

# FLORIDA

## newsletter

Vol. XIV, No. 1

Local Masters Swim Committee, Inc.

February 1997

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Eric Donnelly (16) and Anthony Nesty

## Anthony Nesty On Distance Swimming

by James M. Donnelly



It's exactly 5:00 a.m., the fog has been blown out of the dome that covers this beautiful 50 meter pool complex during the winter season at Arlington Park, in Sarasota, and Anthony Nesty's senior swimmers have already memorized the mind boggling workout that they have yet to start. No stragglers in this bunch. They're all disciplined enough to know better than to get here late. The swimmers old enough to drive get here on their own and the parents of the younger swimmers are counting the days when their kid turns 16. My son, Eric, has been driving himself since he turned 16 last June. Before that glorious birthday, I had the privilege of driving Eric to his four morning practices each week. (He also swims from 4:30 - 7:30 p.m. weekdays and 7 - 10 a.m. on Saturdays). I would have been there anyway at 5:30 for my Masters swim practice so I took advantage of the extra half hour by doing Anthony's workout in my own lane. I would get at least 1700 meters "in the bank" until my fellow master swimmers started warming up at 5:30. I would rationalize that my four extra half hour swims of 1700 meters each would add up to over 6000 meters that I could "withdraw" from the "bank" on Wednesday morning so I could sleep in that day, the only morning Eric had off. I could tell, my fellow master swimmers were impressed that I was getting this extra time in, but they knew that I would revert back to my old habits of getting to practice late (if at all) and miss

(Continued on page 3)



## FLORIDA LMSC 1997 SWIM CALENDAR

February Feb 08-09	February Fitness Challenge Clearwater Aquatic Masters Valentines SCY Meet	Scott Rabalais  Nancy Durstein	504-766-5937  813-784-5780
Mar 02 15-16	St. Pete Masters Dev. Meet Atlanta, GA SCY	Harold Ferris Lisa Watson	813-896-0250 770-497-1901
Apr 4, 5, 6 12	St. Pete Masters SCY Indiatlantic 3K River Swim	Harold Ferris Sam Freas	813-896-0250 407-723-6536
18-20	Dixie Zone vs Colonies Zone Championship Meet, ISHOF Ft. Lauderdale, FL	Stu Marvin	954-468-1580
26-27	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
10	Tampa Bay Open Water Challenge 2.5 Mile Open Water	Lindy McCollum-Brounley	813-896-5320
15-18	USMS SCY NATIONAL CHAMP. Tacoma, WA	Hugh Moore	206-925-8562
17	Holmes Lumber Jax LC Devel Bolles School - Jacksonville, FL	Walter Steele	904-733-5455
May 15- Sep 30	5 & 10 K Postal Nat'l Champs.	Scott Rabalais	504-766-5937
June 07	Swim Around Key West SASE to Coral Springs Masters	c/o JPC, PO Box 8086 Coral Springs, FL 33065	
June 21-22	Suncoast Masters LCM T-Shirt Meet, Sarasota, FL	Deb Walker	941-923-3540
23-29	Pan Pacifics-Maui,Hawaii	(See SWIM Magazine)	
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. Orlando, FL	Larry Peck	407-647-7793
Nov 01 -02	Winter Haven SCY	Laurie Zolnierowski	941-325-8317



an average of 500 meters warm-up as soon as Eric turned sixteen. They were right.

Anthony has been coaching the **Sarasota Boys & Girls Club Chapter of Swim Florida** team since June of 1995. He once told my son, Eric, that a 200 butterfly has to do a lot of long distance training to become a great flyer. Something else happened along the way - Eric became a great long distance freestyler and 400 I.M.er. His 16:08 1500 m freestyle earned him a 3rd place at **Junior Nationals** last summer and his 400 y I.M. time of 4:01.7, were both within 2 seconds of Senior National cuts. Eric was the **Florida Class 4A State H.S. Champion** in the 500 Freestyle in November when he beat last years champ from Bolles School with a time of 4:33.37.

I asked Anthony if he would share some of his knowledge of distance training with us.

**Question:** "Distance swimmers seem to be a different breed of animal. What makes a good distance swimmer?"

**Nesty:** "Distance swimmers, to me, are the **most challenging and pleasurable swimmers to coach**. These swimmers are **unique**. Unique in the sense that they are in a "world of their own". As a coach, you should know what the swimmer wants and desires out of a work-out. Factors that make a good distance swimmer are: **desire, work ethic, and attitude**. The desire and work ethic are self explanatory. The swimmer should have the attitude that he or she works out **harder than any** distance swimmer around. Also, it is essential that the swimmer-coach relationship is healthy and trusting between the two individuals."

**Question:** What is your training philosophy for distance swimmers and a sample workout?

**Nesty:** "My training philosophy for distance swimmers is: short rest on regular sets (i.e. 100's - 500's) & long rest on distance sets (i.e. 800's & above). A couple examples of distance workouts I have given my swimmers are: **A** (short) and **B** (long).

- |           |                                   |           |                                 |
|-----------|-----------------------------------|-----------|---------------------------------|
| <b>A:</b> | 200 I.M. Drill @ 2:50             | <b>B:</b> | 2000 Warm-up                    |
|           | 4 x 100 Free @ 1:10               |           | 3000 Pull/ Band, Bouy & Paddles |
|           | 400 I.M. Drill/Swim @ 5:30        |           | 5 x 1200 Swim @ 12:30           |
|           | 4 x 200 swim @ 2:20               |           | T = 11,000 yards                |
|           | 600 I.M.                          |           |                                 |
|           | 100, 200,300,400                  |           |                                 |
|           | 200, 300, 400, 500                |           |                                 |
|           | 300, 400, 500, 600                |           |                                 |
|           | 400,500, 600, 700 @ 1:05/100 yard |           |                                 |
|           | 6 x 200 Pull/ Band @ 2:15         |           |                                 |
|           | T = 10,000 yards                  |           |                                 |

**Question:** I think those workouts would definitely weed out the swimmers that don't have the desire or the work ethic and would let Darwin's process of "natural selection" take place, but what about a distance workout for us master swimmers, maybe a "wee bit" shorter?

**Nesty:** "For **master swimmers**, an ideal distance work-out *would* be shorter than the work-outs above. The emphasis for Master swimmers should be on quality repeats, and good technique."

- |           |              |           |              |
|-----------|--------------|-----------|--------------|
| <b>A:</b> | 1000 Warm-up | <b>B:</b> | 1000 Warm-up |
|           | 2 x 500      |           | 5 x 800      |
|           | 3 x 400      |           | T = 5000     |
|           | 4 x 200      |           |              |
|           | 5 x 100      |           |              |
|           | 5 x 200 Pull |           |              |
|           | T = 5500     |           |              |

It's seven a.m. now and the last of Anthony's swimmers are finished and on their way to school. We master swimmers are done with our workout so Anthony and our masters coach, **Deanne Hopp**, get in the water for a workout of their own. **Deb Walker** is usually there for the workout also, before putting in a full day of **Swim America** lessons. Anthony is getting in shape for his first Masters meet, and is planning on swimming the **Swim Around Key West** swim, but I'll save *that* story for another day.

**Anthony Nesty** is a three time Olympian, from **Surinam**. He swam in his first Olympics in **Los Angeles**, won the Gold in the 100 M Butterfly at **Seoul** and the Bronze in that same event in **Barcelona**. His Olympic Record of 53.00 set in Seoul in 1988 was not broken until 1996 in **Atlanta**. He swam for **Bolles School** in Jacksonville and set the Florida and National High School record in the 100 y Butterfly 47.60 in 1986. Both of those records still stand. Anthony graduated from **University of Florida** where he was **NCAA Champion** many times over.

# **DISTANCE MATTERS**

By Ron Collins

The open water committee has received an overwhelming response to our request in scheduling more open water events around Florida. New events now appear in our calendar for swims in Pensacola, Tampa Bay, Jacksonville and Clemson, SC. The groundwork is being laid for future events to be held in Orlando, Clearwater, Sarasota and Ft. Myers. Thank you for your support and be sure to stay tuned so you can attend an event in the near future!

## **EVENT PREVIEW**

*Florida Masters 3K Swimming Championships  
April 12, 1997 - Indiatlantic, Florida*

*The Indian River is usually about 72 degrees in mid-April which is just warm enough to kick off the '97 open water season. Last year the event directors, Sam and Rosemary Freas received major recognition from USS Swimming for their part in staging this quality event. After the race lunch is served and awards are presented to all participants.*

## **CALENDAR OF EVENTS**

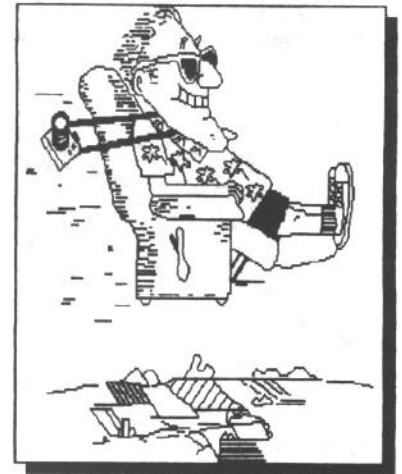
04/12/97	Indiatlantic, Florida 3K River Swim	Sam Freas (407)723-6536
05/03/97	Pensacola Sound 5K Swim	Steven Fair (904)484-1312
05/10/97	Tampa Bay Open Water Challenge 3.5 Mile	Lindy McCollum-Brounley (813)896-5320
05/10/97	Lake Lanier, Georgia 5K State Championship	Bill Black (770)698-8020
05/10/97	Hollywood, Florida 3K & 5K Ocean Swim	Sid Cassidy (305)284-3593
05/10/97	Lake Whitney, Texas USMS One Mile Championship	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
06/07/97	21st Annual Swim Around Key West	Randy Nutt (954)755-3318
06/14/97	Lake Allatoona, Georgia Two Mile Cable Swim	Bill Black (770)698-8020
06/21/97	Clemson, South Carolina 3K & 5K Lake Swim	Jacque Grossman (864)654-4704
August TBA	Jacksonville, Florida 1.25 & 2.5 Mile Ocean Swim	David Foster (904)281-0960

**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 \_\_\_\_\_."

# The Chairman's Corner

by Harold Ferris

Our short course season got off to a great start with the second annual **Winter Haven meet** on November 2nd and 3rd. Nice going **Laurie Zolnierowski** and all your enthusiastic teammates. Not to be outdone, **Milt Bedingfield** and the **Forest Hills Aquatics** revived the **Tampa Open Masters** meet. It was held at the **University of South Florida** on the cold weekend of January 18th and 19th. Fortunately, it is an indoor pool and we enjoyed a well run meet in comfort. We hope you both keep up the good work next short course season.



By the time you read this, the **Clearwater Aquatics Masters** meet on February 8th and 9th will be history, but more are coming. The twenty-seventh annual **St. Pete Masters short course meet** is April 4th, 5th, and 6th, and the **Indian River C.C. Masters SCY** is the 26th and 27th of April. Also in April is the **Dixie Zone vs Colonies Zone Challenge Meet** on April 18-20 in Ft. Lauderdale.

The Florida LMSC will hold the annual spring meeting on Saturday, April 5th, 1997 at the conclusion of the day's events in the St. Petersburg meet. I would like all LMSC officers to attend, as well as one voting representative from each team. The meeting is also open to any other masters in the LMSC who wish to attend.

May the coming year bring all of you good health, good friends, and fast swims in the best goals and traditions of Masters Swimming.

**Harold Ferris**



## A Note From The Registrar

**A**t the present time we have **828 registered swimmers** and **26 registered clubs**. Approximately **640 swimmers** and **6 clubs** have not re-registered. This will be your last Newsletter unless you re-register now! If you are swimming with an un-registered swimmer your insurance is **voided**.

**Please re-register as soon as possible. Please print clearly.** Your address has to be correct in order for you to receive your newsletter. Non-Profit Bulk Mail is not forwarded to you if you move. You must send a change of address to me (and to **Jim Donnelly**, your **Newsletter Editor** if it is past the Newsletter deadline and the mailing labels have been printed). All swimmers please check the information on your cards. If any of the information is incorrect please drop me a line with the corrected information clearly printed. (Even if it is only your middle initial!)

**Charlie Kohnken**

# Swimming News From Around The LMSC



## CAT MASTERS

**T**hank you to all who entered our Valentine Swim Meet held this year on February 8th and 9th. Attendance for our meet has grown over the past few years and we hope that next year will be our best ever.

Congratulations go to one of our members for some recent National recognition.

**Steve Snyder** placed 7th in the nation in the 5K Postal Championship held back in November. Steve is an avid triathlete as well as an excellent distance swimmer. He also was one of the hearty souls that braved the chilly waters in November for a test swim across the Tampa Bay. The test was in preparation of our first ever open water event that is scheduled for May 10th and local newscameras were lucky to capture Steve's swimming form for that night's newscast. We're sad to report, however, that our coach, **Kelley Allen**, failed to compete the 3 1/2 mile distance.



Coach Kelley Allen

## Ron Collins



## Club Swim Team

**T**his year the 300 Club in Gainesville has started their own masters swim team. Previously, FAST Masters rented the 300 Club pool to hold their practices. With the development of the 300 Club age group swim team in 1994, many changes have taken place, and 300 Club Masters (formerly FAST Masters) has now been incorporated as an integral part of the 300 Club swim program.

The 300 Club Swim Team's head coach **Mitch Ivey** is a former 1968 and 1972 U.S. Olympic medalist, achieving a silver and bronze respectively in the 200 backstroke. He

was also an Olympic coach in 1988. Assistant coach **Charlie Santostefano** is a National and World ranked swimmer. Together, they provide a program that encompasses every type and level of swimmer.

Our coaches have recently held several swim clinics and will continue these half day clinics throughout the year. These clinics are geared specifically to the needs of competitive, triathlete and fitness swimmers. The cost is \$50 for a half day (8-12) session. If anyone is interested in attending please call Mitch at 352-376-0100.

## Meegan Wilson

□

## SPACE COAST MASTERS



## Angie Is Back To Keep SPCO Splashing

**A**ngie Sinacore, age 67, the heart and soul of SPCO is back in the swim. Angie, a USMS competitor since 1982, garnered 1 first and 4 seconds in the December SCM meet at Coral Springs. Medical setbacks, resulting in operative procedures had lessened her participation the past two years. We welcome you back. You are inspiration to our team.

Since our pool heater at Indian Harbour Beach has been replaced our swim schedules are back in line. Members "chipped in" to purchase a new pool cover.

Congratulations to **Bunny Cederlund**, age 75, and **Patricia (Pat) Sargeant** (42), who made TOP TEN USMS in LCM. Also **Dick Fletcher** (81) was TOP TEN in SCY competition.

**Phil Lindsley** (63), our new president, plans to carry on our previous president, **Dick Robecki's** upgraded program.

After his fine showing in the recent Orlando and Winter Haven meets, **Dave Thomas** (63) works hard on his 400 Fly and 800 I.M. No Dave - it's the 200 Fly and 400 I.M. We call Dave "The Moth".

## Al Rogerson



# Blue Wave Masters

## Sue Moucha Attends 1997 USOC Disabled Swim Camp

**I**t was cold, there was snow and the wind blew, but the pool and the coaching staff was great at the 1997 U.S. Swimming Disability Swimming Camp for Sue Moucha. Held at the USOC Training site in Colorado Springs, the schedule for the four days, January 9-12, included two ninety-minute swimming workouts each day, stroke video taping, meetings on drug control, goal setting, stroke evaluations and individual interviews for research. This was Sue's second Disabilities Swim Camp at the USOC site. She was one of forty selected from 137 nominations. While at the camp, Sue met Olympic swimmers, including **Summer Sanders** and **Mark Henderson**.



Coaches at the Camp, included coaches familiar with swimmers with disabilities and coaches from able-bodied swimming teams. The Camp was supported by a grant from the USOC and research projects were funded by a grant from **Michigan State University**. Athletes at the Camp included hearing impaired, dwarfs, spinal cord injuries, amputees, blind and cerebral palsy.

Besides snow, the temperature hit a low of 7 below, with a chill factor that brought the temperature down to the minus teens. Sue's goals include continued swimming in Masters and Disabled competition. Sue had a great time!

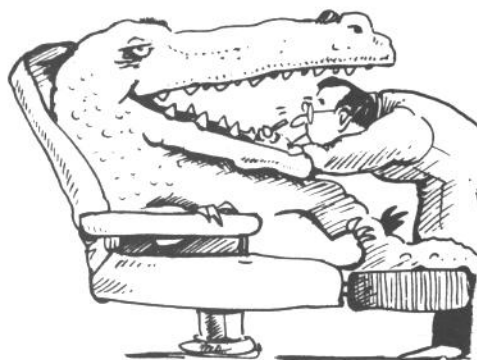
**W**e would like to thank ATAC (Area Tallahassee Aquatic Club) for their efforts to promote Masters swimming by inviting masters to 2 of their developmental meets, and running one developmental meet solely for masters.

**BRAT** would like to welcome new members: **Barb Cottrell**, and former FSU swimmers **Annie Kelly** and **Sally Schlak**. The new folks allowed us to have more relays (the "funnest" part of a meet) and make a run at the **Zone** record for the mixed 400 Free Relay (exceeding the old one by 1 second, if no one else beats it this year).

Also congrats to TOP TEN achievements in LCM to **BRAT Wanda Brown** (8th in the 1500, 9th in the 800) and fellow Tallahasseean (swimming for ATAC) **Russ Frydenborg** (10th in the 200 fly).

**Bob Ruth**

# BRAT



## Tooth Stains

**L**ong hours in the pool may get you in great shape, but they can also stain your teeth. Competitive swimmers and others who log more than six hours a week in the pool may develop yellow or brown spots on their teeth caused by chemicals in the water. These spots won't damage teeth, say experts at the Academy of General Dentistry, but frequent swimmers may want to brush right after swimming and have their teeth cleaned more than twice a year.



# H

ello again to all my fellow Coaches out there. Thought you might be interested in the travelogues of some of the JAMmer's.

Coach Tom Smith had the opportunity to coach Scott Coleman in his English Channel swim in August, you may have read a little about it in *SWIM Magazine*. Coach Tom accompanied Scott not only to England but also on a little foray to San Diego, you see it seems that if you want to swim 26 miles in freezing water, San Diego is better than Florida. Coach Tom reports that Scott spent nearly 12 hours, swimming 29 miles in water that never exceeded 63. Coach Tom also advises that the English Channel swim, which is successfully completed by 10% of the participants, will also dramatically lighten your wallet.

The second travel adventure by various JAMmer's was to Key West, for the Swim Around Key West Festival in June. Numerous Coaches attended and swam quite well. As best can be determined Coach Ron Collins won for the Flipper Division and Coaches Paul Wise and Freddie Constantini swam on a record breaking relay. Now if only we could somehow get past the foggy parts and get details about the rest of the weekend we would have a really exciting travelogue.

Oh well, enough for now. Swim well and prosper - all you Coaches out there.

**Mike Castle**



## St. Pete Masters Development Meet Sunday, March 2, 1997 Northshore Pool

Sanctioned by Florida LMSC, Inc.  
for USMS, Inc. # 147-007

Deck entry-Five events, plus one relay, limit. Cost: \$ 5.00 total  
Warm-up 9 A.M. -  
Events start 9:30 A.M.

# SWIM FLORIDA

Our new team t-shirts and caps must have made an impact at the annual Dixie Zone SCM Championships in Orlando on October 11, 12, 13. S.W.I.M. Florida Masters took the 2nd place visiting team trophy and were complimented on their new attire by swimmers from other teams.

Congratulations to **Adrienne Seal, Joyce Repetsky, Tom Stegeman and Larry Black** for swimming and finishing the 1500 meter freestyle. Both Adrienne and Larry finished 2nd in their age groups while Joyce placed 3rd and Tom 6th.

**Bobby Jo Runyon** placed first in all of her six events. **Michelle Sutton** took 3 firsts in the 400 free, 400 I.M. and 50 fly and finished 2nd in her other six events. **Martha Liggett** won the 50 and 100 backstroke.

**Jack Thomas** took all firsts and 1 second. **Wes Spitsnagle** won the 50 and 100 breaststroke. **Larry Black** won the 200 free and placed 2nd in the 400 and 1500. **Noel Scott** won the 100 m breaststroke with a 2nd in the 50 breast. A good team effort was made by **Kent Ley, Bruce Faubel, Tom Stegeman, Jim Palmere and Greg Stewart**.

Swimming in competition for the first time were **Dick Brewer, Pete Moe, Chris Johnson and Mike Scott**. Welcome to the team!

Twelve of our swimmers placed in the National TOP TEN in SCY and SCM in a total of 35 individual events! Three of our swimmers were ranked in the TOP TEN SCY - **Sylvia Eisele** in 8 events, **Jack Thomas** in 3, and **Jean Garbus** in 2.

The nine swimmers ranked in SCM were: **Bobbi Jo Runyon and Jean Garbus** in 8 events each, **Mary Dore** in 2, **Michelle Sutton and Bruce Faubel** in 1 event and **Larry Black** in 2.

Also, our 200 Y Mixed Freestyle Relay placed 7th and our 200 Y Mixed Medley Relay placed 10th. Members of both of those relays were: **Jim Palmiere, Bobbi Jo, Martha Liggett and Wes Spitsnagle**.

**Jean Garbus**

1. 200 y Freestyle
2. 100 y Butterfly
3. 200 y Backstroke
4. 800 y Free Relay
5. 400 y I.M.
6. 200 y Breaststroke
7. 1000 y Freestyle

Entry forms for our 27th Annual Short Course Championships April 4 - 6, are included in this Newsletter. It's not too early to fill them out and send them in!



# FLORIDA MASTERS



## MAVERICK

**I**n November, several swimmers met with the idea of forming a Masters team that would provide a positive atmosphere for individual levels of achievement and the freedom to express ideas. We offer swimmers the opportunity to participate in a lifelong fitness and/or competitive swimming program. The fitness swimmers are encouraged to participate in the **Swim - to - Key West Challenge**, a motivational program for the non-competitive swimmer. The over-50 crowd has many **Senior Games** competitions throughout Florida.

Swimmers so desiring, also compete in **USMS meets** at the local, National and World level. Meets in the near future, include Tampa, Clearwater, Bradenton (Sr. Games), St. Pete, Ft. Lauderdale, Indian River, and Sarasota. Several swimmers are looking forward to the **LC Nationals in Orlando**. Other plans for the year include **clinics** with some of the nearby swim teams and open to any Master swimmer, **fellowship events, award recognition, age group team records, newsletters, workouts** for those interested, and **open water swims** for a long distance challenge.

### Key West Challenge

Do you think you can handle a 200 mile swim trip to the Florida Keys? This may sound intimidating, but it can be accomplished at your own pace and in the confines of your local pool with no Red Tide, sharks, or jellyfish to contend with. Swimmers are given a log to chart their progress from St. Pete to Key West - 200 miles. Along the way, you, the swimmer will receive a certificate indicating the miles traveled as you pass scenic markers (goals) along the way:

- Sunshine Skyway Bridge: 10 miles
- Anna Maria Island: 15 miles
- Sarasota: 15 miles
- Venice: 20 miles
- Boca Grande: 20 miles
- Sanibel Island: 20 miles
- Naples: 15 miles
- Marco Island: 15 miles
- Everglades National Park: 35 miles
- Key West: 40 miles

As you reach each goal you will receive a certificate and your progress will be recorded on posters at the pool. Upon arriving at Key West, you will get a T-shirt that says "I Swam To Key West" designed by architect, artist and nationally ranked swimmer Mike Torsney. For info call Margie or Paul Hutinger at (813) 521-1172.

# SUNCOAST MASTERS SWIMMING

**R**uth Switzer turned 89 on February 13 and the Suncoast Masters had a surprise party planned for her at the Fairways Restaurant at Forest Lakes Golf Club. Ruth thought she was going to have lunch with just 3 or four friends from the swim team but was surprised when about 20 more old friends were there to greet her! Among the surprise guests was **Natalie Clement**, the founding mother and long time Coach of our team. She came down from her home in Crystal River. It was Natalie's idea to compile the first **Florida Top Five** list and she did just that before the age of the personal computer back in 1975. Can you imagine? Natalie is presently the Asst. Principal of the high school in Crystal River. Other swimmers from the "old days" who showed up were - **Dick Campbell** and his wife **Krista**, **Zelda Griffin**, **Kay Barberio**, **Rita Al Jones**, **Don & Jan Smally**, **Dotty Shute**, **Peg Lynch**, **Sally Sheppard**, **Marci DeCarlo**, **Nancy Logan**, and **Scottie Holliday**. Current members of the team who were there included **Edna Gordon**, **Bardi Dendy**, **John Cousens**, **Boots** and **Jon Culbertson**, **Deb Walker**, **George Burke**, **Jim** and **Kandy Donnelly**.

Ruth, who is affectionately known as "Super Duck" by all of her friends, started swimming because it was the "doctor's order". She had an inoperable brain aneurysm and started swimming with the Suncoast Masters at age 65. When asked why the doctor told her to swim, Ruthie said "You know...I don't know why he told me to do that — but I'm sure glad he did!" It wasn't long before she was breaking National Records in her age groups. Ruth presently has scoliosis and arthritis but swims every day and sometimes does an hour of water exercise. She still insists on living alone even though she has two daughters (who were just down visiting) and a son who live up north who would love to have her move up there with them. Ruth was all "choked up" when she received a new team suit and cap and lots of birthday cards from all her swimming friends.

### **New Masters Coach at Noon**

**Stacia Orr**, is coaching the noon to 1:30 group at Arlington Park. Stacia is **Anthony Nesty's** Assistant Coach at the Boys & Girls Club Chapter of **Swim Florida** and is highly qualified.

Longtime noon coach and SMS member **Joe Securo** was transferred from the Arlington facility to the beaches — **Lido**, **Siesta**, and **Nokomis**. (It's a tough job, Joe, but someone has to do it - right?) Joe is no longer available to coach at the pool at noon but would be glad to help us out on our "open water" training...right Joe? Thanks for your dedication to us for all those years as a coach...now you can just swim with us without having to take splits and stroke counts!

### **Fund Established by SMS Board**

Do to the high cost of competitive swimming on the age group level, the Board decided to help out some swimmers who may find themselves in financial need. A discretionary fund

*When asked why the doctor told her to swim, Ruthie said "You know...I don't know why he told me to do that — but I'm sure glad he did!"*

was set up at the Sarasota Boys and Girls Club Chapter of Swim Florida by Suncoast Masters Swimming. Two hundred dollars was given to the team to be used by the Coaches to help pay for entry fees, travel, equipment, etc. for those kids who may need it. We have to give our President Edna Gordon credit for this terrific idea.

### "Honey I Shrunk the Entry Form"

The entry form for our June 21 & 22 Long Course T-shirt Meet is included in this Newsletter. We got it all to fit on just one two-sided page. Here's a hint for all you other teams with

4-page entry forms...use one page for general information and the other side for a seeding/entry form (which is actually just an entry form with blank lines after the events for the seed times and the release at the bottom).

\*Note the date of the meet has changed from what was in the previous calendar. It is scheduled for June 21 & 22.

**Jim Donnelly**

*I Know It's True...*

*I asked*

**Mr. D.Q.**

by Al Soltis

**W**ell, the happy news is that there are no new rules for 1997. No, they didn't even change wording to try to confuse us. So for this year we can all go with the same-Oh.

But let's be sure we don't get into the monotonous routine of doing it the same way and then let little bad habits slip in, and before we know it, we are doing it not so right, only because we didn't have to concentrate on a new rule.

What do I mean? No problem to do Freestyle, just make sure we touch the wall at each turn. But then we have Butterfly - OOPS - we let our legs relax during practice and what can happen is that we start using a little flutter kick and don't even realize it. And the arms need to be told to be sure to recover over the water on each stroke, and when we touch each wall the hands must be simultaneous and the shoulders in line with the water.

The same attention applies with Breaststroke and Backstroke. Remember what we talked about in a previous Newsletter. "You only take into a meet what you have practiced before". If you allow yourself to practice or warm-up in a casual manner, it follows that in the course of your event you could very well slip in doing the stroke and kicks incorrectly. Practice or warm-up should all contain the same application of the rules as you want them to be when you perform your events.

Simply put - practice makes perfect - **Performance is the result of your proper practice habits** - Each persons attention span is different - Use your span to its fullest and you will have the performance results you are going for.

I heard a phrase several weeks ago from a National Coach. It really impressed me. "DON'T SET LIMITS, SET GOALS"

I know many of you Masters swimmers practice without the benefit of a coach. That made it more important to make the remarks above. We have the **National Masters Long Course Championships in Orlando** in August. Many of you will be there that have not had a chance to travel out of state before. Being in Orlando, it is a given that you will be there. See you there.

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

(Editor's Note: Al Soltis' son, **Doug Soltis**, a former University of Florida swimmer, set the Masters National Record for the 200 Y Breaststroke, 2:03.69, in the 25-29 age group, in 1988. The record still stands.

# FLORIDA MASTERS 3K SWIMMING CHAMPIONSHIPS

## Sponsored

By: United States Masters Swimming, International Swimming Hall of Fame, Inc., Sports-Aid International, Inc., and the Town of Indialantic, Florida

Date: Saturday, April 12, 1997 - Held in conjunction with the YMCA Nationals in Ft. Lauderdale, FL and the US Swimming 10K Open Water Swimming Championships

Location: Indialantic, Florida at 900 N. Riverside Dr. (Home of Sam and Rosemary Freas) (407) 723-6536

## Entry

Deadline: April 2, 1997

Race Time: Check-in - 8:30 a.m. - 9:30 a.m.  
10K USS Championships (3 hr. limit) - 9:45 a.m.  
3K Masters Swim (1 hr. 30 min. limit) - 10:00 a.m.  
1K Age Group Swim - 10:15 a.m.  
Cookout - Noon  
Awards Ceremony - 1:00 p.m.  
(All race times are approximate)

Events: Women's Championship  
Men's Championship  
(All age groups)

Awards: Individual Events - Medals for top 8

## Race

Course:

- 1) Water depth - 4 to 8 feet
- 2) Anticipated water temperature - 68 to 78 degrees
- 3) Salt water river and bay
- 4) Race start, finish and meetings will take place at the property of Dr. and Mrs. Sam Freas, 900 N. Riverside Dr., Indialantic, FL 32903
- 5) For more information call: (407) 723-6536 - Freas home  
(407) 773-7476 - Freas office  
(954) 462-6536 - ISHOF
- 6) The course will be administered by a flotilla of water craft. Race officials are attempting to get one boat for every five participants.

Total Cost: \$35.00/swimmer (\$20.00 entry fee, \$5.00 lunch, \$10.00 souvenir meet t-shirt)  
Make checks payable to: Sports-Aid International, Inc.  
900 N. Riverside Dr.  
Indialantic, FL 32903

Parking: Athlete drop-off in circular drive at Freas residence at 900 N. Riverside Dr. Park 400 yards south of drop-off site at Eastminster Presbyterian Church lot next to the Melbourne Causeway.

Facilities: 1) Changing tent  
2) Swimming pool  
3) Portable toilets  
4) Refreshments

Host Hotel: Oceanfront Quality Suites - 1665 N. Hwy. A1A, Indialantic, FL 32903 (three miles from race site)  
Rate: \$79 for up to four in a room  
Phone: 1-800-876-4222 - Request Long Distance Swim Rate

Airport: Melbourne International served by US Air, Continental, American and Delta (Approximately 6 miles from airport to host hotel, 3 miles to race site) or Orlando International (approximately 60 miles from Indialantic)

Questions: Call Sam Freas at (407) 723-6536

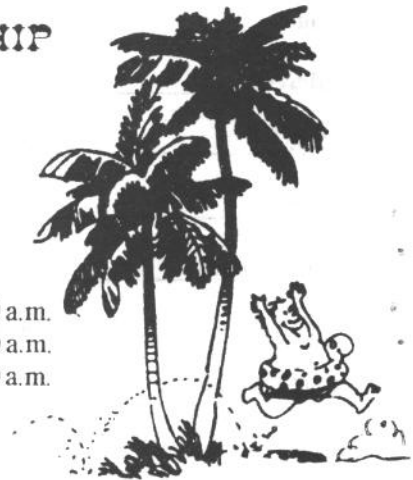
Sanctioned by Florida LMSC for USMS, Inc.  
Sanction # 147-001





**THE SHOWDOWN**  
**DIXIE ZONE VS. COLONIES ZONE**  
**SHORT COURSE MASTERS CHAMPIONSHIP**  
**APRIL 18-20, 1997**

Sanctioned by Florida Gold Coast Masters for USMS, Inc.  
Sanction #507-003



- DATES:** Thursday, April 17 Warm-up 8:00 a.m. to 8:00 p.m. Meet 9:00 a.m.  
Friday, April 18 Warm-up 7:00 a.m. Meet 9:00 a.m.  
Saturday, April 19 Warm-up 7:00 a.m. Meet 9:00 a.m.  
Sunday, April 20 Warm-up 7:00 a.m. Meet 9:00 a.m.
- POOL:** International Swimming Hall of Fame Aquatic Complex  
501 Seabreeze Boulevard  
Fort Lauderdale, FL 33316  
PH: 954-468-1580
- COURSE:** Two 8 - lane, 25 yard courses separated by temporary dock. Colorado timing with 16 lanes displayed.  
20 lanes available for warm up in adjacent 50 - meter pool. Women and men will change courses each day.
- ELIGIBILITY:** Meet is open to all USMS registered swimmers 19 years or older. Age to be determined as of April 20, 1997.
- RULES:** 1997 USMS rules will govern this meet.
- ENTRIES:** Competitors may enter up to a maximum of three (3) events per day, plus relays. Entries will be seeded slowest to fastest by time. **The 1000 and 1650 will be positive check in events.** Check-in deadlines will be **8:00 a.m. Friday morning for the 1000**, and **11:00 a.m. Sunday morning for the 1650** at the Aquatic Complex.
- RELAYS:** Relays must be entered by submitting the Relay Entry Form mailed to each team. Additional forms are available by contacting the Aquatic Complex office at the above address and phone. Pre-entered relays are \$8.00; deck entered relays are \$10.00
- DEADLINE:** All entries must be received by **April 1, 1997. ATTACH A COPY OF YOUR 1997 USMS REGISTRATION CARD TO THE ENTRY FORM.** Include a self addressed, stamped envelope for confirmation by mail. Checks for entry fees are to be made payable to: *ISHOF Special Events*, and mailed to:
- THE SHOWDOWN**  
Hall of Fame Aquatic Complex  
501 Seabreeze Boulevard  
Ft. Lauderdale, FL 33316
- SCORING:** Meet will be scored as a dual meet, Dixie Zone versus Colonies Zone. Unattached swimmers residing in each Zone will score points for their respective Zone. Unattached swimmers residing outside of either the Dixie or Colonies Zone will not score points but will be eligible for all individual awards.
- AWARDS:** Specially designed medals will be awarded to the first three places, ribbons for 4th though 10th. A **SHOWDOWN** Trophy will be awarded to the winning Zone, along with trophies awarded to the top three highest scoring women's teams and men's teams.
- RESULTS:** Two types of results will be available. A full set of Showdown results, as well as *intrazone* results ranking the performances of swimmers in their respective Zones (Dixie results and Colonies results). Intrazone awards will not be given at this meet.
- SOCIAL:** A social will be held at the Aquatic Complex following the conclusion of the meet on Saturday afternoon.

# \*\* OFFICIAL ENTRY FORM \*\*

**COLONIES  
DIXIE**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone(home) \_\_\_\_\_ (work) \_\_\_\_\_  
 Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: \_\_\_\_\_  
 1997 USMS # \_\_\_\_\_ Club: \_\_\_\_\_

**ATTACH  
COPY  
OF USMS  
CARD  
HERE**

(If card is current, provide only age & phone numbers at left)

	WOMEN	FRIDAY @ 9:00 am	MEN	
	<b>EVT</b>			<b>EVT</b>
	1 _____	1000 FREE	_____	2
	3 <u>SEE RELAY FORM</u>	400 FREE RELAY	_____ <u>SEE RELAY FORM</u>	4
	5 _____	50 BREAST	_____	6
	7 _____	200 FREE	_____	8
	9 _____	200 BACK	_____	10
	11 _____	100 IM	_____	12
	13 _____	50 FLY	_____	14
Enter times in proper column	15 <u>SEE RELAY FORM</u>	400 MEDLEY RELAY	_____ <u>SEE RELAY FORM</u>	16
	17 <u>SEE RELAY FORM</u>	200 MIXED FREE RELAY	_____ <u>SEE RELAY FORM</u>	17
		<b>SATURDAY @ 9:00 am</b>		
	19 <u>SEE RELAY FORM</u>	800 FREE RELAY	_____ <u>SEE RELAY FORM</u>	20
	21 <u>SEE RELAY FORM</u>	200 MIXED MEDLEY RELAY	_____ <u>SEE RELAY FORM</u>	21
	23 _____	100 BREAST	_____	24
	25 _____	200 FLY	_____	26
	27 _____	100 FREE	_____	28
	29 _____	50 BACK	_____	30
	31 _____	200 IM	_____	32
	33 <u>SEE RELAY FORM</u>	200 MEDLEY RELAY	_____ <u>SEE RELAY FORM</u>	34
	35 <u>SEE RELAY FORM</u>	400 MIXED FREE RELAY	_____ <u>SEE RELAY FORM</u>	35
	37 _____	500 FREE	_____	38
		<b>SUNDAY @ 9:00 am</b>		
	39 <u>SEE RELAY FORM</u>	800 MIXED FREE RELAY	_____ <u>SEE RELAY FORM</u>	39
	41 _____	400 IM	_____	42
	43 _____	100 BACK	_____	44
	45 _____	200 BREAST	_____	46
	47 _____	50 FREE	_____	48
	49 _____	100 FLY	_____	50
	51 <u>SEE RELAY FORM</u>	400 MIXED MEDLEY RELAY	_____ <u>SEE RELAY FORM</u>	51
	53 <u>SEE RELAY FORM</u>	200 FREE RELAY	_____ <u>SEE RELAY FORM</u>	54
	55 _____	1650 FREE	_____	56

*Limit  
3  
events  
per  
day*

*Enter  
times  
in  
proper  
column*

**WOMEN**

**MEN**

*Limit  
3  
events  
per  
day*

<b>Meet Fee</b>	(required of all swimmers)	<b>\$10.00</b>
<b>Event Charge</b>	\$3.00 ea. x _____ events	_____
<b>Results mailed</b>	\$5.00 ea. x <input type="checkbox"/> SHOWDOWN <input type="checkbox"/> COLONIES <input type="checkbox"/> DIXIE	_____
<b>TOTAL ENTRY:</b>		_____

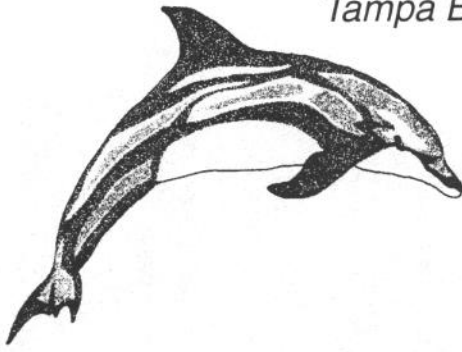
**\*\*\* PLEASE SIGN RELEASE BELOW \*\*\***

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

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



Tampa BayWatch and Clearwater Aquatic Team are proud to present



# Tampa Bay Open Water Challenge

## 2.5-Mile Swim

### Saturday, May 10, 1997

Take the Plunge to Swim the First-Ever 2.5-Mile Tampa Bay Open Water Challenge!

**Date & Times:**

Saturday, May 10, 1997

- Registration begins 7:30 a.m.
- Mandatory course description meeting begins 8:45 am
- RACE begins 9 am

**Location:**

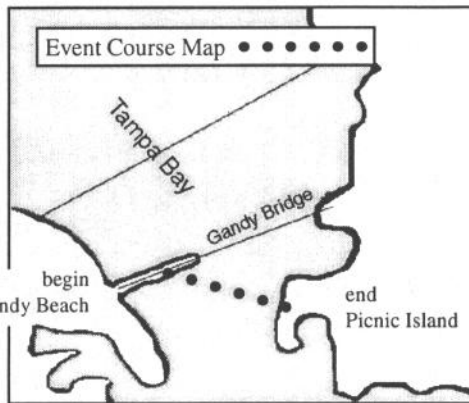
Event begins on southside Gandy Beach in Pinellas County and ends at Picnic Island Park in Hillsborough County .

Bus transportation between Picnic Island Park and Gandy Beach will run 11 am to 1 pm.

**Entry Fee:**

- \$20 - if postmarked by May 1
- \$25 - after and on race day

Fee includes: T-shirt, cap and post-race awards luncheon. Guests may purchase lunch tickets for \$5 each, and t-shirts for \$10 (on a first come - first served basis).



**Awards:**

**Solo Swimmer -**

1st, 2nd, & 3rd places - men's & women's divisions

**Three Person Relay -**

1st, 2nd & 3rd places - men's, women's & mixed divisions  
(all team members swim the course distance and their times will be added to determine best overall team finish)

**Fin -**

1st, 2nd & 3rd places - men's & women's divisions

Age divisions: 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60-69; 70 & up. Certificates will be issued to all finishers.

**Sponsored by:**



## Tampa Bay 2.5-Mile Open Water Challenge Entry Form

Last name	First name	Age on race day
Address	City	State
T-shirt size (circle one): M L XL	Division (circle one): male female relay fin	Zip
		Phone

**Waiver and Release of Rights:** In consideration of my entry being accepted for participation in the Tampa Bay Open Water Challenge, I do hereby for myself, my heirs, executors, administrators, successors, and assigns, release individually and collectively Tampa BayWatch, Power Bar, and Clearwater Aquatic Team, including their officers, directors, stockholders, employees, owners, managers, operators, representatives, agents, insurers, successors and assigns, from each and every action and claim for damages, in law, in admiralty, or in equity, arising from my association, entry or participation in the Tampa Bay Open Water Challenge. I certify that my physical condition and training are adequate to enable me to compete safely in the Tampa Bay Open Water Challenge, and I acknowledge that I am familiar with the distance and the risks associated with the Tampa Bay Open Water Challenge. I am also aware of the risks associated with the weather conditions that prevail in Tampa Bay at any time of the year: varying water temperatures, strong currents, choppy waters, and marine animals. I also understand that pleasure and fishing craft share the waters and may be a danger. I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks. If I should suffer injury or illness during the event, I authorize the officials of the event to use their discretion to have me transported to a medical facility and this Waiver and Release of Rights applies fully to such actions. I hereby grant full permission to any and all of the sponsors of this event or their representatives to use any photographs, motions pictures, video tapes, recordings or any other records of this event for any purpose whatever including commercial use. I have read the above Waiver and Release of Rights and understand that I am entering this event at my own risk. I have read and agree to abide by the rules of the Tampa Bay Open Water Challenge.

Signature of participant, or, if minor participant, signature of parent or legal guardian	Date
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**Mail this form, with your check, to: Tampa BayWatch • 8401 9th St. N., #230-B • St. Petersburg, FL 33702 or call (813) 896-5320 for more information**

The IRCC Masters Eighth Annual  
**STANTON C. CRAIGIE MEMORIAL SWIM MEET**  
 April 26 & 27, 1997

**1997 STANTON C. CRAIGIE MEMORIAL SWIM MEET**  
**ENTRY FORM**

Sanction No. 147-004 by Florida LMSC, INC., for USMS INC.

**Sanction No.:** 147-004 by Florida LMSC, Inc., for USMS Inc.  
**Sponsor:** IRCC Masters Swim Team/IRCC Foundation, INC./Indian River Community College  
**Eligibility:** This meet is open to all swimmers 19 years of age and older as of April 27, 1997 and are registered with USMS, Inc. Non-US citizens should have a letter of introduction from their own swimming association.  
**Facilities:** The Indian River Community College Aquatic Center will be used for this meet. The pool is a 50 meter by 25 yard pool. The 8 lane 25 yard pool that is 5 feet deep will be used for competition and the 25 yard by 4 feet deep part of the pool will be used for warm up and warm down. Colorado timing will be used for record certification.  
**Date/Times:** Warm up begins at 8:00 a.m. on Saturday. The 1000 begins at 9:00 a.m. Other events will begin no earlier than 11:00 a.m. The 1000 will be swum slowest to fastest. Check in and warm up begins at 8:00 a.m. on Sunday and the 1st heat at 9:00 a.m.  
**Rules:** 1997 USMS official rules shall govern this event.  
**Entries and Fees:** Swimmers must pre-enter by mail. Entry must be received by April 18, 1997. Competitors are encouraged to enter up to five individual events per day. Entries will be seeded slowest to fastest for all events. Events 400 yards or longer will be deck seeded and swum slowest to fastest. Check in time for all distance events on 5/25 and 5/26 is 9:00 a.m. Each event must be entered on the entry form. Send the completed and signed entry form with a copy of your 1997 USMS Registration card to the IRCC Masters Swim Team. Make sure that your name, club, birth date, event number, event description and entry time are on the form. Scoring for the meet will be computerized. The fees are \$2.50 per event, \$6.00 meet charge, \$2.00 for meet results to be mailed to you and \$8.00 per relay event. Relays will be deck entered on both Saturday and Sunday. Only team members registered for this meet may swim in a relay.  
**Entry Times:** Please show your best yards times during the past couple of years. All events will be seeded by time regardless of age, slowest to fastest in all events.  
**Age Categories:** Individuals 19-24, 25-29, 30-34, etc. up to 95+.  
 Relays 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+.  
**Location:** Off the Florida Turnpike or I-95 take the Ft. Pierce, Rt. 70 exit and go east. The College Campus is located on the right side of the road. Take the second entrance to the campus and park in front or behind the new IRCC Science Building.  
**Awards:** Top 6 swimmers in each event and age group will receive awards. Winners in each event will receive one of the specially struck medals created for this meet. High point awards for men and women and combined team trophies for 1st, 2nd & 3rd will be given.  
 A special award is the newly established *Anne Wilder Award for Swimming Excellence*. Before the meet, the officials will make a random selection of an event, age bracket, and gender. The winner of the event will receive a \$200 award.

**YOU MUST SEND A COPY OF YOUR 1997  
 REGISTRATION CARD WITH YOUR ENTRY!**

**Make checks payable to:** IRCC Masters Swim Team; Send the signed entry form, your entry fee and a copy of your 1997 USMS registration card by 4/18/97 to:

IRCC Masters Swim Team  
 Attn. Tom Harmon, Swim Coach  
 Indian River Community College  
 3209 Virginia Ave; Box 117  
 Ft. Pierce, Florida 34981-4700

**Questions:** Contact Tom Harmon at 561-465-8385, Anne Wilder at 561-461-4514 or Chris Ip at 561-462-4771. If you enter but must cancel, you will receive a full refund as long as you have contacted Tom Harmon by 1:00 p.m. on Friday 4/25/97

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

Name \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Team Name \_\_\_\_\_ LMSC \_\_\_\_\_ 1997 USMS Registration # \_\_\_\_\_

**SATURDAY 4/26/97**  
 Warm up - 8:00 a.m.  
 1000 Freestyle 9:00 a.m.  
 Break until at least 11:00 a.m. after 1000 Free

**SUNDAY 4/27/97**  
 Warm up - 8:00 a.m.  
 Swim - 9:00 a.m.

WOMEN/MEN	EVENT	SEED TIME	WOMEN/MEN	EVENT	SEED TIME
1 2	1000 Freestyle	_____	27 28	400 Medley Relay	_____
3 4	200 Medley Relay	_____		(Mixed #29)	_____
	(Mixed #5)	_____	31 32	200 Individual Medley	_____
7 8	50 Butterfly	_____	33 34	50 Backstroke	_____
9 10	200 Freestyle	_____	35 36	100 Breaststroke	_____
11 12	200 Breaststroke	_____	37 38	100 Freestyle	_____
13 14	50 Freestyle	_____	39 40	200 Butterfly	_____
15 16	100 Butterfly	_____	41 42	100 Backstroke	_____
17 18	200 Backstroke	_____	43 44	100 Individual Medley	_____
19 20	50 Breaststroke	_____	45 46	200 Free Relay	_____
21 22	400 Free Relay	_____		(Mixed #47)	_____
	(Mixed #23)	_____	49 50	500 Freestyle	_____
25 26	400 Individual Medley	_____			_____

Number of Events \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_ + \$5.00 Meet Fee + \$2.00 Results = \$ \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO:** IRCC Masters Swim Team  
**MAIL ENTRIES TO:** IRCC Masters Swim Team; Indian River Community College;  
 3209 Virginia Ave.; Box 117, Ft. Pierce, Florida 34981-4700;  
**To be received by April 18, 1997.** Attn. Tom Harmon.

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 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 and be governed by the rules and regulations of USMS and Florida LMSC Swimming.

DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Attach A Copy Of  
 Your 1997  
 Registration Card  
 Here.

You Must Send A  
 Copy Of Your  
 Registration Card  
 With Your Entry.  
 You Cannot Swim  
 Without It.



**SUNCOAST MASTERS 20TH ANNUAL LONG COURSE  
SWIMMING CHAMPIONSHIP T-SHIRT MEET**  
June 21 & 22, 1997

**Arlington Aquatic Center, Sarasota, Florida**  
**Sanctioned by Florida LMSC, Inc. for USMS Sanction # 147-005**  
**Meet Director: Steve Grossman**

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**Eligibility:** The meet is open to all registered masters. A copy of your 1997 registration card must be included with your entry form. Non-US citizens should have a letter of introduction from their own swimming association.

**Number of Events:** Competitors may enter no more than 5 individual events per day.

**Entry Fees:** The entry fee shall be \$ 2.75 per event. There is also a \$6.00 surcharge for the electronic timing and the heat sheet. Relays are \$4.00.

**Entries Due:** Entries must be in the hands of the meet director no later than June 11, 1997

**Entry Forms:** Complete and return the ENTRY FORM, SEEDING FORM, AND A COPY OF YOUR 1997 REGISTRATION CARD. Mark your tee-shirt size! Enclose a self-addressed envelope or postcard if you wish verification that your entry was received.

**Seeding:** All heats will be seeded slowest to fastest, regardless of age. All entries must have a time: NO TIME entries cannot be accepted. Submit your best time from meets not more than 2 years previous. Remember, submit METER times! All events are timed finals.

**Scratch Procedure:** If a swimmer is unable to attend the meet, call Steve Grossman (941-751-4944) no later than June 18 and your money will be refunded. Fax number: 941-927-8326. Swimmers not reporting to the block when their heat is called will be scratched.

**Warm-up:** Warm-up will begin one hour prior to the start of the meet: On Saturday, June 21, warm-up will begin at 1 PM. On Sunday, June 22, warm-up will begin at 8 AM.

**Timing:** Colorado timing will be used with hand-held watches for back-up.

**Awards:** Every swimmer who enters at least 5 events will win a T-Shirt, custom designed by Jim Donnelly. The 100% cotton shirt will sport a new design that every Florida Master swimmer will want to have!

**Heat Sheet, T-Shirt, Results:** A heat sheet will be furnished to each swimmer, and a free shirt if the swimmer qualifies. Results may be ordered at the meet. One free copy will be sent to each team provided that the team rep indicates this on his/her entry. There will be a limited number of shirts for sale, also!

**Tailgate Gathering:** There will be a tailgate social with food and liquid refreshments immediately following Saturday's events in the adjoining park. The cost is \$6 per person.

**FREE BREAKFAST SUNDAY MORNING !!!!!!!!!**

**Howard Johnson Express** 811 S Tamiami Tr 941-365-0350 1 mile to pool Incl breakfast \$60

**Best Western** 1425 S Tamiami Tr 800-722-8227 5 blocks to pool Includes breakfast \$59

**Wellsley Inn** 1803 N Tamiami Trail 941-366-5128 3 miles to pool Incl Breakfast \$44

**From the north:** Take I75 to Fruitville Rd (exit 39) and go right, WEST towards town for 4 miles to Tuttle Ave. Turn left at the Chevron station, going past the 3rd light (Bahia Vista St). Go 4 blocks further south, and turn right on Waldemere St. Pool is one block down on left.

**From the south:** Take I75 to Bee Ridge (exit 38) and turn left, WEST towards town for 4 miles until Swift Rd/Tuttle Ave. Turn right, going north. After passing the 2nd light at Hyde Park, go 4 more blocks to Waldemere St, and turn left. Pool is one block down on the left.



# SEEDING/ENTRY FORM

Suncoast Masters 20th Annual Long Course Championships  
Sanctioned by Florida LMSC, Inc for USMS Sanction # 147-005

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ TEAM NAME \_\_\_\_\_

TEAM INITIALS \_\_\_\_\_ 1997 REGISTRATION # \_\_\_\_\_

Number of Events \_\_\_\_\_ X \$ 2.75 = \_\_\_\_\_

Automatic Timing/heat sheet \$ 6.00

Social \$6 per person X \_\_\_\_\_ = \_\_\_\_\_

Free T-Shirt ( with minimum 5 event entry)

Circle size S M L XL

Additional shirts \$ 9.00 X quantity \_\_\_\_\_ = \_\_\_\_\_

Results \$3.00 \_\_\_\_\_

Total \_\_\_\_\_

Please circle events and list seed times below

**Saturday, June 21, 1997 2:00PM**

1/2	200 M Back	_____
3/4	100 M Breast	_____
5/6	50 M Free	_____
7/8	200 M Fly *	_____
9/10	400 M Mixed Medley Relay	_____
11/12	100 M Free	_____
13/14	50 M Back	_____
15/16	400 M IM	_____

**Sunday, June 22, 1997 9:00AM**

17/18	200 M Breast	_____
19/20	50 M Fly	_____
21/22	100 M Back	_____
23/24	200 M Free *	_____
25/26	400 Mixed Free Relay	_____
27/28	50 M Breast	_____
29/30	200 M IM	_____
31/32	100 M Fly	_____
33/34	400 M Free	_____

\*Denotes 10 minute break if necessary

"No Time" entries cannot be accepted. Attach a copy of your 1997 USMS registration card.

Make checks payable to Suncoast Masters. Send to Steve Grossman

6615 Georgia Ave Bradenton, Fl 34207 Entries due June 11 !!

**ATTACH A COPY OF  
YOUR 1997 REGISTRATION  
CARD HERE**

**ENTRIES DUE JUNE 11!!**

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

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

# 1996 FLORIDA LMSC LONG COURSE METERS TOP 5

## WOMEN:

<b>50 FREE (19-24)</b>		<b>R 1:06.63 Sudi Miller '90</b>	<b>100 BACK (25-29)</b>	00:33.15 HEATHER O'BRIEN 33
<b>R 28.17 Sudi Miller '90</b>		01:26.58 DANIELLE SIRBU 22	<b>R 1:08.44 Michele Falls '83</b>	00:33.38 MAUD ORLANDO 33
00:29.56 BOBBI JO RUNYON 24			01:19.82 BROOKE BOWMAN 29	
00:33.55 S. DEARWORTH 23			01:26.01 J.VanDerMOLEN 29	
00:34.81 DANIELLE SIRBU 22			01:39.16 MARTHA LIGGETT 26	
<b>100 FREE (19-24)</b>		<b>200 FLY (19-24)</b>	<b>200 BACK (25-29)</b>	<b>100 FREE (30-34)</b>
<b>R 1:02.94 Paige Winters '89</b>		<b>R 2:36.49 Sheri Brownstein '88</b>	<b>R 2:32.37 Michele Falls '83</b>	<b>R 1:00.36 Rosemarie Seaman '89</b>
01:18.62 S. DEARWORTH 23			02:48.70 BROOKE BOWMAN 29	01:05.15 MARY DORE 32
<b>200 FREE (19-24)</b>		<b>200 IM (19-24)</b>	03:05.55 J.VanDerMOLEN 29	01:09.08 KAREN SADLER 33
<b>R 2:22.34 Bobbi Jo Runyon '96</b>		<b>R 2:38.91 Sudi Miller '90</b>		01:09.10 BECKY NELSON 32
02:22.23 BOBBI JO RUNYON 24		02:44.55 BOBBI JO RUNYON 24		01:10.76 MAUD ORLANDO 33
02:46.74 S. DEARWORTH 23		02:50.05 CLAUDIA ILTIS 20		01:11.67 MINDY HARRARD 30
<b>400 FREE (19-24)</b>		03:06.78 S. DEARWORTH 23		
<b>R 4:59.27 Sheri Brownstein '88</b>				
05:08.61 BOBBI JO RUNYON 24				
05:10.83 CLAUDIA ILTIS 20				
<b>800 FREE (19-24)</b>		<b>400 IM (19-24)</b>	<b>50 BRST (25-29)</b>	<b>200 FREE (30-34)</b>
<b>R 12:37.58 S. Dearworth '96</b>		<b>R 5:44.52 Sheri Brownstein '88</b>	<b>R 34.36 Rosemarie Seaman '87</b>	<b>R 2:16.07 Mary Roebuck '94</b>
12:37.58 S. DEARWORTH 23			00:38.14 LISA SUMMERS 25	02:22.82 MARY DORE 32
<b>1500 FREE (19-24)</b>		<b>50 FREE (25-29)</b>	00:39.84 MICHELLE SUTTON 27	02:28.87 KAREN SADLER 33
<b>R 19:28.54 Sheri Brownstein '88</b>		<b>R 27.50 Mary Holmes '88</b>	00:44.43 SHERYL SPRAGUE 28	02:34.62 BECKY NELSON 32
23:59.09 S. DEARWORTH 23		00:28.58 LISA SUMMERS 25	00:45.33 J.VanDerMOLEN 29	02:41.67 ADRIENNE SEAL 30
<b>50 BACK (19-24)</b>				02:45.14 TERRI PYLE 32
<b>R 33.46 Sudi Miller '90</b>				
00:34.27 BOBBI JO RUNYON 24				
00:39.61 S. DEARWORTH 23				
00:41.19 DANIELLE SIRBU 22				
<b>100 BACK (19-24)</b>		<b>100 FREE (25-29)</b>	<b>100 BRST (25-29)</b>	<b>400 FREE (30-34)</b>
<b>R 1:13.81 Sudi Miller '90</b>		<b>R 58.97 Rosemarie Seaman '87</b>	<b>R 1:18.31 Rosemarie Seaman '87</b>	<b>R 4:47.64 Mary Roebuck '92</b>
01:15.64 BOBBI JO RUNYON 24		01:02.69 LISA SUMMERS 25	01:23.61 LISA SUMMERS 25	05:09.31 MARY DORE 32
01:28.01 S. DEARWORTH 23		01:07.82 MICHELLE SUTTON 27	01:29.86 MICHELLE SUTTON 27	05:10.99 KAREN SADLER 33
01:31.21 DANIELLE SIRBU 22		01:08.68 BROOKE BOWMAN 29	01:36.98 SHERYL SPRAGUE 28	05:22.07 MAUD ORLANDO 33
<b>200 BACK (19-24)</b>		01:12.14 JENNIFER BROOKS 29		05:44.32 ADRIENNE SEAL 30
<b>R 2:47.37 Amanda Hall '93</b>		01:14.63 AMBER REDDEN 25		05:47.48 TERRI PYLE 32
02:53.39 ESTHER SMITH 23				
<b>50 BRST (19-24)</b>		<b>200 FREE (25-29)</b>	<b>200 BRST (25-29)</b>	<b>800 FREE (30-34)</b>
<b>R 37.12 E. A. Sollee '93</b>		<b>R 2:09.66 Mary Holmes '88</b>	<b>R 2:59.04 Gwen Cressman '89</b>	<b>R 10:49.09 Wanda Brown '88</b>
00:41.84 BOBBI JO RUNYON 24		02:15.84 LISA SUMMERS 25	03:27.18 SHERYL SPRAGUE 28	11:12.48 MAUD ORLANDO 33
00:43.11 S. DEARWORTH 23		02:22.69 BROOKE BOWMAN 29		11:43.11 DIANE RIDING 32
00:48.74 DANIELLE SIRBU 22		02:35.19 JENNIFER BROOKS 29		
<b>100 BRST (19-24)</b>		02:35.53 MICHELLE SUTTON 27		
<b>R 1:22.11 E. A. Sollee '93</b>		02:38.73 J.VanDerMOLEN 29		
01:27.37 ESTHER SMITH 23				
01:35.60 S. DEARWORTH 23				
<b>200 BRST (19-24)</b>		<b>400 FREE (25-29)</b>	<b>50 FLY (25-29)</b>	<b>1500 FREE (30-34)</b>
<b>R 3:03.47 Sheri Brownstein '88</b>		<b>R 4:31.02 Mary Holmes '88</b>	<b>R 28.79 Rosemarie Seaman '87</b>	<b>R 18:12.67 Mary Roebuck '94</b>
03:18.84 S. DEARWORTH 23		05:01.85 BROOKE BOWMAN 29	00:31.83 MICHELLE SUTTON 27	21:06.19 MAUD ORLANDO 33
<b>50 FLY (19-24)</b>		05:23.90 JENNIFER BROOKS 29	00:32.06 BROOKE BOWMAN 29	22:14.82 DIANE RIDINGS 32
<b>R 30.44 Sudi Miller '90</b>		05:38.14 MICHELLE SUTTON 27	00:32.80 MARJORIE SALAZAR 26	
00:32.30 BOBBI JO RUNYON 24		05:39.93 J.VanDerMOLEN 29	00:37.05 J.VanDerMOLEN 29	
00:35.92 DANIELLE SIRBU 22		05:52.83 SHERYL SPRAGUE 28	00:37.77 MARTHA LIGGETT 26	
00:39.16 S. DEARWORTH 23				
<b>100 FLY (19-24)</b>		<b>800 FREE (25-29)</b>	<b>100 FLY (25-29)</b>	<b>50 BACK (30-34)</b>
<b>R 30.44 Sudi Miller '90</b>		<b>R 9:18.74 Mary Holmes '88</b>	<b>R 1:03.91 Rosemarie Seaman '87</b>	<b>R 34.50 Katie Adams '88</b>
00:32.30 BOBBI JO RUNYON 24		10:24.03 BROOKE BOWMAN 29	01:11.73 BROOKE BOWMAN 29	00:38.34 MAUD ORLANDO 33
00:35.92 DANIELLE SIRBU 22		11:47.47 J.VanDerMOLEN 29	01:16.39 MICHELLE SUTTON 27	00:41.03 BECKY NELSON 32
00:39.16 S. DEARWORTH 23		12:13.23 SHERYL SPRAGUE 28	01:38.23 MARTHA LIGGETT 26	00:43.92 C.T. SWANSON 33
<b>100 FLY (19-24)</b>		<b>1500 FREE (25-29)</b>	<b>200 FLY (25-29)</b>	00:44.46 ADRIENNE SEAL 30
<b>R 30.44 Sudi Miller '90</b>		<b>R 18:13.30 Mary Roebuck '90</b>	<b>R 2:35.01 Linda Neary '92</b>	00:45.76 PENNY McCORD 33
00:32.30 BOBBI JO RUNYON 24		19:53.01 BROOKE BOWMAN 29	02:42.23 BROOKE BOWMAN 29	
00:35.92 DANIELLE SIRBU 22		22:27.63 J.VanDerMOLEN 29	03:59.40 SHERYL SPRAGUE 28	
00:39.16 S. DEARWORTH 23		23:14.71 SHERYL SPRAGUE 28		
<b>100 FLY (19-24)</b>		<b>50 BACK (25-29)</b>	<b>200 I.M. (25-29)</b>	<b>100 BACK (30-34)</b>
<b>R 30.44 Sudi Miller '90</b>		<b>R 31.92 Michele Falls '83</b>	<b>R 2:33.59 Gwen Cressman '88</b>	<b>R 1:15.31 Katie Adams '88</b>
00:32.30 BOBBI JO RUNYON 24		00:38.03 BROOKE BOWMAN 29	02:35.86 LISA SUMMERS 25	01:26.38 BECKY NELSON 32
00:35.92 DANIELLE SIRBU 22		00:39.79 J.VanDerMOLEN 29	02:49.01 BROOKE BOWMAN 29	01:34.84 ADRIENNE SEAL 30
00:39.16 S. DEARWORTH 23		00:40.50 JENNIFER BROOKS 29	02:50.23 MARJORIE SALAZAR 26	01:36.43 C.T. SWANSON 33
<b>100 FLY (19-24)</b>			02:56.36 MICHELLE SUTTON 27	01:42.70 PENNY McCORD 33
<b>R 30.44 Sudi Miller '90</b>			03:02.35 J.VanDerMOLEN 29	01:44.67 JACQUIE DODGE 33
00:32.30 BOBBI JO RUNYON 24				
00:35.92 DANIELLE SIRBU 22				
00:39.16 S. DEARWORTH 23				
<b>100 FLY (19-24)</b>			<b>400 I.M. (25-29)</b>	<b>200 BACK (30-34)</b>
<b>R 30.44 Sudi Miller '90</b>			<b>R 5:35.38 Gwen Cressman '88</b>	<b>R 2:44.95 Katie Adams '88</b>
00:32.30 BOBBI JO RUNYON 24			05:58.45 BROOKE BOWMAN 29	03:26.42 C.T. SWANSON 33
00:35.92 DANIELLE SIRBU 22			06:25.48 MICHELLE SUTTON 27	03:55.82 PENNY McCORD 33
00:39.16 S. DEARWORTH 23			06:53.61 SHERYL SPRAGUE 28	
<b>100 FLY (19-24)</b>				
<b>R 30.44 Sudi Miller '90</b>				
00:32.30 BOBBI JO RUNYON 24				
00:35.92 DANIELLE SIRBU 22				
00:39.16 S. DEARWORTH 23				
<b>100 FLY (19-24)</b>			<b>50 FREE (30-34)</b>	<b>50 BRST (30-34)</b>
<b>R 30.44 Sudi Miller '90</b>			<b>R 27.44 Rosemarie Seaman '89</b>	<b>R 37.09 Rosemarie Seaman '88</b>
00:32.30 BOBBI JO RUNYON 24			00:29.88 MARY DORE 32	00:38.20 MAUD ORLANDO 33
00:35.92 DANIELLE SIRBU 22			00:30.51 SUSAN VITTING 32	00:38.31 SUSAN VITTING 32
00:39.16 S. DEARWORTH 23			00:31.40 BECKY NELSON 32	00:44.90 HEATHER O'BRIEN 33
<b>100 FLY (19-24)</b>				00:50.41 AMY ROSEN 32
<b>R 30.44 Sudi Miller '90</b>				00:50.52 LOUISE PARMKIVIST 31
00:32.30 BOBBI JO RUNYON 24				
00:35.92 DANIELLE SIRBU 22				
00:39.16 S. DEARWORTH 23				
<b>100 FLY (19-24)</b>				<b>100 BRST (30-34)</b>
<b>R 30.44 Sudi Miller '90</b>				<b>R 1:20.21 Rosemarie Seaman '89</b>
00:32.30 BOBBI JO RUNYON 24				
00:35.92 DANIELLE SIRBU 22				
00:39.16 S. DEARWORTH 23				

01:21.81 MAUD ORLANDO 33  
01:24.56 SUSAN WITTING 32  
01:53.87 JACQUIE DODGE 33  
01:54.71 LOUISE PARMKVIST 31

200 BRST (30-34)

R 2:58.67 Maud Orlando '96

02:58.67 MAUD ORLANDO 33  
03:05.57 SUSAN WITTING 32  
04:02.33 C.T. SWANSON 34  
04:06.69 JACQUIE DODGE 33

50 FLY (30-34)

R 29.92 Rosemarie Seaman '89

00:33.83 BECKY NELSON 32  
00:35.30 MAUD ORLANDO 33  
00:36.23 HEATHER O'BRIEN 33  
00:36.29 MINDY HARRARD 30  
00:36.97 ADRIENNE SEAL 30

100 FLY (30-34)

R 1:06.24 Rosemarie Seaman '89

01:16.80 BECKY NELSON 32  
01:24.86 ADRIENNE SEAL 30

200 FLY (30-34)

R 2:41.29 Linda Bamber '88

200 IM (30-34)

R 2:33.14 Rosemarie Seaman '89

02:52.31 MAUD ORLANDO 33  
02:52.69 SUSAN WITTING 32  
02:58.43 MARY DORE 32  
03:04.86 ADRIENNE SEAL 30  
03:25.57 C.T. SWANSON 33

400 IM (30-34)

R 5:26.77 Mary Roebuck '94

06:03.41 MAUD ORLANDO 33  
06:16.68 MARY DORE 32

50 FREE (35-39)

R 28.86 Cathy Shonkwiler '96

00:28.86 CATHY SHONKWILER 36  
00:29.19 BUSSEY-MCKEITHEN 36  
00:30.79 ANDREA NAUTA 37  
00:32.45 TRICIA HOLM 36  
00:32.47 KELLY BERGDOLL 38

100 FREE (35-39)

R 1:00.25 Susan Halfacre '88

01:03.33 CATHY SHONKWILER 36  
01:05.71 BUSSEY-MCKEITHEN 36  
01:06.88 ANDREA NAUTA 37  
01:08.72 ROZANNA MILLER 36  
01:11.31 TRICIA HOLM 36

200 FREE (35-39)

R 2:09.33 Susan Halfacre '88

02:20.36 CATHY SHONKWILER 36  
02:31.29 ANDREA NAUTA 37  
02:33.46 TRICIA HOLM 36  
02:34.54 ROZANNA MILLER 36  
02:38.69 WANDA BROWN 38

400 FREE (35-39)

R 4:33.08 Susan Halfacre '88

04:55.52 CATHY SHONKWILER 36  
05:17.01 TRICIA HOLM 36  
05:20.25 ANDREA NAUTA 37  
05:21.77 KATHERINE RICE 37  
05:30.66 WANDA BROWN 39

800 FREE (35-39)

R 9:24.54 Susan Halfacre '88

10:31.89 CATHY SHONKWILER 36  
10:56.83 WANDA BROWN 39  
11:09.39 KATHERINE RICE 37  
11:26.63 ANDREA NAUTA 37  
12:23.29 KELLY BERGDOLL 38

1500 FREE (35-39)

R 19:50.91 Cathy Shonkwiler '96

19:50.91 CATHY SHONKWILER 36  
20:39.66 WANDA BROWN 39  
20:57.80 KATHERINE RICE 37  
21:35.70 ANDREA NAUTA 37  
23:26.05 KELLY BERGDOLL 38

50 BACK (35-39)

R 34.29 Cathy Shonkwiler '96

00:34.29 CATHY SHONKWILER 36  
00:36.30 ROZANNA MILLER 36  
00:36.43 ANDREA NAUTA 37  
00:37.80 KATHERINE RICE 37  
00:39.06 JUDY TIBMA 39

100 BACK (35-39)

R 1:14.44 Cathy Shonkwiler '96

01:14.44 CATHY SHONKWILER 36  
01:20.19 ROZANNA MILLER 36  
01:20.96 ANDREA NAUTA 37  
01:27.41 TRICIA HOLM 36  
01:27.82 INGRID ARCHER 38

200 BACK (35-39)

R 2:49.39 Rozanna Miller '96

02:49.39 ROZANNA MILLER 36  
02:52.32 ANDREA NAUTA 37  
02:56.37 KATHERINE RICE 37  
03:00.79 TRICIA HOLM 36  
03:11.01 KELLY BERGDOLL 38

50 BRST (35-39)

R 37.39 Deb Walker '88

00:44.18 WANDA BROWN 38  
00:44.87 INGRID ARCHER 38  
00:45.93 KELLY BERGDOLL 38  
00:47.01 CAROLYN READING 37  
00:47.98 KIM STOTT 37

100 BRST (35-39)

R 1:22.46 Deb Walker '87

01:27.27 JUDY TIBMA 39  
01:39.05 INGRID ARCHER 37  
01:43.45 KELLY BERGDOLL 38  
01:44.97 CAROLYN READING 37  
01:47.29 PATRICIA NARDOZZI 37

200 BRST (35-39)

R 3:00.05 Deb Walker '88

03:20.59 WANDA BROWN 38  
03:31.00 CELESTE LIND 36  
03:48.73 KELLY BERGDOLL 38  
03:59.49 PATRICIA NARDOZZI 37  
04:36.96 SUE MOUCHA 38

50 FLY (35-39)

R 29.27 Susan Halfacre '88

00:30.43 CATHY SHONKWILER 36  
00:32.03 BUSSEY-MCKEITHEN 36  
00:33.36 ROZANNA MILLER 36  
00:34.81 ANDREA NAUTA 37  
00:35.04 BARBARA NICHOLS 39

100 FLY (35-39)

R 1:05.39 Susan Halfacre '88

01:09.94 CATHY SHONKWILER 36  
01:16.00 BUSSEY-MCKEITHEN 36  
01:16.15 ROZANNA MILLER 36  
01:19.53 BARBARA NICHOLS 39  
01:32.67 KIM STOTT 37

200 FLY (35-39)

R 2:44.56 Linda Bamber '89

02:55.30 ROZANNA MILLER 36  
02:57.03 BARBARA NICHOLS 39

200 IM (35-39)

R 2:49.13 Deb Walker '89

02:54.16 ROZANNA MILLER 36  
02:58.15 TRICIA HOLM 36  
03:00.69 ANDREA NAUTA 37  
03:06.06 WANDA BROWN 39  
03:11.35 KIM STOTT 37

400 IM (35-39)

R 6:10.47 Cathy Shonkwiler '96

06:10.47 CATHY SHONKWILER 36  
06:16.68 ROZANNA MILLER 36  
06:39.96 BARBARA NICHOLS 39

50 FREE (40-44)

R 28.64 Martha Martin '88

00:31.85 PATRICIA SARGEANT 42  
00:32.19 JUDY TIBMA 40  
00:33.03 CHRIS KELLY 41  
00:34.98 TERRY DYKEHOUSE 40  
00:35.03 PAM GEIGER 43

100 FREE (40-44)

R 1:03.40 Martha Martin '88

01:11.46 DEB WALKER 44  
01:12.53 PATRICIA SARGEANT 42  
01:12.57 CHRIS KELLY 41  
01:15.61 PAM GEIGER 43  
01:18.48 TERRY DYKEHOUSE 40

200 FREE (40-44)

R 2:21.77 Martha Martin '88

02:42.98 CHRIS KELLY 41  
02:43.32 PAM GEIGER 43  
03:00.49 TERRY DYKEHOUSE 40  
03:29.10 DIANA COLLINS 40  
03:29.65 NANCY KIERNAN 42

400 FREE (40-44)

R 5:04.96 Martha Martin '88

05:46.69 JUDY TIBMA 40  
05:47.13 PAM GEIGER 43  
05:53.74 CHRIS KELLY 41  
06:20.79 TERRY DYKEHOUSE 40  
07:14.01 NANCY KIERNAN 42

800 FREE (40-44)

R 11:48.09 Pam Geiger '93

11:49.57 PAM GEIGER 43  
11:49.77 JO ANN HARRELSON 40  
13:20.29 TERRY DYKEHOUSE 40  
15:13.24 NANCY KIERNAN 42

1500 FREE (40-44)

R 22:17.12 Lynn Brownstein '86

22:27.79 PAM GEIGER 43  
22:31.46 JO ANN HARRELSON 40  
25:11.78 TERRY DYKEHOUSE 40  
28:40.03 CHANTAL LEFEVRE 42  
28:44.51 NANCY KIERNAN 42

50 BACK (40-44)

R 34.68 Martha Martin '88

00:38.02 JUDY TIBMA 40  
00:40.69 DEB WALKER 44  
00:40.82 TERRY DYKEHOUSE 40  
00:41.79 NANCY GUINN 42  
00:43.70 CHRIS KELLY 41

100 BACK (40-44)

R 1:17.99 Judy Stefanick '92

01:26.18 DEB WALKER 44  
01:29.57 TERRY DYKEHOUSE 40  
01:31.37 NANCY GUINN 42  
01:33.22 CHRIS KELLY 41  
01:51.12 BECKY HALDEMAN 41

200 BACK (40-44)

R 2:49.31 Judy Stefanick '92

03:08.33 TERRY DYKEHOUSE 40  
03:15.56 CHRIS KELLY 41  
03:53.81 BECKY HALDEMAN 41  
04:03.95 CHANTAL LEFEVRE 42  
05:54.21 LISA EVANS 40

50 BRST (40-44)

R 38.16 Deborah Walker '92

00:38.74 DEB WALKER 44  
00:39.24 JUDY TIBMA 40  
00:42.80 NANCY GUINN 42  
00:52.91 KAREN WEST 43  
00:54.19 ELAINE SMITH 42

100 BRST (40-44)

R 1:24.08 Deborah Walker '92

01:25.27 JUDY TIBMA 40  
01:27.22 DEB WALKER 44  
01:36.54 NANCY GUINN 42  
01:56.02 ELAINE SMITH 42  
01:56.93 DIANA COLLINS 40

200 BRST (40-44)

R 3:04.44 Deborah Walker '93

03:06.00 JUDY TIBMA 40  
04:21.13 ELAINE SMITH 42  
04:43.05 CHANTAL LEFEVRE 42

50 FLY (40-44)

R 30.54 Martha Martin '88

00:35.37 JUDY TIBMA 40  
00:36.07 PATRICIA SARGEANT 42  
00:39.97 CHRIS KELLY 41  
00:51.72 ELAINE SMITH 42  
00:57.30 KAREN WEST 43

100 FLY (40-44)

R 1:10.22 Martha Martin '88

01:23.82 PATRICIA SARGEANT 42  
01:38.80 CHRIS KELLY 41  
01:59.76 ELAINE SMITH 42

200 FLY (40-44)

R 3:02.77 Judy Stefanick '92

02:56.82 JUDY TIBMA 40  
03:07.79 PATRICIA SARGEANT 42  
03:16.69 PAM GEIGER 43  
05:20.18 LISA EVANS 40

200 IM (40-44)

R 2:56.82 Judy Tibma '96

02:56.82 JUDY TIBMA 40  
03:07.79 PATRICIA SARGEANT 42  
03:16.69 PAM GEIGER 43  
05:20.18 LISA EVANS 40

50 FREE (45-49)

R 6:18.29 Judy Stefanick '92

06:30.82 PATRICIA SARGEANT 42  
07:03.41 PAM GEIGER 43

R 31.57 Anne Page '93  
00:33.29 TRISH MARKEY 45  
00:34.41 LYNN CARTEE 49  
00:34.69 MEEGAN WILSON 47  
00:35.79 LINDA FELTON 46  
00:39.75 LESLIE TREAT 47

100 FREE (45-49)  
R 1:14.60 Jayne Lambke '89  
01:16.68 ANNE PAGE 48  
01:17.04 LYNN CARTEE 49  
01:17.74 MEEGAN WILSON 47  
01:17.93 TRISH MARKEY 45  
01:27.59 LESLIE TREAT 47

200 FREE (45-49)  
R 2:47.96 Lynn Carlee '95  
02:52.39 MEEGAN WILSON 47  
02:53.17 LYNN CARTEE 49  
03:03.44 TRISH MARKEY 45  
03:10.51 PENNY POTTER 48  
03:13.26 LESLIE TREAT 47

400 FREE (45-49)  
R 5:42.81 Anne Page '93  
06:46.41 RAE HOWELL 49  
06:59.69 PENNY POTTER 48  
  
800 FREE (45-49)  
R 12:29.05 Anne Page '96  
12:29.05 ANNE PAGE 48  
14:01.64 PENNY POTTER 48  
14:22.41 B. PRESCOTT 45  
14:44.20 JOAN STAPEL 45  
15:18.22 LINDA FELTON 46

1500 FREE (45-49)  
R 23:27.16 Anne Page '96  
23:27.16 ANNE PAGE 48  
26:10.31 PENNY POTTER 48  
27:14.39 B. PRESCOTT 45  
27:52.80 JOAN STAPEL 45  
29:01.27 LINDA FELTON 46

50 BACK (45-49)  
R 40.48 Barbara Hoellen '88  
00:48.02 MEEGAN WILSON 47

100 BACK (45-49)  
R 1:29.40 Barbara Hoellen '88  
01:51.38 RAE HOWELL 49  
02:11.69 DONNA KETCHUM 45

200 BACK (45-49)  
R 3:22.88 Suzy Carlson '88

50 BRST (45-49)  
R 39.79 Deb Walker '96  
00:39.79 DEB WALKER 45  
00:41.83 MEEGAN WILSON 47  
00:43.03 LYNN CARTEE 49  
00:44.22 LESLIE TREAT 47  
00:47.79 LINDA FELTON 46

100 BRST (45-49)  
R 1:26.33 Deb Walker '96  
01:26.33 DEB WALKER 45  
01:32.06 MEEGAN WILSON 47  
01:37.22 LESLIE TREAT 47  
01:48.02 JOAN STAPEL 45  
01:48.83 PENNY POTTER 48

200 BRST (45-49)

R 3:05.29 Deb Walker '96  
03:05.29 DEB WALKER 45  
03:19.34 MEEGAN WILSON 47  
03:31.81 LESLIE TREAT 47  
03:56.90 PENNY POTTER 48  
04:30.57 DONNA KETCHUM 45

50 FLY (45-49)  
R 34.98 Barbara Hoellen '89  
00:43.72 MEEGAN WILSON 47  
00:43.98 TRISH MARKEY 45  
00:46.54 LESLIE TREAT 47  
00:57.97 DONNA KETCHUM 45

100 FLY (45-49)  
R 1:22.26 Barbara Hoellen '89  
01:50.19 RAE HOWELL 49

200 FLY (45-49)  
R 3:13.41 Barbara Hoellen '88

200 IM (45-49)  
R 2:54.94 Deb Walker '96  
02:54.94 DEB WALKER 45  
03:12.53 ANNE PAGE 48  
03:21.91 MEEGAN WILSON 47  
03:49.35 RAE HOWELL 49  
03:52.76 PENNY POTTER 48

400 IM (45-49)  
R 6:40.54 Anne Page '93  
  
50 FREE (50-54)  
R 33.20 Jayne Lambke '89

100 FREE (50-54)  
R 1:13.21 Jayne Lambke '93  
01:53.62 GAIL ROBBINS 51

200 FREE (50-54)  
R 2:44.05 Jayne Lambke '90  
04:26.90 KAREN GARDNER 50

400 FREE (50-54)  
R 5:48.55 Jayne Lambke '90  
06:58.64 SUZY CARLSON 54

800 FREE (50-54)  
R 12:37.87 Jayne Lambke '93  
14:25.01 SUZY CARLSON 54

1500 FREE (50-54)  
R 23:15.05 Jayne Lambke '90  
27:19.25 SUZY CARLSON 54

50 BACK (50-54)  
R 45.66 Margaret VanEvery '95  
00:48.14 SUZY CARLSON 54  
00:49.09 BARBARA GOLTZ 50  
01:01.83 SUSAN BETZER 52

100 BACK (50-54)  
R 1:36.86 Suzy Carlson '93  
01:45.62 BARBARA GOLTZ 50  
02:11.51 SUSAN BETZER 52

200 BACK (50-54)  
R 3:26.40 Suzy Carlson '92  
03:35.87 SUZY CARLSON 54

50 BRST (50-54)

R 47.41 Margaret VanEvery '95  
01:02.11 SUSAN BETZER 52  
01:14.33 KAREN GARDNER 50

100 BRST (50-54)  
R 1:44.65 Barbara Goltz '96  
01:44.65 BARBARA GOLTZ 50  
02:21.94 SUSAN BETZER 52  
02:24.78 GAIL ROBBINS 51

200 BRST (50-54)  
R 3:47.82 Barbara Goltz '96  
03:47.82 BARBARA GOLTZ 50

50 FLY (50-54)  
R 36.53 Jayne Lambke '89  
00:58.90 KAREN GARDNER 50

100 FLY (50-54)  
R 1:30.42 Jayne Lambke '89  
02:18.35 KAREN GARDNER 50

200 FLY (50-54)  
R 3:30.48 Jayne Lambke '92

200 IM (50-54)  
R 3:20.90 Jayne Lambke '90

400 IM (50-54)  
R 7:11.13 Jayne Lambke '90

50 FREE (55-59)  
R 34.06 Jayne Lambke '95  
00:35.83 JAYNE LAMBKE 56  
00:38.16 M. VanEVERY 55  
00:41.03 JACQUELYN PIPER 59  
00:42.49 CARLA CORKINS 55  
00:44.17 SANDY STEER 56

100 FREE (55-59)  
R 1:16.52 Jayne Lambke '95

200 FREE (55-59)  
01:19.53 JAYNE LAMBKE 56  
01:39.72 SANDY STEER 57  
01:58.75 MARGIE HUTINGER 56

200 FREE (55-59)  
R 2:54.39 Jayne Lambke '95  
02:56.95 JAYNE LAMBKE 56  
03:40.80 SANDY STEER 56  
04:00.62 CARLA CORKINS 55  
04:08.26 MARGIE HUTINGER 55

400 FREE (55-59)  
R 6:04.24 Jayne Lambke '95  
06:19.77 JAYNE LAMBKE 56  
07:49.61 SANDY STEER 57  
09:11.46 MARGIE HUTINGER 56

800 FREE (55-59)  
R 12:36.62 Jayne Lambke '94

1500 FREE (55-59)  
R 24:33.26 Jayne Lambke '95

50 BACK (55-59)  
R 46.12 Scottie Holliday '93  
00:47.09 M. VanEVERY 55  
00:51.34 CARLA CORKINS 55  
00:54.04 ERNESTINE BEATTIE 59  
00:59.12 JACQUELYN PIPER 59  
01:02.71 MARGIE HUTINGER 55

100 BACK (55-59)  
R 1:43.54 Jayne Lambke '95  
01:44.22 M. VanEVERY 55  
01:46.23 JAYNE LAMBKE 56  
02:15.40 MARGIE HUTINGER 55

200 BACK (55-59)  
R 3:42.65 Jayne Lambke '95  
04:57.68 MARGIE HUTINGER 56

50 BRST (55-59)  
R 46.79 J.G. Piper '94

00:48.14 JACQUELYN PIPER 59  
00:49.41 M. VanEVERY 55  
00:52.96 SANDY STEER 57  
00:56.90 ERNESTINE BEATTIE 59  
01:10.02 MARGIE HUTINGER 56

100 BRST (55-59)  
R 1:45.04 J.G. Piper '95

01:46.86 JACQUELYN PIPER 59  
01:48.78 M. VanEVERY 55  
01:55.22 SANDY STEER 57  
02:21.64 MARGIE HUTINGER 56

200 BRST (55-59)  
R 3:53.67 J.G. Piper '94

03:54.82 M. VanEVERY 55  
04:03.22 JACQUELYN PIPER 59  
04:13.85 SANDY STEER 57

50 FLY (55-59)  
R 39.56 Jayne Lambke '95

00:42.51 JAYNE LAMBKE 56  
00:52.97 ERNESTINE BEATTIE 59  
00:57.23 CARLA CORKINS 55  
00:58.76 SANDY STEER 57  
01:11.93 MARGIE HUTINGER 55

100 FLY (55-59)  
R 1:37.68 Jayne Lambke '95

01:43.25 JAYNE LAMBKE 56

200 FLY (55-59)  
R 3:32.63 Jayne Lambke '95

200 I.M. (55-59)  
R 3:27.14 Jayne Lambke '96

03:27.14 JAYNE LAMBKE 56  
04:37.14 CARLA CORKINS 55

400 I.M. (55-59)  
R 7:19.11 Jayne Lambke '95

07:36.07 JAYNE LAMBKE 56

50 FREE (60-64)  
R 40.72 Jean Garbus '96

00:40.72 JEAN GARBUS 62  
00:45.32 BARBARA ALLEN 62  
00:45.92 MARYLYN ORETO 62  
00:49.39 DORIS PROKOPI 60  
00:56.15 LAURA LARRABEE 61

100 FREE (60-64)  
R 1:34.85 Jean Garbus '96

01:34.85 JEAN GARBUS 62  
01:45.62 BARBARA ALLEN 62  
01:47.52 MARYLYN ORETO 62  
01:47.94 DORIS PROKOPI 60

200 FREE (60-64)  
R 3:32.28 Jean Garbus '96



03:32.28 JEAN GARBUS 62  
 03:55.48 BARBARA ALLEN 62  
 04:17.69 DORIS PROKOPI 60  
 04:35.55 MARYLYN ORETO 62

400 FREE (60-64)  
**R 7:24.94 Nancy Durstein '94**  
 07:42.26 JEAN GARBUS 62  
 08:17.87 BARBARA ALLEN 62  
 10:16.85 MARYLYN ORETO 62

800 FREE (60-64)  
**R 15:27.62 K. Knight-Perry '96**  
 15:27.62 K. KNIGHT-PERRY 61  
 17:17.68 BARBARA ALLEN 62

1500 FREE (60-64)  
**R 28:33.56 Nancy Durstein '92**  
 29:11.21 K. KNIGHT-PERRY 61  
 32:43.67 BARBARA ALLEN 62

50 BACK (60-64)  
**R 47.19 Scottie Holliday '95**  
 00:51.89 DORIS PROKOPI 60  
 00:52.05 BARBARA ALLEN 62  
 01:09.74 ALYCE VOGEL 63  
 01:15.35 SHIRLEY LEONARD 60

100 BACK (60-64)  
**R 1:52.65 Scottie Holliday '95**  
 01:55.73 BARBARA ALLEN 62  
 01:58.79 DORIS PROKOPI 60  
 02:03.09 JEAN GARBUS 62

200 BACK (60-64)  
**R 4:03.02 Nancy Durstein '92**  
 04:12.68 BARBARA ALLEN 62  
 04:30.48 DORIS PROKOPI 60

50 BRST (60-64)  
**R 51.50 Doris Prokopi '95**  
 00:51.50 DORIS PROKOPI 60  
 00:54.78 JEAN GARBUS 62  
 01:01.58 ALYCE VOGEL 63  
 01:06.87 BARBARA ALLEN 62

100 BRST (60-64)  
**R 1:57.81 Doris Prokopi '96**  
 01:57.81 DORIS PROKOPI 60  
 02:02.85 JEAN GARBUS 62  
 02:13.87 ALYCE VOGEL 63

200 BRST (60-64)  
**R 4:18.44 Doris Prokopi '96**  
 04:18.44 DORIS PROKOPI 60

50 FLY (60-64)  
**R 50.15 Jean Garbus '96**  
 00:50.15 JEAN GARBUS 62  
 00:53.52 DORIS PROKOPI 60  
 01:09.20 MARYLYN ORETO 62

100 FLY (60-64)  
**R 2:09.42 Ruth Hoskinson '92**  
 02:23.37 DORIS PROKOPI 60

200 FLY (60-64)  
**R 4:20.08 Nancy Durstein '93**

200 IM (60-64)  
**R 4:04.78 Jean Garbus '96**

04:04.78 JEAN GARBUS 62  
 04:13.84 DORIS PROKOPI 60  
 05:16.86 ALYCE VOGEL 63  
 05:39.90 MARYLYN ORETO 62

400 IM (60-64)  
**R 8:25.59 Nancy Durstein '92**  
 08:34.88 JEAN GARBUS 62

50 FREE (65-69)  
**R 38.91 Florence Carr '93**  
 00:46.57 RUTH HOSKINSON 66  
 00:47.46 NANCY DURSTEIN 66  
 00:50.56 ALICE YUNGERT 69  
 00:57.51 JOYCE REPETSKY 68  
 01:01.39 JACKIE YOST 67

100 FREE (65-69)  
**R 1:27.80 Florence Carr '93**  
 01:44.59 NANCY DURSTEIN 66  
 01:52.78 ALICE YUNGERT 69  
 02:07.30 JOYCE REPETSKY 68  
 02:12.95 JACKIE YOST 67

200 FREE (65-69)  
**R 3:07.68 Florence Carr '90**  
 03:40.24 NANCY DURSTEIN 66  
 04:09.97 ALICE YUNGERT 69  
 04:35.31 JOYCE REPETSKY 68  
 04:44.14 JACKIE YOST 67

400 FREE (65-69)  
**R 6:30.19 Florence Carr '90**  
 07:38.82 NANCY DURSTEIN 66  
 08:36.64 ALICE YUNGERT 69  
 09:27.98 JOYCE REPETSKY 68  
 09:46.53 JACKIE YOST 67

800 FREE (65-69)  
**R 13:50.69 Florence Carr '90**  
 15:23.87 NANCY DURSTEIN 66

1500 FREE (65-69)  
**R 26:18.31 Florence Carr '90**  
 29:06.84 NANCY DURSTEIN 66

50 BACK (65-69)  
**R 47.90 Florence Carr '92**  
 00:55.03 NANCY DURSTEIN 66  
 00:57.82 RUTH HOSKINSON 66  
 01:07.32 ALICE YUNGERT 69  
 01:08.76 JACKIE YOST 67  
 01:33.15 JOYCE REPETSKY 68

100 BACK (65-69)  
**R 1:47.52 Florence Carr '92**  
 02:00.76 NANCY DURSTEIN 66  
 02:15.48 RUTH HOSKINSON 66

200 BACK (65-69)  
**R 3:52.00 Florence Carr '93**  
 04:12.86 NANCY DURSTEIN 66  
 04:43.07 RUTH HOSKINSON 66

50 BRST (65-69)  
**R 49.22 Gertrud Zint '84**  
 01:03.00 RUTH HOSKINSON 66  
 01:05.41 NANCY DURSTEIN 66

100 BRST (65-69)  
**R 1:50.29 Gertrud Zint '83**

200 BRST (65-69)

**R 4:05.90 Gertrud Zint '84**  
 04:53.20 NANCY DURSTEIN 66

50 FLY (65-69)  
**R 43.55 Florence Carr '90**  
 00:56.02 RUTH HOSKINSON 66  
 00:58.84 NANCY DURSTEIN 66

100 FLY (65-69)  
**R 1:57.70 Florence Carr '90**  
 02:17.91 NANCY DURSTEIN 66  
 02:21.77 RUTH HOSKINSON 66

200 FLY (65-69)  
**R 4:40.75 Nancy Durstein '96**  
 04:40.75 NANCY DURSTEIN 66

200 IM (65-69)  
**R 3:34.41 Florence Carr '90**  
 04:11.71 NANCY DURSTEIN 66  
 04:38.57 RUTH HOSKINSON 66

400 IM (65-69)  
**R 7:57.09 Florence Carr '90**  
 08:53.49 NANCY DURSTEIN 66  
 09:45.83 RUTH HOSKINSON 66

50 FREE (70-74)  
**R 38.47 Florence Carr '95**  
 00:39.26 FLORENCE CARR 70  
 00:48.67 JUNE REYNOLDS 74  
 01:02.11 WINNIE WALTER 74

100 FREE (70-74)  
**R 1:25.89 Florence Carr '95**  
 01:30.19 FLORENCE CARR 71  
 01:56.87 JUNE REYNOLDS 74  
 02:16.09 WINNIE WALTER 74

200 FREE (70-74)  
**R 3:13.31 Florence Carr '95**  
 03:22.16 FLORENCE CARR 71  
 04:11.35 JUNE REYNOLDS 74

400 FREE (70-74)  
**R 6:57.99 Florence Carr '95**  
 07:12.02 FLORENCE CARR 71

800 FREE (70-74)  
**R 15:07.83 Florence Carr '95**  
 15:48.69 FLORENCE CARR 71

1500 FREE (70-74)  
**R 28:30.06 Florence Carr '95**  
 29:44.92 FLORENCE CARR 71

50 BACK (70-74)  
**R 49.94 Florence Carr '95**  
 00:50.57 FLORENCE CARR 71  
 00:59.81 JUNE REYNOLDS 74  
 01:04.35 GLADYS OLSEN 70  
 01:16.73 OCTAVIA VOLLMER 71  
 01:19.88 WINNIE WALTER 74

100 BACK (70-74)  
**R 1:48.86 Florence Carr '95**  
 01:57.12 FLORENCE CARR 70  
 02:00.22 JUNE REYNOLDS 74  
 02:48.20 OCTAVIA VOLLMER 71

200 BACK (70-74)

**R 4:19.23 Gertrud Zint '88**  
 04:38.67 FLORENCE CARR 70  
 04:47.07 GLADYS OLSEN 70  
 04:53.94 JUNE REYNOLDS 74

50 BRST (70-74)  
**R 52.17 Gertrud Zint '88**  
 00:55.51 FLORENCE CARR 71  
 01:04.97 JUNE REYNOLDS 74  
 01:18.86 OCTAVIA VOLLMER 71

100 BRST (70-74)  
**R 1:56.24 Gertrud Zint '88**  
 02:11.08 FLORENCE CARR 70  
 02:21.48 GLADYS OLSEN 70  
 02:22.27 JUNE REYNOLDS 74

200 BRST (70-74)  
**R 4:18.13 Gertrud Zint '88**  
 05:09.79 JUNE REYNOLDS 74

50 FLY (70-74)  
**R 46.47 Florence Carr '95**  
 00:50.05 FLORENCE CARR 70  
 01:03.48 JUNE REYNOLDS 74  
 01:09.45 WINNIE WALTER 74

100 FLY (70-74)  
**R 2:07.93 Florence Carr '96**  
 02:07.93 FLORENCE CARR 71  
 02:23.08 JUNE REYNOLDS 74

200 FLY (70-74)  
**R 4:51.87 June Reynolds '92**  
 05:00.03 JUNE REYNOLDS 74  
 05:12.36 GLADYS OLSEN 70

200 I. M. (70-74)  
**R 4:05.65 Florence Carr '96**  
 04:05.65 FLORENCE CARR 70  
 04:44.32 JUNE REYNOLDS 74  
 05:48.74 WINNIE WALTER 74

400 I.M. (70-74)  
**R 8:30.77 Florence Carr '95**  
 08:53.70 FLORENCE CARR 70  
 10:07.27 JUNE REYNOLDS 74  
 10:27.85 GLADYS OLSEN 70

50 FREE (75-79)  
**R 47.18 Barli Dendy '96**  
 00:47.18 BARDI DENDY 75  
 00:53.99 JEAN ZULICH 75  
 00:55.93 KAY SCHIMPF 79  
 00:57.62 GERTRUD ZINT 78  
 01:01.76 WINNIE WALTER 75

100 FREE (75-79)  
**R 1:52.73 Gertrud Zint '94**  
 01:57.05 BARDI DENDY 75  
 01:59.03 KAY SCHIMPF 78  
 01:59.63 GERTRUD ZINT 78  
 02:18.94 WINNIE WALTER 75

200 FREE (75-79)  
**R 4:10.57 Ruth Switzer '83**  
 04:25.58 KAY SCHIMPF 79  
 04:31.50 GERTRUD ZINT 78  
 04:53.17 WINNIE WALTER 75

400 FREE (75-79)  
**R 8:37.56 Kay Schimpf '92**

08:49.08 KAY SCHIMPF 78	R 9:43.06 Gertrud Zint '93	R 2:59.29 Marian McKechnie '90	R 26.59 Chris Stevenson '87
800 FREE (75-79)	10:20.31 KAY SCHIMPF 78	200 FREE (85-89)	00:28.52 J.DICKSON (III) 24
R 18:13.41 Kay Schimpf '94	50 FREE (80-84)	R 5:47.38 Marian McKechnie '89	00:34.28 RONALD WOODARD 24
19:14.98 KAY SCHIMPF 79	R 58.54 Ruth Switzer '88	400 FREE (85-89)	100 FLY (19-24)
1500 FREE (75-79)	01:24.62 ANNE WILDER 82	R 13:30.49 M. McKechnie '92	R 58.84 Chris Stevenson '88
R 33:56.46 Kay Schimpf '93	100 FREE (80-84)	800 FREE (85-89)	200 FLY (19-24)
36:34.17 KAY SCHIMPF 79	R 2:09.09 Ruth Switzer '88	R 28:05.83 M. McKechnie '90	R 2:17.46 AT Constantini '93
50 BACK (75-79)	03:22.99 ANNE WILDER 82	1500 FREE (85-89)	200 I M (19-24)
R 56.19 Gertrud Zint '94	200 FREE (80-84)	R 52:23.80 M. McKechnie '89	R 2:20.67 AT Constantini '93
01:00.43 JEAN ZULICH 75	R 4:41.78 Ruth Switzer '88	50 BACK (85-89)	02:31.73 J.DICKSON (III) 24
01:02.10 GERTRUD ZINT 78	400 FREE (80-84)	R 1:18.66 Marian McKechnie '89	400 I M (19-24)
01:02.57 BARDI DENDY 75	R 9:48.24 Ruth Switzer '88	100 BACK (85-89)	R 5:13.93 AT Constantini '94
01:08.01 KAY SCHIMPF 78	800 FREE (80-84)	R 3:04.69 Marian McKechnie '89	50 FREE (25-29)
01:14.40 F. CICHANSKI 79	R 20:32.07 Ruth Switzer '88	200 BACK (85-89)	R 23.69 Robin Ramirez '85
100 BACK (75-79)	1500 FREE (80-84)	R 6:20.47 Marian McKechnie '89	00:25.51 J.R. SMITH 26
R 2:10.95 Gertrud Zint '93	R 41:35.18 Dorothy Hopkins '90	MEN:	00:26.23 STUART BARTON 28
02:18.26 GERTRUD ZINT 78	50 BACK (80-84)	50 FREE (19-24)	00:26.88 RICHARD DORSEY 27
02:20.83 JEAN ZULICH 75	R 1:08.92 Marian McKechnie '85	R 25.02 Chris Stevenson '89	100 FREE (25-29)
02:21.38 BARDI DENDY 75	100 BACK (80-84)	100 FREE (19-24)	R 54.53 Robin Ramirez '85
02:25.00 KAY SCHIMPF 78	R 2:42.86 Marian McKechnie '85	R 54.16 Chris Stevenson '88	00:57.39 J.R. SMITH 26
200 BACK (75-79)	200 BACK (80-84)	01:01.61 J.Dickson (III) 24	00:57.42 STUART BARTON 28
R 1:34.98 Gertrud Zint '94	R 5:49.67 Marian McKechnie '84	01:03.19 JON SWISHER 19	01:00.68 RICHARD DORSEY 27
04:51.14 KAY SCHIMPF 78	50 BRST (80-84)	200 FREE (19-24)	200 FREE (25-29)
50 BRST (75-79)	R 1:21.08 Dorothy Hopkins '90	R 2:01.49 Chris Stevenson '89	R 2:03.72 Paul Robinson '93
R 56.22 Gertrud Zint '93	01:39.37 ANNE WILDER 82	02:22.50 JON SWISHER 19	02:08.82 STUART BARTON 28
01:02.37 GERTRUD ZINT 78	100 BRST (80-84)	400 FREE (19-24)	02:15.53 RICHARD DORSEY 27
01:05.66 BARDI DENDY 75	R 3:10.07 Win Kennedy '93	R 4:20.67 A.T Constantini '93	400 FREE (25-29)
01:06.64 KAY SCHIMPF 78	200 BRST (80-84)	800 FREE (19-24)	R 4:23.17 Robert Nichols '85
01:09.97 JEAN ZULICH 75	R 7:04.15 Dorothy Hopkins '90	No Record	04:44.03 STUART BARTON 28
01:35.24 F. CICHANSKI 79	07:52.40 ANNE WILDER 82	1500 FREE (19-24)	800 FREE (25-29)
100 BRST (75-79)	50 FLY (80-84)	R 18:06.12 AT Constantini '93	R 9:25.52 Robert Nichols '85
R 2:05.99 Gertrud Zint '93	R 1:22.10 Dorothy Hopkins '90	50 BACK (19-24)	10:36.51 STUART BARTON 28
02:23.22 GERTRUD ZINT 78	01:26.22 ANNE WILDER 82	R 28.06 Chris Stevenson '87	1500 FREE (25-29)
02:26.25 KAY SCHIMPF 78	100 FLY (80-84)	00:32.60 J.DICKSON (III) 24	R 17:08.92 Robert Nichols '95
02:50.01 JEAN ZULICH 75	R 3:02.99 Dorothy Hopkins '90	100 BACK (19-24)	20:07.62 STUART BARTON 28
200 BRST (75-79)	03:34.41 ANNE WILDER 82	R 1:01.85 Chris Stevenson '88	50 BACK (25-29)
R 4:42.87 Gertrud Zint '93	200 FLY (80-84)	01:14.02 JON SWISHER 19	R 29.68 Stephen Barnicoat '89
05:12.67 GERTRUD ZINT 78	R 6:58.98 Dorothy Hopkins '90	200 BACK (19-24)	00:33.66 STUART BARTON 28
05:17.62 KAY SCHIMPF 79	08:05.53 ANNE WILDER 82	R 2:15.36 Chris Stevenson '87	100 BACK (25-29)
50 FLY (75-79)	200 I M (80-84)	50 BRST (19-24)	R 1:03.54 Jack Salzman '88
R 1:00.61 Gertrud Zint '94	R 6:02.99 Dorothy Hopkins '89	R 32.39 Greg Burns '93	200 BACK (25-29)
01:04.63 KAY SCHIMPF 78	15:06.73 ANNE WILDER 82	00:40.45 RONALD WOODARD 24	R 2:17.77 Stephen Barnicoat '89
01:10.46 WINNIE WALTER 75	400 I M (80-84)	100 BRST (19-24)	02:24.28 J.R. SMITH 26
01:10.95 JEAN ZULICH 75	R 13:07.22 Dorothy Hopkins '89	R 1:15.24 Greg Burns '93	50 BRST (25-29)
01:11.60 GERTRUD ZINT 78	50 FREE (85-89)	200 BRST (19-24)	R 31.83 Doug Soltis '87
100 FLY (75-79)	R 1:07.18 Marian McKechnie '89	R 2:54.78 AT Constantini '87	00:33.54 W. SPITZNAGLE 26
R 2:19.74 Kay Schimpf '94	100 FREE (85-89)	50 FLY (19-24)	00:35.47 RICHARD DORSEY 27
02:26.97 KAY SCHIMPF 78	200 I M (75-79)	200 BRST (25-29)	00:38.81 STUART BARTON 28
02:39.92 WINNIE WALTER 75	R 4:37.22 Gertrud Zint '94	R 1:10.84 Doug Soltis '87	100 BRST (25-29)
02:45.96 JEAN ZULICH 75	04:53.07 KAY SCHIMPF 78	01:15.39 W. SPITZNAGLE 26	R 1:10.84 Doug Soltis '87
200 FLY (75-79)	04:59.61 GERTRUD ZINT 78	01:18.07 RICHARD DORSEY 27	01:15.39 W. SPITZNAGLE 26
R 5:21.19 Kay Schimpf '94	05:28.56 JEAN ZULICH 75	01:28.77 STUART BARTON 28	01:18.07 RICHARD DORSEY 27
05:31.86 KAY SCHIMPF 78	400 I M (75-79)	200 BRST (25-29)	01:28.77 STUART BARTON 28
200 I M (75-79)			
R 4:37.22 Gertrud Zint '94			
04:53.07 KAY SCHIMPF 78			
04:59.61 GERTRUD ZINT 78			
05:28.56 JEAN ZULICH 75			

R 2:41.56 Ty Segrest '89  
02:49.79 RICHARD DORSEY 27  
02:50.20 W. SPITZNAGLE 26

50 FLY (25-29)

R 26.46 Robin Ramirez '85

00:28.82 STUART BARTON 28  
00:29.48 W. SPITZNAGLE 26

100 FLY (25-29)

R 58.71 Chris Stevenson '90

01:08.96 STUART BARTON 28

200 FLY (25-29)

R 2:15.02 Timothy Dodge

200 IM (25-29)

R 2:23.67 Stephen Barnicoat '89

02:28.42 RICHARD DORSEY 27  
02:30.99 W. SPITZNAGLE 26

400 IM (25-29)

R 5:08.68 Stephen Barnicoat '89

05:45.09 STUART BARTON 28

50 FREE (30-34)

R 25.08 Robin Ramirez '89

00:27.48 KEN WAGNER 31  
00:27.92 JOSEPH NOEL 30  
00:28.31 STEVE GROSSMAN 34  
00:29.96 AUSTIN NEWSOM 33  
00:30.41 DOUGLAS FROST 33

100 FREE (30-34)

R 56.52 Roy Deary '93

01:04.42 STEVE GROSSMAN 34  
01:07.43 EDWARD McELHINEY 30  
01:29.11 DAVID ANDERSON 33

200 FREE (30-34)

R 2:03.08 L. Meisenheimer '90

02:19.37 RON COLLINS 34  
02:22.60 STEVE GROSSMAN 34  
02:27.96 BILL KOREY 32

400 FREE (30-34)

R 4:28.35 L. Meisenheimer '92

05:07.01 RON COLLINS 34  
05:17.72 BILL KOREY 32  
07:00.50 DAVID ANDERSON 33

800 FREE (30-34)

R 9:21.04 Robert Nichols '89

10:53.37 BILL KOREY 32  
10:53.83 STEVE GROSSMAN 34  
14:02.92 STEVE SNYDER 31

1500 FREE (30-34)

R 17:06.73 Robert Nichols '88

20:29.40 STEVE GROSSMAN 34  
20:45.19 BILL KOREY 32  
27:15.27 STEVE SNYDER 31

50 BACK (30-34)

R 30.23 Kelley Allen '94

00:33.04 KEN WAGNER 31  
00:38.91 DOUGLAS FROST 33  
00:39.41 AUSTIN NEWSOM 33

100 BACK (30-34)

R 1:04.63 William Specht '92

01:20.19 BILL KOREY 32  
01:22.64 STEVE GROSSMAN 34

200 BACK (30-34)

R 2:26.25 Kelley Allen '95

02:46.74 BILL KOREY 32  
03:00.02 STEVE GROSSMAN 34

50 BRST (30-34)

R 30.88 C. Miltenberger '82

00:35.80 EDWARD McELHINEY 30  
00:36.69 STEVE GROSSMAN 34  
00:38.00 DOUGLAS FROST 33  
00:40.07 KEN WAGNER 31  
00:46.01 DAVID ANDERSON 33

100 BRST (30-34)

R 1:11.60 Doug Malcolm '89

01:21.65 STEVE GROSSMAN 34  
01:22.11 EDWARD McELHINEY 30  
01:26.24 DOUGLAS FROST 34  
01:37.83 BILL KOREY 32  
01:40.35 DAVID ANDERSON 33

200 BRST (30-34)

R 2:46.89 C. Miltenberger '86

02:58.27 STEVE GROSSMAN 34  
03:06.07 EDWARD McELHINEY 30  
03:24.15 BILL KOREY 32  
03:43.66 DAVID ANDERSON 33

50 FLY (30-34)

R 26.90 William Specht '92

00:28.32 KEN WAGNER 31  
00:29.13 JOSEPH NOEL 30  
00:29.70 RON COLLINS 34  
00:30.46 STEVE GROSSMAN 34  
00:36.50 DOUGLAS FROST 33

100 FLY (30-34)

R 59.53 William Specht '92

01:03.83 RON COLLINS 34  
01:07.48 KEN WAGNER 31  
01:22.97 BILL KOREY 32

200 FLY (30-34)

R 2:18.24 Paul Wise '88

02:25.40 RON COLLINS 34  
03:10.90 BILL KOREY 32

200 IM (30-34)

R 2:20.60 Chris Olden '93

02:34.68 RON COLLINS 34  
02:37.66 KEN WAGNER 31  
02:45.57 STEVE GROSSMAN 34  
02:49.10 BILL KOREY 32  
03:02.21 DOUGLAS FROST 34

400 IM (30-34)

R 5:14.80 Scott McMillen '87

05:29.33 RON COLLINS 34  
06:09.62 BILL KOREY 32

50 FREE (35-39)

R 25.53 C. Miltenberger '88

00:26.00 BRUCE FAUBEL 35  
00:26.07 MIKE SCOTT 38  
00:27.23 TIMOTHY DODGE 35  
00:27.73 LARRY BLACK 38  
00:28.08 TOM SCHWARTZ 36

100 FREE (35-39)

R 56.05 C. Miltenberger '88

00:59.66 TIMOTHY DODGE 35  
00:59.76 BRUCE FAUBEL 35  
00:59.87 MIKE SCOTT 38  
01:00.35 LARRY BLACK 38  
01:03.59 TOM SCHWARTZ 36

200 FREE (35-39)

R 2:04.61 Jeffrey Perout '89

02:11.19 LARRY BLACK 38  
02:11.24 TIMOTHY DODGE 35  
02:17.69 TIMOTHY KENNEDY 39  
02:47.71 DONALD COMBS 35  
03:08.12 DANIEL NARDOZZI 37

400 FREE (35-39)

R 4:29.03 Jeffrey Perout '89

04:34.20 WILLIAM SPECHT 38  
04:41.98 LARRY BLACK 38  
04:46.15 TIMOTHY DODGE 35  
04:59.40 TIMOTHY KENNEDY 39  
06:00.45 DONALD COMBS 35

800 FREE (35-39)

R 9:09.59 Brant Bittner '88

09:55.58 L.MEISENHEIMER 38  
10:15.05 LARRY BLACK 38  
10:36.88 TIMOTHY DODGE 35  
10:40.23 TIMOTHY KENNEDY 39

1500 FREE (35-39)

R 18:21.08 L J Meisenheimer '95

18:37.70 L.MEISENHEIMER 38  
19:20.31 LARRY BLACK 38  
19:59.40 TIMOTHY KENNEDY 39  
20:09.32 TIMOTHY DODGE 35

50 BACK (35-39)

R 29.71 William Specht '94

00:31.27 WILLIAM SPECHT 38  
00:34.58 TIMOTHY DODGE 35  
00:35.32 BRUCE FAUBEL 35  
00:38.83 LARRY BLACK 38  
00:44.82 JOHN BYRON (JR) 37

100 BACK (35-39)

R 1:04.97 William Specht '94

01:07.22 WILLIAM SPECHT 38  
01:13.10 TIMOTHY DODGE 35  
01:23.50 LARRY BLACK 38

200 BACK (35-39)

R 2:21.02 William Specht '94

02:26.06 WILLIAM SPECHT 38  
02:54.38 LARRY BLACK 38

50 BRST (35-39)

R 31.52 C. Miltenberger '87

00:34.88 MIKE SCOTT 38  
00:37.51 THOMAS McDONALD 39  
00:41.45 LARRY BLACK 38  
00:42.56 TOM SCHWARTZ 36  
00:49.25 WILLIAM CONLON 37

100 BRST (35-39)

R 1:10.20 C. Miltenberger '87

01:22.24 MIKE SCOTT 38  
01:24.02 RIP REEVES 36  
01:27.73 THOMAS McDONALD 39  
01:29.75 TIMOTHY KENNEDY 39  
01:42.50 JOHN BYRON (JR) 37

200 BRST (35-39)

R 2:38.58 C. Miltenberger '88

03:12.63 THOMAS McDONALD 39  
03:17.40 TIMOTHY KENNEDY 39

50 FLY (35-39)

R 27.34 Kevin McCormack '90

00:27.75 WILLIAM SPECHT 38  
00:29.13 MIKE SCOTT 38  
00:29.53 L.MEISENHEIMER 38  
00:31.94 TOM SCHWARTZ 36  
00:32.48 TIMOTHY KENNEDY 39

100 FLY (35-39)

R 59.92 William Specht '95

01:00.15 WILLIAM SPECHT 38  
01:03.71 TIMOTHY DODGE 35

200 FLY (35-39)

R 2:13.00 William Specht '95

02:14.16 WILLIAM SPECHT 38  
02:31.19 TIMOTHY DODGE 35

200 IM (35-39)

R 2:23.34 Brant Bittner '88

02:34.34 MIKE SCOTT 38  
02:45.05 TIMOTHY KENNEDY 39

400 IM (35-39)

R 5:04.63 Brant Bittner '88

05:49.21 TIMOTHY DODGE 35  
05:55.30 TIMOTHY KENNEDY 39  
06:00.33 LARRY BLACK 38

50 FREE (40-44)

R 26.54 C. Miltenberger '93

R 26.54 Frederick Ehmke '96

00:26.54 FREDERICK EHMKE 41  
00:27.84 R. FRYDENBORG 40  
00:28.74 BERT BOWERS 42  
00:28.88 LAWRENCE PECK 42  
00:29.34 THOMAS BLISS 42

100 FREE (40-44)

R 57.58 Jeffrey Perout '95

01:00.12 FREDERICK EHMKE 41  
01:02.29 WILLIAM MRAZEK 42  
01:04.52 R. FRYDENBORG 40  
01:04.89 BERT BOWERS 42  
01:05.33 LAWRENCE PECK 42

200 FREE (40-44)

R 2:09.08 Burwell Jones '74

02:22.11 RICK SCRAY 42  
02:27.83 LAWRENCE PECK 42  
02:40.70 MACK ROBBINS 44  
02:44.51 RAY ORLANDO 43  
02:45.40 JAMES PALMERE 43

400 FREE (40-44)

R 4:38.82 Burwell Jones '74

05:04.88 LAWRENCE PECK 42  
05:06.59 RICK SCRAY 42  
05:29.01 DAVID WESLEY 43

800 FREE (40-44)

R 11:10.59 Rick Scray '96

11:10.59 RICK SCRAY 42  
11:24.45 LAWRENCE PECK 42  
13:00.45 JERRY RUTIGLIANO 44

1500 FREE (40-44)

R 18:41.90 Burwell Jones '74

20:41.59 RICK SCRAY 42  
21:15.51 LAWRENCE PECK 42



24:30.90 JERRY RUTIGLIANO 44

50 BACK (40-44)

R 30.96 Jeffrey Perout '95

00:33.44 FREDERICK EHMKE 41  
00:33.61 KEVIN McCORMACK 43  
00:34.45 RICK SCRAY 42  
00:34.82 CLINTON RILEY 40  
00:37.05 J. THOMAS ATKINS 42

100 BACK (40-44)

R 1:08.53 Michael Drews '94

01:14.69 RICK SCRAY 42  
01:17.37 CLINTON RILEY 40  
01:18.45 R. FRYDENBORG 40  
01:18.49 THOMAS BLISS 42  
01:21.35 J. THOMAS ATKINS 42

200 BACK (40-44)

R 2:33.52 Scott McMillen '94

02:41.18 RICK SCRAY 42  
02:47.17 THOMAS BLISS 42  
02:47.97 MACK ROBBINS 44  
02:56.20 J. THOMAS ATKINS 42  
03:09.16 ROBERT DAVIE 44

50 BRST (40-44)

R 33.38 C. Miltenberger '93

00:34.81 DAVID WESLEY 43  
00:35.91 CLINTON RILEY 40  
00:36.79 FREDERICK EHMKE 41  
00:38.68 RICK SCRAY 42  
00:38.77 DAVID GAULDIN 44

100 BRST (40-44)

R 1:15.46 C. Miltenberger '93

01:22.65 CLINTON RILEY 40  
01:27.19 RICK SCRAY 42  
01:27.61 DAVID GAULDIN 44  
01:31.45 MACK ROBBINS 44

200 BRST (40-44)

R 2:44.74 Michael Drews '95

02:58.76 DAVID WESLEY 43  
03:04.82 CLINTON RILEY 40  
03:14.63 DAVID GAULDIN 44  
03:20.38 RICK SCRAY 42

50 FLY (40-44)

R 28.11 Kevin McCormack '95

00:28.41 KEVIN McCORMACK 43  
00:28.43 FREDERICK EHMKE 41  
00:30.16 R. FRYDENBORG 40  
00:30.98 BERT BOWERS 42  
00:31.36 DAVID WESLEY 43

100 FLY (40-44)

R 1:03.35 Frederick Ehmke '96

01:03.35 FREDERICK EHMKE 41  
01:04.98 KEVIN McCORMACK 43  
01:08.09 R. FRYDENBORG 40  
01:12.56 DAVID WESLEY 43  
01:15.09 THOMAS BLISS 42

200 FLY (40-44)

R 2:35.04 Russel Frydenborg '96

02:35.04 R. FRYDENBORG 40  
03:02.19 THOMAS BLISS 42

200 I M (40-44)

R 2:25.76 Michael Drews '94

02:42.52 RICK SCRAY 42  
02:45.50 R. FRYDENBORG 40  
02:45.60 CLINTON RILEY 40

02:46.07 THOMAS BLISS 42  
02:47.86 J. THOMAS ATKINS 42

400 I M (40-44)

R 5:17.88 Michael Drews '95

05:57.00 RICK SCRAY 42  
06:06.63 THOMAS BLISS 42

50 FREE (45-49)

R 26.28 Thomas Peck '93

00:28.98 RICK WALKER 45  
00:29.07 RUSTY EARP 47  
00:29.19 JOHN EDWARDS 47  
00:30.66 ROBERT LOMBARD 48  
00:35.00 STEPHEN KNAUSS 46

100 FREE (45-49)

R 1:02.48 John Maguire '92

01:03.62 RICK WALKER 45  
01:04.56 JOHN EDWARDS 47  
01:08.59 PETER NICKODEM 46  
01:09.43 ROBERT LOMBARD 48  
01:12.49 RUSTY EARP 47

200 FREE (45-49)

R 2:20.57 John Edwards '95

02:21.22 JOHN EDWARDS 47  
02:21.84 RICK WALKER 45  
02:44.15 ROBERT LOMBARD 48  
02:54.02 RUSTY EARP 47  
02:56.02 STEPHEN KNAUSS 46

400 FREE (45-49)

R 4:55.58 John Edwards '96

04:55.58 JOHN EDWARDS 47  
05:04.22 RICK WALKER 45  
06:14.17 STEPHEN KNAUSS 46  
06:18.46 ROBERT LOMBARD 48  
06:32.73 RUSTY EARP 47

800 FREE (45-49)

R 12:35.66 Steven Grau '94

13:59.07 RUSTY EARP 47

1500 FREE (45-49)

R 24:06.18 Rusty Earp '94

25:16.20 ROBERT LOMBARD 48  
25:49.55 RUSTY EARP 47

50 BACK (45-49)

R 33.34 Peter Betzer '87

00:35.86 ROBERT LOMBARD 48  
00:37.40 JOHN EDWARDS 47  
00:37.46 JAMES DONNELLY 47  
00:38.72 PETER NICKODEM 46  
00:40.04 RUSTY EARP 47

100 BACK (45-49)

R 1:14.59 Peter Betzer '87

01:22.02 ROBERT LOMBARD 48  
01:23.57 JAMES DONNELLY 47  
01:24.47 JOHN EDWARDS 47  
01:31.36 RUSTY EARP 47

200 BACK (45-49)

R 2:40.81 Burwell Jones '78

02:51.96 JOHN EDWARDS 47  
03:06.73 ROBERT LOMBARD 48  
03:46.27 RUSTY EARP 47

50 BRST (45-49)

R 35.09 Rick Walker '96

00:35.09 RICK WALKER 45

00:36.76 JAMES DONNELLY 47  
00:40.11 PAT MARZULLI 47  
00:58.27 ROBERT LOMBARD 48

100 BRST (45-49)

R 1:17.97 Rick Walker '96

01:17.97 RICK WALKER 45  
01:23.06 JAMES DONNELLY 47  
01:29.64 PAT MARZULLI 47  
01:42.26 RUSTY EARP 47  
02:17.49 ROBERT LOMBARD 48

200 BRST (45-49)

R 2:53.70 Rick Walker '96

02:53.70 RICK WALKER 45  
03:07.46 JAMES DONNELLY 47  
03:17.62 PAT MARZULLI 47  
03:50.16 RUSTY EARP 47  
04:32.00 ROBERT LOMBARD 48

50 FLY (45-49)

R 30.26 C.D. Nielsen '93

00:33.44 RUSTY EARP 47  
00:33.46 PETER NICKODEM 46  
00:35.46 STEPHEN KNAUSS 46  
00:45.73 C.KETCHEY (JR) 48

100 FLY (45-49)

R 1:15.34 C D Nielsen '92

01:19.40 JOHN EDWARDS 47  
01:20.08 STEPHEN KNAUSS 46

200 FLY (45-49)

R 3:10.06 Steven Grau '92

03:33.62 STEPHEN KNAUSS 46

200 IM (45-49)

R 2:37.60 Burwell Jones '78

02:45.22 RICK WALKER 45  
02:49.13 JOHN EDWARDS 47  
02:59.50 JAMES DONNELLY 47  
03:26.63 RUSTY EARP 47  
03:27.13 PAT MARZULLI 47

400 IM (45-49)

R 6:06.32 John Edwards '95

07:34.40 RUSTY EARP 47

50 FREE (50-54)

R 27.40 John Smith '89

00:31.61 JERRY O'CONNELL 51  
00:31.86 BILL RODENFELS 54  
00:34.85 T.VanDerVEEN 51  
00:37.99 STEVEN GRAU 50  
00:43.74 ROY WARD 54

100 FREE (50-54)

R 1:02.87 Bob Bailie '89

01:07.41 H. JACK PHYEL 52  
01:12.60 CHRISTIAN ISELIN 53  
01:12.83 BILL RODENFELS 54  
01:16.79 JERRY O'CONNELL 51  
01:21.23 STEVE GRAU 51

200 FREE (50-54)

R 2:17.97 Burwell Jones '85

02:43.64 BILL RODENFELS 54  
02:44.67 JERRY O'CONNELL 51  
02:56.85 STEVE GRAU 51  
03:50.37 ROY WARD 54

400 FREE (50-54)

R 5:13.86 Burwell Jones '88

05:56.85 BILL RODENFELS 54  
06:54.80 STEVEN GRAU 50

07:12.62 PETER BETZER 54

800 FREE (50-54)

R 10:43.71 Burwell Jones '88

13:01.16 JERRY O'CONNELL 51  
13:07.07 BILL RODENFELS 54

1500 FREE (50-54)

R 19:28.41 Burwell Jones '85

24:56.64 BILL RODENFELS 54  
25:02.06 JERRY O'CONNELL 51

50 BACK (50-54)

R 30.93 John Smith '88

00:36.30 PETER BETZER 54  
00:40.63 H. JACK PHYEL 52  
00:43.83 BILL RODENFELS 54  
00:53.75 ROY WARD 54  
01:01.42 WILSON WHEELER 53

100 BACK (50-54)

R 1:10.14 John Smith '88

01:18.78 PETER BETZER 54  
01:28.74 JERRY O'CONNELL 51  
01:35.68 BILL RODENFELS 54  
01:56.47 ROY WARD 54

200 BACK (50-54)

R 2:35.44 Burwell Jones '85

02:57.60 PETER BETZER 54  
03:08.75 JERRY O'CONNELL 51  
04:12.24 ROY WARD 54  
05:18.31 WILSON WHEELER 53

50 BRST (50-54)

R 36.78 T VanDerVeen '96

00:36.78 T.VanDerVEEN 51  
00:38.05 PETER BETZER 54  
00:42.78 CHRISTIAN ISELIN 53  
00:53.96 ROY WARD 54

100 BRST (50-54)

R 1:23.83 T. VanDerVeen '96

01:23.83 T.VanDerVEEN 51  
01:25.71 PETER BETZER 54  
01:26.58 SCOTT GUTHRIE 51  
01:36.91 CHRISTIAN ISELIN 53  
02:07.06 ROY WARD 54

200 BRST (50-54)

R 3:05.37 T. VanDerVeen '96

03:05.37 T.VanDerVEEN 51  
03:12.77 PETER BETZER 54  
03:44.74 CHRISTIAN ISELIN 53

50 FLY (50-54)

R 30.04 John Smith '88

00:33.65 H. JACK PHYEL 52  
00:35.69 BILL RODENFELS 54  
00:36.89 CHRISTIAN ISELIN 53  
00:38.71 STEVEN GRAU 51  
00:41.49 JERRY O'CONNELL 51

100 FLY (50-54)

R 1:26.69 H Jack Pyhel '94

01:33.23 CHRISTIAN ISELIN 53  
01:41.52 JERRY O'CONNELL 51

200 FLY (50-54)

R 3:05.99 Burwell Jones '85

03:15.84 H. JACK PHYEL 52  
03:41.35 CHRISTIAN ISELIN 53



200 I. M. (50-54)	01:36.57 DOUG MESSINEO	55	50 BACK (60-64)	00:50.46 NED ALLEN	65
R 2:35.51 <i>Burwell Jones '85</i>	01:48.54 WILLIAM BALLARD	58	R 35.52 <i>Jack Beattie '95</i>	100 FREE (65-69)	
03:11.14 JERRY O'CONNELL	02:11.58 ADAM LEONARD	59	00:37.28 JACK BEATTIE	R 1:17.72 <i>Paul Hutinger '93</i>	
04:25.25 ROY WARD	03:45.28 JOE BAKER	57	00:43.94 C.WEATHERBEE	01:25.97 HAROLD FERRIS	65
			00:46.80 JOHN COX	01:32.76 LARRY YOST	65
400 I. M. (50-54)			00:53.48 J.TIPPENS (JR)	01:47.43 ROBERT WILLIAMS	68
R 5:41.04 <i>Burwell Jones '85</i>	200 BRST (55-59)			01:56.85 KEITH BURBRIDGE	67
06:25.35 PETER BETZER	R 3:12.60 <i>Burwell Jones '88</i>		100 BACK (60-64)	02:00.10 NED ALLEN	66
07:06.02 JERRY O'CONNELL	04:44.50 ADAM LEONARD	59	R 1:16.26 <i>Jack Beattie '95</i>		
07:14.39 CHRISTIAN ISELIN			01:22.17 JACK BEATTIE	200 FREE (65-69)	
	50 FLY (55-59)		01:33.83 THOMAS KOENIG	R 3:01.50 <i>John Woods '92</i>	
50 FREE (55-59)	R 32.12 <i>Burwell Jones '88</i>		01:38.12 C.WEATHERBEE	03:26.60 ALAN MALONEY	66
R 28.76 <i>Jack Beattie '90</i>	01:25.79 JOE BAKER	57	02:16.58 JACK PARNELLE	03:41.71 LARRY YOST	65
00:32.13 MIKE McLOUGHLIN				03:49.25 CHARLIE RANDALL	67
00:32.27 GEORGE MANN	100 FLY (55-59)		200 BACK (60-64)	04:15.03 NED ALLEN	66
00:32.62 JERRY GLANCY	R 1:13.94 <i>Burwell Jones '88</i>		R 2:49.57 <i>Jack Beattie '95</i>	04:21.31 KEITH BURBRIDGE	67
			03:01.55 JACK BEATTIE		
100 FREE (55-59)	200 FLY (55-59)		03:41.02 C.WEATHERBEE	400 FREE (65-69)	
R 1:04.19 <i>Burwell Jones '88</i>	R 3:13.77 <i>Telfair Mahaffy '93</i>		03:48.19 CHARLES KOHNKEN	R 6:22.63 <i>Paul Hutinger '93</i>	
01:10.85 JERRY GLANCY	08:38.02 JOE BAKER	57	04:05.37 J.TIPPENS (JR)	07:07.41 HAROLD FERRIS	65
01:12.97 GEORGE MANN				07:59.54 CHARLIE RANDALL	67
01:14.73 MIKE McLOUGHLIN	200 I. M. (55-59)		50 BRST (60-64)	09:07.65 NED ALLEN	66
01:16.46 DOUG MESSINEO	R 2:46.78 <i>Jack Beattie '90</i>		R 40.05 <i>Robert MacDonald '89</i>	09:08.15 KEITH BURBRIDGE	67
02:31.28 JOE BAKER	03:27.35 DOUG MESSINEO	55	00:40.85 THOMAS KOENIG		
	04:06.31 WILLIAM BALLARD	58	00:41.52 HARRY PIPER	800 FREE (65-69)	
	07:10.66 JOE BAKER	57	00:43.60 C.WEATHERBEE	R 14:19.32 <i>Harwell Moseley '88</i>	
			00:49.17 JACK BEATTIE	19:33.46 NED ALLEN	66
200 FREE (55-59)	400 I. M. (55-59)		00:50.94 JOHN COX		
R 2:22.94 <i>Burwell Jones '88</i>	R 5:56.57 <i>Burwell Jones '88</i>			1500 FREE (65-69)	
02:39.00 JERRY GLANCY	06:56.57 JERRY GLANCY	58	100 BRST (60-64)	R 26:58.53 <i>Harwell Moseley '88</i>	
02:40.41 GEORGE MANN			R 1:32.05 <i>Robert MacDonald '89</i>	37:12.50 NED ALLEN	66
03:34.45 WILLIAM BALLARD			01:38.56 HARRY PIPER		
	50 FREE (60-64)		01:42.43 C.WEATHERBEE	50 BACK (65-69)	
400 FREE (55-59)	R 29.86 <i>Jack Beattie '95</i>		02:30.88 J.TIPPENS (JR)	R 36.51 <i>Paul Hutinger '93</i>	
R 4:58.41 <i>Burwell Jones '88</i>	00:31.16 JACK BEATTIE	61		00:46.61 ALAN MALONEY	67
05:37.45 GEORGE MANN	00:33.19 C.WEATHERBEE	63	200 BRST (60-64)	00:47.90 HAROLD FERRIS	65
05:53.86 JERRY GLANCY	00:35.72 THOMAS KOENIG	64	R 3:42.87 <i>C. Weatherbee '95</i>	00:49.05 LARRY YOST	65
	00:36.66 HARRY PIPER	61	03:44.57 HARRY PIPER	00:52.18 ROBERT WILLIAMS	68
800 FREE (55-59)	00:36.90 RAY BURNS	60	03:44.76 THOMAS KOENIG	01:08.33 NED ALLEN	65
R 10:24.08 <i>Burwell Jones '88</i>					
12:15.77 GEORGE MANN	100 FREE (60-64)		50 FLY (60-64)	100 BACK (65-69)	
25:46.34 JOE BAKER	R 1:07.85 <i>Jack Beattie '95</i>		R 35.48 <i>Rogers Holmes '84</i>	R 1:21.14 <i>Paul Hutinger '93</i>	
	01:13.09 JACK BEATTIE	61	00:37.09 JACK BEATTIE	01:49.64 ALAN MALONEY	66
1500 FREE (55-59)	01:19.09 CHARLES KOHNKEN	64	00:41.79 RAY BURNS	01:51.89 HAROLD FERRIS	65
R 19:54.72 <i>Burwell Jones '90</i>	01:19.63 RAY BURNS	60	00:43.82 JOHN COX	01:55.75 LARRY YOST	65
23:07.86 GEORGE MANN	01:23.56 JOHN COX	61	00:48.71 CHARLES KOHNKEN	02:03.39 ROBERT WILLIAMS	68
48:53.76 JOE BAKER	01:29.42 HARRY PIPER	61	00:51.91 J.TIPPENS (JR)	02:26.66 NED ALLEN	66
50 BACK (55-59)	200 FREE (60-64)		100 FLY (60-64)	200 BACK (65-69)	
R 33.45 <i>Jack Beattie '90</i>	R 2:36.63 <i>Jack Beattie '95</i>		R 1:31.42 <i>Robert MacDonald '89</i>	R 3:04.84 <i>Paul Hutinger '93</i>	
00:38.90 JERRY GLANCY	02:53.59 JACK BEATTIE	61		03:40.26 MIKE TORSNEY	66
00:48.60 ADAM LEONARD	02:58.18 CHARLES KOHNKEN	64	200 FLY (60-64)	03:55.37 HAROLD FERRIS	65
00:50.50 DOUG MESSINEO	03:05.48 RAY BURNS	60	R 3:48.94 <i>Charles Kohnken '92</i>	04:24.87 ROBERT WILLIAMS	68
	03:11.69 JOHN COX	61	03:55.28 CHARLES KOHNKEN	05:00.42 NED ALLEN	66
	03:34.69 ROBERT BRANSON	64		05:21.41 KEITH BURBRIDGE	67
			100 I. M. (60-64)		
100 BACK (55-59)	400 FREE (60-64)		R 2:54.70 <i>Jack Beattie '95</i>	50 BRST (65-69)	
R 1:13.15 <i>Jack Beattie '90</i>	R 5:37.86 <i>Burwell Jones '94</i>		03:10.45 JACK BEATTIE	R 42.69 <i>Paul Hutinger '94</i>	
01:20.40 JERRY GLANCY	06:12.34 CHARLES KOHNKEN	64	03:28.35 C.WEATHERBEE	00:46.04 ALAN MALONEY	67
01:44.56 DOUG MESSINEO	06:41.58 THOMAS KOENIG	64	03:37.48 CHARLES KOHNKEN	01:09.55 ROBERT WILLIAMS	68
02:00.01 ADAM LEONARD	06:51.90 JOHN COX	61	04:13.77 JOHN COX	01:26.30 NED ALLEN	65
02:04.02 WILLIAM BALLARD	07:27.18 ROBERT BRANSON	64			
			200 I. M. (60-64)	100 BRST (65-69)	
200 BACK (55-59)	800 FREE (60-64)		R 7:27.87 <i>C. Weatherbee '96</i>	R 1:39.21 <i>Paul Hutinger '94</i>	
R 2:44.29 <i>Burwell Jones '90</i>	R 12:40.20 <i>Charles Kohnken '93</i>		07:27.87 C.WEATHERBEE	01:45.01 ALAN MALONEY	67
02:56.78 JERRY GLANCY	13:18.27 CHARLES KOHNKEN	64	07:44.21 CHARLES KOHNKEN	02:26.40 ROBERT WILLIAMS	68
04:17.27 ADAM LEONARD	14:27.28 JOHN COX	61		03:00.35 NED ALLEN	66
	17:37.00 RALPH PERRY	63	400 I. M. (60-64)	200 BRST (65-69)	
50 BRST (55-59)	1500 FREE (60-64)		R 31.31 <i>Rogers Holmes '87</i>	R 3:42.21 <i>Paul Hutinger '94</i>	
R 39.24 <i>Burwell Jones '88</i>	R 24:24.48 <i>Charles Kohnken '94</i>		00:33.06 HAROLD FERRIS	05:22.79 ROBERT WILLIAMS	68
00:41.71 JERRY GLANCY	25:23.93 CHARLES KOHNKEN	64	00:37.83 LARRY YOST	05:24.17 KEITH BURBRIDGE	67
00:42.17 DOUG MESSINEO	27:01.15 JOHN COX	61	00:41.35 ROBERT WILLIAMS	06:24.23 NED ALLEN	66
00:53.32 ADAM LEONARD	33:14.67 RALPH PERRY	63	00:47.45 KEITH BURBRIDGE		
100 BRST (55-59)					
R 1:30.96 <i>Ray Burns '92</i>					

50 FLY (65-69)  
R 35.63 Paul Huting'er '93  
00:40.42 MIKE TORSNEY 66  
00:42.75 HAROLD FERRIS 65  
00:43.35 ALAN MALONEY 67  
00:57.20 ROBERT WILLIAMS 68  
01:04.27 NED ALLEN 65

100 FLY (65-69)  
R 1:39.07 Harwell Moseley '85  
01:46.13 MIKE TORSNEY 66  
02:27.22 NED ALLEN 66

200 FLY (65-69)  
R 3:46.23 Mike Torsney '96  
03:46.23 MIKE TORSNEY 66  
03:58.54 ALAN MALONEY 67  
05:13.22 NED ALLEN 66  
05:32.57 KEITH BURBRIDGE 67

200 I. M. (65-69)  
R 3:16.66 Paul Huting'er '93  
03:40.28 ALAN MALONEY 66  
04:40.69 ROBERT WILLIAMS 68  
04:52.05 KEITH BURBRIDGE 67  
05:00.60 NED ALLEN 66

400 I. M. (65-69)  
R 7:16.86 Paul Huting'er '93  
07:42.90 MIKE TORSNEY 66  
08:36.67 ALAN MALONEY 67  
10:29.77 NED ALLEN 66  
11:14.17 KEITH BURBRIDGE 67

50 FREE (70-74)  
R 33.21 Paul Huting'er '96  
00:33.21 PAUL HUTINGER 71  
00:35.86 JOHN WOODS 72  
00:37.21 RICHARD AVERY 73  
00:40.54 R. LAVANTURE 73  
00:43.89 ROBERT PATTON 74

100 FREE (70-74)  
R 1:21.85 John Woods '94  
01:23.55 PAUL HUTINGER 71  
01:24.30 JOHN WOODS 72  
01:33.48 RICHARD AVERY 73  
01:47.33 R. LAVANTURE 73  
01:54.56 ROBERT PATTON 74

200 FREE (70-74)  
R 3:03.47 Paul Huting'er '95  
03:19.68 JOHN WOODS 72  
04:22.46 ROBERT PATTON 74

400 FREE (70-74)  
R 6:42.36 Paul Huting'er '95  
06:51.84 PAUL HUTINGER 71

800 FREE (70-74)  
R 13:58.08 Paul Huting'er '95

1500 FREE (70-74)  
R 26:32.63 Paul Huting'er '95

50 BACK (70-74)  
R 37.10 Paul Huting'er '95  
00:38.48 PAUL HUTINGER 71  
00:45.85 JOHN WOODS 72  
00:46.32 RICHARD AVERY 73  
00:52.84 R. LAVANTURE 73  
00:54.73 ABRASHA BRAININ 73

100 BACK (70-74)  
R 1:24.14 Paul Huting'er '95  
01:31.56 PAUL HUTINGER 71  
01:48.09 JOHN WOODS 72  
01:55.79 RICHARD AVERY 73

200 BACK (70-74)  
R 3:10.47 Paul Huting'er '95  
03:17.70 PAUL HUTINGER 71  
03:55.41 JOHN WOODS 72  
04:20.97 RICHARD AVERY 73

50 BRST (70-74)  
R 44.16 Russ Witte '87  
00:47.26 PAUL HUTINGER 71  
00:47.99 ABRASHA BRAININ 73  
00:51.43 RICHARD AVERY 73  
00:55.78 R. LAVANTURE 73  
01:01.03 JOHN WOODS 72

100 BRST (70-74)  
R 1:39.58 Paul Huting'er '95  
01:43.15 PAUL HUTINGER 71  
02:00.01 RICHARD AVERY 73  
02:00.38 ABRASHA BRAININ 73  
02:31.53 ROBERT PATTON 74

200 BRST (70-74)  
R 3:38.80 Russ Witte '87  
04:31.43 ABRASHA BRAININ 73

50 FLY (70-74)  
R 36.36 Paul Huting'er '95  
00:39.72 PAUL HUTINGER 71  
00:48.12 JOHN WOODS 72  
00:49.97 ABRASHA BRAININ 73

100 FLY (70-74)  
R 1:43.47 Harwell Moseley '89

200 FLY (70-74)  
R 3:59.65 Harwell Moseley '89

200 I. M. (70-74)  
R 3:28.83 Paul Huting'er '95

400 I. M. (70-74)  
R 7:25.63 Paul Huting'er '95

50 FREE (75-79)  
R 38.48 Brud Cleaveland '93  
00:45.03 BILL UHRICH 75  
00:45.31 ROBERT ATWOOD 75

100 FREE (75-79)  
R 1:29.12 Carl Lindstrand '87  
01:45.67 JOHN HAAKE 76  
01:53.45 ROBERT ATWOOD 75

200 FREE (75-79)  
R 3:31.57 Carl Lindstrand '87  
04:06.16 JOHN HAAKE 76  
04:22.50 ROBERT ATWOOD 76

400 FREE (75-79)  
R 7:37.31 John Johnston '92  
08:42.07 JOHN HAAKE 76

800 FREE (75-79)  
R 17:28.22 Bill Stinson '85  
1500 FREE (75-79)  
R 30:26.54 John Johnston '92

50 BACK (75-79)  
R 51.75 Carl Lindstrand '89  
00:53.91 BILL UHRICH 75  
00:56.40 JOHN HAAKE 76  
01:00.58 ROBERT ATWOOD 75

100 BACK (75-79)  
R 1:51.93 Carl Thornburg '87  
02:04.33 JOHN HAAKE 76  
02:06.18 BILL UHRICH 75  
02:35.39 ROBERT ATWOOD 75

200 BACK (75-79)  
R 4:06.33 Carl Thornburg '87  
04:34.32 BILL UHRICH 75

50 BRST (75-79)  
R 50.91 Brud Cleaveland '93  
00:54.48 BILL UHRICH 75

100 BRST (75-79)  
R 1:56.34 Brud Cleaveland '93  
02:12.07 BILL UHRICH 75

200 BRST (75-79)  
R 4:28.74 Edward Fulmer '89  
05:20.51 BILL UHRICH 75

50 FLY (75-79)  
R 48.31 Bill Stinson '84  
00:50.16 BILL UHRICH 75

100 FLY (75-79)  
R 2:01.37 Bill Stinson '84

200 FLY (75-79)  
R 4:34.00 Bill Stinson '85

200 I.M. (75-79)  
R 4:15.71 John Johnston '92

400 I.M. (75-79)  
R 9:12.88 John Johnston '92

50 FREE (80-84)  
R 46.62 Kermit Hotvedt '96  
00:46.62 KERMIT HOTVEDT 81  
00:48.38 JOHN JOHNSTON 80  
00:49.38 FRED WALBOLT 82  
00:59.01 FRANK TILLOTSON 81

100 FREE (80-84)  
R 1:53.09 Fred Walbolt '93  
02:02.24 FRED WALBOLT 82  
02:21.43 FRANK TILLOTSON 81

200 FREE (80-84)  
R 3:57.86 John Johnston '96  
03:57.86 JOHN JOHNSTON 80  
04:19.39 FRED WALBOLT 82  
05:25.49 FRANK TILLOTSON 81

400 FREE (80-84)  
R 7:43.68 Peter Jurczyk '86  
08:49.40 JOHN JOHNSTON 80  
09:00.47 FRED WALBOLT 82  
10:36.99 FRANK TILLOTSON 81

800 FREE (80-84)  
R 17:57.84 John Johnston '96  
17:57.84 JOHN JOHNSTON 80

1500 FREE (80-84)  
R 34:03.67 John Johnston '96  
34:03.67 JOHN JOHNSTON 80

50 BACK (80-84)  
R 55:78 Frank Tillotson '95  
00:57.03 FRANK TILLOTSON 81  
01:04.09 KERMIT HOTVEDT 81  
01:25.74 FRED WALBOLT 83

100 BACK (80-84)  
R 2:06.66 Frank Tillotson '95  
02:09.42 FRANK TILLOTSON 81  
02:45.51 FRED WALBOLT 82

200 BACK (80-84)  
R 4:27.73 Frank Tillotson '95  
04:31.42 FRANK TILLOTSON 81

50 BRST (80-84)  
R 1:05.86 John Johnston '96  
01:05.86 JOHN JOHNSTON 80  
01:10.18 FRANK TILLOTSON 81

100 BRST (80-84)  
R 2:28.95 John Johnston '96  
02:28.95 JOHN JOHNSTON 80  
02:46.26 FRANK TILLOTSON 81

200 BRST (80-84)  
R 5:19.11 John Johnston '96  
05:19.11 JOHN JOHNSTON 80  
06:06.61 FRANK TILLOTSON 81

50 FLY (80-84)  
R 1:04.59 Bill Stinson '89  
01:06.14 JOHN JOHNSTON 80

100 FLY (80-84)  
R 2:40.40 John Johnston '96  
02:40.40 JOHN JOHNSTON 80

200 FLY (80-84)  
R 5:42.63 John Johnston '96  
05:42.63 JOHN JOHNSTON 80

200 I M (80-84)  
R 4:57.37 John Johnston '96  
04:57.37 JOHN JOHNSTON 80

400 I M (80-84)  
R 10:38.54 John Johnston '96  
10:38.54 JOHN JOHNSTON 80

50 FREE (85-89)  
R 54.50 Peter Jurczyk '93

100 FREE (85-89)  
R 2:13.17 Peter Jurczyk '93

50 BACK (85-89)  
R 1:05.42 Peter Jurczyk '93

100 BACK (85-89)  
R 2:33.85 Peter Jurczyk '93

200 BACK (85-89)  
R 5:19.44 Peter Jurczyk '93

200 I M (85-89)  
R 6:59.87 Peter Jurczyk '95

# FLORIDA

## LMSC NEWSLETTER

Jim Donnelly, Editor  
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### Inside This Issue:

- 1997 Swim Calendar & Distance Open Water Calendar
- Swimming News From Around the LMSC
- Florida Top Five LCM Listing
- Seven (7) count 'em Entry forms!
- I Know It's True...I Asked Mr. D.Q.
- Nesty on Distance Swimming

**ATTENTION TEAM REPS:** Deadline for May Issue is April 10, 1997  
Send All Copy and Photos to Jim Donnelly, Editor  
5239 Box Turtle Circle, Sarasota, FL 34232-4312

I'd better get my Team  
Report to Jim before  
the deadline!

The IRS can wait !

