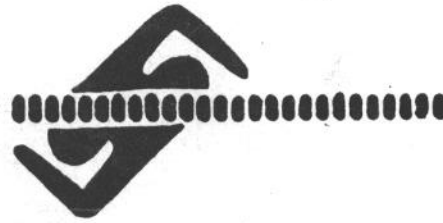


LMSC



FLORIDA LOCAL MASTERS SWIM COMMITTEE

VOLUME IV

JANUARY 1989

NUMBER I

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

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Sanctions Craig Rubin
Top Ten Paul Endres
Secretary Enid Uhrich
Editor-Dixie Zone Chair
Frank Tillotson

St Pete Development Meet 8 Jan Warm-up 9 Swim 9:30

- | | | |
|----|----------------|---------------|
| 1. | 400 Free Relay | 100 Free |
| 2. | 100 Breast | 400 Med Relay |
| 3 | 50 Fly | 50 Back |
| 4 | 200 Back | 1650 Free |

2 heats 1650. If willing
to swim 2 to a lane so
indicate on entry card

DIXIE ZONE SCHEDULE

JANUARY 1989

JANUARY

- 8 St Pete Fl Dev Meet Harold Ferris
14 Orlando (team Orlando) Justus Judy Meyer
22 St Pete Fl Hour swim
22 Boca Raton, Fl Mission Bay Hour Swim Judy Meyer
28-29 Charlotte, NC Dorothy Resseguie
28-29 Z Tampa Fl Univ of So Fla Brian Wilder
28-29 Rock Hill S C Sunbelt Regional Confirm date with Stan Freid

FEBRUARY

- 8 St Pete Fl Dev Meet
3- 5 Metairie La Mardi Gras Meet Peggy Fleck
11 No. Miami Fl Ken Stephens 776 No. E. 125St No Miami Fl 33161
17-19 Orlando Fl Pine Hill Short Course Meters 4th Annual Meet Larry Peck
This meet will be run by Central Florida Masters. Not by the Club as last year.
18-19 Z Charleston S C Stan Fried

MARCH

- 5 St Pete Fl Dev Meet
11-12 Boca Raton Fl Mission Bay Judy Meyer
18-19 Z Atlanta Ga Dynamo Club Condit Lotz Annual St Patricks Day meet
31
Apr 1-2 St Pete Fl Annual Champion ship Meet

APRIL

- 1 1-2 Spartanburg S C Y State Championship Stan Freid
1- 2 Greensboro N C Dorothy Resseguie
29-30 Z Nashville Tenn Short Course Champion ships Mary-Lee Watson
29-30 May 1 Cleveland Ohio YMCA Nationals G J Meyer 216-651-7928

MAY

- 4- 7 Boca Raton Fl Mission Bay NATIONAL SHORT COURSE CHAMPIONSHIPS
Fred McInturff 10333 Diego Dr. So Boca Raton Fl 33428 (Entrys ready now.)
8 Also Ocean mile and three mile
18-19 Atlanta, Ga Dynamo Club Condit Lotz
20 Orlando Fl Team Orlando Justus Dev Meet LONG COURSE

JUNE

- 4 St Pete Fl Dev Meet Long Course (cancel if a meet Sarasota-Bradenton)
- 17 Boca Raton Fl Mission Bay L C Broward/Palm Bch Sports Festival
- 23-25 St Pete Fl Annual Long Course Championship
- 23-25 Z Nashville Tenn (Maryland Farms) Long Course Championships

JULY

- 8- 9 Z North Charleston S C Long Course Championships
- 15-16 Z Orlando Fl Team Orlando Justus Long Course Championship
- 23 St Pete Fl Dev Meet Long Course
- 23 to August 6

- Denmark World Masters Games POB 1989 DK 101B Copenhagen K Denmark
- August 17-20 Grand Forks N D Univ of No Dakota National Long Course Championships
Univ of N D Athletic Dept. Grand Forks ND 58202
- 20 St Pete Fl Dev Meet Long Course

SEPTEMBER

- 16 Orlando Fl Team Orlando Justus North-South Dual Meet
- 23-24 Sheffield Ala Shoals Sharks Pat Wilson
- 20-24 Portland Or USAS Convention USMS Convention

OCTOBER

- 7- 8 Bristol Tenn Short Course Meters
- 10-15 Indianapolis Ind Pan Pacific Games
- 20-21 Clearwater Fl Short Course Meters Bruce Page
- 28-29 Oak Ridge Tenn Annual Championship Elleen Schappel

NOVEMBER

- 11-12 Orlando Fl Team Orlando Justus S C

DECEMBER

- 9-10 Boca Raton Fl Mission Bay Short Course Meters

1990

California-Short Course Texas-Long Course Rio DeJanero,Brazil World Championship

Contact persons below may not be the meet directors but will have the information

Contact Persons

Contact Persons

Harold Ferris 1116 44 Av NE St Petersburg Fl 33703
Judy Meyer 10333 Diego Dr So Boca Raton Fl 33428 Mission Bay Team Orlando
Harold Ferris 1116 44 Av N E St Petersburg Fl 33703
Judy Meyer 10333 Diego Dr So Boca Raton Fl 33428 Mission Bay & Team Orlando
Dorothy Whitcomb 1981 Villafane Dr Pensacola Fl 32503
Doug Messineo 5700 Bonito Bch Rd-3405 Bonito Springs Fl 33823
Mary-Lee Watson 6613 Rolling Forks Dr Nashville Tenn 37205
Condit Lotz 1698 Lebanon Atlanta Ga 30324
Dorothy Resseguie POB 7 Tar Heel N C 28392
Pat Wilson 842 W Alabama St Florence Ala 35630
Bruce Page 2156 Waterside Dr Clearwater Fl 34624
June Krauser 2308 N E 19th Av Ft Lauderdale Fl 33305 (Boca Masters)
Elleen Schappel 932 W Outer Dr Oak Ridge Tenn 37830
Rocky Motter 108 Tiffany Rd Bristol Tenn 37620
Stan Freid 100 Oxford Dr Anderson S C 29625
Peggy Fleck 200 N Military Rd Slidell La 70461
Harry Anderson 6 Hunters La Hendersonville N C 28739
Brian Wilder 16407 Ashwood Dr Tampa Fl 33624

DIXIE ZONE CHAMPIONSHIPS

This event proposed at National level has operated since '86. Their purpose was to give swimmers an opportunity to compete in a "championship" type meet at a regional level when National meets are remote from them.

HOW IS IT RUN?

Each of our LMSC's designates meets for short and long course. From these, qualifying meets, the best time for the season are compiled by Bob Anderson in each event, sex and age group. The person with the top time (only) receives an appropriate award. There is a \$1 charge per person per designated meet.

Results must be sent to N. Robert Anderson, Information Systems, 4549H Northside Pkwy Atlanta Ga 30339 .

Fees collected to be sent, check payable to "Dixie Zone-Special Account" & F. H. Tillotson 2494-13th Av No St Petersburg Fl 33713

DIXIE ZONE TOP TEN

No connection with Zone Meet. No charge. All Dixie Zone swimmers and meets included. Award will be different for # 1 times. Results to Bob Anderson .

TRAINING and COACHING the I.M.

By GEORGE E. BOLE

Perhaps the most exciting, interesting and, for the competitor, demanding event in the swimming programme is the Individual Medley. With all four strokes involved and all five sources of energy used, training and coaching the medley is somewhat specialist in nature.

Yet for all its glamour and all the efficiency demanded for its execution, very little has appeared in any of the accepted tomes on swimming. Doc Counsilman in "The Science of Swimming" (1968) devotes three chapters and two lines to pacing the I.M. plus five pages of training schedules out of 446 pages for our information on this "the most interesting of all competitive races". Derek Snelling, Calgary, Canadian Olympic Coach wrote a book "All About Individual Medley" based on his own very wide experiences. Don Talbot, in his "Swimming to Win for All Ages" wrote one chapter, "So You Want to be a Medley Swimmer" and, incidentally stated what I believe to be true, that the back-stroke leg is the strong point of the event.

More recently, Ernie Maglischo, in his wonderful book, "Swimming Faster" could only furnish us with three paragraphs on the I.M. and its training needs. In my research, I found one or two articles contributed to aspects of this event. So, all in all, it seems that little research has been done for the improvement of the I.M., or if it has been done extensively, then it's a well kept secret.

After the Montreal Olympics I proceeded to attempt to analyse the results of the Medley-the 400, as the 200 was not swum then. My study was to find out and establish a percentage breakdown of the time spent on each stroke. Using both the men's and women's splits for the finals, and averaging the percentage of the total time for each stroke, I arrived at the following conclusion. For all good Medleyists, 22.4% of the overall time was spent on the butterfly, 25.5% on the back-stroke, 29.5% on breast-stroke, and 22.6% free-style. The gold medallist for women, G.D.R.'s Ulricke Tauber split 22.5%, 25.3%, 29.2% and 22.9%, and Australia's Gail Neall won the Olympic 400 I.M. at Munich with a 22.6%, 25.6%, 29.7% and 22.2%. To add a topical note Tomas Daruyi of Hungary in his 200 world record I.M. in Seoul returned figures to record 22.4, 25.5, 29.5, and 22.6 percentages.

So, now, to develop the I.M. swimmer's programme, I am able to determine from an expected total time, how he should split his strokes. For instance if I am hoping for a 5 mins.00 sec. total time, then using the percentages, I want him or her to swim 67.2 secs Fly, 1 min 16.5 sec Back, 1 m 28.5 secs Breast, and 1 min 7.8 secs Free-style. Now these figures are but guidance control, but from the analyses made, the swimmer should be near.

At least, if he splits differently, he will have an idea where improvement should be made.

Medley swimming is one of the great conditioners in most successful coaches programmes. Bud McAlister, Janet Evan's coach testifies to this as one of the reasons for his great protege's performances. Most of us use medley work, if only for variety but I believe that to be successful in the event it must be treated as that, an event, in itself. It should not be treated as a pot-pourri of strokes, but as a complete entity, and so training for the I.M. must have that aspect in mind. From a survey I made of how the best British and European coaches approached the training for medley I had as many different schemes as individuals. Some used a different stroke each day. others combined two strokes per day, while many trained several days per each stroke;

My own approach was, and still is, that if I am to treat the event as an entity then I must work on it that way. For instance a complete medley work -out could be;

Warm up; 100 Fly + 75 Bk, + 50 Br, + 25 F/S)
75 Fly + 50 Bk, + 25 Br, + 100 F/S) with 10 sec
50 Fly + 25 Bk, + 100 Br + 75 F/S) after ea 250
25 Fly + 100 Bk, + 75 Br + 50 F/S)

Kick; 4 x 75 I.M., 4 x 50 I.M., 4 x 25 I.M.

Pull; 8x (4x25 I.M.) with 10 secs

Swim; 4 x 50 I.M. straight + 4 x 50 I.M. reversed,
breathing 3 on Fly, 4 on Bk, every 6 strokes
under water for Breast, and every 5 breathing
Free-style, (Hypoxic work)

Series; 4 x (4 x 50 I.M. + 50 Fly) on as reqd.
4 x (4 x 50 I.M. + 50 Bk) on " "
4 X (4 X 50 I.M. + 50 Br) on " "
4 x (4 x 50 I.M. + 50 F/S) on " "

Sprint; 16 x 25, 4 each stroke every 25 sec or 30 sec or
whatever.

Cool Down; Drill 400 I.M.

There are infinite variations on this theme, but the swimmer is in no doubt he is training medley.

Obviously, this would not be a daily regimen, but sections of medley work should be a part of every work-out. And the reason for working the event as a whole or with two or more strokes tied is to familiarize the swimmer with (1) the changes in body positions and (2) the need to tie-up the strokes.

From my questions to coaches as to the most important requirement for a medley swimmer, the most repeated answer was the "ability to tie the strokes together". My observations led me to believe that there as a question of balance involved in the changes from face down Fly, to upside down on Back, change again to Breast-stroke and face down again to Free-style. After watching all over Europe and Great Britain, it was apparent that after completing each stroke swimmers tended to slow down for the first few strokes of the new leg. So the more often the swimmers accustom themselves to the changes the better would be their performances.

Further examination of the results of the world champion medleyists provided the interesting fact that the free-style legs compared favourably with the last 100's of the 400 Free-style swimmers. This fact convinces me that good I.M.er's must have high endurance quality and so need some training for the middle distance free style event.

Flip Dan, coach to many great Medleyists, made the point that he like his swimmers to hit the Fly and Free style legs at similar times--borne out by the percentage figures. To do so demands the performer to rate high on endurance.

If I want to improve one of the strokes in the medley, then, adhering to the theory that the event be treated as an entity I would concentrate on the weak stroke within the context of the medley viz; to improve the backstroke, I would swim sets of 25 Fly + 100 Bk +25 Br - maintaining the prone-supine-prone formation. Similarly breaststroke would be 25 Back, + 100 Br + 25 F/S...again keeping the pressure on the weakness and holding the body changes.

Pacing the I.M. is not easy for the uninitiated, but if we examine the energy sources used we might have some ideas. The start of the race, Fly, see the energy coming largely from anaerobic sources for the first two minutes of the event. Lactic acid produced causes the lowering of the P H which is one of the stimulants of the increased respiration. Once respiration increases, aerobic energy sources become available and a steady state is reached. This is different for each swimmer. In this steady state of swimming the performers usually try to save some anerobic energy to bring it home.

Thus the Fly leg utilises anerobic energy.,85%,15%; the Back stroke(with the effects of easier respiration),using 50%,50%, the Breast-stroke becomes the steady state, 70%-30% , and the Freestyle, bringing it home,returns to the anerobic sources. The importance of a really good back-stroke is obvious--most I.M.'s are outstanding on the dorsal event.

Our medley prospect would then be specific in his training all four strokes as much as possible,develop a good back-stroke, have a reasonably good 400 Free-style with endurance high.

To swim the I.M. the best instruction I give is to swim the Fly knowing that there are three more legs to follow, push

hard on the back-stroke, pull wide arms on breaststroke, using triceps to save the biceps for the free-style leg which should be a determined effort to round off the race.

Finally, if there is one weak stroke in the four, I would advise the competitor not to work that particular stroke too hard in the race. That way means waste of useful energy needed to strengthen the effort on the other strokes. Swim the weak stroke with the best form possible and try to compensate on the good strokes.

Remember the percentages 22.4, 25.5, 29.5, 22.6 for the respective strokes, good turns to link up the event, middle distance pacing ability, a good back-stroke, and Fly and Free-style similar times. The rules are the same for age-group through to Masters.

DIXIE ZONE of USMS, Inc. * Women: 25-YARD RECORDS

Event	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
50 Free	26.44	24.93	26.37	25.57	27.65	29.62	32.69	30.64	36.59	39.55	44.38	46.93	52.23
100 Free	56.62	54.45	59.14	56.69	59.51	1:06.47	1:16.80	1:29.83	1:44.59	1:28.78	1:53.52	1:49.48	1:53.18
200 Free	2:05.50	1:58.87	2:13.02	2:07.46	2:08.70	2:30.99	2:54.75	2:29.10	2:47.95	3:09.56	3:32.74	4:10.48	4:08.36
500 Free	5:33.14	5:15.13	5:51.51	5:59.98	5:45.57	6:58.71	8:01.65	8:06.39	7:20.88	8:15.70	10:37.38		10:45.81
1000 Free	13:41.36	11:06.89	12:30.65	13:30.43						17:26.71			
1650 Free	19:00.61	20:25.16	19:48.20	20:05.54	19:38.58	23:56.10	28:18.52	29:34.38	25:19.50	33:39.70	33:09.94		48:31.51
50 Back	31.32	30.03	31.15	31.47	35.01	37.42	40.31	36.11	38.26	49.86	50.42	58.45	1:07.03
100 Back	1:09.28	1:03.63	1:07.79	1:09.60	1:17.22	1:23.92	1:30.52	1:20.78	1:27.94	1:46.64	2:04.28	2:06.66	2:19.37
200 Back	2:30.12	2:15.72	2:27.12	2:34.99	2:48.09	2:58.33	3:23.54	2:59.04	3:16.31	3:40.63	3:48.50	4:54.51	5:17.71
50 Breast	32.70	33.43	34.81	33.34	37.78	41.45	39.78	44.69	45.82	50.24	45.52	59.88	
100 Breast	1:10.52	1:13.59	1:17.96	1:12.87	1:20.19	1:31.37	1:38.86	1:35.08	1:37.12	1:57.34	1:45.88	2:11.23	2:53.00
200 Breast	2:35.53	2:39.95	2:49.20	2:37.96	2:59.86	3:17.19	3:10.50	3:25.62	3:29.63	4:40.35	3:42.91		7:33.15
50 Fly	29.59	27.81	28.97	28.50	31.31	30.64	37.70	34.44	39.30	52.14	45.13	1:12.79	1:35.98
100 Fly	1:06.13	59.06	1:06.01	1:05.21	1:10.47	1:16.62	1:47.83	1:24.18	1:28.63	2:02.35	2:32.79	3:01.46	3:40.09
200 Fly	2:22.20	2:11.56	2:36.71	2:23.61	3:01.67		3:09.82	3:10.08	3:10.64		4:17.18		
100 Ind Med	1:05.02	1:04.34	1:06.99	1:07.02	1:10.63	1:17.52	1:30.95	1:37.66	1:28.42	1:48.04	1:41.28	2:23.84	2:49.19
200 Ind Med	2:19.50	2:20.75	2:28.98	2:30.28	2:32.37	2:52.83	3:31.60	2:57.25	3:10.86	4:04.50	3:34.44	5:24.26	6:31.84
400 Ind Med	5:04.75	4:50.87	5:21.26	5:16.08	5:55.96	6:18.26	6:28.29	7:36.38	6:35.01	10:59.05	8:08.79	11:06.25	13:06.63

Compiled by N Robert Anderson-Information Systems

From the best information available

Nov 88

DIXIE ZONE of USMS, Inc. * Men: 25-YARD RECORDS

Event	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
50 Free	22.01	21.01	22.55	23.06	23.45	25.43	24.65	26.05	27.67	28.02	33.00	38.57	55.08
100 Free	47.57	47.30	49.62	49.90	52.06	55.83	54.85	57.05	1:03.05	1:02.58	1:20.05	1:30.51	
200 Free	1:45.81	1:47.54	1:53.22	1:54.06	1:55.10	2:06.63	2:08.45	2:02.93	2:06.53	2:27.90	3:12.20	3:27.80	4:00.72
500 Free	4:46.10	4:53.65	5:02.97	5:15.85	5:10.85	6:17.37	5:56.57	5:37.33	6:24.80	7:17.28	9:02.13	9:36.09	
1000 Free	13:06.24	12:20.82	11:21.97	18:07.70	12:40.16					13:07.02		19:30.61	
1650 Free	18:38.25	16:54.38	17:22.15	18:12.41	18:29.86	21:50.14	20:48.96	19:11.73	22:38.12	25:53.26	32:06.07	33:04.22	
50 Back	24.37	26.01	26.37	26.22	28.50	28.17	30.10	36.29	32.43	34.85	45.46	42.49	52.52
100 Back	53.97	56.56	59.33	56.87	1:03.06	1:02.62	1:06.78	1:06.74	1:13.07	1:14.79	1:41.31	1:39.29	
200 Back	1:59.69	2:05.98	2:09.08	2:08.63	2:13.98	2:19.63	2:28.53	2:23.84	2:43.57	3:03.61	3:40.11	3:39.42	4:48.21
50 Breast	29.60	28.01	29.04	30.01	30.73	32.51	32.70	31.75	35.00	37.74	44.10	50.14	1:18.68
100 Breast	1:04.63	1:00.93	1:03.54	1:07.52	1:08.44	1:12.48	1:12.10	1:10.48	1:18.64	1:29.87	1:43.02	1:52.51	2:36.22
200 Breast	2:36.12	2:18.61	2:27.24	2:30.72	2:29.50	2:40.40	2:41.45	2:40.34	3:02.33	3:04.38	4:08.76	4:18.67	
50 Fly	23.49	24.37	24.46	24.70	25.70	27.40	27.30	29.33	30.71	33.09	41.88	47.31	1:29.03
100 Fly	51.77	54.52	55.09	57.74	58.64	1:07.70	1:04.49	1:05.88	1:12.91	1:19.11	1:55.66	1:58.37	
200 Fly	1:59.24	2:05.49	2:02.58	2:13.08	2:15.47		2:39.62	3:06.93	2:47.88	3:29.13			
100 Ind Med	57.05	55.70	57.39	57.31	1:01.32	1:02.92	1:06.49	1:04.63	1:10.12	1:13.91	1:49.85	1:42.88	3:02.41

Mail to:

Brian Wilder
16407 Ashwood Drive
Tampa, Florida 33624

**TAMPA OPEN MASTERS SWIM MEET
OFFICIAL ENTRY FORM**

Name: _____ Sex: Male _____ Female _____
 Address: _____ Age (as of January 28, 1989) _____
 Birthdate: _____
 Telephone: () _____ (home) () _____ (business)
 Team Affiliation: _____ Current USMS Number: _____

YOU MUST SEND A COPY OF YOUR REGISTRATION CARD OR PRESENT IT AT THE REGISTRATION DESK. YOU CAN'T SWIM WITHOUT IT.

I waive all liability claim for any physical or other type of injury, agreeing to hold the University Swim Club, the University of South Florida, or any other group or person associated with the meet totally harmless.

I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damage against United States Masters Swimming, Inc., the Local Masters Swimming Committee, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet.

Signed: _____

Competitors 19 to 24 years of age should be advised that by competing in any Masters swimming competition he/she may jeopardize his/her amateur status as outlined by FINA (in GB1) and collegiate governing bodies.

Masters swimming is a strenuous athletic activity and each participant is advised to consult his/her personal physician before undertaking the program.

Event Roster

Saturday, January 28

11:00 a.m.

<u>Women</u>		<u>Men</u>
1	200 free relay	2
3	100 free	4
5	200 fly	6
7	100 back	8
9	200 breast	10
11	50 fly	12
13	200 IM	14
15	50 back	16
17	500 free	18

Sunday, January 29

8:00 a.m.

<u>Women</u>		<u>Men</u>
19	200 medley relay	20
21	200 free	22
23	50 breast	24
25	100 IM	26
27	200 back	28
29	100 fly	30
31	50 free	32
33	100 breast	34
35	400 IM	36

FEES:

Events _____ x \$2.00 each = \$ _____
 Results @\$2.00 = \$ _____
 Surcharge = \$ 4.00
TOTAL = \$ _____

PAY FOR RELAYS AT THE MEET.

SEEDING FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____

CLUB LETTERS _____ CURRENT REGISTRATION # _____

CLUB NAME _____

EVENT #	EVENT NAME	TIME
	FRIDAY	
	SATURDAY (MAXIMUM OF 5 EVENTS)	
1 / 2	200 YARD FREESTYLE RELAY (DECK ENTERED)	
3 / 4	100 YARD FREESTYLE	
5 / 6	200 YARD BUTTERFLY	
7 / 8	100 YARD BACKSTROKE	
9 / 10	200 YARD BREASTROKE	
11 / 12	50 YARD BUTTERFLY	
13 / 14	200 YARD INDIVIDUAL MEDLEY	
15 / 16	50 YARD BACKSTROKE	
17 / 18	500 YARD FREESTYLE (DECK SEEDED)	
	SUNDAY (MAXIMUM OF 5 EVENTS)	
19 / 20	200 YARD MEDLEY RELAY (DECK ENTERED)	
21 / 22	200 YARD FREESTYLE	
23 / 24	50 YARD BREASTROKE	
25 / 26	100 YARD INDIVIDUAL MEDLEY	
27 / 28	200 YARD BACKSTROKE	
29 / 30	100 YARD BUTTERFLY	
31 / 32	50 YARD FREESTYLE	
33 / 34	100 YARD BREASTROKE	
35 / 36	400 YARD INDIVIDUAL MEDLEY (DECK SEEDED)	

PLEASE REMEMBER TO MAKE A COPY FOR YOUR RECORDS

From Anne Wilder IRCC

"
Dear Frank:

(This refers to Brisbane)

What great meets.

Pete Jurczyk asked me to send you the achievements of the two swimmers who represented IRCC....I expect Holmes will send you the awards etc of others from here who swam with Holmes. Anyway Pete in the 80-84 age group got a gold in the 100 meter back and silvers for the 50 and 200 meter backs. Much to my astonishment I (now in the 75-79 age group) got golds in the 200 fly and 400 IM, and silvers in the 200 breast and 50 fly

Anne "

Mission Bay Winter Classic SC Meters 10-11 Dec.

JUDY MEYER Mission Bay Masters Coach decisively won the "Most valuable player award" for hosting the 200 or so swimmers from New Hampshire to Indiana to Texas and back to Florida who swam a whole list of new records. For the most part it was super Florida weather and sun bathing wasn't forgotten by some of the visitors from the Northern Climes.

The Florida LMSC was represented by 53 swimmers out of a total of 174. For the women teams Mission Bay was first, Space Coast was second and Holmes Lumber-Jax third.

For the Men Boca Masters was first, Holmes Lumber -Jax second and Gold Coast third. Combined Holmes Lumber-Jax , Boca Masters , Mission Bay .

Everyone does their best at every meet, management particularly, but speaking for myself it seems that meets this size should be started early enough to finish before dark.

Harwell Mosely in the 70-74 age group and Gus Langner in the 85-89 class both bettered the listed records in the 1500 on Sunday swimming at the end of the day. Not dark as was Saturdays 800 but late for people driving home. Perhaps the success overall

far out did the late times. Records were fair game and many were shot.

No awards or recognition was expected but since Bob Anderson's program gave it, the se were the Florida LMSC age group winners: Pat Cornish, Lynn Brownstein, Jean Beers, Gertrude Zint, Anne Wilder , Bill Francoeur , Scott Wells , Scott Guthrie James Taylor, Harwell Mosely and Fred Walbolt. We all had a good time and enjoyed what the Northern visitors called 'winter sunshine'.

St Pete at Mission Bay. We had 9 swimmers there but no relays. Lynn Brownstein all firsts; Beverley Tucker One first, one second, three thirds; Kay Schimpf three firsts, 6 seconds ; Ellen Walbolt one second ; Ray Burns seven seconds, one third; Bill Uhrich two firsts ; five seconds ; one third, Tom Whiteleather three firsts two thirds, Bob Patton one second; two thirds ; one fourth, Fred Walbolt five firsts; a second and a fourth, FHT three firsts; one second, one third. Bev and FHT were still officially unattached at this point. Incidentally everyone who swam for Holmes in Australia can now be reattached to their original Club if they wish, time has expired for the 60 day wait.

CENTRAL FLORIDA MASTERS
4th ANNUAL SHORT COURSE METERS
INVITATIONAL SWIM MEET

February 17-18-19, 1989

SPONSORED BY: Central Florida Masters

SANCTIONED BY: U.S.M.S and Florida LMSC. Sanction # **89-1**

LOCATION: Pine Hills Boys Club Swimming Pool 5211 Hernandez Drive, Orlando, Florida. See map.

FACILITIES: 25 Meter indoor, heated pool, eight (8) lanes with non-turbulent lane lines. Changing rooms and showers provided, limited deck seating. Six (6) lanes will be used for competition, with the other two lanes for a buffer lane and a warm-up lane which will be available during the meet.

TIME: Friday: Meet starts at 5:00 p.m.
Saturday: Meet starts at 11:00 a.m.
Sunday: Meet starts at 10:00 a.m.

WARM-UP: Pool will be open one (1) hour prior to the start of the meet each day.

ELIGIBILITY: The meet is open to athletes 19 years and older as of February 17, 1989. You must be registered with UNITED STATES MASTERS SWIMMING. To register, contact Catie Cooper 39 NW 39th Avenue #43 Gainesville, Florida 32609.(904) 373-0049. Your current registration number **MUST** accompany your entry form or it will be returned to you. Additionally, your registration card should be available for presentation upon request.

RULES: Current USMS and USS rules will govern.

ENTRY FEE: \$2.00 per event, plus a \$5.00 electronic timing surcharge per swimmer.

ENTRY DEADLINE: Tuesday February 7, 1989. Mail entries to Susan Van Royen - 1700 West Ivanhoe Boulevard - Orlando, FL 32804. There will be **NO DECK ENTRIES** except for relays. Any entries received after the entry deadline will be returned. Please enclose a stamped-self-addressed envelope with your entry, which will be returned to you confirming that your entry has been received.

ENTRY LIMIT: Swimmers may enter a maximum of five (5) individual events and two (2) relays each day.

- ENTRY FORM:** Please use the official entry form enclosed to enter the meet, do not send IBM cards.
- SEEDING:** Submit current best times for 25 meters. 50 meter times are acceptable for entry purposes. Heats will be seeded by time, regardless of age. Men and women's events will be swum together. Events are timed finals and will swim slowest to fastest, except the 1500 Free-400 Free-and the 800 Free, which will be swum fastest to slowest. All swimmers will be listed in the heat sheet.
- RELAY EVENTS:** Relay cards with each swimmer's name and age listed on the back will be due approximately 30 minutes before the relay event.
- SCRATCHES:** Scratch at the block, no penalty except for 400 - 800 - 1500 meter freestyle and the 400 meter I.M., which will require a check-in 30 minutes prior to the start of the event. These events will be deck seeded.
- AWARDS:** Awards for 1st - 6th place in each event. High point award for each age group and sex.
- SOCIAL:** The Central Florida Masters will hold a Swimmer's Social on Saturday evening, at a local restaurant time and place to be announced at the meet.
- MEDICAL NOTICE:** Master's Swimming is a strenuous, athletic activity and each participant is advised to consult his/her personal physician before undertaking the program.
- SPECIAL NOTICE:** Competitors 19-24 should be advised that by competing in any Masters Swimming competition, you may jeopardize your amateur status as outlined by FINA and collegiate governing bodies.
- MEET REFUND:** If unable to attend the meet, please call David Wesley at (407) 788-6777 by Wednesday February 15, 1989.

M E E T E N T R Y F O R M

CENTRAL FLORIDA MASTERS
FOURTH ANNUAL SHORT COURSE METERS SWIMMING MEET
FEBRUARY 17-18-19, 1989

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____ CITY/ZIP: _____

PHONE: _____ TEAM: _____

BIRTHDATE: ____/____/____ 1989 USMS REG. # _____

The undersigned agrees to hold United States Masters Swimming, Inc., Central Florida Masters, and the Boys Clubs of Central Florida, free and harmless from any and all damages, claims, demands, and legal action arising by reason of injury to anyone during the conduct of the event, including any and all attorney fees and/or court costs.

SIGNATURE: _____ DATE: _____

CIRCLE AGE GROUP, SEX AND EVENT NUMBERS & SUBMIT ENTRY TIME

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 & UP	

MALE

FEMALE

* ODD NUMBERED EVENTS ARE WOMEN'S - EVEN NUMBERED ARE MEN'S
ALL RELAYS WILL BE DECK - ENTERED

FRIDAY - FEBRUARY 17, 1989

1 - 2 1500 M. FREE _____

SATURDAY FEBRUARY 18, 1989

1-2	200m FREE RELAY	_____
3-4	200m IND. MEDLEY	_____
5-6	100m BUTTERFLY	_____
7-8	100m BACKSTROKE	_____
9-10	- 50m BUTTERFLY	_____
11-12	-200m BREASTSTROKE	_____
13-14	- 50m BACKSTROKE	_____
15-16	400m IND. MEDLEY	_____
17-18	- 100m FREESTYLE	_____
19-20	200m MIXED MED. RELAY	_____
21-22	- 400m FREESTYLE	_____

SUNDAY FEBRUARY 19, 1989

23-24	200m MEDLEY RELAY	_____
25-26	- 50m. FREESTYLE	_____
27-28	200m BUTTERFLY	_____
29-30	- 100m BREASTSTROKE	_____
31-32	- 200m FREESTYLE	_____
33-34	- 100m IND. MEDLEY	_____
35-36	200m BACKSTROKE	_____
37-38	- 50m BREASTSTROKE	_____
39-40	200m MIXED FR. RELAY	_____
41-42	800m FREESTYLE	_____

_____ (# OF INDIVIDUAL EVENTS) X \$2.00	=	\$ _____
AUTOMATIC TIMING SURCHARGE	=	\$ 5.00
MEET RESULTS @ \$2.00 EACH	=	\$ _____
_____ # Attending MASTER'S SOCIAL		
TOTAL	=	\$ _____

MAKE CHECKS PAYABLE TO: "CENTRAL FLORIDA MASTERS"

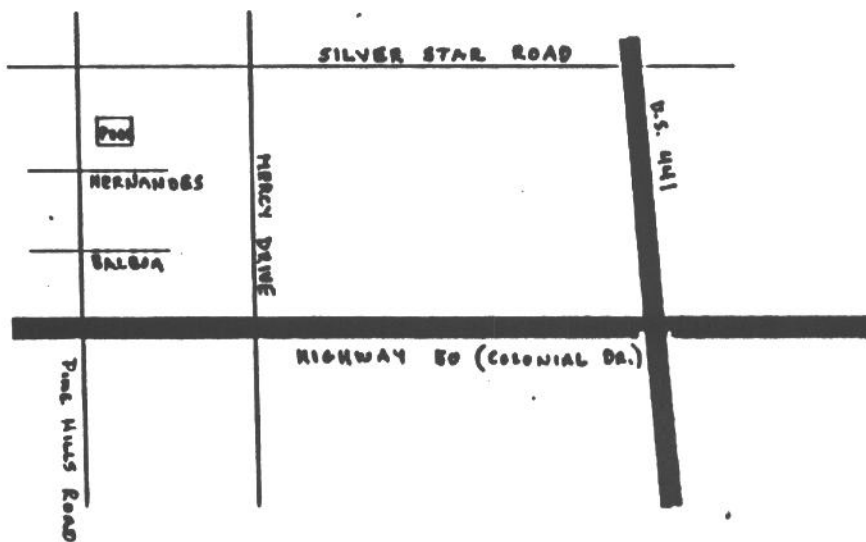
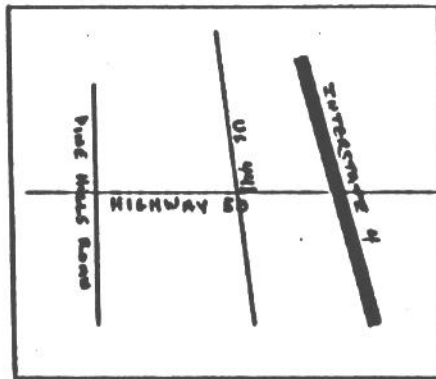
PLEASE NOTE: LMSC RULE REQUIRES THAT YOU ENCLOSE A COPY OF YOUR USMS REGISTRATION WITH YOUR ENTRY. WE WILL BE UNABLE TO PROCESS YOUR APPLICATION UNLESS THIS INFORMATION IS PROVIDED.

PLEASE REMEMBER TO MAKE A COPY OF YOUR ENTRY

ACCOMMODATIONS: Listed below are several hotel facilities located near the pool

ECONOLOGDE	3300 West Colonial Drive	407-293-7221
HOLIDAY INN	929 West Colonial Drive	407-843-1360
RODEWAY INN	3200 West Colonial Drive	407-295-5270
DAYS INN	4919 West Colonial Drive	407-299-8180
MASTER HOST INN	3600 West Colonial Drive	407-297-1747

**DIRECTIONS TO PINE HILLS
BOYS CLUB SWIMMING POOL**



Larry Peck wants all to know that the meet is being run by Central Florida Masters this year....it was run by another group last year.

Known for the development and support of Masters swimmers

MISSION BAY

AQUATIC TRAINING CENTER

Alumni & Adv. Camp

Feb. 9-12

Three-Day Camps

Jan. 20-22, Mar. 17-19

One Week Camps

Feb. 18-24, Mar. 4-10

June 10-16

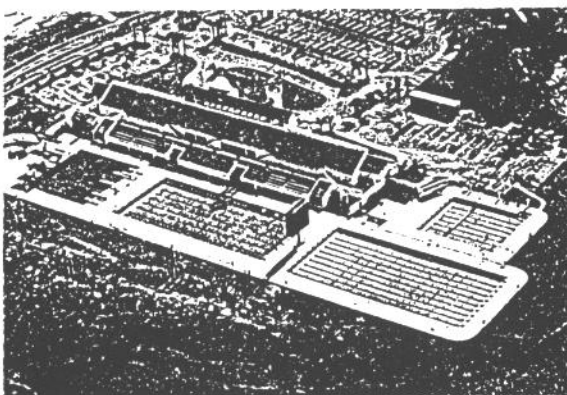
Intensive Training Camp

Feb. 27-Mar. 5 or Mar. 2-5

June 19-25 or June 22-25

Triathlon Camps

Feb. 3-5, Mar. 3-5



1989 Swim Meets:

March 11-12 (SC yards), May 4-7 (SC yards) USMS Nationals

June 17 (LC Meters), Dec. 9-10 (SC Meters)

Call 407-488-2001 for more information.

Judy Meyer—Head Masters Coach

10333 Diego Drive S.

Boca Raton, FL 33428



**Visitors
welcome!**

Fram Catie Cooper, Registrar

Membership as of Dec 26, 88 stands at 590.

Work on the '88 LMSC Long Course records now shows the men's part practically complete and the women's not far from there.

Catie was visited by Santa Claus to the extend of a telephone answering machine. So now you can whisper your words to her even though she may be at work, at the pool or whatever.

We have 20 Clubs registered at this date. Four fewer than a year ago. Jacksonville consolidated to two but we were are are sorry to see the Tallahassee Club, North Florida Masters, no longer alive. A few of their members have joined another Club.



WORLD MASTERS SWIM 88 INC.

BRISBANE OCTOBER 9 - 16 1988

GPO Box 2521, Brisbane Q4001 AUSTRALIA
Phone (07) 394 1056 / 390 1128

WITH COMPLIMENTS

This was received on 24 Dec. 88.

Frank, Thank you for your order.
Books will be ready for posting
late Jan 89.
Regards
Rhonda Seale.

ORLANDO INTERNATIONAL AQUATIC CENTER

presents

MY NEW YEARS RESOLUTION SWIM MEET!!

Sanction: Florida Assoc. (sanction applied for)

Date and Time: January 14, 1989. Warm up 11:00am., first event 12:00 noon.

Location: Orlando International Aquatic Center, 8444 International Dr. Orlando, Fl. 32819. Formerly Justus Aquatic Center

Pool: 8 lane, 25 yards. Fully automatic timing and judging.

Eligibility: The meet is open to all USMS registered swimmers 19 years of age and older. Eligibility shall be determined by age as of January 14, 1989.

Rules: 1989 USMS Official Rules shall govern this meet.

Entries: This is a deck seeded event. Competitors are encouraged to enter up to the maximum of 5 individual events. Entries will be seeded slowest to fastest for all events except the 500 free. The 500 will be seeded fastest to slowest. Check in for the 500 will close at 12:30 pm. on January 14, 1989.

Deadline: Entries with full payment should be received by January 9, 1989/ or 45 minutes prior to start. Mail entries to: New Years Swim Meet

Stan Corcoran

8444 International Dr.

Orlando, Fl.

32819

**Make checks payable to: Orlando International Aquatic Center.

Question: Call Stan Corcoran at (407-345-0417)

Awards: Will be distributed to the top six in each age group for each event.

Social: A social gathering will be held at local restaurant immediately following the meet. Information will be given out at the meet.

Hotels: Call Stan Corcoran at (407-345-0417) for information.

OFFICAL ENTRY FORM

Name _____
Address _____
City _____
State _____
Sex Male/Female(circle one) B.O.D. _____ age _____
1989 USMS# _____ Team name _____
Fla. Assoc. or other (circle one)
Home phone _____

Age Group as of January 14, 1989
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 85-89 90-94 95+

Circle events and place entry times in space provided.
(Women odd Men even)

1/2 200 free _____
3/4 50 Back _____
5/6 100 Breast _____
7/8 50 Fly _____
9/10 100 Free _____
11/12 200IM _____
13/14 50 Breast _____
15/16 100 Back _____
17/18 50 Free _____
19/20 100 Fly _____
21/22 100IM _____
23/24 200 Free Relay/or Mixed. _____
25/26 500 Free _____

Pool surcharge (required of all swimmers) \$5.00
Event charge @ \$2.00 per event ___ events = \$ _____
Results mailed to your home address (\$3.00) \$ _____
Deck entry late fee (\$2.00) \$ _____
Total this entry \$ _____

PLEASE NOTE: DECK ENTRIES MUST BE TURNED IN TO THE CLERK OF THE COURSE NO LATER THAN 45 MINUTES BEFORE THE START THE MEET.

Release by the participant from liability:
In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I, or any of us may hereafter have against United States Swimming Inc., the Florida Association LMSC the Orlando International Aquatic Center and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of traveling to, participating in, and returning from the swim meet at the Orlando International Aquatic Center, Orlando, Florida, on January 14, 1989.

Signature _____ Date _____



MISSION BAY MASTERS
Spring Splash
Short Course Yards

- Sanction: Florida Gold Coast Masters (Sanction #509-02)
- Date & Time: March 11-12, 1989. Warm up 10:00 a.m., first event 11:00 on March 11. Warm up 8:00, first event 9:00 on March 12.
- Location: Mission Bay Aquatic Training Center, 10333 Diego Drive South (just west of U.S. 441 and south of Glades Road), Boca Raton, Florida. Take Glades Road Exit from I-95 or Turnpike & go west
- Pool Spec's: 8 lane, 25 yard course. Fully automatic Colorado timing and judging system will be utilized.
- Eligibility: The meet is open to all USMS registered swimmers 19 years of age and older. Eligibility shall be determined by age as of March 12, 1988.
- Rules: 1989 USMS Official Rules shall govern this meet.
- Entries: Competitors are encouraged to enter up to the maximum of five individual events per day. Entries will be seeded slowest to fastest for all events less than 400 yards. Events 400 yards or longer (distance events) will be deck seeded and will be swum fastest to slowest. Check in for all distance events closes at 10:30 a.m. on March 11, and 10:00 on March 12.
- Deadline: Entries with full payment should be received by the Entry Chairman by March 4, 1988. Mail entries with checks made payable to MISSION BAY AQUATIC TRAINING CENTER to:
Short Course Yards Spring Splash
c/o Judy Meyer
10333 Diego Drive South
Boca Raton, Florida 33428
- Questions: Call Judy Meyer at (407) 488-2001
- Awards: Will be given to top six in each age group for each event.
- Social: Mission Bay will hold a social event following the last event on Saturday. Information on the location of the social will be distributed at the meet. A \$3.00 per person donation is requested from those who choose to attend the social.
- Hotels: Call the Mission Bay Event Coordinator at 1-800-GO2-SWIM for information on hotels or to take advantage of the Mission Bay special rates.
- Zone Meet: The Mission Bay Spring Splash has been designated as a zone meet qualifier. The results of this meet will be compiled with results from the other designated zone meets (TN, NC, SC, MS, AL, FL, GA, LA). Awards will be mailed to the top swimmers in each age group.

Mission Bay Masters Spring Splash Official Entry Form

Name _____ 1989 USMS # _____
 Address _____ Team Name _____
 City _____ FGCM or OTHER association (circle one)
 State _____ Zip _____ Home Phone (____) _____
 Sex Male/Female (circle only one) Birthday ____/____/____ Age _____

PLEASE FILL IN ALL BLANKS

Age Group as of MARCH 12, 1988 (circle only one)
 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
 85-89 90-94 95+

Circle events and place entry times in space provided (Women Odd, Men Even):

SATURDAY, MARCH 11, 1988
 Registration opens at 9:30 a.m.
 Warmups 10:00 a.m., Meet 11:00 a.m.

SUNDAY, MARCH 12, 1988
 Registration opens at 8:00 a.m.
 Warmups 8:00 a.m., Meet 9:00 a.m.

EVENT	ENTRY TIME
①/2 500 Freestyle	_____
3/4 200 I.M.	_____
⑤/6 50 Backstroke	_____
7/8 100 Butterfly	_____
⑨/10 200 Freestyle	_____
⑪/12 100 Breaststroke	_____
13/14 200 Backstroke	_____
⑮/16 50 Butterfly	_____
17/18/19 200 Medley	Relay
No event 20	

EVENT	ENTRY TIME
21/22/23 800 Free	Relay
No event 24	
⑲/26 200 Breaststroke	_____
⑳/28 100 I.M.	_____
㉑/30 50 Freestyle	_____
31/32 100 Backstroke	_____
33/34 200 Butterfly	_____
⑳/36 50 Breaststroke	_____
㉓/38 100 Freestyle	_____
39/40 400 I.M.	_____
41/42/43 200 Free	Relay
No event 44	
45/46 1650 Freestyle	_____

Pool surcharge (required of all swimmers)	\$ 5.00
Zone Meet fee (required of Dixie Zone swimmers)	\$1.00
Event charge @ \$2.00 per event _____ events =	\$ _____
Results mailed to your home address (\$3.00)	\$ _____
Deck entry late fee (\$5.00)	\$ _____
Total this entry	\$ _____

OFFICE USE ONLY	
Number	_____
Recd.	____/____
Paid \$	_____
Due \$	_____
Input	____/____

PLEASE NOTE: DECK ENTRIES MUST BE TURNED IN TO THE CLERK OF THE COURSE NO LATER THAN ONE HOUR BEFORE SCHEDULED START TIME FOR THE MEET. ALL DECK ENTRIES WILL BE SEEDD AS "No Time" IN EMPTY LANES OR IN A SEPARATE HEAT.

RELEASE BY PARTICIPANT FROM LIABILITY:

In consideration of the acceptance of this entry, I, the undersigned participant, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for damages which I, or any of us, may hereafter have against United States Masters Swimming, Inc., the Florida Gold Coast Masters LMSC, the Mission Bay Aquatic Training Center, and/or assigns, for any and all damages which may be sustained or suffered by me in connection with, or entry in and/or arising out of traveling to, participating in, and returning from the swim meet at the Mission Bay Aquatic Training Center, Boca Raton, Florida, on March 11-12, 1988.

SIGNATURE _____

DATE _____

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DECK SHOES

are now AVAILABLE
 SALE PRICE \$24.95
 VERY LIMITED #
 HURRY!!

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- WORKOUT SEPARATES
- AQUA SOCKS by NIKE
- NEON TRI-SHORTS

PARKAS

- FUR LINED
- WATERPROOF
- HOODED

SALE

- SHORTS,
- PANTS,
- SUITS.
- COVER-UPS
- SANDALS
- MUCH MORE