

# FLORIDA newsletter

Vol. XII, No. 1

Local Masters Swim Committee, Inc.

February 1995

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## Memories of America's Longest Running Masters Swim Meet

James M. Donnelly

**I** turned 26 years old on the last day of the 5th Annual Southern Regional Masters AAU Swim Championships in St. Pete, February 28, March 1 & 2, 1975. You had to be 25 years old, back then, in the olden days, to compete in Masters swimming. I had just started swimming again in the fall of '74 immediately after discovering there was such a thing as Masters swimming! So here I was, at one of my first Masters meets, almost 4 years to the day since my last college meet, the NCAA Division II Nationals. It was really depressing for me when I finished my college swimming career because I thought all the competition and the camaraderie that went with it was over. During my first Southern Regionals I knew that I had a lifetime of good health, competition, and goal setting all ahead of me, and best of all, a new family of friends.

A lot of the swimmers I met at my first Regionals are still swimming today. Chip Jones, our LMSC Treasurer, was there. George Burke, John Edwards, Pete Betzer, John Ziegler, Ray Burns, Bump Jones, Bob Beach, Jim Gotch, Herb Kern, Snag Holmes, Frank Tillotson, Lynn Cartee, Boots Culbertson, Anne McGuire, and Scottie Holliday were all there

and will be at the 25th Anniversary Meet on April 7-9, I can guarantee it.



1975 1st Place Men's Team, SPRD, Ray Burns, B. Bartling, D. Hicks, J. Risher, G. Nagel, J. Biondi, T. Sawicki, Peter Betzer

We didn't have electronic timing back then so a couple hand held watch times were averaged out to the tenth of a second. Digital LCD stop watches were a brand new innovation and were just starting to be used in place of the old sweep hand stop



## CALENDAR OF EVENTS

	DATE	PLACE	EVENT	CONTACT	
<b>1995</b>					
Feb	01-28	Baton Rouge, LA	February Fitness Challenge	Scott Rabalais	504-928-5596
	05	St. Petersburg, FL	SCY Developmental Meet	Margie Hutinger	813-521-1172
	11-12	Clearwater, FL	CAT Masters Valentine SCY Meet	Cashel Mack	813-426-6097
	24-26	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
March	05	St. Petersburg, FL	SCY Developmental Meet	Margie Hutinger	813-521-1172
	9-12	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
	18-19	Atlanta, GA	St. Patricks Day SCY Dixie Zone Champ.	Lisa Watson	404-497-1901
	25-26	Greensboro, NC	SCY Meet		
	25-27	Coral Springs, FL	Billabong Aquatics Swim Camp	Judy Bonning	305-345-5370
April	07-09	St. Petersburg, FL	25th Annual SCY Meet	Margie Hutinger	813-521-1172
	22-23	Raleigh, NC	SCY Meet		
	27-30	Buffalo, NY	SCY YMCA Nationals	Kristi Umstead	708-834-9200
	29-30	Ft. Pierce, FL	IRCC 6th Annual SCY Craigae Memorial	Tom Harmon	407-465-8385
May	07	St. Petersburg, FL	SCM Developmental Meet	Margie Hutinger	813-521-1172
	18-21	Ft. Lauderdale, FL	USMS SCY Nationals-ISHOF	Stu Marvin	305-468-1580
	22	Ft. Lauderdale, FL	USMS Open Water 3.5 Mile Champ.	Stu Marvin	305-468-1580
June	10-11	Sarasota, FL	Suncoast LCM Meet	Deb Walker	813-923-3540
July	14-15	St. Petersburg, FL	St. Pete Masters LCM Championships	Margie Hutinger	813-521-1172
	28-30	Baton Rouge, LA	Southern LCM Dixie Zone Champs		
Aug	06	St. Petersburg, FL	LCM Developmental Meet	Margie Hutinger	813-521-1172
	24-27	Gresham, OR	USMS LCM Nationals-Mt. Hood C. C.	Ginger Pierson	503-224-7706
Sept	10	St. Petersburg, FL	LCM Developmental Meet	Margie Hutinger	813-521-1172
	20-24	Houston, TX	USMS Convention	Suzanne Rague	503-531-9051
Oct	07-08	Orlando, FL	TEAM Orlando SCM Invitational	Scot Hartle	407-351-4400
Nov	04-05	Anderson, SC	Electric City Invitational Dixie Zone SCM		
<b>1996</b>					
May	09-12	Cupertino, CA	SCY Nationals @DeAnza Community Col.		
June	22 -	Sheffield, Eng	VI World Masters		
July	2				
Aug	21-25	Ann Arbor, MI	LCM Nationals @ U of MI		

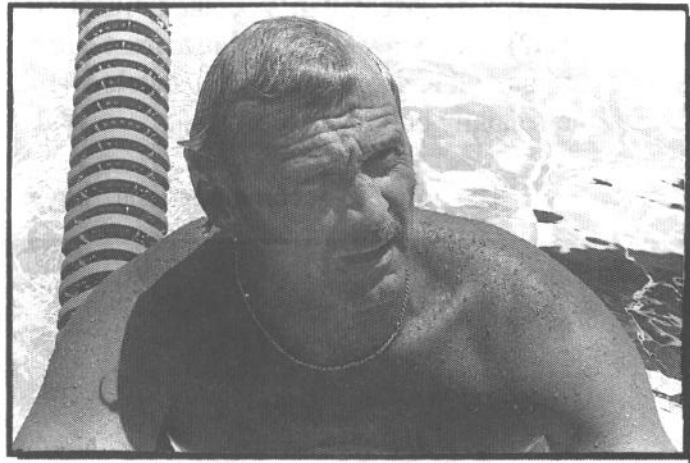
watches. There were many more "ties" in those days of yesteryear attributed to the judgment of the place judge and the lack of electronic touch pads that would have timed the race out to the thousandth of a second. I had two ties myself that weekend, one with **John Ziegler** in the 50 Breast - 32.0, and another with **Bruce Bartling** in the 100 IM - 1:03.8.

**Bump Jones** and **Gay Rosser**, teammates from the **1952 Olympic Games** in **Helsinki**, would battle it out in the 40-44 age group. (They were 41 at that meet.)

You could hear Gay's powerful kick from anywhere in the pool, a *freight train loaded with dynamite*. He's not with us anymore...cancer took him in his prime.

Everyone looked forward to the socials at this meet. In those early years we would all go to **Shakey's Pizza** (they sponsored the trophies) on Friday night following the 1650, for pizza and what seemed like endless pitchers of beer. No one worried about overpartying, after all, your competitor was sitting right there with you! But the social on Saturday night, held in the "**Blue Room**" of the **Edgewater Motel** adjacent to the pool, and on the beautiful grounds outside of it, on Tampa Bay, was always the "**best**" social anyone could ever put on. The "**Hawaiian Luau**", as it was officially dubbed, was the place where you would wear your wildest Hawaiian shirt. You could count on 2-3 kegs of beer and all the food you could eat for only \$ 6.00. The most memorable meet and social was the year that about a **dozen German swim teams** attended the meet to swell the participants to **over 400 swimmers**. We all exchanged pins with our European guests and they all gave us little bottles of "4711". Everyone who made their reservations early enough had the fortune

to stay right there at the **Edgewater Motel**. You could eat breakfast there the next morning, or go to the "**Frog Restaurant**" on 4th Street.



Gay Rosser, March 1975

The **Edgewater**, and the "**Frog**" were torn down a few years later so the accommodations and the party moved to one of **Beverly Tucker's** quaint old hotels, like the **Penn Flora**. (Beverly is a St. Pete swimmer). Except for a few seasonal guests, the swimmers would take over the whole place. There wasn't any TV in the rooms (or air conditioning) and the beds were so soft that swimmers like **Scott Guthrie** would choose to sleep on the floor so he wouldn't damage his back, but that all added to the charm.

You could hear Gay's powerful kick from anywhere in the pool, a *freight train loaded with dynamite*.



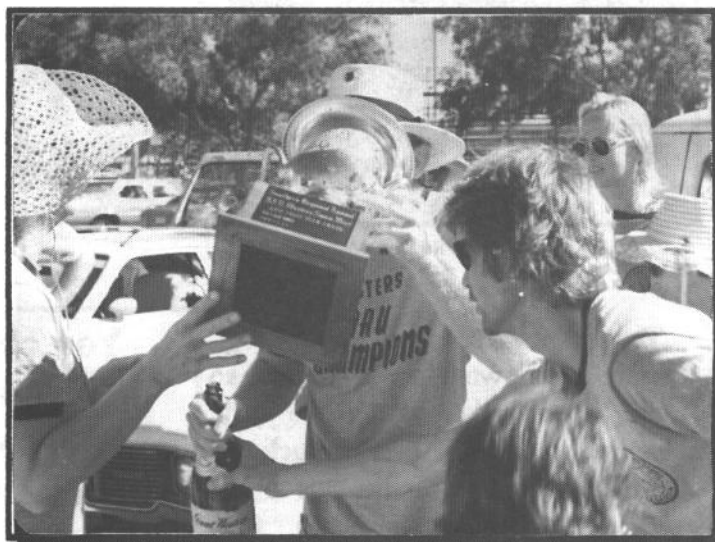
March 1975 - Bob Beach, Jean Pieretti, Gene Jennings

So we would all socialize in the lobby or the courtyard, or that great front porch

*(Continued on page 4)*

**MEMORIES** (Continued from page 3) with all those rocking chairs. (Remember **Marshall McMillan's** comedy/juggling act?) But, alas, all good things must come to an end and soon Beverly's hotels were eventually bulldozed too.

The motel accommodations have



Overall Team Champs-Suncoast Masters, Scottie Holliday, George Burke, Ron Peterson, Lynn Cartee

changed over the years and our national governing body has changed from AAU to USMS but the St. Pete Meet hasn't. It's still the meet where you strive to reach those goals you have set. If the Nationals are too far away for you that year, *this* is the meet that you taper and shave for.

It's still the meet where you'll kill yourself swimming eleven maximum events in competition for that **individual High Point Trophy**. It's the big meet where the whole team gets together to swim those important relays that may give you the points you need for the **Team Trophy**. The **Suncoast Masters of Sarasota** won the **Combined Team High Point Trophy** for the first time that year, in 1975, and continued to win it for quite a few years in a row. I can remember the whole team drinking champagne out of that big silver cup trophy after we won the meet for the second time in a row. Can you tell...I just *love* this meet!

A lot of important things happened to me during the years I've attended the meet. I married **Kandy** (we met at a swim practice) between the **6th and 7th Annual Meet**; we had twins between the **9th and 10th Annual Meet**, and our third child between the **11th and 12th Annual Meet**. The **25th Annual St. Pete Masters Short Course Championship Silver Anniversary Meet** will be my 21st in a row and I know there will be some swimmers there who haven't missed a one since that first one back in 1971.

## The Chairman's Corner

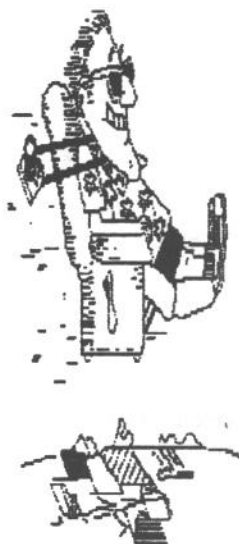
Harold L. Ferris, Jr.

**H**appy New Year. Have you remembered to register for 1995? The Short Course season is underway and you must have your 1995 card in order to swim in the meets or to participate in Masters practice sessions. This will also be your last LMSC Newsletter unless you are registered for 1995.

Let's hear it for **Jim Donnelly**, our Newsletter Editor. He is doing a great job. I also want to give the credit due to the rest of the team, **Meegan Wilson, Chip Jones, Bill Uhrich, Charlie Kohnken** and **Jeff Perout**. Their continuing efforts keep your LMSC functioning properly. Please give them all the

help you can. When you send in registration information, requests for sanctions, or meet results, be sure the paperwork is done correctly. Getting it done right the first time will save time, postage, and long distance phone calls.

Please check the calendar of events in each issue of your Newsletter. The schedule of upcoming meets has one or more additions each issue. Please use that schedule and support the teams that put on these meets. A lot of expense and hard work is involved, and we all need to show our appreciation by entering and competing. It's a great way to make new friends and renew old acquaintances as well.



# SWIMMING NEWS FROM AROUND THE LMSC

## TEAM ORLANDO MASTERS

We wish to thank those who attended our SCM meet in October. My personal thanks to those who worked so hard to make it run so smoothly. Without both the participants and volunteers, our meet would not have been such a success. Thanks again to all of you.

Rumor has  
**Meisenheimer**  
**Jacquelyn**  
contacted St.  
on the dates of  
April so they  
schedule their wedding around it. (What dedication!!)



it that Lucky  
a n d  
N a t i o n  
Pete to check  
their meet in  
c o u l d

## SPACE COAST MASTERS

Congratulations on the new format for the LMSC NEWSLETTER. We agree, Frank does deserve a break after ten years at the helm. He certainly did a great job in keeping us well informed for a long time.

The Brevard Swimming Association Masters members gathered just before the holidays for some good cheer. In addition to good cheer, we had several things on our minds as well. For one thing we all decided that our new name (BSAM) was too unwieldy and not very descriptive of where we were from. Those of us who went to the Worlds Competition in Montreal, and

Nationals in Buffalo, NY were constantly explaining. We decided to return to our former name **SPACE COAST MASTERS (SPCO)**. We will continue to be affiliated with Brevard Swimming Association, for they encompass all swimming competition in the county at all age levels.

There was also an election of officers for SPCO and they are as follows: **Al Chipman, President; Sue Mcgaughey, Vice President; Ruth Bielefeld, Secretary; Carol Cowen, Registrar/Treas; Angie Sinacore, Newsletter.**

SPCO is planning to participate in the **ONE HOUR POSTAL NATIONAL CHAMPIONSHIP** on Saturday, January 21, 1995 at 9 am at the **Indian Harbour Beach Pool**.

In early Spring, (date to be announced) we will hold our **third development meet**. It will be a fun meet where novice competitors can have the opportunity to see how it feels to participate in a swim meet. It will be held at the **Indian Harbour Pool at Gleason Park on South Patrick Drive.**

### Results of 1994 Dixie Zone LCM Top Ten for SPCO

**Bunny Cederlund**, age 72, placed 1st in six listed swims (free & backstroke events). **Ron Niedrich**, 34, was listed in 12 events, while **Ruth Bielefeld**, 34, and **Al Rogerson**, 68, garnered 11 places. **Al Chipman**, 70, registered 3 places.

By competing in 5 SCM (Short Course Meter) events this past season, **Al Rogerson** thus completed

*(Continued on page 6)*

## SPACE COAST MASTERS *(Continued)*

swimming in all 53 individual events, (18 SCY, 18 SCM & 17 LCM) in the USMS Program.

After April of 1992, when he first mastered the 200 I.M. (SCY), Al hoped to manage the meter events and work up to the 400 distances. Needless to say Al felt the 200 Fly's and 400 I.M.'s were the most difficult.

Hope to see you all in Clearwater for the Cat Masters SCY Meet Feb. 11-12, 1995.

With all good wishes.

Angie Sinacore, Space Coast Masters,  
1214 Island Green Dr., NE, Palm Bay, FL  
32905  
and Al Rogerson.



The HOLMES LUMBER JAX MASTERS swim team was formed in 1988 to put together the "Best" masters team in the world, with the goal of obtaining a world class aquatic center for Jacksonville.

1995 is here and we are still working toward the aquatic center for Jacksonville.

Along the way, Tiger, Telfair, Brenda and the team became committed to teach Every Child in Jacksonville to Swim, for free! 20,000 kids later, we are still swimming toward that goal, including getting state and local legislation to make learning to swim mandatory at the

elementary school level.

We continue to be active in all areas of volunteering - International Swimming Hall of Fame, Boys & Girls Clubs, Mayor's Council, Pal, U.S. Navy and Special Olympics.

For the 3rd year in a row, Holmes Lumber Jax competed in a dual meet against Buffalo State University and a great time was enjoyed by all ages!

With all our diversity, world class athletes, and movers & shakers (pun intended), Holmes Lumber Jax remains committed to fun, fitness and friendship through the sport of swimming.



Masters swimming is alive and well in Southwest Florida. We now have four locations for workouts. In Ft. Myers at the Cypress Lake Middle School pool, coached workouts are held three evenings a week and Sat. mornings. This is a newer, growing group of about 20 swimmers. In Naples, workouts are held two evenings a week and Sun. afternoon at the YMCA. This is a long-established self-coached group of about a dozen or more. In Bonita Springs at the community pool a newer, small group of half a dozen senior masters works out several mornings a week under their own club charter, not officially affiliated with SWIM FLORIDA. In east Naples, at the Golden Gate community pool, a brand, new group has formed, coached by county employee Rich DeGalen. They hold three evening sessions per week. Rumor has it, there is also a small group of independent masters working out at the Marco Island pool as well. County pools are also open for lap

*(Continued on page 7)*

**SWIM FLORIDA** (Continued from page 6)  
swimming hours at the above locations and  
in Cape Coral, Sanibel, Lehigh Acres and San  
Carlos Park.

Joint workouts were held once monthly in  
Nov. and Dec. combining the Ft. Myers and  
Naples groups. A social was held after each  
session and the groups are beginning to get to  
know each other better.

The One Hour Postal Swim was held  
cooperatively between all four groups on Jan.  
28th at the Bonita Springs pool.

Visitors to the area are always welcome at  
workouts. For more information, call the  
Swim Florida office at (813) 482-6600.

Congratulations to Swim Florida's Dr.  
Abbott (Bo) Kagen who was named to USMS  
Top Ten in two events for the 1994 Long  
Course season. Swimming at the World  
Championships in Canada last summer, Bo  
made honors in the 50 and 100 m butterflies in  
the 45-49 age group.

**Larry Black**  
Coach, Swim Florida Masters (Ft. Meyers)  
13691 Metro Parkway So., Suite 350  
Ft. Myers, FL 33912 Day: 813-768-5313  
Eves: 561-0678 Fax: 768-9559

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## Forest Hills Aquatics

### Stephen Knauss

For the past seven years I've been having  
some fun with **Clement Moore's Visit From  
St. Nick**. I recite the poem to the whole team  
between practices before Christmas. This year  
our team is a bit larger than in the past and as  
a result I had to work hard to include  
everyone in the poem.

Best wishes for the coming year and I shall  
see you at the Clearwater Meet.

(My apologies to Clement Moore)...

## Twas The Night Before Christmas

Twas the night before Christmas and it was  
getting rather cool, as winter is approaching  
at the Danny Del Rio pool.

The Speedos were hung on the wall with care  
by TERRA, Just waiting to be worn by  
KAREN and CLARA.

The people from early practice were all  
dressed and ready to go, among those done  
were LESLEY, BECKY, and BO.

And MARIA in her TYR along with  
SANDRA had not lingered, but warmed -up  
with a 500 along with NADINE, BLAKE,  
and INGRID.

DENISE, DENNIS, and DORIS settled down  
to an IM swim, along with others like AL,  
TIM, and JIM.

When over in lane seven there arose such a  
din, that EVANS stopped in mid-stroke to  
look over at LYN.

Up on the deck nothing was said by KEN.  
Others just stared in amazement like KRISTI,  
KATHY and RUEBEN.

Away to the deep end MARK went oh so  
quick, swam past FRANK and TOM but not  
faster than RIC.

When what should appear to the wondering  
eyes of MILT, but eight swimmers all going  
at a full tilt.

With CARYL at their side, BILL and DEB  
did not lack the time to see not among them  
was JACK.

More rapid than dolphins his merpeople  
came. JEFF whistled and shouted and called  
them by name.

Now ANN, now KERRI, now PAM, and

(Continued on page 8)



**TWAS THE NIGHT...Continued from page 7**

LARRY. On DAN, on CARY, on JAN, and SHERRY.

ROZ is fly on the first lap, the backstroke is by JOHN, with ALLEN at breaststroke, this relay's going to be won.

Freestyle was by JASON, and he was really hot, but not as fast as BRIAN and MIKE SCOTT.

KELLIE and SHARON did breaststroke 50's as a fancy and with their pace they kept up with BOBBY, CINDY and NANCY.

DAVE, BERT and KURT were just back from a Yuletide gala and got into lane two with SUE, MARC and CALA.

In lane six, swimmers included JEANNE and DICK, along with LISA and PAT, not to forget ERIC.

AMY, DANNY and TONY how they did swim hard. But not nearly as fast as HEIDI, ANDREW and RICHARD.

But do not think that DIANA and WES will be left. They can swim just as fast as ROGER, BETH and STEPH.

As the 25's started, some people began to leave, others did fly like RALF, GREG and STEVE.

Some others stood on the deck and began to go HO-HO-HO! Those joyful holiday revelers included PEGGY, BARB and JOE.

After saying SEVERAL more MILT then said with delight, MERRY CHRISTMAS TO ALL AND TO ALL A GOOD NIGHT!

Stephen Knauss, 12/17/94

more...

## TEAM ORLANDO MASTERS

Larry Peck

Team Orlando Masters has been quiet since our meet in Oct. We sent a contingent to ISHOF for the Masters Challenge in December to scout the pool for the USMS S.C. Nats in May. The pool itself was great but there may be limited deck space and seating if the meet is extremely large. There is a little less deck space than the Int'l Drive YMCA. Locker rooms are in good shape.

Team Orlando Masters swimmers also participated in a number of open water mile swims. Miami Mile, Ft. Lauderdale Mile, Boca Mile. We did well in all these events with the best collection of results being at the Boca Mile. Of our five swimmers entered, all five were in the top 3 of their age group. Lucky Meisenheimer, 1st (35-39); Charley Weatherby, 1st (60-64); Jackie Nation, 2nd (30-34); Jerry O'Connell, 3rd (45-49); Larry Peck, 3rd (40-44). These open water swims were a lot of fun and may be of interest to others during this time of the year.

**Of our five swimmers entered, all five were in the top 3 of their age group.**

### TEAM LOGO'S NEEDED

**I**f you have a team logo that you would like to see printed with your team news (like **Holmes, St. Pete, Swim Florida**), please send a camera ready copy to the Editor, or I might make one up for you like I did for the **Space Coast Masters!**



# ST. PETERSBURG MASTERS

Dr. Paul Hutinger

**D**id you know that our **Short Course Championship Meet** on April 7-9, 1995 has special significance? Other than the National Meet in

1971, ours was the **first masters meet held in the United States**. Retired Judge **Robert Beach** organized that meet, and this spring we will be celebrating the **Silver Anniversary**. **John Maguire** is the promotion chairman for the big event and is working on many exciting ideas to make this the best meet ever. He, and others in charge, would appreciate **YOUR** help. If anybody has any **memorabilia** from that meet or other early ones - pictures, awards, heat sheets, etc. - please let me know. We'd like to have a display. A flyer promoting the meet is enclosed in this newsletter. Entry forms for the meet will be mailed directly to all registered Florida LMSC swimmers by February 15, 1995. (Another good reason to send your USMS 1995 re-registration form in without delay!)



Chairman of the Florida LMSC. He has done an outstanding job over the past several years, making our meets some of the best-run meets in the U.S. We should also thank **John Bishop** who assisted Harold much of the time. Thanks guys, for a super job!

Sandy Steer

## COACH'S CORNER

George Bole

**T**he year 1994 is history, and for St. Pete Masters, it will go down as yet another good year. Great results, World Records, National Championships, personal best times and increasing interest. Even at this late stage, we hear that Paul Hutinger, our new team president, has been to New Orleans and registered four new World Records - all the backstroke events plus the 50 m fly. Great inaugural performance, Paul!

Let's concentrate on what we have to do for the challenges of 1995. We have to keep on working hard in preparation for our annual One Hour Swim. Last year's turnout was not anything to shout about by our own high standards. I believe that was because so many people were tardy renewing their membership. Please do not let that happen this time. Sign up quickley, and maybe SPM might get the No. 1 spot. We certainly have the potential to do so, and we have the background of hard work.

The Clearwater Masters Short Course Valentines Meet on Feb. 11-12 would be a good meet for SPM to test out their strength or otherwise. It would be nice to have a large turn-out so I could get a good line on progress to use for our own April Silver Anniversary Meet. Valentines Day - wasn't that the occasion once of some sort of massacre?

The Anniversary Meet should be, and is,

(Continued on page 10)

Other than the National Meet in 1971, ours was the first masters meet held in the United States.

It was wonderful to see **Bill Molvie** back in the pool. Bill just returned from Ohio with a pace-maker implanted. He continues to swim daily with plans to begin competing again. Now, if we can get **Tom Smith**, who had angioplasty last spring, back down here, maybe we can get together a "cardiac quartet" relay team!

A nice article about **Kay Schimpf**, the "swimming septuagenarian" appeared in the Dec. 10 issue of the Tampa Tribune.

Congratulations to **Susan Betzer** for receiving the Golden Baton award for dedication and service to the Florida Orchestra.

Please take time to express your appreciation to our retiring meet director, **Harold Ferris**, who is now serving as

something of which St. Pete Masters should be proud. **The longest running Masters swim meet anywhere in the world.** We must all show our pride by helping in any way we can, to make it an occasion worthy of the name. Twenty-five years and so many great swimmers have taken part. I know we have all the people who can set the meet up, but please offer your help. We must make this an historic occasion.

### Little Things Mean A Lot

**N**ow that the season is about to start - i.e. the competitive season - it is a good time to start to polish up on some of the little things that let us down in competition- things that we get careless about when we are building yardage. All of you attending regularly have undoubtedly increased your distance from last year. You have worked really hard and mostly without let-up. Would it not be a great pity to ruin all that pain, that agony-soaked time, by indifference to streamlining off the wall, by slowing into the turns, by careless turns, and by rules infractions behavior? I can think of breaststrokers and flyers, grabbing one-handed, backstrokers rolling off on their fronts, and long reaching gliding finishes on all strokes. Now is the time to get rule conscious. Now is the time to improve those indifferent turns - to think streamlining, to kick off the walls. Let's make every item on the workout a competition perfect performance. As has been said repeatedly: only good practice makes perfect.

If the qualifying times for Nationals are to be so tough, then it behooves each and everyone of us to explore every avenue to improve times. So **think of the little things that can be put right** - work on them - and improvement is a must!

## SUNCOAST MASTERS SWIMMING

### Swim Clinic/Pizza Nites is Hot

#### Item With SMS'ers...

by Jim Donnelly / Edna Gordon

**F**ourteen swimmers took part in Joe Securo's swim clinic at Arlington Pool on Friday, Jan. 13. **Bob Coulter, John Cousens, Jim Donnelly, Jerry Glancy, Steve Grossman** and prospective member Glenn, **Adam Leonard, Marv Norin, John Woods, Lucy Malone, and Christina Antunes** all got wet to learn the secrets of a great "turn" for all the strokes. Those not in the water but watching were **Balint Papp, Shirley Leonard and Edna Gordon.**

After the clinic we all headed over to MARIO's PIZZA for our "Italian Nite" social. We were joined by **Kandy Donnelly and Dotti Woods** in our own banquet room! The seventeen of us sat at the same long table and ordered off the menu. Our team photo albums were laid out on one of the other tables for us all to browse through.

Two more Swim Clinic/Pizza Nights are scheduled for Feb. 17 & Mar. 17 by **Coach Joe Securo and Mike Drews.**

### A Bad Break

**R**uth Switzer suffered a broken hip in November after a fall in her kitchen. Ruth said she didn't "fall" but her hip collapsed. After a short stay for a hip pin at Doctor's Hospital and a few weeks at a rehab facility, Ruth is back home and doing nicely. Ruth was an enthusiastic and willing patient in rehab and progressed rapidly. In fact, they asked her to speak to some of the reluctant patients to stir them into action. That's our Ruth! She was also on TV recently, promoting the Senior Games in Bradenton.

*One curious patron poked his nose in to find out what was going on. Edna told him we were a bunch of swimmers and invited him to join us. He was tempted until he realized she had said "swimmers", not swingers!*

## Dixie Zone Long Course Top Ten 1994 For Suncoast Masters Swimmers

**T**wenty-nine Suncoast Masters made the Dixie Zone L.C. Top Ten and hold 12 of the Records. **Sixty Percent** of our team made this Top Ten List. That's quality!

# of Events	Records	Name & Age	# of Events	Records	Name & Age
9		<b>Brooke Bowman 25-29</b>	2		<b>Mike Drews 40-44</b>
7	6	<b>Deb Walker 40-44</b>	10		<b>George Burke 45-49</b>
6		<b>Lynn Cartee 45-49</b>	7		<b>Jim Donnelly 45-49</b>
6		<b>Boots Culbertson 55-59</b>	5		<b>Bill Keenan 50-54</b>
6		<b>Edna Gordon 65-69</b>	2		<b>Andy Voikos 50-54</b>
5	1	<b>Bardi Dendy 70-74</b>	7		<b>Jerry Glancy 55-59</b>
12		<b>Steve Grossman 30-34</b>	5		<b>Jon Culbertson 55-59</b>
2		<b>Ken Boring 30-34</b>	4		<b>Adam Leonard 55-59</b>
1		<b>Tom Schwartz 30-34</b>	4		<b>Neil Wilsom 55-59</b>
	1	<b>Steve Moreland 30-34</b>	6		<b>Robert Coulter 60-64</b>
3		<b>Joe Securo 35-39</b>	4		<b>Charlie Randall 65-69</b>
6		<b>Rick Walker 40-44</b>	3		<b>Marv Norin 65-69</b>
5		<b>Robert Davie 40-45</b>	8	4	<b>John Woods 70-74</b>
4		<b>Kevin McCormack 40-44</b>	8		<b>Balint Papp 70-74</b>
4		<b>Bert Bowers 40-44</b>			

### Letter From Tom Boak, USMS Rules Chairman

In your recent newsletter, you published information about a change to the freestyle stroke, specifically that "In freestyle, the swimmer's head must break the surface of the water not more than 15 meters (16.4 yds.) after the start and after each turn." **This information is incorrect.** There was a proposal made to United States Swimming (which if passed, would have been adopted by United States Masters Swimming) to change the rule to read this way, but it was defeated.

Please read the correct information (see 1995 Rule Book, Sections 101.1.1 Forward Start and 101.5 Freestyle) to your swimmers in your next newsletter. Thank you for your cooperation.

**Tom Boak, USMS Rules Chairman**

### Other Corrections to the 1994 USMS Convention Highlights Printed in the Nov. Newsletter

#### I. Rules Changes:

5. With Championship Committee approval, a swimmer may compete in both of the two longest freestyle events in championship meets **(but must make the NQT in one).**

#### II. Rule Book

1. USMS sends free rule books to each LMSC **(Registrar and Officials Chair).**

#### V. International Committee

1. The August 8-12, 1995 MSI Masters Hawaii Festival **(has been cancelled by MSI).**

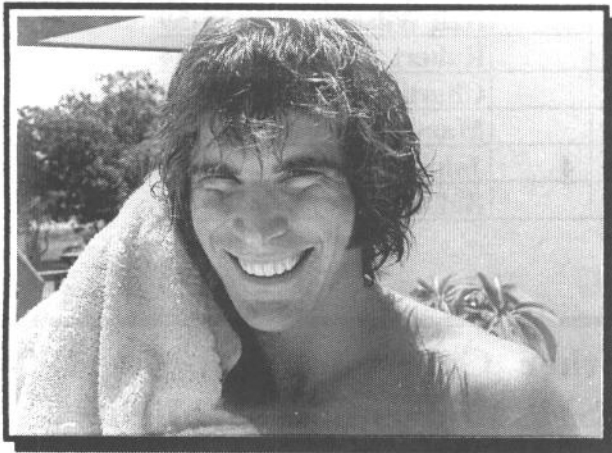
VII. Convention Committee - The USMS convention will be held at the following:

1. Houston, TX, at the Hyatt Regency on **(September 20-24, 1995).**

2. Orlando, FL, at the Hyatt on **(Sep. 11-15, 1996).**

## From The Editor's Swim Bag

**T**hanks to all of you who helped make this, my second issue of the Florida LMSC Newsletter, even better than the first! You team reps have been doing a great job keeping me informed of your team's activities, through the reports and team newsletters that you send me. It's my goal to eventually have an article from each and every team in our LMSC in each issue. You don't want to be left out of being represented in, potentially, the "best" Masters Swimming newsletter in the nation, do you?



**James M. Donnelly**

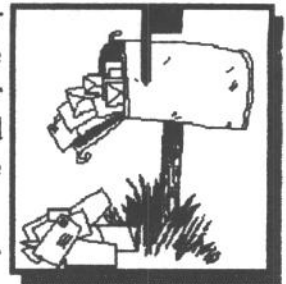
I hope you all enjoyed the "old" photos I dug up from the "bottom of my swim bag". They brought back many good memories for me and I'm sure for many of you who go back that far. Luckily, I still had the heat sheet from that 1975 St. Pete Meet in the bottom of my swim bag, also, so I could figure out who was who in the photos. Most of the photos were taken by Jim Holliday (deceased), husband of Suncoast Master Scottie Holliday. Out of all the swimmers I've known who aren't swimming any longer for whatever reason, I miss him the most.

Please send me photos along with your team reports. Bring your cameras to the meets, take photos of your team, high point winners, candid/embarrassing shots, whatever! I'll send

them back to you. Black & white photos work best and are less expensive to make halftones from.

### **We Get Letters**

**I**'ve received many cards and letters praising our newsletter. You can all be proud because *it's your* newsletter! I've re-printed excerpts from some of the letters below:



.....  
"Fabulous job on the Florida LMSC Newsletter. It's first-class!"

Thanks so much for including the February Fitness Challenge form in the publication. We're looking for a good turnout from Florida.

Best wishes & Happy Holidays!"

**Scott Rabalais,**  
**USMS Editor for Swim Magazine**

.....  
"Great newsletter! Keep up the good work. I'll get Lucky to send some info."

**Ted Strong,**  
**Orlando Masters**

.....  
"Around here we refer to you as "Cousin Jim" since you also bear the grand old name of Donnelly.

The Florida Newsletter's new look is rather spectacular...that kind of quality is surely in the running for Newsletter of the Year.

**Dorothy Donnelly,**  
**USMS Executive Secretary**

## Letter From The Registrar

**A**s of January 15, 1995 we have 559 registered members. 18 of the 22 Clubs have re-registered. Over 500 members have not re-registered for 1995. If you don't re-register for 1995 you won't get Swim Magazine or your Newsletter. You can't enter swim meets and you shouldn't be swimming with your masters groups. You cancel the other swimmers' insurance. When you get your card, check it. Make sure all the information is correct and complete. A note to me and I'll correct it.

**Charlie Kohnken**  
Registrar

**T**he 1995 USMS One Year Membership Application is printed below. Club members should register through their own club registrar.

Unattached Swimmers should make their check payable to FLORIDA L.M.S.C. The fee for unattached swimmers is \$ 23.00 (\$15.00 U.S.M.S. and \$ 8.00 L.M.S.C.) When you fill out your registration form - PLEASE PRINT CLEARLY, and mail to LMSC Registrar: Charles Kohnken, 1258 Flushing Ave., Clearwater, FL 34624.

### 1995 ONE YEAR MEMBERSHIP APPLICATION



#### 1995 Membership Application

RENEWAL My Current USMS

No. Is 144 - \_\_\_\_\_

NEW REGISTRATION

LMSC Fee	8.00
USMS Fee	15.00
Club Fee	23.00
<b>Total Fee</b>	<b>\$ 23.00</b>

Membership expires 12/31/95

**Register with same name you will use for competition. Print clearly.**

Last Name		First Name		Init	For Office Use
Street		Apt		145 - _____	
City	State	Zip	Phone No. _____		
Date of Birth	Age	Sex	Today's Date		
Mo. _____	Day _____	Yr. _____	Mo. _____	Day _____	Yr. _____
Club or Unattached			Yr. _____		

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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules and regulations of USMS.

Signature \_\_\_\_\_

**PLEASE KEEP LOWER PORTION.**

Benefits of membership include: Secondary accident insurance in all USMS sanctioned events and supervised practices where all participants are USMS registered members, subscription to SWIM Magazine during the length of the membership year, and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competition are USMS registered.

Direct insurance correspondence to: USMS Inc. National Office - Dorothy Donnelly,  
2 Peter Avenue, Rutland, MA 01543  
Telephone 508-886-6631  
Fax 508-886-6265

**FLORIDA LMSC**  
**Charles Kohnken, 1258 Flushing Ave.,**  
**Clearwater, FL 34624**

Make check payable to:  
 Mail check to:

**REQUEST FORM  
RELAY ALL-AMERICAN PATCH AND CERTIFICATE**

Relay event: *circle one*    MEN    WOMEN    MIXED            FREE    MEDLEY

Relay distance:    200            400            800

Course: *circle one*    scy    scm    lcm            Year of swim \_\_\_\_\_

Relay member(s) requesting All-American patch and certificate: (\$5.00 each member)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Mail Payment to:  
U.S.M.S.  
2 Peter Ave.  
Rutland, MA 02543

Make checks payable to:  
United States Masters Swimming

Send patch and certificate to:

Name \_\_\_\_\_

Address \_\_\_\_\_



**Major USMS Rules Changes for 1995**

**Warm-Up Procedure:** Swimmers must enter the pool feet first in a cautious manner. (Article 102.4.2)

**Backstroke Start:** The Starter must direct the swimmers to "Place your feet" before directing them to "Take your mark." (Article 103.2.3C)

**Relay Lead-Off Split Times:** An official time may now be achieved in a relay lead-off split, provided the swimmers complete the event without being disqualified, and provided automatic timing is used (Articles 103.8.1C, 103.8.3, 105.2.2, 105.3.7)

**National Qualifying Times:** The method for determining qualifying times for National Championship Meets shall be 10 percent over the previous year's tenth place time on the USMS Top Ten list. (Article 104.5.3C(1))

**Club Scoring at National Championship Meets:** Divisions are now Large, Medium, and Small instead of Large and Small only. (Article 104.5.5.6C)

**Individual Split Times:** For a split time recorded for an initial distance within a longer event to count as an official time, the swimmer must comply with the finish rule at the initial distance; e.g., for the 100 split in a 200 backstroke to be considered an official time, the swimmer must touch the wall while on the back, rather than turning onto the stomach and executing a flip turn. (Articles 103.8.1B, 105.2.2, 105.3.7)

**Breaststroke:** The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. (Article 101.2.2)

**Liability Release:** Only registration forms and entry forms for sanctioned events must include the liability release. Entry forms for recognized events are no longer required to include the liability release. (Article 203.1)

**Starts for Long Distance Events:** The starting signal shall be audible *and* visible to all contestants. (Article 304.1.2)

**Long Distance Postal Events:** Two new National Championship events, 5 kilometers (in a 50 meter pool) and 3000 yards (in a 25 yard pool), have been added. The 6000 yard (in a 25 yard pool) event has been discontinued. (Articles 305.2.1G, 305.2.1H)

**APRIL 7, 8 & 9, 1995**

***St. Pete Masters hosts their***

**25th Anniversary**

**1971 - 1995**

**SHORT COURSE  
MASTERS SWIMMING  
CHAMPIONSHIPS**

North Shore Pool  
St. Petersburg, Florida

Join the celebration of Masters Swimming in  
St. Petersburg for a tune-up for the  
National Meet in Ft. Lauderdale May 18-22.

Entry forms will be mailed to all  
Registered Florida LMSC by February 15, 1995.

***For further information contact:***

Margie Hutinger  
1755 Georgia Avenue N.E.  
St. Petersburg, FL 33703  
(813) 521-1172

**SATURDAY NIGHT SOCIAL**  
**at the St. Pete Pier**  
Catered by the Columbia Restaurant  
*Great View, Great Food and  
the Greatest People*

# Silver 25th Anniversary 1971-1995



**SATURDAY SOCIAL**  
*Saturday Night, April 8, 1995*

## **THE PIER**

*3rd Floor Banquet Room  
Catered by the Famous  
Columbia Restaurant*

**\$12.00 per person** (seating limited)  
*There will be a guest list for free parking.*





# IRCC MASTERS

## THE SIXTH ANNUAL STANTON C. CRAIGIE MEMORIAL SWIM MEET April 29 & 30, 1995



Sanction No. #95-6 by Florida LMSC, Inc., for USMS INC.

Sponsor: IRCC Masters Swim Team / IRCC Foundation, Inc. / Indian River Community College

Eligibility: This meet is open to all swimmers 19 years of age and older as of April 30, 1995 and are registered with USMS, Inc. Non-US citizens should have a letter of introduction from their own swimming association.

Facilities: The Indian River Community College Aquatic Center will be used for this meet. The pool is a 50 meter by 25 yard pool. The 8 lane 25 yard pool that is 5 feet deep will be used for competition and the 25 yard by four foot deep part of the pool will be used for warm up and warm down. Colorado timing will be used for record certification.

Date/Times: Warm up begins at 8:00 AM on Saturday. The 1000 begins at 9:00 AM. Other events will begin no earlier than 11:00 AM. The 1000 will be swam slowest to fastest. Check in and warm up begins at 8:00 AM on Sunday and the 1st heat at 9:00 am.

Rules: 1995 USMS official rules shall govern this event.

Entries and Fees: Swimmers must pre-enter by mail. Entry must be received by April 24, 1995. Competitors are encouraged to enter up to five individual events per day. Entries will be seeded slowest to fastest for all events. Events 400 yards or longer will be deck seeded and swam slowest to fastest. Check in time for all distance events on 04/29 and 04/30 is 9:00 am. Each event must be entered on the entry form. Send the completed and signed entry form with a copy of your 1995 USMS Registration card to the IRCC Masters swim team. Make sure that your name, club, birth date, event number, event description and entry time are on the form. Scoring for the meet will be computerized. The fees are \$2.50 per event, \$5.00 meet charge, \$2.00 for meet results to be mailed to you and \$5.00 per relay event. Relays will be deck entered on both Saturday and Sunday. Only team members registered for this meet may swim in a relay.

Entry Times: Please show your best yards times during the past couple of years. All events will be seeded by time regardless of age, slowest to fastest in all events.

Age Categories: Individuals 19-24, 25-29, 30-34, etc. up to 95+. Relays 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+.

Location: Off the Florida Turnpike or I-95 take the Ft Pierce, Rt. 70 exit and go east. The College Campus is located on the right side of the road. Take the second entrance to the campus and park in front or behind the new IRCC Science Building.

Awards: Top 6 swimmers in each event and age group will receive awards. Winners in each event will receive one of the specially struck medals created for this meet. High point awards for men and women and combined team trophies for 1st, 2nd & 3rd will be given.

**YOU MUST SEND A COPY OF YOUR 1995 REGISTRATION CARD WITH YOUR ENTRY!  
YOU CAN NOT LEAVE HOME WITHOUT IT.**

Make checks payable to: IRCC Masters Swim Team; Send the signed entry form, your entry fee and a copy of your 1995 USMS registration card by 04/24/95 to:

IRCC Masters Swim Team/Attn. Tom Harmon, Swim Coach  
Indian River Community College  
3209 Virginia Ave; Box 117  
Ft Pierce, Florida 34981-4700

Questions: Contact Tom Harmon at 407-465-3385, Anne Wilder at 407-461-4514 or Chris Ip at 407-462-4771. If you enter but must cancel, you will receive a full refund as long as you have contacted Tom Harmon by 1:00 pm on Friday 04/28/95.

**REMEMBER: Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician.**

# 1995 Stanton C. Craigie Memorial Swim meet ENTRY FORM

Sanction No. 95-6 by Florida LMSC, Inc., for USMS INC.

Name	Birth date / /	Sex	Home Phone
Address	City	State	Zip Code
Team Name	LMSC	1995 USMS Registration #	

SATURDAY 04/29/95

Warm up-8:00 am; 1000 Freestyle 9:00 am

Break untill at least 11:00 am after 1000 Free

SUNDAY 04/30/95

Warm up-8:00 am Swim-9:00 am

WOMEN/MEN	EVENT	SEED TIME	WOMEN/MEN	EVENT	SEED TIME
1 2	1000 Freestyle	_____			
3 4	200 Medley Relay (Mixed #5)	_____	27 28	400 Medley Relay (Mixed #29)	_____
7 8	50 Butterfly	_____	31 32	200 Individual Medley	_____
9 10	200 Free	_____	33 34	50 Backstroke	_____
11 12	200 Breaststroke	_____	35 36	100 Breaststroke	_____
13 14	50 Free	_____	37 38	100 Free	_____
15 16	100 Butterfly	_____	39 40	200 Butterfly	_____
17 18	200 Backstroke	_____	41 42	100 Backstroke	_____
19 20	50 Breaststroke	_____	43 44	100 Individual Medley	_____
21 22	400 Free Relay (Mixed #23)	_____	45 46	200 Free Relay (Mixed #47)	_____
35 26	400 Individual Medley	_____	49 50	500 Free	_____

Number of Events \_\_\_\_\_ X \$2.50 = \$ \_\_\_\_\_ +\$5.00 Meet Fee+\$2.00 Results=\_\_\_\_\_

Please make checks payable to: IRCC Masters Swim Team

MAIL ENTRIES to be received by April 24, 1995 to: IRCC Masters Swim Team; Indian River Community College; 3209 Virginia Ave.; Box 117, Ft Pierce, Florida 34981-4700; Attn. Tom Harmon.

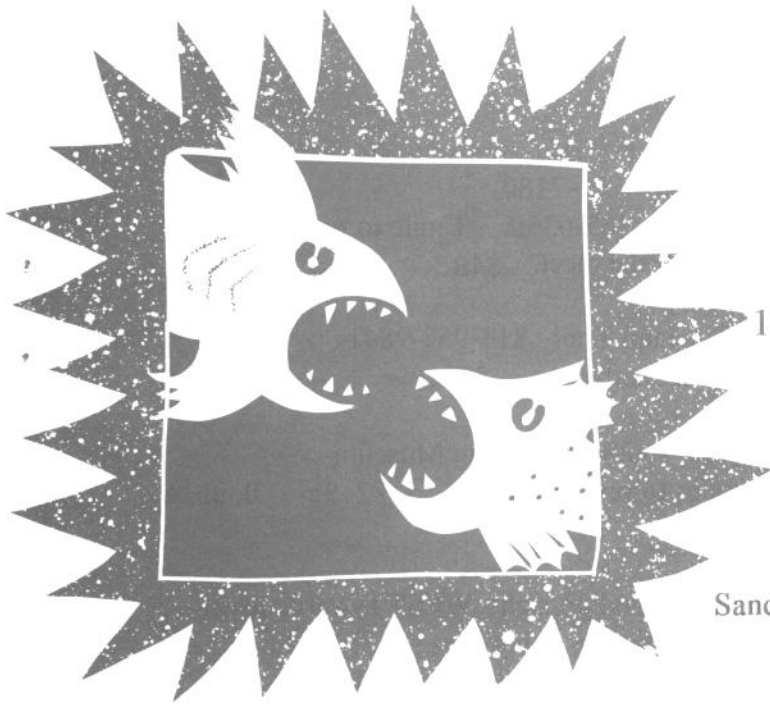
I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERE TO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: 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. In addition, I agree to abide and be governed by the rules and regulations of USMS and Florida LMSC Swimming.

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

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

**ATTACH A COPY OF YOUR 1995  
REGISTRATION CARD HERE**  
 You Must Send A Copy Of Your  
 Registration Card with your Entry.  
 You Cannot Swim Without It.



# SUNCOAST MASTERS SWIMMING

18TH ANNUAL LONG COURSE SWIMMING  
CHAMPIONSHIPS  
T-SHIRT MEET  
For Men and Women 19 and Older  
June 10 & 11, 1995

Arlington Aquatic Center, Sarasota, Florida  
Sanctioned by Florida LMSC, Inc. for USMS Sanction # 95-8  
Meet Director: Steve Grossman

---

**Eligibility:** The meet is open to all registered masters. A copy of your 1995 registration card must be included with your entry form. Non-US 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:** The entry fee shall be \$ 2.75 per event. There is also a \$6.00 surcharge for the electronic timing and the heat sheet.

**Entries Due:** Entries must be in the hands of the meet director no later than June 1, 1995.

**Entry Forms:** Complete and return the ENTRY FORM, SEEDING FORM, AND A COPY OF YOUR 1995 REGISTRATION CARD. Mark your tee-shirt size! Enclose a self-addressed envelope or postcard if you wish verification that your entry was received.

**Seeding:** All heats will be seeded slowest to fastest, regardless of age. All entries must have a time: NO TIME entries cannot be accepted. Submit your best time from meets not more than 2 years previous. Remember, submit METER times! All events are timed finals.

**Pool Facilities:** Arlington Aquatic Center is located at 2650 Waldemere Street, between Shade and Tuttle Avenues. It has 8 nine foot wide lanes for long course meters, and stainless steel bulkheads and gutter system, which makes for a very fast pool. Two of the lanes will be used for a buffer lane, and a continuous warm-down lane.

**Scratch Procedure:** If a swimmer is unable to attend the meet, call Steve Grossman (813-955-5449) no later than June 8 and your money will be refunded. Fax number: 813-921-5881. Swimmers not reporting to the block when their heat is called will be scratched.

**Warm-up:** Warm-up will begin one hour prior to the start of the meet: On Saturday, June 10, warm-up will begin at noon. On Sunday, June 11, warm-up will begin at 8 AM.

**Timing:** Colorado timing will be used with hand-held watches for back-up.

**Awards:** Every swimmer who enters at least 5 events will win a T-Shirt, custom designed by Jim Donnelly. The 100% cotton shirt will sport a new design that every Florida Master swimmer will want to have !

**Heat Sheet, T-Shirt, Results:** A heat sheet will be furnished to each swimmer, and a free shirt if the swimmer qualifies. Results may be ordered at the meet. One free copy will be sent to each team provided that the team rep indicates this on his/her entry. There will be a limited number of shirts for sale, also !

**Tailgate Gathering:** There will be a tailgate social with food and liquid refreshments immediately following Saturday's events in the adjoining park. The cost is \$6 per person.

**FREE BREAKFAST SUNDAY MORNING !!!!!!!**

Motel List:

800-777-7180

- ① Sunshine Motor Lodge 811 S Tamiami Trail 813-365-0350 1 mile to pool  
Food nearby. Mention the meet. \$48.
- ② Best Western Midtown Motor Inn 1425 S Tamiami Trail 813-955-9841  
5 blocks to pool Food nearby. \$60.
- ③ Flamingo Colony Motel 4703 N Tamiami Trail, south of Ringling Museum  
813-355-5135 5 miles to pool Single \$ 22.95 Double \$ 28.95

Directions to pool:

From the north: Take I75 to Fruitville Rd (exit 39) and go right, WEST towards town for 4 miles to Tuttle Ave. Turn left at the Chevron station, going past the 3rd light (Bahia Vista St). Go 4 blocks further south, and turn right on Waldemere St. Pool is one block down on left.

From the south: Take I75 to Bee Ridge (exit 38) and turn left, WEST towards town for 4 miles until Swift Rd/Tuttle Ave. Turn right, going north. After passing the 2nd light at Hyde Park, go 4 more blocks to Waldemere St, and turn left. Pool is one block down on the left.

MAP TO POOL

SARASOTA



# ENTRY FORM

Suncoast Masters 18th Annual Long Course Championships

Sanctioned by Florida LMSC, Inc for USMS Sanction # **95-8**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ TEAM NAME \_\_\_\_\_ LMSC \_\_\_\_\_

1995 REGISTRATION # \_\_\_\_\_

Number of Events \_\_\_\_\_ X \$ 2.75 = \_\_\_\_\_

Automatic Timing/heat sheet \$ 6.00

Social \$6 per person X \_\_\_\_\_ = \_\_\_\_\_

Free T-Shirt ( with minimum 5 event entry)

Circle size S M L XL

Additional shirts \$ 9.00 X quantity \_\_\_\_\_ = \_\_\_\_\_

Total \_\_\_\_\_

Make checks payable to Suncoast Masters.      Send to Steve Grossman  
2114 Bougainvillea Street Sarasota, Fl 34239      Entries due June 1, 1995 !!

### Age Group as of June 11, 1995

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 95-99 100+

Saturday, June 10, 1995

Sunday, June 11, 1995

Women

Men

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

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 IM	26
27	100 M Fly	28
29	400 M FREE	30

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 these risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIM COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. I agree to abide by and be governed by the rules of the USMS and the Florida LMSC.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# SEEDING FORM

## Suncoast Masters 18th Annual Long Course Championships

NAME \_\_\_\_\_ Circle M or F AGE \_\_\_\_\_

TEAM NAME \_\_\_\_\_ TEAM INITIALS \_\_\_\_\_ LMSC \_\_\_\_\_

1995 USMS NUMBER \_\_\_\_\_

Circle events entered, and enter seed time in the space provided.

**Saturday, June 10, 1995**

Warm-up 12:00 Noon

Meet starts 1:00 PM

**Sunday, June 11, 1995**

Warm-up 8:00 AM

Meet starts 9:00 AM

**Saturday Events**

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

**Sunday Events**

_____ 15/16	200 M Breast
_____ 17/18	50 M Fly
_____ 19/20	100 M Back
_____ 21/22	200 M Free
_____ 23/24	50 M Breast
_____ 25/26	200 M IM
_____ 27/28	100 M Fly
_____ 29/30	400 M Free

Note: "No Time" entries cannot be accepted.  
Please attach a copy of your 1995 registration card.



# **NEW FINA RULES for WORLD RECORDS and FINA WORLD CHAMPIONSHIP MEETS**

**S**tarting with swims performed after September 1, 1994, the following rules are in effect for World Records:

- 1 - You have 60 days to submit an application for a World Record.
- 2 - Additional age groups were added to include 90-94, 95-99, 100-104...
- 3 - Relay age groups now have upper limits; 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359...
- 4 - "Age shall be determined as of December 31 of the year of competition." This applies to individual events and to relays. This means that as of January 1 of each year everyone ages up one year. For example, if you will be 40 years old sometime during 1995 then you can set World Records as a 40-year-old starting January 1, 1995. Since USMS did not adopt this age determining rule (we still use the last day of competition to determine our age), it will be up to you, the swimmer, to call to the attention of the meet director that you qualify for World Records in the next older age group.

Best regards,

*Walt Reid*

Walt Reid  
USMS Records/Tabulations Chairman  
11114 111 th St SW  
Tacoma, Wa. 98498  
(206) 588 4879  
(206) 589 8321

# FLORIDA

## LMSC NEWSLETTER

*Jim Donnelly, Editor*  
5239 Box Turtle Circle  
Sarasota, Florida 34232-4312

Non-Profit  
U.S. Postage  
PAID  
Permit #1179  
St. Pete, FL  
33730

### Inside This Issue:

- Meet Entry Forms
- Memories from America's Longest Running Masters Swim Meet
- News From Around Our LMSC
- Calendar of Events
- Photographs!

**Attention Team Reps: Deadline for May Issue  
April 15, 1995**

