

Michigan Masters Swimming

United States
Masters
Swimming



Early Fall Meets

Editor Noise

The Masters' season is underway and rapidly the Holiday season will be upon us. With luck this will reach you just after Thanksgiving, while you're still feeling stuffed and lethargic! What better time to have your newsletter arrive to tell you about a) two good meets that most of you missed and b) all the wonderful opportunities you'll have to compete in the next six months?

First of all, the season began with a meet hosted by the Western Michigan Masters at Grand Rapids Community Ford College. Twenty-five swimmers participated in the meet which was run by Brad Hansen. We had at least 4 newly recruited masters competing. They have a new timing system at the

BEST KEPT SECRET

pool and there were a few bugs to work out, but with the small group of participants it was convenient as it gave the swimmers an extra breather between races. Marilyn Early and John Mastenbrook came down from Harbor Springs and Amy Pascoe came over from Flint. All in all, it was a great way to begin the season.

Next came the meet that seems to remain the "best kept secret of the season" (no offense to any other meets intended). Harbor Springs is for Bill and me, always a treat. It was an "intimate" meet, with 17 swimmers.

(CONT on Page 3)

Advance toward your realistic goals, but, if you falter, have compassion for yourself.

Trivial Matters

An article in the October 25, 1993 issue of Business Week under Personal Business quoted some interesting facts about Masters' Swimming that you may or may not know. For instance, membership in USMS has more than doubled in the past decade bringing the numbers to 27,000 swimming at 450 YMCA, community center and university clubs around the country. Forty percent of USMS registrants compete. Nationwide, workouts run 60 to 90 minutes three times a week and typically covering 2500 yards or about a mile and a half per session. Masters currently range in age from 19-100 with 17 competitors at a recent national meet, in the 75-79 age group. And last but not least there is a guide, available from USMS National office, which lists 1000 pools around the country that are open to serious swimmers.

You can't swim fast in meets by swimming slow in practice

Bill Reid

From Your President

The 1993 USMS National Convention was held in Los Angeles on September 23-26. This convention was attended by Andy Donato, Marilyn Early, Skip Thompson and me. Because of our 432 registrants, Michigan is entitled to 2 delegates who were Marilyn and Andy. I was appointed to the legislation committee after Jennifer Parks resigned so I was in addition to the Michigan Delegation. Finally Skip Thompson was the zone representative so his expenses were not even covered by the LMSC. Thus for a small LMSC, Michigan was very well represented at the convention.

No diving rule in enforced

The most visible order of business at the convention was the election of officers. The officers elected at this convention were:

Mel Goldstein - President (Indiana LMSC)
Jim Miller, MD - Vice President (Virginia LMSC)
Suzanne Rague - Secretary (Oregon LMSC)
Lucy Johnson - Treasurer (Southern California LMSC)

A large amount of business was conducted at the convention. Most of these items will appear in the 1994 rule book. I will summarize the most significant items.

The Ad-Hoc Officials requested enforcement of the "no diving" rule for workouts as well as for

(CONT on Page 4)

News

Who's Doing What ?

Once again, prior to this newsletter, I asked for news from around the state. I'd like to thank Julie Harris from FAST, Wally Dobler from Lansing, Andy Donato from Marysville and Skip Thompson from SOS for sending in news items.

Two families from FAST have had a busy fall in the baby department. On October 6th Nicole Elise Zayan was born to masters swimmer Julie Zayan. Followed closely into the world by Kenneth & Susan Gutowski's son Kyle Lawrence on October 8th. In the baby department, JAMS (Jackson Area Master Swimmers) continues to try to keep up. Dave Heinz and his wife Joan and their daughter Elizabeth have a new baby girl at their house. We hope that all three mothers and babies are doing well.

From Skip came news about the Detroit Free Press Marathon and the Ironman World Championships...Two Michigan Master swimmers competed in the Detroit Marathon. Todd Briggs 30, of Grosse Pointe placed 33rd in the 30-34 age group and 125th place overall with a time of 3:00:17. John Payotelis 58, of Dearborn placed first in the 55-59 age group and 178th place overall with a time of 3:06:10. 1963 people finished the race. Karen Forfar 57, a LaPeer Masters swimmer placed 1,110th overall and 1st place in the 55-59 age group with a time of 12hr. 49min. 56seconds in the Ironman World Triathlon Championships in Kailua-Kona, Hawaii. CONGRATUALTIONS to all three of our ambitious "cross-trainers".

In a report from Wally Dobler the demise of the once Lansing Masters was prematurely reported. Wally wrote, "We are hoping we can stay alive in Lansing Master's swimming. We have two charter members (George Runciman and myself) from 1974 when we started Lansing masters who are still active. Gail Dummer is the only other active Lansing swimmer, coming on about 1985. We have many other swimmers - but in this day and age everyone does their own (thing) and goes their own way! From 110 swimmers down to only 3 is not a team anymore, but there are still many card carrying Michigan Masters who swim in the Lansing area."

The good news is that Rebecca Kegler of the Oak Park YMCA, with Wally's help, is attempting to get a Lansing masters' program up and running once again. And we have had a number of inquiries from swimmers up in Lansing lately. Take heart Wally, Lansing Master's has yet to DIE!

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

Technique

Skill Drills

Since most of what we read today says that skills are the way to most effectively improve your swimming, I have chosen to include the following three drills from Terry Laughlin's *"The Total Immersion Stroke And Fitness Guide"*.

Catchup Stroke

Flutter kick with both arm extended in front (one hand covering the other and elbows squeezed together). Stroke and recover one arm, while keeping the other extended. At the completion of each armstroke, cover the extended hand with the stroking hand and pause (kicking steadily) in that position until you feel your body reach a stable, balanced position.

Each stroke should feel like this: Start by trapping as much water as possible behind your stroking hand and forearm before you begin pulling back. Then pull your hand straight down the midline of the body about 18-24" deep. Press your hand straight through your hips. The hips should roll briskly out of the way as your hand passes under them. Breathe and roll with each armstroke (to both sides).

Slide and glide

Flutter kick on your left side with the left arm leading, right arm trailing at your side, right hip and shoulder pointing straight up, face out and looking at side wall. Maintain a long clean line from fingertips to toes to avoid water resistance. Kick for 2-3 counts, then recover your right hand and cover your left, pausing until the body is stable and balanced, then stroke with the left (as in "catchup stroke"). As you complete the stroke and roll your hips, leave the left hand by your side and hold the side-lying position for 2-3 counts. On each rotation, pause in each position -left, center, right, center, etc.- for 2-3 counts. Emphasize crisp, smooth, strong hip movement to initiate each rotation. Rotating the body on its axis gives you a longer, more "fish-like" body position.

Fist Swimming

Swim with fists tightly clenched, relying on inner arm pressure and high

Editor's Noise (con't)

Although our registrars were not up to swimming their home meet and John Mastenbrook was in Jackson for the week-end, Marilyn played host to several new masters and three old standbys. Bill Reid, Beverly Cornell and Andy Donato and their respective spouses (and Andy's girls) have been there the past three or four years. In addition, there were several new swimmers from Lake Superior College as well as our own Jeanne Brickner from Jackson. Jeanne swam with JAMS last season and decided this season to take on some of the meets. This being her first meet, she did VERY well. Not only did she swim all the races she signed up for, she also managed not to false start and finished all of her races with good times.

It used to be that we went to Harbor Springs because of the fall colors, but each year it gets later... and later. This year we even had snow. Now we realize that the real reason we go is because of the nature of the meet. It's small, but fun... all the people are friendly and this year there was a bonus. Someone arranged to have all of the races videotaped and we were able to see the tape when we all adjourned to the Harbor Bar. Next year we hope to see a few more of you there!

I need to take a little space to bring up two important items. First, it has come to our attention that a **number of you have not received your awards from the State Meet**. Since we hosted the meet, we feel responsible and apologize for the extreme delay. If, by now, you have not received your awards, please take a minute to let us know and we will rectify the situation **IMMEDIATELY!**

The second item is about diving into

the pools during warm-up. **IT IS ABSOLUTELY NOT ALLOWED**, except in the sprint lane where people are practicing starts from the blocks. That is the **ONLY** exception.

Please take a minute to look at the calendar. You will note that the **location of the USMS 1 Hour Swim has been changed** to Eastern Michigan, from the University of Michigan. The other change is that the **Stroke Clinic has been changed** from January 23 to February 6th. (Please see the flyer on the clinic for change in the clinic format.) Also take a moment to locate the USMS registration form in this newsletter, fill it out and send it in with your cheque TODAY. Thus, the hassle the morning of the first meet you compete in next year will be eliminated. Besides that way, your subscription to *Swim* will not be interrupted.

Skill Drills (cont')

elbows for propulsion. Match hand speed as you pull back with the speed of your body moving forward. This will help you anchor your hand and hold water better. After a few lengths, extend just the index finger on each hand and try to hold water with just that fingers you stroke. After practicing both drills, open your hands again, becoming aware of how much water pressure you can create with the open hand. Count strokes while swimming in all three ways to measure your comparative efficiency.

Maximize benefits

1. Don't struggle with poor body position if you have a weak kick. Instead, use swim fins to increase your sense of control on all drills. Your skills will improve much faster when you practice with control.
2. The objective with all stroke drills is,

through practice, to gradually increase the precision and economy of your movements, so your strokes become relaxed and smooth.

3. Practice these drills in sets of 25-50 yard repeats, resting 10 to 30 seconds between. Do the drills alone until you can do them well. Then alternate drill lengths, trying to reduce your stroke count.

4. Novice swimmers should spend more time practicing drills (60%-80% of all your swim time) than in whole stroke swimming. As your skills improve, gradually increase the amount of swimming you do. Even advanced swimmers should do drills for at least 10-20% of all their yardage."

Reality

The most reliable indicator of skilled technique in swimming is a long stroke. The farther your body travels with each stroke, the faster-- and easier-- you'll swim. There are two ways to make your stroke longer: The first and easiest is **eliminating** resistance by improving your body's position, and alignment in the water. That way, even without improving your stroke, every stroke you take will move you faster and faster. The second is **creating** more propulsion by locating your power source and making your hands hold the water better.

How to Eliminate Better

1. **Make your body longer.** As with sailboats and racing shells, the longer your body is from fingertips to toes *during all phases of the stroke*, the farther and faster it will travel during each stroke. In freestyle you accomplish this by extending your hand a little farther after entry and leaving it there just a bit longer before pulling back to keep your body long while waiting for the other hand to complete its stroke and take over the front position.

2. **Make your body sleeker.** To swim faster, before trying to (cont'n on p. 5)

From your President (con't)

warm-ups and warm-downs at meets. You all will recall that this rule requires that *all swimmers enter the pool feet first with one hand on the deck or wall except for specially designated diving lanes*. Violators of this risk disqualification in their next event. The Sports Medicine, Health and Safety Committee requested that the Championship Committee mandate that a warning of possible disqualification be printed on the heat sheets for the nationals.

The sports medicine committee recommended that coaches on deck be certified in CPR, first aid and some type of water safety. If a workout is not supervised by a coach, it is recommended that a lifeguard be on deck. It was also recommended that rule 107.10 be revised to require no smoking signs in the pool areas.

The Insurance Committee reported that our insurance premiums are not going up. USMS is however being sued over an incident in California when a swimmer cut open his heel on a bulkhead during a flip turn. As a result of this suit, it was recommended that the liability release be modified. The USMS Legal Council recommended (and the House of Delegates so voted) that this revised liability release be used immediately. The release should appear on all entry forms and on all meet announcements for deck entered meets. If a meet announcement went out with the old release, all swimmers must be required to sign the new release before entering the pool to warm-up.

The Championship Committee stated that National Qualifying Times will probably be used to the 1994 SCY Nationals at Tempe and may be required for the 1994 LCM Nationals at

Buffalo.

The House of Delegates approved "one event" registration for optional use of the LMSC's beginning in 1994. We will discuss the use of "one event" registration in Michigan at the Annual Meeting.

Approved events no longer exist. Events can either be sanctioned or recognized. The definition of sanctioned events was not changed. Sanction events have liability and accident insurance coverage in force and have their results accepted for records and top 10 placing. Recognized events have no liability insurance coverage in force, may have accident insurance coverage for USMS members but will have their results count for records and top 10 placing. Recognized events must be conducted in accordance with USMS rules for the times to count. Gail Dummer (our Sanctions Chairperson) must be contacted in order to have an event recognized.

USMS is standardizing on Hy-Tek software for meet management. The acquisition of these programs (Meet Manager and Team Manager) is being subsidized by USMS. A LMSC can purchase a set of software for \$200. (about 40% of the normal price). We will be voting at the 1994 Annual Meeting on the purchasing of this software. If we purchase this software, it will be available to any swimmer in the LMSC to use at their meet.

A swimmer at the 1993 LCM Nationals at Minneapolis was cut from his sixth event which was the 400 meter freestyle. (All swimmers were allowed to swim only five events due to the large size of the meet). He wanted to swim the 400 free and did so in the lane of another swimmer who had chosen to scratch.

The swimmer who had scratched was a local swimmer who was announcing the meet. (Good choice of open lanes!). The announcer who was on the announcers stand noticed that he was swimming the 400 and suggested to the officials that there was an irregularity happening. The offending swimmer was identified. The House of Delegates chose to prohibit the swimmer from competing in the both 1994 national championships. The House wanted to send a clear signal to all swimmers that this type of activity would not be tolerated in the future.

Phyllis is describing our Fall meets in this newsletter however I want to talk about our Fall Stroke Clinic. The attendees received some excellent coaching by Jim Richardson and Crissy Rawak. They both were extremely enthusiastic and knowledgeable and are looking forward to the second clinic. Because Jim and Crissy will be traveling with their team on our January data, we had to move the second Clinic to February 6, 1994. We received a lot of detailed and constructive comments from the attendees of our first clinic and tried to incorporate them into the planning for this one. Please join us at the University of Michigan on February 6.

Please note also that the USMS 1 Hour swim that Skip Thompson is organizing has been moved to Eastern Michigan University. Please contact Skip at (313)683-2191 for details.

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

Skill Drills (con't)

increase power or propulsion, first make sure you've done everything you can to eliminate drag or resistance. Round off all the edges; eliminate sharp angles in the confrontation between your body and the water. Imagine yourself swimming down a very narrow culvert rather than a large sewer pipe. Make your stroke and recovery more compact (in cross-section not length). Eliminate head wagging and hip/leg fishtailing. And most importantly...

3. **Cut the water on your side.** Ever notice how fish cut the water compared with humans? In the more fishlike sidelying position in freestyle and backstroke, the water can pass across two surfaces of the body, has to travel only half as far to get out of your way, and reduces drag significantly. Instead of lying on your stomach in free or your back in backstroke, pass quickly through those positions while rolling from one side to the other.

How to Create Better

4. **Locate your power source.** Ever notice how baseball pitchers, tennis players, and golfers all start their motion by turning the hips first, then the shoulders and the arms last? Stroking power in swimming also originates with brisk hip roll on each stroke. The hands are simply the point where hip rotation power is applied to the water. So when you think about increasing the power or tempo of your stroke, make changes at your hips not your hands.

5. **Anchor your hands.** Rather than pulling your hands back through the water, your hands should anchor in as near a stationary position as possible, while you use powerful chest and back muscles to pull the body past the hand's anchoring point. The two best ways to

improve this ability are fist swimming (which will be described later) and matching the speed of your hands pulling back to the speed of your body moving forward as you swim. And when you can feel yourself doing this well, try to do it with your fists closed.

6. **Keep your stroke long as you build speed.** When trying to swim faster, first maximize distance per stroke. Then add power (through the hips). Then build stroke tempo without sacrificing distance per stroke. If you can swim a length of the pool in 10 strokes, but find you take 20 strokes when you try to swim faster, then you have sacrificed efficiency, even if you have gained a little speed. So, try to swim faster at 18 strokes instead.

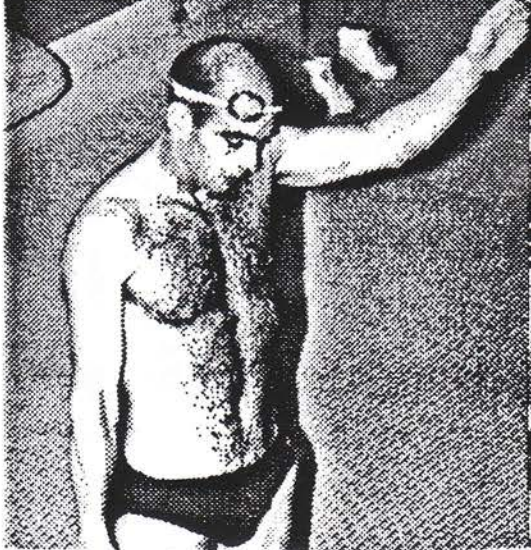
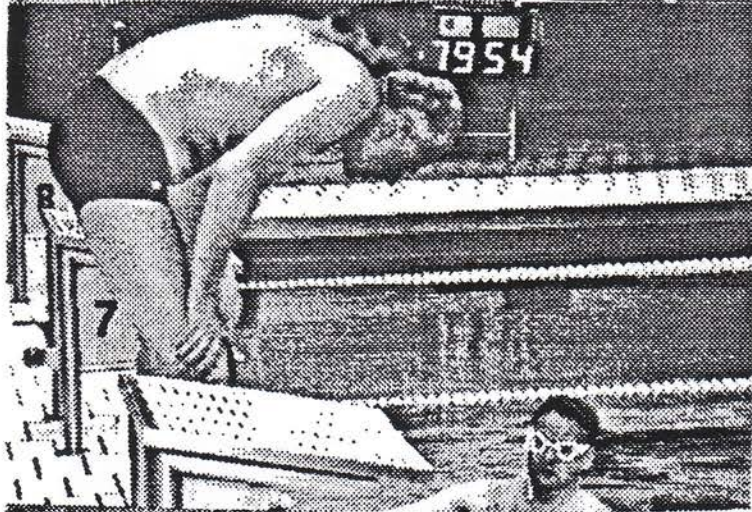
Last summer

Long Course Nationals

Thirty-eight Michigan swimmers attended the Long Course Nationals held in Minneapolis, Minnesota. The meet had 1000 participants, making in excess of 6,000 splashes and was the largest Long Course Nationals ever held! Two world, two nationals and 49 state records were set by Michigan swimmers. The High Point winner for the Men's Division was Charles Moss with 55 points. There was a tie for the Women's High Point winner between Lois Nochman and Beverly Myers, both with 44 points.

Congratulations to all who participated!!





Minutes-Great Lakes Zone Meeting-September 25, 1993-Submitted by Skip Thompson

Meeting called to order by Chairman Skip Thompson, an attendance sheet was passed around to all people attending the meeting and is enclosed. The budget was the first item on the agenda. It was announced that all LMSC have now paid assessments up to date with the exception of Central for 1993. A Zone Assessment Schedule is enclosed. A motion was approved to invoice each LMSC for Zone Assessments by June 15, 1994 based on delegate count. Also recommended was to encourage the President of USMS to enlarge the at-large representation from the Great Lakes Zone. Skip Thompson reported on the actions of the Zone - Nominating Committee meeting held on Sept. 24, 1993. Minutes of that meeting were included in the delegates packets.

Each LMSC passed out the 1993 - 94 Meet Schedules. A complete list of Meets are enclosed plus any changes since the meeting. Newsletter Editors are encouraged to exchange newsletters with other Newsletter Editors in our zone. Also please send a copy of your newsletters to Skip Thompson and Scott Rablis, the new Newsletter Editor for Swim Magazine.

Zone Championship Meets are going to be attempted. A motion was passed by Pat Maley to hold two Zone Championship Meets in 1993 - 94, one for SCM and one for LCM. A motion by Dan Per Lee to have the LCM Zone Championship Meet at Cleveland State University, on June 18 - 19, 1994 was passed. Pat Maley moved that the SCM Zone Championship Meet be the Fall Classic at IUPUI on Nov 7, 1993 was passed. Bill Mulliken moved to have the Big Shoulders Swim Classic be the Long Distance Zone Championship for 1994 year was passed. For 1995, two meets have been designated as Zone Championships: SCM - Nov 1994 Fall Classic at IUPUI and LCM - August 1995 Lakeside Invitational in Louisville Ky. A SCY Zone Championship Meet will not happen in 1994 due to tight time schedules and Easter holidays. Most LMSC will be holding their State Championships and the YMCA Nationals will be taking place during this time period in the GLZ.

Zone Elections were held. Frank "Skip" Thompson was elected Zone Chair of GLZ. Jan Huneke was re-elected as Treasurer of GLZ. A new office of Vice Chairman - Secretary was established and approved. Edie Jacobsen was elected to this position. Dan Per Lee requested the treasurer establish a Great Lakes Zone account. This motion passed. A Treasurers report will be included in the Zone Newsletter. New Zone Championship patches will be bought when the old GLZ patches run out.

Meeting Adjourned at 10:00 A.M.

I would like to thank Joanne Tingley for taking the minutes of this meeting.

Lansing Masters Pentathlon and Freestyle Crescendo

Sunday, December 12, 1993

Sanction# MM199403

Location: IM-West Sports Building, Michigan State University. From I-96, take US #127 North. Exit east onto Trowbridge Road. Continue to Harrison Road, then turn north (left). Continue to Kalamazoo Street, then turn east (right). Continue to the Sparty statue, turn right, and park in the lot in front of the IM-West Sports Building next to Spartan Stadium.

Schedule: Warm-up 9:00, events 10:00. Swimmers are reminded to enter the pool foot-first during warm-up. Dives and backstroke starts will be permitted only in designated sprint lanes. A separate diving well will be available for continuous warm-up and cool-down.

Events: Two "slates" of events will be offered. The **pentathlon slate** will include the 50y fly, 50y back, 50y brst, 50y free, and 100y IM. The **freestyle crescendo slate** will include the 50y free, 100y free, 200y free, and 500y free. Although you may enter a mixture of pentathlon and crescendo events (maximum of 5 events), you are strongly encouraged to choose either the pentathlon or crescendo and enter all of the events in that slate. All events will be seeded slow-to-fast.

- | | | | |
|--------------|--------------|-------------|--------------|
| 1. 200y free | 3. 50y back | 6. 50y free | 7. 100y IM |
| 2. 50y fly | 4. 100y free | <break> | 8. 500y free |
| <break> | 5. 50y brst | | |
| | <break> | | |

Scoring: Pentathlon and crescendo winners will be determined by adding the times achieved in the relevant events (5-second penalty for each disqualification). Michigan Masters ribbons will be awarded to the 1st, 2nd, and 3rd place overall winners in each age/gender group.

Meet Director: Gail Dummer, (517) 887-8416.

Eligibility: Swimmers must be registered with USMS, with either a 1993 or 1994 registration card. Michigan swimmers may complete the registration process at the meet (\$25 fee).

Entries: Enter by mail before Friday, December 3. We need your entries prior to the meet so that we can enter names into the computer in preparation for scoring the pentathlon and crescendo. There will be a penalty for deck entries! Deck entries will not be accepted after 9:30 on December 12.

Name _____ Age as of 12/12/93 _____ Gender _____
 USMS# _____ Club _____
 Address _____

Pentathlon: 2. 50 yard fly _____:_____:_____ 3. 50 yard back _____:_____:_____ 5. 50 yard brst _____:_____:_____ 6. 50 yard free _____:_____:_____ 7. 100 yard IM _____:_____:_____	Crescendo: 1. 200 yard free _____:_____:_____ 4. 100 yard free _____:_____:_____ 6. 50 yard free _____:_____:_____ 8. 500 yard free _____:_____:_____
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Enter by mail - avoid the penalty for late or deck entries! The entry fee is \$10 for entries received by Friday, December 3, and \$15 for late or deck entries. Submit the above entry form, a photocopy of your 1993 or 1994 USMS card, and a check for \$10 payable to Michigan State University to:

Gail Dummer
 3100 Scarborough
 Lansing, MI 48910
 (517) 887-8416

ROCKFORD HIGH SCHOOL COMMUNITY POOL
PROUDLY PRESENTS OUR FIRST
MASTERS SWIM MEET

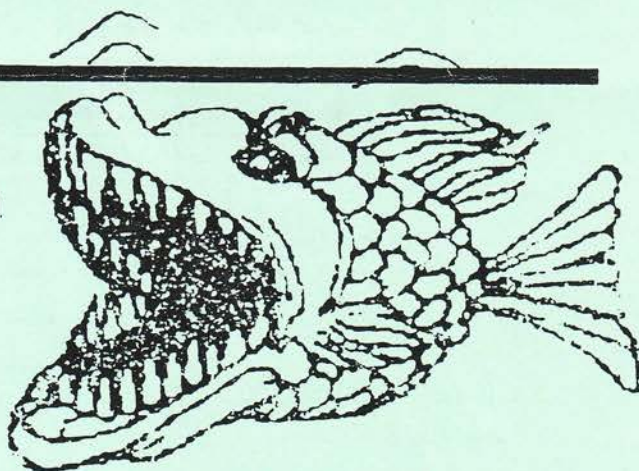
JANUARY 16, 1994

FEES:

- \$11.00 Michigan Masters Members.
- Swim as many as five events + relays!
- Registration available at meet.
- \$25.00 for annual membership.

This is a U.S. Masters Swimming Sanctioned Meet #MM199411. Times will count toward State and National Records. The meet is covered by USMS insurance.

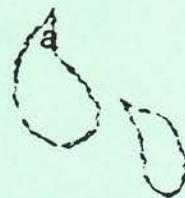
WARM-UPS begin at 11:00 am
Michigan Masters warm-up procedures will be followed



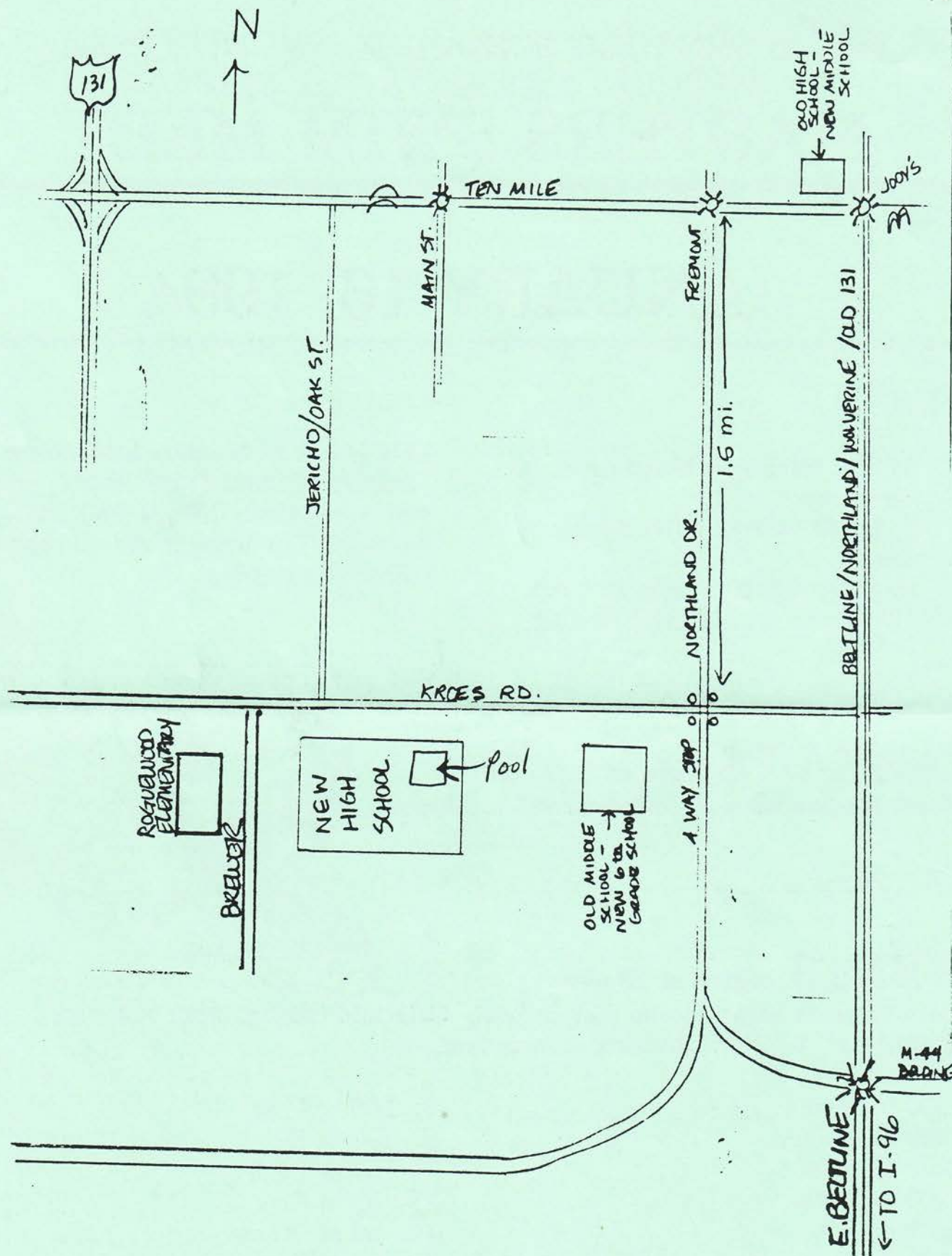
EVENTS begins at 12 noon

Events are in a short course meters pool. Colorado timing, eight lanes in a beautiful new facility. Seeding slow to fast.

- | | |
|-----------------------|----------------------|
| 1. 200 m Medley Relay | 8. 100 m Free |
| 2. 200 m Choice | 9. 100 m IM |
| 3. 200 m Free | 10. 50 m Back |
| 4. 100 m Back | 11. 50 m Fly |
| 5. 100 m Fly | 12. 50 m Breast |
| 6. 100 m Breast | 13. 50 m Free |
| 7. 400 m IM | 14. 200 m Free Relay |



Questions: Call Richard TenHoor (616) 866-6328 or Lynn Benson (616) 866-9855.



11

Jackson Y-Center Short Course Masters Swim Meet
Sanctioned by Michigan Masters for USMS Inc, Sanction No. MM199404

Sunday, January 30, 1994 at the Jackson Y-Center
127 Wesley Street, Jackson, Michigan

8:30-9:30 AM Check-in and deck entry
9:00 AM Warm-up

- | | | |
|----------|---|--|
| 10:00 AM | 1. 200 Yard Medley Relay
2. 200 Yard Freestyle
3. 200 Yard Backstroke
4. 50 Yard Breaststroke
5. 50 Yard Butterfly
6. 50 Yard Freestyle
7. 50 Yard Backstroke
8. 200 Yard IM | 9. 100 Yard Breaststroke
10. 100 Yard Freestyle
11. 100 Yard Backstroke
12. 100 Yard Butterfly
13. 200 Yard Breaststroke
14. 400 Yard Freestyle Relay
15. 1000 Yard Freestyle
16. 1650 Yard Freestyle |
|----------|---|--|

Swimmers are reminded to enter the water feet-first during all warm-ups and warm-downs. Diving is permitted only in designated sprint lanes. One lane will be reserved during the meet (except during the 1000 free and 1650 free) for warm-downs. Seeding will be slow-to-fast. There will be a break between the 200 Yard IM and the 100 Yard Breaststroke. Some 1000 free and 1650 free swimmers may be combined into one heat if necessary to expedite the meet.

Entries: Cost is \$8.00 for mailed-in entries and \$15.00 for deck entries. We intend to seed and score this meet with a computer. Thus we request that as many swimmers as possible pre-enter so that we will not have to do a lot of data entry on the day of the meet. Mailed-in entries must be postmarked by January 24, 1994. Relays can be deck entered without penalty. A swimmer may enter 4 individual events and 2 relays. A swimmer may either swim the 1000 free or the 1650 free but not both.

Eligibility: Only swimmers registered with the USMS for 1994 may compete in this meet. All entrants must show cards during deck entry (or check-in for swimmers who pre-entered). USMS cards can be purchased at the meet.

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

Directions: From the North, East or West
Take US-27 south, I-94 east or I-94 west to US-127 south. At the junction of I-94, US-127 becomes West Avenue. Take West Avenue south into Jackson until the intersection of West Avenue and Michigan Avenue. Turn Left on Michigan Avenue and travel east until the road splits. Bear to the right and the road will become a one-way street (Washington Avenue). Pass two lights and just past a church (on your right), turn into a parking lot on your right. The Y-Center is south of the parking lot.

From the South
Take US-127 north or M-50 west to their junction. Take M-50 into Jackson. As you approach downtown, you will pass the Southridge Park apartments on your left. Look for Wesley Street on your left. Wesley street is just before an electrical repair shop. Turn left and travel past two stop signs. After the second stop, the parking lot is on your right and the Y-Center is on your left.

Additional Information: Bill Reid (517)592-8908 (home), (517)787-3877 (work)

Jackson Center Short Course Masters Swim Meet

Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM 199404

SUNDAY, JANUARY 30, 1994

NAME: _____ SEX: _____ USMS#: _____

BIRTHDATE: _____ Age On Jan.30: _____ TEAM: _____

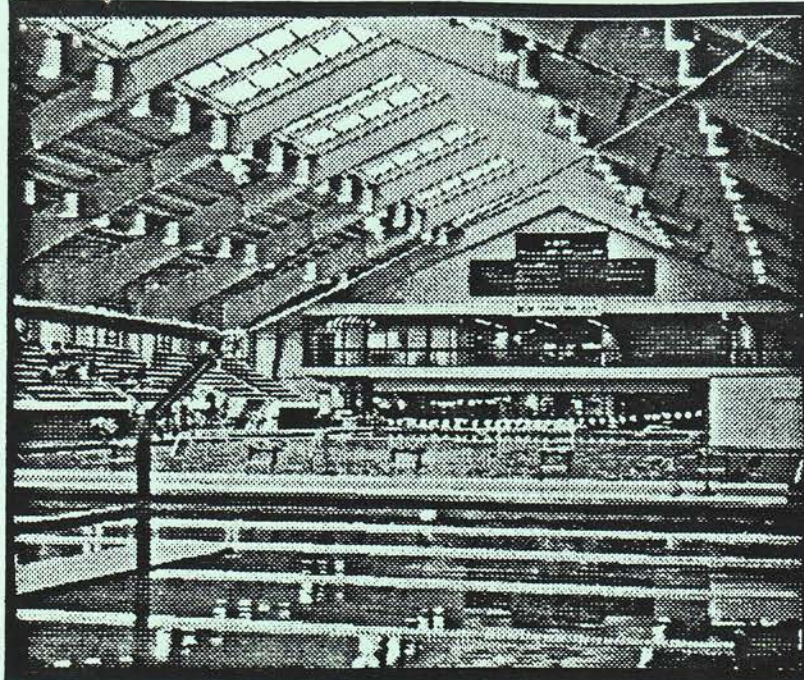
EVENT #	EVENT NAME	SEED TIME
1	200 YARD MEDLEY RELAY	
2	200 YARD FREESTYLE	
3	200 YARD BACKSTROKE	
4	50 YARD BREASTSTROKE	
5	50 YARD BUTTERFLY	
6	50 YARD FREESTYLE	
7	50 YARD BACKSTROKE	
8	200 YARD IM	
	<i>BREAK</i>	
9	100 YARD BREASTSTROKE	
10	100 YARD FREESTYLE	
11	100 YARD BACKSTROKE	
12	100 YARD BUTTERFLY	
13	200 YARD BREASTSTROKE	
14	400 YARD FREESTYLE RELAY	
15	1000 YARD FREESTYLE	
16	1650 YARD FREESTYLE	

ENTRY FEE: \$8.00

ENTRY DEADLINE:

MONDAY, JANUARY 24, 1994

(postmarked)



Michigan LMSC Sanction # MM199413

WINTER '94 Stroke Clinic

February 6, 1994

9:00AM to 3:30 PM

University of Michigan
Canham Natatorium
Ann Arbor, Michigan

COACHES: Jim Richardson Head Women's Swim Coach U of M
 Crissy Rawak Asst. Women's Swim Coach U of M
 (To be announced) Graduate Breaststroker U of M
 Assisted by Members of the U of M Women's Team

We appreciate all of the comments that we received from the attendees from the first clinic. We have made changes to accommodate these comments and to improve our clinic. We have added one videotaping session, added one start and turn session and reduced the number of classroom sessions. **WE HAVE ALSO ADDED A BREASTSTROKE CLINIC.**

SCHEDULE:

MORNING: **9:00 - 11:30am**
 Session 1 - Videotaping (hopefully with an underwater camera system)
 Session 2 - Stroke Drills
 Session 3 - Swimming session with Video taping & Critique of strokes

11:30 - Noon BREAK

Noon -1:00pm **Lunch & Lecture**
 * Mid & late season workout planning
 * Late season cardiovascular training
 * Speed & Taper workouts

AFTERNOON: **1:30pm - 3:30pm**
 Session 4 - Same as 1
 Session 5 - Same as 2
 Session 6 - Starts & Turns

PROCEDURES: The clinic attendees will be divided into 3 groups. (The breaststroke clinic will be one of the groups and will consist of no more than 14 swimmers.) The breaststroke coach will work only with the breaststroke clinic. The other two groups will be coached by Jim Richardson and Crissy Rawak. Each of the six sessions will be 50 minutes. The participants, excluding the breaststrokers, will be divided into two groups based on stroke and preference. All three groups will rotate through the three morning and three afternoon sessions. The order of videotaping will be in the same order in which registrations are received. Sign-up early for the "BEST" slots!

EQUIPMENT: Bring a lunch and a VHS videotape (we will supply the labels). It is **STRONGLY RECOMMENDED** that all clinic participants bring fins!!! Drills are easier with fins and the "new breaststroke" can be experienced better with fins. Bring all of your workout toys...ie paddles, pull bouys, rubber duckies, etc..

Cost : \$30 *Pre-registration required*

Eligibility: 40 Swimmers maximum.

A current USMS registration is required to attend this clinic.

WINTER '94 STROKE CLINIC, University of Michigan

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

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

PHONE #: _____

☐ **Breaststroke Clinic**

AM Stroke to be videotaped _____

PM Stroke to be videotaped _____

(both am & pm strokes may be the same if desired)

Swimming goals: ☐ *Fitness* ☐ *Weight loss* ☐ *Stress reduction*
☐ *Competition* ☐ *Improve physique* ☐ *Companionship*

Make cheques payable to: Michigan Masters

MAIL TO: Bill Reid
128 Marlboro Court
Brooklyn, MI 49230
(517) 592-8908

JOSEPH BEAUDOIN MEMORIAL SWIM MEET

February 13, 1994

Ford Athletic Swim Team/ Triathlon Club brings you their 7th annual Michigan Masters Swim Meet. This will be a sanctioned meet, open to all registered masters swimmers; registration available at the meet. The meet will be held at Brighton High School, Brighton Michigan.

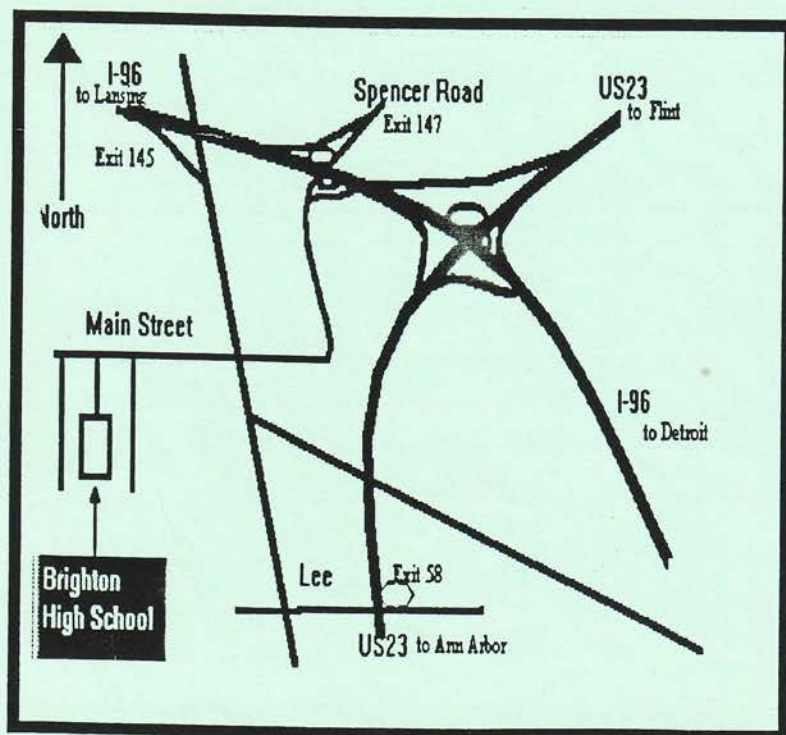


The events are:

- | | |
|---------------------|--------------------------|
| 1. 400 Medley Relay | *INTERMISSION* |
| 2. 200 Free | 9. 200 IM |
| 3. 100 Back | 10. 100 Free |
| 4. 50 Fly | 11. 50 Breast |
| 5. 100 IM | 12. 200 Fly |
| 6. 200 Breast | 13. 50 Back |
| 7. 50 Free | 14. 200 Mixed Free Relay |
| 8. Fun Relay | 15. 500 Free |

- Meet begins at 10 am; warm up at 9 am.
- Registration Begins at 9 am
- Meet Fee: \$10.00 for an maximum of four individual events plus relays. Part of the proceeds will be donated to the Joseph Beaudoin Memorial Fund.
- Ribbons will be awarded for 1st, 2nd, and 3rd place finishers.
- 25 yard pool w/diving well for warm-up.
- Electronic timers

For More information call Julie Harris; Work 313-248-7815; Home 313-471-7287.



From Lansing:

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

From Ann Arbor:

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

From Flint:

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

From Detroit:

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

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

Sanction #MM199405

16

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

Swim Classic

at
East Kentwood High School Community Pool

6178 Campus Park, S.E., Kentwood, Michigan

February 26, 1994

Meet fee is \$10.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters membership (\$25.00), sign up available at the Meet.

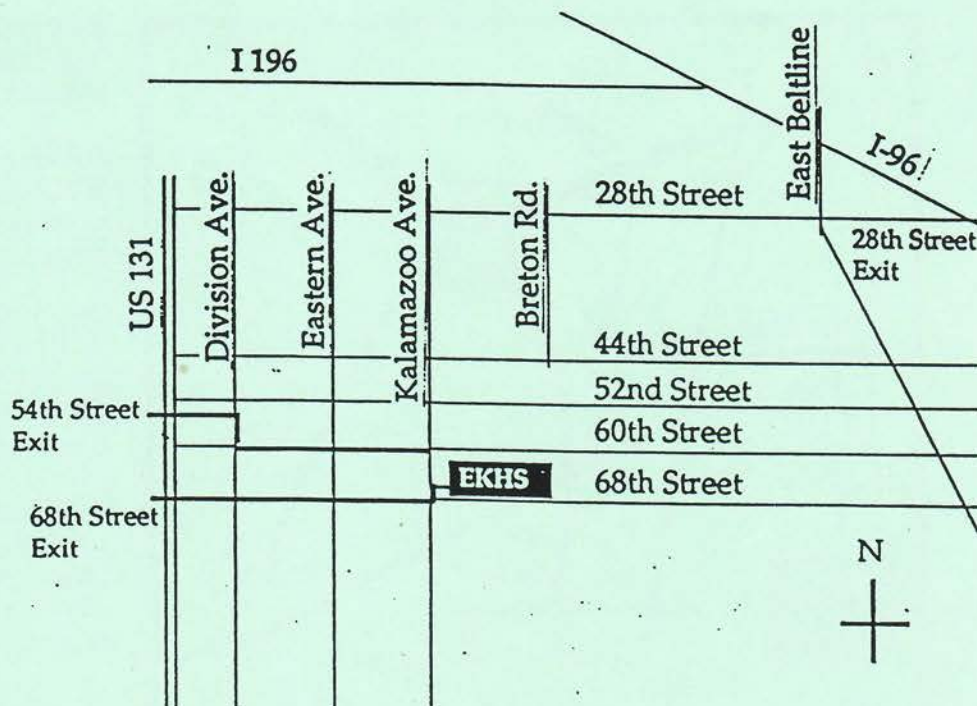
This meet is a United States Masters Swimming sanctioned meet. All USMS registered swimmer's times will count toward State and National record consideration and coverage is by USMS insurance.

Registration 9:30 a.m. - 11:20 a.m. (event #1 cuts off registration at 10:00 a.m., event #2 at 10:30 a.m.). 1000/1650 Yard Free starts at 10:30 a.m. Warm-ups are 10:00 - 10:30 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast. Limit of 4 individual events and 2 relays per swimmer.

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI 49444 (616)739-5592
Sanction #MM199406.

List of Events:

1. 1,650 Yard Free*
2. 1,000 Yard Free*
- Intermission
3. 200 Yard Medley Relay
4. 200 Yard Free
5. 200 Yard Individual Medley
6. 50 Yard Free
7. 200 Yard Breast
8. 100 Yard Back
9. 50 Yard Butterfly
- Intermission
10. 100 Yard Individual Medley
11. 100 Yard Free
12. 100 Yard Breast
13. 100 Yard Butterfly
14. 200 Yard Back
15. 200 Yard Free Relay



* Heats may be run concurrently. Meet Director reserves the right to "double-up" lanes.
Remember during warm-up to enter feet first and in a cautious manner.

1993-94 Michigan Masters Meet Schedule

DATE	CLUB	LOCATION	Sanction Number	Meet Director	PHONE
Nov15-Jan31	MI Swimming Postal Meet	Any 25yd or 25mtr pool	MM199401	Gail Dummer	(517) 887-8416
December 1-4	U.S. Open	U of M			
December 12	Lansing Masters*	Michigan State	MM199403	Gail Dummer	(517) 887-8416
January 9	USMS 1 Hour Swim	<i>Eastern Michigan</i>	Nat'l sanction	Skip Thompson	(313) 683-2191
January 16	Rockford Masters(25 mtrs)	Rockford High School	MM199411	Richard Ten Hoor	(616) 866-6328
January 30	Jackson Masters*	Jackson Y-Center	MM199404	Bill Reid	(517) 592-8908
<i>February 6</i>	MI Masters Stroke Clinic	U of M	MM199413	Bill Reid	(517) 592-8908
February 13	Ford Masters	Brighton High School	MM199405	Julie Harris	(313) 471-7287
February 26	Western Michigan Masters	East Kentwood High School	MM199406	Ken Danhof	(616) 739-5592
March 20	Midland Masters	Midland Dow High School	MM199407	Charles Moss	(517) 631-1480
April 8-10	State Meet/JacksonMasters*	University of Michigan	MM199408	David Speth	(517) 636-7802
April 21-24	YMCA Nationals*	IUPUINatatorium, Indianapolis	IN sanction	Bill Reid	(517) 592-8908
May 13-16	USMS Short Courde Nat'ls*	Arizona State - Tempe, AZ	AZ sanction	Mel Golstein	(317) 253-3652
August 25-28	USMS Long Course Nat'ls*	Buffalo, New York	NY sanction	Skip Thompson	(313) 683-2191
				TempeRioSalado	PO Box 27523 Tempe,AZ 85285-7523
				Gene Donner	717 South Rd E. Aurora,NY 14052

DATES OR LOCATION WHICH ARE SHOWN IN *italics* ARE A CHANGE FROM THE EARLIER CALENDAR ... PLEASE NOTE THEM!

Michigan Masters must be registered with USMS (\$25 annual fee) to compete in the above meets. While it is possible to register at the meets, it saves considerable time and hassle if you do it ahead of time. **Please clip the registration form on the last page and send it to the registrars TODAY!!!**

* Meets marked with an asterisk are ADVANCE entry meets. Please read the meet announcements for entry details.

Please post on workout board !

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

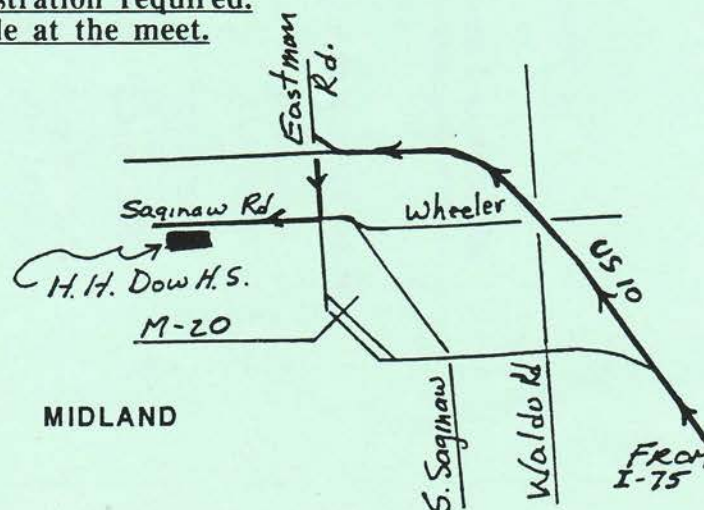
or

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.



DO YOU WANT TO SEE YOUR NAME IN LIGHTS?

**DO YOU WANT TO SWIM PR'S AT THE HOME OF THE 1993
U.S. OPEN AND THE 1994 JR. NATIONALS?**

DO YOU WANT TO SWIM THE 1000 YARD

FREESTYLE AND THE 1650 YARD

FREESTYLE, IN THE SAME

MEET?

IF YOU ANSWERED "YES" TO

ANY OF THESE 3 QUESTIONS

YOU SHOULD

ATTEND

THE:

1994 MICHIGAN MASTERS STATE SWIMMING CHAMPIONSHIPS

APRIL 8-10, 1994

at the

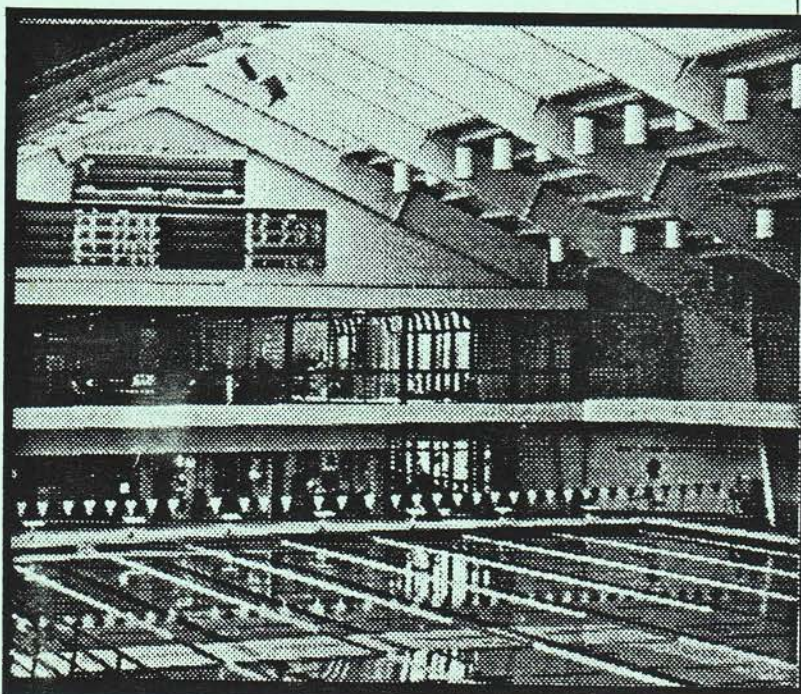
UNIVERSITY of MICHIGAN's CANHAM NATATORIUM

SANCTION: Michigan LMSC, Sanction
Number MM199408.

HOSTS: Jackson Y-Center Masters and
the Jackson Swim Club

FACILITIES: Don Canham Natatorium will be configured as two 25 yard courses. The 500 yd freestyle, 400 yd IM, 1000 yd freestyle and the 1650 yd freestyle will be swum in two pools. The remaining events will be swum in the West course with continuous warm-up available in the East course.

TRAVEL: Ann Arbor can be reached by I-94 and US 23. Air service is available via Detroit Metropolitan Airport. Inexpensive shuttles between the airport and Ann Arbor hotels are available.



SCHEDULE of EVENTS:

Friday PM	Check-in:	4:45pm - 5:30pm
	Warm-up:	5:30pm - 6:00pm
	Events:	500 yd Freestyle*
		400 yd IM*
		1000 yd Freestyle*
		1650 yd Freestyle*
Saturday AM	Check-in:	8:00am - 8:45pm
	Warm-up:	8:00am - 8:50pm
	Events:	50 yd Freestyle
		200 yd Backstroke
		100 yd Freestyle
		400 yd IM *
		200 yd Free Relay
Saturday PM	Warm-up:	1 HOUR AFTER end of morning events
		200 yd Butterfly
		100 yd Breaststroke
		50 yd Backstroke
		200 yd Mixed Medley Relay
		500 yd Freestyle*
Sunday AM	Check-in:	8:00am - 8:45 pm
	Warm-up:	8:00am - 8:50am
	Events:	200 yd Freestyle
		100 yd IM
		200 yd Breaststroke
		50 yd Freestyle
		200 yd Medley Relay
		1650 yd Freestyle*
Sunday PM	Warm-up:	1 HOUR AFTER end of morning events
	Events:	100 yd Backstroke
		50 yd Breaststroke
		100 yd Butterfly
		200 yd IM
		200 yd Mixed Free Relay
		1000 yd Freestyle*

* Each event may be swum once in the meet, either Friday PM or Saturday/Sunday

Information:

Bill Reid, Meet Director
128 Marlboro Court
Brooklyn, MI 49230
(517) 592-8908 day or evening

RESULTS FROM:

October 30, 1993

Fall Ford Classic at the Grand Rapids Community College Ford Pool

Women's 19-24 Age Group		Men's 19-24 Age Group	
200 Yard Freestyle		100 Yard Breaststroke	
Lorelei Thayer 23	2:43.99	Jerimie Ike 19	1:10.41
500 Yard Freestyle		50 Yard Butterfly	
Lorelei Thayer 23	7:25.06	Jerimie Ike 19	28.93
100 Yard Breaststroke		200 Yard IM	
Lorelei Thayer 23	1:33.81	Jerimie Ike 19	2:16.92
100 Yard IM			
Lorelei Thayer 23	1:27.14	Men's 25-29 Age Group	
Women's 25-29 Age Group		200 Yard Freestyle	
100 Yard Breaststroke		Tom Lynch 29	2:20.75
Anja Sanders 25	1:20.66	200 Yard Breaststroke	
50 Yard Butterfly		Tom Lynch 29	2:59.67
Anja Sanders 25	31.93	200 Yard IM	
100 Yard IM		Tom Lynch 29	2:57.76
Anja Sanders 25	1:12.00	Men's 30-34 Age Group	
Women's 30-34 Age Group		50 Yard Freestyle	
50 Yard Freestyle		Ken Cooper 31	23.90
Ruth Beier 32	30.50	Peter James 30	26.64
200 Yard Freestyle		100 Yard Freestyle	
Ruth Beier 32	2:31.73	Ken Cooper 31	56.60
500 Yard Freestyle		200 Yard Freestyle	
Ruth Beier 32	6:45.19	Peter James 30	2:41.69
Women's 35-39 Age Group		100 Yard Backstroke	
50 Yard Freestyle		Ken Cooper 31	58.75
Amy Pascoe 37	31.23	Men's 35-39 Age Group	
100 Yard Freestyle		50 Yard Freestyle	
Amy Pascoe 37	1:09.58	Paul Wright 38	32.11
200 Yard Freestyle		100 Yard Freestyle	
Marilyn Early 35	2:11.76	Mark Schroeder 37	56.51
Amy Pascoe 37	2:43.12	200 Yard Freestyle	
50 Yard Butterfly		Mark Schroeder 37	2:03.83
Marilyn Early 35	31.33	Greg Oppenhuizen 37	2:03.89
100 Yard IM		John Mastenbrook 37	2:08.83
Marilyn Early 35	1:11.37	500 Yard Freestyle	
Women's 40-44 Age Group		Greg Oppenhuizen 37	5:51.41
50 Yard Freestyle		John Mastenbrook 37	6:02.15
Nataly Berckmann 44	35.42	Paul Wright 38	7:44.81
100 Yard Freestyle		100 Yard Breaststroke	
Nataly Berckmann 44	1:22.05	Paul Wright 38	1:22.65
100 Yard Backstroke		200 Yard Breaststroke	
Nataly Berckmann 44	1:36.35	Paul Wright 38	2:57.87
100 Yard Breaststroke		100 Yard IM	
Nataly Berckmann 44	1:43.79	Mark Schroeder 37	1:07.15
200 Yard Breaststroke		John Mastenbrook 37	1:09.65
Nataly Berckmann 44	3:28.62		

CONTINUED RESULTS FROM:

October 30, 1993

Fall Ford Classic at the Grand Rapids Community College Ford Pool

Men's 40-44 Age Group		Men's 65-69 Age Group	
50 Yard Freestyle		200 Yard Freestyle	
Thomas Kimball 40	25.51	Harold Derks 66	3:26.80
William Reid, III 43	25.64	500 Yard Freestyle	
Rob Watson 44	27.37	Harold Derks 66	9:08.93
Jon Richardson 44	30.80	100 Yard Backstroke	
100 Yard Freestyle		John Alt 69	1:35.00
William Reid, III 43	55.08	Men's 70-74 Age Group	
Thomas Kimball 40	57.46	50 Yard Freestyle	
Rob Watson 44	1:03.11	Lazdins Miervaldis 71	36.02
200 Yard Freestyle		100 Yard Freestyle	
William Reid, III 43	2:04.31	Lazdins Miervaldis 71	1:23.75
Thomas Kimball 40	2:15.41	200 Yard Freestyle	
John Quinn 43	2:18.80	Lazdins Miervaldis 71	3:12.56
Rob Watson 44	2:23.97	500 Yard Freestyle	
500 Yard Freestyle		Lazdins Miervaldis 71	8:53.67
Rob Watson 44	6:17.87		
John Quinn 43	6:25.19	Men's 50-54 Age Group	
100 Yard Backstroke		50 Yard Freestyle	
Ken Danhof 40	1:10.31	Denny Baldwin 50	29.30
200 Yard Backstroke		100 Yard Freestyle	
Ken Danhof 40	2:29.79	Denny Baldwin 50	1:03.97
100 Yard IM		200 Yard Freestyle	
Ken Danhof 40	1:13.46	Denny Baldwin 50	2:24.58
Men's 50-54 Age Group		Men's 55-59 Age Group	
50 Yard Freestyle		50 Yard Freestyle	
Denny Baldwin 50	29.30	B. Soule 56	29.35
100 Yard Freestyle		100 Yard Freestyle	
Denny Baldwin 50	1:03.97	B. Soule 56	1:07.23
200 Yard Freestyle		200 Yard Freestyle	
Denny Baldwin 50	2:24.58	B. Soule 56	2:28.80
Men's 55-59 Age Group		500 Yard Freestyle	
50 Yard Freestyle		B. Soule 56	7:16.31
B. Soule 56	29.35	Men's 60-64 Age Group	
100 Yard Freestyle		50 Yard Freestyle	
B. Soule 56	1:07.23	Hugh Barnard 61	35.76
200 Yard Freestyle		100 Yard Freestyle	
B. Soule 56	2:28.80	Hugh Barnard 61	1:18.05
500 Yard Freestyle		200 Yard Freestyle	
B. Soule 56	7:16.31	Hugh Barnard 61	2:59.67
Men's 60-64 Age Group			
50 Yard Freestyle			
Hugh Barnard 61	35.76		
100 Yard Freestyle			
Hugh Barnard 61	1:18.05		
200 Yard Freestyle			
Hugh Barnard 61	2:59.67		

HARBORMASTERS FALL SWIMMEET
Sunday November 7, 1993
Harbor Springs, MI

50 Yd Freestyle

Women 35 - 39			
1	Jeanne Brickner	Jackson YMCA	37.46
Women 40 - 44			
1	Mary Loucks	Unattached TC	37.97
2	Kathleen Boyer	HarborMasters	40.30
Men 25 - 29			
1	Andy Armstrong		27.28
Men 35 - 39			
1	Barry Brown	HarborMasters	29.00
Men 40 - 44			
1	William Reid III	Jackson YMCA	25.31
2	James Kuhlman	HarborMasters	32.33
Men 45 - 49			
1	Ken Cleeton	HarborMasters	29.44
Men 50 - 54			
1	James Line		31.21

100 Yd Freestyle

Women 25 - 29			
1	Kristi Dean	SOS	1:08.54
Women 35 - 39			
1	Jeanne Bricker	Jackson YMCA	1:21.50
Women 40 - 44			
1	Mary Loucks	Unattached TC	1:20.72
Women 45 - 49			
1	Beverly Cornell	Y Hydrofoils	1:33.73
Men 19 - 24			
1	Frank Miess		1:02.30
Men 25 - 29			
1	Andy Armstrong		58.42
Men 35 - 39			
1	E J Kelly	Flint YMCA	59.16
Men 40 - 44			
1	William Reid III	Jackson YMCA	55.47
2	John Cowing	AA	1:02.61
3	James Kuhlman	HarborMasters	1:14.59
Men 45 - 49			
1	Ken Cleeton	HarborMasters	1:07.00

500 Yd Freestyle

Women 25 - 29			
1	Kristi Dean	SOS	6:48.20
Women 35 - 39			
1	Marilyn Early	HarborMasters	6:12.36
Women 40 - 44			
1	Mary Loucks	Unattached TC	8:07.31
Women 45 - 49			
1	Beverly Cornell	Y Hydrofoils	8:47.15
Men 19 - 24			
1	Jonathan Chodacki		5:44.37
2	Frank Miess		6:25.27
Men 40 - 44			
1	William Reid III	Jackson YMCA	5:37.98
2	John Cowing	AA	6:27.00

100 Yd Backstroke

Women 25 - 29			
	Kristi Dean	SOS	1:21.23
Women 40 - 44			
	Kathleen Boyer	HarborMasters	1:45.45
Women 45 - 49			
	Beverly Cornell	Y Hydrofoils	1:31.91

100 Yd Backstroke

Men 19 - 24			
1	Frank Miess		1:17.78
Men 35 - 39			
1	E J Kelly	Flint YMCA	1:10.42
Men 40 - 44			
1	John Cowing	AA	1:16.54

200 Yd Backstroke

Women 35 - 39			
1	Marilyn Early	HarborMasters	2:35.00
Women 40 - 44			
1	Kathleen Boyer	HarborMasters	3:51.39
Women 45 - 49			
1	Beverly Cornell	Y Hydrofoils	3:33.67

50 Yd Breaststroke

Women 35 - 39			
1	Jeanne Bricker	Jackson YMCA	45.61
Women 40 - 44			
1	Mary Loucks	Unattached TC	55.04
Women 45 - 49			
1	Beverly Cornell	Y Hydrofoils	57.91
Men 45 - 49			
1	Ken Cleeton	HarborMasters	36.30

100 Yd Breaststroke

Women 30 - 34			
	Pascale Asbury	HarborMasters	1:20.00
Men 25 - 29			
	Andy Armstrong		1:10.11
Men 35 - 39			
	Andy Donato	Mich.Masters	1:19.25

50 Yd Butterfly

Men 19 - 24			
1	Jonathan Chodacki		27.30
Men 35 - 39			
1	Andy Donato	Mich.Masters	28.33
2	Barry Brown	HarborMasters	32.03

100 Yd Butterfly

1	Jonathan Chodacki		1:01.33
Men 35 - 39			
1	Barry Brown	HarborMasters	1:16.50

100 Yd IM

Women 25 - 29			
1	Kristi Dean	SOS	1:22.00
Women 30 - 34			
1	Pascale Asbury	HarborMasters	1:10.97
Men 19 - 24			
1	Jonathan Chodacki		1:05.00
2	Frank Miess		1:11.39
Men 25 - 29			
1	Andy Armstrong		1:07.38
Men 35 - 39			
1	Andy Donato	Mich.Masters	1:14.05
2	Chuck Beat	HarborMasters	1:14.18
Men 50 - 54			
1	James Line		1:27.00

400 Yd IM

Women 35 - 39			
1	Marilyn Early	HarborMasters	5:33.83
Men 35 - 39			
1	Andy Donato	Mich.Masters	5:50.02
2	Chuck Beat	HarborMasters	6:38.23
Men 40 - 44			
1	John Cowing	AA	6:05.30

200 Yd Freestyle Relay

Mixed 120+			
1	Cleeton, Asbury, Early, Beat		1:52.94
2	Cornell, Miess, Brickner, Chodacki		2:11.72
Men 160+			
1	Reid, Kelly, Cowing, Donato		1:48.00
2	Brown, Line, Kuhlman, Armstrong		1:59.91

1992-93 Michigan Men Top Five Short Course Yards

H Harbor Springs /p October 24-25, 1992

L Lansing December 6, 1992

Z Kalamazoo January 12, 1993

J Jackson January 24, 1993

B Brighton February 7, 1993

K East Kentwood February 27, 1993

M Midland March 14, 1993

S Mich State Meet April 2-4, 1993

Y YMCA Nationals April 22-25, 1993

M USMS Nationals May 20-23, 1993

***** MEN 19-24 *****

50 YARD FREESTYLE

22.28 David Metz 22 Z

22.79 Michael Bell 24 S

23.08 Brian Keizer 23 K

23.44 Charles Prudhomme 22 S

24.06 M. Cichello 24 J

100 YARD FREESTYLE

50.36 Brian Keizer 23 K

51.46 Michael Bell 24 S

54.05 M. Cichello 24 J

55.76 James Wild 23 S

56.34 Steward Nixon 24 J

200 YARD FREESTYLE

1:51.30 Bryan Keizer 23 K

1:56.39 Michael Bell 24 S

2:02.00 Mike Cichello 24 J

2:03.21 Stewart Nixon 24 J

2:10.24 Sean Hornberger 20 Y

500 YARD FREESTYLE

5:30.63 Michael Bell 24 M

5:44.89 James Wild 23 S

6:06.70 Paul Kraft 24 S

5:59.41 Sean Hornberger 20 Y

6:52.70 Tom Sayles 24 M

1000 YARD FREESTYLE

11:39.42 Michael Bell 24 S

12:16.99 James Wild 23 S

12:27.71 Paul Kraft 24 S

12:47.44 Sean Hornberger 20 S

17:30.86 Kyle Korten 22 K

1650 YARD FREESTYLE

29:27.79 Kyle Korten 22 S

50 YARD BACKSTROKE

27.12 Michael Bell 24 S

29.48 David Metts 22 L

30.99 T. Sayles 24 B

31.47 M. Cichello 24 B

33.39 S. Nixon 24 B

100 YARD BACKSTROKE

1:01.94 M. Bell 24 B

1:05.72 James Wild 23 S

200 YARD BACKSTROKE

2:10.85 Michael Bell 24 S

50 YARD BREASTSTROKE

29.48 David Metts 22 L

30.00 Tom Sayles 24 S

100 YARD BREASTSTROKE

1:07.34 Tom Sayles 24 S

1:09.24 David Metts 22 J

1:09.40 Mike Cichello 24 J

1:12.18 James Wild 23 S

1:14.03 Steard Nixon 24 J

200 YARD BREASTSTROKE

2:34.63 M. Cichello 24 B

2:36.55 T. Sayles 24 B

2:38.34 James Wild 23 S

2:38.56 S. Nixon 24 B

3:44.25 Kyle Korten 22 S

50 YARD BUTTERFLY

24.34 David Metts 22 L

26.26 Charles Prudhomme 22 S

30.06 Tom Sayles 24 S

100 YARD BUTTERFLY

56.87 Bryan Keizer 23 K

57.33 Dave Metts 22 Z

57.69 Charles Prudhomme 22 S

1:30.05 Kyle Korten 22 S

200 YARD BUTTERFLY

2:42.20 PAUL KRAFT 24 S

3:52.01 Kyle Korten 22 M

100 YARD INDIVIDUAL MEDLEY

58.50 David Metts 22 L

1:05.38 Tom Sayles 24 S

200 YARD INDIVIDUAL MEDLEY

2:19.38 James Wild 23 S

2:24.43 Stewart Nixon 24 J

12:16.29 Stuart Marvin 29 S

12:25.27 Dale Schultz 28 S

13:34.69 Tom Lynch 28 S

1650 YARD FREESTYLE

21:45.46 Thomas Schardt 25 S

21:58.42 Larry Staley 29 S

50 YARD BACKSTROKE

25.54 Michael Creaser 26 S

28.05 Todd Briggs 29 L

28.50 Thomas Schardt 25 S

28.75 Dave Kerska 27 Z

29.08 Daniel Quill 28 S

100 YARD BACKSTROKE

54.32 Michael Creaser 26 M

58.12 John VanderSloot 25 S

1:01.75 Tom Wydra 27 S

1:02.72 Dan Foster 28 S

1:03.51 Daniel Quill 28 S

200 YARD BACKSTROKE

2:12.21 Dan Foster 28 S

2:22.57 Andrew Plashnik 28 S

2:22.71 Thomas Schardt 25 S

2:25.50 Daniel Quill 28 S

50 YARD BREASTSTROKE

27.09 Bob Jennings 26 Y

29.61 John Stenroos 29 Y

29.93 Alexander Simich 27 S

31.37 Todd Briggs 29 L

31.75 Mark Luehmann 27 J

100 YARD BREASTSTROKE

58.86 Bob Jennings 27 Y

1:02.73 John Stenroos 29 Y

1:06.81 Alexander Simich 27 S

1:07.79 Eric Tech 29 S

1:10.63 John VanderSloot 25 M

200 YARD BREASTSTROKE

2:11.81 Bob Jennings 27 Y

2:19.17 John Stenroos 29 Y

2:32.99 Eric Tech 29 S

2:33.47 Mark Luehmann 27 S

2:55.20 Tom Lynch 28 S

50 YARD BUTTERFLY

24.14 Bob Jennings 27 Y

24.21 Michael Creaser 26 M

24.75 Don Swallow 27 S

24.83 G. Horvath 25 B **

24.83 Stephen Forshey 28 S **

24.99 John DiSalle 28 S

100 YARD BUTTERFLY

54.82 John DiSalle 28 S

55.19 Bob Jennings 27 S

56.01 Stephen Forshey 28 S

58.92 Todd Mercer 25 S

59.39 Mark Luehmann 27 S

200 YARD BUTTERFLY

2:08.94 John DiSalle 28 S

2:10.58 Greg Catrell 29 S

2:22.82 Mark Luehmann 27 S

2:25.07 Stuart Marvin 29 S

2:46.81 John Stenroos 29 B

100 YARD INDIVIDUAL MEDLEY

54.44 Bob Jennings 27 Y

57.68 Dave Kerska 27 Z

58.84 John Stenroos 29 Y

59.23 Todd Briggs 29 L

1:01.91 Stephen Forshey 28 S

200 YARD INDIVIDUAL MEDLEY

2:00.06 Bob Jennings 27 Y

2:11.00 John VanderSloot 25 S

2:12.92 John Stenroos 29 M

2:17.15 Mark Luehmann 27 S

2:29.43 Thomas Schardt 25 B

400 YARD INDIVIDUAL MEDLEY

4:40.95 Todd Briggs 29 Z

5:02.86 Mark Luehmann 27 S

5:03.94 Andrew Plashnik 28 S

5:37.45 Thomas Schardt 25 S

6:09.09 Tom Lynch 28 S

***** MEN 30-34 *****

50 YARD FREESTYLE

22.67 Robert Shrosbree 30 S

23.24 John Scott 32 S

24.23 Ken Cooper 31 K

24.40 Steven Pierzchala 31 S

24.95 Clark Burton 33 S

100 YARD FREESTYLE

49.73 John Spaid 33 S

49.23 John Hudek 30 Y

51.06 John Scott 32 S

51.78 Robert Shrosbree 30 S

53.94 Ken Cooper 31 K

200 YARD FREESTYLE

1:48.39 John Spaid 33 S

1:46.85 John Hudek 30 Y

2:01.17 Brian Greenlees 30 K

2:05.78 M. Etienne 32 B

2:10.53 Ken Gutowski 34 S

500 YARD FREESTYLE

4:47.93 John Hudek 30 Y

5:02.22 John Spaid 33 S

5:20.20 John Scott 32 S

5:21.85 Brian Greenlees 30 S

5:31.98 Grant Nelson 30 S

1000 YARD FREESTYLE

11:26.40 Grant Nelson 30 S

12:04.52 Jeff Beagle 32 S

12:07.42 Mel Kravutsky 33 J

12:24.43 Timothy Clore 32 S

12:25.75 Ken Gutowski 34 S

1650 YARD FREESTYLE

16:49.31 John Hudek 30 Y

17:54.45 John Spaid 33 S

19:09.98 Todd Briggs 30 S

19:27.53 Grant Nelson 30 S

20:22.18 Jeff Beagle 32 S

50 YARD BACKSTROKE

26.74 Charles Groen 33 B

29.30 Brian Greenlees 30 S

29.80 Philip Clelland 34 J

31.24 Tim Clore 32 J

31.77 Evan Jaros 33 L

100 YARD BACKSTROKE

56.61 Charles Groen 32 B

59.79 Ken Cooper 31 K

1:01.96 Brian Greenlees 30 S

1:02.11 Art Roberts 34 S

1:04.31 Philip Clelland 34 J

200 YARD BACKSTROKE

2:14.11 Brian Greenlees 30 S

2:19.66 Art Roberts 34 S

2:27.47 Timothy Clore 32 S

2:39.84 Philip Clelland 34 S

50 YARD BREASTSTROKE

30.91 C. Groen 32 B

33.72 Trevor Williams 32 S

33.80 Phil Clelland 34 L

33.84 Mark Rotary 32 S

34.10 T. Gijssber 30 B

100 YARD BREASTSTROKE

1:05.19 John Hudek 30 Y

1:05.93 D Phillips 33 K

1:13.34 Trevor Williams 32 S

1:13.66 Mark Rotary 32 S

1:15.19 Eric McCluskey 30 S

200 YARD BREASTSTROKE

2:39.92 Timothy Clore 32 S

2:48.52 Mark Rotary 32 S

3:20.50 Geoff Fletcher 32 S

50 YARD BUTTERFLY

25.29 John Scott 32 S

27.01 D Phillips 33 K

27.40 Clark Burton 33 S

27.92 Evan Jaros 33 L

27.97 Eric McCluskey 30 S

100 YARD BUTTERFLY

57.68 John Scott 32 S

1:05.05 Clark Burton 33 S

200 YARD BUTTERFLY

2:25.21 Rd Kravutsky 33 S

2:58.03 Philip Clelland 34 S

3:00.30 R. Heintz 34 H

100 YARD INDIVIDUAL MEDLEY

57.63 Charles Groen 32 B

59.61 Brian Greenlees 30 S

1:00.99 D Phillips 33 K

1:01.48 Art Roberts 34 S

1:01.94 John Scott 32 S

200 YARD INDIVIDUAL MEDLEY

2:03.20 John Hudek 30 Y

2:16.01 D Phillips 33 K

2:20.80 Philip Clelland 34 J

2:25.31 T. Gijssbers 30 B

2:26.85 Timothy Clore 32 S

400 YARD INDIVIDUAL MEDLEY

4:25.07 John Hudek 30 Y

4:52.21 Brian Greenlees 30 S

5:09.93 Art Roberts 34 S

5:35/76 Philip Clelland 34 S

5:

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100 YARD BREASTSTROKE

1:05.38	Greg Brannick	37 S
1:14.54	Doug Uzelac	35 K
1:15.02	Douglas Templeton	38 S
1:18.17	Paul Wright	38 S
1:18.39	Andy Donato	35 M

200 YARD BREASTSTROKE

2:25.49	Greg Brannick	37 S
2:36.12	Doug Uzelac	35 K
2:39.89	Michael Stroud	37 S
2:46.53	Douglas Templeton	38 S
2:52.73	Andy Donato	36 S

50 YARD BUTTERFLY

25.83	Robert Fort	35 S
26.62	David Shepherd	37 K
26.68	John Mastenbrook	37 S
27.64	Fred Helis	37 K
28.18	Andy Donato	35 L

100 YARD BUTTERFLY

56.77	David Shepherd	37 Y
1:01.99	Tim Clayson	39 M
1:02.07	Dave Heinz	35 J
1:08.24	Andy Donato	36 S
1:10.29	Robert Fort	35 S
1:14.67	Barry Brown	35 K

200 YARD BUTTERFLY

2:05.63	David Shepherd	37 Y
2:41.26	Andy Donato	36 S

100 YARD INDIVIDUAL MEDLEY

1:01.41	Timothy Clayson	39 S
1:02.78	Mark Schroeder	36 S
1:06.09	John Mastenbrook	37 S
1:06.96	Kenneth Danhof	39 S
1:07.53	James Fortune	39 S

200 YARD INDIVIDUAL MEDLEY

2:13.58	David Shepherd	37 K **
2:13.58	Dave Heinz	35 J **
2:13.76	Greg Brannick	37 S
2:17.52	Timothy Clayson	39 M
2:20.76	J. Riggs	37 B

400 YARD INDIVIDUAL MEDLEY

4:33.92	David Shepherd	37 Y
4:52.92	Greg Brannick	37 S
5:06.47	Michael Stroud	37 S
5:35.99	Andy Donato	36 S
5:55.70	D. Stadvacher	39 Z

***** MEN 40-44 *****

50 YARD FREESTYLE

22.99	Kurt Gerhardt	42 S
24.10	Randy Schlegel	40 Y
24.28	Richard Carveth	41 S
24.30	William Reid	42 S
24.37	Roger Lyons	40 Y

100 YARD FREESTYLE

51.58	Kurt Gerhardt	42 S
52.92	Randy Schlegel	40 Y
52.97	William Reid	42 Y
53.60	Leonard Brockhahn	42 S
54.72	Richard Carveth	41 S

200 YARD FREESTYLE

1:56.31	Randy Schlegel	40 Y
1:58.26	William Reid	42 S
1:59.27	Leonard Brockhahn	42 S
1:59.29	Frank Thompson	41 Y
2:00.10	Kurt Gerhardt	42 S

500 YARD FREESTYLE

5:17.09	Frank Thompson	41 Y
5:17.11	Randy Schlegel	40 Y
5:32.85	William Reid	42 S
5:36.16	Chris Webb	42 Z
5:36.25	Gaard Arneson	44 S

1000 YARD FREESTYLE

10:53.80	Frank Thompson	41 Y
11:28.08	William Reid	42 S
11:32.93	Gaard Arneson	44 S
11:37.37	Randy Schlegel	40 S
11:53.55	Chris Webb	42 S

1650 YARD FREESTYLE

18:42.28	Frank Thompson	41 S
19:14.90	Chris Webb	42 J
20:09.62	Richard Carveth	41 S
20:54.31	Rob Watson	43 K
22:09.06	Michael Mathers	44 S

50 YARD BACKSTROKE

29.00	Kurt Gerhardt	42 J
30.02	Richard Chaney	42 S
30.41	Daniel Helton	42 S
30.50	Kelly Revenaugh	42 S
30.52	Leonard Brockhahn	42 L

100 YARD BACKSTROKE

1:01.00	Frank Thompson	41 Y
1:01.26	Randy Schlegel	40 Y
1:03.30	Kurt Gerhardt	42 J
1:04.96	Richard Chaney	42 S
1:06.07	Daniel Helton	42 S

200 YARD BACKSTROKE

2:10.39	Frank Thompson	41 Y
2:21.31	Richard Chaney	42 S
2:28.06	Daniel Helton	42 S
2:34.61	Thomas Hertz	44 S
2:37.27	John Cowing	44 M

50 YARD BREASTSTROKE

30.96	Steve Hansen	41 S
31.82	Steven Matz	40 S
32.06	Ronald DuBois	44 S
33.27	Randall Lee	40 S
33.32	William Reid	42 S

100 YARD BREASTSTROKE

1:09.14	Steve Hansen	41 S
1:10.77	Steven Matz	40 S
1:11.18	Ronald DuBois	44 S
1:12.88	William Reid	42 S
1:16.93	Thomas Williams	41 S

200 YARD BREASTSTROKE

2:33.57	Steve Hansen	41 S
2:38.29	Ronald DuBois	44 S
2:39.12	Frank Thompson	41 K
2:43.19	Thomas Williams	41 S
2:43.82	Steven Matz	40 S

50 YARD BUTTERFLY

25.10	Kurt Gerhardt	42 Y
26.90	Ken Mange	40 S
27.05	Roger Lyons	40 Y
27.46	Lawrence Kimball	42 L
27.56	Leonard Brockhahn	42 S

100 YARD BUTTERFLY

57.46	Kurt Gerhardt	42 S
1:01.86	Leonard Brockhahn	42 S
1:02.04	James Webley	40 S
1:03.31	Roger Lyons	40 Y
1:03.52	Steve Hansen	41 S

200 YARD BUTTERFLY

2:24.86	Steve Hansen	41 M
2:27.96	Frank Thompson	41 B
2:28.72	Gaard Arneson	44 S
2:29.30	Chris Webb	42 Y
2:31.87	James Webley	40 S

100 YARD INDIVIDUAL MEDLEY

1:00.25	Randy Schlegel	40 Y
1:01.35	Kurt Gerhardt	42 Y
1:04.08	Leonard Brockhahn	42 S
1:05.03	Lawrence Kimball	42 L
1:05.63	James Webley	40 S

200 YARD INDIVIDUAL MEDLEY

2:12.04	Randy Schlegel	40 Y
2:15.48	Frank Thompson	41 Y
2:22.17	K. Gerhardt	42 B
2:26.05	Gaard Arneson	44 S
2:27.92	Steve Hansen	41 S

400 YARD INDIVIDUAL MEDLEY

4:48.57	Frank Thompson	41 Y
5:07.55	Gaard Arneson	44 S
5:27.71	Chris Webb	42 Y

***** MEN 45-49 *****

50 YARD FREESTYLE

25.98	Ron Pohlonski	49 S
26.17	F. Dannemann	45 B
26.41	Rob Montie	45 S
26.67	Dennis McManus	45 S
26.81	Donald Kroeger	49 S

100 YARD FREESTYLE

57.41	Ron Pohlonski	49 S
57.81	Edwin Heinrich	46 S
58.24	F. Dannemann	45 M
59.10	Donald Kroeger	49 S
59.36	Rob Montie	45 S

200 YARD FREESTYLE

2:02.31	Gaard Arneson	45 M
2:13.69	Donald Kroeger	49 M
2:15.04	C. Dobyns	47 B
2:19.15	Richard Fortune	45 S
2:20.32	Tom Moyer	45 J

500 YARD FREESTYLE

5:25.65	Gaard Arneson	45 M
6:06.97	Thomas Moyer	45 M
6:07.50	Edwin Heinrich	46 S
6:07.58	C. Doloyns	49 B
6:09.30	Richard Fortune	45 S

1000 YARD FREESTYLE

13:03.52	Thomas Moyer	45 S
13:22.28	Donald Kroeger	49 S
13:43.65	Tom VanDam	45 K

1650 YARD FREESTYLE

19:11.80	Gaard Arneson	45 M
21:42.37	Richard Fortune	45 S
21:46.48	Thomas Moyer	45 S
22:10.02	Donald Kroeger	49 K

50 YARD BACKSTROKE

28.38	Fred Dannemann	45 S
28.90	Richard Tenhoor	46 S
31.28	Jay Ryno	46 S
31.54	Thomas Hunt	45 Y
32.14	M. Helas	46 B

100 YARD BACKSTROKE

1:02.67	F. Dannemann	45 M
1:07.64	Thomas Hunt	45 Y
1:07.81	Michael Helas	46 S
1:09.26	Richard Tenhoor	46 K
1:11.82	Rob Montie	45 S

200 YARD BACKSTROKE

2:24.21	Fred Dannemann	45 S
2:30.23	Jay Ryno	46 S
2:34.84	Thomas Hunt	45 S
2:36.05	Michael Helas	46 S
2:37.30	Harvey Hansen	45 S

50 YARD BREASTSTROKE

31.54	Edwin Heinrich	46 S
32.78	Larry Sprunk	45 S
33.18	Gary VanGorp	45 S
33.18	Ron Pohlonski	49 S
34.02	Michael Conley	45 S

100 YARD BREASTSTROKE

1:10.84	Edwin Heinrich	46 S
1:12.55	Larry Sprunk	45 S
1:14.30	Ron Pohlonski	49 S
1:15.32	Michael Conley	45 S
1:22.09	Donald Kroeger	49 K

200 YARD BREASTSTROKE

2:37.15	Larry Sprunk	45 S
2:19.78	Alan Sydluk	47 S
3:10.89	T. Moyer	45 B
4:02.12	O'CONNELL	46 S

50 YARD BUTTERFLY

28.62	Ron Pohlonski	49 S
29.04	Dennis McManus	45 S
29.78	Jay Ryno	46 S
30.30	Larry Sprunk	45 S
34.75	Donald Kroeger	49 K

100 YARD BUTTERFLY

1:08.86	Thomas Hunt	45 Y
1:12.26	Dennis McManus	45 S
1:29.73	Tom Moyer	45 M
2:25.07	Richard Fortune	45 S
2:26.31	Gaard Arneson	45 M
3:09.80	Dennis McManus	45 S
3:17.51	Harvey Hansen	45 S
3:41.83	Thomas Moyer	45 S

100 YARD INDIVIDUAL MEDLEY

1:05.77	Edwin Heinrich	46 S
1:06.03	Ron Pohlonski	49 S
1:06.42	Thomas Hunt	45 S
1:07.27	Gary VanGorp	45 S
1:08.69	Michael Conley	45 S

200 YARD INDIVIDUAL MEDLEY

2:23.33	Gaard Arneson	45 M
2:29.13	Edwin Heinrich	46 S
2:31.20	Thomas Hunt	45 Y
2:34.11	Harvey Hansen	45 S
2:41.63	Don Kroeger	49 Y

400 YARD INDIVIDUAL MEDLEY

5:00.92	Gaard Arneson	45 M
5:29.75	Jay Ryno	46 S
5:33.91	Richard Fortune	45 S
5:35.21	Thomas Hunt	45 Y
5:55.85	Thomas Moyer	45 S

***** MEN 50-54 *****

50 YARD FREESTYLE

26.02	Douglas Markusic	51 S
27.44	Peter Palmer	52 S
28.77	Stephen Chambers	53 S
30.36	Bill Plashnik	52 L
30.82	William Zeising	51 S

100 YARD FREESTYLE

59.47	Douglas Markusic	51 S
1:09.06	Robert Isbister	52 S
1:05.46	Stephen Chambers	53 S
1:06.36	John Stover	51 S
1:14.79	Dave Schupbach	52 S

200 YARD FREESTYLE

2:13.60	Robert Isbister	52 S
2:44.72	Dave Schupbach	52 B
2:47.42	Jay Lane	52 S

500 YARD FREESTYLE

6:10.04	Robert Isbister	52 S
6:11.89	Douglas Markusic	51 S
6:38.76	Wilson	52 M
6:51.12	Charlie Lane	54 S
7:22.64	Stephen Chambers	53 S

1000 YARD FREESTYLE

13:58.61	Charlie Lane	54 S
15:09.66	Dave Schupbach	52 J
27:54.58	Jay Lane	52 S

50 YARD BACKSTROKE

36.08	Peter Palmer	52 S
36.47	Doug Markusic	50 L
37.19	Stephen Chambers	53 S
37.57	Robert Krist	51 S
40.00	Robert Beaudoin	54 S

100 YARD BACKSTROKE

2:27.29	Hugh Roddin	51 S
3:03.18	Robert Krist	51 S
3:20.93	Steve Chambers	53 H

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100 YARD FREESTYLE (cont)

1:32.82	R. Rowland	57 B
200 YARD FREESTYLE		
2:24.54	Charles Maas	58 B
2:28.65	B. Soule	55 B
2:29.91	Albert Morley	55 S
500 YARD FREESTYLE		
6:37.11	Wally Dobler	58 S
6:47.10	Charles Maas	58 S
6:54.59	B. Soule	55 B
6:56.74	Albert Morley	55 S
1000 YARD FREESTYLE		
14:26.68	B. Soule	55 K
14:36.01	Al Morley	55 K
1650 YARD FREESTYLE		
23:07.75	Charles Maas	58 M
24:25.00	Albert Morley	55 S
50 YARD BACKSTROKE		
34.84	Wally Dobler	58 J
39.22	John Payotelis	58 S
45.33	Albert Morley	55 S
100 YARD BACKSTROKE		
1:14.60	Wally Dobler	58 S
1:28.13	John Payotelis	58 S
200 YARD BACKSTROKE		
2:43.18	Wally Dobler	58 M
3:10.68	John Payotelis	58 S
50 YARD BREASTSTROKE		
100 YARD BREASTSTROKE		
1:20.46	John Payotelis	58 S
1:30.50	Wally Dobler	58 J
200 YARD BREASTSTROKE		
3:03.10	John Payotelis	58 S
50 YARD BUTTERFLY		
28.83	Wally Dobler	58 J
35.39	B. Joerin	55 B
35.54	Charles Maas	58 B
40.88	Albert Morley	55 S
100 YARD BUTTERFLY		
1:04.40	Wally Dobler	58 Y
200 YARD BUTTERFLY		
3:09.24	Charles Maas	58 M
100 YARD INDIVIDUAL MEDLEY		
1:06.58	Wally Dobler	58 Y
1:18.26	John Payotelis	58 S
200 YARD INDIVIDUAL MEDLEY		
2:32.42	Wally Dobler	58 Y
2:56.56	John Payotelis	58 S
***** MEN 60-64 *****		
50 YARD FREESTYLE		
28.42	Bob Heritier	64 M
27.79	John Ries	61 M
28.50	William Clemons	64 J
28.98	Charles Moss	64 L
30.20	Tom Reigel	63 S
100 YARD FREESTYLE		
1:02.84	John Ries	61 M
1:08.72	William Clemons	64 S
1:11.85	Tom Reigel	63 Z
1:20.27	Lawrence Thompson	62 Y

1:57.21	A. Chambers	63 B
200 YARD FREESTYLE		
2:23.40	Bob Heritier	64 M
2:24.32	John Ries	61 M
2:46.93	Tom Reigel	63 B
2:48.48	William Clemons	64 S
2:49.63	Mitch Jacques	63 B
500 YARD FREESTYLE		
6:31.47	Bob Heritier	64 M
6:48.10	John Ries	61 M
6:50.37	Charles Moss	64 S
7:25.28	Mitch Jacques	63 B
7:36.25	William Clemons	64 S
1000 YARD FREESTYLE		
16:05.07	William Clemons	64 S
1650 YARD FREESTYLE		
50 YARD BACKSTROKE		
36.38	Charles Moss	64 L
39.24	Bill Clemons	64 J
44.13	Lawrence Thompson	62 Y
46.28	Robert Martin	62 L
100 YARD BACKSTROKE		
1:42.35	Mitch Jacques	63 B
1:45.79	Lawrence Thompson	62 Y
200 YARD BACKSTROKE		
3:52.61	Lawrence Thompson	62 S
50 YARD BREASTSTROKE		
35.39	Charles Moss	64 S
39.17	William Clemons	64 S
42.41	J. McCrory	62 B
46.28	Robert Martin	62 L
49.61	Tom Reigel	63 S
100 YARD BREASTSTROKE		
1:29.47	William Clemons	64 S
200 YARD BREASTSTROKE		
3:02.13	Charles Moss	64 S
50 YARD BUTTERFLY		
31.81	Charles Moss	64 S
39.11	J. McCrory	62 B
46.77	Tom Reigel	63 K
46.88	Lawrence Thompson	63 Y
100 YARD BUTTERFLY		
1:14.99	Charles Moss	64 M
200 YARD BUTTERFLY		
2:51.48	Charles Moss	64 S
100 YARD INDIVIDUAL MEDLEY		
1:13.95	Charles Moss	64 M
1:47.84	Lawrence Thompson	62 S
200 YARD INDIVIDUAL MEDLEY		
2:44.32	Charles Moss	64 S
2:45.27	Tom Reigel	63 S
3:30.29	Mitch Jacques	63 B
400 YARD INDIVIDUAL MEDLEY		
5:51.20	Charles Moss	64 S
***** MEN 65-69 *****		
50 YARD FREESTYLE		
31.11	Carl Edwards	66 S
31.34	J. John Reese	67 S
33.19	Donald Korten	66 L

36.63	Charles Belknap	67 S
38.41	J. Birch	65 Z
100 YARD FREESTYLE		
1:31.54	Richard Evans	68 Y
1:31.97	Charles Belknap	67 S
1:35.20	Harold Dirks	65 Z
1:46.69	George Stange	66 S
200 YARD FREESTYLE		
2:35.17	Donald Korten	66 Y
3:30.42	Richard Evans	68 M
3:53.74	George Stange	66 S
4:06.93	Charles Belknap	67 S
500 YARD FREESTYLE		
7:13.35	Donald Korten	66 Y
8:31.02	J. Birch	65 Z
9:10.29	Harold Dirks	65 Z
9:21.70	Richard Evans	68 S
10:20.96	George Stange	66 S
1000 YARD FREESTYLE		
14:59.00	Donald Korten	66 Y
21:45.41	George Stange	66 S
1650 YARD FREESTYLE		
25:26.43	Donald Korten	66 S
28:55.86	Jae Birch	65 K
35:58.37	George Stange	66 S
50 YARD BACKSTROKE		
38.20	Donald Korten	66 Y
55.40	Ted Kellogg	66 J
100 YARD BACKSTROKE		
1:28.01	Donald Korten	66 J
1:36.69	Jae Birch	65 S
2:10.99	Ted Kellogg	66 K
200 YARD BACKSTROKE		
3:05.91	Donald Korten	66 S
4:25.99	Richard Evans	68 S
50 YARD BREASTSTROKE		
39.46	Carl Edwards	66 S
42.18	J. Reese	67 B
42.21	Donald Korten	66 L
100 YARD BREASTSTROKE		
1:35.42	Carl Edwards	66 S
1:37.56	J. John Reese	67 S
2:09.60	Ted Kellogg	66 J
200 YARD BREASTSTROKE		
2:59.03	Charles Moss	65 M
3:27.26	Donald Korten	66 K
50 YARD BUTTERFLY		
37.23	J. John Reese	67 S
37.67	Carl Edwards	66 S
40.35	Donald Korten	66 L
45.13	Richard Evans	68 Y
100 YARD BUTTERFLY		
1:12.01	Charles Moss	65 M
1:50.32	Richard Evans	68 Y
1:42.44	Jae Birch	65 S
200 YARD BUTTERFLY		
2:41.99	Charles Moss	65 M
4:12.95	Richard Evans	68 S
100 YARD INDIVIDUAL MEDLEY		
1:11.97	Charles Moss	65 M

1:24.77	Donald Korten	66 M
1:35.75	Carl Edwards	66 S
1:41.47	J. Birch	65 Z
200 YARD INDIVIDUAL MEDLEY		
2:35.07	Charles Moss	65 M
3:03.11	Donald Korten	66 Y
4:27.16	Richard Evans	68 J
400 YARD INDIVIDUAL MEDLEY		
5:34.61	Charles Moss	65 M
6:34.73	Donald Korten	66 S
7:57.53	Jae Birch	65 S
8:52.94	Richard Evans	68 Y
***** MEN 70-74 *****		
50 YARD FREESTYLE		
35.45	Miervaldis Lazdins	71 S
38.53	Donald May	72 Y
42.44	Ray DePalma	72 L
55.35	George Byelich	72 J
100 YARD FREESTYLE		
1:21.07	Miervaldis Lazdins	71 K
1:32.80	Donald May	72 B
200 YARD FREESTYLE		
3:06.31	Miervaldis Lazdins	71 S
3:41.20	Donald May	72 B
500 YARD FREESTYLE		
8:43.92	Miervaldis Lazdins	71 S
10:17.09	Donald May	72 M
1000 YARD FREESTYLE		
20:09.00	Donald May	72 Y
23:50.00	George Byelich	72 S
50 YARD BACKSTROKE		
44.38	Miervaldis Lazdins	71 S
56.08	Ray DePalma	71 L
1:04.52	George Byelich	72 S
100 YARD BACKSTROKE		
1:37.75	Miervaldis Lazdins	71 S
2:20.51	George Byelich	72 S
200 YARD BACKSTROKE		
5:21.61	George Byelich	72 S
50 YARD BREASTSTROKE		
52.41	Ray DePalma	71 K
58.64	George Byelich	72 S
100 YARD BREASTSTROKE		
2:33.78	George Byelich	72 S
200 YARD BREASTSTROKE		
5:55.87	George Byelich	72 S
50 YARD BUTTERFLY		
50.64	Ray DePalma	71 L
100 YARD INDIVIDUAL MEDLEY		
1:54.60	Ray DePalma	71 L
***** MEN 75-79 *****		
50 YARD FREESTYLE		
31.70	Harry Class	77 S
32.91	Ham Morningstar	76 Y
100 YARD FREESTYLE		
1:19.25	Harry Class	77 S
1:19.55	Ham Morningstar	76 S
2:08.51	Edward Slezak	79 S
2:45.32	Leo Phillips	77 S

200 YARD FREESTYLE		
3:13.69	Ham Morningstar	76 K
4:42.18	Edward Slezak	79 S
500 YARD FREESTYLE		
9:14.51	Harry Class	77 S
9:17.45	Ham Morningstar	76 Y
10:46.08	Leo Phillips	77 S
12:56.33	Edward Slezak	79 S
1000 YARD FREESTYLE		
24:23.65	Edward Slezak	79 S
50 YARD BACKSTROKE		
41.40	Harry Class	77 S
1:01.67	Ham Morningstar	76 S
1:16.04	Leo Phillips	77 S
100 YARD BACKSTROKE		
1:44.66	Harry Class	77 S
2:46.64	Ham Morningstar	76 J
200 YARD BACKSTROKE		
5:47.62	Leo Phillips	77 S
50 YARD BREASTSTROKE		
1:07.80	Ham Morningstar	76 M
100 YARD BREASTSTROKE		
2:15.55	Edward Slezak	79 S
200 YARD BREASTSTROKE		
4:43.69	Edward Slezak	79 S
100 YARD INDIVIDUAL MEDLEY		
2:16.31	Ham Morningstar	76 Y
***** MEN 80-84 *****		
500 YARD FREESTYLE		
8:59.00	Dale Malbrough	80 S
1000 YARD FREESTYLE		
19:00.27	Dale Malbrough	80 S
50 YARD BACKSTROKE		
41.67	Dale Malbrough	80 S
1:04.95	Paul Thompson	83 S
100 YARD BACKSTROKE		
1:33.96	Dale Malbrough	80 S
200 YARD BACKSTROKE		
4:03.77	Carl Thornburg	80 M
5:28.13	Paul Thompson	83 S
200 YARD BREASTSTROKE		
4:35.72	Carl Thornburg	80 M
100 YARD BUTTERFLY		
2:04.60	Carl Thornburg	80 M
200 YARD INDIVIDUAL MEDLEY		
4:11.82	Carl Thornburg	80 M
400 YARD INDIVIDUAL MEDLEY		
9:10.14	Carl Thornburg	80 M

Michigan Top Five Women Short Course Yards

1982

1992-93 Michigan Top Five Women Short Course Yards

H Harbor Springs October 24-25, 1992
L Lansing December 6, 1992
Z Kalamazoo January 12, 1993
J Jackson January 24, 1993
B Brighton February 7, 1993
K East Kentwood February 27, 1993
M Midland March 14, 1993
S Mich State Meet April 2-4, 1993
Y YMCA Nationals April 22-25, 1993
M USMS Nationals May 20-23, 1993

SO YARD BUTTERFLY

31.54 Kristen Schotley 23 S
31.57 Karin Sedestrom 24 J
31.97 Anja Sanders 24 L
32.11 Elizabeth Curvey 24 B
33.00 Karin Sedestrom 24 L
1:09.15 Julie Harris 24 S
1:14.45 Karin Sedestrom 24 J
1:28.75 Celeste Raines 22 J
1:09.30 Julie Harris 24 S
1:10.93 Anja Sanders 24 L
1:14.71 Karin Sedestrom 24 H

2:28.65 Julie Harris 24 S
2:35.10 Kristy Brugar 21 J
2:44.97 Karin Sedestrom 24 J
2:54.34 Celeste Raines 22 J
2:58.13 Lorelei Thayer 22 S
5:23.52 Julie Harris 24 S
6:01.22 Kara Scranton 21 S

***** WOMEN 25-29 *****

25.52 Corrin Convis 28 J
26.45 Kimberly Krause 28 S
26.84 Joni Wagener 28 S
27.07 Lora Burgoon 29 S
27.43 Jenny Mellos 25 B
56.58 Corrin Convis 28 J
58.80 Kimberly Krause 28 S
1:00.06 Kristin Nelson 27 S
1:00.58 Dianne Forsey 27 S
1:00.91 Lora Burgoon 29 S
2:06.73 Kimberly Krause 28 S
2:10.61 Dianne Forsey 27 S
2:13.86 KATHRYN DITHARS 27 S
2:15.73 Ann McClure 28 S
2:17.21 Carrie Newman 26 S
5:44.67 Kimberly Krause 28 S
5:50.26 Dianne Forsey 27 S
5:55.41 Amy Thayer 26 S
6:00.62 Jayne Riley 29 J
6:32.92 Carrie Newman 26 J
12:14.32 Amy Thayer 26 S
14:37.28 Kristi Dean 28 S
24:02.41 Kristi Dean 28 S
32.71 Dianne Forsey 27 S
32.89 Joni Wagener 28 S
32.94 Kristin Nelson 27 S
37.44 Ann Fearrin 26 L

37.95 Kristi Dean 28 S
1:12.94 Joni Wagener 28 B
1:21.89 Kristi Dean 28 B
1:25.31 J. Riley 29 B
2:02.66 T. Furman 26 B
2:58.97 Kristi Dean 28 K
32.60 Corrin Convis 28 J
36.95 K. Nelsen 27 B
37.14 Joni Wagener 28 B
39.95 Ann Fearrin 26 L
41.84 M. Subs 26 B
1:13.04 Corrin Convis 28 J
1:21.14 Joni Wagener 28 S
1:21.78 Leigh Grubbs 29 S
1:25.73 J. Beemer 27 J
2:42.56 Kristin Nelson 27 S
2:58.29 Leigh Grubbs 29 S
29.31 KATHRYN DITHARS 27 S
29.47 Kristin Nelson 27 S
29.81 Dianne Forsey 27 S
31.11 Jenny Mellos 26 H
31.79 Joni Wagener 28 L
1:07.25 Dianne Forsey 27 S
1:07.38 Kristin Nelson 27 S
1:08.97 Jenny Mellos 27 M
1:10.78 Carrie Newman 26 S
1:11.55 Leigh Grubbs 29 S
2:46.62 Leigh Grubbs 29 S
1:11.15 Kristin Nelson 27 B
1:12.29 Joni Wagener 28 S
1:14.19 Lora Burgoon 29 S
1:14.41 J. Beemer 27 J
1:15.42 J. Mellos 26 B
2:36.60 Carrie Newman 26 J
2:38.49 Leigh Grubbs 29 M
2:52.13 Julie Burroughs 26 S
5:01.08 Dianne Forsey 27 S
5:21.34 Amy Thayer 26 S
5:35.36 Leigh Grubbs 29 S
***** WOMEN 30-34 *****
30.05 Jayne Hoxie 30 J
30.05 Linda Tsoumas 34 L
31.27 Michelle Kohn 31 J
33.17 Patrice Mlinek 33 J
34.90 Karen Ziegenmeyer 31 L
1:01.24 Jean Dyer 33 S

1:04.18 Jayne Hoxie 30 L
1:05.29 Linda Tsoumas 34 L
1:08.07 Jenny Bender 31 J
1:13.23 Lisa Swineford 31 S
2:14.49 J. Dyer 33 B
2:19.84 Jayne Hoxie 30 L
2:39.16 Linda Tsoumas 34 L
2:38.41 Lisa Swineford 31 S
2:52.53 Patrice Mlinek 33 L
5:53.83 Jean Dyer 33 S
5:58.59 Pat Leahy-Rohner 33 M
6:21.22 Jayne Hoxie 30 B
7:03.20 Linda Tsoumas 34 L
7:04.54 Lisa Swineford 31 S
12:56.34 Jayne Hoxie 30 K
14:24.14 Lisa Swineford 31 S
19:33.72 Jean Dyer 33 S
20:40.27 Patricia Rohner 33 S
34.89 Anne McIntosh 30 S
42.71 Mary DeBacker 34 S
46.20 Karen Ziegenmeyer 31 L
48.37 Beverly Bonia 34 S
1:14.44 Anne McIntosh 30 S
1:42.47 Beverly Bonia 34 S
2:39.33 Anne McIntosh 30 S
36.83 Anne McIntosh 30 S
43.49 Karen Ziegenmeyer 31 J
44.67 Mary DeBacker 34 S
58.81 Beverly Bonia 34 S
1:23.48 Anne McIntosh 30 S
1:31.48 Patricia O'Brien 34 M
1:33.78 Mary DeBacker 34 S
2:05.46 Mary Burton 33 S
3:05.00 P. O'Brien 34 B
3:22.43 Mary DeBacker 34 S
33.19 Mary Ellen Murphy 33 M
43.27 Karen Ziegenmeyer 31 J
46.96 Mary DeBacker 34 S
1:11.17 Pat Leahy Rohner 33 M
2:53.66 M Early 34 H
1:13.43 Anne McIntosh 30 S
1:13.94 Pat Leahy Rohner 33 M
1:14.80 M Early 34 H
1:26.33 Mary DeBacker 34 S
1:30.07 Peti Mlinek 33 M
200 YARD INDIVIDUAL MEDLEY

2:44.59 Anne McIntosh 30 S
2:50.12 Mary Ellen Murphy 33 M
400 YARD INDIVIDUAL MEDLEY
***** WOMEN 35-39 *****
50 YARD FREESTYLE
26.98 Marilyn Early 35 Y
28.69 Peggy Stroud 37 S
30.19 Denise Martin 35 L
30.82 Amy Pascoe 37 S
31.46 P. Mankin 38 B
58.45 Marilyn Early 35 Y
1:01.29 Pat Hilvers 39 S
1:07.92 Denise Martin 35 L
1:08.66 Blair Treglown 36 S
1:08.76 Amy Pascoe 37 M
2:06.55 Marilyn Early 35 Y
2:19.49 Peggy Stroud 37 S
2:26.85 P. Mankin 38 B
2:36.06 Denise Martin 35 L
2:38.65 Amy Pascoe 37 S
5:52.90 Marilyn Early 35 Y
5:57.89 Pat Hilvers 39 S
6:25.45 Pat Mankin 38 S
7:15.07 Denise Martin 35 L
7:32.48 G. Dispenmeti 36 J
7:32.66 Patricia O'Brien 37 S
16:31.15 Susan Alt 38 S
31.72 Marilyn Early 35 Y
32.83 Pat Hilvers 39 S
34.56 Peggy Stroud 37 S
43.53 S. Hartman 39 J
1:08.16 Marilyn Early 35 Y
1:16.00 Peggy Stroud 37 S
2:26.71 Marilyn Early 35 Y
2:34.95 Pat Hilvers 39 S
2:35.97 Peggy Stroud 37 S
40.10 Patricia O'Brien 37 S
41.89 Judy Markusic 38 S
41.99 Blair Treglown 36 S
46.47 Lynden Kelly 38 S
46.62 S. Hartman 39 B
1:27.89 Patricia O'Brien 37 S
1:34.48 Judy Markusic 38 S
1:37.97 Blair Treglown 36 S
3:36.11 Blair Treglown 36 S
34.03 Pat Mankin 38 S
36.00 Amy Pascoe 37 J
42.19 Judy Markusic 38 S

200 YARD BUTTERFLY
2:48.99 Pat Mankin 38 S
100 YARD INDIVIDUAL MEDLEY
1:24.83 A. Pascoe 37 B
1:30.18 Judy Markusic 38 S
1:41.48 Martha Neumann 37 M
200 YARD INDIVIDUAL MEDLEY
2:42.40 Pat Mankin 38 J
2:44.14 Peggy Stroud 37 S
400 YARD INDIVIDUAL MEDLEY
5:36.22 Peggy Stroud 37 S
5:40.79 Pat Mankin 38 S
***** WOMEN 40-44 *****
50 YARD FREESTYLE
30.34 Patrice Hirt 43 S
30.79 Gloria Britton 40 S
33.65 Mel Lebsack 44 S
34.39 Nataly Berckmann 43 K
37.02 Gail Dummer 42 L
1:09.33 P. Hirt 43 B
1:10.09 Gloria Britton 40 S
1:11.16 Mel Lebsack 44 S
1:27.04 Joan Sheinwald 44 S
1:29.72 Elizabeth Rice 41 S
200 YARD FREESTYLE
2:32.25 Mel Lebsack 44 S
2:32.97 Gloria Britton 40 S
2:35.64 P. Hirt 43 B
3:09.84 Gail Dummer 42 J
3:42.37 Lois Revenaugh 42 S
500 YARD FREESTYLE
7:36.38 Patrice Hirt 43 S
8:54.40 Gail Dummer 42 M
9:01.77 Joan Sheinwald 44 S
1000 YARD FREESTYLE
13:22.34 Mel Lebsack 44 S
16:38.09 Gail Dummer 42 J
19:00.20 Peggy Dankert 40 S
1650 YARD FREESTYLE
22:21.73 Mel Lebsack 44 S
28:58.82 Claudine Bartnick 42 K
50 YARD BACKSTROKE
34.59 Patrice Hirt 43 L
43.75 Nataly Berckmann 43 S
45.01 Gail Dummer 42 L
47.18 Jane Guellette 40 L
49.17 K Boyer 41 H
100 YARD BACKSTROKE
1:19.68 Patrice Hirt 43 J
1:35.19 Nataly Berckmann 43 S
1:42.91 Kathleen Boyer 41 M
1:43.00 Gail Dummer 42 J
200 YARD BACKSTROKE
3:47.76 K Boyer 41 H
4:07.28 Peggy Dankert 40 S
50 YARD BREASTSTROKE
39.90 Patrice Hirt 43 L
43.45 Nataly Berckmann 43 S

1992-93 MICH TOP FIVE WOMEN SHORT COURSE YARDS

50 YARD BREASTSTROKE (CONT)

44.68	Gail Dummer	42 L
44.97	Jane Guellette	40 L
46.89	Joan Sheinwald	44 S
100 YARD BREASTSTROKE		
1:32.29	Nataly Berckmann	43 S
1:42.39	Joan Sheinwald	44 S
1:50.09	Peggy Dankert	40 S
2:09.19	Genevieve Moyer	44 S
200 YARD BREASTSTROKE		
3:21.12	Nataly Berckmann	43 S
3:25.75	Mel Lebsack	44 S
50 YARD BUTTERFLY		
32.98	Patrice Hirt	43 S
35.47	Gloria Britton	40 S
39.71	Gail Dummer	42 L
45.52	Claudine Bartnick	42 K
54.44	Jane Guellette	40 L
100 YARD BUTTERFLY		
100 YARD INDIVIDUAL MEDLEY		
1:15.88	Patrice Hirt	43 L
1:36.48	Gail Dummer	42 L
1:39.53	Claudine Bartnick	42 K
1:45.45	Jane Guellette	40 L
200 YARD INDIVIDUAL MEDLEY		
2:56.40	Patrice Hirt	43 J
3:34.72	Claudine Bartnick	42 K
3:38.81	Gail Dummer	42 M
***** WOMEN 45-49 *****		
50 YARD FREESTYLE		
32.86	Fredericka Rapp	49 S
39.96	Kitty Vandenbrulle	48 L
39.99	ROSEMARY McNALLY	45 S
100 YARD FREESTYLE		
1:14.95	Fredericka Rapp	49 S
1:30.85	Beverly Cornell	46 S
1:36.27	Kitty Vandenbrulle	48 B
200 YARD FREESTYLE		
2:49.75	Fredericka Rapp	49 Y
3:05.51	ROSEMARY McNALLY	45 S
3:13.53	Beverly Cornell	46 S
500 YARD FREESTYLE		
8:20.32	ROSEMARY McNALLY	45 S
8:39.68	Fredericka Rapp	48 L
8:42.14	Beverly Cornell	46 S
1000 YARD FREESTYLE		
14:10.67	Kay Turner	46 S
17:56.10	Beverly Cornell	46 H
18:02.31	Beverly Cornell	46 S
1650 YARD FREESTYLE		
27:58.99	Rosemary McNally	45 S
29:18.50	Fredericka Rapp	48 J
32:27.40	Kitty Vandenbrulle	48 S
50 YARD BACKSTROKE		
34.11	Sherry Puthoff	45 S
40.69	Fredericka Rapp	49 Y
45.92	Kitty Vandenbrulle	48 L
46.07	Beverly Cornell	46 S
100 YARD BACKSTROKE		
1:15.17	Sherry Puthoff	45 S

1:25.43	Fredericka Rapp	49 S
1:36.52	Beverly Cornell	46 S
200 YARD BACKSTROKE		
2:40.32	Sherry Puthoff	45 S
3:01.81	Fredericka Rapp	49 Y
3:32.60	Beverly Cornell	46 S
50 YARD BREASTSTROKE		
49.48	Kitty Vandenbrulle	48 L
100 YARD BREASTSTROKE		
1:43.74	ROSEMARY McNALLY	45 S
1:49.24	Lorraine LaFerrier	45 S
1:51.69	Kitty Vandenbrulle	48 S
200 YARD BREASTSTROKE		
3:56.22	ROSEMARY McNALLY	45 S
4:31.68	Lorraine LaFerrier	45 S
50 YARD BUTTERFLY		
31.74	Sherry Puthoff	45 S
39.89	Fredericka Rapp	49 Y
47.93	Kitty Vandenbrulle	48 L
100 YARD BUTTERFLY		
1:11.80	Sherry Puthoff	45 S
100 YARD INDIVIDUAL MEDLEY		
1:13.24	Sherry Puthoff	45 S
1:40.61	Kitty Vandenbrulle	48 S
200 YARD INDIVIDUAL MEDLEY		
2:41.28	Sherry Puthoff	45 K
400 YARD INDIVIDUAL MEDLEY		
6:30.08	Kay Turner	46 S

***** WOMEN 50-54 *****

50 YARD FREESTYLE		
37.46	Prudy Hall	54 L
39.04	Eleanor Barron	50 S
42.49	Sue Swanton	53 M
45.62	Pat Strickland	52 S
100 YARD FREESTYLE		
1:23.79	Prudy Hall	54 L
1:27.38	Eleanor Barron	50 S
1:34.68	Sue Swanton	53 M
1:36.44	Pat Strickland	52 S
200 YARD FREESTYLE		
2:58.96	Prudy Hall	54 L
3:16.84	Pat Strickland	52 S
3:21.35	C. Rhudy	50 B
500 YARD FREESTYLE		
8:03.09	Prudy Hall	54 L
8:37.28	Pat Strickland	52 S
9:17.70	Carol Rhudy	50 S
1000 YARD FREESTYLE		
17:27.81	Pat Strickland	52 S
1650 YARD FREESTYLE		
28:03.05	Pat Strickland	52 S
50 YARD BACKSTROKE		
49.88	Carol Rhudy	50 S
100 YARD BACKSTROKE		
1:43.07	Carol Rhudy	50 S
1:46.80	Sue Swanton	53 M
50 YARD BREASTSTROKE		
46.47	Carol Rhudy	50 S
46.89	Eleanor Barron	50 S

1:40.95	Eleanor Barron	50 S
200 YARD BREASTSTROKE		
4:01.84	C. Rhudy	50 B
50 YARD BUTTERFLY		
50.76	Eleanor Barron	50 S
100 YARD INDIVIDUAL MEDLEY		
1:38.62	Eleanor Barron	50 S
1:51.61	Sue Swanton	53 M
200 YARD INDIVIDUAL MEDLEY		
3:54.62	Carol Rhudy	50 B

***** WOMEN 55-59 *****

50 YARD FREESTYLE		
32.64	Beverly Myers	57 S
39.04	Sue Straley	56 J
40.28	Karen Forfar	55 L
43.17	Ida Smith	59 L
100 YARD FREESTYLE		
1:14.01	Beverly Myers	57 S
1:25.38	Sue Straley	56 J
1:36.69	Karen Forfar	55 B
200 YARD FREESTYLE		
2:53.48	R. Myers	57 B
3:15.68	Ida Smith	59 S
3:13.34	Sue Straley	56 L
3:24.63	P. Shoup	56 Z
500 YARD FREESTYLE		
8:52.28	Ida Smith	59 S
8:44.83	Sue Straley	56 L
50 YARD BACKSTROKE		
38.64	Beverly Myers	57 S
43.77	Karen Forfar	55 L
52.06	P. Shoup	56 Z
100 YARD BACKSTROKE		
1:37.87	K. Forfar	55 B
1:41.20	Sue Straley	56 J
200 YARD BACKSTROKE		
3:01.32	Beverly Myers	57 S
50 YARD BREASTSTROKE		
41.77	Beverly Myers	57 S
43.65	Ida Smith	59 S
50.90	Karen Forfar	55 L
55.29	P. Shoup	56 Z
100 YARD BREASTSTROKE		
1:31.59	Beverly Myers	57 S
1:35.45	Ida Smith	59 S
200 YARD BREASTSTROKE		
3:39.25	Ida Smith	59 S
50 YARD BUTTERFLY		
37.41	Beverly Myers	57 L
43.43	Ida Smith	59 S
51.13	Karen Forfar	55 L
100 YARD INDIVIDUAL MEDLEY		
1:22.47	Beverly Myers	57 S
1:39.08	Karen Forfar	55 L
1:42.94	Ida Smith	59 L

***** WOMEN 60-64 *****

50 YARD FREESTYLE		
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46.12	Mary Williams	61 S
100 YARD FREESTYLE		
1:47.09	Mary Williams	61 S
200 YARD FREESTYLE		
4:00.72	Mary Williams	61 K
1650 YARD FREESTYLE		
35:40.49	Mary Williams	61 S
50 YARD BUTTERFLY		
56.73	Mary Williams	61 S
100 YARD INDIVIDUAL MEDLEY		
2:09.30	Mary Williams	61 S

***** WOMEN 65-69 *****

50 YARD FREESTYLE		
37.89	Lois Nochman	68 Y
38.00	Shirley Crandell	68 S
100 YARD FREESTYLE		
1:27.32	Lois Nochman	68 L
1:27.41	Shirley Crandell	68 S
1:36.21	Alice Brandon	66 S
200 YARD FREESTYLE		
3:08.57	Lois Nochman	68 Y
3:19.91	Shirley Crandell	68 S
500 YARD FREESTYLE		
8:38.33	Lois Nochman	68 L
9:19.47	Shirley Crandell	68 S
1000 YARD FREESTYLE		
17:35.11	Lois Nochman	68 Y
50 YARD BACKSTROKE		
45.80	Lois Nochman	68 S
48.15	Shirley Crandell	68 S
100 YARD BACKSTROKE		
1:41.80	Lois Nochman	68 S
1:51.11	Shirley Crandell	68 S
200 YARD BACKSTROKE		
3:35.92	Lois Nochman	68 S
50 YARD BREASTSTROKE		
51.68	Lois Nochman	68 M
100 YARD BREASTSTROKE		
1:57.60	Lois Nochman	68 K
200 YARD BREASTSTROKE		
3:59.74	Lois Nochman	68 B
50 YARD BUTTERFLY		
40.07	Lois Nochman	68 Y
51.60	Shirley Crandell	68 S
100 YARD BUTTERFLY		
1:46.21	Lois Nochman	68 Y
200 YARD BUTTERFLY		
3:38.70	Lois Nochman	68 Y
100 YARD INDIVIDUAL MEDLEY		
1:44.65	Lois Nochman	68 K
200 YARD INDIVIDUAL MEDLEY		
3:35.92	Lois Nochman	68 Y
400 YARD INDIVIDUAL MEDLEY		
7:52.16	Lois Nochman	68 S

***** WOMEN 70-74 *****

50 YARD FREESTYLE		
47.47	Merlyn Ewbank	73 L
49.60	M Hough	70 H
49.94	Edith Glusac	74 K

100 YARD FREESTYLE		
1:44.07	Merlyn Ewbank	73 L
2:13.68	Mary Sinclair	74 S
4:14.50	M Hough	70 H
200 YARD FREESTYLE		
3:40.62	Merlyn Ewbank	73 L
500 YARD FREESTYLE		
9:38.50	Merlyn Ewbank	73 M
1000 YARD FREESTYLE		
22:11.65	M Hough	70 H
50 YARD BACKSTROKE		
50.84	Merlyn Ewbank	73 S
53.42	M Hough	70 H
54.80	Edith Glusac	74 Y
1:05.15	Mary Sinclair	74 S
100 YARD BACKSTROKE		
1:52.46	Merlyn Ewbank	73 J
2:00.12	Edith Glusac	74 Y
200 YARD BACKSTROKE		
2:00.12	Edith Glusac	74 Y
3:54.74	Merlyn Ewbank	73 S
5:22.54	Mary Sinclair	74 S
50 YARD BREASTSTROKE		
57.84	Edith Glusac	74 Y
100 YARD BREASTSTROKE		
2:04.10	Edith Glusac	74 Y
200 YARD BREASTSTROKE		
4:27.10	Merlyn Ewbank	73 S
50 YARD BUTTERFLY		
1:06.14	Edith Glusac	74 S
100 YARD BUTTERFLY		
2:05.37	Merlyn Ewbank	73 S
200 YARD BUTTERFLY		
4:20.47	Merlyn Ewbank	73 S
100 YARD INDIVIDUAL MEDLEY		
2:10.53	Edith Glusac	74 S
200 YARD INDIVIDUAL MEDLEY		
4:01.29	Merlyn Ewbank	73 J
400 YARD INDIVIDUAL MEDLEY		
8:29.99	Merlyn Ewbank	73 S

***** WOMEN 75-79 *****

50 YARD FREESTYLE		
1:38.65	Ruth Hildebrand	76 K
100 YARD FREESTYLE		
2:15.25	Francis Morse	76 S
3:20.11	Ruth Hildebrand	76 S
200 YARD FREESTYLE		
6:53.58	Ruth Hildebrand	76 K
500 YARD FREESTYLE		
16:18.95	Ruth Hildebrand	76 S
50 YARD BACKSTROKE		
1:39.04	Ruth Hildebrand	76 S
100 YARD BACKSTROKE		
3:19.69	Ruth Hildebrand	76 K
200 YARD BACKSTROKE		
6:33.81	Ruth Hildebrand	76 S

***** WOMEN 80-84 *****

50 YARD BACKSTROKE		
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1:08.98	Jewel Cooke	84
200 YARD BACKSTROKE		
5:01.01	Jewel Cooke	84
100 YARD BREASTSTROKE		
2:28.83	Jewel Cooke	84
100 YARD INDIVIDUAL MEDLEY		
2:25.68	Jewel Cooke	84
200 YARD INDIVIDUAL MEDLEY		
5:17.26	Jewel Cooke	84

Michigan Masters Long Course Meters Men Top 5 - 1993

A	Ann Arbor, MI	Fuller Pool	June 13, 1993
M	Montreal, CA	Canadian Nationals	June 17-20, 1993
C	Canton, OH	Hall of Fame Pool	July 10-11, 1993
D	Dearborn, MI	Dunworth Pool	July 14, 1993
L	Louisville, MI	Lakeside	August 7-8, 1993
U	Minneapolis, MN	Univ of Minn	August 19-23, 1993
* Split time			

***** MEN 19-24 *****

2:09.76	Steve Cohen	21	U	1:01.05	Bob Jennings	27	U
4:31.77	Steve Cohen	21	U *	1:05.99	Todd Mercer	26	U
9:14.05	Steve Cohen	21	U *	1:16.15	Pat McCarley	29	A
17:20.17	Steve Cohen	21	U	1:44.03	Tom Lynch	29	A
39.26	Tom Sayles	21	D	2:17.67	Bob Jennings	27	U
35.00	Tom Sayles	21	D				
2:25.26	Steve Cohen	21	U				

***** MEN 25-29 *****

26.16	Bob Jennings	27	L	50.21	Glenn Cole	33	U
20.62	Todd Mercer	25	A	1:02.41	Tom Potter	31	D
20.04	Thomas Schardt	25	D	1:00.55	Tim Mayleben	33	U
29.64	Pat McCarley	29	A	2:00.50	Glenn Cole	33	U
50.34	Todd Mercer	26	U	2:21.70	Tom Potter	31	D
1:00.05	Thomas Schardt	25	A	35.74	Harold Slicher	33	A
1:09.55	Pat McCarley	29	A	1:10.57	Harold Slicher	33	A
2:00.97	Todd Mercer	26	U	33.39	John Stenroos	30	U
2:35.04	Thomas Schardt	25	D	1:10.09	John Stenroos	30	A
2:47.47	Tom Lynch	29	D	1:20.17	Tim Mayleben	33	U
32.99	Bob Jennings	27	L	2:49.70	John Stenroos	30	U
35.62	Todd Mercer	25	A	20.40	Glenn Cole	33	U
36.20	Thomas Schardt	25	A	29.10	John Stenroos	30	U
1:32.33	Thomas Schardt	25	A	31.91	Tom Potter	31	D
3:11.00	Thomas Schardt	25	A	32.13	Tim Mayleben	33	U
32.43	Bob Jennings	27	L	1:02.05	Glenn Cole	33	U
42.39	Tom Lynch	29	A	2:20.20	Glenn Cole	33	U
42.44	Todd Mercer	25	A	2:50.49	Harold Slicher	33	A
42.66	Thomas Schardt	25	D				
1:00.45	Bob Jennings	27	U				
2:33.14	Bob Jennings	27	U				
27.24	Bob Jennings	27	U	30.93	John Olstewski	39	A
20.54	Todd Mercer	26	U	31.57	Bill Kloote	39	D
32.05	Pat McCarley	29	A	32.56	Doug Templeton	30	A
34.08	Thomas Schardt	25	D	33.65	Paul Wright	30	D

100 Meter Freestyle

1:00.65	John Olstewski	39	A	9:19.71	David Shepherd	37	U *
1:11.97	Jim Meyand	30	A	11:20.46	Doug Templeton	30	U
1:10.43	Don Lau	37	A	14:27.32	Paul Wright	30	D
2:02.06	David Shepherd	37	U	17:20.17	David Shepherd	37	A
2:54.00	Don Lau	37	A	40.16	Bill Kloote	39	D
4:21.72	David Shepherd	37	U	3:11.32	Andy Donato	36	C
6:13.70	Don Lau	37	A	41.77	Paul Wright	30	D
9:19.71	David Shepherd	37	U *	42.42	Doug Templeton	30	A
11:20.46	Doug Templeton	30	U	45.41	Bill Kloote	39	D
14:27.32	Paul Wright	30	D	1:20.91	Doug Templeton	30	U
17:20.17	David Shepherd	37	A	1:31.22	Paul Wright	30	D
40.16	Bill Kloote	39	D	3:16.61	Doug Templeton	30	U
3:11.32	Andy Donato	36	C	3:32.02	Andy Donato	36	C
41.77	Paul Wright	30	D	32.70	Bill Kloote	39	D
42.42	Doug Templeton	30	A	1:23.50	Jim Meyand	35	A
45.41	Bill Kloote	39	D	200 Meter Butterfly			
1:20.91	Doug Templeton	30	U	3:17.12	Andy Donato	36	C
1:31.22	Paul Wright	30	D	200 Meter Individual Medley			
3:16.61	Doug Templeton	30	U	2:30.15	David Shepherd	37	A
3:32.02	Andy Donato	36	C	3:01.79	Andy Donato	36	C
32.70	Bill Kloote	39	D	400 Meter Individual Medley			
1:23.50	Jim Meyand	35	A	5:00.63	David Shepherd	37	U
200 Meter Butterfly				6:31.50	Andy Donato	36	C
3:17.12	Andy Donato	36	C				

***** MEN 40-44 *****

20.04	Leonard Brochbahn	43	U	2:16.99	Leonard Brochbahn	43	U
29.33	William Reid	43	A	2:20.69	Frank Thompson	41	A
30.25	Richard Chaney	42	L	2:29.99	Graham Annear	42	D
30.02	Kelly Revenaugh	42	D	2:42.25	John Bullock	43	D
34.30	J. Richardson	44	D				
1:01.25	Leonard Brochbahn	43	U				
1:05.06	William T Reid	43	A				
1:11.10	Graham Annear	42	D				
1:12.05	John Bullock	43	D				
1:16.00	Kelly Revenaugh	42	D				
2:16.99	Leonard Brochbahn	43	U				
2:20.69	Frank Thompson	41	A				
2:29.99	Graham Annear	42	D				
2:42.25	John Bullock	43	D				

400 Meter Freestyle

4:55.23	Frank Thompson	41	U	19:04.06	Frank Thompson	41	L
5:25.17	Graham Annear	42	D	21:29.90	David Spaulding	43	A
6:00.01	John Bullock	43	D	35.33	Richard Chaney	42	L
9:50.90	Frank Thompson	41	C	37.02	Kelly Revenaugh	42	D
10:21.70	Larry Bay	42	D	42.15	Dennis McNamus	45	D
11:02.64	David Spaulding	42	D	45.00	Forest Chaffee	42	D
12:22.49	John Bullock	43	D	1:10.90	Frank Thompson	41	C
1500 Meter Freestyle				1:16.02	Richard Chaney	42	L
19:04.06	Frank Thompson	41	L	2:32.30	Frank Thompson	41	U
21:29.90	David Spaulding	43	A	2:40.74	Richard Chaney	42	L
35.33	Richard Chaney	42	L	34.51	Steve Hansen	41	U
37.02	Kelly Revenaugh	42	D	40.01	William T Reid	43	A
42.15	Dennis McNamus	45	D	44.36	Kelly Revenaugh	42	D
45.00	Forest Chaffee	42	D	50.60	Forest Chaffee	42	D
1:10.90	Frank Thompson	41	C	1:17.55	Steve Hansen	41	U
1:16.02	Richard Chaney	42	L	2:51.05	Steve Hansen	41	U
2:32.30	Frank Thompson	41	U	31.34	Leonard Brochbahn	43	U
2:40.74	Richard Chaney	42	L	34.29	Steve Hansen	41	A
34.51	Steve Hansen	41	U	35.49	William T Reid	43	A
40.01	William T Reid	43	A	1:07.35	Leonard Brochbahn	43	U
44.36	Kelly Revenaugh	42	D	1:10.15	Steve Hansen	41	U
50.60	Forest Chaffee	42	D	2:45.35	Steve Hansen	41	U
1:17.55	Steve Hansen	41	U	2:39.62	Frank Thompson	41	A
2:51.05	Steve Hansen	41	U	2:55.72	Richard Chaney	42	C
31.34	Leonard Brochbahn	43	U	3:11.59	Graham Annear	42	D
34.29	Steve Hansen	41	A	5:34.36	Frank Thompson	41	L
35.49	William T Reid	43	A				

***** MEN 45-49 *****

29.92	Dennis McNamus	45	U	2:19.59	Gaard Arneson	45	U
33.74	Tom Moyer	45	H	2:34.60	Donald Kroeger	49	H
1:00.90	Ron Pohlonski	49	D	2:36.00	Ron Pohlonski	49	D
1:11.34	Dennis McNamus	45	U	2:42.00	Tom Moyer	45	A
1:14.64	Donald Kroeger	49	A				
2:19.59	Gaard Arneson	45	U				
2:34.60	Donald Kroeger	49	H				
2:36.00	Ron Pohlonski	49	D				
2:42.00	Tom Moyer	45	A				

400 Meter Freestyle

4:52.95	Gaard Arneson	45	U	19:25.03	Gaard Arneson	45	U
5:29.00	Tom Moyer	45	L	21:50.71	Tom Moyer	45	U
5:43.00	Donald Kroeger	49	L	23:10.57	Donald Kroeger	49	U
10:14.55	Gaard Arneson	45	D	23:49.03	Richard Fortune	45	A
11:34.77	Tom Moyer	45	H	36.96	Thomas Hunt	45	U
11:44.55	Thomas Hunt	45	U	37.73	Donald Kroeger	49	H
12:10.36	Donald Kroeger	49	H	41.15	Dennis McNamus	45	U
19:25.03	Gaard Arneson	45	U	1:19.59	Thomas Hunt	45	U
21:50.71	Tom Moyer	45	U	1:25.30	Donald Kroeger	49	H
23:10.57	Donald Kroeger	49	U	1:34.41	Tom Moyer	45	D
23:49.03	Richard Fortune	45	A	1:41.30	Ron Pohlonski	49	D
36.96	Thomas Hunt	45	U	2:56.29	Thomas Hunt	45	U
37.73	Donald Kroeger	49	H	3:11.47	Tom Moyer	45	U
41.15	Dennis McNamus	45	U	3:14.55	Donald Kroeger	49	H
1:19.59	Thomas Hunt	45	U	39.00	Donald Kroeger	49	L
1:25.30	Donald Kroeger	49	H	45.30	Dennis McNamus	45	D
1:34.41	Tom Moyer	45	D	1:39.05	Donald Kroeger	49	D
1:41.30	Ron Pohlonski	49	D	3:45.16	Tom Moyer	45	D
2:56.29	Thomas Hunt	45	U	200 Meter Breaststroke			
3:11.47	Tom Moyer	45	U	3:24.24	Donald Kroeger	49	U
3:14.55	Donald Kroeger	49	H	3:54.70	Tom Moyer	45	A
39.00	Donald Kroeger	49	L	50 Meter Butterfly			
45.30	Dennis McNamus	45	D	33.17	Dennis McNamus	45	D
1:39.05	Donald Kroeger	49	D	40.75	Donald Kroeger	49	D
3:45.16	Tom Moyer	45	D	1:27.50	100 Meter Butterfly	45	U
200 Meter Breaststroke				1:46.63	Dennis McNamus	49	A
3:24.24	Donald Kroeger	49	U	1:51.92	Tom Moyer	45	D
3:54.70	Tom Moyer	45	A	2:53.06	Gaard Arneson	45	U
50 Meter Butterfly				3:55.00	Tom Moyer	45	H
33.17	Dennis McNamus	45	D	2:50.64	Thomas Hunt	45	U
40.75	Donald Kroeger	49	D	3:15.00	Donald Kroeger	49	C
1:27.50	100 Meter Butterfly	45	U	3:19.49	Tom Moyer	45	C
1:46.63	Dennis McNamus	49	A	400 Meter Individual Medley			
1:51.92	Tom Moyer	45	D	5:42.74	Gaard Arneson	45	U
2:53.06	Gaard Arneson	45	U	6:56.19	Tom Moyer	45	U
3:55.00	Tom Moyer	45	H	6:50.74	Donald Kroeger	49	H
2:50.64	Thomas Hunt	45	U				
3:15.00	Donald Kroeger	49	C				
3:19.49	Tom Moyer	45	C				

***** MEN 50-54 *****

50 Meter Freestyle		
31.30	Bob Isbister	52 U
37.01	George Duncan	51 D
43.05	Jay Lane	52 D
200 Meter Freestyle		
2:39.09	Bob Isbister	52 U
3:41.30	Jay Lane	52 D
400 Meter Freestyle		
5:49.74	Bob Isbister	52 U
7:49.30	Jay Lane	52 D
50 Meter Backstroke		
35.77	Hugh Rodin	51 U
100 Meter Backstroke		
1:10.70	Hugh Rodin	51 U
200 Meter Backstroke		
2:53.44	Hugh Rodin	51 U
50 Meter Breaststroke		
42.06	George Duncan	51 D
100 Meter Breaststroke		
1:39.02	George Duncan	51 D
50 Meter Butterfly		
45.24	George Duncan	51 D
100 Meter Butterfly		
1:15.12	Hugh Rodin	51 U
1:17.93	Bob Isbister	52 U
200 Meter Butterfly		
3:01.37	Hugh Rodin	51 U
***** MEN 55-59 *****		
50 Meter Freestyle		
33.20	Charles Haas	59 U
34.06	Dennis Jones	55 D
100 Meter Freestyle		
1:15.23	Charles Haas	59 U
1:20.54	Dennis Jones	55 D
200 Meter Freestyle		
2:54.53	Charles Haas	59 U
50 Meter Breaststroke		
40.50	Dennis Jones	55 D
100 Meter Breaststroke		
1:40.04	Dennis Jones	55 D
3:01.14	Steve Hansen	41 D
3:45.19	George Duncan	51 D
200 Meter Breaststroke		
3:50.60	Dennis Jones	55 D
100 Meter Butterfly		
1:34.60	Charles Haas	59 U
200 Meter Butterfly		
3:41.90	Charles Haas	59 U

***** MEN 60-64 *****

50 Meter Freestyle		
32.07	John Ries	61 U
38.05	Eli M. Ladin	64 A
100 Meter Freestyle		
1:12.93	John Ries	61 U
1:22.04	Eli M. Ladin	64 A
200 Meter Freestyle		
2:53.06	John Ries	61 U
2:53.74	Bob Heritier	64 A
400 Meter Freestyle		
6:30.29	John Ries	61 U
800 Meter Freestyle		
12:43.40	Bob Heritier	64 A
50 Meter Breaststroke		
50.60	J. John Reese	67 D
***** MEN 65-69 *****		
50 Meter Freestyle		
31.03	Bob Heritier	65 U
32.60	Charles Moss	65 C
37.23	J. John Reese	67 D
42.00	Charles Belknap	67 A
100 Meter Freestyle		
1:11.45	Bob Heritier	65 U
1:14.24	Charles Moss	65 C
1:45.45	Charles Belknap	60 U
200 Meter Freestyle		
2:41.76	Bob Heritier	65 U
400 Meter Freestyle		
5:50.40	Bob Heritier	65 U
6:07.20	Charles Moss	65 C
800 Meter Freestyle		
11:53.04	Bob Heritier	65 U
50 Meter Backstroke		
40.22	Charles Moss	65 C
50 Meter Breaststroke		
30.00	Charles Moss	65 U
50 Meter Butterfly		
52.69	J. John Reese	67 D
100 Meter Butterfly		
1:21.75	Charles Moss	65 U
200 Meter Butterfly		
3:11.00	Charles Moss	65 U
200 Meter Individual Medley		
2:57.61	Charles Moss	65 U
400 Meter Individual Medley		
6:25.02	Charles Moss	65 U

***** MEN 70-74 *****

50 Meter Freestyle		
45.61	Ray Gilliland	70 D
50 Meter Breaststroke		
56.32	Ray Gilliland	70 D
***** MEN 75-79 *****		
50 Meter Freestyle		
39.62	Nan Morningstar	76 U
100 Meter Freestyle		
1:32.57	Nan Morningstar	76 U
200 Meter Freestyle		
3:53.02	Nan Morningstar	76 U
50 Meter Backstroke		
1:13.02	Nan Morningstar	76 U
***** MEN 80-84 *****		
800 Meter Freestyle		
16:49.05	Bave Halbrough	80 D
50 Meter Back		
49.30	Bave Halbrough	80 D
100 Meter Backstroke		
2:02.44	Bave Halbrough	80 D
2:03.70	Carl Thornburg	81 U
200 Meter Backstroke		
4:27.30	Carl Thornburg	81 U
50 Meter Breaststroke		
1:13.99	Carl Thornburg	80 D
200 Meter Breaststroke		
5:20.91	Carl Thornburg	81 U
100 Meter Fly		
2:46.15	Carl Thornburg	81 U
400 Meter Individual Medley		
11:01.55	Carl Thornburg	81 U

S	Baton Rouge, LA Senior Olympics	June 12-18, 1993																
A	Ann Arbor, MI Fuller Pool	June 13, 1993																
C	Canton, OH Hall of Fame Pool	July 10-11, 1993																
D	Dearborn, MI Dunworth Pool	July 14, 1993																
U	Minneapolis, MN Univ of Minn	August 19-23, 1993																
			50 Meter Breaststroke					50 Meter Breaststroke										
***** WOMEN 25-29 *****			59.91	Camille Waddell	31	A	4:51.03	Lorraine Laferriere	42	U	47.22	Beverly Myers	58	S				
50 Meter Freestyle			100 Meter Breaststroke					100 Meter Breaststroke										
32.23	Genevieve Mellos	25	D	2:06.42	Camille Waddell	31	A	50 Meter Butterfly			1:44.97	Beverly Myers	58	C				
44.28	Lisa Cameron	26	A	100 Meter Butterfly					50 Meter Butterfly									
100 Meter Freestyle			1:18.00	Pat Rohner	33	U	1:06.68	Genevieve Moyer	44	U	41.40	Beverly Myers	58	U				
1:09.78	Kristin Nelson	27	U	200 Meter Individual Medley					400 Meter Individual Medley									
1:12.57	Genevieve Mellos	25	D	2:48.96	Pat Rohner	33	U	8:26.02	Gail Dummer	42	U	3:24.79	Beverly Myers	58	U			
1:19.27	Kristi Dean	28	U	400 Meter Individual Medley														
1:21.89	Karen Mulder	27	U	6:08.76	Pat Rohner	33	U	***** WOMEN 45-49 *****					***** WOMEN 60-64 *****					
1:47.61	Lisa Cameron	26	A	***** WOMEN 35-39 *****					50 Meter Freestyle					50 Meter Freestyle				
200 Meter Freestyle			50 Meter Freestyle					40.00	Fredericka Rapp	49	D	52.84	Mary Williams	61	U			
2:32.05	Kim Krause	28	D	100 Meter Freestyle					100 Meter Freestyle					100 Meter Freestyle				
3:00.04	Kristi Dean	28	C	30.43	Marilyn Early	35	U	1:30.78	Fredericka Rapp	49	C	2:12.41	Mary Williams	61	U			
3:02.67	Karen Mulder	27	U	39.35	Patricia C. O'Brien	38	D	200 Meter Freestyle					200 Meter Freestyle					
400 Meter Freestyle			41.73	Karen Haley	39	A	3:24.17	Fredericka Rapp	49	D	4:33.88	Mary Williams	61	U				
5:24.41	Kim Krause	28	D	100 Meter Freestyle					400 Meter Freestyle					50 Meter Butterfly				
5:26.03	Sandra L. Carosi	27	D	1:15.71	Ann Guins	39	D	6:56.65	Jennifer Parks	49	D	1:12.87	Mary Williams	61	U			
800 Meter Freestyle			1:32.74	Karen Haley	39	A	7:28.39	Fredericka Rapp	49	C	200 Meter Individual Medley							
11:18.65	Sandra L. Carosi	27	D	1:32.96	Patricia C. O'Brien	38	D	800 Meter Freestyle					5:36.04	Mary Williams	61	D		
12:19.21	Carrie Newman	26	A	200 Meter Freestyle					15:09.97	Fredericka Rapp	49	C	***** WOMEN 65-69 *****					
1500 Meter Freestyle			2:27.81	Marilyn Early	35	U	1500 Meter Freestyle					400 Meter Freestyle						
25:30.18	Karen Mulder	27	U	50 Meter Backstroke					28:36.79	Fredericka Rapp	49	C	8:17.76			Lois Nochman	68	U
50 Meter Backstroke			36.66	Marilyn Early	35	U	100 Meter Backstroke					800 Meter Freestyle						
40.92	Kristin Nelsen	27	A	38.75	Ann Guins	39	D	1:38.08	Jennifer Parks	49	D	16:18.56			Lois Nochman	68	U	
200 Meter Backstroke			100 Meter Backstroke					1:41.35	Fredericka Rapp	49	C	100 Meter Backstroke						
3:28.70	Kristi Dean	28	C	1:18.58	Marilyn Early	35	U	200 Meter Backstroke					1:59.79	Lois Nochman	68	D		
3:51.37	Fredericka Rapp	28	D	1:26.34	Ann Guins	39	D	3:32.81	Fredericka Rapp	49	C	50 Meter Breaststroke						
50 Meter Breaststroke			2:51.20	Marilyn Early	35	U	***** WOMEN 50-54 *****					1:00.07	Lois Nochman	68	D			
39.78	Kristin Nelsen	27	C	50 Meter Breaststroke					50 Meter Freestyle					100 Meter Breaststroke				
56.22	Lisa Cameron	26	A	100 Meter Breaststroke					52.42	Pat Strickland	52	C	2:10.77	Lois Nochman	68	D		
100 Meter Breaststroke			44.87	Karen Peper	37	U	100 Meter Freestyle					200 Meter Breaststroke						
1:26.02	Kristin Nelsen	27	D	47.44	Patricia C. O'Brien	38	D	100 Meter Freestyle					4:40.03			Lois Nochman	68	D
2:04.00	Lisa Cameron	26	A	54.69	Karen Haley	39	A	1:55.34	Pat Strickland	52	C	50 Meter Butterfly						
200 Meter Breaststroke			100 Meter Breaststroke					4:00.44	Pat Strickland	52	C	46.90	Lois Nochman	68	U			
3:06.10	Kristin Nelsen	27	U	1:40.81	Karen Peper	37	U	400 Meter Freestyle					100 Meter Butterfly					
50 Meter Butterfly			1:44.08	Patricia C. O'Brien	38	D	200 Meter Freestyle					1:55.59			Lois Nochman	68	U	
32.96	Kristin Nelsen	27	U	1:56.40	Karen Haley	39	A	7:59.72	Pat Strickland	52	C	200 Meter Individual Medley						
35.95	Genevieve Mellos	25	D	***** WOMEN 40-44 *****					8:48.09	Carol Rhudy	50	D	4:18.22			Lois Nochman	68	U
39.59	Sandra L. Carosi	27	D	50 Meter Freestyle					50 Meter Breaststroke									
39.77	Kristi Dean	26	U	100 Meter Freestyle					55.53	Carol Rhudy	50	D	***** WOMEN 70-74 *****					
100 Meter Butterfly			40.59	Gail Dummer	42	U	100 Meter Breaststroke					400 Meter Freestyle						
1:18.61	Kristin Nelsen	27	U	43.57	Lorraine Laferriere	42	U	2:06.31	Carol Rhudy	50	D	8:54.19			Merlyn Ewbank	73	A	
1:26.33	Genevieve Mellos	25	A	100 Meter Freestyle					200 Meter Breaststroke					200 Meter Backstroke				
1:30.75	Carrie Newman	26	A	1:12.64	Genevieve Moyer	44	D	4:37.30	Carol Rhudy	50	D	4:45.71			Merlyn Ewbank	73	A	
100 Meter Individual Medley			1:46.74	Gail Dummer	42	D	***** WOMEN 55-59 *****					200 Meter Breaststroke						
3:05.87	Sandra L. Carosi	27	D	200 Meter Freestyle					50 Meter Freestyle					5:10.49	Merlyn Ewbank	73	A	
200 Meter Individual Medley			3:55.24	Gail Dummer	42	A	200 Meter Freestyle					50 Meter Backstroke						
3:12.54	Carrie Newman	26	A	4:05.62	Lois Revenaugh	42	D	36.95	Beverly Myers	58	S	1:01.12	Edith Glusac	74	U			
***** WOMEN 30-34 *****			50 Meter Backstroke					100 Meter Freestyle					100 Meter Backstroke					
50 Meter Freestyle			51.70	Lorraine Laferriere	42	U	1:23.69	Beverly Myers	58	S	2:14.42			Edith Glusac	74	U		
47.30	Camille Waddell	31	A	2:05.06	Lorraine Laferriere	42	U	3:13.91	Beverly Myers	58	D	1:05.10			Merlyn Ewbank	73	A	
400 Meter Freestyle			50 Meter Breaststroke					50 Meter Backstroke					200 Meter Breaststroke					
5:08.98	Pat Rohner	33	U	52.36	Gail Dummer	42	U	43.69	Beverly Myers	58	S	2:29.18			Edith Glusac	74	U	
800 Meter Freestyle			1:04.92	Genevieve Moyer	44	D	100 Meter Backstroke					200 Meter Breaststroke						
10:45.80	Pat Rohner	33	U *	100 Meter Breaststroke					1:34.54	Beverly Myers	58	S	5:34.35			Edith Glusac	74	U
1500 Meter Freestyle			2:12.10	Lorraine Laferriere	42	U	200 Meter Backstroke											
20:24.80	Pat Rohner	33	U	2:28.64	Genevieve Moyer	44	U	3:30.08	Beverly Myers	58	C							

1993 - 1994 GREAT LAKES ZONE USMS MEET CALENDAR

DATE	SITE	CITY	STATE	MEET DIRECTOR	PHONE #
NOV 13-14 93	HUDSON HIGH SCHOOL (SC METERS)	HUDSON	OHIO	PIETER CATH	216-248-8270
NOV 14 93	WINDSOR WAVE RUNNERS (SC METERS)	WINDSOR CANADA	ONT	JENNIFER VALDEZ	519-258-4157
NOV 14 93	MAINE SOUTH HIGH SCHOOL (SC YARDS)	PARK RIDGE	ILL	BARRY DAYTON	708-825-4251
NOV 14-JAN 31	POSTAL LONG DISTANCE 1000-3000-5000	LANSING	MICH	GAIL DUMMER	517-887-8416
NOV 20 93	BUEHLER YMCA (SC YARDS)	PALATINE	ILL	MARY KUSKOWSKI	708-526-1118
NOV 21 93	FLINT YMCA MASTERS (SC YARDS)	FLINT	MICH	RICHARD CHANEY	313-233-6749
DEC 04 93	NEW ALBANY HIGH SCHOOL (SC METERS)	LOUISVILLE	KY	JOANNE TINGLEY	502-454-3029
DEC 04 93	WAUWATOSA WEST HIGH SCHOOL	MILWAUKEE	WISC	JOHN BAUMAN	414-453-7336
DEC 4-5 93	EVANSTON TOWNSHIP HIGH SCHOOL	EVANSTON	ILL	TOM WINTER	312-761-0016
DEC 05 93	4TH ANNUAL FITNESS SERIES IUPUI NAT	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
DEC 11 93	GAMBLE NIPPERT YMCA (SC YARDS)	CINCINNATI	OHIO	BILL GRAUVOGEL	513-921-1137
DEC 12 93	PENTATHLON/CRESCENDO MICH STATE UNIV	EAST LANSING	MICH	GAIL DUMMER	517-887-8416
DEC 12 93	LAKESIDE MILE (SCM) LAKESIDE CLUB	LOUISVILLE	KY	MARY GRAVES	502-454-4585
JAN 08 94	WAUWATOSA WEST HIGH SCHOOL	MILWAUKEE	WISC	JOHN BAUMAN	414-453-7336
JAN 09 94	USMS 1 HOUR SWIM - EASTERN MICH UNIV	YPSILANTI	MICH	SKIP THOMPSON	313-683-2191
JAN 09 94	LATTOF YMCA	DES PLAINES	ILL	MARY JO FERRIS	708-397-2510
JAN 15 94	WESTERN KENTUCKY GREEN GATORS	BOWLING GREEN	KY	JOANNE TINGLEY	502-454-3029
JAN 15 94	GREATER COLUMBUS - BUCKEYE MASTERS	COLUMBUS	OHIO	TAMMY BISCHOFF	614-478-7926
JAN 16 94	4TH ANNUAL FITNESS SERIES IUPUI NAT	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
JAN 16 94	ROCKFORD MASTERS (SC METERS)	ROCKFORD	MICH	RICHARD TEN HOOR	616-866-6328
JAN 22 94	WAUWATOSA WEST HIGH SCHOOL	MILWAUKEE	WISC	JOHN BAUMAN	414-453-7336
JAN 23 94	YORK HIGH SCHOOL ELMHURST MASTERS	ELMHURST	ILL	MARY MORRIS	708-916-0310
JAN 29 94	HAMILTON WEST YMCA	HAMILTON	OHIO	CLAUDIA MULTER	513-863-6298
JAN 30 94	JACKSON MASTERS JACKSON Y CENTER	JACKSON	MICH	WILLIAM REID	517-592-8908
FEB 5-6 94	NAPERVILLE NORTH HIGH SCHOOL	NAPERVILLE	ILL	DEAN PIERCE	708-983-7719
FEB 06 94	MI. MASTERS STROKE CLINIC UNIV OF MICH	ANN ARBOR	MICH	WILLIAM REID	517-592-8908
FEB 06 94	OLON HIGH SCHOOL VALENTINE MEET	OLON	OHIO	PIETER CATH	216-248-8270
FEB 06 94	MADISON WEST YMCA	MADISON	WISC	JOHN BAUMAN	414-453-7336
FEB 12 94	WINTER CLASSIC BLUFFTON (SC METERS)	BLUFFTON	IND	PETE SCHMECKEBIER	219-824-5926
FEB 13 94	FORD ATHLETIC S.T. BRIGHTON H. S.	BRIGHTON	MICH	JULIE HARRIS	313-471-7287
FEB 19 94	POWELL CROSLY YMCA	CINCINNATI	OHIO	MIKE LEONARD	513-521-7112
FEB 20 94	MONITOWOC YMCA	MONITOWOC	WISC	JOHN BAUMAN	414-453-7336
FEB 26 94	W.MICH MASTERS EAST KENTWOOD H.S.	GRAND RAPIDS	MICH	KEN DANHOF	616-739-5592
FEB 27 94	4TH ANNUAL FITNESS SERIES IUPUI NAT	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
MAR 05 94	WAUWATOSA WEST HIGH SCHOOL	MILWAUKEE	WISC	JOHN BAUMAN	414-453-7336
MAR 05 94	IU MASTERS INVITATIONAL	BLOOMINGTON	IND	WAYNE WINSTON	812-336-6167
MAR 12 94	MICHIANA INVITATIONAL	SOUTH BEND	IND	LARRY LEMAIRE	219-234-1699
MAR 13 94	COLLEGE OF DU PAGE DU PAGE MASTERS	WHEATON	ILL	CRAIG GITCHELL	708-653-7241
MAR 19 93	SWOM SYCAMORE TOWNSHIP HIGH SCHOOL	CINCINNATI	OHIO	JAN HUNEKE	513-231-8168
MAR 19-20 94	C.T. BRANIN NATATORIUM ST.PAT MEET	CANTON	OHIO	PIETER CATH	216-248-8270
MAR 19-20 94	BARRINGTON MASTERS BARRINGTON H.S.	BARRINGTON	ILL	IRENE DAVID	708-382-4982
MAR 20 94	MIDLAND MASTERS MIDLAND DOW H.S.	MIDLAND	MICH	DAVE SPETH	517-636-7802
MAR 26 94	WAUWATOSA WEST HIGH SCHOOL	MILWAUKEE	WISC	JOHN BAUMAN	414-453-7336
MAR 26 94	COLE FAMILY YMCA (SC YARDS)	KENDALLVILLE	IND	CINDY MILLER	219-347-4200
MAR 26-27 94	KY. STATE CHAMP UNIV OF KENTUCKY	LEXINGTON	KY	JOANNE TINGLEY	502-454-3029
APR 09 94	GIMSA STATE CHAMPIONSHIPS	COLUMBUS	IND	PHIL COLE	812-372-2060
APR 08-10 94	MICH STATE CHAMP UNIV OF MICHIGAN	ANN ARBOR	MICH	WILLIAM REID	517-592-8908
APR 08-10 94	CMSA CHAMPIONSHIPS NORTHWESTERN UNIV	EVANSTON	ILL	MIKE HOGARTY	708-209-1978
APR 09-10 94	OHIO STATE CHAMP OHIO STATE UNIV.	COLUMBUS	OHIO	LAURA KESSLER	614-457-0437
APR 21-24 94	YMCA NATIONALS IUPUI NATATORIUM	INDIANAPOLIS	IND	MEL GOLDSTEIN	317-253-3652
MAY 13-16 94	USMS SC NATIONALS ARIZONA STATE UNIV	TEMPE	RIO SALADO	DUCAN SCOTT	P.O.BOX 27523
				TEMPE, AZ	85285-7523
JUN 18-19 94	LC ZONE CHAMPIONSHIPS CLEVE STATE UNIV.	CLEVELAND	OHIO	PIETER CATH	216-248-8270

REMINDER



It appears that this fall continued to be an incredibly busy time for everyone. I'd like to take this space to thank everyone who contributed news and got their meet announcements and results to me. If **anyone** has any suggestions or feels that there are traditional items that I have failed to include, please **DO NOT HESITATE** to let me know.

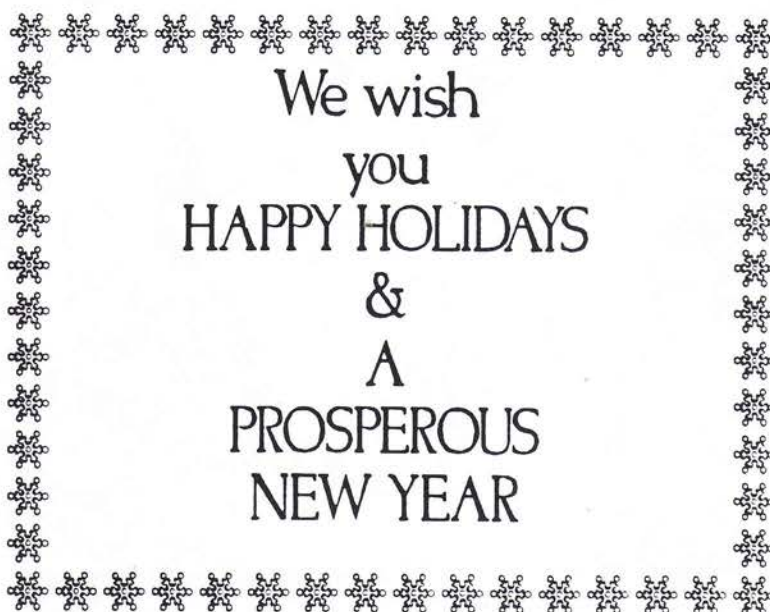
For those of you with meets after October, the DEADLINE for your meet results to get to me is February 15. We still want local NEWS, just drop it in an envelope, in any form, I'll spiff it up and get it in.

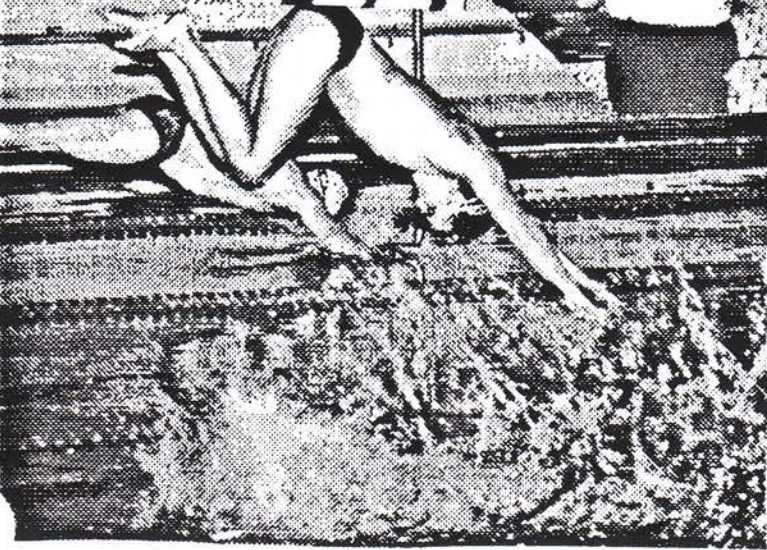
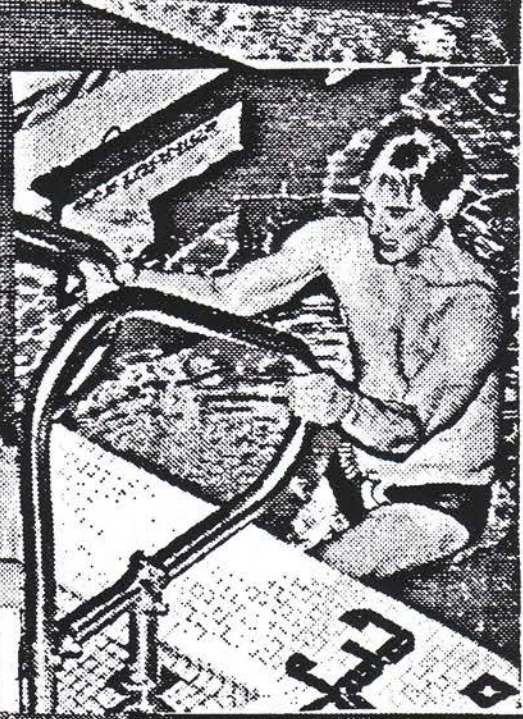
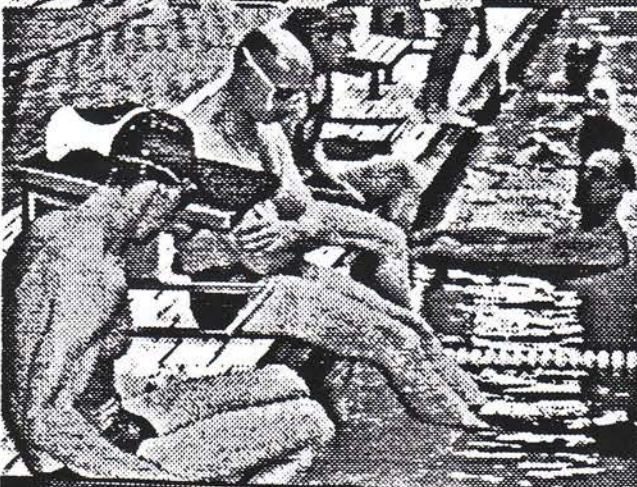
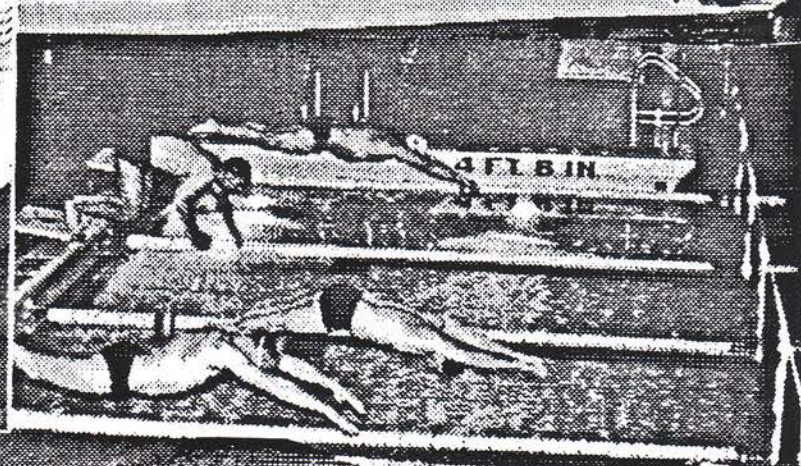
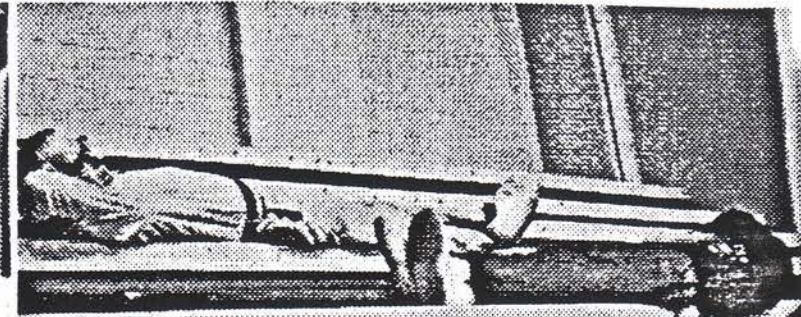
One last item of importance . . .

The 1994 USMS registration form is on the page just before this one. Please help us to make your meet time hassle free... fill out the form and send it in with your cheque today. This way, not only do you eliminate one item to fill out the day of the meet, you also never miss a newsletter edition! In addition to cutting down the hassle, you are SUPPOSED to send a copy of your card WITH your State meet entry form. This year if a copy of your USMS card does not accompany your entry, it will hold up your entry, until the copy is received. So, 'why put off until tomorrow, that which you can do today?'

Wishing you & yours a Happy Holiday Season!

Phyllis J. Reid, Editor





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