

FLORIDA

Vol XVI No.4

Local Masters Swim Committee, Inc.

November 1999

OFFICERS

CHAIRMAN

LAWRENCE D. PECK
5625 SAHEL DRIVE
ORLANDO, FLORIDA 32836
407-647-7793
E-MAIL: ldpeck@juno.com

SECRETARY

CATHY SHONKWILER
10202 LEEDS CT.
ORLANDO, FLORIDA 32836
HOME: 407-354-3215
FAX: 407-354-3382
E-MAIL: cswimming@aol.com

TREASURER

MEEGAN J. WILSON
620 N.W. 27th WAY
GAINESVILLE, FLORIDA 32607
HOME: 352-373-0023
E-MAIL: wilson@afn.org

SANCTIONS

RON COLLINS
1920 COBBLESTONE WAY
CLEARWATER, FLORIDA 33760
HOME: 727-535-4067
E-MAIL: <http://home.tampabay.rr.com/swimming>

REGISTRATION

MAUD ORLANDO
2503 BAYSHORE DR.
BELLAIR BEACH, FL 33786
HOME: 727-596-9276
FAX: 727-517-9169
E-MAIL: maudeme@gte.net

RECORDS

MARGIE HUTINGER
1755 GEORGIA AVE. NE
ST. PETERSBURG, FL 33703-4320
HOME: 727-521-1172
E-MAIL: phut@usms.org

NEWSLETTER EDITOR

ABBIE GOFF
320 S.E. 3rd STREET
GAINESVILLE, FL 32607
HOME: 352-379-1855
E-MAIL: agoff@grove.ufl.edu

The FLORIDA NEWSLETTER
is published Quarterly in
Feb., May, Aug., Nov. by
Florida Local Masters Swim Committee
5625 Sahel Drive
Orlando, FL 32810



DISTANCE MATTERS

by Ron Collins

CALENDAR OF EVENTS

- 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 Sanctioned by Florida LMSC # 149-016
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>
- 12/31/99 3rd Annual Ocean Mile Swim Series - Hollywood Beach, FL
OW; Steve Zickl, Delray Beach Ocean Rescue, 340 South Ocean Blvd., Delray Beach, FL 33483; 561-243-7352; Entry form at
<http://distancematters.com/ommsentry.jpg>
- 1/1/00-1/31/00 2000 USMS 1-Hour Postal Championship
PST-LD; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com; SWIM INTO THE
MILLENNIUM - Swimmers may begin at 11:01 PM 12/31/99. Special commemorative t-shirts for swimmers who swim from 1999 to 2000.
Swim must be COMPLETED on 1/1/2000; Sanctioned by IN LMSC #160S001; Entry deadline 2/10/2000
- 1/2/00 3rd Annual Ocean Mile Swim Series - Boca Raton, FL
OW; Steve Zickl, Delray Beach Ocean Rescue, 340 South Ocean Blvd., Delray Beach, FL 33483; 561-243-7352; Entry form at
<http://distancematters.com/ommsentry.jpg>
- 1/9/00 3rd Annual Ocean Mile Swim Series - Delray Beach, FL
OW; Steve Zickl, Delray Beach Ocean Rescue, 340 South Ocean Blvd., Delray Beach, FL 33483; 561-243-7352; Entry form at
<http://distancematters.com/ommsentry.jpg>
- 1/8/00-1/15/00 Kissimmee/St Cloud Senior Games - Kissimmee, FL
SCY; Randy Fisher, 100 Lakeshore Blvd, Kissimmee, FL 34741
- 1/9/00 Developmental Meet - St. Petersburg, FL Sanction pending
LCM; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 22703, 813-896-0250
- 1/16/00 3rd Annual Ocean Mile Swim Series - Deerfield Beach, FL
OW; Steve Zickl, Delray Beach Ocean Rescue, 340 South Ocean Blvd., Delray Beach, FL 33483; 561-243-7352; Entry form at
<http://distancematters.com/ommsentry.jpg>
- 2/1/00-2/29/00 February Fitness Challenge
PST-LD; Bill Volckening, 370 NW Island Cir, #B-5, Beaverton, OR 97006, 503-533-5567, BillVolckening@usms.org;
www.usms.org/fitness/ffc99.pdf
- 2/5/00-2/6/00 Valentines Meet - Clearwater, FL Sanctioned by Florida LMSC # 140-002
SCY; Kelley Allen, 727-791-9542, 727-462-6028(fax); Info and 98 results <http://distancematters.com>
- 2/27/00-2/29/00 Hall of Fame Masters Challenge - ISHOF, Ft Lauderdale, FL
SCY; Stu Marvin, International Swimming Hall of Fame, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316, 954-468-1580(w), 954-474-7010(h),
stum@ci.ftlaud.fl.us
- 3/4/00 March to Munich Swim Meet - St. Petersburg, FL Sanctioned by Florida LMSC #140-001
LCM; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 22703, 813-896-0250
- 3/13/00-3/18/99 Games for Life - Sarasota, FL
SCY; Carolyn Brown, 6700 Clark Rd, Sarasota, FL 34241
- 3/18/00-3/19/00 Dixie Zone SC Champs - Atlanta, GA
SCY; Lisa Watson, 804 Howell Ct, Duluth, GA 30136, 770-497-1901(h), 770-718-3646(o), hwatson@hermes.qc.peachnet.edu
- 3/31/00-4/2/00 30th Annual SPM Short Course Championships - St. Petersburg, FL Sanction pending
LCM; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 22703, 813-896-0250
- 4/15/00-4/29/00 Open World Masters Games - Rio de Janeiro, Brazil
Open World Masters Games, 55-21-9175-6544 / 557-3005, 55-21-220-9887(fax), masters@openlink.com.br
- 4/22/00 The 24 Mile Tampa Bay Marathon Swim; Sanction pending
OW; Ron Collins 1920 Cobblestone Way, Clearwater, FL 33760, 727-535-4067(e), 727-578-2663(d), <mailto:collins@tampabay.rr.com>;
<http://distancematters.com>
- 4/27/00-4/30/00 2000 USMS SC Nationals - IUPUI Natatorium, Indianapolis, IN
SCY; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com

DISTANCE MATTERS

by Ron Collins

CALENDAR OF EVENTS

- 5/06/00 The Third Annual Tampa Bay Open Water Challenge 5k
OW; Tampa Baywatch Peter Clark 727-896-5320 <mailto:tpbaywatch@aol.com>; <http://distancematters.com>
- 5/12/00-2000 Canadian National Masters Championships - Halifax, Nova Scotia
5/15/00 SCM; Swim Nova Scotia, PO Box 3010 South, 5515 Spring Garden Rd, Halifax, Nova Scotia B3J 3G6, Canada, 902-425-5450(x314), 902-425-5606(fax), bobconnon@ns.sympatico.ca; www3.ns.sympatico.ca/sports/swimns/index.html
- 5/15/00-2000 USMS 5 & 10 K Postal Championship
9/30/00 PST-LD; Jane Moore, 1867 58th St NE, Tacoma, WA 98422-1517, 253-925-0803, weswim@mindspring.com; Sanctioned by PN LMSC
- 5/18/00-2000 YMCA National Championships - Augusta, GA
5/21/00 SCY; Contact your Y Aquatic Director or Team Coach for more information; Recognized by GA LMSC
- 6/17/00 2000 USMS 1-Mile Open Water Championship - Indianapolis, IN
OW; Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com; Sanctioned by IN LMSC
- 6/17/00 The Victor 12.5 Mi Swim Around Key West - Key West, FL
OW; Randy Nutt, c/o Aqua-Moon Adventures, 2857 NW 91 Ave #101, Coral Springs, FL 33065, 800-356-5132(w) 954-755-3318(h), Randy@TheVictor.com; Entries available late Dec / early Jan. Send SASE for entry. www.TheVictor.com
- 6/24/00 2000 USMS 3-Mile Open Water Championship - Mashpee (Cape Cod), MA
OW; Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd, N, Mashpee, MA 02649, 508-539-1447, 508-539-1400(x519), leisure@cape.com; Sanctioned by NE LMSC
- 7/8/00 2000 USMS 2-Mile Cable Championship - Charlottesville, VA
OW; Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804-272-7291, ppowis@aol.com; Sanctioned by VA LMSC
- 7/15/00 2000 USMS 6-Mile Open Water Championship - Jacksonville, OR
OW; Dan Gray, 8975 Hwy 66, Ashland, OR 97520, 541-944-0529, openwater@swimoregon.org; Sanctioned by OR LMSC
- 7/27/00-2000 FINA Masters World Championships - Munich, Germany
8/9/00 LCM; USMS National Office, PO Box 185, Londonderry, NH 03053-0185, 603-537-0203, 603-537-0204(fax), usms@usms.org; Ponte Vedra Travel, 800-833-SWIM, 904-280-0045(fax), ann@pvtapi.com; Send \$3 to USMS National Office for entry packet; www.munich-2000.de
- 8/17/00-2000 USMS LC Nationals - Baltimore, MD
8/20/00 LCM; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, 410-992-3760, 410-992-3772, swimbarb@hotmail.com; Sanctioned by MD LMSC
- 9/1/00-2000 USMS 3000 & 6000 Yard Postal Championship
10/31/00 PST-LD; June Mather, 1056 Hillview Dr, Ashland, OR 97520, 541-482-0610, csmather@jeffnet.org; Sanctioned by OR LMSC
- 9/10/00 2000 USMS 5K Open Water Championship - Chicago, IL
OW; Kathleen Pisula, 2112 W Cortland, #1, Chicago, IL 60647, 773-292-0620(h), 312-616-1087(x290); Sanctioned by CE LMSC
- 11/5/00 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
- 11/18/00-2000 FINA Open Water Champs - Waikiki Beach, Honolulu, HI
11/22/00 OW; Sam Freas, Univ of HI, 1337 Lower Campus Rd, Honolulu, HI 96822, 808-956-5377, 808-956-9943(fax), info@openwaterswimming.com; Includes 1K & 3K Masters events; www.openwaterswimming.com
- 5/17/01-2001 USMS SC Nationals - Santa Clara, CA
5/20/01 SCY; Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95124, 408-947-2298(d), 408-371-4488(e), aguimarin@aol.com; Sanctioned by PC LMSC; Pre-entry
- 8/16/01-2001 USMS LC Nationals - Federal Way, WA
8/19/00 LCM; Hugh Moore, 1867 58th St NE, Tacoma, WA 98422-1517, 253-925-0803, weswim@mindspring.com; Sanctioned by PN LMSC;

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

All events on this calendar are subject to change or cancellation without notice. Please contact the event director or visit us on-line for event updates at <http://distancematters.com>

FROM THE LMSC PRESIDENT

I want to take this time to welcome Abbie Goff as our new Letter Editor. I know she will do a good job. She has some big shoes to fill, (size 11), but she is up for the challenge. Jim has said that he will help her in any way he can, short of writing the newsletter himself.

It took Jim a number of years to achieve the quality of production that we have become use to seeing. Abbie has taken on this challenge and will do a good job for our LMSC.

We were well represented at the Convention this year. Everyone present worked for the improvement of Masters swimming. The minutes from each of these meetings is on the internet under www.usms.org and we have a synopsis of these meetings for the newsletter.

This is the slower time of the year as far as meets go so most of us will not see each other until the CAT meet in Feb. This will be the location of the next LMSC meeting, so if anyone has any ideas for improving the LMSC or complaints or comments this will be your next chance to voice your ideas.

FROM THE EDITOR

First and foremost, I would like to thank everyone who has volunteered to help me out with my first issue of the newsletter. Everyone's encouragement and support has been very much appreciated. I also want to apologize that this first newsletter is not quite as exciting as a Jim Donnelly newsletter, but I have to have some place to improve from right? I was actually really nervous about putting together this newsletter, because of what all master's swimmers in Florida have come to expect, but I promise that soon enough you will see the same quality of work from me that you did from Mr. Donnelly. And I may even be able to give you an occasional update on Eric as well. So, don't worry I am planning on being in Florida for a little while longer, and I think I will figure this thing out very quickly. If anyone would like to give me some feed back, I have a new e-mail address, asgoff@collegeclub.com, I would like to hear what you think. Until next time, stay wet and have fun!!! abbie

Abbie Goff

320 SE 3rd ST. Apt. C-12

Gainesville, Fl 32601

352-379-1855

MARGIE HUTINGER'S REPORT

COMMITTEE MEETINGS I ATTENDED:

LMSC EVENTS:

This was one of five breakout discussion groups with themes related to the operation of the LMSC. Many serious and fun ideas were mentioned, to add variety and options to meets and workouts, to encourage participation at all levels.

1. **POOL**—Pentathlons; freestyle iron man; one event (1650); relay meets (include some for fun); fun relays in meets; 25 yd sprints; kick challenge; workout meets; postal swim workouts
 2. **OPEN WATER**—Doggie Do (swim w/dog); super social after swim; biathlon (swim and eat); Fox and Hound intervals; two day events; loop relays w/land base instead of boats
 3. **CLINICS**—Mentor clinics w/\$500 stipend available for guest coach (excellent idea for clubs in our LMSC); utilize college teams in your area
 4. **WORKSHOPS**—Underwater videotaping; nutrition; triathletes; dry land; testing; sports psychology
 5. **CAMPS**—Olympic Center; 2 day with free/back and fly/breast; exotic travel (Caribbean); Flick and Float (watch videos from air mattresses)
- HISTORIAN:** We discussed the importance of documenting and archiving the history of Masters swimming, before it is lost, forever. Each LMSC can contribute to this project by encouraging local swimmers to find and interview these Masters "pioneers."

LONG DISTANCE:

1. The Hour Swim, for 2000, has been given permission for Millennium swims at midnight to welcome in the new century—as long as the hour ends in 2000.
2. Keep accurate splits to insure the validity of postal swims—several swimmers were disqualified, last year.
3. Bid forms for the National postal and open water championships will be sent out after Jan. Consider one of these events as an option for your club. Sixteen bids for eight events were presented for the 2001 events.
4. USMS swimmers are fully covered by our insurance in Recognized swims, where not all swimmers are USMS registered.
5. There will be no conversions from meter pools and odd lengths for the 3000/6000 yd postal swim.

RECOGNITION AND AWARDS:

1. Fourteen swimmers received the USMS Service Award.
2. Discussion on an Award Ring for outstanding Masters to purchase, was forwarded to Marketing Committee for further evaluation.

REGISTRATION:

1. Leo Letendre will combine all changes discussed, and distribute on one upgrade before 2000 registration.
2. Eventually, all swimmers will have a permanent ID#. Responsibility

RECORDS AND TABULATION:

- 1. TYR certificates will be issued for anyone breaking a USMS record.**
- 2. A subcommittee is developing guidelines for Top Ten recorders to generate their TT submissions, with a goal to limit the # of formats, with applications to be provided to allow the automation of the conversion of any meet program to the required format.**
- 3. Lake Erie LMSC will continue to provide the official USMS Top Ten patches.**
- 4. When TT recorders and/or meet directors don't turn in record submissions, ultimate responsibility can be taken by swimmer.**
- 5. Top Ten lists will NOT be retabulated due to omissions from LMSC's.**

NEW STUFF:

- 1. Swimmers from FL LMSC considered for induction into ISHOF—Paul Hutinger, Burwell Jones, and William Specht.**
- 2. Convention in 2000—Hyatt Orlando, near Walt Disney World Resort.**
- 3. SCY Nationals—Santa Clara, CA—May, 2001**
- 4. LCM Nationals—Federal Way, WA—Aug. , 2001**
- 5. Coach of the Year—Ron Johnson—ARIZ; Lifetime Coaches Award—Clay Evans; Ransom Arthur Award—Dr. Jim Miller, VA**
- 6. Top Newsletter—OREG—Bill Volckening, also new Swim Magazine Masters' Editor**
- 7. Whistle starts at meets, like USA**
- 8. No call backs on false starts**
- 9. Newly created paid positions—Controller and National Sponsor Liaison**

Margie Hutinger

Top Ten and Records

Dick Brewer's Report

FINANCE

Due to schedule conflicts, I only attended the first day of the two-day meetings, but it was good news for the USMS and the committee was composed of good people. The USMS is solidly in the black and the committee suggested exploring the possibility of using some of the surplus to move towards self-insurance, which would reduce the cost of premiums. The committee indicated that the combination of anticipated revenue and the surplus would allow it to approve the budgets of the other committees within reason. There was discussion of resolving financial discrepancies from LMSC's in past years.

****note:** Although the House of Delegates later approved a deficit budget for 2000, there will be no increase in member fees because the surplus will easily cover the special expenditures.

COACHES

This group was enthusiastic and professional in its desire to strengthen the appeal of Masters swimming to all swimmers and to provide the necessary support to all USMS coaches and swimmers to enable them to do so. Chair Scott Rabalais emphasized that the ultimate success of the USMS is determined by the coaches. Discussion topics included the video loan library, the print library, the snooper loan program (underwater video/computer system to help coaches/swimmers analyze and improve strokes), open water clinics and stipends to clubs that sponsor them, coaches clinics, the coaching mentor and on-deck coaching programs, coaching clinics and stipends, online resources, and a variety of beneficial swim camps open to USMS-registered swimmers. The committee also voted to recommend the purchase to two new color snoopers to augment the aging collection of four black-and-white snoopers it already has (this recommendation was later approved by the House of Delegates).

COMPUTER ON-LINE

CO-L maintains the USMS web site (<http://www.usms.org>) and assists all of the other committees by putting information on-line. New on-line services this coming year will be the coaches handbook, expanded discussion forums and expanded LMSC information, including handbooks. Work is in progress to provide on-line USMS registration as well as on-line meet registration and results. The committee also encourages all members, clubs, and LMSC's to become familiar with and use the .pdf format, which will allow downloading documents from, to, and between any format (Windows, Mac, Unix, Linux, etc.). The USMS site also has a link to amazon.com, which will rebate money to USMS for any purchase at amazon.com that comes from the USMS link.

FITNESS

This is a friendly, enthusiastic group that is almost evangelistic about creating, providing, and publicizing enjoyable activities and events for ALL swimmers in the USMS, especially the 70% of the members who choose to swim for fitness and fun rather than for the competition. Steps have been taken to eliminate a little of the competitive element in the February Fitness Challenge, giving more recognition to all swimmers who participate, and to create a Y2K Triathlon of swimming events that can be completed in practices in April and May. In the coming year, the fitness library of articles will be converted to .pdf files and will become available to all on the USMS web page, as will other fitness-related information and suggestions for fun workouts. The "Fitness Tips" newsletter will be sent to all LMSC newsletter editors so interesting fitness tips and articles can be included in the LMSC newsletters.

LEGISLATION

The legislative committee considered a large number of proposed amendments and changes to the USMS code. Most were housekeeping — cleaning up language and conforming the code to current conditions. The committee's recommendations for approval or disapproval were presented to the full House of Delegates, which generally accepted the committee's recommendations. The only onerous portion of the entire convention came when the House of Delegates challenged one of the committee's recommendations about inclusion in membership practices. The majority of delegates favored and voted for a common sense statement of inclusion but were overruled by the committee chair and parliamentarian, who improperly used parliamentary maneuvering to force a more restrictive statement utilizing politically correct catch phrases into the code.

COMMUNICATION BREAK-OUT GROUP

This brain-storming session focused on starting up newsletters and web sites with useful suggestions. The focus in newsletters should be presenting timely information and articles that are of interest to the majority of the readers rather than focusing on minority interests. Publication frequencies of club newsletters ranged from quarterly to monthly. One of the ideas shared in the discussion of costs came from New England Masters, where the newsletter is offered on its web site in .pdf format for anyone to download, with the option for individuals to pay reduced club registration fees if they forego a printed version and use the on-line version; they were notified of on-line publication via a link in an email notification.

****note: the 1999 USMS newsletter-of-the-year can be viewed online at**

<http://www.barracudas.portland.or.us/swim>



- Renewal - my current USMS number is 149 - _____
 New registration
 I have changed my address within the last year
 I coach Masters swimmers
 (Register with same name you will use for competition. PLEASE PRINT CLEARLY!)

Name: Last _____ First _____ MI _____

Address _____

City _____ State _____ Zip Code _____

Phone: (Home)() _____ Work:() _____ E-mail: _____

Age: _____ Date of Birth: _____ Sex: _____

Club & Club number: _____ (UNATTACHED CLUB IS "0")

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

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY 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."

Signature: _____ Date: _____ (YOUR APPLICATION MUST BE SIGNED!!)

- I wish to contribute \$1.00 (or \$) to the International Swimming Hall of Fame. I have added this to my 2000 registration fees.
 I wish to contribute \$1.00 (or \$) to the United States Masters Swimming Foundation. I have added this to my 2000 registration fees.

USMS (11/1/99 - 12/31/00) \$15.00

LMSC Fee \$8.00

Club Fee _____

Contribution (above) _____

Total fee: _____

(Membership expires 12/31/00)

Make check payable to: _____

Mail check to: _____

Benefits of membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a SWIM Magazine Subscription), and periodic mailings from the Local Masters Swimming Committee.

USMS registered swimmers are covered with secondary accident insurance:

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

Team Orlando Masters

We wish to thank all that participated in our SCM meet a couple of weeks ago. At I'Drive we took a week off then held the National Sr. Games. There were 875 swimmers and the meet went well. The meet went Mon. through Friday and was over by 3:00 most days, but on Wednesday it lasted until 12:30 on Thursday morning. The longest single session in I'Drive history. Many Master swimmers participated and a couple of USMS world records were set.

On Nov. 6th Team Orlando will swim our annual dual meet against Rollins College. This is to show that we are not over the hill, yet. If the Miami mile is held this year we have over a dozen swimmers going down to party at Bill Korey's house and to compete in the mile.

Next year the YMCA Masters Nationals is going to be held in Augusta Ga. And we are going to send a large contingent to compete. I have talked to a number of people that are tired of Maryland sending a state team to Y nationals, so we are going to fight fire with fire. The YMCA Aquatic Center has offered a three-month membership for \$75. (\$25 a month) since there is no restriction on travel distance to the Y you are representing. The Y nationals are going to be held during the middle of May, at the time that SC Nationals is normally held but since Indy is going to be the end of April there will be no conflict.

The convention next year falls on the dates that we normally host our meet, so we are looking for alternatives

Nancy Ridout has asked Orlando, if we wish to host the 2001 Pan-Pacific Masters Championships and we have agreed to do this if FINA grants us the meet. So we may have a Championship meet on the East Coast in 2001.

CAT MASTERS

The CAT Masters crew has been pretty busy this fall prowling around the state from pool to pool. We had some High Point winners at the Orlando Short Course Meters Meet including Joan Campbell, Nancy Durstein, and new comer Jean Allen (the coaches mom who has been representing Iowa Masters). The three of these ladies will be competing at the Senior Games National Championships in late October at the "I-Drive Y" along with the likes of Bob Lavanture and Elliot Schofield.

On November 13th CAT Masters are hosting a one mile swim on Clearwater Beach with the help of the Clearwater Rotary Club. This event should be a great race, Clearwater Beach is such a great Place for open water swimming, an event like this is long overdue! Tampa Bay Aquatic Club will be hosting a meet in early December at our pool at the Long Center. The CAT Masters are so excited to have meets at our facility and not to do any work. In the past there have been no meets in our area this time of year so this meet should be a success. Don't forget about CAT Masters annual Valentine Meet in February, this will be the first big meet of the millennium. Look for entry info in this newsletter.

SPACE COAST MASTERS

NOMADS MAKE THE TRIP TO ST. PETE.

Our traveling duo of Al Chipman and Al Rogerson made the trip to St. Pete, for the LCM Championships on July 16-18. Al C remarked, "Where's the rest of the group?" Al R replied, "Bob Sigersmith had to go to Maine to check his lobster traps, otherwise he'd be here, and the rest of the team were engaging in workouts or high-jinks (water-therapy) at the Indian Harbour Beach Pool."

At any rate the two Als enjoyed their stay at the Bond Hotel, dining at Lupe's and the swims at the North Shore Pool.

JOHN, TOM AND CARL RULE THE POOL AT LONG COURSE NATIONALS

Three Space Coast Masters swimmers went and competed in Minnesota. John McCall, Tom Bliss and Carl Finney went, got wet and found success. For Carl, he swam best times in all 3 of his events and improved his entry positions. As with Carl, Tom swam his best times and placed in the Top Ten in all six of his events, fourth being his best finish in the 200 m Breast. For John, it was the 100 m Fly, which HE WON!!! ...First in the Nation! John also placed 4th in the 200 fly and 6th in the 50 fly. Way to go John!

Al Rogerson
Tom Bliss
Space Coast Masters

SWIM FLORIDA MASTERS

CLAFLIN SETS WORLD RECORD

Casey Claflin set a new world's record in the 50m SCM backstroke on October 9 at the Orlando SCM meet, then broke his own record later the same day. The first record came on the first leg of the men's 200m medley relay, with extra timers watching the lane for the record-breaking performance; then, Claflin bettered his record time by almost half a second in the individual 50m backstroke with a clocking of :28.81.

DEATH IN THE FAMILY

Bardi Dendy, an original member of Suncoast Masters in Sarasota, which merged with SWIM Florida Masters, died on September 15. She was an excellent and fun-loving Masters swimmer who held numerous records during her many swim years. She was 78.top

HELPING KIDS SWIM

The Sarasota SWIM Florida Masters presented the Swim Florida age group team with an donation of \$300 from the proceeds from the annual June LCM Masters meet in Sarasota. The team makes this annual donation to help needy young swimmers of Swim Florida in the Sarasota area who work out both at the Boys & Girls Club and at the Arlington pool. Deb Walker is one of their coaches.

HELPING KIDS SWIM

The USS Gulf Coast Swim Team in San Carlos received a donation of \$200 to help enhance its new program from the IRCC Foundation in the form of the Ann Wilder Award for Swimming Excellence, which was presented to Dick Brewer at the May SCY meet at IRCC.

ON THE MOVE

Gail Kolbe has moved to Portland, Maine and has already met some of the Masters swimmers there. She said she missed the cold weather. Can you imagine that?

Doug Messineo returned from a year in South America and is now living in Orlando working on his Masters degree.

COACHING CHANGES & ADDITIONS

Greg Cross is the new co-coach at the Fort Myers Cypress Lake pool, replacing Liz Burchett, who wanted to spend more time in the water and less time on deck. Cross also coaches the SWIM Florida age group team at Cypress Lake. Dean Mitchinson continues as the co-head coach.

Sarasota has a new Masters morning coach—Bridget Bowman. Bowman also coaches the SWIM Florida age group teams at the Boys & Girls Club and the

Arlington pool. Dren Geer continues to coach the noon workouts at Arlington.

NEW FITNESS CENTER & 50-METER POOL

The new fitness center adjacent to the Naples Golden Gate pool is now open for swimmers who want to do dry land training as well as pool training. Rich DeGalan oversees the programs at both facilities.

The new 50-meter competition pool in Naples is on schedule to be open next year. Located on the Community School of Naples campus and run by the Naples YMCA, it will be the first long course pool in the Naples-Fort Myers area.

FUTURE MASTER SWIMMER BORN

Steve and Kristi Grossman welcomed a baby girl on August 19: 6 pound, 14 ounce Kendall Susan. She is their fourth.

SWIM TO MIAMI

Masters at the San Carlos pool are swimming their way to Miami for a fitness challenge. Laps are logged and charted for the 110-mile trek. Nourishment from local merchants is the reward for reaching towns and landmarks along the way. There is no time limit, so everyone who swims, wins.

MAGNIFICENT SEVEN AT LC NATS

Seven intrepid SWIM Florida Masters made the trek to Minneapolis for the USMS Long Course Nationals. Deb Walker (45-49) earned three gold medals in the 50/100/200 breaststroke and finished second in the 400 free and third in the 200 free. Casey Claflin (45-49) finished in the top four in all six of his events, led by silver medals in the 50/200 back. Dren Geer (65-69) was also a top five swimmer in four events with bronze medals in the 200 free and 100 fly. Rick Walker (45-49) had three top five finishes, with a silver in the 1500 free and bronze in the 800. Larry Black also earned a silver medal in the 1500 free and was a top ten finisher in four additional freestyle events. Ellie Trevison placed sixth in her three events, and Rick Trevison finished just out of the medals in his four freestyle events. The relay team of Claflin R. Walker-Geer-Black also captured a fourth in the 200+ men's medley.

JOHN NABER SPEAKS TO SWIMMERS

John Naber, 1976 Olympic gold medalist and ABC sports commentator, was the featured speaker at Blue Chip Enterprise Initiative ceremonies in Naples and Fort Myers. SWIM Florida Masters Jim Redic and Rich DeGalan were guests at the Naples breakfast and Bruce Fassett and Dean Mitchinson were guests at the Fort Myers luncheon.

2000 REGISTRATION USMS/SWIM Florida

registration forms will be mailed to all current SWIM Florida Masters this month. Additional copies will be available at each of the practice pools. Any swimmer who does not receive a form in the mail should contact team registrar Michelle DiGiacomo at nottus68@worldnet.att.net.

TRIATHLETE SEVENTH IN WORLD

Marv Norin qualified for the United States national team by winning triathlons throughout the summer, and in September Norin placed seventh at the World Triathlon Championships in Montreal in the 70-74 year old group.

Florida Mavericks

For the second year in a row, the Maverick Lane Lines, bi-monthly publication of the Florida Mavericks, received an Honorable Mention in the annual USMS newsletter contest, with their Top 10 finish.

THREEPEAT!!!

In last year's newsletter, we mentioned the possibility of a threepeat. For the third year in a row, the Maverick men's team has claimed the title of National Champions. This year, the 10 men were placed with the Medium Teams, 10-16 swimmers. Although we didn't have quantity, we had quality, and from day one, David never relinquished the advantage on the Goliaths in the battle for 1st place, winning by 38 points. Our Combined Team, 14, crushed all other Small Teams to clinch their first National Championship, by 144 points. The four women placed 14th, out of 113 teams. This year, everyone on the winning teams received a personal share in the victory. Our prize was an impressive

individual engraved silver medal. Look for the winners displaying the symbol of their successful efforts.

The Mavericks accounted for four individual and two US Relay Records. Dave Malbrough, 86, broke the 50 m back time of 53.24 in a time of 52.48 and the 100 m back time of 2:05.27 in 2:04.83. Robert MacDonald broke the 200 m breast time of 3:30.82 in 3:29.06. Regan Kenner broke the 100 m breast time of 2:04.89 in 2:04.25. The 320+ Men's Medley Relay, with Malbrough, McCullough, A. Kurtzman, and Cleaveland broke the time of 3:17.51 in 3:13.89 and the 280+ Mixed Medley Relay with Kenner, A. Kurtzman, J. Kurtzman, and Troy broke the time of 2:56.33 in 2:53.93, although they placed 2nd.

Every swimmer earned a medal in every event he/she swam. Individually, we accounted for 16 gold, 23 silvers and 6 bronze medals. Our relays earned 2 gold and 2 silver medals. Ten swimmers earned the coveted National Championship patch, for their 1st place swims. We made a splash in the pool, wearing our custom Maverick blue and orange suits. Margie Hutinger, 59,

5th—50 Back; 6th—200 Back; 7th—200 Back. Regan Kenner, 76, 2 gold medals—100 & 200 Breast; 2nd—100, 200 Back & 50 Breast; 4th—50 Back. Doris Prokopi, 64, 5th—200 Back; 6th—50 Breast & 400 IM; 7th—200 Breast & 100 Fly; 8th—100 Breast. Jean Troy, 72, 2nd—100, 200 & 400 Free, 200 IM; 4th—50 Free & 50 Fly. Brud Cleaveland, 82, 2nd—50 & 100 Free, 50, 100 & 200 Breast; 4th—200 Free—50 Free & 50 Fly. Paul Hutinger, 75, 3 gold medals—50, 100 & 200 Back; 2nd—50, 100 & 200 Breast. Aaron Kurtzman, 70, 2nd—50 Fly & 50 Breast; 3rd—100 Fly; 4th—200 Breast; 5th—200 Fly; 7th—100 Breast. Joseph Kurtzman, 73, 1 gold medal—100 Fly; 2nd—200 Fly; 4th—50 Fly; 6th—50 Breast; 8th—100 Breast. Elmer Luke, 73, 4th—1500 Free; 5th—400 Free; 6th—800 Free; 7th—200 Back & 400 IM; 8th—200 Free. Robert MacDonald, 71, 3 gold medals—50, 100 & 200 Breast; 2nd—100 Fly. Dave Malbrough, 86, 3 gold medals—50 & 100 back, 50 Breast; 2nd in 1500 Free & 200 Back; 3rd in 200 Free. Alan Maloney, 70, 5th—50 Fly; 6th—100 Fly; 7th—1500 Free, 200 Breast & 200 IM; 8th—50 Breast. Don McCullough, 84, 3 gold medals—100 & 200 Fly & 200 IM; 2nd—400 IM; 3rd—200 Breast; 4th—50 Fly. Frank Tillotson, 85, 1 gold medal—100 Breast; 2nd—200 Breast; 3rd—1500 Free, 100 & 200 Back.

Paul Hutinger, Team Representative,
Florida Maverick Masters

TOP TEN AND RECORDS REPORT

Margie Hutinger

I have all the LCM meets entered, except for Sarasota, which will be included before the deadline. This list includes three Senior Meets. Remember, if you want your times included for FL Top 5 & Records, send me documentation from meets outside the FLLMSC. It would be helpful if someone from each team would compile copies of their swimmers' results from Nationals and send them to me.

Dick Brewer is posting the SCY Top 5 at our FL LMSC web site, under construction: <http://home.att.net/~floridalmc/>. Individuals may order copies: \$2:00/single course or \$5/00 for all 3 courses. Send check with address to: Margie Hutinger; 1755 Georgia Ave NE; St Petersburg, FL 33703. I updated the SCM records, from 1995, and will have the LCM Top 5 and Records finished and mailed to team reps and subscribers, this winter.

At the Masters convention, the Top Ten committee voted to issue TYR certificates for anyone breaking a USMS record.

TOP TEN Patch with Stroke Segment,
Individual or Relay
Cost: \$5 plus \$1.25 for each additional stroke

Order from:
Darlyne Ferguson
4917 Walden Circle
Orlando, FL 32811

ASK THE SWIMMING DOCTOR

Swimmer: When I push off the wall on backstroke, is it better to dolphin kick or flutter kick?

Answer: Almost all top backstrokers, dolphin kick off the wall, then flutter kick for the breakout. However, the kick must be very narrow and quick; a slow, big dolphin kick could slow you down, as you can push off the wall faster than you can swim. Underwater kicking is faster than surface swimming and limited to 15 meters off the wall (yellow marker on lane line). If you have a good dolphin kick, use this challenge to improve your backstroke. Practice with zoomers, instead of fins, to keep your kick narrow.

Sets you could use on your back, without a board, with zoomers and a nose clip, are: 8 x 25 dolphin kicks @ 1:00, underwater or, 4 x 50[^]Ös @ 2:00, staying underwater the maximum distance. On kick sets, do 10 kicks underwater before surfacing, and include swimming under the flags with turns, as part of these sets.

Berkoff, past world record holder and Olympian, did sets of 10 x 50 m underwater dolphin kicks, with fins @ 45 secs. and held 35 secs. A high school swimmer in Florida, swam 46.9 for 100 y back, 80% underwater. Bill Specht, 41, has the 100 SCM back record, 59.26, and does almost 50% of his stroke underwater, with a short, fast, dolphin kick. He does sets of 100 LCM kicks, with zoomers at a 1:20 pace.

These examples show the importance and speed of underwater dolphin.

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

Week 1

- Ø Emphasis this week is on aerobic training
- Ø 60- 80% of the training will be directed towards heart rate levels in the 140 to 160 range
- Ø There is a volume emphasis during this week, we would try to reach our maximum volume figures
- Ø Some training would still be done in other energy categories- 20-40% training in both speed and anaerobic areas

Week 2

- Ø Emphasis on training during this week should be on very intense sets
- Ø Volume should be down from the previous week but the intensity level should be much higher for the majority of the workouts
- Ø There should still be some aerobic training in the 140-160 heart rate range but emphasis should be on sets with target heart rates in the 180+ (maximum) range

Week 3

- Ø Training during this week should be similar to a week just prior to the final taper phase
- Ø Increased emphasis on speed work (25's, 50's and broken work)
- Ø Increased emphasis on race strategy and technique work (drills)
- Ø More rest between sets and longer intervals
- Ø There should be very little work in the 180+ heart rate for more than one swim

Editor's Note: To determine your max heart rate you subtract your age from 220. So, if you are 40 years old, your max heart rate would be $220 - 40 = 180$. The references Coach Troy makes to heart rates are probably for someone with a max heart rate of 200. You may need to make some adaptations to your training plans.

FLORIDA LMSC RECORDS

Short Course Meters (As of 12/31/98)

W O M E N

| 50 FREE | | | 100 FREE | | | 200 FREE | | | 400 FREE | | | 800 FREE | | | 1500 FREE | | |
|---------|---------|----------------------|----------|----------------------|---------|----------------------|---------|----------------------|-----------|----------------------|----------|----------------------|--|--|------------|--|--|
| 19-24 | 29.15 | Paige Winters 89 | 1:03.16 | Paige Winters 89 | 2:24.26 | Tasha Hansen HLJ-94 | 5:42.00 | D Sirbu 94 | 13:17.10 | Heather Perry 94 | 24:56.45 | Heather Perry 94 | | | | | |
| 25-29 | 28.38 | Sudi Miller 93 | 1:00.72 | L Welting 95 | 2:10.31 | L Welting 95 | 4:51.84 | Jenn Willis HLJ-94 | 10:00.77 | B Bowman SMS-95 | 19:00.79 | B Bowman SMS-95 | | | | | |
| 30-34 | 28.24 | Kathy Steele 94 | 1:02.31 | C Petersen SPM-98 | 2:14.00 | C Petersen SPM-98 | 4:42.82 | C Petersen SPM-98 | 10:19.44 | M Jones 94 | 19:39.15 | M Jones 94 | | | | | |
| 35-39 | 28.49 | Gina Aguilar HLJ-94 | 1:02.67 | C Shonkwiler DSMC-96 | 2:18.68 | C Shonkwiler SPM-98 | 4:56.90 | C Shonkwiler DSMC-96 | 10:05.82 | C Shonkwiler SPM-98 | 19:09.10 | C Shonkwiler SPM-98 | | | | | |
| 40-44 | 30.61 | C-Ann Hudson LOCH-98 | 1:10.26 | Kathryn Wine 93 | 2:33.60 | JHarrelson SPM-98 | 5:10.83 | Wanda Brown BRAT-98 | 10:32.46 | Wanda Brown BRAT-98 | 19:55.23 | Wanda Brown BRAT-98 | | | | | |
| 45-49 | 32.61 | Anne Grams 95 | 1:11.78 | Ann Page SPM-94 | 2:36.15 | Anne Grams 95 | 5:39.01 | Anne Grams 94 | 11:44.00 | Gail Kolbe SWIM-98 | 22:11.94 | Gail Kolbe SWIM-98 | | | | | |
| 50-54 | 33.20 | Jayne Lambke SPM-89 | 1:15.77 | Jayne Lambke SPM-93 | 2:41.08 | Jayne Lambke SPM-89 | 5:53.75 | Jayne Lambke SPM-89 | 12:22.58 | E Bromwich SPM-97 | 23:20.21 | Jayne Lambke SPM-89 | | | | | |
| 55-59 | 33.75 | Jayne Lambke SPM-94 | 1:15.61 | Jayne Lambke SPM-94 | 2:47.55 | Jayne Lambke SPM-94 | 5:57.89 | Jayne Lambke SPM-94 | 12:03.59 | Jayne Lambke SPM-98 | 22:40.01 | Jayne Lambke SPM-98 | | | | | |
| 60-64 | 38.56 | Jean Garbus SWIM-97 | 1:28.15 | Jean Garbus SWIM-95 | 3:13.53 | Jean Garbus SWIM-97 | 7:16.44 | Knight-Perry HLJ-93 | 14:57.63 | Knight-Perry SPM-97 | 28:14.24 | Knight-Perry SPM-97 | | | | | |
| 65-69 | 39.18 | Florence Carr HLJ-93 | 1:26.53 | Florence Carr HLJ-93 | 3:10.86 | Florence Carr HLJ-93 | 6:51.63 | Florence Carr HLJ-93 | 13:53.71 | Florence Carr HLJ-93 | 28:58.19 | N Durstein CATM-97 | | | | | |
| 70-74 | 38.36 | Florence Carr SPM-95 | 1:47.56 | Florence Carr SPM-95 | 3:09.62 | Florence Carr SPM-96 | 6:45.83 | Florence Carr SPM-95 | 14:23.40 | Florence Carr SPM-95 | 27:07.40 | Florence Carr SPM-94 | | | | | |
| 75-79 | 48.70 | Gertrud Zint 93 | 1:46.01 | B Cederlund SPCO-98 | 4:08.55 | Kay Schimpf SPM-93 | 8:28.63 | B Cederlund SPM-98 | 18:08.41 | B Cederlund SPM-98 | 33:23.53 | Kay Schimpf SPM-92 | | | | | |
| 80-84 | 56.01 | Gertrud Zint IRCC-97 | 2:05.75 | Gertrud Zint IRCC-97 | 4:22.73 | Kay Schimpf SPM-97 | 9:17.43 | Kay Schimpf SPM-97 | 19:11.48 | Kay Schimpf SPM-97 | 36:47.00 | Kay Schimpf SPM-97 | | | | | |
| 85-89 | | | | | | | | | | | | | | | | | |
| 90-94 | | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | |
| 50 BACK | | | 100 BACK | | | 200 BACK | | | 50 BREAST | | | 100 BREAST | | | 200 BREAST | | |
| 19-24 | 34.86 | Paige Winters 89 | 1:16.48 | Esther Smith 94 | 2:44.91 | Tasha Hansen HLJ-94 | 42.30 | Bradie Soars 95 | 1:22.40 | Esther Smith 95 | 2:56.19 | Esther Smith 94 | | | | | |
| 25-29 | 31.98 | Jenn Willis HLJ-95 | 1:09.71 | Jenn Willis HLJ-95 | 2:29.94 | Tanya Lane SPM-97 | 35.70 | Sudie Miller 93 | 1:18.44 | BevAcker 95 | 2:49.95 | BevAcker 95 | | | | | |
| 30-34 | 34.84 | MKeller 95 | 1:16.13 | MKeller 95 | 2:42.07 | MKeller 95 | 36.87 | Merit Greaves 94 | 1:20.23 | Merit Greaves 94 | 2:55.16 | Lisa Flanagan SPM-93 | | | | | |
| 35-39 | 33.17 | C Shonkwiler DSMC-96 | 1:14.13 | C Shonkwiler DSMC-96 | 2:57.61 | Lori Edwards 95 | 38.58 | Maud Orlando SPM-97 | 1:22.23 | Maud Orlando SPM-97 | 2:58.72 | Maud Orlando SPM-97 | | | | | |
| 40-44 | 36.41 | Judy Tibma SPM-98 | 1:23.58 | K Bergdoll FAST-98 | 3:34.30 | B Haldeman HCFY-98 | 39.22 | Judy Tibma SPM-98 | 1:21.44 | Judy Tibma DSMC-96 | 3:00.65 | Judy Tibma SPM-98 | | | | | |
| 45-49 | 41.21 | M Dodson HLJ-98 | 1:30.21 | M Dodson HLJ-98 | 3:18.51 | M Dodson HLJ-98 | 39.30 | Deb Walker SWIM-98 | 1:23.20 | Deb Walker SMS-96 | 3:05.04 | Deb Walker SWIM-98 | | | | | |
| 50-54 | 43.90 | Jayne Lambke SPM-89 | 1:38.07 | Suzy Carlson SMS-94 | 3:35.46 | Suzy Carlson SMS-96 | 40.28 | E Bromwich SPM-97 | 1:27.38 | E Bromwich SPM-94 | 3:09.57 | E Bromwich SPM-93 | | | | | |
| 55-59 | 45.07 | Jayne Lambke SPM-98 | 1:43.76 | E Bromwich SPM-98 | 3:40.56 | E Bromwich SPM-98 | 46.18 | J Piper SPM-95 | 1:41.75 | J Piper SPM-94 | 3:42.56 | J Piper SPM-95 | | | | | |
| 60-64 | 49.75 | Barbara Allen SPM-94 | 1:53.72 | Barbara Allen SPM-94 | 4:07.89 | Barbara Allen SPM-95 | 48.67 | J Piper SPM-98 | 1:45.02 | J Piper SPM-98 | 3:57.42 | J Piper SPM-97 | | | | | |
| 65-69 | 48.46 | Doris McEwan SPM-94 | 1:46.51 | Florence Carr SPM-94 | 3:55.02 | Doris McEwan SPM-94 | 51.18 | Doris McEwan SPM-94 | 2:03.77 | J Campbell CATM-98 | 4:32.32 | Gladys Olsen SPM-94 | | | | | |
| 70-74 | 49.68 | Florence Carr SPM-96 | 1:46.05 | Florence Carr SPM-95 | 3:55.98 | Florence Carr SPM-95 | 52.89 | Gertrud Zint HLJ-94 | 2:00.50 | Gertrud Zint HLJ-89 | 4:46.31 | Jean Beers 93 | | | | | |
| 75-79 | 50.82 | B Cederlund SPCO-97 | 1:51.72 | B Cederlund SPCO-98 | 4:13.11 | B Cederlund SPCO-97 | 53.94 | Gertrud Zint HLJ-93 | 2:02.29 | Gertrud Zint HLJ-96 | 4:32.71 | Gertrud Zint HLJ-93 | | | | | |
| 80-84 | 1:06.41 | Gertrud Zint IRCC-97 | 2:33.66 | Kay Schimpf SPM-97 | 5:28.66 | D Hopkins 89 | 1:04.37 | Kay Schimpf SPM-97 | 2:27.78 | Kay Schimpf SPM-97 | 5:37.47 | Gertrud Zint IRCC-97 | | | | | |
| 85-89 | 1:31.84 | M McKechnie SPM-93 | | | | | | | | | | | | | | | |
| 90-94 | | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | |
| 50 FLY | | | 100 FLY | | | 200 FLY | | | 100 IM | | | 200 IM | | | 400 IM | | |
| 19-24 | 33.30 | Paige Winters 89 | 1:27.97 | D Sirbu 94 | 3:11.45 | Heather Perry 94 | 1:15.16 | Esther Smith 94 | 2:40.17 | Esther Smith 94 | 5:38.00 | Esther Smith 94 | | | | | |
| 25-29 | 30.09 | Sudie Miller 93 | 1:07.57 | L Welting 95 | 2:29.66 | L Welting 95 | 1:10.22 | Jenn Willis HLJ-95 | 2:29.81 | L Welting 95 | 5:12.72 | L Welting 95 | | | | | |
| 30-34 | 32.10 | R Cretin 93 | 1:12.46 | R Cretin 93 | 2:46.73 | M Jones 94 | 1:13.59 | Kathy Steele 94 | 2:40.52 | Merit Greaves 94 | 5:43.73 | Lisa Flanagan SPM-93 | | | | | |
| 35-39 | 31.08 | C Shonkwiler DSMC-96 | 1:11.09 | C Shonkwiler SPM-98 | 2:53.19 | B Nichols 95 | 1:13.98 | C Shonkwiler SPM-98 | 2:47.59 | Maud Orlando SPM-97 | 6:08.77 | Rene James LOCH-98 | | | | | |
| 40-44 | 34.61 | Judy Tibma SPM-98 | 1:23.74 | JHarrelson SPM-98 | 3:00.51 | JHarrelson SPM-98 | 1:17.25 | Judy Tibma SPM-98 | 2:56.84 | Kathryn Wine 93 | 6:04.21 | JHarrelson SPM-98 | | | | | |
| 45-49 | 34.65 | Anne Grams 95 | 1:21.24 | Anne Grams 95 | 2:57.20 | Anne Grams 95 | 1:22.63 | Anne Grams 94 | 3:00.99 | Anne Grams 95 | 6:20.87 | Anne Grams 95 | | | | | |
| 50-54 | 39.03 | Jayne Lambke SPM-93 | 1:33.77 | Jayne Lambke SPM-93 | 3:20.74 | E Bromwich SPM-93 | 1:27.70 | E Bromwich SPM-94 | 3:00.99 | Anne Grams 95 | | | | | | | |
| 55-59 | 37.70 | Jayne Lambke SPM-94 | 1:31.26 | Jayne Lambke SPM-94 | 3:28.37 | Jayne Lambke SPM-94 | 1:32.75 | Jayne Lambke SPM-95 | 3:10.74 | E Bromwich SPM-93 | 6:57.84 | Jayne Lambke SPM-95 | | | | | |
| 60-64 | 49.03 | E Beattie ORLM-98 | 2:13.98 | Doris Prokopi SPM-96 | 4:22.37 | N Durstein CATM-93 | 1:42.95 | Jean Garbus SWIM-97 | 3:21.23 | Jayne Lambke SPM-95 | 8:58.69 | Doris Prokopi FMM-97 | | | | | |
| 65-69 | 45.78 | Florence Carr HLJ-93 | 1:58.76 | Florence Carr SPM-94 | 4:35.56 | N Durstein CATM-95 | 1:39.75 | Florence Carr HLJ-93 | 3:39.23 | Jean Garbus SWIM-95 | 8:16.12 | Florence Carr SPM-94 | | | | | |
| 70-74 | 47.04 | Florence Carr SPM-96 | 2:08.33 | Gertrud Zint HLJ-89 | 4:22.36 | Florence Carr SPM-95 | 1:43.66 | Florence Carr SPM-95 | 3:49.03 | Florence Carr SPM-94 | 8:45.00 | Florence Carr SPM-95 | | | | | |
| 75-79 | 56.53 | Gertrud Zint HLJ-93 | 2:15.86 | June Reynolds SPM-97 | 5:22.24 | Kay Schimpf SPM-93 | 1:58.06 | Gertrud Zint HLJ-93 | 3:46.89 | Florence Carr SPM-95 | 9:41.36 | Gertrud Zint HLJ-93 | | | | | |
| 80-84 | 1:07.38 | Gertrud Zint IRCC-97 | 2:39.88 | Kay Schimpf SPM-97 | 6:46.72 | D Hopkins 89 | 2:31.50 | Gertrud Zint IRCC-98 | 4:27.83 | Gertrud Zint HLJ-93 | 11:05.81 | Kay Schimpf SPM-97 | | | | | |
| 85-89 | | | | | | | | | | | | | | | | | |
| 90-94 | | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | |

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send an **official copy of your time, date, place of meet**, to: Margie Huting, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Huting: 727-521-1172 or e-mail: phut@usms.org
 Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

FLORIDA LMSC RECORDS

Short Course Meters (As of 12/31/98)

| M E N | | | 50 FREE | | | 100 FREE | | | 200 FREE | | | 400 FREE | | | 800 FREE | | | 1500 FREE | | |
|---------|---------|-----------------------|----------|-----------------------|---------|----------------------|---------|----------------------|-----------|----------------------|----------|----------------------|--|--|------------|--|--|-----------|--|--|
| 19-24 | 24.84 | Nick Mina 94 | 53.12 | Jeff Poppell 93 | 1:56.27 | Jeff Poppell 93 | 4:08.28 | Jeff Poppell 93 | 8:39.19 | Jeff Poppell 93 | 16:15.25 | Jeff Poppell 93 | | | | | | | | |
| 25-29 | 23.57 | Graham Ginn HLJ-98 | 52.86 | Graham Ginn HLJ-98 | 1:57.15 | Paul Robinson 93 | 4:10.40 | Paul Robinson 93 | 8:41.80 | Paul Robinson 93 | 18:01.58 | AFarrell ORLM-98 | | | | | | | | |
| 30-34 | 24.18 | John Black 93 | 53.62 | John Black 93 | 2:00.12 | CrisWilliams 93 | 4:21.63 | CrisWilliams 93 | 9:07.32 | CrisWilliams 93 | 19:33.95 | LarryBlack 93 | | | | | | | | |
| 35-39 | 24.86 | Tim McGinnis SPM-93 | 54.06 | Meisenheimer 94 | 1:57.31 | Meisenheimer 94 | 4:16.27 | Wm Specht SPM-95 | 8:58.85 | Wm Specht SPM-93 | 18:50.49 | LarryBlack 95 | | | | | | | | |
| 40-44 | 25.24 | Miltenberger 93 | 55.02 | Miltenberger 93 | 2:06.92 | Jeff Perout 95 | 4:09.84 | Wm Specht SPM-98 | 9:50.56 | LarryBlack SWIM-98 | 18:34.31 | LarryBlack SWIM-98 | | | | | | | | |
| 45-49 | 25.27 | Thomas Peek 93 | 57.17 | Thomas Peek 93 | 2:15.55 | CaseyClafin SWIM-98 | 5:16.92 | Scott Guthrie 89 | 10:36.69 | Scott Guthrie 89 | 19:12.30 | CaseyClafin SWIM-98 | | | | | | | | |
| 50-54 | 26.90 | G Woodsum ATAL-98 | 59.69 | G Woodsum ATAL-98 | 2:16.21 | G Woodsum ATAL-98 | 5:17.04 | R Moynihan ORLM-98 | 11:29.10 | David Darst 95 | 21:27.86 | R Moynihan ORLM-98 | | | | | | | | |
| 55-59 | 31.33 | JerryGlancy 93 | 1:08.89 | JerryGlancy 94 | 2:24.02 | Burwell Jones 89 | 5:23.68 | George Mann 95 | 11:19.61 | George Mann 95 | 20:52.21 | Burwell Jones 89 | | | | | | | | |
| 60-64 | 30.24 | Jack Beattie 96 | 1:05.00 | Jack Beattie 94 | 2:32.10 | JerryGlancy ORLM-98 | 5:23.95 | JerryGlancy ORLM-98 | 11:49.49 | JerryGlancy ORLM-98 | 22:57.95 | JerryGlancy ORLM-98 | | | | | | | | |
| 65-69 | 31.85 | Paul Hutinger SPM-94 | 1:14.38 | John Woods 89 | 2:52.43 | John Woods 89 | 6:34.36 | Chas Kohnken SPM-98 | 13:20.00 | Chas Kohnken SPM-97 | 25:45.57 | Chas Kohnken SPM-97 | | | | | | | | |
| 70-74 | 32.21 | Paul Hutinger SPM-95 | 1:16.09 | R MacDonald FMM-98 | 3:00.15 | John Woods SMS-93 | 6:14.21 | Paul Hutinger SPM-94 | 13:45.08 | Paul Hutinger FMM-97 | 26:34.88 | Paul Hutinger FMM-97 | | | | | | | | |
| 75-79 | 36.52 | Jim Conger 95 | 1:30.20 | John Woods SWIM-98 | 3:26.22 | John Woods SWIM-98 | 7:49.47 | John Haake 94 | 16:29.01 | N Skjersaa ORLM-93 | 37:54.13 | F Tillotson SPM-94 | | | | | | | | |
| 80-84 | 48.23 | Kerm Hotvedt SPM-95 | 1:47.80 | J Johnston SPM-95 | 3:53.35 | J Johnston SPM-95 | 8:52.68 | J Johnston SPM-96 | 20:00.09 | Fred Walbolt SPM-97 | 34:29.00 | Fred Walbolt SPM-94 | | | | | | | | |
| 85-89 | 58.76 | Peter Jurczyk IRCC-94 | 2:13.05 | Peter Jurczyk IRCC-94 | | | | | 20:20.92 | D Malbrough FMM-98 | 37:45.56 | D Malbrough FMM-98 | | | | | | | | |
| 90-94 | 1:05.13 | Peter Jurczyk IRCC-97 | 2:30.54 | Peter Jurczyk IRCC-97 | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | | | | |
| 50 BACK | | | 100 BACK | | | 200 BACK | | | 50 BREAST | | | 100 BREAST | | | 200 BREAST | | | | | |
| 19-24 | 30.55 | C Brancato 95 | 1:00.67 | Jeff Poppell 93 | 2:10.62 | Jeff Poppell 93 | 34.39 | Brian Fisak ORLM-98 | 1:10.99 | Jack Thomas 95 | 2:30.94 | Rob Butcher DBMS-98 | | | | | | | | |
| 25-29 | 28.81 | James Smith 95 | 1:01.38 | James Smith 95 | 2:10.95 | Paul Robinson 93 | 30.28 | Rob Butcher DBMS-98 | 1:09.02 | Rob Butcher DBMS-98 | 2:43.29 | S Grossman SMS-95 | | | | | | | | |
| 30-34 | 29.27 | M Shepardson 94 | 1:04.74 | KelleyAllen 95 | 2:20.71 | KelleyAllen 95 | 32.97 | M McDonald 95 | 1:13.51 | M McDonald 95 | 2:38.12 | S Grossman SWIM-98 | | | | | | | | |
| 35-39 | 27.54 | Wm Specht SPM-93 | 59.57 | Wm Specht SPM-94 | 2:10.01 | Wm Specht SPM-93 | 33.57 | S Grossman SWIM-98 | 1:15.28 | David Wesley 89 | 2:36.32 | Miltenberger 93 | | | | | | | | |
| 40-44 | 27.84 | Wm Specht SPM-98 | 59.26 | Wm Specht SPM-98 | 2:09.61 | Wm Specht SPM-98 | 30.80 | Miltenberger 93 | 1:07.98 | Miltenberger 93 | 2:51.68 | Rick Walker SMS-95 | | | | | | | | |
| 45-49 | 29.35 | CaseyClafin SWIM-98 | 1:06.42 | CaseyClafin SWIM-98 | 2:28.71 | CaseyClafin SWIM-98 | 34.77 | Scott Guthrie 93 | 1:18.37 | Bob Ruth BRAT-98 | 2:56.44 | Van Der Veen SPM-96 | | | | | | | | |
| 50-54 | 34.90 | BillPillmore HLJ-98 | 1:16.04 | Peter Betzer SPM-94 | 2:44.76 | Peter Betzer SPM-92 | 33.63 | Scott Guthrie 95 | 1:16.11 | Scott Guthrie 95 | 3:08.28 | Peter Betzer SPM-97 | | | | | | | | |
| 55-59 | 34.80 | Burwell Jones 89 | 1:15.33 | Burwell Jones 89 | 2:47.96 | Burwell Jones 89 | 37.86 | Peter Betzer SPM-97 | 1:23.38 | Peter Betzer SPM-97 | 3:26.44 | Tom Koenig 93 | | | | | | | | |
| 60-64 | 34.05 | Jack Beattie 94 | 1:13.55 | Jack Beattie 94 | 2:40.75 | Jack Beattie 94 | 38.40 | Tom Koenig 93 | 1:29.95 | JerryGlancy ORLM-98 | 3:23.57 | R MacDonald SPM-95 | | | | | | | | |
| 65-69 | 36.47 | Paul Hutinger SPM-93 | 1:19.68 | Paul Hutinger SPM-93 | 3:01.06 | Paul Hutinger SPM-93 | 40.99 | R MacDonald FMM-97 | 1:33.01 | R MacDonald FMM-97 | 3:24.72 | R MacDonald FMM-98 | | | | | | | | |
| 70-74 | 35.71 | Paul Hutinger SPM-94 | 1:21.74 | Paul Hutinger SPM-94 | 2:59.92 | Paul Hutinger SPM-94 | 41.91 | R MacDonald FMM-98 | 1:32.63 | R MacDonald FMM-98 | 4:13.02 | A Brainin SPM-98 | | | | | | | | |
| 75-79 | 45.81 | John Woods SWIM-98 | 1:56.50 | RAvery SPM-98 | 3:59.10 | John Woods SWIM-98 | 47.81 | A Brainin SPM-98 | 1:50.37 | A Brainin SPM-98 | 4:59.16 | J Johnston SPM-95 | | | | | | | | |
| 80-84 | 54.07 | F Tillotson SPM-95 | 2:03.61 | F Tillotson SPM-95 | 4:30.97 | F Tillotson SPM-95 | 1:03.20 | F Tillotson SPM-95 | 2:29.26 | J Johnston SPM-96 | 6:47.02 | D Malbrough FMM-98 | | | | | | | | |
| 85-89 | 53.36 | D Malbrough FMM-98 | 2:00.81 | D Malbrough FMM-98 | 4:44.23 | D Malbrough FMM-98 | 1:12.87 | D Malbrough FMM-98 | 2:47.91 | D Malbrough FMM-98 | | | | | | | | | | |
| 90-94 | 1:15.93 | Peter Jurczyk IRCC-97 | 2:49.42 | Peter Jurczyk IRCC-97 | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | | | | |
| 50 FLY | | | 100 FLY | | | 200 FLY | | | 100 IM | | | 200 IM | | | 400 IM | | | | | |
| 19-24 | 28.88 | C Brancato 94 | 57.54 | Jeff Poppell 93 | 2:07.64 | Jeff Poppell 93 | 1:04.03 | Jack Thomas 95 | 2:11.25 | Jeff Poppell 93 | 4:44.27 | Jeff Poppell 93 | | | | | | | | |
| 25-29 | 26.23 | Jack McKean 93 | 1:01.98 | Paul Robinson 93 | 2:29.30 | Stuart Barton 96 | 1:02.24 | Graham Ginn HLJ-98 | 2:13.96 | Paul Robinson 93 | 4:52.77 | Paul Robinson 93 | | | | | | | | |
| 30-34 | 27.13 | Jack McKean 94 | 1:01.20 | Stuart Barton SPM-98 | 2:15.59 | Wm Specht 92 | 1:03.86 | M Shepardson 94 | 2:23.54 | CrisWilliams 93 | 5:08.11 | CrisWilliams 93 | | | | | | | | |
| 35-39 | 25.89 | Wm Specht SPM-93 | 57.02 | Wm Specht SPM-93 | 2:06.48 | Wm Specht SPM-94 | 1:03.94 | M Shepardson 95 | 2:24.74 | Wm Specht SPM-96 | 5:28.44 | Doug Schlak 93 | | | | | | | | |
| 40-44 | 25.89 | Wm Specht SPM-98 | 56.18 | Wm Specht SPM-98 | 2:02.97 | Wm Specht SPM-98 | 1:04.46 | Miltenberger 93 | 2:27.15 | Kevin Drake ORLM-98 | 5:12.29 | Kevin Drake ORLM-98 | | | | | | | | |
| 45-49 | 27.79 | K McCormack SWIM-98 | 1:02.66 | K McCormack SWIM-97 | 2:34.68 | John McCall SPCO-98 | 1:06.75 | CaseyClafin SWIM-98 | 2:29.90 | CaseyClafin SWIM-98 | 5:25.01 | CaseyClafin SWIM-98 | | | | | | | | |
| 50-54 | 30.97 | Fred Lipp 94 | 1:12.05 | Fred Lipp 94 | 2:51.88 | E Leskowitz HLJ-89 | 1:13.35 | Gary Trimble 93 | 2:48.63 | BillPillmore HLJ-98 | 6:43.34 | Chris Iselein 93 | | | | | | | | |
| 55-59 | 31.62 | John Wagner SWIM-98 | 1:20.28 | T Mahaffy 93 | 3:02.14 | E Leskowitz 96 | 1:13.57 | Burwell Jones 89 | 2:44.49 | Burwell Jones 89 | 6:05.05 | Burwell Jones 89 | | | | | | | | |
| 60-64 | 36.24 | Dren Geer SWIM-98 | 1:26.56 | Dren Geer SWIM-98 | 3:22.23 | Dren Geer SWIM-98 | 1:24.65 | Dren Geer SWIM-98 | 2:49.03 | Jack Beattie 94 | 7:10.81 | Chas Kohnken SPM-92 | | | | | | | | |
| 65-69 | 35.41 | Paul Hutinger SPM-93 | 1:42.60 | Alan Maloney FMM-97 | 3:58.22 | Chas Kohnken SPM-98 | 1:19.90 | Paul Hutinger SPM-93 | 3:15.70 | R MacDonald FMM-97 | 7:33.32 | Chas Kohnken SPM-97 | | | | | | | | |
| 70-74 | 35.13 | Paul Hutinger SPM-94 | 1:33.20 | Joe Kurtzman FMM-97 | 3:44.03 | Joe Kurtzman FMM-97 | 1:23.04 | Paul Hutinger SPM-94 | 3:26.14 | R MacDonald FMM-98 | 7:01.47 | Paul Hutinger SPM-94 | | | | | | | | |
| 75-79 | 51.07 | A Brainin SPM-98 | 2:19.63 | J Johnston SPM-94 | 4:34.32 | J Johnston SPM-92 | 1:48.89 | B Cleaveland 93 | 4:29.34 | J Johnston SPM-94 | 9:17.64 | J Johnston SPM-92 | | | | | | | | |
| 80-84 | 1:09.68 | J Johnston SPM-96 | 2:37.27 | J Johnston SPM-96 | 5:25.39 | J Johnston SPM-95 | 2:22.40 | F Tillotson SPM-95 | 4:39.83 | J Johnston 95 | | | | | | | | | | |
| 85-89 | | | | | | | 2:49.07 | D Malbrough FMM-98 | | | | | | | | | | | | |
| 90-94 | | | | | | | | | | | | | | | | | | | | |
| 95-99 | | | | | | | | | | | | | | | | | | | | |

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send an **official copy of your time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
 Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

FLORIDA LMSC RELAY RECORDS

Short Course Meters (As of 12/31/98)

| | 200 FREE-WOMEN | 200 MEDLEY-WOMEN | 400 FREE-WOMEN | 400 MEDLEY-WOMEN | 800 FREE-WOMEN |
|------|--|--|--|---|---|
| 76+ | | | | | |
| 100+ | 1:58.34 Steele, Aguilar Hansen, Sutton HLJ-94 | 2:15.33 V Der Molen, Acker D'O'Brien, Keller ORLM-95 | | | |
| 120+ | 1:58.49 D & H O'Brien Hartie, Keller ORLM-95 | 2:12.76 Tibma, Orlando Sh'wiler, Petersen SPM-98 | 4:56.10 Oleksy, Swanson Flanagan, Stauch SPM-95 | 5:41.39 Swanson, Flanagan Stauch, Oleksy SPM-95 | 10:48.31 Oleksy, Swanson Flanagan, Stauch SPM-95 |
| 160+ | 2:27.15 Lambke, Kiernan Treat, Hudak SPM-94 | 2:22.16 Dodd, Walker Seal, Kolbe SWIM-98 | 5:38.31 Swanson, Kiernan Treat, Geiger SPM-96 | 6:15.46 Kiernan, Treat Ross, Geiger SPM-95 | |
| 200+ | 2:37.26 Bromwich, Steer Lambke, Geiger SPM-98 | 2:44.33 Geiger, Harrelson Lambke, Bromwich SPM-98 | 6:22.80 Bromwich, Allen Steer, Piper SPM-94 | 6:51.89 Allen, Piper Bromwich, Steer SPM-94 | |
| 240+ | 2:53.73 Sterling, Zint Veater, Glaraton HLJ-95 | 3:30.15 McEwan, Steer Olsen, Allen SPM-94 | 7:32.45 Mitchell, Olsen Hutinger, Prokopi SPM-95 | 7:22.66 Allen, Carr Steer, K-Perry SPM-95 | 16:24.75 Prokopi, Olsen Hutinger, Mitchell SPM-95 |
| 280+ | 3:04.95 Carr, Zint Reynolds, Beers HLJ-93 | 3:30.93 Reynolds, Zint Carr, Beers HLJ-93 | 8:22.91 Oreto, J Yost Kennedy, Reynolds SPM-95 | 10:15.19 Kennedy, Oreto Reynolds, Yost SPM-95 | 19:26.58 Oreto, Yost Kennedy, Reynolds SPM-95 |
| 320+ | 4:09.37 McKechnie, Kennedy Cichanski, Schimpf SPM-93 | 4:55.62 Cichanski, Kennedy Schimpf, McKechnie SPM-93 | | | |
| | 200 FREE-MEN | 200 MEDLEY-MEN | 400 FREE-MEN | 400 MEDLEY-MEN | 800 FREE-MEN |
| 76+ | | | | | |
| 100+ | 1:44.65 Brancato, Wait Matthews, Fischer ORLM-94 | 1:58.04 M'thews, Ch'foroosh Brancato, Fischer ORLM-94 | | | |
| 120+ | 1:42.94 Perez, Ch'mforoosh Sh'dson, Mel'heimer ORLM-94 | 2:01.03 Farrell, Boney Ehmke, Keen ORLM-98 | | | |
| 160+ | 1:44.33 Shepardson, Wesley M'berger, M'heimer ORLM-95 | 1:56.49 Shepardson, Wesley M'berger, M'heimer ORLM-95 | 3:52.66 Woodsum, Ruth Williams, Schlak BRAT-95 | 5:10.65 Betzer, V Der Veen Leadbetter, Cox SPM-95 | 8:45.81 Woodsom, Ruth Williams, Schlak BRAT-95 |
| 200+ | 2:02.56 Lipp, Mann O'Connell, Lombard ORLM-95 | 2:18.61 Lombard, W'herbee Lipp, O'Connell ORLM-95 | | 5:09.78 Betzer, V Der Veen Leadbetter, Ferris SPM-96 | |
| 240+ | 2:33.28 Kohnken, Patton Brainin, Ferris SPM-94 | 2:31.35 Glancy, Beattie Sirbu, Welpott ORLM-98 | 6:00.31 Maloney, Perry Yost, Kohnken SPM-95 | | |
| 280+ | 2:35.44 Avery, Brainin Kohnken, Ferris SPM-98 | 2:31.20 Hutinger, M'Donald Kurtzman, Maloney FMM-97 | 7:25.72 Walbolt, Atwood Hotvedt, Johnston SPM-94 | | |
| 320+ | | 4:01.38 Hotvedt, Tillotson Johnston, Walbolt SPM-95 | | 9:30.72 Hotvedt, Tillotson Johnston, Walbolt SPM-95 | 18:05.44 Hotvedt, Tillotson Johnston, Walbolt SPM-95 |
| | 200 FREE-MIXED | 200 MEDLEY-MIXED | 400 FREE-MIXED | 400 MEDLEY-MIXED | 800 FREE-MIXED |
| 76+ | 2:03.94 Brancato, Perry Sirbu, Matthews ORLM-94 | | | | |
| 100+ | 1:51.29 V Der Molen, Willis Ch'foroosh, Fischer ORLM-94 | 2:04.48 Willis, Ch'mforoosh Brancato, V D Molen ORLM-94 | | | |
| 120+ | 1:45.78 Summers, Specht M-Bussey, Barton SPM-96 | 2:00.78 Specht, Orlando Barton, Shonkwiler SPM-98 | | | |
| 160+ | 1:59.26 Hudson, Marshall Felton, Braun LOCH-98 | 2:19.27 Grubbs, Pilmore Ebel, Wine HLJ-94 | 4:51.26 Milligan, Orlando Bastie, Shonkwiler SPM-98 | | 10:47.61 Ross, Betzer Geiger, Leadbetter SPM-95 |
| 200+ | 2:21.34 Tibma, Avery Kohnken, Harrelson SPM-98 | 2:29.38 Betzer, Harrelson Page, P Hutinger SPM-94 | | 5:58.14 Betzer, J Piper Day, Stott SPM-97 | 14:09.20 K-Perry, Perry Steer, Day SPM-95 |
| 240+ | 2:23.84 Lambke, Bromwich Arnold, Ferris SPM-98 | 3:00.63 J Beattie, Vogel E Beattie, W' therbee ORLM-94 | 6:13.89 Steer, Lambke Kohnken, Ferris SPM-98 | | 12:46.60 Cox, Allen Lambke, Kohnken SPM-95 |
| 280+ | 2:28.83 Carr, Schimpf DeGroot, P Hutinger SPM-95 | 2:58.72 P Hutinger, M'Donald Carr, Schimpf SPM-95 | 6:03.05 Schimpf, Carr DeGroot, MacDonald SPM-95 | 6:54.87 P Hutinger, M'Donald Carr, Schimpf SPM-95 | 13:32.79 Maloney, Schimpf Carr, MacDonald SPM-95 |
| 320+ | 3:36.87 Reynolds, Walbolt Schimpf, Johnston SPM-97 | 4:30.47 Reynolds, Schimpf Johnston, Walbolt SPM-97 | 8:18.35 Johnston, Schimpf Walbolt, Reynolds SPM-97 | | |

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send an **official copy of your time, date, place of meet**, to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703. This will insure the integrity and accuracy of the FL LMSC records. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org
Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

Tampa Bay Aquatic Club

Last Chance of the Year SCY Invitational

December 4-5, 1999 Sanction # 149-016

Name _____

Birthdate ____/____/____ 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

| W/M | Event | Time |
|-------|-----------------------|------|
| 1/2 | 200 Free | : . |
| 3/4 | 50 Back | : . |
| 5/6 | 100 Fly | : . |
| 7/8 | 100 Breast | : . |
| 9/10 | 200 Free Relay | |
| 11/12 | 100 Individual Medley | : . |
| 13/14 | 200 Back | : . |
| 15/16 | 50 Free | : . |
| 17/18 | 200 Mixed Free Relay | |
| 19/20 | 400 Individual Medley | : . |

Sunday, December 5

| W/M | Event | Time |
|-------|------------------------|------|
| 21/22 | 100 Free | : . |
| 23/24 | 200 Fly | : . |
| 25/26 | 50 Breast | : . |
| 27/28 | 100 Back | : . |
| 29/30 | 200 Medley Relay | |
| 31/32 | 200 Breast | : . |
| 33/34 | 50 Fly | : . |
| 35/36 | 200 Individual Medley | : . |
| 37/38 | 200 Mixed Medley Relay | |
| 39/40 | 500 Free | : . |

\$ _____ = Number of events _____ x \$2.50

\$ 7.00 = Timing System surcharge \$7.00

\$ _____ = TOTAL ENCLOSED

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 _____

Mail entries to:

Merit Greaves

3217 W. Obispo St., Apt B

Tampa, FL 33629

813.835.4369

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

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 #149-016. 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 form 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.

FLORIDA
Local Masters
Swim Committee, INC.
5625 Satel Drive
Orlando, FL 32810

ATTENTION TEAM REPS
Deadline for February Issue is

January 10, 2000

SEND EVERYTHING TO

Abbie Goff
320 SE 3rd ST, APT. C-12
Gainesville, FL 32601

E-mail: asgoff@collegeclub.com



Inside this issue:

- **New USMS Registration Form**
- **Team Reports**
- **CAT Masters Valentine Meet Entry**