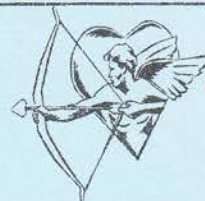


THE WAVE EATER



Volume 4 Issue 1

Winter 1996

Cyber-Seeding, Tolerating a Growing Network

By Andy Donato

A few weeks back I took my daughters to one of their USS meets. For this meet I was acting as Coach for the BWSC team. Typical of these meets, all events were pre-entered requiring only check-in prior to the start of each "session" (grouping of events, i.e. AM, PM). The timing system was brand-new, at a cost of \$24,000. With pre-entry and computer seeding, every swimmer would know lane and heat assignment ahead of time. A fancy meet program was printed with heat sheets (called psych-sheets). Compiled were some 1,600 individual swims. The fancy IST scoreboard would display event, heat, each swimmer's name, lane, splits, place, and advertising sponsors' messages. This had the look of a first class facility. At check-in for the first morning session there were a few no-shows. Flu and the Christmas holiday season had taken their toll. The meet officials saw this as an opportunity to shorten the meet by deck-seeding and re-marshaling to fill in the empty lanes. They claimed they could knock an hour off by doing this. It didn't take long before everything was out of kilter. The swimmers on the blocks didn't match the names on the score board. The heat-sheets were a waste of paper. And, worst of all, the touch pad times, computer linked to a swimmer's name, event, heat, and lane were wrong. Thank god for cards!?! Some poor soul had to key-enter data from 1,600 cards (less no-shows) to print results and award labels. The meet officials were right, they were done and gone after the last event, an hour early. Remaining were all the parents, swimmers, and coaches for results and awards. By Sunday, the Saturday events still weren't sorted out and, weeks later now, my daughters still don't have all their awards. I couldn't help myself... just as the officials critique and disqualify swimmers, I gave my critique to the officials. After run-

(Continued on page 3)



It is easy to sit up and take notice. What is difficult is getting up and taking action.

Need a Coached Workout?

In this disjointed state of ours many of you are looking for some time during the week to swim a "coached" workout. Well... depending on where you live or how far you're willing to travel you may just be in luck! There is a coached work-out available at Canham Natatorium at the University of Michigan on the following dates. Tracy Crane is the coach. The time is 9-10:30am and the price is \$4 per swimmer. In general the workouts are done with the pool in the long course format (I believe) but for further information, contact Tracy at (313) 429-0838. (PLEASE do NOT call the pool office, they will have NO information about the workouts.)

The dates for the remainder of the season are: February 4 & 11, March 3 & 31, April 21 & 28, May 5 & 19.

I also understand that if you are a local masters' swimmer in the Lansing area that you can call Dyne Burrell for workout times and locations. (517) 882-9825. Dyne coaches Burrell's Big Dawgs.

If you happened to be in the Kalamazoo area contact coach Vince Gallant of Great Lakes Aquatics at (616) 349-9873.

Fitness: What Is It?

By Jennifer Parks

As your new Fitness Chair, I was asked to write an article for the winter newsletter. What to write? Classes that I teach at Ferris include Intro. to Fitness, Fitness & Conditioning, and even Fitness Swimming. We have an emphasis in our Recreation major which is called Corporate Fitness and Wellness. But what is Fitness, really? One student is doing an independent study with me on Nutrition and also Psychology of Sports & Fitness. He is doing a survey on why people adhere to a fitness/exercise program - and, why other people do not. The most interesting aspect, so far, has been the amazing variation in the responses to the survey. People seem to continue to exercise for all sorts of reasons, all of which, are related to their view of fitness. Also, all sorts of people continue not to exercise, again, for all sorts of reasons, and all of them related to their particular view of what fitness is or is not. So what do these people, not all traditional age college students, think fitness is or a fit person is? Most people, in this study anyway (but I believe most people), think that fitness is related to improving or maintaining a "good" body, at least how it appears to others. Less college students, but more older adults, consider the inner workings of the body and how well the inside machinery responds, as important to fitness. The mental/emotional/stress reducing aspects of fitness are mentioned by the people who do adhere to an exercise program (somewhere around 20% of the general population), because it seems to enhance - whether it's better mental acuity (new studies support this, particularly in children and older adults), staving off chronic or acute depression, or feeling less tense and stressed. So it seems that fitness can include a feeling of mental

(Continued on page 3)

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

Who's Counting?

By Don Korten, Treasurer

I was elected treasurer at the State Meet in 1993 and I would like to give my observations on the progress of the Michigan Masters Swimming program.

The officers, I feel have done an excellent job. Especially Ex President, Bill Reid and his wife, Phyllis.

Under their leadership: Registrations have gone from 450 in 1993, to 562 in 1994 to 615 in 1995. A gain of 166 new swimmers and an increase of 37%. 1996 is starting off with a bang; for November and December we already have 310 as opposed to 148 for the same time last year. Meet attendance: 972 (1994) to 1194 (1995), a gain of 222 or 23%. I don't have the figures from 1993. Our checking account is in good shape. (Fiscal year ends Oct. 31.) We had \$1,771 (1993), \$2,311 (1994) and \$2,013 (1995). Because of record registrations we are started 1996 with \$8,732, the best ever as far as I have records.

I have worked closely with all the officers and everyone is putting their expenses in writing before I issue a check and we have records of all the checks issued.

I would also like to give a big thanks to Skip Thompson for doing such a great job on our State records and keeping up with the Top 10 and National meets. What an amazing memory for names and numbers. Keep up the good work, Skip.

Again, great job officers, you have made a big improvement in the Michigan Masters.

(Continued on page 3)

Bill Reid, you were an excellent President and we are happy that you are staying on as

Fitness (con't)

and/or emotional strength. And, speaking of strength, many exercisers relate a feeling of strength in ordinary (snow shoveling) and extraordinary (one student is rearing twin babies and lifts them a lot) activities, and an ability to recover faster from them. The biggest difference between the non-exercisers and the exercisers is that the first group sees fitness as a goal, rather than a process. The exercisers have ongoing goals but see the process as important. The non-exercisers are daunted by the time, commitment, patience of on-going fitness. What does that mean to us as Masters Swimmers? Why is discussing fitness important to us? It may mean that the goal of doing well in the 1500 or the 2 Mile Open Water Swim next summer is important, but that the goal of continuing fitness to deal with stress in my job, or to offset the mid-life fat creep to my beltline, is just as important to me. That fitness is personal and individual and, most of all, an on-going process; that exercise, whether it's a little or a lot is good. Now, let's go out and try to encourage all of those around us of the many values of fitness, that it is worth the time, that patience while working out will be rewarded, and that commitment feels good, especially when it's to such a clean, soothing, beautiful sport as swimming. Feeling fit is fine! And for the information of many of you who have donated your ear or your money toward the saving of our 50 meter pool in Big Rapids - the ballot initiative to maintain the pool passed with a 70 % positive vote. We even marched in the Homecoming parade with "OUR POOL IS COOL!" banner. Thanks! JP (Jennifer Parks, Fitness Chair)

"It is not how far you swim in practice, and it is not how fast you swim in practice.— It's how far you swim fast."

Cyber-seeding (con't)

ning the Hytek software at our Harbor Springs, and WMMSA meets, and getting Rich Chaney's comments from Flint, I was ready to defend the computer people, support the meet director and have the officials pay penance by working the awards desk after the meet. Many lessons were learned from this and similar experiences. For one, I'm sure this meet director will be much firmer with the officials next time they try to compress his meet. There needs to be good communication with marshaling and the computer entry person/s and some time tolerance to catch-up. Most important of all. . . . consider the poor soul pounding away on the computer with a stack of cards while everybody else is yelling "what is taking so long!! We need to go!!" We'd all like to just swim our events, collect our awards and go. As Masters, we need to be better than that and have consideration for the meet director, volunteers, and yes officials involved in making it all happen. The computers are here to stay, they do more with less people, but let's be patient with those few trying to grow that network. *(Editor's note: Next time you miss your heat and go to the official to let you "just swim anywhere", please understand the raised eyebrow. The official then needs to tell the timing operator, who must then tell the computer operator. Also please remember, that at BEST the computer operator inputs what you give them... and at WORST the computer operator inputs what you give them. Neither the computer nor the operator are equipped with a crystal ball.)*

Treasurer (con't)

Bill Reid, you were an excellent President and we are happy that you are staying on as Registrar. By the way, I had little to do with all the progress. We are looking forward to new president, Andy Donato, and President-elect, Don Kroeger to continue this progress. Also all members keep the new members coming, you are doing them a big favor for their health and happiness by getting them into swimming. All Michigan swimmers, be sure to stay in shape and attend the Long Course Nationals we are hosting this August at the University of Michigan pool. Let's show the rest of the country what a great group Michigan Swimmers are.

Support LC Nationals, Sponsor an Event

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

The following sponsorships have been reserved and/or purchased:

Bill Reid - M 200 Free, Don Asselin - M 400 Free, Don Kroeger - M 800 Free, Dave Goble - M 1500 Free, Mark Lambert - M 200 Fly, Andy Donato - M 400 IM, Cathy Barry - W 50 Free, Pat Rohner - W 1500 Free, Jay Ryno - W 200 Fly, Charlie Moss - M 200 IM, Karen Pearson - W 200 IM and Western Michigan Masters Swimming Association - MX 200 Medley Relay.

The following events are still available. If you are interested in sponsoring an event, please call me to verify that it is still available. I (Phyllis Reid) may be reached at (517) 592-8908. I will list the Men's events, followed by the Women's finally ending with the mixed. M 50 & 100 free, 50, 100 & 200 breast, 50, 100 & 200 back, 50 & 100 fly, 200 medley and 200 free relays. W 100, 200, 400 & 800 free, 50, 100 & 200 breast, 50, 100 & 200 back, 50 & 100 fly, 400 IM, 200 medley and free relays. MX 200 free relay.

We still have a few of the training T-shirts left. If you have one please wear it at any meet that you attend outside of Michigan. This is a painless method of advertising in which everyone may participate, by spending a minimum and expending just enough energy to wear the T-shirt and answer questions. If you wish to purchase one, please let me know and we'll get it to you.

Bread and Water?

Excerpted from Swimming Technique. Answers by Jackie Berning, M.S., R.D., ICAR Nutrition Coordinator)

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

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

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

(continued on p. 5)

**"AIM AT THE
STARS. IF
YOU DON'T
HIT THEM,
YOU'LL
LAND PRETTY
HIGH
ANYWAY."**

Short - Long Course?

Edie Glusac tells me that the long and short of it are as follows: At the Warren City Swimming Pool on Campbell just off 696 there will be long laps swims available on the dates that follow. (She excluded dates when we have meets.) Sundays - 9:30am-10:45 am- February 25, March 24 and April 14th. The fee is \$2.50 for non-resident seniors. After all you have to stay in shape for the Nationals in August at the U of M!!

Nutrition Q&A (con't)

with protein than college athletes.

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

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

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

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

Question: *When is fluid replacement necessary?*

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

Performance can suffer when a swimmer loses as little as 2% of body weight as sweat. Thirst is not an accurate indicator of how much fluid a swimmer needs. To maintain hydration levels, swimmers need to keep a fluid bottle by the side of the pool when working out and drink as often as possible. To minimize poor performance due to dehydration, swimmers should:

- 💡 drink 2 cups of fluid for each pound lost in workout or competition
- 💡 drink 4-10oz of fluid every 15-20 minutes during training
- 💡 remember that dark urine indicates dehydration.

***"Don't
count the
days;
make the
days
count!"***

10 Tips for Swim Fitness/Wellness in the Winter

Courtesy of: Jennifer Parks

Some general reminders, especially this time of year for Fitness/Wellness:

1. Wash your hands, often, especially if you are around people with colds or the flu.
2. Drink a lot of water, before and after working out, around our dry environments, and you will not only hydrate yourself but may actually stay warmer in this cold weather.
3. If you are feeling stressed, you may need a longer, steadier swim than short, fast interval training, particularly later in the day.
4. Remember to do, at least, some easy strength training to protect those joints from overuse, especially areas of your body that you know are susceptible to problems, ie. biceps, triceps, lat bar, leg extensions, etc.
5. Protect your back as well: small shovels of snow, some abdominal strength work, possibly back strengthening exercises, work on posture.
6. As you begin to gear up for state meet, August Nationals, spring triathlon, looking better in your swim suit, or just beating the winter blahs, remember to work up to harder work gradually, giving yourself time to adjust to higher level of training.
7. Rest is good. Sleep more if you need to. Go to bed 1/2 hour earlier.
8. Check your goals. Are they reasonable for you, with the amount of swimming you get in, relative to your job, family, etc? It's ok to modify them. We're in this program for the long haul. Don't let perceived expectations stop you from participating at some level: fitness is good!
9. Five a day: fruits and veggies - bright colors. Remember some "fuel" in the morning is good, a little protein (milk in your cereal) may keep you perkier. Carry an orange or a banana. Put a little carbo in you within the 2 hours before you swim; and a little something, juice or fruit or crackers 1/2 hour after you finish. And drink water, a lot!
10. Oh, yes. And remember to have fun when you swim. Fitness/Wellness is not only the state of the body but a state of the mind...and spirit.

Eating five servings of fruits and vegetables are an ABSOLUTE must for your health!

YOUR OFFICERS are Here to Serve YOU

President:

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

Treasurer:

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3861 Beadle Lake Rd.
Battle Creek, MI 49017
(616) 962-7464

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E-Mail - JENSWIMS@aol.com

President-Elect:

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(313) 242-7175

Sanctions:

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(810)299-3962

Registrar:

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Brooklyn, MI 49230
(517) 592-8908
E-mail: PAS WTRid@aol.com

Secreatry & Safety Chair:

Karen Pearson
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Brighton, MI 48116
(810) 220-3410

Top Ten & Records:

Frank Thompson
2660 Littletell Ave.
W. Bloomfield, MI 48324
(810) 683-2191

Send these folks your suggestions, encouragement or comments.

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

Swim Classic

at

Rockford High School Community Pool

4100 Kroes Rd. Rockford, Michigan

February 24, 1996

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

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

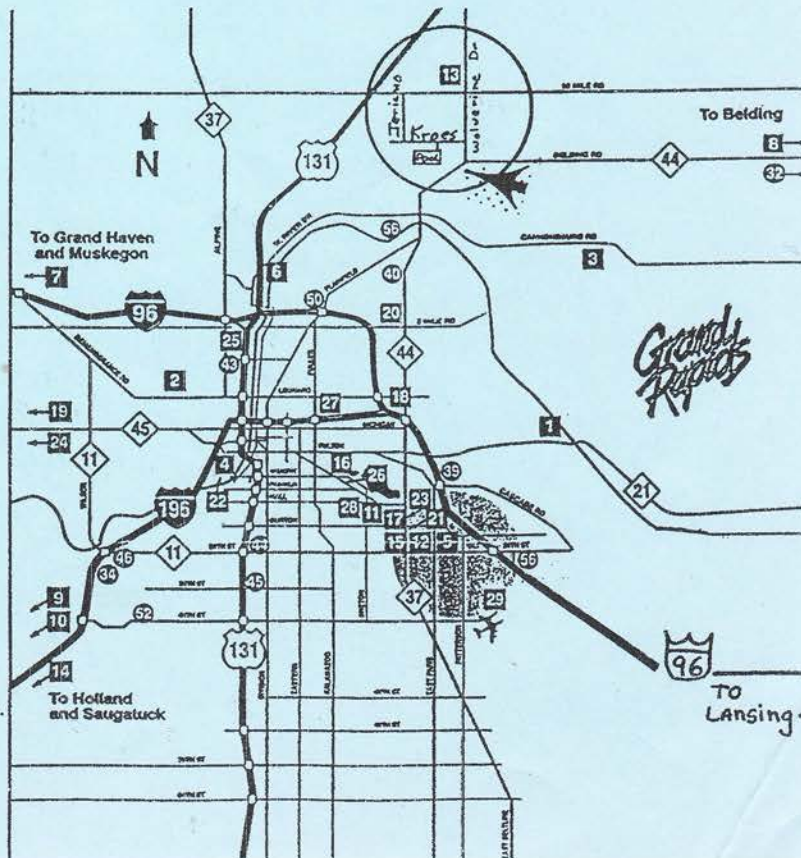
Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.). 1000/1650 Yard Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free. Events 3 through 15 should start at approximately 12:30 p.m.. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer.

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI. 49444 (616) 739-5592
Sanctioned for USMS Inc. by Michigan Masters #MM199530.

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.
During warm-up you must enter the water feet first and in a cautious manner.
Diving will only be allowed in designated sprint lanes.



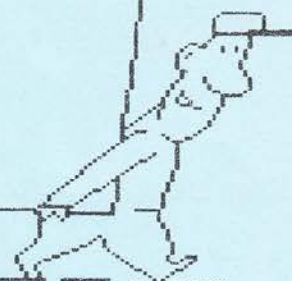
State Meet Preview

March 10, 1996

Kalamazoo, MI



Sanctioned by Michigan Masters for USMS, Inc.



Host: Great Lakes Aquatics, Sanction No. MM1995

Site: Loy Norrix High School (25 yard pool)

Time: 8:30-9:45 am Check-in and deck entry

9:00-9:50 am General warm-up

- | | | |
|----------|--------------------|----------------------|
| 10:00 am | 1. 400 I.M. | 9. 100 I.M. |
| | 2. 200 Med. Relay | 10. 100 Breaststroke |
| | 3. 200 Freestyle | 11. 100 Freestyle |
| | 4. 200 Butterfly | 12. 100 Backstroke |
| | 5. 50 Breaststroke | 13. 100 Butterfly |
| | 6. 50 Butterfly | 14. 200 Choice |
| | 7. 50 Freestyle | 15. 400 Free Relay |
| | 8. 50 Backstroke | 16. 500 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 400 IM and 500 free) for warm-downs. There will be a break between the 50 Backstroke and the 100 IM.

Entries: Cost is \$10.00 for mailed-in entries and \$15.00 for deck entries. Mailed-in entries must be postmarked by Monday, March 4, 1996. Relays may be entered without a penalty. A swimmer may enter four individual events and two relays. Entries should be mailed to: Vince Gallant
323 Garland Ave.
Kalamazoo, MI 49001

State Meet Tune-Up March 10, 1996 Kalamazoo, MI
Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM1995

Entry Procedure: Age on March 10, 1996, determines age for the meet. Use one entry form for each swimmer entering the meet; copy the entry form as needed. Entries postmarked on or before Monday, March 4, are accepted as early entries; entries postmarked after this date are considered deck entries (add \$5.00 to entry fee). Mail all entries to:

Vince Gallant
323 Garland Ave.
Kalamazoo, MI 49001

Seeding and Scratches: Positive check-in is required for all swimmers and events. Swimmers will be given their cards without heat and lane assignments. At the end of the check-in period, all swimmers who have not checked in will be scratched and the heats seeded. Seeded heat sheets will be posted in the pool area and all swimmers can mark their cards with their heat and lane assignments.

Swimmers who have entered the meet by mail and find that they are unable to attend may scratch by telephone. Scratches will be accepted at (616)349-9873 until Saturday night at 9:00 p.m. If you scratch by phone, we will refund \$6.00 of your entry fee.

Seeding will be slow-to-fast in all events except the 400 IM and 500 Free.

Warm-up Procedures: USS Rules guide the warm-up procedures. **Swimmers are to enter the water feet first in a cautious manner;** safety of all swimmers is paramount. Sprint lanes, in which racing starts may be performed, will be designated and opened by the officials with approximately one half hour remaining in the warm-up.

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

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

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

Directions to Loy Norrix High School

From the East: I-94 east to Exit 76 (Westnedge North).
Westnedge north to Kilgore Road. Kilgore Road east to Lovers Lane. Lovers Lane south to school entrance.

From the West: I-94 west to Exit 76 (Westnedge North).
Westnedge north to Kilgore Road. Kilgore Road east to Lovers Lane. Lovers Lane south to school entrance.

From the South: US-131 north to I-94. I-94 east to Exit 76 (Westnedge North). Westnedge north to Kilgore Road. Kilgore Road east to Lovers Lane. Lovers Lane south to school entrance.

From the North: US-131 south to I-94. I-94 east to Exit 76 (Westnedge North). Westnedge north to Kilgore Road. Kilgore Road east to Lovers Lane. Lovers Lane south to school entrance.

Great Lakes Aquatics Short Course Masters Swim Meet
 Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM1995
Sunday, March 10, 1996

NAME:_____ **SEX:**_____ **USMS#:**_____

BIRTHDATE:_____ **Age on Mar.10:**_____ **TEAM:**_____

EVENT NUMBER	EVENT NAME	SEED TIME
1	400 Yard Individual Medley	
2	200 Yard Medley Relay	
3	200 Yard Freestyle	
4	200 Yard Butterfly	
5	50 Yard Breaststroke	
6	50 Yard Butterfly	
7	50 Yard Freestyle	
8	50 Yard Backstroke	
9	100 Yard Individual Medley	
10	100 Yard Breaststroke	
11	100 Yard Freestyle	
12	100 Yard Backstroke	
13	100 Yard Butterfly	
14	200 Yard Choice	
15	400 Yard Freestyle Relay	
16	500 Yard Freestyle	

Entry Fee: \$10.00

Make checks payable to: Great Lakes Aquatics

ENTRY DEADLINE:
 Monday, March 4, 1996
 (Postmarked)

Send entries to: Vince Gallant
 323 Garland Ave.
 Kalamazoo, MI 49001
 (616)349-9873

21st annual!! Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters
Sanction # MM199532

Date:

Sunday, March 17th, 1996

Place:

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

Time:

9:30 AM	Warmup for 500 free and 400 IM
10:30 AM	500 Free and 400 IM
11:00 AM	General warmup
11:30 AM	200 butterfly begins

Facility:

6 lane, 25 yard pool; electronic timing, 6-lane electronic display scoreboard

Awards:

Michigan Masters ribbons for 1st through 3rd place

Events:

- | | |
|---|--------------------|
| 1. 500 Freestyle | 8 100 Breast |
| 2. 400 Ind Medley
(30 minute warmup) | 9. 50 Free |
| 3. 200 Butterfly | 10. 200 back |
| 4. 200 Ind Medley | 11. 50 Fly |
| 5. 100 Back | 12. 100 Ind Medley |
| 6. 200 free | 13. 100 Free |
| 7. 100 Fly | 14. 50 Breast |
| | 15. 200 Free Relay |

Seeding:

Fast to Slow

21st annual!! Midland Masters Winter's End Swim Meet

Warmup:

Continuous warmup during meet in Lane 6.
USMS Safety rules will be observed. Swimmers must enter the water feet-first in a cautious manner with at least one hand in contact with the deck or gutter

Entry fee:

\$10.00 per swimmer (Maximum 5 events plus relay)

Entry deadline:

Deck entries only; 10:15AM for 500 Free; 11:15 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)

**USMS registration required. \$25.00 for 1996
calendar year. 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.

**MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP SWIM MEET
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM199535
FRIDAY-SUNDAY, MARCH 29 - 31, 96 SAGINAW VALLEY STATE UNIVERSITY**

HOST ORGANIZATIONS:

Midland Dolphins Community Swim Team, Saginaw Valley State University, and Michigan Masters Swimming Association are the Host Organizations for the 1996 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. SVSU was the host of the 1992 State Championship Meet which saw 175 State, 4 National, and 2 World Records broken during the course of the meet. 10 Individual Event Swimmers and 23 Relay Team Swimmers achieved USMS All-American Status from performances in this meet making it one of the fastest Michigan masters swim meets ever.

FACILITIES:

Ryder Center Pool, Saginaw Valley State University, 2250 Pierce Road, University Center, MI 48710 (Map Enclosed). Modern eight-lane, 50-meter indoor pool with bulkhead to be configured as two 25-meter, eight lane courses. One course will be used for competition and the other for continuous warm-up/cool down (except during the distance events which both courses will be used). One lane in the south end course will be available for warm-up/cool downs during the distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in designated sprint lanes. Participants, Coaches, and Officials should check-in and enter the Ryder Center from the ground level: "User Entrance" (CHECK-IN TIME: will began at 4:30 P.M. on Friday March 29, 1996. Spectators can also enter and exit the pool area from the ground level. Locker rooms are available WITH LOCKERS FOR ALL SWIMMERS. Swimmers should bring their own locks and are responsible for the safety of their own belongings.

RULES - ELIGIBILITY:

This is a USMS sanctioned meet, USMS rules apply and will be observed. Any swimmer registered in USMS may swim in this meet. All swimmers will be required to enclose a photo copy of their USMS card with the entry form or write "APPLIED FOR" on the entry form AND send the the registration application along with the USMS fee of \$25.00 (this is in addition to the meet entry fee). A swimmer not pre-registered will be forced to deck enter and pay the appropriate late fees. It is recommended that swimmers pre-register for the Meet and be pre-registered with USMS by the Entry Deadline, if not this will be treated as a late entry and deck entered. You may register for USMS at the meet if you have not done so. A swimmer not registered with Michigan Masters cannot establish a State Record.

TIMING:

Timing system is Colorado 3000 electronic system with electronic and manual back-up with 8-lane display scoreboard with horn start and recall. All events (except for some heats of the distance events) will be timed using this system. Manual back-up timers will be provided at each lane. Swimmers are encouraged to hit the pad firmly and when swimming in relays to remain clear of the finish area until the event is completed by all swimmers. Any swimmer or relay attempting a NATIONAL or WORLD RECORD should alert the Starter and make sure there is the adequate three manual timers as backup. Swimmers are required to supply their own lap counting personnel in distance events.

AGE GROUPS:

The age reported on your entry form must reflect your actual age as registered with USMS. Age on March 31 (last day of the meet) determines his/her age for the entire meet.
Individual Events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc. through 100+.
Relay Events: 76+, 100+, 120+, 160+, 200+, 240+, 320+ and 40 increments as high as necessary.

SEEDING:

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times. Deck entries and "no time" entries will be seeded in the slowest heats. All swimmers will be seeded into heats by time regardless of age and swimmers MUST then swim in their designated heat and lane. Consult your heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in another heat of the same event. The Meet Director reserves the right to RESEED the distance events if there is a significant number of scratches after check-in to eliminate the use of empty lanes during the swimming of the event.

ENTRY FEES:

Individual:	Deck		
Fee	Enter:	# of Individual Events	# of Relays
\$19	\$34	0	Up to 1 of each event to 4 total
\$23	\$38	1	Up to 1 of each event to 4 total
\$27	\$42	2	Up to 1 of each event to 4 total
\$31	\$46	3	Up to 1 of each event to 4 total
\$35	\$50	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$10 per relay prior to March 17, 1996.
\$14 per relay after - March 17, 1996.

An additional \$15 fee included in the individual fee structure above will be assessed to late entries and deck entries. Deck Entries slow down the running of the meet so it's advisable to enter by the ENTRY DEADLINE OF MARCH 17, 1996. Deck Entries will be taken from 4:45 - 5:30 P.M. on Friday and 7:45 -8:30 A.M. on Saturday and Sunday.

ENTRY LIMITS:

(excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, March 29, 1996	2
Event maximum for Saturday, March 30, 1996	4
Event maximum for Sunday, March 31, 1996	4

- * An individual may compete on only one relay team per relay event
- * If more than 7 events are listed on the entry form, only the first seven will be entered
- * Please enclose a photo copy of your USMS registration card with your entry form.
- * You must fill in and sign the Athlete's Release to validate your entry form.

ENTRY PROCEDURE - INDIVIDUAL EVENTS AND OPEN EVENTS - MARCH 29:

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seed time will swim in the slowest heats. Three open events will be offered on Friday, March 29, the 50, 100, and 200 Open. These events are to allow swimmers to swim events that are located too close together over the course of the meet. Each swimmer competing in these events shall specify what stroke that they intend to swim when they enter the event. Any swimmer not indicating a stroke when completing the registration form must swim freestyle. Each result will be entered and scored with the actual event swam later in the meet. For example, a swimmer entering the 200 Open swimming backstroke would actually be entered and scored with the swimmers of the 200 Backstroke (Event 5-6). You would fill out the entry form as 200 Open-Back. You may not reswim the same distance/stroke if you entered it as an open event. You are expected to swim on the days indicated on your entry form. Remember all distances will be swam SHORT COURSE METERS.

ENTRY PROCEDURE - DISTANCE EVENTS:

The 400 Free, 400 IM, and 800 Free will be offered two separate times during the course of the meet. You may swim these events ONCE during the course of the three day meet. The 1500 Free will be offered ONCE on Friday, March 29. You will only be permitted to swim either the 1500 Free or the 800 Free on Friday, March 29, only. For people swimming the 800 Free on Friday, March 29, there will be no starting blocks. The 800 Free will take place in the south course (nearest the scoreboard) and will be hand timed. Depending on the number of entries for the 1500 Free and time limits, the south course (7 lanes) could be used alternating heats with the north course (competition pool). All other distance events will take place in the north course. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area.

ENTRY PROCEDURE RELAYS:

To enter relays, team representatives should enter the number of relay teams and the fees associated for each event. It is requested that only one relay form be submitted for each team. The age brackets, sexes, and seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered. Official relay cards are picked up from the Clerk of the Course by the coach or team representative and is responsible to PRINT LEGIBLY all information required. Each card shall include: swimmer's name as USMS registered in order of relay swim; first name, last name, age, sex, and computer ID number. Cards shall be returned to Clerk of the Course by the deadline announced at the meet. Once the cards are turned in and entered for heat sheets; the age group, sex of the relay, and seed time cannot be changed. Cards can be picked from the Clerk of the Course by the coach or team representative when announced at the meet. At check-in, team representatives with relays will receive a packet and relay cards with the instructions to supply the data mentioned above.

GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:

Session #1 - Friday Night, March 29 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.
Session #1 - Friday Night, March 29 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, March 30 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.
Session #2 - Saturday Morning, March 30 - Competition begins - 9:00 A.M.

ANNUAL MEETING - MICHIGAN LMSC LMSC MEETING TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY

Session #3 - Saturday Afternoon, March 30 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.
Session #3 - Saturday Afternoon, March 30 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, March 31 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.
Session #4 - Sunday Morning, March 31 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, March 31 - Check-in and Warm-up - ONE HOUR AFTER
EVENT #32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session #6 - Sunday Afternoon, March 31 - COMPETITION BEGINS ONE HOUR AFTER
CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

DISTANCE EVENTS & OPEN EVENTS CHECK-IN FRIDAY NIGHT MARCH 29:

400 FREE, 50 OPEN, 400 IM, 100 OPEN, AND 200 OPEN - BY 5:30 P.M. AND NO LATER

800 FREE AND 1500 FREE - BY 5:45 P.M. AND NO LATER.

ENTRY DEADLINE:

Swimmers (Individual and Relays) must have their entries postmarked by March 17, 1996 to score team points. All entries postmarked after March 17, 1996 will be late and be assessed a late entry fee. Late entries and Deck Entries do not score team points.

SCORING:

PLACE	1	2	3	4	5	6	7	8
Individual Event	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

AWARDS:

PLACE	AWARDS
1st, 2nd, 3rd,	Michigan Masters State Championship Medals
4th, 5th, 6th, 7th, 8th	Michigan Masters State Championship Ribbons
High Point Team - Large Team	Michigan Masters State Championship Travelling Banner
High Point Team - Small Team	Michigan Masters State Championship Travelling Banner

Two divisions shall be recognized for purposes of team scoring based upon the number of swimmers entered in the meet from each team. The number of swimmers for teams in each division will be determined by the Meet Director after the entry deadline.

EVENT RESULTS AND COMPLETE STATE MEET RESULTS:

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick up your awards. Meet results (events, ages, names - individual and relay, times, and team scores will be published in the Michigan Masters Summer Newsletter (The Wave Eater) to all Michigan Masters registered swimmers. Complete meet results (including splits for all individual and relay events) can be purchased for \$7.00 at the check-in table. Results will be mailed.

FACILITY RULES AND MICHIGAN MASTERS STATE MEET GUIDELINES: THESE ARE STRICTLY ENFORCED

- A. Smoking is not allowed in any of the buildings.
- B. Food and beverages are not allowed in the pool area, in adjacent locker rooms or in spectator areas. Food and beverages are to be kept in the designated areas on the balcony concourse (this includes coolers, snacks, and quick energy treats). Plastic water bottles are permitted on the deck.
- C. Shoes are not permitted on the pool deck. Thongs and water socks are welcome.
- D. Lockers are available but swimmers should bring their own locks. Neither Midland Dolphins, SVSU, or Michigan Masters will assume responsibility for lost or stolen articles.
- E. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANNED BY THE TERMS OF THE MEET POOL RENTAL CONTRACT. SWIMMERS WHO USE THESE SUBSTANCES WILL BE HELD RESPONSIBLE AND BE DISQUALIFIED AND MAY JEOPARDIZE THE FUTURE ACCESS OF MICHIGAN MASTERS TO THE SVSU POOL.
- F. Swimming under the bulkhead is not permitted.
- G. Swimmers in the concession area (hallway off the pool balcony) must wear shirts, shorts, and some kind of foot covering. Swimmers in bathing suits and bare feet will be requested to return the pool area. Swimmers should be prepared for this.
- H. There will be no admission fee for spectators of the swimming meet. However spectators will not be permitted on deck other than in designated walk areas.

**MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP SWIM MEET
 SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM199535
 FRIDAY-SUNDAY, MARCH 29 - 31, 96 SAGINAW VALLEY STATE UNIVERSITY
 MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP SCHEDULE OF EVENTS**

Open Events will be swam in heats of all the same stroke in the order of: Fly, Back, Breast, Free, and IM. Please make sure on your entry form that you designate the stroke of the Open event. Remember all distances will be swam Short Course Meters. Please submit all times in Yards. For 400 Free use 500 yard Free time, for 800 Free use 1000 yard time, and for 1500 Free use 1650

Women Events #

Mens's Events #

**Session # 1 Friday, March, 29, 1996
 Warm up - 5:00 P.M. Meet begins at 6:00 P.M.**

21	400 Meter Freestyle	22
7	50 Meter Open - Fly	8
17	50 Meter Open - Back	18
27	50 Meter Open - Breast	28
37	50 Meter Open - Free	38
9	400 Meter IM	10
25	100 Meter Open - Fly	26
35	100 Meter Open - Back	36
15	100 Meter Open - Breast	16
3	100 Meter Open - Free	4
39	100 Meter Open - IM	40
13	200 Meter Open - Fly	14
5	200 Meter Open - Back	6
33	200 Meter Open - Breast	34
23	200 Meter Open - Free	24
29	200 Meter Open - IM	30
43	800 Meter Freestyle	44
1	1500 Meter Freestyle	2

**Session # 2 Saturday, March, 30, 1996
 Warm up - 8:00 A.M. Meet begins at 9:00 A.M.**

3	100 Meter Freestyle	4
5	200 Meter Backstroke	6
7	50 Meter Fly	8
9	400 Meter IM	10
	10 Minute Break	
11	200 Meter Free Relay	12

**ANNUAL MEETING OF MICHIGAN LMSC
 TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

**Session # 2 Saturday, March, 30, 1996
 Warm up - 1:00 P.M. Meet begins at 2:00 P.M.**

13	200 Meter Fly	14
15	100 Meter Breast	16
17	50 Meter Backstroke	18
	10 Minute Break	
	200 Meter Mixed Medley Relay	20
21	400 Meter Freestyle	22

ANNUAL SOCIAL - To be Announced at the Meet

Women Events #**Mens's Events #****Session # 4 Sunday, March, 31, 1996**
Warm up - 8:00 A.M. Meet begins at 9:00 A.M

23	200 Meter Freestyle	24
25	100 Meter Fly	26
27	50 Meter Breast	28
29	200 Meter IM	30
	10 Minute Break	
31	200 Meter Medley Relay	32

Session # 5 Sunday, March, 31, 1996

Warm/up - One hour after Event #32 200 Medley Relay - Expected Time 12:00 P.M. TO 1:00 P.M.
Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

33	200 Meter Breast	34
35	100 Meter Back	36
37	50 Meter Free	38
39	100 Meter IM	40
	10 Minute Break	
	200 Meter Mixed Free Relay	42
43	800 Meter Freestyle	44

ANNUAL MEETING:

All swimmers are encouraged and should plan to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday. This is the time to vote on critical issues affecting the USMS National Organization, Michigan LMSC your local team, and yourself. The meeting will get started 20 Minutes after the morning session (Session 2). An agenda of the meeting will be available at check-in on Friday, March 29, 1996.

CONCESSIONS AND PARKING:

A limited concession (hot dogs, coffee, pop, cookies, fruit) will be available from a concession stand run by SVSU. See Facility Rules, Part B regarding this. There are nearby restaurants (about 5 -10 minutes from the pool) so plan your meals /snacks accordingly. There is abundant free parking at the Ryder Center Pool SVSU.

HOTEL / MOTEL INFORMATION:

Room blocks have been arranged at several local hotel/motels. Special rates to masters swimmers will be given. When you make your reservation, tell the hotel/motel that you are involved in an athletic event at Saginaw Valley State University and you will get the discounted rate. A listing and maps are enclosed.

MEET DIRECTOR: Frank (Skip) Thompson
2660 Littleell Ave.
West Bloomfield, MI 48324 (810) 683 - 2191

MEET T-SHIRTS:

Meet t-shirts imprinted with the Meet logo (which will be the same as the current state logo which is on Michigan Masters medals and ribbons) can be ordered on the meet entry form. Some shirts will be available at the meet, but we recommend ordering with your entry to assure size selection. Sizes and cost are shown on the entry form. The color will be white with burgundy print similar to the 1992 state meet t-shirt. Sample t-shirts will be on display in February and March at Michigan Masters swim meets.

MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP ENTRY FORM

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE # _____ SEX: _____ USMS # _____

AGE ON MARCH 31: _____ TEAM: _____

EVENT NUMBER:	INDIVIDUAL EVENT:	ENTRY SEED TIME: (TO THE 10TH OF A SECOND)	ENTRY FEE :
_____	_____	_____	\$23
_____	_____	_____	\$27
_____	_____	_____	\$31
_____	_____	_____	\$35
_____	_____	_____	\$35
_____	_____	_____	\$35
_____	_____	_____	\$35

If you are entering the 400 Free, 400 IM, and the 800 Free please indicate by checking the date (ONLY ONCE) for your swimming this/these event(s).

400 IM 3-29 ____ 3-30 ____ 400 Free 3-29 ____ 3-30 ____ 800 Free 3-29 ____ 3-31 ____

RELAY EVENTS:

TEAM NAME: _____ TEAM REP: _____

EVENT #	RELAY	# OF RELAY TEAMS	FEES (\$10 PER RELAY)
11 - 12	200 Free Relay	_____	_____
20	200 Mixed Medley	_____	_____
31 - 32	200 Medley Relay	_____	_____
42	200 Mixed Free	_____	_____

Please, only one relay entry form per team. Insert only the number of relay teams and the fees associated for each event. The age brackets, sexes, and seed times will not be needed until relay check-in on the day of the relay race.

Make Checks payable to: **MIDLAND COMMUNITY SWIM TEAM**. Mail Entries to:
Gary Strickler, 1306 Woodview Ct, Midland, MI 48642 (517) 832 - 9664

MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP RELEASE FORM
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION MM199535
FRIDAY-SUNDAY, MARCH 29 - 31, 96 SAGINAW VALLEY STATE UNIVERSITY

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

PARTICIPANT'S NAME	USMS NUMBER	DATE
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This form must be completed and signed by the swimmer and accompany the Entry Form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with this Athlete's Release Form and the Entry Form.

MICHIGAN MASTERS 1996 STATE CHAMPIONSHIP FEES SCHEDULE

Swimmer Entry Fee (see entry form page) \$ _____

Relay Entry Fee (for information on Relays see meet information sheets) \$ _____

USMS Registration Fee (If you have not registered for the 1996 season) \$ _____

Michigan Masters State Championship T-Shirts - Cost is \$10.00 \$ _____

Please circle size of your T-Shirts M L XL XXL \$ _____

Please make check payable to: Midland Community Swim Team

GRAND TOTAL \$ _____

ANNUAL STATE MEET SOCIAL - A party will be held on Saturday night, approximately one hour after the conclusion of the meet. Details will be available at the meet. If you are interested in attending please mark yes or no. YES _____ NO _____

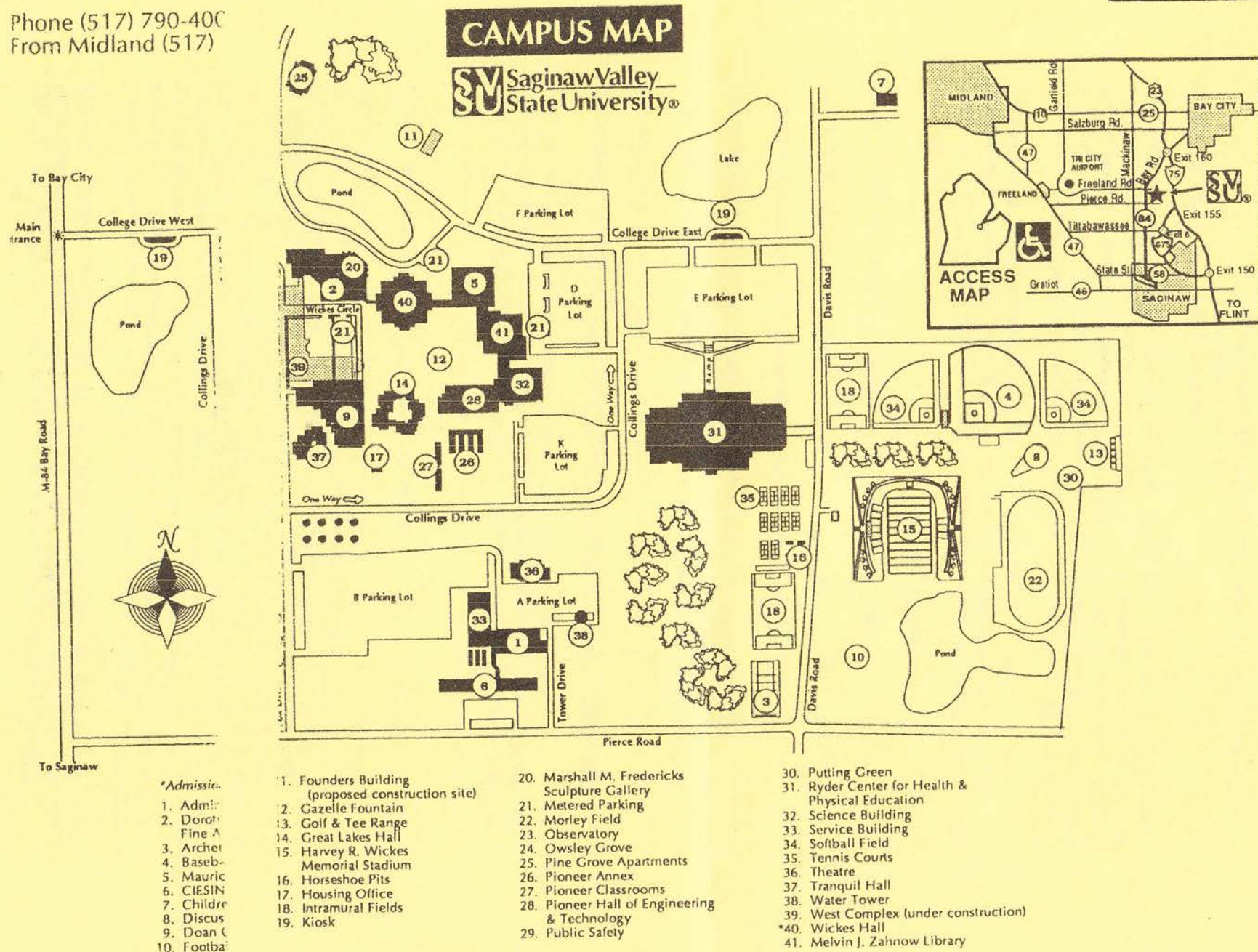
You must enter this meet by mail, or you can bring your entry form, liability release, and photo copy of your USMS registration card to the Winter's End swim meet at Dow High School in Midland on March 17, 1996 which is the entry deadline date. Otherwise, all entries must be postmarked by March 17, 1996. Each swimmer who enters the meet will need to check-in upon arrival at the Ryder Center Pool - Saginaw Valley State Univ.

MAIL ENTRIES TO: Gary Strickler
1306 Woodview Ct.
Midland, MI 48642 (517) 832 - 9664 Fax (517) 636 - 5707

SAGINAW VALLEY S
7400 Bay Road
University Center, M

Phone (517) 790-400
From Midland (517)

Nonprofit Organization
U.S. POSTAGE
PAID
Saginaw, MI
Permit No. 142



Ages 19 Through 24				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	L. BLACKBURN	24 0	28.47	
2	V. WEBBER	21 0	30.87	
3	HEIDI SHORTER	20 0	31.36	
4	J. BACKOVER	24 0	33.92	
Mixed 100 Free				
1	KERRY FORBES	24 0	1:12.29	
Mixed 50 Back				
1	L. BLACKBURN	24 0	33.85	
2	V. WEBBER	21 0	38.23	
3	J. BACKOVER	21 0	39.43	
4	J. BACKOVER	24 0	40.29	
Mixed 100 Back				
1	KERRY FORBES	24 0	1:16.41	
2	J. BACKOVER	24 0	1:31.32	
Mixed 50 Breast				
1	L. BLACKBURN	24 0	39.50	
2	V. WEBBER	21 0	40.09	
3	J. BACKOVER	21 0	46.93	
Mixed 100 Breast				
1	KERRY FORBES	24 0	1:25.19	
Mixed 50 Fly				
1	L. BLACKBURN	24 0	32.22	
2	V. WEBBER	21 0	33.92	
Mixed 100 Fly				
1	KERRY FORBES	24 0	1:31.83	
Mixed 100 IM				
1	L. BLACKBURN	24 0	1:13.49	
2	V. WEBBER	21 0	1:16.90	
3	HEIDI SHORTER	20 0	1:17.16	
Mixed 200 IM				
1	KERRY FORBES	24 0	2:51.46	
Ages 25 Through 29				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	JULIE TAYLOR	25 0	32.64	
Mixed 100 Free				
1	JULIE TAYLOR	25 0	1:22.30	
Mixed 50 Breast				
1	JULIE TAYLOR	25 0	44.90	

Ages 30 Through 34				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	LESLIE HAPAK	32 0	29.04	
2	JENNIFER YEE	31 0	33.61	
3	K. ZIEGENMEYE	34 0	34.48	
Mixed 100 Free				
1	JENNIFER YEE	31 0	1:02.56	
2	K. ZIEGENMEYE	34 0	1:19.61	
Mixed 200 Free				
1	B. O'NEILL	33 0	2:27.88	
2	K. BAINBRIDGE	30 0	2:28.00	
Mixed 500 Free				
1	K. ZIEGENMEYE	34 0	8:25.47	
Mixed 50 Back				
1	LESLIE HAPAK	32 0	35.11	
Mixed 200 Back				
1	B. O'NEILL	33 0	2:45.88	

Mixed 50 Breast				
1	LESLIE HAPAK	32 0	39.96	
2	JENNIFER YEE	31 0	40.96	
3	K. ZIEGENMEYE	34 0	42.76	
Mixed 200 Breast				
1	B. O'NEILL	33 0	2:56.87	
Mixed 50 Fly				
1	K. BAINBRIDGE	30 0	32.05	
2	LESLIE HAPAK	32 0	35.16	
Mixed 100 Fly				
1	K. BAINBRIDGE	30 0	1:15.50	
Mixed 200 Fly				
1	B. O'NEILL	33 0	2:37.00	
Mixed 100 IM				
1	LAUREN YEE	33 0	1:13.79	
2	LESLIE HAPAK	32 0	1:16.26	
3	K. BAINBRIDGE	30 0	1:18.01	
Mixed 200 IM				
1	LAUREN YEE	33 0	2:48.00	
Mixed 400 IM				
1	B. O'NEILL	33 0	5:41.81	

Ages 35 Through 39				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	M. BUCKHARDT	37 0	32.62	
Mixed 100 Free				
1	M. BUCKHARDT	37 0	1:13.74	
Mixed 50 Back				
1	B. SCHULTZ	36 0	37.18	
Mixed 50 Breast				
1	M. BUCKHARDT	37 0	41.53	
2	B. SCHULTZ	36 0	43.58	
Mixed 100 Breast				
1	M. BUCKHARDT	37 0	1:35.66	
Mixed 50 Fly				
1	B. SCHULTZ	36 0	38.80	
Mixed 100 IM				
1	B. SCHULTZ	36 0	1:22.90	

Ages 40 Through 44				
PL	Name	Age Team	Finals	
Mixed 25 Free				
1	C. GARRY	40 0	13.27	
Mixed 50 Free				
1	KAREN PEARSON	44 0	34.56	
Mixed 100 Free				
1	C. GARRY	40 0	1:05.55	
Mixed 50 Back				
1	KAREN PEARSON	44 0	45.82	
Mixed 100 Back				
1	C. GARRY	40 0	1:23.59	
Mixed 50 Breast				
1	KAREN PEARSON	44 0	46.61	
Mixed 100 Breast				
1	C. GARRY	40 0	1:27.00	
Mixed 50 Fly				
1	KAREN PEARSON	44 0	42.93	
Mixed 100 Fly				
1	C. GARRY	40 0	1:21.65	
Mixed 100 IM				
1	KAREN PEARSON	44 0	1:32.38	

Ages 30 Through 34				
PL	Name	Age Team	Finals	
Mixed 100 Free				
1	TOM LYNCH	31 0	1:03.61	
Mixed 200 Free				
1	TOM LYNCH	31 0	2:30.56	
Mixed 100 Back				
1	TOM LYNCH	31 0	1:23.00	
Mixed 100 Fly				
1	TOM LYNCH	31 0	1:21.09	

Ages 35 Through 39				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	J. LEVITT	37 0	27.57	
2	M. SCHULTZ	37 0	27.59	
3	BILL DAVIES	38 0	27.68	
4	STEVE SUKTA	37 0	31.09	
Mixed 100 Free				
1	TIM CLORE	35 0	58.68	
2	J. LEVITT	37 0	1:01.03	
3	STEVE SUKTA	37 0	1:16.64	
Mixed 200 Free				
1	BILL DAVIES	38 0	2:28.00	
Mixed 500 Free				
1	TIM CLORE	35 0	6:10.55	
2	J. LEVITT	37 0	6:37.68	
3	BILL DAVIES	38 0	6:47.22	
4	TOM COSTELLO	38 0	7:17.80	

Mixed 100 Back				
1	TIM CLORE	35 0	1:11.16	
Mixed 200 Back				
1	TIM CLORE	35 0	2:35.69	
Mixed 50 Breast				
1	BILL DAVIES	38 0	31.89	
2	STEVE SUKTA	37 0	45.11	
Mixed 200 Breast				
1	BILL DAVIES	38 0	3:01.57	
Mixed 50 Fly				
1	M. SCHULTZ	37 0	33.69	
Mixed 100 IM				
1	M. SCHULTZ	37 0	1:12.99	
Mixed 200 IM				
1	M. SCHULTZ	37 0	2:46.88	

Ages 40 Through 44				
PL	Name	Age Team	Finals	
Mixed 25 Free				
1	RICK CARVETH	43 0	12.06	
2	S. SCHWARTZ	44 0	12.16	
3	PAUL WRIGHT	40 0	13.10	
Mixed 50 Free				
1	RICK CARVETH	43 0	24.88	
2	S. SCHWARTZ	44 0	26.78	
Mixed 100 Free				
1	RICK CARVETH	43 0	56.53	
2	ELMER SPERRY	41 0	1:00.90	
Mixed 200 Free				
1	S. SCHWARTZ	44 0	2:23.80	
2	ELMER SPERRY	41 0	2:23.85	
Mixed 500 Free				
1	ELMER SPERRY	41 0	6:22.25	
2	RICK CARVETH	43 0	6:26.41	

Mixed 25 Breast				
1	PAUL WRIGHT	40 0	15.50	
Mixed 50 Breast				
1	PAUL WRIGHT	40 0	34.85	
Mixed 100 Breast				
1	PAUL WRIGHT	40 0	1:16.59	
Mixed 200 Breast				
1	PAUL WRIGHT	40 0	2:59.89	
Mixed 25 Fly				
1	S. SCHWARTZ	44 0	13.73	
Mixed 100 Fly				
1	ELMER SPERRY	41 0	1:16.79	
Mixed 200 IM				
1	ELMER SPERRY	41 0	2:41.00	

Ages 45 Through 49				
PL	Name	Age Team	Finals	
Mixed 25 Free				
1	JAY RYNO	49 0	13.12	
Mixed 50 Free				
1	S. SELIGSON	48 0	29.41	
2	ZANE CHWASTEK	45 0	32.17	
Mixed 100 Free				
1	JAY RYNO	49 0	1:02.33	
2	GRAHAM ANNEAR	45 0	1:03.27	
3	ZANE CHWASTEK	45 0	1:35.61	
Mixed 200 Free				
1	GRAHAM ANNEAR	45 0	2:16.25	
2	ZANE CHWASTEK	45 0	3:30.13	
Mixed 500 Free				
1	GRAHAM ANNEAR	45 0	6:13.10	
2	S. SELIGSON	48 0	6:48.03	
3	ZANE CHWASTEK	45 0	9:33.78	
Mixed 25 Back				
1	JAY RYNO	49 0	16.11	
Mixed 100 Back				
1	JAY RYNO	49 0	1:08.86	
Mixed 25 Breast				
1	JAY RYNO	49 0	14.41	
Mixed 50 Breast				
1	ZANE CHWASTEK	45 0	43.53	
Mixed 100 Breast				
1	JAY RYNO	49 0	1:17.00	
Mixed 100 Fly				
1	JAY RYNO	49 0	1:14.36	
Mixed 100 IM				
1	GRAHAM ANNEAR	45 0	1:17.63	
Mixed 200 IM				
1	JAY RYNO	49 0	2:36.99	

Ages 50 Through 54				
PL	Name	Age Team	Finals	
Mixed 50 Free				
1	HUGH RODDIN	53 0	31.75	
Mixed 200 Free				
1	D. KROEGER	51 0	2:16.25	
Mixed 100 Back				
1	HUGH RODDIN	53 0	1:08.30	
Mixed 200 Back				
1	D. KROEGER	51 0	2:53.31	

--- Ages 45 Through 49 ---			
PL	Name	Age Team	Finals
Mixed 25 Free			
1	G. MOYER	46 0	26.38
Mixed 50 Free			
1	G. MOYER	46 0	57.97
Mixed 500 Free			
1	G. MOYER	46 0	12:27.76
Mixed 25 Back			
1	G. MOYER	46 0	28.73
Mixed 25 Breast			
1	G. MOYER	46 0	27.48

Mixed 100 Breast			
1	G. MOYER	46 0	2:13.71
Mixed 200 Breast			
1	G. MOYER	46 0	4:39.34
Mixed 25 Fly			
1	G. MOYER	46 0	27.72
Mixed 50 Fly			
1	G. MOYER	46 0	1:03.35

--- Ages 50 Through 54 ---			
PL	Name	Age Team	Finals
Mixed 50 Free			
1	JOY KOWALSKI	53 0	39.03
Mixed 200 Free			
1	F. RAPP	51 0	2:53.74
Mixed 200 Back			
1	F. RAPP	51 0	3:22.02
Mixed 50 Breast			
1	JOY KOWALSKI	53 0	47.50
Mixed 200 Breast			
1	F. RAPP	51 0	3:34.33
Mixed 200 Fly			
1	F. RAPP	51 0	3:43.72
Mixed 400 IM			
1	F. RAPP	51 0	7:01.83

--- Ages 55 Through 59 ---			
PL	Name	Age Team	Finals
Mixed 25 Free			
1	P. PRIEST	59 0	17.32
Mixed 50 Free			
1	P. PRIEST	59 0	39.02
Mixed 100 Free			
1	P. PRIEST	59 0	1:29.30
Mixed 25 Back			
1	P. PRIEST	59 0	21.50
Mixed 50 Back			
1	P. PRIEST	59 0	47.08
Mixed 100 Back			
1	P. PRIEST	59 0	1:38.86

--- Ages 60 Through 64 ---			
PL	Name	Age Team	Finals
Mixed 25 Free			
1	R. PONIEWAZIC	62 0	39.85

Mixed 100 Back			
1	R. PONIEWAZIC	62 0	2:43.06

--- Ages 70 Through 74 ---			
PL	Name	Age Team	Finals
Mixed 200 Free			
1	LOIS NOCHMAN	71 0	3:24.16
Mixed 200 Back			
1	LOIS NOCHMAN	71 0	3:31.96
Mixed 200 Breast			
1	LOIS NOCHMAN	71 0	3:58.45
Mixed 200 Fly			
1	LOIS NOCHMAN	71 0	3:51.41
Mixed 400 IM			
1	LOIS NOCHMAN	71 0	7:41.25

--- Ages 75 Through 79 ---			
PL	Name	Age Team	Finals
Mixed 50 Free			
1	EDITH GLUSAC	76 0	53.00
2	M. FORSTER	78 0	1:12.94
Mixed 100 Free			
1	M. FORSTER	78 0	3:01.05
Mixed 200 Free			
1	M. FORSTER	78 0	6:18.00
Mixed 500 Free			
1	M. FORSTER	78 0	15:50.37
Mixed 50 Back			
1	EDITH GLUSAC	76 0	56.58
2	M. FORSTER	78 0	1:42.74
Mixed 100 Back			
1	M. FORSTER	78 0	3:35.95
Mixed 50 Breast			
1	EDITH GLUSAC	76 0	57.20
Mixed 50 Fly			
1	EDITH GLUSAC	76 0	1:13.27
Mixed 100 IM			
1	EDITH GLUSAC	76 0	2:18.29

--- Ages 25 Through 29 ---			
PL	Name	Age Team	Finals
Mixed 50 Free			
1	IAN DAWSON	27 0	24.70

Mixed 100 Free			
1	T. SCHARDT	28 0	56.58
Mixed 200 Free			
1	IAN DAWSON	27 0	2:12.35
2	T. SCHARDT	28 0	2:13.55
Mixed 50 Back			
1	IAN DAWSON	27 0	34.84
Mixed 50 Breast			
1	IAN DAWSON	27 0	34.75
2	T. SCHARDT	28 0	35.35
Mixed 50 Fly			
1	IAN DAWSON	27 0	28.69
Mixed 100 Fly			
1	T. SCHARDT	28 0	1:13.55
Mixed 100 IM			
1	IAN DAWSON	27 0	1:07.47
Mixed 200 IM			
1	T. SCHARDT	28 0	2:45.29

Mixed 200 Breast			
1	D. KROEGER	51 0	2:57.74
Mixed 200 Fly			
1	D. KROEGER	51 0	3:07.55
Mixed 400 IM			
1	D. KROEGER	51 0	5:54.23

--- Ages 55 Through 59 ---			
PL	Name	Age Team	Finals

Mixed 400 IM			
1	D. KRATCHMAN	56 0	8:06.64

--- Ages 60 Through 64 ---			
PL	Name	Age Team	Finals

Mixed 50 Free			
1	WALLY DOBLER	61 0	27.78

Mixed 100 Free			
1	C. DRIEHARST	61 0	1:28.87

Mixed 50 Back			
1	WALLY DOBLER	61 0	33.55

Mixed 50 Breast			
1	WALLY DOBLER	61 0	36.49

Mixed 50 Fly			
1	WALLY DOBLER	61 0	28.96

Mixed 100 IM			
1	WALLY DOBLER	61 0	1:10.76

--- Ages 65 Through 69 ---			
PL	Name	Age Team	Finals

Mixed 200 Free			
1	DONALD KORTEN	68 0	2:51.41
2	JAE BIRCH	67 0	3:59.66

Mixed 500 Free			
1	DONALD KORTEN	68 0	7:37.85

Mixed 200 Back			
1	JAE BIRCH	67 0	3:58.49

Mixed 200 Breast			
1	JAE BIRCH	67 0	4:51.07

Mixed 50 Fly			
1	DONALD KORTEN	68 0	40.83

Mixed 200 Fly			
1	JAE BIRCH	67 0	4:10.09

Mixed 100 IM			
1	DONALD KORTEN	68 0	1:30.45

Mixed 200 IM			
1	DONALD KORTEN	68 0	3:27.23

Mixed 400 IM			
1	JAE BIRCH	67 0	8:11.20
--- Ages 70 Through 74 ---			
PL	Name	Age Team	Finals

Mixed 25 Free			
1	JOHN REESE	70 0	14.93

Mixed 50 Free			
1	JOHN REESE	70 0	32.55

Mixed 100 Free			
1	C. BELKNAP	70 0	1:33.90

Mixed 200 Free			
1	ROBERT DOUD	72 0	1:36.51

Mixed 50 Back			
1	ROBERT DOUD	72 0	3:38.20

Mixed 200 Breast			
1	ROBERT DOUD	72 0	4:11.59

Mixed 500 Free			
1	DONALD MAY	74 0	10:51.75

Mixed 25 Back			
1	RALPH SILVER	73 0	30.38

Mixed 50 Back			
1	DONALD MAY	74 0	1:02.58

Mixed 200 Back			
1	DONALD MAY	74 0	5:42.36

Mixed 25 Breast			
1	ROBERT DOUD	72 0	28.39

Mixed 50 Breast			
1	JOHN REESE	70 0	37.10

Mixed 25 Fly			
1	ROBERT DOUD	72 0	24.55

Mixed 50 Fly			
1	JOHN REESE	70 0	44.36

Event Results for Timed Finals

[illegible]

Event Results for Timed Finals

Ages 60 Through 64 ---				Ages 19 Through 24 ---				Mixed 50 Fly																						
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	1	ERIC SHIRLEY	33	PAST	27.95																		
Mixed 50 Free				Mixed 50 Free				Ages 35 Through 39 ---																						
1	MARY CLARK	62	LAPS 58.04	1	LUKE NIN	19	UNATT 28.76	PL	Name	Age Team	Finals																			
Mixed 100 Free				Ages 25 Through 29 ---				Mixed 50 Free																						
1	IDA SMITH	62	MID 1:31.15	PL	Name	Age Team	Finals	1	B.J. KELLY	39	PLY	26.90																		
2	MARY CLARK	62	LAPS 1:56.41					Mixed 100 Free																						
Mixed 200 Free				Mixed 50 Free				1				B.J. KELLY	39	PLY	1:00.48															
1	IDA SMITH	62	MID 3:13.91	1	BRET PORFAR	26	LCC 29.56	2				RICK MATHENY	36	OWSO	1:00.99															
Mixed 50 Back				Mixed 100 Free				Mixed 200 Free																						
1	MARY CLARK	62	LAPS 1:08.31	1	THOMAS SCHARDT	28	OH-MI 57.12	1				B.J. KELLY	39	PLY	2:15.24															
Mixed 100 Breast				2				BRET PORFAR	26	LCC	1:06.02	2				RICK MATHENY	36	OWSO	2:49.65											
1	IDA SMITH	62	MID 1:41.60	3				NICHOLAS NEWMAN	28	SOAK	1:09.86	Mixed 50 Back																		
Ages 70 Through 74 ---				Mixed 200 Free				1				B.J. KELLY	39	PLY	33.71															
PL	Name	Age Team	Finals	1	THOMAS SCHARDT	28	OH-MI 2:05.34	Ages 40 Through 44 ---																						
Mixed 200 Free				2				BRET PORFAR	26	LCC	2:32.16	PL				Name	Age Team	Finals												
1	LOIS NOCHMAN	71	SOS 3:18.30	Mixed 1000 Free				Mixed 50 Free																						
Mixed 1000 Free				1				THOMAS SCHARDT	28	OH-MI12:31.85	1				MARK VIZENA	42	LAP	25.53												
1	LOIS NOCHMAN	71	SOS 18:17.10	2				BRET PORFAR	26	LCC	15:22.27	1				M. BARCKROOT	43	UNATT	26.36											
Mixed 100 Back				Mixed 100 Back				1				THOMAS SCHARDT	28	OH-MI 1:07.72	1				RONALD RICH	40	STAR	27.10								
1	LOIS NOCHMAN	71	SOS 1:41.82	Mixed 100 Breast				1				NICHOLAS NEWMAN	28	SOAK	1:24.49	1				MARK GRUSKIN	41	JCC	34.88							
Mixed 50 Breast				Mixed 100 Fly				Mixed 100 Free				1				DANA PRESSNALL	42	MID	58.61											
1	LOIS NOCHMAN	71	SOS 48.78	1				THOMAS SCHARDT	28	OH-MI 1:15.31	2				M. BARCKROOT	43	UNATT	58.93												
Mixed 100 Breast				Ages 30 Through 34 ---				3				ARMANDO PLASTINO	44	SOO	1:02.92	4				RONALD RICH	40	STAR	1:04.17							
1	LOIS NOCHMAN	71	SOS 1:49.30	PL	Name	Age Team	Finals	5				MARK GRUSKIN	41	JCC	1:19.03	Mixed 200 Free														
Ages 75 Through 79 ---				Mixed 50 Free				1				FRANK THOMPSON	43	SOS	2:26.96	2				CHARLES SIAFRAN	41	LAPS	3:24.99							
PL	Name	Age Team	Finals	1	ERIC WORDLUND	31	SOS 23.88	2				CHARLES SIAFRAN	41	LAPS	3:24.99	Mixed 200 Free														
Mixed 100 Free				1				MARTHA FORSTER	78	BCYM 2:49.95	1				FRANK THOMPSON	43	SOS	2:04.82	2				DANA PRESSNALL	42	MID	2:11.31				
Mixed 200 Free				1				ROGER HARPER	30	DETM 25.71	3				DOUG TEMPLETON	41	STAR	2:14.41	4				M. BARCKROOT	43	UNATT	2:18.31				
1	EDITH GLOSAC	76	SOS 4:53.28	2				DAVID SMILEY	33	PAST 29.66	5				MARK VIZENA	42	LAP	2:23.67	6				ARMANDO PLASTINO	44	SOO	2:28.82				
Mixed 50 Back				Mixed 100 Free				1				ERIC WORDLUND	31	SOS 52.73	7				RONALD RICH	40	STAR	2:31.70	8				MARK GRUSKIN	41	JCC	2:47.77
2	MARTHA FORSTER	78	BCYM 5:58.90	2				ROGER HARPER	30	DETM 58.36	Mixed 50 Back				Mixed 1000 Free															
Mixed 100 Free				1				ERIC WORDLUND	31	SOS 29.31	1				DANA PRESSNALL	42	MID	12:48.87	2				MARK GRUSKIN	41	JCC	15:34.40				
1	MARTHA FORSTER	78	BCYM 1:10.00	Mixed 100 Back				1				ERIC WORDLUND	31	SOS 1:06.34	Mixed 50 Back				1				MARK VIZENA	42	LAP	31.69				
Mixed 50 Breast				Mixed 100 Breast				1				DAVID SMILEY	33	PAST 32.03	2				RONALD RICH	40	STAR	39.46	3				CHARLES SIAFRAN	41	LAPS	52.70
1	EDITH GLOSAC	76	SOS 59.36	2				ROGER HARPER	30	DETM 33.38	Mixed 50 Back				1				MARK VIZENA	42	LAP	31.69	2				RONALD RICH	40	STAR	39.46
Mixed 100 Breast				Mixed 100 Breast				1				DAVID SMILEY	33	PAST 1:10.12	3				CHARLES SIAFRAN	41	LAPS	52.70	4				MARK GRUSKIN	41	JCC	1:19.03
1	EDITH GLOSAC	76	SOS 2:07.91	2				ROGER HARPER	30	DETM 1:16.32	Mixed 50 Back				1				MARK VIZENA	42	LAP	31.69	2				RONALD RICH	40	STAR	39.46

Final Thanks—Y—ing Tune: Up Meet

1 MARI VIZENA 42 LAP 33.65
 2 CHARLES SZAPRAN 41 LAPS 35.51
 3 ARMANDO PLASTINO 44 SOO 36.22

Mixed 100 Breast
 1 DOUG TEMPLENTON 41 STAR 1:17.27
 2 CHARLES SZAPRAN 41 LAPS 1:18.99
 3 ARMANDO PLASTINO 44 SOO 1:22.42

Mixed 50 Fly
 1 ARMANDO PLASTINO 44 SOO 33.21

 --- Ages 45 Through 49 ---
 PL Name Age Team Finals

Mixed 50 Free
 - LARRY KIMBALL 45 FLY 25.71
 - JERRY FISH 49 UNATT 26.91
 - GRAHAM ANNEAR 45 HAM 29.46
 - JON RICHARDSON 46 UNATT 30.12
 - PATRICK HENRY 46 FLY 31.16
 - RON MCCONNELL 46 FLY 47.62

Mixed 100 Free
 1 DANIEL BELTON 45 DRY 57.95
 2 ROB MONTIE 47 DRY 1:01.96
 3 JERRY FISH 49 UNATT 1:02.24
 4 GRAHAM ANNEAR 45 HAM 1:04.11
 5 PATRICK HENRY 46 FLY 1:04.63
 6 RON MCCONNELL 46 FLY 1:47.18

Mixed 200 Free
 1 L. BROCKHAHN 45 FLY 2:10.10
 2 GRAHAM ANNEAR 45 HAM 2:13.97
 3 JERRY FISH 49 UNATT 2:28.14

Mixed 1000 Free
 1 GRAHAM ANNEAR 45 HAM 12:33.09

Mixed 50 Back
 1 DANIEL BELTON 45 DRY 30.81
 2 RICHARD CHANEY 45 FLY 32.30
 3 ROB MONTIE 47 DRY 33.54
 4 PATRICK HENRY 46 FLY 37.88

Mixed 100 Back
 1 DANIEL BELTON 45 DRY 1:06.06
 2 RICHARD CHANEY 45 FLY 1:08.76

Mixed 50 Breast
 1 RICHARD CHANEY 45 FLY 39.25
 2 PATRICK HENRY 46 FLY 42.00

Mixed 50 Fly
 1 LARRY KIMBALL 45 FLY 28.12

--- Ages 50 Through 54 ---
 PL Name Age Team Finals

Mixed 50 Free
 - PAUL CHAFFER 53 UNATT 27.85
 - GEORGE RUNSIMAN 53 LANS 33.30

Mixed 100 Free
 1 PAUL CHAFFER 53 UNATT 1:01.58
 2 HUGH RODDIN 53 UNATT 1:07.46

Mixed 200 Free
 1 RICHARD HANSON 50 SOMC 2:51.86

Mixed 50 Fly
 1 HUGH RODDIN 53 UNATT 1:15.53
 2 WM BROWN 50 STAR 2:27.75
 3 PAUL CHAFFER 53 UNATT 2:28.56

Mixed 100 Back
 1 HUGH RODDIN 53 UNATT 1:09.55

Mixed 50 Breast
 1 GEORGE RUNSIMAN 53 LANS 36.51

Mixed 100 Breast
 1 GEORGE RUNSIMAN 53 LANS 1:18.91
 2 RICHARD HANSON 50 SOMC 1:22.36

Mixed 50 Fly
 1 RICHARD HANSON 50 SOMC 31.99
 2 GEORGE RUNSIMAN 53 LANS 34.65

Mixed 100 Fly
 1 WM BROWN 50 STAR 1:05.14

 --- Ages 55 Through 59 ---
 PL Name Age Team Finals

Mixed 50 Free
 - B SOULE 58 BWSC 30.28
 - BRIAN WHELEN 55 GRYM 30.79

Mixed 100 Free
 1 B SOULE 58 BWSC 1:06.23
 2 BRIAN WHELEN 55 GRYM 1:10.65

Mixed 200 Free
 1 B SOULE 58 BWSC 2:32.31
 2 BRIAN WHELEN 55 GRYM 2:48.35

Mixed 1000 Free
 1 BRIAN WHELEN 55 GRYM 15:56.51

Mixed 50 Back
 1 BRIAN WHELEN 55 GRYM 46.01

--- Ages 60 Through 64 ---
 PL Name Age Team Finals

Mixed 50 Free
 - WALLY DOBLER 61 LANS 27.61
 - JOHN RIES 64 MID 28.75

Mixed 200 Free
 1 WALLY DOBLER 61 LANS 2:29.86

Mixed 100 Back
 1 WALLY DOBLER 61 LANS 1:20.03

Mixed 50 Breast
 1 JOHN RIES 64 MID 40.37

Mixed 50 Fly
 1 WALLY DOBLER 61 LANS 29.47
 2 JOHN RIES 64 MID 34.82

 --- Ages 65 Through 69 ---
 PL Name Age Team Finals

Mixed 50 Free
 - JAR BIRCH 67 BCMY 36.22

Mixed 200 Free
 1 DON KORTEN 68 BCMY 3:17.22

Mixed 200 Free
 1 DON KORTEN 68 BCMY 2:47.29

Mixed 1000 Free
 1 JAR BIRCH 67 BCMY 18:27.30

Mixed 50 Back
 1 ROBERT WEDDELL 65 LAPS 37.47
 2 JAR BIRCH 67 BCMY 48.00

Mixed 100 Back
 1 ROBERT WEDDELL 65 LAPS 1:23.99
 2 DON KORTEN 68 BCMY 1:31.92

Mixed 50 Breast
 1 JAR BIRCH 67 BCMY 1:01.18

Mixed 100 Breast
 1 DON KORTEN 68 BCMY 1:37.98

Mixed 50 Fly
 1 JAR BIRCH 67 BCMY 44.10

Mixed 100 Fly
 1 DON KORTEN 68 BCMY 1:34.63

 --- Ages 70 Through 74 ---
 PL Name Age Team Finals

Mixed 50 Free
 - WAYNE BLANCHARD 73 LAPS 38.49
 - RALPH SILVER 73 LAPS 49.39

--- Ages 75 Through 79 ---
 PL Name Age Team Finals

Mixed 200 Free
 1 DONALD MAY 74 BCMY 4:02.18

Mixed 1000 Free
 1 DONALD MAY 74 BCMY 23:42.42

Mixed 50 Back
 1 RALPH SILVER 73 LAPS 1:09.94

Mixed 100 Back
 1 DONALD MAY 74 BCMY 2:37.48

Mixed 50 Breast
 1 RALPH SILVER 73 LAPS 57.39

Mixed 100 Breast
 1 DONALD MAY 74 BCMY 2:33.90

 --- Ages 25 Through 34 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 LAPS W-25 LAPS 2:32.70

 --- Ages 35 Through 44 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 SOO W-35 SOO 2:37.54

 --- Ages 45 Through 54 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 LCC W-45 LCC 3:00.57

 --- Ages 35 Through 44 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 Flint Y M-35 FLY 2:02.80
 2 LCC M-35 LCC 2:05.30

Mixed 400 R-Medley
 1 Flint Y M-35 FLY 5:41.01
 2 DRY M-35 DRY 5:47.54

 --- Ages 65 Through 74 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 BCMY M-65 BCMY 3:12.69

--- Ages 45 Through 54 ---
 PL Name Age Team Finals

Mixed 200 R-Medley
 1 LAPS X-45 LAPS 2:52.06

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Event # 4 M/F 100 YARD FREESTYLE

WOMEN . . . WOMEN . . . WOMEN . . . WOMEN

1	Diane Mauk	F 30	UNAT	1:16.48
1	Ruth Beier	F 35	LANS	1:07.08
2	Carol Fleming	F 39	GRIN	1:09.55
1	Susan Jones	F 40	LANS	1:15.02
1	Helynne Schank	F 49	LAPS	1:28.75
1	Fredericka Rapp	F 51	OHMI	1:15.01
2	Jennifer Parks	F 52	HARB	1:18.74
2	Charlene Decker	F 56	BYH	1:59.32
	Sigrid Ewers	F 56	LAPS	SCR

Merlyn Ewbank F 76 MID

MEN.....MEN.....MEN.....MEN				
1	Thomas Schardt	M 28	OHMI	1:03.94
2	Bret Forfar	M 26	LAPS	1:04.45
1	Eric Wordlund	M 31	SOS	52.43
2	Tom Halmi	M 34	UNAT	59.25
3	Tom Lynch	M 31	OHMI	1:02.49
1	EJ Kelly	M 38	FLY	57.58
2	Peter Shireman	M 37	WMH	57.88
3	Larry Swetkey	M 36	GRIN	58.15
4	Rick Matheny	M 36	OWOS	59.74
5	Brian Devereaux	M 38	JAMS	1:01.24

7	Steve Sukta	M 37	JAMS	1:11.36
	Juan Tavares	M 35	BBD	SCR
1	Frank Thompson	M 43	SOS	57.60
2	Elmer Sperry	M 41	OHMI	59.56
3	Ron Rice	M 40	STAR	1:00.47
4	Victor Locke	M 42	GRIN	1:06.27
5	Mark Gruskin	M 41	JCC	1:15.29
6	Greg Veltre	M 44	BBD	1:21.88
1	Jerry Fish	M 49	DWOS	1:00.54

3	Ed Shumaker	M 49	UNAT	1:06.69
4	Thomas Moyer	M 47	MM	1:14.50
1	Paul Chaffee	M 53	OWOS	1:01.12
2	Dave Epps	M 51	JCC	1:08.81
1	Bruce Soule	M 58	SOS	1:06.22
2	Albert Morley	M 57	BCYM	1:11.74

புத்தகம் - ஒரு புத்தகம் - ஒரு புத்தகம்

Event # 5 M/F 50 YARD BREASTSTROKE

WOMEN...WOMEN...WOMEN...WOMEN			
1	Victoria Webber	F 21 UNAT	41.58
1	Dyne Burrell	F 28 BBD	35.87
1	Susan Alt	F 40 DRY	52.78
	Karen Pearson	F 44 LAPS	SCR
1	Patrice Hirt	F 46 FLY	41.05
2	Diane Kurtz	F 45 LAPS	43.72
3	Gail Dummer	F 45 LANS	45.86
4	Genevieve Moyer	F 46 MM	56.12
1	Sigrid Ewers	F 56 LAPS	44.11
2	Karen Forfar	F 58 LAPS	55.91
1	Esther Dalrymple	F 61 LANS	1:17.51
	Beverly Myers	F 60 OHMI	SCR
1	Lois Hochman	F 71 SOS	50.00
1	Edith Glusac	F 77 SOS	1:00.75
MEN.....MEN.....MEN.....MEN			
1	Brian Fickies	M 24 BBD	31.54
1	Michael Bell	M 27 OHMI	35.03
1	Thomas Doane	M 32 ROCK	37.82
1	Peter Shireman	M 37 MM	33.52
2	Tim Clore	M 35 JAMS	35.50
3	Andy Donato	M 38 SOS	35.83
1	Thomas Topolski	M 42 UNAT	31.15
2	Rodger Midkiff	M 40 HABR	31.53
3	Mark Vizena	M 42 LAPS	33.77
4	Paul Wright	M 41 FAST	34.87
5	Larry Ampulski	M 43 MM	37.44
6	Greg Veltema	M 44 BBD	55.31
1	Larry Sprunk	M 48 DRY	33.56
2	Daniel Helton	M 45 DRY	34.42
3	Leonard Brockhahn	M 45 FLY	34.68
4	Thomas Hunt	M 48 SOS	35.03
5	Lawrence Kimball	M 45 FLY	35.13
6	Richard Chaney	M 45 FLY	36.92
7	Rob Montie	M 47 DRY	37.53
8	Robert Lundy	M 45 UNAT	38.30
9	Ed Shumaker	M 49 UNAT	41.94
10	Richard Szube	M 47 FAST	42.27
11	Jon Richardson	M 46 MM	47.90
1	Robert Krist	M 54 SOS	42.50
	Dave Eppa	M 51 JCC	SCR
1	Bill Ptashnik	M 55 HYDR	36.37
	Brian Whalen	M 55 GRY	SCR
1	John Ries	M 64 MIDL	39.48

Event # 6 M/F 50 YARD FREESTYLE

WOMEN...WOMEN...WOMEN...WOMEN			
1	Victoria Webber	F 21 UNAT	30.81
1	Dyne Burrell	F 28 BBD	24.86
1	Diane Hauk	F 30 UNAT	33.94
1	Ruth Beier	F 35 LANS	30.51
2	Carol Fleming	F 39 GRIN	32.43
1	Susan Jones	F 40 LANS	33.62
2	Susan Alt	F 40 DRY	33.94
3	Karen Pearson	F 44 LAPS	35.18
1	Patrice Hirt	F 46 FLY	31.16
2	Diane Kurtz	F 45 LAPS	33.32
3	Helynn Schank	F 49 LAPS	37.04
4	Gail Dummer	F 45 LANS	39.64
5	Genevieve Moyer	F 46 MM	59.94
1	Fredericka Rapp	F 51 OHMI	33.63
2	Jennifer Parks	F 52 HARB	35.77
1	Prudence Hall	F 57 OHIO	38.99
2	Karen Forfar	F 58 LAPS	41.40
3	Sigrid Ewers	F 56 LAPS	48.09
4	Charlene Decker	F 56 BYM	49.32
1	Beverly Myers	F 60 OHMI	26.45
2	Esther Dalrymple	F 61 LANS	54.33
1	Lois Hochman	F 71 SOS	40.31
1	Edith Glusac	F 77 SOS	55.09
2	Martha Forster	F 78 BCYM	1:13.66
	Merlyn Eubank	F 76 MIDL	SCR
MEN.....MEN.....MEN.....MEN			
1	Brian Fickies	M 24 BBD	23.19
1	Michael Bell	M 27 OHMI	23.71
2	Thomas Schardt	M 28 OHMI	25.84
3	Bret Forfar	M 26 LAPS	28.77
1	Eric Nordlund	M 31 SOS	23.85
2	Tom Halmi	M 34 UNAT	26.26
3	Tom Lynch	M 31 OHMI	28.57
4	Thomas Doane	M 32 ROCK	28.79
1	Larry Sweetkey	M 36 GRIN	25.73
2	EJ Kelly	M 38 FLY	26.36
3	Rick Matheny	M 36 OMOS	26.47
4	Peter Shireman	M 37 MM	26.71
5	Tim Clore	M 35 JAMS	26.90
6	Andy Donato	M 38 SOS	27.48
7	Brian Devereaux	M 38 JAMS	27.68
8	David Bashore	M 39 BBD	28.25
9	Steve Sukta	M 37 JAMS	35.78
1	Rodger Midkiff	M 40 HABR	25.13
2	Mark Vizena	M 42 LAPS	25.87
3	Frank Thompson	M 43 SOS	26.21

1	Leonard Brockhahn	M 45 FLY	25.41
2	Lawrence Kimball	M 45 FLY	25.57
3	Daniel Helton	M 45 DRY	26.01
4	Jerry Fish	M 49 OMOS	26.69
5	Richard Chaney	M 45 FLY	27.04
6	Rob Montie	M 48 DRY	27.28
7	Thomas Hunt	M 48 SOS	27.83
8	Graham Annear	M 45 AUST	29.08
9	Richard Szube	M 47 FAST	29.15
10	Larry Sprunk	M 48 DRY	29.20
11	Robert Lundy	M 45 UNAT	29.55
12	Jon Richardson	M 46 MM	30.48
13	Thomas Moyer	M 47 MM	34.54
1	Paul Chaffee	M 53 OMOS	27.54
2	Robert Krist	M 54 SOS	33.10
1	Bruce Soule	M 58 SOS	29.73
2	Bill Ptashnik	M 55 HYDR	30.56
3	Albert Morley	M 57 BCYM	32.51
1	John Ries	M 64 MIDL	28.46
1	Don Korten	M 69 BCYM	33.96
2	R.A. Martin	M 65 LAPS	34.40
3	Joe Birch	M 67 BCYM	36.88
1	J. John Reese	M 70 UNAT	32.90
2	Donald May	M 74 BCYM	41.85

Event # 7 M/F 100 YARD IM

WOMEN...WOMEN...WOMEN...WOMEN			
1	Victoria Webber	F 21 UNAT	1:19.04
1	Dyne Burrell	F 28 BBD	1:04.02
1	Karen Pearson	F 44 LAPS	1:35.25
2	Susan Alt	F 40 DRY	1:38.47
1	Patrice Hirt	F 46 FLY	1:21.05
2	Diane Kurtz	F 45 LAPS	1:30.16
3	Genevieve Moyer	F 46 MM	2:09.94
	Gail Dummer	F 45 LANS	SCR
1	Prudence Hall	F 57 OHIO	1:39.78
2	Karen Forfar	F 58 LAPS	1:47.29
	Beverly Myers	F 60 OHMI	SCR
1	Lois Hochman	F 71 SOS	1:37.73
1	Edith Glusac	F 77 SOS	2:19.60
MEN.....MEN.....MEN.....MEN			
1	Brian Fickies	M 24 BBD	1:01.22
1	Michael Bell	M 27 OHMI	1:03.68
1	Thomas Doane	M 32 ROCK	1:25.12
1	Tim Clore	M 35 JAMS	1:08.50
2	Andy Donato	M 38 SOS	1:00.34

1	Rodger Midkiff	M 40 HABR	1:02.78
2	Thomas Topolski	M 42 UNAT	1:05.36
3	Mark Vizena	M 42 LAPS	1:10.29
4	Larry Ampulski	M 43 MM	1:16.93
5	Paul Wright	M 41 FAST	1:23.03
1	Daniel Helton	M 45 DRY	1:05.76
2	Leonard Brockhahn	M 45 FLY	1:06.09
3	Lawrence Kimball	M 45 FLY	1:09.83
4	Thomas Hunt	M 48 SOS	1:10.13
5	Richard Chaney	M 45 FLY	1:10.22
6	Larry Sprunk	M 48 DRY	1:11.07
7	Rob Montie	M 47 DRY	1:11.30
8	Robert Lundy	M 45 UNAT	1:17.52
9	Richard Szube	M 47 FAST	1:17.86
10	Ed Shumaker	M 49 UNAT	1:20.67
1	Robert Krist	M 54 SOS	1:25.13
1	Bill Ptashnik	M 55 HYDR	1:20.54
	Brian Whalen	M 55 GRY	SCR
1	John Ries	M 64 MIDL	1:18.40
1	R.A. Martin	M 65 LAPS	1:32.47
2	Joe Birch	M 67 BCYM	1:43.56
1	J. John Reese	M 70 UNAT	1:35.59

Event # 8 M/F 500 YARD FREESTYLE

WOMEN...WOMEN...WOMEN...WOMEN			
1	Diane Hauk	F 30 UNAT	7:54.41
1	Ruth Beier	F 35 LANS	6:36.27
	Carol Fleming	F 39 GRIN	SCR
1	Susan Jones	F 40 LANS	7:17.45
1	Helynn Schank	F 49 LAPS	9:17.86
1	Fredericka Rapp	F 51 OHMI	7:30.34
2	Jennifer Parks	F 52 HARB	7:38.79
1	Prudence Hall	F 57 OHIO	8:06.52
1	Martha Forster	F 78 BCYM	15:01.90
MEN.....MEN.....MEN.....MEN			
1	Bret Forfar	M 26 LAPS	7:03.87
	Thomas Schardt	M 28 OHMI	SCR
1	Eric Nordlund	M 31 SOS	5:20.70
2	Tom Halmi	M 34 UNAT	5:58.53
3	Tom Lynch	M 31 OHMI	6:39.42

1	Peter Shireman	M 37 MM	5:45.59
2	EJ Kelly	M 38 FLY	6:10.57
3	Brian Devereaux	M 38 JAMS	6:16.29
4	Larry Sweetkey	M 36 GRIN	6:23.77
5	David Bashore	M 39 BBD	6:39.73
6	Rick Matheny	M 36 OMOS	6:51.15
7	Steve Sukta	M 37 JAMS	7:41.64
	Juan Tavares	M 35 BBD	SCR
1	Frank Thompson	M 43 SOS	5:27.85
2	Elmer Sperry	M 41 OHMI	6:13.05
3	Ron Rice	M 40 STAR	6:36.59
4	Paul Wright	M 41 FAST	7:13.33
5	Mark Gruskin	M 41 JCC	7:21.14
6	Greg Veltema	M 44 BBD	9:12.42
	Victor Locke	M 42 GRIN	SCR
1	Graham Annear	M 45 AUST	6:19.53
2	Jerry Fish	M 49 OMOS	7:11.51
3	Thomas Moyer	M 47 MM	7:38.86
1	Paul Chaffee	M 53 OMOS	7:15.39
1	Bruce Soule	M 58 SOS	7:02.23
2	Albert Morley	M 57 BCYM	7:12.49
1	Don Korten	M 69 BCYM	7:37.42
1	Donald May	M 74 BCYM	10:55.62

	1 200 FREE	2 50 FLY	3 50 BACK	4 100 FREE	5 50 BREAST	6 50 FREE	7 100 IM	8 500 FREE	TOTAL SCORE
CRESHERDO FREESTYLE RESULTS									
Women's 30-34									
Diane Mauk	2 : 49.08			1 : 16.48		33.94		7 : 54.41	754
Women's 35-39									
Carol Fleming	2 : 34.43			1 : 9.55		32.43		30	2056
Ruth Beier	30			1 : 7.08		30.51		6 : 36.27	2294
Women's 40-44									
Susan Jones	2 : 46.17			1 : 15.02		33.62		7 : 17.45	712
Women's 45-49									
Melynn Schank	3 : 18.89			1 : 28.75		37.04		9 : 17.86	883
Women's 50-54									
Fredericka Rapp	2 : 50.55			1 : 15.01		33.63		7 : 30.34	730
Jennifer Parks	2 : 50.50			1 : 18.74		35.77		7 : 38.79	744
Women's 55-59									
Prudence Hall	3 : 02.09			30		38.99	1 : 39.78	8 : 6.52	2506
Charlene Decker	30		55.76	1 : 59.32		49.32		30	3769
Women's 75-79									
Martha Foster	5 : 48.81			2 : 41.56		1 : 13.66		15 : 1.90	1486
Merlyn Eubank	30			1 : 53.00		30		30	5513
Men's 25-29									
Bret Forfar	2 : 28.17			1 : 4.45		28.77		7 : 3.87	665
Thomas Schardt	2 : 32.48			1 : 3.94		25.84		30	2042
Men's 30-34									
Eric Nordlund	1 : 56.34			52.43		23.85		5 : 20.70	513
Tom Halmi	2 : 9.39			59.25		26.26		5 : 58.53	573
Tom Lynch	2 : 24.01			1 : 2.49		28.57		6 : 39.42	634
Men's 35-39									
Peter Shireman	2 : 4.95			57.88	33.52	26.71		5 : 45.59	555
E.J. Kelly	2 : 9.56			57.58		26.36		6 : 10.57	584
Larry Sweetkey	2 : 13.21			58.15		25.73		6 : 23.77	600.9
Brian Devereaux	2 : 16.23			1 : 1.24		27.68		6 : 16.29	601.4
David Bayshore	2 : 20.36			1 : 3.08		28.25		6 : 39.73	631
Rick Matheny	2 : 18.45			59.74		26.47		6 : 51.15	636
Steve Sukta	2 : 43.53			1 : 11.36		35.78		7 : 41.64	732
Men's 40-44									
Frank Thompson	2 : 5.00			57.60		26.23		5 : 27.85	537
Elmer Sperry	2 : 14.45			59.56		27.07		6 : 13.05	594
Ron Rice	2 : 17.61			1 : 0.47		26.51		6 : 36.59	621
Mark Gruskin	2 : 41.06			1 : 15.29		34.97		7 : 21.14	712
Greg Velma	3 : 3.85			1 : 21.88	55.31	35.38		9 : 12.42	854
Victor Locke	2 : 20.79			1 : 6.27		29.56		30	2037
Scot Schwartz	2 : 18.56			30		30		30	5539
Men's 45-49									
Graham Annear	2 : 19.51			1 : 3.79		29.08		6 : 19.53	612
Jerry Fish	2 : 26.88			1 : 0.54		26.69		7 : 11.51	666
Thomas Moyer	2 : 42.35			1 : 14.50		34.54		7 : 38.86	730
Men's 50-54									
Paul Chaffey	2 : 24.43			1 : 1.12		27.54		7 : 15.39	668
Men's 55-59									
Bruce Soule	2 : 28.38			1 : 6.22		29.73		7 : 2.23	667
Albert Morley	2 : 36.58			1 : 11.74		32.51		7 : 12.49	693
Men's 65-69									
Don Korten	2 : 40.52			1 : 13.91		33.9			

Men's 70-74
John Ross

പ്രവേശനം - ഒരു പുതിയ തലത്തിൽ

Michigan Masters Swimming

Howell Meet Results

January 7, 1996

Event/Place/Swimmer	Age	Club	Time	Event/Place/Swimmer	Age	Club	Time
50 Meter Breaststroke				100 Meter Breaststroke (Continued)			
<i>Women 35 - 39</i>				<i>Men 50 - 54</i>			
1. Barbara Mark	37	LAFS	:45.47	1. Jim Coleman	51	FAST	1:39.72
2. Martha Burkhardt	37	LCC	:47.97	<i>Men 70 - 74</i>			
<i>Women 45 - 49</i>				1. John Reese	70	MM	1:52.00
1. Genevieve Moyer	46	OH-MI	1:01.28	200 Meter Breaststroke			
<i>Women 50 - 54</i>				<i>Women 45 - 49</i>			
1. Joyce Kowalski	53	MM	:53.06	1. Genevieve Moyer	46	OH-MI	4:49.89
<i>Women 70 - 74</i>				<i>Men 30 - 34</i>			
1. Lois Nochman	71	SOS	:54.82	1. Tom Lynch	31	Monroe	3:23.20
<i>Men 40 - 44</i>				<i>Men 40 - 44</i>			
1. Steve Hansen	44	FLY	:36.88	1. Steve Hansen	44	Flint	2:59.31
2. Paul Wright	41	FAST	:37.95	2. Paul Wright	41	FAST	3:06.86
3. Charles Szafren	42	LAFS	:38.66	3. Charles Szafren	42	LAFS	3:15.12
4. Mark Vizena	42	LCC	:38.75	4. Larry Ampulski	43	WMMSA	3:34.40
5. Larry Ampulski	43	WMMSA	:40.91	<i>Men 44 - 48</i>			
<i>Men 60 - 64</i>				1. Thomas Moyer	48	OH-MI	3:42.21
1. Wally Dobler	62	Lans	:40.22	<i>Men 65 - 69</i>			
<i>Men 70 - 74</i>				1. Jae Birch	68	BCYM	5:00.80
1. John Reese	70	MM	:46.53	100 Meter Individual Medley			
2. Ralph Silver	73	LAFS	1:01.53	<i>Women 20 - 24</i>			
100 Meter Breaststroke				1. Victoria Webber	21	OH-MI	1:25.16
<i>Women 20 - 24</i>				<i>Women 30 - 34</i>			
1. Victoria Webber	21	OH-MI	1:41.52	1. Diane Mauk	30	BBD	1:33.89
<i>Women 40 - 44</i>				<i>Women 35 - 39</i>			
1. Susan Jones	40	Lans	1:57.96	1. Marilyn Early	38	HarM	1:18.41
<i>Women 45 - 49</i>				2. Barbara Mark	37	LAFS	1:30.88
1. Gail Dummer	45	Lans	1:57.31	3. Martha Burkhardt	37	LCC	1:31.31
2. Genevieve Moyer	46	OH-MI	2:20.65	<i>Women 55 - 59</i>			
<i>Women 50 - 54</i>				1. Sue Straley	59	FLY	1:42.82
1. Joyce Kowalski	53	MM	1:55.98	2. Karen Forfar	58	LCC	2:01.57
<i>Women 55 - 59</i>				<i>Men 25 - 29</i>			
1. Beverly Myers	60	OH-MI	1:43.47	1. Thomas Schardt	28	OH-MI	1:22.25
<i>Men 30 - 34</i>				<i>Men 30 - 34</i>			
1. Tom Lynch	31	Monroe	1:35.40	1. Eric Shirley	33	FAST	1:12.95
<i>Men 40 - 44</i>				<i>Men 35 - 39</i>			
1. Steve Hansen	44	Flint	1:22.06	1. Andy Donato	39	SOS	1:16.23
2. Paul Wright	41	FAST	1:25.50	<i>Men 40 - 44</i>			
3. Charles Szafren	42	LAFS	1:25.75	1. Mark Vizena	42	LCC	1:16.50
4. Larry Ampulski	43	WMMSA	1:33.69	2. Frank Thompson	44	SOS	1:19.06
<i>Men 44 - 48</i>				3. Scot Schwartz	44	LAFS	1:19.59
1. Dennis McManus	48	SOS	1:34.15	4. James Nelson	40	LAFS	1:27.23
				5. Larry Ampulski	43	WMMSA	1:28.37

Michigan Masters Swimming

Howell Meet Results

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Event/Place/Swimmer	Age	Club	Time	Event/Place/Swimmer	Age	Club	Time
50 Meter Butterfly				50 Meter Backstroke (Continued)			
<i>Women 20 - 24</i>				<i>Women 60 - 64</i>			
1. Victoria Webber	21	OH-MI	:37.58	1. Mary Clark	62	LAFS	1:19.81
2. Therese Franco	20	MM	:55.83	<i>Women 70 - 74</i>			
<i>Women 35 - 39</i>				1. Lois Nochman	71	SOS	:53.51
1. Marilyn Early	38	HarM	:33.20	<i>Women 75 - 79</i>			
<i>Women 40 - 49</i>				1. Martha Forster	78	BCYM	1:50.75
1. Gail Dummer	45	LANS	:51.08	<i>Men 25 - 29</i>			
2. Genevieve Moyer	46	OH-MI	1:04.13	1. Thomas Schardt	28	OH-MI	:36.83
<i>Women 55 - 59</i>				<i>Men 30 - 34</i>			
1. Sue Straley	59	FLY	:52.16	1. Eric Nordlund	32	SOS	:34.40
2. Sally Thielen	57	LCC	1:13.22	<i>Men 35 - 39</i>			
<i>Women 60 - 64</i>				1. Peter Simon	38	Farm	:36.93
1. Beverly Myers	60	OH-MI	:43.09	2. E. J. Kelly	39	FLY	:37.53
<i>Men 25 - 29</i>				<i>Men 40 - 44</i>			
1. Jeremy Pecora	28	Farm	:28.18	1. Mark Vizena	42	LCC	:38.72
2. Thomas Schardt	28	OH-MI	:33.53	<i>Men 45 - 49</i>			
<i>Men 30 - 34</i>				1. Thomas Moyer	48	OH-MI	:43.21
1. Bill Eagan	33	FAST	:30.82	<i>Men 50 - 54</i>			
2. Eric Shirley	33	FAST	:31.07	1. Don Kroeger	52	OH-MI	:41.13
<i>Men 35 - 39</i>				<i>Men 65 - 69</i>			
1. Robert Fort	37	SOS	:29.18	1. Robert Weddell	65	LAFS	:42.84
2. John Mastenbrook	38	HarM	:30.14	2. Jae Birch	68	BCYM	:51.88
3. E. J. Kelly	39	FLY	:33.57	<i>Men 70 - 74</i>			
<i>Men 45 - 49</i>				1. Ralph Silver	73	LAFS	1:20.02
1. Larry Kimball	45	FLY	:30.73	<i>Men 75 - 79</i>			
2. Leonard Brockhahn	45	FLY	:31.31	1. Donald May	75	BCYM	1:05.50
3. Dennis McManus	48	SOS	:33.13	100 Backstroke			
<i>Men 50 - 54</i>				<i>Women 55 - 59</i>			
1. Jim Coleman	51	FAST	:38.50	1. Karen Forfar	58	LCC	1:52.45
2. Ed Shumaker	50	MM	:40.50	2. Patricia Priest	59	LCC	1:53.59
3. Paul Chaffee	53	OWO	:50.22	<i>Women 70 - 75</i>			
<i>Men 60 - 64</i>				1. Lois Nochman	71	SOS	1:53.38
1. Wally Dobler	62	LANS	:34.47	<i>Men 30 - 34</i>			
<i>Men 65 - 69</i>				1. Tom Lynch	31	Monroe	1:48.17
1. Don Korten	69	BCYM	:47.75	<i>Men 35 - 39</i>			
2. Jae Birch	68	BCYM	:51.49	1. Andy Donato	39	SOS	1:22.83
50 Meter Backstroke				<i>Men 45 - 49</i>			
<i>Women 20 - 24</i>				1. Thomas Moyer	48	OH-MI	1:33.47
1. Therese Franco	20	MM	:52.53	<i>Men 50 - 54</i>			
<i>Women 55 - 59</i>				1. Donald Kroeger	52	OH-MI	1:33.46
1. Patricia Priest	59	LCC	:51.39	<i>Men 65 - 69</i>			
2. Karen Forfar	58	LCC	:53.57	1. Robert Weddell	65	LAFS	1:33.41
				2. Don Korten	69	BCYM	1:47.28
				<i>Men 75 - 79</i>			
				1. Donald May	75	BCYM	2:35.38

Michigan Masters Swimming

Howell Meet Results

January 7, 1996

Event/Place/Swimmer	Age	Club	Time	Event/Place/Swimmer	Age	Club	Time
100 Meter Individual Medley				50 Meter Freestyle (Continued)			
<i>Men 45 - 49</i>				<i>Women 50 - 54</i>			
1. Graham Annear	45	AUSSI	1:23.75	1. Joyce Kowalski	53	MM	:39.82
<i>Men 50 - 54</i>				<i>Women 55 - 59</i>			
1. Jim Coleman	51	FAST	1:27.27	1. Patricia Priest	59	LCC	:45.88
2. Ed Shumaker	50	MM	1:38.37	2. Sally Thielen	57	LCC	:50.28
<i>Men 60 - 64</i>				<i>Women 60 - 64</i>			
1. Wally Dobier	62	Lans	1:19.50	1. Beverly Myers	60	OH-MI	:38.78
<i>Men 65 - 69</i>				2. Mary Clark	62	LAFS	1:00.31
1. Don Korten	69	BCYM	1:36.66	<i>Women 75 - 79</i>			
200 Meter Individual Medley				1. Martha Forster	78	BCYM	1:18.97
<i>Women 35 - 39</i>				<i>Men 20 - 24</i>			
1. Marilyn Early	38	HarM	2:47.18	1. Mark Dunn	24	HarM	:26.59
<i>Women 70 - 74</i>				<i>Men 25 - 29</i>			
1. Lois Nothman	71	SOS	1:49.68	1. Thomas Schardt	28	OH-MI	:28.53
<i>Men 20 - 24</i>				2. Bret Forfar	26	LCC	:32.03
1. Mark Dunn	24	HarM	2:35.07	<i>Men 30 - 34</i>			
<i>Men 25 - 29</i>				1. Eric Nordlund	32	SOS	:25.93
1. Jeremy Pecora	28	Farm	2:35.09	2. Bill Eagan	33	MM	:26.80
<i>Men 40 - 44</i>				3. Eric Shirley	33	FAST	:27.47
1. Frank Thompson	44	SOS	2:38.18	<i>Mens 35 - 39</i>			
2. Larry Ampulski	43	WMMSA	3:18.40	1. Robert Fort	37	SOS	:26.15
<i>Men 45 - 49</i>				2. John Mastenbrook	39	HarM	:27.22
1. Graham Annear	45	AUSSI	3:04.21	3. Peter Simon	38	Farm	:28.20
<i>Men 50 - 54</i>				4. E. J. Kelly	39	FLY	:29.16
1. James Coleman	51	FAST	3:20.43	5. Rick Matheny	38	OWO	:29.19
<i>Men 65 - 69</i>				<i>Mens 40 - 44</i>			
1. Don Korten	69	BCYM	3:49.60	1. Ron Rice	40	StarA	:29.90
2. Jae Birch	68	BCYM	4:28.53	2. Mark Gruskin	41	JCC	:38.30
50 Meter Freestyle				<i>Mens 45 - 49</i>			
<i>Women 20 - 24</i>				1. Larry Kimball	45	FLY	:28.22
1. Theresa Franco	20	MM	:34.09	2. Bill Reid	45	LAFS	:28.88
<i>Women 25 - 29</i>				3. Dennis McMannus	48	SOS	:20.68
1. Cyndi Wilhelm	28	LAFS	:35.40	4. Jerry Fish	49	OWO	:30.25
<i>Women 30 - 34</i>				5. Chris Brown	46	LAFS	:30.63
1. Diane Mauk	30	BBD	:37.06	6. John Richardson	46	MM	:33.79
<i>Women 35 - 39</i>				7. Ken McConnell	46	FLY	:48.97
1. April Wyncott	37	LAFS	:32.14	<i>Mens 50 - 54</i>			
2. Martha Burkhardt	37	LCC	:35.19	1. Paul Chaffee	53	OWO	:28.83
<i>Women 40 - 44</i>				2. Jim Coleman	51	FAST	:34.02
1. Cathy Barry	42	LAFS	:34.50	<i>Mens 55 - 59</i>			
2. Susan Jones	40	Lans	:37.41	1. B. Soule	58	BWSC	:31.95
<i>Women 45 - 49</i>				<i>Mens 60 - 64</i>			
1. Genevieve Moyer	48	MM	1:02.40	1. Robert Thielen	63	LCC	:42.88
				<i>Men 70 - 74</i>			
				1. John Reese	70	MM	:35.56
				2. Ralph Silver	73	LAFS	:52.18

Michigan Masters Swimming

Howell Meet Results

January 7, 1996

Event/Place/Swimmer	Age	Club	Time	Event/Place/Swimmer	Age	Club	Time
100 Meter Freestyle				100 Meter Freestyle (Continued)			
<i>Women 20 - 24</i>				<i>Men 50 - 54</i>			
1. Victoria Webber	21	OH-MI	1:22.22	1. Paul Chaffee	53	OWO	1:05.75
2. Theresa Franco	20	MM	1:28.35	2. Don Kroeger	52	OH-MI	1:06.90
<i>Women 25 - 29</i>				3. Ed Shumaker	50	MM	1:18.88
1. Cyndi Wilhelm	28	LAFS	1:23.75	<i>Men 55 - 59</i>			
<i>Women 35 - 39</i>				1. B. Soule	58	BWSC	1:14.22
1. April Wyncott	37	LAFS	1:15.53	<i>Men 60 - 64</i>			
<i>Women 40 - 44</i>				1. Robert Thielen	63	LCC	1:51.94
1. Susan Jones	40	Lans	1:21.31	<i>Men 65 - 69</i>			
<i>Women 50 - 54</i>				1. Jae Birch	68	BCYM	1:39.43
1. Joyce Kowalski	53	MM	1:37.31	<i>Men 75 - 79</i>			
<i>Women 55 - 59</i>				1. Don May	75	BCYM	2:01.31
1. Sue Straley	59	FLY	1:30.66	200 Meter Freestyle			
2. Patricia Priest	59	LCC	1:43.19	<i>Women 25 - 29</i>			
3. Sally Thielen	57	LCC	1:58.63	1. Cyndi Wilhelm	26	LAFS	3:14.85
4. Karen Forfar	58	LCC	1:48.40	<i>Women 30 - 34</i>			
<i>Women 60 - 64</i>				1. Diane Mauk	30	BBD	2:55.58
1. Beverly Myers	60	OH-MI	1:24.54	<i>Women 45 - 49</i>			
<i>Women 75 - 79</i>				1. Gail Dummer	45	Lans	3:52.53
1. Martha Forster	78	BCYM	3:08.68	<i>Women 55 - 59</i>			
<i>Men 20 - 24</i>				1. Sally Thielen	57	LCC	4:23.77
1. Mark Dunn	24	HarM	:59.69	<i>Women 60 - 64</i>			
<i>Men 25 - 29</i>				1. Beverly Myers	60	OH-MI	3:08.08
1. Jeremy Pecora	28	Farm	:56.24	<i>Women 75 - 79</i>			
2. Thomas Schardt	28	OH-MI	1:09.68	1. Martha Forster	78	BCYM	8:24.63
3. Bret Forfar	26	LCC	1:12.13	<i>Men 25 - 29</i>			
<i>Men 30 - 34</i>				1. Jeremy Pecora	28	Farm	2:05.58
1. Eric Nordlund	32	SOS	:59.33	2. Bret Forfar	26	LCC	2:47.58
2. Eric Shirley	33	FAST	1:01.22	<i>Men 30 - 34</i>			
3. Bill Eagan	33	FAST	1:08.49	1. Bill Eagan	33	FAST	2:15.31
4. Tom Lynch	31	Monroe	1:12.44	<i>Men 35 - 39</i>			
<i>Men 35 - 39</i>				1. Rick Matheny	36	OWO	2:43.34
1. John Mastenbrook	39	HarM	1:03.07	<i>Men 40 - 44</i>			
2. E.J. Kelly	39	FLY	1:04.85	1. Frank Thompson	44	SOS	2:16.53
3. Rick Matheny	36	OWO	1:08.28	2. Ron Rice	40	StarA	2:30.80
<i>Men 40 - 44</i>				3. Jim Nelson	40	LAFS	2:45.09
1. Ron Rice	40	StarA	1:07.97	4. Mark Gruskin	41	JCC	2:57.69
2. Mark Gruskin	41	JCC	1:24.88	<i>Men 45 - 49</i>			
<i>Men 45 - 49</i>				1. Bill Reid	45	LAFS	2:18.67
1. Bill Reid	45	LAFS	1:02.03	2. Leonard Brockhahn	45	FLY	2:27.68
2. Leonard Brockhahn	45	FLY	1:04.35	3. Graham Annear	45	AUSSI	2:29.75
3. Larry Kimball	45	FLY	1:05.50	4. Tom Moyer	48	OH-MI	2:41.40
4. Jerry Fish	49	OWO	1:11.60	5. Jerry Fish	49	OWO	2:51.11
				6. Chris Brown	46	LAFS	2:53.87

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Michigan Masters Swimming

Howell Meet Results

January 7, 1996

Event/Place/Swimmer	Age	Club	Time	Event/Place/Swimmer	Age	Club	Time
200 Meter Freestyle (Continued)				400 Meter Freestyle (Continued)			
<i>Men 50 - 54</i>				<i>Men 65 - 69</i>			
1. Don Kroeger	52	OH-MI	2:27.32	1. Don Korten	69	BCYM	6:52.60
2. Paul Chaffee	53	OWO	2:42.40	<i>Men 75 - 79</i>			
<i>Men 55 - 59</i>				1. Don May	75	BCYM	10:13.70
1. B. Soule	58	BWSC	2:50.79				
<i>Men 60 - 64</i>							
1. Wally Dobler	62	Lans	2:53.65				
2. Robert Thielen	63	LCC	4:22.40				
<i>Men 75 - 79</i>							
1. Don May	75	BCYM	4:29.71				
400 Meter Freestyle							
<i>Women 35 - 39</i>							
1. Marilyn Early	38	HarM	5:14.58				
<i>Women 40 - 44</i>							
1. Susan Jones	40	Lans	6:19.77				
<i>Women 55 - 59</i>							
1. Sue Straley	59	FLY	7:18.58				
2. Karen Fortar	58	LCC	8:27.06				
3. Sally Thielen	57	LCC	9:26.35				
<i>Women 70 - 74</i>							
1. Lois Nochman	71	SOS	7:52.94				
<i>Women 75 - 79</i>							
1. Martha Forster	78	BCYM	15:40.37				
<i>Men 30 - 34</i>							
1. Eric Nordlund	32	SOS	4:38.01				
<i>Men 35 - 39</i>							
1. John Mastenbrook	39	HarM	5:19.51				
2. Andy Donato	39	SOS	5:42.45				
3. Rick Matheny	36	OWO	6:29.08				
<i>Men 40 - 44</i>							
1. Ron Rice	40	Star A	5:36.16				
2. Mark Gruskin	41	JCC	6:23.66				
<i>Men 45 - 49</i>							
1. Bill Reid	45	LAFS	5:04.83				
2. Leonard Brockhahn	45	FLY	5:13.12				
3. Graham Annear	45	AUSSI	5:24.34				
4. Tom Moyer	48	OH-MI	6:00.88				
<i>Men 50 - 54</i>							
1. Don Kroeger	52	OH-MI	6:09.19				
2. Ed Shumaker	50	MM	6:41.34				
<i>Men 55 - 59</i>							
1. B. Soule	58	BWSC	6:13.19				
<i>Men 60 - 64</i>							
1. Robert Thielen	63	LCC	9:41.94				

WINNERS

Winners take chances.

Like everyone else, they fear failing,
but refuse to let fear control them.

When life gets rough, they hang in
until the going gets better.

Winners are flexible.

They realize there is more than one way
and are willing to try others.

Winners are not perfect.

They know their weaknesses

while making the most of their strengths.

Winners fall, but they don't stay down.

They stubbornly refuse to let a fall

keep them from climbing.

Winners don't blame fate for their failures

nor luck for their successes.

Winners accept responsibility for their lives.

Winners are positive thinkers who see good in all things.

From the ordinary, they make the extraordinary.

Winners believe on the path they have chosen

even when it's hard.

even when others can't see where they are going.

Winners are patient.

They know the goal is only as worthy

as the effort that's required to achieve it.

Nancy Sims

Ages 19 Through 24			
PL	Name	Age Team	Finals
Women 100 Free			
1	B. WILLISTON	24 UNAT	59.33
Women 200 Back			
1	B. WILLISTON	24 UNAT	2:29.48
Women 200 Breast			
1	B. WILLISTON	24 UNAT	2:41.38
Women 200 IM			
1	B. WILLISTON	24 UNAT	2:25.11
Ages 25 Through 29			
PL	Name	Age Team	Finals
Women 50 Free			
1	L. BLACKBURN	25 FAST	28.69
Women 200 Free			
1	S. SCHAFER	29 UNAT	2:10.15
Women 1000 Free			
1	JAIMI SHROUP	29 A2QUA	12:44.97
Women 50 Back			
1	L. BLACKBURN	25 FAST	33.50
Women 100 Back			
1	L. BLACKBURN	25 FAST	1:14.32
Women 200 Back			
1	DYNE BURRELL	28 BBD	2:17.04
Women 50 Breast			
1	JAIMI SHROUP	29 A2QUA	40.48
Women 50 Fly			
1	DYNE BURRELL	28 BBD	28.42
Women 100 IM			
1	L. BLACKBURN	25 FAST	1:13.93
2	JAIMI SHROUP	29 A2QUA	1:18.73
Women 200 IM			
1	DYNE BURRELL	28 BBD	2:16.89
2	C. RUSSELL	28 WWP	2:18.79
Women 400 IM			
1	DYNE BURRELL	28 BBD	5:00.62
Ages 30 Through 34			
PL	Name	Age Team	Finals
Women 50 Free			
1	CORRIN POPPS	31 MM	25.61
2	LAURA EIBLER	32 LAFS	29.25
3	JULIE ZAPPONE	31 MM	1:37.27
Women 100 Free			
1	CORRIN POPPS	31 MM	57.39
2	JULIE ZAPPONE	31 MM	1:04.94
3	MARIE JONES	31 A2QUA	1:56.11
Women 200 Free			
1	DIANE MAUK	30 BBD	2:43.20
Women 50 Breast			
1	JULIE ZAPPONE	31 MM	37.57
Women 100 Breast			
1	CORRIN POPPS	31 MM	1:12.71
2	JULIE ZAPPONE	31 MM	1:21.13
Women 50 Fly			
1	LAURA EIBLER	32 LAFS	32.69
Women 100 IM			
1	JULIE ZAPPONE	31 MM	1:12.27
2	LAURA EIBLER	32 LAFS	1:15.54
3	DIANE MAUK	30 BBD	1:24.82

Ages 40 Through 44			
PL	Name	Age Team	Finals
Women 50 Free			
1	AMY PASCOE	40 FLY	25.72
2	CATHY BARRY	42 LAFS	32.61
3	P. O'BRIEN	40 MM	35.18
4	N. MOYNIHAN	40 LAFS	1:41.38
Women 100 Free			
1	AMY PASCOE	40 FLY	1:06.30
2	CATHY BARRY	42 LAFS	1:13.89
Women 200 Free			
1	AMY PASCOE	40 FLY	2:33.79
Women 50 Back			
1	CATHY BARRY	42 LAFS	40.74
2	N. MOYNIHAN	40 LAFS	42.59
Women 50 Breast			
1	CATHY BARRY	42 LAFS	41.39
2	P. O'BRIEN	40 MM	42.27
Women 50 Fly			
1	AMY PASCOE	40 FLY	33.77
Women 100 Fly			
1	KAREN PEARSON	44 LAFS	1:43.31
Women 100 IM			
1	KAREN PEARSON	44 LAFS	1:34.97
Women 200 IM			
1	KAREN PEARSON	44 LAFS	3:28.36
Ages 45 Through 49			
PL	Name	Age Team	Finals
Women 50 Free			
1	G. MOYER	46 OHMI	2:06.52
Women 100 Free			
1	I. MC INTOSH	48 MIDL	1:23.83
Women 50 Back			
1	I. MC INTOSH	48 MIDL	47.18
2	GAIL DUMMER	45 LANS	50.35
Women 50 Breast			
1	I. MC INTOSH	48 MIDL	44.39
2	G. MOYER	46 OHMI	56.70
Women 100 Breast			
1	G. MOYER	46 OHMI	2:08.57
Women 200 Breast			
1	G. MOYER	46 OHMI	4:39.06
Women 50 Fly			
1	G. MOYER	46 OHMI	59.89
Women 100 IM			
1	GAIL DUMMER	45 LANS	1:41.54
Ages 50 Through 54			
PL	Name	Age Team	Finals
Women 50 Free			
1	J. KOWALSKI	53 LAFS	1:45.22
Women 100 Free			
1	J. KOWALSKI	53 LAFS	1:24.13
Women 1000 Free			
1	F. RAPP	51 OHMI	15:17.93
2	J. PARKS	52 HMAST	15:56.07
Women 200 Back			
1	J. PARKS	52 HMAST	3:05.21
2	F. RAPP	51 OHMI	3:17.46
Women 50 Breast			
1	J. KOWALSKI	53 LAFS	47.84
Women 100 Breast			
1	J. KOWALSKI	53 LAFS	1:45.78

Ages 50 Through 54			
PL	Name	Age Team	Finals
Women 100 Fly			
1	F. RAPP	51 OHMI	1:39.29
Women 200 IM			
1	F. RAPP	51 OHMI	3:13.12
Women 400 IM			
1	F. RAPP	51 OHMI	6:59.36
Ages 55 Through 59			
PL	Name	Age Team	Finals
Women 100 Free			
1	SUE STRALEY	59 FLY	1:22.39
Women 200 Free			
1	SUE STRALEY	59 FLY	3:07.20
Women 1000 Free			
1	SHIRLEY DACEY	59 SOO	16:37.34
Women 50 Back			
1	SHIRLEY DACEY	59 SOO	45.61
Women 100 Back			
1	SUE STRALEY	59 FLY	1:32.84
2	SHIRLEY DACEY	59 SOO	1:39.77
Women 200 Back			
1	SHIRLEY DACEY	59 SOO	3:28.63
Women 200 Breast			
1	SHIRLEY DACEY	59 SOO	2:54.00
Women 100 IM			
1	SUE STRALEY	59 FLY	1:33.94
Ages 60 Through 64			
PL	Name	Age Team	Finals
Women 50 Free			
1	MARY WILLIAMS	64 SOS	1:59.36
Women 100 Free			
1	MARY WILLIAMS	64 SOS	1:57.95
Women 200 Free			
1	MARY WILLIAMS	64 SOS	4:21.90
Women 1000 Free			
1	MARY WILLIAMS	64 SOS	22:32.69
Women 100 Back			
1	BEVERLY MYERS	60 OHMI	1:28.25
Women 200 Back			
1	BEVERLY MYERS	60 OHMI	3:13.34
Women 50 Breast			
1	BEVERLY MYERS	60 OHMI	42.36
Women 200 Breast			
1	BEVERLY MYERS	60 OHMI	3:19.75
Women 200 IM			
1	BEVERLY MYERS	60 OHMI	3:04.90
Ages 75 Through 79			
PL	Name	Age Team	Finals
Women 50 Back			
1	EDITH GLUSAC	77 SOS	55.70
Women 100 Back			
1	EDITH GLUSAC	77 SOS	2:12.51
2	MERLYN EWBANK	76 MM	2:13.90
Women 50 Breast			
1	EDITH GLUSAC	77 SOS	1:00.70
Women 100 Breast			
1	EDITH GLUSAC	77 SOS	2:16.50

Ages 85 Through 89			
PL	Name	Age Team	Finals
Women 50 Free			
1	JEWEL COOKE	87 SOS	2:07.85
Women 50 Back			
1	JEWEL COOKE	87 SOS	1:10.83
Women 100 IM			
1	JEWEL COOKE	87 SOS	2:40.42
Ages 19 Through 24			
PL	Name	Age Team	Finals
Men 50 Free			
1	BRIAN FICKIES	24 BBD	23.48
2	RAY ESPER	24 A2QUA	29.61
Men 100 Free			
1	BRIAN FICKIES	24 BBD	51.96
2	RAY ESPER	24 A2QUA	1:03.89
Men 100 IM			
1	BRIAN FICKIES	24 BBD	1:00.41
Ages 25 Through 29			
PL	Name	Age Team	Finals
Men 50 Free			
1	MICHAEL BELL	27 OHMI	23.94
2	TODD MERCER	28 AA	24.10
3	TERRY MCKEON	26 BBD	27.58
Men 100 Free			
1	TERRY MCKEON	26 BBD	1:05.95
2	JEFF MCCARTY	28 A2QUA	1:09.04
Men 200 Free			
1	KURT DICKSON	28 MM	1:54.22
Men 50 Back			
1	KURT DICKSON	28 MM	27.86
2	MICHAEL BELL	27 OHMI	29.61
Men 100 Back			
1	KURT DICKSON	28 MM	58.00
Men 200 Back			
1	KURT DICKSON	28 MM	2:05.88
2	TODD MERCER	28 AA	2:08.00
3	MICHAEL BELL	27 OHMI	2:21.75
Men 50 Breast			
1	JEFF MCCARTY	28 A2QUA	37.25
Men 100 Breast			
1	JEFF MCCARTY	28 A2QUA	1:20.31
2	TERRY MCKEON	26 BBD	1:22.31
Men 50 Fly			
1	JEFF MCCARTY	28 A2QUA	34.06
2	TERRY MCKEON	26 BBD	34.56
Men 100 IM			
1	TERRY MCKEON	26 BBD	1:13.50
Men 200 IM			
1	KURT DICKSON	28 MM	2:12.81
Ages 30 Through 34			
PL	Name	Age Team	Finals
Men 50 Free			
1	MICHAEL GREEN	32 FAST	22.23
2	ERIC NORDLUND	32 SOS	23.83
3	T.J. SEIWERT	30 MM	24.09
4	ERIC SHIRLEY	33 FAST	24.90
Men 100 Free			
1	ERIC SHIRLEY	33 FAST	54.06
Men 200 Free			
1	MICHAEL GREEN	32 FAST	1:50.92

Zeta-Omega-Sigma Tau Chi Phi Psi Sigma

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals
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Men 200 Free

2	JOHN SHEARD	30	AA	1:58.15
3	ERIC SHIRLEY	33	FAST	2:01.02
4	WILLIAM EAGAN	33	FAST	2:02.19
5	STUART MARVIN	32	A2QUA	2:11.18

Men 1000 Free

1	ERIC NORDLUND	32	SOS	11:13.65
2	DAN FOSTER	31	VMAC	11:47.96

Men 50 Back

1	ERIC NORDLUND	32	SOS	28.77
2	C. SULLIVAN	31	A2QUA	34.43

Men 200 Back

1	DAN FOSTER	31	VMAC	2:18.53
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Men 50 Breast

1	C. SULLIVAN	31	A2QUA	35.57
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Men 50 Fly

1	WILLIAM EAGAN	33	FAST	26.63
2	ERIC SHIRLEY	33	FAST	29.98

Men 100 Fly

1	T.J. SEIWERT	30	MM	58.87
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Men 200 Fly

-	T.J. SEIWERT	30	MM	2:18.23
-	TOM LYNCH	31	OHMI	3:38.34

Men 100 IM

1	JOHN SHEARD	30	AA	1:05.19
2	ERIC SHIRLEY	33	FAST	1:06.16
3	C. SULLIVAN	31	A2QUA	1:09.12

Men 200 IM

1	MICHAEL GREEN	32	FAST	2:06.01
2	T.J. SEIWERT	30	MM	2:13.50
3	TOM LYNCH	31	OHMI	2:57.20

Men 400 IM

1	TOM LYNCH	31	OHMI	6:20.28
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--- Ages 35 Through 39 ---

PL	Name	Age	Team	Finals
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Men 50 Free

1	TOM MC CABE	37	ILLI	22.68
2	TED SOLTYS	35	ILLI	23.02
3	ROBERT FORT	37	SOS	24.28
4	RICHARD BOMAN	36	UNAT	25.75
5	B. DEVEREAUX	38	JAMS	27.84
6	DAVID BASHORE	39	BBD	29.74
7	STEVE SUKTA	37	JAMS	31.83

Men 100 Free

1	TOM MC CABE	37	ILLI	50.62
2	JOE MAGIERA	39	UNAT	55.14
3	ROBERT FORT	37	SOS	55.27
4	TIMOTHY CLORE	35	JAMS	57.86
5	RICHARD BOMAN	36	UNAT	58.46
6	B. DEVEREAUX	38	JAMS	1:02.00
7	DONALD LAW	39	MIDL	1:06.30
8	STEVE SUKTA	37	JAMS	1:09.87

Men 200 Free

1	JOHN OWSIANY	35	GOST	1:56.89
2	B. DEVEREAUX	38	JAMS	2:16.02

Men 1000 Free

1	P. SHIREMAN	37	WMMSA	12:06.55
2	TIMOTHY CLORE	35	JAMS	12:21.14
3	DAVID BASHORE	39	BBD	13:56.23

Men 50 Back

1	ANDREAS SEIBT	37	ILLI	27.46
2	DAVE GIBSON	35	ILLI	27.50
3	P. SHIREMAN	37	WMMSA	32.55

Men 100 Back

1	ANDREAS SEIBT	37	ILLI	58.50
2	DAVE GIBSON	35	ILLI	59.72
3	P. SHIREMAN	37	WMMSA	1:09.20

Men 200 Back

1	ANDREAS SEIBT	37	ILLI	2:07.15
2	TIMOTHY CLORE	35	JAMS	2:26.43

Men 50 Breast

1	JOE MAGIERA	39	UNAT	30.40
2	BILL DAVIES	38	WINDS	37.17
3	STEVE SUKTA	37	JAMS	40.98

Men 100 Breast

1	JOE MAGIERA	39	UNAT	1:06.37
2	BILL DAVIES	38	WINDS	1:22.68

Men 200 Breast

1	JOE MAGIERA	39	UNAT	2:32.04
2	TIMOTHY CLORE	35	JAMS	2:41.26

Men 50 Fly

1	TOM MC CABE	37	ILLI	25.08
2	TED SOLTYS	35	ILLI	25.15
3	ROBERT FORT	37	SOS	25.42
4	RICHARD BOMAN	36	UNAT	28.24
5	DAVID BASHORE	39	BBD	38.81
6	DONALD LAW	39	MIDL	39.93

Men 100 Fly

1	TED SOLTYS	35	ILLI	54.67
2	TOM MC CABE	37	ILLI	57.22

Men 200 Fly

-	ANDREAS SEIBT	37	ILLI	2:07.22
-	ANDY DONATO	39	SOS	2:48.24

Men 100 IM

1	DAVE GIBSON	35	ILLI	59.18
2	JOE MAGIERA	39	UNAT	1:00.37
3	P. SHIREMAN	37	WMMSA	1:06.68
4	BILL DAVIES	38	WINDS	1:15.25
5	DAVID BASHORE	39	BBD	1:21.12

Men 200 IM

1	P. SHIREMAN	37	WMMSA	2:25.13
2	TIMOTHY CLORE	35	JAMS	2:28.66
3	BILL DAVIES	38	WINDS	2:51.60

Men 400 IM

1	ANDY DONATO	39	SOS	5:37.64
-	BILL DAVIES	38	WINDS	DQ

--- Ages 40 Through 44 ---

PL	Name	Age	Team	Finals
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Men 50 Free

1	JAMES WEBLEY	43	AA	25.72
2	JIM FORTUNE	42	UNAT	27.15
3	GREG VELTEMA	44	BBD	36.95

Men 100 Free

1	DANA PRESNALL	42	MIDL	59.46
2	ROBERT KOPLAN	40	A2QUA	1:00.16
3	GREG VELTEMA	44	BBD	1:24.16

Ages 40 Through 44

Men 200 Free

1	D. SHEPHERD	40	GLA	1:58.23
2	R. MIDKIFF	40	WMMSA	2:00.39
3	DANA PRESNALL	42	MIDL	2:11.74
4	D. TEMPLETON	41	SAM	2:11.94
5	JIM FORTUNE	42	UNAT	2:16.73
6	MARK GRUSKIN	41	JCC	2:41.68
7	GREG VELTEMA	44	BBD	3:05.73

Men 1000 Free

1	D. SHEPHERD	40	GLA	10:51.84
2	F. THOMPSON	44	SOS	11:40.55
3	DANA PRESNALL	42	MIDL	12:32.36
4	ROBERT KOPLAN	40	A2QUA	12:36.27
5	ELMER SPERRY	41	OHMI	13:00.87
6	JIM FORTUNE	42	UNAT	13:03.78
7	JAMES WEBLEY	43	AA	14:11.95
8	PAUL WRIGHT	41	FAST	14:37.52
9	MARK GRUSKIN	41	JCC	14:51.14
10	GREG VELTEMA	44	BBD	17:07.91

Men 200 Back

1	F. THOMPSON	44	SOS	2:18.46
2	ROBERT KOPLAN	40	A2QUA	2:43.02

Men 50 Breast

1	STEVE HANSEN	44	FLY	32.99
2	PAUL WRIGHT	41	FAST	34.56
3	L. AMPULSKI	43	WMMSA	34.78
4	C. SZAFRAN	42	LAFS	34.97
5	D. TEMPLETON	41	SAM	35.59

Men 100 Breast

1	R. MIDKIFF	40	WMMSA	1:08.79
2	STEVE HANSEN	44	FLY	1:13.70
3	PAUL WRIGHT	41	FAST	1:15.97
4	L. AMPULSKI	43	WMMSA	1:23.02
-	C. SZAFRAN	42	LAFS	DQ

Men 200 Breast

1	LAWRENCE DAY	44	MM	2:31.47
2	STEVE HANSEN	44	FLY	2:47.54
3	C. SZAFRAN	42	LAFS	2:53.11
4	L. AMPULSKI	43	WMMSA	3:11.96

Men 50 Fly

1	JAMES WEBLEY	43	AA	26.69
2	JIM FORTUNE	42	UNAT	30.63

Men 100 Fly

1	JAMES WEBLEY	43	AA	1:39.74
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Men 200 Fly

-	D. SHEPHERD	40	GLA	2:16.48
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Men 100 IM

1	R. MIDKIFF	40	WMMSA	1:02.06
2	JIM FORTUNE	42	UNAT	1:11.23
3	L. AMPULSKI	43	WMMSA	1:15.52
4	C. SZAFRAN	42	LAFS	1:19.95
5	GREG VELTEMA	44	BBD	1:48.56

Men 200 IM

1	D. SHEPHERD	40	GLA	2:29.59
2	D. TEMPLETON	41	SAM	2:33.43
3	DANA PRESNALL	42	MIDL	2:37.31
4	L. AMPULSKI	43	WMMSA	3:03.46

Men 400 IM

1	D. SHEPHERD	40	GLA	4:51.73
-	STEVE HANSEN	44	FLY	DQ

--- Ages 45 Through 49 ---

PL	Name	Age	Team	Finals
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Men 100 Free

1	W. REID, III	45	LAFS	54.23
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Men 200 Free

1	W. REID, III	45	LAFS	2:00.41
2	L. BROCKHAHN	45	FLY	2:07.24
3	THOMAS MOYER	48	OHMI	2:30.51
4	R. FORTUNE	48	UNAT	2:50.26

Men 1000 Free

1	GAARD ARNESON	47	AA	11:28.46
2	D. SPAULDING	46	UNAT	12:08.53
3	GRAHAM ANNEAR	45	HILLS	12:43.95
4	R. FORTUNE	48	UNAT	15:12.72

Men 50 Back

1	DENNIS SWAIN	49	MM	41.83
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Men 100 Back

1	RICK CHANEY	45	FLY	1:13.81
2	THOMAS MOYER	48	OHMI	1:27.43

Men 200 Back

1	RICK CHANEY	45	FLY	2:34.24
2	THOMAS MOYER	48	OHMI	2:59.20

Men 50 Breast

1	W. REID, III	45	LAFS	33.06
2	JAY MAHLER	48	AA	34.55
3	THOMAS MOYER	48	OHMI	40.31
4	J. RICHARDSON	46	UNAT	48.55

Men 100 Breast

1	JAY MAHLER	48	AA	1:13.93
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Men 200 Breast

1	JAY MAHLER	48	AA	2:43.98
2	THOMAS MOYER	48	OHMI	3:25.26

Men 50 Fly

1	L. KIMBALL	45	FLY	27.68
2	R. FORTUNE	48	UNAT	34.59

Men 100 Fly

1

Ages 50-54 cont

Men 50 Fly				
1 WILLIAM BROWN	50	UNAT	29.48	
2 PAUL CHAFFEE	53	OWOSS	40.30	

Men 200 Fly				
WILLIAM BROWN	50	UNAT	2:30.37	

Men 100 IM				
1 PAUL CHAFFEE	53	OWOSS	1:16.40	

PL	Name	Age	Team	Finals
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Men 50 Free				
1 B.W. SOULE	58	BWSC	29.60	
2 BRIAN WHALEN	55	GRY	30.16	
3 JAMES LINE	56	HMAST	30.67	
4 ALBERT MORLEY	58	BCYM	32.33	

Men 100 Free				
1 B.W. SOULE	58	BWSC	1:07.22	
2 JAMES LINE	56	HMAST	1:12.05	
3 ALBERT MORLEY	58	BCYM	1:13.30	

Men 200 Free				
1 B.W. SOULE	58	BWSC	2:29.93	
2 ALBERT MORLEY	58	BCYM	2:42.19	
3 BRIAN WHALEN	55	GRY	2:44.62	

Men 1000 Free				
1 CARL WOOLLEY	59	AA	12:53.26	
2 B.W. SOULE	58	BWSC	14:24.54	
3 ALBERT MORLEY	58	BCYM	14:47.34	

Men 50 Back				
1 JAMES LINE	56	HMAST	37.47	
2 ALBERT MORLEY	58	BCYM	46.63	

Men 100 Back				
1 BRIAN WHALEN	55	GRY	1:51.30	

Men 100 Breast				
1 BRIAN WHALEN	55	GRY	1:30.98	

Men 100 IM				
1 JAMES LINE	56	HMAST	1:25.29	
2 BRIAN WHALEN	55	GRY	1:29.29	

PL	Name	Age	Team	Finals
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Men 50 Free				
1 JOHN RIES	64	MIDL	28.36	

Men 100 Free				
1 JOHN RIES	64	MIDL	1:02.54	

Men 200 Free				
1 W. LEENGRAN	64	ILLI	2:24.23	
2 E. EGELKRAUT	62	BCYM	2:32.82	

Men 1000 Free				
1 W. JEFFRIES	64	AA	13:05.73	
2 W. LEENGRAN	64	ILLI	13:24.86	
3 E. EGELKRAUT	62	BCYM	14:24.44	

Men 50 Fly				
1 JOHN RIES	64	MIDL	34.51	
2 E. EGELKRAUT	62	BCYM	39.35	

Men 200 Fly				
E. EGELKRAUT	62	BCYM	3:21.13	

Men 400 IM				
1 W. JEFFRIES	64	AA	6:42.60	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

PL	Name	Age	Team	Finals
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Men 1000 Free				
1 BOB HERITIER	67	DAC	13:57.00	
2 DON KORTEN	69	BCYM	15:12.43	

Men 50 Back				
1 R. WEDDELL	65	LAFS	37.44	

Men 100 Back				
1 R. WEDDELL	65	LAFS	1:21.77	
2 DON KORTEN	69	BCYM	1:41.40	

Men 100 IM				
1 DON KORTEN	69	BCYM	1:23.84	

Men 200 IM				
1 DON KORTEN	69	BCYM	3:17.91	

Men 400 IM				
1 DON KORTEN	69	BCYM	6:35.29	

PL	Name	Age	Team	Finals
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Men 50 Free				
1 RICHARD EVANS	71	MIDL	43.87	

Men 100 Free				
1 RICHARD EVANS	71	MIDL	1:40.33	

Men 200 Free				
1 RICHARD EVANS	71	MIDL	3:42.68	

Men 50 Breast				
1 J. JOHN REESE	70	MM	44.08	
2 RICHARD GALE	72	JCC	54.78	

Men 100 Breast				
1 RICHARD GALE	72	JCC	2:01.60	

Men 200 Breast				
1 RICHARD GALE	72	JCC	4:29.00	

Men 50 Fly				
1 J. JOHN REESE	70	MM	38.50	
2 RICHARD EVANS	71	MIDL	49.98	

Men 200 Fly				
RICHARD EVANS	71	MIDL	4:40.65	

PL	Name	Age	Team	Finals
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Women 200 R-Medley				
LAFS W-25	LAFS	DQ		
NANCY MOYNIHAN-40	CATHY BARRY-42			
KAREN PEARSON-44	LAURA EIBLER-32			

PL	Name	Age	Team	Finals
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Men 200 R-Free				
1 A2QUA B M-19	A2QUA	2:04.16		
RAY ESPER-24	DENNIS SWAIN-49			
FRASER SMITH-39	JEFF MCCARTY-28			

Men 400 R-Free				
1 A2QUA B M-19	A2QUA	5:02.98		
FRASER SMITH-39	DENNIS SWAIN-49			
RAY ESPER-24	JEFF MCCARTY-28			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Free				
1 A2QUA B M-19	A2QUA	2:04.16		
RAY ESPER-24	DENNIS SWAIN-49			
FRASER SMITH-39	JEFF MCCARTY-28			

Men 400 R-Free				
1 A2QUA B M-19	A2QUA	5:02.98		
FRASER SMITH-39	DENNIS SWAIN-49			
RAY ESPER-24	JEFF MCCARTY-28			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
----	------	-----	------	--------

Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 AA M-25	AA	1:52.93		
TODD MERCER-28	JAY MAHLER-48			
JAMES WEBLEY-43	JOHN SHEARD-30			

Men 400 R-Free				
1 A2QUA A M-25	A2QUA	4:06.90		
JIM FORTUNE-42	ROBERT KOPLAN-40			
C. SULLIVAN-31	STUART MARVIN-32			

PL	Name	Age	Team	Finals
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Men 200 R-Medley				
1 FLY M-35	FLY	1:57.15		
RICK CHANEY-45	STEVE HANSEN-44			
L. KIMBALL-45	L. BROCKHAHN-45			

Men 800 R-Free				
1 ILLI M-35	ILLI	7:27.03		
ANDREAS SEIBT-37	DAVE GIBSON-35			
TED SOLTYS-35	TOM MC CABE-37			

PL	Name	Age	Team	Finals
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Men 800 R-Free				
1 MM M-45	MM	9:57.12		
DONALD KROEGER-52	THOMAS MOYER-48			
ALBERT MORLEY-58	PAUL CHAFFEE-53			

PL	Name	Age	Team	Finals
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Men 800 R-Free				
1 MM M-45	MM	9:57.12		
DONALD KROEGER-52	THOMAS MOYER-48			
ALBERT MORLEY-58	PAUL CHAFFEE-53			

PL	Name	Age	Team	Finals
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Men 800 R-Free				
1 MM M-45	MM	9:57.12		
DONALD KROEGER-52	THOMAS MOYER-48			
ALBERT MORLEY-58	PAUL CHAFFEE-53			

PL	Name	Age	Team	Finals
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1995 U.S.M.S. LONG COURSE METERS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

SHEILA TAORMINA	(26)		
50 FREE	:27.72	1ST	
100 FREE	:57.76	1ST*#	WR
200 FREE	2:02.89	1ST*#	WR
400 FREE	4:18.31	1ST*#	WR
1500 FREE	17:27.96	1ST*#	WR
100 FLY	1:03.67	1ST*#	WR
JENNIFER PARKS	(51)		
400 FREE	6:38.94	10TH*	
800 FREE	13:37.05	10TH*	
1500 FREE	25:45.06	7TH*	
50 BACK	:45.91	9TH	
100 BACK	1:35.92	4TH	
200 BACK	3:28.30	5TH*	
FREDERICKA RAPP	(51)		
50 FREE	:38.77	10TH	
200 FREE	3:16.50	10TH	
1500 FREE	26:28.60	9TH	
50 BACK	:49.27	10TH	
200 BACK	3:37.31	7TH	
100 FLY	1:58.01	6TH*	
200 FLY	4:20.26	4TH*	
200 IM	3:41.27	8TH	
400 IM	7:50.08	6TH	
BEVERLY MYERS	(59)		
50 BACK	:45.49	5TH	
100 BACK	1:39.66	6TH	
200 BACK	3:37.36	3RD	
50 BREAST	:48.34	6TH	
50 FLY	:42.78	5TH	
200 IM	3:25.00	3RD	
BEVERLY MYERS	(60)		
50 FREE	:38.31	6TH*	
100 FREE	1:26.70	4TH*	
200 FREE	3:12.53	6TH*	
400 FREE	6:42.71	3RD*	
50 BACK	:45.69	3RD*	
100 BACK	1:43.36	4TH*	
200 BACK	3:35.45	3RD*	
50 BREAST	:50.69	8TH*	
100 BREAST	1:50.99	7TH*	
50 FLY	:45.07	5TH*	
200 IM	3:33.05	2ND*	
EDITH GLUSAC	(76)		
50 BACK	1:01.24	7TH	
100 BACK	2:16.30	6TH*	
200 BACK	5:02.47	6TH*	
50 BREAST	1:06.44	5TH	
100 BREAST	2:28.64	4TH	

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

LOIS NOCHMAN	(70)		
50 FREE	:43.46	8TH*	
100 FREE	1:41.61	8TH*	
200 FREE	3:53.31	10TH*	
400 FREE	8:04.09	6TH*	
800 FREE	16:20.96	3RD*	
1500 FREE	30:32.00	5TH*	
50 BACK	:53.78	9TH*	
200 BACK	4:22.03	9TH*	
50 BREAST	:55.92	3RD*	
100 BREAST	2:04.20	4TH*	
200 BREAST	4:43.46	4TH*	
50 FLY	:45.48	1ST*#	WR
100 FLY	1:52.31	1ST*#	WR
200 FLY	4:16.68	1ST*#	WR
200 IM	4:08.22	2ND*	
400 IM	8:42.62	2ND*	
ERIC NORDLUND	(31)		
800 FREE	10:13.07	6TH	
1500 FREE	19:44.09	8TH	
50 BACK	:33.03	8TH	
200 BACK	2:41.56	10TH	
DAVID SHEPHERD	(39)		
200 FLY	2:30.66	9TH	
FRANK THOMPSON	(43)		
200 BACK	2:40.65	10TH	
400 IM	5:46.32	9TH	
L. BROCKHAHN	45		
100 FREE	1:00.09	5TH*	
200 FREE	2:15.67	10TH*	
400 FREE	4:50.29	7TH*	
100 FLY	1:08.61	7TH	
DONALD KROEGER	(51)		
1500 FREE	23:35.53	10TH	
400 IM	7:00.58	8TH	
WALLY DOBLER	(61)		
50 FREE	:31.94	9TH	
200 BACK	3:08.24	3RD*	
ELMER EGELKRAUT	(61)		
200 FREE	2:47.08	8TH	
100 FLY	1:33.16	10TH	
BOB HERITIER	(67)		
50 FREE	:32.17	6TH	
200 FREE	2:48.90	3RD	
400 FREE	6:00.86	2ND	
800 FREE	12:35.59	2ND	
CHARLES MOSS	(67)		
200 BACK	3:24.33	4TH*	

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

WOMEN'S 200 FREE RELAY			
AGE 240+ TIME	3:08.18	5TH*	
EDITH GLUSAC	(78)		
LOIS NOCHMAN	(70)		
FREDERICKA RAPP	(51)		
KAREN PEARSON	(43)		
WOMEN'S 200 MEDLEY RELAY			
AGE 200+ TIME	3:29.04	7TH	
FREDERICKA RAPP	(51)		
KAREN PEARSON	(43)		
CASSANDRA GARRY	(40)		
EDITH GLUSAC	(78)		
MEN'S 200 FREE RELAY			
AGE 160+ TIME	1:52.66	9TH	
LEONAR BROCKHAHN	(45)		
RICHARD CHANEY	(45)		
FRANK THOMPSON	(43)		
ERIC NORDLUND	(31)		
MEN'S 200 MEDLEY RELAY			
AGE 160+ TIME	2:12.72	10TH	
RICHARD CHANEY	(45)		
FRANK THOMPSON	(43)		
LEONAR BROCKHAHN	(45)		
ERIC NORDLUND	(31)		
MEN'S 200 MEDLEY RELAY			
AGE 240+ TIME	3:08.12	6TH	
ALBERT MORLEY	(57)		
RAY GILLILAND	(72)		
DONALD KROEGER	(51)		
TOM REIGEL	(65)		
MEN'S 400 FREE RELAY			
AGE 120+ TIME	4:41.63	10TH	
ERIC NORDLUND	(31)		
THOMAS SCHARDT	(27)		
FRANK THOMPSON	(43)		
TOM LYNCH	(31)		
MEN'S 400 MEDLEY RELAY			
AGE 120+ TIME	5:36.72	9TH	
ERIC NORDLUND	(31)		

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

MEN'S 400 FREE RELAY			
AGE 200+ TIME	5:12.19	2ND	
THOMAS MOYER	(47)		
BOB HERITIER	(67)		
BRIAN WHALEN	(55)		
DONALD KROEGER	(51)		
MEN'S 800 FREE RELAY			
AGE 120+ TIME	10:14.26	5TH	
TOM LYNCH	(31)		
FRANK THOMPSON	(43)		
THOMAS SCHARDT	(27)		
ERIC NORDLUND	(31)		
MIXED 200 FREE RELAY			
AGE 240+ TIME	3:08.72	5TH*	
TOM REIGEL	(65)		
EDITH GLUSAC	(76)		
RAY GILLILAND	(72)		
LOIS NOCHMAN	(70)		
MIXED 400 MEDLEY RELAY			
AGE 200+ TIME	6:42.82	3RD*	
FREDERICKA RAPP	(51)		
BEVERLY MYERS	(60)		
DONALD KROEGER	(51)		
THOMAS MOYER	(47)		
MIXED 800 FREE RELAY			
AGE 160+ TIME	11:48.14	4TH*	
THOMAS MOYER	(47)		
DONALD KROEGER	(51)		
CASSANDRA GARRY	(40)		
FREDERICKA RAPP	(51)		
MIXED 800 FREE RELAY			
AGE 200+ TIME	11:46.14	2ND	
DONALD KROEGER	(51)		
BEVERLY MYERS	(60)		
FREDERICKA RAPP	(51)		
THOMAS MOYER	(47)		