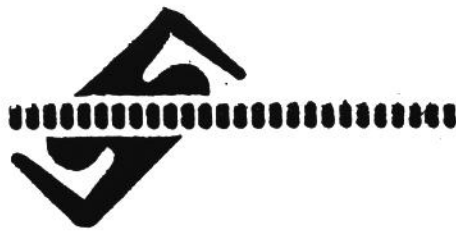


LMSC



FLORIDA LOCAL MASTERS SWIM COMMITTEE

VOLUME III

JULY 1988

NUMBER III

St. Pete Masters
Frank H. Tillotson
2494 13th Ave. North #46
St. Petersburg, FL 33713

507

1,22.12
1,20.25

Bulk Rate
U.S. Postage
PAID
Permit # 1282
St. Pete. FL

JULY 1988

DIXIE

ZONE

JULY

9-10 Z No Charleston, s c50 M Dave Parler below
23-24 W Palm Beach, Fl. Lake Lytal 50 M word of mouth. No details
23-24 Z Atlanta, Ga. Emory U. Condit Lotz below 50 M
29-31 Z St Petersburg, Fl. Chris truhol below 50 M

AUGUST

13-14 Z Goldsboro, N C 50 M Dorothy Resseguie below
14 St Petersburg, Fl Dev Meet 50 M Chris Truhol below
25-28 Buffalo, N Y National L C Championships 717 S. Road E.
Aurora N Y 14052 Entrys July 25
27-28 Jacksonville, Fl. Beaches Aquatics. Brenda Hennessy below

September

11 St Petersburg Fl Dev Meet S C Chris Truhol below
23-25 Sheffield ,Al. Shoals Sharks 25 M Pat Wilson below
24-25 Pensacola, Fl S C Dorothy Whitcomb below

October

2 Bonita Springs Beach Fl Open Water Swim Doug Messineo below
29-30 Oak Ridge, Tn Southeastern Championship Eleen Schappel
Ft Pierce, Fl meet in the works more later

November

5- 6 Clearwater, Fl CLYM Bruce Page below

Beaches Aquatics Brenda Hennessey 1414 Glengarry Jax., Fl. 32207
Chris Truhol 614 Monterey Blvd NE #7 St Pete, Fl 33704 813-821-1193
Dorothy Whitcomb 1981 Villafane Dr Pensacola, Fl. 32503
Doug Messineo 5700 Bonita Bch Rd 3405 Bonita Springs, Fl 33923
Mary-Lee Watson 6613 Rolling Forks Dr. Nashville, Tn 37205
Condit Lotz 1698 Leabanon Atlanta, Ga. 30324
David Parler 1639 Juniper St #F Charleston, SC 29407
Dorothy Resseguie Box 7 Tar Heel, NC 28392
Pat Wilson 842 W Alabama St. Florence, Al. 35630
Bruce Page 2156 Waterside Dr Clearwater, Fl 34624

FLORIDA' LMSC

04 June Mission Bay-Boca Raton Broward-Palm Beach Sports Festival turned into Sunshine State games Masters Swimming. Originally scheduled for Jacksonville in July, it was moved South. It was a blistering hot day for the roughly 60 swimmers. As we have come to expect from Mission Bay there were plenty of officials and timers on hand. A goodly number of swimmers were eliminated by the Sanction. As John Johnston suggested it seems that it would be more appropriate for this meet to be an open, NON SANCTIONED meet if held again. Many more could participate, which is the idea.

LMSC MEETING St Pete Sat. July 30 after relays. At the pool. Please anyone is welcome. John would like to have a representative from each Club who has a swimmer at the meet. You do not need to be an official representative to take part and or offer some new or different idea.

Registration

Catie has things under control. I received 936 labels from her for this letter so that seems to be our membership up to a week ago.. A little short of last season, but St Pete is down around 30. North Florida is interesting in that they have quite a number of swimmers but no one has shown up at a meet. Perhaps one. Space Coast has been the newest to show in numbers while Northwest FLA in Tampa had a good turnout earlier in the year.

Florida LMSC swimmers at S.C.Nationals who set new records were, as best I know, Bumpy Jones, Gertrude Zint, Chet Miltenberger, Tim Garton, Doug Soltis.

Lets be thinking about next season's schedule. We might give it a few minutes at the July LMSC meeting. Two meets consecutive weekends is not good planning.

Also there is need for a Sanctions person to take over from the retiring Tony Rosenbaum. It is not a BIG job, but does take a little time early when most sanctions are requested.

DIXIE ZONE

The Southeastern Zone Long Course meet scheduled for Maryland Farms, Brentwood, Tn was cancelled due to a 3' depth of water in the pool. Big leak.

1988 Dixie Zone Short Course Championships

Total point standings of the LMSC's was: Florida 5238 ; North Carolina 2297 ; Southeastern 1852 ; Florida Gold Coast 1581 ; South Carolina, Georgia 1032 ; Southern 289 (they did not designate a meet) so only those who swam elsewhere scored points. I wish I knew why they did not see fit to join in.

The 25-29 women and 30-34 men had the largest number of swimmers. Individually Gertrude Zint won 12 firsts, Charlotte Iannacone 11 Sally Scott 11 .Of the men Ed Hall won 12 and Bumpy Jones won 11.

Congratulations to the 148 Dixie Zone Swimmers who won the 468 first places . Average of a bit over 3 per winner. The three most popular events were naturally the 50 free, 100 free and to my surprise the 100 I M .

From Bob Anderson on identification.

When you enter a meet use your correct Club name or Alpha letters and make sure your LMSC is identified. Unattached swimmers must do so or be left out of recording . We cannot guess where you are registered . Meet directors : please identify all swimmers as to Club and LMSC. Thank you.

Arkansas State Championship 1500 M . Held at the superb facilities of the Little Rock Raquet Club . 21 took part and from the conservation it sounded as if the times were good. I didn't know any of them, just wanted to get a 1500 in the books.

MASTERS SWIMMING , and its possible influence
on the future development of World Swimming

Watching the awesome performances from all age groups at the recent Short-course Championships for Masters at the beautifully appointed Texas Swimming Center -several questions posed themselves.

First, of course, is; where will it end ?-the record breaking, I mean. There were men and women in every age group demolishing record after record with almost monotonous regularity. It was a cause for wonder when a record wasn't broken.

Second, how much time is now spent preparing for the efforts? These types of performances do not emerge from comfortably pleasant lap-swimming. It is very obvious, a lot of people swimming Masters are planning and executing productive programs in order to swim so fast and so well. Such performances witnessed at Austin were the results of many, many hours of arduous preparation.

And naturally, the third question posed is, has Masters swimming evolved from its original conception into a truly competitive discipline of the sport, whilst maintaining the aims of Ransom Arthur-good health, and good fellowship.

I pose the fourth question-will Masters swimming exert influence upon World Swimming in general and I answer; inevitably!

Let's take each question again. Where-will it end ? re. record breaking. I believe , that rather than talk about ending, the

conversation should be about the beginning. Recent strides by physiologists reveal that lifestyle not age predicts performance and the older athlete trains with intensity will lose only four per cent of aerobic capacity per decade. Lap swimmers would lose ten per cent per decade, or in a nut shell use it or lose it. With this knowledge and perhaps development of more and better Masters Coaches than I believe that "You a'nt seen nothin' yet."

The question of time spent training and qualitative programmes are being answered regularly by the requests for more coaches, more waterspace and more information on training regimes. I know, from my experience that a high percentage of Master swimmers work out at least six times per week, I know also, that many go quite long journeys to get extra workouts. And if, for business reasons or holidays, some should have to go out of town, the first concern is FINDING somewhere to SWIM. And they want good programmes to swim in.

Has Masters swimming gone from Captain Arthur's "carrot and stick approach" to good health for the older age group, to being a strictly competitive programme for the fastest and fittest ? I believe the increase in knowledge and numbers, the accent on competition is inevitable. I also believe the evolution is a necessary extension of the original aims of the founders of Masters swimming. Older people are discovering capabilities , new horizons, and certainly new interests. Each new age group has new challenges. And those of us at Austin, especially those attending the 'party' will vouch for the maintenance of good fellowship and camaraderie that has obtained , despite the fierce competition prevailing.

Influence upon World swimming in general. No one observing the rolling advances in standards in Masters swimming can truly doubt that National swimming will feel the influence. I may become a hit target for saying that from 1957 until 1976, swimming was very much a children's sport-age group programmes ensured that. After Montreal, the sport became adolescent. Now, I believe that Masters swimming in a few years will bring the National sport into adulthood. Study the rate of increase of records being made at each Nationals where the older swimmers participate. Several Masters have made qualifying times for the Olympic games, and by 1992, I predict that Masters programme athletes will be included in the teams for Barcelona.

It will be interesting to compare some of the times at Seoul with those at Brisbane. Maybe a useful pointer for the future.

Another force that could further assist the development of swimming could be the 19-24 age group. F.I.N.A. does not recognize this group yet, and so is not included in the Nationals. I am an advocate for the recognition of this group. Those in this age set, are usually the people who, perhaps, did not attend college and did not continue swimming after high school, or who because of the pressing needs of college swimming were never nurtured stroke-wise. A lot are late developers in the sport. There is tremendous potential in this group. Recognition could be the means of salvaging lots of latent talent that would otherwise escape the net. Most have been passed up by regular swimming. Let's welcome them in International Masters Programmes.

George E Bole

RESEARCH

DON'T WAIT TO EAT

When should you eat to refuel after a race or intense workout? "Immediately—within the first 15 minutes after a bout of vigorous physical activity," says Keith Wheeler, Ph.D., manager of research and education for sports nutrition at Ross Laboratories in Columbus, Ohio. "This is one of the most critical nutrition periods for athletes, yet it is the one most often ignored."

The body is in a breakdown state after intense exercise, and the sooner you can return to the building state, the faster and more complete your recovery will be. "Right after a long workout the body is most receptive to producing muscle glycogen," says Wheeler, "and glycogen provides the fuel to exercise again later."

Wheeler's research showed that when athletes downed a concentrated liquid carbohydrate drink immediately after exercise, the rate of muscle glycogen refueling was twice as fast as when they waited 2 hours to refuel. Keeping the muscles stocked with carbohydrates leads to better subsequent training sessions or races.

To meet your postworkout carbo requirements, says Wheeler, you'll need at least 0.5 grams of carbohydrates per pound of body weight. In other words, a 170-pound athlete would need to ingest 85 grams of carbohydrates (340 calories), which equals roughly three and one-half bananas or six oranges. Or, if you prefer to drink your carbos, adds Wheeler, you can consume 16 ounces of a sports drink.

"That's true," says Liz Applegate, Ph.D., "but how many athletes want to sit down and eat six oranges after a hard run? I'd recommend a postrace meal that includes a variety of foods—such as whole-grain muffins, pancakes or cereals or a plate of pasta with fruit or veggies. That way, you will not only be replenishing carbohydrates, but also the essential nutrients not found in most sports drinks."

OFFERED BY
PETER BETZER

ST PETE MASTERS INC.

June 12 Development Meet

Bev said it" A beautiful day" We enjoyed the company and competition of swimmers from Jacksonville,Tampa, Sarasota's two Clubs all 42 including SPM whom came to SWIM .Including SPM of course. Times were good as the long course training shows results.

St Pete swimmers please note: when there is a development meet, not too often long course, the lane not used for competition is specifically for warm up and warm down swimming. On these days there is no space for casual swimming. If you do come please help or compete. Help for timing is always appreciated.

Recent SPM results

The Club rejoices in the success of those of its representatives who swam at the Nationals in Austin, Tx , May 19-22 . Three National Championships were taken by Bill Uhrich (50 fly), Carl Thornburg (1650 f/s) and Marian McKechnie , (six Gold medals , 50 f/s, bk,breast + 100 bk, 100 I M and 200 back). Other place medals were won by Lynn Brownstein 3rd 1650, Jayne Lambke 2nd 50f/s 2nd 100 f/s 3rd 400 I M . Beverly Tucker 3rd 100 br, 3rd 50 br, 3rd 100 fly . Carl Thornburg also had 2nd 100 bk abd 3rd 100 bk . Bill Uhrich scored 3rd's in 50 bk and 200 I M. Our small team placed 16th out of 130 in the small team competition
George E. Bole

At the Sunshine State GAMES SWIM

We were represented by Bob Patten, Tom Whiteleather, John Johnston Abrasha Brainin and your Editor.We all gathered some of those big first place medals.

Swimming at Mission Bay

The weekend of 25-26th June saw another small team from S.P.M. compete very successfully. Ray Burns had three personal bests, 200 Br, 200 fly and 100 fly. Mary Barker 1500f/s, 400 f/s and 100f/s. Christine Truhol 200 f/s ,100 bk , and 200 fly. Wayne Reilly1500 f/s 100 fly , 400 f/s and 50 f/s. Jim Ackerin his last competition before leaving for Washington, had great swims especially in the 400 I M and 200 breaststroke. He also excelled at the 100 br and 200 I M and 400 f/s. Last but not least Abrasha Brainin took away four first places with top ten times at 200 and 100 breast strokes

It is to be hoped that the St Pete Masters will return in great numbers for the 1989 Short Course Masters Championships at this most wonderful facility.

George E Bole

ADVT

Points of Interest

ADDRESS: 101 SHORE DR.

PRICE: \$230,000.00

BEDROOMS: THREE

TAXES: \$2,200.00

BATHROOMS: THREE

LOT SIZE: 80' x 143'
170' x 134'

APPROX. SQ. FT. 2,182

YEAR BUILT: 1955

Neighborhood: DUNEDIN SHORES, a fully developed area of fine homes located near several small shopping centers, within minutes of several churches, and close to San Jose Elementary, Dunedin High and Our Lady of Lourdes Catholic Church and School. Dunedin Middle is the school for 6 - 8 grades. It is a short golf ride to the Dunedin Golf and Country Club and you may keep your golf cart at home and drive to the course. The Dunedin Beach is close by and it is about 15 minutes the beautiful Countryside Mall. Tampa International Airport is 30 to 45 minutes East. There are four or five marinas within two miles.

Features:

IMMACULATE CBS HOME ON A LARGE MANICURED LOT

LIVINGROOM 17 x 23

MASTER BEDROOM 12 x 24

SECOND BEDROOM 14 x 22

THIRD BEDROOM 13 x 15

MASTER BEDROOM HAS FIREPLACE

DINING AREA 13 x 14

KITCHEN 11 x 13

RANGE

REFRIGERATOR

DISHWASHER

DISPOSAL

DRYER (Heated by Natural Gas)

INSIDE UTILITY ROOM

CENTRAL HEAT AND AIR(ELECTRIC)

SOLAR HEAT (POOL)

NATURAL GAS HEAT FOR POOL, WATER HEATER, DRYER AND THERAPY POOL.

16 x 60 ENCLOSED HEATED POOL

POOL HOUSING IS FIBERGLASS , ALUMINUM AND GLASS

POOL HAS 18 DOUBLE SLIDING DOORS AND IS SCREENED.

PARTIAL ROOF OPENING AND CLOSURE ELECTRICALLY OPERATED

AERATION SYSTEM

DIVING BOARD

POOL SWEEP

BOAT HOUSE

SEAWALL and CONCRETE WALL REINFORCEMENT

COMPRESSOR (NEW 1987)

3 WALL UNITS REVERSE CYCLE
HEAT AND AIR

OFFICE LOCATED BEHIND CARPORT

DIRECT ACCESS TO CALADESI STATE
PARK AND THE GULF

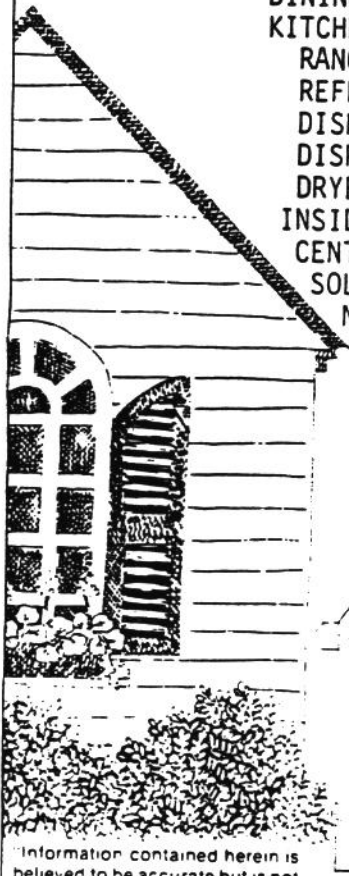
AMERICAN HOME SHIELD WARRANTY

CERTIFIED APPRAISAL

NO PETS OR SMOKERS HAVE LIVED HERE

WATER SOFTNER

134 FEET WATERFRONT



ASSOCIATE: SUZANNE HOFFMAN

OFFICE NO. 733-9333

AFTER HOURS NO. 733-8455

Information contained herein is believed to be accurate but is not warranted

DEHYDRATION

By Sheri Brownstein
Health Fitness Specialist

Now that summer is here, everyone should concern themselves with water inside and outside their body. Oddly enough, a swimmer needs to consume water before during and after a workout. Just because you are in water does not mean you sweat any less than a runner, biker or tennis player. Any kind of exercise in extreme heat, such as the weather here in Florida can be harmful to the body. Swimmers should be sure to fuel up with water because more than other sports you may not recognize thirst while in water.

According to Nutritionist Eleanor Williams, of the Univ. of Maryland, water is the largest component of the body, making up about 73 percent of lean body mass (fat-free body weight). In a pool workout the body can lose an average of two to ten pounds of fluid resulting in dehydration or some form of heat stress.

The three most common forms of heat stress due to overexertion in heat are heat cramps, heat exhaustion and the most dangerous, heat stroke. To prevent or remedy any heat stressor WATER should be consumed in large quantities.

There are many myths about special replacement fluids. The most common misunderstanding is the salt-replacement myth. True, the body loses sodium as it sweats, but sodium is also the most abundant mineral in the bloodstream. According to Dr. Robert Haas, author of EAT TO WIN, replacing lost fluids with a 'sports drink' or soda draws

water away from fatigued muscles where it is needed most. According to Williams, water contains trace minerals which form the necessary electrolytes that regulate the distribution of water in the body. Water easily passes through cell membranes in order to deliver nutrients and remove wastes and toxic substances. Water also maintains the contractibility of muscles and normal nerve impulse transmission. Additionally water is essential for maintaining body temperature. As you sweat the body rids itself of heat--this is the body's cooling system.

Water, water, and more water is the most efficient way to replenish fluid to fatigued muscles. There is no substitute for this natural, non-caloric thirst quencher.

To avoid dehydration, I suggest working out in the early morning hours when temperatures are at a low or late evening after sundown. Those of you who work out in the afternoon should bring cooled water bottles for the poolside. I have included a chart of the type of heat stress, symptoms, and what you can do to help a fellow swimmer if you suspect dehydration. Meanwhile, take precaution by drinking plenty of water before, during, and after your practice

HEAT STRESS	SYMPTOMS	REMEDY
HEAT CRAMPS	Tightness in muscle region... usually in calf or abdomen	Drink plenty of water...move to cooler environment.
HEAT EXHAUSTION	Collapse of victim, profuse sweating, flushed skin, mildly elevated temperature, dizziness, hyperventilation, rapid pulse.	Ingestion of large quantities of water. Move victim to cool place.
HEAT STROKE	Most dangerous. This is a serious life-threatening emergency-call medical atten.immediately. Basically a breakdown in the sweating mechanism. Sudden collapse, loss of consciousness,temp.106F or higher. Can occur suddenly without warning.	Lower body temp.- get victim into cool place. Strip off all clothing and douse with cool water/ fan with a towel. Imperative victim be transported to a hospital as quickly as possible.

918 4th St. N.
St. Petersburg, FL 33701



813-822-SWIM

"more than just a swim store"

I'm Lynn Brownstein, owner of Swim Zone. I am currently an All-American and hold the World Record in several events. I am very knowledgeable in swim products and would like to personally help you with the proper choice of equipment to fit your swimming needs. Please feel free to call on me for my expertise.

Offering:

- **Immediate Delivery**
- **Free Postage for all orders of \$10.00 or more Anywhere in Continental U.S.**
- **Special Team Discounts**
- **Engraving**
- **Trophies**
- **Awards**
- **T-Shirts**
- **Swim Suits**
- **Swim Caps**
- **Swim Lessons**
- **ETC...**

We even engrave your name on goggles FREE!

**SWIM ZONE IS THE
GOGGLE SPECIALISTS.**



Get Set with Speedo



is a registered trademark of Speedo International B.V.

Axioms relating to the duration and extent of a taper.

1. The longer the training build-up has lasted the longer the tapering period be made.
2. The greater the amount of training has been the larger the taper should last.
3. The younger the swimmer is, the shorter the tapering phase should be.
- 4 The shorter the race distances are, the longer the taper should be.
5. The more events to be swum or the more competition days with races are in the offing, the greater will be the amount of training during the taper.
6. The longer the competitive distances are, the more meters have to be swum during the taper.
7. It is a rule that there are three days of recovery between any intensive stress especially during the last intensive race specific loads and the time of the first race of the competition. This means that during the period there should only be rather relaxed swimming and a few sprints up to 25 meters-Neuro-Hormonal regulation needs a longer recovery time than energy.

George E Bole

To be more specific as to who we are:

ST PETE MASTERS INC. Club abbreviation "SPM"

Florida Local Masters Swim Committee (LMSC) # 14

Our SPM Club number is 04

Next season the #14 will become "FLM"

2

ANNUAL SOUTHERN MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS
FOR MEN AND WOMEN NINETEEN AND OLDER
JULY 29 thru JULY 31, 1988
ST. PETERSBURG, FLORIDA

SANCTIONED BY: FLORIDA LOCAL MASTERS SWIM COMMITTEE
SPONSORED BY: ST. PETERSBURG DEPARTMENT OF LEISURE SERVICES
ST. PETE MASTERS, INC.

MEET ORGANIZER: CHRISTINE TRUHOL

ELIGIBILITY:

The meet is open to all registered swimmers 19 years of age as of July 31, 1988. A 1988 USMS registration number MUST accompany each entry form, card to be shown upon request.

RELAY ELIGIBILITY

All relay members must be registered member of the team they represent, sign a meet waiver form and pay the \$5.00 timing surcharge.

NUMBER OF EVENTS:

Competitors may enter no more than 5 individual events per day; and enter one freestyle relay, one mixed freestyle relay, one medley relay, and one mixed medley relay.

ENTRY FEES:

Entry fees shall be \$2.50 for each individual event and \$8.00 for relay teams. There is a \$5.00 surcharge for the automatic timing equipment and the heat sheet and a \$1.00 Zone Operating Fee.

ENTRIES DUE:

Entries must be in the hands of the Entry Chairman no later than WEDNESDAY, JULY 20, 1988. NO DECK ENTRIES; EXCEPT RELAYS !!! ALL money must accompany an entry form. ABSOLUTELY NO PHONE ENTRIES AFTER JULY 20th.

ENTRY FORMS

Use complete and return both the entry form and the seeding form. Enclose a self-addressed envelope/post card if you wish verification that your entry was received.

SEEDING:

All heats will be seeded slowest to fastest regardless of age. All entries submitted MUST have a time - NO TIME ENTRIES CAN NO LONGER BE ACCEPTED (FLA LMSC, INC rule effective 6-1-87). Submit best competitive times in meets not more than two years previous. Events are timed finals. The 1500 Freestyle and the 400 Freestyle will be deck seeded, combining men and women and will be swum FASTEST TO SLOWEST. NAMES OF ALL SWIMMERS ENTERED IN THE 1500 FREESTYLE WILL BE CALLED UNTIL THE LAST HEAT IS SEEDDED. SWIMMERS MUST CHECK IN FOR THIS EVENT !!! SWIMMERS IN EVENTS 35 or 36 (400 meter I.M.), must check in by the start of event 29 (womens' 200 meter Free) to allow time for seeding.

WARM-UP:

Warm-up will begin approximately one hour prior to the starting time. Warm-up on FRIDAY WILL BEGIN AT 4:30 pm.

SCRATCH PROCEDURES:

If a swimmer is unable to attend the meet, CALL Harold Ferris (813) 896-0250 no later than JULY 28th and your money will be refunded in full. Swimmers and relays not reporting to the blocks when the event is called will be scratched in that event. Please report scratches to the Head Referee as soon as know.

HEAT SHEETS and RESULTS:

A heat sheet will be furnished to each swimmer. Results may be ordered at \$2.50 per copy. One free copy will be sent to each team (Team representatives should indicate so on their entry form).

INFORMATION ENVELOPES:

Upon arrival, each competitor should check in at the information table and pick up his/her envelope containing Heat Sheet, Dinner Tickets, and additional meet information.

REFRESHMENTS:

Refreshments will be available for purchase adjacent to the stands.

TIMING:

Colorado Timing; with hand held back-up timing on each lane.

SCORING:

First - 9; Second - 7; Third - 6; Fourth - 5; Fifth - 4; Sixth - 3; Seventh - 2; Eighth - 1. DOUBLE POINTS FOR RELAYS.

ANNUAL SOUTHERN MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS
 JULY 29 thru JULY 31, 1988
 SANCTIONED BY USMS, INC. &
 FLORIDA LMSC., INC. #88-10

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

1988 USMS # _____ AGE _____ BIRTHDATE _____ SEX _____ TEAM _____

NUMBER ATTENDING HOSPITALITY _____ X \$5.00 = \$ _____
 NUMBER OF EVENTS _____ X \$2.50 = \$ _____
 AUTOMATIC TIMING EQUIPMENT AND HEAT SHEET \$ 5.00
 ZONE OPERATING FEE \$ 1.00
 TOTAL \$ _____

AGE GROUP AS OF JULY 31, 1988

19-24	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 +

FRIDAY, JULY 29, 1988 - 5:00PM

WOMEN

1

1500 FREESTYLE

SAT., JULY 30, 1988 - 9:30 AM

W/M
 3/4 200 M. BACK
 5/6 100 M. BREAST
 7/8 50 M. FREE
 9/10 200 M. FLY
 11/12 50 M. BACK
 13/14 200 M. BREAST
 15/16 400 M. FREE

10 MINUTE BREAK

17/18 200 M. FREE RELAY
 19 200 M. MIXED FREE RELAY

MEN

2

SUN., JULY 31, 1988 - 8:30 AM

W/M
 21/22 100 M. FREE
 23/24 200 M. I.M.
 25/26 100 M. FLY
 27/28 50 M. BREAST
 10 MINUTE BREAK
 29/30 200 M. FREE
 31/32 100 M. BACK
 33/34 50 M. FLY
 35/36 400 I.M.
 10 MINUTE BREAK
 37/38 200 M. MEDLEY RELAY
 39 200 M. MIXED MEDLEY RELAY

PLEASE MAKE CHECKS (NO CASH) PAYABLE TO ST. PETE MASTERS; AND MAIL TO
 Christine Truhol - PO BOX 3879 St. Pete, Florida 33731

RELEASE FROM LIABILITY: I, the undersigned participant, intending to be
 legally bound, do hereby waive all rights to claims for loss or damages
 against United States Masters Swimming, Inc., Florida LMSC, Inc.,
 St. Petersburg Department of Leisure Services, ST. PETE MASTERS, INC.,
 City of St. Petersburg, or any officiating individual of the meet, as a
 condition of my participation in the meet.

DATE _____ SIGNATURE _____

REGISTRATION DEADLINE: WEDNESDAY, JULY 20, 1988

AWARDS:

Special medals will be awarded for FIRST PLACE and ribbons for Second through Eighth place in individual events. FIRST place relays will receive a special medals, with ribbons for SECOND and THIRD. Individual High Point Awards, First through Third place will be given for men and women with the most points in their age group (5 events must be swum to qualify).

HIGH POINT VISITING TEAM AWARDS:

The visiting team with the highest Combined Total Points, men and women, will take home a beautiful trophy. In addition; men and women high point visiting team trophies will be given for first through third place. All awards must be picked up at the meet.

POOL FACILITIES:

North Shore Pool is located on Tampa Bay; 901 North Shore Drive, NE, St. Petersburg, Florida. It is an eight lane 50 meter x 25 yard pool. We will be swimming seven lanes throughout the weekend with the Eighth Lane open for warm-up and cool-down. Locker/shower facilities are available for competitors and the stands seat 500 people.

MEET INFORMATION

For additional meet information call Christine Truhol at (813) 893-1849 (work).

SOUTHERN HOSPITALITY

On Saturday, July 30, 1988, at 5:00pm, we will begin our Southern Hospitality with HAPPY HOUR at the PENN FLORA HOTEL (free to all competitors). Dinner will be served between 5:30 and 6:00pm. Tickets for the dinner can be PURCHASED on your entry form for \$5.00. Dinner tickets will NOT be available for purchase at the meet. Dinner will consist of Submarine sandwiches, potato salad, baked beans, and other goodies. Dress is casual.

MOTEL LIST

AREA CODE 813/

Penn-Flora Hotel - 443 2nd Ave., North	822-4763	\$20/S-\$25/D
Best Western - 2595 54th Ave., North	522-3191	\$27/S-\$29/D
St. Pete Hilton - 333 1st St., South	894-5000	\$40/D

IDENTIFY YOURSELF AS A MASTERS SWIMMER FOR RATE LISTED ABOVE

Econ-Lodge - 5005 34th St., North	525-1181
Holiday Inn - 4601 34th St., South	867-3131
Quality Inn - 2260 54th Ave., North	521-3511
Rodeway Inn - 401 34th St., North	327-5647
Bayway Inn - 4400 34th St., South	866-2471
Holiday Inn - 3000 34th St., South	867-1111
Beach Park Motel - 300 Beach Dr., N.E.	898-6325

FRIDAY, JULY 29, 1988 - 5:00PM(warm-up 4:30)

WOMEN

MEN

1

1500 FREESTYLE

2

SATURDAY, JULY 30, 1988 - 9:30 AM

SUNDAY, JULY 31, 1988 - 8:30 AM

W/M

W/M

3/4	200 M. BACK
5/6	100 M. BREAST
7/8	50 M. FREE
9/10	200 M. FLY
11/12	50 M. BACK
13/14	200 M. BREAST
15/16	400 M. FREE

21/22	100 M. FREE
23/24	200 M. I.M.
25/26	100 M. FLY
27/28	50 M. BREAST
	10 MINUTE BREAK
29/30	200 M. FREE
31/32	100 M. BACK
33/34	50 M. FLY
35/36	400 M. I.M.

10 MINUTE BREAK

17/18	200 M. FREE RELAY
19	200 M. MIXED FREE RELAY

37/38	10 MINUTE BREAK
39	200 M. MEDLEY RELAY
	200 M. MIXED MEDLEY RELAY

OFFICIAL SEEDING FORM

ANNUAL SOUTHERN MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS
JULY 29 thru JULY 31, 1988
SANCTIONED BY USMS, INC. &
FLORIDA LMSC., INC.
SANCTION #: 88-10

Circle

NAME _____ F/M AGE _____ DATE OF BIRTH _____

CLUB NAME _____ 1988 USMS # _____

PLEASE CIRCLE EVENT NUMBER AND ENTER TIME IN SPACE PROVIDED

	W/M -----	EVENT -----	TIME -----
FRIDAY	1/2	1500 m FREESTYLE	_____
SATURDAY	3/4	200 m BACK	_____
	5/6	100 m BREAST	_____
	7/8	50 m FREE	_____
	9/10	200 m FLY	_____
	11/12	50 m BACK	_____
	13/14	200 m BREAST	_____
SUNDAY	15/16	400 m FREE	_____
	21/22	100 m FREE	_____
	23/24	200 m I.M.	_____
	25/26	100 m FLY	_____
	27/28	50 m BREAST	_____
	29/30	200 m FREE	_____
	31/32	100 m BACK	_____
33/34	50 m FLY	_____	
	35/36	400 m I.M.	_____

YOU MUST SUBMIT AN ENTRY TIME FOR EACH EVENT ENTERED