

1995 USMS Long Distance

3000 Yard Postal

National Championship

September 1 – November 30, 1995

Sponsored by Gulf LMSC

Sanctioned by Gulf Masters Swimming

RESULTS



*Reed
12/20*

Kris Wingenroth
HEAD COACH
MEN'S AND WOMEN'S SWIMMING

December 16, 1995

Dear Postal 3000 Participants,

Enclosed are the results for the United States Masters Swimming, Postal 3000 Championship. Congratulations to all of you who participated. There were 53 women, 61 men and 9 relays entered. The age group with the most entries was the 40 - 44 with 14 for both the men and women. Our oldest female participant was Gertrud Zint (age 78) and our oldest male was Doc Schofield (81). We had participants from 25 states with the most participants from California (31) followed by Texas (11) and Alaska (10).

We had two foreign participants (one from England and one from Holland), who swam the metric equivalent to 3000 yards (yard pools are not available in other countries). Unfortunately, we discovered the USMS rules required this event to be swum in a yard pool, so these entries were accepted as unofficial entries and are marked as such in the results. We hope in the future to pass a rule change that will enable foreign swimmers to participate.

Since this is a new event (which replaces the Postal 6000), all winners are now the national record holders. Awards to the top three in each age group (and relay) along with championship patches for the winners will be sent separately - after the Holidays. T-shirts will also be sent as soon as they are available.

The Gulf LMSC thanks you for participating. We hope you will continue to train and participate again next year. Don't forget the 5K and 10K Postal Championships. The entries are available from Scott Rabalais at 3537 Christina Ave., Baton Rouge, LA 70820. Also, the February Fitness Challenge will be starting soon. (Information available from Scott, also).

Keep swimming and good luck in all your future swimming challenges.

Sincerely,

Kris Wingenroth

*P.S. -
Don't forget the postal
1-Hour swim!
Contact Jane Moore
1867 58th NE
Tacoma, WA 98422*

1995 USMS POSTAL 3000 CHAMPIONSHIP

Women' Results	Age	Time	Team
Women 19 - 24			
Bonnie Fryer	23	34:12.20	Sierra Nevada Masters
Women 25 - 29			
Rebecca Fenson	28	37:10.99	Strawberry Canyon A. Mst
Samantha Royer	25	37:53.50	Alaska Masters
Tanya Kne	28	40:06.11	Niagara Masters
Kris Hall	28	42:28.15	Alaskan Masters
Muriel Rabalais	27	47:47.62	Crawfish Masters
Francesca Osowska	25	(49:15.10 mtr.	City of Sheffield
Women 30 - 34			
Lisa Hazen	31	33:43.91	Santa Clara Swim Club
Marcia Cleveland	31	36:19.82	Connecticut Masters
Brenda Avery	30	38:46.99	Alaskan Masters
Laura Burtch	32	39:08.99	Dolphin Club
Lisa Ackerman	30	40:55.97	New England Masters
Jane Schweppe	32	41:19.29	Texas Aquatics Masters
Annie Haxby	32	41:25.99	Alaskan Masters
Women 35 - 39			
Marguerite Meyer	36	36:24.48	The Olympic Club
Sandy Conroy	36	39:21.61	Terrapin Masters
Tracy Grilli	38	40:50.88	New England Masters
Gwen Shonkwiler	38	42:14.86	Sierra Nevada Masters
Linda Tucker	35	42:19.81	Crawfish Masters
Kathryn Ring	36	46:03.99	Maine Masters
Sandie Garcia	37	56:02.99	Terrapin Masters
Kristin Freeman	39	59:45.64	Vermont Masters
Bonnie Morgan	39	(46:07.42 fins)	Terrapin Masters
Women 40 - 44			
Danielle Ogier	43	36:39.57	The Olympic Club
Denise Everitt	43	37:13.94	Niagara Masters
Darcy McNabb	40	40:06.99	Greater Memphis Masters
Joanne Wainwright	40	40:50.76	Alaska Masters
Anita Dinwiddie	41	41:00.18	Greater Knoxville Masters
Karla Black	40	41:08.62	New England Masters
Sherry Kittrell	43	41:33.06	Unattached
Kris Wingenroth	41	41:41.37	Dads Club Masters
Coral Bernier	40	46:15.12	Mt. Rainer Masters
Suzy Reierson	44	48:40.31	Texas Swimming
Lisa Ruddy	43	52:50.52	Rocky Mountain Masters
Lynne Marini	42	55:01.00	Terrapin Masters
Mary Mael	42	1:08:21.03	Texas Aquatics Masters
Cindy Lannon	40	(55:52 fins)	Terrapin Masters

1995 USMS POSTAL 3000 CHAMPIONSHIP

Women 45 - 49			
Sally Dillon	49	41:31.29	Sierra Nevada Masters
Kay Turner	48	47:29.44	Niagara Masters
Karen Tukua	45	52:58.72	Terrapin Masters
Alice Terner	45	1:01:10.99	Gamecock Aquatics Master
Jenise Doty	48	1:24:10.99	Mt. Rainier Masters
Women 50 - 54			
Fredericka Rapp	51	47:16.12	Michigan Masters
Carol Sing	54	50:39.54	Heartland Swim Assoc. Mst
Arlene Weyman	51	55:05.66	Niagara Masters
Women 55 - 59			
Sandra Kingdon	56	48:41.07	Niagara Masters
Sandy Cattarin	56	55:38.56	Texas Swimming
Joan Joesting-Mahoney	57	1:39:03.99	Space Coast Masters
Women 60 - 64			
Mary Mitchell	64	58:30.43	St. Pete Masters
Carolyn Lyons	60	59:16.71	Alaska Masters
Women 65 - 69			
Dolly Hinckley	65	55:45.99	Niagara Masters
Women 70 - 74			
Lois K. Nochman	71	55:11.93	Michigan Masters
Women 75 - 79			
Gertrud Zint	78	1:12:17.31	Holmes Lumber Jax

1995 USMS POSTAL 3000 CHAMPIONSHIP

Men's Results	Age	Time	Team
Men 19 - 24			
Marco Campagna	24	35:32.85	Santa Clara Masters
Scott Coonce	22	38:22.99	Davis Aquatic Masters
Men 25 - 29			
Michael Collins	29	33:31.00	Davis Aquatic Masters
Mike Marino	25	46:04.99	Unattached
Men 30 - 34			
Michael Moore	32	32:35.69	Santa Clara Swim Club
David Ackerman	34	34:34.82	New England Masters
Eric Nordlund	31	34:57.55	Michigan Masters
David Lang	31	40:47.32	Texas Swimming
David Bilyeu	32	48:28.37	Crawfish Masters
Men 35 - 39			
Scott Rabalais	37	33:59.23	Crawfish Masters
Jack Burton	39	34:41.21	Palmetto Masters
Mark Hahn	38	35:39.13	Texas Swimming
Brad Gamblin	39	37:15.38	Alaskan Masters
Alan Rowland	38	37:30.00	Davis Aquatic Masters
Phillip Fischer	37	39:00.70	Terrapin Masters
Mark Beck	35	43:32.41	Palmetto Masters
Mike Collins	38	46:42.16	Mt. Rainer Masters
Gary O'Donnell	36	50:28.99	Maine Masters
Larry Petersen	39	51:16.48	Unknown
Men 40 - 44			
Larry Wood	41	32:54.29	Texas Aquatics Masters
Howard Coye	41	33:42.36	Santa Clara Swim Club
Frank Thompson	43	35:20.57	Michigan Masters
Bill Ransom-Nelson	43	36:04.19	Texas Aquatics Masters
Rick Abbott	40	36:10.51	Alaskan Masters
Tom Arnold	40	36:14.32	Santa Clara
Phil Djang	41	38:57.52	New Mexico Masters
John Ogden	42	40:05.99	Adirondack District Masters
Mike Schell	44	40:54.15	St. Louis Masters
Elmer Sperry	41	41:26.76	Michigan Masters
Allen Kossoy	42	49:50.00	Missouri Valley
Walter Moore	42	49:55.38	Santa Clara Masters
Jim Smith	42	52:52.50	Idaho Falls Masters
Ad Brouwers	40	(44:56.60 mtr. P.S.V. (Holland)	

1995 USMS POSTAL 3000 CHAMPIONSHIP

Men 45 - 49			
Keith Bell	47	34:12.41	Texas Aquatics Masters
Steve Johnson	47	35:55.83	Oregon Masters
Jim McCleery	49	37:46.19	Pacific Northwest Masters
Jay Ryno	49	44:08.44	Michigan Masters
Jeffrey Ruda	48	44:32.99	Davis Aquatic Masters
Robin McGuire	49	49:56.51	Rocky Mountain Masters
Thomas Moyer	47	52:54.98	Michigan Masters
Men 50 - 54			
Doug Selby	50	40:20.19	Heartland Swim Assoc. Ms
Donald Kroeger	51	41:53.16	Michigan Masters
Fred Dotzler	50	42:54.68	Santa Clara Swim Club
Vince Herring	52	43:35.01	Minnesota Masters
Robert Bergstrom	54	46:31.70	Unattached
Arthur Frank	50	48:26.72	Rocky Mountain Masters
Ed Holsten	51	51:17.99	Alaska Masters
Men 55 - 59			
A. Emory Haworth	59	43:15.23	Davis Aquatic Masters
Douglas Holmes	59	49:13.70	Northshore Masters
Richard Cooke	59	49:33.88	Sawtooth Masters
Men 60 - 64			
Graham Johnston	64	38:46.49	Dad's Club
Frank Reynolds	63	44:31.64	Huntington Beach Swim Cl.
Men 65 - 69			
Winthrop Wilson	68	42:48.69	New England Masters
Paul Kiell	65	53:07.18	Jersey Masters
Men 70 - 74			
James Edwards	72	49:30.20	New England Masters
James Worrel	73	1:00:15.94	Pacific Northwest Masters
Harold Fralich	72	1:08:52.01	Maine Masters
T. R. Johnson	73	1:19:29.69	Newport Beach Masters
Men 75 - 79			
Ray Taft	76	47:52.73	San Mateo Masters
John Merrill	78	56:49.18	Connecticut Masters
George Hale	79	1:18:09.99	Alaska Masters
Men 80 - 84			
Doc Schofield	81	1:02:46.25	Unattached

1995 USMS POSTAL 3000 CHAMPIONSHIP

TEAM RESULTS	Age	Time	Swimmers
Women's Teams			
Women's Age 19 +			
Sierra Nevada Masters - Women	19+	1:57:58.35	Bonnie Fryer (23), Sally Dillon (49), Gwen Shonkwiler (38)
Women's Age 25 +			
Alaska Masters - Women	25+	2:02:41.13	Kris Hall (28), Brenda Avery (30), Annie Haxby (32)
Women's Age 35 +			
Niagara Masters - Women	35+	2:13:24.45	Denise Everett (43), Kay Turner (49), Sandy Kingdon (56)
Men's Teams			
Men's Age 35 +			
Texas Aquatics Masters - Men	35+	1:43:10.99	Larry Wood (41), Keith Bell (47), Bill Ransom-Nelson (45)
Michigan Masters - Men	35+	2:07:28.36	Elmer Sperry (41), Jay Ryno (49), Donald Kroeger (49)
Men's Age 45+			
Michigan Masters - Men	45+	2:18:56.58	Thomas Moyer (47), Jay Ryno (49), Donald Kroeger (49)
Mixed Teams			
Mixed Age 25 +			
Alaska Masters - Mixed	25+	1:54:51.88	Annie Haxby (32), Rick Abbott (40), Brad Gamblin (39)
Mixed Age 35 +			
Michigan Masters - Mixed	35+	2:10:36.04	Elmer Sperry (41), Donald Kroeger (51), Fredericka Rapp (51)
Mixed Age 45 +			
Michigan Masters - Mixed	45+	2:13:17.72	Jay Ryno (49), Fredericka Rapp (51), Donald Kroeger (51)

1995 USMS Long Distance 3000 yd Postal Championship

Official Event Information

Sponsored by Gulf LMSC

September 1 thru November 30, 1995

Sanction

By Gulf Masters Swimming Committee for USMS, 6307 Craigway Rd., Spring, TX 77389. Sanction #255-002

Event

The Individual 3000 yard (120 lengths) swim is a new USMS National Championship and takes the place of the 6000 yard postal championship. The 3 person team is also a championship event.

Eligibility

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each swimmer must include a copy of their USMS (or foreign national) registration card or their entry will be rejected. Swimmers who change age groups during the event may enter twice but must swim the event twice, complete two entry forms and send in two entry fees (see Ages topic below). Any swimmer may swim the event as often as desired but may submit only one individual entry per age group.

Affiliation

A swimmer's club affiliation as indicated on the USMS (or foreign national) registration card will apply.

Entry Fees

\$10.00 in US funds for each individual entry and \$12 for each team entry. Checks or money orders only. Do not send cash. Make checks payable to Gulf Masters Swimming Committee or GMSC.

Team Entries

A team shall consist of three swimmers from the same registered club (foreign teams must send proof of club registration). The cumulative time of all three swimmers will be the team time. To enter a team send the completed entry forms of the three swimmers together in the same envelope along with the individual entry fees for all three swimmers (\$10.00 each) and an additional \$12.00 for the team entry fee. Alternatively, if the individual entries are sent separately, photocopies of the completed entry forms of all three swimmers may be sent in one envelope with the \$12.00 team entry fee. In any case, all three swimmers on the team must submit and pay for individual entries. Team sexes are Men, Women and Mixed. A mixed team must have at least one man and at least one woman. A competitor may enter his swim as part of as many different teams as desired.

Dates & Deadlines

The swim(s) must be completed between September 1 and November 30, 1995. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by midnight December 9, 1995 or in the Meet Director's hands no later

than December 15th 1995 to be considered on-time. Fax entries will not be accepted.

Course

3000 yards (120 lengths) in any 25 yard pool.

Counter / Recorder

For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 yards.

Ages and Age Groups

For individual events 19-24, 25-29, 30-34, ... 95-99, 100+. Team age groups are based on the age of the youngest swimmer, 19+, 25+, 35+, ... 75+, 85+. The swimmer's age on the day he/she swims the individual event is used to determine the age group for both the individual and team events.

Rules

1995 USMS rules will govern the conduct of the competition. No drafting. A Starter/Referee/Official must be present. Swimmer, recorder and official must sign the Official Entry Form. A copy of the individual's USMS (or foreign national) registration card must accompany the entry.

Awards

USMS Long Distance National Championship medals will be awarded to the top three individual and top three team finishers in each age group and sex. Championship patches will be awarded to each first place finisher.

T-Shirts

Commemorative t-shirts may be ordered. GMSC reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for the poor soul you shnooker into counting and taking splits for you.

Results

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

Questions?

Emmett Hines
4361 Graduate Circle
Houston, TX 77004
(713) 748-7946 - voice
73021.2360@compuserve.com

Kris Wingenroth
Rice Athletics - MS 548
6100 Main Street
Houston, TX 77005-1892
(713) 527-4710 - off
(713) 661-4790 - hm

1995 USMS 3000 yd Postal Championship Official Team Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one Team Entry Form per team. Attach all 3 original individual entry forms (or photocopies) to this form and include the \$12 Team entry fee. All members of the a team must be entered in the individual event. All entries must be US postmarked in the 50 states no later than Dec. 9, 1995 or received by Dec. 15, 1995. Foreign teams must send proof of club registration.

Team Name: _____	_____
Swimmer's Names	Times
_____	_____
_____	_____
_____	_____
Cumulative Team Time:	_____

1995 USMS Long Distance 3000 Yard Postal Championship - Individual Entry Form

Swum anytime from September 1 thru November 30, 1995

Name _____ Sex _____ Age _____ DOB _____ Phone _____

Address _____ City _____ State _____ Zip _____

Counter/Recorder's Signature _____ Date _____ Registration# (USMS#) _____

Official's Signature _____ Date _____ Club _____

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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

Competitor's Signature _____ Date _____

	cum	lap
50		
100		
150		
200		
250		
300		
350		
400		
450		
500		
550		
600		
650		
700		
750		
800		
850		
900		
950		
1000		

	cum	lap
1050		
1100		
1150		
1200		
1250		
1300		
1350		
1400		
1450		
1500		
1550		
1600		
1650		
1700		
1750		
1800		
1850		
1900		
1950		
2000		

	cum	lap
2050		
2100		
2150		
2200		
2250		
2300		
2350		
2400		
2450		
2500		
2550		
2600		
2650		
2700		
2750		
2800		
2850		
2900		
2950		
3000		

USMS rules require a time to be recorded every 50 yards. You must record the cumulative (cum) time for each 50 yards and may record the lap split (lap) time as well. Record cum times to the nearest tenth of a second and record the final cumulative time at 3000 yards to the nearest 100th of a second.

A complete individual entry includes:

1. Completed entry form with all cum splits and all three signatures.
 2. Check or money order (US funds) for \$8.00 entry fee plus \$12.00 per shirt ordered. Made out to GMSC.
 3. Copy of 1995 USMS (or other national) Registration Card.
- Only complete entries will be accepted.

1st T-shirt Size S M L XL XXL
2nd T-shirt Size S M L XL XXL
Circle Sizes

Individual Fee Calculation

Individual entry fee \$10.00
T-shirts @ \$12 each + _____
Total = _____

Mail complete entries to:

Kris Wingenroth
Rice Athletics - MS 548
6100 Main Street
Houston TX 77005-1892

Entries must be US postmarked in the 50 states by Dec. 9, 1995 or received at this address by Dec. 15, 1995