

1997 USMS Long Distance

3000/6000 Yard

National Postal Championships

Sponsored and Sanctioned by

Pacific Northwest Association of Masters Swimming

RESULTS

Rec'd
12/27

FROM THE USMS LONG DISTANCE COMMITTEE CHAIRMAN:

My apologies for the confusion regarding the deadline for this year's 3000/6000 Postal National Championship. The vast majority of you were aware that the deadline was changed to October 31 and submitted your entries in a timely manner. Unfortunately, the old date of November 30 was published in two significant publications; the Appendix of the USMS Rule Book and in the "Minding Masters" column in SWIM Magazine. Both of these publications were given the correct information initially but overlooked the date change and unfortunately, their material was not proofread by anyone on the Long Distance Committee. After much deliberation, it was agreed that the organizing committee would accept entries through November 30. Records achieved before the October 31 deadline were submitted to the Rule Book. Records achieved after the October 31 deadline will be in the following year's Rule Book.

The deadline was changed to October 31 to allow inclusion of the event's records in the USMS Rule Book in a timely manner. The Rule Book goes to print in November, before the previous deadline for entries. This change was discussed at length and favorably voted upon at the Annual Convention in 1996 and went into effect for the 1997 event.

Please feel free to contact me if you have any questions or concerns regarding this year's event.

Sally Ann Dillon
360-679-5038
salswmr@oakharbor.net

From the Race Director:

I want to thank everyone who competed in the 3000 or 6000 event. Nine new national records were set, 4 in the 3000 and 5 in the 6000. We had 26 teams and 85 individuals swimming this year. On behalf of the Pacific Northwest Association of Masters Swimmers and USMS, congratulations to all the 3000/6000 swimmers.

Sincerely,

Gary Maynard and the Pacific Northwest Association of Masters Swimmers

P.S. Because of the mixup, I am sending the results out without the awards or T-shirts. Awards and T-shirts will be sent out at a later date.

WOMEN'S RESULTS - 3000				MEN'S RESULTS - 3000			
Name	Age	Club	Time	Name	Age	Club	Time
25-29				25-29			
Mia Costello	29	AKMS	37:57.34	Mike Grimm	28	PRO	41:44.03
Janet Rumble	29	AKMS	42:05.60	Terrance Spies	28	PRO	50:17.84
Julie Lovan	27	PRO	55:16.34	30-34			
30-34				Andrew Lovan	31	PRO	36:09.09
Patricia Sepultado	33	DAM	35:55.00	Roger Hall	30	CRAW	48:39.99
Karen Sadler	34	BRAT	36:51.57	35-39			
Leah Davis	30	AKMS	48:24.07	Scott Rabalais	39	CRAW	32:40.02
35-39				David Brancamp	35	SNM	34:40.62
Margee Curran	36	WCM	34:26.80	Jim Matysek	37	NIAG	36:11.73
Robyn Masters	38	UTAH	34:36.01	Eric Dybdahl	36	PNA	40:35.16
Carol McCaig	35	PRO	44:59.00	Al Boudreaux	39	CRAW	43:14.07
Sandie Garcia	39	TERA	50:25.00	40-44			
Tamira Potdevin	37	AKMS	57:28.76	Larry Wood	43	TTEX	33:39.33
Masha Schricker	38	UTAH	59:51.24	Kerry O'Brien	40	WCM	34:06.39
40-44				Ned Maggiora	41	SDSM	34:44.87
Sandy Neilson-Bell	41	TTEX	37:29.05	Hugh Moore	43	PNA	39:47.80
Karlene Wise	44	TTEX	38:33.98	45-49			
Deborah Walker	44	PRO	42:27.31	Frank Thompson	45	MICH	34:26.31
Coral Bernier	42	PNA	43:18.37	Keith Bell	49	TTEX	34:59.82
Linda Sullivan	41	PNA	46:51.51	John Shrum	48	VMST	39:42.00
45-49				Tom Riley	46	HMSW	40:32.89
Barbara Dunbar	48	SDSM	37:15.92	Thomas Moyer	49	MICH	42:03.61
Shirley Loftus	45	VMST	38:21.01	Rand Lewman	46	SNM	48:00.03
Denise Everitt	45	NIAG	38:37.49	50-54			
Karen Tukua	47	TERA	46:49.00	Paul Hebert	51	CRAW	38:56.42
Val Berry	45	DAM	48:24.00	Donald Kroeger	53	MICH	43:01.58
Jane Moore	46	PNA	52:45.96	Patrick Sullivan	50	PNA	46:49.85
Jane Erickson	48	UTAH	1:07:38.03	Alan Davis	51	AKMS	50:04.20
50-54				Gerry Plunkett	51	PRO	52:52.26
Sally Dillon	51	SNM	42:24.61	Dan DeRussy	54	SPM	53:33.00
Kay Turner	50	NIAG	48:39.93	55-59			
Sarah Welch	50	PNA	50:13.00	Billy Sulzby	55	UNAT	43:06.09
Fredericka Rapp	53	MICH	50:34.43	Arthur Hale	55	SCAQ	53:17.21
Theresa Wistrom	53	HMSW	56:20.90	60-64			
Jeanette Vallandigham	51	PNA	59:06.01	George Brunstad	63	CONN	42:42.84
Arlene Weyman	52	NIAG	1:00:40.63	Konrad Euler	61	SPM	47:31.20
Natalie Bradford	50	AKMS	1:09:35.30	Ray Garra	63	UNAT	59:26.00
55-59				Ralph Perry	64	SPM	1:03:58.00
Sandra Kindon	58	NIAG	49:47.40	65-69			
60-64				Graham Johnston	66	DADS	39:01.27
Betsy Jordan	60	SDSM	45:11.56	Ralph Perry	65	SPM	1:03:14.00
Kate Knight-Perry	62	SPM	51:49.00	Ned Allen	66	SPM	1:06:52.00
65-69				75-79			
Gail Roper	68	HMSW	48:44.10	Richard Smith	77	SAC	52:34.00
Ann Dallam	66	SDSM	56:50.87	T.R. Johnson	75	NBMS	1:20:53.49
Mary Lou Mitchell	66	SPM	1:00:50.00				
Mary Boaz	68	SPM	1:25:32.00				
75-79							
Sue Marvel	77	NIAG	1:00:32.94				

WOMEN'S RESULTS - 6000				MEN'S RESULTS - 6000			
Name	Age	Club	Time	Name	Age	Club	Time
40-44				40-44			
Karlene Wise	44	TTEX	1:18:25.69	Neil Wasserman	41	GOST	1:09:30.30
50-54				40-49			
Fredricka Rapp	53	SPM	1:45:48.82	Larry Wood	43	TTEX	1:09:32.65
60-64				45-49			
Kate Knight-Perry	62	SPM	1:53:58.00	Frank Thompson	45	MICH	1:10:17.21
Barbara Osofsky	60	RUBA	2:04:37.71	Keith Bell	49	TTEX	1:11:33.93
65-69				45-49			
Mary Boaz	68	SPM	3:07:32.00	Bruce Fisher	48	DCM	1:17:26.83
				Rob Bastien	45	CVM	1:18:14.37
				Fritz Simonson	46	CRAW	1:27:37.79
				Thomas Moyer	49	MICH	1:28:06.19
New 3000 Records				50-54			
Betsy Jordan	60	SDSM	45:11.56	Donald Kroeger	53	MICH	1:31:31.00
Gail Roper	68	HMSW	48:44.10	55-59			
Sue Marvel	77	NIAG	1:00:32.94	Robert Williams	55	SDSM	1:15:22.60
Robert Williams (3000 split)	55	SDSM	36:48.41	Steve Thrasher	56	PNA	1:22:10.56
				Billy Sulzby	55	UNAT	1:29:55.94
New 6000 Records				50-54			
Kate Knight-Perry	62	SPM	1:53:58.99	Arthur Hale	55	SCAQ	1:48:56.62
Neil Wasserman	41	GOST	1:09:30.03	60-64			
Robert Williams	55	SDSM	1:15:22.60	George Brunstad	63	CONN	1:27:34.88
Graham Johnston	66	DADS	1:18:14.25	Konrad Euler	61	SPM	1:36:48.00
T.R. Johnson	75	NBMS	2:49:20.06	65-69			
				Graham Johnston	66	DADS	1:18:14.25
				Tom Taylor	66	PNA	1:33:12.48
				Ned Allen	66	SPM	2:28:04.00
				75-79			
				T.R. Johnson	75	NBMS	2:49:20.06

3000 RELAY		
Relay Team	Club	Time
35+ Mixed		
Larry Wood, Keith Bell, Sandy Neilson-Bell	Team Texas	1:46:08.20
45+ Women		
Denise Everitt, Kay Turner, Sandy Kingdon	Niagara Masters	2:16:54.82
Ann Dallam, Betsy Jordan, Barbara Dunbar	San Diego Swim Masters	2:19:18.35
45+ Men		
Donald Kroeger, Thomas Moyer, Frank Thompson	Michigan Masters	1:59:30.50
45+ Mixed		
Donald Kroeger, Thomas Moyer, Fredericka Rapp	Michigan Masters	2:15:39.62
55+ Women		
Mary Boaz, Mary Lou Mitchell, Kate Knight-Perry	St. Petersburg Masters	3:18:13.97
55+ Men		
Ned Allen, Ralph Perry, Konrad Euler	St. Petersburg Masters	2:57:39.97-18
55+ Mixed		
Ralph Perry, Kate Knight-Perry, Konrad Euler	St. Petersburg Masters	2:43:20.97-18
65+ Mixed		
Mary Boaz, Mary Lou Mitchell, Ralph Perry	St. Petersburg Masters	3:29:38.97
6000 RELAY		
Relay Team	Club	Time
35+ Mixed		
Keith Bell, Karlene Wise, Larry Wood	Team Texas	3:39:32.27
45+ Men		
Donald Kroeger, Thomas Moyer, Frank Thompson	Michigan Masters	4:09:54.40
45+ Mixed		
Donald Kroeger, Thomas Moyer, Fredericka Rapp	Michigan Masters	4:45:26.01-OK
55+ Mixed		
Mary Boaz, Kate Knight-Perry, Konrad Euler	St. Petersburg Masters	6:38:20.97

* missed Rule book

✓ R
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-18
-18

4:45:26.01 - OK

TEAM RESULTS - 3000/6000		
Team	Points	Place
St. Pete Masters	112	1
Team Texas	69	2
Pacific Northwest Aquatics	68	3
Michigan Masters	59	4
PRO Sports Club	59	4
Niagara Masters	50	6
San Diego Swim Masters	49	
Alaska Masters Swimming	42	
Crawfish Masters	42	
Healdsburg Masters Swimming	23	
Conneticut Masters	22	
Dad's Club Masters YMCA	22	
Sierra Nevada Masters	21	
Newport Bay Masters Swimming	20	
Walnut Creek Masters	20	
Virginia Masters Swim Team	20	
Utah Masters	17	
Davis Aquatic Masters	16	
Southern California Aquatic Masters	14	
Terrapin Masters	13	
Greater Ohio Swim Team	11	
Sacramento Masters	11	
Bob Ruth Aquatic Team	9	
Rutgers U/Berkeley Aquatics Masters	9	
DC Masters	8	
Carson Valley Masters	7	

1997 USMS Long Distance 3000/6000 Yard National Postal Championship

Official Event Information

Sponsored and Sanctioned by Pacific Northwest Association of Masters Swimmers (PNA)
for USMS, Inc. Sanction # 973610

Event & Venue

Individual 3000 yard (120 lengths) and 6000 yard (240 lengths) National Postal Championships. The team relay events are also National Championship events. The swim may take place in any 25 yard pool.

Dates & Deadlines

The swim must be completed between September 1 and October 31, 1997. Entries must be postmarked by midnight November 9, 1997 or in the Meet Director's hands no later than November 15, 1997 to be considered on-time. Only complete applications will be accepted (FAX entries will not be accepted).

Eligibility

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each participant must be registered with USMS for 1997 or a similar body in his/her own country. A copy of your 1997 USMS (or foreign national) registration card must accompany your entry. A participant may swim the event as often as desired, but may submit only one individual entry per age group. Participants who change age groups during the event may enter twice, but must swim the event twice, complete two separate entries and send in two entry fees.

Individual Event

Men and women will compete separately as individuals in the following age groups: 19-24, 25-29, ..., 100-104. The swimmer's age on the day they swim the individual event will be used to determine the age group for both the individual and team events.

Team Relay Event

Two types of relays will be contested: (1) a three-swimmer same sex relay, and (2) a mixed three-person relay (two women and one man or two men and one woman). The cumulative time for the individual swims by each team member will be the team relay time. The age of the youngest member of the team determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each team member must also have entered the individual event. All team members must be registered with the same club. Unattached teams are not permitted.

Rules

Current USMS rules will govern the conduct of the competition. Drafting, flotation and propulsive devices (fins, pull buoys,

paddles, wet suits, etc.) are not allowed. A Starter/Referee/Official must be present. For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 or 6000 yards. Participant, recorder and official must sign the Official Entry Form. A 3000 split in the 6000 event may be submitted for a record but will not be accepted as a "separate entry" for the 3000. Events must be swum separately.

Fees

Individual entry fees are \$10.00 in US funds per participant. Relay entry fees are US \$12.00 per relay. Check or money orders only, please do not send cash. All fees are non-refundable.

Awards

USMS championship patches will be awarded to each first place finisher. USMS championship medals will be awarded to the top six individuals (by age group and sex) and top three relay teams (in each age division and sex - women, men and mixed).

Club Event

Each club will automatically be entered into the club event. The top 6 clubs will receive a club award based on the overall combined placing of its individual members. Points will be awarded to individuals based on finishing place (11 points for first, 9 for second, 8 for third and so on). Points will be totalled with the combined club point total determining the winners.

T-Shirts

A 1997 USMS 3000/6000 National Postal Championship t-shirt is available at a cost of US \$12.00. Foreign entrants please send an additional \$5.00 to cover the cost of postage.

Results

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

Information

Make checks payable to PNA and mail to: 3000/6000 National Postal Championship, c/o Gary Maynard - Meet Director, 13818 SE 7th Street, Bellevue, WA 98005. International entrants, please submit US funds via international money order or bank check drawn on a bank with US affiliation. Questions? Call Gary Maynard at (206) 641-7435 or E-mail at:

maynard@parametrix.com

maynard@accessone.com

1997 USMS 3000/6000 Yard National Postal Championship - Official Relay Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one entry form per relay team. Attach individual entry forms (or photocopies) to this form and include the \$12.00 team entry fee. All members of the team must be entered in the individual event. All entries must be postmarked by November 9, 1997 or received by November 15, 1997. Foreign teams must send proof of club registration. Relay teams consist of Women, Men or Mixed (two women and one man or two men and one woman).

Team Name: _____

Club: _____

Swimmers: _____

Times: _____

Cumulative Team Time: _____

1997 USMS Long Distance 3000/6000 Yard National Postal Championship - Individual Entry Form

Swim may take place anytime from September 1 through October 31, 1997

Name _____ Sex _____ Age _____ DOB _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 Registration # (USMS #) _____ Official's Signature _____ Date _____
 Club _____ Recorder's Signature _____ Date _____

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, Inc.

Competitor's Signature _____

Date _____

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

Entries must be postmarked in the 50 states by November 9, 1997 or received by November 15, 1997

USMS rules require a time to be recorded for every 50 yards. You must record the cumulative time for each 50 yards and may record the lap or split time as well.

Record cumulative times to the nearest tenth of a second and record the final cumulative time to the nearest 100th of a second.

A Complete Entry Includes:

- 1) Complete entry form with all cum splits and three signatures.
- 2) Check or money order for US \$10 made out to PNA.
- 3) Copy of 1997 USMS (or foreign national) registration.

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

Mail Entries To: Gary Maynard
 13818 SE 7th Street
 Bellevue, WA 98005

Individual Fee Calculation

Individual Entry Fee \$10.00
 T-shirts @ \$12 each + _____
 Total = _____

as per USMS Rule 305.1.4 - returning entry