

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

March 15, 1998

World Championships In Perth, Australia

by Jim Miller M.D.

World Championships are very frequently an overlooked event in the United States, but from the Australian perspective, it is the largest aquatic event held, including the Olympic Games. It is at this venue that new events are tested prior to introduction into an Olympic Game. This year's World Championships featured one hundred and twenty-two nations and included the sports of pool swimming, synchronized swimming, synchronized diving, diving, water polo (men and women), and open water swimming. One year ago, I was selected as one of the eight physicians who will travel with the United States Swimming teams internationally for this quadrennium, which will end in Sydney. Hopefully, I'll be lucky enough to be on that final trip. I was the first physician selected to travel with the long distance swimming team.

Our team left for Australia on December 29th. We met in Los Angeles and then flew as a group to Sydney and from there straight on to Perth. We arrived much worse for the wear at approximately 3 pm in Perth on December 31st. The first training occurred soon after arriving on the 31st; no one was awake for the Australian New Year's celebrations!

The 5K Swim was held on January 7th in the Indian Ocean on a hot 116 degree day. Erica Rose won the gold medal for the United States, and Megan Ryther finished strong in 4th place. John Flanagan, Austin Ramirez, Megan Ryther, and Erica Rose won the Combined Team title for the 5K by just 2 seconds over Italy. Russia was 4 seconds behind, with Australia pushed into 4th place, out of medal placement by just 2 seconds. This is truly an incredible statistic when you realize that this is calculated by taking the top 3 times within your

team of 4 and combining them to determine the team position.

Opening ceremonies were very exciting and occurred on the 8th. Our medal winners wore their leather Stetson hats proudly to lead all of the US teams in their traditional march into the stadium. I will never forget what it felt like to represent the US team and wear our uniform in front of the nations of the world. Opening ceremonies were spectacular, rivaling those of any Olympic Games.

The 25K Swim was conducted on January 11th with temperatures at 96 degrees. We had good fortune once again in the women's events. Tobie Smith won the women's 25K Swim, and the team consisting of Tobie Smith, Karen Burton, Chuck Wiley, and Nathan Stooke combined for a bronze medal finish. The swim was once again in the Indian ocean with a support boat for each athlete, medical facilities, and an overhead aircraft watching for shark movement.

As a team, we were able to attend several water polo matches for both men and women and watched one evening of pool finals. The Long Distance Swimming Team remained one of the most decorated teams that the United States sent, and I was indeed proud to be a part of that. The athletes involved ranged in age from Erica at 15 years old to Karen at 36 years old, a Masters record holder and coach of the Master's team training at the Air Force Academy.

On January 13th we started the long trip home, leaving at 4 o'clock in the morning and arriving home at 11 o'clock the following evening. Certainly it was good to get home and see family and friends. I am still sharing anecdotal stories with Nancy, who was not allowed to go under the rules of U.S. Swimming and the U.S. Olympic Committee.

Results of the Richmond meet can be found on pages 8-15.

Calendar Page

Camps and Clinics

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 294-3510. For calendar of camps 800-609-SWIM.

www.totalimmersion.pair.com or e-mail: totalswimm@aol.com

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

Meet Schedule

April 4: VMST meet at Fort Eustis.

Entry was in the January and February newsletters.

Contact: Mary Rebarchak, 757-878-1090.

Entry is also available on line at

www.vabch.com/cockrell/swim.html

April 4: Albatross Open, Montgomery Aquatic Center, North Bethesda, MD.

Contact: Steve Jolles, 301-926-7306 or

Dave Harmon, 301-972-1417.

April 11: VMST meet in Roanoke.

Entry was in the January and February newsletters.

Contact: Howard Butts, 540-992-1736 or

Bill Pharis, 540-890-2867.

April 18-19: Raleigh, NC.

Contact: Sharen Barrell, 706 Kimbrogh St, Raleigh, NC 27608.

April 23-26: YMCA Nationals, Fort Lauderdale, FL.

May 7-10: USMS SC Nationals, Indianapolis, IN.

Entry is in Jan/Feb issue of *SWIM* magazine.

Web Sites
LMSC for VA
serve.com/LMSC_for_VA

USMS
usms.org

Open Water Events

May 31: 2 Mile Lake Swim, Reton, VA

Contact: Lynne Hook, Meet Director, 703-845-SWIM or
Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191-2942. Entries are due May 26.

June 13: USMS 2 Mile Cable Championship, Atlanta, GA

Contact: Bill Black, 770-698-8020, or
D.A.M.P., Po Box 88863, Atlanta, GA 30356-8863
beyondwords@mindpring.com

June 14: Chesapeake Bay Swim

Limited to 600 entries. Send SASE to:

LIN-MARK Computer Sports - GCBS, 7 Westwood DDr,
Mantua, NJ 08051, 609-468-0010.

June 21: 1-Mile Ocean Swim, Virginia Beach

Entry will be in the April newsletter.

July 4: USMS 1-Mile Championship

Greenwich Point, CT

Contact: Kathy Salvo, 95 Columbus Place #1, Stamford, CT
06907, 203-322-6162

July 11: 2-Mile Lake Swim, Charlottesville, VA

Entry will be in the May newsletter.

Thanks to Barney Hungerford of Colonials 1776 for the open water schedule. If you want Barney's 3 page listing, send the editor a SASE.

Newsletter Editor

Betsy Durrant

211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone before 9:30 pm)
DurrantB@aol.com

A Note from the President

from Nancy Miller

Many, many thanks to all those who helped make our Richmond meet such a success. Speaking as a meet director, it makes my job much easier if I have lots of volunteers willing to pitch in and do whatever is necessary - sometimes at the last moment! We had 179 entries, some very fast swims, lots of fun, a great social, and one new national record! Marie Kelleher, "the new kid on the block" in the 85-89 age group, took eleven seconds off the old 100 yard individual medley mark with a recorded time of 2:29.39.

Don't forget to let me know if you need a room - or part of a room - for Short Course Nationals in Indianapolis this May. I have to turn in our completed rooming list by April first, so don't delay. Those who have reserved space with me also need to let me know dates of arrival and departure, one credit card number/expiration date per room, and exactly who will be rooming together. It's also time to fill out your relay forms and return them to Jim ASAP. One is included in this newsletter. We're expecting a large turnout from VMST and are very excited about our individual and team prospects.

See you in the pool!

Editor's note: Relay form is on page 5.

Rule Changes

Changes have been made in the technical rules for swimming; these changes became effective March 6, 1998. USMS follows the rules of competition of U.S. Swimming unless USMS specifically votes not to (starts, breaststroke kick on butterfly, for instance). USS adopted the following changes in response to changes in the international rules enacted by FINA. USMS is also implementing the following changes:

Breaststroke: To permit the shoulder to drop on turns and during the swim.

Butterfly: (1) To permit the shoulder to drop on turns, and (2) To limit the underwater portion to 15 meters.

Freestyle: To limit the underwater portion to 15 meters.

Coach of the Year Award

The USMS Coaches Committee is calling for nominations for this award. Nominees should demonstrate excellence in five areas: club and individual accomplishments, publications, contributions to USMS and the LMSC, letters of support and long-term contributions to Masters swimming.

Nominations are due in writing no later than July 15. For more information and nomination guidelines, contact either Bonnie Adair or Scott Rabalais.

* Bonnie Adair, 520 Broadway #320-A, Santa Monica, CA 90401, 310-451-6666 (phone) or 310-576-0962 (fax), swims@jps.net

* Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820, 504-766-5937 (phone or fax), scottrabalais@compuserve.com

In and Out of the Water

Your editor is out of touch with what's going on - a terrible state of affairs for someone who likes to know. I've been sick and not swimming at all for several weeks. I missed the Richmond meet and Baltimore meet. I am suffering a recurrence of stomach problems that I thought were corrected 6 years ago. I am almost finished with testing, so hope we'll have a solution in the next week or two.

Meanwhile, call, fax, e-mail, or write me a note with what's happening in your workouts or in your "real" life outside of swimming.

CHECK IT OUT

Page 5 - Relay form for SC Nationals
Page 6 & 7 - Order form for VMST apparel

Got a Case of the Nerves? Great! ***by CJ Lockman Hall***

Nervousness. Even the word can hasten heartbeats, dampen palms, shorten breaths, and set aflutter butterflies in stomachs. Olympic swimmers and first-timers alike experience nervousness. Many successful athletes consider nervousness desirable, expressing concern if they don't feel nervous!

Feelings of nervousness are actually signals telling us that we care about an upcoming event, and that our bodies are busy with preparations for a good performance. It's not the nervousness that overpowers us, but what we mentally attach to the physical feelings that can have an adverse affect on our performance. Read on to find out how to welcome nervousness and use it to your advantage for a positive performance.

You can say ...

Carry on a conversation with yourself, or with your nervousness: "Hey, great, nervousness has arrived! This means that all systems are aware of this special occasion and are now testing for blast-off. Nothing could be finer!"

Create your own script. Accepting what is there and reshaping it into a positive can be a marvelously relaxing and energizing strategy.

You can picture...

A great example of using imagery with nervousness occurred at the recent World Championships in Perth, Australia. Newcomer (and eventual 100 breaststroke champion) Kristy Kowal credited teammate Sheila Taormina with helping her quell a jumpy stomach by suggesting that she picture the feelings as birds in a "V". Besides being a soothing image (and something to take your mind off of your negative focus on your nervousness), the "V" pattern is a tremendously useful design: it reduces the workload and increases speed for each bird: when the head bird tires, it can find relief flying in the midst of the pack; the birds in the back cheer on the head birds to maintain speed; and if one bird falters, others stick by it, no questions asked.

Now isn't that an encouraging picture to keep on your mental videotape?

You can feel ...

Imagine that the locations of your shakes and quakes are powerful centers of energy, waiting to unleash strength and speed in just the right amounts at just the right times. With this perception, you might actually welcome big-time nervousness!

You can do ...

Deep, controlled breaths do wonders for regulating the mind and body. Take your time with some relaxed, measured breaths to clear out your mental and physical pathways.

So next time you feel nervousness knocking on your door, pick a plan and then answer the door, fully prepared for your wonderful company!

CJ Lockman Hall, M.A., is president of Positive Performance, a sport performance consulting company. She swims with the Montgomery Ancient Mariners, in Bethesda, MD, and has had many dates with nervousness. 301-309-3688 or micandcj@erols.com.

High School Swimming

The second Virginia High School Swimming Championship Meet was held in Virginia Beach February 20-21. Mike McGee from the Virginia Beach City Schools and Janis Sweeney from the Virginia Beach Recreation Department were instrumental in running this meet.

VMST places a half page ad in the programs. A copy of the ad is at the end of the meet results on page 15.

SHORT COURSE NATIONALS - INDY !!!

There has been a groundswell of excitement and anticipation surrounding the Short Course National Championships to be held in Indianapolis May 7 through 10 at one of the finest pools in the world. Our block of hotel rooms has filled up fast, with only a few slots left open. Our team, as it's shaping up, will rank with the very best, and, for that reason, we need to start working early on relay entries.

Below you will find your relay form, which is due back to me no later than April 15th. You may return the information via fax, "snail mail," or e-mail. Relays will be constructed so that the fastest team on paper swims in the "A" position, the next fastest in the "B" position, and so on. **Therefore, it is critical that you submit your most accurate assessment of your times!** Camaraderie, fast times, and having fun in a relay setting are highlights of these meets for Virginia Masters.

Please check the relays that you will be available to swim. If you are not interested in participating in relays at all, please note that also so that we can still make you aware of team activities.

Train hard, swim fast, and let's have fun!

Jim Miller, MD
60 Bellona Arsenal
Midlothian, VA 23113
(804) 320-2143 (home)
(804) 320-2717 (fax)
JWMSwimMD@aol.com

Name	Sex	Age as of May 10
Times (yards):		Friday, May 8 (both relays to be swum before the 400 IM)
50 Freestyle _____	200 Medley Relay	Yes ____ No ____
50 Backstroke _____	200 Mixed Free Relay	Yes ____ No ____
50 Breaststroke _____		Saturday, May 9 (to be swum before the 500 Free)
50 Butterfly _____	200 Mixed Medley Relay	Yes ____ No ____
		Sunday, May 10 (to be swum before the 500 Free)
	200 Free Relay	Yes ____ No ____

Virginia

Masters Swimming

Apparel

Kast-A-Way Swimwear is pleased to offer the following official VMST Masters items.

Towel - Gigantic 36" x 70" thick and thirsty terry towel with VMST logo and your name in embroidery. Available in Black or White towel with purple embroidery

Name to embroider (please print clearly) _____

Towel-VMST (circle color towel needed) Black, White \$30.00

Parka - Tough-wearing Purple nylon shell with White pile lining with two way zipper. Includes VIRGINIA MASTERS SWIM TEAM in 3" tackle twill letters on the back and your name embroidered on the front.

Name to embroider (please print clearly) _____

Parka-VMST (circle size needed) MED, LG, XLG, XXL \$90.00

(parkas are custom made and take approximately 6 to 8 weeks)

Polo Shirt - High-quality 100% cotton short sleeved polo shirt with VMST logo embroidered on the left front chest. Available in Black, White, or Purple with appropriate color logo.

Polo Shirt-VMST (circle size and color needed) SM, MED, LG, XLG

Black, Purple, White \$34.95

Denim Shirt - Light blue 100% cotton denim (made by the same company who makes denim for THE GAP), long sleeve, button down collar with gold VMST logo embroidered on left front chest.

Denim Shirt-VMST (circle size needed) SM, MED, LG, XLG \$45.00

Full Zip Speedo Fleece Jacket - 100% plush polyester fleece, warm (even when wet) full front zipper and two side pockets. Available in a black with the Purple VMST logo embroidered on the right front chest.

836240-001-VMST (circle size needed) SM, MED, LG, XLG \$50.50

Baseball Cap - Distressed canvas with "unstructured" crown. One size fits all (matching canvas strap to give exact fit). Available in either Khaki or Charcoal with the purple VMST logo embroidered on the front and masters swimming on the side.

Ball Cap-VMST (circle color needed) Khaki, Charcoal \$16.00

Speedo Victory Equipment Bag - 24" L x 12" H x 12" D swim bag with large interior, mesh side pocket, closed side pocket. Available in Purple with VMST logo.

Victory Bag-VMST \$34.00

Speedo Victory Back Pack - Large horseshoe opening, ventilated side pockets and mesh wet/dry pocket in water resistant nylon. Available in Purple with VMST logo.

Backpack-VMST \$45.00

Speedo Splice Team Warm Up - 100% Nylon with mesh liner (jacket only), side pockets in both pants and jacket. Available in Purple with white accents, with VMST logo and one name.

720404-005-VMST (circle size needed) XSM, SM, MED, LG, XLG, XXL - Jacket

720110-005- VMST (circle size needed) XSM, SM, MED, LG, XLG, XXL - Pants

Name to embroider (please print clearly) _____

\$81.00

VMST T-shirt - 100% cotton pocket T-shirt. Available in either gray or white with VMST logo.

S.S. Shirt-VMST (circle size and color) MED, LG, XLG, XXL White Gray

\$13.00

VMST Speedo Team Suit - Speedo solid black lycra team suit with VMST logo embroidered (womens on center chest, mens on left rear hip).

_____ 824371-001 women size 22-30	\$37.60
_____ 824371-001 women size 32-40	\$41.60
_____ 72800-001 men size 22-28	\$21.60
_____ 70800-001 men size 30-38	\$23.20

Instructions: Indicate number, sizes, and colors desired beside each item ordered. Mail or fax this order form to Kast-A-Way Swimwear (see address below) or call in your order on their toll-free 800 number, 1-800-543-2763. Kast-A-Way accepts American Express, Discover, Mastercard and Visa. If you prefer to pay by check, you must mail in the order and make check payable to Kast-A-Way Swimwear. Shipping charges (see chart below) will be added to your order.

Shipping Charges:

Merchandise value up to:	Add:
\$30.00	\$4.00
\$30.01 to \$70.00	\$5.00
\$70.01 to \$100.00	\$7.00
\$100.01 to \$200.00	\$9.00
\$200.01 to \$400.00	\$12.00
Over \$400.00	\$16.00

- * **Mail Orders should be sent to the address below and payment can be by check or credit card (include type of card and number)**
- * **Phone orders may be placed by calling 1-800-543-2763**
- * **Orders can be faxed to Kast-A-Way at 1-513-777-1062**

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Daytime Phone _____

Check _____

Credit Card _____

Exp. _____

Signature _____

Please send me a complete Kast-A-Way Swimwear Catalog

Kast-A-Way Swimwear
9356 Cincinnati/Columbus Rd, Rt.42
Cincinnati, OH 45241
1-800-543-2763

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 14-15, 1998

Event Results for Timed Finals

--- Ages 19 Through 24 ---				Women 200 Breast			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
-----				-----			
Women 50 Free				: 1 KAREN CONNOLLY 25 VMST 29.50			
1	GEORGIA GRAY	20 NCMS	32.70	: 2 C. JOHENGEN 29 VMST 32.70			
Women 100 Free				: 3 PENNY HAUFFE 25 GLD 36.87			
1	ANGELA LUNCEFORD	23 UNAT	1:02.75	: Women 50 Fly			
2	DEANNA LINVILLE	22 DCM	1:02.94	: Sponsor: NOVICE			
3	GEORGIA GRAY	20 NCMS	1:10.82	: 1 LAURELYN RAWSON 26 UNATT 31.85			
Women 200 Free				: Women 100 IM			
1	MELISSA MALPEDE	23 VMST	2:08.91	: 1 LESLIE CALLENDER 29 VMST 1:07.50			
2	ANGELA LUNCEFORD	23 UNAT	2:16.67	: 2 PAULA JONES 29 VMST 1:09.52			
3	GEORGIA GRAY	20 NCMS	2:41.07	: 3 C. JOHENGEN 29 VMST 1:17.51			
Women 500 Free				: 4 ATOSSA SHAFI 27 ANCM 1:35.88			
1	ANGELA LUNCEFORD	23 UNAT	6:19.53	: - CHERYL CONLIN 29 VMST DQ			
2	JOANNE HOPKINS	21 FXCM	6:45.55	: Women 200 IM			
Women 100 Back				: 1 KAREN CONNOLLY 25 VMST 2:26.31			
1	ANGELA LUNCEFORD	23 UNAT	1:21.70	: 2 KAREN RAMTHUN 27 VMST 2:27.73			
Women 50 Breast				: 3 LESLIE CALLENDER 29 VMST 2:28.04			
Sponsor: NOVICE				: 4 CAROLE KAMMEL 29 ANCM 2:32.56			
1	CAROLYN WEISMAN	22 VMST	40.90	: 5 C. JOHENGEN 29 VMST 2:49.08			
Women 100 Breast				: 6 PENNY HAUFFE 25 GLD 2:55.37			
1	MELISSA MALPEDE	23 VMST	1:16.83	: Women 400 IM			
Women 200 Breast				: 1 PAULA JONES 29 VMST 5:11.83			
1	MELISSA MALPEDE	23 VMST	2:47.76	: -----			
Women 50 Fly				: --- Ages 30 Through 34 ---			
1	DEANNA LINVILLE	22 DCM	31.02	: PL Name Age Team Finals			
Women 50 Fly				: -----			
Sponsor: NOVICE				: Women 50 Free			
1	JOANNE HOPKINS	21 FXCM	31.91	: Sponsor: NOVICE			
Women 100 Fly				: 1 SHERRIE TURNER 30 UNAT 32.68			
1	GEORGIA GRAY	20 NCMS	1:26.37	: 2 BARBARA FLEISHER 32 VMST 47.71			
Women 100 IM				: Women 50 Free			
1	JOANNE HOPKINS	21 FXCM	1:18.57	: 1 MOLLY DEAN 32 VMST 27.68			
2	CAROLYN WEISMAN	22 VMST	1:22.50	: 2 DIANA BAREIS 34 VMST 31.95			
Women 200 IM				: 3 DEBORAH FISH 32 VMST 34.54			
1	DEANNA LINVILLE	22 DCM	2:34.19	: 4 ASHBY MONCURE 31 VMST 38.34			
2	GEORGIA GRAY	20 NCMS	3:01.08	: Women 100 Free			
-----				: 1 ALICE PHILLIPS 32 VMST 58.56			
--- Ages 25 Through 29 ---				: 2 LISA HEIRIGS 31 VMST 1:07.14			
PL	Name	Age Team	Finals	: 3 DEBORAH FISH 32 VMST 1:16.34			
-----				: Women 200 Free			
Women 50 Free				: - LISA HEIRIGS 31 VMST DQ			
Sponsor: NOVICE				: Women 500 Free			
1	LAURELYN RAWSON	26 UNATT	28.04	: 1 ALICE PHILLIPS 32 VMST 5:39.97			
Women 50 Free				: 2 LISA HEIRIGS 31 VMST 6:42.30			
1	JENNIFER ASHTON	26 DCM	26.46	: 3 ASHBY MONCURE 31 VMST 8:06.34			
2	KAREN RAMTHUN	27 VMST	26.76	: Women 1000 Free			
3	PAULA JONES	29 VMST	27.60	: 1 LISA HEIRIGS 31 VMST 13:47.61			
4	CAROLE KAMMEL	29 ANCM	28.19	: 2 LAURIE MEHLER 33 VMST 15:59.13			
5	ROSEY DANIELS	29 VMST	29.95	:			

VMST Winter Invitational -- 25 yard pool
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Event Results for Timed Finals

Women 50 Back

Sponsor: NOVICE

1 SHERRIE TURNER 30 UNAT 38.90

Women 50 Back

1 BARBARA CLIFFORD 31 ANCM 32.68

Women 100 Back

1 BARBARA CLIFFORD 31 ANCM 1:10.01

2 DEBORAH FISH 32 VMST 1:30.10

3 ASHBY MONCURE 31 VMST 1:47.24

Women 200 Back

1 BARBARA CLIFFORD 31 ANCM 2:31.06

Women 50 Breast

1 PRISCILLA BETTIS 33 UNAT 38.32

2 DIANA BAREIS 34 VMST 42.08

Women 50 Breast

Sponsor: NOVICE

1 SHERRIE TURNER 30 UNAT 42.80

2 BARBARA FLEISHER 32 VMST 52.73

Women 100 Breast

1 KATHY WAGGONER 30 FXCM 1:14.96

Women 50 Fly

1 MOLLY DEAN 32 VMST 29.42

PRISCILLA BETTIS 33 UNAT 30.93

3 BARBARA CLIFFORD 31 ANCM 31.40

- ASHBY MONCURE 31 VMST DQ

Women 100 Fly

1 MOLLY DEAN 32 VMST 1:08.44

Women 200 Fly

1 PRISCILLA BETTIS 33 UNAT 2:42.80

Women 100 IM

1 MOLLY DEAN 32 VMST 1:08.48

2 KATHY WAGGONER 30 FXCM 1:08.85

3 LISA HEIRIGS 31 VMST 1:20.97

4 SHERRIE TURNER 30 UNAT 1:23.88

Women 200 IM

1 ALICE PHILLIPS 32 VMST 2:22.86

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Women 50 Free

1 COLETTE JAMERSON 37 VMST 27.82

2 PATTY POWIS 37 VMST 27.99

3 DONNA SARGENT 37 VMST 28.08

Women 100 Free

1 DONNA SARGENT 37 VMST 1:02.02

2 COLETTE JAMERSON 37 VMST 1:02.05

PENNY BATES 36 ANCM 1:02.18

BONNIE BAFFER 38 VMST 1:12.87

Women 200 Free

: 1 PENNY BATES 36 ANCM 2:12.13

: 2 V. VAN HORN PATE 35 VMST 2:16.02

: 3 JACQUELINE KUHN 37 NCYM 3:09.65

Women 500 Free

: 1 COLETTE JAMERSON 37 VMST 6:22.73

: 2 NANCY HUNYADY 38 VMST 7:08.53

Women 1000 Free

: 1 PENNY BATES 36 ANCM 11:52.14

: 2 PATTY POWIS 37 VMST 12:18.70

Women 1650 Free

: 1 NANCY HUNYADY 38 VMST 23:49.76

Women 50 Back

: 1 PENNY BATES 36 ANCM 33.79

: 2 DONNA SARGENT 37 VMST 34.37

: 3 BONNIE BAFFER 38 VMST 42.00

Women 100 Back

: 1 V. VAN HORN PATE 35 VMST 1:09.37

Women 200 Back

: 1 V. VAN HORN PATE 35 VMST 2:34.65

Women 50 Breast

: 1 PATTY POWIS 37 VMST 33.49

: 2 BONNIE BAFFER 38 VMST 43.58

Women 100 Breast

: 1 PATTY POWIS 37 VMST 1:13.32

: 2 PENNY BATES 36 ANCM 1:21.23

Women 200 Breast

: 1 PATTY POWIS 37 VMST 2:39.75

Women 50 Fly

: 1 V. VAN HORN PATE 35 VMST 30.88

: 2 DONNA SARGENT 37 VMST 31.90

: 3 COLETTE JAMERSON 37 VMST 33.46

: 4 BONNIE BAFFER 38 VMST 39.52

Women 100 Fly

: 1 V. VAN HORN PATE 35 VMST 1:09.03

Women 200 Fly

: 1 PENNY BATES 36 ANCM 2:32.20

Women 100 IM

: 1 DONNA SARGENT 37 VMST 1:12.26

: 2 BONNIE BAFFER 38 VMST 1:25.76

Women 200 IM

: 1 JACQUELINE KUHN 37 NCYM 3:29.84

Women 400 IM

: 1 PENNY BATES 36 ANCM 5:11.75

: --- Ages 40 Through 44 ---

: PL Name Age Team Finals

: -----

: Women 50 Free

: Sponsor: NOVICE

: 1 LYNN GREEN 40 VMST 37.39

: Women 50 Free

: 1 SUSAN BLEISTEIN 40 VMST 41.16

: Women 100 Free

: 1 JANET DRESCH 43 VMST 1:08.45

: 2 SUSAN KELLY 42 VMST 1:15.09

: 3 LYNN GREEN 40 VMST 1:30.04

: Women 200 Free

: 1 ANITA CALLAHAN 40 DCM 2:16.04

: 2 KITTEN BRAATEN 42 VMST 2:25.55

: Women 500 Free

: 1 JANET DRESCH 43 VMST 6:47.00

: 2 BETH WATERS 40 VMST 6:54.06

: Women 1000 Free

: 1 KITTEN BRAATEN 42 VMST 12:58.72

: Women 50 Back

: Sponsor: NOVICE

: 1 LYNN GREEN 40 VMST 47.19

: Women 100 Back

: 1 ANITA CALLAHAN 40 DCM 1:12.30

: 2 JANET DRESCH 43 VMST 1:29.39

: 3 LYNN GREEN 40 VMST 2:03.30

: Women 200 Back

: 1 ANITA CALLAHAN 40 DCM 2:38.27

: 2 JOANN LOFTUS 44 VMST 2:49.30

: 3 JANET DRESCH 43 VMST 3:06.59

: Women 50 Breast

: 1 SUSAN KELLY 42 VMST 43.49

: Women 100 Breast

: 1 SUSAN KELLY 42 VMST 1:32.04

: Women 50 Fly

: 1 SUSAN BLEISTEIN 40 VMST 39.61

: Women 50 Fly

: Sponsor: NOVICE

: 1 JANET DRESCH 43 VMST 38.60

: Women 100 Fly

: 1 KITTEN BRAATEN 42 VMST 1:16.22

: Women 200 Fly

: 1 KITTEN BRAATEN 42 VMST 2:48.14

: Women 100 IM

: 1 JOANN LOFTUS 44 VMST 1:15.87

: 2 JANET DRESCH 43 VMST 1:24.94

: 3 SUSAN KELLY 42 VMST 1:26.28

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Women 200 IM

1 JOANN LOFTUS 44 VMST 2:46.34
2 BETH WATERS 40 VMST 3:04.23

Women 400 IM

1 BETH WATERS 40 VMST 6:26.11

--- Ages 45 Through 49 ---

PL Name Age Team Finals

Women 200 Free

1 NANCY MILLER 48 VMST 2:28.52
2 LINDA MCCOWAN 48 GOST 3:06.21

Women 500 Free

1 NANCY MILLER 48 VMST 6:34.01

Women 1000 Free

1 LINDA MCCOWAN 48 GOST 17:11.01

Women 50 Breast

1 DEE DELONG 48 VMST 45.79

Women 100 Breast

1 LINDA MCCOWAN 48 GOST 1:31.44
2 DEE DELONG 48 VMST 1:45.65

Women 200 Breast

1 DEE DELONG 48 VMST 3:41.09

Women 100 IM

1 LINDA MCCOWAN 48 GOST 1:33.46

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Women 50 Free

1 ROSEMARY DAWSON 52 VMST 40.90
2 PHYLLIS GRAY 53 VMST 44.59

Women 100 Free

1 PHYLLIS GRAY 53 VMST 1:43.45

Women 200 Free

1 ROSEMARY DAWSON 52 VMST 3:26.55

Women 50 Back

1 PHYLLIS GRAY 53 VMST 54.36

Women 100 Back

1 PHYLLIS GRAY 53 VMST 1:58.52

Women 50 Breast

1 ROSEMARY DAWSON 52 VMST 50.22
2 PHYLLIS GRAY 53 VMST 1:08.78

Women 100 Breast

1 ROSEMARY DAWSON 52 VMST 1:55.54

Women 200 IM

1 ROSEMARY DAWSON 52 VMST 3:45.15

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Women 50 Free

Sponsor: NOVICE

1 ROSALYN SCHANZER 55 VMST 40.23

Women 50 Free

1 DOROTHY NILES 56 VMST 37.76

Women 100 Free

1 DOROTHY NILES 56 VMST 1:27.37

Women 200 Free

1 ROSALYN SCHANZER 55 VMST 3:05.82

Women 500 Free

1 ROSALYN SCHANZER 55 VMST 7:56.82

Women 1650 Free

1 CHARLENE MAGEE 56 VMST 28:37.38

Women 200 Back

1 CHARLENE MAGEE 56 VMST 3:19.10

Women 50 Breast

1 DOROTHY NILES 56 VMST 45.62

Women 100 Breast

1 DOROTHY NILES 56 VMST 1:41.80

2 ROSALYN SCHANZER 55 VMST 1:44.65

Women 200 Breast

1 DOROTHY NILES 56 VMST 3:44.66

Women 50 Fly

1 CHARLENE MAGEE 56 VMST 46.13

Women 100 IM

1 CHARLENE MAGEE 56 VMST 1:36.74

Women 400 IM

1 CAROLINE OWENS 57 GLD 7:43.58

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Women 50 Free

1 JOHNNIE DETRICK 62 VMST 31.04

2 LAURA WALKER 60 VMST 37.66

3 JANE PHARIS 64 VMST 48.18

4 MARY WRIGHT 63 VMST 1:48.99

Women 100 Free

1 JOHNNIE DETRICK 62 VMST 1:13.75

2 LAURA WALKER 60 VMST 1:25.92

Women 200 Free

1 JOHNNIE DETRICK 62 VMST 2:55.27

Women 50 Back

1 JANE PHARIS 64 VMST 54.67

2 MARY WRIGHT 63 VMST 1:53.72

Women 100 Back

1 JANE PHARIS 64 VMST 1:56.87

Women 50 Breast

1 JOHNNIE DETRICK 62 VMST 41.96

Women 50 Breast

Sponsor: NOVICE

- MARY WRIGHT 63 VMST DQ

Women 100 Breast

1 LAURA WALKER 60 VMST 1:52.61

Women 400 IM

1 JOHNNIE DETRICK 62 VMST 7:10.65

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Women 50 Free

1 JEANNE MEREDITH 69 VMST 42.19

Women 100 Free

1 JEANNE MEREDITH 69 VMST 1:38.40

Women 200 Free

1 JEANNE MEREDITH 69 VMST 3:39.24

Women 500 Free

1 JEANNE MEREDITH 69 VMST 9:35.3

Women 50 Back

1 VERA SUIT 65 VMST 57.52

2 JEANNE MEREDITH 69 VMST 58.57

Women 50 Breast

1 VERA SUIT 65 VMST 1:11.43

Women 50 Fly

1 VERA SUIT 65 VMST 1:00.04

Women 100 IM

1 VERA SUIT 65 VMST 2:11.59

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Women 100 Free

1 MIRIAM TUOVILA 72 VMST 1:15.00

2 HELEN NEWBOLD 74 VMST 2:09.98

Women 200 Free

1 HELEN NEWBOLD 74 VMST 4:43.98

Women 50 Back

1 MIRIAM TUOVILA 72 VMST 1:02.87

2 HELEN NEWBOLD 74 VMST 1:14.35

Women 50 Breast

1 MIRIAM TUOVILA 72 VMST 52.93

Women 100 IM

1 MIRIAM TUOVILA 72 VMST 2:00.09

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 14-15, 1998

Event Results for Timed Finals

-----				Men 100 Free				Men 50 Back				
--- Ages 75 Through 79 ---				:	1	TIMOTHY WOOD	23 UNATT 53.28	:	1	CRAIG DEWING	27 MARY 28.85	
PL	Name	Age Team	Finals	:	2	MATT ELLENBURG	23 ANCM 57.59	:	2	KEVIN MILLER	25 GERM 29.78	
-----				:	3	KEVIN RICHARDSON	21 VMST 57.69	:	Men 50 Back			
Women 50 Free				:	Men 500 Free			:	Sponsor: NOVICE			
1	E. WOLENBERG	77 VMST	1:07.18	:	1	KEVIN RICHARDSON	21 VMST 5:56.65	:	1	DAVID TEPPER	25 AVMS 45.66	
Women 100 Free				:	2	MATT ELLENBURG	23 ANCM 6:17.89	:	Men 50 Breast			
1	MARINNA BERKLEY	75 UNAT	1:41.37	:	Men 1000 Free			:	1	CRAIG DEWING	27 MARY 29.22	
2	RUTH GOOD	77 VMST	2:12.98	:	1	MATT ELLENBURG	23 ANCM 13:20.98	:	2	C. COCKRELL JR	29 VMST 30.86	
Women 500 Free				:	Men 50 Back			:	3	MARK GILL	29 VMST 32.85	
1	MARINNA BERKLEY	75 UNAT	10:55.71	:	1	ROBERT GRIFFIN	23 GLD 27.65	:	4	KEVIN MILLER	25 GERM 33.34	
Women 50 Back				:	2	CHRIS FEASTER	23 UNAT 28.23	:	Men 100 Breast			
1	RUTH GOOD	77 VMST	1:16.30	:	Men 50 Breast			:	1	CRAIG DEWING	27 MARY 1:04.21	
Women 100 Back				:	1	ROBERT GRIFFIN	23 GLD 27.63	:	2	C. COCKRELL JR	29 VMST 1:08.02	
1	MARINNA BERKLEY	75 UNAT	2:04.33	:	2	KEVIN RICHARDSON	21 VMST 33.07	:	3	MARK GILL	29 VMST 1:13.66	
Women 50 Breast				:	Men 100 Breast			:	4	CHRIS HUGHES	28 GLD 1:25.55	
1	MARINNA BERKLEY	75 UNAT	58.39	:	1	KEVIN RICHARDSON	21 VMST 1:11.21	:	Men 200 Breast			
2	RUTH GOOD	77 VMST	1:36.10	:	Men 50 Fly			:	1	C. COCKRELL JR	29 VMST 2:29.01	
Women 100 Breast				:	1	ROBERT GRIFFIN	23 GLD 25.07	:	2	MARK GILL	29 VMST 2:47.41	
1	MARINNA BERKLEY	75 UNAT	2:05.28	:	2	CHRIS FEASTER	23 UNAT 25.16	:	Men 50 Fly			
Women 50 Fly				:	3	ROBERT WALBURG	24 VMST 28.28	:	1	KEVIN MILLER	25 GERM 27.76	
1	E. WOLENBERG	77 VMST	1:19.87	:	4	MATT ELLENBURG	23 ANCM 28.52	:	Men 100 Fly			
Women 100 IM				:	Men 100 Fly			:	1	JAMES WOLFLE	29 VMST 56.58	
1	MARINNA BERKLEY	75 UNAT	2:00.75	:	1	MATT ELLENBURG	23 ANCM 1:06.73	:	2	RON PAILLIOTET	26 VMST 1:00.12	
2	RUTH GOOD	77 VMST	2:48.88	:	Men 100 IM			:	Men 100 IM			
Women 200 IM				:	1	TIMOTHY WOOD	23 UNATT 1:00.26	:	1	CRAIG DEWING	27 MARY 57.98	
1	RUTH GOOD	77 VMST	6:09.75	:	-	ROBERT WALBURG	24 VMST DQ	:	2	C. COCKRELL JR	29 VMST 1:05.10	
-----				:	-----			:	Men 200 IM			
--- Ages 85 Through 89 ---				:	--- Ages 25 Through 29 ---				:	1	JAMES WOLFLE	29 VMST 2:07.51
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	2	CRAIG DEWING	27 MARY 2:09.93
-----				:	-----				:	3	RON PAILLIOTET	26 VMST 2:18.33
Women 50 Free				:	Men 50 Free			:	Men 400 IM			
1	MARIE KELLEHER	85 VMST	50.90	:	1	KEVIN MILLER	25 GERM 23.64	:	1	JAMES WOLFLE	29 VMST 4:40.56	
Women 100 Free				:	2	JAMES WOLFLE	29 VMST 23.68	:	2	C. COCKRELL JR	29 VMST 5:02.27	
1	MARIE KELLEHER	85 VMST	2:04.48	:	3	RON PAILLIOTET	26 VMST 24.09	:	3	MARK GILL	29 VMST 5:40.25	
Women 200 Free				:	4	CHRIS HUGHES	28 GLD 27.64	:	-----			
1	MARIE KELLEHER	85 VMST	4:29.33	:	Men 50 Free			:	--- Ages 30 Through 34 ---			
Women 100 IM				:	Sponsor: NOVICE			:	PL	Name	Age Team	Finals
1	MARIE KELLEHER	85 VMST	2:29.39	:	1	DAVID TEPPER	25 AVMS 36.65	:	-----			
Women 200 IM				:	Men 100 Free			:	Men 50 Free			
1	MARIE KELLEHER	85 VMST	5:40.05	:	1	JAMES WOLFLE	29 VMST 51.98	:	1	BJORN SVINTERUD	31 GLD 23.89	
-----				:	2	KEVIN MILLER	25 GERM 52.37	:	2	DAVID BENTLEY	30 AVMS 25.41	
--- Ages 19 Through 24 ---				:	3	RON PAILLIOTET	26 VMST 53.56	:	3	DAVID WITTE	32 VMST 26.42	
PL	Name	Age Team	Finals	:	4	CHRIS HUGHES	28 GLD 1:03.42	:	Men 50 Free			
-----				:	Men 200 Free			:	Sponsor: NOVICE			
Men 50 Free				:	1	RON PAILLIOTET	26 VMST 2:04.19	:	1	MK CREELMAN	33 VMST 24.12	
1	CHRIS FEASTER	23 UNAT	22.90	:	2	MARK GILL	29 VMST 2:11.21	:	Men 100 Free			
2	ROBERT GRIFFIN	23 GLD	23.08	:	Men 500 Free			:	1	BJORN SVINTERUD	31 GLD 52.35	
3	TIMOTHY WOOD	23 UNATT	23.78	:	1	JAMES WOLFLE	29 VMST 5:21.20	:	2	MK CREELMAN	33 VMST 52.71	
4	MATT ELLENBURG	23 ANCM	25.95	:	2	C. COCKRELL JR	29 VMST 5:41.86	:	3	PETER HICKMAN	34 VMST 54.04	
5	KEVIN RICHARDSON	21 VMST	26.01	:	3	MARK GILL	29 VMST 6:23.29	:	4	MIKE PHELAN	30 VMST 55.07	
				:	4	CHRIS HUGHES	28 GLD 7:21.00	:	5	DAVID BENTLEY	30 AVMS 57.16	

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Richmond, Virginia -- February 14-15, 1998

Event Results for Timed Finals

			=====				Men 50 Back							
6 DAVID WITTE	32 VMST	59.41	:	--- Ages 35 Through 39 ---			:	1 MICHAEL FELL	36 ANCM	26.23				
Men 200 Free			:	PL	Name	Age Team	Finals	:	2 DALE MCELHATTAN	35 ANCM	27.09			
1 GEORGE SUSHKOFF	32 VMST	1:58.23	:	-----							:	3 DAVID MALSBU	36 VMST	27.49
2 MIKE PHELAN	30 VMST	2:08.78	:	Men 50 Free							:	Men 100 Back		
3 DAVID WITTE	32 VMST	2:17.16	:	1	MICHAEL FELL	36 ANCM	22.83	:	1	GENNARD LANZARA	39 VMST	1:06.30		
Men 500 Free			:	2	DALE MCELHATTAN	35 ANCM	23.38	:	2	ANDREW MOLL	39 DCM	1:06.99		
1 MK CREELMAN	33 VMST	5:30.27	:	3	CHRISTOPHE FLOOD	35 VMST	24.20	:	3	DAVID MALSBU	36 VMST	1:08.13		
2 PETER HICKMAN	34 VMST	5:57.51	:	4	M. ARMSTRONG	35 VMST	25.29	:	4	CHRISTOPHE FLOOD	35 VMST	1:08.51		
3 MICHAEL LANE	30 MARY	5:57.82	:	5	WILLIAM MILLER	38 GSM	26.87	:	Men 200 Back					
4 DAVID WITTE	32 VMST	6:44.06	:	6	CLAYTON WAGNER	37 VMST	27.73	:	1	ROBERT TURNER	36 ODMS	2:24.93		
5 SEAN CANTRELL	32 VMST	7:00.92	:	7	MICHAEL RAINER	37 VMST	27.82	:	Men 50 Breast					
Men 1000 Free			:	8	B. EVERETT JR	39 ODMS	29.65	:	1	WALLY DICKS	35 ANCM	27.06		
1 DANIEL LIST	32 UNAT	11:54.67	:	Men 100 Free				:	2	DALE MCELHATTAN	35 ANCM	29.70		
2 MICHAEL LANE	30 MARY	12:23.27	:	1	MICHAEL FELL	36 ANCM	50.73	:	3	DAVID MALSBU	36 VMST	30.24		
3 DAVID WITTE	32 VMST	14:05.40	:	2	CHRISTOPHE FLOOD	35 VMST	53.26	:	4	PATRICK RYAN	39 VMST	31.74		
Men 1650 Free			:	3	JIM MCFARLAND	39 VMST	53.34	:	5	CHRISTOPHE FLOOD	35 VMST	33.88		
1 GEORGE SUSHKOFF	32 VMST	18:55.60	:	4	DAVID MALSBU	36 VMST	53.84	:	6	TROY LEWIS	37 VMST	34.67		
Men 50 Back			:	5	ANDREW MOLL	39 DCM	56.63	:	7	CLAYTON WAGNER	37 VMST	35.32		
1 BJORN SVINTERUD	31 GLD	30.45	:	6	M. ARMSTRONG	35 VMST	57.14	:	Men 100 Breast					
2 MICHAEL LANE	30 MARY	31.29	:	7	WILLIAM MILLER	38 GSM	59.91	:	1	PATRICK RYAN	39 VMST	1:09.69		
3 DAVID BENTLEY	30 AVMS	31.88	:	8	MICHAEL RAINER	37 VMST	1:01.66	:	2	GENNARD LANZARA	39 VMST	1:12.20		
Men 200 Back			:	9	MICHAEL KONTOS	37 VMST	1:01.97	:	3	TROY LEWIS	37 VMST	1:13.11		
1 MICHAEL LANE	30 MARY	2:23.06	:	10	CLAYTON WAGNER	37 VMST	1:01.98	:	4	MICHAEL KONTOS	37 VMST	1:14.88		
Men 50 Breast			:	11	B. EVERETT JR	39 ODMS	1:06.03	:	5	WILLIAM MARTIN	38 VMST	1:17.90		
1 MICHAEL LANE	30 MARY	31.06	:	12	TERENCE GILBERT	36 VMST	1:07.89	:	6	TERENCE GILBERT	36 VMST	1:24.12		
Men 100 Breast			:	Men 200 Free				:	-	WILLIAM MILLER	38 GSM	DQ		
1 IAN WRIGHTSON	33 VMST	1:05.92	:	1	JIM MCFARLAND	39 VMST	1:57.67	:	-	CLAYTON WAGNER	37 VMST	DQ		
2 MICHAEL LANE	30 MARY	1:09.65	:	2	ROBERT TURNER	36 ODMS	2:02.57	:	Men 200 Breast					
3 GEORGE SUSHKOFF	32 VMST	1:12.12	:	3	TROY LEWIS	37 VMST	2:05.79	:	1	WALLY DICKS	35 ANCM	2:12.88		
Men 50 Fly			:	4	ANDREW MOLL	39 DCM	2:07.27	:	2	PATRICK RYAN	39 VMST	2:35.57		
1 PETER HICKMAN	34 VMST	27.85	:	5	GENNARD LANZARA	39 VMST	2:10.14	:	3	GENNARD LANZARA	39 VMST	2:36.87		
2 MIKE PHELAN	30 VMST	28.20	:	6	WILLIAM MILLER	38 GSM	2:14.65	:	4	TROY LEWIS	37 VMST	2:37.36		
3 DAVID BENTLEY	30 AVMS	29.65	:	7	MICHAEL RAINER	37 VMST	2:16.66	:	5	MICHAEL KONTOS	37 VMST	2:42.02		
Men 100 Fly			:	8	WILLIAM MARTIN	38 VMST	2:21.89	:	Men 50 Fly					
1 MK CREELMAN	33 VMST	58.79	:	9	B. EVERETT JR	39 ODMS	2:26.42	:	1	M. ARMSTRONG	35 VMST	29.07		
2 GEORGE SUSHKOFF	32 VMST	1:01.53	:	Men 500 Free				:	Men 100 Fly					
Men 100 IM			:	1	JIM MCFARLAND	39 VMST	5:17.55	:	1	ROBERT TURNER	36 ODMS	1:04.03		
1 IAN WRIGHTSON	33 VMST	57.92	:	2	ROBERT TURNER	36 ODMS	5:29.25	:	2	GENNARD LANZARA	39 VMST	1:05.27		
2 MICHAEL LANE	30 MARY	1:05.16	:	3	TROY LEWIS	37 VMST	5:37.83	:	Men 100 IM					
3 MIKE PHELAN	30 VMST	1:07.55	:	4	GENNARD LANZARA	39 VMST	5:50.38	:	1	DALE MCELHATTAN	35 ANCM	58.49		
Men 200 IM			:	5	M. ARMSTRONG	35 VMST	5:54.45	:	2	DAVID MALSBU	36 VMST	59.86		
1 GEORGE SUSHKOFF	32 VMST	2:16.70	:	6	MICHAEL KONTOS	37 VMST	6:08.76	:	3	M. ARMSTRONG	35 VMST	1:06.69		
2 MIKE PHELAN	30 VMST	2:29.12	:	7	WILLIAM MILLER	38 GSM	6:16.39	:	4	MICHAEL KONTOS	37 VMST	1:08.86		
			:	8	MICHAEL RAINER	37 VMST	6:22.31	:	5	WILLIAM MILLER	38 GSM	1:09.20		
			:	9	B. EVERETT JR	39 ODMS	6:42.58	:	6	WILLIAM MARTIN	38 VMST	1:11.09		
			:	Men 1650 Free				:	7	CLAYTON WAGNER	37 VMST	1:11.53		
			:	1	JIM MCFARLAND	39 VMST	18:19.55	:	Men 200 IM					
			:	2	TROY LEWIS	37 VMST	18:51.82	:	1	M. ARMSTRONG	35 VMST	2:26.09		
			:	3	M. ARMSTRONG	35 VMST	20:28.61	:	2	WILLIAM MARTIN	38 VMST	2:34.69		
			:	4	PATRICK RYAN	39 VMST	20:49.18	:	3	TERENCE GILBERT	36 VMST	2:52.18		
			:	5	MICHAEL RAINER	37 VMST	22:08.24	:						

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Event Results for Timed Finals

Men 400 IM

1 GENNARD LANZARA 39 VMST 4:58.94
2 ROBERT TURNER 36 ODMS 5:07.39

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Men 50 Free

1 MARK BRAIMAN 41 AVMS 26.86
2 TODD LUTTERBEIN 43 UNAT 29.34

Men 50 Free

Sponsor: NOVICE

1 HOWARD CRADDOCK 44 UNAT 32.91

Men 100 Free

1 JOHN FEINSTEIN 42 ANCM 56.23
2 KEVIN HALLIGAN 43 VMST 1:09.44
- TODD LUTTERBEIN 43 UNAT DQ

Men 200 Free

1 JOHN FEINSTEIN 42 ANCM 2:10.31
2 BOB WEBB 42 TRIM 2:14.95
3 TODD LUTTERBEIN 43 UNAT 2:26.33

Men 400 Free

1 TODD RUSSELL 40 VMST 5:33.10
2 MARK KUTZ 41 VMST 5:39.40
3 THOMAS DENES 40 ANCM 5:47.44
4 JAMES SLEAR 40 AVMS 6:07.52
5 TODD LUTTERBEIN 43 UNAT 6:32.02
6 KEVIN HALLIGAN 43 VMST 6:46.96

Men 1000 Free

1 GENE SORRELL 44 VMST 18:17.96

Men 1650 Free

1 GENE SORRELL 44 VMST 32:19.82

Men 50 Back

1 JOHN FEINSTEIN 42 ANCM 31.44

Men 50 Back

Sponsor: NOVICE

1 HOWARD CRADDOCK 44 UNAT 45.44

Men 50 Breast

1 TODD RUSSELL 40 VMST 31.91
2 JAMES SLEAR 40 AVMS 32.78

Men 50 Breast

Sponsor: NOVICE

1 HOWARD CRADDOCK 44 UNAT 39.78

Men 100 Breast

1 JAMES SLEAR 40 AVMS 1:12.89

Men 200 Breast

1 TODD RUSSELL 40 VMST 2:34.52
1 JAMES SLEAR 40 AVMS 2:44.18

Men 50 Fly

1 MARK KUTZ 41 VMST 27.11
1 JOHN FEINSTEIN 42 ANCM 27.11
3 BOB WEBB 42 TRIM 28.62
4 MARK BRAIMAN 41 AVMS 29.36

Men 100 Fly

1 JOHN FEINSTEIN 42 ANCM 1:00.36
2 BOB WEBB 42 TRIM 1:05.97
3 MARK BRAIMAN 41 AVMS 1:09.22

Men 200 Fly

1 MARK BRAIMAN 41 AVMS 2:55.68

Men 100 IM

1 TODD RUSSELL 40 VMST 1:02.91
2 MARK KUTZ 41 VMST 1:03.82
3 TODD LUTTERBEIN 43 UNAT 1:20.84

Men 200 IM

1 MARK KUTZ 41 VMST 2:18.81
2 KEVIN HALLIGAN 43 VMST 2:55.92

Men 400 IM

1 THOMAS DENES 40 ANCM 5:12.14
2 JOHN KUTA 44 VMST 6:55.72

Men 500 Free

--- Ages 45 Through 49 ---

PL Name Age Team Finals

Men 50 Free

1 DODGE HAVENS 45 VMST 24.20
2 JIM MILLER 47 VMST 27.29
3 W. ROBB SULTZER 46 VMST 28.01
4 ALVIN RICHARDSON 46 VMST 28.04
5 B R CARSON 48 VMST 29.59
6 RICHARD STONE 47 VMST 29.69
7 MICHAEL WIMSATT 47 VMST 31.54

Men 100 Free

1 DODGE HAVENS 45 VMST 52.56
2 DAVE OATES 47 VMST 56.94
3 JOHN KIN 48 VMST 58.46
4 BRIAN BATTERSON 45 VMST 59.86
5 W. ROBB SULTZER 46 VMST 1:02.29
6 ALVIN RICHARDSON 46 VMST 1:04.42
7 B R CARSON 48 VMST 1:05.98
8 MICHAEL WIMSATT 47 VMST 1:07.59

Men 200 Free

1 DODGE HAVENS 45 VMST 2:02.02
2 DAVE OATES 47 VMST 2:06.92
3 BRIAN BATTERSON 45 VMST 2:16.42
4 B R CARSON 48 VMST 2:33.65
5 MICHAEL WIMSATT 47 VMST 2:38.01

Men 500 Free

1 DODGE HAVENS 45 VMST 5:45.57
2 BRIAN BATTERSON 45 VMST 6:28.32
3 B R CARSON 48 VMST 7:09.06

Men 1650 Free

1 BRIAN BATTERSON 45 VMST 22:05.49

Men 100 Back

1 JIM MILLER 47 VMST 1:11.02
2 JAMES REYNOLDS 45 VMST 1:19.95

Men 50 Breast

1 JAMES REYNOLDS 45 VMST 38.38

Men 50 Breast

Sponsor: NOVICE

1 RICHARD STONE 47 VMST 43.35

Men 100 Breast

1 JOHN KIN 48 VMST 1:15.71
2 JAMES REYNOLDS 45 VMST 1:24.19

Men 50 Fly

1 DODGE HAVENS 45 VMST 27.92

Men 100 Fly

1 W. ROBB SULTZER 46 VMST 1:09.90
2 BRIAN BATTERSON 45 VMST 1:12.70

Men 200 Fly

1 BRIAN BATTERSON 45 VMST 2:49.14

Men 100 IM

1 DODGE HAVENS 45 VMST 1:03.46
2 JAMES REYNOLDS 45 VMST 1:17.24

Men 200 IM

1 W. ROBB SULTZER 46 VMST 2:49.69

Men 500 Free

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Men 50 Free

1 GEORGE BROWN 50 VMST 25.51
2 WILLIAM BACON 51 GLD 25.52
3 P. GRUENEGER 51 DCM 26.94
4 ERIC MILLER 50 VMST 27.66
5 WILLIAM PHARIS 50 VMST 30.79
6 JAMES SLAUGH 52 VMST 30.95

Men 100 Free

1 GEORGE BROWN 50 VMST 55.53
2 WILLIAM BACON 51 GLD 56.32
3 P. GRUENEGER 51 DCM 59.41
4 MIKE DUIGNAN 51 VMST 1:01.89
5 ERIC MILLER 50 VMST 1:02.38
6 WARNER BRUNDAGE 54 VMST 1:02.52
7 JAMES SLAUGH 52 VMST 1:07.81

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Event Results for Timed Finals

Men 200 Free

1 GEORGE BROWN 50 VMST 2:05.94
 2 P. GRUENEGER 51 DCM 2:12.37

Men 500 Free

1 WARNER BRUNDAGE 54 VMST 6:07.82

Men 1650 Free

1 RON MAGEE 50 VMST 25:02.09

Men 50 Back

1 WILLIAM BACON 51 GLD 29.68
 2 MIKE DUIGNAN 51 VMST 32.69
 3 WILLIAM PHARIS 50 VMST 37.42
 4 ERIC MILLER 50 VMST 37.66

Men 100 Back

1 WILLIAM BACON 51 GLD 1:05.40
 2 MIKE DUIGNAN 51 VMST 1:11.92
 3 WILLIAM PHARIS 50 VMST 1:24.54
 4 HARRY DELONG 54 VMST 1:27.86

Men 200 Back

1 MIKE DUIGNAN 51 VMST 2:38.98
 2 WILLIAM PHARIS 50 VMST 3:07.50

Men 50 Breast

1 GEORGE BROWN 50 VMST 32.56
 2 WARNER BRUNDAGE 54 VMST 33.77

Men 100 Breast

1 GEORGE BROWN 50 VMST 1:11.59
 2 WARNER BRUNDAGE 54 VMST 1:15.09
 3 HARRY DELONG 54 VMST 1:32.98

Men 50 Fly

1 ERIC MILLER 50 VMST 29.40
 2 JAMES SLAUGH 52 VMST 35.69

Men 100 Fly

1 ERIC MILLER 50 VMST 1:11.69

Men 100 IM

1 WARNER BRUNDAGE 54 VMST 1:10.12
 2 MIKE DUIGNAN 51 VMST 1:14.08
 3 WILLIAM PHARIS 50 VMST 1:19.05

Men 200 IM

1 WARNER BRUNDAGE 54 VMST 2:31.98

 --- Ages 55 Through 59 ---
 PL Name Age Team Finals

 Men 50 Free

1 JACK SCHILTZ 55 VMST 26.06
 2 PETER HOUCK 59 VMST 34.65

Men 100 Free

1 HOWARD BUTTS 56 VMST 1:19.97
 2 PETER HOUCK 59 VMST 1:23.91
 3 RICHARD HILTON 57 UNAT 1:24.26

Men 200 Free

1 JACK SCHILTZ 55 VMST 2:12.01
 2 RICHARD HILTON 57 UNAT 3:09.73

Men 1650 Free

1 PETER HOUCK 59 VMST 30:01.51

Men 50 Back

Sponsor: NOVICE

1 PETER HOUCK 59 VMST 43.66

Men 100 Back

- RICHARD HILTON 57 UNAT DQ

Men 50 Breast

1 JACK SCHILTZ 55 VMST 31.96
 2 EDWARD GAULRAPP 55 VMST 35.75
 3 HOWARD BUTTS 56 VMST 41.68

Men 100 Breast

1 JACK SCHILTZ 55 VMST 1:11.30
 2 HOWARD BUTTS 56 VMST 1:34.40
 - EDWARD GAULRAPP 55 VMST DQ

Men 200 Breast

1 JACK SCHILTZ 55 VMST 2:36.87
 2 EDWARD GAULRAPP 55 VMST 2:53.53

Men 100 IM

1 HOWARD BUTTS 56 VMST 1:40.70

Men 200 IM

1 PETER HOUCK 59 VMST 3:53.60

Men 400 IM

1 EDWARD GAULRAPP 55 VMST 6:03.03

 --- Ages 60 Through 64 ---
 PL Name Age Team Finals

 Men 50 Free

1 GEORGE MURPHY 61 VMST 29.52

Men 500 Free

1 JOHN MCGILL 62 VMST 7:23.63

Men 1000 Free

1 RICHARD CHEADLE 60 VMST 15:52.92

Men 50 Back

1 NIEL SWEEN 62 NVAQ 37.64

Men 100 Back

1 NIEL SWEEN 62 NVAQ 1:27.92

Men 200 Back

1 NIEL SWEEN 62 NVAQ 3:33.17

Men 50 Fly

1 GEORGE MURPHY 61 VMST 32.98

2 RICHARD CHEADLE 60 VMST 34.20

Men 100 Fly

1 GEORGE MURPHY 61 VMST 1:20.63

 --- Ages 65 Through 69 ---

PL Name Age Team Finals

 Men 100 Free

1 JURGEN PEST 66 VMST 1:19.21

Men 50 Back

1 FORREST SULLIVAN 68 VMST 38.98

Men 100 Back

1 FORREST SULLIVAN 68 VMST 1:28.70

2 JURGEN PEST 66 VMST 1:39.74

Men 200 Back

1 FORREST SULLIVAN 68 VMST 3:13.96

Men 100 Breast

1 JURGEN PEST 66 VMST 1:43.62

Men 50 Fly

1 FORREST SULLIVAN 68 VMST 38.02

Men 100 IM

1 FORREST SULLIVAN 68 VMST 1:29.91

Men 200 IM

- JURGEN PEST 66 VMST DQ

 --- Ages 70 Through 74 ---
 PL Name Age Team Finals

 Men 100 Free

1 CALVIN BARNES 74 VMST 1:21.26

Men 50 Back

1 CALVIN BARNES 74 VMST 43.06

Men 100 Back

1 CALVIN BARNES 74 VMST 1:33.86

Men 200 Back

1 CALVIN BARNES 74 VMST 3:18.98

Men 100 IM

1 CALVIN BARNES 74 VMST 1:35.83

 --- Ages 80 Through 84 ---
 PL Name Age Team Finals

 Men 100 Free

1 HARRY HOWELL 80 VMST 1:32.66

Men 100 Breast

1 HARRY HOWELL 80 VMST 2:02.47

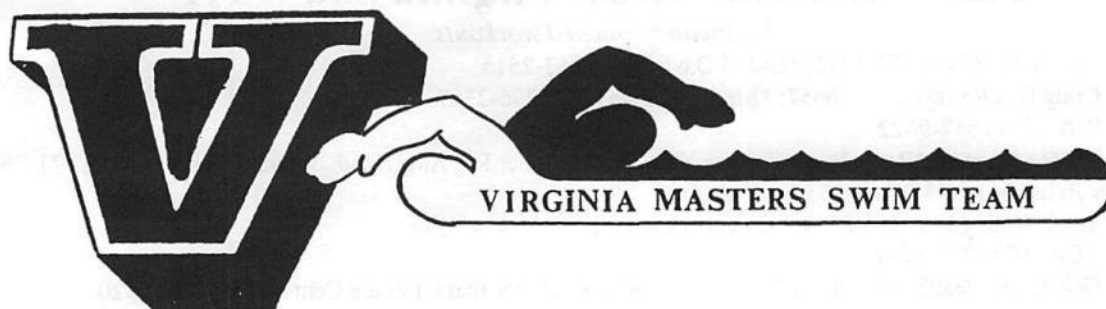
Men 100 IM

1 HARRY HOWELL 80 VMST 1:47.02

VMST Winter Invitational -- 25 yard pool
Richmond, Virginia -- February 14-15, 1998

--- Ages 25 Through 34 ---				--- Ages 35 Through 44 ---				--- Ages 35 Through 44 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals	PL	Name	Team	Finals
Women 200 R-Free				Men 200 R-Medley				Mixed 200 R-Free			
-	VMST A W-25	VMST	DQ	1	ANCM A M-35	ANCM	1:43.81	1	VMST A X-35	VMST	2:05.25
	MOLLY DEAN-32	PATTY POWIS-37			MICHAEL FELL-36	WALLY DICKS-35			KITTEN BRAATEN-42W	JANET DRESCH-43W	
	CHERYL CONLIN-29	VALERIE NELLEN-27			JOHN FEINSTEIN-42	DALE MCELHATTAN-35			MICHAEL WIMSATT-47M	W. ROBB SULTZER-4	
--- Ages 19 Through 24 ---				--- Ages 25 Through 34 ---				--- Ages 45 Through 54 ---			
PL	Name	Team	Finals	PL	Name	Team	Finals	PL	Name	Team	Finals
Men 200 R-Medley				Mixed 200 R-Free				Mixed 200 R-Medley			
1	VMST A M-19	VMST	1:54.79	1	VMST A X-25	VMST	1:52.45	1	VMST A X-45	VMST	2:25.33
	MIKE PHELAN-30	C. COCKRELL JR-29			BONNIE BAFFER-38W	DAVID WITTE-32M			HARRY DELONG-54M	GEORGE BROWN-50M	
	ROBERT WALBURG-24	MK CREELMAN-33			C. JOHENGEN-29W	RON PAILLIOTET-26M			GEORGE MURPHY-61M	DEE DELONG-48W	
2	GLD A M-19	GLD	1:55.38	Mixed 200 R-Medley							
	WILLIAM BACON-51	ROBERT GRIFFIN-23		1	VMST A X-25	VMST	2:00.50				
	CHRIS HUGHES-28	BJORN SVINTERUD-31			DAVID MALSBURY-36M	MARK GILL-29M					
					MOLLY DEAN-32W	PAULA JONES-29W					
--- Ages 25 Through 34 ---											
PL	Name	Team	Finals								
Men 200 R-Medley											
1	AVMS A M-25	AVMS	2:13.95								
	DAVID BENTLEY-30	JAMES SLEAR-40									
	MARK BRAIMAN-41	DAVID TEPPER-25									

VMST advertisement from High School Swimming program:



*Masters swimmers wish all high school swimmers
fast times and smart races!*

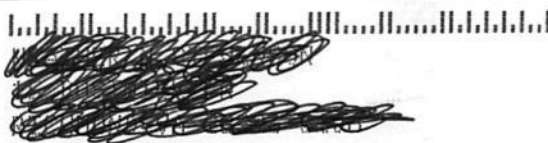
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Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.
Charlottesville: Craig C. Clift (804) 293-6657; *Mark Braiman (804) 296-2387.
Chesapeake: YMCA (757) 547-9622
Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622
Ft. Eustis: *Mary Rebarchak, (757) 766-3554.
Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.
Lynchburg: *YMCA (804) 847-5597
Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (757) 827-0420.
Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.
Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.
Portsmouth: YMCA (757) 399-5511.
Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622
Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.
Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.
Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;
VBCRC: *Great Neck, 496-6766; *Princess Anne, 426-0022; *Bayside, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765.
Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304)384-7473