



The Record Times

May 1993

Volume IV, Number 5

Davis Aquatic Masters, P.O. Box 921, Davis CA 95617

DAM SWIMMERS SWEEP THE AWARDS!

Andrew McPherson, 46, a.k.a. the Tazmanian Devil, was recognized as Pacific Masters Swimming (PMS) Overall Male Swimmer of the Year for 1992. A PMS Outstanding Swimmer of the Year is selected in each age group, and from that list an overall winner is selected by the PMS Board of Directors. Other DAM members to receive awards were **Anna Pettis-Scott**, 25-29 female Age Group Swimmer of the Year, Head Coach **Michael Collins**, 25-29 male Age Group Swimmer of the Year, and **Christine Chichester** received the Outstanding Personal Achievement Award. The swimmers received their awards at the recent PMS Short Course Championships at Stanford University.

Andy McPherson dominated the 45-49 age group! He raced in all 3 pool courses (Short Course Yards, Long Course Meters, & Short Course Meters) and open water events. He earned 6 Short Course, 6 Long Course, & 5 Short Course Meters firsts in PMS Top Ten listings & 13 firsts in the USMS Top Ten. He won 3 of the 4 open water swims he entered. Finally, Andy set 13 PMS records & 8 USMS national records in 1992.

Anna Pettis-Scott competed in short course and long course events. She earned 7 firsts in the PMS Top 10 and 4 firsts in the USMS Top Ten with a national record in the 50 Free. She had 4 firsts in the USMS Long Course Top 10.

Michael Collins raced in all 3 pool courses and open water. Mike earned 1 Short Course, 2 Long Course, & 6 Short Course Meters firsts in the PMS Top Ten and 1 top time in the USMS Top Ten. In addition, Mike set 3 PMS records.

Christine "Chrissie" Chichester received the Outstanding Personal Achievement Award for her impressive improvement over the last two years to become one of the fastest female swimmers in all of Pacific Masters Swimming.

CONGRATULATIONS to all of you!

1993 BERRYESSA LOGO CONTEST

We are pleased to announce that Maggie Larsen is the winner of the 1993 Berryessa Logo contest. Maggie's winning design will decorate this years Lake Berryessa Open Water Swim T-shirts and mugs.

There were several excellent entries, which made selecting this year's winner very difficult. We would like to acknowledge and thank everyone who took the time and interest to enter a logo design. When you see any of these artists around the pool, please thank them for their support of our team!

Berryessa Logo Contestants:

- | | | | |
|-------------|----------------|---------------|----------------------|
| Don Veress | Beth Mangini | Neil Robinson | Anonymous (swim cap) |
| Gail Eaton | Matt Larsen | Linda Hood | Donna Billick |
| Peter Davis | Bonnie Bunting | | |

DAM Hours

Workouts
Civic Center Pool
Monday-Friday

6am	noon
7am	1pm
8am	7pm
10am	
11am	

Saturday
Intensive: 8:30-10am
Sunday
Technique: 8:30-9:30
Community Park Pool
Mon-Friday: 6:15pm
Lap Swim
Civic Center
Saturday & Sunday
11am-1pm & 5-6pm

DAM Members

Phone Rosters for 1993 are now available at Civic Center Pool. Ask the coach for one.

The UCD Women's Water Polo Team is hosting the Collegiate National Championships May 14-16, at Hickey Pool. Be There!

May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	-----						
Schedule	Distance	Stroke/IM	Sprint/Fin	Mid. Dist.	Stroke/IM	Intensive	Technique

Coach's Column
by Michael Collins

Berryessa Approachith!

We are just a few weeks away from the first open water swim of the year—Lake Berryessa on Saturday, June 5th. Last year 103 DAM swimmers participated. Let's try to break 110 this year! That means YOU should enter! SO WHAT if you are not fast, SO WHAT if you think you are out of shape. There are few people in our program who could not complete at least the mile swim. Workouts through May will emphasis distance training and special open water techniques necessary for swimming 1-2 miles. However, many are still gearing up for the SC Nationals in Santa Clara and will be tapering. Some of the workouts will offer a Nationals or Berryessa option. Also, we will have an open water practice swim at Stonegate Lake instead of the Sunday Technique workout on May 30—one week before the swim. I recommend this workout to everyone, both experienced and especially the unexperienced. You will learn or get re-aquainted to open water quickly in a this low stress setting.

Treasurer's Tips
By Barb Paulson

Last month I wrote about lists on the bulletin board that should interest you. Somewhere in all of the 'translations' from my IBM compatible computer to the Mac used by the newsletter editors to the actual paper of the newsletter, half my column was lost. I mentioned the alphabetical list and the workout list, which your name would be on if you re-enrolled on time. There is also a list of those who have not re-enrolled.

If your name is on that list you should call me as soon as possible to clear up the problem. Then as new members, late members, and mistakes on my part discovered, I post a list of people who have been added since the re-enrollment lists were posted. So, within a week or two of joining, your name should be on the board.

Now we will add another list to the board. Each month there are 25 to 50 people who are late in paying their dues. When a person owes money, for whatever reason, I send them a postcard explaining the amount. (I also send postcards to people who overpay.) Most people clear that up within the month. But there are always a few who wait for several months—are they hoping that we will forget? Anyone who has owed DAM money for a month or more will be on a list that will be posted. I hope that this will encourage people to pay overdue money.

GROCERY STORE CERTIFICATES
NOW AVAILABLE SOONER

Would you like to take advantage of the grocery store certificates and help with the fund raiser, but the cut-off times just do not fit into your schedule? Now you can! We will try for a period of time buying more than what has been preordered, so that you just need to submit your check for the certificates, and they can be mailed out to you immediately. This is a great way for DAM to make money for much needed capital improvements around the pool. We are not taking full advantage of this financial opportunity. Call 756-4234 if you need more details.

MAY SWIMMER OF THE
MONTH

This month DAM recognizes senior swimmer, Karmel Tate, as Swimmer of the Month for her winning attitude at workout. Karmel has enjoyed swimming at the ten o'clock workout for twelve years. As with most swimmers, the social atmosphere at her workout motivates Karmel to swim daily. She has become good friends with her lanemates over the years and is always friendly and welcoming to new swimmers.

Karmel swims mainly for exercise and health reasons. She prefers to swim coached workouts rather than lap swimming. The coached workouts bring variety to the workout, which keeps Karmel interested in exercising.

In addition to her involvement in DAM, Karmel has also been active in the community. She taught third grade at West Davis Elementary School for eighteen years. Karmel joined DAM after her retirement, and also became involved with Suicide Prevention in Davis. For seven years, Karmel answered phone lines and counselled callers for the organization. She currently does not work with the organization.

DAM congratulates Karmel and encourages her to keep swimming!



Karmel Tate

808 Second Street
Davis, CA 95616
(916) 757-2766

FINALS Outstanding Performances of the Month
Claire Gelfman & Gayle Bon Durant
 by Michael Collins

Since we had no Outstanding Performance in last month's newsletter, we will have two this month. With two big events (DAM Sprint Classic & PMS Short Course Championships) taking place in April it was very difficult to pick the winners! However, two people did stand out with exceptional performances.

Claire Gelfman competing in her first meet Chopped over 15 seconds off her best 100 Free with a 1:28.44. The amazing thing about her performance was what she had just done earlier in the meet. Claire swam in the 100 back, and it was not pretty. She was EXTREMELY nervous and went out too fast, using a bionic kick the first 50, and died coming home. In addition, she missed EVERY turn. Her time was slower than what she had done in workout a few days earlier. But Claire didn't let the poor performance get her down. She refocused, concentrated on how to swim her race properly, and went out and tore it up!

Our second Outstanding Performance goes to **Gayle BonDurant**—46 and faster than ever. Is she taking anti-aging-super-swim-fast pills with Andy McPherson (also 46)? At the recent PMS SC Championships Gayle had an outstanding meet by placing 1st in the 50 Breast (40.26), 2nd in the 100 IM (1:20.96), 6th in the 50 Free (31.47), & 7th in the 50 Fly (35.66), and she even swam on two relays— all in one day! With more preparation, and a bit more rest between events I look for Gayle to be even faster at the upcoming USMS nationals.

The FINALS Outstanding Performance of the month winner receives a free FINALS swimsuit, courtesy of Scott Morris, Promotions Director.

Upcoming Events

Wed. May 5: Cinco De Mayo Intrasquad Meet & Fiesta Party

Community Pool. 6 pm signup & warmup. 6:30 meet starts
 Five events in honor of the Mexican holiday: 100 Fly, 100 Back, 100 Breast, 100 Free, 100 IM or 200 IM (your choice), & the 6-pack relay
 Fiesta party afterward at Stan Dundon's house, 626 B Street
 Bring something to BBQ & something to share. Liquids will be provided!
 See flyers posted at Civic Center Pool

Thu-Sun May 20-23: USMS Short Course Nationals @ Santa Clara

It's too late to enter, but not too late to wish the 41 DAM swimmers who are going the best of luck!

Sat June 5: Lake Berryessa 1 & 2 Mile Swims & Campout

Pre-registered entry deadline - May 29 (\$15.00) \$25 on race day.
 This is our biggest attendance event of the year. Don't miss the fun swimming in the biggest open water swim in Northern California. The team will have a BBQ and campout after the swim, so plan to stay & enjoy the whole weekend with your swimmin' buddies! Volunteers are still needed! Contact Melissa Beaty 678-1034 or Greg Matthews 758-2980 for info.

Fri-Sat June 11-12: Walnut Creek Long Course Meet

Pre-reg postmark deadline June 6.

Sat June 19: Lake Sonoma 2 Mile Swim

\$16 if postmarked by June 11. \$20 race day.
 Carpools leave at Civic at 6am.

Sun June 27 - Lake Del Valle 1.5 Mile Swim - Livermore

\$16 if postmarked by June 14. Race day \$22.
 Carpools leave at Civic at 6am.

Sat. July 17 - Trans Tahoe Relay

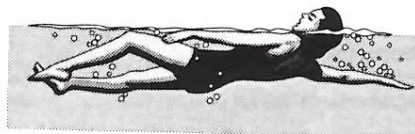
\$120 entries must be received by June 21. Late entries are \$200!
 Entry forms available from coach Mike.

**BERRYESSA
 CAMPING**

Anyone interested in camping out at Lake Berryessa the weekend of the Berryessa swim? Spanish Flats Resort is close to the swim, has show-ers, BBQ and fire pits. Reservations can be made for 2 or more nights, at least 72 hours in advance. Some sites are already reserved by out of town swimmers. The cost is \$14.00/night; to reserve call (707) 966-7700

New Members

- James Carey
- Megan Romberg
- Jennie Horton
- Steve McCaw
- Carolyn McMullen
- Heather Christensen
- Penny Brothers
- Jaimi Doan
- Cliff Gravem
- Sam Fleischer
- Donna Billick
- Sonya Tafoya
- Sarah Tighe
- KT Huang
- Henrik Lemos
- yan Katrina
- Candace Noonan
- Kenny Kane
- Patty Harris
- Margarethe Mathisen
- Debra Cleveland
- Chad Hampton
- Kelly Buchanan
- Chris Lowrie
- Mark Holman
- Emily Emglish
- Christine Hunter
- Amanda Cannon
- Debbie Fenner
- Sue Lowrie
- Charlotte, Sharp Luca
- Kristen McRae
- Koren Pollock
- Shannon Boswell
- Michael Rose
- Yoshie Kyhos
- Sinisa Novakovic
- Heather Guthrie
- Erin Pierson



DAM TRIATHLETE OF THE MONTH

Steve McCaw

by Michael Collins

Steve McCaw was the organizer and winner of the first Davis "Pre-season" 1/2 Ironman. Steve got about ten friends together for a workout race to prepare for the Upcoming Ironman qualifiers at Wildflower and Panama City. Steve easily out-rote everyone due to his dedicated workout schedule through a wet winter. In addition, Steve placed 5th overall in the Motherlode Biathlon. Steve has come into the 93 season far more fit than he has been in the past and his race results will likely show it. Best of luck in qualifying for the "Big Show" in Hawaii!
The Triathlete of the Month is a new feature in this newsletter and will run through September thanks to the donation of Richard Strohl,

Woodland Long Course - Conditioning for Triathlons & Open Water

Woodland Long Course Workouts begin Tuesday, May 25th at 7:30 and will run every Tuesday & Thursday through August 5th. There is a \$2 charge each time you come, to pay for the pool rental—so don't forget to BRING CASH! Arrive by 7:15 to stretch, go over the workout, and organize lanes before getting in. This is not like the regular one-hour workouts at Civic. These workouts are designed specifically to condition swimmers for open water events, triathlons, and Long Course pool events. You will not see much kicking or drills during these 4,500-5,000 meter workouts. These workouts include long tough swims on tight intervals. Do not plan to spend much time on the wall during these real-butt kickin' workouts—just be prepared to smoke the competition at the next event!

May Birthdays

Caroline House	5/2	Tom McKenn	5/15
Roy Sakabu	5/2	Janet Kimble	5/16
Steve Cohan	5/3	Shirley Poffenberg	5/16
Ryan Katrina	5/3	Jill Miller	5/18
Henning Bruett	5/4	Mary Ann Williams	5/18
Chad Dyer	5/5	Henry McHenry	5/19
Susie Hansen	5/6	Ed Dammel	5/20
Jamey Wright	5/7	Candice Cross-Drew	5/22
Bonnie Bunting	5/7	Sophia Pagoulatos	5/22
Gabriela Zim	5/7	Nong Chancellor	5/23
Nancy Wright	5/8	Dana Simon	5/23
John Yoder	5/8	Steve McCaw	5/23
Ed Branam	5/9	Chuck Lieberman	5/25
Gail Feenstra	5/10	Nancy Farley	5/26
Sue Palmer	5/11	John Williams	5/26
Linda McHenry	5/11	Cathy Carr West	5/27
Julie Meadows	5/11	Carlene Paris	5/28
Susan Saum	5/12	Beth Campbell	5/30
Doug Stephens	5/13	Sarah Chaney	5/31
Jay Soles	5/13	Chrissy Schultz	5/31

RICHARD WEST, CFP
Certified Financial Planner

FOOTHILL SECURITIES
8915 Folsom Blvd.
Sacramento, CA 98526

Bus. (916) 362-0621
Res. (916) 758-3801

DAM SWIM SHOP

We currently have a limited supply of the following items in stock. They are available from Coach Mike or Don at Civic Pool.

Item	Cost
Caps	
Blue w/ White Logo	\$3.00
White w/ Blue Logo	\$3.00
Special	2 for \$5.00
Goggles	
Speedo Sprint	\$6.00
TYR Racetech Antifog	\$8.00
Swim Suits	
Male Nylon w/ logo	\$20.00
Male Lycra w/ logo	\$20.00
Female Nylon w/ logo	\$30.00
Female Lycra w/ logo	\$40.00
DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Green polo shirt(100%)	\$25.00
Navy polo shirt(50/50)	\$15.00
Navy T-Shirt w/ white	\$10.00
(1-800-DAM-FAST)	

COOL SUITS
FOR
Hot Times

SETS & SEPARATES
Mossimo, Jag (pictured), Shok, Raisins, Speedo, Hind, TYR & more!

20% OFF COUPON
Good on any regular priced suit in stock

Brett's
for Sports

University Mall
County Fair Mall
756-SWIM

MEET RESULTS

Strawberry Canyon Berkeley, CA March 27, 1993

WOMEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Jennifer Blake	19-24	100 Free	1:07.72	4th
Christine Hatch	19-24	100 Free	1:02.38	3rd
		50 Fly	33.51	2nd
		200 Free	2:20.24	3rd
		100 IM	1:16.11	1st
Christine Chichester	25-29	500 Free	5:37.57	2nd
		200 IM	2:21.77	2nd
		100 Free	58.98	2nd
		200 Back	2:22.60	3rd
		50 Fly	30.10	2nd
Christine Winn	25-29	500 Free	5:57.61	4th
		200 IM	2:33.13	4th
		100 Free	1:03.20	5th
		50 Fly	33.53	4th
Joanne Smyth	40-44	200 IM	3:07.93	3rd
Betty (FLASH) Dugan	50-54	500 Free	7:50.46	3rd
		100 Free	1:12.47	3rd
		50 Fly	42.18	3rd
Mary Horton	50-54	200 IM	3:39.08	1st
		100 Free	1:26.51	6th
		50 Fly	50.95	6th
Mary Ann Williams	65-69	50 Back	53.67	2nd
		100 Free	1:35.59	1st
		200 Free	3:29.33	1st
		100 IM	2:01.38	2nd

MEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Chris Morgan	19-24	100 Free	52.75	5th
		50 Fly	25.12	1st
Scott Shea	19-24	500 Free	5:16.12	2nd
Michael Collins	25-29	500 Free	5:07.57	2nd
		200 IM	2:10.78	4th
Chazz Hesselein	35-39	200 IM	2:31.02	3rd
		100 Free	56.96	4th
Greg Johnson	35-39	500 Free	5:18.60	3rd
		200 Back	2:12.44	2nd
		200 Free	2:01.55	1st
Andrew McPherson	45-49	500 Free	5:09.08	1st
		100 Free	49.90	1st

Davis Spring Classic Davis CA April 4, 1993

WOMEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Jennifer Blake	19-24	1650 Free	23:28.61	1st
		100 Fly	1:24.53	1st
		200 Free	2:30.95	1st
Tina Wallis	19-24	100 Back	1:27.75	1st
		100 Breast	1:24.23	1st
		200 Free	2:31.21	2nd
Christine Chichester	25-29	100 Fly	1:03.79	2nd
		100 Back	1:07.60	1st
		100 Breast	1:16.77	2nd
		100 IM	1:06.80	2nd
		400 IM	5:00.10	1st
Karen Newsom	25-29	100 Free	57.60	1st
		200 Free	2:07.22	1st
Christine Winn	25-29	100 Fly	1:31.01	3rd
		100 Back	1:11.78	2nd
		100 Breast	1:19.52	3rd
		100IM	1:10.33	3rd
		200 Free	2:16.82	3rd
Claire Gelfman	30-34	100 Back	1:55.58	4th
		100 Free	1:28.44	5th
Kristine Harvey	30-34	100 Fly	1:13.11	2nd
		100 Back	1:17.33	1st
		100 IM	1:15.86	4th
Linda Hood	30-34	100 Free	1:28.37	4th
Lisa Strampach	30-34	100 Back	1:22.90	2nd
		100IM	1:17.79	5th
		200 Free	2:25.60	2nd
Anietta Tice	30-34	100 Free	1:06.35	2nd
		100 IM	1:15.21	2nd
		200 Free	2:31.14	3rd
Marilyn Ruts	35-39	100 Free	1:19.90	4th
		100IM	1:30.50	4th
Gayle Bon Durant	45-49	100 Back	1:31.67	2nd
		100 Breast	1:30.87	2nd
		100 Free	1:14.09	2nd
		100 IM	1:25.62	2nd
Mary Horton	50-54	100 Fly	1:53.48	4th
		100 Back	1:58.27	4th
		100 Breast	1:52.60	2nd
		100 Free	1:26.61	4th
Sussan Munn	50-54	400 IM	7:36.17	1st
		1650 Free	24:20.00	1st
		100 Back	1:27.48	1st
		100 Free	1:11.90	2nd
Leslie Westergaard	50-54	100 Fly	1:47.33	3rd
		100 Back	1:37.62	2nd
		100 IM	1:39.20	1st
Carol Cornutt	60-64	100 Breast	2:04.56	1st
		200 Free	3:52.60	1st

MEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Clark Bird	19-24	100 Free	50.16	1st
		100 Fly	57.24	1st
		200 Free	1:53.69	1st
Chris Morgan	19-24	100 Free	52.73	4th
Scott Shea	19-24	100 Fly	59.64	3rd
Brian Timmerman	19-24	100 Back	1:00.88	1st
		100 Fly	57.26	2nd
		100 Free	51.60	3rd
		400 IM	4:37.89	1st
Matt Zinkle	19-24	100 Breast	1:03.51	1st
		100 Free	50.51	2nd
		100 IM	1:01.65	1st
Edwardo Fernandez-Duque	25-29	100 Breast	1:14.89	3rd
		100 Free	58.55	3rd
		100 IM	1:08.21	4th
		200 Free	2:15.52	2nd
Francois Larrivee	30-34	100 Fly	1:04.78	2nd
		100 Breast	1:14.20	1st
		100 IM	1:08.30	2nd
Doug Smith	30-34	100 Back	1:01.93	2nd
		100 Free	50.78	1st
		100 IM	1:00.81	1st
Thomas Burton	35-39	100 Breast	1:36.97	3rd
		100 Free	1:34.12	4th
Chazz Hesselein	35-39	100 Back	1:12.61	2nd
		100 Free	56.62	3rd
		400 IM	5:32.10	1st
John Tice	35-39	100 Fly	1:03.08	2nd
		100 Free	54.49	2nd
		100 IM	1:04.75	1st
David Woodruff	35-39	100 Breast	1:09.00	2nd
		100 IM	1:06.55	2nd
Thomas McKenna	40-44	100 Breast	1:07.99	1st
		100 IM	1:02.23	1st
Frank Sauers	40-44	100 Free	1:13.42	5th
		100 IM	1:34.02	3rd
		200 Free	2:46.65	5th
Andy McPherson	45-49	100 Fly	56.71	1st
		100 Free	51.59	1st
Steve Carlson	70-74	100 Back	1:32.97	2nd
		100 Free	1:12.26	2nd
		200 Free	2:43.57	1st

**PMS Short Course Championships
Palo Alto, CA
April 23-25, 1993**

WOMEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Jennifer Blake	19-24	1000 Free	13:56.07	8th
		200 Back	3:03.02	4th
		200 Breast	3:27.70	8th
		100 Free	1:07.79	9th
		500 Free	6:47.02	
Kristin Olsen	19-24	1000Free	13:04.28	7th
		50 Breast	39.71	6th
Christine Chichester	25-29	400 IM	4:57.31	5th
		1000 Free	11:27.86	6th
		200 Back	2:20.27	5th
		200 Breast	2:44.86	5th
		500 Free	5:39.40	10th
		200 Fly	2:23.15	5th
		200 IM	2:20.69	6th
Karen Newsom	25-29	200 Free	2:04.18	7th
		500 Free	5:38.98	9th
		100 Free	57.30	5th
Jennifer Norris	25-29	200 IM	2:29.62	
		100 Fly	1:08.79	
		50 Free	26.87	5th
		50 Fly	29.54	5th
		100 IM	1:09.97	
		200 Fly	2:44.73	9th
		100 Free	58.04	7th
Christine Winn	25-29	200 IM	2:35.36	
		1650 Free	20:04.32	3rd
		1000 Free	12:05.52	10th
		200 Back	2:34.65	9th
		200 Breast	2:48.44	8th
		100 Breast	1:21.28	10th
		100 Back	1:11.75	10th
Lisa Strampach	30-34	200 IM	2:33.75	
		1650 Free	21:29.96	5th
		1000 Free	12:54.91	5th
		100 Fly	1:18.36	10th
		200 Back	2:51.60	9th
Marilyn Ruts	35-39	500 Free	6:24.39	6th
		50 Free	35.30	
		50 Fly	38.54	
Missy Le Strange	40-44	100 IM	1:33.01	
		500 Free	5:59.40	2nd
		100 Breast	1:22.87	2nd
		100 Free	1:00.30	2nd
Gayle Bon Durant	45-49	200 IM	2:36.80	3rd
		50 Breast	40.26	1st
		50 Free	31.47	6th
		50 Fly	35.66	7th
Betty FLASH Dugan	50-54	100 IM	1:20.96	2nd
		1650 Free	26:08.09	2nd
		200 Free	2:48.04	6th
		1000 Free	15:56.49	3rd
		100 Fly	1:38.97	3rd
		50 Free	32.68	3rd
Mary Horton	50-54	50 Fly	41.26	3rd
		100 Fly	1:48.55	7th
		200 Back	3:58.45	7th
		200 Breast	3:57.28	7th
		500 Free	7:40.49	4th
		200 Fly	3:58.80	3rd
		100 Free	1:25.54	6th
	200 IM	3:36.49	8th	

Roswita Narris	50-54	100 Fly	1:47.24	6th
		200 Back	3:27.61	3rd
		200 Breast	3:26.23	3rd
		100 IM	1:37.36	7th
		100 Breast	1:37.35	3rd
		100 Back	1:38.53	5th
		200 IM	3:26.60	6th
Leslie Westergaard	50-54	100 Fly	1:43.25	5th
		200 Back	3:37.10	5th

MEN

NAME	AGE GROUP	EVENT	TIME	PLACE
Todd Bailey	19-24	50 Free	24.73	9th
Greg Davis	19-24	100 Fly	53.39	1st
		50 Fly	24.28	1st
		100 IM	55.44	3rd
Chris Morgan	19-24	100 Fly	56.06	6th
		50 Free	22.69	4th
		50 Fly	24.74	6th
Michael Collins	25-29	400 IM	4:28.78	2nd
		200 Free	1:51.29	3rd
		1000 Free	10:15.87	3rd
		200 Back	2:12.25	6th
		200 Breast	2:24.75	6th
		500 Free	4:58.70	4th
		200 Fly	2:07.33	5th
Edwardo Fernandez-Duque	25-29	50 Breast	33.31	
		50 Free	25.38	
		100 IM	1:07.19	
Doug Smith	30-34	200 Free	1:55.18	9th
		50 Breast	29.69	2nd
		50 Free	22.43	4th
		50 Fly	25.40	7th
		100 IM	57.82	4th
		100 Free	50.07	4th
Greg Johnson	35-39	50 Back	26.76	2nd
		1650 Free	18:25.34	3rd
		200 Free	2:01.45	8th
		1000 Free	11:07.55	4th
		200 Back	2:12.00	3rd
		500 Free	5:21.13	3rd
David Woodruff	35-39	100 Back	1:01.92	4th
		100 Breast	1:07.20	5th
Thomas McKenna	40-44	100 Free	55:01	9th
		50 Breast	31.21	3rd
		50 Free	24.67	10th
		50 Fly	27.17	6th
		100 IM	1:01.48	2nd
Andy TAZ McPherson	45-49	100 Breast	1:07.87	2nd
		1000 Free	10:51.78	1st
		100 Fly	56.64	1st
		200 Back	2:14.93	2nd
		50 Fly	25.74	1st
		500 Free	5:15.48	1st
		200 Fly	2:09.67	1st
		100 Back	1:01.31	3rd
Robert Norris	50-54	1000 Free	13:29.16	4th
		100 Fly	1:20.45	5th
		200 Back	2:25.67	4th
		500 Free	6:30.64	7th
		100 Back	1:10.96	4th
		200 IM	2:48.71	6th
		50 Back	34.00	4th
		200 Free	2:40.25	2nd
Steve Carlson	70-74	50 Breast	46.77	3rd
		50 Free	32.72	4th
		500 Free	7:22.57	2nd
		100 Free	1:12.70	3rd

May DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Intensive Workout 8:30 Lap Swim 11-1 & 5-6
Technique Workout Breaststroke 8:30 Lap Swim 11-1 & 5-6 2	Distance Open Water Prep. 1 x 2,000 Draft USMS Nats Prep. 4 x 500 Broken 3	Stroke/IM Butterfly Technique Workout 4	Sprint/Fins Cinco de Mayo Meet Community Pool 6pm Party to follow 5	Middle Distance Open Water Prep. 7 x 300 Nationals Prep. 7 x 200 8	Stroke/IM Main set: 4 x 100 IM + 2 x 200 Fr + 1 x 400 IM + 2 x 200 Fr + 4 x 100 IM 7	Intensive Workout 8:30 Lap Swim 11-1 & 5-6 8
Technique Workout Freestyle 8:30 DAM/UCD Pacing & Strategy Clinic 10-4 9	Distance Open Water Prep 4 x 700 10	Stroke/IM Timed 400 IM 11	Sprint/Fins DAM Board Meeting 7 pm 12	Middle Distance Davis Aquatics Council Meeting 7:30 PM 13	Stroke/IM Collegiate Women's Water Polo Championships at UC Davis thru 14	Intensive Workout 8:30 15
Technique Workout 8:30 am Lap Swim 11-1 & 5-6 Old Sac Triathlon 16	Distance Open Water Prep Broken 2,500a, or 2,000ei, or 1,650r Nationals Taper 500+400+300+200+ 100 EZ to Fast 17	Stroke/IM 18	Sprint/Fins 19	Middle Distance 20	Stroke/IM 21	Intensive 8:30 Lap Swim 11-1 & 5-6 22
Technique Workout 8:30 Lap Swim 11-1 & 5-6 USMS Short Course Nationals Continued 23	Distance Open Water Prep. 4 x 500 Odds: 5 x 100 Evens: Straight 24	Stroke/IM Long Course Workouts @ Woodland Begin 7:15 pm 25	Sprint/Fins Pacific Masters Swimming Meeting 7:30 PM 26	Middle Distance Long Course Workout #2 @ Woodland 7:15 pm 27	Stroke/IM 28	Intensive Workout 8:30 Lap Swim 11-1 & 5-6 29
No Technique Workout Berryessa Practice at Stonegate 9am Lap Swim 11-1 & 5-6 30	Memorial Day Workout Schedule 7 am, 8am, 10 am, & 11 am Only 31					

Quote of the Month - "Success is simply a matter of luck. Ask any failure." - Earl Wilson



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