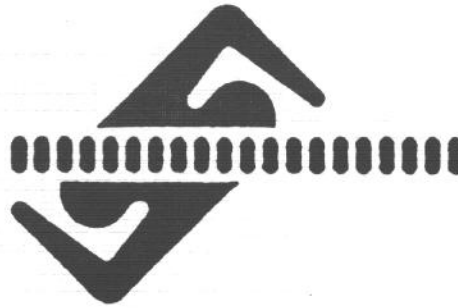


LMSC

Chairman & Sanctions John P. Maguire
Registrar Catie Cooper
Treasurer Lynn Brownstein
Top Ten Charles Kohnken
Secretary Enid Uhrich
Editor-Dixie Zone Chair Frank Tillotson



**United States
Masters
Swimming**
NON-PROFIT ORGANIZATION

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Permit #1179
St. Pete, FL
33730

VOLUME V

MARCH 1990

NUMBER 1

FLORIDA LOCAL MASTERS SWIM COMMITTEE

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

Meet Entry Forms Enclosed
Mission Bay Masters
IRCC Masters

Schedule April 1, 1990

April
 6- 8 Pensacola Fl (Univ W Fl) 1st Annual Gulf Coast Masters Championship
 SCY Steve Panzram Greater Pensacola Aquatic Club Masters (GPAC)
 1000 College Av Pensacola Fl 32504 904-484-1312 (W)
 7 Jacksonville Fl (Amberjax) Dave Williams 115 8th Av So # 5
 Jacksonville Fl 32250
 21 Sun City Center Fl (non-sanctioned) George Tuttle 813-634-3871
 21-22 Spartanburg SC Stan Fried 100 Oxford Dr Anderson SC 29625
 21-22 Z Boca Raton Fl (Mission Bay) Judy Bonning 10333 Diego Dr So
 Boca Raton Fl 32428
 21-22 Z Raleigh NC Raleigh Area Masters POB 19845 Raleigh NC 27619
 27-29 Z Ft Pierce Fl Indian Rvr Comm College Stanton Cragie Memorial
 Fred Robertson 5061 No AlA \$401A Ft Pierce Fl 34949
 28-29 Z Nashville Tn (Tracy Caulkins Natatorium Mary-Lee Watson 6613
 Rolling Forks Rd Nashville Tn 37205
 28-29 Baton Rouge La LSU Short Course Championships Scott Rabalais
 950 So Foster Dr #35 Baton Rouge La 70806

May
 18-21 National Short Course Championships Ed Bartsch Heritage Hall 203B
 Los Angeles Ca 90089-0602

June
 10 St Petersburg Fl Dev Meet LC Harold Ferris 813-896-0250
 16-17 Z Boca Raton Fl M B LC Judy Bonning 10333 Diego Dr So Boca
 Raton Fl 33428
 22-24 Z Nashville Tn (Maryland Farms) LC Champ's Diane Allison
 615-373-1632

July
 20-22 Z St Petersburg Fl Annual Long Course Champ's Harold Ferris Above
 28-29 Orlando Fl SCM Tentative "Lucky" Meisenheimer 407-351-8489
 27-29 Z Atlanta Ga Emory Tentative Lisa Watson 2104 Howell Blvd
 Duluth Ga 30136

August
 10 St Petersburg Fl LC Dev Meet Harold Ferris Above

September
 15-16 Sheffield, Alabama. SCM Doug Call 205-386-0222
 22 Orlando Fl 2nd Annual North/South Dual meet

May 18-21 1990 **USMS National Short Course Championships**, Olympic Pool, University of Southern
 California, Los Angeles, CA. Contact: Ed Bartsch/Darrel Fick, Heritage Hall 203-B, Los
 Angeles, CA 90089-060. Phone: 213/743-7770.
 August 7-13 1990 **3rd FINA/MSI World Championships**, Rio de Janeiro, Brazil. Contact: Dorothy Donnelly,
 USMS National Office, 2 Peter Avenue, Rutland, MA 01543. Phone: 508/886-6631.
 August 24-27 1990 **USMS National Long Course Championships**, The Woodlands, TX. Contact: Del Hanson, 10
 N. Timbertop Drive, The Woodlands, TX 77380. Phone: 713/676-4822 (office), 713/292-
 6162 (home).
 Sept. 30-Oct. 7 1990 **USMS Annual Convention**, Pittsburgh, PA.
 Sept. 15-22 1991 **USMS Annual Convention**, Louisville, KY.
 July or August 1992 **4th FINA/MSI World Championships**, Indianapolis, IN. Contact: Mel Goldstein, 6456
 Broadway, Indianapolis, IN 46220. Phone: 317/253-3652.

LMSC Chair
 Dixie Zone Recorder
 LMSC Recorder
 Zone Chair & Editor

John P. Maguire
 Bob Anderson
 Charles Kohnken
 Frank H. Tillotson

4033 12th St. NE, St. Pete., FL 33703
 4549 H Northside Pkwy, Atlanta, Georgia 30339
 1258 Flushing Ave., Clearwater, FL 34624
 2494 13th Ave., #46, St. Pete., FL 33713

LMSC Registrar Catie Cooper reminds us that some of us are not using her not-so-new address.
2601 NW 23rd Blvd., #104, Gainesville, FL 32605

Also, we are now required to use the new waiver of liability effective immediately.

As meets approach, Catie receives large batches of new or renewal registrations. She would appreciate it if Club registrars would send in these as they receive them instead of waiting a time. As said before, this is a volunteer effort and easier when not in large doses.

Catie would like each person to be aware of the following, particularly team registrars:

1) The week immediately before a swim meet, send registrations for **only** those swimmers who need a number in order to compete. Hold **all other** registrations until after the meet. Catie is getting overloaded with registrations **right before every** meet. It now takes two days to process registrations because of the volume she receives.

2) Please use Catie's new address (see above). All registrars should have been notified of the change in November, Some are still using her old address. Using the wrong address will delay the processing of registration forms.

3) If you plan to register as Unattached, make you check payable to: **Florida LMSC, not USMS** or Catie Cooper.

4) Please use your credits as soon as possible. Catie is still handling credits by hand, and right now there are too many on the books. Many have been there for two or three months. If it gets too complicated LMSC may have to return to a "no credit" policy. So **please, please, please** use the credits soon. If a swimmer does not come to the pool regularly and needs to sign a new waiver, mail one for him or her to sign!

5) Catie is still getting registrations on old forms and without the new waiver signed. Registrars should have begun using the new forms in December. The new waivers forms should have been used after Jan. 1, no matter where the swimmer filled out the form. The new forms with waiver are contained in this newsletter.

Late Notice

April 7 Shades Valley YMCA Birmingham, AL (S C)
William Meyers 205-328-8141 day, 945-1622 evening

February 19, 1990

Mr. Telfair Mahaffy
4944 Arapahoe Ave.
Jacksonville, FL 32210



Dear Mr. Mahaffy:

On behalf of the Jacksonville Sports Hall of Fame Selection Committee, I am pleased to inform you that you will be recognized by the Jacksonville Sports Hall of Fame and be added to the "Honor Roll" this year, thereby becoming eligible for future installation into the Hall of Fame.

The Jacksonville Sports Hall of Fame, established in 1977, honors outstanding athletes, coaches and other individuals who have made major contributions to the sports world through personal time, effort, interest and years of continued service.

With warm regards,

A handwritten signature in cursive script, appearing to read "Glen Fisher".

Glen Fisher
Selection Committee Chairman

ST. PETERSBURG TIMES ■ FRIDAY, FEBRUARY 2, 1990

An aging society: What it means

According to *Age Wave*, by Ken Dychtwald, here are some of the dimensions of our aging society:

- 10 percent of people over 65 have children who are over 65.

Swimmers ?

First time I've seen a Master Swimmer mentioned in USSwimming News

Rose Milo, 30, begins her duties as USS Age Group Coordinator in February.

An avid swimmer, Milo ranked fifth in the 200 meter backstroke, in her Masters age group, last year.

UNITED STATES MASTERS SWIMMING, INC., AND FLORIDA MASTERS SWIMMING APPLICATION
 1 NOVEMBER 1989 - 31 OCTOBER 1990

RENEWAL 149 - _____ NEW

OFFICE USE ONLY
140 -

FILL IN WITH NAME YOU WILL USE FOR COMPETITION:

LAST NAME _____ FIRST NAME _____ MI _____

STREET ADDRESS _____ APT# _____

CITY _____ STATE _____ ZIP _____

TELEPHONE NUMBER () _____ DATE OF BIRTH - - _____ AGE _____ SEX _____

CLUB (MUST BE USMS CHARTERED)/UNA _____ TODAY'S DATE - - _____

| | |
|--------------|-------|
| CLUB FEES | \$. |
| FLORIDA FEES | 8.00 |
| USMS FEES | 12.00 |
| TOTAL FEES | \$. |

I hereby agree to abide & be governed by the rules & regulations of USMS & Florida LMSC Swimming.

PLEASE SIGN THE BACK OF THIS FORM.

CHECK PAYABLE TO:
RETURN TO:

UNITED STATES MASTERS SWIMMING, INC., AND FLORIDA MASTERS SWIMMING APPLICATION
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CITY _____ STATE _____ ZIP _____

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CLUB (MUST BE USMS CHARTERED)/UNA _____ TODAY'S DATE - - _____

| | |
|--------------|-------|
| CLUB FEES | \$. |
| FLORIDA FEES | 8.00 |
| USMS FEES | 12.00 |
| TOTAL FEES | \$. |

I hereby agree to abide & be governed by the rules & regulations of USMS & Florida LMSC Swimming.

PLEASE SIGN THE BACK OF THIS FORM.

CHECK PAYABLE TO:
RETURN TO:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SWIMMER'S SIGNATURE _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

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SWIMMER'S SIGNATURE _____

MISSION BAY MASTERS

Spring Splash

Short Course Yards



- Sanction:** Florida Gold Coast Masters (Sanction #5005)
- Date & Time:** April 20, 1990, Warmups 5:00 p.m., Meet 6:00 p.m..
April 21, 1990, Warmups 10:00 a.m., Meet 11:00 a.m..
April 22, 1990, Warmups 8:00 a.m., Meet 9:00 a.m..
- 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.
- Dixie Zone:** Mission Bay Spring Splash has been designated as a Dixie Zone qualifier. The results of this meet will be compiled with results from other designated zone meets and awards will be mailed to the top swimmers in each age group. **You are in the Dixie Zone if you live in the following states: TN, NC, SC, MS, AL, FL, GA, and LA.**
- Pool Spec.:** 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 April 22, 1990.
- Rules:** 1990 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 swum fastest to slowest. Check-ins for all distance events close at 5:45 p.m. on April 20, 1:00 p.m. on April 21, and 10:30 a.m. on April 22. Relays will be entered the day of the meet (\$4.00 per relay) and will be deck seeded. No swimmer will be allowed to swim both mixed and single sex relays of the same event.
- Deadlines:** Entries with full payment should be received by the Entry Chairman by April 14, 1990. Mail Entries with checks payable to MISSION BAY AQUATIC TRAINING CENTER to:
Short Course Yards Spring Splash
c/o Judy Meyer Bonning
10333 Diego Drive South
Boca Raton, Florida 33428
- Late entries may be accepted at the discretion of the Entry Chairman with payment of a \$5.00 surcharge until 6 p.m. April 18, 1990.
NO INDIVIDUAL ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.
- Questions:** Call Judy Meyer Bonning at (407) 488-2001.
- Awards:** A swimmer must complete at least 5 events to eligible for an award. The size of the award will be determined by total points earned after the last swimmers event.
- | | |
|--------------|------------------------|
| 71-90 points | Category I (Top Award) |
| 51-70 points | Category II |
| 27-50 points | Category III |
| 0-26 points | Category IV |
- Scoring — 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1
- Social:** Massimo's Italian Restaurant next door to Mission Bay will be hosting an outdoor Italian buffet (weather permitting). All swimmers and their Friends and Families are invited to attend.
- Hotels:** Call the MISSION BAY RESERVATIONS DEPARTMENT on our toll-free line(1-800-683-CAMP). We can get you discount rates at nearby HOTELS and help you with CAR/VAN RENTALS. We can also put you in touch with our AIRLINE reservationist for discount air fares.

MISSION BAY MASTERS

Spring Splash

Short Course Yards

Official Entry Form

Name _____
Address _____
City _____
State _____ Zip _____
Sex Male/Female (circle only one)

1990 USMS # _____
Team Name _____
FGCM or OTHER association (circle one)
Home Phone (____) _____
Birthday ____/____/____ Age _____

PLEASE FILL IN ALL BLANKS

Age Group as of April 22, 1990 (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):

FRIDAY, April 20, 1990,

Registration & warmups opens at 5:00 pm. Meet 6:00 pm.

| EVENT | ENTRY TIME |
|--------------------|------------|
| 1/2 1000 Freestyle | _____ |
| 3/4 1650 Freestyle | _____ |

SUNDAY, April 22, 1990

Registration opens at 8:00 a.m.

Warmups 8:00 a.m., Meet 9:00 a.m.

SATURDAY, April 21, 1990

Registration opens at 9:30 a.m.

Warmups 10:00 a.m., Meet 11:00 a.m.

| EVENT | ENTRY TIME |
|--|-------------|
| 5/6 200 I.M. | _____ |
| 7/8 50 Backstroke | _____ |
| 9/10 100 Butterfly | _____ |
| 11/12 200 Freestyle | _____ |
| 13/14 100 Breaststroke | _____ |
| 15/16 200 Backstroke | _____ |
| 17/18 50 Butterfly | _____ |
| 19/20/21 200 Medley Relay (Women/Men/Mixed) | Relay _____ |
| No Event 22 | |
| 23/24 500 Freestyle | _____ |

| EVENT | ENTRY TIME |
|--|-------------|
| 25/26/27 800 Free Relay (Women/Men/Mixed) | Relay _____ |
| No Event 28 | |
| 29/30 200 Breaststroke | _____ |
| 31/32 100 I.M. | _____ |
| 33/34 50 Freestyle | _____ |
| 35/36 100 Backstroke | _____ |
| 37/38 200 Butterfly | _____ |
| 39/40 50 Breaststroke | _____ |
| 41/42 100 Freestyle | _____ |
| 43/44/45 200 Free Relay (Women/Men/Mixed) | Relay _____ |
| No Event 46 | |
| 47/48 400 I.M. | _____ |

Pool fee (required of all swimmers)

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)

Late entry surcharge (received after April 14, but before April 19) (\$5.00)

Total this entry

\$ 5.00

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

Office Use Only

Number _____

Recd. _____

Paid \$ _____

Due \$ _____

Input _____

PLEASE NOTE LATE ENTRIES MUST BE TURNED INTO MISSION BAY NO LATER THAN 6 P.M., Thur., April 19, 1990. LATE ENTRIES MAY BE SEDED IN EMPTY LANES OR IN A SEPARATE HEAT.

NO INDIVIDUAL ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.

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 April 20-22, 1990.

Date _____

Signature _____

The following are members from the Florida LMSC who are on the national USMS committee. They represent Florida LMSC at the annual national convention.

Finance ----- John P. Maguire
 Insurance ----- John P. Maguire
 International ----- Frank H. Tillotson
 Reg/Top 10 ----- Catie Cooper
 Registration ----- Enid Ulrich
 Sports Med ----- Bill Ulrich
 Fitness ----- Bill Ulrich
 ----- Enid Ulrich
 Zone Chair ----- Frank H. Tillotson
 Rules ----- Catie Cooper

Swimming

200 A D Greek Swimming Medal of Abydos
 1603 Japan First National Swimming Organization
 1810 Japan First three day meet.



KEEPING FIT

**PATRICK
 J. BIRD**

More laps may level lactic acid

Question: I usually swim three events during competition. After swimming one event, with another one coming up, I like to rest quietly to conserve energy. But my coach says I should get right back into the water and cool down by swimming more laps. Who is right?

Answer: Your coach. Most swimmers accept the fact that they should swim laps to cool down after a workout. But many like yourself resist doing so between competitive events, when it is even more important. This is a mistake, and here is why.

When we exercise, a substance called lactic acid is formed in our muscles. During long, continuous exercise, like a distance swim or a marathon, lactic acid serves as an energy source, and it is used up about as fast as it is produced.

However, during short-term, intense muscular effort, which includes most swimming events, lactic acid accumulates in the muscles much faster than it is used. As a result, the chemical balance of the muscles is altered. This interferes with their ability to contract, causing fatigue.

The exhaustion you experience at the end of a race is not caused by running out of energy. This is an important point. It is caused by a change in the chemical balance of your muscles resulting from the accumulation of lactic acid. (Long distance athletes, on the other hand, do tire because they run out of energy.)

WANTED!

MASTERS SWIM COACH

WE HAVE LANE SPACE & TIME IN NEW COUNTY POOL
 8 LANE, 25 YD.

PROMOTE AND IMPLEMENT PROGRAM FOR BEGINNER,
 INTERMEDIATE AND ADVANCED SWIMMERS

S.W.I.M. FL. MASTERS DOUG MESSINEO: 5700 BONITA BEACH RD.,
 *3406, BONITA SPRINGS, FL., 33923 318-992-5931

Until your lactic acid levels are back to about normal, you are not completely ready for the next event. And by just resting, this recovery may take 30 minutes or longer. But with a cool-down swim, the time can be greatly reduced. This is because the cool-down swim lowers your lactic acid level by accelerating its use by the muscles and by speeding its passage from the muscles to the blood where it is out of harm's way.

In one study of senior national-level swimmers at Mission Viejo's Natadores Swim Club in California, for example, lactate levels produced by an all-out swim were back to normal after a 15-minute swim at a comfortable pace (about 65 percent of the maximum effort).

In some situations, of course, you may not have the luxury of a cool-down swim area. When this happens, simply walking around, moving the arms, stretching and doing light calisthenics for 15 minutes or so may accomplish about the same thing as a cool-down swim. At the least, this activity will be better than resting quietly.

This has been the quiet time before the deluge of meets starting with the final weekend in March and the month of April. Zone Championship qualifying meets all through Dixie. Now is your chance to shine in Dixie. Brian Wilder's University of South Florida annual meet drew some 220 fired up swimmers. This has become the January meet of the South. Many fine times brought on by close competition. By no means all by the fastest swimmers. However one of the best races was between Mary Waite, Olympic Champion and Dawn Hewitt in the 50 back, won by Mary in a touch. Both kicking about 35 yards. Mary Holmes Roebuck joined in the other events with Dawn and Mary and none had all first places.

St Pete had three development meets with good turnout and fine weather. Good races and good times. A couple of relay times bettering the listed records.

TO MEET DIRECTORS: This year past there were too many problems with meet results getting to our Top 10 recorders in the proper sequence and in proper time and in some cases were never recorded at all. This is terribly unfair to the swimmers and meet organizers. Complaints have come all the way from individual swimmers to National recorders. This year we have to do better. Meet directors, you have proper samples of meet results. Use them. You must get your proper results to your LMSC Top 10 recorder in three weeks. Unfortunately in '89 there were meets which were never recorder and very hard working, conscientious swimmers were denied recognition. PLEASE.

Postal Meets

Other than USMS sanctioned postal meets these are mainly fund raisers. Don't we have enough?

The Zone meets, postal or not, were to give recognition to swimmers who could not swim in National Championship meets. Fine. They do not seem to be overwhelmed with entrants.

The best possible use I can think of for Zone meets is the place to swim the 1000/1650-800/1500 for National Championships. Combine all Z meets, postal and person, into a top ten and distribute the National medals on this basis. Many more would be able to compete for the ten medals.

This way we'd have a full day for lengthening Nationals and/or accomodate more swimmers.

Northern Venture

Left 75 degree sun to swim the "Coho" meet in Anchorage, Alaska, mid February. Arrived in snow and 10 degrees falling to minus 5 with continuing dry, still snow to 13". The meet is part of the "Fur Rendevous" week of events historically when the trappers came in to sell there furs. Few these days, wolf and wolverine the most desired. Now more of an event for just celebration with races of snow shoes, ski's, skates, dog sled, and combinations with running. Exhibitions of Military, cookies and carvings, wines and furs.

The swim meet, in the Univ of Alaska 6 la 25 y X 25 M pool was entered by 138 swimmers, 134 from the Alaska LMSC. Membership in it being 138. That's participation. Women equalled men in numbers. Great enthusiasm, especially in the 39 relays, three of which, at least, bettered listed records. Age groups tended to under 40. With only three over 70, myself Mel Anderson from Portland and George Hale from Anchorage. Ken Hickey meet director and John Zell coach of the largest team kept things in order and going on. Entrants came from 9 Alaskan cities. From Juneau to Kodiak to North Pole. nearly half in or near Anchorage. My hosts, Debra and John Zell and son Kurt 8 made my stay a real pleasure. Yes, food is more costly there, most things. However the Red Salmon, black bear and halibut we ate were home caught. And delicious. Quite a trip, in miles, but well worth it. My second meet but hopefully not the last. F H T

MISSION BAY MASTERS

Summer Sizzler
Long Course Meters



Sanction: Florida Gold Coast Masters (Sanction # 5006)

Date and Time: June 16, 1990 Warm-ups 6:00 p.m., Meet 6:30 p.m.
June 16, 1990 Warm-ups 10:00 a.m., Meet 11:00 a.m.
June 17, 1990 Warm-ups 8:00 a.m., Meet 9:00 a.m.

Location: Mission Bay Aquatic Training Center, 10333 Diego Drive South (just west of U.S. 441 and south of Glades Road), Boca Raton, Florida. Takes Glades Road Exit from I-95 or Turnpike and go west.

Dixie Zone: Mission Bay Spring Splash has been designated as a Dixie Zone qualifier. the results of this meet will be compiled with results from other designated zone meets and awards will be mailed to the top swimmers in each age group. **You are in the Dixie Zone if you live in the following states: TN, NC, SC, MS, AL, FL, GA, and LA.**

Pool Spec.: 8 lane, 50 meter 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 June 17, 1990.

Rules: 1990 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 meters. Events 400 meters or longer (distance events) will be deck seeded and swim fastest to slowest. Check-ins for all distance events close at 5:45 p.m. on June 15, 1:00 p.m. on June 16, and 10:30 a.m. on June 17. Relays will be entered the day of the meet (\$4.00 per relay) and will be deck seeded. No swimmer will be allowed to swim both mixed and single sex relays of the same event.

Deadlines: Entries with full payment should be received by the Entry Chairman by June 9, 1990. Mail entries with checks made payable to MISSION BAY AQUATIC TRAINING CENTER to:

**Short Course Summer Sizzler
c/o Judy Bonning
10333 Diego Drive South
Boca Raton, Florida 33428**

Late entries may be accepted at the discretion of the Entry Chairman with payment of a \$5.00 surcharge until 6 p.m. June 14, 1990.

NO INDIVIDUAL ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.

Questions: Call Judy Bonning at (407) 488-2001.

Awards: Awards will be given to the top eight finishers in each age group.

Social: Massimo's Italian Restaurant next door to Mission Bay will be hosting an outdoor Italian buffet (weather permitting) on Saturday, June 16. The buffet will begin after the 200 Relay. All swimmers and their Families and Friends are invited to attend. Tickets will be available at \$7.00 per person.

Hotels: Call the MISSION BAY RESERVATIONS DEPARTMENT on our toll-free line (1-800-683-CAMP). We can get you discount rates at nearby HOTELS and help you with CAR/VAN RENTALS. We can also put you in touch with our AIRLINE reservationist for discount air fares.

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Sex Male/Female (circle only one)

1990 USMS # _____
 Team Name _____
 FGCM or other Association (circle one)
 Home Phone (____) _____
 Birthdate ____/____/____ Age ____

PLEASE FILL IN ALL BLANKS

Age Group as of June 17, 1990 (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 event number (Women Odd, Men-Even) and place entry times in space provided:

FRIDAY, June 15, 1990

Registration & Warm-ups opens at 5:45 p.m. Meet 6:30 p.m.

| EVENT | ENTRY TIME |
|--------------------|------------|
| 1/2 800 Freestyle | _____ |
| 3/4 1500 Freestyle | _____ |

SUNDAY, June 17, 1990

Registration opens at 8:00 a.m.

Warm-ups 8:00 a.m., Meet 9:00 a.m.

| EVENT | ENTRY TIME |
|-------------------------|------------|
| 25/26 200 Breaststroke | _____ |
| 27/28 50 Freestyle | _____ |
| 29/30 100 Backstroke | _____ |
| 31/32 200 Butterfly | _____ |
| 33/34 50 Breaststroke | _____ |
| 35/36 100 Freestyle | _____ |
| 37/38/39 200 Free Relay | Relay |
| (Women/Men/Mixed) | |
| No Event 40 | |
| 41/42 400 I.M. | _____ |

SATURDAY, June 16, 1990

Registration opens at 9:30 a.m.

Warmups 10:00 a.m., Meet 11:00 a.m.

| EVENT | ENTRY TIME |
|---------------------------|-------------------------|
| 5/6 200 I.M. | _____ |
| 7/8 50 Backstroke | _____ |
| 9/10 100 Butterfly | _____ |
| 11/12 200 Freestyle | _____ |
| 13/14 100 Breaststroke | _____ |
| 15/16 200 Backstroke | _____ |
| 17/18 50 Butterfly | _____ |
| 19/20/21 200 Medley Relay | Relay (Men/Women/Mixed) |
| No Event 22 | |
| 23/24 400 Freestyle | _____ |

| Office Use Only | |
|-----------------|-------|
| Number | _____ |
| Recd. | _____ |
| Paid \$ | _____ |
| Due \$ | _____ |

Pool fee (required of all swimmers) \$ 5.00
 Massimo's Social @ \$7.00 per person \$ _____
 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) \$ _____
 Late entry surcharge (received after June 9, but before June 14) (\$5.00) \$ _____
Total this entry \$ _____

PLEASE NOTE LATE ENTRIES MUST BE TURNED INTO MISSION BAY NO LATER THAN 6 P.M., THURSDAY, JUNE 14, 1990. LATE ENTRIES MAY BE SEEDDED IN EMPTY LANES OR IN A SPEARATE HEAT. NO INDIVIDUAL ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.

RELEASE BY PARTICIPANT FROM LIABILITY: In consideration of the acceptance of this entry, I the undersigned participant, intending to be 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 June 15-17, 1990.

Date _____ Signature _____

**TOTAL
IMMERSION
MASTERS
SWIMMING
CAMPS
SUMMER
1990**

**GO "BACK TO COLLEGE"
AT A TOTAL IMMERSION CAMP**

We're pleased to present our 1990 selection of "swimming vacations." The enthusiastic response to our 1989 camps convinced us to expand the TOTAL IMMERSION concept nationwide for the summer of 1990.

BE A BETTER, SMARTER SWIMMER

If you love swimming and want to become much more accomplished at it while enjoying a memorable vacation, TOTAL IMMERSION is for you. The TOTAL IMMERSION camp concept is designed to give Master's swimmers and triathletes all the tools they need to design a personalized swim training program and to enjoy their swimming more.

A TYPICAL DAY AT TOTAL IMMERSION

6:00-7:30 a.m. Cardiovascular conditioning workout: We use this session to illustrate the types of sets that should be employed in a comprehensive training program, explaining guidelines, emphasis, and how all ingredients should complement each other.

8:00-9:00 a.m. Breakfast in college dining hall.

10:00-11:30 a.m. Classroom session: We'll discuss principles of training and biomechanics, how to taper, prepare for competition, plan races, principles of self-care (treating minor injuries, nutrition, strength development), how to make training more creative and interesting. We'll also study swim technique videos with illuminating commentary.

12:00-1:00 p.m. Lunch in college dining hall.

3:00-4:30 p.m. Technique workout in pool. This time is spent entirely on teaching stroke drills - one day on each stroke.

5:00 p.m. Happy Hour. Time to relax and tell war stories.

6:00 p.m. Dinner in college dining hall.

VACATION - NOT AN ENDURANCE TEST!

While we recognize, your main reason for coming is to improve your swimming, we also want you to relax and enjoy the experience. Free time is ample and college facilities (library, tennis courts, golf course, cultural offerings) are usually available to all campers. You can also enjoy exploring the area by bike or car and developing friendships with fellow campers during casual socializing.

YOUR CAMP SETTING

We've chosen campus settings that we know you'll find memorable in addition to the camp experiences.

Appalachian State University - Located in North Carolina's "High Country," the beautiful Blue Ridge Mountains, Boone offers "Mountain Magic" - a great summer climate and some of the best scenery east of the Rockies. ASU's campus and facilities are first-rate. Triathletes will enjoy challenging bike and run routes nearby.

Northern Arizona University - Flagstaff will be a "peak experience." Located at 7000' (surrounding peaks of the San Francisco Range rise to 13,000') this is Total Immersion's high altitude camp...NAU facilities are unsurpassed - an indoor 50 meter pool and a state-of-the-art fitness center with the Grand Canyon, Meteor Crater, and prehistoric Indian ruins all within easy driving range.

Texas Women's University - TWU might be called the "best little campus in Texas" - a blend of beautiful architecture and first class facilities...convenient to the Dallas-Fort Worth Metroplex...Denton offers a wealth of art galleries and museums and the surrounding countryside boasts wide, straight, flat, uncongested roads, perfect for bike touring.

Mail applications and deposit to:
Terry Laughlin
Total Immersion
381 Main Street
Goshen, NY 10924

If you have any questions contact:
Terry Laughlin at (914) 294-3510

- May 26-30 Appalachian State University
Boone, North Carolina
- June 1-3 *Freestyle-only* Camp
Appalachian State University
Boone, North Carolina
- June 10-14 Northern Arizona University
Flagstaff, Arizona
- June 18-22 Cal Poly, San Luis Obispo
San Luis Obispo, California
- June 25-29 Texas Women's University
Denton, Texas
- July 1-5 Lake Forest College
Lake Forest, Illinois
- July 8-12 Hampshire College
Amherst, Massachusetts
- July 15-19 Colgate University
Hamilton, New York
- July 21-25 Colgate University
Hamilton, New York

Cal Poly SLO - San Luis Obispo is one of the most beautiful locations on the California Coast, a favorite of Master's swimmers and triathletes for training vacations. Dining, dormitory, and athletic facilities are top-notch, comfortable, and modern. Hearst's spectacular San Simeon castle and historic Spanish mission nearby.

Lake Forest College - LFC offers 127 quiet and secluded acres just 5 minutes from the beach at Lake Michigan and the train to Chicago. Traditional architecture and modern facilities help explain why the Chicago Bears choose this as their training site.

Hampshire College - Highly accessible to all of New England, this peaceful secluded campus in Western Massachusetts combines the beauty of the historic Pioneer Valley with comfortable and modern dining, living, and athletic facilities. The glass enclosed swimming pool has sliding doors that open to the sun.

Colgate University - Located among rolling farmland in the rural countryside of Central New York, offering easy access from anywhere in the Northeast, Colgate has a beautifully intimate campus dotted with woods and meadows. All facilities are first-rate, including the 50-meter indoor pool with retractable roof.

CAMP FEATURES

- Two daily swim sessions in modern swimming facilities - 3 hours of instruction in stroke technique and cardiovascular conditioning.
- Daily discussions on topics such as exercise physiology, workout design, biomechanics of stroke technique, race strategy, nutrition and strength development, and tapering for competition.
- Private room in college dorm (except at Flagstaff - see note below) with all bedding and linens provided and All-You-Can-Eat training table meals in a modern dining hall.

- Daily videotaping of each swimmer with analysis by coaches. You take home a personalized video record of all strokes and drills.

- A personal training manual/logbook with schedules, programs, training information, stroke drills, and a checklist of technical points to work on - a print record of your experiences.

CAMP FEES

- \$350 includes all camp expenses, meals and private room/-. (Private rooms at NAU-Flagstaff carry a \$25 surcharge - please note on your application whether you are willing to share a double at Flagstaff or require a single.)
- \$210 for Freestyle-only mini-camp June 1-3
- \$275 for Day Campers (includes two meals per day).
- \$200 for non-participating spouse or guest. Includes all meals, accommodations, and use of all college facilities.

YOUR APPLICATION

You're urged to decide as early as possible which camp you'll attend, as enrollment is limited and applications will be accepted on a first-come, first-served basis. For insurance purposes all registrants must be 1990 USTS or USMS members.

Return your application with a \$100 deposit (US funds) payable to Total Immersion. Balance due at registration. Cancellations are subject to a \$25 service charge and must be received more than two weeks prior to attendance.

Upon receipt of application and deposit, we will notify you with an acceptance letter, health form, and travel/check-in instructions.

RESERVATION FORM

Name: _____ Age: _____ USMS or USTS #: _____
 Address: _____
 Home Phone: _____
 Session Date & Site Requested: _____
 (Check One) Full Camper: _____
 Deposit enclosed: \$ _____
 Business Phone: _____
 Day Camper: _____
 Non-Participating Guest: _____
 (MAIL TO: TERRY LAUGHLIN, TOTAL IMMERSION, 381 MAIN STREET, GOSHEN, NY 10924)

To: LMSC Chairs and Editors
From Frank H Tillotson , Zone Chair

Deadline for next Zone letter is May 1
Lets make this a real Zone letter, with something for and from each LMSC.

We now have the 25 meter top 10. If you will send me the names , events, and places of your swimmers in 25 and 50 meter results we will print them,

I know its early , but its almost April and not too early to think about who will be going to the National Convention. At least for my my information, it would be appreciated if you would send me names and addresses of any swimmers, not necessarily swimmers, who you feel sure will be delegates this year. We will publish the list later when its set.

In order to get our individual opinions, or ideas for improvement of Masters Swimming we need to publicize committee members names and addresses or phone numbers. SO please send me names and committees on which your swimmers serve.

Meet directors: Make sure that your meet results, in correct form, are sent to Bob Anderson 4549 H Northside Pkwy Atlanta Ga 30339. Three weeks should be time enough. ALL meets as at the '89 convention you voted for a ZONE top 10. I know its more work but it would help a great deal if Bob and I had notice of when a sanction was granted, then we'd know whether at least Bob received all meet results. Last year I never knew of two meets and results were not received within a reasonable time by Bob. Several were not in form required by Masters. If possible please identify non-zone swimmers.

So that as many as wish may swim in our meets....additions, corrections late scheduling of meets or deletions should be sent to me as soon as they are known.

In order to keep that schedule before;us key people will receive a copy of the Florida LMSC letter, also quarterly, spaced between Zone letters, with latest updating of meet schedules.

Suppose when our team is going to a meet, we get together ahead of time and see who is going and then set up relays. Perhaps if we're one short we may encourage that one to go along. And getting together for transportation will help too Its more fun , the larger the group.

F H T

Florida LMSC Registrars

| | | | |
|------|------------------------------|----|--|
| CWM | CLEARWATER MASTERS | 28 | JOE BIONDI, COACH, 2234 BLANCHARD COURT, LARGO, FL 34648, (813)584-8036/(813)462-6028 |
| DAY | DAYTONA AREA MASTERS | 17 | MARY M. BROUGHTON, REGISTRAR, 81 OCEAN PALM VILLA SOUTH--#5, FLAGLER BEACH FL 32136, (904) 441-2250 |
| FAM | FLORIDA AQUATICS MASTERS | 18 | MIGUEL LOPEZ, COACH, 716 SW 16TH AVENUE - #106, GAINESVILLE, FL 32601, (904) 378-2112 |
| FHA | FOREST HILLS AQUATICS | 30 | MILT BEDINGFIELD, JR., COACH, 11110 CARROLLWOOD DRIVE, TAMPA, FL 33618, (813) 932-5417 |
| FLA | FLORIDA LEAGUE OF AQUATICS | 6 | BRUCE MEINTJIES, PRESIDENT, POST OFFICE BOX 20261, TALLAHASSEE, FL 32316-0261, (904) 644-3279/(904) 656-2152 |
| HLJ | HOLMES LUMBER JAX | 11 | TELFAIR MAHAFFY, CAPTAIN, 6550 ROOSEVELT BOULEVARD, JACKSONVILLE, FL 32244, (904) 772-6100 |
| JAX | JAX NAVY MASTERS SWIM TEAM | 3 | JOAN GLARATON, PRESIDENT, 4590 COLONIAL AVENUE, JACKSONVILLE, FL 32210, (904) 388-8727 |
| LFY | LAKELAND FAMILY YMCA MASTERS | 9 | PAUL D. WELLS, JR., COACH, 934 SOUTH SUCCESS AVENUE, LAKELAND, FL 33803, (813) 682-3653 |
| LLM | LEESBURG-LAKE MASTERS | 12 | LAUREN STOKES, REGISTRAR, 1003 HERNDON STREET, LEESBURG, FL 34748, (904) 787-1252 |
| PAM | PASCO AQUATIC CLUB MASTERS | 29 | ROSIE VIJIL, COACH, 6647 WESTCHESTER DRIVE, HOLIDAY, FL 34961, (813) 845-7350 |
| SCC | SUN CITY CENTER SWIM CLUB | 25 | GEORGE TUTTLE, REGISTRAR, POST OFFICE BOX 5596, SUN CITY CENTER, FL 33571-5596, (813) 634-3871 |
| SMS | SUNCOAST MASTERS SWIMMING | 5 | DEB WALKER, REGISTRAR, 3671 BENEVA OAKS DRIVE, SARASOTA, FLORIDA 34238, (813) 923-3540 |
| SPM | ST. PETE MASTERS | 4 | ABRASHA BRAININ, REGISTRAR, 2910 PASS-A-GRILLE WAY, ST. PETE BEACH, FL 33706, (813) 367-1080/(813) 866-3967 |
| TOM | TEAM ORLANDO MASTERS | 22 | MARTHA MARTIN, REGISTRAR, 825 SEVILLE, ORLANDO, FL 32804, (407) 422-0160 |
| UNA | UNATTACHED | 0 | |
| USC | UNIVERSITY SWIM CLUB | 15 | BRIAN V. WILDER, PRESIDENT, 16407 ASHWOOD DRIVE, TAMPA, FL 33624, (813) 961-9126 |
| VBM | VERD BEACH MASTERS SWIM TEAM | 10 | TONI C. DE BIASE, REGISTRAR, 42 VISTA GARDENS - #104, VERD BEACH, FL 32962, (407) 569-8676 |
| AJAX | AMBERJAX MASTERS SWIM CLUB | 2 | JACQUE BARKER, REGISTRAR, 115 8TH AVENUE SOUTH - #F, JACKSONVILLE BEACH, FL 32250, (904) 249-5471 |
| CLYM | CLEARWATER-LARGO Y MASTERS | 19 | PAT ECKELKAMP, DIRECTOR, 1005 SOUTH HIGHLAND AVENUE, CLEARWATER, FL 34616, (813) 461-YMCA |

FLORIDA LMSC
Club Data 03/11/95

FAST F.A.S.T. MASTERS 26
K.D. POLLMAN, REGISTRAR, 7770 SOUTHWEST 47TH LANE, GAINESVILLE, FL 32601, (904) 375-6916

IPCC INDIAN RIVER COMMUNITY COLLEGE MASTERS 7
FRED ROBERTSON, REGISTRAR, 5061 NORTH A1A - #401A, FORT PIERCE, FL 34949, (407) 465-2982

SPCD SPACE COAST MASTERS 27
CAROL M. COWEN, REG/TREASURER, 400 RICHARDS ROAD, MELBOURNE BEACH, FL 32951, (407) 867-7356/(407) 724-4987

SWIM S.W.I.M. FLORIDA MASTERS, INC. 14
WANDA BROWN, REG/TREASURER, 1360 11TH STREET NORTH, NAPLES, FL 33940, (813) 261-8712

Florida LMSC Club Delegates 1989-1990

SUN CITY CENTER SWIM CLUB (SCC) 140-25

Earl Dickey
1504 Valley Forge Boulevard
Sun City Center, FL 33573
(813) 634-7590

SUNCOAST MASTERS SWIMMING (SMS) 140-05

Lee Stauffer
216 Padget Place South
Lakeland, FL 33801
(813) 858-4310

S.W.I.M. FLORIDA MASTERS, INC. (SWIM) 140-14

Bill Laverty
27515 Baretta Drive
Bonita Springs, FL 33923
(813) 947-1877

TEAM ORLANDO MASTERS (TOM) 140-22

?
?
?
(407) ?

UNIVERSITY SWIM CLUB (USC) 140-15

Brian V. Wilder
16407 Ashwood Drive
Tampa, FL 33624
(813) 961-9126

THE VERO BEACH MASTERS SWIM TEAM (VBM) 140-10

Toni C. DeBiase
42 Vista Gardens - #104
Vero Beach, FL 32962
(407) 569-8676

AMBERJAX MASTERS SWIM CLUB (AJAX) 140-02

Jacque Barker
115 Eighth Avenue South - #F
Jacksonville Beach, FL 32250
(904) 249-5471

CLEARWATER MASTERS (CWM) 140-28

Joe Biondi
2234 Blanchard Court
Largo, FL 34648
(813) 584-8036 (Home)
(813) 462-6028/462-6130 (Work)

CLEARWATER-LARGO Y MASTERS (CLYM) 140-19

Richard Mickemberg
1005 South Highland Avenue
Clearwater, FL 34616
(904) 461-9622

DAYTONA AREA MASTERS (DAY) 140-17

Betty McCormack
65 Cedar Dunes Drive
New Smyrna Beach, FL 32069
(904) 428-3175

F.A.S.T. MASTERS (FAST) 140-26

| | |
|----------------------------|--------------------------|
| Walter A. Rosenbaum (Tony) | ALTERNATE: Barbara Evans |
| 1521 NW 68th Terrace | 2721 NW 31st Terrace |
| Gainesville, FL 32605 | Gainesville, FL 32605 |
| (904) 331-0663 | (904) 376-1129 |

FLORIDA AQUATICS MASTERS (FAM) 140-18

Miguel Lopez
716 SW 16th Avenue - #106
Gainesville, FL 32601
(904)

FLORIDA LEAGUE OF AQUATICS (FLA) 140-06

Bruce Meintjies
Post Office Box 20261
Tallahassee, FL 32316-0261
(904) 656-2152 (Home)
(904) 644-3279 (Work)

FOREST HILLS AQUATICS (FHA) 140-30

Milt Bedingfield, Jr.
11110 Carrollwood Drive
Tampa, FL 33618
(813) 932-5417

HOLMES LUMBER JAX (HLJ) 140-11

Telfair Mahaffy
6650 Roosevelt Boulevard
Jacksonville, FL 32244
(904) 772-6100 (Work)

IRCC MASTERS SWIM TEAM (IRCC) 140-07

Tom Harmon
c/o Fred J. Robertson
5061 North A1A
Fort Pierce, FL 34949
(407) 465-8385 (Harmon's phone number)

JAX NAVY MASTERS (JAX) 140-03

Joan Glaraton
4590 colonial Avenue
Jacksonville, FL 32210
(904) 388-8727

LAKELAND FAMILY YMCA MASTERS (LFY) 140-09

Paul Wells, Jr.
934 South Success Avenue
Lakeland, FL 33803
(813) 682-3653

LEESBURG-LAKE MASTERS (LLM) 140-12

Jim Steward
711 Surrey Place
Leesburg, FL 34748
(904) 728-3491

PASCO AQUATIC CLUB MASTERS (PAM) 140-29

Rosie Vijil
6647 Westchester Drive
Holiday, FL 34691
(813) 845-7350

SPACE COAST MASTERS (SPCO) 140-27

Stephen A. Seppa
640 Seville Court
Satellite Beach, FL 32937
(407) 729-2840/(407) 773-3140

ST. PETE MASTERS (SPM) 140-04

Beverly J. Tucker
Post Office Box 90
St. Petersburg, FL 33731
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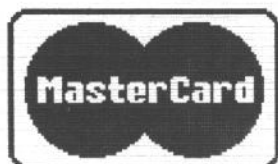
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