

The Wave Eater



Volume 12, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 2004

GOLDEN OLDIES ROCK SAVANNAH!

By Mary F. Williams



*Golden Oldies,
Fit and trim –
Swim, survive,
Prevail and WIN!*



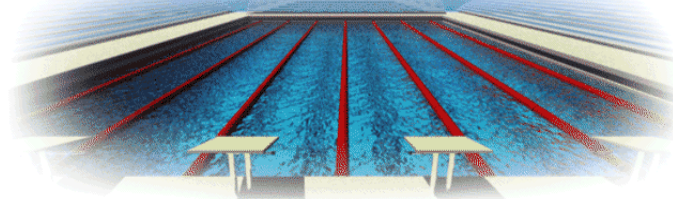
So much for knitting in a rocking chair, Michigan Masters' "Golden Oldies" prefer to Rock 'n Roll, that is when not flipping and flying in the pool! Edie Glusac, the senior member of our "Golden Oldies" Relay Team (Edie Glusac, Lois Nochman, Laura Gogola and yours truly) epitomizes this trend. And one of the highlights of the Savannah Long Course National Championship meet was the Savannah Riverboat Cruise, where Edie was the first to hit the stage and lead everyone else in line-dancing to "Proud Mary" ("-- keep on rollin' down the river . . .!").

No slouch in the pool, either, Edie is a World Champion in the 50 and 100 Butterfly, and brought home 5 Golds from Savannah!! She swam breaststroke in high school but did not compete again until joining USMS at age 70, although she coached swimming for 22 of her 40 years as an educator in the Detroit Public School system. But it didn't take her long to make a name in Masters Swimming – she has so many medals she gives them away to aspiring young swimmers she meets when officiating at swim meets in the Metro Detroit area. She was honored by the Michigan High School Athletic Assn. last year for completing 40 years as an Official in the sports of Swimming, Basketball and Volleyball. She was also elected into the Polish Sports Hall of Fame and named Wayne State Woman of the Year. Edie's secret to longevity is to just "keep on going" – and SHE DOES! She's been retired 20 years and still referees volleyball and swimming; is a champion golfer and bowler, and never misses a swim meet!!

All of us "Golden Oldies" finished school before Title IX was passed, so we didn't have the competitive opportunities that it created for girls. But Masters Swimming has provided that experience for us, and we've all taken full advantage of its contributions to physical and mental well being. Lois Nochman also brought home five Gold medals from Savannah and broke two World and four National Records! This, after having been sidelined for a year due to shoulder surgery!! Laura Gogola, who has only been with Masters for about four years, came away with a Silver in the 1500 and a Bronze in the 50 Backstroke, plus a 4th in the 100 Free and 6th in the 100 and 200 Backstroke! And I was delighted I brought home two Bronze medals, in 50 and 100 Butterfly; a 4th in the 400 IM and 6th in the 1500! This was my first Nationals in two years – and I actually had better times in my 50 and 100 Fly than I did '02!! In fact, my 50 Fly was my best time since 1998!! Maybe there's something

(Continued on page 4)

pools & workouts



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

| | | |
|---|---|---|
| <p>South Oakland Seals: Wayne, Oakland & Macomb Counties Skip Thompson – (248) 683-2191 Royal Oak Dondero High School Tue. & Thurs. Nights – 8:30PM to 10:00PM</p> | <p>Ford Athletic Swim & Triathlon: Matt Myers – (313) 592-2797 mmyers2@ford.com Schoolcraft College Saturday - 7:15AM to 8:30AM www.swimfasttrifast.com</p> | <p>Rochester Area: Oakland Aquatic Club Oakland University Rec. Center Daniel Plamondon – (248) 370-4533 Tue & Thur 7-8:30PM Sat. 10 AM-12 PM Sun. 12 PM-2 PM, Must be USMS member & Web: www.oakland.edu/unit/campus_rec/index.html</p> |
| <p>Livonia Area: Livonia & Larger Area Masters (LALA) deano69@flash.net – (248) 926-5937 Livonia Stevenson High School MWF evenings – 5:45PM to 7PM Saturday morning – 7:00AM</p> | <p>Farmington Area: Bill Hughes – (248) 474-2858 after 6PM Farmington YMCA – Farmington Hydrofoils Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM Must be a Farmington YMCA member and USMS member</p> | <p>Lake Orion Area: Lake Orion Classic Oldies (LOCO) Lake Orion High School Mon.-Fri. 5:30-6:30PM Dick Specht (248) 391-0728 www.lakeorion.k12.mi.us</p> |
| <p>Warren Area: Star Aquatics – www.staraquatics.com Saturdays 7:00 AM - 8:30 AM (Approximate) Warren Woods Tower High School Pool 27900 Bunert Rd., Warren MI 48088 Contact: Tom Cobau – (313) 640-9189</p> | <p>Grosse Pointe Area: Pointe Aquatics – www.pointeaquatics.com Tue. & Thur – 7:30 - 9:00 PM MWF 6:00 – 7:00 AM Community Rec & amp; Ed – (313) 432-3880</p> | <p>Royal Oak Area: South Oakland Aquatic Club (SOAK) South Oakland YMCA Pool Thurs. 7:30-8:30 PM, Sun. 10 AM-12 Noon Contact: Mike Dorsch (248) 548-2493 Must be YMCA member & USMS member</p> |

MICHIGAN - LOWER PENINSULA & OTHER AREAS

| | | |
|--|--|---|
| <p>Ann Arbor: 734-994-2898 Mack Pool M-F mornings 6:00AM to 7:30AM MWF evenings 6:00PM to 7:00PM Fuller Pool Summers: 6:30PM to 8:00PM</p> | <p>Flint: Contact: Ric Chaney (810) 720-2200 Day – (810) 720-1341 Eve. Hurley Health & Fit. Center (810) 235-8544 (membership not required) M & W evenings 6:30PM</p> | <p>Toledo, Ohio: Greater Toledo Aquatic Club St. Francis De Sales High School Tues. & Thurs. 7-8:30 PM Tues. – Fri. 6:00-7:45 AM Sun. 4:30-6:00 PM Contact: Keith Kennedy – (419) 531-7121</p> |
| <p>Plymouth: Plymouth Canton Community Masters Leslie Greeneisen – greeneisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM</p> | <p>Lansing: CATS – www.teamcats.com Contact: Mark Lisenby, Wally Dabler, Andrea Funk Michigan Athletic Club (MAC) Mon. thru Thur. 6:30PM to 7:30PM</p> | <p>Muskegon: West Michigan Masters Swim Association Muskegon YMCA Pool Mon., Tues., Thurs. 8:30-9:45 PM Contact: Ken Danhof, (231) 739-5592 Must be a USMS member</p> |
| <p>Midland: H. H. Dow High School Mon. & Wed. 8:30PM to 10:00PM Midland Community Center Saturday mornings – 9:00AM to 10:30AM</p> | <p>Holland: Fred Nelis – (616) 399-9588 Holland Community Aquatic Center Pool Ph. (616) 393-7595 www.holland.k12.mi.us/aquatic.center/</p> | <p>Tecumseh: Tecumseh Masters Tecumseh High School Pool Mon., Wed., Fri., 8-9 PM Contact: Sarah Eubanks, (517) 424-1562</p> |
| <p>Grand Rapids: West Michigan Masters Carolyn Calcutt – (616) 785-9544 Grand Rapids Community College Ford Pool Monday 7-8PM Wednesday 5:30-6:30PM Friday 6:00PM to 7:00PM</p> | <p>Kalamazoo: Vince Gallant – (616) 349-1053 Loy Norrix High School M-F 5:40AM to 7AM, M-Th. 5:00PM to 7:30PM, F 5:00PM to 6:30PM, Sat. 8:00AM to 10:30AM</p> | <p>Harbor Springs: Harbor Springs Community Pool Mon., Wed., Fri. 6-8 AM, Harbor Springs High School Mon. thru Sun. 5:30-6:30 PM Contact: Marilyn Early – (231) 526-9824</p> |
| <p>Long Distance: Miriam Nowak & Marilyn Early (231) 526-9824 jcowing@surfbest.net</p> | <p>Grand Haven: Masters Swim Club, Mick Homan - Aquatics Coordinator 616-850-6292, 616-850-6295 fax swcoach7@aol.com 17001 Ferris St., Grand Haven, MI 49417</p> | <p>Traverse City: Traverse City Masters Traverse City Civic Center Mon. thru Fri. 6:30-8:50 AM & Noon-12:50 PM John Horton & Ron O'Brien (231) 922-4814</p> |



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The Outside Lane

By Skip Thompson

I would like to congratulate the 15 swimmers that attended the Long Course Nationals in Savannah, Georgia. Michigan Masters produced three USMS National Champions. Edith Glusac and Lois Nochman won all 5 of their events. Denise Brown won 4 events and got second in another. This helped the Women's Team get second place in the Small Team Division. Laura Gogola got 2nd in the 1500 Free. Alison Badger got 2nd in both the 50 and 100 Breast and set a State Record in the 400 IM. Gaard Arneson was the lone Men's Champion winning the 200 Fly and setting a State Record in the 400 IM. Greg Pash got 2nd in the 1500 Free. The Men's Team was 21st in the Small Team Division and the Combined Michigan Team took 8th. Complete results by LMSC are on the USMS website (www.usms.org).

I would also like to congratulate the 4 swimmers that went to the 10th FINA World Championships in Riccione, Italy. Lois Nochman, Laura Gogola, Denise Brown, and Randy Mikula swam very well. You can find those results on the USMS website also. Throughout the year Lois Nochman has set 10 USMS National and 10 World Records in both SCM and LCM and deserves accolades for that success. The 3 summer meets were well attended and I would like to thank the Team Detroit masters for putting on their first meet at Williams Natatorium on the campus of Cranbrook.

The Fall meet schedule is complete and there will be four Michigan Master meets to complete the year. Currently we are working on the rest of the meet schedule and that should be finalized in October. Registration is about where it was last year and I am hoping that we can get back the swimmers that did not register from last year. We will once again do an e-mail distribution reminder notice in November to all swimmers in data base. I will also be in contact with all Coaches and Team Reps from the swim groups for the 2005 registration year. There will be a general membership meeting on November 14 after the West Bloomfield swim meet to discuss goals and objectives for the coming year. I have been receiving favorable comments about the Newsletter being online and I hope to encourage more people to use the online version.

From September 15th to 19th, Michigan Masters will have five representatives attend the USAS convention. One of the goals of this yearly convention is to provide a framework for the future direction of the LMSC's such as Michigan Masters. This year our Michigan LMSC has submitted a rule change proposal to allow registered 18 year olds to compete in all swim meets including National Championships. I will be very surprised if this does not pass. Also USMS will help subsidize a grant in conjunction with WMSA \$1000 grant to allow graduating college swimmers the opportunity to swim for Michigan Masters for no charge for the first year. USMS liked this idea and will follow the program to see how successful it does. The topics for the USAS convention are to numerous to discuss here but I encourage everyone who has an interest in the future direction of the National organization can obtain all of the information on the USMS website. The Officers will report any important details at the general meeting and on the Michigan Masters website. Good luck and I look forward to seeing everyone at the fall meets.

(Continued from page 1)

good about resting for a year – although last year was anything but a rest, as I spent the entire year either caring for my sick husband and/or burying his family and settling their estate.

So our group is a classic example of what Masters Can Do For You that few other sports can do – provides us with motivation to work out in order to perform well in competition, while improving our health in the process. AND consequently, we survive to age up into the thinner air of the older age groups and start hauling in the Big Ones (Gold, Silver, Bronze. . . .).

I recall a couple years ago when Jean Durston had aged up to 85 and was quoted in SWIM magazine –“It’s SO much fun now – your competition starts dying out and the last one alive wins it all!!”

Isn’t this a better way to spend our golden years than the alternative sedentary lifestyle so many older people live?

A closing thought:

People don’t quit swimming because they get old,
The get old because they quit swimming!



Lois Nochman, Edith Glusac, Mary Williams, Laura Gogola



Swimming - A Life's Passion.

SHORT COURSE METERS AT ANCHOR BAY

DATE Saturday October 30, 2004

Sanctioned by Michigan Masters for USMS
Sanction # 194-011-S

LOCATION Anchor Bay Aquatic Center
52410 Ashley
New Baltimore, Mi. 48047

FACILITY 6 lane short course meters
with warm up-cool down area
Colorado timing

ENTRIES maximum 5 events plus relay
\$17.00 for entries received by
Oct. 27, 2004.
\$22.00 for late and deck entries

MAKE CHECKS PAYABLE TO:
Joyce Kowalski-Anchor Bay Masters
Proceeds benefit
Anchor Bay Girls Swim Team

DIRECTIONS From eastbound I-94 exit 247 turn right. Go about 2 miles to LIGHTHOUSE SCHOOL on left. Turn left into first driveway before school. Pool is in building behind school.

From westbound I-94 exit 248 (Marine City Highway) and turn right. Go to first light (New Haven Rd.) and turn left and go approximately 3 miles to LIGHTHOUSE SCHOOL on left. Turn left into first driveway before school. Pool is in building behind school.

ENTRY BLANK FOR ANCHOR BAY SHORT COURSE METERS

NAME _____ SEX M F

AGE _____ USMS # _____ USMS registration required and will be available
As of Dec. 31 ,2004 for purchase at the meet.

| WOMEN Seed time | EVENT | MEN seed time |
|--------------------|--------------------|------------------|
| 1. | 800 FREE @ 8:30 | 2. |
| 3. | 200 IM @ 10:00 | 4. |
| 5. | 100 FREE | 6. |
| 7. | 50 BACK | 8. |
| 9. | 100 IM | 10. |
| 11. | 50 BREAST | 12. |
| 13. | 200 FREE | 14. |
| 15. | 400 FREE RELAY | 16. |
| 17. | 400 MEDLEY RELAY | 18. |
| | 19. 400 MIXED FREE | |
| | 20. 400 MIXED MED. | |
| 21. | 100 BACK | 22. |
| 23. | 50 FLY | 24. |
| 25. | 200 CHOICE | 26. |
| 31. | 100 BREAST | 32. |
| 33. | 50 FREE | 34. |
| 35. | 100 FLY | 36. |
| 37. | 400 FREE | 38. |
| 39. | 400 IM | 40. |

EVENT # 1 starts at 8:30 A.M.
EVENT # 2 starts at 10:00 A.M.

Please mail your entry by Oct. 27. To:
JOYCE KOWALSKI -
ANCHOR BAY MASTERS
6656 Shea Rd.
Marine City, MI. 48039

For more information contact:
Joyce @ 810-765-5964 or
Joyski@juno.com

MASTERS SWIM CLINIC

11/5: 6:30-8:30 PM 11/6: 9-2 PM

HOLLAND COMMUNITY AQUATIC CENTER

Sanctioned by Michigan Masters for USMS, sanction # 194-014-S

- Coach: _____, Social, 11/5: _____ Help Coach, 11/6: _____
- Swimmer: _____, Breakfast, 11/6 _____ Team: _____
- Name/Gender: _____
- Age Group/ Birth date: _____
- Experience/Level: _____
- Special Interests in Masters, e.g. Strokes, Starts, Distance,
- Fitness, Speed, etc. _____
- Address: _____
- City/State/Zip: _____
- Phone # _____ e-mail: _____

Current USMS# _____ If you don't have one, you may register at Clinic! You must be a member of USMS Swimming to participate: include copy of card with your fee or you must bring it with you to show at Clinic! **READ/SIGN BELOW:**

Liability Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to be governed by the rules of USMS. (USMS Rule Book, Article 203.1)

SIGNATURE: _____ **Date:** _____

-Fee: Please make out check to Dutch Masters and send form to
Jennifer Parks, 657 Goldenrod Ave., Holland, MI 49423-6876

Questions: jenswims@aol.com or swimmasters@hotmail.com
or Call Fred Nelis@ 616-399-9588 or JP @ 616-706-8066

-Directions: From N, go S on 31, W on 16th, S on Pine to 24th
From E or S, go I-196 to Adams/16th, W on 16th, S on Pine to 24th
From W, fly in to Tulip City Airport! We'll pick you up!

-This clinic is being supported by grants from United States Masters Swimming/ Coaches Committee and the Michigan Masters Swimming Committee, Inc., as well as Dutch Masters. Thanks to all these organizations for the opportunity to put on this clinic! We're looking forward to seeing you in Holland.

**MICHIGAN MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL**

- SANCTION:** This meet is sanctioned by Michigan Masters Swimming as a *recognized* swim meet. Although we encourage you to register with Michigan Masters Swimming, you don't need to be registered to compete. USMS rules will govern all competition.
- DATE:** Sunday, November 14, 2004
- LOCATION:** West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-865-6748 (Pool Phone) **School Fax #: 248-865-6756**
734-425-8953 (Home Phone)
Bob Crosby-Meet Manager
- FACILITY:** West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used. Pool locker rooms will be available to use for changing, but **locker space is minimal**. It would be wise to bring your clothes and valuables with you on the pool deck.
- TIME:** Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** **Each competitor may enter a maximum of 5 events.** Swimmers should mail all entries to:
Bob Crosby-Swim Coach AT THE ABOVE ADDRESS
Or you may fax them in to: **248-865-6756** (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, November 11th BY 3 PM.
If you are not able to mail or fax in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M.
PLEASE USE THE ENCLOSED ENTRY BLANK
- ENTRY FEE:** \$18 for entries received in the mail by the above deadline. For any entries received by fax, the entry fee is \$20, or for deck entries, the fee is \$22.
Make all checks payable to the **LAKER FAN CLUB**.
- POT LUCK:** Included with your entry fee will be a post meet pot luck dinner. The meal will be supplied by the West Bloomfield Girls swimming and diving parents.

ALL PROCEEDS FROM THE MEET WILL GO TO SUPPORT WEST BLOOMFIELD SWIMMING AND DIVING! PLEASE SPREAD THE WORD ABOUT THIS MEET.

US MASTERS SWIM MEET HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

ENTRY BLANK FOR _____ SEX M F AGE _____



USMS # _____ CLUB _____

HOME PHONE # _____ WORK PHONE # _____

| EVENT # | EVENT | SEED TIME |
|---|------------|-----------|
| <i>WARM-UP 7:15-7:45 A.M.</i> | | |
| <i>SESSION 1 - BEGINS AT 7:45 A.M.</i> | | |
| 1 | 1650 FREE | |
| <i>No deck entries in the 1650!</i> | | |
| <i>WARM-UP 9:00-9:30 A.M.</i> | | |
| <i>SESSION 2 - BEGINS AT 9:30 A.M.</i> | | |
| 2 | 200 BACK | |
| 3 | 50 FLY | |
| 4 | 200 IM | |
| 5 | 50 BREAST | |
| 6 | 200 FREE | |
| 7 | 50 BACK | |
| 8 | 100 FLY | |
| 9 | 200 BREAST | |
| 10 | 50 FREE | |
| 11 | 400 IM | |
| 12 | 100 FREE | |
| 13 | 200 FLY | |
| 14 | 100 BACK | |
| 15 | 100 BREAST | |
| 16 | 50 FREE | |
| 17 | 500 FREE | |
| <i>PLEASE LIST YOUR SEED TIMES IN THE EVENTS YOU WOULD LIKE TO ENTER. REMEMBER, LIMIT OF 5 EVENTS!</i> | | |
| MAKE CHECKS PAYABLE TO: LAKER FAN CLUB | | |

PLEASE MAIL YOUR ENTRY TO: BOB CROSBY, WEST BLOOMFIELD HIGH SCHOOL, 4925 ORCHARD LAKE RD., WEST BLOOMFIELD, MI 48323, OR FAX IT TO: 248-865-6756, ATTN. BOB CROSBY

Capitol Area Triathletes & Swimmers (CATS) Swim Meet
DeWitt High School Natatorium
Saturday, December 4, 2004

- Sanction:** Sanctioned by Michigan Masters
- Schedule:** Warm-up 10:00 a.m., Events 11:00 a.m. Social in cafeteria following the meet.
- Facility:** DeWitt High School Natatorium. New facility opened in April 1999. The eight-lane pool has state-of-the-art Paragon side step-up starting blocks, a Colorado timing system with a full matrix scoreboard, and seating for over 400 spectators.
- Directions:** From the east side of the State, take I-69 west following the signs to Fort Wayne/Grand Rapids. Exit onto DeWitt Road (exit 85). Turn left at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road. Note: some people will need to take I-96 to 127 north (exit 106B) to get to I-69. Once on I-69 follow the above directions.
- From the west side of the State, take I-69 east following the signs to Flint. Exit onto DeWitt Road. Turn right at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road.
- Events:**
1. 50 yard butterfly
 2. 200 yard freestyle
 3. 50 yard backstroke
- Break: Plunge dive for distance/men
4. 100 yard freestyle
 5. 50 yard breaststroke
- Break: Plunge dive for distance/women
6. 50 yard freestyle
 7. 100 yard IM
 8. 500 yard freestyle
- Please enter either the crescendo or the pentathlon:
- Crescendo = 50 free + 100 free + 200 free + 500 free
 - Pentathlon = 50 fly + 50 back + 50 brst + 50 free + 100 IM
- Times will be added across your events to determine winners in each age group for men and women. The lowest total wins. We may need your help in calculating crescendo and pentathlon results.
- Contests:**
- Plunge dive for distance. The swimmer performs a standing dive for distance from either the starting block or edge of the pool. Kicking or pulling will be reason for disqualification.
- 
- Goggle-flipping contest. The swimmer may stand in the water (anywhere) or at the starting block end of the pool. The swimmer's task is to flip her/his goggles in the air so that they land hanging from the backstroke flags.
- 
- Awards:** Michigan Masters ribbons for the 1st, 2nd, and 3rd place winners in each event. Special prizes for the overall male and female winners of the plunge dive for distance and for anyone who succeeds in the goggle-flipping contest. Special Award: Consanguineous Plaque (two relatives, blood-related, and Masters swimmers on each team compete in a 100 yd. Relay).
- Eligibility:** Swimmers must have either a 2004 or 2005 registration with United States Masters Swimming. Swimmers who cannot verify their membership status must purchase a 2004 membership at the meet. Standard masters swimming age groups: 19-24, 25-29, 30-34, 35-39, 40-44, ... etc.
- Entry fees:** \$20 per swimmer payable to DeWitt High School Swim Team. Deck entries only. Meet profits will go to the DeWitt High School girls and boys swimming teams.
- FOOD!** The DeWitt High School swim team invites you to a social (FREE FOOD) in the school cafeteria following the meet.
- Questions?** The meet directors are Paul Chaffee (chaffee@shianet.org or 989/725-2863), Amy Sayers (517/333-8528), Andrea Funk (269/749-9249), Wally Dobler (517/372-8096).

2004 Michigan Masters Meet Schedule Tentative & Incomplete

| Date | Club | Sanction | Location | Meet Director | Phone |
|---------------------|--|--------------------------|--|----------------|--------------|
| 8/12 - 8/15 2004 | USMS Long Course National Championships | | Chatham Aquatic Center Savannah, GA | Scott Rabalais | 912-927-7016 |
| 10/10/2004 | Swim Club WMU Bronco Splash | Sanctioned #194-012-S | WMU Gabel Natatorium | Andrea Maurey | 810-300-1627 |
| 10/30/2004 | Anchor Bay Masters | Sanctioned #194-011-S | Anchor Bay Aquatic Center | Joyce Kowalski | 810-765-5964 |
| 11/05-06 2004 | Michigan Masters Holland Swim Clinic | Sanctioned #194-014-S | Holland Community Aquatic Center | Fred Nelis | 616-399-9518 |
| 11/14/2004 | West Bloomfield Laker Fan Club | Recognized #194-010-R | West Bloomfield High School | Bob Crosby | 248-865-6748 |
| 12/04/2004 | CATS | Sanctioned #194-013-S | Dewitt High School | Paul Chaffee | 989-725-2863 |

*In order to swim in a sanctioned Michigan Masters meet, you must be a registered USMS member.
With the exception of National events, USMS registration may be purchased the day of the meet.*