

NEM News



SECOND REQUEST... New England Masters Needs a Mini-Meets Vice President

Show me a person who spends hours in training without pay...Show me a person who takes ridicule more than compliments...Show me a person who maybe asked to give more than just dedication...and I will show you a NEM volunteer. The New England Masters Swim Club, Inc., needs a volunteer for a key position.

NEM Vice President of Mini Meets

Function: Develops the annual NEM mini-meet schedule and aids the mini-meet directors to successfully run the meets. Responsibilities include:

- Arranging dates and sites for mini-meets with meet directors
- Working with the LMSC Sanctions Chairperson to assure meets are sanctioned or recognized as needed
- Working with the LMSC Officials Chairperson to arrange meet officials
- Coordinating timely advertising of the meets in the NEM newsletter, NEM E News, and NEM web-site
- Stocking and assuring delivery of the mini-meet bag to the mini-meets
- Working with meet directors to ensure that the mini-meets results and financial reports are submitted on a timely basis
- Any additional activities the NEM Vice President of Mini-Meets may choose

If you have an interest in giving something back to this sport we love, please call Homer Lane, President NEM, at 508-289-7201.



SECOND REQUEST... The New England LMSC Needs an Officials Chairman

- Responsible for making sure all meets are properly staffed by sufficient officials.
- Works with meet directors to the extent necessary.
- Maintains a list of certified officials.
- Mini meets require two officials. Larger meets require more.
- Officials include USS certified, and certified High School, YMCA, college, etc. officials as allowed by USMS rules.
- The chairman makes sure the meet director provides the officials with rule books and keeps current on periodic changes in rules for Masters swimming.

Interested in this opportunity to be a volunteer?

Contact Tom Lyndon at:
tomlyndon@aol.com or 781.235.8587



Women's High Point Winner Jessica Stokes, Men's High Point Winner Dan Rogacki, USMS All-American Jason Eaddy, Two time Olympian and SWIM cover guy Ron Karnaugh

Drills To Help You Swim Better

From the Great Bay Masters website

FREESTYLE

Fingertip drag

Purpose: Work on a high elbow recovery.

Description: During the arm recovery, drag the tip of your middle finger along the surface of the water. Keep your hand close to your torso during the recovery. The elbow should lead the hand through the first half of the recovery. The shoulder and elbow should be high during the recovery.

Importance: The propulsive part of the freestyle arm stroke is underwater. Why is the arm position during the recovery so important? There are several reasons:

What you are doing with your arm during the recovery has a direct effect on both the end of the stroke (follow through) and the beginning of the stroke (entry). Assuming a high elbow and shoulder position early in the recovery, with the elbow leading the hand, encourages the proper follow through on your arm pull. By maintaining a high shoulder and elbow position until the hand enters the water, you will assure a clean, streamlined entry to start the stroke. You will also roll your body correctly with the entry.

Common freestyle error: Recovering with a straight arm can throw the body out of lateral alignment, and interfere with a proper entry and follow through.

Variation: A common variation is the "thumb drag" drill. In this case you drag the knuckle of your thumb along the side of your body during the arm recovery.

Catch-up drill

Purpose: Concentrate on each arm pull individually.

Description: Leave one arm extended in front of you. Swim one complete stroke cycle with the other arm, until it has "caught up" with the arm you are holding in front of you. Continue to repeat the cycle, alternating the arm held stationary in front of you.

Things to work on: Since you are swimming with only one arm at a time during the Catch-up drill, your body will accelerate and decelerate more than during ordinary freestyle. You will accelerate during the arm pull, and decelerate during the recovery. Try to increase your hand speed as much as possible through the arm stroke.

Common Masters freestyle error: Some Masters swimmers pull with a relatively constant hand velocity. This sacrifices a great deal of potential power generated by increasing hand speed through the stroke, especially near the follow through.

To be continued in future issues of NEM News



My Swimming Life

produced by Kim Goodwin
Skwim3@aol.com

Shelly Ironside

39 years old and 10 years in Masters

Swimming Background

I actually swam AAU for one year at age 8. I never won anything, so eventually we dropped that! I liked the practices though. I did a summer swim team when I was 11 & 12 and managed to win a few ribbons at IM. I was still not a swimming star! I joined Masters while living in Kenilworth, England, 6 months after the birth of my middle child. I was looking for some regular exercise, and with the English weather, an indoor pool was the one thing I could count on. I had no idea what "Masters" was initially, but once I discovered the group, I was hooked. I swam 2-4 times a week. My fondest memory was driving past Warwick castle every Saturday morning for practice at 8.

Two years and one more child later, we moved to Richmond, VA. We bought our house because it was close to a pool with 13 practices a week. It turned out to be an inspired choice. There was a thriving Master's group. I enjoyed great coaching and lots of camaradery - even a coed Master's book group. Highlights of this period include: Doing a 10kx2 relay, where two of us swam 5k. I was a two time member of the Davis Aquatic Masters "Brute squad" - 400 IM, 200 FLY and 1650 FR all in a specified amount of time, and two mile long swims at Virginia Beach.

After three years in Richmond, we moved to Wellesley. I began swimming with the group at the Wellesley Center, but eventually gave up because the evening times were not conducive to my schedule. So now I swim on my own.

Weekly routine:

Generally I swim three times a week for about an hour (3000 yards).

Typical Workout:

I try to change this around every time so I don't get

HELP

Kim has no more My Swimming Life profiles. Unless some NEMs get in touch with Kim soon about having their profiles in NEM News, My Swimming Life will cease.

Please help Kim. Please help NEM News. Please share your swimming life with other NEMs. Thank you.

Usually I just think of a way to break things up into sets of 400 or 600 while I drive to the pool.

Recently I swam with another guy and I found myself swimming so much faster. It really does help to swim with others and get pushed.

Swimming is one of my priorities and discovering Masters has been a huge benefit for me. I will never give up being a Masters swimmer!

bored: 1000 warm up; 400 swim (alternate free & stroke per 100), 300 kick, 300 pull. Then maybe 100 free, 4x25 stroke on :30, 200 free, 4x50 stroke on 1:10, 300 free, 4x75 fly, back, breast, 400 free, 4x100 stroke on 2:00 (last two slow for cool down)

Sometimes I do the workouts from SWIM magazine, but usually I just think of a way to break things up into sets of 400 or 600 while I drive to the pool. I always do 200 cool down. Recently I swam with another guy and I found myself swimming so much faster so it really does help to swim with others and get pushed whenever possible.

Cross Training

I used to do cardio, weight training, and tennis. Two years ago I began yoga, and stopped weight training. I believe my strength has improved more with the yoga. I do yoga about twice a week, occasionally use the elliptical trainer, and play tennis once or twice a week.

Other thoughts

I am encouraged by the fact that even though I am not a naturally gifted swimmer and did not excel as a child, I can still swim faster than 95% of the people who do laps in the pool. I try to point this out to my children when they are discouraged about not being one of the best at a particular sport. It has been great to be able to fall back on swimming as an adult, especially with a problematic knee.

Although I have not participated in meets or other events up here (I did the one hour postal one year!) I always read my SWIM magazine, and I think about my technique and try to improve. Perhaps one day I'll try a mile swim. Currently I am busy following my children all around and pursuing several other interests. But swimming is one of my priorities and discovering Masters has been a huge benefit for me. Although I am not currently with a group, there is always the possibility of joining one or doing an event in the future. I will never give up being a Masters swimmer!

Seekonk, Seekonk, MA, April 13 (SCY)

Jacki Hirsty: meet director and meet results

Sanction 034-006-SSCY

| | 50 free | 100 fr | 200 free | 500 free | 50 back | 100 back | 50 br | 100 br | 200 br | 50 fly | 100 fl | 200 fl | 100 IM | 200 IM |
|------------------|---------|--------|----------|----------|---------|----------|---------|---------|---------|--------|---------|---------|---------|---------|
| Higgins, Lisa | 32 | | | | | | | | | | | | 1:16.02 | 2:45.66 |
| Farrington, Kate | 44 | | 2:29.02 | | 39.04 | | | | | 34.18 | | | 1:16.79 | |
| Goodwin, Kim | 45 | | | | | | | 1:14.04 | | | | | | 2:41.34 |
| Sherwood, Kelly | 49 | | | | | | | 1:42.84 | | | | | | |
| Hirsty, Jacki | 50 | 26.84 | | 5:52.54 | | | | | | | | | | |
| MacKinnon, Nancy | 50 | 32.27 | 1:31.31 | 7:50.27 | | | | | | | | | | |
| Ryle, Pat | 53 | | 3:06.52 | | | | | | | | | | | |
| Craffey, Eileen | 51 | | | | 36.81 | 1:22.44 | 41.76 | | | | | | 1:24.11 | |
| Ryle, Pat | 53 | | | | | | 46.95 | | | 46.39 | | | 1:40.29 | |
| Smith, Petey | 78 | 39.92 | 1:32.26 | | 53.39 | 1:47.94 | | | | | | | | |
| Peck, Sam | 24 | 52.21 | | | | | | | | | | 2:12.87 | | 2:07.68 |
| Prescott, Al | 34 | 27.38 | 1:00.96 | | | | 36.40 | | | | | | 1:15.47 | |
| Swedeen, Bret | 39 | 32.36 | 1:13.57 | 2:43.73 | 51.74 | | 41.51 | | | | | | | |
| Johnson, Mark | 38 | | | | | | | | | | | | 1:11.51 | 2:34.63 |
| Senechal, Ray | 43 | | | | | | 35.38 | 1:16.28 | | | | | | |
| Musier, Reiner | 42 | | | | | | | 1:06.46 | 2:24.98 | 32.50 | 1:31.19 | | | |
| Stacy, John | 46 | 30.47 | | | | | | | | | | | 1:20.48 | 2:56.67 |
| Morse, Tim | 54 | 27.18 | | 2:21.04 | 5:58.44 | | 40.85 | | | | | | | |
| Song, Mingjie | 56 | | | | 34.57 | 1:15.67 | | | | | | | | |
| Pickering, Wayne | 66 | 38.13 | 1:26.65 | 3:02.95 | | | | | | | | | | |
| Edwards, JK | 80 | | | 3:13.39 | | 1:38.66 | 3:45.57 | | | | | | | |



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants your story. Send it in. Make his day.)

What if Swimming Were Like Work?

By the time this article goes to print I will hopefully finish a status report for work. This made me wonder what a status report for swimming might look like.

MEMO

To: Coach

From: Big Al

Subject: Status of Project Underdog

This memo is to update you on the subject matter. As a brief reminder, project Underdog is the codename we agreed on for the project whose goal is for Al Prescott to swim the 100 yard freestyle in under one minute (1:00.00).

Background

Project Underdog is a long term development project and was initiated in the spring of 2000. New to masters swimming by only 1 month, the 1:06.4 swum at Harvard was extremely encouraging. In fact with the “hype” associated with that point in history, it is not hard to understand the initial hopes we all had that the goal of sub 1:00 would be achieved by year end.

Alas, as geo, economic, and political changes modified everyone’s expectations, our expectations of this project also changed. By the end of 2001, the best achieved was a 1:04.1. Clearly this was a far more challenging goal than I or my team had anticipated.

Despite this, FY 2002 saw continued dismal signs, not unlike the consumer confidence index. After opening the year with an

encouraging 1:03.6 at the Dedham Spring Sprint, the effort fell off the mark. A 1:04.9 at Regis College signified continued troubled times. A slight “bounce” in performance back to 1:04.0 in Reading was the best that could be managed prior to the summer season.

Re-Alignment

Clearly, drastic action was required, and I’m proud to say it was taken swiftly and decisively. No one likes to “trim the fat”, so to speak, but if the only option was to slip into mediocrity, this simply had to be done. We initiated layoffs in the summer of 2002. We laid off many, including saturated fat, excess calories, and a whole host of others. At the same time we were laying off those who didn’t help to achieve our goals, we brought on board those who could augment our capabilities. Biking mileage exceeded 150 miles per week for the first time in our history. Swimming yardage increased from 10,000 yards per week to over 18,000.

A particularly rough New England winter could have easily curbed these efforts, but the removal of outdoor activities was supplemented by additional swimming. Yardage in excess of 28,000 per week was realized by the middle of the winter.

A New Push

Without a doubt, this new, leaner, meaner way of doing business paid dividends. The first short course yards event of 2003, in Marblehead, opened the racing season with a 1:01.9, followed by a 1:02.0 shortly after that in Wheaton. A very successful taper at the end of Qortly yielded a 1:01.2 in Reading.

Status

Following a two weekend championship meet and the subsequent rest and recovery, we finished the season out with a 1:00.96 in Seekonk. (Note to self, have a word with the Seekonk meet director regarding the initial advertisement of the meet as “Seekonk Mini-Meet” and how the results were posted on the NEM website — “Seekonk Old Geezers Mini-Meet.”)

Future Work

Since we have a decent database available, I took the liberty of graphing these swim times over time. Simple linear regression clearly shows that the ultimate goal of project Underdog will be achieved when I swim a 0:59.99 on April 23, 2004.

I hope your there for the ensuing party.



The Self Coached Workout

by David Grilli, mushield@aol.com

Consider Backstroke

Have you considered trying a new stroke lately? I started swimming later in life and learned the sport through observance, then trial and error. Heavy on the error. I have been working on butterfly for nearly 30 years. I have read articles about it, been clinic’ed on it and have watched good butterflyers intently.

I am always amazed at how easy some swimmers make butterfly look.

I have tried to disassemble the stroke and learn it in parts. I have also tried to teach it this way. It seldom works. You can work at butterfly and think your getting it, then you see yourself on video tape and get depressed at how bad it looks. You don’t have the kick and pull properly coordinated, or you are bending your knees way too much or you are lifting your head too high.

I once coached a high school kid who tried butterfly and said he felt more like a moth.

Of course, once you become fatigued the stroke really goes to hell.

Of all the methods I have tried or have tried to teach, I have become quite fond of teaching butterfly using swim fins. The guy who invented butterfly probably had size 16 feet and just assumed everyone could kick the same way a fish beats its tail.

The use of fins has helped me to finally figure out the proper coordination in the stroke. It’s not just me! My age group swimmers seem to be able to learn the stroke quicker this way as well. Of course the reality is you have to do the stroke without your fins but if practiced properly, you will find the stroke will make more sense once you take the fins off.

It is very important to not lift your head. As we are gulping for air, we are tempted to lift our head higher and higher. This causes the legs and hips to sink. You want to keep your head more or less in it’s normal position. I always instruct my kids to have their face enter the water before their hands.

The last thing I stress is to not bend your knees. Here again the fins tend to prohibit over bending the knees. You will get better thrust from the fins by porpoising with your body as opposed to kicking from the knee.

I like to do some butterfly with fins first during a workout then some shorter swims without the fins so as not to get too spoiled.

2003 NEW ENGLAND CHAMPIONSHIPS AT HARVARD — RELAYS — MARCH 22, 28, 29, 30

400 Yard Medley Relay

Women 19+

| | | | |
|---|-----------------------------|---------|------------------------|
| 1 | Red Tide of NYC | 4:25.77 | 1) Armentrout, Anna 31 |
| 2 | Swim Rhode Island | 4:32.23 | 2) Carey, Samantha 29 |
| 3 | Cambridge Masters Swim Club | 5:03.22 | 3) Faurot, Michelle 42 |

Women 25+

| | | | |
|---|-----------------------------|---------|-------------------------|
| 1 | Red Tide of NYC | 4:04.94 | 1) Gary, Kristin 35 |
| 2 | Red Tide of NYC | 4:28.05 | 2) Dorsey, Stephanie 28 |
| 3 | Cambridge Masters Swim Club | 4:41.71 | 3) Cumutt, Heather 29 |
| 4 | North Suburban YMCA | 5:24.17 | 4) Hallor, Sara 32 |
| 5 | Minuteman Masters | 5:34.02 | 5) Fournier, Eileen 48 |

Women 35+

| | | | |
|---|-------------------|---------|-----------------------|
| 1 | Great Bay Masters | 5:16.37 | 1) Tunstall, Nancy 40 |
| 2 | Minuteman Masters | 5:36.05 | 2) Wesson, Kim 35 |

Women 45+

| | | | |
|---|-----------------|---------|-------------------------|
| 1 | Red Tide of NYC | 5:46.58 | 1) Springer, Phyllis 53 |
|---|-----------------|---------|-------------------------|

Men 19+

| | | | |
|---|-------------------------|---------|-----------------------|
| 1 | YMCA of the North Shore | 3:59.50 | 1) Walker, Douglas 43 |
| 2 | Minuteman Masters | 4:19.90 | 2) Keith, Al 42 |
| 3 | Minuteman Masters | 5:21.45 | 3) Ben-Ner, Ofer 38 |

Men 25+

| | | | |
|---|-----------------------------|---------|-------------------------|
| 1 | Swim Rhode Island | 3:45.63 | 1) Bushnell, Jeff 27 |
| 2 | Cambridge Masters Swim Club | 3:54.18 | 2) Kane, David 32 |
| 3 | Red Tide of NYC | 4:00.40 | 3) Conley, Stuart 40 |
| 4 | Tri-Y | 4:33.54 | 4) Bridges, Patrick 36 |
| 5 | Granite State Penguins | 4:36.14 | 5) Barbedette, Loic 32 |
| — | Red Tide of NYC | DQ | 6) Laramore, Douglas 55 |

Men 35+

| | | | |
|---|-----------------------------|---------|----------------------------|
| 1 | Swim Rhode Island | 3:44.87 | 1) Gandy, Ray 41 |
| 2 | YMCA of the North Shore | 4:23.90 | 2) Colbert, Edward 44 |
| 3 | Red Tide of NYC | 4:27.94 | 3) Guilmain, Robert 39 |
| 4 | Cambridge Masters Swim Club | 4:30.21 | 4) Vankuilenburg, Scott 38 |
| 5 | Minuteman Masters | 4:44.92 | 5) Battistini, Rick 48 |
| — | Cambridge Masters Swim Club | DQ | 6) Lindenau, Lee 36 |

Men 45+

| | | | |
|---|-------------------|---------|---------------------|
| 1 | Great Bay Masters | 4:52.26 | 1) Bright, David 50 |
| 2 | Red Tide of NYC | 4:58.77 | 2) Mohl, Bruce 56 |

Men 55+

| | | | |
|---|-------------------|---------|---------------------|
| 1 | Swim Rhode Island | 5:28.22 | 1) Scott, Art 69 |
| 2 | Great Bay Masters | 5:53.26 | 2) Johnson, Alan 65 |

Men 65+

| | | | |
|---|-------------------------|---------|--------------------|
| 1 | Maine Masters Swim Club | 6:25.30 | 1) Green, Arnie 71 |
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Mixed 19+

| | | | |
|---|-----------------------------|---------|-----------------------|
| 1 | Cambridge Masters Swim Club | 3:49.89 | 1) Stokes, Jessica 26 |
| 2 | Minuteman Masters | 4:15.11 | 2) Fisher, Josh 23 |
| 3 | Minuteman Masters | 4:24.00 | 3) McBride, Nathan 29 |
| 4 | Great Bay Masters | 5:15.66 | 4) Nelson, Brian 23 |

Mixed 25+

| | | | |
|---|------------------------|---------|------------------------|
| 1 | Great Bay Masters | 4:13.82 | 1) Craig, Matt 32 |
| 2 | Andover YMCA | 4:27.02 | 2) Fox, Michele 33 |
| 3 | Granite State Penguins | 4:42.45 | 3) Volckening, Bill 37 |
| 4 | Minuteman Masters | 5:27.49 | 4) Halliday, Jim 43 |
| — | Great Bay Masters | DQ | 5) Fryer, JoAnn 33 |

Mixed 35+

| | | | |
|---|-----------------------------|---------|---------------------------|
| 1 | Granite State Penguins | 4:20.97 | 1) Nisley-Black, Karla 47 |
| 2 | Cambridge Masters Swim Club | 4:39.67 | 2) Gomez, Maria-Louisa 35 |
| 3 | Maine Masters Swim Club | 5:00.30 | 3) Rupert, Bill 59 |
| 4 | Swim Rhode Island | 5:05.84 | 4) O'Donnell, Sarah 44 |
| 5 | Andover YMCA | 5:12.18 | 5) Misiorski, Marcia 45 |

Mixed 45+

| | | | |
|---|-----------------------------|---------|-----------------------|
| 1 | NE Masters Unattached | 4:07.33 | 1) Feldmann, Joel 51 |
| 2 | North Suburban YMCA | 4:24.82 | 2) Royden, Leigh 47 |
| 3 | Cambridge Masters Swim Club | 4:32.82 | 3) Luker, Jennifer 46 |
| 4 | Andover YMCA | 5:42.39 | 4) Kane, Elizabeth 54 |
| 5 | South County YMCA | 5:43.04 | 5) Sundvik, Jeanne 48 |
| 6 | Great Bay Masters | 7:02.90 | 6) Woodcock, Sandy 46 |

200 Yard Freestyle Relay

Women 19+

| | | | |
|---|-----------------------------|---------|-------------------------|
| 1 | Cambridge Masters Swim Club | 1:59.91 | 1) Mushnick, Amy 23 |
| 2 | Red Tide of NYC | 2:02.65 | 2) Martin, Nicole 27 |
| 3 | Great Bay Masters | 2:17.68 | 3) O'Connor, Kristen 30 |

Women 25+

| | | | |
|----|------------------------------|---------|------------------------------|
| 1 | Red Tide of NYC | 1:39.87 | 1) Willeboordse, H C Fall 37 |
| 2 | Great Bay Masters | 1:48.15 | 2) Labrie, Michelle 26 |
| 3 | Red Tide of NYC | 1:49.65 | 3) Reeder, Cindy 40 |
| 4 | Cambridge Masters Swim Club | 1:50.62 | 4) Tokita, Hanae 25 |
| 5 | Red Tide of NYC | 1:51.00 | 5) Radcliff, Christine 28 |
| 6 | Cambridge Masters Swim Club | 1:53.69 | 6) Casey, Susan 40 |
| 7 | Cambridge Masters Swim Club | 1:56.77 | 7) Hallor, Sara 32 |
| 8 | Great Bay Masters | 1:59.28 | 8) Gulla, Tara 30 |
| 9 | Red Tide of NYC | 1:59.38 | 9) Telford, Amanda 33 |
| 10 | YMCA of the North Shore | 2:02.36 | 10) Gibson, Katie Alice 27 |
| 11 | Minuteman Masters | 2:07.62 | 11) Burge, Wendy 35 |
| 12 | Boston YMCA (Central Branch) | 2:17.45 | 12) Hale, Liz 31 |

Women 35+

| | | | |
|---|------------------------|---------|--------------------------------|
| 1 | Great Bay Masters | 1:55.19 | 1) DelGrosso, Patricia 37 |
| 2 | Swim Rhode Island | 2:02.58 | 2) Farrington, Kate 44 |
| 3 | Granite State Penguins | 2:06.96 | 3) Vitale, Kathryn 43 |
| 4 | Great Bay Masters | 2:11.67 | 4) Sperry, Jill 36 |
| 5 | North Suburban YMCA | 2:14.25 | 5) O'Brien-MacKinnon, Nancy 50 |
| 6 | South County YMCA | 2:14.36 | 6) Butler, Mari 35 |
| 7 | Minuteman Masters | 2:35.40 | 7) Tierney, Mary Lou 43 |

Women 45+

| | | | |
|---|-----------------------------|---------|-----------------------|
| 1 | Cambridge Masters Swim Club | 2:00.98 | 1) Bancroft, Anne 45 |
| 2 | Red Tide of NYC | 2:06.97 | 2) Hill, Marcia 58 |
| 3 | Great Bay Masters | 2:31.24 | 3) Woodcock, Sandy 46 |

Men 19+

| | | | |
|---|-------------------------|---------|------------------------|
| 1 | Great Bay Masters | 1:29.62 | 1) Gendreau, Edmund 40 |
| 2 | Minuteman Masters | 1:36.65 | 2) Fisher, Josh 23 |
| 3 | Swim Rhode Island | 1:37.76 | 3) Schulde, Matthew 25 |
| 4 | MIT | 1:38.27 | 4) Mitchell, Adam 39 |
| 5 | Granite State Penguins | 1:38.35 | 5) Crawford, Brian 28 |
| 6 | YMCA of the North Shore | 1:40.64 | 6) Burgess, Tom 46 |
| 7 | Minuteman Masters | 1:46.70 | 7) Beign, Thomas 21 |
| 8 | Minuteman Masters | 1:50.19 | 8) Prescott, Al 34 |
| — | Great Bay Masters | DQ | 9) Moulis, Mike 21 |

Men 25+

| | | | |
|---|-----------------------------|---------|---------------------|
| 1 | Cambridge Masters Swim Club | 1:25.61 | 1) Fehlau, Brian 28 |
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|------------------------|------------------------|------------------------|
| 2) Casey, Susan 40 | 3) Faurot, Michelle 42 | 4) Monu, Ngozi 22 |
| 2) Roll, Karen 23 | 4) Carey, Samantha 29 | 5) Farrington, Kate 44 |
| 2) Boehm, Elizabeth 29 | 3) Lorang, Janet 22 | 6) Lazar, Elizabeth 22 |

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| 2) Radcliff, Christine 28 | 3) Schneider, Karen 35 | 4) Willeboordse, H C Fall 37 |
| 2) Dorsey, Stephanie 28 | 4) Cumutt, Heather 29 | 5) Paulsen, Linda 28 |
| 2) Morawski, Stephanie 33 | 3) Dunn, Mary 31 | 6) Hallor, Sara 32 |
| 2) McGirr, Molly 26 | 3) Marshall, Jenny 45 | 7) Houghton, Karen 40 |
| 2) Damianos, Laurie 38 | 3) Crane, Suzanne 33 | 8) Macbeth, Melanie 27 |

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|-------------------------|---------------------|-----------------------|
| 2) Slezak, Jana 37 | 3) Malloy, Julia 42 | 4) Pentheny, Gail 40 |
| 2) Tierney, Mary Lou 43 | 3) Smyers, Karen 41 | 5) Halliday, Renee 42 |

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| 2) Deely, Gwen 53 | 3) Yeomans, Susan 54 | 4) Hill, Marcia 58 |
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| 2) Chang, Eric 22 | 3) Morris, Daniel 39 | 4) Steen, Kevin 39 |
| 2) Keith, Al 42 | 3) Begin, Thomas 21 | 5) Camello, Matthew 32 |
| 2) Ben-Ner, Ofer 38 | 3) Prescott, Al 34 | 6) Steinberg, Greg 23 |

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| 2) Joe, Stephan 27 | 3) Garriepy, Brent 26 | 4) Knapp, Tony 30 |
| 2) Fehlau, Brian 28 | 3) Kane, David 32 | 5) Caputo, Timothy 28 |
| 2) Leighty, Russell 34 | 3) Bridges, Patrick 36 | 6) Simon, Jon 35 |
| 2) Sullivan, Gerald 51 | 3) Barbedette, Loic 32 | 7) Mooney, John 43 |
| 2) Ferlins, John 56 | 3) Laramore, Douglas 55 | 8) Veneman, Steven 33 |
| 2) Malina, Matt 29 | 3) Bristol, Nick 34 | 9) Fain, Jeremy 25 |

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| 2) Casey, Brian 39 | 3) Cromarty, Stuart 38 | 4) Gilson, Matthew 35 |
| 2) Colbert, Edward 44 | 3) Howland, James 37 | 5) Boland, Jim 47 |
| 2) Guilmain, Robert 39 | 3) Conley, Stuart 40 | 6) Piscitelli, Joseph 47 |
| 2) Vankuilenburg, Scott 38 | 3) Murphy, Mark 37 | 7) Philpy, Paul 42 |
| 2) Battistini, Rick 48 | 3) Meltz, Steve 49 | 8) Scibelli, Nico 40 |
| 2) Lindenau, Lee 36 | 3) Wuest, Frank 42 | 9) Tyler, Robert 40 |

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|------------------------|------------------------|----------------------|
| 2) Mohl, Bruce 56 | 3) Peirce, William 45 | 4) Fussell, Barry 49 |
| 2) McClellan, Grant 47 | 3) Silver, Jonathan 49 | 5) Lowy, Kenn 45 |

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|------------------------|-----------------------|---------------------|
| 2) Manfredi, Thomas 60 | 3) Bushnell, Rick 62 | 4) Bourassa, Bob 61 |
| 2) Siegal, Byron 55 | 3) Doleac, Charles 55 | 5) Scheele, Marc 56 |

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|----------------------|-------------------------|----------------------|
| 2) Reeve, William 71 | 3) Schaefer, Gerhard 68 | 4) Giustra, Frank 66 |
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|--------------------------|-------------------------|-----------------------|
| 2) Banville, Jonathan 32 | 3) Eaddy, Jason 27 | 4) Lorenz, Rebekah 22 |
| 2) Hoffman, Keith 44 | 3) Hugo, Brady 30 | 5) McNamara, Lisa 26 |
| 2) Marchand, Krista 27 | 3) Smith, Mary Edith 23 | 6) Gross, Jeremy 31 |
| 2) Sperry, Jill 36 | 3) Berman, Kym 43 | 7) Marchetta, Anne 47 |

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| 2) Gendreau, Edmund 40 | 3) Wesson, Kim 35 | 4) Prescott, Carol 33 |
| 2) Landry, Rich 39 | 3) Roy, Michele 39 | 5) Wright, Will 42 |
| 2) Jones, Shawn 28 | 3) Story, Karen 28 | 6) Hennessey, Lori 43 |
| 2) Gardner, Edith 31 | 3) Howarth, James 35 | 7) Mitchell, Carol 54 |
| 2) Griffin, Paul 42 | 3) Garrow, Kendra 28 | 8) Demboritz, David 28 |

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| 2) Hunt, Kevin 39 | 3) Neilley, Peter 42 | 4) Grilli, Tracy 45 |
| 2) Ellis, Laurie 39 | 3) Johnson, Ken 35 | 5) Goudreau, Paul 36 |
| 2) Samuelson, Martha 53 | 3) Connors, James 57 | 6) Torrey, Pamela 41 |
| 2) Ryan, Glenna 47 | 3) Pettibone, Chip 41 | 7) Morse, Tim 54 |
| 2) Meltz, Joel 46 | 3) Deveaux, Louise 40 | 8) Case, Charles 37 |

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| 2) Rogacki, Daniel 55 | 3) Shaw, Greg 51 | 4) Hirsty, Jacki 50 |
| 2) Damassa, David 52 | 3) Judelson, David 47 | 5) Wettach, Gayle 46 |
| 2) Reilly, Joan 48 | 3) Seltzer, Robert 52 | 6) Worland, Peter 45 |
| 2) Colby, Richard 45 | 3) Yunker, Carol 55 | 7) Coupe, George 62 |
| 2) McElroy, Cheryl 45 | 3) Bartlett, Fred 47 | 8) Strom, Burt 60 |
| 2) McSweeney, Brian 55 | 3) Hult, Many 57 | 9) Orkin, Rich 55 |

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| 2) Lazar, Elizabeth 22 | 3) Wall, Carolyn 24 | 4) Bard, Julie 24 |
| 2) Knapp, Melissa 31 | 3) Pierce, Valerie 39 | 5) Krams, Elizabeth 24 |
| 2) Matrese, Mary 20 | 3) Neild, Rachel 22 | 6) Cilley, Rachel 19 |

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|---------------------------|---------------------------------|-------------------------|
| 2) Schneider, Karen 35 | 3) Cumutt, Heather 29 | 4) Gary, Kristin 35 |
| 2) Prescott, Carol 33 | 3) McGarr, Tara 31 | 5) Benson, Nicole 28 |
| 2) Paulsen, Linda 28 | 3) Kelsey, Jane 27 | 6) Dorsey, Stephanie 32 |
| 2) Morawski, Stephanie 33 | 3) Ingalls, Anitra 33 | 7) Johnson, Wendy 28 |
| 2) Casey, Susan 40 | 3) Faurot, Michelle 42 | 8) Armentrout, Anna 31 |
| 2) Hallor, Sara 32 | 3) Pearson, Amanda 33 | 9) Powers, Erin 28 |
| 2) Gulla, Tara 30 | 3) Toland, Jessie 34 | 10) Dunn, Mary 31 |
| 2) Telford, Amanda 33 | 3) Fryer, JoAnn 33 | 11) Eliens, Kerin 25 |
| 2) Gibson, Katie Alice 27 | 3) Charlap, Marie-Helene 42 | 12) Clearway, Ajae 31 |
| 2) Burge, Wendy 35 | 3) Slifer, Kathy 57 | 13) Boland, Jan 44 |
| 2) Hale, Liz 31 | 3) Rink, Katherine 31 | 14) Landino, Allison 27 |
| 2) Joseph, Amie 28 | 3) Samplin-Salgado, Michelle 32 | 15) White, Emily 49 |

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|---------------------------|-------------------------|------------------------|
| 2) Malloy, Julia 42 | 3) Pentheny, Gail 40 | 4) Wesson, Kim 35 |
| 2) Dauray, Dawn 38 | 3) Robitaille, Diane 38 | 5) O'Donnell, Sarah 44 |
| 2) Hennessey, Lori 43 | 3) Costello, Erin 43 | 6) Fournier, Eileen 48 |
| 2) Slezak, Jana 37 | 3) Richard, Ann 44 | 7) Tunstall, Nancy 40 |
| 2) Montrone, Paige 43 | 3) Goldberg, Martine 47 | 8) Storer, Ann 47 |
| 2) Roberts, Ann 39 | 3) Lamore, Lynn 41 | 9) Beckman, Judy 43 |
| 2) Van Ness, Stephanie 38 | 3) Prescott, Judy 38 | 10) Mitchell, Carol 54 |

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| 2) Jirak, Edie 47 | 3) Reilly, Joan 48 | 4) Luker, Jennifer 46 |
| 2) Springer, Phyllis 53 | 3) Yeomans, Susan 54 | 5) Deely, Gwen 53 |
| 2) Hamer, Theresa 45 | 3) Read, Susan 57 | 6) Barbary, Susan 53 |

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| 2) Shaw, Chris 22 | 3) Coffman, James 30 | 4) Larsen, Kirk 26 |
| 2) Scanlon, Brendan 26 | 3) Saulnier, Ethan 32 | 5) Camello, Matthew 32 |
| 2) Couto, Peter 28 | 3) Wallace, Ryan 23 | 6) Bushnell, Jeff 29 |
| 2) Maeda, Marcio 32 | 3) Bermel, Peter 23 | 7) Grabarek, Kris 28 |
| 2) Jones, Shawn 28 | 3) Volckening, Bill 37 | 8) Thompson, Timothy 23 |
| 2) Howland, James 37 | 3) Chang, Eric 22 | 9) Morris, Daniel 39 |
| 2) DeCoste, Derek 32 | 3) Goulding, Tim 27 | 10) Halliday, Jim 43 |
| 2) Scibelli, Nico 40 | 3) Kepple, Andrew 24 | 11) Broudy, Marc 31 |
| 2) Nelson, Brian 23 | 3) Berthelotte, Mark 21 | 12) Ouimette, Edward 79 |

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| 2) Young, John 27 | 3) Lo-Pinto, Benjamin 27 | 4) Eaddy, Jason 27 |
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Isabel Lyndon, Carlton Cronin, and Ann McDermott



Boston Sports Clubs United relay; Peter Flanagan, Priscilla Tobey, Kimberly Fitch and Brad Tomlinson



Jenny Mooney and Frank McQuiggan



Ex NEM Ed Pyle and NEM News editor Tom Lyndon



NEM president Homer Lane



2003 NEW ENGLAND CHAMPIONSHIPS AT HARVARD — RELAYS — MARCH 22, 28, 29, 30

| | | | | | | |
|---------------------------------|-----------------------------|----------|---------------------------|-----------------------------|----------------------------|------------------------------|
| 2 | Red Tide of NYC | 1:30.35 | 1) Fain, Jeremy 25 | 2) Bridges, Patrick 36 | 3) Simon, Jon 35 | 4) Doolan, Brendan 29 |
| 3 | Maine Masters Swim Club | 1:31.87 | 1) Regan, Michael 42 | 2) Morse, Benjamin 41 | 3) Thomas, Andrew 45 | 4) Pride, Douglas 39 |
| 4 | Red Tide of NYC | 1:37.77 | 1) Malina, Matt 29 | 2) Bristol, Nick 34 | 3) Lynch, Brian 45 | 4) Powell, Joshua 25 |
| 5 | Granite State Penguins | 1:40.11 | 1) Neiley, Peter 42 | 2) Gill, Peter 31 | 3) Laramore, Douglas 55 | 4) Veneman, Steven 33 |
| 6 | Minuteman Masters | 1:41.30 | 1) Sczapuk, Rob 34 | 2) Kovacs, John 35 | 3) Hollworth, Richard 38 | 4) Hoffman, Keith 44 |
| 7 | Red Tide of NYC | 1:43.18 | 1) Quigley, Mark 44 | 2) Guilmain, Robert 39 | 3) Piccirillo, Richard 36 | 4) McLaughlin, Scott 26 |
| 8 | Cambridge Masters Swim Club | 1:44.65 | 1) Furlanetto, Steven 26 | 2) Kwa, Ken 29 | 3) Abrahams, Charlie 37 | 4) Caputo, Timothy 28 |
| 9 | Red Tide of NYC | 1:44.88 | 1) Piscitelli, Joseph 47 | 2) Suniewick, Josh 28 | 3) Conley, Stuart 40 | 4) Leighty, Russell 34 |
| 10 | Tri-Y | 1:46.03 | 1) Davis, Brad 50 | 2) Barbedette, Loic 32 | 3) Mooney, John 43 | 4) Sullivan, Gerald 51 |
| 11 | Suburban Athletic Masters | 2:01.50 | 1) Senechal, Raymond 43 | 2) Barrett, John 39 | 3) Caldeira, Silvio 29 | 4) Cobb, Christopher 39 |
| Men 35+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 1:35.71 | 1) Vankulenburg, Scott 38 | 2) Bosley, Doug 40 | 3) Lindenau, Lee 36 | 4) Tyler, Robert 40 |
| 2 | YMCA of the North Shore | 1:37.81 | 1) Boland, Jim 47 | 2) Colbert, Steve 45 | 3) Swensen, David 40 | 4) Colbert, Edward 44 |
| 3 | Boston LANES | 1:41.42 | 1) Steblein, Edward 44 | 2) Mansilla, Franklin 43 | 3) Duvall, James 39 | 4) Hughes, Lee 45 |
| 4 | Swim Rhode Island | 1:42.48 | 1) Pettibone, Chip 41 | 2) Johnson, Mark 38 | 3) Morse, Tim 54 | 4) Gandy, Ray 41 |
| 5 | Cambridge Masters Swim Club | 1:44.27 | 1) Murphy, Mark 37 | 2) Barth, Dominic 39 | 3) Dorer, Russell 35 | 4) Alexander, Mark 44 |
| 6 | Minuteman Masters | 1:45.43 | 1) Meltz, Steve 49 | 2) Howorth, James 35 | 3) Gawboy, Galen 41 | 4) Ben-Net, Ofer 38 |
| 7 | Great Bay Masters | 1:50.59 | 1) Berman, Kym 43 | 2) Griffin, Paul 42 | 3) Peirce, William 45 | 4) Mack, Tom 44 |
| 8 | Andover YMCA | 1:51.25 | 1) Colby, Richard 45 | 2) Jennings, Cliff 49 | 3) Swan, Rob 42 | 4) Keil, Mark 49 |
| 9 | Acton Buxboro | 1:52.14 | 1) Chudik, Martin 40 | 2) Pemberton, Gary 54 | 3) An, Hong 42 | 4) Edelman, Paul 47 |
| --- | Cambridge Masters Swim Club | DQ | 1) Zadalis, Timothy 43 | 2) Miller, Gregory 39 | 3) Philpy, Paul 42 | 4) Wuest, Frank 42 |
| Men 45+ | | | | | | |
| 1 | Andover YMCA | 1:35.32 | 1) Mitsch, Mark 45 | 2) Geary, Bill 45 | 3) Myers, Fred 51 | 4) Rogacki, Daniel 55 |
| 2 | Twin Oaks | 1:38.68 | 1) Delaney, Mike 47 | 2) Radimer, John 53 | 3) McIntosh, Don 60 | 4) Courtney, Jack 49 |
| 3 | Cambridge Masters Swim Club | 1:39.01 | 1) Fisher, J. Kevin 48 | 2) Davar, Gudarz 46 | 3) LaRochelle, James 47 | 4) Worland, Peter 45 |
| 4 | Great Bay Masters | 1:46.32 | 1) Bright, David 50 | 2) Fussell, Barry 49 | 3) Billipp, Peter 49 | 4) Mohl, Bruce 56 |
| 5 | Red Tide of NYC | 1:53.87 | 1) McClellan, Grant 47 | 2) Lowy, Kenn 45 | 3) Silver, Jonathan 49 | 4) Goldstein, Allan 54 |
| 6 | Suburban Athletic Masters | 2:12.45 | 1) Zanchi, Edward 56 | 2) Schumacher, Greg 45 | 3) Allard, Rick 60 | 4) Carvalho, Sergio 49 |
| --- | Cambridge Masters Swim Club | DQ | 1) Harris, Joe 51 | 2) Rourke, Jonathan 48 | 3) Seltzer, Robert 52 | 4) MacMasters, George 45 |
| Men 45+ | | | | | | |
| 1 | Maine Masters Swim Club | 1:51.57 | 1) Pierce, Fred 59 | 2) Connors, James 57 | 3) Rupert, Bill 59 | 4) Vail, David 59 |
| 2 | Swim Rhode Island | 2:01.70 | 1) Manfredi, Thomas 60 | 2) Scott, Art 69 | 3) Bushnell, Rick 62 | 4) Bourassa, Bob 61 |
| 3 | Great Bay Masters | 2:04.75 | 1) Johnson, Alan 65 | 2) Siegal, Byron 55 | 3) Orkin, Rich 55 | 4) Read, Phil 60 |
| Men 65+ | | | | | | |
| 1 | Maine Masters Swim Club | 2:19.83 | 1) Giustra, Frank 66 | 2) Reeve, William 71 | 3) Schaefer, Gerhard 68 | 4) Green, Arnie 71 |
| Mixed 19+ | | | | | | |
| 1 | Minuteman Masters | 1:35.64 | 1) Gross, Jeremy 31 | 2) Hugo, Brandy 30 | 3) Smith, Mary Edith 23 | 4) Steipp, Chadwick 24 |
| 2 | Cambridge Masters Swim Club | 1:38.25 | 1) Lorenz, Rebekah 22 | 2) Fabian, Lauren 22 | 3) Goldman, Mark 31 | 4) Kane, David 32 |
| 3 | Swim Rhode Island | 1:44.70 | 1) Garriepy, Brent 26 | 2) Roll, Karen 23 | 3) O'Connell, Erica 23 | 4) Joe, Stephan 27 |
| 4 | Boston University Masters | 1:45.47 | 1) Singer, Karyn 23 | 2) Veljkovic, Jelena 26 | 3) Granger, Derek 26 | 4) Toma, Camil 26 |
| 5 | Minuteman Masters | 1:46.22 | 1) McNamara, Lisa 26 | 2) Marchand, Krista 27 | 3) McBride, Nathan 29 | 4) McMullen, Robert 34 |
| 6 | Thoreau Sharks | 1:53.81 | 1) Donovan, Kim 39 | 2) Gosselin, Kelly 24 | 3) Schubert, David 41 | 4) Hollywood, Geoff 31 |
| 7 | Minuteman Masters | 2:00.88 | 1) Steinberg, Greg 23 | 2) Gardner, Edith 31 | 3) Gardner, Steve 42 | 4) Moran, Erin 23 |
| --- | Wheel Works Multi Sport | DQ | 1) Hult, Britta 23 | 2) Haff, Meredith 25 | 3) Kazarnowicz, Michael 24 | 4) Liem, Kau 29 |
| Mixed 19+ | | | | | | |
| 1 | Swim Rhode Island | 1:36.12 | 1) Gilson, Matthew 35 | 2) Mooney, Jenny 25 | 3) Carey, Samantha 29 | 4) Knapp, Tony 30 |
| 2 | Cambridge Masters Swim Club | 1:37.96 | 1) Stokes, Jessica 26 | 2) Simon, Wendy 26 | 3) Berry, Rob 34 | 4) Banville, Jonathan 32 |
| 3 | Andover YMCA | 1:46.91 | 1) Mitchell, Katina 28 | 2) Krueger, Chris 27 | 3) Fox, Michele 33 | 4) Yunker, Michael 33 |
| 4 | South County YMCA | 1:53.33 | 1) Morganti, Paige 34 | 2) Wilkes, Kristin 31 | 3) Bartlett, Fred 47 | 4) Toolin, Kevin 34 |
| 5 | Andover YMCA | 1:55.19 | 1) Wright, Will 42 | 2) Sarro, Deb 33 | 3) Grant, Tracie 25 | 4) Kostousov, Andre 40 |
| 6 | South County YMCA | 2:08.94 | 1) Rudman, Kenneth 48 | 2) Palm, Aileen 30 | 3) Vonhousen, Elise 29 | 4) Sundvik, Michael 49 |
| 7 | Red Tide of NYC | 2:16.92 | 1) Padilla, Manuel 41 | 2) Block, Meryl 29 | 3) Frankel, Rachel 29 | 4) De Franceschi, D. A. 48 |
| Mixed 35+ | | | | | | |
| 1 | Andover YMCA | 1:42.33 | 1) Taylor, Karen 48 | 2) Case, Charles 37 | 3) Roy, Michele 39 | 4) Landry, Rich 39 |
| 2 | Granite State Penguins | 1:44.96 | 1) Hunt, Kevin 39 | 2) Nisley-Black, Karla 47 | 3) Hirst, Michael 42 | 4) Grilli, Tracy 45 |
| 3 | North Suburban YMCA | 1:54.29 | 1) Jirak, Andy 43 | 2) Marshall, Jenny 45 | 3) Houghton, Karen 40 | 4) Houghton, David 39 |
| 4 | Maine Masters Swim Club | 1:58.64 | 1) Samuelson, Martha 53 | 2) Fredericks, Peter 62 | 3) Torrey, Pamela 41 | 4) Goodman, James 50 |
| 5 | Cambridge Masters Swim Club | 2:16.34 | 1) Magoon, M. Molly 44 | 2) Aronson, Michael 63 | 3) Goulder, Alison 51 | 4) Corben, Garrison 41 |
| --- | Boston Sports Clubs United | DQ | 1) Shulman, Lawrence 53 | 2) Greenwald, Catherine 42 | 3) Goodwin, Kim 45 | 4) Wood, Chris 35 |
| --- | Minuteman Masters | DQ | 1) Wasson, Page 50 | 2) Hicks, Robert 52 | 3) Halliday, Renee 42 | 4) Battistini, Rick 48 |
| Mixed 45+ | | | | | | |
| 1 | Cape Cod Swim Club | 1:45.94 | 1) Dropp, Jeff 45 | 2) Handler, Barb 45 | 3) Ketchen, Susan 50 | 4) Lane, Homer 53 |
| 2 | North Suburban YMCA | 1:47.05 | 1) Judelson, David 47 | 2) Royden, Leigh 47 | 3) Skeele, Charlie 50 | 4) Wetzach, Gayle 46 |
| 3 | Swim Rhode Island | 2:03.27 | 1) McQuiggan, Frank 54 | 2) Tsonos, Nancy 47 | 3) Ryan, Glenna 47 | 4) Maqyar, John 48 |
| 4 | Andover YMCA | 2:04.55 | 1) Misiorski, Marcia 45 | 2) Meltz, Joel 46 | 3) Kane, Elizabeth 54 | 4) Coupe, George 62 |
| 5 | Great Bay Masters | 2:36.04 | 1) Malloy, Dennis 49 | 2) Low, Julie 52 | 3) Matthews, Judith 49 | 4) Doleac, Charles 55 |
| 6 | South County YMCA | 2:57.91 | 1) Forbes, Jean 53 | 2) Quaglieri, Sandy 51 | 3) Strom, Burt 60 | 4) Ruth, Robert 46 |
| --- | South County YMCA | DQ | 1) Sundvik, Jeanne 48 | 2) McLeroy, Cheryl 45 | 3) Forbes, Michael 52 | 4) Lynch, Michael 52 |
| Mixed 55+ | | | | | | |
| 1 | Great Bay Masters | 2:43.75 | 1) Seidel, Alice 61 | 2) McSweeney, Brian 55 | 3) Hult, Many 57 | 4) Dufour, Charles 59 |
| 2 | Andover YMCA | 3:09.04 | 1) Wright, Robert 82 | 2) Wright, Elinor 79 | 3) Yunker, Carol 55 | 4) Christopher, James 76 |
| 800 Yard Freestyle Relay | | | | | | |
| Women 19+ | | | | | | |
| 1 | Swim Rhode Island | 9:08.46 | 1) O'Connell, Erica 23 | 2) Roll, Karen 23 | 3) Carey, Samantha 29 | 4) Mooney, Jenny 25 |
| 2 | Red Tide of NYC | 9:16.57 | 1) Armentrout, Anna 31 | 2) Krams, Elizabeth 24 | 3) Reeder, Cindy 40 | 4) Fraout, Michelle 42 |
| 3 | Cambridge Masters Swim Club | 9:37.37 | 1) Ingalls, Anitra 33 | 2) Lazar, Elizabeth 22 | 3) Gulla, Tara 30 | 4) Hallor, Sara 32 |
| 4 | Great Bay Masters | 11:22.38 | 1) Connors, Kristen 30 | 2) Matrese, Mary 20 | 3) Neild, Rachel 22 | 4) Cilley, Rachel 19 |
| Women 25+ | | | | | | |
| 1 | Red Tide of NYC | 8:15.25 | 1) Paulsen, Linda 28 | 2) Schneider, Karen 35 | 3) Gary, Kristin 35 | 4) Willeboordse, H C Fall 37 |
| 2 | Red Tide of NYC | 8:44.27 | 1) Curnutt, Heather 29 | 2) Radcliff, Christine 28 | 3) Kelsey, Jane 27 | 4) Dorsey, Stephanie 32 |
| 3 | Great Bay Masters | 8:54.91 | 1) Labrie, Michele 26 | 2) Prescott, Carol 33 | 3) McGarr, Tara 31 | 4) Benson, Nicole 28 |
| 4 | Cambridge Masters Swim Club | 8:58.64 | 1) Simon, Wendy 26 | 2) Toland, Jessie 34 | 3) Dunn, Mary 31 | 4) Morawski, Stephanie 33 |
| 5 | Great Bay Masters | 10:08.73 | 1) Garrow, Kendra 28 | 2) Telford, Amanda 33 | 3) Fryer, JoAnn 33 | 4) Elsens, Kerin 25 |
| 6 | Minuteman Masters | 10:41.70 | 1) Crane, Suzanne 33 | 2) Hale, Liz 31 | 3) Rink, Katherine 31 | 4) Motola, Lauren 25 |
| 7 | Andover YMCA | 10:43.75 | 1) Deveaux, Louise 40 | 2) Grant, Tracie 25 | 3) Roy, Michele 39 | 4) Sarro, Deb 33 |
| 8 | Minuteman Masters | 13:05.49 | 1) Tierney, Mary Lou 43 | 2) Gardner, Edith 31 | 3) Prescott, Judy 38 | 4) Mitchell, Carol 54 |
| --- | Red Tide of NYC | DQ | 1) Casey, Susan 40 | 2) Charlap, Marie-Helene 42 | 3) Pierce, Valerie 39 | 4) Gibson, Katie Alice 27 |
| Women 35+ | | | | | | |
| 1 | Great Bay Masters | 9:37.31 | 1) Malloy, Julia 42 | 2) Tunstall, Nancy 40 | 3) Pentheny, Gail 40 | 4) Wesson, Kim 35 |
| 2 | Swim Rhode Island | 10:02.92 | 1) Hirst, Jacki 50 | 2) Dauray, Dawn 38 | 3) O'Donnell, Sarah 44 | 4) Farrington, Kate 44 |
| 3 | North Suburban YMCA | 11:01.55 | 1) Houghton, Karen 40 | 2) Montrone, Paige 43 | 3) Storer, Ann 47 | 4) Marshall, Jenny 45 |
| 4 | South County YMCA | 11:14.71 | 1) Butler, Mari 35 | 2) Roberts, Ann 39 | 3) Beckman, Judy 43 | 4) Lamore, Lynn 41 |
| --- | Great Bay Masters | DQ | 1) Sperry, Jill 36 | 2) Slezak, Jana 37 | 3) Richard, Ann 44 | 4) DeGrosso, Patricia 37 |
| Women 45+ | | | | | | |
| 1 | Red Tide of NYC | 10:34.11 | 1) Springer, Phyllis 53 | 2) Yeomans, Susan 54 | 3) Hill, Marcia 58 | 4) Deely, Gwen 53 |
| 2 | Andover YMCA | 11:34.58 | 1) Taylor, Karen 48 | 2) Misiorski, Marcia 45 | 3) Yunker, Carol 55 | 4) Kane, Elizabeth 54 |
| 3 | Great Bay Masters | 13:09.11 | 1) Woodcock, Sandy 46 | 2) Hamer, Theresa 45 | 3) Read, Susan 57 | 4) Barbary, Susan 53 |
| Men 19+ | | | | | | |
| 1 | YMCA of the North Shore | 8:08.18 | 1) Chang, Eric 22 | 2) Swensen, David 40 | 3) Morris, Daniel 39 | 4) Colbert, Steve 45 |
| 2 | Minuteman Masters | 8:16.98 | 1) Fisher, Josh 23 | 2) Scanlon, Brendan 26 | 3) Saulnier, Ethan 32 | 4) Camello, Matthew 32 |
| 3 | Granite State Penguins | 8:18.74 | 1) Jones, Shawn 28 | 2) Crawford, Brian 28 | 3) Thompson, Timothy 23 | 4) Veneman, Steven 33 |
| 4 | Swim Rhode Island | 8:43.70 | 1) Pettibone, Chip 41 | 2) Couto, Peter 23 | 3) Wallace, Ryan 23 | 4) Schulte, Matthew 25 |
| 5 | Great Bay Masters | 9:08.69 | 1) Berman, Kym 43 | 2) Griffin, Paul 42 | 3) Berthelotte, Mark 21 | 4) Moulis, Mike 21 |
| 6 | Minuteman Masters | 9:12.90 | 1) Prescott, Al 34 | 2) Scibelli, Nico 40 | 3) Kepple, Andrew 24 | 4) Broudy, Marc 31 |
| Men 25+ | | | | | | |
| 1 | Swim Rhode Island | 7:38.13 | 1) Joe, Stephan 27 | 2) Garriepy, Brent 26 | 3) Bushnell, Jeff 29 | 4) Knapp, Tony 30 |
| 2 | Red Tide of NYC | 7:42.96 | 1) Fain, Jeremy 25 | 2) Simon, Jon 35 | 3) Malina, Matt 29 | 4) Doolan, Brendan 29 |
| 3 | Great Bay Masters | 7:43.26 | 1) Gendreau, Edmund 40 | 2) Mack, Tom 44 | 3) Coffman, James 30 | 4) Larsen, Kirk 26 |



Former national record holder Larry Shulman and current national record holder Greg Shaw



Jacki Hirst, Matt Gilson, and Kate Farrington



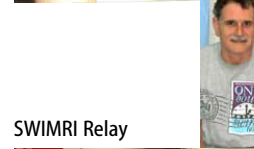
Cambridge Masters



Karen Smyers



Tom Manfredi and Bob Bourassa



SWIMRI Relay



2003 NEW ENGLAND CHAMPIONSHIPS AT HARVARD — RELAYS — MARCH 22, 28, 29, 30

SWIMRI swimmers



Dan Rogacki in his Andover "WHY" MCA cap

Boston Sports Clubs relay: Larry Shulman, Kim Goodwin, Catherine Greenwald and Chris Woods



Judy and Al Prescott



The satisfaction of winning ribbons!



Rick Battistini before and after



Petey Smith and Billie Ann Burrill



| | | | | | | |
|------------------------------|-----------------------------|----------|---------------------------|----------------------------|----------------------------|------------------------------|
| 4 | Cambridge Masters Swim Club | 7:43.33 | 1) Kane, David 32 | 2) Berry, Rob 34 | 3) Fehlau, Brian 28 | 4) Goldman, Mark 31 |
| 5 | Red Tide of NYC | 8:13.08 | 1) Bridges, Patrick 36 | 2) Lynch, Brian 45 | 3) Powell, Joshua 25 | 4) Bristol, Nick 34 |
| 6 | Minuteman Masters | 8:40.44 | 1) Sczapuk, Rob 34 | 2) Kovacs, John 35 | 3) Hollworth, Richard 38 | 4) Hoffman, Keith 44 |
| 7 | Red Tide of NYC | 8:55.60 | 1) McLaughlin, Scott 26 | 2) Guilmain, Robert 39 | 3) Piccirillo, Richard 36 | 4) Conley, Stuart 40 |
| Men 35+ | | | | | | |
| 1 | Swim Rhode Island | 7:23.40 | 1) Cromarty, Stuart 38 | 2) Gandy, Ray 41 | 3) Casey, Brian 39 | 4) Gilson, Matthew 35 |
| 2 | Andover YMCA | 8:17.46 | 1) Landry, Rich 39 | 2) Case, Charles 37 | 3) Rogacki, Daniel 55 | 4) Wright, Will 42 |
| 3 | Cambridge Masters Swim Club | 8:24.57 | 1) Dorer, Russell 35 | 2) Bosley, Doug 40 | 3) Wuest, Frank 42 | 4) Alexander, Mark 44 |
| 4 | Cambridge Masters Swim Club | 8:39.45 | 1) Barth, Dominic 39 | 2) Miller, Gregory 39 | 3) Zadalis, Timothy 43 | 4) Vankuilenburg, Scott 38 |
| 5 | Minuteman Masters | 9:33.06 | 1) Meltz, Steve 49 | 2) Howorth, James 35 | 3) Gawboy, Galen 41 | 4) Halliday, Jim 43 |
| 6 | Granite State Penguins | 9:45.53 | 1) Hunt, Kevin 39 | 2) Ferlins, John 56 | 3) Laramore, Douglas 55 | 4) Nelliey, Peter 42 |
| Men 45+ | | | | | | |
| 1 | Andover YMCA | 8:25.79 | 1) Welch, Dave 46 | 2) Mitsch, Mark 45 | 3) Geary, Bill 45 | 4) Meltz, Joel 46 |
| 2 | Twin Oaks | 8:26.04 | 1) Delaney, Mike 47 | 2) Radimer, John 53 | 3) McIntosh, Don 60 | 4) Courtney, Jack 49 |
| 3 | Cambridge Masters Swim Club | 8:40.84 | 1) Rourke, Jonathan 48 | 2) Seltzer, Robert 52 | 3) LaRochelle, James 47 | 4) MacMasters, George 45 |
| 4 | Great Bay Masters | 9:41.21 | 1) Bright, David 50 | 2) Fussell, Barry 49 | 3) Billipp, Peter 49 | 4) Malloy, Dennis 49 |
| 5 | Red Tide of NYC | 9:43.11 | 1) Piscitelli, Joseph 47 | 2) Silver, Jonathan 49 | 3) McClellan, Grant 47 | 4) Goldstein, Allan 54 |
| 6 | Andover YMCA | 9:53.68 | 1) Colby, Richard 45 | 2) Keil, Mark 49 | 3) Myers, Fred 51 | 4) Coupe, George 62 |
| Men 55+ | | | | | | |
| 1 | Maine Masters Swim Club | 9:46.43 | 1) Pierce, Fred 59 | 2) Connors, James 57 | 3) Rupert, Bill 59 | 4) Vail, David 59 |
| 2 | Swim Rhode Island | 10:35.35 | 1) Manfredi, Thomas 60 | 2) Bushnell, Rick 62 | 3) Bourassa, Bob 61 | 4) Bourassa, Bob 61 |
| 3 | Great Bay Masters | 12:14.22 | 1) Johnson, Alan 65 | 2) Siegal, Byron 55 | 3) Orkin, Rich 55 | 4) Read, Phil 60 |
| Men 65+ | | | | | | |
| 1 | Maine Masters Swim Club | 12:45.76 | 1) Schaefer, Gerhard 68 | 2) Giustra, Frank 66 | 3) Reeve, William 71 | 4) Green, Arnie 71 |
| Mixed 19+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 7:32.95 | 1) Lorenz, Rebekah 22 | 2) Worland, Peter 45 | 3) Eaddy, Jason 27 | 4) Stokes, Jessica 26 |
| 2 | Minuteman Masters | 8:17.12 | 1) Ross, Jeremy 31 | 2) Hugo, Brandon 30 | 3) Smith, Mary Edith 23 | 4) Steipp, Chadwick 24 |
| Mixed 25+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 8:39.00 | 1) Young, John 27 | 2) Tyler, Robert 40 | 3) O'Toole, Regina 28 | 4) Powers, Erin 28 |
| 2 | Andover YMCA | 8:45.84 | 1) Fox, Michele 33 | 2) Krueger, Chris 27 | 3) Roy, Michele 39 | 4) Yunker, Michael 33 |
| 3 | South County YMCA | 9:08.38 | 1) Morgantini, Paige 34 | 2) Wilkes, Kristin 31 | 3) Bartlett, Fred 47 | 4) Toolin, Kevin 34 |
| 4 | Cambridge Masters Swim Club | 9:41.65 | 1) Duncan, Lyn 41 | 2) Johnson, Wendy 28 | 3) Murphy, Mark 37 | 4) Furlanetto, Steven 26 |
| 5 | Minuteman Masters | 9:59.79 | 1) McNamara, Lisa 26 | 2) Marchand, Krista 27 | 3) McBride, Nathan 29 | 4) McMullen, Michael 49 |
| 6 | Red Tide of NYC | 10:09.08 | 1) Leighty, Russell 34 | 2) Bybee, Melissa 37 | 3) De Franceschi, D. A. 48 | 4) Clearway, Ajae 31 |
| 7 | South County YMCA | 10:55.65 | 1) Rudman, Kenneth 48 | 2) Palm, Aileen 30 | 3) Vonhousen, Elise 29 | 4) Sundvik, Michael 49 |
| 8 | Great Bay Masters | 12:23.87 | 1) Peirce, William 45 | 2) Low, Julie 52 | 3) Piel, Sofia 34 | 4) Doleac, Charles 55 |
| Mixed 35+ | | | | | | |
| 1 | Granite State Penguins | 8:39.32 | 1) Nisley-Black, Karla 47 | 2) Hirst, Michael 42 | 3) Volkening, Bill 37 | 4) Grilli, Tracy 45 |
| 2 | Maine Masters Swim Club | 10:03.23 | 1) Samuelson, Martha 53 | 2) Fredericks, Peter 62 | 3) Torrey, Pamela 41 | 4) Goodman, James 50 |
| 3 | Minuteman Masters | 10:31.08 | 1) Page, Page 50 | 2) Hicks, Robert 52 | 3) Halls, Renee 42 | 4) Battistini, Rick 48 |
| Mixed 35+ | | | | | | |
| 1 | North Suburban YMCA | 9:30.21 | 1) Wettach, Gayle 46 | 2) Royden, Leigh 47 | 3) Skeele, Charlie 50 | 4) Judelson, David 47 |
| 2 | South County YMCA | 11:01.78 | 1) Sundvik, Jeanne 48 | 2) McElroy, Cheryl 45 | 3) Forbes, Michael 52 | 4) Lynch, Michael 52 |
| 3 | South County YMCA | 14:33.62 | 1) Ruth, Robert 46 | 2) Forbes, Jean 53 | 3) Quaglieri, Sandy 51 | 4) Strom, Burr 60 |
| Mixed 55+ | | | | | | |
| 1 | Great Bay Masters | 13:53.64 | 1) Seidel, Alice 61 | 2) McSweeney, Brian 55 | 3) Hult, Many 57 | 4) Dufour, Charles 59 |
| 200 Yard Medley Relay | | | | | | |
| Women 19+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 1:58.72 | 1) Wang, Emily 24 | 2) Rockwell, Erin 24 | 3) Fabian, Lauren 22 | 4) Lorenz, Rebekah 22 |
| 2 | Red Tide of NYC | 2:04.18 | 1) Armentrout, Anna 31 | 2) Dorsey, Stephanie 32 | 3) Faurot, Michelle 42 | 4) Krams, Elizabeth 24 |
| --- | Cambridge Masters Swim Club | DQ | 1) Powers, Erin 28 | 2) Boehm, Elizabeth 29 | 3) Stokes, Jessica 26 | 4) Wall, Carolyn 24 |
| Women 25+ | | | | | | |
| 1 | Red Tide of NYC | 2:02.13 | 1) Kelsey, Jane 27 | 2) Radcliff, Christine 28 | 3) Curnutt, Heather 29 | 4) Reeder, Cindy 40 |
| 2 | Great Bay Masters | 2:02.50 | 1) Benson, Nicole 28 | 2) Garrow, Kendra 35 | 3) Wesson, Kim 35 | 4) Prescott, Carol 33 |
| 3 | YMCA of the North Shore | 2:12.39 | 1) Boland, Jan 44 | 2) Collins-Cann, Carrie 39 | 3) Dropp, Carla 43 | 4) Gebauer, Theresa 33 |
| 4 | Cambridge Masters Swim Club | 2:14.66 | 1) Gulla, Tara 30 | 2) Burke, Beth 28 | 3) Lien, Mavee 26 | 4) Freed, Amy 25 |
| 5 | Minuteman Masters | 2:33.41 | 1) Hale, Liz 31 | 2) Moriarty, Kathleen 29 | 3) Rink, Katherine 31 | 4) Gardner, Edith 31 |
| Women 35+ | | | | | | |
| 1 | Red Tide of NYC | 1:55.25 | 1) Gary, Kristin 35 | 2) Casey, Susan 40 | 3) Schneider, Karen 35 | 4) Willeboordse, H C Fall 37 |
| 2 | Great Bay Masters | 2:17.17 | 1) Fox, Nancy 40 | 2) DelGrosso, Patricia 37 | 3) Malloy, Julia 42 | 4) Penhony, Gail 40 |
| 3 | Minuteman Masters | 2:46.62 | 1) Damianos, Laurie 38 | 2) Wasson, Page 50 | 3) Halliday, Renee 42 | 4) Kingma, Wynsteke 41 |
| 4 | JCC Newton Masters | 2:52.05 | 1) Stavis, Ruth 65 | 2) Sharlin, Judith 49 | 3) Matorin, Barbara 64 | 4) Mammen, Leena 38 |
| 5 | Minuteman Masters | 3:30.96 | 1) Young, JoAnne 70 | 2) Tierney, Mary Lou 43 | 3) Mitchell, Carol 54 | 4) Ginder, Laurel 44 |
| Women 45+ | | | | | | |
| 1 | Red Tide of NYC | 2:29.80 | 1) Springer, Phyllis 53 | 2) Hill, Marcia 58 | 3) Yeomans, Susan 54 | 4) Deely, Gwen 53 |
| 2 | Cambridge Masters Swim Club | 2:37.05 | 1) Goulder, Alison 51 | 2) Jirak, Edie 47 | 3) Wesson, Anne 48 | 4) Reilly, Joan 48 |
| 3 | Great Bay Masters | 3:11.30 | 1) Woodcock, Sandy 46 | 2) Sherman, Carrie 51 | 3) Barbary, Susan 53 | 4) Low, Julie 52 |
| --- | North Suburban YMCA | DQ | 1) Royden, Leigh 47 | 2) Storer, Ann 47 | 3) Marshall, Jenny 45 | 4) Wettach, Gayle 46 |
| Men 19+ | | | | | | |
| 1 | Great Bay Masters | 1:47.28 | 1) Craig, Matt 32 | 2) Gendreau, Edmund 40 | 3) Coffman, James 30 | 4) Shaw, Chris 22 |
| 2 | Granite State Penguins | 1:51.86 | 1) Hirst, Michael 42 | 2) Jones, Shawn 28 | 3) Gill, Peter 31 | 4) Thompson, Timothy 23 |
| 3 | YMCA of the North Shore | 1:54.71 | 1) Burgess, Tom 46 | 2) Chang, Eric 22 | 3) Boland, Jim 47 | 4) Kuhns, Jim 37 |
| 4 | Minuteman Masters | 1:57.81 | 1) McBride, Nathan 29 | 2) Broudy, Marc 31 | 3) Howorth, James 35 | 4) Fisher, Josh 23 |
| 5 | Great Bay Masters | 2:35.69 | 1) Koch, Robert 50 | 2) Cooper, Jeff 51 | 3) Pasternack, Paul 45 | 4) Nelson, Brian 23 |
| Men 25+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 1:37.54 | 1) Lo-Pinto, Benjamin 27 | 2) Fehlau, Brian 28 | 3) Eaddy, Jason 27 | 4) Young, John 27 |
| 2 | Swim Rhode Island | 1:43.11 | 1) Bushnell, Jeff 29 | 2) Joe, Stephan 27 | 3) Casey, Brian 39 | 4) Knapp, Tony 30 |
| 3 | Cambridge Masters Swim Club | 1:44.72 | 1) Scozzario, Gian 28 | 2) Gaul, Ray 30 | 3) Goldman, Mark 31 | 4) Kane, David 32 |
| 4 | Red Tide of NYC | 1:46.30 | 1) Doolan, Brendan 29 | 2) Malina, Matt 29 | 3) Bridges, Patrick 36 | 4) Fain, Jeremy 25 |
| 5 | Red Tide of NYC | 1:49.20 | 1) Powell, Joshua 25 | 2) Leighty, Russell 34 | 3) Bristol, Nick 34 | 4) Quigley, Mark 44 |
| 6 | Swim Rhode Island | 1:54.50 | 1) Couto, Peter 28 | 2) Schulte, Matthew 25 | 3) Gandy, Ray 41 | 4) Garrieppe, Brent 26 |
| 7 | Minuteman Masters | 1:55.76 | 1) Goulding, Tim 27 | 2) Mitchell, John 25 | 3) Camelio, Matthew 32 | 4) McMullen, Robert 34 |
| 8 | Cambridge Masters Swim Club | 1:57.09 | 1) Zadalis, Timothy 43 | 2) Kwa, Ken 29 | 3) Wuest, Frank 42 | 4) Caputo, Timothy 28 |
| Men 35+ | | | | | | |
| 1 | YMCA of the North Shore | 1:51.89 | 1) Swensen, David 40 | 2) Howland, James 37 | 3) Morris, Daniel 39 | 4) Steen, Kevin 39 |
| 2 | Boston LANES | 1:52.17 | 1) Mockler, Frank 47 | 2) Duvall, James 39 | 3) Mansilla, Franklin 43 | 4) O'Brien, David 46 |
| 3 | Tri-Y | 1:54.38 | 1) Sullivan, Gerald 51 | 2) Schonholz, Steven 47 | 3) Davis, Brad 50 | 4) Mooney, John 43 |
| 4 | Cambridge Masters Swim Club | 1:56.07 | 1) Alexander, Mark 44 | 2) Corben, Garrison 41 | 3) Bosley, Doug 40 | 4) Tyler, Robert 40 |
| 5 | Minuteman Masters | 1:58.46 | 1) Gawboy, Galen 41 | 2) Battistini, Rick 48 | 3) Keith, Al 42 | 4) Meltz, Steve 49 |
| 6 | JCC Newton Masters | 2:12.33 | 1) Forman, Russell 41 | 2) Roach, Stephen 52 | 3) Suwanto, Ilkka 59 | 4) Hayden, Drew 36 |
| 7 | Minuteman Masters | 2:15.25 | 1) Halliday, Jim 43 | 2) Ben-Ner, Ofer 38 | 3) Hicks, Robert 52 | 4) Scibelli, Nico 40 |
| --- | Great Bay Masters | DQ | 1) Peirce, William 45 | 2) Griffin, Paul 42 | 3) Berman, Kym 43 | 4) Bailey, Michael 40 |
| Men 45+ | | | | | | |
| 1 | Andover YMCA | 1:57.14 | 1) Keil, Mark 49 | 2) Meltz, Joel 46 | 3) Myers, Fred 51 | 4) Geary, Bill 45 |
| 2 | Maine Masters Swim Club | 2:01.37 | 1) Thomas, Andrew 45 | 2) Fredericks, Peter 62 | 3) Connors, James 57 | 4) Goodman, James 50 |
| 3 | Great Bay Masters | 2:06.67 | 1) Bright, David 50 | 2) Mohl, Bruce 56 | 3) Scheele, Marc 56 | 4) Coons, Daniel 48 |
| 4 | Cambridge Masters Swim Club | 2:10.78 | 1) Fisher, J. Kevin 48 | 2) Seltzer, Robert 52 | 3) Harris, Joe 51 | 4) Davar, Guadar 46 |
| 5 | Red Tide of NYC | 2:12.24 | 1) Goldstein, Allan 54 | 2) McClellan, Grant 47 | 3) Silver, Jonathan 49 | 4) Piscitelli, Joseph 47 |
| 6 | Swim Rhode Island | 2:22.41 | 1) Bushnell, Rick 62 | 2) Magyary, John 48 | 3) McQuiggin, Frank 54 | 4) Morse, Tim 54 |
| 7 | Suburban Athletic Masters | 2:22.84 | 1) Carvalho, Sergio 49 | 2) Schumacher, Greg 45 | 3) Allard, Rick 60 | 4) Zanchi, Edward 56 |
| Men 55+ | | | | | | |
| 1 | Swim Rhode Island | 2:21.78 | 1) Scott, Art 69 | 2) Prior, David 58 | 3) Bourassa, Bob 61 | 4) Valliere, Albert 56 |
| 2 | Great Bay Masters | 2:35.77 | 1) Johnson, Alan 65 | 2) Orkin, Rich 55 | 3) Doleac, Charles 55 | 4) Read, Phil 60 |
| Men 65+ | | | | | | |
| 1 | Maine Masters Swim Club | 2:50.25 | 1) Green, Arnie 71 | 2) Reeve, William 71 | 3) Schaefer, Gerhard 68 | 4) Giustra, Frank 66 |
| Mixed 19+ | | | | | | |
| 1 | Minuteman Masters | 1:48.12 | 1) Moran, Eric 23 | 2) Hoffman, Keith 44 | 3) Gross, Jeremy 31 | 4) Smith, Mary Edith 23 |
| 2 | Wheel Works Multi Sport | 1:57.48 | 1) Kazanowicz, Michael 24 | 2) Liem, Kau 29 | 3) Hult, Britta 23 | 4) Hoff, Meredith 25 |

2003 NEW ENGLAND CHAMPIONSHIPS AT HARVARD — RELAYS — MARCH 22, 28, 29, 30

| | | | | | | |
|---------------------------------|-----------------------------|---------|------------------------------|--------------------------------|----------------------------|--------------------------------|
| 3 | Northeastern University | 2:00.72 | 1) Adour, Jason 19 | 2) Parker, Tim 19 | 3) LeMoine, Jacqueline 21 | 4) Selke, Erin 19 |
| 4 | Minuteman Masters | 2:00.96 | 1) Steipp, Chadwick 24 | 2) McNamara, Lisa 26 | 3) Hugo, Brandy 30 | 4) Saulnier, Ethan 32 |
| 5 | Great Bay Masters | 2:13.48 | 1) Boslego, Ryan 23 | 2) Wensley, Kirstin 21 | 3) Merusi, Tibbett 41 | 4) Kortmansky, Jordan 31 |
| 6 | Minuteman Masters | 2:28.25 | 1) Kepple, Andrew 24 | 2) Motola, Lauren 25 | 3) Prescott, Al 34 | 4) Prescott, Judy 38 |
| Mixed 25+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 1:53.67 | 1) Berry, Rob 34 | 2) Vankuilenburg, Scott 38 | 3) Morawski, Stephanie 33 | 4) Toland, Jessie 34 |
| 2 | Andover YMCA | 2:00.24 | 1) Fox, Michele 33 | 2) Mitchell, Katina 28 | 3) Yunker, Michael 33 | 4) Krueger, Chris 27 |
| 3 | Red Tide of NYC | 2:08.28 | 1) Paulsen, Linda 28 | 2) Piccirillo, Richard 36 | 3) Guilmain, Robert 39 | 4) Gibson, Katie Alice 27 |
| 4 | Red Tide of NYC | 2:11.15 | 1) Knapp, Melissa 31 | 2) Pierce, Valerie 39 | 3) Simon, Jon 35 | 4) McLaughlin, Scott 26 |
| 5 | North Suburban YMCA | 2:11.83 | 1) O'Connor, Brooke 29 | 2) Skeele, Charlie 50 | 3) Houghton, David 39 | 4) McGirr, Molly 26 |
| 6 | Red Tide of NYC | 2:15.44 | 1) Clearway, Ajae 31 | 2) Bybee, Melissa 37 | 3) Conley, Stuart 40 | 4) Suniewick, Josh 28 |
| 7 | South County YMCA | 2:16.31 | 1) Vonhousen, Elise 29 | 2) DiSano, Joe 35 | 3) Wilkes, Kristin 31 | 4) Toolin, Kevin 34 |
| 8 | Great Bay Masters | 3:08.32 | 1) Griffin, Paul 42 | 2) Calicchio, Monica 30 | 3) Richard, Ann 44 | 4) Quimette, Edward 79 |
| --- | NE Masters Unattached | DQ | 1) Thompson, Hillary 25 | 2) Han, Grace 35 | 3) Simon, Wendy 26 | 4) Lombardo, Gary 31 |
| Mixed 35+ | | | | | | |
| 1 | Andover YMCA | 1:55.59 | 1) Case, Charles 37 | 2) Landry, Rich 39 | 3) Roy, Michele 39 | 4) Taylor, Karen 48 |
| 2 | Boston Sports Clubs United | 1:56.17 | 1) Goodwin, Kim 45 | 2) Wood, Chris 35 | 3) Greenwald, Catherine 42 | 4) Shulman, Lawrence 53 |
| 3 | Swim Rhode Island | 2:08.53 | 1) O'Donnell, Sarah 44 | 2) Pettibone, Chip 41 | 3) Johnson, Mark 38 | 4) Hirsty, Jacki 50 |
| 4 | Cambridge Masters Swim Club | 2:09.06 | 1) Duncan, Lyn 41 | 2) Ellis, Laurie 39 | 3) Philpy, Paul 42 | 4) Miller, Gregory 39 |
| 5 | North Suburban YMCA | 2:11.19 | 1) Judelson, David 47 | 2) Damassa, David 52 | 3) Houghton, Karen 40 | 4) O'Brien-Mackinnon, Nancy 50 |
| 6 | Granite State Penguins | 2:13.07 | 1) Volckening, Bill 37 | 2) Hunt, Kevin 39 | 3) Fournier, Eileen 48 | 4) Vitale, Kathryn 43 |
| 7 | Cambridge Masters Swim Club | 2:21.05 | 1) Adams, Liz 42 | 2) Magoon, M. Molly 44 | 3) Murphy, Mark 37 | 4) Barth, Dominic 39 |
| 8 | South County YMCA | 2:45.99 | 1) Bartlett, Fred 47 | 2) Forbes, Jean 53 | 3) Lamore, Lynn 41 | 4) Forbes, Michael 52 |
| --- | Boston Sports Clubs United | DQ | 1) Fitch, Kimberley 40 | 2) Flanagan, Peter 53 | 3) Tomlinson, Brad 59 | 4) Lang, Anita 35 |
| Mixed 45+ | | | | | | |
| 1 | Granite State Penguins | 2:05.72 | 1) Grilli, Tracy 45 | 2) Nisley-Black, Karla 47 | 3) Laramore, Douglas 55 | 4) Grilli, David 48 |
| 2 | Andover YMCA | 2:32.30 | 1) Misorski, Marcia 45 | 2) Jennings, Cliff 49 | 3) Kane, Elizabeth 54 | 4) Kearns, James 46 |
| 3 | Duxbury (Percy Walker) | 2:40.87 | 1) Drain, David 54 | 2) O'Brien, Claire 64 | 3) Hadley, Bruce 47 | 4) Reed, Diane 72 |
| --- | Cape Cod Swim Club | DQ | 1) Ketchum, Susan 50 | 2) Dropp, Jeff 45 | 3) Handler, Barb 45 | 4) Lane, Homer 53 |
| Mixed 55+ | | | | | | |
| 1 | Andover YMCA | 2:50.40 | 1) Hardy, Barbara 58 | 2) Yunker, Carol 55 | 3) Coupe, George 62 | 4) Christopher, James 76 |
| 2 | Great Bay Masters | 3:03.56 | 1) McSweeney, Brian 55 | 2) Read, Susan 57 | 3) Siegal, Byron 55 | 4) Hult, Manya 57 |
| 400 Yard Freestyle Relay | | | | | | |
| Women 19+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 4:03.48 | 1) Fabian, Lauren 22 | 2) Tokita, Hanae 25 | 3) Rockwell, Erin 24 | 4) Lorenz, Rebekah 22 |
| 2 | Swim Rhode Island | 4:14.87 | 1) Carey, Samantha 29 | 2) Mooney, Jenny 25 | 3) Roll, Karen 23 | 4) O'Donnell, Sarah 44 |
| 3 | Cambridge Masters Swim Club | 4:35.59 | 1) Freed, Amy 25 | 2) Pearson, Amanda 33 | 3) Lazar, Elizabeth 22 | 4) Boehm, Elizabeth 29 |
| Women 25+ | | | | | | |
| 1 | Red Tide of NYC | 3:43.16 | 1) Willeboordse, H C Fall 37 | 2) Currutt, Heather 29 | 3) Schneider, Karen 35 | 4) Gary, Kristin 35 |
| 2 | Red Tide of NYC | 3:58.65 | 1) Kelsey, June 27 | 2) Gibson, Katie Alice 27 | 3) Armentrout, Anna 31 | 4) Dorsey, Stephanie 32 |
| 3 | Great Bay Masters | 4:00.03 | 1) Benson, Nicole 28 | 2) DelGrosso, Patricia 37 | 3) Wesson, Kim 35 | 4) Prescott, Carol 33 |
| 4 | YMCA of the North Shore | 4:18.58 | 1) Boland, Jan 44 | 2) Gebauer, Theresa 33 | 3) Collins-Cann, Carrie 59 | 4) Dropp, Carla 43 |
| 5 | Minuteman Masters | 4:33.74 | 1) McNamara, Lisa 26 | 2) Damianos, Laurie 38 | 3) Hale, Liz 31 | 4) Gardner, Edith 31 |
| 6 | North Suburban YMCA | 5:06.53 | 1) O'Connor, Brooke 29 | 2) Goldberg, Martine 47 | 3) Montrone, Paige 43 | 4) Storer, Ann 47 |
| 7 | Great Bay Masters | 5:18.20 | 1) Richard, Ann 44 | 2) Calicchio, Monica 30 | 3) Merusi, Tibbett 41 | 4) Tunstall, Nancy 40 |
| Women 35+ | | | | | | |
| 1 | Granite State Penguins | 4:33.09 | 1) Grilli, Tracy 45 | 2) Nisley-Black, Karla 47 | 3) Hennessey, Lori 43 | 4) Vitale, Kathryn 43 |
| 2 | Cambridge Masters Swim Club | 4:40.34 | 1) Ellis, Laurie 39 | 2) Duncan, Lyn 41 | 3) Magoon, M. Molly 44 | 4) Adams, Liz 42 |
| 3 | Minuteman Masters | 6:41.89 | 1) Ginder, Laurel 44 | 2) Young, JoAnne 70 | 3) Mitchell, Carol 54 | 4) Wasson, Page 50 |
| Women 45+ | | | | | | |
| 1 | Red Tide of NYC | 4:51.60 | 1) Hill, Marcia 58 | 2) Springer, Phyllis 53 | 3) Yeomans, Susan 54 | 4) Deely, Gwen 53 |
| 2 | Great Bay Masters | 6:17.50 | 1) Low, Julie 52 | 2) Sherman, Carrie 51 | 3) Woodcock, Sandy 46 | 4) Barbary, Susan 53 |
| Men 19+ | | | | | | |
| 1 | Great Bay Masters | 3:26.35 | 1) Gendreau, Edmund 40 | 2) Craig, Matt 32 | 3) Coffman, James 30 | 4) Shaw, Chris 22 |
| 2 | Minuteman Masters | 3:30.45 | 1) Saulnier, Ethan 32 | 2) Fisher, Josh 23 | 3) Camello, Matthew 32 | 4) Hoffman, Keith 44 |
| 3 | Granite State Penguins | 3:40.85 | 1) Hunt, Kevin 39 | 2) Jones, Shawn 28 | 3) Gill, Peter 31 | 4) Thompson, Timothy 23 |
| 4 | YMCA of the North Shore | 3:51.35 | 1) Howland, James 37 | 2) Boland, Jim 47 | 3) Burgess, Tom 46 | 4) Chang, Eric 22 |
| 5 | Great Bay Masters | 4:51.96 | 1) Scheele, Marc 56 | 2) Coons, Daniel 48 | 3) Peirc, William 45 | 4) Nelson, Brian 23 |
| Men 25+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 3:19.16 | 1) Young, John 27 | 2) Goldman, Mark 31 | 3) Kane, David 32 | 4) Scozzario, Gian 28 |
| 2 | Red Tide of NYC | 3:22.03 | 1) Bridges, Patrick 36 | 2) Doolan, Brendan 29 | 3) Simon, Jon 35 | 4) Fain, Jeremy 25 |
| 3 | Swim Rhode Island | 3:25.95 | 1) Knapp, Tony 30 | 2) Joe, Stephan 27 | 3) Bushnell, Jeff 29 | 4) Garriep, Brent 26 |
| 4 | Red Tide of NYC | 3:37.32 | 1) Powell, Joshua 25 | 2) Malina, Matt 29 | 3) Leighty, Russell 34 | 4) Bristol, Nick 34 |
| 5 | Minuteman Masters | 3:55.31 | 1) Broudy, Marc 31 | 2) Mitchell, John 25 | 3) McMullen, Robert 34 | 4) McBride, Nathan 29 |
| 6 | Great Bay Masters | 5:11.51 | 1) Koch, Robert 50 | 2) Cooper, Jeff 51 | 3) Pasternack, Paul 45 | 4) Kortmansky, Jordan 31 |
| Men 35+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 3:31.08 | 1) Tyler, Robert 40 | 2) Miller, Gregory 39 | 3) Wuest, Frank 42 | 4) Bosley, Doug 40 |
| 2 | YMCA of the North Shore | 3:34.47 | 1) Morris, Daniel 39 | 2) Steen, Kevin 39 | 3) Swensen, David 40 | 4) Kuhns, Jim 37 |
| 3 | Granite State Penguins | 3:46.27 | 1) Volckening, Bill 37 | 2) Hirst, Michael 42 | 3) Laramore, Douglas 55 | 4) Grilli, David 48 |
| 4 | Cambridge Masters Swim Club | 3:49.62 | 1) LaRoche, James 47 | 2) Corban, Garrison 41 | 3) MacMasters, George 45 | 4) Alexander, Mark 44 |
| 5 | Cambridge Masters Swim Club | 3:51.62 | 1) Vankuilenburg, Scott 38 | 2) Barth, Dominic 39 | 3) Murphy, Mark 37 | 4) Zadalis, Timothy 43 |
| 6 | Minuteman Masters | 3:55.80 | 1) Battistini, Rick 48 | 2) Keith, Al 42 | 3) Scibelli, Nico 40 | 4) Gawboy, Galen 41 |
| 7 | Swim Rhode Island | 4:32.16 | 1) McQuiggan, Frank 54 | 2) Magyar, John 48 | 3) Johnson, Mark 38 | 4) Bushnell, Rick 62 |
| 8 | Minuteman Masters | 4:35.51 | 1) Howorth, James 35 | 2) Kovacs, John 35 | 3) Kjaersgaard, Frank 36 | 4) Gardner, Steve 42 |
| Men 45+ | | | | | | |
| 1 | South County YMCA | 6:15.61 | 1) Ruth, Robert 46 | 2) Strom, Burt 60 | 3) Forbes, Michael 52 | 4) Bartlett, Fred 47 |
| Men 55+ | | | | | | |
| 1 | Great Bay Masters | 5:30.18 | 1) Johnson, Alan 65 | 2) Orkin, Rich 55 | 3) Doleac, Charles 55 | 4) Read, Phil 60 |
| Men 65+ | | | | | | |
| 1 | Maine Masters Swim Club | 5:30.69 | 1) Giustra, Frank 66 | 2) Reeve, William 71 | 3) Schaefer, Gerhard 68 | 4) Green, Arnie 71 |
| Mixed 19+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 3:27.01 | 1) Fehlau, Brian 28 | 2) Stokes, Jessica 26 | 3) Wang, Emily 24 | 4) Eaddy, Jason 27 |
| 2 | Minuteman Masters | 3:33.87 | 1) Hugo, Brandy 30 | 2) Smith, Mary Edith 23 | 3) Steipp, Chadwick 24 | 4) Gross, Jeremy 31 |
| 3 | Red Tide of NYC | 3:53.14 | 1) Suniewick, Josh 28 | 2) Krams, Elizabeth 24 | 3) Raddliff, Christine 28 | 4) McLaughlin, Scott 26 |
| 4 | Wheel Works Multi Sport | 3:57.01 | 1) Kazanowicz, Michael 24 | 2) Hult, Britta 23 | 3) Haff, Meredith 25 | 4) Liem, Kau 29 |
| 5 | Northeastern University | 3:59.78 | 1) Parker, Tim 19 | 2) Adour, Jason 19 | 3) Selke, Erin 19 | 4) LeMoine, Jacqueline 21 |
| 6 | Great Bay Masters | 4:06.16 | 1) Boslego, Ryan 23 | 2) Mohl, Bruce 56 | 3) Garrow, Kendra 28 | 4) Wensley, Kirstin 21 |
| Mixed 25+ | | | | | | |
| 1 | Cambridge Masters Swim Club | 3:51.31 | 1) Caputo, Timothy 28 | 2) Lien, Maeve 26 | 3) Powers, Erin 28 | 4) Lo-Pinto, Benjamin 27 |
| 2 | Cambridge Masters Swim Club | 3:56.76 | 1) Berry, Rob 34 | 2) Morawski, Stephanie 33 | 3) Gulla, Tara 30 | 4) Gaul, Ray 30 |
| 3 | South County YMCA | 4:28.42 | 1) DiSano, Joe 35 | 2) Vonhousen, Elise 29 | 3) Wilkes, Kristin 31 | 4) Toolin, Kevin 34 |
| 4 | Red Tide of NYC | 4:29.49 | 1) Goldstein, Allan 54 | 2) Frankel, Rachel 29 | 3) Clearway, Ajae 31 | 4) Silver, Jonathan 49 |
| 5 | Minuteman Masters | 4:44.30 | 1) Tierney, Mary Lou 43 | 2) Rink, Katherine 31 | 3) Prescott, Al 34 | 4) Hicks, Robert 52 |
| Mixed 35+ | | | | | | |
| 1 | Red Tide of NYC | 3:54.46 | 1) Quigley, Mark 44 | 2) Reeder, Cindy 40 | 3) Furot, Michelle 42 | 4) Guilmain, Robert 39 |
| 2 | Red Tide of NYC | 4:12.40 | 1) Piscitelli, Joseph 47 | 2) Charlap, Marie-Helene 42 | 3) Casey, Susan 40 | 4) Piccirillo, Richard 36 |
| 3 | Great Bay Masters | 4:15.10 | 1) Malloy, Julia 42 | 2) Penhney, Gail 29 | 3) Griffin, Paul 42 | 4) Bailey, Michael 40 |
| 4 | North Suburban YMCA | 4:17.24 | 1) Houghton, David 39 | 2) O'Brien-Mackinnon, Nancy 50 | 3) Houghton, Karen 40 | 4) Jirak, Andy 43 |
| 5 | JCC Newton Masters | 4:22.21 | 1) Forman, Russell 41 | 2) Mammen, Leena 38 | 3) Sharlin, Judith 49 | 4) Hayyden, Drew 36 |
| Mixed 45+ | | | | | | |
| 1 | NE Masters Unattached | 3:39.16 | 1) Hirsty, Jacki 50 | 2) Wettach, Gayle 46 | 3) Lane, Homer 53 | 4) Shaw, Greg 51 |
| 2 | North Suburban YMCA | 4:07.51 | 1) Judelson, David 47 | 2) Marshall, Jenny 45 | 3) Damassa, David 52 | 4) Joyden, Leigh 47 |
| 3 | Cambridge Masters Swim Club | 4:07.78 | 1) Luker, Jennifer 46 | 2) Seltzer, Robert 52 | 3) Sasser, Constance 56 | 4) Fisher, J. Kevin 48 |
| 4 | JCC Newton Masters | 5:19.49 | 1) Roach, Stephen 52 | 2) Stavits, Ruth 65 | 3) Matorin, Barbara 64 | 4) Savanto, Ilkka 59 |
| Mixed 55+ | | | | | | |
| 1 | Great Bay Masters | 6:16.19 | 1) Read, Susan 57 | 2) McSweeney, Brian 55 | 3) Siegal, Byron 55 | 4) Hult, Manya 57 |



Al Prescott makes a statement



Dan Rogacki



Great Bay relay



New England LMSC registrar Paul Griffin



Bill Geary and Joel Meltz



Brandy Hugo



New England LMSC treasurer Matt Gilson

Open Water Swims

- 6/7 Hale Reservation Swim (1, 2, or 5 miles) Hale Reservation, Westwood, MA. Contact Jim Doty during work hours at (781) 237-1515
- 7/4 Mike Rynne 2 Mile Swim, Merrimack River, Lowell, MA. Contact Jack Hall W-(978) 454-5411 H-(978) 475-2285 jhall@gltech.org
- 7/19 Save The Bay Swim (1.7 miles) Newport, RI. Contact: Jennifer Wheeler (401) 272-3540 x119 jwheeler@savethebay.org www.savethebay.org
- 7/19 1.2 Mile Buzzards Bay Swim, Outer Harbor, New Bedford, MA www.savebuzzardsbay.org
- 7/26 Jay Lodi Memorial Swim (1 mile) Carson Beach, South Boston, MA Contact: Jim Doty during work hours (781) 237-1515
- 7/26 2.4 Mile Peaks to Portland, Casco Bay, Portland, ME. Contact: Greater Portland YMCA (207) 874-1111
- 8/2 Grand Circle Swim for Boston Harbor (.5 or 1 mile) Carson Beach, South Boston, MA. Sponsored by The Save The Harbor Organization www.savetheharbor.org (617) 451-2680
- 8/9 1 Mile Harbor Swim, Niles Beach, Gloucester, MA. Contact: Ritchie Martin (978) 281-0670 lilomartin@prodigy.net
- 8/9 8 Mile Lake Champlain Swim. Starts at Willsboro Point, NY and ends in Burlington, VT. Sponsored by the Greater Burlington YMCA. Contact: Joanna Harrington at jharrington@gbymca.org
- 8/16 1 Mile Against the Tide, Flax Pond at Nickerson State Park, Brewster, MA on the Cape. Sponsored by: Mass. Breast Cancer Coalition (781) 961-7460 www.mbcc.org/swim
- 8/16 Boston Light Swim (10 Miles) Boston Harbor. Contact John Werner (617) 474-2400 johnwerner@citizenschools.org
- 9/6 1.4 Mile Swim for Life, Provincetown Harbor. Contact: Jay Critchley (508) 487-3684 www.swim4life.org

Open Water Swim information provided by Tom Dugan (TDugan7145@aol.com)



Stephanie Morawski, the Harvard meet's deck manager and gofer, Cambridge Masters coach, and NEM swimmer.

Swim Meets

■ ■ MAY

15 -18 — Thursday - Sunday
USMS SCY Nationals — Arizona State University
Tempe, Arizona

16-19 — Thursday - Sunday
Canada Nationals — Centre Claude-Robillard (SCM)
Montreal, Canada

■ ■ JUNE

13 & 14 — Thursday - Sunday
Massachusetts Senior Games, Springfield College
Springfield, MA

Massachusetts Senior Games to be held on June 13th and 14th, 2002 at Linkletter Natatorium, Springfield College, Springfield, MA. Warm up time: 13 June, 12:00 pm, 14 June, 7:30 am. Start time: 13 June, 1:00 pm, 14 June, 8:30 am. USMS recognition 034-005-RLCM
Andrew Carter at 413.748.3812 or Senior_Games@SPFLDCOL.EDU.

■ ■ JULY

11-13 — Friday & Saturday
Bay State Games

NEM is working on an agreement with the organizers of the Bay State Games to make the swimming competition more "Masters friendly." In the past, Masters have had to qualify in "try-outs" in June and then swim preliminaries in the morning and finals at night in July to win BSG awards. Furthermore, with no age group for Masters, we had to compete in the 17+ category. This year's Bay State Games organizers have agreed to eliminate the "try-outs" and preliminaries for Masters. The Masters will be swimming only in timed finals the weekend of Friday July 11th — Sunday July 13th at Harvard's Blodgett Pool. More details next month.

20 — Sunday
Jenny Thompson Pool (LCM)
Dover, NH

Complete information in the June issue.

■ ■ AUGUST

14-17 — Thursday - Sunday
USMS LCM Nationals — Rutgers Univ., Piscataway, NJ

Edward Nessel: ednessel@aol.com; 908-561-5339, 10 Irene Ct, Edison, NJ 08820-1024

More Info

■ ■ NEM newsletter PDF

Download it in color at www.swimnem.org by clicking on "News" and then "NEM newsletter"

■ ■ NEM website

www.swimnem.org

■ ■ NEM telephone info

1-888-SWIMNEM

■ ■ USMS website

www.usms.org

■ ■ NEM newsletter

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Mastering It

"There are Dachshunds and there are Greyhounds. A Dachshund can never run like a Greyhound. I'm not exactly a Dachshund — maybe a Golden Retriever."

Connie Chan trained for 15 years, starting when she was 24, to qualify for the Boston Marathon.

— Boston Globe



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NEM News