



SUNSET PRACTICE AT FLEET AQUATICS MASTERS

# The Chlorine Chronicles

## Gulf Masters Swimming

### Summer 2019

IN THIS ISSUE

## Next Gulf Meeting - Wednesday, September 25

Our next meeting will be held on Wednesday, September 25<sup>th</sup> at Fuzzy's Pizza and Café, 823 Antoine Drive, Houston, TX 77024. Pizza is served at 6:30 p.m., and the meeting begins at 7 p.m.

All registered teams are encouraged to have a voting representative at all meetings. The meetings are open all Gulf registered swimmers. If you would like to learn what is happening in Gulf Masters Swimming, come join us. If you plan to attend, please email Kris Wingenroth at [GUChair@usms.org](mailto:GUChair@usms.org) so that we can order enough pizza for all attendees

## Reminder: Nominations for the 2019 Emmett Hines Award are Due September 30

The Gulf LMSC leadership is still accepting nominations for the 2019 Emmett Hines Award. The board feels that it can best honor Emmett's legacy with an annual award that recognizes the Gulf LMSC individual who best emulates the enthusiasm, expertise, and advocacy of Masters Swimming exemplified by Emmett Hines in the areas of volunteerism and/or coaching.

Award criteria and submission information can be found at: <https://www.clubassistant.com/c/81E5F81/file/Gulf%20LMSC%20Emmett%20Hines%20Award.pdf>

## Save The Date - Sunday, October 20 Swim Across America Pool Event

If you hate the thought of swimming in open water but would like to swim and support cancer research, this event is for you! The Gulf LMSC will be hosting a pool swim at Dad's Club on Sunday, October 20<sup>th</sup>. All proceeds will fund research at MD Anderson Cancer Center's Departments of Pediatric Oncology and Neuro-Oncology. Details are still being finalized. As soon as the Swim Across America event webpage is open, we will send an email blast with complete event information.



Photo Credit: Ashoka Jegroo

### Which Milk Should I Choose?

Nutritionist Catherine Kruppa reviews milk and various dairy alternatives available in your grocery aisle.

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### In Memoriam-Graham Johnston

Remembering the life and legacy of an iconic masters swimmer, Graham Johnston.

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## Which Milk Should I Choose?

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. [catherinekruppa@adviceforeating.com](mailto:catherinekruppa@adviceforeating.com)/[www.adviceforeating.com](http://www.adviceforeating.com)

With so many different milk alternatives making their way onto the grocery store shelves, it is hard to know which one to buy. Are you looking for a low-calorie alternative? Lactose-intolerant alternative? Soy alternative? Below are descriptions of the popular milk-alternatives and their proposed health benefits as compared to regular milk. Most milk alternatives are fortified with calcium. However, fortified calcium is not absorbed as well as calcium naturally occurring in dairy products.



### Dairy Milk

Dairy milk comes from cows and comes in many different varieties: whole, 2%, 1%, and skim. The difference between variations is the fat content. During production, fat is removed from 2%, 1%, and skim milks. Nutritionally, milk contains 80-150 calories per serving, 0-8 grams (g) of fat, and 13 g of carbohydrates. It is a great source of protein, calcium, and is fortified with vitamin D. Those with a lactose intolerance lack the lactase enzyme responsible for digesting the lactose protein in milk, and therefore should drink alternatives to prevent gut discomfort.

### Soy Milk

Soy is the oldest, most well-known milk alternative and is made from soy beans. Soy milk is rich in protein, fat and isoflavones—known for anti-cancer benefits. Soy milk contains 8 g of protein, the same as regular milk, making it a great source of protein for vegetarians and vegans. Per serving, soy milk contains 80-120 calories, <8 g carbohydrates, and 4.5 g fat. Soy milk is fortified with calcium, and vitamin D in comparable quantities to regular milk and other dairy alternatives.



### Almond Milk

Almond milk is the lowest calorie alternative, and is found in many different unsweetened and sweetened forms. It is made using almonds and water, and is fortified with calcium and vitamin D. It is an effective alternative for those with a cow's milk allergy, or a lactose intolerance. Almond milk contains a higher content of mono-unsaturated fatty acids, which are shown to aid in weight loss and LDL cholesterol reduction. Unsweetened almond milk contains 30-50 calories per serving, with 2.5 g fat and 1 g carbohydrates, and <2 g protein.

### Coconut Milk

Coconut milk is typically found in Southeast Asian cuisines, and is made using the white meat of a coconut and water. The nutritional breakdown of coconut milk is quite different than other milk alternatives because it has zero protein and a high content of saturated fat (4-5 g/serving). Coconut milk has a low-calorie profile, 45-60 calories per serving, and is fortified with calcium and vitamin E.



### Oat Milk

This dairy alternative is one of the latest to hit the shelf in grocery stores. It is made from oats and water, and has a thicker consistency than almond milk. Oat milk contains a high fiber content, which helps slow gastric emptying, and reduces LDL cholesterol. Nutritionally, it is similar to skim milk, providing 120 calories/cup and 5 g fat, 2 g protein, and 16 g carbohydrates. Oat milk also has 7 g of fiber, the highest of any milk/milk alternatives, and is fortified with more vitamin D than regular milk.

Overall, when it comes to choosing milk or an alternative to milk, there are many options depending upon your health needs. For example, those looking to increase or maintain their protein intake, should choose dairy or soy. However, if you are choosing based on flavor, it is best to try out different options to see what you like best. Luckily, all alternatives are fortified with vitamins and calcium in similar amounts to milk, so switching will not change the micronutrient composition of your diet much. Do not forget to read the label to pick an option that works best for achieving your health goals!

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## Graham Johnston (May 15, 1931 - July 27, 2019)



Houston and the swimming world lost a legend when Graham Johnston passed away at his home on July 27<sup>th</sup>, following a four-month hospital stay due to complications from pneumonia.

Graham was born on May 15, 1931 in Bloemfontein, South Africa. His father, who managed a swimming pool, taught him to swim before the age of two. Graham achieved national swimming success during his high school and college years and throughout the rest of his life. He was both South African National Junior Diving Champion and South African Junior Swimming Champion for three consecutive years, 1946 – 1948, and South African National Senior Swimming Champion 1949-1951. He won two gold and two silver medals in each of the 1950 and 1954 Commonwealth Games held in New Zealand and Canada, and represented South Africa in the 1952 Summer Olympics held in Helsinki, Finland.

Following the Helsinki Games, Graham was awarded a full swimming scholarship to the University of Oklahoma and became one of the first foreign athletes to swim at an American university. He was named an NCAA All-American for three years. In 1952, while a freshman, he met his future wife, Janis Kathryn Thompson, a fellow OU student. Graham and Janis married in 1955.

Graham retired from swimming in 1956, and after a brief residence in South Africa, he and Janis moved to Houston in 1962 where they raised their five children. Graham and Janis built their dream home in the Braes Acres community in southwest Houston and lived there for 53 years.

After being away from competitive swimming for 16 years, from 1956-1972, Graham returned to the sport at the age of 41 when the U. S. Masters swimming program was launched for older swimmers. He began training and competing at the Dads Club of Houston, and in 1973 swam in his first Masters National Championship in Santa Monica, CA. This success was followed over the next 46 years by national championships, national records, world records, and world championships too numerous to recount.

Pages of this newsletter could be filled with Graham's swimming accomplishments. Some of the highlights are:

- Induction into The International Swimming Hall of Fame (1998), the International Masters Swimming Hall of Fame (2003), the Texas Swimming and Diving Hall of Fame (2009), the National Senior Games Hall of Fame (2011), and the Huntsman World Senior Games Hall of Fame (2012).
- Thirty-three gold medals won in eight FINA Masters World Championships.
- As of 2017, Graham held 105 FINA Masters World records, the most of any male in the world.
- Won the Waikiki Rough Water Swim eight years in a row.
- Was the oldest and fastest of all age groups to complete the Robben Island to Capetown, South Africa swim.
- At age 74, became the oldest man to swim the Straits of Gibraltar.

As impressive as Graham's swimming accomplishments were, he will be best remembered for his presence outside of the water. Graham and Janis were a ubiquitous presence at swimming competitions in Houston, the nation, and the world. Graham's grace and charm, his wit, and his willingness to welcome and help swimmers of all abilities in the masters community will be remembered long after memories of his many accomplishments fade. The love that the Houston swim community had for Graham was evidenced by the near constant stream of visiting swimmers during his four-month hospital stay and his brief hospice at home.

Tom Boak's statement expresses what many of us experienced and the loss that we feel. "I swam in my first swim meet in late 1977 at West University. One of the first people I met was Graham. Over the next 40+ years, Graham was a true friend, not only of mine, but of all of Masters Swimming. He was an advocate of life time fitness and the benefits of competition, and encouraged us all. When I go on deck at the next meet, I will miss the greeting "Hello, Tommy" (no one else calls me Tommy). To say that he will be missed is an understatement. He was a great example for us all."



*Graham and Janis Johnston*

A celebration of Graham's life will be held on Sunday, September 1<sup>st</sup> at 1 p.m. at the Dad's Club, 1006 Voss Road, Houston, TX 77055. This will be a pool-side event at which casual summer attire is encouraged. Bring along a swim suit if you wish to swim laps in memory of Graham.

You can read Graham's complete obituary at: [https://www.legacy.com/obituaries/houstonchronicle/obituary.aspx?n=graham-m-johnston&pid=193597933&fhid=2879&fbclid=IwAR1edTKdZnxGowwqZtYLB\\_EbJxZoupU57K3eB6uIWTmMUSUjIDFjk6jeObo](https://www.legacy.com/obituaries/houstonchronicle/obituary.aspx?n=graham-m-johnston&pid=193597933&fhid=2879&fbclid=IwAR1edTKdZnxGowwqZtYLB_EbJxZoupU57K3eB6uIWTmMUSUjIDFjk6jeObo)

## Upcoming Events

### **“First Time for Everything” SCY Meet - September 28 or 29 (TBA)**

First Colony Masters is hosting the "First Time for Everything" SCY meet on Saturday, September 28 or Sunday, September 29 at Lamar Consolidated ISD Natatorium, 1020 Horace Mann Avenue, Rosenberg, TX 77471. Once the meet date is finalized and the meet is sanctioned, full meet information will be provided to the membership.

### **Texas Ford Aquatics Last Chance LCM Meet - Saturday, September 28**

If you're looking for one last LCM meet to post some fast times, Texas Ford Aquatics is hosting a meet on Saturday, September 28 at their indoor 50-meter pool located at 8353 Legacy Drive, Frisco, TX 75034. Warmup begins at 1 p.m., and the meet will start at 2 p.m. Registration and full meet information can be found at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2306&smid=12476](https://www.clubassistant.com/club/meet_information.cfm?c=2306&smid=12476)

### **16<sup>th</sup> Annual Lake Travis Relay - Saturday, October 12**

The Lake Travis Relay is a 12-mile, 6-person relay race. Each team member will swim a 20-minute leg, then a 15-minute leg, and then 10-minute legs until the race distance to completed. This event is put on by the American Swimming Association and is not certified or sanctioned by USMS. For event information, go to: <https://laketravisrelay.weebly.com/>

### **13<sup>th</sup> Annual Highland Lakes Challenge - Wednesday, October 23 - Sunday, October 27**

Swim five lakes in five days. The world's first swimming stage race is held in the Highland Lakes, nestled in the beautiful Texas Hill Country, just Southwest of Austin. If you don't want to swim all five days, there are "weekend warrior" and single event options. This event is put on by the American Swimming Association and is not certified or sanctioned by USMS. For event information, go to: <https://highlandlakeschallenge.weebly.com/>

### **9<sup>th</sup> Annual November Classic SCM Meet - Saturday and Sunday, November 9-10**

The 9th Annual November Classic SCM meet, hosted by The Woodlands Masters Swim Team, will be held at the Conroe ISD Natatorium on November 9-10, 2019. Full meet information and registration will be available soon.

## This Quarter's Workout

*Thanks to COOG coach, Greg Orphanides, for this quarter's workout. You can shorten or lengthen the workout by changing the number of times you swim the main set.*

400 warmup

2 sets of:

1 x 300 pull, breathe 3/5/7 by 50s

6 x 50 kick with fins, sprint last 15 yds./mtrs. of each 50 – 10 s.r.

2 sets of:

3 x 150, hold threshold pace – 30 s.r.

3 x 50 easy – 15 s.r.

3 x 100, faster than threshold pace – 40 s.r.

2 x 50 easy – 15 s.r.

6 x 50, as fast as possible – 60 s.r.

100 easy

200 cooldown

TOTAL: 4,600 YARDS/METERS

## New Web Address for Gulf Masters Swimming

Make sure to change your bookmarks and Club website links for Gulf Masters Swimming to [gulfmastersswim.org](http://gulfmastersswim.org). The website has been updated by webmaster Nicole Christensen and contains everything you need to know about masters swimming in the Gulf region.

## Gulf Delegates Head to USMS Annual Convention

The 2019 USMS Annual Convention will be held September 11-15 at the Hyatt Regency at the Arch in St. Louis, MO. The USMS Convention is held in conjunction with the USA Aquatics Convention, which includes, in addition to USMS, USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

Representing the Gulf LMSC are: Kris Wingenroth (Gulf Chair), Kevin Lunsford (Gulf Vice-Chair), Bruce Rollins (South Central Zone Chair), Stacey Eicks (Top Ten), Nicole Christensen (Webmaster), Tom Boak (USMS Past-President), Carolyn Boak, and Steve White.

Our delegates will be especially busy this year as they will be voting on various amendments regarding competition, long-distance, rules, and legislation. They will also be attending many seminars, committee meetings, and the South Central Zone meeting.



*Photo Credit: Daniel Schwen*

## Meet Recaps

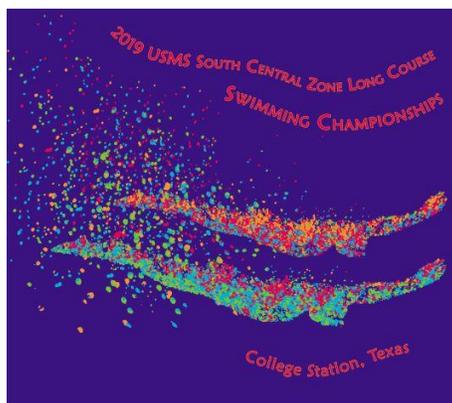
### Summer Head Start Meet - June 15

Meet host, the Woodlands Masters Swim Team (WMST), kicked off the LCM season with a one-day competition at the Conroe ISD Natatorium in Shenandoah, TX. The meet attracted 53 competitors from the North Texas, South Texas, and Gulf LMSCs. As always, WMST put on a well-organized meet in an excellent venue. This is a meet that should be on your calendar in 2020.

### Summer Sizzler Meet - June 30

After a year's hiatus, the Summer Sizzler Meet returned in 2019 at the newly renovated Dad's Club pool. The meet attracted 46 swimmers from the North Texas, South Texas, and Gulf LMSCs. An overcast day kept the outdoor temperature manageable for the competitors. Rip Esselstyn (WHAC) set a new USMS and World Record in the 200M backstroke for the men's 55-59 age group in a time of 2:21.72.

### South Central Zone LCM Championships - July 19-21



The finale of the Gulf LC season, the South Central Zone Championship Meet, was held at Texas A&M's world-class natatorium on July 19-21. The meet drew over 260 competitors from 14 different LMSCs and two foreign countries (Costa Rica and Mexico). The natatorium lived up to its reputation for fast swim times, with eight world records, 11 USMS records, and 115 zone records. The meet also featured a Saturday night social at BJ's Brewery that had over 80 attendees. With outstanding meet organization, plenty of volunteers, and custom-designed awards, the championship was a great end to the long course season.

We plan to have a team spotlight in each quarterly newsletter. The goals of the spotlight are two-fold: (1) to help Gulf teams grow and flourish, and (2) to provide information about area teams for solo swimmers who might like to swim with like-minded individuals in an organized group setting. If you would like to have your team featured in a future newsletter, contact [kdenby@usms.org](mailto:kdenby@usms.org)

## Team Spotlight - Dad's Club Swim Team Masters (DADS)

Dad's Club has a storied history, dating back to the 1950s, as one of the premier aquatic programs in the nation. That history includes renowned coaches, such as Richard Quick and Skip Kenney, producing Olympians, National Team members, Olympic Trials qualifiers, and National Championship qualifiers. That history shapes the masters swim program today, as exemplified by its philosophy: "We believe training smarter through focus on technique, speed, and endurance will always yield the best results. Train smart, train hard, and reach your desired performance."

Dad's Club offers three adult training programs: triathlon swimming, masters swimming, and cross training. Twelve workouts are offered Monday-Friday. Morning swim sessions are 5:45-6:45 a.m. on Tuesday, Thursday, and Friday. Lunch swim sessions are held 11:30 a.m.-1:00 p.m. on Monday, Wednesday, Thursday, and Friday. Evening swim sessions are offered 7:15-8:15 p.m. on Monday, Tuesday, and Wednesday. Cross-Training sessions are offered Tuesday and Thursday evenings 7:15—8:15 p.m.

A variety of membership options are available. A full membership with twelve weekly workouts plus access to club facilities is available for individuals and families. A two-day per week membership is offered for both individuals and families. There are also semi-private and private coaching sessions available to members

The membership is diverse, with varying levels of ability, and is comprised of about 40% triathletes, 30% masters swimmers, and 30% fitness swimmers. The fitness members occasionally dabble in triathlons or swim events. Many of the triathletes and swimmers take part in the cross-training workouts to complement their primary training focus.

The members benefit from an experienced coaching staff. Coach **Mike Yearwood** has over 40 years of coaching experience and has coached swimmers to Olympic competition and American records. Most recently, Mike coached a 2019 World Triathlon Championship Team USA member. Coach **Rushed Smith** has worked with the masters group for over five years and brings coaching experience from various ability and age ranges. Coach **Stephen Hall** brings a wealth of experience as a swim coach, certified personal trainer, corrective exercise specialist, and performance enhancement specialist. Stephen coaches both the swimming and cross-training workouts.

No swim group is complete without some fun and social events, such as the annual October marathon swim with a post-swim meal of homemade chili. Dad's Club has been a huge supporter of Gulf Masters Swimming by offering a meeting room for LMSC meetings as well as hosting the annual Thanksgiving morning swim, the upcoming SAA Charity Swim, and the annual Sweetheart and Summer Sizzler Meets.

Located at 1006 Voss Road, Houston, TX 77055, Dad's Club has three outdoor pools: a 25 yard pool, a 33-1/3 yard pool, and the newly renovated 50 meter x 25 yard main pool. There is also a fitness center on site with cardio equipment, free weights, and weight machines. For more information about Dad's Club, go to: <http://www.dadsclub-swimteam.com/master-triathlon/tri-swim-training>



*Dad's Club Swimmers at Texas A&M Zone Championship Meet*

## Upcoming USMS Fitness and ePostal Events

It's also not too late to participate in these USMS fitness/ePostal events.

### USMS 5K and 10K ePostal National Championships – May 15 through September 15

**Objective:** To swim 5K or 10K for time (must be in a 50-meter pool).

- 1) Cost is \$12 for each event. The 5K and 10K swims are separate events, and you need to swim twice to enter both. Split times from the 10K may not be used for entry into the 5K.
- 2) Registration can be found at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=12291&\\_ga=2.143929911.387178384.1565814328-1163109648.1434480348](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=12291&_ga=2.143929911.387178384.1565814328-1163109648.1434480348)
- 3) Final results will available on-line. See how you rank against other long-distance swimmers nationwide.

### USMS 3000 and 6000 ePostal National Championships – September 15 through November 15

**Objective:** To swim 3000 or 6000 yards/meters for time (must be in a 25 yard or 25 meter pool).

- 1) The 3000 and 6000 swims are separate events, and you need to swim twice to enter both. Split times from the 6000 may not be used for entry into the 3000.
- 2) Swims done in 25 meter pools will be automatically converted to yards during event entry.
- 3) Preliminary event information can be found online at: <https://www.usms.org/events/national-championships/epostal-national-championships/2019-epostal-national-championships>
- 4) Final results will available on-line. See how you rank against other long-distance swimmers nationwide.

### USMS Fall Fitness Challenge 1-Mile Swim – November 15-30

This event is designed for anyone who wants to get in shape entering the holiday season, or doesn't want to put off their fitness goals until the new year. Whether you're just getting into swimming or back into the sport after a long time away from the pool, swimming one mile is an excellent fitness goal. The Fall Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins. Registration opens for this fun event on September 1<sup>st</sup>. For more information: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>

## USMS 2019 Summer Nationals

Just five Gulf swimmers competed at the 2019 USMS Summer National Championships. The four-day competition, held in Mission Viejo, CA, attracted 1,365 competitors.

**Oscar Bermudez** (COOG) swept the breaststroke events in the men's 40-44 age group, winning gold in the 50, 100, and 200M breast.

**Dominic Mastracchio** (RICE) placed 3<sup>rd</sup> in the men's 45-49 50M free and 50Mfly. Dom also placed 4<sup>th</sup> in the 50M back, and 8<sup>th</sup> in the 50M breast. Rice teammate, **Takeshi Maeda**, competed in the same age group, and finished 8<sup>th</sup> in the 100M free, 10<sup>th</sup> in the 50M fly, and 10<sup>th</sup> in the 200M IM.

**Yasushi Hashioka** (DADS) finished 3<sup>rd</sup> in the men's 30-34 50M free, his sole event of the competition.

**Leslie Schueckler** (MOB) placed 12<sup>th</sup> in the 50M fly, 13<sup>th</sup> in the 200M free, and 15<sup>th</sup> in the 200M breast in the women's 60-64 age group.

Congratulations to all of our Gulf swimmers!



Oscar Bermudez (COOG) displays his three gold medals.

## Jesse Coon Volunteer Spirit Award

In 2006, the South Central Zone created a Volunteer Spirit Award in honor of one of masters swimming's greatest ambassadors, Jesse Coon. Jesse was a retired physics professor from Texas A&M University and an outstanding swimmer. He was the first person in the 90-94 age group to complete the 200 butterfly and 400 individual medley. Jesse set national and world records and had numerous top ten listings. But he is best remembered for his graciousness, contagious enthusiasm, and love of the sport. Each year since 2006, the Jesse Coon Award has been given to the South Central Zone swimmer/volunteer who best exemplifies the qualities that made Jesse Coon a beloved figure in the masters swimming community.

Here is the speech that was given by Zone Chair, Bruce Rollins, at the South Central Zone Championship meet in presenting the Jesse Coon Award:

"This year's recipient is very unique and possibly an inspiration to us all. Without a doubt, this swimmer is an accomplished athlete in the water. This person currently has over 94 Top Ten swims individually and another 44 Top Ten relay swims. Totals I assure you will increase this year.

This swimmer has been recognized for accomplishments throughout our state and nation. Stories have been written and seen on TV and YouTube about this swimmer, not only for this swimmer's accomplishments in the pool, but also accomplishments in life. At the age of 40, this swimmer was morbidly obese and decided to turn away from a sedentary life...learning how to eat better, visiting the exercise room daily, and, finally, learning how to swim. In the beginning, this swimmer could not really swim a length of the pool without stopping. This swimmer was determined to change a lifestyle and reverse a prediction from the doctors that this swimmer honestly only had five years to live.

During that first year, this novice swimmer stayed focused. So focused that this person lost over 100 pounds and began reversing the doctor's five year prediction. But, on the other hand, this swimmer was not always a very good swimmer...in fact this swimmer had a long way to go to even be considered okay. Today, this swimmer fears nothing, even swims events like the great Jesse Coon doing 400 IMs and 200 butterflies. The transformation has been incredible for all of us to watch.

The best part, however, has been this person's willingness to tell "Her Story" and now she has become a national ambassador for Masters Swimming as a speaker and an accomplished author. She is a member of the Texas Senior Games Hall of Fame, Texas Senior Games Speakers Bureau and part of their Board of Directors. Please join me in welcoming Masters of South Texas swimmer, DeEtte Sauer, as the 2019 the Jesse Coon Memorial Award recipient."



Zone Chair Bruce Rollins, DeEtte Sauer, and South Texas LMSC Chair Ed Coates

## Forty-One Gulf Masters Swimmers on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2019 SCY swims was finalized and published in August 2019. Gulf swimmers had outstanding results with six relay and 97 individual top ten times. This is the highest total of individual top ten times since 2015.

Special recognition goes to the eight Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: Bryan Collins (RICE), Bruce Kone (UNAT), Joann Leilich (WMST), Jarrod Marrs (COOG), Carol Mungavin (RICE), Gary Schatz (WMST), Linda Visser (COOG), and William Wagner (RICE).

Congratulations to all of our national top ten swimmers listed below.

### Women

#### 30-34

Julieta Garzon Munguia (RICE)  
Emily Wong (RICE)

#### 45-49

Nicole Van Nood (RICE)  
Linda Visser (COOG)

#### 50-54

Rebecca Tompkins (SWYM)

#### 55-59

Ellen Considine-Miller (WMST)  
Susan Matherne (RICE)

#### 60-64

Debbie Loux (MACA)

#### 65-69

Kris Wingenroth (WHY)

#### 70-74

Carolyn Boak

#### 80-84

Joann Leilich (WMST)  
Carol Mangavin (RICE)

### Men

#### 18-24

Kyle Hendricks (PACK)  
Joshua Lamb (PACK)  
Ryan Massey (PACK)

#### 25-29

Alexander Aceino (UNAT)  
Rodolfo Escalante (RICE)  
William Wagner (RICE)

#### 30-34

Bryan Collins (RICE)

#### 40-44

Oscar Bermudez (COOG)  
Jarrod Marrs (COOG)  
Dominic Mastracchio (RICE)  
Greg Orphanides (COOG)

#### 45-49

James Connolly (RICE)  
John DeGroot (RICE)

#### 55-59

Lars Farestvedt (WMST)

#### 60-64

Bruce Kone (UNAT)  
Gary Schatz (WMST)

#### 65-69

Bruce Williams (RICE)

#### 75-79

Tom Boak (WMST)

### Relays

#### Men 18+

PACK: Kyle Hendricks, Joshua Lamb, Ryan Massey, Jake Miller

#### Men 45+

RICE: Boyd Black, David Childers, Bradley Ohnstad, Brett Tanabe

#### Men 55+

WMST: Lars Farestvedt, Francisco Godoy, Gary Schatz, Niels Wolfhagen

#### Women 35+

WMST: Ilsa Kerscher, Jessica Platt, Vicki Risinger, Christina Toth