



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published each month by the Virginia Masters Swim Team

March 15, 1995/Volume XIII/Number 2

Notes from the President

Beth Waters

Look at the list of new VMST members – 62 new members! Welcome to all of you, and we are delighted to have you as team members.

Heather and Chris Stevenson have volunteered to produce both the LMSC and VMST newsletters. Contributions can be mailed to me, or directly to the Stevensons.

A new column appeared in the February newsletter: "From the Block of Mark Ghetset." This information is culled from the swimmer profile survey that was in the December newsletter. If you haven't completed a survey, please do so and mail it in. If you need a survey, please let me know and I'll mail you one.

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Lauderdale '95

James W. Miller, MD

All signs indicate that Lauderdale '95 will be one of the most exciting short course nationals for our team. Thirty rooms were reserved last May at the Radisson Bahia Mar, across from the Hall of Fame Pool. All thirty of these rooms disappeared within 2½ days, and we began booking at a Doubletree Hotel that is across the road from the Radisson. Currently, there are 65–70 swimmers going to Nationals, a figure that may increase to 80 by the time entries are actually concluded.

It looks like, after a cold winter, our Virginia team is interested in sun, fun, and swimming fast at a great facility. You may remember that we received the largest team award in Raleigh several years ago with 56 athletes. We encourage all of you who are on the fence to seriously consider this meet, since it has all the trappings of a spectacular event.

Enclosed in this newsletter you will find a relay form, which will also be included in the next newsletter. I do realize that relays are not for everyone, but please return your relay form to me, with the appropriate box checked, even if you are not interested in swimming a relay. As always, we will swim the fastest possible relays, based on the times and performances available to us.

I look forward to hearing from you, and seeing you there. Should you have any questions, you may call the phone number listed on the relay form.

Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- ◆ March 25, 1995
ALBATROSS OPEN Montgomery County, MD.
Contact Tom Denes, 4522 Everett Street,
Kensington, MD 20895 (301) 564-4234
- ◆ April 9, 1995
MARYLAND MASTERS 1650/1000 SWIM
MEET. Contact Barbara Protzman 7919 Main Falls
Circle, Cotonsville, Md 21228 (401) 788-2964
- ◆ April 23, 1995
RESTON MASTERS SHORT COURSE
METERS MEET. Contact Lynn Hazelwood, 11714
Decade Court, Reston, VA 22091 (703) 860-5304
For the following meets, contact Betsy Durrant at
(804) 422-6811 for more information.
- ◆ March 25 – 26, 1995. Greensboro, NC meet.
- ◆ April 22 – 23, 1995. Raleigh, NC meet.
- ◆ April 27-30, 1995.
YMCA NATIONALS. Buffalo, NY.
- ◆ May 5 – 7, 1995
COLONIES ZONE SHORT COURSE
CHAMPIONSHIP. Wilton, Ct.
- ◆ May 18 – 21, 1995
USMS SHORT COURSE NATIONAL
CHAMPIONSHIP. Ft. Lauderdale, FL.
- ◆ June 18, 1995
ONE-MILE OPEN WATER CHAMPIONSHIP
Virginia Beach, VA.
- ◆ August 24 – 27, 1995
USMS LONG COURSE NATIONAL
CHAMPIONSHIP. Mt. Hood, OR.

Camps and Clinics

- ◆ Ongoing
TOTAL IMMERSION SWIM CAMPS
Contact Terry Laughlin (914) 294-3510
- ◆ Ongoing
PREMIER STROKE CLINIC
Rockville, MD. Contact Clay Britt (301) 231-9740
- ◆ December – March
BILLABONG AQUATICS 3- AND 4-DAY CAMPS
10728 NW 21st Place, Coral Springs, FL 33071
(305) 345-5370

Classified Advertisement

New [vjù] Water Sport Goggles

Two models to fit any face shape. Non-TX lenses are quickly and easily interchanged with stock vjù prescription lenses from -1.5 to -7.5 diopters, providing independent power correction for each individual eye. Cost: \$34.00 non-RX lenses, \$72.00 RX lenses. Available in Richmond from: Patrick Ryan, OD., Family Vision Center, 1127 Gaskins Place #300, Richmond, VA 23233 (804) 741-8663.

VMST Officers

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486-3383

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(804) 282-1573

From the Block of Mark Ghetset

Dateline: Virginia

"Well Kato, looks like we're going to stay in Richmond this month." My trusty driver Kato gives me a dirty look and a "ha-rumph!" The editors promised me a lot of travel if I accepted this gig, but it seems like the only swimmers responding to the survey so far are from Richmond and Va Beach. I know there are other swimmers out there in Virginia, let's get those surveys filled out and mailed!

The night before this month's interview I had a dream. I was on my way over to the pool, Riverside Wellness, and I passed this lake. The water in the lake was flat and smooth as silk, there wasn't a ripple anywhere. The blue sky was reflected on the surface. In the center of the lake were lane lines, five of them, making four lanes. The same blue and white wave reducing lane lines we have in the pool. I was in a van, some sort of communication van with a satellite dish on top. I pulled the van down to the lake and parked near a staging area. There were dogs all over the place walking around as if they were human. They were dressed in different team sweat suits. The sweat suit I liked best was the Richmond Rockets Paddle Crew. The beach was littered with all sorts of canoes. They had been racing canoes all day and I was in time for the final race, the race to determine the first place winner. The dogs took their places in their canoes. Interestingly enough, the Richmond Rockets were in the center lane, and seeded first. Their coxswain was a Jack Russell Terrier.

The gun sounded and they were off. It was close, but the Rockets won first place. I raced down to the water's edge. I had a microphone in my hand. Right under the metal ball of the microphone was a block with HBO Sports written on each side. Did I mention this was a dream? I thrust the microphone in the lead dogs face and asked him if they did anything different for this race? "No," he barked "we just stayed with the basic dog paddle." That chili must have been spicier than I thought.

This month's swimmer, Alice Phillips, has been swimming for twenty years. I caught up with Alice at Riverside Wellness. She had just finished a particularly grueling repeat 100 FREE/IM workout, her favorite. Wet, tired, and cold, she was still gracious enough to grant an interview.

MG: First of all, thanks for taking the time for an interview. You've been swimming a long time...most of your life. Why do you swim?

AP: Gosh, Mark, swimming has always been part of my life. It's fun. Now I do it for fitness and stress management.

MG: I'm sure swimming has given you many wonderful memories. What is one that stands out in your mind the most?

AP: Hmmmm, that would probably be the 1983 City Meet. It was my last one as a summer swimmer and I took a gold in my very last event, the 50 Fly. It was really exciting.

MG: How about the most embarrassing moment?

AP: (Grimacing) Earning the nickname Hog.

continued on page 5 under PHILLIPS

VMST National Relay Entry & Attendance Form

1995 Short Course National Championship – Fort Lauderdale, FL

Instructions: If you plan to attend Short Course Nationals, *whether or not you wish to be on a relay team*, please complete this form and return it to Jim Miller at the following address by April 15, 1995:
Jim Miller, MD, 1447 Johnston-Willis Dr, Richmond, VA 23235.

NAME: _____

PHONE (H): _____

Age as of 5/21/95: _____

PHONE (W): _____

Relays of interest (please circle all that you are interested in):

Freestyle

Medley

Mixed Free

Mixed Medley

Please submit your times for relay team consideration:

50 yards Free: _____ 50 yards Back: _____ 50 yards Breast: _____ 50 yards Fly: _____

Is This Controlled Research?

Bill Irwin

A 6-beat kick for the whole 1650 and do an outstanding time? Are you kidding? NO WAY!

No one swims that way anymore. Distance swimming is all arms! It has been proven a 100 times over!

Really? Read on...

A slip of a girl, just turned 13, using a 6-beat kick, swam a 16:42.63 for 1650 freestyle at the South Carolina State Championships held the second weekend in January at the University of South Carolina. She also swam 4:55.14 for the 500 free, 1:53.31 for the 200 free, and :53.17 for the 100 free.

This 1650 time, swum by Ginny Johnson, swimming unattached out of Roanoke, Virginia, would be a third best ranking in the 13-14 age group under SWIMMING WORLD's National Age Group Top 16 as published in their January 1995 issue. The number one ranking is 16:36.51, just some 6 seconds faster. The time would have placed 21st in the Women's NCAA Division I Championships of 1994. Remember, Ginny just turned 13!

And, this 6-beat kick is almost a straight-legged kick. She has great streamlined pushoffs and seems to start her kick when she initiates her arm stroke, as compared to a driving kick off the wall.

Intrigue can be added for swim stroke devotees by pointing out that Ray Buzzard, the former coach at U. of Tennessee and former Olympic coach, is her current mentor. Buzzard, who was noted for an innovative approach to coaching, can be indirectly quoted as stating that since she is lightly muscled on top, she must rely on her excellent leg kick.

Are we seeing something from the past, when a 6-beat kick dominated in swimming?

For those who may be a bit shy of realizing what they do when they swim freestyle crawl, the options of movement of the legs in swimming break down into the following. With a complete revolution of the arms, swimmers will use a 2-beat kick, a 2-beat cross-over drag kick, a 4-beat kick, or a 6-beat kick. (Of course, there are other alternatives, an 8-beat kick, even a 10-beat kick, or implemented trudgeon style kicks).

A kick gives the stroke balance and propulsion. The length of the arm stroke, and the roll of the body facilitates the type of kick one can do. A long arm stroke will allow one to work in a 6-beat kick. A short stroke makes the 6-beat kick more difficult. The flatter the body position, the easier it is to use a 6-beat

kick; the more the roll, the more difficult to fit in the repetitious kick.

Now, most important, most swimmers feel that a constant kick is tiring and, considering the energy expended, not efficient for the longer races. Emphasis on a kick just takes too much energy out of the swimmer, and any tests done by our noted authorities seem to validate that concept. Swimmers will put more energy into their kick at the end of a race, whatever the tempo, and many a top-notch swimmer reverts to a 6-beat kick in those closing lengths.

Top-notch distance swimmers using a 6-beat kick disappeared in the wake of the "all arms, drag your feet" style of swimmer who used a 2-beat kick, a 2-beat crossover kick, or a 4-beat kick. The distance swimmers seem to have their feet floating on top of the water until the final sprint, when those feet take on a more driving force. Or, simply put, they are conserving energy until the final stages of the race, where they can afford an all-out anaerobic effort.

Although heavy yardage training led swimmers to de-emphasize the kick, as typified by the successful swimmers coming out of the Santa Clara Swim Club, coached by George Haines in the 50's and 60's, it was in 1968 before Dr. James Councilman, in his book "The Science of Swimming," explained and illustrated what was taking place with a swimmer's arms, hands, legs, and feet.

This book became the "bible" for swimming coaches. Councilman's illustrations of competitive swimming strokes were posted in pools throughout the country. A quote from his book: "I have long advocated a reduced emphasis of the kick, particularly in distance swimming. In recent years, world records have been set in the distance events by swimmers with reduced kicks, some of whom kicked as few as two beats per arm cycle."

Many coaches and swimmers immediately said, "Don't kick, it's not important!" That philosophy even permeated the coaching of sprinters. However, many sprinters continued to swim with a 6-beat kick; fortunately, swimmers survive coaching, as students survive teachers and children survive parenting.

Then another one of the leaders of coaching dropped a bomb at a convention of college coaches in New Orleans in the late 70's. "Of course," said Mark Schubert, "if you want to swim fast, you have to kick a 6-beat kick." A shocked audience finally rallied itself around one coach who asked, "Oh, yeah! How about Brian Goodell, the Schubert-coached swimmer who won the 1500 meters in the 1976 Olympics?"

continued as KICKING on p. 6

PHILLIPS *cont'd from p. 3*

MG: (I didn't dare ask for details about the nickname) With most athletes, there has been an influential person in their lives. Did you have one and who was it?

AP: Well actually, I have two. Originally, as a kid, Mac Walston; and as an adult, Jim Miller.

MG: In twenty years of swimming, what one pointer has helped you the most?

AP: (Laughing) How about we narrow that down to my adult swimming career?

MG: Sure.

AP: Credit Jim Miller for this one. Start the breaststroke kick and pull at the same time.

MG: What is your workout schedule like, and do you do anything special to prepare for a meet?

AP: I practice four times a week, both morning and evenings, and almost exclusively a coached practice. For meets, I might do a light taper, but mostly mental imagery.

MG: We all have our favorite and least favorite strokes. What are yours?

AP: Freestyle is my favorite. Back my least...it's my slowest.

MG: Sports are very goal oriented, and most athletes, whether competitive or fitness oriented, have goals they have set for themselves. What are yours?

AP: A sub minute 100 Fly and a sub 2 minute 200 Free.

MG: Wow, pretty impressive. What about your time outside of swimming, Alice?

AP: Well, I work in the Health Education field, and when I'm not swimming, I practice photography. I like crafts. Outside of swimming, I like to walk, hike, and play volleyball.

MG: How did you get involved with Masters, and what do you like best and least about them.

AP: I read about Masters in the paper and decided to try them out. The people are great and it has been very enjoyable; we have a very social team down here. The only thing negative would be the pressure I put on myself before an event. Ah, Mark...It's kinda cold sitting here. Do you mind if we wrap this up?

MG: Sure, one last question. What is the most unique place you have ever swum?

AP: (She starts to get up) In the Atlantic Ocean...at night. There were two full moons that night. (She smiles at me, winks and walks away.)

Well folks, until next time. This is Mark Ghetset and my trusty driver Kato saying start at least five seconds apart and PLEASE don't draft.

VMST Birthdays: March

Diane Cayce	Richmond	3/2/56	39
David Finn	Richmond	3/25/44	51
Nancy Hunyady	Newport News	3/18/59	36
Scott Johnstone	Midlothian	3/26/64	31
Mary Lee	Newport News	3/3/59	36
Bob Lytle	Richmond	3/17/46	49
Jacki Maupin	Chalottesville	3/21/68	27
Ashby Moncure	Richmond	3/22/66	29
Kelley Peterson	Sandston	3/14/73	22
James Slauch	Bealeton	3/2/45	50
Katherine Waggoner	Lake Ridge	3/21/67	28
Jill Walsh	Midlothian	3/29/60	35



Congratulations!

Judy Decker Martin was named coach of the year for Norfolk City Schools for the 1994-95 school season.

KICKING *cont'd from p. 4*

Schubert explained that in Goodell's closing 500 meters, he used a 6-beat kick, resulting in his fastest 500 split of the race, a 4:57 in an overall time of 15:02.51. Dick Joachims, another successful coach, also volunteered his theory that swimming speed required a 6-beat kick. This was a complete turn-around from the accepted concept of what it took to be an outstanding swimmer, especially in distance races.

Coaching theory and practice were dominated in the 80's by "Swimming Faster," by Dr. Ernest Maglischo, which became the new bible of coaching. "It is tempting," said Maglischo, "to recommend the 6-beat kick as the best possible style...the fact that many world-class swimmers use other rhythms makes such a recommendation unwise at this time."

Eleven years later, in "Swimming Even Faster," Dr. Maglischo stated: "The demands of training may have encouraged certain swimmers to develop energy-saving 2- or 4-beat rhythms early in their

careers, when their strokes were developing. We can only speculate that these swimmers might have been faster using 6-beat kicks. Controlled research is needed to determine whether 2- and 4-beat rhythms are more efficient for some swimmers, or whether the 6-beat kick is the superior style for all."

Coaches may not know whether a 6-beat kick is essential to top performance, but they do know that hard work and yardage produces results. The 6-beat kick disappears in the quest for yardage. Coaches go for the hard work, and often kicking is used more for a training device for conditioning and variety in the workout.

My own observation is that if you have a kick that really makes you move on a kickboard, experimentation should be made with the utilization of a 6-beat kick. If you don't have a good kick, perhaps you should go with all arms, although even then a 6-beat kick may be needed for good body position.

The question is, is Ginny Johnson the *controlled research* to which Maglischo referred? Think about it!

New VMST Members

Joan Averette	Virginia Beach	Tina Flood	Virginia Beach	Kimberly Marks	Colonial Heights
Sheryl Bailey	Norfolk	David Foster	Manassas	Ed Moylan	Manassas
Karen Beckman	Mechanicsville	Tricia Feer	Woodbridge	Karen Neymark	Virginia Beach
Barbara Bishop	Portsmouth	Barbara Furman	Sandston	James Nicholson	Richmond
Barbara Boyd	Norfolk	Carter Grant	Midlothian	Ellen Nygaard	Lynchburg
Kitten Braaten	Richmond	Edward Green	Blacksburg	Betty Reynolds	Vinton
George Brown	Woodbridge	Jewel Grigsby-Martin	Strafford	Colleen Rosmeissl	Warrenton
Bill Burcin	Manassas	Linda Gulden	Manassas	Neil Rosmeissl	Warrenton
Michael Burlovich	Manassas	Tray Halverson	Dumfries	Roy Sammarco	Dumfries
Craig Campesi	Manassas	Derek Hart	Goodview	Elaine Scott	Blacksburg
Diane Canney	Clifton	Dodge Havens	Richmond	Kathy Sheridan	Lake Ridge
Suzanne Chvala	Midlothian	Mary Hendricks	Blacksburg	Susan Sieger	Richmond
Ron Coleman	Poquoson	Christine Hillman	Roanoke	Scott Skeate	Dumfries
Bep Creemers	Lynchburg	Anthony Hite	Norfolk	Karla Steinkamp	Virginia Beach
Kelley Cooper	Woodbridge	Anne Irons	Lynchburg	Vera Suit	Forest
Kathleen Cramer	Dumfries	Karen Kaufman	Centreville	Claudia	
Elizabeth Debiasi	Richmond	Tracey Kolb	Eagle Rock	Weisner-Combecter	Midlothian
Dee DeLong	Manassas	Jim Liquori	Blacksburg	Richard Wewerka	Woodbridge
Harry DeLong	Manassas	Jack MacMillian	Dale City	Mary Wright	Lynchburg
Sherry Dowdy	Fredericksburg	Cathleen Malone	Woodbridge	Patsy Yamada	Woodbridge
Don Edgell	Newport News	Jim Mann	Chester	Gregory Zack	Woodbridge

VIRGINIA MASTERS WINTER INVITATIONAL
Richmond, Virginia - Sanction #125-0002
February 11-12, 1995
25 yard pool (certified)

Meet Directors: Nancy and Jim Miller
3741 Reed's Landing Circle
Midlothian, Virginia 23113
(804) 285-2758

Women 19-24

100 Free
 CASSIE CAMPBELL 24 UNAT 59.20
 KRISTEN KIRKMAN 24 VMST 1:01.21
 ANGELA LUNCEFORD 20 UNAT 1:11.29
 200 Free
 ✓ CASSIE CAMPBELL 24 UNAT 2:04.59
 ANGELA LUNCEFORD 20 UNAT 2:36.05
 500 Free
 ✓ CASSIE CAMPBELL 24 UNAT 5:25.35
 50 Breast
 ✓ GENNY HOSKINS 24 UNAT 34.01
 100 Breast
 ✓ GENNY HOSKINS 24 UNAT 1:13.90
 KRISTEN KIRKMAN 24 VMST 1:17.65
 ANGELA LUNCEFORD 20 UNAT 1:28.10
 50 Fly
 GENNY HOSKINS 24 UNAT 30.67
 200 Fly
 ✓ CASSIE CAMPBELL 24 UNAT 2:17.36
 100 IM
 KRISTEN KIRKMAN 24 VMST 1:09.45
 GENNY HOSKINS 24 UNAT 1:10.51
 200 IM
 KRISTEN KIRKMAN 24 VMST 2:28.81
 GENNY HOSKINS 24 UNAT 2:32.72
 400 IM
 KRISTEN KIRKMAN 24 VMST 5:21.86

Women 25-29

50 Free
 MOLLY DEAN 29 VMST 27.92
 ASHBY MONCURE 28 VMST 34.99
 Novice 50 Free
 LISA MURRAY 25 VMST 35.19
 LIZ HOLLAND 26 VMST 35.19
 100 Free
 ALICE PHILLIPS 29 VMST 57.87
 MOLLY DEAN 29 VMST 1:00.25
 200 Free
 ALICE PHILLIPS 29 VMST 2:07.32
 500 Free
 RACHEL MAILLET 29 VMST 9:24.79
 1000 Free
 ASHBY MONCURE 28 VMST 15:29.99
 50 Back
 ASHBY MONCURE 28 VMST 46.11
 Novice 50 Breast
 LISA MURRAY 25 VMST 43.21
 LIZ HOLLAND 26 VMST 46.72
 100 Breast
 ALICE PHILLIPS 29 VMST 1:14.39
 50 Fly
 MOLLY DEAN 29 VMST 29.64
 ASHBY MONCURE 28 VMST 36.90
 100 IM
 ALICE PHILLIPS 29 VMST 1:05.44
 LISA MURRAY 25 VMST 1:29.81
 400 IM
 ALICE PHILLIPS 29 VMST 5:03.77

Women 30-34

50 Free
 CLAI BOLEK 31 VMST 26.20
 VAL PATE 32 VMST 29.33
 KAREN KAUFMANN 30 VMST 32.21
 100 Free
 CLAI BOLEK 31 VMST 56.64
 TINA FLOOD 30 VMST 1:06.21
 DONIELDA TRIPP-LEINO 33 VMST 1:06.67
 200 Free
 ✓ CLAI BOLEK 31 VMST 2:04.37
 DONIELDA TRIPP-LEINO 33 VMST 2:24.42
 KAREN KAUFMANN 30 VMST 2:36.53
 500 Free
 CLAI BOLEK 31 VMST 5:51.24
 DONIELDA TRIPP-LEINO 33 VMST 6:28.49
 KAREN KAUFMANN 30 VMST 6:59.41
 1000 Free
 ✓ CLAI BOLEK 31 VMST 11:59.21
 MARY ANN PETERSON 34 VMST 13:47.31
 KAREN KAUFMANN 30 VMST 14:26.22
 1650 Free
 VAL PATE 32 VMST 21:51.02
 Novice 50 Back
 TINA FLOOD 30 VMST 35.15
 100 Back
 VAL PATE 32 VMST 1:10.97
 TINA FLOOD 30 VMST 1:17.60
 50 Breast
 PATRICIA POWIS 34 VMST 34.66
 100 Breast
 PATRICIA POWIS 34 VMST 1:15.98
 200 Breast
 PATRICIA POWIS 34 VMST 2:49.44
 50 Fly
 VAL PATE 32 VMST 31.72
 TINA FLOOD 30 VMST 32.17
 D. TRIPP-LEINO 33 VMST 33.45
 100 Fly
 D. TRIPP-LEINO 33 VMST 1:20.33
 200 Fly
 CLAI BOLEK 31 VMST 2:25.35
 100 IM
 VAL PATE 32 VMST 1:11.56
 TINA FLOOD 30 VMST 1:13.83
 200 IM
 PATRICIA POWIS 34 VMST 2:36.19
 400 IM
 PATRICIA POWIS 34 VMST 5:39.46

Women 35-39

50 Free
 KELLEY COOPER 37 VMST 29.43
 NANCY HAWKES 38 VMST 37.25
 KAREN COSTELLO 39 VMST 38.04
 100 Free
 KELLEY COOPER 37 VMST 1:06.38
 500 Free
 KELLEY COOPER 37 VMST 6:44.05
 1000 Free
 MARY LEE 35 VMST 13:45.05
 KAREN MICKUNAS 39 VMST 14:14.81

1650 Free

MARY LEE 35 VMST 22:31.22
 SHARON POPSON 35 VMST 23:56.00
 50 Back
 ✓ HEATHER STEVENSON 35 VMST 31.72
 KELLEY COOPER 37 VMST 36.68
 KAREN COSTELLO 39 VMST 46.00
 100 Back
 ✓ HEATHER STEVENSON 35 VMST 1:10.03
 KELLEY COOPER 37 VMST 1:20.49
 NANCY HAWKES 38 VMST 1:30.71
 50 Fly
 HEATHER STEVENSON 35 VMST 31.07
 100 IM
 HEATHER STEVENSON 35 VMST 1:08.98
 NANCY HAWKES 38 VMST 1:35.43

Women 40-44

50 Free
 ELLEN NYGAARD 42 VMST 35.00
 100 Free
 ✓ TERRY SUE GAULT 44 VMST 1:03.36
 TRICIA FREER 41 VMST 1:05.93
 200 Free
 ✓ TERRY SUE GAULT 44 VMST 2:19.04
 TRICIA FREER 41 VMST 2:24.53
 PAIGE HEDGEOTH 40 VMST 2:55.12
 500 Free
 TRICIA FREER 41 VMST 6:56.55
 BARBARA BOYD 41 SABS 8:41.91
 1000 Free
 TERRY SUE GAULT 44 VMST 12:27.76
 50 Back
 PAIGE HEDGEOTH 40 VMST 44.47
 ELLEN NYGAARD 42 VMST 45.82
 BARBARA BOYD 41 SABS 50.88
 Novice 50 Back
 BETTY REYNOLDS 40 VMST 48.45
 100 Back
 DEBBIE PEARSALL 42 SABS 1:46.63
 BARBARA BOYD 41 SABS 1:51.00
 200 Back
 DEBBIE PEARSALL 42 SABS 3:55.62
 50 Breast
 PAIGE HEDGEOTH 40 VMST 50.21
 BARBARA BOYD 41 SABS 51.87
 ELLEN NYGAARD 42 VMST 52.78
 Novice 50 Breast
 BETTY REYNOLDS 40 VMST 47.67
 100 Breast
 DEBBIE PEARSALL 42 SABS 1:49.92
 50 Fly
 TERRY SUE GAULT 44 VMST 31.60
 TRICIA FREER 41 VMST 32.58
 PAIGE HEDGEOTH 40 VMST 39.89
 ELLEN NYGAARD 42 VMST 44.97
 100 IM
 ✓ TRICIA FREER 41 VMST 1:14.70
 TERRY SUE GAULT 44 VMST 1:15.89
 PAIGE HEDGEOTH 40 VMST 1:31.52
 ELLEN NYGAARD 42 VMST 1:36.78

Women 45-59

50 Free
 ROSEMARY DAWSON 49 VMST 44.52
 Novice 50 Free
 C. WEISNER-COMBECHER 46 VMST 46.56
 100 Free
 C. WEISNER-COMBECHER 46 VMST 1:46.97
 500 Free
 ✓ NANCY MILLER 45 VMST 6:39.32
 1000 Free
 ✓ NANCY MILLER 45 VMST 13:42.26
 50 Back
 ROSEMARY DAWSON 49 VMST 52.09
 50 Breast
 DEE DELONG 45 VMST 43.40
 ROSEMARY DAWSON 49 VMST 52.34
 Novice 50 Breast
 C. WEISNER-COMBECHER 46 VMST 53.19
 100 Breast
 DEE DELONG 45 VMST 1:37.71
 ROSEMARY DAWSON 49 VMST 1:54.82
 200 Breast
 DEE DELONG 45 VMST 3:31.07

Women 50-54

50 Free
 DOROTHY NILES 53 VMST 36.65
 100 Free
 CHARLENE MAGEE 53 VMST 1:24.39
 RHEA WILKINS 54 VMST 1:36.05
 500 Free
 BETSY DURRANT 53 VMST 7:05.02
 1000 Free
 BETSY DURRANT 53 VMST 14:23.68
 1650 Free
 CHARLENE MAGEE 53 VMST 28:13.12
 100 Back
 CHARLENE MAGEE 53 VMST 1:32.35
 50 Breast
 DOROTHY NILES 53 VMST 43.29
 RHEA WILKINS 54 VMST 50.33
 100 Breast
 DOROTHY NILES 53 VMST 1:35.92
 200 Breast
 BETSY DURRANT 53 VMST 3:17.99
 DOROTHY NILES 53 VMST 3:27.80
 50 Fly
 RHEA WILKINS 54 VMST 47.37
 100 IM
 DOROTHY NILES 53 VMST 1:38.12
 RHEA WILKINS 54 VMST 1:43.92
 200 IM
 CHARLENE MAGEE 53 VMST 3:26.86

Women 55-59

50 Free
 JOHNNIE DETRICK 59 VMST 31.00
 JOAN AVERETTE 58 VMST 41.47
 NANCY SMITH 55 SABS 48.80
 100 Free
 JOHNNIE DETRICK 59 VMST 1:11.93
 JOAN AVERETTE 58 VMST 1:32.57
 200 Free
 JOAN AVERETTE 58 VMST 3:26.55
 1000 Free
 JOHNNIE DETRICK 59 VMST 16:11.29
 50 Back
 NANCY SMITH 55 SABS 1:15.03
 Novice 50 Back
 JOAN AVERETTE 58 VMST 55.29

50 Breast

JOHNNIE DETRICK 59 VMST 41.51
 100 IM
 JOHNNIE DETRICK 59 VMST 1:28.55

Women 60-64

50 Free
 JANE PHARIS 61 VMST 45.65
 Novice 50 Free
 VERA SUIT 62 VMST 56.46
 50 Back
 JANE PHARIS 61 VMST 54.17
 VERA SUIT 62 VMST 1:05.50
 50 Breast
 JANE PHARIS 61 VMST 1:00.87
 Novice 50 Breast
 VERA SUIT 62 VMST 1:17.63

Women 65-69

100 Free
 BETTY HERRMANN 65 SABS 2:09.87
 50 Back
 ✓ BETTY HERRMANN 65 SABS 1:01.39
 50 Breast
 ✓ BETTY HERRMANN 65 SABS 57.44
 100 IM
 BETTY HERRMANN 65 SABS 2:20.26

Women 70-74

Novice 50 Free
 BEP CREEMERS 70 VMST 1:56.85
 100 Free
 RUTH GOOD 74 VMST 2:01.18
 HELEN NEWBOLD 71 VMST 2:01.39
 BEP CREEMERS 70 VMST 4:04.62
 50 Back
 HELEN NEWBOLD 71 VMST 1:12.82
 PHYLLIS MURPHY 71 VMST 1:13.99
 Novice 50 Back
 BEP CREEMERS 70 VMST 1:51.05
 100 Back
 PHYLLIS MURPHY 71 VMST 2:36.45
 BEP CREEMERS 70 VMST 3:51.39
 50 Breast
 HELEN NEWBOLD 71 VMST 1:16.64
 RUTH GOOD 74 VMST 1:29.64
 50 Fly
 PHYLLIS MURPHY 71 VMST 1:32.37
 100 IM
 RUTH GOOD 74 VMST 2:37.95

Women 75-79

50 Back
 VICTORIA HARRIS 75 VMST 1:15.04
 200 Back
 VICTORIA HARRIS 75 VMST 5:37.49
 50 Fly
 VICTORIA HARRIS 75 VMST 1:37.47
 100 Fly
 ✓ VICTORIA HARRIS 75 VMST 4:08.61
 200 IM
 VICTORIA HARRIS 75 VMST 6:41.93

Women 80-84

50 Free
 MARIE KELLEHER 82 VMST 53.15
 100 Free
 ✓ MARIE KELLEHER 82 VMST 1:58.27
 50 Fly
 ✓ MARIE KELLEHER 82 VMST 1:17.89

200 IM

MARIE KELLEHER 82 VMST 5:28.41

Men 19-24

Novice 50 Free
 MIKE RYAN 24 VMST 29.20
 100 Free
 JIM LIGUORI 20 VMST 1:00.41
 500 Free
 JIM LIGUORI 20 VMST 6:02.04
 50 Breast
 DARREN GORMAN 23 SABS 29.02
 100 Breast
 DARREN GORMAN 23 SABS 1:04.07
 100 Fly
 JIM LIGUORI 20 VMST 1:09.11
 100 IM
 DARREN GORMAN 23 SABS 1:00.10
 200 IM
 DARREN GORMAN 23 SABS 2:15.22
 JIM LIGUORI 20 VMST 2:30.38

Men 25-29

50 Free
 JAMES WOLFLE 26 VMST 23.45
 100 Free
 SEAN CALLENDER 25 VMST 52.41
 DAVE HOLLAND 27 VMST 52.18
 200 Free
 CLARK CAMPBELL 28 UNAT 1:53.11
 500 Free
 CLARK CAMPBELL 28 UNAT 5:16.03
 ANDREW GEISZLER 26 FXCM 5:35.06
 1000 Free
 GEORGE FRAZER 27 VMST 10:58.33
 CHARLES COCKRELL 26 VMST 12:49.74
 1650 Free
 ✓ GEORGE FRAZER 27 VMST 18:29.67
 ANDREW GEISZLER 26 FXCM 19:32.16
 100 Back
 GEORGE FRAZER 27 VMST 59.11
 JAMES WOLFLE 26 VMST 59.77
 SEAN CALLENDER 25 VMST 1:06.69
 200 Back
 JAMES WOLFLE 26 VMST 2:11.06
 GEORGE FRAZER 27 VMST 2:14.02
 50 Breast
 CHARLES COCKRELL 26 VMST 30.88
 ANDREW GEISZLER 26 FXCM 32.06
 100 Breast
 CHARLES COCKRELL 26 VMST 1:07.75
 ANDREW GEISZLER 26 FXCM 1:11.63
 SEAN CALLENDER 25 VMST 1:11.99
 200 Breast
 CHARLES COCKRELL 26 VMST 2:30.37
 50 Fly
 CLARK CAMPBELL 28 UNAT 26.74
 100 Fly
 DAVE HOLLAND 27 VMST 56.66
 JAMES WOLFLE 26 VMST 56.94
 GEORGE FRAZER 27 VMST 58.41
 CLARK CAMPBELL 28 UNAT 58.45
 200 Fly
 GEORGE FRAZER 27 VMST 2:11.96
 100 IM
 SEAN CALLENDER 25 VMST 1:02.67
 CHARLES COCKRELL 26 VMST 1:03.01
 200 IM
 CLARK CAMPBELL 28 UNAT 2:11.52

400 IM
GEORGE FRAZER 27 VMST 4:47.63

Men 30-34

50 Free
CHRIS FLOOD 32 VMST 23.48
JIM FREEMAN 33 UNAT 24.36
SCOTT JOHNSTONE 30 VMST 25.16
JOHN THOREEN 30 SABS 29.45
100 Free
CHRIS FLOOD 32 VMST 52.46
AL WALSH 34 VMST 52.64
JIM FREEMAN 33 UNAT 53.35
SCOTT JOHNSTONE 30 VMST 54.93
PADRAIC BAXTER 33 UNAT 57.07
200 Free
CHRIS STEVENSON 30 VMST 1:49.68
SCOTT JOHNSTONE 30 VMST 1:59.04
JOHN THOREEN 30 SABS 2:28.49
500 Free
SCOTT JOHNSTONE 30 VMST 5:30.65
1000 Free
DAVID BROWN 33 UNAT 11:20.87
SCOTT JOHNSTONE 30 VMST 11:26.65
DAVID JONES 34 UNAT 15:05.01
1650 Free
DAVID BROWN 33 UNAT 19:10.05
DAVID JONES 34 UNAT 25:23.02
50 Back
AL WALSH 34 VMST 27.43
CHRIS FLOOD 32 VMST 29.93
100 Back
✓ CHRIS STEVENSON 30 VMST 54.08
AL WALSH 34 VMST 59.34
CHRIS FLOOD 32 VMST 1:05.78
200 Back
✓ CHRIS STEVENSON 30 VMST 1:58.34
50 Breast
IAN WRIGHTSON 30 VMST 28.34
MICHAEL KONTOS 34 VMST 33.48
100 Breast
✓ IAN WRIGHTSON 30 VMST 1:02.83
MICHAEL KONTOS 34 VMST 1:11.54
200 Breast
MICHAEL KONTOS 34 VMST 2:36.98
50 Fly
DAVID MALSBUURY 33 VMST 25.86
KEVIN EMERY 33 SABS 27.12
CHRIS FLOOD 32 VMST 28.37
Novice 50 Fly
JOHN THOREEN 30 SABS 32.90
100 Fly
CHRIS STEVENSON 30 VMST 54.10
DAVID MALSBUURY 33 VMST 59.80
KEVIN EMERY 33 SABS 1:02.19
100 IM
AL WALSH 34 VMST 58.25
DAVID MALSBUURY 33 VMST 58.67
KEVIN EMERY 33 SABS 1:03.99
200 IM
DAVID MALSBUURY 33 VMST 2:13.44
PADRAIC BAXTER 33 UNAT 2:24.46

Men 35-39

Novice 50 Free
TIMOTHY DAYTON 36 SABS 25.44
50 Free
CARTER GRANT 35 VMST 22.97
JAMES MCFARLAND 36 VMST 24.61
PAUL HUGHES 36 SABS 24.93

BILL BURCIN 37 VMST 25.59
DARRELL COFSKY 38 SABS 25.66
JAMES HAMEL 36 VMST 28.35
100 Free
CARTER GRANT 35 VMST 51.01
JAMES MCFARLAND 36 VMST 53.62
TIMOTHY DAYTON 36 SABS 56.12
PAUL HUGHES 36 SABS 56.69
JON BEARD 35 VMST 58.21
BILL BURCIN 37 VMST 1:07.06
BERNIE DONNELLY 39 VMST 1:07.10
200 Free
JAMES MCFARLAND 36 VMST 1:58.13
TIMOTHY DAYTON 36 SABS 2:06.95
PATRICK RYAN 36 VMST 2:13.03
500 Free
JAMES MCFARLAND 36 VMST 5:23.95
WILLIAM MARTIN 35 VMST 6:28.82
1000 Free
WILLIAM MARTIN 35 VMST 13:20.51
1650 Free
✓ JAMES MCFARLAND 36 VMST 19:05.61
VIC MICKUNAS 39 VMST 23:05.78
50 Back
BILL BURCIN 37 VMST 31.51
PAUL HUGHES 36 SABS 33.09
Novice 50 Back
TIMOTHY DAYTON 36 SABS 31.87
100 Back
JON BEARD 35 VMST 1:08.91
DARRELL COFSKY 38 SABS 1:12.78
TRAY HALVERSON 39 VMST 1:13.42
50 Breast
✓ MIKE SLOWEY 37 VMST 29.15
JAMES HAMEL 36 VMST 34.38
100 Breast
✓ MIKE SLOWEY 37 VMST 1:04.44
PATRICK RYAN 36 VMST 1:07.89
WILLIAM MARTIN 35 VMST 1:16.95
200 Breast
✓ MIKE SLOWEY 37 VMST 2:24.54
PATRICK RYAN 36 VMST 2:27.93
50 Fly
DARRELL COFSKY 38 SABS 27.99
BILL BURCIN 37 VMST 28.62
JON BEARD 35 VMST 29.83
TRAY HALVERSON 39 VMST 31.81
JAMES HAMEL 36 VMST 32.15
100 Fly
MIKE SLOWEY 37 VMST 1:03.15
JON BEARD 35 VMST 1:05.47
WILLIAM MARTIN 35 VMST 1:09.85
100 IM
MIKE SLOWEY 37 VMST 1:00.98
PAUL HUGHES 36 SABS 1:09.25
WILLIAM MARTIN 35 VMST 1:12.06
TRAY HALVERSON 39 VMST 1:12.47
200 IM
WILLIAM MARTIN 35 VMST 2:36.28
400 IM
MIKE SLOWEY 37 VMST 4:42.65

Men 40-44

Novice 50 Free
W. ROBB SULTZER 43 VMST 28.18
MANNY KLAMMER 44 VMST 32.03
CRAIG CAMPESI 40 VMST 36.31
50 Free
DODGE HAVENS 42 UNAT 24.20
DAVID HEFNER 40 VMST 24.26

JIM MILLER 44 VMST 27.32
M. BLAINE PEARSALL 42 SABS 28.11
ROBERT BENNINGER 42 VMST 34.41
100 Free
DODGE HAVENS 42 UNAT 53.76
JIM MILLER 44 VMST 59.52
M. BLAINE PEARSALL 42 SABS 1:02.06
A. JOHN KUTA 41 VMST 1:06.10
STEVE SWIFT 42 VMST 1:06.77
TODD LUTTERBEIN 40 UNAT 1:07.67
JIM REYNOLDS 42 VMST 1:11.15
CRAIG CAMPESI 40 VMST 1:19.80
GENE SORRELL 41 VMST 1:26.77
200 Free
DODGE HAVENS 42 UNAT 2:03.98
W. ROBB SULTZER 43 VMST 2:25.89
CRAIG CAMPESI 40 VMST 2:59.29
500 Free
W. ROBB SULTZER 43 VMST 6:59.40
EARL BYERS 43 SABS 7:56.03
CRAIG CAMPESI 40 VMST 8:03.18
1000 Free
W. ROBB SULTZER 43 VMST 13:38.02
A. JOHN KUTA 41 VMST 15:00.18
1650 Free
STEVE SWIFT 42 VMST 22:55.25
JOHN CURTIS 42 VMST 22:58.42
EARL BYERS 43 SABS 28:09.32
50 Back
DAVID HEFNER 40 VMST 28.44
EARL BYERS 43 SABS 39.92
Novice 50 Back
MANNY KLAMMER 44 VMST 39.98
ROBERT BENNINGER 42 VMST 47.63
100 Back
JIM MILLER 44 VMST 1:14.89
M. BLAINE PEARSALL 42 SABS 1:16.44
EARL BYERS 43 SABS 1:25.08
200 Back
EARL BYERS 43 SABS 3:17.51
50 Breast
SEAN WEBB 43 VMST 32.33
JIM REYNOLDS 42 VMST 36.51
STEVE SWIFT 42 VMST 36.87
Novice 50 Breast
MANNY KLAMMER 44 VMST 46.65
100 Breast
SEAN WEBB 43 VMST 1:12.44
JIM REYNOLDS 42 VMST 1:21.13
200 Breast
SEAN WEBB 43 VMST 2:44.98
50 Fly
DODGE HAVENS 42 UNAT 27.65
W. ROBB SULTZER 43 VMST 31.36
M. BLAINE PEARSALL 42 SABS 32.36
100 IM
✓ DAVID HEFNER 40 VMST 1:03.55
DODGE HAVENS 42 UNAT 1:04.97
STEVE SWIFT 42 VMST 1:15.58
JIM REYNOLDS 42 VMST 1:19.17
200 IM
W. ROBB SULTZER 43 VMST 2:50.44

Men 45-49

Novice 50 Free
BAYLIS R CARSON 45 UNAT 29.90
JOSEPH ROGISH 45 SABS 31.78
50 Free
RAMSEY WHARTON 49 VMST 25.91
EDWIN MCCOWAN 47 VMST 27.14

ERIC MILLER 47 VMST 31.41

100 Free

EDWIN MCCOWAN 47 VMST 59.60

BAYLIS R CARSON 45 UNAT 1:07.29

JOSEPH ROGISH 45 SABS 1:19.78

200 Free

BAYLIS R CARSON 45 UNAT 2:31.24

1000 Free

MIKE DUIGNAN 48 VMST 13:27.97

EDWIN MCCOWAN 47 VMST 13:32.71

50 Back

WILLIAM PHARIS 47 VMST 34.85

ERIC MILLER 47 VMST 38.01

100 Back

WILLIAM PHARIS 47 VMST 1:28.15

200 Back

WILLIAM PHARIS 47 VMST 2:59.11

50 Breast

DAVID FRISCH 45 1776 30.96

EDWIN MCCOWAN 47 VMST 35.07

Novice 50 Breast

JOSEPH ROGISH 45 SABS 41.90

100 Breast

DAVID FRISCH 45 1776 1:09.59

EDWIN MCCOWAN 47 VMST 1:18.46

50 Fly

ERIC MILLER 47 VMST 31.16

100 IM

DAVID FRISCH 45 1776 1:02.86

WILLIAM PHARIS 47 VMST 1:18.25

Men 50-54

Novice 50 Free

LARRY ROUSSELL 52 UNAT 32.53

EDWIN HOWER 52 VMST 36.63

50 Free

HOWARD BUTTS 53 VMST 32.27

100 Free

HOWARD BUTTS 53 VMST 1:18.58

200 Free

MIKE STOTT 52 VMST 2:38.09

HOWARD BUTTS 53 VMST 2:58.90

1000 Free

MIKE STOTT 52 VMST 14:51.66

50 Back

WARNER BRUNDAGE 51 VMST 34.96

MIKE STOTT 52 VMST 43.32

Novice 50 Back

EDWIN HOWER 52 VMST 48.34

50 Breast

✓ WARNER BRUNDAGE 51 VMST 33.51

HOWARD BUTTS 53 VMST 40.78

MIKE STOTT 52 VMST 41.63

100 Breast

✓ WARNER BRUNDAGE 51 VMST 1:12.19

HOWARD BUTTS 53 VMST 1:32.08

200 Breast

✓ WARNER BRUNDAGE 51 VMST 2:39.70

50 Fly

RANDOLPH WISE 52 VMST 29.05

MIKE STOTT 52 VMST 35.33

Novice 50 Fly

LARRY ROUSSELL 52 UNAT 37.78

100 IM

WARNER BRUNDAGE 51 VMST 1:08.41

RANDOLPH WISE 52 VMST 1:13.01

MIKE STOTT 52 VMST 1:21.98

200 IM

RANDOLPH WISE 52 VMST 2:43.53

400 IM

✓ WARNER BRUNDAGE 51 VMST 5:21.53

Men 55-59

100 Free

DON WALTER 59 DCM 1:27.31

200 Free

CARL RUSS 59 VMST 2:46.10

500 Free

CARL RUSS 59 VMST 7:30.89

1000 Free

CARL RUSS 59 VMST 15:25.96

DON WALTER 59 DCM 16:35.35

200 Back

CARL RUSS 59 VMST 2:56.61

100 Breast

DON WALTER 59 DCM 1:52.06

Men 65-69

50 Free

FORREST SULLIVAN 65 VMST 33.28

1000 Free

✓ FORREST SULLIVAN 65 VMST 15:30.64

50 Back

✓ FORREST SULLIVAN 65 VMST 37.87

100 Back

✓ FORREST SULLIVAN 65 VMST 1:22.98

200 Back

FORREST SULLIVAN 65 VMST 3:08.11

50 Breast

NORMAN RAINER 66 VMST 43.17

100 Breast

NORMAN RAINER 66 VMST 1:41.84

50 Fly

FORREST SULLIVAN 65 VMST 35.46

Men 70-74

50 Back

✓ CALVIN BARNES 71 VMST 41.33

100 Back

✓ CALVIN BARNES 71 VMST 1:28.24

200 Back

✓ CALVIN BARNES 71 VMST 3:13.04

100 IM

✓ CALVIN BARNES 71 VMST 1:33.99

200 IM

CALVIN BARNES 71 VMST 3:26.37

Men 75-79

50 Back

✓ HARRY HOWELL 77 VMST 47.34

50 Breast

HARRY HOWELL 77 VMST 51.23

50 Fly

✓ HARRY HOWELL 77 VMST 51.96

200 IM

✓ HARRY HOWELL 77 VMST 3:58.74

Women - Relays

200 Medley Relay

VMST 25+ 2:17.44

A. Moncure(28)/P. Powis(34)/

M. Dean(29)/C. Bolek(31)

SABS 35+ 3:32.23

B. Herrmann(55)/D. Pearsall(42)/

B. Boyd(41)/N. Smith(55)

VMST 45+ 3:03.28

B. Durrant(53)/C. Weisner(46)/

R. Wilkins(54)/J. Averrett(58)

200 Free Relay

VMST 25+ 2:43.66

D. Tripp-Leino(33)/H. Stevenson(35)/

K. Kaufmann(30)/K. Costello(39)

SABS 35+ 3:14.84

Pearsall(42)/Herrmann(65)/Smith(55)/Boyd(41)

Men - Relays

200 Medley Relay

SABS 19+ 1:55.73

P. Hughes(36)/D. Gormann(23)/

K. Emery(33)/T. Dayton(36)

VMST A 25+ 1:41.10

C. Stevenson(30)/I. Wrightson(30)/

J. Wolfe(26)/C. Grant(35)

VMST B 25+ 1:50.56

D. Malsbury(33)/P. Ryan(35)/

A. Walsh(34)/S. Johnstone(30)

SABS 25+ 2:16.76

E. Byers(41)/B. Pearsall(42)/

J. Thoreen(30)/D. Cofsky(30)

VMST 35+ 1:52.09

D. Heffner(40)/M. Slowey(37)/

B. Burcin(37)/S. Webb(43)

VMST 55+ 2:38.58

F. Sullivan(65)/N. Rainer(66)/

C. Russ(59)/C. Barnes(71)

200 Free Relay

SABS 19+ 1:41.08

D. Gorman(23)/K. Emery(33)/

P. Hughes(36)/T. Dayton(36)

VMST 19+ 1:44.92

S. Johnstone(30)/M. Kontos(34)/

C. Cockrell(26)/J. Liguori(20)

VMST 35+ 1:50.33

W. Martin(35)/J. Beard(35)/

J. Reynolds(42)/T. Halverson(39)

SABS 35+ 2:00.43

D. Cofsky(38)/J. Rogish(45)/

E. Byers(43)/B. Pearsall(42)

VMST 45+ 1:56.34

E. McCowan(47)/H. Butts(53)/

W. Pharis(47)/E. Miller(47)

VMST 55+ 2:16.02

F. Sullivan(65)/N. Rainer(66)/

C. Russ(59)/C. Barnes(71)

Mixed Relays

200 Medley Relay

VMST 35+ 2:05.28

T. Gault(44)/T. Freer(41)/

S. Webb(43)/M. Slowey(37)

200 Free Relay

VMST 25+ 1:37.55

A. Phillips(29)/C. Bolek(31)/

A. Walsh(34)/C. Stevenson(30)

VMST 35+ 1:44.27

C. Grant(35)/D. Heffner(40)/

H. Stevenson(35)/T. Gault(44)



USMS Top Ten

Long Course Meters



Women 25 - 29

Beth Gardner

50 m Back 34.09 (3)

100 m Back 1:17.58 (6)

50 m Fly 31.93 (6)

Women 30 - 34

Betty Belknap

50 m Breast 38.68 (5)

Women 35-39

Lisa Bennett

400 m Free 5:18.53 (10)

50 m Breast 36.97 (2)

100 m Breast 1:23.71 (2)

200 m Breast 3:05.53 (4)

200 m I.M. 2:45.69 (6)

Women 50 - 54

Judy Decker

400 m Free 6:28.97 (7)

800 m Free 13:30.86 (8)

100 m Back 1:36.53 (7)

200 m Back 3:26.98 (6)

100 m Fly 1:47.25 (7)

100 m I.M. 3:28.48 (6)

Betsy Durrant

200 m Free 3:01.08 (7)

50 m Back 44.35 (10)

100 m Back 1:38.26 (8)

200 m Back 3:24.66 (5)

50 m Brreast 45.05 (4)

100 m Breast 1:41.87 (7)

200 m Breast 3:46.54 (7)

Women 55 - 59

Johnnie Detrick

50 m Free 35.53 (3)

100 m Free 1:23.11 (6)

50 m Breast 46.63 (4)

100 m Breast 1:44.08 (5)

200 m Breast 3:51.08 (6)

Women 80 - 84

Marie Kelleher

50 m Free 59.62 (6)

100 m Free 2:18.79 (6)

200 m Free 4:52.06 (5)

50 m Fly 1:23.80 (2)

100 m Fly 3:11.53 (4)

200 m I.M. 6:14.81 (3)

Men 25 - 29

Jeff Utsch

100 m Free 53.61 (1)

200 m Free 1:59.12 (3)

400 m Free 4:15.11 (2)

Clark Campbell

200 m Free 2:04.25 (8)

400 m Free 4:25.63 (5)

800 m Free 9:25.02 (3)

Men 35 - 39

David Shepherd

200 m Free 2:02.28 (2)

Michael Slowey

50 m Breast 32.47 (4)

100 m Breast 1:12.30 (5)

200 m Breast 2:43.09 (6)

Men 65 - 69

William Irwin

50 m Free 31.77 (6)

200 m Free 2:53.22 (6)

400 m Free 6:21.96 (6)

50 m Breast 42.94 (8)

100 m Breast 1:42.41 (10)

50 m Fly 37.17 (8)

200 m I.M. 3:25.75 (6)

Mixed 200 m Medley Relay

160 - 199

VMST 2:16.73 (6)

Mike Duignan, Michael Slowey,
Diane Cayce, Lisa Bennett

240 - 279

VMST 2:42.23 (2)

Betsy Durrant, Johnnie Detrick,
Forrest Sullivan, William Irwin

Women 200 m Free Relay

120 - 159

VMST 2:15.68 (6)

Wendy Knick, Jean Benson,
Colette Jamerson, Beth Gardner

160 - 199

VMST 2:22.65 (6)

Nancy Miller, Diane Cayce,
Linda McCowan, Lisa Bennett

240 - 279

VMST 2:49.90 (3)

Marie Kelleher, Judy Decker,
Betsy Durrant, Johnnie Detrick

Women 200 m Medley Relay

169-199

VMST 3:22.49 (10)

Georgiana Baker, Charlene Ellested,
Linda McCowan, Karen Costello

200 - 239

VMST 2:35.67 (1)

Judy Decker, Betsy Durrant,
Lisa Bennett, Johnnie Detrick

Men 200 m Free Relay

200 - 239

VMST 2:00.48 (6)

Edwin McCowan, Jim Miller,
Mike Duignan, William Irwin

Men 200 m Medley Relay

120 - 159

VMST 2:09.27 (10)

Michael Slowey, Pat Ryan,
Michael Cook, Jim Miller

Mixed 200 m Free Relay

120 - 159

VMST 1:57.70 (6)

Michael Cook, Michael Slowey,
Diane Cayce, Lisa Bennett

240 - 279

VMST 2:34.83 (4)

Marie Kelleher, William Irwin,
Johnnie Detrick, Jim Miller

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Places to Swim Across Virginia

BLACKSBURG: Contact Lucille Griffin (703)552-5943

CHARLOTTESVILLE: Smith Pool - M-Th:7:30-9PM. Contact
Craig C. Clift (804)293-6657

CHESAPEAKE: YMCA (804)547-9622

CHESTER: Chester Family YMCA - 3011 W. Hundred Road.
Contact Jay Crawford (804)748-9622

HARRISONBURG: Contact Susan Lees Arnold (703)434-6224
LYNCHBURG: Lynchburg YMCA - Contact Jim McFarland
 (703)384-1556

NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming;
YMCA - Some coached workouts. Call for times.
(804)622-9622

NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th:
8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong
(703)368-0309

PORTSMOUTH: YMCA (804)399-5511

RICHMOND: Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804)740-9622

ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703)992-1736 (home) (703)981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703)982-7665

STAFFORD: Fitness University - Aquia Towne Center, Route 1
MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock
(703)659-6737

STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703)885-6069

VIRGINIA BEACH: Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804)496-6766; Kempsville (804)474-8492; Bayside (804)460-7540; Bow Creek (804)431-3765; Princess Anne (804)426-0022

WILLIAMSBURG: James City Co. Rec. Center - Longhill Road,
Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach).
(804)229-5676

Please let the editors know if your pool is not listed in this column.