

# Maverick Lane Lines

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 11 - Issue 6: Dec, 2007

## Records Drop at November "Bridge the Bay" Meet

This SCM "meet" actually was held in two cities, 50 miles apart on two separate Sundays. The bright sun required ingenuity in finding a shady spot to park our chairs to mark our turf. For an outdoor meet in the winter, in Florida, the water was pleasant, although the air was brisk. If you were at either pool, tell us what you liked about this unusual format for a Masters competition. If you didn't go, did this two-weekend format deter you?

**Sarasota - November 11 - Fourteen Mavericks competed on day one.**

**Jean Troy** had two exceptional World Record breaking swims, in the 80-84 age group. She started off the day on a winning note, by breaking the 400 m IM record, with a time of 9:30.65. It was fast enough to break the four year old record of Lois Kivi Nochman's time of 9:31.73. She also ended the day on a winning note. In the 400 m Free, her time of 7:20.96, broke Margery Meyers' five year old record of 7:22.84.

Other *Mavericks* who competed included **Jean Allen, Rick Gee, Margaret & Harrison Homans, Gaylord Hopkins, Margie & Paul Hutinger, Gladys Olsen, James Pitts, Doris Prokopi, Patricia Tullman, June Reynolds and Gregory Rotole.**

**St Petersburg - November 18 - Fifteen Mavericks competed on day two (17 different swimmers on the two days).**

Once again, **Troy** swam in the first event. This time she set two World Records for the price of only one swim. That's cool! Today, she crushed Meyer's five year old 1500 m Free time of 29:39.08, with a speedy time of 28:55.09. Troy's time in her 800 m Free split,

15:12.35, exceeded Meyer's time by almost 20 seconds.

We didn't put relays together until the last minute. The 400 m Free Relays were the last event of the day, and no one checked on the times. Several days later, when we saw the results, we noticed a serendipity time on the Women's 320+ relay, with **Troy, Reynolds, Olsen and Ruth Hoskinson.** These young la-



Jean Troy



June Reynolds

Gladys Olsen

Ruth Hoskinson

dies wiped out the National Record of 9:11.05, by over 25 seconds, with an amazing time of 8:45.29. You go, girls!

Other *Mavericks* who competed included **Allen, M & H Homans, Hopkins, M & P Hutinger, Pitts, Prokopi, Rotole, Mari- anne Vann and Rosie Vijil.**

It was disappointing that there was only ONE high point winner in each age group, with the stipulation you had to compete on both days. The *Maverick* winners of the elusive award were **Hopkins, M Homans, P Hutinger, Olsen, Prokopi and Reynolds.**

[www.maverickswim.org](http://www.maverickswim.org)

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# MAVERICK LANE LINES

Volume 11 - Issue 6  
December, 2007

USMS Honorable Mention  
Newsletter  
1998-1999, 2001-2003, 2006

## Editors

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Got a bright idea?  
Any news?  
We'd like to hear it.  
This is **your club**  
and  
**your newsletter.**



# MAVERICK of the Month

**John Sampedro, 44**, was born in Tampa Florida, the youngest of five. He has always lived in the Tampa Bay area.

John learned to swim in a unique style. When he was six years old, he went fishing with his grandfather, off of the Keys. While they talked on the bow of the boat, "My grandfather pushed me overboard, to 'teach' me how to swim. Talk about 'tough love!' I thrashed around enough to keep from dying."

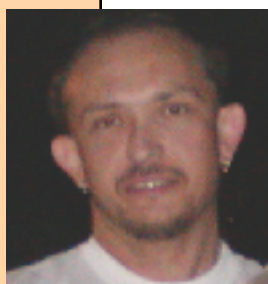
While in high school, he competed on the wrestling team. Sampedro didn't swim very much, except during his surfing years, into his twenties. After high school, he worked as an ironworker and welder. In 1990, he fell from a high beam and suffered extensive injuries. He spent the next 2 1/2 years going through considerable rehabilitation. By 1993, he was no longer interested in the high-risk business of working on iron beams ten and twelve stories high. He launched a new career after attending massage school. Currently, he is a Licensed Massage Therapist, and works in sports medicine with patients who have chronic and acute injuries, to assist them through their rehabilitation.

"Margie responded to my massage ad in the MAD DOGS newsletter, in 1997. She wanted relief for her unused muscles, after three months of being cooped up in a halo, with a broken neck, from a horrible car accident. I joined the *Mavericks* soon after meeting Margie and Paul, and learning that their new club offered me an opportunity to train in a less restrictive atmosphere than I was used to."

He considers his five-time survival of the 1 1/2 K swim portion of the St Anthony's Triathlon, as his most outstanding swim accomplishment. We'll see him in the pool more often, as he trains for two major goals--Hawaii Ironman and ultra distance races.

His sons, Jeremy and Zeb are two of his greatest accomplishments. "They rock!" In addition, "I'm most proud of becoming a massage therapist and having patients trust me with their care for fourteen years."

Sampedro lives in St Petersburg with his new Vizsla puppy, Molly.



*John Sampedro*

This issue of the  
*Maverick Lane Lines*

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**Elmer Luke**

If you would like to sponsor a future issue,  
please send us \$20.

→ **TEAM MEET - (we do relays) - OR - TEAM EVENT**

**You must be registered for 2008 to participate in any of these meets.**

## **Plan Ahead - Plan Ahead - Plan Ahead**

→ 1/1-31-----**One Hour Postal Championship**----**Your pool**  
1/12-----Sprint Countryside---Clearwater, FL--SCY  
1/27-----Hour Swim-----St Pete, FL--SCY  
1/26-27-----Charlotte Sunbelt Champs-----NC--SCY  
→ 2/16-17-----**Dixie Zone Champs**----**Clearwater, FL--SCY**  
2/16-----**FL LMSC Awards Dinner**-----**Long Center**  
2/29-3/2-----Masters Challenge--Ft Lauderdale, FL--SCY  
3/9-----Good Life Games-----Clearwater, FL--LCM  
3/28-30-----St Pete Meet-----St Pete, FL--SCY  
4/15-25-----FINA World Champions-----Perth, Aus--LCM

→ If you plan to attend a **TEAM MEET**, please let Paul know ahead of time, and what days so we can determine relays **BEFORE** the meet.

As always, if your plans change, let us know, as it affects relays.

If you need an entry that's NOT included in the FL LMSC newsletter or SWIMMER Magazine or have any questions, call Paul--727-521-1172.

## **Tip of the Month--How Hard am I Training?**



*Coach Hutinger*

Your heart rate (HR) and recovery HR is a key to the science of training. Your maximum HR is 220 minus your age. For instance, a 70 year old would have a 150 max HR. If you are 50, your max HR would be 170. This is the physiological aspects of training, and applies to all ages.

It is important to know what your basal HR (lowest HR when awake) is. Check your HR in the morning, before getting out of bed. Time your heart beats for a full 60 seconds. Do several of these each morning, for three to five days. This will give you an accurate reading. Record your basal HR.

In the pool, warm up with 200 yards. Check your HR. Do a set of 10 x 100 Free. Check your HR for six seconds and add a zero. This gives you your HR per minute. Work towards a 120 or 130 HR with a 30 second rest interval between 100's. After your set of 10 x 100's, check your recovery HR each minute, until you have an 80, or close to your starting HR. Record this each work out. You will become more efficient as you train your aerobic system, and you may notice a drop in your basal HR.

There are important differences, depending on your age, in using these principles

The older age groups, 65 and above, need to apply common sense before the scientific. If you are in this category, and are extremely tired working out six days a week, cut back to five, or even four days.

June Reynolds, 85, finds that once a week keeps here at a high level for competition. In LCM, she had six first places in the USMS Top Ten.

A 78 year old worked out with an age group coach, who didn't understand the stress effect on the older swimmers. Several weeks into high intensive training, this swimmer was running a high heart rate, which wouldn't return to normal, within a reasonable time. The coach quickly modified the workouts, and the swimmer recovered with a more sensible approach, for his age.

If you are seeing a cardiologist about heart problems, make sure you tell him you are a trained athlete (if that fits your description). Some doctors don't understand a low basal HR in the older Masters swimmer, and if they suggest a pace maker, may set the max HR too low for you to maintain your active life style.

If you are younger than 65, you could work at a 150 HR for a set of 10 x 100's, if you are trained. As you train your cardiovascular system, you may find your BR is lower. A non-trained basal HR may be 70 BPM and with training, go down to 50 BPM, which would give you a greater efficiency for your body.

I have included the scientific approach, but for most of us, common sense may work just as well. If you feel tired when you wake up, and your basal rate is 10 or more beats higher than normal, you may need a day off, so roll over and pull up the covers. Or, do an easy swim, that day.

# Results, Results.....

## Holiday Classic - Coral Springs, FL

The *Maverick* crowd was small with only four swimmers, the **Hutinger duo, Troy and Rotole**, making the trip across scenic Alligator Alley. This has always been a favorite meet for the Hutingers, as it is one of the few SCM meets in the area.

**Troy** was still in her **World Record** setting mode, setting a new standard in the **100 m Free**, with a time of 1:33.88. She barely missed the 50 m Free record, touching out 1/10th of a second too short.



**Troy has eight SCM World Records in the 80-84 age group.**

## Fun and Fitness

For those of you who are participating in the Go the Distance event, the deadline for counting your yard-age ends on December 31st. As always, send in your miles for the month.

For more info, go to the Fitness section at [www.usms.org](http://www.usms.org). If you don't have a computer, contact the Hutingers.

We hope to see an increase in participation for 2008. Many of you mentioned in the *Maverick* survey, that you are in Masters swimming for "fun and fitness."

Starting in 2008, this event will accumulate swimmers' mileage from year to year. This will be a good comparison for your personal training, from year to year. Mileage goals have been extended and achievement awards may be purchased for a minimal fee.

Miles achieved, year to date:

**Jean Allen - 175.75**  
**Patricia Bond - 238.36**  
**James Browne - 238.00**  
**Brud Cleaveland - 85.38**  
**Richard Criche - 87.51**  
**Gaylord Hopkins - 404.43**  
**Margie Hutinger - 93.83**  
**Martha Jacobs - 100.00**  
**Charles Schlegel - 259.84**  
**Karen Swanigan - 104.81**  
**Marianne Vann - 108.02**

At the beginning of the month, we had a phone call from Jacobs. "I just wanted you to know I reached my goal of 100 miles, and I still have another month left in the year."

## Florida State Senior Meet

This Short Course Yards meet was held the first weekend in December, the same weekend as the Coral Springs meet. Due to unforeseen pool problems at the last minute, swimmers had to scramble to find the pool at the new venue, in Ft Myers, FL. In order to compete at this State Championship, swimmers had to qualify at a local meet. There will be no National Championship in 2008.

Our nine swimmers fared well in their swims, and set four meet records, MR.

**Patricia Bond - 65-69** - 1st in 50 & 100 Free, 100 Back, 50 Fly & 200 IM.

**Patricia Tullman - 70-74** - 1st in 50, 100, 200 & 500 Free; 50 & 100 Fly.

**Doris Prokopi - 70-74** - 1st in 200 Back; 2nd in 50, 100 & 200 Breast, 100 Back & 200 IM.

**Margaret Homans - 75-79** - 1st in 50 & 100 Back & 50 Free; 2nd in 100, 200 & 500 Free.

**Gladys Olsen - 80-84** - 1st in 100 Back, 100 Breast, 50 & 100 Fly & 200 IM. **MR in 50 Fly & 200 IM.**

**June Reynolds - 85-89** - 1st in 100 Breast, 50 & 100 Fly and 100 & 200 IM. **She not only set MR in the 50 Fly & 200 IM, but was the first woman in this age group to ever swim these events, in the 16 year history of the Florida Senior Games State Championship. June, you're one tough cookie!**

**James Pitts - 75-79** - 1st in 50, 100, 200 & 500 Free.

**Harrison Homans - 75-79** - 2nd in 200 & 500 Free, 50, 100 and 200 Back; 3rd in 50 Free.

**Cliff Eastwood - 85-89** - 1st in 50, 100, 200 & 500 Free.

## 5 and 10K Postal Championship



Summer is that crazy time of year that swimmers get the urge to swim extraordinary distances, up to 10,000 meters in the pool. Some of them, that is. This distance seems like forever to those who won't consider swimming any event over 200 yds.

5K swimmers included **Doris Prokopi**, 2nd; **Patricia Bond**, 2nd; and **Gregory Rotole**, 16th.

The more adventurous swimmers who met the 10K challenge, were **Prokopi**, National Champion and **Rotole**, 11th.

Sorry to report, but this year, we didn't have enough swimmers participate to enter any relays.



## One Hour Postal National Championship

You must have a 2008 USMS registration.

Register TODAY, if you haven't already done so.

### COMMENTS:

- In 2007, we had 29 swimmers compete this swim, which was 50% of our members who were registered by January 31. In 2008, we would like to see that number increase to a whopping 40--at least.
- We propose a special challenge to all of you, 80 and older, especially the 90 year old crowd. We will write an article for SWIMMER Magazine, about these seniors, who have proven that just because you're old, doesn't mean you have to be a couch potato. Never, in the 31 years of the One Hour Postal, has there ever been a relay comprised of all 90 year olds. The *Mavericks* have the members for this historical event. You're our role models.
- Don't think about it as "swimming for an hour?" Think about it as your own personal journey. Prepare mentally and physically, by working on your pace. You have 31 days in January to choose from to do your swim. Pick a day that feels good for you.
- On January 27, we will have a group swim at North Shore Pool, St Pete, at 11 AM. Please let us know if you'll be there. Be prepared to swim an hour and count an hour. Bring your entry and a chair for your timer. We'll do lunch, afterwards.

### INDIVIDUAL SWIM:

- The entry is in the November/December issue of SWIMMER Magazine. Make a copy and keep it in your folder.
- Read the directions, carefully.
- Swim at your pool, yards or meters. (Directions for conversion from meters to yards is on the entry.)
- You must round down your yardage to the nearest five-yard increment.
- You must do your swim during the month of January. If you age up, swim it twice--once in each age group.
- Your distance is how far you swim, while the watch is running for one continuous hour. For those who need to, you can stop and rest as often and as much as you need to.
- No more than two swimmers per lane - circle swimming and drafting are NOT allowed.
- You must have a timer to record your RUNNING SPLITS, on the entry.
- Mail your entry and individual \$6 to the event host, YMCA Indy Swim Fit.
- After you swim your hour, let Margie know your distance.

### RELAY EVENTS:

- Postal relays combine your results, on paper, with those of other FMM swimmers - you don't swim together!
- Margie and Paul will form the best relay teams possible, and we will make every effort to include you on a relay.
- Relays are formed by age group (18+, 25+, 35+, etc), and sex (male & female, 3 each; and mixed, 2 men and 2 women).

### IMPORTANT DEADLINES:

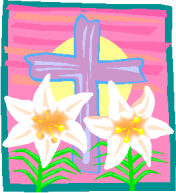
- Swim must take place in January.
- Indy must RECEIVE your entry by February 11.
- Margie must RECEIVE your yardage swum by February 2 (hopefully, we'll have lots of relays to make out.)

QUESTIONS?? Contact Margie: 727-521-1172 or phut@usms.org



# News from the Maverick Family

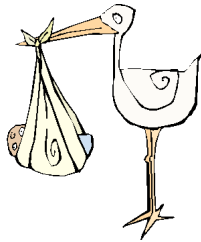
It is with great sadness that we inform you of two deaths.



**Luis Rey's wife.** "On November 27, 2007, at 1:15 pm, my wife Maria Isabel Rey, went for her reward into the arms of our Lord and God."

**Mary Jane Schafer,** "left this earth for the greater swimming pool in the sky, Dec 20, 2007. This from her husband, Wes, in Lake Wales, FL.

**Doris Prokopi, and her husband Bill,** became grandparents for the first time. Greyson Prokopi, 7 pounds, arrived on December 14. Dad, Eric, is a former *Maverick*.



## New Stuff



The **free Maverick t-shirts** will be sent out in January, to members, who were registered as *Mavericks* in 2007. This is much later than expected, as the response we requested from you regarding your size, came in slower than molasses going up a hill, backwards.



**Countryside meet** - entries are posted OR contact the Hutingers.



**YMCA Nationals** - For those of you who requested information on joining the Sarasota YMCA, Rick Walker will be sending out packets after the first of the year.

## 2008 Registrations - 51

### RENEWALS

Jean Allen  
Michael Biggs  
Patricia Bond  
Peter Brooks  
James Browne  
Florence Carr  
Ann Champ  
Frances Cichanski  
Brud Cleaveland  
Robert Collum  
Carole Dirksmeyer-Nichols  
Charles Edwards  
Ken Hickey

Harrison Homans  
Margaret Homans  
Gaylord Hopkins  
Ruth Hoskinson  
Margie Hutinger  
Paul Hutinger  
Martha Jacobs  
Regan Kenner  
Elmer Luke  
Harold Miller  
Marjorie Newman  
Gladys Olsen  
Patricia Paintner  
James Pitts

Doris Prokopi  
William Ragan  
June Reynolds  
Gregory Rotole  
John Sampedro  
Mary Jane Schafer  
Kay Schimpf  
Charles Schlegel  
Ruth Thompson  
Frank Tillotson  
William Tillotson  
Jean Troy  
Patricia Tullman  
Marianne Vann

Rosie Vijil  
Charles Weatherbee  
Robert Williams  
Gertrud Zint

### WELCOME NEW MEMBERS

Jack Bodiford  
Helene Cohen  
Cliff Eastwood  
James Enyart  
James Smith  
Gayle Witty

## Generous Gifts

The generosity of the *Mavericks*, and *Honorary Mavericks* continue to amaze us. With the latest registrations, we received donations which totaled \$581, and ranged in value from \$2 to \$100, plus stamps, which are always useful. All contributions, whatever the amount, further the club programs which are important to us, including all awards presented at our Spring Awards Dinner, all relays, the newsletter and web site. Our sincere thanks to **Biggs, Bodiford, Bond, Brooks, Cleaveland, Edwards, M & H Homans, Hoskinson, M & P Hutinger, Olsen, Paintner, Ragan, Reynolds, Rotole, Schlegel, Thompson, Tullman, Troy, F & W Tillotson, Weatherbee, Vann, and Zint** for making these dreams a reality.

## Survey Results

Out of the 51 registrations we received, so far, 37 of you returned your survey. That's almost 75%. Cool!

Reasons given for being a Masters swimmer included exercise, physical fitness, competition, fun, socialize with positive people, discipline of training, staying in shape for life, inspiration from other swimmers, set goals, meet new people and health.

As far as specific goals, most of you were general, not specific. Only nine, 17%, listed what meets they were working towards, what their goal times were or total miles for the year. One listed "a small motor," as to how we could help meet her objectives. Hmmm!

→ Peter Brooks and Patricia Tullman are candidates for the Treasurer's position.

→ 2009 Calendar committee volunteers are Jean Allen, Peter Brooks, Margaret Homans, Martha Jacobs and Rosie Vijil. In the next issue, we will have more information, including the 12 featured *Mavericks*.

## ↪ Valentine's Day Meet

Our first team pool meet of the year, is the Valentine's Day meet at the Long Center, in Clearwater. Last year, we had 20 *Mavericks* at the meet, and were team champions, for the fourth straight year. With your help, lets strive for five. Tell us if you enter the meet. If something comes up and you won't be there, tell us.

The entry was in the November issue of the FL LMSC newsletter. It is also posted at [www.dixiezone.org](http://www.dixiezone.org).

↪ The FL LMSC Awards Dinner will be held at the Long Center, following the last event on Saturday. Doors will open at 4:45. Dinner will be served at 5:30, followed by the awards presentation. We encourage your attendance to support the outstanding long distance and pool swimmers, our candidate for the Sue Moucha Award (overcoming adversity) and the service award, named in honor of our elder statesman, Frank Tillotson.

If you are the recipient of an award, you will receive it, in person.

Order your dinner tickets ahead of time. More info is included in the November LMSC newsletter.



day. Many great bluegrass players have been here, since the first gathering, back in 2001. There also were groups playing folk music and beach music.

The first Fest was a celebration of Rod's 50th birthday. Wife, Karen,



Greg Rosie Paul Margie Rod

Rosie brought along her granddaughter and two great grandchildren, who enjoyed the opportunity to wade in the gulf and play in the sand.

Swaniganfest, 2007, was a clear, sunny day for enjoying beautiful Fort DeSoto Park, with friends and family. Tables were filled with an abundance of tasty foods, shared by the guests. They stretched out on their lawn chairs and listened to a variety of tunes played by the musicians, throughout the



Rod

surprised him with a two week trip to the land of his dreams--Hawaii. The party continued at Fort DeSoto Park, when they returned. Swaniganfest has continued ever since, on the first Sunday in November.

One person we missed, was the perennial hostess, Karen. She was nursing a banged up knee, which was too painful to join the festivities. Rod performed the duties of a diligent host.

Pictured to the left, are the *Mavericks* in attendance.

This is our message of joy and hope for 2008. Celebrate all your dreams with positive thoughts and a belief in yourself. Trust in your own talent, and continue to swim for your own health and fitness.

Paul & Margie Hutinger



## Wonderful Dreams Are Waiting for You



Open the door to beautiful possibilities. Close out the stress and the woes. Be sure to invite the wonder in and let the worries go. Think of each day as a treasured gift, and give that gift your best. Accomplish those things that are in your power. (Don't worry about the rest.)

Do a world of good in a world that needs all the good it can get. During the course of each day, come closer to goals, to dreams, and challenges met.

Take or make the time to do what you've always wanted to do. Choose the paths that will make your heart glad. Try to get to a place where you can live the life you've always wanted to have.



Remember the saying, "It's nice to be important, but it's more important to be nice." Remember: Every good choice has a reward. Every bad choice has a price. It's a difficult world we live in, but don't let anything tarnish your star. Wonderful dreams come to people who...are as wonderful as you are.

--Douglas Pagels



聖誕快樂

Sheng Dan Kuai Le



# FLORIDA MAVERICK MASTERS

## Long Course Meters (As of 09/30/07)

### Team Records

<b>WOMEN</b>	<b>18-24</b>	<b>25-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>
<b>50 M. Free</b>	Coleman 7/05 38.76		Zappa 07/22/01 42.92	Irons 06/24/00 31.91	Vaughn 8/04 30.82		Thompson 8/03 44.96	Lee 12/4/98 41.75	Tullman 7/18/99 39.01	Tullman 8/02 38.15	Troy 10/24/99 38.02	Troy 3/02 37.48	Carr 8/05 40.45	Reynolds 7/07 1:00.02	Schimpf 7/07 1:31.14
<b>100 M. Free</b>	Coleman 7/05 1:27.80		Zappa 08/11/01 1:35.39	Irons 06/24/00 1:11.10	Threatt-Miltor 8/06 2:22.42		Thompson 6/03 1:39.60	D-Nichols 4/07 1:50.09	Tullman 08/20/00 1:26.43	Tullman 8/02 1:24.27	Troy 12/3/98 1:27.19	Troy 3/02 1:28.07	Troy 6/07 1:35.64	Reynolds 8/07 2:20.45	Schimpf 4/07 3:03.40
<b>200 M. Free</b>	Coleman 7/05 3:24.39		Zappa 07/22/01 3:39.36	Zappa 6/03 3:36.57	Pashkow 6/02 4:19.32		Thompson 3/04 3:29.90	Lee 12/4/98 3:41.89	Tullman 03/15/00 3:14.05	Tullman 8/02 3:12.31	Troy 12/4/98 3:10.28	Troy 6/03 3:17.42	Troy 6/07 3:27.26	Reynolds 7/07 4:55.54	Schimpf 4/07 6:28.28
<b>400 M. Free</b>	Coleman 7/05 7:09.40		Zappa 06/24/01 7:35.60	Zappa 8/02 7:51.25			D-Nichols 3/03 7:26.16	Lee 12/3/98 7:48.79	Bond 02/17/00 6:57.89	Bond 6/03 7:01.04	Troy 12/3/98 6:54.22	Troy 8/02 6:55.62	Troy 6/07 7:24.53	Schimpf 3/02 10:44.19	Schimpf 4/07 12:21.16
<b>800 M. Fr</b>	Coleman 7/05 15:20.42		Zappa 07/22/01 16:03.15	Zappa 7/02 15:33.75	Pashkow 6/02 19:24.25		D-Nichols 7/02 15:10.56	M. Hutinger 5/4/97 20:12.43	Tullman 7/18/99 15:33.24	Bond 8/07 14:31.75	Troy 06/03/01 14:48.15	Troy 8/03 14:16.39	Troy 7/07 15:12.94	Schimpf 7/02 21:33.20	Schimpf 7/07 27:28.27
<b>1500 M. Fr</b>	Coleman 7/05 29:24.91		Zappa 07/22/01 29:44.58	Zappa 7/02 29:11.77		Stein 08/01/99 37:47.16	D-Nichols 7/02 28:44.53		Bond 1/3/99 27:30.00	Tullman 7/02 29:01.89	Tullman 7/07 28:56.70	Troy 8/03 27:09.75	Troy 7/07 29:04.81	Schimpf 7/02 40:59.00	Schimpf 7/07 52:23.76
<b>50 M. Back</b>		Ferradji 7/18/99 47.95		Zappa 8/02 1:07.37	Threatt-Miltor 8/06 1:16.17		D-Nichols 7/02 55.79	Fitzgerald 12/4/98 59.70	Tullman 03/26/00 47.93	Champ 07/00 45.90	Kenner 8/18/97 50.60	Kenner 8/19/99 51.69	Carr 6/05 56.13	Zint 8/03 1:10.42	Zint 6/07 1:28.49
<b>100 M. Back</b>			Zappa 06/24/01 2:15.02		Threatt-Miltor 8/06 2:42.58		D-Nichols 3/03 2:09.71	Lee 12/3/98 1:54.42	Bond 03/25/01 1:44.06	Champ 07/00 1:40.16	Kenner 8/23/98 1:47.41	Kenner 8/20/00 1:50.55	Kenner 6/03 2:02.46	Zint 7/02 2:40.03	Zint 6/07 3:14.80
<b>200 M. Back</b>				Irons 06/24/00 3:01.52			Bayers 8/04 4:20.66	Lee 12/4/98 4:02.68	Bond 03/25/01 3:41.36	Champ 07/00 3:33.24	Kenner 8/18/97 3:50.83	Kenner 8/20/00 3:59.73	Kenner 6/03 4:19.47	Zint 7/02 5:43.06	Zint 6/07 7:01.38
<b>50 M. Breast</b>			Zappa 07/22/01 59.03	Zappa 6/02 1:03.47	Vaughn 8/04 38.72		Hoffman 06/24/01 49.55	Fitzgerald 02/17/00 54.57	D. Prokopi 8/22/98 49.42	Prokopi 02/14/01 52.47	Kenner 8/21/98 48.92	Kenner 8/19/99 56.32	Kenner 6/03 1:03.28	Zint 8/02 1:10.13	Zint 6/07 1:43.76
<b>100 M. Br</b>		Ferradji 7/18/99 1:43.09	Zappa 06/24/01 2:15.48	Zappa 7/02 2:19.25	Vaughn 8/04 1:28.91		D-Nichols 7/02 1:59.21	Fitzgerald 2/17/00 2:04.57	D. Prokopi 11/8/98 1:54.29	Prokopi 3/03 2:00.73	Prokopi 7/06 2:00.14	Kenner 8/19/99 2:04.25	Kenner 6/03 2:19.06	Zint 8/02 2:47.09	
<b>200 M. Br</b>			Zappa 07/22/01 4:54.85	Zappa 7/03 4:52.85	Vaughn 8/04 3:17.34		D-Nichols 7/02 4:14.61	D-Nichols 4/07 4:39.07	D. Prokopi 7/12/98 4:13.41	Prokopi 6/04 4:25.29	Kenner 8/21/98 4:18.10	Kenner 8/99 4:28.51	Kenner 6/03 4:56.18	Zint 8/02 6:12.98	Zint 6/07 8:31.18
<b>50 M. Fly</b>		Ferradji 7/18/99 40.02		Zappa 6/03 1:01.01			Hoffman 3/02 52.31	Thompson 8/06 1:02.22	Tullman 10/24/99 44.65	Tullman 8/04 47.53	Troy 6/20/99 49.67	Troy 3/02 47.74	Troy 7/07 59.08	Reynolds 4/07 1:15.37	Zint 6/07 2:29.08
<b>100 M. Fly</b>			Zappa 07/22/01 2:19.91	Zappa 6/02 2:21.94			Bayers 8/04 1:55.62	Thompson 8/06 2:16.45	Tullman 7/18/99 1:54.52	Tullman 8/02 1:54.31	Troy 08/20/00 1:55.57	Troy 3/02 1:58.51	Troy 7.07 2:31.88	Reynolds 4/07 2:59.53	
<b>200 M. Fly</b>				Zappa 7/03 5:15.92			Bayers 8/04 4:29.48		Tullman 08/3/00 4:49.03	Tullman 8/03 4:43.50	Tullman 8/07 4:37.45	Olsen 06/24/01 5:42.29	Olsen 7/06 6:02.33	Reynolds 7/07 6:35.92	
<b>200 M. IM</b>			Zappa 06/24/01 4:14.09	Zappa 6/03 4:29.08			Hoffman 3/02 3:59.43	Lee 12/3/98 4:28.95	Bond 03/25/01 3:53.08	Bond 6/03 3:51.08	Troy 03/15/00 3:54.67	Troy 3/05 4:08.19	Troy 6/07 4:18.72	Reynolds 4/07 5:41.63	
<b>400 M. IM</b>				Irons 06/24/00 6:30.49			Bayers 8/04 8:55.36		D. Prokopi 7/18/99 9:35.25	Tullman 7/02 9:22.65	Troy 7/16/00 8:41.13	Troy 6/03 9:04.69	Troy 6/07 9:32.43	Zint 6/03 13:38.34	

*compiled by Margie Hutinger*

# FLORIDA MAVERICK MASTERS

## Long Course Meters (As of 09/30/07)

### Team Records

MEN	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
50 M. Free		Watkins 7/02 33.96	Male 7/05 30.06	J Christie 7/05 27.47		An Kurtzman 06/24/01 30.32	Brooks 3/03 34.14	Biggs 07/05 32.20	Browne 7/02 34.79	Browne 6/05 33.87	Weatherbee 6/03 32.63	P Hutinger 03/15/00 33.57	Blake 8/04 36.99	Cleveland 8/02 40.47	Cleveland 6/07 46.72
100 M. Free		Watkins 7/02 1:17.15	Male 7/05 1:09.85	J Christie 7/02 1:02.84		An Kurtzman 7/03 1:07.08	Brooks 3/03 1:27.47	Biggs 7/05 1:16.76	Browne 7/02 1:21.22	Hopkins 7/06 1:10.07	Pitts 3/03 1:21.10	MacDonald 8/03 1:23.27	Blake 8/04 1:28.10	Cleveland 8/02 1:39.66	Cleveland 6/07 2:04.59
200 M. Free	E. Prokopi 7/20/97 2:17.58	Watkins 7/02 2:45.82	Watkins 7/03 2:46.86			An Kurtzman 7/03 2:40.79	Brooks 3/03 3:14.27	Biggs 7/05 2:54.98	Browne 7/02 3:12.60	Hopkins 7/06 2:33.29	Luke 8/20/98 3:10.64	P Hutinger 06/24/00 3:20.36	Blake 8/04 3:28.94	Malbrough 8/20/98 4:35.76	Cleveland 6/07 5:06.12
400 M. Free		Watkins 7/02 5:58.40	Watkins 7/03 5:54.63				Brooks 3/03 7:29.59	Everhart 08/11/01 7:06.51	Browne 3/02 6:52.17	Hopkins 7/06 5:29.27	Weatherbee 6/03 6:44.59	Blake 8/03 7:28.26	Blake 8/04 7:20.49	Tillotson 07/16/99 11:06.65	
800 M. Fr		Campbell 8/04 10:58.99	Watkins 7/03 12:41.50					Brooks 8/07 16:25.69	Hopkins 8/05 11:15.84	Hopkins 8/06 11:15.34	Luke 8/20/98 14:16.39	Blake 8/03 15:28.65	Blake 8/04 15:56.84	Tillotson 6/02 25:32.63	Tillotson 8/04 30:22.00
1500 M. Fr		Watkins 7/02 23:53.12	Watkins 7/03 24:10.72						Browne 7/02 27:43.69	Hopkins 7/06 21:54.85	Luke 8/23/98 27:01.13	Luke 08/19/01 30:19.88	Blake 7/04 31:36.15	Malbrough 08/19/99 39:18.45	
50 M. Back	E. Prokopi 8/18/97 30.75	Watkins 7/02 42.20	Male 7/05 36.11	J Christie 7/05 31.00				Everhart 03/25/01 35.77	Browne 7/02 42.67	Browne 8/03 43.31	P. Hutinger 7/20/97 39.22	P Hutinger 03/26/00 39.24	Hutinger 6/04 41.40	Malbrough 08/19/99 52.48	Tillotson 7/04 1:19.68
100 M. Back	E. Prokopi 8/18/97 1:05.13	Watkins 7/02 1:31.67	Male 7/05 1:21.11	J Christie 7/05 1:09.62			Rotole 6/07 2:04.40	Everhart 07/22/01 1:25.68	Browne 7/02 1:41.67	Hopkins 6/06 1:25.70	P. Hutinger 11/9/97 1:27.89	P Hutinger 03/04/00 1:29.93	Hutinger 8/04 1:35.42	Malbrough 08/19/99 2:04.83	Tillotson 8/04 3:03.35
200 M. Back	E. Prokopi 8/18/97 2:23.71		Watkins 6/04 3:07.57	J Christie 7/05 2:44.49				Everhart 3/02 3:46.41	Browne 7/02 3:53.05	Hopkins 7/06 3:03.03	P. Hutinger 8/18/97 3:22.15	P Hutinger 08/20/00 3:22.94	Hutinger 6/04 3:30.76	Malbrough 8/22/98 4:44.27	Tillotson 8/04 6:53.68
50 M. Breast		Watkins 7/02 49.40	Watkins 6/05 48.03				Jolley 7/05 47.73	DeTore 10/24/99 39.55	DeTore 7/04 41.82	MacDonald 6/22/97 41.84	MacDonald 8/19/99 41.42	MacDonald 8/04 42.87	Hutinger 7/04 50.59	Cleveland 8/02 54.29	Cleveland 6/07 1:01.64
100 M. Br			Watkins 6/04 1:42.38				Jolley 7/05 1:48.73	DeTore 12/4/98 1:34.59	DeTore 6/03 1:50.33	MacDonald 8/20/98 1:35.67	MacDonald 8/19/99 1:36.03	MacDonald 8/04 1:35.55	Cleveland 08/19/99 2:01.07	Cleveland 8/02 2:13.14	Cleveland 6/07 2:28.24
200 M. Br		Watkins 7/02 3:42.48	Watkins 6/06 3:48.27							MacDonald 8/18/97 3:33.87	MacDonald 8/19/99 3:29.06	MacDonald 8/04 3:32.60	Cleveland 08/19/99 4:34.26	Cleveland 8/02 5:19.47	Cleveland 8/07 5:55.72
50 M. Fly	E. Prokopi 8/18/97 27.65	Watkins 7/02 38.71	Male 7/05 36.62	J Christie 7/05 31.06		An Kurtzman 7/03 32.90		DeTore 10/24/99 38.16	DeTore 3/05 41.69	Maloney 8/20/98 42.02	J Kurtzman 8/18/97 35.82	P Hutinger 03/04/00 39.85	Hutinger 6/06 54.04	Tillotson 8/20/00 1:41.89	
100 M. Fly	E. Prokopi 7/20/97 1:07.76		Watkins 6/04 1:27.70			An Kurtzman 7/03 1:20.17	Rotole 4/07 2:02.50		Browne 7/02 2:00.60	MacDonald 8/18/97 1:37.87	J Kurtzman 8/18/97 1:29.49	MacDonald 8/04 1:38.81	Hutinger 7/06 2:15.10	McCullough 8/20/00 3:01.15	
200 M. Fly						An Kurtzman 06/24/01 3:17.70				Browne 7/05 4:09.76	J Kurtzman 8/18/97 3:40.85	P Hutinger 6/20/99 4:24.13	Hutinger 6/06 5:32.19	McCullough 08/20/00 7:01.72	
200 M. IM	E. Prokopi 8/18/97 2:20.56	Watkins 7/02 3:04.24	Watkins 6/04 3:06.38				Rotole 8/07 4:17.40	Biggs 7/05 3:23.73	Browne 3/02 3:58.41	MacDonald 8/22/98 3:24.63	MacDonald 06/24/00 3:26.09	MacDonald 8/04 3:33.49	McCullough 08/19/99 5:03.92	McCullough 08/20/00 5:41.89	
400 M. IM	E. Prokopi 7/20/97 5:31.68		Watkins 6/03 6:48.32				Rotole 6/07 9:09.48		Browne 7/02 9:13.04	Browne 8/04 8:30.54	Weatherbee 7/02 7:47.30	Weatherbee 8/07 8:07.07	Blake 7/05 10:30.90	McCullough 08/20/00 12:47.66	

*compiled by Margie Hutinger*

# Florida Maverick Masters

## Long Course Meters (As of 09/30/07)

### Team Relay Records

200 FREE-WOMEN		200	MEDLEY-WOMEN	400	FREE-WOMEN	400	MEDLEY-WOMEN	800	FREE-WOMEN						
72+															
100+															
120+															
160+															
200+		3:36.79	Hutinger, Ferradji Prokopi, Troy	7/99	7:15.00	Prokopi, Allen Tullman, Coleman	8/05	15:53.56	M Hutinger, Thompson D-Nichols, Zappa	6/03					
240+	2:40.89	Tullman, Homans Troy, Vaughn	8/04	3:08.26	Homans, Vaughn Bayers, Troy	8/04	7:56.58	D-Nichols, Allen Reynolds, Thompson	6/03	8:46.70	Hutinger, Allen Prokopi, Tullman	6/05	17:14.81	Olsen, Vijil Hoskinson, Irons	6/24/00
280+	2:56.10	Kenner, Tullman Homans, Carr	8/02	3:37.60	Tullman, Kenner Carr, Homans	8/00	7:14.81	Prokopi, Bond Troy, Tullman	8/07	9:28.01	Olsen, Vijil Prokopi, Troy	6/04	17:09.51	Hutinger, Carr Prokopi, Tullman	6/05
320+	3:46.42	Schimpf, Zint Reynolds, Carr	7/02	5/27/95	Schimpf, Zint Hoskinson, Paintner	7/06	8:57.69	Schimpf, Hughes Reynolds, Carr	1/02	10:19.75	Hughes, Reynolds Troy, Schimpf	1/02	19:29.28	Schimpf, Hughes Reynolds, Carr	1/02
200 FREE-MEN		200	MEDLEY-MEN	400	FREE-MEN	400	MEDLEY-MEN	800	FREE-MEN						
72+															
100+															
120+															
160+															
200+	2:18.73	J Christie, Jolley E Christie, O Christie	7/05	2:40.65	J Christie, Jolley E Christie, O Christie	7/05									
240+	2:42.95	E. Prokopi, Tillotson J Kurtzman, MDonald	8/19/97	2:33.50	P Hutinger, M'Donald J Kurtzman, Maloney	8/18/97	6:15.15	Watkins, Gee Miller, Browne	8/06	6:10.46	P Hutinger, M'Donald J Kurtzman, Maloney	8/18/97	13:29.83	P & C Hutinger J & An Kurtzman	6/01
280+	2:30.63	Schlegel, Malbrough Maloney, P Hutinger	8/18/99	2:38.18	P Hutinger, M'Donald Kurtzman, Maloney	8/19/99	6:09.27	M'Donald, Malbrough Maloney, P Hutinger	8/18/97	8:26.16	P Hutinger, M'Donald Browne, Ragan	6/05	15:49.83	Tillotson, Malbrough Maloney, P Hutinger	8/18/97
320+	2:45.81	P Hutinger, Cleaveland Kurtzman, Blake	8/03	3:00.89	P Hutinger, Cleaveland J Kurtzman, Blake	8/03	10:20.04	Tillotson, Williams Gee, Schlegel	8/07						
200 FREE-MIXED		200	MEDLEY-MIXED	400	FREE-MIXED	400	MEDLEY-MIXED	800	FREE-MIXED						
76+															
100+															
120+															
160+					6:18.41	Thompson, Zappa Weatherbee, Watkins	6/03			14:08.64	Pashkow, Zappa Everhart, Watkins	6/02			
200+								7:24.76	Watkins, Allen Browne, Thompson	6/03					
240+	3:02.41	M & P Hutinger, D Prokopi, Maloney	8/98					8:56.13	Williams, Allen Rotole, Vann	6/07	14:32.91	Maloney, MacDonald Zappa, Troy	6/01		
280+	2:29.40	Weatherbee, Tullman Carr, Maloney	8/02	2:53.93	Kenner, Aa Kurtzman J Kurtzman, Troy	8/99	5:40.99	Tullman, Troy Weatherbee, Hopkins	8/06	7:06.60	Hopkins, Weatherbee Tullman, Troy	6/06	12:52.70	Weatherbee, Tullman Troy, Hopkins	6/06
320+	3:18.39	Troy, Reynolds Williams, Pitts	4/07	3:33.41	Kenner, Zint Maloney, Cleaveland	8/02	7:39.20	Schimpf, Williams Troy, Cleaveland	6/03	8:38.28	P Hutinger, Zint MacDonald, Reynolds	6/03	18:22.91	Reynolds, Zint P Hutinger, Williams	6/03

Compiled by Margie Hutinger

# *Florida Maverick Masters, Inc.*

November, 1996

## **Charter Members**

Margie Hutinger

Paul Hutinger

\*Joseph Kurtzman

\*\*Robert MacDonald

Alan Maloney

Doris Prokopi

Frank Tillotson

\*deceased

\*\*non-member



We offer swimmers the opportunity to participate in a lifelong fitness and/or competitive swimming program. We provide a positive environment for individual levels of achievement and the freedom to express ideas.

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*Florida Maverick Masters, Inc*

Paul & Margie Hutinger

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LCM Team Records