

FLORIDA

newsletter

Vol. XIII, No. 4

Local Masters Swim Committee, Inc.

November 1996

OFFICERS

CHAIRMAN

HAROLD FERRIS
1116 44th AVENUE N.E.
ST. PETERSBURG, FL 33703
813-896-0250

SECRETARY

PENNY McCORD
8879 W. COLONIAL DRIVE
SUITE 230
OCOEE, FLORIDA 34761
HOME: (407) 295-5412
WORK: (407) 345-4505

TREASURER

THOMAS ROBERGE
1 BEACH DRIVE S.E.
#1714
ST. PETERSBURG, FLORIDA 33701
HOME: 813-823-2928
WORK: 813-822-8408

SANCTIONS

RON COLLINS
2323 FEATHERWOOD DRIVE
#F 204
CLEARWATER, FLORIDA 34622
HOME: 813-573-1214

REGISTRATION

CHARLES H. KOHNKEN
1258 FLUSHING AVENUE
CLEARWATER, FLORIDA 34624
813-531-0008

RECORDS

ANGELLO VENTRILLO
P.O. BOX 12085
FT. PIERCE, FLORIDA 34979-2085
HOME: 561-465-8123

NEWSLETTER EDITOR

JIM DONNELLY
5239 BOX TURTLE CIRCLE
SARASOTA, FLORIDA 34232
HOME: 941-371-4084
WORK: 941-365-3014
FAX: 941-955-4861

Moucha Sets American Record at Paralympics



Sue Moucha, a Blue Wave Masters swimmer, competed in her fourth Paralympics in Atlanta. She set a new American record, 59.74, in the 50 meter Backstroke event for her class. Sue also swam the Backstroke leg of the 4 X 50 Medley Relay which received a Silver Medal presented by Attorney General Janet Reno. Sue is on far right in photo above with other members of her Medley Relay upon receiving their medals.

Sue was born with hemiplegic Cerebral Palsy, involving her right side, but has never let it keep her from athletics. With a master's degree in physical education from Texas Women's College, Sue competes in swimming, cross country, and track. At the 1984 Paralympics she won the Gold in cross country as well as the Gold for track in 1988. Swimming both butterfly and backstroke with only one arm, Sue set a new American Record in the 200 I.M. at the Paralympic Trials in Indianapolis, and is ranked 5th in the world for her class in the 100 M Breaststroke. Congratulations, Sue!



1996-97 SWIM CALENDAR

Nov 2 & 3	2nd Annual SCY Meet Winter Haven, FL	Laurie Zolnierowski	941-325-8317
08	ATAC Developmental SCY Tallahassee, FL	Silky Labie	904-656-6298
10	Goodlife Games LCM Clearwater, FL	Shirley Lewis	813-892-1521
17	ATAC Developmental SCY Tallahassee, FL	Jack Goltz	904-385-7421
17	Swim Miami One Mile Open Water	Jim Woodman	305-265-0600
Dec 06-08	Coral Springs SCM Meet	Judy Bonning	954-345-5370
08	St. Pete Masters Dev. Meet	Harold Ferris	813-896-0250
29	Delray Beach One Mile Open Water	Richard Connell	407-243-7352
Jan 05	St. Pete Masters Dev. Meet	Harold Ferris	813-896-0250
Feb 08-09	Clearwater Aquatic Masters Valentines SCY Meet	Nancy Durstein	813-784-5780
Mar 02	St. Pete Masters Dev. Meet	Harold Ferris	813-896-0250
22 & 23	Indian River C.C. Masters SCY Ft. Pierce, FL	Tom Harmon	407-465-8385
Apr 4, 5, 6	St. Pete Masters SCY Indiatlantic 3K River Swim	Harold Ferris Sam Freas	813-896-0250 407-723-6536
8-20	Dixie Zone vs Colonies Zone Championship Meet, ISHOF Ft. Lauderdale, FL	Stu Marvin	954-468-1580
6-27	Indian River C.C. Masters SCY Ft. Pierce, FL	Tom Harmon	407-465-8385
May 01-04	YMCA Masters Nationals SCY Indianapolis, IN		
04	St. Pete SCY Dev. Meet	Harold Ferris	813-896-0250
5-18	USMS SCY NATIONAL CHAMP. Tacoma, WA	Hugh Moore	206-925-8562
June 14-15	Suncoast Masters LCM T-Shirt Meet, Sarasota, FL	Deb Walker	941-923-3540
3-29	Pan Pacifics-Maui,Hawaii		
July 18-20	St. Pete LCM Champs.	Harold Ferris	813-896-0250
25-27	Dixie Zone Champs	Scott Rabalais	504-766-5937
Aug 14-18	USMS LC National Champs.	Larry Peck	407-647-7793

United States Masters Swimming

and the

Florida Local Masters Swimming Committee

wish to thank the following individuals, corporations and businesses for providing the manpower, monies, materials, and services needed to conduct the

1996 U.S.M.S. National Convention

**The Coca Cola Corporation
and Local Distribution**

**Joanne Gizzi
for
Harris Rosen
Omni Rosen Hotel, Orlando FL**

**Dr. Kevin McCormack
Suncoast Masters Swimming
Sarasota, Florida**

**The St. Pete Masters, Inc
and
Sandy Steer, President**

**Julie Sundstrom
Y.M.C.A. Aquatic Center, Orlando, FL**

**Jerry Glancy
Glancy Tire and Supply, Orlando, FL**

**Dianna Duffy
I-Ride Bus Transit Service
International Drive Transit
and Improvement District
Orlando, FL**

**John Maguire
Maguire Printers and Design Inc.,
St. Petersburg, FL**

**Dr. Lucky and Jacquie Meisenheimer
Team Orlando Masters
Orlando, FL**

**Victor Sirbu
A.T. & T. Orlando
Orlando, FL**

**Rick Walker
Southern Food Service
Suncoast Masters Swimming
Sarasota, FL**

Hospitality Volunteer Master Swimmers

Don Combs	Chris Iselin	Julie Paque
Catie Cooper	Charlie Kohnken	Jack Parnelle
Harold Ferris	Marie Kreipe	Larry Peck
Jerry Glancy	Jan Lambke	Penny Potter
Ryan Glancy	Dianne Lee	Hazel Skiersaa
Bill Griesacker	Bob Lombard	Sarah Tyler
Vicki Haley	Art Mayer	
Lil Haneman	Penny McCord	*****

Thank you, everyone. Your effort and goodwill are truly appreciated.

**Harold Ferris
Chairman, Florida L.M.S.C.**

**FLORIDA LOCAL MASTERS SWIM
COMMITTEE
TREASURERS REPORT
NINE MONTHS ENDED SEP. 30, 1996 AND 1995**

	<u>1996</u>	<u>1995</u>
Revenues:		
Registrations	\$17,699.00	17,522.00
Sanction fees	240.00	565.00
Miscellaneous	<u>100.55</u>	<u>188.88</u>
Total Revenues	<u>18,039.55</u>	<u>18,275.88</u>
Expenses:		
Registrations	11,318.00	11,281.00
Newsletter	3,037.00	2,629.80
Postage	692.90	1,101.47
Convention	1,421.38	2,213.80
Rule Books	180.00	180.00
Fees on Registrations	230.70	218.10
Fees on Processing		
Top Ten	1,101.00	—
Miscellaneous	<u>624.48</u>	<u>287.23</u>
Total Expenses	<u>18,605.76</u>	<u>17,911.40</u>
Revenues over (under) expenses	\$ <u>(566.21)</u>	<u>364.48</u>
Cash on hand - September 30, 1996	\$ <u>6,071.51</u>	<u>4,637.16</u>

**FLORIDA LOCAL MASTERS SWIM
COMMITTEE
PROPOSED BUDGET 1997**

Revenues:		
Registrations, net	\$ 11,000.00	
	<u>500.00</u>	\$ 11,500.00
Expenses:		
Newsletter	4,000.00	
Postage	1,800.00	
Convention	3,000.00	
Top 10 Processing fees	1,400.00	
Other	1,300.00	
Excess revenues		<u>11,500.00</u>
		\$ _____
Projected cash balance - January 1, 1997		\$ <u>7,500.00</u>

**Chip Jones
Treasurer**

**St. Pete Masters
S.C. Developmental Meet
December 8, 1996
Northshore Pool**

Sanctioned by Florida LMSC, inc. for USMS, Inc. # 146-022

1. 100 Breast
2. 50 Back
3. 100 I.M.
4. 100 Free
5. Relays - 400 Free/400 Medley
6. 50 Fly
7. 1000 Free

Deck entry - Five events, plus one relay, limit.

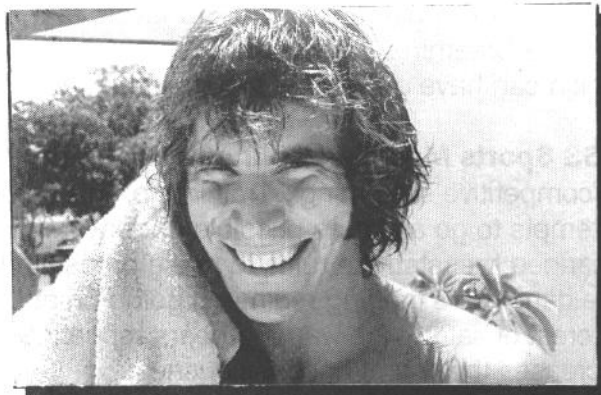
Cost: \$ 5.00 total

Warm-up 9 A.M. - Events start 9:30 A.M.

From the Editor's Swim Bag

FLORIDA LMSC NEWSLETTER TOP FIVE in NATION AGAIN

You can all be proud of the fact that your newsletter was one of the five finalists for the **Newsletter of the Year Award** announced in September at the **USMS National Convention** in Orlando. On top of that, your editor was honored with a **U.S.M.S. Presidential Service Award** in "recognition of his outstanding service and contributions as Editor of the Florida Newsletter."



James M. Donnelly

In a letter that accompanied the award, **Mel Goldstein**, President of United States Masters Swimming said, "it is with great pleasure that I present you with this "Presidential Service Award" for your outstanding and dedicated service to United States Masters Swimming."

"The strength of our organization has always been our broad base of volunteers who participate for the love of the sport. Your service to USMS exemplifies what this organization stands for. Thank you for your support."

Thank you all for giving me the chance to serve. And I especially want to thank all of my "regular" contributors who send in their team reports by the deadline. You all know who you are and its you who make this newsletter possible. Let's keep plugging away.

To Breathe or Not to Breathe

Swimming styles have evolved over the years toward improved performance and many changes have occurred to enhance the efficiency of the stroke. Swimmers have begun to spend a greater proportion of time underwater, in some events. In the past six years, backstrokers began taking longer and longer break-outs off the start and off of turns. The trend was stopped by the adoption of the 15-meter rule. Now, the trend seems to be for longer and longer break-outs from starts and turns in butterfly.

Swimmers have discovered the fact that by prolonging the break-out off starts and turns and using a dolphin motion, they can maintain a race speed while using less energy than they would on the surface. There is less resistance underwater than on the surface. This is why submarines can travel farther with less fuel when submerged than when cruising at the surface. The price swimmers pay for this conservation ploy is an accumulation of carbon dioxide in their lungs and in their blood which could impair the rest of the performance. Coaches and athletes have used breath-hold training for decades as a method for improving CO₂ tolerance. Some types of breath-control training can be dangerous and in some instances have even been fatal.

The breaking point. We have some capacity to override the involuntary control of breathing by simply choosing not to breathe. However, the CO₂ accumulation in the arterial blood will rise high enough to force even the most motivated person to give in to the need to breathe. This "breaking point" varies from person to person and determines how long someone can hold their breathe. There are at least two things one can do to increase breath-hold time: **hyperventilation and training.** **Training** can increase breath-hold time by desensitizing the respiratory control center to accumulated CO₂ and this explains why breath-holding through turns and finishes becomes easier as one becomes better trained. **Hyperventilation** immediately before attempting the breath-holding can also prolong the time it takes to reach the breaking point. The reason for this is that hyperventilation lowers the CO₂ content of arterial blood before the breath-hold is made. Then when the breath-holding is started, the arterial CO₂ has farther to go before reaching the "breaking point". Unfortunately, as the CO₂ rises toward this breaking point, the oxygen

content of the blood can drop to levels that can, at first, impair one's ability to recognize the need to resume breathing, and then, cause unconsciousness. Normal breathing usually resumes at this point which can have disastrous results if the person is swimming underwater.

USS Sports Medicine Council Statement: "Prolonged underwater kicking is becoming more popular in competitive swimming. Training for this carries significant risks. Deaths have been reported from attempts to go as far as possible underwater, in both supervised and unsupervised situations. FINA changed breaststroke rules to make breaststroke a surface stroke in the 1950's in hopes of eliminating the dangerous training regimens going on at the time. This is not a new discovery or concept, but in the interest of safety, the warning bears repeating—Hyperventilation prior to breath-holding attempts increases the risk of unconsciousness.

The emerging popularity of prolonged underwater kicking may bring with it a resurgence in the incidence of underwater breath-holding injury or death. "

It's Time to Register for the 1997 Season

The 1997 U.S.M.S. Registration Application printed below is for **Unattached** swimmers only. Unattached swimmers should fill out this form and register through the **Florida Registrar**, Charlie Kohnken, and make their checks for \$ 23. payable to **Florida L.M.S.C.** Any swimmer working out in a coached Master workout must be registered for insurance purposes.

Club (Team) swimmers should register through their club registrar, filling out the form supplied by their club, and make their checks payable to their club for all applicable LMSC, USMS, and Club fees.

PLEASE REGISTER EARLY. Registrations can be accepted **November 1, 1996** for the 1997 season. Your 1996 registration runs out on December 31, 1996. Your insurance is voided if you swim with an un-registered swimmer.

Charles Kohnken, Florida LMSC Registrar

1997 ONE YEAR MEMBERSHIP APPLICATION

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

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No. ()	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day
Club or Unattached					Yr

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

Signature _____
If you coach Masters Swimmers, please check here

FLORIDA LMSC
 Charles Kohnken, 1258 Flushing Ave.
 Clearwater, FL 34624



1997 Membership Application

RENEWAL. My Current USMS

No. Is _____

NEW REGISTRATION

USMS Fee

11/1/96-8/31/97 15.00

LMSC Fee 8.00

CLUB Fee _____

Total Fee 23.00

Membership expires 12/31/97

Make check payable to:
 Mail check to:

Benefits of membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

- USMS Registered swimmers are covered with secondary accident insurance.
- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
 - 2) in USMS sanctioned meets where all competitors are USMS registered.

DISTANCE MATTERS

By Ron Collins

ATTENTION FLORIDA MASTERS SWIMMERS!! Looking for a swimming event that doesn't take all weekend and the post event social begins at 10:00 a.m.? Why not try an open water swim and avoid the boredom of laps in the pool?

This is the first in a series of columns devoted to long distance swimming events in and around Florida. Each year huge events are held all over the country, sometimes drawing more than five hundred participants. These events require a great deal of travel and expense since few are currently held in central Florida. WE NEED YOUR HELP! Swimmers and coaches now is the time to schedule your event for next year's calendar. Feel free to contact me for assistance in getting started. If you don't call me...I'll call you!

CALENDAR OF EVENTS

11/17/96	Miami Mile - Key Biscayne, Florida - One Mile	Jim Woodman (305)265-0600
12/29/96	Delray, Florida Ocean Swim Challenge - One Mile	Richard Connell (561)243-7270
12/30/96	Ft. Lauderdale, Florida I.S.H.O.F. Ocean Mile	Bob Duenkel (954)462-6536
01/01/97 to 01/30/97	USMS One Hour Postal Championships	David Benjamin (510)357-7735
01/04/97	Hollywood Mile - Hollywood, Florida - One Mile	Jim Shoemaker (954)921-3423
01/05/97	Boca Raton Ocean Mile Classic	Steve Griffith (561)393-7820
04/12/97	Indiatlantic, Florida 3K River Swim	Sam Freas (407)723-6536
05/10/97	Lake Lanier, Georgia 5K State Championship	Bill Black (770)698-8020
05/10/97	Lake Whitney, Texas USMS One Mile Championships	Craig Tribuzi (214)517-2498
05/15/97 to 09/30/97	USMS 5K& 10K Postal Championships	Scott Rabalais (504)766-5937
05/25/97	Reston, Virginia USMS 1-3 Mile Championships	Tom Yorty (703)476-6853
06/14/97	Lake Allatoona, Georgia Two Mile Cable Swim	Bill Black (770)698-8020
June TBA	21st Annual Swim Around Key West	Randy Nutt (954)755-3318

NOTE: All events listed on this calendar are not sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Swimmers are advised to check with event directors to determine if an event is insured. USMS sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number _____."

Swimming News From Around The LMSC

Indian River C.C. Masters

The three members of the Indian River Community College Masters Swim Team who took part in the 1986 Long Course Nationals at Ann Arbor in August, came home with 13 awards.

Gertrude Zint, 78, placed first in the 50 breast, the 100 breast, and the 200 breast; and second in the 50 fly and 200 I.M.

Gil Spear, 81, placed fourth in the 200 free, 200 I.M. and the 100 breast.

Anne Wilder, 82, placed in the 200 fly and the 200 breast; second in the 200 I.M. and the 50 fly; and third in the 200 I.M.

Anne Wilder

A slow summer was celebrated by the recent publication of last spring's **Top Ten in the S.E. Zone**. In only 2 small developmental meets, we placed 30 Top Ten swims, headed by 1st places in women's 400 FR (**Ann Morse, Sarah Williams, Laurie Grubbs, Karen Sadler**), **Scott Guthrie** in the 100 Breast, and **Celeste Lind's** rankings in 5 different events.

RAT

OCALA, GAINESVILLE, JACKSONVILLE, and our friends to our west in S.E. LMSC, come on!

We've got 3 SCY developmental meets coming up before the end of the year, all courtesy of ATAC (Area Tallahassee Aquatic Club). Friday, Nov 8th at 5:00 (**Sylvia Labie**, 904-656-62980; Sunday, Nov 17th, 9:00 (**Jack Goltz**, 904-385-7421); and December 21st, 9:00 (**Sylvia Labie**). Nov 17th is strictly Masters; the other two are mixed with the age groupers. All should be over within 3-4 hours, so it could be a one day trip.

We'd love to have you swim with us, go to lunch with us after, and we could begin coordinating hosting those of you who would like to come the night before in the future.

Wanda Brown

SWIM FLORIDA 

Swim Florida Masters Place 3rd Overall in St. Pete LC Championships

Eleven Swim Florida Masters compiled 606 points to place third in the overall team standings behind Orlando Masters with 32 swimmers and 1536 points and St. Pete Masters with 56 swimmers and 2608 points.

Hi-Point awards of cushions (for those hard bleachers) were:

- ♦ **Bobbi Jo Runyon** 2nd 19-24
- ♦ **Adrienne Seal** 2nd 30-34
- ♦ **Jean Garbus** 1st 60-64
- ♦ **Wes Spitznagle** 3rd 25-29
- ♦ **Larry Black** 2nd 35-39

Ann Arbor L.C. Nationals

Larry Black, Jean Garbus, John Shea, and Sylvia Eisele all placed well at Long Course Nationals at the University of Michigan.

Larry Black (35-39), placed 2nd in the 1500 m free, knocking 18 seconds off his best time! He also placed 4th in the 400 m free and 7th in the 200 m free. There were 93 swimmers in his age group!

John Shea (45-49), did well with a 13th in both the 100 and 200 m backstroke, a 14th in the 50 m back, and a 16th in the 100 m free, competing against 91 swimmers.

Jean Garbus (60-64), posted 4 personal best times out of the five events she swam. She placed 2nd in the 50 m free, 4th in both the 200 m I.M. and the 200 m free, 5th in the 100 free, and 7th in the 100 m breast.

Sylvia Eisele (65-69), took four Gold medals in the 50, 100, and 200 m breaststroke and the 400 m I.M., and took second in the 200 m fly.

We hope to have many more swimmers participating next year, when the Long Course Nationals are held in Orlando.

Jean Garbus

SPACE COAST
MASTERS



SPCO Busy During Summer Season

Upwards to twelve of our swimmers entered four meets during the June to September period. The meets were held at

Delray Beach, St. Pete, Coral Springs and Hendersonville, N.C.

Patricia Sargeant and Tom Bliss scored well, in the Florida Meets, while Martha Henderson and Lauren Hardman garnered 10 first places between them at the September Delray meet. Bunny Cederlund swept all of the backstroke events in the N.C. meet.

On recently released news we're happy to announce that 21 of our SPCO members gained places in the 1996 Dixie Zone Top Ten Short Course Yards rankings. Congratulations to:

Tom Bliss, Bunny Cederlund, Al Chipman, Carol Cowen, Mike Darling, Richard Fletcher, Roberta Franz, Martha Henderson, Betsy Hobbs, Sue Jurek, Phil Lindsley, Sue McGaughey, Nate O'Connell, Nancy Mitts, Dick Robecki, Al Rogerson, Patricia Sargeant, Bob Sigersmith, Angie Sinacore, Dave Thomas and Pete Turner.

In Addition eight members received USMS 1996 Top Ten SCY recognition:

Bunny Cederlund (74) with who placed in the 1000 Free, 50 Back, 100 and 200 Back.

Nate O'Connell (79) in the 50, 100, and 500 Free.

Angie Sinacore (66) in the 100 Fly.

Relay Placements: Bob Sigersmith, Richard Fletcher, Dick Robecki and Al Rogerson in the 65 plus Men's 200 Free Relay. Al, Sue McGaughey, Bunny and Dick in the 200 Mixed Free Relay and the 200 Mixed Medley Relay.

Sorry to report that Bunny Cederlund had to pass up the World Games Meet. While in England, Bunny's husband Walt's illness compelled them to return to the U.S.A., thus not being able to swim in the meet. Bunny was listed as one of the favorites in the 75-79 Backstroke events.

Our Saturday A.M. team practices, recently negotiated with Indian Harbour Beach have been successful. Under Dick Robecki's untiring efforts (we call him CEO) the pool arrangement has worked out well with 12 to 18 members attending. Let's hope the heater is in shape for the winter.

Al Rogerson



COACH'S CORNER

World Masters Championships, Sheffield, England by Coach George E. Bole

The sixth World Masters Championship enticed some 4,556 swimmers from 46 nations representing 1,259 clubs to Sheffield, England. This was the second largest swim meet ever held. The '96 Japanese Nationals in Tokyo hosted 7,000 swimmers!

After attending Brisbane and Montreal for previous World Masters meets, I feared the worst, visualizing events continuing into the small hours. But I am happy to relate, the organization was superb. Events were finishing each evening around 6 o'clock and the shuttle buses were waiting outside the pool to transport people to their respective places of residence.

The general organization could not have been bettered. The Ponds Forge Recreation staff was augmented by a large force of well-drilled volunteers, making registration, etc. easy. Complaints of any nature were handled expertly, quickly and with disarming civility and patience.

The pool itself, arguably the best in Europe, was ten regulation lanes wide and at FINA instructions the temperature was 78°. The pool is housed in a large sports complex which boasts an extensive range of refreshments. Rest facilities were provided throughout the building and there were two warm-up pools.

Amidst all this, St. Pete Masters was represented by President Sandy Steer, Elaine Bromwich, Florence Carr, Harold Ferris, Sam Hall, Tom Smith, Mike Torsney and yours truly. We also enjoyed the company of Cathy Shonkwiler and Maud Orlando from Dunedin Masters and Yvonne Calteral from Canada, people who occasionally swim with us.

Elaine Bromwich won the 100 mts. Breast (50-54), Florence Carr won the 50 mts. Fly (70-74). Elaine also had two silvers at the 200 and 50 Breast. Florence had no less than five silvers, her opponent each time breaking the world record. Sandy, despite her personal problems swam personal best times for the 200 and 100 Breast.

Of the men, Mike Torsney gained second place in the 100 Fly and 5th at the 200 Fly (65-69). Harold Ferris had a 10th in the 50 Free (65-69) and Tom Smith was 4th at 50 Back and 6th in the 50 Fly (38.25). Sam Hall was 14th in the 50 Free (55-59) with a time of 31.49.

The men's team, Sam Hall, Harold Ferris, Mike Torsney and Tom Smith had cruel experiences. For the Medley relay, Harold Ferris had developed flu-like symptoms that had him shaking. In addition, Tom Smith's shoulder problem had gotten worse, and Sam Hall later found out that he had completely severed the main muscle group connecting the

shoulder bone. To make matters worse, the team which finished in 9th place was disqualified on a FINA technicality - the swimmers did not sit in the set seats after reporting in!! The freestyle relay did finish legally in 9th position with all their injuries. These guys deserve great credit for turning out at all. Latest news of Sam Hall is that his shoulder will be strapped to his chest for eight weeks. But knowing Sam's desire and will to succeed (Olympic Silver Medallists don't quit too easily) I'm certain he will be back and raring to go.

Our three companions, Cathy, Maud and Yvonne had a great meet. Cathy performed magnificently to win three world titles at 50 Fly (30:46), 50 Free (28.65) and 50 Back (33.75). Besides 3 gold, Cathy went 1:02.69 for 100 Free for silver and 1:10.76 for bronze in the 100 Fly.

Maud Orlando (30-34) hit 2:57.64 in the 200 Breast for bronze, 1:21.13 in the 100 Breast and 37.01 in the 50 Breast. Yvonne Caterall (45-49) silvered in the 50 Breast with a 39.45 and swam a 1:27.74 in the 100 Breast.

Other people we know, included Lindsey Powell (45-49) who won the 800 meters Free; Ann McGuire (60-64) won the 400 I.M.; June Krauser won everything she entered with record times. June also won a lot of arguments with the FINA people. She had a tremendous meet. Peter Jurzek at ninety-one years of age was the oldest competitor and was applauded warmly each swim.

The media coverage of the meet was somewhat disappointing, due I expect, to clashing with Wimbledon and the European Soccer Championships. However, it was heartwarming to hear the applause from nationals of 46 nations whenever anyone broke a world record. Genuine appreciation.

This World Masters Championship was proof that Masters Swimming is worthy of recognition as a sport not a geriatric panacea. Some of the swimming was awesome.

There were a couple of things that I believe USMS should take note of: 1) There should be some sort of compromise over the different rules of FINA and the rest of the world. These differing interpretations of rules caused quite a few unnecessary disqualifications. 2) This is also a suggestion for future U.S. Nationals. The idea that the official pre-competition period should only include competitors for the day's events. Thus breaststrokes, fliers and backstrokes could practice their respective skills pre-race warm-up.

This was a great learning occasion and all our representatives, as ever did their very best.

GOLD MEDAL NUTRITION

by Lisa Summers, Registered Dietitian

The 1996 Olympic swimming inspired me to intensify my exercise regimen in the pool and out. While I tend to be more ritualistic with my exercise, I often have a less than perfect diet. An active lifestyle and busy work schedule does not leave me time to prepare meals or select nutritious foods when on the go. I know I am often packing breakfast and lunch daily and preparing dinner at 7:30 at night. Given that the average American eats out 3 times a week, it is a challenge maintaining a healthy low fat, low salt diet. Here are some ways to lean out your diet and win a few gold medals in the process.

- Prepack meals from home and avoid eating out altogether - fruit, lean meat sandwiches, low fat yogurt, and leftovers can make healthy lunches.
- When eating at fast food restaurants - watch portions! Choose smaller items such as a Whopper Junior, small fries, and a diet drink.
- When dining out - ask for sauces, gravies, and salad dressings on the side. This way you can control the amount you use.
- Look for lower fat menu alternatives - shrimp and fish rather than beef and pork, marinara sauces rather than alfredo, baked potatoes rather than french fries, and steamed vegetables can always be ordered upon request.
- Low fat does NOT always mean low calorie - portions, portions, portions. Many restaurant dishes have enough calories for half of your daily calorie needs. Eat until you are just satisfied and take leftovers home.
- And remember, if you do splurge while eating out, George has ways to burn off those calories in the pool!



The Olympic Games

World Championships, Long Course S.P.M. Championships and then comes the ultimate, the Olympic Games. Those who watched, (didn't everybody?) would have seen something amongst those exciting performances by the world's best swimmers, that they thought might help their own swimming.

For instance, watching the breaststrokes, I was impressed first by the improvement in times (1 min. + for 100 mts BR) and secondly by the variety of styles adapted. The lower body position of the men's champion, the higher position of some of the women. I thought the South African girl used a composite of both.

Really, on closer inspection, it would appear to me that the stroke is different. Years ago, breaststrokes thought of arms and legs; good arm pull and strong kick, but here there seemed another dimension. The swimmers were driving the body during the wave start of the stroke, thus the timing was a little changed. This allowed a very quick inward pull of the arms which also drove out very quickly. Those who have tried this looked faster but found it very exhausting. However, I think it is worth preserving.

Another point from the Olympics is while reading Popov's bio, I learned that this "slow" sprinter trained some 90K per week. More importantly, this nearly perfect stroke maker does almost one third of that distance on drills. Watching our groups, I must confess the drill time seems to be associated with 'rest' times. It would appear that Alexander's concentration on drills affords him a perfection of biomechanical movements, thus his strokes look so long. The water must feel like soft cement when he enters, feeling great resistance, which takes longer to overcome but which moves his body through the water faster.

Perhaps this is a good place to make a point about one of the most used (or abused) drills, i.e. catch-up. Normally, I see swimmers leave one hand palm down on top of the water stretched out, while the other hand strokes through and then assumes the similar position in front of the shoulder. Really this is practicing "slide-arm glide" freestyle with the greatest danger of elbow-chopping. The best way to do this drill is to have the leaving hand in the water in the catch position - about 8" to 10" deep and so practicing the same entry position as well as strengthening the working arm.

All the drills, for all the strokes should be treated as a serious part of the practice. I'm sure those Olympians you were applauding treat their drills with the seriousness they deserve.

Remember, only perfect practice makes perfect.

George Bole



TEAM ORLANDO MASTERS

Team Orlando hosted our annual SCM Meet on Oct 11,12,13 and thanks to your attendance it was a big success. We had 290 enter but only 260 compete.

We watched 12 World Records get smashed and 19 USMS Records broken. Also broken was the amount raised for the YMCA Aquatic Center. All profits from the meet is donated to the YMCA Aquatic Center and this years total is around \$7,000. Thanks to all who attended.

We are now counting down to the L.C. Nationals in August of '97. This year we are going to be a five day meet. 800 on Thursday, August 14, and the 1500 on Monday, August 18, with distance swimmers able to swim both events. With Nationals being here in August, we will not be holding the SCM meet in '97 but will resume in '98. We are not totally deranged, yet!

During the holidays we will be getting ready for the next year. We will have fun doing the open water circuit in south Florida in November, December, and January.

Now is the time to start planning for next August. We plan on being the largest Long Course Nationals ever held. Make your hotel reservations now. We'll look forward to seeing you then.

Larry Peck

P.S. A couple "old" Orlando Master swimmers showed up at the meet to greet their swimmer friends. **Millie Hupp** and **Rachel Erwin**. Neither feels able to compete now, but **Frank Tillotson** heard Millie say that she was going to make a parachute jump on her birthday, Dec. 9! Frank jumped with her a few years ago.

SUNCOAST MASTERS SWIMMING

Beautiful Dreamer

It was a bold and ambitious **Shirley Leonard** that entered the pool on a recent October afternoon. Ever a model of sportsmanlike conduct, Leonard, 60, turned to a fellow swimmer and asked if he'd like to "share a lane".

Now while there is truth to the rumor that Leonard's times are on the up and up, many find it difficult to believe that they are good enough to "share a lane" with **Olympic champ Anthony Nesty** for a workout.

Nesty, likewise a model of good sportsmanship, politely accepted the offer and jumped into the lane with her. After Leonard realized he'd lapped her at least four times in only her first 25, it was enough to make her aware of her error in judgement. It was not enough, however, to make her go any faster.

Nevertheless, we salute her for practicing one of life's greatest bits of wisdom: If you're going to dream, dream big...

Visionquest

Some people talk about hitting the wall. On the van ride home from the Dixie Zone Short Course Championships, **Deb Walker** complained about not being able to see the wall, much less hit it.

While Walker may have lost a few tenths of a second on her stretch and pray freestyle turns, she still managed to turn in a **World Record performance in the 100 m breaststroke.**

Neal Turnage

Other SMS swimmers also turned in some personal bests as well as winning performances...**Jennifer Brooks** (30), Had 7 personal best times, with a first place finish in the 400 m free-5:06.18, and three 2nds and three 3rd place finishes in her first SCM meet! **Steve Grossman** (34), Had some outstanding

breaststroke swims with a first place in the 100 m breast - 1:14.02, a PR in the 200m breast - 2:41.59, and a 33.53 in the 50 m breast. **Kevin McCormack** (44), has been training exclusively

Deb Walker swam to a World Record in the 100m breast - 1:23.20

for the 50 and 100 m fly and turned in two 1st place times with a 1:03.14 in the 100 m fly and a 27.89 in the 50 m fly. **Deb Walker** (45), swam to a **World Record** in the 100 m breast - 1:23.20 and also placed 1st in the 200 m free - 2:29.39. **David Hicks** (51), placed 1st in both the 50 and 200 back with a 36.61 and a 2:51.55. **Doug Messineo** (55 59), stroked to a 1st place in the 100 breast with a 1:32.57. **Edna (Flash) Gordon** (65

-69), whooped up on everyone in the 50 free with a 1st place finish in 49.00. It was like Autumn

for **John Woods** (70 - 74), as he left his competition in the compost pile in the 100 and 200 free with first place finish times of 1:25.16 and 3:15.19, along with four 2nd places.

Balint Papp (70-74), was good for four 2nd places in the 100 breast, 100 fly, 200 and 400 I.M., with thirds in the 100 I.M. and the 200 breast. **Bardi Dendy** (75-79), streaked to a 1st place finish in the 50 free in 49.79 and a 2nd in the 50 back - 1:00.32. The 200 Mixed Free Relay team of **David Hicks** (51), **Jennifer Brooks** (30), **Steve Grossman** (34), and **Deb Walker** (45), averaged their ages to a perfect 160 years old to a win in 2:00.50.

Jim Donnelly, **Adam** and **Shirley Leonard**, and **Bob Coulter** swam another 17 events between them against Dixie Zone's best in this great Championship Meet.

A big thank you to **Lucky** and **Jacque Meisenheimer** for opening up their lovely home for the social on Saturday night.

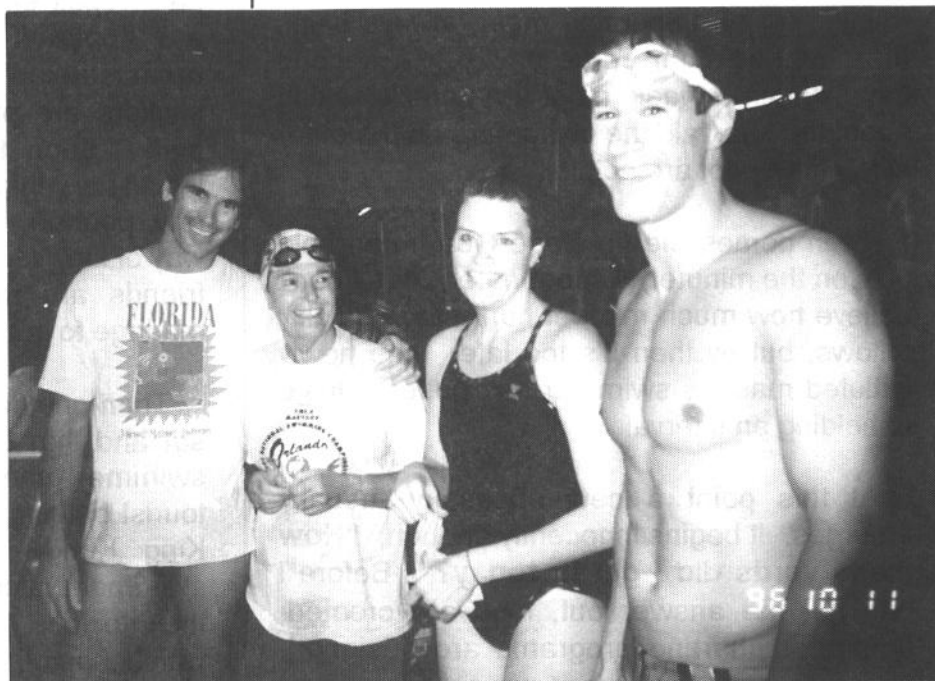
Can you believe that **Jim Donnelly**, the t-shirt meister, won one of the door prizes at the meet...a t-shirt! "I can pretty much go a couple of weeks wearing my own designs without

wearing the same one twice...but I can always use another shirt!"

Road Trip to Winter Haven...

We rented another van for the **Winter Haven meet** and had a great time there. These "road Trips" with the team in a mini or 15 passenger van is the way to go. The older swimmers (over 100 years old) that wouldn't feel safe driving that far to a meet can enjoy the ride along with the younger teammates! (all of us under 100!)

Balint Papp (75) led his teammates with 6 first place finishes in the 100 breast-1:41.89, 200 breast-3:51.99, 100 fly-1:40.02, 100 I.M. - 1:30.63, 200 I.M.-3:32.88, and 400 I.M.- 7:33.34. **John Woods** (71), won his five events: 50 free-33.64, 200 free-2:53.64, 50 back-39.9, 200 back-



Suncoast Masters: **Jim Donnelly**, **Edna Gordon**, **Jennifer Brooks**, **Steve Grossman** in Orlando

3:26.93, and the 100 I.M.-1:34.81. **Bardi Dendy** (75), took firsts in the 50 free - 44:09, and the 50 back - 59.16. **Edna Gordon** (69), won the 200 back - 4:20.35, and placed 2nd in the 50 free-43.83, 200 free-3:36.94, and the 50 back-57.11. **Suzy Carlson** (54), grabbed 3 second places in the 50 back-44.21, 200 back-3:10.63, and 100 I.M.-1:33.45. **Jerry Miles** (38), took 4th in the 200 free-2:56.35, and 6th in the 50 m free-32.43. **Gordon**, **Dendy**, **Papp** and **Woods** combined to win the 200 m mixed free relay (260+) in 2:37.33.



Suncoast Swim Academy @ Westchase

The team is continuing to grow as more Tampa area swimmers (or former swimmers) are finding out about our club at Westchase.

It never ceases to amaze me how someone can come in after a fifteen year or so lay off and work his or herself back into shape. The process is one we all know well. It begins with that first day...arriving before dawn...feeling overwhelmed, adjusting goggles for the first time since high school or college. Most are happy just getting wet! A few words of encouragement from new teammates who are training for an upcoming meet, always helps the new swimmer come back for a second day. Within a week, most are usually asking about the intervals the swimmers on the other side of the pool are holding.

Then comes the fin stage (yes, I can hold 50's on the minute!) Unfortunately, the "I can't believe how much my feet hurt" stage quickly follows, but by then it's too late. The newly initiated masters swimmer has gotten a taste of holding an interval.

At this point a new obsession usually emerges. It begins innocently enough; "How many yards did I get in today?" Before I can get the answer out, logs are created, computer charting programs are designed, energy system pace times are calculated and the season's mezo, macro and microcycles are affixed on the swimmer's home bathroom mirror (with taper period highlighted in red, surrounded by cute little happy faces).

The transformation is almost complete. This former productive member of the sane non-swimming majority discovers that our top swimmers are doing dryland, weights and doubles. "Of course," I say knowingly, "they are training for Nationals. Training for Nationals...never has such a small phrase created such intense emotions in an otherwise stable adult (with notable

exceptions, of course, of "I do" and "we're going to have another baby").

"Training for Nationals" makes people reschedule family vacation plans, shift work related responsibilities and push themselves further than ever before. Other buzz words soon make up the new aquatic lexicon; All-American, Top Ten Nationally, Worlds and Pan Pacifics (training with teenagers in the afternoon probably introduces some words I can't print here).

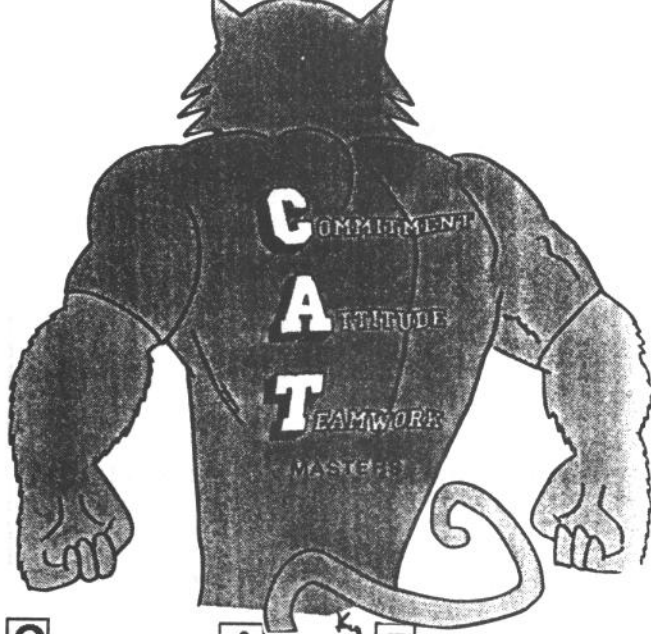
Money is spent where it has never been spent before; the swim shop. Paddles, goggles, chlorine hair repair shampoos and a "honk if you're a breaststroker" bumper stickers are purchased in bulk. Soon this activity, initially a vehicle to lose a few pounds, becomes a way of life. Goals are met, friends are made and car payments still manage to get paid.

Then one day, when it's tough to make the set and that stale feeling creeps in, a new swimmer enters the pool; complete with a tourist bathing suit and goggles that would fit King Kong. The now veteran Masters swimmer watches as she tries to get in with the towel still wrapped around her waist...hoping no one is watching.

They usually go over and try to comfort and encourage the new swimmer. The "recruit" will tell them they used to swim many years ago and, well, it's time to lose a couple of pounds and swimming would be a great non impact sport to get involved in. Inevitably, the new swimmer will ask, "why are you here?" The question brings back an image of the first day, first masters meet and first 10,000 yard day. "I'm training for Nationals". It is at that point when they realize how far they have come.

***"Then one day,
when it's tough
to make the set
and that stale
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the pool;
complete with a
tourist bathing
suit and goggles
that would fit
King Kong."***

Coach Rich Rogers



Clearwater Aquatic Team Masters

Tremendous changes are underway for the **Clearwater Aquatic Team** programs. Our new age group Head Coach is **Rick Bishop**. Rick is a level 5 coach who took several

of his charges to Olympic Trials while training at **Memphis University**. Assistant for the age group senior program will be former **University of Florida** standout **Jon Sukovich**. Watch out for Jon if we can convince him to enter a couple of masters meets next year. (Maybe another UF alumn, **Anthony Nesty**, can be there too!) Finally, our new head coach for the Masters team is **Kelley Allen**. For the last two years he has been backstroking his way to National Top Ten performances representing Jacksonville Area Masters. He's not a bad artist either.

We look forward to seeing many of you at our **1997 Valentine meet** held here at the **Long Center** the weekend of February 8th & 9th. The entry form is in this issue...fill it out and send it in. Make sure to allot plenty of time to attend the social at the "**original**" **Hooter's** restaurant after the end of Saturday's final event...One does not live by chlorine alone.

The Chairman's Corner

Harold L. Ferris, Jr.

The **U.S. Aquatics Sports Convention** was held at the beautiful new **Omni Rosen Hotel** in Orlando the second week in September.

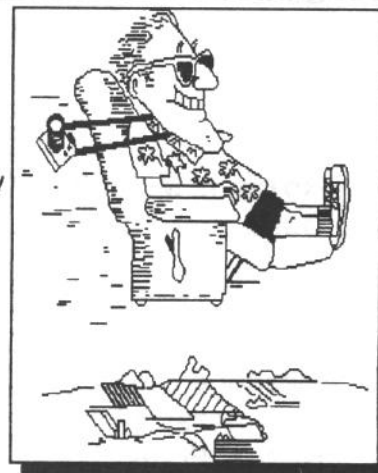
U.S. Masters Swimming had almost two hundred delegates including five from your **Florida LMSC**. Several more people from teams in our LMSC, **Team Orlando Masters** in particular, helped provide a welcome and assistance to the USMS officers and delegates. The thanks we received from USMS can be credited largely to the efforts of one individual, **Jerry Glancy**, of Team Orlando Masters.

As our contact person with USMS, Jerry started obtaining the necessary information a year ago at the convention in Houston. He continued with the planning throughout the year and finished up putting in eighteen hour days during the convention. We all owe him a great big thank you.

I would also like to thank **Jacquie** and **Lucky Meisenheimer** for the great Friday night Bar-B-Q they put on for the USMS delegates. It was terrific!

The weekend of Oct 11, 12, and 13, 1996 saw nearly three hundred swimmers in Orlando for the **Dixie Zone Short Course Meters Championships**. Team Orlando Masters did a great job of putting on this meet. They are now looking forward to running the **USMS Long Course Championships** in August of 1997. We can expect a well run meet with **Larry Peck** as director.

Please note the changes in Officers shown on the front page of this newsletter. **Ron Collins** is our new **Sanctions Chair** and **Tom Roberge** is our incoming **Treasurer**. **Angelo Ventrillo**, from Ft. Pierce, is our new **Records Chairman**. I deeply appreciate the volunteer service given by the outgoing Sanctions Chairman, **Bill Urich**, Treasurer, **Chip Jones**, and Records Chair, **Katie Cooper**. Thanks for the help you have given us.



Records and Tabulation Report

Katie Cooper

Short Course Yards Season

Florida Top 5 is printed in this issue.

Long Course Meters Season

1. National Top 10 was submitted to **Walt Reid** two weeks prior to the convention, 7 weeks ahead of the due date.
2. Zone Top 10 was submitted to **Rocky Motter** two weeks prior to the convention, as well.
3. I am working on putting the Florida Top 5 in camera ready format and shall submit it to **Jim Donnelly** as soon as it is completed.
4. Again this season a large number of new records were set. However, the following people shattered long-standing records and deserve special recognition for their achievement:

- ♦ **Bobbi Jo Runyon 24:** 200 m free (2:22.23)—broke Sheri Brownstein's 8-yr-old-record.
- ♦ **Cathy Shonkwiler 36:** 50 m free (28.86)—broke Deb Walker's 8-yr-old-record.
1500 m free (19:50.91)—broke Linda Bamber's 8-yr-old-record.
50 m back (34.29)—broke Deb Walker's 10-yr-old-record.
100 m back (1:14.44)—broke Deb Walkers 8-yr-old-record.
- ♦ **Rozanna Miller 36:** 200 m back (2:49.39)—broke Deb Walker's 10-yr-old-record.
- ♦ **Doris Prokopi 60:** 50 m breast (51.50)—broke Joan Glaraton's 7-yr-old-record.
100 m breast (1:57.81)—broke Joan Glaraton's 7-yr-old-record.
200 m breast (4:18.44)—broke Joan Glaraton's 7-yr-old-record.
- ♦ **Nancy Durstein 66:** 200 m fly (4:40.75)—broke June Reynolds 7-yr-old-record.
- ♦ **Florence Carr 71:** 100 m fly (2:07.93)—broke Gertrude Zint's 8-yr-old-record.
- ♦ **Rick Scray 42:** 800 m free (11:10.59)—broke John Bishop's 7-yr-old-record.
- ♦ **Russel Frydenborg 40:** 200 m fly (2:35.04)—broke Bumpy Jones 19-yr-old-record.
- ♦ **Mike Torsney 66:** 200 m fly (3:46.23)—broke Harwell Moseley's 11 year old record.
- ♦ **John Johnson 80:** 200 m I.M. (4:57.37)—broke Bill Stinson's 7-yr-old-record.

Congratulations to all our swimmers who established new records throughout this competitive season.

Short Course Meters Season

Meet results from the SPM SCM meet have been processed and entered into the computer,

Other

1. I shall be assisting **Angelo Ventrillo**, your new Records and Tabulation Chairman, so that submission of times will continue to run smoothly. I'm sure he'll do an excellent job for the LMSC.
2. From **Walt Reid**: in accordance with **FINA Masters Rules**, **no Masters World Records** can be set in non-Masters meets (that is in USS or other such meets). However, Walt states, "This in no way (shall affect) the current or future **USMS National Records which can still be set at USS meets.**"

Not the Kind of Record She Wanted

by Neal Turnage
STAFF REPORTER



Cathy Shonkwiler went to the Dixie Zone Short Course Championships with the goal of setting a World Record in the 50 M fly. Instead, in a bizarre turn of events, she ended up in jail.

Actually it was her husband, Jim, who was behind bars. But she had to pay a visit to the Pinellas County Jail to bail him out.

The episode began Friday night, shortly after Shonkwiler left the Orlando YMCA Aquatic Center, having cheered fellow swimmers Andy Nauta and Maud Orlando on in the distance freestyle events. The phone rang in the car. It was Steve Nauta, Andy's husband and the soccer coach of Shonkwiler's son, telling her that her husband had been picked up and booked for grand theft auto and that he had custody of her children for the time being.

Turns out that Shonkwiler's husband, Jim, had stopped into a McDonald's with the kid's after their soccer game. There he was pulled over and told to get his tags renewed. However, during a routine run of the tag number, standard police procedure, the deputy discovered that a Honda with Jim's tag number was reported stolen in West Palm Beach.

The heat was on. Literally. In a matter of moments, four cop cars spun into the McDonald's parking lot. Soon after, Jim was read his rights and hauled off to the slammer.

So instead of going to bed early, Shonkwiler, along with Andy and Maud, checked out of their Orlando hotel and headed for Pinellas County. They stopped at an ATM, pooled their money and were able to bail Jim out at approximately 3:30 a.m.

Turns out Jim was falsely arrested. The West Palm Beach Police Department issued a nice, written apology and the entire episode was history. For that matter, so was the World Record in the 50 M fly.

Keep up the training Cathy, Just don't let your husband out of the house next time you go to a meet!



I Know It's True...I Asked

Mr. D. Q.

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

There are three items I have to relate, and they are all important and should give each of you a happy feeling about being a part of the Masters Program. The order of report is not important as much as the content of each item, so here it goes.

Each year the **Officials Committee of Florida Swimming** nominates an official to receive the **Fred Cruciger Award**. This award is based on an official who has been there when needed, dedicated to being fair, works with other officials for the betterment of our sport of Swimming. The award is sponsored by the **family of Fred Cruciger**, who was very active as an official and in our LSC.

For 1996 the nomination and award was given to one of your own Masters, **Frank Tillotson**. Briefly, the presentation wording simply said:

"Frank has been an official for 20 years. He is active not only on a local level but statewide in LSC Championship Meets. He is a National Championship Official, with his resume listing Senior and Junior Nationals, Olympic Trials, traveling over the USA to be there. To round out his spare time, Frank is a Masters Swimmer and holds many Age Group records. He has competed in National and

International Masters Meets through the USA and the World. Florida Swimming is proud to have a person of this dedication on our decks."

You are all aware that through the efforts of **Larry Peck**, and others, **Masters National Long Course Championships** will be in **Orlando** next August. When it was awarded, Larry called me and asked that I be the **Head Referee** for the meet. I was pleased and you bet I will be glad to be there. With Larry's help, we promise a great meet, and will have officials on deck who are Masters swimming oriented and Professional enough to let us all have a good meet.

Last item is not really an item but anyway... This year there has been no rule changes, contrary to some thoughts. There were a few "housekeeping word changes" but that was just to make sure the officials understood what was meant by the rule. The swimmers already knew, right?? If you now wonder what I mean, when we meet, ask me and I will explain it. It needs the right emphasis and appropriate smile to get the message across.

Take care and to each of you, I will leave with a very Positive note to one and all.

HAPPY HOLIDAYS!
ENJOY GOOD HEALTH
in the COMING YEAR

Al Soltis - Mr. D.Q. (813) 442-3751

FLORIDA LMSC 1995-1996 SCY TOP 5

WOMEN:

50 FREE (19-24)		00:32.68 DANIELLE M. SIRBU 22	13:49.91 SHERYL L. SPRAGUE 28	01:14.16 ANN MARIE MORSE 27
R: 24.67 <i>Sudi Miller '91</i>				01:14.35 AMBER L. REDDEN 28
00:24.71 Y. ROBLING-HOLDEN 24				
00:28.21 DANIELLE M. SIRBU 22	100 FLY (19-24)		1650 FREE (25-29)	
00:31.40 R.K. WILLIAMS 24	R: 59.27 <i>Sudi Miller '91</i>		R 18:31.91 <i>Rosemarie Seaman '86</i>	
00:37.81 TINA M. DONNER 24	01:16.75 DANIELLE M. SIRBU 22		18:59.13 BROOKE J. BOWMAN 29	
		200 FLY (19-24)	50 BACK (25-29)	
100 FREE (19-24)		R: 2:22.20 <i>Margaret Bell '86</i>	R: 28.30 <i>Michelle Falls '83</i>	
R: 53.89 <i>Mary Wayte '90</i>			00:36.64 MARTHA L. LIGGETT 26	
00:53.95 LISA A. SUMMERS 24	100 I.M. (19-24)		100 BACK (25-29)	
	R 1:00.54 <i>Sudi Miller '91</i>		R 1:01.08 <i>Michelle Falls '83</i>	
200 FREE (19-24)	01:02.22 LISA A. SUMMERS 24		200 BACK (25-29)	
R: 1:57.18 <i>Mary Wayte '90</i>	01:07.89 ESTHER S. SMITH 23		R 2:15.37 <i>Miltzi Kremer '94</i>	
02:01.55 Y. ROBLING-HOLDEN 24	01:17.85 DANIELLE M. SIRBU 22		02:27.00 BROOKE J. BOWMAN 29	
02:14.26 ESTHER S. SMITH 23	01:17.86 R.K. WILLIAMS 24		50 BRST (25-29)	
02:22.79 JENNIFER L. KEYS 20		200 I.M. (19-24)	R: 31.91 <i>Merit Greaves '92</i>	
02:26.46 R.K. WILLIAMS 24		R: 2:13.93 <i>Lisa Summers '96</i>	00:33.03 LISA A. SUMMERS 25	
03:06.94 TINA M. DONNER 24		02:13.93 LISA A. SUMMERS 24	00:34.97 M.L. SUTTON 27	
		02:25.17 ESTHER S. SMITH 23	00:37.18 AMBER L. REDDEN 25	
500 FREE (19-24)		02:53.77 DANIELLE M. SIRBU 22	00:40.22 SHERYL L. SPRAGUE 28	
R: 5:21.59 <i>Maureen Jones '86</i>			00:45.90 CECILA L. COLLINS 28	
		400 I.M. (19-24)	100 BRST (25-29)	
1000 FREE (19-24)		R 5:01.72 <i>Maureen Jones '87</i>	R: 1:10.35 <i>Merit Greaves '92</i>	
R:11:13.60 <i>Maureen Jones '86</i>			01:10.90 LISA A. SUMMERS 25	
14:35.40 DANIELLE M. SIRBU 22		50 FREE (25-29)	01:16.81 M.L. SUTTON 27	
		R: 24.27 <i>Mary Holmes '88</i>	01:20.83 ANN MARIE MORSE 27	
1650 FREE (19-24)		00:25.04 LISA A. SUMMERS 25	01:24.14 AMBER L. REDDEN 25	
R:18:27.14 <i>Maureen Jones '86</i>		00:26.70 M.L. SUTTON 27	01:26.01 SHERYL L. SPRAGUE 28	
		00:26.77 BROOKE J. BOWMAN 28		
50 BACK (19-24)		00:28.80 MARTHA L. LIGGETT 26	200 BRST (25-29)	
R: 28.89 <i>Sudi Miller '91</i>		00:29.35 LAURA M. MICHAELS 27	R 2:33.85 <i>Lisa Summers '96</i>	
00:34.95 JENNIFER L. KEYS 20			02:33.85 LISA A. SUMMERS 25	
00:35.86 DANIELLE M. SIRBU 22		100 FREE (25-29)	03:04.02 SHERYL L. SPRAGUE 28	
00:37.63 R.K. WILLIAMS 24		R 53.52 <i>Rosemarie Seaman '86</i>	03:47.01 LISA GELDARD 28	
		00:53.82 LISA A. SUMMERS 25	50 FLY (25-29)	
100 BACK (19-24)		00:57.93 BROOKE J. BOWMAN 28	R: 26.47 <i>Rosemarie Seaman '86</i>	
R: 1:01.74 <i>Mary Wayte '90</i>		00:58.72 M.L. SUTTON 27	00:28.04 BROOKE J. BOWMAN 28	
01:08.67 ESTHER S. SMITH 23		01:04.33 MARTHA L. LIGGETT 26	00:28.66 M.L. SUTTON 27	
01:22.01 DANIELLE M. SIRBU 22		01:04.40 LAURA M. MICHAELS 27	00:32.42 AMBER L. REDDEN 25	
			00:33.54 CHRISTA E. DeWITT 25	
200 BACK (19-24)		200 FREE (25-29)	00:34.20 MARTHA L. LIGGETT 26	
R 2:15.05 <i>Dawn Braciak '87</i>		R 1:52.85 <i>Mary Holmes '86</i>		
02:37.55 JENNIFER L. KEYS 20		01:56.92 LISA A. SUMMERS 25	500 FREE (30-34)	
02:48.77 R.K. WILLIAMS 24		02:05.20 BROOKE J. BOWMAN 28	R 5:33.25 <i>Mary Roebuck '92</i>	
		02:15.16 M.L. SUTTON 27	05:46.33 MARY G. DORE 32	
50 BRST (19-24)		02:26.07 CHRISTA E. DeWITT 25	05:48.28 KAREN A. SADLER 33	
R: 33.13 <i>Sudi Miller '91</i>		02:31.23 SHERYL L. SPRAGUE 28	05:55.30 MAUD E. ORLANDO 33	
00:41.80 DANIELLE M. SIRBU 22			06:09.53 DIANE M. RIDINGS 31	
		500 FREE (25-29)	06:25.92 ADRIENNE SEAL 43	
100 BRST (19-24)		R 4:59.52 <i>Mary Holmes '88</i>		
R: 1:09.75 <i>Sudi Miller '91</i>		05:31.74 BROOKE J. BOWMAN 29	1000 FREE (30-34)	
01:13.46 LISA A. SUMMERS 24		06:39.14 SHERYL L. SPRAGUE 28	R 11:31.37 <i>Mary G. Dore '96</i>	
01:14.73 ESTHER S. SMITH 23		06:39.18 CHRISTA E. DeWITT 25	11:31.37 MARY G. DORE 32	
		07:00.72 LAURA M. MICHAELS 27	11:54.17 MAUREEN JONES 32	
200 BRST (19-24)			12:12.28 MAUD E. ORLANDO 33	
R 2:40.40 <i>Esther Smith '94</i>		1000 FREE (25-29)	13:00.94 DIANE M. RIDINGS 31	
		R 10:32.45 <i>Mary Holmes '88</i>	13:09.53 EILEEN O. HARTLE 34	
50 FLY (19-24)		11:21.56 BROOKE J. BOWMAN 29		
R: 27.00 <i>Sudi Miller '91</i>			1650 FREE (30-34)	
			R: 18:13.85 <i>Mary Roebuck '94</i>	
			19:53.81 MAUREEN JONES 32	
			21:30.33 DIANE M. RIDINGS 31	
			21:40.16 EILEEN O. HARTLE 34	
			22:53.52 DIANNE L. LEE 31	

25:06.03 J.E. NANNEY 32

50 BACK (30-34)

R: 30.29 Jody Lee Betran '93

00:31.21 MERIT L. GREAVES 32
00:33.20 CARYL L. ALBERGO 33
00:33.67 LORI J. STAUCH 31
00:34.10 MAUD E. ORLANDO 33
00:34.20 KATHY A. STEELE 32

100 BACK (30-34)

R: 1:04.14 Michelle Falls '90

01:09.50 KATHY A. STEELE 32
01:12.81 CARYL L. ALBERGO 32
01:13.45 LISA A. FLANAGAN 33
01:14.85 LORI J. STAUCH 31
01:16.25 MAUD E. ORLANDO 33

200 BACK (30-34)

R: 2:23.92 Michelle Falls '90

02:31.09 CARYL L. ALBERGO 33
02:32.40 LISA A. FLANAGAN 33
02:33.28 LORI J. STAUCH 31
02:42.45 BECKY A. NELSON 32
03:04.90 C.T. SWANSON 33

50 BRST (30-34)

R 30.19 Rosemarie Seaman '88

00:32.86 MAUD E. ORLANDO 33
00:33.11 MERIT L. GREAVES 32
00:34.02 SUSAN M. WITTING 31
00:34.12 KATHY A. STEELE 32
00:34.42 LISA A. FLANAGAN 33

100 BRST (30-34)

R 1:06.42 Rosemarie Seaman '88

01:11.08 MAUD E. ORLANDO 33
01:12.33 LISA A. FLANAGAN 33
01:13.52 MERIT L. GREAVES 32
01:13.98 SUSAN M. WITTING 31
01:14.00 KATHY A. STEELE 32

200 BRST (30-34)

R 2:34.23 Maud E Orlando '96

02:34.23 MAUD E. ORLANDO 33
02:38.34 BEVERLY L. ACKER 30
02:39.42 LISA A. FLANAGAN 33
02:49.55 DIANE M. RIDINGS 31
02:58.95 CARYL L. ALBERGO 32

50 FLY (30-34)

R: 25.76 Rosemarie Seaman '88

00:29.90 KATHY A. STEELE 32
00:30.58 BECKY A. NELSON 32
00:31.17 MAUD E. ORLANDO 33
00:31.85 EILEEN O. HARTLE 34
00:32.04 MARY G. DORE 32

100 FLY (30-34)

R 56.50 Rosemarie Seaman '88

01:03.53 BEVERLY L. ACKER 30
01:09.26 BECKY A. NELSON 32
01:12.81 MARY G. DORE 32
01:12.87 SARA J. STRATTON 30
01:17.90 GERI P. HEIER 30

200 FLY (30-34)

R: 2:26.97 Anne Grams '80

02:44.66 ROBERTA D. FRANZ 34
02:51.06 SARA J. STRATTON 30
03:09.30 TINA M. RADER 32
03:12.55 DIANNE L. LEE 31
03:34.42 J.E. NANNEY 32

100 I.M. (30-34)

R 59.02 Rosemarie Seaman '88

01:05.67 BEVERLY L. ACKER 30
01:06.73 KATHY A. STEELE 32
01:07.84 SUSAN M. WITTING 31
01:07.94 MAUD E. ORLANDO 33
01:09.47 LISA A. FLANAGAN 33

200 I.M. (30-34)

R 2:20.77 Mary Reduck '92

02:29.51 MAUD E. ORLANDO 33
02:30.08 LISA A. FLANAGAN 33
02:34.22 MARY G. DORE 32
02:36.82 KAREN A. SADLER 32
02:39.45 DIANE M. RIDINGS 31

400 I.M. (30-34)

R: 5:07.09 Maureen Jones '94

05:16.05 LISA A. FLANAGAN 33
05:34.94 DIANE M. RIDINGS 31
05:34.98 MARY G. DORE 32
06:40.75 TINA M. RADER 32
06:44.47 J.E. NANNEY 31

50 FREE (35-39)

R: 25.11 C. Shonkwiler '96

00:25.11 C.E. SHONKWILER 35
00:27.17 ANDREA D. NAUTA 36
00:27.65 ROZANNA L. MILLER 35
00:28.32 PATRICIA A. RUHL 35
00:28.60 B.K. NICHOLS 38

100 FREE (35-39)

R: 56.07 C. E. Shonkwiler '96

00:56.07 C.E. SHONKWILER 35
00:58.35 ANDREA D. NAUTA 36
01:03.29 B.K. NICHOLS 39
01:03.85 CELESTE LIND 36
01:04.16 KELLY BERGDOLL 38

200 FREE (35-39)

R 2:38.16 C E Shonkwiler '96

02:03.85 C.E. SHONKWILER 35
02:11.86 ROZANNA L. MILLER 35
02:11.96 ANDREA D. NAUTA 36
02:16.86 B.K. NICHOLS 38
02:20.69 CELESTE LIND 36

500 FREE (35-39)

R 5:38.16 C E Shonkwiler '96

05:38.16 C.E. SHONKWILER 35
05:57.50 ANDREA D. NAUTA 36
05:58.79 WANDA H. BROWN 39
06:13.74 CELESTE LIND 36
06:17.70 B.K. NICHOLS 39

1000 FREE (35-39)

R 11:43.03 C Shonkwiler '96

11:43.03 C.E. SHONKWILER 35

13:02.54 LAURA L. KALEEL 35
13:12.48 JO ANN HARRELSON 39
13:33.31 KELLY BERGDOLL 38
14:33.89 JILL VOORHIS 35

1650 FREE (35-39)

R 20:00.62 Anne Grams '83

21:32.47 LAURA L. KALEEL 35
21:33.07 JO ANN HARRELSON 39
22:26.21 KELLY BERGDOLL 38
23:47.90 JILL VOORHIS 35
24:25.58 T.L. DYKEHOUSE 39

50 BACK (35-39)

R 29.47 C E Shonkwiler '96

00:29.47 C.E. SHONKWILER 35
00:32.30 ANDREA D. NAUTA 36
00:33.46 LORI P. EDWARDS 36
00:34.89 KELLY BERGDOLL 38
00:35.26 LYN M. SEARS 38

100 BACK (35-39)

R 1:05.53 C E Shonkwiler '96

01:05.53 C.E. SHONKWILER 35
01:06.94 ROZANNA L. MILLER 35
01:07.46 K.J. ADAMS 39
01:09.53 ANDREA D. NAUTA 36
01:12.34 LORI P. EDWARDS 35

200 BACK (35-39)

R 2:29.27 Rozanna Miller '96

02:29.27 Rozanna L. Miller 35
02:29.96 K.J. ADAMS 39
02:37.25 LORI P. EDWARDS 35
02:37.36 ANDREA D. NAUTA 36
02:39.43 LYN M. SEARS 38

50 BRST (35-39)

R: 33.94 Deb Walker '86

00:35.09 JUDY B. TIBMA 39
00:36.74 C.E. SHONKWILER 35
00:37.57 JO ANN HARRELSON 39
00:37.89 PATRICIA A. RUHL 35
00:38.75 ANDREA D. NAUTA 35

100 BRST (35-39)

R: 1:11.95 Deb Walker '89

01:16.39 JUDY B. TIBMA 39
01:21.55 JO ANN HARRELSON 39
01:24.26 WANDA H. BROWN 39
01:25.02 AMY B. MULLANEY 35
01:26.04 INGRID ARCHER 37

200 BRST (35-39)

R: 2:40.89 Deb Walker '91

02:45.17 JUDY B. TIBMA 39
02:53.87 JO ANN HARRELSON 39
03:03.22 CELESTE LIND 36
03:06.81 INGRID ARCHER 37
03:43.43 PENNY L. COSS 38

50 FLY (35-39)

R: 27.12 C. Shonkwiler '96

00:27.12 C.E. SHONKWILER 35
00:29.13 ROZANNA L. MILLER 35
00:30.30 ANDREA D. NAUTA 36
00:30.65 B.K. NICHOLS 38

00:31.37 PATRICIA A. RUHL 35

100 FLY (35-39)

R: 1:00.87 C. Shonkwiler '96

01:00.87 C.E. SHONKWILER 35
01:05.44 ROZANNA L. MILLER 35
01:10.10 B.K. NICHOLS 39
01:13.04 LYN M. SEARS 38
01:18.15 LORI P. EDWARDS 35

200 FLY (35-39)

R 2:24.50 Anne Grams '83

02:33.74 B.K. NICHOLS 39
02:33.98 ROZANNA L. MILLER 35
02:47.00 LYN M. SEARS 38
02:53.55 JO ANN HARRELSON 39
03:04.35 LORI P. EDWARDS 36

100 I.M. (35-39)

R 1:06.20 Martha Martin '88

01:07.41 C.E. SHONKWILER 35
01:08.04 ROZANNA L. MILLER 35
01:10.59 JUDY B. TIBMA 39
01:10.75 ANDREA D. NAUTA 36
01:13.65 LYN M. SEARS 38

200 I.M. (35-39)

R 2:24.74 Susan Halfacre '91

02:30.38 ROZANNA L. MILLER 35
02:35.89 JUDY B. TIBMA 39
02:40.86 LYN M. SEARS 38
02:42.24 WANDA H. BROWN 38
02:42.51 LORI P. EDWARDS 35

400 I.M. (35-39)

R 5:05.49 Anne Grams '83

05:29.39 ROZANNA L. MILLER 35
05:33.25 K.J. ADAMS 39
05:39.73 LYN M. SEARS 38
05:46.97 JO ANN HARRELSON 39
05:50.35 B.K. NICHOLS 39

50 FREE (40-44)

R 25.61 Martha Martin '91

00:26.79 SUSAN E. HALFACRE 43
00:27.83 P.A. SARGEANT 42
00:28.35 DEB W. WALKER 44
00:28.86 HOLLY HOIER 43
00:29.57 CHRIS A. KELLY 41

100 FREE (40-44)

R 56.54 Martha Martin '90

00:57.90 SUSAN E. HALFACRE 43
01:03.12 P.A. SARGEANT 42
01:04.99 CHRIS A. KELLY 41
01:06.13 HOLLY HOIER 43
01:08.38 CAROL M. COWEN 44

200 FREE (40-44)

R: 2:05.31 Susan Halfacre '95

02:23.48 CHRIS A. KELLY 41
02:26.02 JO ANN HARRELSON 40
02:28.38 LAURIE M. GRUBBS 44
02:29.75 P.A. SARGEANT 42
02:41.97 BETSY HOBBS 42

500 FREE (40-44)

R: 5:30.24 Susan Halfacre '95

05:30.24 SUSAN E. HALFACRE 43
06:13.43 JO ANN HARRELSON 40
06:36.38 LAURIE M. GRUBBS 44
06:38.49 CHRIS A. KELLY 41
07:31.93 LYDIA R. THAMES 41

1000 FREE (40-44)

R 13:02.53 Jo Ann Harrelson '96

13:02.53 JO ANN HARRELSON 40
13:35.88 PAM GEIGER 42
13:50.96 HOLLY HOIER 43
15:37.59 C.A. LEFEVRE 41
15:46.87 LYDIA R. THAMES 41

1650 FREE (40-44)

R: 21:23.58 Pam Geiger '95

21:40.65 JO ANN HARRELSON 40
22:57.88 PAM GEIGER 43
26:09.66 LYDIA R. THAMES 41
28:46.11 DONNA L. KETCHUM 44

50 BACK (40-44)

R: 30.93 Judy Stefanick '92

00:31.46 SUSAN E. HALFACRE 43
00:34.36 DEB W. WALKER 44
00:35.77 NANCY GUINN 42
00:36.19 P.A. SARGEANT 42
00:37.03 MARTHA M. GAINES 41

100 BACK (40-44)

R 1:08.00 Judy Stefanick '92

01:13.98 DEB W. WALKER 44
01:18.63 NANCY GUINN 42
01:18.73 CHRIS A. KELLY 41
01:22.29 MARTHA M. GAINES 41
01:31.79 BECKY HALDEMAN 41

200 BACK (40-44)

R 2:25.69 Judy Stefanick '92

02:46.41 JO ANN HARRELSON 40
02:53.29 CHRIS A. KELLY 41
03:07.97 MARTHA M. GAINES 41
03:13.65 BECKY HALDEMAN 41

50 BRST (40-44)

R 33.57 Deborah Walker '92

00:34.21 DEB W. WALKER 44
00:36.22 HOLLY HOIER 43
00:37.72 NANCY GUINN 42
00:38.13 JO ANN HARRELSON 40
00:38.52 CAROL M. COWEN 44

100 BRST (40-44)

R 1:13.40 Deborah Walker '92

01:14.65 DEB W. WALKER 44
01:19.19 JO ANN HARRELSON 40
01:21.09 HOLLY HOIER 43
01:24.12 NANCY GUINN 42
01:24.12 LISA H. ROSS 41

200 BRST (40-44)

R 2:38.99 Deborah Walker '92

02:40.95 DEB W. WALKER 44
02:52.66 JO ANN HARRELSON 40
02:59.65 CAROL M. COWEN 44

03:01.83 LISA H. ROSS 41
03:40.30 ELAINE C. SMITH 42

50 FLY (40-44)

R: 27.92 Martha Martin

00:30.33 P.A. SARGEANT 42
00:30.92 HOLLY HOIER 43
00:35.55 CHRIS A. KELLY 41
00:36.55 BETSY HOBBS 42
00:36.59 CAROL M. COWEN 44

100 FLY (40-44)

R 1:03.56 Martha Martin

01:04.41 SUSAN E. HALFACRE 43
01:12.72 P.A. SARGEANT 42
01:25.16 CHRIS A. KELLY 41
01:44.51 ELAINE C. SMITH 42

200 FLY (40-44)

R: 2:37.84 Judy Stefanick '92

02:50.68 JO ANN HARRELSON 40

100 I.M. (40-44)

R 1:04.30 Martha Martin

01:07.03 SUSAN E. HALFACRE 43
01:08.77 DEB W. WALKER 44
01:13.36 JO ANN HARRELSON 40
01:13.91 P.A. SARGEANT 42
01:14.41 HOLLY HOIER 43

200 I.M. (40-44)

R 2:30.57 Deborah Walker '93

02:39.86 JO ANN HARRELSON 40
02:40.65 P.A. SARGEANT 42
02:41.99 HOLLY HOIER 43
02:53.41 LAURIE M. GRUBBS 44
02:56.12 NANCY GUINN 42

400 I.M. (40-44)

R: 5:25.13 Judy Stefanick '92

05:40.75 JO ANN HARRELSON 40
05:44.62 P.A. SARGEANT 42
06:05.74 LAURIE M. GRUBBS 44

50 FREE (45-49)

R: 28.65 Anne Page '95

00:28.78 ANNE M. PAGE 47
00:29.65 TRISH H. MARKEY 45
00:30.55 LYNN CARTEE 48
00:31.45 MEEGAN J. WILSON 47
00:32.53 LINDA R. FELTON 45

100 FREE (45-49)

R: 1:03.65 Susan VanRoyen '90

01:06.48 TRISH H. MARKEY 45
01:09.77 MEEGAN J. WILSON 47
01:14.66 PENNY M. POTTER 48
01:14.83 LESLIE L. TREAT 47
01:15.38 RAE P. HOWELL 48

200 FREE (45-49)

R: 2:21.71 Susan VanRoyen '90

02:25.45 ANNE M. PAGE 47
02:27.19 LYNN CARTEE 48
02:37.96 TRISH H. MARKEY 45
02:45.32 LESLIE L. TREAT 47

02:45.72 EMMA M. DAVIS 46

500 FREE (45-49)

R 6:25.00 Lynn Cartee '94

06:34.44 LYNN CARTEE 48
07:16.50 PENNY M. POTTER 48
08:07.07 VICKI E. HALEY 49

1000 FREE (45-49)

R 14:29.43 Jayne Lambke

15:36.57 PENNY M. POTTER 48
15:39.39 EMMA M. DAVIS 46
16:30.16 VICKI E. HALEY 49
17:16.59 ROSALYN RANDALL 46
17:35.01 G.J. PINGLEY 49

1650 FREE (45-49)

R: 22:12.49 Anne Page '94

25:37.89 PENNY M. POTTER 48
26:16.49 B. PRESCOTT 45
28:24.84 ROSALYN RANDALL 46

50 BACK (45-49)

R: 36.70 Barbara Hoellen

00:43.53 RAE P. HOWELL 48
00:44.38 JAN P. SEITZ 49
00:45.85 JOAN F. STAPEL 45
00:53.08 PATRICIA COHEN 49

100 BACK (45-49)

R 1:23.92 Jayne Lambke '88

01:33.66 LINDA R. FELTON 45
01:34.88 RAE P. HOWELL 48
01:40.30 JAN P. SEITZ 49

200 BACK (45-49)

R: 2:57.89 Suzy Carlson

50 BRST (45-49)

R: 35.81 Elaine Bromwich '92

00:38.12 MEEGAN J. WILSON 47
00:38.25 LYNN CARTEE 48
00:38.55 LESLIE L. TREAT 47
00:40.33 G.J. PINGLEY 49
00:41.85 JOAN F. STAPEL 45

100 BRST (45-49)

R: 1:16.53 Elaine Bromwich

01:21.36 MEEGAN J. WILSON 47
01:24.61 LYNN CARTEE 48
01:25.08 LESLIE L. TREAT 47
01:30.94 G.J. PINGLEY 49
01:32.17 JOAN F. STAPEL 45

200 BRST (45-49)

R: 2:51.03 Elaine Bromwich '91

02:56.63 MEEGAN J. WILSON 47
03:01.07 LESLIE L. TREAT 47
03:04.83 LYNN CARTEE 48

50 FLY (45-49)

R 31.17 Barbara Hoellen

00:35.34 LYNN CARTEE 48
00:37.48 MEEGAN J. WILSON 47
00:38.43 RAE P. HOWELL 48
00:39.61 LINDA R. FELTON 45

00:40.53 LESLIE L. TREAT 47

100 FLY (45-49)

R 1:11.32 Barbara Hoellen

01:35.18 RAE P. HOWELL 48
02:05.46 ROSALYN RANDALL 46

200 FLY (45-49)

R: 2:58.15 Elaine Bromwich

100 IM (45-49)

R: 1:12.59 Lynn Cartee '94

01:15.80 ANNE M. PAGE 47
01:16.26 LYNN CARTEE 48
01:20.66 MEEGAN J. WILSON 47
01:23.68 LESLIE L. TREAT 47
01:25.37 EMMA M. DAVIS 46

200 IM (45-49)

R: 2:43.11 Lynn Cartee '94

02:48.36 LYNN CARTEE 48
02:58.93 MEEGAN J. WILSON 47
03:08.27 BARBARA E. GOLTZ 49
03:17.41 RAE P. HOWELL 48
03:23.67 PENNY M. POTTER 48

400 IM (45-49)

R 5:51.86 Elaine Bromwich '90

50 FREE (50-54)

R: 30.24 Jayne Lambke '91

00:32.09 ELAINE BROMWICH 52
00:34.75 NANCY P. MITSS 51
00:35.42 JANET H THOMPSON 50
00:44.13 S.L. WHITCOMB 52
00:45.92 KAREN L. GARDNER 50

100 FREE (50-54)

R 1:04.24 Jayne Lambke '91

01:19.88 NANCY P. MITTS 51
01:40.41 S.L. WHITCOMB 52
01:44.76 KAREN L. GARDNER 50

200 FREE (50-54)

R 2:25.71 Jayne Lambke '90

03:00.71 JANET H THOMPSON 50
03:38.48 S.L. WHITCOMB 52
03:47.69 KAREN L. GARDNER 50

500 FREE (50-54)

R: 6:37.93 Jayne Lambke '90

06:49.52 ELAINE BROMWICH 52

1000 FREE (50-54)

R: 13:41.06 Jayne Lambke '90

16:38.40 JANET H THOMPSON 50
21:46.59 PATRICIA COHEN 50

1650 FREE (50-54)

R: 22:39.73 Jayne Lambke '90

27:20.06 JANET H THOMPSON 50
36:02.27 PATRICIA COHEN 50

50 BACK (50-54)

R 37.38 Elizabeth Kirby '86

100 FLY (70-74)

R 1:49.68 Florence Carr '96

01:49.68	FLORENCE E. CARR	70
02:00.29	JUNE B. REYNOLDS	74
02:11.84	GLADYS OLSEN	70
02:17.39	WINNIE F. WALTER	74
02:24.57	SUE S. McGAUGHEY	74

200 FLY (70-74)

R 4:17.65 June Reynolds '92

04:22.58	JUNE B. REYNOLDS	73
04:27.90	GLADYS OLSEN	70

100 I.M. (70-74)

R 1:30.98 Florence Carr '96

01:30.98	FLORENCE E. CARR	70
01:35.41	DORIS M. McEWAN	71
01:54.41	JUNE B. REYNOLDS	73
01:55.78	BUNNY CEDERLUND	74
02:00.63	GLADYS OLSEN	70

200 I.M. (70-74)

R 3:26.12 Florence Carr '95

03:26.12	FLORENCE E. CARR	70
04:07.39	JUNE B. REYNOLDS	73
04:21.64	GLADYS OLSEN	70
04:45.13	MARJORIE NEWMAN	72

400 I.M. (70-74)

R 7:53.59 Florence Carr '96

07:53.59	FLORENCE E. CARR	70
08:58.63	JUNE B. REYNOLDS	74
09:02.47	GLADYS OLSEN	70
09:59.67	MARJORIE NEWMAN	72

50 FREE (75-79)

R: 43.55 Kay Schimpy '93

00:46.34	GERTRUD J. ZINT	78
00:46.45	JEAN B. ZULICH	75
00:46.78	NATE O'CONNELL	79

100 FREE (75-79)

R 1:37.09 Gertrud Zint '93

01:41.84	GERTRUD J. ZINT	78
01:48.28	NATE O'CONNELL	79
01:49.40	KAY M. SCHIMPF	78
02:06.76	EFFIE M. WOOD	77

200 FREE (75-79)

R 3:36.29 Kay Schimpy '93

03:46.86	GERTRUD J. ZINT	78
03:55.76	KAY M. SCHIMPF	78
04:10.68	NATE O'CONNELL	79

500 FREE (75-79)

R 9:36.98 Kay Schimpy '93

10:11.47	KAY M. SCHIMPF	78
10:28.15	GERTRUD J. ZINT	78
10:42.40	NATE O'CONNELL	79

1000 FREE (75-79)

R: 19:53.29 Kay Schimpy '95

19:53.29	KAY M. SCHIMPF	78
21:15.32	GERTRUD J. ZINT	78

1650 FREE (75-59)

R: 33:14.90 Ruth Switzer '84

50 BACK (75-79)

R: 50.52 Gertrud Zint '93

00:52.30	GERTRUD J. ZINT	78
00:53.15	JEAN B. ZULICH	75
00:58.52	KAY M. SCHIMPF	78
01:02.03	EFFIE M. WOOD	77

100 BACK (75-79)

R 1:49.74 Gertrud Zint '93

01:56.34	GERTRUD J. ZINT	78
02:03.27	KAY M. SCHIMPF	78
02:05.64	JEAN B. ZULICH	75

200 BACK (75-79)

R 4:04.09 Gertrud Zint '93

04:13.11	GERTRUD J. ZINT	78
04:20.80	KAY M. SCHIMPF	78
04:31.81	JEAN B. ZULICH	75

50 BRST (75-79)

R: 49.31 Gertrud Zint '94

00:53.03	GERTRUD J. ZINT	78
00:57.24	KAY M. SCHIMPF	78
01:02.08	JEAN B. ZULICH	75

100 BRST (75-79)

R 1:49.55 Gertrud Zint '93

01:56.68	GERTRUD J. ZINT	78
02:05.91	KAY M. SCHIMPF	78
02:24.69	JEAN B. ZULICH	75

200 BRST (75-79)

R 4:04.68 Gertrud Zint '93

04:28.85	KAY M. SCHIMPF	78
04:32.13	GERTRUD J. ZINT	78

50 FLY (75-79)

R: 49.04 Gertrud Zint '93

00:52.04	GERTRUD J. ZINT	78
00:58.36	KAY M. SCHIMPF	78
01:00.20	JEAN B. ZULICH	75

100 FLY (75-79)

R 1:59.42 Kay Schimpy '93

02:03.32	KAY M. SCHIMPF	78
02:17.72	GERTRUD J. ZINT	78
02:18.98	JEAN B. ZULICH	75
03:18.78	EFFIE M. WOOD	77

200 FLY (75-79)

R 4:43.74 Kay Schimpy '93

07:01.89	EFFIE M. WOOD	77
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100 I.M. (75-79)

R 1:47.76 Gertrud Zint '94

01:52.32	GERTRUD J. ZINT	78
02:01.73	KAY M. SCHIMPF	78
02:07.79	JEAN B. ZULICH	75
02:42.14	EFFIE M. WOOD	77

200 I.M. (75-79)

R 3:52.62 Gertrud Zint '94

04:06.49	GERTRUD J. ZINT	78
04:18.66	KAY M. SCHIMPF	78
04:46.56	JEAN B. ZULICH	75

400 I.M. (75-79)

R 8:41.11 Kay Schimpy '92

09:10.50	GERTRUD J. ZINT	78
09:18.85	KAY M. SCHIMPF	78

50 FREE (80-84)

R: 52.23 Ruth Switzer '88

01:10.07	ANNE WILDER	82
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100 FREE (80-84)

R 1:53.23 Ruth Switzer '88

02:46.09	ANNE WILDER	82
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50 BACK (80-84)

R 53.50 Carrie Merson '78

01:13.02	ANNE WILDER	82
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50 BRST (80-84)

R: 59.02 Helmi Meise '93

01:25.62	ANNE WILDER	82
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200 BRST (80-84)

R 6:01.07 Anne Wilder '93

06:40.89	ANNE WILDER	82
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50 FLY (80-84)

R 1:07.98 Anne Wilder '93

01:22.57	ANNE WILDER	82
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200 FLY (80-84)

R 5:41.70 Anne Wilder '94

07:12.35	ANNE WILDER	82
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100 I.M. (80-84)

R 2:21.57 Dorothy Hopkins '90

02:57.11	ANNE WILDER	82
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200 I.M. (80-84)

R 5:09.03 Dorothy Hopkins '90

06:07.80	ANNE WILDER	82
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400 I.M. (80-84)

R: 11:06.31 Dorothy Hopkins '90

13:31.21	ANNE WILDER	82
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MEN:

50 FREE (19-24)

R: 21.79 James Smith '94

00:22.38	DANIEL WEGNER	24
00:22.95	NICK MINA	23
00:23.33	JACK E. THOMAS	24
00:24.79	CARLOS H. ROJAS	23
00:25.19	GRANT S. TURNER	24

100 FREE (19-24)

R 47.57 Chris Stevenson '88

00:48.89	DANIEL WEGNER	24
00:53.45	CHRIS J. BRANCATO	24

00:54.56	CARLOS H. ROJAS	23
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200 FREE (19-24)

R: 1:44.36 Chris Stevenson '88

01:49.48	DANIEL WEGNER	24
01:49.78	NICK MINA	23
02:03.79	CARLOS H. ROJAS	23

500 FREE (19-24)

R: 4:43.65 Chris Stevenson '89

05:42.84	CHRIS J. BRANCATO	24
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1000 FREE (19-24)

R: 10:46.94 Kurt Predmore '92

1650 FREE (19-24)

R: 17:10.44 A.T. Constantini '93

50 BACK (19-24)

R 24.37 Chris Stevenson '88

00:26.49	DANIEL WEGNER	24
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100 BACK (19-24)

R: 53.24 James Smith '94

00:58.39	DANIEL WEGNER	24
00:59.31	CHRIS J. BRANCATO	24
01:08.64	CARLOS H. ROJAS	23

200 BACK (19-24)

R 1:58.24 Christ Stevenson '88

02:08.85	DANIEL WEGNER	24
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50 BRST (19-24)

R: 28.38 Doug Soltis '87

00:31.72	NICK MINA	23
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100 BRST (19-24)

R: 1:00.26 Marc LaPalme

01:04.10	JACK E. THOMAS	24
01:11.27	GRANT S. TURNER	24

200 BRST (19-24)

R 2:19.76 Jack Thomas '96

02:19.76	JACK E. THOMAS	24
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50 FLY (19-24)

R: 23.36 Chris Stevenson '89

00:25.02	DANIEL WEGNER	24
00:25.90	CHRIS J. BRANCATO	24
00:32.79	RONALD WOODARD	24

100 FLY (19-24)

R: 51.63 Chris Stevenson '89

00:56.36	JACK E. THOMAS	24
00:56.72	DANIEL WEGNER	24
00:57.49	NICK MINA	23

200 FLY (19-24)

R: 1:53.38 Chris Stevenson '89

100 I.M. (19-24)

R: 55.89 Chris Stevenson '89

00:56.46	JACK E. THOMAS	24
00:56.55	DANIEL WEGNER	24

00:59.10 NICK MINA 23
01:01.27 CHRIS J. BRANCATO 24
01:05.64 CARLOS H. ROJAS 23

200 I.M. (19-24)

R: 2:02.79 Marc LaPalme

02:04.97 DANIEL WEGNER 24
02:24.75 CARLOS H. ROJAS 23

400 I.M. (19-24)

R: 4:26.56 Stan Kupiszewski '85

05:15.81 CARLOS H. ROJAS 23

50 FREE (25-29)

R: 21.01 Doug Soltis '88

00:22.12 JAMES R. SMITH 26
00:22.80 MARK A MacDONALD 28
00:23.18 W.E. SPITZNAGLE 26
00:23.30 STUART A. BARTON 27
00:25.81 KENT A. KELLER 28

100 FREE (25-29)

R: 46.69 Doug Soltis '88

00:49.08 JAMES R. SMITH 26
00:50.26 STUART A. BARTON 28
00:50.61 MARK A MacDONALD 28
00:52.18 CHRIS J. BRANCATO 25
00:57.23 KENT A. KELLER 28

200 FREE (25-29)

R: 1:43.67 Mike Heath

01:52.78 JAMES R. SMITH 26
01:53.51 STUART A. BARTON 27
01:57.58 CHRIS J. BRANCATO 25
02:03.57 W.T. MATTHEWS 29
02:13.21 KEITH DeWITT 28

500 FREE (25-29)

R: 4:43.64 Chris Stevenson '91

05:13.22 STUART A. BARTON 27
06:05.27 KEITH DeWITT 28

1000 FREE (25-29)

R: 11:00.95 Jeff Cuddeback '86

11:11.43 STUART A. BARTON 28
12:24.60 W.T. MATTHEWS 29
12:38.99 KEITH DeWITT 28

1650 FREE (25-29)

R: 17:07.79 Cyle Sage '91

20:23.33 W.T. MATTHEWS 29
20:56.46 KEITH DeWITT 28

50 BACK (25-29)

R: 24.40 Coy Cobb '91

00:25.61 JAMES R. SMITH 26
00:25.84 MICHAEL E. CARTER 27
00:26.78 CHRIS J. BRANCATO 25
00:28.47 STUART A. BARTON 28
00:33.22 KEITH DeWITT 28

100 BACK (25-29)

R 52.64 Chris Stevenson '92

00:54.86 JAMES R. SMITH 26
00:58.26 CHRIS J. BRANCATO 25
00:58.93 MICHAEL E. CARTER 27

01:12.79 KEITH DeWITT 28

200 BACK (25-29)

R 1:54.57 Stephen Barnicoat

02:03.33 JAMES R. SMITH 26
02:11.68 STUART A. BARTON 27
02:28.77 W.T. MATTHEWS 29
02:31.82 KEITH DeWITT 28

50 BRST (25-29)

R: 26.18 Doug Soltis '88

00:28.45 W.D. SPITZNAGLE 26
00:31.08 MARK A MacDONALD 28
00:33.01 KENT A. KELLER 28
00:33.70 STUART A. BARTON 27
00:37.01 JAMES M. COLLINS 29

100 BRST (25-29)

R: 56.94 Doug Soltis '88

01:03.08 W.D. SPITZNAGLE 26
01:09.39 MARK A MacDONALD 28
01:12.86 KENT A. KELLER 28
01:15.97 W.T. MATTHEWS 29
01:18.40 STUART A. BARTON 28

200 BRST (25-29)

R: 2:03.69 Doug Soltis '88

02:34.33 STUART A. BARTON 28
03:10.05 JAMES M. COLLINS 29

50 FLY (25-29)

R: 22.70 Coy Cobb '91

00:25.52 STUART A. BARTON 27
00:25.76 MARK A MacDONALD 28
00:26.00 CHRIS J. BRANCATO 25
00:29.89 KEITH DeWITT 28

100 FLY (25-29)

R: 51.13 Chris Stevenson '92

00:57.87 CHRIS J. BRANCATO 25
00:58.01 STUART A. BARTON 27
01:14.42 KEITH DeWITT 28

200 FLY (25-29)

R: 1:54.27 Chris Stevenson '91

02:22.35 STUART A. BARTON 27

100 IM (25-29)

R: 52.66 Doug Soltis '88

00:57.51 W.D. SPITZNAGLE 26
00:58.80 MICHAEL E. CARTER 27
01:00.11 MARK A MacDONALD 28
01:04.98 W.T. MATTHEWS 29
01:04.99 STUART A. BARTON 27

200 I.M. (25-29)

R 1:58.56 Stephen Barnicoat

400 I.M. (25-29)

R 4:35.15 Paul Robinson '94

04:47.84 STUART A. BARTON 28

50 FREE (30-34)

R 21.73 T. Peck

00:22.76 ROY C. DEARY 33

00:23.23 DAVE E. DOLL 32

00:23.33 BRIAN E. VAILE 33

00:24.04 STEVE GROSSMAN 34

00:24.21 KEN R. WAGNER 31

100 FREE (30-34)

R: 47.53 L. Meisenheimer

00:50.40 ROY C. DEARY 33
00:50.56 DAVE E. DOLL 32
00:51.32 BRIAN E. VAILE 33
00:52.23 KELLEY M. ALLEN 32
00:52.91 JOSEPH R. NOEL 30

200 FREE (30-34)

R 1:47.14 C. Olden '94

01:50.19 ROY C. DEARY 33
01:53.20 DAVE E. DOLL 32
01:58.28 WALTER STEELE 31
02:00.14 STEVE GROSSMAN 34
02:01.01 JOSEPH R. NOEL 30

500 FREE (30-34)

R 4:49.80 L. Meisenheimer

05:21.57 RON L. COLLINS 33
05:41.36 BILL S. KOREY 32
05:42.63 KELLEY M. ALLEN 32

1000 FREE (30-34)

R 10:20.74 Robert Nichols

11:15.34 RON L. COLLINS 33
12:00.72 BILL S. KOREY 32
12:02.74 STEVE GROSSMAN 34

1650 FREE (30-34)

R: 17:17.60 Thomas Smith '92

18:41.07 RON L. COLLINS 33
19:49.94 STEVE GROSSMAN 34
20:01.45 BILL S. KOREY 32

50 BACK (30-34)

R 25.54 William Specht '93

00:25.96 CHRIS G. EMIG 32
00:26.85 KELLEY M. ALLEN 32
00:27.35 MARK J. RAGUSA 31
00:28.18 BRIAN E. VAILE 33
00:29.44 RON L. COLLINS 33

100 BACK (30-34)

R 52.57 William Specht '91

00:56.07 CHRIS G. EMIG 32
00:58.34 KELLEY M. ALLEN 32
01:05.21 WALTER STEELE 31
01:08.69 BILL S. KOREY 32
01:20.36 AUSTIN NEWSOM 33

200 BACK (30-34)

R: 2:01.37 Chris Olden '95

02:07.38 KELLEY M. ALLEN 32
02:08.95 MARK J. RAGUSA 31
02:19.91 RON L. COLLINS 33
02:25.82 BILL S. KOREY 32
02:26.21 STEVE GROSSMAN 34

50 BRST (30-34)

R 26.71 C. Miltenberger '83

00:28.11 MATT J. McDONALD 34

00:28.13 DAVE E. DOLL 32

00:31.08 MARK J. RAGUSA 31

00:31.90 BRIAN E. VAILE 33

00:32.92 JOHNATHAN R. LIM 31

100 BRST (30-34)

R 59.44 C. Miltenberger '82

01:02.58 DAVE E. DOLL 32
01:02.76 MATT J. McDONALD 34
01:07.11 STEVE GROSSMAN 34
01:09.00 BRIAN E. VAILE 33
01:12.42 DOUGLAS C. FROST 33

200 BRST (30-34)

R: 2:12.05 Michael Drews '88

02:20.07 DAVE E. DOLL 32
02:27.12 STEVE GROSSMAN 34
02:28.63 BRIAN E. VAILE 33
02:51.93 BILL S. KOREY 32
03:14.33 DAVID A ANDERSON 33

50 FLY (30-34)

R 23.69 David Zubero '90

00:26.00 RON L. COLLINS 33
00:26.16 KEN R. WAGNER 31
00:26.51 MATT J. McDONALD 34
00:26.53 JOSEPH R. NOEL 30
00:26.68 STEVE GROSSMAN 34

100 FLY (30-34)

R 52.80 William Specht '91

00:56.18 RON L. COLLINS 33
00:58.27 KEN R. WAGNER 31
01:00.61 WALTER STEELE 31
01:03.12 STEVE GROSSMAN 34
01:11.55 BILL S. KOREY 32

200 FLY (30-34)

R: 1:57.69 William Specht '93

02:05.24 RON L. COLLINS 33
02:16.21 KEN R. WAGNER 31
02:44.06 BILL S. KOREY 32

100 I.M. (30-34)

R 53.58 Michael Drews '88

00:58.82 BRIAN E. VAILE 33
00:59.38 MATT J. McDONALD 34
00:59.79 KELLEY M. ALLEN 32
01:01.14 KEN R. WAGNER 31
01:03.07 STEVE GROSSMAN 34

200 I.M. (30-34)

R: 1:58.18 Michael Drews '88

02:08.93 BRIAN E. VAILE 33
02:10.07 KELLEY M. ALLEN 32
02:13.02 KEN R. WAGNER 31
02:20.12 STEVE GROSSMAN 34
02:24.18 BILL S. KOREY 32

400 I.M. (30-34)

R: 4:17.58 Michael Drews '88

04:42.08 MARK J. RAGUSA 31
04:42.43 BRIAN E. VAILE 33
04:43.43 RON L. COLLINS 33
05:00.42 STEVE GROSSMAN 34
05:06.38 BILL S. KOREY 32

50 FREE (35-39)

R: 22:04 M.T. *Shepardson '96*
00:22.04 M.T. SHEPARDSON 35
00:22.66 BRUCE J. FAUBEL 35
00:22.77 L.J. MEISENHEIMER 38
00:22.90 MICHAEL A. SCOTT 38
00:23.30 TIMOTHY M. DODGE 35

100 FREE (35-39)
R: 48.93 L. *Meisenheimer '95*
00:49.56 M.T. SHEPARDSON 35
00:49.56 L.J. MEISENHEIMER 38
00:49.88 BRUCE J. FAUBEL 35
00:50.35 TIMOTHY M. DODGE 35
00:50.52 MICHAEL A. SCOTT 38

200 FREE (35-39)
R 1:47.97 L. *Meisenheimer '95*
01:51.69 TIMOTHY M. DODGE 35
01:53.36 C.A. WILLIAMS 35
01:54.52 DOUG H. SCHLAK 39
01:57.53 MICHAEL A. SCOTT 38
01:58.17 F.J. LEADBETTER 35

500 FREE (35-39)
R: 4:58.67 *William Specht '94*
04:59.47 WILLIAM L. SPECHT 37
05:01.76 L.J. MEISENHEIMER 38
05:11.72 LARRY R. BLACK 37
05:26.40 T.C. KENNEDY 39
05:26.71 F.J. LEADBETTER 35

1000 FREE (35-39)
R: 10:41.27 L. *Meisenheimer '93*
10:49.77 L.J. MEISENHEIMER 38
11:21.87 T.C. KENNEDY 39
11:33.94 LARRY R. BLACK 37
12:29.44 BRYAN R. ALDRIDGE 39
12:42.20 SCOT W. HARTLE 39

1650 FREE (35-39)
R: 17:52.04 L. *Meisenheimer '95*
18:12.31 L.J. MEISENHEIMER 38
19:12.33 T.C. KENNEDY 39
19:17.84 LARRY R. BLACK 37
21:00.75 SCOT W. HARTLE 39
22:19.42 MICHAEL P. MINYON 35

50 BACK (35-39)
R: 25.13 *William Specht '94*
00:25.14 WILLIAM L. SPECHT 37
00:28.18 TIMOTHY M. DODGE 35
00:28.97 BRUCE J. FAUBEL 35
00:29.03 M.O. BEDINGFIELD 39
00:30.02 LARRY C. BUCKLEY 35

100 BACK (35-39)
R: 53.27 *William Specht '96*
00:53.27 WILLIAM L. SPECHT 37
01:00.99 TIMOTHY M. DODGE 35
01:01.58 M.K. MILLIGAN 38
01:03.07 M.O. BEDINGFIELD 38
01:06.02 JOE F. SEURO 39

200 BACK (35-39)
R: 1:58.42 *William Specht '96*
01:58.62 WILLIAM L. SPECHT 37

02:18.46 M.K. MILLIGAN 38
02:20.17 M.O. BEDINGFIELD 39
02:22.82 JOE F. SEURO 39
02:25.50 MICHAEL VERWEST 38

50 BRST (35-39)
R: 27.16 C. *Miltenberger '88*
00:30.76 R.R. DeGALAN 35
00:31.51 MICHAEL A. SCOTT 38
00:32.31 BRUCE J. FAUBEL 35
00:32.77 T.H. McDONALD 39
00:34.19 LARRY C. BUCKLEY 35

100 BRST (35-39)
R 59.19 *Chester Miltenberger*
01:09.47 R.R. DeGALAN 35
01:10.18 MICHAEL A. SCOTT 38
01:12.05 T.H. McDONALD 39
01:15.18 PETER B. TURNER 37
01:16.18 BRYAN R. ALDRIDGE 39

200 BRST (35-39)
R 2:13.73 C. *Miltenberger '88*
02:37.57 R.R. DeGALAN 35
02:45.11 BRYAN R. ALDRIDGE 39
02:47.51 PETER B. TURNER 37
02:48.60 SCOT W. HARTLE 39
02:48.78 T.H. McDONALD 38

50 FLY (35-39)
R 23.48 *William Specht '96*
00:23.48 WILLIAM L. SPECHT 37
00:23.89 M.T. SHEPARDSON 35
00:25.19 TIMOTHY M. DODGE 35
00:25.89 LARRY C. BUCKLEY 35
00:26.06 BRUCE J. FAUBEL 35

100 FLY (35-39)
R 50.86 *William Specht '96*
00:50.86 WILLIAM L. SPECHT 37
00:53.22 M.T. SHEPARDSON 35
00:55.67 TIMOTHY M. DODGE 35
00:58.55 LARRY C. BUCKLEY 35
00:59.37 F.J. LEADBETTER 35

200 FLY (35-39)
R: 1:52.46 *William Specht '96*
01:52.46 WILLIAM L. SPECHT 37
02:09.39 TIMOTHY M. DODGE 35
02:22.82 M.O. BEDINGFIELD 38
02:28.29 ROBERT K. NICHOLS 38

100 IM (35-39)
R: 55.10 C. *Miltenberger '88*
00:56.10 M.T. SHEPARDSON 35
00:58.82 WILLIAM L. SPECHT 37
01:01.04 BRUCE J. FAUBEL 35
01:02.81 F.J. LEADBETTER 35
01:03.09 LARRY C. BUCKLEY 35

200 I.M. (35-39)
R: 2:04.26 *Michael Drews '93*
02:04.62 M.T. SHEPARDSON 35
02:12.55 WILLIAM L. SPECHT 37
02:13.52 MICHAEL A. SCOTT 38
02:14.03 C.A. WILLIAMS 35
02:18.62 F.J. LEADBETTER 35

400 I.M. (35-39)
R 4:32.99 *Scott McMillen*
05:01.93 ROBERT K. NICHOLS 38
05:03.51 F.J. LEADBETTER 35
05:05.03 T.C. KENNEDY 39
05:09.79 M.O. BEDINGFIELD 38
05:11.48 LARRY C. BUCKLEY 35

50 FREE (40-44)
R: 22.72 *Thomas Peck*
00:23.14 JEFFREY J. PEROUT 43
00:23.16 F.M. EHMKE 41
00:23.61 C.D. MILTENBERGER 44
00:24.25 DAVID H. WESLEY 43
00:24.61 SCOTT P. McMILLEN 42

100 FREE (40-44)
R: 49.57 *Jeffrey Perout '96*
00:49.57 JEFFREY J. PEROUT 43
00:53.05 LAWRENCE D. PECK 42
00:53.10 F.M. EHMKE 41
00:53.10 C.D. MILTENBERGER 44
00:54.81 SCOTT P. McMILLEN 42

200 FREE (40-44)
R 1:49.99 *Jeffrey Perout '96*
01:51.88 JEFFREY J. PEROUT 43
01:55.16 PAUL S. WISE 40
01:59.47 SCOTT P. McMILLEN 42
02:00.31 LAWRENCE D. PECK 42
02:02.01 SCOTT P. McMILLEN 42

500 FREE (40-44)
R 5:09.91 *Jeffrey Perout '96*
05:09.91 JEFFREY J. PEROUT 43
05:20.13 RICK J. SCRAY 41
05:23.83 LAWRENCE D. PECK 42
05:48.95 SCOTT P. McMILLEN 42
06:02.62 RUSS R. FRAZIER 41

1000 FREE (40-44)
R: 10:55.02 *Paul Wise '96*
10:55.02 PAUL S. WISE 40
11:19.13 LAWRENCE D. PECK 42
11:45.66 RICK J. SCRAY 41
13:53.75 RAY E. ORLANDO 43

1650 FREE (40-44)
R: 18:09.83 *Paul Wise '96*
18:09.83 PAUL S. WISE 40

50 BACK (40-44)
R 26.74 *Jeffrey Perout '96*
00:26.74 JEFFREY J. PEROUT 43
00:27.17 SCOTT P. McMILLEN 42
00:28.47 K.M. McCORMACK 43
00:29.12 RICK J. SCRAY 41
00:29.65 F.M. EHMKE 40

100 BACK (40-44)
R 58.58 *Jeffrey Perout '95*
00:59.38 SCOTT P. McMILLEN 42
00:59.95 JEFFREY J. PEROUT 43
01:03.43 RICK J. SCRAY 41
01:07.31 R.B. FRYDENBORG 40

01:07.43 J. THOMAS ATKINS 41

200 BACK (40-44)
R: 2:06.69 *Scott McMillen '96*
02:06.69 SCOTT P. McMILLEN 42
02:07.64 JEFFREY J. PEROUT 43
02:17.48 RICK J. SCRAY 41
02:27.08 J. THOMAS ATKINS 41
02:25.47 THOMAS G. BLISS 41

50 BRST (40-44)
R: 28.89 C. *Miltenberger '93*
00:28.91 C.D. MILTENBERGER 44
00:30.00 DAVID H. WESLEY 43
00:32.62 SCOTT P. McMILLEN 42
00:35.18 MICHAEL L. CASTLE 41
00:36.31 GREG HOECKER 42

100 BRST (40-44)
R: 1:04.71 C. *Miltenberger '96*
01:04.71 C.D. MILTENBERGER 44
01:06.65 DAVID H. WESLEY 43
01:12.32 D.R. EASTERLING 40
01:13.06 SCOTT P. McMILLEN 42
01:13.80 JIM P. SEIDEL 40

200 BRST (40-44)
R: 2:27.18 *David Wesley '94*
02:28.16 DAVID H. WESLEY 43
02:29.26 C.D. MILTENBERGER 44
02:39.45 D.R. EASTERLING 40
02:45.72 THOMAS G. BLISS 41

50 FLY (40-44)
R: 24.73 *Thomas Peck*
00:25.11 F.M. EHMKE 41
00:25.59 K.M. McCORMACK 43
00:26.35 C.D. MILTENBERGER 44
00:27.15 DAVID H. WESLEY 43
00:27.43 RICK J. SCRAY 41

100 FLY (40-44)
R: 54.97 K. *McCormack '95*
00:55.68 K.M. McCORMACK 43
00:55.77 F.M. EHMKE 41
00:57.99 PAUL S. WISE 40
00:58.75 C.D. MILTENBERGER 44
01:00.80 R.B. FRYDENBORG 40

200 FLY (40-44)
R: 2:06.55 *Paul Wise '95*
02:06.55 PAUL S. WISE 40

100 I.M. (40-44)
R 59.20 C. *Miltenberger '93*
00:59.47 SCOTT P. McMILLEN 42
00:59.88 C.D. MILTENBERGER 44
01:01.68 F.M. EHMKE 41
01:02.90 DAVID H. WESLEY 43
01:03.67 BOB RUTH 43

200 I.M. (40-44)
R: 2:07.96 *Scott McMillen '96*
02:07.96 SCOTT P. McMILLEN 42
02:13.24 PAUL S. WISE 40
02:13.82 RICK J. SCRAY 41

02:21.50 J. THOMAS ATKINS 41
02:24.74 THOMAS G. BLISS 41

400 I. M. (40-44)

R 4:38.48 Scott McMillan '94

04:42.20 PAUL S. WISE 40
04:47.70 RICK J. SCRAY 41
04:55.67 SCOTT P. McMILLEN 42
05:05.24 J. THOMAS ATKINS 41
05:27.32 JIM P. SEIDEL 40

50 FREE (45-49)

R: 22.85 Thomas Peck '93

00:23.19 THOMAS W. PEEK 48
00:24.84 GLENN C WOODSUM 48
00:25.61 JOHN F. EDWARDS 47
00:26.02 ROBERT LOMBARD 47
00:26.15 PETER W NICKODEM 46

100 FREE (45-49)

R: 51.08 Thomas Peck '93

00:54.79 GLENN C WOODSUM 48
00:55.14 RICK B. WALKER 45
00:55.26 JOHN F. EDWARDS 47
00:57.38 ROBERT LOMBARD 47
00:58.66 JOHN D. SHEA 46

200 FREE (45-49)

R 1:57.09 Burwell Jones '78

02:00.73 RICK B. WALKER 45
02:02.52 JOHN F. EDWARDS 47
02:03.41 GLENN C WOODSUM 48
02:08.74 ROBERT LOMBARD 47
02:11.47 DAVE NAFFZIGER 48

500 FREE (45-49)

R 5:18.49 Burwell Jones '78

05:29.18 JOHN F. EDWARDS 47
05:29.22 RICK B. WALKER 45
06:16.82 MARK T. EBEL 48
06:40.53 ROBERT LOMBARD 47
06:47.85 STEPHEN C KNAUSS 46

1000 FREE (45-49)

R 11:22.82 John Edwards '96

11:22.82 JOHN F. EDWARDS 47
13:28.37 ROBERT LOMBARD 47
13:51.81 STEPHEN C KNAUSS 46
14:59.96 BRUCE E. DAY 45
15:24.54 JOE D. SHRIVER 45

1650 FREE (45-49)

R 18:53.05 Burwell Jones '78

50 BACK (45-49)

R 26.76 V. Daniels, III '93

00:30.28 ROBERT LOMBARD 47
00:30.78 V. DANIELS (III) 48
00:30.85 JAMES M DONNELLY 47
00:31.18 BILL PILLMORE 48
00:32.71 JOHN D. SHEA 46

100 BACK (45-49)

R 1:01.59 Burwell Jones '78

01:05.67 ROBERT LOMBARD 47
01:06.13 V. DANIELS (III) 48

01:07.25 JAMES M DONNELLY 47
01:08.90 JOHN F. EDWARDS 47
01:09.32 BILL PILLMORE 47

200 BACK (45-49)

R 2:18.07 Burwell Jones '78

02:23.49 V. DANIELS (III) 48
02:27.04 JOHN F. EDWARDS 47
02:27.38 ROBERT LOMBARD 47
02:29.14 BILL PILLMORE 47
02:31.97 JAMES M DONNELLY 47

50 BRST (45-49)

R 30.98 Scott Guthrie '92

00:31.04 RICK B. WALKER 45
00:31.68 JAMES M DONNELLY 47
00:32.26 THOMAS M HARMON 45
00:33.87 V. DANIELS (III) 48
00:34.75 BILL PILLMORE 47

100 BRST (45-49)

R: 1:08.70 Rick Walker '96

01:08.70 RICK B. WALKER 45
01:10.81 JAMES M DONNELLY 47
01:16.69 PAT MARZULLI 47
01:16.72 DAVE NAFFZIGER 48
01:18.29 BILL PILLMORE 48

200 BRST (45-49)

R: 2:30.06 Rick Walker '96

02:30.06 RICK B. WALKER 45
02:37.13 JAMES M DONNELLY 47
02:47.18 PAT MARZULLI 47
02:47.31 BILL PILLMORE 48
03:21.08 LEW M. FRIEDLAND 46

50 FLY (45-49)

R: 25.41 Thomas Peck '93

00:26.26 THOMAS W. PEEK 48
00:27.97 MARK T. EBEL 48
00:29.21 PETER W NICKODEM 46
00:29.56 ROBERT LOMBARD 47
00:29.81 GLENN C WOODSUM 48

100 FLY (45-49)

R 1:00.23 Thomas Peck '93

01:04.17 MARK T. EBEL 48
01:08.11 JOHN F. EDWARDS 47
01:08.86 STEPHEN C KNAUSS 45
01:13.54 PETER W NICKODEM 46

200 FLY (45-49)

R 2:20.27 Burwell Jones '79

100 IM (45-49)

R 59.62 Burwell Jones '78

01:05.55 V. DANIELS (III) 48
01:06.10 BILL PILLMORE 48
01:07.76 JOHN F. EDWARDS 47
01:10.60 JOHN D. SHEA 46
01:15.34 PAT MARZULLI 47

200 IM (45-49)

R 2:13.31 Burwell Jones '80

02:23.54 V. DANIELS (III) 48
02:26.56 JOHN F. EDWARDS 47

02:27.56 BILL PILLMORE 48
02:35.54 MARK T. EBEL 48
02:47.11 STEPHEN C KNAUSS 46

400 IM (45-49)

R 4:55.32 Burwell Jones '80

05:15.09 JOHN F. EDWARDS 47
05:31.56 MARK T. EBEL 48

50 FREE (50-54)

R: 23.90 Bob Bailie '88

00:24.10 JOHN E. STEARNS 50
00:26.59 H. JACK PHYEL 51
00:28.84 BILL RODENFELS 53
00:29.14 DAVID H. DARST 52
00:30.20 WALTER R ABSTEIN 53

100 FREE (50-54)

R: 52.62 Bob Bailie

00:54.98 JOHN E. STEARNS 50
01:01.40 DAVID H. DARST 52
01:04.13 J.R. O'CONNELL 50
01:04.31 BILL RODENFELS 53
01:12.78 BO WEBSTER 51

200 FREE (50-54)

R 1:59.64 Burwell Jones '85

02:06.38 JOHN E. STEARNS 50
02:13.50 DAVID H. DARST 52
02:14.74 H. JACK PHYEL 51
02:26.42 J.R. O'CONNELL 50
02:27.43 BILL RODENFELS 53

500 FREE (50-54)

R 5:25.99 Burwell Jones '85

06:21.90 DAVID H. DARST 52
06:34.14 J.R. O'CONNELL 50
06:38.40 PETER R. BETZER 53
06:43.30 BILL RODENFELS 53
08:06.81 BO WEBSTER 51

1000 FREE (50-54)

R: 11:36.51 Burwell Jones '85

13:10.30 J.R. O'CONNELL 50
13:46.56 BILL RODENFELS 53
13:56.10 PETER R. BETZER 53
17:33.64 DAN M. DERUSSY 52

1650 FREE (50-54)

R: 18:53.29 Burwell Jones '85

23:02.56 J.R. O'CONNELL 50
25:39.39 PETER R. BETZER 53
28:50.09 DAN M. DERUSSY 52

50 BACK (50-54)

R: 29.15 Jack Beattie '88

00:31.74 PETER R. BETZER 53
00:34.63 J.R. O'CONNELL 50
00:35.03 SCOTT GUTHRIE 51
00:35.38 WALTER R. ABSTEIN 53
00:39.69 BILL RODENFELS 53

100 BACK (50-54)

R: 1:01.93 John Smith

01:09.07 PETER R. BETZER 53
01:15.28 J.R. O'CONNELL 50

01:16.07 DAVID H. DARST 52
01:20.04 WALTER R. ABSTEIN 53
01:29.43 BILL RODENFELS 53

200 BACK (50-54)

R: 2:23.55 Burwell Jones '85

02:33.08 PETER R. BETZER 53
02:41.50 J.R. O'CONNELL 50
03:01.90 WALTER R. ABSTEIN 53
03:41.07 ROY WARD 54

50 BRST (50-54)

R 30.84 Scott Guthrie '95

00:33.16 PETER R. BETZER 53
00:33.43 T.A. VanDerVEEN 51
00:33.82 JOHN E. STEARNS 50
00:38.78 WALTER R. ABSTEIN 53
00:46.08 T. ALLEN LANGSTON 54

100 BRST (50-54)

R 1:09.38 Scott Guthrie '95

01:09.38 SCOTT GUTHRIE 51
01:11.91 T.A. VanDerVEEN 51
01:16.08 PETER R. BETZER 53
01:19.21 JOHN E. STEARNS 50
01:26.34 WALTER R. ABSTEIN 53

200 BRST (50-54)

R 2:38.48 T.A. VanDerVeen '96

02:38.48 T.A. VanDerVEEN 51
02:47.72 PETER R. BETZER 53
02:59.51 J.R. O'CONNELL 50
03:20.83 WALTER R. ABSTEIN 53
03:57.46 T. ALLEN LANGSTON 54

50 FLY (50-54)

R 26.78 Bob Bailie '88

00:28.33 JOHN E. STEARNS 50
00:32.58 BILL RODENFELS 53
00:36.45 WALTER R. ABSTEIN 53
00:50.66 ROY WARD 54

100 FLY (50-54)

R 1:03.14 Ernie Leskowitz

01:23.09 J.R. O'CONNELL 50

200 FLY (50-54)

R 2:29.78 Ernie Leskowitz

03:14.75 J.R. O'CONNELL 50

100 IM (50-54)

R 1:00.96 John Smith

01:09.86 JOHN E. STEARNS 50
01:09.88 H. JACK PHYEL 51
01:11.19 PETER R. BETZER 53
01:17.38 WALTER R. ABSTEIN 53
01:41.41 ROY WARD 54

200 IM (50-54)

R: 2:15.42 Burwell Jones '88

02:36.54 PETER R. BETZER 53
02:44.56 J.R. O'CONNELL 50
02:58.37 WALTER R. ABSTEIN 53
03:44.30 ROY WARD 54

400 IM (50-54)

R: 4:57.03 *Burwell Jones '88*
05:42.69 PETER R. BETZER 53
06:11.82 J.R. O'CONNELL 50

50 FREE (55-59)
R: 2:26.03 *Chuck Thomas '82*
00:27.75 JERRY GLANCY 58
00:27.86 HARRIS ROSEN 56
00:28.30 M.R. McLOUGHLIN 59
00:28.75 GEORGE W. MANN 58
00:28.84 SAM N. HALL 58

100 FREE (55-59)
R: 5:57.39 *Burwell Jones*
01:01.44 JERRY GLANCY 58
01:02.13 GEORGE W. MANN 58
01:02.27 DAVID L. GIFFORD 55
01:03.31 M.R. McLOUGHLIN 59
01:03.38 HARRIS ROSEN 56

200 FREE (55-59)
R: 2:02.93 *Burwell Jones '88*
02:13.61 JERRY GLANCY 58
02:14.07 GEORGE W. MANN 58
02:16.17 DAVID L. GIFFORD 55
02:29.33 M.R. McLOUGHLIN 59
02:37.77 VICTOR SIRBU 58

500 FREE (55-59)
R: 5:32.17 *Burwell Jones '88*
06:08.06 GEORGE W. MANN 58
06:16.38 JERRY GLANCY 58
06:17.84 DAVID L. GIFFORD 55

1000 FREE (55-59)
R 12:34.02 *Burwell Jones*
12:55.97 GEORGE W. MANN 58
13:16.46 DAVID L. GIFFORD 55
15:04.94 VICTOR SIRBU 58

1650 FREE (55-59)
R 19:02.45 *Burwell Jones '88*
21:47.65 GEORGE W. MANN 58
21:58.23 DAVID L. GIFFORD 55
44:59.58 JOE H. BAKER 56

50 BACK (55-59)
R: 30.30 *Burwell Jones*
00:32.11 JERRY GLANCY 58
00:34.36 HARRIS ROSEN 56
00:38.79 ALLEN J. WHITCOMB 55
00:40.32 DOUG MESSINEO 55
00:44.98 ADAM C. LEONARD 59

100 BACK (55-59)
R: 1:05.25 *Burwell Jones*
01:06.98 JERRY GLANCY 58
01:15.46 HARRIS ROSEN 56
01:34.32 ALLEN J. WHITCOMB 55

200 BACK (55-59)
R: 2:20.58 *Burwell Jones '88*
02:25.94 JERRY GLANCY 58
02:41.08 DAVID L. GIFFORD 55
02:53.22 HARRIS ROSEN 56
03:09.60 DOUG MESSINEO 55

03:46.95 ADAM C. LEONARD 59
50 BRST (55-59)
R: 33.39 *Thomas Koenig '91*

00:34.75 ALLEN J. WHITCOMB 55
00:36.49 JERRY GLANCY 58
00:38.50 HARRY BURNS 55
00:40.86 VICTOR SIRBU 58
00:41.04 ANGELO VENTRILLO 57

100 BRST (55-59)
R: 1:14.88 *Thomas Koenig '91*
01:18.60 DAVID L. GIFFORD 55
01:20.94 JERRY GLANCY 58
01:21.28 ALLEN J. WHITCOMB 55
01:22.41 DOUG MESSINEO 55
01:32.14 ANGELO VENTRILLO 57

200 BRST (55-59)
R: 2:52.05 *David Gifford '96*
02:52.05 DAVID L. GIFFORD 55
03:12.97 ALLEN J. WHITCOMB 55
03:18.93 ANGELO VENTRILLO 57
03:48.77 VICTOR SIRBU 58
06:53.18 JOE H. BAKER 56

50 FLY (55-59)
R: 29.65 *Burwell Jones '99*
00:31.25 HARRIS ROSEN 56
00:33.59 VICTOR SIRBU 58
00:37.53 ALLEN J. WHITCOMB 55
00:39.08 ANGELO VENTRILLO 57
00:41.56 W.C. BALLARD 58

100 FLY (55-59)
R 1:05.88 *Burwell Jones '88*
01:17.85 DAVID L. GIFFORD 55
01:20.94 VICTOR SIRBU 58
01:36.07 CARL HOUSE 56
01:36.27 ANGELO VENTRILLO 57
03:06.62 JOE H. BAKER 56

200 FLY (55-59)
R: 2:35.32 *Telfair Mahaffy '91*
02:57.43 DAVID L. GIFFORD 55
03:25.07 VICTOR SIRBU 58

100 IM (55-59)
R 1:03.11 *Burwell Jones '88*
01:12.19 DAVID L. GIFFORD 55
01:17.30 HARRIS ROSEN 56
01:17.81 DOUG MESSINEO 55
01:21.36 ALLEN J. WHITCOMB 55
01:23.49 VICTOR SIRBU 58

200 IM (55-59)
R 2:17.88 *Burwell Jones '88*
02:39.42 DAVID L. GIFFORD 55
02:45.69 JERRY GLANCY 57
03:14.87 ALLEN J. WHITCOMB 55
03:17.80 ANGELO VENTRILLO 57
03:17.88 VICTOR SIRBU 58

400 IM (55-59)
R 5:03.72 *Burwell Jones '88*
05:38.68 DAVID L. GIFFORD 55

07:07.06 VICTOR SIRBU 58
07:18.57 ALLEN J. WHITCOMB 55
07:40.57 ANGELO VENTRILLO 57

50 FREE (60-64)
R: 26.49 *Jack Beattie '96*
00:26.49 JACK R. BEATTIE 61
00:29.29 C.E. WEATHERBEE 63
00:30.22 PHIL LINDSLEY 63
00:30.38 HAROLD FERRIS 64
00:31.11 HARRY M. PIPER 61

100 FREE (60-64)
R: 59.68 *Jack Beattie '95*
01:00.28 JACK R. BEATTIE 61
01:08.13 THOMAS H. KOENIG 64
01:09.71 C.H. KOHNKEN 64
01:10.01 PHIL LINDSLEY 63
01:10.26 KONRAD P. EULER 60

200 FREE (60-64)
R: 2:25.44 *Thomas Koenig '92*
02:34.82 C.H. KOHNKEN 64
02:36.02 KONRAD P. EULER 60
02:43.64 PHIL LINDSLEY 63
02:43.78 THOMAS H. KOENIG 64
02:50.52 JOHN R. COX 60

500 FREE (60-64)
R 6:41.26 *Harwell Moseley '86*
06:55.96 KONRAD P. EULER 60
07:01.47 C.H. KOHNKEN 64
07:12.76 THOMAS H. KOENIG 64
07:40.87 PHIL LINDSLEY 63
07:46.44 JOHN R. COX 60

1000 FREE (60-64)
R 13:28.48 *Jack Beattie '96*
13:28.48 JACK R. BEATTIE 61
14:40.51 KONDAD P. EULER 60
14:43.29 C.H. KOHNKEN 64
16:00.41 PHIL LINDSLEY 63
16:13.35 HAROLD FERRIS 64

1650 FREE (60-64)
R: 23:19.27 *Robert Beach '92*
24:29.52 C.H. KOHNKEN 64
24:33.33 KONRAD P. EULER 60
28:45.49 HARRY M. PIPER 61
29:13.49 JACK C. PARNELLE 60
30:49.38 RALPH G. PERRY 63

50 BACK (60-64)
R: 31.35 *Jack Beattie '95*
00:31.53 JACK R. BEATTIE 61
00:35.01 ROBERT G COULTER 62
00:36.44 C.E. WEATHERBEE 63
00:36.87 THOMAS H. KOENIG 64
00:42.99 HAROLD FERRIS 64

100 BACK (60-64)
R: 1:06.94 *Jack Beattie '96*
01:06.94 JACK R. BEATTIE 61
01:17.93 THOMAS H. KOENIG 64
01:20.91 C.E. WEATHERBEE 63
01:22.39 ROBERT G COULTER 62
01:39.52 HAROLD FERRIS 64

200 BACK (60-64)
R: 2:27.91 *Jack Beattie '96*
02:27.91 JACK R. BEATTIE 61
03:04.09 C.E. WEATHERBEE 63
03:15.37 ROBERT G COULTER 62
03:33.03 KONRAD P. EULER 60
03:34.41 HAROLD FERRIS 64

50 BRST (60-64)
R: 33.83 *Thomas Koenig '92*
00:34.68 THOMAS H. KOENIG 64
00:37.55 HARRY M. PIPER 61
00:41.23 ROBERT G COULTER 62
00:50.38 DAVID L. THOMAS 63
00:55.30 JACK C. PARNELLE 60

100 BRST (60-64)
R: 1:15.49 *Thomas Koenig '92*
01:18.07 THOMAS H. KOENIG 64
01:23.46 HARRY M. PIPER 61
01:39.11 ROBERT G COULTER 62
01:50.35 DAVID L. THOMAS 63

200 BRST (60-64)
R: 2:53.22 *Robert MacDonald*
03:08.54 HARRY M. PIPER 61
03:11.26 THOMAS H. KOENIG 64
03:15.61 C.E. WEATHERBEE 63
03:28.99 C.H. KOHNKEN 64
03:57.62 ROBERT G COULTER 62

50 FLY (60-64)
R: 30.61 *Thomas Smith '88*
00:35.44 THOMAS H. KOENIG 64
00:40.06 HAROLD FERRIS 64
00:40.47 DAVID L. THOMAS 63
00:42.47 ROBERT G COULTER 62

100 FLY (60-64)
R: 1:11.79 *Thomas Smith '88*
01:35.11 C.H. KOHNKEN 64
01:40.36 KONRAD P. EULER 60

200 FLY (60-64)
R: 3:03.63 *Robert MacDonald*
03:26.73 C.H. KOHNKEN 64
03:43.29 KONRAD P. EULER 60

100 IM (60-64)
R: 58.30 *Jack Beattie '96*
00:58.30 JACK R. BEATTIE 61
01:16.05 C.E. WEATHERBEE 63
01:25.52 ROBERT G COULTER 62
01:27.09 C.H. KOHNKEN 64
01:38.40 DAVID L. THOMAS 63

200 IM (60-64)
R: 2:34.54 *Jack Beattie '95*
02:54.37 C.E. WEATHERBEE 63
02:58.23 THOMAS H. KOENIG 64
03:23.41 KONRAD P. EULER 60

400 IM (60-64)
R: 6:08.77 *Robert MacDonald*

06:27.84 C.E. WEATHERBEE 63
07:02.74 KONRAD P. EULER 60

50 FREE (65-69)

R: 27.77 Paul Hutinger '93

00:29.51 HAROLD FERRIS 65
00:29.71 R.C. MacDONALD 67
00:30.18 THOMAS E. SMITH 68
00:32.34 R.H. ROBECKI 66
00:37.17 C.P. RANDALL 67

100 FREE (65-69)

R: 1:03.87 Robert MacDonald '95

01:07.67 R.C. MacDONALD 67
01:09.26 THOMAS E. SMITH 68
01:11.82 HAROLD FERRIS 65
01:15.40 R.H. ROBECKI 66
01:34.15 R.M. WILLIAMS 68

200 FREE (65-69)

R: 2:28.70 John Woods

02:35.80 R.C. MacDONALD 67
02:58.18 R.H. ROBECKI 66
03:02.52 HAROLD FERRIS 65
03:19.35 C.P. RANDALL 67
03:36.36 R.M. WILLIAMS 67

500 FREE (65-69)

R: 7:00.21 Paul Hutinger '94

08:12.85 HAROLD FERRIS 65
08:16.79 ALAN MALONEY 67
08:44.52 R.H. ROBECKI 66
09:14.38 C.P. RANDALL 67
10:13.83 NED P. ALLEN 65

1000 FREE (65-69)

R: 14:24.96 John Woods

16:52.44 ROBERT E. BEACH 65
17:40.35 ALAN MALONEY 67
19:00.09 C.P. RANDALL 67
19:33.05 NED P. ALLEN 65

1650 FREE (65-69)

R: 25.21.75 Robert Beach '96

25:21.75 ROBERT E. BEACH 65
27:04.60 HAROLD FERRIS 65
31:07.08 C.P. RANDALL 67
35:02.87 NED P. ALLEN 65

50 BACK (65-69)

R: 31.26 Paul Hutinger '93

00:33.78 THOMAS E. SMITH 68
00:41.08 HAROLD FERRIS 65
00:41.37 ALAN MALONEY 67
00:48.84 R.M. WILLIAMS 67
00:59.21 NED P. ALLEN 65

100 BACK (65-69)

R: 1:10.78 Paul Hutinger '93

01:15.67 THOMAS E. SMITH 68
01:30.40 RALPH N. COXHEAD 67
01:32.47 MIKE J. TORSNEY 65
01:35.70 HAROLD FERRIS 65
01:51.15 R.M. WILLIAMS 67

200 BACK (65-69)

R: 2:38.33 Paul Hutinger '93

02:52.71 THOMAS E. SMITH 68
03:04.73 RALPH N. COXHEAD 67
03:30.37 HAROLD FERRIS 65
03:58.71 R.M. WILLIAMS 67
04:26.93 NED P. ALLEN 65

50 BRST (65-69)

R: 36.13 Paul Hutinger '93

00:36.73 R.C. MacDONALD 67
00:39.83 THOMAS E. SMITH 68
00:40.35 ALAN MALONEY 67
00:41.43 R.H. ROBECKI 66
00:48.51 HAROLD FERRIS 65

100 BRST (65-69)

R: 1:19.01 Robert MacDonald '95

01:21.09 R.C. MacDONALD 67
01:26.70 THOMAS E. SMITH 68
01:28.74 ALAN MALONEY 67
01:33.35 R.H. ROBECKI 66
01:33.77 MIKE J. TORSNEY 65

200 BRST (65-69)

R: 2:56.44 Robert MacDonald '95

03:02.03 R.C. MacDONALD 67
03:17.63 ALAN MALONEY 67
03:30.99 MIKE J. TORSNEY 65
03:37.28 R.H. ROBECKI 66
04:41.21 KEITH BURBRIDGE 67

50 FLY (65-69)

R: 29.79 Paul Hutinger '93

00:32.43 THOMAS E. SMITH 68
00:37.06 MIKE J. TORSNEY 65
00:38.23 HAROLD FERRIS 65
00:38.60 ALAN MALONEY 67
00:50.32 R.M. WILLIAMS 67

100 FLY (65-69)

R: 1:17.39 Thomas Smith '95

01:20.78 THOMAS E. SMITH 68
01:23.04 MIKE J. TORSNEY 65
01:29.98 R.C. MacDONALD 67
01:58.38 NED P. ALLEN 65
01:59.30 KEITH BURBRIDGE 67

200 FLY (65-69)

R: 3:00.01 Thomas Smith '96

03:00.01 THOMAS E. SMITH 68
03:11.77 MIKE J. TORSNEY 65
04:31.42 NED P. ALLEN 65

100 IM (65-69)

R: 1:11.39 Paul Hutinger '93

01:14.03 THOMAS E. SMITH 68
01:15.97 R.C. MacDONALD 67
01:22.00 ALAN MALONEY 67
01:24.51 MIKE J. TORSNEY 65
01:29.57 HAROLD FERRIS 65

200 IM (65-69)

R: 2:45.28 Paul Hutinger '93

02:52.05 THOMAS E. SMITH 68
03:06.53 MIKE J. TORSNEY 65
03:07.32 R.C. MacDONALD 67
03:14.52 ALAN MALONEY 67
03:56.89 R.M. WILLIAMS 67

400 IM (65-69)

R: 6:17.45 Paul Hutinger '94

06:31.16 THOMAS E. SMITH 68
06:41.11 MIKE J. TORSNEY 65
07:03.68 ALAN MALONEY 67
09:04.25 R.M. WILLIAMS 67
09:13.20 KEITH BURBRIDGE 67

50 FREE (70-74)

R: 28.18 Paul Hutinger '96

00:28.18 PAUL HUTINGER 71
00:31.02 JOHN M. WOODS 72
00:32.86 RICHARD L. AVERY 72
00:33.50 R.E. LAVANTURE 73
00:33.74 RICHARD OLUFSS 71

100 FREE (70-74)

R: 1:10.43 Bill Molvie

01:11.44 JOHN M. WOODS 72
01:20.12 RICHARD L. AVERY 73
01:21.97 AL ROGERSON 70
01:25.25 R.E. LAVANTURE 73
01:29.50 R.E. SIGERSMITH 71

200 FREE (70-74)

R: 2:40.29 John Woods '93

02:46.26 JOHN M. WOODS 72
03:02.63 VESTER BOONE 70
03:11.40 AL ROGERSON 70
03:46.24 AL R. DALTON 70
03:46.69 WILLIAM CAMPBELL 73

500 FREE (70-74)

R: 7:11.90 Paul Hutinger '95

09:02.25 AL ROGERSON 70
09:52.76 R.E. SIGERSMITH 71
10:26.27 AL R. DALTON 70
10:32.14 WILLIAM C THOMAS 73

1000 FREE (70-74)

R: 15:59.87 Gil Spear '86

18:01.70 AL ROGERSON 70
21:13.75 AL R. DALTON 70
23:44.84 WILLIAM CAMPBELL 73
24:31.53 ALBERT B CHIPMAN 73

1650 FREE (70-74)

R: 26.59.12 Harwell Moseley '89

31:46.15 AL ROGERSON 70
35:20.28 AL R. DALTON 70

50 BACK (70-74)

R: 31.84 Paul Hutinger '95

00:33.43 PAUL HUTINGER 71
00:38.02 JOHN M. WOODS 72
00:40.30 RICHARD L. AVERY 73
00:50.92 R.E. SIGERSMITH 71
01:00.29 AL R. DALTON 70

100 BACK (70-74)

R: 1:11.56 Paul Hutinger '95

01:14.86 PAUL HUTINGER 71
01:27.55 JOHN M. WOODS 72
01:39.38 RICHARD L. AVERY 73

200 BACK (70-74)

R: 2:42.35 Paul Hutinger '95

02:49.02 PAUL HUTINGER 71
03:17.98 JOHN M. WOODS 72
03:46.06 RICHARD L. AVERY 73
04:02.53 AL ROGERSON 70

50 BRST (70-74)

R: 38.34 Paul Hutinger '95

00:39.02 PAUL HUTINGER 71
00:42.24 ABRASHA BRAININ 73
00:43.53 RICHARD L. AVERY 73
00:44.50 R.E. LAVANTURE 73
00:44.55 JOHN M. WOODS 72

100 BRST (70-74)

R: 1:28.54 Russ Witte '87

01:28.72 PAUL HUTINGER 71
01:41.78 RICHARD L. AVERY 73
01:42.46 RICHARD OLUFSS 71
01:43.76 R.E. LAVANTURE 73
02:22.17 AL R. DALTON 70

200 BRST (70-74)

R: 3:07.79 Paul Hutinger '95

03:14.16 PAUL HUTINGER 71
03:46.93 RICHARD L. AVERY 72
03:52.09 RICHARD OLUFSS 71
03:54.20 R.E. LAVANTURE 73

50 FLY (70-74)

R: 31.51 Paul Hutinger '95

00:33.09 PAUL HUTINGER 71
00:41.14 JOHN M. WOODS 72
00:45.49 AL ROGERSON 70
00:59.12 AL R. DALTON 70

100 FLY (70-74)

R: 1:23.10 Harwell Moseley '89

02:00.79 AL ROGERSON 70

200 FLY (70-74)

R: 3:15.41 Harwell Moseley '89

04:49.88 AL ROGERSON 70

100 IM (70-74)

R: 1:14.58 Paul Hutinger '95

01:17.63 PAUL HUTINGER 71
01:26.06 JOHN M. WOODS 72
01:42.68 AL ROGERSON 70
01:59.04 AL R. DALTON 70

200 IM (70-74)

R: 2:54.03 Paul Hutinger '95

03:19.78 JOHN M. WOODS 72
04:00.41 AL ROGERSON 70

400 IM (70-74)

R: 6:21.59 Paul Hutinger '95

08:53.36 AL ROGERSON 70

50 FREE (75-79)

R: 32.10 Bill Molvie '94

00:34.54 BRUD CLEAVELAND 78
00:35.08 H. ROSSMOORE 75

00:39.16 ROBERT D. ATWOOD 75
00:39.28 BILL J. UHRICH 75
00:41.70 C.P. EDWARDS 76

100 FREE (75-79)

R 1:15.10 Bill Molvie '94

01:23.92 BRUD CLEVELAND 78
01:30.42 ROBERT D. ATWOOD 75
01:32.00 JOHN G. HAAKE 76
01:37.37 C.P. EDWARDS 76

200 FREE (75-79)

R 2:59.68 Carl Lindstrand '87

03:29.49 BRUD CLEVELAND 78
03:34.35 JOHN G. HAAKE 76
03:42.71 ROBERT D. ATWOOD 75
03:51.78 C.P. EDWARDS 76
04:12.01 H. ROSSMOORE 75

500 FREE (75-79)

R 8:24.39 N. Skjersaa '93

09:48.47 JOHN G. HAAKE 76
10:27.11 ROBERT D. ATWOOD 75
10:53.27 C.P. EDWARDS 76

1000 FREE (75-79)

R 17:35.24 John Johnston '91

1650 FREE (75-79)

R 29:00.76 N. Skjersaa '93

50 BACK (75-79)

R 38.89 Bill Molvie '94

00:46.32 BILL J. UHRICH 75
00:47.68 BRUD CLEVELAND 78
00:49.21 JOHN G. HAAKE 76
00:56.20 ROBERT D. ATWOOD 75
01:08.65 C.P. EDWARDS 76

100 BACK (75-79)

R 1:28.65 Bill Molvie '94

01:47.37 JOHN G. HAAKE 76
01:52.63 BILL J. UHRICH 75
02:00.31 ROBERT D. ATWOOD 75
02:11.19 BRUD CLEVELAND 78
02:42.89 C.P. EDWARDS 76

200 BACK (75-79)

R 3:37.78 Carl Thornburg '88

03:50.24 JOHN G. HAAKE 76
04:13.61 BILL J. UHRICH 75
04:53.74 BRUD CLEVELAND 78

50 BRST (75-79)

R 41.59 Russ Witte '92

00:43.88 BRUD CLEVELAND 78
00:46.05 H. ROSSMOORE 75
00:47.19 BILL J. UHRICH 75
01:09.13 H.P. MOSELEY 77
01:10.70 C.P. EDWARDS 76

100 BRST (75-79)

R 1:34.04 Russ Witte '92

01:40.91 BRUD CLEVELAND 78
01:50.28 H. ROSSMOORE 75
01:50.61 BILL J. UHRICH 75

200 BRST (75-79)

R 3:31.39 Russ Witte '92

03:48.90 BRUD CLEVELAND 78
04:21.83 BILL J. UHRICH 75
04:31.04 H. ROSSMOORE 75

50 FLY (75-79)

R 40.67 Bill Stinson '84

00:43.43 BRUD CLEVELAND 78
00:43.59 BILL J. UHRICH 75
00:47.62 H. ROSSMOORE 75
01:00.71 H.P. MOSELEY 77

100 FLY (75-79)

R 1:40.97 Bill Stinson '84

02:11.40 H. ROSSMOORE 75

200 FLY (75-79)

R 3:56.43 John Johnston '91

100 I M (75-79)

R 1:34.59 John Johnston '91

01:39.35 BILL J. UHRICH 75
01:39.92 BRUD CLEVELAND 78
01:53.97 H. ROSSMOORE 75

200 I M (75-79)

R 3:30.78 John Johnston '91

03:57.85 BILL J. UHRICH 75
04:06.19 BRUD CLEVELAND 78

400 I M (75-79)

R 7:41.94 John Johnston '91

50 FREE (80-84)

R 37.36 William Molloy '90

00:45.70 FRED B. WALBOLT 83
00:45.74 GIL A. SPEAR 81
00:53.51 F.H. TILLOTSON 80
00:56.56 R.H. FLETCHER 80

100 FREE (80-84)

R 1:34.26 William Molloy '92

01:36.13 JOHN D. JOHNSTON 80
01:43.06 FRED B. WALBOLT 83
01:45.49 GIL A. SPEAR 81
02:01.69 F.H. TILLOTSON 80
02:09.84 R.H. FLETCHER 80

200 FREE (80-84)

R 3:30.50 John Johnston '96

03:30.50 JOHN D. JOHNSTON 80
03:47.66 FRED B. WALBOLT 83
04:00.70 GIL A. SPEAR 81
04:33.40 F.H. TILLOTSON 80
04:42.21 R.H. FLETCHER 80

500 FREE (80-84)

R 9:57.55 William Molloy '91

10:15.05 FRED B. WALBOLT 83
11:06.45 GIL A. SPEAR 81
11:26.30 F.H. TILLOTSON 81
12:51.28 R.H. FLETCHER 80

1000 FREE (80-84)

R 20:16.66 John Johnston '96

20:16.66 JOHN D. JOHNSTON 80
23:31.53 GIL A. SPEAR 81
27:26.58 R.H. FLETCHER 80

1650 FREE (80-84)

R 33:32.30 John Johnston '96

33:32.30 JOHN D. JOHNSTON 80

50 BACK (80-84)

R 48.27 Frank Tillotson '95

00:51.81 F.H. TILLOTSON 81
01:00.93 GIL A. SPEAR 81
01:14.56 FRED B. WALBOLT 83
01:15.72 R.H. FLETCHER 80

100 BACK (80-84)

R 1:47.61 Carl Thornburg '93

01:53.56 F.H. TILLOTSON 81
02:34.59 FRED B. WALBOLT 83
02:51.59 R.H. FLETCHER 80

200 BACK (80-84)

R 3:57.50 Carl Thornburg '94

04:09.39 F.H. TILLOTSON 81
05:16.00 FRED B. WALBOLT 83

50 BRST (80-84)

R 50.74 William Molloy '90

00:54.87 JOHN D. JOHNSTON 80
01:02.50 F.H. TILLOTSON 80
01:05.79 GIL A. SPEAR 81
01:16.77 R.H. FLETCHER 80

100 BRST (80-84)

R 1:51.01 William Molloy '90

02:05.47 JOHN D. JOHNSTON 80
02:18.14 F.H. TILLOTSON 81
02:44.63 R.H. FLETCHER 80

200 BRST (80-84)

R 4:11.23 William Molloy '91

04:38.53 JOHN D. JOHNSTON 80
05:08.44 F.H. TILLOTSON 80
06:33.27 R.H. FLETCHER 80

50 FLY (80-84)

R 53.91 Carl Thornburg '93

01:00.37 JOHN D. JOHNSTON 80

100 FLY (80-84)

R 2:04.98 Carl Thornburg '93

02:12.09 JOHN D. JOHNSTON 80

200 FLY (80-84)

R 4:51.57 John Johnston '96

04:51.57 JOHN D. JOHNSTON 80

100 I M (80-84)

R 1:50.26 Carl Thornburg '93

01:53.69 JOHN D. JOHNSTON 80
02:10.03 F.H. TILLOTSON 81
02:18.67 GIL A. SPEAR 81

200 I M (80-84)

R 4:10.03 Carl Thornburg '93

04:16.80 JOHN D. JOHNSTON 80
04:48.60 GIL A. SPEAR 81

400 I M (80-84)

R 9:00.55 Carl Thornburg '93

09:24.89 JOHN D. JOHNSTON 80
10:27.53 GIL A. SPEAR 81

50 FREE (85-89)

R 47.60 Peter Jurczyk '93

100 FREE (85-89)

R 1:56.48 Peter Jurczyk '93

200 FREE (85-89)

R 4:26.40 Peter Jurczyk '94

50 BACK (85-89)

R 58.84 Peter Jurczyk '94

100 BACK (85-89)

R 2:09.98 Peter Jurczyk '94

200 BACK (85-89)

R 4:45.54 Peter Jurczyk '94

100 I M (85-89)

R 2:25.74 Peter Jurczyk '93

50 FREE (90-94)

R 52.75 Peter Jurczyk '96

00:52.75 PETER JURCZYK 90

50 BACK (90-94)

R 1:02.86 Peter Jurczyk '96

01:02.86 PETER JURCZYK 90

100 BACK (90-94)

R 2:17.30 Peter Jurczyk '96

02:17.30 PETER JURCZYK 90

200 BACK (90-94)

R 5:00.74 Peter Jurczyk '96

05:00.74 PETER JURCZYK 90

50 FLY (90-94)

R 1:35.70 Peter Jurczyk '96

01:35.70 PETER JURCZYK 90

100 I M (90-94)

R 2:37.44 Peter Jurczyk '96

02:37.44 PETER JURCZYK 90

200 I M (90-94)

R 6:05.27 Peter Jurczyk '96

06:05.27 PETER JURCZYK 90

AREA TALLAHASSEE AQUATIC CLUB
Combined United States Age Group and Masters Developmental
SATURDAY, DECEMBER 21, 1996

SANCTIONED BY: Florida LMSC, Inc. for USMS, Inc. #146-051R

SPONSORED BY: Area Tallahassee Aquatic Club in cooperation with Tallahassee Parks & Recreation Department

TYPE OF MEET: Recognized Master's Meet to be swum simultaneously with a United States Swimming age group and senior meet; Twenty-five (25) yard short course; Timed Finals

DATE & TIME: Saturday, December 21, 1996; **8:00 AM Start; 9:00 AM Warm-up**

LOCATION: Wade Wehunt Pool at Myers Park Tallahassee, Florida

FACILITY: Certified 8 lanes, 25 yards. Non-turbulent lane lines, 6 for competition, 1 for warm up, 1 buffer

EQUIPMENT; Semi-automatic timing using Colorado timing devices

ELIGIBILITY: All athletes 19 years of age and older as of December 21, 1996 and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

SEEDING: Use short course times. Heats will be seeded by time regardless of age, with slowest heat first in each event.

SCRATCHES: No penalty

ENTRY LIMIT: Three (3) individual events

AGE CATEGORIES: 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and over

AWARDS: Ribbons for places 1-3 for each age category

ENTRY FORMS: Entries must be submitted on the enclosed entry form. Your name, club, age event number and description, USMS registration number and seeding time must be included. A copy of your registration card should be attached, or you must present it at check in. You will not be allowed to swim without it.

ENTRY FEE: \$2.50 per event; Optional Heat Sheet - \$2.00; Optional results - \$4.00

ENTRY DEADLINE: All entries must be received by Friday, December 13, 1996 It is your responsibility to mail your entry early enough to meet the deadline. Make all checks payable to: "ATAC"

RULES: Current United States Master's Swimming Rules will govern.

OFFICIALS:

Head Referee:	Sue Kelly
Head Starter:	Silky Labie
Head Stroke & Turn:	Doyle Combs
Head Marshall:	Bill Mrazrek

MEET MANAGER: Silky Labie

SEND ENTRIES TO: Silky S. Labie, 5741 Louvinia Drive, Tallahassee, FL 32311
Phone: (904) 656-6298

ORDER OF EVENTS

ATAC COMBINED MASTERS AND AGE GROUP
DEVELOPMENTAL - December 21, 1996

EVENT NUMBER		AGE GROUP	DISTANCE & STROKE
Women	Men		
1	2	Senior	200 Back
3	4	Senior	200 Breast
5	6	Senior	200 Fly
7	8	8 & U	50 Free
9	10	10 & U	50 Free
11	12	11-12	50 Free
13	14	Senior	50 Free
15	16	Master	50 Free
17	18	Senior	200 Free
19	20	Master	200 Free
21	22	8 & U	100 IM
23	24	10 & U	100 IM
25	26	11-12	100 IM
27	28	Senior	200 IM
29	30	Master	200 IM
31	32	8 & U	25 Back
33	34	10 & U	50 Back
35	36	11-12	50 Back
37	38	Senior	100 Back
39	40	Master	100 Back
41	42	8 & U	25 Breast
43	44	10 & U	50 Breast
45	46	11-12	50 Breast
47	48	Senior	100 Breast
49	50	Master	100 Breast
51	52	8 & U	25 Fly
53	54	10 & U	50 Fly
55	56	11-12	50 Fly
57	58	Senior	100 Fly
59	60	Master	100 Fly
61	62	8 & U	25 Free
63	64	10 & U	100 Free
65	66	11-12	100 Free
67	68	Senior	100 Free
69	70	Master	100 Free
71	72	Senior	400 IM
73	74	Senior	500 Free
75		****	200 Relay

***** Event 75 is for fun only - results will not be submitted to the sanctioning or recognizing governing bodies. The purpose is for any athletes (limited to those swimming at least one individual event in the meet) to form their own 4-person relay team, combining all ages (master & age groups), male and female, and including any or all strokes. Distance is limited to 200 yards with each swimmer swimming 50 yards. Relay cards may be requested from the meet referee on the day of the meet, completed per instructions on the card, and returned to the meet referee by event # 60.

OFFICIAL ENTRY CARD
ATAC COMBINED MASTERS AND AGE GROUP
December 21, 1996

Recognized By: Florida LMSC, Inc. for

You must send a copy of your registration card to the meet referee.
YOU CANNOT SWIM

ATTACH A COPY OF YOUR REGISTRATION CARD

Name: _____

Birthdate: _____ Age: _____

Club Name: _____

Home Telephone: () _____ Work Telephone: _____

I, the undersigned participant, intending to be leg-ally bound and have not been otherwise informed by a physician of the risks inherent in Master's Swimming (training and competition) and agree to assume all of those risks. AS A CONDITION OF PARTICIPATING IN THE MASTER'S SWIMMING PROGRAM OR ANY OTHER PROGRAM OF THE UNITED STATES MASTER'S SWIMMING COMMITTEES, THE CLUB, HOST CLUB, LOCAL COMMITTEES, OR ANY INDIVIDUALS OFFICIALLY ASSOCIATED WITH SUCH ACTIVITIES. In addition, I agree to abide by the rules of the USMS.

Date: _____ Signed: _____

Masters swimming is a strenuous athletic activity and each participant should consult their personal physician before competing.

EVENT # EVENT NAME

Number of events: _____ at \$2.00

Heat sheets will be available at the meet for \$2.- A copy of the registration card is required.

Entries must be received by Friday, December 13, 1996

Silky S.
5741 Louvi
Tallahassee,
Phone: (904) _____

RELAYS	Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+.
SCRATCHES	Scratches will be accepted, and full refunds will be given, if the Meet Director (Nancy Durstein) is contacted prior to 4:00 pm February 7 th .
TIMING	A Colorado Timing System will be used with back up timing at each lane.
SCORING	9-7-6-5-4-3-2-1 for individual points. Double points for relays.
AWARDS	Ribbons for 1 st , 2 nd , 3 rd , in each event. Individual High Point awards for 1 st , 2 nd , 3 rd in all age groups. Team trophies for combined men and women 1 st , 2 nd , and 3 rd .
SOCIAL	In recent years many participants have gathered at the original Hooters restaurant located on Gulf To Bay Blvd for refreshments after Saturday's events. There is a nonsmoking section inside as well as a patio area with fresh air outside.
HEAT SHEET & RESULTS	A heat sheet will be furnished to each swimmer. Results will be offered at the meet for an additional \$4.00. Each team will receive one complimentary copy of the results (Team Representatives should indicate so on their entry).
RULES & OFFICIALS	Current Masters rules will govern. There will be Officials, certified Stroke and Turn Judges and a Starter and Referee for all events.
INFORMATION	For further information, contact Nancy Durstein at 813-784-5780

EVENT ROSTER

	Saturday February 8 11:00 am			Sunday February 9 9:00 am	
1	200 MIXED FREE RELAY	2	21	200 MIXED MEDLEY RELAY	22
3	200 BUTTERFLY	4	23	200 BREASTSTROKE	24
5	50 FREESTYLE	6	25	50 BUTTERFLY	26
7	200 BACKSTROKE	8	27	100 FREESTYLE	28
9	100 BREASTSTROKE	10	29	100 IM	30
11	200 FREESTYLE	12	31	100 BACKSTROKE	32
13	50 BREASTSTROKE	14	33	100 BUTTERFLY	34
15	50 BACKSTROKE	16	35	200 IM	36
17	400 IM	18	37	500 FREESTYLE	38
19	200 FREE RELAY	20	39	200 MEDLEY RELAY	40

CAT MASTERS VALENTINE MEET
OFFICIAL ENTRY FORM

Sanction # 147-100 ; Sanctioned by Florida LMSC Inc.
For USMS Inc.

PLEASE PRINT OR TYPE CLEARLY

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ TEAM NAME _____ LMSC _____

1997 USMS REGISTRATION # _____

NUMBER OF EVENTS	_____ X \$2.50=	_____
TIMING SYSTEM SURCHARGE		\$6.00
	TOTAL	_____

WAIVER OF LIABILITY

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

DATE _____ SIGNATURE _____

EVENT ENTRY FORM

PLEASE CIRCLE AGE GROUP AS OF FEBRUARY 9

19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94
95-99 100+

Enter your time in the spaces provided before events. Your time will indicate an entry in that event.

NOTE: "No Time" entries cannot be accepted.

Saturday, February 8th

TIME W/M

_____	1 / 2	200 MIXED FREE RELAY (deck entered)
_____	3 / 4	200 BUTTERFLY
_____	5 / 6	50 FREESTYLE
_____	7 / 8	200 BACKSTROKE
_____	9 / 10	100 BREASTSTROKE
_____	11 / 12	200 FREESTYLE
_____	13 / 14	50 BREASTSTROKE
_____	15 / 16	50 BACKSTROKE
_____	17 / 18	400 IM
_____	19 / 20	200 FREE RELAY (deck entered)

Sunday, February 9th

TIME W/M

_____	21 / 22	200 MIXED MEDLEY RELAY (deck entered)
_____	23 / 24	200 BREASTROKE
_____	25 / 26	50 BUTTERFLY
_____	27 / 28	100 FREESTYLE
_____	29 / 30	100 IM
_____	31 / 32	100 BACKSTROKE
_____	33 / 34	100 BUTTERFLY
_____	35 / 36	200 IM
_____	37 / 38	500 FREESTYLE
_____	39 / 40	200 MEDLEY RELAY (deck entered)

ATTACH A COPY OF USMS CARD HERE

IT IS SUGGESTED THAT YOU HAVE YOUR USMS CARD WITH YOU AT THE MEET.

1996 USMS TOP TEN SCY Swims by Swimmer by Team for Florida LMSC

91 Swimmers, 322 Swims

Name	Age	Sex	Team	# of Events	Name	Age	Sex	Team	# of Events
SCOTT GUTHRIE	51	M	BRAT	1	BROOKE BOWMAN	28	W	SMS	1
JOAN CAMPBELL	65	W	CATM	2	BROOKE BOWMAN	29	W	SMS	4
JOAN CAMPBELL	66	W	CATM	4	DEB WALKER	44	W	SMS	3
NANCY DURSTEIN	66	W	CATM	6	LYNN CARTEE	48	W	SMS	1
JOHN HAAKE	76	M	CATM	1	RICK WALKER	45	M	SMS	1
MAUD ORLANDO	33	W	DSMC	3	JOHN WOODS	72	M	SMS	8
CATHY SHONKWILER	36	W	DSMC	2	HOWARD ROSSMOORE	75	M	SMS	1
JUDY TIBMA	39	W	DSMC	3	ANGIE SINACORE	65	W	SPCO	1
DAVID GIFFORD	55	M	DSMC	3	BUNNY CEDERLUND	74	W	SPCO	4
MEEGAN WILSON	47	W	FAST	3	NATE O'CONNELL	79	W	SPCO	3
ALLEN WHITCOMB	55	M	FHA	1	R FLETCHER	80	M	SPCO	1
SUSAN HALFACRE	43	W	HLJ	5	LISA SUMMERS	24	W	SPM	4
JEFF PEROUT	43	M	HLJ	4	LISA SUMMERS	25	W	SPM	6
BRUD CLEAVELAND	78	M	HLJ	3	LISA FLANAGAN	33	W	SPM	1
YV ROBLING-HOLDEN	24	W	IRCC	2	ANNE PAGE	47	W	SPM	1
M NEWMAN	72	W	IRCC	2	LESLIE TREAT	47	W	SPM	1
GERTRUD ZINT	78	W	IRCC	14	ELAINE BROMWICH	52	W	SPM	7
ANNE WILDER	82	W	IRCC	9	M.VAN EVERY	55	W	SPM	4
JASON LINDO	22	M	IRCC	1	JAYNE LAMBKE	56	W	SPM	12
KEITH MCKUNE	25	M	IRCC	2	J.G. PIPER	58	W	SPM	2
SCOTT MCMILLEN	42	M	IRCC	2	J.G. PIPER	59	W	SPM	1
GIL SPEAR	81	M	IRCC	3	DORIS PROKOPI	60	W	SPM	1
PETER JURCZYK	90	M	IRCC	8	KATE KNIGHT-PERRY	60	W	SPM	1
MERIT GREAVES	32	W	JAM	1	GLADYS OLSEN	69	W	SPM	1
DANIEL WEGNER	24	M	JAM	4	FLORENCE CARR	70	W	SPM	14
PAUL WISE	40	M	JAM	2	GLADYS OLSEN	70	W	SPM	4
THOMAS PEEK	48	M	OMSC	1	DORIS MCEWAN	71	W	SPM	8
THOMAS KOENIG	64	M	OMSC	2	JUNE REYNOLDS	73	W	SPM	1
BEVERLY ACKER	30	W	ORLM	1	JUNE REYNOLDS	74	W	SPM	3
CHRIS EMIG	32	M	ORLM	2	KAY SCHIMPF	78	W	SPM	12
DAVE DOLL	32	M	ORLM	3	BOB BURESH	37	M	SPM	3
MATT MCDONALD	34	M	ORLM	1	WILLIAM SPECHT	37	M	SPM	2
L.MEISENHEIMER	38	M	ORLM	1	WILLIAM SPECHT	38	M	SPM	5
C.MILTENBERGER	44	M	ORLM	3	JOHN EDWARDS	47	M	SPM	1
JOHN STEARNS	50	M	ORLM	1	MIKE TORSNEY	65	M	SPM	2
GEORGE MANN	58	M	ORLM	3	ROBERT BEACH	65	M	SPM	1
JERRY GLANCY	58	M	ORLM	3	ALAN MALONEY	67	M	SPM	1
JACK BEATTIE	61	M	ORLM	7	ROBERT MACDONALD	67	M	SPM	4
JEAN ZULICH	75	W	SCC	9	THOMAS SMITH	68	M	SPM	9
					PAUL HUTINGER	71	M	SPM	9
					BILL UHRICH	75	M	SPM	1
					F.H. TILLOTSON	80	M	SPM	1
					FRANK TILLOTSON	80	M	SPM	2
					JOHN JOHNSTON	80	M	SPM	12
					F.H. TILLOTSON	81	M	SPM	3
					FRED WALBOLT	83	M	SPM	2
					EFFIE WOOD	77	W	SUNY	1
					JEAN GARBUS	61	W	SWIM	2
					SYLVIA EISELE	66	W	SWIM	11
					JACK THOMAS	24	M	SWIM	3
					ALICE LAWRENCE	66	W	SWSM	2
					C.E. SHONKWILER	35	W		5

FLORIDA

LMSC NEWSLETTER

Jim Donnelly, Editor

1116 44th Avenue N. E.

St. Petersburg, Florida 33706

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Inside This Issue:

- ♦ 1996-97 Swim Calendar
- ♦ Meet Entry Forms
- ♦ Florida Top Five SCY Listing
- ♦ USMS Top Ten SCY for Florida LMSC
- ♦ 1997 USMS Registration Form
- ♦ Swimming News from Around the LMSC

ATTENTION Team Reps: Deadline for February Issue is Jan. 15, 1997
Send All Copy and Photos to Jim Donnelly,
5239 Box Turtle Circle, Sarasota, FL 34232-4312



Hmmmm...

Deadhead?...Dead air?...Dead pan?...Dead heat.
Dead battery?...Dead coals?...Dead soil?...Dead meat.
Dead issue?... Dead party?...Deadend?...Dead luck.
Dead ball?...Dead wood?...Dead weight?...Dead duck.
Dead space?...Deadlock?...Deadbeat?...Dead mine.
Dead center?...Dead march?...Dead language?...Deadline.

Hmmmm...**DEADline!!!!**

I'd better get my team report to Jim before the
DEADline. I don't want to be left out.