

THE OLD STERNWHEELER

Carries the Minnesota Masters Swim News across the waters...

Volume 32, Number 1, Winter 2006

sources of masters information: www.usms.org

2006 Minnesota LMSC Winter-Spring Schedule

January 2006

One Hour Postal Swim

January 22, 2006

Ice Breaker Meet
U of Minn Aquatic Center

February 2006

Postal Fitness Challenge

February 26, 2006

Midtown YMCA
(info inside this edition)

March 18, 2006

Southdale Masters Meet
(info inside this edition)

April 1 & 2, 2006

Minn Masters State Championship
(Info inside this edition)

May 11-14, 2006

USMS SCY Nationals
Coral Springs, Florida

May 18-21, 2006

YMCA Masters Nationals
Ft. Lauderdale, Florida

May 19-21, 2006

Canadian Masters Nationals
Calgary, Alberta

June 24, 2006

Lake Harriett 1 & 2 Mile

June 24-25, 2006

Alexandria Lake Swims

July ??, 2006

Manitou Monster Swim
Camp Manitou - Eau Claire YMCA

July 22, 2006

Lake Minnetonka 5 Mile Challenge

July 30, 2006

Minnesota LCM State
Championship

Aug 4-10, 2006

Masters World Championships
Stanford University
San Francisco, CA

The Editor's Lane

by Paul Windrath

December 31, 2005 – instead of partying into the night, I sacrificed my personal pleasure to ensure you all are well-informed about Minnesota Masters activities in Jan-May. To those of you who were confused and bummed out by the misinformation in the last edition, I apologize and strive to do better. Of course, if anyone desires this editor's job, please step forward – masters is all about volunteering.

For 2006, I plan to emulate Calvin of Calvin & Hobbs fame. Calvin's resolution is to "wing it" and see what happens. Upon hearing that, Hobbs replies – "Staying the course, huh?" So, I plan to swim and coach with one slight digression into bungee jumping (my 2006 Personal growth experience).

The December 2005 meet results reinforce that some of us are getting older AND faster. Congrats to Roger Bosveld for breaking one of Ray Hakomaki's 20 year old records. And John Ziegenhagen broke one of Jerry Simpson's 9 year old records. Jerry was surely cheering from the deck in heaven. But honestly, I thought Roger could only swim freestyle and even then – only in a lake. Butterfly in a pool? I did not know it was possible – way to go Roger and John.

Minnesota Masters made the National Top 10 for Long Course in 50 different age groups and events with All-American honors (1st in the event) going to Brian Jacobson (3x including a national record in the 50 Breast), Trip Hedrick, Eddie Johnson, and Ray Hakomaki (3x). Eddie and Ray are in the 85-89 age group. A big uff-da to y'all.

In this Sternwheeler edition, read Jim Hafdahl's personal profile. Since joining masters in 1998, he has entertained many of us at the local meets. His philosophy is right on the money. Read about Mark Sells and Dan Novak on the Minnesota Masters website – www.minnesotamasters.com.

Every year, there are lots of people to thank for their efforts. A big Thanks to Alan Fine for picking up the pieces of our website when Scott quickly left. Tina and Sarah – thank you for steering us a steady course. AND, thanks Mary Beth for putting up with me for another year – 25 in all....

So, get 2006 going with a splash.
For your sake, Swim for the Health of it!

Minnesotans in the LCM National Top 10

2005 NATIONAL LONG COURSE TOP TEN

| | | | | |
|--------------------|---------------|-------------------------|--------------|-----------------------|
| WOMEN 25-29 | | | | |
| 50 | Free | Jessica L Carney | 29.24 | 5 th |
| 100 | Free | Jessica L Carney | 1:03.93 | 7 th |
| 800 | Free | Rachel Hughey | 10:49.03 | 5 th |
| 1500 | Free | Rachel Hughey | 21:00.25 | 5 th |
| 50 | Breast | Jessica L Carney | 38.65 | 8 th |
| 100 | Breast | Jessica L Carney | 1:27.28 | 8 th |
| 50 | Fly | Jessica L Carney | 31.40 | 4 th |
| 100 | Fly | Jessica L Carney | 1:12.34 | 6 th |
| WOMEN 45-49 | | | | |
| 50 | Free | Ann C Senn | 30.22 | 10 th |
| 100 | Back | Barb Ballard Fewer | 1:23.81 | 10 th |
| 200 | Back | Barb Ballard Fewer | 2:57.03 | 6 th |
| 50 | Breast | Jill Whitney | 40.11 | 8 th |
| 100 | Breast | Jill Whitney | 1:30.15 | 7 th |
| WOMEN 50-54 | | | | |
| 50 | Free | Nancy L Kryka | 30.98 | 5 th |
| 100 | Free | Nancy L Kryka | 1:10.39 | 7 th |
| 200 | Breast | Elizabeth Cutter | 3:33.33 | 8 th |
| 50 | Fly | Nancy L Kryka | 33.95 | 5 th |
| 100 | Fly | Nancy L Kryka | 1:23.94 | 7 th |
| 200 | Fly | Nancy L Kryka | 3:34.92 | 10 th |
| 200 | IM | Nancy L Kryka | 3:04.57 | 9 th |
| MEN 25-29 | | | | |
| 200 | Breast | Michael P Molstre | 2:50.68 | 10 th |
| MEN 30-34 | | | | |
| 50 | Free | Brian L Jacobson | 22.91 | 1 ST |
| 100 | Free | Brian L Jacobson | 52.42 | 1 ST |
| 50 | Back | Brian L Jacobson | 28.91 | 2 nd |
| 50 | Breast | Brian L Jacobson | 29.15 | 1ST |
| | | Nat'1 Rec | | |
| 50 | Fly | Brian L Jacobson | 25.58 | 2 nd |
| MEN 35-39 | | | | |
| 50 | Back | Thomas Senn | 28.83 | 2 nd |
| 200 | Back | Thomas Senn | 2:24.04 | 4 th |
| MEN 45-49 | | | | |
| 50 | Breast | James Kochendorfer | 33.11 | 4 th |
| 100 | Breast | James Kochendorfer | 1:14.16 | 5 th |
| 200 | Breast | James Kochendorfer | 2:47.63 | 6 th |
| MEN 50-54 | | | | |
| 50 | Free | Trip Hedrick | 25.32 | 2 nd |
| 100 | Free | Trip Hedrick | 56.93 | 2 nd |
| 50 | Back | Jeffrey A Lukens | 32.34 | 7 th |
| 100 | Back | Jeffrey A Lukens | 1:09.66 | 4 th |
| 200 | Back | Jeffrey A Lukens | 2:37.02 | 5 th |
| 50 | Fly | Trip Hedrick | 26.63 | 1 ST |
| MEN 60-64 | | | | |
| 1500 | Free | Lou L Flynn | 22:46.51 | 7 th |
| 100 | Breast | James Pelissier | 1:28.37 | 8 th |
| 50 | Fly | Charles D Nielsen | 30.49 | 4 th |
| 100 | Fly | Charles D Nielsen | 1:16.85 | 4 th |
| MEN 70-74 | | | | |
| 100 | Free | Dave Anderson | 1:15.10 | 10 th |
| 200 | Free | Dave Anderson | 2:51.41 | 7 th |
| MEN 85-89 | | | | |
| 50 | Free | C Edward Johnson | 45.25 | 4 th |
| 100 | Free | C Edward Johnson | 2:06.46 | 4 th |
| 50 | Back | C Edward Johnson | 53.60 | 1 ST |
| | | Raymond Hakomaki | 55.74 | 3 rd |
| 100 | Back | Raymond Hakomaki | 2:02.58 | 1 ST |
| 50 | Breast | Raymond Hakomaki | 57.30 | 1 ST |
| 100 | Breast | Raymond Hakomaki | 2:07.47 | 1 ST |

Half-Baked Ideas – aka Phoggy Goggles

One of the best parts of practice is when something happens that leads to “creative” thinking. Wayde was great at looking towards life from a third eye perspective. Like best friends performing liposuction on their friend through Dixie straws – Yew!!

There is a website for those third eye perspectives. The address is www.halfbakery.com and there are ideas to improve the sport of swimming. Custard filled pools, champagne filled pools, beer filled pools with soft gutters to prevent injury when SUI (Swimming under the Influence).

If you have a half-baked idea you would like to present to the world, write it up and send it to me for publication....

Training and Racing Tip – Breathe!

If you want to train and race with better focus on your technique and power, focus on exhaling instead of inhaling.

The tightness in your chest and the overwhelming urge to breathe is caused by carbon dioxide building up in your lungs – **NOT** a lack of oxygen. In fact, the air you exhale has more than enough oxygen sustain aerobic metabolism. So, you see, you really don't need that oxygen you so desperately think you needed to inhale.

By completely exhaling, the carbon dioxide concentration stays low which allows you to control when you breathe. Complete exhalation also creates a “vacuum” in your lungs that reduces the effort necessary for the fresh air to enter when you do inhale.

This is one reason I think nose clips should be used by more competitive swimmers. Exhaling becomes easier with the fear of “water up your nose” eliminated. More complete breathing delays the onset of lactic acid development and the dreaded “oxygen debt” pain and agony.

Jim Hafdahl (50)

Attending a meet where Jim is swimming or officiating is bound to be an experience. His lively and entertaining wit makes any encounter a positive experience. His infectious attitude has raised masters awareness on the Iron Range and the **Nort'landers** are a team to be feared in any meet they attend.

Jim hails from the great town of Virginia where he runs a Hallmark cards and gift shop. Jim has one daughter – a sophomore - at UM – Duluth. He began swimming at age 5 and joined Masters in 1998.

Where do you train and how often: Mesabi Family YMCA, I always hope that I make it 3 times/week but sometimes it is just twice.

Favorite strokes and distance: Started with the 100 yd Breaststroke (high school). Now I've been swimming some freestyle. I might work on my backstroke to beat my PB of 1:36.00 in the 100yd.

Why do you participate in the Master's: 1) make room for beer. 2) Maintain a physical regime, establishing times helps me determine my level of fitness.

Favorite Pool: Roosevelt Natatorium

Favorite Pool Story: In high school we used to play "commando waterpolo" (we didn't have suits then and a goal was scored when the ball was held in the gutter for a count of 3). The rules were...anything goes. I would pretty took over the whole game with my swimming ability and rabid play.

Favorite Swimming experience: Of course my memory is a bit slanted as time passes, but I would love competing against favorite competitors and always won by the narrowest margins. As a Senior in the 100 Breaststroke in our conference championship (prior to the section format) I was approached by our 2 ass't coaches who each offered me a case of beer if I beat this swimmer from Hibbing. Of course I beat him and only lost to the eventual state champ that year. Funny thing, I never collected that beer.

Favorite Swimming experience as an adult: many things

- 1) Taking a \$1.00 from Jim Stanway last year in the 100 Freestyle.
- 2) Having Paul Windrath come over to the Nort'landers and nearly beg to become a member with weak credentials. Of course we accepted him.
- 3) Setting a state record in the 800M freestyle relay that same meet. I was a pivotal part of that relay.
- 4) Probably the biggest thing was the rush I had the first time back in the water after nearly 25 years and the ability to stay ahead of my daughter for about 3 years with our times in the 100 Breast. She finally passed me as a Junior.
- 5) Now I really enjoy just participating and thank God for the ability to be able to maintain a fitness program and still enjoy the sport. There are classmates who aren't around anymore and others that have medical conditions that prohibit them from enjoying the things I am.
- 6) As a student at the U of M; Perry Brown, Luke Johnson, (both Nort'landers), another guy and myself nearly won the intramural meet one year. It went down to the last relay. Probably was the origin of the Nort'landers.

What are you most proud of: Raising my daughter to be a very competitive swimmer and softball player and watching her become an excellent example of a team leader and displaying good sportsmanship throughout her high school swimming and softball career.

Do you have any regrets: I laugh about my timing of things through my high school year. In 9th grade, (we had 5 places in the conference meet) I placed 7th in the 200 IM and didn't letter. In subsequent years with the addition of a consolation heat I never placed higher than 6th. ☺ As a senior, I placed 14th in the 100 Breast, but there were only 12 places in Cooke Hall and a 1 class meet. Not too bad for someone who only swam during the swim season with a hockey player for a coach. With today's places I would have been an all-star!!!

Additional comments: I love being around the swimmers as an official for over 30 years and the privilege of refereeing 2 states meets. The biggest thing I probably enjoy is the formation of the Nort'landers swim club with the credo that masters meets are meant to extend the ideal of swimming as a lifetime sport. Any performance is OK as long as you're not physically hurt after a swim. And...that you have room for a beverage and a sandwich with the team. We hold a Christmas Master's meet in Virginia and have had 35 participants. We don't charge for membership, as Perry Brown and myself cover the expenses of the club.



Jim Hafdahl in Action!

Minnesota Masters Icebreaker Meet

Sanction # 306-001
U of M Aquatic Center
Sunday - January 22, 2006

OKAY – you did not like the order of events in December? No excuses now cuz the order has changed. Get in the water and see where your training is at and begin the preparation for the State Championship on April 1 & 2.

Meet Director:

Anthony Sarrack
Anthony.sarrack@nmcco.com
763-274-1677

Warmup: 9:00-9:45 am

Competition: 10:00-2:00

Entry Fee: \$7

Awards: None

Race day entries only

Order of Events

1. 50 Fly
2. 500 Free
3. 100 Breast
4. 50 Back
5. 400 IM
6. 200 Breast
7. 200 Medley Relay
8. 100 Free
9. 200 Back
10. 200 Fly
11. 100 IM
12. 200 Free
13. 100 Fly
14. 200 Free Relay
15. 50 Breast
16. 100 Back
17. 50 Free
18. 200 IM
19. 1000/1650 Free
(time permitting)

5 minute break
before all relays

I'm a swimmer lazy as
can be, like a big ol
manatee, slurping salt
water...eating
seaweed, that is the
life for me...

author unknown

Midtown YMCA Swim Meet

Sanction # 306-002
Sunday, February 26
2121 East Lake Street
Minneapolis, MN 55407

Meet Director: Jason Burmeister

jburmeister@ywcamps.org

612-215-4344

Warmup: 9:00 am

Competition: 10:00 am-1:00 pm

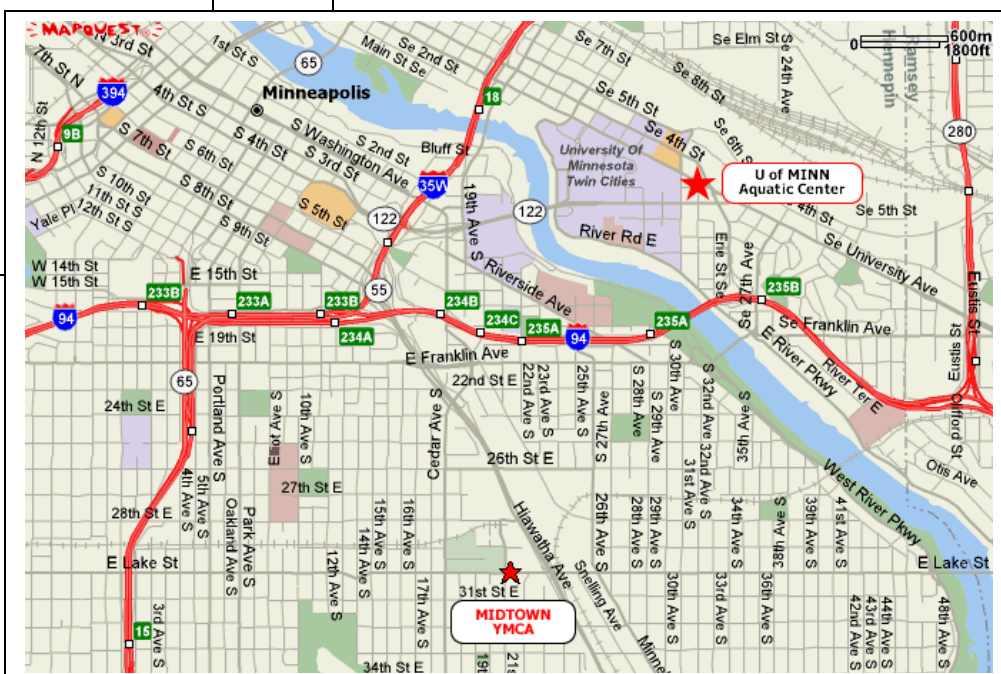
Entry: \$7

Race day entries only

Order of Events

1. 50 Butterfly
2. 500 Freestyle
3. 100 Breaststroke
4. 50 Backstroke
5. 400 IM
6. 200 Breaststroke
7. 200 Medley Relay
8. 100 Freestyle
9. 200 Backstroke
10. 200 Butterfly
11. 100 IM
12. 200 Freestyle
13. 100 Butterfly
14. 200 Free Relay
15. 50 Breaststroke
16. 100 Backstroke
17. 50 Freestyle
18. 200 IM
19. 1000/1650 Freestyle
(time permitting)

5 minute break before all relays



SOUTHDALE YMCA Meet

Saturday March 18, 2006
Southdale YMCA
Edina, Minnesota

Meet Director:

Sarah Hromada (612) 866-1990

Warm-ups : 1:30 p.m. – 2:10 p.m.

Competition : 2:15 p.m. - 6:00 p.m.

Entry Fee: \$7.00

Minnesota Masters returns to the Southdale YMCA for our 20th year of competition. We appreciate the YMCA's continued support of masters swimming in Minnesota. The last meet before the State Short Course Championships.

ORDER OF EVENTS -

- 1) 200 Breaststroke
- 2) 50 Freestyle
- 3) 400 IM
- 4) 200 Medley Relay
- 5) 200 Freestyle
- 6) 100 Backstroke
- 7) 50 Fly
- 8) 500 Freestyle
- 9) 100 Breaststroke
- 10) 200 Mixed Relay Free & Medley
- 11) 200 IM
- 12) 50 Backstroke
- 13) 200 Fly
- 14) 100 Freestyle
- 15) 200 Backstroke
- 16) 100 IM
- 17) 50 Breaststroke
- 18) 100 Fly
- 19) 200 Free Relay

AWARDS: None

XI FINA World Masters Championships - Stanford University

August 3-10, 2006, the eleventh FINA World Masters Championships will be held at Stanford University's Avery Aquatic Center, the largest swimming complex in the U.S. – and one of the fastest. This is a great opportunity for USMS competitors to prepare for and then compete in a really gigantic swim meet. The last time this event was held in the U.S. was 1996, and it is unlikely the event will return to the U.S. very soon.

Go to www.usms.org, then scroll down to the FINA notice. The meet schedule is already available, along with information on the venue, volunteering, sponsorship, travel information, and hotels.

If you are interested in being part of the Minnesota Masters XI FINA World Masters Championship Team, contact me, Tom Emison, at 612.376.9522, or Thomas.Emison@RSMI.com. This team is going to prepare a training program, competition schedule, and dedicated coaching program – if there are enough people interested.

Learn from others – Where to go to learn from others...
Avoid repeating history – Go where others have gone before!

www.swiminfo.com
www.usa-swimming.org
www.nisca.net
www.goswim.tv

www.swim2000.com
www.usms.org
www.fina.org

T-Shirt Designs

The 33rd Annual Minnesota State Championship is scheduled for April 1-2, 2006. This is **NOT** an April Fool's joke – although some of our times might be a Fool's lament.

If you have an idea for a T-Shirt design for the meet, please submit to Paul Windrath before March 1. You can e-mail ideas, drawings, etc. to windrath@redwing.net.

Mega-Monotonous set of recent years – 100 x 200 on 3:00 (right before the new millennium)

33rd Annual Minnesota State Championships

Sanction: By Minnesota LMSC for USMS Inc. # 306-003.

Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.

When: Saturday, April 1 - Warm-ups Noon - Competition 1 p.m. - 5 p.m. (until done).
Sunday, April 2 - Warm-up 8 a.m. - Competition 9 a.m. - 1:30 p.m. (until done)

Where: University of Minnesota Aquatic Center, Minneapolis, Minnesota. See map below.

Hosts: Minnesota LMSC, Minnesota Masters Swim Club and The University of Minnesota.

Eligibility: Open to all 2006 registered Masters (ages 18 and up). Contact your local registrar for forms. Minnesota Registrar: Anthony Sarrack (H)763-274-1677 or (W)763-295-1636 or www.minnesotamasters.com

Questions: Address meet related questions to Mary Beth Windrath (Championship Meet Director)
Phone: 651-388-8524
E-Mail: mbwswims@redwing.net

Entries: Swimmers may swim 5 individual events per day. Swimmers may swim each relay once. Deck entries will be seeded in the last heats of an event. Entry forms must be postmarked by Tues. March 21, 2006. Mail forms, a copy of your USMS card, and fees to:

Minnesota Masters State Championships
2612 Eunice Ave.
Red Wing, MN 55066

Checks payable to: Minnesota LMSC

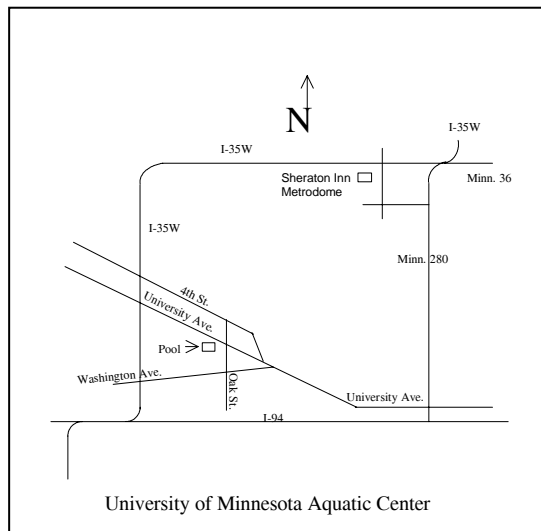
Entry Fees: Pre-registered swimmers:
Surcharge - \$10.00, Individual Events - \$3.00.
Maximum \$25 entry fee. Relay-only swimmers - \$15

March 22 & later Registration:
Surcharge - \$15.00, Individual Events - \$4.00.
Maximum \$35 entry fee. Relay-only swimmers - \$20

Awards: Each pre-registered swimmer will receive a participation award. First, second, and third place medals will be available for those who desire them.

Facility: 8 lane competition pool and 4 or 5 lanes in a warm-up pool. Electronic timing for all competition lanes with button and digital watch backup. There are 150 lockers available in each of the Men's and Women's locker rooms at the pool. Plan accordingly.

Parking: The University of Minnesota will be in session during the meet. There may be some problems with parking on Saturday. There are several parking lots within a couple blocks of the pool area. Most parking lots near the pool cost \$4.00. Be aware there are several lots which have a per hour rate. Also be aware that contract lots are enforced and parking in a contract lot without a proper permit could result in a parking ticket in the \$30 range.



33rd MINNESOTA MASTERS STATE CHAMPIONSHIPS

Sanctioned by Minnesota LMSC for USMS, Inc. Sanction number: #306-003.

PLEASE PRINT: ALL INFORMATION AS IT APPEARS ON YOUR USMS CARD.

SIGN WAIVER FOUND BELOW THIS FORM

NAME _____ USMS Reg # _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
BIRTHDATE ___/___/___ SEX - M F
AGE (ON APR 2, 2006) _____
CLUB _____

-> Enter your Best time on the line right of the event. "No Time" entries seeded in slowest heat

Table with 4 columns: Event Name, Seed Time, Event Name, Seed Time. Rows include SATURDAY 4/1/06 and SUNDAY 4/2/06 events like 400 Medley Relay, 50 Butterfly, etc.

IF PRE-REGISTERING: Choose a (Men's) T-Shirt Size: ___ XXL ___ XL ___ L ___ M ___ S

Meet Surcharge - \$10 (After 3/21 - \$15) \$ _____
Individual Events ___ @ \$ 3.00 (After 3/21 \$4.00) \$ _____
Relay-Only Entries - \$15 (After 3/21 - \$20) \$ _____
Total Entry Fees - Max. \$25 (After 3/21 - \$35) \$ _____

Mail Entry to:
MN State Championships
2612 Eunice Ave
Red Wing, MN 55066

ATTACH CHECK AND COPY OF USMS CARD TO THIS FORM.

MAKE CHECKS PAYABLE TO: MINNESOTA LMSC

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by 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.

Signature _____ Date _____

Minnesota Masters Photo Gallery



Teri Takehiro has been swimming masters for many years. Teri is an accomplished marathon runner and triathlete. She is also a certified USA Swimming official.

Her husband Mark also competes as does Felicia, their daughter, for Northfield High School and the USA Swimming Club in Northfield. Many times you will find Felicia looking onward from the spectator area. Teri and Mark reside in Northfield where they are both involved in education.



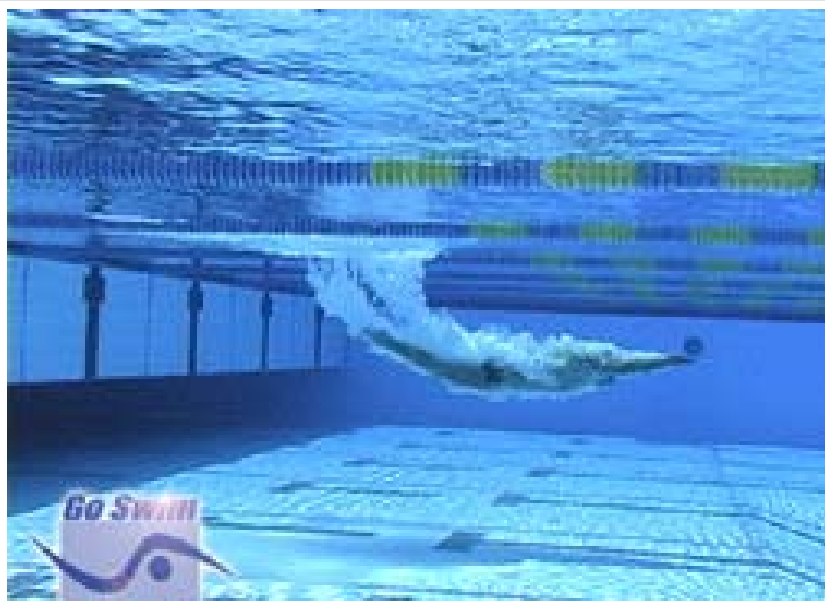
Jill Whitney has been a member of SEMS for as long as I can remember. She competes in most of the events although I think she would say that breaststroke is the event series she excels in.

Her husband – Peter – is always helping Mary Beth at the registration table. Peter has been helpful with corporate donations for the National Championships hosted at the Aquatic Center. These two are at most meets throughout the year.

Perhaps a little camera shy at the time of this picture, Jill is always easy to smile and chat with other athletes at the meets.



Starting Technique (courtesy of www.goswim.tv)



What is the flight of your body during a start? Are you belly flopping and skipping off the water? Are you an airplane touching down first with your legs? Do you pike to "save" yourself?

All of the above are slow, high resistance starting positions.

Instead, think like a diver. You want to rip the entry at a 50-60 degree angle going through one tiny hole in the water. After entry, use the momentum and buoyancy to accelerate you to the surface.... Keep your chin tucked close to your chest all the way through the break out for maximum streamline ☺

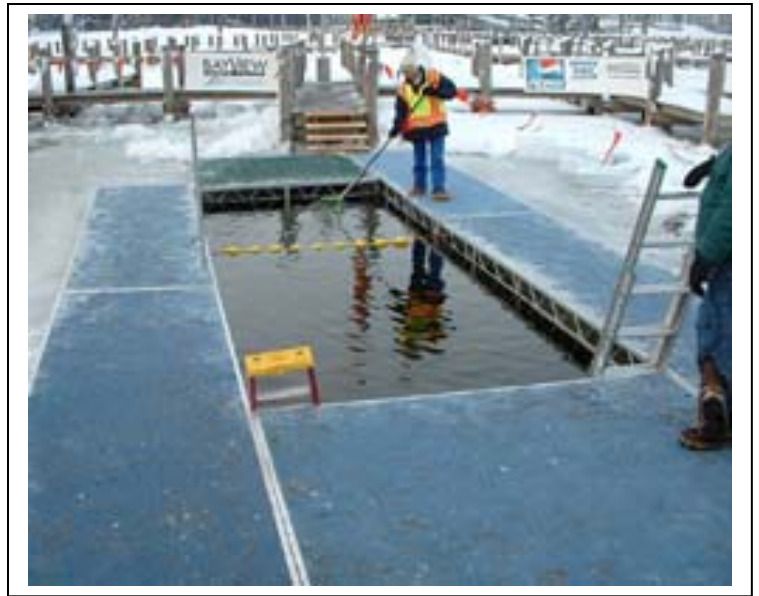
Did you fall into the 90's low fat craze that substituted carbohydrate based raw materials for fat? All those hidden carbs may have been messing with you for these past 15 years. Now, along comes the low carbo craze that substitutes fats for carbs to keep your glycemic index and blood sugar under control.

In the end it is still all about calories in and calories out and a balanced nutritional diet. Everything I read suggests 30% protein, 40% carbohydrates, 30% fat source. A little of everything keeps you on track every day. Those chocolate chip cookies can't be all bad for you....

**Polar Bear Plunge – January 1, 2006
The Event Center (Excelsior, MN)**

Again this year, an intrepid group – 600 strong – braved the elements as they plunged into Lake Minnetonka. The Hole measured 10 yards long and a legal depth of 6' at the starting end. Tina Neill and Paul completed their 7th consecutive year. Matt (a visitor from Germany) jumped for the 1st time.

Below, Minnesota Masters swimmer and Guppie, Peter Rocca, and his daughter Maggie looked happy before the jump. During the jump Peter, in a fit of cold induced insanity, left Maggie behind momentarily. Cold and feet hurting – she survived her first plunge. Maggie, Peter, Matt – way to go. See you next year!



New Rules for Breaststroke – the under water dolphin kick:

In September 2005, FINA modified the sacred “No dolphin kick during breaststroke” rule to allow one dolphin kick during the underwater pull off the start and each turn. So, every breaststroke swimmer in the world began licking their chops thinking this was gonna turn them all into record breakers.

Not so fast there pilgrim. This rule change will help you only if the forward force that can be applied is greater than the resistance you create trying to exert that forward force. The hell you say....

The dolphin kick is required to take place during the underwater pull – not before or after. When you set your body up for that kick, are you losing your streamline? Are you increasing the amount of body surface area blocking water from going by you? If you are, you just lost much more than you think you are gaining.

I never found the dolphin kick much help if I really focused on streamlining and stretching through the underwater portion of the start and turn. Have a friend time you with and without the dolphin kick and figure it out the scientific way. Remember – all swimming is about minimizing resistance.

Publishing meet results:

Many of you know Mary Beth Windrath as the smiling face you see at many meets at the registration table or as the Meet Director at our local meets. She also compiles all meet results in Minnesota as well as the National Top Ten from each LMSC in the country (50 in all).

You might think processing meet results is simply a task of entering times into a computer that spits out the results which are posted on the internet or a newsletter somewhere. Since I sit at the desk next to Mary Beth, let me tell you the rest of the story.

At the meet’s conclusion, Mary Beth gets all of those blue, pink, and yellow cards. Our home is full of them because USMS requires keeping these cards for 12 months. The first step of the processing results is confirming the swimmer’s time. We do this because swimmers miss the pads, timing systems don’t work, swimmers end up in different lanes than their cards, timers record to the tenth instead of the hundredth, or no back-up button is pushed. A pad time to watch time differential of more than .3 seconds requires investigation. Every swim is reviewed. Most are good – about 10% are a guessing game.

Then, there are the split time requests to figure in. Was a person really DQ’d? Sometimes, we even try to verify if the DQ was correctly listed on the card if it seems suspicious.

Next comes the swimmer registration. Results cannot be completed until the swimmer’s registration is verified. This drags Anthony Sarrack into the fray and it sometimes takes time. If they are not on the list, that has to be investigated as well. And, it is not just their individual registration, it matters which team they are affiliated with since relays are often voided because swimmers are not from the same team. AND, what about age accuracy? Some of us don’t know how old we are.

Once everything is entered into the computer, the entered data is reviewed to avoid “garbage in, garbage out.” State or National Records are confirmed. If the submitted times are from another state, sometimes pool measurements have to be confirmed to ensure the swims are legal.

If neither of us are at the meet, the results and cards are mailed to us. We always worry about this because – if lost – the meet might as well have not existed. That can sometimes add a week or more to the process. AND, one other thing delays publishing results – the rest of the things we all have to do.

This is tedious work and falls on the priority list behind swimming, work, eating, and sleeping – until enough time passes that the guilt meter kicks in or someone calls to ask where the results are.

This is what we do for local meets. If you go to a meet somewhere else – even Nationals – the results do not automatically get to us. Some meets are not even sanctioned (State Games) which means the times from those meets are not valid.

Practice Random Acts of Kindness – Help your fellow Masters Swimmer

Minnesota LMSC (Local Masters Swimming Committee) is looking for teams and workout groups to host some of the swim meets we offer throughout the year. We have an awesome group of volunteers who carry the burden for nearly every meet. We are proud to be able to offer these meets and we are asking for help from the general membership.

Our swim meet calendar includes four meets a year at the University of Minnesota, one at Southdale Y, one in Northfield and one at Midtown Y. Beyond that we have groups and individuals that put on open water swims at Lake Harriet and Lake Minnetonka.

We are specifically looking for help with our meets at the University or for additional meets. You could host a 1650 meet or make your own order of events. We are not limited to this schedule. We are looking to add events. A meet or open water swim must be sanctioned and follow USMS rules. We will help you with some of the organization of an event.

If your group hosts a sanctioned event, the Minnesota LMSC will offer your group \$100 or one half of our net profit from that meet, whichever is greater.

If you have ideas about how to serve you – the masters swimmer – better, we want to hear from you in that regard as well.

Please contact **Tina Neill** at polarswim@aol.com if you are interested.

SWIMMING FOR LIFE

MAKE SWIMMING A LIFESTYLE – Eat well, get enough rest and seek advice from a more experienced swimmer. Be proud to be a swimmer – it is one of the toughest sports.

COMMIT YOURSELF TO EXCELLENCE – Commitment is the key. Whether it's streamlining off of every wall or hitting a certain training pace stick with striving to always do your best. As long as you are at practice, you mind as well give it your best effort.

DO YOUR BEST WITH WHAT YOU'VE GOT- Build on your strengths while minimizing your weaknesses. If you are naturally fast, focus on the sprint events and throw a 500 in there once in a while.

BE CONSISTENT- It's easy to give in and take the easy way – pressing snooze when the alarm goes off. Make a habit out of swimming at least 3 times a week (4 is even better) and cross training the other days. By keeping up your conditioning level specifically for swimming, you will be able to make stroke corrections and adjustments and actually see yourself improving. By cross training you will gain better overall strength and flexibility and be a better athlete.

ALWAYS HAVE A GOAL- Keep your goals in mind and keep the focus until you have followed through to the best of your ability. It is amazing how much easier it is to train when you have a goal. Keep it private. Keep it to yourself - whatever it takes.

BALANCE IS THE KEY – If you are a distance swimmer, you need to do some anaerobic work. If you eat dessert, make sure you've had your fruits and vegetables. After a hard set, do some recovery swimming. If you swim mostly freestyle, throw in some backstroke.

DATE 11/06/2005
Northfield Pentathlon Meet Results

| | | | | | | | | |
|-------------------------|----|---------|-------------------------|----|---------|-------------------------|----|---------|
| WOMEN 25 TO 29 | | | 200 Y BUTTERFLY | | | 100 Y FREESTYLE | | |
| 50 Y FREESTYLE | | | TAKEHIRO, TERI | 44 | 3:39.04 | LAMOUR, DIDIER B | 48 | 1:00.25 |
| CARNEY, JESSICA L | 29 | :26.48 | 100 Y INDIVIDUAL MEDLEY | | | 100 Y BACKSTROKE | | |
| EWALD OLSON, KATHERINE | 28 | :28.80 | HROMADA, SARAH | 44 | 1:17.08 | LAMOUR, DIDIER B | 48 | 1:11.27 |
| LARSEN, BROOKE M | 28 | :29.38 | JOPPA, LORI J | 43 | 1:45.04 | 100 Y BREASTSTROKE | | |
| 50 Y BACKSTROKE | | | 400 Y INDIVIDUAL MEDLEY | | | LAMOUR, DIDIER B | 48 | 1:17.21 |
| EWALD OLSON, KATHERINE | 28 | :31.27 | TAKEHIRO, TERI | 44 | 6:41.00 | 100 Y BUTTERFLY | | |
| CARNEY, JESSICA L | 29 | :32.43 | WOMEN 45 TO 49 | | | LAMOUR, DIDIER B | 48 | 1:03.25 |
| LARSEN, BROOKE M | 28 | :35.37 | 50 Y FREESTYLE | | | 200 Y INDIVIDUAL MEDLEY | | |
| 50 Y BREASTSTROKE | | | WHITNEY, JILL | 48 | :30.34 | LAMOUR, DIDIER B | 48 | 2:31.95 |
| CARNEY, JESSICA L | 29 | :34.84 | MEYER, IRENE | 49 | :49.49 | MEN 50 TO 54 | | |
| EWALD OLSON, KATHERINE | 28 | :37.75 | 50 Y BACKSTROKE | | | 50 Y FREESTYLE | | |
| LARSEN, BROOKE M | 28 | :40.25 | WHITNEY, JILL | 48 | :36.50 | WOODS, JEFF J | 54 | :31.75 |
| 50 Y BUTTERFLY | | | MEYER, IRENE | 49 | 1:12.17 | 100 Y FREESTYLE | | |
| CARNEY, JESSICA L | 29 | :30.04 | 50 Y BREASTSTROKE | | | HANSELL, MARK | 50 | 1:23.85 |
| EWALD OLSON, KATHERINE | 28 | :30.67 | WHITNEY, JILL | 48 | :36.73 | 50 Y BACKSTROKE | | |
| LARSEN, BROOKE M | 28 | :31.92 | MEYER, IRENE | 49 | :53.04 | WOODS, JEFF J | 54 | :40.81 |
| 100 Y INDIVIDUAL MEDLEY | | | 50 Y BUTTERFLY | | | 100 Y BACKSTROKE | | |
| CARNEY, JESSICA L | 29 | 1:07.85 | WHITNEY, JILL | 48 | :32.48 | HANSELL, MARK | 50 | 1:50.77 |
| EWALD OLSON, KATHERINE | 28 | 1:12.28 | MEYER, IRENE | 49 | 1:32.00 | 50 Y BREASTSTROKE | | |
| LARSEN, BROOKE M | 28 | 1:13.26 | 100 Y INDIVIDUAL MEDLEY | | | WOODS, JEFF J | 54 | :46.89 |
| 400 Y INDIVIDUAL MEDLEY | | | WHITNEY, JILL | 48 | 1:12.77 | 100 Y BREASTSTROKE | | |
| LARSEN, BROOKE M | 28 | 5:37.84 | MEYER, IRENE | 49 | 2:27.51 | HANSELL, MARK | 50 | 1:35.19 |
| WOMEN 30 TO 34 | | | MEN 25 TO 29 | | | 50 Y BUTTERFLY | | |
| 50 Y FREESTYLE | | | 50 Y FREESTYLE | | | WOODS, JEFF J | 54 | DQ |
| SOBEK, KARI L | 34 | :36.99 | KOKKINEN, MICHAEL D | 28 | :25.19 | 100 Y BUTTERFLY | | |
| 50 Y BACKSTROKE | | | 100 Y FREESTYLE | | | HANSELL, MARK | 50 | 1:43.84 |
| SOBEK, KARI L | 34 | :44.06 | MOLSTRE, MICHAEL P | 28 | :55.89 | 100 Y INDIVIDUAL MEDLEY | | |
| 50 Y BREASTSTROKE | | | 50 Y BACKSTROKE | | | WOODS, JEFF J | 54 | 1:26.44 |
| SOBEK, KARI L | 34 | :52.17 | MOLSTRE, MICHAEL P | 28 | :29.12 | 200 Y INDIVIDUAL MEDLEY | | |
| 50 Y BUTTERFLY | | | KOKKINEN, MICHAEL D | 28 | :31.58 | HANSELL, MARK | 50 | 3:31.98 |
| SOBEK, KARI L | 34 | :37.81 | 50 Y BREASTSTROKE | | | MEN 55 TO 59 | | |
| 100 Y INDIVIDUAL MEDLEY | | | MOLSTRE, MICHAEL P | 28 | :33.24 | 50 Y FREESTYLE | | |
| SOBEK, KARI L | 34 | 1:37.22 | KOKKINEN, MICHAEL D | 28 | :36.94 | HOKE, GORDY | 58 | :32.08 |
| WOMEN 35 TO 39 | | | 50 Y BUTTERFLY | | | 200 Y FREESTYLE | | |
| 50 Y FREESTYLE | | | MOLSTRE, MICHAEL P | 28 | :27.59 | NOVAK, DANIEL G | 56 | 3:20.92 |
| LAMOUR, SUSAN L | 37 | :39.37 | KOKKINEN, MICHAEL D | 28 | :28.62 | 50 Y BACKSTROKE | | |
| 50 Y BACKSTROKE | | | 100 Y INDIVIDUAL MEDLEY | | | HOKE, GORDY | 58 | :54.23 |
| LAMOUR, SUSAN L | 37 | :52.92 | KOKKINEN, MICHAEL D | 28 | 1:10.66 | 200 Y BACKSTROKE | | |
| 50 Y BREASTSTROKE | | | 200 Y INDIVIDUAL MEDLEY | | | NOVAK, DANIEL G | 56 | 4:00.54 |
| LAMOUR, SUSAN L | 37 | :51.52 | MOLSTRE, MICHAEL P | 28 | 2:21.14 | 50 Y BREASTSTROKE | | |
| 50 Y BUTTERFLY | | | MEN 40 TO 44 | | | HOKE, GORDY | 58 | :47.54 |
| LAMOUR, SUSAN L | 37 | :45.77 | 50 Y FREESTYLE | | | 200 Y BREASTSTROKE | | |
| 100 Y INDIVIDUAL MEDLEY | | | BENACCI, JOSEPH C | 43 | :25.91 | NOVAK, DANIEL G | 56 | 3:56.78 |
| LAMOUR, SUSAN L | 37 | 1:45.51 | 100 Y FREESTYLE | | | 50 Y BUTTERFLY | | |
| WOMEN 40 TO 44 | | | BRAND, JOHN L | 44 | 1:02.69 | HOKE, GORDY | 58 | :50.41 |
| 50 Y FREESTYLE | | | 50 Y BACKSTROKE | | | 200 Y BUTTERFLY | | |
| HROMADA, SARAH | 44 | :30.46 | BENACCI, JOSEPH C | 43 | :36.80 | NOVAK, DANIEL G | 56 | 3:49.31 |
| JOPPA, LORI J | 43 | :43.59 | 100 Y BACKSTROKE | | | 100 Y INDIVIDUAL MEDLEY | | |
| 200 Y FREESTYLE | | | BRAND, JOHN L | 44 | 1:15.02 | HOKE, GORDY | 58 | 1:39.43 |
| TAKEHIRO, TERI | 44 | 2:55.93 | 50 Y BREASTSTROKE | | | 400 Y INDIVIDUAL MEDLEY | | |
| 50 Y BACKSTROKE | | | BENACCI, JOSEPH C | 43 | :34.80 | NOVAK, DANIEL G | 56 | 7:38.31 |
| HROMADA, SARAH | 44 | :35.85 | 100 Y BREASTSTROKE | | | MEN 60 TO 64 | | |
| JOPPA, LORI J | 43 | :47.36 | BRAND, JOHN L | 44 | 1:18.25 | 50 Y FREESTYLE | | |
| 200 Y BACKSTROKE | | | 50 Y BUTTERFLY | | | PELLISSIER, JIM | 61 | :28.81 |
| TAKEHIRO, TERI | 44 | 3:05.81 | BENACCI, JOSEPH C | 43 | :29.41 | 50 Y BACKSTROKE | | |
| 50 Y BREASTSTROKE | | | 100 Y BUTTERFLY | | | PELLISSIER, JIM | 61 | :36.31 |
| HROMADA, SARAH | 44 | :41.55 | BRAND, JOHN L | 44 | 1:14.80 | 50 Y BREASTSTROKE | | |
| JOPPA, LORI J | 43 | :50.48 | 100 Y INDIVIDUAL MEDLEY | | | PELLISSIER, JIM | 61 | :41.86 |
| 200 Y BREASTSTROKE | | | BENACCI, JOSEPH C | 43 | 1:10.46 | 50 Y BUTTERFLY | | |
| TAKEHIRO, TERI | 44 | 3:24.86 | 200 Y INDIVIDUAL MEDLEY | | | PELLISSIER, JIM | 61 | :31.58 |
| 50 Y BUTTERFLY | | | BRAND, JOHN L | 44 | 2:44.28 | 100 Y INDIVIDUAL MEDLEY | | |
| HROMADA, SARAH | 44 | :34.39 | MEN 45 TO 49 | | | PELLISSIER, JIM | 61 | 1:13.33 |
| JOPPA, LORI J | 43 | :53.47 | | | | | | |

Unfortunately, the Pentathlon results did not include the combined times for those who swam the entire pentathlon event (50, 100, or 200 of each stroke combined with a 100, 200, or 400 IM. If you entered the National Postal Pentathlon, the results should be posted on the Minnesota Masters website when they have been completed. The entry deadline was 12/31/05.



Who is this guy?

DATE 12/04/2005
U of MN Meet Results

| WOMEN UNDER 25 | | | WOMEN 40 TO 44 | | | MEN UNDER 25 | | |
|-----------------|----|---------|-------------------------|----|----------|-------------------------|----|---------|
| 50 Y FREESTYLE | | | 50 Y FREESTYLE | | | 50 Y FREESTYLE | | |
| BOOM, JENNY | 21 | :33.31 | PREUSSER, PAMELA J | 40 | :30.45 | TEMPELIS, ANDREAS Z | 23 | :23.37 |
| 100 Y FREESTYLE | | | 100 Y FREESTYLE | | | SIEVERS, MATTHEW M | 23 | :23.80 |
| BOOM, JENNY | 21 | 1:12.58 | GREEN, LINDA | 41 | 1:03.60 | 100 Y FREESTYLE | | |
| 500 Y FREESTYLE | | | HROMADA, SARAH | 44 | 1:06.20 | TEMPELIS, ANDREAS Z | 23 | :50.18 |
| BOOM, JENNY | 21 | 6:39.20 | 200 Y FREESTYLE | | | LOBERG, BRENT M | 24 | 1:04.39 |
| | | | HROMADA, SARAH | 44 | 2:24.68 | 50 Y BACKSTROKE | | |
| | | | 500 Y FREESTYLE | | | VESTNUM, LUKE A | 24 | :26.00 |
| | | | GREEN, LINDA | 41 | 6:09.64 | TEMPELIS, ANDREAS Z | 23 | :29.14 |
| | | | 1650 Y FREESTYLE | | | SIEVERS, MATTHEW M | 23 | :29.52 |
| | | | GREEN, LINDA | 41 | 21:22.24 | 50 Y BREASTSTROKE | | |
| | | | 50 Y BACKSTROKE | | | VESTNUM, LUKE A | 24 | :28.76 |
| | | | PREUSSER, PAMELA J | 40 | :37.50 | SIEVERS, MATTHEW M | 23 | :29.69 |
| | | | 100 Y BACKSTROKE | | | 50 Y BUTTERFLY | | |
| | | | HROMADA, SARAH | 44 | 1:14.60 | VESTNUM, LUKE A | 24 | :24.17 |
| | | | 100 Y INDIVIDUAL MEDLEY | | | 100 Y INDIVIDUAL MEDLEY | | |
| | | | PREUSSER, PAMELA J | 40 | 1:17.85 | VESTNUM, LUKE A | 24 | :55.76 |
| | | | | | | | | |
| | | | WOMEN 45 TO 49 | | | MEN 25 TO 29 | | |
| | | | 50 Y FREESTYLE | | | 50 Y FREESTYLE | | |
| | | | OGDEN, PAMELA | 48 | :32.15 | WHITSON, DREW S | 25 | :25.72 |
| | | | 100 Y FREESTYLE | | | THOMPSON, DAVID K | 27 | :26.53 |
| | | | WHITNEY, JILL | 48 | 1:05.48 | 100 Y FREESTYLE | | |
| | | | OGDEN, PAMELA | 48 | 1:14.25 | WHITSON, DREW S | 25 | :56.75 |
| | | | 200 Y FREESTYLE | | | THOMPSON, DAVID K | 27 | :57.79 |
| | | | WHITNEY, JILL | 48 | 2:26.19 | 200 Y FREESTYLE | | |
| | | | OGDEN, PAMELA | 48 | 2:37.58 | WHITSON, DREW S | 25 | 2:05.81 |
| | | | 50 Y BACKSTROKE | | | THOMPSON, DAVID K | 27 | 2:08.83 |
| | | | WHITNEY, JILL | 48 | :35.41 | 50 Y BACKSTROKE | | |
| | | | OGDEN, PAMELA | 48 | :41.67 | WHITSON, DREW S | 25 | :32.10 |
| | | | 100 Y BACKSTROKE | | | 50 Y BREASTSTROKE | | |
| | | | OGDEN, PAMELA | 48 | 1:34.46 | HURLEY, PHIL | 29 | :31.26 |
| | | | 200 Y BACKSTROKE | | | PETERSON, TONY L | 27 | :32.61 |
| | | | OGDEN, PAMELA | 48 | 3:22.54 | 100 Y BREASTSTROKE | | |
| | | | 50 Y BREASTSTROKE | | | HURLEY, PHIL | 29 | 1:09.00 |
| | | | OGDEN, PAMELA | 48 | :45.47 | 200 Y BREASTSTROKE | | |
| | | | 100 Y BREASTSTROKE | | | HURLEY, PHIL | 29 | 2:33.92 |
| | | | OGDEN, PAMELA | 48 | 1:37.97 | 100 Y INDIVIDUAL MEDLEY | | |
| | | | 200 Y BREASTSTROKE | | | WHITSON, DREW S | 25 | 1:10.95 |
| | | | OGDEN, PAMELA | 48 | 3:30.80 | 200 Y INDIVIDUAL MEDLEY | | |
| | | | 50 Y BUTTERFLY | | | PETERSON, TONY L | 27 | 2:19.57 |
| | | | OGDEN, PAMELA | 48 | :43.70 | 400 Y INDIVIDUAL MEDLEY | | |
| | | | 100 Y BUTTERFLY | | | PETERSON, TONY L | 27 | 4:56.66 |
| | | | OGDEN, PAMELA | 48 | 1:38.22 | | | |
| | | | 200 Y BUTTERFLY | | | MEN 30 TO 34 | | |
| | | | OGDEN, PAMELA | 48 | 3:40.81 | 50 Y FREESTYLE | | |
| | | | 100 Y INDIVIDUAL MEDLEY | | | HOUSENGA, JOHN E | 31 | :25.60 |
| | | | OGDEN, PAMELA | 48 | 1:29.03 | O'CONNOR, KEVIN J | 34 | :26.62 |
| | | | 200 Y INDIVIDUAL MEDLEY | | | SHELP, JOHN J | 33 | :27.09 |
| | | | OGDEN, PAMELA | 48 | 3:11.82 | GOTTSCHALK, BART R | 31 | :27.46 |
| | | | 400 Y INDIVIDUAL MEDLEY | | | 100 Y FREESTYLE | | |
| | | | OGDEN, PAMELA | 48 | 6:45.77 | SHELP, JOHN J | 33 | :57.77 |
| | | | | | | HOUSENGA, JOHN E | 31 | 1:00.84 |
| | | | WOMEN 50 TO 54 | | | GOTTSCHALK, BART R | 31 | 1:01.13 |
| | | | 50 Y FREESTYLE | | | O'CONNOR, KEVIN J | 34 | DQ |
| | | | HAKOMAKI, SUSAN | 54 | :43.02 | 200 Y FREESTYLE | | |
| | | | GOSSELIN, MARY H | 51 | :48.40 | O'CONNOR, KEVIN J | 34 | 2:06.78 |
| | | | 100 Y FREESTYLE | | | GOTTSCHALK, BART R | 31 | 2:24.37 |
| | | | IVERSON, MARGARET B | 51 | 1:21.30 | 500 Y FREESTYLE | | |
| | | | 50 Y BACKSTROKE | | | GOTTSCHALK, BART R | 31 | 6:42.29 |
| | | | GOSSELIN, MARY H | 51 | DQ | 50 Y BREASTSTROKE | | |
| | | | 50 Y BREASTSTROKE | | | HOUSENGA, JOHN E | 31 | :33.60 |
| | | | IVERSON, MARGARET B | 51 | :44.64 | 50 Y BUTTERFLY | | |
| | | | 100 Y BREASTSTROKE | | | SHELP, JOHN J | 33 | :29.47 |
| | | | IVERSON, MARGARET B | 51 | 1:36.08 | 100 Y INDIVIDUAL MEDLEY | | |
| | | | 100 Y BUTTERFLY | | | HOUSENGA, JOHN E | 31 | 1:07.31 |
| | | | IVERSON, MARGARET B | 51 | 1:32.71 | GOTTSCHALK, BART R | 31 | 1:15.85 |
| | | | 100 Y INDIVIDUAL MEDLEY | | | | | |
| | | | IVERSON, MARGARET B | 51 | 1:30.32 | | | |
| | | | | | | | | |
| | | | WOMEN 30 TO 34 | | | | | |
| | | | 50 Y FREESTYLE | | | | | |
| | | | HOUSENGA, MICHELLE | 31 | :29.65 | | | |
| | | | HEFNER, KARA L | 34 | :31.21 | | | |
| | | | SCHWARTZ, HEATHER K | 33 | :34.76 | | | |
| | | | 100 Y FREESTYLE | | | | | |
| | | | HOUC, ONNA B | 31 | 1:00.91 | | | |
| | | | HOUSENGA, MICHELLE | 31 | 1:05.67 | | | |
| | | | SCHWARTZ, HEATHER K | 33 | 1:17.38 | | | |
| | | | 200 Y FREESTYLE | | | | | |
| | | | HOUC, ONNA B | 31 | 2:13.61 | | | |
| | | | HOUSENGA, MICHELLE | 31 | 2:24.59 | | | |
| | | | 500 Y FREESTYLE | | | | | |
| | | | HEFNER, KARA L | 34 | 7:08.82 | | | |
| | | | 50 Y BACKSTROKE | | | | | |
| | | | HOUSENGA, MICHELLE | 31 | :33.17 | | | |
| | | | 100 Y BACKSTROKE | | | | | |
| | | | HEFNER, KARA L | 34 | 1:23.89 | | | |
| | | | 50 Y BUTTERFLY | | | | | |
| | | | HEFNER, KARA L | 34 | :36.26 | | | |
| | | | SCHWARTZ, HEATHER K | 33 | :44.31 | | | |
| | | | 100 Y INDIVIDUAL MEDLEY | | | | | |
| | | | HEFNER, KARA L | 34 | 1:22.56 | | | |
| | | | SCHWARTZ, HEATHER K | 33 | 1:25.41 | | | |
| | | | 200 Y INDIVIDUAL MEDLEY | | | | | |
| | | | HOUC, ONNA B | 31 | 2:30.24 | | | |
| | | | | | | | | |
| | | | WOMEN 35 TO 39 | | | | | |
| | | | 500 Y FREESTYLE | | | | | |
| | | | ZEMLIN, KAREN K | 37 | 5:32.67 | | | |
| | | | LAMOUR, SUSAN L | 37 | 9:29.21 | | | |
| | | | 1000 Y FREESTYLE | | | | | |
| | | | ZEMLIN, KAREN K | 37 | 11:20.45 | | | |
| | | | | | | | | |
| | | | SR | | | | | |
| | | | 50 Y BUTTERFLY | | | | | |
| | | | STOLAR, CARRIE E | 38 | :30.22 | | | |
| | | | LAMOUR, SUSAN L | 37 | :47.06 | | | |
| | | | 100 Y INDIVIDUAL MEDLEY | | | | | |
| | | | STOLAR, CARRIE E | 38 | 1:09.95 | | | |
| | | | ZEMLIN, KAREN K | 37 | 1:16.83 | | | |
| | | | LAMOUR, SUSAN L | 37 | DQ | | | |
| | | | 400 Y INDIVIDUAL MEDLEY | | | | | |
| | | | STOLAR, CARRIE E | 38 | 5:23.60 | | | |

DATE 12/04/2005
U of MN Meet Results

| | | | | | | | | |
|-------------------------|----|----------|-------------------------|----|----------|-------------------------|----|---------|
| MEN 35 TO 39 | | | 100 Y BUTTERFLY | | | MEN 60 TO 64 | | |
| 100 Y FREESTYLE | | | SMITH, DARRELL J | 49 | :59.80 | 200 Y BACKSTROKE | | |
| TRIPPS, SCOTT P | 36 | :50.02 | LAMOUR, DIDIER B | 48 | 1:02.15 | PELLISSIER, JIM | 61 | 2:57.02 |
| MOORE, THOMAS | 38 | 1:00.79 | EMISON, THOMAS | 47 | 1:03.82 | 50 Y BREASTSTROKE | | |
| DE VRIES, JIM P | 37 | 1:08.07 | SHREFFLER, CHUCK | 49 | 1:09.05 | PELLISSIER, JIM | 61 | :34.65 |
| 200 Y FREESTYLE | | | CLEMENT, WES | 45 | 1:09.12 | 100 Y BREASTSTROKE | | |
| SENN, THOMAS | 38 | 1:55.61 | BURGESS, RANDAL D | 47 | 1:13.52 | PELLISSIER, JIM | 61 | 1:15.90 |
| HIGGINS, CHRIS A | 39 | 2:02.24 | 100 Y INDIVIDUAL MEDLEY | | | 100 Y INDIVIDUAL MEDLEY | | |
| 500 Y FREESTYLE | | | SMITH, DARRELL J | 49 | 1:05.67 | PELLISSIER, JIM | 61 | 1:13.31 |
| DAVENPORT, GREG | 35 | 6:12.34 | LAMOUR, DIDIER B | 48 | 1:07.21 | MEN 65 TO 69 | | |
| DE VRIES, JIM P | 37 | 7:00.24 | CLEMENT, WES | 45 | 1:07.33 | 200 Y BACKSTROKE | | |
| 1650 Y FREESTYLE | | | KENNEDY, DON H | 48 | 1:11.86 | BOSVELD, ROGER L | 66 | 3:04.81 |
| DAVENPORT, GREG | 35 | 22:28.81 | BURGESS, RANDAL D | 47 | 1:15.52 | 200 Y BUTTERFLY | | |
| 50 Y BACKSTROKE | | | SHREFFLER, CHUCK | 49 | 1:17.44 | BOSVELD, ROGER L | 66 | 3:20.46 |
| SENN, THOMAS | 38 | :25.49 | ERICKSON, STEVEN D | 48 | 1:17.54 | SR | | |
| 100 Y BACKSTROKE | | | 200 Y INDIVIDUAL MEDLEY | | | MEN 85 TO 89 | | |
| SENN, THOMAS | 38 | :56.67 | CHENG, EDWARD Y | 45 | 2:23.67 | 50 Y BACKSTROKE | | |
| 100 Y BUTTERFLY | | | BURGESS, RANDAL D | 47 | 2:43.34 | HAKOMAKI, RAYMOND | 85 | :51.04 |
| HIGGINS, CHRIS A | 39 | 1:05.61 | MEN 50 TO 54 | | | 100 Y BACKSTROKE | | |
| 100 Y INDIVIDUAL MEDLEY | | | 50 Y FREESTYLE | | | HAKOMAKI, RAYMOND | 85 | 1:45.38 |
| HIGGINS, CHRIS A | 39 | 1:05.85 | HEDRICK, TRIP | 51 | :23.31 | SR | | |
| MOORE, THOMAS | 38 | 1:10.50 | HEILMAN, JAMES M | 54 | :27.88 | 50 Y BREASTSTROKE | | |
| 200 Y INDIVIDUAL MEDLEY | | | WHITSON, SCOTT G | 51 | :28.30 | HAKOMAKI, RAYMOND | 85 | :52.35 |
| TRIPPS, SCOTT P | 36 | 2:03.61 | POGUE, TOM G | 51 | :28.75 | SR | | |
| MEN 40 TO 44 | | | WOODS, JEFF J | 54 | :31.00 | WOMEN 25 AND OVER | | |
| 50 Y FREESTYLE | | | HAFDAHL, JIM | 50 | :31.02 | 200 Y FREE RELAY | | |
| REUL, ANDY | 42 | :24.70 | BROWN, TERRELL J | 51 | :31.90 | 3 LADIES & A MAN | | DQ |
| FINE, ALAN R | 43 | :27.94 | 100 Y FREESTYLE | | | GOSSELIN, MARY H | 51 | |
| TURNER, THORN | 43 | :28.79 | HEDRICK, TRIP | 51 | :51.72 | ZEMLIN, KAREN K | 37 | |
| KNACK, DAVID Q | 43 | :32.19 | SELLS, MARK | 51 | 1:00.85 | MURAI, EMILY H | 29 | |
| 100 Y FREESTYLE | | | MAGUIRE, JOHN | 50 | 1:01.91 | MOORE, THOMAS | 38 | |
| REUL, ANDY | 42 | :54.65 | POGUE, TOM G | 51 | 1:02.81 | 200 Y MEDLEY RELAY | | |
| FINE, ALAN R | 43 | 1:06.30 | WHITSON, SCOTT G | 51 | 1:04.09 | 3 MINN & 1 SEMS | | DQ |
| KNACK, DAVID Q | 43 | 1:13.27 | BROWN, TERRELL J | 51 | 1:12.08 | IVERSON, MARGARET B | 51 | |
| 500 Y FREESTYLE | | | HAFDAHL, JIM | 50 | 1:12.96 | ZEMLIN, KAREN K | 37 | |
| KNACK, DAVID Q | 43 | 7:48.08 | 200 Y FREESTYLE | | | MURAI, EMILY H | 29 | |
| 50 Y BACKSTROKE | | | SELLS, MARK | 51 | 2:20.51 | GOSSELIN, MARY H | 51 | |
| KNACK, DAVID Q | 43 | :42.95 | HEILMAN, JAMES M | 54 | 2:22.05 | MEN 18 AND OVER | | |
| 50 Y BREASTSTROKE | | | WHITSON, SCOTT G | 51 | 2:27.13 | 200 Y FREE RELAY | | |
| FINE, ALAN R | 43 | :36.27 | POGUE, TOM G | 51 | 2:32.49 | 3 Men & A Lady | | DQ |
| KNACK, DAVID Q | 43 | :41.62 | BROWN, TERRELL J | 51 | 2:41.93 | HARWOOD, MARY K | 27 | |
| 50 Y BUTTERFLY | | | 500 Y FREESTYLE | | | DE VRIES, JIM P | 37 | |
| TURNER, THORN | 43 | :31.63 | SELLS, MARK | 51 | 6:18.79 | WOODS, JEFF J | 54 | |
| 100 Y BUTTERFLY | | | 50 Y BACKSTROKE | | | LOBERG, BRENT M | 24 | |
| TURNER, THORN | 43 | 1:17.37 | MAGUIRE, JOHN | 50 | :37.17 | NSC | | DQ |
| 100 Y INDIVIDUAL MEDLEY | | | 100 Y BACKSTROKE | | | TEMPELIS, ANDREAS Z | 23 | |
| TURNER, THORN | 43 | 1:14.25 | HAFDAHL, JIM | 50 | 1:35.72 | SIEVERS, MATTHEW M | 23 | |
| MEN 45 TO 49 | | | 50 Y BREASTSTROKE | | | ERICKSON, STEVEN D | 48 | |
| 50 Y FREESTYLE | | | BRERETON, ROBERT H | 53 | :40.53 | POGUE, TOM G | 51 | |
| EMISON, THOMAS | 47 | :25.47 | POGUE, TOM G | 51 | :41.18 | 200 Y MEDLEY RELAY | | |
| SMITH, DARRELL J | 49 | :25.72 | 50 Y BUTTERFLY | | | NSC | | 2:04.10 |
| BURGESS, RANDAL D | 47 | :28.39 | HEDRICK, TRIP | 51 | :24.45 | TEMPELIS, ANDREAS Z | 23 | |
| ERICKSON, STEVEN D | 48 | :30.31 | MAGUIRE, JOHN | 50 | :32.43 | SIEVERS, MATTHEW M | 23 | |
| 100 Y FREESTYLE | | | WOODS, JEFF J | 54 | :36.04 | ERICKSON, STEVEN D | 48 | |
| CHENG, EDWARD Y | 45 | :54.29 | 100 Y BUTTERFLY | | | POGUE, TOM G | 51 | |
| EMISON, THOMAS | 47 | :55.95 | HEDRICK, TRIP | 51 | :56.35 | 200 Y MEDLEY RELAY | | |
| BURGESS, RANDAL D | 47 | 1:02.91 | SELLS, MARK | 51 | 1:16.59 | NSC | | |
| ERICKSON, STEVEN D | 48 | 1:05.99 | 100 Y INDIVIDUAL MEDLEY | | | TEMPELIS, ANDREAS Z | 23 | |
| 200 Y FREESTYLE | | | MAGUIRE, JOHN | 50 | 1:13.15 | SIEVERS, MATTHEW M | 23 | |
| CHENG, EDWARD Y | 45 | 1:59.54 | SELLS, MARK | 51 | 1:14.60 | ERICKSON, STEVEN D | 48 | |
| EMISON, THOMAS | 47 | 2:04.07 | WHITSON, SCOTT G | 51 | 1:23.67 | HAFDAHL, JIM | 50 | |
| BURGESS, RANDAL D | 47 | 2:26.64 | HAFDAHL, JIM | 50 | 1:25.01 | MEN 25 AND OVER | | |
| 500 Y FREESTYLE | | | WOODS, JEFF J | 54 | 1:26.04 | 200 Y MEDLEY RELAY | | |
| CHENG, EDWARD Y | 45 | 5:37.58 | BRERETON, ROBERT H | 53 | 1:30.09 | Mixed Clubs | | DQ |
| CLEMENT, WES | 45 | 6:00.83 | MEN 55 TO 59 | | | TRIPPS, SCOTT P | 36 | |
| BURGESS, RANDAL D | 47 | 6:05.33 | 100 Y FREESTYLE | | | HURLEY, PHIL | 29 | |
| 1650 Y FREESTYLE | | | ZIEGENHAGEN, JOHN T | 58 | 1:03.83 | SHELP, JOHN J | 33 | |
| BURGESS, RANDAL D | 47 | 21:23.06 | 1650 Y FREESTYLE | | | MOORE, THOMAS | 38 | |
| 50 Y BACKSTROKE | | | NOVAK, DANIEL G | 56 | 29:30.04 | MIXED 25 AND OVER | | |
| SMITH, DARRELL J | 49 | :32.96 | 50 Y BUTTERFLY | | | 200 Y FREE RELAY | | |
| 100 Y BACKSTROKE | | | FINE, GARY M | 55 | :36.54 | Mixed Clubs | | DQ |
| BURGESS, RANDAL D | 47 | 1:19.57 | 200 Y BUTTERFLY | | | DAVENPORT, GREG | 35 | |
| 200 Y BACKSTROKE | | | ZIEGENHAGEN, JOHN T | 58 | 2:35.79 | PREUSSER, PAMELA J | 40 | |
| BURGESS, RANDAL D | 47 | 2:41.86 | SR | | | EMISON, THOMAS | 47 | |
| 50 Y BREASTSTROKE | | | NOVAK, DANIEL G | 56 | 3:44.38 | CARNEY, JESSICA L | 29 | |
| SMITH, DARRELL J | 49 | :33.62 | 100 Y INDIVIDUAL MEDLEY | | | 200 Y MEDLEY RELAY | | |
| 100 Y BREASTSTROKE | | | FINE, GARY M | 55 | 1:22.85 | MINN | | 2:09.31 |
| KENNEDY, DON H | 48 | 1:13.94 | 400 Y INDIVIDUAL MEDLEY | | | DE VRIES, JIM P | 37 | |
| 50 Y BUTTERFLY | | | NOVAK, DANIEL G | 56 | 7:36.57 | HARWOOD, MARY K | 27 | |
| SMITH, DARRELL J | 49 | :27.08 | | | | CARNEY, JESSICA L | 29 | |
| LAMOUR, DIDIER B | 48 | :27.94 | | | | EMISON, THOMAS | 47 | |
| SHREFFLER, CHUCK | 49 | :29.33 | | | | | | |
| EMISON, THOMAS | 47 | :29.46 | | | | | | |

UNITED STATES MASTERS SWIMMING - 2006 MEMBERSHIP APPLICATION

Register with the same name as you will use for competition. Print Clearly.

Last Name First Name M.I.

Street Apt.

City State Zip Code Phone

Birthdate (mm - dd - yy) Age Gender Today's Date (mm - dd - yyyy)

E-Mail address

Must be at least 18 years old Membership expires 12-31-2006 LMSC Fee \$ 15.00
USMS Fee \$ 20.00
Total Fee \$ 35.00

Club: _____ Minnesota Masters _____ Barracuda Aquatics Club
_____ South East Metro Sharks _____ Med City Masters
_____ Red River Masters _____ Minnetonka Masters
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_____ UMD Doradas _____ Moundsview Swim Club
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_____ Nort'landers Swim Club
_____ Unattached

Mail Form and check to: Minnesota LMSC
c/o Anthony Sarrack \$8.00 of the USMS fee is for
Checks payable to 13529 Riverview Drive USMS Swimmer Magazine
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I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise been 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
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____ I wish to contribute \$1.00 (or \$_____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2006 registration fees.

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I am a High School or USS Coach _____

I am a certified Swimming official for - High School ___ NCAA ___ USA Swimming ___

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