

FLORIDA newsletter

Vol. XII, No. 2

Local Masters Swim Committee, Inc.

May 1995

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St. Pete Masters Silver Anniversary

by Margie Hutinger

Twenty four years of lead-up meets.

Months of planning.

Three hundred and eighty one entries.

One hundred fifty-two relays.

Forty teams.

Sixteen overnight entries to beat the deadline.

Twelve heats of the 1650.

LET THE CELEBRATION BEGIN!!!

Even before the last Speedo-clad body emerged from heat 12 on Friday night, swimmers and friends donned their creative meet t-shirts and gathered at **The Big Catch** in downtown St. Pete. Friends and competitors shared memories and good times over plates of free food and glasses of free ice cold beer. Strumming guitar players in the courtyard added to the lighthearted atmosphere.

Early Saturday morning showers sent vendors and swimmers scurrying for the bleachers, locker rooms, tents and any other port in a temporary distraction. The squelching of the rain gods occurred before the first event, the 200 Backstroke, and sunny skies prevailed for Saturday and Sunday. Twenty-four years of history and tradition brought swimmers from three countries, eight states and all corners of Florida to compete in Masters swim meet groups, from 19 year old our grande dame, 90 year Some made their debut; off the blocks since high back for their 20th **Beach**, our enterprising first competitors recorded personal bests; others were happy to have survived their first 200 Fly or 400 IM; While **Paul Hutinger**, 70, set new National

Twenty-four years of history and tradition brought swimmers from three countries, eight states and all corners of Florida to compete...



America's longest, continuing Swimmers competed in all age youngster, **Jennifer Keys**, to old **Marian McKechnie**. some made their first splash school or college, some came appearance, or more; and **Bob** meet director, also swam. Many others were happy to have survived



CALENDAR OF EVENTS

	DATE	PLACE	EVENT	CONTACT	
1995					
May	06-07	Orlando, FL	Total Immersion Swim Camp	Terry Laughlin	914-294-3510
	07	St. Petersburg, FL	SCY 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	03	Delray Beach, FL	Aqua Crest LCM Meet	Scott Barlow	407-278-7341
	10-11	Sarasota, FL	Suncoast LCM T-Shirt Meet	Deb Walker	813-923-3540
July	01	Key West, FL	Swim Around Key West	Tricia Holm	305-340-8454
	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	SCM 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		
1996					
May	09-12	Cupertino, CA	SCY Nationals @DeAnza Community Col.		
June	22 -	Sheffield, Eng	VI World Masters		
July	2	Leader House	Surrey StreetS1 2LH	Fax 44-(0)	114-273-6731
Aug	21-25	Ann Arbor, MI	LCM Nationals @ U of MI		
Sept	11-15	Orlando, FL	USMS Convention		

Silver Anniversary...continued from page 1

time standards in the 50, 100, and 200 Back, as well as the 50 Fly.

The publishing of the meet records, an added feature this year, created much enthusiasm. All told, 33 swimmers established 90 new meet records. We sent specially designed certificates to all individual record breakers.

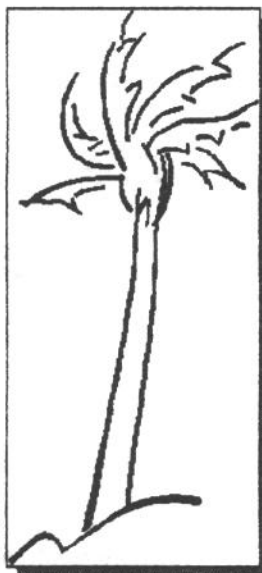
Brilliant colors of red, green, orange, and blue from the team banners rippled across the bleachers and deck. Massive gridlock reigned supreme behind the blocks for the six relay events. Loud shrieks and wild screams from the crowd cheered on the 152 eager relay teams striving for each possible point for the visiting team awards. After the final tally, only 34.5 points separated the first place team, **Orlando**, from the runner-ups, **Holmes Lumber Jax**. **WHEW!** Orlando also won the men's award, and the **Gold Coast** women rose to the top in their division.

Saturday night, the 3rd floor on The Pier rocked with DJ music from the 40's - 90's. Pink, yellow, orange, and green helium-filled balloons added to the festiveness of the occasion, with ceiling-high palm trees and table centerpieces. **John Ziegler, Georgia Masters**, displayed his massive collection of memorabilia, including pins, t-shirts, slides, etc., from his previous 24 **St. Pete** meets. Incredible! **Bob Beach, John Spanuth**, and **June Krauser** enlightened us on the history of Masters Swimming and our very first annual meet. Out of the five hundred entries Bob Beach sent out, **June Krauser** and 46 men showed up.

CONGRATULATIONS and THANKS to all participants who helped us share in the joy of our celebration of our first twenty five years. See you July 14-16, and come back for our 26th meet in April 1996.

Sidebar...

The Saturday Night Palm Tree Caper



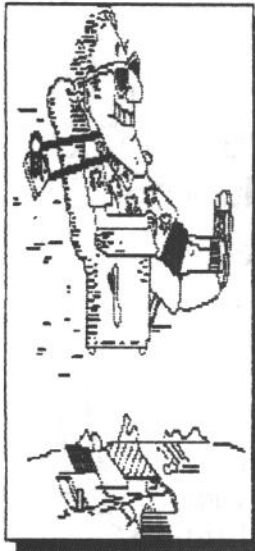
Two septuagenarians stuffed, crammed, and tugged on of the helium filled palm trees into the elevator as they left the dinner on Saturday night. They tried to hawk the once magnificent decoration as they walked down the Pier, but they had no takers. Not ones to let a good deal go to waste, they decided to decorate the **North Shore Pool** with their booty. Scared off by the thought of scaling the ten foot fence and the risk of security catching up with them (they both had events to swim on Sunday), they pushed and shoved the mighty palm tree over the front gate at the pool entrance. If you missed this wondrous sight, too bad. It was a great moment! Thanks **Gertrude Zint and Jean Beers**.

National Records Broken at Meet

Paul Hutinger (70-74)	50 Bk	32.62
	100 Bk	1:12.23
	200 Bk	2:42.35
	50 Fly	31.70

Canadian Records Broken

Mike Torsney (60-64)	100 Fly	1:22.22
	200 Fly	3:08.46



The Chairman's Corner

Harold L. Ferris, Jr.

As I write this, the 1994-95 Short Course Season is winding down and will conclude with the **Nationals in Ft. Lauderdale**, May 18 through 21.

The **Suncoast Masters** will kick off the Long Course Season with the meet at **Sarasota** on June 10 and 11, 1995. Swimmers from the **Florida LMSC** showed up in large numbers to support the **Clearwater and St. Pete** meets. Now let's do a great job of supporting the **Sarasota Long Course meet** being put on by the **Suncoast Masters** June 10 and 11, as well as the **St. Pete Long Course meet** on July 14, 15 and 16. **Long Course Nationals** are far away in **Oregon**, so let's take advantage of these two **Florida** meets.

I would like to remind all meet managers and record keepers about the new **FINA** rules for **World Records**. Please review the letter from **Walt Reid**, which is reprinted in this issue. The individual swimmer should alert you, but you should also look for "early" aging up in short or long course meter meets. When someone breaks a World Record, we should all do our best to make sure he or she receives proper recognition.

Should We Change Our Florida Top 5 Rule?

A question was raised at our business meeting in St. Pete on April 8, 1995 regarding the compilation of our Florida Top 5 swimmers. We have a rule that went into effect at our annual meeting in 1990 that states: for a time to count toward top 5 consideration in our LMSC the swim must take place in a USMS sanctioned meet in Florida and be performed by a FL LMSC registered swimmer. Should we rescind this rule and give times swum outside of Florida Top 5 consideration? It would be up to the individual swimmer to contact our recorder with the official results of those swims.

When this was allowed before, two problems occurred: 1. Educating all swimmers that it was their responsibility to get official results to our recorder was nearly impossible since membership is continually changing. Swimmers who were unaware of this responsibility became upset that their times were not included. 2. Allowing outside swims caused more work for our LMSC recorder.

One advantage to this rule is that it encourages attendance of our own Florida meets.

Please contact your team representative with your thoughts on this question. We will continue discussion at our next FL LMSC business meeting on July 15 in St. Pete before making a decision.

Minutes of the Florida Local Masters Swim Committee Meeting

April 8, 1995

The Florida LMSC meeting was held at the North Shore Pool in St. Petersburg during the 25th Annual SCY St. Pete Masters Swimming Championships. The meeting was called to order by Chairman Harold Ferris at 5:07 p.m.

Others present were: Chip Jones, Treasurer; Charles Kohnken, Registrar; Jim Donnelly, Newsletter Editor; Meegan Wilson, Secretary; Al Rogerson, BSAM; Tom Harmon, IRCC; Larry Peck, ORLM; Joan Glaraton, JNM; Margie Huntinger, SPM and Jerry Glancy, SMS.

- I. Minutes - The minutes of the October 8, 1994 Annual Meeting were approved as they appeared in the November 1994 Florida LMSC newsletter.
- II. Reports of Officers
 - A. Treasurer Report - Chip Jones reported a cash balance of \$7037.81 as of March 31, 1995 which is an increase of \$2781.98 from the January 1 balance of \$4255.83. Since 11/1/94, 892 swimmers have registered.

Receipts (from USMS registrations @\$23)	\$12141.50
Expenditures	
USMS fees	7812.00
Newsletter	730.00
Rule books	180.00
Postage	289.12
Annual Report	61.25
Other expenses	242.15
Service charge	45.00
Total Expenses	9359.52

The Treasurer's report was approved as read.

- B. Registration - Charlie Kohnken reported that 915 swimmers have registered with the FL LMSC as of 4/7/95. Charlie requested that Club registrars contact swimmers who have not reregistered this year.
- C. Records - Short course meter times have been turned in to Walt Reid for Top Ten consideration.
- D. Sanctions - A combined age-group and masters swim meet at the end of April in Tallahassee has been sanctioned.
- E. Newsletter - Jim Donnelly reported that he is unable to obtain a new non-profit bulk rate permit from Sarasota since we are unable to find our original Articles of Incorporation and Mission Statement. After he labels and bundles the newsletters into zip codes he has been taking them to St. Pete where we renewed our current permit. Jim thanked Frank Tillotson for mailing the November '94 issue and Harold Ferris for mailing the February '95 issue. This has saved \$200 for a new permit fee.

Over 1100 November '94 newsletters were printed at a cost of \$788 with postage costs of \$150. Over 1250 February '95 newsletters were printed at a cost of \$730 with postage costs of \$180.

Jim requested news items for the May '95 newsletter. He will have a new article called "Ask Mr. D.Q." and is requesting questions about start, stroke and turn rules. Al Soltis, Ex-Officio Officials Chairman will answer the questions.

The new backstroke rule was discussed since someone was D.Q.'d at the St. Pete SCY meet for rolling to the stomach, touching the wall and pushing off on her back. Tom Harmon believes that this is legal.

- F. Video Library Update - Joan Glaraton reported that Paul Wise donated video tapes of a coaches presentation at a swim meet which teaches stroke mechanics.

III. New Business

- A. FINA Aging-Up Rule - The new FINA aging-up rule, which came into effect on September 1, 1994, was discussed. This rule affects World Records for both SCM and LCM meets and states that your 'age shall be determined as of December 31st of the year of competition'. I.e. on January 1 everyone ages up one year. Since USMS did not adopt this policy, it is up to the swimmers to bring to the meet director's attention that they qualify for a world record in the next older age group.

This information needs to be included in the packet that Bill Uhrich sends to meet directors. Jim Donnelly included this rule information in the February '95 issue and will rerun it in the May '95 issue. He will also send copies to Bill to include in his packet.

It was also suggested that when meet directors send world records to Walt Reid they should also send the same information to the swimmer as a cross check of the information.

- B. Florida Top 5 - Margie Hutinger questioned our LMSC rule which states: for a time to count toward the Florida Top 5, the swim must occur in a USMS sanctioned meet in the state of Florida by a FL-LMSC member. This rule was passed at the 1990 FL LMSC Annual Meeting. Margie felt that FL-LMSC participation at meets outside the state of Florida should be allowed Top 5 consideration but should be the responsibility of the swimmer to get official results to our recorder. Charlie Kohnken said that the rule was passed because swimmers were unaware that it was their responsibility and were upset when their times were not included. He said that he received numerous calls from upset swimmers.

Two problems would occur if this rule was rescinded: 1. Education of all swimmers that it is their responsibility to get official results to our recorder is very hard to accomplish since membership is continually changing. 2. A change in this rule would cause more work for our LMSC recorder.


It was decided to take this question back to the local clubs for input from their swimmers. We will also ask Rocky Motter how she receives this information since the Dixie Zone Top Ten includes all meets.

- C. Meet Scheduling - Margie Huttinger requested that we set a time to schedule meets throughout the year so that there is no overlap of meets causing those with low attendance to be canceled. Charlie Kohnken pointed out that we do this at our annual meeting in October. Discussion followed that since only about five clubs put on meets during the year and many of these have traditional dates for these meets, sanctions should carefully be administered so that overlap or closeness of meets are closely monitored. Tom Harmon said that he was locked into his schedule by the college and suggested that clubs should work together and try to have their meets set by our October Annual Meeting so that meets will not be canceled due to low attendance. There was also a suggestion to try and coordinate our meets around Gold Coast meets which particularly effect IRCC due to its location.
- D. IRCC Stanton C. Craigie Memorial Swim Meet - Tom Harmon reported that there will be a new award this year in honor of Anne Wilder.

- IV. Announcements - The next FL LMSC business meeting will take place at the annual LCM meet in St. Pete on July 15, 1995.

With no further business, the meeting was adjourned at 6:07 p.m.

Respectfully Submitted,


Meegan Wilson

Florida LMSC Registered Teams and Team Representatives

Amberjax Masters Swim Club	Jacque Barker	1120 8th St. South	Jacksonville Beach, FL 32250
Blue Wave Masters	Susan Ann Moucha	109 E. Sadie	Brandon, FL 33510
Clearwater Aqua. Team Masters	Cashel Mack	1501 N. Belcher Rd. #229	Clearwater, FL 34625
Downtown YMCA	Cee Cee Collins	104 S. Franklin St. (YMCA)	Tampa, FL 34602
F.A.S.T. Masters	Kelly Bergdoll	502 NW 145th Terr.	Newberry, FL 32669
Florida Aquatic Masters	Tony DeLisle	P.O. Box 12605	Gainesville, FL 32604
Florida League of Aquatics	Bruce Meintjies	5530 Pedrick Plantation Circle	Tallahassee, FL 32311
Forest Hills Aquatics	Milt Bedingfield	603 Chancellor	Lutz, FL 33549
Harbour Island Swim Team	Jeff Copper	14129 Stonegate Dr	Tampa, FL 33624
Hernando County Family YMCA	Ruth M. Smith	1300 Mariner Blvd.	Spring Hill, FL 34609
Holmes Lumber Jax	Telfair Mahaffy	6550 Roosevelt Blvd.	Jacksonville, FL 32244
Indian River Comm. College	Tom Harmon	2806 Atlantic Ave.	Ft. Pierce, FL 34947
Jacksonville Area Masters	Michael Castle	11089 Percheron Dr	Jacksonville, FL 32257
Jax Navy Masters	Joan Glaraton	4590 Colonial Ave	Jacksonville, FL 32210
Naples Area Masters Swim Team	Rich De Galan	3300 Santa Barbara Blvd.	Naples, FL 33999
Ocala Masters Swim Club	Claire "Red" Bailey	4224 SE 12th PL.	Ocala, FL 34471
S.W.I.M. Florida Masters, Inc.	Joan Gamso	27271 Preservation St.	Bonita Springs, FL 33923
South West Swim Masters	Alice Lawrence	10161 Wales Loop #147	Bonita Springs, FL 33923
Space Coast Masters	Al Rogerson	1119 W. Wren Circle	Barefoot Bay, FL 32976
St. Pete Masters, Inc.	Sandy Steer	P.O. Box #449	St. Petersburg, FL 33731-0449
Sun City Center Swim Team	Jean Zulich	704 Huxley Place	Sun City Center, FL 33573
Suncoast Family YMCA Masters	Tina M. Rader	31790 US 19 N. Apt. 112	Palm Harbor, FL 34684
Suncoast Masters Swimming	Jerry Glancy	122 Pine Needle Lane	Altamont Springs, FL 32714
TEAM Orlando Masters	Larry Peck	5625 Satel Drive	Orlando, FL 32810
Westchase Aquatic Masters	Joe Biondi	10405 Countryway Blvd.	Tampa, FL 33626
Winter Haven Masters	Greg Hoeker	2150 Central Ave W.	Winter Haven, FL 33880

SWIMMING NEWS FROM AROUND THE LMSC



Let's start this JAM newsflash with a public apology. To the reading audience and my JAM brethren, meant in a politically correct way-of course, excuse me for missing the last **Florida Newsletter**. I'll try not to let it happen again.

Now on to more important topics; it is a nice new look by **James Donnelly**, don't you think? How about that **St. Pete Meet**? I for one am proud to have been a participant in the longest continuously run Masters Meet. It certainly says something for Florida Masters swimming. It was a great meet-again, with lot's of participants, good weather, and fast times. Did **Paul Hutinger**'s name get called every time he raced for a new record of some kind, or maybe I fell asleep and missed one - WOW! There was one other swim I thought was incredible- **Ron Collins** in the 200 Fly - 1:59.96! That is Ron's lifetime best. Mr. Collins also swam numerous Masters personal best times. Well done, R.C.!

I'd like to throw out one more credit to JAM. Once again, anonymous sources report, while attending the Friday night St. Pete social, members of JAM were on hand when the beer keg emptied. Well, it is a record of sorts! (Editor's note: the Suncoast Masters Friday night contingent is sorry you all got there after we had finished most of the keg.)

Congratulations to **Nick Mina** for qualifying **ALL-America** in the SCM 50 and 100 Free. Others who JAM'ed to TOP-TEN times at the meet include: **Maureen Jones, Merit Graves and Roy Deary**. Thanks also to **Orlando Masters and Lucky** for having the meet and most importantly, the social.

Lastly, to the newest member of JAM, my daughter, **Carlye Logan Castle**, born 10-6-94. May she come to enjoy the lifetime of pleasures and benefits swimming can bring. You can rest assured that she has already been bestowed with one of those almost infamous, JAM Coach T-Shirts.

Her's hoping to see everyone in Fort Lauderdale. Swim well and prosper.

Mike Castle



Southwest Florida was represented at **St. Pete Short Course Championships** by three teams; **Swim Florida Masters** (Naples/Ft. Myers), **Southwest Swim Masters** (Bonita Springs) and **Naples Area Masters** (Golden Gate). Several unattached swimmers also entered from our area for a total of 22.

The **Swim Florida Masters** group in Ft. Myers has hired a coach, **Danny Stern**. Danny has competed in Masters quite successfully over the past several years and has many years of experience as an age group and high school swimming coach. Workouts are held at the Cypress Lake Middle School pool M/Tu/Th at 7:30 pm and Sundays at 1:00. Visitors to the area are always welcome.

The drive to finance and build a **50 meter pool in SW Florida** is on again with Naples

YMCA close financially to their fundraising goal. In Ft. Myers, a 50 meter pool committee is being established to investigate financing and feasibility for construction at Lakes Park.

Election of Officers for Swim Florida (Ft. Myers Club) was held recently. Results are:

President:	Larry Black
Vice President:	Keith DeWitt
Secretary:	Mandy Shumbacker
Treasurer:	Jack Thomas
Social Chairman:	Christa Gottschalk
Newsletter Editor:	Jeff Bergin
Assistant Newsletter Editor:	Tim Hochuli

Larry Black

SPACE COAST MASTERS

We are now again the Space Coast Masters (SPCO). Formerly were Brevard Swimming Association Masters.



The quartet of **Roberta Franz**, 33, **Angie Sinacore**, 64, **Cory Lawler**, 40, and **Al Rogerson**, 69, helped the group place 14th in the 26 team competition, at the recent SCY Clearwater meet. Although our membership ranks have been reduced we continue to look for swimmers, in our area, who wish to swim Masters.

The SPCO team had eight swimmers participate in the **One Hour Postal Swim National Championships** at the Indian Harbour Beach Pool, on Jan. 21, 1995. Ages ranged from 30 to 80. The oldest was **Dick Fletcher**, 80, who swam 2185 yards (made Top Ten), **Keith Carter**, 70, was the second oldest and

swam 3225. Others included: **Al Rogerson**, 69, swam 2875; **Angie Sinacore**, 64, swam 2825; **Mike Darling**, 41, did 4555 yds, and earlier in the day finished a 10 K race; **Dave Crispin**, 40, swam 3170; **Ruth Bielfeld**, 35, 4080 and **John Eckert**, 30, had 4050 yards.

Our Developmental - fun swim meet on March 18th was a success. We had a fine turnout of 55 swimmers, a majority of the participants were in the 65 to 85 age groups, who had been entering the Florida Senior Games meets. It was encouraging to have them enter.

Many thanks to **Sue McGaughey** (who hopes to re-enter competition in the near future) and her committee for their help with the meet.

"Have Suit Will Travel (Swim)" - **Al Rogerson**, who rarely misses a meet, was at it again. Al competed in Vero Beach, Indian Harbour Beach and Jupiter, in the span of eight days in Senior Games competition.

Angie Sinacore will probably miss the rest of the SCY season, since she is in Illinois, at her daughter's home, awaiting the birth of a Grandchild. We miss her as she provides the spark that helps the rest of our Senior Members to swim.

Al Rogerson

BluewaveMasters

Sue Moucha, a Bluewave Masters swimmer from Brandon, has been invited to participate in the 1995 Joint Disabled Organizations Swimming Camp at the U.S. Olympic Training Center in Colorado Springs, Co. The camp will be held May 12-19, 1995. Sue is one of only seven swimmers from the United States Cerebral Palsy Athletic Association to be selected.

The camp is funded by a grant from the U.S. Olympic Committee. Participants will receive

free room and board, as well as travel arrangements.

The camp will include practices, research studies, educational sessions, as well as other camp activities.

Sue has been a member of three Paralympic Teams receiving **gold medals** in cross-country and the 800 meter track in 1984 and '88 respectively and **three bronze medals** in swimming. She has also participated in three U.S. Olympic Festival competition - two for cycling receiving **gold** and **silver medals** and one for swimming - receiving **two silver medals**. Sue has also been a member of two World Disabled Teams.

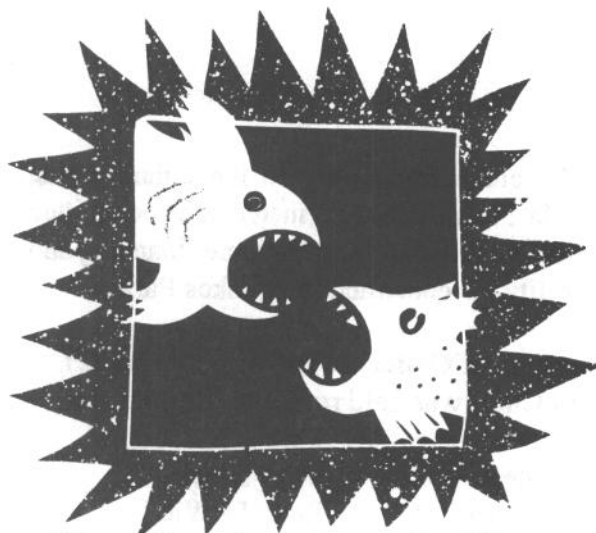
Recognized in 1989 as one of ten **Healthy American Fitness Leaders**, she represented the U.S. at the International Olympic Academy (Olympia, Greece) in 1991, and attended the Academy at the invitation of the **President of the International Olympic Committee** as a presenter and discussion leader in 1992, '93, and '94.

Sue also participates regularly in able-bodied 5K and mile road races.

F.A.S.T. Masters

Several members of Florida Aquatic Swim Team Masters have competed at the Clearwater Masters Valentine Meet and at the 25th Annual St. Pete SCY Meet this year: Gerard Bencen, Kelly Bergdoll, Tim Dodge, David Groisser, Susan Halfacre, Elaine Harris, Jennifer Keys, Trish Markey, Jeff Perout, Clinton Riley, Bill Rodenfels, and Meegan Wilson. While three of the members are not registered with F.A.S.T., all have benefitted from Coach Mitch Ivey's training and enjoyed two well run meets.

Meegan Wilson



SUNCOAST MASTERS SWIMMING

We're proud to announce the following achievements announced at our recent Awards Outing, held at the home of **Rick and Deb Walker**.

Results compiled by Jerry Glancy.

1994 USMS All America

Deb Walker 40-44	100 Y Breast 100 SCM Breast 100 M Breast
Kevin McCormack 40-44	50 SCM Fly 100 SCM Fly

1994

Short Course Yards / Long Course Meters 1993 Short Course Meters National Top Ten

Brooke Bowman 6 events
Suzy Carlson 1 event
Lynn Cartee 9 events
Bob Coulter 2 events
Bardi Dendy 5 events
Jim Donnelly 5 events
Mike Drews 3 events 3 records
Jerry Glancy 8 events
Kevin McCormack 5 events 1 First
Balint Papp 8 events
Judy Parrett 1 event
Deb Walker 14 events 3 Firsts 2 Records
Rick Walker 1 Event
John Woods 27 events

SMS Dixie Zone Top Ten

Ken Boring 2 events
Bert Bowers 4 events
Brooke Bowman 9 events 7 Firsts
George Burke 12 events
Lynn Cartee 14 events 2 Firsts 2 Records
Bob Coulter 10 events
Boots Culbertson 13 events
Jon Culbertson 9 events
Robert Davie 5 events
Bardi Dendy 11 events 1 First
Jim Donnelly 21 events 3 Firsts
Mike Drews 8 events 8 Records
Jerry Glancy 28 events 3 Firsts
Edna Gordon 16 events
Steve Grossman 20 events 2 Firsts
Scottie Holliday 3 events 2 Firsts
Bill Keenan 22 events 2 Firsts
Adam Leonard 7 events
Shirley Leonard 3 events
Kevin McCormack 17 events 1 First
1 Record
Chuck Neilsen 7 events 1 First
Balint Papp 18 events 5 Firsts 1 Record
Judy Parrett 6 events 2 Firsts
Charlie Randall 9 events
Mike Schremmer 1 event
Tom Schwartz 1 event
Joe Securo 7 events
Ruth Switzer 1 Record
Andy Voikos 2 events
Deb Walker 18 events 14 Firsts 13 Records
Rick Walker 10 events
Neil Wilson 7 events
John Woods 25 events 17 Firsts 13 Records

Florida LMSC Top Five

Thirty-five Suncoast Masters swam to 128 first place times and hold 92 of the records in all three courses combined for 1994. Congratulations!

SMS Profile...George Burke

by Bob Coulter

Moving to Florida from Carmel, N.Y. in 1956, George joined the Suncoast Masters team in 1974 and has been one of our most active and dependable members. He was **President of SMS** for two years and as he put it, has been in charge of our social functions "forever". He has also been very active in helping with SMS sponsored meets.



After attending **Sarasota H.S.**, where he was Captain of the Swim Team, George graduated from **Florida State University** with a B.S. in Criminology-Corrections in 1970 and became a Certified Behavior Analyst in October 1994. He is currently a case worker with the **Coastal Recovery Centers (Mental Health)**.

In the water, George enjoys open water long distance swimming and has swum the **Pensacola Bay (3.5 miles)**, **Key West (12.5 miles)** and **Midnight Pass to Venice (8 miles)**. For Masters events he likes the 1650 the best and the 200 Breast the least. George has achieved both the Florida Top Five, Dixie Zone Top Ten, and National Top Ten.

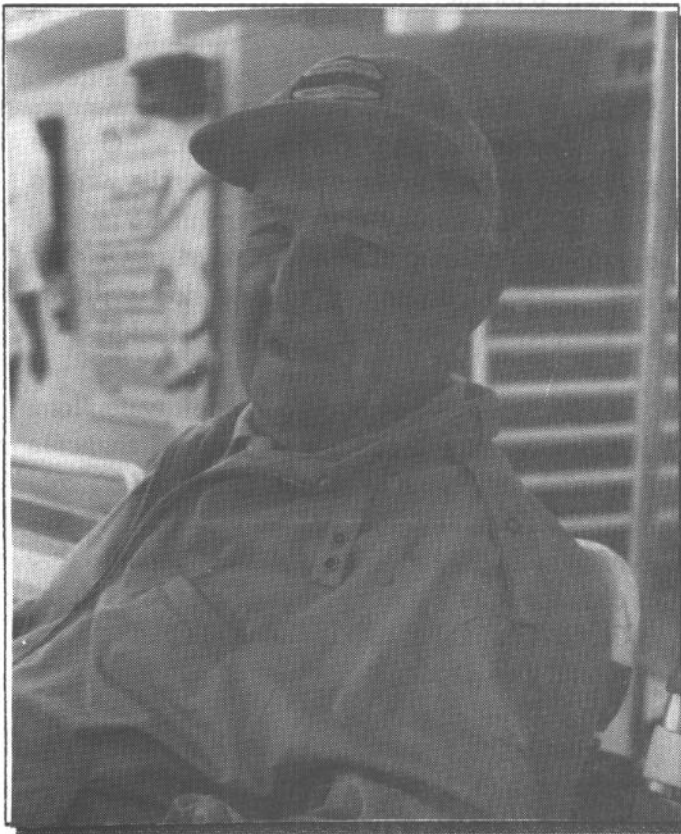
After a long acquaintance with a **Clearwater swimmer** (7 years!), George married Flight Attendant, **Anita**, a few years ago. Predictable was his comment about his most interesting Masters experience when he said "traveling with **Jim Donnelly** to away meets when we were free and single—especially those to St. Pete and Ft. Lauderdale". SMS has been blessed with such a loyal and enthusiastic member for over 21 years!

(Editor's note: George shaved his beard for the St. Pete Meet. His wife Anita has never seen him without it before...she couldn't stop laughing.)

“Sporting Success is All in the Mind”

by George E. Bole

I AM STEALING the headline from the London Times science editor, but not to discuss the yeas or nays of mental practice. Rather, am I going to plug a favorite theme of mine, inspired by **Robert Browning's** word's, viz.: “A man's reach should exceed his grasp, or - what's a heaven for?”



SPM Coach George E. Bole

To me, these words, written more than a century ago, could have been penned by a 20th century Masters swim coach. The mind connection - **it is my firm belief that few of us, if any, reach out farther than our grasps.** Our minds set our limits, which our bodies respect. When our minds recognize a record time and



believe it possible, we have new records.

The previous record is the target — never what is our potential, but always someone else's previous potential. It has been quoted that the very best of us — the untouchables — perform at but 4% their potential.

Which makes all those records seem pretty easily obtainable.

I believe that many of us decide beforehand how far we are going to reach and that is where we get.

Just as all those rehearsal performances are in the mind, so do I think that records are in the mind. The old saying that “what the mind can conceive and the heart believe, the body can achieve” is a truism.

The history of man is littered with the impossible deeds of explorers, adventurers, and yes, scientists. This is the nation that put a man on the moon. What further proof do you need that **the impossible today is a certainty tomorrow.**

When I talk of records, I am fully aware that only some people are capable of world records, etc. But your records, or your “grasp” can still be attained by **“reaching”** a little more.

Strengthen your resolve, go for gold, ignore the pre-competition “what-ifs”, reach for it - it's outside your grasp - learn what heaven's for!

“The previous record is the target--never what is our potential, but always someone else's previous potential.”

George E. Bole

Who's Too Old?

by George E. Bole

Researchers in the United States did three separate studies between 1990 and 1995 into the effect of aging on athletes and concluded that physiological decline begins well into the forties, not at 35 as scientists had thought.

To lend credence to their findings came the Russian, **Yekaterina Podkopayeva**, 42 years of age, whose successes provided evidence worth a thousand studies.

Podkopayeva was the No. 1 ranked woman 1500 meters runner of 1994, and one of only two to break four minutes.

...loss of determination has greater influence on declining performance than age itself.

Yekaterina says, "Young runners often ask me when I'm going to retire and why I've been running so long? Sometimes I ask myself this question, but it is difficult to answer. I do it because it's possible."

Dr. Owen Anderson, America physiologist, who publishes **Running Research News**, asserts that loss of determination has greater influence on declining performance than age itself.

"We used to think that, at 35 or so, athletes began a steady physiological decline, but now we find that what we thought was an age-related decline is due to reduction in training", Anderson said. "We are finding that runners who are able to continue their training with intense work-outs do not lose much between 35 and 45."

At 45, your race times may be slower, but it is not the aging process that has given you weaker legs. It is probably reduced motivation, a reduction in quality training

and lack of consistency of training."

If we talk Masters swimmers instead of runners, then I believe what these studies are proving. During my ten plus years coaching Masters, I have witnessed the steady rise of standards in all age groups. And most of the performances could **only come through intensive training.**

Furthermore, I believe that, what they now state as the beginning age of physiological decline will **advance even into the fifties** as more people become better coached in better facilities.

So one more excuse goes out the window. No more can we plead, "I'm getting too old for this!" Get off the walls, out of the comfort zone, and extend that horizon.

During my ten plus years coaching Masters, I have witnessed the steady rise of standards in all age groups.

Quips & Quotes

While browsing through my upcoming events in the heat sheet at the 25th Annual St. Pete Meet, my eyes lit up when I noticed I had some competition in the 50 Breaststroke. **Scott Guthrie** and **Theunis Van Der Veen** had just aged up out of my age group, to 50, so I didn't have any pressure from them and I thought I would be able to just swim my hardest, and try to hit a good time without any pressure from anyone in my age group. In other words...**an easy 9 points!** But what is this? **John Edwards**, a close second behind me in total individual points, is seeded in a faster heat than me with a 31.00 seed time! **When did John become a Breaststroker?** So I asked him about his seed time and he replied, "This is the first time I've entered this event...its only a 50...how long could it possibly take?" (It took John over 35 seconds, and I got my 9 points.)

James M. Donnelly

Winter Haven Masters

Winter Haven Masters Swim Team, formed in June 1994, is growing fast - now with 27 registered swimmers. Coach Jim Grazier keeps us all (happily!) training hard and working to attain our individual and team goals. We salute him and appreciate his dedication and hard work.

Good luck to our four swimmers competing in USMS Nationals, May 18-21: Lori

Edwards, Greg Hoecker, Bryan Rutledge, Laurie Zolnierowski.

We are pleased to announce that we are hosting our first meet this year. We hope to see you all here - November 4 & 5 - for the Winter Haven Stingray Masters Swim Meet. Mark your calendars now - more information and meet entry form will be sent out in the August Issue of the Florida LMSC Newsletter. Best wishes from all of us at WIN!

Laurie Zolnierowski

I Know its True...

I Asked

Mr. D.Q.

by Al Soltis - Florida Officials Chairman

Dear Mr. D.Q.: "Under the new backstroke rule, is it a legal turn to turn past the vertical, touch the wall on your breast, and then push off on your back.?"

Answer: "Following are two sources from Annaliese Eggert, National Officials Chairman, as to this specific question."

From the U.S. Swimming News - June 1992...

Q. "Under the new rule, what about the 8 & U (or 80 year old) who turns past the vertical, grabs for the wall, hangs there and then pushes off with their feet — is this legal?" "Yes, (it is legal), if reaching for the wall is a continuous part of their turning action — this is considered to be their turn."

From the USS Bulletin Board in answer to an officials question, about 8 months ago,

"TOUCHING THE WALL - Some swimmer may turn past the vertical as they reach with their hand for the wall, sometimes hanging onto the wall for a short pause before pushing off with their feet while on their backs. This would be a legal turn if their shoulders go past vertical as part of a continuous turning action

in reaching for the wall. This would not be a legal finish. The finish still requires a touch while on the back."

"The key word here is continuous. Keep in mind that turning past the vertical, grabbing for the wall, putting the feet on the wall and pushing off can be a continuous turning action when it is executed. The mind may assume it is not possible. We do not deal in assumptions. It is the rule to judge what you see and not what you assume. Remember, assuming is a degree of doubt and in that case, the benefit goes to the swimmer. The word "continuous" does not mean you must go in a straight line or curved turn. It means, as given in the dictionary, "Joined together closely, conjoined." The written words are important, but can be misinterpreted, so keep in mind and concentrate on "WHAT IS THE INTENT OF THE RULE".

Mr. D.Q.

Dear Mr. D.Q.: "What recourse does a swimmer have if he disagrees with an official's call?" D.Q.'d and Confused

Answer: "At all meets, be it Age Group, Senior, or Masters, the swimmer or coach has the right to question a DQ. Properly done, it is addressed to the Referee, who then seeks the reasoning why the call was made from the

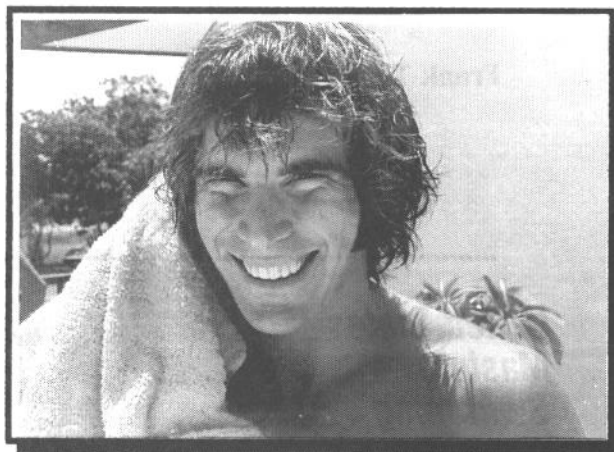
official making the call. 99% of the time it is a good call and the explanation to the swimmer or coach suffices, agreed or not. The referee cannot overturn a call they did not personally observe, if the official gives the proper rule, interpretation and explanation and position they were in when DQ was called, and what the rule infraction was. The call will stand, if the foregoing were adhered to. By the same token, after the call is made

and the Referee has followed this line and upholds the call, there is no procedure to be followed to offset any placement, points or times that may have accrued to the swimmer. USS rule simply states that "judgement calls can only be considered by the Referee of the meet."

Mr. D.Q. - aka Al Soltis

From The Editor's Swim Bag

How about the great articles that you swimmers have contributed to this issue! A big thanks to **Margie Hutinger** for her front page article on the **Silver Anniversary Meet**. Her creative writing class is paying off! And her husband **Dr. Paul Hutinger**, for his "Preventing Shoulder Injuries" article. You Team Reps keep up the good job of keeping the rest of the Florida LMSC informed of whats going on with your teams. **JAM** has a new logo that they sent me, that I saw sported on their new team shirts at the St. Pete Meet. **Jeff Perout** compiled the **Florida SCM Top Five** for this issue



and **Meegan Wilson** transformed it into the easy to read format through her computer wizardry. **SPM Coach George Bole** blesses us with his inspirational articles that make us all want to "go for the gold"! Send in your questions on stroke and turn rules to "**Mr. D.Q.**" - **Al Soltis**, I think he answered the big question we all had at the St. Pete Meet in this issue. And a special thanks to my mentor, **Frank Tillotson** for his interesting stories from the **South African National Championships**.

NEXT ISSUE... Watch for an article on Butterfly training from **Olympic Gold Medalist Anthony Nesty**. He is starting his first **head coaching** job in **Sarasota** for the **Boys & Girls Club Chapter of Swim Florida**. My son and **Deb Walker's** kids are among the age group swimmers he will be coaching! He also has plans to coach **Masters Swimmers**.

James M. Donnelly

We Get Letters

Jim

LMSC February Newsletter.

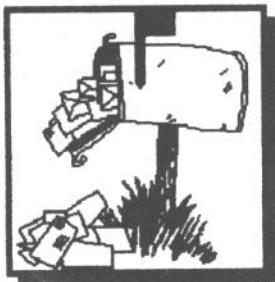
Without a doubt the **BEST ISSUE** ever done.

What more can be said?

THANK YOU!

“Swim in Good Health”,

Frank Tillotson



Dear Mr. Ferris,

Just rec'd your **Florida LMSC Newsletter** and wanted to congratulate you and those involved for an **excellent, informative, and fun to read publication.** Great job!

Additionally I'd like to ask a favor - would you list on your schedule a meet that **Coral Springs Masters** is hosting, "**The 19th Annual Swim Around Key West**" to be held July 1, 1995. If you have an Open Water Committee please pass along the event form to them as well.

Sincerely,

Randy Nutt
Chairman, Florida Gold Coast LMSC

**United States
Masters
Swimming**

Mel Goldstein, President
6456 Broadway
Indianapolis, IN 46220
(317) 253-8289



April 12, 1995

To: Jim Donnelly, Florida Newsletter Editor

From: Mel Goldstein 

This is just a short note to give you a "Pat on the Back" for the great work you are doing on the "Florida Newsletter." Communication to our membership is the backbone of our organization. Without dedicated people like you USMS would not enjoy the many success' we have had. Your newsletter is interesting as well as informative. Thank you for putting me on your mailing list.

Scott Rabalais received the enclosed letter from the wife of a Masters Swimmer who participated in the "February Fitness Challenge" last year. I receive a lot of letters throughout the year but none so moving as this one. I thought you might like to share it with your members.

Look forward to seeing you in Ft. Lauderdale.

415 Dixie Trail
Raleigh, NC 27607
March 22, 1995

Mr. Scott Rabalais
February Fitness Challenge
950 S. Foster Drive #29
Baton Rouge, LA 70806

Dear Scott:

It is with regret that I am writing you this letter in lieu of Charless submitting an entry to the February Fitness Challenge '95. For reasons that the rest of us will never fully understand, Charless took his own life last November.

Because of the nature of the head wound, he became a candidate for organ donation. When we first spoke with the organ donor group, they expressed reluctance to consider some of his organs due to his advanced age - he was 60 at the time. However, I requested that they run all tests pointing out he had been such an active masters athlete for so many years. Later that evening, once the tests had been completed, we met with them again. While they tried to remain restrained and respectful, they could not conceal their amazement and enthusiasm. All organs were not only suitable for transplant, they were comparable to those of someone half his age. I've since learned that, due to the gift of life from Charless, six lives were extended and the prognosis for all was very good.

I firmly believe that Charless's participation in master's athletic programs (swimming, running, triathlons, etc.) increased the quality of his life as he lived it. Programs, such as the February Fitness Challenge, made training more fun and gave additional meaning to the daily workouts thus promoting the continuation of regular training. And, in his case, this training not only provided many opportunities to compete successfully and reap personal satisfaction from an excellent performance, but his fitness also had a very positive impact on the lives of six others and their families. This fact has helped ease the pain my family has experienced these past few months. I hope his story might also increase the awareness of the benefits of fitness training not only for oneself, but perhaps also for others.

Sincerely,

A handwritten signature in cursive script that reads "Penny LeBeau". The signature is written in dark ink and is positioned to the right of the typed name "Penny LeBeau".

South African Nationals

11th Renewal, 23-25 March 1995

by Frank H. Tillotson

Nelspruit Northern Transvaal is the hub city of this Northeastern part of South Africa. Famous for Kruger National Park, Farming, Forestry and Tourism. Truly enjoyable.

Entries 255, 22 of whom from other countries. Brazil, Swaziland, Canada, Britain, USA. Few older swimmers, 84 being the eldest and FINA limiting the young

to 25. This meeting was notable for the enthusiasm of all. Clubs were all loudly identified by hats, jackets, shirts, warm-ups. There were organized cheers for during an event and congratulatory outburst for the winners, by name. The atmosphere was perhaps more relaxed than our meets, more socializing, and while we may not agree, smoking was unnoticed

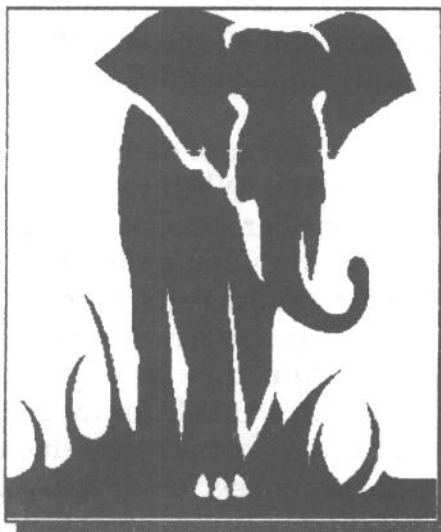
The atmosphere was perhaps more relaxed than our meets, more socializing, and while we may not agree, smoking was unnoticed and the beer and wine was readily available.

and the beer and wine was readily available. As well, of course as food and "speed foods". Competition was keen. Meet and South African records were prey to both local and foreign swimmers. Record times by non R S A swimmers were announced as unofficial records, with medals going to the winning swimmer, homeland not the factor.

The USA contingent was Georgia Coggin 65, Dallas, TX, Graham Johnston 63, Houston, TX, Frank Tillotson 80, St. Pete, FL. Graham's wife, Janis, was our keeper.

Georgia medaled her events, and did a dance series at the party which loudly cheered. Graham won all his events and Frank won 1-2nd and 4 - 1sts. The dinner, and party was a rousing success. Dancing seems to be the thing overseas. Food and wine good and plenty.

We three, Janis, Graham and I spent the next 4 days in Kruger Park visiting the gorgeous African animals from the ground squirrel to the towering giraffe, filled in with the elephant, lion, water buck, jaeckel, hippo's, omnipresent impala and other antelope and many more. All almost at arms length away. Continuing North through the Berlin and Blyde River canyon country



of mountains, escarpments, waterfalls and forests under cultivation. Finishing with an overnight at Pilgrims Rest, site of the original gold rush. Thence back to Johannesburg through fertile farmland...mango's, bananas, macademia nuts, apples, grapes and vegetables. Depending on the elevation and latitude. We all were appreciative of the hospitality and helpfulness of all we met.

(Continued next issue...Frank at Victoria Falls and Cape Town...Antarctic winds...)

PREVENTING SHOULDER INJURIES

SERIES #1--ROTATOR CUFF

Dr. Paul Hutinger, Professor Emeritus
Western Illinois University

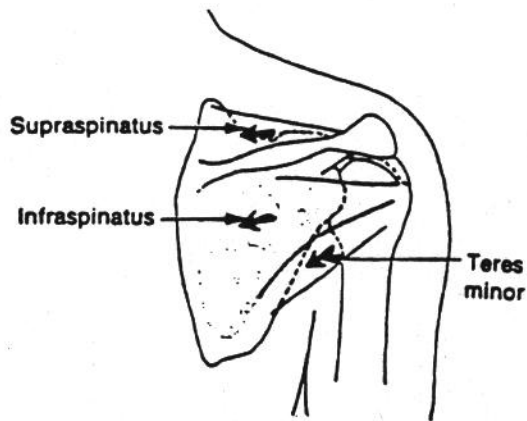
The most important muscles for the swimmer and the most overused, involve the rotator cuff. These are a group of muscles and tendons (Fig. #1) that help hold the head of the humerus (upper arm bone) in the shallow socket in the scapula (shoulder blade). There are no strong ligaments to do the job. The tendons of the rotator cuff pass under the bony arch of the acromion (outer tip of the shoulder). The muscles and tendons can get pinched under the acromion arch, especially with poor stroke mechanics. Other swimming injuries can occur from overwork and old injuries to the shoulder and arm.

The rotator cuff is primarily four muscles (subscapularis, infraspinatus, supraspinatus, and teres minor) and their tendons. It stabilizes the upper arm in the shoulder socket and allows a great range of motion. Rotator cuff pain is caused by an "impingement syndrome" (Fig. #4). This is because exertion or overuse causes a compression of tendons by the shoulder bone, resulting in tears and/or inflammation. Bursa are fluid-filled sacs that protect muscles and tendons from irritation by the bone. A shoulder problem of tendinitis or bursitis may be a result.

The next series of articles about the shoulder will include exercises that can be used to prevent rotator cuff problems and some rehabilitatory programs that physical therapists use to restore use of the shoulder. For chronic rotator cuff pain, you will need professional advice to design an exercise program, such as with Karen Beaulieu (SPM member), who is an RPT, at Jernigan's Clinic. Extreme problems may need surgery to bring about significant improvement.

COMPONENTS OF ROTATOR CUFF

A.
POSTERIOR



B.
ANTERIOR

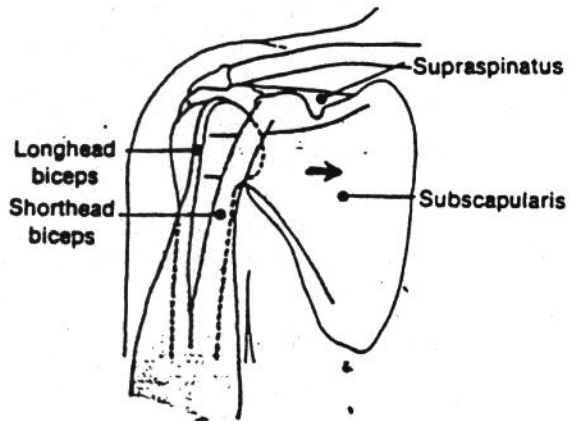


FIG. 1

The above muscles, underlying the deltoid muscle, are widely termed the "rotator cuff." Together, they have an essential steadying effect on the head of the humerus.

DESCRIPTION OF MUSCLES

Infraspinatus and Teres Minor

Location: lower posterior aspect of the scapula
Origin: scapula
Insertion: tuberosity of the humerus
Prime Mover: outward rotation and horizontal extension

Superspinatus

Origin: superior aspect of the scapula
Insertion: top of the tuberosity of the humerus
Prime Mover: abduction--pulls head of humerus directly into socket and raises arm laterally

Deltoid (3 parts)

Origin: clavicle, acromion, top of scapula
Insertion: outer surface of humerus
Prime Mover: abduction, flexion, horizontal extension

Subscapularis

Origin: interior surface of scapula
Insertion: lesser tuberosity of humerus
Prime Mover: inward rotation

Biceps Brachii

Origin: long head, from the scapula at top of glenoid fossa, and passes over the head of humerus

—Mechanics of Freestyle Swimming Stroke

Phase	Description
Pull-through (right arm)	
Hand entry	Shoulder is in external rotation and abduction. Body roll begins
Mid pull-through	Shoulder is at 90° of abduction and neutral rotation. Body roll is at maximum of 40°-60° from horizontal
End of pull-through	Shoulder is in internal rotation and full adduction. Body roll has returned to horizontal
Recovery (left arm)	
Elbow lift	Shoulder begins abduction and external rotation. Body roll begins in opposite direction of pull-through phase
Mid recovery	Shoulder is at 90° of abduction and external rotation beyond neutral. Body roll is at maximum of 40°-60° from horizontal. Head is turned to side for breathing
Hand entry	Shoulder is in external rotation and maximal abduction. Hand is in neutral position or slightly pronated

The swimmer should pay attention to the beginning of pain in the shoulder and use some of the following recommendations:

1. Take time off from the activity.
2. Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
3. Use ice before, and especially after training.
4. Do other strokes that do not cause pain. Peter Betzer used just one arm and rested his pained arm. Paul Hutinger does half his training with kicking and swims back stroke with fins to lessen the stress on his arms. He can also swim breaststroke, but not free and fly.
5. Use stretching exercises to keep range of motion and light weights (2-5 lbs.) to strengthen the rotator cuff. John Edwards used stretching exercises to work his way through a shoulder that was beginning to be a problem.

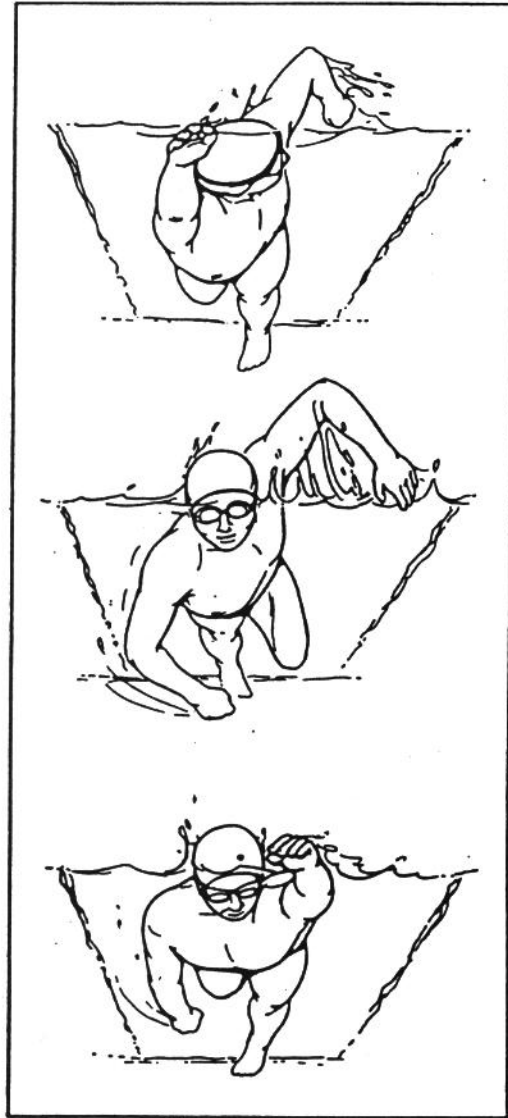


Fig. 2. Stroke mechanics for freestyle swimming. For the right arm, three phases are identified: hand entry (*top*), mid pull-through (*middle*), and end of pull-through (*bottom*). For the left arm, three stages are likewise depicted: elbow lift (*top*), mid recovery (*middle*), and hand entry (*bottom*).

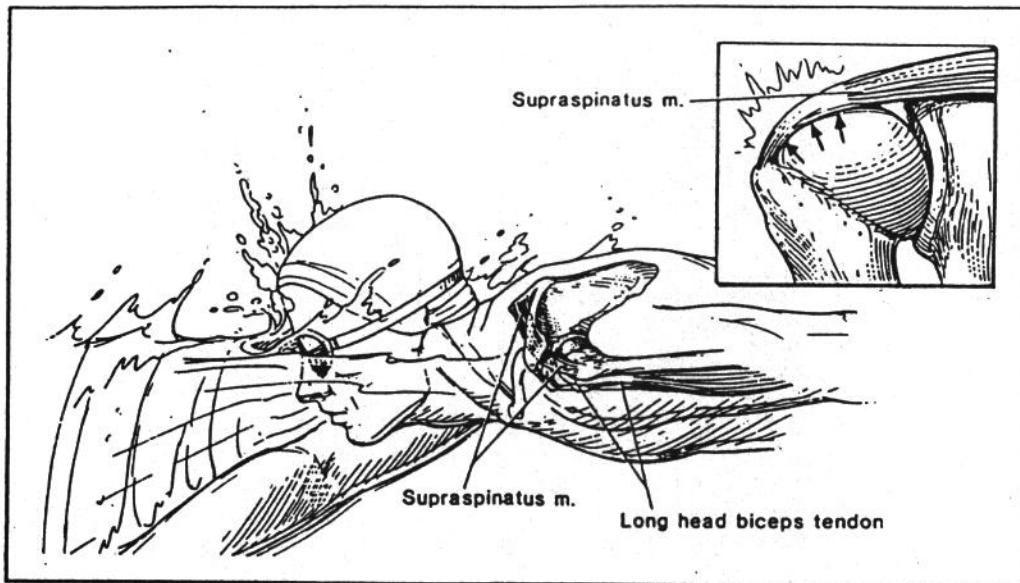


Fig. 3. Adduction of arm, as in late pull-through phase of freestyle swimming, is mechanism that causes "wringing out" of supraspinatus and biceps tendons.

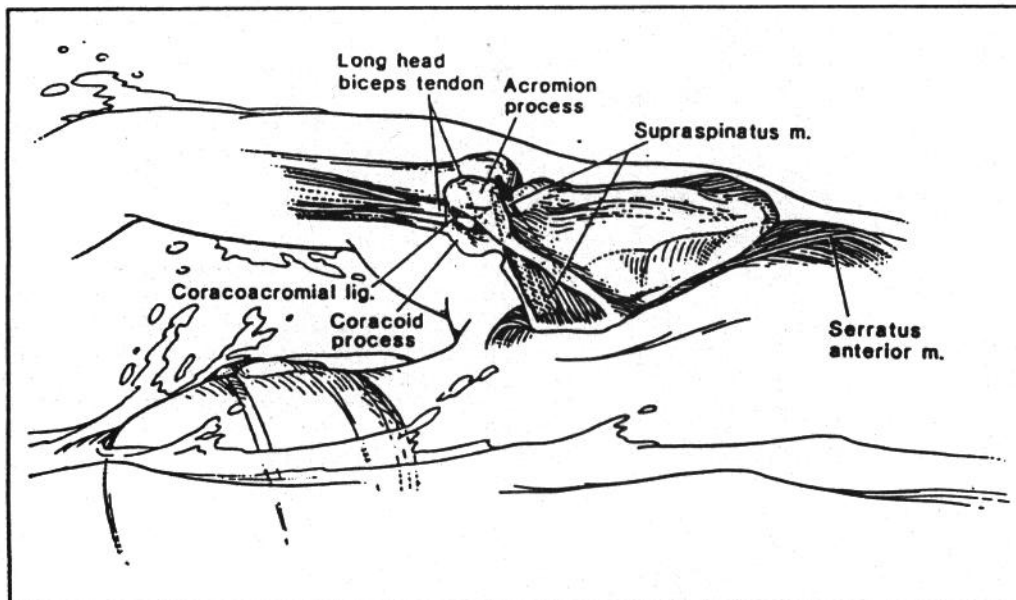


Fig. 4. Impingement of supraspinatus and biceps tendons between humeral head and coracoacromial arch can occur with abduction and internal rotation of humerus, as in recovery phase of freestyle stroke.



LONG DISTANCE SWIMMING 1995 LONG DISTANCE CALENDAR

NOTE: OPN = Open Water, PST = Postal Swim, LD = Long Distance in Pool

5/13/95	5 K State Champs - Lake Lanier Is., GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863	404-698-8020
5/13/95	1-Mile Lake Swim - Santa Rosa, CA	OPN	Sabrina Spear, PO Box 337, Healdsburg, CA 95448	707-524-4036
5/15/95 - 10/15/95	10 K * 2 Person Relay	PST	Mike Stott, 403 Lakewood Dr., Richmond, VA 23229, 804-288-8809 FAX	804-288-8808
5/15/95 - 9/30/95	*** NATIONAL CHAMPIONSHIP *** 5 & 10 K Postal Championship	PST	Jane Moore, 1867 58th St NE, Tacoma, WA 98422	206-925-0803
5/21/95	1.7-Mile Swim - Kailua Beach Park	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
5/22/95	*** NATIONAL CHAMPIONSHIP *** 3.5-Mile Championship - Ft Lauderdale, FL	OPN	Stu Marvin, 501 Seabreeze Blvd, Ft Lauderdale, FL 33316	305-465-1580
5/28/95	Reston 2-Mile Lake Swim - Reston, VA	OPN	Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22091	703-845-SWIM
6/3/95	Lk Berryessa 1 & 2-Mile Swims - Davis, CA	OPN	Andrew McPherson, Box 921, Davis, CA 95617	916-753-0307
6/3/95	7.5-mi Potomac River Swim	OPN	Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218, (1995 entries closed-get info for 1996)	410-243-4418
6/4/95	2-Mile Guess Your Time - Honolulu, HI	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
6/10/95	5K Ocean Swim - Wrightsville Beach, NC	OPN	Daniel Forrester, 4718 Greenway Ave., Wilmington, NC 28403	910-799-2845
6/11/95	4.4-Mi Chesapeake Bay Swim - Baltimore, MD	OPN	Lyn Brooks, 701 Scarlett Dr., Baltimore, MD 21286	410-825-7442
6/16/95 - 9/15/95	Fitness 500 - 500 Yds/500 Mtrs Any Stroke	PST	DAM Fitness 500, PO Box 1366, Davis, CA 95617	
6/17/95	MD Swim for Life - Baltimore, MD	OPN	Joe Stewart, P.O. Box 39464, Baltimore, MD 21212	410-243-4418
6/17/95	2-Mile Swim - Lake Sonoma, CA	OPN	Mike Joyce, 38 Knoll Rd., San Anselmo, CA 94960	415-456-7404
6/18/95	*** NATIONAL CHAMPIONSHIP *** 1-Mile Championship - Virginia Beach, VA	OPN	Betsy Durant, 211 66th St, Virginia Beach, VA 23451	804-422-6811
6/24/95	Roughwater Swim Clinic - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
6/24/95	5K Open Water - Puerto Cabello, Venezuela	OPN	Frances Echevarria, PO Box 10225, Santurce Station, San Juan, PR 00908-0225	809-763-6621
6/25/95	1.5-Mile Swim - Lake Del Valle, CA	OPN	Linda Gilchrist, Box 4020, Alameda, CA 94501	510-522-0787
6/25/95	1-Mile Swim - Sunset Beach	OPN	Kalaheo Sports Productions, PO Box 25277, Honolulu, HI 96825	
6/30/95	1-Mile Bay Swim - Somers Point, NJ	OPN	Karen Pratz Aquatic & Fitness Center, 18th & Simpson Ave., Ocean City, NJ 08226	609-398-6900
7/1/95	2 K Swim - Ka'anapali, Maui	OPN	Maui Masters Swim Club, P.O. Box 424, Pu'Unene, Maui, HI 96784	
7/1/95	12.5-Mi Swim Around Key West	OPN	Tricia Holm, Note: Individual swim or 3-6 person relays, Send SASE to Coral Springs Masters, c/o JPC, PO Box 8086, Coral Springs, FL 33065	305-340-8454
7/2/95	1-Mile Swim - Hapuna, Hawai'i	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
7/2/95	1/2 & 1-Mile Lake Swims - Lake Erie	OPN	Demaree Brady, c/o Dept. of Pediatric Dentistry, Children's Hospital of Buffalo, 239 Bryant St., Buffalo, NY 14222	716-694-2841
7/4/95	Open Water Challenge - Omaha, NE	OPN	Todd Samland, 12613 Burt St., Omaha, NE 68154	402-554-2223
7/8/95	3-Mile Ocean Swim - Santa Barbara, CA	OPN	Sarah Clayton, Parks & Recreation, PO Box 1990, Santa Barbara, CA 93102-1990	805-965-0509
7/8/95	1-Mile Swim - Greenwich, CT	OPN	Peter Crumbine, 3 Copper Beach Rd., Greenwich, CT 06830, 203-961-0845 FAX	203-961-7290
7/8/95	2-Mile Cable Swim - Charlottesville, VA	OPN	Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113	804-379-2537
7/8/95	1-Mile Swim - Greenwich, CT	OPN	Peter Crumbine, 3 Copper Beach Rd., Greenwich, CT 06830, 203-961-0845 FAX	203-961-7290
7/9/95	6-Mile Ocean Swim - Santa Barbara, CA	OPN	Pete Kelley, 1921 Aspen St., Los Osos, CA 93402	805-528-3575
7/9/95	2.4-Mile Swim - 'Ehukai Beach Park	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
7/14/95	The Race for the Record - New York City	OPN	Morty Berger, c/o MIMSF, 461 West 43rd St., New York, NY 10036, Send 2 SASE (postage 32¢ & 64¢) + \$10 check to MIMSF by 3/21/95 - world class swimmers only	216-333-2163
7/15/95	1-Mile Ocean Swim - Bradley Beach, NJ	OPN	Dick Johnson, 306 Evergreen Ave., Bradley Beach, NJ 07720	908-988-9616
7/15/95	Rough Water Sprint - Santa Cruz, CA	OPN	Mickey Wender, 1156 High St., Santa Cruz, CA 95064	408-476-8816
7/16/95	2-Mile Lake Swim - Clermont, OH	OPN	Jan Huneke, 8068 Asbury Hills, Cincinnati, OH 45255	513-231-8168
7/16/95	*** NATIONAL CHAMPIONSHIP *** 2-Mi Cable Championship - Cincinnati, OH	OPN	Jan Huneke, 8068 Asbury Hills, Cincinnati, OH 45255	513-231-8168
7/22/95	1, 3, 5, 10K Canal Swim - Welland, ON	OPN	Elma Couture, 308 Schofield Ave., Welland, ON L3B1N8	905-732-3626
7/22/95	Trans Tahoe Relay - Lake Tahoe, CA	OPN	Dana Totten, 524 Post St., San Francisco, CA 94102-1295	415-775-3088 (x205)
7/23/95	2.4-Mile Swim - Waimea Bay	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
7/23/95	1 & 2-Mile Lake Swims - Southern Oregon	OPN	Dave Cobb, 4008 NE Thompson, Portland, OR 97212	503-282-0472
7/23/95	*** NATIONAL CHAMPIONSHIP *** 2.7-Mile Championship - Long Beach, CA	OPN	Lucy Johnson, 769 Stanley Ave, Long Beach, CA 90804	310-433-5299
7/23/95	1-Mile Swim - Hilo, HI	OPN	County of Hawai'i Parks & Rec, 2349 Kalaniana'ole St., Hilo, HI 96720	
7/23/95	1 & 2 Mile Swims - Lake Erie	OPN	Doug Brogan, 398 Elmwood Rd., Bay Village, OH 44140	216-835-0142
7/23/95	1.5-Mile Swim - Lake Lanier Is., GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863	404-698-8020
7/29/95	Roughwater Swim Clinic - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
7/29/95	1-Mile Ocean Swim - Sea Isle City, NJ	OPN	Dean Castellini, 44th St. & Boardwalk, Sea Isle City, NJ 08243, (phone after 6/1)	609-263-3655

7/29/95	1-Mi & 2-Mi Lake Swim - Canandaigua, NY	OPN	Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424	716-394-4075
8/5/95	11.8K Lake Swim - Skaha Lake, B.C.	OPN	Karl Donoghue, 837, C1, RR1, Okanagan Falls, BC V0H1R0	604-497-5074
8/5/95	Open Water Swim - Utah	OPN	Annette Taylor, 4286 Lynne Ln., Salt Lake City, UT 84124	801-277-6942
8/5/95	10K/5K Swim - Blaisdale Pool, Gage Park, KS	LD	Mary Anderson	913-273-9095
8/5/95	Roughwater 1-Mile Swim - Santa Cruz, CA	OPN	Rick Gould, 323 Church St, Santa Cruz, CA 95060	408-429-3197
8/6/95	Lake Swim - Bend, OR	OPN	Dave Cobb, 4008 NE Thompson, Portland, OR 97212	503-282-0472
8/6/95	2 K Swim - Waimea Bay	OPN	Rainbow Aquatics, 1299 S. Beretania St., Rm. 20, Honolulu, HI 96814	
8/6/95	1 & 2-Mile Swims - Harbor Springs, MI	OPN	Marilyn Early, 1423 Quick Rd., Harbor Springs, MD 49740	616-526-9824
8/6/95	Pier to Pier 5-Mile - Santa Cruz, CA	OPN	Joel Wilson, PO Box 8422, Santa Cruz, CA 95061	408-425-5762
8/8-12/95	Hawai'i Masters Festival - Univ of HI	OPN	HMF, 46-459 Hololoi St., Kane'ohe, HI 96744	
8/12/95	Roughwater Swim Clinic - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
8/12/95	1K & 3K Swims - Georgian Bay, ON	OPN	Beth Whittall, RR#1, Meaford, N4L1W5	519-538-5548
8/12/95	2.7 Mile Donner Lake Swim - Truckee, CA	OPN	Sierra Nevada Masters, PO Box 9122, Truckee, CA 96162	916-582-1214
8/13/95	Manhattan Island Marathon - New York City	OPN	Morty Berger, c/o MIMSF, 461 West 43rd St., New York, NY 10036, Send 2 SASE (postage 32¢ & 64¢) + \$10 check to MIMSF by 3/21/95	216-333-2163
8/19/95	1/2 & 1-Mile Swims - 1000 Islands, ON	OPN	Marilee Taylor, 463 Curson Ave., Elizabethtown, ON, K6V7C1	613-345-0705
8/19/95	1.7-Mile Save the Bay - Newport, RI	OPN	Dana Cross, c/o Save The Bay, 434 Smith St., Providence, RI 02908-3770	401-272-3540
8/20/95	2 x 1-Mile Relay - Lake Del Valle	OPN	Steve Toschi, 7645 Desertwood Ln., Pleasanton, CA 94588	510-484-9776
8/20/95	*** NATIONAL CHAMPIONSHIP *** 11.8-Mile Championship - San Diego Bay	OPN	Dave Lamott, 2425 Palermo Dr, San Diego, CA 92106	619-222-3436
8/26/95	Roughwater Swim Clinic - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
8/28/95	Lake Swim - Sandy, OR	OPN	Ginger Pierson, 7655 S.W. Cedarcrest St., Portland, OR 97223, (1500 & 3000 Meter Swims)	503-244-7706
9/1/95 - 11/30/95	*** NATIONAL CHAMPIONSHIP *** 3000 Yd Postal Championship	PST	Kris Wingenroth, 3830 Drummond, Houston, TX 77025	713-527-4077
9/2/95	Maui Channel Swim (10-Mile Relay Swim)	OPN	Maui Channel Swim, 1141 Aukele St., Kailua, HI 96734	
9/3/95	1.5-Mi Ocean Swim - Atlantic City, NJ	OPN	Bill Brooks, 3716 Boulevard Ave., Atlantic City, NJ 08401	609-344-0809
9/4/95	2.4 mile Roughwater Swim - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
9/6/95	Various Ocean Events - Waimea Bay	OPN	Event Marketing, 1001 Bishop St., Pauahi Tower #477, Honolulu, HI 96813	
9/9/95	1.4-Mile Swim for Life - Provincetown, MA	OPN	Jay Critchley, 7 Carnes Ln., Provincetown, MA 02657	509-487-3684
9/9/95	1.5-Mile Swim - Lake Lanier Is., GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863	404-698-8020
9/10/95	PMS 2-Mile Champs - Redding, CA	OPN	John Clark, 1325 Bambury Ct., Redding, CA 96001	916-246-4971
9/10/95	Rough Water Swims - La Jolla, CA	OPN	LJRWS, Inc., P.O. Box 2127, La Jolla, CA 92038	619-456-2100
9/10/95	5K Provincial Champs - London, ON	OPN	Bryan Finlay, 61 Hampton Ct., London, ON, N6H2P1, 519-472-1346(R)	519-663-3063(B)
9/16/95	Carlsbad Seawall Swim - Carlsbad, CA	OPN	Julie & Jeff Williams, 1914 Cheyenne Circle, Oceanside, CA 92056	619-724-4613
9/23/95	1.2-Mile Swim - Lake Natomas, CA	OPN	Bill Henderson, Box 1993, Rocklin, CA 95677	916-791-4228
9/24/95	2-Mile Swim - Kealahakua Bay	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
11/18/95	2K Turkey Swim - Ala Moana Park	OPN	YMCA, 1441 Palii Highway, Honolulu, HI 96813	
11/26/95	1.3-Mile Swim - Kailua-Kona Pier, Hawai'i	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
12/17/95	7 K Roughwater Swim - Honolulu, HI	OPN	James K. Anderson, 3176 East Manoa Rd., Honolulu, HI 96822	
1/1-31/96	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Jane Moore, 1867 58th St. NE, Tacoma, WA 98422-1517	206-925-0803
5/15/96 - 9/30/96	*** NATIONAL CHAMPIONSHIP *** 5 & 10 K Postal Championships	PST	Scott Rabalais, 950 S. Foster Dr., #29, Baton Rouge, LA 70806	504-928-5596
7/6/96	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship	OPN	Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113	804-379-2537
7/20/96	*** NATIONAL CHAMPIONSHIP *** 10-Mile Open Water Championship	OPN	Ron Kempster, 201 Second St., Seal Beach, CA 90740	310-430-4380
8/3/96	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship	OPN	Rick Gould, 323 Church St., Santa Cruz, CA 95060	408-429-3197
9/1/96 - 11/30/96	*** NATIONAL CHAMPIONSHIP *** 3000 Yard Postal Championship	PST	Michael Collins, PO Box 1366, Davis, CA 95617	916-758-7212
9/7/96	*** NATIONAL CHAMPIONSHIP *** 2-Mile Open Water Championship	OPN	Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025	214-517-2498
9/21/96	*** NATIONAL CHAMPIONSHIP *** 5 K Open Water Championship	OPN	Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265	310-456-3657

Please send a self-addressed-stamped-envelope (SASE) with written requests and don't expect the meet directors to be able to return long distance phone calls—Thank You.

NOTE: All events listed on this calendar are not sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Swimmers are advised to check with meet directors to determine if an event is insured. USMS Sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number _____."

4:48.35 Doris C Prokopi 58 FHA
100 L.M. Women 55-59
R: 1:41.90 Jean M Sterling 94
1:41.90 Jean M Sterling 57 HLJ
1:51.83 Ernestine J Beattie 58 ORLM
1:53.63 Doris C Prokopi 58 FHA
1:57.85 Sandy L Steer 55 SPM

200 L.M. Women 55-59
R: 3:48.16 Jean M Sterling 94
3:48.16 Jean M Sterling 57 HLJ
4:25.11 Doris C Prokopi 58 FHA

400 L.M. Women 55-59
R: 8:05.15 Jean M Sterling 94
8:05.15 Jean M Sterling 57 HLJ

50 Free Women 60-64
R: 0:43.68 Barbara A Allen 94
0:43.68 Barbara A Allen 61 SPM
0:58.26 Alyce M Vogel 62 ORLM

100 Free Women 60-64
R: 1:40.94 Barbara A Allen 94
1:40.94 Barbara A Allen 61 SPM

200 Free Women 60-64
R: 3:45.43 Barbara A Allen 94
3:45.43 Barbara A Allen 61 SPM

400 Free Women 60-64
R: 8:00.26 Barbara A Allen 94
8:00.26 Barbara A Allen 61 SPM

800 Free Women 60-64
R: 15:00.71 Nancy N. Durstein 93

1500 Free Women 60-64
R: 31:16.31 Barbara A Allen 94
31:16.31 Barbara A Allen 61 SPM

50 Back Women 60-64
R: 0:49.75 Barbara A Allen 94
0:49.75 Barbara A Allen 61 SPM
1:11.51 Alyce M Vogel 62 ORLM

100 Back Women 60-64
R: 1:53.72 Barbara A Allen 94
1:53.72 Barbara A Allen 61 SPM

200 Back Women 60-64
R: 4:08.07 Barbara A Allen 94
4:08.07 Barbara A Allen 61 SPM

50 Brst Women 60-64
R: 0:59.73 Alyce M Vogel 94
0:59.73 Alyce M Vogel 62 ORLM

100 Brst Women 60-64
R: 2:10.97 Alyce M Vogel 94
2:10.97 Alyce M Vogel 62 ORLM

200 Brst Women 60-64
R: 4:40.81 Nancy N. Durstein 93
5:01.07 Alyce M Vogel 62 ORLM

50 Fly Women 60-64
R: 0:56.28 Ruth A. Hoskinson 93

200 Fly Women 60-64
R: 4:22.37 Nancy N. Durstein 93

100 L.M. Women 60-64
R: 2:18.90 Alyce M. Vogel 93
2:21.26 Alyce M Vogel 62 ORLM

200 L.M. Women 60-64
R: 4:05.10 Nancy N. Durstein 93

50 Free Women 65-69
R: 0:39.18 Florence E. Carr 93
0:39.24 Florence E Carr 69 HLJ
0:41.04 Doris M McEwan 69 SPM
0:49.59 Joan M Glaraton 67 HLJ

100 Free Women 65-69
R: 1:26.53 Florence E. Carr 93
1:26.88 Florence E Carr 69 HLJ
1:32.35 Doris M McEwan 69 SPM
1:55.40 Joan M Glaraton 67 HLJ
1:58.03 Gladys Olsen 68 SPM

200 Free Women 65-69
R: 3:10.86 Florence E. Carr 93
3:15.44 Florence E Carr 69 HLJ
4:27.04 Joan M Glaraton 67 HLJ

400 Free Women 65-69

R: 6:51.63 Florence E. Carr 93
7:03.39 Florence E Carr 69 HLJ

800 Free Women 65-69
R: 13:53.71 Florence E. Carr 93

1500 Free Women 65-69
R: 29:42.65 Florence E Carr 94
29:42.65 Florence E Carr 69 HLJ

50 Back Women 65-69
R: 0:48.46 Doris M McEwan 94
0:48.46 Doris M McEwan 69 SPM
0:49.58 Florence E Carr 69 HLJ
1:02.93 Gladys Olsen 68 SPM

100 Back Women 65-69
R: 1:46.51 Florence E Carr 94
1:46.51 Florence E Carr 69 HLJ
1:47.80 Doris M McEwan 69 SPM

200 Back Women 65-69
R: 3:55.02 Doris M McEwan 94
3:55.02 Doris M McEwan 69 SPM
4:41.11 Joan M Glaraton 67 HLJ

50 Brst Women 65-69
R: 0:51.18 Doris M McEwan 94
0:51.18 Doris M McEwan 69 SPM
0:57.13 Joan M Glaraton 67 HLJ
1:01.74 Florence E Carr 69 HLJ
1:01.88 Gladys Olsen 68 SPM

100 Brst Women 65-69
R: 2:09.00 Joan M Glaraton 94
2:09.00 Joan M Glaraton 67 HLJ
2:09.15 Gladys Olsen 68 SPM
2:19.64 Florence E Carr 69 HLJ

200 Brst Women 65-69
R: 4:32.32 Gladys Olsen 94
4:32.32 Gladys Olsen 68 SPM
4:32.49 Joan M Glaraton 67 HLJ

50 Fly Women 65-69
R: 0:45.78 Florence E. Carr 93
0:47.21 Florence E Carr 69 HLJ
1:04.95 Gladys Olsen 68 SPM
1:06.29 Joan M Glaraton 67 HLJ

100 Fly Women 65-69
R: 1:58.76 Florence E Carr 94
1:58.76 Florence E Carr 69 HLJ
2:18.02 Gladys Olsen 68 SPM

200 Fly Women 65-69
R: 4:43.23 Gladys Olsen 94
4:43.23 Gladys Olsen 68 SPM

100 L.M. Women 65-69
R: 1:39.75 Florence E. Carr 93
1:43.04 Florence E Carr 69 HLJ
1:44.29 Doris M McEwan 69 SPM
2:11.80 Gladys Olsen 68 SPM
2:15.04 Joan M Glaraton 67 HLJ

200 L.M. Women 65-69
R: 3:49.03 Florence E Carr 94
3:49.03 Florence E Carr 69 HLJ
4:36.95 Joan M Glaraton 67 HLJ
4:38.32 Gladys Olsen 68 SPM

400 L.M. Women 65-69
R: 8:16.12 Florence E Carr 94
8:16.12 Florence E Carr 69 HLJ
9:36.15 Gladys Olsen 68 SPM

50 Free Women 70-74
R: 0:44.85 Jean A. Beers 93
0:46.50 Bardi J Dendy 73 SMS
0:50.90 Jean B Zulich 74 SCC
0:51.10 Marjorie R Newman 70 HLJ

100 Free Women 70-74
R: 1:47.56 Jean A. Beers 93
1:50.43 June B Reynolds 72 HLJ
1:54.82 Marjorie R Newman 70 HLJ

200 Free Women 70-74
R: 3:49.78 Jean A. Beers 93

400 Free Women 70-74
R: 8:15.29 Jean A. Beers 93
8:36.06 Marjorie R Newman 70 HLJ
8:45.42 June B Reynolds 72 HLJ

800 Free Women 70-74

R: 16:35.68 Jean A. Beers 93

1500 Free Women 70-74
R: 35:28.36 June B Reynolds 94
35:28.36 June B Reynolds 72 HLJ

50 Back Women 70-74
R: 0:58.15 Bardi J Dendy 94
0:58.15 Bardi J Dendy 73 SMS
0:59.07 June B Reynolds 72 HLJ
1:01.35 Jean B Zulich 74 SCC
1:03.76 Marjorie R Newman 70 HLJ

100 Back Women 70-74
R: 2:12.92 Jean B Zulich 94
2:12.92 Jean B Zulich 74 SCC
2:14.86 Marjorie R Newman 70 HLJ

200 Back Women 70-74
R: 4:43.65 Marjorie R Newman 94
4:43.65 Marjorie R Newman 70 HLJ
4:43.81 June B Reynolds 72 HLJ
5:00.75 Jean B Zulich 74 SCC

50 Brst Women 70-74
R: 1:04.14 June B Reynolds 94
1:04.14 June B Reynolds 72 HLJ
1:12.16 Jean B Zulich 74 SCC

100 Brst Women 70-74
R: 2:15.32 Jean A. Beers 93
2:51.31 Jean B Zulich 74 SCC

200 Brst Women 70-74
R: 4:46.31 Jean A. Beers 93

50 Fly Women 70-74
R: 1:00.39 June B Reynolds 94
1:00.39 June B Reynolds 72 HLJ
1:05.87 Jean B Zulich 74 SCC

100 Fly Women 70-74
R: 2:14.89 June B. Reynolds 93
2:17.53 June B Reynolds 72 HLJ
2:36.34 Jean B Zulich 74 SCC
2:51.53 Marjorie R Newman 70 HLJ

200 Fly Women 70-74
R: 4:51.66 June B. Reynolds 93
4:53.39 June B Reynolds 72 HLJ

100 L.M. Women 70-74
R: 2:05.61 Jean A. Beers 93
2:21.80 Marjorie R Newman 70 HLJ
2:23.68 Jean B Zulich 74 SCC
4:32.43 June B Reynolds 72 HLJ

200 L.M. Women 70-74
R: 4:33.77 June B. Reynolds 93
5:05.27 Marjorie R Newman 70 HLJ
5:16.74 Jean B Zulich 74 SCC

400 L.M. Women 70-74
R: 9:37.99 June B. Reynolds 92
9:49.05 June B Reynolds 72 HLJ
10:45.33 Marjorie R Newman 70 HLJ

50 Free Women 75-79
R: 0:48.70 Gertrud J. Zint 93
0:49.63 Kay M Schimpf 77 SPM
0:50.31 Gertrud J Zint 77 HLJ
1:04.35 Frances E Cichanski 77 SPM
1:21.39 Millie L Hupp 78 HLJ

100 Free Women 75-79
R: 1:55.28 Kay M. Schimpf 93
1:55.37 Kay M Schimpf 77 SPM

200 Free Women 75-79
R: 4:08.55 Kay M. Schimpf 93
4:09.73 Kay M Schimpf 77 SPM
6:36.39 Millie L Hupp 78 HLJ

400 Free Women 75-79
R: 8:33.49 Kay M. Schimpf 93
8:42.22 Kay M Schimpf 77 SPM
9:07.51 Gertrud J Zint 77 HLJ

800 Free Women 75-79
R: 18:26.73 Kay M Schimpf 94
18:26.73 Kay M Schimpf 77 SPM
18:46.92 Gertrud J Zint 77 HLJ
24:09.06 Anneliese Zoeller 76 UNAT

1500 Free Women 75-79
R: 33:23.53 Kay M. Schimpf 92
35:04.26 Kay M Schimpf 77 SPM

35:05.78 Gertrud J Zint 77 HLJ

50 Back Women 75-79
R: 0:56.00 Gertrud J Zint 94
0:56.00 Gertrud J Zint 77 HLJ
1:11.98 Frances E Cichanski 77 SPM
1:12.68 Anneliese Zoeller 76 UNAT
1:29.89 Millie L Hupp 78 HLJ

100 Back Women 75-79
R: 2:08.12 Gertrud J Zint 94
2:08.12 Gertrud J Zint 77 HLJ
2:13.23 Kay M Schimpf 77 SPM
2:30.58 Frances E Cichanski 77 SPM
2:41.98 Anneliese Zoeller 76 UNAT

200 Back Women 75-79
R: 4:32.35 Gertrud J Zint 94
4:32.35 Gertrud J Zint 77 HLJ
6:29.29 Millie L Hupp 78 HLJ

50 Brst Women 75-79
R: 0:53.94 Gertrud J. Zint 93
0:55.12 Gertrud J Zint 77 HLJ
1:04.38 Kay M Schimpf 77 SPM
1:11.42 Anneliese Zoeller 76 UNAT
1:33.94 Frances E Cichanski 77 SPM

100 Brst Women 75-79
R: 2:03.89 Gertrud J. Zint 93
2:18.33 Kay M Schimpf 77 SPM
2:36.06 Anneliese Zoeller 76 UNAT

200 Brst Women 75-79
R: 4:32.71 Gertrud J. Zint 93
4:42.20 Gertrud J Zint 77 HLJ
5:33.84 Anneliese Zoeller 76 UNAT

50 Fly Women 75-79
R: 0:56.53 Gertrud J. Zint 93
1:02.85 Kay M Schimpf 77 SPM

100 Fly Women 75-79
R: 2:25.74 Kay M Schimpf 94
2:25.74 Kay M Schimpf 77 SPM

200 Fly Women 75-79
R: 5:22.24 Kay M. Schimpf 93
5:39.59 Kay M Schimpf 77 SPM

100 L.M. Women 75-79
R: 1:58.06 Gertrud J. Zint 93
2:13.16 Kay M Schimpf 77 SPM

200 L.M. Women 75-79
R: 4:27.83 Gertrud J. Zint 93
4:47.99 Kay M Schimpf 77 SPM

400 L.M. Women 75-79
R: 9:41.36 Gertrud J. Zint 93
9:58.67 Gertrud J Zint 77 HLJ
10:11.35 Kay M Schimpf 77 SPM

50 Free Women 80-84
R: 1:12.42 Anne Wilder 94
1:12.42 Anne Wilder 80 IRCC

100 Free Women 80-84
R: 2:48.92 Anne Wilder 94
2:48.92 Anne Wilder 80 IRCC

200 Free Women 80-84
R: 5:49.59 Anne Wilder 94
5:49.59 Anne Wilder 80 IRCC

50 Back Women 80-84
R: 1:12.94 Win Kennedy 93

50 Brst Women 80-84
R: 1:39.94 Anne Wilder 94
1:39.94 Anne Wilder 80 IRCC

100 Brst Women 80-84
R: 3:43.23 Anne Wilder 94
3:43.23 Anne Wilder 80 IRCC

50 Fly Women 80-84
R: 1:22.11 Anne Wilder 94
1:22.11 Anne Wilder 80 IRCC

100 Fly Women 80-84
R: 3:15.25 Anne Wilder 94
3:15.25 Anne Wilder 80 IRCC

200 Fly Women 80-84
R: 6:55.74 Anne Wilder 94
6:55.74 Anne Wilder 80 IRCC

400 L.M. Women 80-84

50 Free Men 60-64
R: 0:31.12 Jack R Beattie 94
0:31.12 Jack R Beattie 60 ORLM
0:31.99 Charles E Weatherbee 61 ORLM
0:33.58 Harold Ferris 63 SPM
0:43.07 Jeff T Salomon 61 ORLM
0:43.34 Robert G Coulter 61 SMS

100 Free Men 60-64
R: 1:05.00 Jack R Beattie 94
1:05.00 Jack R Beattie 60 ORLM
1:18.18 Charles E Weatherbee 61 ORLM
1:24.51 Harold Ferris 63 SPM
1:48.93 Ned P Allen 64 SPM

200 Free Men 60-64
R: 2:48.62 C.H. Kohnken 93
2:52.15 Charles H Kohnken 63 SPM
4:04.88 Ned P Allen 64 SPM

400 Free Men 60-64
R: 6:00.76 C.H. Kohnken 93
8:38.46 Ned P Allen 64 SPM

800 Free Men 60-64
R: 12:22.28 C.H. Kohnken 93
16:55.40 Ned P Allen 64 SPM

1500 Free Men 60-64
R: 25:07.86 Robert E. Beach 92
32:15.97 Ned P Allen 64 SPM

50 Back Men 60-64
R: 0:34.05 Jack R Beattie 94
0:34.05 Jack R Beattie 60 ORLM
0:40.64 Robert G Coulter 61 SMS
0:42.23 Charles E Weatherbee 61 ORLM
0:45.84 Harold Ferris 63 SPM

100 Back Men 60-64
R: 1:13.55 Jack R Beattie 94
1:13.55 Jack R Beattie 60 ORLM
1:33.29 Charles E Weatherbee 61 ORLM
1:35.56 Robert G Coulter 61 SMS
2:26.30 Ned P Allen 64 SPM

200 Back Men 60-64
R: 2:40.75 Jack R Beattie 94
2:40.75 Jack R Beattie 60 ORLM
3:19.95 Charles E Weatherbee 61 ORLM
3:39.89 Robert G Coulter 61 SMS
4:46.82 Ned P Allen 64 SPM

50 Brst Men 60-64
R: 0:38.40 Thomas H. Koenig 93

100 Brst Men 60-64
R: 2:05.55 Keith Burbridge 93
3:11.38 Ned P Allen 64 SPM

200 Brst Men 60-64
R: 3:26.44 Thomas H. Koenig 93
4:10.62 Robert G Coulter 61 SMS
6:58.97 Ned P Allen 64 SPM

50 Fly Men 60-64
R: 0:38.64 Charles E Weatherbee 94
0:38.64 Charles E Weatherbee 61 ORLM
0:42.54 Harold Ferris 63 SPM
0:59.54 Ned P Allen 64 SPM

100 Fly Men 60-64
R: 2:15.21 Ned P Allen 94
2:15.21 Ned P Allen 64 SPM

200 Fly Men 60-64
R: 3:41.43 Charles H Kohnken 94
3:41.43 Charles H Kohnken 63 SPM
4:55.88 Ned P Allen 64 SPM

100 L.M. Men 60-64
R: 1:26.08 Charles E Weatherbee 94
1:26.08 Charles E Weatherbee 61 ORLM
2:18.08 Ned P Allen 64 SPM

200 L.M. Men 60-64
R: 2:49.03 Jack R Beattie 94
2:49.03 Jack R Beattie 60 ORLM
3:21.27 Charles E Weatherbee 61 ORLM
3:47.15 Robert G Coulter 61 SMS
5:10.76 Ned P Allen 64 SPM

400 L.M. Men 60-64
R: 7:10.81 C.H. Kohnken 92
7:13.76 Charles E Weatherbee 61 ORLM
7:16.61 Charles H Kohnken 63 SPM

10:33.28 Ned P Allen 64 SPM

50 Free Men 65-69
R: 0:31.85 Paul Hutinger 94
0:31.85 Paul Hutinger 69 SPM
0:41.90 William P Wallace 67 SPM

100 Free Men 65-69
R: 1:32.48 Al Rogerson 93
1:47.07 Keith Burbridge 65 BLUE

200 Free Men 65-69
R: 3:29.13 Al Rogerson 93

400 Free Men 65-69
R: 8:14.54 Al Rogerson 93

800 Free Men 65-69
R: 15:49.54 Al Rogerson 93

1500 Free Men 65-69
R: 0:36.47 Paul Hutinger 93

50 Back Men 65-69
R: 0:37.06 Paul Hutinger 94
0:37.06 Paul Hutinger 69 SPM
0:49.12 William P Wallace 67 SPM

100 Back Men 65-69
R: 1:19.68 Paul Hutinger 93
1:22.04 Paul Hutinger 69 SPM
2:47.17 Keith Burbridge 65 BLUE

200 Back Men 65-69
R: 3:01.06 Paul Hutinger 92
3:03.89 Paul Hutinger 69 SPM

200 Brst Men 65-69
R: 4:49.00 Keith Burbridge 94
4:49.00 Keith Burbridge 65 BLUE

50 Fly Men 65-69
R: 0:35.41 Paul Hutinger 93
0:59.62 Keith Burbridge 65 BLUE

100 Fly Men 65-69
R: 2:16.99 Al Rogerson 93

100 L.M. Men 65-69
R: 1:19.90 Paul Hutinger 93
1:24.96 Paul Hutinger 69 SPM
2:01.72 William P Wallace 67 SPM

200 L.M. Men 65-69
R: 4:28.98 Al Rogerson 93
4:56.69 Keith Burbridge 65 BLUE

400 L.M. Men 65-69
R: 9:43.58 Al Rogerson 93

50 Free Men 70-74
R: 0:34.68 John M Woods 94
0:34.68 John M Woods 71 SMS
0:36.30 Richard L Avery 71 HLJ
0:37.93 Robert E Lavanture 72 CATM
0:43.91 Robert S Patton 72 SPM
0:45.09 Robert D Atwood 74 SPM

100 Free Men 70-74
R: 1:18.92 John M Woods 94
1:18.92 John M Woods 71 SMS
1:29.03 Richard L Avery 71 HLJ
1:34.90 Robert E Lavanture 72 CATM
1:47.26 Robert D Atwood 74 SPM

200 Free Men 70-74
R: 3:00.15 John M. Woods 93
3:02.09 John M Woods 71 SMS
4:19.70 Robert S Patton 72 SPM

400 Free Men 70-74
R: 6:34.75 John M. Woods 93
8:08.65 Robert E Lavanture 72 CATM

50 Back Men 70-74
R: 0:41.67 John M. Woods 93
0:43.25 John M Woods 71 SMS
0:45.02 Richard L Avery 71 HLJ
0:50.94 Robert E Lavanture 72 CATM
0:52.50 Abrasha Brainin 71 SPM
1:06.40 Robert D Atwood 74 SPM

100 Back Men 70-74
R: 1:35.61 John M. Woods 93
1:38.21 John M Woods 71 SMS
1:51.22 Richard L Avery 71 HLJ
2:17.22 Robert D Atwood 74 SPM

200 Back Men 70-74

R: 3:39.26 John M Woods 94
3:39.26 John M Woods 71 SMS

50 Brst Men 70-74
R: 0:45.09 Abrasha Brainin 94
0:45.09 Abrasha Brainin 71 SPM
0:47.93 Richard L Avery 71 HLJ
0:48.29 Robert E Lavanture 72 CATM

100 Brst Men 70-74
R: 1:44.26 Abrasha Brainin 94
1:44.26 Abrasha Brainin 71 SPM
1:51.98 Richard L Avery 71 HLJ
1:55.96 Robert E Lavanture 72 CATM
2:15.70 Robert S Patton 72 SPM

200 Brst Men 70-74
R: 3:55.10 Abrasha Brainin 93
3:58.28 Abrasha Brainin 71 SPM

50 Fly Men 70-74
R: 0:43.64 John M Woods 94
0:43.64 John M Woods 71 SMS
0:47.16 Abrasha Brainin 71 SPM

100 L.M. Men 70-74
R: 1:32.88 John M. Woods 93
1:38.53 John M Woods 71 SMS

200 L.M. Men 70-74
R: 3:49.54 John M Woods 94
3:49.54 John M Woods 71 SMS

50 Free Men 75-79
R: 0:40.21 Brud Cleaveland 93
0:42.08 John G Haake 75 CATM
0:46.00 Dick Lyman 76 HLJ
0:47.07 Norman H Skjersaa 78 ORLM
0:48.46 Kermit D Hotvedt 79 SPM
0:50.31 Fred B Walbolt 79 SPM

100 Free Men 75-79
R: 1:33.52 Brud Cleaveland 93
1:35.81 John G Haake 75 CATM
1:41.28 John D Johnston 79 SPM
1:42.22 Norman H Skjersaa 78 ORLM
1:47.79 Dick Lyman 76 HLJ
1:51.03 Kermit D Hotvedt 79 SPM

200 Free Men 75-79
R: 3:38.50 John D. Johnston 92
3:41.55 John G Haake 75 CATM
4:05.71 Norman H Skjersaa 78 ORLM
4:10.21 Dick Lyman 76 HLJ
4:46.00 Frank H Tillotson 79 HLJ

400 Free Men 75-79
R: 7:49.47 John G Haake 94
7:49.47 John G Haake 75 CATM
8:09.54 Norman H Skjersaa 78 ORLM
8:55.63 Dick Lyman 76 HLJ
9:56.35 Frank H Tillotson 79 HLJ

800 Free Men 75-79
R: 16:29.01 N.H. Skjersaa 93
17:51.61 Dick Lyman 76 HLJ

1500 Free Men 75-79
R: 34:29.00 Fred B Walbolt 94
34:29.00 Fred B Walbolt 79 SPM
37:54.13 Frank H Tillotson 79 HLJ

50 Back Men 75-79
R: 0:52.19 John G Haake 94
0:52.19 John G Haake 75 CATM
0:55.42 Frank H Tillotson 79 HLJ
1:00.36 Kermit D Hotvedt 79 SPM
1:03.43 Dick Lyman 76 HLJ
1:06.16 Harwell P Moseley 75 SPM

100 Back Men 75-79
R: 1:57.63 John G Haake 94
1:57.63 John G Haake 75 CATM
2:03.77 Frank H Tillotson 79 HLJ
2:14.09 Kermit D Hotvedt 79 SPM
2:24.11 Dick Lyman 76 HLJ
2:44.72 Norman H Skjersaa 78 ORLM

200 Back Men 75-79
R: 4:10.03 John G Haake 94
4:10.03 John G Haake 75 CATM
4:36.80 Frank H Tillotson 79 HLJ
5:51.86 Norman H Skjersaa 78 ORLM

50 Brst Men 75-79
R: 0:47.86 Brud Cleaveland 93
1:05.55 Frank H Tillotson 79 HLJ
1:08.07 Harwell P Moseley 75 SPM
1:12.04 Norman H Skjersaa 78 ORLM
1:13.22 Harwell P Moseley 75 SPM

100 Brst Men 75-79
R: 1:50.72 Brud Cleaveland 93
2:19.92 John D Johnston 79 SPM

200 Brst Men 75-79
R: 4:32.96 Brud Cleaveland 93
5:48.45 Frank H Tillotson 79 HLJ

50 Fly Men 75-79
R: 1:07.97 Harwell P Moseley 94
1:07.97 Harwell P Moseley 75 SPM
1:17.26 Norman H Skjersaa 78 ORLM

100 Fly Men 75-79
R: 2:19.63 John D Johnston 94
2:19.63 John D Johnston 79 SPM

200 Fly Men 75-79
R: 4:34.32 John D. Johnston 92

100 L.M. Men 75-79
R: 1:48.89 Brud Cleaveland 93
2:01.92 John D Johnston 79 SPM
2:18.63 Frank H Tillotson 79 HLJ
2:32.69 Norman H Skjersaa 78 ORLM

200 L.M. Men 75-79
R: 4:29.34 John D Johnston 94
4:29.34 John D Johnston 79 SPM

400 L.M. Men 75-79
R: 9:17.64 John D. Johnston 92

50 Free Men 85-89
R: 0:58.76 Peter Jurczyk 94
0:58.76 Peter Jurczyk 89 IRCC

100 Free Men 85-89
R: 2:13.05 Peter Jurczyk 94
2:13.05 Peter Jurczyk 89 IRCC

50 Back Men 85-89
R: 1:09.37 Peter Jurczyk 94
1:09.37 Peter Jurczyk 89 IRCC

100 Back Men 85-89
R: 2:33.42 Peter Jurczyk 94
2:33.42 Peter Jurczyk 89 IRCC

200 Back Men 85-89
R: 5:25.70 Peter Jurczyk 94
5:25.70 Peter Jurczyk 89 IRCC

50 Brst Men 85-89
R: 1:35.87 Peter Jurczyk 94
1:35.87 Peter Jurczyk 89 IRCC

100 L.M. Men 85-89
R: 2:53.23 Peter Jurczyk 94
2:53.23 Peter Jurczyk 89 IRCC

**New FINA Rules for
WORLD RECORDS
and FINA WORLD CHAMPIONSHIP MEETS**

Starting 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.

Walt Reid, USMS Records/Tabulations Chairman

11114 111 th St. SW / Tacoma, WA 98498 / (206) 588-4879 (206) 589-8321

**Documentation of NATIONAL and WORLD RECORDS
Margie Hutinger, SPM**

There are swimmers competing in Florida LMSC meets capable of breaking **National and World Records**. These swimmers train hard, travel to meets, and swim hard to reach their goals. However, all this is to no avail if the necessary paper work is not completed in a timely fashion. In the past, several NV (non-verified) times have not been recognized as records. This is unfortunate.

It is the swimmer's responsibility to inform the meet director of his/her record breaking swims, and the meet director's responsibility to document these swims. I propose that we (all teams hosting meets), take this one step further. Make a copy of each swimmer's documentation sent to **Walt Reid** and send it to the swimmer. I implemented this plan for SPM in January, 1995.

This is a simple and inexpensive method to avoid the dreaded NV in the Top Ten Times, and recognize the outstanding swims in Florida.

FLORIDA

LMSC NEWSLETTER

Jim Donnelly, Editor
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Inside This Issue:

- Meet Entry Forms
- Ask "Mr. D.Q."
- News From Around Our LMSC
- Florida 1994 SCM Top Five
- Calendar of Events
- And More...

Attention Team Reps: Deadline for August Issue
July 16, 1995

