

1991 Long Distance

**10K National Postal Championship
&
5K Postal Swim**

May 15 – September 30, 1991

**Sponsored by: St. Louis Masters Swim Team
Sanctioned By: Ozark LMSC**

RESULTS

Women 19 - 24

Record: S. Bella Browstein 09/30/88 2:25:23.15
1. Betsy Nagle 22 ARIZ 2:41:04.96

Women 25 - 29

Record: S. Blaha 09/30/85 2:22:40.00
1. Christine Chichester 28 DAM 2:26:31.99
2. Christia Dieckmann 27 AQT 2:30:33.99
3. Julia Wallace 27 SMMH 2:37:01.99
4. Mary F Kyle 28 SPM 2:52:22.59
5. Carol T Banks 29 ARIZ 3:00:14.82

Women 30 - 34

Record: Patricia Mattson 09/30/85 2:17:19.08
1. Leslie L Cooper 31 SLAM 2:27:07.90
2. Leslie Henshaw 32 TULS 2:29:36.05
3. Carole Funk 31 ARIZ 2:41:16.99
4. Melissa Beaty 33 DAM 2:41:39.99
5. Sharon E Mayo 34 MOVY 2:52:49.99
6. Terri Horn 31 TEXS 2:58:43.23
7. Vicky Sanderg 34 MINN 3:00:01.53
8. Kathy L Keefer-Sharpe 32 OKMS 3:08:36.15

Women 35 - 39

Record: Patricia Mattson 09/30/88 2:16:22.59
1. Karlene Trebesiner 37 LONG 2:34:40.99
2. Joanne E Bowser 37 OHIO 2:40:05.09
3. Anita Cristil Dinwiddie 37 GKMS 2:41:17.99
4. Anita A Allen 37 CSM 2:52:14.99
5. Christine Parsons 38 QSM 3:30:01.99*

Women 40 - 44

Record: Suzanne Rague 09/09/90 2:48:08.89
1. Katherine Watson 43 IHAQ 3:04:26.20

Women 45 - 49

Record: L. B. Weir 09/30/86 2:47:07.36
1. Jen Thomasson 47 BSM 2:43:06.94*
2. Pat Maley 48 CPMH 2:49:53.93
3. Mary O Cheng 48 MOVY 2:58:40.99
4. Janit P Romayko 46 CONN 3:51:59.99

Women 50 - 54

Record: Helen Buss 06/23/90 2:47:12.49
1. Jeanne Little 54 NEWP 3:26:00.99
2. Patricia Durham 53 SMMH 3:32:00.99
3. Char E Ernststein 53 ARIZ 3:41:58.46
4. Josie D Reuter 50 ARIZ 3:53:31.86
5. Edna B Spring 53 ARIZ 4:32:32.99

Women 55 - 59

Record: Clarine Anderson 09/14/91 3:20:47.99
1. Clarine C Anderson 56 LAM 3:20:47.99

Women 60 - 64

Record: Ruth Manfredi 09/30/86 3:58:01.00
No Swimmers Entered

Women 65 - 69

Record: Ruth Manfredi 09/30/89 3:58:55.00
No Swimmers Entered

Women 70 - 74

Record: Rose Steward 09/30/88 4:54:25.78
No Swimmers Entered

Women 75 - 79

Record: Ivy Brown 09/19/90 4:19:19.99
No Swimmers Entered

Women 80 - 84

Record: None
No Swimmers Entered

Women 85 - 89

Record: None
No Swimmers Entered

Women 90 - 94

Record: None
No Swimmers Entered

Women 95 and over

Record: None
No Swimmers Entered

Men 19 - 24

Record: Michael Collins 07/12/90 2:15:24.99
1. Craig M Paradee 22 TEX 2:26:39.38
2. Bruce E Smith 23 STAN 2:35:13.99

Men 25 - 29

Record: Mike Volk 09/30/89 2:04:50.00
1. Robert Hudek 28 LONE 2:09:53.18
2. Horace T Holcomb 25 AQT 2:20:17.00
3. Scott Johnson 28 TEX 2:27:29.83
4. Dana C Wiele 29 SLAM 2:35:23.02
5. Joe Morrissey 27 STAN 2:50:56.20

Men 30 - 34

Record: S. Breiter 09/30/87 2:08:13.89
1. Thomas J Monica 33 STAN 2:17:22.99
2. Wayde E Hulhern 32 MINN 2:25:45.94
3. Joel Anderson 31 UH20 2:43:21.99
4. George L Dinwiddie 32 GKMS 2:53:08.99
5. Phil Van Law 33 AURN 3:15:15.09
6. Carlos Orozco 33 QSM 3:37:28.93*
7. Mark A Chellsen 32 RHM 3:37:40.99
8. Ian Wakeling 31 QSM 3:39:34.99*
9. David Tuffley 34 BSM 3:50:38.07*

Men 35 - 39

Record: Jim McConica 09/30/88 2:07:09.01
1. Steven T Sheehan 38 TEX 2:43:08.99
2. Walter Moore 37 STAN 3:29:29.03
3. Jim Edwards 39 MOVY 3:32:14.99
4. Allen F Kossoy 38 MOVY 4:18:03.99

Men 40 - 44

Record: Keith Bell 09/30/89 2:17:40.29
1. Frank McIntyre 40 LONE 2:17:58.86
2. Louis A Banks 44 ARIZ 2:27:17.57
3. Peter Emery 42 SUNC 2:28:12.35*
4. Skip Arnim 41 UH20 2:47:32.99
5. William C Westcott 43 ARIZ 3:02:20.14
6. Edward G Hoch 43 RHM 3:02:30.99
7. Bob Popp 44 MOB 3:06:53.24

Men 45 - 49

Record: Phil Hengen 08/26/91 2:31:50.00
1. Phil Hengen 47 CPMH 2:31:50.00
2. Bob L Jones 48 ARIZ 2:52:59.99
3. Vince Herring 48 MINN 3:01:27.01
4. Richard A Civiok 48 ARIZ 3:22:23.46
5. Robert G Lucas 48 MACK 3:57:39.63

Men 50 - 54

Record: B. Jones 09/30/85 2:31:06.00
1. Kent M Price 53 LAM 2:44:50.09
2. J. Sid Cotner 54 ARIZ 3:49:24.43

Men 55 - 59

Record: R. Beach 09/30/85 2:44:46.26
1. Frank E Reynolds 59 HBSC 2:57:14.99
2. Ron Richards 55 QSM 3:08:23.36*
3. Thomas J Hetzel 55 CCH 3:12:53.99
4. Douglas S Fletcher 58 NEWP 3:25:22.99
5. Richard E Cooke 55 SAW 3:31:12.99

Men 60 - 64

Record: Bob Beach 08/26/90 2:58:24.99
1. Edward P Allen 61 SPM 3:49:35.36
2. Harry E Hauck 62 UNAT 4:42:18.99*

Men 65 - 69

Record: A. Darosa 09/30/85 2:58:08.83
1. James K Edwards 68 NEM 3:30:06.00
2. Robert S Blake 66 SLAM 3:34:55.99
3. Donald E Libby 67 AQT 3:44:18.99

Men 70 - 74

Record: H. Howe 09/30/84 2:57:58.03
1. Harry Redpath 72 BSM 4:41:15.43*

Men 75 - 79

Record: None

No Swimmers Entered

Men 80 - 84

Record: None

No Swimmers Entered

Men 85 - 89

Record: None

No Swimmers Entered

Men 90 - 94

Record: None

No Swimmers Entered

Men 95 and over

Record: None

No Swimmers Entered

* denotes foreign swimmer

Women 19 - 24	Women 80 - 84	Men 60 - 64
Meet Record: Cindy Lampman 08/24/91 1:16:57.19	Meet Record: None	Meet Record: Bob Beach 09/22/91 1:30:12.29
1. Cindy Lampman 23 SLAM 1:16:57.19	No Swimmers Entered	1. Bob E Beach 61 SPM 1:30:12.29
		2. William C Cannon 61 SLAM 1:41:02.99
Women 25 - 29	Women 85 - 89	Men 65 - 69
Meet Record: Cindy Eckenrode 08/24/91 1:18:11.44	Meet Record: None	Meet Record: Jim D Bozzell 09/30/90 2:27:20.99
1. Cindy Eckenrode 29 SLAM 1:18:11.44	No Swimmers Entered	1. T R Johnson 69 NEWP 2:35:19.09
2. Jamelle Packett 27 BSM 1:25:48.98*		
3. Lisa M Sartori 26 ARIZ 1:31:03.56		
Women 30 - 34	Women 90 - 94	Men 70 - 74
Meet Record: Susan Richmond 08/24/91 1:22:07.99	Meet Record: None	Meet Record: George E Hale 09/30/90 2:15:35.99
1. Susan Richmond 30 SLAM 1:22:07.99	No Swimmers Entered	No Swimmers Entered
2. Cathy A Shave 30 ARIZ 1:38:56.01		
3. Angela Tuffley 33 BSM 1:59:53.21*	Women 95 and over	Men 75 - 79
4. Vikki A Spritz 33 ARIZ 2:19:29.69	Meet Record: None	Meet Record: John D Johnston 09/22/91 1:55:08.71
	No Swimmers Entered	1. John D Johnston 75 SPM 1:51:08.71
Women 35 - 39	Men 19 - 24	Men 80 - 84
Meet Record: Barbara Lancaster 09/15/91 1:26:45.14	Meet Record: None	Meet Record: None
1. Barbara A Lancaster 37 ARIZ 1:26:45.41	No Swimmers Entered	No Swimmers Entered
2. Theresa Bradford 36 SLAM 1:28:39.31		
Women 40 - 44	Men 25 - 29	Men 85 - 89
Meet Record: Pam Olson 09/30/90 1:32:49.99	Meet Record: Michael Collins 07/11/91 1:05:37.99	Meet Record: None
No Swimmers Entered	1. Michael D Collins 25 DAM 1:05:37.99	No Swimmers Entered
	2. Tom Lombardo 25 SLAM 1:10:25.97	
Women 45 - 49	3. Dana C Wiele 29 SLAM 1:16:50.99	Men 90 - 94
Meet Record: Roswita D Norris 07/11/91 1:56:26.99	4. Craig Bogacki 29 SLAM 1:27:15.99	Meet Record: None
1. Roswita D Norris 48 DAM 1:56:26.99		No Swimmers Entered
Women 50 - 54	Men 30 - 34	Men 95 and over
Meet Record: J Joesting-Goodwoman 9/91 2:57:52.99	Meet Record: David Cramer 08/24/91 1:20:05.81	Meet Record: None
No Swimmers Entered	1. David A Cramer 32 SLAM 1:20:05.81	No Swimmers Entered
Women 55 - 59	Men 35 - 39	
Meet Record: None	Meet Record: Edward G Boaz 09/30/90 1:21:10.99	
No Swimmers Entered	No Swimmers Entered	
Women 60 - 64	Men 40 - 44	
Meet Record: Doris Peters 09/30/90 2:15:19.99	Meet Record: Peter Emery 09/22/91 1:09:57.64	
No Swimmers Entered	1. Peter Emery 42 SUNC 1:09:57.64*	
	2. Ken DeBeer 40 SLAM 1:41:02.51	
Women 65 - 69	3. Neil Baron 42 BSM 2:10:04.32*	
Meet Record: None	Men 45 - 49	
No Swimmers Entered	Meet Record: James H Bassarear 09/30/90 1:33:38.99	
	No Swimmers Entered	
Women 70 - 74	Men 50 - 54	
Meet Record: None	Meet Record: Rene Diezl 09/30/91 1:33:59.99	
No Swimmers Entered	No Swimmers Entered	
Women 75 - 79	Men 55 - 59	
Meet Record: None	Meet Record: Paul Brocksmith 08/24/91 2:01:56.33	
No Swimmers Entered	1. Paul E Brocksmith 59 SLAM 2:01:56.33	

Team Scoring
10/29/91

	Team Abbr	Team Name	10K	5K	Total
1.	SLAM	St. Louis Masters	15	62	77
2.	ARIZ	Arizona Masters	42	19	61
3.	BSM	Brisbane South Masters	14	13	27
4.	SPM	St. Pete Masters	10	14	24
4.	DAM	Davis Aquatics Masters	10	14	24
6.	STAN	Stanford Masters	19	0	19
7.	TEX	Texas Aquatics	18	0	18
8.	NEWP	Newport Beach Masters Swimmers	10	7	17
9.	LONE	Lone Star Masters	14	0	14
9.	LAM	Los Altos Masters	14	0	14
9.	MOVY	Missouri Valley	14	0	14
9.	AQT	Aquatex Swim Team	14	0	14
13.	SUNC	Sunshine Coast	4	7	11
13.	CPMM	Cincinnati Pepsi Marlins	11	0	11
15.	SMMM	San Mateo Master Marlins	9	0	9
15.	MINN	Minnesota Masters Swim Club	9	0	9
17.	QSM	Queensland Southside Masters	8	0	8
18.	NEM	New England Masters	7	0	7
18.	UH20	H20ouston Swims	7	0	7
18.	IHAQ	Industry Hill Aquatics	7	0	7
18.	HBSC	Huntington Beach Swim Club	7	0	7
18.	GKMS	Greate Knoxville Masters	7	0	7
18.	LONG	Longhorn Masters	7	0	7
24.	TULS	Tulsa Masters	5	0	5
24.	UNAT	Unattached	5	0	5
24.	OHIO	OHIO Masters	5	0	5
27.	CCM	Corpus Christi Masters	4	0	4
28.	CONN	Connecticut Masters	3	0	3
28.	CSM	Coral Springs Masters	3	0	3
30.	SAW	Sawtooth Masters	2	0	2
30.	AURM	Aurora Masters	2	0	2
30.	MACK	Mackay Masters	2	0	2
33.	RMM	Rocky Mountain Masters	1	0	1
33.	TEXS	Texas SwimMasters	1	0	1
35.	OKMS	Oklahoma Masters Swim Club	0	0	0
35.	MOB	Masters of Brazos	0	0	0

1991 USMS National Postal 10K Championship And 5K Swim

Sponsored by
St. Louis Master Swim Team

Events: The 1991 USMS 10 Kilometer Postal Championship and for those not yet ready for the 10K a non-championship 5 kilometer swim is also offered. Ozark LMSC sanction # 3027.

Location: Any 50 meter pool that is available to you.

When: Any time between May 15, 1991 and September 30, 1991 inclusive.

Eligibility: All USMS registered swimmers are eligible. A photocopy of your USMS card is required with your entry. Foreign swimmers are also invited to participate. Similar proof of membership is also requested. The swimmer's age group is determined by the date of the swim. Swimmers who change age groups during the event period may enter in both age groups but they must swim once in each age group. Standard USMS age groups will be used (19-24, 25-29, ...).

Awards: For the Championship 10K event, medals will be given for first, second and third place in each age group. A championship patch will be given to the winner in each age group. The top USMS finisher in each age group will become the 10K All-American.

Scoring: An unofficial club championship score will be tabulated based upon scoring the top six places in each age group. Scores will be kept for the 10K, the 5K and combined.

Entry Deadline: Entries must be **received** by October 15, 1991. Don't delay entry because you may swim the event again. If you do swim the event twice and your second time is faster, you may submit the second completed form later (please indicate that this is a second submission) and your original entry fees will still apply unless the second swim is in a new age group.

Rules: The 1991 USMS Long Distance Swimming Rules will govern the event. The 10K swim is 200 lengths of a 50 meter pool while the 5K swim is 100 lengths of a 50 meter pool. The USMS rules include a requirement that a starter/referee be present and a timer/recorder/witness count laps, record splits and final times. Drafting (circle swimming) is not permitted. Splits must be recorded every 100 meters. A sheet is provided. (Perfection is **not** required so don't worry if you miss a split.) Please refer to the USMS rule book for complete rules. All swims which, if accepted, would establish a new 10K record must be documented completely including a copy of the Application for USMS Long Distance Record (page 113 of the 1991 rule book). For the sake of the swimmer please use more than one watch. (Batteries do fail.) The participant's and witness' signatures are required on the entry form. Please record times to the hundredth of a second.

Fees: The entry fee for the 10K swim is \$6.00. The entry fee for the 5K swim is \$4.00. Do not send cash. Make fees payable to "St. Louis Masters Swim Club". Foreign entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate. For an entry receipt, enclose a self-addressed stamped postcard.

T-Shirts: A 1991 USMS Postal 10K Championship T-Shirt will be available at a cost of \$10.00. Foreign entrants please include \$2.00 postage for each shirt.

Official Entry

This must be **received** by October 15, 1991 and **accompanied** by a copy of your current USMS registration card

Name _____ Sex _____ Age _____
Address _____ Phone _____
City _____ State _____ Country _____ Zip _____
USMS # _____ Club _____ Birthdate _____

Fees: Entry fee (\$6.00 for 10K, \$4.00 for 5K) _____
Number of T-Shirts ___ x \$10.00 each _____ Sizes: S M L XL
Foreign T-Shirt Postage ___ x \$2.00 each _____
Total _____ (Payable to St. Louis Masters)

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 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, the St. Louis Area Masters Swim Club, the meet committee, or any individuals officiating at the meet or supervising such activities as a condition of my participation in Masters Swimming.

Date _____ Signature _____
I certify that on _____ (date) I swam the 10K/5K (circle one) in the above time.

Signature of swimmer

Signature of verifier

Mall Entry to: Leo Letendre, 10K Championship, 267 Glandore Dr., Manchester, MO 63021, USA
Telephone questions: Contact Leo Letendre at (314) 394-6395

Split Sheet

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7800 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

Final Time(s): (1) _____ (2) _____ (3) _____
Official Time: _____ Event: 10K ___ 5K ___ (check one, only one per sheet)

AGE GROUPS: Individual 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; and 95 and over, for both Men and Women.

TEAM EVENT: Age groups will be 19+; 25+; 35+; 45+; 55+; 65+; 75+; and 85+; Men's, Women's and Mixed (2 and 1), three (3) swimmers per team. The age of the youngest team member shall determine the team's age group. Each team entered must declare its three principal swimmers at check-in. Team awards will be based on fastest composite times. All teammates **MUST BE REGISTERED WITH THE SAME USMS CLUB.** Mixed sex teams are permitted. Team members must also be individual entrants.

AWARDS: National championship medals will be presented to the top three (3) individual finishers in each age group. These medals will also be presented to each of the three members of the first three teams in each team age group. National champion patches will also be awarded to each first-place finisher, including team event winners.

ENTRY FEES: Payable to "S-I ALL SPORTS". Individual: \$25.00. Team: \$15.00 per team.

REGISTRATION: All swimmers **MUST BE REGISTERED WITH THEIR LOCAL MASTERS SWIM COMMITTEE (LMSC).** All entrants **MUST** include a photocopy of their current USMS Registration Card with their entry form. Entries received without a copy of a current card will not be accepted. Please do not arrive at Glorietta Bay, Coronado, on event day planning to register or enter. **ADVANCE REGISTRATION AND ENTRY ARE REQUIRED TO SWIM.**

Check List:

- * Completed entry form
- * Signed liability release
- * Photocopy of USMS card
- * Check or money order for full entry fee
- * 3x5 Team Entry Card (if team entry)
- * Self-addressed, stamped postcard if entry confirmation desired
- * Hotel reservations: 1-800-345-9995

ENTRIES: The official entry form, entry fee(s), copy of USMS registration card, signed liability waiver, and 3X5 card; (follow the sample on this side for team entries, with information) **MUST BE POST-MARKED BY MONDAY, JULY 22, 1991, OR HAND DELIVERED TO THE S-I ALL SPORTS OFFICE BY WEDNESDAY, JULY 24, 1991, OR TO A CORONADO MASTERS REPRESENTATIVE AT THE SOUTHERN CALIFORNIA LONG-COURSE REGIONALS BY SUNDAY, JULY 28, 1991.** Send entries to: SAN DIEGO-IMPERIAL ALL SPORTS, 1135 GARNET-K, SAN DIEGO, CA. 92109. For additional information call (619) 275-1292, OR (619) 222-3436.

MISCELLANEOUS: Event swim caps will be provided and **MUST** be worn. **NO WETSUITS, FLOTATION OR PROPULSION AIDS ARE ALLOWED.** No snorkels. No individual paddle boards. All entrants will receive a Souvenir Event tee-shirt. Please indicate size desired. Food and drink items will be available for purchase from the CORONADO SWIM ASSOCIATION (USS) food booth. Have a picnic lunch and enjoy the beach and park. The facilities of the nearby Coronado Municipal Pool will be available for dressing, showers, warm-up, and swim-down.

USMS CLUB _____		AGE GROUP _____	
REGISTRATION# _____			
NAMES:	USMS #	AGE	SEX
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
ALTERNATES:			
1. _____	_____	_____	_____
2. _____	_____	_____	_____
TEAM IS : <input type="checkbox"/> MEN <input type="checkbox"/> WOMEN <input type="checkbox"/> MIXED			



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 acknowledged that I am aware of all 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 San Diego-Imperial Local Masters Swimming Committee, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities; Coronado Masters Association (CMA), the City of Coronado/Recreation Department, All Sports Inc., and the U.S. Navy, as a condition of my participation in Masters Swimming. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____

Date _____