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

VOLUME IX

JUNE 1993

NUMBER II

# 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



# COMING EVENTS

## JUNE

- 12-13 SSM  
12-13 Sarasota FL LCM Arlington Park Deb Walker, 3651 Beneva Oaks Drive, 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, 1145 44th Ave. N.E., St. Pete, FL 33703 813-896-0250

## AUGUST

- 07-08 Clearwater, FL Long Ctr., LCM David Perkey, 1520 Pleasant Grove Drive, Dunedin, FL 34698  
08 St. Pete, FL Dv Mt. subject to Clw. above.  
19-22 Minneapolis, MN, National Long Course Championships, Wayde Mulem 570 96 Lane, Blane, MN 54434

## SEPTEMBER

- 11-12 Hendersonville, NC Smokey Mountain Long Course Invitational, Susan Blattner, 704-693-8770

• • •

### REMINDER REGARDING MIXED RELAYS:

RULE 101.7.3F (p. 19): Mixed relays shall consist of two men and two women who may swim in any order. It is, therefore, illegal to swim these relays in a 3:1 ratio (that is, 3 men and 1 woman or 3 women and 1 man).

• • •

### SOMETHING ABOUT MY TRIP . . .

Well, I'm back. John says write something about your trip. So . . .

The Pan-Pacific meet at Hamilton, NZ was early April . . . seems a long time ago. Except for the fact that the Home Country New Zealanders, didn't support the meet, it was an excellent one. Only some 700 entries, of which about 300 were from Japan. Negatively, the pool is a little shallow for some of the "hot" swimmers, otherwise it was a well run, very graciously hosted meet. There were about 7 World LCM records set. They were announced as verified World Records. Competition was high and many came to swim, hard. South Africa was represented by some 15 avid, enthusiastic, fun making swimmers. There were the life of the party. The US was represented by about the same number. Not quite so wound up. There was a local meet the weekend after Pan-Pac which was interesting in that they swam 12 events and relays in under two hours. It was really a workout although one was limited to 3 events and a relay. This pool was heated through a heat exchanger, by hot water from the earth. The outdoor pool was heated to around 88-90 degrees by same heat, but the water was filtered. The Greerton pool, Tauranga.

More about Australia next issue.

## **SWIMMING NEWS FROM AROUND OUR LMSC**

### **THE EPISCOPAL AMBERJAX MASTERS**

From the beautiful banks of the St. Johns, near scenic downtown Jacksonville, from Episcopal High School comes north Florida's alternative Masters swim team - TEAM.

As TEAM, we went to our first meet, and would like to send our regards and thanks for a great meet to the St. Pete Masters. Special thanks to Harold Ferris and Mary Francis Kyle for their help in assisting a new team! Thanks for running a great meet as always.

Everybody swam great, with all our swimmers coming home with either a win, place, or show. TEAM swam its first ever relays, placing first in the Men's 200 Free (24 and under), and Men's 200 Medley (35-44). Congratulations to three members who have never been to Masters competition before: Greg Stelle, Freddy Constantini and James Dupree. This was Jim's first competition in almost 20 years, and follows many years of denying any interest in swimming in a competitive meet.

TEAM would also like to acknowledge members who had a National Top Ten Short Course qualifying swim: Alan Poucher in the 100 Breast, Clark Hamilton in the 200 Fly, and 200 I.M., Paul Wise in the 1000 Free and 200 Fly, and Coach Tom Smith in the 200, 500, 1000. and 1650 Frees, 200 Fly, and 200 and 400 I.M.'s. Now that's GREAT SWIMMING!

Thanks everybody, and here's looking to a great Long Course Season. See you in St. Pete in July.

### **FLORIDA AQUATIC SWIM TEAM MASTERS**

In the 6000 Yard Postal Swim sponsored by the Richardson Masters, Via Enneking placed first in the 35-39 age group setting a record with a time of 1hr, 23 min, 19.99 sec. She also placed 8th overall. K.D. Pollman placed 5th overall and 2nd in the 30-34 age group with a time of 1hr, 22 min, 44.99 sec. Two FAST Masters members placed second in their age group in the 1992, 2000 Yard Swim Challenge: K.D. Pollman (30-34) and Barbara Evans (55-59).

After several years of low attendance, FAST took 15 members to the 23rd Annual St. Pete Masters Short Course Championships and placed 4th overall with FAST women placing 3rd overall. High point awards went to Amanda Garrigues, Darcy Pigliacampi, K.D. Pollman, Meegan Wilson, Pate Cantrell, and Tim Dodge. Members competing in a Masters meet for the first time were: Jenny Bassett, Pate Cantrell, Rob Farnell, Amanda Garrigues, and Cathy Honeycutt. Others attending were: Kelly Bergdoll, Jacquie Dodge, Tina Myers, Polly Porter, Nancy Saliwanchik, and Simon.

## **HARBOUR ISLAND ATHLETIC CLUB MASTERS SWIM TEAM**

Jeff Copper has taken over primary coaching responsibilities at HIAC, sharing deck time with Coach Milt Bedingfield, who also continues to coach Forest Hills while planning a May wedding. Under Jeff's enthusiastic coaching, HIAC's program has swelled, welcoming nearly a dozen new swimmers at all levels. With a pool full of (mostly) triathletes, Jeff emphasizes speed and endurance, and has gotten swimmers into the weight room for an up-"lifting" program. He even coaxed a few more than usual to attend the USF-Forest Hills and St. Petersburg Masters meets. Ribbon taking team members included Chris Coxwell, Jody Bedran, Jeff Lane, Barbara Lane, Keith Henthorne, and Steve Gwinn.

Jody Bedran and Natalie Bayol will share registrar's duties, with the move to Sarasota of former registrar Barbara Lane and husband, Jeff. Both Barbara and Jeff plan to swim with the Sarasota Masters team and make their winning appearances at area meets.

## **ST. PETE MASTERS**

The following was taken from the March, 1993 St. Petersburg Masters newsletter: St. Pete Masters had four teams compete in the 10K-2 Relay. Barbara Prescott and Bruce Day placed 5th in the 40-44 age group. Beverly Tucker and Bob Beach placed 1st in the 55-59 age group. Mary Boaz and Mary Lou Mitchell were 2nd in the women's 60-64 age group and Kay Schimpf and John Johnston placed 1st in the 75-79 age group. Three swimmers entered the 2000 Yard Swim Challenge: Catie Cooper finished 2nd (45-49); Jim Skinner finished 7th (70-74); and John Johnston finished 4th (75-79).

St. Pete was represented by Mary Lou Mitchell and John Lee at the Coral Springs Holiday Classic, December 11-13, and by 9 swimmers at the Aqua Crest Top Ten Challenge (SCM), November 28-29. Paul Hutinger set three new world records in the meet and placed 2nd overall in the 65-69 age group. Other award winners were: Elaine Bromwich, Sandy Steer, Margie Simsic, Barbara Allen, Kay Schimpf, Charles Kohnken, Art Friedland and Bob Patton.

SPM placed 3rd at the 12 Annual Tampa Open Masters meet on February 6-7 with 23 swimmers competing. Holmes Lumber Jax placed 1st with 57 swimmers and Forest Hills Aquatics was 2nd with 44 swimmers. High point SPM award winners were: Sandy Steer, Mary Lou Lee, Margie Simsic, Barbara Allen, Jackie Piper, Ray Burns, and Harold Ferris.

Last year, at the suggestion of John Bishop, St. Pete Masters, in lieu of team trophies, started giving donations to charities or organizations named by the recipient. As of March 1993 they have made donations to: Swim Jacksonville/Every Child a Swimmer, American Cancer Society (in memory of Gay Rosser, a masters swimmer), Swim Florida, and Hospice of North Central Florida. What a great idea, John!

Paul Hutinger and Margie Simsic have set up a "Kick Challenge" set for internal competition: 100 I.M., 200 I.M., 100 choice, 200 choice, and a 10 minute kick. The top three in each age group will be honored.

## SUNCOAST MASTERS

The following was taken from Suncoast Masters March Newsletter with added comments from Edna Gordon:

Suncoast Masters finished 4th overall in the 12th Annual Tampa Open Masters meet on February 6-7. Those receiving High Point Awards were: Jerry Glancy, Kevin McCormick, Judy Parrett, Deb Walker, Rick Walker, and Mike Wise. Other members competing were: Robert Coulter, Jim Donnelly, Edna Gordon, Adam Leonard, Shirley Leonard, and Charlie Randall.

They traveled to St. Pete for the 23rd Annual SPM Short Course Swimming Championships on April 2-4 and finished 5th out of 25 teams present. Those receiving High Point Awards were: Lynn Cartee, Jim Donnelly, Jerry Glancy, Judy Parrett, and Deb Walker. Other members competing were: Suzy Carlson, Boots Culbertson, Robert Davie, Mike Drews, Edna Gordon, Steve Grossman, Adam Leonard, Shirley Leonard, Kevin McCormack, Charlie Randall, Rick Walker, Ken Wall, and Mike Wise. They send their congratulations to St. Pete for running a fine meet. "We all had a good time even though the Bond Hotel canceled some long-standing reservations and made some of us scramble to find another place to stay when we arrived."

Suncoast Masters is able to publicize their meet results quickly since team members fill out result forms and turn them in to Deb Walker on the last day of the meet. She collects the times and faxes them to the local newspaper after every meet.

For the third time, Judy Parrett attended the Coral Springs Masters Swim Camp, coached by Judy Bonning, and recommends it for everyone. The 50 M heated outdoor pool is excellent, with 3 workouts scheduled per day as well as a stroke clinic and above and below the water video taping. There are various lectures on weight training, sports injuries, nutrition, massage, how to plan your workouts and season, race strategy, tapering, and goal setting. For more information from a seasoned swim camper, call Judy Parrett (813-923-2335).

Adam and Shirley Leonard, Edna Gordon, and Jim Donnelly have just printed a brochure for prospective members. These are left at various places such as physical therapy offices, doctors offices, sports stores, etc. They also include registration forms and forms to order more brochures. What a great way to promote Masters swimming!

## 1993 FEBRUARY FITNESS CHALLENGE

The results of the "February Fitness Challenge" are in. There were 606 participants nation wide contributing to the total monthly yardage of 32,996,631 or 18,749.09 miles. The top 10 cities (listed in order) are: Baton Rouge, LA; Lexington, KY; Gowanda, NY; New York, NY; Dallas, TX; Austin, TX; Midlothian, VA; Davis, CA; Oakland, CA; and Seattle, WA.

A total of 24 Floridians entered the Fitness Challenge. Since this was an open event, the following individuals are listed by city: Boca Raton - Scott Coleman; Cantonment - Lisa Taylor; Clearwater - Joan Staple; Ft.Lauderdale - Herbert Fielder, Patricia L. Johnson, and John D. Ufheil; Gainesville - Catie C. Cooper, Ron Davis, David Groisser, Brad Wasson, and Meegan Wilson. Gulf Breeze - Bea Ann Kelly; Jacksonville - Chuck Glaraton, Joan Glaraton, and Bill Rodenfeld; Leesburg - Larry Cook; Miami Beach - Bill Haverland; Miami - Cathy Mancino; Miramar - Bill Seneff; Navarre - John G. Taylor III; Seminole - Nancy Kiernan; St. Petersburg - Kathy Arnot and Karen A. Beaulieu; and Tierra Verde - Pam Geiger.

Scott Coleman finished 2nd overall with 252,220 yards and placed 1st in his age group (35-39). Bill Haverland finished 4th overall with 241,716 yards and placed 1st in his age group (45-49). Herbert Fielder placed 3rd in his age group (60-64) with 80,290 yards.

Congratulations to the above swimmers!

Edna Gordon said it was impossible to get a total monthly yardage for Suncoast Masters Swimmers since their members swim at various times and different places and cities. She hopes that they mailed in their yardage on an individual basis.

FAST Masters reports that while only one member officially entered the "February Fitness Challenge" 23 swimmers contributed a total of 1,053,400 yards for the month. Each day they added their yardage to a "February Fitness Chart". Tim Dodge was 1st overall with 81,950 yards. Kelly Bergdoll was 2nd overall with 79,250 yards and Tina Myers was 3rd with 73,950 yards. Due to the motivating properties of the fitness chart, Tim Dodge has designed a "FAST Masters Swim Chart" which will be used each month.

## FITNESS QUESTIONNAIRE

Very few of the "Fitness Questionnaires" from our last LMSC newsletter have been sent in. We would like to hear from you. Please take a minute and fill them out. They could be collected and mailed in one envelope to save on postage. Thank you.

**ANNUAL ST. PETERSBURG MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS  
FOR MEN & WOMEN NINETEEN and OLDER  
JULY 16, 17 & 18, 1993**

**SANCTIONED BY FLORIDA LMSC for USMS. Inc. Sanction #: 93-**

**ENTRY FORM**

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **BIRTHDATE** \_\_\_\_\_ **SEX** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **HM. PH.** \_\_\_\_\_

**TEAM NAME** \_\_\_\_\_ **LMSC** \_\_\_\_\_ **\*\*1993 USMS REGISTRATION #** \_\_\_\_\_

DIXIE ZONE CHAMPIONSHIP FEE \_\_\_\_\_ \$1.00  
 NUMBER OF EVENTS x \$2.50 \_\_\_\_\_  
 AUTOMATIC TIMING and HEAT SHEET \_\_\_\_\_ \$6.00

**TOTAL** \_\_\_\_\_

AGE GROUP AS OF JULY 18, 1993

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 85-89 90-94 95 +

FRIDAY, JULY 16, 1993 - Warmup 4:30 p.m., Swim 5:00 p.m.

**WOMEN**

**MEN**

1

1500 M. FREESTYLE

2

<u>WOMEN</u>	<u>Sat., July 17, 1993</u>	<u>MEN</u>	<u>WOMEN</u>	<u>Sun., July 18, 1993</u>	<u>MEN</u>
	Warmup 8:00 a.m., Swim 9:00 a.m.			Warmup 8:00 a.m., Swim 9:00 a.m.	
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:  
 HAROLD FERRIS - 1116 44th Avenue 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 swimming 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. In addition, I agree to abide by and be governed by the rules and regulations of the USMS.

DATE

SIGNATURE

ENTRIES DUE NO LATER THAN TUESDAY, JULY 6, 1993!!!!!!

REMEMBER TO ENCLOSE CHECK AND COPY OF 1993 USMS REGISTRATION CARD

**\*\* ENTRIES CANNOT BE ACCEPTED WITHOUT A CURRENT 1993 USMS REGISTRATION NUMBER.**

# SEEDING FORM

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

TEAM NAME \_\_\_\_\_ 1993 USMS NUMBER \*\* \_\_\_\_\_

Circle events entered and enter time in space provided.

<u>TIME</u>	W/M	Friday, July 16, 1993 - Warmup 4:30 pm, Swim 5:00 pm	1500 Freestyle	<u>TIME</u>	Saturday, July 17, 1993 - Warmup 8:00 am, 9:00 am	W/M	Sunday, July 18, 1993 Warmup 8:00 am, Swim 9:00 am
_____	1/2			_____	23/24		100 M. Freestyle
_____	3/4	200 M. Backstroke		_____	25/26		200 M. Breaststroke
_____	5/6	100 M. Breaststroke		_____	27/28		100 M. Fly
_____	7/8	50 M. Freestyle		_____	31/32		200 M. Freestyle
_____	9/10	200 M. Fly		_____	33/34		100 M. Backstroke
_____	13/14	50 M. Backstroke		_____	35/36		50 M. Fly
_____	15/16	200 M. I.M.		_____	39.40		400 M. I.M.
_____	17/18	50 M. Breaststroke					
_____	21/22	400 M. Freestyle					

NOTE: "No time" entries CANNOT be accepted!!!

Please enclose a copy of your 1993 USMS Registration Card  
**\*\*ENTRIES CANNOT BE ACCEPTED WITHOUT A CURRENT  
 1993 USMS REGISTRATION NUMBER**

ATTACH A COPY  
 OF YOUR  
 1993 USMS REGISTRATION  
 CARD HERE

**IT IS SUGGESTED THAT YOU MAKE A COPY OF  
 THIS FORM AND KEEP IT WITH YOU AT THE MEET**





## Who?

Swimmers of all levels, from pollywogs to porpoises — for all shapes, sizes and ages, from 19 to 100+ — you don't have to be an accomplished swimmer. We want people who are interested in becoming physically and mentally fit.

Did you know you are more likely to continue an exercise program if you exercise with a group? And continuity counts!

## Why?

Two of the nicest aspects about swimming for health and fitness are that you can practice at any age in life and it's a terrific sport for meeting new people and making lasting friendships. You'll also find that it helps to reduce body fat and to lower blood pressure and cholesterol.

## What?

**SUNCOAST MASTERS SWIMMING (SMS)** is part of **UNITED STATES MASTERS SWIMMING, INC. (USMS)**, with over 30,000 registered swimmers 19 years of age or older. **SUNCOAST MASTERS SWIMMING** is part of the **FLORIDA ASSOCIATION LOCAL MASTERS SWIM COMMITTEE (LMSC)**. So when you join **SMS**, you automatically become a member of **USMS** and **FLORIDA ASSOCIATION LMSC**. You will receive **SWIM MAGAZINE**, the **FLORIDA LMSC QUARTERLY NEWSLETTER** and the **SUNCOAST MASTERS NEWS**, all excellent sources of health, fitness, triathlon and swimming information. You will also be invited to all **SMS** socials and have the opportunity to compete in Masters age group competitions if you so desire.

## Where?

Members of Suncoast Masters swim at the beautiful, heated year-round, 50-meter pool at the **ARLINGTON PARK AQUATIC CENTER** at 2650 Waldemere St., Sarasota (between Shade and Tuttle Aves.). A fitness center is also available there. Pool phone: 364-4655.

## When?

**Mondays through Fridays: (Coached Sessions)**

**5:45 - 6:45 a.m.** for the Early Birds

**12:00 - 1:00 p.m.** for the Lunch Bunch

**6:00 - 7:00 p.m.** for the Tail Enders

## How Much?

**SUNCOAST MASTERS:** \$40/year includes **USMS, LMSC** and **SMS Registration** fees, subscription to **SWIM MAGAZINE, LMSC** and **SMS Newsletters**, accidental insurance benefits (while working out in a coached practice or swimming in a sanctioned meet). Husband/Wife Discount available.

**COACHED POOL FEES:** \$30/month, 5 days a week, payable to the Board of County Commissioners and paid at Arlington Park Aquatic Center. **Price includes Coached Workouts** and use of pool during normal operating hours during the week and weekends. You will learn stroke techniques with drills and workouts at your level.

**FITNESS CENTER:** You can use the Fitness/Weight Room for an additional \$10/month.

## MINUTES OF THE GENERAL FLMSC MEETING, APRIL 3, 1993

The general business meeting, held at the North Shore Pool in St. Pete, was called to order by John Maguire.

Present: Chairman John Maguire; Secretary Meegan Wilson; Treasurer Richard L. Avery; Newsletter Editor Frank Tillotson; Registrar Charles Kohnken. The following clubs were represented: Dave Perkey, CATM; Pate Cantrell, FAST; Richard Avery, HLJ; John P. Bishop, SPM; Mike Castle, TEAM; and Al Rogerson, BSAM.

### I. General Business

#### A. Treasurer Report

Richard Avery reported a bank balance of \$10,342.53.

#### B. Registrar Report

Charles Kohnken reported that we have 782-783 members. We need 800 members to have 3 delegates represent the FLMSC at the National Convention.

Charlie requests that club registrars review each registrations carefully and correct any errors before sending them to him. Many forms sent in have address errors, etc. He is preparing an instruction sheet that will help registrars.

We also need to update Club Delegates and/or team representatives. Each Club should designate a Club Delegate who will represent their team at LMSC meetings and accept the responsibility of passing on LMSC information to their membership.

#### C. Recorder's Report

Catie Cooper sent her report since she was unable to attend. At the time of this meeting Catie has still not received the results of the Tampa meet. She reminds meet directors that they should get their results to her within three weeks after the meet to assure that no fees are deducted from their security deposit.

Relay times at Y-Nationals will count for top 10 consideration, if the official results, a copy of each members USMS Registration Card, and a xerox copy of the official relay card is sent to Catie Cooper. The relay card must contain the name of the USMS club, the names and ages of all 4 relay members, the event and event #, and the heat and lane assignment. All four relay members must be registered to the same USMS team. She suggests that the above information be sent to her as soon as possible.

#### D. Newsletter

Frank Tillotson requested that all newsletter items be sent either to John Maguire or to Meegan Wilson since he will be out of town for the next newsletter. Newsletter items are due by April 23 for mid May publication.

## **II. New Business**

### **A. "Coach Of The Year" and Male/Female "Swimmers Of The Year"**

John Maguire requests that clubs send in their LMSC "Coach of the Year" nominations by May 15. Ballots will be sent to LMSC members and the winner will be sent on for National consideration. This award is presented annually to the coach who has done the most to further the objectives of Masters Swimming. These objectives can be found in the 1993 Rules book.

He also requests that nominations for Male and Female "Swimmer of the Year" be submitted by June 1. These nominations should include the swimmers accomplishments and other reasons for their nomination. Ballots will be sent to FLMSC members and the winners will be announced at the St. Pete Long Course Championships on July 16-18.

### **B. Meet Scheduling**

John Bishop suggests that meets be scheduled further in advance so that there is less chance of overlap. The Clearwater meet was not well attended and conflicted with the Florida Gold Coast LMSC meet in Boca. He also feels that there are too many meets which decreases attendance. John Maguire said one problem is that the host team fails to obtain a commitment from facilities far enough in advance. Commitments should be obtained at least 5 - 7 months in advance.

Other suggestions for increasing attendance were to change meet formats, hold dual meets, and hold meets at new places. Both Richard Avery and John Bishop have talked with Tiger Holmes about having a meet in Jacksonville.

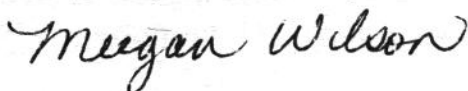
Dave Perkey announced that the long course meters meet, August 7-8, in Clearwater has been canceled due to the high cost of renting the Long Center. The two day meet would cost \$1500 just to rent the pool.

### **C. 1993 National Convention**

The 1993 National Convention will be held in Los Angeles in September 22- 26. The Florida LMSC can send 3 delegates. John Maguire will consider those who are interested in attending.

With no further business the meeting was adjourned.

Respectfully Submitted,



Meegan Wilson

Secretary



## Niagara District Masters Swimming

**DATE:** April 20, 1993

**TO:** USMS District Chairs, Fitness Coordinators, Newsletter Editors and Coaches

**FROM:** Betty Barry, Niagara District

**RE:** 1993 USMS 2000 SWIM CHALLENGE

This year for the first time the 2000 SWIM CHALLENGE will be run through the National Fitness Committee with New York's Niagara District administering the meet.

Several changes in format have been made, most significantly USMS registration is not required. It's our hope that by doing so we will encourage the participation of triathletes, runners and lap swimmers across the country and at the same time create an opportunity to publicize the advantages of USMS membership. Of course, for all swimmers it's a challenge at a distance which is considerably less intimidating than the 6000!

Meet information will appear in the magazines "FITNESS SWIMMER" and "SWIM" and, as you can see, competitors may swim 2000 yards or 2000 meters, or enter in both distances if they wish to do so. The distance(s) must be swum during the period from June 1 to July 31.

We encourage you to use the challenge as part of a practice workout, to circulate the meet sheet through your newsletters and at local Y's, JCC's, and other pools frequented by non-USMS athletes.

Participants will receive a copy of the results, a specially designed t-shirt and information about USMS. If you have something you would like mailed to people in your area, e.g. a list of places to swim or contact people/phone numbers, or if you have any questions, please contact me.

Your help in promoting the meet and your participation will be greatly appreciated.

We'll let you know at the convention how many accepted the challenge!

**Chairman**  
Gene Donner  
717 South Road  
East Aurora, NY 14052  
(716) 652-9151 (H)  
(716) 823-3873 (W)

**Registrar**  
George McVey, D.D.S.  
477 Antlers Drive  
Rochester, NY 14618  
(716) 271-2323 (H)

**Treasurer**  
Key Turner  
433 Tara Lane  
Webster, NY 14590  
(716) 671-7717 (H)  
(716) 475-2077 (W)

**Secretary**  
Stephanene Kysor  
P.O. Box 270  
Gowanda, NY 14071  
(716) 532-3638 (H)

**Officials**  
Hugh Reinhard  
221 Sagamore  
Rochester, NY 14617  
(716) 544-5517

**Sanctions**  
Betty Barry  
1403 Victor-Holcomb Rd.  
Victor, NY 14564  
(716) 924-5344 (H)  
(716) 924-7141 (W)

**Top 10**  
Dick Heller  
180 Woodward Avenue  
Buffalo, NY 14214  
(716) 837-6409 (H)

**Newsletter**  
Denise Levan  
148 Harvard Street  
Rochester, NY 14607  
(716) 244-2128 (H)  
(716) 263-4126 (W)

# 1993 USMS 2000 SWIM CHALLENGE

**ATTENTION** United States Masters Swimming and the Niagara District of New York State invite ALL competitive and fitness swimmers, triathletes and runners to the challenge of a 2000-yard or 2000-meter swim for fun and fitness.

**AWARDS** All participants will receive a custom T-shirt and a copy of results.

**COST** Entry fee is \$10.00. Swimmers entering both courses (yards and meters) may enter the second event for \$5.00 and receive one T-shirt. A separate entry form is required for each entry.

**DATES** The distance must be swum between June 1 and July 31, 1993. Entries should be postmarked by August 14, 1993.

**ELIGIBILITY** USMS membership is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. Entrants may enter either or both challenges.

**RESULTS** Will be compiled and ranked by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

**RULES** Times should be recorded with a stopwatch. To help keep track of the laps swum and the time, a person counting each lap and recording the cumulative time for each lap is recommended.

**TO ENTER** Complete the entry form below and mail it with a check payable to "USMS, Inc." to Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564-9310. (716-924-5344)

## 1993 2000 SWIM CHALLENGE - ENTRY FORM

*I, the undersigned, completed the distance in accordance with the designated rules in the time indicated.*

DATE OF SWIM \_\_\_\_\_ TIME \_\_\_\_\_ YARDS \_\_\_ METERS \_\_\_

AGE AT SWIM DATE \_\_\_ BIRTH DATE \_\_\_\_\_ USMS REGISTERED? YES \_\_\_ NO \_\_\_

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ PHONE NO. \_\_\_\_\_

T-shirt size

Medium \_\_\_\_\_

Large \_\_\_\_\_

X-Large \_\_\_\_\_

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