

MICHIGAN MASTERS SWIMMING

NEWSLETTER

WINTER 1993

UPCOMING MEETS

- Pacific Masters Swimming: Annual January Hour Swim National Postal Championships.
- Kalamazoo Masters: Sunday, January 10, 1993 at Kalamazoo College Natatorium.
- Jackson Masters: Sunday, January 24, 1993 at the Jackson Y-Center
- Southern Masters Swimming - February Fitness Challenge Month of February.
- FAST Masters: Joseph Beaudoin Memorial Swim Meet on Sunday, February 7, 1993 at Brighton High School.

This date is one week earlier than previously advertised in the Fall 1992 Newsletter

- Ohio Masters: Sunday, February 21, 1993 at Northview High School in Sylvania OH near Toledo. Contact Ed Schellschmidt at (419) 843-5407 for entry information.
- Western Michigan Masters: Saturday, February 27, 1993 at East Kentwood High School.
- Midland Masters: 18th Annual Winter's End Meet on Sunday, March 14, 1993 at H.H. Dow High School.
- 20th ANNUAL MICHIGAN STATE CHAMPIONSHIPS will be hosted by the Jackson YMCA at the University of Michigan on April 2-4, 1993. This date is one week later than previously advertised in the Fall 1992 Newsletter. Entry information will be available in the NEXT NEWSLETTER
- YMCA National Championships: April 22 - 25, 1993 at the International Swimming Hall of Fame Aquatic Complex in Fort Lauderdale, Florida. You have to join a YMCA to participate. If you are interested in swimming at Y-Nationals but do not belong to a YMCA, low cost memberships for the Plymouth YMCA can be arranged.

For information contact:

Skip Thompson
2660 Littleell Ave.
West Bloomfield, MI 48324
(313) 683-2191

- U.S.M.S. Short Course National Championships: May 20 - 23 at the Santa Clara International Swim Center. Time Standards and Meet Entry Form are enclosed.

FEES AND REGISTRATION

The 1993 Registration Form is included with this newsletter. Current 1992 U.S.M.S. registrations are valid until December 31, 1992. You must register for the 1993 year to participate in Masters programs during the 1993 season and also for insurance coverage provided during workouts. It must be stressed that accident and liability coverage become void if a non-registered swimmer participates during a practice. For this reason all swimmers in a practice workout group must be registered with U.S.M.S. The registration fee for 1993 is \$25.00. A reminder to all Masters Swimmers that at all pre-registered meets you must attach a photo-copy of your 1993 U.S.M.S. card with your entry form. At all deck entered meets each swimmer is responsible for their U.S.M.S. card and may be required to show it upon request by Officials and the Meet Director. Failure to show verification will require Swimmers to deck enter for registration with U.S.M.S. before warm-up starts.

MEET RESULTS

- Harbor Springs
- Grand Rapids
- Lansing
- 1992 Short Course Yards Top Ten
- 1992 Long Course Meters Top Ten
- 1992 Michigan Masters State Meet Relay Splits
- 1992 Michigan Masters Relay Records - Short Course Yards

MICHIGAN MASTERS SWIMMING MESSAGE FROM THE PRESIDENT - SKIP THOMPSON

I WOULD LIKE TO CONGRATULATE ALL THE MICH. MASTERS SWIMMERS THAT MADE THE NATIONAL TOP TEN IN BOTH SHORT COURSE YARDS AND LONG COURSE METERS (A TOTAL OF 41 PEOPLE INCLUDING RELAYS). WITH THE 1992 STATE MEET THAT WAS HELD SHORT COURSE METERS WE SHOULD HAVE A RECORD FOR THE NUMBER OF PEOPLE IN ALL THREE COURSES THAT WILL MAKE THE NATIONAL TOP TEN. I AM NOT GOING TO GO OVER ALL OF THE ITEMS ON THE AGENDA AT THE USMS CONVENTION BECAUSE I BELIEVE SWIM MAGAZINE HAS REPORTED THIS IN DETAIL IN THE NOV-DEC 1992 ISSUE.

THE FINAL FIGURES FOR THE 1992 REGISTRATION YEAR INDICATE THAT 402 SWIMMERS REGISTERED IN MICHIGAN COMPARED TO 479 AT 1991 YEARS END. THIS IS THE LARGEST DECREASE IN THE HISTORY OF MICH. MASTERS (16%). THIS RESULTS IN \$600.00 LESS TAKEN IN BY THE STATE TO FINANCE MASTERS PROGRAMS. AN INCREASE OF \$2.00 AT THE STATE LEVEL WAS PASSED AT THE ANNUAL MEMBERSHIP MEETING TO COVER THE SHORTAGE OF REVENUES. THIS AMOUNTS TO \$10.00 PER SWIMMER LESS \$1.75 PER SWIMMER GIVEN TO OUR STATE REGISTRARS FOR ADMINISTRATION. THIS LEAVES \$8.25 PER SWIMMER TO FINANCE THE NEWSLETTER, AWARDS, FUNDING 2 DELEGATES TO THE NATIONAL CONVENTION, RELAYS FOR NATIONALS AND OTHER MISCELLANEOUS EXPENSES. SANCTION FEES TAKEN IN BY MICH. MASTERS WAS DOWN ABOUT \$150.00 FROM THE PREVIOUS YEAR. THIS FEE IS DETERMINED BY THE ATTENDENCE OF PEOPLE AT MICH. MASTERS MEETS FOR THE YEAR X 1991 SANCTION FEE (1.80 PER SWIMMER). IF ANYONE WOULD LIKE A COPY OF THE 1992 FINANCIAL REPORT, SEND A SELF-ADDRESSED STAMPED ENVELOPE TO ME AT MY HOME ADDRESS. THESE ALSO WILL BE AVAILABLE AT THE STATE MEET MEMBERSHIP MEETING IN ANN ARBOR.

ONE AREA OF IMPROVEMENT TO FOCUS ON FOR 1993 IS INCREASED REGISTRATION TO OR AT LEAST 1991 LEVELS. I BELIEVE THIS IS ACHIEVABLE THROUGH THE GROWTH OF NEW SWIMMERS AND GETTING BACK PREVIOUS SWIMMERS. THIS WILL TAKE A VALIANT EFFORT ON THE PART OF LOCAL CLUBS BUT I BELIEVE IF A CONSCIOUS EFFORT IS MADE AND PEOPLE GET INVOLVED AND GET INTO A LITTLE BIT IT CAN BE ACCOMPLISHED. ALSO TO CURRENT MEMBERS IT WOULD BE APPRECIATED IF YOU WOULD RENEW YOUR REGISTRATION RIGHT NOW! GET ON THE RIGHT TRACK AND SEND THE REGISTRATION FORM BACK AS SOON AS POSSIBLE. IF THIS IS NOT DONE YOU WILL NOT RECEIVE THIS NEWSLETTER OR SWIM MAGAZINE STARTING IN THE 1993 YEAR.

MOST OF THE MEDALS FROM THE 1992 STATE MEET HAVE BEEN MAILED OR PICKED UP AT LOCAL MEETS. IF ANYONE HAS NOT GOTTEN THEIR MEDALS THEY WILL BE AVAILABLE AT THE KALAMAZOO, JACKSON, BRIGHTON, KENTWOOD, AND MIDLAND MEETS. I HOPE PEOPLE LIKE THE NEW MEDALS.

SOME INTERESTING FITNESS PROGRAMS ARE ENCLOSED. THE MICH. SWIMMING POSTAL LONG DISTANCE AND THE ONE HOUR SWIM NATIONAL CHAMPIONSHIP PROVIDE CHALLENGE AND VARIETY TO ALL MASTERS SWIMMERS REGARDLESS OF SWIMMING ABILITY. ANOTHER NEW PROGRAM TO PARTICIPANTS IS THE FEBRUARY FITNESS CHALLENGE. ALL YOU HAVE TO DO TO PARTICIPATE IS RECORD AND SUBMIT YOUR TOTAL SWIMMING YARDAGE FOR THE MONTH OF FEB. 1993.

MICH. MASTERS WOULD LIKE TO WELCOME MARK LAMBERT ON HIS NEW POSITION AS AQUATIC DIRECTOR AT CANHAM NATATORIUM ON THE CAMPUS OF UNIV. OF MICHIGAN. FOR THE PAST 4 YEARS MARK HAS BEEN PRESIDENT OF INDIANA MASTERS AS WELL AS RUNNING THE OPERATIONS OF THE IUPUI NATATORIUM. HE HAS BEEN REGISTRAR IN INDIANA AS WELL HAS BEING INVOLVED WITH A LOT OF MASTERS ACTIVITIES. MARK WAS AN ALL AMERICAN HIGH SCHOOL SWIMMER AND A MEMBER OF INDIANA UNIV. NCAA CHAMPIONSHIP SWIM TEAMS.

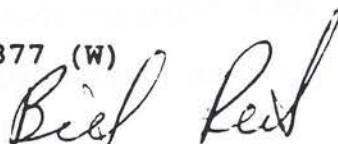
**MICHIGAN LOCAL MASTER'S SWIM CLUB
MEMBER'S QUESTIONNAIRE**

As many of you know, membership in the Michigan Local Master Swim Club (LMSC) is down about 20% from last year's total (and last year was not a great year either). I am very interested in your opinions concerning the LMSC, its goals and its leaders. I would like to know where we need to make changes.

I would like to receive input from all registered Michigan Masters Swimmers. I will be contacting swimmers in all areas of the state to act as coordinators to gather these completed questionnaires. The local coordinators will contact you to get your completed questionnaire. Feel free to call me with questions or to mail your completed questionnaire to me. I am very interested to see what things you would like to be improved. I can't try to make changes unless I know what needs changing. I may be reached at:

William T. Reid, III
128 Marlboro Court
Brooklyn, MI 49230
(517)592-8908 (H) (517)787-3877 (W)

Thanks for your help on this.



In general, how satisfied are you with the current programs and leaders of the Michigan LMSC?

	<u>Not Satisfied</u>	<u>OK</u>	<u>Very Satisfied</u>
Programs	1	2	3
Leaders	1	2	3

Does the LMSC have enough swim meets, lake swims, social activities and fitness activities?

	<u>Too Few</u>	<u>OK</u>	<u>Too Many</u>
Swim meets	1	2	3
Lake swims	1	2	3
Social activities	1	2	3
Fitness activities	1	2	3

Should we have more parties after meets? ☐ Yes ☐ No

If you wanted more parties, what kind of parties would you like to attend?

☐ Food at the pool

☐ Party at a local restaurant/bar after meet

☐ Party unconnected with meets

☐ Wouldn't attend

Should local teams have more team parties? ☐ Yes ☐ No

If you wanted more local team parties, what kind of parties would you like to attend?

Other suggestions:

- ☐ Food (pizza) party in evening
- ☐ Card party
- ☐ Bowling party
- ☐ Lake party
- ☐ Holiday party
- ☐ Wouldn't attend

If you wanted fitness activities, what kind of fitness activities would you like to attend/participate in?

Other suggestions:

- ☐ Lake swims
- ☐ Mileage contests
- ☐ Swimathons
- ☐ Water polo
- ☐ Road run
- ☐ Bike tour
- ☐ Wouldn't attend

If you wanted more meets or lake swims, what kind of activities would you like to attend/participate in?

Other suggestions:

- ☐ SC Yards meets
- ☐ SC Meters meets
- ☐ LC Meters meets
- ☐ Relay meets
- ☐ Lake swims
- ☐ Wouldn't attend

How satisfied are you with the current program of swim meets in the Michigan LMSC?

	<u>Not Satisfied</u>	<u>OK</u>	<u>Very Satisfied</u>
Number & frequency of local meets	1	2	3
State Meet	1	2	3
Variety of events	1	2	3
Cost of entry	1	2	3
Quality of Officials	1	2	3
Quality of facilities	1	2	3

Do you like the LMSC newsletter?

☐ Yes ☐ No

Do you have suggestions to improve the newsletter such as:

Meet results	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
USMS news	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
Local club news	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
Stories about Michigan Masters swimmers	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> want fewer
Technical articles	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
stroke techniques	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
stroke drills	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
sample workouts	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
nutrition/weight loss	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer

weight training	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
inspirational	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer
(Why swim, How to keep swimming, etc)			
humor	<input type="checkbox"/> Want more	<input type="checkbox"/> OK	<input type="checkbox"/> Want fewer

Other suggestions:

Do you like Swim magazine? ☐ Yes ☐ No

Are the dues too high? ☐ Yes ☐ No

Are the LMSC leaders responsive to your needs and questions? ☐ Yes ☐ No

Do you want more of a say in the decisions made by the LMSC? ☐ Yes ☐ No

Michigan LMSC needs you! Please indicate if you are interested in helping in any of these positions. If you are interested, please sign your name, address and phone number to the questionnaire.

	<u>Yes</u>	<u>Yes, with help</u>
Serve as a Meet Director	1	2
Become a meet Official	1	2
Run a fitness activity	1	2
Run a swim camp or clinic	1	2
Run an open water swim	1	2
Hold a party or social event	1	2
Serve as a LMSC officer	1	2
Serve as a state registrar	1	2
Serve as awards chair person	1	2
Serve as the newsletter editor	1	2

I am out of questions. Please give me any questions that you think are important and any complaints or suggestions that you have.

IV WORLD MASTERS SWIMMING CHAMPIONSHIPS
I.U.P.U. NATATORIUM, INDIANAPOLIS, INDIANA
JUNE 29 - JULY 5, 1992 MICHIGAN SWIMMERS

ANN FEARRIN (26)			CHARLES GROEN (32)		JAY JONES (30)		RICHARD BALL (41)	
50 FREE 32.47 15TH			100 BACK 1:05.33 6TH*		100 FLY 1:01.85 7TH		200 FREE 2:16.78 9TH	
100 FREE 1:12.60 20TH			50 FLY 28.72 17TH		200 I.M. 2:26.54 15TH		100 FLY 1:06.69 7TH	
KRISTIN NELSON (26)			100 FLY 1:02.11 9TH		LEONARD BROCKHAHN (41)		WILLIAM T REID (42)	
200 BREAST 3:08.89 7TH			200 I.M. 2:22.13 8TH		50 FREE 28.69 25TH		100 FREE 1:02.91 20TH	
50 FLY 32.99 17TH			ANDY DONATO (35)		100 FREE 1:02.79 18TH		200 FREE 2:18.19 13TH	
100 FLY 1:16.81 15TH			200 BACK 3:20.22 17TH		200 FREE 2:21.25 17TH		400 FREE 4:57.33 19TH	
200 I.M. 2:47.63 12TH			200 BREAST 3:36.99 23RD		50 FLY 30.87 25TH		JOHN STOVER (51)	
CORRIN CONVIS (28)			50 FLY 33.32 33RD		200 I.M. 2:43.20 15TH		50 BREAST 37.27 8TH	
100 FREE 1:02.34 4TH*			100 FLY 1:23.94 24TH		RICHARD CHANEY (41)		100 BREAST 1:22.45 4TH	
100 BREAST 1:19.31 2ND*			200 FLY 3:29.05 21ST		50 FREE 29.09 27TH		200 BREAST 3:04.95 5TH	
200 BREAST 2:53.85 2ND*			400 I.M. 6:39.13 21ST		50 BACK 34.55 20TH		200 FLY 3:02.55 6TH*	
200 I.M. 2:33.78 3RD*			DAN STEPHENSON (35)		100 BACK 1:12.93 14TH		400 I.M. 6:19.44 8TH	
JILL DAY (36)			100 FREE 54.46 3RD*		200 BACK 2:43.05 12TH		AL MORLEY (54)	
200 FREE 3:02.65 19TH			200 FREE 1:57.95 1ST*//WR		200 I.M. 2:44.40 16TH		200 FREE 2:52.48 19TH	
SALLIE THOMPSON (43)			400 FREE 4:15.49 1ST*//WR		LARRY DAY (41)		800 FREE 13:14.00 17TH	
100 FREE 1:28.68 23RD			800 FREE 8:52.22 1ST*//WR		50 FLY 28.56 3RD*		3 MILE - 1 HOUR 35:29.30 12TH	
400 FREE 7:51.62 26TH			200 FLY 2:15.93 2ND*		100 FLY 1:02.25 1ST*		CARL WOOLLEY (55)	
SHERRY PUTHOFF (45)			DAVID SHEPHERD (36)		KURT GERHARDT (41)		50 FREE 32.09 17TH	
100 BACK 1:24.21 7TH*			200 FREE 2:02.78 3RD		50 FREE 26.68 5TH		200 FREE 2:35.48 10TH	
200 BACK 3:05.10 7TH*			400 FREE 4:21.54 3RD		100 FREE 1:01.52 13TH		100 BACK 1:27.61 13TH	
50 FLY 34.54 3RD*			800 FREE 9:09.52 2ND		50 FLY 29.01 5TH		200 I.M. 2:59.59 6TH	
100 FLY 1:17.31 1ST*			200 FLY 2:17.68 3RD		DAVE SPAULDING (41)		400 I.M. 6:19.68 1ST	
200 I.M. 2:57.33 4TH*			400 I.M. 5:02.97 3RD*		200 FREE 2:30.03 21ST		ELMER EGELKRAUT (58)	
LOIS NOCHMAN (67)			MARK GULOW (36)		800 FREE 11:10.57 16TH		200 FREE 2:50.28 13TH	
400 FREE 7:35.78 6TH			100 FLY 1:14.63 22ND		CHUCK CIGRAND (43)		800 FREE 13:03.65 9TH	
800 FREE 15:11.90 6TH			200 I.M. 2:39.16 20TH		100 FREE 1:26.14 60TH		3 MILE - 1 HOUR 27:58.80 5TH	
50 FLY 44.88 1ST*			DAVE SMITH (37)		50 BREAST 39.42 29TH		WALLIE JEFFERIES (61)	
100 FLY 1:52.60 3RD			50 FREE 29.64 42ND		GAARD ARNESON (44)		400 FREE 5:18.92 2ND*	
200 FLY 4:21.63 3RD			100 FREE 1:05.74 43RD		200 FREE 2:19.21 15TH		DON KORTEN (65)	
400 I.M. 8:41.99 4TH			BARRY BROWN (38)		400 FREE 4:54.42 16TH		400 FREE 6:39.24 11TH*	
EDITH GLUSAC (73)			400 FREE 5:49.48 30TH		800 FREE 10:06.43 11TH		200 BACK 3:36.20 7TH*	
50 BACK 58.45 3RD*			FRANK THOMPSON (40)		3 MILE - 1 HOUR 10:47.10 13TH		3 MILE - 1 HOUR 41:38.60 5TH	
100 BACK 2:16.08 3RD			200 FREE 2:17.23 11TH		RICHARD FORTUNE (44)		J. JOHN REESE (66)	
50 BREAST 1:08.29 5TH			400 FREE 4:53.78 14TH		400 FREE 5:42.65 30TH		50 BREAST 45.47 21ST	
100 BREAST 2:28.26 5TH			800 FREE 10:10.25 12TH		200 FLY 2:46.77 7TH		100 BREAST 1:53.40 26TH	
MICHAEL CREASER (26)			100 BACK 1:13.00 15TH		400 I.M. 6:28.41 19TH		50 FLY 47.90 14TH	
50 BACK 28.85 SP/100			200 BACK 2:31.97 7TH		3 MILE - 1 HOUR 19:16.50 24TH		100 FLY 2:06.90 13TH	
100 BACK 1:01.21 1ST*			400 I.M. 5:35.27 9TH		DENNIS McMANUS (44)		CHARLES BELKNAP (67)	
50 FLY 27.58 10TH			TOM WILLIAMS (40)		50 FREE 30.87 42ND		50 FREE 43.06 25TH	
100 FLY 1:00.52 4TH*			50 BREAST 39.76 30TH		50 BREAST 43.54 35TH		100 FREE 1:41.98 29TH	
ROBERT PEEL (27)			100 BREAST 1:27.42 26TH		50 FLY 33.96 39TH		HAM MORNINGSTAR (75)	
50 FREE 24.14 2ND*			200 BREAST 3:07.53 17TH		100 FLY 1:25.89 17TH		50 FREE 37.13 6TH*	
JOHN STENROOS (29)			STEVE HANSEN (40)		THOMAS HUNT (45)		100 FREE 1:36.66 10TH*	
50 FREE 26.83 18TH			50 BREAST 35.61 11TH*		100 BACK 1:19.08 13TH		CARL THORNBURG (79)	
100 FREE 59.33 17TH			100 BREAST 1:21.15 16TH		200 BACK 2:57.15 12TH		100 BACK 2:00.41 7TH	
50 BREAST 33.59 8TH			200 BREAST 2:58.65 12TH*		200 I.M. 2:55.47 16TH		200 BACK 4:22.79 5TH	
100 BREAST 1:12.08 5TH			50 FLY 32.46 35TH		400 I.M. 6:30.60 14TH		200 FLY 5:43.96 6TH	
200 BREAST 2:44.29 11TH			100 FLY 1:13.18 14TH		3 MILE - 1 HOUR 27:10.70 16TH		200 I.M. 4:34.82 8TH	
TODD BRIGGS (29)			200 FLY 2:47.13 8TH		MICHAEL BODEN (48)		400 I.M. 10:05.70 7TH	
3 MILE - 1 HOUR 10:16.02 5TH					3 MILE - 1 HOUR 29:48.20 19TH			

Michigan Swimming Postal Long Distance Meet Sponsored by The Finals



Sanction: The events for USS-registered swimmers are sanctioned by Michigan Swimming, Inc., on behalf of United States Swimming, Sanction Number MSS080492. The events for masters swimmers are sanctioned by Michigan Masters on behalf of United States Masters Swimming, Sanction Number MM199303.

Dates: November 15, 1992 through January 15, 1993.

Location: Any 25-yard pool.

Events: USS-registered swimmers

8 & Under 500y freestyle
9-10 1000y freestyle
11-12 2000y freestyle
13-14 3000y freestyle
15-18 5000y freestyle
Open 5000y freestyle

Masters swimmers

Age groups: 19-24, 25-29, 30-34, ... 85-89, 90-94, 95+

Events (your choice): 1000y freestyle
3000y freestyle
5000y freestyle

A swimmer may complete two events within a single swim by using the time for an intermediate distance. For example, a 13-14 swimmer may post times for the 3000y freestyle (intermediate split) and 5000y freestyle (final time) in a single swim. Swimmers must pay a separate entry fee for each event entered.

Eligibility: Swimmers in the USS events must be registered with USS on the date of the swim. USS swimmers will be eligible for entry in a special rookie division if their first USS registration occurred September 1, 1992 or later. Swimmers in masters events must be registered with USMS on the date of the swim.

Format: Swimmers may complete these events during practices or at special meets (e.g., intrasquad or dual meets). The following optional suggestions will help your club to conduct the long distance events in an efficient manner: (a) males and females may swim in the same heat; (b) swimmers from different age groups may swim in the same heat; (c) more than one swimmer may be assigned to a single lane; (d) use lap counters from 1 to 40 lengths - 1000 yards, then start over again with number 1 for the next 1000 yards, repeating this procedure as needed; and (e) teach younger swimmers and rookies how to use a lap counter before they swim.

Officials: The starter should be an adult (certified officials are not required). The starting signal may be a whistle, starting gun, or beeper. There must be a counter and timer for each swimmer. Timers should record CUMULATIVE splits for every 50 yards. Don't panic if a timer misses a split - just write "missed" in the space for that distance. The purpose of the splits is to verify the count and insure that swimmers complete the entire distance.

Entry Fees: The entry fee is \$2.00 per event plus the \$0.50 Michigan Swimming surcharge per swimmer. All entry fees are payable to Michigan Swimming. The surcharges for masters swimmers will be forwarded to Michigan Masters.

Entries: **USS Swimmers:** Complete an "Individual Entry Form" for each swimmer, make additional copies as needed. Send the individual entry forms, the cover sheet, and entry fees to the following address:

Masters Swimmers: Send the completed "Individual Entry Form" and entry fees to the following address:

Gail M. Dummer
3100 Scarborough
Lansing, MI 48910-4844
(517) 887-8416

**Entries must be received
by January 20, 1993.**

Awards & Results: Distinctive ribbons indicating the swimmer's finish place and time will be awarded to every participant. Events will be scored in single-year age groups for USS events, and in five-year age groups for masters events. Awards and results for USS swimmers will be mailed to club entry chairpersons. Results for masters swimmers will be published in the *Michigan Masters Newsletter*. Awards for masters swimmers will be distributed at the spring meets; any awards not distributed by the state meet will be mailed directly to swimmers.

Fund-raising Idea: Conduct a Swim-A-Thon in conjunction with the postal long distance meet, with swimmers seeking pledges for the distances they will complete in the long distance meet. Remember that Swim-A-Thon is a registered, copyrighted USS program. All profits stay in swimming, with 85% staying with your club, 5% to Michigan Swimming, and 10% to USS. USS will provide your club with a packet that includes hints for conducting a successful Swim-A-Thon, pledge sheets, incentive prizes, and more. For more information, contact Susan Weeks at U.S. Swimming, 1750 East Boulder Street, Colorado Springs, CO 80909, (719) 578-4578.

Individual Entry Form - One Form Per Swimmer
Michigan Swimming Postal Long Distance Meet
Sanction Numbers: MSS080492 (USS) and MM199303 (USMS)

Name _____ Age _____ USS/USMS# _____
 Club Abbreviation _____ Club _____ Date of Swim _____
 Exact age in years: _____ USS or Masters age group: _____

If the swimmer's first USS registration occurred on September 1, 1992 or later (USS swimmers only), the swimmer is eligible to compete in a "rookie" division.	Enter in rookie division?	
	Yes	No

Split Times:

50 _____	1050 _____	2050 _____	3050 _____	4050 _____
100 _____	1100 _____	2100 _____	3100 _____	4100 _____
150 _____	1150 _____	2150 _____	3150 _____	4150 _____
200 _____	1200 _____	2200 _____	3200 _____	4200 _____
250 _____	1250 _____	2250 _____	3250 _____	4250 _____
300 _____	1300 _____	2300 _____	3300 _____	4300 _____
350 _____	1350 _____	2350 _____	3350 _____	4350 _____
400 _____	1400 _____	2400 _____	3400 _____	4400 _____
450 _____	1450 _____	2450 _____	3450 _____	4450 _____
500 _____	1500 _____	2500 _____	3500 _____	4500 _____
550 _____	1550 _____	2550 _____	3550 _____	4550 _____
600 _____	1600 _____	2600 _____	3600 _____	4600 _____
650 _____	1650 _____	2650 _____	3650 _____	4650 _____
700 _____	1700 _____	2700 _____	3700 _____	4700 _____
750 _____	1750 _____	2750 _____	3750 _____	4750 _____
800 _____	1800 _____	2800 _____	3800 _____	4800 _____
850 _____	1850 _____	2850 _____	3850 _____	4850 _____
900 _____	1900 _____	2900 _____	3900 _____	4900 _____
950 _____	1950 _____	2950 _____	3950 _____	4950 _____
1000 _____	2000 _____	3000 _____	4000 _____	5000 _____

 Signature of timer

OFFICIAL TIME:

 Signature of counter

 Hours : Minutes : Seconds . Hundredths



Jackson Y-Center Short Course Masters Swim Meet
Sanctioned by Michigan Masters for USMS Inc, Sanction No. MM199307

Sunday January 24, 1993
Jackson Y-Center
127 Wesley Street, Jackson, Michigan

9:00 AM Warm-up

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

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 1000/1650) for warm-downs. Seeding will be slow-to-fast. There will be a break between the 200 Yard IM and the 100 Yard freestyle. Every attempt will be made to swim heats of the 1000 free separate from heats of the 1650 free. Some 1000 free and 1650 free swimmers may be combined into one heat if necessary to expedite the meet.

Entries: Cost is \$7.00
All events including relays are deck entered.
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 1993 may compete in this meet. All entrants must show cards during registration. Registration will be available at the meet.

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

Directions: From North, East or West
Take US-27 south or I-94 east or 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 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 the left.

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

JOSEPH BEAUDOIN MEMORIAL SWIM MEET

FEB. 7, 1993 - NEW DATE!

Ford Athletic Swim Team/ Triathlon Club brings you their 6th 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.

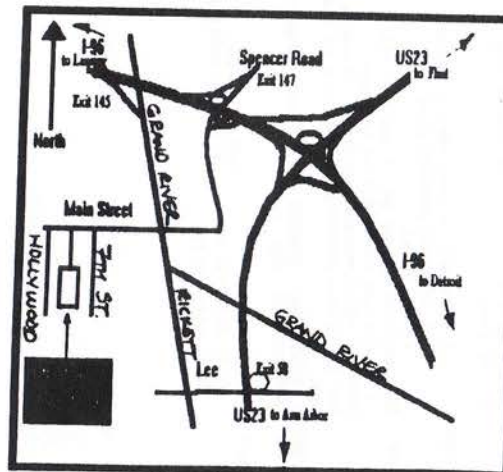


The events are:

- | | |
|-----------------|--------------------------|
| 1. 400 Mdly Rly | *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: \$8.00 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; 313-322-6771; 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.

Michigan Masters Swimming and West Michigan Masters Swim Association

Present the Sixth Annual Swim Classic

at
East Kentwood High School Community Pool

February 27, 1993

Meet fee \$9.00 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.

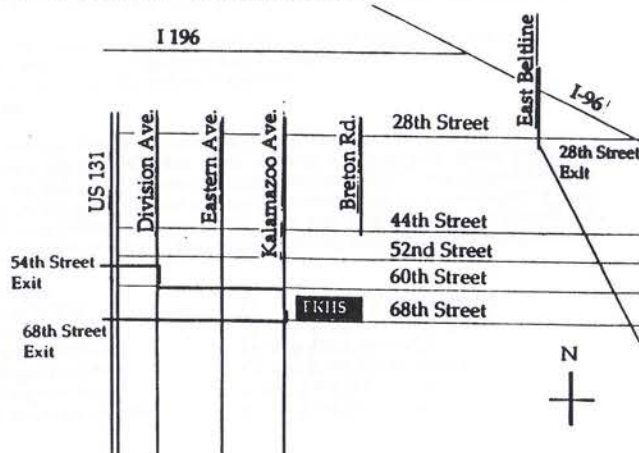
List of Events:

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" heats.

Registration 9:45 a.m. - 11:20 a.m. 1000/1650 Yard Free start at 10:30 a.m. Warmups 10:00 - 10:30 a.m. and after the 1000 yard Free. Events 3 thru 15 should start at approximately Noon. All heats seeded slow to fast. Limit of 4 events and 2 relays per swimmer.

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI 49444 (616)739-5592
Sanction #1993-009



MIDLAND MASTERS "WINTER'S END" SWIMMING MEET
(Sanction # WM199309)

DATE: Sunday March 14, 1993
LOCATION: H.R. Dow High School, 3901 N. Saginaw Road Midland, MI

TIME:
9:30am Warmup for 500 Free
10:30am 500 Free
11:30am General Warmup
12:00 Meet Begins

FACILITY: 25 Yard-6 Lane Pool with Electronic Timing and Scoring

EVENTS:

1. 500 Free	9. Special Relay/Break
2. 200 Fly	10. 200 Back
3. 200 IM	11. 50 Fly
4. 100 Brck	12. 100 IM
5. 200 Free	13. 100 Free
6. 100 Fly	14. 50 Breast
7. 100 Breast	15. 200 Free Relay
8. 50 Free	

ENTRY FEE:
\$9.50 per swimmer (Max 4 events)
\$1.50 State Masters Fund
\$10.00 Total

DEADLINE: Deck entries due at 10:15 for the 500, 11:45 for the remainder of the meet. Masters registration required. Swimmers may apply for registration the day of the meet.

REFEREES AVAILABLE DURING THE MEET. PARTY TO FOLLOW, DETAILS AT THE MEET.

Questions? Dave Speth (517) 636-9238 (w) (517) 636-7802 (h)
Bob Jennings (517) 832-9659 (h)

1992 - 1993 GREAT LAKES ZONE USMS MEET CALENDAR

DATE	SITE	CITY	STATE	MEET DIRECTOR	PHONE #
OCT 11 92	ORANGE HIGH SCHOOL	PEPPER PIKE	OHIO	PIETER CATH	216-248-8270
OCT 24-25 92	HARBOR SPRINGS HIGH SCHOOL	HARBOR SPRINGS	MICH	MARILYN EARLY	616-526-9824
NOV 8 92	FALL CLASSIC, IUPUI (SCM)	INDIANAPOLIS	IND	JOAN DIERCKS	317-283-3286
NOV 14 92	GRAND RAPIDS COMMUNITY COLLEGE SCM	GRAND RAPIDS	MICH	BRAD HENSON	616-532-7024
NOV 14-15 92	PERRY HIGH SCHOOL (SCM)	MASSILLON	OHIO	PIETER CATH	216-248-8270
NOV 15 92	BUCKEYE MASTERS - OHIO STATE UNIV.	COLUMBUS	OHIO	ED HEID	614-863-5052
NOV 15 92	PARK RIDGE MASTERS (1650 YDS)	PARK RIDGE	ILL	BARRY DAYTON	708-825-4251
NOV 15 92	WINDSOR WAVE RUNNERS (SCM)	WINDSOR CANADA	ONT	JENNIFER VALDEZ	519-258-4157
NOV 15-JAN 15	POSTAL LONG DISTANCE 1000-3000-5000	LANSING	MICH	GAIL DUMMER	517-887-8416
NOV 22 92	ILLINOIS WESLEYAN (SCM)	BLOOMINGTON	ILL	JOE SHEHAN	309-556-3382
DEC 1-31 92	POSTAL 4000 IM	ANN ARBOR	MICH	CARL WOOLLEY	313-663-1752
DEC 5 92	NEW ALBANY HIGH SCHOOL (SCM)	LOUISVILLE	KY	JOANNE TINGLEY	502-454-3029
DEC 5-6 92	EVANSTON TOWNSHIP HIGH SCHOOL	EVANSTON	ILL	TOM WINTER	312-761-0016
DEC 6 92	PENTATHLON/CRESCENDO HOLT H.S.	HOLT	MICH	GAIL DUMMER	517-887-8416
DEC 12 92	GAMBLE NIPPERT YMCA	CINCINNATI	OHIO	DAN HALLER	513-922-5052
DEC 13 92	LAKE SIDE MILE (SCM) LAKESIDE CLUB	LOUISVILLE	KY	MARY GRAVES	502-454-4585
DEC 20 92	3RD ANNUAL FITNESS SERIES - 1	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
JAN 9 93	HAMILTON WEST YMCA	HAMILTON	OHIO	CLAUDIA MULTER	513-863-6298
JAN 10 93	KALAMAZOO COLLEGE	KALAMAZOO	MICH	JOHN HOWSON	616-345-9622
JAN 10 93	HUDSON JR. HIGH SCHOOL (SCM)	HUDSON	OHIO	PIETER CATH	216-248-8270
JAN 10 93	LATTOF YMCA	DES PLAINES	ILL	MARY JO FERRIS	708-397-2510
JAN 23 92	WESTERN KENTUCKY GREEN GATORS	BOWLING GREEN	KY	JOANNE TINGLEY	502-454-3029
JAN 24 93	3RD ANNUAL FITNESS SERIES - 2	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
JAN 24 93	JACKSON YMCA	JACKSON	MICH	WILLIAM REID	517-592-8908
JAN 24 93	ELMHURST MASTERS	ELMHURST	ILL	MARY MORRIS	708-916-0310
FEB 6 93	POWELL CROSLY YMCA	CINCINNATI	OHIO	MISSY DARLING	513-591-1892
FEB 6-7 93	NAPERVILLE YMCA	NAPERVILLE	ILL	RICH CULLEN	708-355-6180
FEB 7 93	FORD ATHLETIC S.T. BRIGHTON H.S.	BRIGHTON	MICH	BOB ISBISTER	313-459-6364
FEB 13 93	WINTER CLASSIC BLUFFTON	BLUFFTON	IND	LYNN BUBP	219-824-8967
FEB 14 93	C.T. BRANIN NATATORIUM	CANTON	OHIO	PIETER CATH	216-248-8270
FEB 14 93	AUGUSTANA COLLEGE	ROCK ISLAND	ILL	DAVE THOMAS	309-788-9253
FEB 21 93	NORTHVIEW HIGH SCHOOL	SYLVANIA OHIO	ED	SHELLSCHMIDT	419-843-5407
FEB 21 93	SHABONA PARK	SHABONA PARK	ILL	JACK MASTERS	312-282-7386
FEB 27 93	W.MICH MASTERS - EAST KENTWOOD H.S.	GRAND RAPIDS	MICH	KEN DANHOF	616-739-5592
FEB 28 93	3RD ANNUAL FITNESS SERIES - 3	INDIANAPOLIS	IND	FRANCIS REED	317-846-9349
MAR 6 93	IU MASTERS INVITATIONAL	BLOOMINGTON	IND	WAYNE WINSTON	812-336-0167
MAR 7 93	ILLINOIS WESLEYAN (SCY)	BLOOMINGTON	ILL	JOE SHEHAN	309-556-3382
MAR 13 93	MICHIANA INVITATIONAL	SOUTH BEND	IND	DAVE WOODS	219-287-7106
MAR 13 OR 14	COLLEGE OF DU PAGE DU PAGE MASTERS	WHEATON	ILL	CRAIG GITCHELL	708-653-7241
MAR 14 93	MIDLAND MASTERS MIDLAND DOW H.S.	MIDLAND	MICH	DAVE SPETH	517-636-7802
MAR 20 93	SYCAMORE HIGH SCHOOL	CINCINNATI	OHIO	JAN HUNEKE	513-231-8168
MAR 27-28 93	OHIO STATE CHAMP CLEVELAND STATE UNIV.	CLEVELAND	OHIO	PIETER CATH	216-248-8270
MAR 28 93	ROCKFORD YMCA	ROCKFORD	ILL	PAT BURNS	815-987-2257
T.B.A.	GIMSA STATE CHAMPIONSHIPS	COLUMBUS	IND	DIANA MESBERGER	812-342-9248
APR 02-04 93	MICH STATE CHAMP UNIV OF MICHIGAN	ANN ARBOR	MICH	WILLIAM REID	517-592-8908
APR 03-04 93	KEATING NATATORIUM	CINCINNATI	OHIO	PAT MALEY	513-922-7954
APR 17 OR 24	BARRINGTON MASTERS BARRINGTON H.S.	BARRINGTON	ILL	IRENE DAVID	708-382-4982
APR 17-18 93	KY. STATE CHAMP UNIV OF KENTUCKY	LEXINGTON	KY	JOANNE TINGLEY	502-454-3029
APR 22-25 93	YMCA NATIONALS INT. NAT. HALL FAME FT.	LAURDERDALE	FL	PAUL ATKINSON	513-434-5542
APR 30-MAY 2	CMSA CHAMPIONSHIPS NORTHWESTERN UNIV	EVANSTON	ILL	RUSS LYMAN	708-869-5864
MAY 20-23 93	USMS SHORT COURSE NATIONALS	SANTA CLARA	CA	THERESA HESSLER	P.O.BOX 2672

1992 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN RELAYS

MEN'S 200 MEDLEY RELAY			TIME	MEN'S 200 MEDLEY RELAY			TIME
AGE 25+ MICH A	AGES			AGE 35+ MICH A	AGES		
MICHAEL CREASER	26		1:40.48 6TH	FRANK THOMPSON	40		1:47.62 10TH*
JOHN STENROOS	29		24.64	STEVE HANSEN	40		28.76
BOB JENNINGS	26		29.43	KURT GERHARDT	41		29.98
ROBERT HUDEK	29		23.70	WILLIAM REID	41		25.31
			22.71				23.57
MIXED 200 MEDLEY RELAY			TIME	MEN'S 400 FREE RELAY			TIME
AGE 65+ MICH A	AGES			AGE 35+ MICH A	AGES		
DON KORTEN	65		2:55.15 7TH*	ROGER LYONS	39		3:42.71 4TH
EDITH GLUSAC	73		38.22	CHRIS WEBB	41		
LOIS NOCHMAN	67		57.53	KURT GERHARDT	41		
RICHARD EVANS	67		45.25	WILLIAM REID	41		
			34.15				
MEN'S 400 FREE RELAY			TIME	MEN'S 400 MEDLEY RELAY			TIME
AGE 35+ MICH B	AGES			AGE 35+ MICH A	AGES		8TH*
RICHARD CHANEY	41		4:14.63 9TH	RICHARD CHANEY	41		4:14.08
LAWRENCE KIMBALL	41			STEVE HANSEN	40		
STEVE HANSEN	40			LAWRENCE KIMBALL	41		
LEONARD BROCKHALM	41			LEONARD BROCKHALM	41		

MICHIGAN MASTERS RELAYS STATE MEET SHORT COURSE METERS

MIXED 200 MEDLEY RELAY			MIXED 200 MEDLEY RELAY		
AGE 200+ SOS C	AGES		AGE 240+ BCYM A	AGES	
FRANK THOMPSON	40	2:25.18	FRED SHERRIFF	80	3:12.57
JOHN REESE	66	NO SPLITS	BETTY HANSEN	46	59.44
LOIS NOCHMAN	67	NO SPLITS	DON KORTEN	65	47.58
ANN ASKER	27	NO SPLITS	SUSAN BOND	55	44.99
					40.56

Dear Editor:

Would you please place the following on your calendar of coming events:
Total Immersion Adult Swim Camps:

Feb.11-17, 1993 Barbados April 2-8, 1993 N. Palm Beach FL

For information call: Terry Laughlin 914-294-3510

or write: Total Immersion, 381 Main St., Goshen NY 10924

Thank you.

We at MACA would like to introduce ourselves to you and share our goals and resourceful information with all Masters coaches and swimmers in USMS.

MACA is the Masters Aquatic Coaches Association and its members meet formally at Conventions and National meets to converse frequently on the improvements and innovations of coaching and education. MACA has great talent in its organization and would like to share our information and current projects with all Masters coaches and also receive input from them. The more professional and educated our coaches become the greater the chance of meeting the needs of our members.



30 Beatty Ave., Greenlawn, NY 11740

Dear Club Coaches and Reps,

MACA (Masters Aquatic Coaches Association) would like to introduce itself to you and inform you of our involvement in Masters coaching and swimming. Our interest is to involve you in the MACA organization where we can all share information through a nation wide network of experiences, coaching styles, philosophies and ideologies as they relate to Masters coaching and swimming. Many of us attend the USMS national convention and the ASCA (American Swim Coaches Association) convention.

MACA was formally recognized at the 1992 ASCA convention in Anaheim. We were given conference rooms for our meetings and a formal presentation was made at the ASCA banquet dinner to the Master coach of the year along with the USS coach of the year. We have made big gains over the last few years.

We are an organization formed by USMS coaches for the benefit of all other coaches and general membership. We are currently working on several projects that we would like your input and involvement in:

- MACA coaches at USS National Camps to gain experience;
- Masters clinic at the ASCA convention;
- MACA swimming manual;
- A study of Masters swimmers at ICAR (the gathering of data in 10-year Masters age groups to find the effect on aging);
- Masters coaching certification through ASCA;
- Visit a Masters team and learn from experienced programs.

MACA will provide you with:

1. A quarterly newsletter that contains information from the likes of: **Chuck Hay**, San Diego Masters gets 43 of his 50 swimmers to go to meets;

Mike Collins, a 22-year-old in 1989, was hired as head coach of Davis Aquatics, a 500 member Masters team. Learn from his experiences as he became Masters coach of the year in 1990;

Gerry Rodrigues and Clay Evans, 1992 co-coaches of the year, manage, coach and market a 700-member Southern California Aquatic Masters team;

Judy Bonning, 1991 coach of the year and Masters camp director at Corral Springs;

Terry Laughlin, publisher of Swim Smarts and director of Total Immersion Swim Camps and;

Emmett Hines, coaches in Houston and is respected as a leading Masters stroke technician.

2. Membership roster, so you may contact other MACA members;
3. Hospitality at Nationals and;
4. MACA meetings at USMS Nationals and USAS Conventions.

Masters swimming has grown to over 28,000 members since 1970. We would like to continue with this growth, educate and network amongst ourselves. Join MACA now and we will all help each other grow and prosper.

For more information, contact MACA President Mike Collins at 916-758-7212 or Gerry Rodrigues at 310-451-6666.

Sincerely,
MACA President and Vice-President
Mike Collins and Gerry Rodrigues

MACA MEMBERSHIP APPLICATION

- ☐ Renewal
- ☐ New Membership
- ☐ Change of Address
- ☐ Send me info on the Visit A Team program

- ☐ Coach
- ☐ Swimmer
- ☐ Other _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone - Day: (____) _____ Eve: (____) _____

- ☐ I'd like to join the Newsletter Exchange
- ☐ Please don't include my name on the membership roster

I would like to help with:

- ☐ On-deck coaching at nationals
- ☐ Newsletter
- ☐ Videos
- ☐ MACA Swimming Manual
- ☐ Other: Specify _____

MACA Membership Fee: \$20.00
(Checks payable to MACA)

Mail to: Richard Monahan
30 Beatty Ave.
Greenlawn, NY 11740

**United States
Masters
Swimming**



November 9, 1992

Dear USMS Club Representative:

The United States Masters Swimming Fitness Committee, Southern Masters Swimming, and SPEEDO proudly announce an event coinciding with the USMS "Month of the Fitness Swimmer." The FEBRUARY FITNESS CHALLENGE '93 is designed to encourage swimmers throughout the country to swim regularly and to track their results during the monthly period.

Please read over the enclosed entry form to become familiar with the specifics of the event. Note that swimmers record daily yardage totals beginning February 1, and calculate a monthly total at the end of the month. As a reminder, entries must be RECEIVED by March 15, 1993.

The "FFC" may be used to motivate your team to greater fitness. Here are a few suggestions for implementation:

- 1) Ask each swimmer to set a YARDAGE GOAL for February. Determine number of workouts and average yardage per workout.
- 2) Distribute copies of each day's workout to help swimmers track their totals.
- 3) Set up a club competition giving awards to your highest achievers.
- 4) Establish the FFC as a tool for following through on New Year's resolutions.

Note that the FFC is a "sponsored" event, and thus open to USMS members and non-members. All participants must be at least 19 years of age.

Finally, you are encouraged to offer this event to swimmers of all abilities. The 1992 competition in the Southern LMSC saw a male, age 69, swim 115 miles (200,000+ yds). A few beginners swam 5 to 10 miles. It works for everyone!

Should you have any comments or questions, please write or call at 504-928-5596. I wish you and your team the very best in the FEBRUARY FITNESS CHALLENGE '93.

Sincerely,

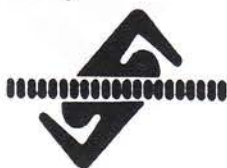
Scott Rabalais

Scott Rabalais
FFC '93

USMS Inc. National Office • Dorothy Donnelly, Executive Secretary • 2 Peter Avenue, Rutland, MA 01543 • (508) 886-6631 FAX (508) 886-6265

President Daniel F. Gruender 3329 Valencia Lane Phoenix, AZ 85018 (602) 994-1560	Vice President Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771	Secretary Mel Goldstein 6456 Broadway Indianapolis, IN 46220 (317) 253-3652	Treasurer Suzanne Ragoe 263 West End Ave. #9C New York, NY 10023 (212) 496-7094	Legal Counsel Jack Geoghegan 155 Osborn Road Rye, NY 10580 (914) 967-8167	Past President Thomas D. Boak, Jr. 15 Saw Mill Grove Lane The Woodlands, TX 77380 (713) 363-0672	Zone Chairman Betsy Durrant 211 - 66th St. Virginia Beach, VA 23451 (804) 422-6811
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February Fitness Challenge '93



The purpose of the February Fitness Challenge is to promote the idea of fitness through swimming and to encourage swimmers throughout the country to swim regularly and to track their results during the monthly period.



SPONSORS: United States Masters Swimming Fitness Committee
Southern Masters Swimming SPEEDO

ELIGIBILITY: Must be at least 19 years of age.

RECORDING DISTANCE: Beginning February 1, 1993, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert from meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

MONTHLY TOTALS: At the end of the month, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

AWARDS & RESULTS: All participants receive a FEBRUARY FITNESS CHALLENGE swim cap, a recognition certificate from SPEEDO, and a copy of the final results. The three males and females in each age group with the highest monthly total will receive medals. Please allow at least 30 days after deadline for mailing of awards and results.

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54...

AGE: Determined by your age on February 28, 1993.

RULES: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

ENTRY FEE: \$6.00, all fees payable to Southern Masters Swimming.

T-SHIRTS: \$12.00, short sleeve, 100% cotton, indicate size below.

ENTRY DEADLINE: Entries must be RECEIVED by March 15, 1993. Late entries will be returned!

ENTRY PROCEDURE: Send form below and fees to: FEBRUARY FITNESS CHALLENGE, c/o Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge, LA 70806. Phone (504) 928-5596

FREE TRAINING GUIDE: For tips on maximizing your benefits from FFC '93, send a SASE (#10 envelope) to: Fitness Guide, c/o Total Immersion, 381 Main St., Goshen, NY 10924.

FEBRUARY FITNESS CHALLENGE '93

(please print)

NAME: _____ AGE: (as of 2/28/93): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP CODE: _____ PHONE: () _____ T-SHIRT (optional): S M L XL

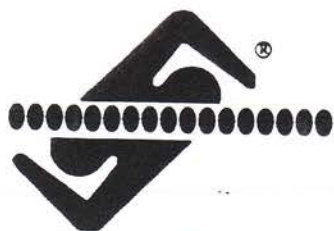
MON FEB 1 _____ yds	MON FEB 8 _____	MON FEB 15 _____	MON FEB 22 _____
TUE FEB 2 _____	TUE FEB 9 _____	TUE FEB 16 _____	TUE FEB 23 _____
WED FEB 3 _____	WED FEB 10 _____	WED FEB 17 _____	WED FEB 24 _____
THU FEB 4 _____	THU FEB 11 _____	THU FEB 18 _____	THU FEB 25 _____
FRI FEB 5 _____	FRI FEB 12 _____	FRI FEB 19 _____	FRI FEB 26 _____
SAT FEB 6 _____	SAT FEB 13 _____	SAT FEB 20 _____	SAT FEB 27 _____
SUN FEB 7 _____	SUN FEB 14 _____	SUN FEB 21 _____	SUN FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES (divide monthly yardage by 1760)

In fairness to all participants, I attest that the above results are accurate and true.

SIGNATURE: _____ DATE: _____





**Official Entry Form for Individual Events
1993 United States Masters Swimming
National Short Course Championships
Santa Clara International Swim Center, California
May 20-23, 1993**

IMPORTANT — PLEASE READ CAREFULLY

THIS IS A NATIONAL QUALIFYING TIMES MEET. Please see enclosed procedure for details. Designate the events in which you have met the National Qualifying Time with a "T". If you have entered six (6) events, designate your least desired event with the number "6" in case the Championship Committee imposes a five (5) event limit. All entrants are permitted three (3) events without meeting the National Qualifying Time.

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____			
Street	City	State	Zip
Phone _____		In Case of Emergency _____	
A/C	Days	A/C	Evenings
Age _____		Birthdate _____	
(on 5/23/93)	Month/Day/Year	USMS Reg # _____	
Club Name or Unattached _____		Club Abbrev _____	
		(if you know it)	LMSC _____
		(Assoc.)	

Entry Due Date: Entry must be received no later than Thursday, April 15, 1993

Event No.	Entry Time Women	T/6	Event	Event No.	Entry Time Men	T/6
Thursday, May 20 8:00 am						
1			1000 YARD FREE	2		
3			1650 YARD FREE	4		

NOTE: YOU CAN SWIM EITHER THE 1000 YARD OR 1650 YARD FREESTYLE — NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.

Friday, May 21 8:00 am						
5			200 YARD FREESTYLE	6		
7			50 YARD BREASTSTROKE	8		
9			100 YARD BUTTERFLY	10		
11			50 YARD BACKSTROKE	12		
13	SEE RELAY FORM		200 YARD FREE RELAY	14	SEE RELAY FORM	
15/16	SEE RELAY FORM		200 YARD MIXED MEDLEY RELAY	15/16	SEE RELAY FORM	
17			400 YARD INDIVIDUAL MEDLEY	18		

Saturday, May 22 8:00 am						
19			100 YARD INDIVIDUAL MEDLEY	20		
21			200 YARD BREASTSTROKE	22		
23			50 YARD BUTTERFLY	24		
25			200 YARD BACKSTROKE	26		
27			100 YARD FREESTYLE	28		
29	SEE RELAY FORM		200 YARD MEDLEY RELAY	30	SEE RELAY FORM	
31			500 YARD FREESTYLE (Women Only)			

Sunday, May 23 8:00 am						
33			100 YARD BACKSTROKE	34		
35			200 YARD INDIVIDUAL MEDLEY	36		
37			50 YARD FREESTYLE	38		
39			100 YARD BREASTSTROKE	40		
41			200 YARD BUTTERFLY	42		
43/44	SEE RELAY FORM		200 YARD MIXED FREE RELAY	43/44	SEE RELAY FORM	
			500 YARD FREESTYLE (Men Only)	45		

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.)

Dates: May 20-23, 1993

Location: Santa Clara International Swim Center, California

Sanctioned By: US Masters Swimming Inc. and Pacific Masters Swimming

Filling Out Entry Blank:

IMPORTANT — PLEASE READ CAREFULLY

NATIONAL QUALIFYING TIMES: Competitors may enter and swim a maximum of three (3) individual events without meeting the established National Qualifying Time. Competitors may enter up to three (3) additional events if they have achieved the National Qualifying Time in the last two (2) years. Please see the enclosed information for the appropriate National Qualifying Time and the proper procedure for entering the meet. Designate the events in which you have met the National Qualifying Time with a "T".

It is also possible that the size of the meet may require that a competitor's sixth entered event be dropped. If you have entered six (6) events, please designate your sixth event with the number six "6".

Eligibility: National Championships are open to USMS registered swimmers, 19 years of age and older (as of May 23, 1993). If you wish to represent a club, then you and the club must be registered in the same LMSC. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry.

Conduct of the Meet: The meet brochure has all details of the meet conduct. All events 500 yards and under will be pre-seeded.

Deck Seeded Events/Check In Times:

Your entry DOES NOT automatically seed you for these events. You must check in during the following times:

1000 FREESTYLE 9:00 am - 6:00 pm Wednesday May 19

1650 FREESTYLE 9:00 am - 6:00 pm Wednesday May 19

500 FREESTYLE Preseeded
400 IM Preseeded

A postcard to the Meet Director (at the address below) received during the week prior to the meet can be used as CHECK-IN, i.e. to confirm your participation in the 1000 or 1650 Freestyle.

Age Groups: 19-24, 25-29, 30-34, etc. to 90-94, and 95 and over. Your age is determined as of the last day of the meet (5/23/93).

Awards: Awards to first through tenth places.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees: \$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form. An entry is not considered complete until the check clears the bank. If any questions about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than April 15, 1993. No refunds are given for events not swum.

Accommodations: See Meet Brochure.

Masters Swim Clinic: Wednesday, May 19, 1993, 3:00-6:00 — See Meet Brochure for Details.

Friday Night Social - May 21, 1993: Country Western "All You Can Eat" Steak Buffet - Located adjacent to pool.

Saturday Night Banquet - May 22, 1993: Buffet Dinner - No Host Bar (6:30-7:30), Dinner (7:30-9:00), Dancing (9:00-1:00) at the Marriott (host hotel)

Checks Payable to:

Santa Clara Swim Club

Mail Entry & Fees to:

1993 USMS Short Course Nationals
c/o Santa Clara Swim Club
P.O. Box 2672 • Mission Station
Santa Clara, CA 95055

Meet Surcharge (required of all swimmers): _____

Number of Individual events entered: _____

Number of Wednesday Swim Clinic _____

Number of Friday Social Tickets: _____

Number of Saturday Banquet Tickets: _____

Fax Surcharge _____

TOTAL AMOUNT OF FEES DUE

(do not send cash) : _____ = _____

Fax Entry Only

A faxed entry will be accepted if charged on your Visa or MasterCard. A \$10 surcharge will be added.
Fax 1-408-244-5055

☐ Visa _____ Exp. Date _____

☐ MC _____ Exp. Date _____

Signature _____

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ATTACHED.

Entry Deadline:

Entry must be in the hands of the Meet Director no later than

Thursday, April 15, 1993. Late entries will be returned to sender.

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Meet Director: Theresa Hessler — For Meet Information 1-408-496-1638 (PST)

Release From Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Masters program; or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition I agree to abide by and be governed by the rules and regulations of USMS.

Date: _____ Signature: _____

HARBOR SPRINGS MEET OCTOBER 24-25, 1992

WOMEN

50 FREE

K SEDESTROM 24 28.63
K BOYER 41 41.96
M HOUGH 70 49.60

100 FREE

K SEDESTROM 24 1:04.60

200 FREE

K SEDESTROM 24 2:22.15
M HOUGH 70 4:14.50

1000 FREE

B CORNELL 46 17:56.10
M HOUGH 70 22:11.65

50 BACK

K BOYER 41 49.17
M HOUGH 70 53.42

200 BACK

K BOYER 41 3:47.76

200 FLY

M EARLY 34 2:53.66

100 IM

K SEDESTROM 24 1:14.71
M EARLY 34 1:14.80

MEN

50 FREE

J MASTENBROOK 36 25.77
E KELLY 36 27.27
B REID 42 25.18
L KIMBALL 42 26.19
J KUHLMAN 43 33.51

100 FREE

E KELLY 36 58.72
A DONATO 35 1:03.29
B BROWN 38 1:04.98
D LAW 36 1:09.63
B REID 42 54.45
L KIMBALL 42 1:02.77
J KUHLMAN 43 1:16.94
K CLEETON 47 1:08.59
B MELCHING 61 3:05.17

200 FREE

R HEINITZ 34 2:14.34
E KELLY 36 2:14.22
B BROWN 38 2:25.34
D LAW 36 2:30.87
B REID 42 2:00.09
L KIMBALL 42 2:12.27

1000 FREE

A DONATO 35 13:05.20
D LAW 36 14:10.59
B REID 42 11:45.72
J KUHLMAN 43 17:38.56

50 BACK

E KELLY 36 35.20
B BROWN 38 38.68
A FROST 43 36.41
J KUHLMAN 43 43.57

200 BACK

D LAW 36 3:30.98

50 BREAST

A FROST 43 37.15
K CLEETON 47 38.27

50 FLY

R HEINITZ 34 28.98
J MASTENBROOK 36 28.25
B BROWN 38 34.01
A FROST 43 34.36

200 FLY

R HEINITZ 34 3:00.30
A DONATO 35 3:06.34

100 IM

R HEINITZ 34 1:08.08
J MASTENBROOK 1:07.93
A DONATO 35 1:08.66
A FROST 43 1:13.12
K CLEETON 47 1:22.23

MEN 200 FREE REL 120+ 1:44.52

REID/DONATO/KELLY/KIMBALL

HARBORMASTERS MENS 200 FREE REL 160+ 2:00.02
EARLY/BROWN/CLEETON/FROST

HARBORMASTERS MIXED 200 FREE REL 200+ 3:38.70
MELCHING/BOYER/HOUGH/KUHLMAN

50 Meter Freestyle

Women 19 - 24

1. Lori Gano WMMSA 30.47

Women 25 - 29

1. Lora Burgoon GR YMCA 31.16

Women 35 - 39

1. Gail Jacobs WMMSA 35.27

Women 40 - 44

1. Nataly Berckmann WMMSA 38.43

Women 55 - 59

1. Ida Smith SAG YMCA 51.40

Men 19 - 24

1. Mike Westgate UNT 26.72

Men 25 - 29

1. Steve Sadler GR YMCA 31.19

Men 30 - 34

1. John Moran WMMSA 30.68

Men 35 - 39

1. Fred Melis WMMSA 27.94

2. Mark Schroeder WMMSA 28.60

3. Dave Mange UNT 30.22

Men 40 - 44

1. Rob Watson WMMSA 30.28

Men 45 - 49

1. Denny Baldwin WMMSA 32.54

Men 50 - 54

1. Al Morley BCYM 35.40

Men 55 - 59

1. Bruce Soule BWSC 33.00

Men 60 - 64

1. Tom Reigell SWMICH 34.78

Men 65 - 69

1. Richard Evans MIDL 50.34

100 Meter Freestyle

Women 19 - 24

1. Lori Esch UNT 1:11.08

Women 25 - 29

1. Lora Burgoon GR YMCA 1:09.28

Women 40 - 44

1. Gail Dummer LANSING 1:42.67

Men 35 - 39

1. Fred Melis WMMSA 1:00.04

2. Mark Schroeder WMMSA 1:01.41

3. Don Law SAG YMCA 1:16.09

Men 40 - 44

1. William Reid JACK 1:01.54

2. Robert Insalaco WMMSA 1:04.07

3. Rob Watson WMMSA 1:08.90

Men 45 - 49

1. Denny Baldwin WMMSA 1:12.06

Men 50 - 54

1. Al Morley BCYM 1:17.09

Men 55 - 59

1. Bruce Soule BWSC 1:12.56

100 Meter Freestyle

Men 60 - 64

1. Tom Reigell SWMICH 1:23.99

Men 65 - 69

1. Harold Derks WMMSA 1:49.31

2. Richard Evans MIDL 1:56.13

Men 70 - 74

1. Miervaldis Iazdins WMMSA 1:39.17

200 Meter Freestyle

Women 30 - 34

1. Kathryn Macrey UNT 2:56.29

Women 35 - 39

1. Gail Jacobs WMMSA 2:58.70

Women 40 - 44

1. Gail Dummer LANSING 3:43.44

Women 55 - 59

1. Ida Smith SAG YMCA 3:45.01

Men 30 - 34

1. John Moran WMMSA 2:44.05

Men 35 - 39

1. David Shepherd ST JOE 2:07.27

2. Fred Melis WMMSA 2:15.00

3. Roger Midkiff WMMSA 2:22.00

4. Ken Mange UNT 2:39.19

5. Don Law SAG YMCA 2:50.25

Men 40 - 44

1. William Reid JACK 2:17.82

2. Robert Insalaco WMMSA 2:27.34

3. Rob Watson WMMSA 2:32.69

Men 45 - 49

1. Denny Baldwin WMMSA 2:43.05

Men 50 - 54

1. Al Morley BCYM 2:56.69

Men 55 - 59

1. Bruce Soule BWSC 2:46.22

Men 60 - 64

1. Tom Reigell SWMICH 3:15.71

Men 65 - 69

1. Harold Derks WMMSA 3:49.16

2. Richard Evans MIDL 4:09.84

Men 70 - 74

1. Miervaldis Iazdins WMMSA 3:43.37

400 Meter Freestyle

Women 30 - 34

1. Kathryn Macrey UNT 6:16.84

Women 45 - 49

1. Jennifer Parks UNT 6:39.46

Men 35 - 39

1. David Shepherd ST JOE 4:38.03

2. Roger Midkiff WMMSA 5:14.70

3. Don Law SAG YMCA 5:51.30

Men 40 - 44

1. William Reid JACK 4:51.93

2. Rob Watson WMMSA 5:28.57

Men 50 - 54

1. Al Morley BCYM 6:14.88

100 Meter Freestyle

Men 55 - 59

1. Bruce Soule BWSC 6:08.69

Men 60 - 64

1. Tom Reigell SWMICH 6:56.16

Men 65 - 69

1. Harold Derks WMMSA 8:09.15

Men 70 - 74

1. Miervaldis Iazdins WMMSA 7:40.84

100 Meter Backstroke

Women 19 - 24

1. Lori Gano WMMSA 1:15.90

2. Lori Esch UNT 1:22.15

Women 40 - 44

1. Nataly Berckmann WMMSA 1:50.95

Women 45 - 49

1. Jennifer Parks UNT 1:33.28

Women 70 - 74

1. Merlyn Ewbank SAG YMCA 2:08.20

Men 30 - 34

1. Brian Greenlees WMMSA 1:12.02

Men 35 - 39

1. Ken Danhof WMMSA 1:16.72

2. Dave Mange BCYM 1:21.37

3. Andy Donato SOS 1:24.17

200 Meter Backstroke

Women 19 - 24

1. Lori Gano WMMSA 2:49.66

Women 70 - 74

1. Merlyn Ewbank SAG YMCA 4:24.10

Men 35 - 39

1. David Shepherd ST JOE 2:41.88

2. Ken Danhof WMMSA 2:44.28

3. Andy Donato SOS 2:59.02

4. Dave Mange BCYM 3:00.47

100 Yard Breaststroke

Women 40 - 44

1. Nataly Berckmann WMMSA 1:53.92

Women 55 - 59

1. Ida Smith SAG YMCA 1:52.94

Women 70 - 74

1. Merlyn Ewbank SAG YMCA 2:21.61

Men 35 - 39

1. Andy Donato SOS 1:30.13

200 Meter Breaststroke

Women 30 - 34

1. Kathryn Macrey UNT 4:09.13

Women 40 - 44

1. Nataly Berckmann WMMSA 4:02.64

Women 55 - 59

1. Ida Smith SAG YMCA 4:02.16

50 Meter Freestyle

Women 25 - 29

1. Lora Burgoon GR YMCA 36.96

Women 40 - 44

1. Gail Dummer LANSING 48.74

Women 45 - 49

1. Sherry Puthoff WMMSA 35.91

Women 70 - 74

1. Merlyn Ewbank SAG YMCA 1:04.38

Men 19 - 24

1. Mike Westgate UNT 28.51

Men 25 - 29

1. Steve Sadler GR YMCA 31.63

Men 35 - 39

1. Ken Mange UNT 32.81

2. Andy Donato SOS 33.22

Men 65 - 69

1. Richard Evans MIDL 55.99

100 Meter Fly

Women 45 - 49

1. Sherry Puthoff WMMSA 1:21.20

Men 25 - 29

1. Steve Sadler GR YMCA 1:11.76

Men 35 - 39

1. David Shepherd ST JOE 1:06.78

2. Dave Mange BCYM 1:46.10

Men 65 - 69

1. Richard Evans MIDL 2:23.85

100 Yard I. M.

Women 35 - 39

1. Gail Jacobs WMMSA 1:33.59

Women 45 - 49

1. Sherry Puthoff WMMSA 1:21.48

Men 19 - 24

1. Mike Westgate UNT 1:10.02

Men 25 - 29

1. Steve Sadler GR YMCA 1:15.77

Men 30 - 34

1. John Moran WMMSA 1:21.64

Men 35 - 39

1. Ken Danhof WMMSA 1:21.39

200 Meter I. M.

Women 19 - 24

1. Lori Esch UNT 2:55.06

Women 45 - 49

1. Sherry Puthoff WMMSA 2:58.64

Men 30 - 34

1. Brian Greenlees WMMSA 2:57.69

Men 35 - 39

2. Mark Schroeder WMMSA 2:40.34

REGARDS,
ROBERT J. BEAUDOIN

CC: KGUTOWSK--DBNO05

THANK YOU AND GOD BLESS.

YOUR CONTINUED SUPPORT, BOTH FINANCIAL AND SPIRITUAL, HAS BEEN A GREAT COMFORT TO THE BEAUDOIN FAMILY.

ONCE AGAIN THIS YEAR, WE WERE FORTUNATE TO PROVIDE FINANCIAL ASSISTANCE TO THREE CHELSEA HIGH SCHOOL GRADUATING SENIORS. THIS MAKES NINE STUDENTS IN THREE YEARS THAT WE HAVE HELPED AND ALL NINE ARE STILL IN COLLEGE.

ON BEHALF OF MY FAMILY, I WISH TO THANK THE FORD ATHLETIC SWIM TEAM/TRIATHLON CLUB FOR THEIR CONTINUED SPONSORSHIP AND GENEROUS CONTRIBUTIONS TO THE SCHOLARSHIP FUND ESTABLISHED IN MY SON'S MEMORY. I ALSO WISH TO THANK ALL MICHIGAN MASTERS SWIMMERS FOR THEIR CONTRIBUTIONS AT THE FEBRUARY SWIM MEETS THE PAST THREE YEARS.

TO ALL MICHIGAN MASTERS SWIMMERS:

FROM: ROBERT J. BEAUDOIN
SUBJECT: JOSEPH BEAUDOIN MEMORIAL SWIM MEET

Lansing Masters Pentathlon and Freestyle Crescendo
Sponsored by the Holt High School Boys Swim Team
Sunday, December 6, 1992

Pentathlon Results: Women

Place	Name	Team	Age	50 fly	50 back	50 brst	50 free	100 IM	TOTAL
1	Anja Sanders	SJY	24	31.97	33.79	35.33	29.02	1:10.93	3:21.04
2	Karin Sedestrom	KZOO	24	33.00	36.40	39.54	28.38	1:14.93	3:32.25
1	Joni Wagener	SOS	28	31.79	33.43	37.30	27.97	1:12.57	3:23.06
2	Ann Fearin	FYH	26	35.53	37.44	39.95	29.50	1:19.81	3:42.23
1	Karen Ziegenmeyer	LAPS	31	43.83	46.20	44.24	34.90	1:37.79	4:26.96
X	Martha Neumann	MM	37	SCR	44.69	53.49	37.99	1:43.89	*****
1	Patrice Hurr	FLY	43	33.27	34.59	39.90	30.41	1:15.88	3:34.06
2	Gail Dummer	LANS	42	39.71	45.01	44.68	37.02	1:36.48	4:22.90
3	Jane Guellette	LAPS	40	54.44	47.18	44.97	39.70	1:45.45	4:51.74
1	Kitty VandenBrulle	FYH	48	47.93	45.92	49.48	39.96	1:42.95	4:46.24
1	Beverly Myers	GOST	57	37.41	40.04	42.76	34.07	1:24.03	3:58.30
2	Karen Forfar	LAPS	55	51.13	43.77	50.90	40.28	1:39.08	4:45.16
X	Ida Smith	SAGY	59	43.47	SCR	44.39	43.17	1:42.94	*****
1	Edith Glusac	SOS	74	1:07.26	56.12	58.79	53.68	2:15.46	6:11.31

Pentathlon Results: Men

Place	Name	Team	Age	50 fly	50 back	50 brst	50 free	100 IM	TOTAL
1	David Metts	LANS	22	24.34	28.25	29.48	22.30	58.50	2:42.87
1	Todd Briggs	DETY	29	25.79	28.05	31.37	24.00	59.23	2:48.44
2	John Stenroos	SOS	29	27.45	31.37	30.06	24.00	1:02.72	2:55.60
3	Darrel Klug	SJY	29	46.91	48.73	45.50	40.74	1:38.64	4:40.52
1	Phil Clelland	JACK	34	30.86	30.86	33.80	26.34	1:06.28	3:08.14
2	Richard Heinitz	DRY	34	28.31	32.04	36.17	26.57	1:07.18	3:10.27
3	Evan Jaros	MM	33	27.92	31.77	37.75	26.04	1:07.87	3:11.35
1	Andy Donato	SOS	35	28.18	33.19	36.03	27.12	1:09.72	3:14.24
2	Peter Simon	FYH	35	29.92	33.51	37.65	25.80	1:11.01	3:17.89
1	Leonard Brockhahn	FLY	42	28.15	30.52	34.59	25.38	1:04.39	3:03.03
2	Lawrence Kimball	FLY	42	27.46	32.37	34.33	25.34	1:05.03	3:04.53
3	Richard Chaney	FLY	42	29.94	30.49	37.45	26.48	1:07.80	3:12.16
4	Kelly Revenaugh	FLY	42	31.08	31.02	37.59	26.42	1:10.89	3:17.00
5	Bob Montie	DRY	44	34.70	32.67	36.49	26.90	1:11.58	3:22.34
1	Larry Sprunk	DRY	45	30.52	40.01	32.93	29.31	1:10.19	3:22.96
1	Doug Markusic	BC	50	30.08	36.47	33.37	26.75	1:08.78	3:15.45
2	Bill Ptashnik	FYH	52	32.19	41.70	35.75	30.36	1:20.66	3:40.66
1	Charles Moss	MID	64	32.27	36.73	36.38	28.98	1:14.75	3:29.11
2	Robert Martin	LAPS	62	37.57	44.30	46.28	32.18	1:32.62	4:12.95
1	Don Korten	BC	66	40.35	41.95	42.21	33.19	1:25.19	4:02.89
1	Ray DePalma	LAPS	71	50.64	56.08	52.41	42.44	1:54.60	5:16.17

Crescendo Results: Women

Place	Name	Team	Age	200 free	100 free	50 free	500 free	TOTAL
1	Celeste Raines	MM	22	2:30.79	1:07.49	30.40	6:50.31	10:58.99
1	Claire Stenroos	SOS	28	3:06.55	1:25.09	37.29	8:55.77	14:04.70
1	Jayne Hoxie	LANS	30	2:19.84	1:04.18	28.90	6:23.92	10:16.84
2	Linda Tsoumas	BC	34	2:30.16	1:05.29	30.05	7:03.20	11:08.70
3	Patrice Mlinek	MM	33	2:52.53	1:14.11	33.30	8:37.06	13:17.00
1	Denise Martin	BC	35	2:36.06	1:07.92	30.19	7:15.07	11:29.24
1	Fredericka Rapp	GOST	48	3:00.50	1:20.66	33.67	7:57.45	12:52.28
2	Beverly Cornell	FYH	46	3:12.05	1:27.21	41.61	8:39.68	13:23.96
1	Prudy Hall	OHIO	54	2:58.96	1:23.79	37.46	8:03.09	13:03.30
1	Sue Straley	FLY	56	3:13.34	1:26.39	39.24	8:44.83	14:03.80
1	Lois Nochman	SOS	68	3:17.53	1:27.32	38.40	8:38.33	14:01.58
1	Merlyn Ewbank	SAGY	73	3:40.62	1:44.07	47.47	9:47.47	15:59.63

Crescendo Results: Men

Place	Name	Team	Age	200 free	100 free	50 free	500 free	TOTAL
1	Bret Forfar	LAPS	23	2:57.49	1:13.51	31.79	7:59.26	12:42.05
1	Dan Hurley	AA	27	2:28.11	1:06.33	30.23	6:28.12	10:32.79
2	Tom Lynch	GOST	28	2:21.65	1:02.53	28.95	6:42.69	10:35.82
X	John Sheard	FYH	27	1:58.40	53.18	24.57	SCR	*****
X	Andrew Ptashnik	FYH	28	2:04.86	56.43	24.54	SCR	*****
1	David Shepherd	MM	37	1:53.79	51.91	23.93	5:20.04	8:29.67
2	Ernest Kelly	FLY	36	2:11.50	58.06	26.35	6:11.80	9:47.71
3	Don Law	SAGY	36	2:34.21	1:09.47	31.73	6:49.68	11:05.09
X	David Smith	FYH	38	2:12.53	57.76	26.10	SCR	*****
1	William Reid III	JACK	42	2:00.56	54.28	25.16	5:34.28	8:54.28
2	Frank Thompson	SOS	40	2:04.24	57.70	26.34	5:27.41	8:55.69
3	Marshall Baeckeroot	LAPS	40	2:16.63	58.84	25.60	6:36.94	10:18.01
4	John Cowing	AA	43	2:19.45	1:02.18	28.37	6:28.82	10:18.82
X	Chris Webb	JACK	41	2:06.34	57.37	26.24	SCR	*****
1	Albert Morley	BC	55	2:33.36	1:08.57	31.47	7:07.90	11:21.30
1	Tom Reigel	SWM	62	2:50.91	1:13.54	31.68	7:54.24	12:30.37
1	Donald May	BC	71	3:45.11	1:37.56	41.07	10:31.36	16:35.10

Team Standings:

South Oakland Seals (SOS)	173.5
Farmington "Y" Hydrofoils (FYH)	140
Lapeer Area Pool Swimmers (LAPS)	137
Flint YMCA (FLY)	119
Unattached/Michigan Masters (MM)	110
Battle Creek (BC)	92
Great Ohio Swim Team (GOST)	69
Down River YMCA	63
Jackson YMCA	61

Lansing Masters (LANS)	54
Saginaw YMCA (SAGY)	52
St. Joseph YMCA (SJY)	45
Midland Masters (MID)	30
Detroit YMCA (DETY)	28.5
Kalamazoo Masters (KZOO)	26
O*H*I*O Masters (OHIO)	24
Southwest Michigan (SWM)	23
Ann Arbor Masters (AA)	21

1992 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

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

STEFANIE KERSKA	(23)	
50 BACK	28.78	2ND*
100 BACK	1:04.16	9TH*
CORRIN CONVIS	(27)	
100 FREE	54.92	9TH
100 BREAST	1:09.06	3RD
200 BREAST	2:31.12	3RD
100 I.M.	1:02.13	5TH
LOIS NOCHMAN	(67)	
100 FREE	1:24.12	10TH
200 FREE	3:08.20	9TH
500 FREE	8:17.79	5TH*
1000 FREE	16:50.96	9TH*
1650 FREE	28:05.98	5TH*
200 BREAST	3:59.74	9TH*
50 FLY	40.97	4TH*
100 FLY	1:39.30	3RD*
200 FLY	3:44.60	2ND
100 I.M.	1:34.06	5TH*
200 I.M.	3:27.52	5TH*
400 I.M.	7:28.07	4TH
MERLYN EWBANK	(72)	
500 FREE	9:26.37	7TH
1000 FREE	19:24.79	7TH
100 BACK	1:48.60	8TH
200 BACK	3:50.00	3RD
100 BREAST	2:02.70	7TH
200 BREAST	4:23.35	6TH
100 I.M.	1:52.30	8TH
200 I.M.	4:00.68	6TH
MATT DAHL	(23)	
100 BACK	55.22	7TH
MICHAEL CREASER	(26)	
50 BACK	24.59	2ND*
100 BACK	53.47	7TH
200 BACK	1:58.24	7TH*
DAN BEATTY	(26)	
100 I.M.	54.75	8TH
200 I.M.	1:59.16	7TH
BOB JENNINGS	(26)	
50 BREAST	27.23	3RD
100 BREAST	59.04	2ND
200 BREAST	2:10.68	1ST
100 I.M.	54.52	6TH
200 I.M.	1:58.92	6TH
CHARLES GROEN	(32)	
50 BACK	25.78	6TH
100 BACK	55.93	9TH
200 BACK	2:00.66	5TH*

DAVID SHEPHERD	(36)	
200 FREE	1:46.14	3RD*
500 FREE	4:51.21	2ND*
1650 FREE	16:56.09	2ND*
200 FLY	1:59.50	4TH*
400 I.M.	4:20.96	2ND*
FRANK THOMPSON	(40)	
1650 FREE	18:43.37	6TH
200 BACK	2:11.78	9TH
KURT GERHARDT	(41)	
50 FREE	22.94	8TH
100 FREE	51.23	10TH*
50 FLY	25.04	5TH
100 FLY	57.36	9TH
HUGH RODDIN	(50)	
100 BACK	1:06.83	6TH
200 BACK	2:25.62	4TH*
100 FLY	1:03.82	8TH
200 FLY	2:29.01	3RD
200 I.M.	2:27.28	8TH
400 I.M.	5:15.69	6TH
JOHN STOVER	(51)	
50 BREAST	32.60	5TH
100 BREAST	1:11.37	2ND
100 I.M.	1:05.90	8TH
200 I.M.	2:27.50	9TH
400 I.M.	5:26.71	9TH
WALLY DOBLER	(58)	
50 FLY	29.65	7TH
100 I.M.	1:08.90	7TH
BOB HERITIER	(63)	
50 FREE	26.95	2ND
100 FREE	1:01.23	2ND
200 FREE	2:19.21	5TH
500 FREE	6:31.60	9TH
1000 FREE	13:08.02	2ND
CHARLES MOSS	(63)	
200 FLY	3:00.60	4TH
DON KORTON	(65)	
200 FREE	2:33.65	9TH
500 FREE	7:00.82	6TH*
1000 FREE	14:35.81	6TH*
1650 FREE	24:04.63	4TH*
100 BACK	1:19.49	6TH*
200 BACK	2:55.56	7TH*
200 I.M.	2:57.44	7TH*
400 I.M.	6:26.38	5TH*
PAUL THOMPSON	(82)	
100 BACK	2:22.77	10TH

MICHIGAN MASTERS RELAYS STATE MEET SHORT COURSE METERS

WOMEN'S 200 FREE RELAY			TIME
AGE 100+ SOS D	AGES		
LESLIE HANKINS	22		2:02.88
AVERY MYERS	25		29.85
KRISTIN NELSON	26		32.47
ANN ASKER	27		30.72
			29.85

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 120+ HYDRO E	AGES		
ANN SPARLING	38		3:05.95
TAMI COLELLA	33		48.24
KITTY VANDENBRULLE	47		43.71
JULIE FINN	27		54.02
			39.98

WOMEN'S 200 FREE RELAY			TIME
AGE 120+ BCYM A	AGES		
CAROLYN PETRY	31		2:14.31
LINDA TSOUMAS	34		33.08
DENISE MARTIN	34		33.48
JUDY MARKUSIC	37		33.50
			34.25

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 160+ BCYM A	AGES		
BETTY HANSEN	46		3:03.44
JUDY MARKUSIC	37		49.94
ALLISON HEINS	51		50.55
SUSAN BOND	55		42.88
			40.07

WOMEN'S 200 FREE RELAY			TIME
AGE 120+ HYDRO C	AGES		
PAT MANKIN	37		2:28.55
JULIE FINN	27		33.11
PEGGY DANKERT	39		40.20
ANN McCLURE	27		44.37
			30.85

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 160+ SOS F	AGES		
SUSAN ALT	37		3:34.35
ELEANOR BARRON	49		NO SPLITS
CAROL RHUDY	49		NO SPLITS
CINDY GILBERT	34		NO SPLITS

WOMEN'S 200 FREE RELAY			TIME
AGE 160+ BCYM B	AGES		
HOPE TESKA	39		2:51.04
BETTY HANSEN	46		44.60
ALLISON HEINS	51		41.95
SUSAN BOND	55		42.46
			42.03

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 240+ SOS G	AGES		
EDITH GLUSAC	73		3:37.44
JOAN SHEINWALD	43		58.07
LOIS NOCHMAN	67		55.32
MARY WILLIAMS	60		52.27
			51.78

WOMEN'S 200 FREE RELAY			TIME
AGE 200+ SOS B	AGES		
PAT HILL	65		3:20.40
MARY WILLIAMS	60		NO SPLITS
JOSELLA FAUL	55		NO SPLITS
JOAN SHEINWALD	43		NO SPLITS

MEN'S 200 FREE RELAY			TIME
AGE 76+ SOS A	AGES		
MICHAEL BELL	23		1:43.64
STUART NIXON	23		26.10
JIM WALLACE	28		25.81
DAN BEATTY	25		25.78
			25.95

WOMEN'S 200 FREE RELAY			TIME
AGE 280+ SOS G	AGES		
LOIS NOCHMAN	67		3:26.77
ALICE BRANDON	65		41.89
EDITH GLUSAC	73		48.15
FRANCES MORSE	75		57.42
			59.31

MEN'S 200 FREE RELAY			TIME
AGE 100+ SOS F	AGES		
JOHN STENROOS	28		1:49.21
TOM HANKINS	26		26.82
DAN QUILL	27		27.22
JEFF HAUSWIRTH	30		29.23
			25.94

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 100+ SOS E	AGES		
KRISTIN NELSON	26		2:21.10
LESLIE HANKINS	22		36.32
PAT ROHNER	32		38.27
AMY THAYER	25		34.38
			32.13

MEN'S 200 FREE RELAY			TIME
AGE 100+ MID B	AGES		
BRIAN MASTENBROOK	33		1:50.27
ERIC HARDIN	21		28.09
JIM JENNINGS	22		27.47
BOB JENNINGS	26		29.44
			25.27

WOMEN'S 200 MEDLEY RELAY			TIME
AGE 120+ HYDRO C	AGES		
PAT MANKIN	37		2:26.15
DANA WOOD	30		39.82
SANDRA SCHWEDT	26		39.76
ANN McCLURE	27		35.45
			31.12

MEN'S 200 FREE RELAY			TIME
AGE 120+ HYDRO A	AGES		
RANDY SCHLEGEL	39		1:49.15
ANDY PTASHNIK	27		27.18
PETE SIMON	34		27.25
JOHN SHEARD	26		28.59
			26.13

MICHIGAN MASTERS RELAYS STATE MEET SHORT COURSE METERS

MEN'S 200 FREE RELAY			TIME
AGE 120+ UNATT	AGES		
CARL SMITH	32		1:52.72
JIM FORTUNE	38		27.96
RON STRAUSS	31		27.39
ERNEST KELLY	35		28.46
			28.91

MEN'S 200 FREE RELAY			TIME
AGE 160+ SOS E	AGES		
CHARLES MAAS	57		2:04.51
DENNIS JAMES	53		32.79
DAN McGINTY	26		32.90
ANDY DONATO	35		28.91
			29.92

MEN'S 200 FREE RELAY			TIME
AGE 120+ JCN Y B	AGES		
GREG BRANNICK	36		1:56.32
TIM CLORE	31		39.33
PHILIP CLELLAND	34		30.49
BARRON CLEMONS	40		29.53
			26.97

MEN'S 200 FREE RELAY			TIME
AGE 160+ MID A	AGES		
CHARLES ENRIGHT	49		2:05.62
FRED WILSON	51		32.04
DAVE SPETH	40		32.12
CHUCK COBURN	34		34.99
			26.47

MEN'S 200 FREE RELAY			TIME
AGE 120+ SOAK A	AGES		
MICHAEL MATHERS	43		1:57.04
MICHAEL DORSCH	39		28.58
RICHARD HANSON	46		30.76
ROB YOUNG	25		28.79
			28.91

MEN'S 200 FREE RELAY			TIME
AGE 200+ BCYM D	AGES		
ELMER EGELKRAUT	58		2:12.31
ALBERT MORLEY	54		34.20
TOM REIGEL	62		34.05
DOUG MARKUSIC	50		33.71
			30.35

MEN'S 200 FREE RELAY			TIME
AGE 120+ FAST A	AGES		
JAMES GROESBECK	25		1:59.65
KEN GUTOWSKI	33		29.20
JOHN PAYOTELIS	57		30.68
CHRISTIAN ALLEN	27		32.65
			27.12

MEN'S 200 FREE RELAY			TIME
AGE 240+ BCYM C	AGES		
FRED SHERRIFF	80		2:52.50
GEORGE BYELICH	71		53.16
DON KORTEN	65		56.77
TOD HARRIS	26		34.65
			27.92

MEN'S 200 FREE RELAY			TIME
AGE 160+ JKN Y A	AGES		
WILLIAM REID	41		1:48.24
CHRIS WEBB	40		27.39
KURT GERHARDT	41		27.93
ROGER LYONS	39		26.18
			26.74

MEN'S 200 MEDLEY RELAY			TIME
AGE 76+ SOS A	AGES		
MICHAEL BELL	23		1:58.73
THOMAS SAYLES	23		31.18
STUART NIXON	23		33.86
JIM WALLACE	28		28.27
			25.42

MEN'S 200 FREE RELAY			TIME
AGE 160+ SOS C	AGES		
DANIEL HELTON	41		1:53.16
ROB MONTIE	44		28.96
LARRY SPRUNK	44		27.97
FRANK THOMPSON	40		28.00
			28.23

MEN'S 200 MEDLEY RELAY			TIME
AGE 100+ MID A			
ERIC HARDEN	21		2:04.27
BOB JENNINGS	26		33.76
JIM JENNINGS	22		31.79
CARL SMITH	32		31.86
			26.86

MEN'S 200 FREE RELAY			TIME
AGE 160+ FLY A	AGES		
KELLY REVENAUGH	41		1:59.16
STEVE HANSEN	40		29.59
RICHARD CHANEY	41		32.54
LEONARD BROCKHALM	41		29.21
			27.82

MEN'S 200 MEDLEY RELAY			TIME
AGE 100+ LANS A	AGES		
RON STRAUSS	31		2:06.57
MICHAEL JACKSON	22		33.20
DAVID SHEPHERD	36		36.47
JAMES GROESBECK	25		28.38
			28.52

MEN'S 200 FREE RELAY			TIME
AGE 160+ HYDRO B	AGES		
ANTHONY NADER	28		2:03.30
BILL PTASHNIK	51		29.43
BILL HUGHES	46		32.89
DAVE SMITH	37		32.11
			28.84

MEN'S 200 MEDLEY RELAY			TIME
AGE 120+ SOS B	AGES		
CHARLES GROEN	31		1:58.79
JOHN STENROOS	28		29.99
DAN BEATTY	25		33.49
LEIGH RODNEY	36		27.73
			27.58

MICHIGAN MASTERS	RELAYS	STATE	MEET	SHORT COURSE	METERS
MEN'S 200 MEDLEY RELAY		TIME		MEN'S 200 MEDLEY RELAY	TIME
AGE 120+ HYDRO A	AGES	2:00.59		AGE 200+ SOS D	AGES
TIMOTHY CLAYSON	38	32.95		FRANK THOMPSON	40
STEVE COLELLA	37	32.97		JOHN REESE	66
ANDY PTASHNIK	27	28.43		CHARLES MAAS	57
JOHN SHEARD	26	26.24		DENNIS JAMES	54
					34.20
MEN'S 200 MEDLEY RELAY		TIME		MEN'S 200 MEDLEY RELAY	TIME
AGE 120+ HYDRO B	AGES	2:07.89		AGE 240+ BCYM B	AGES
RANDY SCHLEGEL	39	32.80		DON KORTEN	65
ANTHONY NADER	28	34.28		GEORGE BYELICH	71
PETE SIMON	34	33.00		TOM REIGEL	62
DAVE SMITH	37	27.81		HARVEY HANSEN	44
					29.73
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 160+ JKN Y A	AGES	2:03.59		AGE 76+ SOS A	AGES
KURT GERHARDT	41	31.51		MICHAEL BELL	23
BARRON CLEMONS	40	36.22		LAURA JOHNSON	27
ROGER LYONS	39	29.52		GABRIELLE VENCEL	25
WILLIAM REID	41	26.34		STUART NIXON	23
					26.05
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 160+ SOS C	AGES	2:06.34		AGE 100+ SOS B	AGES
ROB MONTIE	44	33.25		JIM WALLACE	28
LARRY SPRUNK	44	35.53		KRISTIN NELSON	26
JOHN MASTENBROOK	36	29.50		PAT ROHNER	32
DANIEL HELTON	41	28.06		DAN BEATTY	25
					26.71
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 160+ FLY A	AGES	2:06.52		AGE 120+ HYDRO A	AGES
RICHARD CHANEY	41	33.41		RANDY SCHLEGEL	39
STEVE HANSEN	40	34.32		ANN McCLURE	27
LEONARD BROCKHALM	41	30.60		DANA WOOD	30
KELLY REVENAUGH	41	28.18		JOHN SHEARD	26
					26.81
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 160+ HYDRO D	AGES	2:21.67		AGE 120+ HYDRO B	AGES
JONATHAN EHRMAN	29	35.28		ANDY PTASHNIK	27
THOMAS WILLIAMS	40	39.25		PAT MANKIN	37
BILL PTASHNIK	51	35.59		SANDRA SCHWEDT	26
BILL HUGHES	46	31.55		STEVE COLELLA	37
					27.00
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 200+ BCYM C	AGES	2:30.65		AGE 120+ HYDRO C	AGES
JOHN WAGNER	48	38.62		DAVE SMITH	37
DOUG MARKUSIC	50	37.10		TAMI COLELLA	33
ELMER EGELKRAUT	58	41.87		ANN SPARLNG	38
ALBERT MORLEY	54	33.06		PETE SIMON	34
					29.63
MEN'S 200 MEDLEY RELAY		TIME		MIXED 200 FREE RELAY	
AGE 200+ MID B	AGES	2:32.34		AGE 120+ HYDRO D	AGES
CHARLES MOSS	63	41.38		THOMAS WILLIAMS	40
THOMAS MEISEL	52	39.05		JULIE FINN	27
CHARLES ENRIGHT	49	36.15		PEGGY DANKERT	39
DAVE SPETH	41	35.76		ANTHONY NADER	28
					28.80

MICHIGAN MASTERS RELAYS	STATE	MEET	SHORT COURSE	METERS
MIXED 200 FREE RELAY			MIXED 200 MEDLEY RELAY	
AGE 160+ BCYM A AGES	2:19.15		AGE 120+ HYDRO A AGES	2:11.47
JUDY MARKUSIC 37	36.00		PAT MANKIN 37	40.03
BETTY HANSEN 46	40.88		STEVE COLELLA 37	32.54
JOHN WAGNER 48	30.48		ANDY PTASHNIK 27	28.39
HARVEY HANSEN 44	31.79		ANN McCLURE 27	30.51
MIXED 200 FREE RELAY			MIXED 200 MEDLEY RELAY	
AGE 160+ FLY A AGES	2:24.41		AGE 120+ HYDRO B AGES	2:19.81
LOIS REVENAUGH 41	51.90		RANDY SCHLEGEL 39	33.72
NANCY REVENAUGH 38	34.67		TAMI COLELLA 33	43.77
RICHARD CHANEY 41	29.24		SANDRA SCHWEDT 26	35.69
KELLY REVENAUGH 41	29.60		JOHN SHEARD 26	26.63
MIXED 200 FREE RELAY			MIXED 200 MEDLEY RELAY	
AGE 160+ SOS D AGES	2:25.91		AGE 120+ HM A AGES	2:22.17
ELEANOR BARRON 49	41.84		MARILYN EARLY 34	37.64
CAROL RHUDY 49	44.28		CHUCK CIGRAND 42	38.00
ANDY DONATO 35	30.56		JOHN MASTENBROOK 36	30.21
JEFF HAUSWIRTH 30	29.23		SALLIE THOMPSON 43	36.32
MIXED 200 FREE RELAY			MIXED 200 MEDLEY RELAY	
AGE 240+ SOS C AGES	2:45.67		AGE 120+ BCYM C AGES	2:25.72
LOIS NOCHMAN 67	42.26		CAROLYN PETRY 31	35.29
EDITH GLUSAC 73	1:00.09		DENISE MARTIN 34	43.12
JOHN REESE 66	34.41		TOD HARRIS 26	34.06
FRANK THOMPSON 40	28.91		DOUG MARKUSIC 50	33.25
MIXED 200 FREE RELAY			MIXED 200 MEDLEY RELAY	
AGE 240+ BCYM B AGES	2:52.14		AGE 120+ HYDRO C AGES	2:34.80
ALLISON HEINS 51	42.60		PETE SIMON 34	36.88
FRED SHERRIFF 80	52.71		ANN SPARLING 38	46.11
SUSAN BOND 55	42.61		ANTHONY NADER 28	31.52
ALBERT MORLEY 54	34.22		JULIE FINN 27	40.29
MIXED 200 MEDLEY RELAY			MIXED 200 MEDLEY RELAY	
AGE 76+ SOS A AGES	2:08.42		AGE 160+ BCYM B AGES	2:34.09
MICHAEL BELL 23	31.03		LINDA TSOUMAS 34	NO SPLITS
LESLIE HANKINS 22	39.36		JUDY MARKUSIC 37	NO SPLITS
DAN BEATTY 25	27.42		HARVEY HANSEN 44	NO SPLITS
AMY THAYER 25	30.61		ELMER EGELKRAUT 58	NO SPLITS
MIXED 200 MEDLEY RELAY			MIXED 200 MEDLEY RELAY	
AGE 100+ SOS B AGES	2:06.35		AGE 160+ SYMCA AGES	2:41.90
CHARLES GROEN 31	29.41		MERLYN EWBank 72	56.32
JOHN STENROOS 28	34.20		IDA SMITH 58	47.86
PAT ROHNER 32	32.57		TIMOTHY McGINNIS 32	30.43
KRISTIN NELSON 26	30.17		STEPHEN GALLAGHER 30	27.29
MIXED 200 MEDLEY RELAY			MIXED 200 MEDLEY RELAY	
AGE 100+ SOS D AGES	2:23.44		AGE 160+ HYDRO D AGES	2:47.89
DAN QUILL 27	NO SPLITS		KITTY VANDENBRULLE 47	NO SPLITS
LAURA JOHNSON 27	NO SPLITS		BILL PTASHNIK 51	NO SPLITS
AVERY MYERS 25	NO SPLITS		DAVE SMITH 37	NO SPLITS
STUART NIXON 23	NO SPLITS		PEGGY DANKERT 39	NO SPLITS

MEN'S 200 FREE RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	S.O.S.	1:28.90	4-81	State Meet	East Lansing

TOTAL	NAMES	AGES	No Names	NAMES	AGES
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AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:25.73	4-27-91	Y-Nationals	Indianapolis

TOTAL	NAMES	AGES	NAMES	AGES
118	Mike Schmitz	32	Glen Cole	31
	Michael Kowalski	27	Mark Noetzel	28

AGE	TEAM	TIME	DATE	MEET	POOL
120+	Plymouth Y	1:30.53	4-27-91	Y-Nationals	Indianapolis

TOTAL	NAMES	AGES	NAMES	AGES
153	Dennis Carter	37	Kurt Gerhardt	40
	Brent Sweitzer	38	James Bradford	38

AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	1:34.94	5-01-92	Y-Nationals	Ft. Lauderdale

TOTAL	NAMES	AGES	NAMES	AGES
161	Kurt Gerhardt	41	Randy Schlegel	39
	Frank Thompson	40	William T Reid	41

AGE	TEAM	TIME	DATE	MEET	POOL
200+	Michigan Masters	1:42.74	5-76	M-Nationals	Mission Viejo

TOTAL	NAMES	AGES	NAMES	AGES
203	Charlie Moss	48	Bill Prew	56
	Alan Ford	52	Bob Heritier	47

AGE	TEAM	TIME	DATE	MEET	POOL
240+	Michigan Masters	1:49.51	5-11-85	M-Nationals	Milwaukee

TOTAL	NAMES	AGES	NAMES	AGES
248	Charlie Moss	57	Ham Morningstar	68
	Jim Green	67	Bob Heritier	56

AGE	TEAM	TIME	DATE	MEET	POOL
280+	S.O.S.	2:30.96	4-14-84	State Meet	Grand Blanc

TOTAL	NAMES	AGES	NAMES	AGES
285	Bob Goebel	67	Paul Thompson	74
	Elwood Conlan	73	Carl Thornburg	71

MEN'S 200 MEDLEY RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	S.O.S.	1:39.50	4-81	State Meet	East Lansing
TOTAL 97	NAMES Gary Bice Matt Kanzler	AGES 23 24		NAMES Tim Quill Dennis Carter	AGES 23 27
AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:40.05	4-26-91	Y-Nationals	Indianapolis
TOTAL 102	NAMES Dan Beatty Bob Jennings	AGES 25 25		NAMES Jay Jones Kip Schaap	AGES 29 23
AGE	TEAM	TIME	DATE	MEET	POOL
120+	Plymouth Y	1:40.01	4-27-90	Y-Nationals	Milwaukee
TOTAL 120	NAMES Dan Houting David Phillips	AGES 32 30		NAMES Ron Reed Mike Schmitz	AGES 27 31
AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	1:47.62	4-30-92	Y-Nationals	Ft. Lauderdale
TOTAL 162	NAMES Frank Thompson Steve Hansen	AGES 40 40		NAMES Kurt Gerhardt William T Reid	AGES 41 41
AGE	TEAM	TIME	DATE	MEET	POOL
200+	Michigan Masters	2:03.31	5-76	M-Nationals	Mission Viejo
TOTAL 203	NAMES Bob Heritier Bill Prew	AGES 47 56		NAMES Charlie Moss Alan Ford	AGES 48 52
AGE	TEAM	TIME	DATE	MEET	POOL
240+	Michigan Masters	2:14.03	5-20-88	M-Nationals	Austin Texas
TOTAL 248	NAMES Charlie Moss Jim Green	AGES 60 69		NAMES Tom Bolenbaugh Bob Heritier	AGES 60 59
AGE	TEAM	TIME	DATE	MEET	POOL
280+	S.O.S.	2:51.45	4-14-84	State Meet	Grand Blanc
TOTAL 285	NAMES Paul Thompson Bob Goebel	AGES 74 67		NAMES Carl Thornburg Elwood Conlan	AGES 71 73

WOMEN'S SHORT COURSE RELAY STATE RECORDS

WOMEN'S 200 FREE RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	Lansing	1:46.09	4-15-83	State Meet	Delta
TOTAL	NAMES	AGES		NAMES	AGES
95	Marilyn Early	25		Melinda Mann	26
	Allyson Miller	23		Mary Beth Burau	21
AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:46.47	4-28-90	Y-Nationals	Milwaukee
TOTAL	NAMES	AGES		NAMES	AGES
113	Corrin Convis	25		Marilyn Early	32
	Tracy Peck	23		Melinda Mann	33
AGE	TEAM	TIME	DATE	MEET	POOL
120+	Michigan Masters	1:47.00	4-16-89	State Meet	Ann Arbor
TOTAL	NAMES	AGES		NAMES	AGES
124	April Wyncott	30		Marilyn Early	31
	Leslie Osborne	35		Rose Cipriano	28
AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	2:03.80	5-26-83	M-Nationals	Ft. Lauderdale
TOTAL	NAMES	AGES		NAMES	AGES
160	Sherry Puthoff	35		Barb Dreher	42
	Carol Rhudy	41		Lynne Weir	42
AGE	TEAM	TIME	DATE	MEET	POOL
200+	Plymouth Y	2:32.91	4-27-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
226	Mary Williams	59		Lois Nochman	66
	Susan Bond	54		Fredericka Rapp	47
AGE	TEAM	TIME	DATE	MEET	POOL
240+	Plymouth Y	2:51.85	4-28-90	Y-Nationals	Milwaukee
TOTAL	NAMES	AGES		NAMES	AGES
249	Ida Smith	56		Mary Williams	58
	Merlyn Ewbank	70		Lois Nochman	65
AGE	TEAM	TIME	DATE	MEET	POOL
280+	S.O.S.	3:08.42	11-14-84	Local	OCC
TOTAL	NAMES	AGES		NAMES	AGES
280	Phyllis Beard	66		Ruth Brown	70
	Frances Morse	68		Jewell Cooke	76

WOMEN'S SHORT COURSE RELAY STATE RECORDS

WOMEN'S 200 MEDELY RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	Lansing	2:06.40	4-82	State Meet	OCC
TOTAL	NAMES	AGES		NAMES	AGES
93	Marilyn Early	24		Susan Shebuski	22
	Kathy Kolon	23		Michelle Johns	24
AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:59.73	4-27-90	Y-Nationals	Milwaukee
TOTAL	NAMES	AGES		NAMES	AGES
113	Marilyn Early	32		Tracy Peck	23
	Corrin Convis	25		Melinda Mann	33
AGE	TEAM	TIME	DATE	MEET	POOL
120+	Michigan Masters	2:00.84	3-13-89	Local	Midland
TOTAL	NAMES	AGES		NAMES	AGES
124	Marilyn Early	31		Pat Leahy	29
	Leslie Osborne	35		Allyson Miller	29
AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	2:14.02	4-12-86	State Meet	East Lansing
TOTAL	NAMES	AGES		NAMES	AGES
177	Jennifer Parks	42		Lynne Weir	45
	Barb Dreher	45		Joyce Burrell	45
AGE	TEAM	TIME	DATE	MEET	POOL
200+	Midland Masters	2:50.40	4-12-86	State Meet	East Lansing
TOTAL	NAMES	AGES	No Names	NAMES	AGES
AGE	TEAM	TIME	DATE	MEET	POOL
240+	Plymouth Y	3:03.84	4-27-90	Y-Nationals	Milwaukee
TOTAL	NAMES	AGES		NAMES	AGES
249	Merlyn Ewbank	70		Lois Nochman	65
	Ida Smith	56		Mary Williams	58
AGE	TEAM	TIME	DATE	MEET	POOL
280+	S.O.S.	3:45.60	11-14-84	Local	OCC
TOTAL	NAMES	AGES		NAMES	AGES
280	Ruth Brown	70		Jewell Cooke	76
	Phyllis Beard	66		Frances Morse	68

MIXED SHORT COURSE RELAY STATE RECORDS

MIXED 200 FREE RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	Lansing	1:39.77	4-15-83	State Meet	Delta
TOTAL	NAMES	AGES		NAMES	AGES
90	Allyson Miller	23		Kevin Harris	23
	Mary Beth Burau	21		Jeff Manage	21
AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:34.10	4-28-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
111	Mike Schmitz	31		Kim Pogue	26
	Corrin Convis	26		Michael Kowalski	27
AGE	TEAM	TIME	DATE	MEET	POOL
120+	Plymouth Y	1:37.70	4-30-89	Y-Nationals	Cleveland
TOTAL	NAMES	AGES		NAMES	AGES
120	John Miller	28		April Wyncott	30
	Leslie Osborne	35		Glen Cole	29
AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	1:44.23	5-26-83	M-Nationals	Ft. Lauderdale
TOTAL	NAMES	AGES		NAMES	AGES
170	Sherry Puthoff	35		Wally Dobler	49
	Ed Gray	40		Lynne Weir	42
AGE	TEAM	TIME	DATE	MEET	POOL
200+	Plymouth Y	2:00.05	4-28-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
207	Wally Dobler	57		Fredericka Rapp	47
	Susan Bond	54		Doug Markusic	49
AGE	TEAM	TIME	DATE	MEET	POOL
240+	S.O.S.	2:21.75	4-14-84	State Meet	Grand Blanc
TOTAL	NAMES	AGES		NAMES	AGES
241	Bob Goebel	67		Warren Morgan	60
	Louise Kutcher	56		Alice Brandon	58
AGE	TEAM	TIME	DATE	MEET	POOL
280+	Plymouth Y	2:37.82	5-08-87	Y-Nationals	Cincinnati
TOTAL	NAMES	AGES		NAMES	AGES
285	Phyllis Beard	69		Carl Thornburg	75
	Naomi Schwinck	67		Jim Green	69

MIXED SHORT COURSE RELAY STATE RECORDS

MIXED 200 MEDLEY RELAY COMBINED AGES

AGE	TEAM	TIME	DATE	MEET	POOL
76+	S.O.S.	1:43.00	4-81	State Meet	East Lansing
TOTAL	NAMES	AGES		NAMES	AGES
AGE	TEAM	TIME	DATE	MEET	POOL
100+	Plymouth Y	1:46.08	4-27-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
114	Michael Kowalski	27		Mark Noetzel	28
	Corrin Convis	26		Marilyn Early	33
AGE	TEAM	TIME	DATE	MEET	POOL
120+	Michigan Masters	1:46.90	5-29-82	M-Nationals	Houston
TOTAL	NAMES	AGES		NAMES	AGES
128	Barb Church	30		Wally Dobler	48
	Matt Kanzler	25		Melinda Mann	25
AGE	TEAM	TIME	DATE	MEET	POOL
160+	Michigan Masters	1:57.92	5-26-83	M-Nationals	Ft. Lauderdale
TOTAL	NAMES	AGES		NAMES	AGES
163	Sherry Puthoff	35		Wally Dobler	49
	Ed Gray	37		Lynne Weir	42
AGE	TEAM	TIME	DATE	MEET	POOL
200+	Plymouth Y	2:18.45	4-27-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
207	Fredericka Rapp	47		Wally Dobler	57
	Doug Markusic	49		Susan Bond	54
AGE	TEAM	TIME	DATE	MEET	POOL
240+	Midland Masters	2:41.34	4-15-89	State Meet	Ann Arbor
TOTAL	NAMES	AGES		NAMES	AGES
248	Merlyn Ewbank	69		Charlie Moss	60
	Ida Smith	55		Richard Evans	64
AGE	TEAM	TIME	DATE	MEET	POOL
280+	Plymouth Y	2:55.88	4-27-91	Y-Nationals	Indianapolis
TOTAL	NAMES	AGES		NAMES	AGES
282	Edith Glusac	72		Lois Nochman	66
	Ray Mondro	70		Hamilton Morningstar	74

REGISTER NOW WITH THE FORM ON THE LAST PAGE OF THIS NEWSLETTER—DON'T MISS A SINGLE OF SWIM MAGAZINE. HELP US SERVE YOU BETTER BY FILLING OUT THE REGISTRATION FORM.

REREGISTER NOW

A REMINDER TO ALL TEAMS— ALL SWIMMERS WORKING OUT WITH YOUR TEAM MUST BE REGISTERED WITH USMS. IF YOU HAVE UNREGISTERED SWIMMERS SWIMMING IN YOUR WORKOUTS, USMS INSURANCE WILL NOT COVER THOSE SWIMMERS WHO ARE REGISTERED. USMS INSURANCE HAS A MEDICAL CLAUSE THAT IS A SECONDARY COVERAGE UNLESS THERE IS NO PRIMARY COVERAGE. IF YOUR TEAM WORKS OUT WITH AN ORGANIZATION THAT DOES NOT REQUIRE YOU TO HAVE USMS INSURANCE, YOU SHOULD STILL HAVE YOUR SWIMMERS REGISTER, SINCE MOST OTHER ORGANIZATIONS DO NOT HAVE THE MEDICAL CLAUSE IN THEIR INSURANCE.

Make check payable to: MICHIGAN MASTERS
P.O. BOX 435
HARBOR SPRINGS, MI 49740



1993 Membership Application

☐ RENEWAL My Current USMS

No. Is

☐ NEW REGISTRATION

LMSC Fee \$10.00

USMS Fee 15.00

Total Fee: \$25.00

Membership expires 12/31/93

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

Last Name		First Name		Init	For Office Use
Street		State		Zip	
City		Phone No.			
Date of Birth		Age		Today's Date	
Mo.	Day	Yr	Mo	Day	Yr
Club or Unattached <u>Michigan Masters</u>					

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition I agree to abide by and be governed by the rules and regulations of USMS.

Signature

Setting the Record Straight Insurance Question & Answer

Q. WHAT ARE THE BASIC GUIDELINES FOR MASTERS WORKOUTS TO ASSURE USMS LIABILITY INSURANCE COVERAGE?

A. * The workouts must be supervised, either by a United States Swimming (USS) certified coach or by a USMS member. Coverage generally starts when the coach takes control of the workout, and ends when the coach gives up control.

* All participants in the workout must be either USS or USMS members (except for a 30 consecutive day grace period for registration of new swimmers).

* The activities must be consistent with the normal activities of a swim team, and certain activities are prohibited, such as diving off other than a starting block or the pool deck.

Q. ARE THE DRYLAND PARTS OF MY SWIM TRAINING COVERED?

A. The concept still holds of a supervised activity that is part of a normal swim training. So if, for example, your weight or stretch program meets the supervision and participation guidelines above, it is covered.

Q. HOW IS INSURANCE COVERAGE DIFFERENT FOR "SANCTIONED" VERSUS "APPROVED" EVENTS?

A. At "sanctioned" events, only USMS members may participate. Both the medical accident and liability coverages are in effect. "Approved" events allow non-USMS members to participate. Only USMS members at an approved event have USMS medical accident coverage; USMS liability coverage would not be extended to the event sponsors/facility.

Q. ONCE AN EVENT IS SANCTIONED OR APPROVED, DOES THE LMSC HAVE ANY FURTHER CONTROL OF THE CONDUCT OF THE EVENT?

A. Yes. At a meet, for example, the sponsor has agreed in the sanction request to abide by USMS rules and regulations. If it does not, the LMSC has a responsibility to ensure such violations do not occur again. If the LMSC cannot be so assured, a future sanction should be withheld. It is the LMSC's responsibility to monitor meet conduct and ensure compliance with the sanction requirements.