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VOLUME XI **AUGUST 1994** **NUMBER III**

FLORIDA LOCAL MASTERS SWIM COMMITTEE NEWSLETTER

MEET ENTRY INCLUDED

FLORIDA LMSC OFFICERS

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CALENDAR OF EVENTS

DATE	PLACE	EVENT	CONTACT	
1994				
May	15-	Sept 30	USMS 10 K Postal Champ.	Cathy Copeland 980-828-4679
Aug	06	Delray Beach, FL	Aqua Crest LCM	
	06	Lake Minnetonka, MN	USMS 5 Mile Open Water Champ.	Tom Rushfeldt 612-475-3403h
	07	St. Pete, FL	Dev Meet	Harold Ferris 813-896-0250
	07	Edgewater St. Park, OH	1 Mile Open Water Champ.	Maureen Koss 216-362-6301
	13-14	Atlanta, GA	LCM	Lisa Watson 404-497-1901
	25-28	Buffalo, NY	USMS National LCM	May/June '94 Swim
Sept	01-	Nov 30	USMS SCY 6000 Postal	Robert Mitchell 714-581-1135
	10-11	Hendersonville, NC		Pete Combes 2215 Midway Rd Charleston, SC 29412
	11	St. Pete, FL	Dev Meet	Harold Ferris 813-896-0250
	17	Delray Beach, FL	Aqua Crest SCM	
	26-	Brisbane, Australia	III World Masters Games	see Swim
	Oct 3			
	29-	Barbados	3 Masters International Champ.	George Koski 800-833-7946
	Oct 3			
	28-	Kansas City, MO	USMS Convention	Suzanne Rague 503-531-9051
	Oct 2			
	08	Orlando, FL	Florida LMSC Annual Meeting	Meehan Wilson 904-373-0023
	08-09	Orlando, FL	Team Orlando SCM	407-351-4400
	15	Sarasota, FL	SMS Pentathlon	
Nov	04-06	Ft. Pierce, FL	IRCC Annual SCY	Anne Wilder 407-461-4514
	06	St. Pete, FL	Dev Meet	Harold Ferris 813-896-0250
	12	Delray Beach, FL	Top Ten Challenge	
Dec	01-04	Bradenton, FL	Florida Senior State Games	G.T. Bray-Non-USMS
			Qualify for San Antonio, TX	
	02-04	Ft. Lauderdale, FL	Gold Coast Invitational	305-468-1580
	10-11	New Orleans, LA	SCM Dixie Zone Champ.	504-456-9569
	27-30	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning 305-345-5370
1995				
Jan	01-31	Atlanta, GA	USMS 1 Hour Postal Champ.	Bill Black 404-698-8020
	26-29	Coral Springs	Billabong Aquatics Swim Camp	Judy Bonning 305-345-5370
Feb	24-26	Coral Springs	Billabong Aquatics Swim Camp	Judy Bonning 305-345-5370
March	9-12	Coral Springs	Billabong Aquatics Swim Camp	Judy Bonning 305-345-5370
	25-27	Coral Springs	Billabong Aquatics Swim Camp	Judy Bonning 305-345-5370
May	18-21	Ft. Lauderdale, FL	USMS SCY Nationals-ISHOF	Stu Marvin 305-468-1580
	22	Ft. Lauderdale, FL	USMS Open Water 3.5 Mile Champ.	Stu Marvin 305-468-1580
Aug	24-27	Gresham, OR	USMS LCM Nationals-Mt. Hood C. C.	John Zell 503-282-9347
Sept	20-24	Houston, TX	USMS Convention	Suzanne Rague 503-531-9051
1996				
June	22 -	July 2-Sheffield, Eng	VI World Masters	

Minutes of the Florida Local Masters Swim Committee Meeting

July 23, 1994

The Florida LMSC business meeting was held at the North Shore Pool in St. Petersburg following the 400 free of the LCM meet. The meeting was called to order by Meegan Wilson at 2:30 P.M.

Others present were: Catie Cooper, Records; Charles Kohnken, Registrar; Frank Tillotson, Newsletter Editor; Dick Avery, Treasurer; Bill Uhrich, Sanctions; Al Rogerson, BSAM; Robert Maestre, CATM; Kelly Bergdoll, FAST; Ron Collins, JAM; Larry Peck, ORLM; John Bishop and Harold Ferris, SPM; and Jerry Glancy, Jim Donnelly and Edna Gordon, SMS.

I. Minutes - The minutes of the April 16, 1994 meeting were accepted as read.

II. Reports of Officers

A. Treasurer Report - Dick Avery

1. Financial Report - The bank balance at the last meeting (April 16, 1994) was \$6,021.55. Present bank balance is \$6,130.31. Deposits were \$3,626.44. Checks written were \$3,517.68 which included the following itemized expenditures since April 16, 1994: USMS, \$2002.00; newsletter, \$750; expenses C. Cooper, 244.85; gift for Maguire, \$130; expenses C. Kohnken, \$117.23; expenses F. Tillotson, \$106.07; expenses M. Wilson, \$79.87; Florida Corporation Fee, \$61.25; returned registration, \$23; and bank charges, \$3.41. It was pointed out that \$130 in donations were collected for the gift for Maguire.
2. Budget 1994 (see attached) - Meegan Wilson presented copies of the 1992 and 1993 reports that Dick Avery submitted to Nationals as required, a copy of financial registration records and a tabulation summary of Florida LMSC financial information.

There are problems with the financial information in the forms of inconsistencies from one year to the next in reporting expenses, sanction fees, labor costs and registration income. There is a particular problem with accounting for registration income received late in the year for registrations for the upcoming year. The books in their current form show a \$6,000 deficit difference from 1993 compared to 1992 although there were more registrations in 1993. It is very possible this apparent deficit is a function of using two different criteria for reporting the registration income from one year to the next.

A motion was made by John Bishop to set the Florida LMSC fiscal year the same as Nationals fiscal year (January 1 - December 31) and for accounting purposes to apply registrations received in November and December for the following year to be applied to next years revenue and budget. The motion was seconded and carried.

There was discussion that the Florida LMSC is paying a service charge for banking and it was recommended that the next treasurer should look into a free checking account for non-profit organizations or an interest bearing account.

The importance of projecting and operating on a budget was also discussed. We will be able to do this if a consistent accounting policy is followed from year to year.

3. 1994 Audit - Nationals requires that LMSCs have their financial records audited annually. Chip Jones, a CPA and SPM member, has agreed to do this as well as being placed on the ballot as next years treasurer.
- B. Registration Report - Charles Kohnken reported that currently we have 940 registered - this is very close to last years numbers at this time. There is a new club "Winter Haven Masters" which has 13 members.
- C. Records Report - Catie Cooper reminds meet directors that she needs registration card xeroxes of all out-of-LMSC competitors. This will save the FL LMSC long distance phone call expenses. Catie will return the xeroxes if requested.

Catie reports problems with the IRCC SCY meet. Several unregistered swimmers from their own team and one Gold Coast unregistered swimmer were allowed to compete at the meet. Also, names and ages of relay team members were not submitted, therefore, none of the relays could be submitted for Top 10 consideration.

All short course yard Top 10 data was submitted to National (Walt Reid) and Zone (Rocky Motter) six weeks prior to the July 15th deadline. The data for Florida Top 5 was submitted on July 6th.

All three LCM meets have been processed and entered into the computer (since July 4). Catie is waiting for the St. Pete LCM results to complete her records.

Charlie Kohnken added that all records for Top 10 prior to two years ago were lost - what is now showing on Top 5 are reconstructions that Catie has compiled. If anyone knows of any inaccuracies, please send a verification and include year and date.

- D. Sanctions Report - Bill Uhrich reported that sanctions have been issued for the Orlando meet on October 8 and 9 and the Suncoast meet on October 15. Sanctions have also been issued for St. Pete development meets on August 7, September 11, and November 6.

The Sanction fee is \$10 per day plus a refundable deposit of \$25 per day.

Frank Tillotson commented that the meet in Hawaii next spring is not sanctioned due to its proximity with Nationals. He is recommending a National rule of a 30 day time window for major meets. John Bishop recommended the definition of major meet be any meet held over more than one day.

- E. Newsletter Report - Frank Tillotson reported that the newsletter is under control and that the entry forms for Sarasota and Orlando are in. He needs Montreal results.

Jim Donnelly was introduced. He has volunteered to be on the ballot and take over as newsletter editor. There was discussion on looking into buying a publishing program.

III. Old Business

- A. Delegates to National Convention - Florida LMSC delegates for this year are: Charles Kohnken, SPM; Jerry Glancy, SMS; Meegan Wilson FAST; Catie Cooper, SPM; and Frank Tillotson, HLJ.
- B. Bylaws Changes - Meegan Wilson presented proposed bylaws changes (see attached) which will be voted on at the annual meeting in October. Discussion was held as follows:

1. Article I, Section 4 - changing date of dues from October 1st through September 30th to January 1st through December 31st. This will agree with Nationals year and with the accounting process as discussed earlier. The board recommends the change.
2. Article IV, Section 5; Article V, Section 2; Article VI, Section 2 and 4 - changing the word bi-annual to biennial. This was the original intent and is a simple housekeeping problem. The board recommends the change.
3. Article VII, Section 3 - Requiring two signatures per check and an annual audit. The audit is a requirement by Nationals as previously discussed.

Charlie Kohnken commented that there could be logistical problems and delays with a two signature requirement. John Bishop noted that the requirement is a sound business procedure and that all checks need to go through the treasurer. The number of checks written is limited, and having three approved signatures should make two available in the unlikely event of an emergency. The board recommends the change.

4. Article VIII, Amendment 2. Delegate Expenses - John Bishop commented that delegates are being asked to spend personal time performing an important job for their LMSC and their expenses should be paid by the LMSC. There was discussion regarding the fact that the location of the convention varies annually and would effect the amount of money needed to pay the delegates' expenses.

It was recommended that the bylaws be changed such that the expenses to convention would be evaluated annually against a budget presented at the fall annual meeting. The Florida LMSC would send as many delegates as possible, paying for transportation, lodging, and registration within the constraints of the budget.

A motion was made by Charlie Kohnken that airfare, rooms, ground transportation to and from the airport, and registrations be paid by the Florida LMSC for all delegates to the National Convention this year. After discussion with the treasurer, Dick Avery, regarding available funds, it was decided that money was available and the motion was seconded and carried.

IV. New Business

- A. 1994 Slate of Officers - The Nominating Committee Members (Jerry Glancy, SMS; Larry Peck, ORLM; Sandy Steer, SPM; and Meegan Wilson, FAST) recommended the following slate of officers. Comments about the new prospective board members are included.

- Chairman - Harold Ferris, SPM - Harold has an extensive background in Masters, is decisive and level headed, and is committed to the principals of Masters Swimming.
- Secretary - Meegan Wilson, FAST
- Treasurer - Chip Jones, SPM - Chip is an accountant and CPA and is past treasurer of St. Pete Masters.
- Registrar - Charlie Kohnken, SPM
- Sanctions - Bill Uhrich, HLJ
- Records - Jeff Perout, HLJ - Jeff is Director of Information Systems at UF's college of dentistry. He has been a USS certified coach for the past 25 years and previously maintained records, membership, and produced a newsletter for USS, Ohio.
- Newsletter Editor - Jim Donnelly, SMS - Jim has his own printing business and is currently editor of Suncoast Masters Newsletter.

A motion was made by John Bishop that the slate of officers be accepted, published in the newsletter, and presented at the annual meeting for elections. The motion was seconded and carried.

- B. Coach of the year - George Bole was submitted to Nationals as the candidate.

V. Announcements

1. National Convention is September 28 - October 2, 1994 in Kansas City, MO.
2. The Florida LMSC Annual Meeting will be held October 8, 1994 at the Orlando SCM meet. Remind members that votes on officers and bylaws changes will take place.

The meeting was adjourned at 4:00 p.m.

Respectfully Submitted,

Kelly Bergdoll

Kelly Bergdoll
Acting Secretary

PLEASE ATTEND ANNUAL MEETING

The following slate of officers and proposed bylaws changes will be voted on at the Annual Florida Local Masters Swim Committee meeting on October 8, 1994 in Orlando, FL at the SCM meet. Please plan to attend.

1994 - 1996 Slate of Officers

Chairman	Harold Ferris	SPM
Secretary	Meegan Wilson	FAST
Treasurer	Chip Jones	SPM
Registrar	Charlie Kohnken	SPM
Sanctions	Bill Uhrich	HLJ
Records	Jeff Perout	HLJ
Newsletter	Jim Donnelly	SMS

Amendments to FL LMSC Bylaws

1. **Article I, Section 4:** Dues for membership shall be assessed on a yearly basis from *October 1st through September 30th* at a rate determined by the Board of Directors and approved at the annual meeting;

Change to:

Dues for membership shall be assessed on a yearly basis from **January 1st through December 31st** at a rate determined by the Board of Directors and approved at the annual meeting;

2. **Article IV, Section 5:** All officers of the corporation shall be elected at a *bi-annual (biennial)* meeting of the corporation and those elected shall take office upon their election until the next election unless resignation or removal occurs prior thereto. An officer may be re-elected to successive terms;

Article V, Section 2: The nominating committee shall be responsible for nominating a slate of officers for each *bi-annual (biennial)* election. The nominating committee shall present its slate of candidates to the general membership through the club representatives sixty (60) days prior to elections.

Article VI, Section 2: The corporation shall accept nominations from the floor at the *bi-annual (biennial)* election meeting. The final slate will be presented to the club representatives;

Article VI, Section 4: The elections shall be held *bi-annually (biennially)* at the October meeting;

3. **Article VII, Section 3:** All checks, notes, drafts, orders for payment of money or other evidence of indebtedness issued in the name of the corporation and all such instruments shall be signed *either by the Chairman or Treasurer*. The authorized signatures shall be of the Chairman, Secretary or Treasurer;

Changed to:

All checks, notes, drafts, orders for payment of money or other evidence of indebtedness issued in the name of the corporation and all such instruments shall be signed by **two authorized signatures. Three authorized signatures should be on file at the bank.** The authorized signatures shall be of the Chairman, Secretary or Treasurer. **The Treasurer's accounts shall be examined annually by an auditor or an auditing committee of not less than three members, who, satisfied that the treasurer's annual report is correct, shall sign a statement of that fact at the end of the report. The auditor or auditing committee shall be appointed by the Executive Board. The auditors report shall be given at the next regular meeting after their appointment;**

4. **Article VIII, AMENDMENTS TO BY-LAWS:**

2. Approved by majority vote of the Florida LMSC, October 1986:
Delegates to the annual USMS convention shall have their rooms and air-fare paid for by the Florida LMSC.

It is recommended that the above amendment be removed.

Convention expenses will be evaluated annually against a budget presented at the annual meeting. The Florida LMSC will send as many delegates as possible, paying for transportation, lodging and registration within the constraints of the budget.

BY-LAWS
FLORIDA LOCAL MASTERS SWIM COMMITTEE, INC.

ARTICLE I

MEMBERSHIP:

Section 1: Membership in the corporation shall be upon application with the payment of a membership fee, said membership fee to be established by the Board of Directors;

Section 2: Membership is open to individuals and to swim teams who are interested in fostering the goals of this organization;

Section 3: Persons seeking membership must submit an application form containing their name, address, telephone number and date of birth;

Section 4: Dues for membership shall be assessed on a yearly basis from October 1st through September 30th at a rate determined by the Board of Directors and approved at the annual meeting;

Section 5: Each team shall appoint a team officer as the Team Representative. The team representative shall have one vote at all LMSC meetings. A designated team representative may appoint a substitute representative by giving to the substitute a written explanation and letter of introduction, to be given to the Chairman at the meeting.

ARTICLE II

MEETINGS:

Section 1: The annual meeting of the corporation shall be held during the month of October each year or the first appropriate Saturday after the USMS National Convention. The exact date shall be established by the Board of Directors;

Section 2: Special meetings of the corporation may be called at the discretion of the Chairman, or upon written request of any three (3) directors; or 15% of the members of the corporation; or 50% of the club representatives;

Section 3: At all meetings of the corporation, except as may be provided elsewhere in these By-Laws or in the Articles of Incorporation, each officer shall have one (1) vote and each club will have one (1) vote. A quorum shall consist of those present and eligible to vote;

Section 4: At all meetings of the corporation the method of voting shall be by voice vote except on the elections of officers, directors or on the demand of a voting member, in which cast the vote shall be by ballot. The presiding officer, may at his or her discretion, or at the request of a voting member, call for a show of hands or a secret ballot or a division of the house in the event a reasonable determination by voice vote is rendered impossible;

Section 5: A majority of the votes cast at any meeting of the corporation at which a quorum is present shall be sufficient to take or authorize action upon any matter, question or proposal which is properly presented before the meeting;

Section 6: Notice of the annual meeting and other meetings of the corporation shall be sent out in written form. Notice shall be given to team representatives whose responsibility it will be to put the membership on notice. Said notice shall be given no less than thirty (30) days prior to said meeting. Notice of special meetings shall be given at least fifteen (15) days before the date of such meeting and the notice of the special meeting shall include a statement of the specific purpose or purposes for which the meeting is called. Notice of special meetings shall be set forth in the same way as regular meetings. Or, at the alternative of the Board of Directors, notice of special meetings or regular meetings may be set forth by United States First Class Mail, postage prepaid with fifteen (15) days notice of the same;

Section 7: At all membership meetings and meetings of the Board of Directors, the following shall be the order of business:

1. Roll call;
2. Reading, correction and adoption of minutes;
3. Reports of Officers;
4. Reports of Committees;
5. Unfinished business;
6. Elections where appropriate;
7. New business;
8. Resolutions and Orders;
9. Adjournment.

ARTICLE III

DIRECTORS:

Section 1: The Board of Directors shall initially consist of seven (7) directors, three (3) of these will be officers of the corporation and four (4) will be members who hold the other elected offices of the LMSC. The Executive Committee members of the Board of Directors shall be the Chairman, the Secretary, and the Treasurer. The four (4) members who hold the other elected offices of the LMSC shall be elected by team representatives and nominated by the nominating committee;

Section 2: The number of Board members may be modified upon vote of the Board of Directors and approval by 50% of the team representatives;

Section 3: The Board of Directors shall have and exercise all necessary powers to control the work and policy of the LMSC. No contract, debt or obligation shall be binding unless contracted under the authority of the Board of Directors, except for actions by the Executive Committee in amounts authorized herein or by the Board of Directors;

Section 4: The Board of Directors shall meet at least three (3) times per year. One meeting being before the October regular membership meeting. The other two (2) meetings shall be held during the remainder of the year as established by the Board of Directors. In addition, the Board shall hold meetings upon the call of the Chairman or at the request of at least three (3) members of the Board of Directors made to the Chairman. Notice of such meetings by the Chairman and/or three members of the Board shall require three (3) days notice. Said notice may be given via telephone;

Section 5: At all meetings of the Board, a majority of the entire Board shall constitute a quorum for the transaction of business. The consent of those members shall be sufficient to take or authorize action unless the concurrence of a greater proportion is required by applicable law, these By-Laws or the Articles of Incorporation;

Section 6: The Board of Directors shall have the power to fill for the unexpired terms, all vacancies occurring in their number between annual elections. Such vacancies shall be filled by first recommending names to the Board, who shall act as a nominating committee for screening and recommendation;

Section 7: The Board of Directors shall have the power to enter into cooperative relationships with other agencies or organizations when, in their judgment, such relationship is desirable toward achieving the association's objectives in the area concerned. If the Board enters into Articles of Agreement setting forth the rules of such cooperative association, said agreement shall contain provisions for severing relationships at any time, when in the judgment of the Board of Directors, it is in the best interest of the association to do so. The Board may delegate this power to the Executive Committee.

ARTICLE IV

OFFICERS:

Section 1: The officers of the corporation shall be the Chairman, a Secretary and a Treasurer;

Section 2: The Chairman shall: (a) preside at all meetings of the corporation; (b) preside as Chairman of the Board of Directors; (c) with the recording Secretary, execute all legal papers, documents and instruments ordered to be executed by the Board of Directors; (d) appoint the appropriate number of delegates to the annual national USMS convention and submit their names to the National Secretary; (e) shall be a member of the Executive Committee, as well as perform such other duties as may, from time to time, be prescribed by the Board of Directors;

Section 3: The Secretary shall: (a) together with the Chairman, execute such legal documents, papers or instruments as authorized by the Board of Directors; (b) keep the minutes of all meetings of the LMSC, the Board of Directors and of the Executive Committee;

Section 4: The Treasurer shall: (a) have charge of the funds and securities of the LMSC and cause them to be deposited into depositories approved by the Board of Directors; (b) see that an accurate record is kept of the funds and shall provide periodic reports to the Board of Directors; (c) sign all checks upon bank accounts of the LMSC as directed by the Board of Directors; (d) disburse funds of the corporation for all expenses authorized by the Board of Directors or the Executive Committee;

Section 5: All officers of the corporation shall be elected at a bi-annual meeting of the corporation and those elected shall take office upon their election until the next election unless resignation or removal occurs prior thereto. An officer may be re-elected to successive terms;

Section 6: The term of office for the officers of the corporation shall be for a period of two (2) years. Officers shall be nominated by the Nominating Committee.

ARTICLE V

NOMINATING COMMITTEE:

Section 1: There shall be a nominating committee chairman appointed by the LMSC Chairman. The nominating committee shall be selected from the club representatives. Chairperson of the committee shall be ex-officio on the Board of Directors;

Section 2: The nominating committee shall be responsible for nominating a slate of officers for each bi-annual election. The nominating committee shall present its slate of candidates to the general membership through the club representatives sixty (60) days prior to elections.

ARTICLE VI

ELECTIONS:

Section 1: Nomination of officers shall be by the nominating committee as set forth above;

Section 2: The corporation shall accept nominations from the floor at the bi-annual election meeting. The final slate will be presented to the club representatives;

Section 3: No member may be considered as a candidate for office unless he or she is a member in good standing and unless their consent is obtained;

Section 4: The elections shall be held bi-annually at the October meeting;

Section 5: In the case of an election conducted to fill a vacancy, nominations and elections shall be held by the Board of Directors. The person filling the vacancy shall hold office until the October election meeting.

ARTICLE VII

GENERAL PROVISIONS:

Section 1: The fiscal year of the corporation shall begin on the first day of October and end on the last day of September;

Section 2: The corporation seal shall be a flat-faced circular dye with the name of the corporation, the year of its organization and the words "Corporation Seal, Non-Profit, Florida" inscribed thereon. The seal may be used by causing it, or a facsimile thereof to be impressed, affixed or reproduced;

Section 3: All checks, notes, drafts, orders for payment of money or other evidence of indebtedness issued in the name of the corporation and all such instruments shall be signed either by the Chairman or Treasurer. The authorized signatures shall be of the Chairman, Secretary or Treasurer;

Section 4: Any director or officer may be removed for cause by a majority vote of those members present at a properly called meeting where a quorum is present. Removal or resignation of an officer shall automatically lead to removal from the membership on the Board and the Executive Committee. Suspension or revocation of membership in the corporation, or the absence from two (2) meetings of the corporation or the Board without sufficient cause shall be cause for automatic removal from office or membership on the Board. Requests to be excused from a meeting of the corporation or the Board must be received by the Chairman or the Secretary prior to the call-to-order of any such meeting;

Section 5: The immediate past Chairman shall serve as an ex-officio of the Board, but shall not have a vote;

Section 6: All corporation records shall be open and available to inspection by members;

Section 7: DISSOLUTION - Upon dissolution, the net assets of the LMSC will not inure to the benefit of any private individual or corporation, but will be distributed to United States Masters Swimming, Inc. to be used exclusively for educational or charitable purposes, or, if United States Masters Swimming, Inc. is not then in existence, or is not then a corporation which is exempt under Section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under Sections 170(c)(2), 2055(a)(2) corporation, to be used exclusively for educational or charitable purposes.

ARTICLE VIII

AMENDMENTS:

Section 1: These By-laws may be amended by a majority vote of those members present at any meeting of the corporation properly called where a quorum is present. Provided that no less than fifteen (15) nor more than thirty (30) days notice of such meeting is given and that said notice shall contain an advisory that an amendment or amendments shall be included in the order of business and provided further, that a copy of the text of such proposed amendment or amendments shall be included in the notice.

AMENDMENTS TO BY-LAWS:

1. Approved by majority vote of the Florida LMSC, October 1985:
Delegates shall attend two (2) consecutive annual USMS conventions in order to be considered for future delegate status.

2. Approved by majority vote of the Florida LMSC, October 1986:
Delegates to the annual USMS convention shall have their rooms and air-fare paid for by the Florida LMSC.

3. Approved by majority vote of the Florida LMSC, October 1987:
The Editor of the Florida LMSC newsletter shall hold a place on the Board of Directors and have one (1) vote.

4. Approved by majority vote of the Florida LMSC, October 1988:
There must be four (4) registered USMS swimmers to register a team in the Florida LMSC and these swimmers must reside within the Florida LMSC.

1994 TEAM MEMBERSHIP OF THE FLORIDA LOCAL MASTERS SWIM COMMITTEE

Team	Representative	Address	Phone #
Amberjax Masters Swim Club	Jacque Barker	1120 8th St. South	Jacksonville Beach, FL 32250 904-249-5471
Blue Wave Masters	John Luhn	1110 Glen Park Lane	Valrico, FL 33594 813-685-9675
Brevard Swimming Association Masters	Al Rogerson	1119 W Wren Circle	Barefoot Bay, FL 32976 407-664-4503
Clearwater Aquatic Team Masters	Robert Maestre	P.O. Box 8206	Clearwater, FL 34618 813-530-1420
Dunedin Masters Club	Jerry Rutigliano	1149 Rohe St. #B	Tarpon Springs, FL 34689 813-937-3726
Florida Aquatic Swim Team Masters	Pate Cantrell	PO Box 15384	Gainesville, FL 32604 904-377-7922
Florida Aquatic Masters	Heather O'Keeffe	3425 SW 2nd Ave	Gainesville, FL 32607 904-371-7177
Florida League of Aquatics	Bruce Meintjies	5530 Pedrick Plantation Circle	Tallahassee, FL 32311 904-878-6089
Forest Hills Aquatics	Milt Bedingfield	11110 Carrollwood Dr	Tampa, FL 33618 813-932-5417
Harbour Island Swim Team	Jeff Copper	14129 Stonegate Dr	Tampa, FL 33624 813-264-7918
Holmes Lumber Jax Swim Team	Telfair Mahaffy	6550 Roosevelt Blvd	Jacksonville, FL 32244 904-772-6100
Indian River Community College Masters	Robert C. Stroup	2400 S. Ocean Dr #7224	Ft. Pierce, FL 34949 407-465-1154
Jacksonville Area Masters	Michael Castle	11089 Percheron Dr	Jacksonville, FL 32257 904-292-4241
Jax Navy Masters Swim Team	Joan Glaraton	4590 Colonial Ave	Jacksonville, FL 32210 904-388-8727
Ocala Masters Swim Club	Mark MacDonald	1920 SW 31st Ave Apt. #19	Ocala, FL 34474 904-237-7858
TEAM Orlando Masters	Larry Peck	5625 satel Drive	Orlando, FL 32810 407-647-7793
South West Swim Masters	Alice Lawrence	10161 Wales Loop #147	Bonita Springs, FL 33923 813-947-8008
S.W.L.M. Florida Masters, Inc.	Joan Gamso	27579 Suffridge Dr	Bonita Springs, FL 33923 813-495-7324
St. Pete Masters, Inc	John Bishop	4717 Overlook Dr NE	St. Petersburg, FL 33703 813-526-2373
Sun City Center Swim Team	Earl Dickey	504 Valley Forge Blvd	Sun City Center, FL 33573 813-634-7590
Suncoast Family YMCA Masters	Michael Kline	10297 Monarch Dr.	Largo, FL 34644 813-595-3560
Suncoast Masters Swimming	Jerry Glancy	122 Pine Needle Lane	Altamont Springs, FL 32714 407-862-0283
Winter Haven Masters Swim Team	Greg Hoeker	2150 Central Ave. W.	Winter Haven, FL 33880

1994 FLORIDA LMSC OFFICERS

Team	Office	Officer	Address	Phone #
FAST	Chairman-Secretary	Meehan J. Wilson	620 N.W. 27th Way	Gainesville, FL 32607 904-373-0023
HLJ	Treasurer	Dick Avery	1111 Cherry Hill Drive	Sun City Center, FL 33573 813-633-3970
SPM	Registration	Charles H. Kohnken	1258 Flushing Avenue	Clearwater, FL 34624 813-531-0008
SPM	Records	Catherine Cooper	9775 S.W. 52nd Road	Gainesville, FL 32608 904-336-9027
HLJ	Sanctions	Bill Uhrich	1509 Bunker Hill Drive	Sun City Center, FL 33573 813-634-7564
HLJ	Newsletter Editor	Frank H. Tillotson	2494 13th Avenue N., #46	St. Petersburg, FL 33713 813-321-5802



PONTE VEDRA TRAVEL

PONTE VEDRA TRAVEL

1 800 833-SWIM

2280 SOUTH THIRD STREET, JACKSONVILLE, FL 32250 FAX 904 241-4206

"MASTER'S SWIMMERS FARVORITE TRAVEL AGENCY"

SOUTH AFRICA

SOUTH AFRICAN MASTERS CHAMPIONSHPS

11TH NATIONAL CHAMPIONSHIPS, NELSPRUIT

REPUBLIC OF SOUTH AFRICA

MARCH 23-25 1995

INTEREST SHEET

WE ARE POLLING MASTERS SWIMMERS ABOUT THEIR INTEREST IN PARTICIPATING IN THE 1995 SOUTH AFRICAN MASTERS SWIMMING CHAMPIONSHIP NEXT MARCH.

THE PROPOSED TRIP WOULD DEPART USA MARCH 19TH ARRIVING IN JOHANNESBURG, SOUTH AFRICA ON MARCH 20TH. FOR THE FIRST TWO DAYS IN JOHANNESBURG WE WILL TOUR JOHNNESBURG, SOWITO & THE GOLD MINES WITH SOME TIME FOR A WORKOUT.

ON MARCH 22ND WE WOULD FLY TO NELSPRUIT TO REGISTERED FOR THE MEET, HAVE A WORKOUT & RECEPTION. ON MARCH 23-25TH SWIM THE CHAMPIONSHIP & ATTEND A FAREWELL PARTY. ON MARCH 26TH WE WILL TRAVEL [50KM] TO THE KRUGER NATIONAL WILD LIFE PARK FOR A FULL DAYS TOUR AND SPEND THE NIGHT AND RETURN TO JOHANNESBURG FOR THE RETURN FLIGHT TO THE USA ON MARCH 28TH.

AN OPTIONAL TRIP WOULD INCLUDE VISITS TO PRETORIA, VICTORIA FALLS, CAPETOWN AND A RIDE ON THE FAMOUS "BLUE TRAIN" WOULD ALSO BE AVAILBLE.

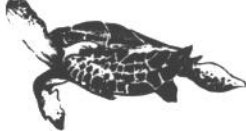
THE ESTIMATED COST OF THE TRIP INCLUDING ROUNDTRIP AIR FROM MIAMI OR NYC, TRANSFERS THROUGHOUT, HOTEL, INTER SOUTH AFRICAN AIR TRAVEL, TOURS, MEET REGISTRATION, RECEPTIONS AND BREAKFAST DAILY AND SOME MEALS [2] IS \$1900 PER PERSON BASED ON DOUBLE OCCUPANCY FOR THE BASIC EIGHT [8] NIGHT ITINERARIES.†THE OPTIONAL SEVEN [7] NIGHT ITINERARY WOULD RUN APPROXIMATELY \$2500 PER PERSON.

SOUTH AFRICAN MASTERS SWIMMING CHAMPIONSHIP - MARCH 23-25, 1995

YES! I WOULD BE INTERESTED IN PARTICIPATING IN THE SOUTH AFRICAN SWIMMING CHAMPIONSHIPS MARCH 23-25, 1995. PLEASE CONTACT ME AS SOON AS FURTHER DETAILS ARE AVAILABLE.

NAME _____ PHONE _____
 ADDRESS _____ AGE GROUP _____
 CITY _____ STATE _____ ZIP _____

RETURN TO: PONTE VEDRA TRAVEL - 2280 SOUTH THIRD STREET, JACKSONVILLE BEACH , FL 32250 OR CALL 1 800 833-SWIMM



HAWAII MASTERS FESTIVAL



HAWAII MASTERS FESTIVAL



FESTIVAL INFORMATION

ELIGIBILITY

To participate in any of the Festival Events you must first purchase an Accommodation and Transfer Package from your agent or Travelworld Events Management (T.E.M.).

The steps you will need to take are:

- i) First pay the required deposit for your Accommodation and Transfer Package to your agent or T.E.M.
- ii) You will then be given a Registration Number which you must write on **ALL** your entry forms.
- iii) If you wish to participate in the Pool Swims or the Open Water Swim be aware that the swimming events are restricted to the first 2000 entrants.
- iv) To ensure you are **one of the 2000** you are urged to forward your Swim Registration Form and Fee (details enclosed) as soon as you have your Registration number. This fee is refundable (less a US\$10 administration fee) up until 27th May 1995 if for any reason you have to withdraw from the swimming.
- v) It is not necessary for you to nominate your swimming events at this time. Event entries must be received by 27th May 1995.

FESTIVAL HEADQUARTERS

The Sheraton Waikiki Hotel is the Headquarters for the Festival.

Activities based here include-

- Registration Desk
- Tour Desks
- Souvenir Booths
- Displays – Sunday 6th – Sunday 13th August
- Seminars – Sunday 13th August
- Welcome Function – Monday 7th August
- Happy Hours – Tuesday 8th – Friday 11th August
- Gala Luau – Saturday 12th August
- Bus Shuttle Service to the Hawaii University Pool Monday 7th – Friday 11th

REGISTRATION DESK

All competitors will need to register on arrival and collect their Registration package including Heats Booklet, Shuttle Bus timetable and details of special offers etc.

The desk will be situated on the 2nd level (Ballroom Foyer) of Sheraton Waikiki. The desk will operate as follows:

- 7.30am – 7.00pm from Sunday 6th – Friday 11th August
- 8.00am – 12.00noon on Saturday 12th August
- 9.00am – 12.00noon on Sunday 13th August

TOUR DESKS

You will be able to book daily tours, trips to the other islands, cruises etc. The desks will be in the Registration Area on the 2nd level (Ballroom Foyer) and will operate as follows:

- 7.30am – 7.00pm from Sunday 6th – Friday 11th August
- 8.00am – 12.00noon on Saturday 12th August
- 8.00am – 12.00noon on Sunday 13th August

POSTAL SERVICES

Contact your hotel reception desk.

CURRENCY EXCHANGE

Contact your hotel reception desk or the nearest bank.

VISAS

Visas are to be arranged by you or your agent.



HAWAII MASTERS FESTIVAL



HAWAII MASTERS FESTIVAL



At this time it appears there will be enough interest to make the South Africa trip a go. Substantial interest from other Countries swimmers has been evident. SOUTH AFRICAN friends say the group would have no problems on the trip. George Koski, Ponte Vedre Travel, expects to know in October whether we will go.

The Hawaii Masters Festival is a rather new approach to an event in which swimming is a large part. A variety of participation vacation events are included Over the 8 days 5 have swimming. Note the swimming, as all else, is for fun and fitness. The swim does not carry a sanction nor recognition from USMS. GO and have fun and relaxation.

WHOM TO CONTACT

Safety	Frank Tillotson	813-321-5802
Change of Address*	Charles Kohnken	813-532-0008
Correction to Records	Catie Cooper	904-336-9027
News-Ideas-Entries	Meegan Wilson	904-373-0023
	Frank Tillotson	813-321-5802
Out of Area Contact	Frank Tillotson	813-321-5802
Sanction Applications	Bill Uhrich	813-634-7564
Rules	Catie Cooper	904-336-9027
Officiating	Joan Glaraton	904-338-8727
	Frank Tillotson	813-321-5802
Video Rental	Joan Glaraton	904-338-8727
Fitness	Meegan Wilson	904-373-0023

*Swim Magazine must be contacted directly. Write to:
SWIM Magazine; P.O. Box 91870, Pasadena, CA 91109

1996 Olympic Team Selection Meet Standards

Women			Event	Men		
SCY	SCM	LC		SCY	SCM	LC
22.99	25.69	26.59	50 Free	19.99	22.09	23.39
50.09	55.19	57.69	100 Free	43.89	48.49	51.39
1:48.29	1:59.39	2:03.89	200 Free	1:36.49	1:46.89	1:52.49
4:46.39	4:07.29	4:19.79	400 Free	4:21.89	3:46.69	3:58.69
9:51.99	8:35.49	8:50.49	800 Free	9:17.99	8:08.19	8:20.59
16:39.59	16:28.79	16:55.99	1500 Free	15:11.69	14:54.99	15:47.49
54.99	1:00.59	1:04.59	100 Back	48.09	53.69	57.79
1:57.79	2:10.99	2:17.99	200 Back	1:45.19	1:57.29	2:04.19
1:03.09	1:10.49	1:12.99	100 Breast	55.09	1:01.19	1:04.69
2:15.69	2:31.79	2:36.79	200 Breast	1:57.99	2:12.39	2:19.99
54.69	1:00.19	1:02.79	100 Fly	48.29	52.99	55.59
2:00.09	2:11.99	2:16.89	200 Fly	1:47.09	1:57.19	2:03.19
2:01.59	2:13.19	2:20.89	200 Indiv. Medley	1:47.39	1:57.79	2:06.99
4:17.99	4:47.69	4:56.49	400 Indiv. Medley	3:50.89	4:15.79	4:28.89

Qualifying Periods: July 23, 1994 through the entry deadline

This is my last newsletter. Over the past 15 years or so there have been many changes, swimmers have come and gone. We have too many joining and not continuing. Swimming is GOOD FOR YOU. You meet the best people in every phase of life and work. To those who have contributed to the news, Thank You. Other changes have been, despite no renewals, an increasing number of members, a shift in age to younger enrollees, shift from typewriters to computers, to which I didn't become acquainted. Next issue, November, please contribute to and support your next Editor. Thank You. F H T

SWIMMING NEWS FROM AROUND OUR LMSC

FINA V WORLD MASTERS MONTREAL 4-10 July 1994

3,473 Swimmers entered this meet. As always the 50-100 free had the most competitors, over 130 heats.

Montreal is a beautiful city with trees and parks, a fine municipal transportation system, friendly people, alas so little English spoken. Most of us were surprised at the taxes, more than at prices. 14% on about everything. 14% on postage stamps, yes, 20% on meals out. They SAY its the cost of health care. There were enough places of interest to occupy much of ones time in the Olympic park wherein the pool, baseball stadium and track and soccer facilities lay. The tower, 550 feet high, which supports the stadium roof, the Biodome, the botanical gardens, the insectarium, were all adjacent.

A meet with more people than can be reasonably accommodated will have problems. Swims up to 11:00 p.m., not quite up to Brisbane. Management said 1,000 too many. Once one got to the clerk of course to check in for each individual and relay event, things were under control. Five to six ladies handled the martialing for 6 days, competently, quickly, smiling and friendly. Fine. The 5x50 warm-up pool was woefully small. I guess for the Olympics, for which the facility was built, it was adequate. Twenty per lane. Even though it was said "no event today, no swimming" this was not monitored, nor heeded. In spite, the meet was completed. No comment on the officiating.

Canada, USA, Japan, Brazil, Germany, Mexico, Great Britain and Australia accounted for 3024 swimmers. Brazils 191 struck me. Competition was keen, all events, all ages, all relays. One newspaper report said that the US was doing the most record breaking, but it was not limited. Jim Bohan, 58, TOC from California who had a heart attack some years ago and by-pass surgery within 2 years succumbed almost immediately after swimming a superb 100 back. We extend our sympathy to Jim's family.

I suspect that many, as myself, didn't realize that Montreal was such a big city. Two million and more. Downtown modern, with a large 'underground city' which would be most appreciated in the snowy winters. The 15th Jazz Festival went on during the whole meet span and more. Both outside and in from morning till late at night. A 3 hour circuitous city tour was real nice...a highlight of which was a short visit to a flower garden, delightful and fresh. Were there no swimming, it would have been a rewarding week.

VARIOUS NOTES

A communication from Carl Thornburg says that he has had a medical problem and probably won't be swimming again, not soon anyway.

Letter from Alan Maloney, SPM, reported that he was the sole SPM swimmer at the Santa Clara 1st International Masters meet. He did well with two 5th's, one 4th, two 2nd's and a 1st in the 100 Breast.

Also our lone report on Tri Athlete activity Alan reports: SPM, Alan swam, 5th in Open Masters. At Cypress Gardens Triathlon, he was 5th; Maderia Beach, 2nd. We do know that Katie Knight-Perry, SPM qualified for the Hawaii Iron Man.

GREENVILLE SC LCM - JULY 16-17

First. Up there, there are trees, real beautiful green trees, millions of them. Beautiful. The meet was held in a County pool, indoors, 10 lane - 50 meter, located in an unusually large open area; 70 swimmers, or more, swam. Practically all were South Carolina residents. Paris Island Masters - 26 and HLJ - 2. I being the only Florida entry and Jim Williamson of Aiken SC being the other HLJ. There were spirited races and good times, but the most enthusiasm was the Paris Island relays. They were into them. Try it next year for a relief from the hum.

SUNCOAST MASTERS T-SHIRT MEET Arlington Park Pool LCM 11-12 June

Steve Grossman worked hard and received 90 entries. Jim Donnelly may well be the Master Swimmer who has a lock on the T-Shirt design position. Another sharp issue. Sunday, starting at 12:00, no one can deny, was hot. The water was comfortable and competition was keen. SMS and SPM fielded over half of the entries. Eleven other clubs made up the rest with CATM's ten.

Sunday's start at 8:00 was much better, a few came for Sunday only and a number didn't come for Sunday. It was good to see Bumpy Jones back in the "swim" of things. No longer a live aboard family, there was more time for golf. Thanks to all the SMS people including, time-keepers, officials and plain workers which no meet succeeds without.

TEAM MASTERS USA POSTAL

Al Rogerson, at age 68, entered all seven races of the Team Masters USA Postal Competition. The event was open to all USMS members involved in SCY, USMS sanctioned meets from January 1 through May 17, 1994. Times registered in the various events were mailed to Team USA. The Masters USA National Races covered all 18 events of the SCY program.

In entering the seven races, Al swam all of the 18 events, involving all strokes and distance categories. As of this date, National Results have not been released.

SUNCOAST MASTERS

Congrats to our newest members who competed in their first meet at St.Pete LC. Brooke Bowman (27) won high point honors! Marv Norin (67) had some benchmark swims to build on at his next meet.

Jim Donnelly broke Peter Betzer's 100 M Breast Florida Association record in a close race against SPM's Theun VanDerVeen, touching him out by .05 sec. Theun repaid Jim by beating Jim's 200 M Breast record.

Jerry Glancy, our FL LMSC Rep, will be attending the USMS National Convention in Kansas City, MO, September 28 - October 2 with 4 other delegates and Jim Donnelly has agreed to run for the office of Newsletter Editor of the Florida LMSC.

Bob Coulter, John Woods, Kevin McCormack and Steve Grossman will represent SMS at the USMS National LCM meet in Buffalo, N.Y.

BREVARD SWIMMING ASSOCIATION

Swimmers in Montreal

Angie Sinacore writes to Frank: As I promised in Montreal, four Brevard Swimming Association Masters traveled by plane, car and boat to attend the V World Masters Swimming Championships - July 4-10, 1994. While Ruth Bielefeld and Ron Niedrich flew and Bunny Cederlund drove; John and Angie Sinacore cruised up the St. Lawrence Seaway aboard their boat (or summer home), the Andiamo.

Here's how all four swam at this international meet that hosted 3,473 swimmers and 41 countries:

		Place/Number/Time			
Bunny Cederlund (72)	50 Back	1	29	45.43	
	100 Back	1	18	1:43.64	
	200 Back	1	14	3:52.24	All Top Ten
	200 Free	9	15	3:55.87	
	400 Free	7	21	8:34.04	
Angie Sinacore (64)	50 Fly	9	15	57.39	Top Ten
	100 Fly	8	11	2:17.68	(Barely)
Ruth Bielefeld (34)	100 Fly	25	29	1:33.39	
	100 Breast	26	44	1:37.81	a PR
	200 IM	19	30	3:11.32	
	400 IM	21	23	6:39.71	
	400 Free	19	35	5:50.14	
Ron Niedrich (34)	200 Fly	17	25	2:36.99	
	200 Back	14	28	2:39.04	
	200 IM	11	43	2:31.44	
	400 IM	15	28	5:28.95	
	400 Free	16	40	4:55.44	

See you in the fall when all these snow birds return to congest the roadways!

WINTER HAVEN MASTERS

Te Florida Local Master Swim Committee welcomes our newest club, Winter Haven Masters Swim Team. They have a total of 13 members at this writing, their coach is Jim Granger and their delegate is Greg Hoecker. We hope you enjoy being with us and we hope to meet many of you at our local swim meets.

**Fifth World Masters Swim Championships
July 4-10, 1994
Montreal, Quebec**

Results of Suncoast Masters

(In FINA International Meets, we are not allowed to represent the USA, but rather our individual clubs. This makes the relay results impressive !)

All times in long course meters

Lynn Cartee (47) Agegroup 45-49

50 Breaststroke 9th 43.21
100 " 8 1:36.03
200 " 10 3:36.99
200 I.M. 4 3:09.55
400 Freestyle 7 5:50.89
5K Open Water 4 1hr 26min 21sec

Montreal 1994

St Pete Masters Inc

Abrasha Brainin
50 breast 4th
100 " 7th
200 " 5th
50 fly 5th

Deb Walker (43) 40-44

50 Breaststroke 4 38.36
* 100 " 1 1:22.72 World Champion !!!
200 " 3 3:04.34
50 Back 6 37.44
100 " 3 1:20.72

Sandy Steer
Swam
No details

Elaine Bromwich
Swam for Great Britain

Robert Davie (42) 40-44

200 Back 13 2:50.48
50 " 16 35.77
50 Free 32 28.71
100 Back 12 1:19.26
50 Fly 23 31.45

Doris McEwan
Swam for Canada

Kevin McCormack (41) 40-44

100 Fly 5 1:03.75
50 Fly 7 28.02
50 Back 8 32.76
50 Free 14 27.44

RELAYS

Rick Walker (43) 40-44

50 Free 37 29.11
200 Free 13 2:21.95
100 Breast 12 1:18.79
200 Breast 9 2:53.41

200 Mixed Free 6th!!! 1:57.64 Agegroup 160-200 years total

Deb Walker
Lynn Cartee
Robert Davie
Kevin McCormack

200 Mixed Medley 3rd!!! 2:10.81

Deb Walker
Rick Walker
Kevin McCormack
Lynn Cartee

TEAM SCORES THRU EVENT # 40		40-44 WOMEN SCORES THRU EVENT # 39	35-39 MEN SCORES THRU EVENT # 40
1	SPM	1 (43) PRESCOTT, BARBARA.. SPM	1 (36) MEISENHEIMER, LUCKY ORLM
2	ORLM	2 (41) GEIGER, PAM..... SPM	2 (37) HARTLE, SCOT W..... ORLM
3	SMS	3 (43) STAPEL, JOAN F..... CATM	3 (36) SPECHT, WILLIAM L... SPM
4	HLJ	4 (40) KIERNAN, NANCY S... SPM	4 (38) WISE, PAUL S..... JAM
5	CATM	5 (40) LANE, SONDR A..... SPM	5 (38) SEIDEL, JIM P..... ORLM
6	JAM	6 (40) SEIDEL, CAROL M.... ORLM	6 (35) LENSE, JORGE J..... ORLM
7	GOLD		7 (37) HAMPTON, COLIN C... GOLD
8	BSAM		
9	FHA	45-49 WOMEN SCORES THRU EVENT # 35	40-44 MEN SCORES THRU EVENT # 40
10	IRCC	1 (45) TREAT, LESLIE L.... SPM	1 (40) MC MILLEN, SCOTT P. IRCC
11	WIN	2 (45) WILSON, MEEGAN J... FAST	2 (40) HOECKER, GREG..... WIN
12	FAST	3 (47) POTTER, PENNY..... ORLM	3 (44) MAESTRE, ROBERT A... CATM
13	UNA	4 (45) WILSON, ANGIE L.... ORLM	4 (42) OWEN, DAVID H..... GOLD
14	DLNM		5 (40) PECK, LARRY D..... ORLM
15	RAM	50-54 WOMEN SCORES THRU EVENT # 35	6 (42) GAULDIN, DAVID P... HLJ
16	BLUE	1 (51) CHARLTON, MARGARET GOLD	7 (40) MULLEN, FRANK T.... CATM
		2 (54) LAMBKE, JAYNE M.... SPM	8 (44) HALTTUNEN, ARTHUR. SPM
		3 (51) WHITCOMB, SHARON L. FHA	9 (41) MC CORMACK, KEVIN... SMS
		4 (52) CARLSON, SUZY..... SMS	10 (42) STEPHENS, BILL D... SPM
			11 (42) DAVIE, ROBERT W... SMS
		55-59 WOMEN SCORES THRU EVENT # 39	12 (40) HOFFMAN, MITCHEL S. SPM
		1 (58) PROKOPI, DORIS C... FHA	13 (42) SWANIGAN, RODNEY E. SPM
		2 (59) KNIGHT-PERRY, KATE. SPM	
		3 (57) MARTIN, KAY..... HLJ	45-49 MEN SCORES THRU EVENT # 40
		4 (57) STERLING, JEAN M... HLJ	1 (45) EDWARDS, JOHN F.... SPM
		5 (57) CULBERTSON, BARBARA SMS	2 (47) KEENEY, BRIAN E.... GOLD
		6 (57) PIPER, JACQUELYN G. SPM	3 (49) O'CONNELL, JERRY R. ORLM
		7 (56) NEWELL, SALLY N.... RAM	4 (45) BURKE, GEORGE A.... SMS
		8 (58) LEONARD, SHIRLEY L. SMS	5 (46) LOMBARD, BOB..... ORLM
		9 (57) BEATTIE, ERNESTINE HLJ	6 (45) DONNELLY, JAMES M... SMS
			7 (49) BROWN, HOWARD..... SPM
		60-64 WOMEN SCORES THRU EVENT # 39	8 (49) VAN DER VEEN, THEUN SPM
		1 (64) DURSTEIN, NANCY N.. CATM	9 (48) STRAYER, RICHARD F. ORLM
		2 (64) HOSKINSON, RUTH A.. SPM	10 (46) EBEL, MARK T..... HLJ
		3 (61) ALLEN, BARBARA A... SPM	11 (47) MABEN, KEN..... ORLM
		4 (61) VOGEL, ALYCE M.... ORLM	12 (45) EARP, RUSTY D..... UNA
		65-69 WOMEN SCORES THRU EVENT # 39	50-54 MEN SCORES THRU EVENT # 40
		1 (69) CARR, FLORENCE E... HLJ	1 (53) WARD, ROY..... CATM
		2 (67) YUNGERT, ALICE M... CATM	2 (52) RODENFELS, BILL... HLJ
		3 (67) GORDON, EDNA B.... SMS	3 (52) RAGAN, WILLIAM E... FHA
			4 (52) BETZER, PETER R.... SPM
		70-74 WOMEN SCORES THRU EVENT # 39	5 (50) PYHEL, H. JACK... SPM
		1 (72) REYNOLDS, JUNE B... HLJ	6 (54) WHITCOMB, ALLEN J.. FHA
		2 (73) DENDY, BARDI J.... SMS	
			55-59 MEN SCORES THRU EVENT # 40
		75-79 WOMEN SCORES THRU EVENT # 35	1 (55) HOUSE, CARL..... GOLD
		1 (77) SCHIMPF, KAY M.... SPM	2 (56) GLANCY, JERRY..... SMS
			3 (56) MANN, GEORGE W.... ORLM
		80-84 WOMEN SCORES THRU EVENT # 35	4 (59) BEATTIE, JACK R... HLJ
		1 (81) KENNEDY, WIN..... SPM	5 (56) SIRBU, VICTOR..... ORLM
			6 (59) COX, JOHN R..... SPM
		24&U MEN SCORES THRU EVENT # 36	7 (57) LEONARD, ADAM C... SMS
		1 (19) TARGINO, MARCELO C. SPM	8 (56) WILSON, NEIL T.... SMS
		2 (20) ROBBINS, CHRISTOPHE CATM	9 (59) PIPER, HARRY M.... SPM
		3 (21) SKOWRONSKI, MARK D. CATM	10 (59) CULBERTSON, JON R.. SMS
		4 (24) WHITE, KIRK..... SPM	11 (55) BAKER, JOE H..... SPM
		5 (24) REED, WILLIAM L.... HLJ	12 (58) TIPPENS, JAMES... DLNM
			13 (59) BURNS, RAY S..... SPM
		25-29 MEN SCORES THRU EVENT # 40	60-64 MEN SCORES THRU EVENT # 40
		1 (26) ROBINSON, PAUL W... ORLM	1 (64) ALLEN, NED P..... SPM
		2 (27) STELLE, GREG B.... JAM	2 (61) WEATHERBEE, CHARLES ORLM
		3 (28) CHARMFOROSH, FARSH ORLM	3 (62) KOHNKEN, CHARLES H. SPM
		4 (26) WILEY, KEITH T.... UNA	4 (61) COULTER, ROBERT G.. SMS
		5 (29) LIM, M.D., JONATHAN ORLM	5 (63) FERRIS, HAROLD.... SPM
		6 (27) MATTHEWS, WILLIAM T ORLM	6 (63) DUPES, WEST..... SPM
		7 (29) FISCHER, PATRICK R. ORLM	
			65-69 MEN SCORES THRU EVENT # 40
		30-34 MEN SCORES THRU EVENT # 40	1 (68) ROGERSON, AL..... BSAM
		1 (32) COLLINS, RON L..... JAM	2 (65) MALONEY, ALAN..... SPM
		2 (32) VAILE, BRIAN E.... SPM	3 (69) HUTINGER, PAUL..... SPM
		3 (32) GROSSMAN, STEVE W. SMS	4 (65) COXHEAD, RALPH N... SPM
		4 (30) ALLEN, KELLEY M.... JAM	5 (66) WALLACE, WILLIAM P. SPM
		5 (34) NIEDRICH, RONALD W. BSAM	6 (67) NORIN, MARV..... SMS
		6 (33) MINYON, MICHAEL P. ORLM	7 (65) BURBRIDGE, KEITH... BLUE
		7 (30) KOREY, BILL S..... ORLM	
		8 (31) HARTSFIELD, CHRIS. WIN	70-74 MEN SCORES THRU EVENT # 40
		9 (34) RUSSO, RICHARD G... WIN	1 (70) WOODS, JOHN M..... SMS
		10 (33) BRUNHAMMER, ANDREW. ORLA	2 (72) PAPP, BALINT..... SMS
		11 (33) COMBS, DONALD L... ORLM	3 (71) BRAININ, ABRASHA... SPM
		12 (31) MORGAN, KENNETH S.. SPM	4 (72) PATTON, ROBERT S... SPM
			5 (74) ATWOOD, ROBERT D... SPM
			6 (74) PATTON, JOHN E..... SPM
			7 (74) CONGER, JIM W..... ORLM

75-79 MEN SCORES THRU EVENT # 40

1	(78)JOHNSTON, JOHN D...	SPM	...	92.00
2	(75)HAAKE, JOHN G.....	CATM	...	61.00
3	(75)LYMAN, DICK.....	HLJ	...	40.00
4	(79)TILLOTSON, FRANK R.	HLJ	...	30.00
5	(79)HOTVEDT, KERMIT O..	SPM	...	26.00

80-84 MEN SCORES THRU EVENT # 34

1	(81)WALBOLT, FRED B....	SPM	...	79.00
2	(82)MITCHELL, JAMES F..	SPM	...	37.00

85-89 MEN SCORES THRU EVENT # 34

1	(88)JURCZYK, PETER.....	IRCC	...	45.00
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St Pete Masters Inc. Annual LCM 22-24 July

Attendance was good, except for one swimmer from North Carolina and one from South Carolina, it was a Florida meet. Not a soul from Georgia. The normal Summer weather banged away but not once interefered with swimming. Woody and Louise have turned their hospitality of on deck food to the Marine Corps Reserve Auxiliary. They upheld the tradition well. (Sausage Dogs)!It is always good to hear the fine voice of Gail Pyhel on the announcers mike. The pool staff made themselves usefull everywhere as well as keeping things neat. Results from the Ware family were, as usual, accurate and prompt. Things went well under the hand of Harold Ferris. This meet has aged well, old hands and new hands mixing well and making new friends. What better. Intense competition in many races and good times, personal bests, resulting. The 1500 escaped the threatning Showers perhaps setting the tone of the meet. Mary Holmes Roebuck finished it with an 18:12 time not only first in her age group-32-, in the women, but also 16 seconds ahead of the first man. The water was comfortably cool compared to other years.

Montreal 1994 Holmes Lumber Jax
As best we know.

Rogers (Tiger)	Holmes	Mary Holmes Roebuck	Gina Aguilar	Roy Deary
50 fly 1st		50 free 2nd	50 free 3rd	100 free 6th?
200 back 2nd		100 " 1st	100 " 3rd	200 " 3rd
100 " ? 3rd		200 " 1st	50 fly 3rd	50 " 6th?
50 " ? 3rd		400 " 2nd	50 back 5th	
50 free 5th		800 " 2nd	50 breast 7th	

Frank Tillotson	Florence Carr	Marjorie Newman	Gertrude Zint
50 back 13th	50 back 7th	200 fly 3rd	50 breast 1st
100 " 7th	100 " 4th	400 i m 4th	100 " 1st
200 " 6th	100 breast 9th	800 free 5th	200 " 1st
50 breast 8th	200 i m 4th	400 " 8th	50 fly 1st
800 free 9th	50 fly 4th	200 back 9th	200 i m 1st

Vicki Sullivan See Relays	Joan Glaraton 200 fly 8th 200 breast 10th	George Koski 50 Free	Bill Grant 50 fly W R Mcree & 1-1st Pete Nicodem
Sally Scott 6 first places	John Smith 1 first plus more	Dick Avery 50 back 6th	

RELAYS all 280+

WOMENS 2-Firsts	MIXED 1-First	MENS 1-Third
Zint	Holmes	Holmes 1-Fourth
Carr	Avery	Avery
Glaraton	Zint	Grant
Sullivan	Carr	Tillotson

Holmes Lumber Jax Total Points close to 500

REDUCING THE LENGTH OF SWIMMING MEETS

Because of the hours necessary to run most National Swimming meets, something must be done to limit the time involved.

The following is not a recommendation of what should be done but it is an attempt to outline the various possibilities for reducing the timespan of the meet.

Four major items that can be considered are:

- 1, Eliminate longer events as 1500, 800, 400.
- 2, Change the number of days.
- 3, Limit the number of entries.
4. Better management of water use and starting.
4. Better management of water use and starting.

Eliminating the events would shorten the days of the meet.

Using the extra days would lighten the load of events in one day.

The meet could be split into two meets. (younger in a different meet).

Limiting the entries may be desirable, but the method is hard to determine. Possible methods are: One age event could be only 3 heats.

First entries only accepted. Top eight from last meet accepted first.

Only verified times accepted to fill quota. Cut off by qualifying

times by vote. Cut off by times of 30th place last meet. Cut off by 1.5 times winners time of last meet. (Factor could be changed).

Limit older age groups. Limit 19 year age group. Hold qualifying meets.

To save water time use one or two lanes for slow swimmers. Have two pools available.

Submitted by William H. Grant, Jr.
1911 Geyer Ave
St Louis, MO. 63104

ED, Bill constructed most of this in Montreal. Mainly he is thinking of USMS, by his references to 19 age etc.

Since referring to USMS I have a suggestion too. Swim the three longer events as Zone Championships and "Postal" them into the National scoring. Much more opportunity for greater participation.

In any meet, the older age groups would have little if any objection to starting an hour or perhaps more earlier than we do now.

Bill was thinking about it but didn't say it, but compulsory 2 to a lane would help. touch another swimmer and you are out.

F H T

Darwin - 18th AUSSI National Swim & Club Championships 4-7 May at the Casuarina Swimming Complex

400 swimmers from 71 Clubs, Australia-wide representing all States enjoyed the wonderful hospitality of the Northern Territory Branch of AUSSI Masters Swimming.

Rick Barnes, Meet Director, ran a tight ship and the Meet ran like clockwork due to the help and support of many volunteer groups, sponsors and all Territory AUSSI Clubs who shared in the organisation, timekeeping, marshalling, recording and official duties.

The Casuarina 50m pool with the large sails overhead to keep the water cool, surrounded by an expanse of lawns with shady palm trees and gazebos to shelter from the noon day sun, was certainly the ideal venue.

The setting sun at the Darwin Yacht Club was a perfect setting for the 'welcoming function' although they did not bargain on such a bunch of hungry swimmers.

A few statistics. During the meet there were 2235 swims registered and 183 relay entries, 11 Victorian Clubs and 69 swimmers participated, which was a very good representation.

Many World and National titles were broken and our oldest AUSSI Master Frank Griffiths (85) received a standing ovation when he finished the 200m Butterfly in record time. Frank Tillitson (78)

guest swimmer from Lumber Jacks USA (who won 6 gold medals in his age group) enjoyed our Australian hospitality and took the opportunity to renew old friendships from world and national meets.

The facilities at the pool were excellent, with a well-stocked tuck shop, The Cancer Foundations information and products were a big hit as was the Zedar stand. All us health freaks took the opportunity to have our cholesterol checked. One could not forget the happy hours.

T Shirt with some very Jazzy Logos, such as Arnhem Salties, Darwin Stingers, Cairns Mudcrabs were much sought after and were eagerly swapped with members from the southern States.

Spot the AUSSI Master was the name of the game at the Casuarina Shopping Centre (equal to any of our large shopping complexes) only a short stroll from the pool.

Quite a number of swimmers took advantage of the opportunity to participate in the forum conducted by Michelle Schofield.

Many competitors combined the meet and took advantage of the many tours available and visited Kakadu, Litchfield Park, Territory Wild Life Park, Jumping Crocodiles, and the War Museums of Fanny Bay gaol, or wandered through the Thursday night Mindill

Beach Market with the fabulous array of foods and crafts.

I think the early morning start of 7am put a lot of swimmers off competing in the 5000m Open Water Swim at Lake Alexandra (guaranteed no crocs) however it did not deter the die hards. After 7 laps of the very salty and warm lake the fastest of the swimmers completed the course, but it was 2 hours plus before the last swimmer crossed the line.

A good night was had by all at the Presentation Dinner. I liked the idea of the junior swimmers dressed in swim suits of the different eras presenting the trophies, they will no doubt be the master swimmers of the future. Congratulations to all winners. What a feast, food to suit all tastes, and the wine flowed freely as the night rolled on and the music commenced and we danced the night away.

I am sure the motto 'Swim into Fun and Fitness' was the key words for the top end nationals as we all made our way homewards and possibly see the few more tourist attractions along the way, such as Katherine Gorge, Ayres Rock.

Joan Wehrens
Kilmore Country Masters

FROM THE DESK OF YOUR REGISTRAR

I would say that most of us enjoy our MASTERS swimming motto:
FITNESS, FRIENDSHIP & FUN.

Consequently, we are always on the lookout for increasing our membership. So why not ask a friend, brother, sister or a neighbour to come with you and have a swim. Introduce the person as a 'guest swimmer' for two or three swims then have them join your Club as a financial member.

I like the quote I received from: Rob Hanou, European MSI Director and Dutch Masters Swimmer:

*'One does not stop with sport because ONE GETS OLDER,
ONE GETS OLDER because one STOPS WITH SPORT.'*

Take care and swim well.

Hans Wehrens

Q: My brother-in-law says it's better to eat after you exercise, and I say before. Who's right?

— George Springhart, Port Richey

A: In some sense, you are both correct. However, to fully answer this question, I need to discuss not only when you should eat, but what you should eat.

The best muscle fuel is carbohydrates. Carbohydrates come in the form of simple sugars in fruits and juices, or complex carbohydrates such as starches in whole wheat, brown rice and bran cereal.

Your body stores carbohydrates in the form of a sugar called glycogen. During intense exercise, the body burns glycogen for energy. It is possible to deplete your glycogen stores with intense workouts and a low carbohydrate diet. When glycogen stores are depleted, you may feel exhausted. Eating foods high in carbohydrates (pancakes, pasta, bread, fruit, potatoes) on a daily basis can help you train harder and compete better.

If you are hungry prior to a workout, eat some crackers, fruit or bread to give you a lift. You should not eat foods that have a high sugar content prior to exercising. When these foods are eaten, the body secretes a hormone called insulin. Insulin removes the sugar from



HEY, DOC

**DR. KOCO
EATON**

your blood. The combined effect of exercise and insulin may cause your blood sugar level to fall below normal, a condition called hypoglycemia. Symptoms may include lightheadedness, shakiness and a decrease in coordination.

My best advice is to eat a healthy breakfast or lunch that fuels you up early in the day so that you can be ready for an afternoon or evening workout.

World Aquatic News & Travel

Where the fat is in the American diet

Times wire services

The top five sources of fat in the American diet, the U.S. Department of Agriculture says, are:

■ Cheeseburgers, hamburgers and meat loaf.

■ Hot dogs, ham and other processed meats.

■ Whole-milk dairy products such as cheese.

■ Commercially baked goods such as cakes and cookies.

■ Roast beef and beef steaks, french fries and fried chicken.

A few more nice Aussie names

Goldburn Valley Crocs

Syndal Sharks

Gippsland Sauna Swim

Sale Saddasts

Malvern Marlins

Ballarat Beavers

Your chair is being held for you at North Shore Pool, St P.



from the Editor . . .

After over twenty years attending Masters swimming meets of all kinds and sizes, certain aspects of the conduct of these competitions seem to repeat themselves. Masters swimmers will always be traveling to other venues far away and near.

Permit me to take a lead from United States Swimming which has developed safety policies and business requirements for participants and meet personnel. The following are ideas which should be remembered whenever around a swimming pool and the surrounding venue:

✓ NEVER DIVE in warmups unless the lane is under the control of a COACH for starts or sprints.

✓ BEFORE ENTERING A POOL FOR THE FIRST TIME, check the depth of water at both ends, check ladders to exit the water, check the walls for turning (are they slippery or rough), and if you are a backstroker, check the distance of the flags from the wall at each end of the pool.

✓ RECEIVE PERMISSION from the host BEFORE bringing items to sell at the pool to help with your expenses. The meet organizers have charged the official concessionaires for the space and "pirates" are not welcome and might have their merchandise confiscated.

I hope some of these suggestions are helpful. Safety is essential for all. Have a wonderful 1994.

... Margaret

Orlando Masters Short Course Meters Swim Meet

Dates : October 8 and 9, 1994

Meet Director : Larry Peck (407) 647-7793.

Sanction : Sanctioned by Florida LMSC for USMS, Inc. Sanction Number : 94-12

Sponsor : Team Orlando Masters in conjunction with the International Drive YMCA and Aquatic Center.

Eligibility : All athletes 19 years of age and older as of October 8, 1994 and registered with USMS, Inc. Non-U.S. citizens should have a letter of introduction from their own swimming association.

Facilities : The International Drive YMCA & Aquatic Center pools will be used for this meet. The short course meters pool is a deep 8 lane pool with a fully automatic timing system. An 8 lane 25 yard pool will be available for warm up and cool down. Both pools are indoors.

Schedule : Warm up begins Saturday at 8 AM. The 800 and 1500 will begin at 8:30 AM. Other Saturday events will begin no earlier than 11 AM. Warm up begins Sunday at 8 AM. The Sunday events will begin at 9 AM.

Seeding Times : Please show your best meters time during the last two years. Heats will be seeded by time regardless of age with the slowest heat first in each event. You must submit a time for each event entered.

Entries and Fees : Swimmers must pre-enter by mail. Entry deadline is Friday, September 30th. It is your responsibility to mail your entry early enough to meet the deadline. Maximum of five individual events per day. Send the completed and signed entry form. Each event entry must be submitted on the entry form, filled out completely with your name, club, birthdate, event numbers circled, 1994 USMS registration number and seeding times. The scoring of the event will be computerized. Please be sure all information and the signed waiver are filled out on the entry form. The fees are : \$2.50 per event, \$10 meet charge and \$4 per relay team. The meet charge covers the electronic timing and scoring costs, the cost of printing the heat sheets and printing and mailing the results. Relay teams can be deck entered during the meet both Saturday and Sunday. Only team members registered for this meet may swim in a relay.

800 and 1500 Freestyle Events : You may enter either the 800 or 1500 Free but not both. 800 splits can be used for records while swimming the 1500. **These events will be restricted to the first 40 entries received for them.** You will be notified by phone if the event has closed. Please mark an alternate Saturday event on your entry form.

Age Groups : Individuals : 19-24, 25-29, 30-34, etc. up to 90+. Relays : 76+, 100+, 120+, 160+, 200+, etc.

You must send a copy of your 1994 registration card with your entry. You cannot swim without it.

Orlando Masters Short Course Meters Swim Meet

ENTRY FORM

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction Number : 94-12

Name _____ Birthdate _____ Sex _____ Home Phone _____
 Address _____ City _____ State _____ Zip _____
 Team name _____ LMSC _____ 1994 USMS Registration # _____

SATURDAY OCTOBER 8, 1994
 Warm up - 8 AM Swim - 8:30 AM

SUNDAY OCTOBER 9, 1994
 Warm up - 8 AM Swim - 9 AM

WOMEN/MEN	EVENT	SEED TIME	WOMEN/MEN	EVENT	SEED TIME
1 2	800 M FREE **	_____	25 26	100 M FREE	_____
3 4	1500 M FREE **	_____	27 28	200 M BREAST	_____
---- BREAK UNTIL 11 AM ----			29 30	100 M FLY	_____
5 6	200 M BACK	_____	31 32	200 M MEDLEY Relay	_____
7 8	100 M BREAST	_____	33 34	200 M IM	_____
9 10	50 M FREE	_____	35 36	50 M BREAST	_____
11 12	200 M FLY	_____	37 38	100 M BACK	_____
13 14	200 M FREE Relay	_____	39 40	50 M FLY	_____
15 16	100 M IM	_____	41	200 M Mixed MEDLEY Relay	_____
17 18	50 M BACK	_____	43 44	400 M FREE	_____
19 20	200 M FREE	_____			
21	200 M Mixed FREE Relay	_____			
23 24	400 M IM	_____			

** These events limited to the first 40 entries. You may enter only one of these events. Please mark an alternate Saturday event in case the distance event fills.

Number of Events ____ x \$2.50 = \$ _____ + \$10.00 Meet Charge = \$ _____

Please make checks payable to : TEAM ORLANDO MASTERS

Mail entries to be received by September 30, 1994 to :

TOM/SCM Meet - 8422 International Drive - Orlando, FL 32819

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

Date : _____

Signature : _____

Attach a copy of your 1994 registration card here.

You must send a copy of your registration card with your entry.
 You cannot swim without it.

Make checks payable to : **Team Orlando Masters.**

Send signed entry form, copy of registration card and fees by September 30th to :
TOM/SCM Meet
8422 International Drive
Orlando, FL 32819

If you enter but must cancel, a full refund will be given as long as you contact Larry Peck before 11 AM on Thursday, October 6th.

Heat Sheets and Results : Heat sheets are included in the meet charge. Results may be ordered at the meet. One free copy will be given to each team (team representatives should indicate so on their entry form).

Awards : Awards for 1st through 6th in each event. Individual high point awards for 1st, 2nd and 3rd in all age groups. High point awards will only be awarded post-competition on Sunday, October 9th, after points are officially totaled. Swimmers departing early should have friends pick up awards or make other arrangements. Team awards will be given for the visiting combined men and women's 1st, 2nd and 3rd place.

Points : 9-7-6-5-4-3-2-1 for individual events. Double points for relays.

Rules and officials : Current masters swimming rules will govern. There will be a certified stroke and turn judge, starter and referee for all events.

Directions : The International Drive YMCA and Aquatic Center is off exit 29 of Interstate 4. Take 482 East to the 1st intersection (International Drive). Turn right on International Drive for 1/2 mile. Turn right on Jamaican Court to the Radisson Hotel. The YMCA signs are to the right in the Radisson parking lot.

Social : A social will be held at Lucky Meisenheimer's house on Saturday evening. Come join us and play with Lucky's vast array of games and toys including the new water volleyball court.

Additional comments : Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician.

Local Hotels :

Radisson Inn
8444 International Drive
Orlando, FL 32819
(407) 345-0505
\$59.00 (1-4 persons) 2 minute walk

Economy Inns of America
8222 Jamaican Court
Orlando, FL 32819
(800) 826-0778
\$33.90 (1-4 persons) 5 minute walk

Ramada Inn
8300 Jamaican Court
Orlando, FL 32819
(800) 333-1660 (407) 351-1660
\$39.00 (1-4 persons) 4 minute walk

Quality Inn/International
7600 International Drive
Orlando, FL 32819
(800) 825-7600 (407) 351-1600
\$27.00 (1-4 persons) 5 minute drive

SUNCOAST MASTERS PENTATHLON MEET

October 15, 1994

ARLINGTON PARK AQUATIC CENTER

SARASOTA, FL

SANCTIONED BY FLORIDA LMSC, INC FOR USMS, INC SANCTION # 94-11

Meet Directors: Steve Grossman and Ken Wall

LOCATION: Arlington Park Aquatic Center is located at 2650 Waldemere Street.

The meet will be held as 8 25 yard lanes across the 50 meter facility. Continuous warm-up/warm-down lanes will be available throughout the meet. It is an extremely FAST pool! Electronic timing and computer scoring will be used. Adjacent to the pool is a beautiful wooded 60 acre park with a playground.

ELIGIBILITY: The meet is opened to all registered masters. A copy of your 1994 registration card must accompany your entry.

NUMBER OF EVENTS: Swimmers may enter five events for the day. In order to be eligible for a trophy, swimmers must complete one entire pentathlon. If a swimmer wishes to bypass the pentathlon, he/she may enter any five events of their choosing.

ENTRY FEES: The entry fee shall be \$2.75 per event. There is a \$6.00 surcharge for electronic timing, computer scoring and heat sheet.

ENTRY DEADLINE: Entries must be in the hands of the meet director no later than Wednesday, October 5.

ENTRY FORMS: Please complete send return entry form, seeding form and a copy of your card. Enclose a self-addressed card if you wish verification of your entry.

SEEDING: All heats will be seeded slowest to fastest regardless of age. All entries must have a time. No "no time" entries can be accepted.

SCRATCH PROCEDURE: If a swimmer is unable to attend the meet, call Steve Grossman at 813-955-5449 or fax to 813-922-5881 no later than October 13, and the entry fee shall be refunded. Swimmers not reporting to their block when their heat is called will be scratched from the event.

WARM-UP: Warm-up will be one hour before starting time. It begins at 11:AM, with the meet starting at 12 noon.

AWARDS: Every swimmer who COMPETES either one of the PENTATHLON levels is eligible to receive a trophy. However, if one wishes NOT to accept a trophy, a place on the entry form is provided for this purpose. Swimmers who enter individual events and do NOT complete a pentathlon will receive a pat on the back.

HEAT SHEET/RESULTS: Every swimmer will receive a heat sheet. One free copy of results will be sent to each team represented. Additional results may be purchased.

**MAIL FORMS BY OCT 5 TO STEVE GROSSMAN
2114 BOUGANVILLEA ST SARASOTA 34239**

October 15, 1994
Sanctioned # 74 by Florida LMSC, Inc
11

NAME _____

AGE _____ DOB _____ SEX _____

ADDRESS _____

HM PHONE _____ TEAM _____ LMSC _____

1994 REGISTRATION NUMBER _____

Number of Events _____ X \$2.75 = _____

Automatic timing/computer/heat sheet \$ 6.00

TOTAL ENCLOSED _____

If eligible for a trophy, would you prefer us donating proceeds to a local charity?
 yes no

Agegroup as of October 15, 1994
Please circle age group and events entered

- 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-75 76-79
 80-84 85-89 90-94 95-99 100+
- Warm-up 11 AM Meet starts 12 Noon**

Women		Men		Women		Men
				11	50 Y Fly	12
1	50 Y Free	2		13	100 Y Free	14
3	100 Y Fly	4		15	50 Y Breast	16
5	200 Y Free	6 *		17	200 Y IM	18
7	100 Y IM	8		19	500 Y Free	20*
9	100 Y Back	10		21	50 Y Back	22
				23	100 Y Breast	24

* Not part of either pentathlon, but an open event for non-pentathlon swimmers

Please make checks payable to Suncoast Masters and send by October 5, 1994
 Steve Grossman
 2114 Bougainvillea St Sarasota, Fl 34239

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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEETS SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATING IN MASTERS SWIMMING. In addition, I agree to abide by and be governed by the rules of USMS."

DATE _____ SIGNATURE _____

The two Pentathlon levels are as follows:

SHORT PENTATHLON: 50 yards of each stroke plus the 100 IM
LONG PENTATHLON: 100 yards of each stroke plus the 200 IM

REMEMBER: You do not have to complete either of the PENTATHLONS, but you will not be eligible for a trophy unless you do.

ORDER OF EVENTS

Women		Men	Women		Men
			11	50 Y Fly	12
1	50 Y Free	2	13	100 Y Free	14
3	100 Y Fly	4	15	50 Y Breast	16
5	200 Y Free	6 *	17	200 Y IM	18
7	100 Y IM	8	19	500 Y Free	20*
9	100 Y Back	10	21	50 Y Back	22
			23	100 Y Breast	24

* Not part of either pentathlon, but an open event for non-pentathlon swimmers

Breaks will be inserted as needed, and will be marked on the heat sheet

MAIL FORMS BY OCT 5 TO STEVE GROSSMAN

2114 BOUGANVILLEA ST SARASOTA FL 34239

SEEDING FORM

NAME _____ SEX _____ AGE _____ DOB _____

TEAM _____ TEAM INITIALS _____

1994 USMS # _____ LMSC _____

Circle events and enter seed time below

IT IS SUGGESTED THAT YOU MAKE A COPY OF THIS FORM AND KEEP IT WITH YOU AT THE MEET

W/M			
_____ 1/2	50 Y Free	_____ 15/16	50 Y Breast
_____ 3/4	100 Y Fly	_____ 17/18	200 Y IM
_____ 5/6	200 Y Free	_____ 19/20	500 Y Free
_____ 7/8	100 Y IM	_____ 21/22	50 Y Back
_____ 9/10	100 Y Back	_____ 23/24	100 Y Breast
_____ 11/12	50 Y Fly		
_____ 13/14	100 Y Free		

NOTE: "No time" entries CANNOT be accepted!!!

Please enclose a copy of your 1994 USMS Registration Card

ATTACH CARD HERE

100y Free Women 65-69
R: 1:14.98 Florence E. Carr 94
1:14.98 Florence E. Carr 68 02/13/94
1:23.49 Doris M. McEwan 69 04/17/94
1:41.49 Edna B. Gordon 67 04/17/94
1:49.57 Emily G. Miller 69 04/17/94
1:51.36 Gladys Olsen 67 05/01/94
200y Free Women 65-69
R: 2:48.40 Florence E. Carr 92
2:48.40 Florence E. Carr 68 03/06/94
3:43.72 Edna B. Gordon 67 04/17/94
4:05.86 Gladys Olsen 67 05/01/94
4:46.75 Mary E. Boaz 65 03/06/94
5:47.97 Arlene E. Hart 67 05/01/94
500y Free Women 65-69
R: 7:38.82 Florence E. Carr 94
7:38.82 Florence E. Carr 68 02/06/94
9:59.44 Edna B. Gordon 67 04/17/94
12:42.17 Mary E. Boaz 65 02/13/94
1000y Free Women 65-69
R: 15:33.87 Florence E. Carr 92
15:43.58 Florence E. Carr 68 12/05/93
20:33.81 Gladys Olsen 67 05/01/94
25:19.27 Mary E. Boaz 65 03/06/94
1650y Free Women 65-69
R: 26:14.77 Florence E. Carr 92
26:41.56 Florence E. Carr 68 01/09/94
42:55.92 Mary E. Boaz 65 04/17/94
50y Back Women 65-69
R: 41.34 Bunny Cederlund 92
41.39 Florence E. Carr 68 02/13/94
44.49 Doris M. McEwan 69 04/17/94
54.85 Gladys Olsen 67 05/01/94
58.24 Edna B. Gordon 66 09/25/93
59.61 Emily G. Miller 69 04/17/94
100y Back Women 65-69
R: 1:32.76 Florence E. Carr 94
1:32.76 Florence E. Carr 68 02/13/94
1:41.31 Doris M. McEwan 69 04/17/94
2:00.56 Gladys Olsen 67 02/13/94
2:06.49 Edna B. Gordon 67 04/17/94
2:11.54 Emily G. Miller 69 04/17/94
200y Back Women 65-69
R: 3:26.21 Florence Carr 92
3:31.71 Florence E. Carr 68 04/17/94
3:37.07 Doris M. McEwan 69 04/17/94
4:12.76 Gladys Olsen 67 02/13/94
4:31.00 Edna B. Gordon 67 02/13/94
5:04.28 Mary E. Boaz 65 04/17/94
50y Brst Women 65-69
R: 45.47 Florence E. Carr 93
46.05 Florence E. Carr 68 02/13/94
47.72 Doris M. McEwan 69 04/17/94
54.98 Gladys Olsen 67 02/13/94
57.44 Emily G. Miller 69 04/17/94
2:10.48 Arlene E. Hart 67 05/01/94
100y Brst Women 65-69
R: 1:41.98 Florence E. Carr 93
1:41.98 Florence E. Carr 68 09/25/93
1:58.89 Gladys Olsen 67 02/13/94
200y Brst Women 65-69
R: 3:48.06 Florence E. Carr 94
3:48.06 Florence E. Carr 68 04/17/94
4:10.32 Gladys Olsen 67 05/01/94
50y Fly Women 65-69
R: 39.04 Florence E. Carr 94
39.04 Florence E. Carr 68 02/13/94
1:00.19 Gladys Olsen 67 02/13/94
100y Fly Women 65-69
R: 1:40.56 Florence E. Carr 93
1:41.32 Florence E. Carr 68 09/25/93
2:08.37 Gladys Olsen 67 02/13/94
200y Fly Women 65-69
R: 4:13.76 Florence E. Carr 93
4:13.76 Florence E. Carr 68 04/17/94
4:30.99 Gladys Olsen 67 05/01/94
100y L.M. Women 65-69
R: 1:28.07 Florence E. Carr 94
1:28.07 Florence E. Carr 68 02/13/94
1:54.31 Gladys Olsen 67 02/13/94
2:04.76 Emily G. Miller 69 04/17/94

3:37.88 Arlene E. Hart 67 05/01/94
200y L.M. Women 65-69
R: 3:12.65 Florence E. Carr 94
3:12.65 Florence E. Carr 68 02/13/94
4:09.04 Gladys Olsen 67 02/13/94
400y L.M. Women 65-69
R: 7:07.78 Florence E. Carr 93
7:24.81 Florence E. Carr 68 02/13/94
8:55.51 Gladys Olsen 67 05/01/94
50y Free Women 70-74
R: 38.48 Bunny Cederlund 92
38.57 Bunny Cederlund 72 04/17/94
39.64 Jean A. Beers 71 02/13/94
39.92 Bardi J. Dendy 72 09/25/93
42.43 Bardi J. Dendi 73 04/17/94
42.63 June B. Reynolds 72 03/06/94
100y Free Women 70-74
R: 1:19.91 Bardi Dendy 91
1:28.40 Bunny Cederlund 72 04/17/94
1:31.67 Jean A. Beers 71 02/13/94
1:36.86 June B. Reynolds 71 09/25/93
1:39.95 Bardi J. Dendi 73 04/17/94
1:42.20 M.R. Newman 70 02/13/94
200y Free Women 70-74
R: 3:23.75 Bunny Cederlund 94
3:23.75 Bunny Cederlund 72 05/01/94
3:23.83 Jean A. Beers 71 02/13/94
3:34.19 June B. Reynolds 72 02/13/94
3:38.76 M.R. Newman 70 02/13/94
3:53.00 Sue S. McGaughey 72 04/17/94
500y Free Women 70-74
R: 9:05.27 Bunny Cederlund 94
9:05.27 Bunny Cederlund 72 04/17/94
9:31.78 M.R. Newman 70 02/13/94
9:32.66 Jean A. Beers 71 02/13/94
10:33.76 Winnie F. Walter 73 04/17/94
1000y Free Women 70-74
R: 19:18.53 Bunny Cederlund 93
19:18.53 Bunny Cederlund 71 10/31/93
19:32.32 M.R. Newman 70 05/01/94
20:32.07 June B. Reynolds 72 03/06/94
1650y Free Women 70-74
R: 31:56.39 Bunny Cederlund 94
31:56.39 Bunny Cederlund 72 04/17/94
33:17.43 Jean A. Beers 71 04/17/94
39:45.18 M.R. Newman 70 04/17/94
50y Back Women 70-74
R: 41.96 Bunny Cederlund 92
42.31 Bunny Cederlund 72 05/01/94
52.29 Sue S. McGaughey 72 05/01/94
52.41 June B. Reynolds 72 02/13/94
52.68 Bardi J. Dendi 73 04/17/94
52.83 Bardi J. Dendy 72 09/25/93
100y Back Women 70-74
R: 1:35.78 Bunny Cederlund 92
1:36.44 Bunny Cederlund 72 04/17/94
1:58.75 June B. Reynolds 71 09/25/93
1:59.70 Jean B. Zulich 73 04/17/94
2:00.93 M.R. Newman 70 02/13/94
200y Back Women 70-74
R: 3:35.76 Bunny Cederlund 94
3:35.76 Bunny Cederlund 72 05/01/94
4:11.18 M.R. Newman 70 02/13/94
4:17.97 June B. Reynolds 72 02/13/94
4:31.33 Jean B. Zulich 73 04/17/94
50y Brst Women 70-74
R: 45.30 Gertrud Zint 90
52.24 Jean A. Beers 71 09/25/93
53.50 Bardi J. Dendy 72 09/25/93
55.29 June B. Reynolds 72 02/13/94
57.11 Bardi J. Dendi 73 04/17/94
58.81 Sue S. McGaughey 72 02/13/94
100y Brst Women 70-74
R: 1:45.71 Gertrud Zint 90
2:03.52 June B. Reynolds 71 12/05/93
2:04.80 Jean A. Beers 71 04/17/94
2:17.71 Jean B. Zulich 73 04/17/94
200y Brst Women 70-74
R: 3:55.15 Gertrud Zint
4:22.03 June B. Reynolds 72 02/13/94
4:24.89 Jean A. Beers 71 02/13/94

50y Fly Women 70-74
R: 45.12 Gertrud Zint
52.05 Bardi J. Dendy 72 09/25/93
52.37 Sue S. McGaughey 72 02/13/94
55.43 June B. Reynolds 72 01/09/94
55.49 Jean A. Beers 71 09/25/93
58.10 Jean B. Zulich 73 04/17/94
100y Fly Women 70-74
R: 1:52.52 Gertrud Zint 90
1:58.54 June B. Reynolds 71 12/05/93
2:02.38 Sue S. McGaughey 72 04/17/94
2:18.81 Jean B. Zulich 73 04/17/94
2:22.77 Winnie F. Walter 72 02/13/94
2:25.44 M.R. Newman 70 04/17/94
200y Fly Women 70-74
R: 4:17.65 June B. Reynolds 92
4:26.99 June B. Reynolds 72 02/13/94
5:07.00 Winnie F. Walter 73 04/17/94
5:24.44 M.R. Newman 70 02/13/94
100y L.M. Women 70-74
R: 1:40.87 Gertrud Zint 90
1:49.82 Bunny Cederlund 72 04/17/94
1:51.28 June B. Reynolds 71 12/05/93
1:52.13 Jean A. Beers 71 09/25/93
1:53.55 Bardi J. Dendy 72 09/25/93
1:55.57 Sue S. McGaughey 72 04/17/94
200y L.M. Women 70-74
R: 3:45.50 Gertrud Zint
4:05.38 June B. Reynolds 71 09/25/93
4:20.93 Sue S. McGaughey 72 04/17/94
4:33.89 Jean B. Zulich 73 04/17/94
4:34.19 M.R. Newman 70 04/17/94
400y L.M. Women 70-74
R: 8:15.87 Gertrud Zint 90
8:31.30 June B. Reynolds 72 03/06/94
9:33.19 M.R. Newman 70 02/13/94
50y Free Women 75-79
R: 43.55 Kay M. Schimpf 93
45.24 Gertrud J. Zint 76 05/01/94
45.45 Nate O'Connell 77 05/01/94
46.26 Kay M. Schimpf 76 12/05/93
50.85 V.R. Sullivan 77 04/17/94
54.70 F.E. Cichanski 77 02/13/94
100y Free Women 75-79
R: 1:37.09 Gertrud J. Zint 93
1:37.09 Gertrud J. Zint 76 09/25/93
1:40.29 Nate O'Connell 77 05/01/94
1:50.85 Kay M. Schimpf 76 02/06/94
1:53.98 V.R. Sullivan 77 04/17/94
2:06.16 F.E. Cichanski 77 02/13/94
200y Free Women 75-79
R: 3:36.29 Kay M. Schimpf 93
3:40.01 Gertrud J. Zint 76 05/01/94
3:55.09 Kay M. Schimpf 76 02/13/94
4:39.14 F.E. Cichanski 77 04/17/94
500y Free Women 75-79
R: 9:36.98 Kay M. Schimpf 93
9:55.17 Gertrud J. Zint 76 02/13/94
10:10.37 Kay M. Schimpf 76 02/13/94
1000y Free Women 75-79
R: 20:17.99 Gertrud J. Zint 93
20:17.99 Gertrud J. Zint 76 10/31/93
20:23.27 Kay M. Schimpf 76 12/05/93
1650y Free Women 75-79
R: 33:14.90 Ruth Switzer 84
-no swimmer-
50y Back Women 75-79
R: 50.52 Gertrud J. Zint 93
51.15 Gertrud J. Zint 76 04/17/94
56.90 Kay M. Schimpf 76 02/06/94
57.97 Nate O'Connell 77 05/01/94
1:00.74 F.E. Cichanski 77 02/13/94
1:17.89 V.R. Sullivan 77 04/17/94
100y Back Women 75-79
R: 1:49.74 Gertrud J. Zint 93
1:49.74 Gertrud J. Zint 76 09/25/93
2:04.22 Kay M. Schimpf 76 02/13/94
2:15.21 F.E. Cichanski 77 02/13/94
2:48.15 V.R. Sullivan 77 04/17/94
2:49.46 M.E. McElhose 79 02/13/94

200y Back Women 75-79
R: 4:04.09 Gertrud J. Zint 93
4:05.61 Gertrud J. Zint 76 05/01/94
4:30.09 Kay M. Schimpf 76 02/13/94
4:52.90 F.E. Cichanski 77 04/17/94
50y Brst Women 75-79
R: 49.31 Gertrud J. Zint 94
49.31 Gertrud J. Zint 76 02/13/94
59.54 Kay M. Schimpf 76 02/06/94
1:02.98 Nate O'Connell 77 05/01/94
1:17.23 F.E. Cichanski 77 02/13/94
1:19.93 V.R. Sullivan 77 04/17/94
100y Brst Women 75-79
R: 1:49.55 Gertrud J. Zint 93
1:49.55 Gertrud J. Zint 76 09/25/93
2:03.78 Kay M. Schimpf 76 12/05/93
2:54.47 F.E. Cichanski 77 04/17/94
200y Brst Women 75-79
R: 4:04.68 Gertrud J. Zint 94
4:04.68 Gertrud J. Zint 76 02/13/94
4:27.81 Kay M. Schimpf 76 02/13/94
50y Fly Women 75-79
R: 49.04 Gertrud J. Zint 93
49.45 Gertrud J. Zint 76 10/31/93
56.12 Kay M. Schimpf 76 02/06/94
1:19.69 V.R. Sullivan 77 04/17/94
100y Fly Women 75-79
R: 1:59.42 Kay M. Schimpf 93
1:59.42 Kay M. Schimpf 76 12/05/93
2:02.21 Gertrud J. Zint 76 09/25/93
200y Fly Women 75-79
R: 4:43.74 Kay M. Schimpf 93
5:14.49 Gertrud J. Zint 76 10/31/93
100y L.M. Women 75-79
R: 1:47.76 Gertrud J. Zint 94
1:47.76 Gertrud J. Zint 76 02/13/94
1:53.41 Kay M. Schimpf 76 12/05/93
2:34.71 V.R. Sullivan 77 04/17/94
200y L.M. Women 75-79
R: 3:52.62 Gertrud J. Zint 94
3:52.62 Gertrud J. Zint 76 02/13/94
4:20.94 Kay M. Schimpf 76 02/13/94
400y L.M. Women 75-79
R: 8:41.11 Kay M. Schimpf 92
8:43.50 Gertrud J. Zint 76 02/13/94
9:13.50 Kay M. Schimpf 76 03/06/94
50y Free Women 80-84
R: 52.23 Ruth Switzer 88
57.07 Win Kennedy 80 04/17/94
100y Free Women 80-84
R: 1:53.23 Ruth Switzer 88
2:09.00 Win Kennedy 80 04/17/94
200y Free Women 80-84
R: 4:08.36 Ruth Switzer 88
-no swimmer-
500y Free Women 80-84
R: 10:45.81 Ruth Switzer 88
13:29.82 Anne Wilder 80 05/01/94
1000y Free Women 80-84
R: 22:36.51 Dorothy Hopkins 90
25:56.31 Anne Wilder 80 10/31/93
1650y Free Women 80-84
R: 38:35.07 Dorothy Hopkins 90
45:58.03 Anne Wilder 80 04/17/94
50y Back Women 80-84
R: 53.50 Carrie Merson 78
1:08.96 Win Kennedy 80 04/17/94
1:11.48 Anne Wilder 80 10/31/93
100y Back Women 80-84
R: 2:15.78 Marian McKecknie 85
2:32.01 Win Kennedy 80 04/17/94
200y Back Women 80-84
R: 4:52.78 Marian McKecknie 85
-no swimmer-
50y Brst Women 80-84
R: 59:02 Hlemi Meise 93
1:15.45 Anne Wilder 80 10/31/93

50y Back Men 45-49
R: 26.76 V.C. Daniels, III 93
30.49 V.C. Daniels, III 46 04/17/94
31.45 Bill Pillmore 46 04/17/94
31.98 James M. Donnelly 45 04/17/94
34.97 Dave Naffziger 47 04/17/94
35.02 J.R. O'Connell 48 05/01/94

100y Back Men 45-49
R: 1:01.59 Burwell Jones 78
1:06.54 V.C. Daniels, III 46 02/13/94
1:08.48 Bill Pillmore 45 02/13/94
1:08.66 James M. Donnelly 45 04/17/94
1:09.13 John F. Edwards 45 04/17/94
1:19.09 George A. Burke 45 04/17/94

200y Back Men 45-49
R: 2:18.07 Burwell Jones 78
2:22.85 V.C. Daniels, III 46 02/13/94
2:30.09 James M. Donnelly 45 04/17/94
2:31.52 Bill Pillmore 45 02/13/94
3:04.81 J.R. O'Connell 48 04/17/94
4:45.86 L. Philip Lounbos 46 05/01/94

50y Brst Men 45-49
R: 30.98 Scott Guthrie 92
32.47 James M. Donnelly 45 04/17/94
33.58 T.A. VanDerVeen 49 04/17/94
34.60 V.C. Daniels, III 46 04/17/94
34.94 Dave Naffziger 47 04/17/94
37.87 John H. Luhn 47 02/13/94

100y Brst Men 45-49
R: 1:09.94 James M. Donnelly 94
1:09.94 James M. Donnelly 45 04/17/94
1:12.30 T.A. VanDerVeen 49 04/17/94
1:16.61 Dave Naffziger 47 04/17/94
1:17.57 Bill Pillmore 46 04/17/94
1:26.56 John H. Luhn 47 02/13/94

200y Brst Men 45-49
R: 2:35.02 Burwell Jones 79
2:36.30 James M. Donnelly 45 04/17/94
2:40.14 T.A. VanDerVeen 49 04/17/94
2:45.87 Bill Pillmore 45 02/13/94
2:52.04 Dave Naffziger 47 04/17/94
3:14.63 John H. Luhn 47 02/13/94

50y Fly Men 45-49
R: 25.41 Thomas W. Peek 93
25.84 Thomas W. Peek 46 02/13/94
29.67 Bill Pillmore 46 04/17/94
30.35 James M. Donnelly 45 04/17/94
30.75 John F. Edwards 45 04/17/94
31.56 Bill Keenan 49 09/25/93

100y Fly Men 45-49
R: 1:00.23 Ghomas W. Peek 93
1:08.61 Bill Pillmore 46 04/17/94
1:24.51 D.H. Jenkins, III 49 02/13/94

200y Fly Men 45-49
R: 2:20.27 Burwell Jones 79
2:51.44 H. Jack Pyhel 49 04/17/94
3:10.73 George A. Burke 45 04/17/94

100y L.M. Men 45-49
R: 59.62 Burwell Jones 78
1:01.46 Thomas W. Peek 46 02/13/94
1:04.29 V.C. Daniels, III 46 04/17/94
1:04.41 James M. Donnelly 45 04/17/94
1:06.73 Bill Pillmore 46 04/17/94
1:08.36 Dave Naffziger 47 04/17/94

200y L.M. Men 45-49
R: 2:13.31 Burwell Jones 80
2:21.03 V.C. Daniels, III 46 04/17/94
2:26.59 Bill Pillmore 45 02/13/94
2:27.19 James M. Donnelly 45 04/17/94
2:56.36 D.H. Jenkins, III 49 02/13/94
3:02.34 J.R. O'Connell 48 04/17/94

400y L.M. Men 45-49
R: 4:55.32 Burwell Jones 80
5:06.59 V.C. Daniels, III 46 04/17/94
5:17.93 James M. Donnelly 45 04/17/94
5:22.35 Bill Pillmore 46 04/17/94
6:12.90 George A. Burke 45 04/17/94

50y Free Men 50-54
R: 23.90 Bob Bailie 88
26.06 Bill Keenan 50 04/17/94
28.74 C.R. Iselin 50 02/13/94
29.51 Bill Rodenfels 51 02/13/94

29.68 Peter R. Betzer 51 12/05/93
30.11 Allen J. Whitcomb 53 09/25/93

100y Free Men 50-54
R: 52.62 Bob Bailie
58.92 Bill Keenan 50 04/17/94
1:06.54 Bill Rodenfels 51 02/13/94
1:06.94 C.R. Iselin 50 02/13/94
1:18.80 Roy Ward 52 02/13/94
1:53.74 Joe H. Baker 54 02/13/94

200y Free Men 50-54
R: 1:59.64 Burwell Jones 85
2:12.03 Bill Keenan 50 04/17/94
2:29.00 D.H. Jenkins, III 50 04/17/94
2:29.16 Bill Rodenfels 51 02/13/94
2:44.17 Ron D. Davis 52 04/17/94
3:05.41 Roy Ward 52 02/13/94

500y Free Men 50-54
R: 5:25.99 Burwell Jones 85
6:26.89 Bill Keenan 50 04/17/94
6:42.51 D.H. Jenkins, III 50 04/17/94
6:43.94 Peter R. Betzer 51 02/06/94
6:45.25 Bill Rodenfels 51 02/13/94
7:29.16 Ron D. Davis 52 04/17/94

1000y Free Men 50-54
R: 11:36.41 Burwell Jones 85
14:47.29 Peter R. Betzer 51 12/05/93
25:57.06 Joe H. Baker 54 03/06/94

1650y Free Men 50-54
R: 18:53.29 Burwell Jones 85
22:43.35 Bill Keenan 50 04/17/94
23:24.19 D.H. Jenkins, III 50 04/17/94
24:01.25 Peter R. Betzer 51 01/09/94
24:03.64 Bill Rodenfels 51 04/17/94
44:42.87 Joe H. Baker 54 04/17/94

50y Back Men 50-54
R: 29.15 Jack Beattie 88
31.60 Peter R. Betzer 51 04/17/94
34.78 Bill Keenan 50 04/17/94
38.88 Allen J. Whitcomb 53 09/25/93
41.34 Bill Rodenfels 51 02/13/94
41.76 Ron D. Davis 52 05/01/94

100y Back Men 50-54
R: 1:01.93 John Smith
1:09.22 Peter R. Betzer 51 04/17/94
1:21.60 Bill Keenan 50 04/17/94
1:31.04 Bill Rodenfels 51 02/13/94
1:33.82 Ron D. Davis 52 04/17/94
1:38.97 Roy Ward 52 02/13/94

200y Back Men 50-54
R: 2:23.55 Burwell Jones 85
2:32.12 Peter R. Betzer 51 04/17/94
3:29.93 Ron D. Davis 52 05/01/94
3:34.82 Roy Ward 52 02/13/94
5:01.00 William E. Ragan 51 10/31/93
6:39.83 Joe H. Baker 54 12/05/93

50y Brst Men 50-54
R: 32.19 Ted Robinson 86
33.83 Allen J. Whitcomb 53 09/25/93
34.53 Peter R. Betzer 51 04/17/94
34.53 A.J. Whitcomb 53 10/31/93
36.11 C.R. Iselin 50 02/13/94
37.64 Ron D. Davis 52 04/17/94

100y Brst Men 50-54
R: 1:11.70 Ted Robinson 86
1:15.69 Peter R. Betzer 51 12/05/93
1:18.40 Allen J. Whitcomb 53 04/17/94
1:25.35 Ron D. Davis 52 04/17/94
1:45.41 Roy Ward 52 09/25/93
2:03.17 William E. Ragan 52 05/01/94

200y Brst Men 50-54
R: 2:40.32 Ted Robinson 86
2:51.48 Peter R. Betzer 51 02/06/94
2:59.24 C.R. Iselin 50 02/13/94
3:04.24 Allen J. Whitcomb 53 02/13/94
3:07.55 Ron D. Davis 52 05/01/94
3:09.70 A.J. Whitcomb 53 10/31/93

50y Fly Men 50-54
R: 26.78 Bob Bailie 88
30.27 Bill Keenan 50 04/17/94
32.09 C.R. Iselin 50 02/13/94
32.59 Bill Rodenfels 51 02/13/94
34.37 D.H. Jenkins, III 50 04/17/94

34.66 Peter R. Betzer 51 04/17/94

100y Fly Men 50-54
R: 1:03.14 Ernie Leskowitz
1:20.67 C.R. Iselin 50 02/13/94
1:23.63 D.H. Jenkins, III 50 04/17/94
1:27.96 A.J. Whitcomb 53 10/31/93
2:45.40 William E. Ragan 52 05/01/94

200y Fly Men 50-54
R: 2:29.78 Ernie Leskowitz
3:05.04 Peter R. Betzer 51 02/06/94
3:14.34 C.R. Iselin 50 02/13/94
6:54.66 Joe H. Baker 54 04/17/94

100y L.M. Men 50-54
R: 1:00.96 John Smith
1:09.86 Peter R. Betzer 51 04/17/94
1:12.51 Bill Keenan 50 04/17/94
1:14.62 C.R. Iselin 50 02/13/94
1:16.78 Allen J. Whitcomb 53 09/25/93
1:18.82 D.H. Jenkins, III 50 04/17/94

200y L.M. Men 50-54
R: 2:15.42 Burwell Jones 85
2:39.15 Peter R. Betzer 51 04/17/94
2:47.48 C.R. Iselin 50 02/13/94
2:57.59 D.H. Jenkins, III 50 04/17/94
3:02.06 Allen J. Whitcomb 53 02/13/94
3:04.82 Ron D. Davis 52 04/17/94

400y L.M. Men 50-54
R: 4:57.03 Burwell Jones 85
5:42.72 Peter R. Betzer 51 04/17/94
6:16.70 C.R. Iselin 50 02/13/94
6:25.06 D.H. Jenkins, III 50 04/17/94
6:49.48 Ron D. Davis 52 05/01/94
12:51.72 Joe H. Baker 54 03/06/94

50y Free Men 55-59
R: 26.03 Chuck Thomas 82
27.04 Jack R. Beattie 59 04/17/94
27.41 Henry J. Glancy 55 09/25/93
27.56 Jerry Glancy 56 04/17/94
27.76 Bill Dykstra 57 05/01/94
28.55 George W. Mann 56 04/17/94

100y Free Men 55-59
R: 57.39 Burwell Jones
59.81 Jerry Glancy 56 05/01/94
1:00.42 Jack R. Beattie 59 04/17/94
1:00.52 George W. Mann 56 04/17/94
1:02.09 Henry J. Glancy 55 09/25/93
1:06.03 Bill Dykstra 57 05/01/94

200y Free Men 55-59
R: 2:04.94 Burwell Jones 88
2:14.75 George W. Mann 56 04/17/94
2:17.94 Jerry Glancy 56 02/13/94
2:37.07 Neil T. Wilson 55 04/17/94
2:39.60 John R. Cox 58 02/13/94
2:41.69 Victor Sirbu 56 05/01/94

500y Free Men 55-59
R: 5:32.17 Burwell Jones 88
6:03.55 George W. Mann 56 04/17/94
7:18.27 Neil T. Wilson 55 02/13/94
7:22.71 John R. Cox 58 02/13/94
8:24.30 Harry M. Piper 59 02/06/94
08:25.05 Angelo Ventrillo 55 10/31/93

1000y Free Men 55-59
R: 12:34.02 Burwell Jones
15:34.16 Bill Dykstra 57 05/01/94
17:00.61 Angelo Ventrillo 55 10/31/93
17:18.58 Harry M. Piper 59 03/06/94

1650y Free Men 55-59
R: 19:02.45 Burwell Jones 88
21:35.05 George W. Mann 56 04/17/94
2:40.38 John R. Cox 59 04/17/94
28:25.51 Harry M. Piper 59 01/09/94

50y Back Men 55-59
R: 30.30 Burwell Jones
32.16 Jack R. Beattie 59 04/17/94
33.15 Jerry Glancy 56 05/01/94
34.34 Bill Dykstra 57 05/01/94
44.24 Victor Sirbu 56 05/01/94
47.11 James Tippens 58 04/17/94

100y Back Men 55-59
R: 1:05.35 Burwell Jones
1:09.31 Jack R. Beattie 59 04/17/94
1:12.46 Jerry Glancy 56 05/01/94
1:14.33 Henry J. Glancy 55 09/25/93
1:17.55 Bill Dykstra 57 05/01/94
1:44.29 James Tippens 57 02/13/94

200y Back Men 55-59
R: 2:20.58 Burwell Jones 88
2:31.79 Jack R. Beattie 59 04/17/94
2:38.44 Jerry Glancy 56 04/17/94
2:56.06 Bill Dykstra 57 05/01/94
3:56.39 Adam C. Leonard 57 04/17/94

50y Brst Men 55-59
R: 33.39 Thomas Koenig 91
36.01 Henry J. Glancy 55 09/25/93
36.28 Jerry Glancy 56 04/17/94
36.77 Harry M. Piper 59 02/06/94
37.85 Telfair Mahaffy 58 02/13/94
40.28 Victor Sirbu 56 05/01/94

100y Brst Men 55-59
R: 1:14.88 Thomas Koenig 91
1:21.28 Henry J. Glancy 55 09/25/93
1:22.45 Harry M. Piper 59 12/05/93
1:26.06 Jack R. Beattie 59 04/17/94
1:28.65 George A. Andradi 56 09/25/93
1:30.24 Angelo Ventrillo 55 10/31/93

200y Brst Men 55-59
R: 2:52.39 Raymond Burns 91
3:04.67 Jerry Glancy 56 02/13/94
3:06.19 Harry M. Piper 59 02/06/94
3:12.76 Angelo Ventrillo 55 10/31/93
3:30.41 Neil T. Wilson 55 02/13/94
4:09.00 Adam C. Leonard 57 04/17/94

50y Fly Men 55-59
R: 29.65 Burwell Jones 88
31.59 Jack R. Beattie 59 04/17/94
32.33 Telfair Mahaffy 58 02/13/94
34.88 Victor Sirbu 56 05/01/94
35.75 George W. Mann 56 04/17/94
37.57 Angelo Ventrillo 55 10/31/93

100y Fly Men 55-59
R: 1:05.88 Burwell Jones 88
1:11.10 Telfair Mahaffy 58 02/13/94
1:32.99 Angelo Ventrillo 55 10/31/93
1:34.39 George A. Andradi 56 09/25/93
1:35.89 Victor Sirbu 56 05/01/94

200y Fly Men 55-59
R: 2:35.32 Telfair Mahaffy 91
2:41.73 Telfair Mahaffy 58 04/17/94

100y L.M. Men 55-59
R: 1:03.11 Burwell Jones 88
1:10.19 Jack R. Beattie 59 04/17/94
1:14.83 Telfair Mahaffy 58 04/17/94
1:15.82 Jerry Glancy 56 05/01/94
1:22.71 Victor Sirbu 56 05/01/94
1:25.11 John R. Cox 59 04/17/94

200y L.M. Men 55-59
R: 2:17.88 Burwell Jones 88
2:36.82 Jack R. Beattie 59 04/17/94
2:45.39 Telfair Mahaffy 58 02/13/94
2:52.12 Jerry Glancy 56 04/17/94
3:01.55 George W. Mann 56 04/17/94
3:15.42 Angelo Ventrillo 55 10/31/93

400y L.M. Men 55-59
R: 5:03.72 Burwell Jones 88
5:55.78 Telfair Mahaffy 58 04/17/94

50y Free Men 60-64
R: 27.44 Rogers Holmes 83
28.54 C.E. Weatherbee 61 05/01/94
28.95 Harold Ferris 62 09/25/93
31.08 Alan Maloney 64 09/25/93
31.62 A.S. Friedland 63 02/13/94
33.05 Robert G. Coulter 60 09/25/93

100y Free Men 60-64
R: 1:03.75 Thomas Koenig 92
1:04.96 R.C. MacDonald 64 09/25/93
1:07.69 C.H. Kohnken 62 02/06/94
1:11.03 Harold Ferris 63 04/17/94
1:14.24 A.S. Friedland 63 02/13/94
1:29.72 Richard S. Dyer 60 02/13/94

100y Free Men 75-79
R: 1:15.10 Bill Molvie 94
1:15.10 Bill Molvie 75 02/13/94
1:29.33 Russ Witte 77 02/13/94
1:30.04 Kermit O. Hotvedt 79 04/17/94
1:31.95 John D. Johnston 78 02/13/94
1:43.21 Gil A. Spear 78 10/31/93

200y Free Men 75-79
P: 1:59.68 Carl Lindstrand 87
3:15.92 Bill Molvie 75 03/06/94
3:24.44 John D. Johnston 78 04/17/94
3:31.61 Kermit O. Hotvedt 79 04/17/94
3:53.28 Gil A. Spear 78 10/31/93
4:21.86 Robert C. Stroup 75 05/01/94

500y Free Men 75-79
R: 8:24.39 N.H. Skjersaa 93
9:17.94 Bill Molvie 75 02/06/94
9:37.33 John D. Johnston 78 04/17/94
10:43.45 F.H. Tillotson 79 04/17/94
11:39.88 R.H. Fletcher 78 02/13/94

1000y Free Men 75-79
R: 17:35.24 John Johnston 91
22:42.52 F.H. Tillotson 79 05/01/94
25:01.64 Robert C. Stroup 75 05/01/94

1650y Free Men 75-79
R: 29:00.76 N.H. Skjersaa 93
32:44.86 John D. Johnston 78 04/17/94

50y Back Men 75-79
R: 38.89 Bill Molvie 94
38.89 Bill Molvie 75 02/13/94
48.18 F.H. Tillotson 79 04/17/94
49.02 Russ Witte 77 02/13/94
50.72 T.A. Jacobsen 75 12/05/93
58.64 Kermit O. Hotvedt 79 04/17/94

100y Back Men 75-79
R: 1:28.65 Bill Molvie 94
1:28.65 Bill Molvie 75 02/13/94
1:46.25 Russ Witte 77 02/13/94
1:48.85 F.H. Tillotson 79 04/17/94
2:24.73 Gil A. Spear 78 10/31/93
2:26.26 R.H. Fletcher 78 02/13/94

200y Back Men 75-79
R: 3:37.78 Carl Thornburg 88
3:42.98 Bill Molvie 75 02/13/94
3:56.31 F.H. Tillotson 79 04/17/94
4:05.30 Russ Witte 77 02/13/94

50y Brst Men 75-79
R: 41.59 Russ Witte 92
42.32 Russ Witte 77 02/13/94
56.11 F.H. Tillotson 79 01/09/94
58.04 Joe M. Herrera 76 05/01/94
58.93 Gil A. Spear 78 10/31/93
1:01.07 Kermit O. Hotvedt 79 04/17/94

100y Brst Men 75-79
R: 1:34.04 Russ Witte 92
2:01.59 John D. Johnston 78 04/17/94
2:11.13 F.H. Tillotson 79 03/06/94
2:19.02 Gil A. Spear 78 10/31/93
2:31.82 R.H. Fletcher 78 02/13/94

200y Brst Men 75-79
R: 3:31.39 Russ Witte 92
3:32.97 Russ Witte 77 02/13/94
4:24.96 John D. Johnston 78 02/13/94
4:53.37 F.H. Tillotson 79 04/17/94
5:25.41 R.H. Fletcher 78 02/13/94

50y Fly Men 75-79
R: 40.67 Bill Stinson 84
1:04.43 F.H. Tillotson 79 05/01/94
1:05.18 Gil A. Spear 78 10/31/93
1:06.82 Kermit O. Hotvedt 79 04/17/94

100y Fly Men 75-79
R: 1:40.97 Bill Stinson 84
2:10.66 John D. Johnston 78 04/17/94

200y Fly Men 75-79
R: 3:56.43 John Johnston 91
4:41.55 John D. Johnston 78 02/13/94

100y L.M. Men 75-79
R: 1:34.59 John Johnston 92
1:35.89 Russ Witte 77 02/13/94
1:48.28 John D. Johnston 78 04/17/94
2:01.38 F.H. Tillotson 79 05/01/94

2:07.95 Kermit O. Hotvedt 79 04/17/94
2:08.40 Gil A. Spear 78 10/31/93

200y L.M. Men 75-79
R: 3:30.78 John Johnston 91
3:59.00 Russ Witte 77 02/13/94
4:12.71 John D. Johnston 78 02/13/94
4:36.33 Gil A. Spear 78 10/31/93

400y L.M. Men 75-79
R: 7:41.94 John Johnston 91
9:01.25 John D. Johnston 78 02/13/94
9:08.18 Gil A. Spear 78 10/31/93

50y Free Men 80-84
R: 37.36 William Molloy
42.97 Carl W. Thornburg 81 03/06/94
44.60 Fred B. Walbolt 81 02/13/94
46.91 Jack Sharkey 81 05/01/94
48.13 James F. Mitchell 82 04/17/94

100y Free Men 80-84
R: 1:34.26 William Molloy 92
1:38.14 Fred B. Walbolt 81 02/13/94
1:51.02 James F. Mitchell 82 04/17/94

200y Free Men 80-84
R: 3:34.96 William Molloy 92
3:36.67 Fred B. Walbolt 81 02/13/94
3:42.54 Carl W. Thornburg 81 03/06/94
3:49.50 James F. Mitchell 82 04/17/94

500y Free Men 80-84
R: 9:57.55 William Molloy 91
9:57.88 Fred B. Walbolt 81 02/13/94
10:39.45 James F. Mitchell 82 04/17/94

1000y Free Men 80-84
R: 20:27.02 Fred B. Walbolt 93
20:27.02 Fred B. Walbolt 81 12/05/93
21:34.02 James F. Mitchell 81 12/05/93
22:03.34 Carl W. Thornburg 81 03/06/94

1650y Free Men 80-84
R: 35:38.04 Carl W. Thornburg 93
-no swimmer-

50y Back Men 80-84
R: 50.96 Carl W. Thornburg 94
50.96 Carl W. Thornburg 81 02/13/94
58.35 James F. Mitchell 81 02/06/94
1:10.34 Fred B. Walbolt 81 12/05/93

100y Back Men 80-84
R: 1:47.61 Carl W. Thornburg 93
1:50.39 Carl W. Thornburg 81 02/13/94
2:08.64 James F. Mitchell 82 04/17/94
2:28.83 Fred B. Walbolt 81 02/13/94

200y Back Men 80-84
R: 3:57.50 Carl W. Thornburg 94
3:57.50 Carl W. Thornburg 81 02/13/94
5:08.98 Fred B. Walbolt 81 02/13/94

50y Brst Men 80-84
R: 50.74 William Molloy
-no swimmer-

100y Brst Men 80-84
R: 1:51.01 William Molloy
2:02.22 Carl W. Thornburg 81 12/05/93

200y Brst Men 80-84
R: 4:11.23 William Molloy 91
4:36.78 Carl W. Thornburg 81 02/13/94

50y Fly Men 80-84
R: 53.91 Carl W. Thornburg
-no swimmer-

100y Fly Men 80-84
R: 2:04.98 Carl W. Thornburg 93
2:11.92 Carl W. Thornburg 81 12/05/93

200y Fly Men 80-84
R: 5:28.68 Carl W. Thornburg 93
-no swimmer-

100y L.M. Men 80-84
R: 1:50.26 Carl W. Thornburg 93
1:56.31 Carl W. Thornburg 81 12/05/93

200y L.M. Men 80-84
R: 4:10.03 Carl W. Thornburg 93
4:18.56 Carl W. Thornburg 81 02/13/94

400y L.M. Men 80-84
R: 9:00.55 Carl W. Thornburg 93
9:10.49 Carl W. Thornburg 81 02/13/94

50y Free Men 85-89
R: 47.60 Peter Jurczyk 93
47.60 Peter Jurczyk 88 10/31/93

100y Free Men 85-89
R: 1:56.48 Peter Jurczyk 93
-no swimmer-

200y Free Men 85-89
R: 4:26.40 Peter Jurczyk 94
4:26.40 Peter Jurczyk 88 05/01/94

50y Back Men 85-89
R: 58.84 Peter Jurczyk 94
58.84 Peter Jurczyk 88 05/01/94

100y Back Men 85-89
R: 2:09.98 Peter Jurczyk 94
2:09.98 Peter Jurczyk 88 05/01/94

200y Back Men 85-89
R: 4:45.54 Peter Jurczyk 93
-no swimmer-

100y L.M. Men 85-89
R: 2:25.74 Peter Jurczyk 93
2:28.48 Peter Jurczyk 88 05/01/94