# 1994 USMS LONG DISTANCE National Championship

## **6000 YARD POSTAL**

September 1 – November 30, 1995

**Sponsored by Aliso Hills Swim Ranch** 

**RESULTS** 

	Its of 1994 6000 Postal Championships	* MEN 50-54 *
	/ HOMO Deserved	1 Willmans, Robert R. 52 DCM 1:13:17.10*
	* WOMEN 25-29 *	2 Coale, 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
	20 CUPE 1.00.57 19	3 Herring, Vince 51 MINN 1:25:43.02
1	Lee, Lynne 29 SHEF 1:09:57.19 Ackerman, Lisa A. 29 NEM 1:21:59.91	4 Kroeger, Donald J. 51 MICH 1:30:16.00
7 2	Ackerman, Lisa A. 29 Nem 1:21:39:31	* MEN 60-64 *
3	Collins, Jennifer R. 25 DAM 1:34:26.99 Copeland, Paige A. 25 SLOM 1:47:03.99	1 LeBcurgeois, Charless 60 RAM 1:25:37.25*
4	Copeland, Paige A. 25 Show 1:47:03.99	2 Maas, Charles J. 60 MICH 1:29:47.00
	* WOMEN 30-34 *	3 Reynolds, Frank E. 62 HBSC 1:33:09.81
4	7 WOMEN 30-34 TOOR 1-19-22 17	5 Reynolds, Flank E. 62 has Indeed
1	Blaha, Sharon 34 ROSE 1:18:33.17	* MEN 65-69 *
2	Bossert-Hartman, Carol 34 UNAT 1:22:44.99	1 Blake, Robert S. 69 SLAM 1:36:38.43
3	Sawicki-Haxby, Annie 31 ARIZ 1:24:39.48 Freytag, Kip A. 31 DAM 1:24:55.99 Thomas, Carolyn J. 32 DAM 1:27:25.99	1 Blake, Robert D. 03 EEEE 1100000
4	Freytag, Kip A. 31 DAM 1:24:55.99	* MEN 70-74 *
5	Thomas, Carolyn J. 32 DAM 1:27:25.99	1 Edwards, James K. 71 NEM 1:42:33.72*
	* WOMEN 35-39 *	2 Johnson, T.R. 72 NEWP 2:30:53.02
		2 Johnson, T.R. 72 NEWP 2:30:53.02 3 Fralich, Harold 71 MESC 2:38:58.13
1	Henshaw, Leslie J. 35 TULS 1:15:35.99*	3 Flatien, Haroid 71 Made 2.30.30.13
2	Chambers, Mo 36 MVM 1:21:17.31 Vohryzek, Barbara A. 37 DAM 1:38:30.99	* MEN 80-84 *
3	Vohryzek, Barbara A. 3/ DAM 1:38:30.39	1 Schofield, Doc 80 UNAT 2:31:33.09*
	* MONTEN AO AA *	1 Schotteta, Doc 00 Shar 2.31.33.03
	* WOMEN 40-44 *	Relay Results
Ţ	Rhue, Lynn M. 43 RMM 1:26:10.09	이 아들은 사람들이 가는 이 사이에 있었다. 이 아름이 되었다면 하는 그 그 그들은 사람들이 가장 하는 것이 되었다면 하는 것이 되었다면 하는 것이다. 그렇게 되었다면 하는 것이 없다면 하는 것이다면 하는 것이다면 하는 것이다면 하는 것이다면 하는데
2	Morris, Claudia 43 SHEF 1:55:33.71	3 × 6000 yds
	* WOMEN 45-49 *	* WOMEN 25+ *
-		1 Collins, Jennifer R. 25 DAM 1:34:26.99
Ţ	Coors, May L. 46 SLOM 1:27:10.36*	Freytag, Kip A. 31 DAM 1:24:55.99 Thomas, Carolyn J. 32 DAM 1:27:25.99
2	Watson, Katherine A. 46 IHAC 1:39:01.02	
	* WOMEN 50-54 *	Total Time 4:26:58.97
	" WOMEN 50-54 "  FO MICH 1.44.10 42	
1	Rapp, Fredericka 50 MICH 1:44:18.43	* MEN 25+ *
	* WOMEN 55-59 *	1 Collins, Michael D. 28 DAM 1:09:01.99
-	Munn Cusan I 56 DAM 1.34.26 99*	McFherson, Andrew M. 47 DAM 1:16:25.99
Ţ	Munn, Susan L. 56 DAM 1:34:26.99*	Ruda, Jeffrey 47 DAM 1:38:30.99
	* WOMEN 70-74 *	Total Time 4:03:58.97
	Nochman, Lois K. 70 M1CH 1:55:03.23*	그렇게 하루 그리는 선생들이 하는 것이 없는 사람들이 살아 없는 것이 없다.
Т	NOCIIIIan, Lois K. 70 Mich 1:55.05.25	* MEN 45+ *
	* MEN 25-29 *	1 Schlicher, Fred J. 46 ROSE 1:12:57.23
4	Gallian Michael D 22 DAM 1.09.01 99*	Lofthouse, Paul 46 ROSE 1:16:59.43
Ţ	Collins, Michael D. 28 DAM 1:09:01.99* Thomas, John D. 29 GAKW 1:12:24.33 Tordoff, Mark 26 SHEF 1:27:31.98 Martin, Jeff W. 27 BCH 1:37:16.47	Lofthouse, Paul 46 ROSE 1:16:59.43 Coale, Bcb 54 ROSE 1:20:09.51 Total Time 3:48:06.17
2	Thomas, John D. 29 GARW 1:12:24.33	Total Time 3:48:06.17
3	Tordoil, Mark 20 Sher 1:27:31.30	그 그 사람들이 하시다. 그 아이들은 그리고 하는 그리고 사람들이 되었다. 그리고 사람들은 사람들은 사람들이 되었다.
4	Martin, Jeil W. 27 BCH 1:37:10.47	2 Moyer, Thomas E. 46 MICH 1:24:49.34
	* MEN 30-34 *	Ryno, Jay 48 MICH 1:29:50.00
1	Change Toff 32 NOVA 1.11.46 99*	Kroeger, Donald J. 51 MICH 1:30:16.00
Ţ	Crosson, Jeff 33 NOVA 1:11:46.99* Lee, Simon 30 SHEF 1:15:01.62 Ackerman, David R. 33 NEM 1:17:01.04	Total Time 4:24:55.34
2	Delegation Substitute Street 1:13:01:02	* MIXED 45+ *
ے	ACKETHIAIT, DAVIG R. 33 HEM 1:17:01:04	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
	* MEN 35-39 *	Moyer, Thomas E. 46 MICH 1:24:49.34
1		Kroeger, Donald J. 51 MICH $1:30:16.00$
J T	MacDonald, Sandy M. 39 SAC 1:05:01.06 Stewart Jim A 36 MINN 1:09:11.66	Total Time 4:39:23.77
2	Foreter Fric S 36 MVM 1.16.03.50	그 이 이 아들이 아이들이 아이들은 아이를 내내가 아내려면 하는 것이 나를 내려가 되었다.
1	Stewart, Jim A. 36 MINN 1:09:11.66 Forster, Eric S. 36 MVM 1:16:03.50 Tolin, Robert K. 38 SLOM 1:24:00.82	3 × 2000 yds
4	TOTILI, NODELC K. SO DECRI 1.24.00.02	* WOMEN 25+ *
	* MEN 40-44 *	1 Bove, Lisa 33 WH2O Dantzler, Amy 30 WH2O Halouzka, Elizabeth 30 WH2O
1	Wood, Larry 40 TXAM 1:11:08.90	Danezier, Amy 30 WH20
2	Stedry, Stephen 43 ROSE 1:14:35.36	Halouzka, Elizabeth 30 WHZO
7	Wood, Larry 40 TKAM 1:11:08.90 Stedry, Stephen 43 ROSE 1:14:35.36 Oscroft, Max 44 SHEF 1:26:43.85	Total Time 1:16:32.77  ** MEN 25+ **  1 Critchlow, Anthony 26 WH20
<u>,</u>	Kossoy, Allen F. 41 MOVY 1:45:10.35	* MKN 35+ *
-	100001, 1142011 1.	1 Critchlow, Anthony 26 WH2O
	* MEN 45-49 *	Newman, David A. 29 WH2O
1	Bell, Keith F. 46 TXAM 1:09:24.22*	1 Critchlow, Anthony 26 WH2O Newman, David A. 29 WH2O Hayman, Philip M. 32 WH2O
2	Schlicher, Fred J. 46 ROSE 1:12:57.23	Hayman, Philip M. 32 WH2O  Total Time 1:12:04.44  * MEN 35+ *  1 Genkinger Scott 35 WH2O
5	Schlicher, Fred J.       46 ROSE 1:12:57.23         Fisher, Bruce D.       46 DCM 1:14:25.82	* MEN 35+ *
.4	$M \sim Dhongon$ Androw M 47 DAM 1.16.25 99	1 Genkinger, Scott 35 WH2O
_ <u></u>	Lofthouse, Paul 46 ROSE 1:16:59.43	Spratt, Mark 39 WH2C
6	Farmer David V. 49 SLOM 1.19.47.02	Reudy, Tom 40 WH2O
7	Mover Thomas E. 46 MICH 1:24:49.34	Total Time 1:11:20.69
ģ.	Lofthouse, Paul 46 ROSE 1:16:59.43 Farmer, David Y. 49 SLOM 1:19:47.02 Moyer, Thomas E. 46 MICH 1:24:49.34 Ryno, Jay 48 MICH 1:29:50.00 Ruda, Jeffrey 47 DAM 1:38:30.99	1 Genkinger, Scott 35 WH2O Spratt, Mark 39 WH2C 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
9	Ruda, Jeffrey 47 DAM 1:38:30.99	Burke, Tim 37 WH2O
	1,2111 1,50.50.55	Hatton, Bruce R. 37 WH20
		Total Time 1:11:58.91
		[14] [TT 17] [TT 17] [12] 12 [14] [14] [14] [15] [15] [15] [15] [15] [15] [15] [15

# 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.

<u>Dates:</u> 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 <u>current</u> 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.
- A lap counter/timer shall witness the swim and shall record the 100 yard splits on the form provided.
- A copy of the swimmers current USMS card shall accompany the entry.
- 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.

Ouestions: 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 G Female G USMS# Club Birthdate \_\_\_/\_\_/ Age \_\_\_\_\_ Mo Day Year Home Phone\* Work Phone\* \*Phone numbers are used to correct entry problems. Date of Swim: / OFFICIAL TIME: 1 hour 12 min 35.07 secs **Split Times**

1000	the entry	2000	led to sa	3000	ac liw et	4000	n to the alie	5000	пос А	6000	10.57
900	350.	1900	th (ARSP	2900	S Switt 1	3900	DELIA CLE	4900	eds pay	5900	NeM
900	ro is	1800	noni dasi	2800	Shrunda a	3800	00.88 (4	4800	perentry	5800	I es
700	YETT Y	1700	olete the	2700	eel Is ind	3700	de lo un	4700	tine ad! i Manual si	5700	
600		1600	card sha	2600	urent US	3600	syvimme Hi entry.	4600	to copy of	5600	
500	010091	1500	bas miv	2500	form pro	3500	representation	4500	ne 100 y	5500	
400	Mese	1400	11111 DB911	2400	ele Meriera	3400	r iws ad	4400	and a the luring the	5400	
300		1300		2300		3300		4300	Vo drattin	5300	
200	vern this	1200	mimmiw	2200	ig Distan	3200	ru es for	4200	1994 US	5200	Ral
100	-514 6	1100	-3-2-	2100	- 7 - 6 - 1	3100	0-11-9	4100	(elduol	5100	sten)

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

**PO BOX 204** 

EL TORO, CA 92630-0204

	Date: / /
u	must include a copy of your USMS card!! went of quize he manife
	point mev ATTACH copy of USMS card here lettle years amount
	omplete two entry forms and send in two entry fees.
	Letays: A relay team shall consist of three swimners from the ame registered USMS club. To enter a relay cripy the entry forms the three swimmers from the same club, stayle them together and mail them with a check for \$8.00. Relay sexes are Men. formen and Mixed. A Mixed relay is two men and one woman do wo women and one man.
	stes: The swim(s) must be completed between September 1 and
	ovember 30. Entries must be posimarked by lecember 9th and
	scelved by December 16th.
	course 6000 yards in any 25 yard pool, 240 (anoths = 6000 yds.
	l 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.
	ail this entry sheet, a copy of your USMS card and your check to: