

FLÖRÖDA

newsletter

Vol. XVI, No. 3

Local Masters Swim Committee, Inc.

August 1999

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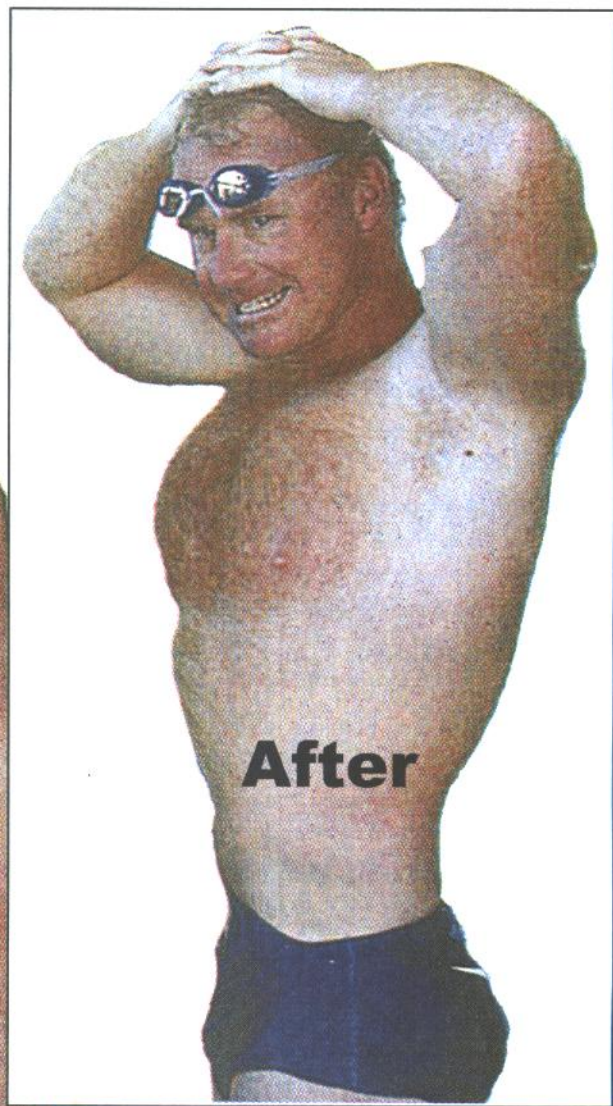
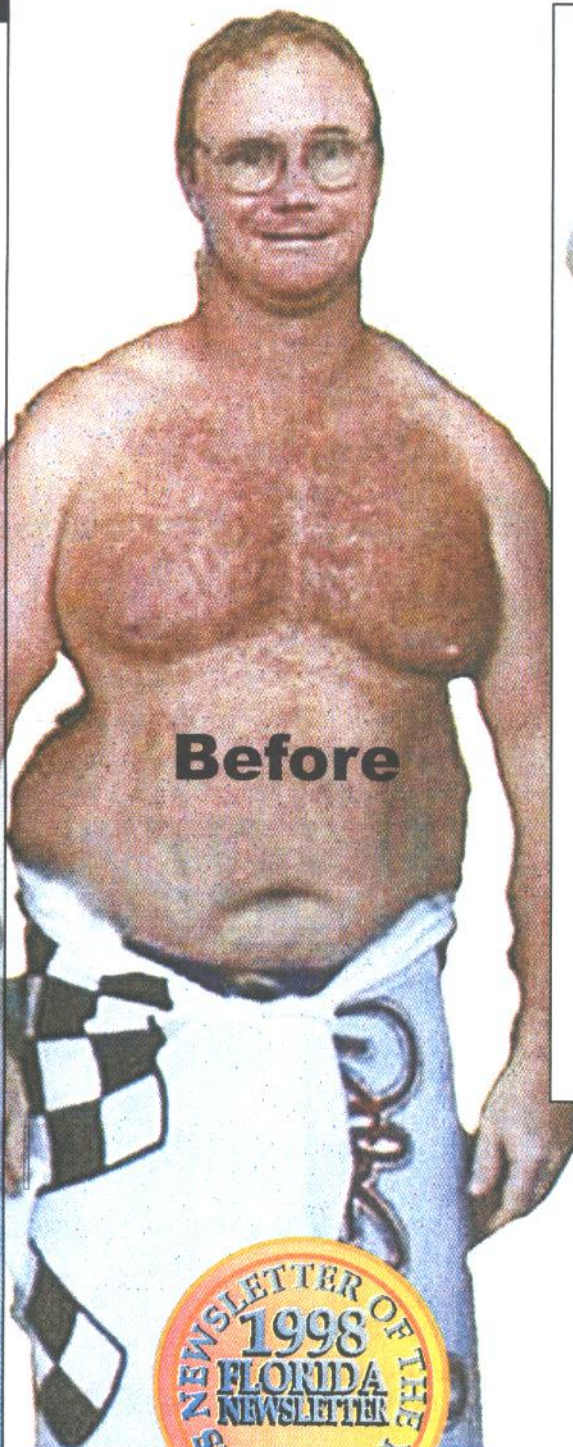
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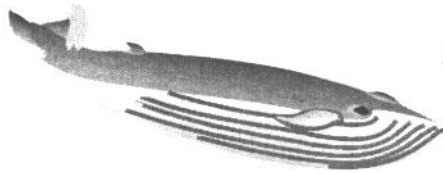
The FLORIDA NEWSLETTER
is published Quarterly

in
Feb., May, Aug., Nov.
by

Florida Local Masters Swim Committee
1116 44th Ave. N.E.
St. Petersburg, Florida 33703



You too can get
in shape like
COACH JOE!
See his recipe
for success **INSIDE!**



DISTANCE MATTERS

by Ron Collins

CALENDAR OF EVENTS



- 8/19/99-8/23/99 **1999 USMS LC Nationals - Minneapolis, MN**
LCM; Paul Windrath, 2612 Eunice Ave, Red Wing, MN 55066, 612-388-8524, <mailto:pwindrath@compuserve.com>
- 8/21/99 Lean Cuisine Ocean Mile Series - Siesta Key Beach - Sarasota, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 8/29/99 Florida Gold Coast Open Water Swimming Championships- Key West, FL Sanction pending
OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), <mailto:nutt1@mindspring.com>
- 9/1/99-10/31/99 **1999 USMS 3000 & 6000 Yard Postal Championship** Sanctioned by FL LMSC #149-008
PST-LD; Margie Huntinge, 1755 Georgia Ave NE, St. Petersburg, FL 33703, 813-521-1172 <mailto:phut@usms.org>
home.att.net/~dixiezone/dp_meets.htm; Entry deadline 11/10/99
- 9/5/99 Lean Cuisine Ocean Mile Series - Marsh Harbor - Abaco, Bahamas
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 9/6/99-9/11/99 1999 Latin American & Caribbean Masters Championships - Ft. Lauderdale, FL
LCM; Craig Mackay, 16931 NW 83rd Ave, Miami, FL 33016, 305-821-7372(fax), latycar99@aol.com; David Morrill, jostens@cantv.net; Open to masters 25+ born or residing in a Latin American or Caribbean country; www.latycar.org
- 9/11/99 Delray Beach, FL, Sanctioned by Florida Goldcoast #509-005
SCM; Scott Barlow - Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444; 561-278-7341
- 9/18/99 Lean Cuisine Ocean Mile Series - Pennekamp State Park - Key Largo, FL
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 9/25/99 **1999 USMS 8.5-Mile Open Water Championship** - Catalina Is., CA; Sanctioned by SP LMSC
OW; Bonnie Adair, 2310 29th St, Santa Monica, CA 90405-2010, 310-451-6666(w), 310-399-8293(h);
- 9/26/99 **1999 USMS 5K Open Water Championship** - Catalina Is., CA; Sanctioned by SP LMSC #339-056;
OW; Tom Katsouleas, 20452 Pacific Coast Hwy, Malibu, CA 90265, 801-456-3657; 1 Mi Sprint Swim held at same time. Entry deadline 9/23/99
- 10/1/99-10/3/99 Bermuda Masters SCM Swim Meet and Open Water 2k, 4k, 7.25k & 10k - Harrington Sound, Bermuda
SCM & OW; Duncan Newby send <mailto:dnewby@ibl.bm> or <mailto:kinsley@northrock.bm>
- 10/9/99-10/10/99 **Team Orlando Masters Short Course Meters Championships** - Orlando, FL Sanction pending
SCM; Larry Peck, 5625 Satel Drive, Orlando, FL 32810 407-647-7793 Send your <mailto:lpeck@juno.com>
- 10/16/99 Lean Cuisine Ocean Mile Series - Beach Deck Pavilion - Jekyll Island, GA
OW; Sean Black - ESM, Inc., 1060 Holland Drive, Suite 3L, Boca Raton, FL 33487; 888-ESM-SPORTS, <http://www.exclusivesports.com/swim.html>
- 10/21/99-10/29/99 **National Senior Games - Orlando, FL**
LCM; National Senior Games, 445 N Boulevard, Suite 2001, Baton Rouge, LA 70802, 504-379-7337, ngsa@idismail.com; Ages 50+
- 10/24/99 The Victor 5 Mi St. Croix Coral Reef Swim - St. Croix, U.S.V.I.
OW; Randy Nutt, 2857 N W 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), nutt1@mindspring.com; Online entry available at www.ActiveUSA.com
- 10/31/99 Delray Beach, FL, Sanction pending
SCM; Scott Barlow - Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444; 561-278-7341
- 11/13/99 **The Clearwater Beach Rotary Club Mile Swim**
OW; Ron Collins 1920 Cobblestone Way, Clearwater, FL 33760, 727-535-4067(e), 727-578-2663(d), <mailto:rcollin3@tampabay.rr.com>;
<http://home.tampabay.rr.com/swimming>
- 12/3/99-12/5/99 **Dixie Zone SCM Championships - Coral Springs, FL**
SCM; Jonathan Coyle, 9022 NW 28th Dr, #203, Coral Springs, FL 33065, 954-340-5508
- 12/4/99-12/5/99 **Tampa Bay Aquatic Club Last Chance Invitational - Clearwater, FL**
SCY; Merit Greaves, 3217 W. Obispo Street, Apt. B, Tampa, FL 33629, 813-835-4369, <mailto:mgreaves@mti-info.com>;
<http://home.tampabay.rr.com/swimming/tbac.html>

From the Pool of the President of the Florida LMSC

For over 5 years, **Jim Donnelly** has been the **Editor of the Florida LMSC Newsletter**. During that time he has elevated the quality of this publication to one of the five best in the country. Then, finally, last year he won the **1998 USMS Newsletter of the Year award**. This was a tremendous accomplishment. His 1999 issues improved even more, as he had promised, but previous winners are not eligible for the 1999 contest. He was honored with the task of being a judge for this year's contest. This is the last issue that Jim is publishing as Editor. He will be devoting more time to his family and to his swimming. I want to take this opportunity, on behalf of the LMSC, to thank Jim for the time and effort that it took to put out this publication.

If you examine the entry form for the Orlando meet you will notice that it states that it is a "consolidated form" for the LMSC. This form will be used as a standard entry form for all swim meets in the LMSC next year. A form like this has been used in different places around the country. Using it will help to cut costs in the newsletter by having to print only one entry form instead of one for each meet. It should also cut down on the mistakes that are made on the entry because we now have one form to fill out. This form will be required to be used in our Florida LMSC meets starting in 2000.

Larry Peck



FROM THE EDITOR'S SWIM BAG

by James M. Donnelly



This August Issue will be my last as Editor. I'm looking forward to getting back into competitive shape with the extra time I'll reclaim.

My trip to the **Pan Am Games in Winnipeg** put me a little behind schedule on this issue. What an amazing experience it was to see the top swimmers from this Hemisphere all together at this meet. My son, Eric, swam the **5th fastest time in the World** so far this year in the 400 m IM, 4:17.86. That makes him the 5th fastest American of all time in that event (to put it in prospective-Mike Barrowman is 6th on the list). Curtis Myden, Canada, swam the World's fastest time this year to beat Eric.

They both broke the old Pan Am record. Eric's time was faster than the "A Team" Americans, Tom Wilkens and Eric Vendt, who just swam in the Pan Pacs in Australia.

In preparing each issue, I have been

fortunate to have had the support of the Board members, Team reps, and other committed swimmers who have contributed so much to make this a great newsletter, and I am fortunate to count you all among my friends! I will always look back at the great 5 year run I had as Editor and remember that you all helped make it so.



Your new Editor, Abbie Goff (L), with teammate Mandy Crowe

I'd like to introduce you to your *new* Editor, **Abbie Goff!** She just finished her 4th year swimming for the Gators at U of Florida and swam in her first masters meet for F.A.S.T., in St. Pete in July. She jumped at the chance to be Editor and is really excited about it! She will produce the newsletter in Gainesville

while she is a grad student for the next three years. The November issue will be her first, so please send or e-mail all copy and photos to her at her address on the back cover by the deadline. Thanks.

TREASURER'S REPORT

BY MEEGAN WILSON

FLORIDA LOCAL MASTERS SWIM COMMITTEE STATEMENT OF REVENUES AND EXPENSES FOR SIX MONTHS ENDED JUNE 30,1999

Revenues

Registrations (Individual, One Event, Club, Transfers, Contributions)	\$20,955.00	
Sanction Fees	130.00	
Credits/Past Due	117.00	
Total Revenues		\$21,202.00

Expenses

Registrations (Individual, One Event, Club, Transfers, Contributions)	\$17,935.00*	
Newsletter	2,496.44	
Postage	1092.26	
Convention	290.33	
Fees on Registrations	312.30	
Top Ten Processing Fees	30.00	
Rule Books (10)	80.00	
Annual Incorporation Fees	61.25	
Copying Costs	11.32	
Telephone	7.33	
Office Supplies	340.68	
Overpayment	79.00	
Total Expenses		\$22,735.91
Excess Expenses Over Revenues		- \$1,533.91

(*Total includes \$4,171.50 December 1998 USMS registration expenses payable Jan. 1999)

FLORIDA LOCAL MASTERS SWIM COMMITTEE STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE AS OF JUNE, 30,1999

Assets

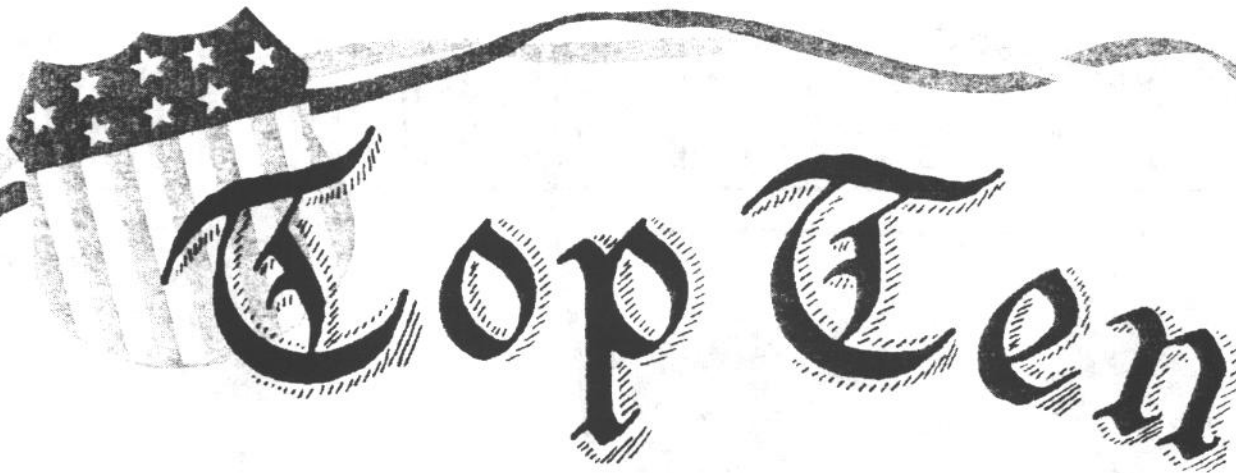
Cash Checking Account	\$16,477.07
Total Assets	\$16,477.07

Liabilities

\$ None

Fund Balance

Balance at December 31, 1999	\$18,010.98
Excess of Expenses Over Revenues for 6 Months	- \$ 1,533.91
Total Fund Balance	\$16,477.07
Total Liabilities and Fund Balance	\$16,477.07



Top Ten

July, 1999

TOP TEN AND RECORDS REPORT

Margie Hutinger

I submitted SCY Top Ten, and have checked the preliminary list. Remember, if you want your times included for FL Top 5 & Records, send me documentation from meets outside the FLMSC. So far, SWIM is the only team that submitted swimmers times from SCY Nationals. It would be helpful if someone from each team would compile copies of their swimmers' results and send them to me. I have finished the **FLMSC SCY Top 5 and Updated Records**, as of May 31, 1999, including Nationals and omissions swimmers have noted. Each team has received a copy for 1998 & 1999. Top 5 & Records will be posted at the FL web site- <http://home.att.net/~floridaLMSC/> or individuals may order copies: \$2.00/single course or \$5.00 for all 3 courses. Send check and address to: Margie Hutinger; 1755 Georgia Ave NE; St. Pete, FL 33703. Twenty two women's; 25 men's; and 6 relay records were broken, this past year. SCM Top 5 will soon be there.

SWIM was the first meet to include FL records in the heat sheet, at **Sarasota**. The swimmers appreciated the recognition, and the record breakers received a Hershey kiss and boot, to boot. Since October, seven unregistered swimmers have competed in FL meets. This affects all of us, as our USMS insurance only covers what sanctioned meets where ALL competitors are USMS registered. I did not enter any of these swimmers on the Top Ten list, nor any of their relays. No registration- no swim. I would appreciate it if you entered your name as it appears on your card.

The Senior Nationals Meet, held in Orlando, in October, will be Recognized. Therefore, all Masters will have their times submitted for Top Ten.

Seven swimmers entered their wrong age at the St. Pete Meet, in July. Please note the difference, below.

ATTENTION: AGE RULE CHANGE

Starting Jan. 1, 1999, the determining date for AGE has been changed for all SC M and LCM meets. Your age shall be determined by your age as of December 31, of the year of competition. For SCY, no changes--your age remains your age on the last day of the meet.

USMS TOP TEN PATCH & SEGMENTS-

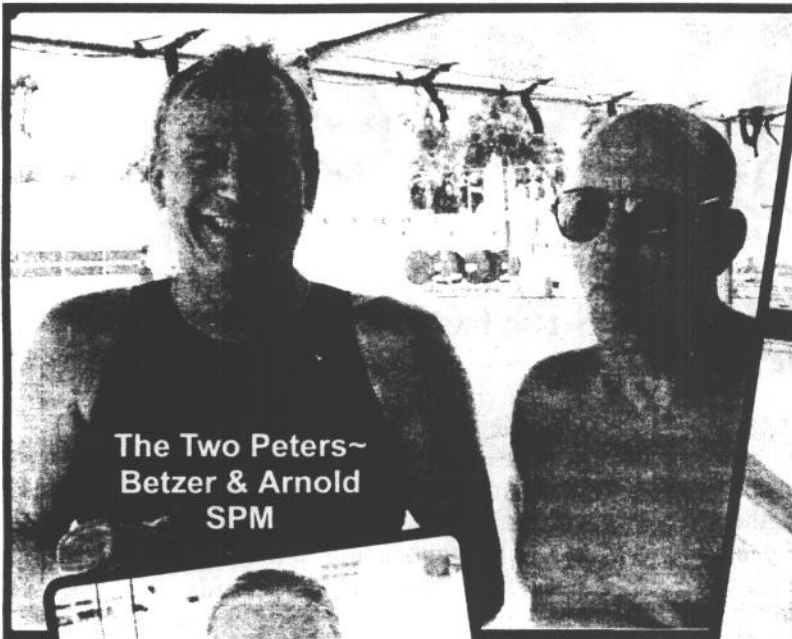
Top Ten Patches are available to USMS swimmers who have earned them in any event, in any course (short course yards, short course meters, long course meters). Top Ten Patches and stroke segments can be ordered for the present year and as far back as 1982. Master swimmers are eligible to obtain a Top-Ten Patch (with stroke segments) if they are listed in the Top Ten in any event during the year. Members of Top-Ten relay teams are also eligible. USMS publishes three Top-Ten listings each year-- one for each course. Listings from 1993

are on the internet at: <<http://www.swimgold.com>>. Patches can purchased for \$5.00 each (includes one stroke segment). Additional stroke segments can be purchased for \$1.00 each. (Add'l 1999 segments are \$1.25) Orders may be sent to:

Dar Ferguson 4917 Walden Circle@Orlando, FL 32811
407-248-2624

The order must include your name, address, year, course, age group, and event in which you placed in the Top Ten. Make checks payable to: "Lake Erie LMSC".

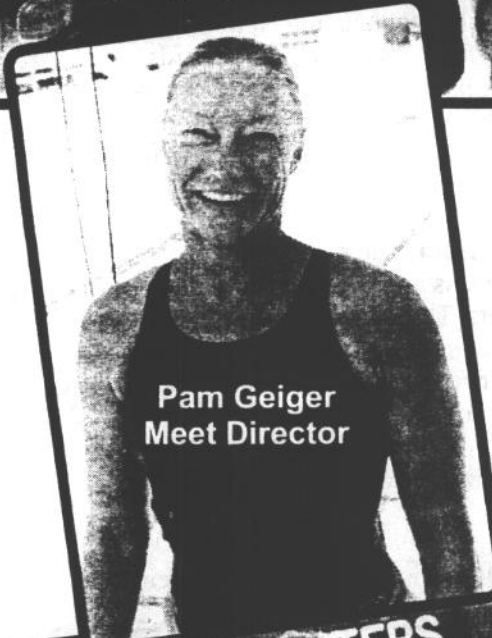
NEWS FROM AROUND THE LMSC



The Two Peters~
Betzer & Arnold
SPM



Michelle
DiGiacomo
SWIM



Pam Geiger
Meet Director

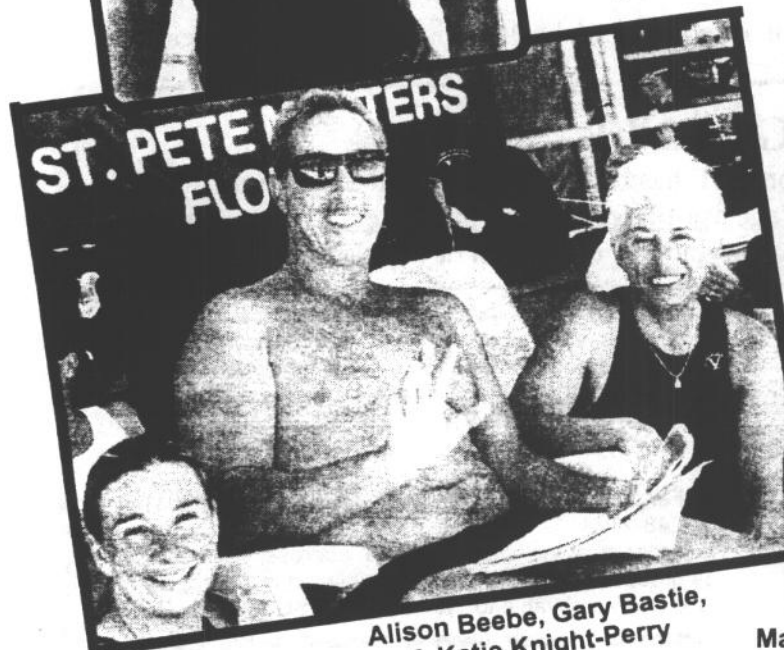


SPM

ST. PETE MASTERS Long Course Championships



Pat Marzulli
SPM
Graduate...is it in you?



Alison Beebe, Gary Bastie,
& Katie Knight-Perry



Margie Huting, FMM, Dick Brewer & Jean Garbus, SWIM

T B A C

TAMPA BAY AQUATIC CLUB

**Announcing the First
Annual
Before The End of The Year
Masters Invitational
Swim Meet
Dec 4th & 5th, 1999**

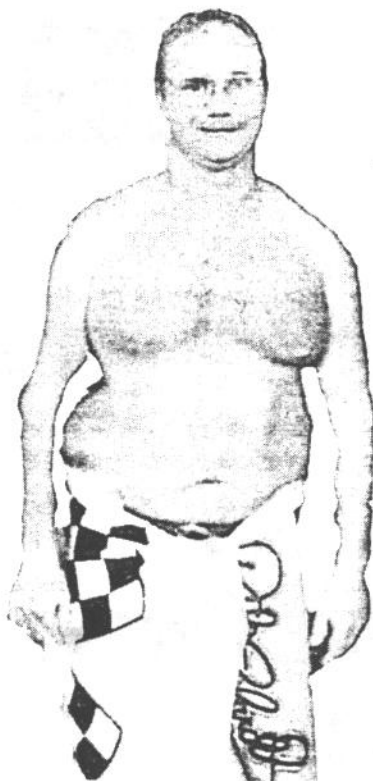
This meet will be conducted at the beautiful **Long Center Complex in Clearwater.**

We will compete short course yards using eight lanes.

This annual event should help any swimmer attain the same results that we have seen in our **Coach Joe** since the winter meet in February. *You too can meet with and talk to Coach Joe in December & discuss the amazing results of a dedicated swimmer preparing for one of the most fun meets of the year, Dec 4th & 5th.*

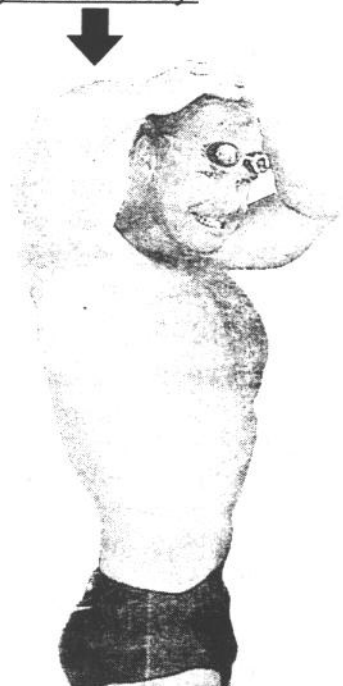
Here are just a few of Coach Joe's Tips:

- *Coach Joe recommends swimming everyday and cutting down on your alcohol consumption before morning practice.*
- *Don't eat ice cream in bed at night.*
- *Substitute water for beer to rehydrate yourself during and after practice*



- *Flex your stomach muscles whenever you think about it and for as long as you can (or whenever any one looks at you). This is easier than doing sit-ups!*
- *Enter our meet in December and show off your new body!*

So plan on signing up for the meet, getting to Clearwater, and having a great weekend! We will have all sorts of surprises for all the swimmers! **We have arranged for special**



rates at the Ramada Inn Countryside in Clearwater for the meet. The address is 26508 U.S. 19 North. For the special rate of \$58 please call 727-796-1234 ext. 103 and ask for **Paul Dalton or Jan Roebuck.** We have 30 rooms being held until 11/19.

Let's make this annual meet a great way to end the 1900's!

Mike Scott ■



We Get Faxes

To: Jimbo
Fm: Neal
RE: Late Breaking News

Probably a bit past your deadline, considering you've already begun printing. Nevertheless, I figured something this important was worth a shot at getting in.

Word has it from a SWIM Florida team member, just returned from Masters Nationals in Minneapolis, that a swimmer pooped in the warm-up pool, forcing closure of the facility and competitors to get loose and swim down dry-land style.

Too bad no one got a shot of this for you to put on the cover...!!!



FLORIDA MAVERICK MASTERS

Twelve MAVERICKS traveled to Nepean (suburb of Ottawa), Ontario, Canada, to compete in the **Canadian Masters National Championships SCM** on May 14-17, 1999.

We accounted for **35 individual and 6 relay gold medals; 22 silver and 5 bronze**. Since they have no divisions for team size, we competed against the biggest teams, with 20-70 swimmers. Our men's team placed **2nd**, and our combined team, **4th**. **Regan Kenner, 76**, broke the USMS record in the 100 back (1:51.72) with a new time of 1:49.68 and the 200 breast record (4:32.71) in a new time of 4:25.09. We rewrote the team records, breaking 14 women's, 24 men's, and 9 relay records. All competitors received a beret with the meet logo, in their packets. Awards were pins, which we attached to our berets.

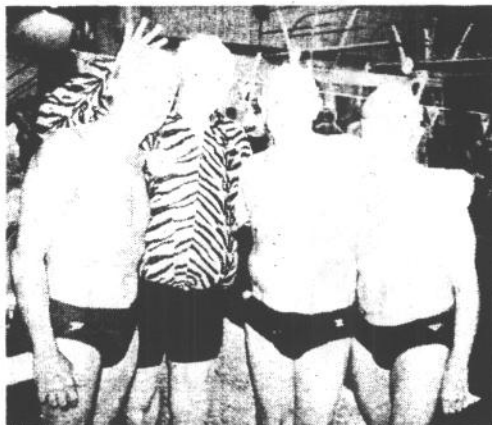
Paul Hutinger, 75, led the way, with seven gold medals--50, 100 & 200 back; 50, 100 & 200 breast; and 50 free. **Don McCollough, 84**, won 6 gold medals--100 & 200 breast; 50 & 200 fly; 200 & 400

I.M. **Robert MacDonald, 71**, won 5 gold medals--

50, 100 & 200 breast; 100 fly & 100 I.M., As did **Dave Malbrough, 86**--50, 100 & 200 back; 50 breast & 1500 free. **Regan Kenner, 76** won the 100 & 200 breast and placed 2nd in the 1500 free, 50, 100, & 200 back, and 50 breast. **Frank Tillotson, 85**, won the 100 I.M., 100 & 200 breast, and placed 2nd in the 1500 free, 50, 100, & 200 back. **Alan Maloney, 70**, won the 50 back & 200 I.M.; Placed 2nd in the 100 breast & 50 fly; and 4th in the 200 breast. **Joseph Kurtzman, 73**, won the 50 & 200 fly; placed 2nd in the 50 breast & 100 fly; and 5th in the 100 breast. **Frank Starr**, who at 89 was the oldest swimmer in the meet, won the 50 & 100 free; placed 2nd in the 100 breast; and 4th in the 50 back. **Gladys Olsen, 73**, won the 200 I.M.; placed 2nd in the 100 &



Florida Mavericks at Canadian Nats.
35 individual Gold, 6 relay Gold, 22 Silver, and 5 Bronze



Maverick's 280+ relays in Canada
MacDonald, Kurtzman, Maloney, Hutinger

200 breast, 100 & 200 fly, and 400 I.M.; and 3rd in the 50 fly. **Doris Prokopi, 64**, placed 2nd in the 100 breast, 200 fly, & 400 I.M.; 3rd in the 200 breast & 100 fly; and 4th in the 200 I.M. **Margie Hutinger, 59**, placed 6th in the 200 back; 8th in the 100 back; and 10th in the 50 & 100 breast.

The Hutingers, Olsen, Prokopi, Tillotson, Troy, **Vijil**, and **Williams** competed at the Sarasota LCM meet in June. Troy broke the FL LMSC record in the 200 m free and Paul Hutinger, the 50 m back, 50 &

200 m breast, 100 m and 200 m fly records,

swimming fly with one arm, following shoulder surgery. High Point winners at the St. Pete LCM Meet in July included the Hutingers for first place and Troy and newcomer **Patricia Tullman**, 2nd place.



Maverick's 240+ Relay in Canada
Hutinger, Prokopi, Olsen, Kenner

DeTore, Prokopi, and **Ferradji** contributed points to add up to a 7th place finish among the 24 visiting teams. P. Hutinger broke 9 meet records,

and set new standards in the FL LMSC in the 50 m back, 100 & 200 breast, and the 200 & 400 m I.M.s, as did Troy in the 100 m fly.

Fifteen Mavericks are fine tuning their strokes to compete at LCM Nationals in Minneapolis and defend their National Championship.

Paul Hutinger ■

**Mavericks's 320+ Relay in Canada
Malbrough, McCollough, Tillotson, Starr**



SPACE COAST RETAINS IRCC CRAIGIE TITLE

All twenty of our SPCO team members contributed heavily, most swimming in the maximum amount of events (upwards to 15) in the two day 10th Annual Stanton G. Craigie Memorial SCY Meet, held at Indian River Community College, Ft. Pierce, on April 24-25, 1999. Gaining our 4th consecutive team title, with a total of 816 points, IRCC placed 2nd with 648 and South West Swim Masters was 3rd with 427 points.

Thirteen of our group placed in the top three high point totals: **1st-Tom Bliss, Dick Robecki, Al Rogerson, Lester Bell, Mary Tusa, and Bunny Cederlund. 2nd-Sean Anderson, John Sinacore, Alene Heuser and Pam Biegert. 3rd-Herb Delgado, Pete Turner and Angie Sinacore.** We welcome new members Sean Anderson and Pam Biegert, who were amazing in their performances. Karen Halford, Missy Bliss, Carl Finney, Kurt Stafflinger, Barbara Waganaar, John Sinacore & Al Chipman...*did*



you know... **Bunny Cederlund**, 77, who has been swimming for SPCO for 10 years holds World Records in the 50, 100, 200 LCM Backstroke events for the 75-79 age group. **Bunny was U.S. National champion in 1939** and headed to the **1940 Olympic Games**, which were canceled due to World War II. Bunny summers in North Carolina, but will be back in October to participate in the National Senior Games in Orlando.

Pete Turner was our only swimmer to enter the February Fitness Challenge. The idea was to record the yardage for each of the work-outs during the month of February. Pete had a total of 59,100 yards (over 2111 per day). this was good enough for 9th place in the 35-39 age group and placed him 179th out of 415 in the overall total. way to go Pete!

Race Time...At the recent

IRCC meet, John "Head Start" Sinacore attempted to revise the race starting procedures by leaving the block on the "Step up" command and encountered the water with his loggerhead turtle technique (on all fours). After whining about an inner ear problem, John was allowed to continue. After the meet, John (also known as Captain John) along with his bride Angie, left for an overseas trip to Holland for a biking outing. Upon their return to the USA they would resume their Coast Guard duties on Lake Ontario, NY. Angie was delighted.

Sean, Bob, Lead Way at Delray...Sean Anderson, in his first LCM meet and **Bob Sigersmith**, in a new age group, registered first places in the June 5th meet at Delray Beach. Along with Herb Delgado, Pete Turner, Carl Finney, Al Rogerson and Les Bell, the septuplets fared well in the SPCO's first LCM venture of the summer season. Dick Robecki and Phil Lindsley, both had LCMitis and were unable to attend because of the lack of a wall in the middle of the course.

Tom Bliss, Pete Turner, Phil Lindsley, Tina DeSalvo, Al Rogerson ■

Swim Florida

1999 USMS NATIONALS RESULTS

On May 13, 1999 the US Nationals (short course yards) was held out in Santa Clara, California. A few brave SWIM FLORIDA members overcame the weather! **Dren Geer** (65-69) placed first in the 100 free, and second in the 200 free and 200 fly. **Kevin McCormack** (45-49) placed third in the 100 fly, and fifth in the 50 fly. **Rick Trevison** (55-59) came in sixth in the 1000 free. And **Rick Walker** (45-49) took silver in the 1650 free.

1999 CANADIAN NATIONALS RESULTS

Northern Exposure News: **Sylvia Eisele** reports that the **Canadian Nationals** (short course meters) was held May 14-17 in Nepean, Ontario. There were 855 participants representing nine of the Canadian Provinces, eight American states, plus entries from England and Switzerland. A total of 124 master swim clubs participated in the meet. Three SWIM FLORIDA team members were there.

Larry Black (40-44) won the 800 and 1500 free, took second in the 400 and 200 free, and placed third in the 100 free.

Chris Connor (19-24) won seven events: 100 free, 200 free, 400 free, 1500 free, 100 breast, 200 breast and the 400 IM! **Sylvia Eisele** took gold in the 50 breast,* 100 breast, 200 breast,* 100 fly, 200 fly,* 200 back and 400 IM*. (*new Canadian national records.)

Amy Rachman

22nd Annual SWIM Florida LC Championship in Sarasota

Our novelty **Eastern Toe-Biter T-shirts**, idea of **Coach Dren Geer** and designed by **Jim Donnelly**, were given to 131 swimmers who swam 5 events or more at our **22nd Annual SWIM Florida Long Course Swimming Championships** at the Arlington pool in Sarasota June 19-20.

It takes a whole team to run a meet and the Ft. Myers/Naples and Sarasota segments of SWIM

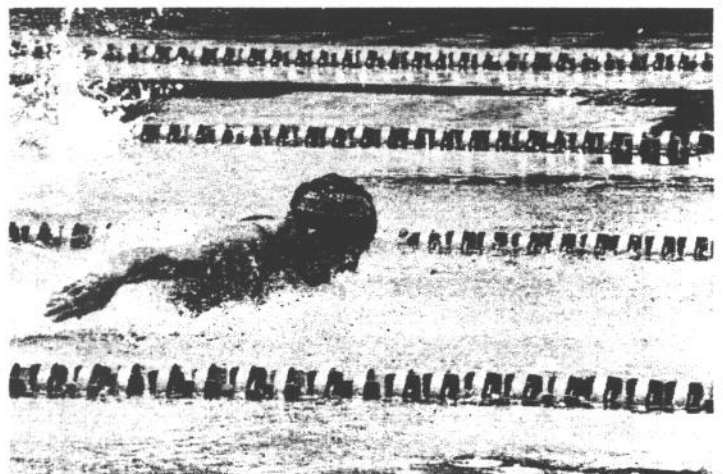


Lucey Malone smiles after her 50 M Fly



Lookit' them hammers!

Deanna Doyle-Vallery, Steve Grossman, Rick Walker, Kevin McCormack, Laura Dissington, & Chris Gilligan doing "one-arm curls" at the tail-gate party.



Laura Dissington is flying in Sarasota!

Florida did just that. It was team work all the way. We thank everyone who helped make the meet the success that it was. It really was a fun meet.

We thank all those who were kind enough to time while their spouses and friends were swimming. They admitted that it made their time at the meet more meaningful and interesting. We encourage others to do the same at all meets. Two timers are needed at each lane and it's not always easy to come up with enough timers for two days.

The meet ran smoothly as **Neal Turnage** announced and **Dick Brewer** handed out "kiss 'n boot" prizes for record breakers.

Our free Sunday breakfast was a big hit as usual and the tail gate party in the park turned into an umbrella social which didn't dampen the spirits of those attending.

All in all, co-meet directors, Dren Geer and **Bob Coulter**, did a fine job of getting it all together, even to the point of having the weatherman provide sunshine during the meet.

Swimmers expressed their approval of our result labels and pink and blue result sheets posted on the wall as the meet progressed. Although the sun wasn't as hot as previous years, we still had a sprinkler hose running along the walkway to keep swimmers' feet cool while they headed for the blocks and swimmers found enough shade around the pool during the meet.

We received compliments and suggestions from members of other teams. Next year we hope to implement many of the ideas and make our meet even more interesting. Watch for the surprises.

A note: We need swimmers and their spouses to become meet officials for FLMSC. It requires one training session and some reading along with 20 hours of on-deck training. Please contact a meet official in your area for more information. WE NEED YOU. PLEASE DO IT.

Edna Gordon ■



At the Sarasota T-Shirt meet we tried our best at the Long Course meters. Many of our Residents go north for the summer, so we had only four swimmers. They were **Jim Browne, Sue Landers, Nancy Meissner and Jean Zulich.**

It wasn't until our EIGHT swimmers at the April 1999 St. Pete SCY meet scored enough points to place us in 8th place out of 31 teams, that we realized that we were a REAL TEAM! We were even ready to form a few relay teams at that meet. And we weren't in last place. WOW!

So inspired were we that we decided on a team mascot and a team logo, which we've never had before. We call ourselves the **SCC Sharks.**

These teammates won 11 first places, 9 second places and 2 third places--not bad out of 26 swims.

Three of our northern members are planning to go to the Minneapolis LCM meet. We hope they score well and have a great time.

Nancy Meissner ■

CAT MASTERS

The CAT Masters have been adjusting to their summer schedule and cranking out some good quality workouts in the early morning hours. Several of our masters are true snowbirds and flew the coop for the summer months. Right now a lot of us probably would like to be up north for some cooler weather. The masters are getting geared up for the **St. Pete Masters Long Course Championships** in mid July, **The Strange Man Beach Biathlon** (a run, swim, run) later in July, & **Nationals** in Minnesota in late August. Some CAT Masters headed down to **Sarasota for the Annual "T-Shirt" Meet**. **Don Puchalski, Jean Tsagaris, Nancy Durstein, Bob Laventure, and Alex Ramirez** did a great job representing CAT. Great times were swum by all, and a great time was had by all. **Dean McCrackin and Aubert Metayer** took part in the **Lean Cuisine Ocean Mile Series** at Davis Island in Tampa. Both guys said the water *is kind of nasty* (Davis Island is on the Port of Tampa) but was a fun race. We should have a good crew swimming at the upcoming long course meet in St. Pete. See you all there! ■

Kelley's Koachin' Korner

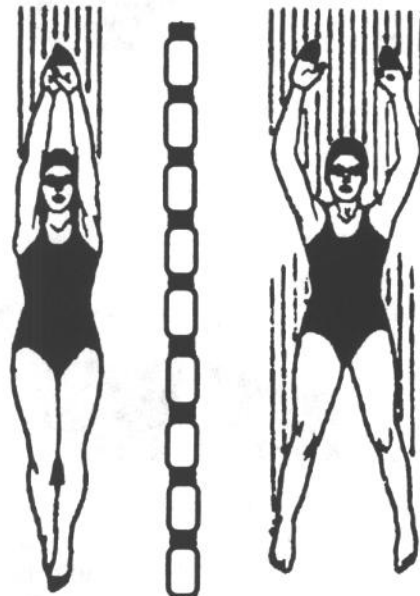
Day in and day out I see people working hard on their strokes, or working hard on a set they are swimming and the whole time they are neglecting a very important part of competitive swimming...the **streamlined push-off**. The fact is *nobody* can swim as fast as they go on the first five yards of a perfect streamlined push-off. In this day and age of modern conveniences we are always looking for ways to make life a little easier, shouldn't we do this with our swimming also?

Perfect streamlining off a wall will reduce the number of strokes you take on the following lap (you have just made life a little easier). Good streamlining off your wall will allow you to carry the speed from your push-off further down the lane and into your first stroke on the surface. So stop Super Man-ing off your turns, stop that urge to start stroking as soon as you push off. Get under the water, make your body as long as possible, keep your biceps on your ears and lock your hands together. Point your toes and cross your feet. With constant practice you will learn to start your kick *right before your body slows down* from the push-off so you can take the speed off the wall into your first stroke. Remember, it is not perfect streamlining if you glide too long and lose all your speed. Good luck,



Coach Kelley Allen

Kelley Allen, Coach CAT Masters



Gold Medal Streamline
(Highly recommended)

Classic Superman
(Not recommended)

Encourage your team to participate in the **3000/6000 Postal National Championships** in September or October. In the past, this event hasn't been well publicized. Think about promoting the FLMSC swimmers and giving them another opportunity for recognition. Optimize your team's chances to receive one of the three team awards, by putting relays together. The Florida Mavericks are sponsoring this event. For more information, contact: Margie Hutinger- 1755 Georgia Ave. NE; St. Petersburg, FL 33703, or e-mail phut@usms.org; or phone (727) 521-1172.

Question: What advantage is there to heavy breathing before swimming a race? Does this give extra oxygen to the body, that I can use during the race?

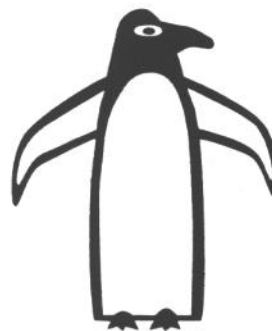
Answer: The technique of heavy breathing, or voluntary hyperventilation, used by some top sprint swimmers, has been demonstrated to be an advantage in sprint events. Both coach and swimmer should understand the basic concepts of the breathing mechanism and the role of oxygen and carbon dioxide, CO₂, in controlled breathing.

Automatic breathing is controlled by the respiratory center located in the brainstem (upper area of the neck). It is activated when CO₂ reaches a certain level. This occurs about 12 times/minute. The oxygen content within the body is a back-up system. Low levels of oxygen will activate receptors for the body to supply more oxygen, however, the system continually operates various feedback mechanisms to maintain a constancy of the internal environment, or homeostasis.

The red blood cells are normally saturated with oxygen to about a 99% level, as physiologically, hyperventilation does little to help with the oxygen supply, since the body cannot store oxygen. Hyperventilation does have the effect of reducing the concentration level of CO₂ in the blood, producing a buffering effect and decreasing the desire to breathe. This is dangerous for underwater swimmers.

Research studies, such as the most recent one by Dr. Robert Neeves, an exercise physiologist and Masters swimming champion, demonstrate an advantage for hyperventilation. Neeves found an improvement in time of 1.12 seconds for the 100 yd free and a reduction of breathing by 24%. He recommends a 30 sec. period of hyper-ventilation prior to swimming an event. I recommend only 15 sec. This takes some planning and timing however, to be ready for the start of a race. Personally, I have found limited hyperventilation is useful in the 100 and 200 IM events in Masters swimming. In the 200 yd IM, the ventilation enables me to maintain a two stroke breathing pattern for the fly, without undue stress. I can then start the back without the usual feeling of breathlessness. **Caution: 5 deep breaths as a maximum.**

How much deep breathing should you do? Besides the 15 sec. guideline, you can use several other keys. DO NOT prolong



Ask the "Swimming" Doctor

by Dr. Paul Hutinger

hyperventilation to the point of dizziness, but just to the beginning of feeling light-headed or having tingling feelings in the tips of the fingers, then reduce the frequency of breathing.

Hyperventilation can also cause unconsciousness, impair judgement and reaction time, so use it with caution. It does not produce any permanent damage to the body. But, if hyperventilation is used with underwater swimming for distance, it can increase the probability of blacking out, which could be fatal!

Gary Bastie, a 47 yr. old former coach, only uses a few deep breaths before underwater drills and competition. The underwater rule allows only 15 m (16.4 yds) on the start and turns for fly, free, and back. Many world record holders, like Bill Specht, swim off the wall, underwater, for top performance, and practice this skill frequently in training. David Berkoff, a former Olympian, perfected the underwater kick and caused a rule change, because of his talent. A drill of his at Olympic team practice in 1994, was unbelievable. Berkoff, with fins, did a 50 m underwater kick on his back (35 sec). On the 45 sec. interval, he did a total of 10 repeats.

A recent death at the Eckerd College Pool in St. Petersburg, July 19, 1999, of a 15 yr. old boy who was practicing breath holding underwater, should be a warning for all swimmers. I discourage breath holding underwater, preceded by hyperventilation.

Anyone wanting additional information, or having personal questions, please send a large SASE to- Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703. You can e-mail me at: phut@usms.org

The Ego Has Landed

by Neal Turnage

Somewhere during the recent **Swim Florida T-Shirt meet**, I think it was the 17th heat of the 200 meter backstroke, my goal shifted from the desire to swim fast to the desire to sit my ass down.

And I wasn't even entered in the meet. I was the announcer. No, I wasn't yanked out of the warm-up pool by some overzealous official, desperate for someone to call out the names of swimmers and LMSC record-breakers. (Is there a record for most announcements made at a swim meet?) I did this on my own volition.

Why? None of us will have to reach very far to relate to my excuse: I was out of shape. Or out of something. Gas, clean swimsuits, goggle straps. You name it.

Time for a reality check: Whatever we're out of is nothing but a chlorine-residued cover-up for the real reason we're sitting out a meet. (Or in my case, standing.) Admit it. The real reason you're sitting out-notice I wrote that last sentence in the second person; I took the "I" out because I'm still in denial-is because your ego is bigger than your brain. What's really going on is that you're afraid you may swim a time that doesn't reflect your capability.

This was all brought home to me when a swimmer reacted to my out of shape story with something to the effect of, "John Smith (not his real name) said the same thing and he hasn't missed a practice in ten years."

Sorry, Mr. Starting Official, what heat of the two hundred fly is this?

This last little reference is not there by accident. See, while all the swimmers were busy ignoring every heat but the one before

they were in, I was busy examining the dynamics of each race while "busy" announcing. One thing I noticed was that the only men brave enough to swim the 200 fly were all over 70 years of age. They all made it, by the way. How sick is that?

I'm in my mid-thirties and couldn't even brave a 50 free because I was out of shape. Now granted under normal conditions we would have seen **Bill Specht** entered in that race and emerging a winner. I read once where he admitted it was a race to be swum only by those willing to check their brains at the pool gate. He may be right. In fact, he probably checked his brains on the beach prior to the start of the **Swim Around Key West**.

What I'd like to add to Mr. Specht's little philosophy is that the first thing each swimmer should do before every race is check their ego. Who cares what kind of shape you're in? That sinking feeling I experienced as I watched Mr. Specht and others emerge from the water in Key West (I kayaked), the same one I experienced while announcing in Sarasota, is far worse than feeling out of shape.

Feeling like you've let yourself down is a great motivator for losing your ego. Well, never again. I learned my lesson.

At this point you're probably waiting for the glorious, triumphant ending, the part where tears start to come to your eyes when I tell you about that one meet I felt the fear of being out of shape and swam anyway. And had the race of my life.

Not yet. But a few times while drinking a huge protein shake following practice I've thought about checking what's left of my brains-my rapidly diminishing ego, too- and inviting Mr. Specht for a friendly 200 fly get together. I'm confident I could hang with him for the first 50, maybe even give him a run for his money for a 100. That last 75 meters? This is what's referred to as the cliffhanger. I'll write about that next. ■

**Annual Team Orlando/Speedo Short Course Meters Swimming Meet
October 8, 9 and 10, 1999**

Sanctioned by : Florida LMSC for USMS, Inc. Sanction #149-017

- Rules:** Open to registered MASTERS, age 19 years and older. All entrants must have a current 1999 USMS Registration Card and a **photocopy must be attached to entry form**. 1999 USMS Rules Govern. Each swimmer will be limited to five events per day plus relays.
- Fees:** Cost per event shall be \$2.50, per relay \$5.00 and meet surcharge \$10.00. **Make checks payable to Team Orlando Masters**. Send entries to: Jennifer Bolling, 819 Dartmouth Street, Orlando FL 32804. **Use consolidated entry form**. Enclose a SASE if you wish verification that your entry was received.
- Deadline:** Entries must be **received by September 29, 1999**. Faxed entries will be accepted with an additional surcharge of \$10.00. Fax to (407) 352-1907 until 12 noon, October 1st. If a swimmer is unable to attend, call Larry Peck at (407)647-7793 no later than October 7th. Your money will be refunded in full.
- Facility:** The YMCA Aquatic Center is at 8422 International Drive, Orlando FL 32819. The warm-up pool has eight, 25-yard lanes. The competition pool is an eight lane 25 meters by 25 yards diving well. Deep and fast! Colorado Timing and hand-held backup watches used.
- Awards:** Awards will be given for 1st -8th place in each age group in each event. Individual high point awards for 1st - 3rd in all age groups. Visiting Team awards will be given to 1st-3rd.
- Scoring:** Scoring will be 9-7-6-5-4-3-2-1 for individual events and DOUBLE points for relays.
- Events:** **Friday, October 8th** –warm-up for the 1500 begins at 4:30pm. Heats for the 1500 will be deck seeded and start at 5:30pm. Heats will be mixed sex, slowest to fastest. **Saturday, October 9th** –warm-up begins at 8:00am and the meet starts at 9:00am. **Sunday, October 10th** –warm-up begins at 8:00am and the meet starts at 9:00am. Breaks will be scheduled as needed throughout the meet. Check-in required for 400 Free, 400 IM and 1500 Free at least one half-hour prior to event.
- Relays:** Relays will be deck entered and seeded a half-hour prior to the race. All relay swimmers must be registered with the meet, have a signed waiver and paid the meet surcharge.
- Warm-up:** Warm-up will begin one hour prior to the first event each day.
- Food:** Refreshments will be available for purchase at the meet.
- Social:** A dessert social will be held at Lucky & Jacquie Meisenheimer's home Saturday evening.
- Results:** Results can be ordered for \$5.00 per copy. One free copy will be sent to each team. A team rep sign-up list will be available at the registration table.
- Information:** Larry Peck, Meet Director (407)647-7793 or email ldpeck@gdi.net
- Area Hotels: Special rates for swimmers!**
- | | |
|---|--|
| The Castle 8629 International Dr. (407)345-1511 | Clarion Plaza 9700 International Dr. (407)996-1703 |
| Clarion Floridian 7299 Universal B. (407)351-5009 | Comfort Suite 9350 Turkey Lake Rd. (407)351-5050 |
| Days Inn 7335 Sand Lake Rd. (407)351-1900 | Embassy Suite 8250 Jamaican Ct. (407)345-8250 |
| LaQuinta 8300 Jamaican Ct. (407)351-1660 | Masters Inn 8222 Jamaican Ct. (407)345-1172 |
| Residence Inn 7975 Canada Ave. (407)345-0117 | Radisson Inn 8444 International Dr. (407)345-0505 |

Order of Events

Friday, October 8th	Saturday, October 9th	Sunday, October 10th
W/M	W/M	W/M
1 / 2 *1500 Freestyle	3 / 4 400 Free Relay	25/26 400 Medley Relay
	5 / 6 200 Ind. Medley	27/28 100 Ind. Medley
	7 / 8 100 Butterfly	29/30 200 Butterfly
	9 200 Mixed Free Relay	31/32 200 Free Relay
	11/12 50 Freestyle	33/34 100 Backstroke
	13/14 200 Backstroke	35/36 50 Breaststroke
	15/16 200 Medley Relay	37/38 100 Freestyle
	17/18 100 Breaststroke	39/40 50 Butterfly
	19/20 200 Freestyle	41 200 Mix Medley Relay
	21/22 50 Backstroke	43/44 200 Breaststroke
	23/24 *400 Ind. Medley	45/46 *400 Freestyle

*denotes check-in required no later than one half hour prior to event.

**Local Masters Swimming Committee for Florida
CONSOLIDATED ENTRY CARD**

Name _____ Male _____ Female _____ USMS# _____
 Birthday ____ / ____ / ____ Age ____ Club _____ Phone (____) _____

Event No.	FREESTYLE (time)	Event No.	BACKSTROKE (time)	Event No.	BREASTSTROKE (time)	Event No.	BUTTERFLY (time)	Event No.	INDIVIDUAL MEDLEY (time)
	50		50		50		50		100
	100		100		100		100		200
	200		200		200		200		400
	400/500								
	800/1000								
	1500/1650								

Meet: <u>Team Orlando/Speedo SCM Meet</u>	Office Use Only Amt. Recd _____ Date _____
No. of Events: _____ X <u>\$2.50</u> = \$ _____	
Surcharge = \$ <u>10.00</u>	
Meet Results Mailed \$ <u>5.00</u> = \$ _____	
Fax entry charge \$ <u>10.00</u> = \$ _____	
TOTAL = \$ _____	

Include copy of USMS card Signature on form is **REQUIRED!** Include copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry date) or entries postmarked after date due **MAY BE REJECTED!**

ALL MASTERS swimmers are required to send a photocopy of their current USMS card with their entry. ALL MASTERS swimmers may be asked to show their USMS card if requested at the meet.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERTO, 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.

PLEASE SIGN & DATE: _____

Is this your first Masters Meet? Yes ___ No ___
 Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address show.

Tampa Bay Aquatic Club
Last Chance of the Year SCY Invitational
December 4-5, 1999

- HOST** Hosted by Tampa Bay Aquatic Club, Inc.
- SANCTION** Sanction #149-xxx. Sanctioned by the Florida LMSC Inc. for USMS Inc.
- DATE & TIMES** Saturday, December 4: start 11:00 am, warm-up 10:00am
Sunday, December 5: start 9:00 am, warm-up 8:00am
- FACILITY** The Long Center is a 25 yard indoor facility with 8 competition lanes, electronic timing and warm up/down lanes. The pool is located at 1501 N. Belcher Road, Clearwater, Florida.
- RULES** This meet will be conducted according to 1999 USMS rules.
- ELIGIBILITY** The meet is open to all 1999 USMS-registered swimmers 19 years or older, age to be determined as of December 5, 1999. Competitors 19 to 24 years of age may jeopardize their amateur standing with FINA by competing in this MASTERS meet.
- ENTRIES & SEEDING** Competitors may enter up to a maximum of five (5) events per day plus relays. All entries will be seeded slowest to fastest. Events 400 yards and longer will be deck seeded with a positive check in. Check in deadlines will be announced at meet.
- DEADLINE** All entries must be received by Tuesday, November 23, 1999. ATTACH A COPY OF YOUR 1999 USMS REGISTRATION CARD TO THE ENTRY FORM. Enclose a self-addressed and stamped post card if you wish verification that your entry was received.
- SCRATCHES** If a swimmer is unable to attend the meet, please call Mike Scott at 813.286.6423 no later than Thursday, December 2, 1999, and your money will be refunded in full.
- FEES** The entry fees are \$2.50 per individual event and a \$7 meet surcharge to cover the electronic timing. Make checks payable to TAMPA BAY AQUATIC CLUB, INC.
- HEAT SHEET & RESULTS** A heat sheet will be provided to each swimmer upon checkin. Results may be ordered at the meet mailed for an additional \$5 (one free copy of the results will be sent to each team participating in the meet -- a team rep sign up list will be available at the Registration Table).
- RELAYS** Relays are deck entered, paid and seeded, and cost \$4/relay team. All relay swimmers must be registered members of the USMS registered club they represent, sign the meet waiver form, and pay the meet surcharge. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+.
- SCORING** 9-7-6-5-4-3-2-1 for individual points. Double points for relays.
- AWARDS** Individual event ribbons 1st-3rd place in each group. Individual High Point awards for 1st, 2nd and 3rd in all age groups (minimum of 5 individual events completed). Visiting Team awards for combined men and women 1st, 2nd and 3rd.
- INFORMATION** For further information, contact Mike Scott at 813.286.6423.

Tampa Bay Aquatic Club

Last Chance of the Year SCY Invitational

December 4-5, 1999 Sanction # 149-xxx

Name _____
 Birthday ____/____/____ Age 12/05 ____ Sex ____
 Phone (____) _____
 Address _____
 City _____ State ____ Zip _____
 Team name _____ Abbreviation _____ LMSC _____
 1999 USMS Registration. # _____

Enter your time in the spaces provided after the events. Your time will indicate an entry in that event.

Saturday, December 4				Sunday, December 5		
W/M	Event	Time		W/M	Event	Time
1/2	200 Free	: .		2122	100 Free	: .
3/4	50 Back	: .		23/24	200 Fly	: .
5/6	100 Fly	: .		25/26	50 Breast	: .
7/8	100 Breast	: .		27/28	100 Back	: .
9/10	200 Free Relay			29/30	200 Medley Relay	
11/12	100 Individual Medley	: .		31/32	200 Breast	: .
13/14	200 Back	: .		33/34	50 Fly	: .
15/16	50 Free	: .		35/36	200 Individual Medley	: .
17/18	200 Mixed Free Relay			37/38	200 Mixed Medley Relay	
19/20	400 Individual Medley	: .		39/40	500 Free	: .

\$ _____ - Number of events x \$2.50	Mail entries to:
\$ 7.00 = Timing System surcharge \$7	
\$ _____ = TOTAL ENCLOSED	
Merit Greaves	
3217 W. Obispo St., Apt B	
Tampa, FL 33629	
813.835.4369	

Make check/money order payable to Tampa Bay Aquatic Club, Inc.
Entries must be received by Tuesday, November 23, 1999

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 meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of the USMS.

Date _____ Signature _____

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

<http://home.tampabay.rr.com/swimming/rotarymile.html>
<http://www.distancematters.com/rotarymile.html> The Clearwater Beach Rotary Mile Swim

1st Annual Clearwater Beach Rotary Gulf Challenge Rotary Mile November 13, 1999



Registration begins at 11:00am

Starting Time: 1:00pm

Length: One Mile Gulf Swim

Location: North Clearwater Beach/Between Rockaway and Palm Pavilion (1/2 mile north of Hilton, off Mandalay Avenue, on the beach)

Awards: Three deep in each age category. Male and Female.

Post Party: Food, drink, entertainment available at Rockaway and Palm Pavilion

Entry Fee: \$20 Prior to November 6th/\$25 Race Day Proceeds will benefit the City of Clearwater's Jr. Lifeguard Program, Rotary's Camp Florida and other youth charities.

Divisions: 9-10, 11-12, 13-14, 15-16, 17-18, 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+

Amenities: Original race t-shirt*, official race mug*, pizza courtesy of Papa John's, one free drink courtesy of Rockaway and Palm Pavilion, fruit, water

Host Team: Clearwater Aquatic Team Masters

For more information, entry form and post race results: distancematters.com or 727-461-0011, Ext. 225

Entry Form Name: _____ Sex: _____ Age on Race Day _____

Address: _____
Street, City, Zip

Home Phone: _____ Business Phone: _____

T-Shirt Size: M, L or XL

Signature: _____ Date: _____

Parent's signature required if under 18

Pre-registration entry deadline is November 6, 1999. Make checks payable to the Rotary Club of Clearwater Beach Charities, Inc. and mail to P.O. Box 6255, Clearwater, FL 33758. No confirmations will be sent. **Incomplete or unsigned entry forms will not be accepted.**

*In consideration of the acceptance of this entry, I for myself, my heirs, devisees, executors, administrators and assignees hereby release and hold harmless the Rotary Club of Clearwater Beach, the City of Clearwater, the sponsors, promoters, volunteers and all other persons and entities associated with this event, or their employees, representatives or successors, from any and all claims or liabilities of any kind arising out of my participation even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission for free use of my name and/or photos, videotape, motion pictures, recordings and any other record of this event. **
Guaranteed to pre-registered participants.

signature

FLORIDA

LMSC NEWSLETTER

Florida Local Masters
Swim Committee, Inc.
1116 44th Avenue N.E.
St. Pete, FL 33703

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

INSIDE

- Distance Matters Calendar of Events
- Entry Forms: Orlando SCM; T-BAC SCY; Clearwater Beach Rotary Mile
- News From Around the LMSC
- Ask the Swimming Doctor
- Lots of Photos!

Attention Team Reps:
Deadline for November Issue is
October 10, 1999
Send all Copy and Photos to
Abbie Goff, Editor
320 SE 3rd St, Gainesville, FL 32607
352-379-1855
E-mail: agoff@grove.ufl.edu

