

# FLORIDA

## NEWSLETTER

VOL. XVII No. 4

Local Masters Swim Committee, Inc.

November 2000

Dear Florida Masters Swimmers,

A regular meeting of the Florida LMSC was called to order by Chairman Larry Peck on 14 October 2000 at the YMCA Aquatic Center in Orlando after the conclusion of Saturday's swim meet events.

The following people were present: Larry Peck, Chairman; Cathy Shonkwiler, Secretary; Maud Orlando, Registrar; Pam Geiger, SPM; Ron Collins, Sanctions; Barbara Bird, CVST; Nancy Durstein, CATM; Frank Tillotson, FMM; Paul Hutinger, FMM; Marjorie Newman, IRCC; Gertrude Zint, IRCC; Victor Buehler, 300 Club; Brian Hendrickson, TOM; Gertraud Perry, DST; Kitty Magness, DST and Tom Bliss, SPCO.

The minutes of the June 24, 2000, Florida LMSC meeting were approved by those in attendance.

Treasurer Report: Victor Buehler filling in for Meegan Wilson who was at the National Swimming Convention distributed the Florida LMSC Statement of Revenues and Expenses for the twelve months ended September 30, 2000 and the Budget Report Dated October 14, 2000 with Revenues and Expenses January 1 - September 30, 2000. (see report)

Registrar's Report: Maud reported there were 1,516 swimmers registered, and 38 Clubs. This is up 130 swimmers from this time last year. There are 601 women and 835 men in our LMSC.

Top 10 and Records Report: Paul Hutinger distributed Margie's report who was also at the National Swimming convention here in Orlando. (see report).

Sanctions Report: Ron Collins presented a list of upcoming events in the Florida LMSC and Dixie Zone. The list will be posted on the Dixie Zone website. Added to this list were: October 28, 2000 - Ft. Myers 3.2 mile open water swim; November 11, 2000, 1 mile open water swim in Clearwater Beach; and April 21, 2001, Tampa Bay 24 mile swim. ([http://home.att.net-dixiezone.](http://home.att.net-dixiezone))

Newsletter Report: Victor Buehler distributed a report from Meegan Wilson who is Interim Editor and was not present due to being at the National Swimming Convention. The report stated there were many changes to the manner of our newsletter production. We went from printing by Jim Donnelly to xeroxing, and from having our own postal permit, a \$100 annual permit fee, to using a mailing service's permit. This eliminated the need for Maud to buy and print labels and saved the Editors time to affix them. It also allowed for the use of bar coding which cut our postage in half. In May 2000, we reduced the size of the Newsletter thus reducing xeroxing costs and rather than using staples we went to folding and tabing which further reduced our costs. The following is the cost of the August 2000 issue:

August 2000 issue -	\$0.4862 - Xeroxing/collating
	\$0.0460 - Tab & label/sort
	\$0.1190 - postage
	\$0.6512 - per newspaper

Assuming 1,420 newsletters that's about \$925. Webmaster Dick Brewer has put both the May 2000 and August 2000 Newsletters on our web site at <http://home.att.net/~floridalmsc>. Swimmers who have access to the web and are able and willing to download the newsletter can save the LMSC a lot of money.



# CALENDAR OF EVENTS



## POOL EVENTS

Nov. 30 - Dec. 1 / SCY: Florida Senior Games State Championships. Kissimmee, FL. Swimmers must have qualified at one of the regional games. For information, call 1-850-488-8347.

Dec. 2-3 / SCY: Forest Hills Aquatics After-Thanksgiving Meet 2000. Clearwater, FL. Entry deadline: received by Monday, November 20. Entry form enclosed.

Dec. 3 / SCM: Coral Springs Holiday Classic #2. Coral Springs Aquatic Complex, 12441 Royal Palm Blvd., Coral Springs, FL 33605. (954) 897- 3940.

Dec. 9-10 / SCM: Nokia Sugar Bowl-Southern Masters SCM Championships in New Orleans, LA. Janice and John Roth, 104 Yellowstone Street., Kenner, LA 70065. (504) 469-3119. Entry deadline: received by Wednesday, Dec. 6

Jan 1-3: 2001 USMS 1 Hour Postal Championship. Sarah Welch, 3704 Cheasty Blvd. S, Seattle, WA 98144. (206) 723-1814. <sarah.welch@ci.seattle.wa.us> Entry deadline: 2/10/01

Jan. 27-28 / SCY: Sunbelt Invitational. Charlotte, NC.

Feb. 10-11 / SCY: CAT Masters Valentine Meet. Clearwater FL (indoor pool). Entry deadline: received by Friday, Feb. 2, 2001. Entry form enclosed.

Feb. 17-18 / SCY: DIXIE ZONE SCY CHAMPIONSHIPS / 4th Annual Auburn Masters SCY Invitational. Conner Bailey, 323 Brookside Dr., Auburn, AL 36830. Phone (334) 844-5632. Fax 844-5639. <cbailey@ucesag.auburn.edu> (1650 free limited to the first 40 entries received). Entry deadline: received by Feb. 8, 2001

Feb. 22 / LCM: Gulf Coast Senior Games. Bradenton, FL. 50+ only -- regional qualifying meet for the 2001 Florida State Senior Games.

Feb. 23-25 / SCY: 8th Annual ISHOF Masters Challenge. Ft. Lauderdale, FL. For information, contact Stu Marvin (954) 468-1580.

Mar. 5-6 / SCY: Polk County Senior Games. Polk County, FL. 50+ only -- regional qualifying meet for the 2001 Florida State Senior Games.

Mar. 13-14 / LCM: Senior Games for Life. Sarasota, FL. 50+ only -- regional qualifying meet for the 2001 Florida State Senior Games.

Mar. 17-18 / SCY: St. Patrick's Day Invitational. Atlanta, GA.

Mar. 30-Apr. 1 / SCY: St. Pete Masters Short Course Championships. St. Petersburg, FL. Information coming.

Apr. 1 / LCM: Senior Games for Life. Clearwater, FL. 50+ only -- regional qualifying meet for the 2001 Florida State Senior Games.

Apr. 21-22 / SCY: Raleigh NC.

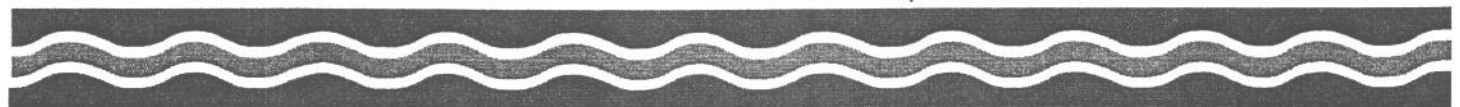
Apr. 26-29 / SCY: YMCA Masters Nationals. Sarasota, FL. For information, contact Sherwood Watts (941) 955-8194 or your local Y aquatic director.

Apr. 28-29 / SCY: Stanton C. Craigie Memorial Meet. Indian River Community College Pool, 3209 Virginia Ave., Ft. Pierce, FL 34981. (561) 462- 4700. Information coming.

## OPEN WATER EVENTS

April 28: USMS 5K Open Water Championships. Hollywood Beach, FL. Information is available at [www.thevictor.com](http://www.thevictor.com), or contact Randy Nutt at [randy@thevictor.com](mailto:randy@thevictor.com) or 1-800- 356-5132.

April 29: 1-mile Ocean Swim. Hollywood Beach, FL. For information, contact Randy Nutt at [randy@thevictor.com](mailto:randy@thevictor.com) or 1-800-356-5132.



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Old Business: The slate of officers were voted on and are as follows:

Chairman - Tom Bliss  
Secretary - Bret Hamlin  
Treasurer - Meegan Wilson  
Sanctions - Ron Collins  
Registrar - Maud Orlando  
Top Ten/Records - Margie Hutinger  
Safety - Richard Avery  
Officials - Joan Campbell  
Webmaster - Dick Brewer  
Newsletter Editor - Gertraud Perry  
Senior Games Liaison - Joan Glaraton

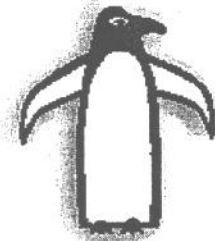
The USMS Convention was going on here in Orlando. This is held usually prior to our annual meeting, so Convention reports will not be presented. Your Delegates to the Convention this year were: Larry Peck, Margie Hutinger, Dick Brewer and Meegan Wilson.

New Business: 2001 meet calendar ( see calendar and sanctions report )

Announcements: Those going to YMCA Nationals April 26-29, 2001 can sign up at Orlando YMCA Aquatic Center. John Vasbinder, Director of the Orlando Aquatic Center, has a special deal for those signing up. You must be a member of a YMCA for three months prior to the meet to be eligible to swim. So sign up by January 26, 01. This will not change status of the team you are currently swimming for and results still will be sent to the top ten. This is a great way to even get some national YMCA records! We combined forces with other Florida teams last year and did great.

The next meeting of the Florida LMSC TBD. Motion approved for adjournment of the meeting by those present.

Respectfully Submitted,  
Cathy Shonkwiler  
Secretary



### Ask the Swimming Doctor by Dr. Paul Hutinger

**Question:** How can I sprint faster?

**Answer:** I was asked this question at a recent Masters meet. She and other Masters need to follow the principle: "Train fast to swim fast." The average Masters swimmer cannot do sets performed by the Australian Olympians, Thorpe and Klim. They do sets of 30 x 100 m @ 1:30 with a pace of 1:00 and heart rates of 150. However, you can use the concept of race pace in your training, whatever your speed, and learn to train to improve your 50 and 100 sprints.

Sets to include in your workouts would be 16 x 25 (race pace @ 45-60 sec). A good work/rest ratio would be 4:1 (15 sec. swim @ 1:15). Include fast, all out kicking, too. Every practice, do 4 x 25, your stroke. Once a week, swim a test set--5 x 50, all out, @ 2:00. Take more rest, if you need, in order to hold your time. Your anaerobic energy system will be enhanced with this type of training and give you better performances at meets.

Use swim fins for part of your swimming, not just kicking. These will give you the sensation of speed and how your stroke feels when you swim fast, plus improve your streamlining. Tethered swimming, 25 yards with surgical tubing, will help you increase strength specific to each stroke, with resistance. Swimming on the return phase, will again give you the feeling of swimming fast. These two stroke enhancers will provide variety and excellent training in your search for speed.

continued after Club News

# NEWS FROM



# AROUND THE LMSC

## Florida Maverick Masters

### MEET IN MUNICH

7000 competitors descended upon Munich, July 29-Aug 8 to enjoy the competition and camaraderie of the 8th FINA World Masters Championships. 5000 swimmers competing in pool events, made for long days. No matter what place a swimmer earned, it was exciting to remember that in 1972, Mark Spitz earned seven gold medals in this same pool. Another 2000 swimmers competed in diving, water polo, 5K open water and synchronized swimming.

The highlights of the meet were the Mavericks seven gold medals--Paul Hutinger's four and Robert MacDonald's three. The Maverick events were scattered throughout the seven days, and it wasn't practical to hang around and cheer. In between events, our days were filled by resting up for the next event or touring Munich and visiting the many unique museums, castles and countryside or shopping or sampling new foods in many restaurants or attending the evening socials. Their subway system provided a fast, cheap and efficient way to travel to the pool and downtown.

Paul Hutinger (76): 1st-50, 100, 200 back, 50 fly; 4th-50 free

Robert MacDonald (72): 1st-200 breast, 100 fly, 200 IM; 2nd-100 breast

Frank Starr (90): 2nd-50, 100 breast; 3rd-50 back; 4th-50, 100 free

Patricia Tullman (63): 10th, 200 free; 14th-200 fly, 800 free; 16th-100 fly; 17th-50 fly

Doris Prokopi (65): 12th-50 breast; 13th-100 breast, 400 IM; 16th-200 breast

Rosie Vijil (66): 17th-200 breast; 24th-100 breast; 29th-50 breast

### NATIONALS IN BALTIMORE

Eleven Mavericks traveled to Baltimore to compete in the largest ever LCM Nationals--1400 entries. This made for long days, short nights and relays swum in the dark.

The 320+ Mixed Medley Relay, with Kenner, McCullough, Troy and Malbrough set a US record, 3:44.07, breaking the previous record by 12 seconds. Three other relays placed 1st; two-2nd; and one-7th.

E Don McCullough (85): 1st-100, 200 fly, 200 breast, 200, 400 IM.

Paul Hutinger (76): 1st-50,100, 200 back; 2nd-50 fly; 3rd-50 free

Regan Kenner (77): 1st-100, 200 Back, 200 Breast; 2nd- 50, 100 breast

Jean Troy (73): 1st-200 free, 100 fly, 200 IM; 2nd-50 free

Dave Malbrough (87): 1st-50 Breast; 2nd-50 back; 3rd-100 back

Frank Tillotson (86): 1st-50 fly; 2nd-200 IM; 3rd-200 back; 4th-50 back; 5th-100 back

Joseph Kurtzman (74): 2nd--100, 200 fly; 4th-50 fly; 9th-50 breast

Patricia Tullman (63): 2nd-100 free; 3rd-100 back; 4th-50, 400 free, 50 back

Alan Maloney (71): 3rd-100 breast, 200 fly, 200 IM; 5th-100 fly; 8th- 50 fly

Gladys Olsen (74): 3rd-200 fly; 4th- 100 fly; 5th-200 breast

Margie Hutinger(60): 8th-100 back; 9th-200 back; 10th-50 back

Stephen Everhart (54): 12th-50 back; 29th-50 free



**Florida Mavericks**



In the small team division: Men-5th out of 102 teams; Women- 7th out of 87 teams. Combined- 5th out of 134 teams. (We considered these moral victories, as all teams placing higher, had more swimmers than in previous years in small teams.)

Paul Hutingger

### Lake County Aquatics Masters

We had our largest number of swimmers at the Orlando Short Course Meters meet - a total of nine!! Seven of the nine made up our women's team who finished third over (Female team Div.) and walked home with a trophy that was taller than me.

The highlight of the meet was Linda Felton (50-54): she broke not only the meet record in the 50 free but she broke the state record which was set back in 1989, and she won high point in her age group.

We also had two other high point winners: Amanda Blackman (19-24) placed second and Rene James (35-39) also placed second.

We had two rookies swimming in their first masters meet: Tammi Hindman (40-44) and Dee Bender (50-54). All of our swimmers had a great meet and we are proud of them all.

### CAT Masters

We acquired a new coach last spring. Announcement did not make the last newsletter. Many of you know of Joe Biondi, one of the best around, who is whipping the team into great shape. The team has increased two fold and I've never seen so many people enjoying hard work - to quote many "never swam so fast as when Joe coached

me!!" He's quoting as saying "Hard work can be fun" "Success is more fun than failure". We'll all see the results this season. Joe has competed and coached in the Masters program for 28 years - coaching swimmers for 28 years and triathletes for 15 years. He was in the first Masters Championships held in Canada in 1978, where he set two World Masters Records in the 400 and 1500 free, was 4th in the 200m breast and 3rd in the 200 IM. Impressive credentials!! Needless to say, we're all pleased to have him aboard.

Joe will be Meet Director of our Annual Valentine's Meet in 2001 (see entry form in this newsletter). It's scheduled for February 10th and 11th at the Long Center in Clearwater and will be the premier SCY meet of the early season. Always fun to get together and see all our old friends and try our newly honed swimming skills in a fast pool. We'll miss our mainstay, Dot Donnelly, who honored us with her presence at this meet for the past five years. We all loved to watch that beautiful stroke and the smiling face and great hugs are fond memories. Bring your appetites for that great hospitality. Entry will be on the dixiezone and distancematters web site, as well as hard copies being handed out at Orlando SCM and wherever we can.

Can't say I miss the cold wet summer I spent in Canada this year. Glad to get back to the warm sunny south. Look forward to seeing everyone over the season.

Joan Campbell





We are situated in Tampa and have been around since March 1999. We have up to 30 swimmers on our team who swim in all levels. Our coach is Randy. Our youngest swimmer is 19 and our oldest one is 73.

Seven swimmers swam in the Hurricane Man and did very well. The Orlando Meet is our first pool event and we are enjoying it a lot.

Barbara Bird

### Dianetics Swim Team

Our team was formed in February of 1999. Though we are young and small, we love to swim. The Team Reps are Bob and Kitty Magness. Our team is made up of 5 men and 4 women. We would like to welcome our newest member, Cathy Kamhi, who has already swum her first postal meet.

Two of our women attended the Orlando Meet. They entered a total of 22 events and took home 21 ribbons. Gertie Perry (33) took 2nd place in High Points and Kitty Magness (43) took 3rd in High Points.

David Minkoff (52) is our most active Tri-Athlete member and competes in several Iron

Mans every year. This year he had the distinction of competing in the Hawaiian IronMan.

Kitty Magness

### ACCT

Having formed about 3 years ago in Temple Terrace, we are a small team of three active swimmers headed by our team captain Karen Becker.

Karen qualified for Munich. Besides enjoying the beautiful sights in Germany as well as Austria, she also sported some excellent times. 3rd: 200 Fly, 5th: 50 Fly, 10th: 100 Back and 12th: 400 IM.



### Naples Chapter

Three men attended the Orlando Meet: Dusty Collins (44), Alex Murray (39) and Jim Reddick (54).

Dusty has reported personal bests at the Orlando meet in all freestyle events he entered including the 1500.

Alex quit a 23 year smoking habit in December 1999 and began to swim to help him set new goals for himself. His first goal: swim at the YMCA Nationals in May. And he did just that! He did well and got place medals. Now he is hooked on the swim meet circuit. We met Alex at the Orlando Meet and he was very happy with his performance. "There are some Top 5 times among them, too," he smiled.

Jim went to Baltimore where he got 5 medals and swam best personal times. He also attended the Orlando Meet and had a good time there.

## Hernando County Family YMCA

Although we have no coach, we have managed to get 3-4 swimmers to go to meets regularly. All in all, we have seven swimmers. We like Masters Swimming a lot and wish there were more meets to go to.

Elaine Smith

## Daytona Beach Masters

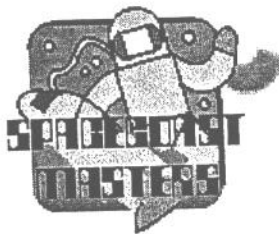
For three years, 6-7 of us have been attending swim meets around the country.

Carolyn Schwab (63) got 2nd in High Points at the Sarasota Meet in July; plus she improved all of her times! Rob Butcher (28) attended the Olympic Trials during which he improved his time on the 100m Breast. Jean Sterling (64) attended the Nationals in Baltimore. She got 3rd in 400 IM, 200 IM, 200 Fly and 50 Breast. She reported that the meet was loads of fun and the biggest yet (1,400 swimmers attended).

## Space Coast Masters

### BALTIMORE NATIONALS

Wish you were there!!! 1400 other swimmers were!! What a meet!! Out of 60 team mates, 2 traveled to Baltimore to take on the world and represent Space Coast Masters!! They were Bob Sigersmith, competing against 26 other swimmers in the 75-79 age group, and Tom Bliss swimming against 92 other 45-49 year olds. The Baltimore Long Course Meet was the largest Nationals meet ever!!! Both swimmers went for the gold (no, that was in Australia) and brought home the hardware!! Bob took one 4th and five 5th, and Tom scored one 4th, three 6th and a 7th.



Two Space Coast Masters members swam SCY top 10 times this year. Tom Bliss had 7th in the 400 IM, 9th in the 200 back and 10th in the 200 fly in the 45-49 age group. Nate O'Connell, swimming in the 80-84 age category was 5th in the 50 breast and 500 free, 6th in the 100 free, 200 free and 50 back, and 7th in the 50 free. Tom Bliss, sporting his new leopard bikini brief racing suit, with Tarzanlike determination, had a fabulous weekend of swims in Georgia. The competition was the July 14-16 Golden Isle Masters Classic/Dixie Zone LCM Championships, in Brunswick, Georgia. Tom, he of the gator background, sliced through the water on the way to eight first places, as Missy cheered on the banks. Traveling with Tom (not as porters on this safari) was that seasoned SPCO quartet of the "75" group, Al Rogerson 75, Bob Sigersmith 76, Al Chipman 78 and Lester Bell 78. Threatening weather on Friday cancelled their 800 meter swim. All four guys had to swim the event on Saturday, prior to the day's program. They handled it well. Bob Sigersmith, who continues to impress, had an outstanding meet, with 5 firsts and one second place finish. Al Rogerson had 3 firsts and 2 seconds, while Al Chipman and Les Bell each registered a first. No, Tom did not beat his chest or yell.

Amanda Pagon recently competed in the US Olympic trials for the first Olympic triathlon competition. The trials were held in Dallas (Los Colinas) on May 27th. Mandy was 11th in a field of 30 competitors, coming in only about 5 minutes behind the winner. There were a couple of non-U.S. competitors who were not eligible for spaces on the team. Only the top 2 triathletes from the event will go on to the summer Olympics in Sidney. Mandy is currently ranked 13th in the US in the triathlon, and her world ranking is 62nd, which is probably no surprise to anyone who has tried to keep up with her at Saturday morning practices.

Karen Halford was excused from her baby shower Saturday May 5. Reason being, she had given birth the day before. Karen and Steve are the proud parents of Joshua Steven Halford. He weighed 7lbs 1.5oz and was 20.25 inches long.

Lauren Hardman never misses a good party, however. She held on until her husband Walter made it home. Lauren gave birth on May 31 at 10:44 am to Eric Thomas Hardman. Her baby boy was 8 lbs 9 1/2 oz and 20 3/4" long. Our great president, Pete Turner won the pool for Lauren, guessing she would have a boy on May 31 weighing 8lbs 7. Pretty good guess Pete. Now guess what you've won? Sorry, we never did say anybody would actually win anything., but I'm sure Lauren would be happy to share diaper duty with you. Both Moms are back in the pool, looking great,

What's in Lane 6????

A mysterious substance seems to be plaguing our end land at the IHB pool. First Karen, then Lauren, and now Alene Heuser, and a new casualty, Phyllis Fejzumi have become pregnant from swimming over there. (Don't tell their husbands. They think they had something to do with it.) We believe this phenomenon is what has kept Barbara Waganar away from our pool and her favorite lane 6 all summer.

### St. Pete Masters

Here is a rather informal report from our team:

Fourty-two of our swimmers went to Munich and did very well. We were the largest team there. We had loads of fun there and enjoyed Germany. Four people ranked as individual champions and several were in the Top 8.

Six of our swimmers went to Baltimore. Allison Beebe (23) placed first in 100 Back. Bill



Speck and Bob Beach did very well also.

Pam Geiger

I want to thank the Orlando Masters for the recent meet they organized. I talked to a lot people at the meet who all had fun. The social hour and all the awards given out were special and I look forward to your meet next year.

### *Ask the Swimming Doctor* CONTINUED...

Specificity is principle to maximize your potential. Race pace should be done for events you are planning to swim in your next important meet.

The Masters swimmer will do better, overall, by training for three or four meets a year. The elite swimmers train for one big meet a year and swim through their other meets.

Set realistic goals for times you'd like to achieve--national or world records, Top Ten times, Florida records, FL Top 5 times, team records or your personal best. Design your own training program or have your coach help you, in order to achieve your specific goals.

Refer to May, 2000, for training for the 200's and longer, using broken swims. I use all these training methods, which enabled me to win four gold medals at the Worlds in Munich.

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 also e-mail me at: [phut@usms.org](mailto:phut@usms.org)



## TOP TEN AND RECORDS REPORT

by Margie Hutinger

I submitted the times for six LCM meets, including the National Senior Games held in Orlando last October, St. Pete's March to Munich, Sarasota's June Meet, and the senior meets in Bradenton, Sarasota and Clearwater for the 2000 Top Ten. Walt Reid compiled all the USA results from Munich for USMS Top Ten.

Several swimmers and clubs have sent me LCM final results from meets outside the FL LMSC, including Nationals, Munich, Brunswick, UC Irvine, Ft. Lauderdale and Plantation to be added to the Florida Top 5. In

September, I mailed the SCY FL Top 5 and records to clubs and subscribers. Thanks for your increasing interest.

I would like to acknowledge and recognize the outstanding FL LMSC record breaking SCY swims for 2000, men, women and relay.

Russell Frazier, took top honors by breaking a record from 1978, one of the oldest records on the books and Jayne Lambke, broke a 1980 record.

The top record breakers were Paul Hutinger with 10 records and Jayne Lambke with 8 records.

Russell Frazier (45-49, SPM) 200 free-1:53.96; broke Burwell Jones' time of 1:57.09 from 1978.  
Jerry Greenburg (55-59, SPM) 50 free--25.25; broke Chuck Thomas' time of 26.03 from 1982.  
Glenn Woodsum (50-54, ATAC) 200 free--1:58.71; broke Burwell Jones' time of 1:59.64 from 1985.  
Jayne Lambke (60-64, SPM) 50 free--30.66; broke Peg Morrison's time of 34.44 from 1980.  
Lynn Cartee (50-54, SWIM) 200 back--2:50.84; broke Elizabeth Kirby's time of 3:01.86 from 1986.

Sylvia Eisele (70-74, SWIM) 50 breast--43.22; broke Gertrud Zint's time of 45.30 from 1988.

200 Men's Medley Relay (55+, SPM) Betzer, Van Der Veen, Arnold, Greenburg -- 2:03.16; broke the 1990 HLJ time of 2:03.68.

Altogether, 38 men's, 29 women's and 7 relay records were broken.

If you haven't already seen the new Top 5, it is available from your team representative or on the Florida web page( <http://home.att.net/~floridalmc>). You can also purchase your own copy by sending \$2.00/single course or \$5.00/all 3 courses. Send check, payable to FL LMSC, with your address to: Margie Hutinger; 1755 Georgia Ave NE; St. Petersburg, FL 33703.

## I\*M\*P\*O\*R\*T\*A\*N\*T RULE CHANGES

Many of the rule changes were of house-keeping nature. The following rule changes take effect on Jan. 1, 2001.

1. Backstroke start -- ALL courses.....Prior to the command "Take your mark," and until the feet leave the wall at the starting signal, the swimmer's feet including the toes shall be placed under the surface of the water. (Previously, toes could curl over the gutter for SCY.)

2. Official time -- this refers to asking for a split. The swimmer must notify the referee in writing of the intent to record an initial split time prior to the CONCLUSION OF THE MEET. Written requests for initial relay splits and individual backstroke events, must still be made in writing PRIOR TO THE SWIM. The swimmers' relay lead-off split shall not count if the second swimmer starts in the water.

\* \* \* \* \*

**FOREST HILLS AQUATICS AFTER-THANKSGIVING MEET 2000**

**December 3-4, 2000 \* Hosted by Forest Hills Aquatics Inc.**

Sanction #140-015 Sanctioned by Florida LMSC, Inc. for USMS, Inc.

**DATE & TIME:** Saturday, December 3rd; warm-up 9:00 am; meet begins 10:00 am.

Sunday, December 4th; warm-up 9:00 am; meet begins 10:00 am

**FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter pool. This meet will be using 8 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. A link to a map of the Long Center is on the Dixie Zone meets page ([http://home.att.net/~dixiezone/dp\\_meets.htm](http://home.att.net/~dixiezone/dp_meets.htm)).

**ELIGIBILITY:** All athletes 19 years of age and older as of December 2, 2000, and registered with USMS, Inc. A copy of your USMS card must be supplied with your meet entry.

**ENTRIES & FEES:** Swimmers must pre-enter by mail. A maximum of 5 individual events and one of each relay *per day* per day is allowed. Each event is \$2.50 and relays are \$. Each swimmer will be assessed a \$10 meet surcharge to cover such costs as pool rental and timing equipment. The entry form must be filled out completely with every event you wish to enter; include your name, team, age, event description, event number, USMS registration number and seeding time. **ENTRY DEADLINE IS MONDAY, 20 NOVEMBER, 2000.** Please do whatever is necessary to get your entries in by that date as late entries will most likely be returned. Make checks payable to **FOREST HILLS AQUATICS, INC.** and mail completed entries to Meet Director Milt Bedingfield, 602 Chancellor Drive, Lutz, FL 33549. Phone (813) 632-7750.

**RELAYS:** Relay swimmers must be registered members of the team they represent, sign a meet waiver form, and pay the \$10 meet surcharge. Relays will be seeded the day of the meet.

**CANCELLATIONS:** If you enter and then must cancel, a full refund will be given as long as you notify Milt Bedingfield by 2pm on Friday, December 1, 2000.

**SEEDING TIMES:** All heats will be seeded slowest to fastest regardless of age. All entries must have a seed time. NO TIME entries will not be accepted. Submit your best competitive times in SCY meets from not more than two years ago. All events are timed finals. **AGE CATEGORIES:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, etc.

**SCORING AND AWARDS:** First through eighth place scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. Ribbons 1st, 2nd & 3rd for each event. Individual High Point awards for 1st, 2nd & 3rd in all age groups providing the swimmer swims a minimum of 5 individual events. Visiting team awards for combined men & women 1st, 2nd and 3rd.

**RULES AND OFFICIALS:** Current Masters Swimming rules will govern. There will be a stroke and turn judge, starter and referee for all events.

**HEAT SHEETS & RESULTS:** Heat sheets are free. Results will cost \$5 with a complimentary copy for each team represented. Payment for the results should be included with the entry form.

**ORDER OF EVENTS**

Saturday, December 2nd

W/M

1/2 100 Free  
3/4 200 Butterfly  
5/6 100 Back  
7/8 200 Mixed Medley Relay  
9/10 200 Breast  
11/12 50 Butterfly  
13/14 200 IM  
15/16 50 Breast  
17/18 200 Medley Relay  
19/20 500 Free

Sunday, December 3rd

W/M

21/22 200 Free  
23/24 50 Back  
25/26 100 IM  
27/28 200 Mixed Freestyle Relay  
29/30 200 Back  
31/32 100 Butterfly  
33/34 50 Free  
35/36 100 Breast  
37/38 200 Freestyle Relay  
39/40 400 IM

**2001 ANNUAL CAT MASTERS VALENTINE MEET**  
**February 10 & 11, 2001**  
**Sanction #141-001 Sanctioned by Florida LMSC, Inc. for USMS, Inc.**  
**Hosted by Clearwater Aquatic Team Masters**

**DATE & TIME:** Saturday, February 10th; warm-up 10:00 am. Meet begins 11:00 am. Sunday, February 11th; warm-up 8:00 am. Meet begins 9:00 am

**FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter pool. This meet will be using 8 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Refreshments** are provided free of charge .

**ELIGIBILITY:** Current USMS Rules will govern. All athletes 19 years of age and older as of February 10th, 2001 and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

**ENTRIES & FEES:** Swimmers must pre-enter by mail. Entries must be received by Friday, February 2nd. Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, club, age, event description, events number, USMS registration number and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of USMS registration form.

The entry fees are \$2.50 per individual event, \$4.00 per relay team and a \$10.00 surcharge to cover the electronic timing system. Entries should be sent to: **Mr. Joe Biondi, CAT MASTERS, 216 Elizabeth Avenue, Clearwater, FL 33759, tel. 727-725-0778. On line entry information will appear on [distancematters.com](http://distancematters.com) and [dixiezone.com](http://dixiezone.com). Please make checks payable: CAT Masters.**

**RELAYS:** Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. **Relay cards are due before events 5 and 13 on Saturday and events 25 and 33 on Sunday.**

**SCRATCHES:** Scratches will be accepted and full refunds made if the Meet Director, Joe Biondi, is notified prior to 4:00 P.M. February 9th.

**SCORING AND AWARDS:** Ribbons 1st, 2nd & 3rd for each event. Individual High Point awards for 1st, 2nd & 3rd in all age groups. Team awards for combined men and women 1st, 2nd and 3rd. **Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays.**

**ORDER OF EVENTS \* denotes check-in required 1/2 hour prior to event**

Saturday, February 10th		Sunday, February 11th	
W/M		W/M	
1/2	200 Butterfly	21/22	200 Breaststroke
3/4	50 Freestyle	23/24	50 Butterfly
5/6	200 Backstroke	25/26	100 Freestyle
7/8	100 Breaststroke	27/28	100 IM
9	200 Mixed Free Relay	29	200 Mixed Medley Relay
11/12	200 Freestyle	31/32	100 Backstroke
13/14	50 Breaststroke	33/34	100 Butterfly
15/16	50 Backstroke	35/36	200 IM
17/18	200 Free Relay	37/38	200 Medley Relay
19/20	*400 IM	39/40	*500 Freestyle

# FLORIDA

## NEWSLETTER

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### INSIDE THIS ISSUE

- \* Calendar of Events
- \* FL LMSC Minutes 10/14/00
- \* Club News
- \* New Rules

### ATTENTION TEAM REPS:

Deadline for February Issue is

**January 15, 2001**

Please **email** all stories and photos  
to: Gertraud Perry,  
GertraudP@aol.com

### FYI

Florida LMSC web site: <http://home.att.net/~floridalmcsc>

Dixie Zone web site: <http://home.att.net/~dixiezone>

National Top Ten results: <http://www.swimgold.org/tt/age/index.htm>

Distance Matters web site: <http://distancematters.com>

USMS web site: <http://www.usms.org>

2000 World Masters results: <http://www.swiminfo.com>