

**1990 USMS Long Distance
National Postal 10K Championship
&
5K Postal Swim**

May 15 – September 30, 1990

**Sponsored by: St. Louis Masters Swim Team
Sanctioned By: Ozark LMSC**

RESULTS

Dear Swimmer,

Enclosed are the results of the National 10K Swim and the 5K Swim.

10K swimmers: You will also find a certificate with your name and your final swim time. If you are to receive a medal for placing, a patch for first place, or if you ordered a t-shirt, these items will be mailed within a few weeks.

5K swimmers: If you ordered a t-shirt, it will be mailed within a few weeks.

We wanted to get the results out as fast as possible.

Susan Richmond
Meet Director

old rec
- 84 7

1990 USMS National Postal 10 K Swim Championship
Official Results
May 15 - September 30, 1990
Hosted by St. Louis Masters Swim Club - Susan Richmond, Director

No app -
splits?
trid old
record?
Amazio

Women 19 - 24

Record: S. Bella Browstein 09/30/88 2:25:23.15

1. Sandra L Carosi	24 HS	2:37:00.15
2. Betsy Nagle	21 AA	2:43:13.04
3. Kathryn A Driver	24 SPM	2:58:41.60
4. Joanne Boden	24 BSM	3:10:00.99*

Women 50 - 54

Record: Helen Buss 06/23/90 2:47:12.49

1. Helen Buss	54 SLM	2:47:12.49
2. Jayne Lambke	51 SPM	2:49:31.99
3. Char E Ernstein	52 AZM	3:40:07.91
4. Edna B Spring	52 AZM	4:33:32.09

Men 30 - 34

Record: S. Breiter 09/30/87 2:08:13.89

1. Tom Monica	32 SM	2:14:00.99
2. William Black	34 GM	2:20:03.27
3. Rob Copeland	33 BAC	2:23:02.99
4. Micheal Skarp	32 MNCS	2:25:19.17
5. Wayde E Mulhern	31 MNCS	2:26:57.32
6. Chris M Kehr	30 SLM	2:38:36.29
7. Hobe Horton	32 JJ	2:56:54.99*
8. Barry Emerson	34 BSM	3:02:04.99*
9. Ian Wakeling	30 BSM	3:41:30.59*

Women 25 - 29

Record: S. Blaha 09/30/85 2:22:40.00

1. Jennifer L Adams	25 BMSC	2:28:45.43
2. Christine Chichester	27 DAN	2:28:55.99
3. Christine McKinnon	27 BSM	2:36:33.91*
4. Kerry Bentzlin	25 BAC	2:36:39.99
5. Laura L Kaleel	29 SPM	2:38:00.99
6. Susan M Richmond	28 SLM	2:40:35.99
7. Leslie Ronacher	25 HS	2:44:00.34
8. Jeanne M Hanisch	29 SLM	2:45:05.99
9. Carol T Banks	28 AZM	2:58:42.11
10. Lisa A Berry	27 SLM	3:13:35.34
11. Christina V Wee	28 NM	3:16:37.50

Women 55 - 59

Record: Edie Gruender 09/30/85 3:31:01.21

1. Clarine Anderson	55 LAM	4:22:05.99
---------------------	--------	------------

Women 60 - 64

Record: Ruth Manfredi 09/30/86 3:58:01.00

No Swimmers Entered

Women 65 - 69

Record: Ruth Manfredi 09/30/89 3:58:55.00

No Swimmers Entered

Women 70 - 74

Record: Rose Steward 09/30/88 4:54:25.78

No Swimmers Entered

Women 30 - 34

Record: Patricia Mattson 09/30/85 2:17:19.08

1. Claire Reaburn	31 MIM	2:20:57.36*
2. Leslie Cooper	30 SLM	2:28:14.55
3. Sarah E Burch	30 WCM	2:36:31.99
4. Marcia Dugger	34 MAN	2:40:51.91
5. Kathy L Keffer-Sharpe	31 OKMS	2:51:34.04
6. Terri Horn	31 TSM	3:02:05.62
7. Patricia L Bowditch	33 OHM	3:18:27.99
7. Cindy Murphy	30 OHM	3:18:27.99
9. Yvonne Browne	33 BSM	3:54:14.51*

Women 75 - 79

Record: Ivy Browne 09/19/90 4:19:19.58

1. Ivy Browne	75 SNM	4:19:19.58
---------------	--------	------------

Women 80 - 84

Record: None

No Swimmers Entered

Women 85 - 89

Record: None

No Swimmers Entered

Women 35 - 39

Record: Patricia Mattson 09/30/88 2:16:22.59

1. Patricia A Mattson	37 GM	2:21:47.99
2. Dee A Haynie	35 LAM	2:27:33.99
3. Karlene Trebesiner	37 TSM	2:38:03.08
4. Anita Allen	36 MBN	2:52:54.40

Women 90 - 94

Record: None

No Swimmers Entered

Women 40 - 44

Record: Suzanne Rague 09/09/90 2:48:08.89

1. Suzanne Rague	40 ESM	2:48:08.89
2. Katherine Watson	42 IHAC	3:03:53.22
3. Judy Lee	40 PAC	3:15:99.99
4. Donna Barreto	40 LAM	4:24:17.99
5. Leslie Sims	44 UNA	4:26:30.99

Women 95 and over

Record: None

No Swimmers Entered

Men 19 - 24

Record: Michael Collins 07/12/90 2:15:24.99

1. Michael Collins	24 DAN	2:15:24.99
--------------------	--------	------------

Men 25 - 29

Record: Mike Volk 09/30/89 2:04:50.00

1. Robert Hudek	28 LSM	2:15:06.99
2. Dana Wiele	28 SLM	2:33:12.05
3. Michael Wilson	29 BSM	2:45:18.99*
4. Walter J Plick	29 SLM	2:50:29.99
5. Richard Williams	29 TWSS	3:44:27.48*

Men 35 - 39

Record: Jim McConica 09/30/88 2:07:09.01

1. Frank W McIntyre	39 LSM	2:18:49.99
2. Larry Wood	36 TSM	2:23:24.04
3. David M Kintas	37 AZM	2:29:46.15
4. Leo Letendre	37 SLM	2:35:00.61
5. Chris Holthaus	39 SLM	2:45:19.73
6. Jim Isbell	36 SLM	2:53:15.99
7. Mark Kuhn	36 BAC	2:55:99.99
8. Bill Quinn	39 BAC	3:05:99.99
9. Walter Moore	36 SM	3:25:13.28
10. Richard F Jones	37 MNCS	3:27:00.99
11. Dan Pender	38 MN	3:30:02.99
12. James Steele	36 SLM	3:31:20.99
13. Jim Edwards	38 MVM	3:36:36.99

Men 40 - 44

Record: Keith Bell 09/30/89 2:17:40.29

1. Andrew McPherson	43 DAN	2:27:23.99
2. Louis A Banks	43 AZM	2:29:23.57
3. Paul McClintock	40 CM	2:32:47.53
4. Tim H McCreight	43 WM	2:33:27.32
5. George Rolby	42 SLM	3:04:22.90
6. Ian C Schodel	42 BSM	3:04:23.99*
7. David Benjamin	41 MAN	3:05:14.87
8. Harland Young	41 SWOM	3:19:20.45

Men 45 - 49

Record: Phil Hengen 09/08/90 2:32:59.99

1. Phil Hengen	46 CPMN	2:32:59.99
2. Paul Bridge	48 OBB	3:09:15.19*
3. Kenneth Heuck, Jr.	46 SWOM	3:57:56.99
4. C. Julio Aponte	45 OHM	4:07:02.99
5. John J Oakson	47 UNA	4:28:05.99

Women 45 - 49

Record: L. B. Weir 09/30/86 2:47:07.36

1. Pat White Maley	47 CPMN	2:51:25.99
2. Mary O Cheng	48 NVM	3:01:33.99
3. Janit Romayko	45 CM	3:39:03.99

Men 50 - 54

Record: B. Jones 09/30/85 2:31:06.00

1. Bill Stewart	54 SMNM	2:32:20.95
2. Kent M Price	52 LAM	2:40:23.99
3. Bob Coale	50 RBK	2:45:02.99
4. Ron Richards	54 BSM	3:48:48.99*

Men 55 - 59

Record: R. Beach 09/30/85 2:44:46.26

1. Heinz Lorenz *Foreign* 59 OBB 3:12:01.50*
2. James H Garvin *AA* 56 CPMM 3:33:05.82

Men 60 - 64

Record: Bob Beach 08/26/90 2:58:24.99

1. Bob E Beach 60 SPM 2:58:24.99
2. Harry E Hauck 61 UNA 4:29:20.99*

Men 65 - 69

Record: A. Darosa 09/30/85 2:58:08.83

1. Dan Miles 69 NMN 3:20:55.99

Men 70 - 74

Record: H. Howe 09/30/84 2:57:58.03

1. Harry Redpath 71 BSM 4:37:11.99*

Men 75 - 79

Record: None

No Swimmers Entered

Men 80 - 84

Record: None

No Swimmers Entered

Men 85 - 89

Record: None

No Swimmers Entered

Men 90 - 94

Record: None

No Swimmers Entered

Men 95 and over

Record: None

No Swimmers Entered

*5K
unofficial*

* denotes Foreign Swimmer

1990 USMS NATIONAL POSTAL 10K SWIM

EVENT: The Postal 10K swim is a National Championship event. One swims 200 lengths in a 50 meter pool of their choice. This swim must take place between May 15th and September 30, 1990. USMS Long Distance Swimming Rules require a starter/referee be present and timer/recorder/witness to count laps, record splits and the final time. Drafting is not permitted. Splits must be recorded every 100 meters, a sheet is provided on the back of the entry form. (You need not be perfect. If you miss a split don't worry.) For the sake of the swimmer, please use more than one watch per swimmer (batteries fail at times one least expects). Only one watch is required but two or three are preferred. The participant's and witness's signatures are required on the entry form.

SANCTIONED BY: Ozark LMSC #2804.

SPONSORED BY: St. Louis Masters Swim Club
Susan Richmond, Meet Director

DATES: May 15, 1990 thru September 30, 1990

LOCATION: A 50 meter pool of the participants choice

ELIGIBILITY: This event is open to any registered USMS swimmer who is nineteen years of age or older. A photocopy of your USMS registration card must be submitted with your entry form. Swimmers who change age groups during the event may enter twice, but must swim twice (once before and once after birthday).

AGE GROUPS: 19-24, 25-29, 30-34 . . . , in five year increments to 95+.

AWARDS: Medals will be given for first, second and third place in each age group. A championship patch will be given to the winner in each age group. Awards and results will be mailed by the end of November.

ENTRY DEADLINE: Entries must be submitted by October 15, 1990

FEES: The entry fee is \$6.00.

Do not send cash, make checks payable to "St. Louis Master Swim Club". Foreign entrants submit US funds via international money order or bank check drawn on a bank with a US affiliate. Foreign checks cannot be accepted. For an entry receipt, enclose a self-addressed stamped postcard.

MEET INFORMATION: Please direct all questions to Susan Richmond, Meet Director at (314) 225-0618, (*before 9:00pm CST please*).

MAIL ENTRIES TO: Susan Richmond
10K Postal Championship
781 Tree Top Ridge Drive
Valley Park, MO 63088

T-SHIRTS: A t-shirt commemorating your participation in this national championship is available at a cost of \$8.50. St. Louis Masters reserves the right to return t-shirt orders if insufficient orders are received.

5K POSTAL SWIM

Not ready for the 10K yet? But still want to see how you compare with some of your pee? Try the 5K! This event is 100 lengths of a 50 meter pool. This is not a National Championship event, but is sanctioned by USMS. Results will be compiled. All rules and regulations explained for the 10K apply. No medals or patches will be given. If you complete the 10K, you may not submit your 5K split time for this event. If however, you do not complete the 10K, the 5K split may be used. Results will be compiled and included with the 10K results.

FEES: The entry fee is \$4.00.
Do not send cash, make checks payable to "St. Louis Master Swim Club". Foreign entrants submit US funds via international money order or bank check drawn on a bank with a US affiliate. Foreign checks cannot be accepted. For an entry receipt, enclose a self-addressed stamped postcard.

A CHALLENGE

St. Louis Masters has never had more than three entrants in a given year. However, we plan on doing much better this year. As part of this year's results, we will publish a summary of participants by club affiliation. We are attempting to get 10-15 participants (from a club of 150). We will see how close we come to our goal and if any other club tops our total.

**OFFICIAL ENTRY FORM
1990 USMS NATIONAL POSTAL 10K SWIM CHAMPIONSHIP
AND 5K POSTAL SWIM**

Return this entry form by October 15, 1990! (PLEASE PRINT)

Name _____ Sex _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____ Birthdate _____

USMS # _____ Club _____

(or foreign equivalent)

For completed entry, send the following:

1. Completed, signed entry form

2. Fees: \$6.00 for 10K, \$4.00 for 5K

\$8.50 for t-shirt (Size: S M L XL)

Total _____ (Payable to "St. Louis Masters")

3. Photocopy of USMS registration card (or foreign equivalent)

4. Split sheet with witness's signature

5. Send entry to: Susan Richmond

10K Postal Championship

781 Tree Top Ridge Drive

Valley Park, MO 63088

Event: 10K ___ 5K ___

(only one per sheet)

Time _____

Release from Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for the loss or damages arising out of participation in the Masters Program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, St. Louis Masters Swim Club Inc., host facilities or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

Date _____ Signature _____

I certify that on _____, I swam the 10k/5k (circle one) in the above time.
(date)

Signature of swimmer (required)

Signature of verifier (required)

SPLIT SHEET
1990 USMS NATIONAL POSTAL 10K SWIM CHAMPIONSHIP

100 _____	3400 _____	6700 _____
200 _____	3500 _____	6800 _____
300 _____	3600 _____	6900 _____
400 _____	3700 _____	7000 _____
500 _____	3800 _____	7100 _____
600 _____	3900 _____	7200 _____
700 _____	4000 _____	7300 _____
800 _____	4100 _____	7400 _____
900 _____	4200 _____	7500 _____
1000 _____	4300 _____	7600 _____
1100 _____	4400 _____	7700 _____
1200 _____	4500 _____	7800 _____
1300 _____	4600 _____	7900 _____
1400 _____	4700 _____	8000 _____
1500 _____	4800 _____	8100 _____
1600 _____	4900 _____	8200 _____
1700 _____	5000 _____	8300 _____
1800 _____	5100 _____	8400 _____
1900 _____	5200 _____	8500 _____
2000 _____	5300 _____	8600 _____
2100 _____	5400 _____	8700 _____
2200 _____	5500 _____	8800 _____
2300 _____	5600 _____	8900 _____
2400 _____	5700 _____	9000 _____
2500 _____	5800 _____	9100 _____
2600 _____	5900 _____	9200 _____
2700 _____	6000 _____	9300 _____
2800 _____	6100 _____	9400 _____
2900 _____	6200 _____	9500 _____
3000 _____	6300 _____	9600 _____
3100 _____	6400 _____	9700 _____
3200 _____	6500 _____	9800 _____
3300 _____	6600 _____	9900 _____
		10000 _____

FINAL TIME:

Watch 1 _____
Watch 2 _____
Watch 3 _____
Official _____

Swimmer _____