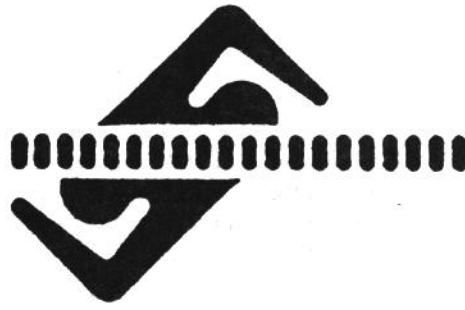


# LMSC

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**

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VOLUME VI

JULY 1990

NUMBER III

# FLORIDA LOCAL MASTERS SWIM COMMITTEE

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

**Meet Entry Forms Enclosed**

FLORIDA L M S C

JULY 1990

July  
7- 8 Z Charleston SC David Parler h 803-762-0991  
8 North Miami Fl Yards meet Ken Stephens 305-893-6511-Ex 226  
14 Charlottesville Va National Championship 2 Mile Lake swim  
Abbie McGee 804-427-3947  
20-22 Z St Petersburg Fl LC Zone Championship meet John Bishop 813-526-2373  
20-22 Z Atlanta Ga L C Zone Championship meet Lisa Watson 2104 Howell  
Blvd Duluth Ga 30136 (Emory university pool)

August  
17-20 The Woodlands Texas National L C Nationals Del Hanson 10  
Timbertop Drive The Woodlands Tx 77380  
4- 5 Charlotte N C State Championship Krista Phillips 919-477-7891  
18 Stone Mountain Ga "Swim Across Lake" Lisa Watson above  
19 st Petersburg Fl L C Dev Meet John Bishop above

September  
8- 9 Del Ray Beach Fl Aquacrest pool S C Meters Dick Chelekis  
2501½ Seacrest Blvd Del Ray Beach Fl 33444  
8- 9 Hendersonville N C Smokey Mountain Masters Long Course Susan  
Blatner w 704-692-5774 h 693-8684  
15-16 Sheffield Al S C Meters Doug Call 205-386-0222  
19-23 national convention Pittsburg pa Dorothy Donnelly 508-886-6631  
22 Orlando Fl Annual N/S dual meet Judy Bonning 10333 Diego Dr S  
Boca Raton Fl 33428

October  
6- 7 Boca Raton Fl Mission Bay 2 day clinic Judy B above  
19-21 Clearwater Fl Clearwater Masters Fall Short Course Joe Biondi  
813-446-6601  
20-21 Boca Raton Fl Boca Masters Annual Pentathlon

December  
7- 9 Boca Raton-Mission Bay-Annual Short Course Meters Judy B.. above  
8- 9 Winston Salem N C Masters Christmas Invitational Dennis  
Watson 919-741-3633,768-5185

**There will be a meeting of the Florida LMSC Club representatives  
July 21, North Shore Pool, St. Pete.**

Florida LMSC

Since our last letter there has been almost nothing to excite the unexitable. Jacksonville's AMBERJAX came from the past and held a short course meet at the Episcopal pool on a chilly, windy day. No they didn't pick the weather, it just came. About 55 gathered to swim and did so. There was a lot of enthusiasm and a few good times. Frankly it wasn't one of the better facilites we have swum in recently. But all were gung ho.

Beyond that St Pete held a Development meet on June 10 with about 35 participants. Long course and some good times.

Coming up at St Pete 20-22 July is the Zone Long Course Meters meet. Unfortunately Georgia was able to obtain the Emory pool at a cost which was brderline for the same date. Not many go to each but thats the way it is.

My request for something from the various Clubs has fallen on deaf ears.

Out of Zone Pensacola held a short course with about 55 swimmers. The West Florida 50 meter pool is a fine one. Good to swim in. From what I heard there were some real good times and some good relays. I believe the largest group was Dick Bower's "Bolts". Then more recently Florida Gold Coast Zone meet, long course, drew a few over 100. They have a magnificent facility. Judy is a never slowing worker trying to have everything right. Sometimes it seems she could use some help. As a comment, not a criticism, combining men and women inheats isn't wrong. However in a meet with no more than 100 it leaves very little rest time between events as opposed to men then women. Or the reverse. And too the referee was all to intent on "clear the pool" after a heat. In the deep pools, 7', more than few want to use the ladders to exit. There were a good many fine times. Visitors from the North East, 13 from New York City. and a couple others. It was a good meet.

Florida LMSC members serving on USMS Committees

John Maguire	Bill Uhrich	Frank Tillotson
Finance	Spts Medicine/Research	Legislation
Insurance	Ad-Hoc Fitness	Dixie Zone-Chair
Bob Beach	Enid Uhrich	Nominating
Ransom Arthur	Ransom Arthur	Bd of Directors
Catie Cooper	Registration ex-of	
Rules	Fitness ad-hoc	
Records/Top 10		

Swimming

1934 Willy den Ouden (Holland) first woman under a minute for 100 yd freestyle (59.8)

1904 Breaststroke first introduced in Olympics

1902 Freddy Lane(Australia) first man under one minute for 100 yards (59.6)



**THE FLORIDIAN SPECIAL  
WEEKEND SWIM CLINICS  
AND  
DAY TRIATHLETE SWIM CLINICS**

sponsored by the Mission Bay Aquatic Center

After three successful years of adult camp experience, Mission Bay has designed a weekend or one day format to meet the needs of swimmers and triathletes.

**Camps include:**

- under and over the water videotaping  
(bring your own VHS tape)
- individual stroke analysis
- stroke drill sessions
- stretching for swimmers
- weight and dryland training
- lactate testing
- Lecture: How to Train the Different Energy Systems
- daily swim training sessions



**SWIMMERS:**

sessions on starts, turn  
and finishes

**TRIATHELETES:**

Panel discussion with  
Florida's top local  
amateur and pro triathletes.  
**Lecture:** Training for Distance  
Freestyle.

**SWIM CLINICS:** Saturday and Sunday 8:00 a.m. to 5:00 p.m.

**TRI-CLINICS:** Saturday or Sunday 9:00 a.m. to 5:00 p.m.

Each tri-clinic includes Triple Trouble which starts promptly at 7:00 a.m.  
(800m swim, 15 mile bike, 3 mile run).

**DATES:**

SWIM CLINICS

- OCT. 6 AND 7

TRI-CLINICS - JULY 7-SAT.

- AUG. 12-SUN.

- OCT. 6-SAT.

**FOR HOTEL RESRVATIONS:** 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.

**DISCOUNT FOR ALL FLORIDA RESIDENTS!!**

For more information contact:

Judy Meyer Bonning-Camp Director

10333 Diego Dr. S.

Boca Raton, Florida 33428

(1-407-488-2001)



Pasco County Aquatic Club Masters  
One of our newer Clubs started in 1990. or first heard from then, accoding  
Pasco CountyAquatic Club Masters

Pasco County Aquatic Club Masters

One of our newer Clubs, first heard from, according to organiaer,  
Coach and swimmer Rosie Vigil, in 1990.As of June,11 registered members.  
Rosie & Carl Thornburg swam Nationals in California. Coach garnering a  
4th, 5th, 6th, 7th while pupil Carl really had a super meet.Carl was  
third in the 200 back and the 1650 free; second in the 100 fly and the  
400 I M but capped those with a FIRST in the 200 fly.  
Four members of PACM also do triathlons.Rob Aquis, Doug Butler, Pat Waller,  
and Chip Waller competing in the recent Maderia Beach meet.Did well  
in the swim portion.To quote Rosie" Fred Bauermeister got lost in the  
riples and lost his time, but he did finish."

Swim practice is 5:30-7:00 at the County pool.

We did receive word from University Swim Club/Forest Hills Aquatics  
to wit " Frank: Please reserve 1/26 and 1/27/90 for the University  
Swim Club / FHA meet. Thanks Brian wilder." I'm sure he meant 1991



RECORDS AND TABULATIONS

All Top Ten Tabulations, including Relays and all USMS and World Record Applications, should be sent to:

Walt Reid  
11114 - 111th St., SW.  
Tacoma, WA 98498

A Top Ten Tabulation is required from each LMSC that sanctions/approves Short Course Yard and/or Long Course Meter meets. Short Course Meter meets can be sent in individually as they occur if they are in the proper format.

<u>Course</u>	<u>Times Performed by:</u>	<u>Tabulations Received by:</u>
Short Course Yards	May 31	July 15
Long Course Meters	September 15	October 20
Short Course Meters	December 31	February 5

Deadlines will be strictly enforced. LMSC Recorders who fail to submit their tabulations in a timely manner do a disservice to the swimmers who participate in their meets. The Errata that is produced for each course is for corrections, not for entering late swims.

From Record keepers - everywhere-When entering meets and filling cards for events--use the same exact name by which you registered with USMS. Anything else causes confusion as to who you are and even listing you as two separate persons, in the same meet.

DIXIE ZONE

Notes from the recorder

The short course season is over. Dixie Zone Top Ten has been printed. Should anyone still hold meet results which should be sent to me, please do so at once. I can still make changes or additions before Walt Reids July 15 deadline. The overall response on rapid submittal of meet results has been fantastic and I greatly appreciate your cooperation. Results from Nationals will be included if you send, or have sent, them to me. Please forward the results of any swims you feel should be included in our top ten. Any record swims not reported will be up dated when USMS top ten is published.

I have been updating Zone records prior to 1988 with available data from Georgia and South Carolina. I would like records from Florida, F1 Gold Coast, Southern, North Carolina and Southeastern, for all three courses. I would appreciate all assistance possible by having names, year and time listed for me where you have records exceeding our Zone records.

I wish to express my appreciation to the LMSC registrars who have provided me with swimmer's rosters- Ga. SC F1 and Southern. This has saved countless hours and dollars otherwise spent on inquiries. Please remember unattached swimmers belong to an LMSC. If they are Dixie Zone members, they deserve to be included in our programs (records). Regards, NABOB (Rob't Anderson)

From the Chair

With the short course season over and much of the recording work done we will have a report on this shortly. I will have a financial status for LMSC chairs soon after July 1 when we get our quarterly statement from the Credit Union.

It is my hope that the results of this year's Postal Zone participation will encourage you all to vote an end to this apparently unappreciated effort pretty much by Bob Anderson and myself. We already know that Southeastern will not be able to hold a meet in Nashville in 91. I believe Georgia is saying, enough. Our attempts in Florida to use the Zone meet to encourage participation has not been successful. As you know my own position is that a Championship meet is a single meet, not postal. I note that one of our neighbors wasn't pleased with their single meet, as to attendance. As mentioned elsewhere Colonies' Zone meet was too good. They limited it to 600 entries, settled with 607. Granted their population is pretty concentrated. But that's real fine work all around.

While I seem always, to have ideas for change, the only one I feel strongly about this year is that a Zone Chairperson should not also be the Zone Committee Chairperson. One job is enough at a time. Further the Zone Committee position loses its impartiality when it wears two hats. I nominated Pat Maley for her Zone position so I was and still am happy with Pat in that position. I just feel that the Zone needs the flexibility of a separate person.

The long course season is churning along, lets get to the Zone meets and enjoy those nice 50 meter swims without turns...yes I know half of us, not including myself, like the turns better. Mission Bay had a few over 100 at the Z meet and 15 of them were from the Northeast, down there for a 'swim camp'.

Deadline for next Zone letter will be early 23 july. Otherwise it will be pretty late when we return from the South. By the way the best figure I have been able to get on rio is something between 2,000 and 2,500.

To LMSC Chairs

If you will send me the committee assignments of your members we'll print them next Zone letter in time for use before and at the Pittsburg meeting. We should know each other and our assignments for reference and or discussion.

F.H.T.

### Training Tips:

Drink adequate fluids before, during and after workouts. Ideally you should drink approximately 8 oz. of water every 20 minutes, especially in the summer heat.

Never workout on a "full" stomach. You should wait at least two to three hours after a meal before exercising. The larger the meal, the longer you should wait.

The best foods to eat are high starch (not high sugar) low fat foods. They are digested more rapidly than are protein and fat and are much more readily available as energy.

Avoid high sugar foods to provide that "energy boost" of 30-45 minutes before workouts. The sugar will cause your body to produce extra insulin in order to lower blood sugar. Combined with exercise this can lead to low blood sugar 10-15 minutes after beginning your workout. (Symptoms will be a feeling of weakness, shakiness, hunger).

Endurance training (biking, running, swimming) requires high sugar snacks, but only after 1 1/2-2 hours of exercising. Low blood sugar won't occur because exercise will reduce the body's output of insulin.

From our Registrar

Catie asks that for the rest of this season when Club registrars have now swimmers registrations that they send them to here at once. One at a time or whatever. Catie is going to do some computer records for Walt Reid. Also some of you are not using her correct address which is:

CATIE COOPER 2601 NW 23rd Blvd--#104 Gainesville Fl 32605

### Suncoast Masters of Sarasota

The Suncoast Masters will once again be scheduling a 'not-to-be-forgotten bus ride to the Mission Bay Annual Short Course Meters meet 7-9 December 1990. If we get enough signed up, we can have a bus with a potty ! ! , The bus would originate in Tampa, then come South and over to Boca , so this may be convenient for those of you on other teams. Interested ? Call Bardi Dendy-813-371-0897. Or write Bardi 3877 Buckeye Circle , Sarasota Fl. 34232

Deb Walker

### What are good foods to eat if you are planning a workout?

- vegetable or bean soups with crackers and fresh fruit
- turkey sandwiches or subs with mustard (no mayonnaise)
- pasta with marinara sauce, Italian bread (not garlic)
- low fat cottage cheese with fruit and crackers
- lean ham or lean roast beef sandwiches (no mayonnaise, no cheese)
- salad bars (no cheese, no potato salad, coleslaw, macaroni salad, etc. and light on the salad dressing)
- small serving of grilled fish or chicken, salad and potato (not fried) or rice

### Avoid before a workout:

- hamburgers, cheese burgers, french fries and shakes
- tuna or Italian subs
- fried fish or fried chicken sandwiches
- lasagna
- pizza with extra cheese, pepperoni, sausage
- chef salads

And what about after your workout? It's time to replace you muscle glycogen with a new source of carbohydrate. Within 2 hours of an intense workout, high carbohydrate sources must be found. This includes: fruit juices, fruit, dried fruit, yogurt with fruit, pasta, breads, crackers, etc.

*Carol Bozarth is a Registered Dietitian with Lifestyle Nutrition Counseling in Ft. Lauderdale.*

# HOLMES LUMBER JAX

HLJ  
JUNE 1990

Congrats to ALL Holmes Lumber Jax Swimmers at Short Course Nationals - Mary Roebuck, Gertrude Zint, Barbara Hoellen, Joan Glaraton, Ernestine Beattie, Jack Beattie, Burwell Jones, Tom Koenig, and Jim Taylor.

Burwell Jones was recognized for winning his 100th National Championship. Dr. Jack Beattie set 2 national records in the backstroke and won the 100 free. Mary won the 200 free. Barbara won the 100 and 200 fly. The 55+ men won the medley relay, and 73 years young, Gertrude, who has won so many, many titles, said the highlight of the meet for her was swimming on the 45+ relay. The weather was cold but spirits were high. Way to swim team!

Enclosed are entries for the St. Pete Long Course Swimming Championships July 20, 21, & 22, 1990. We need EVERYONE! Remember to enclose your registration card. This is a fun, well run meet in a beautiful location on the bay. Come and enjoy. Everyone that gets on the starting block is a winner.

Also enclosed is the entry for the 7th annual Kiwanis Marathon, July 28. We'll have a beach party after the swim.

30+ HLJ swimmers are headed down to Rio, and some are going to Long Course National at The Woodlands, and some will try to do both. We can all help them get ready by adjusting our workouts to help them peak for these exciting competitions.

There'll be some new faces at St. Pete. See all of you there!

Tiger and Telfair

At the US nationals the US athletes will be awarded medals. If foreign athletes participate in the same events they will be given duplicate awards if they win these events.

*U S S NEWS LETTER*

Wonder why USMS cannot also be gracious with its Medals?



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ANNUAL St. PETERSBURG MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS  
A DIXIE ZONE CHAMPIONSHIP MEET  
FOR MEN AND WOMEN NINETEEN AND OLDER  
JULY 20, 21 & 22 1990  
ST. PETERSBURG, FLORIDA

SANCTIONED BY: FLORIDA LOCAL MASTERS SWIM COMMITTEE - SANCTION #: 90-10  
SPONSORED BY: ST. PETERSBURG DEPARTMENT OF LEISURE SERVICES  
ST. PETE MASTERS, INC.

CO-MEET DIRECTORS: HAROLD FERRIS and JOHN BISHOP

\*\*\*\*\*  
ELIGIBILITY:

The meet is open to all registered MASTERS. A COPY OF YOUR 1990 REGISTRATION CARD MUST BE INCLUDED WITH YOUR ENTRY FORM.

RELAY ELIGIBILITY:

All relay members must be registered members 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, plus one freestyle, one medley, one mixed freestyle and one mixed medley relay per meet.

ENTRY FEES:

Entry fee shall be \$2.50 for each individual event. There is a \$5.00 surcharge for the automatic timing and the heat sheet.

RELAYS:

Deck entered relays will be accepted at the meet at \$8.00 per team entered.

ENTRIES DUE:

Entries must be in the hands of the Entry Chairman no later than TUESDAY, JULY 10, 1990. NO DECK ENTRIES; EXCEPT RELAYS.

ENTRY FORMS:

Please complete and return the ENTRY FORM, SEEDING FORM and a COPY OF YOUR 1990 USMS CARD. Enclose a self-addressed and stamped post card if you wish verification 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 CANNOT BE ACCEPTED (FLA LMSC, INC rule effective 6-1-87). Submit best competitive times in meets not more than two years previous. All events are timed finals. The 1500 Freestyle will be deck seeded, combining men and women. Names of all swimmers entered in the 1500 Freestyle will be called until the last heat is seeded - with late arrivals being placed in the next available heat. SWIMMERS MUST CHECK IN FOR THIS EVENT.

POOL FACILITIES:

Northshore Pool is located on Tampa Bay, 901 North Shore Drive N.E., St. Petersburg, Florida. There is one seven lane, 50 meter course, with a warm-up lane available.

SCRATCH PROCEDURES:

If a swimmer is unable to attend the meet, CALL John Bishop (813) 526-2373 or Harold Ferris (813) 896-0250 no later than July 19th and your money will be refunded in full. Swimmers and relays not reporting to the blocks when their HEAT is called will be scratched in that event. Please report scratches to the Head Referee as soon as known.

WARM-UP:

Warm-up will be approximately one hour before starting time. On Friday, July 20th Warm-up will begin at 4:30 pm.

TIMING:

Colorado Timing will be used 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.

AWARDS:

Special medals will be awarded for FIRST PLACE and ribbons for second through eighth place in individual events. FIRST PLACE relays will receive 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. A competitor must enter a minimum of 5 individual events to qualify. High Point Awards will ONLY be awarded POST\_COMPETITION on Sunday, after points are officially tallied. Swimmers departing early should have friends pick-up awards.

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 awarded for First through Third Place. All awards must be picked up at the meet.

HEAT SHEET AND RESULTS:

A heat sheet will be furnished to each swimmer. Results may be ordered at the meet. 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.

SOUTHERN HOSPITALITY:

On Saturday, July 21, 1990 at 5pm, we will begin "Happy Hour" with dinner being served between 5:30 and 6:00 pm. Our "Southern Hospitality" will consist of a Lasagna and meatless Lasagna dinner with salad, bread, soft drinks, beer and other goodies. Dress is casual. Dinner will be served at the BOND HOTEL. Swimmers and guest tickets must be purchased with entry.

COST \$7.00 per person.

ADDITIONAL COMMENTS:

Competitors 19 to 24 Years of age may jeopardize their amateur standing with FINA by competing in MASTERS.

Masters Swimming is a strenuous physical activity and each participant should first consult with his/her personal physician.

\*\*\*\*\*

HOTEL LIST:

The BOND HOTEL	421 4th Ave. No.	(813) 822-4783	\$20 single, \$30 double, \$35 efficiencies - per night
The AVALON HOTEL	443 4th Ave. No.	822-7111	\$20 single, \$30 double - per night
The HUNTINGTON HOTEL	226 4th Ave. No.	898-4416	\$20 Single, \$30 double - per night
The AVALON INN	421 4th Ave. No.	822-4783	\$20 single, \$30 double - per night
The ST. PETE HILTON	333 1st Ave. So.	894-5000	\$49/night
HOLIDAY INN SOUTH	4601 34th St. So.	867-3131	\$35/night

Reservations for the hotels must be made at least TWO WEEKS prior to arrival date and there are a limited number of rooms available at the quoted rate. Be sure to MENTION MASTERS SWIMMING when making your reservation.

\*\*\*\*\*

FRIDAY, JULY 20, 1990 - 5:00 PM

		WOMEN		MEN			
		1	1500 FREESTYLE	2			
WOMEN	Saturday, July 21, 1990	9:00am	MEN	WOMEN	Sunday, July 22, 1990	9:00am	MEN
3	200 M. BACK		4	23	100 M. FREE		24
5	100 M. BREAST		6	25	200 M. BREAST		26
7	50 M. FREE		8	27	100 M. FLY		28
9	200 M. FLY		10	29	200 M. MEDLEY RELAY		30
11	200 M. FREE RELAY		12	31	200 M. FREE		32
13	50 M. BACK		14	33	100 M. BACK		34
15	200 M. I.M.		16	35	50 M. FLY		36
17	50 M. BREAST		18	37/38	200 M. MIXED MEDLEY RELAY		
19/20	200 M. MIXED FREE RELAY			39	400 M. I.M.		40
21	400 M. FREE		22				

UNDER THE ADVISE OF THE USMS MEDICAL COMMITTEE, IT IS RECOMMENDED THAT AT ALL MEETS THE COMPETITORS EXIT FROM THE SIDES OF THE POOL AND NOT FROM THE ENDES OF THEIR LANES. SWIMMERS SHOULD WAIT UNTIL THE LAST PERSON IN THE HEAT FINISHES BEFORE CROSSING LANES TO EXIT. SWIMMERS SHOULD WAIT AT LEAST ONE YARD FROM THE END OF THE LANE, ON THE RIGHT SIDE OF THE LANE.

**ANNUAL ST. PETERSBURG MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS  
A DIXIE ZONE CHAMPIONSHIP MEET  
FOR MEN & WOMEN NINETEEN and OLDER  
JULY 20, 21 & 22, 1990**

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction #: 90-10

**ENTRY FORM**

<b>NAME</b>	<b>AGE</b>	<b>BIRTHDATE</b>	<b>SEX</b>
<b>ADDRESS</b>	<b>CITY</b>	<b>STATE</b>	<b>ZIP</b>
<b>HOME PHONE</b>			
<b>TEAM NAME</b>	<b>ASSOCIATION</b>	<b>1990 USMS REGISTRATION #</b>	

<u>NUMBER ATTENDING HOSPITALITY</u>	<u>x \$7.00 =</u>	<u>          </u>
<u>NUMBER OF EVENTS</u>	<u>x \$2.50</u>	<u>          </u>
<u>AUTOMATIC TIMING and HEAT SHEET</u>		<u>\$5.00</u>
<u>ZONE FEE</u>		<u>\$1.00</u>
	<b>TOTAL</b>	<u>          </u>

AGE GROUP AS OF JULY 22, 1990  
PLEASE CIRCLE AGE GROUP AND EVENTS ENTERED  
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 20, 1990 - 5:00 PM

WOMEN		MEN			
1		2			
WOMEN	SATURDAY, JULY 21, 1990 9:00am	MEN	WOMEN	SUNDAY, JULY 22, 1990 9:00am	MEN
3	200 M. BACK	4	23	100 m. FREE	24
5	100 M. BREAST	6	25	200 M. BREAST	26
7	50 M. FREE	8	27	100 M. FLY	28
9	200 M. FLY	10	29	200 M. MEDLEY RELAY	30
11	200 M. FREE RELAY	12	31	200 M. FREE	32
13	50 M. BACK	14	33	100 M. BACK	34
15	200 M. I.M.	16	35	50 M. FLY	36
17	50 M. BREAST	18	37/38	200 M. MIXED MEDLEY RELAY	
19/20	200 M. MIXED FREE RELAY		39	400 M. I.M.	40
21	400 M. FREE	22			

PLEASE MAKE CHECKS PAYABLE TO: ST PETE MASTERS, INC. and SEND TO:  
JOHN BISHOP - 4717 OVERLOOK DRIVE N.E., ST. PETE 33703

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 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, meet sponsors, meet committees or any individual officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

DATE SIGNATURE

ENTRIES DUE NO LATER THAN TUESDAY, JULY 10, 1990 !!!!!  
REMEMBER TO ENCLOSE CHECK AND COPY OF 1990 USMS REGISTRATION CARD

## SEEDING FORM

(Please Print)      NAME \_\_\_\_\_      Circle M or F      AGE \_\_\_\_\_

TEAM NAME \_\_\_\_\_      1990 USMS NUMBER \_\_\_\_\_

Circle events entered and enter time in space provided

TIME

W/M  
1/2

Friday, July 20, 1990 5:00pm  
1500 Freestyle

Saturday, July 21, 1990 9:00am

W/M

3/4      200 M. Backstroke

5/6      100 M. Breaststroke

7/8      50 M. Freestyle

9/10     200 M. Fly

13/14    50 M. Backstroke

15/16    200 M. I.M.

17/18    50 M. Breaststroke

21/22    400 M. Freestyle

TIME

Sunday, July 22, 1990 9:00am

W/M

23/24     100 m. Freestyle

25/26     200 M. Breaststroke

27/28     100 M. Fly

31/32     200 M. Freestyle

33/34     100 M. Backstroke

35/36     50 M. Fly

39/40     400 M. I.M.

**NOTE: No time entries CANNOT be accepted !!!!**  
Please enclose a copy of your 1990 USMS Registration Card



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