



THE WAVE EATER

Volume 2 Issue 4

A Publication of Michigan Masters LMSC

Winter 1994

LOIS SETS FIVE WORLD RECORDS

Whether you are looking in the pool at Oakland Community College or Who's Who in Education ('94) or Who's Who in the Midwest ('94), you'll find accomplished Masters swimmer, Lois Nochman. A native of Ann Arbor and an alumni of the University of Michigan Lois retired from Highland Park Community College where she'd taught for thirty-one years.



**Lois Nochman
of S.O.S**

In the 1993 World Ranking in her age group (65-69), she placed in the top ten in 6 of 17 long course events (2nd in the 50 fly) and in the top ten in 10-of 18 short course events, with a second in the 200 fly. Lois is the first person to hold ALL state records in the 65-69 age group in long and short course meters and short course yards. In all she has set 86 state records since she began with Masters in 1988.

Most recently she set **5 World Records** in the 70-74 age group (the day after her 70th birthday) at the Great Lakes Zone Championships (short course IM (8:22.17)meters), at IUPUI in Indianapolis on November 6, 1994. Those records are as follows: 50 fly (:46.86), 100 fly (1:54.22), 200 Fly (4:05.45), 200 IM (3:57.49) and the 400 . She also set a record in U.the S. Masters Five Kilometer Swim in July with a time of 1:49:11.68.

Lois has also been recognized as All-American for the fourth straight year for

(con't on p.2, column 2)

USMS REGISTRATION RENEWAL TIME

Now is the time to renew your USMS registration! If you do so by Dec. 23 you won't miss any issues of *Swim* magazine. When you fill out the new registration form, **PLEASE** be sure to **sign** the application form, even if it is a renewal! This past season, I think Sallie returned upward of 25% of the applications due to lack of signature!! Please be thorough as you fill them out, I know Sallie appreciates it.

Michigan Masters LMSC closed out our 1994 registration of members with another new all time high of 562 swimmers!! That is an increase of 39% since last season. We have 175 women and 387 men registered. Congratulations to our members.... without you all out there swimming, having a good time and talking up your sport, it would be much more difficult to market our LMSC.

***My new goal for the LMSC membership
is 635 for 1995!!***

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Midnight Challenge

On October 16, 1994... 16 swimmers arrived at the U of M to participate in the 12 Mile Challenge. We had an Ann Arbor team" (Carl Wooley, Tom DeVries, Richard Fortune, & Tom Bowker), a team from FAST (Paul Wright, Mark-Tami Hotta, Eric Shirley, Bill Eagen and Pat Kenny), a duo from Jackson (Tim Clore and Phil Clelland) and FIVE individual swimmers (Todd Mercer, Amy Thayer, Don Asselin, Jennifer Parks and Bill Reid). A motley crew to say the least. The Ann Arbor and FAST teams achieved their mileage in the first two hour segment. I must say that the Ann Arbor team had it all figured out, they got in, did there 12 miles and got out and were gone. The FAST team actually exceeded the challenge as they averaged 5,000 meters per team member. The FAST team stretched it out a bit, Pat Kenny arrived after we got started so under the two hour rule, he had the entire U of M pool to himself for about 30 minutes. Tim and Phil from Jackson, finished the challenge during the second segment and then hung around the pool visiting during the break.

The remaining five swimmers were in it by themselves. Beginning at 8pm posed probably the biggest challenge. In retrospect, I think most Masters that we know are in bed by 10pm! It's incredible the games that the mind can play on someone, especially in the middle of the night. Jennifer Parks being a morning person, thriving primarily in the daylight hours, handily swam 7 miles in the first two, two hour segments. The remaining four swimmers Don, Amy, Bill & Todd found the hour breaks part of the challenge. As Don pounded out his yards on one side of the pool Amy & Bill did sets, during which they played name

(con't this page, 2nd col.)

positing the fastest (con't from p. 1) national time in her age-group in two Masters Postal Championships, setting new records in the 10K swim (3:38.50.23) and in the 6000 yard Swim (1:54.28.81) in 1993. Prior to that she had three All-American citations.

Congratulations Lois!!! You give other Masters goals to shoot toward!

Michigan Masters Relay Team (age 280+) also set a World record of 7:28.57 for the 400M Medley Relay (Charlie Moss, Lois Nochman, Edith Glusac and Ray Gilliland!

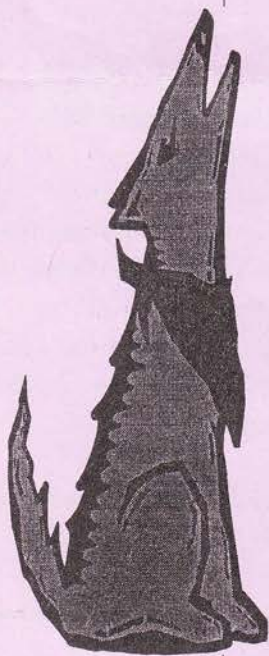
games, to keep the brain functioning. Todd, swimming at a different pace, got in on the game every fourth or sixth length!

At 6:15am as John Urbancek (U of M's Men's Coach) was coming in to run, the six of us who had survived being up all night were looking for a place for breakfast!! I'm not sure about the swimmers, but I was sound asleep as soon as I got in the van after breakfast and I didn't even swim!

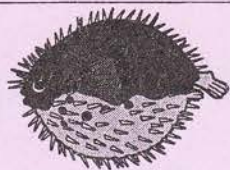
I would like to add two things... First, THANK YOU to Jeanne Brickner who was the guard on duty during the night and secondly, I think next year there will be three changes in the challenge. 1) It will be in Sept. 2) It will be run during the day and 3) It will be set up in two hour segments, but you may be able to swim it however you'd like. We shall see... Watch for a flyer in the newsletter around Memorial Day!

CONGRATULATIONS TO ALL THOSE WHO PARTICIPATED!!!

**WINNERS MAKE GOALS.
LOSERS MAKE EXCUSES!**



EDITOR NOISE



I would like to take a moment here to add a couple of "footnotes". Last newsletter when we included the results from the Harbor Springs Coastal Crawl, we had only received the first page via FAX. Therefore the second page may be found at the beginning of the section on results. Secondly, I was delayed once again getting this out as it seemed to be difficult to get information and meet flyers from people. I know everyone is busy, so I really appreciate your efforts. For the next letter the deadline will be February 10th! Also due to the fact that our meet calendar has gotten so large, I'm debating doing a follow-up mailing to the newsletter (perhaps a month later) with JUST meet results. Most of the other states do not publish the meet results in the newsletter, you have to buy them at the meet. We really don't want to do that, so I may try some alternatives... please bear with me, I'm open to constructive ideas!

Lastly, the majority of the photos will end up on one or two pages. Once again, I'm experimenting. Since, to keep the cost down, we "copy" (as opposed to "print") our newsletter, but I'm trying to get better resolution on the photos. They come off my laser looking great and muddy-up in the copying! By putting them in one place, we're hoping for better control. And the last word on photos is: 3"x5" are best, with as little background pattern as possible and a fairly consistent exposure. These seem to translate best.

My apologies to LAFS this time around, do to exposure, we were losing the entire back row of women.

Oh, yes... please identify everyone. I just don't know everyone by name

TO BE THE BEST

The following appears with the permission of Paul Wright (from FAST) who wrote it for the FAST newsletter. I decided that I know more than a few Masters who can identify with these feelings.

Don't get too cocky! There is always someone faster and smarter than you." -Merlin the Magician in "Excaliber"

Is it possible to be the fastest? Why do we compete against others? Why do we try to be the fastest? That is the goal, isn't it?

"Fastest" is just a comparison. I could be the fastest in a single heat competing against others my age. But I only get second overall. I could win first place, but not be the fastest at the meet. I could win the meet, but not be fastest in the state. First place at the State Meet eluded me by only a fraction of a second, but a national first place was much more out of reach. Beyond that are the World records. And every year the swimmers are getting faster and faster.

My 15 year old son says that even being able to beat other "old people" doesn't make me the fastest.

I guess it doesn't, but I'll keep on trying. There is only one competitor that I feel I need to triumph over. My nemesis is not easy to conquer, as he is my equal in every way. Even though this opponent matches me stroke for stroke, I know his every thought. I know his weaknesses. I know where he makes his mistakes. I only give just a little bit more each time against him to win. A fraction of a second here and a slight improvement there. I analyze his every move. I try to chase him down every workout. He tries to get away, but my radar locks on. The faster he goes, the faster I go.

And on and on I go.

*Trying to be...
the best.*

"It is hard to fight an enemy who has outposts in your head!"

President's Part



I hope that all of you are having a good swimming season and a happy holiday season as well. The Fall and Winter meets are going well with attendance at or above last year's levels. We finished the 1994 registration year at record levels and hope to continue to set records in 1995. We have a lot of activities planned for this year that we hope you will participate in and enjoy.

The USMS Convention was held in Kansas City at the end of September. The major occurrence of the Convention for the Michigan LMSC was the award of the 1996 Long Course Nationals to us and the University of Michigan. Our bid was praised for its quality and Mark Lambert presented the bid to the Convention Delegates with humor and brevity. This meet should be the high point of the 1996 season. Other than our bid being accepted, the 1994 USMS Convention was more noteworthy for what it did not do. Most of the proposed rule changes (including the proposed rule to age everybody up at the first of the year and the proposed rule requiring four officials for all meets) were rejected. Most of the rule changes that were accepted affected the conduct of national meets. The financial arrangements for the nationals were modified. The method to compute qualification times for the nationals was changed, resulting in easier times for freestylers in the low-to-mid age groups. All in all, it was an interesting convention but it did not much change how we run our LMSC.

During the 1994 Annual Meeting, the LMSC voted to purchase Hy-Tech meet management software. This software has arrived and can be "borrowed" from our LMSC Secretary, Phyllis Reid. The software is available to any group within the Michigan LMSC to run meets. However when you are finished with the software, it must be uninstalled from your hard drive and the

(con't this page, next col.)

Top o' the Heap!

Charlie Moss has achieved the status of 1993 USMS/Finals "ALL-STAR" status for ages 65-69. An "ALL-STAR" is defined as *"those USMS swimmers who swam the fastest time in the National Top Ten Times in the most events in SCY, LCM and SCM in 1993."*

The following swimmers in Michigan are rated as All-American.

MEN:

19-24	Steve Cohen
25-29	Bob Jennings
	Robert Peel
35-39	David Shepherd
65-69	Charles Moss
80-84	Carl Thornburg

WOMEN:

25-29	Sandra Carosi
30-34	Patricia Leahy-Rohner
65-69	Lois Nochman

(con't from this page, 1st column)

floppies and manuals returned to the Secretary. We are not authorized to make copies of the software or the manuals. We request that you comply with these procedures so that we will not be in violation of the software copyrights.

I would like to repeat my call for people interested in LMSC offices. If you are interested in running for office in the LMSC, please see or call Andy Donato (810) 364-4974. As part of the next newsletter, we will be requesting each candidate describe his or her expertise, experience and plans for the LMSC in a short (1/4 to 1/2 page) write-up. All offices are open, including the position of Registrar. The next two years should be an exciting time for Michigan USMS swimmers. It should be a great time to hold a LMSC office.

Again, I hope that you all are happy and well and having a good swimming season. I hope that you have a Merry Christmas, a Happy and Prosperous New Year and a great swimming season.

"A racehorse that runs consistently just a second faster than another horse is worth millions of dollars more. Be willing to give that extra effort that separates the winner from the one in second place."

HUMMER AWARD

At the recent U.S. Aquatics Sports Convention, U.S. Swimming presented the Glen S. Hummer Award to Michigan Swimming, specifically Jennifer Parks and Gail Dummer, for their efforts in conducting the inaugural Central Zone Open Water Swimming Championships. (For "age-group swimming".) The competition was held August 15 at Big Silver Lake in the Pinckney Recreation Area.

*Congratulations
to
Gail Dummer
&
Jennifer Parks!*

Established in 1979 and named for an Olympian and coach, the Glen S. Hummer Award is given annually to the person or group making the greatest contribution to U.S. Open Water Swimming. For the past several years, the U.S. Swimming Open Water Committee has been encouraging zones and LSC's to conduct open water championships. Michigan Swimming was the first organization to rise to the challenge.

1994 USMS LC NATIONALS

Twenty-two swimmers from our LMSC attended the Long Course Nationals held in Buffalo, NY. There were 700 swimmers overall. The Michigan Masters' Men's team took 3rd place in the large team division and the Women's team took the 4th in the Small Team Division. Combined, they took 6th place! Charlie Moss was the Men's High Point winner with 60 points and Beverly Myers took the Women's overall with 52 points.

*Charlie Moss &
Beverly Myers
take High Points
at LC in Buffalo.*

The 1996 Long Course Nationals will be held at the University of Michigan's Canham Natatorium. And naturally, we plan to not only host those Championships but to also WIN THEM!!

**Congratulations to ALL of our
teammates!**

WCAR Radio Recognition

On Friday, November 11, 1994 Edith Glusac was selected as "Senior of the Week" by WCAR radio. Each week, the "Senior Spotlight" program chooses a special senior to spotlight who has a good attitude and gives inspiration other seniors. According to them she was chosen for her "outstanding accomplishments through her affiliation with the Detroit Masters program... You are certainly a credit to the community."

Edith is pictured above with some of her teammates at the World Senior Games. Also pictured are Beverly Myers (right) and Fredericka Rapp (next to Edie). Beverly took home 8 gold medals as well as breaking World Records in the following: 50 breast, 50 fly, 100 IM, 100 back, 200 IM. Fredericka set a World record in the 200 freestyle.

MORE SENIORS?

Once again I get more news from Edith Glusac and some of the other Seniors than I do from all of the rest of you put together. Edith sent me the following results from the World "Senior" Games:

Beverly Myers (55-59) had 8 Gold medals, breaking World Senior Games Records in; 50 Breast, 50 Fly, 100 IM, 100 Back, 200 IM.

Fredericka Rapp (50-54) won 4 Gold, 3 Silver and One Bronze and set a new World Senior Games record in the 200 Freestyle!

Congratulations Ladies!!

(You will find a picture of the Michigan contingent at the World Senior Games on page 6.)

HEALTH WINS - MASTER SWIMS!

Four years ago Ralph Silver could barely walk from the bedroom to the bathroom of his home, but this year in Harbor Springs, he competed for the first time as a Masters swimmer.



Ralph is a "long-time" (if not lifetime) resident of Howell and a charter member of the newly formed LAFS (Livingston Area Fitness Swimmers) team. Over four years ago the doctors told Ralph that he had cancer and they did surgery to remove it. They said, "We think we got it", only to find out through an MRI that they had not! Then came the torturous radiation therapy. Ralph told me that if it hadn't been for his wife, Louise he would never have finished the radiation. It was so dreadful. But finish it he did, and today he is the picture of health!

During the relay at Harbor Springs Ralph hurried to get out of the pool and in doing so, bruised some ribs when he slipped. After aggravating them more when golfing he was unable to compete at Grand Rapids. But instead he rode over to the meet with teammate, George Tait and helped out as a much needed timer.

*Ralph, we're glad
you're swimming,
YOU inspires us!*

I also want to add that it is not necessary to exit the pool immediately during a relay, as long as you can stay clear of the swimmer and not affect the timing system. Please, learn from Ralph's experience to take your time getting out during a relay. Take your time and do NOT risk getting hurt. No one else needs to be in a big hurry.



*Ken Danhof and Brad Hensen
Two of your '95 State Meet Directors*

Chlorine and Gold Jewelry

It has recently been reported that gold jewelry and chlorinated water do NOT mix!

John P. Kuehn, a gemologist from West Virginia researched the problem when a client of his forgot his advice to clean her engagement ring in ammonia and water and soaked it in chlorine bleach instead.

The ring turned black and small hairline cracks developed after only a few hours. Kuehn took a new engagement ring of 14k white gold and placed it in household bleach for 36 hours. Photos which showed the ring before and after the "treatment", illustrated that the end result was almost complete disintegration.

The solution began to bubble a short time after the ring was placed in the chlorine, indicating a chemical reaction with the gold's alloy metals. Pure gold will show NO reaction. However, as jewelers know, alloys are added to most gold mixes. They are a mixture of various metals (copper, silver and nickel among others) which affect the color of gold and its hardness.

Kuehn said, "There is a small amount of chlorine in tap water which probably accounts for the fact that

(con't on p. 8, col. 1)

I LOVE TO SWIM

I LOVE TO SWIM BECAUSE
EVERYTHING DEPENDS
ON ME.

I HAVE TO WANT IT,
I HAVE TO DO IT
FOR MYSELF.

IT IS A WAY OF CONQUERING
DOUBTS,
PAIN,
AND NEGATIVE FEELINGS.
I LOVE TO CONQUER
NEGATIVITY.

IT IS TOO EASY TO GIVE UP
AND GIVE IN TO DIFFICULTY.
I LOVE TO PUSH MYSELF TO MY
LIMITS.

THAT INCLUDES CONQUERING
DOUBTS,
PAIN,
AND NEGATIVE FEELINGS,
AND NOT GIVING UP.

MY FAVORITE PART IS
DOING SOMETHING
I THOUGHT I COULDN'T DO
BEFORE.
IT PROVIDES AN OPPORTUNITY
TO
MOVE UP,
AND CONQUER GREATER
OBSTACLES.

I LOVE TO SWIM.



*Don Asselin, Bill Reid, Amy Thayer, Todd Mercer
12 Mile Challenge Individual finishers*



*Current
unnamed
Master
swimmer and
future
swimmers
(hopefully)!*



*Picture (R-L): Beverly Myers, Carl Edwards, Lois
Nochman, Edith Glusac, Fredericka Rapp, Don
Kroeger, Wm. Ware & a friend from British Columbia.*



*Gail Dummer & Jennifer Parks recipients
of the "Hummer Award" at the USAS
convention in late September.*

(con't from p.6, clm 2)

after long periods of time engagement ring prongs begin to break. This has been erroneously blamed on poor-quality jewelry. In reality, it was due to the ring's long term exposure to chlorine."

Kuehn recommended that people do not swim in chlorinated pools with their jewelry. He also strongly recommended against handling bleach if the ring could not be rinsed of immediately. As for jewelry's contact with household tap water, Kuehn said, "Jewelry was made to be worn and one shouldn't put it away just because it's going to come in contact with tap water. The disintegration from tap water could take years and years so just have your jeweler check any doubtful items periodically."

"Obstacles are what you see when
you take your eyes off the goal"
AND
"The dictionary is the only place
where success comes before work."



Andy Donato, Skip Thompson, Bill Reid
Karen Pearson
at the USAS Convention in Kansas City, MO.

Journey towards your dreams. . .

*"Be what you are, and become
what you are capable
of becoming".*

-Robert Louis Stevenson

WINNERS

Winners take chances.

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

Winner's don't give up.

*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.*

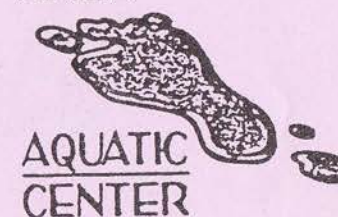
Winners are patient.

*They know a goal is only as worthy
as the effort that's required to achieve
it.*

-Nancye Sims

Livingston **A**rea **F**itness **S**wimmers
proudly hosts its first
New Years L.A.F.S. Masters Meet
USMS Sanctioned (Sanction # MM199508)

HOWELL
AREA



DATE: Sunday, January 15, 1995

PLACE: Howell Area Aquatic Center
1200 W. Grand River Avenue
Howell, Michigan 48843
(517) 548-6355

TIME: Warm-up/Registration 9:00am
Events 10:00am

FACILITY: 6-Lane, 25 yard pool, Hand timing,
Hot tub, Refreshment lounge

AWARDS: Michigan Masters ribbons for 1st to 3rd

ENTRY: \$10.00 per Swimmer
Maximum of 5 events plus relays
Deck entries ONLY - close at 9:45am
Seeding slow to fast
USMS Registration Required

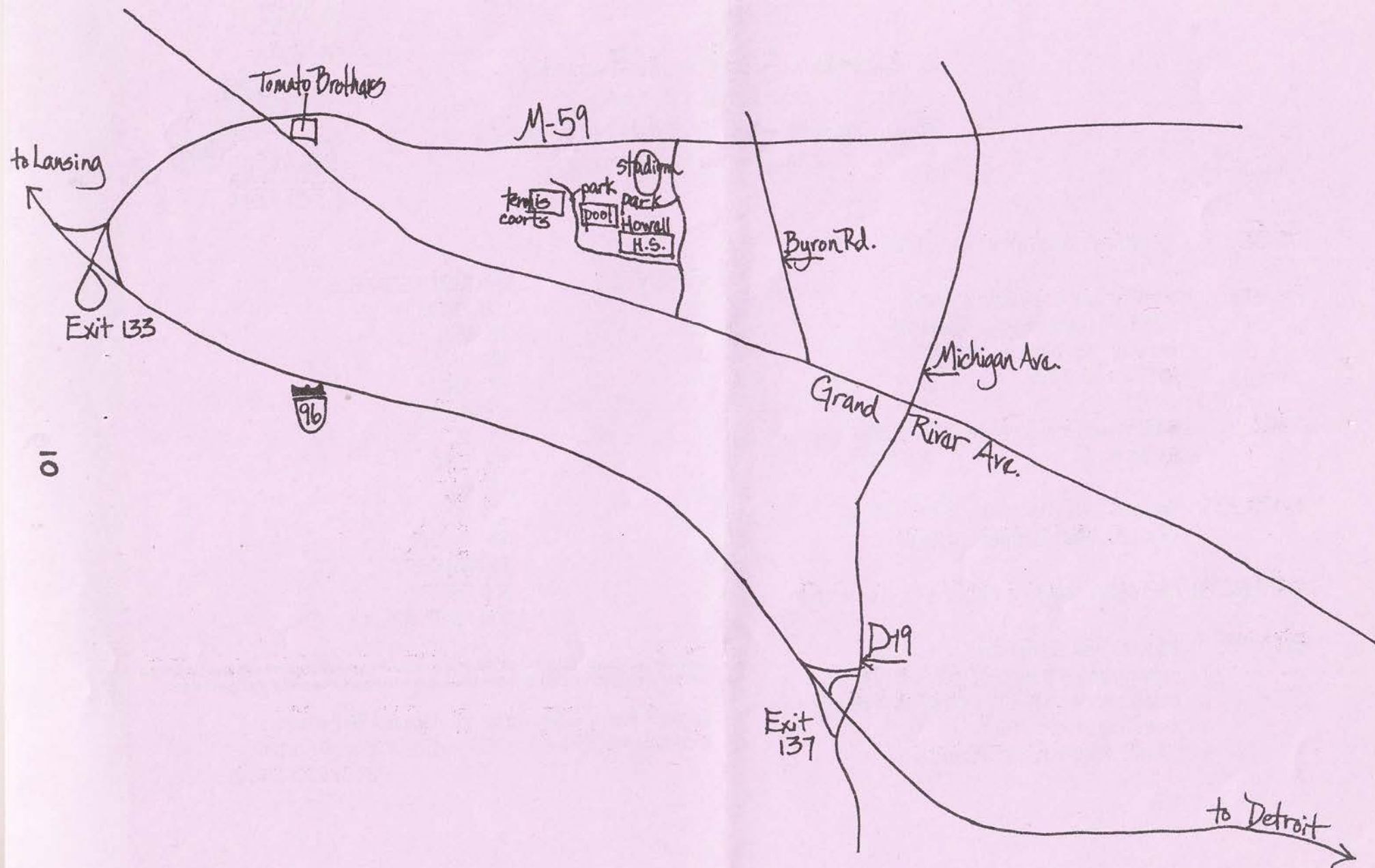
EVENTS: 200 MEDLEY RELAY
200 FREE
100 IM
200 BREAST
50 FREE
100 BACK
50 FLY
50 BREAST
100 FREE
200 IM
50 BACK
100 BREAST
500 FREE
200 FREE RELAY

Swimmer must enter the pool feet first in a cautious manner with at least one hand in contact with the pool deck or the gutter. One lane will remain open for warm-up and warm-down.

Dinner/Party afterwards at **Tomato Brothers**

For more information, contact: Karen Pearson
(810) 220-3410

Directions to Howell Area Aquatic Center + Tomato Brothers



Jackson Y-Center Short Course Masters Swim Meet
Sanctioned by Michigan Masters for USMS Inc, Sanction No. MM199509

Sunday, January 29, 1995 at the Jackson Y-Center
127 Wesley Street, Jackson, Michigan

8:30-9:45 AM Check-in and deck entry

9:00-9:50 AM Warm-up

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

Swimmers are reminded to enter the water feet-first during all warm-ups and warm-downs. Diving is permitted only in designated sprint lanes. One lane will be reserved during the meet (except during the 1000 free and 1650 free) for warm-downs. There will be a break between the 200 Yard IM and the 100 Yard Breaststroke.

Entries: Cost is \$10.00 for mailed-in entries and \$15.00 for deck entries. We intend to seed and score this meet with a computer. Thus we request that as many swimmers as possible enter by mail so that we will not have to do a lot of data entry on the day of the meet. Mailed-in entries must be postmarked by January 23, 1995. Relays can be deck entered without penalty. A swimmer may enter 4 individual events and 2 relays. A swimmer may either swim the 1000 free or the 1650 free but not both. Entries should be mailed to:

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

Seeding and Scratches: Positive check-in is required for all swimmers and events so we can minimize the number of open lanes and give every swimmer good races. When swimmers check-in, they 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 can scratch by telephone. Scratches will be accepted at (517)592-8908 until Saturday Night at 9:00 PM. Scratches can be made at the day of the meet at (517)782-0537 from 8:00 AM until 9:45 AM. If you scratch by phone, we will refund \$6.00 of your entry fee.

Seeding will be slow-to-fast for all events. Some 1000 free and 1650 free swimmers may be combined into one heat if necessary to expedite the meet.

Eligibility: Only swimmers registered with the USMS for 1995 may compete in this meet. All entrants must show cards during deck entry (or check-in for swimmers who pre-entered). USMS cards can be purchased at the meet.

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

Timing, Awards and Results: Times will be taken by electronic timing equipment connected directly to the computer. Splits will be taken by the system and will be posted in the pool area with the final results. Awards will be Michigan Masters ribbons for first through third with computer-printed stickers. Results without splits will be printed in the Spring Newsletter. Mailed results with splits can be purchased at the meet for \$5.00

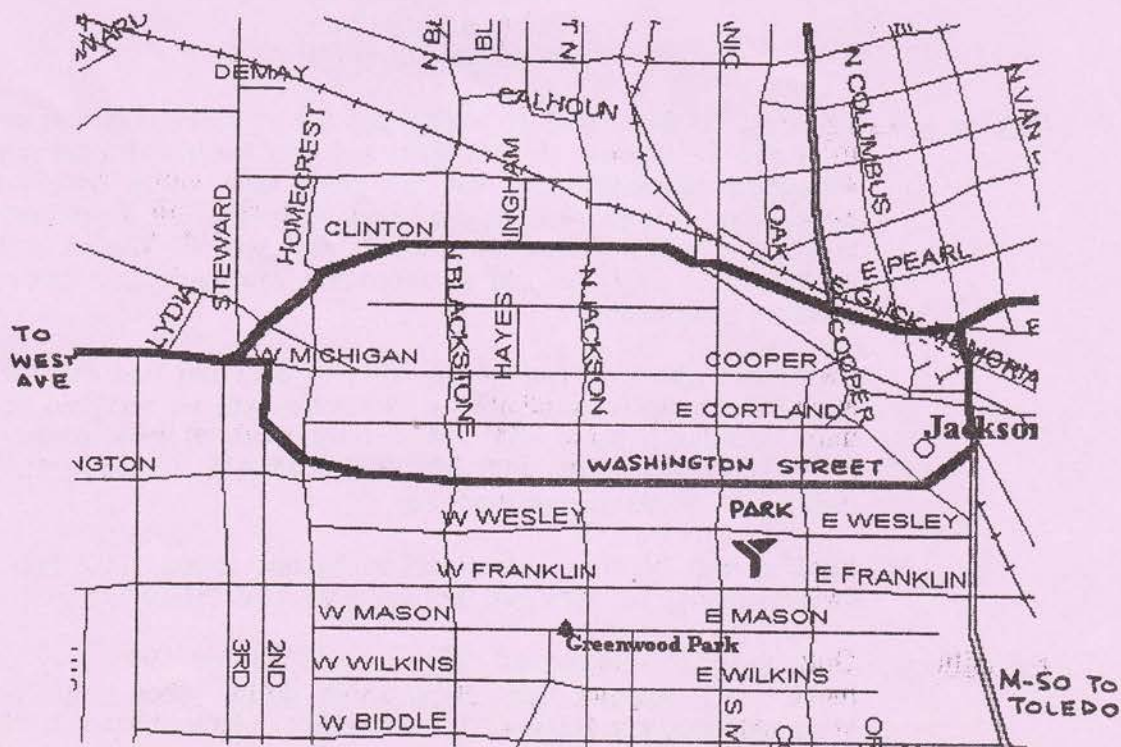
Directions: From the North, East or West

Take US-27 south (from the North), I-94 east (from the West) or I-94 west (from the East) to US-127 (Exit 138 on I-94). Do not take the US-127 South Exit on I-94 east of Jackson (Exit 141). At Exit 138 get off of I-94 going south. At this point, US-127 becomes West Avenue. Take West Avenue south into Jackson until the intersection of West Avenue and Michigan Avenue. Turn Left on Michigan Avenue and travel east until the road splits. Bear to the right and the road will become a one-way street (Washington Avenue). Pass two lights and just past a church (on your right), turn into a parking lot on your right. The Y-Center is south of the parking lot.

From the South

Take US-127 north or M-50 west to their junction. Take M-50 into Jackson. As you approach downtown, you will pass the Southridge Park apartments on your left. Turn left just past the apartments onto Franklin. Go one block then turn right onto Francis. Go one block then turn left onto Wesley. After you pass one stop sign, the parking lot for the Y-Center is on your right.

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



Jackson Center Short Course Masters Swim Meet

Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM 199509

SUNDAY, JANUARY 29, 1995

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

BIRTHDATE: _____ **Age On Jan. 29:** _____ **TEAM:** _____

EVENT NUMBER	EVENT NAME	SEED TIME
1	200 YD MEDLEY RELAY	
2	200 YARD FREESTYLE	
3	200 YARD BACKSTROKE	
4	50 YARD BREASTSTROKE	
5	50 YARD BUTTERFLY	
6	50 YARD FREESTYLE	
7	50 YARD BACKSTROKE	
8	200 YARD IM	
9	100 YARD BREASTSTROKE	
10	100 YARD FREESTYLE	
11	100 YARD BACKSTROKE	
12	100 YARD BUTTERFLY	
13	200 YARD BREASTSTROKE	
14	400 YD FREE RELAY	
15	1000 YARD FREESTYLE	
F 16	1650 YARD FREESTYLE	

ENTRY FEE: \$10.00
ENTRY DEADLINE:
Monday, January 23, 1995
(Postmarked)

Make Cheques Payable to: *Michigan Masters*
Send Entries to: *Bill Reid*
128 Marlboro Ct.
Brooklyn, MI 49230 (517) 592-8908

February Fitness Challenge '95



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

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

Recording Distance: Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1995

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: Reachin' for the Stars!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

Entry Procedure: Send form below and fees to:
FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
950 South Foster Dr. #29
Baton Rouge, LA 70806 USA
Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

February Fitness Challenge '95

(please print)

NAME: _____ AGE (as of 2/28/95): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP: _____ COUNTRY: _____ PHONE: () _____ USMS MEMBER? Y N

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

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 6.00 _____ (required)
T-Shirt	12.00 _____ (optional)
Circle T-shirt Size: S M L XL XXL	
Swim Cap	3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fees payable to Southern Masters Swimming)	

JOSEPH BEAUDOIN MEMORIAL SWIM MEET

February 12, 1995

Ford Athletic Swim and Triathlon Club brings you their 8th annual Michigan Masters Swim Meet. This will be a sanctioned meet, open to all registered masters swimmers; registration available at the meet. The meet will be held at Brighton High School, Brighton, Michigan.

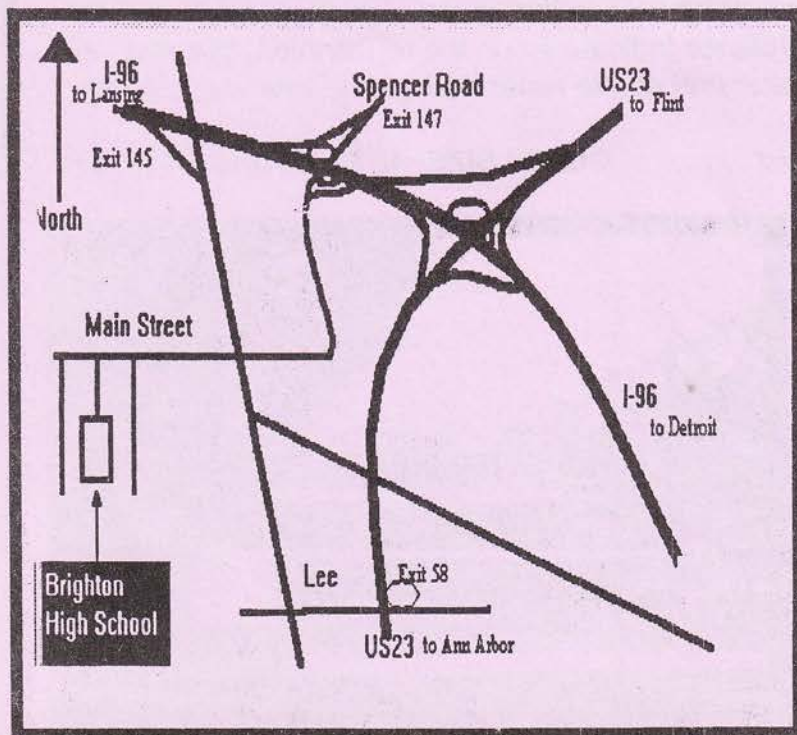


The events are:

- | | |
|---------------------|--------------------------|
| 1. 400 Medley Relay | *INTERMISSION* |
| 2. 200 Free | 9. 200 IM |
| 3. 100 Back | 10. 100 Free |
| 4. 50 Fly | 11. 50 Breast |
| 5. 100 IM | 12. 200 Fly |
| 6. 200 Breast | 13. 50 Back |
| 7. 50 Free | 14. 200 Mixed Free Relay |
| 8. Fun Relay | 15. 400/1500 Free |

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

For more information call Julie Harris; work (313) 248-7815; home (810) 471-7287.



From Lansing:

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

From Ann Arbor:

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

From Flint:

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

From Detroit:

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

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

Sanction #MM199510

DID YOU GET A LATE START THIS SEASON?

Clean up your strokes, starts, turns
and training methods in time for
the 1995 State Championships!

STROKE CLINIC

(Sanctioned by Michigan Masters for USMS, Inc. - Sanction #MM199515)

February 26, 1995

9AM to 3:30PM

University of Michigan's
Canham Natatorium
Ann Arbor, Michigan

COACHES: Jim Richardson Head Women's Swim Coach U of M
Chrissi Rawak Asst. Women's Swim Coach U of M
** Assisted by two other Area Coaches

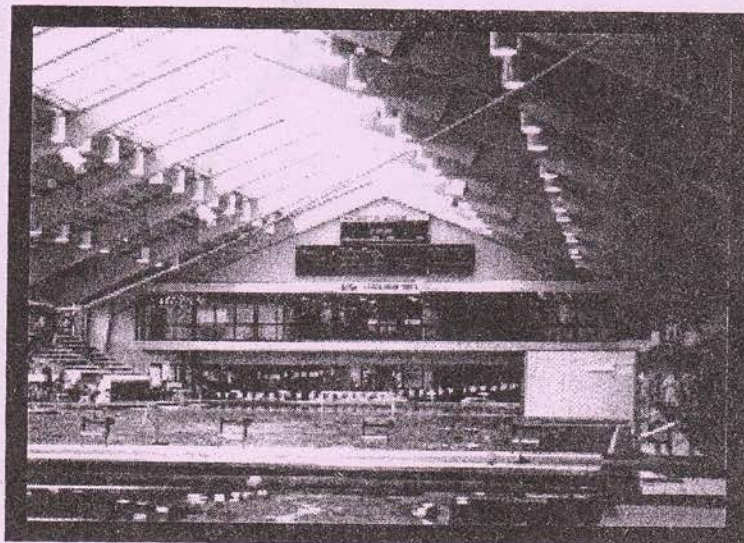
The Stroke Clinic that Jim and Chrissi did for the Michigan Masters this past fall was extremely well received! So... we have asked that they coach another one for us this winter. As we did last winter, the Clinic will be split so that those who want to concentrate on the new breaststroke, may do so. (please indicate so on the registration) We also are very pleased to say that both underwater and above water taping sessions are included.

COST: \$35 Pre-registration is required

CLINIC SIZE: 40 Swimmers maximum

PROCEDURES: The clinic will be split into several smaller groups, which will rotate as a group. (The breaststrokers, will be separate.)

EQUIPMENT: Bring a lunch and a VHS Tape (we will supply the labels). It is *strongly* recommended that you bring fins... and any other workout "toys". Also warm clothes and an extra towel (or two) for "on deck" time.



SCHEDULE:

MORNING:

9:00 - 9:45am

Discussion on training & race preparation

10am-12 noon

- | | |
|-------------|---|
| Session 1 - | Videotaping (above water) |
| Session 2 - | Stroke Drills |
| Session 3 - | Swimming session with Video Critique of strokes |
| Session 4 - | Underwater taping |

Noon

BREAK

AFTERNOON:

12:30- 3:30pm

- | | |
|-------------|----------------|
| Session 5 - | Starts & Turns |
| Session 6 - | Same as 2 |
| Session 7 - | Same as 3 |
| Session 8 - | Same as 3 |

The morning and afternoon sessions will rotate you through each of the four groups (sessions).

A current USMS registration is required to attend this clinic.

(You may register the morning of the clinic.)

WINTER '95 STROKE CLINIC, University of Michigan

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

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

PHONE #: _____ **Breaststroke Clinic:** _____

AM Stroke to be videotaped _____

PM Stroke to be videotaped _____

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

Swimming goals: *Fitness* *Weight loss* *Stress reduction*
(circle those which apply) *Competition* *Improve physique* *Companionship*

MAIL TO: **Phyllis J. Reid**
128 Marlboro Court
Brooklyn, MI 49230
(517) 592-8908

Make checks payable to: Michigan Masters Events

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

Swim Classic

at

East Kentwood High School Community Pool

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

February 25, 1995

Meet fee is \$12.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters membership (\$25.00), sign up available at the Meet.

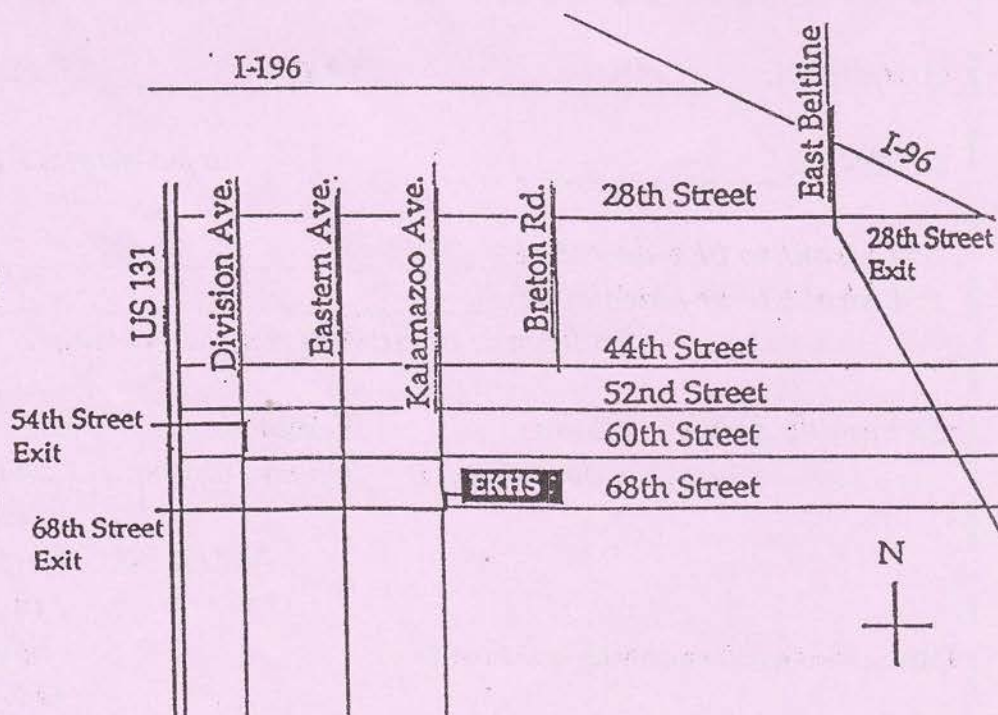
This meet is a United States Masters Swimming sanctioned meet. All USMS registered swimmer's times will count toward State and National record consideration and coverage is by USMS insurance.

Registration 9:15 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 4 individual events and 2 relays per swimmer.

Questions: Ken Danhof, Meet Director, 4295 Carolyn, Muskegon, MI 49444 (616)739-5592
Sanction #MM199511.

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 Med
6. 50 Yard Free
7. 200 Yard Breast
8. 100 Yard Back
9. 50 Yard Butterfly
- Intermission
10. 100 Yard Individual Med
11. 100 Yard Free
12. 100 Yard Breast
13. 100 Yard Butterfly
14. 200 Yard Back
15. 200 Yard Free Relay



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

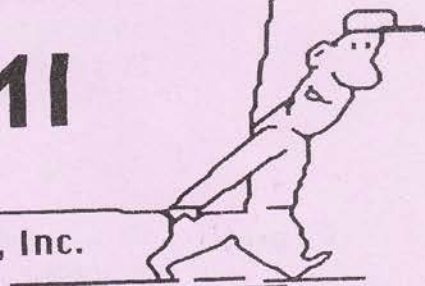
State Meet Preview

March 5, 1995

Kalamazoo, MI



Sanctioned by Michigan Masters for USMS, Inc.



Host: Great Lakes Aquatics, Sanction No. MM199514
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, February 27, 1995. 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

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)349-1053 until Saturday night at 9:00 p.m. Scratches can be made the day of the meet at (616)337-0232 from 8:15-9:45 a.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.

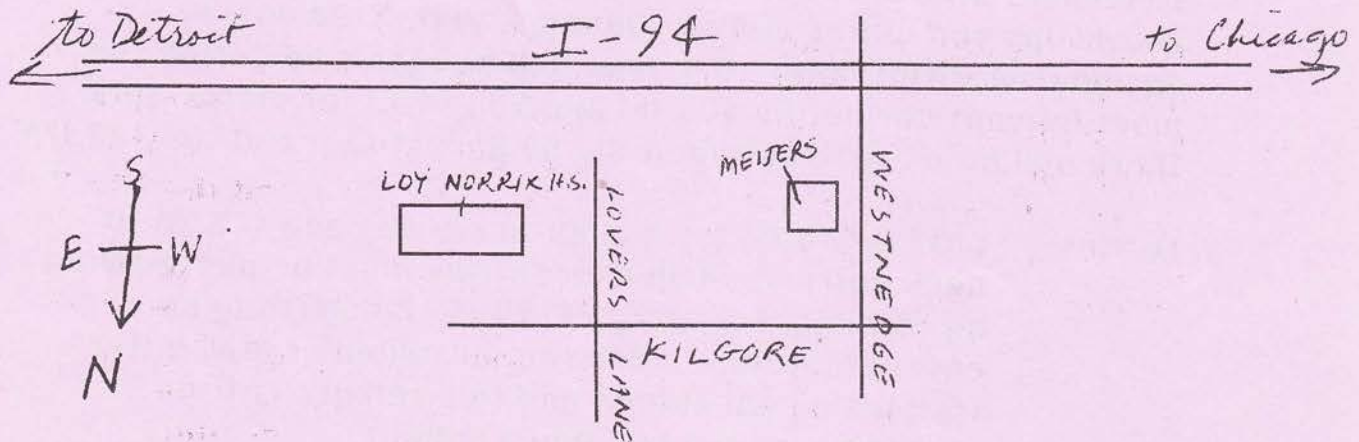
Eligibility: Only swimmers registered with USMS for 1995 may compete in this meet. **All entrants must show cards during deck entry (or check-in for swimmers pre-entered).** USMS cards can be purchased at the meet.

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

Timing, Awards and Results: Colorado Electronic Timing System will be used during the meet. Splits will be taken by the system and will be posted in the pool area with the final results. Awards will be Michigan Masters for first through third place. Results without splits will be printed in the Michigan Masters Newsletter. Mailed results with splits may be purchased at the meet for \$5.00.

Additional Information: Vince or Linda Gallant (616)349-1053

Directions: Loy Norrix High School is accessible from I-94. Exit I-94 at Westnedge Avenue North (76A). Travel on Westnedge approximately one mile to Kilgore Road (2nd traffic light) and turn right on Kilgore. Travel a bit less than a mile to Lovers Lane (2nd traffic light) and turn right. The Loy Norrix campus is located on the southeast corner of Kilgore Road and Lovers Lane. The natatorium is located at the west end of the campus. Park near the west end of the campus and follow the signs into the pool area.



Great Lakes Aquatics Short Course Masters Swim Meet
 Sanctioned by Michigan Masters for USMS Inc., Sanction No. MM199514
Sunday, March 5, 1995

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

BIRTHDATE: _____ **Age on Mar.5:** _____ **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, February 27, 1995
 (Postmarked)

Send entries to: Vince Gallant
 323 Garland Ave.
 Kalamazoo, MI 49001
 (616)349-1053

**20TH ANNUAL!! MIDLAND MASTERS
WINTER'S END SWIM MEET
SANCTION # MM199512**

Date: Sunday, March 12th, 1995

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

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

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

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

Events:

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

Seeding: Fast to Slow

Warmup: Continuous warmup during meet in Lane 6 during meet..
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; 10:45AM for 500 Free; 11:45 for remainder

Refreshments: During meet. Social after - T.B.A.*
*TBA = To be announced

For more information contact:

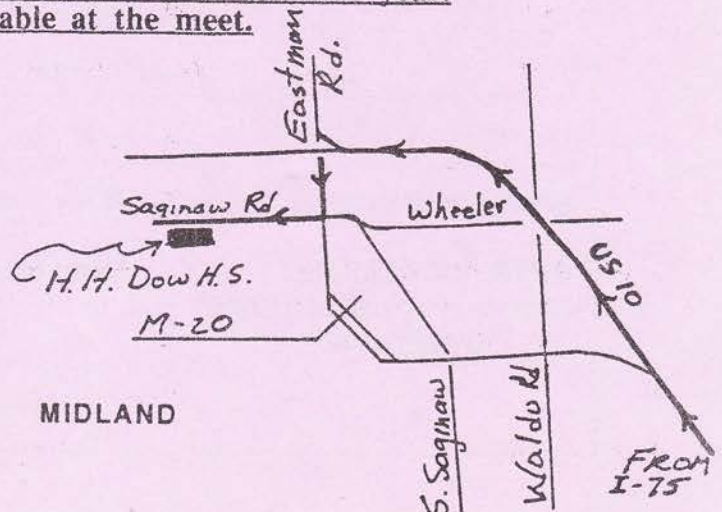
Charles Moss
(517) 631-1480

or

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

USMS registration required. \$25.00 for 1995 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.





**WEST MICHIGAN MASTERS SWIM ASSOCIATION
PROUDLY HOSTS THE
1995 MICHIGAN MASTERS STATE
SWIM MEET**

MARCH 31, 1995

APRIL 1, 1995

APRIL 2, 1995

**AT ROCKFORD HIGH SCHOOL POOL
4100 KROES
ROCKFORD, MI 49341**

**THE ROCKFORD COMMUNITY POOL IS A VERY NICE,
THREE YEAR OLD, 8 LANE POOL WITH LARGE
LOCKERROOMS. IT IS LOCATED ABOUT 15 MILES
NORTH OF GRAND RAPIDS**

**A ONE DAY, LIMITED EVENT IS SCHEDULED FOR
SUNDAY, MARCH 26, 1995 AT THE UNIVERSITY OF
MICHIGAN'S CANHAM POOL.**

This is an opportunity for swimmers who want to break up the distance events or who cannot attend the Rockford meet. Times swum at Ann Arbor will be merged with those swum at Rockford, so use this date to swim in events you might not normally swim.

**COMPLETE MEET INFO IN THE NEXT NEWSLETTER
VOLUTEERS CHEERFULLY ACCEPTED
CALL KEN DANHOF AT (616)739-5592**

2ND PAGE
OF
THE HARBOR SPRINGS COASTAL CRAWL
RESULTS

NO	NAME	AGE	MILES	SEX	TIME	PLACE by AGE	Overall Standings	T
53	NOFSINGER, GRETCHEN	10	1	F	48.28	7	46	
51	WILSON, ASHLEY	10	1	F	48.33	8	47	
52	MORLEY, ELIZABETH	10	1	F	48.43	9	48	
54	FORD, GRETCHEN	10	1	F	48.53	10	49	
35	EARLY, ADRIENNE	14	1	F	51.49	7	50	
14	BECK, HOWIE	41	1	M	52.14	7	51	
48	LUX, LAURA	11	1/DNF	F				
59	DIKA, JEREMY	9	1/DNF	M				
36	ZEHNER, STEPHANIE	14	1/DNF	F				
82	HUXLEY, MAGGIE	19	2	F	47.19	1	1	
76	QUINN, NEIL	32	2	M	49.56	1	2	
71	ENGELBERT, DAVID	38	2	M	50.22	1	3	
86	PRINCE, ADRIENNE	15	2	F	51.05	1	4	
74	MASTENBROOK, BRIAN	35	2	M	52.51	2	5	
88	CLARK, CHRIS	15	2	M	54.31	1	6	
89	PRICE, EVAN	15	2	M	54.41	2	7	
28	HUXLEY, LIZ	17	2	F	54.43	1	8	
81	FELLRATH, ROB	20	2	M	56.22	1	9	
87	FETZNER, MATT	17	2	M	56.36	3	10	
91	JACKSON, EMILY	13	2	F	57.38	1	11	
65	DOERR, RICHARD S.	51	2	M	58.05	1	12	
92	GILMOUR, NICK	13	2	M	57.41	1	13	
73	MOBASHERY, SHAHRIAR	36	2	M	58.47	3	14	
90	BOYER, DANA	14	2	F	1:00.15	2	15	
83	LeFOURNEY, OLIDA	17	2	F	1:00.18	2	16	
63	PARKS, JENNIFER	50	2	F	1:00.33	1	17	
80	DUNN, MARK	23	2	M	1:01.23	2	18	
70	VANCE, BOB	40	2	M	1:05.41	1	19	
67	BOWKER, TOM	49	2	M	1:06.45	1	20	
66	SCHRADER, WIN	50	2	M	1:07.07	2	21	
68	KUHLMAN, JIM	45	2	M	1:11.35	2	22	
69	LOUCKS, MARY	41	2	F	1:11.45	1	23	
79	KEARLY, PATRICK M.	27	2	M	1:12.45	1	24	
62	RECK, GENE	56	2	M	1:13.37	1	25	
60	BIRCH, JAE	66	2	M	1:19.13	1	26	
75	WILCOX, TIM	35	2	M	1:19.35	4	27	
72	PIIPPO, TOM	37	2	M	1:20.35	5	28	
64	LINE, JAMES	54	2	M	1:20.42	3	29	
61	ROBINSON, JAY	58	2	M	1:21.05	2	30	

HARBOR SPRINGS MEET - OCTOBER 9, 1994

58

WOMEN

1000 FREESTYLE

35-39
Marilyn Early Hbr Mst 12:56.49
Ann Levine Unat 20:28.84

50-54
Jennifer Parks BAM 15:26.58

200 BREASTSTROKE

55-59
Prudence Hall OHIO 3:49.58

50 FREESTYLE

35-39
Ann Levine Unat 42.59

40-44
Cathy Barry LAFS 33.61
Karen Pearson LAFS 36.23
Gail Dummer Lansing 38.18

55-59
Prudence Hall OHIO 36.85

100 BACKSTROKE

35-39
Marilyn Early Hbr Mstr 1:12.96

50-54
Jennifer Parks BAM 1:25.46

50 BUTTERFLY

40-44
Gail Dummer Lansing 43.37

55-59
Prudence Hall OHIO 43.54

50 BREASTSTROKE

40-44
Cathy Barry LAFS 43.97

50-54
Jennifer Parks BAM 46.55

200 INDIVIDUAL MEDLEY

35-39
Marilyn Early Hbr Mst 2:39.92

40-44
Karen Pearson LAFS 3:44.00

50-54
Jennifer Parks BAM 3:13.55

55-59
Prudence Hall OHIO 3:27.15

100 FREESTYLE

40-44
Cathy Berry LAFS 1:22.28
Karen Pearson LAFS 1:25.80
Gail Dummer Lansing 1:40.50

50-54
Jennifer Parks BAM 1:19.80

55-59
Prudence Hall OHIO 1:22.64

200 MEDLEY RELAY (Women's)

160-199
Michigan State Univ. 2:32.97
Jennifer Parks, Gail Dummer,
Marilyn Early, Prudence Hall

200 MEDLEY RELAY (Mixed)

120-159
Howell (LAFS) 2:27.12
Cathy Berry, Chuck Szaftan,
Karen Pearson, John Schupra

120-159 (MEN'S)
Michigan Masters 2:01.87
Frank Thompson, Peter Shireman,
Andy Donato, William Reid

MEDLEY RELAY CONT NEXT PAGE LAST COL.

MEN

1000 FREESTYLE

35-39
Peter Shireman WMSA 12:28.30
Andy Donato SOS 14:01.86
Paul Wright FAST 14:25.81
Tim Wilcox 16:30.11

40-44
Frank Thompson SOS 11:31.71

50-54
Paul Chaffee 16:11.52

60-64
Maurice Karrigen 21:54.40

70-74
Don May BCYM 22:51.00

200 BREASTSTROKE

30-34
David Smiley FAST 2:39.34

35-39
Paul Wright FAST 2:59.85

40-44
Charles Szafran LAFS 3:00.22
Jeff Maglothlin Hbr M 3:37.85

70-74
Richard Gale LAFS 4:04.88

50 FREESTYLE

19-24
John Schupra BAM 26.35

35-39
John Mastenbrook Hbr I 24.45
Peter Shireman WMSA 27.16
Paul Wright FAST 30.77

40-44
William Reid Jacks 25.44
Charles Beat Hbr I 27.84

45-49
Dennis McManus SOS 27.08
Kenneth Cleeton 30.58

50-54
Paul Chaffee 28.84

65-69
Jae Birch BCYM 36.65

70-74
Wayne Blanchard LAFS 39.82
Don May BCYM 41.63
Ralph Silver LAFS 50.16
Richard Gale JCC 50.97

75-79
William Howell 43.83

100 BACKSTROKE
35-39
Andy Donato SOS 1:13.52

40-44
Frank Thompson SOS 1:05:16
Jeff Magothin Hbr 1:51.50

70-74
Don May BCYM 2:31.57

50 BUTTERFLY

19-24
John Schupra BAM 30.97

35-39
John Mastenbrook Hbr 27.63
Peter Shireman WMSA 31.15

40-44
Charles Beat Hbr 33.10

45-49
Dennis McManus SOS 29.26
Kenneth Cleeton Hbr 39.08

50-55
Paul Chaffee 41.60

65-69
Jae Birch BCYM 45.04

50 BREASTSTROKE
19-24
John Schupra BAM 37.61

30-34
David Smiley FAST 32.51

35-39
Paul Wright FAST 35.27
John Mastenbrook Hbr I 36.76

40-44
William Reid Jacks 34.21
Charles Szafran LAFS 36.20
Jeff Maglothn Hbr I 46.71

50-54
Paul Chaffee 52.25

70-74
Richard Gale JCC 49.52
Ralph Silver LAFS 55.35
Donald May BCYM 1:12.92

200 INDIVIDUAL MEDLEY

35-39
Peter Shireman WMSA 2:26.07
Andy Donato SOS 2:45.00

40-44
Frank Thompson SOS 2:22.03

65-69
Jae Birch BCYM 3:45.33

200 BACKSTROKE

40-44
Frank Thompson SOS 2:24.95

65-69
Jae Birch BCYM 4:06.85

100 FREESTYLE

19-24
John Schupra BAM 59.00

35-39
John Mastenbrook Hbr Mst 54.92
Peter Shireman WMSA 1:01.21
Paul Wright FAST 1:06.37

40-44
William Reid Jackson 55.74
James Kuhlman Hbr Mst 1:13.73

50-54
Paul Chaffee 1:08.84

70-74
Richard Gale JCC 1:51.43
Don May BCYM 1:53.52

100 FLY
35-39
Andy Donato SOS 1:12.74

65-69
Jae Birch BCYM 1:56.39

200 MEDLEY RELAY

160-199
Harbor Masters 2:26.00
Charles Beat, Kenneth Cleeton,
Jim Kuhlman, John Mastenbrook

280-319
Michigan Masters 4:05.56
Ralph Silver, Richard Gale,
Don May, Bill Howell

MICHIGAN MASTERS SWIM MEET
MONROE MEET SHORT COURSE - YARDS
MONROE YMCA POOL
NOVEMBER 12, 1994

RESULTS
=====

WOMEN 19-24

=====

50 YARD FREESTYLE
100 YARD FREESTYLE
200 YARD FREESTYLE

WOMEN 25-29

=====

50 YARD FREESTYLE
Lisa Wain 33.84
100 YARD FREESTYLE
Lisa Wain 1:16.54
200 YARD FREESTYLE
Lisa Wain 2:49.22

WOMEN 30-34

=====

50 YARD FREESTYLE
Jill Montie 34.38
200 YARD FREESTYLE
Cecilia Gabel 2:36.09
50 YARD BUTTERFLY
Cecilia Gabel 37.47
100 YARD INDIVIDUAL MEDLEY
Cecilia Gabel 1:25.68
Jill Montie 1:40.25

WOMEN 35-39

=====

50 YARD FREESTYLE
Susan Alt 35.21
200 YARD FREESTYLE
Susan Alt 2:56.07
50 YARD BUTTERFLY
100 YARD INDIVIDUAL MEDLEY
Susan Alt 1:40.56

WOMEN 40-44

=====

50 YARD FREESTYLE
Jane Guelette 39.03
50 YARD BACKSTROKE
Ann Guins 32.40
100 YARD BACKSTROKE
Ann Guins 1:15.57
100 YARD INDIVIDUAL MEDLEY
Jane Guelette 1:43.35
25 YARD BREAST
Jane Guelette 20.35

WOMEN 45-49

=====

50 YARD FREESTYLE
50 YARD BACKSTROKE
100 YARD BACKSTROKE
100 YARD INDIVIDUAL MEDLEY
25 YARD BACK
Jaquie Wilson 21.85

WOMEN 50-54

=====

200 YARD FREESTYLE
Fredericka Rapp 2:43.78

200 YARD BACKSTROKE
Fredericka Rapp 3:08.90
50 YARD BREASTSTROKE

100 YARD BREASTSTROKE

200 YARD BREASTSTROKE
Fredericka Rapp 3:38.10

WOMEN 55-59

=====

50 YARD FREESTYLE
Pat Priest 39.65
Sally Thielen 42.65
100 YARD FREESTYLE
Bev Meyers 1:13.41
Pat Priest 1:35.03
200 YARD FREESTYLE
Sally Thielen 3:52.28
500 YARD FREESTYLE
Sally Thielen 10:23.63
50 YARD BACKSTROKE
Bev Myers 38.69
Pat Priest 45.87
100 YARD BACKSTROKE
Bev Myers 1:24.19
Pat Priest 1:42.23
200 YARD BACKSTROKE

50 YARD BREASTSTROKE
Bev Myers 42.53
100 YARD BREASTSTROKE
Bev Myers 1:33.25
200 YARD BREASTSTROKE

25 YARD BACK
Sally Thielen 20.13

WOMEN 60-64

=====

50 YARD FREESTYLE	
Mary Williams	48.56
100 YARD FREESYLE	
Mary Williams	1:48.41
200 YARD FREESTYLE	
Mary Williams	3:58.07
50 YARD BUTTERFLY	
Mary Williams	1:02.94

MEN 19-24

=====

50 YARD BUTTERFLY	
Richard Abernathy	38.46

100 YARD INDIVIDUAL MEDLEY	
Richard Abernathy	1:23.97

MEN 25-29

=====

50 YARD FREESTYLE	
Michael Bell	23.85
Ernie Gladwell	28.00
Bret Forfar	30.38
100 YARD FREESTYLE	
Thomas Shardt	58.03
Bret Forfar	1:15.37
200 YARD FREESTYLE	
Michael Bell	2:02.10
Thomas Schardt	2:02.40
Bret Forfar	2:44.46
500 YARD FREESTYLE	
Tom Schardt	6:02.53
50 YARD BACKSTROKE	
Ernie Gladwell	33.97
100 YARD BACKSTROKE	
Michael Bell	1:06.25
Steve Scribner	1:15.53
Ernie Gladwell	1:20.31
Mike Noble	1:30.38
200 YARD BACKSTROKE	
Michael Bell	2:19.00

WOMEN 75-79

=====

100 YARD FREESTYLE	
Martha Forster	2:45.12
Ruth Hildebrand	3:29.59
200 YARD FREESTYLE	
Ruth Hildebrand	6:49.35
500 YARD FREESTYLE	
Ruth Hildebrand	17:43.28
50 YARD BACKSTROKE	
Martha Foster	1:33.68
100 YARD BACKSTROKE	
Edith Glusac	2:05.28
Martha Forster	3:20.97
200 YARD BACKSTROKE	
Martha Forster	6:49.87
100 YARD BREASTSTROKE	
Edith Glusac	2:10.72
200 YARD BREASTSTROKE	
Ruth Hildebrand	7:01.72
100 YARD INDIVIDUAL MEDLEY	
Edith Glusac	2:15.63

MEN 25-29 CONTINUED

50 YARD BUTTERFLY	
Thomas Schardt	29.15
100 YARD BREASTSTROKE	
Thomas Schardt	1:27.34

=====

100 YARD INDIVIDUAL MEDLEY	
Steve Scribner	1:09.00
Tom Schardt	1:15.25
25 YARD FREE	
Bret Forfar	17.66

MEN 30-34

=====

50 YARD FREESTYLE	
Mark-Tami Hotta	25.62
Pollo	26.03
Matt Michaels	26.41
Marvin Miller	29.25
100 YARD FREESYLE	
Pollo	57.97
Matt Michaels	59.12
Marvin Miller	1:05.94
200 YARD FREESTYLE	
Pollo	2:16.32
Tom Lynch	2:19.32
50 YARD BACKSTROKE	
Marvin Miller	38.44
100 YARD BACKSTROKE	
Tom Lynch	1:28.50
100 YARD INDIVIDUAL MEDLEY	
Mark-Tame Hotte	1:07.25
Tom Lynch	1:21.66
25 YARD FREE	
Mark-Tami Hotta	11.63
25 YARD FLY	
Matt Michaels	12.91
MEN 35-39	
=====	
50 YARD FREESTYLE	
Robert Font	23.96
100 YARD FREESTYLE	
Robert Fort	59.12
50 YARD BACKSTROKE	
Paul Wright	41.04
100 YARD BACKSTROKE	
50 YARD BUTTERFLY	
Robert Fort	26.53
Paul Wright	42.69
100 YARD BREASTSTROKE	
Paul Wright	1:17.43
100 YARD INDIVIDUAL MEDLEY	
25 YARD BREAST	
Paul Wright	15.41

MEN 40-44

=====

50 YARD FREESTYLE
Zane Chajastek 35.28

100 YARD FREESYLE
Marshall Baekroot 1:00.56
Dennis Perry 1:08.13

200 YARD FREESTYLE
Marshall Baekroot 2:16.53

500 YARD FREESTYLE

100 YARD BACKSTROKE
Dan Helton 1:07.13

200 YARD BACKSTROKE

50 YARD BUTTERFLY
Marshall Baekroot 29.81
Dennis Perry 35.99

200 YARD BREASTSTROKE

100 YARD INDIVIDUAL MEDLEY
Dan Helton 1:04.88
Marshall Baekroot 1:13.88
Doug Templeton 1:14.22
Dennis Perry 1:44.72

25 YARD BREAST
Fane Chijastek 14.78

MEN 50-54

=====

200 YARD FREESTYLE
Don Kroeger 2:20.90

200 YARD BACKSTROKE
Don Kroeger 2:56.22

50 YARD BUTTERFLY

200 YARD BREASTSTROKE
Don Kroeger 3:02.06

MEN 60-64

=====

50 YARD FREESTYLE
Bob Thielen 39.72
Norman Folvis 39.78

100 YARD FREESYLE

200 YARD FREESTYLE

50 YARD BACKSTROKE

100 YARD BACKSTROKE

50 YARD BUTTERFLY

100 YARD BREASTSTROKE

100 YARD INDIVIDUAL MEDLEY

200 YARD INDIVIDUAL MEDLEY

25 YARD FREE
Bob Thielen 17.75
Norman Hovis 22.62

MEN 70-74

=====

50 YARD FREESTYLE
Ray Gilliland 36.16
Ralph Silvez 47.35

100 YARD FREESYLE
Don May 1:47.75

200 YARD FREESTYLE
Don May 4:00.50

500 YARD FREESTYLE
Don May 11:23.41

100 YARD BACKSTROKE
Don May 2:23.53

100 YARD BREASTSTROKE
Ray Gilliland 1:47.25
Ralph Silver 2:11.09

25 YARD FREE
Ralph Silver 21.62
Ray Gilliland 24.56

MEN 45-49

=====

50 YARD FREESTYLE
Fish 26.94
Bob Montie 27.31
Jon Richardson 30.93
Gilbert Woods 30.93
Seligson 31.09

100 YARD FREESTYLE
Fish 1:03.94
Seligson 1:14.06

200 YARD FREESTYLE
Fish 2:38.22
Seligson 2:42.62

500 YARD FREESTYLE
Thomas Moyer 6:35.97

100 YARD BACKSTROKE
Thomas Moyer 1:19.56

200 YARD BACKSTROKE
Thomas Moyer 2:52.56

200 YARD BREASTSTROKF
Thomas Moyer 3:13.21

25 YARD BREAST
Gilbert Woods 15.38

MEN 55-59

=====

200 YARD FREESTYLE
Mike Krachman 2:59.47

200 YARD BACKSTROKE

50 YARD BUTTERFLY
Mike Krachman 44.69

200 YARD BREASTSTROKE

MEN 65-69

=====

50 YARD FREESTYLE
Jae Birch 37.57

100 YARD FREESTYLE
Jae Birch 1:03.47

3:04.50
44.85
1:47.85

200 YARD FREESTYLE
Don Korten
50 YARD BACKSTROKE
Don Korten
100 YARD BACKSTROKE
Jae Birch

46.97
1:49.97
1:44.72

50 YARD BUTTERFLY
Jae Birch
100 YARD BREASTSTROKE
Don Korten
100 YARD INDIVIDUAL MEDLEY
Jae Birch

FORD FALL CLASSIC - 10/29/94

WOMEN

50 FREE

25-29

Suzanne Rein 27 :32.62

45-49

Ilene McIntosh 46 :37.90

75-79

Edith Glusac 75 :55.54

Martha Forster 77 1:09.83

100 FREE

25-29

Suzanne Rein 27 1:15.43

35-39

Peggy Burns 35 1:05.73

Marilyn Early 36 1:15.39

65-69

Lois Nochman 69 1:42.14

75-79

Martha Forster 77 2:41.98

200 FREE WOMEN'S

35-39

Peggy Burns 35 2:23.03

45-49

Ilene McIntosh 46 3:27.88

50-54

Fredericka Rapp 50 2:48.50

60-64

Ida Smith 61 3:22.51

65-69

Lois Nochman 69 3:44.95

500 FREE WOMENS

35-39

Marilyn Early 36 6:15.08

50-54

Fredericka Rapp 50 7:28.85

Jennifer Parks 51 7:38.01

65-69

Lois Nochman 69 8:39.98

WOMEN

100 BACK

45-49

Ilene McIntosh 46 1:41.70

75-79

Edith Glusac 75 2:07.06

Martha Forster 77 3:21.28

200 BACK

50-54

Fredericka Rapp 50 3:10.99

75-79

Edith Glusac 75 4:36.08

Martha Forster 77 6:54.19

100 BREAST

25-29

Annie Sanders 26 1:19.69

45-49

Ilene McIntosh 46 1:44.48

50-54

Jennifer Parks 51 1:40.77

60-64

Ida Smith 61 1:41.31

75-79

Edith Glusac 75 2:08.75

200 BREAST

60-64

Ida Smith 61 3:44.61

65-69

Lois Nochman 69 4:07.64

50 FLY WOMENS

25-29

Annie Sanders 26 :31.17

35-39

Marilyn Early 36 :32.10

Peggy Burns 35 :33.82

100 FLY WOMENS

50-54

Fredericka Rapp 50 1:41.23

100 IM

25-29

Annie Sanders 26 1:10.53

50-54

Jennifer Parks 51 1:32.72

50 FREE MENS

19-24

Mark Dunn 23 :25.94

John Schupra 20 :26.53

25-29

Michael Bell 25 :24.38

Kip Mercer 27 :25.09

30-34

Glenn Hodges 30 :24.99

John Moran 33 :27.80

Tom Lynch 30 :27.84

35-39

John Mastenbrook 38 :24.97

Paul Wright 39 :31.89

40-44

William T. Reid III 44 :25.82

John Quinn 44 :27.29

45-49

Jerry Fish 48 :27.00

Rob Watson 45 :27.13

Jon Richardson 45 :30.54

50-54

Paul Chaffee 52 :28.25

John Caccamo 52 :34.39

Donald Kroeger 50 1:03.90

55-59

Phil Hillberg 57 :35.68

FORD FALL CLASSIC - 10/29/94

50 FREE MENS

65-69

Jae Birch	66	:38.32
George Tait	69	:41.34

70-74

John Alt	70	:38.49
Wayne Blanchard	72	:38.71
John May	73	:40.81

100 FREE

19-24

Jason Vermaas	23	:53.41
Mark Dunn	23	:56.79
John Schupra	20	:59.05

25-29

Kurt Dickson	27	:51.81
Kip Mercer	27	:54.71
Thomas Schardt	27	1:01.72

30-34

Glenn Hodges	30	:53.61
Tom Lynch	30	1:02.79

35-39

Jim Derks	37	:55.47
Philip Clelland	36	1:04.38
Donald Law	38	1:06.16

40-44

William T. Reid, III	44	:56.60
John Quinn	44	1:00.78
Kenneth Danhof	41	1:04.00

45-49

Jerry Fish	48	1:01.84
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50-54

Paul Chaffee	52	1:06.48
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55-59

Phil Hillberg	57	1:17.81
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70-74

Don May	73	1:44.17
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200 FREE MENS

30-34 MENS

Glenn Hodges	30	1:00.94
Tom Halmi	33	2:10.93
Tom Lynch	30	2:22.57

35-39

Jim Derks	37	2:02.73
Donald Law	38	2:26.34

40-44

William T. Reid, III	44	2:04.84
John Quinn	44	2:15.67
Graham Annear	44	2:19.88

45-49

Rob Watson	45	2:18.95
Jerry Fish	48	2:24.96

50-54

John Caccamo	52	2:15.65
Paul Chaffee	52	2:41.37

55-59

Phil Hilberg	57	2:52.26
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65-69

Harold Derks	67	3:29.92
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70-74

Donald May	73	3:59.06
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500 FREE MENS

30-34

Michael Schumuker	33	5:33.49
Tom Lynch	30	6:43.52
John Moran	33	7:01.45

35-39

Jim Derks	37	5:46.48
Philip Clelland	36	6:29.18
Donald Law	38	6:33.75
Paul Wright	39	7:18.55

500 FREE MENS

40-44

William T. Reid, III	44	5:44.97
Graham Annear	44	6:10.91
John Quinn	44	6:17.21
David Morris	43	7:33.57

45-49

Rob Watson	45	6:13.87
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50-54

Paul Chaffe	52	7:28.17
John Caccamo	52	8:34.37

65-69

Harold Derks	67	9:31.08
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70-74

Donald May	73	10:48.81
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100 BACK MENS

25-29

Kurt Dickson	27	:58.65
Michael Bell	25	1:01.98
Thomas Schardt	27	1:06.61

40-44

Ken Danhof	41	1:10.14
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45-49

Ilene McIntosh	46	1:41.70
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50-54

Donald Kroeger	50	1:21.66
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55-59

Phil Hillberg	57	1:35.40
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70-74

John Alt	70	1:38.35
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200 BACK MENS

25-29

Kurt Dickson	27	2:07.23
Michael Bell	25	2:24.05
Thomas Schardt	27	2:31.53

FORD FALL CLASSIC - 10/29/94

200 BACK MENS

35-39

Philip Clelland 36 2:48.10

100 BREAST

30-34

Michael Schumuker 33 1:14.02

35-39

Paul Wright 39 1:19.60

65-69

Harold Derks 67 2:10.74

200 BREAST

35-39

Paul Wright 39 2:56.29

40-44

Graham Annear 44 3:26.45

50-54

Donald Kroeger 50 3:12.92

50 FLY

19-24

Jason Vermaas 23 :27.56

25-29

Kurt Dickson 27 :26.99

30-34

Glenn Hodges 30 :26.97

35-39

John Mastenbrook 38 :27.20

Donald Law 38 :43.18

50-54

Paul Chaffee 52 :36.55

100 FLY

35-39

Jim Derks 37 1:06.12

100 IM MENS

19-24

John Schupra 20 1:13.33

30-34

Michael Schumuker 33 1:09.50

Tom Halmi 33 1:12.44

John Moran 33 1:15.55

35-39

John Mastenbrook 38 1:07.14

Philip Clelland 36 1:12.08

40-44

Graham Annear 44 1:18.79

65-69

Jae Birch 66 1:50.79

200 IM

35-39

Jim Derks 37 2:20.71

Philip Clelland 36 2:34.50

John Mastenbrook 38 2:34.63

50-54

Donald Kroeger 50 2:53.77

65-69

Jae Birch 66 3:45.36

200 FREE RELAY

19-24

GRMS "A" 2:05.23

1994 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

ANN BOLLINGER	(24)		
50 BACK	:29.31	4TH	
100 BACK	1:03.15	4TH*	
SHELLY SCHAFER	(27)		
200 FREE	2:00.76	6TH	
500 FREE	5:18.87	3RD*	
1000 FREE	10:53.61	2ND*	
1650 FREE	17:58.19	1ST*	
MARY MUETING	(29)		
50 FREE	:25.30	9TH	
50 FLY	:27.48	6TH*	
MARILYN EARLY	(36)		
50 FREE	:26.51	10TH	
100 FREE	:57.50	6TH*	
200 FREE	2:04.80	4TH*	
500 FREE	5:42.27	8TH*	
100 BACK	1:06.19	7TH*	
200 BACK	2:24.11	8TH*	
PATRICE HIRR	(45)		
50 BACK	:33.94	6TH*	
100 BACK	1:15.91	8TH	
FREDERICA RAPP	(50)		
1650 FREE	25:20.64	10TH*	
200 IM	3:05.67	10TH*	
400 IM	6:39.10	8TH*	
JENNIFER PARKS	(50)		
100 BACK	1:22.90	10TH	
200 BACK	3:01.48	7TH*	
BEVERLY MYERS	(58)		
50 FREE	:32.30	10TH*	
100 FREE	1:14.10	10TH	
50 BACK	:37.31	4TH*	
100 BACK	1:25.16	6TH	
50 BREAST	:39.79	3RD*	
100 BREAST	1:29.98	5TH	
50 FLY	:36.06	4TH*	
100 I.M.	1:19.78	4TH*	
200 I.M.	2:55.69	4TH*	
LOIS NOCHMAN	(69)		
1650 FREE	29:32.49	9TH	
50 FLY	:42.49	6TH	
100 FLY	1:39.28	7TH*	
200 FLY	3:42.21	3RD	
200 I.M.	3:38.11	8TH	
400 I.M.	7:48.19	6TH	
MERLYN EWBANK	(74)		
1650 FREE	34:13.66	10TH	
200 BREAST	4:40.45	10TH	
200 FLY	4:35.65	4TH	
200 I.M.	4:07.14	10TH	
400 I.M.	8:42.48	6TH	

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

EDITH GLUSAC	(75)		
50 BACK	:53.82	7TH*	
100 BACK	1:56.67	6TH*	
50 BREAST	:56.93	3RD	
100 BREAST	2:06.27	4TH*	
200 BREAST	4:42.96	4TH*	
50 FLY	1:05.09	7TH	
TODD MERCER	(26)		
200 FREE	1:44.80	8TH*	
MICHAEL CREASE	(27)		
50 BACK	:25.41	5TH	
ROBERT PEEL	(28)		
50 FREE	:20.43	2ND	
100 FREE	:45.89	2ND	
JOHN SHEARD	(28)		
1000 FREE	10:34.53	10TH	
BOB JENNINGS	(28)		
50 BREAST	:27.30	4TH	
100 BREAST	:59.74	3RD	
200 BREAST	2:09.70	2ND*	
100 I.M.	:54.84	7TH	
200 I.M.	1:59.41	10TH	
TIM McMANUS	(31)		
200 BACK	2:01.51	6TH	
KEN COOPER	(32)		
50 BACK	:25.47	5TH*	
100 BACK	:54.43	4TH*	
DAVID SHEPHERD	(38)		
200 FREE	1:46.98	3RD	
500 FREE	4:48.15	1ST*	
1000 FREE	10:03.57	1ST*#	
1650 FREE	17:13.65	4TH	
200 FLY	1:59.75	4TH	
400 I.M.	4:23.62	3RD	
GAARD ARNESON	(46)		
1000 FREE	11:18.06	10TH*	
WALLY DOBLER	(60)		
50 FREE	:25.79	1ST*	
100 FREE	:58.81	1ST*	
50 BACK	:32.74	6TH*	
100 BACK	1:11.49	4TH*	
200 BACK	2:37.92	2ND*	
50 BREAST	:33.65	3RD	
50 FLY	:28.31	1ST*#	
100 FLY	1:03.44	1ST*#	
200 FLY	2:36.24	1ST*#	
100 IM	1:06.41	1ST*	
200 IM	2:27.99	2ND*	
400 IM	5:35.32	2ND*	
JOHN RIES	(62)		
200 FREE	2:23.74	10TH	

1994 U.S.M.S. SHORT COURSE YARDS
NATIONAL TOP TEN TIMES
MICHIGAN SWIMMERS

WALLIE JEFFERIES	(62)		
500 FREE	6:24.5	5TH	
1650 FREE	21:37.3	2ND*	
BOB HEITLER	50 FREE	:27.4	3RD*
100 FREE	1:03.1	4TH*	
200 FREE	2:22.8	4TH*	
500 FREE	6:33.9	5TH*	
1650 FREE	22:31.6	2ND*	
CHARLES MOSS	(66)		
50 FREE	:27.9	6TH	
200 FREE	2:27.4	8TH	
1000 FREE	14:22.6	4TH*	
50 BACK	:34.7	6TH	
100 BACK	1:15.4	4TH*	
200 BACK	2:48.5	4TH*	
50 BREAST	:34.4	1ST*	
100 BREAST	1:20.0	2ND*	
50 FLY	:31.5	3RD*	
100 FLY	1:10.4	2ND*	
200 FLY	2:46.1	1ST	
100 I.M.	1:10.4	4TH	
200 I.M.	2:37.1	2ND	
400 I.M.	5:39.4	1ST	
WILLIAM CLEMONS	(65)		
100 FREE	1:04.7	10TH	
1000 FREE	15:02.0	7TH	
50 BREAST	:35.5	4TH	
100 BREAST	1:23.7	6TH	
DON KORTEN	(67)		
1000 FREE	14:58.3	6TH	
1650 FREE	26:15.7	7TH	
200 FLY	3:18.4	5TH	
200 I.M.	3:00.7	9TH	
400 I.M.	6:36.6	7TH	
CARL THORNBURG	(81)		
1000 FREE	22:03.3	9TH	
50 BACK	:50.9	8TH*	
100 BACK	1:50.3	4TH	
200 BACK	3:57.5	4TH*	
100 BREAST	2:02.2	6TH*	
200 BREAST	4:36.7	4TH	
100 FLY	2:11.9	3RD	
100 I.M.	1:56.3	6TH	
200 I.M.	4:18.5	4TH	
400 I.M.	9:10.4	3RD	

Bob Heitler (65)
50 Free 27.46 3RD*
100 Free 1:03.11 4TH*
200 Free 2:22.87 4TH*
500 Free 6:33.93 5TH*
1650 Free 22:31.60 2ND*

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

WOMEN 200 FREE	RELAY	TIME
AGE 19+ MICHIGAN	AGES	1:45.64 4TH*
ANN BOLLINGER	24	
JULIE MASTER	26	
ELIZABETH CURVEY	25	
MARY MUETING	29	
WOMEN 200 MEDLEY	RELAY	TIME
AGE 19+ MICHIGAN	AGES	1:58.79 5TH*
ANN BOLLINGER	24	
JULIE MASTER	26	
MARY MUETING	29	
ELIZABETH CURVEY	25	
MEN'S 200 FREE	RELAY	TIME
AGE 55+ MICHIGAN	AGES	1:54.02 7TH
AL MORLEY	56	
DENNIS JAMES	55	
CHARLES MAAS	59	
JOHN RIES	62	
MEN'S 400 FREE	RELAY	TIME
AGE 35+ MICHIGAN	AGES	3:52.97 10TH
E J KELLY	37	
RICHARD CHANEY	43	
LARRY KIMBALL	43	
L. BROCKHAHN	43	
MEN'S 400 MEDLEY	RELAY	TIME
AGE 55+ MICHIGAN	AGES	4:15.0 3RD
DONALD MAY	73	
TOM REIGEL	63	
DON KORTEN	67	
WILLIAM CLEMONS	65	

1994 U.S.M.S. LONG COURSE NATIONALS AUGUST 25 - 28, 1994
 ERIE COMMUNITY COLLEGE AQUATIC CENTER BUFFALO, NY.
 MICHIGAN SWIMMERS

SHELLY SCHAFFER	(27)		
200 FREE	2:15.17	1ST*	
400 FREE	4:39.38	1ST*	
1500 FREE	18:18.81	1ST*	
GENEVIEVE MOYER	(45)		
50 FREE	1:03.54	7TH	
50 BREAST	1:04.09	11TH	
100 BREAST	2:28.97	7TH	
200 BREAST	5:12.62	7TH	
50 FLY	1:07.52	10TH	
FREDERICKA RAPP	(50)		
400 FREE	6:43.05	4TH*	
100 BACK	1:41.13	5TH	
200 BACK	3:34.24	6TH	
50 FLY	:45.73	4TH	
200 I.M.	3:41.63	3RD	
BEVERLY MYERS	(59)		
100 FREE	1:24.49	4TH	
50 BACK	:44.14	1ST	
50 BREAST	:48.07	4TH	
100 BREAST	1:45.42	4TH	
50 FLY	:42.42	2ND	
200 I.M.	3:25.74	1ST	
MARY WILLIAMS	(62)		
50 FREE	:52.78	9TH	
100 FREE	1:59.54	11TH	
200 FREE	4:14.31	7TH	
50 FLY	1:16.80	7TH	
100 FLY	3:11.11	6TH	
LOIS NOCHMAN	(69)		
1500 FREE	30:58.03	3RD	
50 FLY	:46.78	2ND	
100 FLY	1:55.40	3RD	
200 I.M.	4:15.12	2ND	
400 I.M.	8:58.60	2ND	
EDITH GLUSAC	(74)		
50 BACK	1:06.03	4TH	
100 BACK	2:16.50	3RD*	
200 BACK	5:05.46	4TH*	
50 BREAST	1:04.95	4TH	
100 BREAST	2:27.49	2ND	
200 BREAST	5:30.35	2ND*	
TODD MERCER	(26)		
100 FREE	:55.16	3RD	
200 FREE	2:01.40	3RD	
200 BACK	2:19.28	2ND	
100 FLY	1:02.66	5TH	
200 I.M.	2:20.58	4TH	

THOMAS SCHARD	(26)		
50 FREE	:28.33	10TH	
100 FREE	1:06.04	14TH	
100 BACK	1:19.86	3RD	
200 BACK	2:54.96	4TH	
50 FLY	:32.38	15TH	
JOHN HAUSCHULTZ	(41)		
50 FREE	:28.53	10TH	
50 BACK	:35.35	9TH	
50 BREAST	:37.61	9TH	
50 FLY	:32.89	14TH	
FRANK THOMPSON	(42)		
200 FREE	2:18.22	7TH	
800 FREE	9:57.98	2ND	
100 BACK	1:10.98	4TH	
200 BACK	2:32.30	3RD	
STEVE HANSEN	(42)		
50 BREAST	:35.58	5TH	
100 BREAST	1:19.12	6TH	
200 BREAST	2:53.75	3RD	
100 FLY	1:12.42	9TH	
200 FLY	2:49.33	4TH	
BOB GLASSBURN	(46)		
50 BREAST	:37.22	5TH	
100 BREAST	1:29.88	6TH	
50 FLY	:37.65	16TH	
50 FREE	:31.74	17TH	
GAARD ARNESON	(46)		
100 FREE	1:04.63	14TH	
200 FREE	2:20.95	8TH	
400 FREE	4:52.66	4TH*	
800 FREE	10:07.15	1ST*	
200 FLY	2:45.96	4TH	
400 IM	5:42.51	4TH*	
THOMAS MOYER	(46)		
200 FREE	2:34.97	13TH	
400 FREE	5:29.38	9TH	
1500 FREE	21:42.73	5TH	
200 BACK	3:04.11	10TH	
200 BREAST	3:40.37	9TH	
200 FLY	4:13.15	6TH	
DENNIS McMANUS	(46)		
50 FREE	:30.61	16TH	
100 FREE	1:10.99	21ST	
50 BACK	:40.94	14TH	
50 FLY	:33.32	14TH	
100 FLY	1:25.72	10TH	

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

DONALD KROEGER	(50)		
200 FREE	2:30.88	4TH	
400 FREE	5:41.50	5TH	
800 FREE	11:38.22	1ST	
50 BACK	:38.76	7TH	
50 BREAST	:38.98	3RD	
100 BREAST	1:29.73	5TH	
HUGH RODDIN	(52)		
50 BACK	:36.37	3RD	
100 BACK	1:18.24	3RD	
200 BACK	2:50.84	3RD*	
100 FLY	1:16.08	5TH	
200 FLY	2:59.58	3RD*	
CHARLES MAAS	(60)		
200 FREE	2:47.11	5TH	
1500 FREE	24:09.99	1ST	
50 FLY	:39.52	6TH	
100 FLY	1:37.41	4TH	
BOB HERITIER	(66)		
50 FREE	:31.29	1ST	
100 FREE	1:13.21	4TH	
200 FREE	2:42.52	1ST	
400 FREE	5:58.35	1ST	
800 FREE	12:04.99	1ST	
CHARLES MOSS	(66)		
100 FREE	1:13.10	3RD	
100 BACK	1:25.90	3RD*	
100 BREAST	1:30.20	1ST*	
100 FLY	1:20.90	1ST*	
200 I.M.	3:13.97	1ST	
400 I.M.	6:33.91	1ST	
CHARLES BELKNAP	(68)		
50 FREE	:42.29	10TH	
WOMEN'S 200 FRE	RELAY	TIME	
AGE 240+ MICHIG	AGES	3:19.95	5TH*
EDITH GLUSAC		75	
BEVERLY MYERS		59	
LOIS NOCHMAN		69	
MARY WILLIAMS		62	
WOMEN'S 200 FRE	RELAY	TIME	
AGE 240+ MICHIG	AGES	3:38.71	3RD
FREDERICKA RAPP		50	
EDITH GLUSAC		75	
LOIS NOCHMAN		69	
MARY WILLIAMS		62	

MEN'S 200 FREE	RELAY	TIME	
AGE 160+ MICHIGAN	AGES	1:56.2	5TH
FRANK THOMPSON		42	
DENNIS McMANUS		46	
GAARD ARNESON		46	
JOHN HAUSCHULTZ		41	

MEN'S 200 FREE	RELAY	TIME	
AGE 200+ MICHIGAN	AGES	2:07.8	7TH
CHARLES MOSS		66	
CHARLES MAAS		60	
THOMAS MOYER		46	
DONALD KROEGER		50	

MEN'S 200 MEDLEY	RELAY A	2:07.1	3RD
AGE 160+ MICHIGAN	AGES		
TODD MERCER		27	
STEVE HANSEN		41	
JOHN HAUSCHULTZ		41	
DONALD KROEGER		50	

MEN'S 200 MEDLEY	RELAY B	2:12.1	5TH
AGE 160+ MICHIGAN	AGES		
FRANK THOMPSON		41	
BOB GLASSBURN		46	
DENNIS McMANUS		46	
THOMAS SCHARD		26	

MEN'S 200 MEDLEY	RELAY	TIME	
AGE 240+ MICHIGAN	AGES	2:25.9	2RD
HUGH RODDIN		52	
CHARLES MOSS		66	
CHARLES MAAS		60	
BOB HERITIER		66	

MIXED 200 MEDLEY	RELAY	TIME	
AGE 240+ MICHIGAN	AGES	2:45.6	3RD*
BEVERLY MYERS		59	
CHARLES MOSS		66	
DENNIS McMANUS		46	
LOIS NOCHMAN		69	

MIXED 200 FREE	RELAY	TIME	
AGE 120+ MICHIGAN	AGES	3:18.9	3RD
EDITH GLUSAC		75	
THOMAS MOYER		46	
GENEVIEVE MOYER		45	
DONALD KROEGER		50	

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1995 Membership Application

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1995 ONE YEAR MEMBERSHIP APPLICATION

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

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City	State	Zip	Phone No.		
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr
Club or Unattached MICHIGAN MASTERS					

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

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The Wave Eater

ADDITIONAL RECORDS SET AT IUPUI ZONE MEET

These records are in addition to the 5 World records set by Lois Nochman and the 280+ age Relay Team. (those are highlighted inside) In addition, I would like to mention that the Zone meet was only the third meet for Becky Joitke. It seems we have a natural in our midst!

MEN:

Don Kroeger (50-54)
400 Free 5:29.24
Ray Gilliland (70-74)
50 Breast :51.74
100 Breast 2:00.71

WOMEN: (con't)

Fredericka Rapp (50-54)
200 Free 3:00.35
400 Free 6:26.78
200 Fly 4:10.04

WOMEN:

Becky Joitke (25-29)
200 IM 2:59.83
Patricia Lehy-Rohner (35-39)
200 IM 2:51.14
400 Free 5:06.36

Beverly Myers (55-59)

100 IM 1:31.40
50 Fly :41.09
50 Back :42.75
200 Back 3:20.11

Edith Glusac:

100 IM	2:32.19	200 Breast	5:28.90
50 Breast	1:03.96	100 Back	2:22.91
	100 Breast	2:25.03	

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- THE END -