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# Alaska Masters Swimming

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Winter 2000

## From Lane 6:

Happy 2000! 1999 was a record year for Alaskan Masters with 254 swimmers registered. Other national statistics include the following:

- 37,443 total swimmers
- 440 clubs
- largest LMSC with 8,794 swimmers / smallest with 22 swimmers
- 57% of members are male and 43% female
- largest age group for men 40-44; largest for women 35-39
- oldest male and female swimmer were both 99 years young



Just a couple of FAQs regarding insurance coverage:

***What happens if non USMS swimmers are in the water at the same time as USMS swimmers during a USMS practice?***

General Liability coverage is voided if the swimmers are intermingled unless:

- a. there is a lane separation (USMS members lanes 1-3 and non USMS swimmers are in lanes 4-6)
- b. An individual(s) is involved in a USMS 30 day tryout period.
- c. The non USMS swimmers are USS swimmers.

***A member of the United States Swimming Inc. practices with a USMS team.***

***What is the status of the Liability insurance for the USMS member Club and its members?***

The USMS liability is in full force. There is an unwritten agreement between USMS and USS allowing each others members to practice with one another.

### **Annual Meeting Information:**

Our general meeting will be held at the close of the SCY Championships Saturday session in February. This is an election year. I am sorry to say that Raymond Billings has resigned from his position. Thanks to Raymond for the work he has done in the past for AKMS. We are therefore looking for someone to take over Records/Top 10 / AKMS Web page.

Any other current board members who wish to resign should contact myself or another board member. Also, anyone interested in being on the Board should contact myself or another board member. We will also take nominations on the floor at the meeting. Positions and current board members are listed inside the newsletter.

Check out the Major Rule Changes for 2000 and the other exciting information in this newsletter. See you in February, hold your steamlines and work on fluid breakouts!

Joanne Wainwright

**Janna Endell  
P.O. Box 85190  
Fairbanks, AK 99708**



**Inside:\*\*SCY State Entry Form\*2000 USMS Registration Form\*  
\*Swim Camp Article\*SCM Results\*February Fitness Challenge\*\***

# Calendar of Events

- Jan. 1-31, 2000** 2000 USMS 1-Hour Postal Championship  
Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220,  
(317) 253-8289
- Feb. 1-29, 2000** February Fitness Challenge  
Tualatin Hills Barracudas, Beaverton, Oregon. email: [FitnessFrog@aol.com](mailto:FitnessFrog@aol.com) ,  
phone no.(503) 533-5567
- Feb. 18 & 19, 2000** Short Course Yard Championships, Bartlett High School Pool, Anchorage,  
AK, Ginny Wright (907) 344-5321
- April 1-30, 2000** Alaska Masters Annual Postal Meet,  
Jan Rumble, email: [jandean@alaska.net](mailto:jandean@alaska.net), (907) 780-2552
- April 27-30, 2000** 2000 USMS Short Course Yards Nationals - IUPUI Natatorium, Indianapolis;  
Mel Goldstein (317) 253-8289, [goldstein@mindspring.com](mailto:goldstein@mindspring.com)

**Don't forget that SCY State Championship entries have to be received by the meet director by February 7th. The 1650 free is filling up and only 16 can people can enter that event.**

## Alaska Masters Swimming

### Chairperson

Joanne Wainwright 262-5308  
[jowain@ptialaska.net](mailto:jowain@ptialaska.net)

### Vice-Chairperson

Peggy Brannon-Guthrie 243-7766  
[ASPCB@uaa.ak.edu](mailto:ASPCB@uaa.ak.edu)

### Newsletter

Jan Rumble 790-8548  
[jandean@alaska.net](mailto:jandean@alaska.net)

### Registrar/Treasurer

Janna Endell 479-5585  
[janna@alaska.net](mailto:janna@alaska.net)

### Top 10/Records

Raymond Billings 337-0913  
[billings@alaska.net](mailto:billings@alaska.net)

### Sanctions/Safety Official

Dave Leonard 479-9688



# Swim Camp by Leah Davis

In December 1998, Randal, my husband asked me "What would you like for Christmas?" I replied, "To go to a swim camp!" He told me I could go any time. Circumstances prevented me from going until December 1998, when we went to Maui for my long awaited gift.

I originally planned on attending one of the "organized" camps advertised in the swimming magazines, but this fall when I looked into it I realized my opportunity for 1999 camps had passed. The majority of them had taken place during the summer, so I decided to get on the Web and find my own swim adventure. On the USMS page, I was looking under the "coach's" section and found a question and answer page that interviewed various coaches from around the country. I was attracted to the comments of a Hawaiian resident named Janet Renner.

This past spring Janet studied at one of the Olympic training centers, so I knew she was in tune with the latest techniques and theories (not that I was too concerned about her credentials. Heck, I just wanted to get out of Juneau and go swimming!)

I contacted her and was delighted to learn that she was arranging clinics for her master's groups on Maui in early December. She welcomed me to join in, and mentioned she had rented an underwater video attachment for her camera and was planning on before-and-after viewing of all strokes. "I'm coming! Sign me up!" I responded.

Our first day on Maui I meet Janet at Kihei Pool and was delighted with the facilities. The previous Mayor of Maui had several pools built; all 50 m long, 25 yards wide, 9 foot wide lanes with both heating and cooling systems to keep the temp just right. The locker rooms were spacious and clean, there were rooms for meetings and training, and let's not forget the beautiful landscaping of hibiscus bushes and palm trees. Here is the truly amazing thing -- there are 5 such pools on Maui, and they are all free to the public.

Janet informed me that I was the only person who signed up for her pool-exclusive stroke classes, as all her swimmers are primarily open water competitors. So for the next 12 days I met with Janet one-on-one, and learned the latest techniques of all the strokes. This is not to say I can now execute them all adroitly, but I'm on my way. The video taping was invaluable as a teaching aide, but also a real blow to the ego. After viewing my strokes for the first time (from under and above water, and every angle) I felt I needed a counseling session with a psychiatrist. They were not the models of efficiency I thought them to be.

Our training sessions were structured so Janet could film my "before" style, give me pointers in the pool, then we would go inside and watch the playback. She would point out my failings, and add additional drills and things to work on. For example: on freestyle, when my hand would enter to water to begin the catch, my wrist would actually extend and my arm would float toward the surface instead of beginning my initial scull motion back toward my feet. Naturally, Janet gave me a one-arm drill of watching my hand enter the water, flexing my wrist and beginning my pull earlier. On "off" days I would swim 2500 to 3000 yards of just drills and kicking, then the following day hook up with Janet for an "after" filming of one stroke, and a "before" of the next target stroke. Typically, I met with "CoachR" (her vanity license plate) every other day for coaching, and swam with her master's group on the alternate days where she could give me additional pointers while I worked my drills.

I must take a moment to compliment Janet on coaching skills. She is very knowledgeable about all the strokes, arranges fun workouts and challenges all her students. She also teaches surfing, and arranges weddings on the side. How's that for a "hang loose" schedule?

When I was in PT school I had an instructor that said, "Posture is 99% awareness." If you don't know you have bad posture, or what good posture is, you won't know to change. If you know what good posture is then you can do something about it. This is exactly what the video taping (and Janet's expertise) did for me -- made me aware of my stroke foibles and flaws. The tape runs two hours, and it's mine for education, training, technique and the posterity of remembering a splendid December swimming in Hawaii. Sound tempting? I'm sure Janet would enjoy make yours if you show up on Maui seeking top-notch aquatic instruction. She can be reach at [jrenner@maui.net](mailto:jrenner@maui.net).

**13th Annual Alaska Masters Short Course  
Championships SC Meters**

PL	Name	Age	Team	Finals				
<b>Event 1 Women 200 Free</b>								
---	Ages 19 Through 24	---						
1	MOCK, ELAINA	24	TACMS	3:18.72	2	JUNGE, WOLFGANG	36	SWAM 32.05
---	Ages 25 Through 29	---			3	ELLINGSON, PETER	38	FASTM 34.64
1	HASLAM, CHRISTINE	28	BMST	2:36.76	---	Ages 45 Through 49	---	
2	STONEKING, JULIE	28	YMCA	2:47.47	1	CRONICK, ED	46	YMCA 30.57
3	RICHARDS, ERICA	28	BMST	2:58.51	2	PRESTON, GLENN	45	UNATT 32.61
---	Ages 30 Through 34	---			---	Ages 50 Through 54	---	
1	COSTELLO, MIA	31	SWAM	2:31.75	1	HOLMAN, LARRY	51	ASA 32.16
2	LARSEN, BETH	34	BMST	2:37.11	2	SCHMIDT, DAVE	53	SWAM 32.62
---	Ages 35 Through 39	---			3	BLAKE, DANIEL	54	SWAM 32.87
1	HAXBY, ANNIE	36	TACMS	2:39.60	4	LEWIS, WALTER	50	YMCA 1:05.31
2	KASZUBA, PATTI	38	CHDMS	2:44.96	---	Ages 55 Through 59	---	
3	KENT, HOLLY	38	SWAM	3:35.75	1	HOLSTEN, ED	55	SWAM 34.33
---	Ages 40 Through 44	---			---	Ages 60 Through 64	---	
1	POWERS, SANDY	43	SWAM	3:22.70	1	MJOLSNES, ED	60	SWAM 43.94
2	HANSEN, DEBORAH	44	SWAM	3:43.15	<b>Event 5 Women 100 Back</b>			
---	Ages 45 Through 49	---			---	Ages 25 Through 29	---	
1	TUCKER, COLNY	48	SWAM	2:40.47	1	HASLAM, CHRISTINE	28	BMST 1:20.80
2	LOFTIN, NELL	47	SWAM	3:28.69	---	Ages 35 Through 39	---	
---	Ages 50 Through 54	---			1	SMITH, ANGI	37	ASA 1:23.16
1	ELLIS, SUSAN	52	PMS	3:10.78	2	GORMAN, TONI	37	YMCA 1:49.01
2	NEVALDINE, ANNIE	51	SWAM	3:33.30	3	KENT, HOLLY	38	SWAM 1:54.71
---	Ages 55 Through 59	---			---	Ages 45 Through 49	---	
1	BROWN, KATHLEEN	55	YMCA	4:21.75	1	BROWN, ELLYN	47	YMCA 1:38.00
---	Ages 60 Through 64	---			---	Ages 55 Through 59	---	
1	MILLER, DENISE	61	UNATT	4:20.50	1	FALLICO, JAN	56	YMCA 2:11.14
<b>Event 2 Men 200 Free</b>					2	MJOLSNES, SNADRA	57	SWAM 2:16.40
---	Ages 19 Through 24	---			<b>Event 6 Men 100 Back</b>			
1	HOLT, JUSTIN	21	BMST	2:19.50	---	Ages 30 Through 34	---	
---	Ages 25 Through 29	---			1	DUENOW, ANDY	34	ASA 1:27.02
1	HASEBE, BRANT	25	SWAM	2:09.66	---	Ages 35 Through 39	---	
2	DENNIS, JEFFERY	29	UNATT	2:16.19	1	RUCKSTUHL, DAVE	38	BMST 1:12.93
---	Ages 30 Through 34	---			2	FORGIT, ROBERT	38	UNATT 1:17.58
1	CAZARES, JOE	34	SWAM	2:34.31	---	Ages 45 Through 49	---	
---	Ages 35 Through 39	---			1	PEEP, ERIC	45	FASTM 1:33.01
1	DERRICK, WILLIAM	38	BMST	2:37.09	---	Ages 50 Through 54	---	
---	Ages 40 Through 44	---			1	HICKEY, KEN	54	UNATT 1:24.05
1	ABBOTT, RICK	44	SWAM	2:04.27	2	LEWIS, WALTER	50	YMCA 2:14.56
2	LARSEN, RON	40	BMST	2:22.80	<b>Event 7 Women 50 Breast</b>			
3	STECK, STAN	44	SWAM	2:22.95	---	Ages 19 Through 24	---	
4	CAMPBELL, MARK	41	BMST	2:29.28	1	NASH, REBECCA	24	BMST 39.18
---	Ages 45 Through 49	---			2	GRABE, HILARY	24	YMCA 39.84
1	WERY, RICK	47	JUNMS	2:25.11	---	Ages 25 Through 29	---	
2	BURFORD, DAVID	48	SWAM	2:53.16	1	SOSSAMON, JENNY	29	UNATT 42.38
---	Ages 50 Through 54	---			2	RICHARDS, ERICA	28	BMST 45.95
1	EVERSON, KEN	54	BMST	4:21.81	---	Ages 30 Through 34	---	
<b>Event 3 Women 50 Fly</b>					1	MURRAY, BARBARA	33	UNATT 37.27
---	Ages 19 Through 24	---			2	SHAPIRO, JUDI	31	SWAM 50.90
1	GRABE, HILARY	24	YMCA	31.90	---	Ages 35 Through 39	---	
2	NASH, REBECCA	24	BMST	33.78	1	PROZERLIK, MONIQUE	37	SWAM 41.26
3	MOCK, ELAINA	24	TACMS	46.85	2	HAXBY, ANNIE	36	TACMS 42.12
---	Ages 25 Through 29	---			---	Ages 40 Through 44	---	
1	SOSSAMON, JENNY	29	UNATT	34.87	1	SHARPE, JENNIE	44	WAM 44.65
---	Ages 30 Through 34	---			2	STAATS-CAHILL, LORI	44	ASA 45.27
1	MURRAY, BARBARA	33	UNATT	31.75	3	CODINA, JAN	43	CHDMS 50.17
---	Ages 35 Through 39	---			---	Ages 45 Through 49	---	
1	COMBES, MARCIA	39	WAM	46.58	1	ALSTON-WRIGHT, DEBBIE	46	UNATT 43.89
---	Ages 40 Through 44	---			2	TUCKER, COLNY	48	SWAM 44.73
1	CARTER, RUTH	40	SWAM	34.68	---	Ages 50 Through 54	---	
2	SHARPE, JENNIE	44	WAM	41.06	1	NEVALDINE, ANNIE	51	SWAM 58.26
---	Ages 55 Through 59	---			---	Ages 55 Through 59	---	
1	FALLICO, JAN	56	YMCA	56.18	1	BROWN, KATHLEEN	55	YMCA 1:05.71
---	Ages 60 Through 64	---			---	Ages 60 Through 64	---	
1	VAN FLEIN, MARGARET	64	FASTM	1:10.23	1	VAN FLEIN, MARGARET	64	FASTM 58.14
<b>Event 4 Men 50 Fly</b>					<b>Event 8 Men 50 Breast</b>			
---	Ages 19 Through 24	---			---	Ages 25 Through 29	---	
1	HOLT, JUSTIN	21	BMST	38.78	1	GIBBS, DANIEL	29	YMCA 38.94
---	Ages 25 Through 29	---			---	Ages 35 Through 39	---	
1	HASEBE, BRANT	25	SWAM	29.15	1	JENKINS, DAVID	35	YMCA 37.69
---	Ages 30 Through 34	---			2	ELLINGSON, PETER	38	FASTM 40.20
1	SORENSON, MIKE	31	TACMS	25.99	---	Ages 40 Through 44	---	
---	Ages 35 Through 39	---			1	YOUNG, JEFF	41	SWAM 43.34
1	JENKINS, DAVID	35	YMCA	30.34				

--- Ages 45 Through 49 ---  
 1 WERY, RICK 47 JUNMS 34.66  
 2 FORREST, KIMBALL 45 YMCA 42.46  
 3 BURFORD, DAVID 48 SWAM 42.93  
 4 BOYER, ROBB 47 CHDMS 45.47  
 --- Ages 50 Through 54 ---  
 1 BLAKE, DANIEL 54 SWAM 37.92  
 2 MORGENTHALER, BOYD 50 YMCA 41.62  
 --- Ages 60 Through 64 ---  
 1 MJOLSNES, ED 60 SWAM 45.37  
 --- Ages 65 Through 69 ---  
 1 TAYLOR, RON 66 TACMS 40.12  
**Event 9 Women 200 IM**  
 --- Ages 25 Through 29 ---  
 1 MERIZON, KRIS 27 YMCA 3:04.30  
 --- Ages 30 Through 34 ---  
 1 COSTELLO, MIA 31 SWAM 2:46.37  
 --- Ages 35 Through 39 ---  
 1 ELCONIN, ANDREA 39 SWAM 3:51.35  
 --- Ages 40 Through 44 ---  
 1 CARTER, RUTH 40 SWAM 2:58.16  
 2 BINNIAN, EMILY 40 ASA 3:26.55  
 3 OLMSTEAD, KIM 43 UNATT 3:37.45  
 4 POWERS, SANDY 43 SWAM 3:54.68  
 --- Ages 45 Through 49 ---  
 1 WRIGHT, GINNY 45 UNATT 3:45.62  
 --- Ages 50 Through 54 ---  
 1 ELLIS, SUSAN 52 PMS 3:43.11  
**Event 10 Men 200 IM**  
 --- Ages 40 Through 44 ---  
 1 LARSEN, RON 40 BMST 2:41.59  
 2 STECK, STAN 44 SWAM 2:44.26  
 --- Ages 45 Through 49 ---  
 1 PRESTON, GLENN 45 UNATT 2:46.96  
 2 PEEP, ERIC 45 FASTM 3:17.70  
 --- Ages 50 Through 54 ---  
 1 BLAKE, DANIEL 54 SWAM 2:53.16  
 --- Ages 55 Through 59 ---  
 1 HAMILTON, RAY 56 SWAM 3:27.04  
**Event 11 Women 100 Free**  
 --- Ages 25 Through 29 ---  
 1 HASLAM, CHRISTINE 28 BMST 1:09.60  
 2 STONEKING, JULIE 28 YMCA 1:17.12  
 3 RICHARDS, ERICA 28 BMST 1:20.93  
 --- Ages 35 Through 39 ---  
 1 HAXBY, ANNIE 36 TACMS 1:11.82  
 2 KASZUBA, PATTI 38 CHDMS 1:16.33  
 3 COMBES, MARCIA 39 WAM 1:32.98  
 --- Ages 40 Through 44 ---  
 1 GREIG, MELINDA 42 SWAM 1:09.47  
 2 HANSEN, DEBORAH 44 SWAM 1:38.80  
 --- Ages 45 Through 49 ---  
 1 TUCKER, COLNY 48 SWAM 1:09.62  
 --- Ages 55 Through 59 ---  
 1 BROWN, KATHLEEN 55 YMCA 2:03.27  
 2 CROUCH, CAROLYN 57 YMCA 2:17.68  
 --- Ages 60 Through 64 ---  
 1 MILLER, DENISE 61 UNATT 2:02.03  
**Event 12 Men 100 Free**  
 --- Ages 25 Through 29 ---  
 1 HASEBE, BRANT 25 SWAM 57.07  
 2 GIBBS, DANIEL 29 YMCA 1:08.36  
 --- Ages 30 Through 34 ---  
 1 CAZARES, JOE 34 SWAM 1:10.66  
 2 DUENOW, ANDY 34 ASA 1:12.64  
 --- Ages 35 Through 39 ---  
 1 FORGIT, ROBERT 38 UNATT 1:01.21  
 2 JENKINS, DAVID 35 YMCA 1:03.83  
 3 JUNGE, WOLFGANG 36 SWAM 1:04.35  
 4 DERRICK, WILLIAM 38 BMST 1:09.67  
 --- Ages 40 Through 44 ---  
 1 CAMPBELL, MARK 41 BMST 1:05.71  
 --- Ages 45 Through 49 ---  
 1 WERY, RICK 47 JUNMS 1:00.26  
 2 CRONICK, ED 46 YMCA 1:05.31  
 3 BURFORD, DAVID 48 SWAM 1:21.00  
 4 PEEP, ERIC 45 FASTM 1:22.63

--- Ages 50 Through 54 ---  
 1 SCHMIDT, DAVE 53 SWAM 1:06.79  
 2 HOLMAN, LARRY 51 ASA 1:10.27  
 3 LEWIS, WALTER 50 YMCA 1:53.73  
 4 EVERSON, KEN 54 BMST 2:00.87  
 --- Ages 55 Through 59 ---  
 1 HAMILTON, RAY 56 SWAM 1:22.62  
 2 THOMAS, NIEL 58 ASA 1:43.16  
 --- Ages 60 Through 64 ---  
 1 MJOLSNES, ED 60 SWAM 1:28.28  
**Event 13 Women 100 Breast**  
 --- Ages 19 Through 24 ---  
 1 NASH, REBECCA 24 BMST 1:25.08  
 --- Ages 25 Through 29 ---  
 1 SOSSAMON, JENNY 29 UNATT 1:32.10  
 2 RICHARDS, ERICA 28 BMST 1:40.62  
 --- Ages 30 Through 34 ---  
 1 COSTELLO, MIA 31 SWAM 1:23.18  
 --- Ages 35 Through 39 ---  
 1 PROZERALIK, MONIQUE 37 SWAM 1:31.00  
 2 GORMAN, TONI 37 YMCA 1:53.19  
 --- Ages 40 Through 44 ---  
 1 STAATS-CAHILL, LORI 44 ASA 1:37.43  
 2 SHARPE, JENNIE 44 WAM 1:37.50  
 --- Ages 45 Through 49 ---  
 1 LOFTIN, NELL 47 SWAM 1:58.22  
 --- Ages 50 Through 54 ---  
 1 ELLIS, SUSAN 52 PMS 1:44.23  
 --- Ages 55 Through 59 ---  
 1 FALLICO, JAN 56 YMCA 2:09.87  
 2 BROWN, KATHLEEN 55 YMCA 2:21.70  
 --- Ages 60 Through 64 ---  
 1 VAN FLEIN, MARGARET 64 FASTM 2:10.55  
**Event 14 Men 100 Breast**  
 --- Ages 35 Through 39 ---  
 1 ELLINGSON, PETER 38 FASTM 1:29.49  
 --- Ages 40 Through 44 ---  
 1 YOUNG, JEFF 41 SWAM 1:35.93  
 --- Ages 45 Through 49 ---  
 1 FORREST, KIMBALL 45 YMCA 1:34.00  
 2 BURFORD, DAVID 48 SWAM 1:35.46  
 3 BOYER, ROBB 47 CHDMS 1:45.04  
 --- Ages 50 Through 54 ---  
 1 MORGENTHALER, BOYD 50 YMCA 1:34.36  
 --- Ages 55 Through 59 ---  
 1 THOMAS, NIEL 58 ASA 1:58.52  
 --- Ages 65 Through 69 ---  
 1 TAYLOR, RON 66 TACMS 1:32.86  
**Event 15 Women 200 Fly**  
 --- Ages 40 Through 44 ---  
 1 CARTER, RUTH 40 SWAM 3:11.22  
 2 POWERS, SANDY 43 SWAM 4:10.16  
**Event 16 Men 200 Fly**  
 --- Ages 35 Through 39 ---  
 1 FORGIT, ROBERT 38 UNATT 3:13.78  
**Event 17 Women 400 Free**  
 --- Ages 30 Through 34 ---  
 1 MURRAY, BARBARA 33 UNATT 5:25.60  
 --- Ages 35 Through 39 ---  
 1 SMITH, ANGI 37 ASA 5:31.86  
 2 KASZUBA, PATTI 38 CHDMS 5:59.39  
 --- Ages 40 Through 44 ---  
 1 CODINA, JAN 43 CHDMS 7:18.24  
 --- Ages 45 Through 49 ---  
 1 WRIGHT, GINNY 45 UNATT 6:48.94  
 --- Ages 50 Through 54 ---  
 1 NEVALDINE, ANNIE 51 SWAM 7:21.61  
 --- Ages 55 Through 59 ---  
 1 FALLICO, JAN 56 YMCA 8:41.03  
 --- Ages 60 Through 64 ---  
 1 MILLER, DENISE 61 UNATT 9:19.74  
**Event 18 Men 400 Free**  
 --- Ages 30 Through 34 ---  
 1 CAZARES, JOE 34 SWAM 5:51.30  
 2 DUENOW, ANDY 34 ASA 6:07.95  
 --- Ages 35 Through 39 ---  
 1 RUCKSTUHL, DAVE 38 BMST 5:01.56  
 2 DERRICK, WILLIAM 38 BMST 5:50.38

-- Ages 40 Through 44 ---				
1	LARSEN, RON	40	BMST	5:10.53
2	CAMPBELL, MARK	41	BMST	5:34.79
3	YOUNG, JEFF	41	SWAM	7:00.39
--- Ages 45 Through 49 ---				
1	PRESTON, GLENN	45	UNATT	5:07.39
2	WERY, RICK	47	JUNMS	5:28.70
--- Ages 50 Through 54 ---				
1	HICKEY, KEN	54	UNATT	6:11.22
2	VAN HORN, W.A.	50	YMCA	7:24.42
<b>Event 19 Women 50 Back</b>				
--- Ages 25 Through 29 ---				
1	HASLAM, CHRISTINE	28	BMST	35.45
--- Ages 35 Through 39 ---				
1	GORMAN, TONI	37	YMCA	46.57
2	ELCONIN, ANDREA	39	SWAM	48.36
3	KENT, HOLLY	38	SWAM	51.06
--- Ages 45 Through 49 ---				
1	ALSTON-WRIGHT, DEBBIE	46	UNATT	38.52
2	BROWN, ELLYN	47	YMCA	43.46
--- Ages 55 Through 59 ---				
1	MJOLSNES, SNADRA	57	SWAM	1:01.82
2	BROWN, KATHLEEN	55	YMCA	1:04.22
<b>Event 20 Men 50 Back</b>				
--- Ages 35 Through 39 ---				
1	RUCKSTUHL, DAVE	38	BMST	34.48
2	DERRICK, WILLIAM	38	BMST	46.14
--- Ages 40 Through 44 ---				
1	ABBOTT, RICK	44	SWAM	30.35
--- Ages 45 Through 49 ---				
1	FLANIGIN, PATRICK	45	YMCA	48.25
--- Ages 50 Through 54 ---				
1	HOLMAN, LARRY	51	ASA	37.39
2	HICKEY, KEN	54	UNATT	38.46
--- Ages 55 Through 59 ---				
1	HOLSTEN, ED	55	SWAM	39.30
<b>Event 21 Women 100 IM</b>				
--- Ages 19 Through 24 ---				
1	GRABE, HILARY	24	YMCA	1:14.70
2	NASH, REBECCA	24	BMST	1:16.63
--- Ages 25 Through 29 ---				
1	O'BRIEN, ANNE	29	UAAM	1:15.85
2	SOSSAMON, JENNY	29	UNATT	1:24.96
3	MERIZON, KRIS	27	YMCA	1:25.18
4	STONEKING, JULIE	28	YMCA	1:29.69
--- Ages 30 Through 34 ---				
1	MURRAY, BARBARA	33	UNATT	1:13.65
2	COSTELLO, MIA	31	SWAM	1:15.01
3	LARSEN, BETH	34	BMST	1:22.11
4	SHAPIRO, JUDI	31	SWAM	1:49.37
--- Ages 35 Through 39 ---				
1	PROZERALIK, MONIQUE	37	SWAM	1:24.83
2	COMBES, MARCIA	39	WAM	1:42.24
3	ELCONIN, ANDREA	39	SWAM	1:50.69
--- Ages 40 Through 44 ---				
1	GREIG, MELINDA	42	SWAM	1:19.17
2	OLMSTEAD, KIM	43	UNATT	1:41.95
3	CODINA, JAN	43	CHDMS	1:48.33
4	POWERS, SANDY	43	SWAM	1:48.34
--- Ages 45 Through 49 ---				
1	LOFTIN, NELL	47	SWAM	1:48.95
2	BROWN, ELLYN	47	YMCA	1:55.38
--- Ages 50 Through 54 ---				
1	NEVALDINE, ANNIE	51	SWAM	1:57.94
--- Ages 55 Through 59 ---				
1	FALLICO, JAN	56	YMCA	2:02.28
<b>Event 22 Men 100 IM</b>				
--- Ages 35 Through 39 ---				
1	JENKINS, DAVID	35	YMCA	1:12.40
2	JUNGE, WOLFGANG	36	SWAM	1:14.99
--- Ages 40 Through 44 ---				
1	STECK, STAN	44	SWAM	1:12.78
2	CAMPBELL, MARK	41	BMST	1:19.88
--- Ages 45 Through 49 ---				
1	PEEP, ERIC	45	FASTM	1:31.31
2	BOYER, ROBB	47	CHDMS	1:43.81
	CRONICK, ED	46	YMCA	DQ
--- Ages 50 Through 54 ---				
1	MORGENTHALER, BOYD	50	YMCA	1:29.05
2	LEWIS, WALTER	50	YMCA	2:12.61
--- Ages 55 Through 59 ---				
1	HAMILTON, RAY	56	SWAM	1:35.43
2	THOMAS, NIEL	58	ASA	2:06.75
--- Ages 60 Through 64 ---				
1	MJOLSNES, ED	60	SWAM	1:44.90
<b>Event 23 Women 200 Breast</b>				
--- Ages 25 Through 29 ---				
1	RICHARDS, ERICA	28	BMST	3:35.16
--- Ages 40 Through 44 ---				
1	CARTER, RUTH	40	SWAM	3:18.41
2	STAATS-CAHILL, LORI	44	ASA	3:33.88
3	OLMSTEAD, KIM	43	UNATT	3:57.53
--- Ages 45 Through 49 ---				
1	WRIGHT, GINNY	45	UNATT	3:50.96
--- Ages 50 Through 54 ---				
1	ELLIS, SUSAN	52	PMS	3:48.00
--- Ages 60 Through 64 ---				
1	VAN FLEIN, MARGARET	64	FASTM	4:40.01
<b>Event 24 Men 200 Breast</b>				
--- Ages 35 Through 39 ---				
1	FORGIT, ROBERT	38	UNATT	2:56.18
2	ELLINGSON, PETER	38	FASTM	3:18.16
--- Ages 40 Through 44 ---				
1	LARSEN, RON	40	BMST	2:48.66
--- Ages 55 Through 59 ---				
1	HAMILTON, RAY	56	SWAM	3:30.72
<b>Event 25 Women 50 Free</b>				
--- Ages 25 Through 29 ---				
1	HASLAM, CHRISTINE	28	BMST	31.72
2	O'BRIEN, ANNE	29	UAAM	31.95
3	SOSSAMON, JENNY	29	UNATT	33.05
--- Ages 30 Through 34 ---				
1	COSTELLO, MIA	31	SWAM	30.67
--- Ages 35 Through 39 ---				
1	HAXBY, ANNIE	36	TACMS	32.42
2	GORMAN, TONI	37	YMCA	38.07
3	KENT, HOLLY	38	SWAM	43.29
--- Ages 40 Through 44 ---				
1	SHARPE, JENNIE	44	WAM	34.81
	HANSEN, DEBORAH	44	SWAM	DQ
--- Ages 45 Through 49 ---				
1	TUCKER, COLNY	48	SWAM	31.25
--- Ages 50 Through 54 ---				
1	ELLIS, SUSAN	52	PMS	37.74
--- Ages 60 Through 64 ---				
1	VAN FLEIN, MARGARET	64	FASTM	51.89
2	MILLER, DENISE	61	UNATT	52.34
<b>Event 26 Men 50 Free</b>				
--- Ages 19 Through 24 ---				
1	HOLT, JUSTIN	21	BMST	27.47
--- Ages 25 Through 29 ---				
1	DENNIS, JEFFERY	29	UNATT	25.55
2	HASEBE, BRANT	25	SWAM	25.80
3	GIBBS, DANIEL	29	YMCA	29.00
--- Ages 35 Through 39 ---				
1	JENKINS, DAVID	35	YMCA	29.92
2	DERRICK, WILLIAM	38	BMST	31.98
--- Ages 40 Through 44 ---				
1	STECK, STAN	44	SWAM	28.02
--- Ages 45 Through 49 ---				
1	CRONICK, ED	46	YMCA	29.46
2	FORREST, KIMBALL	45	YMCA	32.41
3	BOYER, ROBB	47	CHDMS	37.48
4	FLANIGIN, PATRICK	45	YMCA	38.00
--- Ages 50 Through 54 ---				
1	SCHMIDT, DAVE	53	SWAM	28.90
2	HOLMAN, LARRY	51	ASA	29.54
3	MORGENTHALER, BOYD	50	YMCA	34.97
4	EVERSON, KEN	54	BMST	50.93
--- Ages 55 Through 59 ---				
1	HOLSTEN, ED	55	SWAM	30.14
2	THOMAS, NIEL	58	ASA	47.63
--- Ages 60 Through 64 ---				
1	MJOLSNES, ED	60	SWAM	33.95
<b>Event 27 Women 200 Back</b>				
--- Ages 35 Through 39 ---				
1	ELCONIN, ANDREA	39	SWAM	3:48.15
--- Ages 45 Through 49 ---				
1	ALSTON-WRIGHT, DEBBIE	46	UNATT	3:15.45
2	BROWN, ELLYN	47	YMCA	3:40.87
3	LOFTIN, NELL	47	SWAM	3:54.26

---	Ages 55 Through 59	---			
1	MJOLSNES, SNADRA	57	SWAM	5:09.63	
<b>Event 28 Men 200 Back</b>					
---	Ages 35 Through 39	---			
1	RUCKSTUHL, DAVE	38	BMST	2:41.03	
2	FORGIT, ROBERT	38	UNATT	2:52.62	
---	Ages 40 Through 44	---			
1	ABBOTT, RICK	44	SWAM	2:27.20	
---	Ages 45 Through 49	---			
1	WERY, RICK	47	JUNMS	2:51.05	
2	PEEP, ERIC	45	FASTM	3:43.34	
---	Ages 50 Through 54	---			
1	HICKEY, KEN	54	UNATT	3:07.43	
2	VAN HORN, W.A.	50	YMCA	4:01.26	
<b>Event 29 Women 100 Fly</b>					
---	Ages 25 Through 29	---			
1	MERIZON, KRIS	27	YMCA	1:29.71	
---	Ages 30 Through 34	---			
1	MURRAY, BARBARA	33	UNATT	1:13.41	
---	Ages 40 Through 44	---			
1	GREIG, MELINDA	42	SWAM	1:23.66	
2	POWERS, SANDY	43	SWAM	1:59.80	
<b>Event 30 Men 100 Fly</b>					
---	Ages 25 Through 29	---			
1	HASEBE, BRANT	25	SWAM	1:03.61	
---	Ages 30 Through 34	---			
1	SORENSEN, MIKE	31	TACMS	56.55	
---	Ages 35 Through 39	---			
1	ELLINGSON, PETER	38	FASTM	1:25.87	
<b>Event 31 Women 800 Free</b>					
---	Ages 19 Through 24	---			
1	NASH, REBECCA	24	BMST	11:12.22	
---	Ages 35 Through 39	---			
1	SMITH, ANGI	37	ASA	11:23.73	
2	KASZUBA, PATTI	38	CHDMS	12:29.56	
3	PROZERALK, MONIQUE	37	SWAM	13:16.78	
---	Ages 40 Through 44	---			
1	BINNAN, EMILY	40	ASA	13:20.49	
2	OLMSTEAD, KIM	43	UNATT	13:24.24	
3	STAATS-CAHILL, LORI	44	ASA	14:24.74	
4	HANSEN, DEBORAH	44	SWAM	16:03.27	
---	Ages 45 Through 49	---			
1	TUCKER, COLNY	48	SWAM	12:02.10	
2	WRIGHT, GINNY	45	UNATT	14:08.53	
3	BROWN, ELLYN	47	YMCA	14:14.56	
---	Ages 50 Through 54	---			
1	NEVALDINE, ANNIE	51	SWAM	15:05.85	
2	FRIEDMAN, LIZ	51	SWAM	15:52.51	
<b>Event 32 Men 800 Free</b>					
---	Ages 35 Through 39	---			
1	RUCKSTUHL, DAVE	38	BMST	10:39.30	
---	Ages 40 Through 44	---			
1	LARSEN, RON	40	BMST	10:47.76	
2	CAMPBELL, MARK	41	BMST	11:43.29	
3	YOUNG, JEFF	41	SWAM	14:14.30	
---	Ages 45 Through 49	---			
1	PRESTON, GLENN	45	UNATT	10:43.69	
2	BURFORD, DAVID	48	SWAM	12:34.60	
3	FORREST, KIMBALL	45	YMCA	12:45.55	
---	Ages 50 Through 54	---			
1	HICKEY, KEN	54	UNATT	12:59.47	
2	VAN HORN, W.A.	50	YMCA	15:13.32	
3	LEWIS, WALTER	50	YMCA	16:59.20	
---	Ages 55 Through 59	---			
1	HAMILTON, RAY	56	SWAM	13:48.84	
2	THOMAS, MATT	50	YMCA	16:35.14	

**Page 4 of SCM Results**

## 1999 3,000 Yard Postal Meet Results

Alaska Masters had 18 swimmers participate in the swim and came in 5<sup>th</sup> overall. The whole meet had 256 swimmers and 52 teams participating in the 3,000 yard swim.

### Women

25-29	5 <sup>th</sup>	Amanda Welsh	57:50.51
30-34	2 <sup>nd</sup>	Mia Costello	39:21.50
	5 <sup>th</sup>	Jan Rumble	41:52.51
	8 <sup>th</sup>	Sharon Heiderdorf	52:48.34
	UR	Justine Bishop	52:55.75
35-39	5 <sup>th</sup>	Annie Haxby	42:21.10
	8 <sup>th</sup>	Elizabeth Einset	45:45.43
	16 <sup>th</sup>	Julie Sullivan	1:07:23.51
40-44	6 <sup>th</sup>	Ritchie Sonner	43:22.71
	12 <sup>th</sup>	Dawn Allen-Herron	52:09.19
45-49	UR	Sally McLaughlin	1:00:42.93
70-74	5 <sup>th</sup>	Beverly Zaugg	1:27:39.50

### Men

25-29	4 <sup>th</sup>	John Classic	42:22.94
30-34	5 <sup>th</sup>	Michael Sorensen	37:38.01
40-44	5 <sup>th</sup>	Rick Abbott	36:13.11
	13 <sup>th</sup>	Norm Herron	46:31.51
45-49	16 <sup>th</sup>	Rick Wery	43:48.78
50-54	15 <sup>th</sup>	Paul Johnsen	51:14.50
25+	1 <sup>st</sup>	Annie Haxby	2:35:33.72
	mxd rly	Mia Costello	
		Michael Sorensen	
		Rick Abbott	

**Congratulations to all swimmers!  
What a great accomplishment.**

I would like to apologize to two Masters swimmers who have been slighted by not reporting the results of their swims for the 1999 Alaska Masters Postal Meet. In the chaos of my filing system, I misplaced two entries for the meet and found them when I did my end of the year file cleaning. I am sorry that my "organized system" broke down and denied these ladies some recognition that they deserve. Here are their results. Please accept my sincere regrets and know that I will receive and recognize all entries this year.

<b>Susan Condon</b>	60-64	50 freestyle	:36.93
		50 backstroke	:49.43
		100 freestyle	1:23.84
<b>Sandra Mjolsnes</b>	55-59	50 freestyle	:56.09
		50 backstroke	1:02.50
		100 freestyle	2:26.56



Jan Rumble, Meet Director-Alaska Masters Postal Meet



# Major Rule Changes for 2000:

## New Forward Start Procedure:

At the beginning of each heat, the referee will blow a short series of whistles, signaling the swimmers to remove all clothing except swimwear. Next, the referee will blow one long whistle, signaling the swimmers to take their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall. When the swimmers are in position, with an outstretched arm the referee will turn control of the swimmers over to the starter. The starter may give optional instructions such as event, stroke, and distance, and then give the command "Take your mark." When all swimmers are motionless in the starting position, the starter will give the starting signal. (articles 101.1.1, 103.8)

## New Backstroke Start Procedure:

At the beginning of each heat, the referee will blow a short series of whistles, signaling the swimmers to remove all clothing except swimwear. Next, the referee will blow one long whistle, signaling the swimmers to enter the water, followed by another long whistle, signaling the swimmers to return to their starting positions. When the swimmers are in position, with an outstretched arm the referee will turn control over to the starter. The starter may give optional instructions such as event, stroke, distance, and telling swimmers to place their feet; then the starter will give the command, "Take your mark." When all swimmers are motionless in the starting position, the starter will give the starting signal. (articles 101.1.2, 103.8)

## Butterfly Clarification:

After the start and after each turn, swimmers using the breaststroke or whip kick while swimming butterfly are allowed only one kick before the arm pull that brings them to the surface. (article 101.3.2)

## False Starts:

If the starting signal sounds before a false start has been declared, the race will continue and the swimmer or swimmers who false started will be disqualified at the conclusion of the race. (article 103.8.5B)