

Manatee Masters Swimming

November 2009

Save the Date
Manatee Holiday Party
Saturday evening - January 9, 2010
Piedmont Veterans Memorial Hall

Swim Meets

Fall Meet Results

San Mateo Master Marlins SCM Meet - September 20

Two MAM swimmers participated at the event held at the famous Joiner Pool complex in San Mateo.

Barbara Baptista, 1st - 50 Free and 1st in 50 Back.

Cary McGregor, 1st - 50 Breast, 3rd in 50 Fly.

Results: <http://www.pacificmasters.org/comp/09/09smmmscm.html>

Alan Liu Memorial SCM Meet at Mt. View – October 4

The Alan Liu Memorial meet saw the same two swimmers from the San Mateo meet attend.

Barbara Baptista, 1st - 50 Free, 1st in the 100 Free, and 1st in the 50 Back.

Cary McGregor, 1st - the grueling 200 Fly, and a 1st place in the ever popular 400IM.

Results: <http://www.pacificmasters.org/comp/09/09mvmscm.html>

Sacramento Masters SCM Pentathlon at UC Davis – October 11

Sarah Chinn, Susanne Rublein, Juliet Cox made the drive to the UC Davis campus to compete.

The SAC SCM pentathlon yielded seven MAM records.

Sarah Chinn - 25-29 age group set five records in the 50 free, 50 back, 50 breast, 50 fly & 100 IM.

Juliet Cox - 40-44 age group set two records in the 50 free and 50 fly.

Susanne won yet another towel for Hi-Point for her ever growing award collection. She may never have to purchase another.

Results: <http://www.pacificmasters.org/comp/09/09sacscm.html>

Pacific Masters SCM Championships hosted by Walnut Creek Masters – October 16, 17 and 18

If you didn't attend, you missed extremely nice weather, sunny, 80° Friday, warm on Saturday but it was getting slightly on the cool side as Sunday arrived.

17 MAM'ers attended the annual meet held at Walnut Creek's Heather Farm Aquatic Center.

Nine women: Sarah Chinn, Britta Hult, Susanne Rublein, Rebecca Perry, Juliet Cox, Susie Caso, Peg Mc Partland, Jennie White, Ruth Shaps.

Eight men: Ili Selinger, Rob Craven, Rob Heath, Josh Bernstein, Chris Pankey, Bob Upshaw,

Gordon Jacoby, Jim Clemmons.

The grand 17 garnered 3rd place overall in the team standings out of 43 clubs in attendance.

A new Pacific Masters record was established by the Women's 240+, 200m Medley Relay of **Ruth, Jennie, Susie** and **Peg**. World Records were set by three different MAM relays - the 120-159 age group 800 Meter

Free Relay participants of **Susanne Rublein, Sarah Chinn, Chris Pankey** and **Ili Selinger**, the 200-239 age group 800 Meter Free Relay team of **Rebecca Perry, Juliet Cox, Bob Upshaw** and **Jim Clemmons** and the 160-199 age group 400 Meter Medley relay of **Rob Heath, Susanne Rublein, Britta Hult** and **Jim Clemmons**.

Ili and **Jim** win Hi-Point awards – another fine stainless steel beverage holder.

Will Hale's records comments from the SCM Championships::

The PMS SCM championships yielded twenty-eight MAM records, two of which were overall team records!

The overall SCM MAM records were:

Britta Hult in the 25-29 age group broke the 200 breast record with a 3:06.65, besting **Sarah Chinn's** 18-24 age group mark of 3:09.20 set 12/2/07.

Juliet Cox in the 40-44 age group broke her own 1500 free record with a 19:24.80 which was faster than her 19:37.94 from 10/10/08.

The MAM age group records are the following:

Sarah Chinn in the 25-29 age group set records in eight events: the 50 free (relay split), 200 free, 400 free, 800 free, 1500 free, 100 breast, 100 fly and 200 IM.

Britta Hult in the 25-29 age group set a record in the 200 breast.

Susanne Rublein in the 35-39 age group set a record in the 200 breast.

Juliet Cox in the 40-44 age group set a record in the 1500 free.

Rebecca Perry in the 45-49 age group set records in three events (all from her spits in the 800 free relay): 50 free, 100 free, and 200 free.

Susie Caso in the 60-64 age group set a record in the 200 breast.

Peg McPartland in the 65-69 age group set records in five events: the 50 free, 100 free, 50 back, 100 back, and 100 IM.

Ili Selinger in the 35-39 age group set records in four events: the 200 free, 400 free, 800 free, and the 1500 free.

Bob Upshaw in the 60-64 age group set a record in the 1500 free.

Gordon Jacoby in the 65-69 age group set records in three events: the 50 free, 100 back and 100 IM.

William C. Hale, BE (backstroker extraordinaire)

Clovis SCY Meet, November 7

Chris Pankey was the lone MAM swimmer attending the meet held at the pool complex that was host to the 2009 USMS Short Course Yards National Meet last May.

Chris performed gallantly, representing his home team as he won all four of the events he entered, the 50 and 100 breaststrokes, the 100IM and the 100 Free. Well done, Christopher.

Results: <http://www.pacificmasters.org/comp/09/09cloScy.html>

Preliminary Long Course Meters Top Ten for 2009:

Women 35-39 LCM (2009)

Place	Event	Name	Club	LMSC	Time
8	50 Breast	Susanne P Rublein	MAM	Pacific	39.48
9	100 Breast	Susanne P Rublein	MAM	Pacific	1:29.89
7	200 Breast	Susanne P Rublein	MAM	Pacific	3:15.81

Women 40-44 LCM (2009)

Place	Event	Name	Club	LMSC	Time
10	800 Free	Juliet E Cox	MAM	Pacific	10:45.25
7	1500 Free	Juliet E Cox	MAM	Pacific	20:27.51
7	200 Back	Juliet E Cox	MAM	Pacific	2:53.36

Women 65-69 LCM (2009)

Place	Event	Name	Club	LMSC	Time
6	50 Free	Peg K Mc Partland	MAM	Pacific	37.89
6	100 Free	Peg K Mc Partland	MAM	Pacific	1:28.93

Men 30-34 LCM (2009)

Place	Event	Name	Club	LMSC	Time
10	50 Free	Adam Nisenbaum	MAM	Pacific	25.14
6	50 Fly	Adam Nisenbaum	MAM	Pacific	27.12

Men 50-54 LCM (2009)

Place	Event	Name	Club	LMSC	Time
4	50 Back	Robert H Heath	MAM	Pacific	31.89
6	50 Fly	Robert H Heath	MAM	Pacific	28.42

Men 55-59 LCM (2009)

Place	Event	Name	Club	LMSC	Time
10	200 Free	Jim Clemmons	MAM	Pacific	2:16.06
10	400 Free	Jim Clemmons	MAM	Pacific	4:50.10
6	800 Free	Jim Clemmons	MAM	Pacific	10:02.32
8	200 Breast	Jim Clemmons	MAM	Pacific	2:57.90
10	200 IM	Jim Clemmons	MAM	Pacific	2:38.90
3	400 IM	Jim Clemmons	MAM	Pacific	5:30.36

Relays:

Women 200-239 LCM (2009)

10	200 Free Relay	MAM	Pacific	Susanne P Rublein Peg K Mc Partland Susie A Caso Juliet E Cox	2:26.52
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USMS Top Ten homepage: <http://www.usms.org/comp/tt/>

...Jim Clemmons

Did You Know...

The Monday/Wednesday/Friday 12 noon workouts have been temporarily discontinued.
The Friday evening workout now takes place at 6:00pm.

Where to find the help you need

Manatee Aquatic Masters
PMP516, 6114 LaSalle Avenue, Oakland, CA 94611

Pool Location: Holy Names University
3500 Mountain Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach

Andy Brown	Peter Finney
Claire Donaldson	Susanne Rublein
Andrew Ezer	Alexi Ueltzen

Board of Directors

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Information Hot Line (510) 273-9093

...Annmarie Hallin, editor