9, 1996

FULLER POOL

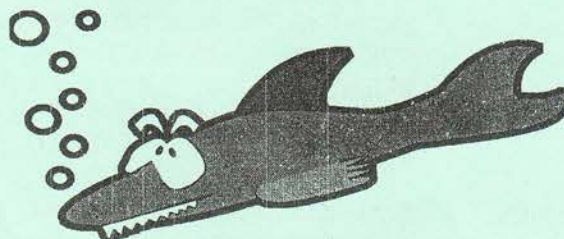
1519 Fuller Road
Ann Arbor, Michigan

7:00 A.M.

WARM - UP - Swimmers must enter the pool feet first in a cautious manner.
Diving will be permitted **ONLY** from the designated sprint lane.

8:00 A.M.

EVENT # 1 800 FREE
EVENT # 2 1500 FREE



9:00 A.M.

(BUT NOT BEFORE)

EVENT # 3. 200 BACK
EVENT # 4. 50 FLY
EVENT # 5. 200 IM
EVENT # 6. 50 BREAST
EVENT # 7. 200 FREE
EVENT # 8. 50 BACK
EVENT # 9. 100 FLY
EVENT # 10. 200 BREAST
EVENT # 11. 50 FREE (1st chance)

BREAK

EVENT # 12. 400 IM
EVENT # 13. 100 FREE
EVENT # 14. 200 FLY
EVENT # 15. 100 BACK
EVENT # 16. 100 BREAST
EVENT # 17. 50 FREE (2nd chance)
EVENT # 18. 400 FREE

ENTRIES:

COST \$10.00 ALL EVENTS WILL BE DECK ENTERED. A SWIMMER MAY ENTER A MAXIMUM OF FOUR (4) EVENTS.

ELIGIBILITY:

ONLY **1996 USMS REGISTERED 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 OR MEET DIRECTOR. REGISTRATION WILL BE AVAILABLE AT THE MEET FOR \$25.00 AND WILL BE EFFECTIVE UNTIL 12-31-96.

DIRECTIONS:

- **US-31 EXIT WEST AT GEDDES (ON US-23 BETWEEN I-94 AND M-14)
- **STRAIGHT AT THE STOPLIGHT AT HURON PARKWAY AND GEDDES (HURON HIGH SCHOOL ON NW CORNER). GEDDES BECOMES FULLER ROAD AT THIS INTERSECTION.
- **FULLER TURNS RIGHT INTO OAKWAY & GLACIER WAY.
(OAKWAY) TURNS BACK INTO FULLER HERE).
- **1/2 MILE WEST ON FULLER... POOL IS ON THE RIGHT.

ADDITIONAL INFORMATION: TRACY CRANE (313) 429-0838

Summer Solstice Invitational (Long Course National Qualifier)

Kalamazoo, MI
June 28-30, 1996



Sanctioned by Michigan Masters for USMS, Inc.



Host: Great Lakes Aquatics, Sanction No. MM19514

Site: Nicholas Kik Family Aquatic Center
Upjohn Park 1038 Walter St. Kalamazoo, MI

Kik Pool is a six-lane, 50-meter competition pool with a diving well for warm-up. Pool depth is 6 ft.- 3.5 ft., start to turn. A Colorado Timing System 5 and Easy Meet Manager software allow GLA to offer individual split sheets (available at the end of the meet upon request). Although there are bleachers available, ample deck area welcomes your lawnchairs. Tarpaulins and tents may be set up adjacent to the pool area. Upjohn Park also has a grass playing field with quarter mile track, tennis courts, children's play areas, located within walking distance of the Kalamazoo area Farmer's Market, children's science museum, library, and the downtown festival area. A schedule of special events in Kalamazoo this weekend is to be available at the meet.

Dates: June 28-30, 1996

Times:	Friday, 6/28	Saturday, 6/29	Sunday, 6/30
Check-in and deck entry:	8:00-10:00am	7:00-8:00am	7:00-8:00am
General warm-up:	8:00-10:15am	7:00-8:15am	7:00-8:15am
Events begin:	10:30am	8:30am	8:30am

Events: In celebration of the fact that Michigan Masters are hosting the 1996 United States Masters Swimming National Long Course Championships at the Donald B. Canham Natatorium on the University of Michigan campus in Ann Arbor during the fourth weekend in August, Great Lakes Aquatics is pleased to offer an event program that closely simulates the National LC Championship format. Time trials are to be offered after the morning sessions if time permits; they are also to be offered following the afternoon sessions.

Friday	Saturday	Sunday
100 meter butterfly	200 meter backstroke	200 meter butterfly
50 meter breaststroke	50 meter freestyle	100 meter freestyle
100 meter backstroke	200 meter individual medley	200 meter breaststroke
200 meter freestyle	50 meter butterfly	50 meter backstroke
200 meter medley relay	100 meter breaststroke	200 meter freestyle Relay
200 meter mixed freestyle Relay	200 meter mixed medley relay	400 meter freestyle
1500 meter freestyle	400 meter individual medley	

This meet is being offered coincidentally as an USS meet. Therefore, each USMS event alternates with an USS event, allowing more recovery time between events. To insure a timely meet, Great Lakes Aquatics plans to accept entries for each session until a four hour session has been filled. Swimmers are encouraged to enter early!

Summer Solstice Invitational June 28-30, 1996 Kalamazoo, MI
(LC National Qualifier) USMS Sanction Number MM19514

Entries: Swimmers may enter a maximum of six events each day, including time trials, one of which must be a relay. Entry fee is \$12.00/day for mailed-in entries and \$15.00/day for deck entries. Mailed-in entries must be postmarked by Monday, June 17, 1995. Relays may be entered without a penalty. A swimmer may enter four individual events and two relays.

Entry Procedure: Age on June 28, 1996, determines age for the meet. Use one entry form for each swimmer entering the meet; copy the entry form as needed. Entries postmarked on or before Monday, June 17, 1996, are accepted as early entries; entries postmarked after this date are considered deck entries (add \$3.00 to entry fee).

Make entry fee check to: **Great Lakes Aquatics**
Mail all entries to: **Vince Gallant**
323 Garland Ave.
Kalamazoo, MI 49001

Eligibility: This meet is open to all registered USMS swimmers. USMS cards may be purchased at the meet.

Seeding and Scratches: Positive check-in is required for all swimmers and events. At the end of the check-in period, all swimmers who have not checked in are to be scratched and the heats seeded. Seeded heat sheets will be posted in the pool area and all swimmers can mark their cards with their heat and lane assignments.

Swimmers who have entered the meet by mail and find that they are unable to attend may scratch by telephone. Scratches will be accepted at (616)349-9873 until Thursday night at 9:00 p.m. If you scratch by phone, we will refund \$5.00 of your entry fee.

Seeding will be slow-to-fast in all events except the 400 IM and 1500 Free. The 1500 may be swam with two people per lane.

Time Trials: Time trials are to be offered after the morning session, if time permits. Time trials are also to be offered following the afternoon USS session.

Warm-up Procedures: USS Rules guide the warm-up procedures. Swimmers are to enter the water feet first in a cautious manner; safety of all swimmers is paramount. Sprint lanes, in which racing starts may be performed, will be designated and opened by the officials with approximately ten minutes remaining in the warm-up. The diving well may be used during the meet for warm-up and cool down.

Refreshments: Refreshments will be available before, during and after the meet for the swimmers and spectators, at the concessions stand. Upjohn Park has picnic areas available on the perimeter of the pool area.

Vendors: Different Strokes Swim Shop, a registered Speedo dealer.

Timing: Colorado Electronic Timing System will be used during the meet. Splits will be taken by the system and will be posted in the pool area with the final results.

Awards: USMS Ribbons, 1st-3rd place.

Results: Results will be mailed to each club entering five or more swimmers. Results may be purchased for \$5.00.

Additional Information: Vince Gallant (616)349-9873.

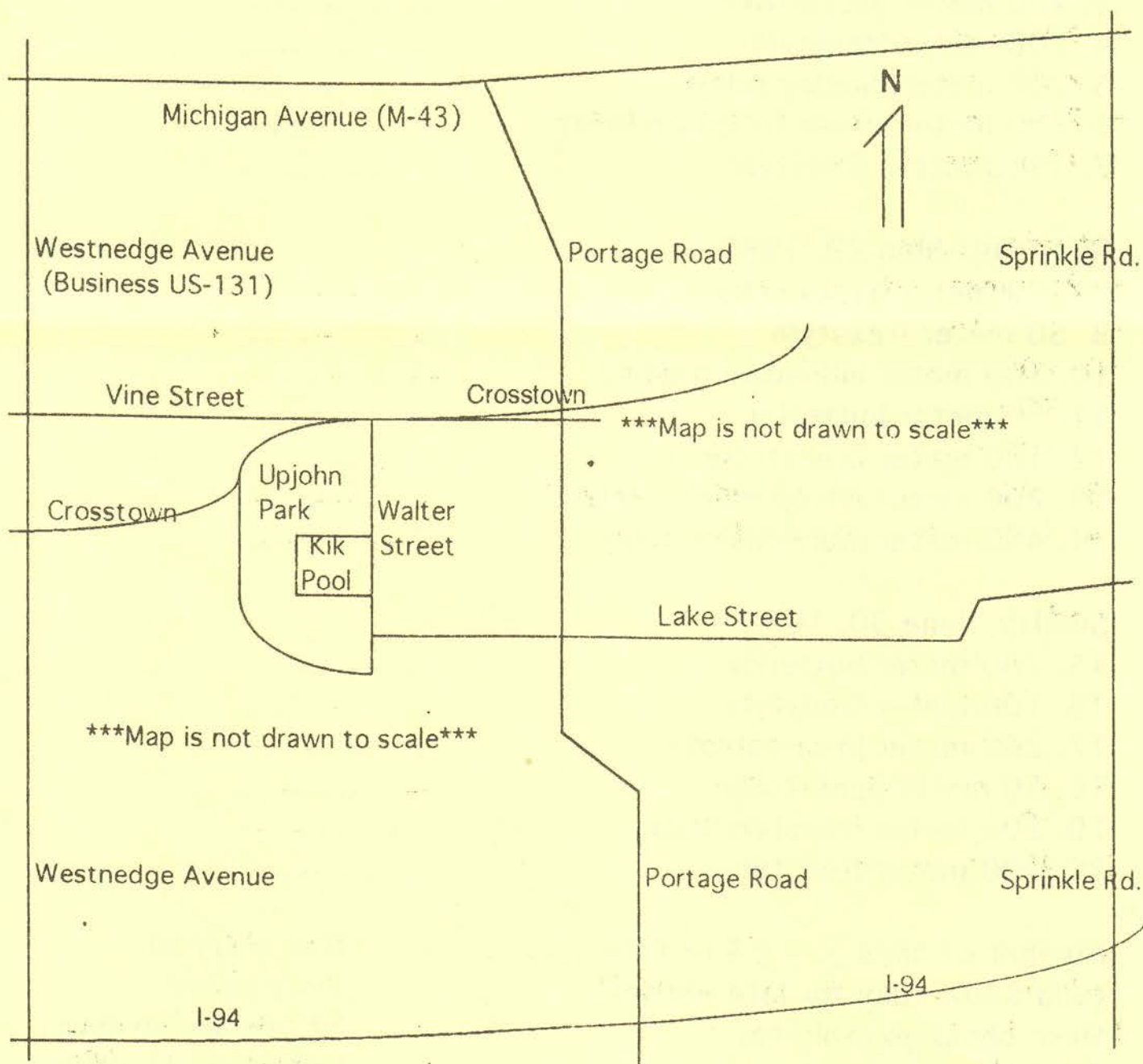
Directions to Nicholas Kik Family Aquatic Center:

From the north: US 131 South to Business 131 exit. Business 131 (turns into Westnedge Avenue) south to Vine Street (approximately 8 miles, mostly expressway). Vine Street left (east) to Walter Street (approximately 1/2 mile). Turn right on Walter Street (south); pool and parking lot are at the end of first block.

From the south: US 131 North to I-94 East. I-94 East to Portage Road (exit 78). Portage Road north to Lake Street (approximately 2 1/2 miles). Turn left on Lake Street (east); pool and parking lot are at the end of the first block.

From the west: I-94 East to Portage Road, then use directions from the south.

From the east: I-94 West to Sprinkle Road/Cork Street. Turn right on Sprinkle Road (north) to Lake Street (approximately 2 miles). Turn left on Lake Street (west) to pool (approximately 2 1/2 miles).



Summer Solstice Invitational June 28-30, 1996 Kalamazoo, MI
(LC National Qualifier) USMS Sanction Number MM19514
ENTRY FORM (COPY AS NEEDED)

Name _____ Sex _____ Club Name: _____

USMS #: _____ Age as of 6/28/96: _____ Phone: _____

"Swimmers may enter a maximum of six events each day, including time trials, one of which must be a relay."

Friday, June 28, 1996

Entry Time

- | | |
|------------------------------------|-------|
| 1. 100 meter butterfly | _____ |
| 2. 50 meter breaststroke | _____ |
| 3. 100 meter backstroke | _____ |
| 4. 200 meter freestyle | _____ |
| 5. 200 meter medley relay | _____ |
| 6. 200 meter mixed freestyle Relay | _____ |
| 7. 1500 meter freestyle | _____ |

Saturday, June 29, 1996

- | | |
|----------------------------------|-------|
| 8. 200 meter backstroke | _____ |
| 9. 50 meter freestyle | _____ |
| 10. 200 meter individual medley | _____ |
| 11. 50 meter butterfly | _____ |
| 12. 100 meter breaststroke | _____ |
| 13. 200 meter mixed medley relay | _____ |
| 14. 400 meter individual medley | _____ |

Sunday, June 30, 1996

- | | |
|-------------------------------|-------|
| 15. 200 meter butterfly | _____ |
| 16. 100 meter freestyle | _____ |
| 17. 200 meter breaststroke | _____ |
| 18. 50 meter backstroke | _____ |
| 19. 200 meter freestyle Relay | _____ |
| 20. 400 meter freestyle | _____ |

Number of days ____ x \$12.00=_____

(add \$3.00/day for late entries)

Make check payable to:

Great Lakes Aquatics

Mail entry to:

Vince Gallant

323 Garland Avenue

Kalamazoo, MI 49001

LONG COURSE SWIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Sanction #: MM005396

SUNDAY, JULY 14, 1996

DUNWORTH POOL

LEAVGOOD PARK -
DEARBORN

8:00 A.M. WARM-UP - Swimmers must enter the pool feet first in a cautious manner.
Diving will be permitted only from the designated sprint lane.

9:00 A.M.	EVENT #1.	200 FREE	BREAK
	EVENT #2.	50 BACK	EVENT #10. 100 FREE
	EVENT #3.	100 FLY	EVENT #11. 200 CHOICE
	EVENT #4.	50 BREAST	EVENT #12. 100 BREAST
	EVENT #5.	400 CHOICE (free or IM)	EVENT #13. 50 FREE (2)
	EVENT #6.	100 BACK	EVENT #14. 800 FREE
	EVENT #7.	50 FLY	(as time permits - possibly - 2 per lane)
	EVENT #8.	50 FREE	
	EVENT #9.	RELAYS - 200 - 400 - 800	

ENTRIES: COST \$12.00 ALL EVENTS WILL BE DECK ENTERED. A SWIMMERS MAY ENTER A
MAXIMUM OF (4) EVENTS AND (1) RELAY. THE COST ALSO INCLUDES A LUNCH "PICNIC"
FOLLOWING THE END OF THE MEET.

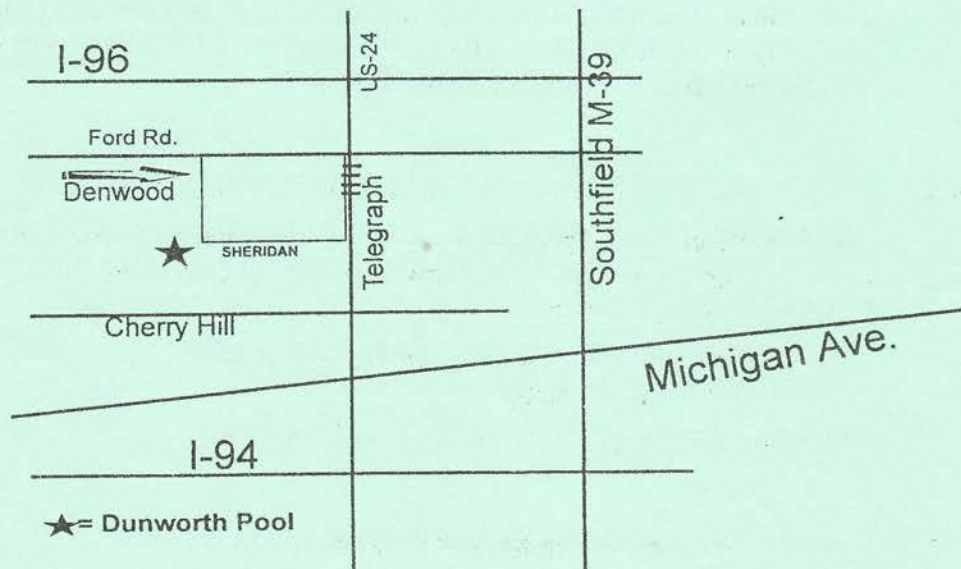
ELIGIBILITY: ONLY REGISTERS 1996 MASTERS SWIMMERS MAY COMPETE IN THIS MEET. ALL
SWIMMERS SHOULD HAVE THEIR USMS CARDS IN THEIR POSSESSION AS THE MEET FOR
VERIFICATION. REGISTRATION WILL BE AVAILABLE AT THE MEET FOR \$25.00 AND WILL BE
EFFECTIVE UNTIL 12-31-96.

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

*****ENTRIES FOR USMS LC NATIONALS MAY BE TURNED IN AT THIS MEET*****

(If you are turning in a LC Natl's entry - be sure to make a copy of your USMS card)

DIRECTIONS: Pool located at the west end of Denwood and Sheridan. SEE MAP.
INFORMATION: Skip Thompson (810) 683-2191



One Y Drive, Grand Haven MI 49417



2ND ANNUAL YMCA LAKE MICHIGAN SWIM

GRAND HAVEN MICHIGAN

SATURDAY JULY 20 1996

PARKING

Parking is available at the fisherman's parking lot at the North Pier for the start of the race and also at the North Shore Park at the finish of the Race.

DIRECTIONS

From Muskegon.

Take U.S. 31 South toward Grand Haven. Take the Ferrysburg exit, turning right onto 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for teh North Pier.

From Grand Rapids.

Take I-96 to Spring Lake exit (M-104). Go through Spring Lake and take the Ferrysburg exit to your right. Turn left at the blinking light on to 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for teh North Pier.

From Holland.

Take U.S. 31 North through Grand Haven. Go over the Grand River Bascule Bridge and take the Ferrysburg exit. Take a left onto 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for teh North Pier.

ACCOMMODATIONS

Khardamah Lodge (Race Sponsor)	1-(616)842-2990
Anchor Motel	842-6520
Best Western	842-4720
Days Inn	842-1999
Holiday Inn	846-1000
South Shore Motel	842-7720

EATERIES

Snug Harbor 311 S. Washington, Grand Haven
Bil-Mar, 1223 Harbor, Grand Haven
Chicago Hot Dog, 112 Washington, Grand Haven
Dee Lite, 24 Washington, Grand Haven
Kirby Grill, 2 Washington, Grand Haven
Pavilion Deli, 16 Washington, Grand Haven
Portabello's, 41 Washington, Grand Haven
Tip a Few, 10 Franklin, Grand Haven

2ND ANNUAL YMCA LAKE MICHIGAN SWIM GRAND HAVEN, MICHIGAN

Saturday, July 20, 1995



THE COURSE

The swim course is a 1.75 Mile, open water, point to point, swim. Swimmers will begin at the North Pier and will proceed in a northern direction toward North Shore Park, ending at the North Beach Pavilion.

DATE AND TIME

Saturday, July 20, 1995 - 8:15 a.m.

AGE DIVISIONS

MALE AND FEMALE

15 AND UNDER

16 - 25

26 - 40

41 AND OVER

LATE REGISTRATION

After the July 13th deadline, the entry fee will be \$20. Late registration will be accepted until Friday, July 19. **THERE WILL BE NO REGISTRATION THE DAY OF THE RACE AND T-SHIRTS ARE NOT GUARANTEED!**

ENTRY FEE

Entry Fee is \$15.00 per person. Entries will be accepted by mail or in person. All mail-in entries must be postmarked on or before Saturday, July 13. Make checks out to Tri-Cities Family YMCA. T-Shirts will be guaranteed to all participants.

SWIM INFORMATION

All swimmers who begin the race must report to the finish line regardless if he/she completes the swim. Swimmers may not use aids, i.e. fins, snorkels, etc. Goggles and wet suits are permitted. Swim caps and numbers will be used to identify swimmers.

The U.S. Coast Guard will be monitoring boat traffic. Private boats and lifeguards will provide surveillance along the swim course to provide assistance to swimmers, if necessary.

Depending on the number of swimmers, a staggered start may be used.

The Tri-Cities Family YMCA reserves the right to cancel the swim due to inclement weather. In such case \$10 of the entry fee will be refunded to all participants.

RACE DAY INFORMATION

7:15-8:00 A.M. Check - In
8:00-8:15 A.M. Mandatory Meeting
8:15 AM Swim Begins

AWARDS

Trophies will be awarded to all age group winners. Awards ceremony will take place immediately after the race.

REGISTRATION DEADLINE - JULY 13, 1995

I'll be there!
T-Shirt Size

☐ S

☐ M

☐ L

☐ XL

☐ XXL

Last Name

First Name

M.I.

Address

City

State

Zip Code

Phone

Age

Sex M or F

Waiver: I know that swimming a race is a potentially hazardous activity. I will not enter and swim unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with swimming in this event, I for myself and anyone entitled to act on my behalf, waive and release Tri-Cities Family YMCA, race sponsors, their representatives and their successors from all claims or liabilities arising out of my participation in this event. I grant permission to foregoing to use any photographs, motion pictures recording, or any other record of this event for any legitimate purpose.

Date: _____ Entrant's signature: _____

If under 18, parent or guardian signature: _____

In case of emergency, Please notify: _____

Relationship: _____ Phone: _____

Detach this entry (this form may be duplicated for extra entries) and send with correct payment to the Tri-Cities Family YMCA, 1 Y Drive, Grand Haven, MI 49417. All entries must be postmarked by July 13, 1995. Sponsored by the Tri-Cities Family YMCA.

For more information call (616) 842-7051

Harbor Springs, Michigan
HARBOR SPRINGS COASTAL CRAWL
AUGUST 4, 1996

EVENT: 1 mile, 2 mile or 3 mile open water swim in Little Traverse Bay, Lake Michigan.
Recognized by Michigan Masters for USMS, Inc. Recognition #005096 and by
Michigan Swimming MS03-30-96

TIME: Mandatory pre-race meeting - 8:00 am
Starts - 3mile @ 8:30am 2mile @ 8:45am 3mile @ 9:00am
Any swimmer still on the course at 10:30am will be pulled from the water.

WHERE: Zorn Park * Bay Street * Harbor Springs, Michigan
Water temperature for August 4th may be a refreshing 68 degrees

ELIGIBILITY: Open to ALL swimmers. For those under the age of 13 - competency must be verified, in writing by their coach.

ENTRY & FEE: The fee is \$14. Mail check and application to: Hammerhead Swim Club. c/o Chuck Beat, 3621 Quick Rd.,
Harbor Springs, MI 49740
*** All entries must be pre-registered by July 13, 1996. Registration is limited to the first 150 applicants.
***A picnic lunch, prepared by the Hammerhead Swim Club parents, will be provided to participants and
available to spectators for \$5, the day of the event.
***Local artist, Kathy Boyer, will again design a Limited Edition custom T-shirt for the '96 race. These quality
shirts sold quickly last year, we will have a **limited** number for sale at the race. Order yours when you register
to be guaranteed a T-shirt. (\$11 with pre-registration or \$15 the day of the event!!!)

AWARDS: Commemorative ribbons to all finishers. The first three male and female finishers in each age group will receive
medals. Age groups: 12 and under, 13-14, 15-18, USS Open, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, etc. (Age on the date of the race.)

COSTUME: **NO WETSUITS ALLOWED.** Floatation devices or any devices used to maintain body heat are NOT allowed.
Neoprene swimcaps are permitted, however, they shall not extend to protect the neck or shoulders.

CONTACT: Marilyn Early, 1423 Quick Road Harbor Springs, MI 49740 (616) 526-9824

Name: _____ Birthdate: _____ Gender: _____
(LAST) (FIRST)

Address: _____ Phone: () _____

City, State: _____ Zip Code: _____

I plan to swim: ☐ 1 MILE ☐ 2 MILE ☐ 3 MILE

ENTRY FEE: \$14.00
T-Shirt: \$11.00 Size: LARGE X-LARGE

Total Enclosed: _____ Make checks payable to: **HAMMERHEAD SWIM CLUB**

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 OPEN WATER SWIMMING, including possible permanent disability or death, and agreed to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE HARBOR SPRINGS COASTAL CRAWL OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE HAMMERHEAD SWIM CLUB, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING AT THE EVENT. In addition I agree to abide by and be governed by the rules of USMS and USS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____

Parent/Guardian's Signature (if swimmer is under 18yrs of age) _____

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

ELIZABETH CURVEY	(26)	
50 BACK	:36.03	7TH
100 BACK	1:16.70	8TH
200 BACK	2:48.03	8TH
SUSIE DEVLIN	(28)	
50 FREE	:28.49	3RD
100 FREE	1:05.52	7TH
100 BACK	1:15.44	6TH
DAWN HEWITT	(29)	
100 BACK	1:14.42	5TH*
PAT ROHNER	(35)	
800 FREE	10:35.60	3RD*
1500 FREE	20:22.63	3RD*
FREDERICKA RAPP	(51)	
50 FREE	:37.46	6TH
100 FREE	1:25.76	7TH
200 FREE	3:09.32	8TH
400 FREE	6:26.00	6TH*
1500 FREE	25:26.82	4TH
100 BACK	1:40.80	10TH
200 BACK	3:33.68	7TH
200 BREAST	3:55.86	9TH*
100 FLY	1:58.16	8TH
200 FLY	4:12.15	6TH
100 I.M.	1:38.19	9TH
200 I.M.	3:37.26	8TH
400 I.M.	7:42.64	4TH
BEVERLY MYERS	(59)	
50 FREE	:37.96	9TH*
200 FREE	3:02.07	4TH*
100 BACK	1:35.46	3RD
100 BREAST	1:43.27	5TH
200 BREAST	3:41.20	4TH*
100 I.M.	1:32.99	3RD
200 I.M.	3:20.18	2ND*
BEVERLY MYERS	(60)	
50 FREE	:37.65	3RD*
100 FREE	1:24.91	2ND*
50 BACK	:45.22	2ND*
100 BACK	1:37.83	2ND*
200 BACK	3:31.54	3RD*
50 BREAST	:48.57	7TH*
100 BREAST	1:46.87	5TH*
50 FLY	:43.78	5TH*
100 I.M.	1:34.51	3RD*
200 I.M.	3:25.06	1ST*
IDA SMITH	(61)	
200 FREE	3:35.59	8TH*
50 BREAST	:50.03	10TH
MARY WILLIAMS	(63)	
1500 FREE	36:53.41	10TH
JEWEL COOKE	(86)	
50 BREAST	1:26.05	3RD*
100 I.M.	2:12.85	1ST*# WR
200 I.M.	6:10.88	1ST*# WR
ROBERT FORT	(37)	
50 FLY	:28.10	9TH*
CHARLES MAAS	(61)	
400 FREE	6:17.16	9TH
800 FREE	12:54.39	4TH
1500 FREE	24:08.72	3RD
200 FLY	3:37.16	1ST
WALLY DOBLER	(61)	
100 FREE	1:09.26	5TH*
50 BACK	:37.00	1ST*
50 BREAST	:40.56	6TH
50 FLY	:31.89	2ND*

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

LOIS NOCHMAN	(71)	
100 FREE	1:40.21	6TH*
200 FREE	3:35.59	4TH*
800 FREE	16:18.91	4TH
50 BACK	:53.53	9TH
200 BACK	4:20.55	6TH
50 BREAST	:56.64	5TH*
100 BREAST	2:06.91	3RD
50 FLY	:48.69	2ND
100 FLY	1:59.56	1ST
200 FLY	4:14.92	1ST
100 I.M.	1:50.81	2ND*
200 I.M.	4:03.08	2ND
400 I.M.	8:28.60	1ST
MERLYN EWBANK	(75)	
50 BACK	1:06.09	9TH
100 BACK	2:22.40	8TH
50 BREAST	1:14.81	8TH
100 I.M.	2:28.00	6TH*
EDITH GLUSAC	(77)	
50 BACK	1:06.41	10TH
100 BACK	2:23.70	9TH
200 BACK	5:14.83	9TH*
50 BREAST	1:05.64	4TH
100 BREAST	2:25.92	4TH
200 BREAST	5:18.29	4TH*
50 FLY	1:21.35	8TH
100 I.M.	2:36.22	10TH
200 I.M.	5:56.20	5TH*
MARTHA FORSTER	(78)	
800 FREE	27:45.34	7TH*
ERIC NORDLUND	(31)	
50 FREE	:25.71	9TH*
800 FREE	9:52.80	6TH
1500 FREE	19:00.29	9TH
MICHAEL GREEN	(31)	
100 FREE	:54.40	2ND*
200 I.M.	2:22.31	6TH
KEVIN HARRIS	(35)	
100 FREE	:56.35	6TH*
200 FREE	2:09.57	10TH
100 I.M.	1:07.46	8TH
FRANK THOMPSON	(43)	
800 FREE	9:57.20	10TH
100 BACK	1:09.85	8TH
200 BACK	2:34.60	7TH
400 I.M.	5:39.94	7TH
DONALD KROEGER	(52)	
400 FREE	5:27.05	8TH*
800 FREE	11:26.59	7TH
1500 FREE	21:57.35	7TH
400 I.M.	6:55.45	7TH
HUGH RODIN	(53)	
100 BACK	1:16.91	7TH
200 FLY	2:52.73	4TH*
CHARLES MOSS	(67)	
200 BREAST	3:29.80	3RD
200 FLY	3:22.05	1ST
200 I.M.	3:04.77	1ST
JAE BIRCH	(67)	
800 FREE	15:44.11	10TH
100 BACK	1:55.97	8TH
400 I.M.	9:00.90	5TH
DON KORTEN	(68)	
400 FREE	6:43.91	9TH
50 BACK	:45.46	6TH

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

WOMEN 200 MEDLEY RELAY		
AGE 160+ TIME	2:53.94	3RD*
FREDERICKA RAPP	(51)	
KAREN PEARSON	(44)	
CASSANDRA GARRY	(40)	
CATHY BARRY	(42)	
WOMEN'S 400 FREE RELAY		
AGE 240+ TIME	7:41.86	5TH*
BEVERLY MYERS	(60)	
EDITH GLUSAC	(77)	
MARY WILLIAMS	(63)	
FREDERICKA RAPP	(51)	
WOMEN 200 MEDLEY RELAY		
AGE 240+ TIME	8:22.68	5TH*
EDITH GLUSAC	(77)	
BEVERLY MYERS	(60)	
FREDERICKA RAPP	(51)	
MARY WILLIAMS	(63)	
WOMEN'S 800 FREE RELAY		
AGE 200+ TIME	18:50.03	1ST*
EDITH GLUSAC	(77)	
MARY WILLIAMS	(63)	
GENEVIEVE MOYER	(46)	
FREDERICKA RAPP	(51)	
MEN'S 200 FREE RELAY		
AGE 200+ TIME	2:03.69	6TH
FRANK THOMPSON	(43)	
JAY RYNO	(49)	
CHARLES MAAS	(61)	
DONALD KROEGER	(52)	
MEN'S 200 MEDLEY RELAY		
AGE 160+ TIME	2:13.59	6TH
RICHARD CHANEY	(44)	
WILLIAM T REID	(44)	
LARRY KIMBALL	(44)	
LEONARD BROCKHAH	(44)	
MEN'S 200 MEDLEY RELAY		
AGE 200+ TIME	2:19.05	5TH*
FRANK THOMPSON	(43)	
DONALD KROEGER	(52)	
DENNIS McMANUS	(48)	
CHARLES MAAS	(61)	
MEN'S 400 FREE RELAY		
AGE 200+ TIME	4:45.73	3RD*
DONALD KROEGER	(52)	
DENNIS JAMES	(57)	
CHARLES MAAS	(61)	
ERIC NORDLUND	(31)	

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

MEN'S 400 MEDLEY RELAY		
AGE 100+ TIME	4:30.71	3RD*
ERIC SHIRLEY	(32)	
ROBERT ANDERSON	(26)	
BILL EAGAN	(32)	
DAVID KUBICK	(26)	
MEN'S 400 MEDLEY RELAY		
AGE 160+ TIME	4:51.90	3RD
RICHARD CHANEY	(44)	
STEVE HANSEN	(43)	
LARRY KIMBALL	(44)	
LEONARD BROCKHAHN	(44)	
MEN'S 400 MEDLEY RELAY		
AGE 200+ TIME	5:42.93	3RD
JAY RYNO	(49)	
DONALD KROEGER	(52)	
THOMAS MOYER	(47)	
CHARLES MAAS	(61)	
MEN'S 400 MEDLEY RELAY		
AGE 240+ TIME	7:46.63	4TH*
TOM REIGEL	(65)	
JAE BIRCH	(67)	
DON KORTEN	(68)	
DON MAY	(74)	
MEN'S 800 FREE RELAY		
AGE 160+ TIME	8:56.82	2ND*
WILLIAM T REID	(44)	
LEONARD BROCKHAHN	(44)	
FRANK THOMPSON	(43)	
ERIC NORDLUND	(31)	
MEN'S 800 FREE RELAY		
AGE 200+ TIME	11:05.34	2ND*
FRANK THOMPSON	(43)	
CHARLES MAAS	(61)	
THOMAS MOYER	(47)	
DONALD KROEGER	(52)	
MIXED 400 FREE RELAY		
AGE 240+ TIME	7:23.13	1ST*
DON MAY	(74)	
MARY WILLIAMS	(63)	
BEVERLY MYERS	(60)	
JAE BIRCH	(67)	
MIXED 800 FREE RELAY		
AGE 160+ TIME	11:12.63	4TH*
JAY RYNO	(48)	
THOMAS MOYER	(47)	
FREDERICKA RAPP	(51)	
ELIZABETH CURVEY	(26)	

Name	Age	Time
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400 M MEDLEY RELAY

Farmington Hydrofoils	140	5:26.34
SOS	180	4:56.22
Flint 'Y'	173	5:01.44
MM OH/MI	209	6:12.05

200 M FREE

MEN 25-29		
Byndas, Brian	29	2:16.47
Marsh, Charles	26	2:26.96
MEN 30-34		
Berger, Andrew	31	2:20.49
Bancert, Time	33	2:33.51
Lynch, Tom	31	2:45.47
MEN 35-39		
Gutowski, Ken	37	2:26.96
MEN 40-44		
Rice, Ron	40	2:28.73
Dorsch, Mike	43	2:29.90
Sperry, Elmer	41	2:29.97
Skimin, William	44	2:40.82
Nelson, James	40	2:43.11
MEN 45-49		
Reid, Bill	45	2:16.65
Huges, Bill	49	2:41.14
Moyer, Thomas	48	2:42.92
MEN 50-54		
Pohlonski	52	2:28.38
MEN 55-59		
Lane, Jay C.	55	3:36.09
MEN 60-65		
Thielen, Robert	63	4:32.22
MEN 75-80		
May, Donald G.	75	4:31.95
Women 20-24		
Gabel, Cecilia	32	2:49.45
Women 40-44		
Cassandra, Garry	41	2:55.64
Women 45-49		
Kurtz, Diane	45	3:54.49
Moyer, Genevieve	46	4:59.17
Women 50-54		
Rapp, Fredericka	51	3:14.94
Women 55-59		
Thielen, Sally	57	4:25.61
Women 70-74		
Nochman, Lois K.	71	3:49.94
MEN 19-24		
Love, Wade	24	1:26.09
MEN 25-29		
Schardt, Thomas	28	1:18.10
MEN 30-34		
Green, Michael	32	1:05.66
Nordlund, Eric	32	1:10.79
MEN 35-39		
Donato, Andy	39	1:24.04
MEN 40-44		
Thompson, Skip	44	1:10.36
Nelson, James	40	1:27.58

Men 45-49

Moyer, Thomas	48	1:33.32
Men 50-54		
Kroeger, Donald	52	1:28.23
Coleman, Jim	51	1:36.16
Men 65-69		
Weddell, Robert	65	1:31.40
Birch, Jae	68	2:00.65
Women 55-59		
Straley, Sue	59	1:44.24
Women 60-64		
Myers, Beverly	60	1:39.64
Women 75-79		
Glusac, Edith	77	2:26.33
Forster, Martha	78	3:41.27

50 M Fly

Men 25-29		
Byndas, Brian	29	34.17
Men 30-34		
Schuldinger, Mike	34	30.14
Bancert, Time	33	35.40
Men 40-44		
Smith, David L.	41	33.41
Sperry, Elmer	41	34.12
Nelson, James	40	43.13
Men 45-49		
Kimball, Lawrence	45	31.24
McManus, Dennis	48	32.71
Chaney, Richard	45	33.95
Davis, Ralph	48	39.49
Men 50-54		
Runciman, George	53	39.60
Men 55-59		
Plashnik, Bill	55	38.49
Joerin, Bruce	58	43.94
Men 70-74		
Reese, John	70	47.13
Women 19-24		
Kowalski, Kristie	21	35.36
Rische, Kelly	24	36.95
Women 25-29		
Methric, Michelle	25	37.69
Women 30-34		
Gabel, Cecilia	32	38.81
Women 40-44		
Pearson, Karen	44	45.80
Women 45-49		
Moyer, Genevieve	46	1:06.96
Women 55-59		
Thielen, Sally	57	1:11.12

100 M IM

Men 19-24		
Scollon, Eric	24	1:06.24
Willmer, Michael	18	1:09.60
Men 25-29		
Kubicek, David M.	27	1:10.68
Byndas, Brian	29	1:24.56
Men 35-39		
Schardt, Thomas	28	1:19.87
Gutowski, Ken	37	1:19.87
Men 40-44		
Vizena, Mark	42	1:17.64

Williams, Thomas

Nelson, James	40	1:25.22
Men 45-49		
Huges, Bill	49	1:22.76
Moyer, Thomas	48	1:32.91
Men 50-54		
Coleman, Jim	51	1:31.78
Krist, Robert	54	1:36.90
Men 55-59		
Lane, Jay C.	55	1:47.87
Women 19-24		
Weber, Victoria	21	1:25.22
Rische, Kelly	24	1:26.80
Kowalski, Kristie	21	1:27.50
Women 25-29		
Blackburn, Leslie	25	1:20.75
Women 40-44		
Cassandra, Garry	41	1:28.39
Pearson, Karen	44	1:45.39
Women 55-59		
Straley, Sue	59	1:43.70
Women 75-79		
Glusac, Edith	77	2:37.26

200 M Breast

Men 30-34		
Green, Michael	32	2:54.75
Smiley, David	33	3:06.06
Lynch, Tom	31	3:15.76
Men 40-44		
Hansen, Steve	44	2:57.14
Williams, Thomas	44	3:05.30
Wright, Paul	41	3:12.76
Szafran, Charles	42	3:14.85
Men 45-49		
Moyer, Thomas	48	3:38.10
Men 50-54		
Pohlonski	52	3:14.44
Kroeger, Donald	52	3:14.61
Runciman, George	53	3:24.32
Men 65-69		
Birch, Jae	68	5:33.55
Women 19-24		
Murany, Jill	22	3:14.83
Women 45-49		
Moyer, Genevieve	46	5:00.90
Women 50-54		
Rapp, Fredericka	51	3:58.00
Women 60-64		
Myers, Beverly	60	3:43.64
Women 85-89		
Cooke, Jewel	87	7:12.95

50 M Free

Men 19-24		
Scollon, Eric	24	26.05
Willmer, Michael	18	27.58
Men 30-34		
Eagan, William	33	27.85
Men 35-39		
Donato, Andy	39	27.94
Schardt, Thomas	28	27.94
Kubicek, David M.	27	28.09
Byndas, Brian	29	28.33
Felt, Nathan	26	35.87

Men 30-34

Nordlund, Eric	32	26.99
Eagan, William	33	27.02
Schuldinger, Mike	34	27.36
Berger, Andrew	31	27.43
Smiley, David	33	32.18
Men 35-39		
Simon, Peter	38	29.18
Men 40-44		
Vizena, Mark	42	28.44
Rice, Ron	40	29.29
Smith, David L.	41	29.91
Dorsch, Mike	43	30.02
Skimin, William	44	31.58
Men 45-49		
Reid, Bill	45	28.03
Kimball, Lawrence	45	28.94
McManus, Dennis	48	30.05
Chaney, Richard	45	30.15
Davis, Ralph	48	34.21
Men 50-54		
Coleman, Jim	51	34.54
Runciman, George	53	39.72
Men 55-59		
Joerin, Bruce	58	34.38
Plashnik, Bill	55	34.62
Lane, Jay C.	55	41.66
Men 60-64		
Thielen, Robert	63	43.66
Men 70-74		
Reese, John	70	36.72
Men 75-79		
May, Donald G.	75	50.55
Women 20-24		
Rice, Ron	24	33.72
Women 25-29		
Blackburn, Leslie	25	31.09
Methric, Michelle	25	35.57
Women 40-44		
Cassandra, Garry	41	33.71
Women 45-49		
Kurtz, Diane	45	37.82
Moyer, Genevieve	46	1:04.17
Women 50-54		
Kowalski, Joyce	53	42.30
Women 55-59		
Thielen, Sally	57	51.57
Women 70-74		
Nochman, Lois K.	71	44.25
Women 75-77		
Forster, Martha	78	1:17.56

200 M IM

Men 19-24		
Scollon, Eric	24	2:27.92
Men 30-34		
Eagan, William	33	2:36.35
Men 35-39		
Donato, Andy	39	2:55.15
Men 40-44		
Thompson, Skip	44	2:36.75
Szafran, Charles	42	3:31.26

Men 45-49

Chaney, Richard	45	2:51.84
Men 50-54		
Kroeger, Donald	52	3:01.13
Coleman, Jim	51	3:23.16
Krist, Robert	54	3:43.63
Men 65-69		
Birch, Jae	68	4:24.04
Women 19-24		
Murany, Jill	22	2:51.95
Weber, Victoria	21	3:08.27
Women 40-44		
Pearson, Karen	44	4:04.37
Women 50-54		
Rapp, Fredericka	51	3:40.48

100 M Free

Men 19-24		
Kucera, Shawn	23	1:03.46
Love, Wade	24	1:18.93
Men 25-29		
Schardt, Thomas	28	1:00.77
Kubicek, David M.	27	1:04.51
Felt, Nathan	26	1:19.30
Men 30-34		
Green, Michael	32	54.20
Schuldinger, Mike	34	59.99
Berger, Andrew	31	1:01.98
Bancert, Time	33	1:15.82
Lynch, Tom	31	1:30.48
Men 35-39		
Gutowski, Ken	37	1:06.57
Simon, Peter	38	1:08.91
Men 40-44		
Dorsch, Mike	43	1:06.44
Rice, Ron	40	1:06.54
Sperry, Elmer	41	1:06.99
Smith, David L.	41	1:07.62
Skimin, William	44	1:09.64
Men 45-49		
Reid, Bill	45	1:01.22
Kimball, Lawrence	45	1:06.96
Davis, Ralph	48	1:18.68
Men 50-54		
Pohlonski	52	1:07.22
Men 55-59		
Lane, Jay C.	55	1:38.95
Men 60-64		
Thielen, Robert	63	1:51.49
Men 75-79		
May, Donald G.	75	1:59.16
Women 19-24		
Kowalski, Kristie	21	1:12.12
Rische, Kelly	24	1:14.31
Weber, Victoria	21	1:17.4
Women 25-29		
Blackburn, Leslie	25	1:09.57
Methric, Michelle	25	1:23.57
Women 30-34		
Gabel, Cecilia	32	1:15.26
Women 40-44		
Cassandra, Garry	41	1:15.76

Women 50-54

Kowalski, Joyce	53	1:37.86
Women 55-59		
Thielen, Sally	57	2:05.60
Women 60-64		
Myers, Beverly	60	1:36.33
Women 65-69		
Nochman, Lois K.	71	1:41.15
Women 75-79		
Forster, Martha	78	3:03.99

50 M Breast

Men 19-24		
Willmer, Michael	18	33.93
Men 25-29		
Kubicek, David M.	27	38.83
Marsh, Charles	26	40.05
Men 30-34		
Smiley, David	33	37.77
Men 40-44		
Hansen, Steve	44	37.69
Wright, Paul	41	38.58
Vizena, Mark	42	39.09
Szafran, Charles	42	39.98
Williams, Thomas	44	42.66
Men 45-49		
McManus, Dennis	48	42.08

Men 25-29	28 33.73	Bancart, Time	33 20:59.97
Schardt, Thomas		Fletcher, Geoff	34 23:30.41
Men 30-34		Men 35-39	
Nordlund, Eric	32 31.99	Gutowski, Ken	37 21:12.97
Smiley, David	33 44.94	Men 40-44	
Men 40-44		Sperry, Elmer	41 21:38.71
Vizena, Mark	42 36.42	Men 50-54	
Dorsch, Mike	43 38.01	Willey, Jim	52 27:30.66
Thompson, Skip	44 35.16	Women 30-34	
Men 45-49		Cecilia, Gabel	32 21:16.64
Chaney, Richard	45 35.16	Women 50-54	
McManus, Dennis	48 41.27	Rapp, Fredericka	51 26:27.86
Davis, Ralph	48 42.05	Women 70-74	
Men 50-54		Nochman, Lois K.	71 30:42.26
Kroeger, Donald	52 39.37		
Krist, Robert	54 46.82		
Men 55-59			
Joerin, Bruce	58 43.09		
Plashnik, Bill	55 46.73		
Men 65-69			
Weddell, Robert	65 41.12		
Men 70-79			
Reese, John	70 63.16		
Women 20-24			
Weber, Victoria	21 41.74		
Women 25-29			
Blackburn, Leslie	25 37.65		
Women 75-79			
Glusac, Edith	77 1:05.22		
Women 85-89			
Cooke, Jewel	87 1:19.73		
200 Free Relay			
WMU SC	89 2:02.85		
FH	156 2:06.00		
400 M Free			
Men 30-34			
Berger, Andrew	31 5:31.85		
Men 40-44			
Rice, Ron	40 5:25.88		
Wright, Paul	41 6:01.89		
Men 45-49			
Reid, Bill	45 5:02.18		
Men 75-79			
May, Donald G.	75 9:55.59		
Women 20-25			
Murphy, Jill	22 5:25.32		
Women 30-34			
Gabel, Cecilia	32 6:05.92		
Women 55-59			
Straley, Sue	59 7:23.54		
Women 60-64			
Myers, Beverly	60 6:42.94		
Women 75-79			
Forster, Martha	78 13:07.96		
1500 M Free			
Men 25-29			
Marsh, Charles	26 21:16.64		
Men 30-35			
Nordlund, Eric	32 18:53.89		
Eagan, William	33 20:27.14		

Places To Swim

Alpena: Plaza Pool, Contact Carolyn Foster, 517-354-8287, Various lap times.

Ann Arbor: Mack Pool, Contact Tracy Crane, 313-429-0838, W/O M-F 6-7:30am, MVF 6-7:30 pm

Battle Creek: Y-Center, Contact Don Korten, 616-962-7464.

Benton Harbor/St. Joseph: Benton Harbor-St. Joseph YMCA, Contact Karen Riippa, 616-428-9622, W/O Th & Sun.

Big Rapids: Ferris State University, Contact Jennifer Parks, 616-592-2673, Various lap times, Guest card needed.

Bridgman: High School Community Pool, Contact Kevin Anderson, 616-466-0236, Various lap times.

Detroit/Dearborn: Contact Beth Rice 313-390-7032(w) 810-399-2276(h), or Skip Thompson 810-399-2276.

Flint: Flint YMCA, Contact Charlie Case, 810-232-9622, Various lap times, W/O Sun 6:15-7:30.

Grand Haven: Contact Lucy Steinlage, 616-846-7619.

Grand Rapids: Grand Rapids Community College Ford Fieldhouse Pool, Contact Brad Henson, 616-532-7024, W/O F 6-7 pm.

Harbor Springs: Harbor Springs Community Pool, Contact Marilyn Early, 616-526-5385
Lap swim time MVF 6-8 am, M-F 5-6pm.

Holland, Contact Denny Baldwin, 616-399-0108 or 616-392-8209.

Howell: Howell Area Aquatic Center, 517-548-6355, Contact Karen Pearson, 810-220-3410, Various lap times, W/O Tues. 6:30-8:00pm.

Jackson: Contact Bill Reid, 517-592-8908.

Kalamazoo: Loy Norrix High School, Contact Vince Gallant, 616-349-1053(h) 616-349-9873(w), W/O M-F 5:40-7:00am, M-Th 5-7:30pm, F 5-6:30pm, Sat 8-10:30am.

Lansing: Oak Park YMCA, Contact Rebecca Kegler, 517-694-3901, W/O T & Th 5:30-6:30pm.

Lapeer: Lapeer Community Center, 810-664-4431, Contact Ginger Avery, 810-664-8061, W/O Sat 8-10a m.

Livonia: Schoolcraft College, Contact Paul Wright, 313-295-3132, W/O Sat 8-10am, \$2.

Macomb County: Warren City Pool, 810-754-1570, Contact Doug Templeton, 810-573-3514(h), 810-574-5325(w)

Midland: Midland Community Center, Contact Louise Pauli, 517-832-3039, W/O Sat 9-10:30am, Dow High School, Contact Charlie Moss, 51 7-631-1480, W/O MW 8:30-9:45pm.

Monroe: Contact Don Kroeger, 313-242-7175.

Muskegon: Muskegon YFCA, Contact Ken Danhof, 616-739-5592, W/O T & Th 8:30-9:45pm.

Oakland County: Dondero High School, Contact Skip Thompson 810-399-2276, W/O T Th 8:30-10pm. Oakland Community College, Sat & Sun am, \$1, Contact Skip.

Royal Oak: Royal Oak YMCA, Contact Mike Conley, 313-398-1564, W/O Th 7:30-8:30pm, Sun 10-12pm.

Traverse City: Grand Traverse County Civic Center, 616-922-4814, Various lap times. Grand Traverse Resort, 616-938-5416, Various lap times.

West Bloomfield: Jewish Community Center of Metro Detroit, 810-661-7682, Contact Dawn Hewitt, 810-683-7168, W/O MVF 9:15-10:30am, Sun 9-10:30am, W 6:15-7:15pm.

Results from Rockford

FEBRUARY 24, 1996

Event #1 1650 yd Free

MEN...MEN...MEN

1 Curtis Warner	M 24	19:26.18
1 Bret Forfar	M 26	24:31.20
1 Peter Shireman	M 37	20:34.01
1 Leonard Brockhahn	M 45	20:11.86
2 Thomas E. Moyer	M 48	22:16.58
1 Donald Kroeger	M 52	22:15.97
1 Jay C. Lane	M 55	29:11.81
1 Jae Birch	M 68	29:43.46

WOMEN...WOMEN...WOMEN

1-Fredenicka Raap	F 51	26:09.68
2 Jennifer Parks	F 52	26:11.57
1 Sally Thielen	F 57	35:52.68
1 Lois Nochman	F 71	29:38.45
1 Ruth Hildebrand	F 79	60:54.50

Event #2 1000 yd Free

MEN...MEN...MEN

1 Wade Love	M 24	14:15.87
1 Thomas Q. Halmi	M 34	12:07.61
1 Fred Nelis	M 41	11:30.42
2 Paul C. Wright	M 41	14:24.98
1 Terry Hanson	M 45	12:39.65
2 Thomas E. Moyer	M 48	13:12.64
1 Ron Pohlonski	M 52	13:35.90
1 Robert Thielen	M 63	21:48.37
1 Harold Derks	M 68	19:10.83
1 Donald E. May	M 75	22:16.69

WOMEN...WOMEN...WOMEN

1 Genevieve Moyer	F 46	24:35.80
1 Karen Forfar	F 58	18:57.04
1 Martha V. Forster	F 79	30:27.49

Event #3 200 yd Medley Relay

MEN...MEN...MEN

1 Fisher, Halmi, Doane, Shireman	M139	2:03.92
1 Moyer, Kroeger, Kimball, Brockhahn	M190	2:03.99
1 Doud, Birch, May, Korten	M279	3:12.24
1 Parks, Moyer, Glusac, Rapp	F216	3:17.77

Event #4 200 yd Free

MEN...MEN...MEN

1 Curtis Warner	M 24	2:01.26
1 Thomas Q. Halmi	M 34	2:18.50
2 James M. McEnanly	M 34	3:10.96
3 Tom Lynch	M 31	3:18.97
1 John Mastenbrook	M 40	2:11.40
1 Leonard Brockhahn	M 45	2:11.11
2 Terry Hanson	M 45	2:12.41
3 Jerry Fish	M 49	2:22.40
4 Jim Kuhlman	M 46	2:57.01
1 Ron Pohlonski	M 52	2:16.65
1 Albert Morley	M 58	2:36.67
2 Brian Whalen	M 55	2:47.08
3 Jay C. Lane	M 55	3:08.66
1 John Ries	M 64	2:20.32
2 Robert Thielen	M 63	3:53.11
1 Don Korten	M 69	2:46.38
2 Harold Derks	M 68	3:36.34
1 M. Lazdins	M 74	3:21.66
2 Richard Evans	M 71	3:36.69
3 Bob Doud	M 72	3:39.39
1 Donald May	M 75	3:55.94

WOMEN...WOMEN...WOMEN

1 Cyndi Wilhelm	F 26	2:46.52
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Event #5 200 yd IM

MEN...MEN...MEN...

1 Curtis Warner	M 24	2:22.33
1 Peter Shireman	M 37	2:24.51
1 Larry Ampulski	M 43	2:54.79

1 Thomas E. Moyer	M 48	2:51.52
1 Donald J. Kroeger	M 52	2:49.14
1 Don Korten	M 69	3:23.92
2 Jae Birch	M 68	3:50.95
1 Richard Evans	M 71	4:29.94

WOMEN...WOMEN...WOMEN

1 Fredenicka Raap	F 51	3:20.37
1 Karen Forfar	F 58	3:54.40
1 Teresa DiGuseppe	F 68	4:26.82

Event #6 50 yd Free

MEN...MEN...MEN

1 Mark R. Dunn	M 24	24.15
2 Shawn Kucera	M 23	24.52
3 Curtis Warner	M 24	28.38
1 Bret Forfar	M 26	29.26
1 Thomas Doane	M 33	28.69
2 Mark Muecting	M 30	30.60
3 James McEnanly	M 34	39.37
1 David Fischer	M 35	25.81
1 Fred Nelis	M 41	24.91
2 John Mastenbrook	M 40	25.13
1 Lawrence Kimball	M 45	25.74
2 Jerry Fish	M 49	26.89
3 Terry Hanson	M 45	27.67
4 Jon Richardson	M 46	29.87
5 Jim Kuhlman	M 46	33.03

1 Ron Pohlonski	M 52	27.93
2 David VerMerris	M 50	29.44

1 Stephen Chambers	M 55	29.20
2 Brian Whalen	M 55	30.19
3 Albert Morley	M 58	31.55
4 Jay C. Lane	M 55	35.48

1 John Reis	M 64	28.37
2 Robert Thielen	M 63	39.44

1 M. Lazdins	M 74	39.70
2 Bob Doud	M 72	41.51
3 Richard Evans	M 71	44.04

1 Donald E. May	M 75	44.48
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WOMEN...WOMEN...WOMEN

1 Monica J. Bullard	F 23	29.14
2 Katrin Klar	F 19	32.65
1 Cyndi Wilhelm	F 26	32.67

1 Mary Muecting	F 31	25.44
1 Nataly Berckmann	F 46	34.18

2 Genevieve Moyer	F 46	55.86
1 Kathie Widhelm	F 52	45.58
1 Sally Thielen	F 57	44.47
1 Teresa DiGuseppe	F 68	45.58
1 Lois K. Nochman	F 71	38.85
1 Martha V. Forster	F 79	1:09.87
2 Wini Hartung	F 76	1:31.45
3 Ruth Hildebrand	F 79	1:41.68

Event #7 200 yd Breaststroke

MEN...MEN...MEN

1 Tom Lynch	M 31	2:54.87
2 James McEnanly	M 34	3:56.40
1 Peter Shireman	M 37	2:46.38
1 Larry Ampulski	M 43	3:07.72
1 Thomas E. Moyer	M 48	3:07.21
1 Brian Whalen	M 55	3:37.53

WOMEN...WOMEN...WOMEN

1 Monica J. Bullard	F 23	2:49.57
1 Pascale Asbury	F 37	2:47.34
1 Genevieve Moyer	F 46	4:30.96
1 Lois Nochman	F 71	3:49.80

Event #8 100 yd Backstroke

MEN...MEN...MEN

1 Curtis Warner	M 24	1:06.95
2 Wade Love	M 24	1:16.50
1 Kurt Dickson	M 28	57.50
2 Bret Forfar	M 26	1:26.73

1 Marc Schlatter	M 37	59.12
1 Frank Thompson	M 44	1:03.59
2 Kenneth Danhof	M 42	1:09.23

1 Donald J. Kroeger	M 52	1:17.42
1 Stephen Chambers	M 55	1:23.29
2 Albert Morley	M 58	1:34.08

1 Robert W. Weddell	M 66	1:21.00
2 Jae Birch	M 68	1:46.08

1 M. Lazdins	M 74	1:50.42
2 Richard Evans	M 71	2:13.05

1 Donald May	M 75	2:26.16
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WOMEN...WOMEN...WOMEN

1 Nataly Berckmann	F 46	1:32.19
1 Jennifer Parks	F 52	1:26.68
2 Fredenicka Raap	F 51	1:34.81
1 Karen Forfar	F 58	1:41.10
1 Edith Glusac	F 77	2:13.56
2 Wini Hartung	F 76	3:17.86
3 Martha V. Forster	F 79	3:25.18
4 Ruth Hildebrand	F 79	3:34.01

Event #9 50 yd Butterfly

MEN...MEN...MEN

1 Shawn Kucera	M 23	29.92
1 Kurt Dickson	M 28	27.01
1 John Mastenbrook	M 40	27.26
2 Fred Nelis	M 41	27.93
3 Larry Ampulski	M 43	35.05

1 Lawrence Kimball	M 45	27.66
1 David VerMerris	M 50	33.62

1 Donald Korten	M 69	43.05
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1 Richard Evans	M 71	48.44
2 Bob Doud	M 72	1:01.24

WOMEN...WOMEN...WOMEN

1 Mary Muecting	F 31	28.44
1 Genevieve Moyer	F 46	58.58

1 Sally Thielen	F 57	1:02.59
1 Teresa DiGuseppe	F 68	57.94

1 Edith Glusac	F 77	1:19.48
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Event #10 100 yd IM

MEN...MEN...MEN

1 Mark R. Dunn	M 24	1:04.53
2 Wade Love	M 24	1:30.07

1 Marc Schlatter	M 37	1:02.46
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1 Frank Thompson	M 44	1:06.80
2 Larry Ampulski	M 43	1:14.11

1 Terry Hanson	M 45	1:13.38
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1 Donald J. Kroeger	M 52	1:20.22
1 Stephen Chambers	M 55	1:25.21

1 Don Korten	M 69	1:29.28
2 Jae Birch	M 68	1:45.87

1 Bob Doud	M 72	2:11.44
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Rockford Event #10 100 IM Cont'd**WOMEN...WOMEN...WOMEN**

1 Monica J Bullard	F 23	1:14.16
2 Katrin Klar	F 19	1:25.74
1 Cyndi Wilhelm	F 26	1:32.69
1 Pascale Asbury	F 37	1:09.39
1 Karen Forfar	F 58	1:48.25
1 Teresa DiGuseppe	F 68	2:01.04
1 Lois K. Nochman	F 71	1:37.86
1 Edith Glusac	F 77	2:20.66

Event #11 100 Yd Free**MEN...MEN...MEN**

1 Mark R. Dunn	M 24	53.76
2 Shawn Kuera	M 23	55.34
1 Kurt Dickson	M 28	52.47
2 Bret Forfar	M 26	1:06.03
1 Tom Lynch	M 31	1:03.52
2 Thomas Doane	M 33	1:06.11
3 Mark Mueting	M 30	1:09.00
4 James McEnaney	M 34	1:32.81
1 Dave Fischer	M 35	59.00
1 Fred Neils	M 41	54.97
2 John Mastenbrook	M 40	55.95
1 Jerry Fish	M 49	1:00.18
2 Terry Hanson	M 45	1:01.28
3 Jim Kuhlman	M 46	1:10.32
1 Ron Pohlski	M 52	1:01.30
2 David VerMens	M 50	1:05.24
1 Albert Morley	M 58	1:09.67
2 Stephen Chambers	M 55	1:11.97
3 Brian Whalen	M 55	1:12.84
4 Jay C. Lane	M 55	1:25.10
1 John Ries	M 64	1:02.89
2 Robert Thielen	M 63	1:36.81
1 M. Lazdins	M 74	1:28.89
2 Bob Doud	M 72	1:44.61
1 Donald May	M 75	1:46.06

WOMEN...WOMEN...WOMEN

1 Cyndi Wilhelm	F 26	1:15.55
1 Mary Mueting	F 31	57.27
1 Fredericka Raap	F 51	1:19.22
2 Kathie Wilhelm	F 52	1:58.51
1 Karen Forfar	F 58	1:38.07
2 Sally Thielen	F 57	1:40.75

1 Teresa DiGuseppe	F 68	1:43.24
1 Martha V. Forster	F 79	2:46.50
2 Wini Hartung	F 76	3:18.28
3 Ruth Hildebrand	F 79	3:46.61

Event #12 100 Yd Breaststroke**MEN...MEN...MEN**

1 Thomas Doane	M 33	1:28.11
2 James McEnaney	M 34	1:49.06
1 Peter Shireman	M 37	1:13.55
1 Paul C. Wright	M 41	1:14.11
2 Larry Ampulski	M 43	1:23.92
1 Thomas E. Moyer	M 48	1:26.99
1 Brian Whalen	M 55	1:31.55
1 Don Korten	M 69	1:36.11
1 Katrin Klar	F 19	1:34.40
1 Nataly Berckmann	F 46	1:40.95
2 Genevieve Moyer	F 46	2:09.48
1 Jennifer Parks	F 52	1:41.80
1 Lois K. Nochman	F 71	1:48.44
1 Edith Glusac	F 77	2:12.31
2 Wini Hartung	F 76	4:08.50

Event #13 100 Yd Butterfly**MEN...MEN...MEN**

1 Kurt Dickson	M 28	59.02
1 Tom Lynch	M 31	1:22.77
1 Leonard Brockhahn	M 45	1:03.76
2 Lawrence Kimball	M 45	1:04.33
1 Donald J. Kroeger	M 52	1:21.86
1 Joe Birch	M 68	1:53.27
1 Mary Mueting	F 31	1:05.20

Event #14 200 Yd Backstroke**MEN...MEN...MEN**

1 Wade Love	M 24	2:49.20
1 Kurt Dickson	M 28	2:04.42
2 Bret Forfar	M 26	3:04.70
1 Peter Shireman	M 37	2:38.41

1 Frank Thompson	M 44	2:21.07
2 Kenneth Danhof	M 42	2:29.39
1 Stephen Chambers	M 55	3:14.18
2 Albert Morley	M 58	3:18.69

WOMEN...WOMEN...WOMEN

1 Monica J. Bullard	F 23	2:47.52
1 Nataly Berckmann	F 46	3:22.83
1 Fredericka Raap	F 51	3:26.17
1 Edith Glusac	F 77	4:58.48
2 Ruth Hildebrand	F 79	6:42.43
3 Martha V. Forster	F 79	7:10.84

Event #15 200 Yd Free Relay**MEN...MEN...MEN**

1 Moyer, Kroeger Kimball, Brockhahn	M190	1:53.00
1 May, Lazdins Doud, Birch	M289	2:44.33
1 Raap, Moyer Glusac, Nochman	F216	3:16.13

A Big Thank You to
all 61 swimmers who
participated!!!

Event Sponsorships

NAME	EVENT	NAME	EVENT
Cathy Barry	Women's 50m Freestyle	Fredericka Raap & Edith Glusac (2x16:00)	Women's 100m Backstroke
	Women's 100m Freestyle		Women's 200m Backstroke
	Women's 200m Freestyle		Women's 50m Butterfly
Tom & Bonnie Moyer	Women's 400m Freestyle		Women's 100m Butterfly
Amy Thayer & Alex Steve	Women's 800m Freestyle	Jay Ryno	Women's 200m Butterfly
Pat A. Leahy-Rohner	Women's 1500m Freestyle	Karen Pearson	Women's 200m IM
	Women's 50m Breaststroke	Jewel Cooke & Skip Thompson	Women's 400m IM
	Women's 100m Breaststroke		Mixed 200m Free Relay
	Women's 200m Breaststroke	The Shireman's	Women's 200m Medley Relay
	Women's 50m Backstroke		Women's 200m Free Relay
Gregory N. Veltema, P.C.	Men's 50m Freestyle		Men's 100m Backstroke
	Men's 100m Freestyle		Men's 200m Backstroke
William T. Reid, III	Men's 200m Freestyle		Men's 50m Butterfly
Don Asselin	Men's 400m Freestyle	Dennis McManus	Men's 100m Butterfly
Donald J. Kroeger	Men's 800m Freestyle	Mark R. Lambert	Men's 200m Butterfly
Dave Goble	Men's 1500m Freestyle	Charlie Moss	Men's 200m IM
	Men's 50m Breaststroke	Andy Donato	Men's 400m IM
	Men's 100m Breaststroke	Western MI Masters	Mixed 200m Medley Relay
	Men's 200m Breaststroke		Men's 200m Medley Relay
The Shiremans	Men's 50m Backstroke		Men's 200m Free Relay

**Midland Masters
Winters End
March 17, 1996**

50 Free

20-24	Harbor	23.56
Mark R. Dunn		
Paul Schmidt	Midland	24.00
25-29		
Craig McDonald	Midland	27.43
30-34		
Eric Nordland	SOS	23.75
Michael Schuldinger	SOS	24.71
Craig Lang	Midland	26.06
35-39		
Peter Simon	Farmington	25.90
E.J. Kelley	FLY	27.03
Andy Donato	SOS	27.28
Christopher Bailey	SOS	28.20
Donald Law	Midland	30.82
40-44		
John Mastenbrook	Harbor	24.99
Mark Vizona	Lapeer	25.58
Ron Rice	SAM	25.97
Dave Smith	Hydrofoils	26.56
John Olszewski		26.66
Nader Ismail	Midland	26.74
Marshall Morley	Harbor	27.17
45-49		
William Reid	LAFS	25.17
Daniel Helton	DRY	26.33
Dennis McManus	SOS	27.01
Jim Kuhlman	Harbor	32.21
50-54		
Paul Chaffee	Owosso	26.91
Kenneth Cleaton	Harbor	30.18
60-64		
Robert Thielen	Lapeer	37.81
70-74		
Richard Evans	Midland	41.04

100 Free

20-24		
Paul Schmidt	Midland	54.04
25-29		
Craig McDonald	Midland	1:01.71
30-34		
Eric Nordland	SOS	53.70
35-39		
E.J. Kelley	FLY	59.69
Peter Simon	Hydrofoils	59.98
Andy Donato	SOS	1:00.55
Roy Feltzer		1:02.17
Christopher Bailey	SOS	1:03.42
40-44		
John Mastenbrook	Harbor	56.84
John Olszewski		57.44
Ron Rice	SAM	57.58
Dana Presnall	Midland	59.04
Dave Smith	Hydrofoils	1:00.02
Marshall Morley	Harbor	1:01.58
45-49		
William Reid	LAFS	54.75
Lawrence Kimball	Flint Y	59.84
50-54		
Dennis McManus	SOS	1:03.76
Richard Chaney	FLY	1:07.73
Jim Kuhlman	Harbor	1:13.38
Chuck Olson		1:38.31
50-54		
Paul Chaffee	Owosso	59.51
Kenneth Cleaton	Harbor	1:06.91
60-64		
John Ries	Midland	1:02.84
70-74		
Richard Evans	Midland	1:38.01

200 Free

25-29		
Craig McDonald	Midland	2:18.5
30-34		
Tom Lynch	Monroe	2:54.55
35-39		
E.J. Kelley	FLY	2:13.94
Roy Feltzer		2:19.14
Donald Law	Midland	2:27.04
40-44		
John Olszewski		2:07.96
Ron Rice	SAM	2:09.24
Dana Presnall	Midland	2:13.48
45-49		
William Reid	LAFS	1:58.5
Leonard Brockhahn	FLY	2:04.80
Terry Tatsch	Western MI	2:36.03
50-54		
Paul Chaffee	Owosso	2:15.67
Kenneth Cleaton	Harbor	2:33.98
60-64		
Richard Thielen	Lapeer	3:54.90
70-74		
Richard Evans	Midland	3:33.67
500 Free		
Eric Nordland	SOS	5:20.1
Tom Lynch	Monroe	6:28.29
Donald Law	Midland	6:28.79
40-44		
John Mastenbrook	Harbor	6:01.71
Dana Presnall	Midland	6:05.76
Ron Rice	SAM	6:16.95
45-49		
Leonard Brockhahn	FLY	5:40.51
Daniel Helton	DRY	6:01.45
Thomas Moyer	OHMI	6:20.10
Terry Tatsch	Western MI	7:11.70
Jim Kuhlman	Harbor	8:04.20
50-54		
Dennis Manrique		6:14.3
Paul Chaffee	Owosso	6:26.70
Tim Maxson	Midland	6:45.3
55-59		
Bill Ptashnik	Hydrofoils	7:16.18
60-64		
Robert Thielen	Lapeer	10:31.40
100 Back		
30-34		
Eric Nordland	SOS	1:02.95
40-44		
Frank Thompson	SOS	1:03.05
45-49		
Daniel Helton	DRY	1:06.94
Chuck Olson		1:09.58
Thomas Moyer	OHMI	1:20.23
50-54		
Tim Maxson	Midland	1:16.18
200 Back		
40-44		
Frank Thompson	SOS	2:20.47
Paul Wright	FAST	3:31.69
45-49		
Richard Chaney	FLY	2:26.98
Rob Monte	DRY	2:39.07
50-54		
Tim Maxson	Midland	2:42.00
50 Breast		
30-34		
Craig Lang	Midland	32.85

40-44

Nader Ismail	Midland	33.04
Steve Hansen	FLY	33.60
Paul Wright	FAST	33.81
Mark Vizona	Lapeer	35.12
45-49		
Rob Monte		37.06
Thomas Moyer	OHMI	40.18
50-54		
Tim Maxson	Midland	38.59
55-59		
Bill Ptashnik	Hydrofoils	35.66
60-64		
John Ries	Midland	39.87
100 Breast		
30-34		
Craig Lang	Midland	1:12.99
Tom Lynch	Monroe	1:22.7
35-39		
Roy Feltzer		1:23.39
40-44		
Steve Hansen	FLY	1:13.66
Nader Ismail	Midland	1:13.93
Paul Wright	FAST	1:13.94
50-54		
Dennis Manrique		1:14.91
55-59		
Bill Ptashnik	Hydrofoils	1:20.24
Tom Meisel	Midland	1:21.67
50 Fly		
20-24		
Paul Schmidt	Midland	26.42
30-34		
Eric Nordland	SOS	26.78
Michael Schuldinger	SOS	26.87
35-39		
Christopher Bailey		31.12
40-44		
John Mastenbrook	Harbor	27.53
Dave Smith	Hydrofoils	29.06
Mark Vizona	Lapeer	29.57
45-49		
Lawrence Kimball	FLY	27.61
Dennis McManus	SOS	29.18
Paul Roberts	DRY	30.61
60-64		
John Ries	Midland	33.29
70-74		
Richard Evans	Midland	48.17
100 Fly		
30-34		
Michael Schuldinger	SOS	1:01.43
45-49		
Lawrence Kimball	FLY	1:04.46
70-74		
Richard Evans	Midland	1:55.82
200 Fly		
30-34		
Tom Lynch	Monroe	3:24.50
40-44		
Steve Hansen	FLY	2:37.77
45-49		
Larry Kimball	FLY	2:48.3
100 IM		
20-24		
Mark Dunn	Harbor	1:00.63
30-34		
Craig Lang	Midland	1:05.46
Mike Schuldinger	SOS	1:05.72
45-49		
Leonard Brockhahn	FLY	1:05.72

DRY

Richard Chaney	FLY	1:06.67
Thomas Moyer	OHMI	1:08.82
Paul Roberts	DRY	1:18.19
50-54		1:24.67
Tim Maxson	Midland	1:16.58
55-59		
Bill Ptashnik	Hydrofoils	1:20.82
60-64		
Robert Thielen	Lapeer	2:03.61
200 IM		
20-24		
Mark Dunn	Harbor	2:14.68
30-34		
Michael Schuldinger	SOS	2:15.40
35-39		
Christopher Bailey	SOS	2:49.53
40-44		
Frank Thompson	SOS	2:27.24
Dave Smith	Hydrofoils	2:36.47
Dana Presnall	Midland	2:36.96
45-49		
Richard Chaney	FLY	2:28.30
Terry Tatsch	Western MI	2:41.25
50-54		
Dennis Manrique		2:27.61
55-59		
Bill Ptashnik	Hydrofoils	3:04.01
Tom Meisel	Midland	3:16.45
400 IM		
30-34		
Tom Lynch	Monroe	6:15.9
35-39		
Andy Donato	SOS	5:43.3
45-49		
Thomas Moyer	OHMI	6:03.0
50-54		
Dennis Manrique		5:21.3
200 Free Relay		
BWSC		1:30.29
SOS		1:42.54
Midland		1:44.94
FLY		1:57.77
Hydrofoils		1:57.98
Harbor		2:06.01
Women's Results		
50 Free		
30-34		
Nancy Servo	LAFS	27.40
Sandra Loomis	LAFS	26.66
40-44		
Amy Pascoe		30.21
45-49		
Irene McIntosh	Midland	36.12
50-54		
Joyce Kowalski	Blue Water	35.88
Kitty Vandenbrulle	Hydrofoils	43.97
55-59		
Sue Swanton	Midland	45.11
Sally Thelen	Lapeer	45.13
100 Free		
35-39		
Nancy Servo	LAFS	1:02.84
40-44		
Amy Pascoe		1:07.18
50-54		
Joyce Kowalski	Blue Water	1:21.95
55-59		
Shirley Dacey	Soo	1:22.24
Sue Swanton	Midland	1:39.07
Sally Thelen	Lapeer	1:45.79

75-79

Merlyn Ewbank	Midland	2:03.64
200 Free		
35-39		
Nancy Servo	LAFS	2:19.54
Julie Ann Moore	Hydrofoils	2:50.8
45-49		
Irene McIntosh	Midland	3:16.62
Genevieve Moyer	OHMI	4:32.24
55-59		
Shirley Dacey	Soo	3:00.41
Merlyn Ewbank	Midland	4:16.06
500 Free		
20-24		
Jill Murray	Hydrofoils	6:01.04
30-34		
Sandra Carosi	Midland	6:21.84
45-49		
Genevieve Moyer	OHMI	11:31.9
50-54		
Jennifer Parks	Harbor	7:53.7
Carol Rhudy	SOS	9:42.34
55-59		
Shirley Dacey	Soo	8:00.75
Sally Thelen	Lapeer	10:35.10
60-64		
Ide Smith	Midland	8:33.78
100 Back		
50-54		
Kitty Vandenbrulle	Hydrofoils	1:47.91
Carol Rhudy	SOS	1:58.40
55-59		
Shirley Dacey	Soo	1:37.19
Sue Swanton	Midland	1:54.97
75-79		
Merlyn Ewbank	Midland	2:34.74
200 Back		
55-59		
Shirley Dacey	Soo	3:26.33
75-79		
Merlyn Ewbank	Midland	4:58.19
50 Breast		
30-34		
Sandra Loomis	LAFS	41.18
35-39		
Nancy Servo	LAFS	38.75
40-44		
Kathy Vitu	Midland	45.32
45-49		
Irene McIntosh	Midland	45.13
Genevieve Moyer	OHMI	56.73
50-54		
Joyce Kowalski	Blue Water	52.57
55-59		
Sue Swanton	Midland	59.22
100 Breast		
20-24		
Jill Murray	Hydrofoils	1:23.29
30-34		
Sandra Carosi	Midland	1:26.35
35-39		
Julie Ann Moore	Hydrofoils	1:33.94
40-44		
Kathy Vitu	Midland	1:38.93
45-49		
Genevieve Moyer	OHMI	2:04.03
50-54		
Jennifer Parks	Harbor	1:38.63

50 Fly

35-39		
Marilyn Early		29.78
Nancy Servo		32.59
45-49		
Genevieve Moyer		59.96
55-59		
Sally Thelen		1:02.80
100 Fly		
40-44		
Amy Pascoe		1:22.40
200 Fly		
50-54		
Carol Rhudy		4:06.27(B)
100 IM		
20-24		
Jill Murray		1:15.57
35-39		
Julie Ann Moore		1:27.34
40-44		
Kathy Vitu		1:35.02
50-54		
Jennifer Parks		1:27.28
Joyce Kowalski		1:35.02
Kitty Vandenbrulle		1:48.30
55-59		
Sue Swanton		1:55.85
200 IM		
20-24		
Jill Murray		2:32.06
30-34		
Snadra Carosi		2:46.29
35-39		
Marilyn Early		2:33.42
50-54		
Jennifer Parks		3:15.35
Carol Rhudy		4:21.35
400 IM		
35-39		
Marilyn Early		5:29.7
50-54		
Carol Rhudy		8:44.5
200 Free Relay		
Midland		2:20.68

The Wave Eater

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STATE MEETS RESULTS: Will be mailed
to everyone w/o splits within 7 days of this mailing.

Inside This Issue:
Results: Brighton, Rockford, Midland
Announcements: Ann Arbor, Kalamazoo,
Dearborn, Grand Haven, Harbor Springs

My apologies to the folks listed here. In the course of printing the last newsletter, I was unaware of cutting off some of the 1995 USMS LC National Top Ten Achievers. Those which were missed are as follows:

Edith Glusac (76)	Charles Moss (67)
(6th)* 200 Back 5:02.47	(4th)* 200 Back 3:24.33
(5th) 50 Breast 1:06.44	(2nd)* 200 Breast 3:39.99
(4th) 100 Breast 2:28.64	(2nd) 400 IM 6:56.20
(4th) 200 Breast 5:33.04	
(7th)* 50 Fly 1:21.82	Don Korten (68)
(7th) 200 IM 6:02.31	(8th) 100 Back 1:35.32
	(8th) 200 Back 3:36.67
John Ries (63)	(9th) 100 Fly 1:42.66
(5th) 50 Free :31.65	(5th) 200 IM 3:29.37
(7th) 100 Free 1:12.29	Ray Gilliland (72)
(7th) 200 Free 2:45.93	(10th) 50 Breast :51.17

Men's 400 Medley Relay

Age 120+ 5:36.72 (9TH)

Eric Nordlund (31) Thomas Schardt (27)

Frank Thompson (43) Brian Whalen (55)

*Denotes a State Record