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Frank H. Tillotson
Editor
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VOLUME IX

AUGUST 1993

NUMBER III

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



AUGUST 1993 - COMING EVENTS

August	08	St. Petersburg, FL, LCM Dev Meet, deck entry 9:00
	19-22	University of Minnesota, Long Course Nationals
September	Aug-Sept	10K-10K 2 Relay. See your Coach, Entry due Oct. 14
	11-12	Hendersonville, NC, Sue Blattner, 431 Browning Ave., 28739
	22-26	Los Angeles, CA, National Convention
	25	Sarasota, FL, Arlington Pool, Short and Long Pentathlons Plus 400 free not part of Pent.
October	09-10	Orlando, FL, International Drive YMCA & Aquatic Club. SCM Scott Hartle, (407) 351-4400 This meet will be swam in the 13' deep 25 meter diving well. This will provide ideal conditions for record swims. We might try to set some individual records as well as some good relay times. Don't miss this opportunity.
	23-24	Knoxville, TN, Southern Masters Championships. Bill Lauer, 9717 Tallahassee Lane, Knoxville, TN 37923
November	--	Clearwater is considering a late October meet.
	--	Jacksonville, FL, In the works for late Fall. Contact Telfair Mahaffy (904) 772-6100
	07-08	Anderson, SC, Dixie Zone Short Course Meters Championship, Steve Wycoff, 1115 Cornelia Rd, Anderson, SC 29621 (803) 260-5170
	11	Oviedo, FL, Non USMS, Golden Age Games Swimming
December	Nov 1+	Jacksonville, FL, Univ of No. FL, Telfair Mahaffy (904)772-6100
	20-21	Naples, FL, Tentative
	11-12	Ft. Lauderdale, FL, ISHOF Pool. June Krauser-this replaces the usual Coral Springs meet.
<hr style="border-top: 1px dashed black;"/>		
February	11-12	New Orleans, LA, Dick Bower's Mardi Gras Party
March	19-20	Atlanta, GA, St. Patricks Day Invitational Dynamo
April	?	St. Pete, FL
May	--	Tempe, AZ, National Short Course
July	--	Montreal, Quebec, 5th FINA Masters World Championships
August	--	Buffalo, NY, National Long Course
Sept 1-Nov 30	--	6,000 Yard Postal, George McVey, 477 Antlers Dr, Rochester, NY 14618
August	15	Sea Bright, NJ, 1 Mile
	21	Toms River, NJ, 1.5 Mile
	22	Atlantic City, 1 Mile and Others
January	01	Ft. Lauderdale, FL, ISHOF 1 Mile Ocean

(Jacksonville, HLJ, meet will probably be SCY the first day and LCM the second.)

1993 AUSTRALIAN NATIONAL CHAMPIONSHIPS

Friends, Joan & Hans Wehrens, of Kilmore Vic. invited me to ride with them from their home North of Melbourne, to Darwin, on the North Central Coast to the meet. They entertained me. The first part of the trip is westward...nice country and towns. Reaching the Stuart Highway the deserts begin, some 2,400 miles worth. Not long before Darwin is reached some trees and water could be seen. Darwin was totally destroyed by a cyclone on Christmas day 1974, so it is really a new city. It is clean, streets are wide and tree lined. Stores are in operation and there are only two seasons, wet and dry. There are four 50 meter pools. Nice number for a city of 68,000 people. We swam in the Causerina Pool in the residential NE section.

The meet attracted 400 swimmers from all of Australia. Many as much to see Darwin as to compete. This pool is located in a rolling green, palm tree spotted park. "Sails" partially cover the pool and the water was not hot. Competition was good and several National and World records were announced. Scott Yeomans, New Jersey, was the only other U.S. swimmer. We each won our High Point Award. The Aussi's, like the KIWI's, make everyone feel at home. Very nice.

The furthest point of my trip was to a small island of 500 population, some 1,000 miles east of Denpasar, Bali, Indonesia. The last leg there was by a small outboard. Mahu Village on Saparua was a veritable oasis, swimming, diving, native (almost) food. Several European groups have called it a fine diving location. An interesting, and good, "cake", better than cornbread is made from meal which is hand processed from the center of a palm they call "sagoo". For the adventure-some this would be a good dive trip.

THE ST. PETE WATER POLO CLUB

Started about 18 months ago, now has some 25 members, some of whom are Master Swimmers. Chris Olden is the President and has a goal of starting High School and younger teams. Ron Simmons is into public relations; Rod Swanigan, Secretary; Wouten Vanderhorst, Treasurer. Jerry Mujica is the Coach. Members have backgrounds from Denmark, Jamaica, Turkey, Croatia, and Puerto Rico, the majority are from the U.S. To keep families interested some of the scrimmages are followed by cook-outs or other "get togethers". As you might expect they would like more swimmers to join and take part. You may contact Chris Olden at 526-7506 for information.

Water Polo Clubs in the general area are in Tallahassee, Orlando, Gainesville and Daytona Beach, and Jacksonville is in the thinking/planning stage.

The St. Pete Club competed in the recent Sunshine State Games finishing 6th of 8 teams. The next competition here, at North Shore Pool, is scheduled for October but the date hasn't been decided yet. We give out thanks to Chris for this information.

RECENT MEETS

SUNCOAST MASTERS, ARLINGTON PARK, SARASOTA

SMS put on their usual well run, relaxed and enjoyable meet. Women with 36 outnumbered the men's 31. Ten Clubs were represented Ruth Hoskinson-CATM, Maureen Jones-UNA, Florence Carr-HLJ, and Gertrude Zint-HLJ each won all their events. Nick Berenyi drove down from Charleston, SC. Nick might be the swimmer participating in the most meets in a year. We should make this more attended, it's a good meet.

CORAL SPRINGS SUMMER SIZZLER

This was Judy Bonning's annual summer meet. 89 entries being a pretty good turn-out. Phil Lustig was the meet director and had things ready. Sharon Minns and Howard Laucella were the lead officials, as always. The group without a name "the retired group" filled the timing spots throughout and always do a good job. Of course Judy was on watch. Swimming the 800 or 1500 starting at 6:00 pm is not practical for a time. And surely not the thing to do first in any meet. This pool, by the way, is filled and supplied with ground water and is always rather a nice touch. There were ten Clubs counted present. Five out of FL Gold Coast LMSC and fine in, providing you count 10 Gold Coast teams as one. That's how they are registered. There were a couple of times to note. Gertrude Zint-HLJ swam the 50 meter fly in 56.33 bettering the World Record. Frank Brasington-GCM is reported to have swum the 50 meter free in 42.09. Mr. Brasington is 85 years old. It was said that he had not swam a race in 62 years. He must have been working out pretty well. This was a good meet.

12.5 MILE 17TH ANNUAL SWIM AROUND KEY WEST

This swim has attracted few swimmers until this year when relays were inaugurated. 3 & 5+ swimmers. 53 swimmers entered and finished. Only two swimmers from the FL LMSC could be identified. Richard Kramer of Tampa set a new record of 4:22:12. He is not a registered Master. The other redoubtable Gertrude Zint of HLJ sent some information. Below is their relay. Swimmer 4, Carl House, is the Editor of the Gold Coast Newsletter, a very concise and complete work with good personal interests.

DEL REY, FL AQUA CREST LC JULY 11TH

This is a direct quote from a letter from June Krauser, on another subject.

"The meet was short and Aqua Crest lost a pump and the water was very hot."

"The SHOF water is so nice and cool it is a pleasure to work out in it."

BREVARD N C TRIATHLON

Mary Frances Kyle won her age group.

SWIMMING NEWS FROM AROUND OUR LMSC

BREVARD SWIMMING ASSOCIATION MASTERS

The following was taken from BSAM's Newsletter. BSAM, formerly Space Coast Masters, hosted their first developmental meet on April 17, 1993. Meet Director Sue McGaughey contributes its success to a combined team effort and participation.

BSAM was represented at the Clearwater meet, March 6-8, 1993 by four swimmers. All four swimmers brought home high point awards: Al Rogerson (1st), Russ Witte (1st), Ernie Ogilvie (2nd), and Dick Fletcher (3rd).

Three BSAM swimmers attended the St. Pete Short Course meet on April 2-4, 1993: Al Chipman, Dick Fletcher (1st), and Al Rogerson (1st).

With only 8 members participating, BSAM placed 5th overall out of 15 teams at the 4th Annual Stanton C. Craigie Memorial Meet in Ft. Pierce on May 1-2, 1993. Four new members competed: John Feronti, Howard Peterson, Nate O'Connell, and Helmi Miese. Helmi comes to us from Barefoot Bay. She is 80 years young and she broke two national records for her 50 and 100 breast and was the High Point winner in her age group. Seasoned swimmers attending were: Sue McGaughey (2nd), John Sinacore (4th), Angie Sinacore (3rd), and Al Rogerson (1st).

FLORIDA AQUATIC SWIM TEAM MASTERS

FAST member Via Enneking became a 1992 USMS Long Distance All American in the 35-39 age group. Congratulations Via!!!

We received only 20 responses to the Fitness Questionnaire

	not interested		very interested			want sponsored activities	
	1	2	3	4	5	yes	no
A. Fitness	0	0	0	1	19	20	0
B. Competition	4	1	7	0	8	14	6
C. Triathlons	9	5	2	2	2	7	11
D. Social	2	0	4	5	9	18	2
E. Stress Release	2	1	4	7	6	13	7
F. Physically Therapeutic	2	0	1	11	6	13	5

THE EPISCOPAL AMBERJAX MASTERS

North Florida's alternative Masters TEAM, continued on in it's quest to bring excitement, fun and great new swimmers into the Masters fold.

TEAM attended the Dixie Zone Long Course Championships in St. Petersburg, FL, held at the beautiful Northshore Pool. With a total of 13 swimmers in attendance, we are proud to say TEAM had NINE total High Point Award winners. They are:

Women, 19-24: Elizabeth Sollee, 1st Place,
Women, 35-39: Kim Wise, 2nd Place,
Men, 19-24: Freddie Constantini-1st, Greg Burns-2nd
and John Carr-3rd Places,
Men, 25-29: Greg Stelle-1st Place,
Men, 30-34: Tom Smith-1st and Ron Collins-3rd Places,
Men, 35-39: Paul Wise-1st Place.

TEAM also had two relays that deserve special mention: Mens 200 Free, 76+, with Greg Burns, Mickey Mitaly, John Carr and Tony Zarkas missed the record by .21 seconds and a Mixed 200 Medley, 76+, with Kim Wise, Elizabeth Sollee, Greg Burns and Freddie Constantini missed the record by .57 seconds.

Three TEAM members went to Fairhope, AL, for the OPTIMUS Marathon Bay Swim in May. The swim was 4 miles in Mobile Bay. Finishes were overall, no divisions. Freddie Constantini took 2nd, Paul Wise took 4th and John Carr came in 6th. Four miles, now that is great swimming!

Special thanks to Harold Ferris and all of the St. Pete Masters for running another great meet - as always.

See you in October in Orlando, for the Lucky Invitational Swim Meet and Social.

GO TEAM!

ST. PETE MASTERS INC. LCM Dixie Zone Championships 7/16-18/93

There were no weather delays, it was hot, the North Shore Pool water was agreeably cool. As George said of Santa Clara, the meet was unusually well run. It proceeded crisply with no delays by the Colorado timing equipment operated by the John Ware connection. John Bishop, Harold Ferris, Jim Tiernan and numerous volunteers, timing, for hospitality, announcers Gail Pyhel and Wally Dutcher, SPA parent, Louise and Woody McDaniel for their good choices of refueling fare. All requests for a "cold beer" being prohibited by City Ordinance. Attendance was a record 208 not withstanding a total of 2 from Florida Gold Coast and 2 from Georgia. Our Dixie Zone Rep must have been too busy too.

There were 18 Clubs represented, four out-of-state and nine UNA swimmers. SPM 55, HLJ 33, ORLM 25, SMS and CATM 23 and TEAM 13.

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Congratulations to Nancy Saliwanchik who won the High Point Award in the 30-34 age group at the July 16-18, 1993 Annual SPM Long Course Swimming Championships. Other FAST members competing were: Kelly Bergdoll, Tina Myers, Clinton Riley, and Meegan Wilson.

FLORIDA LMSC 1992 AWARDS

Female Swimmer:

Deb Walker-SMS

Male Swimmer:

Tom Peek-HLJ

Coach:

Jack McKean-HLJ

Coach Jack McKean is the Florida LMSC Masters Swim Coach of the Year for 1992. Jack has coached the Holmes Lumber Jax Swim Team for 5 years. Under his tutelage the Holmes Team achieved the following competitive successes:

- '89, '90, '91, '93 - Team Trophy in Tampa
- '88, '89, '90, '91, '92, '93 - Visiting Team Men, Women and Combined St. Pete Short Course
- '91 - Men's National Short Course Champions
- '91 - 2nd Combined Team Trophy, Short Course Nationals and 66 other high point trophies.

Under Jack's leadership, the Holmes program at University of North Florida has grown to 40+ swimmers per workout. He designs workouts for competition, triathelons, fitness, therapy and rehabilitation.

Most importantly, Jack, together with Brenda Hennessey, have implemented the Holmes Lumber program "Every Child in Jacksonville a Swimmer". He is certified through the ASCA's Swim America program and is CPR and First Aid certified. To date, the Holmes Lumber volunteers have conducted week long programs at Andrew Jackson High School, Ed White High School and Woodland Acres Elementary. 6,500+ students participated in this strictly volunteer Holmes Lumber Jax program. The 3,500 members of the Boys and Girls Clubs of North East Florida will be taught this summer in the city's 39 pools.

MEET RESULTS

So that everyone understands...the Recorder is the person who keeps the records of all times which that person receives for meets in his or her LMSC. These then go, at the end of the season for that lengthy pool, to the National Recorder. Sometimes that LMSC officer is referred to as "top 10 recorder". As only the top 10 times go to National. At present in FLA the recorder is Catie Cooper whose address etc. are on the back of the newsletter. Should you swim in a meet out of LMSC there is no harm in sending those results to Catie.

PLANNING NEWS

Way down to our Southward, Swim Florida tells us that they are thinking about hosting a meet, probably in Naples, November 20-21. This is tentative. They also tell us that Collier County is building a 50 meter pool in or very near Naples. Further to the North, a second 50 meter pool is in the works.

MINUTES OF THE GENERAL FLMSC MEETING, JULY 17, 1993

The general business meeting, held at the North Shore Pool in St. Petersburg, was called to order at 4 p.m. by Charles Kohnken, Registrar.

Others present were: Richard L. Avery, Treasurer; Frank Tillotson, Newsletter Editor; Catie Cooper, Recorder. The following clubs were represented: Dave Perkey, CATM; Telfair Mahaffy, Navy Jax; Mike Castle, TEAM; Peter Jurczyk and Ann Wilder, IRCC; Scott Harris, SWIM; Jack C. McKean, HLJ; Dave Perkey and Jeanne Kostih, CATM; Scot Hartle, Richard Robinson and Lucky Meisenheimer, ORLM; Meegan Wilson, FAST.

I. General Business

A. Minutes

The minutes of the April 3, 1993 General FLMSC meeting were approved as they appeared in the June, 1993 FLMSC Newsletter.

B. Treasurer Report

Richard Avery reported a bank balance of \$5,240.55.

C. Sanctions Report

Charles Kohnken suggests that meet information be sent to Bill Uhrich, Sanctions, as soon as possible.

D. Newsletter

Frank Tillotson said he has heard some good comments regarding the FLMSC Newsletter. He is planning to include a water polo and triathlete section which will list local meets, etc. He requests that local clubs send in this information and any results of their team members.

The deadline for the next newsletter is October 15, 1993.

E. Registrar Report

Charles Kohnken reported that we have 935 members. This is an increase over last year's membership of 870. Charlie is formulating a registrar's packet that will include a list of items to check before registrations are sent to him. He has difficulty reading some of the forms and errors are made because forms are not filled out properly. The packet should be ready following the Convention.

F. Recorder's Report

Catie Cooper requests that meet directors provide a list of out-of-LMSC competitors that includes the swimmers full name, club affiliation, and current USMS registration number. This will allow her to process the Zone Top Ten and LMSC Top Five more quickly.

The 1993 FLMSC Short Course Yard Top 5 list will be late because several meet results were not sent in on time. Catie is experiencing some software problems, and she still needs to delete out-of-LMSC swimmers. *+ send Xerox copy*

Currently, FLMSC fines the host club if it allows non-registered swimmers to compete. Catie feels that the fine should be split between the swimmer and the host team. Frank Tillotson stated that it is the meet

directors responsibility to check the registrations. Charles Kohnken said that meet directors do check and that it would be difficult to collect from the swimmer. Since this has only been a problem with two swimmers so far this year, Telfair Mahaffy felt it was not a big problem unless there was an insurance claim.

Since names and ages of all relay members at the IRCC meet were not turned in on time, they will not be submitted for Top 10 consideration. Anne Wilder thought that the information had been sent in time.

II. New Business

A. Meet Scheduling

Charles Kohnken said to get meet information in early for meet scheduling.

The CATM LCM meet on August 7-8 has been canceled.

ORLM is having a SCM meet October 9&10. It was suggested that our annual LMSC meeting could be held at that time.

IRCC is planning a meet at the end of October.

With no further business the meeting was adjourned at 4:25 p.m.

Respectfully Submitted,



Meegan Wilson

Secretary

This is the originating report of Master swimmers, in the Florida LMSC, who also compete in triathlons. This information, this time, is solely of SPM swimmers supplied by Katie Knight Perry and her husband Ralph. They are dedicated triathletes who have some nine events still on this years schedule. And they usually win. SPM has over 30 Tri's.

We want information from all Clubs in the LMSC who have competitors in both sports. Not limited to events in FL LMSC but to LMSC members. 15 October deadline for next news.

Qualifying for the Hawain Ironman is required. Either a specified ½ ironman or a full event. Katie and Ralph each qualified this year but elected to decline this time.. Traditional 5 year ages groups generally apply. There are however such classifications as "elite masters" and "grand masters". Katies information uses the 5 year way.

Below are some triathlons commencing with an April event.

Great Clermont Tri

David Rowland	7th	Over all (o a)
Laural kaleel	3rd	" "
Anne Page	4th	" " 1st Master
Lorie Fagan	1st	30-34
Michelle Morgan	4th	25-29
Ken Morgan	12th	30-34
Susan Daniels	5th	" "
Dan De Russy	6	45-49
Katie Kight Perry	1st	55-59
Ralph Perry	1st	60-64

Sunshine Jr Stores Gulf Coast Triathlon Ironman Qualifier

Michelle Morgan	13th
Ken Morgan	48th
John Woodruff	10th 30-34
Katie Knight Perry	1st I M Q1.2nd grand master
Ralph Perry	1st Ironman Qual

Bud Light Sprint Series--Daytona

Art Haltunnen	3rd	elite masters
Mary frances Kyle	4th	30-34
Ken Morgan	7th	
Katie Knight Perry	1st	
Ralph Perry	1st	

Boca Raton

Art Haltunnen	2nd	elitemasters
Katie Knight Perry	1st	
Ralph Perry	1st	

Cypress Gardens

Melissa Gelineau	6th	25-29
Michelle Morgan	12th	
KenMorgan	6th	
Katie KnightPerry	1st	
Ralph Perry	1st	

Central Florida Sprint

Holly Burkhalter	2nd	O A	
Katie Knight Perry	1st	Female	over 40
Margie Moore	3rd	25-29	
Dan De Russy	1st	50-54	
Ralph Perry	1st		
Jessie Mundie	2nd	35-39	

Central Florida Sprint #2

Holly Burkhalter	3rd	O A	
Brooke Van Voorst	1st	12-14	???
Jessica Mundie	2nd		

St Anthony's Tri

Anne Page	1st	40-44	3rd Female	O A
Tim Marsteiner	12th	25-29		
Stuart Sanderson	18th	25-29		
Carl Warzbok	45th	" "		
Lonnie Moore	49th	" "		
Holly Burkhalter	4th			
Margie Moore	7th	25-29		
Ken Morgan	29th			
Mary Frances Kyle	1st			
Laura Kaleel	3rd			
Lorie Fagan	12th			
David Bacon	13th	35-39		
Tom Ravenel	29th	40-44		
Bill Castleman	9th	50-54		
Katie Knight Perry	1st			
Ralph Perry	3rd			

Teams

Gary Peters	2nd	Male	O A
Jack Pyhel	2nd	Male	Masters
Bob Beach	1st	Male	Masters
Bev Tucker	1st	Female	Masters

SPM Masters 2nd Female
Sandy Steer, Marylou Lee, Barbara Allen

And to quote Katie "Madera Beach, Top Gun & St Pete Sprint.
We know Art Haltunnen was 1st elite masters. I think Dan De
Russy won his age group, Bill Castleman was up there at this race"

Miami USTS " AllI know is Ralph and I won 1st place in our respective AG with
good times.

Now we're up to date. Lets start over. We should be proud of the success of these
swimmers and we congratulate them on their successes.

fht

Orlando Masters Short Course Meters Swim Meet

Dates : October 9 and 10, 1993

Meet Co-Directors : Scot Hartle (407) 351-4400 and Lynn Wagner (407) 678-5137.

Sanction : Sanction # 93-13 by Florida LMSC, Inc.

Sponsor : Orlando Masters Swimming in conjunction with the International Drive YMCA and Aquatic Center.

Eligibility : All athletes 19 years of age and older as of October 9, 1993 and registered with USMS, Inc. Non-U.S. citizens should have a letter of introduction from their own swimming association.

Facilities : The International Drive YMCA & Aquatic Center pools will be used for this meet. The short course meters pool is a deep 8 lane pool with a fully automatic timing system. An 8 lane 25 yard pool will be available for warm up and cool down. Both pools are indoors.

Schedule : Warm up begins Saturday at 8 AM. The 800 and 1500 will begin at 8:30 AM. Other Saturday events will begin no earlier than 11 AM. Warm up begins Sunday at 8 AM. The Sunday events will begin at 9 AM.

Seeding Times : Please show your best meters time during the last two years. Heats will be seeded by time regardless of age with the slowest heat first in each event. The 400 IM, 400, 800 & 1500 Free events will be deck seeded. You must submit a time for each event entered.

Entries and Fees : Swimmers must pre-enter by mail. Entry deadline is Friday, October 1st. It is your responsibility to mail your entry early enough to meet the deadline. Maximum of five individual events per day. Send the completed and signed entry form. Each event entry must be submitted on the entry form, filled out completely with your name, club, birthdate, event numbers, event descriptions, 1993 USMS registration number and seeding times. The scoring of the event will be computerized. Please be sure all information and the signed waiver are filled out on the entry form. The fees are : \$2.50 per event, \$10 meet charge and \$3 per relay team. The meet charge covers the electronic timing and scoring costs, the cost of printing the heat sheets and printing and mailing the results and the cost of the food at the social. The social will be catered by a local Italian restaurant. Relay teams can be deck entered during the meet both Saturday and Sunday. Only team members registered for this meet may swim in a relay.

800 and 1500 Freestyle Events : You may enter either the 800 or 1500 Free but not both. 800 splits can be used for records while swimming the 1500. These events will be restricted to the first 40 entries received for them. You will be notified by phone if the event has closed. Refunds will be provided at the meet.

Age Categories : Individuals : 19-24, 25-29, 30-34, etc. up to 90+. Relays : 19+, 25+, 35+, 45+, 55+, 65+, 75+.

You must send a copy of your 1993 registration card with your entry. You cannot swim without it.

Make checks payable to : Orlando Masters.

Send signed entry form, copy of registration card and fees by October 1st to :
Orlando Masters Swimming
8422 International Drive
Orlando, FL 32819

If you enter but must cancel, a full refund will be given as long as you contact Scot Hartle before 1 PM on Friday, October 8th.

Heat Sheets and Results : Heat sheets and results are included in the meet charge. Results will be mailed within two weeks.

Awards : Ribbons for 1st, 2nd and 3rd in each event. Individual high point awards for 1st, 2nd and 3rd in all age groups. Team plaques will be awarded for the visiting combined men and women's 1st, 2nd and 3rd place.

Points : 7-5-4-3-2-1 for individual events. Double points for relays.

Rules and officials : Current masters swimming rules will govern. There will be a certified stroke and turn judge, starter and referee for all events.

Directions : The International Drive YMCA and Aquatic Center is off exit 29 of Interstate 4. Take 482 East to the 1st intersection (International Drive). Turn right on International Drive for 1/2 mile. Turn right on Jamaican Court to the Radisson Hotel. The YMCA signs are to the right in the Radisson parking lot.

Social : A pasta dinner will be served at Lucky Meisenheimer's house after the last event on Saturday. Come join us and play with Lucky's vast array of games and toys. Maps to the social will be available at the meet. There is no additional charge for the dinner.

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.

Local Hotels :

Radisson Inn
8444 International Drive
Orlando, FL 32819
(407) 345-0505
\$59.00 (1-4 persons) 2 minute walk

Ramada Inn
8300 Jamaican Court
Orlando, FL 32819
(800) 333-1660 (407) 351-1660
\$55.00 (1-4 persons) 4 minute walk

Economy Inns of America
8222 Jamaican Court
Orlando, FL 32819
(800) 826-0778
\$39.90 (1-4 persons) 5 minute walk

Quality Inn/International
7600 International Drive
Orlando, FL 32819
(800) 825-7600 (407) 351-1600
\$35.00 (1-4 persons) 5 minute drive

R 722 8027
Joanna

ENTRY FORM
Suncoast Masters Pentathlon Meet
September 25, 1993

NAME _____ AGE _____ DOB _____ SEX _____

ADDRESS _____

HM PHONE _____ TEAM _____ LMSC _____

1993 REGIS NUMBER _____

Number of Events _____ X \$2.50 = _____

Automatic timing/computer/heat sheet \$ 6.00

Babysitting Service number of kids X \$ 3.00= _____
 Give ages

TOTAL ENCLOSED _____

Agegroup as of September 25, 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 70-75 76-79
 80-84 85-89 90-94 95-99 100+
 Warm-up 11 AM Meet starts 12 Noon

Women		Men		Women		Men
				11	50 Y Fly	12
1	50 Y Free	2		13	100 Y Free	14
3	100 Y Fly	4		15	50 Y Breast	16
5	200 Y Free	6 *		17	200 Y IM	18
7	100 Y IM	8		19	400 Y Free*	20
9	100 Y Back	10		21	50 Y Back	22
	BREAK**			23	100 Y Breast	24

* Not part of either pentathlon, but an open event for non-pentathlon swimmers
 ** Other breaks will be inserted as needed

Please make checks payable to Suncoast Masters and send by Sept 15 to Jim Donnelly
 5239 Box Turtle Circle Sarasota Fl 34232

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 my 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 individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be covered by the rules and regulations of the United States Masters Swimming and Florida LMSC Swimming.

DATE _____

SIGNATURE _____

SEEDING FORM

NAME _____ SEX _____ AGE _____

TEAM _____ TEAM INITIALS _____

1993 USMS # _____ LMSC _____

Circle events and enter seed time below

The two Pentathlon levels are as follows:

SHORT PENTATHLON: 50 of each stroke plus the 100 IM

LONG PENTATHLON: 100 of each stroke plus the 200 IM

REMEMBER: You do not have to complete either of the PENTATHLONS, but you will not receive a trophy unless you do.

ORDER OF EVENTS

Women		Men		Women		Men
				11	50 Y Fly	12
1	50 Y Free	2		13	100 Y Free	14
3	100 Y Fly	4		15	50 Y Breast	16
5	200 Y Free	6 *		17	200 Y IM	18
7	100 Y IM	8		19	400 Y Free*	20
9	100 Y Back	10		21	50 Y Back	22
				23	100 Y Breast	24

BREAK

* Not part of either pentathlon, but an open event for non-pentathlon swimmers

REMEMBER: You do not have to complete any of the PENTATHLONS, but you will not receive a trophy unless you do.

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.

SUNCOAST MASTERS PENTATHLON MEET

SEPTEMBER 25, 1993

ARLINGTON PARK AQUATIC CENT

SARASOTA, FL

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION # 14-93

Meet Directors: Jim Donnelly and Steve Grossman

LOCATION: Arlington Park Aquatic Center is located at 2650 Waldemere Street. (See map.) The meet will be held as 8 25 yard lanes across the 50 meter facility. Continuous warm-up/warm-down lanes will be available throughout the meet. It is an extremely FAST pool! Electronic timing and computer scoring will be used. Adjacent to the pool is a beautiful wooded 60 acre park with a playground.

ELIGIBILITY: The meet is opened to all registered masters. A copy of your 1993 registration card must accompany your entry. Swimmers in the 19-24 age group should be advised that by competing in any masters competition may jeopardize their amateur status as outlined by FINA and collegiate governing bodies.

NUMBER OF EVENTS: Swimmers may enter five events for the day. In order to be eligible for a trophy, swimmers must complete one entire pentathlon. If a swimmer wishes to bypass the pentathlon, he/she may enter any five events of their choosing.

ENTRY FEES: The entry fee shall be \$2.50 per event. There is a \$6.00 surcharge for electronic timing, computer scoring and heat sheet.

ENTRY DEADLINE: Entries must be in the hands of the meet director no later than Wednesday, September 15. Late entries can be faxed to 813-921-5881 until Sept 20.

ENTRY FORMS: Please complete send return entry form, seeding form and a copy of your card. Enclose a self-addressed card if you wish verification of your entry,

SEEDING: All heats will be seeded slowest to fastest regardless of age. All entries must have a time. No "no time" entries can be accepted,

SCRATCH PROCEDURE: If a swimmer is unable to attend the meet, call Jim Donnelly at 813-371-4084 H or 365-3014 W no later than September 23, and the entry fee shall be refunded. Swimmers no reporting to their block when their heat is called will be scratched from the event.

WARM-UP: Warm-up will be one hour before starting time. It begins at 11:AM, with the meet starting at 12 noon.

AWARDS: Every swimmer who completes any one of the three PENTATHLON levels will receive a trophy. Swimmers who enter individual events and do NOT complete a pentathlon will receive a pat on the back.

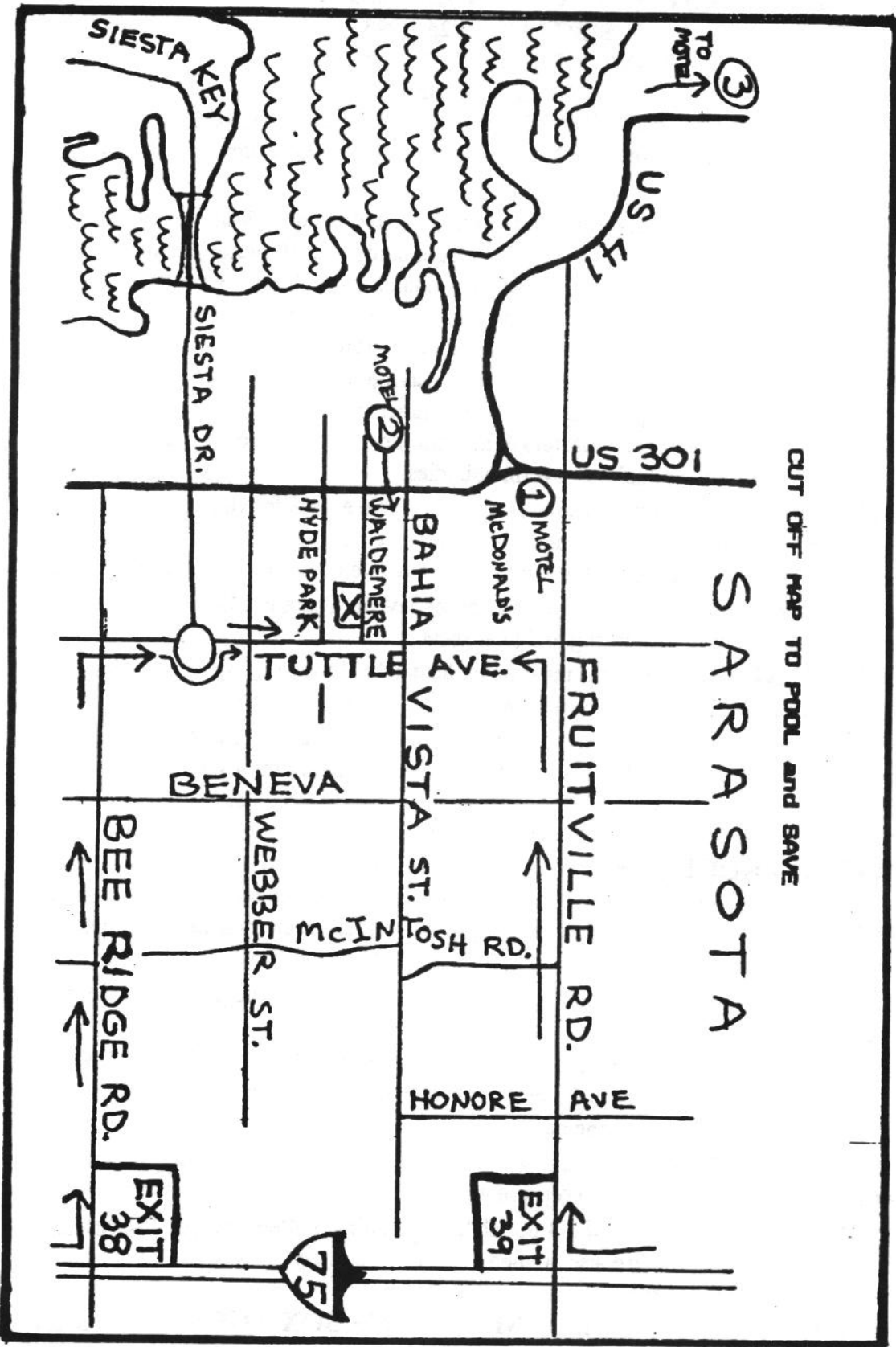
HEAT SHEET/RESULTS: Every swimmer will receive a heat sheet. One free copy of results will be sent to each team represented. Additional results may be purchased.

BABYSITTING: For a fee of \$ 3 per child, babysitting will be offered. The sitters are competitive swimmers who are also trained swim instructors who work with kids daily. The children will be cared for in the adjacent park.

**MAIL FORMS TO JIM DONNELLY 5239 BOX TURTLE CIRCLE
SARASOTA, FL 34232**

CUT OFF MAP TO POOL and SAVE

SARASOTA



OTHER THINGS

U.S. MASTERS INC. Nominating Committee has chosen the following persons:

President	Vice President	Secretary	Treasurer
Nancy Ridout Mel Goldstein	Jerianne Donnelly Jim Miller	Julie Paque Susan Rague	Lucy Johnson-Tripp Hugh Moore

The Ransom Arthur Award was given to Kathy Casey and Gail Dummer, jointly. This is largely due to their several long years of work putting the USMS Rule Book together in addition to their many other contributions to Masters Swimming. Our congratulations to each.

In the Sunshine State Games Canoe/Kayak competition SPM's John Edwards won the three different, as well as did Kathy Edwards.

June Krauser reported on return from Montreal, the site for the '94 FINA World Championships that there will be no Unattached Entries in the meet. It is my opinion that this is the time to say to FINA "No, Unattached swimmers can swim" whether we agree or not we should respect a swimmer's right to swim as he feels. This is the first of several things that FINA will order. We need to preserve some democracy in our sport. It's ours, not FINA's.

At a recent meet Elizabeth Cooper Blazuk said "the times I entered for this meet were alright, they were just two years younger than I am".

The ORLANDO SCM meet Oct. 9-10, in the diving well at the International YMCA & Aquatic Center will be a superb opportunity to swim some record or PB times. The water is 13' deep all over. A good time for some records and some relay records, several of the latter are very vulnerable. Let's get some Florida names in the book.

TO MEET DIRECTORS:

Below is the Liability Waiver we are required to sign to swim in a meet. Please copy this or make a copy from your rule book and use it. ANY variation is not acceptable. One I noted has 6 incorrect items.

Copies of Membership Cards

Meet directors in the FL LMSC have the option to accept an otherwise correct meet noting "registration number pending". Before the entry is accepted the swimmer, before swimming, must present the proper card to the meet director and pay a late fee of \$10. We do not know whether this is done elsewhere.

YMCA Officials

You are well into your third year of certification. Your opportunity to renew will depend on the time and number of meets at which you worked. From current information some have not taken part. Those who have, have been appreciated and we thank you.

ARTICLE 203: LIABILITY RELEASE

203.1 All registration forms, sanctioned entry forms, and approved entry forms must include a liability release. The liability release must be signed by the person registering or entering. The language of the release must be:

"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 my 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 individuals 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 of USMS."

USMS INSURANCE PROGRAM

What Coverage Do I Have?

by Sandi Blumit - Jardine Insurance Brokers

One of the most frequently asked questions by USMS members is, "What coverage do I have under the USMS Insurance Program?" Hopefully, the following will help to clarify this matter.

WHAT IS COVERED?

The **General Liability Insurance** provides coverage for claims of negligence against an insured(s) by participants or any other person or organization, resulting in bodily injury or property damage arising out of an insured activity.

The **Named Insureds** includes United States Masters Swimming, Inc, the Local Masters Swimming Committees, any member of USMS or any volunteer while acting for and with the approval of the USMS Board of Directors for insured activities, and USMS registered member clubs.

Insured Activities include USMS sanctioned meets, covered competitions, organized supervised practices, tryouts, and approved social and fund raising activities. **Not Covered** are such things as diving (from other than USMS approved starting platforms or poolside); automobile liability, workers compensation, disability, harassment or abuse, crime (dishonesty) and Directors & Officers liability for wrongful acts/decisions. USMS carries separate policies for bonding the USMS Treasurer and Controller, as well as the two independent contractors, National Registrar and Executive Secretary.

Secondary Accident Insurance is provided for athlete members during insured activities listed above. This coverage takes over after any private insurance, and there is a \$250 deductible.

Coach members may wish to consider purchasing supplemental insurance to cover Workers Compensation, Disability, Abuse and Molestation or Harassment.

If you have questions regarding any of the coverages, please call Sandi at Jardine Insurance 1-800-777-4930

NATIONAL QUALIFYING TIMES QUESTIONNAIRE

Santa Clara, CA, was the first USMS Nationals in which National Qualifying Times were utilized. The USMS Championship Committee is interested in input from all USMS swimmers, both those who attended Nationals and those who did not attend, regarding your opinions about these qualifying times, the manner in which the times were communicated to you and implemented, and whether the times had an impact upon you or anyone else you know who did not attend this meet. Swimmers who attended Nationals have already answered a similar questionnaire; this questionnaire is for those who did not attend the meet in Santa Clara.

Please take a few minutes to fill out this questionnaire. This input will provide your USMS volunteers with valuable information and enable us to better provide quality National Championship meets in the future.

Age _____ Sex _____ LMSC _____ Number of USMS Nationals Attended in the Past _____
 How far would you have had to travel from your home to attend this meet?
 _____ < 50 miles _____ 51 - 200 miles _____ 201 - 500 miles
 _____ 501 - 1000 miles _____ 1001 - 2000 miles _____ 2001 - 3000 miles
 _____ > 3001 miles

Do you enter National meets only when they are close to home? Yes _____ No _____
 Are you satisfied with the number of events you could have entered in this meet? Yes _____ No _____

Did the use of National Qualifying Times (NQT) at this meet reduce the number of events that you could have entered? Yes _____
 If yes, how many events could you have entered? _____
 How many events do you usually enter? _____
 No _____ How many NQT did you make? _____
 Did you make the NQT in all of your events? Yes _____ No _____
 Did you make the NQT in at least 3 events? Yes _____ No _____

Did the usage of NQT influence your decision not to attend this meet? Yes _____ No _____
 Mark all of the following that influenced your decision:
 I did not make any NQT and thought 3 events was too few events to enter. _____
 I made some NQT but not in the events I desired to swim. _____
 I thought NQT made the meet too competitive. _____
 I did not like the concept of NQT and will not attend a meet using NQT. _____

Other reasons: _____
 In general, I think NQT: _____
 Are a reasonable way to limit the size of potentially very large meets _____
 Should be implemented only when the potential meet size would be unmanageable in 4 days _____
 Should not be used because it eliminates too many people _____
 Should not be used because it is not consistent with the spirit of Masters swimming _____
 Should be used, but use slower times _____
 Should have different standards used in the younger and older age groups _____

Please elaborate upon what NQT should be based, i.e. what formula should be used to determine NQT: _____

Are you satisfied with the way in which your age group was affected by NQT? Yes _____ No _____
 Comments: _____

The following are general comments regarding the size of National meets. Please check all that apply.
 Past National Championship meets have often been too long _____ Short Course _____ Long Course _____

Past National Championship meets have not been too long. _____
 Limitation of the length of meets needs to be coordinated by USMS. _____
 Meet hosts should be allowed to accept as many entries as they desire. _____
 A reasonable goal for the length of the meet day (including warm-up) should be 10-12 hours. _____
 I find no problem with meets that run 14-16 hours each day. _____

Comments: _____
 Do you think USMS should consider other options other than NQT to restrict the length of the meet?
 Yes _____ No _____

Mark all options that you consider to be acceptable alternatives to NQT as a means to control the length of the meet: _____
 Limit the number of events that all swimmers may enter with the maximum being three events _____
 Limit the number of events that all swimmers may enter with the maximum being four events _____
 Limit the number of events that all swimmers may enter with the maximum being five events _____
 Allow swimmers who enter the meet at least two or three months before the deadline to enter six events and all those entering within the last month to enter four events. _____
 Increase the length of the meet format to five days _____
 Splitting Nationals into two meets, e.g. East and West _____
 Splitting Nationals into age groups, e.g. 19-49 and 50 & over _____
 Other _____

General Comments and ideas you would like the USMS Championship Committee to consider: _____

Name (Optional) _____

Please return this questionnaire by August 1, 1993, to: Sandi Rousseau, USMS
 Championship Committee, 23995 SW Drake Lane, Hillsboro, OR 97123
58 395 DATAUSM/NAT/QUES.DOC APR 93

FLORIDA LMSC OFFICERS

JOHN P. MAGUIRE
Chairman
4033 12th STREET N.E.
ST. PETERSBURG, FLORIDA 33703
813-823-7116

MEEGAN J. WILSON
Secretary
620 N.W. 27th WAY
GAINESVILLE, FLORIDA 32607
904-373-0023

DICK AVERY
Treasurer
1111 CHERRY HILL DRIVE
SUN CITY CENTER, FLORIDA 33573
813-633-3970

BILL UHRICH
Sanctions
1509 BUNKER HILL DRIVE
SUN CITY CENTER, FLORIDA 33573
813-634-7564

CHARLES H. KOHNKEN
Registration
1258 FLUSHING AVENUE
CLEARWATER, FLORIDA 34624
813-531-0008

CATHERINE COOPER
Records

9775 SW 52nd Rd
~~2601 N.W. 23rd BLVD., #104~~
GAINESVILLE, FLORIDA 32605
904-373-0049 (corrected)
336-9027

FRANK TILLOTSON
Newsletter Editor
2494 13th AVENUE N., #46
ST. PETERSBURG, FLORIDA 33713
813-327-1492

321-5802



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