



THE OLD STERNWHEELER

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

Volume 31, Number 2, Summer 2005

2005 Minnesota LMSC Summer Activity Schedule

May 19-22

USMS Short Course Nationals
Ft. Lauderdale, FL

May 20-22

Canadian SCM Nationals
Toronto, Canada

June 25

Lake Harriet
1 and 2 mile open water swims
See info in this issue

June 25-26

Alexandria Lake Swims
.25 – 4 mile open water

July 10

Manitou Monster - 2 mile swim
Pam Ogden, monsterswim@aol.com

July 23

Lake Minnetonka Challenge
Excelsior → Wayzata
See info in this issue

July 31

Minnesota LC State Meet
University of Minnesota

August 6

Okoboji 3 Mile Open Water
Anne Weaver, (712) 332-2663

August 15

Fall 2005 Sternwheeler deadline
Paul Windrath, windrath@redwing.net

August 11-15

USMS Long Course Nationals
Mission Viejo, CA

August 20

Perch Lake – Hudson, WI
1 and 2 mile open water swims
Joan Ramquist,
jramquist@yahoo.com

The Editor's Corner

by Paul Windrath

While New Year's Day is the beginning of those pesky New Year's Resolutions, Spring always represents a time of growth and new beginnings and some changes in Minnesota Masters Leadership.

At the Spring annual meeting, **Anthony Sarrack** was elected to succeed **Sarah Hromada** as the first new registrar in Minnesota in almost 20 years. Good Luck, Anthony!

Lest you think Sarah is fading out of the limelight, it is rumored that she is teaming up with Tina Neill to be Co-Chair of Minnesota Masters. This will be good for the LMSC as they possess knowledge and longevity and consistency in the direction of our organization.

Everyone else stays the same except me moving into the Newsletter Editor's position succeeding Ralph Bovard. I have been around Masters for a long time at all levels. Although I have not competed seriously in 8 years, I continue to swim daily and coach high school boys and girls in Red Wing, MN. You know my better half – Mary Beth – as the Top Ten/Records Chair as well as Meet Director of many of our local meets.

It is my privilege to help out and bring a twisted perspective to our sport. Wayde and I often swam & thought in the same twisted, figure "8" pattern. **For example, in Tina's Lake Harriet races in June, the rules STATE that suits may NOT go over the shoulders – Yeah Tina for endorsing co-ed topless swimming.**

This Sternwheeler edition brings you results from January – April meets, Meet Info for the Summer LC and Open Water seasons, an overview of Heart Disease, and a few irrelevant factoids to digest while swimming laps or shorelines

As this newsletter reaches you, I will be driving to Fairbanks, Alaska to begin a 2100 mile bicycle ride to Vancouver. No open water swimming along the way since the lakes are still frozen ☺. I hope to return in time for Lake Minnetonka and the rest of the summer season.

Swim for the Health of it!

In Memory of Jerry Simpson (1942—2005)

Last January, a good friend to swimming, Jerry Simpson passed away during his morning practice. He was a great friend, coach, mentor, philosopher of life through swimming. Unfortunately, he joins Larry Nyman and Wayne Mulhern as other "young" Minnesota Masters swimmer we have lost in recent years.

I find a common thread across Jerry, Larry, Trip, Tom – and probably all of the others who have been affected. They did not begin their life with the idea of being a gentle giant among their peers—respected and well-liked. No one awakes each day thinking to themselves "What can I do today so that my peers respect me more than the day before." Jerry, and those like him, simply get up and go about being the best they can be and helping others be the best they can be as well.

To those of you have passed on - Each of you left a mark on my life even if you did not know it. From time to time, I remember you (maybe during a practice set or a race) and without fail, re-double my efforts to mirror one of their positive qualities.

Jerry's passing serves to remind us that our time is limited and we do not know the length of our time. I realize that a few more minutes talking with friends at the expense of a few 50s on a minute is probably a good trade. A kind word to someone in pain is always worth the effort. A moment of patience during an otherwise hectic day will help someone get through.

"A Special Thank-You!"

To everyone for their kind thoughts sent in cards, letters, and e-mails along with great stories, and your generous donations to Jerry's Memorial Fund with SEMS. Jerry loved the sport of swimming and a major part of that was the Master's meets and especially all the people involved.

With love from Sharon, David, Ann, and Janet

Heart Disease (by Peggy Kratz)

February was "Heart" month. The month before, Minnesota Masters Swimming lost Jerry Simpson, a fellow swimmer, friend and coach to a heart attack.

There probably isn't a day that goes by where there isn't something in the media about heart disease being the leading cause of death, controlling risk factors to reduce heart disease, etc.. So what are heart disease and a heart attack? Let's start at the beginning.

Coronary artery disease, or heart disease, is a progressive disease where coronary arteries become narrowed or blocked by a build up of fat or other materials in the arterial walls. Coronary arteries are the blood vessels that supply your heart muscle with blood, oxygen and other nutrients. The accumulation of fat in these arteries is called plaque or atherosclerosis. Risk factors that can contribute to atherosclerosis include high cholesterol, high blood pressure, diabetes, inactivity, obesity, smoking and stress. As plaque accumulates in the artery walls they become narrowed or blocked and decrease the blood flow to part of the heart muscle. Angina symptoms do not usually occur until an artery has a blockage of 70-80% or more. Angina is defined as recurring temporary discomfort in the chest, arms, neck or jaw. It occurs when part of the heart muscle is not getting enough oxygen and nutrients.

Typical angina symptoms may include one or more of the following: heaviness or tightness in the chest; pain or pressure in the chest, neck, jaw or between the shoulder blades; pain, numbness or tingling in arms (especially the left arm); shortness of breath; nausea; excessive sweating; generalized discomfort or dizziness. Situations where the heart muscle is demanding more blood and oxygen may bring on angina. These include exertion, emotional stress, a heavy meal, high altitude and exposure to very hot or cold temperatures. The symptoms often go away with rest.

So what is the difference between angina and a heart attack? A myocardial infarction (MI) or heart attack occurs when blood flow to part of the heart muscle is cut off completely. The symptoms are the same as with angina except they are usually more severe and typically last longer. Unlike angina, some heart muscle is permanently damaged during a heart attack. A heart attack often occurs because of a plaque rupture or a blood clot which is unable to pass through the narrowed artery and blood flow is completely cut off. The location of the heart attack and the length of time before treatment determine the severity of the heart attack. The longer you wait before getting to the hospital, the more muscle damage occurs. Treatment should occur within the first two hours after the onset of symptoms.

Not all people will experience the same angina and/or heart attack symptoms. Know your body, control your risk factors and recognize symptoms to reduce your risk of a heart attack. If you think you are having symptoms of a heart attack, remember TIME IS MUSCLE! Call 911.

[Peggy Kratz is a cardiac rehabilitative Therapist. Although many of you have not seen her lately at meets, she is an excellent open water swimmer, past 1500 National Champion, and Minnesota State HS Champion a few years ago. She lives in Apple Valley with her husband, Doug, and daughter, Meghan]

Minnesota Fun Swim Challenge
Lake Harriet- Minneapolis, Minnesota
One and two mile open water swims

DATE: Saturday, June 25 2005

START AND DISTANCE: Lake Harriet- Minneapolis 1 and 2 mile races. North Beach

TIME: 2 mile	start 8:00am	Check in/race day registration 6:30-7:30am
1 mile	start 10:30am	Check in/race day registration 9:30-10:00am

SAFETY: You will be required to check in for each race that you participate in. Positive check in will be required for all swimmers prior to the start of each race. Failure to abide by this system will result in disqualification. Swim caps will be provided and must be worn.

ENTRY FEE:

Early registration by June 17, 2005

- Single event \$20. Both events \$25. Non refundable

Late registration received after June 17, 2005.

- Single event \$25. Both events \$30. Non refundable.

Checks payable to: Minnesota LMSC-Lake Harriet

Event t-shirts: Sold on race day.

COURSE AND DISTANCE: Both swims will follow the perimeter of the lake with the 1 mile turning across in the middle. The course will be patrolled with safety boats. Escorts for swimmers are not permitted. No hand paddles, fins, wetsuits or floatation devices are permitted. Swimsuits may not go over the shoulders or below the line of the knees.

The 2 mile course will close at 9:30 am and the 1 mile will close at 11:30 am. Course will be marked with orange buoys.

WAIVER: All swimmers are required to sign the liability waiver.

SWIMMER ELIGIBILITY: All swimmers must be 18 years or older and a registered member of United States Masters Swimming (USMS). To register please see the Minnesota Masters website at www.minnesotamasters.com or call Sarah Hromada at 612-866-1990.

AGE GROUPS: 18-24, 25-29, ... Male and female categories.

AWARDS: Overall top 3 men and women finishers plus the top finisher in each age group. Top overall finishers will be removed from age group division winnings.

PARKING: Event parking is available anywhere parking is permitted.

WATER TEMPERATURE: Approximately 68 degrees.

FOR REGISTRATION:

Complete and mail the form below to:

Tina Neill

1286 Alameda St

St. Paul, MN 55117

For more information contact Tina Neill at 651-489-4360 or polarswim@aol.com

Lake Harriet Open Water Swims - Registration Form

NAME _____ SEX ___ AGE ON RACE DAY _____ BIRTHDATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ (w) _____ (h)

EMAIL _____

2005 USMS# _____ (include a photo copy of card)

With your registration are:

Early registration by June 17, 2005 Check to: **Minnesota LMSC-Lake Harriet**

___ \$20 1 mile early registration ___\$20 2 mile early reg ___\$25 1 and 2 mile early reg

Please include: signed waiver, payment, copy of 2005 USMS card with registration form.

ATHLETES RELEASE-MUST BE SIGNED

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 the risk inherent in Masters Swimming (training and competition) including possible permanent disability of death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIM PROGRAM, THIS EVENT, OR ANY ACTIVITY INCEDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CITY OF MINNEAPOLIS-HENNEPIN COUNTY, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, VOLUNTEERS OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume all those risks. Finally, I agree to abide by and be governed by the rules of USMS.

Date _____ Signature _____

Sanctioned by Minnesota Local Masters Swimming Committee for USMS Inc.

Sanction # 305-005 OW

WOMEN UNDER 25

50 Y FREESTYLE
WELZIEN, CHRISTINA M 23 :29.63
POGUE, MIA N 21 :30.37
100 Y FREESTYLE
NORTHEY, ALICIA M 24 1:04.92
500 Y FREESTYLE
MINGO, SHANNON 22 5:53.22
WELZIEN, CHRISTINA M 23 5:56.11
RODGERS, ELIZABETH 23 6:30.99
200 Y BACKSTROKE
MINGO, SHANNON 22 2:28.35
50 Y BREASTSTROKE
POGUE, MIA N 21 :47.05
200 Y BREASTSTROKE
WELZIEN, CHRISTINA M 23 3:01.63
50 Y BUTTERFLY
NORTHEY, ALICIA M 24 :30.36
RODGERS, ELIZABETH 23 :33.12
POGUE, MIA N 21 :33.40
100 Y BUTTERFLY
WELZIEN, CHRISTINA M 23 1:14.67
100 Y INDIVIDUAL MEDLEY
NORTHEY, ALICIA M 24 1:10.87
POGUE, MIA N 21 1:19.10
RODGERS, ELIZABETH 23 1:20.30
200 Y INDIVIDUAL MEDLEY
NORTHEY, ALICIA M 24 2:32.54
RODGERS, ELIZABETH 23 2:47.69

WOMEN 25 TO 29

50 Y FREESTYLE
CARNEY, JESSICA L 28 :26.73
HUGHEY, RACHEL 26 :27.67
MOEN, NICOLE M 26 :39.39
100 Y FREESTYLE
HUGHEY, RACHEL 26 1:00.97
CARNEY, JESSICA L 28 1:01.75
200 Y FREESTYLE
HUGHEY, RACHEL 26 2:12.48
500 Y FREESTYLE
HUGHEY, RACHEL 26 5:53.06
GINZL, DEBBIE 26 6:06.14
1000 Y FREESTYLE
LANCEY, SUZANNE P 29 13:30.23
50 Y BACKSTROKE
LANCEY, SUZANNE P 29 :32.78
HUGHEY, RACHEL 26 :35.08
100 Y BACKSTROKE
LANCEY, SUZANNE P 29 1:10.32
HUGHEY, RACHEL 26 1:15.97
200 Y BACKSTROKE
LANCEY, SUZANNE P 29 2:30.38
50 Y BREASTSTROKE
MOEN, NICOLE M 26 1:01.16
100 Y BREASTSTROKE
CARNEY, JESSICA L 28 1:18.55
50 Y BUTTERFLY
CARNEY, JESSICA L 28 :29.12
100 Y INDIVIDUAL MEDLEY
HUGHEY, RACHEL 26 1:17.88
200 Y INDIVIDUAL MEDLEY
GINZL, DEBBIE 26 2:36.80
HUGHEY, RACHEL 26 2:41.23
400 Y INDIVIDUAL MEDLEY
CARNEY, JESSICA L 28 5:38.91

WOMEN 30 TO 34

50 Y FREESTYLE
ELLINGSON, VERONICA J.C31 :29.85
HEFNER, KARA L 33 :32.33
SCHWARTZ, HEATHER K 32 :33.42
100 Y FREESTYLE
HEFNER, KARA L 33 1:14.57
SCHWARTZ, HEATHER K 32 1:14.57
500 Y FREESTYLE
ELLINGSON, VERONICA J.C31 6:08.67
1000 Y FREESTYLE
SCHWARTZ, HEATHER K 32 15:29.19
50 Y BACKSTROKE
ELLINGSON, VERONICA J.C31 :35.67
100 Y BACKSTROKE
HEFNER, KARA L 33 1:26.16
100 Y BREASTSTROKE
SCHWARTZ, HEATHER K 32 1:34.74
50 Y BUTTERFLY
HEFNER, KARA L 33 :39.61
SCHWARTZ, HEATHER K 32 :43.14
100 Y INDIVIDUAL MEDLEY
ELLINGSON, VERONICA J.C31 1:18.27
HEFNER, KARA L 33 1:26.47

WOMEN 35 TO 39

1000 Y FREESTYLE
PREUSSER, PAMELA J 39 14:18.81
50 Y BUTTERFLY
PREUSSER, PAMELA J 39 :35.71

WOMEN 40 TO 44

50 Y FREESTYLE
GREEN, LINDA 40 :29.47
RAMQUIST, JOAN T 41 :30.13
REARDAN, KRISTY M 43 :31.96
SCHULTZ, ELIZABETH M 41 :33.33
BRENNAN, CATHY 44 :34.70
100 Y FREESTYLE
HANSEN, JANE D 44 1:02.90
RAMQUIST, JOAN T 41 1:08.82
SCHULTZ, ELIZABETH M 41 1:25.76
200 Y FREESTYLE
HANSEN, JANE D 44 2:17.54
HROMADA, SARAH 43 2:39.94
TAKEHIRO, TERI 43 2:55.92
500 Y FREESTYLE
GREEN, LINDA 40 6:13.67
50 Y BACKSTROKE
SCHULTZ, ELIZABETH M 41 :42.72
JOPPA, LORI J 42 :47.81
100 Y BACKSTROKE
TAKEHIRO, TERI 43 1:29.73
200 Y BACKSTROKE
HROMADA, SARAH 43 2:44.65
50 Y BREASTSTROKE
JOPPA, LORI J 42 :48.57
100 Y BREASTSTROKE
REARDAN, KRISTY M 43 1:33.98
TAKEHIRO, TERI 43 1:39.00
JOPPA, LORI J 42 1:45.63
50 Y BUTTERFLY
SCOULER, BARBARA A 42 :27.61
HANSEN, JANE D 44 :32.32
RAMQUIST, JOAN T 41 :35.00
JOPPA, LORI J 42 :49.82
100 Y BUTTERFLY
SCOULER, BARBARA A 42 1:01.26
100 Y INDIVIDUAL MEDLEY
HANSEN, JANE D 44 1:14.20

REARDAN, KRISTY M 43 1:26.84
BRENNAN, CATHY 44 1:32.02
200 Y INDIVIDUAL MEDLEY
SCOULER, BARBARA A 42 2:19.36
RAMQUIST, JOAN T 41 2:52.46
400 Y INDIVIDUAL MEDLEY
TAKEHIRO, TERI 43 7:00.23
JOPPA, LORI J 42 7:53.11

WOMEN 45 TO 49

50 Y FREESTYLE
SENN, ANN C 46 :26.86 SR
100 Y FREESTYLE
MOORE, JEAN M 47 1:10.15
GRAY, MARY J 47 1:27.10
500 Y FREESTYLE
GRAY, MARY J 47 8:26.22
50 Y BACKSTROKE
SENN, ANN C 46 :35.18
100 Y BACKSTROKE
KRYKA, NANCY L 49 1:19.96
100 Y BREASTSTROKE
GRAY, MARY J 47 1:45.62
200 Y BREASTSTROKE
GRAY, MARY J 47 3:39.18
50 Y BUTTERFLY
SENN, ANN C 46 :30.75
100 Y INDIVIDUAL MEDLEY
KRYKA, NANCY L 49 1:16.02
200 Y INDIVIDUAL MEDLEY
KRYKA, NANCY L 49 2:52.48

WOMEN 50 TO 54

50 Y FREESTYLE
HAKOMAKI, SUSAN 53 :43.62
100 Y FREESTYLE
BILLMEYER, CAROL 52 1:20.80
HAKOMAKI, SUSAN 53 1:31.90
200 Y FREESTYLE
WINDRATH, MARY BETH 51 2:27.92
50 Y BREASTSTROKE
BILLMEYER, CAROL 52 :44.76
200 Y INDIVIDUAL MEDLEY
WINDRATH, MARY BETH 51 2:55.21
SR
BILLMEYER, CAROL 52 3:17.52

WOMEN 60 TO 64

50 Y FREESTYLE
SMOLLEN, CAROL S 61 :38.08
100 Y BACKSTROKE
SMOLLEN, CAROL S 61 1:40.29
100 Y BREASTSTROKE
SMOLLEN, CAROL S 61 1:50.87

WOMEN 65 TO 69

200 Y FREESTYLE
REINKE, CAROL 68 3:28.90
100 Y BREASTSTROKE
REINKE, CAROL 68 1:47.42
200 Y BREASTSTROKE
REINKE, CAROL 68 3:52.60

MEN UNDER 25

50 Y FREESTYLE

BUCKLAND, J. DAN 23 :22.38
 WOOD, MICHAEL R 24 :24.02
 LEVENHAGEN, ERIC M 23 :24.09
 BARLTROP, DALE C 24 :27.23
 PHELPS, IKE E 22 :29.37

100 Y FREESTYLE

WOOD, MICHAEL R 24 :53.11
 EARLY-NELSON, HANS F 21 :56.75
 KOOISTRA, NATHAN R 22 :59.59

50 Y BACKSTROKE

PHELPS, IKE E 22 :40.77

50 Y BREASTSTROKE

LEVENHAGEN, ERIC M 23 :32.31
 BARLTROP, DALE C 24 :32.46
 WOOD, MICHAEL R 24 :33.59

100 Y BREASTSTROKE

BARLTROP, DALE C 24 1:11.18
 EARLY-NELSON, HANS F 21 1:16.66

50 Y BUTTERFLY

BUCKLAND, J. DAN 23 :24.91
 EARLY-NELSON, HANS F 21 :26.53
 WOOD, MICHAEL R 24 :26.69
 LEVENHAGEN, ERIC M 23 :27.69
 BARLTROP, DALE C 24 :28.13
 PHELPS, IKE E 22 :32.62

100 Y BUTTERFLY

EARLY-NELSON, HANS F 21 :59.56

100 Y INDIVIDUAL MEDLEY

BUCKLAND, J. DAN 23 :57.53
 PHELPS, IKE E 22 1:18.08

200 Y INDIVIDUAL MEDLEY

EARLY-NELSON, HANS F 21 2:19.20
 BARLTROP, DALE C 24 2:24.70
 KOOISTRA, NATHAN R 22 2:43.43

MEN 25 TO 29

50 Y FREESTYLE

McKIBBON, RYAN K 26 :22.68
 BUTLER, GRANT W 25 :24.83
 LEIGH, MARK T 26 :27.37

100 Y FREESTYLE

BUTLER, GRANT W 25 :49.05
 WOOD, CURT G 26 :51.35
 MOLSTRE, MICHAEL P 27 :53.97
 McKIBBON, RYAN K 26 :56.82

200 Y FREESTYLE

WOOD, CURT G 26 1:52.09
 THOMPSON, DAVID K 26 2:05.80

500 Y FREESTYLE

WOOD, CURT G 26 5:15.19
 THOMPSON, DAVID K 26 5:32.19

100 Y BACKSTROKE

BUTLER, GRANT W 25 :59.54

50 Y BREASTSTROKE

MOLSTRE, MICHAEL P 27 :31.80
 McKIBBON, RYAN K 26 :34.56
 LEIGH, MARK T 26 :37.97

200 Y BREASTSTROKE

MOLSTRE, MICHAEL P 27 2:25.90

50 Y BUTTERFLY

McKIBBON, RYAN K 26 :26.62
 LEIGH, MARK T 26 :30.92

100 Y INDIVIDUAL MEDLEY

McKIBBON, RYAN K 26 1:08.87
 LEIGH, MARK T 26 1:15.08

200 Y INDIVIDUAL MEDLEY

LEIGH, MARK T 26 2:40.64

MEN 30 TO 34

50 Y FREESTYLE

ROSELL, ROBERT D 34 :25.34
 STROM, MIKE 33 :33.49

100 Y FREESTYLE

HALLER, JOHN D 31 1:01.60
 STROM, MIKE 33 1:17.54

200 Y FREESTYLE

HEIN, BARRY D 30 1:51.25
 HALLER, JOHN D 31 2:15.04

500 Y FREESTYLE

HALLER, JOHN D 31 6:11.58

50 Y BACKSTROKE

STROM, MIKE 33 :40.94

100 Y BREASTSTROKE

HEIN, BARRY D 30 1:04.16

50 Y BUTTERFLY

ROSELL, ROBERT D 34 :26.85

100 Y BUTTERFLY

HALLER, JOHN D 31 1:10.95

MEN 35 TO 39

50 Y FREESTYLE

BODE, TIM J 37 :24.55
 NELSON, JON C 38 :28.21

100 Y FREESTYLE

BODE, TIM J 37 :54.97
 NELSON, JON C 38 1:03.55

50 Y BREASTSTROKE

NELSON, JON C 38 :37.59

50 Y BUTTERFLY

SARRACK, ANTHONY G 39 :27.64

100 Y INDIVIDUAL MEDLEY

SARRACK, ANTHONY G 39 1:04.91

200 Y INDIVIDUAL MEDLEY

SARRACK, ANTHONY G 39 2:25.56

400 Y INDIVIDUAL MEDLEY

SARRACK, ANTHONY G 39 5:15.28

MEN 40 TO 44

50 Y FREESTYLE

RUKAVINA, JOHN P 40 :26.01
 DUFAULT, ROY J 42 :26.24
 KIRKPATRICK, DANIEL D 43 :27.11
 FINE, ALAN R 42 :27.56

100 Y FREESTYLE

FOSS, MATT R 42 :54.64
 WEILER, JEFF 40 :57.37
 KIRKPATRICK, DANIEL D 43 1:00.84
 FINE, ALAN R 42 1:03.14
 DITTENHOFFER, ALEX 44 1:03.17

200 Y FREESTYLE

FOSS, MATT R 42 1:59.06
 WEILER, JEFF 40 2:08.84

500 Y FREESTYLE

WEILER, JEFF 40 5:49.40
 DUFAULT, ROY J 42 5:59.81

100 Y BACKSTROKE

BURNS, MICHAEL 44 1:04.86

50 Y BREASTSTROKE

KIRKPATRICK, DANIEL D 43 :36.33
 FINE, ALAN R 42 :36.69

100 Y BREASTSTROKE

RUKAVINA, JOHN P 40 1:10.62
 DITTENHOFFER, ALEX 44 1:18.66
 FINE, ALAN R 42 1:20.74

200 Y BREASTSTROKE

DITTENHOFFER, ALEX 44 3:01.92

50 Y BUTTERFLY

RUKAVINA, JOHN P 40 :28.07

FINE, ALAN R 42 :30.47

100 Y INDIVIDUAL MEDLEY

DUFAULT, ROY J 42 1:08.56

FINE, ALAN R 42 1:12.33

200 Y INDIVIDUAL MEDLEY

BURNS, MICHAEL 44 2:20.34

MEN 45 TO 49

50 Y FREESTYLE

ZUTTER, DANIEL 46 :25.10
 JESSEN, DAVID 47 :26.71
 MATHEWS, TOM P 49 :27.36
 SNOW, GREG D 48 :28.07

100 Y FREESTYLE

ZUTTER, DANIEL 46 :55.29

200 Y FREESTYLE

HAFDAHL, JIM 49 2:37.70

50 Y BREASTSTROKE

MATHEWS, TOM P 49 :36.63

HAFDAHL, JIM 49 :38.92

100 Y BREASTSTROKE

SNYDER, SCOTT 47 1:17.39

200 Y BREASTSTROKE

SNYDER, SCOTT 47 2:55.87

50 Y BUTTERFLY

SNOW, GREG D 48 :31.46

100 Y BUTTERFLY

SNOW, GREG D 48 1:13.09

100 Y INDIVIDUAL MEDLEY

JESSEN, DAVID 47 1:10.44

SNYDER, SCOTT 47 1:16.93

200 Y INDIVIDUAL MEDLEY

MATHEWS, TOM P 49 2:53.29

HAFDAHL, JIM 49 3:01.23

MEN 50 TO 54

50 Y FREESTYLE

PEITSO, CHARLES M 54 :26.46
 BROWN, PERRY 52 :27.57
 HEILMAN, JAMES M 53 :27.73
 SELLS, MARK 50 :27.75
 POGUE, TOM G 51 :28.07
 FINE, GARY M 54 :31.39

100 Y FREESTYLE

PEITSO, CHARLES M 54 1:00.96
 SELLS, MARK 50 1:01.02
 HEILMAN, JAMES M 53 1:01.06
 POGUE, TOM G 51 1:03.75

200 Y FREESTYLE

SELLS, MARK 50 2:20.33
 BROWN, PERRY 52 2:21.27
 HANSELL, MARK 50 2:58.90

500 Y FREESTYLE

SELLS, MARK 50 6:05.54

1650 Y FREESTYLE

SELLS, MARK 50 22:01.38

50 Y BACKSTROKE

FINE, GARY M 54 :42.66

50 Y BREASTSTROKE

FINE, GARY M 54 :37.94

POGUE, TOM G 51 :39.82

100 Y BREASTSTROKE

FINE, GARY M 54 1:29.70

200 Y BREASTSTROKE

HANSELL, MARK 50 3:29.91

100 Y INDIVIDUAL MEDLEY

BROWN, PERRY 52 1:14.32

200 Y INDIVIDUAL MEDLEY

PEITSO, CHARLES M 54 2:37.79

HANSELL, MARK 50 3:26.30

MEN 55 TO 59

200 Y FREESTYLE
JOHNSON, PETER L 55 2:28.98

1650 Y FREESTYLE
NOVAK, DANIEL G 55 29:22.26

50 Y BUTTERFLY
JOHNSON, PETER L 55 :34.99

NOVAK, DANIEL G 55 :42.54

100 Y INDIVIDUAL MEDLEY
JOHNSON, PETER L 55 1:18.38

NOVAK, DANIEL G 55 1:40.50

200 Y INDIVIDUAL MEDLEY
JOHNSON, PETER L 55 2:53.96

NOVAK, DANIEL G 55 3:40.18

400 Y INDIVIDUAL MEDLEY
NOVAK, DANIEL G 55 7:29.22

MEN 60 TO 64

50 Y FREESTYLE
LITMAN, MARK A 60 :30.19

50 Y BACKSTROKE
LITMAN, MARK A 60 :34.00

100 Y BACKSTROKE
LITMAN, MARK A 60 1:13.66 SR

200 Y BACKSTROKE
PELISSIER, JIM 60 2:51.79

50 Y BREASTSTROKE
PELISSIER, JIM 60 :34.40

100 Y BREASTSTROKE
PELISSIER, JIM 60 1:15.45

200 Y BREASTSTROKE
PELISSIER, JIM 60 2:59.75

MEN 65 TO 69

50 Y FREESTYLE
MAGEE, PETE 67 :29.02

McCOLLOR, ROBERT R 66 :33.15

100 Y FREESTYLE
MAGEE, PETE 67 1:07.86

McCOLLOR, ROBERT R 66 1:16.21

200 Y FREESTYLE
McCOLLOR, ROBERT R 66 3:05.43

100 Y BACKSTROKE
MAGEE, PETE 67 1:27.14

100 Y INDIVIDUAL MEDLEY
MAGEE, PETE 67 1:28.63

MEN 80 TO 84

50 Y BACKSTROKE
HAKOMAKI, RAYMOND 84 :48.70

100 Y BACKSTROKE
HAKOMAKI, RAYMOND 84 1:47.35

50 Y BREASTSTROKE
HAKOMAKI, RAYMOND 84 :51.17

100 Y BREASTSTROKE
HAKOMAKI, RAYMOND 84 1:50.89

MEN 19 AND OVER

200 Y FREE RELAY
MINN 1:36.05

MOLSTRE, MICHAEL P 27

LEVENHAGEN, ERIC M 23

KOOISTRA, NATHAN R 22

WOOD, CURT G 26

200 Y MEDLEY RELAY
MINN DQ

KOOISTRA, NATHAN R 22

LEVENHAGEN, ERIC M 23
MOLSTRE, MICHAEL P 27
WOOD, CURT G 26

MEN 25 AND OVER

200 Y FREE RELAY
NSC 1:44.10

McKIBBON, RYAN K 26

NELSON, JON C 38

POGUE, TOM G 51

BROWN, PERRY 52

3 MEN & A LADY DQ

ROSELL, ROBERT D 34

HUGHEY, RACHEL 26

SELLS, MARK 50

BURNS, MICHAEL 44

200 Y MEDLEY RELAY
NSC 2:03.99

NELSON, JON C 38

McKIBBON, RYAN K 26

BROWN, PERRY 52

POGUE, TOM G 51

MIXED 19 AND OVER

200 Y FREE RELAY
SEMS 1:49.11

BUTLER, GRANT W 25

RODGERS, ELIZABETH 23

HEILMAN, JAMES M 53

WELZIEN, CHRISTINA M 23

200 Y MEDLEY RELAY
MTKA 2:00.55

SENN, ANN C 46

DITTENHOFFER, ALEX 44

BUCKLAND, J. DAN 23

SCOULER, BARBARA A 42

MIXED 25 AND OVER

200 Y FREE RELAY
MINN 2:04.20

KRYKA, NANCY L 49

HEIN, BARRY D 30

STROM, MIKE 33

GRAY, MARY J 47

2 MINN + 2 UNAT DQ

ELLINGSON, VERONICA J.C31

SNOW, GREG D 48

RAMQUIST, JOAN T 41

KIRKPATRICK, DANIEL D 43

NHCP DQ

SCHWARTZ, HEATHER K 32

PREUSSER, PAMELA J 39

LEIGH, MARK T 26

McCOLLOR, ROBERT R 66

200 Y MEDLEY RELAY
NHCP 2:24.92

SCHWARTZ, HEATHER K 32

PREUSSER, PAMELA J 39

LEIGH, MARK T 26

McCOLLOR, ROBERT R 66

2 MINN + 2 UNAT DQ
ELLINGSON, VERONICA J.C31
KIRKPATRICK, DANIEL D 43
SNOW, GREG D 48
RAMQUIST, JOAN T 41

MIXED 35 AND OVER

200 Y MEDLEY RELAY
MTKA 2:21.21

BRENNAN, CATHY 44

SNYDER, SCOTT 47

JESSEN, DAVID 47

MOORE, JEAN M 47

MIXED 45 AND OVER

200 Y FREE RELAY
MTKA 1:53.70 SR

JESSEN, DAVID 47

SENN, ANN C 46

MOORE, JEAN M 47

SNYDER, SCOTT 47

Quotes:

"Everyone is an athlete. The only difference is that some of us are in training, and some are not."

Interesting Reading:

Swimmers demonstrate less muscle mass loss and appear 10-20 years younger than their sedentary counterparts
.....Fitness Magazine

Virtual Caribbean Swimmers:

Congratulations..They swam (among other things) their way - 526 miles - through the Caribbean.

Alex Dittenhoffer
Jane Hansen
Robert King
John Masiulis
Tina Neill
Monica Powers
Marise Widmer

THE MINNETONKA CHALLENGE - 5 MILE SWIM **(Individual, Age Group, and 3 person Relays)**

Announcing the 19th Annual Minnetonka Challenge - 5 Mile Swim. All swimmers will receive a 5 Mile Swim T-shirt. Awards will be presented to the first place finisher in each age group. The 5 Mile Swim is organized and hosted by MN Masters. It is sanctioned by the MN Masters Swimming Committee for USMS, Inc. (Sanction # 304-007-OW) and approved by US Swimming. Proceeds from the swim go to benefit **YMCA Camp Ihduhapi**. We would like to thank **Camp Ihduhapi** for providing the canoes for our out of town competitors.

Race Course

Lake Minnetonka is located 15 miles west of downtown Minneapolis. The racecourse runs along a line from the Excelsior public beach to the Wayzata public beach. It is configured so that swimmers will always be within 1/2 mile of shore (see map). The Wayzata water tower is clearly visible along the entire course and provides a navigational landmark. The race starts early to avoid strong mid-day winds and minimize conflict with boat traffic. The water temp in late July is typically around 78 °F.

Schedule - Saturday Morning, July 23

5:45 –6:30	Last minute entries accepted at the Excelsior beach.
6:00 – 6:45	Race #'s issued and safety briefings. All participants should arrive no later than 6:30 to ensure that registration process can be completed on time.
6:30	Start pre-registered swimmers slower than 3 hours who wish to start early.
6:50 am	Final announcements and briefing.
7:00 – 7:10	START (from Excelsior beach) in three waves: Escort boats will be dispatched from the beach just prior to each wave.
•	Females – Wave 1
•	Relays and males over age 45 – Wave 2
•	Males 44 and under - Wave 3
9:00 am	Participants must be at mid-course to continue.
8:45-11:00	FINISH (at Wayzata beach). Fruit, muffins, and drinks provided at the beach.
10:15am	Awards presented to winners for each sex/age group and relay division.

Age Groups

Male & Female age groups, 16-18, 19-24, 25-29, 30-34, to 95+. Relay teams: Male, Female & Mixed. No age divisions for relays. All swimmers must be registered for 2005 with US Swimming or USMS.

Entries

\$25.00 entry fee for individual swimmers, \$55.00 per relay team for entries received by July 16th. If your entry is not received by July 16th, you will have to "re-enter" the race at the beach. A \$10 surcharge will apply to race-day entries (\$35 individuals & \$65 relays). Entry fees are NON-REFUNDABLE. **Make checks payable to the**

Minnetonka Challenge:

Send entry forms and checks to:

**Minnetonka Challenge
13529 Riverview Drive
Elk River, MN 55330**

OFFICIAL RULES

Unless otherwise stated, current USMS Long Distance Swimming rules govern this race. Each swimmer must be registered for 2005 with US Swimming or US Masters Swimming to participate. Registration forms can be obtained by checking the box on entry form (if entering before July 16th). USMS 2005 registration is \$35. Single day registration (for masters only) is \$20.

Each swimmer must be escorted by a non-motorized escort boat (canoes recommended). Two paddlers are required with each canoe; at least one adult 18 years or older. Paddlers in escort boat **MUST WEAR Coast Guard approved life preservers. A PFD must be included in the boat for the swimmer. Water Patrol officers will be present!**

A limited number of canoes will be made available (intended to be used by competitors from out of town). **These canoes will be available for \$20 (first come, first served, based on receipt of paid entry)**. Requests for canoes must be received by July 9th. Swimmers whose request for canoes cannot be met will be eligible to have their entry fee refunded. **Please Note: We will not be providing volunteer paddlers.**

All swimmers and escort boats must pass between the 2 buoys 1/4 mile from the starting line. At this safety checkpoint, race officials will verify that each swimmer is with his/her escort boat. ***Swimmers found beyond this point without escort boat will be pulled from the race.***

Wet suits or other non-porous attire shall render that swimmer ineligible for awards. Absolutely no fins, pull buoys, leg floats, webbed gloves or other possible speed-increasing devices will be allowed. **Goggles are allowed and recommended.**

Except at the start, escort boats and swimmers ***must stay within 50 feet of each other.*** Swimmer cannot receive forward aid from their escort boat.

For safety purposes all swimmers **must** report to the timer at the finish line to report they finished or withdrew from the race. T-shirts will be issued at the finish line to all swimmers. ***Any swimmer that does not report in to the finish will be banned from the next year's event.***

SPECIAL RELAY RULES

The individual and relay events will run concurrently. All the individual rules apply to relays.

All participants must check in at the Relay registration desk. All participants must be registered for 2005 with US Swimming or US Masters Swimming. ***Minimum age for relay participants is 13 years.***

Each relay team will consist of three swimmers; The first two swimmers will each swim approx. 2 miles, and the third swimmer will swim just over 1 mile.

Two relay exchange points will be located on islands along the course.

- The first exchange point is on the northeast end of Big Island.
- The second exchange point is on the southeast end of Spirit Island.
- The exchange points will be marked with large buoys.

The escort boat should be paddled by the two members of the relay team who are not swimming. Remember that at least three Coast Guard Approved life preservers are required ***and will be worn. At least one adult (18 or over) must be in escort boat but does not need to be a relay member.***

The exchange points are in very shallow water at the two islands, so each swimmer completing his/her swim can step into the escort boat as the next swimmer is stepping out. Race officials will be present at the exchange points to help, supervise, and answer questions.

HELPFUL HINTS

Because 5 miles is a **long** swim, participants should be in active training and in good shape. A medical examination prior to the event is advised.

Just prior to the start of each wave, escort boats will be instructed to cast off and position themselves 30 - 50 yards off shore. **Each swimmer should watch where his/her escort boat is positioned.** At the gun, the swimmer will swim to the escort boat and proceed with the boat along the racecourse.

To facilitate a smooth start, the escort boats and swimmers should spread out along the beach. Boats should cast off **straight out** from shore to make finding the boats easier for the swimmers. Please use your best judgment and be considerate of other participants.

If possible, swimmers should practice open water swimming with their escort boat prior to event. Swimmers who have practiced along portions of the course will find the experience very helpful.

Many swimmers find it useful to let the escort boat set the course while swimming to one side and watching the boat when breathing. Canoeists are advised to compensate for wind and maintain a straight line from Excelsior to Wayzata to minimize the distance of the race.

MISCELLANEOUS

Travel & Hotel Assistance

Travel and hotel arrangements can be made through Mary Jo Ness at TravelCorp. **(800) 829-7667** during business hours (8:00 am - 4:30 pm).

Parking

Wayzata has agreed not to enforce the non-resident parking ban at the Wayzata beach until noon.

Parking is available on side-streets in Excelsior, but be careful, parking restrictions and meters will be enforced. We suggest that you unload your canoe at the beach and then locate a legal parking place.

Weather

Every effort will be made to start the swim on time, rain or shine. If weather conditions are dangerous (thunderstorms or high winds), the start will be delayed until the weather clears. If the start is delayed past 7:30 the race will be canceled. Sorry, but there will be **no refunds**.

T – Shirts

Please indicate shirt sizes on the entry form. Youth sizes can be ordered as well as adult sizes.

Cell Phones

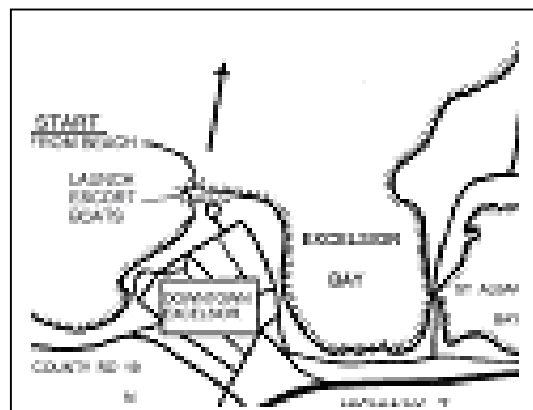
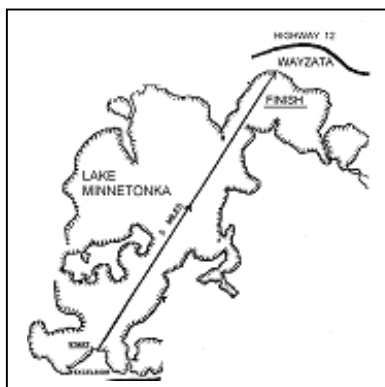
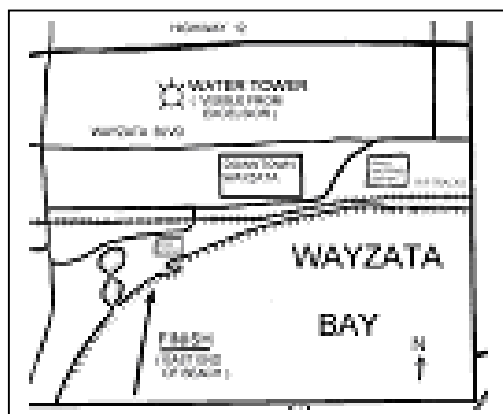
We will publish a list of cell phone numbers for race officials on race day.

Safety

A complete list of safety rules will be handed out to each participant at the starting line.

Questions

- Race day questions should be directed to the race volunteers.
- **For more information please contact Anthony Sarrack at 763-295-1636 (day) or 763-274-1677 (night) or Anthony.Sarrack@nmcco.com (work) or MRSarrack@usfamily.net (home).**
- **Additional information may be available through the MN Masters Swimming website, <http://www.minnesotamasters.com/>.**



MINNETONKA CHALLENGE - 5 MILE SWIM

Approved by Minnesota Swimming, Inc. for USS Inc.

Sanctioned by Minnesota LMSC for USMS Inc. Sanction # 305-007-OW

INDIVIDUAL & RELAY ENTRY FORM

Name: _____ USS or USMS Regist. # _____
Sex: _____ Age: _____ (as of 7/23/05) Birthday: ____/____/____ Phone: _____
Address: _____ City: _____ St: _____ Zip: _____

Relay Information

Relay #2 Name: _____ USS or USMS Regist. # _____
Sex: _____ Age: _____ (as of 7/23/05) Birthday: ____/____/____ Phone: _____
Address: _____ City: _____ St: _____ Zip: _____

Relay #3 Name: _____ USS or USMS Regist. # _____
Sex: _____ Age: _____ (as of 7/23/05) Birthday: ____/____/____ Phone: _____
Address: _____ City: _____ St: _____ Zip: _____

ATHLETE'S RELEASE (must be signed)

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 the risk inherent in USS and 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 SWIM PROGRAM, THIS EVENT, OR ANY ACTIVITY 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, US SWIMMING, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, VOLUNTEERS, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume those risks. Finally, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

Parent Signature (if swimmer is under 18 yrs of age): _____

Relay Only Swimmer # 2 Signature _____ Date: _____

Parent Signature (if swimmer is under 18 yrs of age): _____

Relay Only Swimmer # 3 Signature _____ Date: _____

Parent Signature (if swimmer is under 18 yrs of age): _____

Pre-registered swimmers only: [] I expect to be over 3 hours and would like to start early.

Canoe needed: [] I need an escort boat. (Paddlers will not be provided. Canoes provided on first come, first served basis, but people from more than 250 miles away will be given preference.)

FEES

Individual Swimmer, \$25 before July 16 (\$35 race day) \$ _____
Relay Team, \$55/team before July 16 (\$65 race day) \$ _____
Extra T-shirts for Escort paddlers (\$13.00 each) \$ _____
Shirt Size(s) _____ **Total** \$ _____

Return signed entry form with check payable to the Minnetonka Challenge to:
Minnetonka Challenge,
13529 Riverview Drive
Elk River, MN 55330

DATE 02/27/2005
Midtown Y Meet Results

WOMEN UNDER 25		ARPS, LISA	33	:35.15	BERRY, BRYAN P	23	1:06.13
50 Y FREESTYLE		HEFNER, KARA L	33	:35.24	50 Y BACKSTROKE		
BOOM, JENNIFER	21	100 Y INDIVIDUAL MEDLEY			TEMPELIS, ANDREAS Z	22	:29.45
ALBERDA, ANATHEA N	24	HEFNER, KARA L	33	1:21.34	50 Y BREASTSTROKE		
100 Y FREESTYLE		WOMEN 35 TO 39		SIEVERS, MATHEW M	22	:29.96	
BOOM, JENNIFER	21	100 Y FREESTYLE		BARLTROP, DALE C	24	:32.77	
ALBERDA, ANATHEA N	24	SURBER, RACHEL	39	1:15.26	100 Y BREASTSTROKE		
200 Y FREESTYLE		500 Y FREESTYLE		BARLTROP, DALE C	24	1:11.52	
BOOM, JENNIFER	21	ZEMLIN, KAREN K	37	5:42.88	PHELPS, IKE E	23	DQ
500 Y FREESTYLE		SURBER, RACHEL	39	7:18.03	50 Y BUTTERFLY		
BOOM, JENNIFER	21	50 Y BACKSTROKE		SIEVERS, MATHEW M	22	:25.03	
50 Y BREASTSTROKE		SURBER, RACHEL	39	:44.50	TEMPELIS, ANDREAS Z	22	:27.44
ALBERDA, ANATHEA N	24	WOMEN 40 TO 44		BARLTROP, DALE C	24	:27.83	
100 Y BREASTSTROKE		100 Y FREESTYLE		PHELPS, IKE E	23	:31.71	
STEPHENS, KATHERINE B	24	JENSEN, KIRSTEN	40	1:33.03	BERRY, BRYAN P	23	:32.18
100 Y INDIVIDUAL MEDLEY		500 Y FREESTYLE		100 Y INDIVIDUAL MEDLEY			
STEPHENS, KATHERINE B	24	GREEN, LINDA	41	6:11.44	SIEVERS, MATHEW M	22	:58.16
WOMEN 25 TO 29		50 Y BACKSTROKE		BARLTROP, DALE C	24	1:06.85	
50 Y FREESTYLE		JOPPA, LORI J	42	:46.77	PHELPS, IKE E	23	1:15.92
HUGHEY, RACHEL	26	50 Y BREASTSTROKE		BERRY, BRYAN P	23	DQ	
MUNSON, LESLIE A	27	JOPPA, LORI J	42	:49.66	200 Y INDIVIDUAL MEDLEY		
MOEN, NICOLE M	26	100 Y BREASTSTROKE		PHELPS, IKE E	23	2:56.48	
100 Y FREESTYLE		JENSEN, KIRSTEN	40	1:57.43	MEN 25 TO 29		
HUGHEY, RACHEL	26	50 Y BUTTERFLY		50 Y FREESTYLE			
200 Y FREESTYLE		JOPPA, LORI J	42	:50.03	STAY, MATTHEW S	29	:24.81
CAMPBELL, NICOLE	25	100 Y BUTTERFLY		LYKINS, MARK L	26	:24.92	
HUGHEY, RACHEL	26	JOPPA, LORI J	42	1:58.95	McKIBBON, RYAN K	26	:25.79
ALQUIST, ANN G	26	100 Y INDIVIDUAL MEDLEY		LARSEN, ERIC M	28	:27.94	
500 Y FREESTYLE		JENSEN, KIRSTEN	40	1:48.29	O'ROURKE, CAP M	28	:28.45
HUGHEY, RACHEL	26	200 Y INDIVIDUAL MEDLEY		100 Y FREESTYLE			
CAMERON, MARTINA L.R.	27	JOPPA, LORI J	42	3:48.51	STAY, MATTHEW S	29	:55.18
MOEN, NICOLE M	26	WOMEN 45 TO 49		LYKINS, MARK L	26	:57.02	
1000 Y FREESTYLE		50 Y FREESTYLE		RULE, BRIAN T	27	:57.31	
MOEN, NICOLE M	26	KRYKA, NANCY L	49	:28.62	McKIBBON, RYAN K	26	:57.48
50 Y BACKSTROKE		HESLER, LAUREN A	46	:36.76	LARSEN, ERIC M	28	:59.87
MUNSON, LESLIE A	27	100 Y FREESTYLE		O'ROURKE, CAP M	28	1:07.40	
100 Y BACKSTROKE		KRYKA, NANCY L	49	1:04.20	200 Y FREESTYLE		
CAMPBELL, NICOLE	25	WHITNEY, JILL	47	1:06.23	HURLEY, PHIL	29	2:07.22
MUNSON, LESLIE A	27	HESLER, LAUREN A	46	1:29.28	50 Y BACKSTROKE		
200 Y BACKSTROKE		200 Y FREESTYLE		LYKINS, MARK L	26	:29.27	
MUNSON, LESLIE A	27	KRYKA, NANCY L	49	2:25.15	RULE, BRIAN T	27	:31.53
50 Y BREASTSTROKE		HESLER, LAUREN A	46	:43.19	50 Y BREASTSTROKE		
MOEN, NICOLE M	26	50 Y BREASTSTROKE		HURLEY, PHIL	29	:31.82	
50 Y BUTTERFLY		HESLER, LAUREN A	46	:46.81	McKIBBON, RYAN K	26	:34.30
CAMPBELL, NICOLE	25	50 Y BUTTERFLY		100 Y BREASTSTROKE			
ALQUIST, ANN G	26	WHITNEY, JILL	47	:33.02	RULE, BRIAN T	27	1:08.66
100 Y INDIVIDUAL MEDLEY		KRYKA, NANCY L	49	:33.71	HURLEY, PHIL	29	1:08.76
MUNSON, LESLIE A	27	200 Y INDIVIDUAL MEDLEY		200 Y BREASTSTROKE			
200 Y INDIVIDUAL MEDLEY		WHITNEY, JILL	47	2:41.36	HURLEY, PHIL	29	2:29.42
ALQUIST, ANN G	26	400 Y INDIVIDUAL MEDLEY		50 Y BUTTERFLY			
WOMEN 30 TO 34		KRYKA, NANCY L	49	5:59.20	McKIBBON, RYAN K	26	:26.60
50 Y FREESTYLE		WOMEN 55 TO 59		STAY, MATTHEW S	29	:27.53	
ARPS, LISA	33	500 Y FREESTYLE		LARSEN, ERIC M	28	:27.58	
HEFNER, KARA L	33	BOUDREAU, JUDY	57	8:07.30 SR	RULE, BRIAN T	27	:27.94
100 Y FREESTYLE		1650 Y FREESTYLE		100 Y BUTTERFLY			
HEFNER, KARA L	33	BOUDREAU, JUDY	57	26:27.63	LYKINS, MARK L	26	1:02.78
500 Y FREESTYLE		100 Y INDIVIDUAL MEDLEY		100 Y INDIVIDUAL MEDLEY			
McKENZIE, ROBERTA J	31	BOUDREAU, JUDY	57	1:49.19	LYKINS, MARK L	26	1:04.72
50 Y BACKSTROKE		WOMEN 60 TO 64		LARSEN, ERIC M	28	1:09.56	
ARPS, LISA	33	50 Y BACKSTROKE		McKIBBON, RYAN K	26	1:10.46	
100 Y BACKSTROKE		SMOLLEN, CAROL S	61	:47.95	MEN 30 TO 34		
LAVELL, HEATHER A	31	100 Y BACKSTROKE		HAUSWIRTH, SCOTT G	33	:28.94	
HEFNER, KARA L	33	SMOLLEN, CAROL S	61	1:43.68	100 Y FREESTYLE		
200 Y BACKSTROKE		100 Y INDIVIDUAL MEDLEY		HALLER, JOHN D	31	1:00.31	
LAVELL, HEATHER A	31	SMOLLEN, CAROL S	61	1:42.72	200 Y FREESTYLE		
50 Y BREASTSTROKE		MEN UNDER 25		BRENNAMAN, NATHAN A	31	2:23.08	
SANDEEN, AMY L	34	50 Y FREESTYLE		500 Y FREESTYLE			
100 Y BREASTSTROKE		SIEVERS, MATHEW M	22	:23.17	HALLER, JOHN D	31	6:06.46
LAVELL, HEATHER A	31	TEMPELIS, ANDREAS Z	22	:23.19	BRENNAMAN, NATHAN A	31	6:36.52
SANDEEN, AMY L	34	BERRY, BRYAN P	23	:28.70	50 Y BACKSTROKE		
200 Y BREASTSTROKE		100 Y FREESTYLE		FOLEY, CHRIS J	34	:30.48	
McKENZIE, ROBERTA J	31			50 Y BREASTSTROKE			
50 Y BUTTERFLY				HAUSWIRTH, SCOTT G	33	:32.29	
				100 Y BREASTSTROKE			
				HAUSWIRTH, SCOTT G	33	1:12.86	

MINN	1:58.28
LARSON, JEFFREY	38
KING, ROBERT E	40
REINARTZ, JOHN J	41
SARRACK, ANTHONY G	39

SPLITS: WOMEN 55 TO 59	
1000 Y FREESTYLE	
BOUDREAU, JUDY	57 16:31.73



Competitors at the 2005 Minnesota State Short Course Championship in April.

Life beyond PR's

You race as hard as before, but with slower times. Then you question whether you should even continue racing without a realistic chance of ever setting a PR.

This is a part of swimming that everyone will eventually face. Assuming you plan to be a lifer in the sport, you need to know that life is much longer than the time period for setting PR's.

If you are still in those PR years, enjoy the excitement. Eventually you will slow down. Then what?

There is a racing life after PR's and it is a good and satisfying one. There are many ways other than PR's to find happiness and satisfaction in racing.

Start a new set of records.

When the old ones become unattainable, start over. Instead of targeting lifetime bests, aim at the current records you've set for your 5 year age group. Or just try to swim faster at one particular meet than you did last year.

Adopt a new specialty event

There are so many different events. Instead of swimming the same events at every meet, try a new event. Challenge a teammate to swim the 400 IM. Try an open water swim. Due to Mother Nature, your swims and times will always be different.

Practice racing.

Racing brings out a certain excitement in all of us. Forget PR's and try a new racing strategy. Try negative splitting a 500 Free or taking out a 200 Free faster than you usually do.

Bring a friend(s) to a meet.

Bring a friend to a meet and let lunch ride on the outcome of one race. Bring along three friends and swim some relays.

Appreciate racing's timeless value.

Improving times isn't the only reason to race. It can become one of the lesser reasons. An honest effort counts the most and you can't time that on a watch. You feel it.

DATE 03/19/2005		Southdale Y Meet Results							
WOMEN UNDER 25				BAIRD, ANDY		20	:58.31	ALWIN, ROBERT V	
50 Y FREESTYLE				500 Y FREESTYLE				50 Y BACKSTROKE	
O'BRIEN, MARTHA A	20	:29.56		EARLY-NELSON, HANS F		21	5:36.93	NESS, RANDY	
100 Y BREASTSTROKE				50 Y BUTTERFLY				50 Y BREASTSTROKE	
O'BRIEN, MARTHA A	20	1:23.91		PHELPS, IKE E		23	:30.64	BRAND, JOHN L	
50 Y BUTTERFLY				100 Y INDIVIDUAL MEDLEY				ALWIN, ROBERT V	
O'BRIEN, MARTHA A	20	:32.31		PHELPS, IKE E		23	1:14.34	FINE, ALAN R	
100 Y INDIVIDUAL MEDLEY				400 Y INDIVIDUAL MEDLEY				200 Y BREASTSTROKE	
O'BRIEN, MARTHA A	20	1:15.88		EARLY-NELSON, HANS F		21	4:58.32	ALWIN, ROBERT V	
WOMEN 25 TO 29				MEN 25 TO 29				50 Y BUTTERFLY	
50 Y FREESTYLE				50 Y FREESTYLE				BRAND, JOHN L	
LANCEY, SUZANNE P	29	:28.54		FERRITER, JOHN L		25	:22.82	DUFAULT, ROY J	
50 Y BACKSTROKE				GEORGE, TAYLOR F		29	:23.16	FINE, ALAN R	
LANCEY, SUZANNE P	29	:32.02		LYKINS, MARK L		26	:24.53	NESS, RANDY	
100 Y BUTTERFLY				LEIGH, MARK T		26	:27.54	GAFFER, STEVE R	
LANCEY, SUZANNE P	29	1:13.10		100 Y FREESTYLE				ALWIN, ROBERT V	
WOMEN 30 TO 34				100 Y FREESTYLE				100 Y BUTTERFLY	
50 Y FREESTYLE				FERRITER, JOHN L		25	:51.07	DUFAULT, ROY J	
SCHWARTZ, HEATHER K	32	:33.81		LYKINS, MARK L		26	:55.68	100 Y INDIVIDUAL MEDLEY	
100 Y FREESTYLE				WOOD, CURT G		26	1:52.95	NESS, RANDY	
SCHWARTZ, HEATHER K	32	1:15.05		500 Y FREESTYLE				ALWIN, ROBERT V	
200 Y FREESTYLE				WOOD, CURT G		26	5:09.12	GAFFER, STEVE R	
ELLINGSON, VERONICA J.C31	2:19.22			50 Y BACKSTROKE				FINE, ALAN R	
McKENZIE, ROBERTA J	32	2:37.95		LYKINS, MARK L		26	:28.91	200 Y INDIVIDUAL MEDLEY	
500 Y FREESTYLE				100 Y BACKSTROKE				HARRIS, JEFFREY W	
ELLINGSON, VERONICA J.C31	6:10.88			VANDERWERT, BEN P		25	1:05.27	400 Y INDIVIDUAL MEDLEY	
SCHWARTZ, HEATHER K	32	7:12.31		200 Y BACKSTROKE				BURNS, MICHAEL	
50 Y BREASTSTROKE				MOLSTRE, MICHAEL P		27	2:21.19	MEN 45 TO 49	
ELLINGSON, VERONICA J.C31	:41.04			50 Y BUTTERFLY				50 Y BUTTERFLY	
100 Y BREASTSTROKE				GEORGE, TAYLOR F		29	:26.88	SHREFFLER, CHUCK	
McKENZIE, ROBERTA J	32	1:28.69		FERRITER, JOHN L		25	:26.89	100 Y INDIVIDUAL MEDLEY	
100 Y INDIVIDUAL MEDLEY				LYKINS, MARK L		26	:33.05	SHREFFLER, CHUCK	
ELLINGSON, VERONICA J.C31	1:18.72			100 Y BUTTERFLY				MEN 50 TO 54	
200 Y INDIVIDUAL MEDLEY				LYKINS, MARK L		26	1:00.84	50 Y FREESTYLE	
McKENZIE, ROBERTA J	32	3:04.99		LEIGH, MARK T		26	1:08.60	HEILMAN, JAMES M	
WOMEN 40 TO 44				100 Y INDIVIDUAL MEDLEY				MEN 55 TO 59	
50 Y FREESTYLE				FERRITER, JOHN L		25	1:03.32	200 Y BUTTERFLY	
PREUSSER, PAMELA J	40	:30.10		200 Y INDIVIDUAL MEDLEY				NOVAK, DANIEL G	
100 Y FREESTYLE				MOLSTRE, MICHAEL P		27	2:15.43	MEN 60 TO 64	
PREUSSER, PAMELA J	40	1:05.60		400 Y INDIVIDUAL MEDLEY				50 Y FREESTYLE	
WOMEN 45 TO 49				MOLSTRE, MICHAEL P		27	4:47.59	PELLISSIER, JIM	
50 Y FREESTYLE				MEN 35 TO 39				50 Y BACKSTROKE	
OGDEN, PAMELA	48	:33.63		50 Y FREESTYLE				PELLISSIER, JIM	
100 Y FREESTYLE				KOLSKY, MIKE		37	:28.81	50 Y BREASTSTROKE	
OGDEN, PAMELA	48	1:14.48		100 Y FREESTYLE				PELLISSIER, JIM	
200 Y FREESTYLE				KOLSKY, MIKE		37	1:04.61	PELLISSIER, JIM	
WHITNEY, JILL	47	2:30.22		200 Y FREESTYLE				50 Y BUTTERFLY	
OGDEN, PAMELA	48	2:55.96		KOLSKY, MIKE		37	2:35.80	PELLISSIER, JIM	
100 Y BREASTSTROKE				MEN 40 TO 44				MEN 65 TO 69	
WHITNEY, JILL	47	1:21.79		50 Y FREESTYLE				50 Y FREESTYLE	
50 Y BUTTERFLY				FOSS, MATT R		42	:25.07	McCOLLOR, ROBERT R	
OGDEN, PAMELA	48	:45.86		MEDELLIN, BERNARDO M		40	:25.61	100 Y FREESTYLE	
100 Y INDIVIDUAL MEDLEY				DUFAULT, ROY J		43	:26.79	McCOLLOR, ROBERT R	
OGDEN, PAMELA	48	1:33.57		KIRKPATRICK, DANIEL D		43	:26.98	200 Y FREESTYLE	
200 Y INDIVIDUAL MEDLEY				HARRIS, JEFFREY W		40	:27.33	McCOLLOR, ROBERT R	
OGDEN, PAMELA	48	3:28.64		BRAND, JOHN L		43	:27.41	50 Y BREASTSTROKE	
WOMEN 60 TO 64				100 Y FREESTYLE				KANSAS, BILL	
50 Y BACKSTROKE				FOSS, MATT R		42	:55.11	100 Y BREASTSTROKE	
SMOLLEN, CAROL S	61	:50.01		WEILER, JEFF		41	:57.78	KANSAS, BILL	
100 Y BACKSTROKE				DUFAULT, ROY J		43	:59.72	200 Y BREASTSTROKE	
SMOLLEN, CAROL S	61	1:43.72		GAFFER, STEVE R		44	1:01.70	KANSAS, BILL	
100 Y INDIVIDUAL MEDLEY				FINE, ALAN R		42	1:02.10	MEN 80 TO 84	
SMOLLEN, CAROL S	61	1:41.71		BRAND, JOHN L		43	1:02.36	50 Y BACKSTROKE	
MEN UNDER 25				200 Y FREESTYLE				HAKOMAKI, RAYMOND	
50 Y FREESTYLE				WEILER, JEFF		41	2:10.05	100 Y BACKSTROKE	
BAIRD, ANDY	20	:25.31		HARRIS, JEFFREY W		40	2:17.06	HAKOMAKI, RAYMOND	
PHELPS, IKE E	23	:28.66		GAFFER, STEVE R		44	2:22.05	100 Y BREASTSTROKE	
100 Y FREESTYLE				500 Y FREESTYLE				HAKOMAKI, RAYMOND	
EARLY-NELSON, HANS F	21	:54.19		BURNS, MICHAEL		44	5:31.52	MEN 19 AND OVER	
				FOSS, MATT R		42	5:32.17	200 Y MEDLEY RELAY	
				WEILER, JEFF		41	5:56.25	MINN	
								VANDERWERT, BEN P	
								25	

MATTSON, LUKE R	23
GEORGE, TAYLOR F	29
WOOD, CURT G	26

MEN 25 AND OVER
 200 Y MEDLEY RELAY
 MINN 1:57.51
 FERRITER, JOHN L 25
 LYKINS, MARK L 26
 MOLSTRE, MICHAEL P 27
 KOLSKY, MIKE 37

MIXED 19 AND OVER
 200 Y FREE RELAY
 3 MINN + 1 UNAT DQ
 KIRKPATRICK, DANIEL D 43
 O'BRIEN, MARTHA A 20
 ELLINGSON, VERONICA J.C31
 GAFFER, STEVE R 44

200 Y MEDLEY RELAY
 3 MINN + 1 UNAT DQ
 ELLINGSON, VERONICA J.C31
 O'BRIEN, MARTHA A 20
 GAFFER, STEVE R 44
 KIRKPATRICK, DANIEL D 43

MIXED 25 AND OVER
 200 Y FREE RELAY
 NHCP 1:56.30
 LANCEY, SUZANNE P 29
 PREUSSER, PAMELA J 40
 ALWIN, ROBERT V 43
 LEIGH, MARK T 26

**Alexandria Lake Swim
 June 25 – 26, 2005**

One of the great Open Water events in Minnesota history. These races are held at Lake Carlos on the afternoons of June 25 and June 26.

Masters swimmers can register the day of the races. Water temps range from 58-70 depending on the summer are having.

The traditional order of events is:

- Saturday:**
 2 mile
 1 mile
 1 / 4 mile
- Sunday:**
 4 mile (starts at 10 am)
 1 / 2 mile

**Perch Lake
 1 & 2 Mile Swims
 August 20, 2005**

Hudson, WI @ 9 am

Entry Fees may have changed from last year. Triangular course. Water start and beach finish. Water should be warm @ 80 degrees.

Contact Joan Ramquist
jramquist@yahoo.com
 for more information.

**Manitou Monster
 2 Mile Swim
 July 10 (Sunday)**

Camp Manitou, Long Lake
 New Auburn, WI

Great 2 mile swim in one of the nicest lakes you will find. Rained out last year, so hope for good weather this year.

Entry Fee:
 Ranges from \$20 - \$30 depending on your state of residence and YMCA membership.

For an entry form,
 contact Pam Ogden @
Monsterswim@aol.com

DATE 04/10/2005

U of MN - State Meet Results

WOMEN UNDER 25			GINZL, DEBBIE	26	1:19.30	50 Y BUTTERFLY		
50 Y FREESTYLE			MOEN, NICOLE M	26	2:01.88	STOLAR, CARRIE E	38	:30.60
POGUE, MIA N	21	:30.92	200 Y BREASTSTROKE			BUSCH, AMY M	38	:33.50
HAFDAHL, SHANNON M	19	:31.61	MOEN, NICOLE M	26	4:22.64	100 Y BUTTERFLY		
100 Y FREESTYLE			50 Y BUTTERFLY			STOLAR, CARRIE E	38	1:06.87
POGUE, MIA N	21	1:07.72	CARNEY, JESSICA L	28	:28.54	100 Y INDIVIDUAL MEDLEY		
200 Y FREESTYLE			LANCEY, SUZANNE P	29	:31.64	STOLAR, CARRIE E	38	1:08.91
POGUE, MIA N	21	2:36.29	100 Y BUTTERFLY			BUSCH, AMY M	38	1:18.27
50 Y BACKSTROKE			CARNEY, JESSICA L	28	1:05.64	HEDMAN, NICOLE A	35	1:18.53
O'BRIEN, MARTHA A	20	:36.56	100 Y INDIVIDUAL MEDLEY			OLSON, SHANNON R	37	1:24.86
200 Y BACKSTROKE			CARNEY, JESSICA L	28	1:08.10	200 Y INDIVIDUAL MEDLEY		
O'BRIEN, MARTHA A	20	2:44.40	LANCEY, SUZANNE P	29	1:12.21	STOLAR, CARRIE E	38	2:30.90
50 Y BREASTSTROKE			GINZL, DEBBIE	26	1:12.64	WOMEN 40 TO 44		
HAFDAHL, SHANNON M	19	:39.37	MUNSON, LESLIE A	27	1:14.81	50 Y FREESTYLE		
Lamoreaux, Missy	22	:40.28	PETERSON, KATIE J	25	1:16.54	SCOULER, BARBARA A	42	:25.47
100 Y BREASTSTROKE			MORKRID, ANNE K	26	1:19.01	PREUSSER, PAMELA J	40	:29.23
HAFDAHL, SHANNON M	19	1:26.54	FOY, KATIE K	29	1:28.56	HESS, DENISE L	43	:29.74
Lamoreaux, Missy	22	1:27.01	200 Y INDIVIDUAL MEDLEY			SCHULTZ, ELIZABETH M	41	:32.62
200 Y BREASTSTROKE			CARNEY, JESSICA L	28	2:27.46	STENSRUD, JENNIFER R	40	:35.33
O'BRIEN, MARTHA A	20	2:58.51	GINZL, DEBBIE	26	2:34.74	100 Y FREESTYLE		
50 Y BUTTERFLY			WOMEN 30 TO 34			SCOULER, BARBARA A	42	:55.62
POGUE, MIA N	21	:33.45	50 Y FREESTYLE			BURNS, TENLEY F	44	1:02.28
100 Y BUTTERFLY			HEFNER, KARA L	34	:30.97	PREUSSER, PAMELA J	40	1:04.01
NORTHEY, ALICIA M	24	1:06.87	SCHWARTZ, HEATHER K	32	:32.96	HROMADA, SARAH	43	1:10.82
100 Y INDIVIDUAL MEDLEY			100 Y FREESTYLE			REARDAN, KRISTY M	43	1:11.15
NORTHEY, ALICIA M	24	1:09.96	HEFNER, KARA L	34	1:08.15	SCHULTZ, ELIZABETH M	41	1:14.86
O'BRIEN, MARTHA A	20	1:12.90	SCHWARTZ, HEATHER K	32	1:11.35	HAERLE, KAREN S	40	1:17.47
POGUE, MIA N	21	1:21.46	200 Y FREESTYLE			200 Y FREESTYLE		
HAFDAHL, SHANNON M	19	DQ	SCHWARTZ, HEATHER K	32	2:38.49	PREUSSER, PAMELA J	40	2:20.61
WOMEN 25 TO 29			HEFNER, KARA L	34	2:39.01	HROMADA, SARAH	43	2:31.27
50 Y FREESTYLE			1000 Y FREESTYLE			TAKEHIRO, TERI	43	2:57.13
CARNEY, JESSICA L	28	:25.98	SCHWARTZ, HEATHER K	32	14:27.93	500 Y FREESTYLE		
MUNSON, LESLIE A	27	:28.69	50 Y BACKSTROKE			HROMADA, SARAH	43	6:50.51
HUGHEY, RACHEL	26	:28.84	BRASSARD, DELINA	34	:37.51	1000 Y FREESTYLE		
PETERSON, KATIE J	25	:29.91	HEFNER, KARA L	34	:39.54	GREEN, LINDA	41	12:48.07
MORKRID, ANNE K	26	:30.42	100 Y BACKSTROKE			HROMADA, SARAH	43	13:57.44
FOY, KATIE K	29	:33.08	BRASSARD, DELINA	34	1:22.60	1650 Y FREESTYLE		
MOEN, NICOLE M	26	:40.06	HEFNER, KARA L	34	1:23.74	GREEN, LINDA	41	21:24.70
100 Y FREESTYLE			200 Y BACKSTROKE			TAKEHIRO, TERI	43	26:11.34
CARNEY, JESSICA L	28	:57.65	BRASSARD, DELINA	34	2:58.96	50 Y BACKSTROKE		
HUGHEY, RACHEL	26	1:00.47	50 Y BREASTSTROKE			BURNS, TENLEY F	44	:30.71
MUNSON, LESLIE A	27	1:05.21	HEFNER, KARA L	34	:45.10	SCHULTZ, ELIZABETH M	41	:43.78
MOEN, NICOLE M	26	1:31.08	100 Y BREASTSTROKE			STENSRUD, JENNIFER R	40	:44.67
200 Y FREESTYLE			SCHWARTZ, HEATHER K	32	1:29.21	JOPPA, LORI J	42	:47.22
CARNEY, JESSICA L	28	2:09.97	50 Y BUTTERFLY			100 Y BACKSTROKE		
HUGHEY, RACHEL	26	2:12.48	HEFNER, KARA L	34	:34.70	BURNS, TENLEY F	44	1:05.29
GINZL, DEBBIE	26	2:17.65	BRASSARD, DELINA	34	:35.97	SCHULTZ, ELIZABETH M	41	1:33.44
PETERSON, KATIE J	25	2:23.83	SCHWARTZ, HEATHER K	32	:40.13	200 Y BACKSTROKE		
500 Y FREESTYLE			100 Y BUTTERFLY			BURNS, TENLEY F	44	2:22.43
HUGHEY, RACHEL	26	5:56.97	HEFNER, KARA L	34	1:28.70	TAKEHIRO, TERI	43	3:07.80
GINZL, DEBBIE	26	6:11.50	100 Y INDIVIDUAL MEDLEY			50 Y BREASTSTROKE		
MOEN, NICOLE M	26	9:57.39	HEFNER, KARA L	34	1:23.60	PREUSSER, PAMELA J	40	:39.85
1000 Y FREESTYLE			200 Y INDIVIDUAL MEDLEY			REARDAN, KRISTY M	43	:42.47
HUGHEY, RACHEL	26	12:13.46	HEFNER, KARA L	34	3:03.05	JOPPA, LORI J	42	:48.41
LANCEY, SUZANNE P	29	12:35.16	WOMEN 35 TO 39			100 Y BREASTSTROKE		
1650 Y FREESTYLE			50 Y FREESTYLE			HAERLE, KAREN S	40	1:28.69
GINZL, DEBBIE	26	20:51.61	BUSCH, AMY M	38	:28.40	JOPPA, LORI J	42	1:45.38
HUGHEY, RACHEL	26	21:23.25	HEDMAN, NICOLE A	35	:30.09	200 Y BREASTSTROKE		
50 Y BACKSTROKE			OLSON, SHANNON R	37	:31.14	JOPPA, LORI J	42	3:48.73
CARNEY, JESSICA L	28	:31.45	LAMOUR, SUSAN L	36	:40.04	50 Y BUTTERFLY		
MUNSON, LESLIE A	27	:32.22	100 Y FREESTYLE			SCOULER, BARBARA A	42	:26.93
LANCEY, SUZANNE P	29	:32.28	BUSCH, AMY M	38	1:06.58	JOPPA, LORI J	42	:52.04
100 Y BACKSTROKE			OLSON, SHANNON R	37	1:08.35	PREUSSER, PAMELA J	40	DQ
LANCEY, SUZANNE P	29	1:06.92	200 Y FREESTYLE			100 Y BUTTERFLY		
MUNSON, LESLIE A	27	1:15.72	ZEMLIN, KAREN K	37	2:06.49	SCOULER, BARBARA A	42	1:00.85 SR
200 Y BACKSTROKE			STOLAR, CARRIE E	38	2:15.95	100 Y INDIVIDUAL MEDLEY		
LANCEY, SUZANNE P	29	2:27.11	500 Y FREESTYLE			SCOULER, BARBARA A	42	1:03.19
50 Y BREASTSTROKE			ZEMLIN, KAREN K	37	5:28.93	BURNS, TENLEY F	44	1:09.74
CARNEY, JESSICA L	28	:34.36	OLSON, SHANNON R	37	7:04.96	PREUSSER, PAMELA J	40	1:15.10
LANCEY, SUZANNE P	29	:39.29	1650 Y FREESTYLE			HESS, DENISE L	43	1:16.82
MOEN, NICOLE M	26	:56.64	ZEMLIN, KAREN K	37	18:49.39 SR	SCHULTZ, ELIZABETH M	41	1:31.38
100 Y BREASTSTROKE			50 Y BACKSTROKE			200 Y INDIVIDUAL MEDLEY		
CARNEY, JESSICA L	28	1:15.44	BUSCH, AMY M	38	:37.80	SCOULER, BARBARA A	42	2:18.35
			OLSON, SHANNON R	37	:38.90	JOPPA, LORI J	42	3:47.93
						400 Y INDIVIDUAL MEDLEY		
						TAKEHIRO, TERI	43	6:45.74

JOPPA, LORI J	42	8:02.29	CUTTER, ELIZABETH	52	1:21.53	LYKINS, MARK L	26	:53.62
			SKALLMAN, LINDA S	53	2:11.67	THOMPSON, DAVID K	27	:55.68
WOMEN 45 TO 49			WOMEN 60 TO 64			McKIBBON, RYAN K	26	:56.33
50 Y FREESTYLE			50 Y FREESTYLE			LEIGH, MARK T	26	1:00.07
SENN, ANN C	46	:26.74 SR	MADSEN, GRACE A	62	1:33.80	200 Y FREESTYLE		
WHITNEY, JILL	48	:29.42	200 Y FREESTYLE			FERRITER, JOHN L	25	1:52.68
WRABETZ, JOAN	45	:32.73	SMOLLEN, CAROL S	61	3:13.34	500 Y FREESTYLE		
TRIANA-ECHEVERRIA, LUZ	47	1:02.51	50 Y BACKSTROKE			Skoog, Peder	25	5:19.84
100 Y FREESTYLE			MADSEN, GRACE A	62	1:26.97	THOMPSON, DAVID K	27	5:29.43
SENN, ANN C	46	1:00.31 SR	100 Y BACKSTROKE			1000 Y FREESTYLE		
TRIANA-ECHEVERRIA, LUZ	47	2:14.94	SMOLLEN, CAROL S	61	1:44.55	THOMPSON, DAVID K	27	11:15.70
200 Y FREESTYLE			200 Y BACKSTROKE			50 Y BACKSTROKE		
WHITNEY, JILL	48	2:24.66	SMOLLEN, CAROL S	61	3:41.75	LYKINS, MARK L	26	:29.01
SENN, ANN C	46	2:27.46	100 Y BREASTSTROKE			McKIBBON, RYAN K	26	:29.80
50 Y BACKSTROKE			SMOLLEN, CAROL S	61	1:50.23	100 Y BACKSTROKE		
BALLARD FEWER, BARB	45	:33.71 SR	100 Y INDIVIDUAL MEDLEY			Skoog, Peder	25	:50.70
SENN, ANN C	46	:34.38	SMOLLEN, CAROL S	61	1:43.21	LYKINS, MARK L	26	1:02.11
100 Y BACKSTROKE			MEN UNDER 25			200 Y BACKSTROKE		
BALLARD FEWER, BARB	45	1:11.40 SR	50 Y FREESTYLE			PURNELL, RYAN C	28	2:11.16
SENN, ANN C	46	1:14.78	SIEVERS, MATTHEW M	22	:22.30	50 Y BREASTSTROKE		
200 Y BACKSTROKE			TEMPELIS, ANDREAS Z	22	:22.68	McKIBBON, RYAN K	26	:31.21
BALLARD FEWER, BARB	45	2:36.16 SR	BROWN, MAXWEL T	18	:24.01	50 Y BUTTERFLY		
50 Y BREASTSTROKE			DELBRIDGE, CHARLES A	24	:25.47	FERRITER, JOHN L	25	:25.79
WHITNEY, JILL	48	:35.54 SR	BERRY, BRYAN P	23	:26.97	LYKINS, MARK L	26	:26.11
WRABETZ, JOAN	45	:40.78	SIMONSON, KYLE T	20	:28.53	McKIBBON, RYAN K	26	:27.55
TRIANA-ECHEVERRIA, LUZ	47	1:10.40	100 Y FREESTYLE			LEIGH, MARK T	26	:29.70
100 Y BREASTSTROKE			TEMPELIS, ANDREAS Z	22	:49.34	100 Y BUTTERFLY		
WHITNEY, JILL	48	1:17.82	SIEVERS, MATTHEW M	22	:50.71	LYKINS, MARK L	26	:58.97
WRABETZ, JOAN	45	1:26.42	Peters, Brad	22	:54.82	LEIGH, MARK T	26	1:08.88
TRIANA-ECHEVERRIA, LUZ	47	2:32.54	BERRY, BRYAN P	23	1:00.50	100 Y INDIVIDUAL MEDLEY		
200 Y BREASTSTROKE			SIMONSON, KYLE T	20	1:02.16	FERRITER, JOHN L	25	1:00.60
WRABETZ, JOAN	45	3:06.39	200 Y FREESTYLE			LYKINS, MARK L	26	1:01.79
TRIANA-ECHEVERRIA, LUZ	47	DQ	TEMPELIS, ANDREAS Z	22	1:53.91	PURNELL, RYAN C	28	1:04.59
50 Y BUTTERFLY			EARLY-NELSON, HANS F	21	1:57.55	McKIBBON, RYAN K	26	1:09.82
SENN, ANN C	46	:30.27	DELBRIDGE, CHARLES A	24	2:05.54	LEIGH, MARK T	26	1:11.47
WHITNEY, JILL	48	:31.81	SIMONSON, KYLE T	20	2:22.30	200 Y INDIVIDUAL MEDLEY		
100 Y INDIVIDUAL MEDLEY			500 Y FREESTYLE			FERRITER, JOHN L	25	2:14.53
WHITNEY, JILL	48	1:12.04	SIMONSON, KYLE T	20	6:52.09	LYKINS, MARK L	26	2:16.72
SENN, ANN C	46	1:13.91	1650 Y FREESTYLE			MEN 30 TO 34		
WRABETZ, JOAN	45	1:21.71	DELBRIDGE, CHARLES A	24	21:10.86	50 Y FREESTYLE		
TRIANA-ECHEVERRIA, LUZ	47	2:27.12	50 Y BACKSTROKE			JACOBSON, BRIAN L	31	:21.02
200 Y INDIVIDUAL MEDLEY			DELBRIDGE, CHARLES A	24	:31.54	NARYKA, ADAM J	31	:25.17
WHITNEY, JILL	48	2:38.23	50 Y BREASTSTROKE			DAVENPORT, GREG	34	:25.18
WRABETZ, JOAN	45	2:55.44	SIEVERS, MATTHEW M	22	:28.06	HAUSWIRTH, SCOTT G	33	:27.81
WOMEN 50 TO 54			Peters, Brad	22	:31.68	100 Y FREESTYLE		
50 Y FREESTYLE			SIMONSON, KYLE T	20	:35.95	ROSELL, ROBERT D	34	:54.81
KRYKA, NANCY L	50	:28.41 SR	50 Y BUTTERFLY			DAVENPORT, GREG	34	:55.20
CUTTER, ELIZABETH	52	:32.11	SIEVERS, MATTHEW M	22	:24.38	NARYKA, ADAM J	31	:57.12
HAKOMAKI, SUSAN	53	:42.94	EARLY-NELSON, HANS F	21	:26.43	HAUSWIRTH, SCOTT G	33	1:03.37
SKALLMAN, LINDA S	53	:45.44	PHELPS, IKE E	23	:30.07	200 Y FREESTYLE		
100 Y FREESTYLE			BERRY, BRYAN P	23	:31.59	DAVENPORT, GREG	34	2:02.38
CUTTER, ELIZABETH	52	1:12.45	100 Y BUTTERFLY			NARYKA, ADAM J	31	2:05.18
HAKOMAKI, SUSAN	53	1:34.72	SIEVERS, MATTHEW M	22	:58.47	500 Y FREESTYLE		
200 Y FREESTYLE			EARLY-NELSON, HANS F	21	:58.57	NARYKA, ADAM J	31	5:40.93
WINDRATH, MARY BETH	51	2:24.62 SR	200 Y BUTTERFLY			DAVENPORT, GREG	34	5:45.48
KRYKA, NANCY L	50	2:25.39	EARLY-NELSON, HANS F	21	2:21.31	1000 Y FREESTYLE		
CUTTER, ELIZABETH	52	2:35.11	100 Y INDIVIDUAL MEDLEY			DAVENPORT, GREG	34	12:24.74
500 Y FREESTYLE			SIEVERS, MATTHEW M	22	:57.28	1650 Y FREESTYLE		
WINDRATH, MARY BETH	51	6:24.64 SR	PHELPS, IKE E	23	1:14.24	DAVENPORT, GREG	34	20:52.88
CUTTER, ELIZABETH	52	6:53.66	SIMONSON, KYLE T	20	1:14.87	50 Y BACKSTROKE		
1000 Y FREESTYLE			BERRY, BRYAN P	23	1:15.39	SEVERSEN, ERIC	31	:26.96
WINDRATH, MARY BETH	51	13:09.58 SR	200 Y INDIVIDUAL MEDLEY			50 Y BREASTSTROKE		
1650 Y FREESTYLE			EARLY-NELSON, HANS F	21	2:18.75	JACOBSON, BRIAN L	31	:26.47 SR
CUTTER, ELIZABETH	52	24:30.61	BERRY, BRYAN P	23	2:44.50	HAUSWIRTH, SCOTT G	33	:32.06
50 Y BACKSTROKE			PHELPS, IKE E	23	DQ	100 Y BREASTSTROKE		
SKALLMAN, LINDA S	53	:56.88	400 Y INDIVIDUAL MEDLEY			HAUSWIRTH, SCOTT G	33	1:10.37
100 Y BACKSTROKE			PHELPS, IKE E	23	DQ	200 Y BREASTSTROKE		
KRYKA, NANCY L	50	1:18.69 SR	MEN 25 TO 29			HAUSWIRTH, SCOTT G	33	2:38.34
50 Y BREASTSTROKE			50 Y FREESTYLE			50 Y BUTTERFLY		
KRYKA, NANCY L	50	:38.38	FERRITER, JOHN L	25	:21.85	JACOBSON, BRIAN L	31	:23.20 SR
SKALLMAN, LINDA S	53	:56.89	McKIBBON, RYAN K	26	:23.16	ROSELL, ROBERT D	34	:25.57
50 Y BUTTERFLY			LEIGH, MARK T	26	:26.77	NARYKA, ADAM J	31	:26.89
KRYKA, NANCY L	50	:30.99 SR	100 Y FREESTYLE			100 Y INDIVIDUAL MEDLEY		
200 Y BUTTERFLY			BUTLER, GRANT W	26	:48.44	HAUSWIRTH, SCOTT G	33	1:07.90
KRYKA, NANCY L	50	3:05.79 SR	FERRITER, JOHN L	25	:48.85	400 Y INDIVIDUAL MEDLEY		
100 Y INDIVIDUAL MEDLEY						SEVERSEN, ERIC	31	4:33.40
KRYKA, NANCY L	50	1:14.99 SR						

MEN 35 TO 39								
50 Y FREESTYLE			FOSS, MATT R	42	:54.34	JOPPA, BILL R	42	1:13.13
BODE, TIM J	37	:25.00	KING, ROBERT E	41	:57.00	GAFFER, STEVE R	44	1:15.35
ZEMLIN, TOM E	37	:25.11	BENACCI, JOSEPH C	42	:58.43	BROWN, ANDREW P	42	1:17.33
LAW, DAVID W	35	:26.19	DUFAULT, ROY J	43	:58.48	200 Y INDIVIDUAL MEDLEY		
CONERY, STEVEN J	37	:26.23	HARRIS, JEFFREY W	40	:58.73	Conrad, Terry	41	2:22.70
KOLSKY, MIKE	37	:27.87	KIRKPATRICK, DANIEL D	43	:59.76	KING, ROBERT E	41	2:27.29
O'BRIEN, JOHN	39	:28.10	NESS, RANDY	42	1:00.20	DUFAULT, ROY J	43	2:35.04
NELSON, JON C	38	:28.31	GAFFER, STEVE R	44	1:00.73	HARRIS, JEFFREY W	40	2:35.10
100 Y FREESTYLE			FINE, ALAN R	43	1:02.21	NESS, RANDY	42	2:36.34
BODE, TIM J	37	:54.85	LUCAS, ALEXANDER E	42	1:02.64	JOPPA, BILL R	42	2:41.43
NEUMILLER, JOHN H	39	:56.86	JOPPA, BILL R	42	1:03.77	LUCAS, ALEXANDER E	42	2:48.25
O'BRIEN, JOHN	39	1:01.65	200 Y FREESTYLE			400 Y INDIVIDUAL MEDLEY		
NELSON, JON C	38	1:02.02	FOSS, MATT R	42	1:58.67	Conrad, Terry	41	5:05.77
KOLSKY, MIKE	37	1:03.58	O'TOOLE, SEAN T	44	2:02.66	ALWIN, ROBERT V	43	6:10.24
200 Y FREESTYLE			REUL, ANDY	41	2:03.39	MEN 45 TO 49		
O'BRIEN, JOHN	39	2:15.41	Stothers, Steven	43	2:04.22	50 Y FREESTYLE		
KOLSKY, MIKE	37	2:35.38	HESS, MICHAEL C	44	2:05.00	ZUTTER, DANIEL	46	:24.88
500 Y FREESTYLE			Conrad, Terry	41	2:05.84	Leier, Brian	46	:25.04
CHRISTIANSON, MICHAEL	A38	5:50.15	WEILER, JEFF	41	2:06.04	CHENG, EDWARD Y	45	:25.08
1000 Y FREESTYLE			JOPPA, BILL R	42	2:20.01	LAMOUR, DIDIER B	48	:26.05
KOLSKY, MIKE	37	15:00.76	GAFFER, STEVE R	44	2:24.45	JESSEN, DAVID	47	:26.39
1650 Y FREESTYLE			NESS, RANDY	42	DQ	SHAVRE, ROBERT S	49	:26.43
KOLSKY, MIKE	37	25:10.11	500 Y FREESTYLE			MAGUIRE, JOHN	49	:27.36
50 Y BACKSTROKE			FOSS, MATT R	42	5:25.14	RISBERG, JEFF E	48	:27.40
NELSON, JON C	38	:34.06	DUFAULT, ROY J	43	5:54.44	ERICKSON, STEVEN D	47	:28.22
100 Y BACKSTROKE			HARRIS, JEFFREY W	40	6:16.68	NELSON, DALE P	45	:28.31
TRIPPS, SCOTT P	35	:54.49	ALWIN, ROBERT V	43	6:46.81	CUEVAS, MARIO	46	:28.33
CHRISTIANSON, MICHAEL	A38	1:04.44	1000 Y FREESTYLE			BURT, STEPHEN A	48	:28.59
NELSON, JON C	38	1:14.94	Stothers, Steven	43	11:12.44	HAFDAHL, JIM	49	:30.57
200 Y BACKSTROKE			1650 Y FREESTYLE			100 Y FREESTYLE		
CHRISTIANSON, MICHAEL	A38	2:23.59	ALWIN, ROBERT V	43	24:30.52	CHENG, EDWARD Y	45	:54.07
50 Y BREASTSTROKE			50 Y BACKSTROKE			Leier, Brian	46	:55.21
PEDERSON, MICHAEL B	38	:30.06	HESS, MICHAEL C	44	:31.07	ZUTTER, DANIEL	46	:55.29
ZEMLIN, TOM E	37	:32.62	FINE, ALAN R	43	:36.59	JESSEN, DAVID	47	:59.87
CONERY, STEVEN J	37	:32.75	100 Y BACKSTROKE			BURGESS, RANDAL D	46	1:01.50
NELSON, JON C	38	:38.23	Stothers, Steven	43	1:03.85	CUEVAS, MARIO	46	1:03.18
100 Y BREASTSTROKE			50 Y BREASTSTROKE			ERICKSON, STEVEN D	47	1:04.04
TRIPPS, SCOTT P	35	1:04.94	KOCHENDORFER, JAMES L	44	:29.16	NELSON, DALE P	45	1:05.40
PEDERSON, MICHAEL B	38	1:08.94	FINE, ALAN R	43	:34.97	HAFDAHL, JIM	49	1:07.39
CONERY, STEVEN J	37	1:12.06	ALWIN, ROBERT V	43	:35.16	200 Y FREESTYLE		
200 Y BREASTSTROKE			KIRKPATRICK, DANIEL D	43	:35.35	EMISON, THOMAS	46	1:54.10
ZEMLIN, TOM E	37	2:38.47	GAFFER, STEVE R	44	:37.13	CHENG, EDWARD Y	45	2:00.81
50 Y BUTTERFLY			100 Y BREASTSTROKE			ZUTTER, DANIEL	46	2:04.71
TRIPPS, SCOTT P	35	:24.32	KOCHENDORFER, JAMES L	44	1:02.55	Leier, Brian	46	2:06.07
PEDERSON, MICHAEL B	38	:26.41	KING, ROBERT E	41	1:14.83	MAGUIRE, JOHN	49	2:20.43
ZEMLIN, TOM E	37	:27.46	LUCAS, ALEXANDER E	42	1:15.29	BURGESS, RANDAL D	46	2:21.00
CONERY, STEVEN J	37	:28.38	Conrad, Terry	41	1:15.65	CUEVAS, MARIO	46	2:22.12
NEUMILLER, JOHN H	39	:31.59	ALWIN, ROBERT V	43	1:16.06	ERICKSON, STEVEN D	47	2:29.43
O'BRIEN, JOHN	39	:31.67	200 Y BREASTSTROKE			HAFDAHL, JIM	49	2:35.31
100 Y BUTTERFLY			KOCHENDORFER, JAMES L	44	2:24.84	500 Y FREESTYLE		
CONERY, STEVEN J	37	1:04.16	ALWIN, ROBERT V	43	2:48.04	EMISON, THOMAS	46	5:14.76
100 Y INDIVIDUAL MEDLEY			DITTENHOFFER, ALEX	44	2:54.22	Leier, Brian	46	5:43.05
PEDERSON, MICHAEL B	38	1:01.55	50 Y BUTTERFLY			BURGESS, RANDAL D	46	6:10.15
CONERY, STEVEN J	37	1:05.26	Stothers, Steven	43	:26.00	CUEVAS, MARIO	46	6:26.56
CHRISTIANSON, MICHAEL	A38	1:06.32	Conrad, Terry	41	:26.67	JAEGER, THOMAS M	46	6:36.41
O'BRIEN, JOHN	39	1:15.15	O'TOOLE, SEAN T	44	:27.13	HAFDAHL, JIM	49	7:04.44
NELSON, JON C	38	1:15.50	BENACCI, JOSEPH C	42	:28.94	Brenton, Ken	46	DQ
LAW, DAVID W	35	DQ	FINE, ALAN R	43	:29.90	1000 Y FREESTYLE		
200 Y INDIVIDUAL MEDLEY			JOPPA, BILL R	42	:30.37	EMISON, THOMAS	46	11:12.06
TRIPPS, SCOTT P	35	2:07.36	NESS, RANDY	42	:30.92	Leier, Brian	46	11:47.38
NEUMILLER, JOHN H	39	2:34.31	ALWIN, ROBERT V	43	:32.79	1650 Y FREESTYLE		
O'BRIEN, JOHN	39	2:42.38	LUCAS, ALEXANDER E	42	:33.28	Leier, Brian	46	19:13.86
MEN 40 TO 44			KING, ROBERT E	41	DQ	BURGESS, RANDAL D	46	20:46.56
50 Y FREESTYLE			100 Y BUTTERFLY			50 Y BACKSTROKE		
Stothers, Steven	43	:24.26	Stothers, Steven	43	:57.43	ERICKSON, STEVEN D	47	:34.71
O'TOOLE, SEAN T	44	:24.26	DUFAULT, ROY J	43	1:04.18	NELSON, DALE P	45	:36.93
REUL, ANDY	41	:24.52	JOPPA, BILL R	42	1:13.14	100 Y BACKSTROKE		
FOSS, MATT R	42	:24.94	200 Y BUTTERFLY			Brenton, Ken	46	:57.09
DUFAULT, ROY J	43	:26.05	Stothers, Steven	43	2:13.91	JAEGER, THOMAS M	46	1:14.83
GAFFER, STEVE R	44	:26.40	100 Y INDIVIDUAL MEDLEY			BURGESS, RANDAL D	46	1:15.39
DITTENHOFFER, ALEX	44	:26.96	Stothers, Steven	43	1:02.07	ERICKSON, STEVEN D	47	1:19.36
FINE, ALAN R	43	:26.97	Conrad, Terry	41	1:04.03	200 Y BACKSTROKE		
NESS, RANDY	42	:27.28	HESS, MICHAEL C	44	1:04.73	BURGESS, RANDAL D	46	2:45.72
KIRKPATRICK, DANIEL D	43	:28.40	O'TOOLE, SEAN T	44	1:05.89	50 Y BREASTSTROKE		
100 Y FREESTYLE			DUFAULT, ROY J	43	1:07.50	JESSEN, DAVID	47	:33.64
O'TOOLE, SEAN T	44	:53.53	WEILER, JEFF	41	1:09.16	ERICKSON, STEVEN D	47	:38.97
			KIRKPATRICK, DANIEL D	43	1:12.36	NELSON, DALE P	45	:39.30
			NESS, RANDY	42	1:13.11			

100 Y BREASTSTROKE			FINE, GARY M	54	:39.46	1000 Y FREESTYLE		
NELSON, DALE P	45	1:27.83	100 Y BACKSTROKE			Elder, James E	61	14:34.89
200 Y BREASTSTROKE			ANDERSEN, CHRIS D	51	1:07.79	200 Y BACKSTROKE		
NESS, BRAD	49	2:53.17	200 Y BACKSTROKE			PELISSIER, JIM	61	3:20.58
50 Y BUTTERFLY			ANDERSEN, CHRIS D	51	2:25.13	50 Y BREASTSTROKE		
LAMOUR, DIDIER B	48	:27.79	50 Y BREASTSTROKE			PELISSIER, JIM	61	:33.16
CHENG, EDWARD Y	45	:28.12	BOVARD, RALPH	52	:32.05	100 Y BREASTSTROKE		
CUEVAS, MARIO	46	:30.42	JOHNSON, LUKE R	52	:37.09	PELISSIER, JIM	61	1:12.10
RISBERG, JEFF E	48	:30.58	POGUE, TOM G	51	:40.28	50 Y BUTTERFLY		
ERICKSON, STEVEN D	47	:32.40	100 Y BREASTSTROKE			Elder, James E	61	:29.63
NELSON, DALE P	45	:33.54	BOVARD, RALPH	52	1:12.38	100 Y INDIVIDUAL MEDLEY		
ZUTTER, DANIEL	46	DQ	JOHNSON, LUKE R	52	1:18.66	PELISSIER, JIM	61	1:08.06
100 Y BUTTERFLY			PEITSO, CHARLES M	54	1:21.37	Elder, James E	61	1:09.49
LAMOUR, DIDIER B	48	1:01.90	200 Y BREASTSTROKE					
MAGUIRE, JOHN	49	1:11.45	BOVARD, RALPH	52	2:47.87	MEN 65 TO 69		
BURGESS, RANDAL D	46	1:11.70	JOHNSON, LUKE R	52	2:51.61	50 Y FREESTYLE		
CUEVAS, MARIO	46	1:14.83	50 Y BUTTERFLY			McCOLLOR, ROBERT R	67	:33.06
200 Y BUTTERFLY			HEDRICK, TRIP	51	:23.95	100 Y FREESTYLE		
LAMOUR, DIDIER B	48	2:28.20	PEITSO, CHARLES M	54	:28.76	McCOLLOR, ROBERT R	67	1:14.49
100 Y INDIVIDUAL MEDLEY			MATHEWS, TOM P	50	:29.09	200 Y FREESTYLE		
JESSEN, DAVID	47	1:09.88	POGUE, TOM G	51	:33.20	McCOLLOR, ROBERT R	67	2:49.07
MAGUIRE, JOHN	49	1:11.99	LYMAN, CHRIS	53	:36.56	500 Y FREESTYLE		
BURGESS, RANDAL D	46	1:12.67	100 Y BUTTERFLY			McCOLLOR, ROBERT R	67	7:47.71
NELSON, DALE P	45	1:15.21	HEDRICK, TRIP	51	:54.21	1000 Y FREESTYLE		
HAFDAHL, JIM	49	1:21.90	PEITSO, CHARLES M	54	1:09.54	McCOLLOR, ROBERT R	67	16:07.65
SHAVER, ROBERT S	49	DQ	LYMAN, CHRIS	53	1:24.07	1650 Y FREESTYLE		
ERICKSON, STEVEN D	47	DQ	HANSELL, MARK	50	1:42.46	McCOLLOR, ROBERT R	67	27:01.52
BURT, STEPHEN A	48	DQ	100 Y INDIVIDUAL MEDLEY					
200 Y INDIVIDUAL MEDLEY			BOVARD, RALPH	52	1:05.59	MEN 70 TO 74		
CHENG, EDWARD Y	45	2:20.88	ANDERSEN, CHRIS D	51	1:08.16	50 Y FREESTYLE		
LAMOUR, DIDIER B	48	2:27.85	PEITSO, CHARLES M	54	1:09.30	STANWAY, JAMES W	70	:31.89
BURGESS, RANDAL D	46	2:42.84	BROWN, PERRY	53	1:09.99	100 Y FREESTYLE		
JAEGER, THOMAS M	46	2:43.69	MATHEWS, TOM P	50	1:11.33	ANDERSON, DAVE	73	1:05.21
HAFDAHL, JIM	49	3:00.50	JOHNSON, LUKE R	52	1:13.58	STANWAY, JAMES W	70	1:14.31
			POGUE, TOM G	51	1:18.23	HARRIS, LOU	73	1:43.01
MEN 50 TO 54			FINE, GARY M	54	1:26.30	200 Y FREESTYLE		
50 Y FREESTYLE			BRERETON, ROBERT H	53	1:29.93	ANDERSON, DAVE	73	2:26.39
HEDRICK, TRIP	51	:22.24	HANSELL, MARK	50	1:32.40	STANWAY, JAMES W	70	2:48.42
BOVARD, RALPH	52	:25.54	200 Y INDIVIDUAL MEDLEY			500 Y FREESTYLE		
PEITSO, CHARLES M	54	:25.85	BOVARD, RALPH	52	2:29.06	ANDERSON, DAVE	73	6:47.94
MATHEWS, TOM P	50	:26.94	PEITSO, CHARLES M	54	2:32.90	1000 Y FREESTYLE		
SELLS, MARK	50	:26.99	BROWN, PERRY	53	2:42.66	HARRIS, LOU	73	20:27.12
BROWN, PERRY	53	:27.02	SELLS, MARK	50	2:44.57	50 Y BACKSTROKE		
POGUE, TOM G	51	:27.78	MATHEWS, TOM P	50	2:46.73	STANWAY, JAMES W	70	:42.02
JOHNSON, LUKE R	52	:27.80	LYMAN, CHRIS	53	3:07.05	100 Y BACKSTROKE		
FINE, GARY M	54	:30.42	BRERETON, ROBERT H	53	3:19.35	STANWAY, JAMES W	70	1:32.75
HANSELL, MARK	50	:36.49	400 Y INDIVIDUAL MEDLEY			50 Y BREASTSTROKE		
100 Y FREESTYLE			BOVARD, RALPH	52	5:26.05	HARRIS, LOU	73	:49.86
HEDRICK, TRIP	51	:49.31	BRERETON, ROBERT H	53	7:07.07	STANWAY, JAMES W	70	:52.73
ANDERSEN, CHRIS D	51	:56.82				100 Y BREASTSTROKE		
PEITSO, CHARLES M	54	:58.52	MEN 55 TO 59			HARRIS, LOU	73	2:00.20
BOVARD, RALPH	52	:58.56	200 Y FREESTYLE			50 Y BUTTERFLY		
BROWN, PERRY	53	:59.03	NOVAK, DANIEL G	55	3:00.84	STANWAY, JAMES W	70	:43.09
SELLS, MARK	50	1:01.00	1000 Y FREESTYLE			100 Y INDIVIDUAL MEDLEY		
POGUE, TOM G	51	1:01.86	NOVAK, DANIEL G	55	17:19.42	STANWAY, JAMES W	70	1:36.81
JOHNSON, LUKE R	52	1:05.62	1650 Y FREESTYLE					
BRERETON, ROBERT H	53	1:08.62	NOVAK, DANIEL G	55	28:45.69	MEN 75 TO 79		
200 Y FREESTYLE			50 Y BREASTSTROKE			1000 Y FREESTYLE		
ANDERSEN, CHRIS D	51	2:10.12	MYERS, SAMUEL L	56	:36.07	GIONFRIDDO, NICOLA	77	25:39.74
BROWN, PERRY	53	2:12.02	100 Y BREASTSTROKE					
SELLS, MARK	50	2:17.51	MYERS, SAMUEL L	56	1:20.08	MEN 80 TO 84		
PEITSO, CHARLES M	54	2:19.62	200 Y BUTTERFLY			50 Y BACKSTROKE		
POGUE, TOM G	51	2:27.15	NOVAK, DANIEL G	55	3:44.17	HAKOMAKI, RAYMOND	84	:47.90
BRERETON, ROBERT H	53	2:38.04	100 Y INDIVIDUAL MEDLEY			100 Y BACKSTROKE		
LYMAN, CHRIS	53	2:55.24	NOVAK, DANIEL G	55	1:35.23	HAKOMAKI, RAYMOND	84	1:47.86
500 Y FREESTYLE			200 Y INDIVIDUAL MEDLEY			200 Y BACKSTROKE		
BROWN, PERRY	53	6:05.49	NOVAK, DANIEL G	55	3:29.68	HAKOMAKI, RAYMOND	84	4:01.95
SELLS, MARK	50	6:06.12	400 Y INDIVIDUAL MEDLEY			50 Y BREASTSTROKE		
BRERETON, ROBERT H	53	6:59.88	NOVAK, DANIEL G	55	7:32.16	HAKOMAKI, RAYMOND	84	:49.66
LYMAN, CHRIS	53	7:40.30				100 Y BREASTSTROKE		
1000 Y FREESTYLE			MEN 60 TO 64			HAKOMAKI, RAYMOND	84	1:47.75
BOVARD, RALPH	52	13:05.11	50 Y FREESTYLE			200 Y BREASTSTROKE		
1650 Y FREESTYLE			Elder, James E	61	:25.37	HAKOMAKI, RAYMOND	84	4:11.60
SELLS, MARK	50	21:40.39	100 Y FREESTYLE					
LYMAN, CHRIS	53	26:16.09	Elder, James E	61	:57.56	MEN 85 TO 89		
50 Y BACKSTROKE			NELSON, TERRY F	64	1:30.27	50 Y FREESTYLE		
BOVARD, RALPH	52	:32.39	200 Y FREESTYLE			JOHNSON, C. EDWARD	86	:43.85 SR
MATHEWS, TOM P	50	:34.80	Elder, James E	61	2:17.34	50 Y BACKSTROKE		

JOHNSON, C. EDWARD	86	:49.40	SIEVERS, MATTHEW M	22	200 Y MEDLEY RELAY		
			TEMPELIS, ANDREAS Z	22	NSC		2:14.31
WOMEN 18 AND OVER					ERICKSON, STEVEN D	47	
200 Y MEDLEY RELAY			3 MINN + 1 MYWM	DQ	HAFDAHL, JIM	49	
3 MINN + 1 UNAT		DQ	EARLY-NELSON, HANS F	21	BROWN, PERRY	53	
SCHULTZ, ELIZABETH M	41		LYKINS, MARK L	26	POGUE, TOM G	51	
MORKRID, ANNE K	26		FERRITER, JOHN L	25			
NORTHEY, ALICIA M	24		KOCHENDORFER, JAMES L	44			
PHELPS, IKE E	23						
WOMEN 25 AND OVER			800 Y FREE RELAY		MIXED 18 AND OVER		
200 Y FREE RELAY			NSC	9:00.36	200 Y FREE RELAY		1:56.72
MINN		2:10.28	McKIBBON, RYAN K	26	NSC		
MUNSON, LESLIE A	27		BERRY, BRYAN P	23	HAFDAHL, SHANNON M	19	
GREEN, LINDA	41		SIEVERS, MATTHEW M	22	SIMONSON, KYLE T	20	
MOEN, NICOLE M	26		TEMPELIS, ANDREAS Z	22	POGUE, MIA N	21	
HUGHEY, RACHEL	26				NELSON, JON C	38	
3 MINN + 1 UNAT		DQ	200 Y MEDLEY RELAY		NSC		DQ
TALBOT, KEVIN C	33		NSC	1:51.86	BROWN, MAXWEL T	18	
FOY, KATIE K	29		BERRY, BRYAN P	23	POGUE, MIA N	21	
MORKRID, ANNE K	26		SIEVERS, MATTHEW M	22	HAFDAHL, SHANNON M	19	
SCHULTZ, ELIZABETH M	41		TEMPELIS, ANDREAS Z	22	SIMONSON, KYLE T	20	
			McKIBBON, RYAN K	26			
400 Y FREE RELAY			400 Y MEDLEY RELAY		400 Y FREE RELAY		4:29.12
MINN		4:06.69 SR	NSC	4:13.11	MINN		
HUGHEY, RACHEL	26		SIEVERS, MATTHEW M	22	TALBOT, KEVIN C	33	
KRYKA, NANCY L	50		TEMPELIS, ANDREAS Z	22	FOY, KATIE K	29	
MUNSON, LESLIE A	27		BERRY, BRYAN P	23	PHELPS, IKE E	23	
CARNEY, JESSICA L	28		McKIBBON, RYAN K	26	NORTHEY, ALICIA M	24	
800 Y FREE RELAY			MEN 25 AND OVER			800 Y FREE RELAY	9:56.17
MINN		9:12.27 SR	200 Y FREE RELAY		NSC		
HUGHEY, RACHEL	26		3 MINN + 1 MOVY	DQ	HAFDAHL, SHANNON M	19	
KRYKA, NANCY L	50		FERRITER, JOHN L	25	BROWN, MAXWEL T	18	
MUNSON, LESLIE A	27		LYKINS, MARK L	26	SIMONSON, KYLE T	20	
CARNEY, JESSICA L	28		O'Toole, Sean	44	POGUE, MIA N	21	
			KING, ROBERT E	41			
200 Y MEDLEY RELAY			400 Y FREE RELAY		200 Y MEDLEY RELAY		2:21.21
MINN		2:39.70	3 MTRI + 1 UNAT	DQ	NSC		
BALLARD FEWER, BARB	45		PURNELL, RYAN C	28	POGUE, MIA N	21	
MOEN, NICOLE M	26		DORNFELD, GLEN L	49	POGUE, TOM G	51	
MUNSON, LESLIE A	27		BURT, STEPHEN A	48	HAFDAHL, JIM	49	
HUGHEY, RACHEL	26		SHAVAR, ROBERT S	49	HAFDAHL, SHANNON M	19	
400 Y MEDLEY RELAY			200 Y MEDLEY RELAY		MIXED 25 AND OVER		
MTKA		4:29.56 SR	3 MTRI + 1 UNAT	DQ	200 Y FREE RELAY		1:43.38 SR
BURNS, TENLEY F	44		PURNELL, RYAN C	28	MINN		
GINZL, DEBBIE	26		DORNFELD, GLEN L	49	HUGHEY, RACHEL	26	
STOLAR, CARRIE E	38		BURT, STEPHEN A	48	MUNSON, LESLIE A	27	
SCOULER, BARBARA A	42		SHAVAR, ROBERT S	49	ROSELL, ROBERT D	34	
					EMISON, THOMAS	46	
MINN		5:22.03	MEN 35 AND OVER			MTKA	1:48.63
MUNSON, LESLIE A	27		200 Y MEDLEY RELAY		SENN, ANN C	46	
MOEN, NICOLE M	26		3 MEN & A LADY	DQ	JESSEN, DAVID	47	
HUGHEY, RACHEL	26		HESS, DENISE L	43	DITTENHOFFER, ALEX	44	
CARNEY, JESSICA L	28		HESS, MICHAEL C	44	GINZL, DEBBIE	26	
			WEILER, JEFF	41			
MEN 18 AND OVER			LAW, DAVID W	35	MINN		2:00.54
200 Y FREE RELAY			MEN 45 AND OVER			BRASSARD, DELINA	34
NSC		1:34.43	200 Y FREE RELAY		ANDERSEN, CHRIS D	51	
SIEVERS, MATTHEW M	22		NSC	1:55.24	LAMOUR, SUSAN L	36	
TEMPELIS, ANDREAS Z	22		ERICKSON, STEVEN D	47	JACOBSON, BRIAN L	31	
BERRY, BRYAN P	23		POGUE, TOM G	51			
McKIBBON, RYAN K	26		HAFDAHL, JIM	49	3 NHCP + 1 NCMS		DQ
3 MINN + 1 MOVY		DQ	BROWN, PERRY	53	CONRAD, TERRY	41	
LYKINS, MARK L	26				PREUSSER, PAMELA J	40	
DELBRIDGE, CHARLES A	24		800 Y FREE RELAY		SCHWARTZ, HEATHER K	32	
FERRITER, JOHN L	25		NSC	9:57.41	LEIGH, MARK T	26	
O'TOOLE, SEAN T	44		POGUE, TOM G	51			
400 Y FREE RELAY			ERICKSON, STEVEN D	47	200 Y MEDLEY RELAY		2:04.40
NSC		3:33.73	HAFDAHL, JIM	49	MINN		
BERRY, BRYAN P	23		BROWN, PERRY	53	MUNSON, LESLIE A	27	
McKIBBON, RYAN K	26				KING, ROBERT E	41	
					ROSELL, ROBERT D	34	
					HUGHEY, RACHEL	26	

MIXED 35 AND OVER		
200 Y FREE RELAY		
MINN		1:51.72
LAW, DAVID W	35	
HEDMAN, NICOLE A	35	
HESS, DENISE L	43	
WEILER, JEFF	41	
200 Y MEDLEY RELAY		
MINN		1:59.51
BALLARD FEWER, BARB	45	
TRIPPS, SCOTT P	35	
ZEMLIN, TOM E	37	
ZEMLIN, KAREN K	37	
SPLITS: WOMEN 35 TO 39		
1000 Y FREESTYLE		
ZEMLIN, KAREN K	37	11:23.17 SR
SPLITS: WOMEN 45 TO 49		
50 Y FREESTYLE		
SENN, ANN C	46	:26.49 SR
SPLITS: WOMEN 50 TO 54		
100 Y FREESTYLE		
KRYKA, NANCY L	50	1:04.42 SR
SPLITS: MEN 25 TO 29		
50 Y FREESTYLE		
SKOOG, PEDER S	25	:20.99
SPLITS: MEN 45 TO 49		
50 Y FREESTYLE		
BRENTON, KEN	46	:23.80
100 Y FREESTYLE		
EMISON, THOMAS	46	:54.97
SPLITS: MEN 60 TO 64		
500 Y FREESTYLE		
ELDER, JAMES E	61	6:39.28
100 Y BACKSTROKE		
PELISSIER, JIM	61	1:11.79 SR

A Swimmer's Six-Pack

We have all been waiting for a six-pack that is calorie free and leaves you feeling great. Six components of swimming that put to regular use will help you swim better.

Endurance:

If you increase your endurance, you'll boost your performance. Added endurance will also raise your confidence level.

Technique:

The better your stroke technique, the easier your swimming will feel even at a faster pace. Proper technique will also decrease your risk of injury.

Tempo:

When you practice swimming with a quicker rotation rate, you'll become a more efficient swimmer and feel much lighter in the water.

Speed work:

No matter what distance you specialize in, everyone needs a dose of speed work. If you do speed work, you'll get faster.

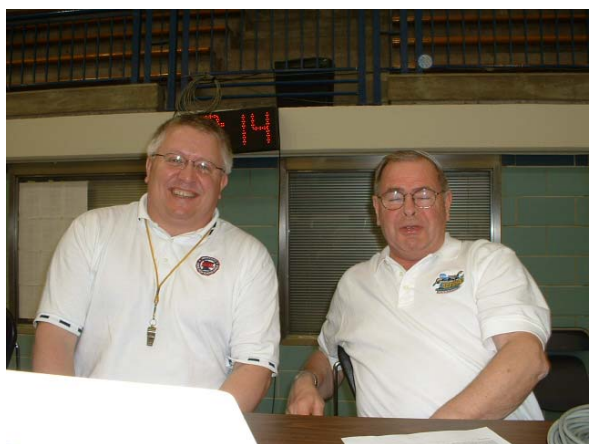
Awareness:

If you get in tune with your body and how it feel and reacts in the water, you can make adjustments necessary to increase your efficiency, improve performance and decrease risk of injury.

Fun:

The more fun you have when you swim, the more consistent you'll be with your workouts. And consistent swimming leads to improved performance.

- Tina Neill -



Brad Ness and Roger Cersine:

Two of the very best officials you will ever find – knowledgeable, fair, compassionate.

UNITED STATES MASTERS SWIMMING - 2005 MEMBERSHIP APPLICATION

Register with name you will use for competition. Print Clearly.

Last Name	First Name	M.I.	
Street		Apt.	()
City	State	Zip Code	Phone
Birthdate (mm - dd - yyyy)	Age	Sex	Today's Date (mm - dd - yyyy)
E-Mail Address (Print Clearly)	Check One: Emailed/Online Newsletter _____ Paper/Mailed Newsletter _____		

Must be at least 18 years old to register

Club:	Membership expires 12-31-05	LMSC Fee \$15.00
____ Barracuda Aquatic Club		USMS Fee \$20.00
____ Med-City Masters		Total Fee \$35.00
____ Minneapolis YWCA Masters		
____ Minnesota Masters		
____ Minnesota Tri Masters		
____ Minnetonka Masters		
____ Mounds View Swim Club		
____ NHCP Swim Club		
____ Nort'landers Swim Club		
____ South East Metro Sharks		
____ STAR Masters		
____ West Express Swim Team		
____ Unattached		

Mail Form and \$35.00 Check to:

Minnesota LMSC
c/o Sarah Hromada
P.O. Box 24602
Edina MN, 55424

\$8.00 of the USMS fee is for
USMS Magazine subscription

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 been informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MATERS 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 USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meet where all competitors are USMS registered.

____ I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

____ I wish to contribute \$1.00 (or \$____) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.

I am a Masters Swimming Coach (paid or volunteer) Yes _____, No _____.

I am a certified Swimming official for High School ____, NCAA ____, YMCA ____, or USA Swimming ____

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FEE SCHEDULE

USMS Registration Fee.....\$35.00
(valid thru 12/31/2005)
*Includes newsletter

Club Registration Fee\$60.00
(valid thru 12/31/2005)

*Clubs other than BACM, MDCM, MINN,
MV, NHCP, NSC, NSMD, SEMS, STMA, TYR

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Meet Sanction Fee...\$20.00
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