

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

March 15, 1997

Getting Ready for the Spring Meets

The entry for the Zone Championship meet in Ft. Lauderdale is included in this issue. The entry is due by April 1, so fill it out now and get it in the mail right away.

Jim Miller is once again coordinating relays. Please read the article on page 3 and fill out the relay forms if you are planning to attend the Zone Championship (Ft. Lauderdale), USMS SC Nationals (Federal Way, WA), or the Pan Pacific Championship (Maui, HI). Getting the best possible relays and scoring the most possible points is a tough job since our team is so spread out geographically. Give Jim all the help you can by letting him know your times and what relays you will be available to swim.

For those of you who are members of a YMCA, the entry deadline for YMCA Masters Nationals (in Indianapolis) is April 1. All swimmers from your Y must be on the same entry form and the entry must be signed by your YMCA director.

Correction to February Newsletter

In the VMST list of February Birthdays, I omitted the last two. My apologies to Jacqueline Wallace and Richard Wewerka for the omission and to Beth Waters who sent me the correct list.

Jacqueline Wallace	Midlothian	2/21/63	34
Richard Wewerka	Woodbridge	2/17/48	49

Meet Warm-Ups by Betsy Durrant

What do you do when you get to a meet and have the opportunity to use the pool for warm-up? Do you have a set routine for meets? Do you skip warm-up? Ever wonder what others do for warm-up? My warm-up routine has changed over the years that I have been competing. As I spoke with various team members over the last month, I have asked them to send me their meet warm-up. I have included a few below and will continue to include them as space allows. With each name, I have included the age group.

Forrest Sullivan (65-69): Long slow free for 400-500; 200-250 backstroke with turns at both ends to get the feel of the pool walls, then 3 or 4 50's backstroke at race pace for the 200; as many of the sprint 25's in both fly and back to make me feel good about my starts.

James Wolfe (25-29): This is the same warm up that I did in college. 300-600 swim (depending on how I feel); 150-200 kick; 200-300 swim; some build up swims, 50's or 25's; some pace swim, usually 50's; 100-200 easy.

"A lot of what I do depends on how I'm feeling. If I'm really sore and tired I'll swim a lot more, sometimes even up to 1500 before I really start doing some fast stuff. If I feel loose and good I will only go a total of 600-800 before getting out. Knowing my body and what it's telling me is a great help."

Jeanne Crouse (40-44): A total of 500-800 or up to 1000 if I feel like I really need to stretch out. 500 easy; 50's to get time and check pace; turns, especially fly; dives.



MEET SCHEDULE

March 15, 1997

Ft Eustis - Mary Rebarchak (757) 766-3554

March 22, 1997

Roanoke - Bill Pharis (540) 890-2867

March 22, 1997

Greensboro, NC - Jennifer Kowalski (910) 272-2016

April 5-6, 1997

Raleigh, NC

Contact Sharon Barrell (919) 834-6518

April 6, 1997

1000/1650 UMBC, Catonsville, MD

Barbara Protzman (410) 788-2964

April 12, 1997

Albatross Open, North Bethesda, MD

Contact: Nadine Clayton (301) 530-5054

April 18-20, 1997

Zone Meet - Ft Lauderdale, FL

Entry enclosed

May 1-4, 1997

YMCA Nationals, Indianapolis, IN

May 15-18, 1997

USMS SC Nationals, Federal Way, WA

August 14-18, 1997

USMS LC Nationals, Orlando, FL

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317-939-0873

OPEN WATER SCHEDULE

May 25, 1997

#USMS 1-3 Mile Championship, Reston, VA

Contact Tom Yorty, 12817 Gatepost Crt,

Herndon, VA 22071, (703) 476-6853

June 8, 1997

Great Chesapeake Bay Swim

211 E. Baltimore St #6, Baltimore, MD 21202

(410) 783-5482. Last year, race was full in mid April.

June 15, 1997

*#Jack King 1-Mile Ocean Swim, Virginia Beach

July 12, 1997

*#USMS 2-Mile Cable Championship, Charlottesville

**Entries will be in the May LMSC newsletter.*

Reston, Virginia Beach, and Charlottesville races

are the Virginia Championship Series. Swim all 3!

CAMPS AND CLINICS

Total Immersion Adult Swim Camps

Contact Terry Laughlin, (914) 294-3510

For calendar of camps (800) 609-SWIM

<http://www.totalimmersion.pair.com>

totalswimm@aol.com

Premier Stroke Clinic Series

Contact Clay Britt (301) 231-9740

Coral Springs Masters Swimming Camps

Contact Judy Bonning, Coral Springs Aquatics

12441 Royal Palm Blvd, Coral Springs, FL 33065

Peak Performance Swim Clinics

Contact: Troy Dalbey, (888) 229-SWIM

Featuring Tom Dolan, Jeff Rouse, and other

1996 Olympians

<http://www.workdwideswim.com>

Championship Season

by Jim Miller

Believe it or not, we are entering soon into the 1997 championship season. This will feature several new events that are available to you to consider. Not only do we have Long Course and Short Course National Championships, for which you will see entry forms appearing in your *SWIM* magazine (Short Course was in the Jan/Feb issue), but also you have an interzone championship that was announced in your last newsletter.

The Zone Championship is an exciting new event pitting the Dixie Zone south of us against our Colonies Zone, which includes all states from Virginia north to Maine on the eastern seaboard. This meet will be held in the spectacular Hall of Fame Pool in Fort Lauderdale, Florida. The entry form is enclosed. The protocol for this meet is that you will have the ability to swim 3 events per day as an individual (total of 9), as well as having the opportunity of participating in multiple relays. Because of the nature of this facility, I anticipate the conclusion of each day by 3:30 in the afternoon, allowing you to have grand opportunity on the beautiful beaches, which are no more than 50 yards away.

The relay forms involving this championship as well as the others appear on this page and page 4. Please make sure that you indicate several things on these forms.

- (1) Times
- (2) The type of course that the times apply to
- (3) A shirt size for the traditional gift from Virginia Masters to athletes that have dedicated so much of their time, effort, and travel expenses to participate and represent our club.
- (4) Availability for particular relays at a given meet.

The other unique meet this year is the exciting PAN Pacific Games to be held in Maui, HI, June 25 - June 29. This should be a spectacular event, with a wonderful facility and beautiful surroundings making an experience that no one should miss. So, if you are on the fence and undecided, **think again**, this will be a jewel event.

Please be aware that Pan Pacs is a long course meet and an international event. Please make sure that you put your birth date on this relay form since your age as of December 31 determines your age for

international competition.

Once again, I look forward to seeing you at any of these events. Thank you for getting the forms back to me promptly. You will note the deadline for each relay form is highlighted in bold. Also join me in thanking VMST who pays for your relay entry fees. **Get ready to swim fast!**

Send relay forms to:

Dr. Jim Miller, 1447 Johnston-Willis Dr,
Richmond, VA 23235
Fax: (804) 320-2717

Availability for USMS SC Nationals (due to Jim Miller by April 15)

Friday:	_____ 200 Free
	_____ 200 Mixed Medley
Saturday	_____ 200 Mixed Free
Sunday	_____ 200 Medley

Availability for Pan Pacs in Maui (due to Jim Miller by April 15)

Tuesday	_____ 200 Mixed Free
Wednesday	_____ 200 Medley
Friday	_____ 200 Mixed Medley
Saturday	_____ 200 Free

Forms are continued on next page.

Availability for Zone Relays (Ft Lauderdale)
(due to Jim Miller March 15 or ASAP)

Friday's Relays:

_____ 400 Free _____ 200 Mixed Free
_____ 400 Medley

Saturday's Relays:

_____ 400 Mixed Free _____ 200 Medley
_____ 200 Mixed Medley

Sunday's Relays

_____ 800 Mixed _____ 400 Mixed Medley
_____ 200 Free

ALL

VMST Combination Relay Form for:

"The Zone Showdown"	April 18-20
USMS SC Nationals	May 15-18
Pan Pacifics - Maui, HI	June 24-29

Name: _____
Phone: _____ (Home)
 _____ (Work)
Birthday: _____

	TIMES		
	SCY	SCM	LCM
50 Fly	_____	_____	_____
50 Back	_____	_____	_____
50 Breast	_____	_____	_____
50 Free	_____	_____	_____
100 Fly	_____	_____	_____
100 Back	_____	_____	_____
100 Breast	_____	_____	_____
100 Free	_____	_____	_____
200 Free	_____	_____	_____

T-Shirt Size: SM MED LG XL XXL

If you are going to any one of the 3 meets, fill out this form and return it to Jim Miller ASAP. Jim's address and fax number are on page 3.

In and Out of the Water

Great meet in Richmond! **Nancy and Jim Miller** did their usual outstanding job of putting on a meet, hosting the social, and officiating as needed. There was a great crowd at the social, those who were entered in the meet and many who were not. That's typical of **VMST** - never pass up the party.

In the January newsletter, I mentioned that we needed an address for **Karen Talmadge**. I had a great response. A letter from **Lisa Bennett** with the address, e-mail from **Linda McCowan**, and then a call from Karen. In addition, Karen came from Charlotte to the meet in Richmond. She has joined a NC team, but is reconsidering.

Also at the Richmond meet: **Kim Wise**, helping out (when will she compete again?), **Rhea Wilkins** (now living in Apex, NC), **Linda and Ed McCowan** (from Indiana). **Deb Cain** drove down from Wilmington, DE, on Sunday to see everyone. She had entered the meet, but was having back problems. **Chuck Wilmore** actually arrived in time for warm-up. Was that a first for him?

Classic comment from the meet. I asked Molly Dean how the meet was going for her. Her reply: "I'm having a great meet. After 25 years of swimming, I finally realize that if I go to practice, I swim better in meets."

Mark Gill has promised me an article about a meet in January in Charlotte. I look forward to hearing about **Johnnie Detrick's** new record in the 550 yard freestyle (no, that's not a misprint).

An interesting note from "The Swimmer's Source" about the Southern Pacific (CA) SCM Championship meet which was won by the UCLA Bruin Masters team. "Probably the most notable accomplishment by the Bruin Masters was that all of their swimmers who competed on the first day of the meet swam the 200 meter butterfly composing 28 of 59 entrants in that event. In September, head coach Gerry Rodrigues had set the goal that every member of Bruin Masters be able to swim a 200 butterfly by the SPMA SCM Championships at the end of November." Wow!

Editor's note: I intended to print the fliers with details of the USMS Marketing Committee's MasterCard and Calling Card offers, but I have run out of space in this issue. See last issue, *SWIM* or call me for more information.

A Note from the President

by Beth Waters

Many thanks go to Nancy and Jim Miller for hosting the meet at Riverside Wellness and Fitness Center. It was a great meet and the results are in this newsletter. (Personally, I liked having the 500 free on the first day rather than at the end of the meet.)

If you are planning to attend the Showdown (Zone meet in Florida) or short course nationals, please complete the relay form and return it to Jim Miller. We really would like to know that you are going. (The relay form is included in this newsletter.)

Don't forget to check the calendar of events - lots of things are happening this spring!

March Birthdays

* indicates "aging up"

Thomas Bennett	Virginia Beach	3/11/68	29
Charlotte Boxley	Roanoke	3/12/62	35*
Sheri Burichin	Roanoke	3/03/70	27
Diane Cayce	Richmond	3/02/56	41
David Finn	Richmond	3/25/44	53
Deborah Fish	Fredericksburg	3/05/65	32
Robyn Frazier	Roanoke	3/25/55	42
James Hart	Goodview	3/19/33	64
John Houston III	Gainesville	3/02/53	44
Nancy Hunyady	Newport News	3/18/59	38
Scott Johnstone	Midlothian	3/26/64	33
Susan Kelly	Stafford	3/29/55	42
Aasha Leahy	Blacksburg	3/02/65	28
George Lee	Richmond	3/10/55	42
Mary Lee	Newport News	3/03/59	38
Jeanie Miller	Floyd	3/31/67	30*
Billie Millner	Newport News	3/21/29	68
Ashby Moncure	Richmond	3/22/66	31
Donald Sedberry	West Point	3/07/31	66
KC Selhorst, JR	Midlothian	3/05/67	30*
James Slaugh	Bealeton	3/02/45	52
Kort Sprenger	Blacksburg	3/11/70	27
Roberta Sugden	Lynchburg	3/29/17	80*
Sheri Vaughn	Roanoke	3/24/63	34

VMST Results - Postal Pentathlon

Below are the results of the Postal Pentathlon. The event can be swum anytime and anyplace between September 15 and December 15. All events in each pentathlon have to be done on the same day. This is the eighth year for this event, which is sponsored by Minnesota Masters.

Sprint Pentathlon (4 x 50, 100 IM)

Debbie Fish	30-34	5th
Janet Dresch	40-44	4th
Susan Kelly	40-44	5th
Charlene Magee	55-59	1st

Middle Distance (4 x 100, 200 IM)

Janet Dresch	40-44	3rd
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Ironman (4 x 200, 400 IM)

Mathilde Huber	65-69	1st
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Two New Swimming Books

I am reading Phil Whitten's The Complete Book of Swimming. Phil is the editor of *Swim* and *Swimming World* magazines. The book is very enjoyable reading, but then, it is on my favorite subject. I got my copy at Waldenbooks.

Tom Denes, president of Montgomery (MD) Ancient Mariners Masters swim team, has written a book of workouts that sounds like a good idea. It's called The Waterproof Coach and consists of heavyweight waterproof pages that can be taken pool-side. Warm ups, main sets, and cool downs can be mixed and combined in different ways. I have not seen a copy of this book yet, but will ask Tom about it at the next meet. Phone number for information and ordering is (301) 564-4234.

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.
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 through 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.

**COLONTES
DIXIE**

1997 USMS # _____ Club: _____

**ATTACH
COPY
OF USMS
CARD
HERE**

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

MEN

EVT

1000 FREE
400 FREE RELAY
50 BREAST
200 FREE
200 BACK
100 IM
50 FLY
400 MEDLEY RELAY
200 MIXED FREE RELAY

	2
SEE RELAY FORM	4
	6
	8
	10
	12
	14
SEE RELAY FORM	16
SEE RELAY FORM	17

Enter
times
in
proper
column

**Limit
3
events
per
day**

WOMEN

19	SEE RELAY FORM
21	SEE RELAY FORM
23	
25	
27	
29	
31	
33	SEE RELAY FORM
35	SEE RELAY FORM
37	

SATURDAY @ 9:00 am

800 FREE RELAY
200 MIXED MEDLEY RELAY
100 BREAST
200 FLY
100 FREE
50 BACK
200 IM
200 MEDLEY RELAY
400 MIXED FREE RELAY
500 FREE

SEE RELAY FORM	20
SEE RELAY FORM	21
	24
	26
	28
	30
	32
SEE RELAY FORM	34
SEE RELAY FORM	35
	38

MEN

**Limit
3
events
per
day**

39 SEE RELAY FORM
41
43
45
47
49
51 SEE RELAY FORM
53 SEE RELAY FORM
55

SUNDAY @ 9:00 am

800 MIXED FREE RELAY
400 IM
100 BACK
200 BREAST
50 FREE
100 FLY

400 MIXED MEDLEY RELAY
200 FREE RELAY
1650 FREE

SEE RELAY FORM	39
	42
	44
	46
	48
	50
SEE RELAY FORM	51
SEE RELAY FORM	54
	56

Enter
times
in
proper
column

Meet Fee	(required of all swimmers)	<u>\$10.00</u>
Event Charge	\$3.00 ea. x _____ events	_____
Results mailed	\$5.00 ea. x ☐ SHOWDOWN ☐ COLONIES ☐ DIXIE	_____
TOTAL ENTRY:		_____

*** PLEASE SIGN RELEASE BELOW ***

I, 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: _____

Get out your magnifying glass. I had to reduce results to fit the newsletter.

LMSC FOR VIRGINIA

02/16/97 2:27P Pg 1
VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Ages 19 Through 24 ...				Women 50 Breast				Women 200 Breast							
PL	Name	Age Team	Finals	1	TRACEY KOLS	25 UNAT	30.05	1	CHARLOTTE BOXLEY	34 VNST	2:57.47				
				Women 50 Breast				39.02 1:24.44 2:57.91							
				1 <th>ROSEY DANIELS</th> <th>28 VNST</th> <th>30.82</th>	ROSEY DANIELS	28 VNST	30.82	2 <th>KAREN TALLMADGE</th> <th>34 UNAT</th> <th>3:06.10</th>	KAREN TALLMADGE	34 UNAT	3:06.10				
				2 <th>KEATHE MCCUFF</th> <th>27 VNST</th> <th>42.42</th>	KEATHE MCCUFF	27 VNST	42.42	49.60 1:27.03 3:06.10							
				Women 100 Fly				Women 50 Fly							
				1 <th>VALERIE WELLEN</th> <th>26 VNST</th> <th>1:09.31</th>	VALERIE WELLEN	26 VNST	1:09.31	1 <th>MOLLY DEAN</th> <th>31 VNST</th> <th>39.07</th>	MOLLY DEAN	31 VNST	39.07				
				Women 200 IM				2 <th>PRISCILLA BETTIS</th> <th>32 UNAT</th> <th>30.49</th>				PRISCILLA BETTIS	32 UNAT	30.49	
				1 <th>VALERIE WELLEN</th> <th>26 VNST</th> <th>2:31.19</th>	VALERIE WELLEN	26 VNST	2:31.19	Women 50 Fly							
				33.43 <th>1:12.05</th> <th>2:31.19</th> <td></td> <td>1<th>SHERI VANDON</th><th>33 VNST</th><th>32.55</th></td>	1:12.05	2:31.19		1 <th>SHERI VANDON</th> <th>33 VNST</th> <th>32.55</th>	SHERI VANDON	33 VNST	32.55				
				Ages 30 Through 34 ...				2 <th>CHARLOTTE BOXLEY</th> <th>34 VNST</th> <th>32.89</th>				CHARLOTTE BOXLEY	34 VNST	32.89	
				PL	Name	Age Team	Finals <td colspan="4">Women 100 Fly</td> <td></td>	Women 100 Fly							
				Women 50 Free				1 <th>MOLLY DEAN</th> <th>31 VNST</th> <th>1:04.99</th>				MOLLY DEAN	31 VNST	1:04.99	
				1 <th>DEBORAH FISH</th> <th>31 VNST</th> <th>35.30</th>	DEBORAH FISH	31 VNST	35.30	2 <th>SHERI VANDON</th> <th>33 VNST</th> <th>1:12.59</th>				SHERI VANDON	33 VNST	1:12.59	
				Women 100 Free				3 <th>V. VAN NORN PATE</th> <th>34 VNST</th> <th>1:17.23</th>				V. VAN NORN PATE	34 VNST	1:17.23	
				1 <th>MOLLY DEAN</th> <th>31 VNST</th> <th>58.39</th>	MOLLY DEAN	31 VNST	58.39	4 <th>LYNN MOERHAUF</th> <th>31 VNST</th> <th>1:24.95</th>				LYNN MOERHAUF	31 VNST	1:24.95	
				2 <th>LYNN MOERHAUF</th> <th>31 VNST</th> <th>1:12.64</th>	LYNN MOERHAUF	31 VNST	1:12.64	Women 130 IM							
				3 <th>SKELLY IRONSIDE</th> <th>33 VNST</th> <th>1:15.17</th>	SKELLY IRONSIDE	33 VNST	1:15.17	1 <th>CAYCEE BUSCAGLIA</th> <th>32 VNST</th> <th>1:10.98</th>				CAYCEE BUSCAGLIA	32 VNST	1:10.98	
				4 <th>DEBORAH FISH</th> <th>31 VNST</th> <th>1:16.32</th>	DEBORAH FISH	31 VNST	1:16.32	2 <th>PRISCILLA BETTIS</th> <th>32 UNAT</th> <th>1:12.62</th>				PRISCILLA BETTIS	32 UNAT	1:12.62	
				Women 200 Free				3 <th>SHERI VANDON</th> <th>33 VNST</th> <th>1:14.72</th>				SHERI VANDON	33 VNST	1:14.72	
				1 <th>MOLLY DEAN</th> <th>31 VNST</th> <th>2:07.93</th>	MOLLY DEAN	31 VNST	2:07.93	4 <th>KAREN TALLMADGE</th> <th>34 UNAT</th> <th>1:20.56</th>				KAREN TALLMADGE	34 UNAT	1:20.56	
				2 <th>LYNN MOERHAUF</th> <th>31 VNST</th> <th>2:41.01</th>	LYNN MOERHAUF	31 VNST	2:41.01	5 <th>LYNN MOERHAUF</th> <th>31 VNST</th> <th>1:22.49</th>				LYNN MOERHAUF	31 VNST	1:22.49	
				36.59 <th>1:16.10</th> <th>2:41.01</th>	1:16.10	2:41.01		6 <th>AMY SMITH</th> <th>34 VNST</th> <th>1:24.53</th>				AMY SMITH	34 VNST	1:24.53	
				Women 50 Free				7 <th>SKELLY IRONSIDE</th> <th>33 VNST</th> <th>1:26.13</th>				SKELLY IRONSIDE	33 VNST	1:26.13	
				1 <th>MOLLY DEAN</th> <th>31 VNST</th> <th>5:39.75</th>	MOLLY DEAN	31 VNST	5:39.75	Women 200 IM							
				2 <th>DEBORAH FISH</th> <th>31 VNST</th> <th>7:30.99</th>	DEBORAH FISH	31 VNST	7:30.99	1 <th>SHERI VANDON</th> <th>33 VNST</th> <th>2:38.24</th>				SHERI VANDON	33 VNST	2:38.24	
				Women 50 Back				33.59 <th>1:15.99</th> <th>2:38.24</th> <td></td>				1:15.99	2:38.24		
				1 <th>CAYCEE BUSCAGLIA</th> <th>32 VNST</th> <th>31.37</th>	CAYCEE BUSCAGLIA	32 VNST	31.37	2 <th>SKELLY IRONSIDE</th> <th>33 VNST</th> <th>3:02.42</th>				SKELLY IRONSIDE	33 VNST	3:02.42	
				2 <th>V. VAN NORN PATE</th> <th>34 VNST</th> <th>34.37</th>	V. VAN NORN PATE	34 VNST	34.37	40.18 <th>1:30.34</th> <th>3:02.42</th>				1:30.34	3:02.42		
				3 <th>DEBORAH FISH</th> <th>31 VNST</th> <th>40.19</th>	DEBORAH FISH	31 VNST	40.19	3 <th>LYNN MOERHAUF</th> <th>31 VNST</th> <th>3:02.43</th>				LYNN MOERHAUF	31 VNST	3:02.43	
				Women 100 Back				39.33 <th>1:25.53</th> <th>3:02.43</th> <td></td>				1:25.53	3:02.43		
				1 <th>CAYCEE BUSCAGLIA</th> <th>32 VNST</th> <th>1:09.31</th>				CAYCEE BUSCAGLIA	32 VNST	1:09.31	Ages 35 Through 39 ...				
				2 <th>V. VAN NORN PATE</th> <th>34 VNST</th> <th>1:13.04</th>				V. VAN NORN PATE	34 VNST	1:13.04	PL		Name	Age Team	Finals
				3 <th>CHARLOTTE BOXLEY</th> <th>34 VNST</th> <th>1:17.17</th>				CHARLOTTE BOXLEY	34 VNST	1:17.17					
				Women 200 Back				Women 50 Free							
				1 <th>CAYCEE BUSCAGLIA</th> <th>32 VNST</th> <th>2:30.71</th>	CAYCEE BUSCAGLIA	32 VNST	2:30.71	1 <th>DEBBY BILLS</th> <th>35 VNST</th> <th>34.90</th>				DEBBY BILLS	35 VNST	34.90	
				34.24 <th>1:11.79</th> <th>2:30.71</th>	1:11.79	2:30.71		2 <th>KARLA HOFFMAN</th> <th>36 UNAT</th> <th>25.40</th>				KARLA HOFFMAN	36 UNAT	25.40	
				Women 50 Breast				Women 50 Free							
				1 <th>CHARLOTTE BOXLEY</th> <th>34 VNST</th> <th>38.24</th>	CHARLOTTE BOXLEY	34 VNST	38.24	1 <th>PATTY POWIS</th> <th>36 VNST</th> <th>38.05</th>				PATTY POWIS	36 VNST	38.05	
				2 <th>KAREN TALLMADGE</th> <th>34 UNAT</th> <th>38.63</th>	KAREN TALLMADGE	34 UNAT	38.63	2 <th>ARTA CALLAHAN</th> <th>39 DON</th> <th>38.47</th>				ARTA CALLAHAN	39 DON	38.47	
				Women 100 Breast				3 <th>DEBI BERKOWDES</th> <th>38 UNAT</th> <th>38.99</th>				DEBI BERKOWDES	38 UNAT	38.99	
				1 <th>CHARLOTTE BOXLEY</th> <th>34 VNST</th> <th>1:21.44</th>	CHARLOTTE BOXLEY	34 VNST	1:21.44	4 <th>SHERY DOWDY</th> <th>35 VNST</th> <th>39.02</th>				SHERY DOWDY	35 VNST	39.02	
				2 <th>KAREN TALLMADGE</th> <th>34 UNAT</th> <th>1:24.65</th>	KAREN TALLMADGE	34 UNAT	1:24.65	5 <th>CRITCHIE SMITH</th> <th>37 VNST</th> <th>39.70</th>				CRITCHIE SMITH	37 VNST	39.70	
				3 <th>SKELLY IRONSIDE</th> <th>33 VNST</th> <th>1:37.23</th>	SKELLY IRONSIDE	33 VNST	1:37.23	6 <th>SUEAN BLEISTEIN</th> <th>39 VNST</th> <th>38.32</th>				SUEAN BLEISTEIN	39 VNST	38.32	
				Women 160 Free				Women 160 Free							
				1 <th>ARTA CALLAHAN</th> <th>39 DON</th> <th>1:01.77</th>	ARTA CALLAHAN	39 DON	1:01.77	1 <th>ARTA CALLAHAN</th> <th>39 DON</th> <th>1:01.77</th>				ARTA CALLAHAN	39 DON	1:01.77	
				2 <th>DONNA SARGENT</th> <th>36 VNST</th> <th>1:02.53</th>	DONNA SARGENT	36 VNST	1:02.53	2 <th>DONNA SARGENT</th> <th>36 VNST</th> <th>1:02.53</th>				DONNA SARGENT	36 VNST	1:02.53	
				3 <th>DEBI BERKOWDES</th> <th>38 UNAT</th> <th>1:03.30</th>	DEBI BERKOWDES	38 UNAT	1:03.30	3 <th>DEBI BERKOWDES</th> <th>38 UNAT</th> <th>1:03.30</th>				DEBI BERKOWDES	38 UNAT	1:03.30	
				4 <th>SHERY DOWDY</th> <th>35 VNST</th> <th>1:06.54</th>	SHERY DOWDY	35 VNST	1:06.54	4 <th>SHERY DOWDY</th> <th>35 VNST</th> <th>1:06.54</th>				SHERY DOWDY	35 VNST	1:06.54	

LMSC FOR VIRGINIA

02/16/97 2:28P Pg 3

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Women 100 IM				Women 200 Breast				Women 200 Fly			
1 HOLLY BRODERSON	45	VMST	1:26.36	1 DOROTHY MILES	55	VMST	3:41.43	1 JAYNE BRUNER	62	DCM	3:14.84
2 LINDA MCCOMAN	47	UNAT	1:34.40	47.91	1:45.43	3:41.43		40.76	1:32.91	3:14.84	
Women 200 IM				Women 50 Fly				Women 100 IM			
1 LINDA MCCOMAN	47	UNAT	3:31.21	1 RUKA WILKINS	56	VMST	48.39	1 JAYNE BRUNER	62	DCM	1:17.71
1:49.06	3:31.21			2 RUKA WILKINS	56	VMST	1:43.27	2 JOAN AVERETTE	60	VMST	1:54.79
--- Ages 50 Through 54 ---				Women 100 IM				3 VERA SUI	64	VMST	2:12.29
PL Name	Age	Team	Finals	1 CHARLIE MAGEE	55	VMST	1:33.44	Women 200 IM			
Women 50 Free				2 RUKA WILKINS	56	VMST	1:43.27	1 JONONIE DETRICK	61	VMST	3:13.01
1 ROSEMARY DANSON	51	VMST	40.93	44.83	1:31.27	3:04.21		44.89	1:37.90	3:13.01	
46.36	1:37.32	3:37.84		--- Ages 65 Through 69 ---				--- Ages 65 Through 69 ---			
Women 200 Free				1 Betsy DURANT	55	VMST	3:04.21	PL Name	Age	Team	Finals
1 ROSEMARY DANSON	51	VMST	3:24.05	44.83	1:31.27	3:04.21		Women 50 Free			
46.36	1:37.32	3:37.84		2 RUKA WILKINS	56	VMST	3:39.29	1 JEANIE MEREDITH	68	VMST	40.62
Women 50 Breast				50.41	1:50.49	3:39.66		2 B. KERKMAN-KENN	67	VMST	48.11
1 ROSEMARY DANSON	51	VMST	53.79	--- Ages 60 Through 64 ---				Women 100 Free			
Women 100 Breast				PL Name	Age	Team	Finals	1 JEANIE MEREDITH	68	VMST	1:35.43
1 ROSEMARY DANSON	51	VMST	1:55.02	Women 50 Free				2 ROBERTA SUGDEN	79	VMST	1:22.44
Women 200 IM				1 JONONIE DETRICK	61	VMST	32.29	3 VICTORIA HARRIS	77	VMST	1:45.42
1 ROSEMARY DANSON	51	VMST	3:47.10	2 JOAN AVERETTE	60	VMST	41.23	Women 100 Fly			
53.52	1:54.35	3:47.10		3 JOAN AVERETTE	60	VMST	47.08	1 VICTORIA HARRIS	77	VMST	4:35.31
--- Ages 55 Through 59 ---				Women 100 Free				Women 100 IM			
PL Name	Age	Team	Finals	1 JAYNE BRUNER	62	DCM	1:06.96	1 RUTH GOOD	76	VMST	2:30.61
Women 100 Free				2 JONONIE DETRICK	61	VMST	1:14.07	ROBERTA SUGDEN	79	VMST	DC
42.27	1:32.79	3:19.09		3 JOAN AVERETTE	60	VMST	1:33.43	Women 200 IM			
Women 200 Free				4 JAKE PHARIS	63	VMST	1:50.91	1 VICTORIA HARRIS	77	VMST	DC
1 DOROTHY MILES	55	VMST	3:19.09	Women 200 Free				Men 50 Fly			
42.27	1:32.79	3:19.09		1 VERA SUI	64	VMST	4:23.12	1 ADAM CARSON	23	UNAT	27.85
Women 50 Back				59.11	2:09.02	4:23.12		Men 50 Fly			
1 RUKA WILKINS	56	VMST	52.46	Women 500 Free				1 HAROLD COLLINS	22	ODMS	29.54
Women 100 Back				1 ANN BERQUIST	63	VMST	18:13.97	Men 100 IM			
1 BETSY DURANT	55	VMST	1:26.34	Women 1650 Free				1 SCOTT FINNEY	21	VMST	1:04.47
2 CHARLIE MAGEE	55	VMST	1:35.00	1 JOAN AVERETTE	60	VMST	9:28.39	Men 200 IM			
Women 200 Back				Women 1000 Free				1 HAROLD COLLINS	22	ODMS	DO
1 CHARLIE MAGEE	55	VMST	3:16.57	1 JONONIE DETRICK	61	VMST	28:07.79	Men 50 Breast			
45.44	1:35.16	3:17.42		Women 50 Back				1 JAMES WOLFLE	28	VMST	25.81
Women 50 Breast				1 JAKE PHARIS	63	VMST	52.97	--- Ages 25 Through 29 ---			
1 DOROTHY MILES	55	VMST	46.01	2 JOAN AVERETTE	60	VMST	55.86	PL Name	Age	Team	Finals
2 RUKA WILKINS	56	VMST	51.48	3 VERA SUI	64	VMST	57.90	Men 100 Fly			
Women 100 Breast				Women 100 Back				1 ADAM CARSON	23	UNAT	1:02.89
1 BETSY DURANT	55	VMST	1:33.59	1 JAKE PHARIS	63	VMST	1:53.35	Men 100 IM			
2 DOROTHY MILES	55	VMST	1:41.94	Women 50 Breast				1 SCOTT FINNEY	21	VMST	1:04.47
				1 JAYNE BRUNER	62	DCM	38.45	Men 200 IM			
				2 JONONIE DETRICK	61	VMST	42.34	1 HAROLD COLLINS	22	ODMS	DO
				Women 50 Fly				Men 50 Free			
				1 VERA SUI	64	VMST	58.57	1 KURT SPRENGER	26	VMST	23.61
				Women 100 Fly				2 C. KELLEN	28	TRIG	24.18
				1 JAYNE BRUNER	62	DCM	1:24.57	3 MARK GILL	28	VMST	24.38
				Women 500 Breast				4 DAVID RICE	29	AVMS	24.40
				1 KEN NEWBOLD	73	VMST	4:13.94	Men 100 Fly			
				1:41.03	2:08.31	4:13.94		1 MARK GILL	28	VMST	1:01.89
				Women 50 Back				2 CHARLES COCKRELL	28	VMST	1:02.45
				1 BEP CREMERS	72	VMST	1:41.23	Men 100 IM			
				Women 500 Free				1 JAMES WOLFLE	28	VMST	58.88
				1 KEN NEWBOLD	73	VMST	1:23.87	2 BRIAN HAYES	29	UNAT	58.47

LMSC FOR VIRGINIA

02/16/97 2:28P Pg 4

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

--- Ages 75 Through 79 ---				Men 100 Free				Men 200 Free							
PL Name	Age	Team	Finals	1 PRESTON MARTIN	23	ODMS	56.42	1 JAMES WOLFLE	28	VMST	1:59.79				
Women 50 Free				1 SCOTT FINNEY	21	VMST	2:07.31	27.21	57.46	1:59.79					
1 E. WOLLENBERG	76	VMST	57.30	28.99	1:00.60	2:07.31		2 DAVID RICE	29	AVMS	2:02.53				
Women 100 Free				Men 500 Free				27.46	58.88	2:02.53					
1 RUTH GOOD	76	VMST	2:32.24	1 BRIAN HOOKER	23	UNAT	5:48.88	3 CHARLES COCKRELL	28	VMST	2:19.08				
Women 50 Back				2 HECTOR MIGLIACCI	23	VMST	6:07.64	26.69	56.47	2:19.08					
1 RUTH GOOD	76	VMST	1:52.89	Men 1650 Free				Men 500 Free							
2 VICTORIA HARRIS	77	VMST	1:53.91	1 BRIAN HOOKER	23	UNAT	20:40.89	1 JAMES WOLFLE	28	VMST	5:19.58				
Women 100 Back				Men 50 Back				2 CHARLES COCKRELL	28	VMST	5:47.11				
1 VICTORIA HARRIS	77	VMST	2:45.91	1 HAROLD COLLINS	22	ODMS	29.59	Men 50 Back							
Women 50 Breast				Men 100 Back				1 BRIAN HAYES	29	UNAT	27.50				
1 RUTH GOOD	76	VMST	1:19.51	1 HAROLD COLLINS	22	ODMS	1:02.20	2 KURT SPRENGER	26	VMST	27.75				
2 ROBERTA SUGDEN	79	VMST	1:30.34	Men 50 Breast				3 MARK GILL	28	VMST	30.18				
Women 50 Fly				1 ROBERT BUTCHER	24	TERR	28.72	4 THOMAS BENNETT	28	VMST	31.97				
1 E. WOLLENBERG	76	VMST	1:15.34	2 SCOTT FINNEY	21	VMST	31.44	Men 100 Back							
2 ROBERTA SUGDEN	79	VMST	1:22.44	3 PRESTON MARTIN	23	ODMS	34.50	1 KURT SPRENGER	26	VMST	58.85				
3 VICTORIA HARRIS	77	VMST	1:45.42	Men 100 Breast				2 THOMAS BENNETT	28	VMST	1:06.55				
Women 100 Fly				1 ROBERT BUTCHER	24	TERR	1:01.51	Men 200 Back							
1 VICTORIA HARRIS	77	VMST	4:35.31	2 SCOTT FINNEY	21	VMST	1:05.94	1 KURT SPRENGER	26	VMST	2:07.95				
Women 100 IM				3 PRESTON MARTIN	23	ODMS	1:12.60	28.74	59.76	2:07.95					
1 RUTH GOOD	76	VMST	2:30.61	Men 200 Breast				Men 50 Breast							
ROBERTA SUGDEN	79	VMST	DC	1 ROBERT BUTCHER	24	TERR	2:19.31	1 DARRIN GORMAN	25	VMST	28.76				
Women 200 IM				31.23	1:07.35	2:19.31		2 BRIAN HAYES	29	UNAT	29.13				
1 VICTORIA HARRIS	77	VMST	DC	Men 50 Fly				Men 100 Breast							
--- Ages 80 Through 84 ---				1 ADAM CARSON	23	UNAT	27.85	1 DARRIN GORMAN	25	VMST	1:02.02				
PL Name	Age	Team	Finals	Men 50 Fly				2 BRIAN HAYES	29	UNAT	1:03.50				
Women 200 Free				1 HAROLD COLLINS	22	ODMS	29.54	3 JAMES WOLFLE	28	VMST	1:05.90				
1 MARIE KELLEHER	84	VMST	4:19.31	Men 100 Fly				4 CHARLES COCKRELL	28	VMST	1:06.74				
1:52.43	2:10.02	4:19.32		1 ADAM CARSON	23	UNAT	1:02.89	Men 200 Breast							
Women 50 Back				Men 100 IM				1 BRIAN HAYES	29	UNAT	2:20.03				
1 MARIE KELLEHER	84	VMST	1:14.82	1 SCOTT FINNEY	21	VMST	1:04.47	31.77	1:07.93	2:20.03					
Women 50 Breast				Men 200 IM				2 CHARLES COCKRELL	28	VMST	2:27.28				
1 MARIE KELLEHER	84	VMST	1:12.84	1 HAROLD COLLINS	22	ODMS	DO	34.45	2:11.71	2:27.28					
Women 100 IM				--- Ages 25 Through 29 ---				Men 50 Fly							
1 MARIE KELLEHER	84	VMST	2:45.44	PL Name				Age	Team	Finals	1 JAMES WOLFLE	28	VMST	25.81	
Women 200 Free				Men 50 Free				Men 100 Fly				2 KURT SPRENGER	26	VMST	26.17
1 MARIE KELLEHER	84	VMST	2:32.37	1 KURT SPRENGER	26	VMST	23.61	Men 200 Breast				3 MARK GILL	28	VMST	26.20
Women 500 Free				2 C. KELLEN	28	TRIG	24.18	Men 50 Breast				Men 200 IM			
1 KEN NEWBOLD	73	VMST	2:07.22	3 MARK GILL	28	VMST	24.38	1 JAMES WOLFLE	28	VMST	57.88				
2 BEP CREMERS	72	VMST	3:30.94	4 DAVID RICE	29	AVMS	24.40	2 BRIAN HAYES	29	UNAT	58.47				
Women 100 Free				5 DAVID BENTLEY	29	AVMS	25.58	3 DARRIN GORMAN	25	VMST	59.38				
1 KEN NEWBOLD	73	VMST	4:13.94	Men 100 Free				Men 100 Fly				Men 200 Breast			
1:41.03	2:08.31	4:13.94		1 C. KELLEN	28	TRIG	52.67	1 MARK GILL	28	VMST	1:01.89				
1:52.43	2:10.02	4:13.94		2 DAVID RICE	29	AVMS	54.72	2 CHARLES COCKRELL	28	VMST	1:02.45				
Women 200 Free				Men 500 Free				Men 100 IM				Men 500 Free			
1 KEN NEWBOLD	73	VMST	2:07.22	Men 100 Free				Men 200 IM				Men 1000 Free			
1:41.03	2:08.31	2:07.22		Men 500 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:10.02	2:07.22		Men 1000 Free				Men 200 IM				Men 1000 Free			
1:52.43	2:														

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Men 400 IM				Men 200 Breast				Men 200 Back							
1 JAMES WOLFE	28	VNST	4:36.67	1 GEORGE SUSHKOFF	31	VNST	2:32.89	1 GEDHARD LANZARA	38	VNST	2:26.69				
2 CHARLES COCKRELL	38	VNST	DQ	35.53	1:14.53	2:32.89	34.63	1:11.27	2:26.69						
-----				Men 50 Fly				Men 50 Breast							
--- Ages 30 Through 34 ---				1 CHRIS STEVENSON				1 MICHAEL SLOWEY							
PL	Name	Age	Team	Finals	Men 50 Fly				2 DAVID HALESBURY						
-----				1 M. ARMSTRONG				3 MICHAEL KONTOS							
Men 50 Free				Men 100 Fly				Men 100 Breast							
1 M. ARMSTRONG	34	UNAT	25.79	1 CHRIS STEVENSON	32	VNST	54.79	1 MICHAEL SLOWEY	39	VNST	1:05.13				
Men 50 Free				2 GEORGE SUSHKOFF				2 MICHAEL KONTOS							
1 STEVEN VOLLER	32	VNST	25.21	2 STEVEN VOLLER	32	VNST	1:04.34	2 MICHAEL KONTOS	36	VNST	1:14.04				
2 DAVID WITTE	31	UNAT	26.73	Men 100 IM				3 GEDHARD LANZARA							
Men 100 Free				1 M. ARMSTRONG				Men 200 Breast							
1 GEORGE SUSHKOFF	31	VNST	54.66	1 M. ARMSTRONG	34	UNAT	1:04.82	1 MICHAEL SLOWEY	39	VNST	2:26.14				
2 STEVEN VOLLER	32	VNST	57.74	2 S. THORNTON	32	VNST	1:16.53	2 MICHAEL KONTOS	36	VNST	2:41.70				
3 DAVID WITTE	31	UNAT	58.12	Men 200 IM				Men 50 Fly							
4 SEAN CANTRELL	31	VNST	1:05.80	1 STEVEN VOLLER	32	VNST	2:31.74	1 DAVID HALESBURY	35	VNST	26.08				
Men 200 Free				28.14				1:06.77				2 GEDHARD LANZARA			
1 CHRIS STEVENSON				32				VNST				1:50.84			
25.65				53.91				1:50.84				--- Ages 35 Through 39 ---			
2 GEORGE SUSHKOFF				31				VNST				1:57.43			
27.33				56.54				1:57.43				PL Name Age Team Finals			
3 DAVID WITTE				31				UNAT				2 STEVE BAILEY			
30.28				1:04.77				2:18.39				Men 50 Free			
4 SEAN CANTRELL				31				VNST				2:30.78			
33.36				1:10.04				2:30.78				1 STEVE BAILEY			
Men 500 Free				1 M. ARMSTRONG				34				UNAT			
1 M. ARMSTRONG				34				UNAT				6:07.46			
Men 500 Free				1 SCOTT JOHNSSTONE				32				VNST			
1 SCOTT JOHNSSTONE				32				VNST				5:27.03			
Men 1000 Free				1 CHRIS STEVENSON				32				VNST			
1 CHRIS STEVENSON				32				VNST				10:31.37			
2 SCOTT JOHNSSTONE				32				VNST				11:25.66			
3 DAVID WITTE				31				UNAT				14:24.02			
4 SEAN CANTRELL				31				VNST				14:30.31			
Men 1500 Free				1 M. ARMSTRONG				34				UNAT			
1 M. ARMSTRONG				34				UNAT				21:48.20			
Men 50 Back				1 M. ARMSTRONG				34				UNAT			
1 M. ARMSTRONG				34				UNAT				31.10			
Men 100 Back				1 CHRIS STEVENSON				32				VNST			
1 CHRIS STEVENSON				32				VNST				54.23			
2 M. ARMSTRONG				34				UNAT				1:07.75			
Men 200 Back				1 CHRIS STEVENSON				32				VNST			
1 CHRIS STEVENSON				32				VNST				2:00.32			
27.84				58.26				2:00.32				Men 50 Breast			
Men 50 Breast				1 S. THORNTON				32				VNST			
1 S. THORNTON				32				VNST				36.74			
Men 100 Breast				1 GEORGE SUSHKOFF				31				VNST			
1 GEORGE SUSHKOFF				31				VNST				1:10.17			

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Men 200 Free			Men 100 IM			Men 500 Free		
1 BRIAN BATTERSON	44	VHST 2:14.19	1 DAVID HEFNER	42	VHST 1:04.40	1 JIM MILLER	46	VHST 6:19.00
30.43 1:04.59	2:14.19		2 DOUGIE HAVENS	44	VHST 1:04.42	1 PHILLIP GATES	48	AVHS DO
2 STEVE WATKINS	42	UNAT 2:14.22	3 TRAY HALVERSON	41	VHST 1:12.00	Men 1000 Free		
32.21 1:04.30	2:14.22		4 ED MILLER	44	VHST 1:13.89	1 BR CARSON	47	UNAT 14:43.08
Men 500 Free			5 JAMES REYNOLDS	44	VHST 1:17.02	Men 1650 Free		
1 GRAY EDWARDS	42	VHST 6:17.98	STEVE WATKINS	42	UNAT DO	1 RON HAGEE	49	VHST 25:06.98
2 KEVIN HALLIGAN	42	VHST 6:17.72	Men 200 IM			Men 50 Back		
3 ED MILLER	44	VHST 6:19.54	1 JOHN FEINSTEIN	41	ANOH 2:34.30	1 ERIC MILLER	49	VHST 35.40
Men 500 Free			30.52 1:09.57	2:34.30		2 WILLIAM PHARIS	49	VHST 36.19
1 JOHN FEINSTEIN	41	ANOH 6:03.90	2 STEVE WATKINS	42	UNAT 2:35.74	Men 100 Back		
2 BRIAN BATTERSON	44	VHST 6:24.10	32.59 1:14.37	2:36.35		1 JIM MILLER	46	VHST 1:12.71
Men 1000 Free			3 DON EDELL	44	VHST 2:37.31	2 WILLIAM PHARIS	49	VHST 1:21.55
1 GENE SORRELL	43	VHST 18:45.29	32.96 1:15.25	2:37.31		Men 50 Breast		
Men 1650 Free			JOHN KUTA	43	VHST DO	1 SEAN WEBB	45	VHST 32.43
1 GRAY EDWARDS	42	VHST 21:49.58	38.95 1:29.01	DO		2 JOHN KIM	47	VHST 32.93
2 KUDHALL DAVIS	43	VHST 24:02.01	-----			1 CHRIS HAAS	46	VHST 38.82
3 GENE SORRELL	43	VHST 34:08.29	--- Ages 45 Through 49 ---			Men 50 Breast		
Men 50 Back			PL Name	Age Team	Finals	1 PAUL WIESNER	49	VHST 39.31
1 JOHN FEINSTEIN	41	ANOH 31.60	-----			Men 100 Breast		
2 TRAY HALVERSON	41	VHST 34.91	Men 50 Free			1 SEAN WEBB	45	VHST 1:13.46
3 VICTOR MICKUNAS	41	VHST 36.28	1 RICHARD STONE	46	VHST 30.95	2 PAUL WIESNER	49	VHST 1:29.43
Men 100 Back			Men 50 Free			Men 50 Fly		
1 JOHN FEINSTEIN	41	ANOH 1:11.21	1 LARRY SLOAN	49	DOH 24.93	1 S. FILATOV	47	VHST 28.54
2 VICTOR MICKUNAS	41	VHST 1:21.44	2 SEAN WEBB	45	VHST 25.60	2 ERIC MILLER	49	VHST 29.86
KEVIN HALLIGAN	42	VHST DO	3 DAVID OAKES	46	UNAT 26.74	3 CHRIS HAAS	46	VHST 33.03
Men 200 Back			4 JIM MILLER	46	VHST 27.05	Men 50 Fly		
1 VICTOR MICKUNAS	41	VHST 2:15.08	5 DAVID HARMON	47	ANOH 27.14	1 RICHARD STONE	46	VHST 41.54
42.32 1:28.52	2:15.08		6 CHRIS HAAS	46	VHST 27.46	Men 100 Fly		
Men 50 Breast			7 ERIC MILLER	49	VHST 27.86	1 S. FILATOV	47	VHST 1:04.45
1 KUDHALL DAVIS	42	VHST 36.54	8 BR CARSON	47	UNAT 30.05	2 ERIC MILLER	49	VHST 1:15.50
2 TRAY HALVERSON	41	VHST 37.78	9 WILLIAM PHARIS	49	VHST 30.18	Men 200 Fly		
JAMES REYNOLDS	44	VHST DO	Men 100 Free			1 S. FILATOV	47	VHST 2:13.32
Men 100 Breast			1 LARRY SLOAN	49	DOH 54.59	32.93 1:12.70	2:32.22	
1 DAVID HEFNER	42	VHST 1:14.43	2 JOHN KIM	47	VHST 58.81	Men 100 IM		
2 KUDHALL DAVIS	43	VHST 1:21.41	1 JIM MILLER	46	VHST 59.75	1 JOHN KIM	47	VHST 1:05.29
3 DON EDELL	44	VHST 1:23.55	4 DAVID OAKES	46	UNAT 1:00.17	2 PAUL WIESNER	49	VHST 1:10.01
4 JAMES REYNOLDS	44	VHST 1:23.69	5 DAVID HARMON	47	ANOH 1:00.82	Men 260 IM		
Men 50 Fly			6 BR CARSON	47	UNAT 1:06.32	1 WILLIAM PHARIS	49	VHST 3:02.56
1 DOUGIE HAVENS	44	VHST 26.59	Men 200 Free			38.19 1:25.70	3:02.56	
2 JOHN FEINSTEIN	41	ANOH 27.20	1 LARRY SLOAN	49	DOH 2:05.13	-----		
3 ED MILLER	44	VHST 30.47	29.55 1:01.41	2:05.13		--- Ages 50 Through 54 ---		
4 TRAY HALVERSON	41	VHST 31.57	2 DAVID OAKES	46	UNAT 2:15.05	PL Name	Age Team	Finals
5 STEVE WATKINS	42	UNAT 32.54	29.38 1:02.91	2:15.05		-----		
Men 100 Fly			3 DAVID HARMON	47	ANOH 2:20.78	Men 50 Free		
1 JOHN FEINSTEIN	41	ANOH 1:01.53	32.59 1:09.41	2:20.78		1 KANE HOLSKADE	50	VHST 35.34
2 BRIAN BATTERSON	44	VHST 1:12.99	4 BR CARSON	47	UNAT 2:34.36	2 P. GRUBENBERGER	50	DOH 27.20
3 ED MILLER	44	VHST 1:14.34	35.42 1:14.23	2:34.46		3 JAMES SLAYEN	51	VHST 30.44
						4 DON BINGLEY	54	VHST 31.55

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Men 100 Free				
1	HANK MOLEMADE	50	VMST	56.08
2	P. GRUENBERGER	50	DOH	59.93
3	JAMES SLAUGH	51	VMST	1:06.46
4	DON BINGLEY	54	VMST	1:10.72
5	HARRY DELONG	53	VMST	1:11.52
Men 200 Free				
1	HANK MOLEMADE	50	VMST	2:12.18
2	P. GRUENBERGER	50	DOH	2:15.05
3	P. GRUENBERGER	50	DOH	2:14.49
4	JIM MYERBERG	54	DOH	2:18.29
5	JAMES SLAUGH	51	VMST	2:12.84
6	HARRY DELONG	53	VMST	2:32.86
Men 500 Free				
1	MARKER BRUNDAGE	53	VMST	6:17.26
Men 1000 Free				
1	JIM MYERBERG	54	DOH	13:43.09
2	JAMES SLAUGH	51	VMST	14:59.10
Men 50 Back				
1	HANK MOLEMADE	50	VMST	32.18
2	DON BINGLEY	54	VMST	50.70
Men 100 Back				
1	HARRY DELONG	53	VMST	1:27.40
Men 200 Back				
1	JIM MYERBERG	54	DOH	2:42.83
2	HARRY DELONG	53	VMST	2:42.83
Men 50 Breast				
1	MARKER BRUNDAGE	53	VMST	34.36
2	NORMAN HANKINS	53	VMST	43.38
Men 100 Breast				
1	MARKER BRUNDAGE	53	VMST	1:15.56
2	NORMAN HANKINS	53	VMST	DO
Men 200 Breast				
1	MARKER BRUNDAGE	53	VMST	2:43.81
2	MARKER BRUNDAGE	53	VMST	2:43.81
Men 50 Fly				
1	JAMES SLAUGH	51	VMST	34.93
2	HILL GABER	53	VMST	36.19
3	DON BINGLEY	54	VMST	40.42
Men 100 IM				
1	MARKER BRUNDAGE	53	VMST	1:30.94
2	HILL GABER	53	VMST	1:23.21
3	HARRY DELONG	53	VMST	1:23.54
4	DON BINGLEY	54	VMST	1:35.53

Men 200 Back				
1	NIEL SNEEN	61	FROM	3:09.90
2	GILBERT WHEELER	62	VMST	3:10.08
Men 50 Breast				
1	CHUCK WILMORE	62	VMST	40.96
Men 100 IM				
1	GILBERT WHEELER	62	VMST	1:40.16
Men 50 Free				
1	ROBERT TAYLOR	58	VMST	33.12
2	PETER HOUCK	58	VMST	35.43
Men 100 Free				
1	HOWARD BUTTS	55	VMST	1:16.57
2	ROBERT TAYLOR	58	VMST	1:20.44
3	RICHARD HILTON	56	UNAT	1:25.53
Men 200 Free				
1	ROBERT TAYLOR	58	VMST	3:08.50
2	RICHARD HILTON	56	UNAT	3:11.43
Men 1650 Free				
1	PETER HOUCK	58	VMST	30:01.97
Men 50 Back				
1	ROBERT TAYLOR	58	VMST	45.71
Men 50 Breast				
1	HOWARD BUTTS	55	VMST	40.39
2	ROBERT TAYLOR	58	VMST	44.85
Men 100 Breast				
1	HOWARD BUTTS	55	VMST	1:33.63
Men 50 Fly				
1	PETER HOUCK	58	VMST	DO
Men 100 IM				
1	HOWARD BUTTS	55	VMST	1:33.66
Men 50 Free				
1	CHUCK WILMORE	62	VMST	32.34
2	GILBERT WHEELER	62	VMST	36.53
Men 100 Free				
1	CHUCK WILMORE	62	VMST	1:12.76
2	GILBERT WHEELER	62	VMST	1:24.15
Men 200 Free				
1	CHUCK WILMORE	62	VMST	2:44.54
2	CHUCK WILMORE	62	VMST	2:44.54
Men 50 Back				
1	NIEL SNEEN	61	FROM	37.39
2	GILBERT WHEELER	62	VMST	45.70
Men 100 Back				
1	NIEL SNEEN	61	FROM	1:21.99
2	GILBERT WHEELER	62	VMST	1:40.51

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 15-16, 1997

Event Results for Timed Finals

Men 100 Fly				
1	FRANCIS HALL	70	UNAT	1:30.38
Men 100 IM				
1	CALVIN BARNES	73	VMST	1:34.19
Mixed 200 R-Medley				
1	ODDS A K-19	ODDS	2:04.26	
2	HAROLD COLLINS-23M	PRESTON MARTIN-23M		
3	KRISTIN LAKE-24M	M. THIBODEAUX-22M		
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Main Set

This main set is Mary Ann Peterson's favorite. The purpose of this set is to work on swimming at race pace as you get tired.

4 x 50 on 45 {Repeat 3 times.}
3 x 100 on 1:45

50's should be on interval that gives you about 5 seconds rest when you start. Making the interval on the last 2 50's of each set is challenging. The 100's are to recover. Mary Ann says it takes the 3 100's to fully recover.



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