

1996 USMS Long Distance

3000 Yard Postal

National Championship

September 1 – November 30, 1996

Sponsored by Davis Aquatics Masters

Sanctioned by Pacific Masters Swimming Inc.

RESULTS

USMS 3,000 Postal Championship 1996 Results

Women 19-24

Record: Kira Dale

1. Kira Dale	24
2. Rachel White	23
3. Sondra Uesugi	22
4. Norren Sullivan	21
5. Joan Chevk	19

Women 25-29

Record: Rebecca Fenson

1. Ann Hill	27
2. Samantha Royer	26
3. Mia Costello	28
4. Ann Speed	25
5. Janet Rumble	28
6. Liz Hebert	29
7. Renee Paige	27
8. Cliona Beaulieu	29
9. Kim Tait	25

Women 30-34

Record: Lisa Hazen

1. Marcia Cleveland	32
2. Laura Burtch	33
3. Leslie Stanley	34
4. Julie Langston	34
5. Andrea Weisman	32
6. Martha Hoopes	31

Women 35-39

Record: Margee Curran

1. Margee Curran	35
2. Marguerite Meyer	37
3. Simone Lapay	36
4. Nancy Rose	35
5. Wendy Pratt	36
6. Kerri Culbertson	37
7. Lisa Wilson	35
8. Nancy Wright	35
9. Kristine Harvey	38
10. Gwen Shonkwiler	38
11. Debra Stolt-Krichko	35
12. Rita Caldon	37
13. Ellen Young	36

Women 40-44

Record: Danielle Ogier

1. Danielle Ogier	44
2. Cathy West	42
3. Joanne Wainwright	41
4. Ann Slavin	42
5. Susan Wilkinson-Megaw	43
6. Cassandra Garry	41
7. Marnelle Gleason	42
8. Jamie Stein-Muzio	43
9. Catherine Schieve	40
10. Amy Petrusa	43
11. Mary Mauel	43

Women 45-49

Record: Barbara Dunbar

96	34:00.29
SAW	34:00.29
DAM	45:54.99
DAM	46:25.99
CONN	51:22.99
CRAW	53:40.72

Women 50-54

Record: Sally Ann Dillon

95	37:10.99
CRAW	38:39.06
AKMS	39:27.99
AKMS	38:44.38
CRAW	42:23.47
AKMS	43:39.69
CRAW	45:28.42
DAM	46:25.99
CONN	54:16.99
CONN	61:30.99

Women 55-59

Record: Susan Munn

96	44:05.99
DAM	44:05.99
SDSM	45:05.52
DAM	54:15.99
AKMS	68:54.99

Women 60-64

Record: Bevery Myers

96	50:08.80
MICH	50:08.80
SCC	50:24.62*

Women 65-69

Record: Gail Roper

96	49:01.11
UNAT	49:01.11
PNA	62:08.39

Women 70-74

Record: Margery Meyer

96	52:58.61
TOC	52:58.61
MICH	55:17.65

* Denotes foreign swimmer

For comments, errors, or problems contact:

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USMS 3,000 Postal Championship 1996 Results

Men 19-24

Record: Marco Campagna
1. Garth Rosengen 24

Men 25-29

Record: Chip Hobson
1. Chip Hobson 29
2. Dave Guitierrez 25

Men 30-34

Record: Jeff Erwin
1. Jeff Erwin 31
2. Todd Clark 31
3. Michael Collins 30
4. Mark Swanlund 32
5. Eric Nordlund 32
6. Greg Recanzone 34
7. Steve Snyder 32
8. Stefan Orlando 30
9. Dave Walaby 34

Men 35-39

Record: David Santos
1. David Santos 37
2. Scott Rabalais 38
3. David Brancamp 35
4. Greg Johnson 39
5. Alan Rowland 39
6. David Boudreau 38
7. Jeff King 39
8. Alan Braaten 38
9. David Bart 36
10. Al Boudreau 38

Men 40-44

Record: Larry Wood
1. Larry Wood 42
2. Scott Harris 43
3. Frank Thompson 44
4. Mike Ryder 42
5. Bill Garrett 44
6. Peter Schouweiler 41
7. Bill Reeder 43
8. Brian Quinn 40
9. Jerry Dreer 43

Men 45-49

Record: Keith Bell
1. Steve Johnson 48
2. William Cerny 48
3. Andrew McPherson 49
4. Steve Lintz 46
5. Doug Nelson 48
6. Steven Porter 45
7. Thomas Moyer 48
8. Scott Bartelson 46
9. Jeff Ruda 49

Men 50-54

Record: John Selmer
1. John Selmer 51
2. Paul Herbert 50
3. Barry Dooley 52
4. Vinve Herring 52
5. Donald Kroeger 53
6. Jay Ryno 50
7. Daniel Hunting 51
8. Ed Holsten 52

Men 55-59

Record: Lee Fitzhugh
1. Lee Fitzhugh 58
2. Kent Price 58
3. Ernie Leskovitz 59
4. Robert Norris 58
5. John Trainer 59
6. Robert Loo 59

Men 60-64

Record: Graham Johnson
1. George Brunstad 62
2. Emory Haworth 60
3. Dick Cooke 60

Record: Graham Johnson
1. Graham Johnson 65

Men 65-69

Record: Robert Blake
1. Robert Blake 71
2. Harold Fralich 73
3. T.R. Johnson 74

Men 70-74

Record: Ray Taft
1. Tony Vitale 75

Men 75-79

Record: Doc Schofield
1. George Hale 80

Men 80-84

Record: Keith Bell
1. Steve Johnson 48
2. William Cerny 48
3. Andrew McPherson 49
4. Steve Lintz 46
5. Doug Nelson 48
6. Steven Porter 45
7. Thomas Moyer 48
8. Scott Bartelson 46
9. Jeff Ruda 49

96 37:50.11
RINC 37:50.11
CRAW 38:52.50
LAM 41:11.24
MINN 41:49.50
MICH 42:33.63
MICH 43:45.76
SDSM 44:20.61
AKMS 44:34.11

96 41:05.99
DAM 41:05.99
SCSC 41:39.74
GOLD 42:28.99
DAM 43:41.99
MCMS 49:46.19
UNAT 66:11.99

95 38:46.49
CONN 40:16.11
DAM 43:32.99
SAW 50:02.99

96 37:16.16
DADS 37:16.16

96 48:24.23
SLAM 48:24.23
MESC 71:13.20
NEWP 83:08.99

95 47:52.73
CRAW 61:30.07

95 62:46.25
AKMS 71:45.02

* Denotes foreign swimmer

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Page 2

USMS 3,000 Postal Championship 1996 Results

TEAM RESULTS

Women

19+

Record: Sierra Nevada	95	1:57:58.35
1. Davis Aquatic Masters	DAM	2:14:06.97
Rachel White	23	45:54.99
Martha Hoopes	31	42:30.99
Marnelle Gleason	42	45:40.99

25+

Record: Davis	96	1:57:22.97
1. Davis Aquatic Masters	DAM	1:57:22.97
Julie Langston	34	40:07.99
Nancy Wright	35	39:55.99
Cathy West	42	37:20.99

2. Alaska Masters	AKMS	1:57:35.77
Samantha Royer	26	39:27.99
Mia Costello	28	38:44.38
Joanne Wainwright	41	39:23.40

35+

Record: Davis	96	1:58:05.97
1. Davis Aquatic Masters	DAM	1:56:22.97
Wendy Pratt	36	36:05.99
Ann Slavin	42	40:20.99
Kristine Harvey	38	41:40.99

2. Sierra Nevada Masters	SNM	2:00:54.21
Nancy Rose	35	35:47.89
Sally Dillon	50	42:17.57
Gwen Shonkwiler	38	42:48.75

45+

Record: Michigan Masters	96	2:32:59.42
1. Michigan Masters	MICH	2:32:59.42
Beverly Myers	61	50:08.80
Lois Nochman	72	55:17.65
Fredericka Rapp	52	47:32.97

Men

19+

Record: Davis	96	1:44:09.37
1. Davis Aquatic Masters	DAM	1:44:09.37
Garth Rosengen	24	35:52.99
Michael Collins	30	32:47.39
Scott Harris	43	35:28.99

25+

Record: Sierra Nevada	96	1:42:58.91
1. Sierra Nevada Masters	SNM	1:42:58.91
Chip Hobson	29	31:57.00
David Brancamp	35	34:14.38
Mike Ryder	42	36:47.53

2. Michigan Masters	MICH	1:54:33.70
Eric Nordlund	32	35:53.67
Frank Thompson	44	36:00.42
Thomas Moyer	48	42:39.61

35+

Record: Texas Aquatics	95	1:43:10.99
1. Davis Aquatic Masters	DAM	1:49:00.97
Greg Johnson	39	35:08.99
Alan Rowland	39	36:05.99
Jeff King	39	37:45.99

2. Sierra Nevada Masters	SNM	1:58:03.96
Peter Schouwiler	41	38:26.77
Bill Reeder	43	40:37.82
Steve Lintz	46	38:59.37

3. Michigan Masters	MICH	2:02:25.79
Frank Thompson	44	36:00.42
Thomas Moyer	48	42:39.61
Jay Ryno	50	43:45.76

45+

Record: Davis	96	2:04:53.97
1. Davis Aquatic Masters	DAM	2:04:53.97
Andy McPherson	49	37:15.99
Doug Nelson		42:15.99
Jeff Ruda	49	45:22.99

2. Michigan Masters	MICH	2:08:59.00
Donald Kroeger	53	42:33.63
Thomas Moyer	48	42:39.61
Jay Ryno	50	43:45.76

55+

Record: Davis	96	2:08:20.97
1. Davis Aquatic Masters	DAM	2:08:20.97
Lee Fitzhugh	58	41:05.99
Robert Norris	58	43:41.99
Emory Haworth	60	43:32.99

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USMS 3,000 Postal Championship 1996 Results

Mixed

19+

Record: Davis 96 1:44:45.37

1. Davis Aquatic Masters	DAM	1:44:45.37
Garth Rosengen	24	35:52.99
Michael Collins	30	32:47.39
Wendy Pratt	36	36:05.99

25+

Record: Sierra Nevada 96 1:41:49.27

1. Sierra Nevada Masters	SNM	1:41:49.27
Chip Hobson	29	31:57.00
David Brancamp	35	34:14.38
Nancy Rose	35	35:47.89

2. Michigan Masters	MICH	2:12:46.21
Eric Nordlund	32	35:53.67
Cassandra Garry	41	45:12.34
Frank Thompson	44	36:00.42

35+

Record: Davis 96 1:48:35.97

1. Davis Aquatic Masters	DAM	1:48:35.97
Greg Johnson	39	35:08.99
Alan Rowland	39	36:05.99
Cathy West	42	37:20.99

2. Sierra Nevada Masters A	SNM	1:57:31.87
Peter Schouwiler	41	38:26.77
Mike Ryder	42	36:47.53
Sally Dillon	50	42:17.57

3. Sierra Nevada Masters B	SNM	2:02:25.94
Gwen Shonkwiler	38	42:48.75
Bill Reeder	43	40:37.82
Steve Lintz	46	38:59.37

4. Michigan Masters	MICH	2:03:46.39
Cassandra Garry	41	45:12.34
Frank Thompson	44	36:00.42
Donald Kroeger	53	42:33.63

45+

Record: Davis 96 2:03:37.97

1. Davis Aquatic Masters	DAM	2:03:37.97
Andy McPherson	49	37:15.99
Doug Nelson	48	42:15.99
Susan Munn	58	44:05.99

2. Michigan Masters	MICH	2:12:46.21
Donald Kroeger	53	42:33.63
Thomas Moyer	48	42:39.61
Fredericka Rapp	52	47:32.97

55+

Record: Davis 96 2:18:54.97

1. Davis Aquatic Masters	DAM	2:18:54.97
Lee Fitzhugh	58	41:05.99
Emory Haworth	60	43:32.99
Lorna Belden	56	54:15.99

1996 Statistics

Individual Entries

Female	64
Male	63
Total	127

Team Entries

Female Teams	6
Male Teams	9
Mixed Teams	10
Total Teams	25

Records Set

Female	7
Male	7
Teams	12
Total	26

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1996 USMS Long Distance 3000 yd Postal Championship
September 1 — November 30, 1996
 Sponsored by Davis Aquatic Masters
 Sanctioned by Pacific Masters Swimming Inc. for USMS Inc.
 SANCTION #:38-96-26

EVENT

The Individual 3000 yard (25 yds. x 120 lengths) swim is a USMS National 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: **Davis Aquatic Masters.**

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.

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.

DATES & DEADLINES

The swim(s) must be completed between September 1 and November 30, 1996. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by December 6, 1996 or received no later than December 13th 1996 to be considered on-time. Fax entries will not be accepted.

COURSE

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

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

1996 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. Davis Aquatic Masters reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for your lap/split counter.

RESULTS

A complete set of results will be mailed to each entrant by January 1, 1997. To find out how you did sooner, check out the results on the Davis Aquatic Masters home page at:
<http://www.hooked.net/users/swim/clubs/dam/DAM.html>

QUESTIONS?

Michael Collins, (916) 758-7212 Tel & Fax
 email: SWIM MC@aol.com

**-----
 1996 USMS 3000 yd Postal Championship — Official Team Event Entry Form
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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. 6, 1996 or received by Dec. 13, 1996. Foreign teams must send proof of club registration.

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

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

Swum anytime from September 1 thru November 30, 1996

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 \$10.00 entry fee plus \$12.00 per shirt ordered. Made out to Davis Aquatic Masters.
3. Copy of 1996 USMS (or other national) Registration Card.

Only complete entries will be accepted.

<p>CIRCLE SIZES</p> <p>1st T-shirt Size S M L XL XXL</p> <p>2nd T-shirt Size S M L XL XXL</p>
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ENTRY FEE CALCULATION	
Individual entry fee	\$10.00
T-shirts x \$12 each	+ _____
Total = _____	

<p>MAIL ENTRIES TO:</p> <p>Michael Collins - 3,000 Postal</p> <p>P.O. Box 1366</p> <p>Davis, CA 95617</p>
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Entries must be US postmarked in the 50 states by Dec. 6, 1996 or received by Dec. 13, 1996