

**1994 USMS LONG DISTANCE**

**National Championship**

**6000 YARD POSTAL**

**September 1 – November 30, 1995**

**Sponsored by Aliso Hills Swim Ranch**

**RESULTS**

1994

**Results of 1994 6000 Postal Championships  
New USMS Record**

**\* WOMEN 25-29 \***

1	Lee, Lynne	29	SHEF	1:09:57.19
2	Ackerman, Lisa A.	29	NEM	1:21:59.91
3	Collins, Jennifer R.	25	DAM	1:34:26.99
4	Copeland, Paige A.	25	SLOM	1:47:03.99

**\* WOMEN 30-34 \***

1	Blaha, Sharon	34	ROSE	1:18:33.17
2	Bossert-Hartman, Carol	34	UNAT	1:22:44.99
3	Sawicki-Haxby, Annie	31	ARIZ	1:24:39.48
4	Freytag, Kip A.	31	DAM	1:24:55.99
5	Thomas, Carolyn J.	32	DAM	1:27:25.99

**\* WOMEN 35-39 \***

1	Henshaw, Leslie J.	35	TULS	1:15:35.99*
2	Chambers, Mo	36	MVM	1:21:17.31
3	Vohryzek, Barbara A.	37	DAM	1:38:30.99

**\* WOMEN 40-44 \***

1	Rhue, Lynn M.	43	RMM	1:26:10.09
2	Morris, Claudia	43	SHEF	1:55:33.71

**\* WOMEN 45-49 \***

1	Cocors, May L.	46	SLOM	1:27:10.36*
2	Watson, Katherine A.	46	IHAC	1:39:01.02

**\* WOMEN 50-54 \***

1	Rapp, Fredericka	50	MICH	1:44:18.43
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**\* WOMEN 55-59 \***

1	Munn, Susan L.	56	DAM	1:34:26.99*
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**\* WOMEN 70-74 \***

1	Nochman, Lois K.	70	MICH	1:55:03.23*
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**\* MEN 25-29 \***

1	Collins, Michael D.	28	DAM	1:09:01.99*
2	Thomas, John D.	29	GAKW	1:12:24.33
3	Tordoff, Mark	26	SHEF	1:27:31.98
4	Martin, Jeff W.	27	BCH	1:37:16.47

**\* MEN 30-34 \***

1	Crosson, Jeff	33	NOVA	1:11:46.99*
2	Lee, Simon	30	SHEF	1:15:01.62
3	Ackerman, David R.	33	NEM	1:17:01.04

**\* MEN 35-39 \***

1	MacDonald, Sandy M.	39	SAC	1:05:01.06
2	Stewart, Jim A.	36	MINN	1:09:11.66
3	Forster, Eric S.	36	MVM	1:16:03.50
4	Tolin, Robert K.	38	SLOM	1:24:00.82

**\* MEN 40-44 \***

1	Wood, Larry	40	TXAM	1:11:08.90
2	Stedry, Stephen	43	ROSE	1:14:35.36
3	Oscroft, Max	44	SHEF	1:26:43.85
4	Kossov, Allen F.	41	MOVY	1:45:10.35

**\* MEN 45-49 \***

1	Bell, Keith F.	46	TXAM	1:09:24.22*
2	Schlicher, Fred J.	46	ROSE	1:12:57.23
3	Fisher, Bruce D.	46	DCM	1:14:25.82
4	McPherson, Andrew M.	47	DAM	1:16:25.99
5	Lofthouse, Paul	46	ROSE	1:16:59.43
6	Farmer, David Y.	49	SLOM	1:19:47.02
7	Moyer, Thomas E.	46	MICH	1:24:49.34
8	Ryno, Jay	48	MICH	1:29:50.00
9	Ruda, Jeffrey	47	DAM	1:38:30.99

**\* MEN 50-54 \***

1	Williams, Robert R.	52	DCM	1:13:17.10*
2	Coble, Bob	54	ROSE	1:20:09.51
3	Herring, Vince	51	MINN	1:25:43.02
4	Kroeger, Donald J.	51	MICH	1:30:16.00

**\* MEN 60-64 \***

1	LeBourgeois, Charless	60	RAM	1:25:37.25*
2	Maas, Charles J.	60	MICH	1:29:47.00
3	Reynolds, Frank E.	62	HBSC	1:33:09.81

**\* MEN 65-69 \***

1	Blake, Robert S.	69	SLAM	1:36:38.43
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**\* MEN 70-74 \***

1	Edwards, James K.	71	NEM	1:42:33.72*
2	Johnson, T.R.	72	NEWP	2:30:53.02
3	Fralich, Harold	71	MESC	2:38:58.13

**\* MEN 80-84 \***

1	Schofield, Doc	80	UNAT	2:31:33.09*
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**Relay Results**

**3 X 6000 yds**

**\* WOMEN 25+ \***

1	Collins, Jennifer R.	25	DAM	1:34:26.99
	Freytag, Kip A.	31	DAM	1:24:55.99
	Thomas, Carolyn J.	32	DAM	1:27:25.99
Total Time				4:26:58.97

**\* MEN 25+ \***

1	Collins, Michael D.	28	DAM	1:09:01.99
	McPherson, Andrew M.	47	DAM	1:16:25.99
	Ruda, Jeffrey	47	DAM	1:38:30.99
Total Time				4:03:58.97

**\* MEN 45+ \***

1	Schlicher, Fred J.	46	ROSE	1:12:57.23
	Lofthouse, Paul	46	ROSE	1:16:59.43
	Coale, Bob	54	ROSE	1:20:09.51
Total Time				3:48:06.17

2	Moyer, Thomas E.	46	MICH	1:24:49.34
	Ryno, Jay	48	MICH	1:29:50.00
	Kroeger, Donald J.	51	MICH	1:30:16.00
Total Time				4:24:55.34

**\* MIXED 45+ \***

1	Rapp, Fredericka	50	MICH	1:44:18.43
	Moyer, Thomas E.	46	MICH	1:24:49.34
	Kroeger, Donald J.	51	MICH	1:30:16.00
Total Time				4:39:23.77

**3 X 2000 yds**

**\* WOMEN 25+ \***

1	Bove, Lisa	33	WH2O	
	Dantzler, Amy	30	WH2O	
	Halouzka, Elizabeth	30	WH2O	
Total Time				1:16:32.77

**\* MEN 25+ \***

1	Critchlow, Anthony	26	WH2O	
	Newman, David A.	29	WH2O	
	Hayman, Philip M.	32	WH2O	
Total Time				1:12:04.44

**\* MEN 35+ \***

1	Genkinger, Scott	35	WH2O	
	Spratt, Mark	39	WH2O	
	Reudy, Tom	40	WH2O	
Total Time				1:11:20.69
2	Quinn, Gary H.	36	WH2O	
	Burke, Tim	37	WH2O	
	Hatton, Bruce R.	37	WH2O	
Total Time				1:11:58.91



# 1994 USMS 6000 yd Postal Championships

## Official Entry Form

**Sponsored by Aliso Hills Swim Ranch**

September 1 to November 30, 1994

Entries must be postmarked by December 9, 1994

Received by December 16, 1994

**Event:** The Individual 6000 yard swim is the USMS National Championship, the 3 person relay is a non-championship event. If a swimmer ages up to a new age group during the event, that swimmer may enter twice but they must swim the event twice, complete two entry forms and send in two entry fees.

**Relays:** A relay team shall consist of three swimmers from the same registered USMS club. To enter a relay copy the entry forms of the three swimmers from the same club, staple them together and mail them with a check for \$8.00. Relay sexes are Men, Women and Mixed. A Mixed relay is two men and one woman or two women and one man.

**Dates:** The swim(s) must be completed between September 1 and November 30. Entries must be postmarked by December 9th and received by December 16th.

**Course:** 6000 yards in any 25 yard pool. 240 lengths = 6000 yds.

**Eligibility:** Open to any current 1994 or 1995 USMS registered swimmer. Each swimmer **must** include a copy of their USMS card or their entry will be rejected.

**Affiliation:** A swimmer's club affiliation as stated on the USMS card, if valid, will apply.

**Age Groups:** Men and women, in five year increments; 19-24, 25-29, 30-34, ... 90-94, 95-99, 100+.

Relay age groups are based on the age of the youngest swimmer; 19+, 25+, 35+, ... 75+, 85+

**Awards:** USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group & sex for the 6000 yd. Championship. Championship patches will be awarded to each first place finisher. Relay ribbons to the top three relay teams in each age group & sex.

**Scoring:** Unofficial club scoring will be calculated. Scoring will be 1st through 10th place for both the individual and relay events (relays double). Points: 11 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1

**Rules:** 1994 USMS rules for Long Distance Swimming govern this event. Including:

- 1) No drafting.
- 2) There shall be an adult starter/referee/head timer present during the entire swim.
- 3) A lap counter/timer shall witness the swim and shall record the 100 yard splits on the form provided.
- 4) A copy of the swimmers current USMS card shall accompany the entry.
- 5) If the entry form or split sheet is incomplete the entry may be rejected.

**Fees:** The entry fee is \$8.00 in US funds for each individual or relay entry. Checks or money orders **ONLY**. Do not send cash. Make checks payable to Aliso Hills Swim Ranch (AHSR). If a swimmer enters twice then \$8.00 must accompany each entry.

**Results:** A complete set of results will be mailed to each entrant.

**Questions:** Robert Mitchell, Aliso Hills Swim Ranch  
PO BOX 204  
El Toro, CA 92630-0204  
(714) 581-1135 8:30am to 9:00pm pacific time



**1994 USMS 6000 yd National Championships Entry Form**  
**Please Print**

Name \_\_\_\_\_

Male  Female  USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_  
Mo Day Year

Home Phone\* (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work Phone\* (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\*Phone numbers are used to correct entry problems.

Date of Swim: \_\_\_/\_\_\_/\_\_\_

OFFICIAL TIME: \_\_\_ : \_\_\_ : \_\_\_ . \_\_\_ like this 1 : 12 : 35 . 07  
hrs min sec hun 1 hour 12 min 35.07 secs

**Split Times**

100	1100	2100	3100	4100	5100
200	1200	2200	3200	4200	5200
300	1300	2300	3300	4300	5300
400	1400	2400	3400	4400	5400
500	1500	2500	3500	4500	5500
600	1600	2600	3600	4600	5600
700	1700	2700	3700	4700	5700
800	1800	2800	3800	4800	5800
900	1900	2900	3900	4900	5900
1000	2000	3000	4000	5000	6000

**Signatures**

Swimmer: \_\_\_\_\_

Starter/Referee: \_\_\_\_\_

Timer/Counter: \_\_\_\_\_

**WAIVER:** "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 those 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, OR THE FOLLOWING; UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**Please Sign**

Date: \_\_\_/\_\_\_/\_\_\_

**You must include a copy of your USMS card!!**

**ATTACH copy of USMS card here**

**Check list for complete entry:**

- I included my split times on the split sheet and had my timer(s) & referee/starter sign the entry form.
- I included a check or money order (NO CASH) for \$8.00; payable to **AHSR**.
- I signed and dated the waiver.
- I attached a copy of my USMS card.
- I included a self-addressed stamped postcard or envelope to verify that my entry was received.
- I postmarked my entry by Saturday, December 9, 1994.

Mail this entry sheet, a copy of your USMS card and your check to:

**Aliso Hills Swim Ranch**  
**PO BOX 204**  
**EL TORO, CA 92630-0204**