

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

March 15, 1999

Preparing for Meets

The following article (*Training for Nationals*) was downloaded from *SWIM Magazine's* website (SwimInfo.com). I read this article several years ago and have attempted to follow Coach Hines' advice and practice four days in a row as often as possible. When I first started swimming four days straight, I had a hard time because I was practically exhausted. Now, I can handle it but I am still very tired on the fourth day. I try to swim Friday, Saturday, Sunday, and Monday. On Monday, my workout is not too good. However, after resting on Tuesday, I often have my best workouts on Wednesday. More importantly, I feel much better at multi-day meets.

The advice in this article is applicable even to two day meets. Many swimmers practice every other day or alternate hard and easy practices. If you are going to enter a two day meet, you need to have hard practices two days in a row to prepare yourself for the stress. Many inexperienced swimmers will complain about how tired or sore they are on the second day of a meet.

Enjoy the article and be ready for your next big meet.

Upcoming VMST Events

March 20: Ft. Eustis Meet. Distance events in the morning, rest of events in the afternoon. Entry was in January and February newsletters.

April 10: Roanoke Meet. Entry is in this newsletter.

April 30-May 3: Zone Championship at U. of MD in College Park. We should have a big team turnout. Entry was in February newsletter.

May 13-16: SC Nationals in Santa Clara, CA. Contact Nancy Miller about hotel room.

Training for Nationals?

By Coach Emmett Hines

No doubt you are doing lots of hard work each day you come to the pool for workout. You do endurance work to improve your distance events. You do sprint work to improve your short events. You do high-lactate work to improve the end of all your races. You do high quality swims on lots of rest to simulate race conditions. You are trying to be ready for anything and everything your body is going to be subjected to at the Big Meet.

What might you be missing? Think about it. At Nationals there are four days of competition. Each of these days requires a fair amount of warm-up and warm-down swimming yardage along with the yardage required for your events. If you are doing the types and amounts of warm-up and warm-down recommended for meets you will find that your meet daily yardage equals or exceeds the yardage you are used to doing in workouts. And some of that is at the highest intensities and thus highest levels of physical stress you are capable of. And you do this four days in a row. No wonder most people are physically and emotionally drained at the end of a big meet.

But, you can prepare for this to some extent.

At some point in your season, before taper, it would be good to go through four consecutive days of training just to accustom your body to the stress. Your mind needs this too. If you are prepared for the fatigue induced by consecutive days of physical stress you are less likely to let that fatigue affect you psychologically. If you can plan to do this a couple

See Training on page 3.

Meet Schedule

March 20: Ft. Eustis, VA.

April 10: Roanoke, VA.
Entry is in this newsletter.

April 17-18: Raleigh, NC.
I don't have a copy of this meet entry yet.

April 30-May 2: Zone Championship at U. of MD.
Entry was in the February newsletter.

May 13-16: USMS Nationals in Santa Clara, CA.
Entry was in *SWIM* magazine.

July 17: LC in Roanoke, VA.
This meet is part of the Commonwealth Games. Entry will be in April newsletter.

August 1: DCM LC at George Mason Univ.

Web Sites

Masters Swimming in VA
VASwim.org
(from this site you can link to others)

LMSC for VA
serve.com/LMSC_for_VA
(LMSC Records are listed here.)

USMS
usms.com
(Results from Nationals, Links to Top 10,
articles on training, etc)

Camps and Clinics

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 256-0658 (fax). For calendar of camps 800-609-SWIM. www.totalimmersion.net or e-mail: terry@totalimmersion.net. A camp is scheduled for Mar 27-28 in Newport News. The brochure says Virginia Beach, but the pool is in Newport News.

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

Newsletter Editor

Betsy Durrant

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

Open Water Events

June 6: Reston 2-Mile Lake Swim

Contact Lynn Hazlewood, 11714 Decade Ct, Reston, VA
20191-2942, 703-845-SWIM, lynhzlwd@usms.org

June 20: 1-Mile Ocean Swim, Virginia Beach

Entry will be in the April and May newsletters.

July 10: 2-Mile Lake Swim, Charlottesville, VA

Entry will be in the May newsletter.

*** These three events make up the Virginia Distance Series.
A special award is presented to swimmers who complete all three.

VMST OFFICERS

President: Nancy Miller

NancyMillr@aol.com

Vice President: Patty Powis

PPowis@aol.com

Secretary: Harry DeLong

hdelong@ix.netcom.com

Treasurer: Mike Duignan

gr82swim2@email.msn.com

If you want to host a VMST meet ...

1. Contact Patty Powis, VMST Vice President. She coordinates the dates so that meets do not compete.
2. After clearing the date with Patty, send a copy of the entry to Judy Martin (535 Biltmore Dr, Virginia Beach, VA 23454) for approval and to get a sanction.
3. After you have the entry approved and have a sanction number, send the entry to Betsy Durrant for the newsletter.

Training from page 1.

of times before Nationals, so much the better. If not, then it's something to consider next time you are planning on going to a big meet that lasts more than two days.

I guess we could take the scenario a bit further. Maybe with all the fun and parties that surround Nationals you don't get as much sleep as you are used to while you are in training. This might be a good excuse to plan some fun and parties (and perhaps a big meal or two out with your training buddies) during your "4-Day Nationals Stress Simulation" period. Go to bed late, sleep on a mattress that's too hard or too soft and then get up early and hit a 6:00am workout. Sit on a hard metal bench for several hours (or till your butt gets numb) each day. Ride to and from workout in the cramped back seat of a rented economy sized car with six other people - yeah, do the whole nine yards.

OK, so maybe the rented car is taking it a little too far, but the general concept has merit. Think About It.

Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. Currently he coaches workouts at the University of Texas Health Science Center, the University of Houston and The Houstonian Club.

February Meet at Briarwood in Richmond *by Betsy Durrant*

The annual winter meet at Briarwood (Riverside Fitness Center) was better than ever this year. Pre-entries totaled about 150; deck entries pushed the total over 180. Particularly nice was seeing old friends who have not been at meets lately.

These are some of things that I think make this meet special:

1. The 2-day format allows a lot of flexibility in your entries. Saturday's events were a 200 Choice, a 500, 1000, and 1650 free, and a 400 IM. It's early in

the season and I liked the chance to swim a 200 with no other events that day. Sunday's events covered 50, 100, and 200 of each stroke, 100 and 200 IM, and relays. The opportunity was offered to swim any event or to swim just one day.

2. The social at the Millers' home is great. VMST members from the area provide a complete dinner. They do a super job providing for so many hungry swimmers and family members.

3. Bagels, fruit, and coffee are available throughout the meet on Sunday. The meet starts early and runs through lunch, so this provides a welcome snack.

4. There are plenty of competent, friendly officials, timers, and workers.

Nancy Miller does a great job as meet director. Many thanks to her, team members from the Briarwood workouts, Craig Campesi, and James Wolfe.

UMBC Meet *by Beth Baker*

The 1999 Maryland Masters Meet held at UMBC on February 20-21 was an well-run meet, featuring most every event, including relays, and plenty of good competition for everyone. VMST had 8 people in attendance including newcomer Wendy Weinberg Weil, a 1976 Bronze medalist in the 800 free in the Olympics!! (As she and your writer train together, the writer had the good fortune of recruiting her for the ole team!!)

Beth Baker won her 9 events, breaking several VMST records in the process. She won the 35-39 pentathlon and was high point winner in her age group as well.

Susan Bleistein fared well in the 2 50's she swam.

Wendy Weil won 6 of the 8 events she entered and was the 40-44 age group high point winner. If she hasn't already, she will soon be assaulting the VMST record book in her age group.

See UMBC on page 4.

UMBC from page 3.

Betsy Durrant traveled up from Va Beach to take on the competition among the 55-59 women, where she won 3 events and was second in 3 more.

Miriam Tuovila, 73 was her age groups pentathlon and high point winner. She took 7 of her 8 events!

Among the men, Jim Miller made it to the second day of events to swim well in 3 events and give great coaching to all the VMST people there. Nancy Miller did an awesome job getting splits, by the way; thanks, Nancy.

Eric Miller, 51, (no relation) finished in the top 4 of all 4 of his events.

Finally Chuck Wilmore, 64, got 2 firsts and a second.

All in all it was a successful meet for the team. The Maryland Masters people got us in and out of there quickly each day. The air on deck was a little chilly, but there was plenty of fast swimming to make up for it. And there were enough people entered that you weren't jumping up on the blocks for your next event every time you turned around. Interestingly enough, this is the site of the 2000 LC Masters Nationals (outdoor). They have recently completed an outdoor long course pool. New locker facilities are under construction. It was a good opportunity to see the pool. It sure will be nice to have a "local" nationals in the near future.

Complete results can be found at the MD LMSC website which can be accessed through USMS.org

In and Out of the Water

News About Masters Swimmers

Barbara Bishop has not been at any meets lately because she is expecting her second child. She plans to be ready for the 2000 LC Championship at UMBC.

I asked **Diane Cayce** about workouts. She leaves a stack of workouts at Briarwood for anyone to use. Good idea for all pools. See page 5.

At the UMBC meet, **Sherif Shaalan**, a Maryland Masters swimmer, sang the National Anthem. I can't remember hearing it any better,

except when he sang at Y Nationals in Indianapolis in 1997.

James Ferguson (DCRP - DC Rec and Parks) told me that **Walter Meares**, another long-time Masters swimmer, had suffered a stroke over a year ago and had not fully recovered yet.

It was great to see **Deb Cain** at UMBC. She is working hard to (in her words) "remember how to race". It is so true that when you haven't been to many meets, you forget some of the little, but important, skills that were once ingrained.

The DC Masters LC Meet scheduled for August 1 will use the new pool at **George Mason University**.

Bill Martin reports that there is a workout group at George Mason. Contact him at 703-713-4495 or William_Martin@mail.northgrum.com for information on workouts there or at Burke.

Note from the President

from Nancy Miller

It's hard to believe that we're heading into the homestretch for short course season. It's time to decide whether or not you're going to nationals in May, as our finalized hotel rooming list is due shortly. If you haven't already contacted me with your credit card number, your dates of arrival and departure, and the names of those sharing your room, you need to do so IMMEDIATELY!!!

Jim also needs your 50, 100, and 200 yard times so that he can start thinking about relays for Zones as well as your 50 yard times for Nationals relays. We will both be at the Ft. Eustis meet later in the month, and you can give him your times then if you would prefer. Otherwise, Jim's fax number is (804)320-2717, our home telephone number is (804)320-2143, and his e-mail address is JWMswimmd@aol.com. Our computer has been totally out of commission for the past couple of months, but we have now replaced the modem and hopefully are up and running again.

It was wonderful seeing so many of you here in Richmond for the Brairwood meet last month; we had some great times both in and out of the pool! look forward to seeing you at Ft. Eustis.

Happy training!

Workouts from Diane Cayce

Workout #1

| | | | |
|-------------------------------------|------|------|------|
| 200 Free | 2:50 | 3:10 | 3:30 |
| 4 x 100, IM order, drill 25/swim 25 | | | |
| 150 Free | 2:10 | 2:20 | 2:35 |
| 4 x 75 non, KSK | 1:25 | 1:30 | 1:35 |
| 100 Free | 1:20 | 1:30 | 1:40 |
| 4 x 50 IM, KS | :55 | 1:00 | 1:05 |
| 50 Free | :45 | :50 | :55 |
| 4 x 25 Choice, Build | :30 | :35 | :40 |

Next set with Paddles and Buoy

| | | | |
|-------------------------|------|------|------|
| 4 x 25 Free, Breath 9th | :30 | :30 | :35 |
| 100 BK | 1:45 | 1:55 | 2:05 |
| 3 x 50 Free, Br 7th | :45 | :50 | :55 |
| 100 BK | | | |
| 2 x 75 Free, Br 5th | 1:10 | 1:15 | 1:20 |
| 100 BK | | | |
| 1 x 100 Free, Br 3rd | 1:25 | 1:35 | 1:45 |

9 x 100 Fins, Choice 1:30 1:40 1:50

#1 Kick, #2 Kick25/Swim25, #3 Swim

Repeat 3 times.

25-50-75-100-75-50-25 Free

Interval :20 per 25, :25 per 25, or :30 per 25

Long - work on turns and distance off walls

Total 3600.

As always, adjust intervals and distance as needed.

Speedo

Innovative swimming suits, apparel and accessories.

Nike

The largest supplier of active sportswear in America.

Vasa Trainer

Manufacturer of the most versatile sport-specific conditioning equipment for all sports.

Hasty Awards

A major provider of quality awards in the US, and "First in Recognition".

Workout #2

Ladder - all choice of stroke

25-50-75-100-125-150-175-200-175-200-175-150-125-100-75-50-25

Interval is :25 per 25

In between each distance, 2 x 25 Choice:

#1 Kick on :35, #2 Drill on :35

The first set is 2300

Pick the stroke and the distance that fits the interval:

1 x _____ on 2:00

2 x _____ on 1:50

3 x _____ on 1:40

4 x _____ on 1:30

5 x _____ on 1:20

6 x _____ on 1:10

7 x _____ on 1:00

8 x _____ on :50

The second set varies in distance from 1800-3200.



Destinations

The nations leading hotel discount program.

MBNA Mastercard

USMS Preferred and Gold affinity credit card

Alamo

Great rates and discounts on car rentals.

USMS Phone Card

Cost effective way to make your calls.

TYR

A major manufacturer of swimwear and accessories.

Kast-A-Way

One of the nation's largest suppliers of swimwear and swimming equipment.

The Victor

Competition and performance swimwear and training accessories.

Mindspring

A "user friendly" dial-up internet service.

4th ANNUAL STAR CITY VIRGINIA MASTERS MEET

Roanoke, Virginia - April 10, 1999

Warm-up @ 9:15AM Meet begins @ 10:00AM

For information Call: Howard Butts 540-992-1736, Bill Pharis 540-890-2867 or E-mail
SwimmerJane@usms.org

Sponsored by: Virginia Masters Swim Team

Sanctioned by: LMSC for VA for USMS, Inc.

Sanction Number: 129-0003

Meet Referee: Debbie Johnson

Meet Director: Howard Butts

Facility: Lancerlot Fitness Center, 1110 Vinyard Rd., Vinton, VA

The pool is 25 yards with 8 lanes for events, non-turbulent lane lines, ample parking, seating for 50, and a sun deck attached to the pool.

Directions: From I-81 take I-581 to Roanoke, take exit 6 (Elm Ave. Rt. 24), turn left at the end of the exit ramp, go 2½ miles through 6 traffic lights. Turn right on Vinyard Rd., which is between McDonalds and "Lake Drive Plaza". Lancerlot is 1/8 mile on left.

Rules: Swimmers must be registered in US Masters Swimming (USMS). A photocopy of your current (1999) registration must be attached to your entry. Registration will not be available at the meet. The 1999 USMS rules shall prevail. Each swimmer will be limited to five (5) individual events, plus relays.

Warm-up/down:

1. Swimmers must enter the pool feet first in a cautious manner.
2. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.
3. There will be continuous warm-up/down areas.
4. ABSOLUTELY NO DIVING will be permitted in the warm/down area.
5. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Fees: Entry fees are: \$3.00 for each individual event and \$5.00 for each relay. There will also be a \$1.00 surcharge for computer results. Deck entry fees will be \$5.00. Deck entries will be accepted from 8:00AM to 9:00AM the morning of the meet only. Fees must accompany entries and are non-refundable. Make checks to: "Virginia Master's Swim Team".

Deadline: Entry deadline to be seeded is April 3, 1999. Events and heats will be mixed gender and seeded by time only.

Awards: 1st place medals through 3rd places in each age group. Ribbons for fourth through 10th places.

Social: An on deck social will be going on during the swimming meet for all to enjoy.

Name: _____ Team: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Sex: _____ USMS Reg. No.: _____ Age (as of April 10, 1999): _____

RELEASE

The following release must be dated, signed and in the possession of the Meet Director before the swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. 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 rules of USMS.

Date: _____ Signature: _____

| | Time | Event |
|------------------------|-------|---------------------------|
| 1. | _____ | 200 Medley Relay |
| 2. | _____ | 200 Freestyle |
| 3. | _____ | 100 Backstroke |
| 4. | _____ | 50 Breaststroke |
| 5. | _____ | 100 IM |
| 6. | _____ | 100 Butterfly |
| 7. | _____ | 50 Freestyle |
| 15 Minute Break | | |
| 8. | _____ | 200 Choice (no freestyle) |
| 9. | _____ | 100 Freestyle |
| 10. | _____ | 50 Backstroke |
| 11. | _____ | 200 IM |
| 12. | _____ | 50 Butterfly |
| 13. | _____ | 100 Breaststroke |
| 14. | _____ | 200 Freestyle Relay |
| 15. | _____ | 500 Freestyle |

Number of events _____ X \$3.00 (\$5.00 for late or deck entries) = \$ _____ + \$1.00 (surcharge for computer operation) = \$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: Howard Butts, c/o Lancerlot Fitness Center, 1110 Vinyard Rd, Vinton, VA 24179

A COPY OF YOUR USMS REGISTRATION CARD AND THE SIGNED WAIVER MUST BE ENCLOSED WITH YOUR ENTRY.

1999 VMST Winter Invitational
Richmond, Virginia -- 25y course -- Feb 6-7, 1999

Meet Results for Timed Finals-Yards

| Ages 19 Through 24 --- | | | | Women Open 200 Back | | | | Women Open 100 Back | | | |
|------------------------|----------------|----------|----------|------------------------|---------|----------|--------|------------------------|---------|----------|--------|
| PL | Name | Age Team | Finals | | | | | | | | |
| Women Open 50 Free | | | | 1 K. SPANENBERG | 26 UNAT | 2:37.42 | | 1 SUSAN WILLIAMS | 32 ANCM | 1:03.26 | |
| 1 | GILLIAN ELTING | 20 UNATP | 29.39 | Women Open 50 Breast | | | | 2 CAROLE KAMMEL | 30 ANCM | 1:17.63 | |
| Women Open 200 Free | | | | Sponsor: NOVICE | | | | Women Open 200 Back | | | |
| 1 | ANTJE FLAMICH | 19 ANCM | 2:03.73 | 1 V. SCHLESINGER | 29 UNAT | 34.31 | | 1 PAULA JONES | 30 VMST | 2:33.67 | |
| Women Open 50 Back | | | | Women Open 50 Breast | | | | 2 MOLLY DEAN | 33 VMST | 2:34.67 | |
| 1 | ANTJE FLAMICH | 19 ANCM | 29.45 | 1 ROSEY DANIELS | 29 VMST | 39.19 | | Women Open 50 Breast | | | |
| Women Open 200 Back | | | | Women Open 100 Breast | | | | 1 CAROLE KAMMEL | 30 ANCM | 36.52 | |
| 1 | ANTJE FLAMICH | 19 ANCM | 2:16.92 | 1 V. SCHLESINGER | 29 UNAT | 1:13.18 | | 2 M. CREELMAN | 32 VMST | 41.88 | |
| Women Open 50 Breast | | | | Women Open 100 IM | | | | Women Open 100 Breast | | | |
| 1 | GILLIAN ELTING | 20 UNATP | 37.36 | 1 V. SCHLESINGER | 29 UNAT | 1:10.33 | | 1 CAROLE KAMMEL | 30 ANCM | 1:16.98 | |
| Women Open 100 IM | | | | 2 K. SPANENBERG | 26 UNAT | 1:12.49 | | 2 LESLIE CALLENDER | 30 VMST | 1:18.49 | |
| 1 | ANTJE FLAMICH | 19 ANCM | 1:04.37 | 3 J. WATERMAN | 26 VMST | 1:16.82 | | 3 PRISCILLA BETTIS | 34 VMST | 1:24.24 | |
| 2 | GILLIAN ELTING | 20 UNATP | 1:14.15 | Ages 30 Through 34 --- | | | | Women Open 50 Fly | | | |
| Ages 25 Through 29 --- | | | | PL | Name | Age Team | Finals | 1 MOLLY DEAN | 33 VMST | 29.62 | |
| PL | Name | Age Team | Finals | Women Open 50 Free | | | | 2 C. JOHNGEN | 30 VMST | 32.95 | |
| Women Open 50 Free | | | | 1 CAROLE KAMMEL | 30 ANCM | 27.60 | | Women Open 100 Fly | | | |
| 1 | ROSEY DANIELS | 29 VMST | 29.25 | 2 LISA HEIRIGS | 32 VMST | 30.47 | | 1 ALICE PHILLIPS | 33 VMST | 1:04.60 | |
| 2 | J. WATERMAN | 26 VMST | 29.64 | 3 DEBORAH FISH | 33 VMST | 34.49 | | 2 MOLLY DEAN | 33 VMST | 1:07.73 | |
| Women Open 50 Free | | | | - STACEY VARGAS | 33 RCA | DQ | | 3 PRISCILLA BETTIS | 34 VMST | 1:11.15 | |
| Sponsor: NOVICE | | | | Women Open 100 Free | | | | 4 C. JOHNGEN | 30 VMST | 1:19.47 | |
| 1 | V. SCHLESINGER | 29 UNAT | 29.65 | 1 PAULA JONES | 30 VMST | 1:00.02 | | Women Open 200 Fly | | | |
| 2 | SANIA QAZI | 26 UNAT | 36.06 | 2 LESLIE CALLENDER | 30 VMST | 1:00.29 | | 1 PRISCILLA BETTIS | 34 VMST | 2:46.96 | |
| Women Open 100 Free | | | | 3 STACEY VARGAS | 33 RCA | 1:01.91 | | Women Open 100 IM | | | |
| 1 | V. SCHLESINGER | 29 UNAT | 1:02.14 | 4 C. JOHNGEN | 30 VMST | 1:06.40 | | 1 PAULA JONES | 30 VMST | 1:09.67 | |
| 2 | ROSEY DANIELS | 29 VMST | 1:04.95 | 5 LISA HEIRIGS | 32 VMST | 1:07.19 | | 2 MOLLY DEAN | 33 VMST | 1:10.06 | |
| 3 | J. WATERMAN | 26 VMST | 1:05.38 | 6 M. CREELMAN | 32 VMST | 1:10.92 | | 3 C. JOHNGEN | 30 VMST | 1:17.11 | |
| Women Open 200 Free | | | | 7 DEBORAH FISH | 33 VMST | 1:17.74 | | 4 M. CREELMAN | 32 VMST | 1:19.49 | |
| 1 | MARY LINDSAY | 26 UNAT | 2:12.29 | Women Open 200 Free | | | | Women Open 200 IM | | | |
| 2 | ROSEY DANIELS | 29 VMST | 2:26.75 | 1 ALICE PHILLIPS | 33 VMST | 2:06.92 | | 1 PAULA JONES | 30 VMST | 2:30.72 | |
| Women Open 500 Free | | | | 2 MOLLY DEAN | 33 VMST | 2:13.48 | | 2 CAROLE KAMMEL | 30 ANCM | 2:31.97 | |
| 1 | MARY LINDSAY | 26 UNAT | 5:55.33 | 3 LESLIE CALLENDER | 30 VMST | 2:14.42 | | 3 LISA HEIRIGS | 32 VMST | 2:53.46 | |
| 2 | ROSEY DANIELS | 29 VMST | 6:41.65 | Women Open 500 Free | | | | Women Open 400 IM | | | |
| Women Open 1000 Free | | | | 1 CAROLE KAMMEL | 30 ANCM | 5:58.99 | | 1 CAROLE KAMMEL | 30 ANCM | 5:29.94 | |
| 1 | KAREN HOLLOWAY | 26 VMST | 11:57.91 | 2 STACEY VARGAS | 33 RCA | 6:16.16 | | Ages 35 Through 39 --- | | | |
| Women Open 50 Back | | | | 3 LISA HEIRIGS | 32 VMST | 6:38.25 | | PL | Name | Age Team | Finals |
| 1 | K. SPANENBERG | 26 UNAT | 31.77 | 4 SUSAN KRATZER | 34 VMST | 6:57.10 | | Women Open 50 Free | | | |
| Women Open 50 Back | | | | 5 HEATHER ZIER | 31 VMST | 7:24.95 | | 1 PATRICIA POWIS | 38 VMST | 28.20 | |
| Sponsor: NOVICE | | | | Women Open 1000 Free | | | | 2 CHERYL BRUNER | 39 DCM | 29.61 | |
| 1 | SANIA QAZI | 26 UNAT | 45.06 | 1 PAULA JONES | 30 VMST | 12:31.53 | | 3 TERI MAERKI | 36 VMST | 29.64 | |
| Women Open 100 Back | | | | Women Open 1650 Free | | | | 4 BONNIE BAFFER | 39 VMST | 32.25 | |
| 1 | MARY LINDSAY | 26 UNAT | 1:09.98 | 1 ALICE PHILLIPS | 33 VMST | 19:49.68 | | Women Open 100 Free | | | |
| 2 | K. SPANENBERG | 26 UNAT | 1:11.06 | 2 J. MANCINI-NEUMA | 32 VMST | 22:04.12 | | 1 BETH BAKER | 37 VMST | 57.92 | |
| | | | | 3 LAURIE MEHLER | 34 VMST | 25:01.54 | | 2 V. VAN HORN PATE | 36 VMST | 1:01.04 | |
| | | | | Women Open 50 Back | | | | 3 CHERYL BRUNER | 39 DCM | 1:04.06 | |
| | | | | 1 SUSAN WILLIAMS | 32 ANCM | 29.22 | | 4 TERI MAERKI | 36 VMST | 1:04.7 | |
| | | | | 2 PAULA JONES | 30 VMST | 33.09 | | 5 LORI PEARSON | 37 VMST | 1:11.71 | |
| | | | | 3 LISA HEIRIGS | 32 VMST | 39.92 | | 6 BONNIE BAFFER | 39 VMST | 1:13.36 | |

Women Open 200 Free

| | | | | |
|---|------------------|----|------|---------|
| 1 | V. VAN HORN PATE | 36 | VMST | 2:14.05 |
| 2 | ANGELA HOWSMON | 38 | VMST | 2:21.13 |
| 3 | TERI MARRKI | 36 | VMST | 2:23.78 |
| 4 | CHERYL BRUNER | 39 | DCM | 2:25.61 |
| 5 | LORI PEARSON | 37 | VMST | 2:45.77 |

Women Open 500 Free

| | | | | |
|---|------------------|----|------|---------|
| 1 | BETH BAKER | 37 | VMST | 5:42.00 |
| 2 | CHARLOTTE BOXLEY | 36 | VMST | 6:20.52 |
| 3 | COLLETTE IVES | 38 | VMST | 6:32.79 |

Women Open 1000 Free

| | | | | |
|---|------------------|----|------|----------|
| 1 | PENNY BATES | 37 | ANCM | 12:06.12 |
| 2 | V. VAN HORN PATE | 36 | VMST | 12:20.29 |

Women Open 1650 Free

| | | | | |
|---|----------------|----|------|----------|
| 1 | PATRICIA POWIS | 38 | VMST | 20:34.03 |
| 2 | TROY KILEY | 38 | VMST | 22:12.36 |

Women Open 50 Back

| | | | | |
|---|----------------|----|------|-------|
| 1 | BETH BAKER | 37 | VMST | 29.56 |
| 2 | ANGELA HOWSMON | 38 | VMST | 34.55 |

Women Open 50 Back

Sponsor: NOVICE

| | | | | |
|---|-----------------|----|------|-------|
| 1 | CAROL DOWNING | 39 | VMST | 43.63 |
| 2 | KIMBERLY KELBLE | 37 | RCA | 51.71 |

Women Open 100 Back

| | | | | |
|---|-------------|----|------|---------|
| 1 | BETH BAKER | 37 | VMST | 1:03.62 |
| 2 | PENNY BATES | 37 | ANCM | 1:12.13 |

Women Open 50 Breast

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | CAROL DOWNING | 39 | VMST | 45.73 |
|---|---------------|----|------|-------|

Women Open 50 Breast

| | | | | |
|---|------------------|----|------|-------|
| 1 | PATRICIA POWIS | 38 | VMST | 33.67 |
| 2 | CHARLOTTE BOXLEY | 36 | VMST | 34.86 |
| 3 | CHERYL BRUNER | 39 | DCM | 38.77 |
| 4 | LORI PEARSON | 37 | VMST | 38.86 |
| 5 | TERI MARRKI | 36 | VMST | 41.14 |
| 6 | KIMBERLY KELBLE | 37 | RCA | 41.20 |
| 7 | BONNIE BAPPER | 39 | VMST | 43.62 |

Women Open 100 Breast

| | | | | |
|---|------------------|----|------|---------|
| 1 | PATRICIA POWIS | 38 | VMST | 1:14.44 |
| 2 | CHARLOTTE BOXLEY | 36 | VMST | 1:15.63 |
| 3 | LORI PEARSON | 37 | VMST | 1:24.14 |
| 4 | KIMBERLY KELBLE | 37 | RCA | 1:28.87 |
| 5 | TERI MARRKI | 36 | VMST | 1:29.62 |

Women Open 200 Breast

| | | | | |
|---|------------------|----|------|---------|
| 1 | PATRICIA POWIS | 38 | VMST | 2:42.53 |
| 2 | CHARLOTTE BOXLEY | 36 | VMST | 2:46.43 |
| 3 | PENNY BATES | 37 | ANCM | 2:49.46 |
| 4 | KIMBERLY KELBLE | 37 | RCA | 3:15.81 |
| 5 | CAROL DOWNING | 39 | VMST | 3:49.92 |

Women Open 50 Fly

| | | | | |
|---|------------------|----|------|-------|
| 1 | V. VAN HORN PATE | 36 | VMST | 30.68 |
| 2 | SHERI VAUGHN | 35 | VMST | 31.25 |
| 3 | PENNY BATES | 37 | ANCM | 31.33 |
| 4 | ANGELA HOWSMON | 38 | VMST | 31.72 |
| 5 | BONNIE BAPPER | 39 | VMST | 38.47 |

Women Open 50 Fly

Sponsor: NOVICE

| | | | | |
|---|-----------------|----|-----|-------|
| 1 | KIMBERLY KELBLE | 37 | RCA | 45.63 |
|---|-----------------|----|-----|-------|

Women Open 100 Fly

| | | | | |
|---|--------------|----|------|---------|
| 1 | SHERI VAUGHN | 35 | VMST | 1:07.72 |
| 2 | PENNY BATES | 37 | ANCM | 1:09.63 |

Women Open 200 Fly

| | | | | |
|---|--------------|----|------|---------|
| 1 | SHERI VAUGHN | 35 | VMST | 2:27.88 |
| 2 | PENNY BATES | 37 | ANCM | 2:30.47 |

Women Open 100 IM

| | | | | |
|---|------------------|----|------|---------|
| 1 | BETH BAKER | 37 | VMST | 1:04.89 |
| 2 | CHARLOTTE BOXLEY | 36 | VMST | 1:09.36 |
| 3 | PENNY BATES | 37 | ANCM | 1:11.32 |
| 4 | ANGELA HOWSMON | 38 | VMST | 1:15.89 |
| 5 | LORI PEARSON | 37 | VMST | 1:22.14 |
| 6 | BONNIE BAPPER | 39 | VMST | 1:24.65 |
| 7 | CAROL DOWNING | 39 | VMST | 1:33.87 |
| 8 | KIMBERLY KELBLE | 37 | RCA | 1:34.68 |

Women Open 200 IM

| | | | | |
|---|----------------|----|------|---------|
| 1 | BETH BAKER | 37 | VMST | 2:23.15 |
| 2 | PATRICIA POWIS | 38 | VMST | 2:34.55 |
| 3 | SHERI VAUGHN | 35 | VMST | 2:35.28 |
| 4 | CHERYL BRUNER | 39 | DCM | 2:55.44 |

Women Open 400 IM

| | | | | |
|---|--------------|----|------|---------|
| 1 | BETH BAKER | 37 | VMST | 5:00.83 |
| 2 | PENNY BATES | 37 | ANCM | 5:17.59 |
| 3 | SHERI VAUGHN | 35 | VMST | 5:26.83 |

--- Ages 40 Through 44 ---

| PL | Name | Age | Team | Finals |
|----|------|-----|------|--------|
|----|------|-----|------|--------|

Women Open 50 Free

| | | | | |
|---|----------------|----|------|-------|
| 1 | L. HASSELQUIST | 40 | VMST | 26.97 |
| 2 | BARGER JEUTTER | 40 | VMST | 30.00 |
| 3 | AMELIA MORRIS | 42 | VMST | 30.23 |
| 4 | JOCelyn ROSS | 43 | VMST | 31.86 |
| 5 | LYNN GREEN | 41 | VMST | 37.52 |

Women Open 50 Free

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | CRYSTAL PRIDY | 40 | VMST | 32.16 |
|---|---------------|----|------|-------|

Women Open 100 Free

| | | | | |
|---|----------------|----|------|---------|
| 1 | L. HASSELQUIST | 40 | VMST | 1:00.48 |
| 2 | AMELIA MORRIS | 42 | VMST | 1:06.29 |
| 3 | LYNN GREEN | 41 | VMST | 1:29.94 |

Women Open 200 Free

| | | | | |
|---|----------------|----|------|---------|
| 1 | KITTEN BRAATEN | 43 | VMST | 2:26.40 |
| 2 | AMELIA MORRIS | 42 | VMST | 2:29.08 |
| 3 | JANET DRESCH | 44 | VMST | 2:35.31 |
| 4 | LYNN GREEN | 41 | VMST | 3:37.67 |

Women Open 500 Free

| | | | | |
|---|-------------|----|------|---------|
| 1 | BETH WATERS | 41 | VMST | 6:56.93 |
|---|-------------|----|------|---------|

Women Open 1000 Free

| | | | | |
|---|----------------|----|------|----------|
| 1 | KITTEN BRAATEN | 43 | VMST | 12:58.18 |
|---|----------------|----|------|----------|

Women Open 50 Back

| | | | | |
|---|----------------|----|------|-------|
| 1 | L. HASSELQUIST | 40 | VMST | 31.08 |
| 2 | BARGER JEUTTER | 40 | VMST | 34.97 |

Women Open 50 Back

Sponsor: NOVICE

| | | | | |
|---|------------------|----|------|-------|
| 1 | CRYSTAL PRIDY | 40 | VMST | 44.38 |
| 2 | MICHELE FAULKNER | 42 | VMST | 45.26 |

Women Open 100 Back

| | | | | |
|---|----------------|----|------|---------|
| 1 | L. HASSELQUIST | 40 | VMST | 1:07.22 |
| 2 | BARGER JEUTTER | 40 | VMST | 1:15.35 |
| 3 | JEAN BENSON | 42 | VMST | 1:17.83 |
| 4 | JANET DRESCH | 44 | VMST | 1:32.97 |
| 5 | LYNN GREEN | 41 | VMST | 2:09.17 |

Women Open 200 Back

| | | | | |
|---|----------------|----|------|---------|
| 1 | L. HASSELQUIST | 40 | VMST | 2:23.99 |
| 2 | JEAN BENSON | 42 | VMST | 2:48.66 |
| 3 | KITTEN BRAATEN | 43 | VMST | 2:52.55 |
| 4 | JANET DRESCH | 44 | VMST | 3:10.64 |

Women Open 50 Breast

Sponsor: NOVICE

| | | | | |
|---|------------------|----|------|-------|
| 1 | CRYSTAL PRIDY | 40 | VMST | 42.82 |
| 2 | MICHELE FAULKNER | 42 | VMST | 48.79 |

Women Open 50 Breast

| | | | | |
|---|--------------|----|------|-------|
| 1 | SUSAN KELLY | 43 | VMST | 41.63 |
| 2 | JOCelyn ROSS | 43 | VMST | 42.34 |

Women Open 200 Breast

| | | | | |
|---|--------------|----|------|---------|
| 1 | JOCelyn ROSS | 43 | VMST | 3:24.39 |
|---|--------------|----|------|---------|

Women Open 50 Fly

| | | | | |
|---|----------------|----|------|-------|
| 1 | BARGER JEUTTER | 40 | VMST | 33.53 |
| 2 | JANET DRESCH | 44 | VMST | 39.13 |
| 3 | SUSAN KELLY | 43 | VMST | 40.56 |

Women Open 50 Fly

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | CRYSTAL PRIDY | 40 | VMST | 47.79 |
|---|---------------|----|------|-------|

Women Open 100 Fly

| | | | | |
|---|----------------|----|------|---------|
| 1 | KITTEN BRAATEN | 43 | VMST | 1:16.23 |
|---|----------------|----|------|---------|

Women Open 100 IM

| | | | | |
|---|---------------|----|------|---------|
| 1 | AMELIA MORRIS | 42 | VMST | 1:18.76 |
| 2 | JEAN BENSON | 42 | VMST | 1:20.08 |
| 3 | SUSAN KELLY | 43 | VMST | 1:25.48 |
| 4 | CRYSTAL PRIDY | 40 | VMST | 1:27.16 |
| 5 | JANET DRESCH | 44 | VMST | 1:28.31 |

Women Open 200 IM

| | | | | |
|---|-------------|----|------|---------|
| 1 | JEAN BENSON | 42 | VMST | 2:54.24 |
| 2 | BETH WATERS | 41 | VMST | 3:05.44 |
| 3 | SUSAN KELLY | 43 | VMST | 3:11.23 |

--- Ages 45 Through 49 ---

| PL | Name | Age | Team | Finals |
|----|------|-----|------|--------|
|----|------|-----|------|--------|

Women Open 50 Free

| | | | | |
|---|---------------|----|------|-------|
| 1 | TERRY GAULT | 48 | VMST | 29.27 |
| 2 | KATHY WHEELER | 47 | VMST | 30.13 |
| 3 | ELLEN NYGAARD | 46 | VMST | 34.80 |

Women Open 50 Free

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | KAREN JACKSON | 48 | VMST | 37.09 |
|---|---------------|----|------|-------|

Women Open 100 Free

| | | | | |
|---|---------------|----|------|---------|
| 1 | TERRY GAULT | 48 | VMST | 1:03.64 |
| 2 | ELLEN NYGAARD | 46 | VMST | 1:15.70 |

Women Open 200 Free

| | | | | |
|---|---------------|----|------|---------|
| 1 | TERRY GAULT | 48 | VMST | 2:16.77 |
| 2 | KATHY WHEELER | 47 | VMST | 2:35.52 |

Women Open 500 Free

| | | | | |
|---|---------------|----|------|---------|
| 1 | DEE DELONG | 49 | VMST | 8:10.03 |
| 2 | KAREN JACKSON | 48 | VMST | 8:48.37 |

Women Open 50 Back

| | | | | |
|---|---------------|----|------|-------|
| 1 | KATHY WHEELER | 47 | VMST | 38.69 |
|---|---------------|----|------|-------|

Women Open 50 Back

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | KAREN JACKSON | 48 | VMST | 47.92 |
|---|---------------|----|------|-------|

Women Open 50 Breast

Sponsor: NOVICE

| | | |
|-----------------|---------|-------|
| 1 KAREN JACKSON | 48 VMST | 45.69 |
|-----------------|---------|-------|

Women Open 50 Breast

| | | |
|-----------------|---------|-------|
| 1 DEB DELONG | 49 VMST | 45.14 |
| 2 ELLEN NYGAARD | 46 VMST | 49.09 |

Women Open 100 Breast

| | | |
|--------------|---------|---------|
| 1 DEB DELONG | 49 VMST | 1:37.66 |
|--------------|---------|---------|

Women Open 50 Fly

| | | |
|-----------------|---------|-------|
| 1 TERRY GAULT | 48 VMST | 31.61 |
| 2 KATHY WHEELER | 47 VMST | 34.48 |
| 3 ELLEN NYGAARD | 46 VMST | 40.41 |

Women Open 50 Fly

Sponsor: NOVICE

| | | |
|-----------------|---------|-------|
| 1 KAREN JACKSON | 48 VMST | 46.53 |
|-----------------|---------|-------|

Women Open 100 Fly

| | | |
|---------------|---------|---------|
| 1 TERRY GAULT | 48 VMST | 1:11.91 |
|---------------|---------|---------|

Women Open 100 IM

| | | |
|--------------|---------|---------|
| 1 DEB DELONG | 49 VMST | 1:36.22 |
|--------------|---------|---------|

Women Open 200 IM

| | | |
|-----------------|---------|---------|
| 1 ELLEN NYGAARD | 46 VMST | 3:20.69 |
| 2 DEB DELONG | 49 VMST | 3:32.89 |

--- Ages 50 Through 54 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|-------------------|---------|-------|
| 1 ROSEMARY DAWSON | 53 VMST | 42.34 |
|-------------------|---------|-------|

Women Open 500 Free

| | | |
|-------------------|---------|---------|
| 1 KATHRYN GREGORY | 52 VMST | 8:15.75 |
|-------------------|---------|---------|

Women Open 50 Back

| | | |
|-------------------|---------|-------|
| 1 KATHRYN GREGORY | 52 VMST | 42.87 |
|-------------------|---------|-------|

Women Open 200 Back

| | | |
|-------------------|---------|---------|
| 1 KATHRYN GREGORY | 52 VMST | 3:21.47 |
|-------------------|---------|---------|

Women Open 50 Breast

| | | |
|-------------------|---------|-------|
| 1 KATHRYN GREGORY | 52 VMST | 47.43 |
| 2 ROSEMARY DAWSON | 53 VMST | 51.31 |

Women Open 100 Breast

| | | |
|-------------------|---------|---------|
| 1 ROSEMARY DAWSON | 53 VMST | 1:52.46 |
|-------------------|---------|---------|

Women Open 100 IM

| | | |
|-------------------|---------|---------|
| 1 KATHRYN GREGORY | 52 VMST | 1:33.32 |
| 2 ROSEMARY DAWSON | 53 VMST | 1:47.29 |

--- Ages 55 Through 59 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|-----------------|---------|-------|
| 1 DOROTHY NILES | 57 VMST | 39.14 |
|-----------------|---------|-------|

Women Open 50 Free

Sponsor: NOVICE

| | | |
|--------------|---------|-------|
| 1 MARY HELNE | 58 VMST | 47.62 |
|--------------|---------|-------|

Women Open 100 Free

| | | |
|-----------------|---------|---------|
| 1 BETSY DURRANT | 57 VMST | 1:16.45 |
| 2 DOROTHY NILES | 57 VMST | 1:29.02 |

Women Open 200 Free

| | | |
|-----------------|---------|---------|
| 1 BETSY DURRANT | 57 VMST | 2:40.61 |
|-----------------|---------|---------|

Women Open 1650 Free

| | | |
|-------------------|---------|----------|
| 1 CHARLENE MAGHEE | 57 VMST | 28:26.52 |
|-------------------|---------|----------|

Women Open 50 Back

| | | |
|-----------------|---------|-------|
| 1 BETSY DURRANT | 57 VMST | 39.00 |
|-----------------|---------|-------|

Women Open 50 Breast

| | | |
|-----------------|---------|-------|
| 1 DOROTHY NILES | 57 VMST | 47.49 |
|-----------------|---------|-------|

Women Open 100 Breast

| | | |
|-----------------|---------|---------|
| 1 DOROTHY NILES | 57 VMST | 1:45.39 |
|-----------------|---------|---------|

Women Open 200 Breast

| | | |
|-----------------|---------|---------|
| 1 BETSY DURRANT | 57 VMST | 3:16.37 |
| 2 DOROTHY NILES | 57 VMST | 3:50.79 |

--- Ages 60 Through 64 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|----------------|---------|---------|
| 1 LAURA WALKER | 61 VMST | 35.30 |
| 2 MARY WRIGHT | 64 VMST | 1:45.34 |

Women Open 50 Free

Sponsor: NOVICE

| | | |
|-------------------|---------|-------|
| 1 KATHY BRODERICK | 60 VMST | 45.33 |
| 2 GAIL DYER | 61 VMST | 59.98 |

Women Open 100 Free

| | | |
|-----------------|---------|---------|
| 1 LAURA WALKER | 61 VMST | 1:19.34 |
| 2 JOAN AVERETTE | 62 VMST | 1:32.57 |

Women Open 500 Free

| | | |
|-----------------|---------|---------|
| 1 JOAN AVERETTE | 62 VMST | 9:39.68 |
|-----------------|---------|---------|

Women Open 50 Back

| | | |
|---------------|---------|---------|
| 1 MARY WRIGHT | 64 VMST | 1:51.04 |
|---------------|---------|---------|

Women Open 50 Back

Sponsor: NOVICE

| | | |
|-------------------|---------|-------|
| 1 KATHY BRODERICK | 60 VMST | 51.00 |
|-------------------|---------|-------|

Women Open 100 Back

| | | |
|----------------|---------|----|
| - LAURA WALKER | 61 VMST | DQ |
|----------------|---------|----|

Women Open 50 Breast

| | | |
|-----------------|---------|-------|
| 1 LAURA WALKER | 61 VMST | 50.67 |
| 2 JOAN AVERETTE | 62 VMST | 56.45 |

Women Open 100 IM

| | | |
|-----------------|---------|---------|
| 1 LAURA WALKER | 61 VMST | 1:41.23 |
| 2 JOAN AVERETTE | 62 VMST | 1:56.45 |

--- Ages 65 Through 69 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|---------------|---------|-------|
| 1 JANE PHARIS | 65 VMST | 49.54 |
|---------------|---------|-------|

Women Open 50 Free

Sponsor: NOVICE

| | | |
|------------------|---------|-------|
| 1 BETTY SCHAEFER | 67 VMST | 58.04 |
|------------------|---------|-------|

Women Open 50 Back

| | | |
|-------------|---------|-------|
| 1 VERA SUIT | 66 VMST | 59.31 |
|-------------|---------|-------|

Women Open 50 Back

Sponsor: NOVICE

| | | |
|------------------|---------|---------|
| 1 BETTY SCHAEFER | 67 VMST | 1:01.83 |
|------------------|---------|---------|

Women Open 50 Breast

Sponsor: NOVICE

| | | |
|------------------|---------|---------|
| 1 BETTY SCHAEFER | 67 VMST | 1:09.75 |
|------------------|---------|---------|

Women Open 50 Breast

| | | |
|-------------|---------|---------|
| 1 VERA SUIT | 66 VMST | 1:11.13 |
|-------------|---------|---------|

Women Open 50 Fly

| | | |
|-------------|---------|---------|
| 1 VERA SUIT | 66 VMST | 1:03.01 |
|-------------|---------|---------|

Women Open 100 IM

| | | |
|-------------|---------|---------|
| 1 VERA SUIT | 66 VMST | 2:14.46 |
|-------------|---------|---------|

--- Ages 70 Through 74 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|-------------------|---------|----|
| 1 JEANNE MEREDITH | 70 VMST | 43 |
|-------------------|---------|----|

Women Open 100 Free

| | | |
|-------------------|---------|---------|
| 1 JEANNE MEREDITH | 70 VMST | 1:37.95 |
|-------------------|---------|---------|

Women Open 500 Free

| | | |
|-------------------|---------|----------|
| 1 JEANNE MEREDITH | 70 VMST | 9:42.53 |
| 2 TERRY SOKOLIK | 71 VMST | 10:06.12 |

Women Open 50 Back

| | | |
|-------------------|---------|---------|
| 1 TERRY SOKOLIK | 71 VMST | 54.50 |
| 2 JEANNE MEREDITH | 70 VMST | 1:01.98 |

Women Open 100 Back

| | | |
|------------------|---------|---------|
| 1 MIRIAM TUOVILA | 73 VMST | 2:20.10 |
|------------------|---------|---------|

Women Open 50 Breast

| | | |
|-------------------|---------|---------|
| 1 MIRIAM TUOVILA | 73 VMST | 53.12 |
| 2 TERRY SOKOLIK | 71 VMST | 56.15 |
| 3 JEANNE MEREDITH | 70 VMST | 1:11.14 |

Women Open 100 Breast

| | | |
|------------------|---------|---------|
| 1 MIRIAM TUOVILA | 73 VMST | 1:59.30 |
|------------------|---------|---------|

Women Open 50 Fly

| | | |
|------------------|---------|---------|
| 1 TERRY SOKOLIK | 71 VMST | 57.21 |
| 2 MIRIAM TUOVILA | 73 VMST | 1:01.62 |

Women Open 100 IM

| | | |
|-----------------|---------|---------|
| 1 TERRY SOKOLIK | 71 VMST | 1:59.14 |
|-----------------|---------|---------|

Women Open 200 IM

| | | |
|------------------|---------|---------|
| 1 MIRIAM TUOVILA | 73 VMST | 4:40.09 |
|------------------|---------|---------|

--- Ages 75 Through 79 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Free

| | | |
|-----------------|---------|-------|
| 1 HBLEN NEWBOLD | 75 VMST | 57.41 |
|-----------------|---------|-------|

Women Open 50 Free

Sponsor: NOVICE

| | | |
|----------------|---------|---------|
| 1 B. WOLENBERG | 78 VMST | 1:04.59 |
|----------------|---------|---------|

Women Open 100 Free

| | | |
|-----------------|---------|---------|
| 1 RUTH GOOD | 78 VMST | 2:11.01 |
| 2 HBLEN NEWBOLD | 75 VMST | 2:15.43 |

Women Open 50 Back

| | | |
|-----------------|---------|---------|
| 1 HBLEN NEWBOLD | 75 VMST | 1:12.43 |
| 2 RUTH GOOD | 78 VMST | 1:15.62 |

Women Open 50 Breast

| | | |
|-------------|---------|---------|
| 1 RUTH GOOD | 78 VMST | 1:28.92 |
|-------------|---------|---------|

Women Open 100 Breast

| | | |
|-------------|---------|---------|
| 1 RUTH GOOD | 78 VMST | 3:13.82 |
|-------------|---------|---------|

Women Open 50 Fly

| | | |
|----------------|---------|---------|
| 1 B. WOLENBERG | 78 VMST | 1:32.39 |
|----------------|---------|---------|

Women Open 100 Fly

| | | |
|----------------|---------|---------|
| 1 B. WOLENBERG | 78 VMST | 3:37.66 |
|----------------|---------|---------|

Women Open 100 IM

| | | |
|-------------|---------|---------|
| 1 RUTH GOOD | 78 VMST | 2:46.28 |
|-------------|---------|---------|

--- Ages 80 Through 84 ---

| PL | Name | Age Team | Finals |
|----|------|----------|--------|
|----|------|----------|--------|

Women Open 50 Breast

| | | |
|------------------|---------|---------|
| 1 ROBERTA SUGDEN | 81 VMST | 1:46.74 |
|------------------|---------|---------|

Women Open 50 Fly

1 ROBERTA SUGDEN 81 VMST 1:24.75

Women Open 100 IM

1 ROBERTA SUGDEN 81 VMST 3:00.14

=====

Ages 85 Through 89 ---

PL Name Age Team Finals

Women Open 100 Free

1 MARIE KELLEHER 86 VMST 2:09.41

Women Open 200 Free

1 MARIE KELLEHER 86 VMST 4:31.28

Women Open 50 Back

1 MARIE KELLEHER 86 VMST 1:08.92

Women Open 100 Back

1 MARIE KELLEHER 86 VMST 2:41.43

Women Open 100 IM

1 MARIE KELLEHER 86 VMST 2:35.48

=====

--- Ages 19 Through 24 ---

PL Name Age Team Finals

Men Open 50 Free

Sponsor: NOVICE

1 J. SPELLMAN 20 UNAT 25.84

Men Open 50 Free

1 H. HARDCASTLE 21 ODMS 24.35

2 MATT ELLENBURG 24 GERM 25.41

Men Open 100 Free

1 H. HARDCASTLE 21 ODMS 52.42

MATT ELLENBURG 24 GERM 56.31

Men Open 200 Free

1 H. HARDCASTLE 21 ODMS 1:56.30

2 MATT ELLENBURG 24 GERM 2:06.40

Men Open 500 Free

1 H. HARDCASTLE 21 ODMS 5:14.19

2 MATT ELLENBURG 24 GERM 5:55.41

Men Open 1000 Free

1 H. HARDCASTLE 21 ODMS 11:07.60

Men Open 1650 Free

1 H. HARDCASTLE 21 ODMS 18:44.58

Men Open 50 Back

Sponsor: NOVICE

1 J. SPELLMAN 20 UNAT 31.09

Men Open 50 Breast

Sponsor: NOVICE

1 J. SPELLMAN 20 UNAT 32.62

Men Open 100 Breast

1 H. HARDCASTLE 21 ODMS 1:07.44

Men Open 50 Fly

1 MATT ELLENBURG 24 GERM 27.13

Men Open 50 Fly

Sponsor: NOVICE

1 J. SPELLMAN 20 UNAT 31.22

Men Open 200 Fly

1 MATT ELLENBURG 24 GERM 2:37.97

Men Open 100 IM

1 J. SPELLMAN 20 UNAT 1:07.25

Men Open 200 IM

1 H. HARDCASTLE 21 ODMS 2:14.33

=====

--- Ages 25 Through 29 ---

PL Name Age Team Finals

Men Open 50 Free

Sponsor: NOVICE

1 SCOTTY DOMENIC 28 VMST 27.45

Men Open 50 Free

1 KURT SPRENGER 28 VMST 23.82

2 KEVIN MILLER 26 GERM 23.85

3 BRIAN HINGST 27 VMST 26.88

Men Open 100 Free

1 KURT SPRENGER 28 VMST 50.86

2 SEAN CALLENDER 29 VMST 51.87

3 KEVIN MILLER 26 GERM 53.96

4 BRIAN HINGST 27 VMST 1:00.26

Men Open 200 Free

1 JEFFREY RODDIN 29 ANCM 1:53.46

2 SEAN CALLENDER 29 VMST 1:57.84

3 NATE GORDON 28 ANCM 2:10.54

4 BRIAN HINGST 27 VMST 2:15.62

Men Open 500 Free

1 JEFFREY RODDIN 29 ANCM 5:17.68

2 KEVIN SCOTT 28 UNATS 5:34.65

Men Open 1000 Free

1 KEVIN SCOTT 28 UNATS 11:51.02

Men Open 1650 Free

1 KEVIN SCOTT 28 UNATS 19:57.76

2 NATE GORDON 28 ANCM 20:18.07

Men Open 50 Back

1 KURT SPRENGER 28 VMST 28.21

2 KEVIN MILLER 26 GERM 29.97

3 NATE GORDON 28 ANCM 31.95

Men Open 100 Back

1 KURT SPRENGER 28 VMST 58.15

2 KEVIN MILLER 26 GERM 1:05.26

Men Open 50 Breast

1 DARREN GORMAN 27 UNATP 29.63

Men Open 50 Breast

Sponsor: NOVICE

1 SCOTTY DOMENIC 28 VMST 37.53

Men Open 100 Breast

1 DARREN GORMAN 27 UNATP 1:05.23

2 SEAN CALLENDER 29 VMST 1:08.84

Men Open 50 Fly

1 JEFFREY RODDIN 29 ANCM 23.91

2 KEVIN MILLER 26 GERM 26.50

3 NATE GORDON 28 ANCM 26.91

Men Open 50 Fly

Sponsor: NOVICE

1 SCOTTY DOMENIC 28 VMST 31.58

Men Open 100 Fly

1 JEFFREY RODDIN 29 ANCM 52.95

2 NATE GORDON 28 ANCM 1:01.89

Men Open 100 IM

1 DARREN GORMAN 27 UNATP 1:00.13

Men Open 200 IM

1 JEFFREY RODDIN 29 ANCM 2:06.08

2 SEAN CALLENDER 29 VMST 2:14.63

Men Open 400 IM

1 JEFFREY RODDIN 29 ANCM 4:28.85

- KEVIN SCOTT 28 UNATS DQ

--- Ages 30 Through 34 ---

PL Name Age Team Finals

Men Open 50 Free

1 BRIK OSBORN 30 ANCM 22.00

2 MATT CREELMAN 34 VMST 24.23

3 DAVID WITTE 33 VMST 25.69

4 BRETT LAMMERS 31 FXCM 27.70

Men Open 100 Free

1 BRIK OSBORN 30 ANCM 49.96

2 DAVID WITTE 33 VMST 58.15

3 BRETT LAMMERS 31 FXCM 1:00.84

Men Open 200 Free

1 DOUG CHESTNUT 34 ANCM 1:55.04

2 MATT CREELMAN 34 VMST 2:00.77

3 DAVID WITTE 33 VMST 2:14.28

Men Open 500 Free

1 CHRIS STEVENSON 34 VMST 4:56.74

2 DOUG CHESTNUT 34 ANCM 5:10.20

3 JAMES WOLFLER 30 VMST 5:36.51

4 C. COCKRELL JR 30 VMST 6:00.37

Men Open 1000 Free

1 DAVID WITTE 33 VMST 13:37.64

Men Open 1650 Free

1 DANIEL LIST 33 UNAT 19:58.87

Men Open 50 Back

1 CHRIS STEVENSON 34 VMST 25.27

Men Open 100 Back

1 CHRIS STEVENSON 34 VMST 54.03

2 DOUG CHESTNUT 34 ANCM 58.64

Men Open 200 Back

1 CHRIS STEVENSON 34 VMST 1:59.16

2 DOUG CHESTNUT 34 ANCM 2:04.32

Men Open 50 Breast

1 C. COCKRELL JR 30 VMST 31.31

2 DAVID WITTE 33 VMST 33.24

Men Open 50 Breast

Sponsor: NOVICE

1 BRETT LAMMERS 31 FXCM 36.50

Men Open 100 Breast

1 C. COCKRELL JR 30 VMST 1:08.80

Men Open 200 Breast

1 C. COCKRELL JR 30 VMST 2:33.24

Men Open 50 Fly

1 MATT CREELMAN 34 VMST 25.59

2 J. CHALOUPEK 33 UNATP 30.00

3 BRETT LAMMERS 31 FXCM 34.34

Men Open 100 Fly

1 CHRIS STEVENSON 34 VMST 52.81

2 MATT CREELMAN 34 VMST 59.03

Men Open 200 Fly

1 CHRIS STEVENSON 34 VMST 2:01.27

Men Open 100 IM

1 J. CHALOUPEK 33 UNATP 1:11.04

2 BRETT LAMMERS 31 FXCM 1:17.41

Men Open 200 IM

1 J. CHALOUPEK 33 UNATP 2:35.07

=====

--- Ages 35 Through 39 ---

| PL | Name | Age | Team | Finals |
|----|------|-----|------|--------|
|----|------|-----|------|--------|

Men Open 50 Free

Sponsor: NOVICE

| | | | | |
|---|---------------|----|-------|-------|
| 1 | THOMAS BRYANT | 37 | VMST | 26.57 |
| 2 | BRIAN BORTELL | 35 | VMST | 26.75 |
| 3 | DAVID LIONE | 37 | UNATP | 29.23 |
| 4 | JEFFREY ALLEN | 37 | VMST | 40.48 |

Men Open 50 Free

| | | | | |
|---|------------------|----|------|-------|
| 1 | MICHAEL FELL | 37 | ANCM | 22.30 |
| 2 | M. CIALDELLA | 35 | GSM | 24.82 |
| 3 | M. ARMSTRONG | 36 | VMST | 25.72 |
| 4 | BUD BROMLEY | 39 | UNAT | 26.52 |
| 5 | JAMES D REYNOLDS | 39 | VMST | 26.76 |

Men Open 100 Free

| | | | | |
|----|------------------|----|-------|---------|
| 1 | MICHAEL FELL | 37 | ANCM | 50.89 |
| 2 | SCOTT JOHNSON | 35 | MASH | 51.83 |
| 3 | M. CIALDELLA | 35 | GSM | 54.85 |
| 4 | M. ARMSTRONG | 36 | VMST | 55.83 |
| 5 | DANIEL HOFFMAN | 35 | AAMS | 58.22 |
| 6 | BRIAN BORTELL | 35 | VMST | 58.65 |
| 7 | PADRAIC BAXTER | 37 | UNAT | 59.41 |
| 8 | THOMAS BRYANT | 37 | VMST | 59.66 |
| 9 | JAMES D REYNOLDS | 39 | VMST | 59.97 |
| 10 | KURT MACHA | 37 | VMST | 1:01.82 |
| 11 | DAVID LIONE | 37 | UNATP | 1:08.37 |

Men Open 200 Free

| | | | | |
|---|------------------|----|------|---------|
| 1 | SCOTT JOHNSON | 35 | MASH | 1:55.94 |
| 2 | TROY LEWIS | 38 | ODMS | 2:09.01 |
| 3 | JAMES D REYNOLDS | 39 | VMST | 2:14.48 |

Men Open 500 Free

| | | | | |
|---|------------------|----|------|---------|
| 1 | TROY LEWIS | 38 | ODMS | 5:49.09 |
| 2 | PADRAIC BAXTER | 37 | UNAT | 5:49.91 |
| 3 | JAMES D REYNOLDS | 39 | VMST | 6:13.05 |
| 4 | LEWIS ASE | 36 | VMST | 8:04.04 |

Men Open 1000 Free

| | | | | |
|---|----------------|----|------|----------|
| 1 | BRIAN BORTELL | 35 | VMST | 11:59.08 |
| 2 | TROY LEWIS | 38 | ODMS | 12:07.75 |
| 3 | DANIEL HOFFMAN | 35 | AAMS | 12:30.20 |

Men Open 50 Back

| | | | | |
|---|--------------|----|------|-------|
| 1 | MICHAEL FELL | 37 | ANCM | 25.88 |
|---|--------------|----|------|-------|

Men Open 100 Back

| | | | | |
|---|----------------|----|------|---------|
| 1 | MICHAEL FELL | 37 | ANCM | 55.49 |
| 2 | BRIAN BORTELL | 35 | VMST | 1:08.81 |
| 3 | DANIEL HOFFMAN | 35 | AAMS | 1:10.01 |

Men Open 200 Back

| | | | | |
|---|------------------|----|------|---------|
| 1 | MICHAEL FELL | 37 | ANCM | 2:03.40 |
| 2 | M. ARMSTRONG | 36 | VMST | 2:26.14 |
| 3 | DANIEL HOFFMAN | 35 | AAMS | 2:28.59 |
| 4 | PADRAIC BAXTER | 37 | UNAT | 2:30.13 |
| 5 | JAMES D REYNOLDS | 39 | VMST | 2:38.04 |

Men Open 50 Breast

| | | | | |
|---|-------------|----|------|-------|
| 1 | WALLY DICKS | 36 | ANCM | 26.82 |
| 2 | TROY LEWIS | 38 | ODMS | 34.88 |

Men Open 50 Breast

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|-------|
| 1 | JEFFREY ALLEN | 37 | VMST | 46.45 |
|---|---------------|----|------|-------|

Men Open 100 Breast

| | | | | |
|---|-------------|----|------|---------|
| 1 | WALLY DICKS | 36 | ANCM | 58.44 |
| 2 | TROY LEWIS | 38 | ODMS | 1:14.81 |
| 3 | KURT MACHA | 37 | VMST | 1:17.36 |

Men Open 200 Breast

| | | | | |
|---|------------|----|------|---------|
| 1 | TROY LEWIS | 38 | ODMS | 2:42.19 |
|---|------------|----|------|---------|

Men Open 50 Fly

| | | | | |
|---|--------------|----|------|-------|
| 1 | M. ARMSTRONG | 36 | VMST | 29.32 |
| 2 | BUD BROMLEY | 39 | UNAT | 29.67 |

Men Open 50 Fly

Sponsor: NOVICE

| | | | | |
|---|---------------|----|------|----|
| - | JEFFREY ALLEN | 37 | VMST | DQ |
|---|---------------|----|------|----|

Men Open 100 Fly

| | | | | |
|---|----------------|----|------|---------|
| 1 | DANIEL HOFFMAN | 35 | AAMS | 1:05.32 |
|---|----------------|----|------|---------|

Men Open 200 Fly

| | | | | |
|---|---------------|----|------|---------|
| 1 | ROBERT TURNER | 37 | ODMS | 2:28.30 |
|---|---------------|----|------|---------|

Men Open 100 IM

| | | | | |
|---|------------------|----|------|---------|
| 1 | SCOTT JOHNSON | 35 | MASH | 1:00.42 |
| 2 | M. ARMSTRONG | 36 | VMST | 1:06.90 |
| 3 | PADRAIC BAXTER | 37 | UNAT | 1:07.86 |
| 4 | JAMES D REYNOLDS | 39 | VMST | 1:10.14 |
| 5 | JEFFREY ALLEN | 37 | VMST | 1:48.85 |

Men Open 200 IM

| | | | | |
|---|----------------|----|------|---------|
| 1 | PADRAIC BAXTER | 37 | UNAT | 2:30.82 |
| 2 | KURT MACHA | 37 | VMST | 2:35.22 |

Men Open 400 IM

| | | | | |
|---|----------------|----|------|---------|
| 1 | PADRAIC BAXTER | 37 | UNAT | 5:29.52 |
|---|----------------|----|------|---------|

=====

--- Ages 40 Through 44 ---

| PL | Name | Age | Team | Finals |
|----|------|-----|------|--------|
|----|------|-----|------|--------|

Men Open 50 Free

Sponsor: NOVICE

| | | | | |
|---|------------|----|------|-------|
| 1 | CY HARBOUR | 42 | VMST | 27.14 |
|---|------------|----|------|-------|

Men Open 50 Free

| | | | | |
|---|-----------------|----|------|-------|
| 1 | JIM MCFARLAND | 40 | VMST | 24.11 |
| 2 | JONATHAN KLEIN | 41 | NCMS | 24.38 |
| 3 | MARK ARMSTRONG | 42 | VMST | 28.13 |
| 4 | BERNARD EVERETT | 40 | ODMS | 29.65 |

Men Open 100 Free

| | | | | |
|---|-----------------|----|------|---------|
| 1 | JIM MCFARLAND | 40 | VMST | 53.16 |
| 2 | JONATHAN KLEIN | 41 | NCMS | 53.27 |
| 3 | JOHN FEINSTEIN | 43 | ANCM | 56.69 |
| 4 | CY HARBOUR | 42 | VMST | 1:02.14 |
| 5 | MARK ARMSTRONG | 42 | VMST | 1:02.36 |
| 6 | BERNARD EVERETT | 40 | ODMS | 1:07.74 |

Men Open 200 Free

| | | | | |
|---|-----------------|----|------|---------|
| 1 | JIM MCFARLAND | 40 | VMST | 1:55.76 |
| 2 | JONATHAN KLEIN | 41 | NCMS | 1:59.90 |
| 3 | LANG MBBM | 44 | VMST | 2:02.73 |
| 4 | PATRICK RYAN | 40 | VMST | 2:09.00 |
| 5 | BERNARD EVERETT | 40 | ODMS | 2:33.17 |

Men Open 500 Free

| | | | | |
|---|-----------------|----|------|---------|
| 1 | JIM MCFARLAND | 40 | VMST | 5:15.83 |
| 2 | JONATHAN KLEIN | 41 | NCMS | 5:38.97 |
| 3 | MATTHEW LIVSEY | 42 | ODMS | 5:45.64 |
| 4 | CY HARBOUR | 42 | VMST | 6:33.52 |
| 5 | BERNARD EVERETT | 40 | ODMS | 7:00.25 |

Men Open 1000 Free

| | | | | |
|---|-----------------|----|------|----------|
| 1 | BERNARD EVERETT | 40 | ODMS | 14:21.92 |
|---|-----------------|----|------|----------|

Men Open 1650 Free

| | | | | |
|---|-----------------|----|------|----------|
| 1 | GENNARD LANZARA | 40 | VMST | 20:16.88 |
| 2 | PATRICK RYAN | 40 | VMST | 20:47.35 |

Men Open 50 Back

| | | | | |
|---|----------------|----|------|-------|
| 1 | JOHN FEINSTEIN | 43 | ANCM | 32.38 |
| 2 | JOHN DYER | 44 | VMST | 57.85 |

Men Open 100 Back

| | | | | |
|---|-----------------|----|------|---------|
| 1 | JONATHAN KLEIN | 41 | NCMS | 59.09 |
| 2 | LANG MBBM | 44 | VMST | 1:06.87 |
| 3 | GENNARD LANZARA | 40 | VMST | 1:06.02 |

Men Open 200 Back

| | | | | |
|---|----------------|----|------|---------|
| 1 | JONATHAN KLEIN | 41 | NCMS | 2:10.27 |
| 2 | LANG MBBM | 44 | VMST | 2:14.99 |

Men Open 50 Breast

| | | | | |
|---|----------------|----|------|-------|
| 1 | TODD RUSSELL | 41 | VMST | 31.61 |
| 2 | PATRICK RYAN | 40 | VMST | 32.70 |
| 3 | JIM MCFARLAND | 40 | VMST | 32.78 |
| 4 | MARK ARMSTRONG | 42 | VMST | 33.77 |
| 5 | BOB KNICK | 44 | RCA | 36.52 |
| 6 | JOHN DYER | 44 | VMST | 48.48 |

Men Open 50 Breast

Sponsor: NOVICE

| | | | | |
|---|------------|----|------|-------|
| 1 | CY HARBOUR | 42 | VMST | 33.88 |
|---|------------|----|------|-------|

Men Open 100 Breast

| | | | | |
|---|-----------------|----|------|---------|
| 1 | TODD RUSSELL | 41 | VMST | 1:10.27 |
| 2 | PATRICK RYAN | 40 | VMST | 1:10.97 |
| 3 | GENNARD LANZARA | 40 | VMST | 1:12.57 |
| 4 | MARK ARMSTRONG | 42 | VMST | 1:14.75 |
| 5 | BOB KNICK | 44 | RCA | 1:20.63 |

Men Open 200 Breast

| | | | | |
|---|-----------------|----|------|---------|
| 1 | TODD RUSSELL | 41 | VMST | 2:32.20 |
| 2 | GENNARD LANZARA | 40 | VMST | 2:34.50 |
| 3 | BOB KNICK | 44 | RCA | 3:05.16 |
| - | CY HARBOUR | 42 | VMST | DQ |

Men Open 50 Fly

| | | | | |
|---|----------------|----|------|-------|
| 1 | JONATHAN KLEIN | 41 | NCMS | 25.92 |
| 2 | JOHN FEINSTEIN | 43 | ANCM | 27.07 |
| 3 | MATTHEW LIVSEY | 42 | ODMS | 28.10 |
| 4 | JOHN DYER | 44 | VMST | 43.06 |

Men Open 50 Fly

Sponsor: NOVICE

| | | | | |
|---|-----------|----|-----|-------|
| 1 | BOB KNICK | 44 | RCA | 37.50 |
|---|-----------|----|-----|-------|

Men Open 100 Fly

| | | | | |
|---|-----------------|----|------|---------|
| 1 | JOHN FEINSTEIN | 43 | ANCM | 1:00.31 |
| 2 | MATTHEW LIVSEY | 42 | ODMS | 1:02.15 |
| 3 | GENNARD LANZARA | 40 | VMST | 1:05.99 |

Men Open 100 IM

| | | | | |
|---|-----------------|----|------|---------|
| 1 | TODD RUSSELL | 41 | VMST | 1:04.46 |
| 2 | GENNARD LANZARA | 40 | VMST | 1:05.16 |
| 3 | MATTHEW LIVSEY | 42 | ODMS | 1:05.20 |
| 4 | CY HARBOUR | 42 | VMST | 1:10.70 |
| 5 | BOB KNICK | 44 | RCA | 1:22.00 |
| 6 | JOHN DYER | 44 | VMST | 1:43.79 |

Men Open 200 IM

| | | | | |
|---|-----------------|----|------|---------|
| 1 | GENNARD LANZARA | 40 | VMST | 2:20.20 |
| 2 | MATTHEW LIVSEY | 42 | ODMS | 2:20.74 |

Men Open 400 IM

| | | | | |
|---|-----------------|----|------|---------|
| 1 | GENNARD LANZARA | 40 | VMST | 5:05.93 |
| 2 | MATTHEW LIVSEY | 42 | ODMS | 5:07.7 |

 : --- Ages 45 Through 49 ---
 : PL Name Age Team Finals

 : Men Open 50 Free
 : Sponsor: NOVICE

: 1 GARY SKAGGS 46 VMST 28.44
 : Men Open 50 Free

: 1 DODGE HAVENS 46 VMST 24.00
 : 2 JAMES KURZ 49 CHIN 25.60
 : 3 DOUGLAS JESSUP 48 VMST 26.94
 : 4 BRUCE DAVIES 46 VMST 27.12
 : 5 EDWARD MILLNER 46 UNAT 27.18
 : 6 RICHARD STONE 48 VMST 29.67
 : 7 HOWARD CRADDOCK 45 VMST 30.43
 : 8 MICHAEL WIMSATT 48 VMST 31.43

: Men Open 100 Free
 : 1 JAMES KURZ 49 CHIN 57.72
 : 2 DON FARMER 49 VMST 58.85
 : 3 DOUGLAS JESSUP 48 VMST 58.92
 : 4 EDWARD MILLNER 46 UNAT 1:00.02
 : 5 ROBB SULTZER 47 VMST 1:03.01
 : 6 BRUCE DAVIES 46 VMST 1:04.96
 : 7 MICHAEL WIMSATT 48 VMST 1:08.19
 : 8 HOWARD CRADDOCK 45 VMST 1:08.52

: Men Open 200 Free
 : 1 DON FARMER 49 VMST 2:07.46
 : 2 DOUGLAS JESSUP 48 VMST 2:17.87
 : 3 EDWARD MILLNER 46 UNAT 2:20.60
 : PHILIP YOUNG 46 VMST 2:31.67

: Men Open 500 Free
 : 1 RICK STRINGER 49 ODMS 5:52.09
 : 2 DOUGLAS JESSUP 48 VMST 6:25.31
 : 3 ROBB SULTZER 47 VMST 6:32.02
 : 4 EDWARD MILLNER 46 UNAT 6:39.88
 : 5 BR CARSON 49 VMST 7:11.15
 : 6 HOWARD CRADDOCK 45 VMST 7:11.64

: Men Open 1000 Free
 : 1 DOUGLAS JESSUP 48 VMST 13:53.02
 : 2 JAMES KURZ 49 CHIN 13:56.64
 : 3 PHILIP YOUNG 46 VMST 14:26.07
 : 4 BR CARSON 49 VMST 15:06.22

: Men Open 1650 Free
 : 1 BR CARSON 49 VMST 25:53.76

: Men Open 50 Back
 : 1 RICK STRINGER 49 ODMS 29.43
 : 2 DODGE HAVENS 46 VMST 30.63
 : 3 HOWARD CRADDOCK 45 VMST 42.66

: Men Open 100 Back
 : 1 RICK STRINGER 49 ODMS 1:02.54
 : 2 DODGE HAVENS 46 VMST 1:05.40
 : 3 DON FARMER 49 VMST 1:06.30
 : 4 JAMES C REYNOLDS 46 VMST 1:19.91

: Men Open 200 Back
 : 1 RICK STRINGER 49 ODMS 2:15.10

: Men Open 50 Breast
 : 1 DOUGLAS JESSUP 48 VMST 37.36
 : 2 HOWARD CRADDOCK 45 VMST 37.91
 : 3 EDWARD MILLNER 46 UNAT 38.90
 : 4 JAMES C REYNOLDS 46 VMST 39.44

Men Open 100 Breast
 : 1 DOUGLAS JESSUP 48 VMST 1:23.34
 : 2 JAMES C REYNOLDS 46 VMST 1:24.16

: Men Open 50 Fly
 : 1 JAMES KURZ 49 CHIN 26.98
 : 2 DODGE HAVENS 46 VMST 27.11
 : 3 ROBB SULTZER 47 VMST 31.18

: Men Open 50 Fly
 : Sponsor: NOVICE
 : 1 GARY SKAGGS 46 VMST 33.23

: Men Open 100 Fly
 : 1 JAMES KURZ 49 CHIN 1:05.01

: Men Open 100 IM
 : 1 RICK STRINGER 49 ODMS 1:03.02
 : 2 GARY SKAGGS 46 VMST 1:16.28
 : 3 JAMES C REYNOLDS 46 VMST 1:17.78
 : 4 ROBB SULTZER 47 VMST 1:18.62

: - PHILIP YOUNG 46 VMST DQ

: Men Open 200 IM
 : 1 RICK STRINGER 49 ODMS 2:19.28
 : 2 DODGE HAVENS 46 VMST 2:21.75
 : - JAMES KURZ 49 CHIN DQ

: Men Open 400 IM
 : 1 RICK STRINGER 49 ODMS 5:09.13

: -----
 : --- Ages 50 Through 54 ---

: PL Name Age Team Finals

 : Men Open 50 Free

: 1 HANK HOLSWADE 52 VMST 25.56
 : 2 ERIC MILLER 51 VMST 28.11
 : 3 JAMES SLAUGH 53 VMST 32.12

: Men Open 100 Free
 : 1 HANK HOLSWADE 52 VMST 56.65
 : 2 JAMES SLAUGH 53 VMST 1:10.55
 : - ERIC MILLER 51 VMST DQ

: Men Open 200 Free
 : 1 HANK HOLSWADE 52 VMST 2:12.47

: Men Open 500 Free
 : 1 S. FARNHAM 51 VMST 7:31.14

: Men Open 1000 Free
 : 1 RON MAGBE 51 VMST 15:16.93

: Men Open 1650 Free
 : 1 S. FARNHAM 51 VMST 25:54.45

: Men Open 50 Back
 : 1 HANK HOLSWADE 52 VMST 32.07
 : 2 ERIC MILLER 51 VMST 35.64
 : 3 WILLIAM PHARIS 51 VMST 38.93

: Men Open 100 Back
 : 1 WILLIAM PHARIS 51 VMST 1:23.68

: Men Open 200 Back
 : 1 WILLIAM PHARIS 51 VMST 3:11.64

: Men Open 50 Fly
 : 1 ERIC MILLER 51 VMST 30.09
 : 2 JAMES SLAUGH 53 VMST 36.41

: Men Open 100 Fly
 : 1 ERIC MILLER 51 VMST 1:14.92

: Men Open 100 IM
 : 1 WILLIAM PHARIS 51 VMST 1:20.39

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

 : Men Open 50 Free

: 1 JACK SCHILTZ 56 VMST 25.40
 : 2 HOWARD BUTTS 57 VMST 32.69
 : Men Open 100 Free

: 1 WARNER BRUNDAGE 55 VMST 1:02.55
 : 2 HARRY DELONG 55 VMST 1:13.26
 : 3 HOWARD BUTTS 57 VMST 1:21.95

: Men Open 500 Free
 : 1 JACK SCHILTZ 56 VMST 6:02.65
 : 2 WARNER BRUNDAGE 55 VMST 6:04.87

: Men Open 50 Back
 : 1 JACK SCHILTZ 56 VMST 33.34

: Men Open 50 Breast
 : 1 WARNER BRUNDAGE 55 VMST 34.29
 : 2 HOWARD BUTTS 57 VMST 39.50

: Men Open 100 Breast
 : 1 WARNER BRUNDAGE 55 VMST 1:15.11
 : 2 HOWARD BUTTS 57 VMST 1:32.85

: Men Open 200 Breast
 : 1 JACK SCHILTZ 56 VMST 2:34.99

: Men Open 50 Fly
 : 1 JACK SCHILTZ 56 VMST 27.47
 : 2 HARRY DELONG 55 VMST 37.79

: Men Open 100 Fly
 : 1 JACK SCHILTZ 56 VMST 1:04.59

: Men Open 100 IM
 : 1 WARNER BRUNDAGE 55 VMST 1:11.03
 : 2 HARRY DELONG 55 VMST 1:24.14

: Men Open 200 IM
 : 1 WARNER BRUNDAGE 55 VMST 2:33.22
 : 2 HARRY DELONG 55 VMST 3:08.09

: -----
 : --- Ages 60 Through 64 ---

: PL Name Age Team Finals

 : Men Open 50 Free

: Sponsor: NOVICE
 : 1 JOHN VENTO 62 VMST 45.97

: Men Open 50 Free
 : 1 CARL RUSS 63 VMST 32.03

: 2 PETER HOUCK 60 VMST 34.49
 : Men Open 100 Free

: 1 PETER HOUCK 60 VMST 1:24.93
 : Men Open 200 Free

: 1 CARL RUSS 63 VMST 2:58.16

1999 VMST Winter Invitational
Richmond, Virginia -- 25y course -- Feb 6-7, 1999

Meet Results for Timed Finals-Yards

Men Open 500 Free

1 CARL RUSS 63 VMST 7:53.75
2 PETER HOUCK 60 VMST 8:27.87

Men Open 50 Back

Sponsor: NOVICE

- JOHN VENTO 62 VMST DQ

Men Open 200 Back

1 CARL RUSS 63 VMST 3:15.53

Men Open 50 Breast

Sponsor: NOVICE

- JOHN VENTO 62 VMST DQ

Men Open 200 Fly

1 CARL RUSS 63 VMST 4:05.09

Men Open 100 IM

1 PETER HOUCK 60 VMST 1:37.04

--- Ages 65 Through 69 ---
PL Name Age Team Finals

Men Open 50 Free

1 ALFRED NEWBURY 65 VMST 34.56
2 FORREST SULLIVAN 69 VMST 34.87
3 BM MILLNER 69 VMST 1:01.13

Men Open 100 Free

1 FORREST SULLIVAN 69 VMST 1:15.88
2 JURGEN PESE 67 UNAT 1:26.08
3 BM MILLNER 69 VMST 2:14.88

Men Open 500 Free

1 BM MILLNER 69 VMST 13:26.27

Men Open 50 Back

1 FORREST SULLIVAN 69 VMST 38.81

Men Open 100 Back

1 FORREST SULLIVAN 69 VMST 1:26.66
2 JURGEN PESE 67 UNAT 1:47.04

Men Open 200 Back

1 FORREST SULLIVAN 69 VMST 3:17.70

Men Open 100 Breast

1 JURGEN PESE 67 UNAT 1:49.87

Men Open 50 Fly

1 FORREST SULLIVAN 69 VMST 36.70

Men Open 100 Fly

1 ALFRED NEWBURY 65 VMST 1:51.96

Men Open 200 IM

1 JURGEN PESE 67 UNAT 3:36.06

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

Men Open 50 Breast

1 NORMAN RAINER 70 VMST 45.92

Men Open 100 Breast

1 NORMAN RAINER 70 VMST 1:41.78

Men Open 200 Breast

1 NORMAN RAINER 70 VMST 3:52.08

--- Ages 75 Through 79 ---
PL Name Age Team Finals

Men Open 50 Free

1 RUSSELL DAVIS 79 VMST 50.16

Men Open 500 Free

1 RUSSELL DAVIS 79 VMST 12:28.32

Men Open 1650 Free

1 CALVIN BARNES 75 VMST 28:54.93

Men Open 50 Back

1 CALVIN BARNES 75 VMST 43.84

Men Open 100 Back

1 CALVIN BARNES 75 VMST 1:36.83

Men Open 200 Back

1 CALVIN BARNES 75 VMST 3:31.39

Men Open 100 IM

1 CALVIN BARNES 75 VMST 1:37.01

Men Open 200 IM

1 CALVIN BARNES 75 VMST 3:40.65

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

Men Open 100 Back

1 HARRY HOWELL 81 VMST 1:47.61

Men Open 50 Breast

1 HARRY HOWELL 81 VMST 57.63

Men Open 100 Breast

1 HARRY HOWELL 81 VMST 2:06.23

Men Open 100 IM

1 HARRY HOWELL 81 VMST 1:52.71

--- Ages 25 Through 34 ---
PL Name Team Finals

Women Open 200 R-Free

1 VMST G W-25 VMST 2:02.11

BONNIE BAEFFER-39 M. CREELMAN-32

C. JOHNGEN-30 MARY LINDSAY-26

Women Open 200 R-Medley

1 VMST B W-25 VMST 2:25.86

JEAN BENSON-42 SUSAN KELLY-43

K. SPANENBERG-26 DEBORAH FISH-33

2 VMST C W-25 VMST 4:10.77

VERA SUIT-66 ROBERTA SUGDEN-81

P. BETTIS-34 BETTY SCHAEFER-67

--- Ages 35 Through 44 ---
PL Name Team Finals

Women Open 200 R-Free

1 VMST F W-35 VMST 3:14.30

M. FAULKNER-42 KATHY BRODERICK-60

KAREN JACKSON-48 KATHRYN GREGORY-52

Women Open 200 R-Medley

1 VMST A W-35 VMST 2:02.83

BETH BAKER-37 PATRICIA POWIS-38

SHERI VAUGHN-35 C. BOXLEY-36

2 VMST D W-35 VMST 4:03.27

LYNN GREEN-41 DOROTHY NILES-57

ELLEN NYGAARD-46 MARY WRIGHT-64

--- Ages 19 Through 24 ---
PL Name Team Finals

Men Open 200 R-Free

1 ODMS D M-19 ODMS 1:47.24

H. HARDCASTLE-21 SCOTTY DOMENIC-28

BERNARD EVERETT-40 ROBERT TURNER-37

--- Ages 25 Through 34 ---
PL Name Team Finals

Men Open 200 R-Free

1 ANCM B M-25 ANCM 1:39.15

WALLY DICKS-36 MICHAEL BELL-37

JEFFREY RODDIN-29 BRIK OSBORN-30

2 VMST H M-25 VMST 1:43.07

DAVID WITTE-33 KURT MACHA-37

MATT CREELMAN-34 C. COCKRELL JR-30

Men Open 200 R-Medley

1 VMST E M-25 VMST 1:52.16

LANG NEEM-44 TODD RUSSELL-41

CHRIS STEVENSON-34 MARK ARMSTRONG-42

2 ODMS B M-25 ODMS 2:10.76

H. HARDCASTLE-21 SCOTTY DOMENIC-2

BERNARD EVERETT-40 RICK STRINGER-49

- ANCM A M-25 ANCM DQ

MICHAEL BELL-37 WALLY DICKS-36

JEFFREY RODDIN-29 BRIK OSBORN-30

1999 VMST Winter Invitational
Richmond, Virginia -- 25y course -- Feb 6-7, 1999

Meet Results for Timed Finals-Yards

| --- Ages 35 Through 44 --- | | | | --- Ages 65 Through 74 --- | | | |
|----------------------------|--------------------|---------------------|---------|----------------------------|--------------------|----------------------|---------|
| PL | Name | Team | Finals | PL | Name | Team | Finals |
| Men Open 200 R-Free | | | | Mixed Open 200 R-Medley | | | |
| 1 | ODMS C M-35 | ODMS | 1:42.72 | 1 | VMST I X-65 | VMST | 3:05.15 |
| | RICK STRINGER-49 | MATTHEW LIVSEY-42 | | | P. SULLIVAN-69M | TERRY SOKOLIK-71W | |
| | ROBERT TURNER-37 | TROY LEWIS-38 | | | ALFRED NEWBURY-65M | JERANNE MEREDITH-70W | |
| Men Open 200 R-Medley | | | | | | | |
| 1 | ODMS A M-35 | ODMS | 1:55.62 | | | | |
| | RICK STRINGER-49 | TROY LEWIS-38 | | | | | |
| | MATTHEW LIVSEY-42 | ROBERT TURNER-37 | | | | | |
| --- Ages 19 Through 24 --- | | | | | | | |
| PL | Name | Team | Finals | | | | |
| Mixed Open 200 R-Free | | | | | | | |
| 1 | ANCM C X-19 | ANCM | 1:43.98 | | | | |
| | JOHN FBINSTEIN-43M | ANTJE PLAMICH-19W | | | | | |
| | NATE GORDON-28M | SUSAN WILLIAMS-32W | | | | | |
| --- Ages 25 Through 34 --- | | | | | | | |
| PL | Name | Team | Finals | | | | |
| Mixed Open 200 R-Free | | | | | | | |
| 1 | VMST M X-25 | VMST | 2:05.51 | | | | |
| | JEAN BENSON-42W | SUSAN KELLY-43W | | | | | |
| | K. SPANENBERG-26W | JAMES SLAUGH-53M | | | | | |
| 2 | VMST O X-25 | VMST | 2:12.31 | | | | |
| | THOMAS BALMER-42M | SANIA QAZI-26W | | | | | |
| | KATHY WHEELER-47W | HOWARD CRADDOCK-45M | | | | | |
| Mixed Open 200 R-Medley | | | | | | | |
| 1 | VMST J X-25 | VMST | 2:29.38 | | | | |
| | SANIA QAZI-26W | HOWARD CRADDOCK-45M | | | | | |
| | KATHY WHEELER-47W | THOMAS BALMER-42M | | | | | |
| --- Ages 35 Through 44 --- | | | | | | | |
| PL | Name | Team | Finals | | | | |
| Mixed Open 200 R-Medley | | | | | | | |
| 1 | VMST K X-35 | VMST | 3:14.71 | | | | |
| | HELEN NEWBOLD-75W | JURGEN PEST-67M | | | | | |
| | JIM MCFARLAND-40M | ROSEMARY DAWSON-53W | | | | | |
| --- Ages 45 Through 54 --- | | | | | | | |
| PL | Name | Team | Finals | | | | |
| Mixed Open 200 R-Medley | | | | | | | |
| 1 | VMST P X-45 | VMST | 2:03.32 | | | | |
| | BETSY DURRANT-57W | JACK SCHILTZ-56M | | | | | |
| | TERRY GAULT-48W | HANK HOLSWADE-52M | | | | | |

Note to VMST Members:

I am later than usual getting the newsletter to the printer. I'll get it in the mail to the printer on March 8.

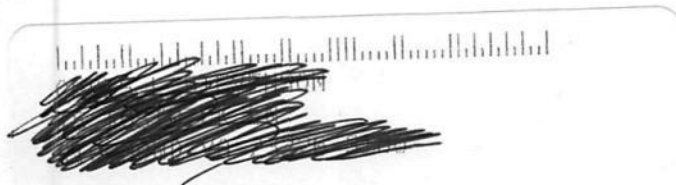
The delay is due to the results from the Richmond meet. Because the 200s were offered both days (which I liked), there was confusion in the scoring. James Wolfle had to spend some time making sure the results were correct.

Many thanks to James (heat sheets and results) and to Nancy Miller (meet director) for a super meet.

Betsy Durrant, Newsletter Editor

Virginia Masters Swim Team
Craig Campesi, Registrar
14134 Walton Drive
Manassas, VA 20112-3701

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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: *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.
Kilmarnock: *Oakwood Fitness Center, 804-435-2101, Kathryn Gregory
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; Navy Pool, Donna Farney, 757-482-9154
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 (540) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (540) 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; Seatack, 437-4858.
Waynesboro: YMCA, 648 Wayne Ave, Bret Figgatt, 540-943-5012
Williamsburg: James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304) 384-7473