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

VOLUME IX

FEBRUARY 1993

NUMBER I

# FLORIDA LOCAL MASTERS SWIM COMMITTEE NEWSLETTER

**Meet Entry Forms Enclosed**

## OFFICERS

John P. Maguire, Chairman .....(813) 823-7116 .....Safety Coordinator  
Meegan J. Wilson, Secretary .....(904) 373-0023 .....Fitness Chair  
Dick Avery, Treasurer .....(813) 633-3970  
Bill Uhrich, Sanctions .....(813) 634-7564  
Catherine Cooper, Records .....(904) 373-0049  
Charles H. Kohnken, Registration .....(813) 531-0008  
Frank Tillotson, Editor .....(813) 327-1492 .....Co-Officiate Chair  
Joan Glaraton .....(904) 388-8727 .....Co-Officiate Chair



FEBRUARY 1993

Coming Events

FEBRUARY

14 St Pete Dv Mt Harold Ferris 1146 44th Av NE St Pete FL 33703 813-896-0250  
19-21 New Orleans La Marde Gras-Dixie Zone Championship Dick Bower 600 Haring Rd Metairie La  
70001

MARCH

06-07 Clearwater FL Long Ctr David Perkey 1520 Pleasant Grove Dr Dunedin FL 34698  
06 Boca Raton FL Boca Masters Tentative  
20-21 Bradenton FL USSNO (Non Sanctioned) State Games  
19-21 Atlanta Ga Dynamo St Pat's meet Lisa Watson 804 Howell Ct Duluth Ga 30136  
14 St Pete Dv Mt Harold Ferris Above Events for this and Feb below

APRIL

02-04 St Pete FL Annual Short Course Harold Ferris Above  
17-18 Raleigh NC Ceil Blackwell POB 19845 Raleigh NC 27612  
22-25 Ft Lauderdale FL National YMCA Championships

30-May  
01-02 Ft Pierce FL Stanton Craigie Memorial Peter Jurczyk 5610 Hickory Dr Ft Pierce  
FL 407-465-5363

MAY

16 St Pete FL Dv Mt Harold Ferris Above  
15-16 Delray Bch FL Tentative Greg Tye 2503 Seacrest Blvd Delray Bch FL 33444  
20-23 Santa Clara CA NATIONAL SHORT COURSE CHAMPIONSHIPS

JUNE

12-13 Sarasota FL LCM Arlington Park Deb Walker 3651 Beneva Oaks Dr Sarasota FL 34238  
25-27 Coral Springs FL LCM Judy Bonning 12441 Royal Palm Blvd Coral Springs Fl 33065

JULY

16-18 St. Pete FL LCM Tentative Date Harold Ferris Above

AUGUST

07-08 Clearwater FL Long Ctr LCM David Perkey Above Tentative Date  
08 St Pete FL Dv Mt subject to Clw above  
19-22 Minneapolis Min. NATIONAL LONG COURSE CHAMPIONSHIPS Wayde Mulhern 570 96 Lane  
Blane MN 54434

***A Very Special Thanks***

**to**

Enid Ulrich our past Secretary/Treasurer and Catie Cooper our past  
Registration Chair. The LMSC needed and thanks you for all your devoted  
time and effort.

Catie is now our records chair. Again, thanks for continuing to do a great job.

## SWIMMING NEWS FROM AROUND OUR LMSC

### SUNCOAST MASTERS

Edna Gordon, President of Suncoast Masters, reports that Suncoast is using the beautiful 50 meter pool at the Arlington Park & Aquatic Complex in Sarasota. They also have a fitness center which is great for cross training. Their workout schedule is 5:45 - 7 a.m.; noon; and 5:30 - 7 p.m. Suncoast Masters are tentatively planning a long course meet there on June 12&13. Warm-up at 3 p.m. Saturday, with the meet starting at 4 p.m., and continued Sunday morning to be finished by noon.

Here are some of the highlights of their swim season taken from their December Newsletter.

Suncoast Masters came in Third Place Overall and 2nd Place in the Men's Team at St Pete Short Course Championships; and Second Place Overall and 2nd Place in the Men's Team and 3rd Place in the Women's Team at St Pete Long Course Championships. In lieu of trophies, St Pete gave cash donations to charities designated by the winning teams. Suncoast has designated the Swim Florida USS age group swim team at the Boy's Club to receive their donation.

Lynn Cartee received 5 gold medals at the National Short Course Championships in North Carolina. Seniors who swam in the Governor's Council on Physical Fitness meets were - Shirley and Adam Leonard, Bardi Dendy, Henry Overeem, Rolly Hipsher, and Edna Gordon. Mike Drews competed in the Marine Corps Marathon and Deb Walker swam some near World Records this year.

The following awards were given out at one of Suncoast's Socials: Kevin McCormack received the "Kevin McCormack Taped Ankle Award" for breaking his ankle the night before the World Championships in Indianapolis. Lynn Cartee received the "I'm Doing My Own Workout Award". Jim Donnelly was bestowed the "I'll Bring the Beer Award". And its about "time" that Robert Davie received, in a timely fashion, the "Doesn't Know What Time It Is Award" (a real watch).

Suncoast Masters Team Awards were: Rookie of the Year ...Adam Leonard; Most Improved Male...Charlie Randall; Most Improved Female...Bardi Dendy; And Teammates of the Year - Male...Rick Walker - Female...Bardi Dendy.

Congratulations Suncoast Masters!!!

Submitted to the FLMSC by Suncoast Masters



Don't Ever Give Up!

Of our 878 members of 1992 only thirteen were 80 or over. Two were 19. Our Senior was the indomitable Marian McKechnie, 88. Drives from her Upper Michigan summer home to Clearwater alone. Marian contributes All American times to St Pete Masters Inc. Pete Jurczyk, of Indian River Community College Masters FAME was 87. Pete still swims, setting records, and coaches to keep out of mischief. Shows what you can do if you try.

Registration and re-renewal for the current season is well along. Our new Registrar is handling these in fine fashion. Our new Treasurer is off to Russia, no, he didn't take the mcr. Our new Secretary has gotten some Clubs to speak, in writing, for this newsletter. That takes some doing. We wish every Club would contribute something for the May letter. Your input should, for this issue, be sent either to John or Meegan. I anticipate to be away for a while to a couple of meets.

By National Rule "You are required to submit a copy of your registration card with all meet entries" Even so there seems to be some leeway if you can present your card later, before competition starts. Maybe.

We appreciate the effort of the Clubs who sent words, many or few, to Meegan for this letter. It is YOUR news letter, not ours. When you want to be heard this is one place to do it.

By National Rule "You are required to submit a copy of your registration card with all meet entries ". Even so there SEEMS to be some leeway if you can present your card later, before competition starts. MAYBE,

If there is any question about the date of the IRCC meet, it is : April 30, May 1-2. YMCA Nationals are the previous week.

Somewhere along the line there seems to be a little misunderstanding about Masters registration ie: one may join USMS as a swimmer unattached (una) by paying the National and LMSC dues. It is not necessary to join a Club. However the other side is that a great advantage to joining a Club is the friendships made in the swimming world. Further you will be able to join in the family as relay swimmers. MANY find this to be sort of "icing on the cake".

USMS PLANNER Available only by request this year. Send 52¢ SASE envelope to: Dorothy Donnelly 2 Peter Ace Rutland MA 01543.

The following are the results of the Second Masters meet held. It was put together with the combined efforts of Bob Beach and Masters founder Ransom Arthur. The first meet was held in Texas as was the first Championship meet.

Interesting that so early in Masters a Canadian and a New Englander were present. How would you like to go back to the 10 year age group spread? And relays with just who was there to swim. FLSA was Ft Lauderdale Swim Association. Sheeler Winston is a pool South of Miami. Reckon Totonto Y is in Ontario. Of those present now still swimming are Bob Beach and Fredrick Hartz .

Southern Regional Masters Swimming Competition

North Shore Pool - Sunday, March 28, 1971

Event 1 Finals	Ladies 25-34 200 yd Breast		
Event 2 Finals	Mens 25-34 200 yd Breast		
	1 Pat Barry	UNA	2:44.6
	2 Joe Biondi	UNA	2:54.8
	Pete Combes	UNA	Scratched
Event 3 Finals	Ladies 35-44 200 yd Breast		
Event 4 Finals	Mens 35-44 200 yd Breast		
	1 Fredrick Haartz	UNA	3:01.2
	2 Henry Darlington	UNA	Scratched 3:25.4
Event 5 Finals	Ladies 45 & older 200 yd Breast		
Event 6 Finals	Mens 45 & older 200 yd Breast		
Event 7 Finals	Ladies 25-34 100 yd Free		
	1 Helen Tillette	UNA	1:03.7
Event 8 Finals	Mens 25-34 100 yd Free		
	1 John Rangley	UNA	55.2
	2 Pete Combes	UNA	59.1
	Richard donahue	UNA	Scratched
Event 9 Finals	Ladies 35-44 100 yd Free		
Event 10 Finals	Mens 35-44 100 yd Free		
	1 Dan Malone	UNA	57.9
	2 Frederick Haartz	UNA	1:01.1
	3 N. Gene Nagel	UNA	1:02.2
	4 Robert E. Beach	UNA	1:02.9
	John Phillips	UNA	Scratched
Event 11 Finals	Ladies 45 & older 100 yd Free		
Event 12 Finals	Mens 45 & older 100 yd Free		
	1 Reed Ringel	FLSA	1:01.4
	2 Alan Waites	Toronto Y	1:05.4
Event 13 Finals	Ladies 25-34 200 yd Back		
Event 14 Finals	Mens 25-34 200 yd Back		
Event 15 Finals	Ladies 35-44 200 yd Back		
Event 16 Finals	Mens 35-44 200 yd Back		
	1 Robert E. Beach	UNA	3:19.1
Event 17 Finals	Ladies 45 & older 200 yd Back		
Event 18 Finals	Mens 45 & older 200 yd Back		

Event 19	Ladies 25-34 100 IM		
Finals	1 Helen Tillette	UNA	1:17.6
Event 20	Mens 25-34 100 IM		
Finals	1 John Rangley	UNA	1:05.6
	2 Pat Barry	UNA	1:06.1
	3 Joe Biondi	UNA	1:10.8
	Richard Donahue	UNA	Scratched
	Pete Combes	UNA	Scratched
Event 21	Ladies 35-44 100 IM		
Finals			
Event 22	Mens 35-44 100 IM		
Finals	1 Fredrick Haartz	UNA	1:11.1
	2 Bernard Wagner	Sheeler	1:11.2
		Winston	
	3 JD Dan Malone	UNA	1:14.7
	4 JD N. Gene Nagel	UNA	1:14.3
	5 Henry Darlington	UNA	1:25.0
	John Phillips	UNA	Scratched
Event 23	Ladies 45 & older 100 IM		
Finals			
Event 24	Mens 45 & older 100 IM		
Finals	1 Reed Ringel	FLSA	1:18.8
Event 25	Ladies 25-34 400 yd Free		
Finals	1 Helen Tillette	UNA	Scratched
Event 26	Mens 25-34 400 yd Free		
Finals	1 Pete Combes	UNA	5:12.5
Event 27	Ladies 35-44 400 yd Free		
Finals			
Event 28	Mens 35-44 400 yd Free		
Finals	1 Robert E. Beach	UNA	5:08.1
	2 Bernard Wagner	Sheeler	5:12.2
		Winston	
	3 Dan Malone	UNA	5:23.6
	John Phillips	UNA	Scratched
Event 29	Ladies 45 & older 400 yd Free		
Finals			
Event 30	Mens 45 & older 400 yd Free		
Finals	1 Reed Ringel	FLSA	5:07.4
Event 31	Mens 45 & older 50 yd Fly		
Finals	1 Alan Waites	Toronto Y	42.4
Event 32	Relay		
	1 Pat Barry		Time 1:47.3
	Joe Biondi		
	Pete Combes		
	John Rangley		
	2 Robert E. Beach		Time 1:48.2
	N. Gene Nagel		
	Dan Malone		
	Fredrick Haartz		

In connection with the opening of the 1992 U S Open Swimming Championships in December at the now International Drive YMCA Pool, Harris Rosen, was honored for his work in leading the reopening of the pool. Harris has been a Master swimmer and on other occasions has come to the aid of Orlando and Florida IMSC swimming. When in the area you might stay at one of his Quality Inn Motels

ST PETE MASTERS  
-SHORT COURSE DEVELOPMENT MEET  
SUNDAY FEBRUARY 14, 1993  
NORTH SHORE POOL  
WARM UP 9AM - FIRST EVENT 9:30  
DECK ENTRY EVENTS

1. 100 YARD IM
2. 200 YARD FREE
3. 50 YARD FLY
4. 100 YARD BACK
5. 400 YARD IM
6. 50 YARD FREE
7. 100 YARD BREAST
8. RELAYS - CHOICE
9. 500 YARD FREE

• "It's a funny thing about life: if you refuse to accept anything but the best you very often get it."

- W. Somerset Maugham  
(1874-1965)

ST PETE MASTERS  
SHORT COURSE DEVELOPMENT MEET  
SUNDAY MARCH 14, 1993  
NORTH SHORE POOL  
WARM UP 9AM---FIRST EVENT 9:30 AM  
DECK ENTRY EVENTS

1. 200 YARD BREAST
2. 50 YARD BACK
3. 200 YARD FLY
4. 100 YARD FREE
5. 50 YARD BREAST
6. 200 YARD BACK
7. 100 YARD FLY
8. RELAYS - CHOICE
9. 1000 YARD FREE

From Mary Jane Schafer, New IMSC member, this thought: "Why aren't Elephants allowed at the beach? They can't keep their trunks up!" .

## Orlando's aquatics facility is alive and kicking

Competitive swimming is alive and well in Orlando, Fla., after a successful U.S. Open was held at the International Drive YMCA Aquatics Center last month.

Formerly the Orlando International Aquatics Center and the Justus Aquatics Center, the facility felt the full impact of the recession and faced foreclosure by its lien-holder, the Great Western Bank.

Only a full-scale effort by the swimming community in central Florida was able to bring the facility back from the dead.

"We had an excellent meet," said Julie Sundstrom, public relations director for the facility. "Our community came together to keep the facility alive."

World records set by Pablo Morales and Janet Evans at the facility both still stand today.

At the Phillips 66 National Indoor Championships on March 26, 1988, Janet Evans swam the 1500-meter freestyle in 15:52.10. She is still the only woman to ever swim the event in under 16 minutes.

On June 23, 1986 at the World Championships Trials in Orlando, Pablo Morales swam the 100-meter butterfly in 52.84, which is the longest standing men's world record on the books.



Dear FLMSC Members,

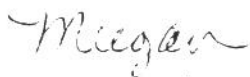
January 22, 1993

I encourage everyone to take part in the "February Fitness Challenge '93", which is sponsored by the USMS Fitness Committee, the Southern LMSC, and SPEEDO. This event is open to all swimmers, not just those registered to USMS.

An entry form is included in the January/February 1993 issue of Swim Magazine. The "Free Training Guide", mentioned in the entry form, is published in the same issue.

Lets all make a commitment and enter the "February Fitness Challenge '93".

Sincerely,



Meegan Wilson

FLMSC Fitness Chair

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NEWSLETTER OF THE SOUTHEASTERN LOCAL MASTERS SWIM COMMITTEE

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### **Memo from Pat Wilson, Southeastern LMSC Safety Coordinator**

To: All Coaches, Meet or Event Sponsors, Directors or Supervisors, USMS Club Presidents, Workout Supervisors, and other Club, Event or Workout personnel

Subject: Pool safety and emergency procedures

As all of you are aware, safety and our liability insurance coverage are virtually our most important considerations in operating USMS and each of our local committees and clubs. As a result of some unfortunate experiences in the past, our insurers have requested that we talk about safety and emergency procedures with various responsible parties in order to ensure as much safety consciousness and emergency preparedness as is possible.

- We would like to ask you to identify, within your own club or workout group, and for any meets or events sponsored by you, the following information which should then be posted in a conspicuous place at each workout, event, etc., and be made available to workout, meet and pool officials:

- ✓ Where the telephone is located in your regular facility or in any facility which you use on a temporary basis.
- ✓ The emergency numbers to call in case of injury or illness.
- ✓ Who is responsible for and capable of rendering emergency assistance to injured or ill victims.
- ✓ Who is responsible for guarding people in the pool under normal circumstances, and who is responsible for guarding in an emergency, if the guard is the person responsible for taking over in an emergency.
- ✓ Who completes the "Report of Occurrence," USMS form, for ALL incidents, no matter how small, and forwards it to representatives.

Please remember, no one person is responsible for all of these items, but someone should be responsible for each of them. Please also remember, without our insurance coverage, there is no USMS, so it behooves all of us to be certain procedures are followed and emergencies can be handled quickly and competently. Precautions and quick and knowledgeable response can minimize hazards and save lives.

# February Fitness Challenge '93



The purpose of the February Fitness Challenge is to promote the idea of fitness through swimming and to encourage swimmers throughout the country to swim regularly and to track their results during the monthly period.



**SPONSORS:** United States Masters Swimming Fitness Committee  
Southern Masters Swimming                      SPEEDO

**ELIGIBILITY:** Must be at least 19 years of age.

**RECORDING DISTANCE:** Beginning February 1, 1993, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert from meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

**MONTHLY TOTALS:** At the end of the month, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

**AWARDS & RESULTS:** All participants receive a FEBRUARY FITNESS CHALLENGE swim cap, a recognition certificate from SPEEDO, and a copy of the final results. The three males and females in each age group with the highest monthly total will receive medals. Please allow at least 30 days after deadline for mailing of awards and results.

**AGE GROUPS:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54...

**AGE:** Determined by your age on February 28, 1993.

**RULES:** Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

**ENTRY FEE:** \$6.00, all fees payable to Southern Masters Swimming.

**T-SHIRTS:** \$12.00, short sleeve, 100% cotton, indicate size below.

**ENTRY DEADLINE:** Entries must be RECEIVED by March 15, 1993. Late entries will be returned!

**ENTRY PROCEDURE:** Send form below and fees to: FEBRUARY FITNESS CHALLENGE, c/o Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge, LA 70806. Phone (504) 928-5596

**FREE TRAINING GUIDE:** For tips on maximizing your benefits from FFC '93, send a SASE (#10 envelope) to: Fitness Guide, c/o Total Immersion, 381 Main St., Goshen, NY 10924.

## FEBRUARY FITNESS CHALLENGE '93

(please print)

NAME: \_\_\_\_\_ AGE: (as of 2/28/93): \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP CODE: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ T-SHIRT (optional): S M L XL

MON FEB 1 _____ yds	MON FEB 8 _____	MON FEB 15 _____	MON FEB 22 _____
TUE FEB 2 _____	TUE FEB 9 _____	TUE FEB 16 _____	TUE FEB 23 _____
WED FEB 3 _____	WED FEB 10 _____	WED FEB 17 _____	WED FEB 24 _____
THU FEB 4 _____	THU FEB 11 _____	THU FEB 18 _____	THU FEB 25 _____
FRI FEB 5 _____	FRI FEB 12 _____	FRI FEB 19 _____	FRI FEB 26 _____
SAT FEB 6 _____	SAT FEB 13 _____	SAT FEB 20 _____	SAT FEB 27 _____
SUN FEB 7 _____	SUN FEB 14 _____	SUN FEB 21 _____	SUN FEB 28 _____

TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS  
 TOTAL MONTHLY MILEAGE = \_\_\_\_\_ MILES (divide monthly yardage by 1760)

In fairness to all participants, I attest that the above results are accurate and true.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



# 1992 USMS CONVENTION FITNESS COMMITTEE REPORT

By Rocky Motter

In 1990 your USMS organization appointed an ad hoc committee to examine the needs and interests of the fitness swimmer as well as trying to determine who are the fitness swimmers, how they work out and how many are there amongst its membership. Last year a few LMSCs participated in surveys directed to answer these questions. The results of these surveys seem to indicate that "fitness swimmers" includes a variety of coached and not coached swimmers who mostly want some direction, those who never compete, those who infrequently compete, and those who compete on a regular basis. They also revealed that fitness programming requires adequate staffing for successful implementation. Consequently, any program planning should be implemented on two levels, one for those LMSCs which do not have sufficient personnel to carry out the planning, and the other for those clubs and LMSCs which have adequate staffing but need ideas.

With all these facts in mind the committee approved the following actions and projects to attract and retain the "fitness" swimmer:

- \* the appointment of liaisons to communicate with other committees to consider tasks and ideas for

development with proper coordination.

- \* to make plans to increase communication that would assist coaches or other persons through the USMS newsletter and special packets which may include items like an outline for a 1 day clinic.
- \* to sponsor the February Fitness Challenge which Scott Rabalais of Southern LMSC has offered to implement on a national level.
- \* to retain fitness Month in February.
- \* to give better direction to local Fitness Chairs as to how to manage their portfolio.
- \* to include the USMS 2000 yd Postal Meet, which has been in existence 2 years, as a function of the Fitness Committee.
- \* to utilize a portion of Swim Magazine's future survey for measuring fitness interest.

Just recently, however, the fitness committee decided to have another of its own surveys to better define the composition of its membership and to be able to compile results on a more timely basis. It is asking each member to please participate and to return the questionnaire below to your LMSC Fitness Chairperson, Meegan J. Wilson, 620 N.W. 27th Way, Gainesville, FL 32607. Also, if anyone has suggestions for special events or activities that may be of interest to our LMSC or clubs that pertain to attracting and maintaining fitness and competitive swimmers, please send them along, too.

## FITNESS QUESTIONNAIRE

The Fitness Committee wants to know why you swim. Please rate on a scale of 1-5 by a circle, your level of interest in each of the following items, and please indicate whether you want your LMSC to sponsor activities in each of these areas. Please respond to all six items.

	not interested		very interested		want sponsored activities		
	1	2	3	4	5	yes	no
A. Fitness	1	2	3	4	5	yes	no
B. Competition	1	2	3	4	5	yes	no
C. Triathlons	1	2	3	4	5	yes	no
D. Social	1	2	3	4	5	yes	no
E. Stress Release	1	2	3	4	5	yes	no
F. Physically Therapeutic	1	2	3	4	5	yes	no

Please add any comments or suggestions for attracting and maintaining fitness and competitive swimmers.

Please send your completed questionnaire to: Meegan Wilson, 620 N.W. 27th Way, Gainesville, Florida 32607. Thank you!!

## February Fitness Challenge '93

February Fitness Challenge '93. What is it? Why do it?

Terry Laughlin, Fitness Swimming Advisor for Speedo America, has produced a brochure which answers both questions, as well as giving us ten tips on How to Prepare and Get Maximum Fitness Benefits. The following information is lifted directly from Terry's brochure: "The USMS Fitness Committee, the Southern Masters and Speedo America are sponsoring the **February Fitness Challenge (FFC)** to promote fitness through swimming and to encourage swimmers of all ability levels, nationwide, to swim regularly and keep track of their results during a one month period. If your participation motivates you to swim more regularly during February, you have an excellent chance of being fitter and healthier at the end of the month than you were at the beginning.

"By swimming more regularly, and perhaps further than usual, you also have an opportunity to increase not just fitness, but skills as well. But you have to use your swim time wisely in order to get the maximum benefit out of all your FFC yardage. So we've prepared this pamphlet of advice to help ensure that you not only swim more yards but that you swim them right. Good luck and happy swimming!"

The ten tips, and excerpts from Terry's explanations of each, follow:

**1. GET STARTED NOW** - Set a goal and start preparing early to achieve it. You do anything better with a goal in sight, but keep it sensible and reasonable. If you aim for an ambitious February yardage total, then increase your yardage gradually throughout January toward your weekly FFC yardage goal.

**2. INCLUDE INTERVALS** - Many swimmers, especially those who swim alone most of the time, will be tempted to try to accumulate as many yards as possible by swimming nonstop for the entire available workout time.

Our best advice is don't confuse the February *Fitness Challenge* with a February *Yardage Challenge*. You may be able to amass more yardage with straight swimming, but it won't necessarily get you fitter. Multiple repeats of short distance (mainly 25 to 200 yards) swims, with brief rests (20 seconds to 2 minutes) between, will let you swim longer and faster with less fatigue and better form. Consequently, most swimmers will find they're able to swim further in each workout, despite taking periodic rest breaks. Your rest periods during interval sets should generally be equal to or shorter than your swim segments. Better swimmers generally rest for one-half to one-fourth the amount of time they swim.

Interval training also allows you to reach higher fitness levels because the brief periods of recovery allow you to swim more intensely at a higher average heart rate. And a higher heart rate results in greater aerobic conditioning, which brings us to point #3.

**3. CHANGE OF PACE** - For the greatest fitness benefit, it's best to alternate harder and easier workouts, particularly if you'll be swimming more than two days per week during the FFC. For example, one day might be longer swims with shorter rest at a relaxed pace, then shorter repeats on longer rest intervals at a higher speed, the next. Some days should be devoted primarily to improving stroke mechanics, either through stroke drills or stroke counting, which brings us to point #4.

**4. DON'T FORGET FORM** - Efficient stroke technique may be the real secret to a successful FFC. Poor form wastes energy, slows you down, and tires you out prematurely. It can also lead to injury.

So don't just swim mindless yards, doing nothing but counting laps. Count strokes too. In fact, commit to doing at least 10 to 20 percent of your yardage in stroke drills and stroke counting, trying to swim a good number of lengths in fewer strokes than normal. If you're worried about losing distance and time, put on a pair of fins for your drill work. It's perfectly acceptable (see #6) and it will help you hold a faster pace while swimming efficiently. If you find fatigue is causing you to take more strokes per length, then it's time to take a rest break and allow yourself to recover that long, smooth stroke.

**5. DIFFERENT STROKES** - While freestyle is the fastest stroke, and will allow you to accumulate more yards per hour, doing too much freestyle during the month, and neglecting the other strokes, won't help you reach your goals, particularly if you're a Masters swimmer who likes to race in the other strokes. And since it's fitness we're after, don't forget that using multiple strokes will allow you to condition more muscle groups.

**6. POOL TOOLS TOO!** - The entry form says "Use of training equipment (fins, pull buoys, hand paddles) IS permitted." I'll go further and encourage it. For the most varied fitness effect and for the most effective workout, those pool tools are a swimmer's best friend. Use the fins to improve technique or speed. Use the paddles to improve distance per stroke. Put the buoy on to give your legs a rest. Just don't get too dependent on them. You should still do at least 40-50% of all your yardage with your own natural equipment.

### SWIM FLORIDA MASTERS

Joan Gamso would like to include Naples Swim Florida Masters at the Naples YMCA in "Places to Swim". Call Joan at 813-495-7324 for information.

### FAST MASTERS

FAST Masters had 3 members place in the National Top Ten this year: Timothy Dodge, Polly Porter, and Meegan Wilson.

FAST has several triathletes who placed in the top 5 at various biathlons and triathlons around the state: Beth Bigelow, Grady Bostick, Jim Garrison, Ken Hahn, Kim Kazimour, Wayne King, Tina Myers, Kathleen Pollman, and Doug Smith.

### IRCC MASTERS

Anne Wilder sent the following information:

Tom Harmon, coach for Indian River Community College Team members, received recognition this month when he was selected "Coach of the Year" by High School Coaches. Tom, who coaches the swim team of John Carroll High School, was named (Fort Pierce) Tribune Coach of the Year.

In 1991, the John Carroll swim team, the Golden Rams, had a numbers problem. The team finished first in individual events, but lost in total points. Under Harmon, in his first year of Rams coaching, the swimmers were able to fill every event, continued to finish first in individual events, notched relay victories, and team wins as well. Coaches in St. Lucie County recognized Harmon's achievement by naming him "Coach of the Year". IRCC Swimmers seconded the award with a poolside ceremony, a gift and a bouquet, but owing to cold weather refrained from throwing Tom into the pool.

Pete Jurczyk, 87 years old, and captain of the Indian River Community College Masters Team, added another record to his list on November 28, 1992 at Delray Beach when he set a new World Record for the 200 backstroke short course meter event. His time of 5:10.56 broke the previous record of 5:23.27. Pete now holds nine world and USA records.

## ST. PETERSBURG MASTERS

The following information was taken from the January St. Pete Newsletter.

This year St. Pete had 12 individual All-Americans: Bruce Day, Pam Geiger, Paul Hutinger, John Johnston, Charles Kohnken, Jane Lambke, Marian McKechnie, Jim Mitchell, Bill Molloy, Kay Schimpf, Judy Stefanick, and Beverley Tucker.

They had 15 relay All Americans: Barbara Allen, Art Halttunen, Terri Hoppenrath, Kermit Hotvedt, John Johnston, Kate Knight-Perry, Jane Lambke, Jim Mitchell, Bill Molloy, Anne Page, Jackie Piper, Bill Specht, Judy Stefanick, Frank Tillotson, and Beverley Tucker.

They had 57 individuals with Top Ten rankings: Barbara Allen, Ned Allen, Tom Atkins, Bob Atwood, Russ Barnhart, Bob Beach, Peter Betzer, John Bishop, Mary Boaz, Abrasha Brainin, Elaine Bromwich, Lynn Brownstein, Ray Burns, Frances Cichanski, Mary Conway, Bruce Day, Dudley DeGroot, Harold Ferris, Lisa Flanagan, Art Friedland, Pam Geiger, Steve Grau, Art Halttunen, Terri Hoppenrath, Kerm Hotvedt, Paul Hutinger, John Johnston, Win Kennedy, Nancy Kiernan, Kate Knight-Perry, Charles Kohnken, Jane Lambke, Mary Lou Lee, John Maguire, Woody McDaniel, Marian McKechnie, Anne McLean, Jim Mitchell, Mary Lou Mitchell, Bill Molloy, Bill Molvie, Anne Page, Bob Patton, Ralph Perry, Harry Piper, Jackie Piper, Sheri Brownstein Predmore, Barbara Prescott, Jack Pyhel, Lisa Ross, Kay Schimpf, Bill Specht, Judy Stefanick, Frank Tillotson, Gary Trimble, Beverley Tucker, and Theunis Van Der Veen.

Other Top Ten Relay members were: Barbara Allen, Mary Barker, Bob Beach, Peter Betzer, Hilary Booth, Abrasha Brainin, Ray Burns, Roaph Coxhead, Colleen Egan, Harold Ferris, Lisa Flanagan, Jeff Good, Steve Grau, Art Halttunen, Terri Hoppenrath, Kermit Hotvedt, Paul Hutinger, Win Kennedy, Kate Knight-Perry, Charles Kohnken, Mary Francis Kyle, Betty Linck, Tim McGinnis, Marian McKechnie, Bill Molvie, Jackie Piper, Sheri Brownstein Predmore, Kay Schimpf, Tom Smith, Bill Specht, Lori Stauch, Sandy Steer, Christine Swanson, and Jennifer Swisher.

Congratulations St. Pete Masters!!!

# Holmes Lumber Jax Registration

1993

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It's that time of year again to register for the 1993 swim season! Enclosed is the new registration form for 1993. Please return as soon as possible so that we can get you registered.

Just wanted to comment on the great things that we have accomplished in the past few years:

## Championships

1988 National Champions - 1ST men  
1988 National Champions - 1ST women  
1988 National Champions - 1ST overall  
1988 World Champions - Brisbane, Australia  
1989 National's Short Course - 3RD men  
1989 National's Short Course - 3RD women  
1989 National's Short Course - 3RD overall  
1990 World Champions - Rio De Janeiro, Brazil  
1991 National's Short Course - 1ST men  
1991 National's Short Course - 2ND overall  
1992 National's Short Course - 3RD men  
1992 National's Short Course - 3RD women  
1992 National's Short Course - 3RD overall  
As of May 1, 1992 - HLJ holds 18 World Masters Records

## Individual Honors

1991 All American - Sudi Miller, Laureen Welting, Florence Carr, Gertrude Zint, Rich Abrahams, John Smith, Jack Beattie and Telfair Mahaffy  
1991 USMS All Stars - Sudi Miller  
1991 Long Distance All Americans - Telfair Mahaffy

## Sponsorships

Boys and Girls Clubs of Northeast Swim Program  
Swim Jacksonville/Every Child A Swimmer Program  
Youth Crisis Center Swim Program  
Episcopal Day Care Swim Program

All of these accomplishments are a direct result of the hardwork and energy from All members of the team.

There are exciting events to look forward to in the 1993 swim season:

1 Hour Swim Challenge in January  
Tampa in February  
Clearwater Short Course in February  
St. Pete in April  
Santa Clara in May  
St. Pete Long Course in July  
1994 World Championships in Canada

We look forward to seeing all of you there!!! You are a winner every time you swim at practice and every time you step on a starting block. Welcome, once again, to the best team.

Ed Note : Perhaps most important the Club was instrumental in teaching some 4,000 children to swim, who otherwise most likely wouldn't have had the opportunity.

**Movin' On Down The Highway: FASTMasters' Adopts-A-County-Road**  
by  
**K.D. Pollman**

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Oftentimes, Masters swimming is a comparatively isolated activity, a contract made between the swimmer and the pool, and other than the swimming *cognoscenti*, few in the community are aware of its existence. Like all public groups and associations, however, Masters swimming can extend its impact beyond its immediate, close-knit sphere of members and make contributions to the community at large as well. FASTMasters in Gainesville has done exactly that through the ubiquitous Adopt-A-County-Road program. In August 1991, FASTMasters became part of the Adopt-A-County-Road program in Alachua County. Using volunteers, this program helps keep local roads litter-free in regions throughout the country. The program requires a minimum commitment of one year from groups desiring to participate, and FASTMasters is now well into its second year of participation cleaning up litter along a two-mile segment of county road. Trash is picked up quarterly (the initial clean-up is the worst with subsequent clean-up efforts typically far easier), and the only cost to participants is time and effort. This program has proven to be an extremely popular one among civic-minded groups and premium, high visibility roads are rapidly adopted. Alachua County, for example, has 175 groups adopting 283 miles of roadway. Some specific aspects and benefits of the program:

- The county Department of Transportation provides all the requisite materials, including safety vests, garbage bags, and road signs and stands.
- For two miles of semi-rural roadway, the typical pick-up time is two hours with 10 volunteers. Of course, the more volunteers, the easier the pick-up and the more fun as well!
- The community benefits, and the participants derive the reward of helping to contribute to their community.
- Through the posting of permanent signs along the roadway identifying groups as Adopt-A-County-Road caretakers, FASTMasters in essence gets free advertising at each end of its two-mile stretch of road.

In addition, along with all participating groups, FASTMasters has been recognized by Alachua County Commission for its efforts, receiving a First Year of Service Completion Certificate.

Although picking up someone else's trash is not exactly an activity most people would bolt to the front of the line to do, FASTMasters has found the experience rewarding and fun. The sense of good will has been infectious, and by working together towards a common goal, the club has become even more close-knit. We at FASTMasters believe the experience can be as equally rewarding for other Masters teams throughout the state, and we heartily encourage other teams to participate. Believe it or not, there is a science to picking up trash, and we would be happy to share the details with those who are interested in getting their hands a bit dirty for their community. For more details contact your local county Department of Transportation.



CLEARWATER MASTERS ANNUAL WINTER SWIMMING CHAMPIONSHIPS

SHORT COURSE - INDOORS  
MARCH 6-7, 1993 CLEARWATER, FLORIDA

Sanction Number: 93-5

Sanctioned By: USMC INC. and Florida LMSC

Sponsored By: Clearwater Masters, in cooperation with the City of Clearwater Recreation Department

Meet Director: Dave Perkey

Phone: 813 733-1980

Fax: 813 797-2075

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ELIGIBILITY:

The meet is open to all registered athletes 19 years of age as of 3/6/93. A registration number MUST accompany each entry form. Swimmers must possess and present at the meet a 1993 association registration as specified by Masters Swimming. International swimmers need a letter of introduction to the meet director. Competitors 19 to 24 years" of age are advised that by competing in any Master swimming competition he/she may jeopardize his/her amateur status as outlined by FINA (in GBI) and collegiate governing bodies.

POOL FACILITIES:

The meet will be held at The Long Center (1501 N. Belcher, Clearwater), a brand new indoor Olympic facility, probably the best indoor swimming complex in Florida. Our competition will be held on eight lanes, nine feet wide with a minimum 7-1/2 foot depth, with water temp 82. There will be a lane for continuous warm up and warm down (NO DIVING). We will have automatic electronic timing (buzzer start with touch pads, push button back up). Of course we have full service dressing rooms, and food, soft drinks, juices and assorted junk food will be available.

ENTRY FEES:

Swimmers must pre-enter by mail. Send the completed and signed entry, seeding form and a copy of your current registration. Entry fees are \$2.50 for each individual event and \$3.00 for relay teams. Competitors may enter and swim in no more than 5 individual events per day. All relay members must be a registered member of the team they represent. There will be a \$5.00 late fee for entries received after deadline, so mail early!

ENTRIES DUE:

Entries must be in the hands of the meet director no later than February 23, 1993. NO DECK ENTRIES; EXCEPT RELAYS!!!! All money must accompany an entry form. If a swimmer is unable to attend the meet, call Dave Perkey at 813-733-1980. A full refund will be given as long as you contact us before 1:00 P.M. on Thursday March 4, 1993. Upon meet check-in you will be required to show your 1993 U.S.M.S. registration card, or purchase one at the meet. Save yourself a hassle, check with your team registrar so a card can be obtained in plenty of time! If you have to purchase a card at the meet it will be issued as Unattached!

SEEDING:

You are required to enter times for all events entered. NT or no time is not acceptable. Submit best competitive times, or a reasonable estimate, in meets not more than two years ago, in a 25 yard pool. Heats will be seeded by times, not by age groups. Events are time finals. All heats will be slowest to fastest. The 1,000, 500 and 400 I.M. will be deck seeded, combining men and women. Individual swimmers must check in in person. Swimmers not reporting to the block when the event is called, will be scratched.

SCHEDULE:

Warm up Saturday	-	8:00	A.M.	-	Meet begins 9:00 A.M.
Warm up Sunday	-	8:00	A.M.	-	Meet begins 9:00 A.M.

AWARDS:

Ribbons will be awarded for first through eighth places. Special awards will be given for the following:

1. First, second, and third place individual high point for men and women in their age group.
2. Team Trophies will be awarded for combined men and women 1st, 2nd, and 3rd.

A competitor must swim in a minimum of 5 individual events to qualify for high point. Relay points do not count for individual high point awards.

SCORING:

First-6, Second-7, Third-6, Fourth-5, Fifth-4, Sixth-3, Seventh-2, Eighth-1. Double points will be given for relays.

SOCIAL:

After the meet Saturday we will meet on the grounds of the Long Center for a picnic and social.

NOTE:

Masters swimming is a strenuous athletic activity and each participant is advised to consult a physician before undertaking the program. Under advice of the USMS Medical Committee, it is recommended that competitors exit from the sides of the pool and not from the ends 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.

SEEDING FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_ SEX \_\_\_\_\_

CLUB LETTERS \_\_\_\_\_ CURRENT REGISTRATION # \_\_\_\_\_

CLUB NAME \_\_\_\_\_

EVENT # WOMEN/MEN	EVENT NAME	TIME
SATURDAY (MAXIMUM OF 5 INDIVIDUAL EVENTS)		
1 / 2	200 Yard Mixed Free Relay (Deck Entered)	
3 / 4	200 Yard Fly	
5 / 6	50 Yard Free	
7 / 8	200 Yard Back	
9 / 10	100 Yard Breast	
11 / 12	200 Yard Free	
13 / 14	50 Yard Breast	
15 / 16	50 Yard Back	
17 / 18	400 Yard I.M.	
19 / 20	200 Yard Free Relay (Deck Entered)	
21 / 22	1000 Yard Free	
SUNDAY (MAXIMUM OF 5 INDIVIDUAL EVENTS)		
23 / 24	200 Mixed Medley Relay (Deck Entered)	
25 / 26	200 Yard Breast	
27 / 28	50 Yard Fly	
29 / 30	100 Yard Free	
31 / 32	100 Yard I.M.	
33 / 34	100 Yard Back	
35 / 36	100 Yard Fly	
37 / 38	200 Yard I.M.	
39 / 40	500 Yard Free	
41 / 42	200 Yard Medley Relay (Deck Entered)	

*For Your Information  
Do Not Mail This Sheet*

*For Your Information  
Do Not Mail This Sheet*

# OFFICIAL ENTRY FORM

PLEASE PRINT OR TYPE CLEARLY

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE    /    /     
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ HOME PHONE (    ) \_\_\_\_\_ TEAM \_\_\_\_\_  
 1993 REGISTRATION NUMBER \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

MEET IS SANCTIONED BY: USMS, INC. AND LMSC

NUMBER OF EVENTS _____	X \$2.50	= \$	_____
RESULTS _____	X \$2.00	= \$	_____
ELECTRONIC TIMING & SCORING _____	\$		5.00
FACILITY FEE _____	\$		2.50
SOCIAL FEE (\$5.00 PER PERSON) _____	\$		_____
TOTAL _____	\$		_____

## BIRTH DATE AND AGE GROUP AS OF MARCH 6, 1993 (PLEASE CIRCLE)

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+  
 RELAY AGE GROUPS - 19+ 25+ 35+ 45+ 55+ 65+ 75+ 85+ 95+

### SATURDAY 3/06/93 9:00 A.M.

### SUNDAY 3/07/93 9:00 A.M.

WOMEN	MEN	WOMEN	MEN
1 200 MIXED FREE RELAY	2	23 200 MIXED MED. RELAY	24
3 200 YD FLY	4	25 200 YD BREAST	26
5 50 YD FREE	6	27 50 YD FLY	28
7 200 YD BACK	8	29 100 YD FREE	30
9 100 YD BREAST	10	31 100 YD I.M.	32
11 200 YD FREE	12	33 100 YD BACK	34
13 50 YD BREAST	14	35 100 YD FLY	36
15 50 YD BACK	16	37 200 YD I.M.	38
17 400 YD I.M.	18	39 500 YD FREE	40
19 200 FREE RELAY	20	41 200 MEDLEY RELAY	42
21 1000 FREE	22		

MAKE CHECKS PAYABLE TO:  
CLEARWATER MASTERS

MAIL TO:  
 Dave Perkey  
 1520 Pleasant Grove Drive  
 Dunedin, Florida 34698

PLEASE INCLUDE  
 COPY OF YOUR  
 USMS REGISTRATION  
 CARD AND SIGN  
 BELOW.

## WAIVER OF LIABILITY CONCERNING PARTICIPATION IN THE CLEARWATER MASTERS SWIM MEET

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, meet sponsors, meet committees or any individual officiating at the meet or supervising such activities, as a condition of my participation in Masters swimming. I hereby agree to abide and be governed by the rules and regulations of USMS and Florida LMSC Swimming.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

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 GRI) and collegiate governing bodies.

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

SEEDING FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX \_\_\_\_

CLUB LETTERS \_\_\_\_\_ CURRENT REGISTRATION # \_\_\_\_\_

CLUB NAME \_\_\_\_\_

EVENT # WOMEN/MEN	EVENT NAME	TIME
SATURDAY (MAXIMUM OF 5 INDIVIDUAL EVENTS)		
1 / 2	200 Yard Mixed Free Relay (Deck Entered)	
3 / 4	200 Yard Fly	
5 / 6	50 Yard Free	
7 / 8	200 Yard Back	
9 / 10	100 Yard Breast	
11 / 12	200 Yard Free	
13 / 14	50 Yard Breast	
15 / 16	50 Yard Back	
17 / 18	400 Yard I.M.	
19 / 20	200 Yard Free Relay (Deck Entered)	
21 / 22	1000 Yard Free	
SUNDAY (MAXIMUM OF 5 INDIVIDUAL EVENTS)		
23 / 24	200 Mixed Medley Relay (Deck Entered)	
25 / 26	200 Yard Breast	
27 / 28	50 Yard Fly	
29 / 30	100 Yard Free	
31 / 32	100 Yard I.M.	
33 / 34	100 Yard Back	
35 / 36	100 Yard Fly	
37 / 38	200 Yard I.M.	
39 / 40	500 Yard Free	
41 / 42	200 Yard Medley Relay (Deck Entered)	

You must send a copy of your registration  
 card or present it at the registration desk.  
 You can't swim without it.  
**ATTACH A COPY OF YOUR  
 REGISTRATION CARD  
 HERE.**

**TWENTY-THIRD ANNUAL ST. PETERSBURG MASTERS SHORT COURSE SWIMMING CHAMPIONSHIPS  
FOR MEN AND WOMEN NINETEEN AND OLDER**

**APRIL 2, 3 & 4, 1993**

**ST. PETERSBURG, FLORIDA**

**SANCTIONED BY: FLORIDA LOCAL MASTERS SWIM COMMITTEE - SANCTION #: 93-7**

**SPONSORED BY: ST. PETE MASTERS, INC.**

**ST. PETERSBURG DEPARTMENT OF LEISURE SERVICES**

**MEET DIRECTORS: HAROLD FERRIS & MARY FRANCES KYLE**

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**ELIGIBILITY:**

The meet is open to all registered MASTERS. A COPY OF YOUR 1993 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 \$6.00 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. No EXHIBITION SWIMS ARE ALLOWED!!!!!!

**ENTRY FEES:**

Entry fee shall be \$2.50 for each individual event. There is a \$6.00 surcharge for the automatic timing and the heat sheet.

**RELAYS:**

Deck entered relays will be accepted at the meet at \$4.00 per team entered.

**ENTRIES DUE:**

Entries must be in the hands of the Meet Director no later than TUESDAY, MARCH 23, 1993. NO DECK ENTRIES; EXCEPT RELAYS.

**ENTRY FORMS:**

Please complete and return the ENTRY FORM, SEEDING FORM and a COPY OF YOUR 1993 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 1650 Freestyle will be deck seeded, combining men and women. Names of all swimmers entered in the 1650 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-eight lane, 50 meter course and an additional eight lane course for the 1650 Freestyle. A warm-up lane is available in the diving well (6 lanes).

**SCRATCH PROCEDURES:**

If a swimmer is unable to attend the meet, CALL Mary Frances Kyle (813) 821-8336 or Harold Ferris (813) 896-0250 no later than April 1st 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, April 2nd warm-up will begin at 4:30 p.m.

**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:**

Medals will be awarded for FIRST thru THIRD place with ribbons for FOURTH thru EIGHTH in individual events. Relays will receive ribbons for FIRST, 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 swim a minimum of 5 individual events to qualify. High Point Awards will ONLY be awarded POST-COMPETITION on Sunday, April 4th, after points are officially tallied. Swimmers departing early should have friends pick-up awards or make other arrangements.

**HIGH POINT VISITING TEAM AWARDS:**

The visiting team with the highest combined total points, men and women will receive certificates for first, second and third place. Cash donations will be made to the winning teams designated charity (in lieu of trophies). In addition, men and women high point visiting team certificates will be awarded with donations being made to the teams designated charities.

**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, T-Shirts and additional meet information.

**T-SHIRTS:**

Meet T-Shirts will be available at the cost of \$9.00 each with your entry. Please specify size on entry form. The price at the meet will be \$10.00 per shirt. T-Shirts feature a multi-color design.

**REFRESHMENTS:**

Refreshments will be available for purchase adjacent to the stands.

**SOUTHERN HOSPITALITY:**

Once again we will feature our famous "Southern Hospitality" with "Happy Hour" including free beer and snacks beginning at 5:30. Dinner will be served at 6:30. The dinner menu will be lasagna, meatless lasagna, salad, bread, iced tea and dessert. Dress is casual. This great "Southern Hospitality" will take place at University of South Florida, 140 7th Avenue S., St. Petersburg, FL. Swimmer and guest tickets must be purchased with your meet entry. The cost including free beer, dinner and dessert will be \$12.00

**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:**

BEACH PARK	300 Beach Dr. N.E.	(813) 898-6325
The HERITAGE	234 3rd Ave. No.	822-4814
The ST. PETE HILTON	333 1st Ave. So.	894-5000
BEST WESTERN	5005 34th St. N.	525-1181

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, APRIL 2, 1993 - 5:00 p.m.

WOMEN *warm up 4:30 swim 5pm* MEN  
 1 1650 M. FREESTYLE 2

<u>WOMEN</u>	<u>Sat., April 3, 1993 9:00 am</u>	<u>MEN</u>	<u>WOMEN</u>	<u>Sun., Apr. 4, 1993 9:00 am</u>	<u>MEN</u>
3	200 Yd. BACK	4	23	100 Yd. BACK	24
5	100 Yd. I.M.	6	25	50 Yd. BREAST	26
7	200 Yd. FREE	8	27	100 Yd. FLY	28
9/10	200 Yd. MIXED FREE RELAY ***	29/30		200 Yd. MIXED MEDLEY RELAY ***	
11	50 Yd. BACK	12	31	200 Yd. BREAST	32
13	200 Yd. FLY	14	33	100 Yd. FREE	34
15	100 Yd. BREAST	16	35	200 Yd. I.M.	36
17	50 Yd. FREE	18	37	50 Yd. FLY	38
19	200 Yd. FREE RELAY ***	20	39	200 Yd. MEDLEY RELAY ***	40
21	400 Yd. I.M.	22	41	500 Yd. FREE	42

\*\*\* DENOTES 20 MINUTE BREAKS

UNDER THE ADVICE 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 END 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 DURING A RELAY EVENT.

**SUNCOAST MASTERS 16TH ANNUAL LONG COURSE SWIMMING CHAMPIONSHIPS**  
**TEE-SHIRT MEET**  
For Men and Women Nineteen and Older  
**JUNE 12 & 13, 1993**

**Arlington Park Aquatic Center, Sarasota, Florida**  
**Sanctioned by: Florida LMSC, Inc.- Sanction # \_\_\_\_\_**  
1509 Bunker Hill Dr., Sun City Center, FL 33573  
**Sponsored by: Arlington Park Aquatic Center**  
**Suncoast Masters Swimming**  
**Meet Directors: Jim Donnelly & George Burke**

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**SWIMMERS AGED 19-24:** Competitors in this age group should be advised that by competing in any Masters swimming competition they may jeopardize their amateur status as outlined by FINA and collegiate governing bodies.

**ELIGIBILITY:** The meet is open to all registered MASTERS. A COPY OF YOUR 1993 REGISTRATION CARD MUST BE INCLUDED WITH YOUR ENTRY FORM. Non U.S. citizens should have a letter of introduction from their own swimming association.

**NUMBER OF EVENTS:** Competitors may enter no more than 5 individual events per day.

**ENTRY FEES:** Entry fee shall be \$2.50 per event. There is a \$6.00 surcharge for the automatic timing and the heatsheet.

**ENTRIES DUE:** Entries must be in the hands of the Meet Director no later than WEDNESDAY, JUNE 2, 1993.

**ENTRY FORMS:** Please complete and return the ENTRY FORM, SEEDING FORM, and a COPY OF YOUR 1993 USMS CARD. (Be sure to mark off your tee-shirt size.) Enclose 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. Submit best competitive time in meets not more than two years previous, or a time you think you are capable of doing. Remember to submit METER times! All events are timed finals.

**POOL FACILITIES:** ARLINGTON PARK AQUATIC CENTER is located at 2650 Waldemere Street, between Tuttle and Shade Avenues. (See Map) It has 8 - nine foot wide lanes for LONG COURSE METERS, stainless steel bulkheads and gutter system that makes for a very fast pool. Two of the lanes will be used for a warm-up/warm-down lane and a "buffer" lane. Arlington Park is a beautiful wooded 60 acre park with a lake, jogging trails and playgrounds for the kids. The lockerroom/shower facility is located adjacent to the pool area and gymnasium.

**SCRATCH PROCEDURES:** If a swimmer is unable to attend the meet, CALL Jim Donnelly (813) 371-4084 Hm, 365-3014 work, or George Burke (813) 921-1347 Hm no later than June 12 and your money will be refunded. Swimmers 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 one hour before starting time. On Saturday, June 12, warm-up will begin at 3:00 p.m. On Sunday, June 13, warm-up will begin at 9:00 a.m.

**TIMING:** Colorado Timing will be used with hand held back-up timing on each lane.

**AWARDS:** Every swimmer that enters at least five events will win a **Tee-Shirt**, custom designed by SWIM MAGAZINE WET T-SHIRT CONTEST award winner, **Jim Donnelly**. This 100% Cotton shirt will sport a **NEW DESIGN** that every FLORIDA Master Swimmer WILL WANT TO HAVE!!

**HEAT SHEET- TEE-SHIRTS, AND RESULTS:** A heat sheet will be furnished to each swimmer along with a **FREE TEE-SHIRT** (to those who entered at least five events). Results may be ordered at the meet. One free copy will be sent to each team (Team Rep. should indicate so on their entry form.) There may be a limited supply of TEE-SHIRTS available for sale for those who will want more than one!

**REFRESHMENTS:** Refreshments will be available for sale at the pool.

**SOCIAL:** There will be a SOCIAL with FOOD & LIQUID REFRESHMENTS immediately following the meet on Saturday night in the PARK adjoining the POOL. A minimum donation is asked to cover the cost of the SOCIAL.

**MOTEL LIST:** Rates for Doubles...

- 1.) **SUNSHINE MOTOR LODGE**  
811 Tamiami Tr S. (US 41 where 41 & 301 split) (813) 365-0350  
Mention the Meet \$44. Diner and McDonalds nearby. 1 mile to pool.
- 2.) **BEST WESTERN MIDTOWN MOTOR INN**  
1425 Tamiami Tr. S. (US 41 near Bahia Vista) 5 blocks from pool  
(813) 955-9841 Mention the Meet \$49. Lots of food nearby.
- 3.) **FLAMINGO COLONY MOTEL**  
4703 N. Tamiami Tr (Just south of Ringling Museum, New College, and the Airport) (813) 355-5135 \$28. Five miles north of pool.

**Saturday, June 12, 1993**

3:00 p.m.--Warm-up Begins  
4:00 p.m.--Meet Begins

**Sunday, June 13, 1993**

9:00 a.m.--Warm-up Begins  
10:00 a.m.--Meet Begins

**SATURDAY EVENTS:**

Women		Men
1	200 M Back	2
3	100 M Breast	4
5	50 M Free	6
7	200 M Fly	8
9	100 M Free	10
11	50 M Back	12
13	400 M IM	14

**SUNDAY EVENTS:**

Women		Men
15	200 M Breast	16
17	50 M Fly	18
19	100 M Back	20
21	200 M Free	22
23	50 M Breast	24
25	200 M I.M.	26
27	100 M Fly	28
29	400 M Free	30

**DIRECTIONS TO POOL:**

**From the NORTH...**Take I-75 to **EXIT 39 (Fruitville Rd.)** and go right, WEST towards town for 4 miles to **TUTTLE AVE.** (Chevron Gas Station on corner) Turn **LEFT (SOUTH)** and past the 3rd light, at **BAHIA VISTA ST.** Go 4 blocks past Bahia Vista and turn **RIGHT on WALDEMERE ST.** Pool is one block down on the left.

**From the SOUTH...**Take I-75 N to **EXIT 38 (BEE RIDGE ROAD)** and TURN LEFT (WEST) towards town for 4 miles to SWIFT RD./**TUTTLE AVE.** Turn **RIGHT on TUTTLE** and go NORTH. After passing the 2nd light at **HYDE PARK ST.** go 4 more blocks to **WALDEMERE ST.** and **TURN LEFT.** Pool is one block down on the left.

**MAIL ENTRY FORM and SEEDING FORM with your check and a copy of your USMS CARD TO: JIM DONNELLY, 5239 BOX TURTLE CIRCLE, SARASOTA, FL 34232**



# Fair-minded judge bids farewell after 25 years

■ Circuit Judge Robert E. Beach has made a name for himself not only on the bench but in the water as a swimmer.

By LAURA GRIFFIN  
Times Staff Writer

ST. PETERSBURG — He tried to swim the English Channel, he hiked to the bottom of the Grand Canyon and he was the first judge to escape from Alcatraz — swimming from the prison in the bay to San Francisco.

When he travels, he pitches a tent. When he was young, he put himself through college working as a bartender at a strip joint. One year he invented "Total Eclipse of the Moon Day," giving employees an extra holiday.

Circuit Judge Robert E. Beach has seen a lot of life — on and off the bench. And, with his retirement at the end of December, he'll be trading in his black robe for more camping and swimming gear.

"Twenty-five years is long enough," he said. "I'm excited about not being tied down to the daily routine anymore."

Beach, 62, is known for his fairness and common sense — his ability to understand the people who come before him every day.

"I think the fact that Judge Beach has seen a lot of ups and downs in life himself makes him a superior judge," said Circuit Judge Susan Schaeffer. "He knows about human beings because he's been a human being himself. The more life experiences a judge has, the better able he is to understand humanity."



Times photo — JOAN KADEL FENTON

Retiring Judge Robert Beach says "twenty-five years is long enough."

A native of Hollywood, Calif., Beach hitchhiked across the country in his early 20s, and settled in Florida. But only after working at bars in two Las Vegas casinos.

While tending bar at a downtown Tampa strip joint, he earned a bachelor of arts degree in English from the University of Tampa — after nearly flunking classes in business administration. Then he crossed the bay and found a bar close to St. Petersburg Beach and Stetson University College of Law, from which he graduated in 1958.

"I took a \$100-a-week pay cut when I became a lawyer," he said. "Back then, beginning jobs for lawyers didn't pay \$400 a week, but bartending did."

In 1964, when he was only 33, he served as Pinellas County campaign chairman for Republican presidential candidate Barry Goldwater. Democrat Lyndon Johnson trounced Goldwater but Florida Gov. Claude Kirk was so impressed with Beach's work that he appointed him to the Pinellas-Pasco circuit in 1968.

Since then, Beach has won five uncontested elections — generally ranking in the top 25 percent of judges by the lawyers in the Sixth Judicial Circuit.

As judge, he made his mark in a myriad of ways — from big cases to entertaining calendar calls.

He was once dubbed the "marrying judge" because he performed 40 to 50 weddings a year. Although divorced twice, he still enjoys weddings. "I like marriage," he said. "It's a great institution."

He once had to declare a "floating holiday" for judicial employees, so he did some research and gave everyone Dec. 30, 1982, off — in honor of the lunar eclipse. He declared it "Total Eclipse of the Moon Day," and received numerous comments from judges including a suggestion to wear a garlic necklace to ward off witches. "I thought it would be meaningless if I set a holiday and didn't give it a name," he said at the time.

But perhaps he is best known for his hallmark lecture he gives each time a defendant changes a plea.

"What have you learned from all this," he asks without fail. If the defendant can't figure out the answer, he'll supply it: "Don't do wrong." And when he takes a plea from someone headed for probation, he asks them if they know where they'll go if they commit another crime. "Jail?" they often ask.

"Not jail — prison. Up the river. And you don't want to go there." And as each defendant leaves the courtroom, he says, "Now don't come back."

Even with his reputation as an unconventional character, he is also known by both prosecutors and defense attorneys as one of the fairest-minded judges on the bench.

"I'm going to miss him," said Assistant State Attorney Beverly Andringa. "He's fair and just — with a unique sense of humor."

■ ■ ■

Off the bench, he has made a name for himself in the world of masters swimming, with world records in the 5,000 and 10,000 meter races.

On his 50th birthday, he tried to swim the English Channel. But after 11 hours in 58-degree water, the tide changed and pushed him backward. When he gave up, he had swum 19 miles and was less than two miles from the French shore.

Beach was 40 years old and a 20-year smoker when he began swimming.

In one race, Beach swam the 1,500 meters in 21 minutes 18 seconds, a time that would have won the event in the 1920 Olympics.

With all his success — including beating a couple of former Olympians — he wishes he had started earlier. "But I can't complain," he said. "I've had a wonderful life in the swim world."

In recent years, he has added canoeing and camping to his hobbies. He goes to Europe every year and camps in a tent. "It's a lot of fun," he said. "I meet great people and it's really cheap — it's the only way I can really afford it."

■ ■ ■

In packing up his 25 years, Beach has to clear out the shelves of *National Geographic* magazines — not law books — that fill his chambers. He will have to find a place for the dartboard that hangs from a shelf and for all the souvenirs of his travels.

He also will have to store away the thousands of newspaper clippings he has saved through the years. Anything he finds interesting, he clips out.

But Beach won't be completely off the bench. He said he plans to keep his name on the statewide retired judges roster, so he can hear cases occasionally whenever and wherever he is needed.

"I'll be back," he said. "But just when I feel like it

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