

FLORIDA newsletter

Vol. XIII, No. 2

Local Masters Swim Committee, Inc.

May 1996

OFFICERS

CHAIRMAN

HAROLD FERRIS

1116 44th AVENUE N. E.

ST. PETERSBURG, FLORIDA 33706

813-896-0250

SECRETARY

PENNY McCORD

8879 W. COLONIAL DRIVE

SUITE 230

OCOE, FLORIDA 34761

HOME: (407) 295-5412

WORK: (407) 345-4505

TREASURER

DONALD "CHIP" JONES

506 17th AVENUE N. E.

ST. PETERSBURG, FLORIDA 33704

813-895-5065

SANCTIONS

BILL UHRICH

1509 BUNKER HILL DRIVE

SUN CITY CENTER, FLORIDA 33573

813-634-7564

REGISTRATION

CHARLES H. KOHNKEN

1258 FLUSHING AVENUE

CLEARWATER, FLORIDA 34624

813-531-0008

RECORDS

KATIE COOPER

9775 S.W. 52ND ROAD

GAINESVILLE, FLORIDA 32608-4159

HOME: 904-336-9027

WORK: 904-392-8720

NEWSLETTER EDITOR

JIM DONNELLY

5239 BOX TURTLE CIRCLE

SARASOTA, FLORIDA 34232

HOME: 941-371-4084

WORK: 941-365-3014

FAX: 941-955-4861

ALL-AMERICA Honors For 28 Florida LMSC Swimmers

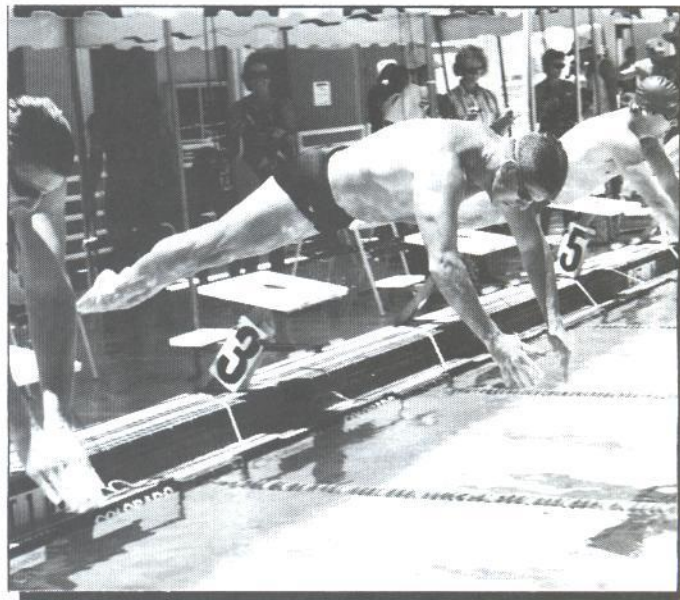
by James M. Donnelly

T

he following FLORIDA LMSC swimmers swam the fastest time in the nation in at least one event to earn the USMS ALL-AMERICA honor.

Our 28 swimmers had a total of 125 first place swims between them in the three courses, SCY, LCM, and SCM for 1995. Leading the men in ALL-AMERICA swims was **Bill Specht, St. Pete Masters**, with 19! **Paul Hutinger**, also with **St. Pete Masters**, posted 9 top swims, with **Jack Beattie, Orlando Masters**, and **Scott Guthrie, Una**, with 5 each. **Mike Drews, Suncoast Masters**, had 4 and the rest of the men each had 3 or less top times in the country. **Jayne Lambke, St. Pete**, and **Gertrude Zint, Holmes Lumber Jax**, each recorded 15 ALL-AMERICA swims, followed by **Florence Carr, St. Pete**, with 12. **Kay Schimpf, St. Pete**, and **Lauren Welting, Florida Aquatic Masters**, were multiple winners with 6 each, while **Jennifer Willis, Orlando Masters**, was a 4 time ALL-AMERICA.

Lauren Welting, Jayne Lambke, Gertrude Zint and **Bill Specht** also made the 1995 USMS Finals All Stars by posting the highest number of first place rankings in their age group. **Jayne Lambke** also made the 1995 USMS Competitor Long Distance All Stars by compiling the most points in 12 distance events, all 1500 meters/1650 yards or longer.



Bill Specht - USMS ALL-AMERICA in 19 events

We're all proud of you because you're perfect examples of that axiom - "hard work does pay off".

Special thanks again to **Carl House, Florida Gold Coast LMSC**, for supplying me with the following data which included the 1995 SCM Top Ten results direct from **Walt Reid's** final data before it was even published! The complete list begins on page three.



1996 SWIM CALENDAR

	DATE	PLACE	EVENT		CONTACT
May	09-12	Cupertino, CA	SCY Masters Nationals @ DeAnza Comm. College	Don McPhail	408-446-3222
	25-26	Ft. Pierce, FL	IRCC 7th Annual SCY Craigie Memorial	Tom Harmon	407-465-8385
June	01	Baton Rouge, LA	10 K Pool Swim	Scott Rabalais	504-766-5937
	01	Key West	Swim Around Key West	Randy Nutt	954-755-3318
	02	St. Pete, FL	LC Development Meet Northshore Pool, 9:00AM		
	08-09	Sarasota, FL	LCM T-Shirt Meet	Deb Walker	941-923-3540
	15	Clemson, SC	Death Valley Open Water Swim Hartwell Lake off Clemson U's East Branch	Jacqueline Grossman	894-654-4707
	22	Baton Rouge, LA	10 K Pool Swim	Scott Rabalais	504-766-5937
	22-July 3	Sheffield, UK	VI WORLD MASTERS SWIMMING CHAMPIONSHIPS		Fax 44-(0) 114-273-6731
July	06-07	Greenville, SC	DIXIE ZONE LCM CHAMPS	Jim Keogh	803-654-9984
	12-14	St.Pete, FL	Annual LCM Meet	Chris Swanson	813-347-0565
	20	Coral Springs, FL	Relay Carnival	Judy Bonning	954-452-2526
	26-28	Baton Rouge, LA	LCM	Scott Rabalais	504-766-5937
August	02-04	Coral Springs, FL	2nd Annual South Florida Regional Champs.	Judy Bonning	305-345-5370
	11	St. Pete, FL	LC Development Meet Northshore Pool		
	22-25	AnnArbor, MI	USMS LC CHAMPIONSHIP	Phyllis Reid	517-592-8908
Sep	07	Delray Beach, FL	Aqua Crest SCM	Scott Barlow	407-278-7174
	08	St. Pete, FL	SCM Development Meet Walter Fuller Pool		
	11-15	Orlando, FL	USMS Convention	Harold Ferris	813-896-0250
Oct	11-13	Orlando, FL	Dixie Zone SCM Champs Team Orlando Masters 8422 International Dr, Orlando, FL 32819	Larry Peck	407-647-7793
	27	St. Pete, FL	SCM Development Meet Walter Fuller Pool		
	28	Ft. Lauderdale, FL	Senior Games, ISHOF Aquatic Complex	Stu Marvin	954-468-1580
Nov	02-03	Winter Haven, FL	2nd Annual SCY Meet	Greg Hocker	813-299-7254

USMS ALL-AMERICA Swimmers For FLORIDA LMSC

ROSEMARIE SEAMAN	37	14ORLM	1:09.87	1	W	35- 39	BRST	100SCY
ROSEMARIE SEAMAN	37	14ORLM	26.99	1	W	35- 39	FLY	50SCY
SUSAN HALFACRE	43	14HLJ	11:26.41	1	W	40- 44	FREE	1000SCY
SUSAN HALFACRE	43	14HLJ	18:59.11	1	W	40- 44	FREE	1650SCY
ANNE GRAMS	47	14UNAT	30.23	1	W	45- 49	FLY	50SCY
ELAINE BROMWICH	52	14SPM	2:51.78	1	W	50- 54	BRST	200SCY
JAYNE LAMBKE	55	14SPM	29.92	1	W	55- 59	FREE	50SCY
JAYNE LAMBKE	55	14SPM	1:06.01	1	W	55- 59	FREE	100SCY
JAYNE LAMBKE	55	14SPM	2:30.02	1	W	55- 59	FREE	200SCY
JAYNE LAMBKE	55	14SPM	33.94	1	W	55- 59	FLY	50SCY
SYLVIA EISELE	65	14SWIM	41.75	1	W	65- 69	BRST	50SCY
GERTRUD ZINT	77	14HLJ	50.52	1	W	75- 79	BRST	50SCY
GERTRUD ZINT	77	14HLJ	1:57.44	1	W	75- 79	BRST	100SCY
GERTRUD ZINT	77	14HLJ	4:10.48	1	W	75- 79	BRST	200SCY
GERTRUD ZINT	77	14HLJ	51.92	1	W	75- 79	FLY	50SCY
KAY SCHIMPF	77	14SPM	2:05.21	1	W	75- 79	FLY	100SCY
KAY SCHIMPF	77	14SPM	4:52.11	1	W	75- 79	FLY	200SCY
KAY SCHIMPF	77	14SPM	4:13.47	1	W	75- 79	IM	200SCY
GERTRUD ZINT	77	14HLJ	9:00.21	1	W	75- 79	IM	400SCY
MARIAN MC KECHNIE	90	14SPM	3:29.20	1	W	90- 94	BACK	100SCY
WILLIAM SPECHT	37	14SPM	24.96	1	M	35- 39	BACK	50SCY
WILLIAM SPECHT	37	14SPM	52.60	1	M	35- 39	BACK	100SCY
WILLIAM SPECHT	37	14SPM	1:55.13	1	M	35- 39	BACK	200SCY
WILLIAM SPECHT	37	14SPM	23.14	1	M	35- 39	FLY	50SCY
WILLIAM SPECHT	37	14SPM	50.08	1	M	35- 39	FLY	100SCY
WILLIAM SPECHT	37	14SPM	1:51.38	1	M	35- 39	FLY	200SCY
C.MILTENBERGER	43	14ORLM	27.81	1	M	40- 44	BRST	50SCY
C.MILTENBERGER	43	14ORLM	1:01.10	1	M	40- 44	BRST	100SCY
MICHAEL DREWS	40	14SMS	2:16.13	1	M	40- 44	BRST	200SCY
SCOTT GUTHRIE	50	14UNAT	30.54	1	M	50- 54	BRST	50SCY
SCOTT GUTHRIE	50	14UNAT	1:08.24	1	M	50- 54	BRST	100SCY
JERRY GLANCY	57	14ORLM	2:26.15	1	M	55- 59	BACK	200SCY
JACK BEATTIE	60	14ORLM	57.33	1	M	60- 64	FREE	100SCY
JACK BEATTIE	60	14ORLM	30.43	1	M	60- 64	BACK	50SCY
JACK BEATTIE	60	14ORLM	1:05.59	1	M	60- 64	BACK	100SCY
JACK BEATTIE	60	14ORLM	2:28.26	1	M	60- 64	BACK	200SCY
JACK BEATTIE	60	14ORLM	1:07.81	1	M	60- 64	IM	100SCY
THOMAS SMITH	67	14SPM	32.62	1	M	65- 69	BACK	50SCY
ROBERT MACDONALD	66	14SPM	1:19.01	1	M	65- 69	BRST	100SCY
ROBERT MACDONALD	66	14SPM	2:56.44	1	M	65- 69	BRST	200SCY
THOMAS SMITH	67	14SPM	1:12.32	1	M	65- 69	IM	100SCY
PAUL HUTINGER	70	14SPM	31.84	1	M	70- 74	BACK	50SCY
PAUL HUTINGER	70	14SPM	1:11.56	1	M	70- 74	BACK	100SCY
PAUL HUTINGER	70	14SPM	2:42.35	1	M	70- 74	BACK	200SCY
JAYNE LAMBKE	56	14SPM	34.05	1	W	55- 59	FREE	50LCM
JAYNE LAMBKE	56	14SPM	1:16.87	1	W	55- 59	FREE	100LCM
JAYNE LAMBKE	56	14SPM	2:49.54	1	W	55- 59	FREE	200LCM
JAYNE LAMBKE	56	14SPM	39.01	1	W	55- 59	FLY	50LCM
FLORENCE CARR	70	14SPM	1:25.89	1	W	70- 74	FREE	100LCM
FLORENCE CARR	70	14SPM	3:13.31	1	W	70- 74	FREE	200LCM
FLORENCE CARR	70	14SPM	3:59.66	1	W	70- 74	IM	200LCM
FLORENCE CARR	70	14SPM	8:24.87	1	W	70- 74	IM	400LCM
GERTRUD ZINT	77	14HLJ	58.49	1	W	75- 79	BRST	50LCM
GERTRUD ZINT	77	14HLJ	2:16.54	1	W	75- 79	BRST	100LCM
GERTRUD ZINT	77	14HLJ	4:58.00	1	W	75- 79	BRST	200LCM
GERTRUD ZINT	77	14HLJ	4:48.96	1	W	75- 79	IM	200LCM
GERTRUD ZINT	77	14HLJ	10:37.54	1	W	75- 79	IM	400LCM
WILLIAM SPECHT	37	14SPM	29.45	1	M	35- 39	BACK	50LCM
WILLIAM SPECHT	37	14SPM	1:02.79	1	M	35- 39	BACK	100LCM
WILLIAM SPECHT	37	14SPM	2:16.82	1	M	35- 39	BACK	200LCM
WILLIAM SPECHT	37	14SPM	26.05	1	M	35- 39	FLY	50LCM
WILLIAM SPECHT	37	14SPM	58.13	1	M	35- 39	FLY	100LCM
WILLIAM SPECHT	37	14SPM	2:10.20	1	M	35- 39	FLY	200LCM

MICHAEL DREWS	41	14SMS	2:22.77	1	M	40- 44	BACK	200LCM
MICHAEL DREWS	41	14SMS	1:12.50	1	M	40- 44	BRST	100LCM
MICHAEL DREWS	41	14SMS	2:38.71	1	M	40- 44	BRST	200LCM
SCOTT GUTHRIE	50	14UNAT	34.64	1	M	50- 54	BRST	50LCM
PAUL HUTINGER	70	14SPM	37.10	1	M	70- 74	BACK	50LCM
PAUL HUTINGER	70	14SPM	1:24.14	1	M	70- 74	BACK	100LCM
PAUL HUTINGER	70	14SPM	3:10.47	1	M	70- 74	BACK	200LCM
L.K. WELTING	29	14	1:00.72	1	W	25- 29	FREE	100SCM
L.K. WELTING	29	14	2:10.31	1	W	25- 29	FREE	200SCM
BROOKE BOWMAN	28	14SMS	10:00.77	1	W	25- 29	FREE	800SCM
BROOKE BOWMAN	28	14SMS	19:00.79	1	W	25- 29	FREE	1500SCM
J.T. WILLIS	27	14	31.98	1	W	25- 29	BACK	50SCM
J.T. WILLIS	27	14	1:09.71	1	W	25- 29	BACK	100SCM
J.T. WILLIS	27	14	2:31.73	1	W	25- 29	BACK	200SCM
BEVERLY ACKER	29	14ORLM	1:18.44	1	W	25- 29	BRST	100SCM
BEVERLY ACKER	29	14ORLM	31.22	1	W	25- 29	FLY	50SCM
L.K. WELTING	29	14	1:07.57	1	W	25- 29	FLY	100SCM
L.K. WELTING	29	14	2:29.66	1	W	25- 29	FLY	200SCM
J.T. WILLIS	27	14	1:10.22	1	W	25- 29	IM	100SCM
L.K. WELTING	29	14	2:29.81	1	W	25- 29	IM	200SCM
L.K. WELTING	29	14	5:12.72	1	W	25- 29	IM	400SCM
B.K. NICHOLS	38	14	2:53.19	1	W	35- 39	FLY	200SCM
JAYNE LAMBKE	56	14SPM	34.07	1	W	55- 59	FREE	50SCM
JAYNE LAMBKE	56	14SPM	1:15.72	1	W	55- 59	FREE	100SCM
JAYNE LAMBKE	56	14SPM	2:49.44	1	W	55- 59	FREE	200SCM
JAYNE LAMBKE	56	14SPM	5:58.65	1	W	55- 59	FREE	400SCM
JAYNE LAMBKE	56	14SPM	38.80	1	W	55- 59	FLY	50SCM
JAYNE LAMBKE	56	14SPM	3:36.45	1	W	55- 59	FLY	200SCM
JAYNE LAMBKE	56	14SPM	6:57.84	1	W	55- 59	IM	400SCM
FLORENCE CARR	70	14SPM	38.36	1	W	70- 74	FREE	50SCM
FLORENCE CARR	70	14SPM	1:27.12	1	W	70- 74	FREE	100SCM
FLORENCE CARR	70	14SPM	3:15.41	1	W	70- 74	FREE	200SCM
FLORENCE CARR	70	14SPM	6:45.83	1	W	70- 74	FREE	400SCM
FLORENCE CARR	70	14SPM	27:07.40	1	W	70- 74	FREE	1500SCM
FLORENCE CARR	70	14SPM	48.16	1	W	70- 74	FLY	50SCM
FLORENCE CARR	70	14SPM	1:43.66	1	W	70- 74	IM	100SCM
FLORENCE CARR	70	14SPM	3:46.89	1	W	70- 74	IM	200SCM
GERTRUD ZINT	78	14HLJ	59.17	1	W	75- 79	BRST	50SCM
GERTRUD ZINT	78	14HLJ	2:13.59	1	W	75- 79	BRST	100SCM
KAY SCHIMPF	78	14SPM	1:02.37	1	W	75- 79	FLY	50SCM
KAY SCHIMPF	78	14SPM	2:25.86	1	W	75- 79	FLY	100SCM
KAY SCHIMPF	78	14SPM	5:33.52	1	W	75- 79	FLY	200SCM
GERTRUD ZINT	78	14HLJ	2:11.14	1	W	75- 79	IM	100SCM
GERTRUD ZINT	78	14HLJ	4:49.46	1	W	75- 79	IM	200SCM
GERTRUD ZINT	78	14HLJ	10:46.39	1	W	75- 79	IM	400SCM
WILLIAM SPECHT	37	14SPM	4:16.27	1	M	35- 39	FREE	400SCM
WILLIAM SPECHT	37	14SPM	28.08	1	M	35- 39	BACK	50SCM
WILLIAM SPECHT	37	14SPM	1:00.50	1	M	35- 39	BACK	100SCM
WILLIAM SPECHT	37	14SPM	2:13.29	1	M	35- 39	BACK	200SCM
WILLIAM SPECHT	37	14SPM	26.18	1	M	35- 39	FLY	50SCM
WILLIAM SPECHT	37	14SPM	57.69	1	M	35- 39	FLY	100SCM
WILLIAM SPECHT	37	14SPM	2:08.21	1	M	35- 39	FLY	200SCM
M.T. SHEPARDSON	35	14	1:03.94	1	M	35- 39	IM	100SCM
SCOTT GUTHRIE	50	14UNAT	33.63	1	M	50- 54	BRST	50SCM
SCOTT GUTHRIE	50	14UNAT	1:16.11	1	M	50- 54	BRST	100SCM
C.E. WEATHERBEE	62	14	7:10.97	1	M	60- 64	IM	400SCM
ROBERT MACDONALD	66	14SPM	3:23.57	1	M	65- 69	BRST	200SCM
PAUL HUTINGER	70	14SPM	39.24	1	M	70- 74	BACK	50SCM
PAUL HUTINGER	70	14SPM	1:29.44	1	M	70- 74	BACK	100SCM
PAUL HUTINGER	70	14SPM	3:10.12	1	M	70- 74	BACK	200SCM
F.H. TILLOTSON	80	14SPM	2:22.40	1	M	80- 84	FLY	100SCM
JOHN JOHNSTON	80	14SPM	5:25.39	1	M	80- 84	FLY	200SCM
JOHN JOHNSTON	80	14SPM	4:39.83	1	M	80- 84	IM	200SCM

The Chairman's Corner

Harold L. Ferris, Jr.

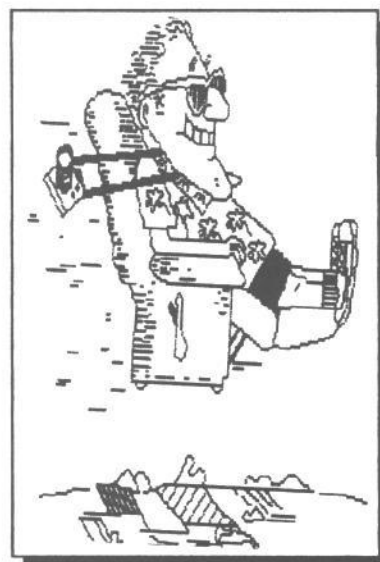
As I write this, we are, hopefully, saying farewell to one of the coldest Florida winters on record. The big chill was most fully appreciated by those of us who train in outdoor pools. Florida Masters are truly a tough and dedicated group.

It was also one of the wettest winters we have ever had, but the rains held off while the **St. Pete Masters** annual meet was in progress on March 29, 30 and 31. Nearly 300 swimmers enjoyed a weekend of swimming and socializing. The **Clearwater meet** on February 10 and 11 was also well attended. Let's keep it up as we head into **Long Course season**, beginning with the **Suncoast Masters Swimming meet** in **Sarasota** on **June 8 and 9**.

Thank you, **Enid Uhrich**, for filling in temporarily as **LMSC Secretary**. **Penny McCord** of **Orlando Masters** has now volunteered to be our new LMSC Secretary. Welcome aboard, Penny. Speaking of volunteers, the **USMS Convention in Orlando** is getting closer-September 8 to 15, 1996-and we still need more helpers. Please contact me or any of the LMSC officers if you can help us.

The next meeting of the Florida LMSC will be on July 13, 1996 at North Shore Pool in St. Petersburg following the conclusion of Saturday's events. Each team should try to have its representatives at the meeting.

Good luck to everyone in the upcoming meets. I hope to see many of you at Long course Nationals in August.



From the Registrar

Charles Kohnken

At the end of April we had 1015 swimmers registered and 26 clubs. This is approximately 200 more swimmers than last year at this time.

We have two fewer clubs. **SUNY** and **Hernando** combined, and **SWIM** and **Naples** combined. **Westchase** dropped out. **Area Tallahassee** was just added.

(Editor's Note: Let's have a membership drive. You must know of an old teammate of yours who used to swim in age group, high school, or college with you, or maybe you know of a present USS swimmer who is nineteen or older, or a college swimmer who has used up his eligibility. Tell them the benefits of this life long sport! J.D.)

List of FLORIDA LMSC Registered Clubs

Mail correspondence to:

Amberjax (AJAX) 02

Jacque Barker
1120 8th Street South
Jacksonville Beach, FL 32250

Jax Navy Masters (JAX) 03

Joan Glaraton
4590 Colonial Ave
Jacksonville, FL 32210-4204

St. Pete Masters (SPM) 04

Sandy Steer
PO Box 449
St. Petersburg, FL 33731-0449

Suncoast Masters Swimming (SMS) 05

Edna Gordon
3751 South School Ave # 10
Sarasota, FL 34239

Florida League of Aquatics (FLA) 06

Bruce Meintjies
5530 Pedrick Plantation Circle
Tallahassee, FL 32311

**Indian River Community College
Masters (IRCC) 07**

Thomas M. Harmon
2806 Atlantic Ave
Ft. Pierce, FL 34947

**Winter Haven Stingrays Masters Swim
Team (WIN) 08**

Laurie Zolnierowski
4510 Riviera Dr.
Winter Haven, FL 33884

Holmes Lumber Jax (HLJ) 11

Catherine Datres
1824 Cornell Rd.
Jacksonville, FL 32207

Downtown Tampa YMCA (TDY) 12

Swim Florida Masters (SWIM) 14

Joan Gamso
27271 Preservation St.
Bonita Springs, FL 33923

Ocala Masters Swim Club (OMSC) 16

Mark MacDonald
PO Box 6155
Ocala, FL 34478

Harbor Island Swim Team (HIST) 17

Clara Booth
9322 N. Arrawana Ave
Tampa, FL 33618

Florida Aquatic Masters (FAM) 18

Michele Gacio
PO Box 12605
Gaineville, FL 32604

Suncoast Family YMCA (SUNY) 19

Ruth Smith
1300 Mariner Blvd
Spring Hill, FL 34609

Jacksonville Area Masters (JAM) 20

Michael Castle
11089 Percheron Dr
Jacksonville, FL 32657

Blue Wave Masters (BLUE) 21

Peter Banks
405 Beverly Blvd
Brandon, FL 33511

Orlando Masters Swimming (ORLM) 22

Sandee Crowther
7300 Sandlake Commons Blvd
105
Orlando, FL 32819

South West Swim Masters (SWIM) 23

Barbara Green
1929 Empress Court
Naples, FL 33942-8141

Dunedin Sun Masters Club (DSMC) 21

Chris Kelly
1871 Pasadena Dr
Dunedin, FL 34698

Sun City Center Swim Team (SCC) 25

Carl Zulich
704 Huxley Pl
Sun City Center, FL 33573-5428

Florida Aquatic Swim Team Masters (FAST) 26

Kelly Bergdoll
502 NW 145th Terrace
Newberry, FL 32669

Bob Ruth Aquatic Team-Tallahassee (BRAT) 27

Bob Ruth
9601 Miccisukee Rd # 69
Tallahassee, FL 32308-9665

Clearwater Aquatic Team Masters (CATM) 28

Cashel Mack
1501 N. Belcher Rd Suite 229
Clearwater, FL 34625

Forest Hills Aquatics (FHA) 30

Milt Bedingfield
603 Chancellor Dr
Lutz, FL 33549

Space Coast Masters (SPCO) 31

Al Rogerson
1119 W Wren Circle
Barefoot Bay, FL 32976

Area Tallahassee Aquatic Club Masters (ATAC) 29

Ms Barbara Law
912 Myers Park Dr
Tallahassee, FL 32301

**REQUEST FORM
RELAY ALL-AMERICAN PATCH AND CERTIFICATE**

Relay event: *circle one* MEN WOMEN MIXED FREE MEDLEY

Relay distance: 200 400 800

Course: *circle one* scy scm lcm Year of swim _____

Relay member(s) requesting All-American patch and certificate: (\$5.00 each member)

1. _____
2. _____
3. _____
4. _____

Mail Payment to:
U.S.M.S.
2 Peter Ave.
Rutland, MA 02543

Make checks payable to:
United States Masters Swimming

Send patch and certificate to:

Name _____

Address _____

Florida Local Master Swim Committee Meeting Minutes

March 30, 1996

The Florida LMSC meeting was held at the North Shore Pool in St. Petersburg during the SCY St. Pete Masters Swimming Championships. The meeting was called to order by Chairman Harold Ferris.

Others present were: Jim Donnelly, Newsletter Editor; Bill Uhrich, Sanctions; Brooke Bowman, SMS; Ron Colins, JAM; Jayne Lambke, SPM; Larry Black, Swim Florida; Jerry Glancy, ORLM; Larry Peck, ORLM; Penny McCord, Acting Secretary.

I. **Minutes** - The minutes of the October 7, 1995, meeting were accepted as they appeared in the November 1995 LMSC newsletter.

II. **Reports of Officers**

A. **Treasurer** - Harold Ferris presented Chip Jones' report.

Florida LMSC Treasurer's Report Year Ended December 31, 1995

Cash Balance - January 1, 1995		\$4,272.68
Revenues	Registrations	28,547.00
	LMSC Transfers	131.00
	Club Registrations	720.00
	Sanction Fees	645.00
	Miscellaneous	285.13
Total Revenues		30,328.13
		34,600.81
Expenses	Registrations	18,605.00
	Transfers	49.50
	Clubs	330.00
	Newsletter	3,574.80
	Postage	1,673.88
	Convention	2,825.20
	Rule Book	180.00
	Fees on Registrations	367.80
	Miscellaneous	356.91
Total Expenses		27,963.09
Total Cash - December 31, 1995		6,637.72

The Treasurer's report was approved.

B. **Registration** - It was reported that registration is currently at 969 members, which is an increase of 169 people from last year at this time. There are between 400-500 swimmers, and one team, SunCoast Family Y, that have not re-registered. Our newest team is Area Tallahassee.

C. **Records** - Harold Ferris presented Katie Cooper's report since she could not attend the meeting. The 1995 SCM Top 15 records were submitted to Walt Reid ahead of deadline. This gave us time to answer questions he had regarding two potential National records and to get missing documentation for a potential World record to him. Dixie Zone data submitted. She is working on LMSC Florida Top Five. 1996 SCY meets (excluding Clearwater meet) have been processed. Katie requests that swimmers

submitting times to be considered for records, send a copy of anything that states the meet date and sanction number, or other proof that it was a USMS approved meet.

- D. **Sanctions** - Bill Uhrich questioned the need to charge a daily deposit fee for each meet, and proposed that a \$25 deposit be made for each meet regardless of the number of days the meet runs. It was moved that we accept this change and it passed unanimously.
- E. **Newsletter** - Jim Donnelly reports that our newsletter is inspirational to newsletter editors throughout the country; the editor of South Carolina's LMSC newsletter was so impressed, she wants to be on our mailing list. Jim is aiming for the top spot this year in the National USMS Newsletter Contest.

The deadline for the May newsletter is April 12. He requests the following: Top Five Florida times, calendar updates, team results for Feb. Cat Masters and St. Pete meets, USMS convention material list.

IV. **New Business**

- A. Bill Uhrich reported that teams are adding special races at meets without announcing said races in the meet entry form. The USMS rule book, rule 202.1, states that special relays need to be on meet information; if not, the relay cannot be sanctioned. Meet directors should announce special races as "Relay's Choice," which offers flexibility in determining what the race will be, otherwise, relays have to be determined for a pre-seeded meet.
- B. Jerry Glancy would like for us to improve communications with Gold Coast Masters to attempt to better control the scheduling of meets and eliminate conflicting schedules. He will get a copy of their newsletter to see when they plan events.
- C. Jerry Glancy submitted a list of items needed for the USAS Convention in September. This will be printed in the newsletter.
- D. Larry Peck announced that Lucky Meisenheimer will host the USAS Friday night social at his home. Larry had questions on transportation from hotels to the social and back, and asked for advice from members. He also wanted to know if USMS or LMSC paid for transportation costs.

Larry also informed us that the LMSC will receive half of the money received from sold ad space in the convention program. Ads are due August 1.

V. **Announcements**

- A. Harold Ferris distributed copies of the LMSC Bylaws.
- B. Larry Peck announced that Team Orlando Masters will be hosting a Long Course Postal Swim in June. The event will be a type of "anything goes" swim, which means with fins, pull-buoys, kick-board, various strokes, etc.
- C. The next Florida LMSC meeting is set for July 13, 1996, during the annual LCM meet in St. Petersburg.

With no further business, the meeting was adjourned.

Respectfully submitted,



Penny McCord
Acting Secretary

I Know It's True...I Asked

Mr. D. Q.

by Al Soltis - Ex-Officio Officials Chairman, Florida Swimming

Recall that we discussed that "You only take into a Meet what you take out of the practices" We were referring to doing proper stroke mechanics in practice so that we do not take a bad practice into a meet and it results in our being D.Q.'d for a rule infraction.

Now take this Practice- Meet philosophy and apply it to the warm-up and meet time itself, as well as during a practice period.

The rules are the same and they are Safety Procedures. There are no printed rules for the practices, but the same rules are to be followed, for no other reason than that we do not injure ourself or cause to be injured another swimmer. So from that point let us put down some procedures to follow.

1. Swimmers must enter the pool feet first in a cautious manner. Simply means that you step in, at all times, when the area is clear of swimmers, that will allow you to have no contact with another swimmer when you do step into the pool. The only exception is if a Sprint Lane has been designated and you swim in one direction for the length of the pool.
2. We must all keep in mind that although the mind is willing the body is not always up to following our desires in response., Which means, that some of us are taking a careless chance in getting up on a block, for a better dive. Whether it is practice or in a meet, the shaky block or our own unsteady legs do not make for the decision to take the chance to fall or slip and be injured. I have seen many Masters swimmers who should be using the deck or an in water start for no other reason than for their own personal safety. Give it some thought It may cost a few 10ths of a second but could save a nasty break.
3. The Meet Referee may Disqualify a competitor for any Safety Rules Violations that results in unsafe conduct (102.15.2)

Differences between USS & USMS Rules:

Each meet there are questions about differences of rules, so here is brief rundown to commit to memory.

1. Forward Start: May be taken from the starting block, pool deck or a push from the wall. One foot must be at the front of the block, edge of the deck, or on the wall before the command "Take your mark" (Tie this in with your decision from item 3 above).
2. Backstroke Start: "Place your feet" command shall precede "Take your mark". May curl toes over gutter in short course yards only. All meter events follow USS Rules for start.
3. Butterfly: May use breaststroke kick, exclusively or interchangeably with the dolphin kick, at any time during the event.
4. Relays Swimmer may stay in water until race is finished.

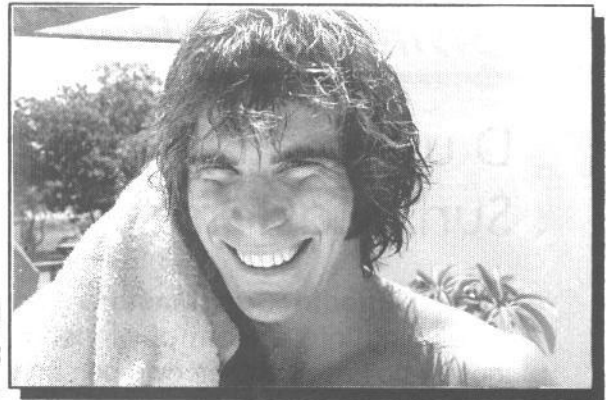
Mr. D. Q. - Al Soltis

PS: For future issues, please send any rules questions, concerns or procedures you may have. 2101 Sunset Pt Rd. #702- Clearwater, Fl. 34525

From the Editor's Swim Bag

Lucky in Drag

As Ron Collins remembers, he was hanging in there, half way through the Masters Division of the USS Swimming Open Water race held in the Indian River Intercoastal Waterway on April 13, 1996. This was a 3K race for Masters. The USS swimmers had to swim a 5K or 10K. "I was dragging behind Lucky Meisenheimer and Paul Wise who were in the lead", said Ron. "Lucky was dragging behind Paul the whole way, and I was behind Lucky until I swam a little off course about half-way through the race and fell behind. Lucky kept dragging off of Paul until the last couple hundred yards when he out sprinted Paul to the finish line!" They finished 1-2-3 in the Masters Division. Did anyone see them on ESPN II?



James M. Donnelly

Anthony Nesty's Masters Swimming Debut

Those of you who competed in the YMCA Masters National Championships in Orlando may have noticed seeing Anthony Nesty's name in the heat sheet. He was entered as a member of the South County YMCA but couldn't swim in the meet because he had forgotten that he had promised to give a two day swim clinic that weekend from 8 - 5 each day. (The irony was that the clinic was in Orlando, at a local high school pool!) But the good news is that Anthony is a registered member of Suncoast Masters Swimming and will make his Masters debut at the Suncoast Masters LC T-Shirt Meet in Sarasota, on June 8-9, 1996. "I just *have to* get one of those t-shirts", he said.

Anthony swam for Bolles School, in Jacksonville, where he set the U.S. High School Record in the 100 y Fly - 47.00 ten years ago in 1986. He set the World Record in the 100 M Fly - 53.00 and won the Gold Medal in the Olympics when he touched out Matt Biondi, in Seoul, South Korea, 1988. Anthony won the Bronze Olympic Medal in the 100 M Fly in Barcelona, Spain, 1992. In his last competition, he finaled in the 100 M Fly at the World Championships, Rome, Italy, 1994.

Let's all welcome him back to competition at the Suncoast Masters meet in Sarasota. I hope Bill Specht will be there to make it a good race!

Swimming News From Around The LMSC

Dunedin Sun Masters



The **Dunedin Sun Masters** has been developing into a team of winners! From those who have set their own personal goals of improving their strokes or beating their last meet time, we have grown from a team of only five members in 1994 to a team of 27 and growing! **Coach Rich Rogers** encouraged all of us to swim in the **Valentine Meet**, held at the **Long Center** in Clearwater (Feb. 10-11). For some who competed that weekend, it was their very first time swimming competitively - ever! Others hadn't competed in over 10+ years (since college or high school)1 Some broke FLMSC records and our team took Second Place overall!

An interesting tidbit of information came from our team record-keeper **Roy Ward**: of the 27 Dunedin Sun Masters team members, 26 signed up to participate in the Valentine meet and all 26 showed!

Congratulations also to team members who, since January broke the following FLMSC records:

- **Maud Orlando** (30-34) 200y Br 2:33.83
- **Dave Gifford** (55-59) 200y Br 2:52.05
- **Cathy Shonkwiler**(35-39)
 - 100y Fr 56.07
 - 200y Fr 2:03.85
 - 500y Fr 5:38
 - 1000y Fr 11:43.03
 - 50y Bk 29.47
 - 100y Bk 1:05.5
 - 100y Fly 1:03.14

At the **St. Pete swim meet**, held March 23 and 24, the **Dunedin Sun Masters** finished **Fourth Place overall**. Kudos to **Cathy Shonkwiler** who amazed us all

(again) when she was 8-for-8 in breaking meet records for the events she swam. And congratulations to **Chris Kelly** who was **high point winner** in the 40-44 age group (although she looks a mere 32!)

We would like to publish the names of our team members who were not recognized in the **1995 USMS Top Ten listings**: **Stuart Barton** (25-29), 800M Free - third; 1500M Free - fifth; 400M Free - ninth; 50MFly - tenth; 400M IM - ninth; 1000y Free - tenth. **Maud Orlando** (30-34), 50M Breast - seventh; 100M Breast - third; 200M Breast - fourth;. **Cathy Shonkwiler** (35-39), 50M Back - sixth; 50 M Fly - sixth. **Barbara Nichols** (35-39), 200M Fly - eighth. **Women's 200M Medley Relay** (120-159) - **Andrea Nauta, Judy Timba, Barbara Nichols, Cathy Shonkwiler** - seventh.

Of the 28 current team members, ten will participate in Nationals, to be held in California in May. Good luck to all!

Janie Machinchick

BRAT

Though we have grown to 20 members, it appears we have been even more successful than we thought. **BRAT** has inspired the formation of a 2nd Masters team in **Tallahassee**, a town of only 150,000.

Amazing that where 6 months ago there were 0 teams, there are now 2 teams! Look out Florida! Tallahassee must be the mother hot bed of all of masters swimming! By the next newsletter, we may have the record for teams per capita in all of masters swimming!

Over the last quarter, BRAT highlights have included 4 Top 20 finishes in the **January One Hour Postal Swim** - **Karen Sadler** (30-34) 7th; **Wanda Brown** (35-39) 7th; **David Darst** (50-54) 8th; and our yardage leader with 4810 yards, **David Van Winkle** (35-39) 17th.

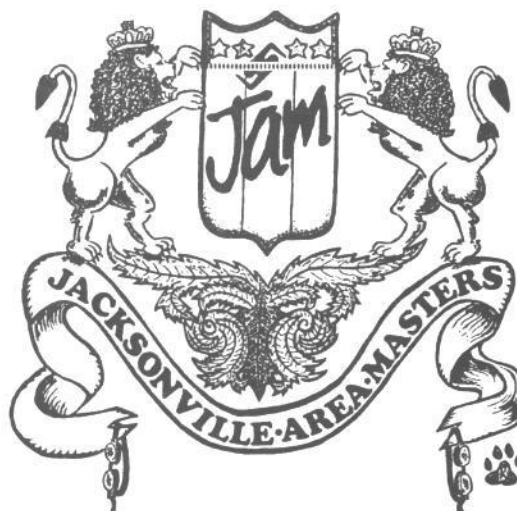
In the February Fitness Challenge, two folks topped 80,000 yards for the month - **David Darst and Karen Sadler**. (some of us didn't quite make 50,000!)

March was a slow month for us since most of us could not get away for a meet. However those who did, did great! **Glenn Woodsum** revamped his training to include more quality and swam his fastest times in 11 years at the St. Pete meet, while **Mark Ebel** and **Celeste Lind** had good meets twice in March - both in Atlanta and in St. Pete.

In April we will see the fruition of something we have been working on for a long time - **MORE MEETS HERE IN TALLAHASSEE**. There will be a SCY developmental meet on April 14 and a LCM Invitational Meet on April 27 and 28, the latter mixed in with an Age Group Meet. **YOU ARE ALL INVITED** to visit your state capital for these and any other meets in the future. An effort was made to inform your team reps, but if you want meet info directly in the future, contact **BRAT c/o Bob Ruth**, 9601 Miccosukee Rd - # 69, Tallahassee, FL 32308, (904) 877-8356 and I will be sure to give that request to the appropriate parties. The contact person for the April meets is **Jack Goltz** - (904) 385-7421.

Senior Games for all those 50 and over will be held in Tallahassee May 2-4 and are USMS recognized. If you need info, call the Tallahassee Sports Council at (904) 413-9200.

Bob Ruth



Kudos to our two new inductees into what we Jammers call the "Beat Bill Specht Club". At St. Pete's short course meet **Jay Smith** ecked out a narrow victory in the 50 back and **Dan Wegner** touched out **Bill** in the 100 I.M. Previously, two other J.A.M. swimmers have accomplished this feat - **Kelly Allen** (100 M Back in 1995) and **Tom Smith** (200 Y Fly in 1992). We think **Bill Specht** from St. Pete Masters surely is one of the most amazing masters swimmers around and we are honored (and more often humbled) to be able to compete with him.

Has anyone ever wondered whatever happened to **Maureen "Mo" Jones**? After swimming the mile in St. Pete, the newlywed rushed home to spend the remainder of the weekend with her new husband **Bob Jagger**.

Finally, a fond farewell goes out to our teammates, **Jay and Esther Smith**, who will be moving to the Northeast soon. Swim well and prosper!

Mike Castle



St. Petersburg Masters

Three One-Hour Swims In Three Weeks!

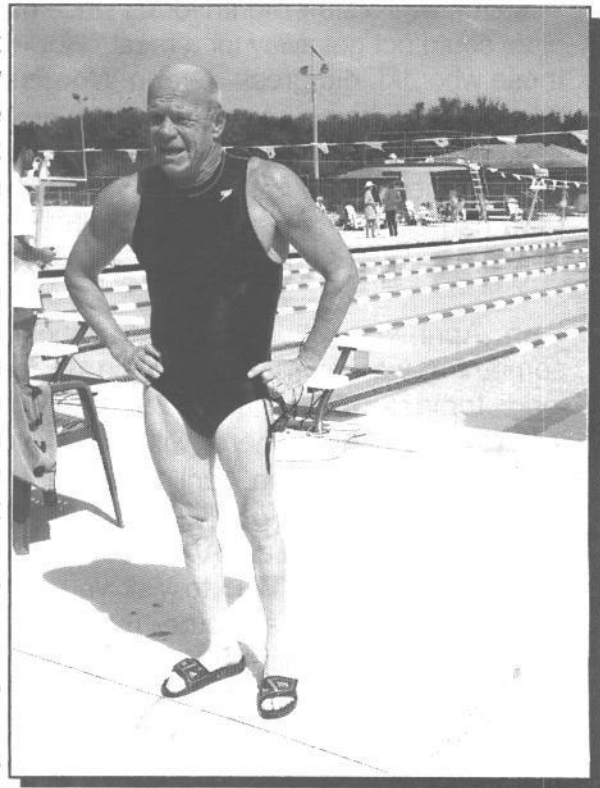
by Dr. Paul Hutinger, SPM

Who do you know in Masters swimming that would swim a 1650 the first week in January, and one-hour swims on the second, third and again, fourth week? One of the most unforgettable characters that I have met in 25 years of Masters swimming, and the most persistent, is **Dr. Konrad Euler**. At age 60, he is a new member of **St. Pete Masters**, and someone the team can use as a **role model**. Let me elaborate on his January performances.

Week one - 1650 in 25:17.2; Week two - hour swim, 3755 yards (at 2,00 yards, he developed a leg cramp); Week three - hour swim, 3770 yards (leg cramp, again); Week four - one-hour swim, 3835 yards (no leg cramp, and 1650 split as fast as week one). This gave him 12th place in the National rankings. In February, he competed in the **Senior Games in Bradenton**, and swam 400 meters Free in 6:12, which is fast enough to place him in the top four at past LC Nationals.

The reason this is even more outstanding is the fact that Konrad is handicapped. His left leg is approximately 3 1/2 inches shorter than his right, a result of damage sustained from osteomyelitis. You can appreciate what he gives up on a turn and pushoff by doing a 1650 with one-legged pushoffs. How much slower would you be?

Konrad was born in Germany, June 2, 1935. His leg was infected as a three year old, before sulfa drugs and antibiotics were available. He spent 10 years in a hospital, part of the time in a full body cast. In High school, the doctors removed his braces. All through school, Konrad's father instilled a positive self-image in his son, "Even with your handicap, anything that you want to do is possible." Konrad followed his father's advice and set goals while he was a part of the excellent sports program in Germany, and also, later in his professional life. He developed into the regional best in gymnastics; 2nd in swimming; 100 meter run - 12.6 secs; high jump over 5 feet; shot put over 40 feet. To accomplish such outstanding performances, **he worked twice as hard as the average athlete**. This work ethic transferred into his professional career, as he sought the **highest medical degree in Germany**, and was conferred the **life time title of Doctor**.



Dr. Konrad Euler

Konrad had been vacationing in St. Pete for the last 20 years. He and his wife, **Waltraut**, also a physician, worked together running a clinic in Germany. They retired early, and will live in St. Pete in the winter, and in Canada, in the summer. **Herbie**, their son, born January 23, 1968. was a champion age-group swimmer, with a 1500 meter time of 17:07 as a 16 year old. Herbie is presently working on an advanced law degree.

Konrad's studies in medicine gave him the background in exercise for his handicap. Special leg therapy and 1,000 meters a day swims, have been his special program his entire adult life.

COACH'S CORNER

by SPM Coach George E. Bole

Now, as a retired Doctor with more time, he averages 3500 yards a day, with some 5,000 yard days. He is a serious competitor who believes in excellence in everything. His short and long term goals in swimming have already brought him amazing performance results. Persistence an admirable characteristic, results in the ability to maximise his potential. Konrad, a most amazing person, represents a role model to many Master swimmers.

In May, Konrad will be competing in his first **USMS SC Nationals**, in California. He will be swimming five events, with qualifying time in his four freestyle events.



St. Pete Masters Swimmers: Mike Torsney, Paul Hutinger, Bob MacDonald, Tom Smith

Congratulations, guys! We're proud of your swims in the **400 yard Medley Relay...National Record, 5:03.76**, age group: 65-74.

From your wives: Marie Torsney, Dorothea Smith, Ann MacDonald, and Margie Hutinger.

DRILLS

(With apologies to Black & Decker)

Every work-out has some drills included. These drills are important and should be done with a purpose. They are not rest periods. Here are a few you might want to try.

Freestyle: 1. One arm drill: put one arm straight in front of your body several inches below the surface and pull with the other arm. This is a drill for isolating the arm action in order to correct or to build stroke mechanics. To develop even more mechanics—try keeping one arm by your side—thus inducing the hip rotation so necessary for smooth freestyle;

2. Water polo drill: keep face out of water with chin on the surface, looking straight ahead while stroking normally with both arms. It is a good exercise to develop good hand entry and for establishing a high body position. It requires strong kicking (maybe fins?)

3. Fist swimming: a good way to enhance your feel of the water is swim with clenched fists, feeling where the hand is moving and working on a proper pull pattern. Alternate swimming lengths with clenched fists and open hands. With open hands, feel the water pressure on your finger tips.

Backstroke: 1. Head-still: place a small flat stone or coin on your forehead and endeavor to keep it there while swimming and kicking. More difficult still is to balance a paper cup three quarters full of water on your forehead and swim backstroke without spilling water.

2. One arm drill with other arm extended into the air: helps to develop shoulder lift and back strength needed to keep the recovery arm out of the water.

3. Double arm pull: both arms enter the water and complete the pulling movement at the same time. This drill helps establish a tremendous hand acceleration at the end of the stroke. Alas, it also prevents the body from rotation as it should, so it should be used sparingly—only to develop that hand acceleration at the end of the pull.

Butterfly: 1. Left arm, right arm, both arms: swim with each arm taking one stroke, then add a full stroke as in regular fly. Stay with the rhythm of hands in—hips up. You may also go 2 left, 2 right, and 2 double.

2. Triple kick fly: use three kicks between arm strokes—allowing the arms extra rest and helping to establish a rhythm.

3. Recovery drill: while doing one arm 'fly, practice recovering in two ways: first, by pulling the arms forward using the shoulder muscles; and second, by allowing the arms to recover with the flow of the body motion.

Breaststroke: 1. Pull breaststroke arms using dolphin kick: emphasis is on arm pull, with kick keeping hips up.

2. One arm pull: done to isolate the movement of each arm. The nonworking arm is extended out straight. The working hand does a perfect pull concentrating on hand speed. Can be done with or without kick.

3. Two up-two down: swim two strokes on top, submerge and swim two underneath for set distances. Helps to develop timing and hypoxic work.

4. Right arm-left leg and vice versa: again helps to improve stroke timing—which is most important in breaststroke.

There are many other drills to be used to help technique and timing. These will appear in other editions.



TEAM ORLANDO MASTERS

**1996 YMCA Masters Nationals
by Larry Peck**

On April 18th, 670 masters swimmers from 38 states representing 115 teams, descended upon the **International Drive YMCA Aquatic Center**. They were here to contest the **1996 YMCA Masters National Championships**.

When the water had settled on Sunday afternoon, **Anne Arundel, MD** had succeeded in winning its 5th consecutive **YMCA National Team Championship** by winning both the men's and women's titles. This was accomplished with the largest contingent present with 80 swimmers.

Florida was well represented, **Orlando Aquatic Center**, otherwise known as **Team Orlando**, took 3rd place honors. Other teams from Florida in the top 25 were **South County (Suncoast Masters)**, 10th; **Broward Co.**, 11th; **Daytona Beach**, 12th; **Gainesville**, 21st; and **Clearwater**, 23rd. Other Florida teams were **Yates, St. Lucie Co., Collier Co., Hernando, and Lee Co.**

Florida swimmers set **10 National YMCA Records** and had **79 National YMCA Championship finishes**. Multiple winners include **June Krauser, Gertrude Zint, Rosemarie Seaman, Milo Shepardson, John Woods, Susan Halfacre, Lisa Bennett**.

I heard many compliments about the meet and how fast the pool is. Many said they will be back for the **Dixie Zone**

Championships in October and for the **USMS L.C. Nationals** in August of 1997.

Anything Goes Postal Meet

During the month of July, **Team Orlando** will be holding a postal contest. We will have an **"Anything Goes" 1/2 hour Swim, Kick, or Pull**. This will be measured in meters L.C. and "toys" are allowed. We will also have a **100 M anything goes for times**. If interested in entry forms or information, write **Larry Peck, P.O. Box 2051, Winter Park, FL 32790-2051**. "Toys" include fins, paddles, Zoomers, pull bouys.



Johnny Weissmuller: 1924 and 1928 Olympics

Johnny Weissmuller won five gold medals in 1924 and 1928; and then became even more famous as an actor playing the role of **Tarzan**. In the **1924 Olympics**, he won **three gold medals** in the **100 and 400 meter free** and the **800 meter free relay**. He also won a **bronze medal** as a member of the **U.S. water polo team**. In **1928**, he took **gold** in the **100 m free and 800 m free relay**. Weissmuller starred in 12 Tarzan films between 1932 and 1948.

Team Orlando swimmer **Jerry Glancy's** father, **Henry Glancy**, swam on one of those **Gold Medal 800 m freestyle relays** with Johnny. Henry lives in Sarasota. Watch for him on the **Kodak Olympic Memories commercials**.

SUNCOAST MASTERS SWIMMING

At this writing we are all looking forward to our own **Suncoast Masters Long Course T-Shirt Meet** at the **Arlington Aquatic Center in Sarasota**, June 8 & 9. Please remember that we have a **free breakfast** for our visiting swimmers on Sunday morning before the 8 AM warm-up. Anyone swimming in at least five events will **win a beautiful T-shirt** designed by our own **Jim Donnelly**. This has to be his best design yet! He has some special 100% Cotton shirts "dyed" a "seafoam" color that's a perfect match for his graphic artwork. This really is a **"collectors item"** for this Olympic Year. We encourage you to sign up for additional shirts on the entry forms for yourself or friends or even call Jim to order one, even if you can't make the meet. These "dyed" shirts are a higher quality shirt and there is only a limited number of these available for us to order, so it is imperative that you get your entries in early so we can "reserve" enough shirts.

Our meet director, **Steve Grossman**, will be a newly married man at that time so please have pity on him and get your entries in long before May 30. We look forward to seeing your smiling faces.

SMS Prez Edna Gordon attended the May 5 Development Meet at the North Shore Pool in St. Pete. She tells us that not only did she get some personal best times but that she was very

impressed with the way the meet was run and the friendliness and helpfulness of everyone there. The atmosphere was relaxed and unstressful. She encourages more swimmers to attend them.

YMCA Nationals

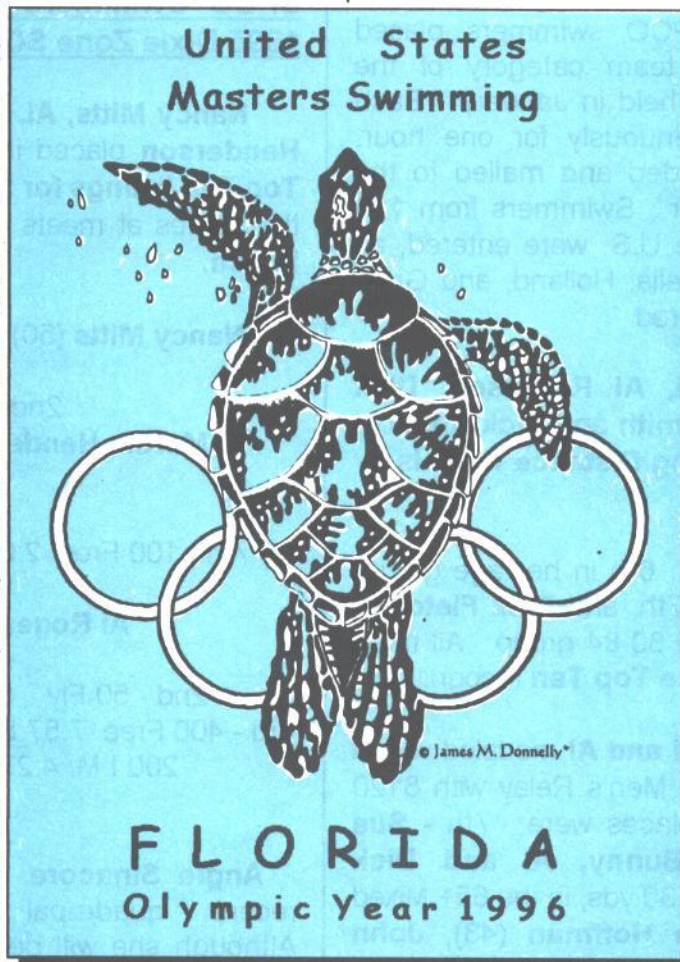
Would you believe that **Thomas Flynn** of **UP Main Line, Pa.**, played the harmonica while swimming the 50 yard back at the YMCA Masters Nationals in Orlando? I think he ended up one tune behind the slowest swimmer in his heat.

John Woods and **Florence Carr** carried home most of the medals for the **South County YMCA group**. John (70-74) garnered six National firsts, while Florence (70-74) scored four National firsts and also set two meet records in the 50 y freestyle and the 100 I.M.!!! (We were mighty happy to have Florence join the SMS group making up the South County YMCA.)

Also turning in outstanding performances were **Lynn Cartee** (45-49) and **Brooke Bowman** (25-29), each with three firsts.

We thank the following swimmers who represented the South County Y: Robert Davie, Lynn Cartee, Deb and Rick Walker, John Woods, Charlie Randall, Florence Carr, Deanne Hop, Joe Securo, Kevin McCormack, Brooke Bowman, Jim Donnelly, Bob Coulter, Steve Grossman and Edna Gordon. The same people helped to make up eight relays.

Each days events at the Y Nats began with a prayer, the salute to the flag and the National Anthem which helped to put us all in the right frame of mind.



SPACE COAST MASTERS



SPCO Places 7th in USMS One Hour Postal Swim National Championship

Eleven SPCO swimmers placed well in the small team category of the competition that was held in January. Each swimmer swam continuously for one hour. Distances were recorded and mailed to the National Meet Director. Swimmers from 113 clubs throughout the U.S. were entered, as well as 20 from Australia, Holland, and Great Britain. 945 were entered.

Bunny Cederlund, Al Rogerson, Dick Fletcher, Bob Sigersmith and Dick Robecki received **National Long Distance medals** for their swims.

Bunny, 74, placed 6th in her age group, while **Al**, 70, placed 7th, and **Dick Fletcher**, 80, finished 8th in the 80-84 group. All three earned **Long Distance Top Ten** recognition.

Bob, Dick Robecki and Al medaled with a 5th place in the 65+ Men's Relay with 8120 yards. Other relay places were: 7th - **Sue McGaughey (74), Bunny, Al and Dick Robecki (66)** with 11130 yds, in the 65+ Mixed Relay. 10th - **Tom Hoffman (43), John Harvey (42)** and **Mike Darling (42)** swam 13400 yds in the 35 + Relay for men.

Individual Results:

Lynn Scarlato (29)	3660 yds	29th
Bunny Cederlund (74)	2940	6th
Sue McGaughey (74)	2440	17th
Mike Darling (42)	4765	14th
John Harvey (42)	4350	34th
Tom Hoffman (43)	4285	35th
(a tough field with 75 swimmers)		
Peter Carabetta (47)	3335	47th

Dick Robecki (66)	2700	26th
Bob Sigersmith (71)	2370	14th
Dick Fletcher (80)	2140	8th

We wish to congratulate all of those who participated in this arduous event. **The Hour Swim** is held every **January**. Hope to see more of our SPCO swimmers in 1997 entering this meet.

SPCO Swimmers Notch 16 Places in 1995 Dixie Zone SCM Competition

Nancy Mitts, Al Rogerson, and Martha Henderson placed in the **Dixie Zone SCM Top Ten listings for 1995**. The trio registered their times at meets in **Orlando** and **Delray Beach**.

Nancy Mitts (50) 1st - 50 Breast 51.33
2nd - 50 Free 40.19
2nd - 100 Free 1:30.51

Martha Henderson (58) 5th - 200 Back 4:25.95
6th - 200 Free 4:05.29
7th - 100 Free 2:01.41; 50 Back 58.94
9th - 50 Free 54.48

Al Rogerson (70) 2nd - 800 Free 16:40.51
2nd - 50 Fly 52.30; 200 Fly 5:40.71
3rd - 400 Free 7:57.85; 1500 Free 31:49.96;
200 I.M. 4:27.63; 400 I.M. 10:07.73
4th - 100 I.M. 1:55.08

Angie Sinacore managed well with her recent quadruple By-Pass operation. Although she will be off the swim scene for awhile she has stopped by the Indian Harbour Beach Pool to spread her good cheer. When asked about when she'll resume swimming, Angie replied, "I can hardly wait to get my first chlorine fix."

Al Rogerson

A TIP FROM
Anthony Nesty

Every competitive swimmer's goal is to drop times at meets. Having said that, training for a meet is certainly the most important facet of a swimmer's career. I always looked at practice as a challenge. I always raced every person in the pool from warm up to the last 25 of practice. This attitude made me a tougher swimmer, a very intense practice swimmer, and most of all it prepared me for race day.

Just look at it this way. . .in one season as a competitive swimmer you have four to five meets before your shave and taper meet. If you put your workout intensity into all four or five meets, I guarantee you that when it's time for your shave and taper meet you will be ready to race.

WORK OUT:

- ♦ Be Intense
- ♦ Be Aggressive
- ♦ Race
- ♦ Treat your workout as a meet.

MEET:

- ♦ At a meet you should always concentrate on your Starts, Turns, and Finishes. (Always Remember "The Little Things Count".)
- ♦ Treat a Meet as if it was a Work Out:
 - a) Be Intense
 - b) Be Aggressive
 - c) Race

Note: To be successful at meets your workout attendance should be consistent. Always have a workout attendance close to 100%. One thing I have learned throughout my swimming career is that "hard work always pays off", whether it's now or later.

1995 USMS Relay ALL-AMERICA Swimmers for FLORIDA LMSC

Bob Ruth	42	BRAT	Kate Knight-Perry	60	SPM
Doug Schlak	39	BRAT	C. W. Kohnken	63	SPM
C. A. Williams	34	BRAT	R. C. MacDonald	67	SPM
Glenn Woodsum	48	BRAT	M. McKechnie	90	SPM
			Tish Oleksy	33	SPM
Andrea Nanta	36	DSMC	Marilyn Oreto	62	SPM
B. K. Nichols	38	DSMC	June Reynolds	73	SPM
C. E. Shonkwiler	35	DSMC	Lisa Ross	40	SPM
Judy Tibma	39	DSMC	Kay Schimpf	78	SPM
			Lori Stauch	30	SPM
Beverly Acker	29	ORLM	C. T. Swanson	33	SPM
Dannielle Sirbu	21	ORLM	F. H. Tillotson	80	SPM
J. L. Vandermolen	28	ORLM	Leslie Treat	46	SPM
J. T. Willis	27	ORLM	Fred Walbolt	82	SPM
			Jackie Yost	67	SPM
Elaine Bromich	52	SPM			
Florence Carr	70	SPM			
M. Hutinger	55	SPM			
Paul Hutinger	70	SPM			
Jayne Lambke	55	SPM			
Alan Maloney	64	SPM			
Jacquelyn Piper	57	SPM			
D. Prokopi	59	SPM			
Sandy Steer	55	SPM			
Barbara Allen	62	SPM			
F. Cichanski	78	SPM			
John Cox	60	SPM			
Lisa Flanigan	32	SPM			
Pam Geiger	42	SPM			
Kermit Hotvedt	80	SPM			
John Johnson	79	SPM			
Win Kennedy	82	SPM			
Nancy Kiernan	41	SPM			

FLORIDA 1995 SCM TOP 5

WOMEN:

50 M. FREE (19-25)

R: 29.15 *Paige Winters '89*

00:31.86	DANIELLE M. SIRBU	21
00:34.20	J.L. EDWARDS	22
00:34.33	ROBIN K. WILLIAMS	24
00:34.34	BRADIE A. SOARS	23

100 M. FREE (19-24)

R: 1:03.16 *Paige Winters '89*

01:13.59	DANIELLE M. SIRBU	21
01:14.91	ROBIN K. WILLIAMS	24
01:17.51	BRADIE A. SOARS	23
01:21.48	J.L. EDWARDS	22

200 M. FREE (19-24)

R: 2:24.26 *Tasha L. Hansen '94*

02:44.95	ROBIN K. WILLIAMS	24
02:48.54	DANIELLE M. SIRBU	21
02:54.31	BRADIE A. SOARS	23
03:02.41	J.L. EDWARDS	22

400 M. FREE (19-24)

R: 5:42.00 *Danielle M Sirbu '94*

06:15.81	DANIELLE M. SIRBU	21
06:39.22	J.L. EDWARDS	22

800 M. FREE (19-24)

R: 13:17.10 *Heather L Perry '94*

1500 M. FREE (19-24)

R: 24:56.45 *Heather L Perry '94*

50 M. BACK (19-24)

R: 34.86 *Paige Winters '89*

00:41.13	ROBIN K. WILLIAMS	24
0:43.88	J.L. EDWARDS	22

100 M. BACK (19-24)

R: 1:16.48 *Esther S Smith '94*

01:27.69	ROBIN K. WILLIAMS	24
01:38.81	J.L. EDWARDS	22

200 M. BACK (19-24)

R: 2:44.91 *Tasha L Hansen '94*

03:04.22	ROBIN K. WILLIAMS	24
03:16.01	DANIELLE M. SIRBU	21

50 M. BRST (19-24)

R: 42.30 *Bradie A Soars '95*

00:42.30	BRADIE A. SOARS	23
00:46.54	ROBIN K. WILLIAMS	24
00:49.56	DANIELLE M. SIRBU	21

100 M BRST (19-24)

R: 1:22.40 *Esther S Smith '95*

01:22.40	ESTHER S. SMITH	23
----------	-----------------	----

200 M BRST (19-24)

R: 2:56.19 *Esther S Smith '94*

50 M. FLY (19-24)

R: 33.30 *Paige Winters '89*

00:37.06	DANIELLE M. SIRBU	21
00:37.76	BRADIE A. SOARS	23
00:40.50	J.L. EDWARDS	22
00:41.55	ROBIN K. WILLIAMS	24

100 M. FLY (19-24)

R: 1:27.97 *Danielle M. Sirbu '94*

01:32.12	DANIELLE M. SIRBU	21
----------	-------------------	----

200 M. FLY (19-24)

R: 3:11.45 *Heather L Perry '94*

100 M. I. M. (19-24)

R: 1:15.16 *Esther S Smith '94*

01:15.46	ESTHER S. SMITH	23
01:25.05	ROBIN K. WILLIAMS	24
01:26.35	BRADIE A. SOARS	23
01:27.01	DANIELLE M. SIRBU	21
01:29.42	J.L. EDWARDS	22

200 M. I. M. (19-24)

R: 2:40.17 *Esther S Smith '94*

03:06.41	ROBIN K. WILLIAMS	24
----------	-------------------	----

400 M. I. M. (19-24)

R: 5:38.00 *Esther S Smith '94*

05:40.25	ESTHER S. SMITH	23
----------	-----------------	----

50 M FREE (25-29)

R: 28.38 *Sudi S. Miller '93*

00:29.26	BROOKE J. BOWMAN	28
00:29.91	M.L. SUTTON	27
00:30.02	LIZ EDLUND	28
00:30.44	DIANA M. O'BRIEN	29
00:31.55	J.L. VanDerMOLEN	28

100 M. FREE (25-29)

R: 1:00.72 *L. K. Welting '95*

01:00.72	L.K. WELTING	29
01:04.35	BROOKE J. BOWMAN	28
01:05.15	DIANA M. O'BRIEN	29
01:06.38	M.L. SUTTON	27
01:07.50	LIZ EDLUND	28

200 M. FREE (25-29)

R: 2:10.31 *L. K. Welting '95*

02:10.31	L.K. WELTING	29
02:17.45	BROOKE J. BOWMAN	28
02:28.42	LIZ EDLUND	28
02:35.83	M.L. SUTTON	27
02:38.54	SARAH J. DAWLEY	26

400 M. FREE (25-29)

R: 4:51.84 *Jennifer T. Willis '94*

04:52.54	BROOKE J. BOWMAN	28
05:15.99	J.L. VanDerMOLEN	28
05:23.57	LIZ EDLUND	28
06:03.00	SUSAN E. LEITHOLF	27
06:41.52	SHERYL L. SPRAGUE	28

800 M. FREE (25-29)

R: 10:00.77 *Brooke J Bowman '95*

10:00.77	BROOKE J. BOWMAN	28
12:39.27	SUSAN E. LEITHOLF	27

1500 M FREE (25-29)

R: 19:00.79 *Brooke J Bowman '95*

19:00.79	BROOKE J. BOWMAN	28
23:46.80	SUSAN E. LEITHOLF	27

50 M. BACK (25-29)

R: 31.98 *J. T. Willis '95*

00:31.98	J.T. WILLIS	27
00:38.05	J.L. VanDerMOLEN	28
00:41.64	KIM D. STEINBERG	26

100 M. BACK (25-29)

R: 1:09.71 *J. T. Willis '95*

01:09.71	J.T. WILLIS	27
01:20.67	J.L. VanDerMOLEN	28

200 M. BACK (25-29)

R: 2:31.73 *J. T. Willis '95*

02:31.73	J.T. WILLIS	27
02:50.57	J.L. VanDerMOLEN	28
02:55.50	SARAH J. DAWLEY	26

50 M. BRST (25-29)

R: 35.70 *Sudi S. Miller '93*

00:36.10	BEVERLY L. ACKER	29
00:38.95	M.L. SUTTON	27
00:39.74	CATHY A. SCHMITT	28
00:41.30	LIZ EDLUND	28
00:43.52	J.L. VanDerMOLEN	28

100 M. BRST (25-29)

R: 1:18.44 *Beverly L Acker '95*

01:18.44	BEVERLY L. ACKER	29
01:28.05	CATHY A. SCHMITT	28
01:28.33	M.L. SUTTON	27
01:29.77	LIZ EDLUND	28
01:39.64	CECILA L. COLLINS	28

200 M. BRST (25-29)

R: 2:49.95 *Beverly L Acker '95*

02:49.95	BEVERLY L. ACKER	29
03:22.49	LIZ EDLUND	28

50 M FLY (25-29)

R: 30.09 *Sudi S. Miller '93*

00:31.22	BEVERLY L. ACKER	29
00:31.35	BROOKE J. BOWMAN	28
00:31.77	J.T. WILLIS	27
00:31.91	M.L. SUTTON	27
00:32.99	DIANA M. O'BRIEN	29

100 M FLY (25-29)

R: 1:07.57 *L. K. Welting '95*

01:07.57	L.K. WELTING	29
01:08.19	BEVERLY L. ACKER	29
01:09.07	BROOKE J. BOWMAN	28
01:18.77	TRACY M. MAKAY	26
01:26.46	SUSAN E. LEITHOLF	27

200 M FLY (25-29)

R: 2:29.66 *L. K. Welting '95*

02:29.66	L.K. WELTING	29
02:29.68	BEVERLY L. ACKER	29
02:35.09	BROOKE J. BOWMAN	28

100 M. I.M. (25-29)

R: 1:10.22 *J. T. Willis '95*

01:10.22	J.T. WILLIS	27
01:10.72	BEVERLY L. ACKER	29
01:16.97	M.L. SUTTON	27
01:18.16	DIANA M. O'BRIEN	29
01:18.84	CATHY A. SCHMITT	28

200 M. I.M. (25-29)

R: 2:29.81 *L. K. Welting '95*

02:29.81	L.K. WELTING	29
02:30.56	J.T. WILLIS	27
02:32.23	BEVERLY L. ACKER	29
02:57.17	M.L. SUTTON	27
02:57.50	LIZ EDLUND	28

400 M. I.M. (25-29)

R: 5:12.72 *L. K. Welting '95*

05:12.72	L.K. WELTING	29
05:23.00	BEVERLY L. ACKER	29

50 M. FREE (30-34)

R: 28.24 *Kathy A. Steele '94*

00:29.21	M.A. KELLER	31
00:29.44	EILEEN O. HARTLE	34
00:29.74	MARY G. DORE	31
00:31.47	HEATHER O'BRIEN	32
00:32.02	LORI J. STAUCH	30

100 M FREE (30-34)

R: 1:03.09 *M. A. Keller '95*

01:03.09	M.A. KELLER	31
01:04.68	MARY G. DORE	31
01:05.93	SUSAN M. WITTING	31
01:09.63	D.G. MATTHEWS	32
01:12.38	GERI P. HEIER	30

200 M. FREE (30-34)

R: 2:20.25 *M. A. Keller '95*

02:20.25	M.A. KELLER	31
02:20.77	MARY G. DORE	31
02:35.70	D.G. MATTHEWS	32
02:39.71	M.M. MCSHEFFERY	32
02:39.90	ADRIENNE SEAL	30

400 M. FREE (30-34)

R: 5:02.95 *Mary G. Dore '95*

05:02.95	MARY G. DORE	31
05:34.22	D.G. MATTHEWS	32
05:38.14	DIANNE L. LEE	30
06:19.28	KERYL H. FROST	34
06:28.48	J.E. NANNEY	31

800 M FREE (30-34)

R: 10:19.44 *Maureen Jones '94*

11:37.35	D.G. MATTHEWS	32
11:44.61	M.M. MCSHEFFERY	32

1500 M. FREE (30-34)

R: 19:39.15 *Maureen Jones '94*

22:02.24	M.M. MCSHEFFERY	32
----------	-----------------	----

50 M. BACK (30-34)

R: 34.84 *M. A. Keller '95*

00:34.84	M.A. KELLER	31
00:39.98	LORI J. STAUCH	30
00:40.87	GERI P. HEIER	30
00:41.02	HEATHER O'BRIEN	32
00:42.25	C.T. SWANSON	33

100 M. BACK (30-34)

R: 1:16.13 *M. A. Keller '95*

01:16.13	M.A. KELLER	31
01:26.27	D.G. MATTHEWS	32
01:33.55	C.T. SWANSON	33
01:41.15	CHERYL A. MILAM	31
01:43.99	PENNY L. McCORD	33

200 M. BACK (30-34)

R: 2:42.07 *M. A. Keller '95*

02:42.07	M.A. KELLER	31
03:00.02	D.G. MATTHEWS	32
03:22.92	C.T. SWANSON	33
04:00.38	PENNY L. McCORD	33

50 M. BRST (30-34)

R: 36.87 *Merit L. Graves '94*

00:38.04	SUSAN M. WITTING	31
00:40.06	M.A. KELLER	31
00:41.72	M.M. MCSHEFFERY	32
00:43.77	HEATHER O'BRIEN	32
00:46.96	J.E. NANNEY	31

100 M. BRST (30-34)
R: 1:20.23 *Merit L. Greaves '94*
01:23.08 CAROL A. WEST 31
01:24.58 SUSAN M. WITTING 31
01:30.26 M.M. McSHEFFERY 32
01:37.63 DIANNE L. LEE 30
01:45.16 J.E. NANNEY 31

200 M. BRST (30-34)
R: 2:55.16 *Lisa A. Flanagan '93*
03:11.95 M.M. McSHEFFERY 32
03:31.78 DIANNE L. LEE 30
03:44.12 J.E. NANNEY 31

50 M. FLY (30-34)
R: 32.10 *Rosalie A. Cretin '93*
00:35.01 HEATHER O'BRIEN 32
00:35.14 M.M. McSHEFFERY 32
00:35.21 M.A. KELLER 31
00:36.34 MARY G. DORE 31
00:36.70 GERI P. HEIER 30

100 M. FLY (30-34)
R: 1:12.46 *Rosalie A. Cretin '93*
01:20.11 D.G. MATTHEWS 32
01:23.55 MARY G. DORE 31
01:29.26 GERI P. HEIER 30

200 M. FLY (30-34)
R: 2:46.73 *Maureen Jones '94*
03:54.33 J.E. NANNEY 31

100 M. I.M. (30-34)
R: 1:13.59 *Kathy A Steele '94*
01:13.80 M.A. KELLER 31
01:15.71 SUSAN M. WITTING 31
01:17.47 CAROL A. WEST 31
01:19.27 MARY G. DORE 31
01:21.46 D.G. MATTHEWS 32

200 M. I.M. (30-34)
R: 2:40.52 *Merit L. Greaves '94*
02:45.30 M.A. KELLER 31
02:55.10 M.M. McSHEFFERY 32
03:04.57 ADRIENNE SEAL 30
03:19.64 C.T. SWANSON 33
03:33.77 J.E. NANNEY 31

400 M. I.M. (30-34)
R: 5:43.73 *Lisa A. Flanagan '93*
07:34.06 J.E. NANNEY 31
08:08.42 CHERYL A. MILAM 31

50 M. FREE (35-39)
R: 28.49 *Gina M. Aguilar '94*
00:29.15 GINA M. AGUILAR 36
00:29.21 C.E. SHONKWILER 35
00:31.16 ANDREA D. NANTA 36
00:31.81 KELLY BERGDOLL 37
00:32.26 LORI P. EDWARDS 35

100 M. FREE (35-39)
R: 1:05.60 *C. E. Shonkwiler '95*
01:05.60 C.E. SHONKWILER 35
01:05.96 GINA M. AGUILAR 36
01:08.37 ANDREA D. NANTA 36
01:10.86 SUSAN M. McKEAN 35
01:11.54 KELLY BERGDOLL 37

200 M. FREE (35-39)
R: 2:27.53 *Andrea D. Nanta '95*
02:27.53 ANDREA D. NANTA 36
02:33.63 B.K. NICHOLS 38
02:40.42 LORI P. EDWARDS 35
02:43.65 KELLY BERGDOLL 37
03:01.03 KERYL H. FROST 35

400 M. FREE (35-39)
R: 5:16.06 *Wanda H. Brown '93*
05:31.91 JO ANN HARRELSON 39
05:35.49 B.K. NICHOLS 38
05:42.69 LORI P. EDWARDS 35
06:42.14 NICOLE D. MISTELE 35
06:46.25 L.S. ZOLNIEROWSKI 37

800 M. FREE (35-39)
R: 10:41.30 *Wanda H Brown '93*
10:56.22 ANDREA D. NANTA 36
13:47.35 NICOLE D. MISTELE 35

1500 M. FREE (35-39)
R: 21:16.78 *JoAnn Harrelson '94*
25:55.87 NICOLE D. MISTELE 35

50 M. BACK (35-39)
R: 34.14 *C. E. Shonkwiler '95*
00:34.14 C.E. SHONKWILER 35
00:36.89 ANDREA D. NANTA 36
00:37.08 LORI P. EDWARDS 35
00:50.54 L.S. ZOLNIEROWSKI 37
00:50.63 KERYL H. FROST 35

100 M. BACK (35-39)
R: 1:17.11 *C. E. Shonkwiler '95*
01:17.11 C.E. SHONKWILER 35
01:19.77 ANDREA D. NANTA 36
01:21.57 LORI P. EDWARDS 35
01:25.33 KELLY BERGDOLL 37
01:48.66 L.S. ZOLNIEROWSKI 37

200 M. BACK (35-39)
R: 2:57.61 *Lori P. Edwards '95*
02:57.61 LORI P. EDWARDS 35
02:58.05 ANDREA D. NANTA 36
03:06.97 KELLY BERGDOLL 37
03:38.92 KERYL H. FROST 35

50 M. BRST (35-39)
R: 40.07 *Susan M McKean '95*
00:40.07 SUSAN M. McKEAN 35
00:40.78 JUDY B. TIBMA 39
00:41.25 JO ANN HARRELSON 39
01:02.50 SUE A. MOUCHA 37

100 M BRST (35-39)
R: 1:25.61 *R. J. Seaman '93*
01:27.05 JUDY B. TIBMA 39
01:28.06 SUSAN M. McKEAN 35
01:30.18 JO ANN HARRELSON 39
02:11.84 SUE A. MOUCHA 37

200 M BRST (35-39)
R: 3:11.61 *JoAnn Harrelson '95*
03:11.61 JO ANN HARRELSON 39
03:15.06 JUDY B. TIBMA 39
04:31.04 SUE A. MOUCHA 37

50 M. FLY (35-39)
R: 32.32 *C. E. Shonkwiler '95*
00:32.32 C.E. SHONKWILER 35
00:32.51 GINA M. AGUILAR 36
00:34.82 B.K. NICHOLS 38
00:38.16 LORI P. EDWARDS 35
00:40.29 JO ANN HARRELSON 39

100 M. FLY (35-39)
R: 1:16.72 *C. E. Shonkwiler '95*
01:16.72 C.E. SHONKWILER 35
01:19.27 B.K. NICHOLS 38
01:28.92 LORI P. EDWARDS 35

200 M. FLY (35-39)
R: 2:53.19 *B. K. Nichols '95*

02:53.19 B.K. NICHOLS 38
03:08.15 JO ANN HARRELSON 39
03:25.50 LORI P. EDWARDS 35

100 M. I.M. (35-39)
R: 1:15.22 *C. E. Shonkwiler '95*
01:15.22 C.E. SHONKWILER 35
01:15.78 GINA M. AGUILAR 36
01:23.28 JUDY B. TIBMA 39
01:26.00 KELLY BERGDOLL 37
01:28.29 AMY B. MULLANEY 35

200 M. I.M. (35-39)
R: 2:59.31 *JoAnn Harrelson '95*
02:59.31 JO ANN HARRELSON 39
03:01.85 JUDY B. TIBMA 39
03:03.40 LORI P. EDWARDS 35
04:35.91 SUE A. MOUCHA 37

400 M. I.M. (35-39)
R: 6:11.84 *JoAnn Harrelson '95*
06:11.84 JO ANN HARRELSON 39
06:30.18 B.K. NICHOLS 38

50 M. FREE (40-44)
R: 31.53 *Deborah W Walker '93*
00:34.62 LISA H. ROSS 40
00:35.44 NANCY GUINN 41
00:40.16 C.M. ODIERNA 43
00:41.89 BECKY HALDEMAN 40
00:42.89 CAROL M. SEIDEL 41

100 M. FREE (40-44)
R: 1:10.26 *Kathryn A Wine '93*
01:25.59 NANCY GUINN 41
01:26.53 LYDIA R. THAMES 40
01:31.86 C.M. ODIERNA 43
01:38.12 BECKY HALDEMAN 40

200 M. FREE (40-44)
R: 2:35.55 *Kathryn A Wine '93*
02:45.72 LISA H. ROSS 40
03:08.93 LYDIA R. THAMES 40
03:18.78 CAROL M. SEIDEL 41
03:28.39 C.M. ODIERNA 43

400 M. FREE (40-44)
R: 5:34.73 *Pam J Geiger '93*
05:49.05 PAM GEIGER 42
06:43.07 LYDIA R. THAMES 40

800 M. FREE (40-44)
R: 11:22.18 *Kathryn A Wine '93*
11:44.70 PAM GEIGER 42
13:42.74 LYDIA R. THAMES 40

1500 M. FREE (40-44)
R: 21:31.56 *Laurie M Grubbs '94*
22:11.56 PAM GEIGER 42

50 M. BACK (40-44)
R: 37.63 *Deb W. Walker '94*
00:40.41 NANCY GUINN 41
00:46.10 BECKY HALDEMAN 40
00:48.73 LYDIA R. THAMES 40
00:52.98 C.M. ODIERNA 43

100 M. BACK (40-44)
R: 1:26.02 *Kathryn A Wine '93*
01:30.17 NANCY GUINN 41
01:42.10 BECKY HALDEMAN 40
01:43.71 LYDIA R. THAMES 40
01:53.64 C.M. ODIERNA 43

200 M. BACK (40-44)
R: 3:36.28 *Becky Halldeman '95*

03:36.28 BECKY HALDEMAN 40
04:00.58 C.M. ODIERNA 43

50 M. BRST (40-44)
R: 41.80 *Nancy Guinn '95*
00:41.80 NANCY GUINN 41
00:43.05 LISA H. ROSS 40
00:54.69 KAREN WEST 43
00:54.81 C.M. ODIERNA 43

100 M BRST (40-44)
R: 1:22.41 *Deb W Walker '94*
01:32.25 LISA H. ROSS 40
01:32.72 NANCY GUINN 41
01:48.56 LYDIA R. THAMES 40
01:51.33 ELAINE C. SMITH 41

200 M. BRST (40-44)
R: 3:18.94 *Lisa H. Ross '95*
03:18.94 LISA H. ROSS 40
04:13.25 ELAINE C. SMITH 41

50 M. FLY (40-44)
R: 36.87 *Kathryn A Wine '93*
00:39.85 LISA H. ROSS 40
00:49.36 LYDIA R. THAMES 40
00:50.97 ELAINE C. SMITH 41
01:00.11 KAREN WEST 43

100 M. FLY (40-44)
No Record

200 M. FLY (40-44)
No Record

100 M. I.M. (40-44)
R: 1:17.32 *Deb W Walker '93*
01:26.08 LISA H. ROSS 40
01:27.90 NANCY GUINN 41
01:41.09 LYDIA R. THAMES 40
01:47.69 ELAINE C. SMITH 41
01:52.51 BECKY HALDEMAN 40

200 M. I. M. (40-44)
R: 2:56.84 *Kathryn A Wine '93*
03:11.07 LISA H. ROSS 40
03:18.13 NANCY GUINN 41
03:41.93 LYDIA R. THAMES 40
04:10.05 BECKY HALDEMAN 40

400 M. I. M. (40-44)
R: 7:05.23 *Meegan J Wilson '93*

50 M. FREE (45-49)
R: 32.61 *Anne P. Grams '95*

00:32.61 ANNE P. GRAMS 48
00:35.81 TRISH H. MARKEY 45
00:37.41 G.J. PINGLEY 48
00:38.42 LESLIE L. TREAT 46
00:38.77 BETTY B. VEATER 49

100 M. FREE (45-49)
R: 1:11.78 *Ann M. Page '94*
01:11.88 ANNE P. GRAMS 48
01:22.72 LESLIE L. TREAT 46
01:23.30 TRISH H. MARKEY 45
01:29.34 G.J. PINGLEY 48

200 M. FREE (45-49)
R: 2:36.15 *Anne P Grams '95*
02:36.15 ANNE P. GRAMS 48
03:04.69 LESLIE L. TREAT 46

03:07.69 PENNY M. POTTER 48
03:11.67 TRISH H. MARKEY 45
03:12.42 BETTY B. VEATER 49

400 M. FREE (45-49)

R: 5:39.01 *Anne P. Grams '94*
05:42.24 ANNE P. GRAMS 48
07:40.44 G.J. PINGLEY 48

800 M. FREE (45-49)

R: 13:33.59 *Betty B. Veater '95*
13:33.59 BETTY B. VEATER 49
14:00.80 PENNY M. POTTER 48
15:12.17 VICKI E. HALEY 48

1500 M. FREE (45-49)

R: 28:37.31 *Vicki E. Haley '95*
28:37.31 VICKI E. HALEY 48

50 M. BACK (45-49)

R: 43.64 *Meegan J Wilson '94*
00:46.24 ANGIE L. WILSON 47

100 M. BACK (45-49)

R: 1:35.22 *Suzy Carlson '89*
01:44.50 ANGIE L. WILSON 47

200 M. BACK (45-49)

R: 3:46.23 *Angie L Wilson '95*
03:46.23 ANGIE L. WILSON 47

50 M. BRST (45-49)

R: 40.58 *Meegan J Wilson '94*
00:42.76 LESLIE L. TREAT 46
00:46.12 G.J. PINGLEY 48
00:49.32 ANGIE L. WILSON 47

100 M. BRST (45-49)

R: 1:28.40 *Meegan J. Wilson '94*
01:33.66 LESLIE L. TREAT 46
01:40.80 G.J. PINGLEY 48
01:45.70 BETTY B. VEATER 49
01:48.51 PENNY M. POTTER 48
01:52.02 ANGIE L. WILSON 47

200 M. BRST (45-49)

R: 3:16.37 *Meegan J. Wilson '94*
03:23.83 LESLIE L. TREAT 46
04:08.69 ANGIE L. WILSON 47

50 M. FLY (45-49)

R: 34.65 *Anne P. Grams '95*
00:34.65 ANNE P. GRAMS 48
00:47.16 G.J. PINGLEY 48
00:47.28 LESLIE L. TREAT 46

100 M. FLY (45-49)

R: 1:21.24 *Anne P Grams '95*
01:21.24 ANNE P. GRAMS 48

200 M. FLY (45-49)

R: 2:57.20 *Anne P Grams '95*
02:57.20 ANNE P. GRAMS 48

100 M. I.M. (45-49)

R: 1:22.63 *Anne P Grams '94*
01:24.34 ANNE P. GRAMS 48
01:35.63 LESLIE L. TREAT 46
01:36.68 G.J. PINGLEY 48
01:38.94 BETTY B. VEATER 49

200 M. I.M. (45-49)

R: 3:00.99 *Anne P Grams '95*
03:00.99 ANNE P. GRAMS 48

400 M. I.M. (45-49)

R: 6:20.87 *Anne P Grams '95*
06:20.87 ANNE P. GRAMS 48

50 M. FREE (50-54)

R: 33.20 *Jayne M. Lambke '89*
00:40.19 NANCY J. MITTS 50

100 M. FREE (50-54)

R: 1:15.77 *Jayne M. Lambke '93*
01:30.51 NANCY J. MITTS 50

200 M. FREE (50-54)

R: 2:41.08 *Jayne M. Lambke '89*

400 M. FREE (50-54)

R: 5:53.75 *Jayne M. Lambke '89*

800 M. FREE (50-54)

R: 12:27.15 *Jayne M Lambke '93*

1500 M. FREE (50-54)

R: 23:20.21 *Jayne M Lambke '89*

50 M. BACK (50-54)

R: 43.90 *Jayne M. Lambke '89*

100 M. BACK (50-54)

R: 1:38.07 *Suzy Carlson '94*

200 M. BACK (50-54)

R: 4:00.88 *Beverley Tucker '89*

50 M. BRST (50-54)

R: 40.43 *Elaine Bromwich '94*
00:51.33 NANCY J. MITTS 50

100 M. BRST (50-54)

R: 1:54.46 *Sandy L. Steer '89*

200 M. BRST (50-54)

R: 3:09.57 *Elaine Bromwich '93*

50 M. FLY (50-54)

R: 39.03 *Jayne M. Lambke '93*

100 M. FLY (50-54)

R: 1:33.77 *Jayne M. Lambke '93*

200 M. FLY (50-54)

R: 3:20.74 *Elaine Bromwich '93*

100 M. I.M. (50-54)

R: 1:27.70 *Elaine Bromwich '94*

200 M. I.M. (50-54)

R: 3:10.74 *Elaine Bromwich '93*

400 M. I.M. (50-54)

R: 6:57.84 *Jayne M. Lambke '89*

50 M. FREE (55-59)

R: 33.75 *Jayne M. Lambke '94*
00:34.07 JAYNE M. LAMBKE 56
00:44.66 SANDY L. STEER 56
00:47.47 MARGIE HUTINGER 55
00:54.48 M.J. HENDERSON 58
01:02.39 S.L. LEONARD 59

100 M. FREE (55-59)

R: 1:15.61 *Jayne M. Lambke '94*
01:15.72 JAYNE M. LAMBKE 56

01:39.41 SANDY L. STEER 56
01:52.57 MARGIE HUTINGER 55
02:01.41 M.J. HENDERSON 58

200 M. FREE (55-59)

R: 2:47.55 *Jayne M. Lambke '94*
02:49.44 JAYNE M. LAMBKE 56
03:34.58 SANDY L. STEER 56
03:54.33 MARGIE HUTINGER 55
04:05.29 M.J. HENDERSON 58

400 M. FREE (55-59)

R: 5:57.89 *Jayne M. Lambke '94*
05:58.65 JAYNE M. LAMBKE 56
07:47.46 SANDY L. STEER 56
08:17.71 MARGIE HUTINGER 55

800 M. FREE (55-59)

R: 12:18.62 *Jayne M Lambke '94*
12:37.16 JAYNE M. LAMBKE 56
17:23.03 MARGIE HUTINGER 55

1500 M. FREE (55-59)

R: 23:45.17 *Jayne M Lambke '95*
23:45.17 JAYNE M. LAMBKE 56
34:23.85 MARGIE HUTINGER 55

50 M. BACK (55-59)

R: 47.39 *Scottie Holliday '93*
00:47.41 JAYNE M. LAMBKE 56
00:49.92 JEAN M. STERLING 58
00:58.81 MARGIE HUTINGER 55
00:58.94 M.J. HENDERSON 58
01:03.09 SANDY L. STEER 56

100 M. BACK (55-59)

R: 1:49.07 *Jean M. Sterling '95*
01:49.07 JEAN M. STERLING 58
01:58.65 DORIS C. PROKOPI 59
02:05.77 MARGIE HUTINGER 55

200 M. BACK (55-59)

R: 3:54.64 *Scottie Holliday '93*
04:19.47 MARGIE HUTINGER 55
04:25.95 M.J. HENDERSON 58

50 M. BRST (55-59)

R: 46.18 *Jacquelyn G Piper '95*
00:46.18 J.G. PIPER 58
00:50.08 JEAN M. STERLING 58
00:50.19 DORIS C. PROKOPI 59
00:52.91 SANDY L. STEER 56
01:09.11 MARGIE HUTINGER 55

100 M. BRST (55-59)

R: 1:41.75 *Jacquelyn G Piper '94*
01:47.54 JAYNE M. LAMBKE 56
01:49.90 JEAN M. STERLING 58
01:53.34 SANDY L. STEER 56
01:54.88 DORIS C. PROKOPI 59

200 M. BRST (55-59)

R: 3:42.56 *Jacquelyn G Piper '95*
03:42.56 J.G. PIPER 58
04:02.79 JEAN M. STERLING 58
04:08.95 SANDY L. STEER 56
04:13.03 DORIS C. PROKOPI 59

50 M. FLY (55-59)

R: 37.70 *Jayne M. Lambke '94*
00:38.80 JAYNE M. LAMBKE 56
00:48.52 JEAN M. STERLING 58
00:53.01 DORIS C. PROKOPI 59
01:02.22 SANDY L. STEER 56
01:03.78 MARGIE HUTINGER 55

100 M. FLY (55-59)

R: 1:31.26 *Jayne M Lambke '94*
01:35.37 JAYNE M. LAMBKE 56

200 M. FLY (55-59)

R: 3:28.37 *Jayne M Lambke '94*
03:36.45 JAYNE M. LAMBKE 56

100 M. I.M. (55-59)

R: 1:32.75 *Jayne M Lambke '95*
01:32.75 JAYNE M. LAMBKE 56
01:42.77 JEAN M. STERLING 58
02:08.21 SANDY L. STEER 56

200 M. I.M. (55-59)

R: 3:21.23 *Jayne M Lambke '95*
03:21.23 JAYNE M. LAMBKE 56
03:47.36 JEAN M. STERLING 58
04:12.66 DORIS C. PROKOPI 59

400 M. I.M. (55-59)

R: 6:57.84 *Jayne M Lambke '95*
06:57.84 JAYNE M. LAMBKE 56
08:08.43 JEAN M. STERLING 58

50 M. FREE (60-64)

R: 39.74 *Jean C Garbus '95*
00:39.74 JEAN C. GARBUS 61
00:42.84 K. KNIGHT-PERRY 60
00:44.91 BARBARA A. ALLEN 62
00:59.92 ALYCE M. VOGEL 63

100 M. FREE (60-64)

R: 1:28.15 *Jean C Garbus '95*
01:28.15 JEAN C. GARBUS 61
01:33.31 K. KNIGHT-PERRY 60
01:40.63 BARBARA A. ALLEN 62

200 M. FREE (60-64)

R: 3:23.21 *Jean C Garbus '95*
03:23.21 JEAN C. GARBUS 61
03:46.25 BARBARA A. ALLEN 62

400 M. FREE (60-64)

R: 7:16.44 *K. Knight-Perry '95*
07:16.44 K. KNIGHT-PERRY 60
07:47.54 BARBARA A. ALLEN 62

800 M. FREE (60-64)

R: 15:00.71 *Nancy N Durstein '93*

1500 M. FREE (60-64)

R: 31:16.31 *Barbara A Allen '94*

50 M. BACK (60-64)

R: 49.75 *Barbara A. Allen '94*
00:52.03 BARBARA A. ALLEN 62

100 M. BACK (60-64)

R: 1:53.72 *Barbara A. Allen '94*
01:55.18 BARBARA A. ALLEN 62

200 M. BACK (60-64)

R: 4:07.89 *Barbara A. Allen '95*
04:07.89 BARBARA A. ALLEN 62

50 M. BRST (60-64)

R: 53.47 *Joan Glaraton '89*
00:53.65 JEAN C. GARBUS 61
01:00.21 ALYCE M. VOGEL 63

100 M. BRST (60-64)

R: 1:58.15 *Jean C Garbus '95*
01:58.15 JEAN C. GARBUS 61
02:15.35 ALYCE M. VOGEL 63

200 M BRST (60-64) R: 4:35.35 <i>Joan Glaraton '89</i>	02:11.29 GLADYS OLSEN 69	04:34.88 JUNE B. REYNOLDS 73	01:03.04 KAY M. SCHIMPF 78 1:15.20 A.V. ZOELLER 77
50 M. FLY (60-64) R: 51.18 <i>Jean C Garbus '95</i> 00:51.18 JEAN C. GARBUS 61	200 M. BRST (65-69) R: 4:32.32 <i>Gladys Olsen '94</i> 04:33.96 GLADYS OLSEN 69 04:37.90 JOAN M. GLARATON 68 04:39.57 NANCY N. DURSTEIN 65	50 M BRST (70-74) R: 52.89 <i>Gertrud Zint '89</i> 00:53.43 FLORENCE E. CARR 70 01:02.46 JUNE B. REYNOLDS 73	100 M. BACK (75-79) R: 2:08.12 <i>Gertrud J Zint '94</i> 02:22.29 JEAN B. ZULICH 75 02:51.24 A.V. ZOELLER 77
100 M. FLY (60-64) R: 2:20.13 <i>Joan Glaraton '89</i>	50 M. FLY (65-69) R: 45.78 <i>Florence E. Carr '93</i> 01:05.60 GLADYS OLSEN 69 01:10.09 JOAN M. GLARATON 68	100 M. BRST (70-74) R: 2:00.50 <i>Gertrud Zint '89</i>	200 M. BACK (75-79) R: 4:32.35 <i>Gertrud J Zint '94</i> 04:49.83 KAY M. SCHIMPF 78 05:00.45 JEAN B. ZULICH 75
200 M. FLY (60-64) R: 4:22.37 <i>Nancy N Durstein '93</i>	100 M. FLY (65-69) R: 1:58.76 <i>Florence E. Carr '94</i> 02:19.64 GLADYS OLSEN 69	200 M. BRST (70-74) R: 4:46.31 <i>Jean A. Beers '93</i> 04:54.00 JUNE B. REYNOLDS 73	50 M. BRST (75-79) R: 53.94 <i>Gertrud J. Zint '93</i> 00:59.17 GERTRUD J. ZINT 78 01:03.30 KAY M. SCHIMPF 78 01:07.45 JEAN B. ZULICH 75 01:15.09 A.V. ZOELLER 77
100 M I. M. (60-64) R: 1:44.22 <i>Jean C Garbus '95</i> 01:44.22 JEAN C. GARBUS 61	200 M. FLY (65-69) R: 4:35.56 <i>Nancy N Durstein '95</i> 04:35.56 NANCY N. DURSTEIN 65 04:48.33 GLADYS OLSEN 69 05:28.95 JOAN M. GLARATON 68	50 M. FLY (70-74) R: 48.16 <i>Gertrud Zint '89</i> 00:48.16 FLORENCE E. CARR 70 01:01.00 JUNE B. REYNOLDS 73	100 M. BRST (75-79) R: 2:03.89 <i>Gertrud J Zint '93</i> 02:13.59 GERTRUD J. ZINT 78 02:19.20 KAY M. SCHIMPF 78 02:34.85 JEAN B. ZULICH 75 02:42.08 A.V. ZOELLER 77
200 M I. M. (60-64) R: 3:39.23 <i>Jean C Garbus '95</i> 03:49.23 JEAN C. GARBUS 61	100 M. I. M. (65-69) R: 1:39.75 <i>Florence E. Carr '93</i> 01:56.64 NANCY N. DURSTEIN 65 02:15.02 JOAN M. GLARATON 68	100 M. FLY (70-74) R: 2:08.33 <i>Gertrud Zint '89</i> 02:14.45 JUNE B. REYNOLDS 73	200 M. BRST (75-79) R: 4:32.71 <i>Gertrud J Zint '93</i> 04:58.78 KAY M. SCHIMPF 78 05:04.85 GERTRUD J. ZINT 78 05:40.90 A.V. ZOELLER 77
400 M. I. M. (60-64) R: 9:16.59 <i>Joan Glaraton '89</i>	200 M. I. M. (65-69) R: 3:49.03 <i>Florence E. Carr '94</i> 04:09.69 NANCY N. DURSTEIN 65	200 M FLY (70-74) R: 4:22.36 <i>Florence E Carr '95</i> 04:22.36 FLORENCE E. CARR 70 04:51.96 JUNE B. REYNOLDS 73	50 M. FLY (75-79) R: 56.53 <i>Gertrud J Zint '93</i> 01:02.37 KAY M. SCHIMPF 78 01:03.38 GERTRUD J. ZINT 78 01:06.96 JEAN B. ZULICH 75
50 M. FREE (65-69) R: 39.18 <i>Florence E. Carr '93</i> 00:51.69 JOAN M. GLARATON 68 00:52.35 EDNA B. GORDON 68	400 M. I. M. (65-69) R: 8:16.12 <i>Florence E. Carr '94</i> 08:39.07 NANCY N. DURSTEIN 65 09:49.32 GLADYS OLSEN 69	100 M. I. M. (70-74) R: 1:43.66 <i>Florence E. Carr '95</i> 01:43.66 FLORENCE E. CARR 70	200 M. BRST (75-79) R: 5:22.24 <i>Kay M. Schimpff '93</i> 05:33.52 KAY M. SCHIMPF 78
100 M FREE (65-69) R: 1:26.53 <i>Florence E. Carr '93</i> 01:42.27 NANCY N. DURSTEIN 65	50 M. FREE (70-74) R: 38.36 <i>Florence E. Carr '95</i> 00:38.36 FLORENCE E. CARR 70	200 M. I. M. (70-74) R: 3:46.89 <i>Florence E. Carr '95</i> 03:46.89 FLORENCE E. CARR 70 04:38.33 JUNE B. REYNOLDS 73	50 M. FLY (75-79) R: 2:25.74 <i>Kay M. Schimpff '94</i> 02:25.86 KAY M. SCHIMPF 78 02:31.66 JEAN B. ZULICH 75
200 M FREE (65-69) R: 3:10.86 <i>Florence E. Carr '93</i> 03:31.46 NANCY N. DURSTEIN 65 04:04.94 EDNA B. GORDON 68	100 M. FREE (70-74) R: 1:47.56 <i>Florence E. Carr '95</i> 01:27.12 FLORENCE E. CARR 70	400 M. I. M. (70-74) R: 8:45.00 <i>Florence E. Carr '95</i> 08:45.00 FLORENCE E. CARR 70	100 M. FLY (75-79) R: 5:22.24 <i>Kay M. Schimpff '93</i> 05:33.52 KAY M. SCHIMPF 78
400 M FREE (65-69) R: 6:51.63 <i>Florence E. Carr '93</i> 07:26.01 NANCY N. DURSTEIN 65 09:14.43 JOAN M. GLARATON 68	200 M. FREE (70-74) R: 3:15.41 <i>Florence E. Carr '95</i> 03:15.41 FLORENCE E. CARR 70	50 M. FREE (75-79) R: 48.70 <i>Gertrud J Zint '93</i> 00:50.55 JEAN B. ZULICH 75 00:52.83 GERTRUD J. ZINT 78 00:53.47 KAY M. SCHIMPF 78	200 M. FLY (75-79) R: 5:22.24 <i>Kay M. Schimpff '93</i> 05:33.52 KAY M. SCHIMPF 78
800 M. FREE (65-69) R: 13:53.71 <i>Florence E Carr '93</i>	400 M. FREE (70-74) R: 6:45.83 <i>Florence E. Carr '95</i> 06:45.83 FLORENCE E. CARR 70	100 M. FREE (75-79) R: 1:55.28 <i>Kay M. Schimpff '93</i> 02:00.01 KAY M. SCHIMPF 78 02:03.88 GERTRUD J. ZINT 78	100 M. I. M. (75-79) R: 1:58.06 <i>Gertrud J Zint '93</i> 02:11.14 GERTRUD J. ZINT 78 02:12.42 KAY M. SCHIMPF 78 02:20.26 JEAN B. ZULICH 75
1500 M. FREE (65-69) R: 29:42.65 <i>Florence E Carr '94</i>	800 M. FREE (70-74) R: 14:23.40 <i>Florence E Carr '95</i> 14:23.40 FLORENCE E. CARR 70	200 M. FREE (75-79) R: 4:08.55 <i>Kay M. Schimpff '93</i> 04:21.06 KAY M. SCHIMPF 78	200 M. I. M. (75-79) R: 4:27.83 <i>Gertrud J Zint '93</i> 04:49.46 GERTRUD J. ZINT 78 04:53.61 KAY M. SCHIMPF 78 05:06.39 JEAN B. ZULICH 75
50 M. BACK (65-69) R: 48.46 <i>Doris M McEwan '94</i> 01:01.31 GLADYS OLSEN 69 01:03.52 EDNA B. GORDON 68 01:04.50 JOAN M. GLARATON 68	1500 M. FREE (70-74) R: 27:07.40 <i>Florence E Carr '95</i> 27:07.40 FLORENCE E. CARR 70	400 M. FREE (75-79) R: 8:33.49 <i>Kay M. Schimpff '93</i> 08:45.06 KAY M. SCHIMPF 78 12:30.90 A.V. ZOELLER 77	400 M. I. M. (75-79) R: 9:41.36 <i>Gertrud J Zint '93</i> 10:46.39 GERTRUD J. ZINT 78
100 M. BACK (65-69) R: 1:46.51 <i>Florence E. Carr '94</i> 01:57.44 NANCY N. DURSTEIN 65 02:21.60 JOAN M. GLARATON 68	50 M BACK (70-74) R: 52.84 <i>Florence E. Carr '95</i> 00:52.84 FLORENCE E. CARR 70 00:57.90 JUNE B. REYNOLDS 73	800 M. FREE (75-79) R: 18:10.57 <i>Kay M Schimpff '95</i> 18:10.57 KAY M. SCHIMPF 78 25:16.35 A.V. ZOELLER 77	50 M FREE (80-84) R: 1:04.77 <i>M.E. McElhose '95</i> 01:04.77 M.E. McELHOSE 81
200 M. BACK (65-69) R: 3:55.02 <i>Doris M McEwan '94</i> 04:05.31 NANCY N. DURSTEIN 65 04:42.90 EDNA B. GORDON 68	100 M. BACK (70-74) R: 1:46.05 <i>Florence E. Carr '95</i> 01:46.05 FLORENCE E. CARR 70 02:18.68 JUNE B. REYNOLDS 73	1500 M. FREE (75-79) R: 33:23.53 <i>Kay M Schimpff '92</i> 34:13.49 KAY M. SCHIMPF 78	100 M FREE (80-84) R: 2:33.86 <i>M E McElhose '95</i> 02:33.86 M.E. McELHOSE 81
50 M. BRST (65-69) R: 51.18 <i>Doris M McEwan '94</i> 00:56.85 JOAN M. GLARATON 68 01:02.59 GLADYS OLSEN 69	200 M. BACK (70-74) R: 3:55.98 <i>Florence E. Carr '95</i> 03:55.98 FLORENCE E. CARR 70	50 M BACK (75-79) R: 56.00 <i>Gertrud J Zint '94</i> 00:58.79 GERTRUD J. ZINT 78 01:00.55 JEAN B. ZULICH 75	200 M FREE (80-84) R: 5:49.59 <i>Anne Wilder '94</i>

800 M. FREE (80-84)

No Record

1500 M. FREE (80-84)

No Record

50 M BACK (80-84)R: 1:12.59 *Win Kennedy '93*

01:36.89 M.E. McELHOSE 81

100 M BACK (80-84)R: 3:27.03 *M E McElhose '95*

03:27.03 M.E. McELHOSE 81

200 M. BACK (80-84)R: 5:28.66 *Dorothy Hopkins '89***50 M BRST (80-84)**R: 1:39.94 *Anne Wilder '94*

02:00.47 M.E. McELHOSE 81

100 M BRST (80-84)R: 3:43.23 *Anne Wilder '94***200 M BRST (80-84)**R: 6:49.47 *Dorothy Hopkins '89***50 M. FLY (80-84)**R: 1:22.11 *Anne Wilder '94***100 M FLY (80-84)**R: 3:06.77 *Dorothy Hopkins '89***200 M FLY (80-84)**R: 6:46.72 *Dorothy Hopkins '89***100 M. I. M. (80-84)**R: 2:40.78 *Dorothy Hopkins '89***200 M. I. M. (80-84)**

No Record

400 M. I. M. (80-84)R: 12:11.13 *Dorothy Hopkins '89***50 M BACK (85-89)**R: 1:31.84 *M.B. McKechnie '93***MEN:****50 M FREE (19-24)**R: 24.84 *Nick Mina '94*

00:25.82 JACK E. THOMAS 23

100 M FREE (19-24)R: 53.12 *Jeff Poppell '93***200 M FREE (19-24)**R: 1:56.27 *Jeff Poppell '93***400 M. FREE (19-24)**R: 4:08.28 *Jeff Poppell '93***800 M. FREE (19-24)**R: 8:39.19 *Jeff Poppell '93***1500 M. FREE (19-24)**R: 16:15.25 *Jeff Poppell '93***50 M BACK (19-24)**R: 30.55 *Chris J Brancato '95*

00:30.55 CHRIS J. BRANCATO 24

100 M BACK (19-24)R: 1:00.67 *Jeff Poppell '93***200 M BACK (19-24)**R: 2:10.62 *Jeff Poppell '93***50 M. BRST (19-24)**R: 38.04 *Robert J. Harms '93***100 M. BRST (19-24)**R: 1:10.99 *Jack E Thomas '95*

01:10.99 JACK E. THOMAS 23

200 M. BRST (19-24)

No Record

50 M. FLY (19-24)R: 28.88 *Chris J Brancato '94***100 M. FLY (19-24)**R: 57.54 *Jeff Poppell '93***200 M. FLY (19-24)**R: 2:07.64 *Jeff Poppell '93***100 M. I.M. (19-24)**R: 1:04.03 *Jack E Thomas '95*

01:04.03 JACK E. THOMAS 23

01:08.48 CHRIS J. BRANCATO 24

200 M. I. M. (19-24)R: 2:11.25 *Jeff Poppell '93***400 M. I. M. (19-24)**R: 4:44.27 *Jeff Poppell '93*

05:09.27 JACK E. THOMAS 23

50 M. FREE (25-29)R: 24.23 *James R Smith '95*

00:24.23 JAMES R. SMITH 25

00:25.18 JOE AUER 27

00:26.77 R.W. DORSEY 26

00:28.65 J. DAVID TORBERT 26

00:33.05 KHEAM S. TAING 28

100 M. FREE (25-29)R: 53.09 *Paul W Robinson '93*

00:54.50 JAMES R. SMITH 25

00:54.55 JOE AUER 27

01:04.33 J. DAVID TORBERT 26

01:17.07 KHEAM S. TAING 28

200 M. FREE (25-29)R: 1:57.15 *Paul W Robinson '93*

02:05.71 JAMES R. SMITH 25

02:15.34 W.T. MATTHEWS 29

02:19.97 J.D. SCHUMBACKER 28

400 M. FREE (25-29)R: 4:10.40 *Paul W Robinson '93***800 M. FREE (25-29)**R: 8:41.80 *Paul W Robinson '93*

10:21.02 W.T. MATTHEWS 29

1500 M. FREE (25-29)R: 19:42.35 *W T Matthews '94***50 M BACK (25-29)**R: 28.81 *James R Smith '95*

00:28.81 JAMES R. SMITH 25

00:33.01 J.D. SCHUMBACKER 28

00:34.10 J. DAVID TORBERT 26

100 M BACK (25-29)R: 1:01.38 *James R Smith '95*

01:01.38 JAMES R. SMITH 25

01:11.09 J.D. SCHUMBACKER 28

200 M. BACK (25-29)R: 2:10.95 *Paul W. Robinson '93*

02:17.17 JAMES R. SMITH 25

02:36.05 J.D. SCHUMBACKER 28

50 M BRST (25-29)R: 32.89 *F Charmforoosh '93*

00:33.39 R.W. DORSEY 26

00:35.37 F.CHARMFOROOSH 29

100 M. BRST (25-29)R: 1:13.31 *R. W. Dorsey '95*

01:13.31 R.W. DORSEY 26

01:22.68 J.D. SCHUMBACKER 28

01:23.12 W.T. MATTHEWS 29

01:31.24 JAMES M. COLLINS 29

200 M BRST (25-29)R: 2:38.55 *F Charmforoosh '93*

02:51.09 F.CHARMFOROOSH 29

03:01.10 J.D. SCHUMBACKER 28

03:04.03 W.T. MATTHEWS 29

50 M. FLY (25-29)R: 26.23 *Jack C. McKean '93*

00:26.95 JOE AUER 27

00:30.63 J. DAVID TORBERT 26

00:30.85 F.CHARMFOROOSH 29

00:31.70 J.D. SCHUMBACKER 28

100 M. FLY (25-29)R: 1:01.98 *Paul W Robinson '93*

01:11.76 W.T. MATTHEWS 29

01:12.84 J. DAVID TORBERT 26

01:13.56 J.D. SCHUMBACKER 28

200 M. FLY (25-29)R: 2:33.43 *Barry Cretin '89***100 M. I. M. (25-29)**R: 1:02.62 *Joe Auer '95*

01:02.62 JOE AUER 27

01:06.41 R.W. DORSEY 26

01:09.78 J.D. SCHUMBACKER 28

01:10.49 W.T. MATTHEWS 29

01:12.70 J. DAVID TORBERT 26

200 M. I.M. (25-29)R: 2:13.96 *Paul W Robinson '93*

02:23.03 R.W. DORSEY 26

02:37.35 J.D. SCHUMBACKER 28

400 M. I. M. (25-29)R: 4:52.77 *Paul W Robinson '93***50 M FREE (30-34)**R: 24.18 *John W Black '93*

00:25.72 JACK C. McKEAN 31

00:26.37 TIMOTHY M. DODGE 34

00:26.43 KEN R. WAGNER 31

00:27.02 BUD A. BRINKER 34

00:27.04 S.J. KUPISZEWSKI 34

100 M FREE (30-34)R: 53.62 *John W Black '93*

00:58.47 TIMOTHY M. DODGE 34

00:58.48 KEN R. WAGNER 31

00:58.49 KELLEY M. ALLEN 32

01:01.04 MATT J. McDONALD 34

01:02.91 BUD A. BRINKER 34

200 M. FREE (30-34)R: 2:00.12 *Cris A. Williams '93*

02:07.60 TIMOTHY M. DODGE 34

02:10.17 RON L. COLLINS 33

02:28.07 T.A. HOCHULI 33

02:42.32 DONALD L. COMBS 34

400 M. FREE (30-34)R: 4:21.63 *Cris A. Williams '93*

04:41.31 KELLEY M. ALLEN 32

04:46.19 RON L. COLLINS 33

04:54.17 BILL S. KOREY 32

05:41.45 DONALD L. COMBS 34

800 M. FREE (30-34)R: 9:07.32 *Cris A. Williams '93*

10:20.11 BILL S. KOREY 32

12:32.84 DONALD L. COMBS 34

1500 M FREE (30-34)R: 19:33.95 *Larry Black '95*

19:37.56 BILL S. KOREY 32

23:37.11 DONALD L. COMBS 34

50 M. BACK (30-34)R: 29.27 *M.T. Shepardson '94*

00:30.16 KELLEY M. ALLEN 32

00:30.79 JACK C. McKEAN 31

00:31.98 KEN R. WAGNER 31

00:33.37 BUD A. BRINKER 34

00:35.35 MATT J. McDONALD 34

100 M. BACK (30-34)R: 1:04.74 *Kelley M Allen '95*

01:04.74 KELLEY M. ALLEN 32

01:09.59 TIMOTHY M. DODGE 34

01:17.73 BILL S. KOREY 32

200 M. BACK (30-34)R: 2:20.71 *Kelley M Allen '95*

02:20.71 KELLEY M. ALLEN 32

02:41.54 BILL S. KOREY 32

50 M BRST (30-34)R: 32.97 *Matt J. McDonald '95*

00:32.97 MATT J. McDONALD 34

00:33.32 JACK C. McKEAN 31

00:33.68 S.W. GROSSMAN 33

00:53.09 MIKE MALLAMAS 30

100 M. BRST (30-34)R: 1:13.51 *Matt J McDonald '95*

01:13.51 MATT J. McDONALD 34

01:19.97 DOUGLAS C. FROST 33

01:21.25 BUD A. BRINKER 34

01:27.24 T.A. HOCHULI 33

200 M. BRST (30-34)R: 2:43.29 *S.W. Grossman '95*

02:43.29 S.W. GROSSMAN 33

02:45.87 MATT J. McDONALD 34

03:07.38 BILL S. KOREY 32

50 M. FLY (30-34)R: 27.13 *Jack C. McKean '94*

00:27.26 JACK C. McKEAN 31

00:28.33 KEN R. WAGNER 31

00:28.72 S.W. GROSSMAN 33

00:28.79 RON L. COLLINS 33

00:28.94 TIMOTHY M. DODGE 34

100 M. FLY (30-34)

R: 1:01.89 John W Black '93

01:03.43 RON L. COLLINS 33
01:04.19 KEN R. WAGNER 31
01:17.56 BILL S. KOREY 32
01:20.74 T.A. HOCHULI 33

200 M. FLY (30-34)

R: 2:15.59 William L Specht '92

02:21.31 RON L. COLLINS 33
02:25.56 TIMOTHY M. DODGE 34
03:03.87 BILL S. KOREY 32

100 M. I. M. (30-34)

R: 1:03.86 M.T. Shepardson '94

01:06.43 KELLEY M. ALLEN 32
01:06.53 KEN R. WAGNER 31
01:07.55 MATT J. McDONALD 34
01:08.75 S.J. KUPISZEWSKI 34
01:11.46 BUD A. BRINKER 34

200 M. I. M. (30-34)

R: 2:23.54 Cris A. Williams '93

02:28.31 KELLEY M. ALLEN 32
02:33.41 KEN R. WAGNER 31
02:39.54 BILL S. KOREY 32
02:49.24 T.A. HOCHULI 33

400 M. I. M. (30-34)

R: 5:08.11 Cris A. Williams '93

05:19.92 RON L. COLLINS 33
05:33.55 KELLEY M. ALLEN 32
05:40.72 BILL S. KOREY 32
06:18.80 T.A. HOCHULI 33

50 M. FREE (35-39)

R: 24.86 Tim S. McGinnis '93

00:25.23 M.T. SHEPARDSON 35
00:25.39 MICHAEL A. SCOTT 38
00:25.86 L.J. MEISENHEIMER 38
00:26.04 WILLIAM L. SPECHT 37
00:26.10 BRUCE J. FAUBEL 35

100 M. FREE (35-39)

R: 54.06 L. J. Meisenheimer '94

00:56.28 M.T. SHEPARDSON 35
00:56.39 MICHAEL A. SCOTT 38
00:56.61 L.J. MEISENHEIMER 38
00:58.68 BRUCE J. FAUBEL 35
01:00.71 T.C. SCHWARTZ 35

200 M. FREE (35-39)

R: 1:57.31 L J Meisenheimer '94

02:01.58 L.J. MEISENHEIMER 38
02:10.87 LARRY R. BLACK 37
02:18.60 F.J. LEADBETTER 35
02:24.44 RICHARD G. RUSSO 35
02:26.69 JORGE J. LENSE 36

400 M. FREE (35-39)

R: 4:16.27 William L Specht '95

04:16.27 WILLIAM L. SPECHT 37
04:20.46 L.J. MEISENHEIMER 38
04:39.02 LARRY R. BLACK 37
04:56.40 F.J. LEADBETTER 35
05:23.59 JORGE J. LENSE 36

800 M. FREE (35-39)

R: 8:58.85 William L Specht '93

09:57.40 LARRY R. BLACK 37
11:38.98 MICHAEL P. MINYON 35
12:31.85 MARK R. VEATER 39

1500 M. FREE (35-39)

R: 18:50.49 Larry R. Black '95

18:50.49 LARRY R. BLACK 37
22:10.70 MICHAEL P. MINYON 35

50 M. BACK (35-39)

R: 27.54 William L Specht '93

00:28.08 WILLIAM L. SPECHT 37
00:30.72 M.T. SHEPARDSON 35
00:33.65 CLINTON R. RILEY 39
00:36.06 F.J. LEADBETTER 35
00:36.98 DIRK H. APPELBOOM 36

100 M. BACK (35-39)

R: 59.57 William L Specht '94

01:00.50 WILLIAM L. SPECHT 37
01:12.44 CLINTON R. RILEY 39
01:21.88 RICHARD G. RUSSO 35

200 M. BACK (35-39)

R: 2:10.01 William L Specht '93

02:13.29 WILLIAM L. SPECHT 37
02:34.88 CLINTON R. RILEY 39
02:45.39 F.J. LEADBETTER 35

50 M. BRST (35-39)

R: 34.16 Michael A. Scott '95

00:34.16 MICHAEL A. SCOTT 38
00:34.62 CLINTON R. RILEY 39
00:34.74 R.R. DEGALAN 35
00:38.08 T.H. McDONALD 38
00:38.57 SCOT W. HARTLE 38

100 M. BRST (35-39)

R: 1:15.28 David Wesley '89

01:16.56 CLINTON R. RILEY 39
01:18.39 R.R. DEGALAN 35
01:21.91 JIM P. SEIDEL 39
01:25.20 LARRY R. BLACK 37
01:25.51 T.H. McDONALD 38

200 M. BRST (35-39)

R: 2:49.08 David Wesley '89

02:51.37 CLINTON R. RILEY 39
03:00.80 R.R. DEGALAN 35
03:10.58 BRYAN R. ALDRIDGE 39
03:22.29 MICHAEL P. MINYON 35

50 M. FLY (35-39)

R: 25.89 William L Specht '93

00:26.18 WILLIAM L. SPECHT 37
00:27.38 M.T. SHEPARDSON 35
00:28.82 MICHAEL A. SCOTT 38
00:30.20 BRUCE J. FAUBEL 35
00:30.67 MIKE W. PARRISH 36

100 M. FLY (35-39)

R: 57.02 William L Specht '93

00:57.69 WILLIAM L. SPECHT 37
01:02.01 M.T. SHEPARDSON 35
01:14.57 DIRK H. APPELBOOM 36
01:15.56 JORGE J. LENSE 36
01:16.27 T.H. McDONALD 38

200 M. FLY (35-39)

R: 2:06.48 William L. Specht '94

02:08.21 WILLIAM L. SPECHT 37
03:08.91 JIM P. SEIDEL 39
03:31.22 JORGE J. LENSE 36

100 M. I. M. (35-39)

R: 1:03.94 M.T. Shepardson '95

01:03.94 M.T. SHEPARDSON 35
01:07.95 MICHAEL A. SCOTT 38
01:10.43 CLINTON R. RILEY 39
01:11.60 BRUCE J. FAUBEL 35
01:14.09 MIKE W. PARRISH 36

200 M. I. M. (35-39)

R: 2:25.27 William L Specht '93

02:34.79 M.T. SHEPARDSON 35
02:36.32 CLINTON R. RILEY 39
02:40.92 F.J. LEADBETTER 35
02:45.49 DIRK H. APPELBOOM 36
02:48.31 RICHARD G. RUSSO 35

400 M. I. M. (35-39)

R: 5:28.44 Douglas H Schlak '93

05:48.62 LARRY R. BLACK 37
06:11.64 JIM P. SEIDEL 39
06:33.03 R.R. DEGALAN 35

50 M. FREE (40-44)

R: 25.24 C. D. Miltenberger '93

00:25.93 F.M. EHMKE 40
00:25.94 JEFFREY J. PEROUT 42
00:26.59 C.D. MILTENBERGER 44
00:27.51 DAVID H. WESLEY 43
00:29.05 GREG HOECKER 42

100 M. FREE (40-44)

R: 55.02 C. D. Miltenberger '93

00:56.03 JEFFREY J. PEROUT 42
00:59.43 RICK J. SCRAY 41
00:59.72 C.D. MILTENBERGER 44
01:02.95 DAVID H. WESLEY 43
01:06.46 GREG HOECKER 42

200 M FREE (40-44)

R: 2:06.92 Jeffrey J. Perout '95

02:06.92 JEFFREY J. PEROUT 42
02:10.74 RICK J. SCRAY 41
02:28.52 GREG HOECKER 42
02:33.84 G.M. LANDWIRTH 40
02:47.33 J.N. RUTIGLIANO 44

400 M FREE (40-44)

R: 4:45.90 Rick J. Scray '95

04:45.90 RICK J. SCRAY 41
05:26.35 GREG HOECKER 42
06:01.60 J.N. RUTIGLIANO 44

800 M. FREE (40-44)

R: 10:41.82 Robt A Maestre '93

1500 M. FREE (40-44)

R: 20:43.58 Mark Eble '89

50 M BACK (40-44)

R: 30.48 Jeffrey J Perout '95

00:30.48 JEFFREY J. PEROUT 42
00:31.97 RICK J. SCRAY 41
00:32.07 F.M. EHMKE 40
00:35.98 C.D. MILTENBERGER 44
00:37.62 DAVID H. WESLEY 43

100 M. BACK (40-44)

R: 1:06.92 Jeffrey J Perout '95

01:06.92 JEFFREY J. PEROUT 42
01:09.83 RICK J. SCRAY 41
01:28.90 GREG HOECKER 42

200 M. BACK (40-44)

R: 2:28.70 Jeffrey J Perout '95

02:28.70 JEFFREY J. PEROUT 42
02:32.06 RICK J. SCRAY 41

50 M. BRST (40-44)

R: 30.80 C D Miltenberger '93

00:33.84 C.D. MILTENBERGER 44
00:34.01 DAVID H. WESLEY 43
00:35.08 F.M. EHMKE 40
00:38.28 DAVID P. GAULDIN 44
00:41.66 GREG HOECKER 42

100 M. BRST (40-44)

R: 1:07.98 C D Miltenberger '93

01:12.32 C.D. MILTENBERGER 44
01:15.49 DAVID H. WESLEY 43
01:25.14 DAVID P. GAULDIN 44
01:29.58 GREG HOECKER 42
01:31.32 STEVE G. WEST 40

200 M. BRST (40-44)

R: 2:36.32 C D Miltenberger '93

02:47.14 C.D. MILTENBERGER 44
02:49.61 DAVID H. WESLEY 43
03:08.03 DAVID P. GAULDIN 44

50 M. FLY (40-44)

R: 27.47 K M McCormack '94

00:27.97 K.M. McCORMACK 43
00:28.00 F.M. EHMKE 40
00:29.99 RICK J. SCRAY 41
00:30.05 JEFFREY J. PEROUT 42
00:30.84 DAVID H. WESLEY 43

100 M. FLY (40-44)

R: 1:02.72 K M McCormack '95

01:02.72 K.M. McCORMACK 43
01:08.96 C.D. MILTENBERGER 44
01:23.59 TIMOTHY J. ORCUTT 40
01:37.92 J.N. RUTIGLIANO 44

200 M. FLY (40-44)

R: 2:44.98 C D Miltenberger '95

02:44.98 C.D. MILTENBERGER 44
03:10.96 DAVID P. GAULDIN 44
03:56.87 R.E. SWANIGAN 44

100 M. I. M. (40-44)

R: 1:04.46 C D Miltenberger '93

01:07.04 JEFFREY J. PEROUT 42
01:07.90 F.M. EHMKE 40
01:08.30 RICK J. SCRAY 41
01:08.35 C.D. MILTENBERGER 44
01:11.17 DAVID H. WESLEY 43

200 M. I. M. (40-44)

R: 2:27.72 Bob W Ruth '93

02:28.84 RICK J. SCRAY 41
02:32.16 JEFFREY J. PEROUT 42
02:57.78 MACK ROBBINS 43

400 M. I. M. (40-44)

R: 5:22.01 Rick J Scray '95

05:22.01 RICK J. SCRAY 41

50 M. FREE (45-49)

R: 25.27 Thomas W. Peck '93

00:28.68 P.W. NICKODEM 46
00:28.85 E.A. DAWSON 46
00:29.01 RUSTY D. EARP 46
00:29.09 R.W. LOMBARD 47
00:29.43 BILL PILLMORE 47

100 M. FREE (45-49)

R: 57.17 Thomas W Peck '93

01:04.31 E.A. DAWSON 46
01:05.73 R.W. LOMBARD 47
01:06.13 JOHN D. SHEA 46
01:06.35 BILL PILLMORE 47
01:07.29 P.W. NICKODEM 46

200 M. FREE (45-49)

R: 2:15.56 Thomas W. Peck '93

02:26.57 R.W. LOMBARD 47
02:27.66 P.W. NICKODEM 46
02:29.67 BILL PILLMORE 47
02:43.84 RUSTY D. EARP 46

400 M FREE (45-49)

R: 5:16.92 *Scott Guthrie '89*
05:57.20 RUSTY D. EARP 46
06:36.51 R.W. LOMBARD 47

800 M FREE (45-49)
R: 10:36.69 *Scott Guthrie '89*

1500 M FREE (45-49)
R: 20:38.81 *Scott Guthrie '89*

50 M. BACK (45-49)
R: 34.75 *Bill Pillmore '93*
00:34.85 R.W. LOMBARD 47
00:35.57 BILL PILLMORE 47
00:36.80 JOHN D. SHEA 46
00:37.90 P.W. NICKODEM 46
00:38.41 E.A. DAWSON 46

100 M. BACK (45-49)
R: 1:17.21 *Bill Pillmore '93*
01:17.28 JOHN D. SHEA 46
01:18.24 R.W. LOMBARD 47
01:19.31 BILL PILLMORE 47
01:20.33 P.W. NICKODEM 46
01:27.07 RUSTY D. EARP 46

200 M. BACK (45-49)
R: 2:47.08 *Bill Pillmore '93*
02:47.47 R.W. LOMBARD 47
02:51.61 JOHN D. SHEA 46
03:08.41 RUSTY D. EARP 46

50 M. BRST (45-49)
R: 34.77 *Scott Guthrie '93*
00:35.53 RICK B. WALKER 45
00:35.96 R.B. SYNHORST 49
00:38.90 BILL PILLMORE 47
00:40.75 RUSTY D. EARP 46
00:41.91 R.W. LOMBARD 47

100 M. BRST (45-49)
R: 1:19.04 *James M Donnelly '94*
01:42.20 R.F. STRAYER 49
02:03.86 R.W. LOMBARD 47

200 M BRST (45-49)
R: 2:51.68 *Rick B Walker '95*
02:51.68 RICK B. WALKER 45
03:32.62 R.W. LOMBARD 47
03:39.61 RUSTY D. EARP 46

50 M. FLY (45-49)
R: 30.00 *C. D. Nielsen '93*
00:32.36 MARK T. EBEL 47
00:32.62 P.W. NICKODEM 46
00:33.01 E.A. DAWSON 46
00:35.47 RUSTY D. EARP 46

100 M. FLY (45-49)
R: 1:06.96 *Scott Guthrie '89*
01:14.87 MARK T. EBEL 47

200 M. FLY (45-49)
R: 3:33.05 *Rusty D. Eary '95*
03:33.05 RUSTY D. EARP 46

100 M. I.M. (45-49)
R: 1:13.26 *Bill Pillmore '93*
01:15.51 BILL PILLMORE 47
01:17.54 E.A. DAWSON 46
01:20.30 JOHN D. SHEA 46
01:31.48 R.F. STRAYER 49

200 M. I.M. (45-49)
R: 2:39.77 *Scott Guthrie '89*
02:46.50 BILL PILLMORE 47

02:58.72 MARK T. EBEL 47
03:08.40 RUSTY D. EARP 46

400 M. I.M. (45-49)
R: 6:06.28 *James M Donnelly '94*
06:21.11 MARK T. EBEL 47
07:08.79 RUSTY D. EARP 46

50 M FREE (50-54)
R: 26.97 *John E Stearns '95*
00:26.97 JOHN E. STEARNS 50
00:29.70 FRED S. LIPP 51
00:30.68 J.R. O'CONNELL 50
00:31.59 DAVID H. DARST 52
00:33.32 BILL RODENFELS 53

100 M FREE (50-54)
R: 1:03.00 *John E Stearns '95*
01:03.00 JOHN E. STEARNS 50
01:05.09 FRED S. LIPP 51
01:07.73 DAVID H. DARST 52
01:11.00 J.R. O'CONNELL 50
01:15.55 BILL RODENFELS 53

200 M FREE (50-54)
R: 2:24.03 *John E Stearns '95*
02:24.03 JOHN E. STEARNS 50
02:30.46 FRED S. LIPP 51
02:33.04 DAVID H. DARST 52
02:50.01 BILL RODENFELS 53
03:31.65 ROY WARD 54

400 M. FREE (50-54)
R: 5:43.98 *J. R. O'Connell '95*
05:43.98 J.R. O'CONNELL 50
07:35.70 ROY WARD 54

800 M FREE (50-54)
R: 11:29.10 *David H. Darst '95*
11:29.10 DAVID H. DARST 52
12:42.44 BILL RODENFELS 53
15:28.39 ROY WARD 54

1500 M FREE (50-54)
R: 21:32.64 *David H. Darst '94*
21:49.11 DAVID H. DARST 52

50 M BACK (50-54)
R: 35.20 *Peter R Betzer '94*
00:35.73 PETER R. BETZER 53
00:38.39 J.R. O'CONNELL 50
00:39.87 DAVID H. DARST 52
00:41.27 WALTER R. ABSTEIN 53
00:45.15 BILL RODENFELS 53

100 M BACK (50-54)
R: 1:16.04 *Peter R Betzer '94*
01:17.52 PETER R. BETZER 53
01:25.14 J.R. O'CONNELL 50
01:32.40 WALTER R. ABSTEIN 53
01:53.93 ROY WARD 54

200 M BACK (50-54)
R: 2:44.76 *Peter R Betzer '92*
02:51.87 PETER R. BETZER 53
02:57.39 J.R. O'CONNELL 50
03:18.20 WALTER R. ABSTEIN 53
03:59.37 ROY WARD 54

50 M. BRST (50-54)
R: 33.63 *Scott Guthrie '95*
00:33.63 SCOTT GUTHRIE 50
00:36.34 T.A. VanDerVEEN 50
00:38.92 PETER R. BETZER 53
00:40.52 JOHN E. STEARNS 50
00:41.74 C.R. ISELIN 52

100 M. BRST (50-54)
R: 1:16.11 *Scott Guthrie '95*
01:16.11 SCOTT GUTHRIE 50
01:22.39 T.A. VanDerVEEN 50
01:25.26 PETER R. BETZER 53
01:37.91 WALTER R. ABSTEIN 53
01:56.99 ROY WARD 54

200 M. BRST (50-54)
R: 3:00.25 *T A VanDerVeen '95*
03:00.25 T.A. VanDerVEEN 50
03:16.81 PETER R. BETZER 53
03:23.13 J.R. O'CONNELL 50
03:26.46 C.R. ISELIN 52
03:41.89 WALTER R. ABSTEIN 53

50 M. FLY (50-54)
R: 30.97 *Fred S Lipp '94*
00:31.07 FRED S. LIPP 51
00:36.06 JOHN E. STEARNS 50
00:36.75 C.R. ISELIN 52
00:37.90 BILL RODENFELS 53
00:42.36 WALTER R. ABSTEIN 53

100 M FLY (50-54)
R: 1:12.05 *Fred S Lipp '94*
01:13.13 FRED S. LIPP 51
02:08.90 ROY WARD 54

200 M. FLY (50-54)
R: 2:51.88 *E.Leskovitz (HLJ) '89*
03:13.89 FRED S. LIPP 51
03:20.96 PETER R. BETZER 53
03:30.07 C.R. ISELIN 52

100 M. I.M. (50-54)
R: 1:13.35 *Gary Trimble '93*
01:21.52 JOHN E. STEARNS 50
01:22.96 FRED S. LIPP 51
01:26.07 WALTER R. ABSTEIN 53
01:27.03 C.R. ISELIN 52
01:53.10 ROY WARD 54

200 M. I.M. (50-54)
R: 2:50.55 *Gary Trimble '93*
03:01.77 J.R. O'CONNELL 50
03:25.60 WALTER R. ABSTEIN 53
04:14.54 ROY WARD 54

400 M. I.M. (50-54)
R: 6:43.34 *C. R. Iselin '93*
07:04.17 C.R. ISELIN 52

50 M FREE (55-59)
R: 31.33 *Henry J Glancy '93*
00:31.78 GEORGE W. MANN 57
00:41.11 VICTOR SIRBU 58

100 M FREE (55-59)
R: 1:08.89 *Jerry Glancy '94*
01:11.65 GEORGE W. MANN 57

200 M FREE (55-59)
R: 2:24.02 *Burwell Jones '89*
02:38.38 GEORGE W. MANN 57
02:41.96 JERRY GLANCY 57

400 M. FREE (55-59)
R: 5:23.68 *George W. Mann '95*
05:23.68 GEORGE W. MANN 57

800 M. FREE (55-59)
R: 11:19.61 *George W Mann '95*
11:19.61 GEORGE W. MANN 57

1500 M. FREE (55-59)
R: 20:52.21 *Burwell Jones '89*
50 M BACK (55-59)
R: 34.80 *Burwell Jones '89*
00:50.70 ADAM C. LEONARD 58

100 M. BACK (55-59)
R: 1:15.33 *Burwell Jones '89*
01:20.00 JERRY GLANCY 57

200 M. BACK (55-59)
R: 2:47.96 *Burwell Jones '89*
02:52.38 JERRY GLANCY 57
04:17.78 ADAM C. LEONARD 58

50 M. BRST (55-59)
R: 38.29 *Burwell Jones '89*

100 M. BRST (55-59)
R: 1:29.91 *Ray S Burns '92*
01:59.70 ADAM C. LEONARD 58

200 M. BRST (55-59)
R: 3:23.20 *Jerry Glancy '94*

50 M. FLY (55-59)
R: 35.43 *Telfair Mahaffy '93*

100 M. FLY (55-59)
R: 1:20.28 *Telfair Mahaffy '93*

200 M. FLY (55-59)
R: 2:26.22 *Ray S Burns '92*

100 M I.M. (55-59)
R: 1:13.57 *Burwell Jones '89*

200 M I.M. (55-59)
R: 2:44.49 *Burwell Jones '89*
03:10.96 JERRY GLANCY 57

400 M. I.M. (55-59)
R: 6:05.05 *Burwell Jones '89*

50 M. FREE (60-64)
R: 31.12 *Jack R Beattie '94*
00:32.34 C.E. WEATHERBEE 62
00:33.69 HAROLD FERRIS 64
00:34.55 NOEL D. SCOTT 62

100 M. FREE (60-64)
R: 1:05.00 *Jack R. Beattie '94*
01:18.50 THOMAS H. KOENIG 63
01:19.31 NOEL D. SCOTT 62
01:19.80 HAROLD FERRIS 64
01:26.85 ROBT G. COULTER 62

200 M. FREE (60-64)
R: 2:48.62 *C. H. Kohnken '93*
02:53.94 C.H. KOHNKEN 64
03:39.26 ROBT G. COULTER 62

400 M. FREE (60-64)
R: 6:00.76 *C. H. Kohnken '93*
06:34.97 JOHN R. COX 60
08:00.21 RALPH G. PERRY 62
08:13.86 ROBT G. COULTER 62

800 M. FREE (60-64)
R: 12:22.28 C.H. Kohnken '93

1500 M. FREE (60-64)
R: 25:07.86 Robert E. Beach '92

50 M. BACK (60-64)
R: 34.05 Jack R. Beattie '94
00:40.17 ROBT G. COULTER 62
00:47.98 HAROLD FERRIS 64

100 M. BACK (60-64)
R: 1:13.55 Jack R. Beattie '94
01:30.10 THOMAS H. KOENIG 63
01:32.05 C.E. WEATHERBEE 62

200 M. BACK (60-64)
R: 2:40.75 Jack R. Beattie '94
03:24.70 C.E. WEATHERBEE 62
03:35.26 ROBT G. COULTER 62

50 M. BRST (60-64)
R: 38.40 Thomas H Koenig '93
00:39.21 THOMAS H. KOENIG 63
00:41.30 HARRY M. PIPER 60
00:43.44 NOEL D. SCOTT 62
00:48.67 ROBT G. COULTER 62

100 M BRST (60-64)
R: 1:39.43 Noel D. Scott '95
01:39.43 NOEL D. SCOTT 62
01:51.74 ROBT G. COULTER 62
01:52.23 JOHN R. COX 60

200 M. BRST (60-64)
R: 3:26.44 Thomas H Koenig '93
03:33.77 HARRY M. PIPER 60
03:33.98 THOMAS H. KOENIG 63
03:37.68 C.E. WEATHERBEE 62

50 M. FLY (60-64)
R: 38.64 C.E. Weatherbee '94
00:40.91 THOMAS H. KOENIG 63
00:45.13 HAROLD FERRIS 64
00:49.05 ROBT G. COULTER 62

100 M. FLY (60-64)
R: 2:07.76 Robert G Coulter '95
02:07.76 ROBT G. COULTER 62

200 M. FLY (60-64)
R: 3:41.43 C. H. Kohnken '94
03:47.28 C.H. KOHNKEN 64

100 M. I.M. (60-64)
R: 1:25.27 C.E. Weatherbee '95
01:25.27 C.E. WEATHERBEE 62

200 M. I.M. (60-64)
R: 2:49.03 Jack R Beattie '94
03:23.51 C.E. WEATHERBEE 62

400 M. I.M. (60-64)
R: 7:10.81 C. H. Kohnken '92
07:10.97 C.E. WEATHERBEE 62
07:23.29 C.H. KOHNKEN 64

50 M. FREE (65-69)
R: 31.85 Paul Hutinger '94
00:39.09 LARRY H. YOST 65
00:40.54 W. P. WALLACE 68
00:47.93 NED P. ALLEN 65

100 M. FREE (65-69)

R: 1:14.38 John Woods '89
01:51.60 NED P. ALLEN 65

200 M. FREE (65-69)
R: 2:52.43 John Woods '89
04:11.32 NED P. ALLEN 65

400 M. FREE (65-69)
R: 6:56.96 Fred Daughly '89
08:38.31 NED P. ALLEN 65

800 M. FREE (65-69)
R: 15:49.54 Al Rogerson '93

1500 M. FREE (65-69)
No Record

50 M. BACK (65-69)
R: 36.47 Paul Hutinger '93
00:48.94 LARRY H. YOST 65
00:49.29 W.P. WALLACE 68
01:04.80 NED P. ALLEN 65

100 M. BACK (65-69)
R: 1:19.68 Paul Hutinger '93
02:20.55 NED P. ALLEN 65

200 M. BACK (65-69)
R: 3:01.06 Paul Hutinger '93
04:43.71 NED P. ALLEN 65

50 M. BRST (65-69)
R: 41.41 R.C. MacDonald '95
00:41.41 R.C. MacDONALD 66
00:44.11 ALAN MALONEY 66

100 M. BRST (65-69)
R: 1:39.08 Alan Maloney '95
01:39.08 ALAN MALONEY 66
02:53.15 NED P. ALLEN 65

200 M. BRST (65-69)
R: 3:23.57 R.C. MacDonald '95
03:23.57 R.C. MacDONALD 66
03:35.39 ALAN MALONEY 66
06:49.83 NED P. ALLEN 65

50 M. FLY (65-69)
R: 35.41 Paul Hutinger '93
00:40.92 MIKE J. TORSNEY 65
00:42.17 ALAN MALONEY 66
00:57.57 NED P. ALLEN 65

100 M. FLY (65-69)
R: 2:08.94 Ned P Allen '95
02:08.94 NED P. ALLEN 65

200 M. FLY (65-69)
R: 4:02.90 Alan Maloney '95
04:02.90 ALAN MALONEY 66
04:45.88 NED P. ALLEN 65

100 M. I.M. (65-69)
R: 1:19.90 Paul Hutinger '93
01:33.74 ALAN MALONEY 66

200 M. I.M. (65-69)
R: 3:28.49 Mike J Torsney '95
03:28.49 MIKE J. TORSNEY 65
03:31.64 ALAN MALONEY 66
04:46.04 NED P. ALLEN 65

400 M. I.M. (65-69)

R: 9:43.58 Al Rogerson '93
10:25.67 NED P. ALLEN 65

50 M. FREE (70-74)
R: 32.21 Paul Hutinger '95
00:32.21 PAUL HUTINGER 70
00:35.44 JOHN M. WOODS 72
00:38.09 RICHARD L. AVERY 72
00:38.43 R.E. LAVANTURE 73

100 M. FREE (70-74)
R: 1:17.36 Paul Hutinger '95
01:17.36 PAUL HUTINGER 70
01:22.34 JOHN M. WOODS 72
01:31.90 RICHARD L. AVERY 72
01:34.69 R.E. LAVANTURE 73

200 M. FREE (70-74)
R: 3:00.15 John M Woods '93
03:12.42 JOHN M. WOODS 72
03:40.00 R.E. LAVANTURE 73

400 M. FREE (70-74)
R: 6:34.75 John M Woods '93
07:57.85 AL ROGERSON 70

800 M FREE (70-74)
R: 17:12.90 Al Rogerson '95
17:12.90 AL ROGERSON 70

1500 M. FREE (70-74)
R: 28:21.46 Harwell Mosley '89
31:49.96 AL ROGERSON 70

50 M BACK (70-74)
R: 39.24 Paul Hutinger '95
00:39.24 PAUL HUTINGER 70
00:42.81 JOHN M. WOODS 72
00:45.48 RICHARD L. AVERY 72

100 M BACK (70-74)
R: 1:29.44 Paul Hutinger '95
01:29.44 PAUL HUTINGER 70
01:53.02 RICHARD L. AVERY 72

200 M BACK (70-74)
R: 3:10.12 Paul Hutinger '95
03:10.12 PAUL HUTINGER 70
03:43.90 JOHN M. WOODS 72
04:11.78 RICHARD L. AVERY 72

50 M BRST (70-74)
R: 44.04 Paul Hutinger '95
00:44.04 PAUL HUTINGER 70
00:47.04 ABRASHA BRAININ 72
00:49.72 R.E. LAVANTURE 73
00:50.49 RICHARD L. AVERY 72

100 M. BRST (70-74)
R: 1:44.26 Abrasha Brainin '94
01:54.16 RICHARD L. AVERY 72
01:55.79 ABRASHA BRAININ 72
01:56.35 R.E. LAVANTURE 73

200 M. BRST (70-74)
R: 3:36.06 Paul Hutinger '95
03:36.06 PAUL HUTINGER 70
04:13.28 RICHARD L. AVERY 72
04:19.83 ABRASHA BRAININ 72

50 M. FLY (70-74)
R: 36.70 Paul Hutinger '95
00:36.70 PAUL HUTINGER 70
00:52.30 AL ROGERSON 70

100 M. FLY (70-74)
R: 1:45.18 Harwell Mosley '89

200 M. FLY (70-74)
R: 4:05.29 Harwell Mosley '89
05:40.71 AL ROGERSON 70

100 M. I.M. (70-74)
R: 1:27.59 Paul Hutinger '95
01:27.59 PAUL HUTINGER 70
01:37.08 JOHN M. WOODS 72
02:01.77 AL ROGERSON 70

200 M. I.M. (70-74)
R: 3:44.97 Harwell Mosley '89
04:37.33 AL ROGERSON 70

400 M. I.M. (70-74)
R: 8:23.60 Harwell Mosley '89
10:07.73 AL ROGERSON 70

50 M. FREE (75-79)
R: 36.52 Jim W Conger '95
00:36.52 JIM W. CONGER 75
00:44.54 JOHN G. HAAKE 76
00:44.62 BILL J. UHRICH 75
00:44.74 JOHN D. JOHNSTON 79
00:46.29 N.H. SKJERSAA 79

100 M FREE (75-79)
R: 1:33.52 Brud Cleaveland '93
01:40.95 N.H. SKJERSAA 79
01:43.23 JOHN G. HAAKE 76

200 M FREE (75-79)
R: 3:38.50 John D. Johnston '92
03:48.02 N.H. SKJERSAA 79
03:53.50 JOHN G. HAAKE 76
04:05.42 ROBERT D. ATWOOD 75

400 M. FREE (75-79)
R: 7:49.47 John G. Haake '94
07:51.20 N.H. SKJERSAA 79
08:18.57 JOHN G. HAAKE 76
08:24.05 JOHN D. JOHNSTON 79
08:58.95 ROBERT D. ATWOOD 75

800 M. FREE (75-79)
R: 16:29.01 N.H. Skjersaa '93

1500 M. FREE (75-79)
R: 37:54.13 F.H. Tillotson '94

50 M. BACK (75-79)
R: 50.32 Bill J. Uhrich '95
00:50.32 BILL J. UHRICH 75
00:50.59 JIM W. CONGER 75
00:54.44 JOHN G. HAAKE 76
01:03.21 ROBERT D. ATWOOD 75
01:04.60 JOHN D. JOHNSTON 79

100 M. BACK (75-79)
R: 1:56.93 John G. Haake '95
01:56.93 JOHN G. HAAKE 76
02:23.03 ROBERT D. ATWOOD 75
02:31.76 N.H. SKJERSAA 79

200 M. BACK (75-79)
R: 4:10.03 John G. Haake '94
04:11.92 JOHN G. HAAKE 76
04:34.38 BILL J. UHRICH 75
05:06.81 N.H. SKJERSAA 79

50 M. BRST (75-79)

R: 47.86 *Brud Cleaveland '93*
01:15.26 N.H. SKJERSAA 79

100 M. BRST (75-79)

R: 1:50.72 *Brud Cleaveland '93*
02:03.52 BILL J. UHRICH 75
02:17.35 JOHN D. JOHNSTON 79

200 M. BRST (75-79)

R: 4:32.96 *Brud Cleaveland '93*

50 M. FLY (75-79)

R: 1:07.97 *Harwell P. Mosley '94*

100 M FLY (75-79)

R: 2:19.63 *John D Johnston '94*
02:25.79 JOHN D. JOHNSTON 79

200 M FLY (75-79)

R: 4:34.32 *John D Johnston '92*

100 M. I. M. (75-79)

R: 1:48.89 *Brud Cleaveland '93*
01:57.64 BILL J. UHRICH 75
02:19.75 N.H. SKJERSAA 79

200 M I. M. (75-79)

R: 4:29.34 *John D Johnston '94*
05:12.79 N.H. SKJERSAA 79

400 M I. M. (75-79)

R: 9:17.64 *John D Johnston '92*

50 M. FREE (80-84)

R: 48.23 *Kermit O. Hotvedt '95*
00:48.23 KERMIT O. HOTVEDT 80
00:52.86 FRED B. WALBOLT 82
00:56.12 F.H. TILLOTSON 80

100 M. FREE (80-84)

R: 1:47.80 *John D Johnston '95*
01:47.80 JOHN D. JOHNSTON 80
01:52.59 FRED B. WALBOLT 82
02:12.11 F.H. TILLOTSON 80

200 M. FREE (80-84)

R: 3:53.35 *John D Johnston '95*
03:53.35 JOHN D. JOHNSTON 80
04:14.77 FRED B. WALBOLT 82
04:35.15 F.H. TILLOTSON 80

400 M. FREE (80-84)

R: 9:08.33 *Fred B Walbolt '95*
09:08.33 FRED B. WALBOLT 82

800 M FREE (80-84)

R: 20:04.97 *F H Tillotson '95*
20:04.97 F.H. TILLOTSON 80

1500 M. FREE (80-84)

R: 34:29.00 *Fred B. Walbolt '94*

50 M. BACK (80-84)

R: 54.07 *F. H. Tillotson '95*
00:54.07 F.H. TILLOTSON 80
01:02.38 KERMIT O. HOTVEDT 80

100 M BACK (80-84)

R: 2:03.61 *F H Tillotson '95*
02:03.61 F.H. TILLOTSON 80
02:55.78 FRED B. WALBOLT 82

200 M BACK (80-84)

R: 4:30.97 *F.H. Tillotson '95*
04:30.97 F.H. TILLOTSON 80
05:57.52 FRED B. WALBOLT 82

50 M. BRST (80-84)

R: 1:03.20 *F. H. Tillotson '95*
01:03.20 F.H. TILLOTSON 80

100 M. BRST (80-84)

R: 2:33.98 *F. H. Tillotson '95*
02:33.98 F.H. TILLOTSON 80

200 M. BRST (80-84)

R: 4:59.16 *John D. Johnston '95*
04:59.16 JOHN D. JOHNSTON 80
05:30.77 F.H. TILLOTSON 80

50 M. FLY (80-84)

No Record

100 M. FLY (80-84)

No Record

200 M. FLY (80-84)

R: 5:25.39 *John D Johnston '95*
05:25.39 JOHN D. JOHNSTON 80

100 M. I. M. (80-84)

R: 2:22.40 *F. H. Tillotson '95*
02:22.40 F.H. TILLOTSON 80

200 M. I. M. (80-84)

R: 4:39.83 *John D Johnston '95*
04:39.83 JOHN D. JOHNSTON 80

400 M. I. M. (80-84)

No Record

50 M FREE (85-89)

R: 58.76 *Peter Jurczyk '94*

100 M FREE (85-89)

R: 2:13.05 *Peter Jurczyk '94*

200 M. FREE (85-89)

No Record

400 M. FREE (85-89)

No Record

800 M. FREE (85-89)

No Record

1500 M. FREE (85-89)

No Record

50 M. BACK (85-89)

R: 1:09.37 *Peter Jurczyk '94*

100 M. BACK (85-89)

R: 2:33.42 *Peter Jurczyk '94*

200 M. BACK (85-89)

R: 5:25.70 *Peter Jurczyk '94*

50 M. BRST (85-89)

R: 1:35.87 *Peter Jurczyk '94*

100 M. BRST (85-89)
No Record

200 M. BRST (85-89)
No Record

50 M. FLY (85-89)
No Record

100 M. FLY (85-89)
No Record

200 M. FLY (85-89)
No Record

100 M. I. M. (85-89)
R: 2:53.23 *Peter Jurczyk '94*

200 M. I. M. (85-89)
No Record

400 M. I. M. (85-89)
No Record

St. Pete Masters - Developmental Meets
Sanctioned by: Florida LMSC for USMS, Inc.

Warm Up: 9:00 am
Start Time: 9:30 am
Cost: \$5.00

Long Course Development Meet
Sunday, June 2, 1996
Northshore Pool: 146-010

1. 400 M. Free
2. 50 M. Fly
3. 400 M. Free Relay (m,w,mxd)
4. 50 M. Breast
5. 50 M. Back
6. 400 M. Medley Relay (m,w,mxd)
7. 50 M. Free
8. 800 M. Free Relay (m,w,mxd)
9. 400 M. I.M.

Long Course Development Meet
Sunday, August 11, 1996
Northshore Pool: 146-014

1. 200 M. Free
2. 100 M. Breast
3. 200 M. Fly
4. 200 M. Free Relay (m,w,mxd)
5. 100 M. Back
6. 200 M. Breast
7. 100 M. Free
8. 200 M. Medley Relay
9. 200 M. I.M.

Short Course Meters Development Meet
Sunday, September 8, 1996
Walter Fuller Pool: 146-015

1. 100 s.m. Back
2. 400 s.m. Free Relay (m,w,mxd)
3. 50 s.m. Free
4. 200 s.m. Breast
5. 400 s.m. Free
6. 400 s.m. Medley Relay (m,w,mxd)
7. 50 s.m. Breast
8. 200 s.m. Free
9. 100 s.m. Fly
10. 800 s.m. Free Relay (m,w,mxd)

Short Course Meters Development Meet
Sunday, October 27, 1996
Walter Fuller Pool: 146-016

1. 200 s.m. Back
2. 100 s.m. Breast
3. 200 s.m. Free Relay (m, w, mxd)
4. 50 s.m. Fly
5. 100 s.m. Free
6. 50 s.m. Breast
7. 200 s.m. Medley Relay (m, w, mxd)
8. 200 s.m. Fly
9. 50 s.m. Back
10. 200 s.m. I.M.

General Meet Information:

All events are deck entered and deck seeded

Swimmers should have their current USMS card available at the time of registration

Non-Florida LMSC participants MUST provide a copy of their USMS card to be submitted with meet results.

Swimmers can compete in up to 5 individual events

Directions to Walter Fuller Pool:

Take 22nd Avenue north exit from I-275
Head WEST on 22nd Avenue north for about 5 miles
(pass Tyrone Mall)
Turn right on 79th Street (just beyond Azalea Middle School)
The pool is located on 26th Avenue north

Northshore Pool address:
901 NorthShore Drive N.E.
St. Petersburg, Florida

1996 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

HOST: Crawfish Masters Swim Team, Baton Rouge, La.

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 246-001

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1996. Entries must be received by the event director by October 15, 1996.

ELIGIBILITY: Open to all USMS members with valid 1996 registration. Entrants are required to submit a photocopy of 1996 USMS registration card.

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Unofficial club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

RULES: The 1996 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K. The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

FEES: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

CRAWFISH MASTERS 10-K SWIM: The Crawfish Masters Swim Team is hosting a 10-K Pool Swim at the L.S.U. Natatorium on Saturday, June 22, 1996. The event includes free airport-hotel-pool-social transportation, a Friday evening "Pasta at the Pool," a Saturday evening "Celebration Dinner" and automatic entry in the 1996 USMS 10K Postal Championships. Counter/timer provided by Crawfish Masters. For more information, contact event director Scott Rabalais at (504)766-5937 or send a SASE to above address. Entries limited to the first 48 and accepted on a first-come, first-serve basis. USMS membership required.

1996 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____

ADDRESS: _____ PHONE: (____) _____ - _____

CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____

USMS #: _____ - _____ CLUB: _____ BIRTHDATE: ____/____/____

Liability Release: "I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO 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."

SIGNATURE: _____ DATE: _____

Split Sheet				
100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

Official Time: ____:____:____.

We certify that on ____/____/____ (date), the entrant completed the 5K ____/10K ____ (check only one event) in the official time recorded above.

Signature of Swimmer (required)

Signature of Verifier (required)

Mail completed and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. **Include copy of 1996 USMS registration card** and optional SASE for entry receipt verification. **Entries must be received by event director by October 15, 1996.**

MAIL TO:
Crawfish Masters Swim Team
c/o Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820 USA

FEES: Entry Fee (\$8 US)	\$8.00
T-shirts (\$12 each) Size(s): S__ M__ L__ XL__ XXL__	_____
Check: 5K shirt(s)____ 10K shirt(s)____	_____
Foreign T-shirt postage (\$3 per shirt)	_____
TOTAL payable to Crawfish Masters Swim Team	_____

JAM COMIX

BY Tapp Panther



ONE OF THE HAZARDS OF
OPEN WATER SWIMMING.

FLORIDA

LMSC NEWSLETTER

Jim Donnelly, Editor

5239 Box Turtle Circle

Sarasota, Florida 34232-4312

Non-Profit
U.S. Postage
PAID
Permit #1179
St. Pete, FL
33730

Inside This Issue:

- Florida LMSC ALL-AMERICA's
- Florida 1995 SCM Top 5
- A Tip From Anthony Nesty
- Photo's !!
- News From Around the LMSC
- Meet Entry Forms

Oh, oh! I just remembered...
I'd better send my team report
in to Jim before the deadline.
I don't want to be left out!

**ATTENTION Team Reps: Deadline for
August Issue is JULY 15, 1996**

