

FLORIDA

newsletter

Vol. XII, No. 3

Local Masters Swim Committee, Inc.

August 1995

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FIRST 90 YEAR OLD MAN SWIMS THE 200 M I. M.

Peter Jurczyk Sets World Records In 200 M I.M., 100 M Back, and 200 M Back

by James M. Donnelly



Photo by Reggie Grant

Peter Jurczyk, 89, of Ft. Pierce, became the first person in the 90-94 age group, according to FINA rules, to compete in the 200 M Individual Medley, at the Suncoast Masters 18th Annual Long Course Championship Meet in Sarasota, June 10-11, 1995. His time of 6:59.87 becomes the **WORLD RECORD**.

Jurczyk started the meet on Saturday by shattering the **WORLD RECORD** in the 200 M Backstroke by 1:41.64 in the 90-94 age group with a time of 5:36.88. *(Continued on page 3...)*

**Man
Lands
on
Mars,
p. 3**



CALENDAR OF EVENTS

	DATE	PLACE	EVENT	CONTACT	
1995					
Aug	04-06	Coral Springs, FL	1st Annual Southern FL Regional Champ.	Judy Bonning	305-345-5370
	06	St. Petersburg, FL	LCM Developmental Meet	Margie Hutinger	813-521-1172
	12-13	Atlanta, GA	Georgia Masters LC Meet	Lisa Watson	404-497-1901
	24-27	Gresham, OR	USMS LCM Nationals-Mt. Hood C. C.	Ginger Pierson	503-224-7706
Sept	04	Delray Beach, FL	Aqua Crest SCM Masters Meet	Scott Barlow	407-278-7174
	09	Weirsdale, FL	Swim Across Lake Weir	Jim Enos	904750-0716
	10	St. Petersburg, FL	SCM Developmental Meet	Margie Hutinger	813-521-1172
	17	Sarasota, FL	11th Annual Siesta Key Triathlon	Ron Morrell	813-383-2284
	20-24	Houston, TX	USMS Convention	Suzanne Rague	503-531-9051
Oct	07-08	Orlando, FL	TEAM Orlando SCM Invitational	Larry Peck	407-647-7793
	07	Orlando, FL	Florida LMSC Annual Meeting	Harold Ferris	813-896-0250
	15	Postal Event	10K 2 Person Relay May 15-Oct 15	Mike Stott	804-288-8808
	28-29	Anderson, SC	Dixie Zone SCM Championship	Steve Wycoff	803-260-5170
Nov	04	Delray Beach, FL	Aqua Crest SCM Masters Meet	Scott Barlow	407-278-7174
	04-05	Winter Haven, FL	SCY Meet	Greg Hoeker	813-299-7254
	04-05	Anderson, SC	Electric City Invitational Dixie Zone SCM		
	18	Boca Raton, FL	SCY Boca Masters Meet	Kathleen Nord Schwartz	407-395-9168
	30	Postal Event	USMS 3000 Yard Swim Sept 1-Nov 30	Kris Wingenroth	713-661-4790
Dec	01-03	Ft. Lauderdale, FL	SCY Hall of Fame Masters Challenge	Stu Marvin	305-468-1580
	16	Coral Springs, FL	Relay Carnival at Coral Springs	Judy Bonning	305-345-5370
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		

Directions to Walter Fuller Pool for September 10th St. Pete SCM Developmental Meet

**From I-275 take 22nd Ave N. Exit. Go west 5 miles to 79th St. Turn right.
Pool is at 79th St. and 26th Ave N.**

Warm-up 9:00 AM, Start 9:30 AM

SCM Relay Meet with some individual events.

(...Continued from page 1.)

Not one to rest on his laurels, **Jurzyk**, who swims for **Indian River Community College Masters**, sliced 19.30 seconds off the **WORLD RECORD** in the 100 M Backstroke with a time of 2:34.82, on Sunday morning before his history making 200 M I.M. swim. His wife was standing at the turn end of the 50 meter pool at **Arlington Park Aquatic Complex** during the 200 M I.M., along with a crowd of admirers cheering him on. She said Peter was worried he might turn past vertical on his back- to-breast turn, but I assured her that he swam the whole race perfectly legal. (I was the Stroke & Turn Judge for his lane and in hind sight, after working seven sessions of the Area 3-5 Age Group Championships, a few months later, I can say he swam it better than some kids 80 years younger than him!)

The cheers are different for a 90 year old, also. Instead of hearing "Goooo!", "Swim faster!", "Push it!", I heard cheers like "Take it easy, Peter, nice and easy." "You just have to finish, don't get a heart attack!"

This is a small step for Peter (who is probably planning to swim the first 400 m I.M.) and a giant leap for mankind.

MAN LANDS ON MARS

Bruce Man landed right on top of Mars **Swensen** in the warm up lane of a recent masters swim meet. Man disregarded the USS and USMS rules that prohibit diving in the warm up/warm down lanes before or during a meet. You are only allowed to dive in one of the "designated sprint lanes". Man should have jumped in feet first after checking for any swimmers that may have been in his way, therefore avoiding a collision. If you are sponsoring a meet, you should designate a **Meet Marshall** to watch over the warm up lanes and to enforce the safety rules. J.M.D.

SANCTIONS

by Bill Uhrich, Sanctions Chairman

As I write this, our LMSC has only one meet sanctioned for the rest of 1995*. The number of meets in the Florida LMSC has dropped every year for the last three years. So club presidents, get your coaches and swimmers together to sponsor a meet. **Request a sanction kit** (sanction request, emergency medical form, sanction conditions to be met) from me and begin planning at least one meet between now and the end of 1995.

First, firm up a date(s) that your pool has available for a masters meet and then send info in with your request. I will keep a record of this date and notify you if someone else requests this date. However, a date for a sanction is only firmed up when I receive an application with fees for that meet. Our policy is not to sanction two meets on the same date in our LMSC - or an adjacent LMSC and we do not sanction the same dates as a National Championship. At our **annual LMSC meeting** in the fall (Oct. 7, 1995, at the Orlando meet) we review the proposed dates for next year's meets and try to resolve conflicts.

You should be aware that you can retain companies who will supply electronic timing systems, prepare heat sheets, and produce the results in the required format. Most meets charge a surcharge on the meet fee in addition to an event fee to help cover these costs. A list of approved officials for our LMSC is available.

So get a sanction which assures your swimmers that the times and records they achieve in your meet will be included in the **National Top Ten and the Florida Top Five**. The sanction also provides LMSC insurance protection to the swimmers and to the pool facility.

**(Ed. note: There are now meets scheduled in Sep., Oct., and November of 1995. Check the Calendar of Events on previous page.)*

Minutes of the Florida Local Masters Swim Committee Meeting

July 15, 1995

The Florida LMSC meeting was held at the North Shore Pool in St. Petersburg during the LCM St. Pete Masters Swimming Championships. The meeting was called to order by Chairman Harold Ferris at 2:52 p.m.

Others present were: Chip Jones, Treasurer; Charles Kohnken, Registrar; Jim Donnelly, Newsletter Editor; Bill Uhrich, Sanctions; Jeff Perout, Records; Meegan Wilson, Secretary; Al Rogerson, SPCO; Ann Wilder, IRCC; Larry Peck, ORLM; Jerry Glancy, SMS; Larry Black, SWIM; Kelly Allen and Ron Collins, JAM; Bill Rodenfels and Gertrude Zint, HLJ; Bill Specht and Margie Hutinger, SPM; Kelly Bergdoll, FAST; and Catie Cooper, ~~FAM~~ SPM

I. Minutes - The minutes of the April 8, 1995 Meeting were approved as they appeared in the May 1995 Florida LMSC newsletter.

II. Reports of Officers

A. Treasurer Report - Chip Jones reported a cash balance of \$7289.18 as of June 30, 1995 which is an increase of \$251.37 from the March 31st balance of \$7037.81. Major expenses until the end of the year will be the newsletter and the National Convention. Chip presented the following report:

Florida LMSC Treasurer's Report Six months ended June 30, 1995

Cash Balance - January 1, 1995		\$4,272.68
Revenues		
	Registrations	\$15,272.00
	Inter LMSC transfers	27.00
	Out of LMSC transfers	44.00
	Club registrations	160.00
	New club registrations	120.00
	Sanction fees	255.00
	Miscellaneous	138.88
Total Revenues		16,016.88
Total Balance		\$20,289.56
Expenses		
	Registrations	9,990.00
	Transfers	19.50
	Clubs	120.00
	Newsletter	1,654.80
	Postage	651.85
	Rule books	180.00
	Fees on registrations	192.60
	Miscellaneous	191.63
Total Expenses		\$13,000.38
Cash Balance - June 30, 1995		\$ 7,289.18

The Treasurer's report was approved as read.

B. Registration Report - Charles Kohnken reported that as of July 12, 1995 the Florida LMSC has 1077 swimmers. We are ahead of 1994's total of 1013. There are 325 swimmers from 1994 that have not reregistered. Charlie has sent a roster to each club as well as a list of those swimmers not reregistering. He asks each club registrar to determine why some swimmers have not rejoined the Florida LMSC.

C. Records Report - Jeff Perout has all meet results from Florida SCY meets. The deadline for turning in results to National Top 10 Recorder Walt Reed is July 15. Jeff has corresponded with Walt and will have the results in soon.

- D. Sanctions Report - Bill Uhrich said his last sanction for 1995 is the SCM Orlando Meet.
- E. Newsletter Report - Jim Donnelly reported that over 1160 May '95 newsletters were printed at a cost of \$924.80. A total of 35 pages were printed, up from 22 in the February issue. He has had a great response getting material from our members. He asked for club reports and for questions to ask Mr. D.Q. as well as entry forms and pertinent swimming photos. Jim congratulated Margie Hutingger for having her St.Pete Silver Anniversary article (May '95 FL LMSC Newsletter) published in July/Aug '95 *Swim Magazine*.

III. Old Business

- A. Top 5 Florida Rule - Our Top 5 Rule that states that in order for a time to count toward our Florida Top 5 it must be attained at a sanctioned meet in Florida and it must be performed by a registered FL LMSC swimmer.

Meegan Wilson read her letter to Rocky Motter requesting information about the Dixie Zone Top 10 and Rocky's response. Rocky stated that it is the responsibility of the swimmer to get outside swims to her. She accepts copies of official meet results for verification. She had to personally obtain results from National and YMCA meets by either purchasing them herself or borrowing them from another swimmer. She also used Walt Reed's National Top Ten results but since there are no team affiliations, this was difficult. She said it was easy to miss swimmers from the Dixie Zone in these results unless the swimmer sent her their times. Since National results now have team affiliations, she compares these results from a recent update of Dixie Zone registered swimmers that she receives periodically from the National registrars Diane and Bill Black. Since this is done manually, it is easy to miss someone.

The floor was open for discussion. Points brought up were: Florida LMSC swimmers who obtain a better time at Nationals or in a meet outside of the state of Florida are entitled to that time counting toward Florida Top 5 records. Allowing only times swum in Florida to count gives more swimmers a chance at a top 5 spot. Should we allow Florida LMSC members who live outside of Florida set a Florida record even if they never swim at a Florida meet? Perhaps we should amend the rule to Florida residents only. Some Florida LMSC swimmers are snowbirds. We should change the rule to include National results. It is very difficult and very time consuming to determine all Florida LMSC swimmers unless the swimmer submits official results to the recorder. Some swimmers have submitted non-official times. A photo copy of official results are necessary. Allow swims from USS meets to count toward the Florida Top 5. USMS has different rules from USS.

Catie Cooper moved that we keep the Florida Top 5 rule as it stands. Gertrud Zint seconded the motion. The vote was 9 for and 8 against. The Florida Top 5 rule will remain.

IV. New Business

- A. Our delegates to the National Convention in Houston, Texas will be: Harold Ferris, Catherine Cooper, Frank Tillotson, Charles Kohnken, Gerry Glancy, and Meegan Wilson.
- B. Harold Ferris requested that all teams be represented at our Annual Meeting on October 7 at the SCM meet in Orlando. Please have your meet requests ready so that we can set our calendar. Bill Uhrich also sanctions open water meets.

With no further business the meeting was adjourned at 3:32 p.m.

Respectfully submitted,



Meegan Wilson
Florida LMSC Secretary

OUR FLORIDA TOP 5 RULE WILL REMAIN THE SAME

At our July 15 LMSC business meeting in St. Pete the vote was nine to eight to keep our Top 5 Rule. The rule (passed at the annual meeting in October of 1990) reads as follows: *Florida Top 5 shall consist of swims by Florida LMSC members for events swum in a USMS sanctioned meet in the state of Florida.* Because of the closeness of the vote, this question will probably come up again. We need to give it serious thought before we decide to change the rule.

The following points were brought up during the meeting.

1. **Point** - If a swimmer in our LMSC obtains a better time at a meet outside of our LMSC he/she is entitled to the better time being recorded as a Florida Top 5 time.

Counterpoint - Should we allow Florida LMSC members who live outside the state of Florida set a Florida record even if they never swim at a Florida meet?

And...

The swims should remain in Florida since it allows more participants a chance at a top five spot.

2. **Point** - The rule should be amended to include only FL LMSC members who are also Florida residents.

Counterpoint - Some Florida LMSC members are snowbirds.

3. **Point** - The rule should be amended to include National results.

Counterpoint- It is very difficult and time consuming for our recorder to determine all Florida LMSC swimmers in National results unless it is the responsibility of the swimmer to submit official results to our recorder.

4. **Counterpoint** - In the past, swimmers have submitted erroneous non- official times.

Point - A photo copy of official results must be submitted.

5. **Point** - Allow swims from USS meets to count toward Florida Top 5.

Counterpoint - USMS has different rules from USS.

A PROPOSAL UNDER CONSIDERATION IS THE FOLLOWING:

- *A Florida LMSC member with a permanent address in the Florida LMSC can set a Florida record or Florida Top 5 time anywhere. A Florida LMSC member without a Florida LMSC address must set the record or time inside the LMSC to be considered for the Florida Top 5. It is the responsibility of the swimmer to submit official results of meets outside of the Florida LMSC to our recorder.*

We will bring this proposal up at our annual meeting in October. Please have a team representative present.



The Chairman's Corner

Harold L. Ferris, Jr.

As you read this, the Long Course season is drawing to a close. Good luck to those of you going to **Nationals in Gresham, Oregon**. When you get back it will be time to send in your entries for the short course meters meet in Orlando on October 7 and 8.

Please also remember the **FLORIDA LMSC meeting** following the last event on **Saturday, October 7, 1995**. Each team should send a representative to this meeting to present a list of dates when you would like to hold meets between November 1, 1995 and October 31, 1996, and to participate in the business of the meeting. This will also be the first opportunity for each team to learn about the latest information coming out of the **September 20 to 24, 1995 National**

Convention.

Do you know someone who used to swim regularly, but hasn't shown up for some time? If so, give him or her a call to come back to the fun and fellowship of Masters Swimming. You will be doing that individual as well as your team a favor.

ATTENTION: All Club Registrars

Starting September 1, 1995, the combined **National and LMSC Registration fee** will be reduced from **\$ 23. to \$ 18**, for any new swimmers who are registering to swim for the remainder of the 1995 season. You may pro-rate your club fee also as you see fit.

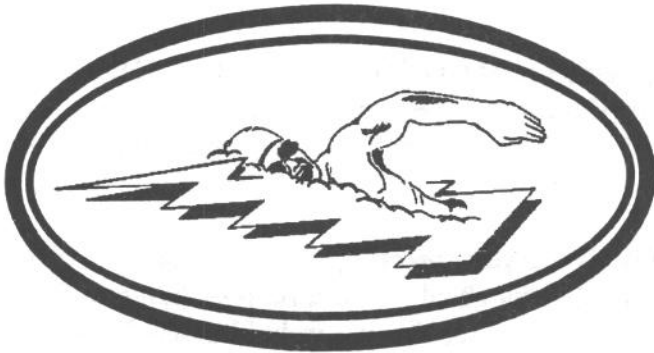
There are still some meets scheduled for the rest of the year to make it worthwhile for a new swimmer to register at a reduced pro-rated fee. There is the **USMS LCM Nationals at Mt. Hood C. C. in Gresham, Oregon**, a **SCM Developmental Meet in St. Pete on Sept. 10**, the **Team Orlando SCM Invitational on Oct. 7-8**, and the **Winter Haven Stingrays** kick off the first Short Course Yards Meet of the season with their first ever Masters Swim Meet on **November 4 & 5**. Entry form are enclosed in this issue for both the **Orlando meet** and the **Winter Haven meet**.

Let's all support these meets and convince new swimmers to register at the reduced rates for the rest of 1995 so they can start swimming as soon as possible!

Registration forms for the 1996 season will be sent out in the November Issue of the **Florida LMSC Newsletter**.

Charlie Kohnken
Registration

SWIMMING NEWS FROM AROUND THE LMSC



TEAM ORLANDO MASTERS

Men's Team Finishes 5th at Nationals

Beattie Leads Team

Jack Beattie takes five National titles and leads the team in it's highest finish ever in Masters Competition. Team Orlando placed 5th in the men's, 10th combined, and the women placed 16th. In all categories these were the highest finishes ever for Team Orlando. Our team competed in the medium team division which was won by D.C. Masters. Gold Coast won the large team division.

Jack Beattie led the team with 5 National titles and 4 new team records. In addition, other first place finishes include: Chester Miltenberger, Bud Seaman and first time National Champion Jim Conger.

A total of 44 new team records (the most ever set in a single meet) were established. Record breakers include Bud Seaman (6), Jack Beattie (4), Jerry O'Connell (4), George Mann (4), Ernestine Beattie (4), Jennifer Willis (4), Natasha Kremer (3), Rick Scray (3), Will Reeves (3), Bob Lombard (3), Chris Iselin (2), Jim Conger (2), Mitzi Kremer (1), Margaret Keller (1), Alyce Vogel (1), Bill Korey (1), Lucky Meisenheimer (1),

Chester Miltenberger (1).

The bridesmaid awards of the meet go to: Will Reeves and George Mann, both had second place finishes and were just edged out of National titles. It hurts even worse because Will swam the 200 fly (anybody who swims the 200 fly deserves a national championship). George also chose a brutal event to be runner up in (the 1650), although George can revel in the fact he broke the minute barrier for the first time in the 100 free which he has been trying to do for over 5 years, so much congratulations to George.

Conger is Honored

Team Orlando's All American Club welcomes it's newest member, Jim Conger (age group 75-79). Jim won his first National title at Ft. Lauderdale's Masters Nationals.

To be a member you must win a National title or be ranked number 1 in an event for the year in your age group. So far we have 9 members in

our All American Club. We are proud to see the numbers increasing in this club and hope that many more Masters Swimmers will set their sights on becoming an addition to this club.

Congratulations Jim, a job well done.

Lucky Meisenheimer





Now to expose another talent, parody song writing! Can't swim fast, might as well try something else. For your review, a little song to be sung to the tune of "The Beverly Hillbillies":

Ode to Paul Wise

Let me tell y'all a story about a swimmer named Paul.

Likes to swim the 200 Fly for no reason at all.

So then on a day in the summer of '88,
He went to St. Pete and broke the record for the state.

(Chorus) Long Course, that is,
Four Laps - Butterfly,
Real Gold (Men 30-34)
Blue Ribbon (2:18.24)

Then the next thing ya' know, it's the summer of '95.

Seems no other swimmer has broken Paul's pride.

And then another JAMer named Ron Collins comes along,

And poor old Paul thinks his record is all gone.

(Chorus)

Seems old Ron can't quite pull off the feat.
The record Paul has is up to someone else to beat.

There's one last question that's on Paul's mind,

How did the Spechtor neglect his time?

Thanks everyone, swim well and prosper.

Mike Castle



Swim Florida Masters Medal at Nationals

Four Swim Florida Masters swimmers earned top ten finishes at the recent USMS Short Course Nationals, May 18-21, in Ft. Lauderdale. Ten Swim Florida swimmers brought home eight medals. Leading the Swim Florida contingent was **Jack Thomas**, who finished 4th in the 100 I.M. with a 54.8, 5th in the 100 Breast in 1:01.82, and 6th in the 200 Breast in 2:16.

Other medals were earned by: **Mandy Schumbacker**, 8th in the 200 Breast in 2:43, and 10th in the 50 Breast in 36.54. **Farrell Devlin** was 7th in the 200 Free with a 2:44 and **Larry Black** took 9th in the 1650 Free with an 18:23.

Liz Edlund, **Christa Gottschalk**, **John Schombacker** and **Keith Dewitt** had personal best times. Ft. Myers Masters Swim Coach, **Danny Stern**, had a respectable 2:17 in the 200 I.M.

Jeff Bergin

SPACE COAST MASTERS

**Bunny Cederlund
All-American**

Bunny Cederlund, age 73, of SPCO. was listed as a USMS Individual All-American for 1994. Bunny, who holds the World Records in the 50 m and 100 m Backstroke, (70-74), is back in the swim after recuperating from a shoulder ailment. Swimming in the St. Pete and IRCC meets, Bunny registered 9 firsts in each meet. Welcome back Bunny.



Return of the Bionic Relay

In April of '92, at the IRCC SCY meet in Ft. Pierce, the quartet of Al Chipman, Bunny Cederlund, Sue McGaughey and Al Rogerson, swam in the 200 mixed medley relay. Al C with a right above the knee amputation, Bunny and Sue with a hip replacement each and Al R. with bilateral hip replacements, were termed by Tom Harmon, the Meet Director, as: "The Bionic Relay". This April (1995) at the IRCC meet the group had a reunion and swam in the 65 plus medley event, an enjoyable experience.

Bunny, Nate and Al Place in Ft. Lauderdale Nationals

Bunny Cederlund (73)
3rd 50, 100, 200 Back, 4th 50, 100, 200 Free
Nate O'Connell (78)
3rd 50, 100 Free, 50 Breast
Al Rogerson (69) 8th 1650 Free

submitted by Al Rogerson

SUNCOAST MASTERS Swimming

Over 85 swimmers attended our Annual Long Course T-Shirt Meet at Arlington Aquatic Complex in Sarasota, June 10-11. Any swimmer who swam 5 events received a free Meet t-shirt designed by that award winning artist, Jim Donnelly. If you weren't there you really missed out on one of his best designs yet!

Peter Jurczyk of Indian River C.C. Masters set **World Records** in the 100 m and 200 m Backstroke and was the **first man ever** to swim the **200 m I.M. in the 90 year old age group**, to set the "first" World Record in that event in his age group.

Florence Carr (70-74) of SPM broke the **World Record** in the 400 I.M.

There were many comments about the beauty of the facility at Arlington - lets get more of you to check out this fast pool at our meet next year!

Three women and 9 men ranging in age from 26 to 74 placed 18th out of 129 in the small team category at S.C. Nationals in Ft. Lauderdale this year.

Nine of the swimmers had 29 top ten finishes with **Mike Drews** (40) winning the 200 Breast and placing 2nd in the 50 and 100 Breasts. **Jerry Glancy** (57) was our other National Champ in the 200 Back, with a 3rd, 4th and 5th in the 100 and 50 Backs, and the 500 Free. He placed 10th in both the 100 and 200 Free. **Lynn Cartee**(48) placed 4th in the 100 I.M., 6th in the 50 Breast, 7th in the 100

(Continued on next page)

Nine of our swimmers had 29 top ten finishes at the '95 ShortCourse Nationals, with Mike Drews 40, winning the 200 Breaststroke, and Jerry Glancy 57, winning the 200 Backstroke.

(SMS Continued...)

Breast, and 8th in the 200 LM. **Bardi Dendy** (74) took 6ths in the 50 Free and 50 Breast. **Kevin McCormack** (42) placed 4th in the 50 Fly and 8th in the 100 Fly. **Jim Donnelly** (46) swam to a 7th, 9th and 10th in the 200, 100, and 50 Breasts. **Bob Coulter** (62) placed 4th and 10th in the 50 and 100 Back and 10th in the 100 LM. **Charlie Randall** (66) placed 7th in the 1650. **John Woods** (71) swam to a 3rd, 4th and 6th place in the 200, 100 and 50 Frees, and a 5th in the 50 Fly and a 6th in the 100 LM.

Patti Heid (26), swimming in her first masters meet ever, placed as high as 11th in the 50 and 100 frees. **Steve Grossman** (33) and **Rick Walker** (44) had some outstanding swims but didn't make the top ten in their very large and competitive age groups.

Three Suncoast Masters set Seven Meet Records at the St. Pete L.C. Championships

Congratulations to our swimmers who broke meet records at the recent St. Pete Masters L. C. Championships: **Brooke Bowman** 25-29 set a new record in the 1500 M Free 19:48.56, and the 400

M Free 5:04.04, and earned 1st place High Point award. **Mike Drews** 40-44 set new records in the 200 M LM. 2:30.50, 400 LM. 5:17.00, and 200 M Breast 2:44.74. **Kevin McCormack** 40-44 set new records in the 50 M Fly 28.12, and the 100 M Fly 1:04.59.

Steve Grossman 30-34 earned 3rd place High Point award by swimming all personal bests! **Jerry Glancy** and **Adam Leonard** scored a one-two punch respectively in the 55-59 age group. And **Balint Papp** and **John Woods** earned a second and third place high point respectively in the 70-74 age group.

submitted by **Jim Donnelly**

F.A.S.T. MASTERS

Eight swimmers, including our youngster **Jennifer Keys**, competed at the National SCY Championships in Ft. Lauderdale. They brought back 24 medals. These are the results: **Jennifer Keys** (19-24) 10th - 200 backstroke, 14th - 100 backstroke, 14th - 400 LM. and 19th - 200 LM.

Laureen Welting (25-29) 1st - 500 freestyle, 3rd - 200 freestyle and 400 I.M., 4th - 100 freestyle and 200 butterfly, and 6th - 200 LM.

Kelly Bergdoll (35-39) 36th - 50 freestyle, 41st 100 freestyle, 45th - 200 freestyle, 41st 100 LM. **Clinton Riley** (35-39) 16th - 200 breaststroke, 19th 100 breaststroke 20th - 50 breaststroke, 24th 100 LM. and 29th 200 LM. **Susan Halfacre** (40-44) 1st - 1000 and 1650 freestyle, 2nd - 500 freestyle, 4th - 100 and 200 freestyle and 7th - 50freestyle.

Jeff Perout (40-44) 2nd - 200 freestyle, 3rd - 100 backstroke, 4th - 100 freestyle, 5th - 50 freestyle and 50 backstroke, and 6th - 200 backstroke. **Meegan Wilson** (45-49) 1st - 200 breaststroke, 2nd- 50 and 100 breaststroke, 10th - 200 LM., 12th - 50 freestyle, and 14th 100 LM. **Bill Rodenfels** (50-54) 10th - 1000 freestyle, 15 - 100 freestyle, 27th - 100 freestyle, and 28th - 200 freestyle.

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Five out of the six swimmers competing in the **St. Pete LCM Championships** took home a high point award. This was **Beth Bigelow's** first masters competition. Beth is a triathlete and swam one event, the 1500. Kelly Bergdoll swam 11 personal best times and achieved a third place high point award for her efforts. Others swimmers competing and awards obtained are: **Jennifer Keys** (1st), **Jeff Perout** (1st), **Meegan Wilson** (1st), **Sue Halfacre** (3rd) and **Bill Rodenfels** (3rd).

submitted by **Meegan Wilson**

July Long Course Championship, St. Pete

by Margie Hutinger,
SPM



St. Petersburg
Masters

the camaraderie of meeting new friends and renewing old acquaintances. Congratulations on all the outstanding achievements, be they first-time events, personal bests or one of the many records. See you next summer.

Yellow zigzags streaked across the evening sky.

Kaboom! "Clear the deck!"

Instead of warming up in the pool, the distance swimmers scurried for cover to wait out another Florida summer thunderstorm. After an hour wait, the first of six heats of the 1500 m free hit the water.

Twenty teams competed in the annual St. Pete Long Course Meet. Shade, a valuable commodity, provided 181 swimmers with relief from the sweltering sun. Except for a brief t-storm on Sunday PM, the officials kept the meet flowing. Intense competition dominated many heats, as three swimmers broke five World and National records; 25 broke 102 meet records and tied one; and others vied for the high point award. Yes, we will be sending out meet record certificates, again. **Jennifer Keys**, 19, again won the distinction of being the youngest competitor and **Jesse Coon**, 84, was the oldest. **Terri Weller** travelled the furthest. Would you believe all the way from Saudi

Arabia? She and her husband have been working in Jeddah for thirteen years. Terri took a break from visiting her family in Mobile, Alabama, to swim with us.

Thirty-three enthusiastic swimmers from **Team Orlando Masters** crushed the opposing visiting teams to win the men's, women's and team competition. Their name will be engraved on a permanent plaque. Which team will be their challengers for next summer's meet?

Thanks to all who participated and joined

World and National Records Broken at Meet

Florence Carr - SPM - 70-74

50 m fly - 46.47 WN (was 46.55)

100 m free - 1:25.89 WN

(was 1:26.65)

200 m free - 3:13.31 WN

(was 3:13.62)

Paul Hutinger - SPM - 70-74

50 m back - 37.37 N (was 37.49)

200 m back - 3:10.47 WN

(was 3:13.25)

Jesse Coon - BLS - 85-89

50 m fly - 58.03 W (was 59.50)

Dixie Zone / Southern Masters Long Course Championships

Paul and Margie Hutinger, SPM, drove to Baton Rouge to participate with 130 swimmers and 13 other teams in the **Dixie Zone Championships**, July 28-30. Lucky for the swimmers the meet was indoors and not slowed down by the frequent deluges from Hurricane Dean. Paul broke the World and National records in the 50 m back - 37.10 (was 37.35) and the 100 m Back - 1:24.14 (was 1:25.35). He now holds all the World and National records in all three courses in the three backstroke events in the 70-74 age group. Margie also had a successful meet, recording three P.R.'s in her seven events. They drove home through the remnants of Hurricane Dean in time to prepare for the onslaught of Hurricane Erin.

Thirty-three enthusiastic swimmers from Team Orlando Masters crushed the opposing visiting teams to win the men's, women's and team competition.

1995 Canadian Masters SCM Nationals

May 19-22, 1995

Commonwealth Place Pool, Saanich, N/O Victoria, B. C., was the site of the 1995 Canadian Masters SCM Nationals. There were two 50 meter pools, with 2 complete DAKTRONICS automatic timing and readout boards for two 25 meter courses. 760 entries were mostly from Western Canada and Northwestern USMS. The largest team was from the Seattle area with 51 swimmers. Records were recorded in both Canadian and US Masters. Good friendly competition, superb facilities exceeded only by the volunteer hosts, Southern Vancouver Is., where flowers bloom year round, is green, hilly and beautiful. Temperature ranged from 52-72+/-.

Frank H. Tillotson

P.S. Official results of Canadian SCM Championships record 42 Canadian Records. Of these, the over 100 USMS swimmers set two, John Wrenn, Rocky Mountain Masters - 200 LM., and Frank Tillotson, St. Pete Masters, 50 Backstroke.

Good Life Games Swim Meet for 55+

Masters 55+ are encouraged to participate in the 16th Annual Good Life Games Swim Meet, Sunday, November 12, 1995, at the Long Center 50 meter indoor pool, 1501 Belcher Rd., Clearwater, 9 AM to 4 PM. Barbara Moon and the Clearwater Recreation Department conduct this event which qualifies winners to enter the Florida Senior Games Championship, December 4-10 in Kissimmee, FL.

Pre-registration is required by November 1st. A one time entry fee is \$ 12. with a Games T-shirt or \$ 8. without the shirt. All events are timed finals. Entrants may select up to six of nine long course meters swim events offered in addition to a choice of 35 other Games events offered between November 11-19th. Check in opens at 7:45 AM, bring your folding chair and plan to enjoy a great day.

This event is "Recognized" by USMS.

To request information and the official entry form, write:

Good Life Games - Barnett Bank
P.O. Box 12288 (MC 226-6000)
St. Petersburg, FL 33733-2288
(813) 892-1571

Shirley P. Lewis
(Ron Collins' Mom!)

Frank's South African Nationals Adventure, continued...

Back at Johannesburg, Janis and Graham went to his brother's and I first to Soweto. Miles of rolling hills, barren land strewn with squatters' cardboard to steel shacks. A million or so Natives. Everyone has potable water. If one pays they have electricity. There is one Native Market and no public transportation. Since neither the Government nor private money is available here nothing is done. However, former violence is essentially a thing of the past. One can now travel there without police escort. There are some fine homes on the outer fringes including Mandella's home. We saw his Mansion later in Cape Town.

Next, to Victoria Falls, Zimbabwe. Visible 20 miles away is the mist and 5 miles away on a still night the falls are heard. Town of V. F. is at the falls. 99% tourist, it moves slowly. Walking the 1 1/4 miles across from the falls, mist inspired rain soaks the uncovered. The roar of the water falling over 300 feet to the rocky bottom of the Zambezi river is great. An awe inspiring sight. Took a catamaran trip up river seeing hippos, elephants, crocodile, (good eating by the way), antelope, monkeys, baboons, vultures and malibu storks. A nice place for an easy, slow vacation.

Two nights there and back to Johannesburg overnight. Down to Cape Town, taking the first leg of return to Miami. Cape Town is a different place. Cooler extreme winds, modern, bustling, 2 million including, as everywhere, unemployed natives. Shipping, farming, fine wines and tourism, base of large and successful fishing fleets. Access by cable car when wind and unpredictable clouds allow, leads to a magnificent view 360 degrees. The city, harbour, far mountains, north and beautiful beaches. White sand, blue water, under 60 degrees always. No one goes to the beach. Not to swim. Went down to the high, rocky Cape of Good Hope. Around and north past Cape Town, over 500 ship wrecks are documented. The mix of 32 degree water flowing from the antarctic and warm air above create winds of hurricane force regularly.

1996 South African Nationals, Durban. You'll love it. Good food, good lodging, fine, friendly helpful people. Think then go.

A famous Cape swim is a 7 km trip from a penal island, Robben Island, to the mainland. Graham Johnson, 63, decided he would be the eldest person to make it. Water was 53 degrees. He found a younger soul to swim with him, taking about 2 1/2 hours completing it. They were both blue and disoriented, reported Janis.



"Drive, Frank, drive! This one's got a coat hanger!"

Frank H. Tillotson

I Know It's True...

I Asked

Mr. D.Q.

by Al Soltis, Florida Officials Chairman

Dear Mr. DQ:

" Although I have been in Masters swimming for several years, it seems that the rules are not always set in force for all meets. What are the situations you see swimmers have the most trouble with from meet to meet?."

The situations given are from observations and questions asked from meet to meet.

First, be at the blocks when your heat is called up. Heats are seeded by times to give each competitor the best conditions for competing with peers. Being at the blocks allows for that. Most Referees allow for a slow comer to get on the blocks, but not a late comer. On time and ready make for a better meet for all swimmers

Starting positions-- Masters allows the swimmer to start from the blocks, the deck, the gutter ledge, or from the water. The swimmer must use a forward start, facing the pool except for the backstroke events. The swimmer must stay in contact with the starting position until the starting signal is given.

Practice Habits: Since many Masters swimmers practice on their own with no coach, they are not aware of bad stroke & turn habits. Over a period of time this results in actions that results in an infraction and a DQ. As an example, doing one hand touches, or relaxed leg flutters, in practice for breaststroke and butterfly, will result in your doing it in a meet with a negative result of DQ. You can't take into a meet what you have not practiced in workouts. Proper stroke technique in practice will help you avoid any meet DQ problems.

Extremity Handicap: A few Master swimmers have extremity problems that will not allow them either in or out of the water to do a stroke correctly. If such be your case, it should be discussed with the Referee before the meet starts before you are called for an infraction because you were not able to perform correctly. The Referee can make an exception for a handicap, if agreed upon, but must be aware of it before the meet not after a problem has arisen.

Goggles problem: "If my goggles fall down into my mouth after my start in the breaststroke, can I adjust them or take them off without being DQ?" What if it happens in races in other strokes?"

Simply put the goggles falling do cause a problem. There is no rule allowance to correct this in any of the events. Only in freestyle can you stop at the turn, take them off, push off the wall and be okay. If it happens, it is best to make a quick effort when you bring your arms back to slip them to your neck and go on with the breaststroke event. Remember, that improper arm stroke motion to correct this problem will result in a possible DQ.

In the 12 years of working Masters meets, I have seen the quality of the Masters program grow leaps and bounds as it relates to conforming to the rules and enjoying the competition. The honest effort of trying to do it right is there in 99% of the swimmers. Keep it Up.

Al Soltis
Mr. DQ

Butterfly Tips

by Anthony Nesty

As we all know, butterfly is a strenuous stroke. When doing the butterfly one must have the endurance to perform it *flawlessly*. It has been proven by many that one must have good technique and coordination in doing this stroke. However, my experience as a swimmer and now as a swim coach made me a believer in that one must first have a fine tuned body to accomplish the task of swimming the butterfly.

Tips In doing the Butterfly:

- Strong kick
- Good hip movement
- Reach out with both arms
- Really drive those shoulders down
- Finger tip entry
- Breath every other stroke

Butterfly Drills:

- Right arm
- Left arm
- 3 kicks, one pull
- Combination: 3 strokes right, 3 strokes left, 3 full strokes

Butterfly Workout:

3 x (4 x 100) on 1:40; 1st - free
(or an interval that you can make) 2nd - 25 right arm, 25 left arm, 50 fly swim
3rd - 25 @ 3 kicks one pull, 25 fly swim, repeat
4th - fly swim

24 x 50 fly kick - 1:00
4 x (5 x 100); 1st - drill
2 - 5 - swim fly
8 x 50 - fly kick on back - 1:00

200 swim down

(Editor's note: Anthony Nesty won a gold medal at the 1988 Olympics in Seoul, South Korea, swimming the 100 meter butterfly in 53. seconds, beating Mat Blondi with a perfect touch and claiming victory for his native Suriname. He was a three-time NCAA champion at Florida, won the World Games in 1991, and took the bronze medal in the 100 m butterfly at the '92 Olympics, within a tenth of a second from Pablo Morales who won the Gold. Anthony is head coach of USS team SWIM Florida in Sarasota.)

From The Editor's Swim Bag

In an effort to keep our **Florida LMSC Newsletter** on the cutting edge I have tried to improve upon every aspect of it, from its content to its graphic design. With each issue I've added something new to make it more enjoyable to read. In keeping with that tradition, in this issue we have an article by **Olympic Gold Medalist Anthony Nesty**, and a first for any masters swim newsletter: a **centerfold!** And not just a centerfold, but a photograph of **World Record holders** wearing not much more than their Speedo's! (If you look at **Jack Beattie** you won't see him wearing anything at all!) NOT YET! No peeking! You have to finish reading this page first. And when you're done, just grasp the left side of this page at the arrow and pull the page open to your right.



Now for an editorial on the **Florida Top 5 Rule**. (Please read the article entitled "**Our Florida Top 5 Rule Will Remain the Same**" on page 6.) In my opinion, any swimmer registered in the Florida LMSC should have his **best time** that he swam for that year represented in the Florida Top 5 Times if he is among the five fastest times for that event, **regardless of where he swam the event**. This makes sense. Most of us know by experience that you have to plan way ahead for that good time. It takes months and months of hard work to get a good training base before you can taper for that special meet only once or twice a year. If you planned on swimming in the Nationals in Ft. Lauderdale this year then you had to train through the St. Pete Meet without any rest or taper. I personally trained this way, and I swam a 2:36.3 in the 200 breast at St. Pete, missing Bump Jones' 1979 LMSC record of 2:35.02. Six weeks later after more training and a taper I swam a 2:32 for that event, **breaking the LMSC record by 3 seconds**. But it **didn't count** because the **Nationals were not held in our LMSC**. I may still have the number 1 spot on the Top Five list this year with my slower time for that event but it in no way represents *one of the Top 5 Times* if it doesn't include our **best times!** A lot of the LMSC records that we are trying to break may have been set in an out of LMSC meet if it was set before 1990 when the **Florida Top 5 Rule was changed to only include meets within our LMSC**.

And as far as worrying about some swimmer who is registered with Florida LMSC but lives outside of our LMSC, I say as long as there is no rule saying that you have to live within the boundaries to be a member of our LMSC then **any bonified member of our LMSC should be able to set records!** Can you imagine not being able to set a record in your own LMSC simply because someone doesn't like where you live?

(continued...)

**World Record Holders and First in World
Masters Swimmers Attending St. Pete
Long Course Swimming Championships
July 14,15,16, 1995**



Photo by James M. Donnelly



**L to R : Bill Specht (37) SPM, Chester Miltenberger (43) ORLM, Susan Halfacre (43) HLJ,
Kay Schimpf (78) SPM, Jack Beattie (60) ORLM, Florence Carr (70) SPM,
Gertrude Zint (77)HLJ, June Krauser (69) GOLD, Paul Hutinger (70) SPM,
Jayne Lambke (55) SPM**

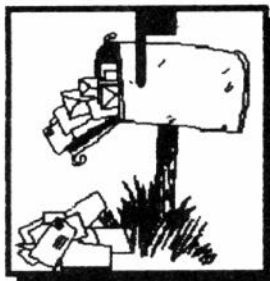
A swimmer should be responsible for submitting official results of their times swum out of our LMSC to our LMSC Records Chairman. It's as simple as that.

And the counterpoint that swims should remain in Florida since it allows more participants a chance at a Top 5 spot, is **absolutely false**. Just the opposite is true! We don't have that many meets in our LMSC, so swimmers also competing in Gold Coast LMSC meets would have a better chance of making the Top 5 by **increasing the number of times they swim**.

All those **World Record holders** in the centerfold photograph who set those records at Nationals or International meets **will not see those times on our Florida Top 5 Times list**.

I can see no reason why the Florida Top 5 Rule should not be changed back to the way it originally was before it was changed in 1990. Let your team representative know how you feel about this and make sure he **votes for your team** at the annual LMSC meeting Oct. 7 at the Orlando SCM meet.

James M. Donnelly



We Get Letters

Should We Change Our Florida Top 5 Rule? Yes!

In response to the Question posed in the May Issue of Florida LMSC Newsletter about the two problems that occurred when the rule allowed outside the LMSC swims to count towards Florida Top 5: **Problem one** - "Educating swimmers that it's their responsibility to get official results to our recorder was nearly impossible." I believe that Florida swimmers are intelligent and capable of reading, so I suggest we put this notice in EVERY team and LMSC Newsletter under calendar of events and Top 5 Listings: **ATTENTION: If you swim in a meet outside of the Florida LMSC and you want your times included in our Top 5, it is your responsibility to send a copy of the final results to: Jeff Perout, 5022 N.W. 76th Lane, Gainesville, FL 32653**

Problem two - "Allowing outside swims caused more work for our LMSC Recorder." I believe it is the **responsibility of the Recorder** to serve the interests of and promote all Florida LMSC swimmers. All performances made by registered Florida LMSC swimmers at any meet should be given credit.

Other comments: 1. It is **accepted policy** to include out of LMSC swims in Wisconsin, Illinois, Georgia, Southern, Pacific, and other LMSC's. 2. Many top swimmers—Bill Specht, Jack Beattie, Lucky Meisenheimer, Chet Miltenberger, etc.—have their best times at Nationals. (Specht just set two national records at Ft. Lauderdale, but they will never be recognized in the FL LMSC.) 3. **Dixie Zone and Nationals** recognize registered USMS swims from all over the country and world. Let us also be consistent. 4. Promote Masters swimming and encourage swimmers to participate in any meet, and not be restrictive and punitive. 5. **Suncoast Masters** voted 23-0 to **change the rule**. 6. As the rule stands, the Top 5 times & records are meaningless as they do not reflect the best performance of all Florida LMSC swimmers.

Margie Hutinger, SPM

PREVENTING SHOULDER INJURIES

SERIES #2--EXERCISES AND REHABILITATION

Dr. Paul Hutinger, Professor Emeritus
Western Illinois University

This series about the shoulder will include exercises that can be used to prevent rotator cuff problems and restore use of the shoulder in rehabilitation. Prevention is best, but the average swimmer doesn't put any time in prevention. Believe it from a swimmer who has gone thru an injury, the prevention aspect should be an important part of your every day training.

COMPONENTS OF ROTATOR CUFF

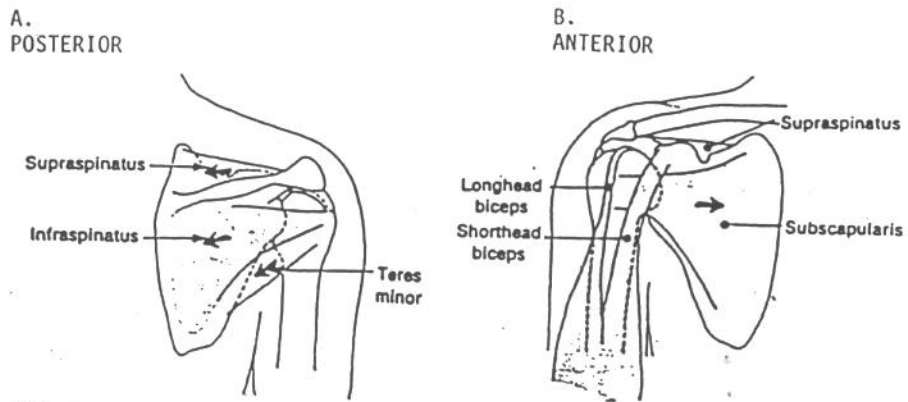


FIG. 1

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.

STRETCHING

Stretching is an important aspect of prevention and rehabilitation of Shoulder injuries. Excellent flexibility and joint range of motion can be achieved through stretching exercises. Greater flexibility will also give the swimmer an ideal streamlining position to increase performance. Low intensity, long duration stretching is best. You should hold your stretch about 30 seconds, and repeat 3-4 times. Stretch before and after a work-out. Several examples for the shoulders are given below:

POSTERIOR CUFF STRETCH

The back portion of the shoulder joint can be stretched best in this position. by gently pulling your arm across your body.



INFERIOR CUFF STRETCH

The other portions of the rotator cuff can be stretched by reaching overhead and gently pulling on your elbow with the opposite hand.



EXERCISES

The following are some exercises that would be beneficial to a prevention or rehabilitation program for the rotator cuff.

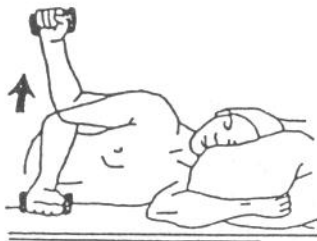


Figure 4

External Rotation: Lie on your side with your elbow held close against your ribs. Slowly raise the weight until it is pointed at the ceiling, and then lower it slowly. External rotation exercises the infraspinatus and the teres minor muscles (11).



Figure 9

Shoulder Flexion: Standing with arm at side, lift the weight directly in front of you until it is parallel to the ground. Slowly lower the weight. This works the anterior deltoid (11).



Figure 5

Internal Rotation: Lie on your back with your arm held at the side, raise the weight until it is pointed toward the ceiling. Then lower the weight slowly. Internal rotation exercises the subscapularis muscle (11).

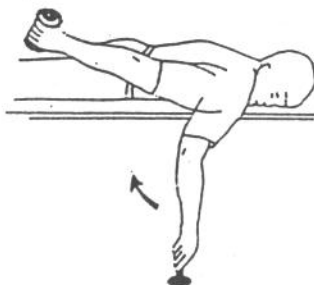


Figure 6

Shoulder Extension: Lie on your stomach, raise arm behind you as high as possible. Remember to keep your elbow straight and the arm close to your body. This exercises the posterior deltoid, some latissimus dorsi, and some lower trapezius (11).

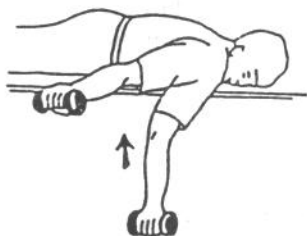


Figure 7

Horizontal Abduction: Lie on your stomach, raise the weight until the arm is straight out to your side. Slowly lower it to the starting position. This exercise works the Rhomboids (major and minor) and the posterior deltoid (11).

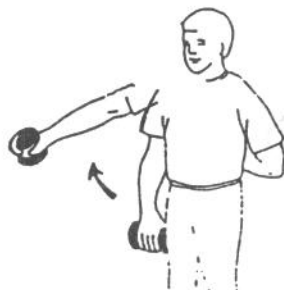


Figure 8

Shoulder Abduction: Standing with arm at side, lift weight laterally until arm is parallel with the ground (90° abduction). Slowly lower weight to the starting position. This exercises the middle deltoid as well as rotator cuff stabilization function (11).



Figure 10

Supraspinatus: This exercise should be done with the elbow straight and thumb turned toward the floor. Rather than putting the arm straight out to the side, slowly raise the arm in a plane about 30° forward of that posture. Do not lift the arm higher than just below shoulder level; slowly lower it to the starting position and repeat (11).

Figure 11



Supraspinatus: This exercise is a submerged vertical jump. Start from a crouched position underwater; legs bent; arms at side. Straighten the legs while bringing the arms out from the body (abduction, 30 degrees). The water creates a force against the arms as the body moves upward. Arms and hands are retracted in as the body submerges. Twenty jumps are recommended, taking about 1 minute. Do three sets. This will help prevent shoulder problems and give the flyer more arm strength.

What can you do after an injury to keep training? The following are some recommendations to use at the beginning of shoulder pain:

1. Use ice before and after practice. Invest in a commercial fabric bag called a cold compress that is reusable, to keep in the freezer. Check your local drug store.
2. Change the strokes you use in training. At L. C. Nationals in Buffalo, this summer, I changed from fly and individual medley, to the three breast stroke events.
3. Use fins or zoomers for all your swim training and do more kicking. Betty Bennett, a 50-year old from Chicago and a national record holder, used this approach over ten years ago. Unable to do any training because of neck and shoulder problems, she devised training with fins for the entire season. She made the switch to regular swimming several weeks before Nationals and swam some of her best times. Use more kicking--do in sets of repeats and time them. Heart rates of 150-160 or at the anaerobic threshold and VO-2 race speed, for your age, should be part of your kick training.
4. Use stretching and flexibility exercises to keep your range of motion. Several examples are given in this article.
5. Strengthen the rotator cuff with special exercises for the muscles involved. The examples given in this article are with hand weights of 2# to 5#. Since the rotator cuff muscles are small, you only need to use these small weights. The emphasis should be on a high number of repeats, such as 3 sets of 25 repeats.
6. Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
7. If the pain persists, see your physician. He may refer you to an RPT. Extreme problems may need surgery, as a last resort.

Orlando Masters Short Course Meters Swim Meet

Dates : October 7 and 8, 1995

Meet Director : Larry Peck (407) 647-7793.

Sanction : Sanctioned by Florida LMSC for USMS, Inc. Sanction Number : 95-14

Sponsor : Team Orlando Masters in conjunction with the YMCA Aquatic Center.

Eligibility : All athletes 19 years of age and older as of October 7, 1995 and registered with USMS, Inc. Non-U.S. citizens should have a letter of introduction from their own swimming association.

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

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

Seeding Times : Please show your best meters time during the last two years. Heats will be seeded by time regardless of age with the slowest heat first in each event. You must submit a time for each event entered.

Entries and Fees : Swimmers must pre-enter by mail. Entry deadline is Friday, September 29th. It is your responsibility to mail your entry early enough to meet the deadline. Maximum of five individual events per day. Send the completed and signed entry form. Each event entry must be submitted on the entry form, filled out completely with your name, club, birthdate, event numbers circled, 1995 USMS registration number and seeding times. The scoring of the event will be computerized. Please be sure all information and the signed waiver are filled out on the entry form. The fees are : \$2.50 per event, \$10 meet charge and \$4 per relay team. The meet charge covers the electronic timing and scoring costs, the cost of printing the heat sheets and printing and mailing the results. Relay teams can be deck entered during the meet both Saturday and Sunday. Only team members registered for this meet may swim in a relay. Please send a self addressed stamped envelope if you wish to confirm your entry.

800 and 1500 Freestyle Events : You may enter either the 800 or 1500 Free but not both. 800 splits can be used for records while swimming the 1500. **These events will be restricted to the first 40 entries received for them.** You will be notified by phone if the event has closed. Please mark an alternate Saturday event on your entry form.

Age Groups : Individuals : 19-24, 25-29, 30-34, etc. up to 90+. Relays : 76+, 100+, 120+, 160+, 200+, etc.

You must send a copy of your 1995 registration card with your entry. You cannot swim without it.

Make checks payable to : **Team Orlando Masters.**

Send signed entry form, copy of registration card and fees by September 29th to :

TOM/SCM Meet
8422 International Drive
Orlando, FL 32819

If you enter but must cancel, a full refund will be given as long as you contact Larry Peck before 11 AM on Thursday, October 5th.

Heat Sheets and Results : Heat sheets are included in the meet charge. Results may be ordered at the meet. One free copy will be given to each team (team representatives should indicate so on their entry form).

Awards : Awards for 1st through 6th in each event. Individual high point awards for 1st, 2nd and 3rd in all age groups. High point awards will only be awarded post-competition on Sunday, October 8th, after points are officially totaled. Swimmers departing early should have friends pick up awards or make other arrangements. Team awards will be given for the combined men and women's 1st, 2nd and 3rd place.

Points : 9-7-6-5-4-3-2-1 for individual events. Double points for relays.

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

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

Social : A social will be held at Lucky and Jacquie Meisenheimer's home on Saturday evening. Come join us and play with Lucky's vast array of games and toys including the water volleyball court.

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

Local Hotels :

Radisson Barcelo Hotel
8444 International Drive
Orlando, FL 32819
(407) 345-0505
\$44.00 (1-4 persons) 2 minute walk

Economy Inns of America
8222 Jamaican Court
Orlando, FL 32819
(407) 345-1172
\$33.90 (1-4 persons) 6 minute walk

La Quinta
8300 Jamaican Court
Orlando, FL 32819
(407) 3515-1660
\$50.00 (1-4 persons) 4 minute walk

Quality Inn/International
7600 International Drive
Orlando, FL 32819
(800) 825-7600 (407) 351-1600
\$27.00 (1-4 persons) 5 minute drive

Orlando Masters Short Course Meters Swim Meet

ENTRY FORM

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction Number : 95-14

Name _____ Birthdate _____ Sex _____ Home Phone _____
 Address _____ City _____ State _____ Zip _____
 Team name _____ LMSC _____ 1995 USMS Registration # _____

SATURDAY OCTOBER 7, 1995
 Warm up - 8 AM Swim - 8:30 AM

SUNDAY OCTOBER 8, 1995
 Warm up - 8 AM Swim - 9 AM

WOMEN/MEN	EVENT	SEED TIME	WOMEN/MEN	EVENT	SEED TIME
1 2	800 M FREE **	_____	25 26	100 M FREE	_____
3 4	1500 M FREE **	_____	27 28	200 M BREAST	_____
----- BREAK UNTIL 11 AM -----					
5 6	200 M BACK	_____	29 30	100 M FLY	_____
7 8	100 M BREAST	_____	31 32	200 M MEDLEY Relay	_____
9 10	50 M FREE	_____	33 34	200 M IM	_____
11 12	200 M FLY	_____	35 36	50 M BREAST	_____
13 14	200 M FREE Relay	_____	37 38	100 M BACK	_____
15 16	100 M IM	_____	39 40	50 M FLY	_____
17 18	50 M BACK	_____	41	200 M Mixed MEDLEY Relay	_____
19 20	200 M FREE	_____	43 44	400 M FREE	_____
21	200 M Mixed FREE Relay	_____			
23 24	400 M IM	_____			

** These events limited to the first 40 entries. You may enter only one of these events. Please mark an alternate Saturday event in case the distance event fills.

Number of Events ____ x \$2.50 = \$_____ + \$10.00 Meet Charge = \$_____

Please make checks payable to : TEAM ORLANDO MASTERS

Mail entries **to be received by September 29, 1995** to :

TOM/SCM Meet - 8422 International Drive - Orlando, FL 32819

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

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.

**WINTER HAVEN STINGRAY MASTERS
SHORT COURSE SWIM MEET**

November 4 & 5, 1995

Winter Haven, FL

SANCTIONED BY: FLA Local Masters Swim Committee for USMS Sanction # 95-15

SPONSORED BY: Winter Haven Masters, Winter Haven Dept. of Leisure Services

ENTRIES CHAIRPERSON: Laurie Zolnierowski

ELIGIBILITY:

The meet is open to all registered MASTERS. A COPY OF YOUR 1995 REGISTRATION CARD MUST BE ENCLOSED WITH YOUR ENTRY FORM.

RELAY ELIGIBILITY:

All relay members must be registered members of the team they represent, sign a meet waiver form and pay the \$8.00 timing surcharge.

NUMBER OF EVENTS:

Competitors may enter no more than 5 individual events per day, plus one freestyle, one medley, one mixed freestyle and one mixed medley relay per meet.

NO EXHIBITION SWIMS ARE ALLOWED!!

ENTRY FEES:

Entry fee shall be \$2.50 for each individual event. There is an \$8.00 surcharge for meet expenses. Checks should be payable to "Winter Haven Stingrays".

RELAYS:

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

ENTRIES DUE:

Entries must be in the hands of the Meet Director no later than Tuesday, October 24th, 1995. NO DECK ENTRIES EXCEPT RELAYS.

ENTRY FORMS:

Please complete and return the ENTRY FORM, SEEDING FORM and a COPY OF YOUR 1995 USMS CARD. Enclose a self-addressed, stamped postcard if you wish verification your entry was received.

MAIL TO: Winter Haven Stingray Masters

P.O. Box 9002

Winter Haven, FL 33883

SEEDING:

All heats will be seeded SLOWEST to FASTEST regardless of AGE. All entries MUST HAVE A TIME - "NO TIME" ENTRIES CANNOT BE ACCEPTED. (FLA LMSC, Inc rule effective 6-1-87). Submit best competitive times in meets not more than two years previous. All events are timed finals.

POOL FACILITIES:

Rowdy Gaines Olympic Pool, Chain of Lakes Recreational Complex 210 Cypress Gardens Blvd., Winter Haven, FL. Eight lane, 25 yard, outdoor pool, nonturbulent lane lines. Separate diving well is available for warm-up and warm-down. *Heated.*

SCRATCH PROCEDURES:

If a swimmer is unable to attend the meet, CALL Laurie Zolnierowski at (941)325-8317 no later than November 3rd, 1995 and your money will be refunded in full. Swimmers and relays not reporting to the blocks when their HEAT is called will be scratched in that event. Please report scratches to the Head Referee as soon as known.

WARM-UP:

Warm-up will approximately one hour before starting time. No diving or jumping. Enter pool feet first. No smoking.

TIMING:

Colorado timing will be used with hand held back-up timing on each lane.

SCORING:

First- 9; Second- 7; Third- 6; Fourth- 5; Fifth- 4; Sixth- 3; Seventh- 2; Eighth- 1. Relays- DOUBLE points.

AWARDS:

Individual events: 1st - 8th Ribbons. Relays will receive ribbons for 1st -3rd. Individual high point awards, FIRST through THIRD place will be given for men and women with the most points in their age group. High Point Awards will ONLY be awarded POST-COMPETITION on Sunday November 5, 1995 after points are officially tallied. Swimmers departing early should have friends pick-up awards or make other arrangements.

HIGH POINT VISITING TEAM AWARDS:

The visiting team with the highest combined total points, men and women, will receive a first place team award.

HEAT SHEETS AND RESULTS:

A heat sheet will be furnished to each swimmer. Results may be ordered at the meet. One free copy will be sent to each team (team reps should indicate so on their entry form.)

INFORMATION ENVELOPES:

Upon arrival, each competitor should check in at the information table and pick up his/her envelope containing Heat Sheet , T-shirt and additional meet information.

T-SHIRTS:

Meet T-shirts will be available at a cost of \$12.00 each with your entry. Please specify size on entry form. The price at the meet will be \$15.00 per shirt, limited quantity.

REFRESHMENTS:

Refreshments will be available.

ADDITIONAL COMMENTS:

Masters swimming is a strenuous physical activity and each participant should first consult with his/her personal physician. Massage Therapist available on Saturday and Sunday on pool deck , for a fee.

ACCOMMODATIONS:

- DAYS INN - 200 Cypress Gardens Blvd., Winter Haven, FL (941) 299-1151
- HOLIDAY INN of WINTER HAVEN - 1150 3rd Street S.W., Winter Haven, (941) 294-4451
- RANCH HOUSE MOTOR INN - 1911 Cypress Gardens Blvd., Winter Haven, FL (941) 324-5994
- HOWARD JOHNSONS - 1300 3rd St. NW, Winter Haven, FL (941) 294-7321
- ADMIRAL'S INN - 5651 Cypress Gardens Blvd, Winter Haven, FL (941) 324-5950

ADDITIONAL INFORMATION:

Meet Director: LAURIE ZOLNIEROWSKI (941) 325-8317

SATURDAY , NOVEMBER 4

9:00 AM

warmups 8:00 am

women		men
1	200 Freestyle	2
3	100 Breaststroke	4
5	50 Backstroke	6
7/8	200 Mixed Free Relay***	
9	200 Butterfly	10
11	100 I.M.	12
13	50 Freestyle	14
15	200 Backstroke	16
17	200 Free Relay***	18
19	400 I.M.	20

SUNDAY, NOVEMBER 5

9:00 AM

warmups 8:00 am

women		men
21	100 Freestyle	22
23	50 Butterfly	24
25	200 Breaststroke	26
27/28	200 Mixed Medley Relay***	
29	100 Backstroke	30
31	100 Butterfly	32
33	50 Breaststroke	34
35	200 I.M.	36
37	200 Medley Relay***	38
39	500 Freestyle	40

***15 MINUTE BREAK

Under the advice of the USMS medical committee, it is recommended that at all the meets competitors exit from the sides of the pool and not from the end of their lane. Swimmers should wait until the last person in the heat finishes before crossing lanes to exit. Swimmers should wait at least one yard from the end of the lane, on the right side of the lane during a relay event.

WINTER HAVEN STINGRAY MASTERS SHORT COURSE SWIM MEET

November 4 & 5, 1995

SANCTIONED BY FLORIDA LMSC for USMS, Inc. Sanction # 95-15

ENTRY FORM

NAME _____ AGE _____ BIRTHDATE _____ SEX _____
ADDRESS _____ CITY _____ ST _____ ZIP _____ HOME PH. _____
TEAM NAME _____ LMSC _____ **1995 USMS REG. # _____

NUMBER OF EVENTS _____ X \$2.50 = _____

AUTOMATIC TIMING & HEAT SHEET _____ \$8.00

COMMEMORATIVE T-SHIRT (S, M, L, XL)
Circle size and indicate quantity _____ x \$12.00= _____

TOTAL _____

AGE GROUP AS OF NOVEMBER 5, 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+

SATURDAY, NOVEMBER 4

9:00 AM

women		men
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3	100 Breaststroke	4
5	50 Backstroke	6
7/8	200 Mixed Free Relay***	
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35	200 I.M.	36
37	200 Medley Relay***	38
39	500 Freestyle	40

Please make checks payable to: "Winter Haven Stingrays" and send to:

Winter Haven Stingrays, c/o Laurie Zolnierowski, P.O. Box 9002, Winter Haven, FL 33883

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. 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, CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEETS 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 of USMS and the Florida LMSC.

DATE _____ SIGNATURE _____

ENTRIES DUE NO LATER THAN TUESDAY, OCTOBER 24, 1995

WINTER HAVEN STINGRAY MASTERS
SEEDING FORM

(Please print)NAME _____ Circle M or F AGE _____

TEAM NAME _____ CALL LETTERS _____ 1995 USMS** _____

Circle events and enter time in space provided.

SATURDAY, NOVEMBER 4, 1995 9:00 am

SUNDAY, NOVEMBER 5, 1995 9:00 AM

<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>	<u>TIME</u>	<u>w/m</u>	<u>EVENT</u>
_____	1/2	200 Freestyle	_____	21/22	100 Freestyle
_____	3/4	100 Breaststroke	_____	23/24	50 Butterfly
_____	5/6	50 Backstroke	_____	25/26	200 Breaststroke
_____	9/10	200 Butterfly	_____	29/30	100 Backstroke
_____	11/12	100 IM	_____	31/32	100 Butterfly
_____	13/14	50 Freestyle	_____	33/34	50 Breaststroke
_____	15/16	200 Backstroke	_____	35/36	200 IM
_____	19/20	400 IM	_____	39/40	500 Freestyle

***15 minute break

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

Please enclose a copy of your 1995 USMS Registration Card

ATTACH A COPY
 OF YOUR
 1995 USMS REGISTRATION
 CARD HERE

It is suggested that you make a copy of this and keep it with you at the meet.

JAM COMIX

by Tall Pontiber



YOU WONT FIND THIS ONE
IN YOUR COACHES MANUAL

FLORIDA

LMSC NEWSLETTER

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

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Inside This Issue:

- Centerfold Pin-up Photo!
- Meet Entry Forms
- Calendar of Events
- Anthony Nesty Tells Us Some of His Secrets
- News From Around Our LMSC
- Ask "Mr. D.Q."
- And More!

Attention Team Reps: Deadline for November Issue
Friday October 13, 1995 !

