

**RAM swimmers at the 2009 USMS Long Course Meters National Championships
August 6-10, 2009
IU Natatorium, Indianapolis, Indiana**

RAM had three swimmers participating.
Erika L. Braun (Women 35-39 age group)
Henry D. Stewart (Men 45-49 age group)
Jon W. Blank (Men 45-49 age group)

These three swimmers this year at LCM Nationals. And what a representation they made. These three accumulated:

Individual 1st place: 2

Individual 2nd place: 7

Individual 3rd place: 1

Remaining in the top 10: 4

Relay participation: 3

All three relays took 1st place and one, the Mixed 400 Medley Relay set a new National Record.

RAM participation was light in numbers but heavy in results. Outstanding swimming by all three. They reflect the quality of the swimmers in RAM. The performance of all three exceeded their expectations, not their desires. Congratulations to these three. Next year Short Course Championships will be held in May in Atlanta, GA. This is close. RAM swimmers should begin to think and plan for a large contingent traveling to the Olympic pool to participate.

2010 SCY Nationals GO RAM!

Results Erika L. Braun

50 Meter Freestyle	2 nd place with a 27.29
100 Meter Freestyle	2 nd place with a 1:00.45
200 Meter Freestyle	2 nd Place with a 2:17.77
1 st 50 split	29.77
2 nd 50 split	33.60
3 rd 50 split	36.17
4 th 50 split	38.23
100 Meter Backstroke	1 st place with a 1:12.18
1 st 50 split	33.89
2 nd 50 split	38.29
50 Meter Butterfly	2 nd place with a 30.62



Maria Elias-Williams and Erik Braun

Results for Henry D. Stewart

100 Meter Freestyle 2nd place with a 55.44
50 Meter Freestyle 1st place with a 25.29
200 Meter Freestyle 9th place with a 2:09.92
50 Meter Butterfly 6th place with a 27.40

Results for Jon W. Blank

Men 45-49 50 Meter Breaststroke

3rd place with a 31.29

100 Meter Breaststroke

2nd place with a 1:09.03

200 Meter Breaststroke

2nd place with a 2:37.75

50 Meter Butterfly

9th place with a 27.89

200 Meter Individual Medley

7th place with a 2:27.58

50 Fly split 30.37

50 BK split 40.96

50 BR split 41.20

50 FR split 35.05

Relays

Mixed 160-199 200 Meter Medley Relay

1st place swimming as NCMS "A" with a time of 2:02.69

1) Braun, Erika L, 2) Blank, Jon W, 3) Stewart, Henry D 4) Rohner, Patricia A



Henry, Erika, and Jon

Men 160-199 200 Meter Freestyle Relay

1st place swimming as NCMS "A" with a time of 1:43.35

1) Blank, Jon W ,2) Medendorp, Mark A, 3) Stewart, Henry D , 4) Butcher, Rob

Mixed 160-199 400 Meter Medley Relay

1st place and a new National Record swimming as NCMS "A" with a time of 4:27.97

1) Braun, Erika L , 2) Butcher, Rob, 3) Rhyne, Joseph M , 4) Rohner, Patricia A

Shattering the old record of Team Orlando, set in 1997 with a time of 4:41.21



Time to Party