

Manatee Masters Swimming

April Update

Message from the President

Cathy Sychr, a member of the Manatee Board and Peter Finney, one of the part-time Manatee coaches (as well as an accomplished competitor) were married on April 22.

"East Bay for East Africa" party on Friday, May 18 7:00 - 11:00 p.m. at 401 26th Street, Oakland (Uptown Body & Repair) Appetizers, Silent Auction, Dancing - all to support schools in Kenya.

Support Children's Fairyland in Oakland.

Fairyland is America's oldest storybook themed park for children. Most of us have either been there as kids or taken our own over the years. Their Annual Gala, the major fund-raising event of the year, will be held in the park this year for the first time. Thursday, June 7.

See me for ticket and sponsorship information.

...**Dan Altemus**

Editor's note: The **Coaches Corner** has been moved to the end of this newsletter this month to due to the posted results of the recent Pacific Masters Short Course Yards Championships held in Pleasanton.

Manatee Calendar

Are you trying to remember just when the entry deadline for a particular event is? Or having problems with scheduling vacations around your competition needs? Upcoming "important dates to remember":

Please go to the Manatee calendar at

<http://www.teamunify.com/Calendar.jsp?y=2007&m=5&groupid=0&memberid=0&team=manatee>

Dates for upcoming open water and pool events are listed along with their associated entry cut-off dates. Click on the event, another window will open; you can copy the destination and paste it into your browser for all upcoming swimming related activities/competitions in the Pacific region. Even the SPMA SCM championship meet held in Long Beach is listed.

Swim Meet News

Latest news from PMS regarding the Manatees. Brian received the following from Peter Guadagni, Co-Meet Director of the PMS meet moving the 55+ age group from second to first place.

"As you are probably aware the original meet results included TVM winning the 400 mixed free 55+ age group. All members on that relay were under 55. When we remove the TVM team from that event the Manatees took first place for the age group (with a PMS record). This change also put the Manatees ahead of TVM for 4th place overall and 2nd in the medium team division. I'll leave it to the two of you to switch plaques. We hope to have the restated results out shortly."

2006 World Top Ten Rankings

World Top Ten was released two weeks ago with a few Manatees making the “List”. Only times for “long course meters” (LCM) and “short course meters” (SCM) are tabulated. Short course yards (SCY) is strictly an American deal.

Ruth Shaps placed tenth in the 400 IM LCM.

Grant Inman, part-time Manatee, placed seventh in the 400 IM LCM, seventh in the 400 IM SCM and eighth in the 200 fly SCM.

Jim Clemmons (seven LCM places and ten SCM places):

<u>Event:</u>	<u>LCM:</u>	<u>SCM:</u>			
100 free		10 th	100 breast	7 th	6 th
200 free		5 th	200 breast	1 st	4 th
400 free	7 th	4 th	100 IM		7 th
800 free	6 th	3 rd	200 IM	6 th	4 th
1500 free	4 th	2 nd	400 IM	4 th	2 nd

The FINA Masters Tabulations can be found at <http://www.fina.org/masters/tabs.php>

Team Records Update

The Manatee records chairperson, Will Hale, sent this to Jim after the Rinconada results were posted on 4/3/07.

Hi Jim,

Four people set records at the SCAM meet. We still don't have the Rinconada results, though.

Natalie Carson broke the 25-29 record in the 100 Breast by one-hundredth of a second (the previous record was 1:17.48 set by Erin Framke on 4/9/00).

Susie Caso broke three records in the 60-64 age group: she beat her own 50 breast record, set a previously “blank” record in the 100 breast, and may have put a rift in her friendship with Peg McPartland by dropping 7 seconds off of Peg's 3/20/04 record of 1:45.57 in the 100 IM.

Joe McCarthy set a record in the 35-39 age group by besting Peter Finney's 100 Fly (previously 57.46 from 4/9/06).

Rob Heath impressively dropped three times in the 50-54 age group: his 50 free was a second faster than Jim Clemmons from 10/1/00 (previously 24.70), his 50 back beat Fred Farley's 2/11/06 record by almost 2 seconds (previously 30.17), and his 100 IM was 2.3 seconds faster than Jim Clemmons' 1:02.22 from 3/31/01.

Thanks!

Will

Will then sent this to Jim last week after the SCY Championship Meet.

Hi Jim,

They finally posted the Rinconada results (although I can't find the 1650 fly results), and I was able to piece together the results from PMS SCY championships this weekend. Here are the details:

Rinconada: Only Rob Heath set records. He broke the 50 free (23.44) and the 100 free (52.97). But you won't see those on the updated records, because he further dropped them both at PMS.

PMS Championships: 43 Manatee records were set, but you will only see 36, since 7 records were set but bested by someone else at this very meet. 19 people set MAM records, but 2 of those people are not listed since all of the records they set were bested by others at this meet. Here is the breakdown:

Sarah Chinn (19-24 year-old age group) tied her own previous 400 IM record (5:24.24).

Both Margaret and Caroline Thompson (25-29 age group) broke the 1000 and 1650 free records, but Caroline was a little faster in both. Thus, Margaret does not get added to the record list this time.

Elizabeth Aracic set the 25-29 age group record for 100 fly.

Natalie Carson lowered her 100 breast record in the 25-29 age group.

Adam Nisenbaum broke five long standing records in the 25-29 age group: 50 free, 50 breast, 50 fly, 100 fly and 100 IM.

Jen Brakeman in the 35-39 age group set three records, but only gets to keep two (200 fly and 200 IM) since Suzie Girard stole one - 100 free; Suzie also set a record for the 50 fly.

Carlos Fernandez, Will Hale and Joe McCarthy set 10 records among them in the 35-39 age group, but since some were in the same events, only 6 will get recorded. Unfortunately, Carlos keeps none of three; Will keeps three of four (400 IM, 200 back, and 100 back), but Joe gets to keep all three of his (50 fly, 100 fly, and 100 IM).

Renee McDonough set a record in the 40-44 age group for the 100 free.

Rebecca Perry bested her own 40-44 age group 200 fly record.

Rocky Schnaath set a 100 breast record for the 45-49 age group.

Rob Heath impressively set seven MAM 50-54 age group records in this meet: 50 free, 100 free, 200 free, 50 back, 100 back, 50 fly, and 100 IM.

Barbara Phillips broke her own record in the 55-59 age group for 200 breast.

Ruth Shaps lowered her own 50 back record for the 55-59 age group.

Susie Caso broke her own record in the 60-64 age group for 50 breast.

Peg McPartland lowered three of her own records in the 60-64 age group: 50 free, 100 free, and 200 free.

Whew! That's a lot. It was a good meet overall. See ya later,

Will

The following day Jim received this from Will:

Hi Jim,

I noticed that Joe McCarthy's lead-off 50 of the men's 200 free relay (25+ age group) beat my record for the 50 free in the 35-39 age group. I think I'll wait a week or so to see if there are any other corrections, and then submit the corrected records list then. BTW, Joe did a 23.49.

All of the Manatee team records can be found at

http://www.teamunify.com/Records.jsp?_tabid_=85&team=manatee

Spring Meet results

Rinconada March 17

We had 2 female and 7 male Manatees compete at the Rinconada Meet.

Rebecca Perry placed first in the two events she entered, the 100 fly and the 400 IM.

Jane Nylund placed first in the 200 breast, second in the 100 breast and a third in the 50 free. See the March 2007 newsletter for commentary on

Jane's 1650 fly swim at

http://www.teamunify.com/manatee/doc/6439_2_March.pdf

Lance Womack snagged three second place finishes in the 100 free, 200 free and 200 IM.

Joe McCarthy placed first in the 100 breast and 200 IM with second place finishes in the 50 fly and 100 fly events.

Cary McGregor placed first in the 100 fly, second in the 1000 free, fourth in the 100 breast and eighth in the 100 free.

Mac McClelland garnered second place finishes in the 100 and 200 frees and third in the 50 free.

Ili Selinger stumbled off the blocks for a first place finish in the 50 free "novice" (next time he will borrow my glasses when choosing events), firsts in the 50 and 100 fly's and a second in the 100 breast.

Rob Heath swept first place finishes in three events, the 50 free, 100 free and 200 IM, setting temporary team age group records in the 50 and the 100. (He will subsequently break them at SCAM and/or Championships).

Jim Clemmons placed first in the four events he swam, the 1000 free, 200 IM, 100 breast and 100 free.

Complete results can be found at

<http://www.pacificmasters.org/comp/07/07rincscySplit.html>

SCAM March 25

The Manatees had 4 female and 8 males make the "always interesting trip" through Berkeley for the Strawberry Canyon Meet held at Cal.

I heard it in the locker room...

Last month's column got some attention from the team. It's great to know that folks are reading the newsletter.

First let me say that thanks to many of you, there are more sources for the Aubrey Shampoo I described as being "the best in show". Check out the following places: El Cerrito Natural Grocery (10367 San Pablo Ave, El Cerrito), Berkeley Natural Grocery (1336 Gilman Street, Berkeley), and Elephant Pharmacy (1607 Shattuck Avenue, Berkeley) Rockridge Health Foods (Pleasant Valley / 51st and Broadway, in Oakland) the Food Mill (MacArthur near 30th Avenue, Oakland) Alameda Natural Grocery (Park Street, Alameda) or Rainbow Grocery (San Francisco). It turns out that Aubrey also makes an extra large sized bottle so that you can get more bang for your buck.

Natalie Carson, competing in her first meet as a Manatee, won the 50 breast, placed second in the 100 breast and fourth in the 100 IM.

Susanne Rublein won all three events she entered, the 50 free, 50 back and 50 breast.

Juliet Cox, in her last meet as a 35-39 age grouper, won the 500 free.

Susie Caso won the 50 breast, and had two second place finishes in the 50 free and 100 IM.

Jackie Cheung managed third place finishes in the 100 free, 50 breast and the 100 IM.

Ili Selinger won both the 100 free and the 50 breast while finishing second in the 100 back.

Joe McCarthy won the 50 breast and grabbed second place finishes in the 100 fly and 100 IM.

Rob Heath won both the 50 free and 100 IM while finishing second in the 200 free.

Mac McClelland placed second in the 50 breast and fifth in both the 50 and 100 frees.

Cary McGregor grabbed second places in all three events he swam, the 500 free, 100 breast and the 100 fly.

Gordon Jacoby placed third in the 50 back and fourth in the 100 IM foregoing a scheduled third event to concentrate on a "bet" with an opposing swimmer. Ask him about the results when you have a moment.

Jim Clemmons won all five of the events he entered, the 50, 100, 200, and 500 frees and the 100 IM.

Complete results can be found at:

<http://www.pacificmasters.org/comp/07/07scamsy.html>

...Jim Clemmons

YOU ARE WHAT YOU EAT

It was so much fun to hear from last issue's readers that the green smoothies were a big hit. I got stopped often by tales of chard in the fridge. Now that the weather has turned warm, your body will respond even more positively to the benefits of the lighter breakfast that the nutritious smoothies give you. But eventually you will get hungry.

You look up at noon during a week day and realize that you are famished, have no time, but don't look forward to the way a frozen meal could make you feel. What about a salad? A big salad with all of the fixings. One that fills you up, and allows you to keep moving.

There are two tips for how to make this happen:

- Prepare just a little bit
- Have an absolutely amazing salad dressing ready for use.

STEP ONE -- Bag your salad

Salads are great for people on the go, but only if you know how to treat your produce right. Great produce must taste fresh and never be slimy. I use Evert-Fresh Green Bags to keep my produce tasting like it was just picked. Similar to regular plastic bags, Evert-Fresh Green Bags keep produce lasting up to a week a more. You can buy them in many grocery stores or online. They are great because they come in many sizes, and I am able to use them and re-use them.

When I bring my produce home from the market I store it in these green bags. At the beginning of every week I prepare bags of salad. I put in organic baby carrots, greens, baby tomatoes, and sprouts -- all in bite size pieces in the same bag. I make sure to put in a lot of greens because I can eat practically an armful in one sitting. I always do a combination of greens because that way the salad never tastes the same way twice. My favorite salad greens are lettuces (there are SO many kinds), kale, baby spinach, and parsley. Then I add some of the vegetables that are more like treats such as radish, shredded zucchini or shredded beets. Sometimes in a separate container I bring roasted nuts or a whole avocado to create a salad that I really look forward to and I know will truly fill me up.

At the beginning of the week I will often put together 2 - 3 bags of salads. I use small vegetables to reduce the amount of cutting and prep that I need to do. Because the salads are in the green bags, I can just bring them directly to work and pop them in the fridge. In the green bag, they will keep in the refrigerator until I am ready to eat them, even if it is 5 days later.

At the office, when I am hungry, the salads give me a chance to take a break. I just go to another table, toss the greens and dressing in a big bowl, and then eat directly from that bowl with my fork or chopsticks (chopsticks with salads are fun.) The prep for the food doesn't take more than 5 minutes, but it is a chance to get up and stretch, and meditate on the eating I am about to do.

STEP TWO -- Value your dressing

A salad just isn't that good if you don't have a bit of dressing to look forward.

For those who feel short on time:

- Lemon and olive oil. Really this is god's nectar. I keep a small bottle of premium olive oil (www.holylandoliveoil.com is the only one I use personally) always at the office, as well as a small shaker of pepper and salt. Once a week I bring a lemon or two. They hang out at the office until I am ready for them. To make the dressing I simply squeeze the lemon juice directly into the salad, add the oil / salt / pepper and then toss.
- Salsa and olive oil. I bring a container of organic fresh salsa to work and keep it in the fridge. Dump 1/2 a container of fresh salsa onto a bed of greens. Drizzle olive oil over the top and then toss. You will have a salad even the Mayans would drool over. Ole!
- If you have a bit more time for preparation, consider making the following dressings and bringing them to work in a small container:
- Tahini Dressing: 1/2 cup (raw) tahini, 2 tsp grated fresh ginger, 2 Tbs lemon juice, 1 tsp agave nectar, 2 Tbs tamari / soy sauce, 1 tsp crushed garlic, 1 C water. Blend all the ingredients in a blender until smooth. Store in a sealed glass jar in the fridge up to one week.
- Greek Salad Dressing: 2 Tbs flax or olive oil, 4 Tbs water, 2 Tbs lemon juice, 2 tsp dried oregano, 1 tsp sea salt, pepper to taste.
- Thai Dressing: 6 Tbs (raw) tahini, 2 Tbs grated fresh ginger, 2 Tbs lemon juice, 2 Tbs maple syrup, 2 Tbs tamari / soy sauce, 1 clove crushed garlic, 1/2 cup unsweetened shredded coconut, 1/2 tsp green curry paste, 1 cup water.

Yes, if you make these salads large and full of yummy things, they will keep you full for several hours and you will have lots of energy to go about your day.

A tip from Elizabeth Aracic. According to her optometrist, if water gets into your contacts while swimming, throw them away. The amoeba *Acanthamoeba* can cause an infection that leads to ulcerations on the cornea for which they don't currently have reliable treatment, and can easily lead to blindness in that eye. If you get it, there's really nothing they can do. People who wear contacts in the pool (or hot tubs) are at an even higher risk than average contact lens users, and normal lens disinfectants don't kill them. In fact, even for normal contact lens users, you should wash with non-moisturizing soap (like Ivory rather than Dove), and completely dry your hands, because tap water is also a risk.

To avoid any problems at the pool, try prescription goggles (\$24 at www.aquagoggles.com) or use disposable one-day contacts (which is not a risk-free option, but is considerably better than using normal contacts), especially for swim meets.

...Heather Haxo Phillips

The Wandering Manatee

Wood Tavern – New restaurant on College Avenue, Oakland...

Located in the former space occupied by Grasshopper, the 3-month-old Wood Tavern has become an instant neighborhood hit. Its owners, Rebekah and Rich Wood, who previously owned Frascati in San Francisco, have created a cross between a bistro and pub; good food with a bistro/pub/tavern feel; maybe a gastropub... On a recent visit my husband and I sat at the copper-topped bar, enjoying glasses of sparkling Rosé, eating Wicked Good Seafood Stew and Pan Roasted Chicken while watching the Warriors game. See, gastropub. Okay, before I go any further let me fess up; I've known Rich and Rebekah for years, our paths crossing many times when I worked in the restaurant business, and after. They love what they do, I love what they do, it's a love fess. Okay, enough of that.

The food, by Chef Maximilian DiMare is at once refined and rustic, delivering bold flavors and substantial portions in a pretty package. Must haves: The "Butcher Block" (\$5 each) offers Fra' Mani salami, house smoked duck breast and the best rabbit rillettes I've had in a while, all served on a little wooden board with grain mustard and wine glazed onions. Another can't be missed dish is the Crispy Pork Belly Confit. Chunks of melt-in-your-mouth pork nestled in crispy skin tossed with soft-boiled egg, Yukon potatoes, and spinach all dressed in a shallot-sherry vinaigrette. Yummy! DiMare also makes killer salads. Asparagus, arugula, Pecorino cheese and toasted almonds tossed with lemon vinaigrette hits just the right note of lemony acid to offset the peppery-sweet elements of the salad, while the deep bowl of chopped romaine, fuji apples, walnuts and Pt. Reyes blue cheese and basil vinaigrette pulls together all the classic food combinations; salty, fatty, acid, sweet and umami. My favorite is the House Smoked Salmon Salad, velvety smoked salmon, crispy radishes, sliced

avocado, bitter lettuces and tiny buttery croutons is a flavor packed textural treat.

Already a signature dish, Wicked Good Seafood Stew, earns its name. The kitchen starts with a tomato broth scented with fennel and enriched with Parmesan "bones"---the nutty rinds from Parmigiani-Reggiano. When ordered, the kitchen spikes it with lingulica, chile flakes and a big handful of assorted seafood, plump Oregon bay shrimp and manila clams on my visit. The result, again, is refined and rustic: The broth has a creamy mouth-feel, but the heat is wicked. For meat lovers, Gilled Flat Iron Steak or Gilled Double Cut Pork Chop would make Fred Flintstone happy. Morel Mushroom couscous, grilled asparagus and salsa verde bring forward the earthy elements in the flat iron, while olive oil mashed potatoes, cipollini onions and roasted pepper-tomato compote play up the sweet and savory elements of the pork. No sprouts and bland pasta for vegetarians, Grains and Greens (changes daily), offers seasonal veggies (broccolini, zucchini, asparagus) with mushroom couscous and artichoke salsa on my visit. Transcendent.

Other reasons to go: way yummy and reasonably priced food, wine and bar drinks, opened continuously from lunch right through until dinner, sinful chocolate molten cake, fruit intense sorbets and lastly Rich, Rebekah, and the rest of the staff, who deliver hospitality with soul.

Rating: Four happy Manatees

Wood Tavern: 6317 College Ave, 510.654.6607

Reservations recommended, walk-ins welcome, but the wait can be long. Drop in seating usual available at the bar.

You can reach the wandering Manatee at winenroses@mac.com

...Tannis Reinhertz

Coaches Corner

Hi Folks,

It's time for another Coaches Corner, and this month's is just the facts about the Pacific Masters Short Course Yards Championships held in Pleasanton, and Hosted by TriValley Masters and Walnut Creek Masters. The Manatees showed in fine numbers 35 total 22 on the Women's side and 13 on the Men's. I can't really single anyone out, cause that wouldn't be fair. It's a team event after all! Speaking of team standings, there was a bit of a snafu concerning relay results. It happens that our stellar 55+ mixed free relay team finished in an unusual spot for them, second! This fact riled our team ombudswoman Sue Stanton who looked at the results and said, "NO WAY!!!". A little research found that the team that out touched our kids was competing in the wrong age group. They should have been in the 45+ age group. We raised a protest and were upheld (tho' the new results are not reflected in the posted results yet), thus moving into fourth place overall, and second in Medium teams. All in all a pretty good weekend, 9 Mamsters had dinner in a local bistro, I heard Ruth did a table dance, but don't quote me, Jim Clemmons and Ili Selinger got 2006 Swimmer of the Year Awards, and Jim won High Point for the meet in his age group too. Darn I singled out some folks, OK now I have to spill the beans on everybody! Here's how Your Manatee Aquatic Masters did at the meet:

SWIMMER	AGE	EVENT	TIME ENTERED	TIME SWAM	PLACE
RELAYS					
MIXED					
	25+	200 MX. MED	2:05.00	2:11.07	10
	35+	400 MX. FREE	3:58.00	3:46.25*	2
		400 MX. FREE	4:04.00	4:16.89	8
	35+	200 MX. MED	1:56.00	1:52.84*	1
		400 MX. FREE	3:55.00	3:54.35*	4
	35+	200 MX. MED	1:58.00	2:01.41	4
	45+	200 MX. MED	2:36.00	2:30.23*	8
		400 MX. FREE	6:15.00	5:19.00*	12
	55+	200 MX. MED	2:15.00	2:15.66	1
		400 MX. FREE	4:39.00	4:33.24*	2
FEMALE					
	19+	200 FREE	2:05.00	2:02.32*	7
	19+	400 MED	4:50.00	4:51.69	4
	35+	200 FREE	1:58.00	1:51.87*	1
	55+	200 FREE	2:55.00	2:38.04*	2
MALE					
	25+	200 FREE	1:42.60	1:35.77*	4
	45+	200 FREE	2:00.00	1:46.14*	4
ARACIC, ELIZABETH	29	200 BREAST	3:30.00	3:16.10*	5
		100 FLY	1:40.53	1:24.54*	3
		100 I.M.	1:32.72	1:25.98*	11
		50 FLY	40.14	37.33*	5

BAUER, CAROL	69	50 FREE	52.50	50.58*	5
BRAKEMAN, JENNIFER	36	100 FREE	1:00.00	1:00.75	6
		200 FLY	2:45.00	2:41.50*	1
		200 I.M.	2:30.00	2:29.57*	3
CARSON, NATALIE	28	50 BREAST	35.78	35.38*	3
		200 I.M.	2:41.17	2:38.21*	2
		100 BREAST	1:17.47	1:17.30*	2
CASO, SUSIE	60	200 FREE	3:10.00	3:10.77	3
		100 I.M.	1:38.00	DQUED	
		100 FREE	1:26.00	1:23.49*	4
		50 BREAST	49.00	48.27*	2
		100 BREAST	1:47.00	1:48.34	3
CHINN, SARAH	23	1650 FREE	20:20.00	20:20.42	2
		400 I.M.	5:40.00	5:24.24*	2
		500 FREE	5:51.00	6:01.98	7
		200 BREAST	2:55.00	2:49.05*	3
		50 BREAST	35.10	35.95	3
		100 BREAST	1:17.00	1:17.44	5
		1000 FREE	11:10.00	12:11.44	3
CRAVEN, ROB	41	1650 FREE	21:05.00	21:02.67*	5
CLEMMONS, JIM	57	1650 FREE	18:59.50	18:30.22*	1
		400 I.M.	4:58.50	4:50.13*	1
		500 FREE	5:24.50	5:16.70*	1
		200 BREAST	2:32.50	2:37.14	1
		200 BACK	2:26.50	2:26.56	2
		100 FREE	55.50	54.99*	1
		200 I.M.	2:19.50	2:16.54*	1
CURRY, CINDY	37	50 BREAST	35.00	37.96	3
		200 I.M.	2:38.00	2:39.53	5
FERNANDEZ, CARLOS	37	400 I.M.	4:35.08	4:31.13*	3
		100 I.M.	1:00.45	57.99*	2
		50 FLY	25.71	25.45*	3
FUENTES, SUSAN	33	100 FLY	1:33.00	1:30.52*	6
		100 I.M.	1:30.00	1:28.84*	14
GIRARD, SUZIE	36	50 BACK	36.90	37.44	7
		50 FLY	30.10	29.89*	2
		100 FREE	1:01.01	59.76*	4
		50 FREE	27.10	27.33	3
HALBROOK, KIRSTEN	38	500 FREE	6:55.00	6:50.39*	7
		50 BACK	41.00	40.14*	9
		100 I.M.	1:25.00	1:22.36*	11
		200 BACK	2:55.00	2:56.06	8

HALE, WILLIAM	36	400 I.M.	4:37.00	4:30.33*	2
		200 FREE	1:56.50	1:55.07*	3
		50 BACK	26.50	26.64	2
		200 BACK	2:06.50	2:04.58*	2
		50 FLY	26.10	25.48*	4
		100 FREE	52.00	52.12	3
		100 BACK	57.50	57.18*	2
HEATH, ROBERT	50	200 FREE	1:58.50	1:56.43*	1
		50 BACK	28.02	27.99*	1
		100 I.M.	59.59	59.46*	1
		50 FLY	25.60	25.93	2
		100 FREE	52.22	51.78*	1
		100 BACK	1:01.25	1:01.16*	1
		50 FREE	23.20	23.18*	1
HUFFMAN, MARK	49	50 BACK	29.80	29.44*	4
		100 I.M.	1:12.00	1:09.96*	9
JACOBY, GORDON	63	50 BACK	38.00	37.96*	2
		200 BACK	2:25.00		
		100 BACK	1:30.00	1:29.47*	2
		50 FREE	32.50	31.13*	11
MC CARTHY, JOSEPH	37	100 FLY	55.90	55.14*	2
		100 I.M.	59.50	57.93*	1
		50 FLY	26.50	24.82*	2
		100 FREE	53.90	52.30*	4
		50 BREAST	30.30	29.03*	1
		200 I.M.	2:19.00	2:11.04*	2
MC CLELLAND, MAC	58	200 FREE	2:20.00	2:14.46*	3
		100 I.M.	1:12.00	1:12.06	5
		100 FREE	1:00.00	58.56*	4
		50 BREAST	35.00	34.42*	2
		50 FREE	26.50	26.38*	1
MC DONOUGH, RENEE	43	100 I.M.	1:40.00	1:23.81*	10
		50 FLY	38.00	38.30	11
		100 FREE	1:15.00	1:09.27*	10
MC PARTLAND, PEG	64	200 FREE	3:13.00	3:05.04*	1
		50 BACK	48.00	48.42	5
		100 FREE	1:28.00	1:20.37*	3
		100 BACK	1:48.00	1:48.72	4
		50 FREE	37.00	36.27*	2
MILLS, ROBIN	44	500 FREE	7:30.00	6:56.15*	7
		50 BACK	45.00	41.65*	6
		200 BACK	3:00.00	3:03.48	3
NISENBAUM, ADAM	29	100 FLY	1:01.01	56.07*	6
		100 I.M.	1:05.66	58.49*	6
		50 FLY	28.50	24.60*	3
		100 FREE	51.89	50.56*	6
		50 BREAST	32.00	30.95*	4

		50 FREE	23.25	22.83*	6
		100 BREAST	1:10.33	1:06.88*	4
NYLUND, JANE	42	400 I.M.	5:45.00	5:44.74*	6
		200 BREAST	2:54.00	2:59.26	3
		50 FLY	32.00	32.71	7
		50 BREAST	38.50	38.07*	2
		200 FLY	2:55.00	2:55.79	4
		200 I.M.	2:41.00	2:41.07	6
		100 BREAST	1:23.00	1:21.23*	1
PERRY, REBECCA	42	400 I.M.	5:32.00	5:32.05	4
		100 FLY	1:08.00	1:07.53*	1
		50 FLY	32.23	31.10*	4
		200 FLY	2:45.00	2:39.68*	1
PHILLIPS, BARBARA	56	200 BREAST	3:58.01	3:44.82*	4
		100 I.M.	2:00.00	1:39.61*	6
		50 BREAST	42.97	45.15	4
		100 BREAST	1:45.00	1:43.47*	6
RUBLEIN, SUSANNE	36	50 BACK	31.59	31.78	3
		200 BREAST	2:45.28	2:46.10	3
		100 I.M.	1:08.04	1:09.53	2
SCHNAATH, ROCKY	47	50 BACK	43.00	42.22*	7
		200 BREAST	3:30.00	3:41.41	7
		50 BREAST	45.00	46.18	8
		100 BACK	1:38.00	1:37.30*	5
		100 BREAST	1:42.00	1:42.31	6
SELINGER, ILI	33	400 I.M.	4:40.00	4:33.43*	1
		200 FREE	1:49.00	1:49.32	1
		500 FREE	5:00.00	5:03.76	2
		200 BREAST	2:25.00	2:27.27	2
		100 I.M.	59.00	57.92*	4
SHAPS, RUTH	59	50 BACK	39.50	34.96*	2
		100 FLY	1:25.00	1:21.40*	2
		100 I.M.	1:20.00	1:19.22*	2
		50 FLY	35.00	34.23*	2
STANTON, SUSAN	54	50 BACK	50.00	52.46	6
		100 FLY	1:50.00	1:46.54*	7
		200 BACK	4:10.00	4:05.64*	7
		50 FLY	45.00	45.79	8
THOMPSON, MARGARET	26	1650 FREE	26:00.00	24:26.34*	5
		200 FREE	2:50.00	2:32.83*	1
		100 FREE	1:15.00	1:13.32*	11
		1000 FREE	15:00.00	14:14.78*	4
THOMPSON, CAROLINE	25	1650 FREE	26:00.00	23:44.15*	4
		500 FREE	7:05.00	6:35.86*	6
		100 FREE	1:15.00	1:07.92*	9
		200 I.M.	3:05.00	2:51.33*	4
		1000 FREE	15:30.00	13:49.24*	3

WEITZ, STEPHEN	53	400 I.M.	7:00.00	6:34.21*	5
		200 FREE	3:00.00	2:39.47*	11
		100 FLY	1:15.00	1:21.68	6
		100 I.M.	1:25.00	1:19.52*	9
		50 FLY	31.60	31.25*	6
WOMACK, LANCE	42	200 FREE	2:15.00	2:15.33	7
		100 FREE	59.00	59.75	13
		100 BACK	1:15.00	1:16.34	7
		200 I.M.	2:45.00	2:44.95*	8
		50 FREE	27.00	27.35	14

Thanks to all who turned out for the fun, see YOU next year???

...Coach Brian

Where to find the help you need

Manatee Aquatic Masters

PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Trefethen Swim Center, Mills College,
5000 MacArthur Blvd., Oakland, CA

Coaches

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Andy Brown	Gyasi Coles
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
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...Annmarie Hallin, editor