

1993 USMS LONG DISTANCE

**6000 YARD POSTAL
National Championship**

&

1000 Yard Postal Swim

September 1 – November 30, 1993

**Sponsored by MCCM Masters Swim Team
(Monroe Community College Marauders)**

RESULTS

MCCM MASTERS SWIM TEAM

Monroe Community College

1000 East Henrietta Road -- Rochester, New York 14623

CONGRATULATIONS hardly seems an adequate salutation to the 64 swimmers (27 female, 37 male) who competed in the 1993 USMS 6000 National Championship Postal Swim. Your accomplishment is impressive. This is the second year the 6000 has been a National Championship meet, and the increased number of participants indicates a growing interest in this event and the opportunity to achieve All-American recognition.

Nineteen swimmers attained All-American status by winning the 6000 in their individual age groups. Six relays out of the eight entered also placed first in their age groups and will be recognized as All-Americans. California's eighteen individual entries topped the list of nineteen states. The youngest All-American was 22 year old Patrick Thurman of Florida whose time of 1:27:20.57 gave him a first place in the 19-24 age group. Our senior All-American was in the male 70-74 age group. Harold Fralich of Maine finished his 6000 in 2:47:38.00.

CONGRATULATIONS are also in order for the 32 swimmers (20 female, 12 male) who entered the 1000 Postal Swim. Nine states and Canada were represented although only two relays of six swimmers each entered.

Complete results are enclosed along with awards, All-American patches and T-shirts. Please direct any comments, questions or corrections to me at 1403 Victor-Holcomb Road, Victor, New York 14564-9310. Thank you for participating. We hope you will do so again in 1994 and encourage other swimmers as well. The breakdown of participants by state is listed below.

6000 NATIONAL CHAMPIONSHIP

California	18
Connecticut	1
Florida	6
Idaho	2
Illinois	1
Indiana	4
Kansas	2
Maine	1
Maryland	1
Michigan	6

Minnesota	1
Mississippi	2
New York	12
North Carolina	1
Ohio	1
Oregon	2
Tennessee	1
Texas	1
Virginia	1

1000 POSTAL SWIM

California	1
CANADA	3
Florida	8
Idaho	2
Illinois	1
Michigan	2
Nebraska	1
New York	12
Pennsylvania	1
Texas	1

Enclosed is the 1994 USMS National Fitness Committee's 2000 Fitness Challenge entry form which this year will be run from April 1 to May 31. I hope to see your name among the entrants!

Betty Barry, Meet Director

INDIVIDUAL RESULTS -- 1993 USMS 6000 NATIONAL CHAMPIONSHIP POSTAL SWIM

PLACE	CLUB	AGE GROUP	AGE	SEX	NAME	TIME	CITY	STATE
FEMALE								
1	EMPIRE	25-29	29	F	CLEVELAND, Marcia E.	1 : 13 : 25	25 New York	New York
2	NIAGARA		27	F	DENAULT, Melissa	1 : 41 : 57	00 Falconer	New York
1	MICHIGAN	30-34	33	F	LEAHY-ROHNER, Patricia A.	1 : 19 : 35	09 Southfield	Michigan
2	DAVIS		34	F	STRAMPACH, Lisa K.	1 : 25 : 15	99 Davis	California
3	DAVIS		31	F	THOMAS, Carolyn J.	1 : 30 : 00	00 Davis	California
4	NIAGARA		32	F	STIVERS, Lydia J.	1 : 47 : 09	00 LeRoy	New York
1	GREATER KNOXVILLE	35-39	39	F	DINWIDDIE, Anita Cristil	1 : 22 : 03	00 Knoxville	Tennessee
2	DAVIS		35	F	HARVEY, Kristine L.	1 : 25 : 10	99 Davis	California
3	MISSOURI VALLEY		36	F	MAYO, Sharon E.	1 : 25 : 45	00 Kansas City	Missouri
4	NIAGARA		38	F	SHERMAN, Janet	1 : 27 : 12	85 Rochester	New York
5	INDIANA		39	F	MILLER, Cindy	1 : 49 : 35	00 Kendallville	Indiana
6	BLUE WAVE		35	F	MOUCHA, Susan A.	2 : 18 : 51	00 Brandon	Florida
1	UNATTACHED	40-44	41	F	OGIER, Danielle	1 : 14 : 17	53 Sunnyvale	California
2	NIAGARA		40	F	STEERMAN, Christine M.	1 : 39 : 43	80 Penfield	New York
3	INDIANA		40	F	STONER, Deborah A	1 : 41 : 34	00 Kendallville	Indiana
4	ADIRONDACK		42	F	OWENS, Elizabeth A.	1 : 44 : 27	00 Albany	New York
5	NIAGARA		42	F	PETERS, Debbie M.	1 : 48 : 52	00 Jamestown	New York
1	D.C. MASTERS	45-49	47	F	SVANSON, Ann	1 : 30 : 16	00 Saratoga Springs	New York
2	NIAGARA		46	F	TURNER, Kay G.	1 : 35 : 33	48 Webster	New York
3	INDUSTRY HILLS		45	F	WATSON, Katherine A.	1 : 39 : 10	48 Newport Beach	California
4	MICHIGAN		49	F	RAPP, Fredericka	1 : 55 : 56	00 Toledo	Ohio
1	MISSOURI VALLEY	50-54	51	F	ANDERSON, Mary O.	1 : 29 : 20	00 Topeka	Kansas
2	MICHIGAN		53	F	STRICKLAND, Patricia	1 : 50 : 25	00 Monroe	Michigan
1	FOREST HILLS	55-59	55	F	JOESTING, Joan	3 : 13 : 42	00 Melbourne	Florida
1	ST. PETERSBURG	60-64	62	F	MITCHELL, Mary Lou E.	2 : 13 : 45	00 St. Petersburg	Florida
1	MICHIGAN	65-69	68	F	NOCHMAN, Lois K.	1 : 54 : 28	81 Huntington Woods	Michigan
2	ST. PETERSBURG		65	F	BOAZ, Mary E.	2 : 42 : 12	00 St. Petersburg	Florida
MALE								
1	GOLD COAST	19-24	22	M	THURMAN, Patrick	1 : 27 : 20	57 Coral Springs	Florida
1	DAVIS	25-29	27	M	COLLINS, Michael D.	1 : 09 : 50	97 Davis	California
2	UKIAH		29	M	FISCHER, Niel E.	1 : 18 : 18	47 Ukiah	California
1	NIAGARA	30-34	34	M	MATYSEK, James F.	1 : 12 : 29	11 Fairport	New York
2	DAVIS		30	M	MARTIN, Rich J.	1 : 25 : 35	99 Davis	California
3	INDIANA		34	M	SCHAMBERGER, Stephen	1 : 27 : 49	59 Kendallville	Indiana
4	INDIANA		32	M	KURTZ, Mark	1 : 45 : 06	00 Kendallville	Indiana
1	SACRAMENTO	35-39	38	M	McDONALD, Sandy M.	1 : 04 : 53	60 Sacramento	California
2	DADS		36	M	HAHN, Mark	1 : 09 : 06	00 Houston	Texas
3	DAVIS		36	M	JOHNSON, Gregory S.	1 : 14 : 45	99 West Sacramento	California
4	NIAGARA		36	M	KING, Jeffrey C.	1 : 14 : 55	00 Sacramento	California
5	OREGON		36	M	ZELL, John	1 : 19 : 15	80 Portland	Oregon
1	MICHIGAN	40-44	41	M	THOMPSON, Frank L.	1 : 10 : 04	75 West Bloomfield	Michigan
2	ST. LOUIS		42	M	SHELL, Michael A.	1 : 25 : 46	70 Edwardsville	Illinois
3	IDAHO FALLS		42	M	PORRO, Indrek	1 : 47 : 18	86 Idaho Falls	Idaho
4	MISSOURI VALLEY		40	M	KOSSOY, Allen F.	1 : 48 : 22	00 Topeka	Kansas
5	IDAHO FALLS		40	M	SMITH, Jim A.	1 : 52 : 19	58 Idaho Falls	Idaho
1	OREGON	45-49	45	M	JOHNSON, Stephen M.	1 : 11 : 30	51 Eugene	Oregon
2	D.C. MASTERS		45	M	FISHER, Bruce D.	1 : 14 : 16	76 Alexandria	Virginia
3	ROSEBOWL		46	M	LOFTHOUSE, Paul	1 : 18 : 07	34 Alhambra	California
4	DAVIS		46	M	McPHERSON, Andrew M.	1 : 18 : 50	00 Davis	California
5	MICHIGAN		45	M	MOYER, Thomas	1 : 23 : 49	00 Temperance	Michigan
6	NIAGARA		46	M	LaCAVERA, Gerry J.	1 : 32 : 32	00 Jamestown	New York
7	DAVIS		46	M	RUDA, Jeffrey	1 : 48 : 10	00 Davis	California
1	SAN DIEGO	50-54	51	M	WILLIAMS III, Robert R.	1 : 15 : 01	62 Rockville	Maryland
2	ROSEBOWL		53	M	COALE, Bob	1 : 21 : 58	42 Agoura Hills	California
3	ROSEBOWL		51	M	SAYLOR, Stephen	1 : 24 : 43	10 LaCanada	California

INDIVIDUAL RESULTS -- 1993 USMS 6000 NATIONAL CHAMPIONSHIP POSTAL SWIM

PLACE	CLUB	AGE GROUP	AGE	SEX	NAME	TIME	CITY	STATE
4	MINNESOTA		50	M	HERRING, Vince	1 : 26 : 23	02 Rochester	Minnesota
5	MICHIGAN		50	M	KROEGER, Donald	1 : 34 : 28	29 Monroe	Michigan
1	RALEIGH	55-59	59	M	LeBOURGEOIS, Charles	1 : 22 : 53	00 Raleigh	N. Carolina
2	LOS ALTOS		55	M	PRICE, Kent M.	1 : 24 : 20	00 Palo Alto	California
3	CONNECTICUT		59	M	BRUNSTAD, George	1 : 25 : 57	00 Wilton	Connecticut
4	NIAGARA		58	M	VERBA, Michail	1 : 46 : 30	52 Rochester	New York
1	MISSOURI VALLEY	65-69	68	M	BLAKE, Robert S.	1 : 43 : 17	39 Bridgeton	Missouri
2	BLUE WAVE		64	M	BURBRIDGE, Keith	2 : 19 : 33	00 Brandon	Florida
1	MAINE	70-74	70	M	FRALICH, Harold	2 : 20 : 55	00 Portland	Maine
2	NEWPORT BEACH		71	M	JOHNSON, T. R.	2 : 47 : 38	00 Costa Mesa	California

INDIVIDUAL RESULTS -- 1993 USMS 1000 POSTAL SWIM

PLACE	CLUB	AGE GROUP	AGE	SEX	NAME	TIME	CITY	STATE
FEMALE								
1	NIAGARA	35-39	38	F	SHERMAN, Janet	13 : 58	06 Rochester	New York
2	NIAGARA		35	F	HOOOPER, Judy L.	14 : 30	74 Hamlin	New York
3	BLUE WAVE		35	F	MOUCHA, Sue A.	21 : 29	15 Brandon	Florida
1	IDAHO FALLS	40-44	40	F	PORRO, Joanne S.	16 : 35	00 Idaho Falls	Idaho
2	NIAGARA		43	F	BUSIMAN, Karen G.	21 : 06	40 Rochester	New York
1	NIAGARA	45-49	48	F	WEYMAN, Arlene A.	17 : 16	42 Rochester	New York
1	NIAGARA	50-54	53	F	MURRAY, Louise	15 : 21	92 Fairport	New York
2	CHURCHILL		53	F	RATTRAY, Kathy	18 : 02	00 Hamilton	Ont. Canada
1	NIAGARA	55-59	55	F	KINGDON, Sandra G.	15 : 04	72 Rochester	New York
2	NIAGARA		56	F	LINDLEY, Joyce H.	20 : 09	93 Rochester	New York
3	CHURCHILL		59	F	SWAYZE, Mamey	20 : 52	00 Hamilton	Ont. Canada
4	H2OUSTON		56	F	GUEST, Jane C.	23 : 48	87 The Woodlands	Texas
1	CHURCHILL	60-64	60	F	McINTOSH, Frances	18 : 21	00 Guelph	Ont. Canada
2	NIAGARA		63	F	HINCKLEY, Dolly	18 : 39	13 Pittsford	New York
3	COLONIAL 1776		63	F	SCRAK, Dorothea	18 : 40	50 Stroudsburg	Pennsylvania
4	TRIGGER		60	F	GOLDSTEIN, Paulette	26 : 44	00 Great Neck	New York
1	GOLD COAST	65-69	68	F	GOLDSTEIN, Bunny	21 : 40	91 Coral Springs	Florida
1	NIAGARA	70-74	73	F	MARVEL, Susanna H.	19 : 28	15 Rochester	New York
2	LINCOLN Y NAUTS		71	F	PIERCE, Lela L.	23 : 18	72 Lincoln	Nebraska
1	GOLD COAST	75-79	75	F	BERGMAN, Muriel	25 : 12	12 Delray Beach	Florida
MALE								
1	IDAHO FALLS	25-29	28	M	MADDEN, Sean P.	20 : 59	00 Idaho Falls	Idaho
2	UKIAH		29	M	FISCHER, Niel E.	12 : 01	10 Ukiah	California
1	NIAGARA	30-34	34	M	MATYSEK, James F.	11 : 22	04 Fairport	New York
1	ST. LOUIS	40-44	42	M	SCHELL, Michael A.	12 : 57	20 Edwardsville	Illinois
1	MICHIGAN	45-49	45	M	MOYER, Thomas	12 : 53	36 Temperance	Michigan
1	MICHIGAN	50-54	50	M	KROEGER, Donald J.	13 : 54	15 Monroe	Michigan
1	BLUE WAVE	60-64	64	M	BURBRIDGE, Keith	21 : 41	26 Brandon	Florida
1	NIAGARA	65-69	66	M	McVEY, George J.	15 : 24	56 Rochester	New York
2	GOLD COAST		69	M	ROGERS, Ralph	20 : 25	83 Boca Raton	Florida
3	GOLD COAST		68	M	DELAVEGA, Augustin	22 : 35	00 Miami	Florida
1	GOLD COAST	75-79	76	M	BERGMAN, Bernard D.	19 : 23	17 Delray Beach	Florida
1	GOLD COAST	80-84	82	M	KANE, Richard M.	25 : 02	05 Boca Raton	Florida

RELAY RESULTS -- 1993 USMS 6000 NATIONAL CHAMPIONSHIP POSTAL SWIM - 3 X 6000 RELAYS

PLACE	CLUB	AGE GROUP	AGE	SEX	NAME	TIME
1	DAVIS DAVIS DAVIS	25+ WOMEN	31	F	THOMAS, Carolyn J.	1 : 30 : 00 . 00
			34	F	STRAMPACH, Lisa K.	1 : 25 : 15 . 99
			35	F	HARVEY, Kristine L.	1 : 25 : 10 . 99
			TOTAL TIME			4 : 20 : 26 . 98
1	DAVIS DAVIS DAVIS	25+ MEN	27	M	COLLINS, Michael D.	1 : 09 : 50 . 97
			30	M	MARTIN, Rich J.	1 : 25 : 35 . 99
			46	M	RUDA, Jeffrey	1 : 48 : 10 . 00
			TOTAL TIME			4 : 23 : 25 . 96
1	NIAGARA NIAGARA NIAGARA	25+ MIXED	34	M	MATYSEK, James F.	1 : 12 : 29 . 11
			38	F	SHERMAN, Janet	1 : 27 : 12 . 85
			46	F	TURNER, Kay G.	1 : 35 : 33 . 48
			TOTAL TIME			4 : 15 : 15 . 44
2	NIAGARA NIAGARA NIAGARA	25+ MIXED	32	F	STIVERS, Lydia J.	1 : 47 : 09 . 00
			40	F	STEERMAN, Christine M.	1 : 39 : 43 . 80
			58	M	VERBA, Michail	1 : 46 : 30 . 52
			TOTAL TIME			5 : 13 : 23 . 32
1	DAVIS DAVIS DAVIS	35+ MEN	36	M	JOHNSON, GREGORY	1 : 14 : 45 . 99
			36	M	KING, JEFFREY C.	1 : 14 : 55 . 00
			46	M	McPHERSON, ANDREW	1 : 18 : 50 . 00
			TOTAL TIME			3 : 48 : 30 . 99
2	MICHIGAN MICHIGAN MICHIGAN	35+ MEN	41	M	THOMPSON, Frank L.	1 : 10 : 04 . 75
			45	M	MOYER, Thomas	1 : 23 : 49 . 00
			50	M	KROEGER, Donald	1 : 34 : 28 . 29
			TOTAL TIME			4 : 08 : 21 . 54
1	MICHIGAN MICHIGAN MICHIGAN	45+ WOMEN	49	F	RAPP, Fredericka	1 : 55 : 56 . 00
			53	F	STRICKLAND, Patricia	1 : 50 : 25 . 00
			68	F	NOCHMAN, Lois K.	1 : 54 : 28 . 81
			TOTAL TIME			5 : 40 : 49 . 81
1	ROSEBOWL ROSEBOWL ROSEBOWL	45+ MEN	46	M	LOFTHOUSE, Paul	1 : 18 : 07 . 34
			51	M	SAYLOR, Stephen L.	1 : 24 : 43 . 10
			53	M	COALE, Bob	1 : 21 : 58 . 42
			TOTAL TIME			4 : 04 : 48 . 86

RELAY RESULTS -- '1993 USMS 1000 POSTAL SWIM - 6 X 1000 RELAYS

PLACE	CLUB	AGE GROUP	AGE	SEX	NAME	TIME
1	NIAGARA NIAGARA NIAGARA NIAGARA NIAGARA NIAGARA	25+ MIXED	34	M	MATYSEK, James F.	: 11 : 22 . 04
			35	F	HOOPER, Judy L.	: 14 : 30 . 74
			38	F	SHERMAN, Janet	: 13 : 58 . 06
			53	F	MURRAY, Louise	: 15 : 21 . 92
			55	F	KINGDON, Sandra G.	: 15 : 04 . 72
			66	M	McVEY, George J.	: 15 : 24 . 56
			TOTAL TIME			1 : 25 : 41 . 04
1	GOLD COAST GOLD COAST GOLD COAST GOLD COAST GOLD COAST GOLD COAST	65+ MIXED	68	M	DELAVEGA, Augustin	: 22 : 35 . 00
			68	F	GOLDSTEIN, Bunny	: 21 : 40 . 91
			69	M	ROGERS, Ralph	: 20 : 25 . 83
			75	F	BERGMAN, Muriel	: 25 : 12 . 12
			76	M	BERGMAN, Bernard D.	: 19 : 23 . 17
			82	M	KANE, Richard M.	: 25 : 02 . 05
			TOTAL TIME			2 : 14 : 19 . 08

1993 USMS LONG DISTANCE NATIONAL CHAMPIONSHIP 6000 YARD POSTAL SWIM

&

1993 MCCM MASTERS 1000 YARD POSTAL SWIM Sponsored by the MCCM Masters Swim Team

6000 CHAMPIONSHIP POSTAL SWIM

AWARDS

- USMS Championship medals will be awarded to the top three finishers in each category. Patches will go to all winners.

COURSE

- 6000 yards (240 lengths) in any pool 25 yards in length.

RELAYS

- Relay times shall consist of the cumulative time of three swimmers entered in the individual 6000 event.

SANCTION

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND93/94 1 SC.

1000 YARD POSTAL SWIM

AWARDS

- Ribbons will be awarded to the top three finishers in each category.

COURSE

- 1000 yards (40 lengths) in any pool 25 yards in length.

RELAYS

- Relay times shall consist of the cumulative time of six swimmers entered in the 1000 swim event.

SANCTION

- Sanctioned by Niagara District Masters Swimming for USMS, 1403 Victor Holcomb Road, Victor, N.Y. 14564 # ND 93/94 2 SC.

AGE GROUPS

- **INDIVIDUAL:** Male and female in five year age groups 19-24, 25-29, etc. to 95+.
- **RELAYS:** 19+, 25+, 35+, etc. to 95+ with teams composed of competitors who have entered the individual event. Age of the youngest swimmer determines age of relay. Relay members must be registered with the same club, no unattached relays.

DATES

- Swim must be completed between September 1, 1993 and November 31, 1993. Entries must be postmarked no later than December 15, 1993 and received by December 26, 1993.

ELIGIBILITY

- Open to all currently registered USMS swimmers nineteen years of age and older as of November 30, 1993. Swimmers who change age groups during the event may enter twice but must swim twice (before and on or after the birth date).

ENTRY FEES

- **INDIVIDUAL:** \$8.00 U.S. funds -- **RELAYS:** \$12.00 U.S.funds.

OBJECTIVE

- To determine the top three finishers in each category by time. Should more than one swimmer complete the event in the same time, a tie will be declared.

RELAYS

- Must be submitted on a separate form which includes relay member's names and cumulative time and mailed with the individual entries or a photocopy of members' individual entries.

RESULTS

- Results will be compiled and distributed to all participants.

RULES

- Current USMS rules will govern the conduct of the meet. No drafting.
- Results must be submitted with 100 yard splits (form attached).
- A starter/referee and timer/recorder/witness to count laps/record splits/final time must be present.
- Swimmer, witness and official must sign the official entry form.
- Copy of current USMS registration card must accompany entry.

T-SHIRTS

- Commemorative t-shirts may be ordered. MCCM Masters reserves the right to return orders if there are insufficient numbers.

OFFICIAL ENTRY FORM -- 6000 NATIONAL CHAMPIONSHIP/1000 POSTAL SWIM

(Legible photocopies of this form are acceptable)

RELAY ENTRY TIME 6000 X 3 swimmers _____ \$12.00 _____
 RELAY ENTRY TIME 1000 X 6 swimmers _____ \$12.00 _____
 INDIVIDUAL ENTRY TIME 6000 _____ \$ 8.00 _____
 INDIVIDUAL ENTRY TIME 1000 _____ \$ 8.00 _____
 T-SHIRT S-M-L-XL (circle size) _____ \$10.00 _____
 TOTAL ENCLOSED \$ _____

RELAYS MEMBERS

NAME _____
 NAME _____
 NAME _____
 NAME _____
 NAME _____

- ___ CHECK (U.S. FUNDS) payable to MCCM Masters Swim Team.
- ___ COPY OF USMS/CASA REGISTRATION CARD must be included.
- ___ WAIVER must be signed.
- ___ WITNESSING SIGNATURES & SPLIT SHEET must be completed.

MAIL ENTRIES TO:
 MCCM Masters Swim Team
 C/O Betty J. Barry
 1403 Victor Holcomb Road
 Victor, New York 14564-9310

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 loss or damages arising out of my participation in the Masters swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, the meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

Competitor's Signature _____ Date _____

Counter/Verifier's Signature _____ Date _____

Official's Signature _____ Date _____

NAME: _____ SEX _____ AGE _____ BIRTHDATE _____ USMS# _____ CLUB _____

ADDRESS: _____

City State Zip Phone #

50 _____	1050 _____	2050 _____	3050 _____	4050 _____	5050 _____
100 _____	1100 _____	2100 _____	3100 _____	4100 _____	5100 _____
150 _____	1150 _____	2150 _____	3150 _____	4150 _____	5150 _____
200 _____	1200 _____	2200 _____	3200 _____	4200 _____	5200 _____
250 _____	1250 _____	2250 _____	3250 _____	4250 _____	5250 _____
300 _____	1300 _____	2300 _____	3300 _____	4300 _____	5300 _____
350 _____	1350 _____	2350 _____	3350 _____	4350 _____	5350 _____
400 _____	1400 _____	2400 _____	3400 _____	4400 _____	5400 _____
450 _____	1450 _____	2450 _____	3450 _____	4450 _____	5450 _____
500 _____	1500 _____	2500 _____	3500 _____	4500 _____	5500 _____
550 _____	1550 _____	2550 _____	3550 _____	4550 _____	5550 _____
600 _____	1600 _____	2600 _____	3600 _____	4600 _____	5600 _____
650 _____	1650 _____	2650 _____	3650 _____	4650 _____	5650 _____
700 _____	1700 _____	2700 _____	3700 _____	4700 _____	5700 _____
750 _____	1750 _____	2750 _____	3750 _____	4750 _____	5750 _____
800 _____	1800 _____	2800 _____	3800 _____	4800 _____	5800 _____
850 _____	1850 _____	2850 _____	3850 _____	4850 _____	5850 _____
900 _____	1900 _____	2900 _____	3900 _____	4900 _____	5900 _____
950 _____	1950 _____	2950 _____	3950 _____	4950 _____	5950 _____
1000 _____	2000 _____	3000 _____	4000 _____	5000 _____	6000 _____