

NEM News

HARVARD UPDATE

680 entries

Meet director Bob Seltzer announced this year's Harvard meet will be NEM's biggest meet, with the exception of the 800 at the Long Course Nationals at Brown University in 1985, that New England has ever hosted. This meet will also be the biggest ever non-national meet ever outside of California and tops NEM's previous biggest non-national meet of 630 at Harvard in 1990. Bob has an outstanding team to deliver a professionally run, exciting, and enjoyable weekend of swimming. The 680 participants are fortunate to have such a team.



Bob Seltzer at Regis

Also if you change your mind after you have checked in for that day's events and decide to scratch an event later in the day, please let us know. Our objective is to have every lane filled so that participants have a competitive race experience."

Positive Check In is required for all events:

"Again, we require positive check-in for all events. We require that check-in be done in person (you may designate someone to check-in for you if your travel plans will not allow for in-person check-in). Note that we will seed events about one hour before they are scheduled to start. That means if you do come in late, then you should check-in anyway because your event may not have been seeded .

The preliminary timeline will be available at:

<http://www.swimindex.com/meets/2002/nem-scy/>

This timeline is an estimate of when the first heat of each event will start. While this timeline is surprisingly accurate, it does not qualify anyone to be reseeded if a heat is missed.

Time to give thanks

While you are at the meet, take a moment to thank Bob and to thank the others who are working hard to make this meet available to you. It is because our club has these talented and hard working people that we are able to provide our members with such an impressive meet and provide the other activities and services throughout the year.

2nd annual Mini Meet
Burbank YMCA
Reading, MA
April 22

If you swam at the New Englands and want another chance at reaching a goal for an event this season, or you were not able to attend the New Englands, or if a smaller meet is more to your liking, you now have that one more chance.

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The Harvard Top Ten?

This is the NEM E News prediction of the outcome in the NEM Workout Group competition—based on 60% entries in hand as of March 18. (The NEM Workout Group Competition is for local pools/workout groups affiliated with New England Masters.)

1. Great Bay: Too many people, too many splashes—they defend their title.
2. Cambridge: The fastest relays but in the end it's the numbers that count.
3. Minuteman: The give both Cambridge and Great Bay a run for the money.
4. Andover Y: The king of the NEM Ys achieve highest placing ever.
5. East Providence: Frank's raiders travel north and secure a top 5 finish.
6. Beverly Y: They just edge out Nashua, based on relays.
7. Nashua Penquins: They field a big team this year and move way up in standings.
8. North Suburban Y: Another top 10 finish.

We think these four teams will fight it out for the other two places: BU (BUMS), Healthpoint, Longfellow, and Western New England. The top ten teams will receive 2002 NE SCY Championship banners to be proudly hung from the pool rafters.

484 NEMs in 2002 One Hour Swim are most ever—here or anywhere

by Bob Seltzer

As reported in a previous E News (New England Masters Swim Club's E-mail newsletter edited by Bob), NEM defended its USMS One Hour Swim National Championship and broke the previous records for both the total number of participants and total yards swum. You can get the complete results at: <http://www.usms.org/longdist/ldnats02/1hrresults.pdf>

NEM accounts for roughly 3% of total USMS membership. Our 484 participants and 1,780,000 yards accounted for 25% of all people and total yards swum! Congratulations to all NEMs who completed the "endless" swim.

Congratulations to the following NEMs for their exceptional speed and stamina:

Women

National One Hour Swim Champions

19-24 Emily Wang 5,230

60-64 Claire O'Brien 3,840

Women 55+ Relay: Claire O'Brien, Constance Sasser, Susan Livingston 11,170

Women 75+ Relay: Marie Brown, Esther Pelletier, Rita Printy 7,530

Women swimming more than 5,000 yards:

Emily Wang (5,230), Andrea Packard (5,225), Jessica Stokes (5,075)

Youngest NEM woman: Melissa Head (22) 3,675 yards

Oldest NEM woman: Mary Stadig (80) 2,800 yards

Men

19-24 Christoph O'Donnell 5,180

25-29 Jason Eaddy 5,680

Men 25+ Relay: Jason Eaddy, Rick Osterberg, David Dornaus 16,270

Men 45+ Relay: Joel Meltz, Fred Bartlett, Fred Schlicher 14,390

Mixed 25+ Relay: Jason Eaddy, Rick Osterberg, Jessica Stokes, Jenn Aber Korbly 20,940

Mixed 75+ Relay: James Edwards, Marie Brown, Ether Pelletier, Dwight Brown 11,275

Men swimming more than 5,000 yards:

Jason Eaddy (5,680), Ed Gendreau (5,335), Rick Osterberg (5,315), David Dornaus (5,275), Rich Landry (5,245), Frank Wuest (5,195), Christoph O'Donnell (5,180), Peter Worland (5,165), Ronald Raikula (5,130), Doug Bosley (5,070) and Rodney Green (5,040).

Youngest man: Zichuan Li (21) 3,210

Oldest man: James Edwards (79) 3,320

The 484 One Hour Swim NEMs are on page 7.



My Swimming Life

produced by Kim Goodwin
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Jenny Mooney

24 and 2 years in Masters

Swimming background

Jen began swimming competitively at the age of 5 in 1982. She later swam at East Providence High School and East Bay Aquatic Club during her teenage years. She earned Allstate high school honors and placed at nationals in 3 of her years during high school. She then swam at Clemson University after being awarded a full swimming scholarship. Jenny was part of the 1997 Clemson squad that won the ACC title. She states that it was one of the most exciting events of her life! Currently, Jenny swims with the East Providence Masters under Coach Frank McQuiggan's direction. She also coaches the East Bay Aquatics Club with fellow Master swimmer, Jon Caswell, in addition to her full time job at Johnson & Johnson.

Masters swimming has brought a new love of the sport to her...Now she enjoys her practices with the EP Masters because of the socializing that takes place in addition to getting in a great workout!

Typical Weekly Workout

Monday

Run between 4.5 and 6.5 miles during lunch with coworkers.

Tuesday

1 1/2 hour swim practice w/EP masters - Jen is mainly a backstroker so she will substitute backstroke whenever the interval allows her to:

- ◆ Warm up - 400 - 600 yards
- ◆ 3 x (4 x 50s - descending to 200 pace on :55
- ◆ 200 fast on 2:40; 4 x 50s descending

from 200 pace on :55) - last cycle should be stroke
◆ 4 x (4 x 25s descending on :35; 100 build on 1:45
◆ 4 x 25s sprint on :35) - alternate between stroke/free each cycle
◆ 8 x 75s (odds FL/BK/BR; evens - backstroke on 1:20)
300 warm down.

I do some weight training after practice and, if time permits, will also add 30 - 40 minutes of extra cardio work.

Wednesday

Same as Monday.

Thursday

1 hour swim workout with EP masters (mostly freestyle) -

- ◆ Warm up 400 - 600
- ◆ 15 x 100s on 1:25 (1-5); on 1:20 (6-10); on 1:15 (11-15)
- ◆ 10 x 50s on :50 (descending 1-5; 6-10)
- ◆ 500 pull or technique swim
- ◆ 12 x 25s working on breakouts on :30
- ◆ 300 warm down

Weight/cardio workout (same as Tuesday)

Friday

Same as Mon. and Wed.

Saturday

A tough 5000 swim workout on rest short intervals w/EP group.

Additional workouts

Jenny usually is able to get in the water and swim on her own two additional times per week. She focuses on stroke technique and will throw in a challenging kick set believing that leg strength and conditioning is very important to a backstroker! At times she will jump in to do some sets with her team, which is a very humbling experience, or join her friend at Sandwich High for a very tough swim workout! She will soon begin riding her bike (not a favorite activity) to prepare for the upcoming triathlon season.

Other information

Jen is very fortunate to have an employer who is very big on fitness. Her building has a gym and showers, making her daily run workouts possible.

The impact of Masters

Masters swimming has brought a new love of the sport to her. She was beginning to lose her drive because of the intensity of college and club swimming when she was younger. Now she enjoys her practices with the EP Masters because of the socializing that takes place in addition to getting in a great workout! Her goal is to keep achieving Masters' best times and not worrying about matching the times she did when she was younger. Masters is giving her a fresh start! Anyone that knows Jenny, understands that she eats, sleeps and dreams swimming.

She thanks NEM for keeping it fun and allowing her this opportunity to share her story and weekly workout schedule with others.

New England All-Time Top Tens for Short Course Yards through June 2001 available online

Stuart Cromarty has processed all the times, anointed the new members on the list and dumped those who no longer cross that sought after by some Top Ten bar. Both the individual and relay are at NEM's web site www.swimnem.org.

Stuart has added a new relay top ten list. Each file not only has the New England top ten but the latest official national record for each event and for each relay. Frank McQuiggan worked with Stuart to get this big job done.

2002 USMS Rule Book is online

Find out what is legal—and not legal in the breaststroke kick—and all those other sticky points that make things official and avoid DQ's. Browse it or download it at www.usms.org/rules/



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants stories from everyone. Send him yours.)

Let's Talk About Seed Times

By the time you read this, Harvard will be upon us. As I write this column, with the meet fast approaching and with the promise of spring just around the corner, I find myself thinking about a subject that is rarely talked about, but I will broach the subject here. You know what it is. We all do it; we almost never talk about it. It begins with the letter "S". That's right; we're going to talk about "Seed Times." Yes, seed times. How do you figure out yours? Do you figure out yours? How come every time I enter a race with a very accurate seed time I get my sorry white butt whipped, and every time I enter a slow one I get a good race in my heat?

I've talked to folks about this subject and I've learned one very interesting thing. Everyone has a way of figuring out a seed time and very few have to do with how fast they swim a race. I will warn you that these are generalizations and, therefore, some will take exception. Take them with a grain of salt and remember, they wouldn't be generalizations if there wasn't some truth to them.

First, there are the elite's. These folks typically swim in the last (i.e., fastest) or second to last heat of an event. Typically they know the individuals who are in these heats, and therefore their seed times tend to be based on what lane they would like to swim in. I know one person who said he always seeds himself with the fastest time, no matter what it is. Why? He really likes lane 4.

On the other side of the spectrum, there is the beginner. I can speak directly to this experience since it was me at Harvard 2 years ago. You seed yourself as slow as possible for two reasons. First, you probably don't have a clue what you can swim the race in. Second, because you don't want to finish your race ten minutes after everyone else in the heat. I mean, come on. We want to make this a positive experience, right?

And then there are the rest of us. The non-elite's who have been doing this for a while. Hardly any of us put down a seed time that is what we really think we can do the race in. We always seed ourselves just a little bit slower. Why? Partly its because we might have an off day and actually swim that pace. Mostly its because we know no one else will seed themselves at their exact pace. We don't care about lanes. I've been in lane 4, I've been in lane one, and neither seemed to affect my race. We don't care about blowing the heat away because we won't perform at our best that way either. We just want to be in the thick of it, and if we are really lucky, we'll luck out and get a really good race with someone.

After all, everyone deserves that hard fought moment when you push yourself to limits you didn't think were possible and lunge with all your might at the final wall. If you win, great. If you don't, there is another race around the corner and another chance for that rare and special moment.



The Self Coached Workout

by David Grilli, LMSC Fitness Chairman
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It Takes a Little Longer

When Pitcher Tom Sever came to the Boston Red Sox in the twilight of his career, during a press conference he was asked, "Tom, do you still think you can throw as hard?" Seaver's reply was, "Sure I can throw as hard....It just takes a little longer to get there." Is this happening to you in the pool? Swimming every bit as hard but taking a little longer to get there? Join the crowd!

Hearts are getting older, arteries are getting clogged, muscles are losing their flexibility. It's all quite normal and natural. But do not let it get you down. I see my young age group swimmers getting frustrated because they are hitting plateaus. If they only knew the frustrations of hitting the slippery slopes of mid life.

How does one stay motivated? This will require some intellectualizing. During your workouts, lengthen your intervals so you get more rest but complete the swim in a length of time shorter or as long as you used to do in your younger days. Well, at least try to. Concentrate on technique. I might even suggest drills. But whatever you do, think, think, think. I am a day older than yesterday but I am a day wiser.

Here's a good workout for the senior set.

- 1) 500 warm up
- 2) 8 x 25 on :50 IM order
- 3) 3 x 100 free on 2:00
- 4) 3 X 100 free on 1:50
- 5) 3 x 100 free on your best interval (1:45)
- 6) 400 back stroke pyramid, 25, 50, 75, 100, 75, 50, 25, on a 10 second per 25 yards swim rest interval. Work hard on the 25, 50, 75 and use the rest of the set as your cool down.

Remember, age gracefully.

The Confessions of Citizen g

NEM Mary Frances (Perroni) Vesey, a two-time USMS All-American who belongs to the East Providence Masters, has published a mystery/suspense novella entitled *The Confessions of Citizen g* (January 2002, Infinity Publishing; available through Amazon.com, Barnes and Noble [www.bn.com], Borders.com buybooksontheweb.com and by ordering from your local bookstore). *Citizen g* is a classic tale of the man (or, in this case, the woman) who knows too much.

The book centers around two female swimmers who train in a pool *and* open water. The first chapter is loosely based on a strange train ride (the Lake Shore Limited) that Mary Fran took to the 1996 Long Course Nationals in Ann Arbor, Michigan. Some of the first chapters feature scenes of "pool" swimming. The swimming scenes are crucial to both character and plot development. Swimming helps "frame" the story, she say. The rest of the book is purely fictional. The central character is eventually introduced to open water by a seasoned Masters swimmer.

Mary Fran has been out of the water for a while after getting married and having three babies. She rejoined NEM again this year and swam at the CCRI meet March 3. Her NEM swimming experience, which began as a member of the EP Masters at age 30, was especially helpful in writing *The Confessions of citizen g*. She used her own open water experiences—Save the Bay, Boston Light and Chesapeake Bay—to help write the book. Mary Fran thinks Masters swimmers will enjoy the book, especially those who wear wetsuits and swim "laneless" once in a while.

Workout Group Profile

North Suburban YMCA

by Edie Jirak

A few months ago, I started swimming with the workout group at the North Suburban YMCA in Woburn. Everybody was very friendly, the coaching good, the price right (Y members just pay the coach a few dollars for each workout), and the group a nice mix of

competitive and fitness swimmers. In early March, two of the team members, Karen and Dave Houghton, hosted a swim team pep rally to psych everyone up for the Harvard meet. Fifteen folks showed up, along with the group's early leader Dick Donovan and his wife Sally. Copies of the meet registration forms and of the NEM membership forms were plentiful. We figured out what events we'd swim and planned relays. Karen and Dave gave us team t-shirts they had had printed up, and Brooke O'Connor passed out swim caps. I was blown away by this generosity and everybody's sense of fun and enthusiasm. I just had to learn more about the origins of this fabulous group.

In the late 1970s, a group of diehard swimmers in Woburn started practicing with the Y's high school team during its early morning workout, ultimately taking over the 5:30 am time slot when the season ended. For a while, the small group, led by Dick Donovan, was coached by the high school team's coach – the swimmers each chipped in a few dollars to pay him. Most of the swimmers were in their twenties, into swim meets on the Y meet circuit, triathlons, and starting families; at one time in the 1980s, one whole lane was just pregnant women. After the swim team's coach left, several of the swimmers helped with the coaching.

Fifteen years later, many of the core regulars – Marian Nihan, Beth Eggiman, Jenny Marshall, Gayle Wettach, John Palmer, Dave Damassa — are still involved. Now in their forties or early fifties, they form the heart of the team. Coaching is shared now by Marian (Monday, Wednesday, Friday) and John (Sunday). "Our coaches are fantastic," Dave Damassa says. "They're dedicated, inspirational, and skilled."

Gayle has enjoyed watching the group grow: "It used to be that just a few of us would go to New England championship meets, and we would end up just going by ourselves. I

have really enjoyed going as a "team" the last couple of years and we really surprised ourselves at how well we did." At the 2001 Harvard meet, the nine swimmers from North Suburban Y had hoped to make the

top ten (having just missed in 2000) and were thrilled to place seventh – four individual first places, and five of the six relay teams



Longtime members Jenny Marshall, Marian Nihan, Dick Donovan, Gayle Wettach, Beth Eggiman, Dave Damassa

were first or second in their brackets. This year's team is twice the size of last year's, so everyone's hoping to improve a place or two.

In the 90s, another wave of swimmers joined. When asked, Charlie Skeele replied "I've lost track! I may have started in 1993.

Around the time I turned 40, in 1992, I started swimming occasional laps by myself, never having swum competitively. At some point I was irrationally consumed by the notion that I must learn to swim butterfly and set about to do that around the time I also learned that even I might be welcome to join the Masters group at the Y. I've been plodding my way slowly through stroke

mastery all this while. The first time I competed was at 2001 Harvard (400 IM, 50 fly, 100 fly, some relays)."

Paige Montrone, one of the newest swimmers, sums up well the team's openness and spirit: "The Woburn group is great. Everyone is very friendly, no one laughs at my flip-turns, but mostly I love the look my friends give me when I tell them what time I wake up (5:00 am) and how much we swim!"

The team's diversity and balance appeals to many swimmers. About half of the entire team (35 on the roster) are fitness swimmers. The other half compete, or are former competitive swimmers looking to race again. Many of the swimmers are, or have been active, in other sports. Heret Pauskar, the youngest member at 19, is a modern pentathlete (swimming, running, fencing, shooting, horseback riding) in her native Estonia; Brooke

O'Connor is a nationally ranked track cyclist; Dave Damassa is an avid scuba diver; Wiki Royden rowed for Harvard and on a national team; Kelley Allardi is a former marathon runner; and several of us do triathlons.

And this summer, if Dave Judelson has his way, we can all add hockey to our resumes – underwater hockey, that is. It seems it's popular in Australia — perhaps it will catch on in Woburn, too.

Around the time I turned 40 in 1992, I started swimming occasional laps by myself, never having swum competitively. I was irrationally consumed by the notion that I must learn to swim butterfly. I also learned that even I might be welcome to join the Masters group at the Y.

About half of the team (35 on the roster) are fitness swimmers. The other half compete or are former competitive swimmers looking to race again. Many of the swimmers are or have been active in other sports.

It used to be that just a few of us would go to New England championship meets and we would end up just going by ourselves. I have really enjoyed going as a "team" the last couple of years and we really surprised ourselves at how well we did.

Backstroke Kicking Drills

1. Arms to sides

Hips slightly dropped, emphasis should be on kicking up with stretched leg leading up with the toes. Slight crossover of feet in the action. Water should boil rather than splash. Knees should be kept under the water.

2. Arms stretched

Arms are extended behind the head with thumbs locked or arms crossed with hands clasped. It is important to have straight arms for executing this drill. This drill helps to give the swimmer a good body position in the water. It also helps improve flexibility in the shoulders, so vital for backstrokers.

3. Arms out

Normal backstroke kick but with arms bent for forearms to clear the water at 90 degrees. This can be done with the arms totally out of the water at 45 degrees. This is a good drill for leg strengthening.

4. Knees down

Hold the k/board by the near end pointing it down towards the toes on top of the water. When the swimmer pushes the knees out of the water against the k/board it indicates the kick is incorrect.

5. Head-up

This drill is done as normal kick but with the head lifted to watch that only the toes are breaking the surface of the water, not the knees.

6. Kick 90 degree turn

Kick 12 kicks in normal position, turn 90deg. to left to kick on the side for 12 kicks, return to normal repeat then turn to the right.

These kick drills can be done with or without fins.

Source: newsletter@swim2000.com 2/00

NEM Relays in the 2002 One Hour Swim

WOMEN

| | | | | | | | | |
|-----|---|--------|----------------|----|------------------|----|--------------------|----|
| 19+ | 4 | 14,315 | Emily Wang | 23 | Lisa Parrington | 23 | Amy DeVito | 23 |
| 25+ | 1 | 14,670 | Jessica Stokes | 25 | Jenn Aber Korbly | 26 | Michele Fox | 32 |
| 35+ | 2 | 13,530 | Jan Coleman | 40 | Wendy Gulley | 36 | Jennifer Feree | 37 |
| 45+ | 3 | 12,885 | Karen Bierwert | 49 | Jennifer Luker | 45 | Karla Nisley-Black | 46 |
| 55+ | 1 | 11,170 | Claire O'Brien | 63 | Constance Sasser | 55 | Susan Livingston | 63 |
| 75+ | 1 | 7,530 | Marie Brown | 77 | Esther Pelletier | 76 | Rita Printy | 78 |

MEN

| | | | | | | | | |
|-----|---|--------|---------------------|----|-----------------|----|----------------|----|
| 19+ | 3 | 14,645 | Christoph O'Donnell | 23 | Bas Overbosch | 24 | Michael Pitts | 23 |
| 25+ | 1 | 16,270 | Jason Eaddy | 25 | Rick Osterberg | 28 | David Dornaus | 27 |
| 35+ | 3 | 15,775 | Edmund Gendreau | 39 | Richard Landry | 38 | Frank Wuest | 41 |
| 45+ | 1 | 14,390 | Joel Meltz | 45 | Fred Bartlett | 46 | Fred Schlicher | 53 |
| 55+ | 6 | 12,010 | Bruce Mohl | 55 | Jim Conlin | 58 | Robert Wilk | 59 |
| 55+ | 8 | 11,695 | Matt Chrostowski | 60 | Thomas Manfredi | 58 | David Prior | 56 |
| 65+ | 9 | 9,235 | Dean Kavanagh | 67 | Arthur Cotter | 67 | Bruce Kurtz | 65 |
| 75+ | 2 | 8,225 | James Edwards | 79 | Dwight Brown | 77 | Norman March | 75 |

MIXED

| | | | | | | | | | | |
|-----|---|--------|-----------------|----|---------------------|----|------------------|----|-------------------|----|
| 19+ | 2 | 19,995 | Emily Wang | 23 | Christoph O'Donnell | 23 | Bas Overbosch | 24 | Lisa Parrington | 23 |
| 25+ | 1 | 20,940 | Jason Eaddy | 25 | Rick Osterberg | 28 | Jessica Stokes | 25 | Jenn Aber Korbly | 26 |
| 35+ | 2 | 19,685 | Edmund Gendreau | 39 | Richard Landry | 38 | Jan Coleman | 40 | Wendy Gulley | 36 |
| 45+ | 3 | 18,395 | Joel Meltz | 45 | Fred Bartlett | 46 | Karen Bierwert | 49 | Jennifer Luker | 45 |
| 55+ | 2 | 15,690 | Bruce Mohl | 55 | Jim Conlin | 58 | Claire O'Brien | 63 | Constance Stasser | 55 |
| 75+ | 1 | 11,275 | James Edwards | 79 | Marie Brown | 77 | Esther Pelletier | 76 | Dwight Brown | 77 |

Relays at the Portsmouth Pool (SCM) March 17

| | | | | | | | | | | | |
|-------|------------|-----|----------------|----|-----------------|----|------------------|----|-----------------|----|---------|
| WOMEN | | | | | | | | | | | |
| WOMEN | 200 FREE | 120 | Brandy Brown | 29 | JoAnn Fryer | 33 | Jennifer Machado | 23 | Julia Malloy | 42 | 2:17.47 |
| WOMEN | 200 FREE | 120 | Lisa Hart | 39 | Kerin Elisens | 25 | Gail Pentheny | 40 | Cindy Curtis | 34 | 2:20.63 |
| WOMEN | 200 MEDLEY | 120 | Brandy Brown | 29 | JoAnn Fryer | 33 | Jennifer Machado | 23 | Julia Malloy | 42 | 2:36.05 |
| WOMEN | 200 MEDLEY | 120 | Lee Calderone | 47 | Jennifer Wright | 26 | Karin Cole | 24 | Sandy Woodcock | 46 | 2:46.06 |
| WOMEN | 200 MEDLEY | 120 | Lisa Hart | 39 | Kerin Elisens | 25 | Gail Pentheny | 40 | Cindy Curtis | 34 | 248.14* |
| MEN | | | | | | | | | | | |
| MEN | 200 FREE | 120 | Chris French | 40 | Michael Hirst | 42 | Bradley Vear | 47 | Jason Baker | 30 | 1:50.63 |
| MEN | 200 FREE | 160 | Michael McAfee | 41 | Rich Orkin | 55 | Matt Craig | 32 | Edmund Gendreau | 40 | 2:03.34 |
| MEN | 200 FREE | 120 | Jens Dinter | 37 | Maurice Reagan | 53 | Philip Lamoreaux | 28 | Steven Veneman | 33 | 2:04.72 |
| MEN | 200 MEDLEY | 120 | Michael Hirst | 42 | Jason Baker | 30 | Bradley Vear | 47 | Chris French | 40 | 2:03.66 |
| MEN | 200 MEDLEY | 160 | Michael McAfee | 41 | Rich Orkin | 55 | Edmund Gendreau | 40 | Matt Craig | 32 | 2:22.47 |
| MEN | 200 MEDLEY | 120 | Jens Dinter | 37 | Maurice Reagan | 53 | Philip Lamoreaux | 28 | Steven Veneman | 33 | 221.48* |

* = One watch

Go East, Young Man - and Young Woman

The Pacific Local Masters Swimming Committee (LMSC) took note of the center of Masters Swimming heading to the East. Below is the resolution proposed by Michael Moore, seconded by Rick Meier Winds, and passed unanimously by the Pacific Local Masters Swimming Committee at its monthly meeting on February 20, 2002, in Danville, California.

"1. Pacific Masters noted that in Swim Info where Bob Seltzer said 'You can make a pretty good case that New England is the center of master's RACING in the US.' Pacific Masters looked into its heart of hearts and found that maybe the center of Masters Racing has moved east.

"2. Pacific noted that Pacific could only get 325 at its short course meters championships (12 individual and two relay world records broken), New England Masters got almost 400 swimmers at its Short Course meters championships (11 individual and one relay world records broken).

"3. Pacific noted that Seltzer said that 'NEM averages a meet participation rate that is close to 50 percent of its members, compared to the USMS National average that probably is no better than 20%.' (New England Masters has 1619 Masters), Pacific could only identify 1825 individual of its 9700 members on the roster who competed in swimming events in 2001. Those 1825 members only make up 19% of its membership not even making the 20% average of the rest of the LMSCs.

"4. Pacific noted that it is not able to get 150 relays at a meet, as everyone has to be on the same club. (Pacific has over 100 clubs while New England has three masters clubs).

"5. Pacific recognizes that perhaps the torch has passed to the East congratulates New England on becoming the center of Masters racing. Thousands of Pacific Masters members look forward to traveling to the Boston/New England area to compete in a future Masters Nationals."

From the NEM E News E-mail newsletter

NEM News editor note: The Pacific LMSC (d.b.a PMS) has almost 10,000 members. Could it be that New England is truly the Swim Capital of Masters Swimming?

New E-Mail address for West of Boston contact

Paul Keyes, our West of Boston contact for pools and workouts, has a new email address: pmkeyes@attbi.com.

Bear Hill Golf Club Pool Director

The club is looking for an experienced, professional individual to be the Pool Director at its summer pool in Stoneham, MA. The position will be responsible for overall pool maintenance, supervision and scheduling of lifeguard staff and scheduling and overseeing swim lessons. The qualified candidate will ensure pool safety and overall member satisfaction. In addition, he or she will support the swim team and insure a successful and enjoyable swim season. Appropriate lifeguard, first aid, CPR certifications required. WSI and CPO a plus. June through Labor Day, with advance preparation required for pool opening and hiring of staff. Interested candidates should contact Gayle Wettach, 781-245-4034, gaylew2000@attbi.com

Show me the money

The United States Olympic Committee spent \$40 million over the last four years. Former USOC vice president George Steinbrenner (Mr. Deep Pockets of our New York Yankees nemesis) "put the medal machine in motion," said USOC president Sandra Baldwin. *[John Powers in the Boston Globe]*

Community College of Rhode Island (SCY), Lincoln, RI: March 3

Recognition 033-006-RSCY Frank McQuiggan: meet director and results.

| | 50 Free | 100 Free | 500 Free | 50 Back | 100 Back | 50 Breast | 100 Breast | 50 Fly | 100 Fly | 100 IM | 200stroke |
|----------------------------|---------|----------|----------|---------|----------|-----------|------------|---------|---------|---------|-------------|
| Angela Lang | 19-24 | | | | | | | | | | |
| Heather SanBento | 19-24 | 30.57 | 1:07.68 | | | | | 35.13 | | | |
| Jenny Mooney | 19-24 | | | 30.13 | 1:04.17 | | | 29.47 | 1:06.17 | 1:08.25 | |
| Laura Hochla | 19-24 | | | 39.52 | | | | 38.61 | | 1:23.59 | |
| Terra Gulla | 25-29 | 31.25 | 1:08.12 | 38.73 | 1:23.81 | | | | | | 2:30.19 fr |
| Kate Farrington | 35-39 | | | | 1:24.54 | 40.01 | | 33.80 | 1:19.07 | 2:55.19 | im |
| Lucie Rice | 35-39 | 36.97 | 1:23.63 | | | | | 50.76 | | | |
| Mary Frances Perroni-Vesey | 35-39 | | | | | | | | | 2:45.63 | im |
| Melissa Ray | 35-39 | | | | | | | 33.32 | .00 | 1:13.10 | |
| Paula Pollard | 35-39 | | | 5:52.33 | | 36.99 | 1:18.51 | | 1:11.07 | 2:12.93 | fr |
| Kim Goodwin | 40-44 | | | | 1:14.76 | 36.49 | 1:20.96 | | | 2:38.16 | im |
| Sarah O'Donnell | 40-44 | | | | 37.44 | | | | | | |
| Esther Soiondz | 45-49 | 33.10 | | | | | | | | | |
| Glenna Ryan | 45-49 | | | | | 42.86 | | 38.23 | 1:27.02 | | |
| Eileen Craffey | 50-54 | | | | 36.70 | 41.59 | | 38.26 | | 3:07.63 | bk |
| Nancy Tsonas | 50-54 | 32.70 | 1:12.43 | | | | | | | | |
| Nancy Dobie | 55-59 | 49.26 | 2:02.27 | 1:09.36 | 2:37.59 | | | | | 4:30.81 | fr |
| Diane Reed | 70-74 | 39.24 | 1:32.19 | | | 54.63 | | | 1:53.61 | 3:23.57 | fr |
| Derek Granger | 19-24 | | | | | .00 | 1:07.63 | | 1:02.50 | | |
| Ryan Wallace | 19-24 | | | | | .00 | 1:11.76 | | 1:02.95 | | |
| Christian Sullivan | 25-29 | 26.03 | .00 | | | | | | 1:10.27 | | |
| Jeff Bushnell | 25-29 | | | | 58.73 | | | | | 2:08.81 | bk |
| John Fischer | 25-29 | | 59.01 | | | | | | 1:08.89 | 2:08.16 | fr |
| Noel LaPierre | 25-29 | | .00 | | | | | | | | |
| Peter Couto | 25-29 | 25.74 | 1:05.24 | | | | | | | | |
| Scott Bloeman | 25-29 | | | | 1:02.08 | | | 57.07 | | 2:13.11 | fr |
| Matthew Gilson | 30-34 | | 51.80 | | | | | | | 2:06.37 | fr |
| Brian Casey | 35-39 | | | | | | | 56.79 | 59.62 | 2:19.53 | fly |
| David Riley | 35-39 | 27.09 | 58.98 | | 1:15.45 | | | .00 | | 2:20.23 | fr |
| Mark Johnson | 35-39 | | | | | | | | | | |
| Greg Austin | 40-44 | | | 6:32.25 | | | | 28.26 | 1:04.65 | 2:25.75 | im |
| Jeff Callas | 40-44 | | | 6:17.23 | | | | | | | |
| Paul Doherty | 40-44 | 34.99 | 1:20.41 | 8:42.40 | | 48.75 | | | | 3:04.00 | fr |
| Ray Gandy | 40-44 | | 52.77 | | | | | 56.61 | 1:00.04 | 2:20.44 | fly |
| Bob Lamothe | 45-49 | 34.40 | 1:18.06 | | | | | | | | |
| John Magyar | 45-49 | | | 7:08.82 | | 39.40 | | 41.91 | 1:27.91 | 3:06.96 | br |
| Mike Hogan | 45-49 | 25.43 | 58.57 | | | | | | | | |
| Owen Devine | 45-49 | | 1:01.13 | | 35.55 | | 1:29.33 | | | | |
| Greg Shaw | 50-54 | | | | | | | 24.69 | 55.94 | 1:00.38 | 2:09.12 fly |
| Mike Mathers | 50-54 | 27.44 | 1:00.08 | | | | | | | | |
| Peter Cleary | 50-54 | 28.85 | | | | | | | | | |
| Tim Morse | 50-54 | | 59.77 | | | | | | | | |
| Joseph Keilty | 55-59 | | | | | | | 47.46 | 1:56.37 | | |
| Laszlo Egar | 55-59 | 28.79 | | | 35.32 | | | 1:13.74 | | 2:41.73 | fr |
| Mingjie Song | 55-59 | | | | 34.90 | 1:19.43 | | | | 3:09.91 | br |
| Tom Manfredi | 55-59 | | | | | | | 30.37 | 1:11.19 | | |
| Bob Bourassa | 60-64 | | | | | | | | | 2:52.18 | im |
| Douglas Shearer | 60-64 | | | | 41.01 | | | 36.90 | | | |
| Matt Chrostowski | 60-64 | 28.49 | | | .00 | | | | | | |
| Rick Bushnell | 60-64 | | 1:14.07 | | | | | | | | |
| Art Scott | 65-69 | 34.49 | | | 45.04 | | | | 2:03.19 | 2:44.10 | fr |
| Monroe Allen | 70-74 | 32.90 | 1:16.42 | | | | | | | 3:08.82 | fr |
| James Edwards | 75-79 | | | 8:32.21 | 1:36.58 | | | | | 3:32.22 | bk |

UMass Amherst (SCY) March 3

Sanction 033-003-SSCY

Russ Yarworth: meet director and results

| | 50 Yard Freestyle | 100 Yard Freestyle | 200 Yard Freestyle | 50 Yard Breaststroke | 100 Yard Breaststroke | 200 Yard Breaststroke | 50 Yard Backstroke | 100 Yard Backstroke | 200 Yard Backstroke | 50 Yard Butterfly | 100 Yard Butterfly | 200 Yard Butterfly |
|-----------------------|-------------------|--------------------|--------------------|----------------------|-----------------------|-----------------------|--------------------|---------------------|---------------------|-------------------|--------------------|--------------------|
| Deak, Darius | 31 | 1:13.94 | | | | | | | | | | |
| Helmuth, Paul | 35 | 1:04.52 | | | | | | | | | | |
| Nunnally, John | 49 | 1:04.28 | | | | | | | | | | |
| Sorel, Edward | 66 | 1:29.03 | | | | | | | | | | |
| 200 Yard Breaststroke | | | | | | | | | | | | |
| Bierwert, Karen | 49 | 3:03.85 | | | | | | | | | | |
| Kurtz, Bruce | 65 | 4:47.89 | | | | | | | | | | |
| 50 Yard Backstroke | | | | | | | | | | | | |
| Gallont, Nancy | 50 | 47.82 | | | | | | | | | | |
| Letendre, Peter | 32 | 31.75 | | | | | | | | | | |
| Nunnally, John | 49 | 28.55 | | | | | | | | | | |
| Cahill, Bob | 54 | 35.80 | | | | | | | | | | |
| Smith, Norman | 57 | 39.23 | | | | | | | | | | |
| Sorel, Edward | 66 | 42.63 | | | | | | | | | | |
| 100 Yard Freestyle | | | | | | | | | | | | |
| Lawrie, Dawn | 26 | 1:03.27 | | | | | | | | | | |
| Deak, Darius | 31 | 1:00.06 | | | | | | | | | | |
| Helmuth, Paul | 35 | 55.61 | | | | | | | | | | |
| Benway, Bob | 40 | 56.73 | | | | | | | | | | |
| Tharion, Bill | 44 | 1:06.41 | | | | | | | | | | |
| Rogacki, Daniel | 54 | 53.49 | | | | | | | | | | |
| 200 Yard IM | | | | | | | | | | | | |
| Kurtz, Bruce | 65 | 3:55.97 | | | | | | | | | | |
| Burge, Wendy | 34 | 47.46 | | | | | | | | | | |
| 50 Yard Breaststroke | | | | | | | | | | | | |
| Gallont, Nancy | 50 | 46.70 | | | | | | | | | | |
| Deak, Darius | 31 | 37.31 | | | | | | | | | | |
| 100 Yard Butterfly | | | | | | | | | | | | |
| Lawrie, Dawn | 26 | 1:10.05 | | | | | | | | | | |
| Bierwert, Karen | 49 | 1:16.30 | | | | | | | | | | |
| Cahill, Bob | 54 | 1:10.73 | | | | | | | | | | |
| 100 Yard Backstroke | | | | | | | | | | | | |
| Feldman, Joel | 50 | 1:16.29 | | | | | | | | | | |
| Nunnally, John | 49 | 1:03.25 | | | | | | | | | | |
| Rogacki, Daniel | 54 | 1:04.77 | | | | | | | | | | |
| Smith, Norman | 57 | 1:28.27 | | | | | | | | | | |
| 200 Yard Freestyle | | | | | | | | | | | | |
| Lawrie, Dawn | 26 | 2:25.95 | | | | | | | | | | |
| Cahill, Bob | 54 | 2:46.90 | | | | | | | | | | |

Portsmouth Pool (SCM), Portsmouth, NH: March 17

Sanction 033-001-SSCM Edmund Gendreau: meet director and results.

| Reg # | | 50 FR | 100 FR | 200 FR | 50 BA | 100 BA | 200 BA | 50 BR | 100 BR | 200 BR | 50 FL | 100 FL | 200 FL | 100 IM | 200 IM |
|-------|-----|-------|--------|------------------|-------|--------|---------|---------|---------|---------|---------|---------|---------|----------|---------|
| 19 | NEM | 19-24 | 23 | Jennifer Machado | F | 37.73 | | | | | | | | | |
| 250 | NEM | 19-24 | 23 | Kristine Kuzma | F | | 1:20.23 | | | | | | | 1:36.09 | |
| 1425 | NEM | 19-24 | 24 | Karin Cole | F | | | 2:36.50 | | | | | | 1:30.92 | |
| 95 | NEM | 25-29 | 25 | Kerin Elisens | F | | | | | | | 1:19.76 | | 1:22.67 | 2:52.91 |
| 505 | NEM | 25-29 | 26 | Jennifer Wright | F | | | | | | | | | 1:20.87 | |
| 1364 | NEM | 25-29 | 26 | Kathleen Boyd | F | | | | | | | | | | 2:46.45 |
| 1085 | NEM | 25-29 | 29 | Brandy Brown | F | | | 1:39.14 | | | | | | 1:30.98 | 3:07.50 |
| 268 | NEM | 30-34 | 33 | Carol Prescott | F | | | | 3:21.98 | | | | | 3:07.75 | |
| 961 | NEM | 30-34 | 33 | JoAnn Fryer | F | | | 40.21 | 1:27.20 | 3:15.33 | | | | 3:17.73 | |
| 869 | NEM | 30-34 | 34 | Cindy Curtis | F | | | | | | | | | 2:56.66 | |
| | NEM | 35-39 | 35 | Wendy Burge | F | | | | | | | | | 3:23.70 | |
| 665 | NEM | 35-39 | 35 | Kim Wesson | F | | 1:07.31 | 3:09.39 | | | | | | | |
| 865 | NEM | 35-39 | 36 | Sybil Peckham | F | 42.48 | 1:33.95 | | | | | | | | |
| 49 | NEM | 35-39 | 39 | Lisa Hart | F | 42.67 | 1:39.15 | 404.93* | DQ | 1:59.47 | | | | | |
| 329 | NEM | 40-44 | 40 | Deborah Edin | F | | | | | | | | | | |
| 141 | NEM | 40-44 | 40 | Gail Pentheny | F | | | | | | | | | | |
| 225 | NEM | 40-44 | 40 | Nancy Virelli | F | 35.19 | 1:14.20 | | | | | | | | |
| 1279 | NEM | 40-44 | 42 | Julia Malloy | F | 34.59 | | | | | | | | | 3:16.50 |
| 296 | NEM | 45-49 | 45 | Tracy Grilli | F | 33.71 | 1:14.57 | 2:40.16 | | | | | | | 3:08.82 |
| 224 | NEM | 45-49 | 46 | Sandy Woodcock | F | 36.18 | | | 3:03.82 | | | | | | |
| 1231 | NEM | 45-49 | 47 | Lee Calderone | F | | | 3:34.26 | | | | | | | 1:24.77 |
| 1268 | NEM | 45-49 | 47 | Laurie Teale | F | 42.38 | 1:32.87 | | DQ | | | | | | 4:07.92 |
| | NEM | 50-54 | 50 | Nancy Gallo | F | 39.35 | 1:28.73 | | | | | | | | 4:00.41 |
| 17 | NEM | 50-54 | 51 | Julie Low | F | 53.44 | | | 50.07 | 1:54.64 | | | | | |
| 516 | NEM | 50-54 | 52 | Susan Barbary | F | | | 1:01.01 | | | | | | | |
| 230 | NEM | 55-59 | 57 | Kathy Slifer | F | | | | | | | | | | |
| 146 | NEM | 55-59 | 57 | Kathy Brodsky | F | | | | 2:06.46 | | | | | | |
| 131 | NEM | 70-74 | 74 | Joan McIntyre | F | | | 57.43 | | 4:26.90 | | | 5:07.36 | | |
| 1267 | NEM | 25-29 | 28 | Philip Lamoreaux | M | 28.64 | | | | 33.27 | 1:13.58 | | | | |
| 1099 | NEM | 30-34 | 30 | Jason Baker | M | 25.32 | 57.02 | | | | | | | | |
| 626 | NEM | 30-34 | 32 | Matt Craig | M | 27.64 | | 2:19.51 | | | | | | | |
| 23 | NEM | 30-34 | 32 | Mike McNeilly | M | | | | | 2:30.18 | | | | | 2:41.24 |
| 1057 | NEM | 30-34 | 33 | Steven Veneman | M | 30.03 | 1:08.56 | | | | | | | | |
| | NEM | 35-39 | 35 | Ed Champy | M | 30.12 | 1:04.73 | | | | | | | | |
| 253 | NEM | 35-39 | 37 | Jens Dinter | M | 29.45 | 1:05.22 | | | | | | | | |
| 244 | NEM | 40-44 | 40 | Edmund Gendreau | M | 26.20 | | | | | | | 2:37.59 | | |
| 1067 | NEM | 40-44 | 40 | Chris French | M | | 57.68 | | | | | | 1:01.38 | 2:20.50* | |
| 829 | NEM | 40-44 | 41 | Michael McAfee | M | | | | 1:07.71 | | | | 1:06.10 | | |
| 1058 | NEM | 40-44 | 42 | Michael Hirst | M | 27.26 | 1:03.20 | | 40.33 | 1:26.77 | 3:09.23 | | | 1:34.12 | 3:20.77 |
| 43 | NEM | 45-49 | 46 | John Stacy | M | 35.73 | | 2:57.63 | | 1:10.31 | 2:30.86 | | | | |
| 663 | NEM | 45-49 | 47 | Bradley Vear | M | | | | | | | | | | |

The 484 NEMs in the 2002 One Hour Swim

| | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------|--------------------|-------|-------|----------------------------|---------------|-------|-------|---------------------|------------------|--------------|--------------|----------------------|---------------|--------------|---------------|----------------------|----------------|-----------|-----------------|---------------------|-------|-------|-----|
| WOMEN | Stephanie Javaheri | 30 | 2,710 | 120 | Joan Reilly | 47 | 3,880 | 38 | Philip Lamoreaux | 27 | 3,900 | 51 | Peter Neillay | 41 | 4,500 | 40 | Robert Seltzer | 50 | 4,360 | 22 | | | |
| 19-24 | Chinna Udoji | 30 | 2,120 | 122 | Sally Fellows | 46 | 3,860 | 40 | 30-34 | Ron Gillooly | 41 | 4,450 | 43 | Ron Gillooly | 41 | 4,450 | 43 | Tom Wolfe | 50 | 4,190 | 28 | | |
| Emily Wang | 23 | 5,230 | 1 | Beth Primich | 34 | 1,990 | 124 | Anne Warner | 47 | 3,850 | 42 | Matthew Gilson | 34 | 4,895 | 14 | Marc Tatar | 43 | 4,380 | 47 | David Drain | 53 | 4,190 | 28 |
| Lisa Parrington | 23 | 4,560 | 13 | Ann-Marie Opeila | 30 | 1,965 | 125 | Judith Sharlin | 48 | 3,800 | 47 | Henry Baker | 34 | 4,725 | 19 | David Schubert | 40 | 4,380 | 47 | Richie Martin | 52 | 4,125 | 34 |
| Amy DeVito | 22 | 4,525 | 15 | 35-39 | | | | Ann McDermott | 47 | 3,800 | 47 | Darius Deak | 31 | 4,715 | 20 | Michael (Buzz) Busby | 41 | 4,370 | 49 | Fred Dalby | 52 | 4,070 | 40 |
| Caitlin Thomas | 21 | 4,525 | 15 | Wendy Gully | 36 | 4,505 | 18 | Glenna Ryan | 46 | 3,790 | 50 | Michael Yunker | 31 | 4,710 | 21 | Kenneth White | 40 | 4,350 | 54 | Ken Walsh | 50 | 3,945 | 53 |
| Julie Bard | 23 | 4,500 | 18 | Jennifer Ferree | 37 | 4,425 | 20 | Leslie Tatar | 48 | 3,780 | 51 | James Sieve | 34 | 4,675 | 24 | Michael Leitzmann | 42 | 4,260 | 61 | Michael Forbes | 51 | 3,925 | 56 |
| Amanda Leach | 24 | 4,235 | 26 | Anne Tilley | 36 | 4,285 | 28 | Edie Jirak | 46 | 3,525 | 66 | William Riddell | 33 | 4,670 | 25 | Jim Duffy | 44 | 4,170 | 69 | Stephen Garanin | 54 | 3,925 | 56 |
| Kerin Elisens | 24 | 3,925 | 34 | Mary Frances Perroni-Vesey | 36 | 4,260 | 29 | Sandra Witten | 45 | 3,410 | 75 | David Stevenson | 32 | 4,600 | 30 | M Curtis Whittaker | 41 | 4,165 | 70 | Mike McNamara | 51 | 3,760 | 64 |
| Meg Tennant | 24 | 3,675 | 39 | Gail Penhenty | 39 | 4,175 | 34 | Joyce Brewer | 45 | 3,390 | 79 | Bruce Lander | 33 | 4,525 | 32 | Bruce Lander | 42 | 4,130 | 73 | Joe Harris | 50 | 3,675 | 69 |
| Melissa Head | 22 | 3,675 | 39 | Nancy Virelli | 39 | 4,160 | 35 | N O'Brien-Mackinnon | 49 | 3,275 | 85 | Robert Sczupak | 32 | 4,525 | 32 | Kevin Whitney | 44 | 4,075 | 82 | Paul Lambert | 52 | 3,615 | 76 |
| Jennifer Machado | 22 | 3,115 | 44 | Cheryl Ruane | 37 | 3,915 | 56 | Sally Coussels | 45 | 3,235 | 91 | James Smith | 31 | 4,520 | 35 | Paul Keyes | 42 | 4,075 | 82 | Michael Katz | 51 | 3,575 | 82 |
| Angie Duff | 24 | 3,100 | 45 | Louise Valois | 39 | 3,800 | 65 | Anne Pfaff | 46 | 3,230 | 93 | Josh Foster | 31 | 4,510 | 38 | William Peirce | 43 | 4,035 | 88 | Denis Desaulniers | 51 | 3,520 | 85 |
| 25-29 | | | | Nancy Ziel | 38 | 3,775 | 67 | Sandy Woodcock | 45 | 3,205 | 96 | Mark Goldman | 30 | 4,440 | 42 | Rob Swan | 41 | 4,025 | 89 | John Pelli | 53 | 3,520 | 85 |
| Andrea Packard | 27 | 5,225 | 2 | Marybeth Nuntery | 36 | 3,765 | 69 | Roberta Allison | 49 | 3,150 | 101 | Mason Ham | 31 | 4,425 | 45 | Michael Davis | 44 | 4,010 | 92 | H Chris Burstyn | 50 | 3,475 | 89 |
| Jessica Stokes | 25 | 5,075 | 5 | Kim Donovan | 38 | 3,760 | 70 | Eileen Fournier | 47 | 3,150 | 101 | Robert Berry | 33 | 4,330 | 48 | Michael McAfee | 40 | 4,005 | 94 | David Baltozer | 50 | 3,270 | 94 |
| Jenn Aber Korbly | 26 | 4,870 | 8 | Patti Delgrosso | 36 | 3,730 | 71 | Lisa Aepfelbacher | 45 | 3,050 | 104 | Matt Craig | 31 | 4,290 | 51 | Robert Ell | 41 | 4,000 | 95 | Jeffrey Cooper | 50 | 3,235 | 95 |
| Christen Deveney | 25 | 4,675 | 12 | Diane Hughes | 39 | 3,720 | 72 | Shoshanna Ehrlich | 45 | 2,940 | 108 | Russell Dorer | 34 | 4,120 | 57 | William Paine | 41 | 4,000 | 95 | Charles Doleac | 54 | 3,230 | 96 |
| Katherine Veazey | 28 | 4,650 | 14 | Meagan McLean | 36 | 3,690 | 75 | Donna Carris | 48 | 2,820 | 115 | Terry McKeon | 32 | 3,775 | 70 | Kevin Madigan | 41 | 3,850 | 105 | Rich Orkin | 54 | 3,085 | 101 |
| Tara McGarr | 29 | 4,645 | 15 | Lucyann Zeller | 39 | 3,660 | 76 | Patricia Campbell | 48 | 2,750 | 118 | Paul Ormond | 30 | 3,675 | 76 | Bob Sege | 43 | 3,835 | 107 | Peter Flanagan | 52 | 3,010 | 105 |
| Stacy Fennell | 25 | 4,610 | 16 | Jana Slezak | 36 | 3,620 | 79 | Lee Calderone | 46 | 2,715 | 119 | Paul Podolsky | 33 | 3,635 | 77 | Christopher Hartley | 40 | 3,565 | 121 | Stanley Longstaff | 50 | 2,910 | 111 |
| Erin Powers | 26 | 4,470 | 22 | Karen Houghton | 39 | 3,575 | 84 | Ann Simmons | 49 | 2,600 | 124 | Leonardo Torres | 31 | 3,585 | 78 | Dick Chartier | 44 | 3,505 | 124 | 55-59 | | | |
| Laurel Bernini | 25 | 4,425 | 25 | Lucie Rice | 38 | 3,440 | 91 | Janine Corwin | 49 | 2,575 | 125 | Mike McNeilly | 31 | 3,400 | 82 | Gus Block | 44 | 3,475 | 125 | Bruce Mohl | 55 | 4,175 | 14 |
| Nicole Benson | 27 | 4,370 | 28 | Heidi Fischer | 36 | 3,400 | 95 | 50-54 | | | Dustin Baker | 30 | 3,370 | 83 | Douglas Scott | 42 | 3,440 | 127 | David Prior | 56 | 4,095 | 17 | |
| Megan Horst | 26 | 4,370 | 28 | Fiona Watson | 38 | 3,400 | 95 | Joel Feldmann | 50 | 4,100 | 7 | Nick Paquette | 32 | 3,200 | 88 | Paul Pasternack | 43 | 3,300 | 133 | Albert Valliers | 55 | 4,055 | 19 |
| Gail French | 27 | 4,280 | 35 | Lincoln Baxter | 38 | 3,275 | 104 | Amy Tartakoff | 51 | 3,850 | 13 | Frank Kjaersgaard | 34 | 3,190 | 89 | Timothy Mazzer | 41 | 3,280 | 135 | Jim Conlin | 58 | 3,935 | 21 |
| Kendra Garrow | 27 | 4,205 | 40 | Marielle Yost | 37 | 3,140 | 111 | Joan Kelley | 51 | 3,830 | 15 | Christopher Martelli | 33 | 3,050 | 93 | Richard Colby | 43 | 3,225 | 137 | Robert Wilk | 59 | 3,900 | 24 |
| Tara Gulla | 28 | 4,090 | 47 | Pamela Magnant | 38 | 3,130 | 113 | Susan Barbary | 51 | 3,520 | 28 | Jordan Kortmanskay | 30 | 2,815 | 96 | Jack Salerno | 40 | 3,950 | 141 | Marc Scheele | 55 | 3,795 | 29 |
| Wendy Johnson | 27 | 4,000 | 50 | Deborah Edin | 39 | 3,125 | 114 | Priscilla Tobey | 51 | 3,495 | 30 | 35-39 | | | George Brady | 42 | 2,990 | 144 | Thomas Manfredi | 58 | 3,530 | 36 | |
| Regina O'Toole | 27 | 4,000 | 50 | Kimberley Fitch | 39 | 3,080 | 116 | Jill Downing | 50 | 3,475 | 33 | Edmund Gendreau | 39 | 5,335 | 7 | Paul Griffin | 41 | 2,785 | 152 | Jack Coombs | 57 | 3,485 | 37 |
| Aileene Palm | 29 | 3,975 | 56 | Janice Hastings | 38 | 3,020 | 123 | Carol Yunker | 54 | 3,430 | 34 | Richard Landry | 37 | 5,245 | 8 | David Bucciero | 42 | 2,490 | 156 | Ernie Schaefer | 56 | 3,450 | 38 |
| Sage Morrison | 26 | 3,790 | 64 | Georgia Wood | 37 | 2,975 | 125 | Alison Goulder | 50 | 3,325 | 36 | Douglas Bosley | 39 | 5,070 | 16 | Jim Thompson | 43 | 2,450 | 157 | Phil Read | 59 | 3,285 | 46 |
| Andrea Daley | 25 | 3,775 | 66 | Sybil Peckham | 35 | 2,875 | 129 | Eleta Klene | 52 | 3,305 | 38 | Rodney Green | 35 | 5,040 | 19 | Greig Cronauer | 43 | 1,145 | 161 | James Dorsey | 57 | 3,265 | 47 |
| Katina Mitchell | 26 | 3,700 | 68 | Carolina Garcia-Paris | 39 | 2,760 | 134 | Deborah Chassler | 50 | 3,275 | 40 | Chris French | 39 | 4,850 | 24 | 45-49 | | | | Lee Lovitz | 56 | 3,205 | 50 |
| Jelena Veljkovic | 25 | 3,675 | 71 | Leslie Hallowell | 39 | 2,620 | 137 | Martha Sloper | 54 | 3,155 | 47 | James Lyons | 36 | 4,825 | 26 | James Lyons | 36 | 4,825 | 26 | Joel Meltz | 45 | 4,920 | 10 |
| Jodi Cassidy | 28 | 3,605 | 75 | Lisa Hart | 38 | 2,605 | 138 | Janice Biederman | 52 | 3,095 | 54 | Brendon Howe | 39 | 4,760 | 30 | Fred Bartlett | 45 | 4,780 | 15 | Fred Bartlett | 45 | 4,780 | 15 |
| Heather Scranton | 29 | 3,570 | 77 | Kelly Sherburne | 35 | 2,320 | 140 | Linda Atkinson | 52 | 2,785 | 68 | Bob Tyler | 39 | 4,730 | 31 | Bradley Veal | 46 | 4,630 | 24 | Bradley Veal | 46 | 4,630 | 24 |
| Brandy Brown | 28 | 3,480 | 81 | 40-44 | | | | Jean Forbes | 51 | 2,785 | 68 | Paul Goudreau | 35 | 4,740 | 32 | John Nixon | 46 | 4,525 | 29 | John Nixon | 46 | 4,525 | 29 |
| Heidi Duehmig | 29 | 3,455 | 82 | Jan Coleman | 40 | 4,600 | 8 | Barbara Tytell | 50 | 2,660 | 73 | Brian Casey | 38 | 4,615 | 41 | Jack Courtney | 48 | 4,450 | 35 | Jack Courtney | 48 | 4,450 | 35 |
| Kristen O'Connor | 29 | 3,440 | 83 | Tracy Grilli | 44 | 4,335 | 20 | Julie Low | 50 | 2,555 | 78 | James Bledsoe | 37 | 4,605 | 43 | Jeremiah Fitzgibbon | 45 | 4,440 | 36 | Jeremiah Fitzgibbon | 45 | 4,440 | 36 |
| Amy McNamara | 28 | 3,235 | 89 | Karen Gleason | 41 | 4,295 | 21 | Carrie Sherman | 50 | 2,355 | 85 | Scott Vankulenburg | 36 | 4,590 | 46 | David Welch | 45 | 4,430 | 37 | David Welch | 45 | 4,430 | 37 |
| Amy Garbacz | 26 | 3,150 | 92 | Linda Hargreaves | 44 | 4,265 | 23 | Sue Madden | 53 | 1,800 | 88 | Mark McCullagh | 38 | 4,560 | 48 | Rob Michaels | 46 | 4,250 | 50 | Rob Michaels | 46 | 4,250 | 50 |
| Cynthia Navarro | 28 | 3,135 | 94 | Marlene Schwarz | 41 | 4,225 | 28 | Carol Birch | 54 | 1,700 | 89 | Rob Torgerson | 39 | 4,525 | 50 | David Judelson | 45 | 4,225 | 54 | David Judelson | 45 | 4,225 | 54 |
| Maria Kamvyselis | 25 | 3,130 | 95 | Kathryn Farrington | 42 | 4,165 | 32 | Barbara Grandberg | 51 | 1,640 | 90 | David Ager | 35 | 4,465 | 53 | Gary Wheeler | 46 | 4,200 | 59 | Gary Wheeler | 46 | 4,200 | 59 |
| Anne Sharman | 26 | 2,975 | 97 | Jan Boland | 43 | 4,030 | 43 | 55-59 | | | David Sicard | 38 | 4,390 | 57 | David Grilli | 47 | 4,165 | 63 | David Grilli | 47 | 4,165 | 63 | |
| Claudia Lee | 26 | 2,900 | 99 | Ann Swift | 42 | 4,005 | 47 | Constance Sasser | 55 | 3,740 | 3 | Robert Carr | 36 | 4,365 | 59 | Tim Duncan | 46 | 4,125 | 68 | Tim Duncan | 46 | 4,125 | 68 |
| Rebecca Wagers | 28 | 2,490 | 101 | Joni Vanderbilt | 40 | 3,990 | 50 | Ann Fredette | 56 | 3,475 | 8 | Charles Greenough | 38 | 4,350 | 60 | David Schloerb | 46 | 4,125 | 68 | David Schloerb | 46 | 4,125 | 68 |
| 30-34 | | | | Martha Gerhan | 40 | 3,990 | 50 | Barbara Hardy | 57 | 3,420 | 11 | Jens Dinter | 36 | 4,350 | 60 | Patrick Stevens | 48 | 4,125 | 68 | Patrick Stevens | 48 | 4,125 | 68 |
| Michele Fox | 32 | 4,725 | 7 | Rita Polatin | 42 | 3,980 | 53 | Susan Regan | 57 | 2,980 | 26 | John Doty | 37 | 4,325 | 63 | Donald Slovenkai | 45 | 4,050 | 76 | Donald Slovenkai | 45 | 4,050 | 76 |
| Kim Wesson | 34 | 4,500 | 17 | Amy Parratto | 41 | 3,980 | 53 | Bobbie Goldman | 59 | 2,735 | 36 | William Bielat | 39 | 4,310 | 64 | Anthony Carbone | 45 | 4,025 | 77 | Anthony Carbone | 45 | 4,025 | 77 |
| Stephanie Morawski | 31 | 4,435 | 18 | Julia Malloy | 41 | 3,940 | 55 | Susan Read | 56 | 2,575 | 43 | David Houghton | 38 | 4,275 | 67 | Tom Wilhelm | 46 | 4,010 | 79 | Tom Wilhelm | 46 | 4,010 | 79 |
| Jessie Toland | 33 | 4,395 | 20 | Vicki U E Volz | 42 | 3,935 | 57 | Mary Hult | 56 | 2,495 | 47 | Matthew Hausmann | 38 | 4,275 | 67 | Christopher Landry | 46 | 4,000 | 80 | Christopher Landry | 46 | 4,000 | 80 |
| Karen Latham | 34 | 4,315 | 25 | Jenny Marshall | 44 | 3,910 | 59 | 60-64 | | | David Riley | 39 | 4,195 | 75 | Jack Ceckler | 45 | 3,945 | 84 | Jack Ceckler | 45 | 3,945 | 84 | |
| Anita Lang | 34 | 4,290 | 27 | Elizabeth MacBride | 42 | 3,865 | 62 | Claire O'Brien | 62 | 3,840 | 1 | Mark Murphy | 36 | 4,180 | 76 | Jim Snyder | 49 | 3,900 | 87 | Jim Snyder | 49 | 3,900 | 87 |
| Christine Lindstrom | 32 | 4,280 | 28 | Marcia Misiorski | 44 | 3,850 | 63 | Susan Livingston | 63 | 3,590 | 7 | Mark Johnson | 37 | 4,145 | 80 | Jay Moench | 46 | 3,865 | 91 | Jay Moench | 46 | 3,865 | 91 |
| Linda Swartz | 34 | 4,155 | 32 | Cheryl McElroy | 44 | 3,81 | | | | | | | | | | | | | | | | | |

